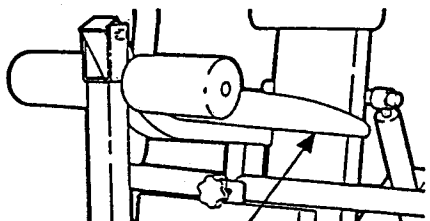


PRO·FORM®

Model No. PF851030

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 before using this equipment. Save this manual for future reference.

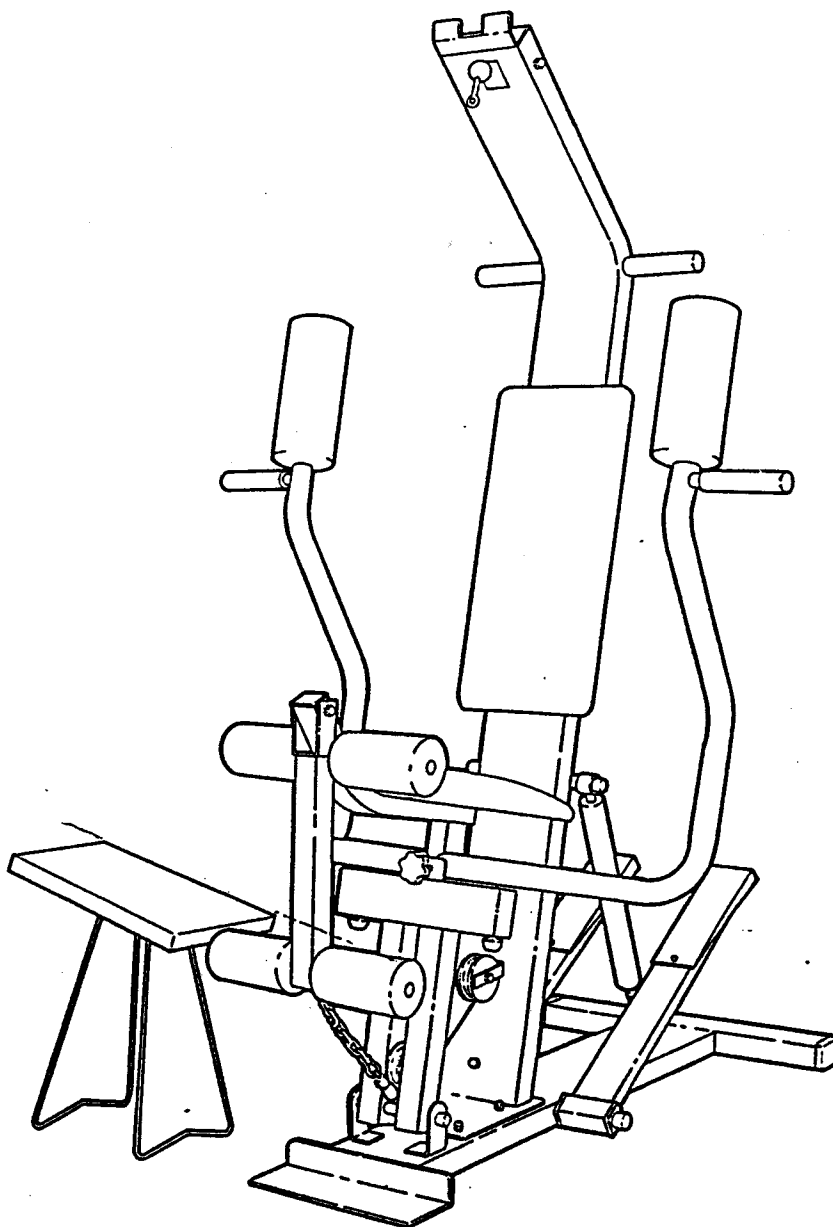
PATENT PENDING

ARC 510

CROSS TRAINING SYSTEM

ISOKINETIC RESISTANCE

30+ EXERCISES



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety instructions before using the cross training system.

1. Read all instructions in this owner's manual and in the accompanying literature for the cross training system. Use the cross training system only as described.
2. Inspect and tighten all parts each time you use the cross training system. Replace worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Wear athletic shoes for foot protection.
4. Keep small children away from the cross training system at all times.
5. Always stand on the foot plate when performing any exercise that could cause the cross training system to tip.
6. Make sure that the cable remains on the pulleys as you use the cross training system.
7. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them. Cover the floor beneath the stepper for protection. A small amount of oil leakage is normal for hydraulic cylinders.
8. When using the stepper, keep your feet on the pedals at all times. If you lift your feet from the pedals, the pedals may become separated from the resistance cylinders, resulting in injury.
9. If you feel pain or dizziness at any time while exercising, stop immediately and rest.

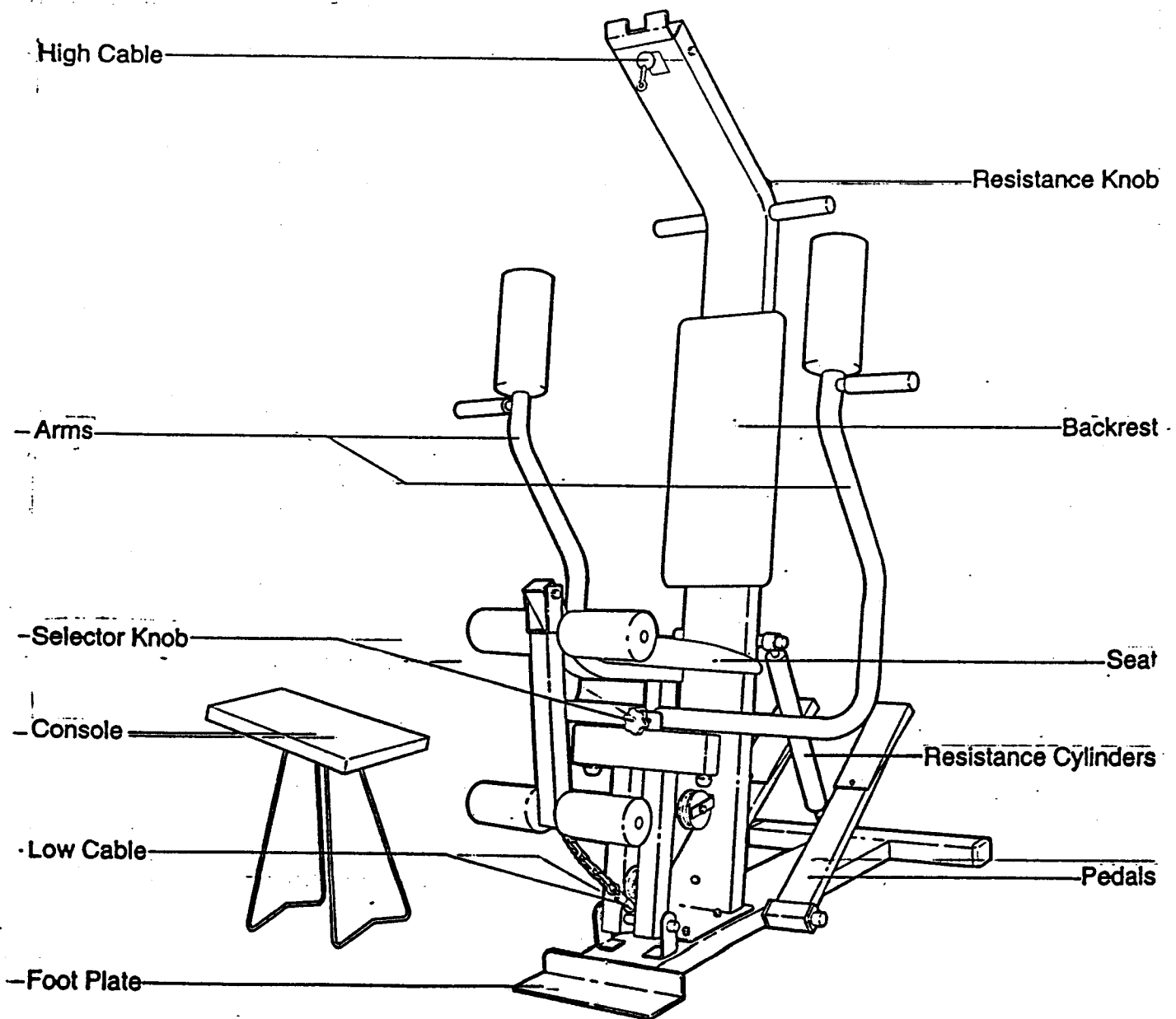
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing medical conditions. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the WESLO® BODY SHOP 2 cross training system. The versatile WESLO BODY SHOP 2 offers an impressive array of weight training and aerobic exercises to let you enjoy true cross training workouts in the convenience and privacy of your home. Whether your goal is improved cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the WESLO BODY SHOP 2 will help you to achieve the specific results you want.

