

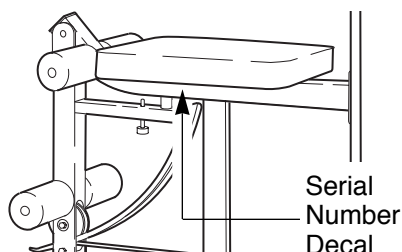
PRO-FORM[®]

920

Model No. PFSY92080

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



USER'S MANUAL

QUESTIONS?

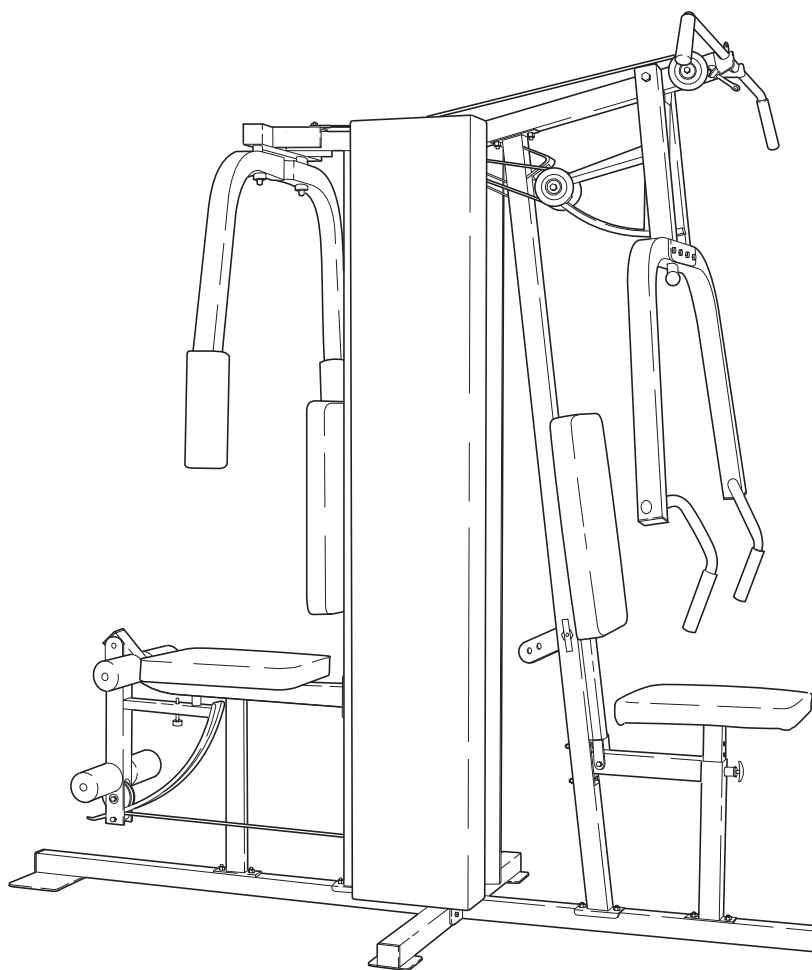
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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

PATENT PENDING

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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached to the center of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the home gym system.

1. It is the responsibility of the owner to ensure that all users of the home gym system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the home gym system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the home gym system only on a level surface. Cover the floor or carpet beneath the home gym system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
7. Always stand on a foot plate when performing an exercise that could cause the home gym system to tip.
8. Keep children under the age of 12 and pets away from the home gym system at all times.
9. Keep hands and feet away from moving parts.
10. The home gym system is designed to be used by only one person at a time.
11. Always wear athletic shoes for foot protection when exercising.
12. Never release the press arm, butterfly arms, leg lever, lat bar, row bar or ankle strap while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar, row bar or ankle strap from the home gym system when performing an exercise that does not use these attachments.
14. The home gym system is intended for home use only. Do not use the home gym system in a commercial, rental or institutional setting.

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.

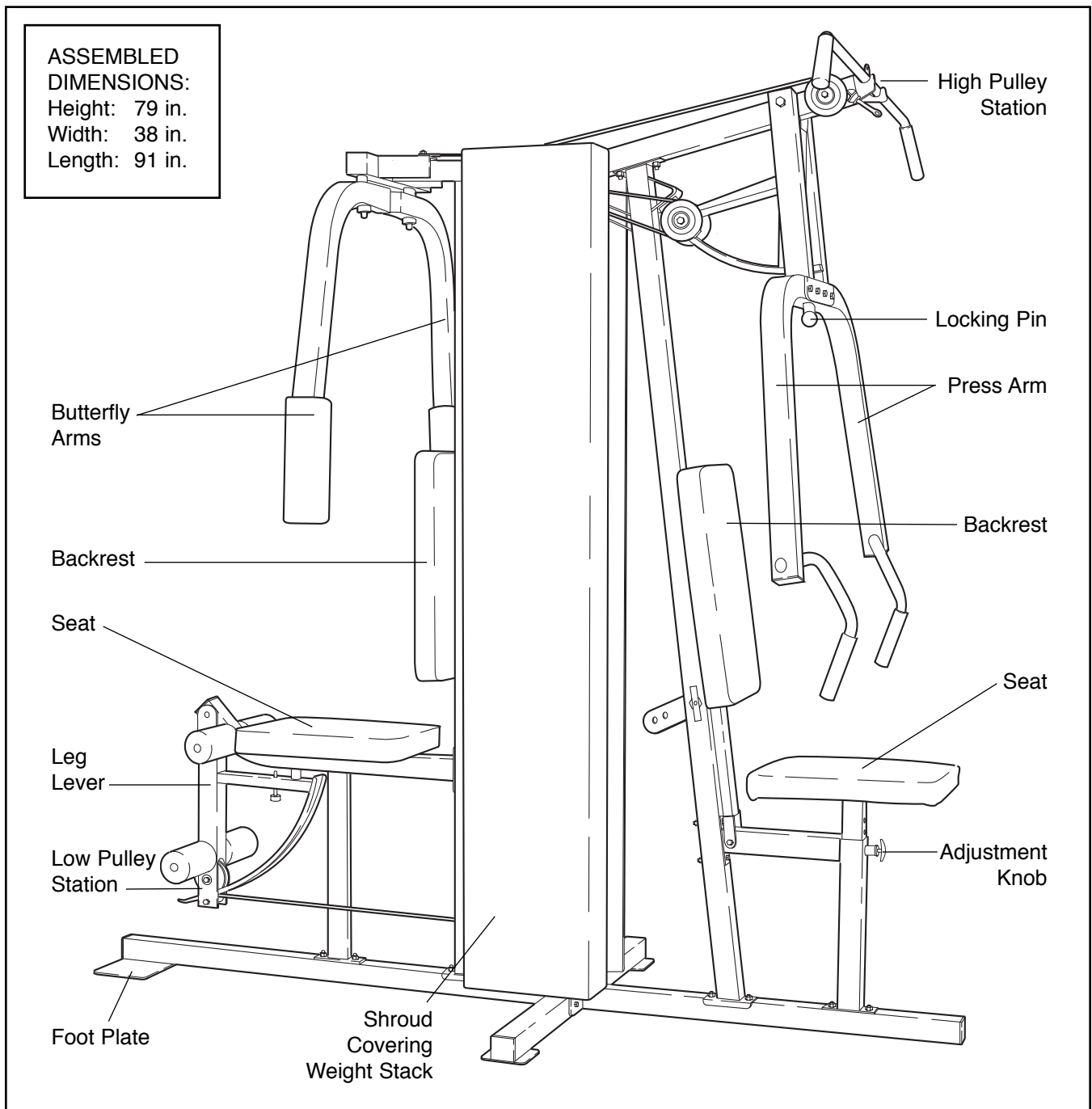
Before You Begin

Thank you for selecting the versatile PROFORM® 920 Home Gym System. The PROFORM® 920 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 PROFORM® 920 will help you to achieve the results you want.

For your benefit, read this manual carefully before using the PROFORM® 920 Home Gym System. If you have additional questions, please call our

Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFSY92080. The serial number can be found on a decal attached to the PROFORM® 920 Home Gym System (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



Assembly

Note: This introduction will save you more time than it takes to read it!

Making Things Easier for Yourself

Everything in this manual is designed to ensure that the assembly of our products can be completed successfully by anyone. However, it is important to recognize that your new equipment is a sophisticated product with many small parts. The assembly process will take time—possibly several hours. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly. You may want to complete the process over a couple of evenings.

Giving Yourself a Good Start

Before you begin the assembly process itself, take the time to complete the steps outlined here.

Clearing the Workspace

Clear a workspace that is large enough to hold all parts and allow you to walk all the way around the assembled equipment.

Unpacking the Box

To make the assembly process as smooth as possible, we have broken it into separate stages. All parts used in each stage are found in individual packages in the shipping box. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Important: Wait until you begin each assembly stage to open the parts bag labeled for that assembly stage.

Identifying Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART located in the center of this manual. Place the chart on the floor or work table and use it to quickly identify different parts as you open the packages for each step.

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.

Orienting Parts



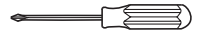

As you assemble this product, be sure that all parts are oriented as shown in the drawings.

Tightening of Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Lining Up the Tools

Assembly requires the following tools (not included):

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water
- Tape, such as clear tape or masking tape

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.

The Four Stages of the Assembly Process

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment. The seats and all moving parts will later be attached to the frame.

Arm Assembly

Completes the press and butterfly arms that you operate while you are exercising.

Cable Assembly

Completes the cables and pulleys that connect the moving arms with each other and with the weights. This ties the different parts together and makes the equipment function as a unit.

Seat Assembly

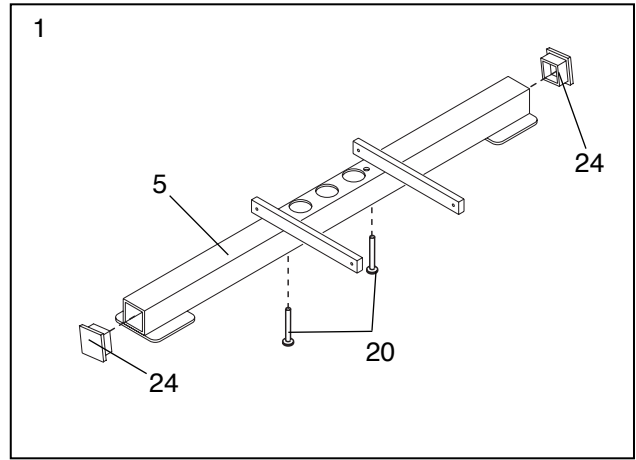
Completes the seats and backrests that support your body while you are exercising.

Frame Assembly

1. Before beginning, make sure that you have read and understood the information on page 4.

Locate and open the parts bag labeled "FRAME ASSEMBLY."

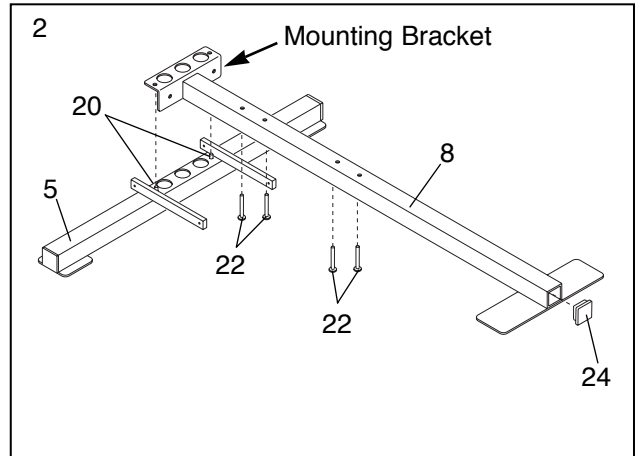
Press a 2" Square Inner Cap (24) into each end of the Stabilizer (5). Insert two 3/8" x 2 3/4" Carriage Bolts (20) up through the holes in the Stabilizer and place it flat on the floor.



2. Press a 2" Square Inner Cap (24) into the end of the Butterfly Base (8).

Insert four 5/16" x 2 1/2" Carriage Bolts (22) up through the Butterfly Base (8) and secure the bolt heads with pieces of tape to prevent them from falling out.

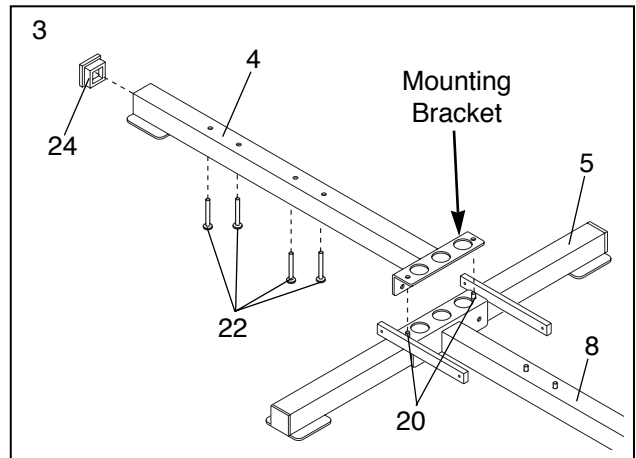
Place the Butterfly Base (8) on the floor with the holes in the mounting bracket over the Carriage Bolts (20) in the Stabilizer (5).



3. Press a 2" Square Inner Cap (24) into the end of the Press Base (4).

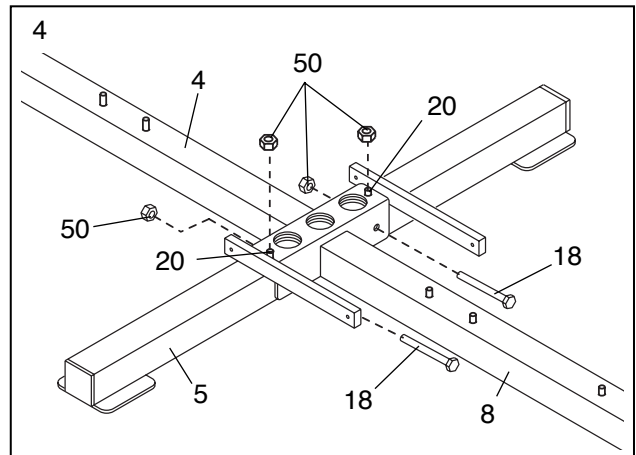
Insert four 5/16" x 2 1/2" Carriage Bolts (22) up through the holes in the Press Base (4) and secure the bolt heads with tape. Place the Press Base (4) on the floor with the holes in the mounting bracket over the Carriage Bolts (20) in the Stabilizer (5).

Note: The mounting bracket on the Press Base (4) must be on top of the mounting bracket on the Butterfly Base (8).



