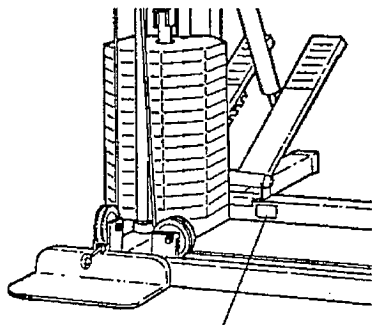


PRO-FORM®

Model No. PF880030

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

800TMCS

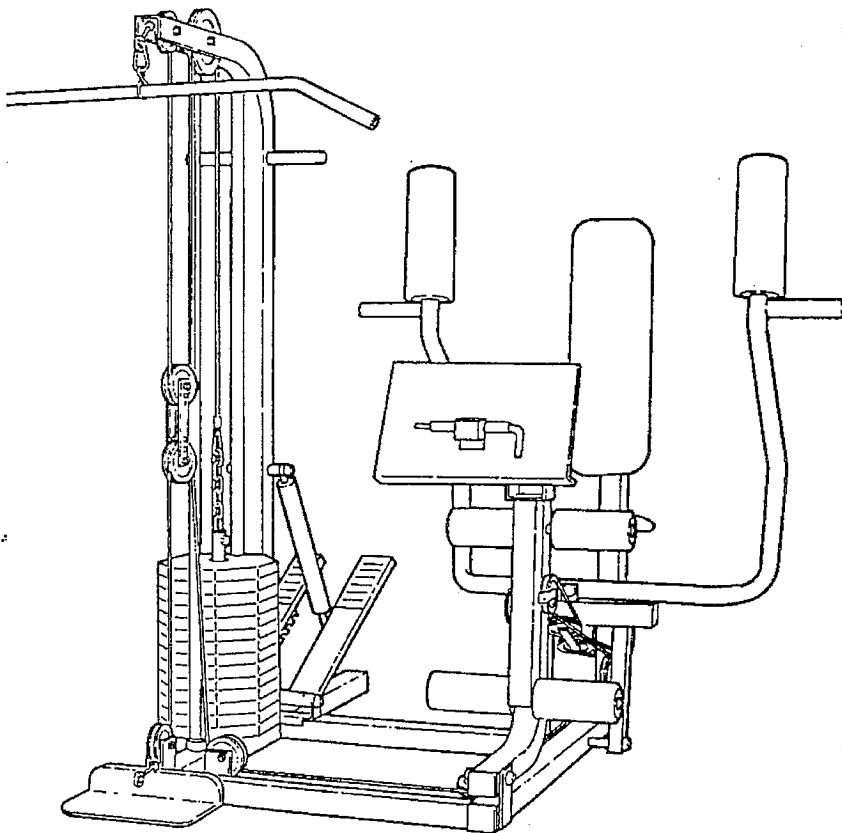
COMPACT-SYSTEM

CROSS TRAINING SYSTEM

150 LBS. CAST IRON

30+ EXERCISES

TRIAD™ LEG SYSTEM



OWNER'S MANUAL

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IMPORTANT SAFETY PRECAUTIONS

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

1. Read all instructions in this owner's manual and in the accompanying literature before using the system. Use the system only as described.
2. Inspect and tighten all parts each time you use the system. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear athletic shoes for foot protection.
4. Keep small children away from the system at all times.
5. 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.
6. Never release the arms, leg lever, leg press plate, lat bar or nylon strap while weights are raised. The weights will fall with great force.
7. When using the stepper, keep your feet on the pedals at all times. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, resulting in injury.
8. Make sure that the cables remain on the pulleys as you use the system.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

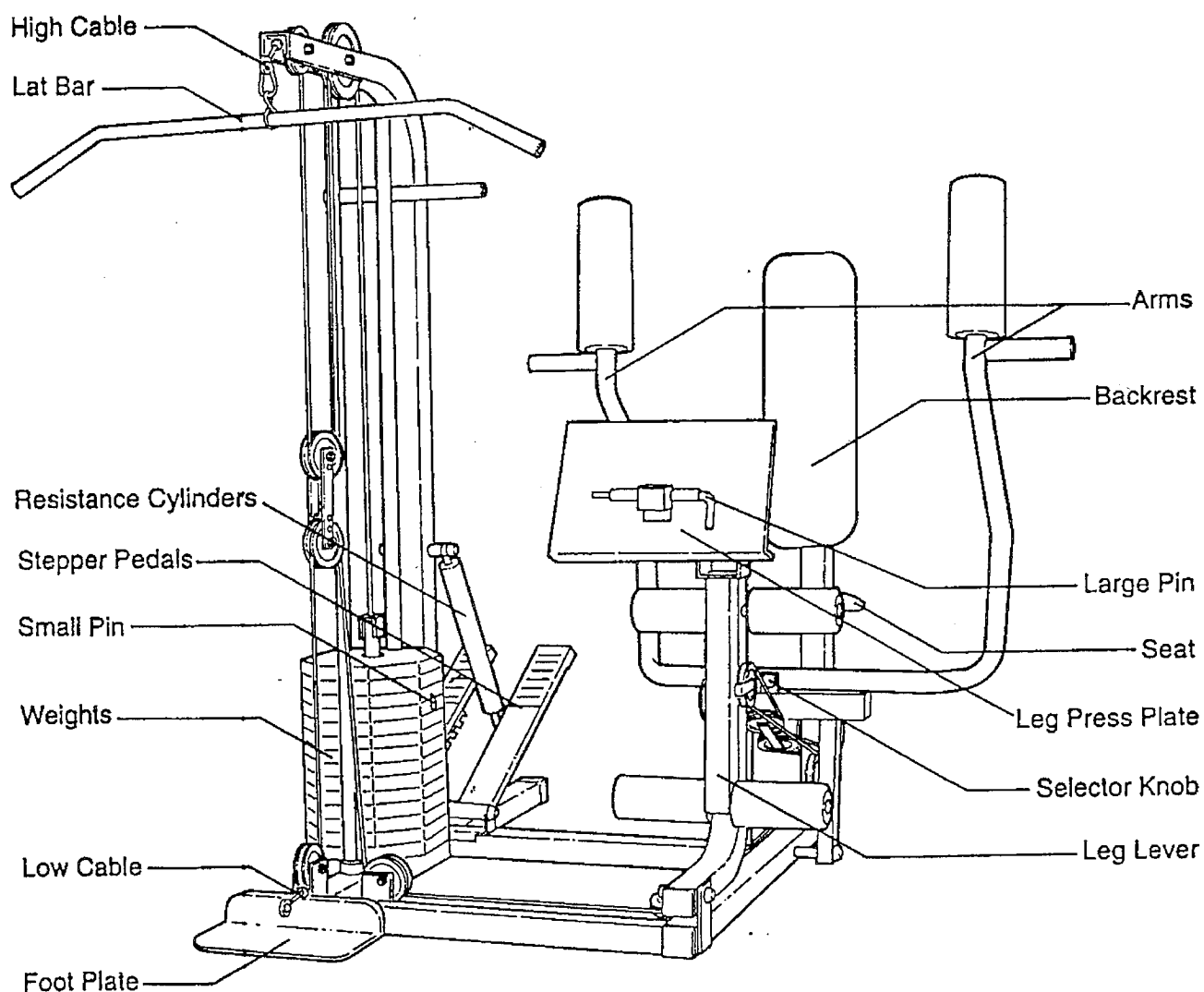
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 800 CS Compact System. The versatile PROFORM 800 CS 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 increased cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the PROFORM 800 CS will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the PROFORM 800 CS. 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 PF880030. The serial number can be found on a decal attached to the PROFORM 800 CS (see the front cover of this manual).

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



ASSEMBLY

Assembly requires two people and will take about 4 hours. The following tools (not included) are required for assembly: two 8" adjustable wrenches, a rubber mallet and a standard screwdriver. A small amount of grease and a small bowl of soapy water are also needed. As you assemble the PROFORM 800 CS, read each step and examine each drawing carefully. Make sure that all parts are oriented as shown in the drawings. Refer to the PART IDENTIFICATION (ID) CHART accompanying this owner's manual for help identifying the small parts used in assembly. Due to the size and weight of the PROFORM 800 CS, it should be assembled in the location where it will be used. Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.

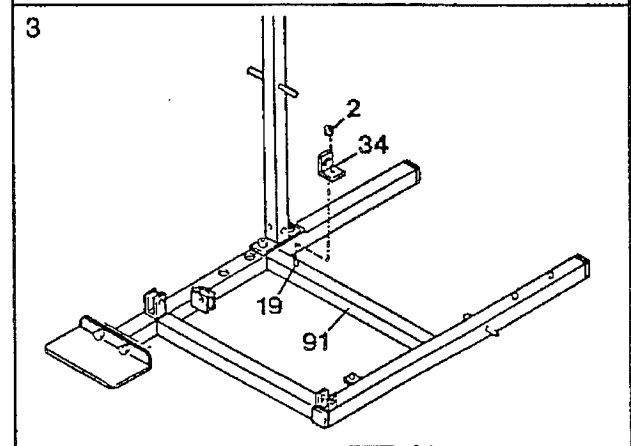
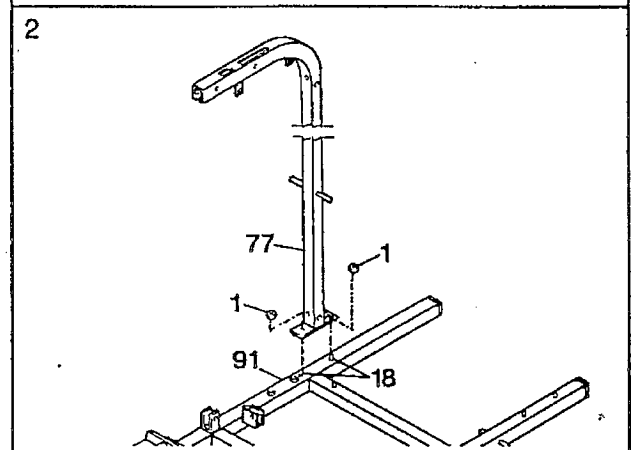
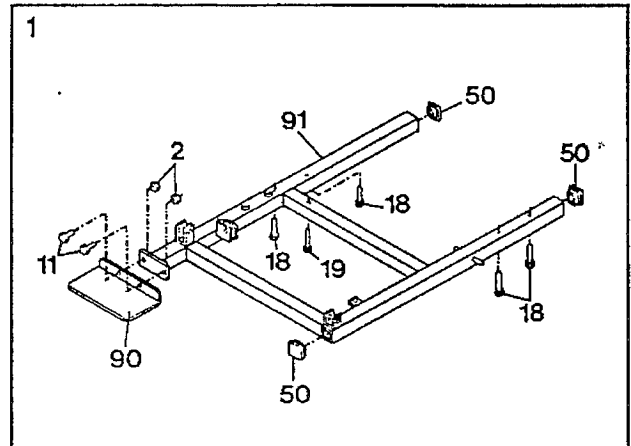
1. Press three 2" Square Caps (50) into the Base (91).

