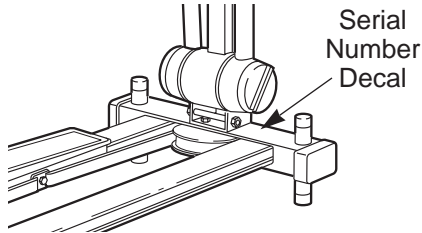


PRO·FORM

Model No. PF601530

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

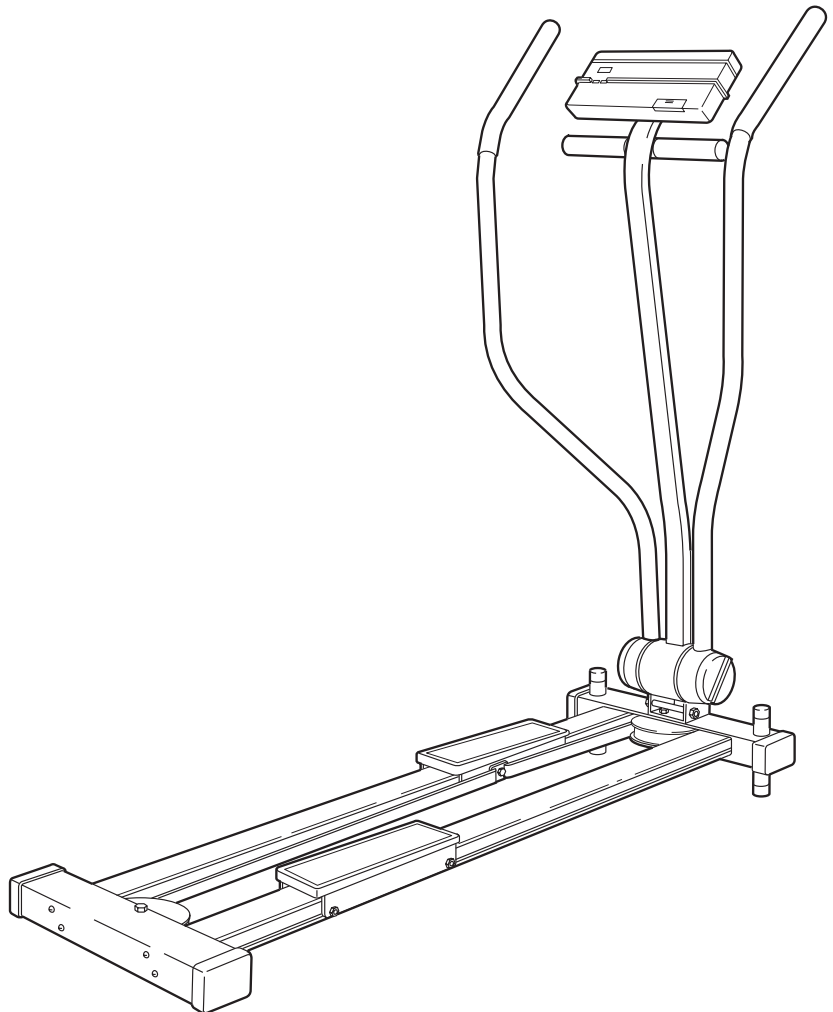
Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

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

570 XC™

CROSS COUNTRY SKIER
ADJUSTABLE INCLINE ◀



USER'S MANUAL

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTMENT AND OPERATION	6
MAINTENANCE AND TROUBLE-SHOOTING	8
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all precautions and instructions in this manual before using the cross-country skier.

1. Read all instructions in this manual and in the accompanying literature before using the cross-country skier.
2. It is the responsibility of the owner to ensure that all users of the cross-country skier are adequately informed of all precautions.
3. Place the cross-country skier on a level surface. Cover the floor under the cross-country skier to protect it.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the cross-country skier at all times.
6. The cross-country skier should not be used by persons weighing more than 200 pounds.
7. Always wear proper clothing and athletic shoes when using the cross-country skier.
8. Keep hands and feet away from moving parts.
9. Always dismount the cross-country skier before changing the tension of the ski pedal strap or the resistance of the ski poles.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. Use the cross-country skier only as described in this manual.

