

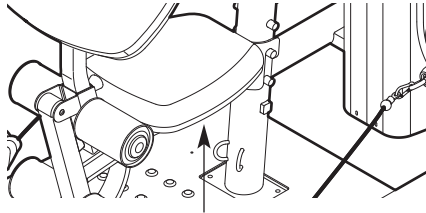
# PRO-FORM®

## FUSION 6.5 LX

Model No. PFSY6806.0

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

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



Serial Number Decal (Under Seat)

## USER'S MANUAL

### QUESTIONS?

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

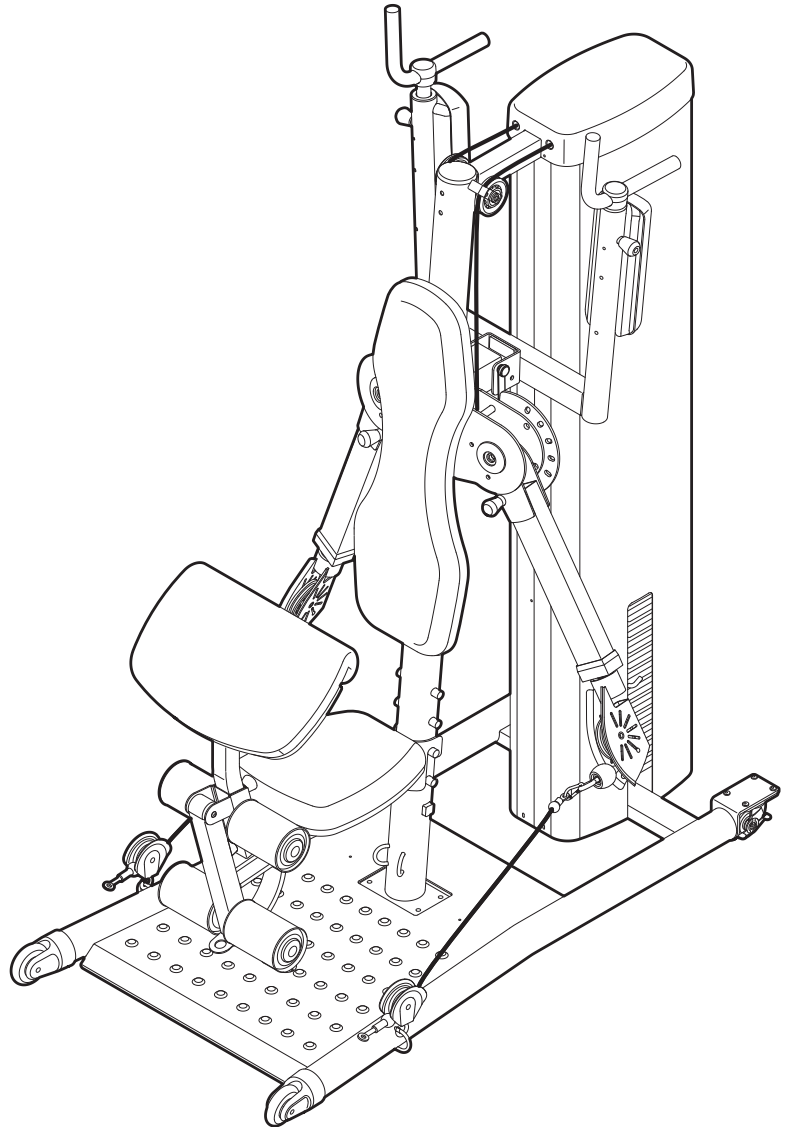
CALL TOLL-FREE:

**1-888-533-1333**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

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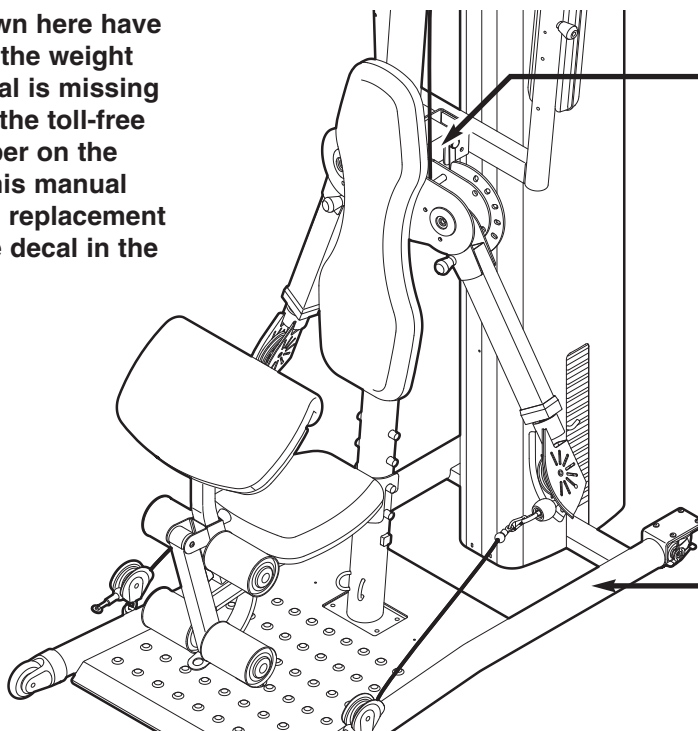
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system. If a decal is missing or illegible, 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**  
Keep hands and fingers clear of this area.

**⚠ 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 weight system.

1. Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight 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. Always stand on the base plate when performing an exercise that could cause the weight system to tip.
12. Never release the handles, leg lever, squat bar, ankle strap, or curl bar while weights are raised; the weights will fall with great force.
13. Do not use the weight system with the top weight pinned in an elevated position.
14. Use the weight system only with the included weight. Do not use the weight system with any other type weight to add resistance.
15. Always make sure that the pins and knobs are fully engaged before using the weight system.
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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

# BEFORE YOU BEGIN

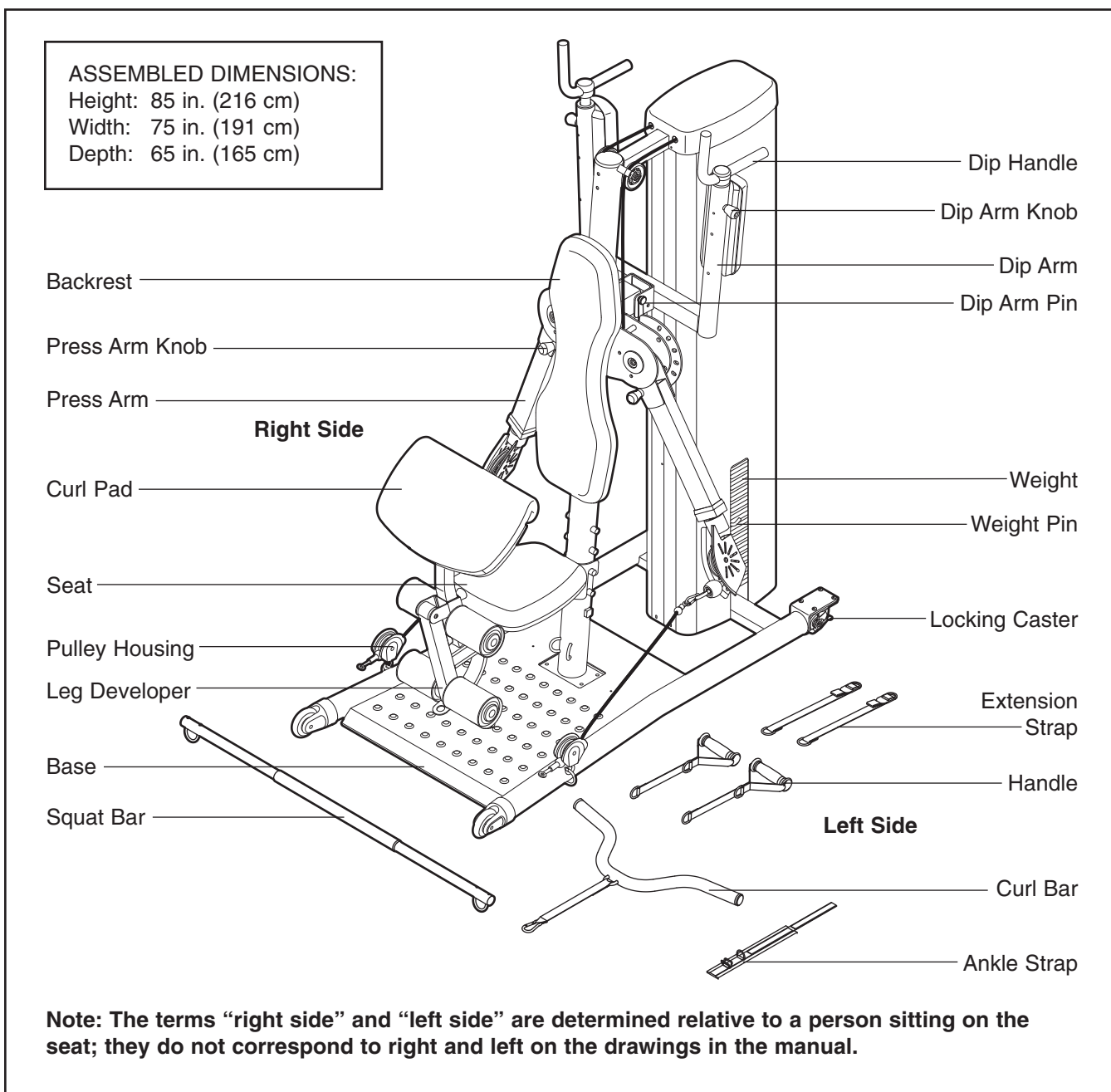
Thank you for selecting the versatile PROFORM® FUSION 6.5 LX weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

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

model number and serial number before contacting us. The model number is PFSY6806.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the weight system at [www.proformservice.com/registration](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 weight system can be assembled successfully by almost anyone. However, the weight system has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.



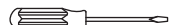

To hire an authorized service technician to assemble the weight system, call toll-free 1-800-445-2480.

