

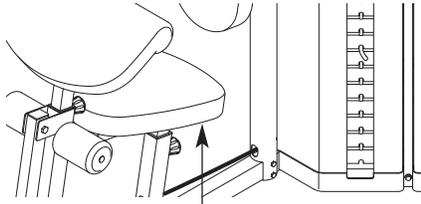
PRO-FORM[®]

FUSION 6.0 LX

Model No. PFSY5015.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

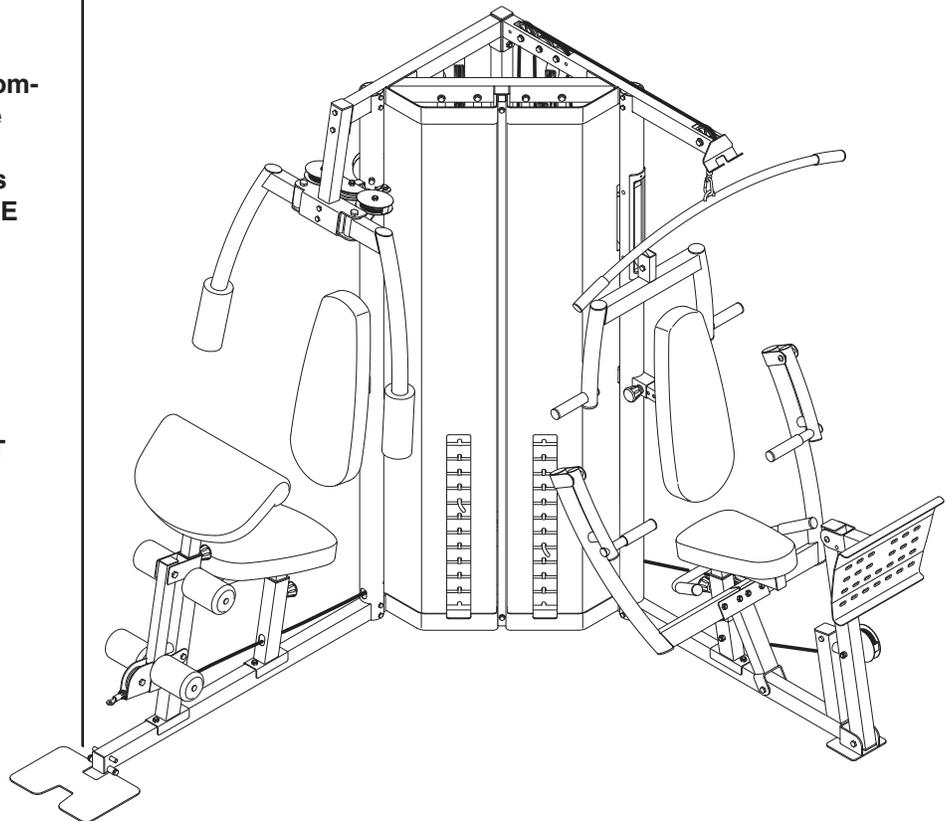
CALL TOLL-FREE:

1-888-533-1333

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

ON THE WEB:

www.proformservice.com



⚠ CAUTION

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



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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

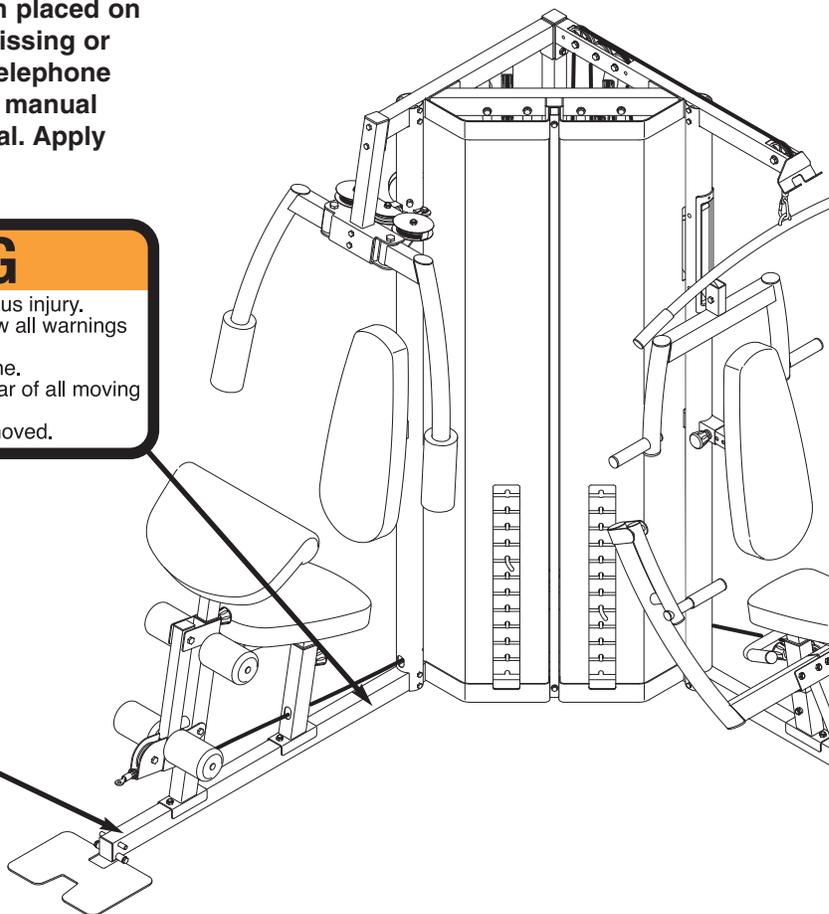
WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system. If a decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

⚠ WARNING
Keep hands and fingers clear of this area.



IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
10. The weight system is designed to support a maximum user weight of 300 pounds.
11. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
12. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
13. Never release the arms, leg lever, lat bar, leg press, ab strap, or handle while weights are raised. The weights will fall with great force.
14. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
15. Do not use the weight system with the top weight pinned in an elevated position.
16. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see LOCKING THE WEIGHT STACK on page 25).
17. 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

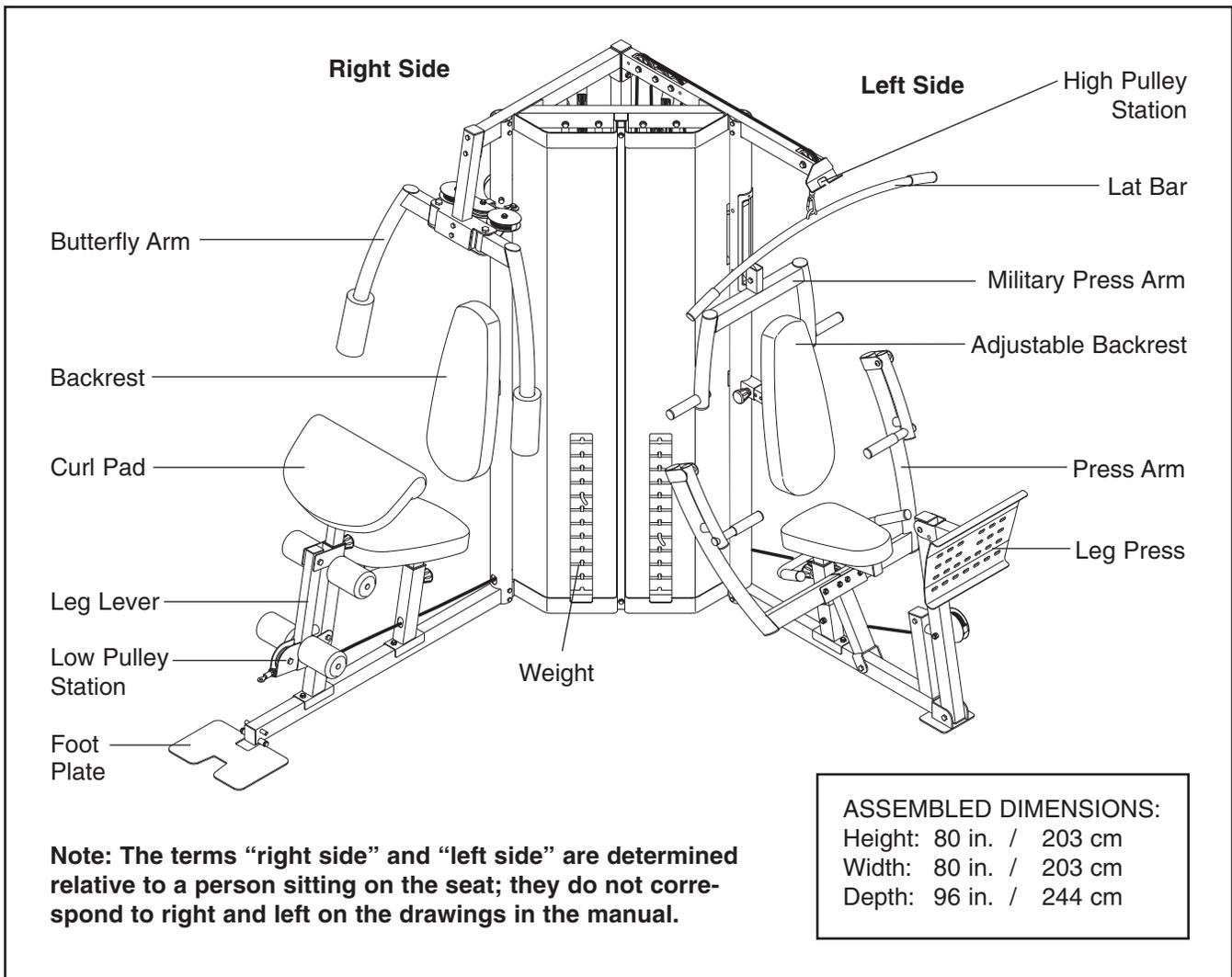
Thank you for selecting the versatile PROFORM® FUSION 6.0 LX weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, see the front cover of this manu-

al. To help us assist you, please note the product model number and serial number before calling. The model number is PFSY5015.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

To avoid a registration fee for any service needed under warranty, you must register the weight system at www.proformservice.com/registration.

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



ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by almost anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Hire an Authorized Service Technician

To hire an authorized service technician to assemble the weight system, call toll-free 1-800-445-2480.

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Assembling the weight system may require several hours. By deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

Select a Location for the Weight System

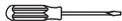
Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all

parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The included Allen wrench  and grease, and the following tools (not included) may be required for assembly:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- A small amount of soapy water, and clear tape or masking tape.

Note: Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. **Note: Some parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, see the front cover of this manual.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the moving parts.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seats, the backrests, and other parts.

Frame Assembly

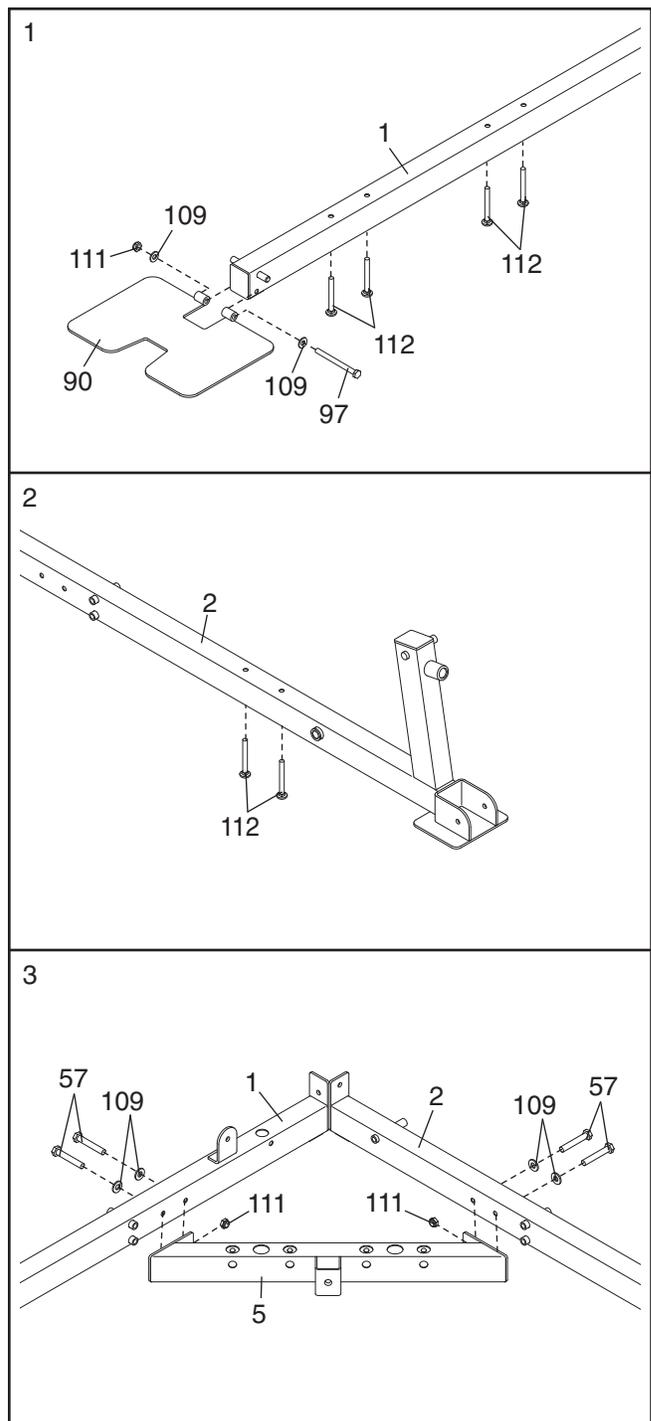
1. **Before beginning assembly, make sure you understand the information in the box on the previous page. For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.**

Attach the Foot Plate (90) to the Right Base (1) with an M10 x 120mm Bolt (97), two M10 Washers (109), and an M10 Nylon Locknut (111). **Do not overtighten the Locknut; the Foot Plate must be able to pivot easily.**

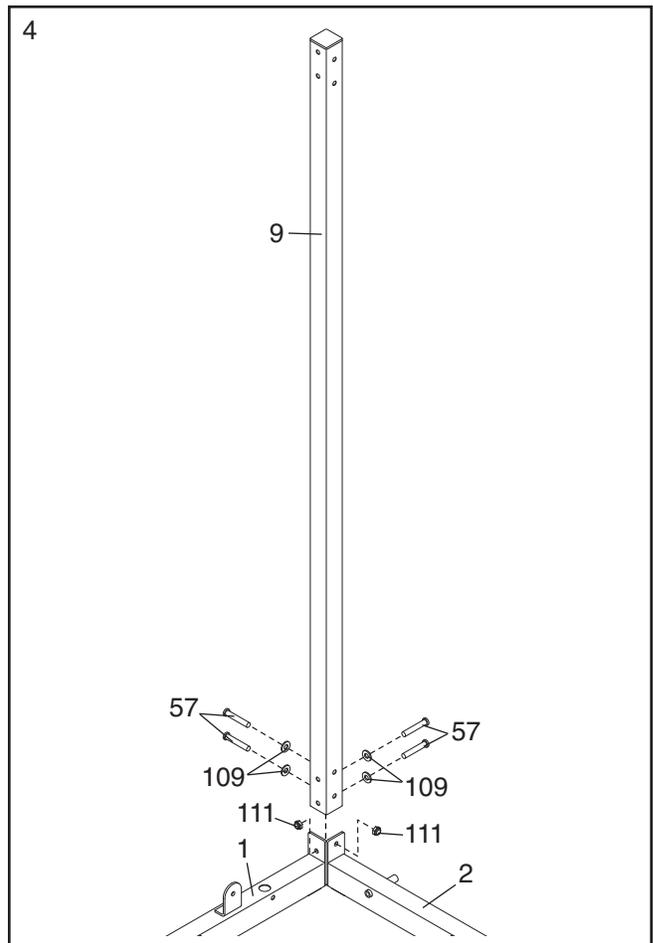
Insert four M10 x 80mm Carriage Bolts (112) up through the Right Base (1). Place a piece of tape over the bolt heads to hold the Bolts in place.

2. Insert two M10 x 80mm Carriage Bolts (112) up through the Left Base (2). Place a piece of tape over the bolt heads to hold the Bolts in place.

