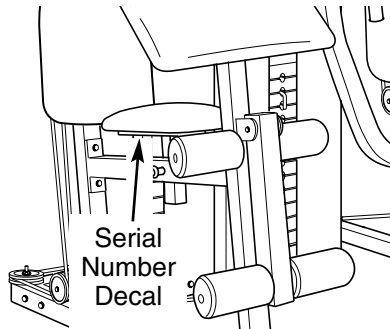


PRO·FORM[®] 920Ci

Model No. PFSY74490

Serial No. _____

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



USER'S MANUAL

QUESTIONS?

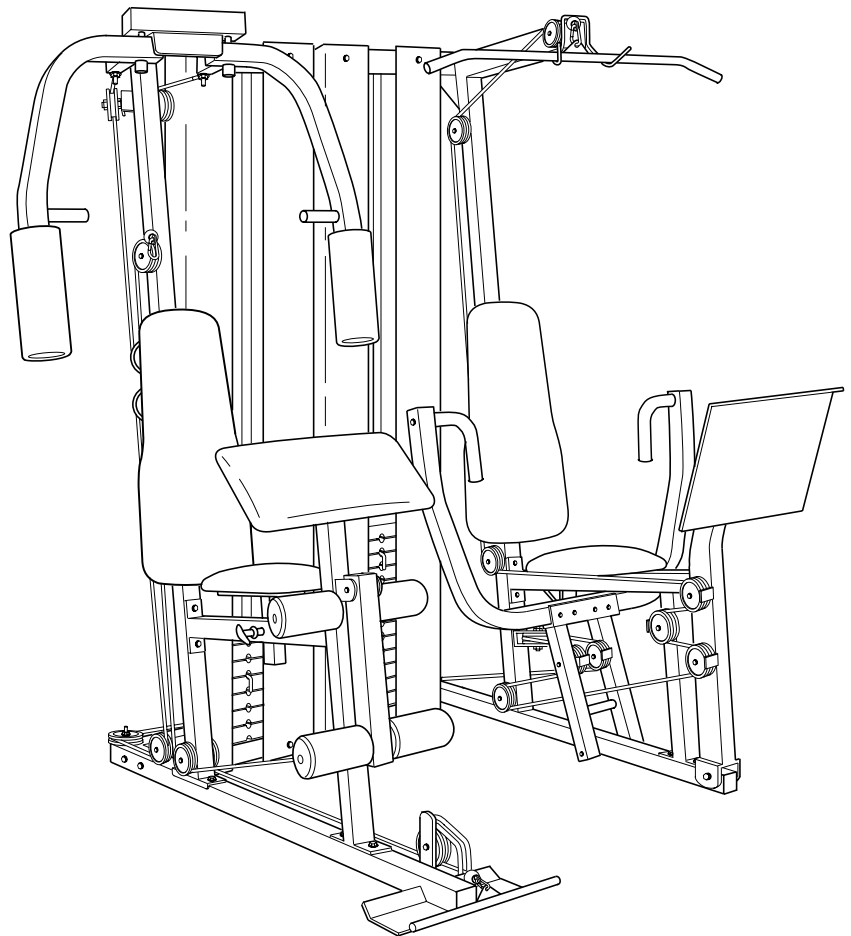
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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.



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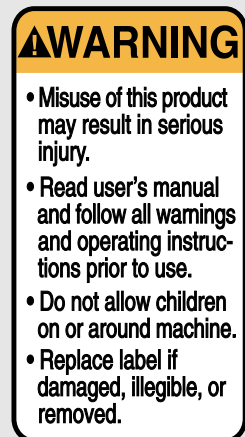
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Note: A Part List/Exploded Drawing and a Part Identification Chart are attached in the center of this manual.

Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the weight system.
3. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
7. Always stand on the foot plate when doing an exercise that could cause the weight system to tip.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection when exercising.
10. The weight system is intended for home use only. Do not use the weight system in a commercial, rental or institutional setting.
11. Never release the press arms, butterfly arms, leg lever, lat bar, or ab strap while weights are raised. The weights will fall with great force.
12. Always disconnect the lat bar or ab strap from the weight system when performing an exercise that does not use these attachments.
13. Keep children under the age of 12 and pets away from the weight system at all times.
14. The decal shown at the right has been placed on the weight system in the two locations shown on page 3. If a decal is missing or illegible, please call the customer hotline listed on the front cover of this manual to order a free replacement decal. Apply the decal in the location shown.