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

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

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

In addition to the included grease packet and hex key , assembly may require the following tools (not included):

- 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.**

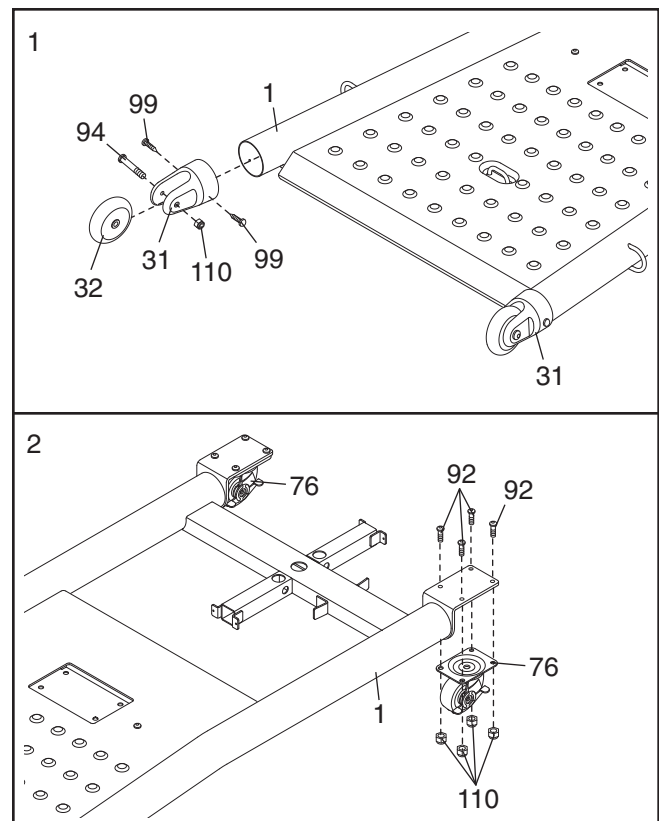
Attach a Wheel (32) to a Wheel Cap (31) with an M8 x 65mm Button Bolt (94) and an M8 Nylon Locknut (110). **Do not overtighten the Nylon Locknut; the Wheel must pivot easily.**

Attach the Wheel Cap (31) to the Base (1) with two M4 x 16mm Self-tapping Screws (99).

**Repeat this step with the other Wheel Cap (31).**

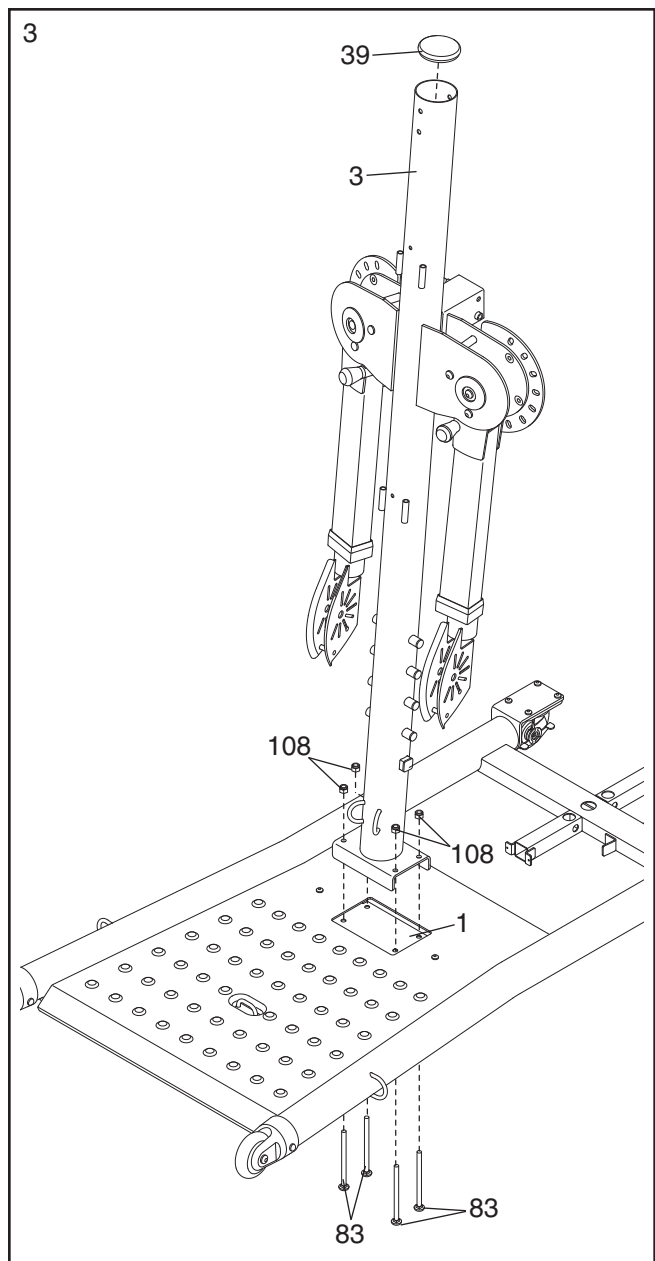
2. Attach a Locking Caster (76) to the Base (1) with four M8 x 20mm Button Bolts (92) and four M8 Nylon Locknuts (110).

**Repeat this step with the other Locking Caster (76).**



3. Press the 89mm Round Cap (39) into the Upright (3).

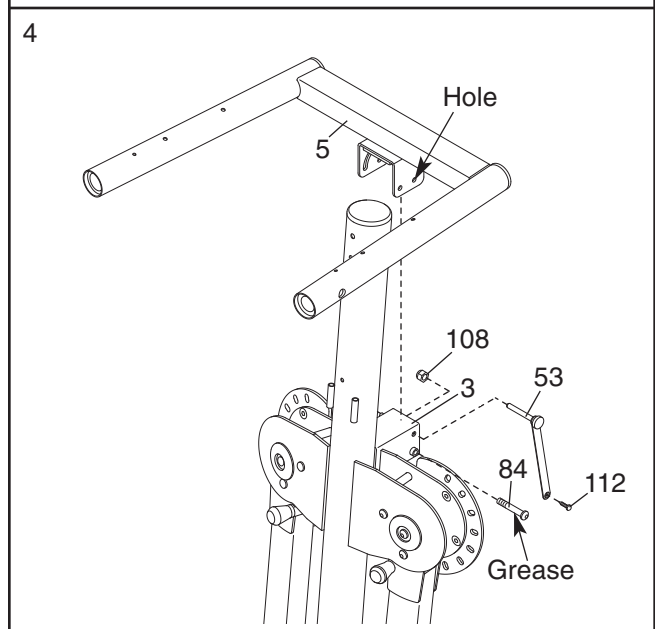
Insert four M10 x 55mm Carriage Bolts (83) up through the Base (1). **Note: Covering the bolt heads with a piece of tape may help hold them in place.** Attach the Upright (3) to the Base with the four Bolts and four M10 Nylon Locknuts (108). **Do not tighten the Nylon Locknuts yet.**



4. **Note: The parts in steps 7, 13, and 14 may come preassembled. If the Press Arm Cable (not shown) is preattached, make sure that it goes over the Dip Arm (5) as this step is completed.**

Apply grease to an M10 x 115mm Bolt (84). Attach the Dip Arm (5) to the Upright (3) with the Bolt and an M10 Nylon Locknut (108). **Make sure that the Bolt is inserted through the indicated hole in the Dip Arm. Do not overtighten the Nylon Locknut; the Dip Arm must pivot easily.**

Attach the Dip Arm Pin (53) to the Dip Arm (5) with an M4 x 13mm Self-tapping Screw (112). Insert the Pin into the Dip Arm and the Upright (3).





- Attach a Weight Guide (13) to the Base (1) with an M10 x 50mm Bolt (96), two M10 Washers (105), a 16mm x 6mm Spacer (11), and an M10 Nylon Locknut (108).

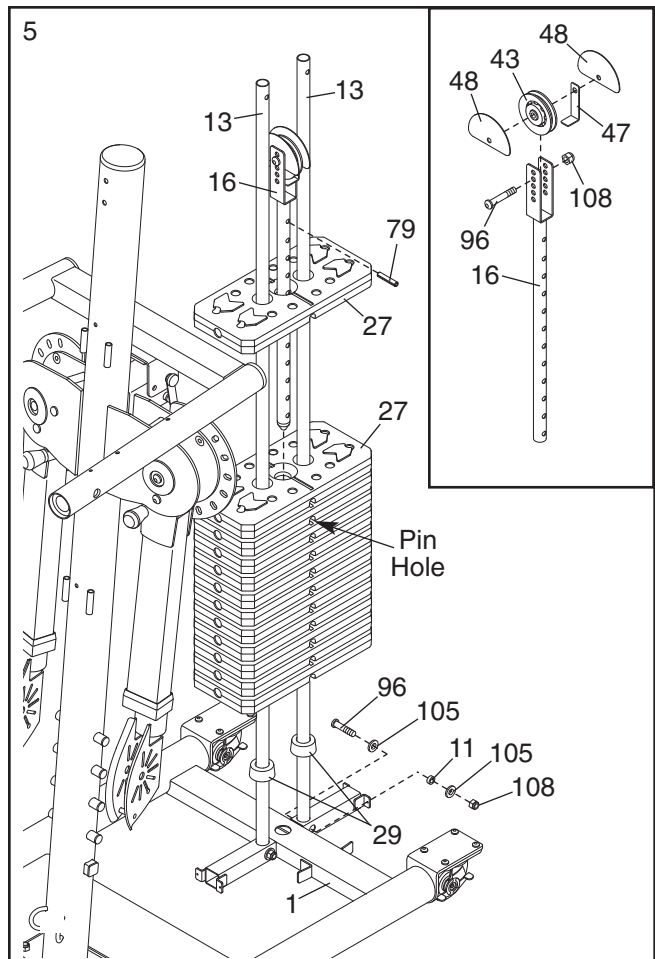
**Attach the other Weight Guide (13) to the Base (1) in the same manner.**

Slide two Weight Bumpers (29) onto the Weight Guides (13). Slide eleven Weights (27) onto the Weight Guides.

See the inset drawing. Attach a 3 1/2" Pulley (43), a Cable Trap (47), and two Half Guards (48) to the second hole from the top of the Weight Tube (16) with an M10 x 50mm Bolt (96) and an M10 Nylon Locknut (108). **Do not tighten the Nylon Locknut yet.**

Insert the Weight Tube (16) into the center hole in the twelfth Weight (27). Tap the Roll Pin (79) into the top hole in the Weight Tube. **Make sure that the Pin is underneath the Weight and is centered in the Weight Tube.**

Slide the Weight (27) onto the Weight Guides (13).



