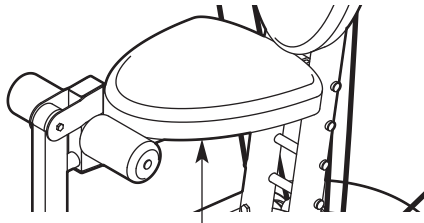


# PRO-FORM<sup>®</sup> recoil

Model No. PFSY2925.0

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

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



Serial Number Decal (Under Seat)

## 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.

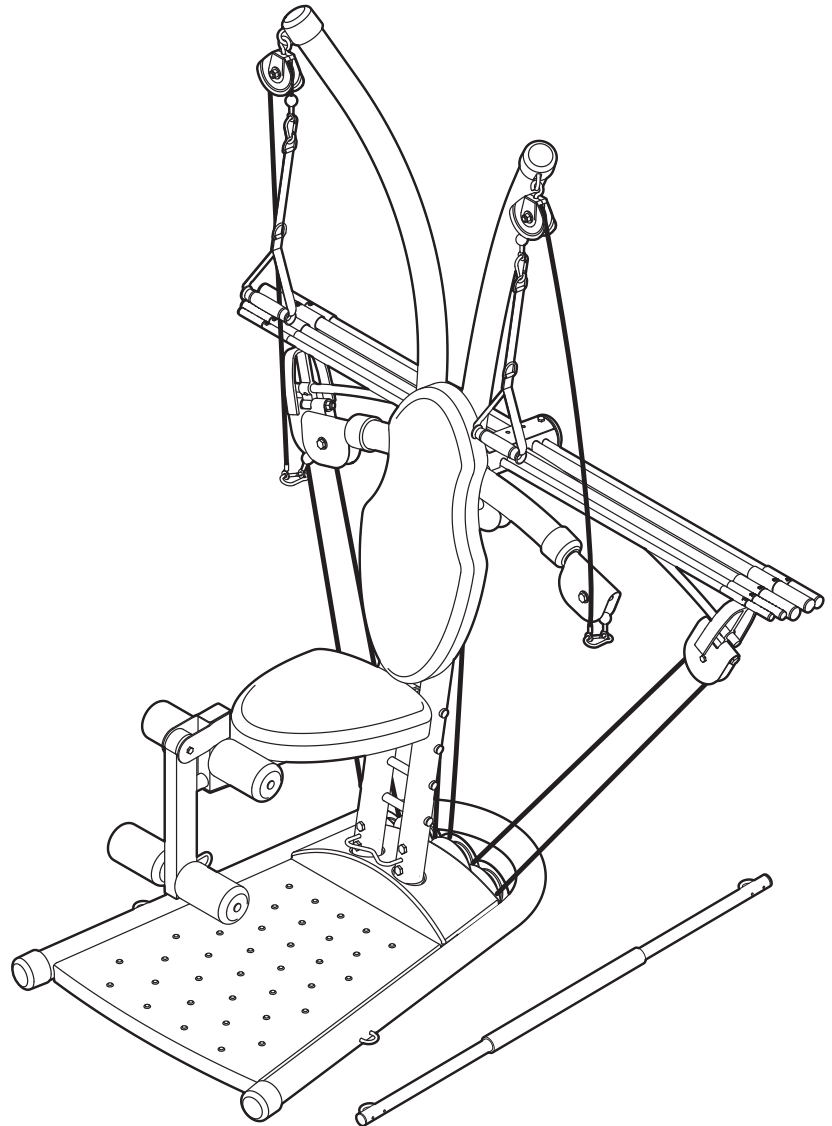
CALL TOLL-FREE:

**1-888-533-1333**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

[www.proformservice.com](http://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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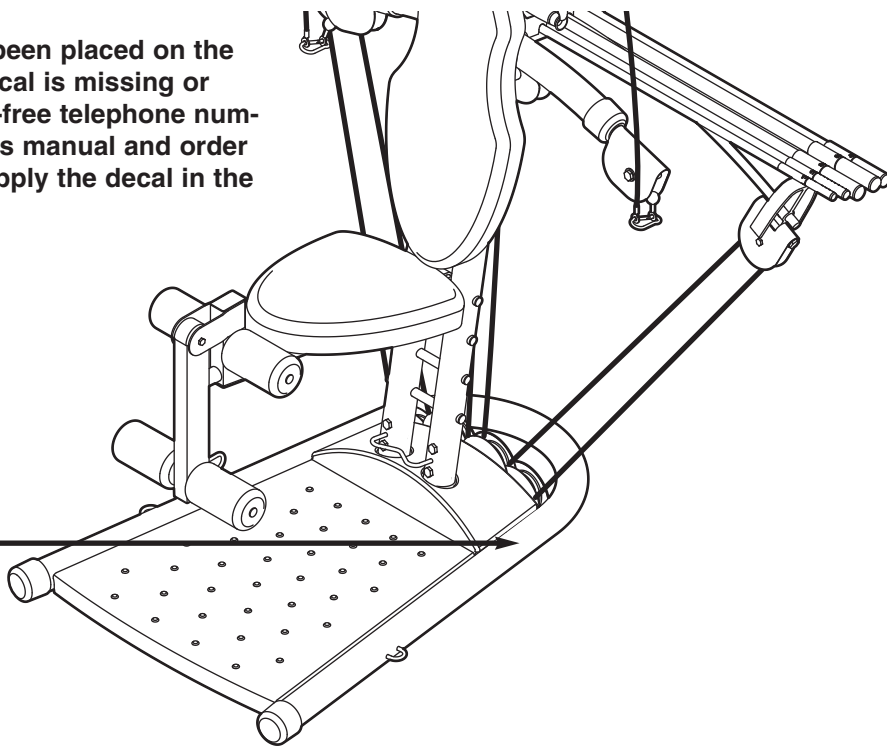
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decal shown here has been placed on the resistance system. If the 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.



# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the resistance system before using the resistance system. Use the resistance system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.
3. The resistance system is intended for home use only. Do not use the resistance system in any commercial, rental, or institutional setting.
4. Keep the resistance system indoors, away from moisture and dust. Place the resistance 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 resistance system to mount, dismount, and use the resistance system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the resistance system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The resistance system is designed to support a maximum user weight of 300 pounds.
10. 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.
11. The resistance system is designed to be used with the included resistance, and the resistance included with a PROFORM RECOIL Max Pack. Do not use the resistance system with dumbbells or any other type of resistance.
12. When adding resistance, both ends of the resistance bars must rest under the two “U”-channels. Add and remove resistance bars from the “U”-channels one resistance bar at a time.
13. Keep clear of the area around the “U”-channels while the resistance system is in use. Do not add or remove resistance bars from the “U”-channels while the end of the long cable is pulled out.
14. Pull on the cables only while sitting on the bench or standing on the base plate.
15. 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

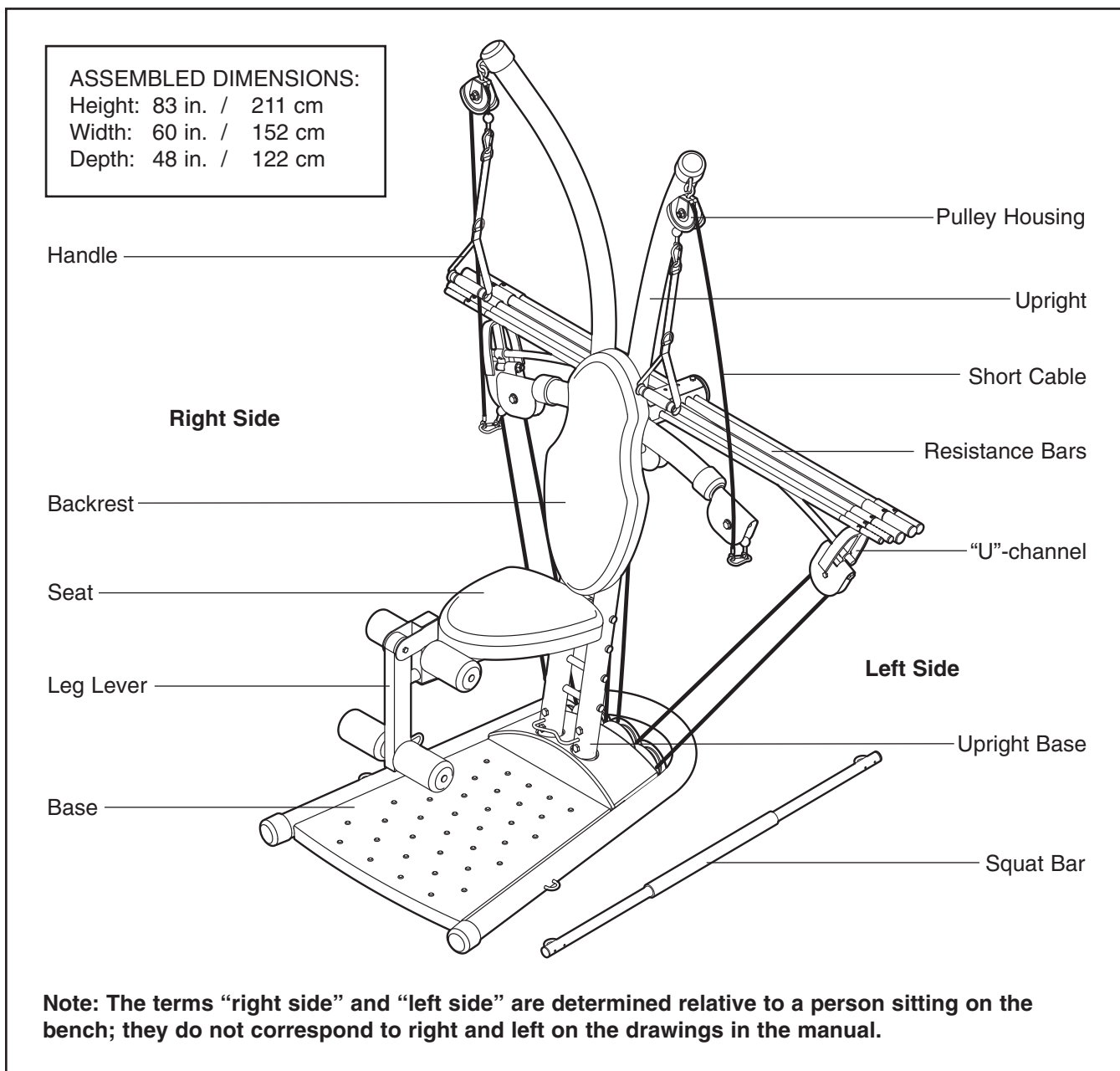
Thank you for selecting the versatile PROFORM® RECOIL resistance system. The resistance system offers a selection of stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system,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