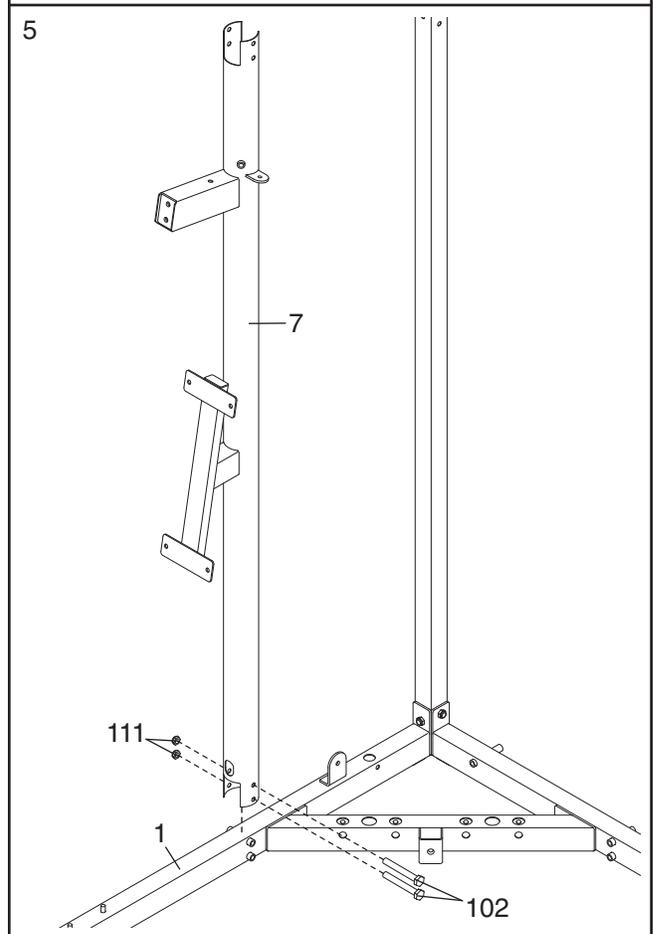
3. Attach the Center Base (5) to the Right and Left Bases (1, 2) with four M10 x 70mm Bolts (57), four M10 Washers (109), and two M10 Nylon Locknuts (111). **Do not tighten the Bolts yet.**



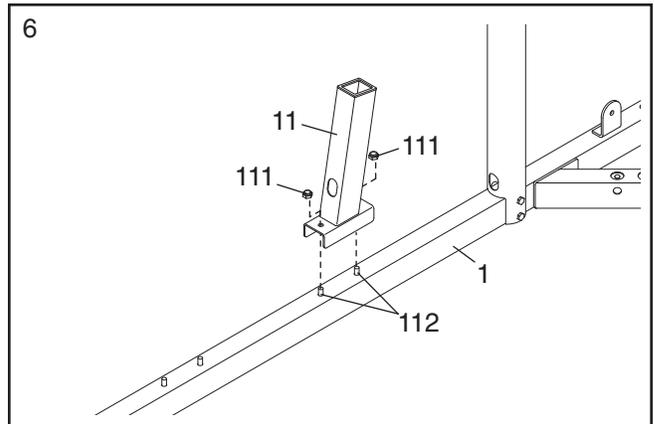
4. Attach the Center Upright (9) to the Right and Left Bases (1, 2) with four M10 x 70mm Bolts (57), four M10 Washers (109), and two M10 Nylon Locknuts (111). **Do not tighten the Bolts yet.**



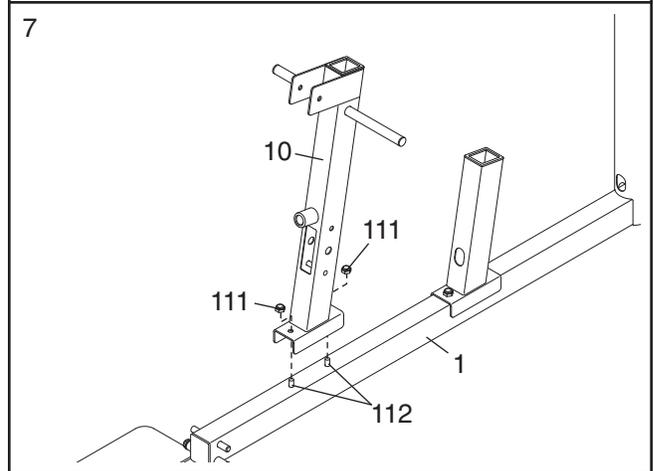
5. Attach the Right Upright (7) to the Right Base (1) with two M10 x 90mm Bolts (102) and two M10 Nylon Locknuts (111). **Do not tighten the Locknuts yet.**



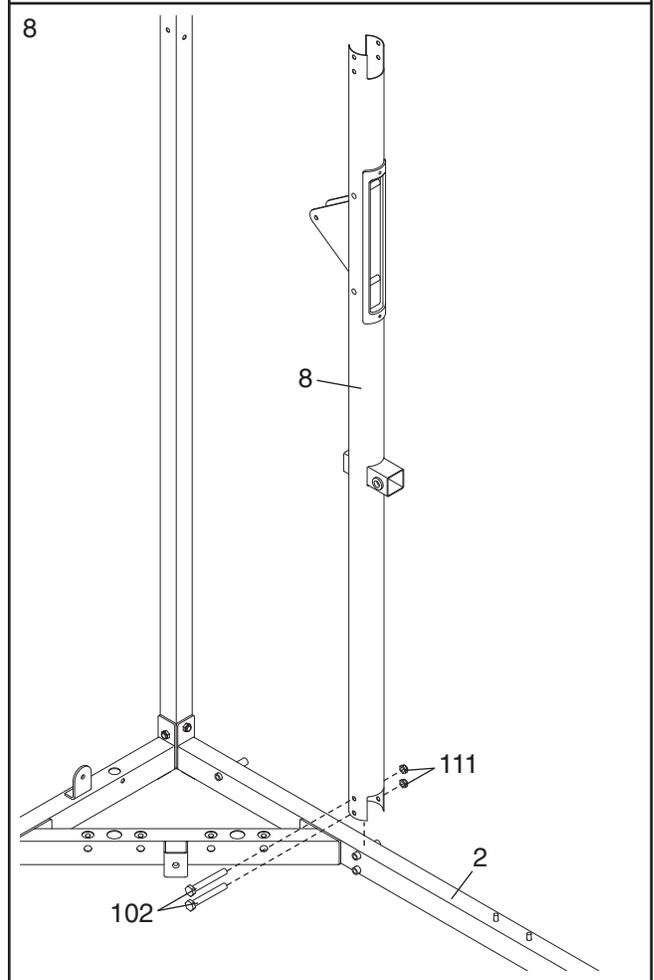
6. Attach the Right Seat Upright (11) to the Right Base (1) with the indicated M10 x 80mm Carriage Bolts (112) and two M10 Nylon Locknuts (111).



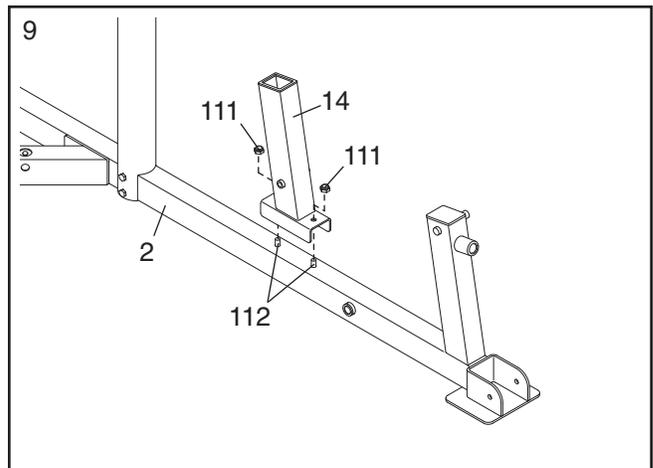
7. Attach the Curl Post Upright (10) to the Right Base (1) with the indicated M10 x 80mm Carriage Bolts (112) and two M10 Nylon Locknuts (111).



8. Attach the Left Upright (8) to the Left Base (2) with two M10 x 90mm Bolts (102) and two M10 Nylon Locknuts (111). **Do not tighten the Locknuts yet.**

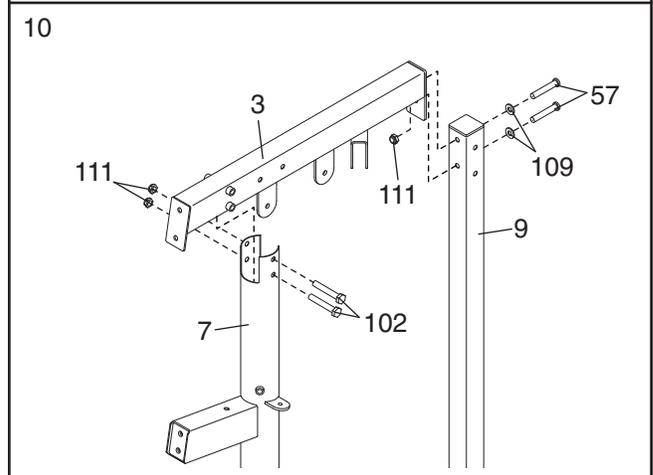


9. Attach the Left Seat Upright (14) to the Left Base (2) with the indicated M10 x 80mm Carriage Bolts (112) and two M10 Nylon Locknuts (111).



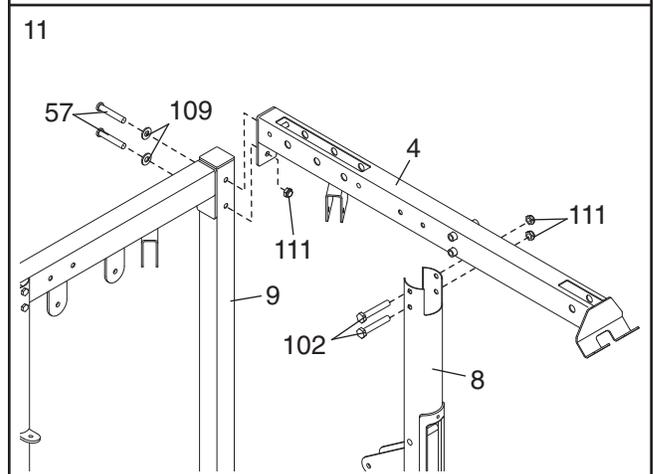
10. Attach the Right Top Frame (3) to the Center Upright (9) with two M10 x 70mm Bolts (57), two M10 Washers (109), and an M10 Nylon Locknut (111). **Do not tighten the Bolts yet.**

Attach the Right Top Frame (3) to the Right Upright (7) with two M10 x 90mm Bolts (102) and two M10 Nylon Locknuts (111). **Do not tighten the Locknuts yet.**



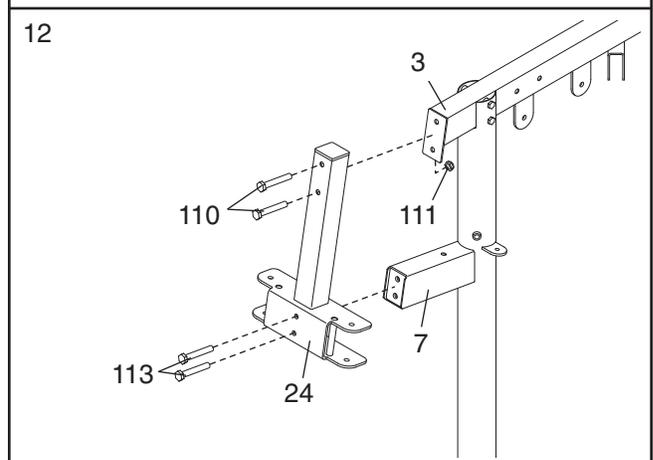
11. Attach the Left Top Frame (4) to the Center Upright (9) with two M10 x 70mm Bolts (57), two M10 Washers (109), and an M10 Nylon Locknut (111). **Do not tighten the Bolts yet.**

Attach the Left Top Frame (4) to the Left Upright (8) with two M10 x 90mm Bolts (102) and two M10 Nylon Locknuts (111). **Do not tighten the Locknuts yet.**



12. Attach the Butterfly Frame (24) to the Right Top Frame (3) with two M10 x 65mm Bolts (110) and an M10 Nylon Locknut (111). **Do not tighten the Bolts yet.**

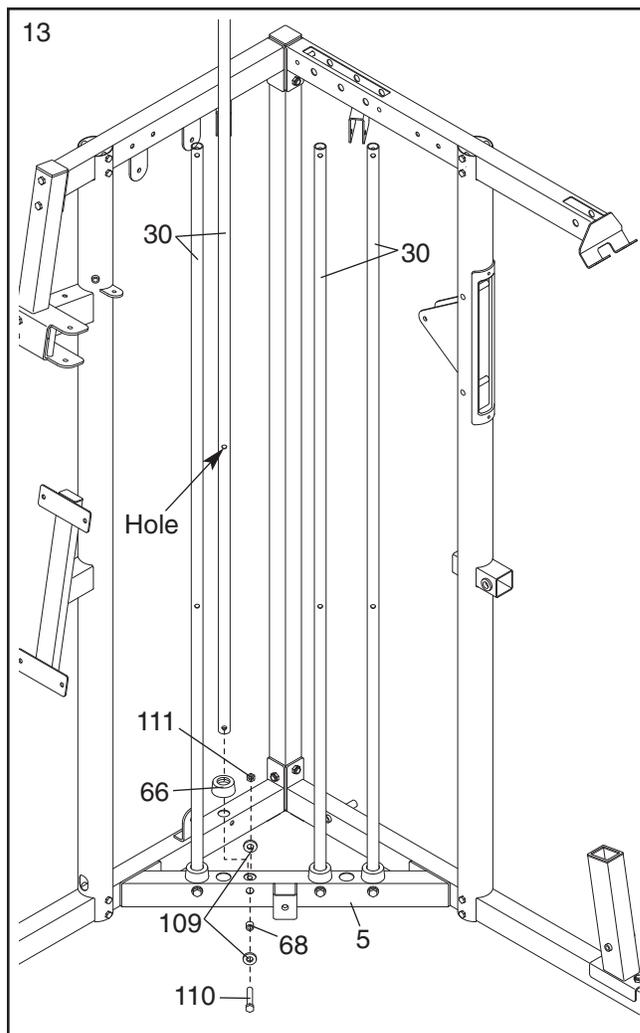
Attach the Butterfly Frame (24) to the Right Upright (7) with two M10 x 35mm Screws (113). **Do not tighten the Screws yet.**



13. Orient a Weight Guide (30) with the indicated hole closer to the bottom. Attach the Weight Guide to the Center Base (5) with an M10 x 65mm Bolt (110), two M10 Washers (109), a 1/2" Spacer (68), and an M10 Nylon Locknut (111). Slide a Weight Bumper (66) onto the Weight Guide.

Attach the other three Weight Guides (30) to the Center Base (5) in the same manner.

Tighten the M10 x 70mm Bolts (57) used in step 3.

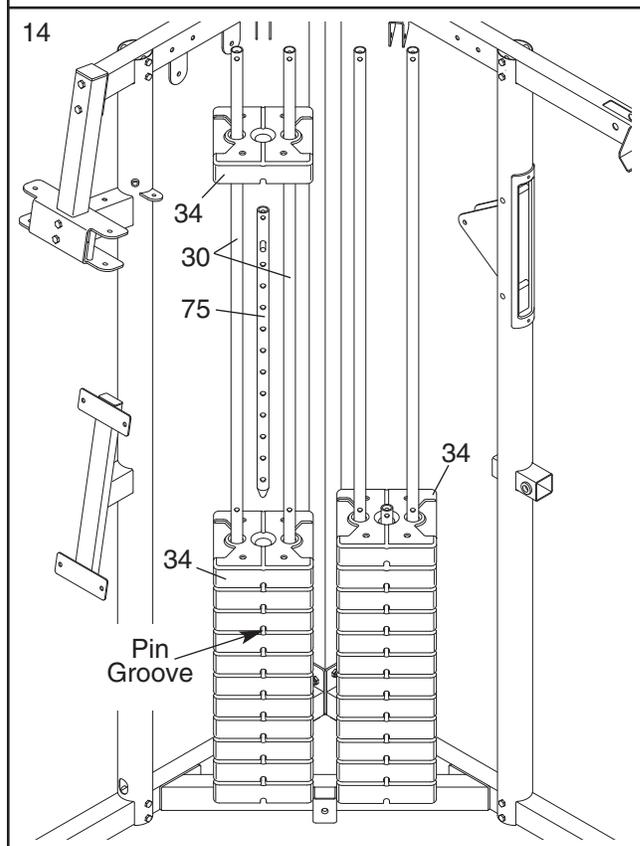


14. Slide eleven Weights (34), with the pin grooves on the bottom, onto a set of Weight Guides (30).

Orient a Weight Tube (75) as shown. Insert the Weight Tube into the stack of Weights (34).

