

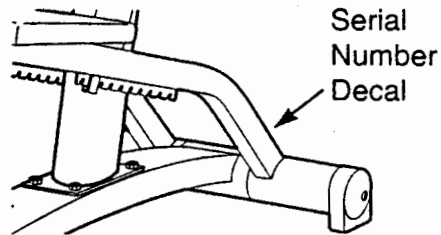
# 8.2s

## INDEPENDENT STEPPING ACTION CALORIE MONITOR

### PRO-FORM®

Model No. PFST82040

Serial No. \_\_\_\_\_



### 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.

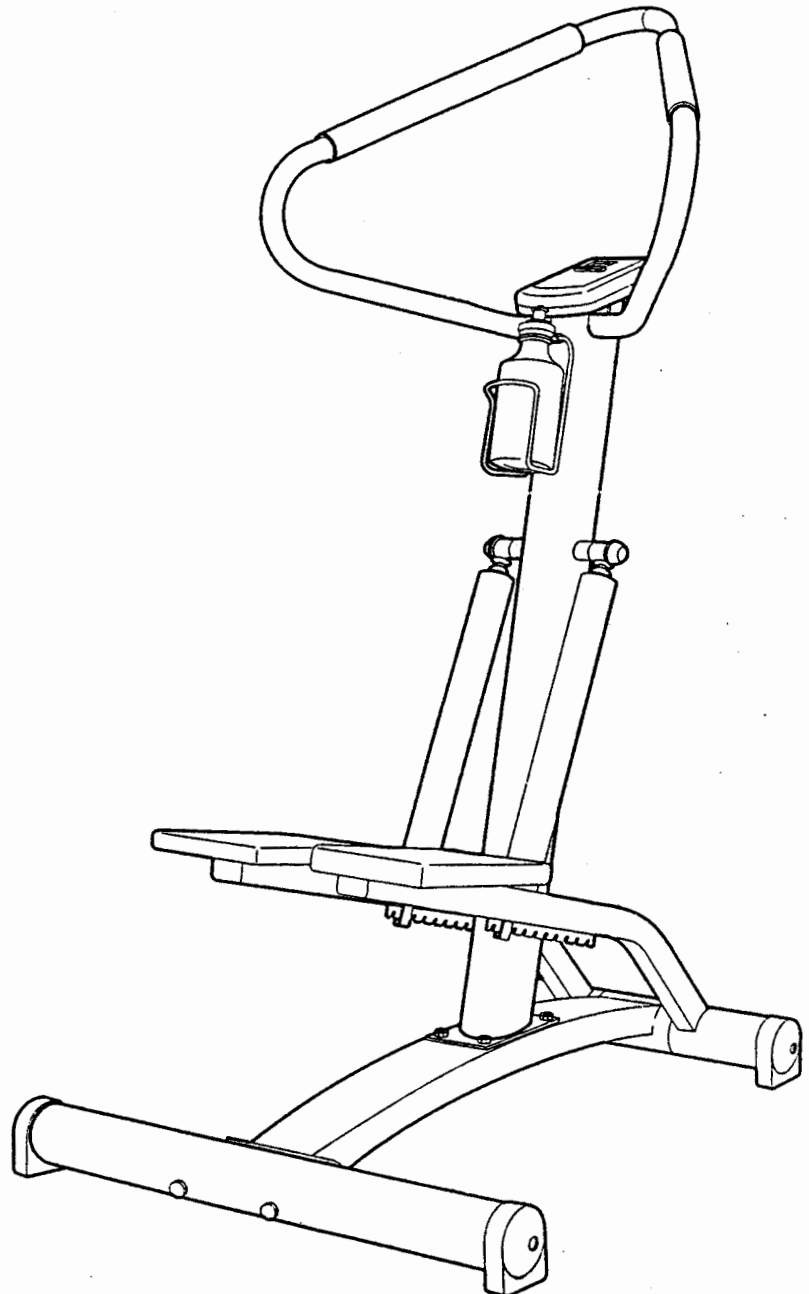
**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

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 the stepper.

1. Place the stepper on a level surface. Keep the console out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts each time you use the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep small children away from the stepper at all times.
6. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
7. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.
8. Use the stepper only as described in this manual.

