

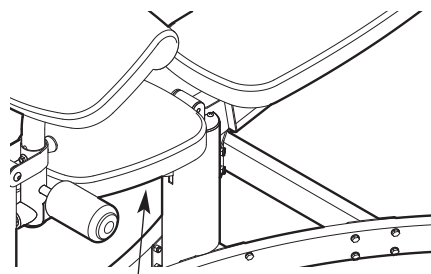
PRO-FORM[®]

FUSION 2.0X

Model No. PFBE1816.0

Serial No. _____

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



Serial Number Decal

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.

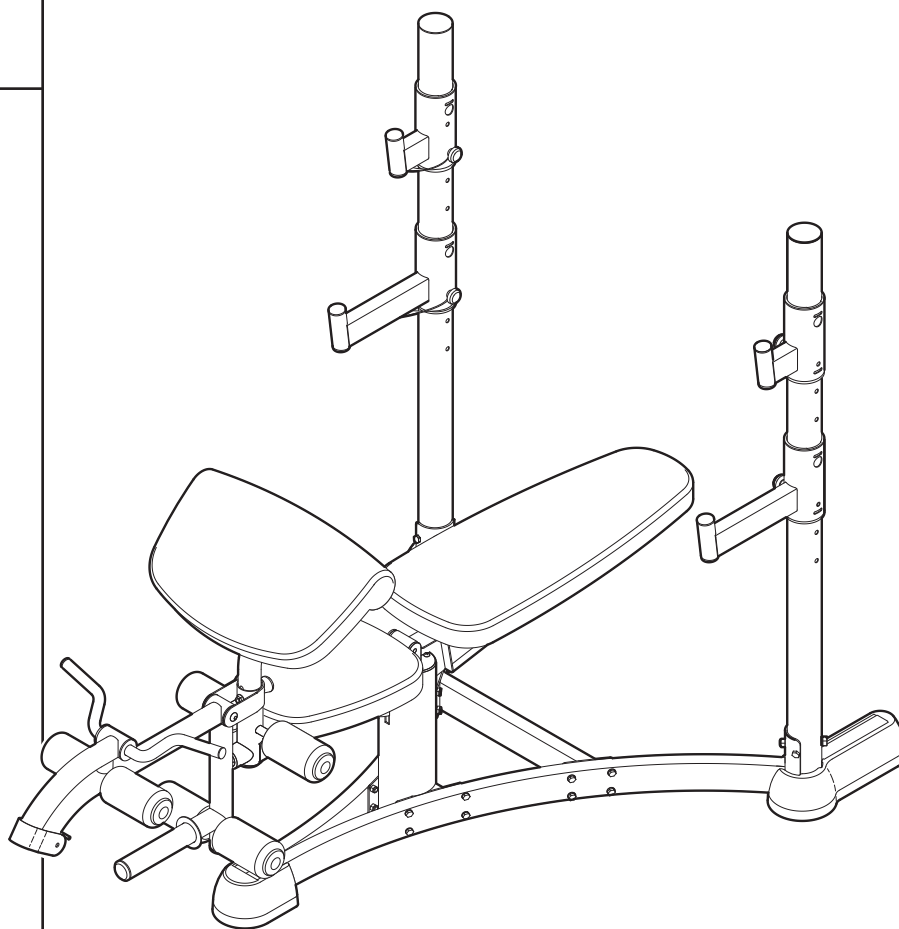
CALL TOLL-FREE:

1-888-533-1333

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.proformservice.com



CAUTION

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



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new products, prizes,
fitness tips, and much more!

PRO-FORM[®]

FUSION 2.0X

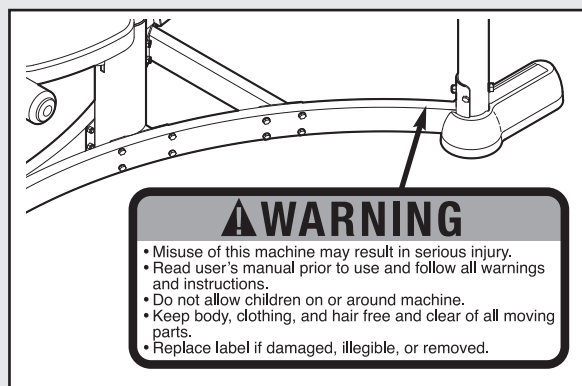
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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench 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 bench to mount, dismount, and use the weight bench.
5. Keep children under 12 and pets away from the weight bench at all times.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Always make sure that the backrest knob is fully engaged before using the backrest.
8. Wear appropriate clothes when exercising. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not use the weight bench with more than 210 pounds of weight. Do not place more than 130 pounds on the leg lever. Note: The weight bench does not include weights.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The decals shown below have been placed on the weight bench. 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: 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