**For your benefit, read this manual carefully before using the resistance system.** If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product

model number and serial number before calling. The model number is PFSY2925.0. The serial number can be found on a decal attached to the resistance system (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the resistance system at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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



# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the resistance system can be assembled successfully by almost anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.


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



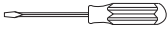
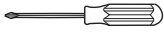
**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Because of its weight and size, the resistance system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the resistance system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

• **For help identifying small parts, use the PART IDENTIFICATION CHART.**

- As you assemble the resistance system, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

The included hex key(s)  and grease, and the following tools (not included) may be required for assembly:

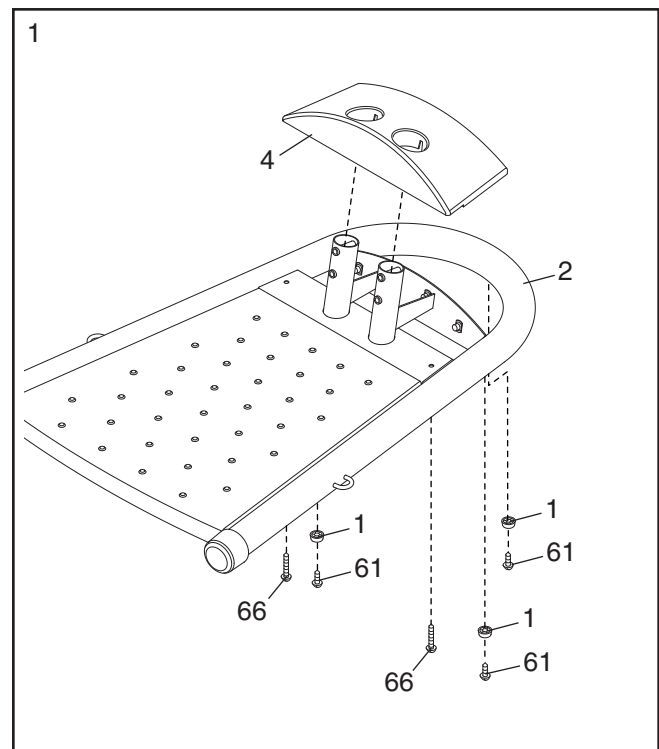
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

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

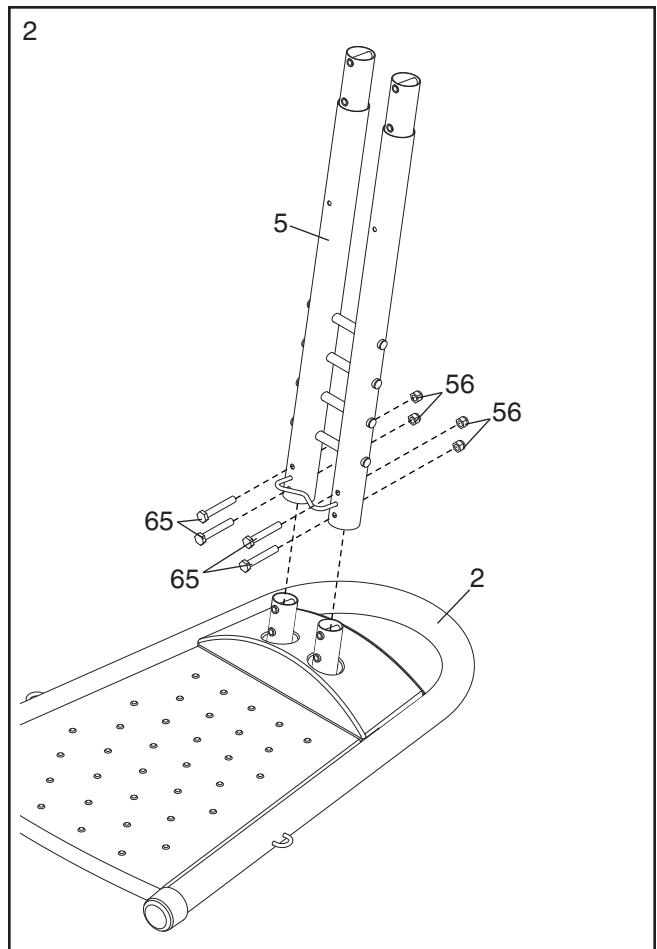
1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.**

Attach three Plastic Feet (1) to the Base (2) with three M4 x 16mm Screws (61).

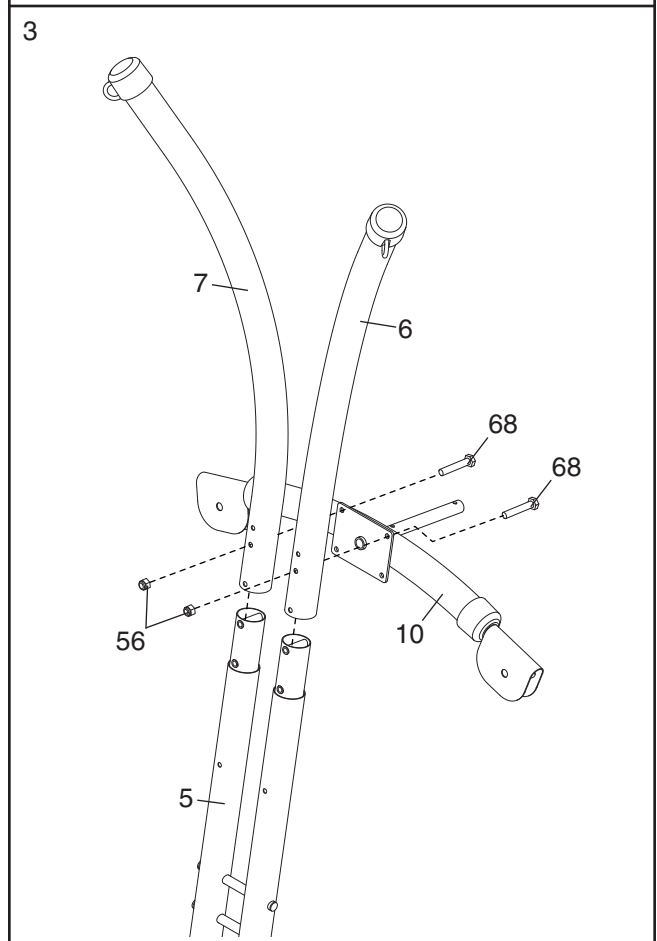
Attach the Base Cover (4) to the Base (2) with two M4 x 50mm Screws (66).



2. Attach the Upright Base (5) to the Base (2) with four M10 x 76mm Button Bolts (65) and four M10 Nylon Locknuts (56).

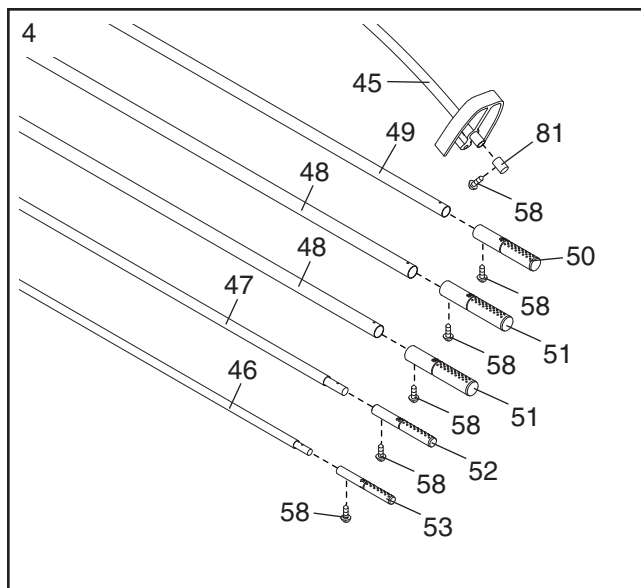


3. Identify the Left Upright (6) and the Right Upright (7) by the "L" and "R" stickers. Attach the two Uprights and the Rear Frame (10) to the Upright Base (5) with two M10 x 81mm Button Bolts (68) and two M10 Nylon Locknuts (56). **Make sure that the Bolts are inserted through the indicated holes. Do not tighten the Locknuts yet.**



- Attach the two 10-pound Short Caps (81) to the 10-pound Center Bar (45) with two M4 x 12mm Flat Head Screws (58).