Slide another Weight (34) onto the set of Weight Guides (30).

Repeat this step with the other stack of Weights (34).

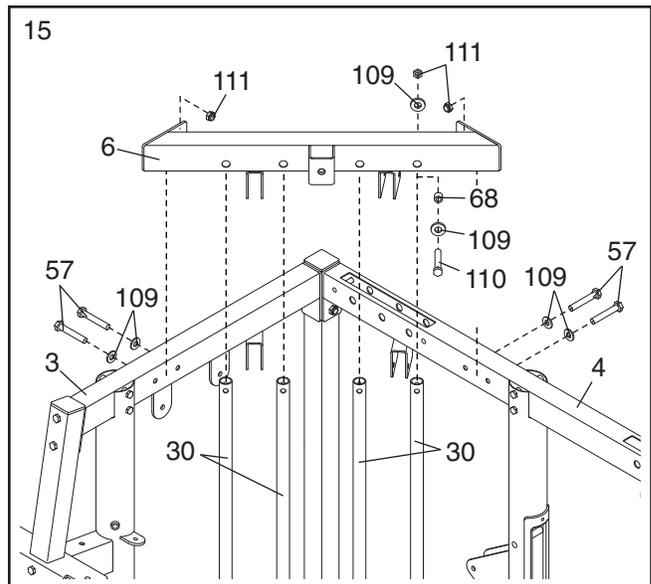


15. Attach the Center Top Frame (6) to the Right and Left Top Frames (3, 4) with four M10 x 70mm Bolts (57), four M10 Washers (109), and two M10 Nylon Locknuts (111). **Do not tighten the Bolts yet.**

Attach a Weight Guide (30) inside the Center Top Frame (6) with an M10 x 65mm Bolt (110), two M10 Washers (109), a 1/2" Spacer (68), and an M10 Nylon Locknut (111).

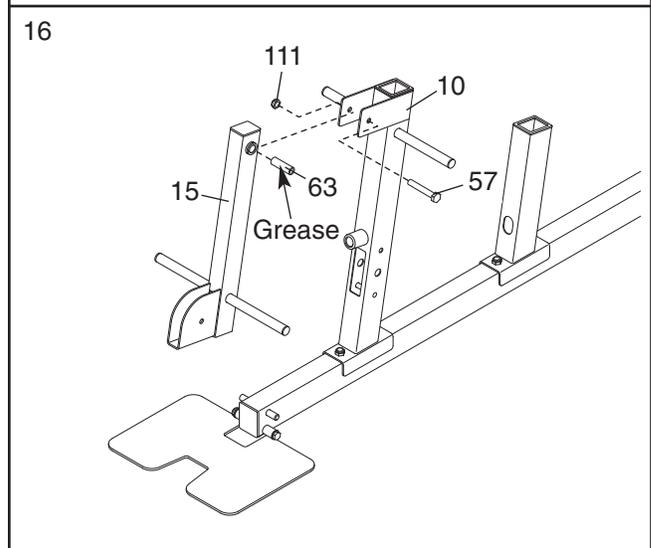
Attach the other three Weight Guides (30) to the Center Top Frame (6) in the same manner.

Tighten the bolts, screws and locknuts used in steps 4, 5, 8, 10, 11, and 12.



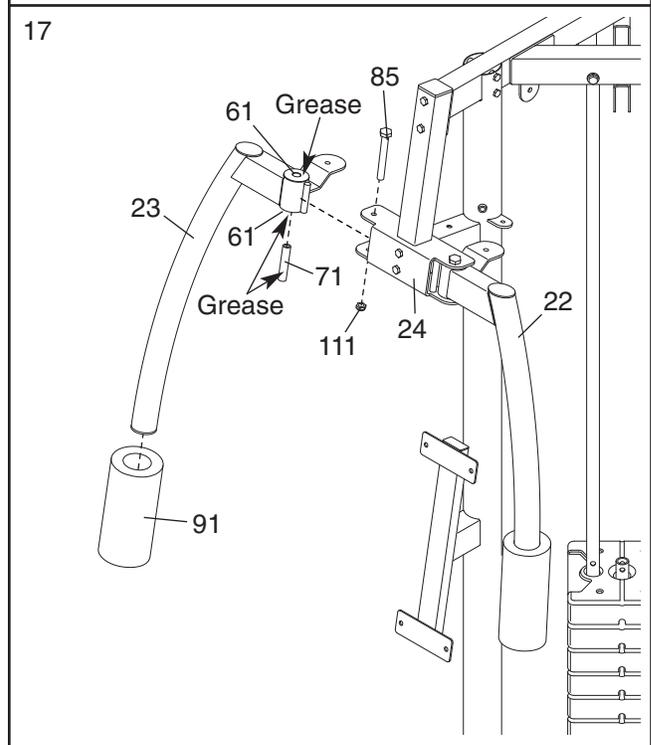
Arm Assembly

16. Apply grease to 2" Bushing (63). Attach the Leg Lever (15) and the 2" Bushing to the Curl Post Upright (10) with an M10 x 70mm Bolt (57) and an M10 Nylon Locknut (111).

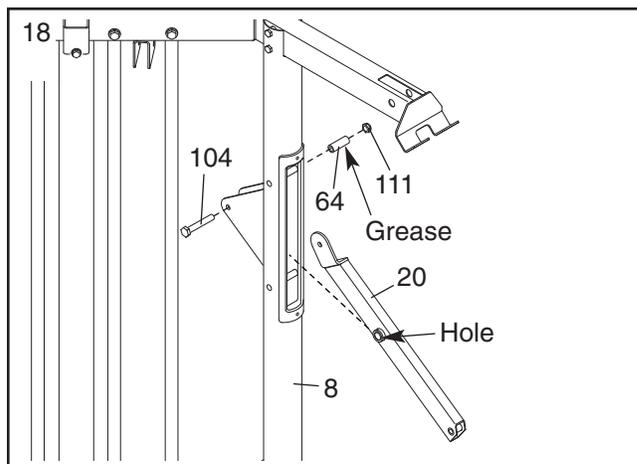


17. Apply grease to a 3" Bushing (71) and the two Large Round Bushings (61) in the Right Butterfly Arm (23). Attach the Butterfly Arm and 3" Bushing to the Butterfly Frame (24) with an M10 x 100mm Bolt (85) and an M10 Nylon Locknut (111).

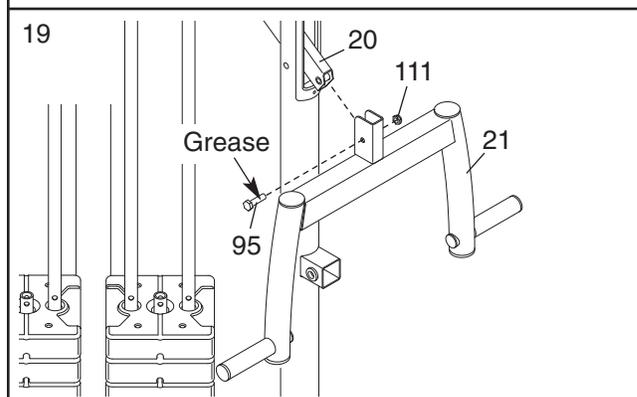
Repeat this step with the Left Butterfly Arm (22).



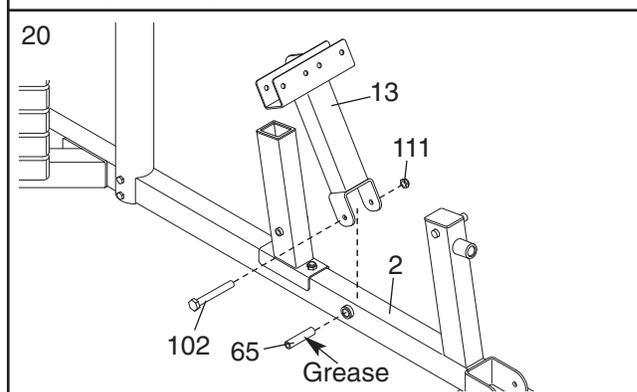
18. Apply grease to the 1 3/4" Bushing (64). Attach the Military Press Frame (20) and the 1 3/4" Bushing inside the Left Upright (8) with an M10 x 63mm Bolt (104) and an M10 Nylon Locknut (111).



19. Apply grease to an M10 x 45mm Bolt (95). Attach the Military Press Arm (21) to the Military Press Frame (20) with the Bolt and an M10 Nylon Locknut (111). **Do not overtighten the Locknut; the Military Press Arm must be able to pivot easily.**

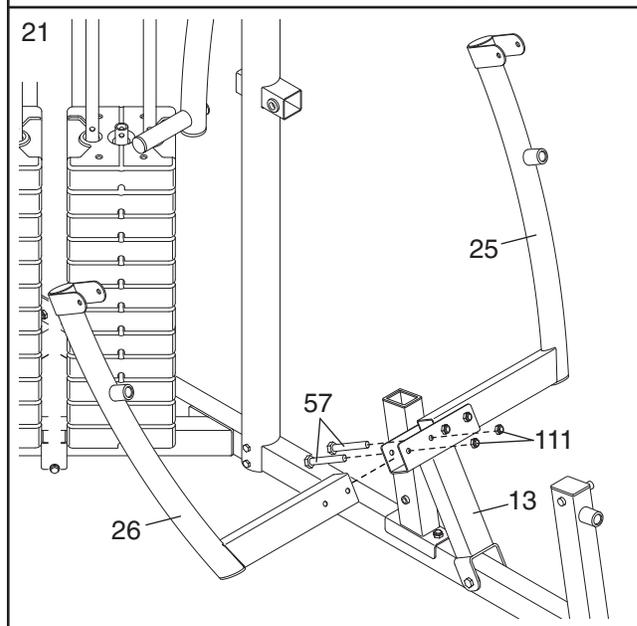


20. Apply grease to a 2 3/4" Bushing (65). Attach the Press Frame (13) and the 2 3/4" Bushing to the Left Base (2) with an M10 x 90mm Bolt (102) and an M10 Nylon Locknut (111).



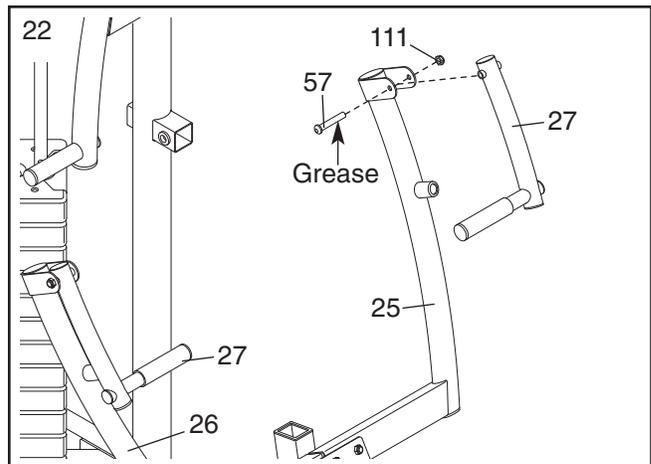
21. Attach the Right Press Arm (26) to the Press Frame (13) with two M10 x 70mm Bolts (57) and two M10 Nylon Locknuts (111).

Attach the Left Press Arm (25) to the Press Frame (13) in the same manner.

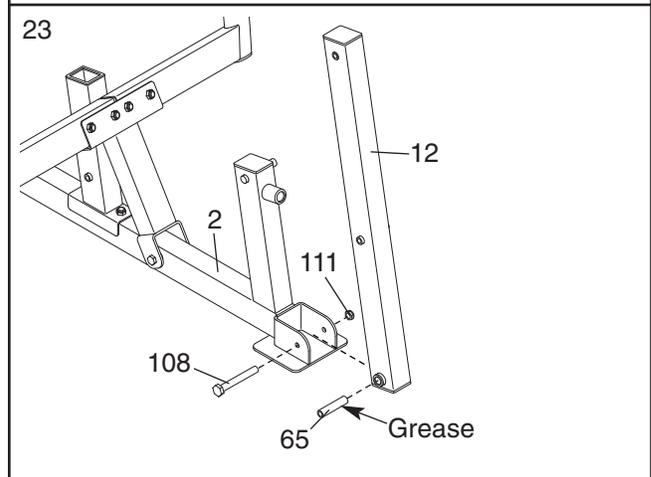


22. Apply grease to an M10 x 70mm Bolt (57). Attach a Press Arm Handle (27) to the Left Press Arm (25) with the Bolt and an M10 Nylon Locknut (111). **Do not overtighten the Locknut; the Press Arm Handle must be able to pivot easily.**

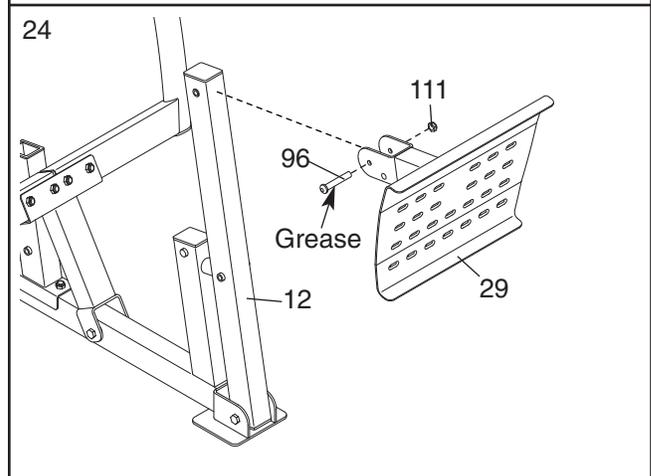
Repeat this step with the other Press Arm Handle (27) and the Right Press Arm (26).



23. Apply grease to a 2 3/4" Bushing (65). Attach the Leg Press (12) and the 2 3/4" Bushing to the Left Base (2) with an M10 x 95mm Bolt (108) and an M10 Nylon Locknut (111).



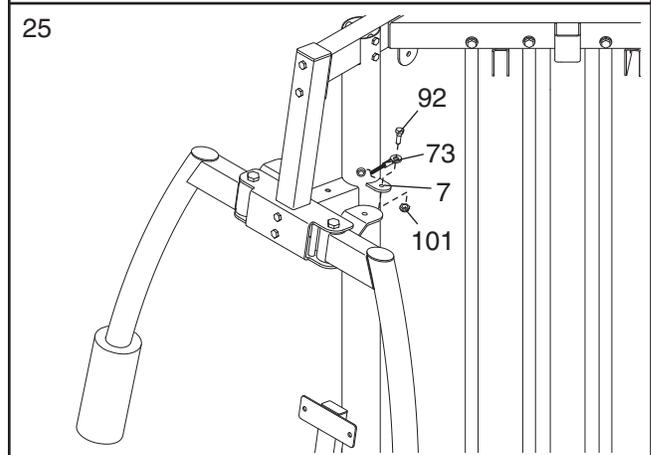
24. Apply grease to an M10 x 75mm Bolt (96). Attach the Leg Press Plate (29) and a 2 3/4" Bushing (65) to the Leg Press (12) with the Bolt and an M10 Nylon Locknut (111). **Do not overtighten the Locknut; the Leg Press Plate must be able to pivot easily.**



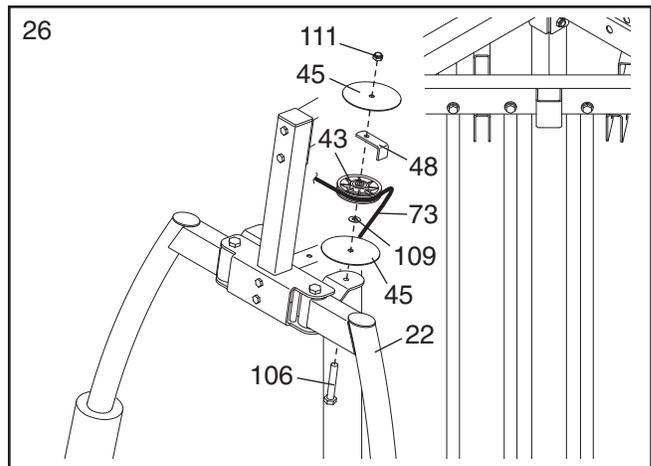
Cable Assembly

25. During steps 25–54, refer to the **CABLE DIAGRAMS** on pages 27 and 28 to identify the cables and ensure proper cable routing.