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

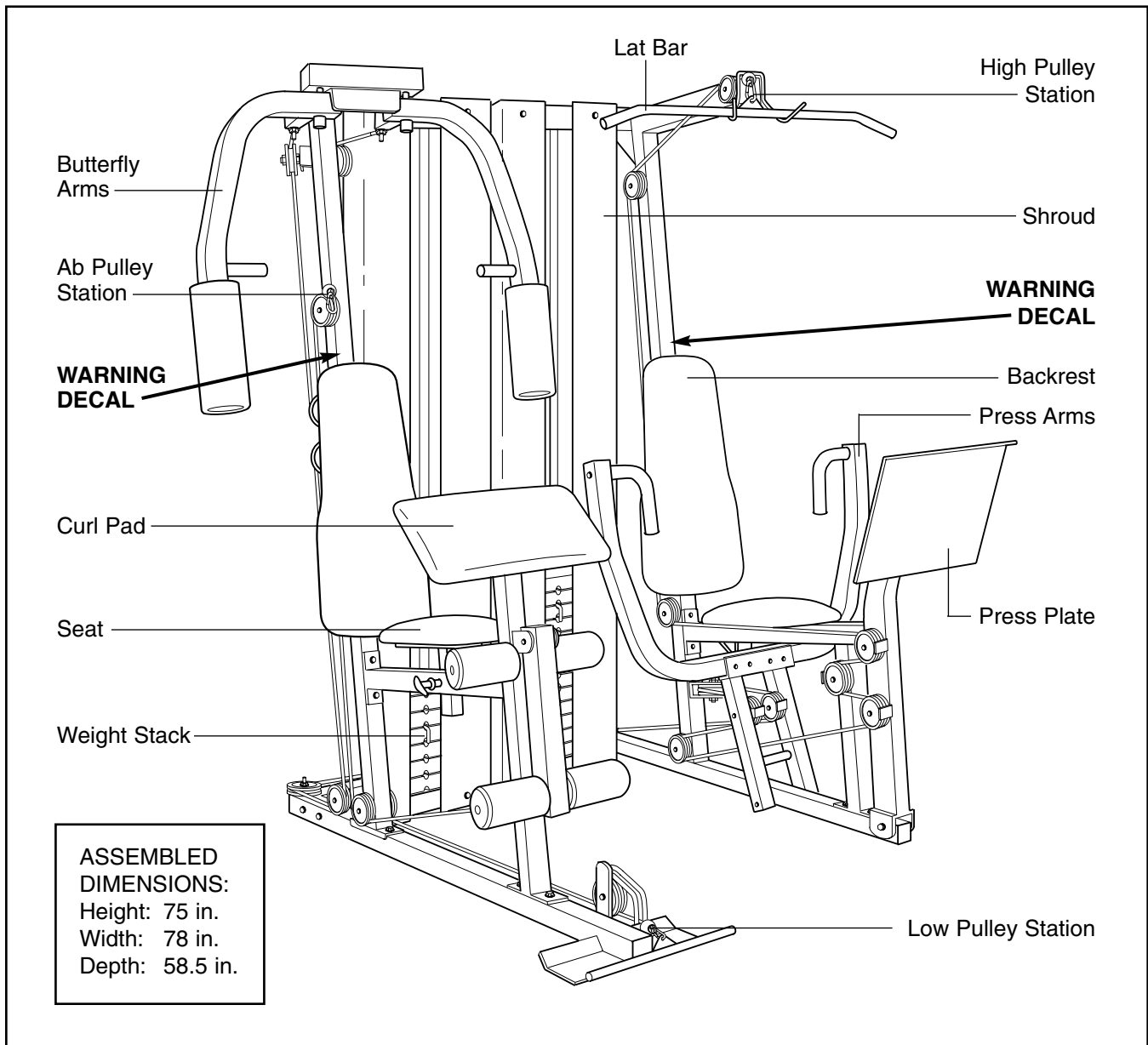
Before You Begin

Thank you for selecting the versatile PROFORM® 920Ci weight system. The 920Ci offers a wide 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® 920Ci will help you to achieve the results you want.

For your benefit, read this manual carefully before using the weight system. If you have additional ques-

tions, 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 PFSY74490. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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



Assembly

Make Assembly Easier for Yourself!

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it!**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.


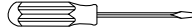
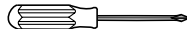

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **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.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

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

Questions?

If you have questions after reading the assembly instructions, 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.

Frame Assembly

You will begin by assembling the base and the upright frames that serve as the skeleton of the equipment.

Arm Assembly

Next you will assemble the press and butterfly arms that you operate while you are exercising.

Cable Assembly

During this stage you will attach the cables and pulleys that connect the moving arms with each other and with the weights.

Seat Assembly

During this stage you will assemble the seats and backrests.

