

**PRO-FORM**

**CARDIO**

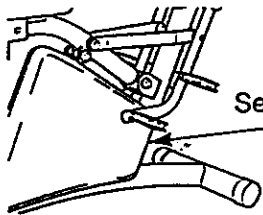
**PRO**



Model No. 831.287820

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

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



Serial Number  
Decal

EXERCISE  
EQUIPMENT

QUESTIONS

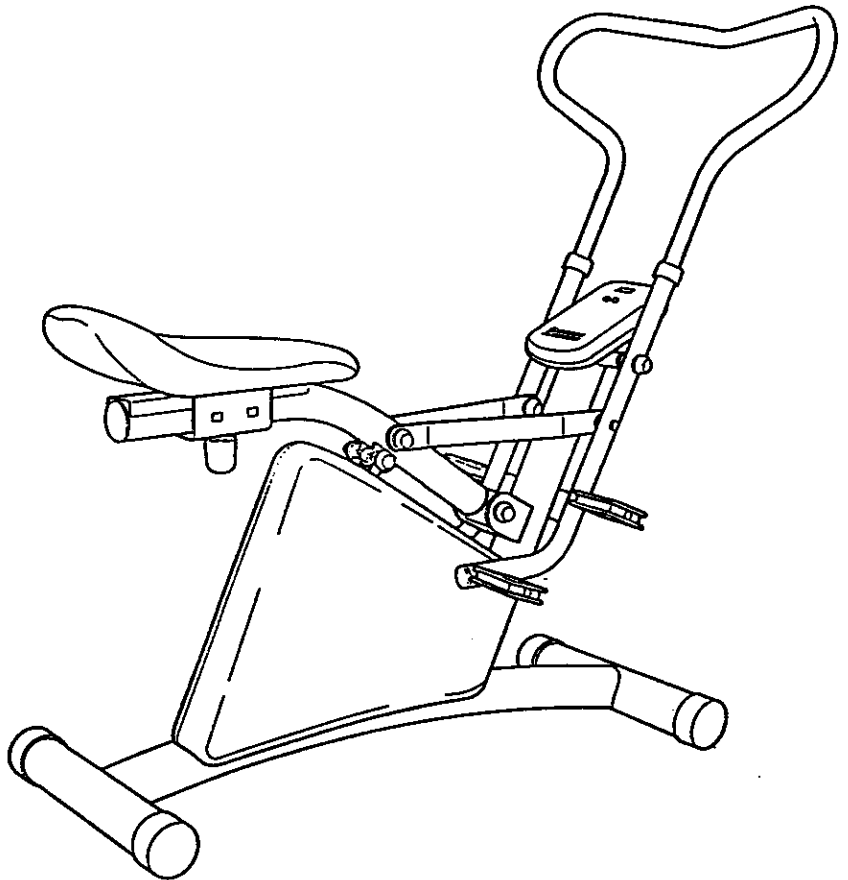
HELPLINE!

1-800-736-6879

**CAUTION**

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

**USER'S MANUAL**



**SEARS**

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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## FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS CARDIO FIT EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the SEARS CARDIO FIT EXERCISER, free of charge.

This warranty does not apply when the SEARS CARDIO FIT EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

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# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the PROFORM® CARDIO PRO.

1. It is the responsibility of the owner to ensure that all users of the CARDIO PRO are adequately informed of all precautions.
2. Read all instructions in this manual before using the CARDIO PRO. Use the CARDIO PRO only as described.
3. Place the CARDIO PRO on a level surface. Cover the floor beneath the CARDIO PRO to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the CARDIO PRO at all times.
6. The CARDIO PRO should not be used by persons weighing more than 250 pounds.
7. Never allow more than one person on the CARDIO PRO at a time.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the CARDIO PRO. Always wear athletic shoes for foot protection.
9. After adjusting the position of the seat, push on the seat to make sure that the seat knob is engaged in one of the holes in the seat frame. Do not use the CARDIO PRO unless the seat is securely locked in position.
10. Always keep your back straight when using the CARDIO PRO. Do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

