

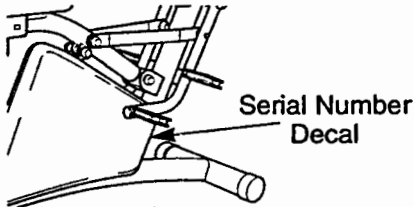
PRO-FORM

R-940

Model No. PFCR94160

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that 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

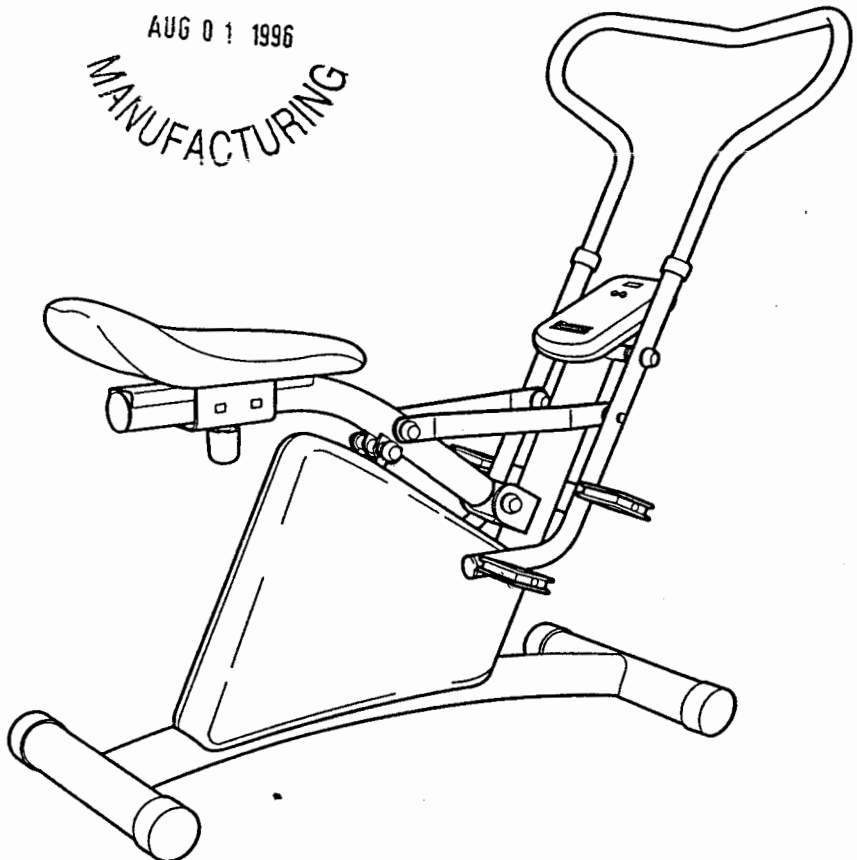
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

RELEASED TO
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PATENT PENDING

PRO-FORM

R-940

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® R-940.

1. It is the responsibility of the owner to ensure that all users of the R-940 are adequately informed of all precautions.
2. Read all instructions in this manual before using the R-940. Use the R-940 only as described.
3. Place the R-940 on a level surface. Cover the floor beneath the R-940 to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the R-940 at all times.
6. The R-940 should not be used by persons weighing more than 250 pounds.
7. Never allow more than one person on the R-940 at a time.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the R-940. Always wear athletic shoes for foot protection.
9. After adjusting the position of the seat, push on the seat to make sure that the seat knob is engaged in one of the holes in the seat frame. Do not use the R-940 unless the seat is securely locked in position.
10. Always keep your back straight when using the R-940. Do not arch your back.
11. If you feel pain or dizziness 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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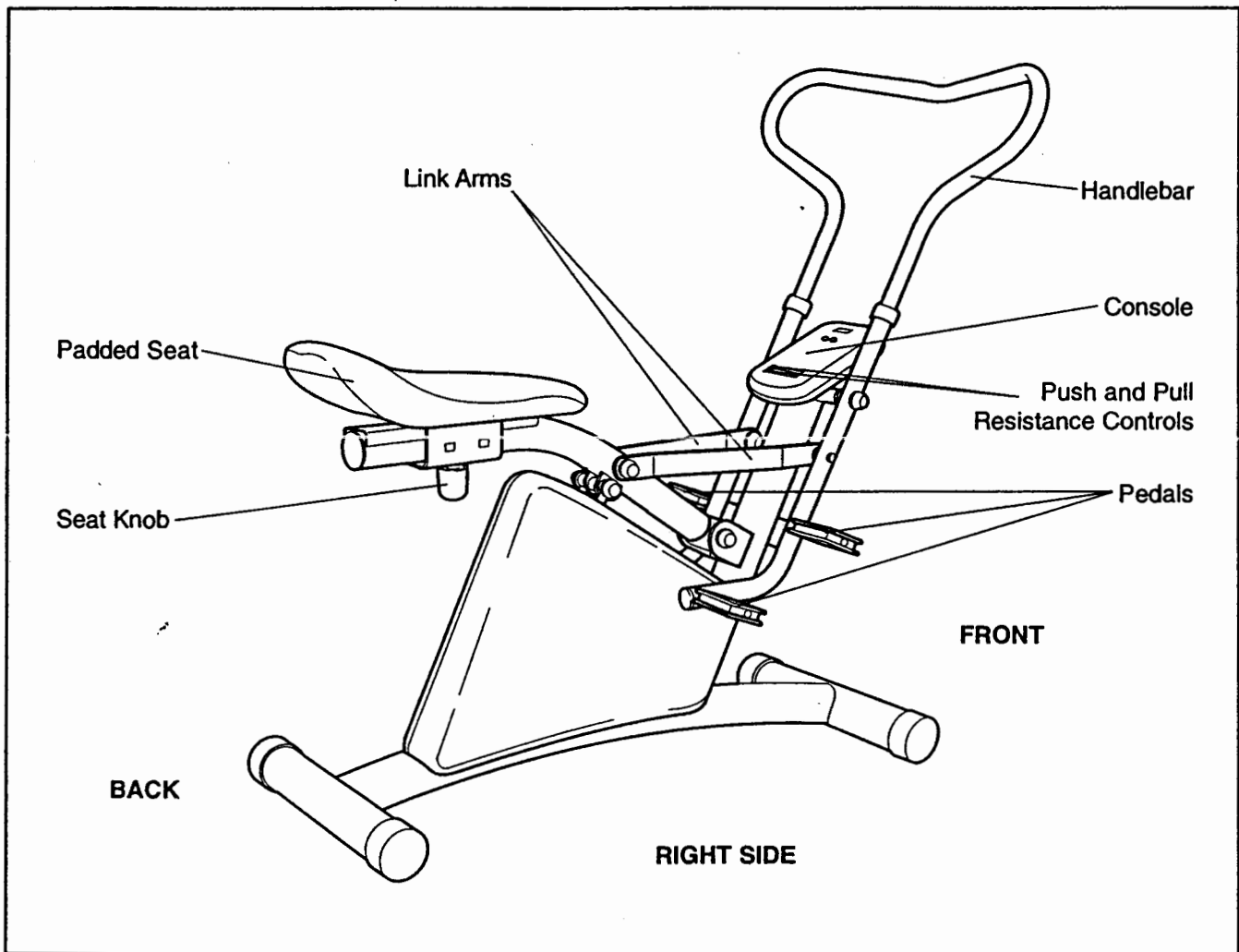
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® R-940. The R-940 offers a unique form of low-impact exercise that works both the upper body and the lower body for greater cardiovascular benefits and increased muscle toning. And the R-940 features independent push and pull resistance controls that let you tailor your exercise to the level that's perfect for you:

For your benefit, read this manual carefully before you use the PROFORM® R-940. If you have questions after reading the manual, 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 when calling. The model number is PFCR94160. The serial number can be found on a decal attached to the R-940 (see the front cover of this manual).

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


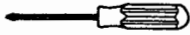



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- Be sure that all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:

- The Included pedal tool 
- Your own phillips screwdriver 
- Your own rubber mallet 
- A small amount of lubricant, such as grease or petroleum jelly.

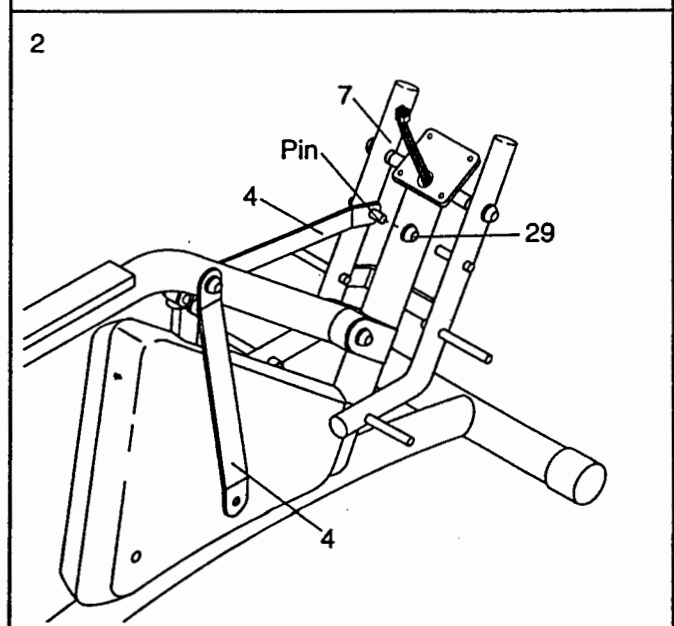
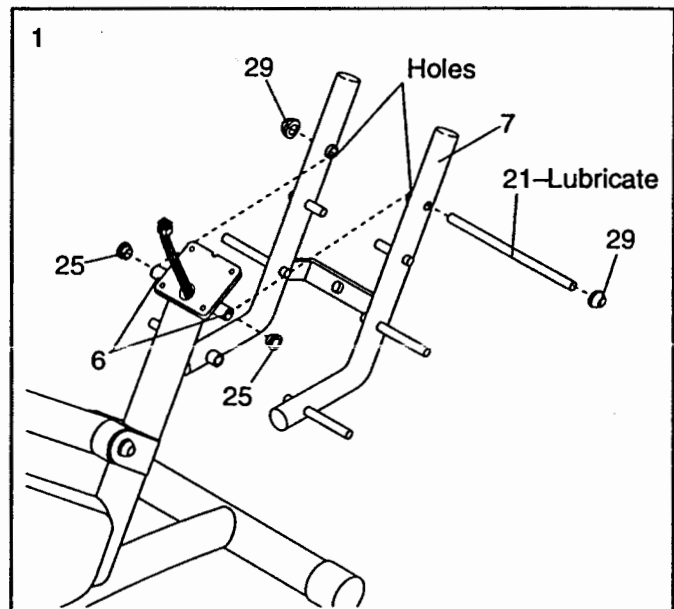
1. **Note:** Before you attach the 1/2" Dome Caps (29) in assembly steps 1 and 2, be sure that all parts are in the correct positions. The Dome Caps can be used only once; if a part is incorrectly assembled, it will be necessary to remove the Dome Caps and order new ones.