Frame Assembly

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

Open the parts bag labeled "FRAME ASSEMBLY."

Press a 2" Square Inner Cap (28) into each end of the Butterfly Base (4) and into the indicated locations on the Weight Base (5).

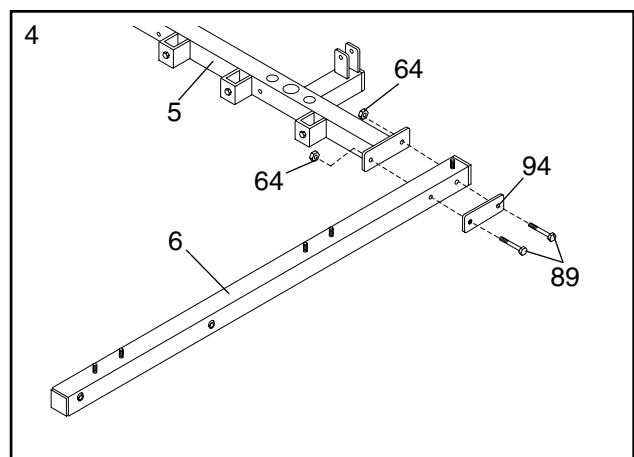
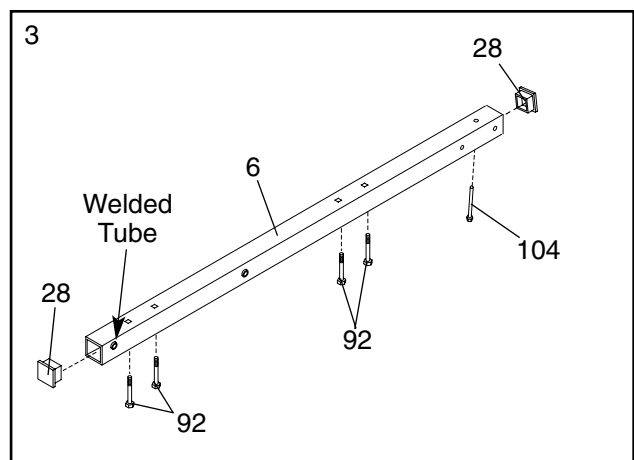
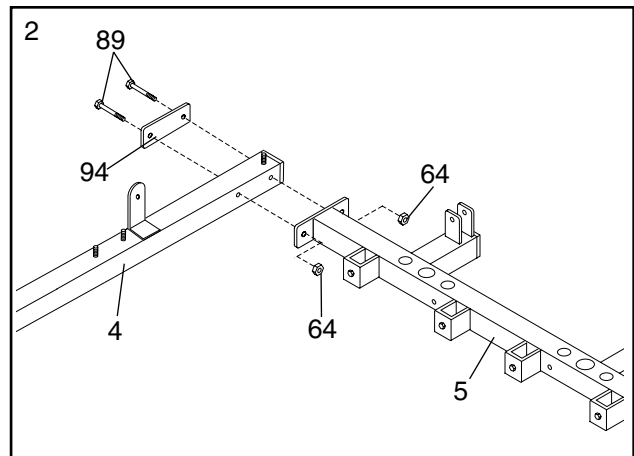
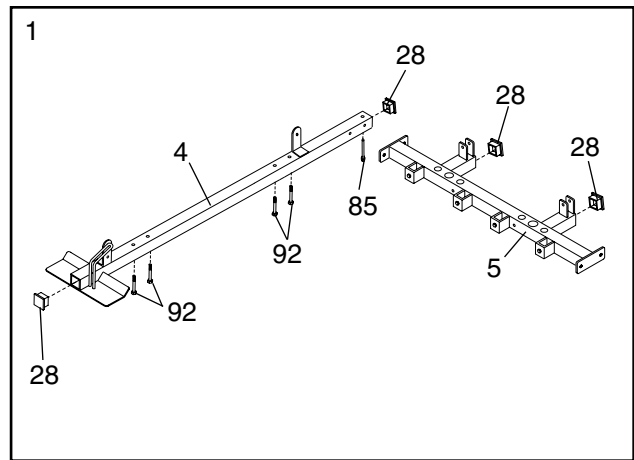
Insert four 5/16" x 2 1/2" Carriage Bolts (92) and a 3/8" x 3 3/4" Carriage Bolt (85) into the indicated holes in the Butterfly Base (4). Place the Butterfly Base flat on the floor. **Note: If the Bolts fall out, secure them by putting a piece of tape over the head of each Bolt.**

2. Attach the Weight Base (5) to the Butterfly Base (4) with two 5/16" x 2 3/4" Bolts (89), a Support Plate (94), and two 5/16" Nylon Locknuts (64).