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

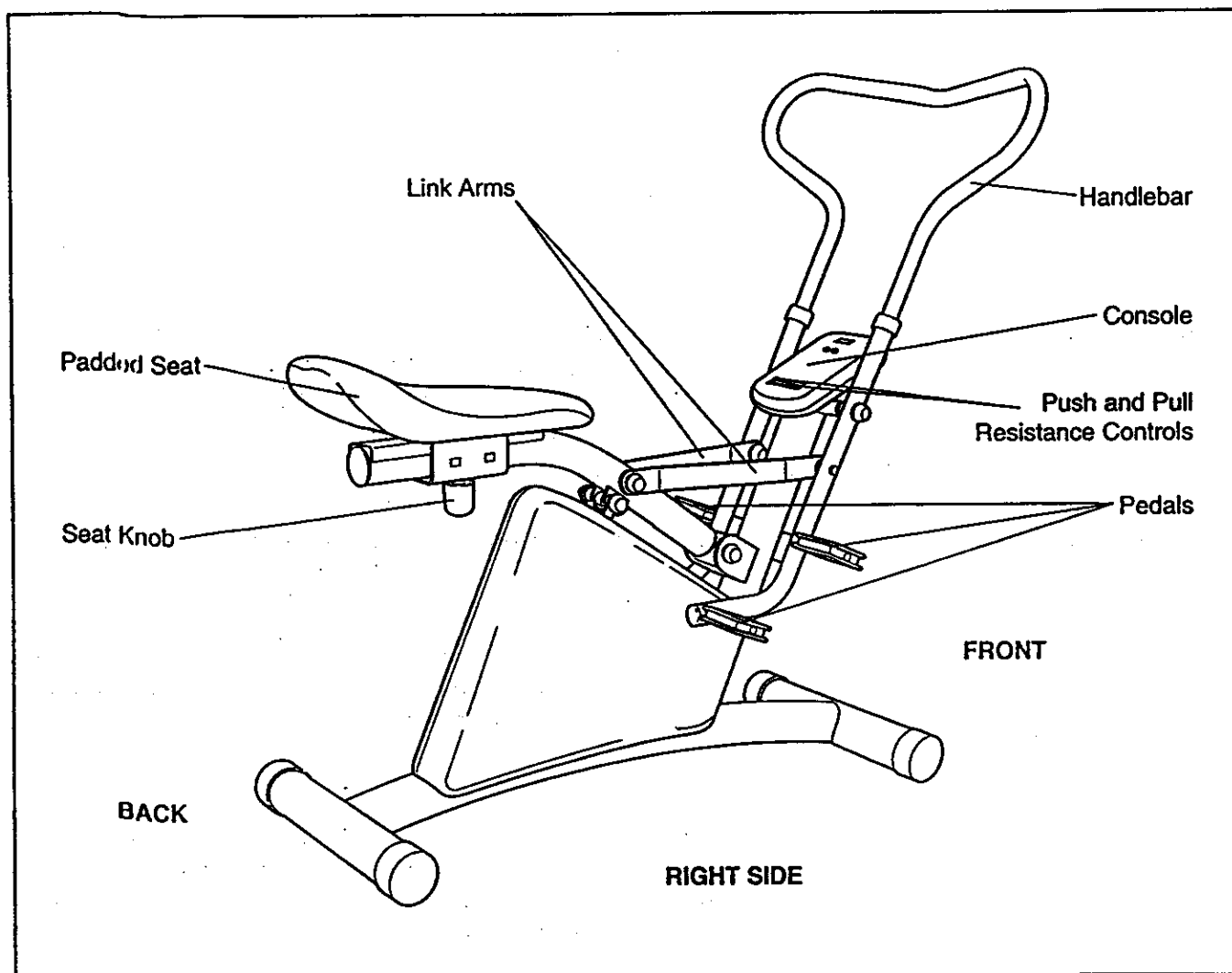
# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® CARDIO PRO. The CARDIO PRO offers a unique form of low-impact exercise that uses both the upper body and the lower body for increased cardiovascular benefits and greater toning results. For a more complete workout, the CARDIO PRO features an innovative resistance mechanism that provides resistance in both directions as you exercise. And the adjustability of the CARDIO PRO allows you to tailor the intensity of your exercise to your personal fitness level.

For your benefit, read this manual carefully before using the CARDIO PRO. If you have additional ques-

tions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number when calling. The model number is 831.287820. The serial number can be found on a decal attached to the CARDIO PRO (see the front cover of this manual for the location of the decal).

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



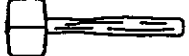


# ASSEMBLY

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

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

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY:

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

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

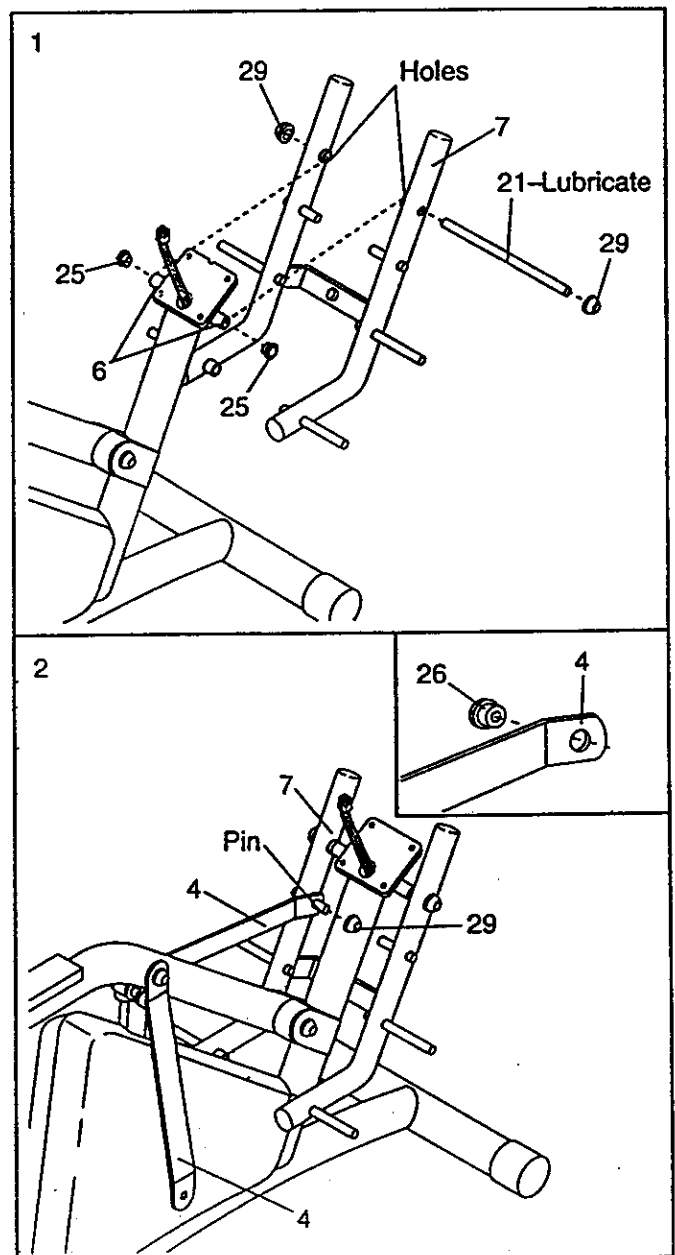
Be sure that there is a 1/2" Pivot Bushing (25) in each side of the Frame (6).