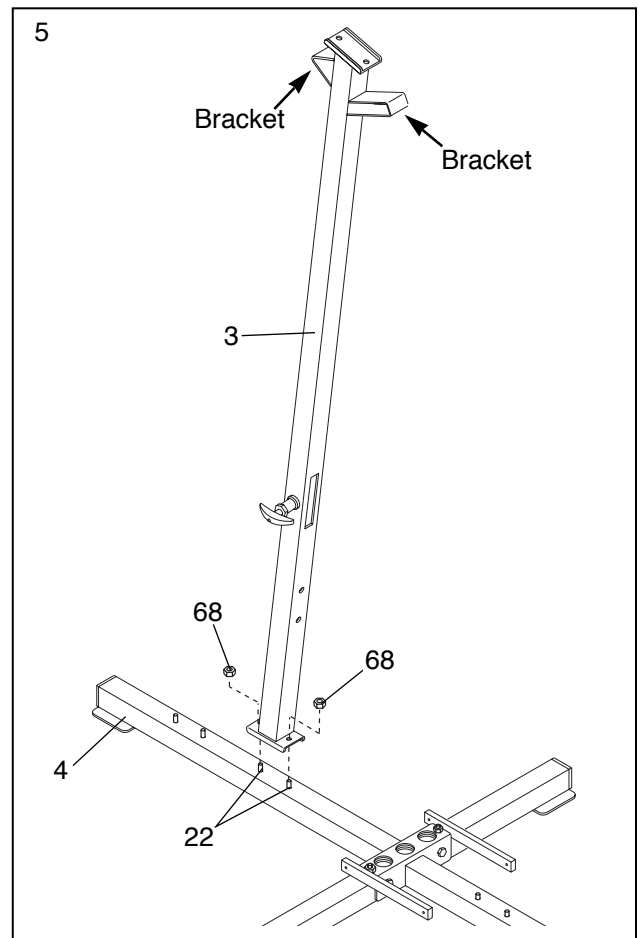
4. Insert two 3/8" x 2 3/4" Bolts (18) through the holes in the mounting brackets on the Press Base (4) and Butterfly Base (8) and through the holes in the Stabilizer (5).

Tighten four 3/8" Nylon Locknuts (50) onto the four Bolts (18 and 20) in the mounting brackets and Stabilizer (5).



- Slide the Press Upright (3) onto the indicated 5/16" x 2 1/2" Carriage Bolts (22) in the Press Base (4). Tighten a 5/16" Nylon Locknut (68) onto each Carriage Bolt.

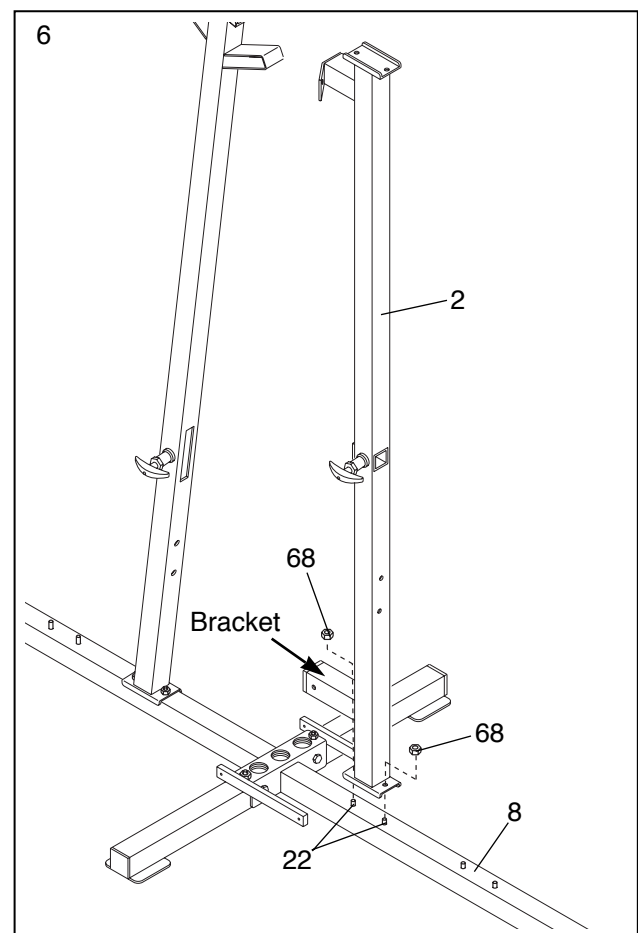
Note: The Press Upright (3) must be leaning towards the center of the unit with the two brackets oriented as shown.



- Slide the Butterfly Upright (2) onto the indicated 5/16" x 2 1/2" Carriage Bolts (22) in the Butterfly Base (8). Hand tighten a 5/16" Nylon Locknut (68) onto each Carriage Bolt.

Do not tighten the Nylon Locknuts yet.

Note: The Butterfly Upright (2) must be oriented as shown with the bracket pointed towards the center of the unit.

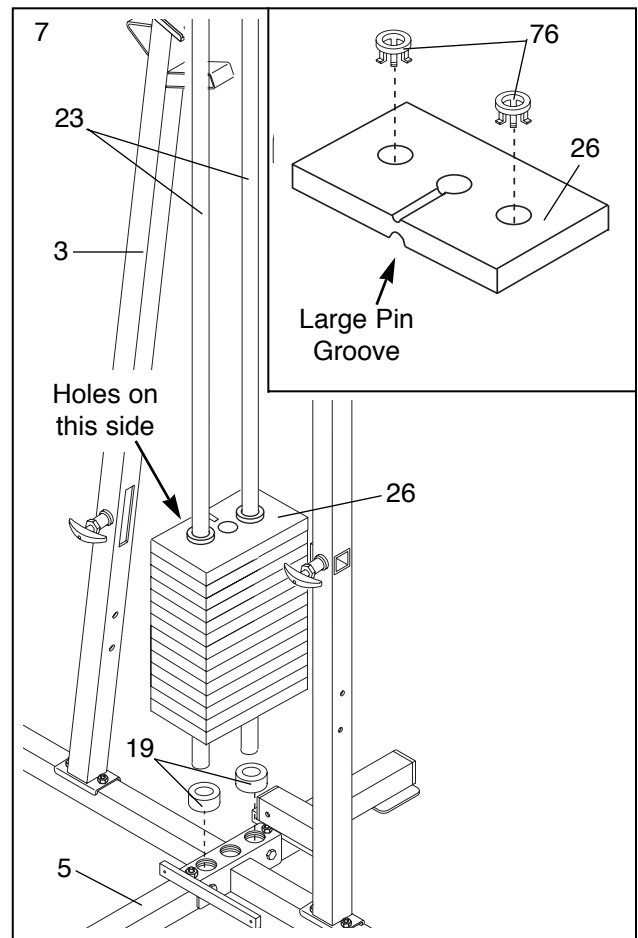


- Position two Weight Bumpers (19) over the indicated holes in the Stabilizer (5).

Insert both Weight Guides (23) through the Weight Bumpers (19) and the holes in the Stabilizer (5).

See the inset drawing. Press two Round Weight Inserts (76) into the indicated holes in each Weight (26). **Make sure the large pin groove is pointed downward, as shown.**

Slide all of the included Weights (26) onto the two Weight Guides (23). **Make sure the Weights are oriented correctly. The holes must be turned towards the Press Upright (3), as shown.**



- Press the Weight Tube Bumper (64) into the end of the Weight Tube (77).

Lubricate the insides of the holes in the Top Weight (16).

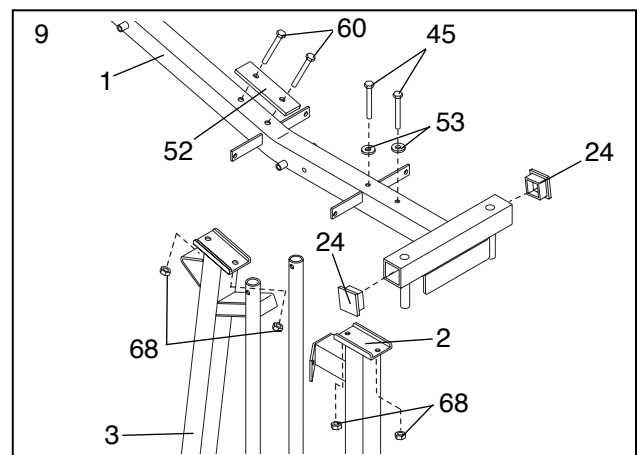
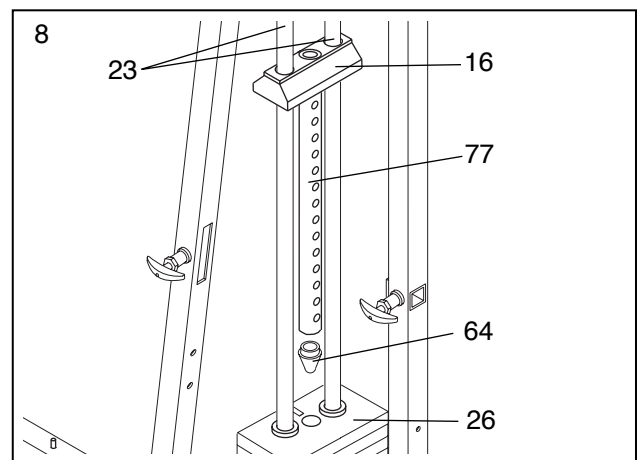
Slide the Weight Tube (77) with the pre-attached Top Weight (16) onto the Weight Guides (23). The Weight Tube will slide into the hole in the center of the Weights (26).

- Press a 2" Square Inner Cap (24) into each end of the crossbar on the Top Frame (1).

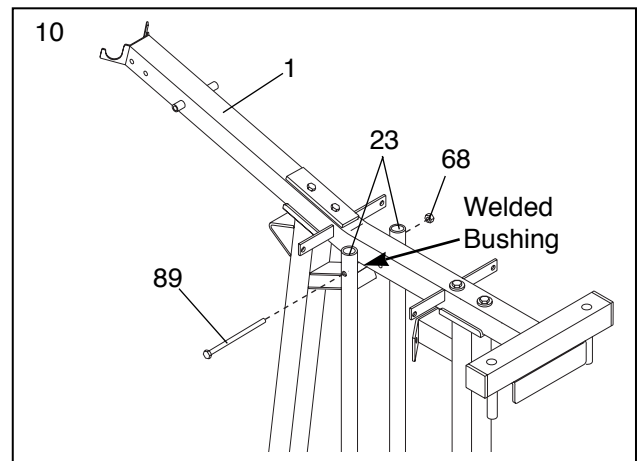
Place the Top Frame (1) on top of the two Uprights (2) and (3) in the direction shown. Align the holes in the Top Frame with the holes in the brackets on the Uprights.

Insert two 5/16" x 2 1/2" Bolts (45) with two 5/16" Flat Washers (53) through the holes in the Top Frame (1) and the bracket on the Butterfly Upright (2). Hand tighten a 5/16" Nylon Locknut (68) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**

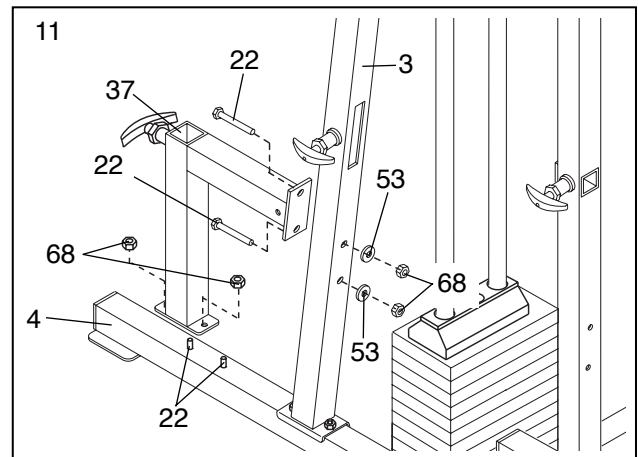
Insert two 5/16" x 2 3/4" Bolts (60) through the holes in the Support Plate (52), through the Top Frame (1) and the bracket on the Press Upright (3). Hand tighten a 5/16" Nylon Locknut (68) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



10. Attach the upper ends of the Weight Guides (23) to the welded bushing underneath the Top Frame (1) with a 5/16" x 6 1/2" Bolt (89) and a 5/16" Nylon Locknut (68). **Tighten the Nylon Locknut fully.**

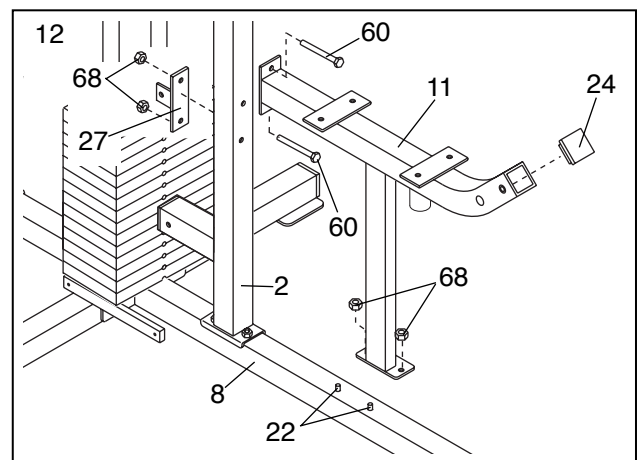


11. Slide the Press Seat Upright (37) onto the 5/16" x 2 1/2" Carriage Bolts (22) in the Press Base (4). Hand tighten a 5/16" Nylon Locknut (68) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**



Insert two 5/16" x 2 1/2" Carriage Bolts (22) through the bracket on the Press Seat Upright (37) and through the holes in the Press Upright (3). Slide a 5/16" Flat Washer (53) onto each Bolt. Hand tighten a 5/16" Nylon Locknut (68) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**

12. Press a 2" Square Inner Cap (24) into the Butterfly Seat Frame (11). Slide the Butterfly Seat Frame onto the 5/16" x 2 1/2" Carriage Bolts (22) in the Butterfly Base (8). Hand tighten a 5/16" Nylon Locknut (68) onto each Carriage Bolt.