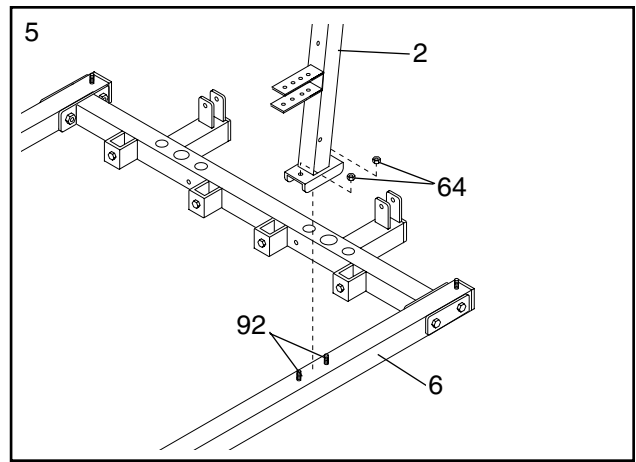
3. Press a 2" Square Inner Cap (28) into each end of the Press Base (6). Turn the Press Base so the indicated welded tube is near the top.

Insert four 5/16" x 2 1/2" Carriage Bolts (92) and a 3/8" x 4" Carriage Bolt (104) into the indicated holes in the Press Base (6). **Note: The 3/8" x 4" Carriage Bolt will be tipped at an angle.**

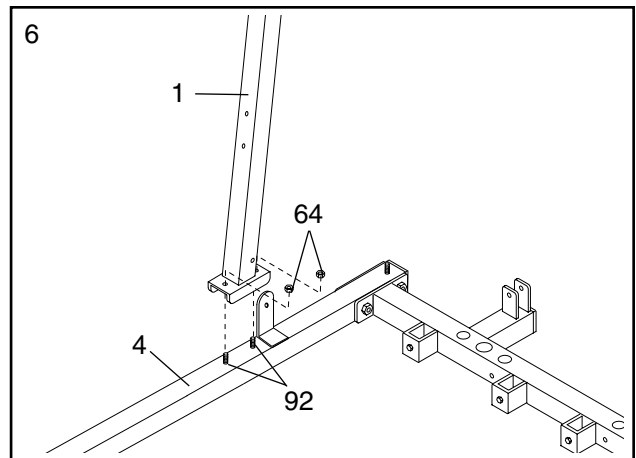
4. Attach the Press Base (6) to the Weight Base (5) with two 5/16" x 2 3/4" Bolts (89), a Support Plate (94), and two 5/16" Nylon Locknuts (64).



- Place the bracket on the lower end of the Press Upright (2) over the indicated 5/16" x 2 1/2" Carriage Bolts (92) in the Press Base (6). Hand tighten two 5/16" Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**



- Place the bracket on the lower end of the Butterfly Upright (1) over the indicated 5/16" x 2 1/2" Carriage Bolts (92) in the Butterfly Base (4). Hand tighten two 5/16" Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**



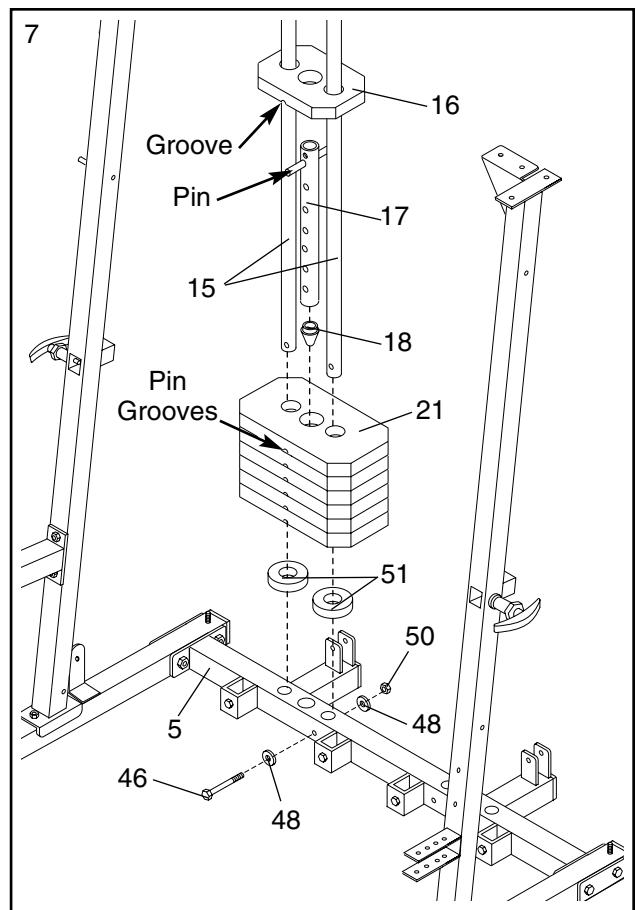
- Place two Weight Bumpers (51) over the indicated holes in the Weight Base (5). Slide a Weight Guide (15) into each of the holes.