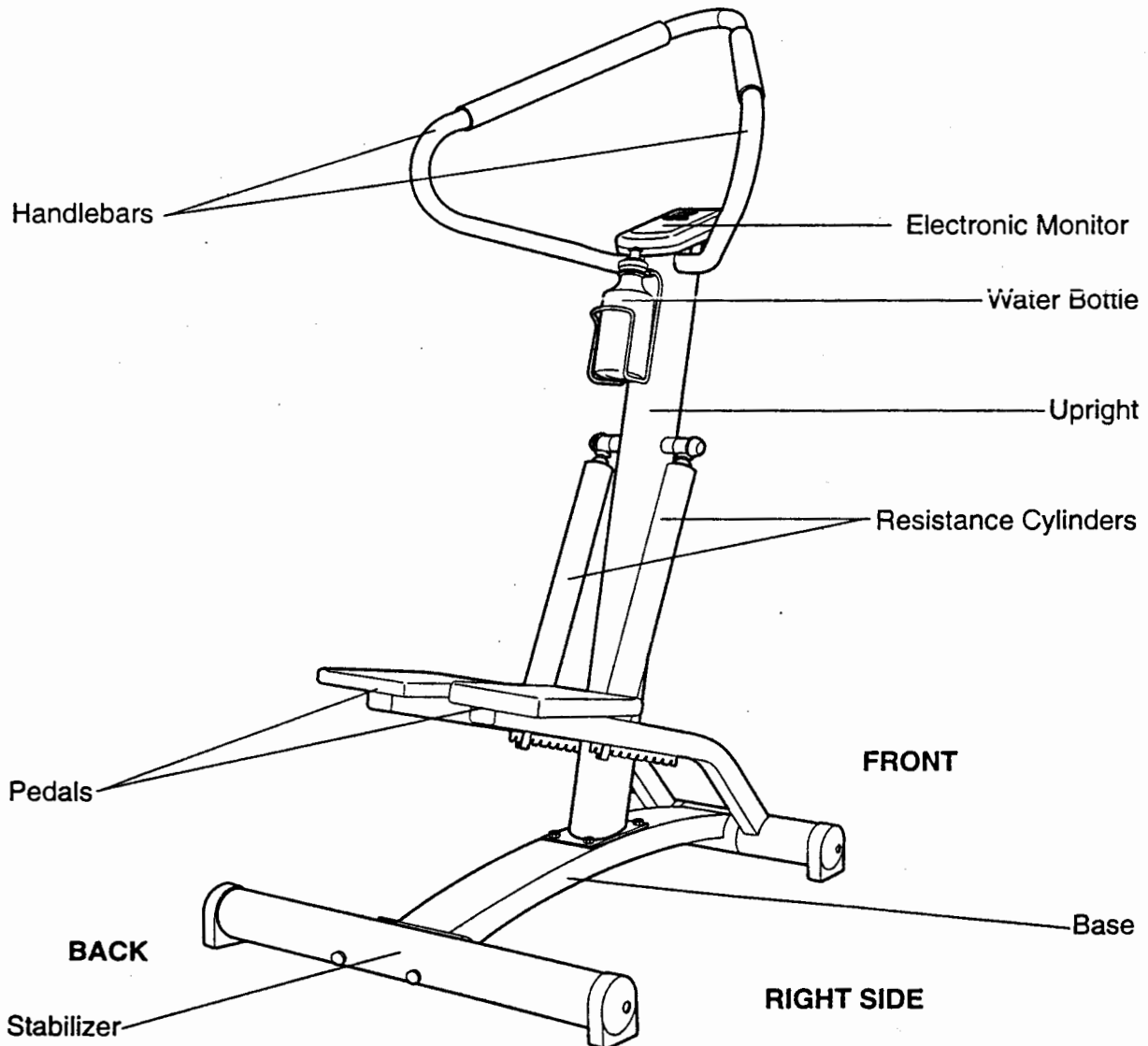
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. PROFORM assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® 8.2s stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The PROFORM 8.2s blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better and be healthier in just a few minutes a day.