Using ten M4 x 12mm Flat Head Screws (58), attach the two 10-pound Caps (53) to the 10-pound Bar (46), the two 20-pound Caps (52) to the 20-pound Bar (47), the four 80-pound Caps (51) to the two 80-pound Bars (48), and the two 40-pound Caps (50) to the 40-pound Bar (49).

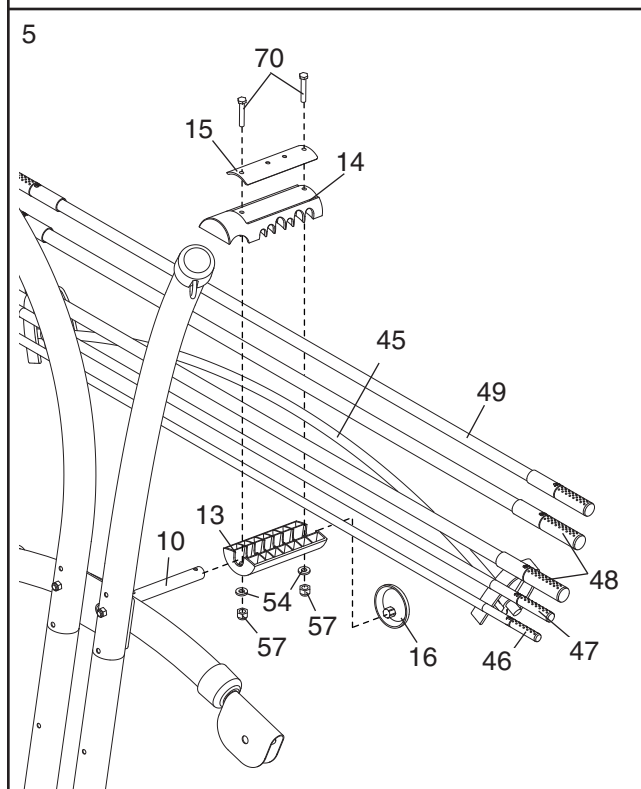


- Turn the Top Tray (14) upside-down. Set the resistance bars into the Tray in the following order: 10-pound Bar (46), 20-pound Bar (47), 80-pound Bar (48), 10-pound Center Bar (45), 80-pound Bar (48), and 40-pound Bar (49). **Make sure that the resistance bars are centered in the Tray.**

Set the Bottom Tray (13) on top of the Top Tray (14) to hold the resistance bars in place. Turn the Trays over and slide them onto the Rear Frame (10). **Make sure that the Trays and the resistance bars are oriented as shown.**

Have a second person attach the Trays (13 and 14) to the Rear Frame (10) with the Tray Cover (15), two M8 x 100mm Button Bolts (70), two M8 Washers (54), and two M8 Nylon Locknuts (57).

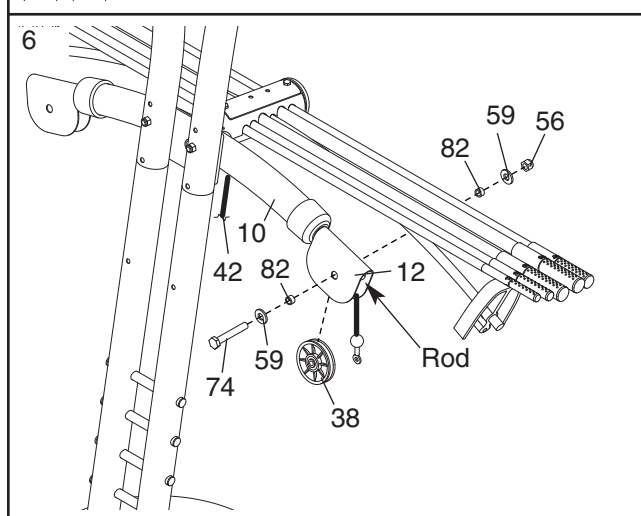
Press the Tray Cap (16) into the Rear Frame (10).



- Refer to the **CABLE DIAGRAM** on page 14 while cabling the resistance system to ensure correct cable routing. Do not overtighten the bolts attaching the pulleys; the pulleys must be able to turn easily.

Insert the Long Cable (42) into the indicated Swivel Arm (12) and the Rear Frame (10). **Make sure that the Cable is below the rod in the Swivel Arm.**

Attach a 90mm Pulley (38) inside the Swivel Arm (12) with an M10 x 51mm Button Bolt (74), two M10 Washers (59), two 5mm Spacers (82), and an M10 Nylon Locknut (56).





7. **Note: This step may be easier if the resistance system is tipped over forward (see drawing 7b).**

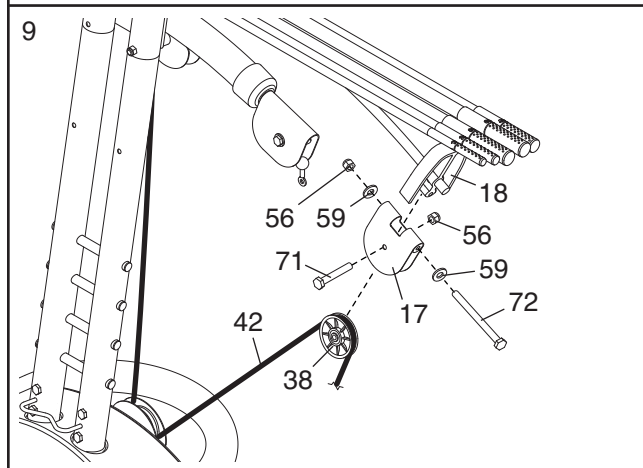
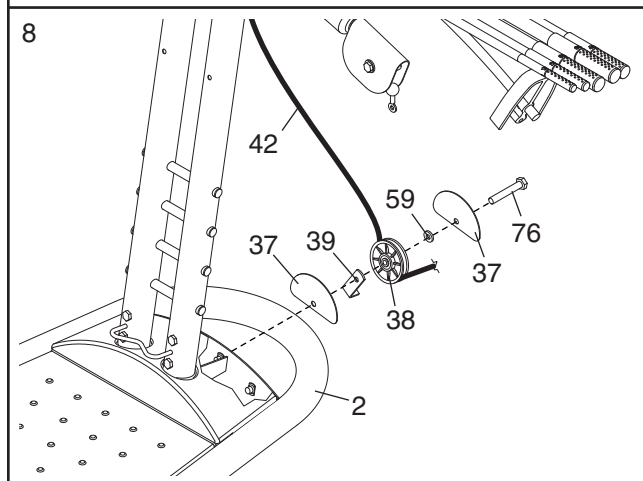
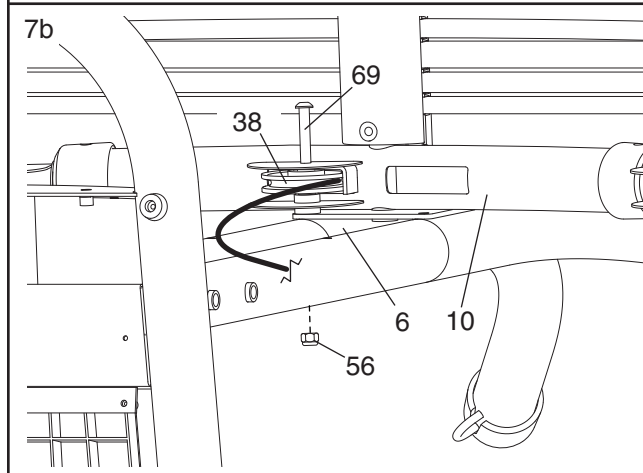
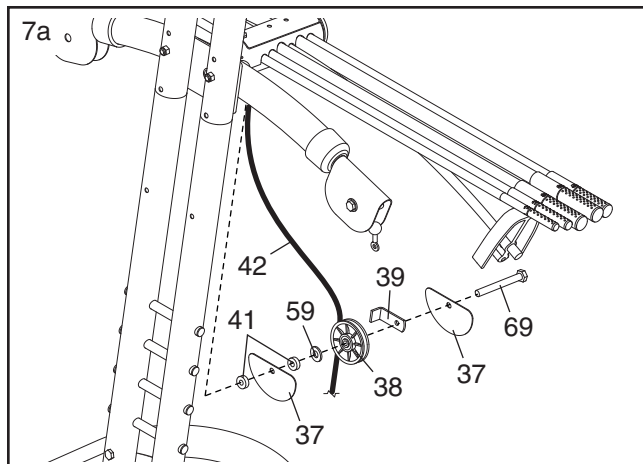
Route the Long Cable (42) around a 90mm Pulley (38). Insert an M10 x 132mm Button Bolt (69) into a Finger Guard (37), a Cable Trap (39), the Pulley, an M10 Washer (59), an 8mm Spacer (41), another Finger Guard, and another 8mm Spacer. **Note: The end of the Bolt must be flush with the edge of the last spacer. Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

**See drawing 7b.** Insert the 90mm Pulley (38) inside the Rear Frame (10). Push the M10 x 132mm Button Bolt (69) through the Rear Frame and the Left Upright (6). Finger tighten an M10 Nylon Locknut (56) onto the Bolt. **Do not tighten the Locknut yet.**

8. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Finger Guards (37) to the Base (2) with an M10 x 47mm Button Screw (76) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

9. Attach a Pulley Bracket (17) to the indicated "U"-channel (18) with an M10 x 129mm Button Bolt (72), two M10 Washers (59), and an M10 Nylon Locknut (56).