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

2. See the inset drawing. Make sure that there is a 1/2" Link Arm Bushing (26) in the left Link Arm (4).

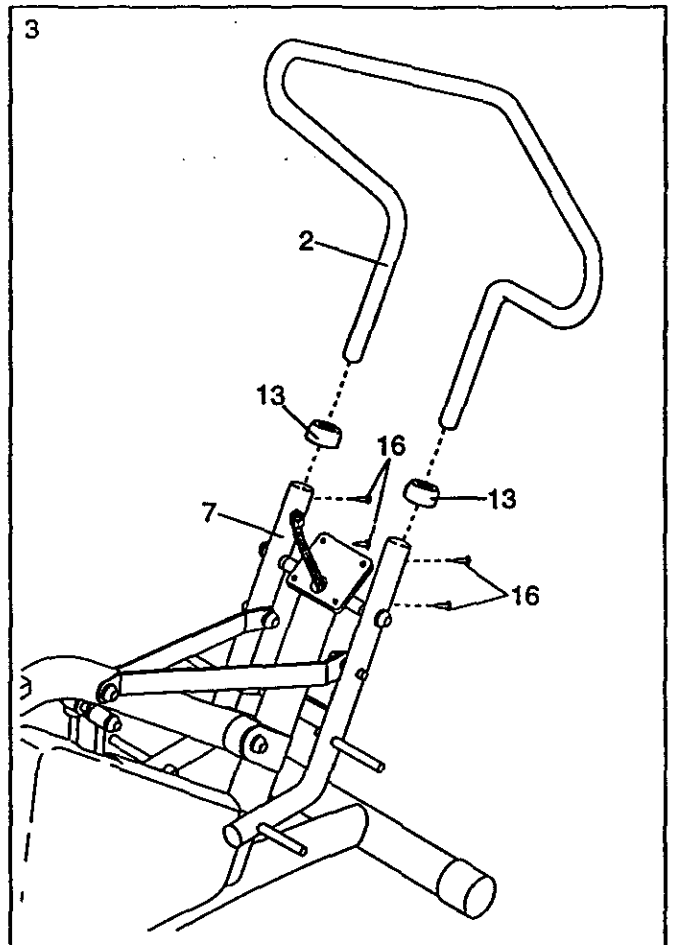
Slide the end of the left Link Arm(4) onto the indicated pin on the Pedal Frame (7). Pivot the Pedal Frame and tap a 1/2" Dome Cap (29) onto the pin.

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



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

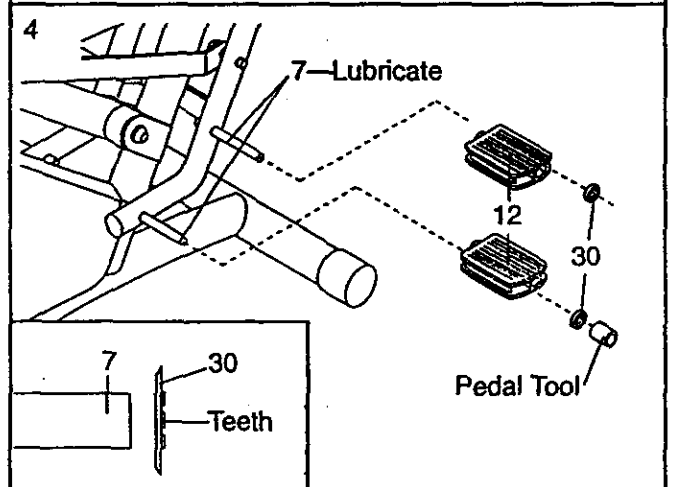
Insert the Handlebar (2) into the Pedal Frame (7). Be sure that the Handlebar is turned as shown. Attach the Handlebar to the Pedal Frame with four #8 x 1/2" Screws (16).