**For your safety and benefit, read this manual carefully before using the stepper.** 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 PFST82040. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

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



# ASSEMBLY

Place all parts of the stepper in a cleared area. Remove all packing materials, except the tape securing the sensor wire to the top of the upright (see assembly step 5). Do not dispose of the packing materials until assembly is completed. Read all steps carefully before beginning. **Assembly requires the following tools (not included): a hammer, a phillips screwdriver and an adjustable wrench.**

1. Make sure that there is an Endcap (15) on each end of the Stabilizer (21). (Note: The Endcaps may need to be rotated so that they are flat against the floor.)

Attach the Stabilizer (21) to the saddle on the Base (20) with the two M8 Carriage Bolts (22) and M8 Nylock Nuts (2).

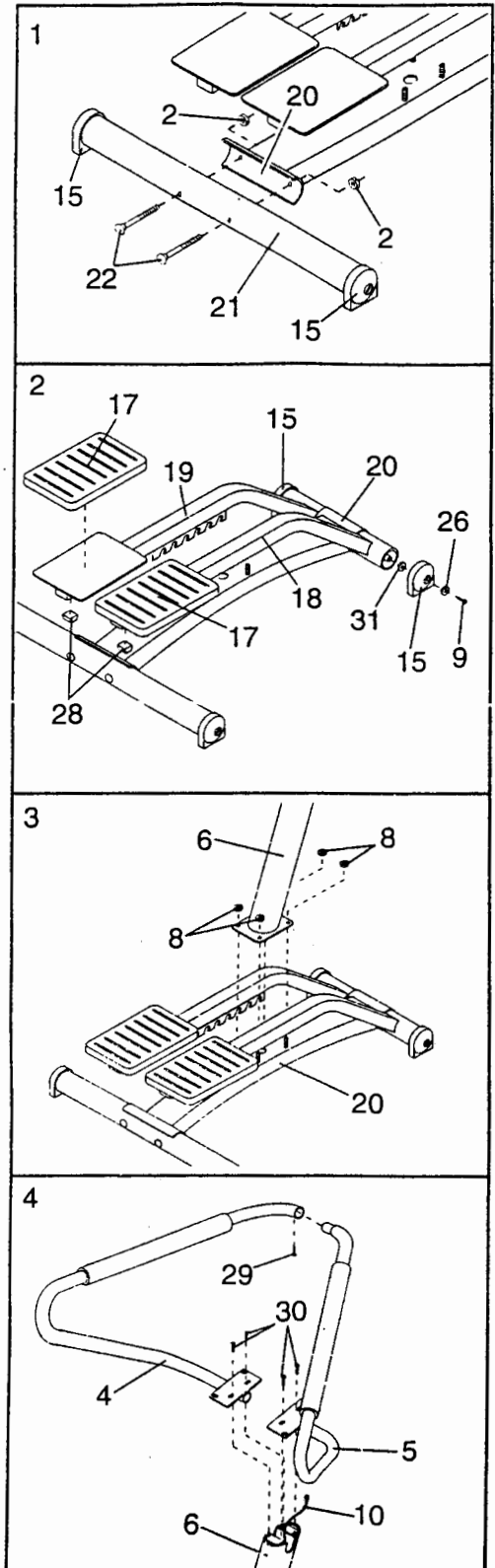
2. Peel the backing off the two Pedal Covers (17). Press one Pedal Cover onto the Right Pedal (18). Press the other Pedal Cover onto the Left Pedal (19).

Peel the backing off the two Bumpers (28). Press a Bumper onto the underside of each Pedal (18, 19).

Attach a 2mm Washer (31), an Endcap (15) and an M10 Lock Washer (26) to the right side of the Base (20) with an M10 Screw (9). Attach the other Endcap (15) to the Base in the same manner. Do not overtighten the Screws; the Pedals (18, 19) must move freely.

3. Set the Upright (6) onto the threaded bolts on the Base (20). Make sure that the Upright is angled in the direction shown. Attach the Upright to the Base with the four M10 Nylock Nuts (8).