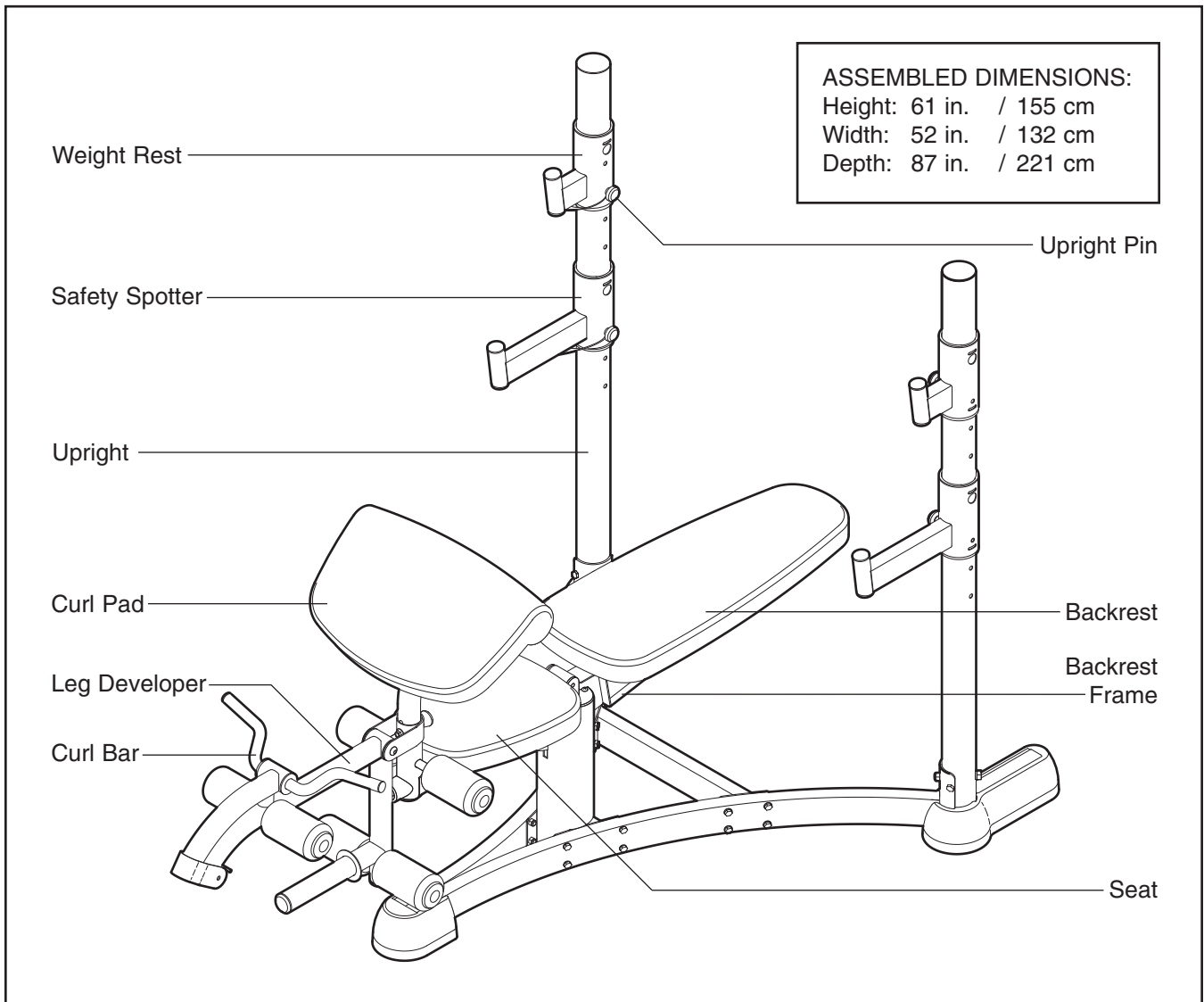
Thank you for selecting the versatile PROFORM® FUSION 2.0 X weight bench. The weight bench offers a selection of exercise stations designed to develop the major muscle group of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. 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 PFBE1816.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

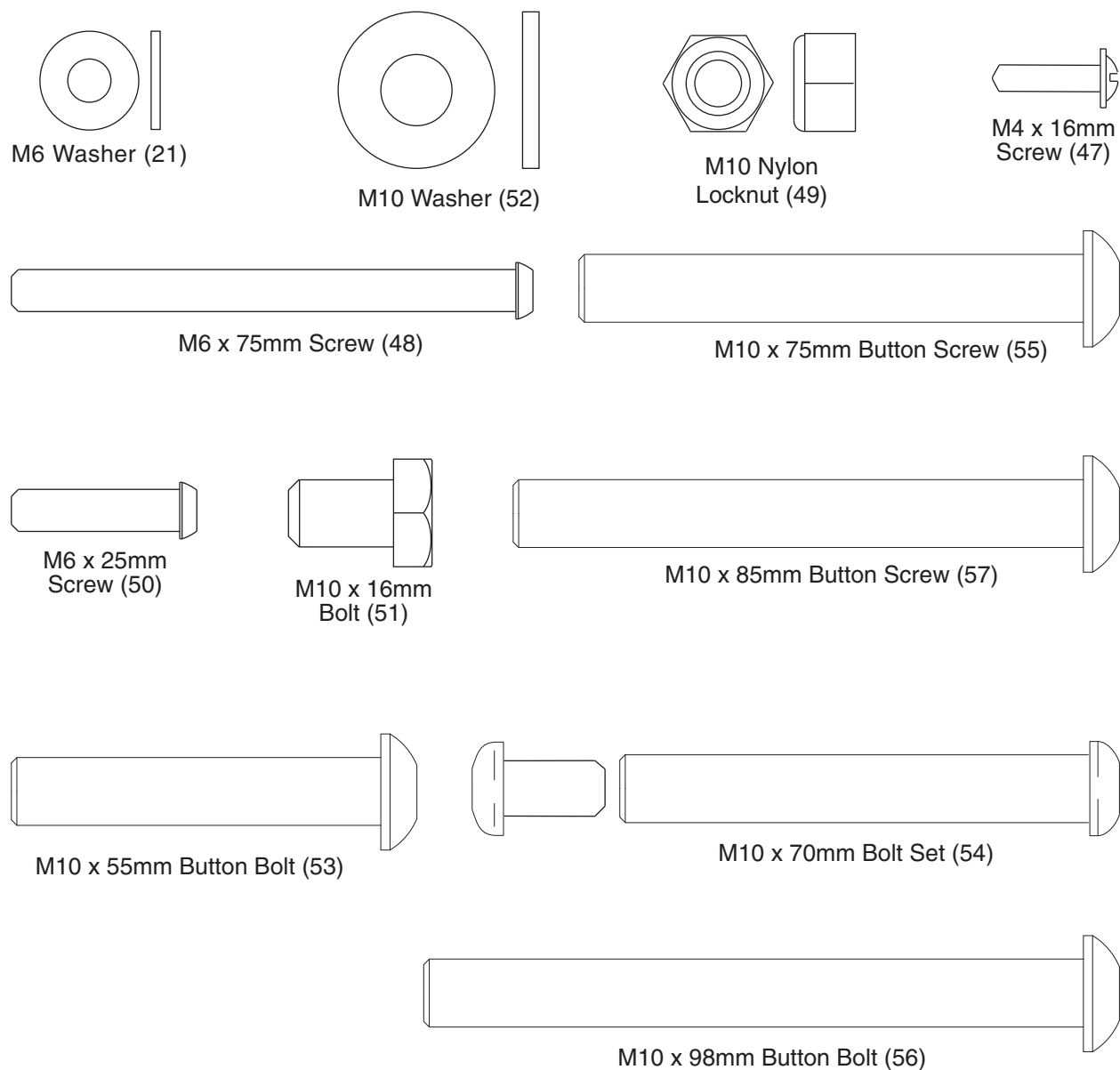
To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.proformservice.com/registration.

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



PART IDENTIFICATION CHART

See 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 on page 18. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**



ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.