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

SAVE THESE INSTRUCTIONS

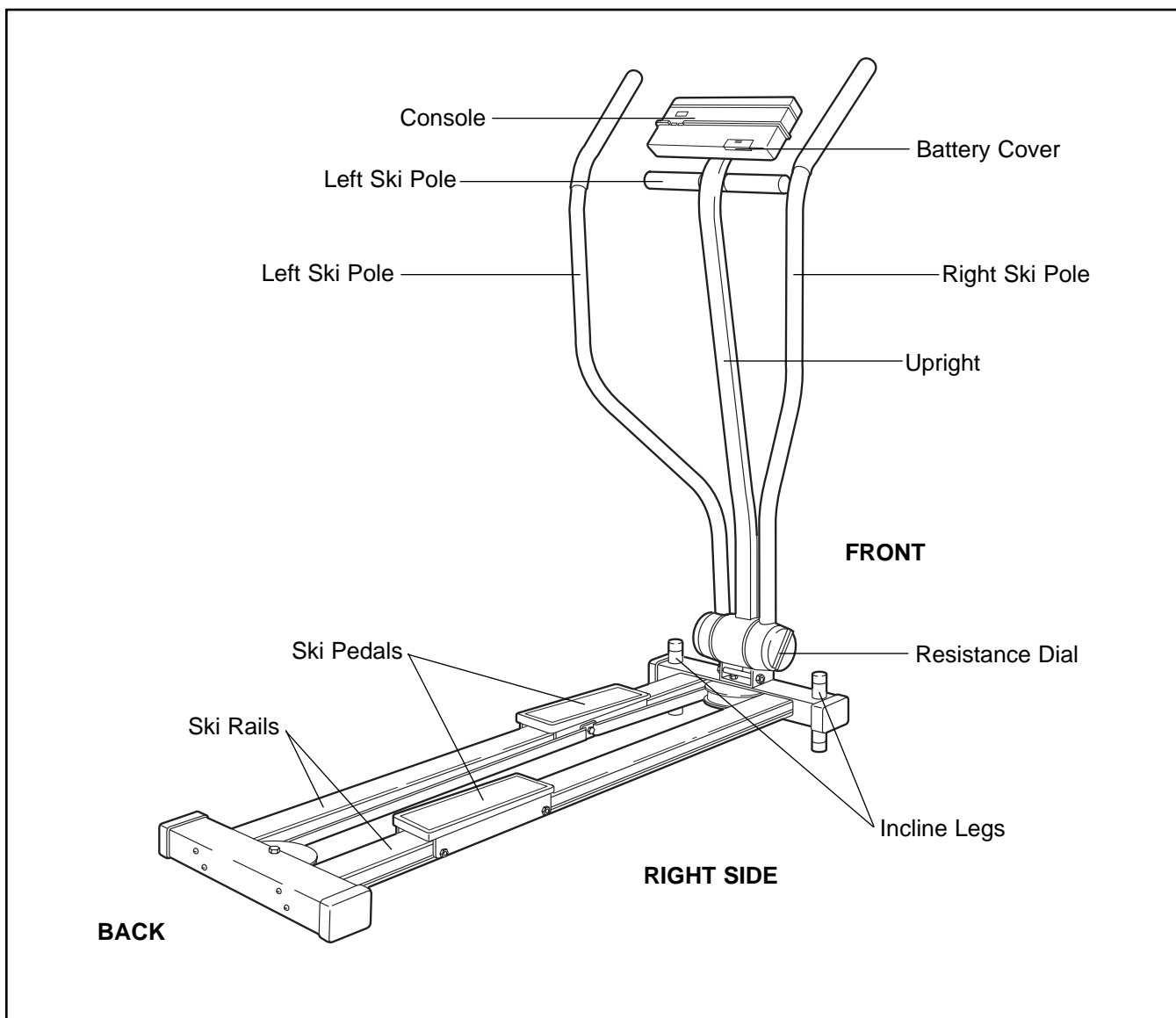
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® 570 XC cross-country skier. Cross-country skiing is one of the most effective exercises known for increasing cardiovascular fitness, building endurance, and toning the muscles. The 570 XC combines ultra-smooth skiing pedals, adjustable resistance, and an electronic exercise monitor to let you enjoy this dynamic exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the cross-country skier. If you have additional questions, please call our Customer Service

Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PF601530. The serial number can be found on a decal attached to the cross-country skier (see the front cover of this manual for the location).