Be sure that there is a 1/2" Pivot Bushing (25) in each side of the Frame (6).

Lubricate the 1/2" x 11" Axle (21). Align the indicated holes in the Pedal Frame (7) with the 1/2" Pivot Bushings (25) in the Frame (6). Insert the Axle through the Pedal Frame and the Frame. Center the Axle and tap a 1/2" Dome Cap (29) onto each end of it.

2. Slide the end of the left Link Arm (4) onto the indicated pin on the Pedal Frame (7). Pivot the Pedal Frame and tap a 1/2" Dome Cap (29) onto the pin.

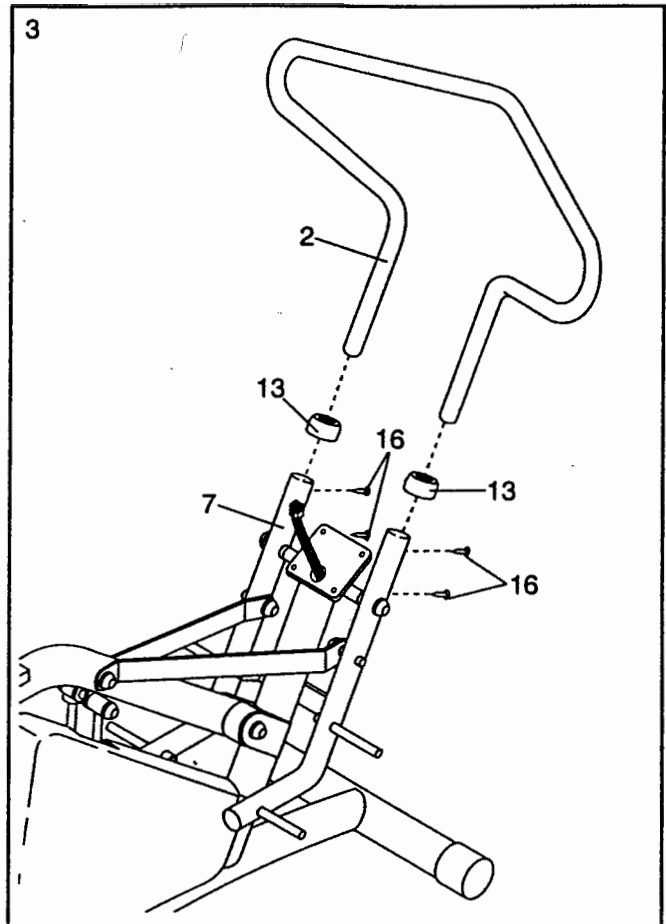
Attach the right Link Arm (4) to the Pedal Frame (7) in the same manner.



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3. Press the two Handlebar Endcaps (13) onto the Pedal Frame (7).

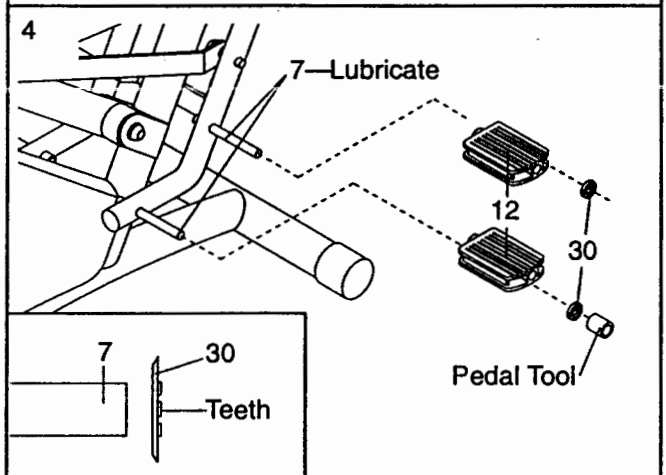
Insert the Handlebar (2) into the Pedal Frame (7). Be sure that the Handlebar is turned as shown. Attach the Handlebar to the Pedal Frame with four #8 x 1/2" Screws (16).



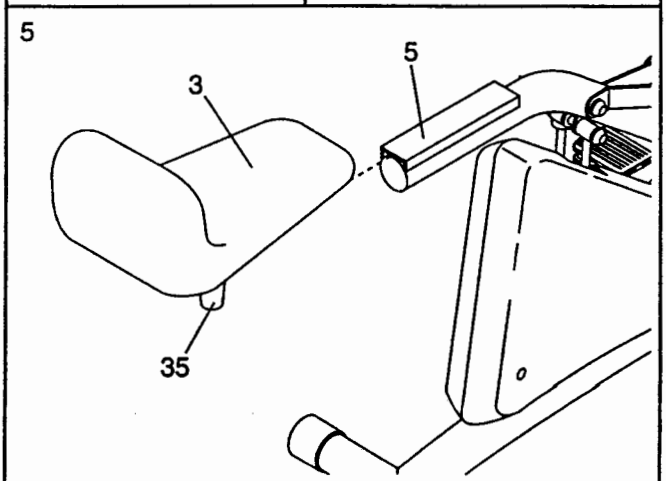
4. Lubricate the indicated axles on the Pedal Frame (7). Slide a Pedal (12) onto each axle. Be sure that the Pedals are turned so the rounded ends face away from the Pedal Frame.