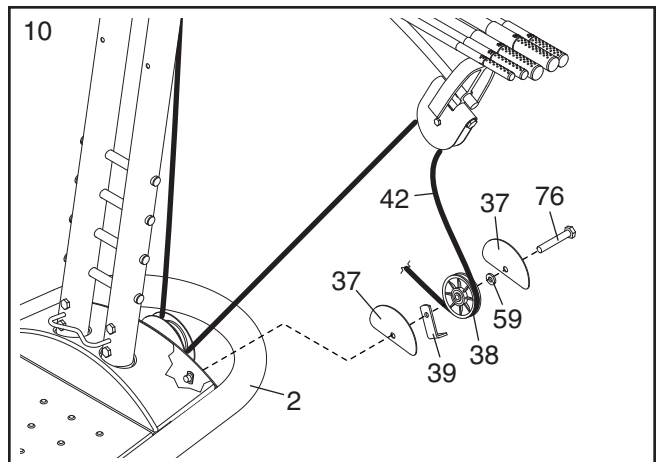
Wrap the Long Cable (42) over a 90mm Pulley (38). Attach the Pulley inside the Pulley Bracket (17) with an M10 x 41mm Button Bolt (71) and an M10 Nylon Locknut (56).



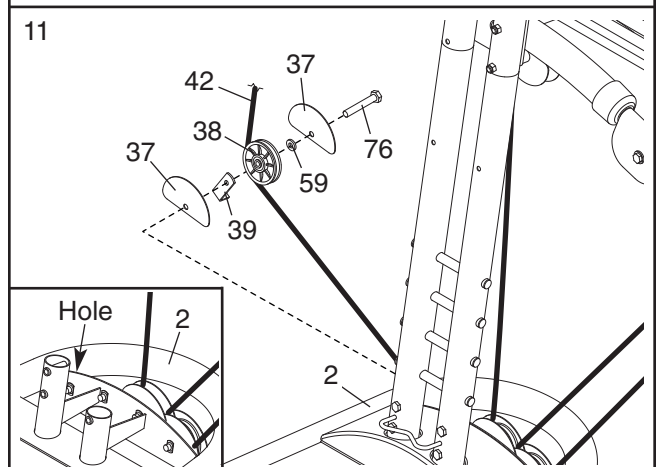


10. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Finger Guards (37) to the Base (2) with an M10 x 47mm Button Screw (76) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

**Note: The Finger Guards (37) attached in this step will overlap the Finger Guards attached in step 8.**

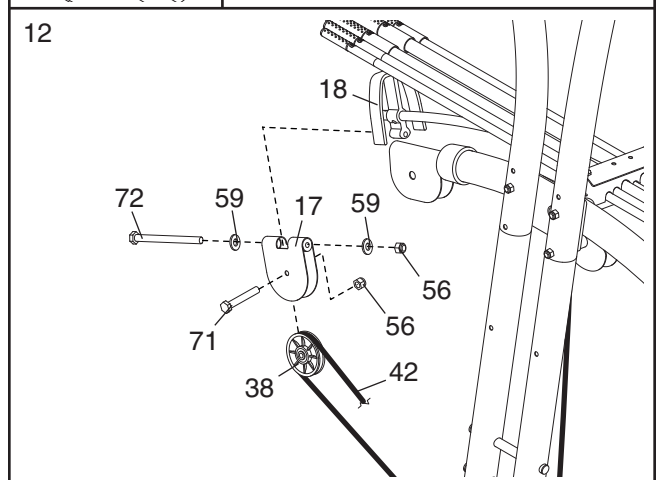


11. Route the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Finger Guards (37) to the indicated hole in the Base (2) (see the inset drawing) with an M10 x 47mm Button Screw (76) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



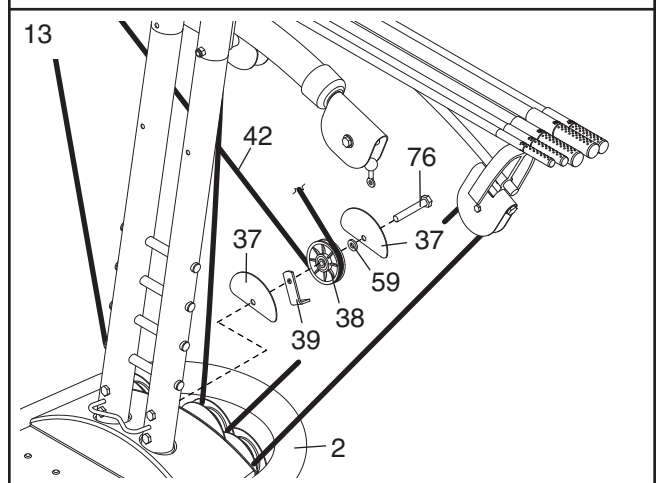
12. Attach a Pulley Bracket (17) to the indicated “U”-channel (18) with an M10 x 129mm Button Bolt (72), two M10 Washers (59), and an M10 Nylon Locknut (56).

Wrap the Long Cable (42) over a 90mm Pulley (38). Attach the Pulley inside the Pulley Bracket (17) with an M10 x 41mm Button Bolt (71) and an M10 Nylon Locknut (56).



13. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Finger Guards (37) to the Base (2) with an M10 x 47mm Button Screw (76) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

**Note: The Finger Guards (37) attached in this step will overlap the Finger Guards attached in steps 8 and 11.**



14. **Note: This step may be easier if the resistance system is tipped over forward (see drawing 14b).**

Use the wire in the Rear Frame (10) to pull the Long Cable (42) through the Rear Frame and out of the Swivel Arm (12). **Have a second persons hold the cable end until step 15 is completed.**

Hold a 90mm Pulley (38) under the Long Cable (42) as shown. Insert an M10 x 132mm Button Bolt (69) into a Finger Guard (37), a Cable Trap (39), the Pulley, an M10 Washer (59), an 8mm Spacer (41), another Finger Guard, and another 8mm Spacer. **Note: The end of the Bolt must be flush with the edge of the last spacer. Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