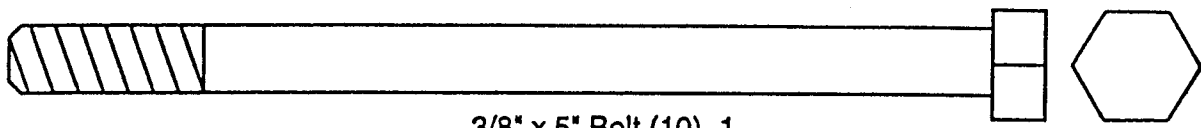
For your safety and benefit, read this manual carefully before using the WESLO BODY SHOP 2. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WL802030. The serial number can be found on a decal attached to the WESLO BODY SHOP 2 (see the front cover of this owner's manual for the location of the decal).

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

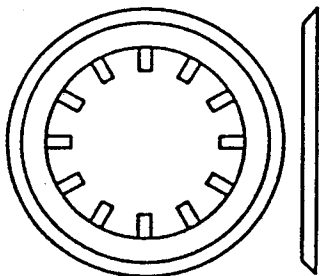


PART CHART

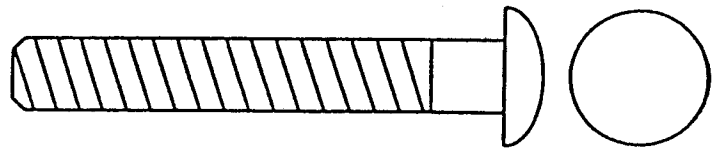
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity included.



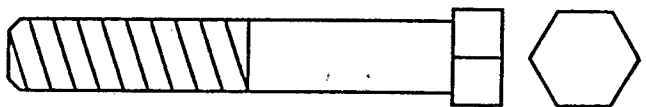
3/8" x 5" Bolt (10)-1



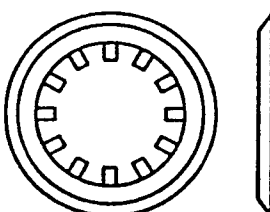
1" Retainer (24)-2



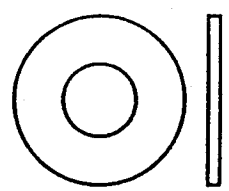
3/8" x 2 1/2" Carriage Bolt (8)-6



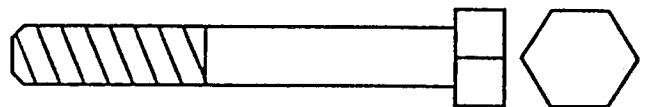
3/8" x 2 1/4" Bolt (12)-3



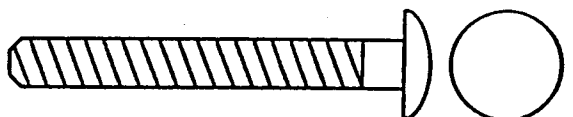
3/4" Retainer (25)-2



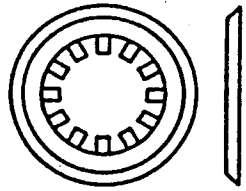
5/16" Washer (6)-1



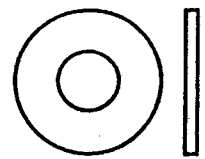
5/16" x 2 1/4" Bolt (16)-1



1/4" x 2" Carriage Bolt (15)-1



5/8" Retainer (79)-2



1/4" Washer (7)-2



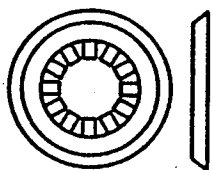
1/4" x 2" Bolt (19)-1



1/2" Screw (52)-2



1/4" x 3/4" Bolt (18)-6



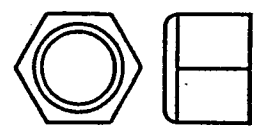
1/2" Retainer (26)-2



1/4" Nut (3)-1



5/16" Nut (2)-2



3/8" Nut (1)-10

ASSEMBLY

Place all parts of the cross training system in a cleared area. Due to the weight of the cross training system, it should be assembled in the location where it will be used. Remove all packing materials, except for the ties securing the Cable (73) (see assembly step 5). Do not dispose of the packing materials until assembly is completed. Assembly requires two persons. Read each step and examine each drawing carefully. Make sure that all parts are oriented as shown in the drawings. Refer to the PART CHART on page 5 of this owner's manual for help identifying the small parts used in assembly.

The following tools (not included) are required: two adjustable wrenches, a phillips screwdriver and a rubber mallet. A small amount of grease and a small bowl of soapy water are also needed.

1. Press the two 2" x 3" Caps (33) into the Base (71).

Insert the six 3/8" x 2 1/2" Carriage Bolts (8) up through the holes in the Base (71).

Tip the Upright (67) and look into the opening in the lower end (see the inset drawing). Make sure that the Cable (73) is routed around the indicated Thin 3 1/2" Pulley (35).

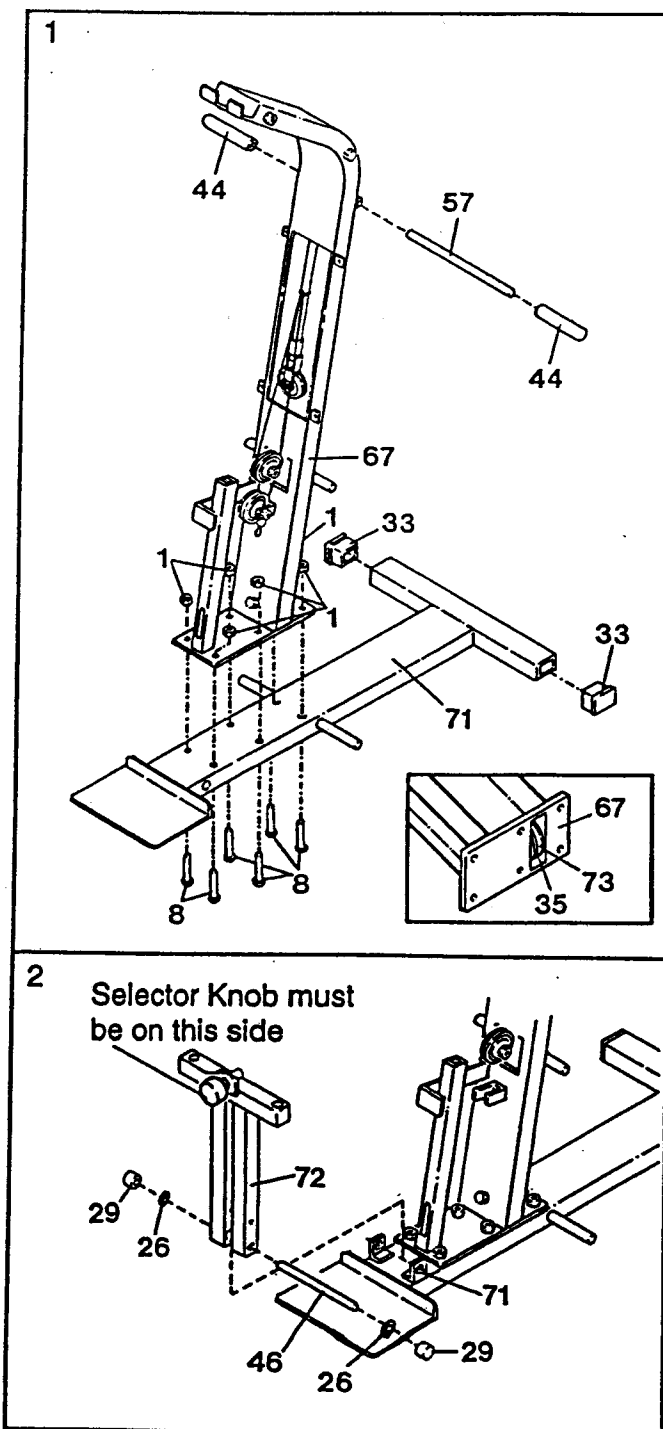
Slide the Upright (67) onto the six 3/8" x 2 1/2" Carriage Bolts (8) in the Base (71). Tighten six 3/8" Nylock Nuts (1) onto the Carriage Bolts. Make sure that the Carriage Bolts are fully inserted into the holes in the Base.