Insert the 5/16" x 2 1/2" Carriage Bolt (19) and the four 3/8" x 2 1/2" Carriage Bolts (18) up through the indicated holes in the Base (91).

Attach the Foot Plate (90) to the Base (91) with the two 5/16" x 3/4" Bolts (11) and 5/16" Nylock Nuts (4).

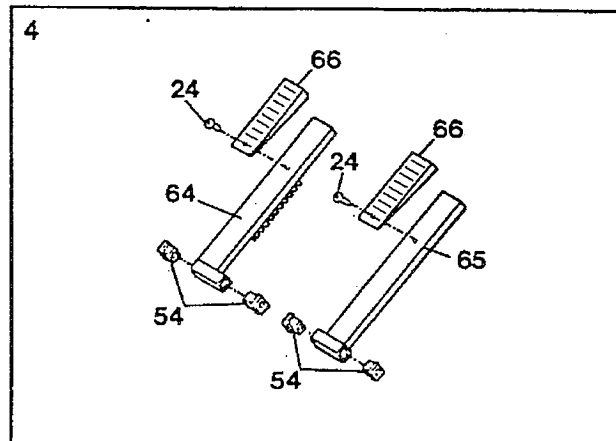
2. Slide the Weight Upright (77) onto the two indicated 3/8" x 2 1/2" Carriage Bolts (18) in the Base (91). Attach the Weight Upright with two 3/8" Nylock Nuts (1). Make sure that the Bolt heads are flush against the underside of the Base.

3. Slide the Pedal Brace (34) onto the 5/16" x 2 1/2" Carriage Bolt (19) in the Base (91). Attach the Pedal Brace with a 5/16" Nylock Nut (2). Make sure that the Bolt head is flush against the underside of the Base.



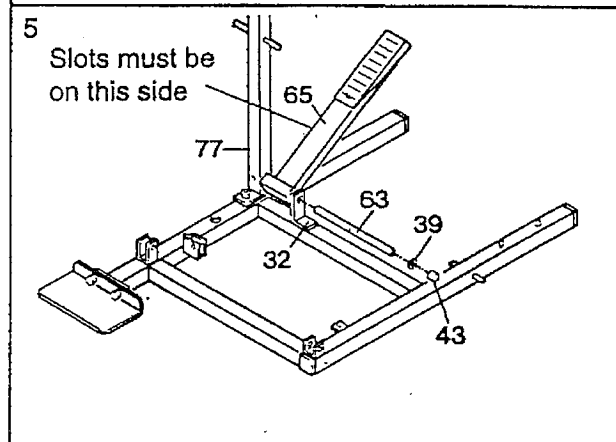
4. Press the four 1 1/2" Square Bushings (54) into the Right and Left Pedals (64, 65).

Attach a Pedal Cap (66) to each of the Pedals (64, 65) with a 1/2" Washer-Head Screw (24).



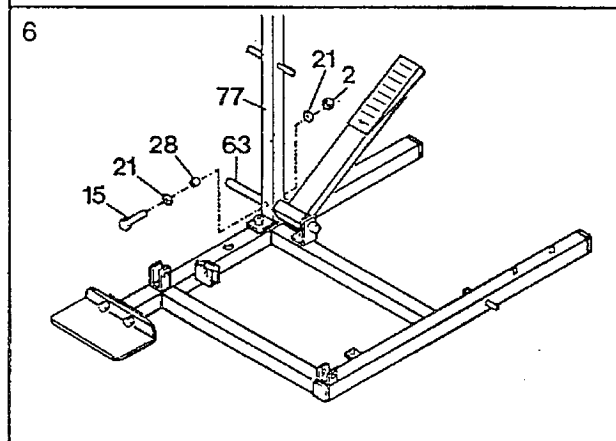
5. Tap a 1" Retainer Ring (39) and 1" Retainer Cap (43) onto one end of the 1" x 13" Pedal Axle (63)—make sure that the teeth on the Retainer Ring bend toward the Retainer Cap.

Hold the Left Pedal (65) between the Pedal Brace (34) and the Weight Upright (77). Make sure that the Left Pedal is on the correct side—the slots under the Left Pedal must be oriented as shown. Insert the 1" x 13" Pedal Axle (63) through the Pedal Brace, Left Pedal and Weight Upright.



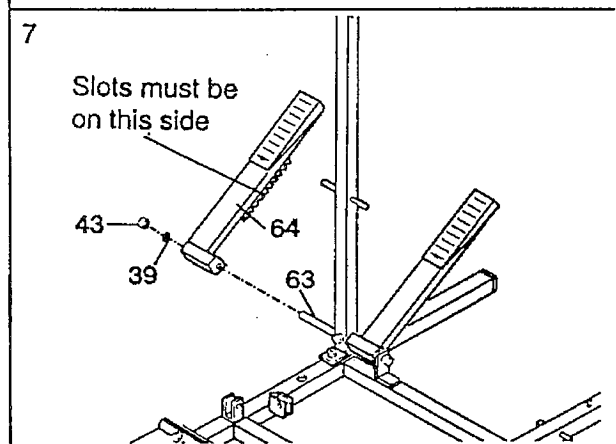
6. Turn the 1" x 13" Pedal Axle (63) so the hole in the Pedal Axle is aligned with the hole in the Weight Upright (77).

Slide a 5/16" Washer (21) and 1/2" x 5/8" Spacer (28) onto a 5/16" x 2 3/4" Bolt (15). Insert the Bolt through the Weight Upright (77) and the Pedal Axle (63). Slide another 5/16" Washer (21) onto the Bolt and tighten a 5/16" Nylock Nut (2) onto the Bolt.



7. Slide the Right Pedal (64) onto the 1" x 13" Pedal Axle (63).

Tap a 1" Retainer Ring (39) and 1" Retainer Cap (43) onto the 1" x 13" Pedal Axle (63)—make sure that the teeth on the Retainer Ring bend toward the Retainer Cap.



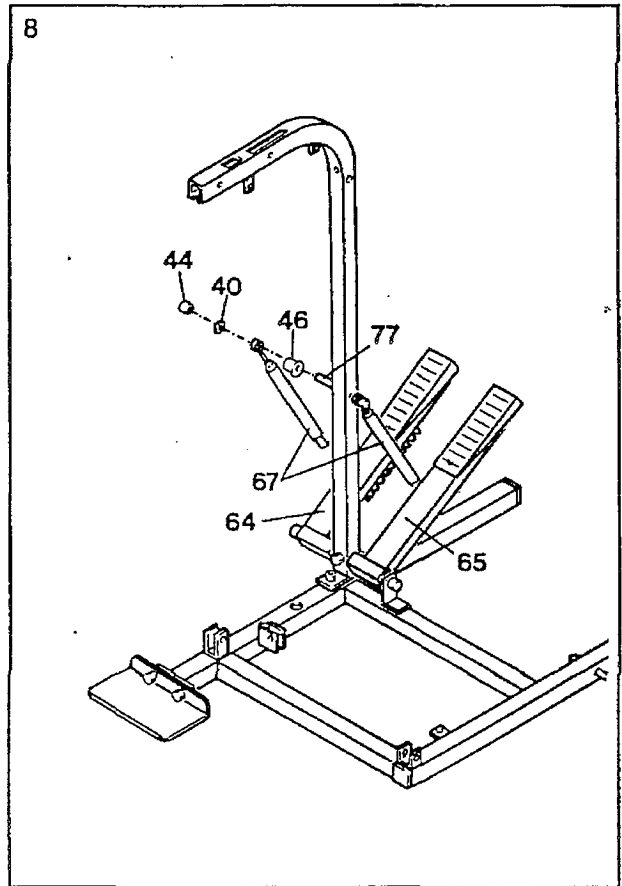
8. Slide a Cylinder Spacer (46) and a Resistance Cylinder (67) onto the right axle on the Weight Upright (77) as shown.

Tap a 5/8" Retainer Ring (40) and 5/8" Retainer Cap (44) onto the right axle on the Weight Upright (77)—make sure that the teeth on the Retainer Ring bend toward the Retainer Cap.

Attach a Cylinder Spacer (46) and a Resistance Cylinder (67) to the left axle on the Weight Upright (77) in the same manner.

Raise the Left Pedal (65) and rest it on the bracket at the lower end of the left Resistance Cylinder (67). Make sure that the bracket is in one of the slots under the Pedal.