Using the included pedal tool, tap a 1/2" Push Nut (30) onto each of the axles. **Make sure that the Push Nuts are turned as shown in the inset drawing, with the teeth pointing away from the Pedal Frame (7).**

Attach two Pedals (12) to the other side of the Pedal Frame (7) in the same manner.

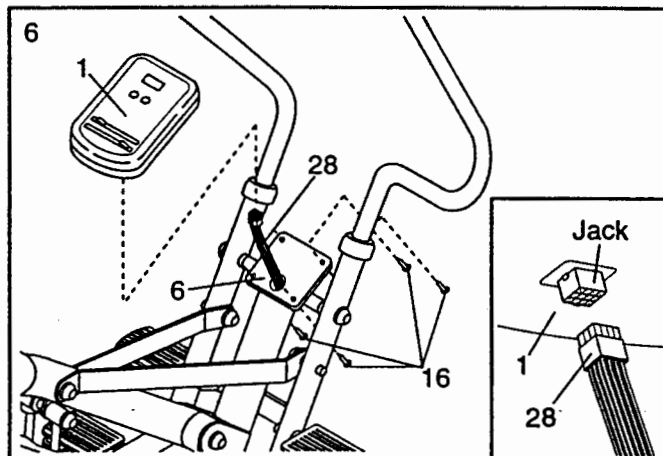


5. Turn the Seat Knob (35) to loosen it. Pull down the Seat Knob and hold it. Slide the Seat (3) onto the Seat Frame (5) and move the Seat to the desired position. Release the Seat Knob. Slide the Seat back and forth slightly until the Seat Knob locks into place. Turn the Seat Knob to tighten it. **Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame.**

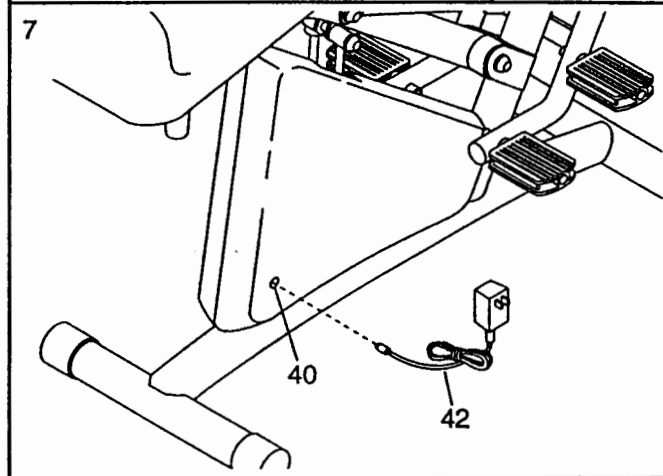


6. Plug the Wire Harness (28) into the jack on the back of the Console (1) (see the inset drawing).

Attach the Console (1) to the Frame (6) with four #8 x 1/2" Screws (16).



7. Plug the Power Cord (42) into the Power Plug (40) as shown.



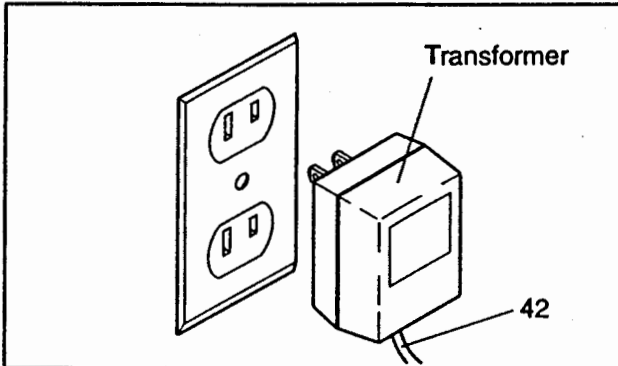
*Note: One extra #6 x 1/2" Screw, one extra 1/2" Dome Cap, and extra 1/2" Push Nuts may have been included.

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HOW TO USE THE R-940

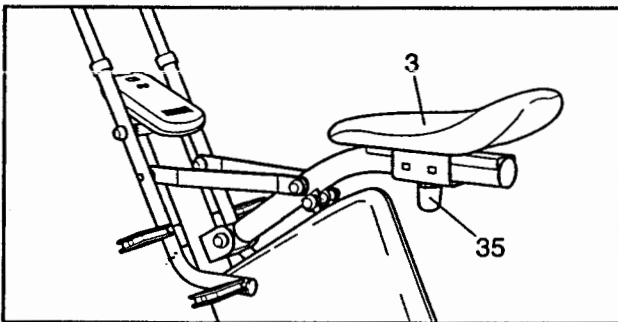
PLUGGING IN THE POWER CORD

Be sure that the Power Cord (42) is plugged into the jack near the back of the R-940 (see assembly step 7 on page 7). Plug the transformer into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces.



Note: Always unplug the transformer when you are not using the R-940.

