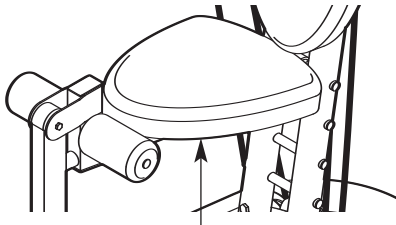


# PRO-FORM<sup>®</sup> recoil

Model No. PFCCSY2926.1

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

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



Serial Number Decal (Under Seat)

## USER'S MANUAL

### QUESTIONS?

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

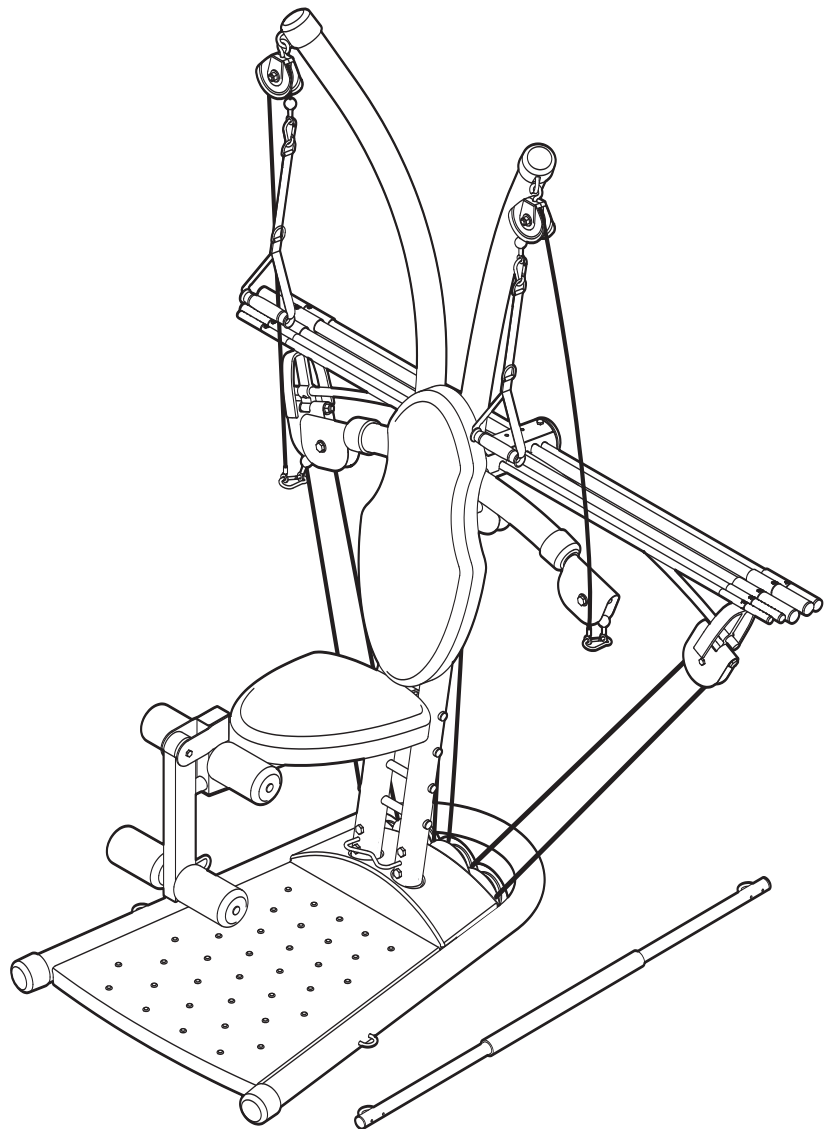
CALL TOLL-FREE:

**1-888-936-4266**

Mon.–Fri., 8:00 until 17:00 EST  
(excluding holidays)

OR E-MAIL:

customerservice@iconcanada.ca



### **⚠ CAUTION**

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



Visit our website at

[www.proform.com](http://www.proform.com)

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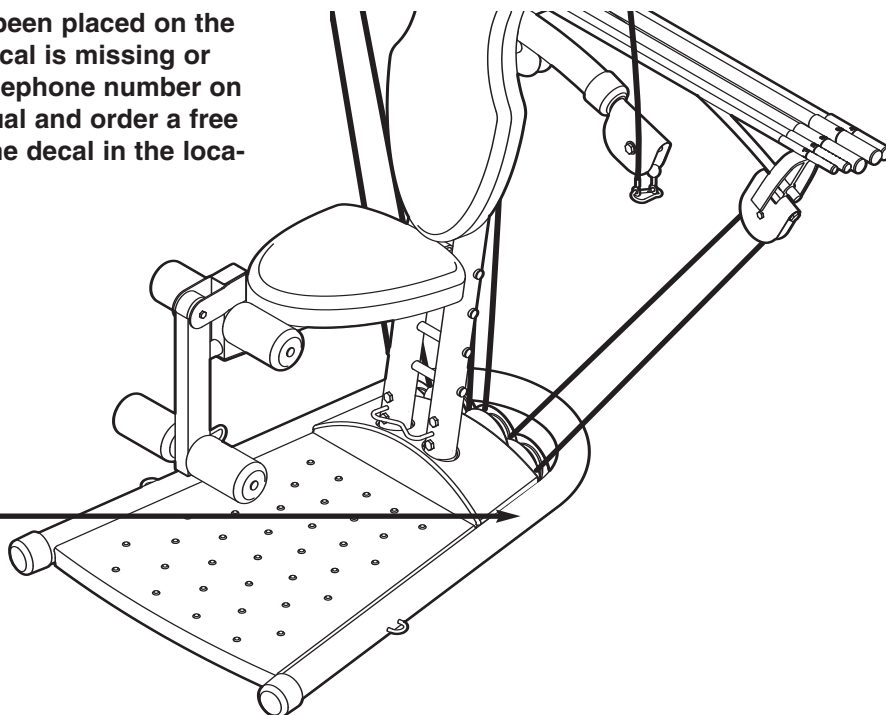
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## WARNING DECAL PLACEMENT