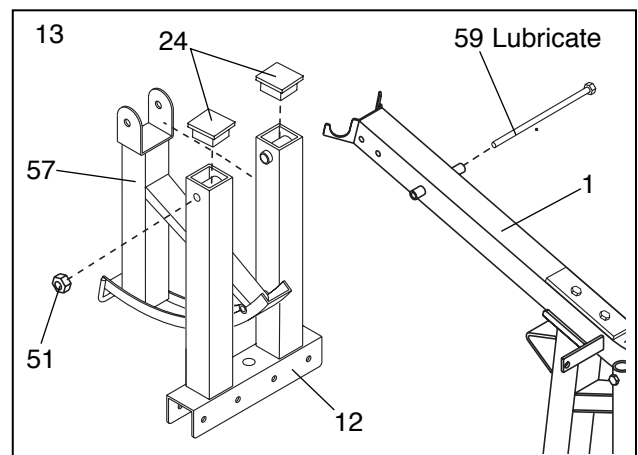


Insert two 5/16" x 2 3/4" Bolts (60) through the bracket on the Butterfly Seat Frame (11) and through the holes in the Butterfly Upright (2). Orient the Support Bracket (27) as shown in the drawing (the horizontal arm of the bracket must be on the side facing away from you in the drawing) and slide it onto the Bolts. Hand tighten a 5/16" Nylon Locknut (68) onto each Bolt. **Tighten all Nylon Locknuts used in steps 6 through 12.**

Arm Assembly

13. **Press Arm Assembly—Locate and open the parts bag labeled "ARM ASSEMBLY."**

Press a 2" Square Inner Cap (24) into the top of each arm on the Press Frame (12). Lubricate the 1/2" x 9 1/2" Bolt (59). Slide the Cable Frame (57) in between the arms of the Press Frame (12). Slide both the Cable Frame and the Press Frame onto the Top Frame (1) and align the holes in all three parts. **Note: This may be a tight fit.** Attach the Cable Frame and the Press Frame to the Top Frame with the 1/2" x 9 1/2" Bolt and a 1/2" Nylon Locknut (51). **Do not overtighten the Nylon Locknut; it must be easy to pivot the Press Frame and Cable Frame.**



14. Press a 2" Square Inner Cap (24) into the lower end of each Press Arm (46 and 47).

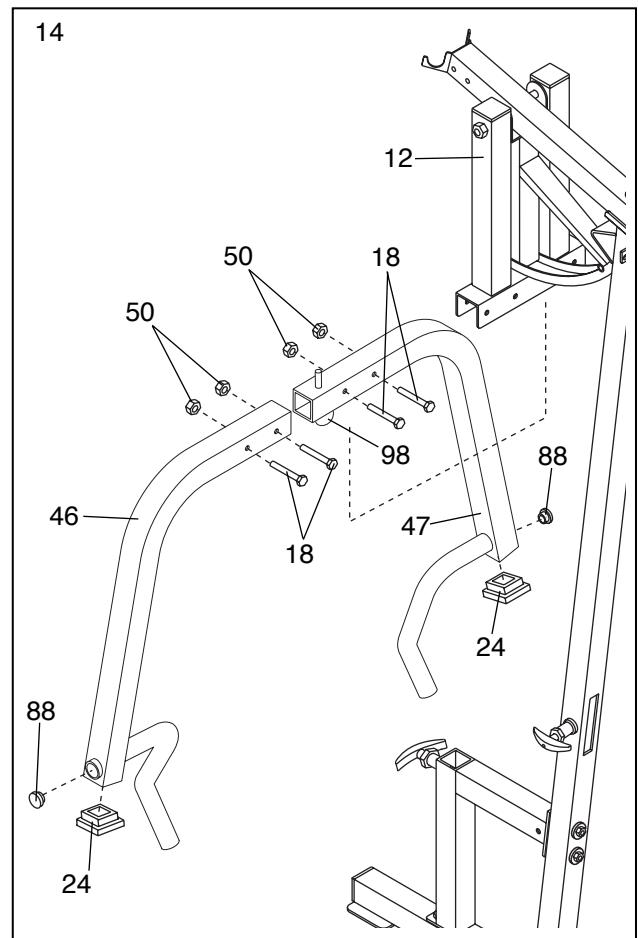
Press a 1" Round Inner Cap (88) into the side of each Press Arm.

Identify the Right Press Arm (47). It has a Locking Pin (98) mounted on the upper end.

Attach the Right Press Arm (47) to the Press Frame (12) with two 3/8" x 2 3/4" Bolts (18) and two 3/8" Nylon Locknuts (50).

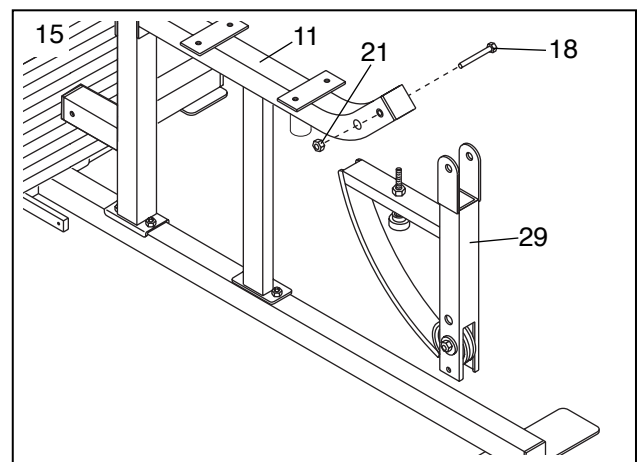
Attach the Left Press Arm (46) in the same manner. Note: The terms right and left are used in reference to a person sitting on the Seat facing away from the weight stack.

Make sure both Press Arms are oriented as shown. Tighten the Nylon Locknuts fully.



15. Leg Lever Assembly

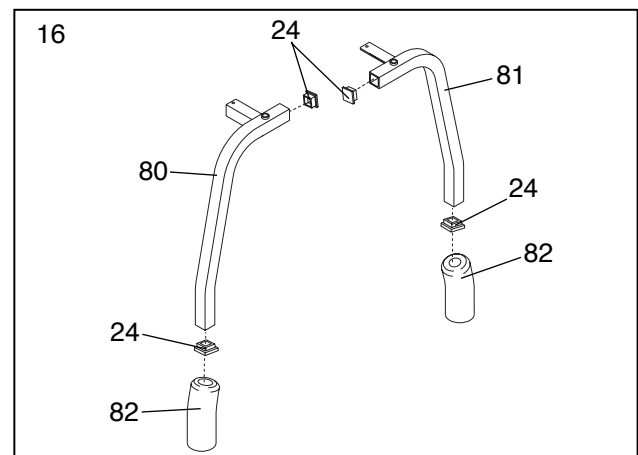
Attach the Leg Lever (29) to the Butterfly Seat Frame (11) with a 3/8" x 2 3/4" Bolt (18) and a 3/8" Nylon Jamnut (21).



16. Butterfly Arm Assembly

Press a 2" Square Inner Cap (24) into both ends of each Butterfly Arm (80 and 81).

Wet the lower end of each Arm with soapy water. Slide a Butterfly Foam Pad (82) onto the lower end of each Arm.



17. Lubricate both axles on the Top Frame (1).

Identify the Right Arm (80) and the Left Arm (81) by noting the position of the welded bracket (A) on each Arm. **Arm identification is very important for this step.**

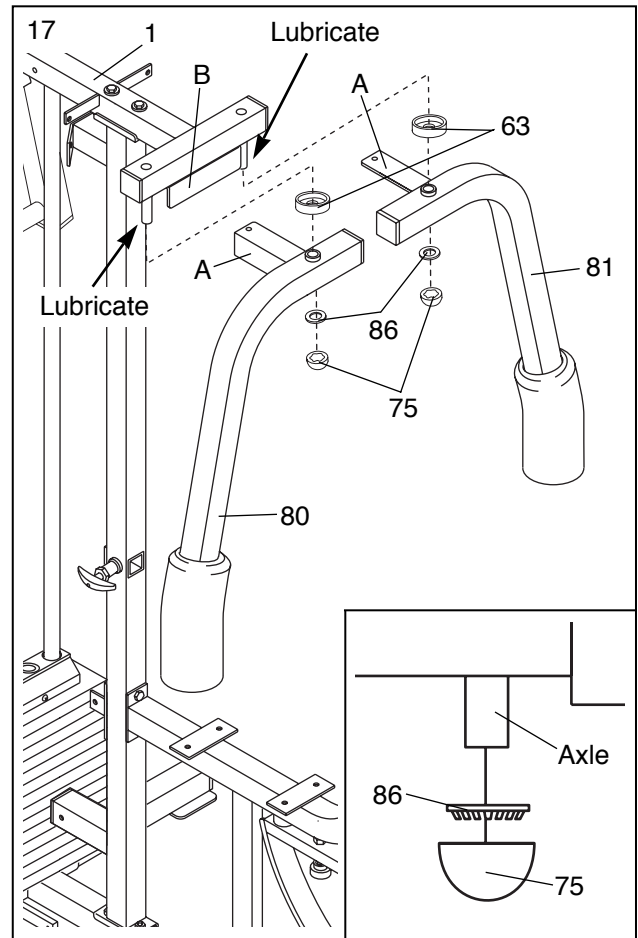
Place a Weld Cover (63) on top of the Right Butterfly Arm (80) in the location shown. Slide the Right Butterfly Arm onto the right axle. **Note: Be careful not to confuse the Right and Left Arm.**

Make sure the upper end of the Right Arm is behind the indicated bracket (B) on the Top Frame.

Tap a 3/4" Retaining Ring (86) and a 3/4" Dome Cap (75) onto the right axle. To do this, place the Retaining Ring on top of the inverted Dome Cap and tap the Cap onto the axle with a rubber mallet.

Make sure the teeth on the Retaining Ring (86) bend toward the Dome Cap (75), as shown in the inset drawing.

Attach the Left Butterfly Arm (81) in the same manner.



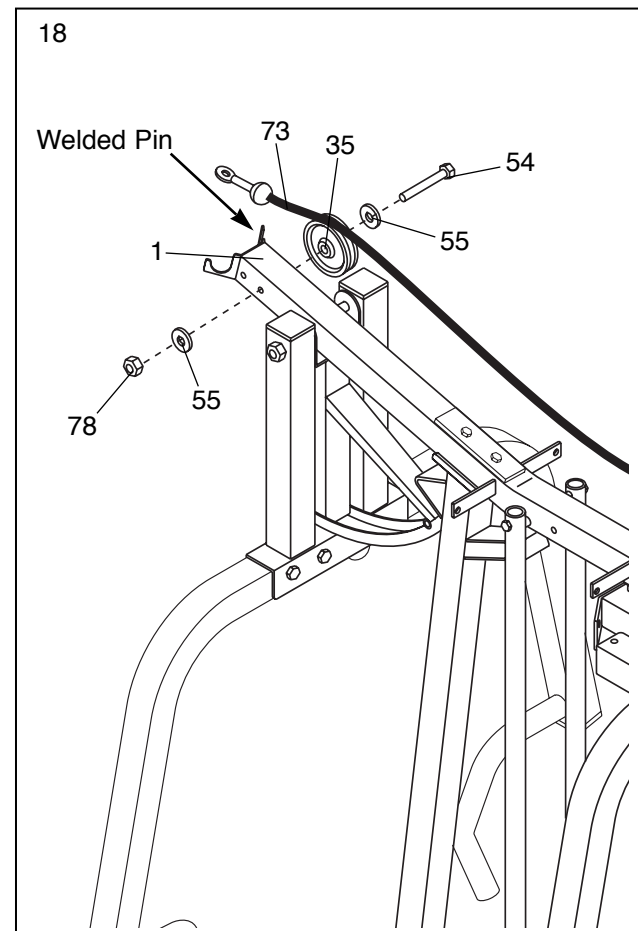
Cable Assembly

18. Locate and open the parts bag labeled “Cable Assembly and Pulleys.” For Cable identification and routing during steps 18–36, refer to the Cable Diagram and Cable ID Chart on page 19.

Identify the High Cable (73). It is approximately 163" long and it has a ball on one end and a bolt on the other.

Wrap the end of the High Cable (73) with the ball around a 3 1/2" Pulley (35). Attach the 3 1/2" Pulley to the indicated hole on the Top Frame (1) with a 3/8" x 3 1/2" Bolt (54), two 3/8" Flat Washers (55) and a 3/8" Nylon Jamnut (78).

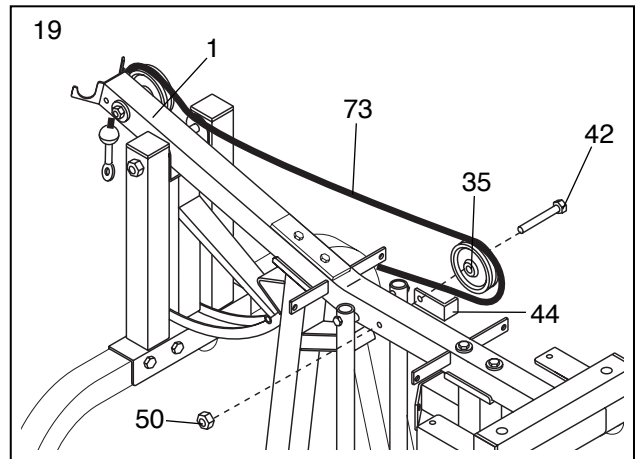
Make sure the High Cable (73) is between the 3 1/2" Pulley (35) and the welded pin (not visible in the drawing) on the Top Frame (1).



19. Wrap the High Cable (73) around a 3 1/2" Pulley (35) in the direction shown.

Slide the 3 1/2" Pulley (35) onto a 3/8" x 5" Bolt (42). Slide a Cable Trap (44) onto the Bolt.

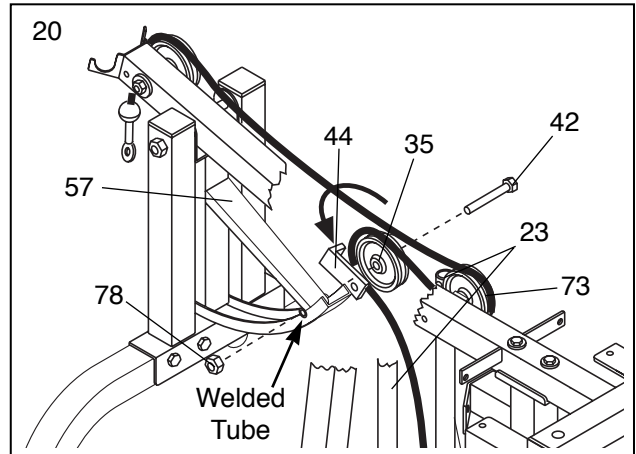
Slide the Bolt into the indicated hole in the Top Frame (1). Thread a 3/8" Nylon Locknut (50) a couple of turns onto the Bolt to prevent it from sliding out during the following steps.



20. Route the High Cable (73) in between the two Weight Guides (23). Wrap the High Cable around a 3 1/2" Pulley (35) in the direction shown.