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



ASSEMBLY

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

- Assembly will be easier with two people.
- Place all parts of the cross-country skier 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.
- During assembly, make 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 (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

One (1) pair of pliers 

One (1) phillips screwdriver 

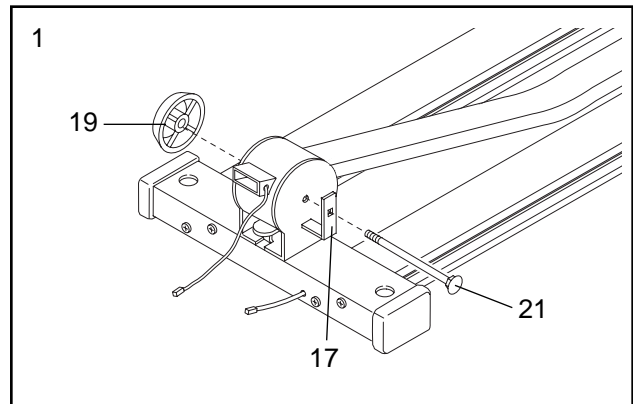
One (1) rubber mallet 

Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

1. Before beginning, make sure that you have read the information at the top of this page.

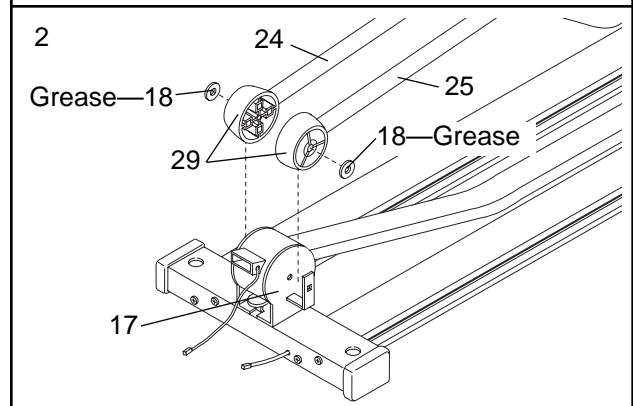
Unscrew the Resistance Dial (19) from the Long Bolt (21).

Using pliers, grip the head of the Long Bolt (21) and remove it from the bracket on the Front Stabilizer (17).



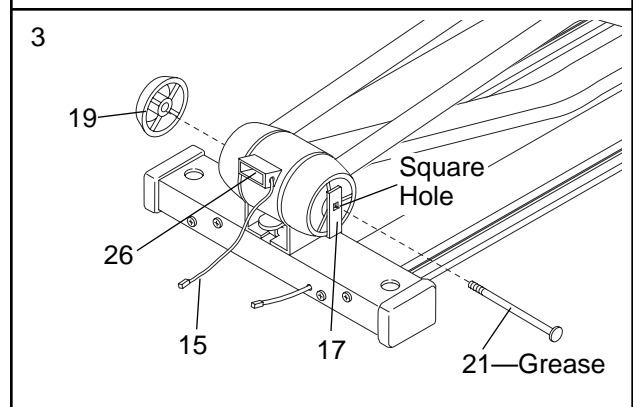
2. Apply a small amount of grease to both sides of the two Nylon Washers (18). Press a Nylon Washer into the outer side of each Ski Pole Housing (29).

Place the Ski Pole Housings (29) in the bracket on the Front Stabilizer (17). Make sure that the Right and Left Ski Poles (24, 25) are on the correct sides.



3. Apply grease to the Long Bolt (21). Insert the Long Bolt from the indicated side through the bracket on the Front Stabilizer (17). As you insert the Long Bolt, look into the lower end of the Upright (26) and make sure that the Long Bolt does not damage the Console Wire (15) inside the Upright. Make sure that the head of the Long Bolt is in the square hole in the bracket.

