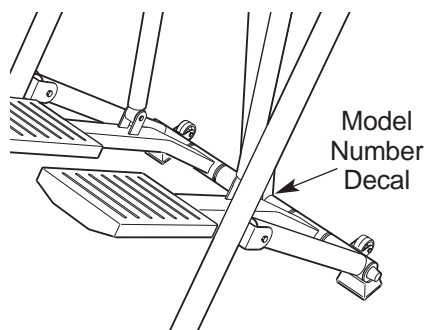


# PRO-FORM<sup>®</sup> ProStep<sup>™</sup> 220

Model No. PFST12020



## QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

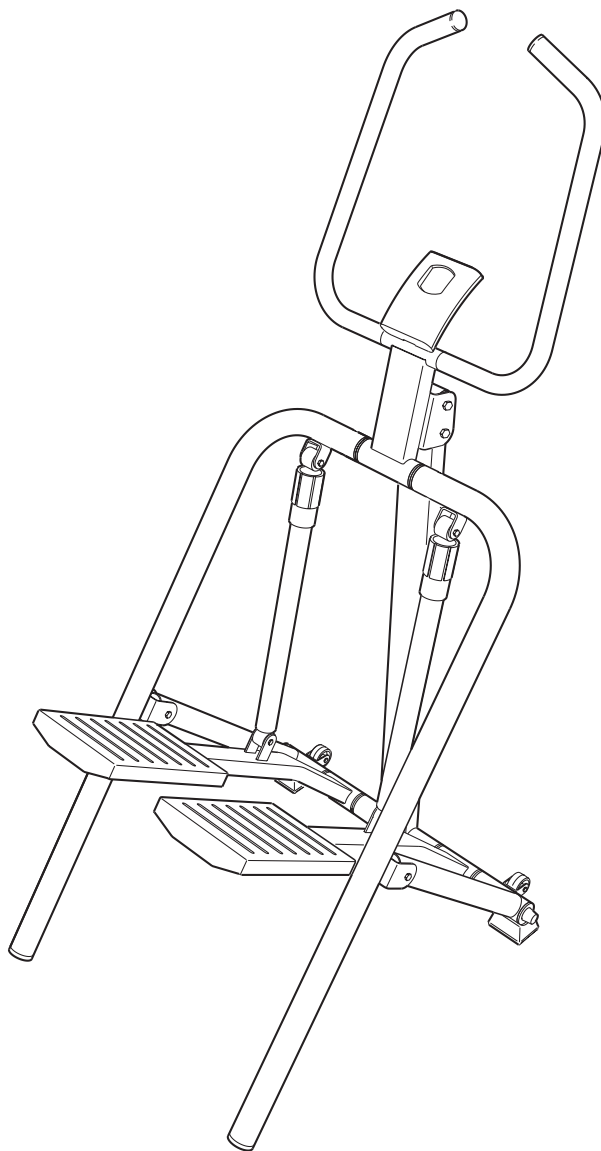
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

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. Keep this manual for future reference.

## USER'S MANUAL



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## IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the stepper. Use the stepper only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. The stepper is intended for home use only. Do not use the stepper in a commercial, rental, or institutional setting.
4. Use the stepper indoors on a level surface. Keep the stepper away from moisture and dust. Place a mat under the stepper to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the stepper at all times.
7. Wear suitable clothing when exercising; do not wear loose clothing that could become caught on the stepper. Always wear athletic shoes for foot protection.
8. The stepper should not be used by persons weighing more than 250 pounds.
9. Always keep your back straight while using the stepper; do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The resistance cylinders become hot during use. Allow the resistance cylinders to cool before touching them.
12. The decals shown on page 3 have been placed on the stepper. If a decal is missing or illegible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.