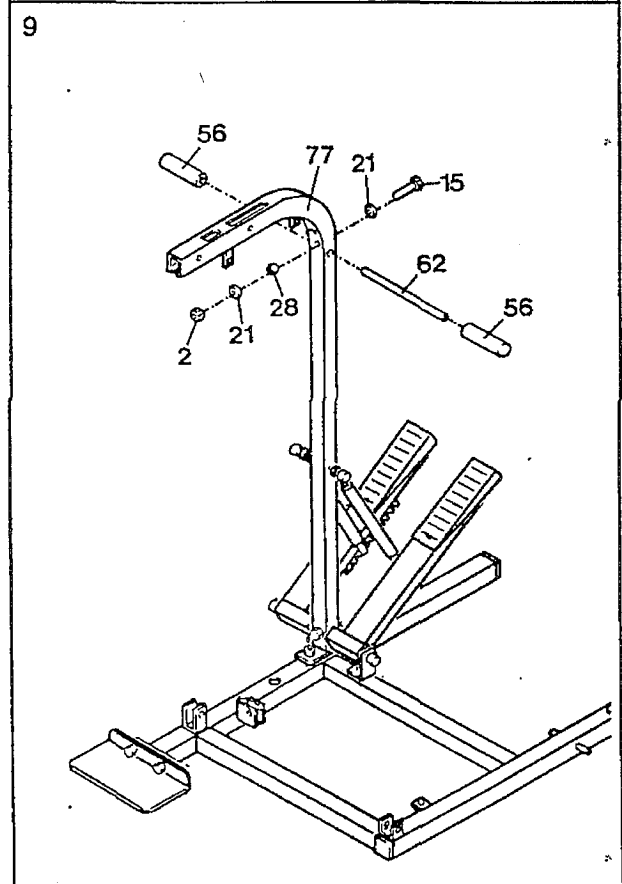
Raise the Right Pedal (64) and rest it on the bracket at the lower end of the right Resistance Cylinder (67). Make sure that the brackets are in the same slots under both Pedals.



9. Insert the 1" x 12" Handle (62) into the Weight Upright (77). Turn the Handle so the hole in the Handle is aligned with the hole in the Weight Upright.

Slide a 5/16" Washer (21) onto a 5/16" x 2 3/4" Bolt (15). Insert the Bolt through the Weight Upright (77) and the 1" x 12" Handle (62). Slide a 1/2" x 5/8" Spacer (28) and another 5/16" Washer (21) onto the Bolt and tighten a 5/16" Nylock Nut (2) onto the Bolt.

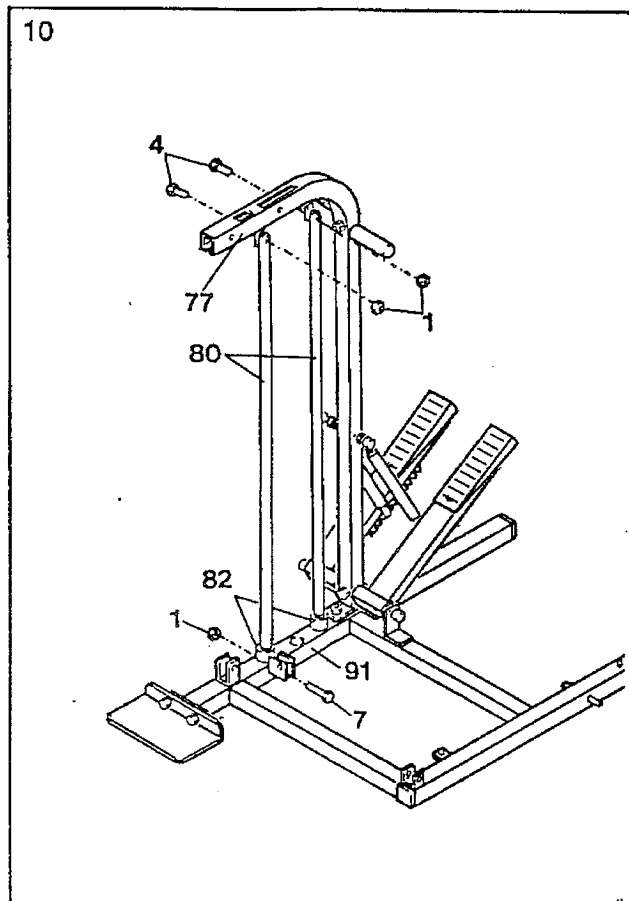
Wet the 1" x 12" Handle (62) with soapy water and slide a Handgrip (56) onto each end.



10. Slide a Weight Bumper (82) onto each of the Weight Guides (80). Insert the Weight Guides into the Base (91).

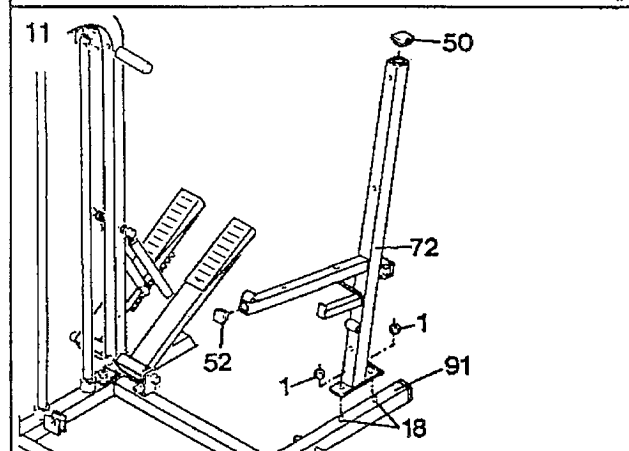
Attach the lower end of the indicated Weight Guide (80) to the Base (91) with the 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylock Nut (1).

Attach the upper end of each Weight Guide (80) to one of the brackets on the Weight Upright (77) with a 3/8" x 1 3/4" Bolt (4) and 3/8" Nylock Nut (1).

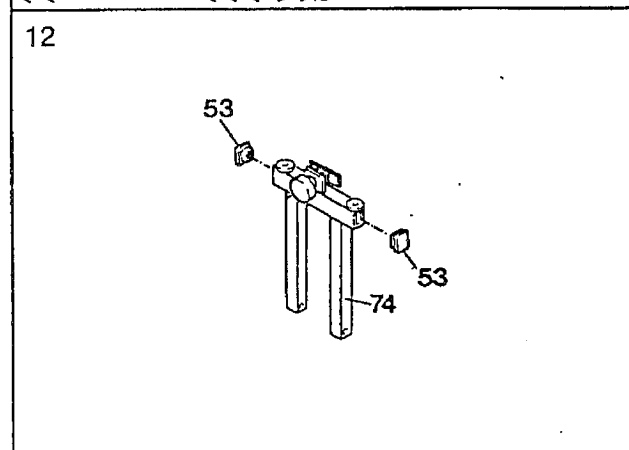


11. Press a 2" Square Cap (50) and a 1 1/2" Square Cap (52) into the Seat Upright (72).

Slide the Seat Upright (72) onto the two indicated 3/8" x 2 1/2" Carriage Bolts (18) in the Base (91). Attach the Seat Upright with two 3/8" Nylock Nuts (1). Make sure that the Bolt heads are flush against the underside of the Base.



12. Press the two 2" x 1 1/2" Caps (53) into the Arm Frame (74).



13. Tap a 1/2" Retainer Ring (41) and 1/2" Retainer Cap (45) onto one end of the 9 1/2" Arm Frame Pin (96)—make sure that the teeth on the Retainer Ring bend toward the Retainer Cap.

Align the lower end of the Arm Frame (74) with the tube on the Base (91). Insert the 9 1/2" Arm Frame Pin (96) through the Arm Frame and the Base.

Tap a 1/2" Retainer Ring (41) and 1/2" Retainer Cap (45) onto the 9 1/2" Arm Frame Pin (96)—make sure that the teeth on the Retainer Ring bend toward the Retainer Cap.

14. Press the two 1 3/4" Square Caps (51) into the Leg Press Arm (87).

Attach the Leg Press Arm (87) to the indicated bracket on the Base (91) with the 3/8" x 2 3/4" Bolt (8) and a 3/8" Nylock Nut (1).

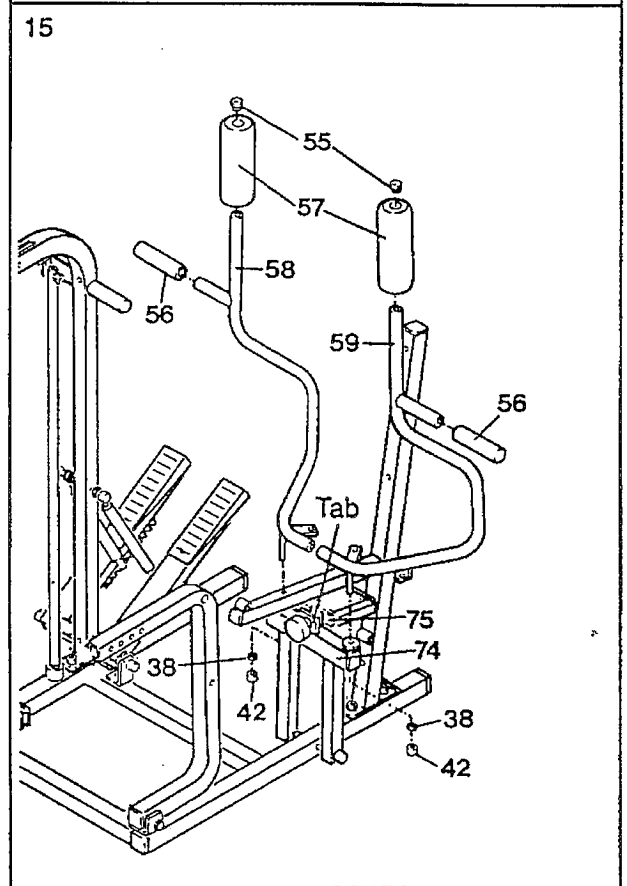
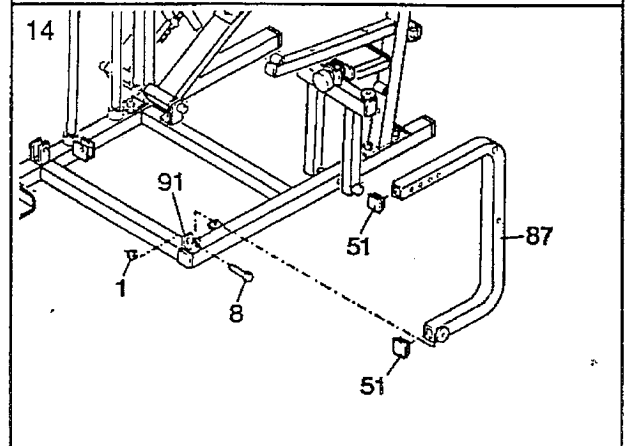
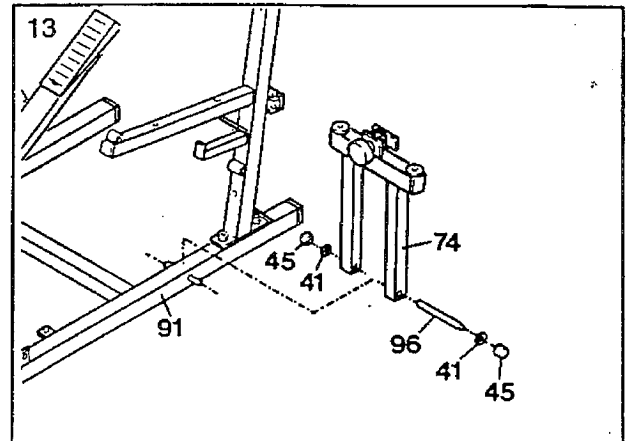
15. Press the two 1 1/2" Round Caps (55) into the upper ends of the Right and Left Arms (58, 59).