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

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



# IMPORTANT PRECAUTIONS

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

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

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

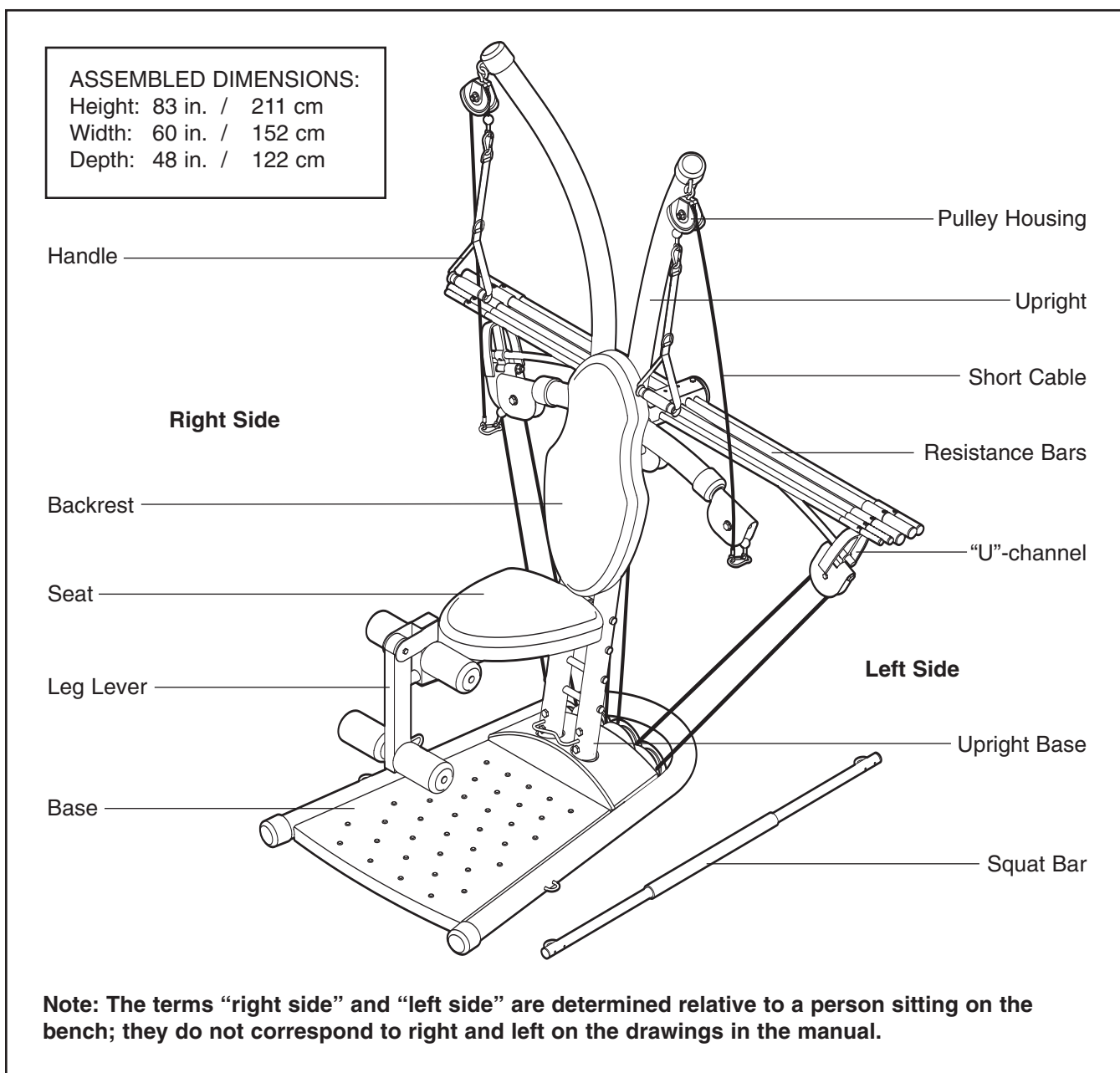
# BEFORE YOU BEGIN

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

**For your benefit, read this manual carefully before using the resistance system.** If you have questions

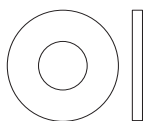
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is PFCCSY2926.1. The serial number can be found on a decal attached to the resistance system (see the front cover of this manual).

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

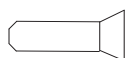


# PART IDENTIFICATION CHART

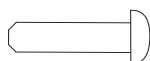
See the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 17. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



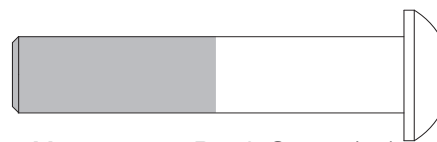
M6 Washer (60)



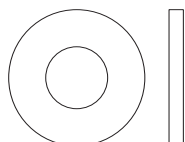
M4 x 12mm Flat Head Screw (58)



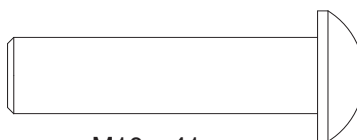
M4 x 16mm Screw (61)



M10 x 52mm Patch Screw (80)



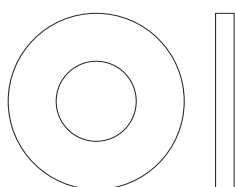
M8 Washer (54)



M10 x 41mm Button Bolt (71)



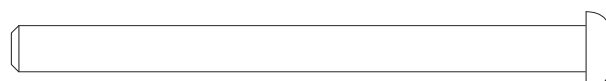
M10 x 62mm Button Bolt (75)



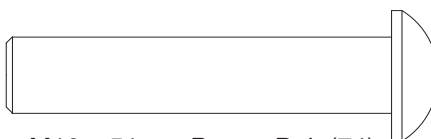
M10 Washer (59)



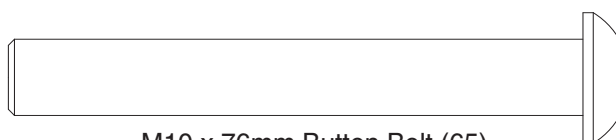
M4 x 50mm Screw (66)



M6 x 76mm Screw (64)



M10 x 51mm Button Bolt (74)



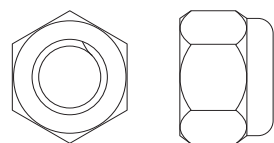
M10 x 76mm Button Bolt (65)



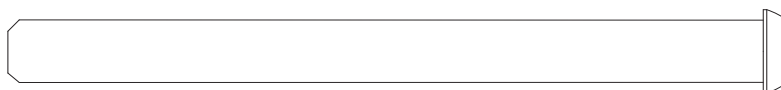
M8 Nylon Locknut (57)



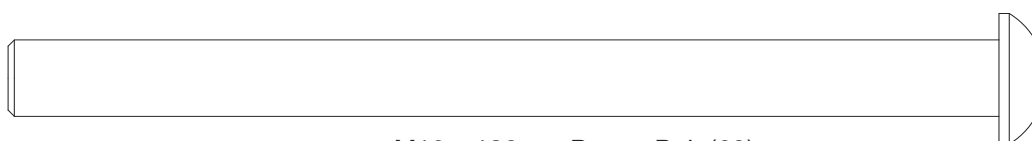
M10 x 81mm Button Bolt (68)



M10 Nylon Locknut (56)



M8 x 100mm Button Bolt (70)



M10 x 132mm Button Bolt (69)

# ASSEMBLY


## Make Assembly Easier





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

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

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

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

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

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

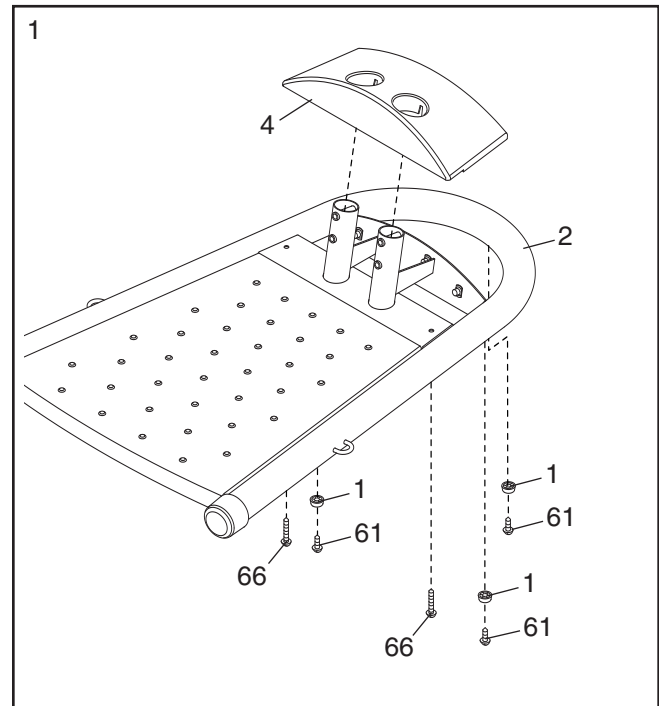
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