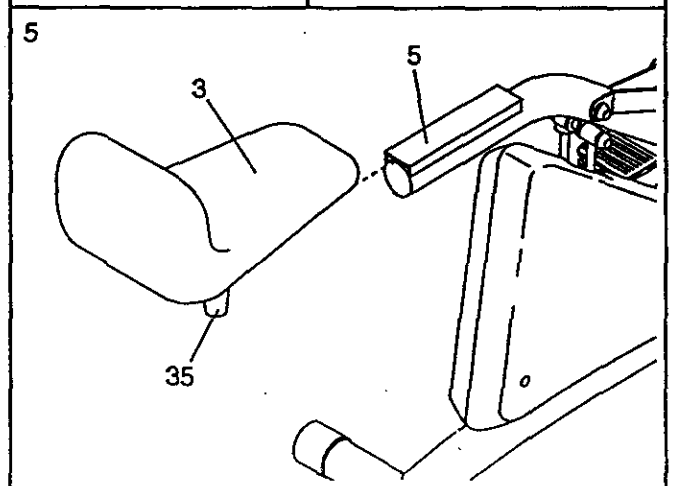
4. Lubricate the indicated axes on the Pedal Frame (7). Slide a Pedal (12) onto each axle. Be sure that the Pedals are turned so the rounded ends face away from the Pedal Frame.

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

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

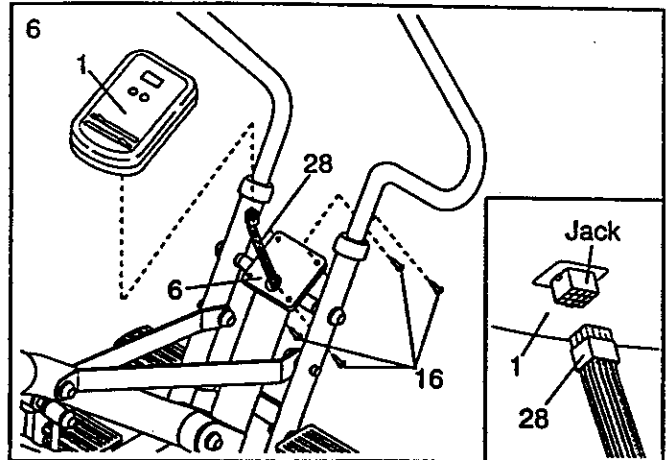


5. Turn the Seat Knob (35) to loosen it. Pull down the Seat Knob and hold it. Slide the Seat (3) onto the Seat Frame (5) and move the Seat to the desired position. Release the Seat Knob. Slide the Seat back and forth slightly until the Seat Knob locks into place. Turn the Seat Knob to tighten it. Push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

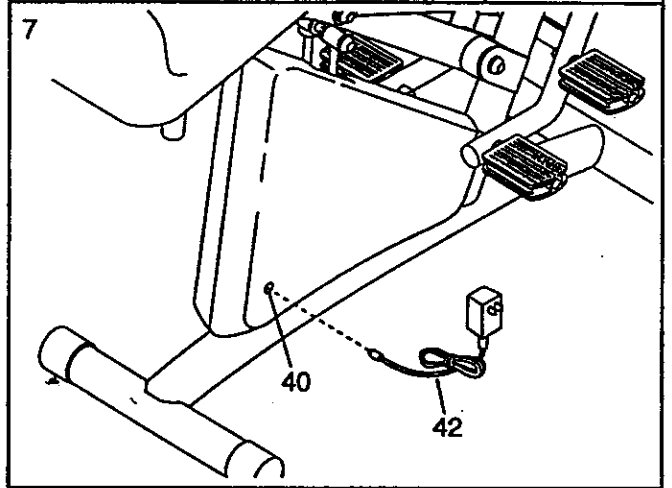


6. Plug the Wire Harness (28) into the jack on the back of the Console (1) (see the inset drawing).

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



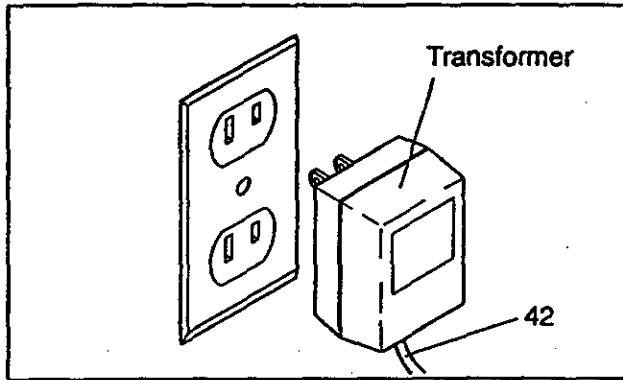
7. Plug the Power Cord (42) into the Power Plug (40) as shown.