Insert the pin on the lower end of the Left Arm (59) into the Arm Frame (74). Make sure that the lower end of the Left Arm is between the Selector Plate (75) and the indicated tab on the Arm Frame. Tap a 3/4" Retainer Ring (38) and 3/4" Retainer Cap (42) onto the pin—make sure that the teeth on the Retainer Ring bend toward the Retainer Cap.

Attach the Right Arm (58) to the Arm Frame (74) in the same manner.

Wet the upper ends of the Right and Left Arms (58, 59) with soapy water. Slide the 9 1/2" Pads (57) onto the Arms.

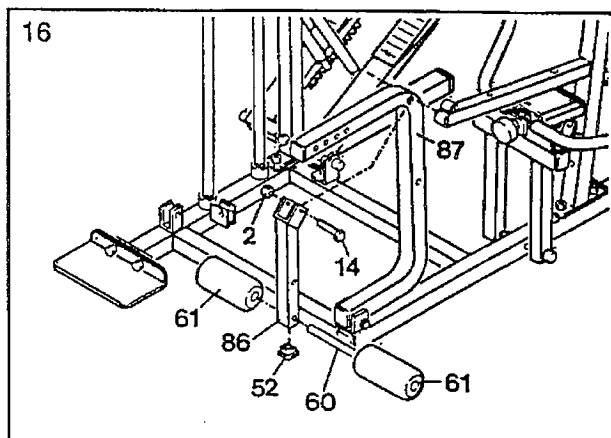
Wet the handles on the Right and Left Arms (58, 59) with soapy water. Slide a Handgrip (56) onto each handle.



16. Insert a 1 1/2" Square Cap (52) into the Leg Lever (86).

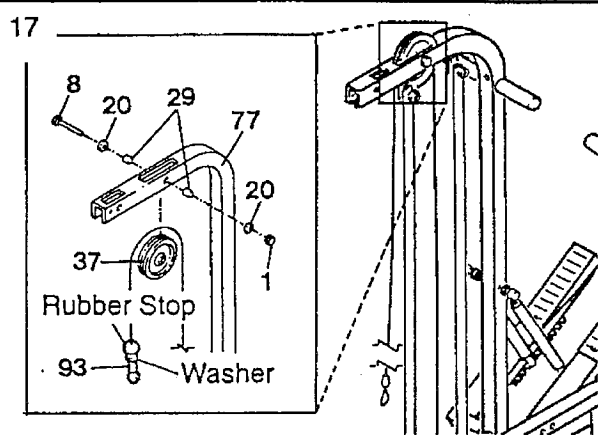
Attach the Leg Lever (86) to the Leg Press Arm (87) with the 5/16" x 2 1/2" Bolt (14) and a 5/16" Nylock Nut (2).

Insert a 3/4" x 13" Pad Bar (60) into the lower end of the Leg Lever (86). Center the Pad Bar and slide a 6" Pad (61) onto each end of it.



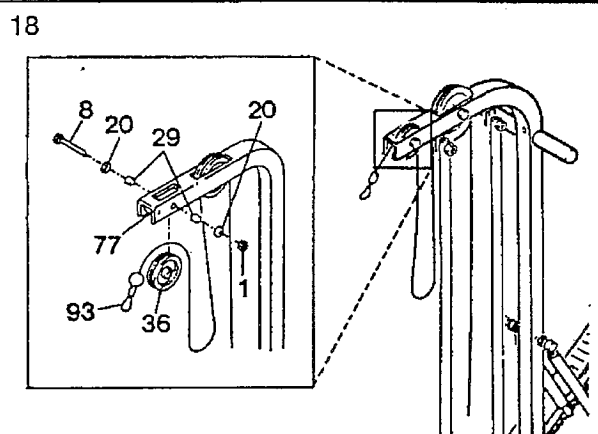
17. Find the Weight Cable (93)—this is the short Cable with a rubber stop on it. Lay the center of the Cable over the Large Pulley (37). Make sure the rubber stop is on the indicated side.

Slide a 3/8" Washer (20) and 1/2" x 1/2" Bushing (29) onto a 3/8" x 2 3/4" Bolt (8). Hold the Large Pulley (37) inside the Weight Upright (77) and insert the Bolt through the Pulley and the Weight Upright. Slide another 1/2" x 1/2" Bushing (29) and 3/8" Washer (20) onto the Bolt and tighten a 3/8" Nylock Nut (1) onto the Bolt.



18. Slide the rubber stop to the end of the Weight Cable (93). Lay the Cable over a Small Pulley (36).

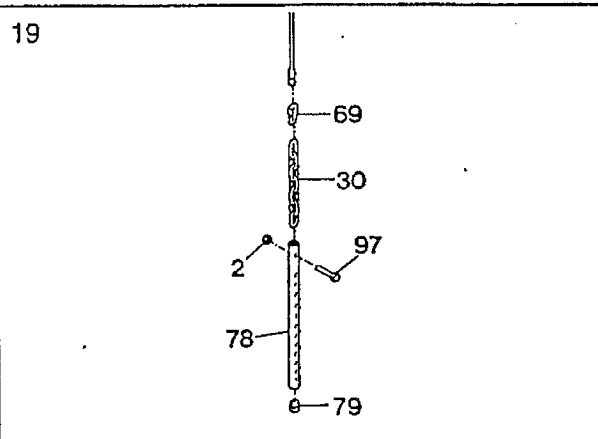
Slide a 3/8" Washer (20) and 1/2" x 1/2" Bushing (29) onto a 3/8" x 2 3/4" Bolt (8). Hold the Small Pulley (36) inside the Weight Upright (77) and insert the Bolt through the Pulley and the Weight Upright. Slide another 1/2" x 1/2" Bushing (29) and 3/8" Washer (20) onto the Bolt and tighten a 3/8" Nylock Nut (1) onto the Bolt.



19. Attach one end of the Short Chain (30) to the indicated end of the Weight Cable (93) with a Cable Clip (69).

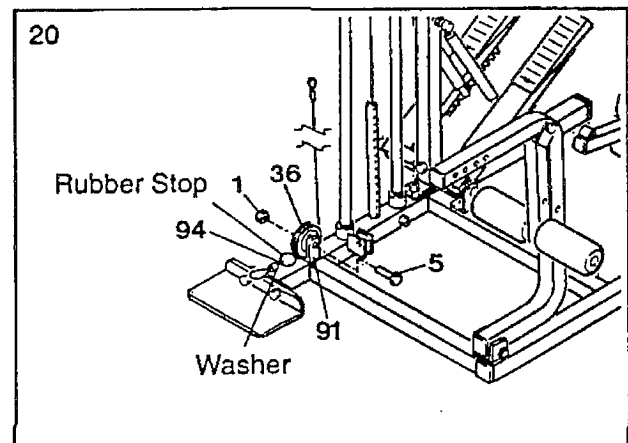
Insert the other end of the Short Chain (30) into the upper end of the Weight Selector (78). The upper end is the end that has a single hole near it. Attach the Short Chain with the 5/16" x 1 1/2" Bolt (97) and a 5/16" Nylock Nut (2).

Press the Dome Cap (79) into the lower end of the Weight Selector (78).



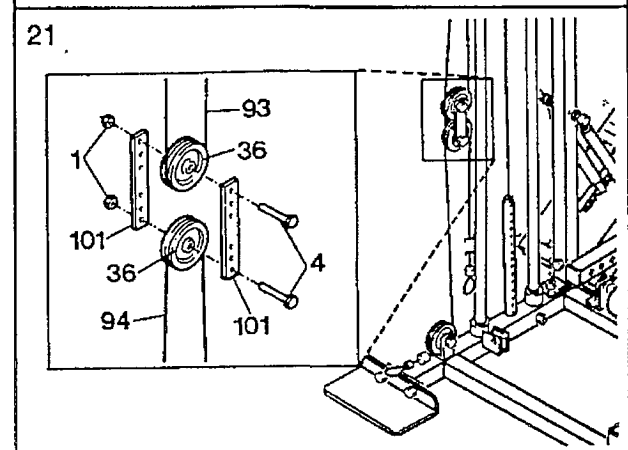
20. Find the Long Cable (94). Slide the rubber stop to the end of the Cable.

Wrap the Long Cable (94) under a Small Pulley (36). Attach the Pulley to the indicated bracket on the Base (91) with a 3/8" x 2 1/2" Bolt (7) and 3/8" Nylock Nut (1).