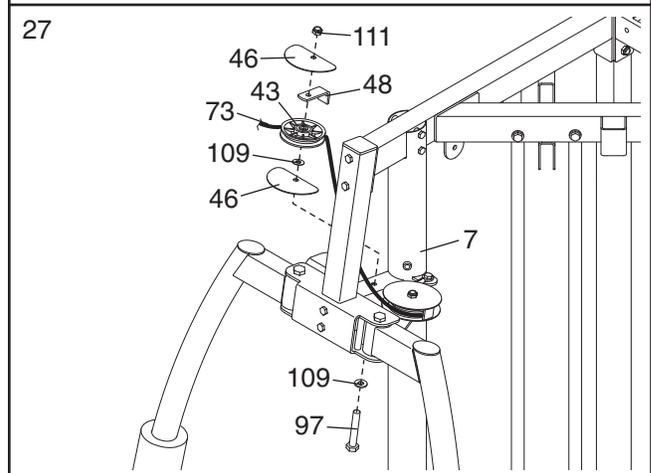
Locate the Butterfly Cable (73). Attach the Cable to the Right Upright (7) with an M8 x 25mm Shoulder Bolt (92) and an M8 Nylon Locknut (101). **Make sure that the Cable end can pivot easily around the shoulder of the Bolt.**



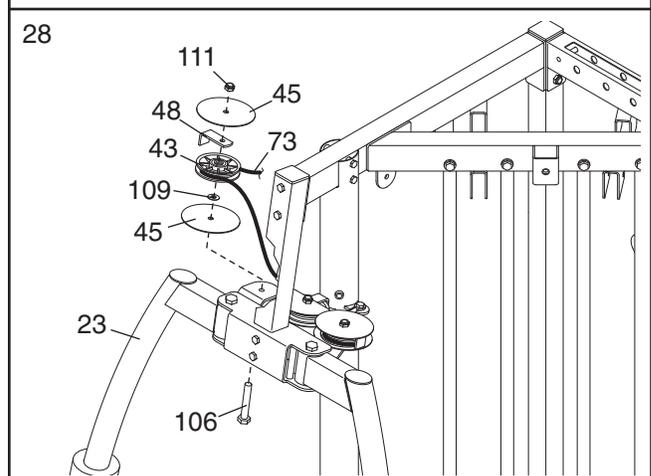
26. Wrap the Butterfly Cable (73) around a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Finger Guards (45) to the Left Butterfly Arm (22) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



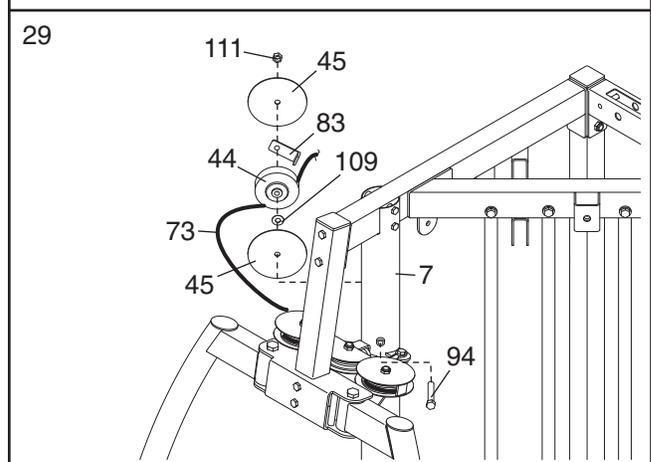
27. Wrap the Butterfly Cable (73) around a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Half Finger Guards (46) to the Right Upright (7) with an M10 x 120mm Bolt (97) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



28. Wrap the Butterfly Cable (73) around a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Finger Guards (45) to the Right Butterfly Arm (23) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



29. Wrap the Butterfly Cable (73) under the "V"-pulley (44). Attach the "V"-pulley, the Long Cable Trap (83), an M10 Washer (109), and two Finger Guards (45) to the Right Upright (7) with an M10 x 150mm Bolt (94) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the "V"-pulley.**



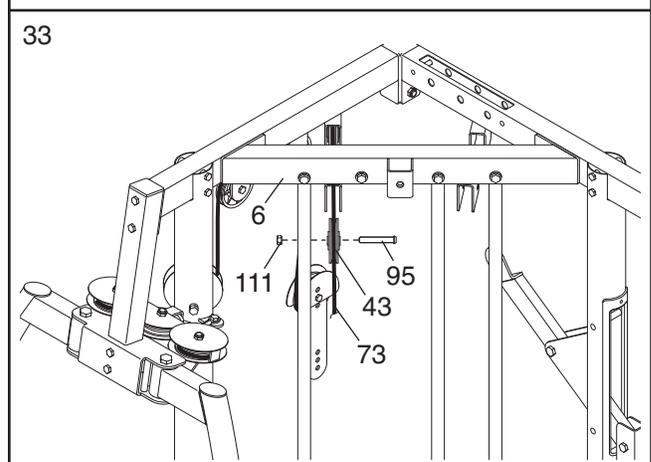
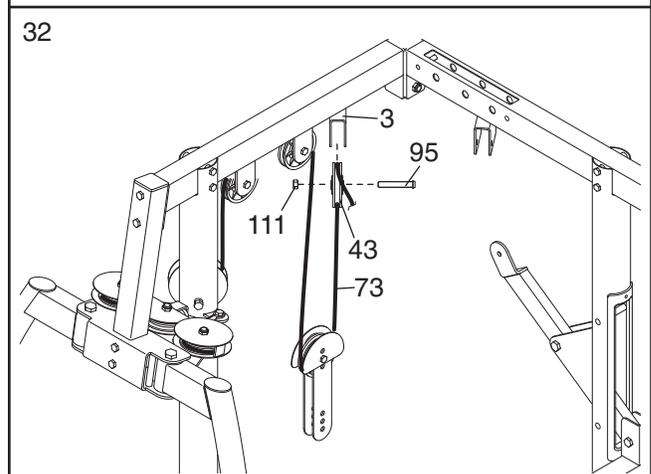
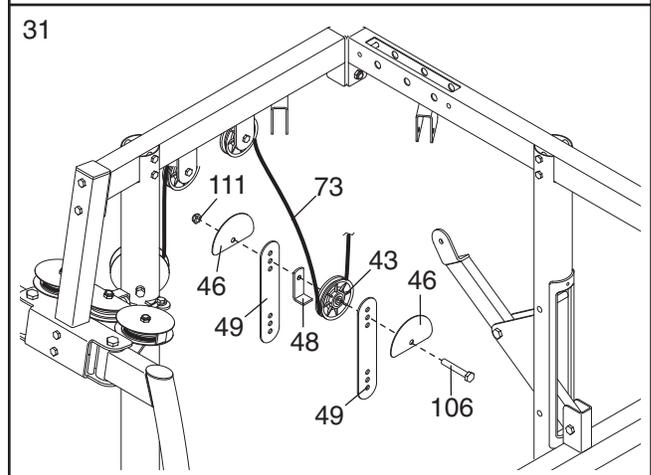
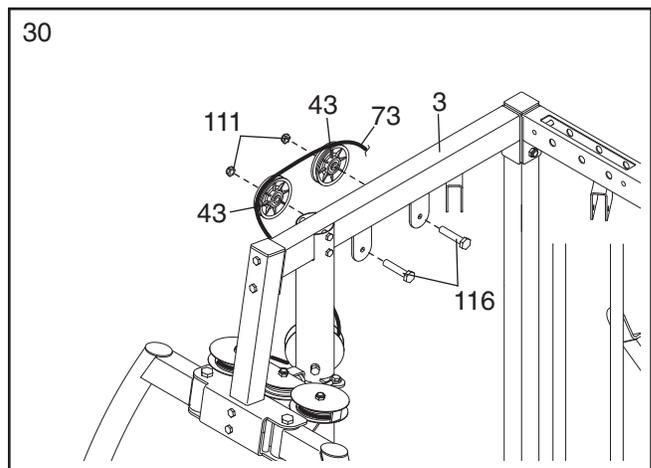
30. Wrap the Butterfly Cable (73) over a Pulley (43). Attach the Pulley to the Right Top Frame (3) with an M10 x 40mm Bolt (116) and an M10 Nylon Locknut (111).

Repeat this step with another Pulley (43).

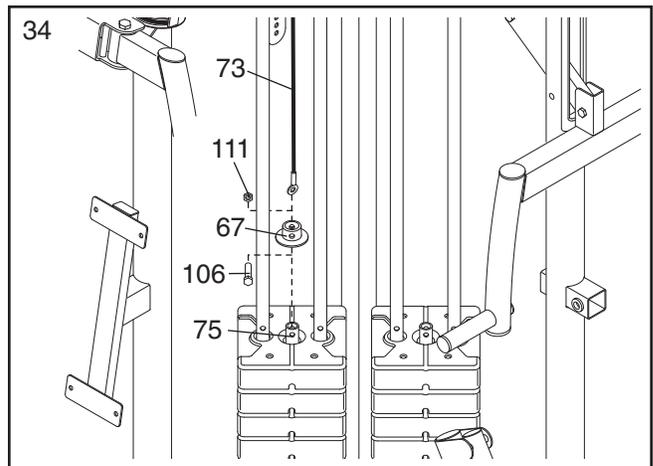
31. Wrap the Butterfly Cable (73) under a Pulley (43). Attach the Pulley, a Cable Trap (48), and two Half Finger Guards (46) at the second hole from the top of the pair of Pulley Plates (49) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111). **Makes sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

32. Wrap the Butterfly Cable (73) over a Pulley (43). Attach the Pulley to the Right Top Frame (3) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).

33. Wrap the Butterfly Cable (73) over a Pulley (43). Attach the Pulley to the Center Top Frame (6) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).

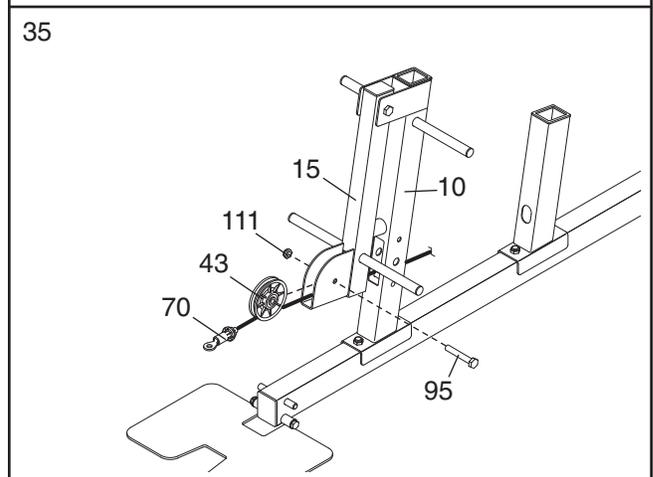


34. Attach the Butterfly Cable (73) and a Weight Cap (67) to the indicated Weight Tube (75) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111).

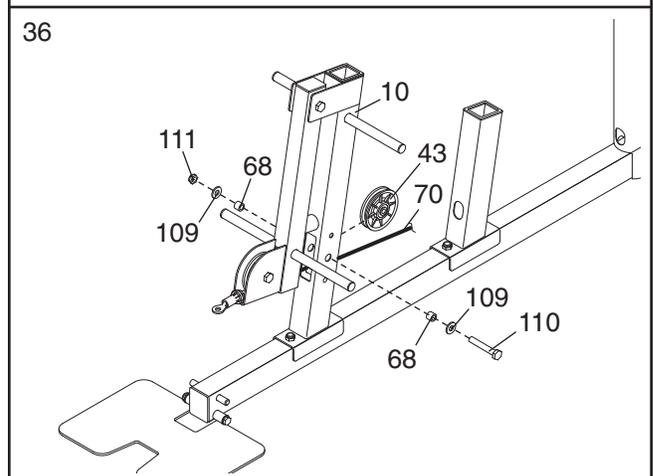


35. **Locate the Low Cable (70).** Route the Cable through the Leg Lever (15) and the Curl Post Upright (10).

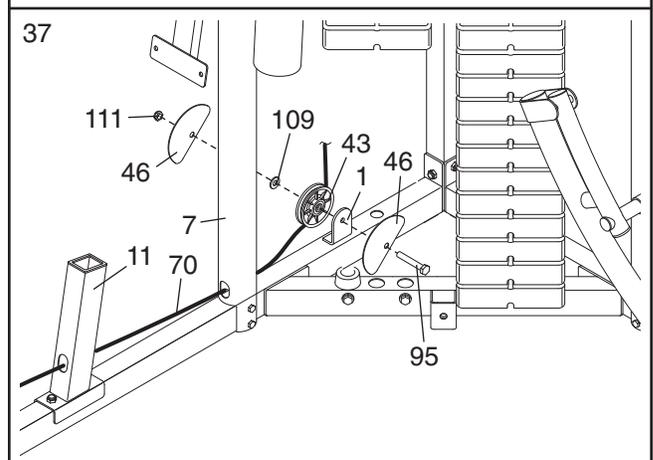
Attach a Pulley (43) to the Leg Lever (15), over the Low Cable (70), with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).



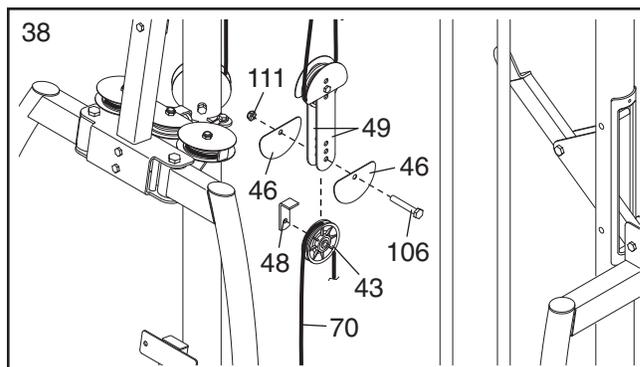
36. Attach a Pulley (43) inside the Curl Post Upright (10), over the Low Cable (70), with an M10 x 65mm Bolt (110), two M10 Washers (109), two 1/2" Spacers (68), and an M10 Nylon Locknut (111).



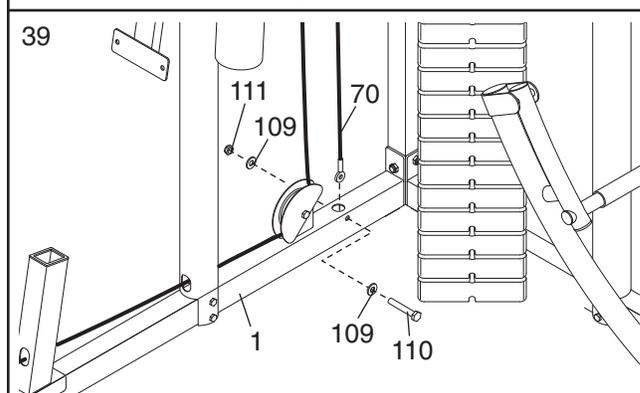
37. Route the Low Cable (70) through the Right Seat Upright (11) and the Right Upright (7) and under a Pulley (43). Attach the Pulley, an M10 Washer (109), and two Half Finger Guards (46) to the Right Base (1) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).



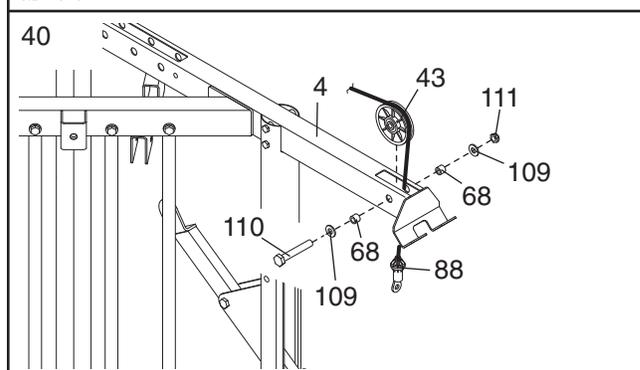
38. Wrap the Low Cable (70) over a Pulley (43). Attach the Pulley, a Cable Trap (48), and two Half Finger Guards (46) at the bottom hole of the pair of Pulley Plates (49) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111). **Makes sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



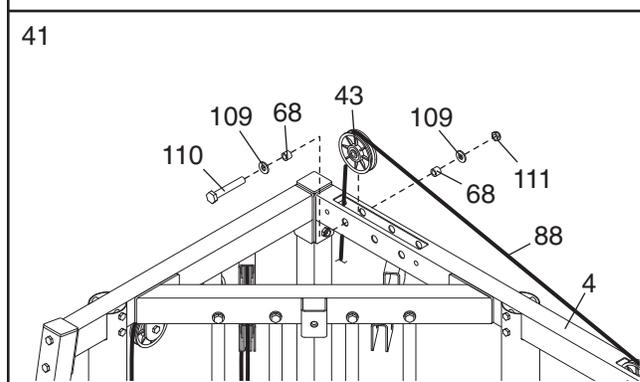
39. Attach the Low Cable (70) inside the Right Base (1) with an M10 x 65mm Bolt (110), two M10 Washers (109), and an M10 Nylon Locknut (111).