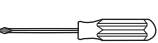
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

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

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench 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 bench, make sure all parts are oriented as shown in the drawings.
- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

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

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 

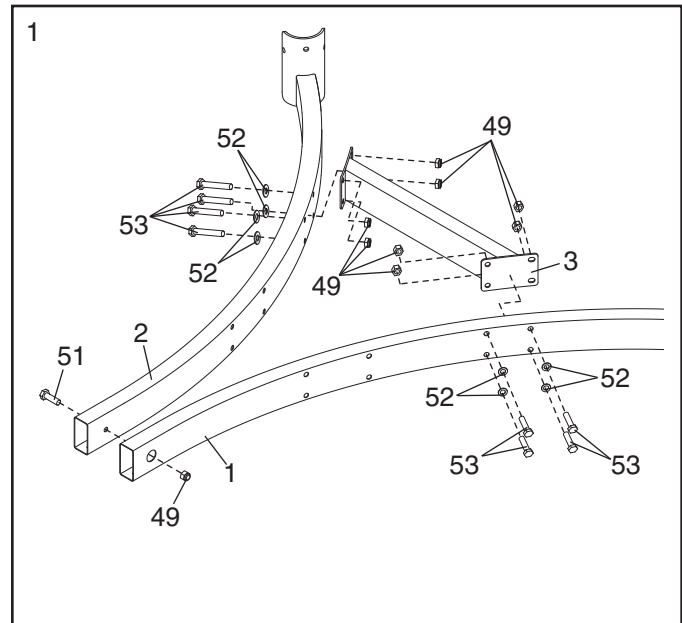
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

Before beginning assembly, make sure that you have read and understand the information in the box above. See the **PART IDENTIFICATION CHART** on page 5 for help identifying small parts.

Attach the Left and Right Bases (1, 2) with an M10 x 16mm Bolt (51) and an M10 Nylon Locknut (49). **Do not tighten the Nylon Locknut yet.**

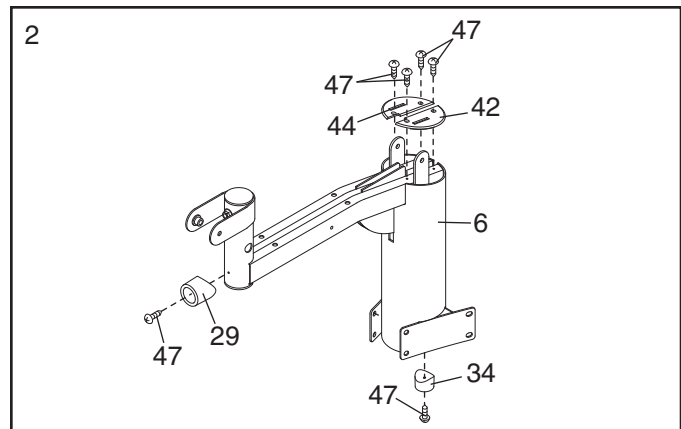
Next, attach the Center Base (3) to the Left and Right Bases with eight M10 x 55mm Button Bolts (53), eight M10 Washers (52), and eight M10 Nylon Locknuts (49). **Do not tighten the Nylon Locknuts yet.**



- Attach the Left and Right Seat Frame Caps (42, 44) to the Seat Frame (6) with four M4 x 16mm Screws (47).

Attach the Seat Frame Bumper (29) to the Seat Frame (6) with an M4 x 16mm Screw (47).

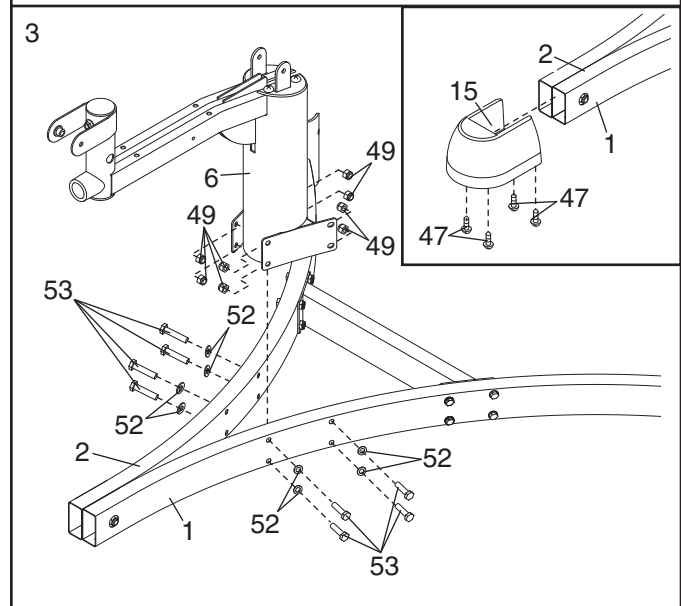
Next, attach the Bumper (34) to the Seat Frame with an M4 x 16mm Screw (47).



- Attach the Seat Frame (6) to the Left and Right Bases (1, 2) with eight M10 x 55mm Button Bolts (53), eight M10 Washers (52), and eight M10 Nylon Locknuts (49).

Tighten the Nylon Locknuts (49) used in step 1 and this step.

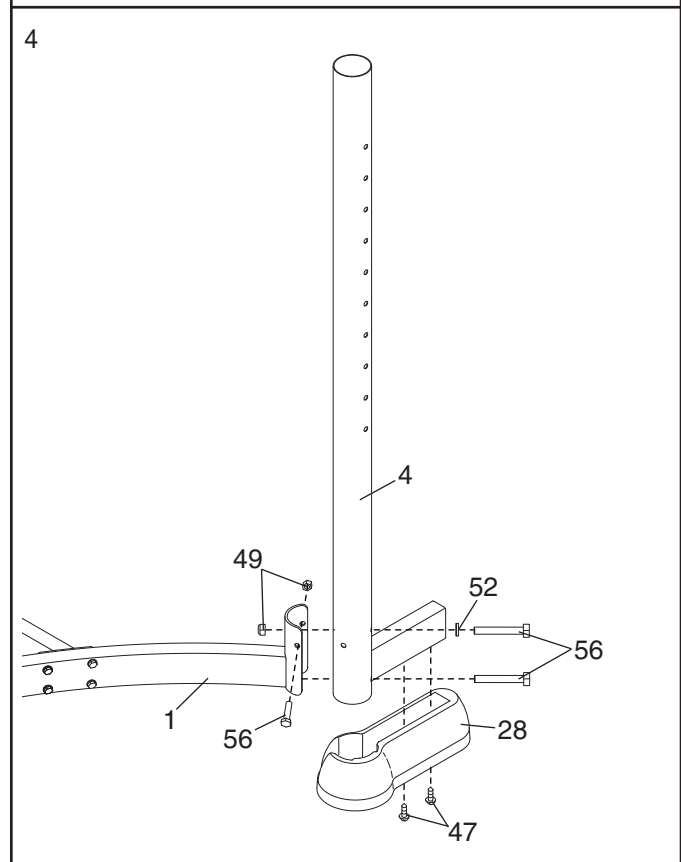
See the inset drawing. Attach the Front Foot (15) to the Left and Right Bases (1, 2) with four M4 x 16mm Screws (47).