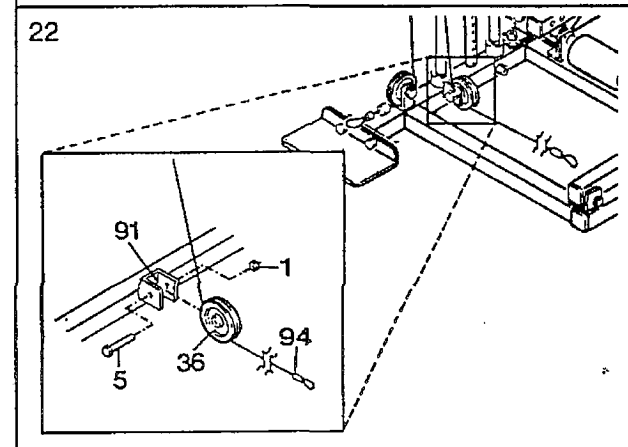


21. Hold a Small Pulley (36) in the indicated location in the Weight Cable (93). Attach one end of the two Long "I" Plates (101) to the Pulley with a 3/8" x 1 3/4" Bolt (4) and 3/8" Nylock Nut (1).

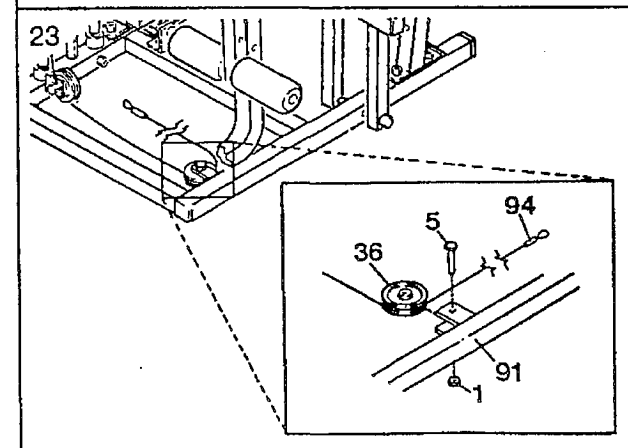
Lay the Long Cable (94) over a Small Pulley (36). Attach the Pulley to the other end of the Long "I" Plates (101) with a 3/8" x 1 3/4" Bolt (4) and 3/8" Nylock Nut (1).



22. Wrap the Long Cable (94) under a Small Pulley (36). Attach the Pulley to the indicated bracket on the Base (91) with a 3/8" x 2" Bolt (5) and 3/8" Nylock Nut (1).

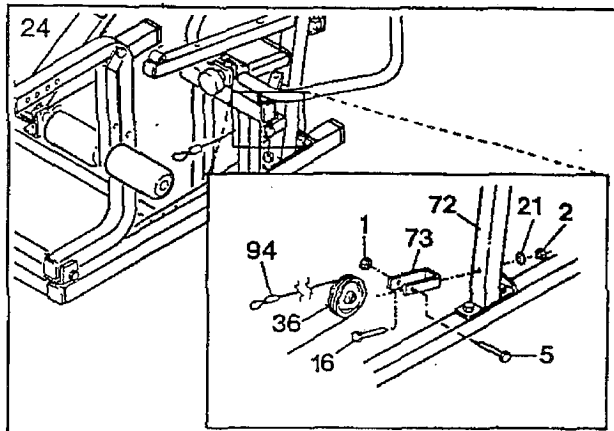


23. Wrap the Long Cable (94) around a Small Pulley (36). Attach the Pulley (36) to the indicated bracket on the Base (91) with a 3/8" x 2" Bolt (5) and 3/8" Nylock Nut (1).

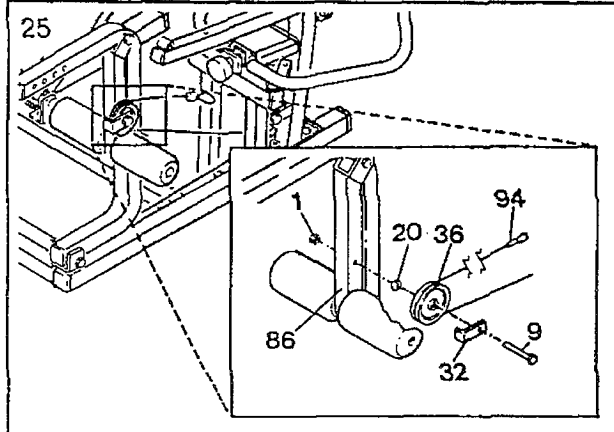


24. Attach the "U" Bracket (73) to the Seat Upright (72) with the 5/16" x 3 1/4" Bolt (16), a 5/16" Washer (21) and a 5/16" Nylock Nut (2). Do not overtighten the Nylock Nut—the "U" Bracket must be able to swivel freely.

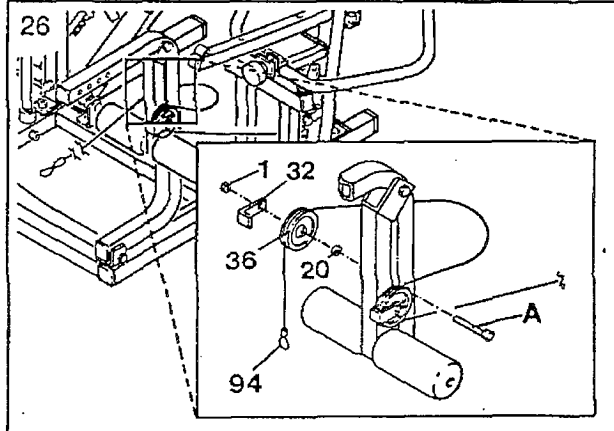
Wrap the Long Cable (94) up around a Small Pulley (36). Attach the Pulley to the "U" Bracket (73) with a 3/8" x 2" Bolt (5) and 3/8" Nylock Nut (1).



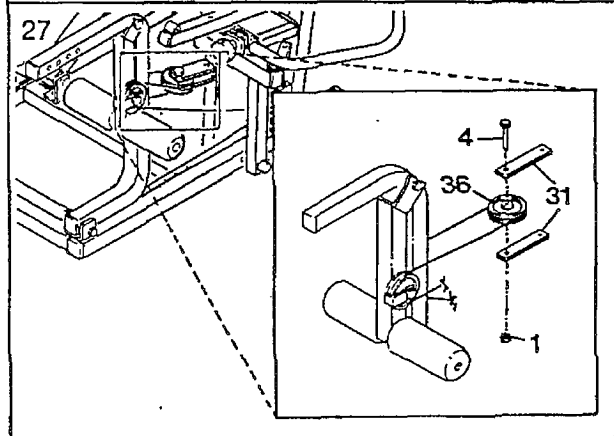
25. Wrap the Long Cable (94) up around a Small Pulley (36). Slide an "L" Cable Guide (32), the Pulley and a 3/8" Washer (20) onto a 3/8" x 3 1/4" Bolt (9). Insert the Bolt through the Leg Lever (86) and tighten a 3/8" Nylock Nut (1) onto the Bolt. **Note:** As you attach each of the "L" Cable Guides in assembly steps 25 through 31, make sure that the "L" Cable Guides are positioned so they trap the Cable between the "L" Cable Guides and the Pulleys.



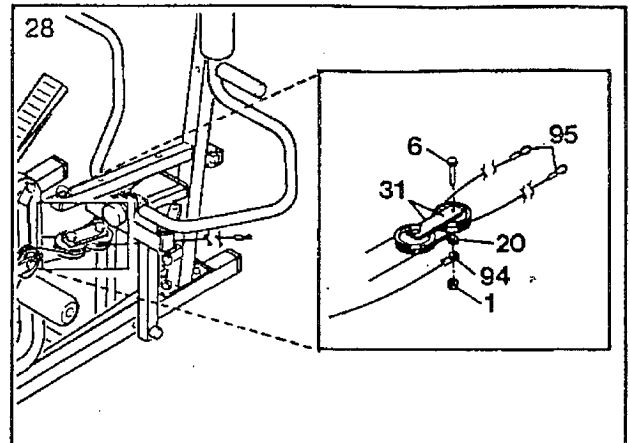
26. Route the Long Cable (94) behind the Leg Press Arm (87) as shown. Lay the Cable over a Small Pulley (36). Slide an "L" Cable Guide (32), the Pulley and a 3/8" Washer (20) onto a 3/8" x 3 1/4" Bolt (9). Insert the Bolt through the Leg Press Arm and tighten a 3/8" Nylock Nut (1) onto the Bolt.



27. Hold a Small Pulley (36) in the indicated location in the Long Cable (94). Attach the two Short "I" Plates (31) to the Pulley with a 3/8" x 1 3/4" Bolt (4) and 3/8" Nylock Nut (1).

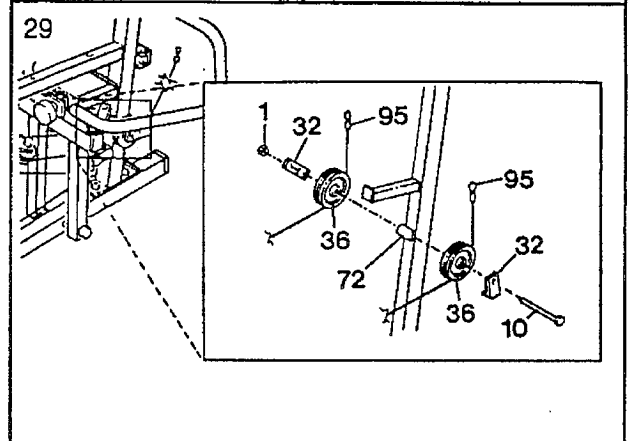


28. Find the Arm Cable (95). Wrap the center of the Arm Cable around a Small Pulley (36) as shown. Hold the Pulley between the Short "I" Plates (31) and insert the 3/8" x 2 1/4" Bolt (6) down through the Short "I" Plates and the Pulley. Slide the end of the Long Cable (94) and a 3/8" Washer (20) onto the Bolt and tighten a 3/8" Nylock Nut (1) onto the Bolt.