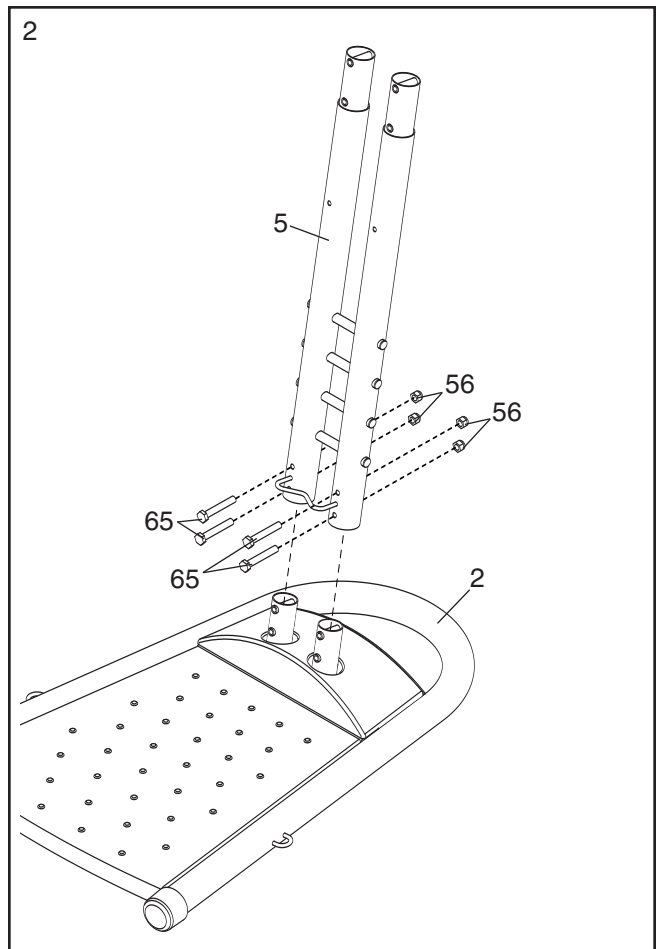
**Before beginning assembly, make sure that you understand the information in the box above. To identify small parts, use the PART IDENTIFICATION CHART on page 5.**

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

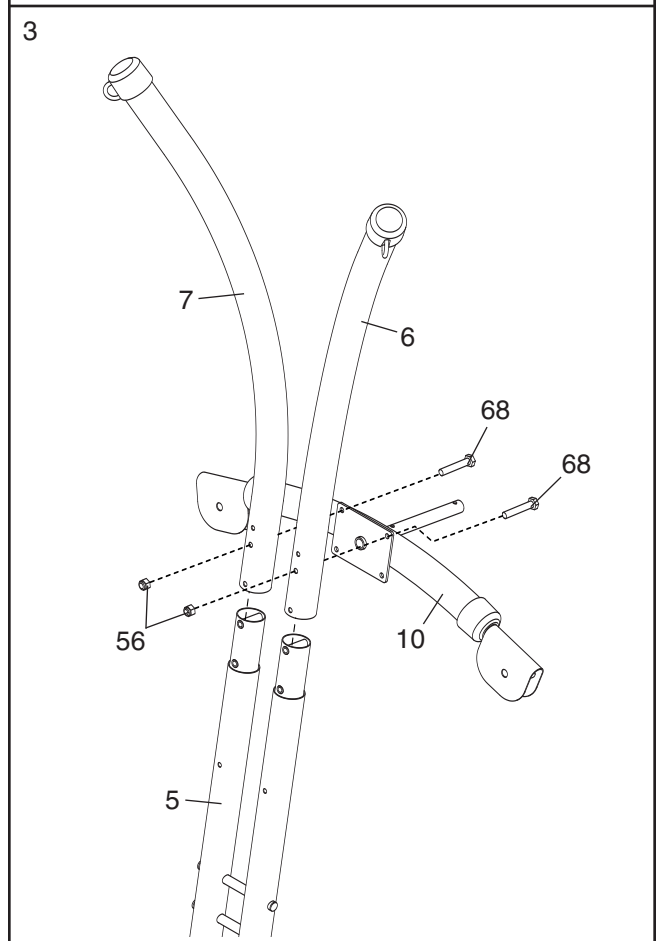
Attach the Base Cover (4) to the Base (2) with two M4 x 50mm Screws (66).



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

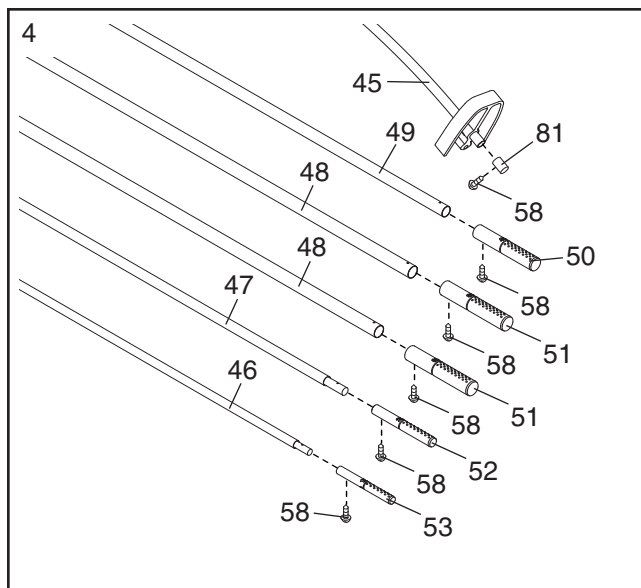


3. Identify the Left Upright (6) and the Right Upright (7) by the "L" and "R" stickers. Attach the two Uprights and the Rear Frame (10) to the Upright Base (5) with two M10 x 81mm Button Bolts (68) and two M10 Nylon Locknuts (56). **Make sure that the Button Bolts are inserted through the indicated holes.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



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

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

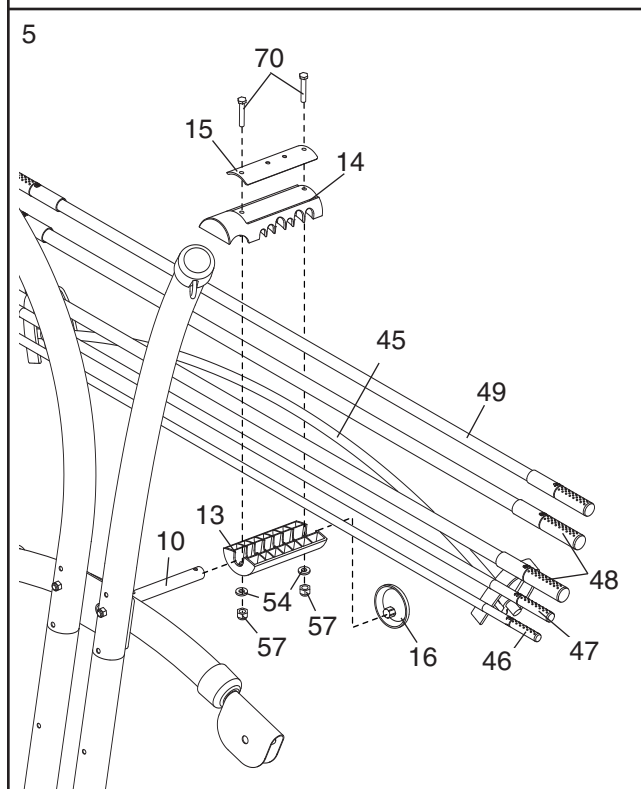


- Turn the Top Tray (14) upside-down. Set the resistance bars into the Tray in the following order: 10-pound Bar (46), 20-pound Bar (47), 80-pound Bar (48), 10-pound Center Bar (45), 80-pound Bar (48), and 40-pound Bar (49). **Make sure that the resistance bars are centered in the Tray.**

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

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

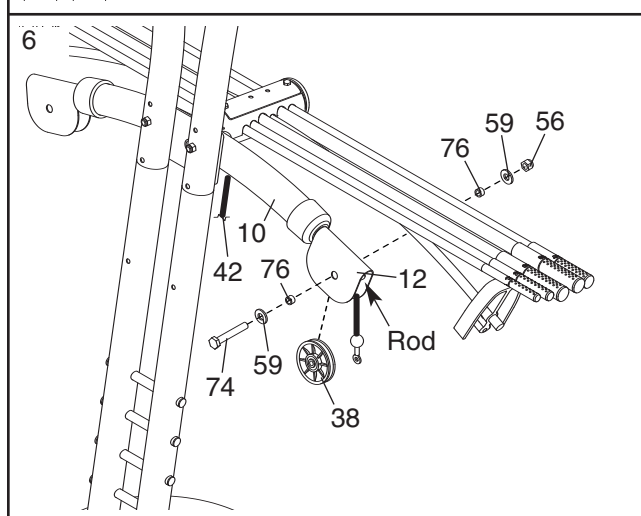
Press the Tray Cap (16) into the Rear Frame (10).