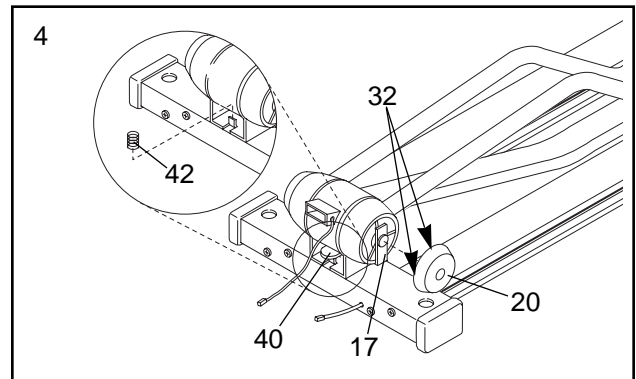
Thread the Resistance Dial (19) onto the Long Bolt (21). Do not tighten the Resistance Dial yet.



4. Remove the paper backing from Adhesive Strips (32) on the Housing Cap (20).

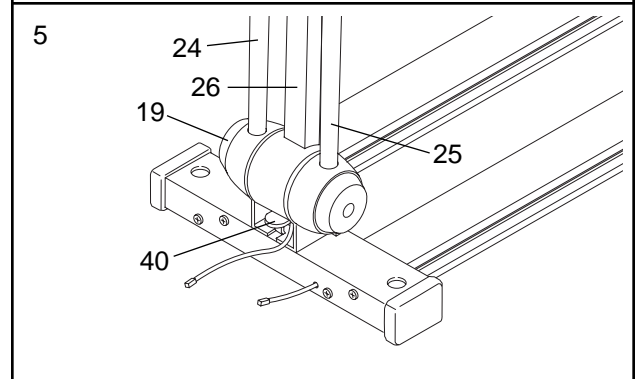
Align the notch in the lower edge of the Housing Cap (20) with the bracket on the Front Stabilizer (17). Press the Housing Cap onto the bracket.

Lift the Upright Bracket (40). Place the Spring (42) on the metal tab under the Upright Bracket.

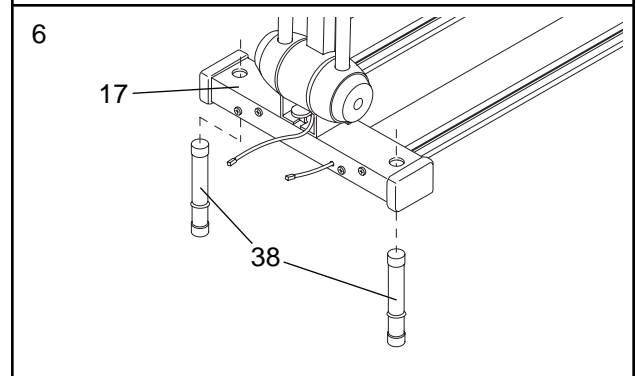


5. Raise the Upright (26) until the lower end snaps into the Upright Bracket (40).

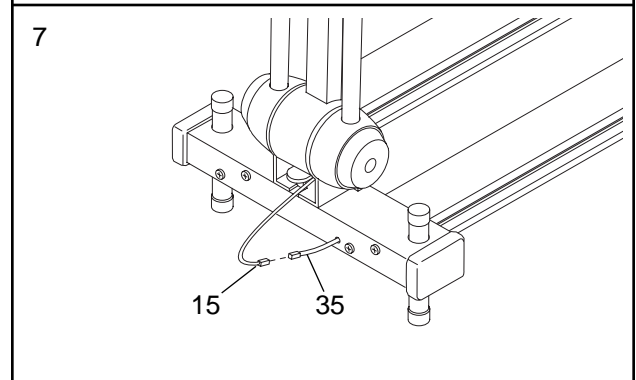
Raise the Right and Left Ski Poles (24, 25). Tighten the Resistance Dial (19).



6. Lift the Front Stabilizer (17). Insert the Incline Legs (38) up into the holes near the ends of the Front Stabilizer. Make sure that the Incline Legs are turned as shown.