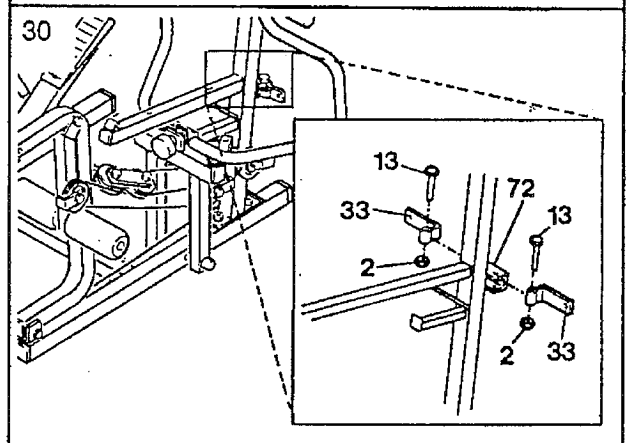


29. Wrap one end of the Arm Cable (5) up around a Small Pulley (36). Slide an "L" Cable Guide (32) and the Pulley onto the 3/8" x 5" Bolt (10). Insert the Bolt through the indicated tube on the Seat Upright (72).

Wrap the other end of the Arm Cable (5) up around a Small Pulley (36). Slide the Pulley and an "L" Cable Guide (32) onto the 3/8" x 5" Bolt (10) and tighten a 3/8" Nylock Nut (1) onto the Bolt.

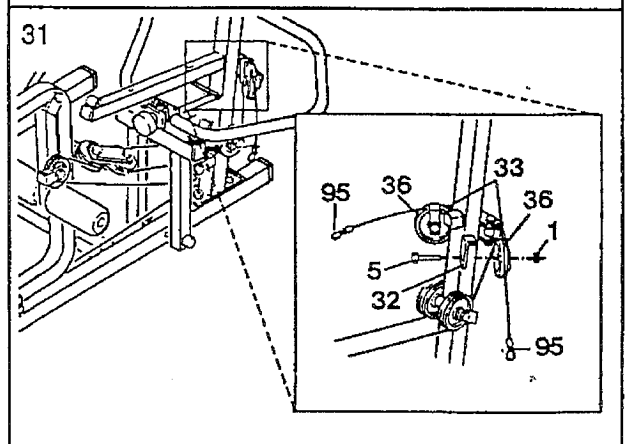


30. Attach the two "L" Pulley Brackets (33) to the sides of the Seat Upright (72) with the two 5/16" x 1 1/4" Bolts (13) and two 5/16" Nylock Nuts (2). Do not overtighten the Nylock Nuts—the "L" Pulley Brackets must be able to swivel freely.



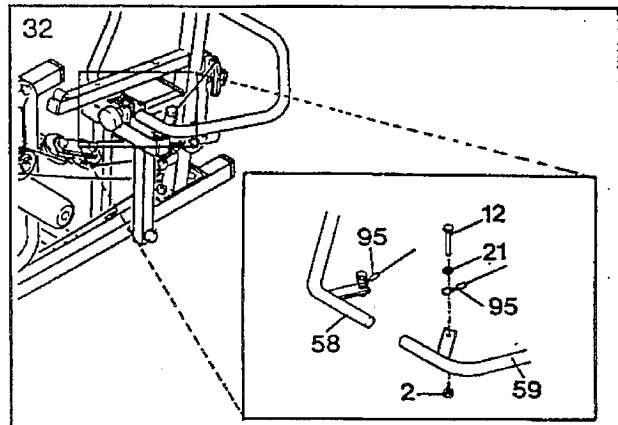
31. Lay one end of the Arm Cable (95) over a Small Pulley (36). Slide an "L" Cable Guide (32) and the Pulley onto a 3/8" x 5" Bolt (5). Insert the Bolt through one of the "L" Pulley Brackets (33) as shown. Tighten a 3/8" Nylock Nut (1) onto the Bolt.

Lay the other end of the Arm Cable (95) over a Small Pulley (36) and attach the Pulley to the other "L" Pulley Bracket (33) in the same manner.

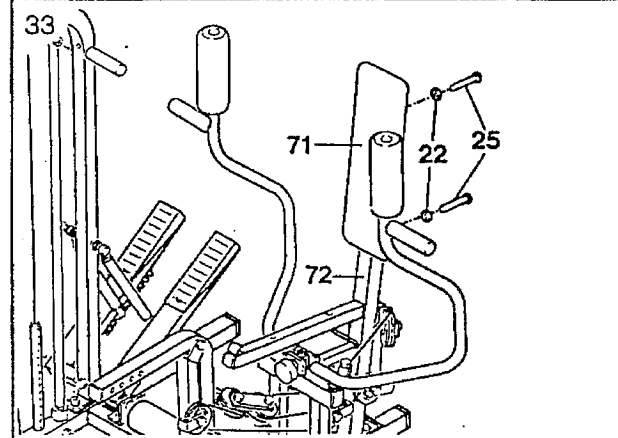


32. Slide a 5/16" Washer (21) and one end of the Arm Cable (95) onto a 5/16" x 1" Bolt (12). Insert the Bolt down through the bracket on the Left Arm (59) as shown. Tighten a 5/16" Nylock Nut (2) onto the Bolt. Do not overtighten the Nylock Nut—the Cable must be able to pivot freely.

Attach the other end of the Arm Cable (95) to the Right Arm (58) in the same manner.

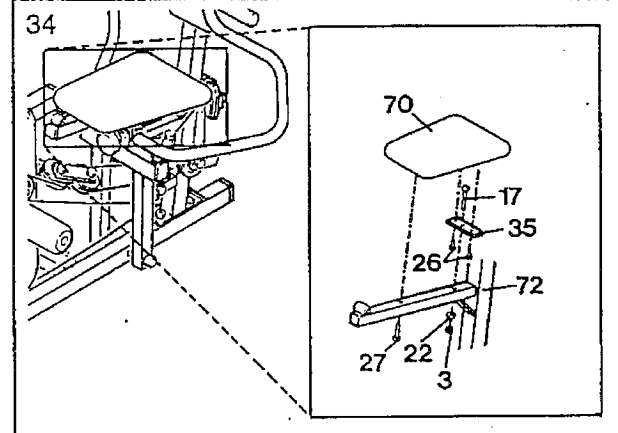


33. Attach the Backrest (71) to the Seat Upright (72) with the two 1/4" x 2 1/2" Screws (25) and two 1/4" Washers (22).

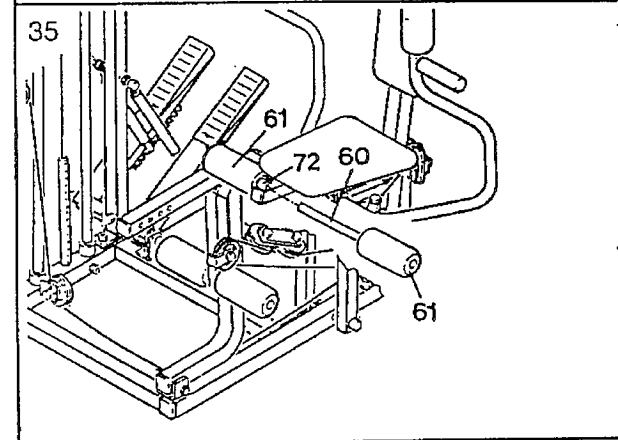


34. Attach the Seat Plate (35) to the Seat Upright (72) with the 1/4" x 2 1/4" Carriage Bolt (17), 1/4" Washer (22) and 1/4" Nylock Nut (3).

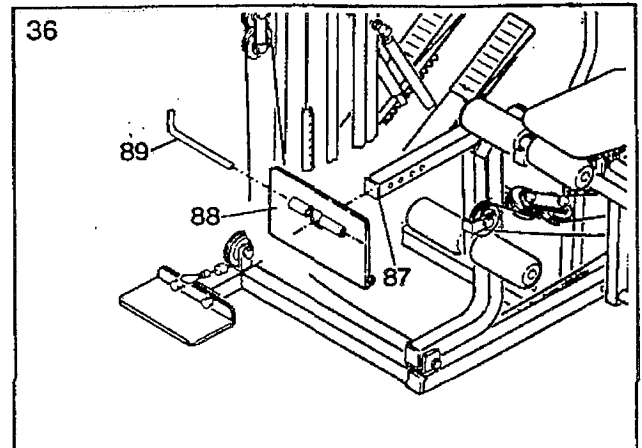
Attach the Seat (70) to the Seat Plate (35) with the two 1/4" x 3/4" Screws (26). Do not fully tighten the Screws yet. Attach the Seat to the Seat Upright (72) with the 1/4" x 2 1/4" Screw (27). Tighten all three Screws.



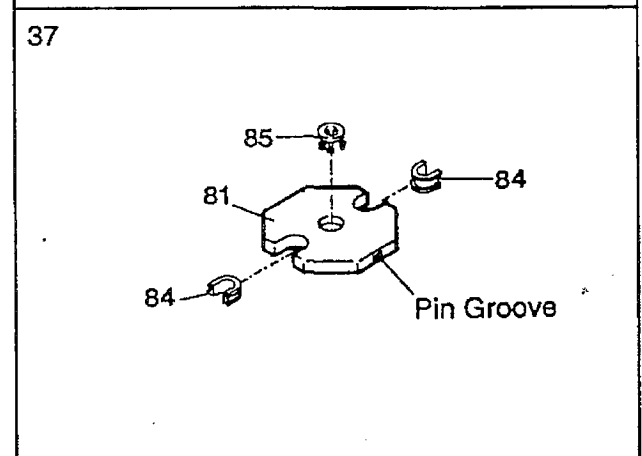
35. Insert a 3/4" x 13" Pad Bar (60) through the indicated tube on the Seat Upright (72). Center the Pad Bar and slide a 6" Pad (61) onto each end of it.