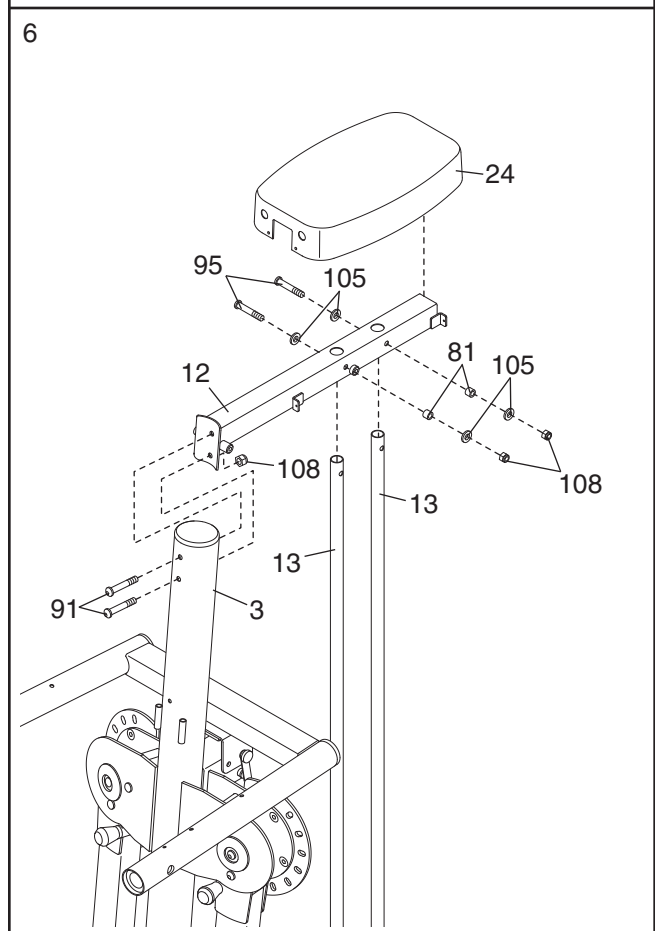
- Note: If the Press Arm Cable (not shown) has been routed through the Top Cover (24), make sure that the Cable crosses under the Top Frame (12) and hangs between the Weight Guides (13) while this step is completed.**

Attach the Top Frame (12) to the Weight Guides (13) with two M10 x 65mm Bolts (95), four M10 Washers (105), two 16mm x 12mm Spacers (81), and two M10 Nylon Locknuts (108). **Do not tighten the Nylon Locknuts.**

Attach the Top Frame (12) to the Upright (3) with two M10 x 100mm Button Bolts (91) and an M10 Nylon Locknut (108).

Set the Top Cover (24) over the Top Frame (12).

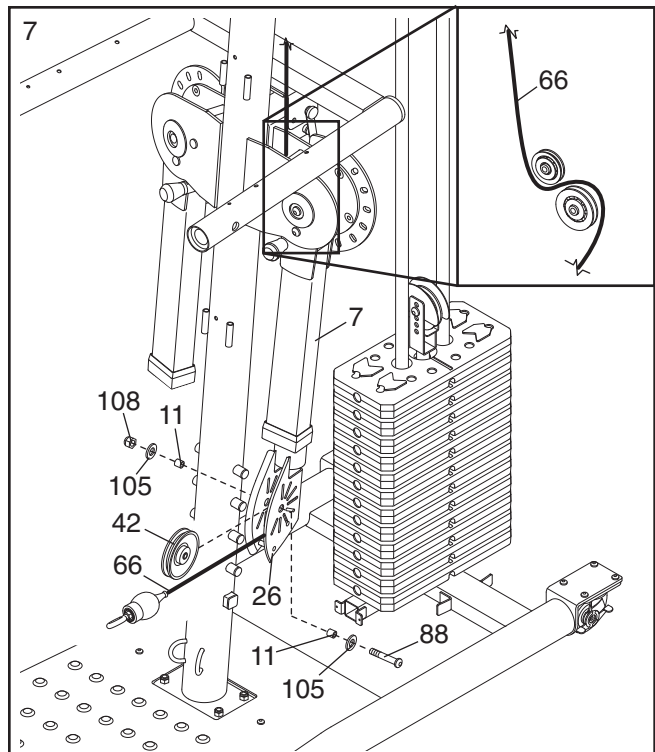
**Tighten the M10 Nylon Locknuts (108) used in steps 3 and 6.**



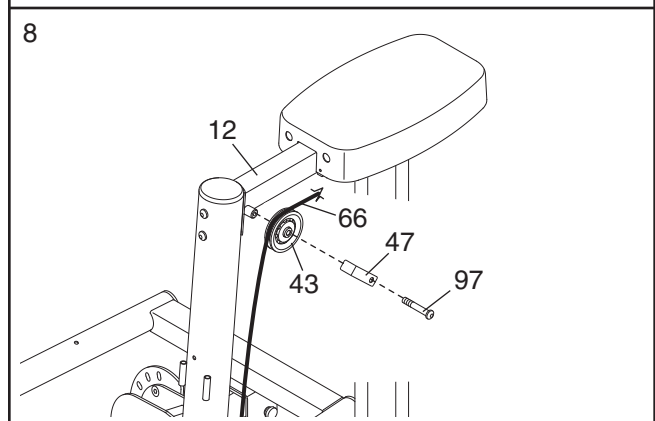
7. Refer to the **CABLE DIAGRAM** on page 17 to ensure correct cable routing during steps 7 through 14.

Use the wire in the Left Press Arm (7) to pull the Press Arm Cable (66) up through the Press Arm. **Make sure that the Cable is routed around the pulleys above the Press Arm as shown in the inset drawing.**

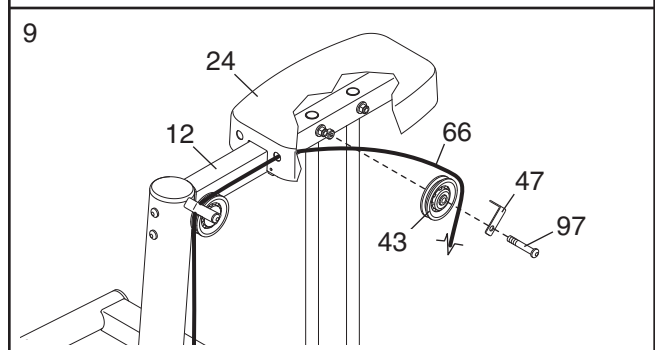
Hold a 4" Pulley (42) over the Press Arm Cable (66). Attach the Pulley inside the Swivel Arm (26) with an M10 x 50mm Button Bolt (88), two M10 Washers (105), two 16mm x 6mm Spacers (11), and an M10 Nylon Locknut (108).



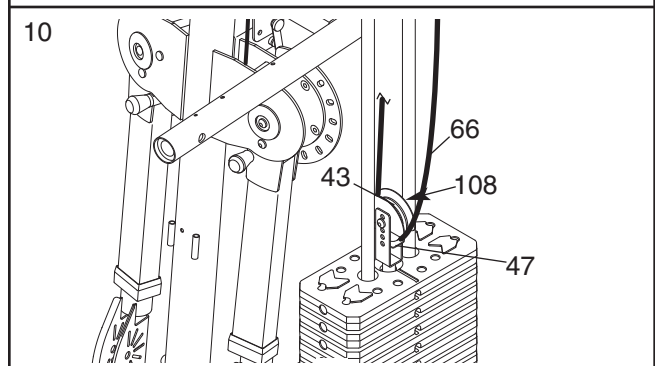
8. Route the Press Arm Cable (66) over a 3 1/2" Pulley (43). Attach the Pulley and a Cable Trap (47) to the Top Frame (12) with an M10 x 40mm Screw (97). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



9. Route the Press Arm Cable (66) through the Top Cover (24) and over a 3 1/2" Pulley (43). Attach the Pulley and a Cable Trap (47) to the Top Frame (12) with an M10 x 40mm Screw (97). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

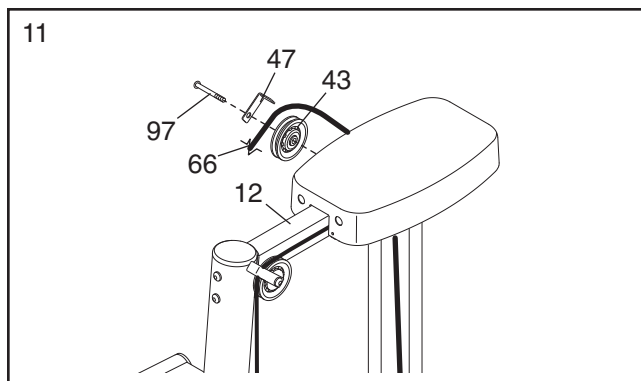


10. Route the Press Arm Cable (66) between the 3 1/2" Pulley (43) and the Cable Trap (47). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley. Tighten the M10 Nylon Locknut (108).**

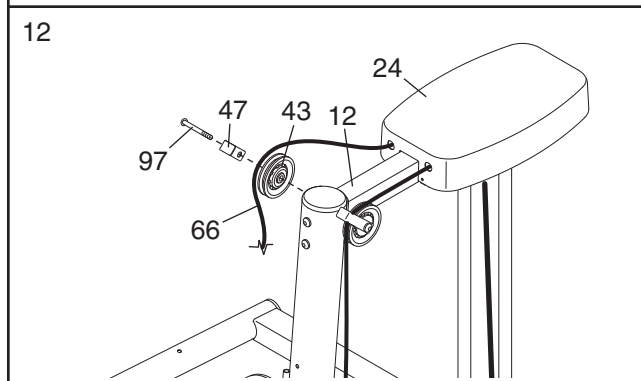




11. Route the Press Arm Cable (66) over a 3 1/2" Pulley (43). Attach the Pulley and a Cable Trap (47) to the Top Frame (12) with an M10 x 40mm Screw (97). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

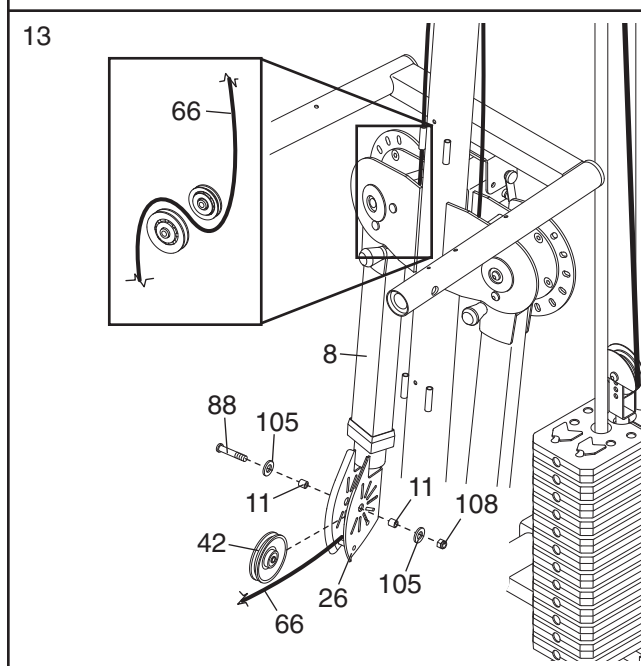


12. Route the Press Arm Cable (66) through the Top Cover (24) and over a 3 1/2" Pulley (43). Attach the Pulley and a Cable Trap (47) to the Top Frame (12) with an M10 x 40mm Screw (97). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



13. Use the wire in the Right Press Arm (8) to pull the Press Arm Cable (66) down through the Press Arm. **Make sure that the Cable is routed around the pulleys above the Press Arm as shown in the inset drawing.**

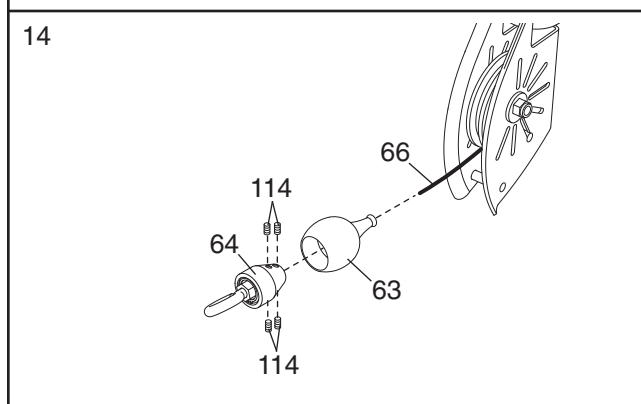
Hold a 4" Pulley (42) over the Press Arm Cable (66). Attach the Pulley inside the Swivel Arm (26) with an M10 x 50mm Button Bolt (88), two M10 Washers (105), two 16mm x 6mm Spacers (11), and an M10 Nylon Locknut (108).