**⚠ 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.

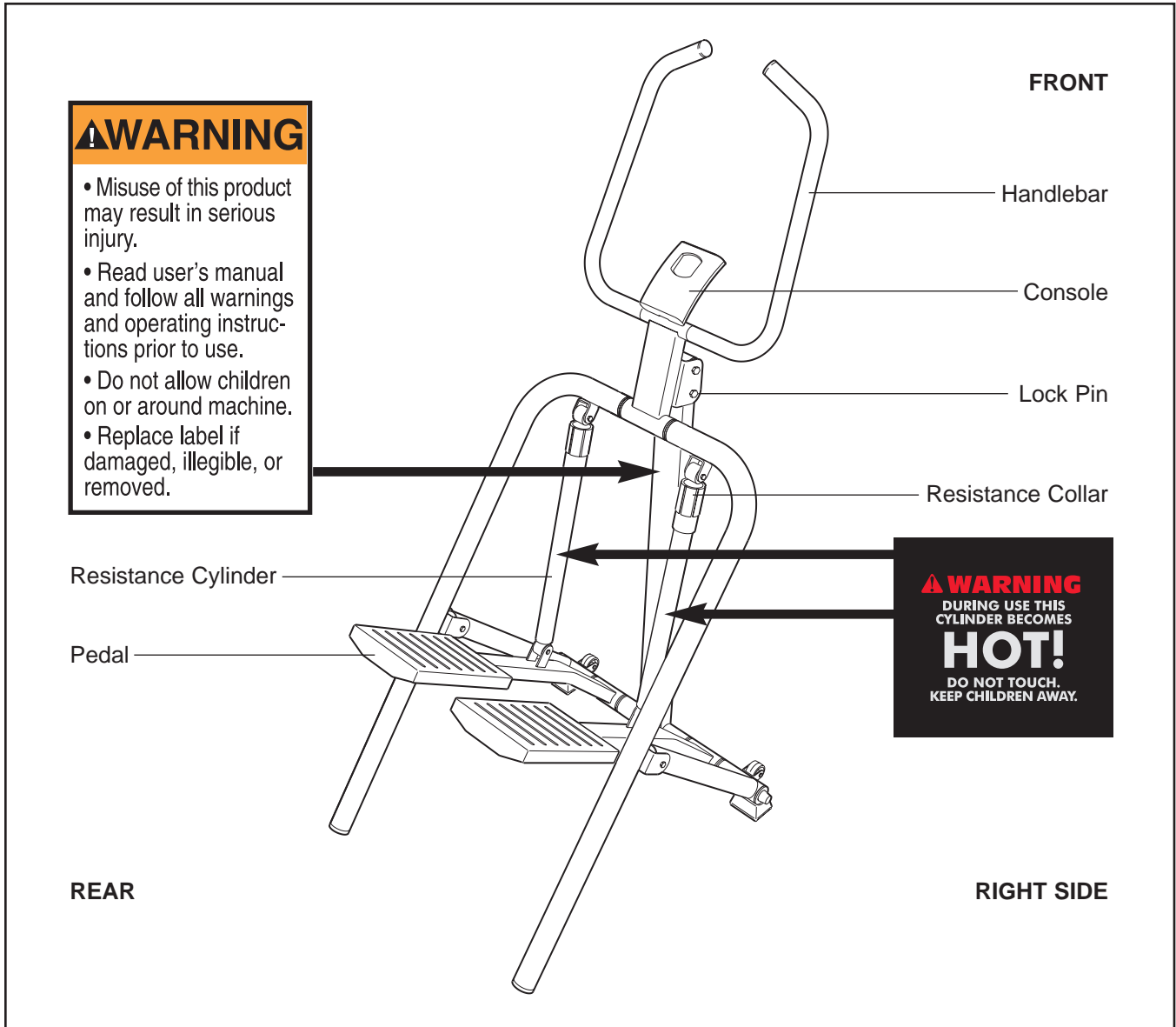
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® PROSTEP 220 stepper. Stepping is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PROSTEP 220 is designed to let you enjoy this healthful exercise in the convenience of your home.

**For your benefit, read this manual carefully before you use the stepper.** If you have questions after reading this manual, 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, mention the product model number and serial number when calling. The model number is PFST12020. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