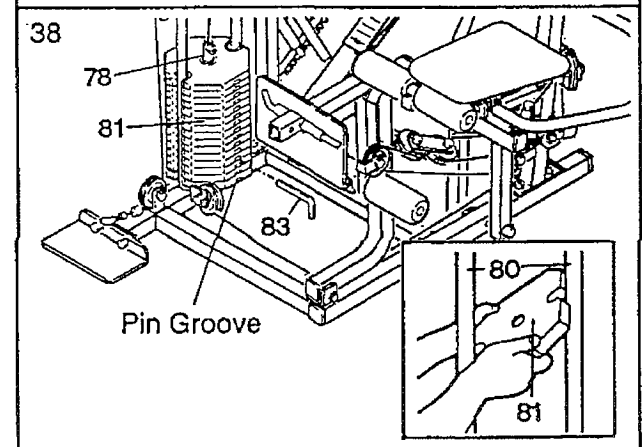
36. Slide the Leg Press Plate (88) onto the Leg Press Arm (87). Insert the Large Pin (89) through the Leg Press Plate and one of the four holes in the Leg Press Arm.



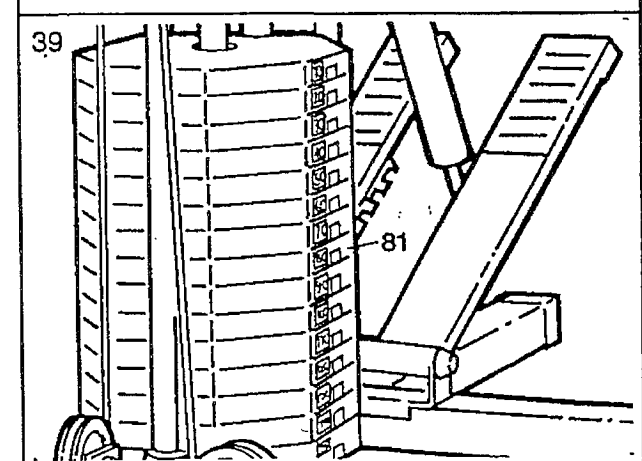
37. Turn the fifteen Weights (81) so the pin grooves are under the Weights. Press a Weight Center (85) and two Weight Bushings (84) into each Weight.



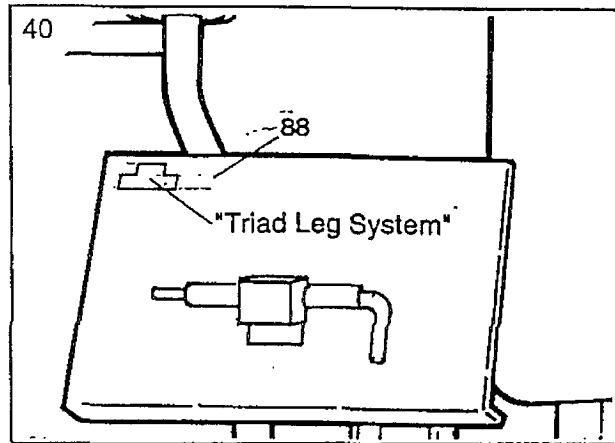
38. Raise the Weight Selector (78). Place the fifteen Weights (81) between the Weight Guides (80) by tipping the Weights as shown. Make sure that the Weights are turned so all of the pin grooves are under the Weights and are on the same side. Lower the Weight Selector into the Weights.



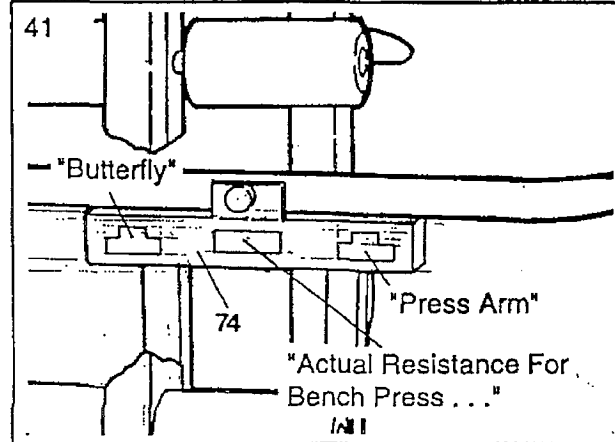
39. Remove the fifteen small decals numbered "10" through "150" from the Decal Sheet (not shown). Apply the decals to the fifteen Weights (81) in the indicated locations. The decal numbered "10" should be applied to the top Weight; the decal numbered "150" should be applied to the bottom Weight.



40. Remove the "TRIAD LEG SYSTEM" decal from the Decal Sheet (not shown). Apply the decal to the corner of the Leg Press Plate (88).



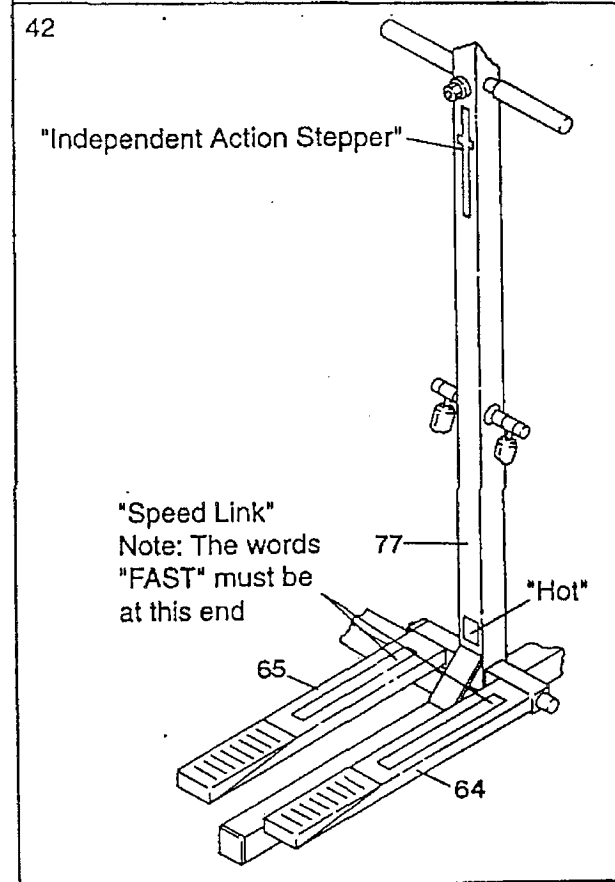
41. Remove the "ACTUAL RESISTANCE FOR BENCH PRESS . . ." decal from the Decal Sheet (not shown). Apply the decal to the center of the Arm Frame (74).



Remove the "BUTTERFLY" decal from the Decal Sheet (not shown). Apply the decal to the indicated side of the Arm Frame (74).

Remove the "PRESS ARM" decal from the Decal Sheet (not shown). Apply the decal to the indicated side of the Arm Frame (74).

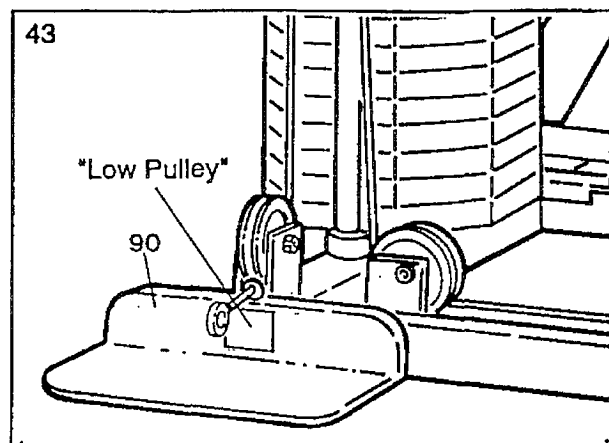
42. Remove the "INDEPENDENT ACTION STEPPER" decal from the Decal Sheet (not shown). Apply the decal to the Weight Upright (77) in the indicated location.



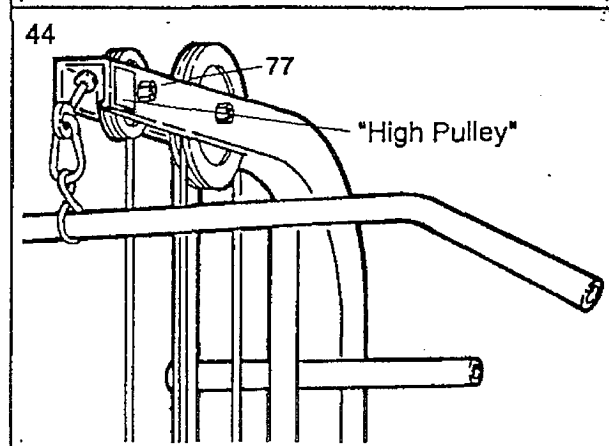
Remove the "HOT" decal from the Decal Sheet (not shown). Apply the decal to the Weight Upright (77) in the indicated location.

Remove the two "SPEED LINK" decals from the Decal Sheet (not shown). Apply the decals to the Right and Left Pedals (58, 59). Make sure that both decals are turned so the words "FAST" are toward the Weight Upright (72).

43. Remove the "LOW PULLEY" decal from the Decal Sheet (not shown). Apply the decal to the center of the Foot Plate (90).



44. Remove the "HIGH PULLEY" decal from the Decal Sheet (not shown). Apply the decal to the side of the Weight Upright (77).



45. 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 17 of this owner's manual.

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

46. Before using the cross training system, make sure that the cables are properly routed. Pull the ends of all three cables a few times to make sure that the cables move smoothly over the pulleys. Move the arms and the leg press plate a few times. If one of the cables does not move smoothly, locate and correct the problem before using the cross training system. **IMPORTANT:** If the cables are not properly routed, they may be permanently damaged when used with heavy weights.