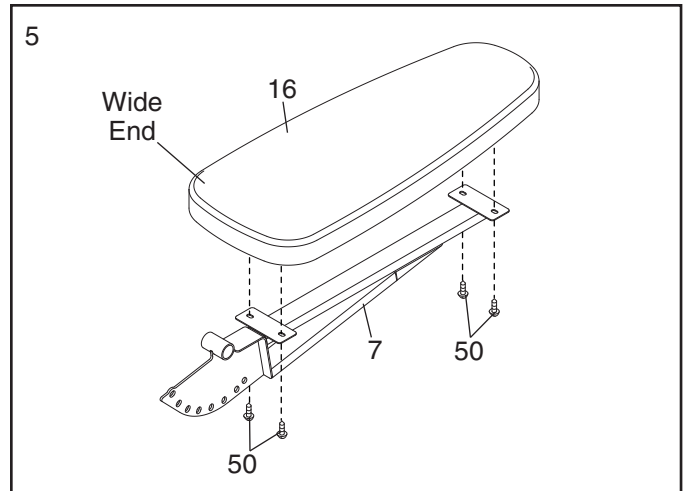
- Attach the Left Upright (4) to the Left Base (1) with three M10 x 98mm Button Bolts (56), an M10 Washer (52), and two M10 Nylon Locknuts (49).

Attach the Left Foot (28) to the Left Upright (4) with two M4 x 16mm Screws (47).

Repeat this step for the other side of the weight bench.

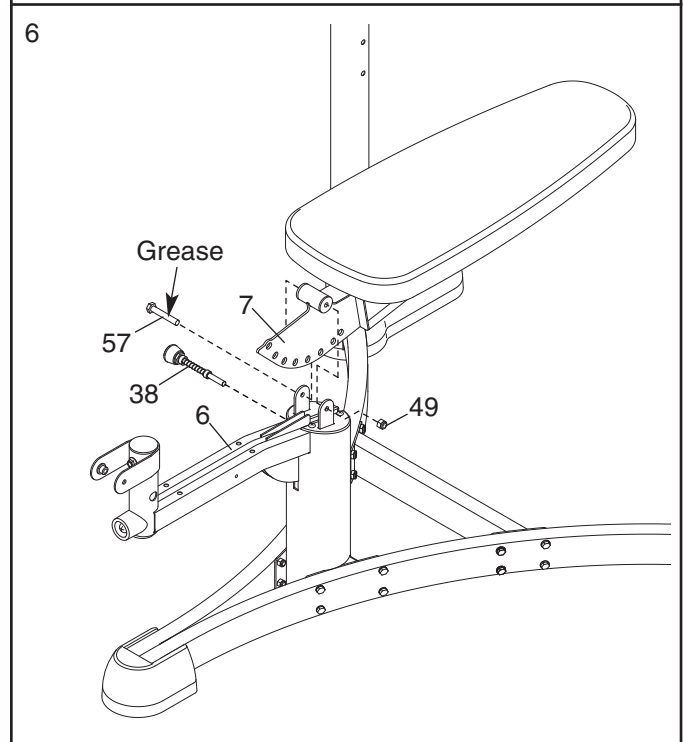


5. Orient the Backrest (16) with the wide end in the position shown. Attach the Backrest to the Backrest Frame (7) with four M6 x 25mm Screws (50).

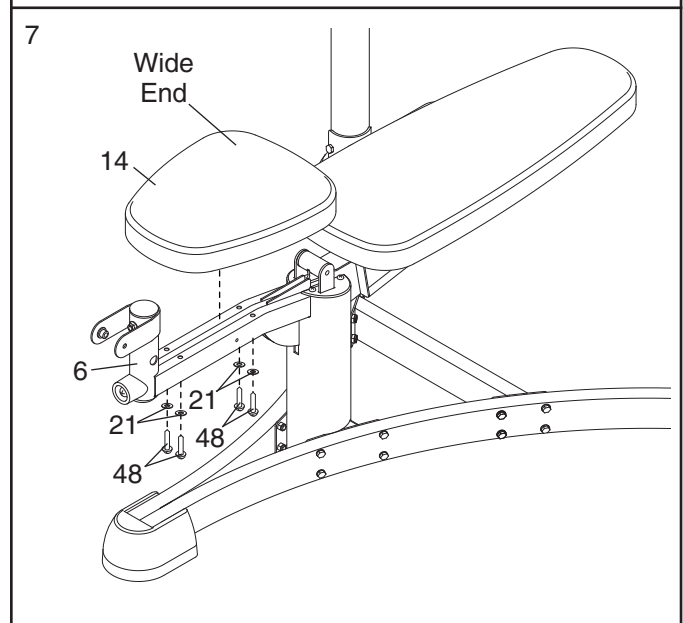


6. Tighten the Backrest Knob (38) into the Seat Frame (6). Then, pull the Backrest Knob out as far as it will go. Insert the Backrest Frame (7) into the Seat Frame and engage the Backrest Knob into one of the holes in the Seat Frame.

Apply a small amount of the included grease to an M10 x 85mm Button Screw (57). Attach the Backrest Frame (7) to the Seat Frame (6) with the Button Screw and an M10 Nylon Locknut (49). **Do not overtighten the Nylon Locknut; the Backrest Frame must pivot freely.**

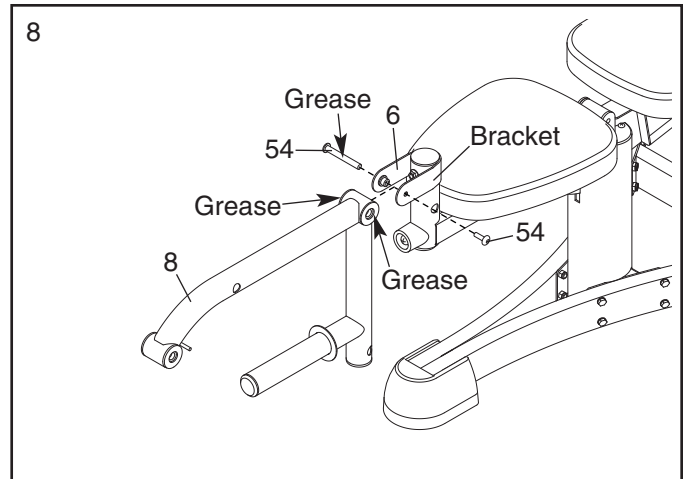


7. Orient the Seat (14) with the wide end in the position shown. Attach the Seat to the Seat Frame (6) with four M6 x 75mm Screws (48) and four M6 Washers (21).