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



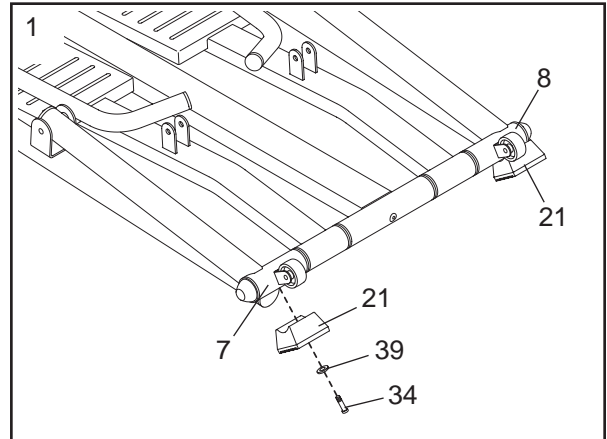
# ASSEMBLY

Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**

**Assembly requires only the included tools.**

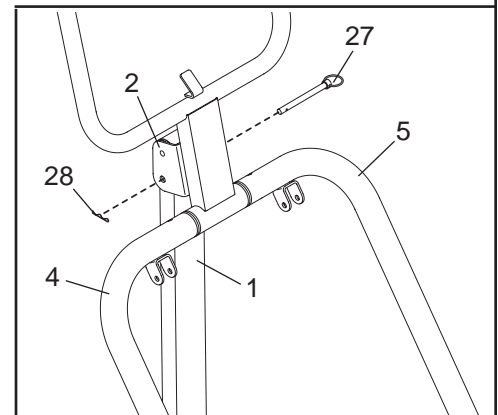
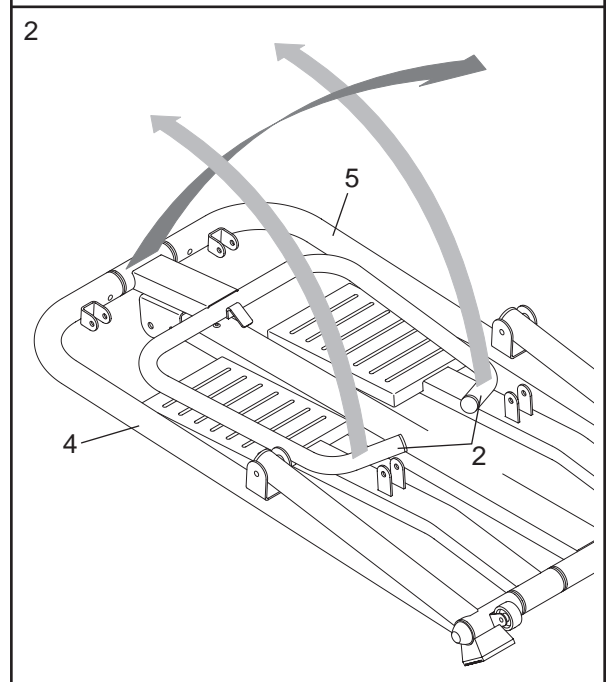
1. Attach a Foot (21) to the Left Pivot Arm (7) with an M5 x 25mm Screw (34) and an M5 Washer (39).

Attach the other Foot (21) to the Right Pivot Arm (8) in the same way.



2. Raise the Left and Right Legs (4, 5) and the Handlebar (2) until they are in the position shown in the inset drawing.

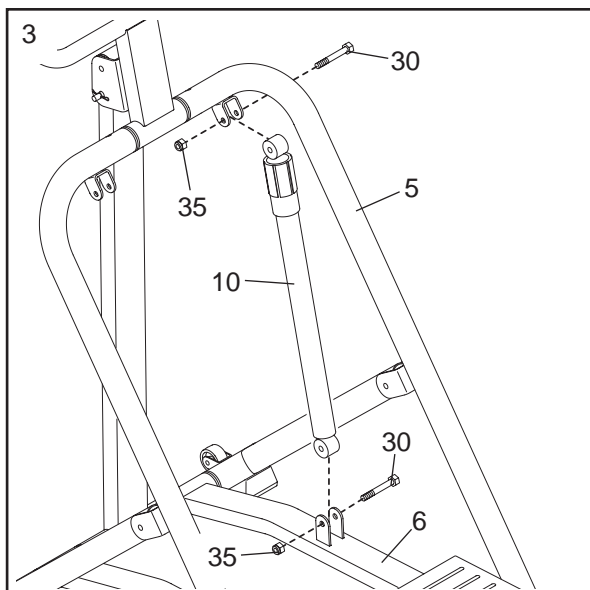
Refer to the inset drawing. Insert the Lock Pin (27) into the bracket on the Handlebar (2) and the hole near the upper end of the Leg (1). Insert the Spring Clip (28) into the end of the Lock Pin. **Do not use the stepper without the Spring Clip inserted into the Lock Pin.**



3. Attach the indicated end of a Resistance Cylinder (10) to the upper bracket on the Right Leg (5) with an M8 x 38mm Bolt (30) and an M8 Nylon Locknut (35).