Attach the indicated Weight Guide (15) to the Weight Base (5) with a 3/8" x 2 3/4" Bolt (46), two 3/8" Flat Washers (48), and a 3/8" Nylon Locknut (50).

Slide six Weights (21) onto the Weight Guides (15). **Make sure the Weights are turned so the pin grooves are on the bottom.**

Identify the Short Weight Tube (17), which has six holes in it. Press a Weight Tube Bumper (18) into the lower end of the Short Weight Tube. Slide the Weight Tube into the Weights (21).

Slide a Top Weight (16) onto the Weight Guides (15). **Make sure the Top Weight is turned so the groove fits over the pin on the Short Weight Tube (17).**



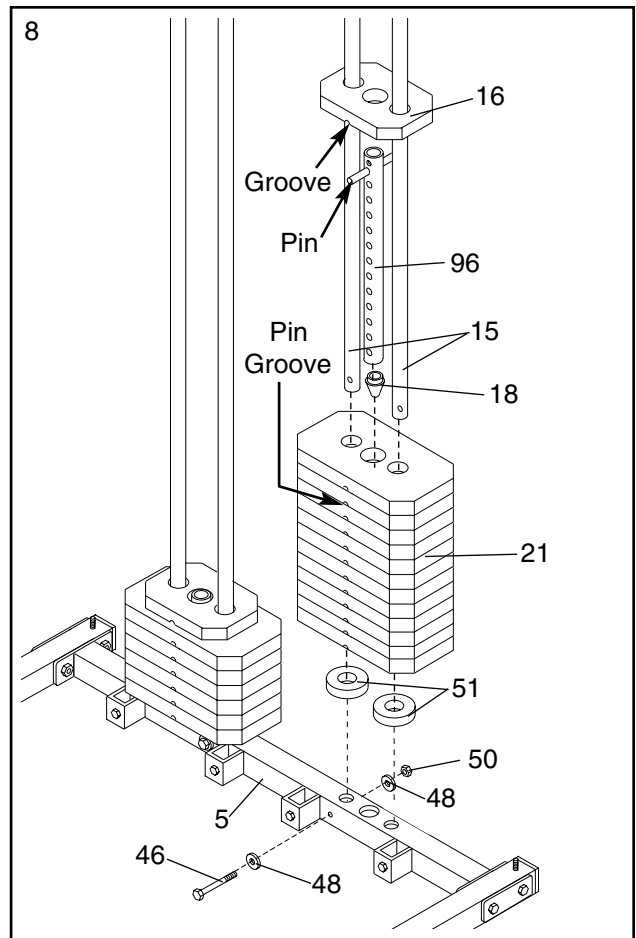
- Place two Weight Bumpers (51) over the indicated holes in the Weight Base (5). Slide a Weight Guide (15) into each of the holes.

Attach the indicated Weight Guide (15) to the Weight Base (5) with a 3/8" x 2 3/4" Bolt (46), two 3/8" Flat Washers (48), and a 3/8" Nylon Locknut (50).

Slide twelve Weights (21) onto the Weight Guides (15). **Make sure the Weights are turned so the pin grooves are on the bottom.**

Identify the Long Weight Tube (96), which has twelve holes in it. Press a Weight Tube Bumper (18) into the lower end of the Long Weight Tube. Slide the Weight Tube into the Weights (21).

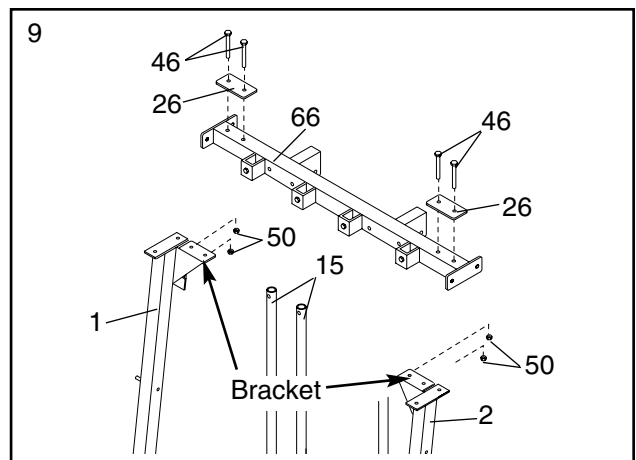
Slide a Top Weight (16) onto the Weight Guides (15). **Make sure the Top Weight is turned so the groove fits over the pin on the Long Weight Tube (96).**