Slide the 3 1/2" Pulley (35) onto a 3/8" x 5" Bolt (42). Slide a Cable Trap (44) onto the Bolt. Slide the Bolt into the welded tube on the Cable Frame (57).

Thread a 3/8" Nylon Jamnut (78) a couple of turns onto the 3/8" x 5" Bolt (42) to prevent it from sliding out during the following steps.



21. Feed the bolt at the end of the High Cable (73) through the indicated bracket on the Press Upright (3) from the direction shown.

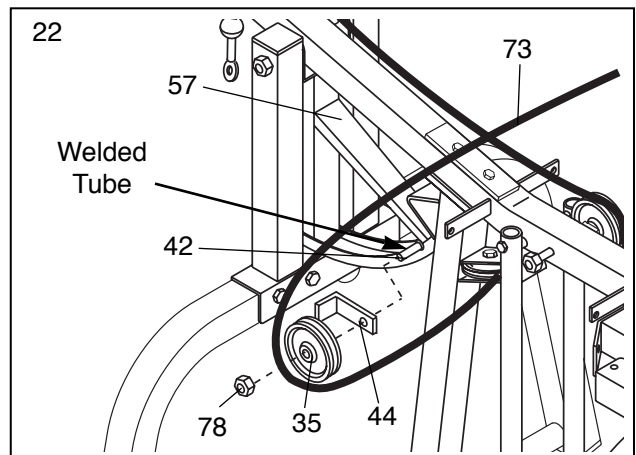
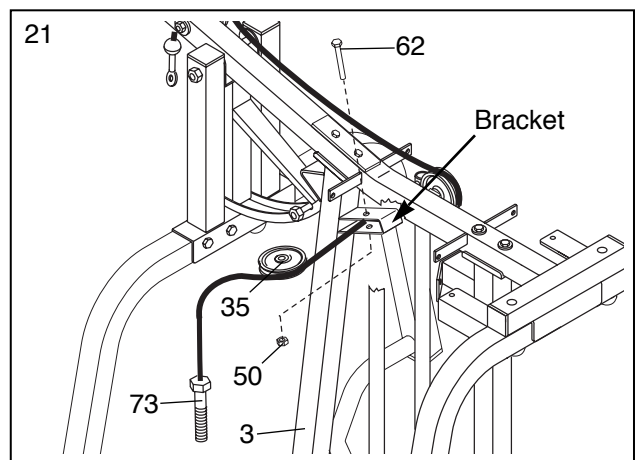
Slide a 3 1/2" Pulley (35) into the bracket on the Press Upright (3) and wrap the High Cable (73) around the Pulley. The Cable must rest in the groove of the Pulley.

Attach the 3 1/2" Pulley (35) to the bracket on the Press Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).

22. Remove the 3/8" Nylon Jamnut (78) attached to the 3/8" x 5" Bolt (42) in step 20. Wrap the High Cable (73) around a 3 1/2" Pulley (35) in the direction shown.

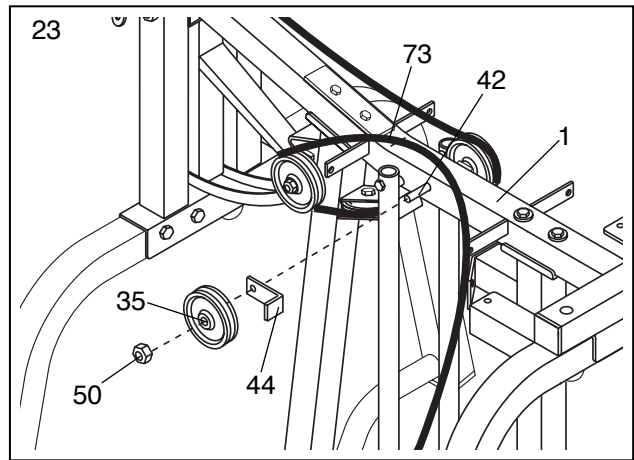
Slide the 3 1/2" Pulley (35) and a Cable Trap (44) onto the 3/8" x 5" Bolt (42) that was inserted into the welded tube on the Cable Frame (57) in step 20.

Secure the Pulley (35) and Cable Trap (44) with a 3/8" Nylon Jamnut (78). **Note: Before you tighten the 3/8" Nylon Jamnut, make sure the High Cable (73) rests in the grooves of both of the Pulleys (35) attached to the Cable Frame (57). Make sure both Cable Traps (44) are oriented as shown in this step and in step 20.**



23. Remove the 3/8" Nylon Locknut (50) attached to the 3/8" x 5" Bolt (42) in step 19. Wrap the High Cable (73) around a 3 1/2" Pulley (35) in the direction shown.

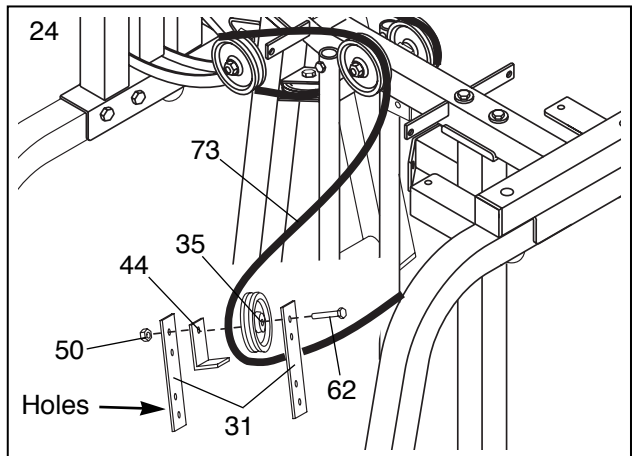
Slide the 3 1/2" Pulley (35) and a Cable Trap (44) onto the 3/8" x 5" Bolt (42) that was attached to the Top Frame (1) in step 19. Secure the Pulley and Cable Trap with a 3/8" Nylon Locknut (50). **Note: Before you tighten the 3/8" Nylon Locknut, make sure the High Cable (73) rests in the grooves of both of the Pulleys (35) attached to the Top Frame (1). Make sure both Cable Traps (44) are oriented as shown in this step and in step 19.**



24. Dis-assemble the pre-assembled Pulley Plates (31).

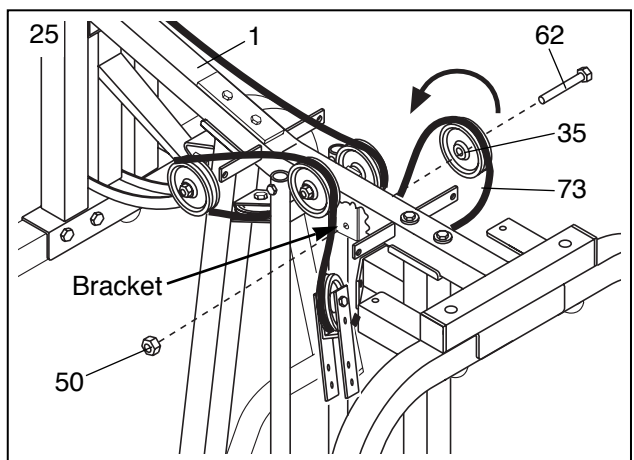
Wrap the High Cable (73) around one of the removed 3 1/2" Pulleys (35) in the direction shown.

Attach the 3 1/2" Pulley (35) and a Cable Trap (44) to the Pulley Plates (31) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).

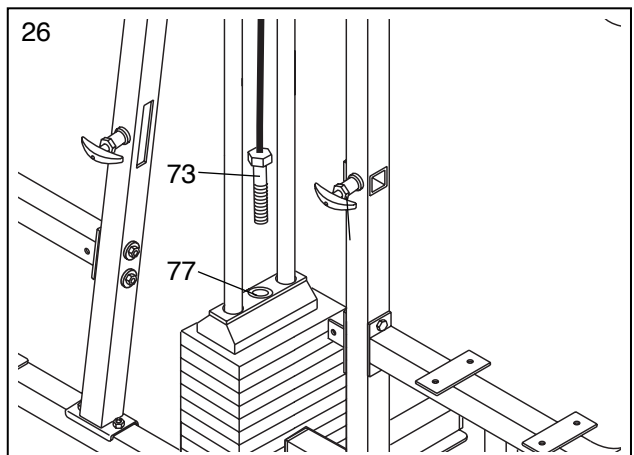


25. Wrap the High Cable (73) around a 3 1/2" Pulley (35) in the direction shown.

Attach the 3 1/2" Pulley (35) to the bracket on the Top Frame (1) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



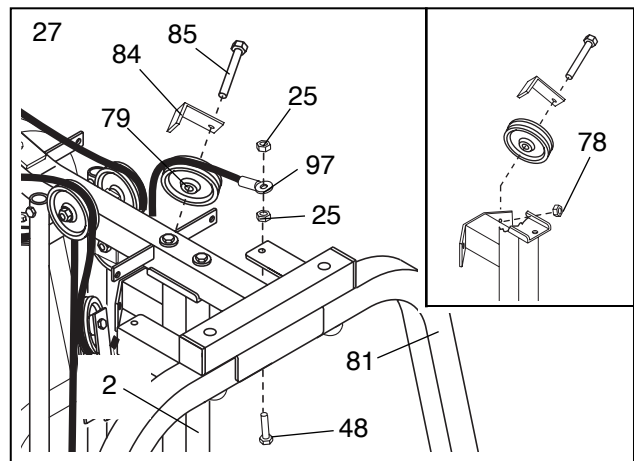
26. Thread the bolt at the end of the High Cable (73) a couple of turns into the top of the Weight Tube (77). This is to prevent the High Cable from falling down during the following steps. It will be permanently attached in step 36.



27. Locate the Butterfly Cable (97). It is approximately 58" long and it has a closed loop on both ends.

Attach one end of the Butterfly Cable (97) to the indicated bracket on the Left Butterfly Arm (81) with a 5/16" x 1" Bolt (48) and two 5/16" Nylon Jamnuts (25). **Do not overtighten the last Nylon Jamnut; it must be easy to turn the Cable from side to side.**

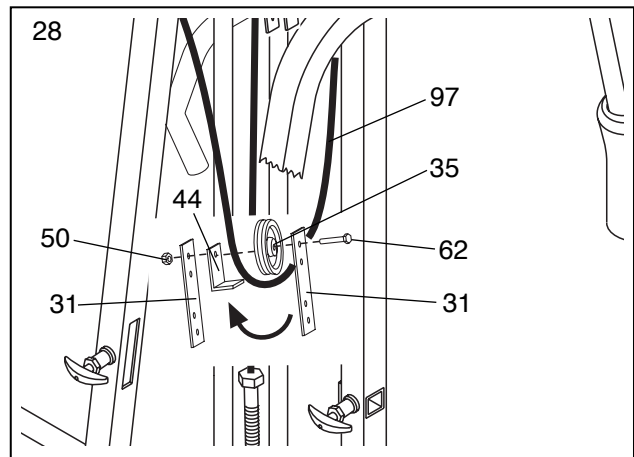
Wrap the Butterfly Cable (97) around a "V"-Pulley (79) in the direction shown. Attach the "V"-Pulley and a Long Cable Trap (84) to the bracket (see inset drawing) on the Butterfly Upright (2) with a 3/8" x 2 1/4" Bolt (85) and a 3/8" Nylon Jamnut (78). **Make sure the Long Cable Trap is oriented as shown.**



28. Dis-assemble the second set of Pulley Plates (31).

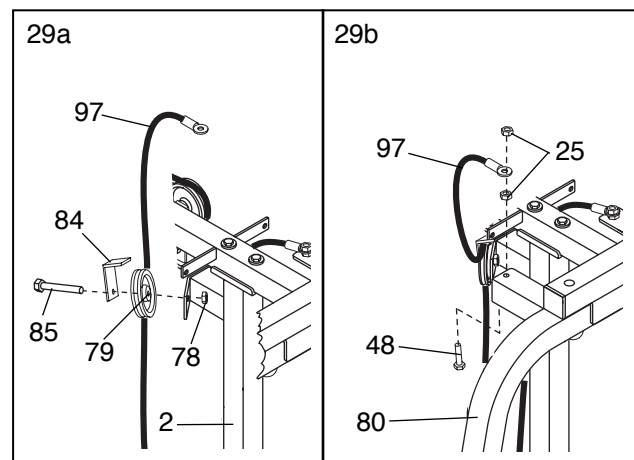
Wrap the Butterfly Cable (97) around one of the 3 1/2" Pulleys (35) in the direction shown.

Attach the 3 1/2" Pulley (35) and a Cable Trap (44) to the Pulley Plates (31) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



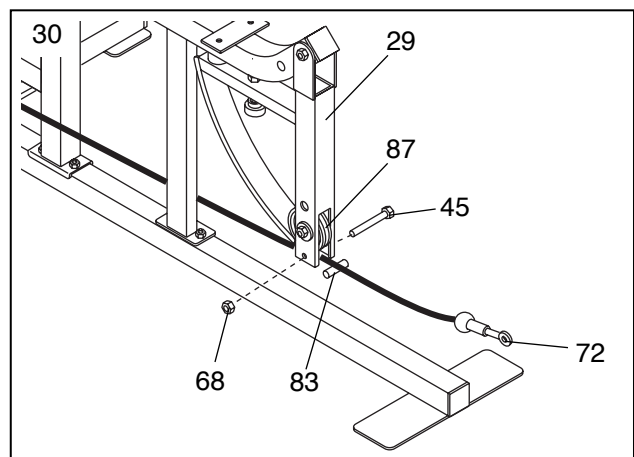
29. **See drawing 29a.** Wrap the Butterfly Cable (97) around a "V"-Pulley (79) in the direction shown. Attach the "V"-Pulley and a Long Cable Trap (84) to the indicated bracket on the Butterfly Upright (2) with a 3/8" x 2 1/4" Bolt (85) and a 3/8" Nylon Jamnut (78). **Make sure the Long Cable Trap is oriented as shown.**

See drawing 29b. Attach the end of the Butterfly Cable (97) to the indicated bracket on the Right Butterfly Arm (80) with a 5/16" x 1" Bolt (48) and two 5/16" Nylon Jamnuts (25). **Do not overtighten the last Nylon Jamnut; it must be easy to turn the Cable from side to side.**

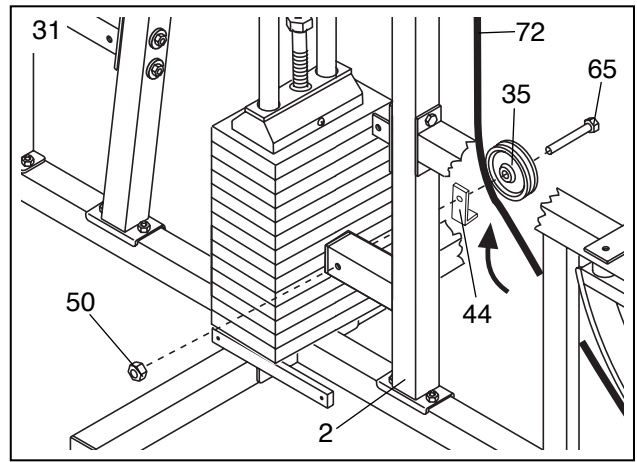


30. The Low Cable (72) is the only remaining Cable. It is approximately 216" long and it has a ball on one end and a closed loop on the other.