ADJUSTING THE SEAT

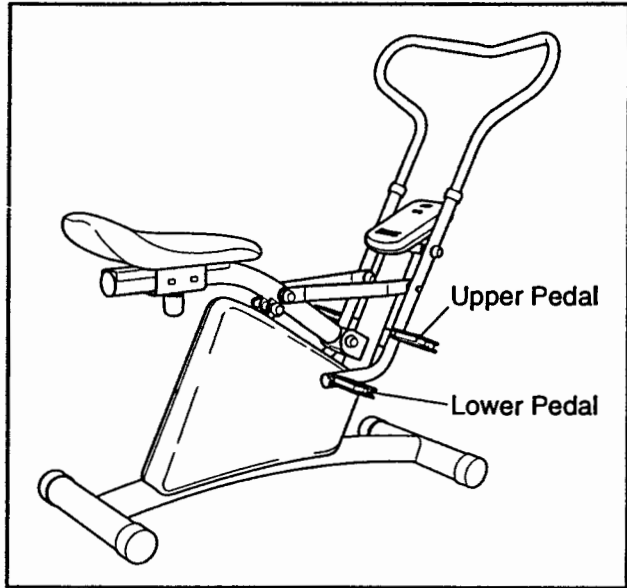


To adjust the position of the Seat (3), first turn the Seat Knob (35) to loosen it. Pull down the Seat Knob, move the Seat to the desired position, and release the Seat Knob. Slide the Seat back and forth slightly until the Seat Knob locks into place. Turn the Seat Knob to tighten it. Push on the Seat to make sure that the Seat Knob is engaged in one of the holes in the underside of the Seat Frame.

CAUTION: Each time you adjust the position of the seat, push on the seat to make sure that the seat knob is engaged in one of the holes in the underside of the seat frame. Do not use the R-940 unless the seat is securely locked in position.

EXERCISING ON THE R-940

Sit on the seat, place your feet on the lower pedals, and hold the handlebar. Your hands can be positioned on the top, sides, or bottom of the handlebar, close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat.



To begin exercising, pull the handlebar toward your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace. **CAUTION:** To avoid injury, keep your back straight. Do not arch your back.

To focus on the muscles of the upper body, place your feet on the upper pedals as you exercise.

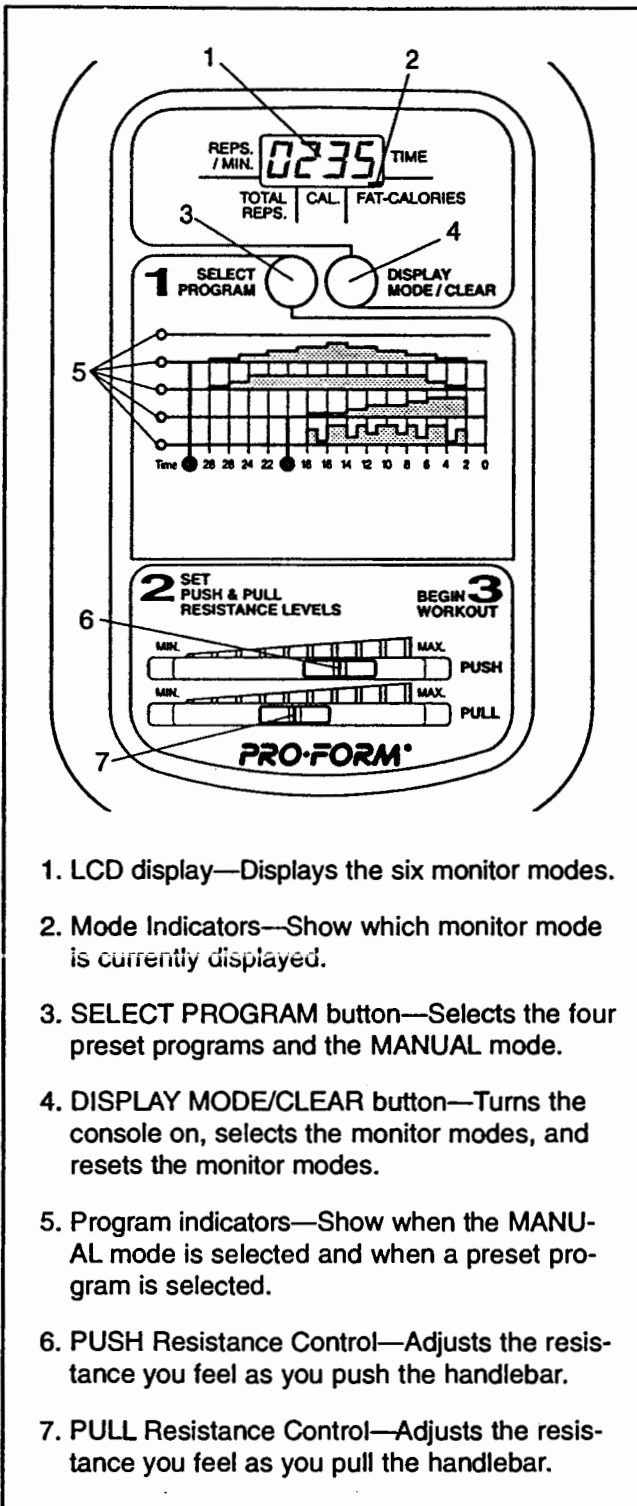
Note: The console will automatically turn on when you begin exercising on the R-940. The operation of the console is described in the following sections.

DESCRIPTION OF THE CONSOLE

The console features a manual mode and four preset workout programs. In the manual mode, the push and pull resistance levels can be adjusted with the PUSH and PULL resistance controls. When one of the preset programs is selected, the console will automatically control the resistance levels as it guides you through an effective workout. Whether you select the manual mode or a preset workout program, six monitor modes will provide continuous exercise feedback.