4. Connect the upper ends of the Left and Right Handlebars (4, 5) with an M4 Self-Tapping Screw (29). Attach the Handlebars to the Upright (6) with the four M6 Screws (30). **Be careful not to damage the Sensor Wire (10).**



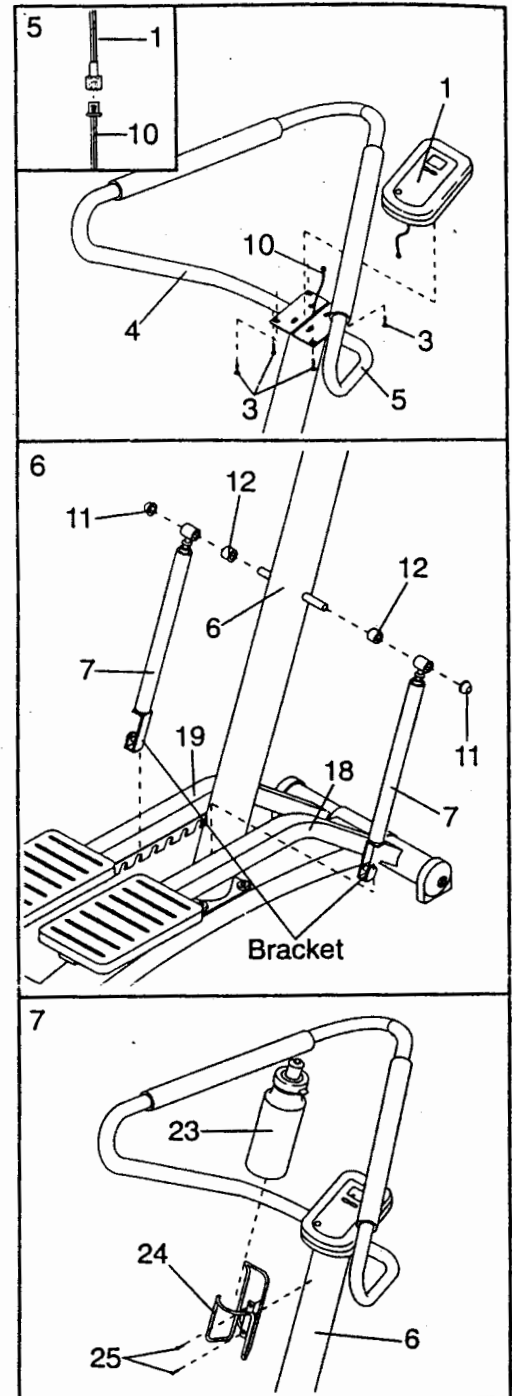
5. Remove the tape securing the Sensor Wire (10) to the top of the Upright (6). Connect the Sensor Wire to the wire extending from the Electronic Monitor (1).

Attach the Electronic Monitor (1) to the Left and Right Handlebars (4, 5) with the four Monitor Screws (3). **Be careful not to damage the wires.**

6. Slide a Cylinder Spacer (12) and a Resistance Cylinder (7) onto each of the posts on the Upright (6) as shown. Tap a Dome Cap (11) onto the end of each post.

Rest the Right and Left Pedals (18, 19) on the brackets at the lower ends of the Resistance Cylinders (7). Make sure that the brackets are fully inserted into the same slots under both Pedals.

7. Attach the Water Bottle Bracket (24) to the Upright (6) with the two M4 Bracket Screws (25). Slide the Water Bottle (23) into the Water Bottle Bracket.



# OPERATION AND ADJUSTMENT

Place the stepper on a level surface. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged. The stepper features precision hydraulic cylinders for long life and trouble-free operation; due to the nature of hydraulic cylinders, the floor underneath the stepper should be covered to protect it in case of slight oil leakage.

Hold the foam grips on the handlebars. For added comfort, you can rest your forearms on the handlebars and hold the front of the handlebars, if desired. Step onto the pedals and begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE RESISTANCE below).

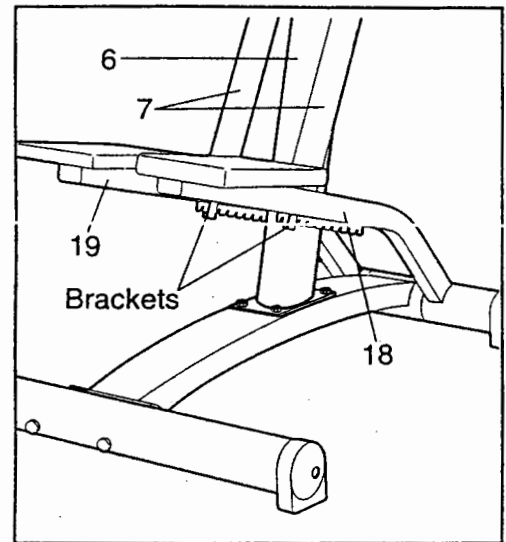
As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise; always keep your back straight in order to avoid injury.