Locate the end of the Low Cable (72) with the ball. Place the Low Cable in the groove of the Pulley (87) that has been pre-attached to the Leg Lever (29). While holding the Cable in place, mount a 5/16" x 2 1/2" Bolt (45) and a Plastic Spacer (83) in the indicated hole. Secure the Bolt with a 5/16" Nylon Locknut (68). **Make sure the Low Cable is between the Pulley and the Plastic Spacer. Do not overtighten the Nylon Locknut; the Plastic Spacer must be easy to rotate.**



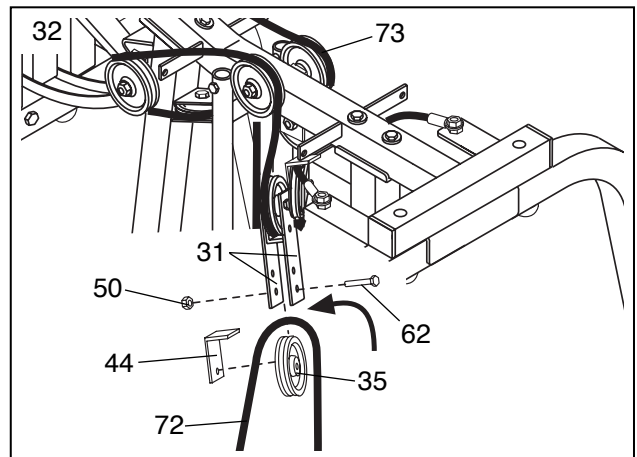
31. Wrap the Low Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Slide the Pulley and a Cable Trap (44) onto a 3/8" x 4 3/4" Bolt (65). Slide the Bolt into the indicated hole in the bracket on the Butterfly Upright (2). Thread a 3/8" Nylon Locknut (50) a couple of turns onto the Bolt to prevent it from sliding out during the following steps.



32. Wrap the Low Cable (72) around a 3 1/2" Pulley (35) in the direction shown.

Attach the Pulley (35) and a Cable Trap (44) to the lowest of the two holes in the Pulley Plates (31) hanging from the High Cable (73). Secure the Pulley and Cable Trap with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).

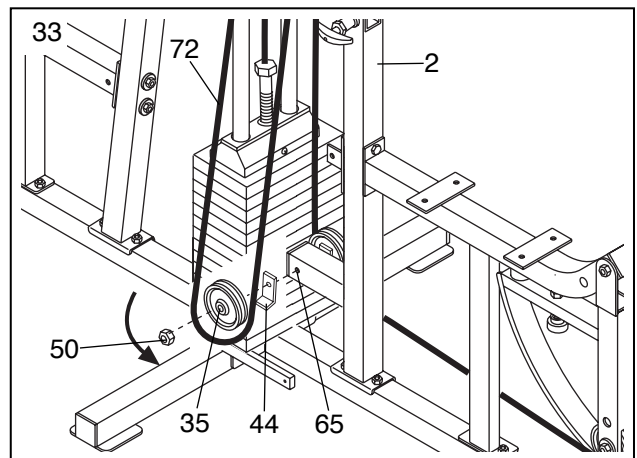
Make sure the Cable Trap is oriented as shown and that it is mounted between the Pulley Plates.



33. Remove the 3/8" Nylon Locknut (50) that was threaded onto the 3/8" x 4 3/4" Bolt (65) in step 31.

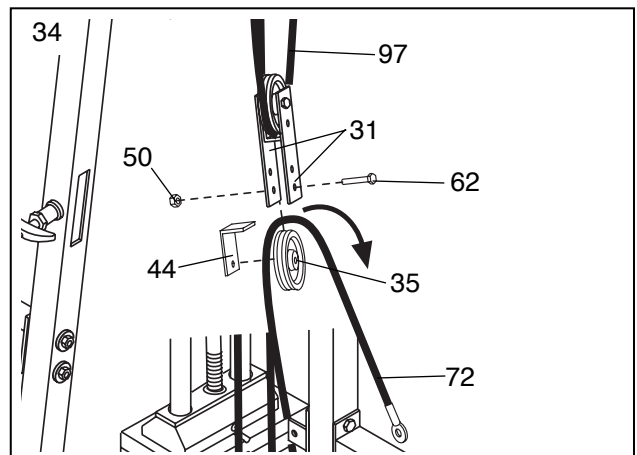
Wrap the Low Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Slide the Pulley and a Cable Trap (44) onto the 3/8" x 4 3/4" Bolt (65). Secure the Pulley with a 3/8" Nylon Locknut (50).

Make sure both Cable Traps attached to the 3/8" x 4 3/4" Bolt (65) are oriented as shown in this step and in step 31.



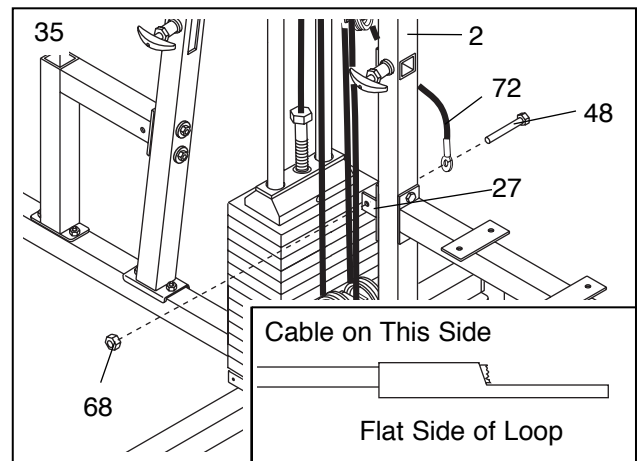
34. Wrap the Low Cable (72) around a 3 1/2" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (44) to the "I"-plates (31) hanging from the Short Cable (97). Secure the Pulley and Cable Trap with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).

Make sure the Cable Trap is oriented as shown and that it is mounted between the Pulley Plates.



35. Attach the closed loop at the end of the Low Cable (72) to the Support Bracket (27) on the Butterfly Upright (2) with a 5/16" x 1" Bolt (48) and a 5/16" Nylon Locknut (68).

Note: On the closed loop, the Cable is attached on one side, while the other side is flat (see the inset drawing). Make sure the flat side of the closed loop is facing the Support Bracket.



36. **Important:** Follow all three Cables from end to end and make sure they rest in the grooves of all Pulleys and that both the Cables and the Pulleys move smoothly.

Unscrew the cable bolt at the end of the High Cable (73) from the Weight Tube (77).

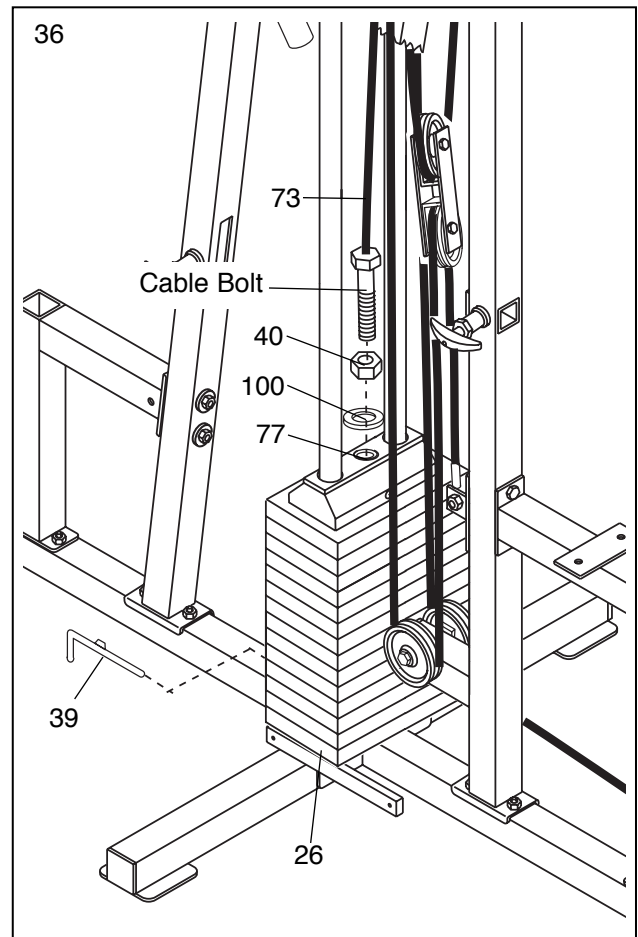
Thread the 1/2" Plain Nut (40) partway onto the cable bolt.

Slide a 1 1/2" Flat Washer (100) onto the cable bolt.

Tighten the cable bolt into the threaded hole in the Weight Tube (77). **Note:** The cable bolt is the primary means for tightening the three Cables (72, 73, 97). Thread the bolt into the Weight Tube until all Cables are tight and rest firmly in the grooves of all Pulleys. See page 23 for further information on tightening the Cables.

When all Cables (72, 73, 97) are tight, tighten the 1/2" Plain Nut (40) onto the 1 1/2" Flat Washer (100) on top of the Weight Tube (77).

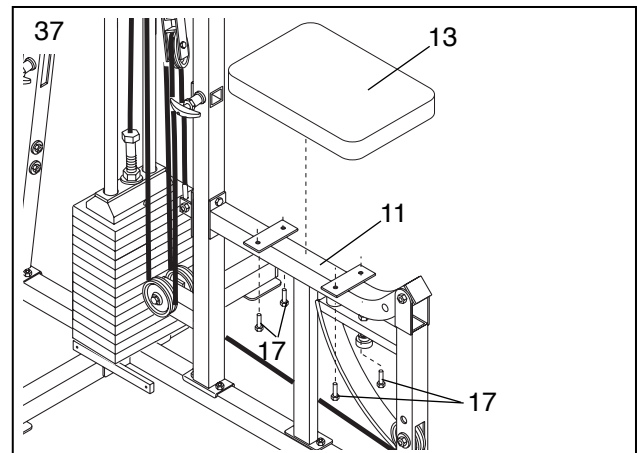
Insert the Weight Pin (39) into one of the holes between the Weights (26).



Seat Assembly

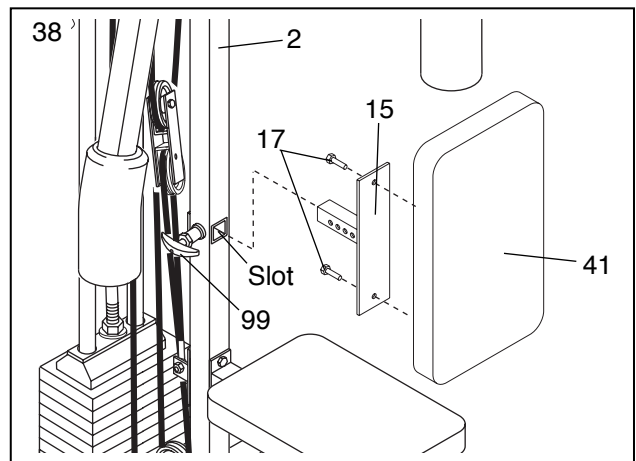
37. **Locate and open the parts bag labeled "Seat Assembly."**

Attach one Seat (13) to the brackets on the Butterfly Seat Frame (11) with four 1/4" x 3/4" Screws (17).



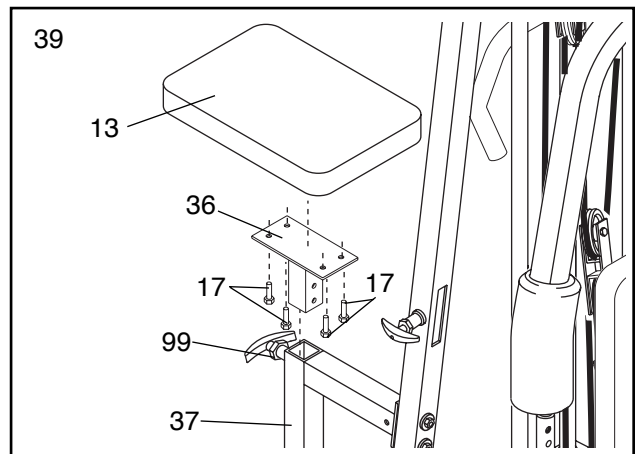
38. Attach one Backrest (41) to the Butterfly Backrest Frame (15) with two 1/4" x 3/4" Screws (17).

Unscrew the handle on the Adjustment Knob (99) until it is loose. Pull out the handle as far as it will go and slide the Butterfly Backrest Frame (15) into the slot in the Butterfly Upright (2). Release the handle and let the Knob snap into one of the adjustment holes on the Butterfly Backrest Frame. Tighten the handle fully.



39. Attach one Seat (13) to the Press Seat Frame (36) with four 1/4" x 3/4" Screws (17).

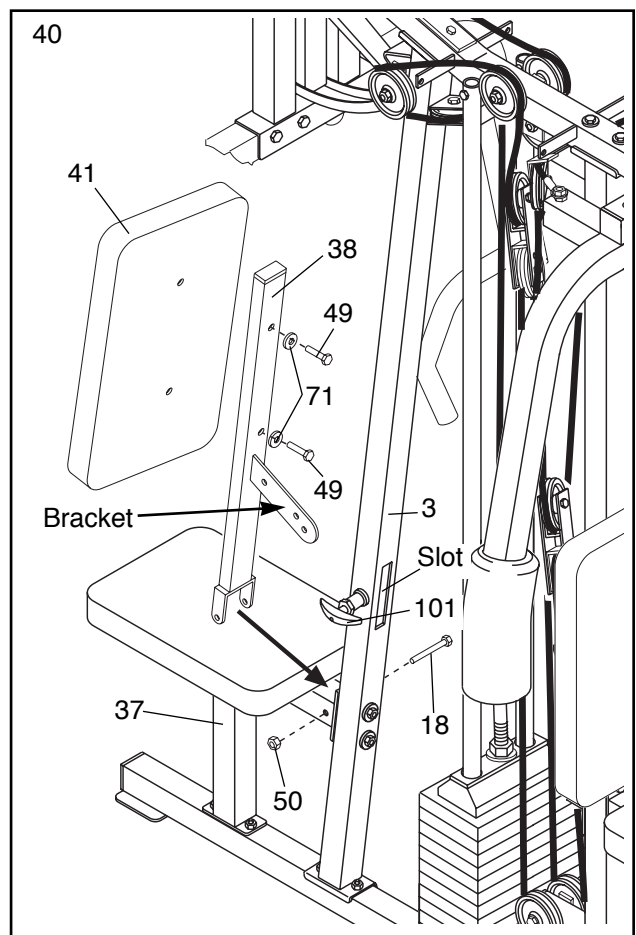
Unscrew the handle on the Adjustment Knob (99) until it is loose. Pull out the handle as far as it will go and slide the Press Seat Frame (36) into the slot in the Press Seat Upright (37). Release the handle and let the Knob snap into one of the adjustment holes on the Press Seat Frame. Tighten the handle fully.