Insert the 1" x 16" Handle (57) into the tube on the Upright (67) and center it. Wet the ends of the Handle with soapy water. Slide a Grip (44) onto each end of the Handle.

2. Tap a 1/2" Retainer (26) and 1/2" Retainer Cap (29) onto one end of the 1/2" x 6 1/2" Axle (46). Make sure that the teeth on the Retainer bend toward the Retainer Cap.

Align the lower end of the Moment Arm (72) with the indicated brackets on the Base (71). Insert the 1/2" x 6 1/2" Axle (46) through the Moment Arm and the Base.

Tap a 1/2" Retainer (26) and 1/2" Retainer Cap (29) onto the other end of the 1/2" x 6 1/2" Axle (46).



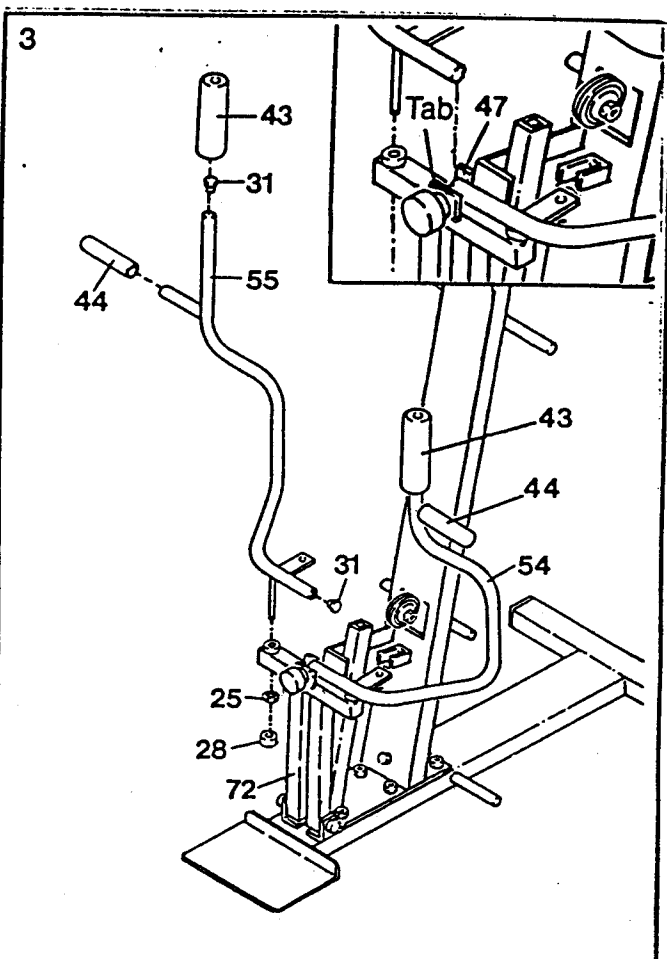
3. Press 1 1/2" Round Caps (31) into the upper and lower ends of the Left and Right Arms (54, 55).

Wet the upper ends of the Left and Right Arms (54, 55) with soapy water. Slide the Large Pads (43) onto the Arms.

Wet the handles on the Left and Right Arms (54, 55) with soapy water. Slide a Grip (44) onto each handle.

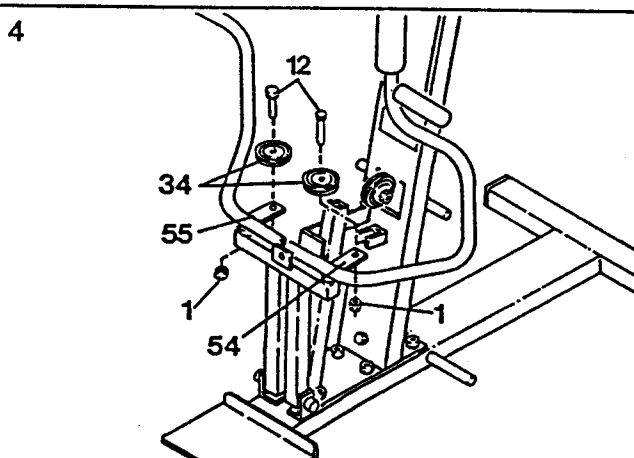
Insert the pin on the lower end of the Right Arm (55) into the Moment Arm (72). Make sure that the lower end of the Right Arm is between the Selector Plate (47) and the indicated tab on the Moment Arm (see the Inset drawing). Tap a 3/4" Retainer (25) and 3/4" Retainer Cap (28) onto the pin. Make sure that the teeth on the Retainer bend toward the Retainer Cap.

Attach the Left Arm (54) to the Moment Arm (72) in the same manner.



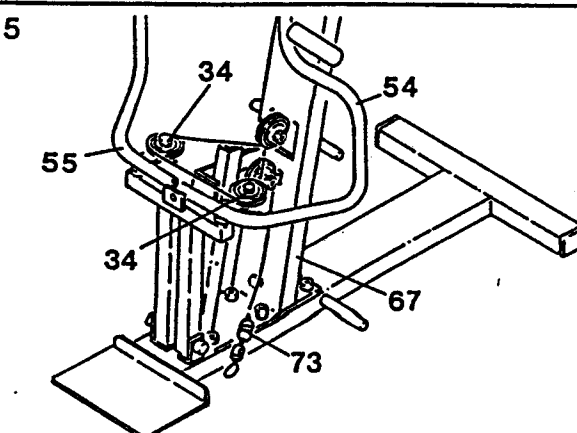
4. Attach a Thick 3 1/2" Pulley (34) to the Right Butterfly Arm (55) with a 3/8" x 2 1/4" Bolt (12) and 3/8" Nylock Nut (1).

Attach a Thick 3 1/2" Pulley (34) to the Left Butterfly Arm (54) in the same manner.