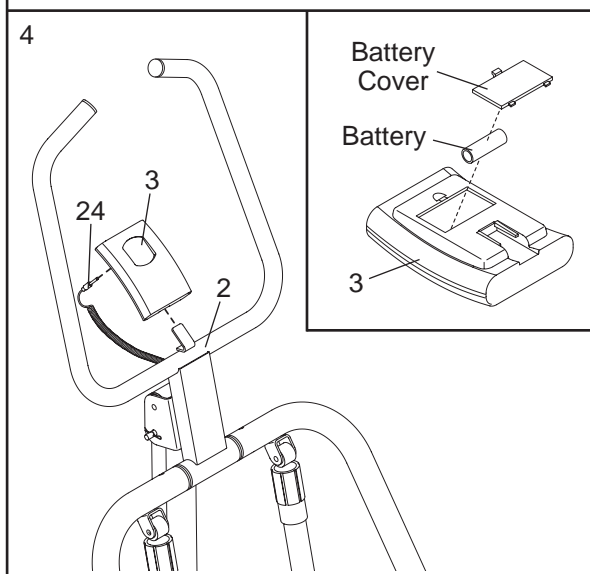
Attach the lower end of the Resistance Cylinder (10) to the bracket on the right Pedal Leg (6) with an M8 x 38mm Bolt (30) and an M8 Nylon Locknut (35).

Attach the other Resistance Cylinder (not shown) to the left side of the stepper in the same way.



4. Refer to the inset drawing. The Console (3) requires one "AA" battery (not included); an alkaline battery is recommended. To install a battery, turn the Console over, remove the battery cover, and insert the battery into the battery clip (not shown). **Make sure that the negative end of the battery (marked "—") is touching the spring in the battery clip.** Reattach the battery cover.

Plug the Reed Wire (24) into the back of the Console (3). Slide the Console onto the metal tab on the Handlebar (2).



5. **Make sure that all parts are properly tightened before you use the stepper.** After assembly is completed, some extra parts may be left over. Place a mat under the stepper to protect the floor.

# HOW TO OPERATE THE STEPPER

## HOW TO EXERCISE ON THE STEPPER

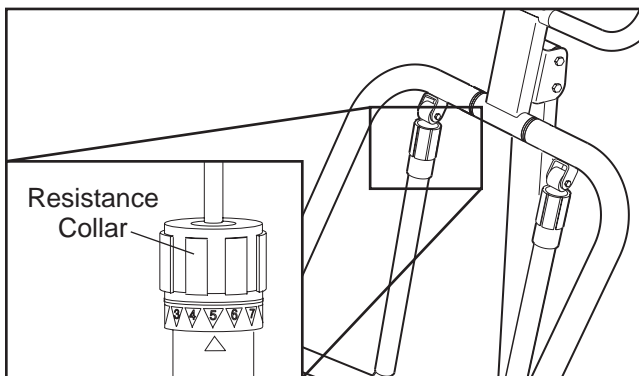
Place the stepper on a level surface and place a mat under the stepper. Note: The stepper features precision hydraulic cylinders. Due to the nature of hydraulic cylinders, there is a possibility of slight oil leakage.

Hold the handlebars and step onto the pedals. Begin stepping, alternately depressing the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or your stepping pace until you can comfortably maintain a continuous motion.

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise. Always keep your back straight in order to avoid injury.