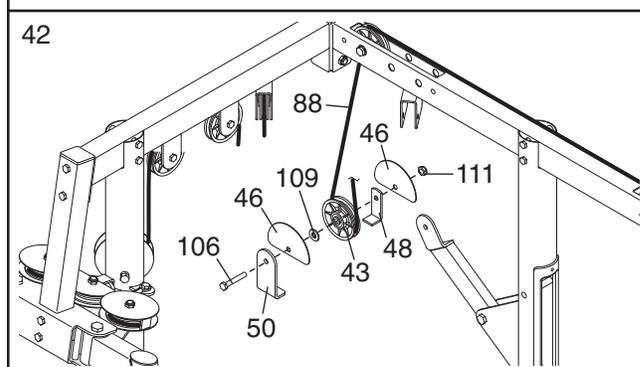
40. **Locate the High Cable (88).** Route the Cable up through the Left Top Frame (4) and over a Pulley (43). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (110), two M10 Washers (109), two 1/2" Spacers (68), and an M10 Nylon Locknut (111).



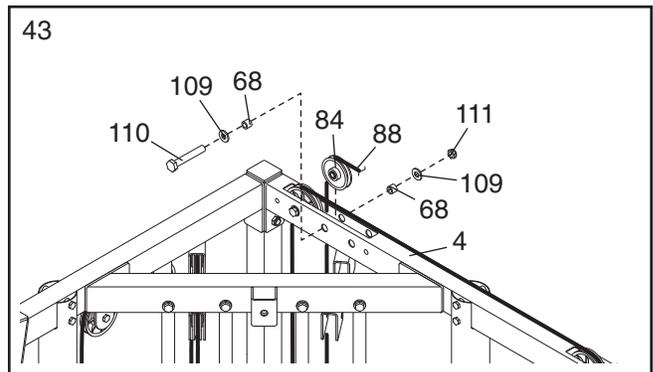
41. Route the High Cable (88) over a Pulley (43) and down through the Left Top Frame (4). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (110), two M10 Washers (109), two 1/2" Spacers (68), and an M10 Nylon Locknut (111).



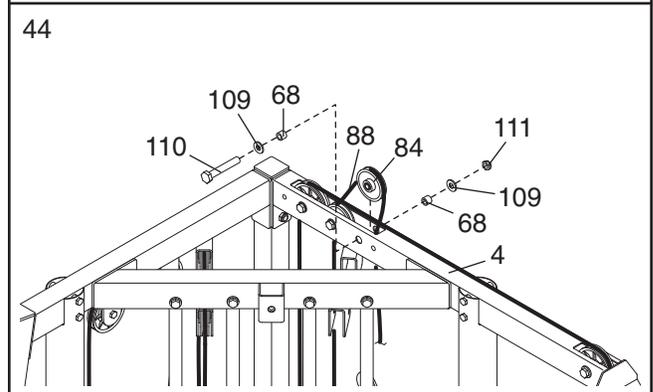
42. Wrap the High Cable (88) under a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Half Finger Guards (46) to the Small Pulley Plate (50) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111). **Makes sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



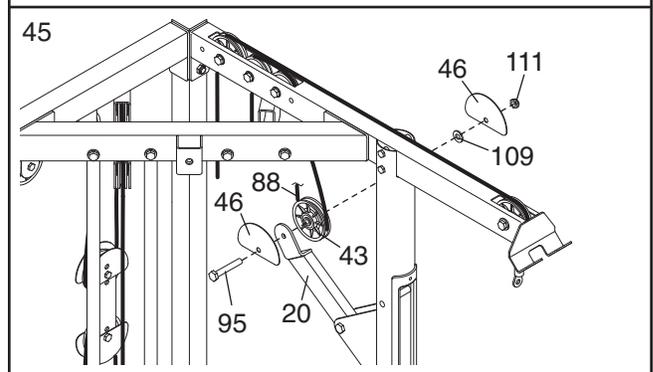
43. Route the High Cable (88) up through the Left Top Frame (4) and over a Small Pulley (84). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (110), two M10 Washers (109), two 1/2" Spacers (68), and an M10 Nylon Locknut (111).



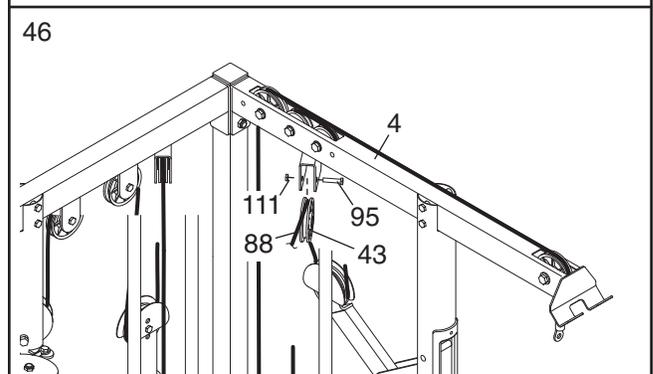
44. Route the High Cable (88) over a Small Pulley (84) and down through the Left Top Frame (4). Attach the Pulley inside the Top Frame with an M10 x 65mm Bolt (110), two M10 Washers (109), two 1/2" Spacers (68), and an M10 Nylon Locknut (111).



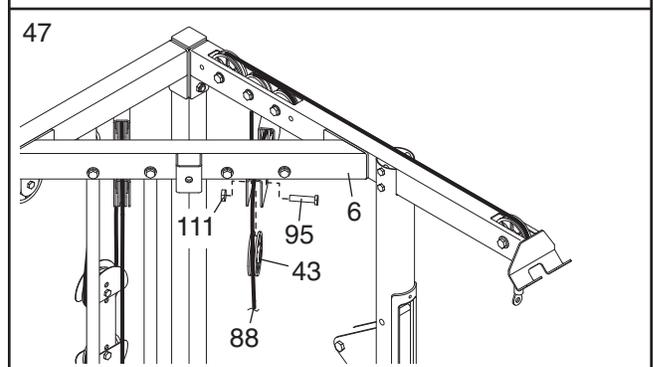
45. Wrap the High Cable (88) under a Pulley (43). Attach the Pulley, an M10 Washer (109), and two Half Finger Guards (46) to the Military Press Frame (20) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).



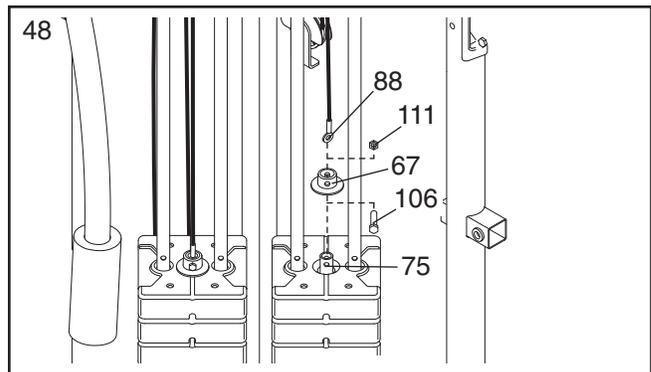
46. Wrap the High Cable (88) over a Pulley (43). Attach the Pulley to the Left Top Frame (4) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).



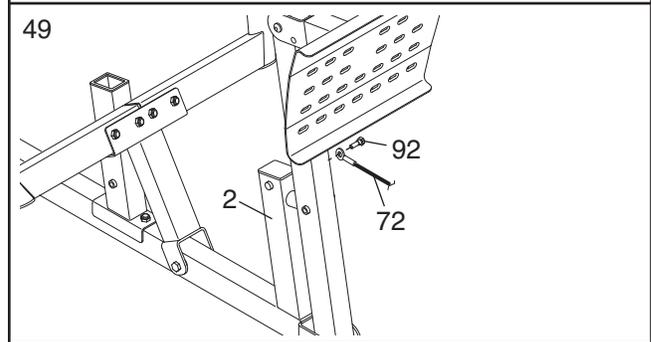
47. Wrap the High Cable (88) over a Pulley (43). Attach the Pulley to the Center Top Frame (6) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111).



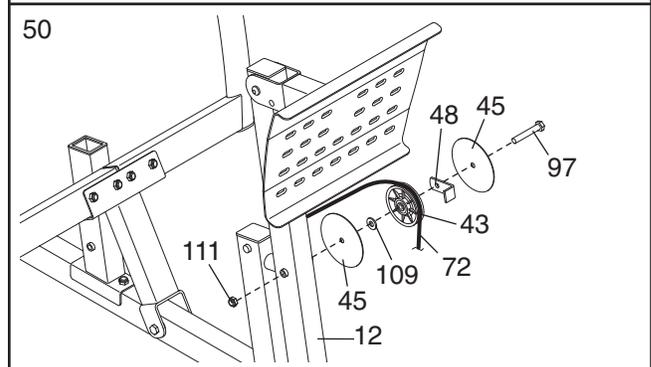
48. Attach the High Cable (88) and a Weight Cap (67) to the indicated Weight Tube (75) with an M10 x 50mm Bolt (106) and an M10 Nylon Locknut (111).



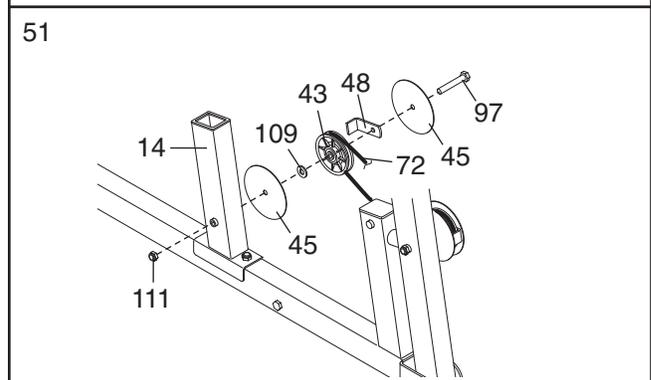
49. **Locate the Press Cable (72).** Attach the Cable to the Left Base (2) with an M8 x 25mm Shoulder Bolt (92). **Make sure that the Cable end can pivot easily around the shoulder of the Bolt.**



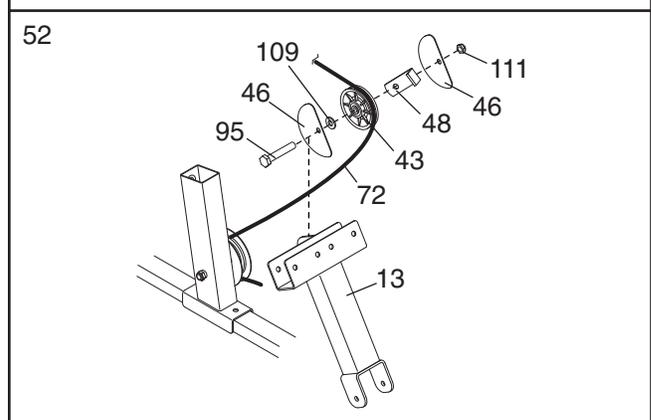
50. Wrap the Press Cable (72) over a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Finger Guards (45) to the Leg Press (12) with an M10 x 120mm Bolt (97) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



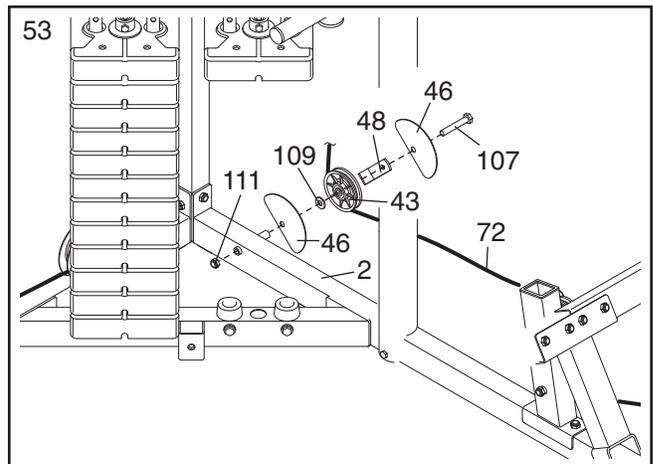
51. Wrap the Press Cable (72) under a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Finger Guards (45) to the Left Seat Upright (14) with an M10 x 120mm Bolt (97) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



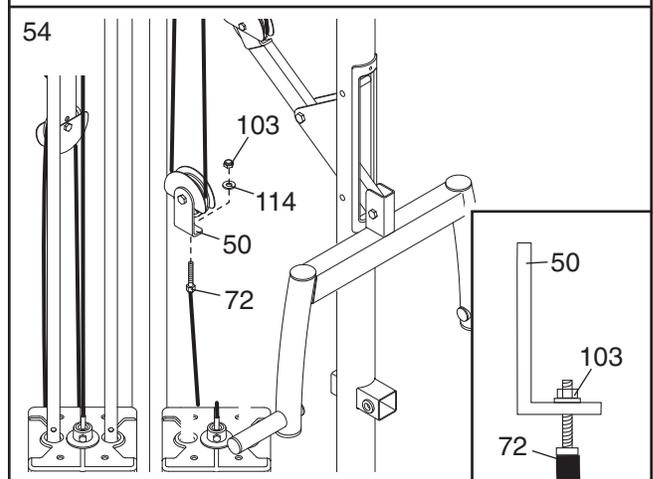
52. Wrap the Press Cable (72) under a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Half Finger Guards (46) to the Press Frame (13) with an M10 x 45mm Bolt (95) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



53. Wrap the Press Cable (72) under a Pulley (43). Attach the Pulley, a Cable Trap (48), an M10 Washer (109), and two Half Finger Guards (46) to the Left Base (2) with an M10 x 130mm Bolt (107) and an M10 Nylon Locknut (111). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

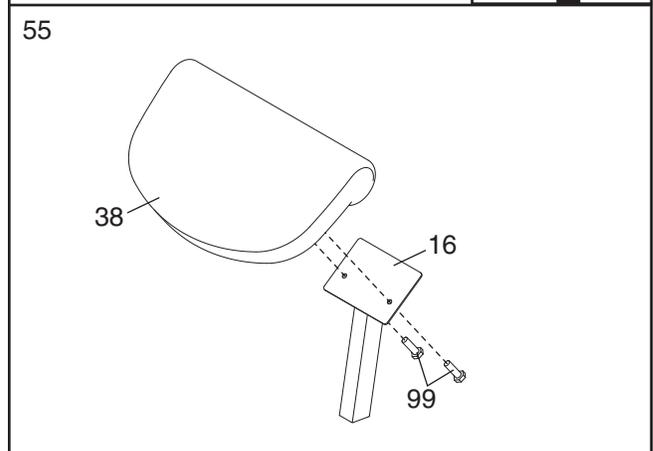


54. Attach the Press Cable (72) to the Small Pulley Plate (50) with an M6 Washer (114) and an M6 Nylon Locknut (103). **See the inset drawing. Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut.**

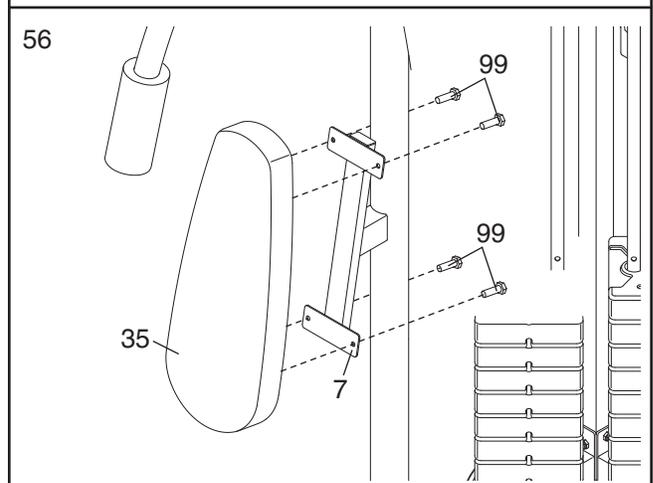


Seat Assembly

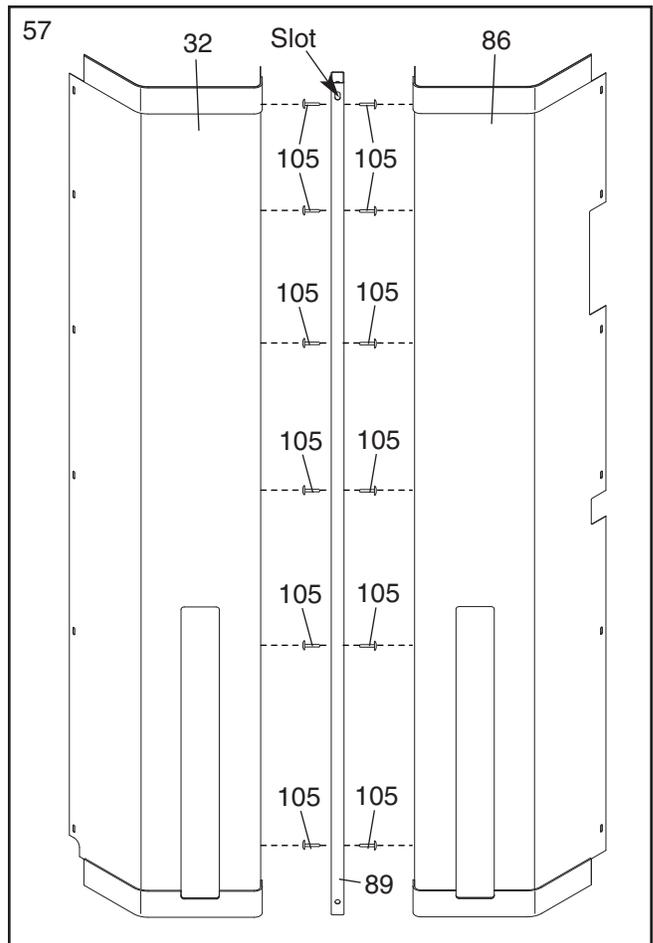
55. Attach the Curl Pad (38) to the Curl Post (16) with two M6 x 25mm Screws (99).