- Place the Weight Top Frame (66) on the indicated brackets on the Uprights (1, 2). **Note: When attaching the Weight Top Frame make sure that the tops of both Weight Guides (15) are in back of the Top Frame, as shown in step 10.**

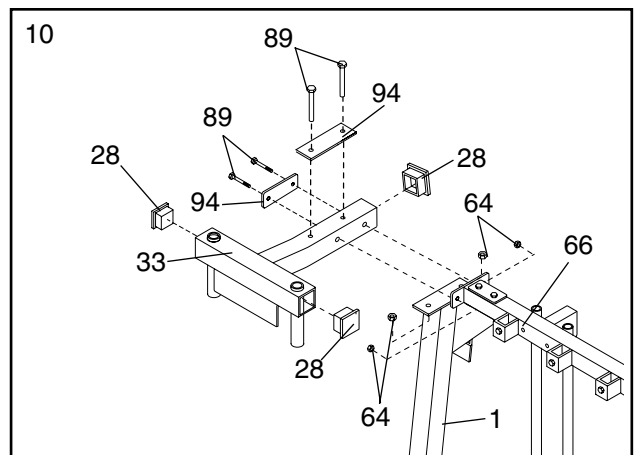
Attach the Weight Top Frame (66) to each Upright (1, 2) with two 3/8" x 2 3/4" Bolts (46), a Small Support Plate (26), and two 3/8" Nylon Locknuts (50).

Tighten all of the Nylon Locknuts (64) used in steps 5 and 6.



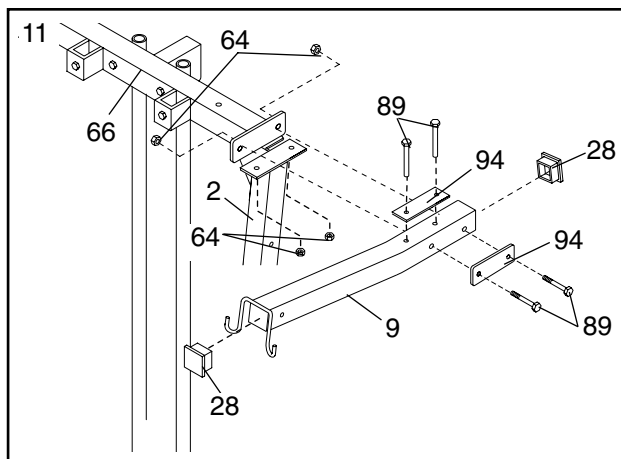
- Press three 2" Square Inner Caps (28) into the Butterfly Top Frame (33).

Attach the Butterfly Top Frame (33) to the brackets on the Butterfly Upright (1) and the Weight Top Frame (66) with four 5/16" x 2 3/4" Bolts (89), two Support Plates (94), and four 5/16" Nylon Locknuts (64).