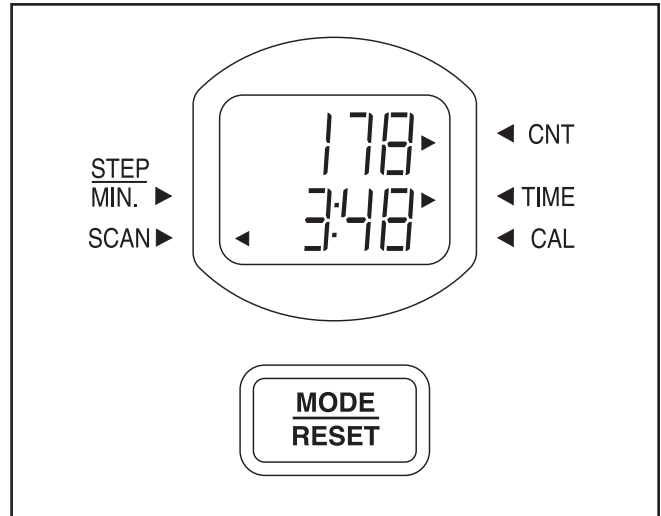
## HOW TO ADJUST THE RESISTANCE

To change the stepping resistance, turn the resistance collars on the upper ends of the resistance cylinders (see the inset drawing). The arrows on the resistance cylinders and the marks on the resistance collars show which resistance level has been selected. Make sure that both resistance cylinders are at the same resistance setting.



**⚠ WARNING:** The resistance cylinders become very hot during use. Touch only the resistance collars when changing the stepping resistance.

## HOW TO USE THE CONSOLE



If there is a thin sheet of clear plastic on the console, remove the plastic. To turn on the console, press the MODE/RESET button or begin stepping.

As you step, the upper half of the display will show the total number of steps you have completed. A mode arrow will point to the letters "CNT."

The lower half of the display will show the elapsed time, the approximate number of calories you have burned, and your stepping speed, changing from one mode to the next every few seconds. One mode arrow will point to the word "SCAN," and a second mode arrow will point to the letters "TIME," "CAL," or "STEP/MIN."

To view one mode continuously in the lower half of the display, press the MODE/RESET button until there is a mode arrow pointing to the letters "TIME," "CAL," or "STEP/MIN." but no mode arrow pointing to the word "SCAN." To view all three modes again, press the button until there is a mode arrow pointing to the word "SCAN."

To reset the display, press the MODE/RESET button for a few seconds.

If the pedals are not moved and the MODE/RESET button is not pressed for a few seconds, the word "STOP" will appear in the left side of the display. If the pedals are not moved and the button is not pressed for a few minutes, the console will turn off.

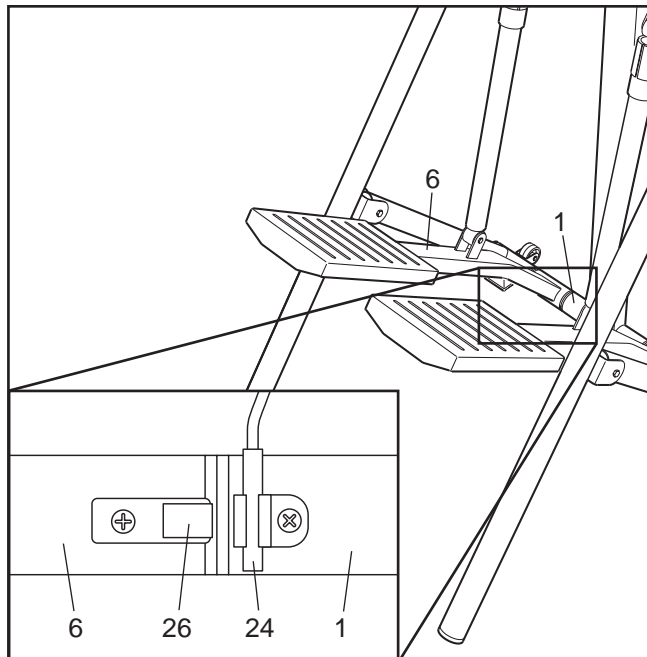
# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the stepper regularly. To clean the stepper, use a damp cloth and a small amount of mild detergent. **Never use abrasives or solvents. Keep liquid away from the console, and keep the console out of direct sunlight.**

## CONSOLE TROUBLESHOOTING

If the console does not function properly, or if the display becomes faint, refer to assembly step 4 on page 5 and replace the battery.

If the console still does not function properly, locate the Reed Switch (24) under the Frame (1) (see the inset drawing). Hold down the left Pedal Leg (6) so that the Magnet (26) is level with the Reed Switch. Slide the Reed Switch forward or backward slightly, and then exercise for a moment to see whether the console functions properly. If necessary, readjust the position of the Reed Switch.