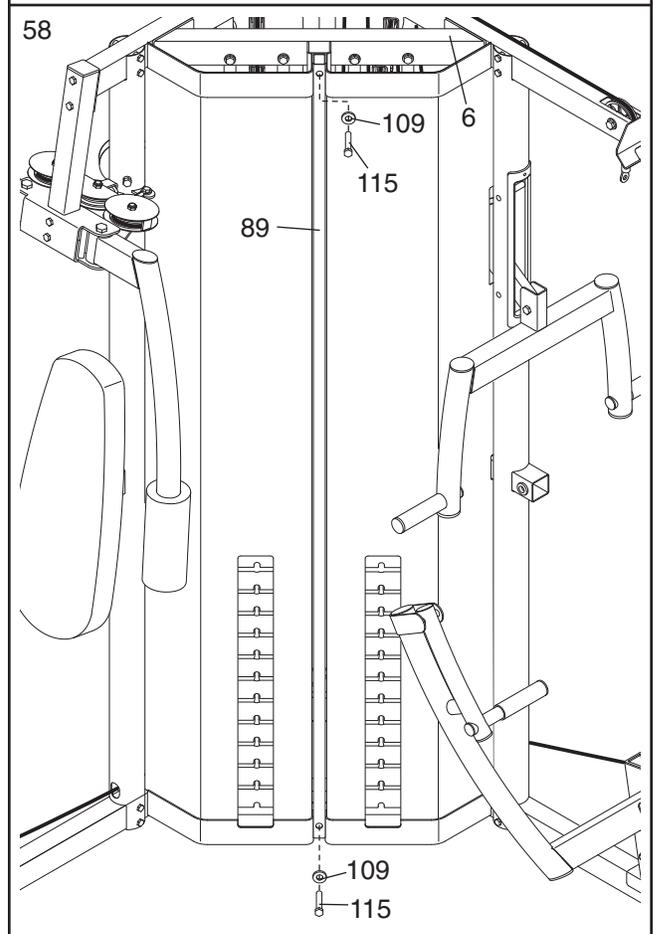
56. Attach a Backrest (35) to the Right Upright (7) with four M6 x 25mm Screws (99).



57. Orient the Shroud Frame (89) with the indicated slot near the top. Attach the Right and Left Shrouds (32, 86) to the Shroud Frame with twelve M4 x 13mm Self-tapping Screws (105).

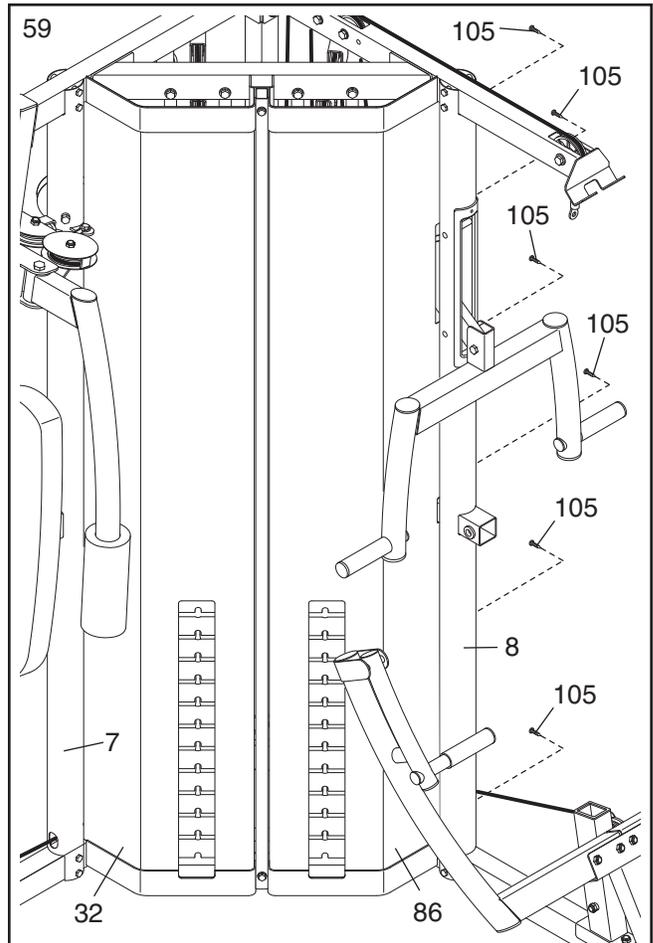


58. Attach the Shroud Frame (89) to the Center Top Frame (6) and to the Center Base (not shown) with two M10 x 55mm Button Bolts (115) and two M10 Washers (109).

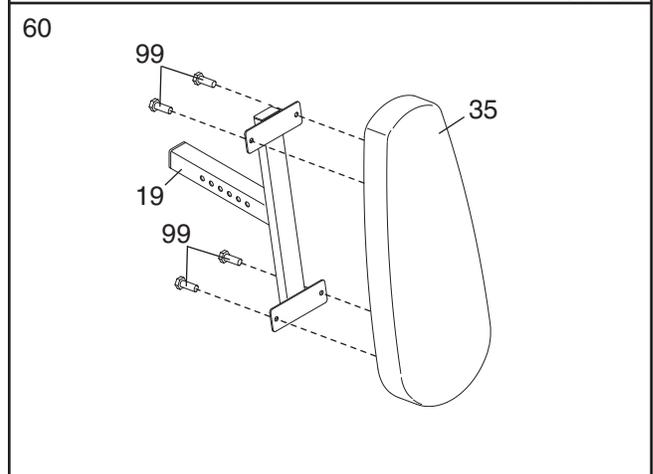


59. Attach the Left Shroud (86) to the Left Upright (8) with six M4 x 13mm Self-tapping Screws (105).

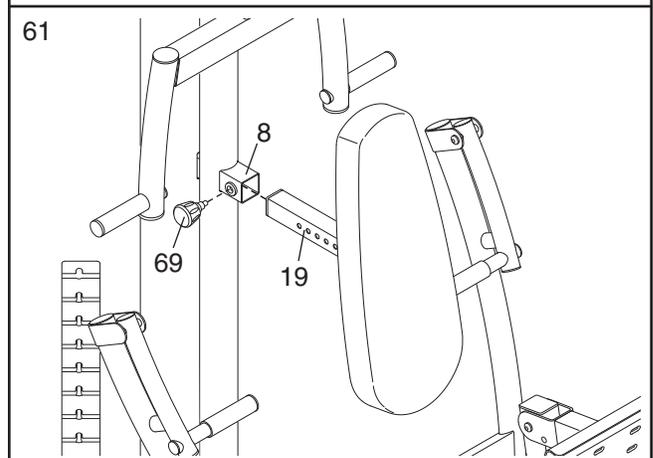
Attach the Right Shroud (32) to the Right Upright (7) in the same manner.



60. Attach a Backrest (35) to the Backrest Frame (19) with four M6 x 25mm Screws (99).

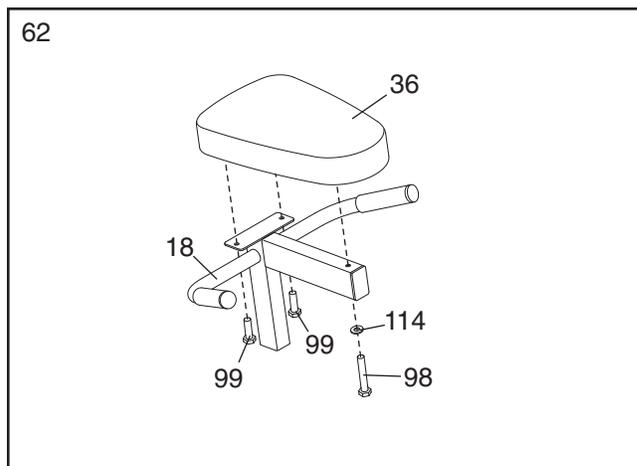


61. Tighten an Adjustment Knob (69) into the Left Upright (8). Insert the Backrest Frame (19) into the Left Upright and engage the Knob into the Backrest Frame.



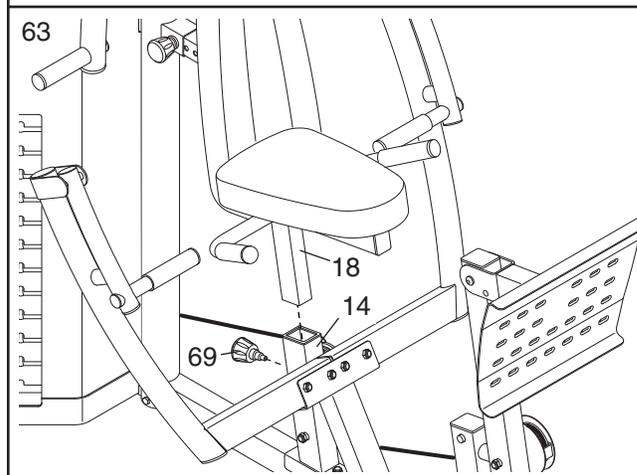
62. Attach the Small Seat (36) to the Left Seat Frame (18) with two M6 x 25mm Screws (99), an M6 x 85mm Screw (98), and an M6 Washer (114).

Attach the Large Seat (not shown) to the Right Seat Frame (not shown) in the same manner.

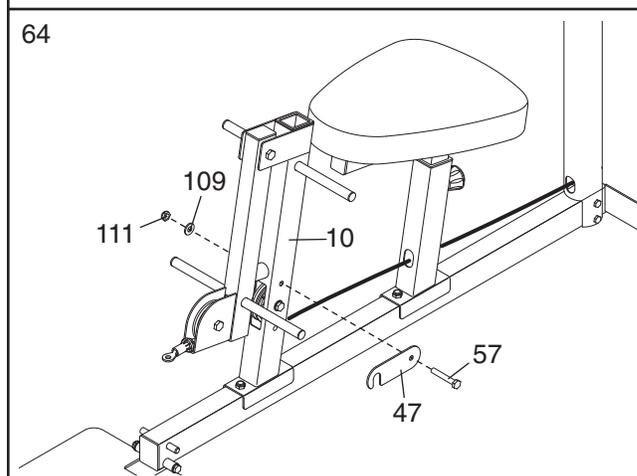


63. Tighten an Adjustment Knob (69) into the Left Seat Upright (14). Insert the Left Seat Frame (18) into the Seat Upright and engage the Knob into the Seat Frame.

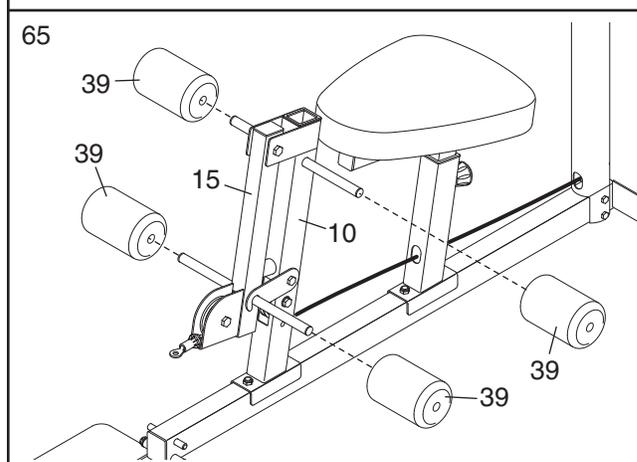
Repeat this step with the Right Seat Frame (not shown) and the Right Seat Upright (not shown).



64. Attach the Leg Lever Lock (47) to the Curl Post Upright (10) with an M10 x 70mm Bolt (57), an M10 Washer (109), and an M10 Nylon Locknut (111). **Do not overtighten the Locknut; the Leg Lever Lock must be able to pivot easily.**



65. Slide four Foam Pads (39) onto the Curl Post Upright (10) and the Leg Lever (15).



66. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning below.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 27 and 28 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables (see page 26).**

ADJUSTMENTS

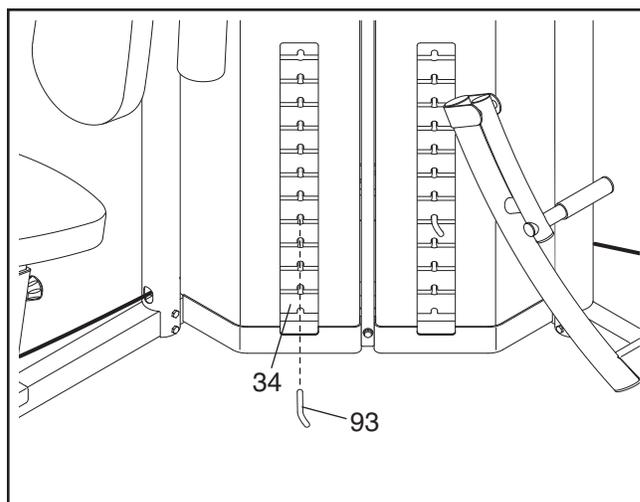
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 30 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert the Weight Pin (93) under the desired Weight (34). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

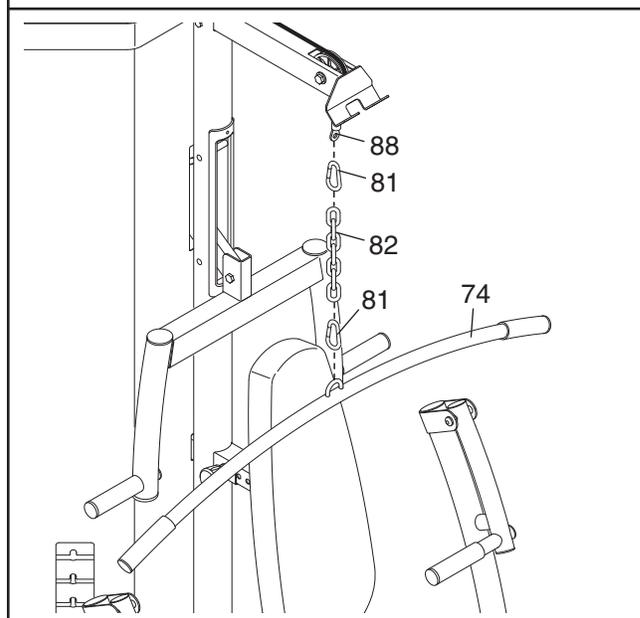
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 29 to find the approximate amount of resistance at each weight station.