**WARNING: Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.**

## ADJUSTING THE RESISTANCE

The resistance of the Pedals (18, 19) can be changed by moving the brackets at the lower end of the Resistance Cylinders (7). Change the resistance of one Pedal at a time. Hold the bracket with one hand, and lift the Pedal with the other hand. To decrease the resistance, move the bracket closer to the Upright (6); to increase the resistance, move the bracket farther away from the Upright. Make sure that the bracket is fully inserted into one of the slots under the Pedal. Change the resistance of the other Pedal in the same manner. Make sure that the brackets are in the same position under both Pedals.

**WARNING: The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.**



# ELECTRONIC MONITOR OPERATION

The electronic monitor features a selection of five different modes to provide you with continuous feedback as you exercise. Please read these instructions before operating the monitor.

## DESCRIPTION OF THE MODES

**SPEED**—Displays your current speed, in steps per minute.

**TIME**—Displays the elapsed time. Note: If you stop stepping for ten seconds or longer, the TIME mode will pause until you resume.

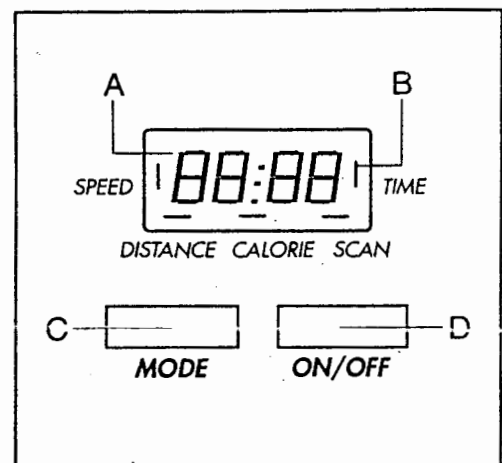
**DISTANCE**—Displays the total number of steps you have completed.

**CALORIES**—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an approximate figure. The actual number may vary depending on the stepping resistance.

**SCAN**—Displays all of the above modes, for five seconds each, in a repeating cycle.

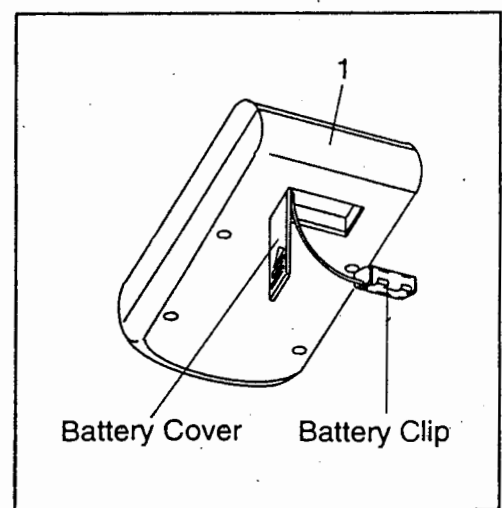
## ELECTRONIC MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



## BATTERY INSTALLATION

The Electronic Monitor (1) requires **two "AA" batteries** (not included) for operation; alkaline batteries are recommended. The battery compartment is located in the underside of the Monitor. Slide open the battery cover and remove the battery clip from the monitor. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the monitor and close the battery cover.



## OPERATING THE ELECTRONIC MONITOR

1. If there is a piece of clear plastic on the front of the electronic monitor, remove it before operating the monitor. To turn on the power, press the on/off button or simply begin stepping. The entire display will appear for two seconds; the monitor will then be ready for operation.

2. Select one of the five modes:

SCAN mode—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the MODE button.

SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE and SCAN.