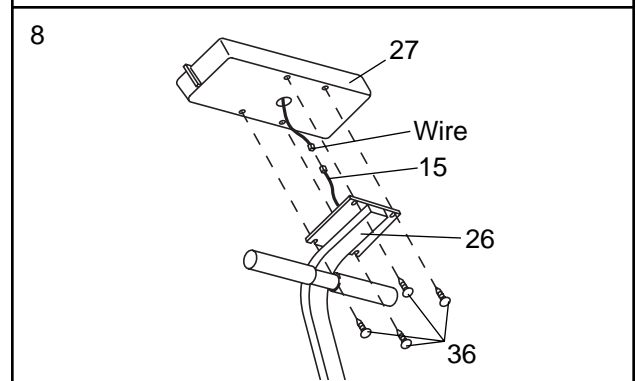


7. Plug the lower end of the Console Wire (15) into the Reed Switch Wire (35).



8. Plug the upper end of the Console Wire (15) into the wire extending from the Console (27).

Attach the Console (27) to the top of the Upright (26) with four Console Screws (36). **Make sure that the Console Wire (15) is not pinched between the Console and the Upright.**



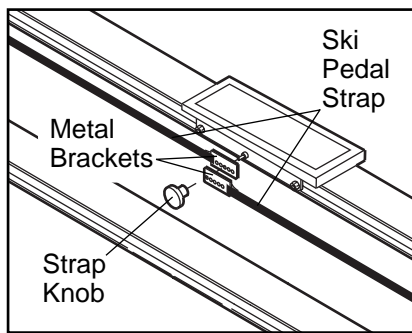
ADJUSTMENT AND OPERATION

ADJUSTING THE TENSION OF THE SKI PEDAL STRAP

CAUTION: Always dismount the cross-country skier before changing the tension of the ski pedal strap.

Before using the cross-country skier, the tension of the ski pedal strap should be adjusted. If the tension is too low, the ski pedal strap may slip off the pulleys. If the tension is too high, the strap and other parts may wear excessively.

To adjust the tension of the ski pedal strap, first remove the strap knob from the ski pedal. Next, slide off the two metal brackets. To tighten the strap, overlap the metal brackets so that the ends of the strap are closer together. Slide the metal brackets back onto the ski pedal. Tighten the strap knob onto the ski pedal, making sure that the metal brackets remain parallel to each other as you tighten the knob.

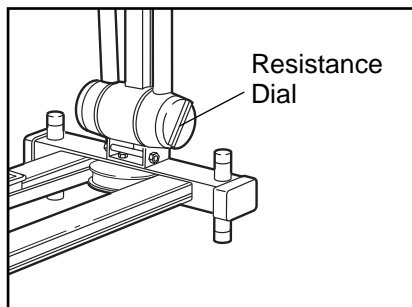


CHANGING THE RESISTANCE OF THE SKI POLES

CAUTION: Always dismount the cross-country skier before changing the resistance of the ski poles.

The intensity of your exercise can be varied by changing the resistance of the ski poles. The resistance is controlled with the resistance dial at the lower end of the right ski pole.

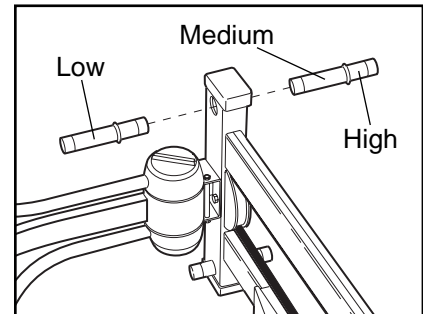
To increase the resistance of the ski poles, turn the resistance dial clockwise; to decrease the resistance, turn the dial counterclockwise.



CHANGING THE INCLINE OF THE SKI RAILS

Another way to tailor the intensity of your exercise is to change the incline of the ski rails. There are three incline levels.

For a high or medium incline level, first tip the cross-country skier onto its side. Insert the incline legs into the bottom of the front stabilizer. The incline level will differ depending on which ends of the incline legs are inserted. Set the cross-country skier upright. For a low incline level, insert the incline legs into the top of the front stabilizer, with the front stabilizer resting on the floor.