# HOW TO USE THE CARDIO PRO

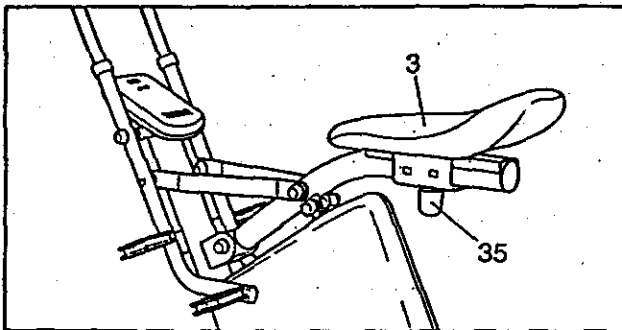
## PLUGGING IN THE POWER CORD

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



**Note:** Always unplug the transformer when you are not using the CARDIO PRO.

## ADJUSTING THE SEAT

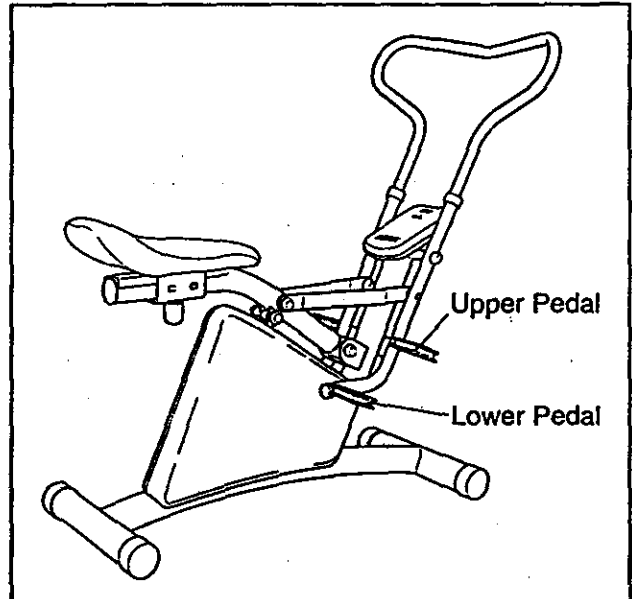


To adjust the position of the Seat (3), first turn the Seat Knob (35) to loosen it. Pull down the Seat Knob, move the Seat to the desired position, and release the Seat Knob. Slide the Seat back and forth slightly until the Seat Knob locks into place. Turn the Seat Knob to tighten it. Push on the Seat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

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

## EXERCISING ON THE CARDIO PRO

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



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

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

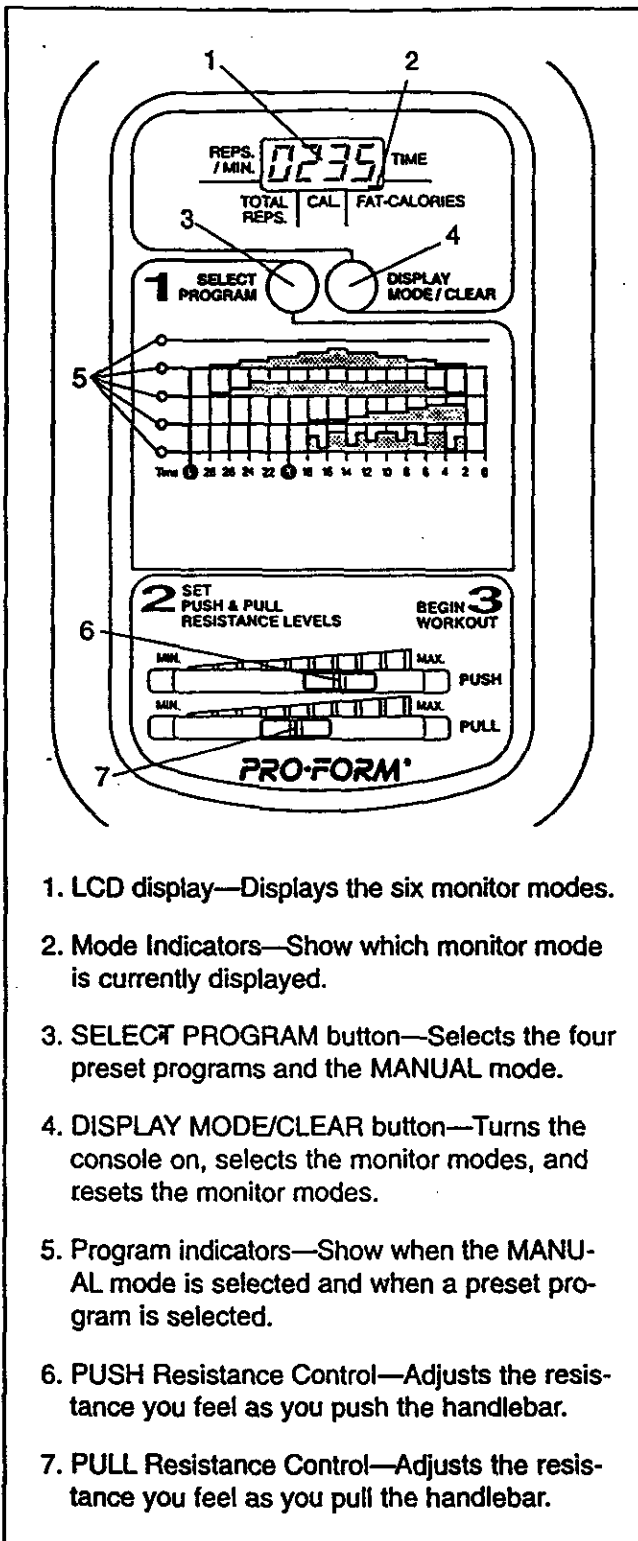
**Note:** The console will automatically turn on when you begin exercising on the CARDIO PRO. The operation of the console is described in the following sections.