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DIAGRAM OF THE CONSOLE



STEP-BY-STEP CONSOLE OPERATION

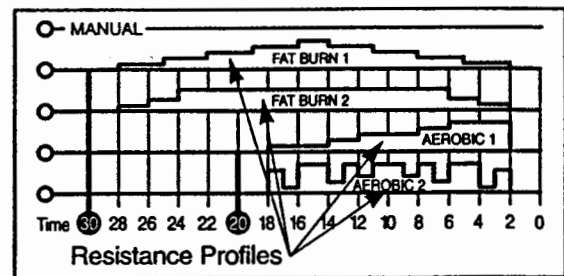
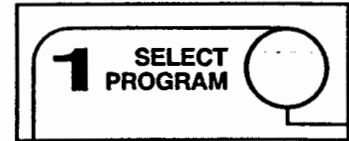
To turn on the console, press the DISPLAY MODE/CLEAR button, or simply begin exercising on the R-940. The word "SCAN" will appear briefly in the LCD display to show that the scan mode is selected. (Step 3 on page 10 explains the operation of the six monitor modes.)

Follow the steps below to operate the console:

1 Press SELECT PROGRAM to select a preset program or the MANUAL mode.

When the console is turned on, the MANUAL mode will be selected automatically, as shown by the green MANUAL mode indicator. (The MANUAL mode can also be selected by repeatedly pressing the SELECT PROGRAM button.)

If you want to select one of the four preset programs, press the SELECT PROGRAM button. The red FAT BURN 1 program indicator will light. To select the FAT BURN 2, AEROBIC 1, or AEROBIC 2 program, repeatedly press the SELECT PROGRAM button.

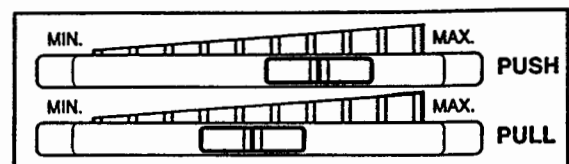


The FAT BURN 1 and FAT BURN 2 programs are thirty-minute programs; the AEROBIC 1 and AEROBIC 2 programs are twenty-minute programs. The profiles on the console (see the drawing above), show how the resistance will change during each program. For example, during the FAT BURN 1 program, the resistance will gradually increase during the first fifteen minutes, and then gradually decrease during the last fifteen minutes. Each program begins with a two-minute warm-up, and ends with a two-minute cool-down.

After you have selected the MANUAL mode or one of the preset programs, continue to step 2.

2 Set the push and pull resistance levels.

The unique resistance mechanism allows you to change the push and pull resistance levels independently with the PUSH and PULL resistance controls on the console.



If you selected the MANUAL mode, you can adjust the push and pull resistance levels at any time by sliding the PUSH and PULL resistance controls.

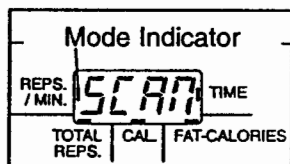
If you selected a preset program, the positions of the PUSH and PULL resistance controls will determine the *maximum resistance levels* for the program. Once the program is started, the resistance will change automatically, as shown by the resistance profiles on the console. If the resistance levels are too difficult or too easy, you can adjust the maximum resistance levels by moving the PUSH and PULL resistance controls to new positions. Note: If necessary, you can end the program before it is complete by pressing the DISPLAY MODE button for two seconds. After a few seconds, the MANUAL mode will be selected automatically.

3

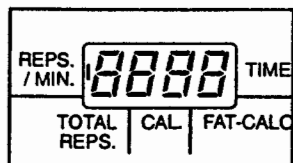
Begin exercising and follow your progress with the monitor modes.

As you exercise, you can monitor your progress with the six monitor modes. When the power is turned on, the scan mode will be selected automatically. When the scan mode is selected, the other five modes will all be displayed, for seven seconds each, in a repeating cycle. The modes are described below.

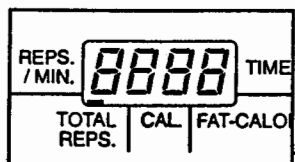
- **Scan**—When the scan mode is selected, the word “SCAN” appears briefly in the display. The other five modes will then be displayed, for seven seconds each, in a repeating cycle. The mode indicators will show which mode is currently displayed.



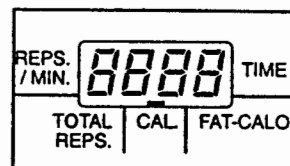
- **Repetitions/minute**—When this mode indicator appears (see the drawing), the number of repetitions you are performing per minute will be displayed.



- **Total repetitions**—When this mode indicator appears, the total number of repetitions you have performed during your workout will be displayed.

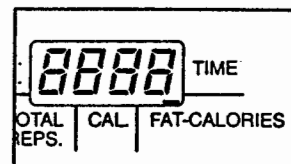


- **Calories**—When this mode indicator appears, the number of Calories you have burned during your workout will be displayed.



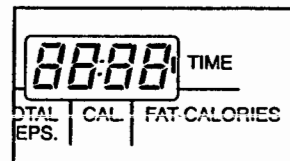
Note: If the resistance levels are near the highest or lowest settings, the number of Calories you have burned may be slightly higher or lower than the number displayed.

- **Fat Calories**—When this mode indicator appears, the number of Fat Calories you have burned during your workout will be displayed (see BURNING

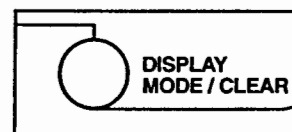


FAT on page 12). Note: If the resistance levels are near the highest or lowest settings, the actual number of Fat Calories you have burned may be slightly higher or lower than the number displayed.

- **Time**—If the MANUAL mode is selected when this mode indicator appears, the length of time you have exercised will be displayed. If you stop exercising, the time mode will pause after ten seconds. If one of the programs is selected, the time remaining in the program will be displayed.



If desired, you can individually select one of the modes for continuous display. Press the DISPLAY MODE/CLEAR button repeatedly until the desired mode indicator is flashing. To select the scan mode again, press the DISPLAY MODE/CLEAR button repeatedly until the word “SCAN” appears briefly in the display.