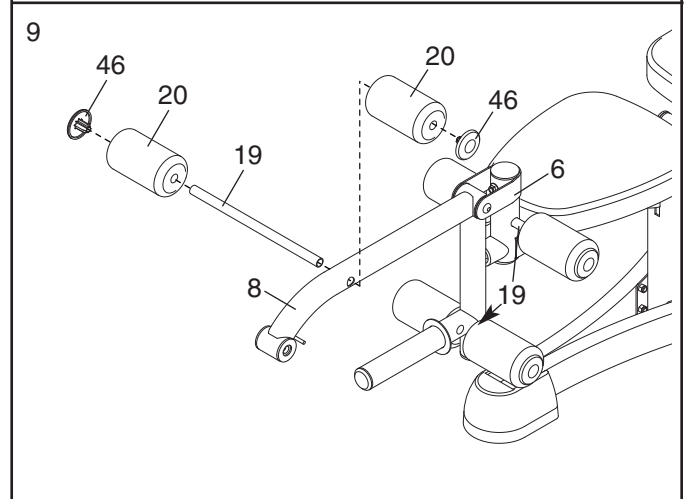
- Apply grease to the barrel of the M10 x 70mm Bolt Set (54) and to the indicated locations on the Leg Developer (8).

Attach the Leg Developer (8) to the Seat Frame (6) with the M10 x 70mm Bolt Set (54). **Make sure the barrel of the Bolt Set is inserted through both sides of the bracket on the Seat Frame. Do not overtighten the Bolt Set; the Leg Developer must pivot freely.**

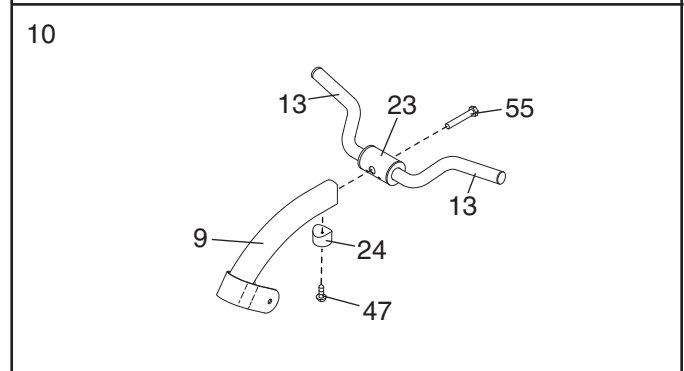


- Insert a Pad Tube (19) into the Leg Developer (8). Slide a Foam Pad (20) onto each end of the Pad Tube. Then, press a Pad Cap (46) into each Foam Pad.

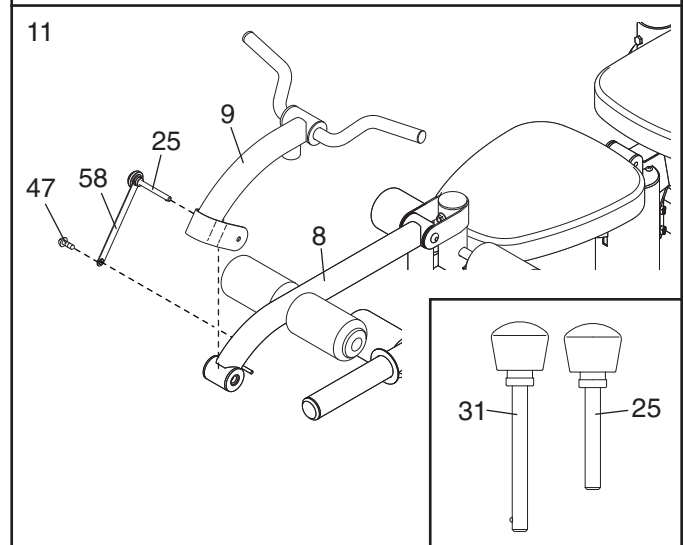
Repeat this step with the other two Pad Tubes (19).



- Attach the Curl Bumper (24) to the Curl Frame (9) with an M4 x 16mm Screw (47). Next, attach the Curl Tube (23) to the Curl Frame (9) with an M10 x 75mm Button Screw (55).



- See the inset drawing and identify the Curl Pin (25). Attach the Curl Frame (9) to the Leg Developer (8) with the Curl Pin. Next, attach the Tether (58) to the Leg Developer with an M4 x 16mm Screw (47).