5. Remove the ties securing the Cable (73). Hold the Cable and keep tension on it until assembly step 6 is completed.

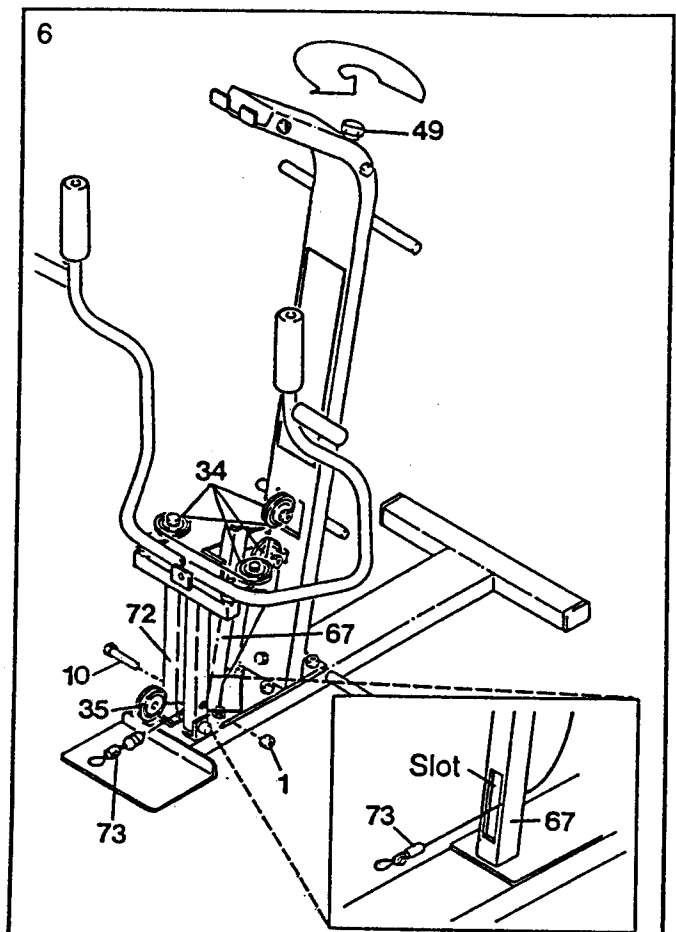
Route the Cable (73) around the Thick 3 1/2" Pulley (34) on the Right Arm (55). Route the Cable around the Thick 3 1/2" Pulley on the Left Arm (54).



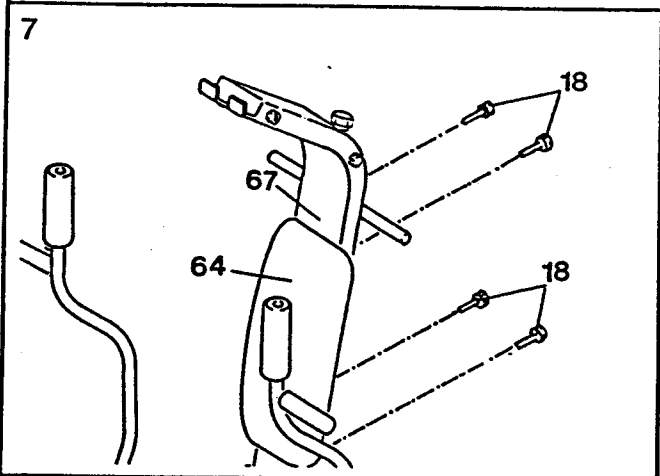
6. While one person holds the Cable (73), a second person should turn the Resistance Knob (49) to setting "2". The first person should then pull the Cable out and hold it.

Insert the end of the Cable (73) through the seat tube on the Upright (67) (see the inset drawing). Insert the end of the Cable through the Moment Arm (72). Attach a Thin 3 1/2" Pulley (35) to the Moment Arm with the 3/8" x 5" Bolt (10) and a 3/8" Nylock Nut (1) as shown. Make sure that the Cable is under the Thin 3 1/2" Pulley.

Make sure that the Cable (73) is still on all of the thick 3 1/2" Pulleys (34).



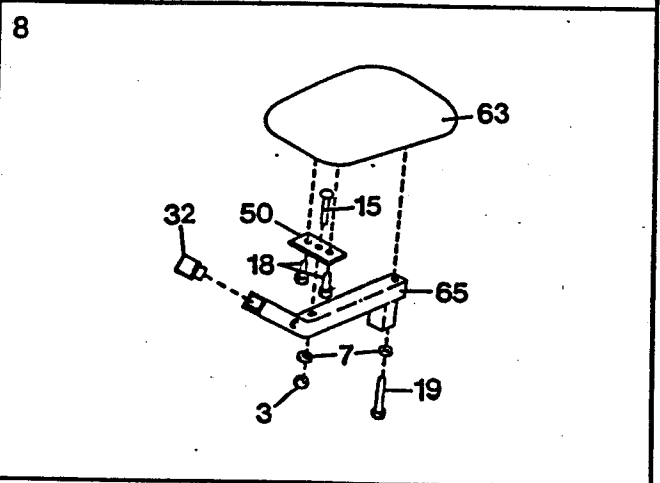
7. Attach the Backrest (64) to the Upright (67) with four 1/4" x 3/4" Bolts (18).



8. Press a 1 1/2" Square Cap (32) into the Seat Frame (65).

Attach the Seat Plate (50) to the Seat Frame (65) with the 1/4" x 2" Carriage Bolt (15), a 1/4" Washer (7) and a 1/4" Nut (3).

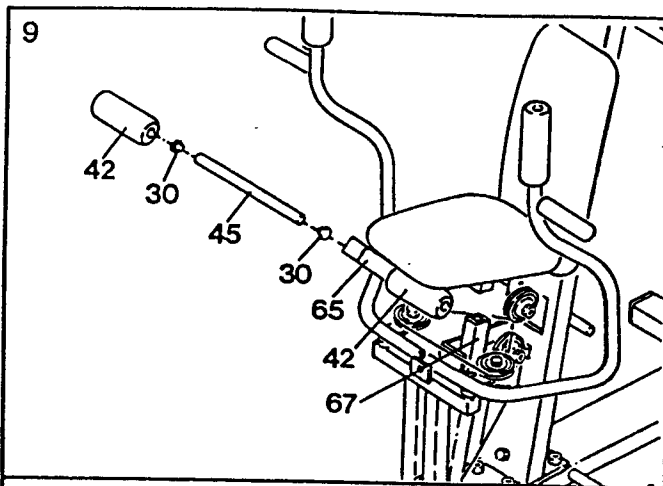
Attach the Seat (63) to the Seat Plate (50) with two 1/4" x 3/4" Bolts (18). Do not fully tighten the Bolts yet. Attach the Seat to the Seat Frame (65) with the 1/4" x 2" Bolt (19) and a 1/4" Washer (7). Tighten all three Bolts.



9. Press a 3/4" Round Cap (30) into each end of a 3/4" x 13" Tube (45).

Insert the 3/4" x 13" Tube (45) into the Seat Frame (65) and center it. Slide a Small Pad (42) onto each end of the Tube.

Insert the Seat Frame (65) into the upper end of the seat tube on the Upright (67).

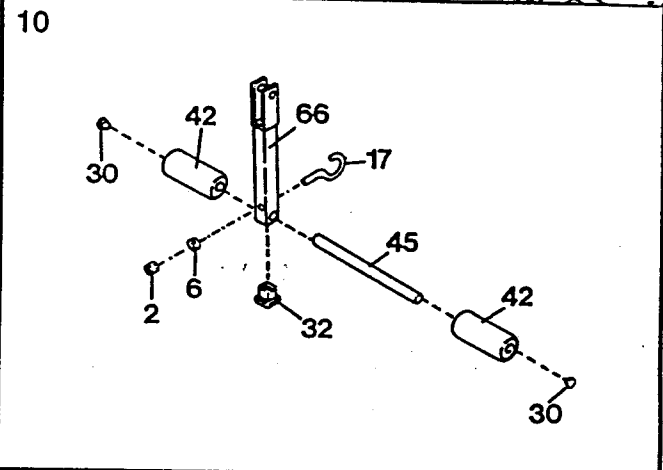


10. Press a 1 1/2" Square Cap (32) into the Leg Lever (66).

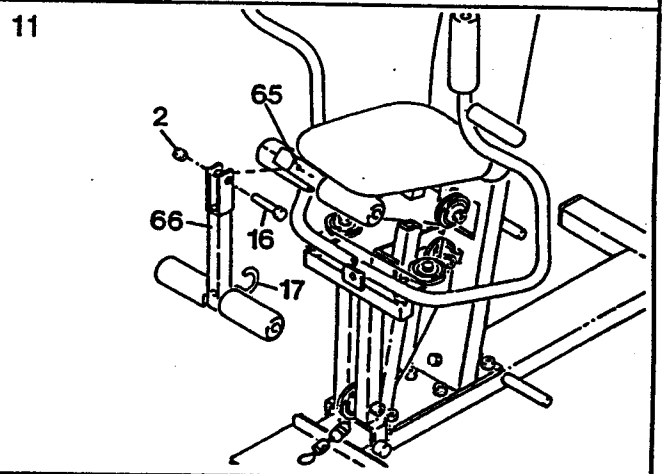
Press a 3/4" Round Cap (30) into each end of a 3/4" x 13" Tube (45).