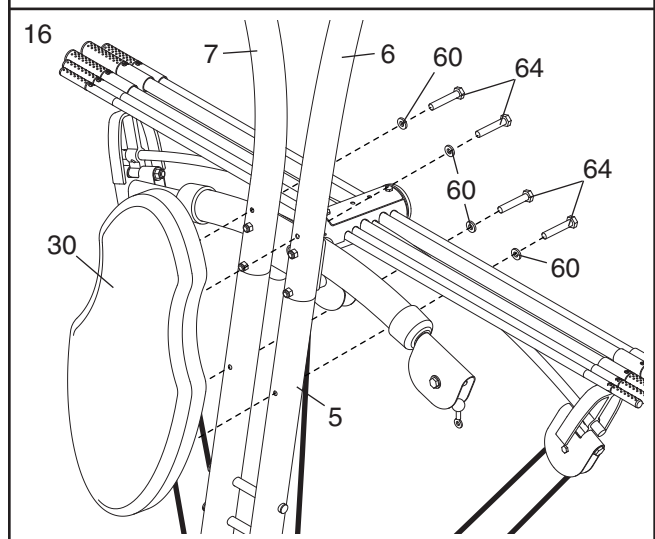
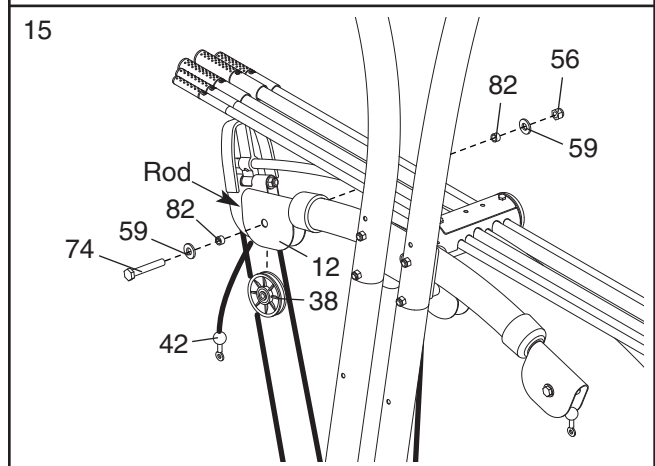
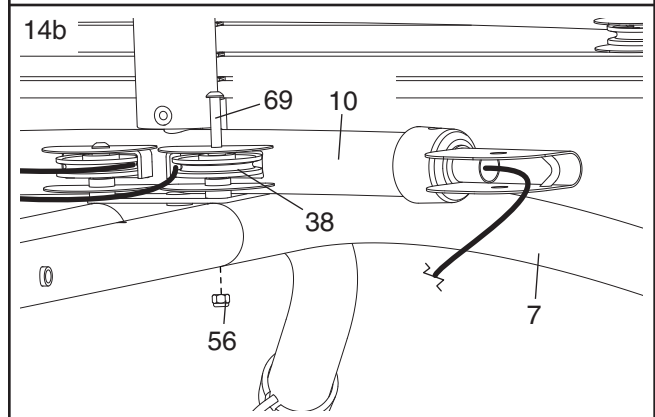
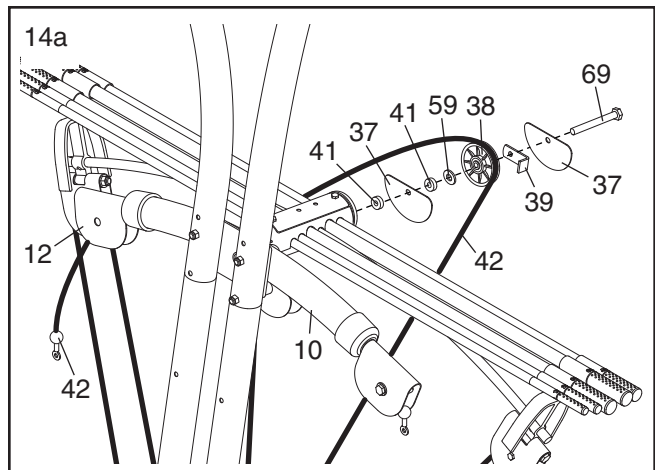
**See drawing 14b.** Insert the 90mm Pulley (38) inside the Rear Frame (10). Push the M10 x 132mm Button Bolt (69) through the Rear Frame and the Right Upright (7). Tighten an M10 Nylon Locknut (56) onto the Bolt.

**Tighten the M10 Nylon Locknuts (56) used in steps 3 and 7.**

15. **Make sure that the Long Cable (42) is below the rod in the Swivel Arm (12).**

Attach a 90mm Pulley (38) inside the Swivel Arm (12), under the Long Cable (42), with an M10 x 51mm Button Bolt (74), two M10 Washers (59), two 5mm Spacers (82), and an M10 Nylon Locknut (56).

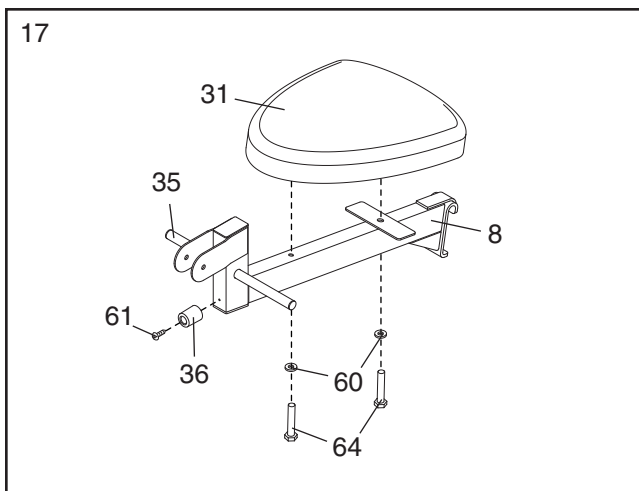
16. Attach the Backrest (30) to the Upright Base (5) and the Uprights (6 and 7) with four M6 x 76mm Screw (64) and four M6 Washers (60).



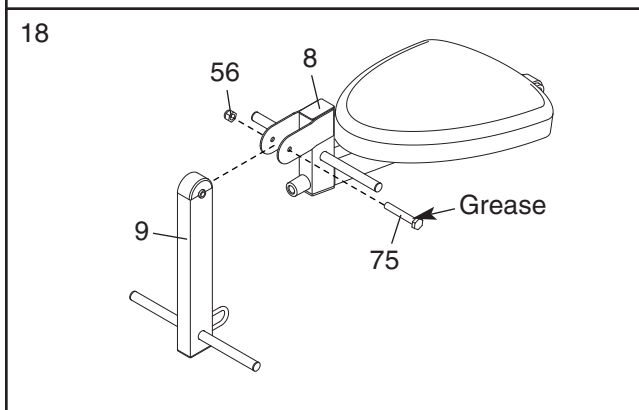
17. Attach the Seat (31) to the Seat Frame (8) with two M6 x 76mm Screws (64) and two M6 Washers (60).

Attach the Bumper (36) to the Seat Frame (8) with an M4 x 16mm Screw (61).

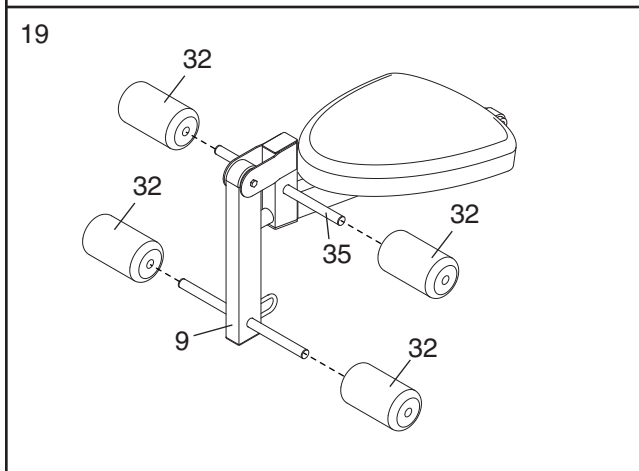
Slide the Pad Tube (35) into the Seat Frame (8).



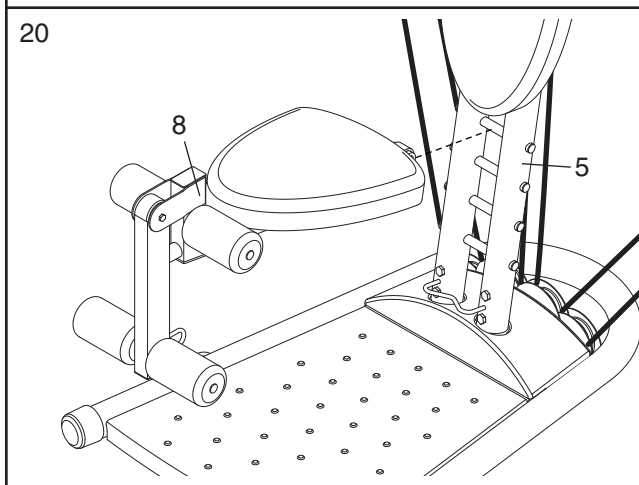
18. Grease an M10 x 62mm Button Bolt (75). Attach the Leg Lever (9) to the Seat Frame (8) with the Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



19. Slide four Foam Pads (32) onto the Pad Tube (35) and the Leg Lever (9).



20. Set the Seat Frame (8) onto the Upright Base (5).



21. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.

# ADJUSTMENTS

This section explains how to adjust the resistance system. See the EXERCISE GUIDELINES on page 15 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 resistance system is used. Replace any worn parts immediately. The resistance system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE SEAT

To use the Seat (31), first hold the Seat Frame (8) at a declined angle and set the bracket onto a bar on the Upright Base (5). Then, pivot the Seat Frame down.

To remove the Seat (31), first make sure that the Short Cable (not shown) is not attached to the Leg Lever (9). Then, lift the Seat Frame (8) off the Upright Base (5). Store the Seat away from the resistance system while performing an exercise that does not require it.