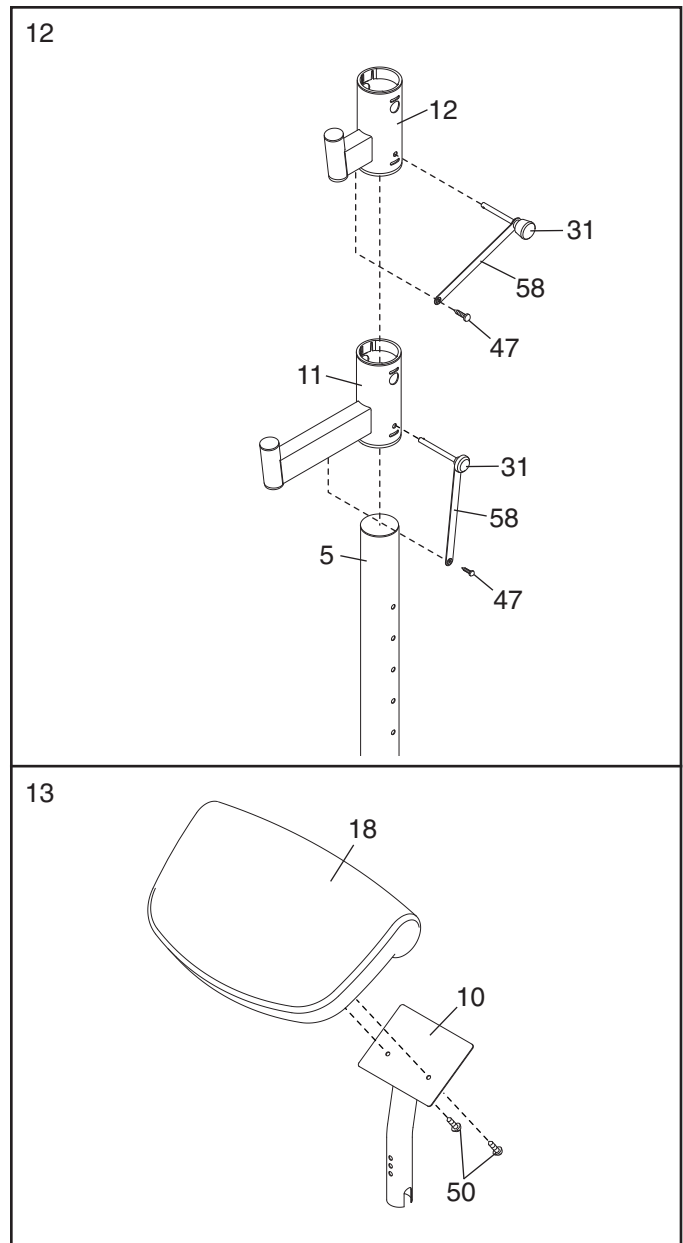


12. Slide a Safety Spotter (11) onto the Right Upright (5). Insert an Upright Pin (31) through the Safety Spotter and the Right Upright. Next, attach the Tether (58) on the Upright Pin to the Safety Spotter with an M4 x 16mm Screw (47).

Slide a Weight Rest (12) onto the Right Upright (5). Insert an Upright Pin (31) through the Weight Rest and the Right Upright. Next, attach the Tether (58) on the Upright Pin to the Weight Rest with an M4 x 16mm Screw (47).

Repeat this step for the other side of the weight bench. Make sure that the Safety Spotters (11) and the Weight Rests (12) are at the same height.

13. Attach the Curl Pad (18) to the Curl Post (10) with two M6 x 25mm Screws (50).



14. Make sure that all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.

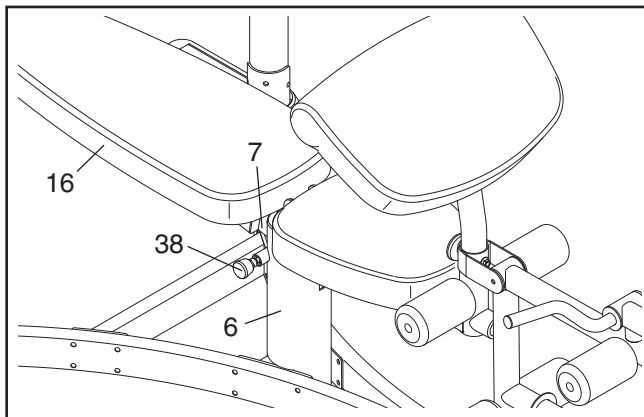
ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 13 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

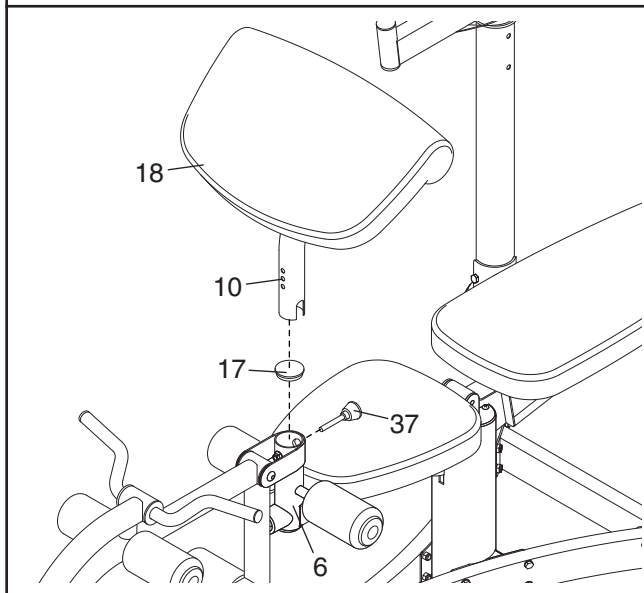
To adjust the position of the Backrest (16), pull the Backrest Knob (38) out of the Seat Frame (6) as far as it will go. Raise or lower the Backrest, and reengage the Backrest Knob into the Backrest Frame (7).



USING THE CURL PAD

To use the Curl Pad (18), remove the indicated 56mm Round Cap (17) and insert the Curl Post (10) into the Seat Frame (6). Tighten the Curl Knob (37) into the Seat Frame. **Make sure that the Curl Knob passes through a hole in the Curl Post.**

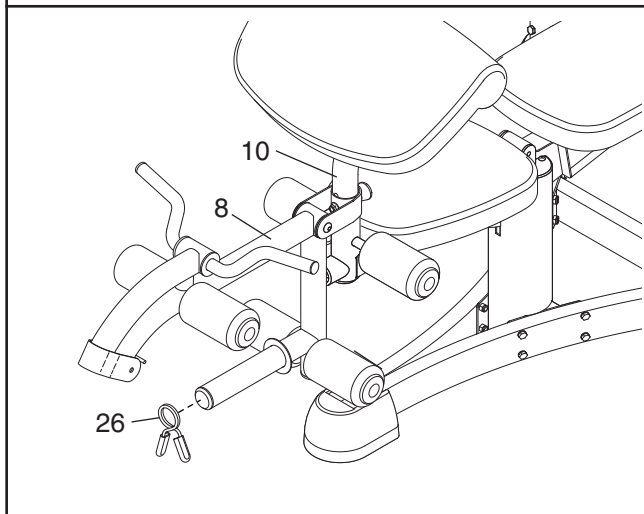
When performing exercises that do not require the Curl Pad (18), remove the Curl Pad and reinsert the 56mm Round Cap (17) into the Seat Frame (6).



USING THE LEG DEVELOPER

The Leg Developer (8) can be used with Olympic weights. To use Olympic weights, slide a weight plate (not shown) onto the Leg Developer and secure it with a Spring Clip (26).

Note: Remove the Curl Post (10) when using the Leg Developer (8).