Insert the 3/4" x 13" Tube (45) into the Leg Lever (66) and center it. Slide a Small Pad (42) onto each end of the Tube.

Attach the 5/16" Eye Bolt (17) to the Leg Lever (66) with a 5/16" Washer (6) and 5/16" Nut (2).



11. Attach the Leg Lever (66) to the Seat Frame (65) with the 5/16" x 2 1/4" Bolt (16) and a 5/16" Nut (2). Make sure that the Leg Lever is turned so the 5/16" Eye Bolt (17) is on the indicated side.

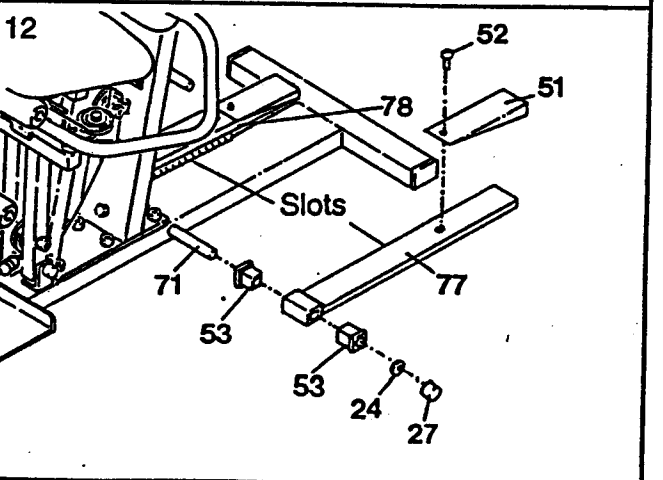


12. Press two Square Bushings (53) into the Left Pedal (77).

Attach a Pedal Cover (51) to the Left Pedal (77) with a 1/2" Screw (52).

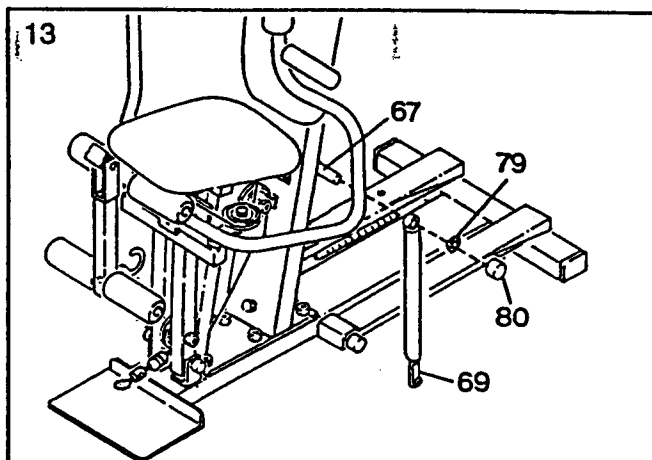
Slide the Left Pedal (77) onto the left axle on the Base (71). Make sure that the Left Pedal is on the correct side. The slots under the Left Pedal must be oriented as shown. Tap a 1" Retainer (24) and 1" Retainer Cap (27) onto the left axle. Make sure that the teeth on the Retainer bend toward the Retainer Cap.

Assemble the Right Pedal (78) in the same manner.



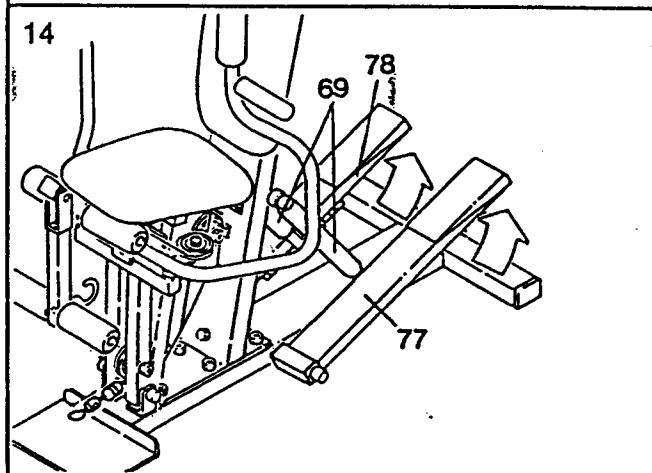
13. Slide a Resistance Cylinder (69) onto the left axle on the Upright (67). Tap a 5/8" Retainer (79) and 5/8" Retainer Cap (80) onto the left axle. Make sure that the teeth on the Retainer bend toward the Retainer Cap.

Attach the other Resistance Cylinder (69) in the same manner.



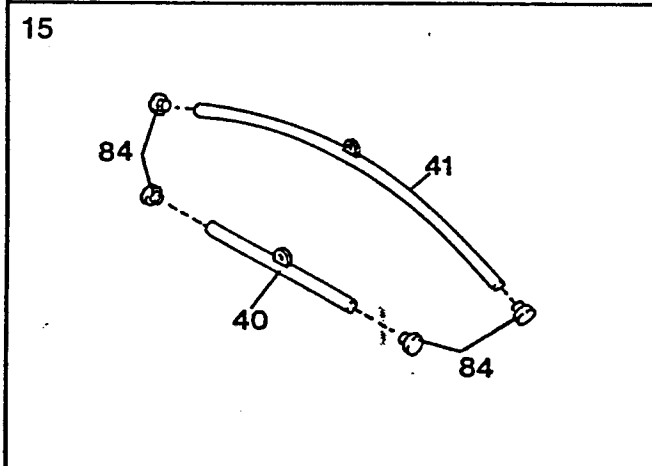
14. Raise the Left Pedal (77) and rest it on the bracket at the lower end of the left Resistance Cylinder (69). Make sure that the bracket is in one of the slots under the Left Pedal.

Raise the Right Pedal (78) and rest it on the bracket at the lower end of the right Resistance Cylinder (69). Make sure that the brackets are in the same slots under both Pedals.



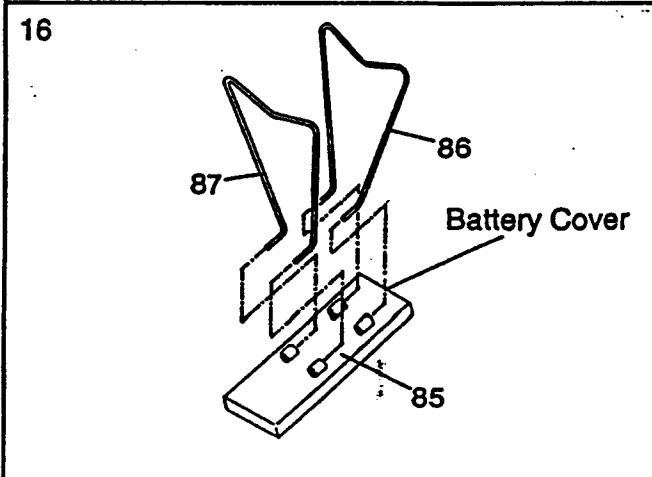
15. Press two 1" Round Caps (84) into the Lat Bar (41).