# 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

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest num-

ber in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. 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.)



### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.



## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

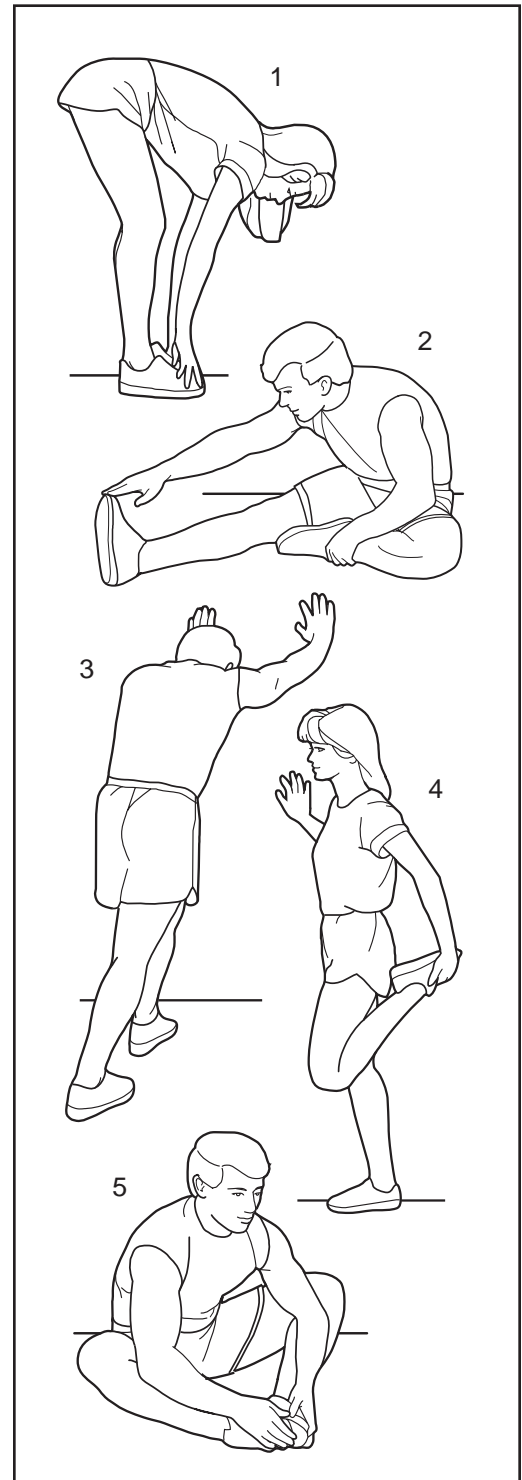
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# PART LIST—Model No. PFST12020