## ADJUSTING THE RESISTANCE

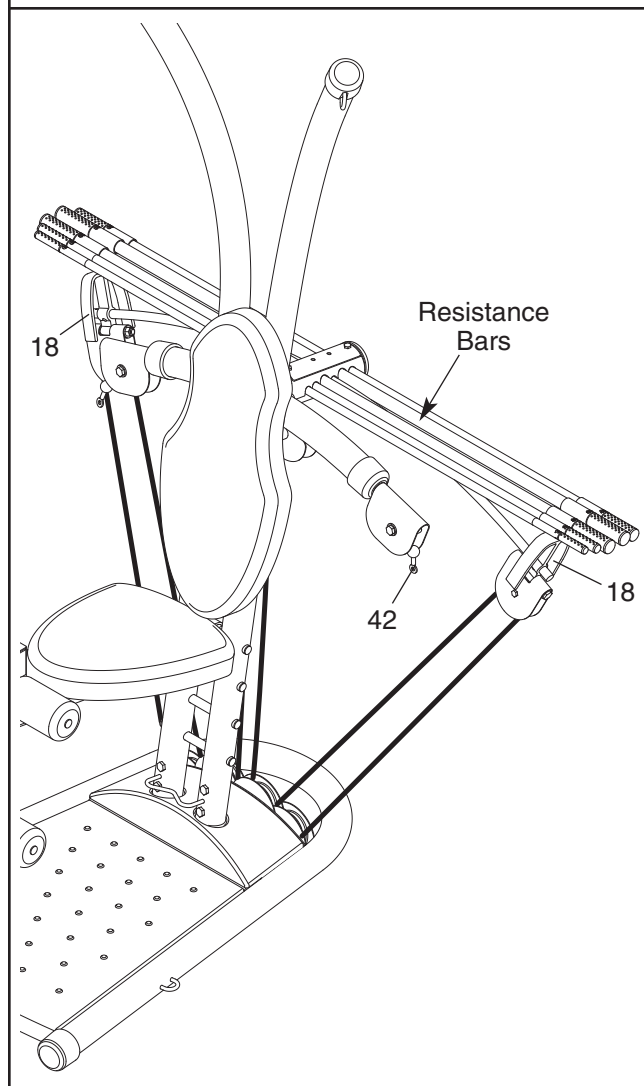
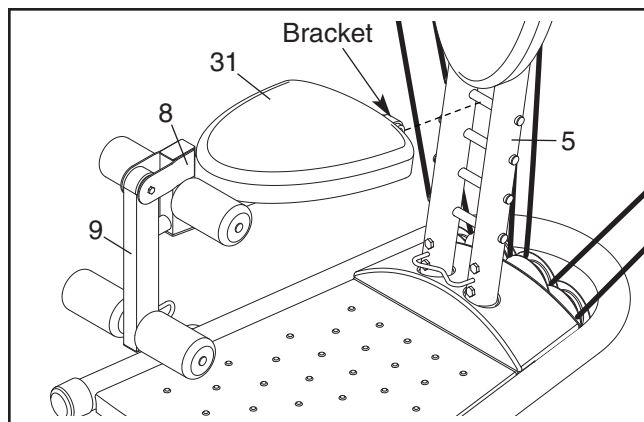
To add resistance, hold a “U”-channel (18) firmly and push the end of a resistance bar under it. Repeat with the other end of the resistance bar. If more resistance is needed, add one resistance bar at a time.

Note: When adding resistance, always start with the heaviest resistance bar to be used, and finish with the lightest resistance bar. When removing resistance bars from the “U”-channels (18), start with the lightest resistance bar and finish with the heaviest.

**⚠ WARNING:** When adding resistance, make sure that both ends of the resistance bar rest under the two “U”-channels (18). Do not add or remove resistance bars from the “U”-channels while an end of the Long Cable (42) is pulled out.

Note: The resistance system uses progressive resistance. As the resistance bars begin to bend, the amount of resistance will increase gradually. As the resistance bars bend further, the resistance will increase rapidly.

**Additional resistance can be added to the resistance system.** To purchase more resistance, call our Customer Service Department toll-free at the number of on the front cover of this manual and ask for model number **PFMC0825** (100-pound Max Pack).

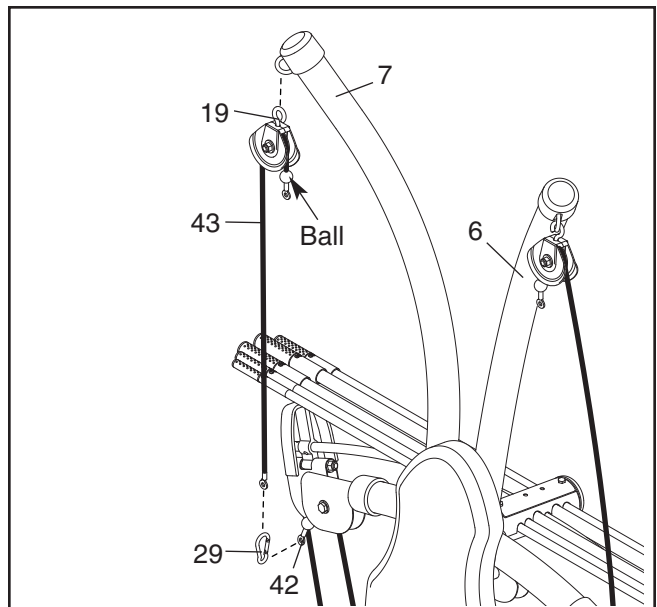


## ATTACHING THE PULLEY HOUSINGS

To use a high pulley station, slide the hook on the High Pulley Housing (19) onto the bracket on an Upright (6 or 7). Attach the end of the Short Cable (43) without the ball to the end of the Long Cable (42) with a Clip (29). **Attach the other high pulley in the same manner.**

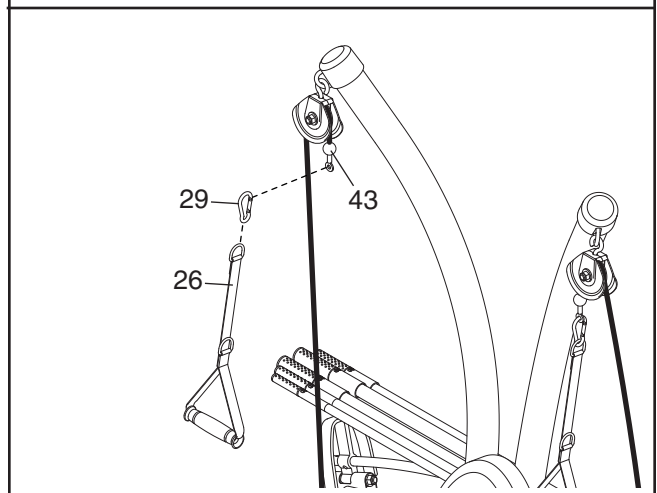
To use a squat station, attach the Pulley Housings (19) to the brackets on the Base (not shown).

To use the low pulley station, attach the two Pulley Housings (19) to the bracket on the Upright Base (not shown).



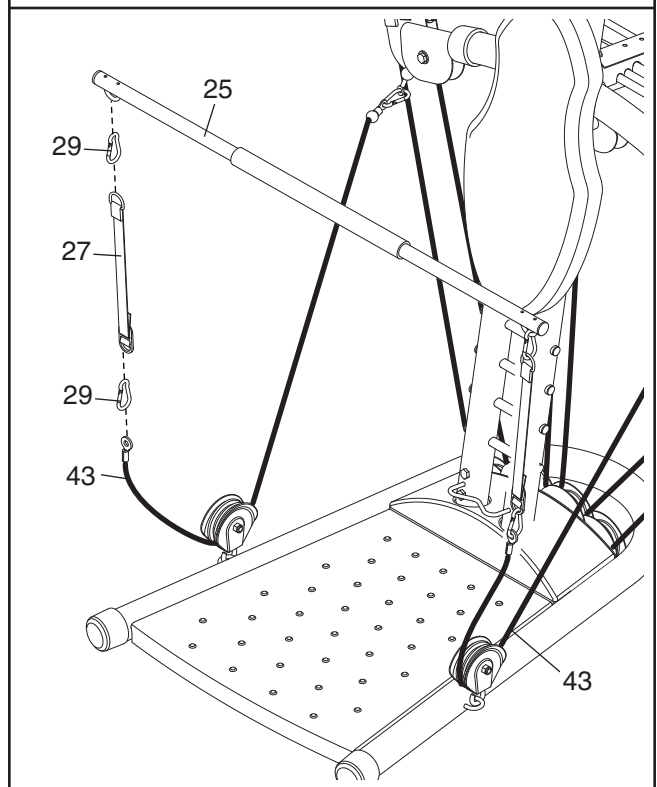
## ATTACHING THE HANDLES

A Handle (26) or the Ankle Strap (not shown) can be attached to a Short Cable (43) at the high pulley or a squat station (see ATTACHING THE PULLEY HOUSINGS above), or to the Long Cable (not shown), with a Clip (29).



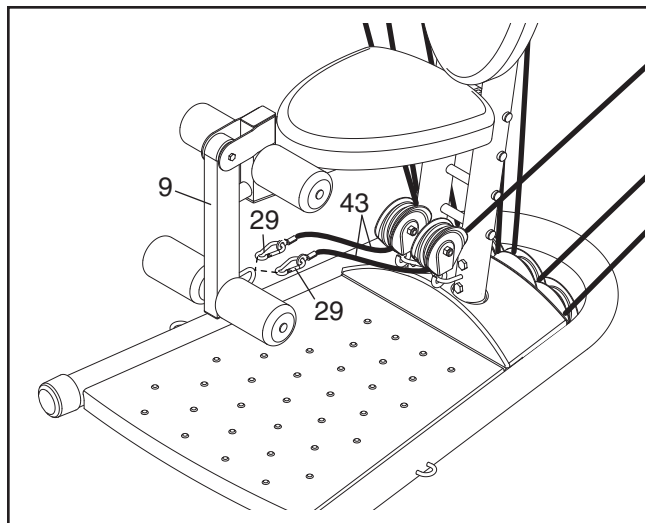
## ATTACHING THE SQUAT BAR

The Squat Bar (25) can be attached to the Short Cables (43) at the squat stations (see ATTACHING THE PULLEY HOUSINGS above) with the two Extension Straps (27) and four Clips (29). Adjust the length of the Extension Straps as necessary.