3. To reset the modes, turn the power off and then on again by pressing the on/off button twice.
4. To turn off the power, press the on/off button. Note: If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

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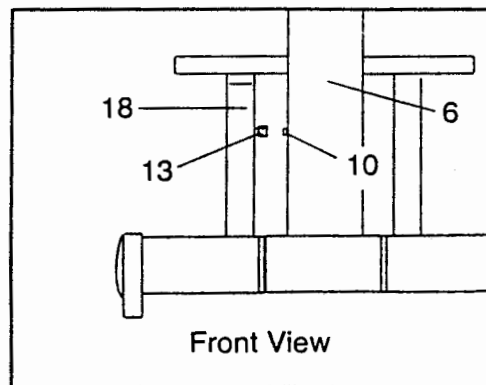
## TRCUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronic monitor.

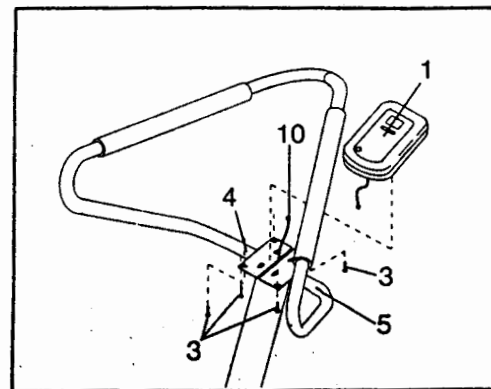
### ELECTRONIC MONITOR

If the electronic monitor displays incorrect feedback, or if the display becomes faint, the batteries should be replaced. See BATTERY INSTALLATION on page 7.

If the electronic monitor still displays incorrect feedback, the Reed Switch (10) in the Upright (6) should be repositioned. Raise the Right Pedal (18) until the Magnet (13) is aligned with the Reed Switch. Slide the Reed Switch in or out of the Upright until there is a  $\frac{3}{16}$ " gap between the Reed Switch and the Magnet. **Do not push the Reed Switch completely into the Upright.**



If the Electronic Monitor (1) displays no feedback when the SPEED, DISTANCE or CALORIE mode is selected, the Sensor Wire (10) should be checked. Remove the four Monitor Screws (3) attaching the Monitor to the Handlebars (4, 5). Make sure that the Sensor Wire is plugged fully into the wire extending from the Monitor. Reattach the Monitor to the Handlebars.





# CONDITIONING GUIDELINES

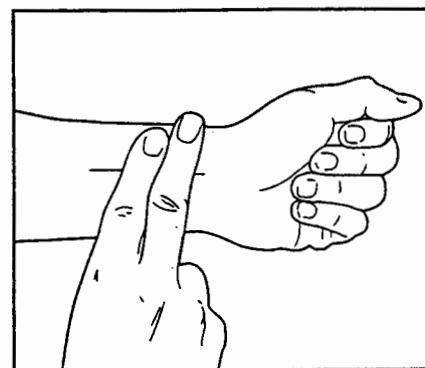
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or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

## EXERCISE INTENSITY

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

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, as well as reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