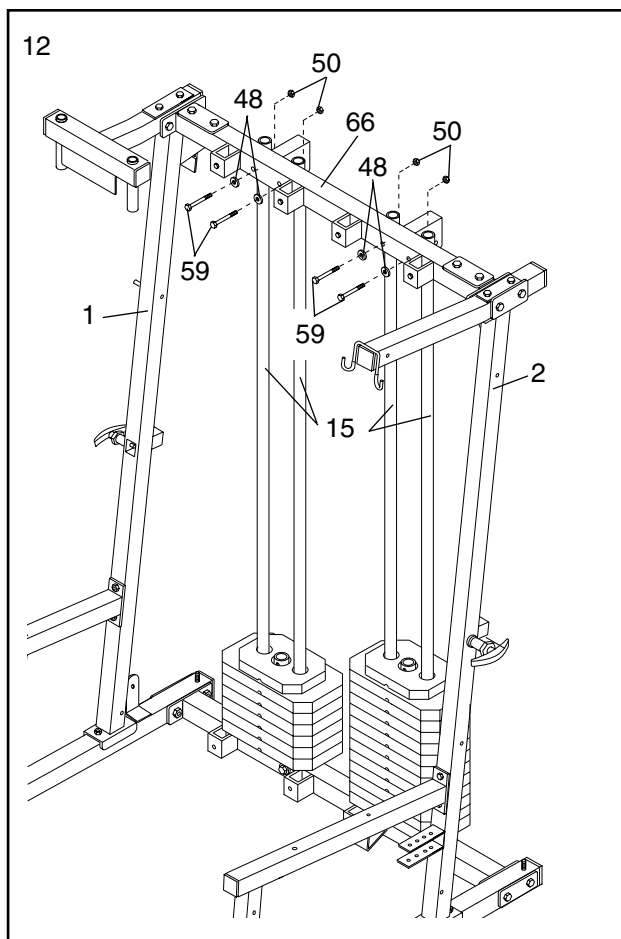


11. Press a 2" Square Inner Cap (28) into each end of the Press Top Frame (9).

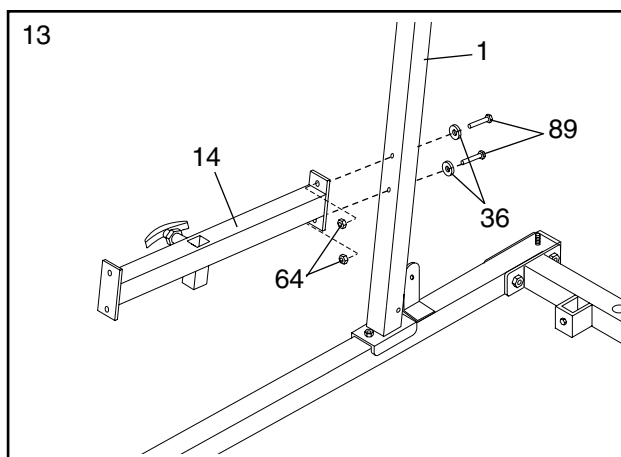
Attach the Press Top Frame (9) to the bracket on the Press Upright (2) and the Weight Top Frame (66) with four 5/16" x 2 3/4" Bolts (89), two Support Plates (94), and four 5/16" Nylon Locknuts (64).



12. Attach the Weight Guides (15) to the Weight Top Frame (66) with four 3/8" x 3 3/4" Bolts (59), four 3/8" Flat Washers (48), and four 3/8" Nylon Locknuts (50). **Do not overtighten the Nylon Locknuts.**

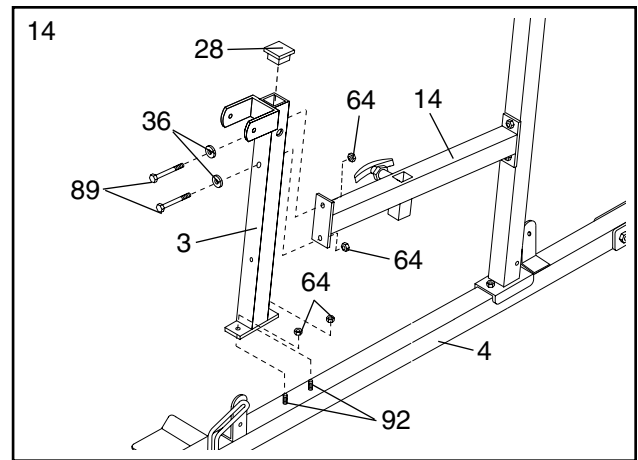


13. Attach the Butterfly Seat Frame (14) to the Butterfly Upright (1) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (36), and two 5/16" Nylon Locknuts (64). **Do not tighten the Nylon Locknuts yet.**



14. Press a 2" Square Inner Cap (28) into the Butterfly Front Leg (3). Slide the Butterfly Front Leg onto the indicated 5/16" x 2 1/2" Carriage Bolts (92) in the Butterfly Base (4). Hand tighten two 5/16" Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

Attach the Butterfly Front Leg (3) to the Butterfly Seat Frame (14) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (36), and two 5/16" Nylon Locknuts (64). **Tighten all of the Nylon Locknuts used in steps 13 and 14.**

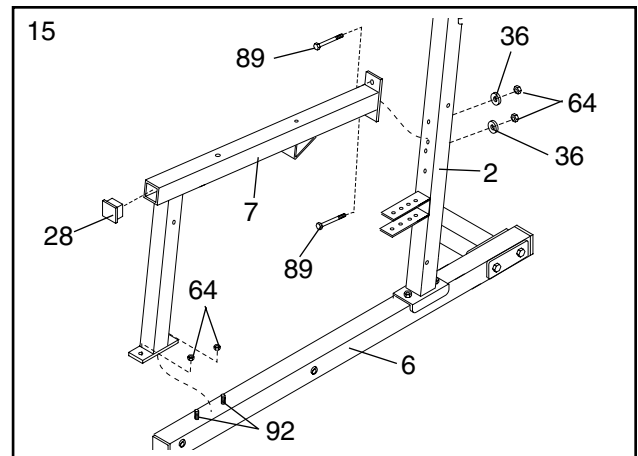


15. Press a 2" Square Inner Cap (28) into the Press Seat Frame (7).

Slide the Press Seat Frame (7) onto the indicated 5/16" x 2 1/2" Carriage Bolts (92) in the Press Base (6). Hand tighten two 5/16" Nylon Locknuts (64) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