14. Orient the Cable Cover (63) as shown and slide it onto the Press Arm Cable (66).

Insert the Press Arm Cable (66) into the Cable Coupler (64). Tighten four M6 x 10mm Set Screws (114) into the Cable Coupler to hold the Cable in place.

Slide the Cable Cover (63) over the Cable Coupler (64).

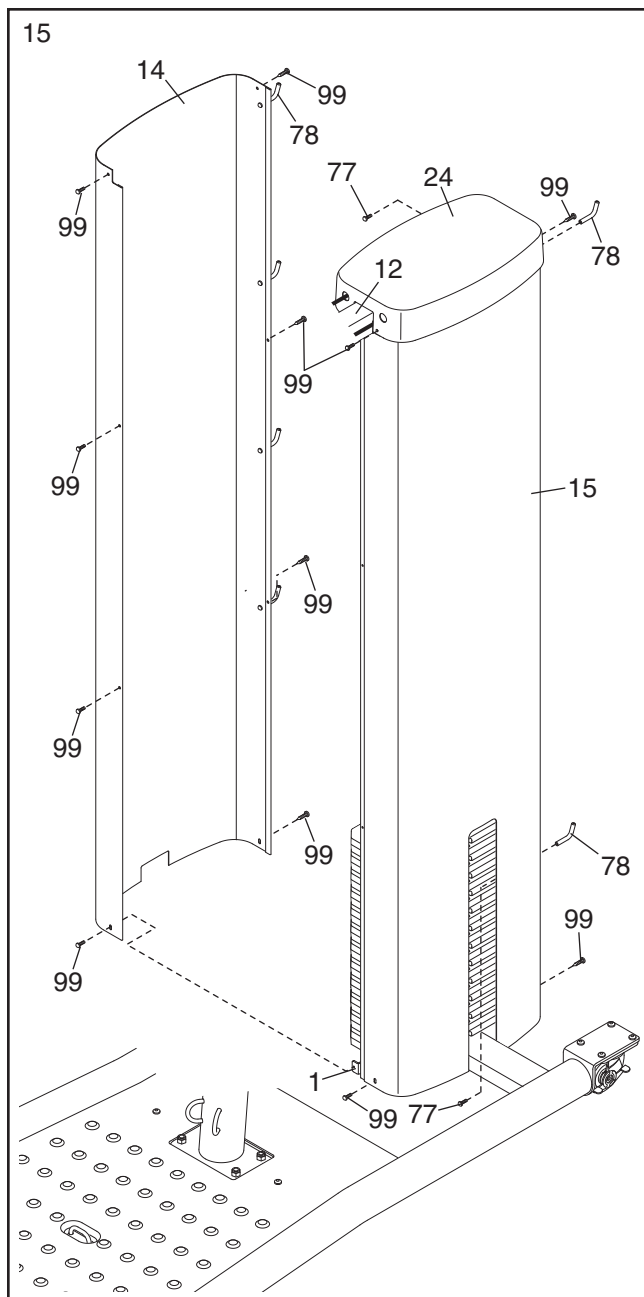


15. Attach two Storage Hooks (78) to the Left Shroud (15) with two M4 x 10mm Screws (77). Attach four Storage Hooks to the Right Shroud (14) in the same manner.

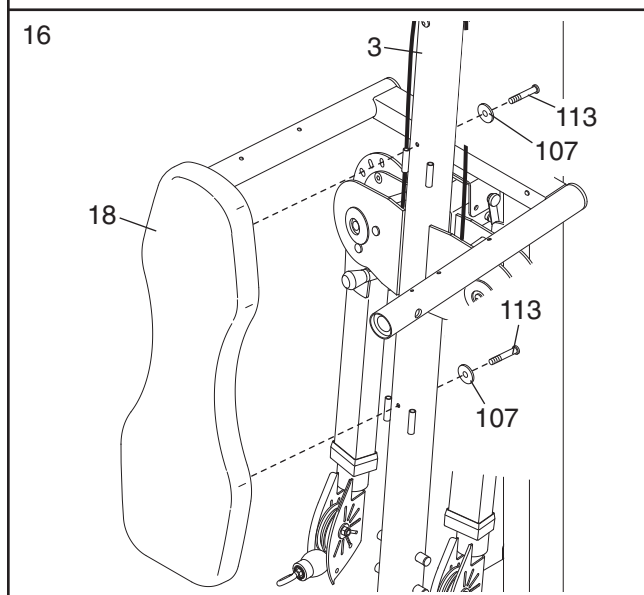
Slide the Left Shroud (15) under the Top Cover (24). Attach the Top Cover and the Left Shroud to the Top Frame (12) with two M4 x 16mm Self-tapping Screws (99).

Attach the Left Shroud (15) to the Base (1) with two M4 x 16mm Self-tapping Screws (99).

Attach the Right Shroud (14) to the Top Frame (12), Left Shroud (15), and the Base (1) with eight M4 x 16mm Self-tapping Screws (99).

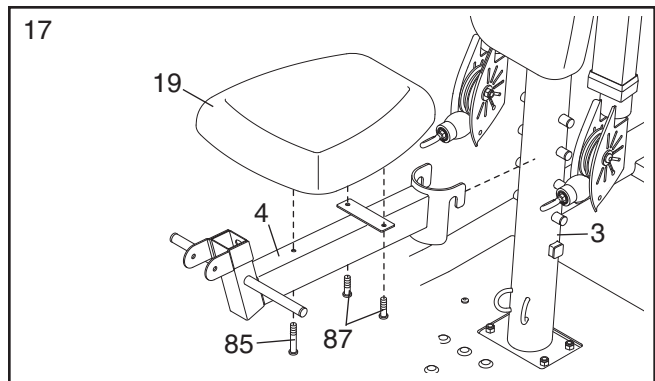


16. Attach the Backrest (18) to the Upright (3) with two M6 x 115mm Screws (113) and two M6 Washers (107).



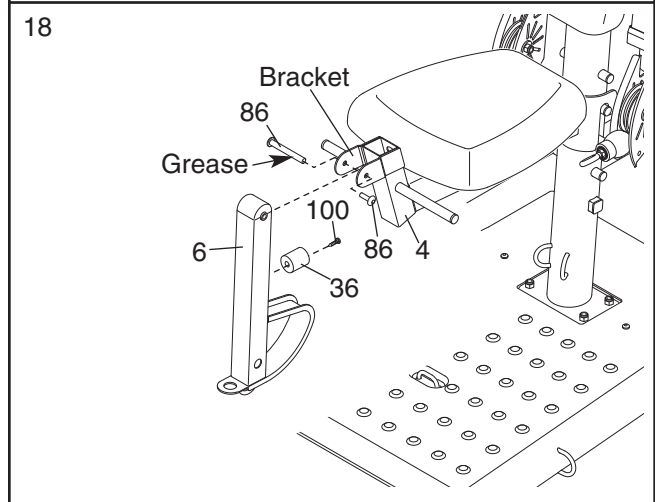
17. Attach the Seat (19) to the Seat Frame (4) with two M6 x 30mm Screws (87) and an M6 x 100mm Screw (85).

Set the Seat Frame (4) onto a set of posts on the Upright (3).



18. Attach the Bumper (36) to the Leg Developer (6) with an M4 x 19mm Self-tapping Screw (100).

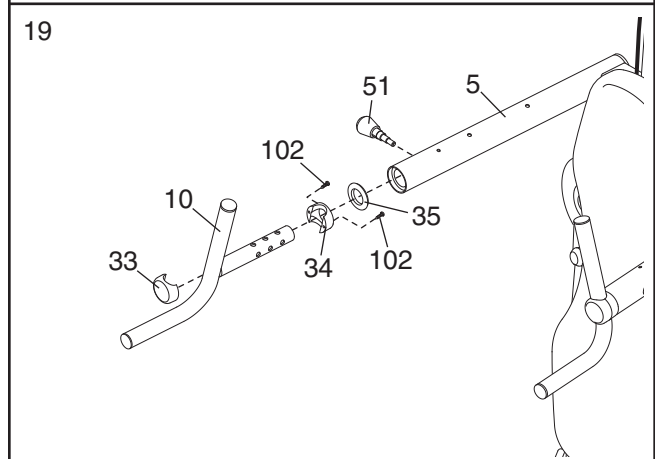
Apply grease to the barrel of a 2.5" Bolt Set (86). Attach the Leg Lever (6) to the Seat Frame (4) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg. Do not over-tighten the Bolt Set; the Leg Lever must pivot easily.**



19. Attach a Front and Rear Dip Cap (33, 34) around a Dip Handle (10) with two M3 x 32mm Self-tapping Screws (102).

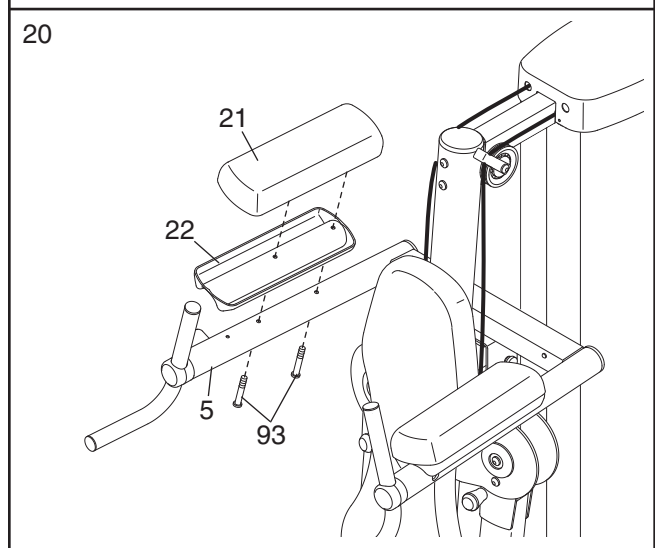
Tighten a Dip Arm Knob (51) into the Dip Arm (5). Pull the Knob out as far as it will go and insert the Dip Handle (10) through a Dip Arm Bushing (35) and into the Dip Arm. Engage the Knob into the Dip Handle.