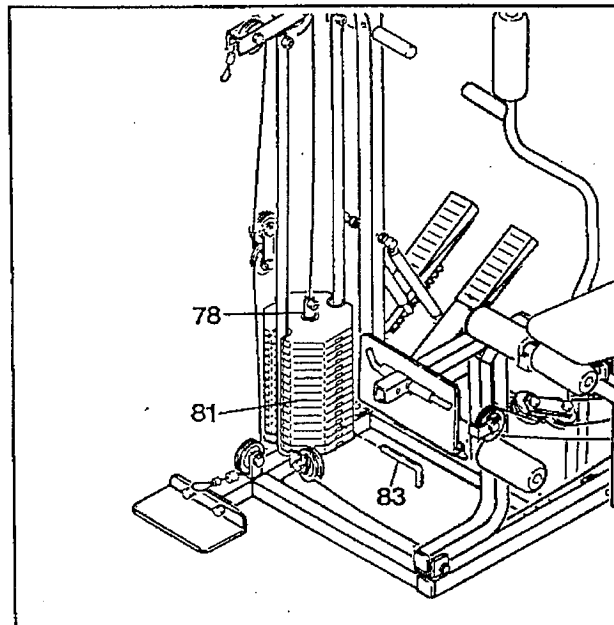
ADJUSTING THE CROSS TRAINING SYSTEM

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 WEIGHT SETTING

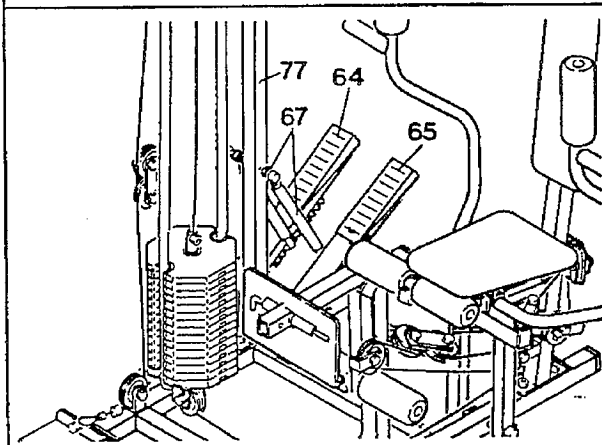
The weight setting of the cross training system can be changed from a minimum of 10 pounds to a maximum of 150 pounds, in increments of 10 pounds. To select a weight setting, insert the Small Pin (83) under one of the Weights (81) and through the Weight Selector (78). Turn the end of the Pin downward.

Note: Due to the design of the cables and pulleys, the actual amount of resistance will be 1.5 times the selected weight setting when the arms are used in the press mode, and 3 times the selected weight setting when the leg press plate is used.



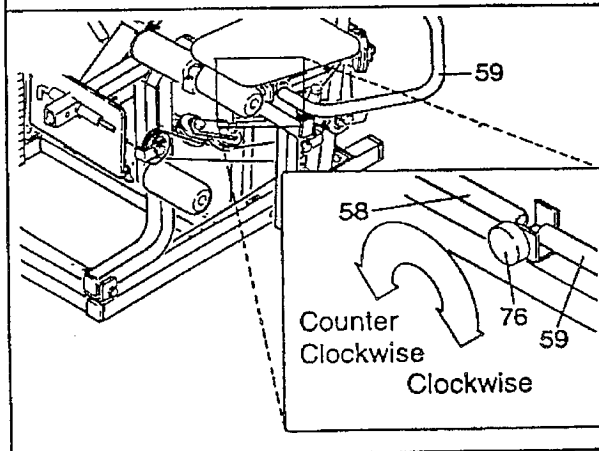
CHANGING THE STEPPING RESISTANCE

To vary the intensity of your workouts, the resistance of the stepper pedals can be changed. To change the resistance, lift the Pedals (64, 65) off the brackets at the lower ends of the Resistance Cylinders (67). 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 Resistance Cylinders are moved from the Weight Upright (77), the greater the resistance will be.



CHANGING THE ARMS TO THE BUTTERFLY MODE AND PRESS MODE

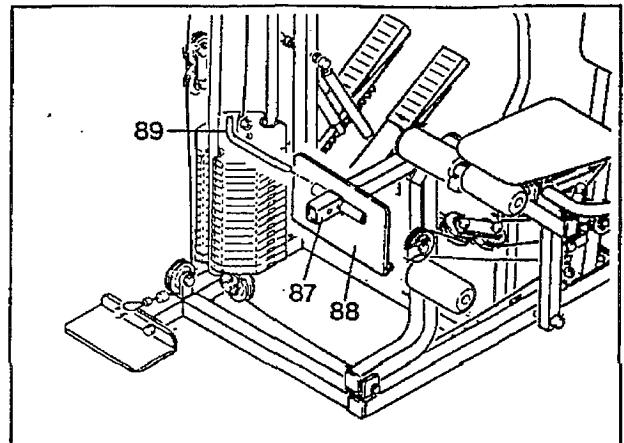
The Arms (58, 59) can be used in either the butterfly mode or the press mode, depending on the exercise to be performed. To use the Arms in the butterfly mode, turn the Selector Knob (76) counterclockwise. The Arms can then be used for the Butterfly or Reverse Butterfly exercise. To use the Arms in the press mode, turn the Selector Knob clockwise. The Arms can then be used for the Bench Press exercise.



ADJUSTING THE LEG PRESS PLATE

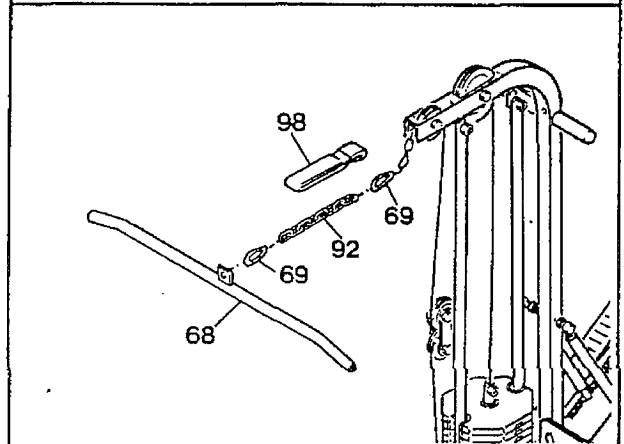
The Leg Press Plate (88) can be adjusted to any of four positions. To change the position, first remove the Large Pin (89). Move the Leg Press Plate forward or backward and insert the Large Pin through the Leg Press Plate and one of the four holes in the Leg Press Arm (87).

For certain exercises, the Leg Press Plate (88) should be removed from the Leg Press Arm (87).



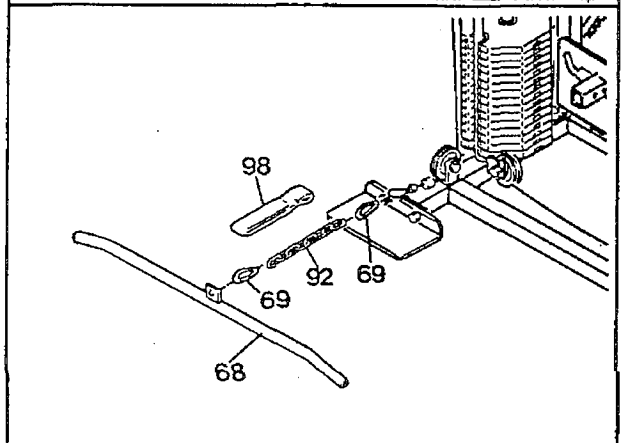
ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH CABLE

The Lat Bar (68) can be attached to the high cable with a Cable Clip (69). For some exercises, the Long Chain (92) can be attached between the Lat Bar and the high cable with two Cable Clips. 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 Long Chain. The Nylon Strap (98) can be attached to the high cable in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW CABLE

The Lat Bar (68) can be attached to the low cable with a Cable Clip (69). For some exercises, the Long Chain (92) must be attached between the Lat Bar and the low cable with two Cable Clips. 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 Long Chain. The Nylon Strap (98) can be attached to the high cable in the same manner.



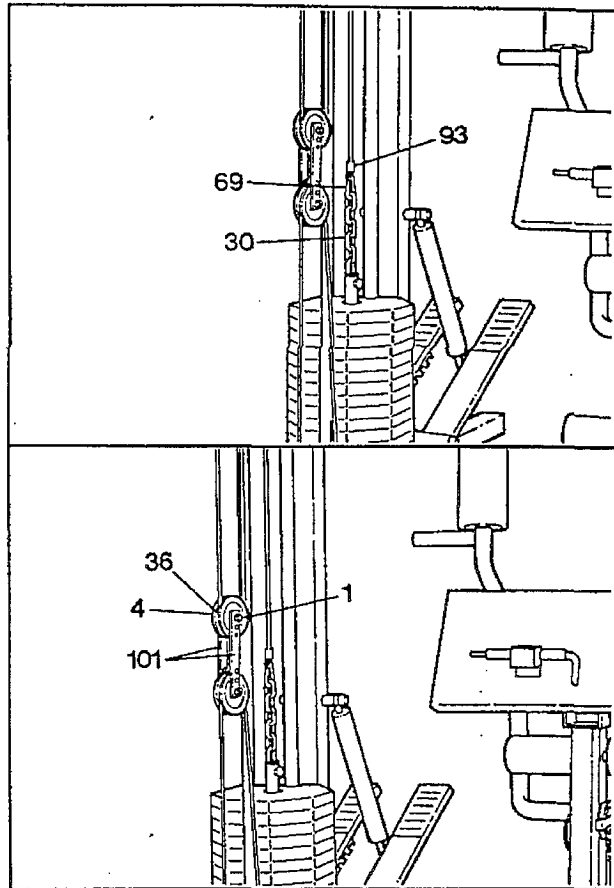
TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the PROFORM 800 CS each time you use the cross training system. Replace any worn parts immediately. The PROFORM 800 CS can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

ADJUSTING THE CABLES

If there is too much slack in the cables, the cables can be adjusted. To adjust the cables, find the Short Chain (30) attached by a Cable Clip (69) to the Weight Cable (93). Open the Cable Clip and attach a different link of the Short Chain to the Weight Cable so the cables are tight.

The cables can also be tightened using the Long "I" Plates (101). There are three holes in each end of the Long "I" Plates for adjusting the cables. Remove the 3/8" x 1 3/4" Bolt (4) and 3/8" Nylock Nut (1) attaching one of the Small Pulleys (36) to the Long "I" Plates. Move the Pulley to a hole closer to the center of the Long "I" Plates and reattach the Pulley with the 3/8" x 1 3/4" Bolt (4) and 3/8" Nylock Nut (1).



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 (PF880030).
2. The NAME of the product (PROFORM® 800 CS Compact 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.

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