# PART LIST—Model No. PFST82040

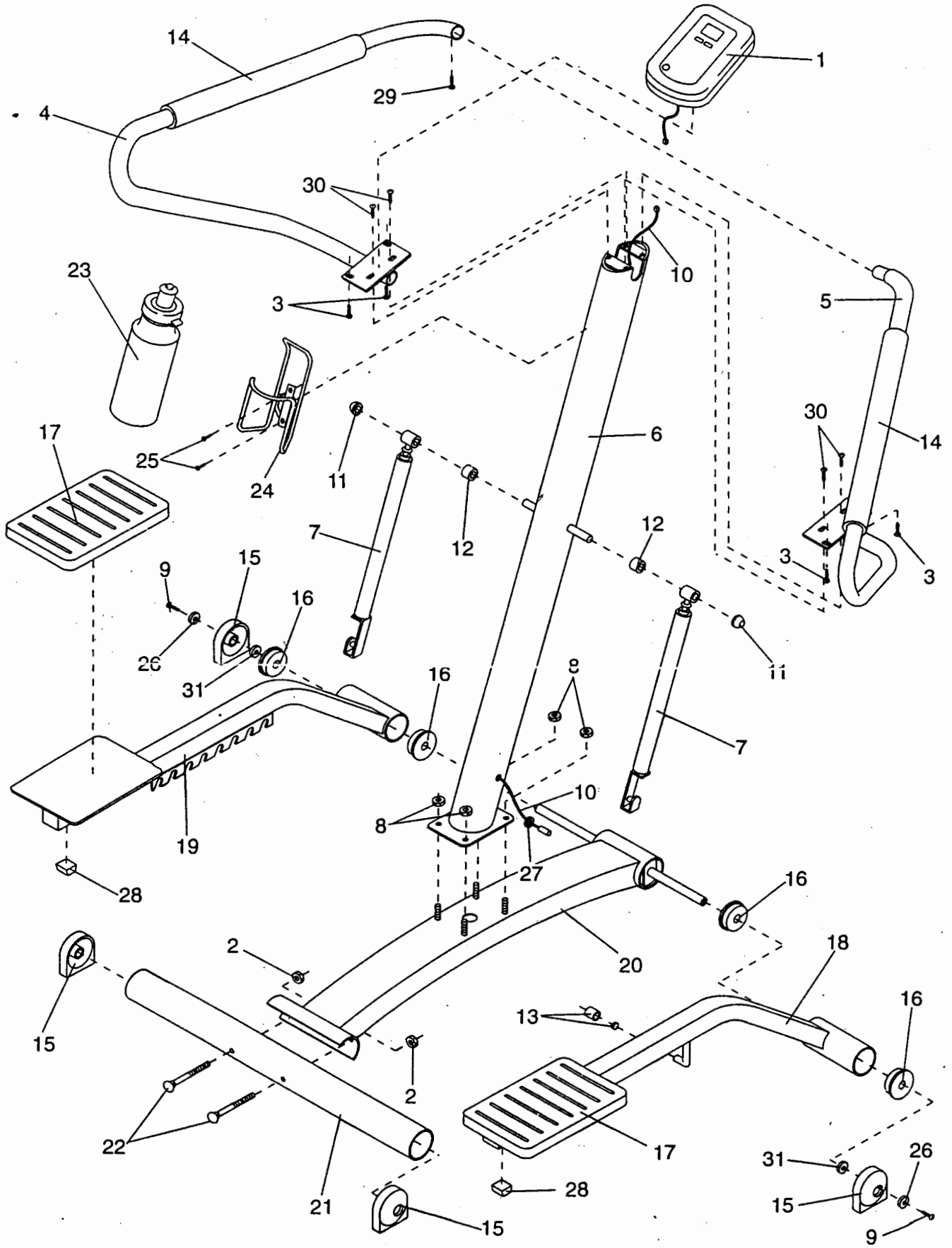
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| Key No. | Qty. | Description             | Key No. | Qty. | Description           |
|---------|------|-------------------------|---------|------|-----------------------|
| 1       | 1    | Electronic Monitor      | 17      | 2    | Pedal Cover           |
| 2       | 2    | M8 Nylock Nut           | 18      | 1    | Right Pedal           |
| 3       | 4    | Monitor Screw           | 19      | 1    | Left Pedal            |
| 4       | 1    | Left Handlebar          | 20      | 1    | Base                  |
| 5       | 1    | Right Handlebar         | 21      | 1    | Stabilizer            |
| 6       | 1    | Upright                 | 22      | 2    | M8 Carriage Bolt      |
| 7       | 2    | Resistance Cylinder     | 23      | 1    | Water Bottle          |
| 8       | 4    | M10 Nylock Nut          | 24      | 1    | Water Bottle Bracket  |
| 9       | 2    | M10 Screw               | 25      | 2    | M4 Bracket Screw      |
| 10      | 1    | Reed Switch/Sensor Wire | 26      | 2    | M10 Lock Washer       |
| 11      | 2    | Dome Cap                | 27      | 1    | Grommet               |
| 12      | 2    | Cylinder Spacer         | 28      | 2    | Bumper                |
| 13      | 1    | Magnet                  | 29      | 1    | M4 Self-Tapping Screw |
| 14      | 2    | Handlebar Foam          | 30      | 4    | M6 Screw              |
| 15      | 4    | Endcap                  | 31      | 2    | 2mm Washer            |
| 16      | 4    | Pivot Bushing           | #       | 1    | Owner's Manual        |

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. PFST82040

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# 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 when calling:

1. The MODEL NUMBER of the product (PFST82040).
2. The NAME of the product (PROFORM® 8.2s stepper).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from page 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**