To reset the monitor modes, press and hold down the DISPLAY MODE button for two seconds. The scan mode will automatically be selected after the monitor modes are reset.

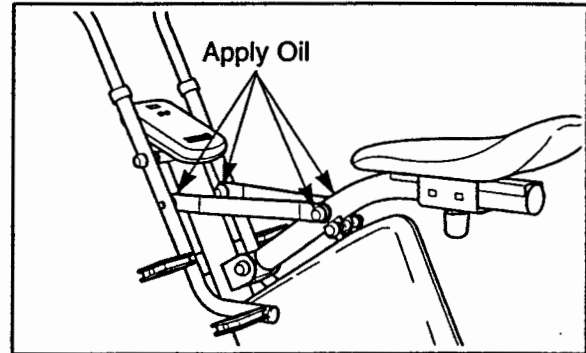
The console features an “auto-off” function—if the pedals are not moved and the console controls are not used for five minutes, the console will automatically shut off. When you are finished exercising, unplug the transformer from the wall outlet.

MAINTENANCE

Inspect and tighten all parts of the R-940 regularly. The R-940 can be cleaned with a soft, damp cloth. Keep liquids away from the console. Do not expose the console to direct sunlight or the display may be damaged.

HOW TO LUBRICATE THE R-940

Every three months, a small amount of light multi-purpose oil should be applied to the R-940. Apply a few drops of oil between the dome caps and the link arms in the locations shown at the right.



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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.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity and for the appropriate duration. The proper intensity level can be found by using your heart rate as a guide. For effective 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 according to age and physical condition.

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

Burning Fat

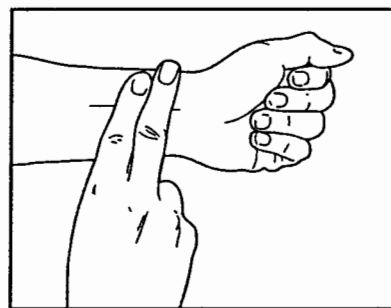
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lower end of your training zone. The FAT BURN 1 and FAT BURN 2 programs can also help you to reach your goal.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the middle of your training zone. You may also want to use the AEROBIC 1 and AEROBIC 2 programs.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find



your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) 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.

WORKOUT GUIDELINES

An proper workout must include the following phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches. (See page 13.) This will increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

A cardiovascular phase, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

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. Find the best time of day for your workouts, and then stick with it.

Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. 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.

2. 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.

3. Calf/Achilles Stretch

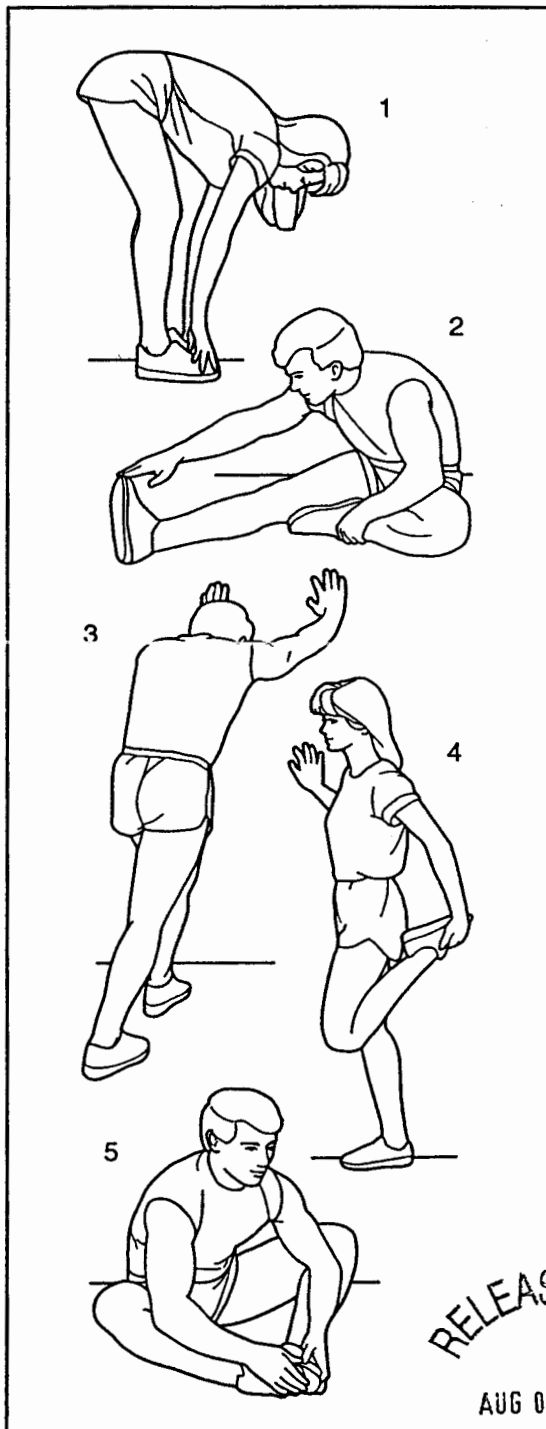
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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

4. 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.

5. 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.