ATTACHING THE LAT BAR

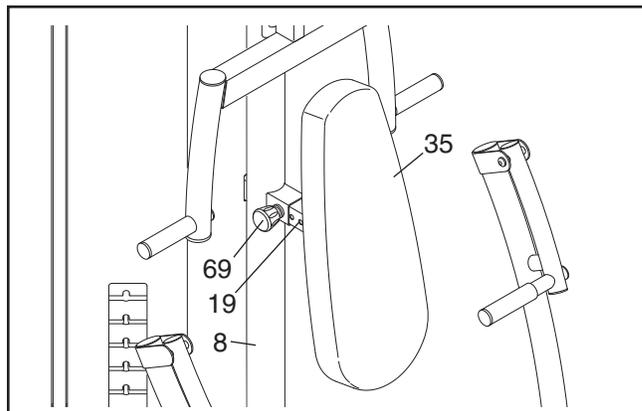
Attach the Lat Bar (74) to the High Cable (88) with a Cable Clip (81). For some exercises, the Chain (82) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (74) or the Ankle Strap (not shown) can be attached to the Low Cable (not shown) at the low pulley station in the same manner. Always engage the Leg Lever Lock (47) when using the low pulley station (see USING THE LEG LEVER LOCK on page 26).



ADJUSTING THE BACKREST

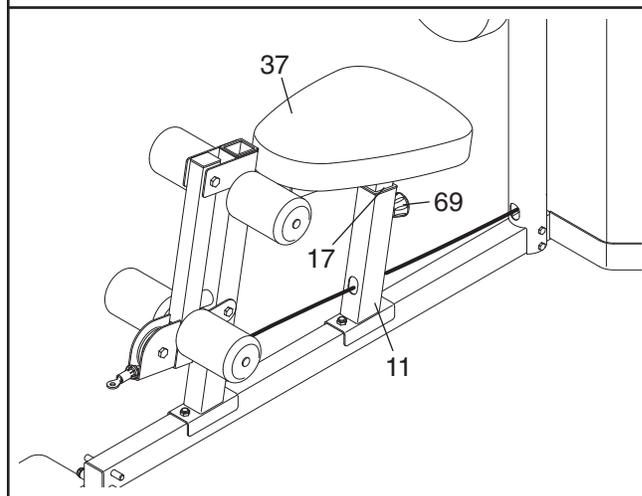
To adjust the position of the left Backrest (35), loosen the Adjustment Knob (69) and disengage it from the Backrest Frame (19). Move the Backrest to the desired position. Reengage the Knob into the Backrest Frame and retighten the Knob into the Left Upright (8). **Make sure the Knob is fully tightened.**



ADJUSTING THE SEATS

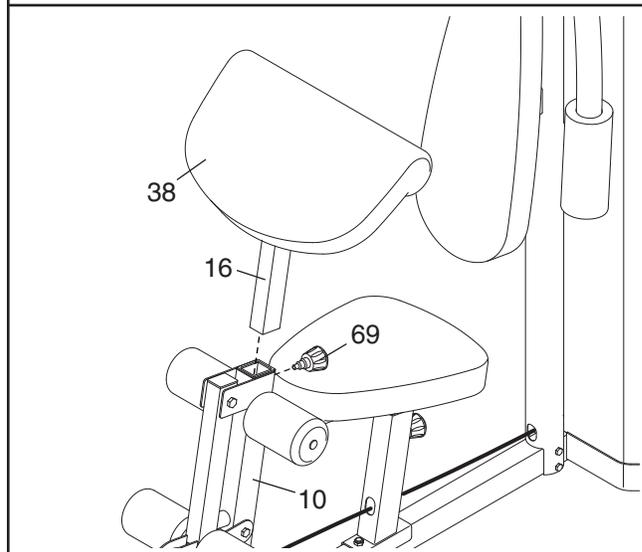
To adjust the position of the Large Seat (37), loosen the Adjustment Knob (69) and disengage it from the Right Seat Frame (17). Move the Seat to the desired position. Reengage the Knob into the Seat Frame and retighten the Knob into the Right Seat Upright (11). **Make sure the Knob is fully tightened.**

The Small Seat (not shown) can be adjusted in the same manner.



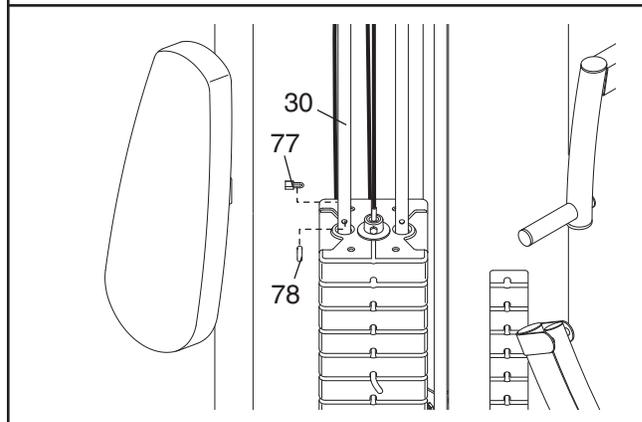
ATTACHING THE CURL PAD

Slide the Curl Post (16) into the Curl Post Upright (10) and secure it at the desired height with an Adjustment Knob (69). Remove the Curl Pad (38) from the weight system when performing an exercise that does not require it.



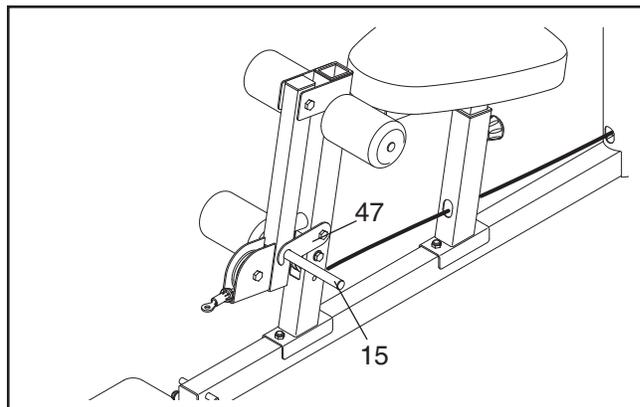
LOCKING THE WEIGHT STACK

Lock a weight stack by inserting a Lock Pin (78) through a Weight Guide (30) and securing the Lock (77) onto the Lock Pin.



USING THE LEG LEVER LOCK

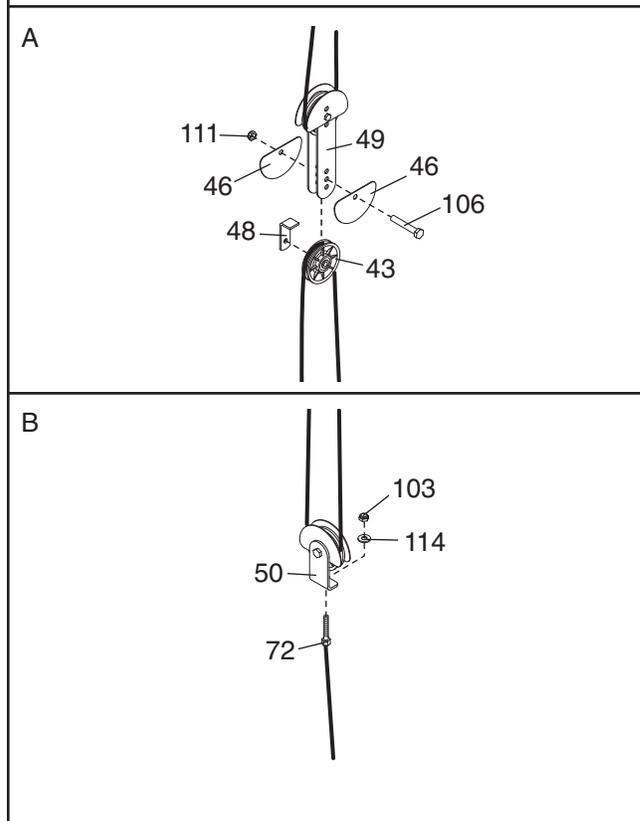
When using the low pulley station, engage the Leg Lever Lock (47) onto the Leg Lever (15) tube.



TIGHTENING THE CABLES

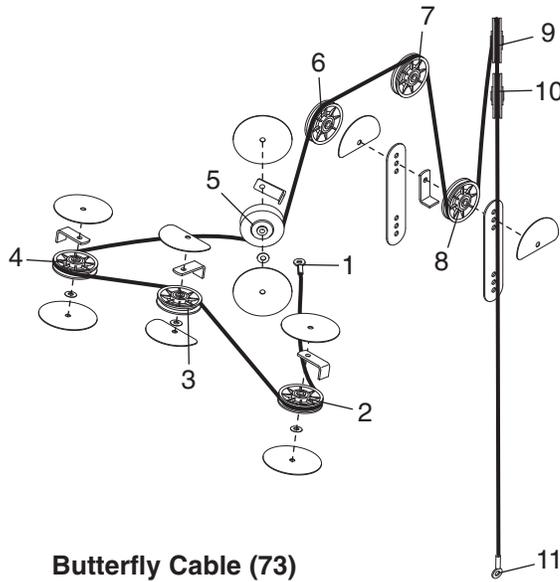
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- See drawing A. Remove the M10 Nylon Locknut (111) and the M10 x 50mm Bolt (106) from the Cable Trap (48), the Pulley (43), the two Half Finger Guards (46), and the two Pulley Plates (49). Reattach the Pulley, Cable Trap, and Finger Guards at the next closer hole to the center of the Pulley Plates. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Finger Guards are oriented as shown, and that the Cable and Pulley move smoothly.**
- See drawing B. Tighten the M6 Nylon Locknut (103) and M6 Washer (114) that connect the end of the Press Cable (72) to the Small Pulley Plate (50).



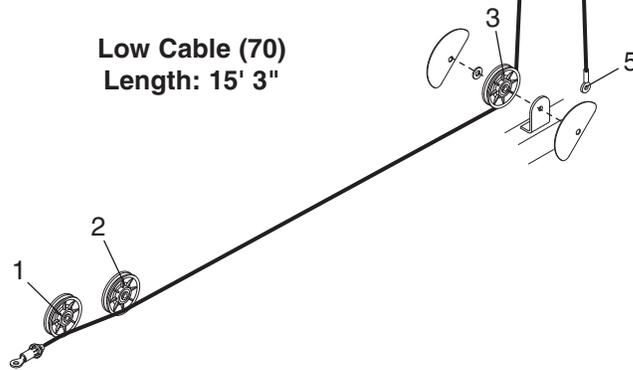
CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Low Cable (70), the Press Cable (72), the Butterfly Cable (73), and the High Cable (88). Use the diagrams to make sure that the cables, the cable traps, and the finger guards have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



Butterfly Cable (73)
Length: 10' 2"

Low Cable (70)
Length: 15' 3"



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. The numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	LOW PULLEY (lbs.)	LEG LEVER (lbs.)	BUTTERFLY ARM (lbs.)	HIGH PULLEY (lbs.)	MILITARY PRESS (lbs.)	PRESS ARM (lbs.)	LEG PRESS (lbs.)
1	27	36	31	38	29	40	75
2	45	53	41	54	39	59	94
3	64	79	51	73	48	78	114
4	77	90	62	86	57	90	133
5	94	106	73	103	68	112	161
6	108	124	81	116	77	128	205
7	122	144	93	131	85	156	233
8	136	164	105	149	97	179	273
9	151	179	114	163	104	190	297
10	173	195	126	171	117	201	325
11	187	213	135	188	126	222	349
12	198	246	145	202	135	244	369

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

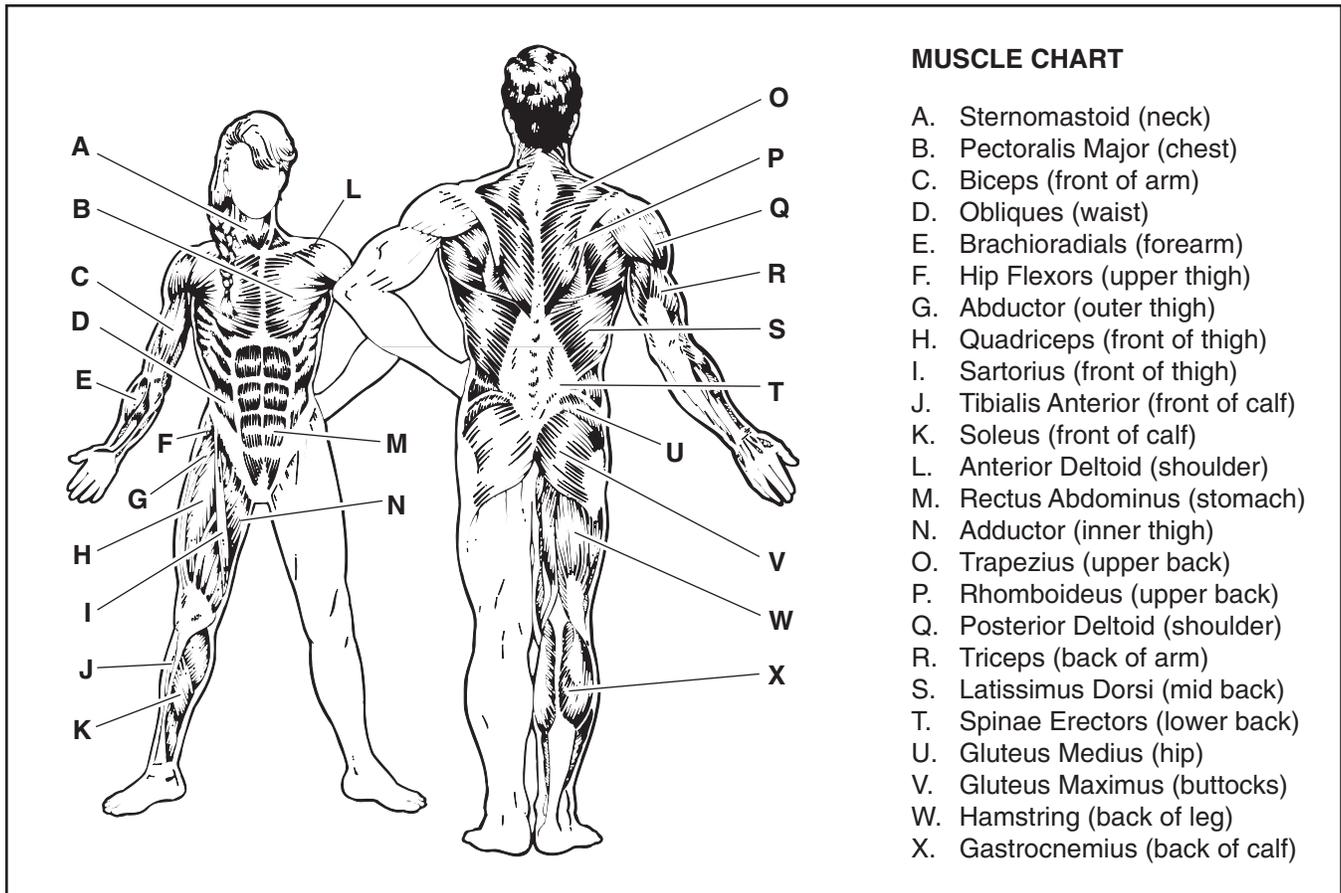
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

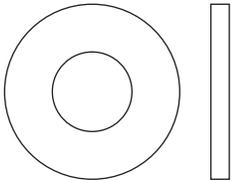
- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

PART IDENTIFICATION CHART

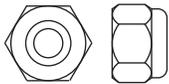
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



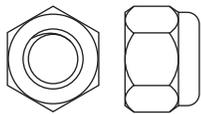
M6 Washer (114)



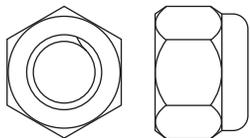
M10 Washer (109)



M6 Nylon Locknut (103)



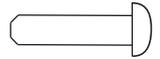
M8 Nylon Locknut (101)



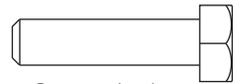
M10 Nylon Locknut (111)



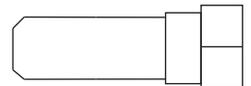
M4 x 13mm Self-tapping Screw (105)



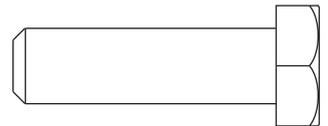
M4 x 16mm Self-tapping Screw (100)



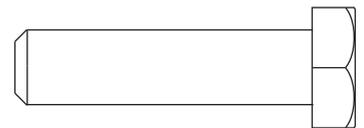
M6 x 25mm Screw (99)



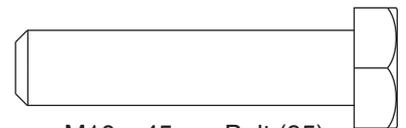
M8 x 25mm Shoulder Bolt (92)



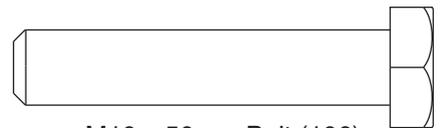
M10 x 35mm Screw (113)



M10 x 40mm Bolt (116)