**Repeat this step on the other side of the Dip Arm (5).**



20. Attach an Arm Pad (21) and an Arm Pad Base (22) to the Dip Arm (5) with two M6 x 70mm Screws (93).

**Repeat this step on the other side of the Dip Arm (5).**

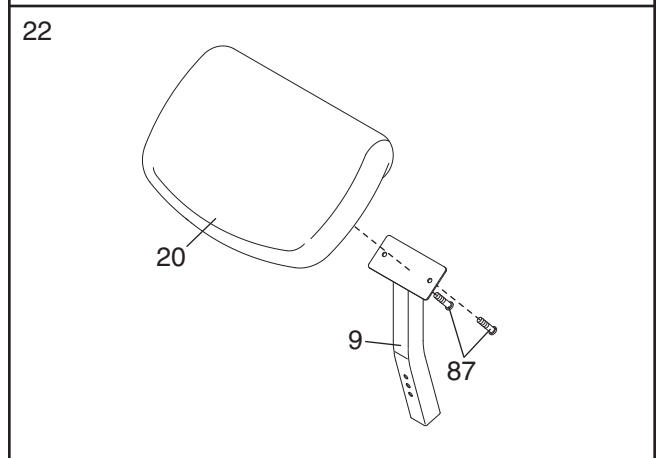
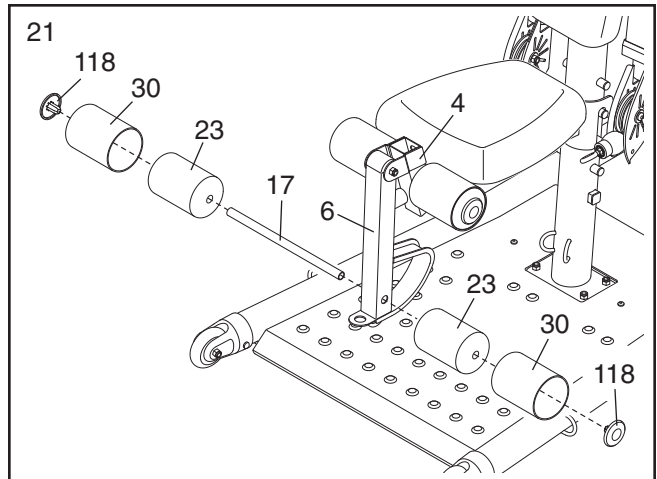


21. Insert a Pad Tube (17) into the Leg Developer (6). Next, slide two Leg Pads (23) onto the Pad Tube. Then, slide two Pad Covers (30) onto the Leg Pads, and press a 19mm Large Round Cap (118) into each Pad Cover.

**Repeat this step for the Seat Frame (4).**

22. Attach the Curl Pad (20) to the Curl Post (9) with two M6 x 30mm Screws (87).

23. Make sure that all parts are properly tightened before using the weight system. The use of the remaining parts will be explained in the ADJUSTMENTS section, beginning on the following page.



# ADJUSTMENTS

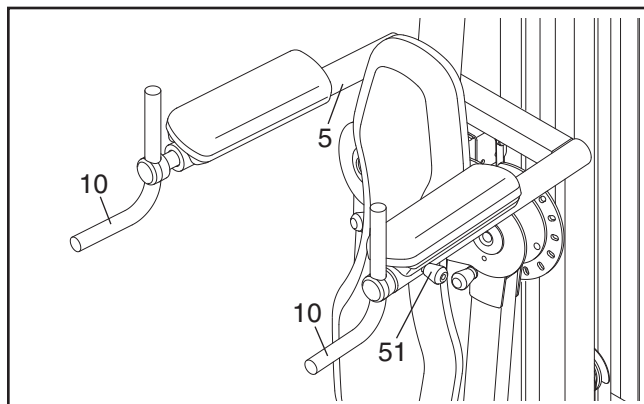
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 18 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

## ADJUSTING THE DIP HANDLES

The Dip Handles (10) can be moved to three different lengths in the Dip Arm (5), and rotated in 90-degree increments.

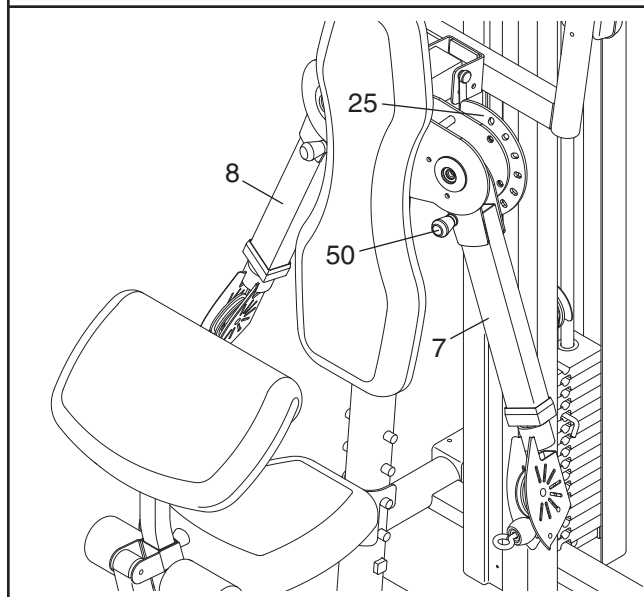
To adjust a Dip Handle (10), disengage the Dip Arm Knob (51) and move the Dip Handle to the desired position. Reengage the Dip Arm Knob into the Handle.



## ADJUSTING THE PRESS ARM

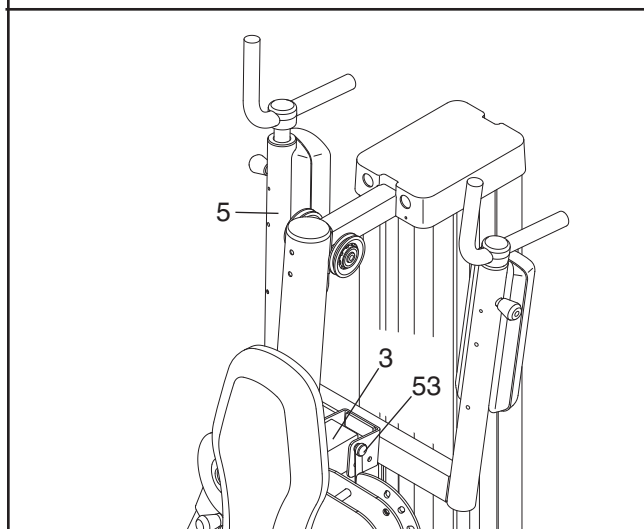
To adjust a Press Arm (7 or 8), first disengage the Press Arm Knob (50). Move the Press Arm to the desired position, and reengage the Knob into the Adjustment Plate (25).

**⚠ WARNING:** Always make sure that the Press Arm Knob (50) fully engages the Adjustment Plate (25) before you begin exercising.



## ADJUSTING THE DIP ARM

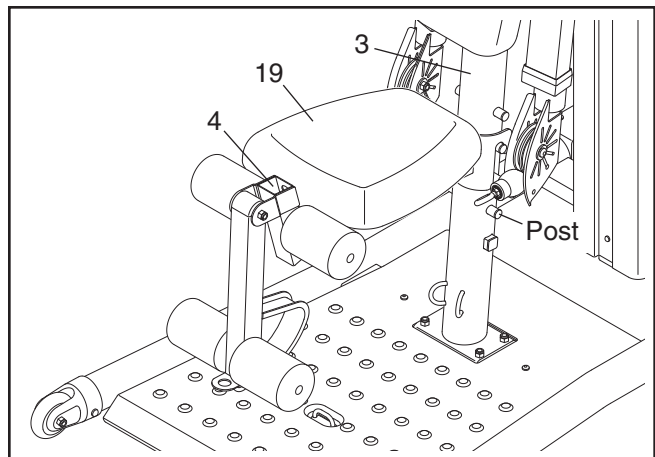
To adjust the Dip Arm (5), first make sure the press arms are in the lowered position (see ADJUSTING THE PRESS ARM above). Then, remove the Dip Arm Pin (53). Move the Dip Arm to the raised or lowered position. Reengage the Dip Pin into the Upright (3) and the Dip Arm.



## ADJUSTING THE SEAT

To adjust the height of the Seat (19), lift the Seat Frame (4) off the Upright (3). Set the Seat Frame onto a different set of posts on the Upright.

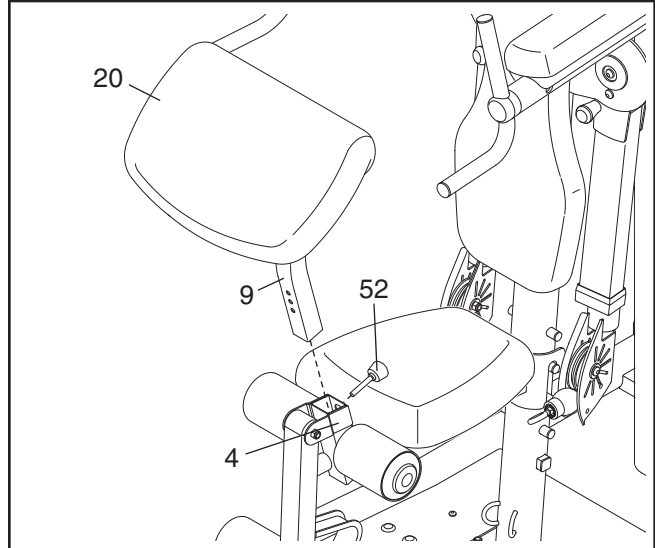
For some exercises, the Seat (19) should be removed from the weight system and stored where it will not interfere with the exercise.



## ATTACHING THE CURL PAD

To use the Curl Pad (20), insert the Curl Post (9) into the Seat Frame (4). Secure the Curl Post with the Curl Knob (52).