- See the **CABLE DIAGRAM** on page 15 while cabling the resistance system to ensure correct cable routing. Do not overtighten the bolts attaching the pulleys; the pulleys must be able to turn easily.

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

Attach a 90mm Pulley (38) inside the Swivel Arm (12) with an M10 x 51mm Button Bolt (74), two M10 Washers (59), two 5mm Spacers (76), and an M10 Nylon Locknut (56).





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

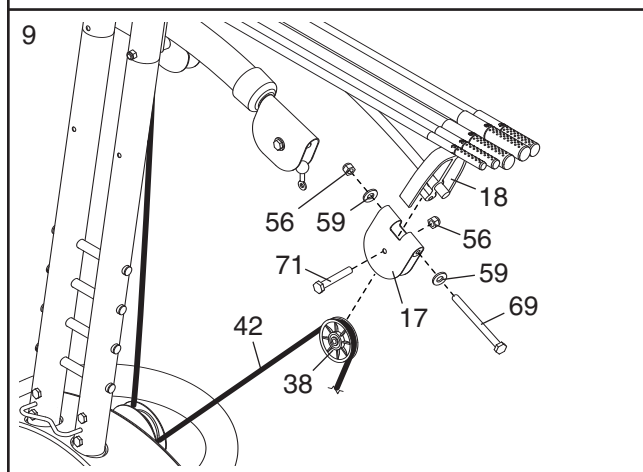
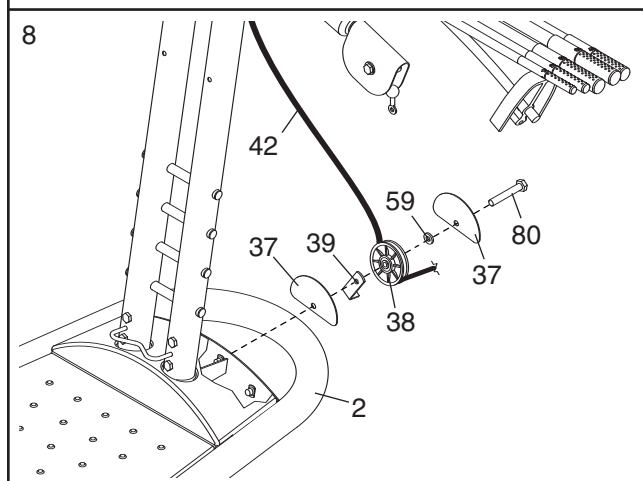
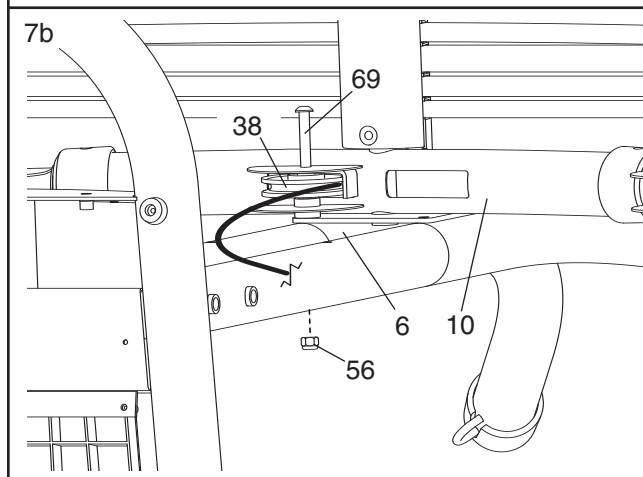
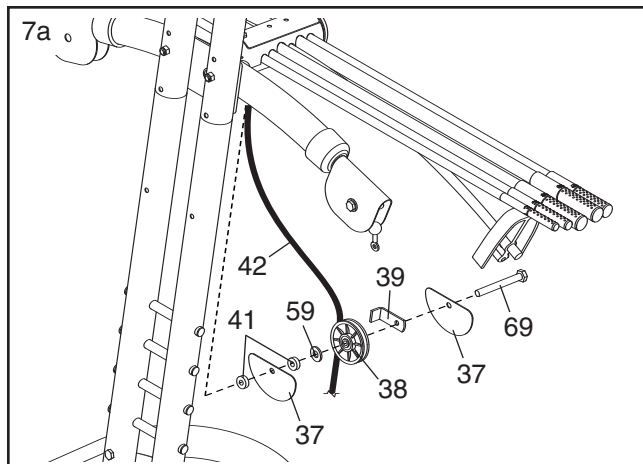
Route the Long Cable (42) around a 90mm Pulley (38). Insert an M10 x 132mm Button Bolt (69) into a Guard (37), a Cable Trap (39), the Pulley, an M10 Washer (59), an 8mm Spacer (41), another Guard (37), and another 8mm Spacer (41). **Note: The end of the Button Bolt must be flush with the edge of the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

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

8. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Guards (37) to the Base (2) with an M10 x 52mm Patch Screw (80) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

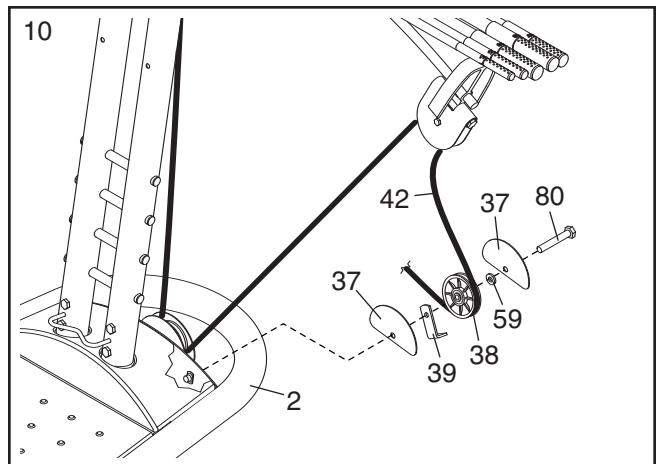
9. Attach a Pulley Bracket (17) to the indicated "U"-channel (18) with an M10 x 132mm Button Bolt (69), two M10 Washers (59), and an M10 Nylon Locknut (56).

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

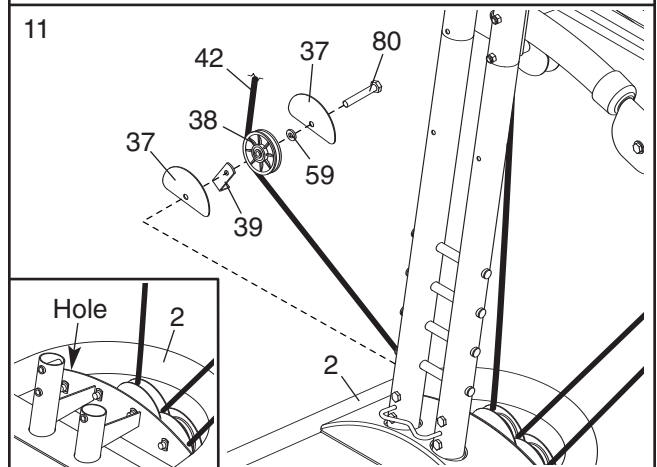


10. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Guards (37) to the Base (2) with an M10 x 52mm Patch Screw (80) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