EXERCISING ON THE CROSS-COUNTRY SKIER

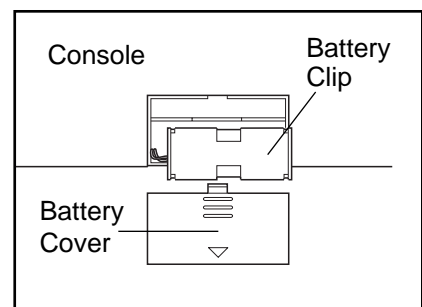
Hold both ski poles firmly. Step onto the ski pedals and center your feet on the pedals. The correct form for using the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth motion. Keep your back straight and your knees bent slightly. For effective aerobic exercise, short, rapid strides at low resistance are recommended. To strengthen the muscles, long, slow strides at medium resistance are recommended.

For a lower-body workout, hold the handle on the upright and exercise using only your legs.

INSTALLING BATTERIES IN THE CONSOLE

The console requires two "AA" batteries (not included); alkaline batteries are recommended. Slide off the battery cover as shown below and carefully remove the battery clip. Find the markings inside the battery clip showing which direction the batteries must be turned.

Press two "AA" batteries into the battery clip. Insert the battery clip into the console and slide on the battery cover.



DESCRIPTION OF THE CONSOLE MODES

The console features five modes to provide continuous exercise feedback. The five modes are described below.

SPEED—Displays your current speed, in strides per minute.

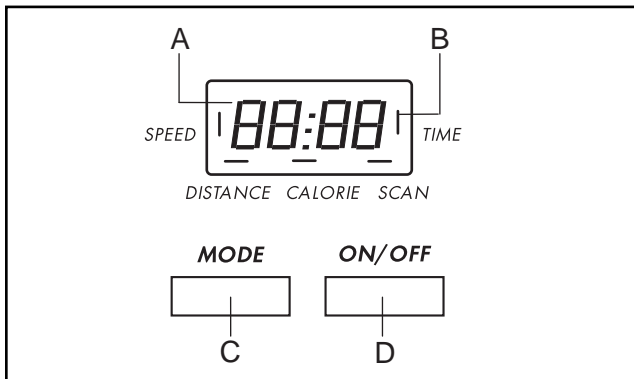
TIME—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

DISTANCE—Displays the total number of strides you have completed.

CALORIES—Displays the approximate number of Calories you have burned. Note: The actual number of Calories you have burned may vary slightly from the number displayed, depending on the resistance of the ski poles and the incline of the ski rails.

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

CONSOLE DIAGRAM



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

OPERATING THE CONSOLE

1. To turn on the power, press the on/off button or simply begin exercising. The entire display will appear for two seconds. The monitor will then be ready for operation.

2. Select one of the five modes:

SCAN mode—When the power is turned on, the SCAN mode will automatically be selected. One mode indicator will appear by the word SCAN, and a second mode indicator will show which mode is currently displayed. Note: The SCAN mode can also be selected by repeatedly pressing the mode button.

SPEED, TIME, DISTANCE or CALORIES mode—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. (Make sure that the SCAN mode is not selected.) The modes are selected in the following order: SPEED, TIME, DISTANCE, CALORIE, SCAN.

3. To reset the display, turn the power off and then on again by pressing the on/off button twice.

4. To turn off the power, press the on/off button.

Note: If the skier pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts each time you use the cross-country skier. Keep liquids away from the console. Once every three months, apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the ski pedal strap.

CONSOLE

If the console does not function properly, or if the LCD display becomes faint, the batteries should be replaced. See **INSTALLING BATTERIES IN THE CONSOLE** on page 6 for instructions. Make sure that the console wire is plugged fully into the console and the reed switch wire. See assembly steps 7 and 8 on page 5.

SKI PEDALS

If the ski pedals are difficult to move, the ski pedal strap may be too tight. The tension should be decreased. See **ADJUSTING THE TENSION OF THE SKI PEDAL STRAP** on page 6 for instructions.

If the movement of the ski pedals becomes rough or noisy, clean the ski rails and the ski pedal rollers with a soft, dry cloth. Next, apply a non-oil-, non-petroleum base silicone lubricant to the rails where the rollers make contact. (We recommend Uni•Sport™ spray, which can be ordered by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Lubricant is also available at most automotive and hardware stores.) Apply lubricant at least once every three months.