Press two 1" Round Caps (84) into the Rower Bar (40).



16. Place the Console (85) face down on the floor. Slide the Short Leg (86) into the sockets near the end of the Console where the battery cover is located.

Slide the Tall Leg (87) into the other sockets on the Console (85). Stand the Console upright.

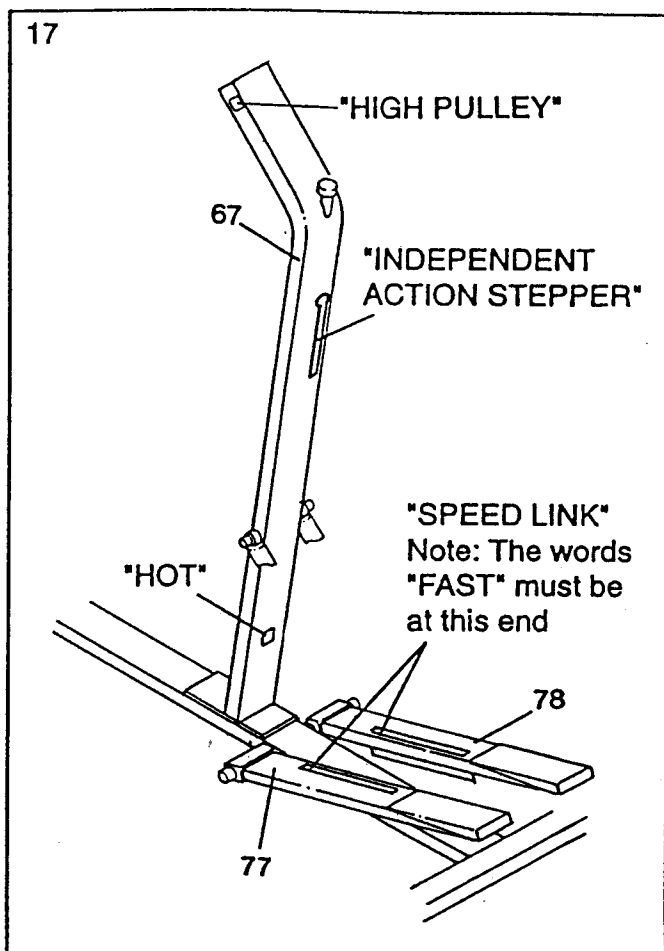


17. Remove the "HIGH PULLEY" decal from the Decal Sheet (75) (not shown). Apply the decal to the side of the Upright (67) in the indicated location.

Apply the "INDEPENDENT ACTION STEPPER" decal to the Upright (67) in the indicated location.

Apply the "HOT" decal to the Upright (67) in the indicated location.

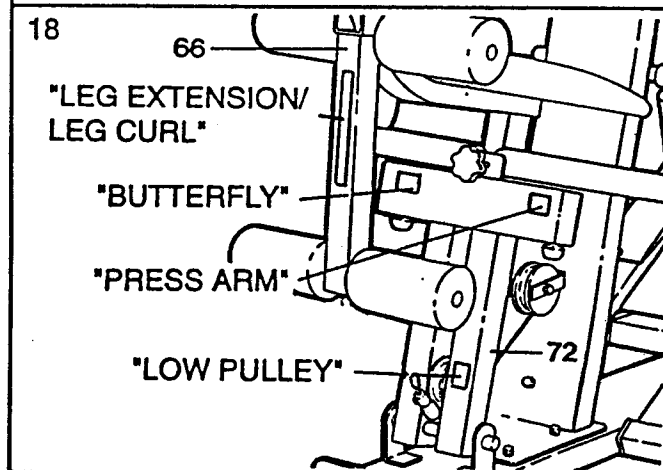
Apply the two "SPEED LINK" decals to the Left and Right Pedals (77, 78) in the indicated locations. Make sure that both decals are turned so the words "FAST" are toward the Upright (67).



18. Apply the "LOW PULLEY" decal to the Moment Arm (72) in the indicated location.

Apply the "BUTTERFLY" and "PRESS ARM" decals to the Moment Arm (72) in the indicated locations.

Apply the "LEG EXTENSION/LEG CURL" decal to the Leg Lever (66) in the indicated location.



19. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTING THE CROSS TRAINING SYSTEM on page 12 of this owner's manual.

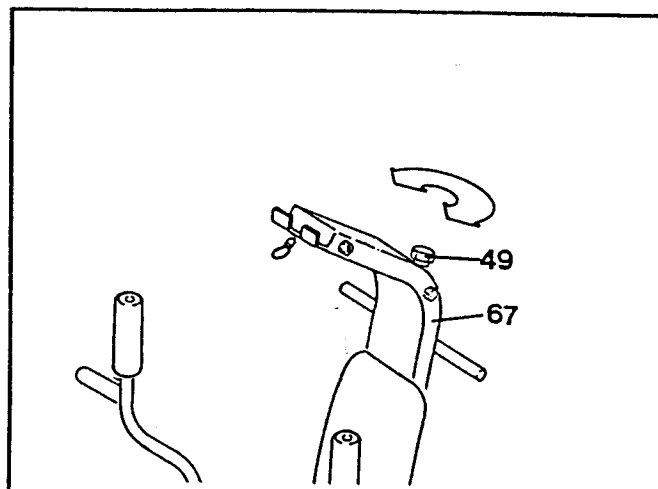
WARNING: For your safety and benefit, attach all decals before using the cross training system.

ADJUSTING THE CROSS TRAINING SYSTEM

The instructions below describe how each part of the cross training system can be adjusted. See the EXERCISE GUIDE accompanying this owner's manual to see how the cross training system should be set up for each individual exercise.

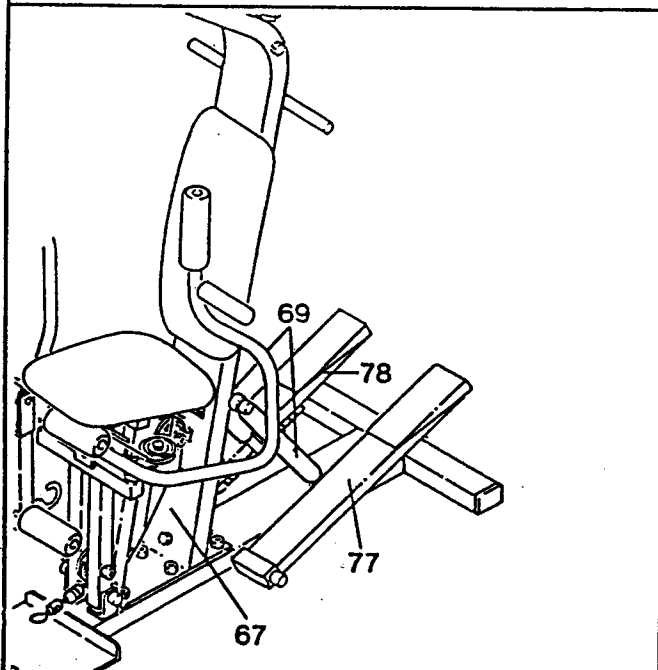
CHANGING THE RESISTANCE

The resistance setting can be changed by turning the Resistance Knob (49) located on the Upright (67). There are ten resistance settings: level 1 is the lowest resistance setting, and level 10 is the highest resistance setting. An arrow near the Resistance Knob will show the selected resistance setting. To increase the resistance setting, turn the Resistance Knob counterclockwise; to decrease the resistance setting, turn the Resistance Knob clockwise.