40. Attach one Backrest (41) to the Press Backrest Frame (38) with two 1/4" x 1 3/4" Screws (49) and two 1/4" Flat Washers (71).

Attach the Press Backrest Frame (38) to the indicated hole in the Press Seat Upright (37) with a 3/8" x 2 3/4" Bolt (60) and a 3/8" Nylon Locknut (50). **Do not overtighten the Nylon Locknut; it must be easy to pivot the Backrest Frame.**

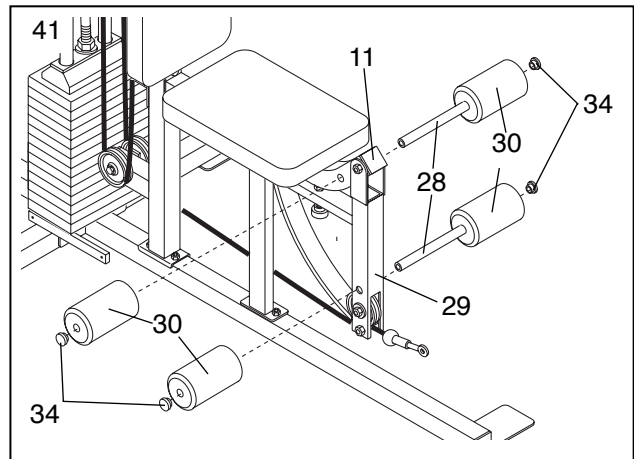
Unscrew the handle on the Long Adjustment Knob (101) until it is loose. Pull out the handle as far as it will go and slide the bracket on the Press Backrest Frame (38) into the slot in the Press Upright (3). Release the handle and let the Knob snap into one of the adjustment holes in the bracket. Tighten the handle fully.



41. Press two 3/4" Round Inner Caps (34) into each Pad Tube (28).

Insert one Pad Tube (28) into the Butterfly Seat Frame (11). Slide a Foam Roller (30) onto each end of the Pad Tube.

Insert the other Pad Tube (28) into the Leg Lever (29). Slide a Foam Roller (30) onto each end of the Pad Tube.

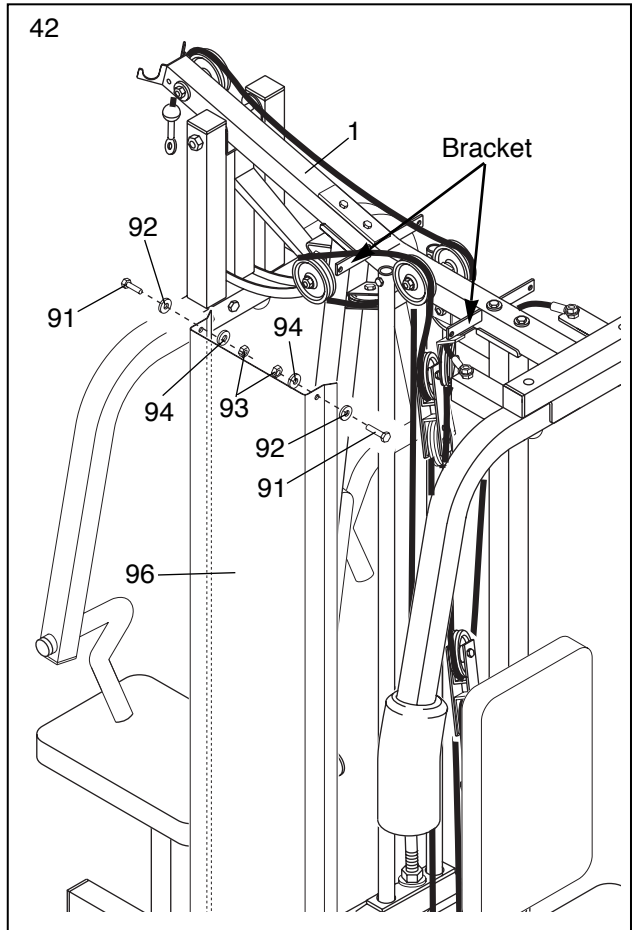


Miscellaneous Assembly

42. Identify the Left Shroud (96) which is the one with a large chart showing a number of exercises.

Attach the Left Shroud (96) to the indicated brackets on the Top Frame (1) with two #10 x 3/4" Black Screws (91), two #10 Flat Washers (92), two #10 Lock Washers (94) and two #10 Plain Nuts (93).

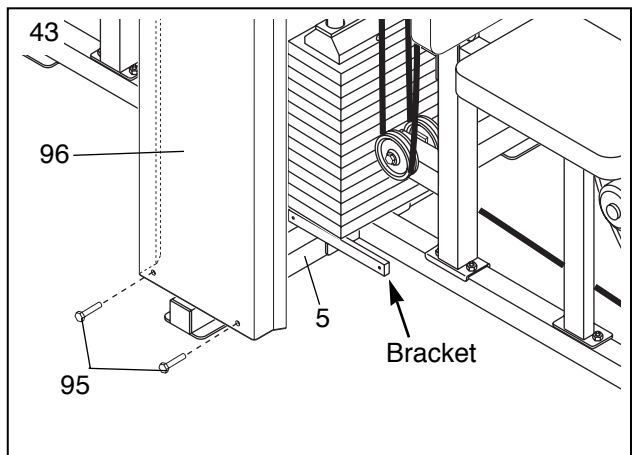
Do not tighten the Plain Nuts yet.



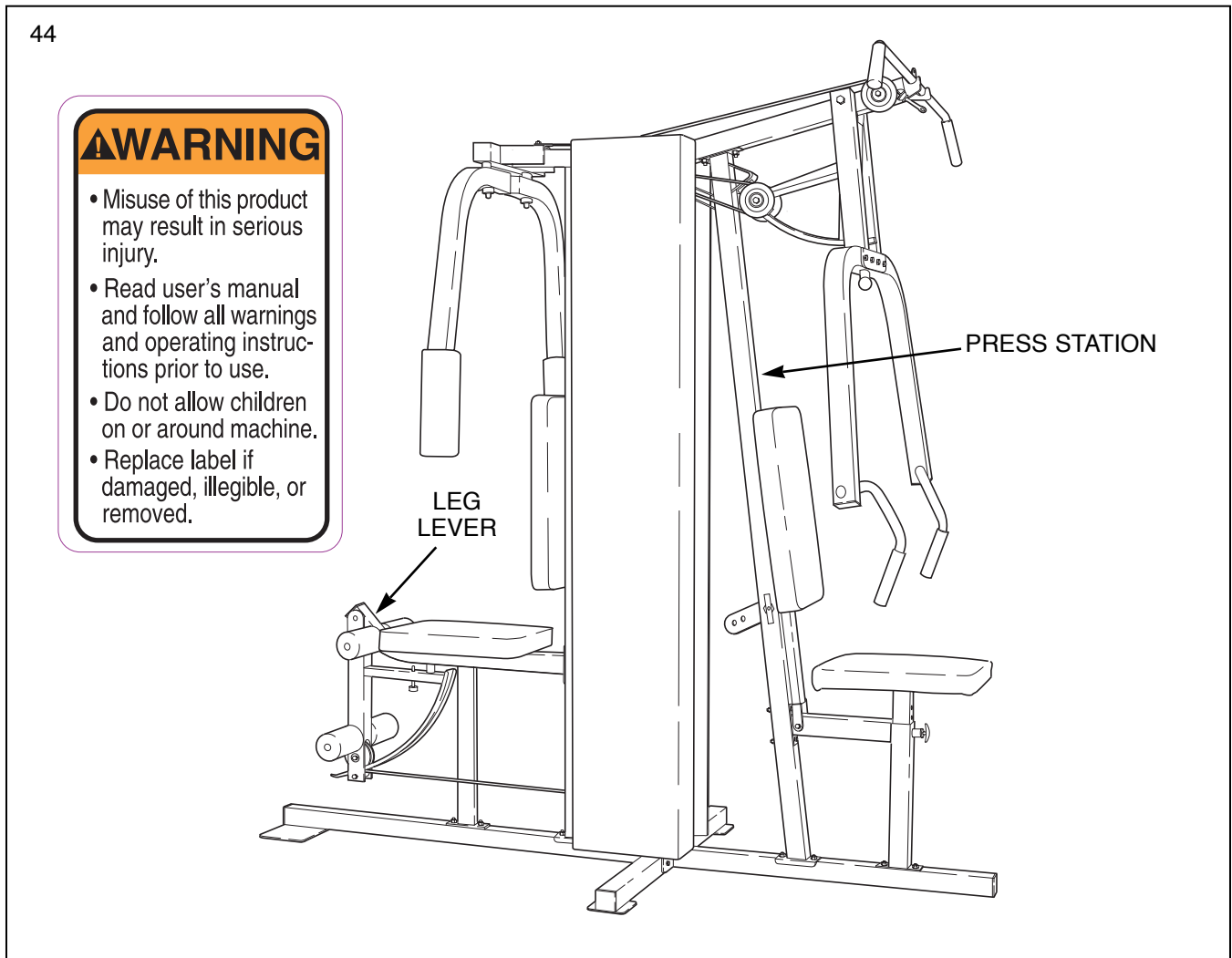
43. Attach the Left Shroud (96) to the indicated bracket on the Stabilizer (5) with two #8 x 3/4" Tek Screws (95).

Go back and tighten the Plain Nuts used in the previous step.

Fasten the Right Shroud (56, not shown) on the other side of the unit in the same manner.



44. The decal shown below has been attached to the home gym system in the two locations shown. If a decal is missing or illegible, please call our customer hotline at the number on the front cover to order a replacement decal. Apply the new decal in the appropriate location.

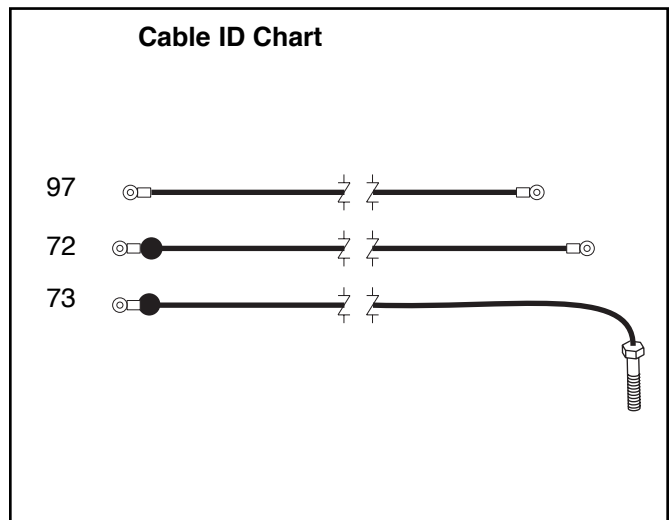
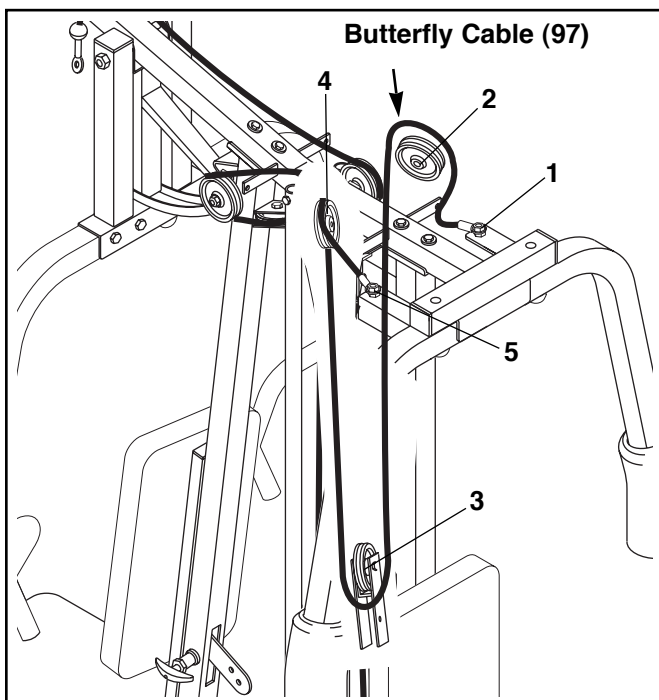
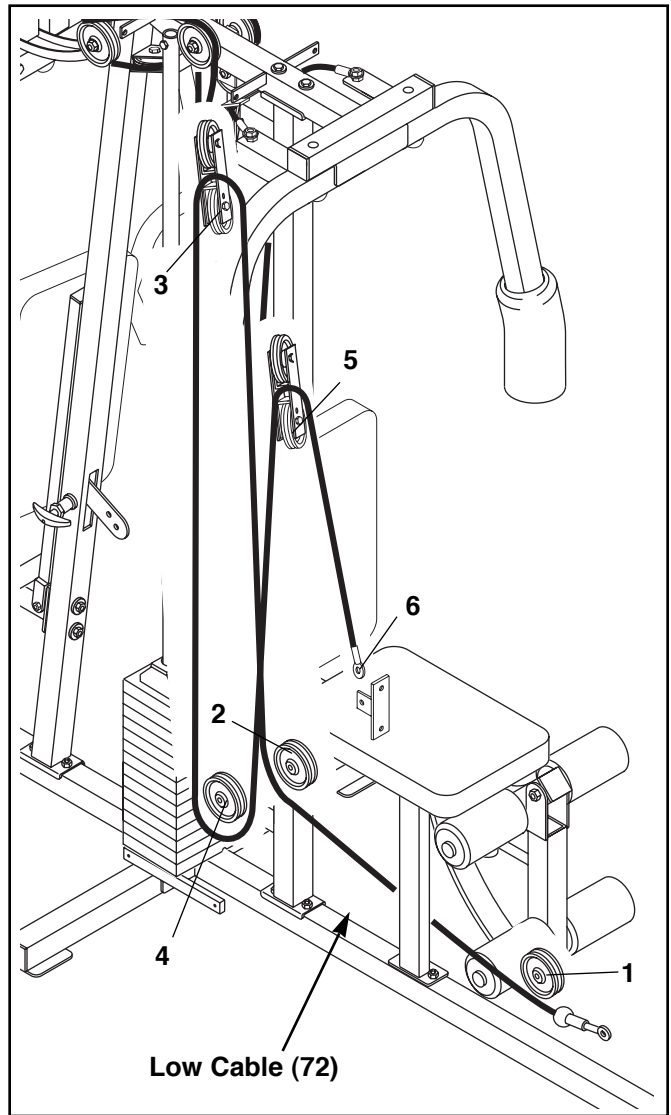
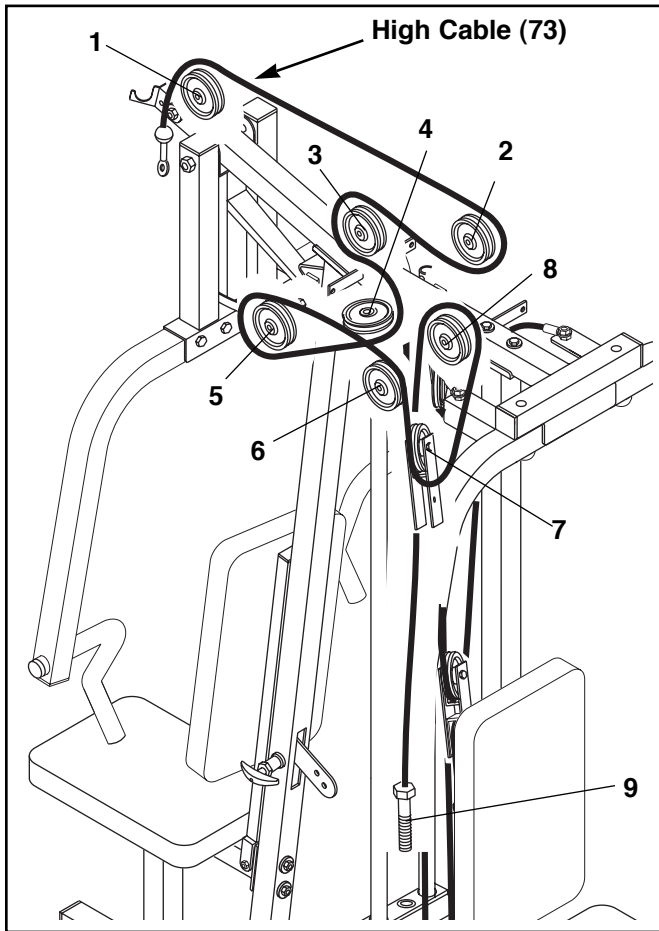


45. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 20 of this manual.

Before using the home gym system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 23.**

Cable Diagram

The Cable Diagrams below show the proper routing of the Butterfly Cable (97), the High Cable (73) and the Low Cable (72). The numbers show the correct route for each cable. **Make sure the Cables are routed correctly, that the Pulleys move smoothly and that the Cable Traps do not touch or bind the Cables. Incorrect cable routing can damage the weight system.**



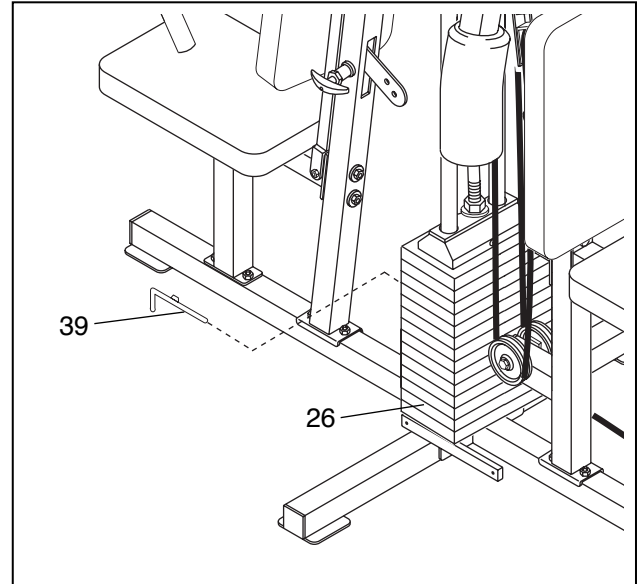
Adjustment

The instructions below describe how each part of the home gym system can be adjusted. Refer to the exercise chart mounted on the shroud to see how the home gym system should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

Changing the Weight Setting

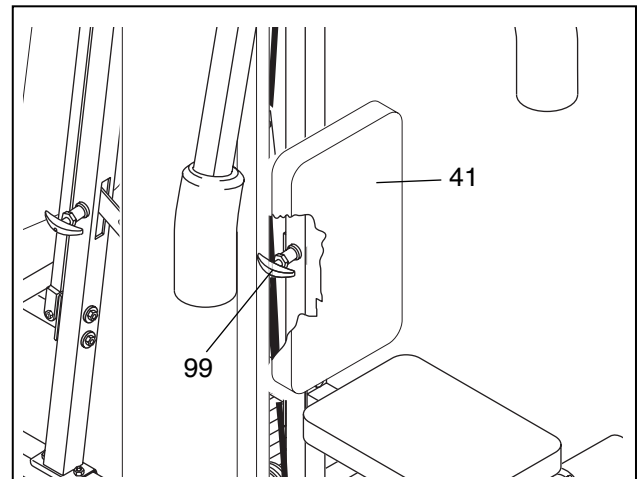
To change the weight setting of the weight stack, insert a Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 10 pounds to 150 pounds, in increments of 10 pounds. **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 22 to find the approximate amount of resistance at each weight station.**

Note: The shrouds are removed for clarity. The shrouds do not have to be removed to change the weight setting.



Adjusting the Position of the Butterfly Backrest

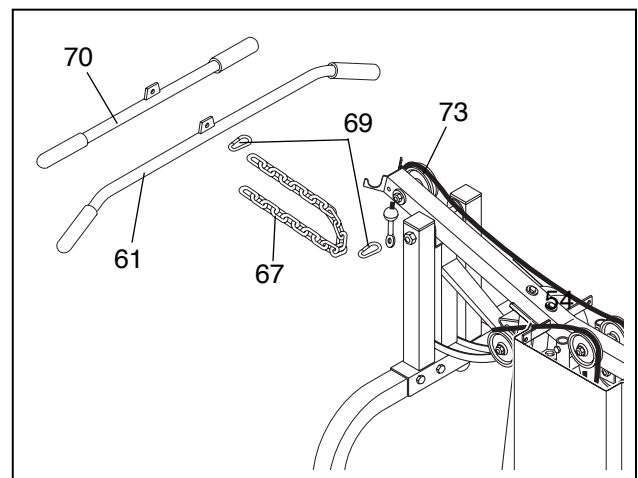
Unscrew the handle on the Adjustment Knob (99) until it is loose. Pull out the handle as far as it will go and slide the Butterfly Backrest (41) in or out to the desired position. Release the handle and let the Knob snap into one of the adjustment holes in the Butterfly Backrest Frame (15, not shown). Tighten the handle fully.



Attaching the Lat Bar or Row Bar to the High Pulley Station

Attach the Lat Bar (61) to the High Cable (73) with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

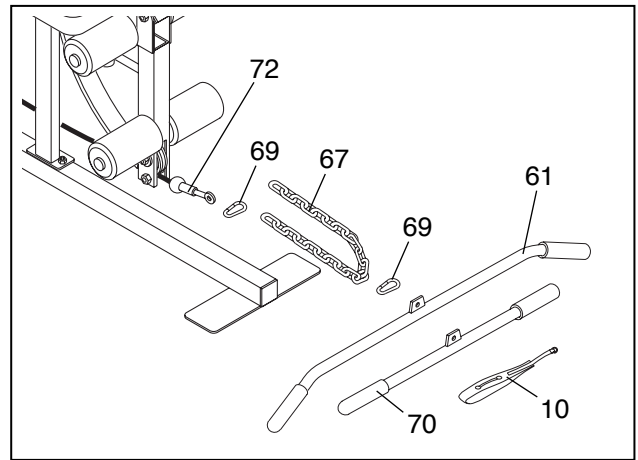
The Row Bar (70) can be attached in the same manner.



Attaching the Lat Bar, Row Bar or Ankle Strap to the Low Pulley Station

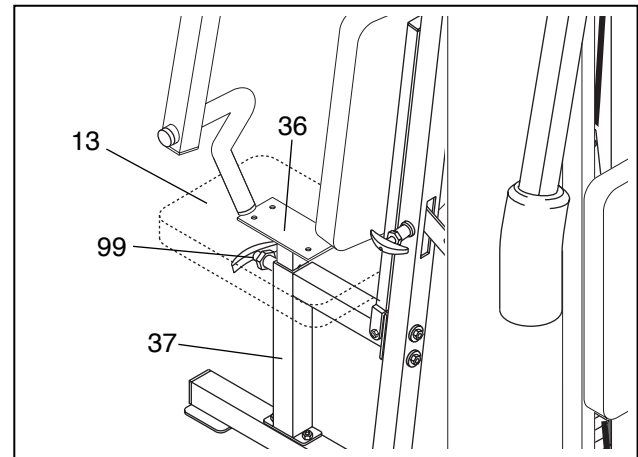
Attach the Lat Bar (61) to the Low Cable (72) with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Row Bar (70) and Ankle Strap (10) can be attached in the same manner.



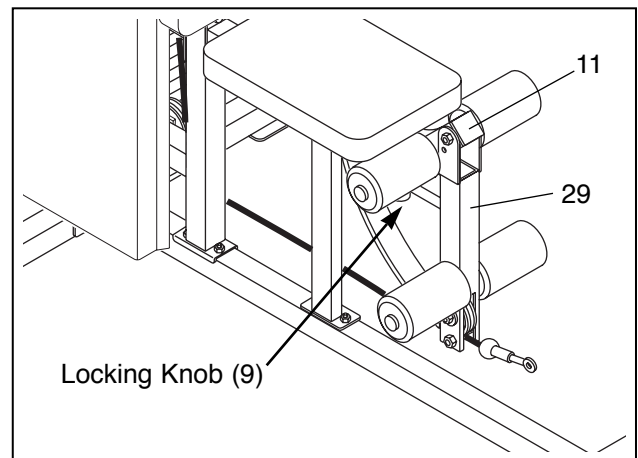
Adjusting the Height of the Press Seat

To adjust the height of the Press Seat (13), Unscrew the handle on the Adjustment Knob (99) until it is loose. Pull out the handle as far as it will go and slide the Press Seat (13) up or down to the desired position. Release the handle and let the Knob snap into one of the adjustment holes in the Press Seat Frame (36). Tighten the handle fully.



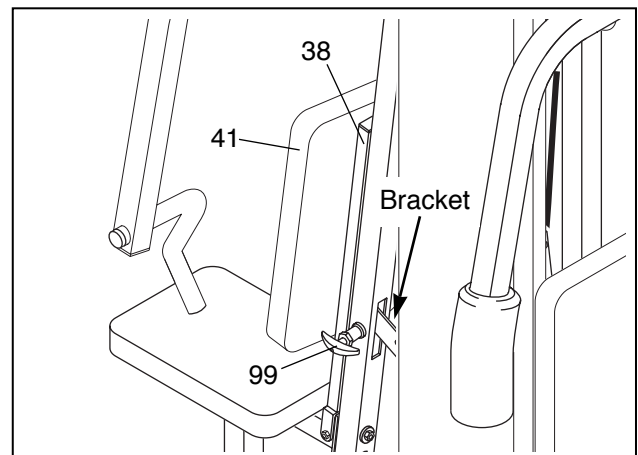
Locking the Leg lever

For some exercises, the Leg Lever (29) must be locked in position. To do this tighten the Locking Knob (9) located underneath the Leg Lever into the welded nut underneath the Butterfly Seat Frame (11).



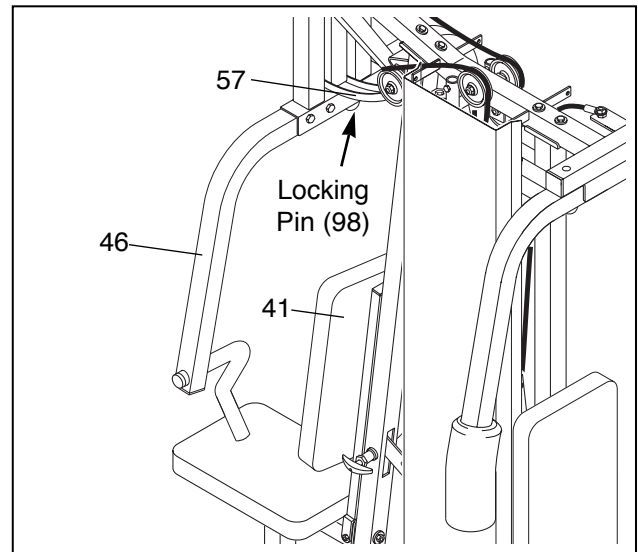
Adjusting the Position of the Press Backrest for Row Exercises

Unscrew the handle on the Adjustment Knob (99) until it is loose. Pull out the handle as far as it will go and tilt the Press Backrest (41) in or out to the desired position. Release the handle and let the Knob snap into one of the adjustment holes in the bracket on the Press Backrest Frame (38). Tighten the handle fully.



Adjusting the Weight System for Row Exercises

To set up the weight system for row exercises, pull down on the Press Arm Locking Pin (98). Push the Press Arms (46, 47) towards the weight stack and release the Locking Pin so it snaps into one of the holes in the Cable Frame (57). Next, adjust the Press Backrest (41) as described earlier in this section.



Weight Resistance Chart

This chart shows the approximate weight resistance at each station. “Top” refers to the 10 lbs. top weight. The other numbers refer to the 10 lbs. weight plates. Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.

Weight Plates	Arm Press Row (lbs.)	Lower Pulley Leg Ext. (lbs.)	Upper Pulley (lbs.)	Butterfly Arms (lbs.)
Top	13	7	12	6
1	29	19	21	18
2	43	30	32	32
3	57	42	45	44
4	74	52	58	56
5	87	64	68	70
6	106	75	76	84
7	126	86	87	96
8	136	96	98	106
9	151	109	111	120
10	164	120	122	132
11	173	128	134	144
12	189	140	145	152
13	202	149	154	164
14	215	162	167	172

Ordering Replacement Parts

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

1. The MODEL NUMBER of the product (PFSY92080).
2. The NAME of the product (PROFORM® 920 Home Gym System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at 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 ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, 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.