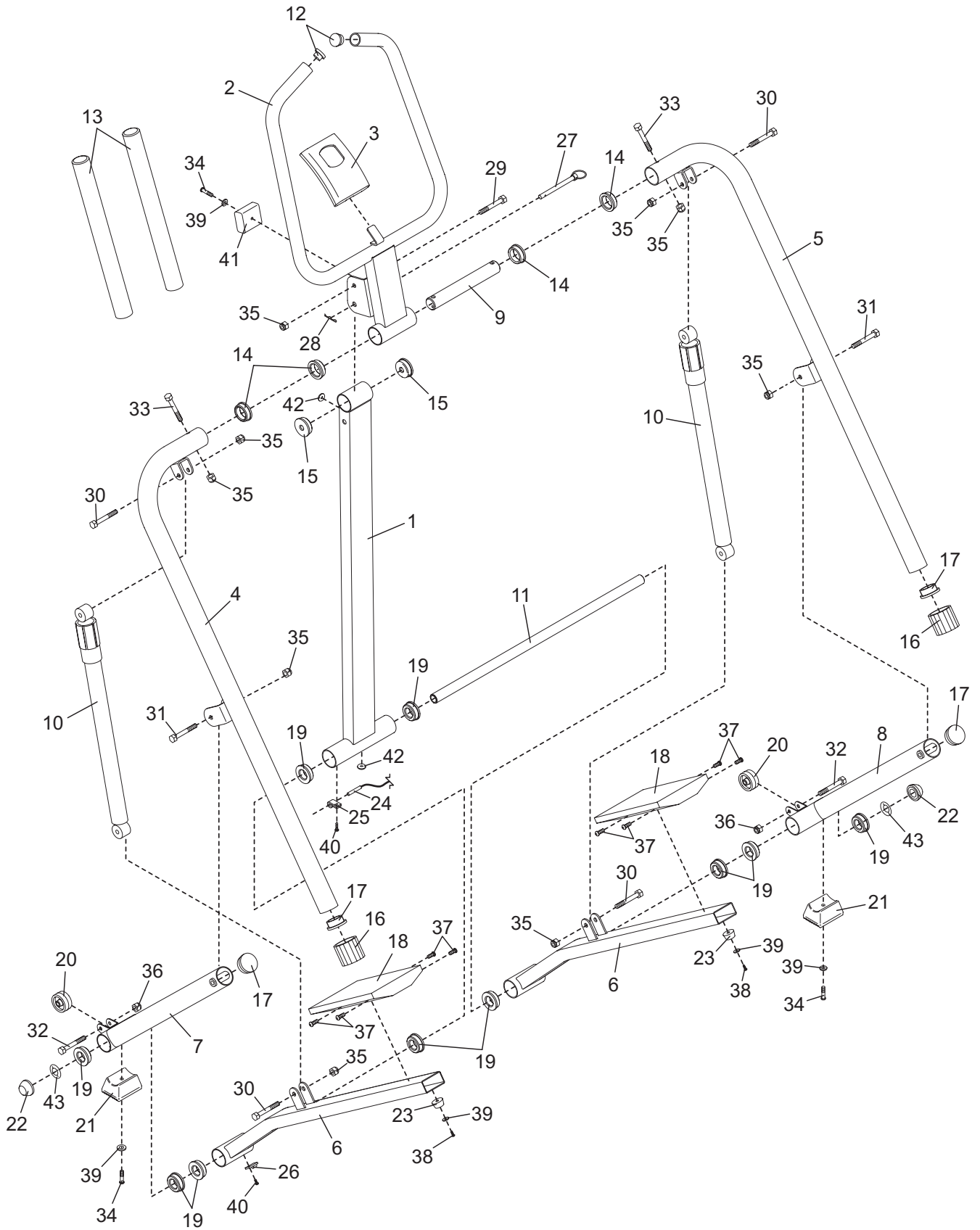
R1202A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	24	1	Reed Switch/Wire
2	1	Handlebar	25	1	Clamp
3	1	Console	26	1	Magnet
4	1	Left Leg	27	1	Lock Pin
5	1	Right Leg	28	1	Spring Clip
6	2	Pedal Leg	29	1	M8 x 85mm Bolt
7	1	Left Pivot Arm	30	4	M8 x 38mm Bolt
8	1	Right Pivot Arm	31	2	M8 x 60mm Bolt
9	1	Leg Tube	32	2	M6 x 31mm Bolt
10	2	Hydraulic Resistance Cylinder	33	2	M8 x 48mm Bolt
11	1	Pedal Axle	34	3	M5 x 25mm Screw
12	2	Handlebar Endcap	35	9	M8 Nylon Locknut
13	2	Foam Grip	36	2	M6 Nylon Locknut
14	4	Leg Bushing	37	8	1/4" x 5/8" Screw
15	2	Pivot Bushing	38	2	#8 x 19mm Screw
16	2	Leg Endcap	39	5	M5 Washer
17	4	Pivot Arm Endcap	40	2	M5 x 10mm Screw
18	2	Pedal	41	1	Stop
19	10	Pedal Bushing	42	2	Rubber Grommet
20	2	Wheel	43	2	Push Nut
21	2	Foot	#	1	User's Manual
22	2	Axle Cap	#	1	Multipurpose Tool
23	2	Bumper	#	1	Allen Wrench

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

# EXPLODED DRAWING—Model No. PFST12020

R1202A



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# HOW TO ORDER 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 be prepared to give the following information when calling:

- The MODEL NUMBER of the product (PFST12020)
- The NAME of the product (PROFORM® PROSTEP 220 stepper)
- 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 on page 10)

## 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 90 days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. 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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