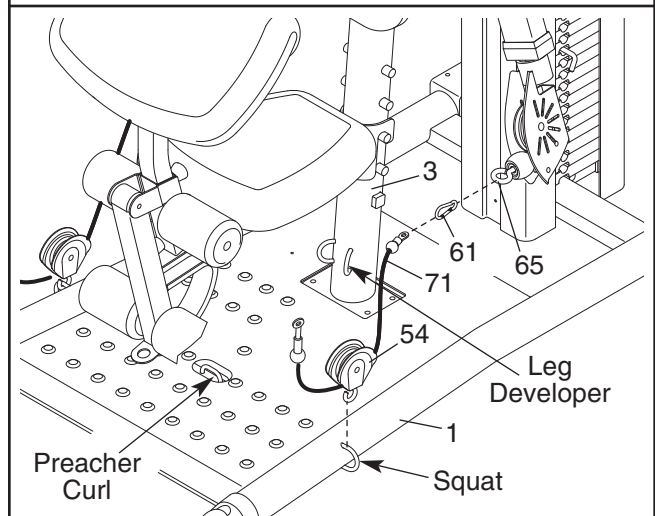
Store the Curl Pad (20) away from the weight system while performing exercises that do not require it.



## ATTACHING THE PULLEY HOUSINGS

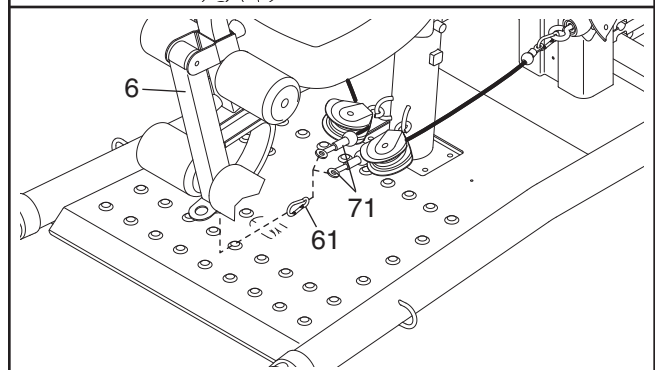
The Pulley Housings (54) can be attached to the Upright (3) (leg developer position), or to the Base (1) (squat position or preacher curl position).

To attach a Pulley Housing (54), slide the hook on the Pulley Housing onto the bracket at the desired position. Attach the Housing Cable (71) to the Eyehook (65) with a Clip (61).



## ATTACHING THE LEG DEVELOPER

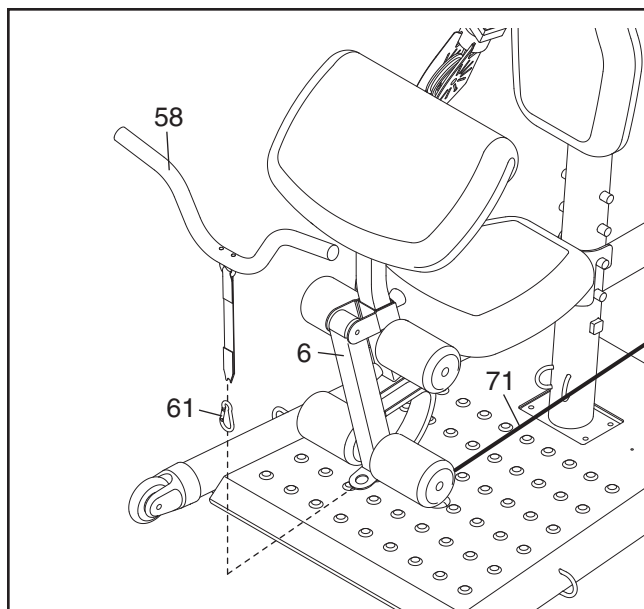
To use the Leg Developer (6), first move the press arms to the lowered position (see ADJUSTING THE PRESS ARM on page 13). Then, attach the pulley housings to the leg developer position (see ATTACHING THE PULLEY HOUSINGS above). Then, attach the Housing Cables (71) to the Leg Developer using a Clip (61).





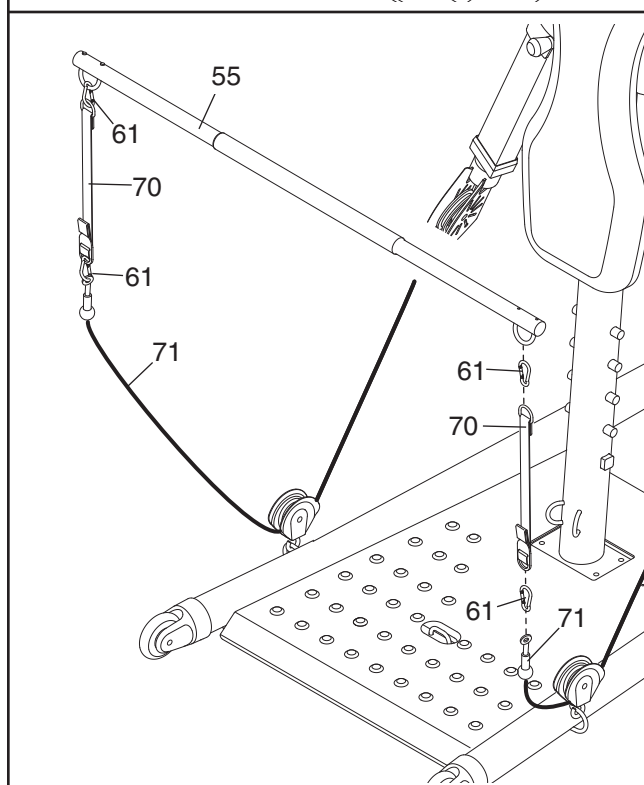
## ATTACHING THE CURL BAR

To use the Curl Bar (58), first attach the curl pad to the seat frame (see ATTACHING THE CURL PAD on page 14). Next, attach the pulley housings to the preacher curl position (see ATTACHING THE PULLEY HOUSINGS on page 14). Then, attach the Housing Cables (71) to the Leg Developer (6) with two Clips (not shown). Finally, attach the Curl Bar to the Leg Developer with a Clip (61).



## ATTACHING THE SQUAT BAR

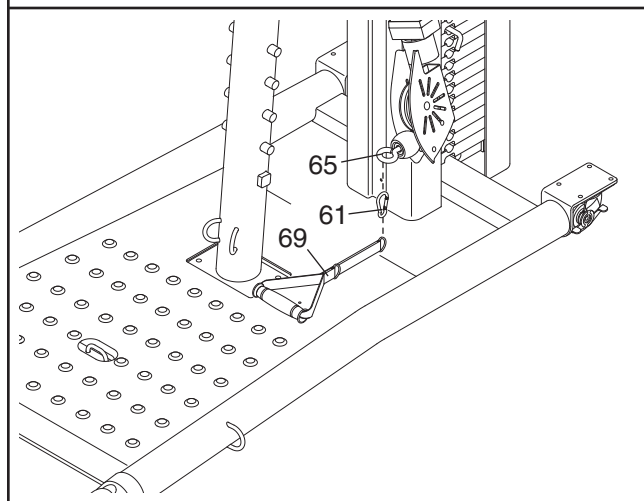
To use the Squat Bar (55), first remove the seat (see ADJUSTING THE SEAT on page 14). Then attach the pulley housings to the squat positions (see ATTACHING THE PULLEY HOUSINGS on page 14). Next, attach the Squat Bar to the Housing Cables (71) with four Clips (61) and the two Extension Straps (70). Finally, adjust the Extension Straps to the correct length.



## ATTACHING THE HANDLES

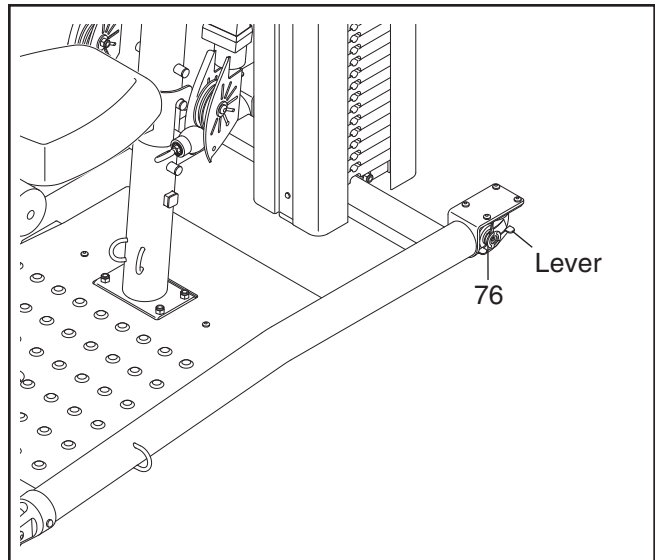
A Handle (69) can be attached to an Eyehook (65), or to a Housing Cable (not shown), with a Clip (61). For some exercises an Extension Strap (not shown) should be attached between the Eyehook or Cable and the Handle with two Clips. Adjust the Extension Strap to the correct length.

The Ankle Strap (not shown) can be attached in the same manner.



## MOVING THE WEIGHT SYSTEM

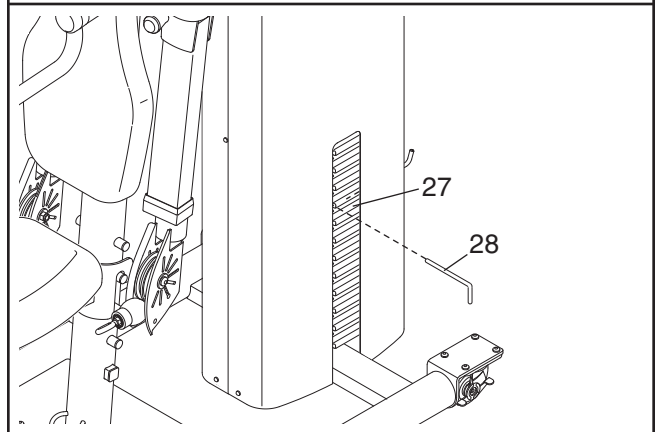
To move the weight system, step on the levers on the Locking Casters (76) to unlock the wheels. Move the weight system to the new location. Relock the wheels on the Locking Casters.



## CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert the Weight Pin (28) under the desired Weight (27). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

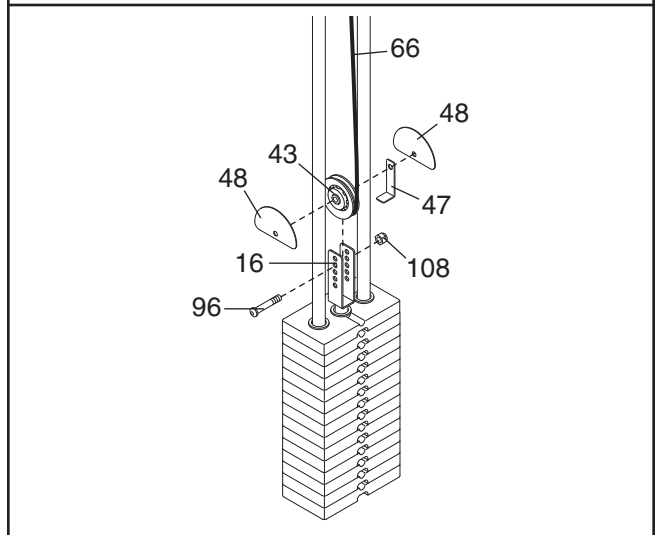
**Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 17 to find the approximate amount of resistance.**



## ADJUSTING THE CABLE

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cable before resistance is felt, the cables should be tightened.

To tighten the Press Arm Cable (66), remove the M10 x 50mm Bolt (96) from the Weight Tube (16). Reattach the 3 1/2" Pulley (43), the Cable Trap (47), and the two Finger Guards (48) to a lower hole in the Weight Tube with the Bolt and an M10 Nylon Locknut (108). **Make sure that the Cable Trap is oriented to hold the Press Arm Cable (66) in the groove of the Pulley.** To loosen the Cable, attach the Pulley to a higher hole in the Weight Tube.



# WEIGHT RESISTANCE CHART

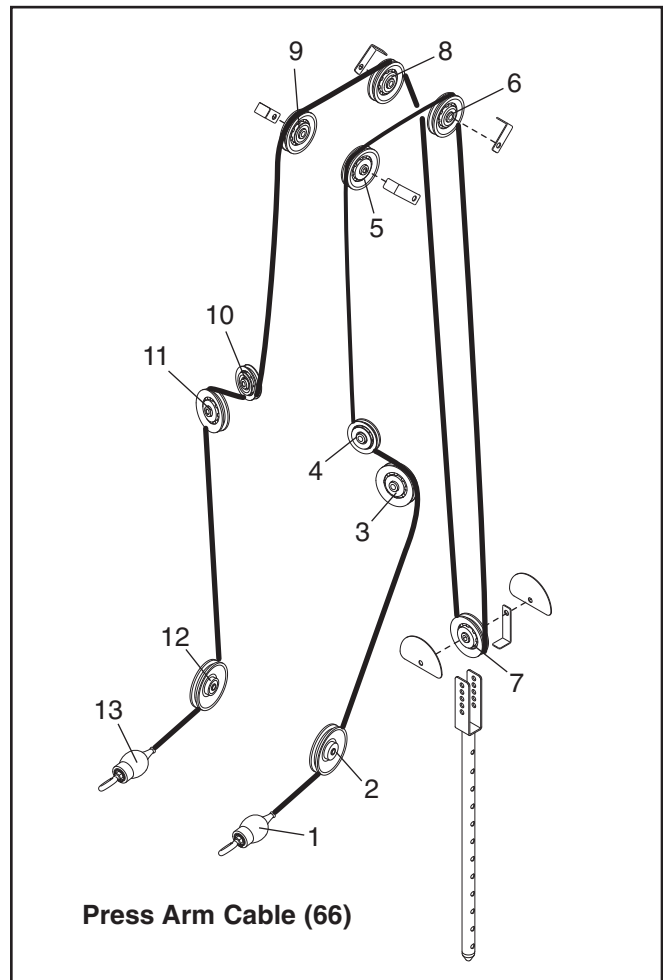
The chart below shows the approximate weight resistance for the 12.5 lb. weights. **Note: The actual resistance at each station may vary due to differences in individual weight plates and friction between the cables, pulleys, and weight guides.**

WEIGHT	1	2	3	4	5	6	7	8	9	10	11	12
Press Arm*	9	15	20	25	30	36	41	46	51	57	62	67
Leg Developer	20	30	42	50	65	73	92	97	108	125	137	144

\*The weight resistance shown is for each arm.

## CABLE DIAGRAM

The cable diagram shows the proper routing of the Press Arm Cable (66). Use the diagram to make sure that the Cable and the cable traps have been assembled correctly. If the Cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the Cable. **Make sure that the cable traps do not touch or bind the Cable.**



---

# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

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

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

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

### Toning

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

### Weight Loss

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

### Cross Training

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

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

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

## PERSONALIZING YOUR EXERCISE PROGRAM

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

### WORKING OUT

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

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

### EXERCISE FORM

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

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

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

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

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

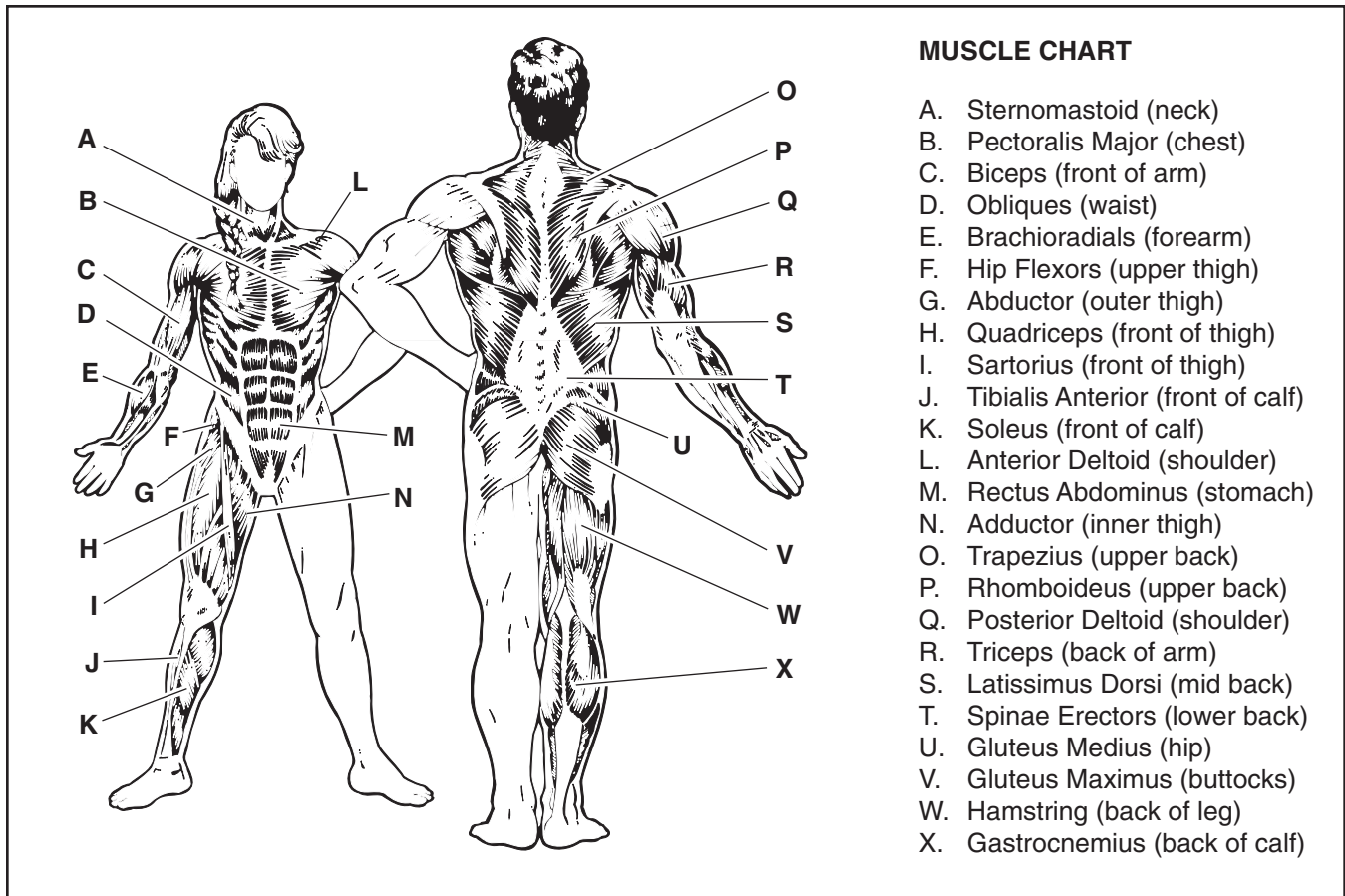
### COOLING DOWN

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

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

### STAYING MOTIVATED

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



# PART LIST—Model No. PFSY6806.0

R0906A

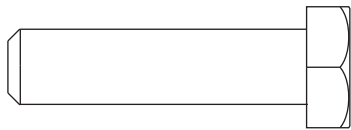
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	63	2	Cable Cover
2	1	Base Plate	64	2	Cable Coupler
3	1	Upright	65	2	Eyehook
4	1	Seat Frame	66	1	Press Arm Cable
5	1	Dip Arm	67	8	19mm Round Inner Cap
6	1	Leg Developer	68	1	Right Retainer Ring
7	1	Left Press Arm	69	2	Handle
8	1	Right Press Arm	70	2	Extension Strap
9	1	Curl Post	71	2	Housing Cable
10	2	Dip Handle	72	4	Pivot Pulley Bearing
11	6	16mm x 6mm Spacer	73	1	Left Retainer Ring
12	1	Top Frame	74	8	16mm x 19mm Spacer
13	2	Weight Guide	75	2	Cable Bearing
14	1	Right Shroud	76	2	Locking Caster
15	1	Left Shroud	77	6	M4 x 10mm Screw
16	1	Weight Tube	78	6	Storage Hook
17	1	Pad Tube	79	1	Roll Pin
18	1	Backrest	80	2	Press Arm Bushing
19	1	Seat	81	2	16mm x 12mm Spacer
20	1	Curl Pad	82	1	Bar Hook
21	2	Arm Pad	83	4	M10 x 55mm Carriage Bolt
22	2	Arm Pad Base	84	1	M10 x 115mm Bolt
23	4	Leg Pad	85	1	M6 x 100mm Screw
24	1	Top Cover	86	1	2.5" Bolt Set
25	2	Adjustment Plate	87	4	M6 x 30mm Screw
26	2	Swivel Arm	88	2	M10 x 50mm Button Bolt
27	12	Weight	89	4	M10 x 90mm Button Bolt
28	1	Weight Pin	90	4	M12 x 30mm Button Bolt
29	2	Weight Bumper	91	2	M10 x 100mm Button Bolt
30	4	Pad Cover	92	14	M8 x 20mm Button Bolt
31	2	Wheel Cap	93	4	M6 x 70mm Bolt
32	2	Wheel	94	2	M8 x 65mm Button Bolt
33	2	Front Dip Cap	95	2	M10 x 65mm Bolt
34	2	Rear Dip Cap	96	3	M10 x 50mm Bolt
35	2	Dip Arm Bushing	97	4	M10 x 40mm Screw
36	1	Bumper	98	2	M10 x 45mm Button Bolt
37	2	57mm Round Inner Cap	99	16	M4 x 16mm Self-tapping Screw
38	1	Leg Developer Cap	100	3	M4 x 19mm Self-tapping Screw
39	1	89mm Round Cap	101	2	M5 x 16mm Bolt
40	2	Press Arm Cap	102	4	M3 x 32mm Self-tapping Screw
41	2	Trunnion	103	4	M3 x 38mm Self-tapping Screw
42	2	4" Pulley	104	2	Inner Snap Ring
43	7	3 1/2" Pulley	105	12	M10 Washer
44	4	2 3/4" Pulley	106	2	M5 Washer
45	2	45mm x 3mm Spacer	107	2	M6 Washer
46	4	Finger Guard	108	19	M10 Nylon Locknut
47	5	Cable Trap	109	2	M10 Nylon Jamnut
48	2	Half Guard	110	16	M8 Nylon Locknut
49	4	M12 Locknut	111	4	38mm x 8mm Spacer
50	2	Press Arm Knob	112	1	M4 x 13mm Self-tapping Screw
51	2	Dip Arm Knob	113	2	M6 x 115mm Screw
52	1	Curl Knob	114	8	M6 x 10mm Set Screw
53	1	Dip Arm Pin	115	1	76mm Square Inner Cap
54	2	Pulley Housing	116	2	Outer Snap Ring
55	1	Squat Bar	117	2	M10 Nut
56	1	Bar Grip	118	4	19mm Large Round Cap
57	8	32mm Round Inner Cap	#	-	User's Manual
58	1	Curl Bar	#	-	Exercise Guide
59	1	Ankle Strap	#	-	Hex Key
60	2	19mm Square Inner Cap			
61	6	Clip			
62	1	Weight Tube Bumper			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