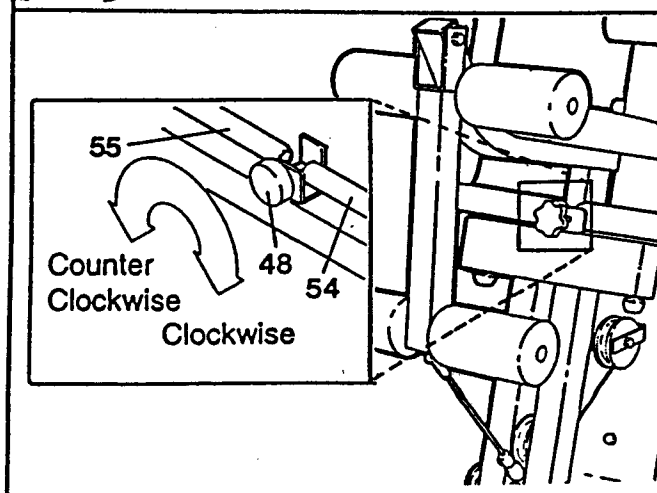
CHANGING THE STEPPING RESISTANCE

To vary the intensity of your stepping exercise, the resistance of the pedals can be changed. To change the resistance, lift the Pedals (77, 78) off the brackets at the lower ends of the Resistance Cylinders (69). Move the brackets to different slots under the Pedals. Make sure that the brackets are in the same slots under both Pedals. The farther the brackets are from the Upright (67), the greater the resistance will be.



CHANGING THE ARMS TO THE BUTTERFLY MODE AND PRESS MODE

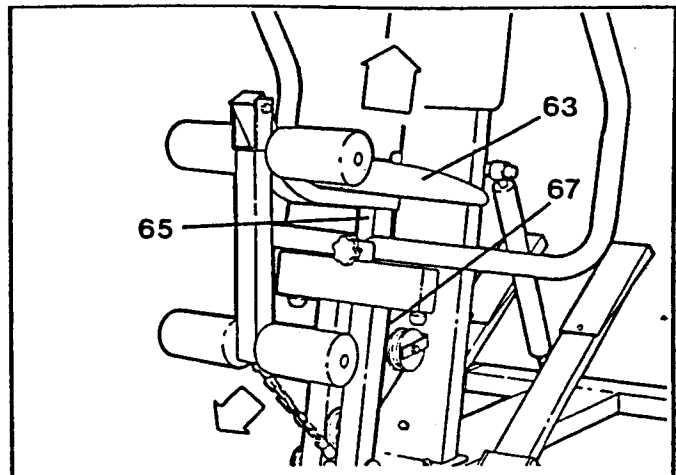
The Arms (54, 55) can be used in either the butterfly mode or the press mode, depending on the exercise to be performed. To use the Arms in the butterfly mode, turn the Selector Knob (48) counterclockwise. The Arms can then be used for the Butterfly or Reverse Butterfly exercise. To use the Arms in the press mode, turn the Selector Knob clockwise. The Arms can then be used for the Bench Press exercise.



ATTACHING/DETACHING THE SEAT

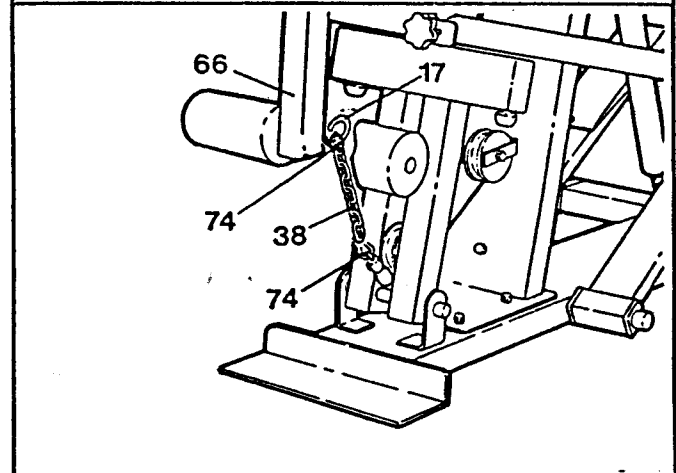
For some exercises, the Seat (63) must be removed from the cross training system. To remove the Seat, first disconnect the low cable from the leg lever (see **CONNECTING THE LEG LEVER TO THE LOW CABLE** below). Lift the Seat Frame (65) out of the seat tube on the Upright (67).

To attach the Seat (63), insert the Seat Frame (65) into the seat tube.



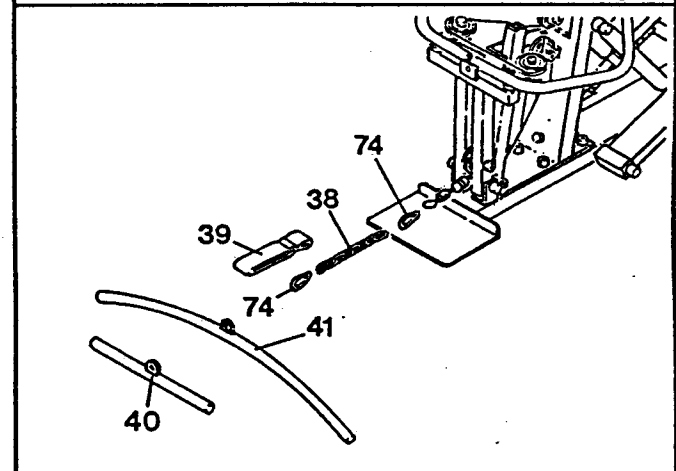
CONNECTING THE LEG LEVER TO THE LOW CABLE

To use the Leg Lever (66), the low cable must be connected to the Leg Lever. Attach one end of the Chain (38) to the low cable with a Cable Clip (74). Attach the other end of the Chain to the 5/16" Eye Bolt (17) on the Leg Lever with another Cable Clip (74).



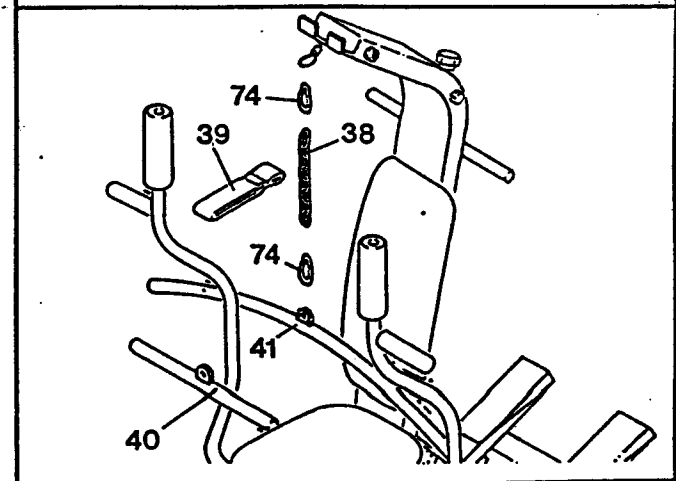
ATTACHING THE LAT BAR, ROWER BAR OR NYLON STRAP TO THE LOW CABLE

Attach the Chain (38) between the Lat Bar (41) and the low cable with two Cable Clips (74). The distance between the Lat Bar and the low cable can be adjusted by attaching the Cable Clips closer together or farther apart along the Chain. The Rower Bar (40) or the Nylon Strap (39) can be attached in the same manner. **IMPORTANT: If the low cable is used without the Chain, the resistance mechanism may lock up (see TROUBLE-SHOOTING AND MAINTENANCE on page 15 of this owner's manual.)**



ATTACHING THE LAT BAR, ROWER BAR OR NYLON STRAP TO THE HIGH CABLE

Attach the Chain (38) between the Lat Bar (41) and the high cable with two Cable Clips (74). The distance between the Lat Bar and the high cable can be adjusted by attaching the Cable Clips closer together or farther apart along the Chain. The Rower Bar (40) or the Nylon Strap (39) can be attached in the same manner. **IMPORTANT: If the high cable is used without the Chain, the resistance mechanism may lock up (see TROUBLE-SHOOTING AND MAINTENANCE on page 15 of this owner's manual.)**