## DESCRIPTION OF THE CONSOLE

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



## DIAGRAM OF THE CONSOLE



1. LCD display—Displays the six monitor modes.
2. Mode Indicators—Show which monitor mode is currently displayed.
3. SELECT PROGRAM button—Selects the four preset programs and the MANUAL mode.
4. DISPLAY MODE/CLEAR button—Turns the console on, selects the monitor modes, and resets the monitor modes.
5. Program indicators—Show when the MANUAL mode is selected and when a preset program is selected.
6. PUSH Resistance Control—Adjusts the resistance you feel as you push the handlebar.
7. PULL Resistance Control—Adjusts the resistance you feel as you pull the handlebar.

## STEP-BY-STEP CONSOLE OPERATION

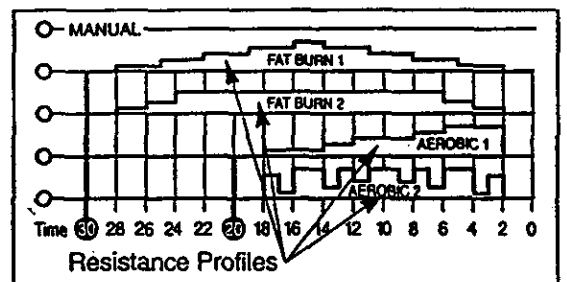
To turn on the console, press the DISPLAY MODE/CLEAR button, or simply begin exercising on the CARDIO PRO. The word "SCAN" will appear briefly in the LCD display to show that the scan mode is selected. (Step 3 on page 10 explains the operation of the six monitor modes.)

Follow the steps below to operate the console:

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

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

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

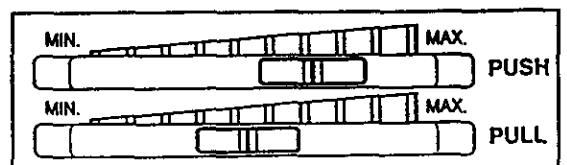


Note: The FAT BURN 1 and FAT BURN 2 programs are thirty-minute programs; the AEROBIC 1 and AEROBIC 2 programs are twenty-minute programs. The profiles on the console (see the drawing above), show how the resistance will change during each program. For example, during the FAT BURN 1 program, the resistance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

After you have selected the MANUAL mode or a preset program, continue to step 2.

- 2** Set the push and pull resistance levels.

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



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

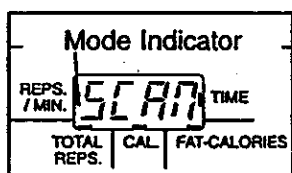
If you selected a preset program, the positions of the PUSH and PULL resistance controls will determine the *maximum resistance levels* for the program. Once the program is started, the resistance will change automatically, as shown by the resistance profiles on the console. If the resistance levels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

### 3

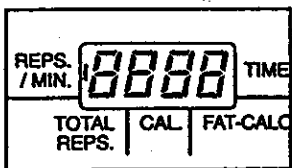
Begin exercising and follow your progress with the monitor modes.

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

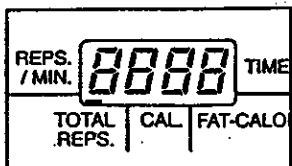
- Scan—When the scan mode is selected, the word "SCAN" appears briefly in the display. The other five modes will then be displayed, for seven seconds each, in a repeating cycle. The mode indicators will show which mode is currently displayed.



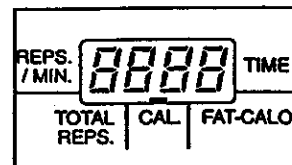
- Repetitions/minute—When this mode indicator appears (see the drawing), the number of repetitions you are performing per minute will be displayed.



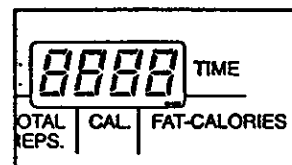
- Total repetitions—When this mode indicator appears, the total number of repetitions you have performed during your workout will be displayed.



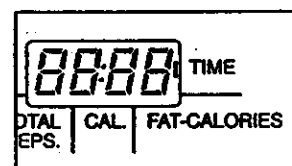
- Calories—When this mode indicator appears, the number of Calories you have burned during your workout will be displayed. Note: If the resistance levels are near the highest or lowest settings, the number of Calories you have burned may be slightly higher or lower than the number displayed.



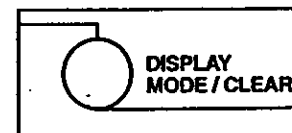
- Fat Calories—When this mode indicator appears, the number of Fat Calories you have burned during your workout will be displayed (see BURNING FAT on page 12). Note: If the resistance levels are near the highest or lowest settings, the actual number of Fat Calories you have burned may be slightly higher or lower than the number displayed.



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



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



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

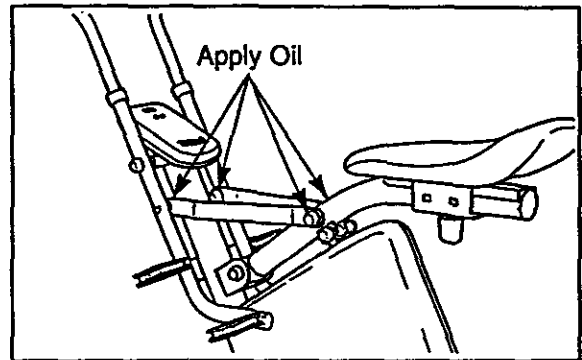
The console features an "auto-off" function—if the pedals are not moved and the console controls are not used for five minutes, the console will automatically shut off. When you are finished exercising, unplug the transformer from the wall outlet.