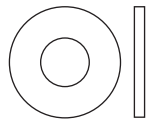


# PART IDENTIFICATION CHART

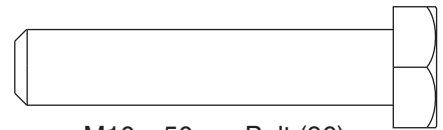
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



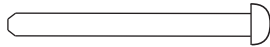
M10 x 40mm Screw (97)



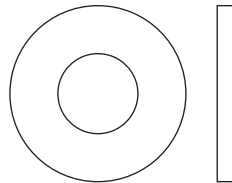
M6 Washer (107)



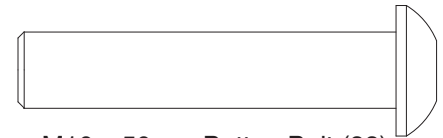
M10 x 50mm Bolt (96)



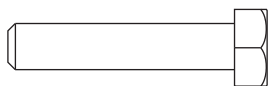
M3 x 32mm Screw (102)



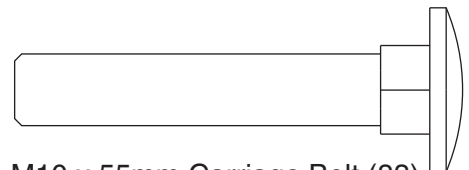
M10 Washer (105)



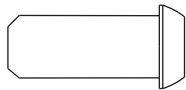
M10 x 50mm Button Bolt (88)



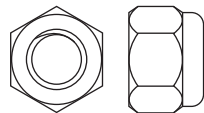
M6 x 30mm Screw (87)



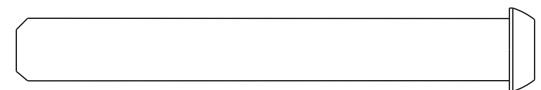
M10 x 55mm Carriage Bolt (83)



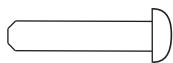
M8 x 20mm Button Bolt (92)



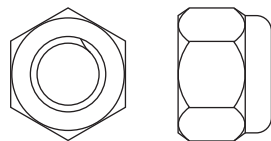
M8 Nylon Locknut (110)



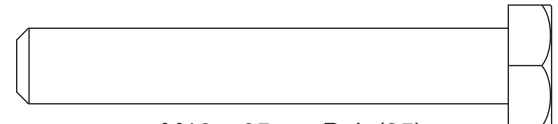
M8 x 65mm Button Bolt (94)



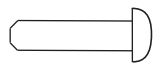
M4 x 19mm Self-tapping Screw (100)



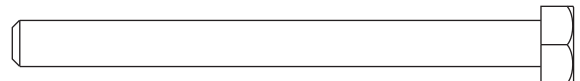
M10 Nylon Locknut (108)



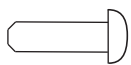
M10 x 65mm Bolt (95)



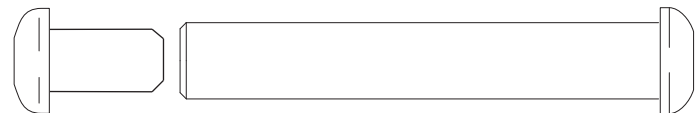
M4 x 16mm Self-tapping Screw (99)



M6 x 70mm Screw (93)



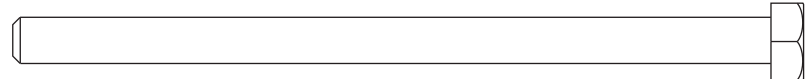
M4 x 13mm Self-tapping Screw (112)



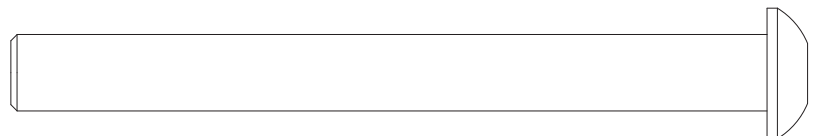
2.5" Bolt Set (86)



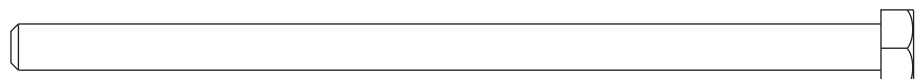
M6 x 10mm Set Screw (114)



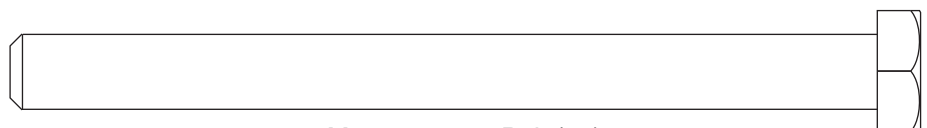
M6 x 100mm Screw (85)



M10 x 100mm Button Bolt (91)



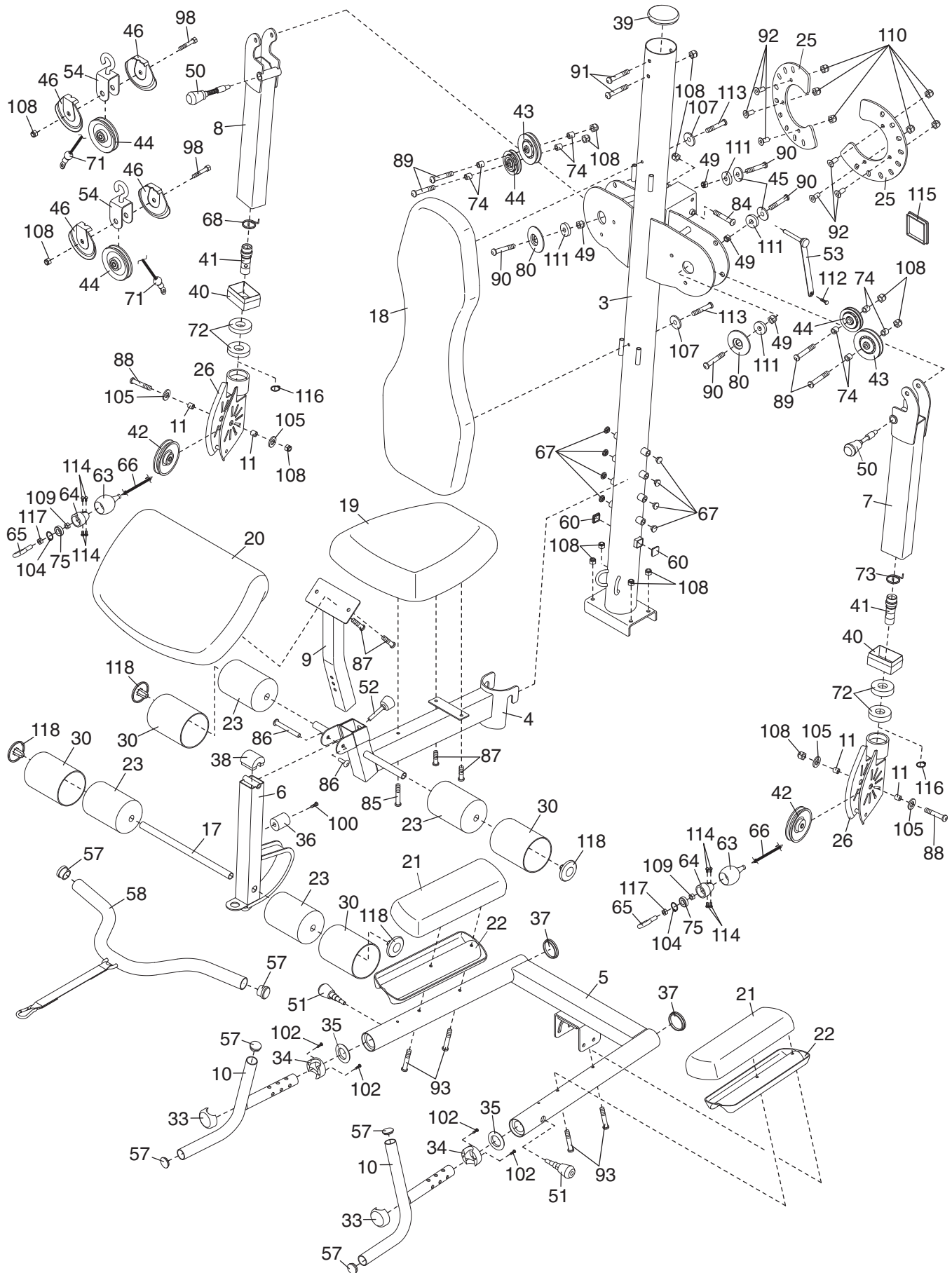
M6 x 115mm Screw (113)



M10 x 115mm Bolt (84)

# EXPLODED DRAWING A—Model No. PFSY6806.0

R0906A





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# ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFSY6806.0)
- the NAME of the product (PROFORM FUSION 6.5 LX weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

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