If the movement of the ski pedals is still rough, the rollers may need to be replaced. See **ORDERING REPLACEMENT PARTS** on the back cover of this manual.

SKI POLES

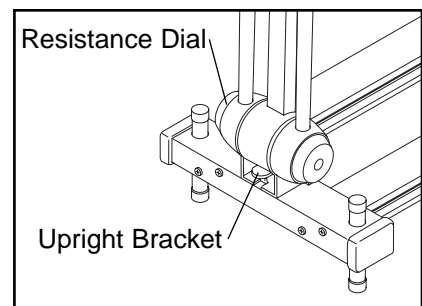
If the ski poles squeak when they are moved, a small amount of grease may be applied to the four resistance pads on each ski pole housing. See assembly steps 1 to 3 on page 4 to see how to remove the ski pole housings.

If the ski poles have little resistance, even when the resistance dial is turned clockwise, the resistance pads should be replaced. See **ORDERING REPLACEMENT PARTS** on the back cover.

STORAGE

Loosen the resistance dial and lower the ski poles. Press down on the front of the upright bracket and lower the upright.

Remove the batteries from the console. Cover the cross-country skier during extended periods of storage.



CONDITIONING GUIDELINES

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

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

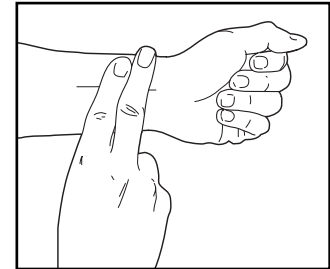
You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise.

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate.

For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down.

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

After warming up, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath.

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts.

After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PF601530

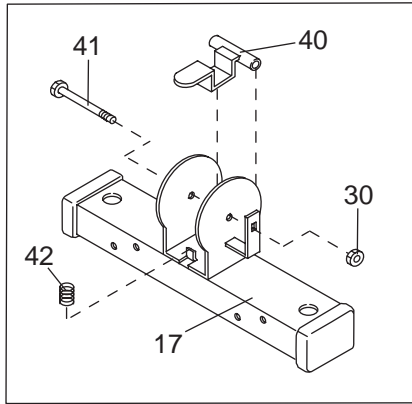
R0596A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Ski Rail	26	1	Upright
2	1	Rear Stabilizer	27	1	Console
3	4	Stabilizer Endcap	28	2	Foam Grip
4	1	Left Ski Pedal	29	2	Ski Pole Housing
5	2	Pulley	30	1	Bracket Nut
6	1	Ski Pedal Strap	31	1	Reed Switch Screw
7	2	Pulley Bolt	32	2	Adhesive Strip
8	9	Nut	33	2	Ski Pedal Cover
9	6	Pedal Cover Screw	34	3	Pulley Washer
10	8	Stabilizer Screw	35	1	Reed Switch/Wire
11	2	Ski Pole Endcap	36	8	Console Screw
12	2	Magnet Screw	37	2	Handlebar Foam Grip
13	2	Pulley Nut	38	2	Incline Leg
14	1	Magnet	39	4	Incline Leg Endcap
15	1	Console Wire	40	1	Upright Bracket
16	1	Strap Knob	41	1	Bracket Bolt
17	1	Front Stabilizer	42	1	Spring
18	2	Nylon Washer	43	2	Handlebar Endcap
19	1	Resistance Dial	44	1	Console Plate
20	1	Housing Cap	45	8	Roller Spacer
21	1	Long Bolt	46	1	Right Ski Pedal
22	8	Roller Bolt	47	2	Adhesive Wire Clamp
23	8	Ski Pedal Roller	#	1	User's Manual
24	1	Right Ski Pole	#	1	Grease
25	1	Left Ski Pole			