# MAINTENANCE

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

## HOW TO LUBRICATE THE **CARDIO PRO**

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



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

## WHY EXERCISE?

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

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity and for the appropriate duration. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

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

## Burning Fat

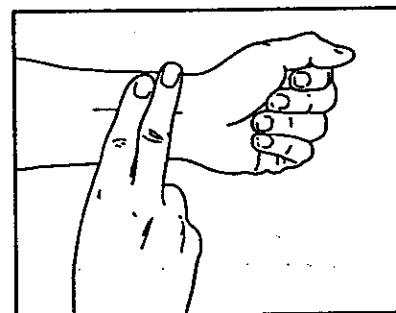
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories*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

## Aerobic Exercise

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

## HOW TO MEASURE YOUR HEART RATE

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



your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

## WORKOUT GUIDELINES

An proper workout must include the following phases:

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

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

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

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Find the best time of day for your workouts, and then stick with it.

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

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

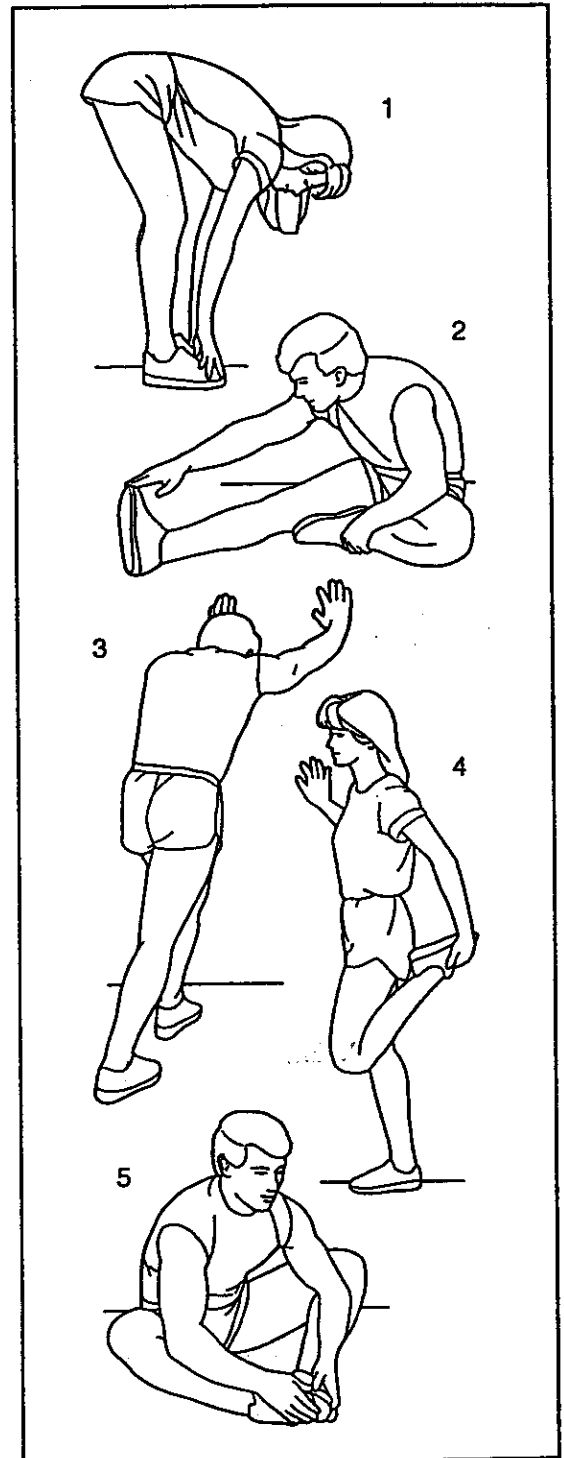
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. 831.287820