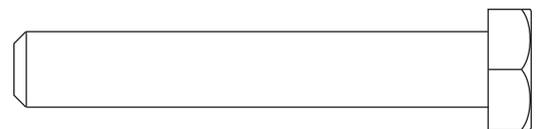
M10 x 45mm Bolt (95)



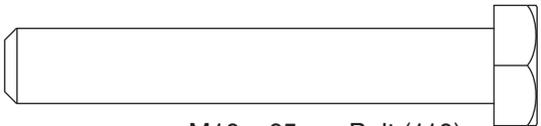
M10 x 50mm Bolt (106)



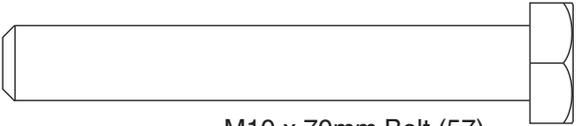
M10 x 55mm Button Bolt (115)



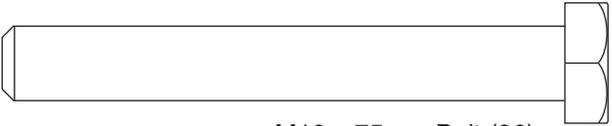
M10 x 63mm Bolt (104)



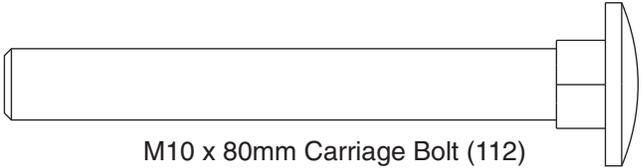
M10 x 65mm Bolt (110)



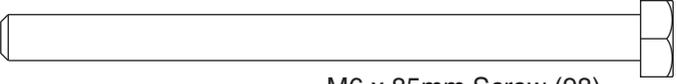
M10 x 70mm Bolt (57)



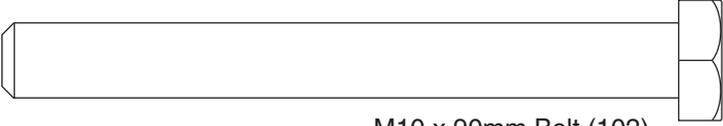
M10 x 75mm Bolt (96)



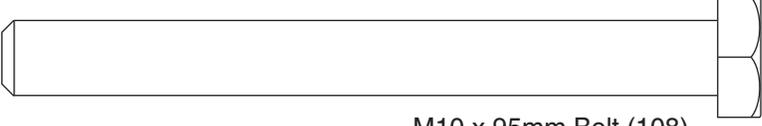
M10 x 80mm Carriage Bolt (112)



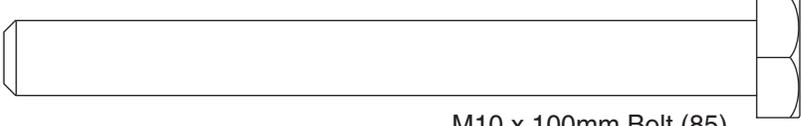
M6 x 85mm Screw (98)



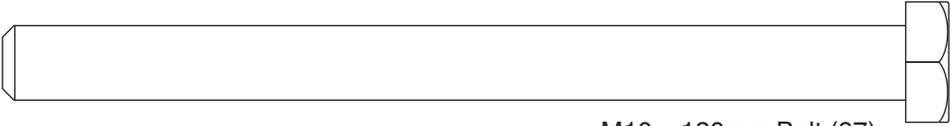
M10 x 90mm Bolt (102)



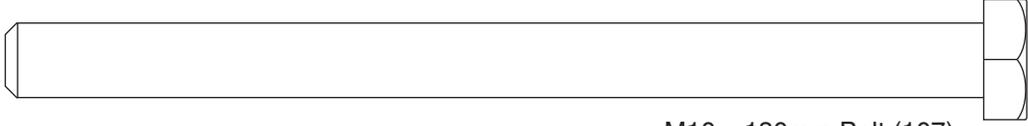
M10 x 95mm Bolt (108)



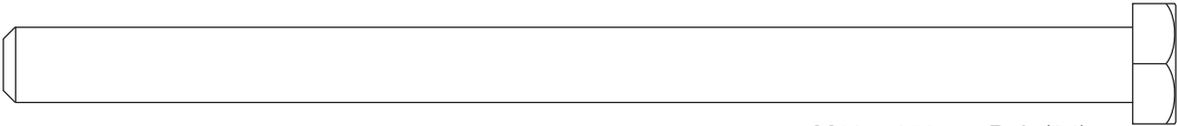
M10 x 100mm Bolt (85)



M10 x 120mm Bolt (97)



M10 x 130mm Bolt (107)



M10 x 150mm Bolt (94)

PART LIST—Model No. PFSY5015.0

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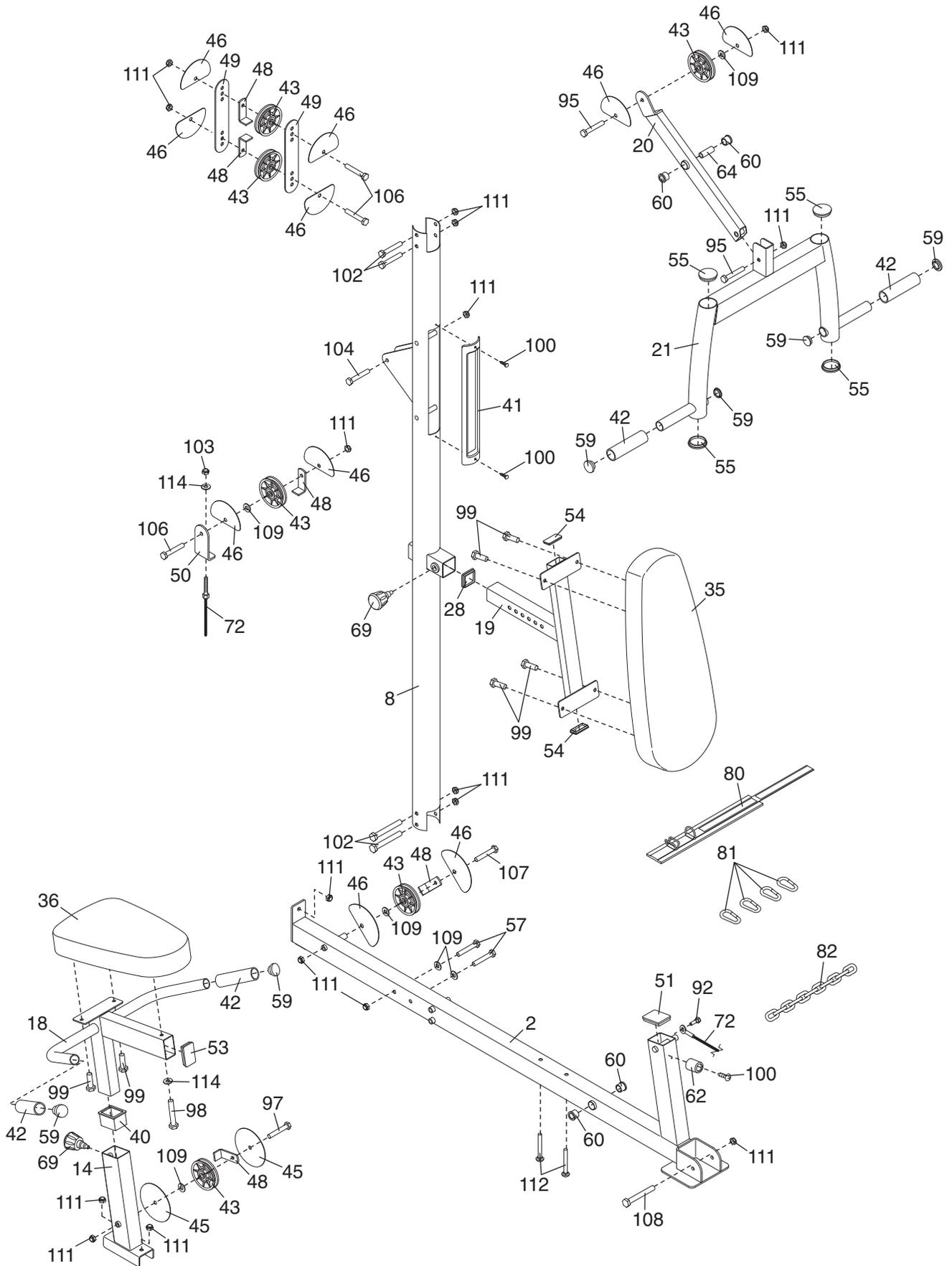
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	54	4	1" x 2" Inner Cap
2	1	Left Base	55	12	2" Round Inner Cap
3	1	Right Top Frame	56	4	1 1/2" Round Inner Cap
4	1	Left Top Frame	57	24	M10 x 70mm Bolt
5	1	Center Base	58	4	3/4" Round Inner Cap
6	1	Center Top Frame	59	12	1 1/8" Round Inner Cap
7	1	Right Upright	60	8	Small Round Bushing
8	1	Left Upright	61	4	Large Round Bushing
9	1	Center Upright	62	4	Leg Lever Bumper
10	1	Curl Post Upright	63	1	2" Bushing
11	1	Right Seat Upright	64	1	1 3/4" Bushing
12	1	Leg Press	65	2	2 3/4" Bushing
13	1	Press Frame	66	4	Weight Bumper
14	1	Left Seat Upright	67	2	Weight Cap
15	1	Leg Lever	68	18	1/2" Spacer
16	1	Curl Post	69	4	Adjustment Knob
17	1	Right Seat Frame	70	1	Low Cable
18	1	Left Seat Frame	71	2	3" Bushing
19	1	Backrest Frame	72	1	Press Cable
20	1	Military Press Frame	73	1	Butterfly Cable
21	1	Military Press Arm	74	1	Lat Bar
22	1	Left Butterfly Arm	75	2	Weight Tube
23	1	Right Butterfly Arm	76	2	Weight Tube Cap
24	1	Butterfly Frame	77	2	Lock
25	1	Left Press Arm	78	2	Lock Pin
26	1	Right Press Arm	79	1	2" x 2 1/2" Inner Cap
27	2	Press Arm Handle	80	1	Ankle Strap
28	1	1 3/4" Square Inner Cap	81	4	Cable Clip
29	1	Leg Press Plate	82	1	Chain
30	4	Weight Guide	83	1	Long Cable Trap
31	2	Top Cover	84	2	Small Pulley
32	1	Right Shroud	85	2	M10 x 100mm Bolt
33	1	Right Bottom Cover	86	1	Left Shroud
34	24	Weight	87	1	Left Bottom Cover
35	2	Backrest	88	1	High Cable
36	1	Small Seat	89	1	Shroud Frame
37	1	Large Seat	90	1	Foot Plate
38	1	Curl Pad	91	2	Butterfly Arm Foam
39	4	Foam Pad	92	2	M8 x 25mm Shoulder Bolt
40	3	Upright Bushing	93	2	Weight Pin
41	1	Upright Cover	94	1	M10 x 150mm Bolt
42	8	Handgrip	95	8	M10 x 45mm Bolt
43	22	Pulley	96	1	M10 x 75mm Bolt
44	1	"V"-pulley	97	4	M10 x 120mm Bolt
45	10	Finger Guard	98	2	M6 x 85mm Screw
46	16	Half Finger Guard	99	14	M6 x 25mm Screw
47	1	Leg Lever Lock	100	6	M4 x 16mm Self-tapping Screw
48	10	Cable Trap	101	1	M8 Nylon Locknut
49	2	Pulley Plate	102	9	M10 x 90mm Bolt
50	1	Small Pulley Plate	103	1	M6 Nylon Locknut
51	5	2" Square Inner Cap	104	1	M10 x 63mm Bolt
52	1	2" x 1 1/2" Inner Cap	105	24	M4 x 13mm Self-tapping Screw
53	2	2 1/2" x 1 1/2" Inner Cap	106	7	M10 x 50mm Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
107	1	M10 x 130mm Bolt	114	3	M6 Washer
108	1	M10 x 95mm Bolt	115	2	M10 x 55mm Button Bolt
109	60	M10 Washer	116	2	M10 x 40mm Bolt
110	16	M10 x 65mm Bolt	#	1	User's Manual
111	75	M10 Nylon Locknut	#	1	Exercise Guide
112	6	M10 x 80mm Carriage Bolt	#	1	Allen Wrench
113	2	M10 x 35mm Screw	#	2	Grease Pack

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

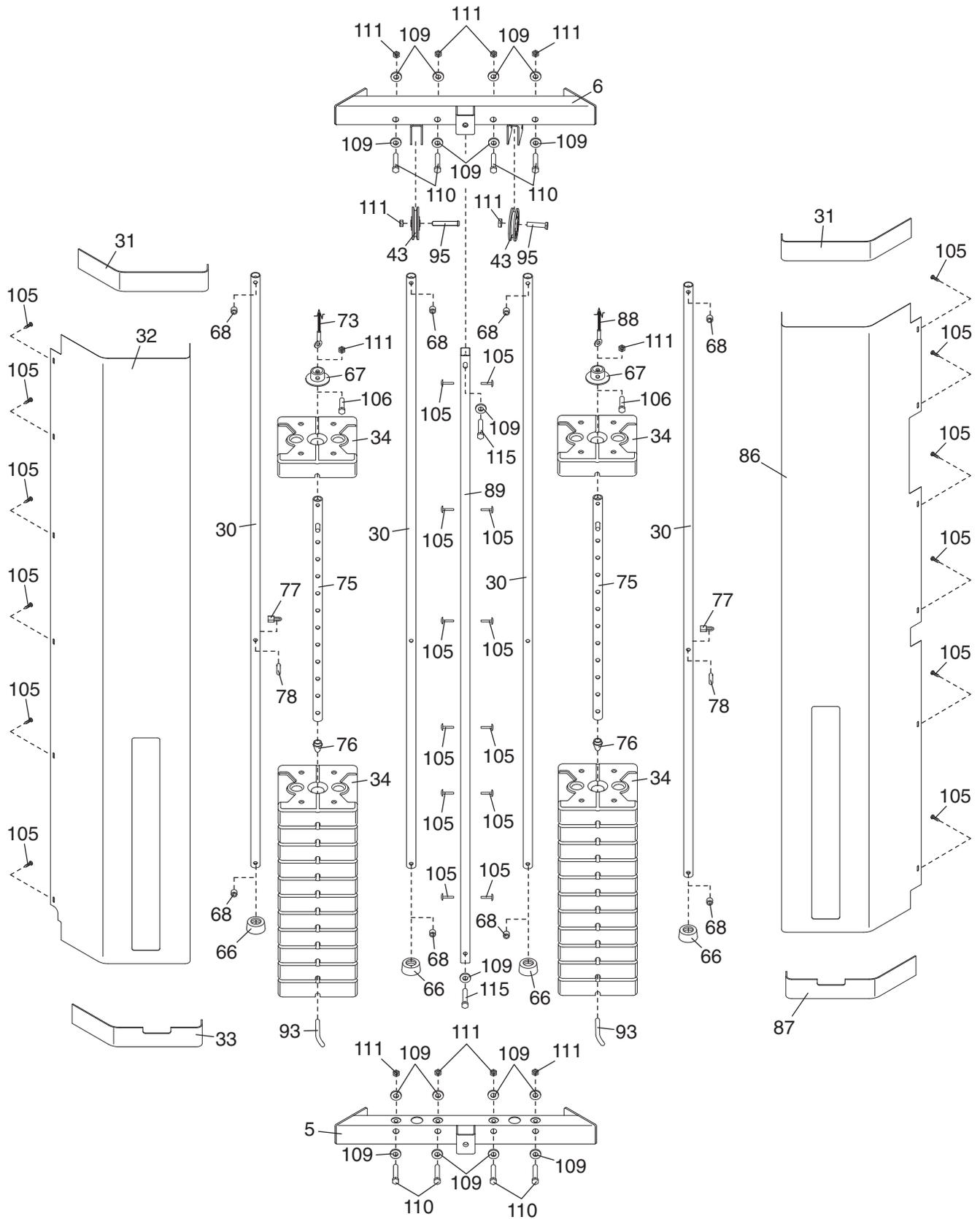
EXPLODED DRAWING B—Model No. PFSY5015.0

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EXPLODED DRAWING C—Model No. PFSY5015.0

R1005A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFSY5015.0)
- the NAME of the product (PROFORM FUSION 6.0 LX weight system)
- 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 and EXPLODED DRAWING in the center 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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; products used for commercial or rental purposes; or 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 or 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.

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