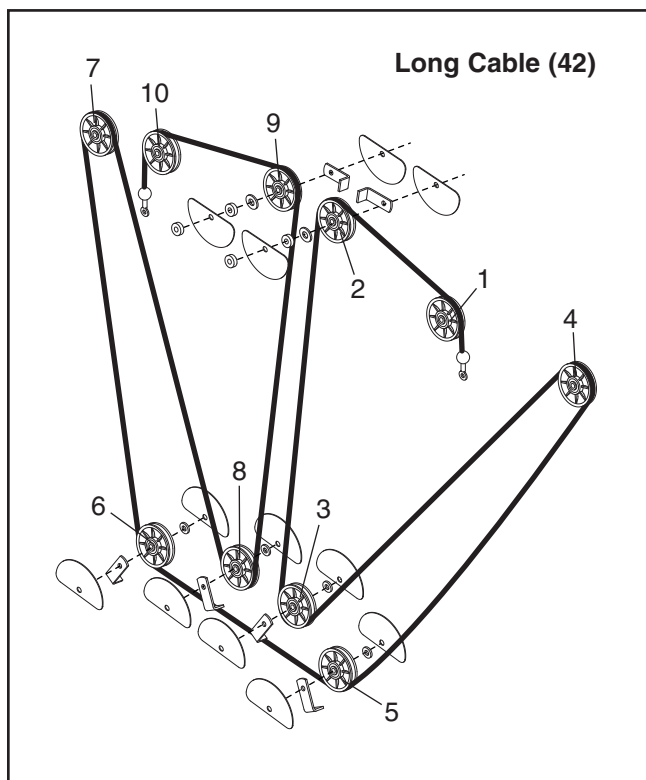
## ATTACHING THE LEG LEVER

To use the Leg Lever (9), first attach the seat to the resistance system (see ADJUSTING THE SEAT on page 12). Then, attach the pulley housings to the low pulley station (see ATTACHING THE PULLEY HOUSINGS on the previous page). Finally, attach the Short Cables (43) to the Leg Lever with two Clips (29).



## CABLE DIAGRAM

The cable diagram shows the proper routing of the Long Cable (42). Use the diagram to make sure that the cable has been assembled correctly. If the cable has not been correctly routed, the resistance system will not function properly and damage may occur. The numbers show the correct route for the cable.





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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

**Muscle Building**—To increase muscle size, use a high amount of resistance. Your muscles will adapt and grow as you progressively increase the intensity of your exercise by:

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

**Toning**—Tone your muscles by using a moderate amount of resistance and increasing the number of repetitions in each set. Complete as many sets of 15–20 repetitions as possible without discomfort. Rest for 1 minute after each set.

**Weight Loss**—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20–30 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:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20–30 minutes of aerobic exercise, such as riding an exercise cycle or running on a treadmill, 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.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the right length of time for each workout, as well as the number of repetitions and 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 5–10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by raising your body temperature, increasing circulation, and delivering more oxygen to your muscles.

**Working Out**—Each workout should include 6–10 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 right schedule 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. The exercise guide shows the correct form for several exercises and describes how to perform the exercise.

The repetitions in each set should be performed smoothly and without pausing. A repetition’s exertion stage should last about half as long as the return stroke. 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 time depends on which type of workout you are performing (see THE FOUR BASIC TYPES OF WORKOUTS).

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 5–10 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. The charts on pages 14 and 15 can be photocopied and used to record your workouts. 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.



# PART LIST—Model No. PFSY2925.0

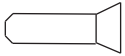
R0805A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	3	Plastic Foot	44	1	Leg Lever Cap
2	1	Base	45	1	10-pound Center Bar
3	1	Base Plate	46	1	10-pound Bar
4	1	Base Cover	47	1	20-pound Bar
5	1	Upright Base	48	2	80-pound Bar
6	1	Left Upright	49	1	40-pound Bar
7	1	Right Upright	50	2	40-pound Cap
8	1	Seat Frame	51	4	80-pound Cap
9	1	Leg Lever	52	2	20-pound Cap
10	1	Rear Frame	53	2	10-pound Cap
11	4	Bracket Bushing	54	2	M8 Washer
12	2	Swivel Arm	55	1	Squat Pad
13	1	Bottom Tray	56	17	M10 Nylon Locknut
14	1	Top Tray	57	2	M8 Nylon Locknut
15	1	Tray Cover	58	14	M4 x 12mm Flat Head Screw
16	1	Tray Cap	59	18	M10 Washer
17	2	Pulley Bracket	60	6	M6 Washer
18	2	“U”-channel	61	4	M4 x 16mm Screw
19	2	Pulley Housing	62	3	M4 x 32mm Screw
20	4	Pulley Guard	63	2	29mm Round Cap
21	2	M6 x 12mm Flat Head Screw	64	6	M6 x 76mm Screw
22	2	Base Cap	65	4	M10 x 76mm Button Bolt
23	2	Upright Cap	66	2	M4 x 50mm Screw
24	2	Swivel Cap	67	2	M4 x 12mm Screw
25	1	Squat Bar	68	2	M10 x 81mm Button Bolt
26	2	Handle	69	2	M10 x 132mm Button Bolt
27	2	Extension Straps	70	2	M8 x 100mm Button Bolt
28	1	Ankle Strap	71	2	M10 x 41mm Button Bolt
29	6	Clip	72	2	M10 x 129mm Button Bolt
30	1	Backrest	73	2	M10 x 49mm Button Bolt
31	1	Seat	74	2	M10 x 51mm Button Bolt
32	4	Foam Pad	75	1	M10 x 62mm Button Bolt
33	4	19mm Round Cap	76	4	M10 x 47mm Button Screw
34	3	38mm x 64mm Cap	77	2	Squat Bar Hook
35	1	Pad Tube	78	4	M5 x 16mm Screw
36	1	Bumper	79	8	19mm Thick Round Cap
37	12	Finger Guard	80	2	Retainer Ring
38	10	90mm Pulley	81	2	10-pound Cap
39	6	Cable Trap	82	4	5mm Spacer
40	2	Small Pulley	#	1	User’s Manual
41	4	8mm Spacer	#	1	Exercise Guide
42	1	Long Cable	#	1	Grease Packet
43	2	Short Cable	#	2	Hex Key

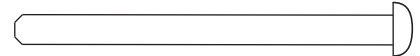
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

# PART IDENTIFICATION CHART

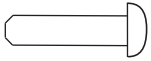
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



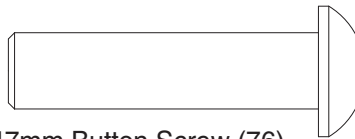
M4 x 12mm Flat Head Screw (58)



M4 x 50mm Screw (66)



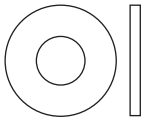
M4 x 16mm Screw (61)



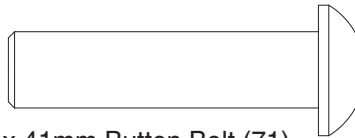
M10 x 47mm Button Screw (76)



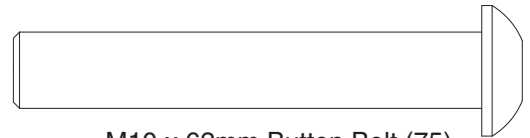
M10 x 51mm Button Bolt (74)



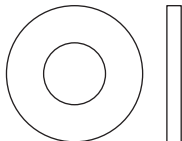
M6 Washer (60)



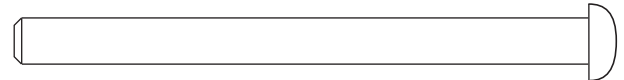
M10 x 41mm Button Bolt (71)



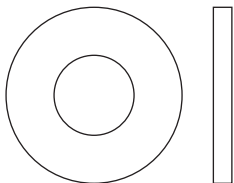
M10 x 62mm Button Bolt (75)



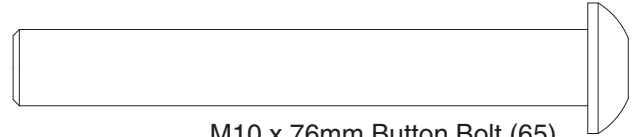
M8 Washer (54)



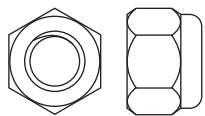
M6 x 76mm Screw (64)



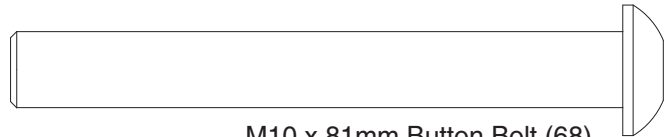
M10 Washer (59)



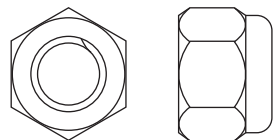
M10 x 76mm Button Bolt (65)



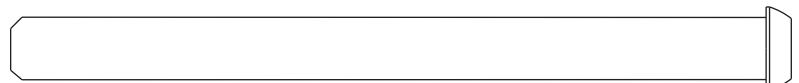
M8 Nylon Locknut (57)