R0496A

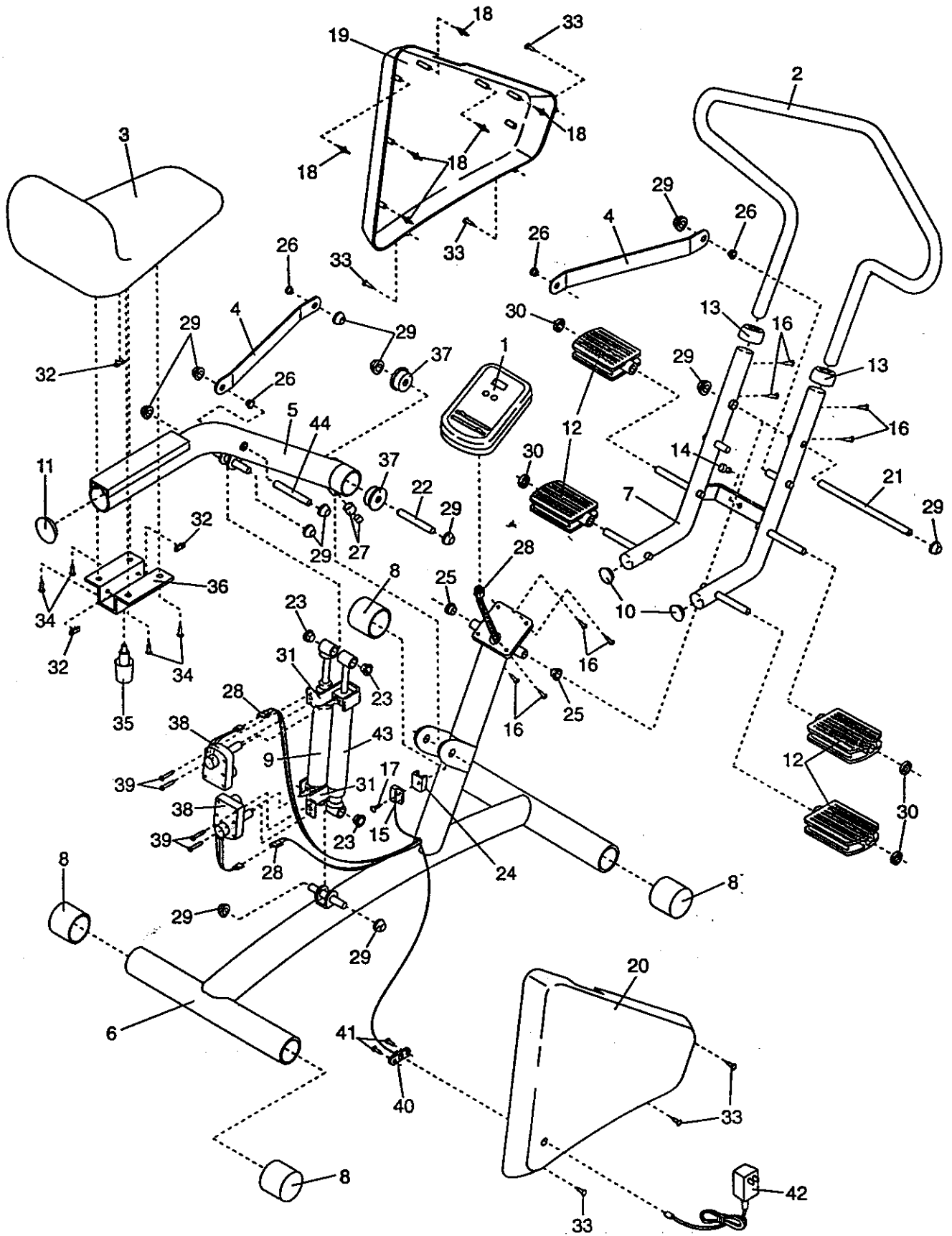
Key.No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	124885	Console	27	1	113349	Magnet/Retainer
2	1	128564	Handlebar	28	1	127594	Wire Harness
3	1	127437	Seat	29	*12	128355	1/2" Dome Cap
4	2	129678	Link Arm	30	*4	012155	1/2" Push Nut
5	1	129677	Seat Frame	31	2	129917	Motor Mount Plate
6	1	NSP	Frame	32	5	127804	Slide Bushing
7	1	129676	Pedal Frame	33	6	013322	#8 x 3/4" Screw
8	4	127105	Round Endcap	34	4	013244	1/4" Tap Screw
9	1	129680	Compression Res. Cyl.	35	1	127626	Seat Knob
10	2	115998	Pedal Frame Endcap	36	1	127438	Seat Bracket
11	1	127113	Seat Frame Endcap	37	2	127107	1/2" x 2 1/4" Bushing
12	4	126406	Pedal	38	2	128500	Tension Motor
13	2	128794	Handlebar Endcap	39	4	119445	#8 x 1 1/4" Screw
14	1	129689	Bumper	40	1	127598	Power Plug
15	1	127898	Reed Switch/Sensor Wire	41	2	013516	#4 x 3/8" Screw
16	*8	102308	#8 x 1/2" Screw	42	1	101067	Power Cord
17	1	013294	#8 x 1" Screw	43	1	129679	Extension Res. Cyl.
18	6	127597	Fastener	44	2	130324	1/2" x 4" Axle
19	1	129682	Left Side Shield	#	1	128484	User's Manual
20	1	129683	Right Side Shield	#	1	125453	Pedal Tool
21	1	129523	1/2" x 11" Axle				
22	1	117904	1/2" x 4 1/2" Axle				
23	2	106876	Cylinder Bushing Set				
24	1	129726	Reed Switch Spacer				
25	2	110576	1/2" Pivot Bushing				
26	4	103677	1/2" Link Arm Bushing				

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

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. 831.287820

R0496A





Model No. 831.287820

## QUESTIONS?

If you find that:

- you need help assembling or operating the **CARDIO PRO**
- a part is missing
- or you need to schedule repair service

call our toll-free **HELPLINE**

**1-800-736-6879**

Monday–Saturday, 7 am–7 pm  
Central Time (excluding holidays)

## REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART**  
**(1-800-366-7278)**

The model number and serial number of your **PROFORM® CARDIO PRO** are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest **SEARS Service Center**. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The **NAME OF THE PRODUCT** (**PROFORM® CARDIO PRO**)
- The **MODEL NUMBER OF THE PRODUCT** (**831.287820**)
- The **PART NUMBER OF THE PART** (see page 10 of this manual)
- The **DESCRIPTION OF THE PART** (see page 10 of this manual)

**SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179**



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