ADJUSTING THE WEIGHT RESTS AND THE SAFETY SPOTTERS

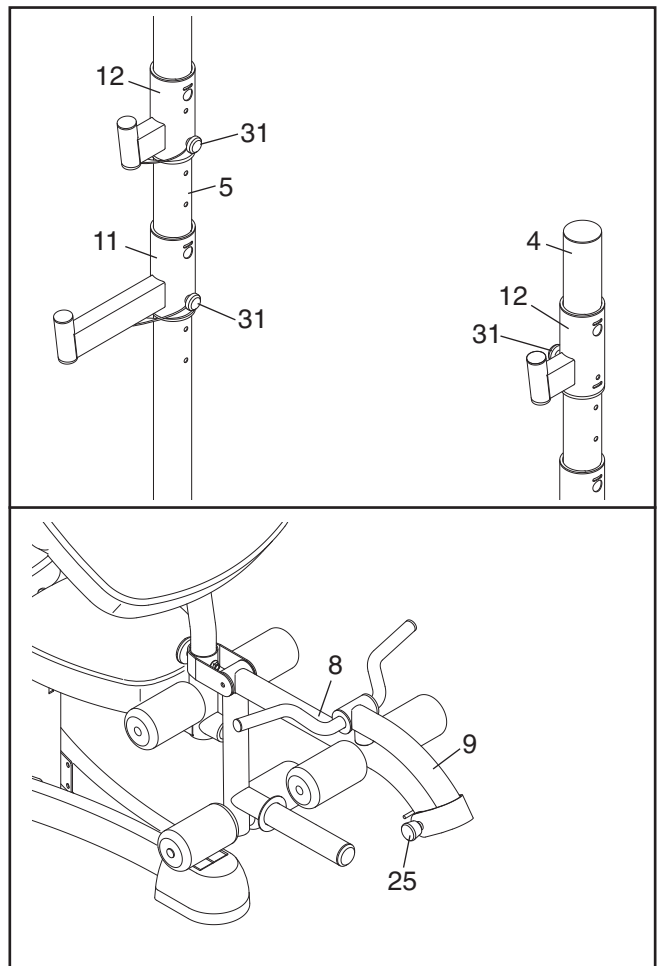
To adjust the position of the Weight Rests (12), remove the Upright Pins (31) from the Left and Right Uprights (4, 5). Raise or lower the Weight Rests to the desired position. Reengage the Upright Pins into the Weight Rests and the Left and Right Uprights.

Make sure that the Weight Rests are at the same height.

Repeat this action to adjust the Safety Spotters (11). Note: You can turn the Safety Spotters 180 degrees for use with squat exercises.

REMOVING THE CURL FRAME

To remove the Curl Frame (9), remove the Curl Pin (25) from the Leg Developer (8).



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

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

Weight Loss

To lose weight, use a low amount of resistance 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 elliptical exerciser or exercise cycle, 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 exact length of time for each workout, as well as the number of repetitions or 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 are:

- 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

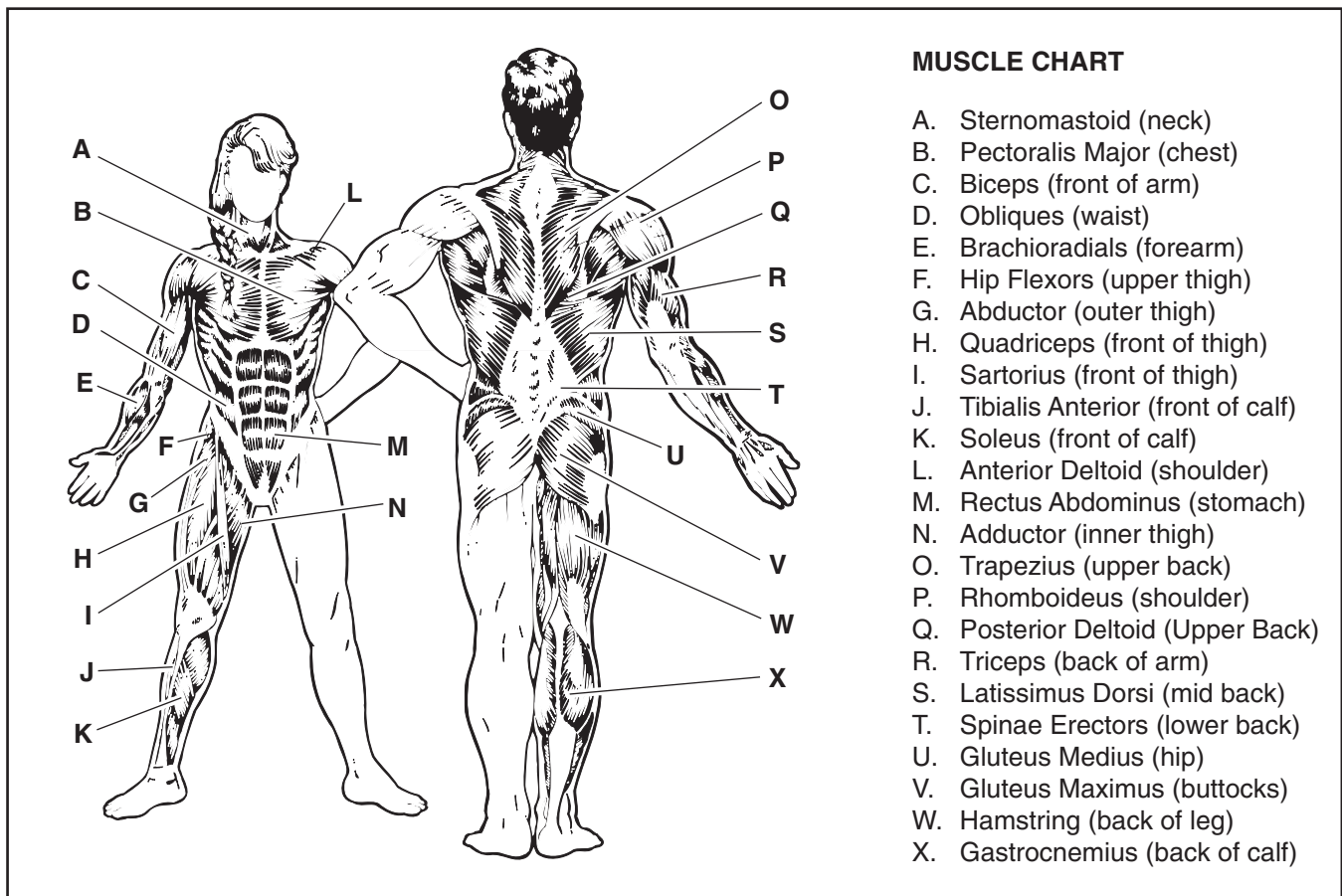
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