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

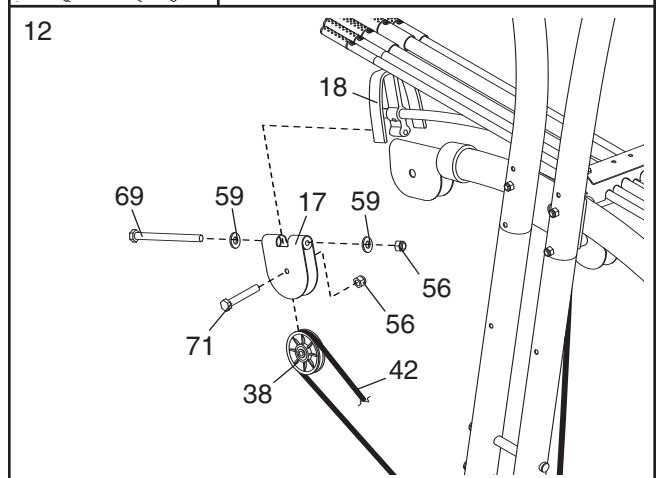


11. Route the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Guards (37) to the indicated hole in the Base (2) (see the inset drawing) with an M10 x 52mm Patch Screw (80) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



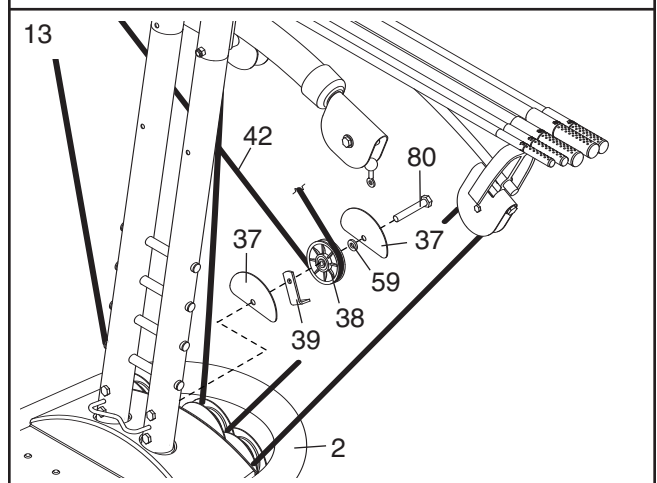
12. Attach a Pulley Bracket (17) to the indicated "U"-channel (18) with an M10 x 132mm Button Bolt (69), two M10 Washers (59), and an M10 Nylon Locknut (56).

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



13. Wrap the Long Cable (42) under a 90mm Pulley (38). Attach the Pulley, a Cable Trap (39), and two Guards (37) to the Base (2) with an M10 x 52mm Patch Screw (80) and an M10 Washer (59). **Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

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



14. **Note: This step may be easier if the resistance system is tipped over forward.**

Wrap the wire found inside the Rear Frame (10) around the end of the Long Cable (42). Pull the Long Cable through the Rear Frame and out of the Swivel Arm (12). **Have a second person hold the cable end until step 15 is completed.** Discard the wire.

Hold a 90mm Pulley (38) next to the Long Cable (42) as shown. Insert an M10 x 132mm Button Bolt (69) into a Guard (37), a Cable Trap (39), the Pulley, an M10 Washer (59), an 8mm Spacer (41), another Guard (37), and another 8mm Spacer (41). **Note: The end of the Button Bolt must be flush with the edge of the last Spacer. Make sure that the Cable Trap is oriented to hold the Cable in the groove of the Pulley. The flat edge of each Guard must be toward the Rear Frame (10).**

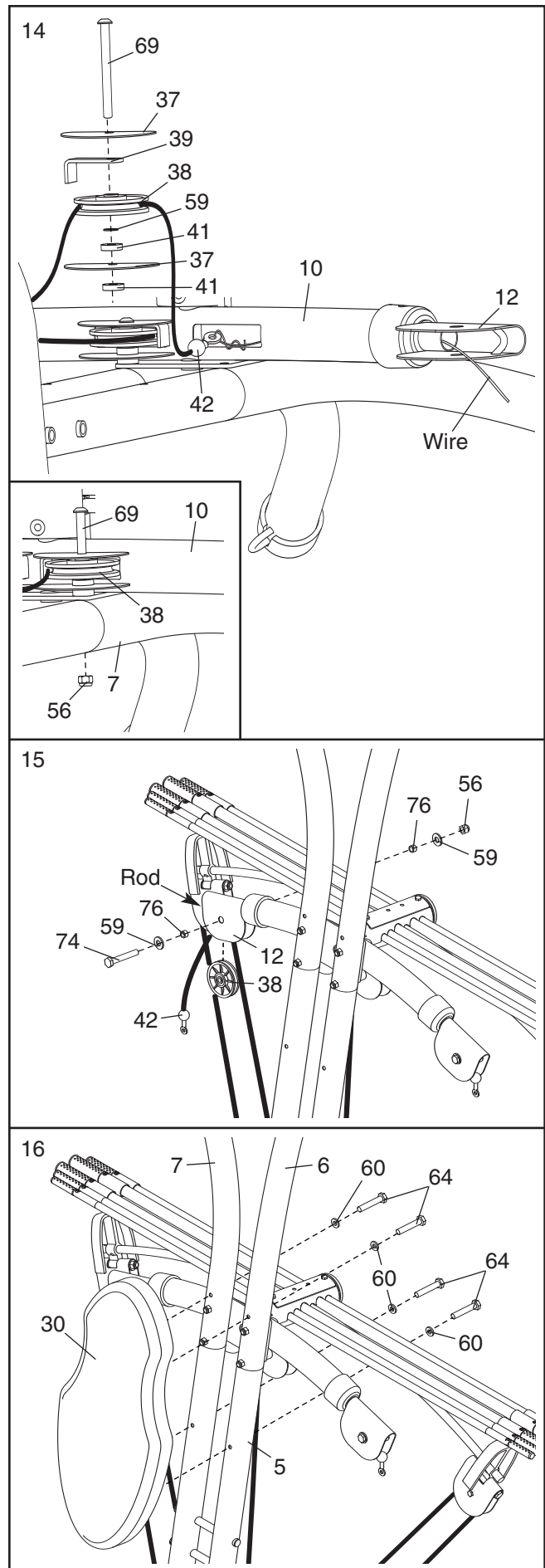
**See the inset drawing.** Insert the 90mm Pulley (38) into the Rear Frame (10). Push the M10 x 132mm Button Bolt (69) through the Rear Frame and the Right Upright (7). Tighten an M10 Nylon Locknut (56) onto the Button Bolt.

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

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

Attach a 90mm Pulley (38) inside the Swivel Arm (12), under the Long Cable (42), with an M10 x 51mm Button Bolt (74), two M10 Washers (59), two 5mm Spacers (76), and an M10 Nylon Locknut (56).

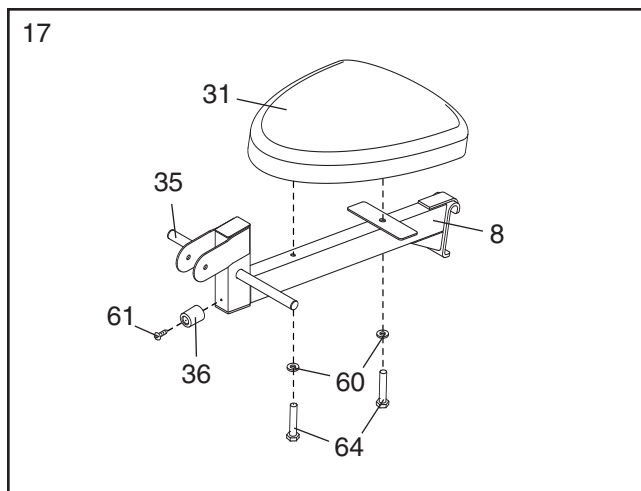
16. Attach the Backrest (30) to the Upright Base (5) and the Uprights (6 and 7) with four M6 x 76mm Screws (64) and four M6 Washers (60).