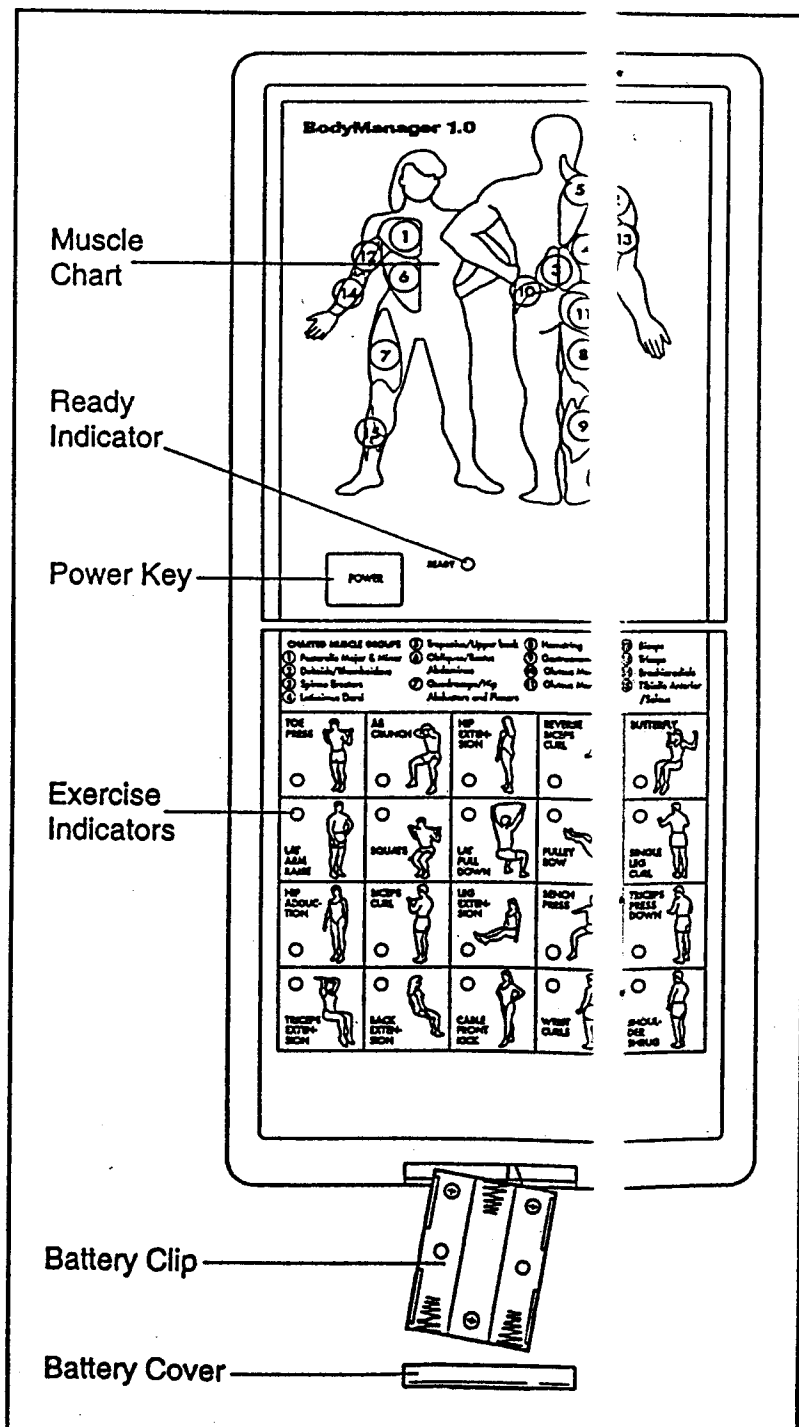


OPERATING THE CONSOLE

The PROFORM ARC 510 features the Body Manager 1.0 console, designed to help you select the exercises that will give you the specific results you want. Read the instructions below and the EXERCISE GUIDE accompanying this owner's manual before using the console.

Remove the clear plastic film from the front of the console. The console requires three "AA" batteries (not included) for operation. Alkaline batteries are recommended. Slide the battery cover up and remove it (see the drawing below). Slide the battery clip out of the console. Find the markings inside the battery clip showing which direction the batteries must be turned, and press three "AA" batteries into the battery clip. Slide the battery clip into the console and slide the battery cover back onto the console.

1. To turn the power on, press the power key. All indicators on the console will flash twice. The ready indicator will then light to show that the console is ready for operation.
2. On the upper part of the console is a muscle chart showing the different muscle groups of the body. When you are ready to begin exercising, press the large circled number on the muscle group that you want to exercise first.
3. The lower part of the console shows twenty exercises that can be performed using the PROFORM ARC 510. When one of the numbers on the muscle chart is pressed, indicators will light to show which of the exercises will develop the selected muscle group. Perform one of the exercises shown. (See the EXERCISE GUIDE for a description of each exercise, and for additional exercises that can be performed.)
4. Repeat steps 2 and 3, pressing a different number on the muscle chart each time, until your workout is completed.
5. If no numbers on the muscle chart are pressed for 7 1/2 minutes, the power will turn off automatically to conserve the batteries. When you are finished exercising, simply wait for the power to turn off automatically.

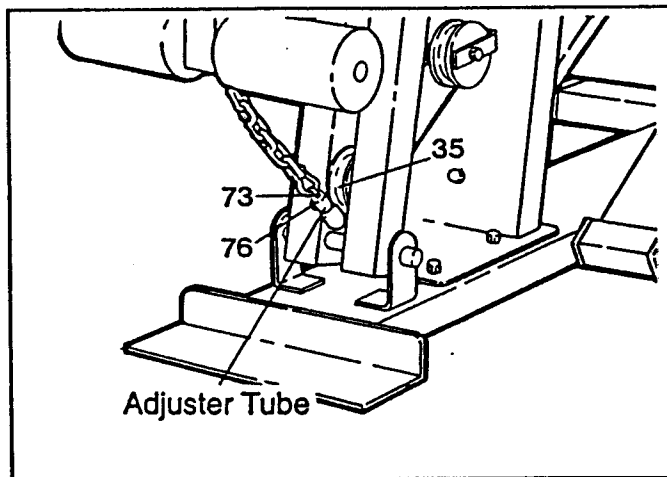


TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the cross training system. Replace any worn parts immediately. The cross training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents. Keep liquid away from the console.

ADJUSTING THE CABLE

If there is slack in the Cable (73) before resistance is felt, the Cable can be adjusted. Loosen the 1/4" x 1/2" Bolt (76) in the adjustment tube near the end of the Cable. Pull the end of the Cable until you begin to feel resistance. Slide the adjustment tube against the indicated Thin 3 1/2" Pulley (35) and retighten the 1/4" x 1/2" Bolt.



REPLACING THE BATTERIES IN THE CONSOLE

If the console does not function properly, or if the indicators become dim, the batteries should be replaced. See OPERATING THE CONSOLE on page 14 of this owner's manual for battery installation instructions.

RESISTANCE MECHANISM

If the low or high cables are used without the chain attached, the resistance mechanism may lock up. If this happens, the cables will not retract. To correct the problem, hold the end of the cable firmly and tip the cross training system to one side. **WARNING: When the resistance mechanism is freed, the cable will retract with great force. Hold the end of the cable firmly when freeing the resistance mechanism or serious injury could result.**

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 be prepared to give the following information:

1. The MODEL NUMBER of the product (PF851030).
2. The NAME of the product (PROFORM® ARC 510 cross training system).
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 the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

LIMITED WARRANTY

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