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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

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Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

Tightening the Cables

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

To tighten the Cables, insert the Weight Pin (39) between the third and the fourth Weight, counting from the top. See “Changing the Weight Setting” on page 20 for instructions on moving the Weight Pin.

Loosen the 1/2" Plain Nut (40) securing the bolt at the end of the High Cable (73). Tighten the bolt a couple of turns into the Weight Tube (77) until the Cables feel tighter. Tighten the Plain Nut to prevent the bolt from turning.

Note: This drawing shows the Shroud removed for clarity. The Shroud does not have to be removed to tighten the Cables.

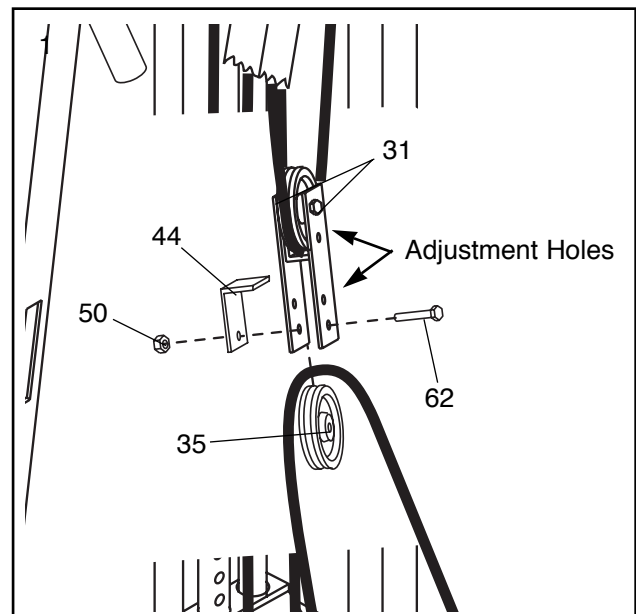
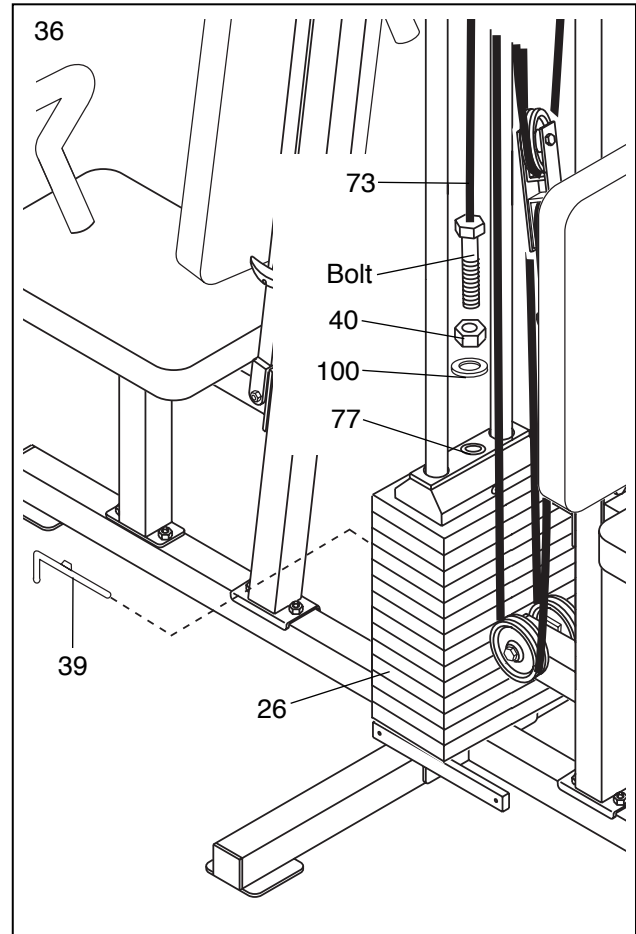
Additional slack can be removed by moving one or both of the 3 1/2" Pulleys (35) attached to one or both sets of Pulley Plates (31).

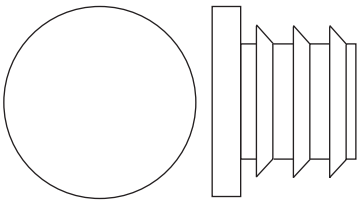
To move one Pulley, unscrew the 3/8" Nylon Locknut (50) and the 3/8" x 2" Bolt (62). Remove the Cable Trap (44) and Pulley (35) from the Pulley Plates (31). Re-attach the Pulley and Cable Trap to the appropriate adjustment hole in the Pulley plates

Note: Begin by moving only one Pulley in one set of Pulley Plates. If the Cables are still too loose, move one more Pulley, and keep doing this until the Cables are tight.

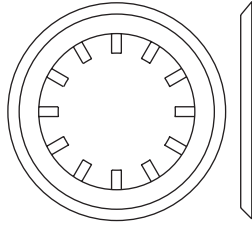
Note: If a Cable tends to slip off the Pulleys often, the Cable may have become twisted. Remove the Cable and re-install it.

If the Cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

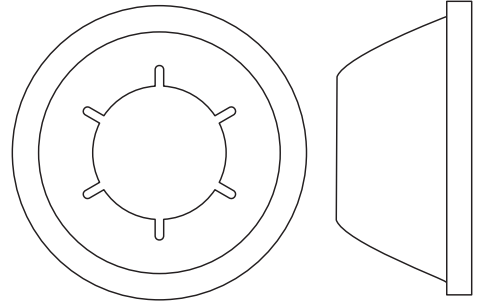




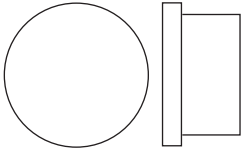
1" Round Inner Cap (88)



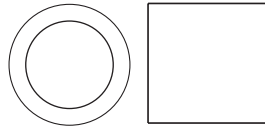
3/4" Retaining Ring (86)



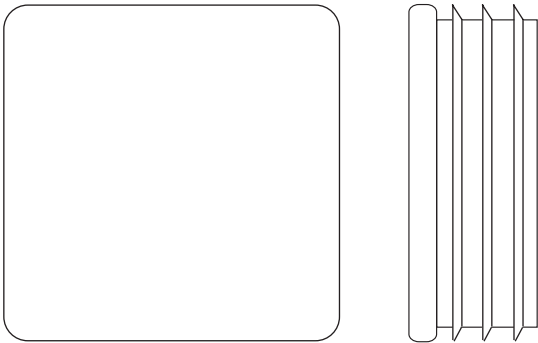
3/4" Dome Cap (75)-2



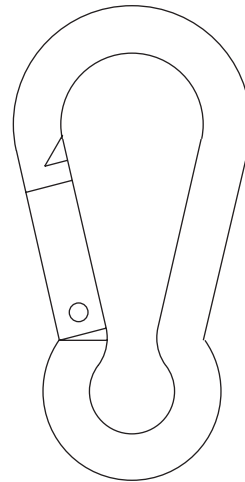
3/4" Round Inner Cap (34)



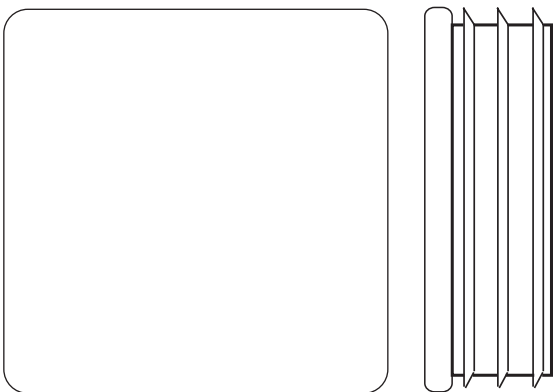
5/8" x 1/2" Bushing (32)



1 3/4" Square Inner Cap (21)



Cable Clip (69)

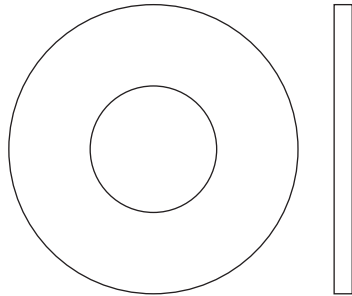


2" Square Inner Cap (24)

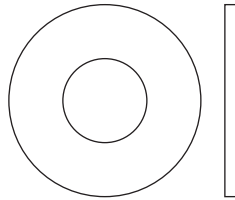


1" x 2" Inner Cap (43)

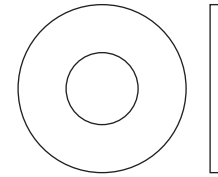
Part Identification Chart - Model No. PFSY92080



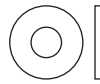
1 1/2" Flat Washer (100)



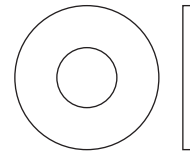
3/8" Flat Washer (55)



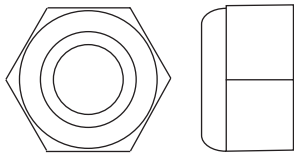
5/16" Flat Washer (53)



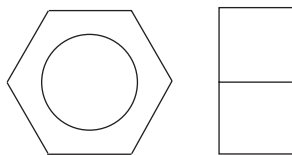
#10 Flat Washer (92)



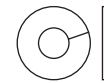
1/4" Flat Washer (71)



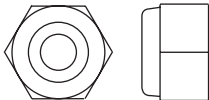
1/2" Nylon Locknut (51)



1/2" Plain Nut (40)



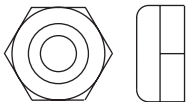
#10 Lock Washer (94)



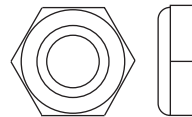
5/16" Nylon Locknut (68)



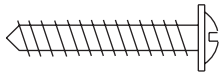
#10 Plain Nut (93)



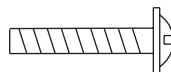
5/16" Nylon Jamnut (25)



3/8" Nylon Jam Nut (78)



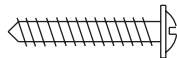
#8 x 1" Black Screw (7)



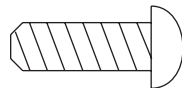
#10 x 3/4" Black Screw (91)



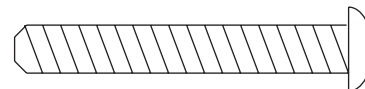
3/8" Nylon Locknut (50)



#8 x 3/4" Tek Screw



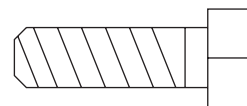
1/4" x 3/4" Screw



1/4" x 1 3/4" Screw (49)



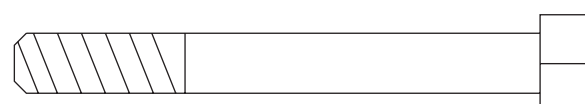
5/16" x 2 1/2" Carriage Bolt (22)



5/16" x 1" Bolt (48)



5/16" x 2 1/2" Bolt (45)



5/16" x 2 3/4" Bolt (60)

Part List - Model No. PFSY92080

R1198A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	52	1	Support Plate
2	1	Butterfly Upright	53	5	5/16" Flat Washer
3	1	Press Upright	54	1	3/8" x 3 1/2" Bolt
4	1	Press Base	55	4	3/8" Flat Washer
5	1	Stabilizer	56	1	Right Shroud
6	1	Leg Lever Bumper	57	1	Cable Frame
7	1	#8 x 1" Black Screw	58	2	Foam Handle
8	1	Butterfly Base	59	1	1/2" x 9 1/2" Bolt
9	1	Locking Knob	60	4	5/16" x 2 3/4" Bolt
10	1	Ankle Strap	61	1	Lat Bar
11	1	Butterfly Seat Frame	62	6	3/8" x 2" Bolt
12	1	Press Frame	63	2	Weld Cover
13	2	Seat	64	1	Weight Tube Bumper
14	4	Plastic Sleeve	65	1	3/8" x 4 3/4" Bolt
15	1	Butterfly Backrest Frame	66	1	Weight Cover
16	1	Top Weight	67	1	Chain, 16"
17	10	1/4" x 3/4" Screw	68	19	5/16" Nylon Locknut
18	9	3/8" x 2 3/4" Bolt	69	3	Cable Clip
19	2	Weight Bumper	70	1	Row Bar
20	2	3/8" x 2 3/4" Carriage Bolt	71	2	1/4" Flat Washer
21	1	Nylon Jamnut	72	1	Low Cable
22	10	5/16" x 2 1/2" Carriage Bolt	73	1	High Cable
23	2	Weight Guide	74	1	3/8" x 2 1/2" Bolt
24	16	2" Square Inner Cap	75	2	3/4" Dome Cap
25	5	5/16" Nylon Jamnut	76	28	Round Weight Insert
26	14	Weight	77	1	Weight Tube
27	1	Support Bracket	78	5	3/8" Nylon Jamnut
28	2	Pad Tube	79	2	"V"-Pulley
29	1	Leg Lever	80	1	Right Butterfly Arm
30	4	Foam Roller	81	1	Left Butterfly Arm
31	4	Pulley Plate	82	2	Butterfly Foam Pad
32	2	5/8" x 1/2" Bushing	83	1	Plastic Spacer
33	4	Handgrip	84	2	Long Cable Trap
34	4	3/4" Round Inner Cap	85	2	3/8" x 2 1/4" Bolt
35	13	3 1/2" Pulley	86	2	3/4" Retaining Ring
36	1	Press Seat Frame	87	1	Low Pulley
37	1	Press Seat Upright	88	2	1" Round Inner Cap
38	1	Press Backrest Frame	89	1	5/16" x 6 1/2" Bolt
39	1	Weight Pin	90	1	3/8" x 1 1/2" Buttonhead Screw
40	1	1/2" Plain Nut	91	4	#10 x 3/4" Black Screw
41	2	Backrest	92	4	#10 Flat Washer
42	2	3/8" x 5" Bolt	93	4	#10 Plain Nut
43	1	1" x 2" Inner Cap	94	4	#10 Lock Washer
44	10	Cable Trap	95	4	#8 x 3/4" Tek Screw
45	3	5/16" x 2 1/2" Bolt	96	1	Left Shroud
46	1	Right Press Arm	97	1	Butterfly Cable
47	1	Left Press Arm	98	1	Press Arm Locking Pin
48	3	5/16" x 1" Bolt	99	2	Adjustment Knob
49	2	1/4" x 1 3/4" Screw	100	1	1 1/2" Flat Washer
50	18	3/8" Nylon Locknut	101	1	Long Adjustment Knob
51	1	1/2" Nylon Locknut	#	1	User's Manual

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

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