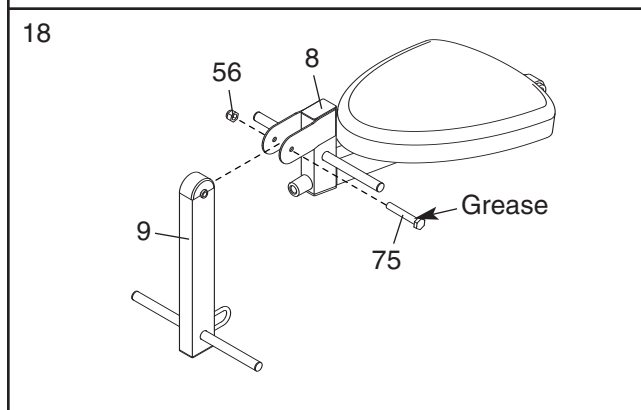
17. Attach the Seat (31) to the Seat Frame (8) with two M6 x 76mm Screws (64) and two M6 Washers (60).

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

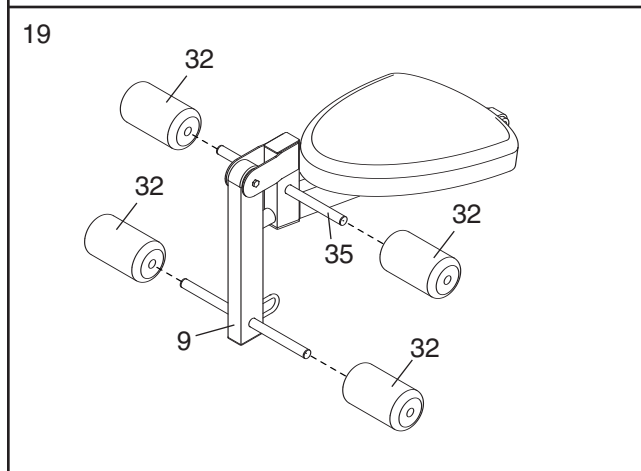
Insert the Pad Tube (35) into the Seat Frame (8).



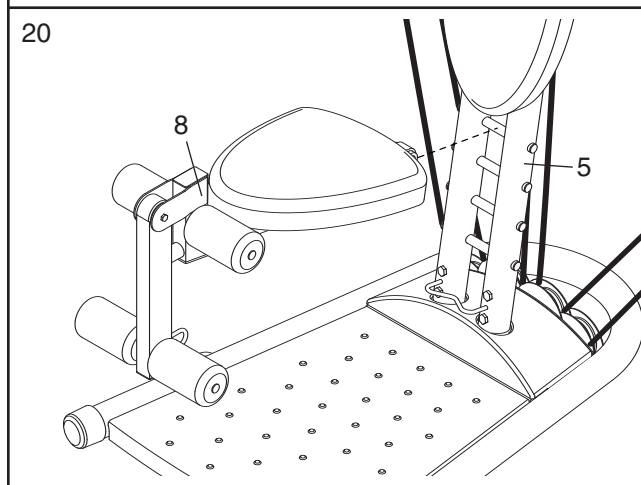
18. Grease an M10 x 62mm Button Bolt (75). Attach the Leg Lever (9) to the Seat Frame (8) with the Button Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot easily.**



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



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



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

# ADJUSTMENTS

This section explains how to adjust the resistance system. See the EXERCISE GUIDELINES on page 16 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

## ADJUSTING THE SEAT

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

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

## ADJUSTING THE RESISTANCE

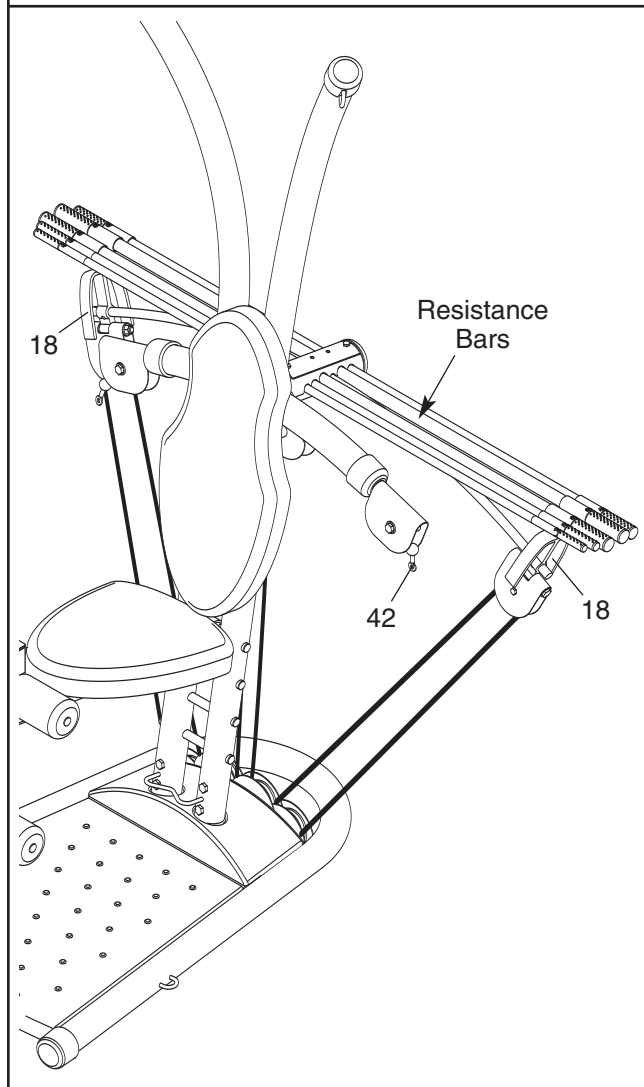
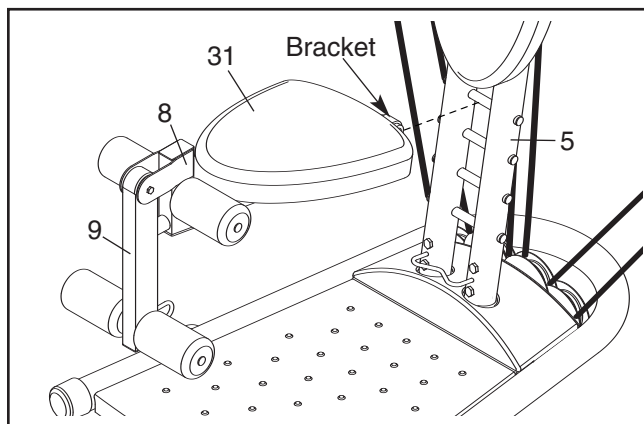
To add resistance, hold a “U”-channel (18) firmly and push the end of a resistance bar under it. Repeat with the other end of the resistance bar. If more resistance is needed, add one resistance bar at a time.

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

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

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

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

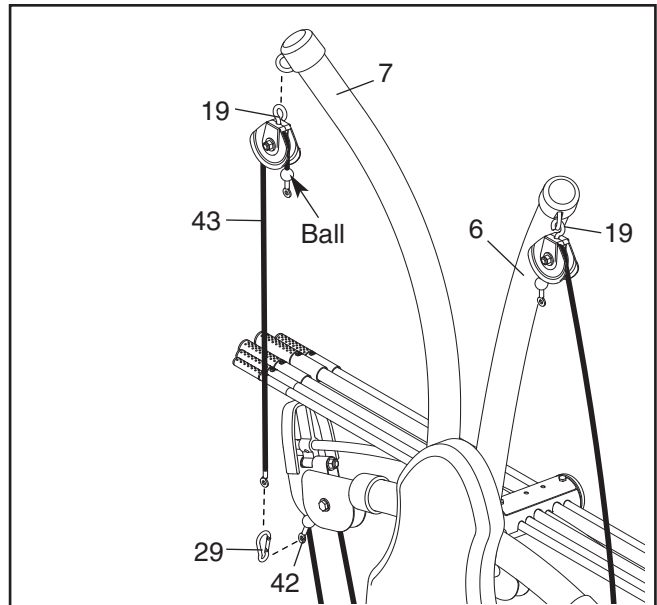


## ATTACHING THE PULLEY HOUSINGS

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

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

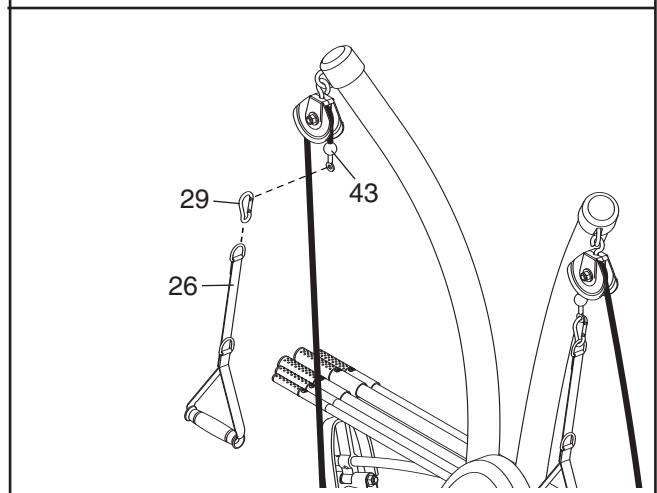
To use the low pulley station, attach the Pulley Housings (19) to the bracket on the Upright Base (not shown).