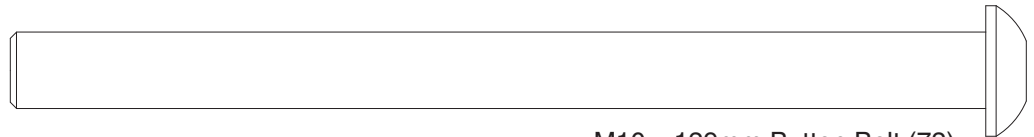
M10 x 81mm Button Bolt (68)



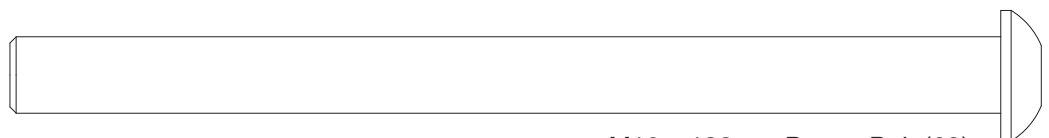
M10 Nylon Locknut (56)



M8 x 100mm Button Bolt (70)



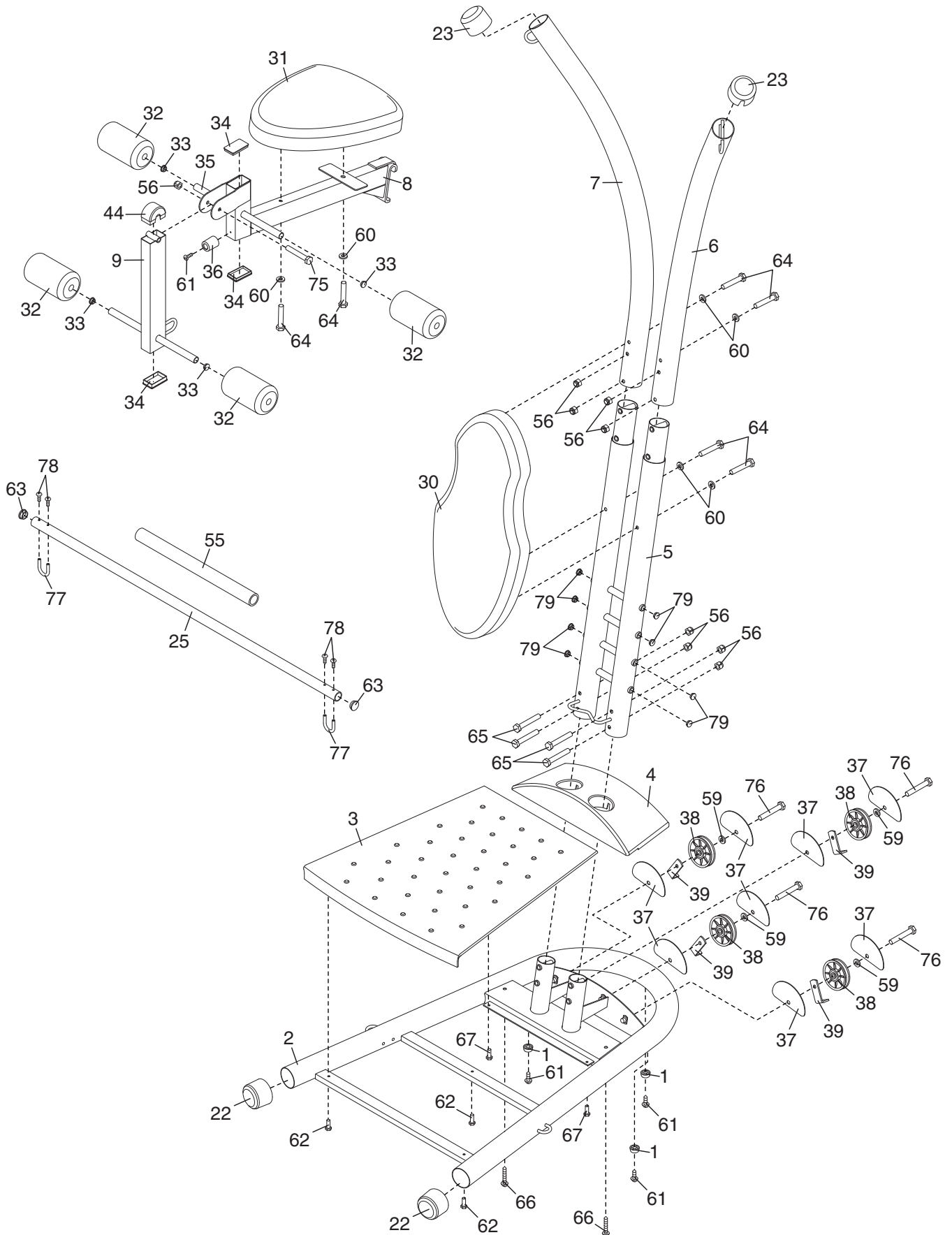
M10 x 129mm Button Bolt (72)



M10 x 132mm Button Bolt (69)

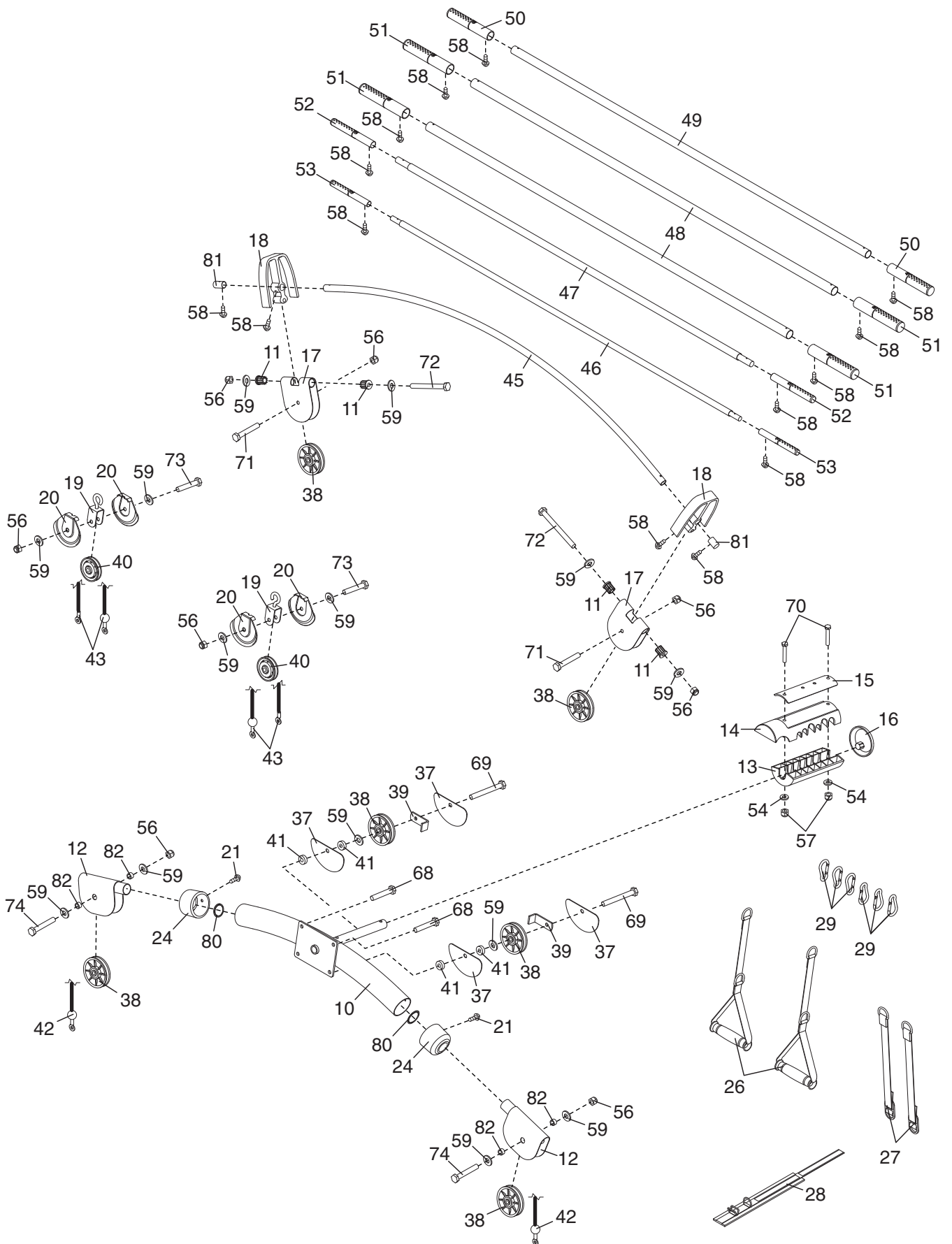
# EXPLODED DRAWING A—Model No. PFSY2925.0

R0805A



# EXPLODED DRAWING B—Model No. PFSY2925.0

R0805A



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# 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 (PFSY2925.0)
- the NAME of the product (PROFORM RECOIL resistance 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 five (5) years from the date of purchase. ICON warrants the resistance bars for the lifetime of the product. Shipping of the resistance bars is not covered. Labor is covered for one year. 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.

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