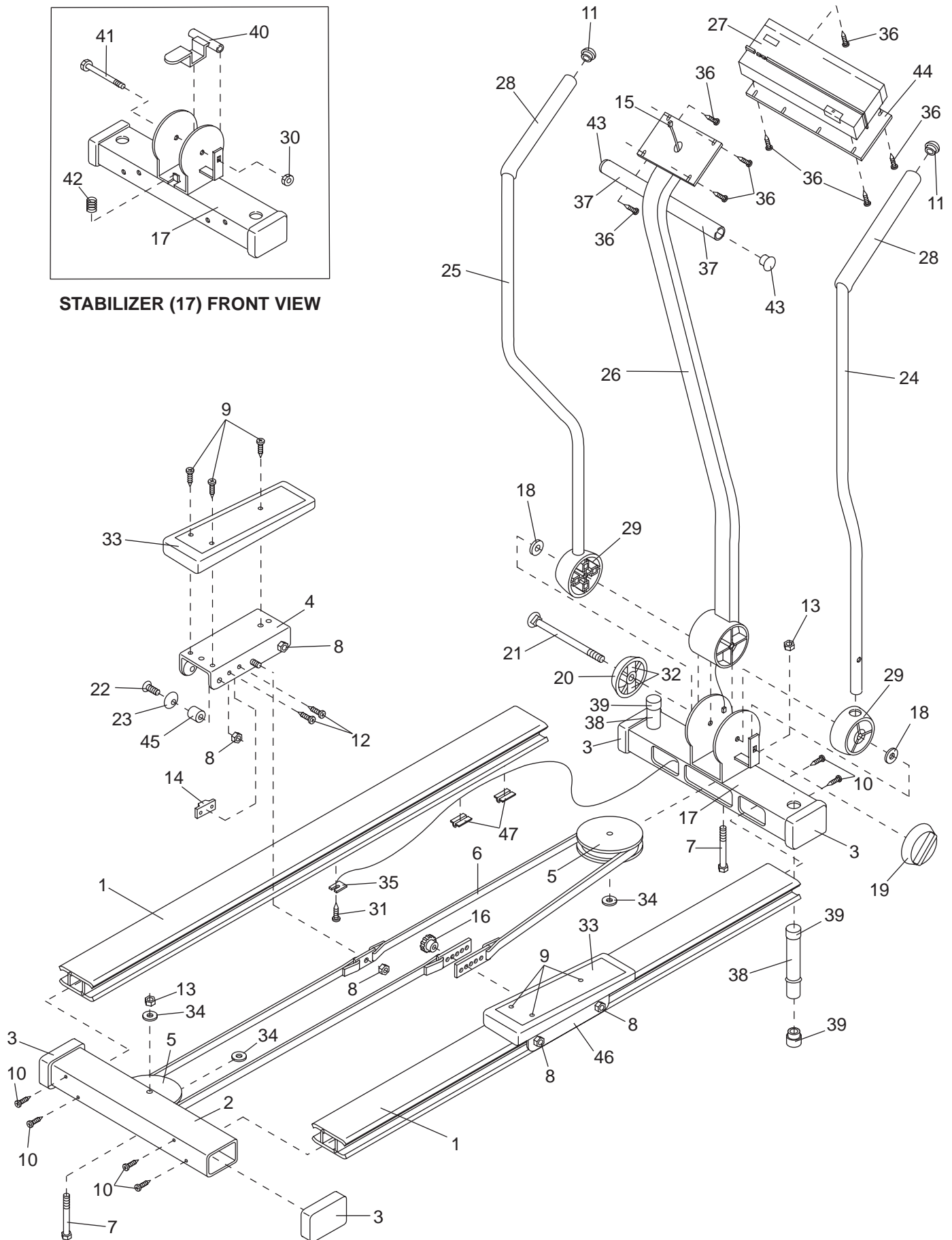
Note: “#” Indicates a non-illustrated part. See the back cover of this manual for information about ordering replacement parts. **Specifications are subject to change without notice.**

EXPLODED DRAWING—Model No. PF601530

R0596A



STABILIZER (17) FRONT VIEW



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the following information before calling.

- The MODEL NUMBER of the product (PF601530).
- The NAME of the product (PROFORM® 570 XC cross-country skier).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER of the part(s) from page 10 of this manual.
- The DESCRIPTION of the part(s) from page 10 of this manual.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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