## ATTACHING THE HANDLES OR THE ANKLE STRAP

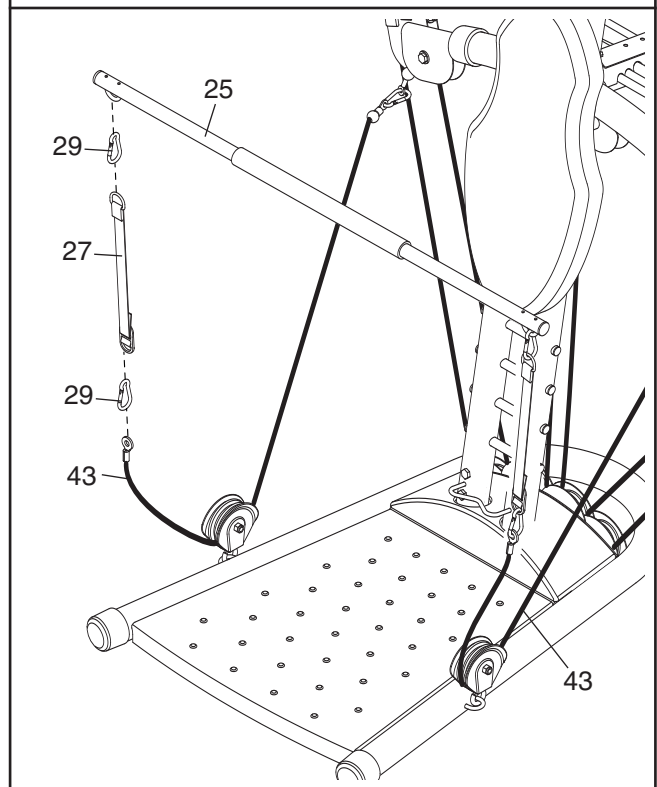
Attach a Handle (26) or the Ankle Strap (not shown) to a Short Cable (43) at a high pulley station or a squat station (see ATTACHING THE PULLEY HOUSINGS above) with a Clip (29).

Attach a Handle (26) or the Ankle Strap (not shown) to the Long Cable (not shown) in the same way.



## ATTACHING THE SQUAT BAR

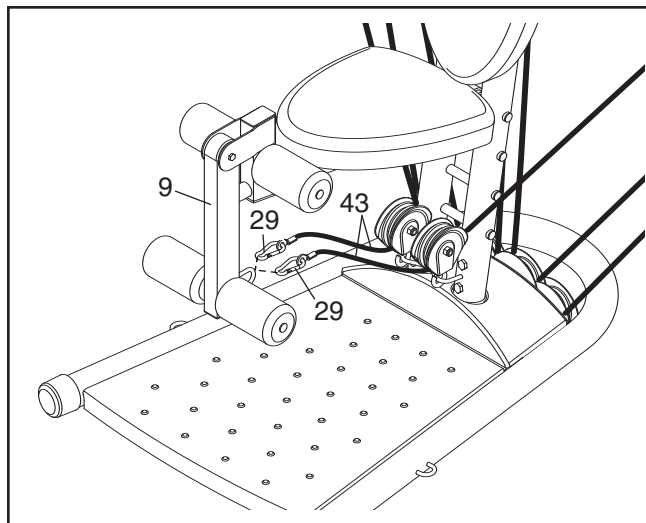
The Squat Bar (25) can be attached to the Short Cables (43) at the squat stations (see ATTACHING THE PULLEY HOUSINGS above) with the two Extension Straps (27) and four Clips (29). Adjust the length of the Extension Straps as necessary.





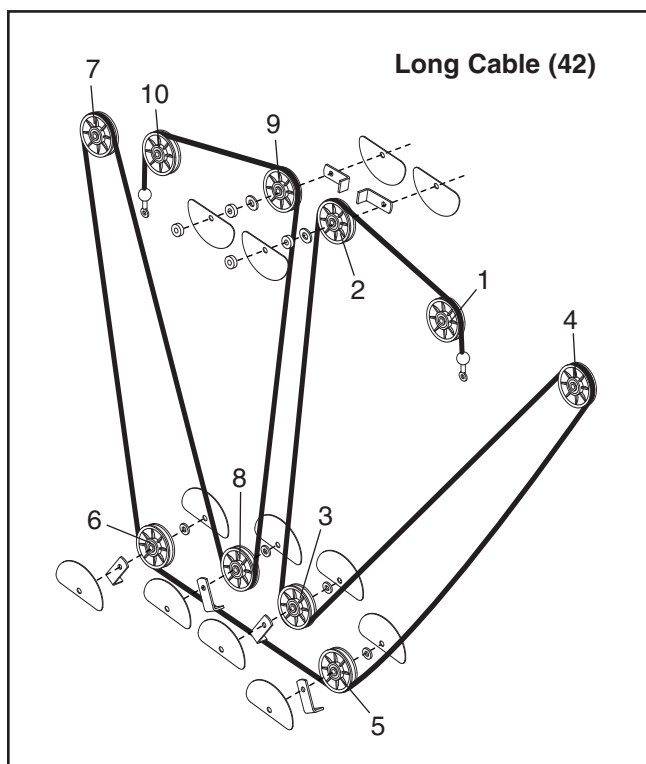
## ATTACHING THE LEG LEVER

To use the Leg Lever (9), first attach the seat to the resistance system (see ADJUSTING THE SEAT on page 13). Then, attach the pulley housings to the low pulley station (see ATTACHING THE PULLEY HOUSINGS on the previous page). Finally, attach the Short Cables (43) to the Leg Lever with two Clips (29).



## CABLE DIAGRAM

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



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

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

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

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

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

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

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

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

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the right length of time for each workout, as well as the number of repetitions and sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

**Warming Up**—Begin each workout with 5–10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by raising your body temperature, increasing circulation, and delivering more oxygen to your muscles.

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

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

**Exercise Form**—Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. The exercise guide shows the correct form for several exercises and describes how to perform the exercise.

The repetitions in each set should be performed smoothly and without pausing. A repetition’s exertion stage should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath. Rest for a short period of time after each set. The time depends on which type of workout you are performing (see THE FOUR BASIC TYPES OF WORKOUTS).