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. Make copies of the exercise logs found on pages 15 and 16. Use the logs to 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.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (shoulder)
- Q. Posterior Deltoid (Upper Back)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

NOTES

PART LIST—Model No. PFBE1816.0

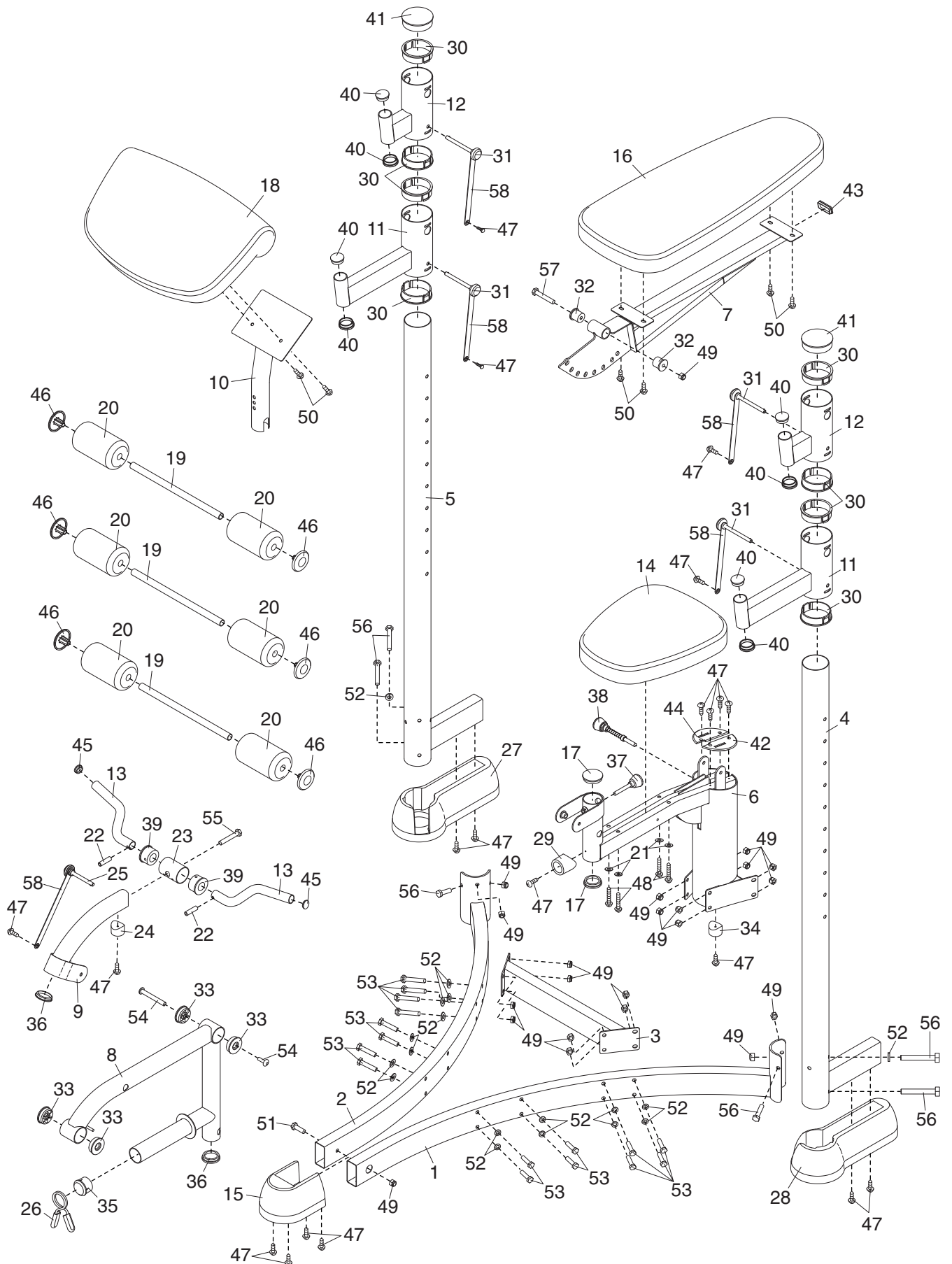
R0606A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Base	32	2	Backrest Bushing
2	1	Right Base	33	4	Developer Bushing
3	1	Center Base	34	1	Bumper
4	1	Left Upright	35	1	48mm Round Cap
5	1	Right Upright	36	2	50mm Round Cap
6	1	Seat Frame	37	1	Curl Knob
7	1	Backrest Frame	38	1	Backrest Knob
8	1	Leg Developer	39	2	Curl Bushing
9	1	Curl Frame	40	8	38mm Round Cap
10	1	Curl Post	41	2	75mm Round Cap
11	2	Safety Spotter	42	1	Left Seat Frame Cap
12	2	Weight Rest	43	1	Backrest Frame Cap
13	2	Curl Handle	44	1	Right Seat Frame Cap
14	1	Seat	45	2	25mm Round Cap
15	1	Front Foot	46	6	Pad Cap
16	1	Backrest	47	20	M4 x 16mm Screw
17	2	56mm Round Cap	48	4	M6 x 75mm Screw
18	1	Curl Pad	49	22	M10 Nylon Locknut
19	3	Pad Tube	50	6	M6 x 25mm Screw
20	6	Foam Pad	51	1	M10 x 16mm Bolt
21	4	M6 Washer	52	18	M10 Washer
22	2	Roll Pin	53	16	M10 x 55mm Button Bolt
23	1	Curl Tube	54	1	M10 x 70mm Bolt Set
24	1	Curl Bumper	55	1	M10 x 75mm Button Screw
25	1	Curl Pin	56	6	M10 x 98mm Button Bolt
26	1	Spring Clip	57	1	M10 x 85mm Button Screw
27	1	Right Foot	58	5	Tether
28	1	Left Foot	#	1	User's Manual
29	1	Seat Frame Bumper	#	1	Exercise Guide
30	8	Guide Bushing	#	4	Hex Key
31	4	Upright Pin	#	1	Grease Pack

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

EXPLODED DRAWING—Model No. PFBE1816.0

R0606A



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFBE1816.0)
- the NAME of the product (PROFORM FUSION 2.0 X weight bench)
- 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 on pages 18 and 19)

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 through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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