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PART LIST—Model No. PFCR94160

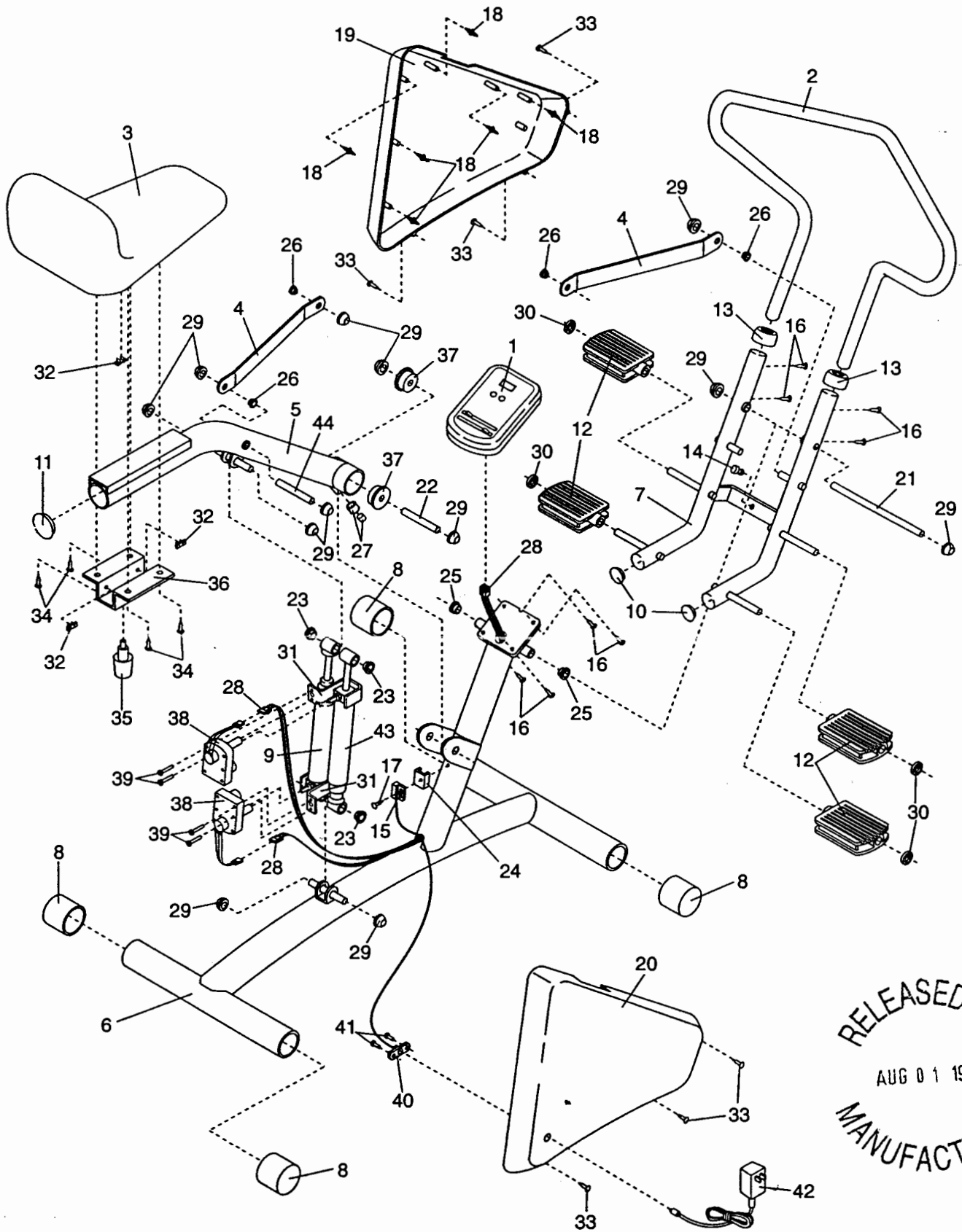
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	26	4	1/2" Link Arm Bushing
2	1	Handlebar	27	1	Magnet/Retainer
3	1	Seat	28	1	Wire Harness
4	2	Link Arm	29	*12	1/2" Dome Cap
5	1	Seat Frame	30	*4	1/2" Push Nut
6	1	Frame	31	2	Motor Mount Bracket
7	1	Pedal Frame	32	5	Slide Bushing
8	4	Round Endcap	33	6	#8 x 3/4" Screw
9	1	Compression Resistance Cylinder	34	4	1/4" Tap Screw
10	2	Pedal Frame Endcap	35	1	Seat Knob
11	1	Seat Frame Endcap	36	1	Seat Bracket
12	4	Pedal	37	2	1/2" x 2 1/4" Bushing
13	2	Handlebar Endcap	38	2	Tension Motor
14	1	Bumper	39	5	#8 x 1 1/4" Screw
15	1	Reed Switch/Sensor Wire	40	1	Power Plug
16	*8	#8 x 1/2" Screw	41	2	#6 x 3/8" Screw
17	1	#8 x 1" Screw	42	1	Power Cord
18	6	Fastener	43	1	Extension Resistance Cylinder
19	1	Left Side Shield	44	1	1/2" x 4" Axle
20	1	Right Side Shield	#	1	User's Manual
21	1	1/2" x 11" Axle	#	1	Pedal Tool
22	1	1/2" x 4 1/2" Axle			
23	2	Cylinder Bushing Set			
24	1	Reed Switch Bracket			
25	2	1/2" Pivot Bushing			

*Note: One extra #8 x 1/2" Screw, one extra 1/2" Dome Cap, and extra 1/2" Push Nuts may have been included.

EXPLODED DRAWING—Model No. PFCR94160

R0796A



RELEASED TO
AUG 01 1996
MANUFACTURING

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:

- The MODEL NUMBER of the product (PFCR94160).
- The NAME of the product (PROFORM® R-940).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813