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

**Cooling Down**—End each workout with 5–10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

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



# PART LIST—Model No. PFCCSY2926.1

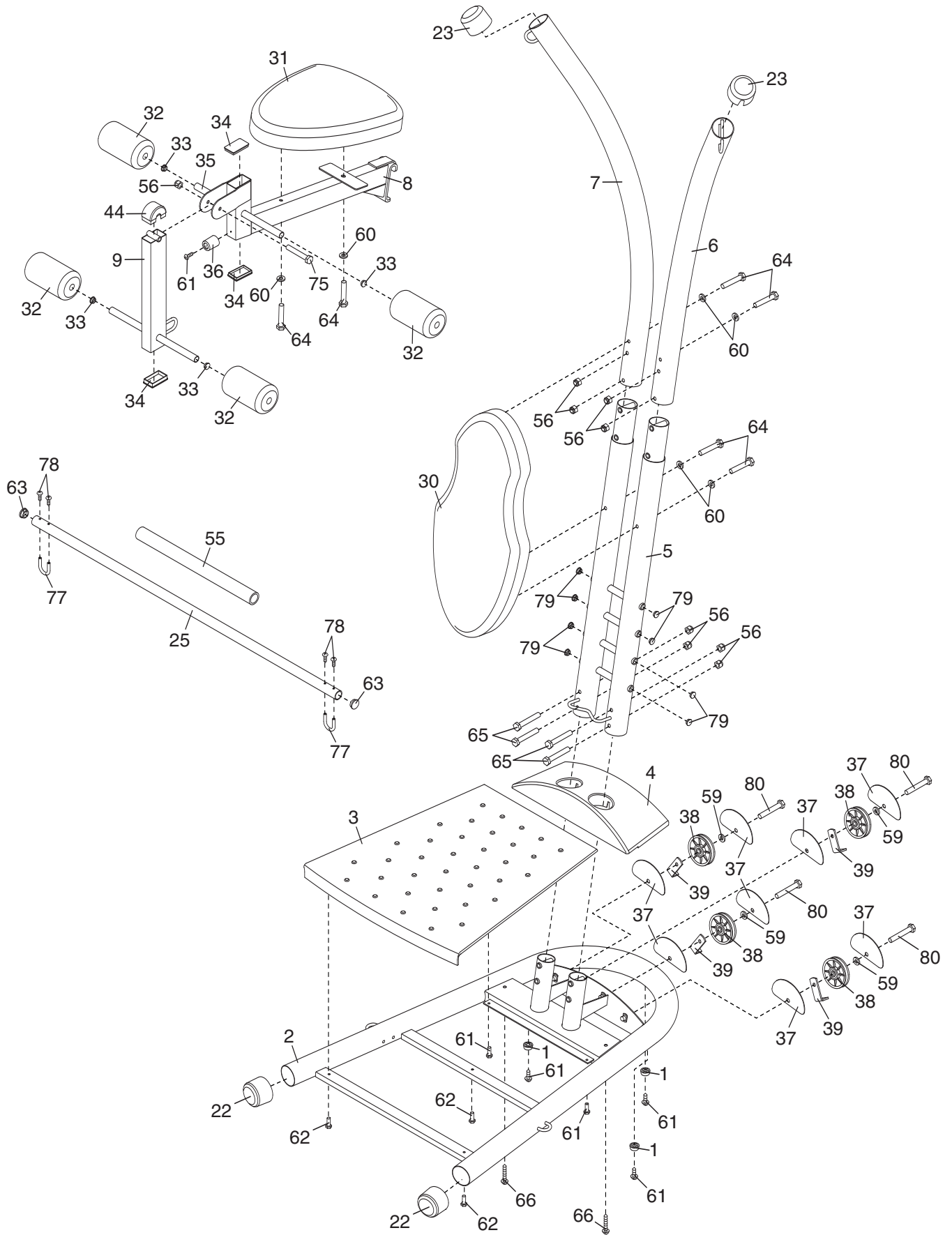
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| Key No. | Qty. | Description               | Key No. | Qty. | Description               |
|---------|------|---------------------------|---------|------|---------------------------|
| 1       | 3    | Plastic Foot              | 43      | 2    |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

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.

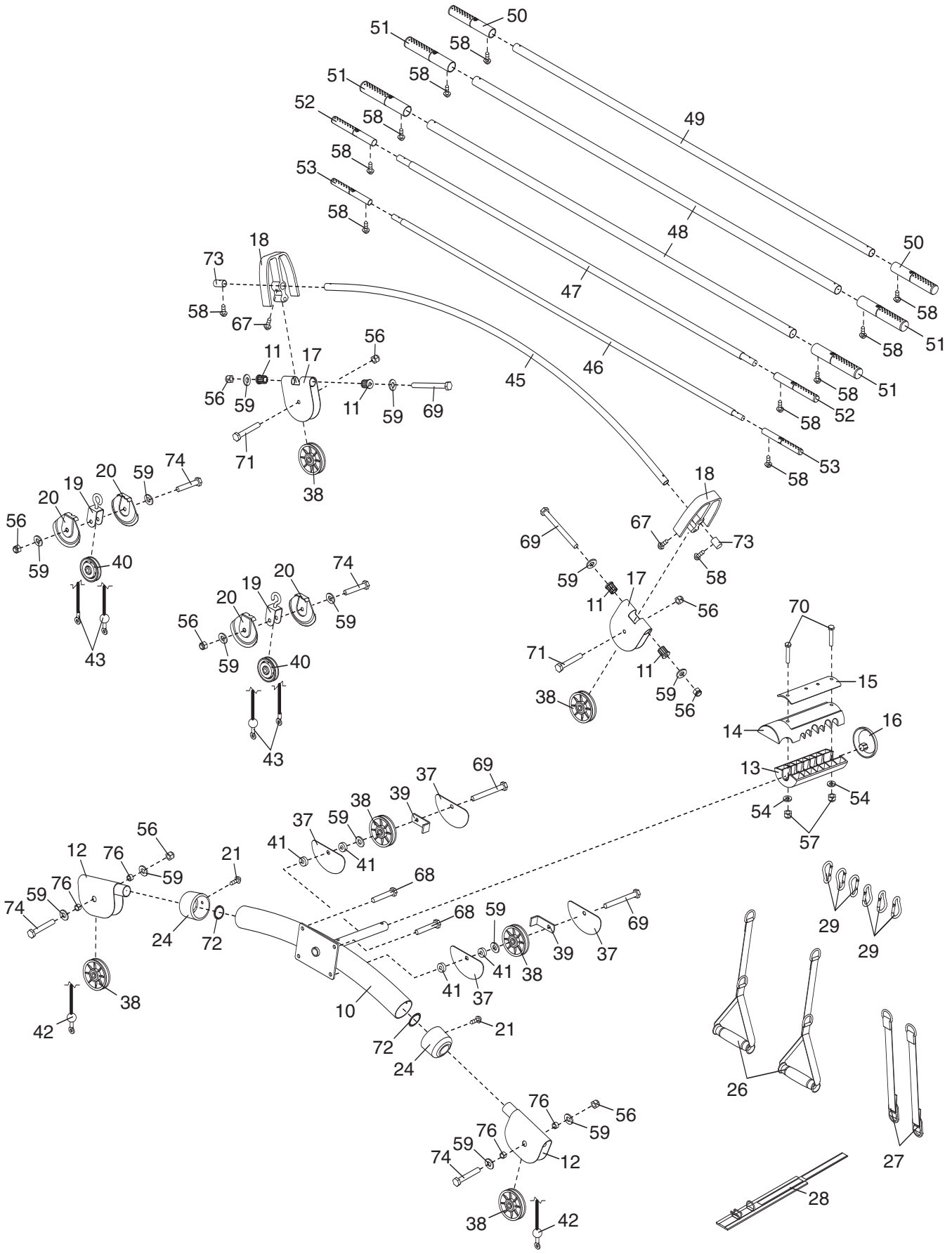
# EXPLODED DRAWING A—Model No. PFCCSY2926.1

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# EXPLODED DRAWING B—Model No. PFCCSY2926.1

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# ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFCCSY2926.1)
- the NAME of the product (PROFORM RECOIL resistance system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 17 to 19)

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## LIMITED WARRANTY

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of five (5) years from the date of purchase. ICON warrants the resistance bars for the lifetime of the product. Shipping of the resistance bars is not covered. Labor is covered for one year. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. 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 or installation or other consequential damages of whatsoever nature. Some provinces 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 provinces 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 province to province.

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