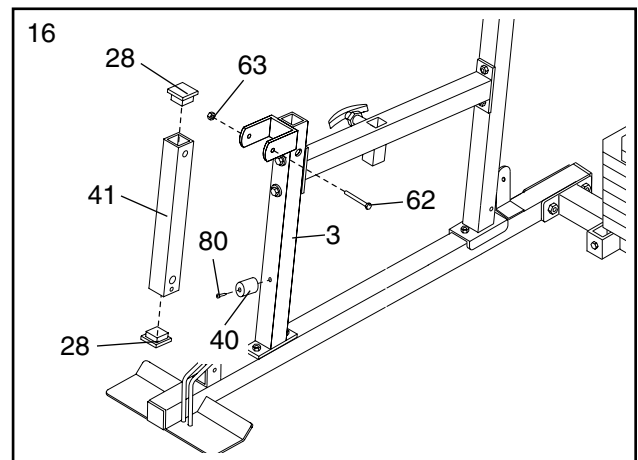
Attach the Press Seat Frame (7) to the Press Upright (2) with two 5/16" x 2 3/4" Bolts (89), two 5/16" Washers (36), and two 5/16" Nylon Locknuts (64).

Tighten all of the Nylon Locknuts (64) used in this step.



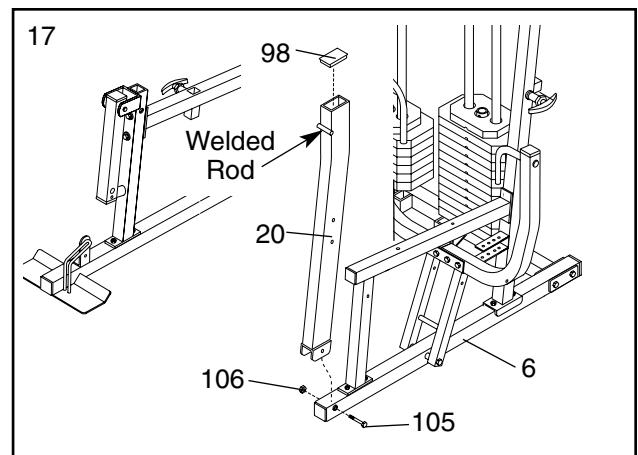
16. Press two 2" Square Inner Caps (28) into the ends of the Leg Lever (41). Attach the Bumper (40) to the Butterfly Front Leg (3) with a 1" Tap Screw (80).

Lubricate the 3/8" x 3 1/4" Bolt (62). Attach the Leg Lever (41) to the Butterfly Front Leg (3) with the Bolt and a 3/8" Nylon Jam Nut (63). **Do not overtighten the Nylon Jam Nut; the Leg Lever must pivot freely.**



17. Press a 2" x 3" Inner Cap (98) into the indicated end of the Press Front Leg (20).

Orient the Press Front Leg (20) with the welded rod in the position shown. Attach the Press Front Leg to the Press Base (6) with a 1/2" x 3 1/2" Bolt (105) and a 1/2" Nylon Jam Nut (106). **Do not overtighten the Nylon Jam Nut; the Press Front Leg must pivot freely.**

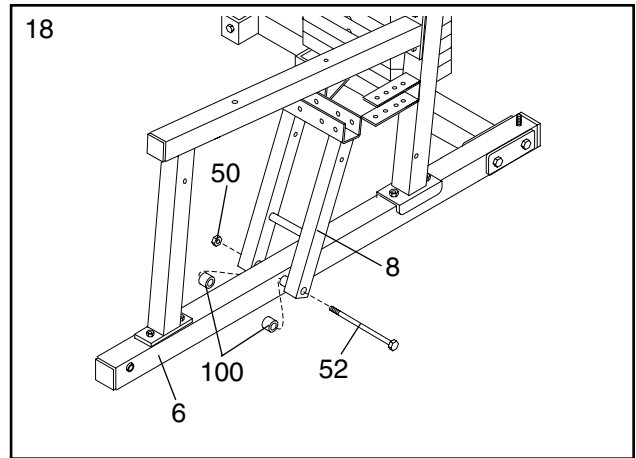


Arm Assembly

18. Open the parts bag labeled “ARM ASSEMBLY.”

Press a Plastic Bushing (100) onto each welded tube on the Press Frame (8).

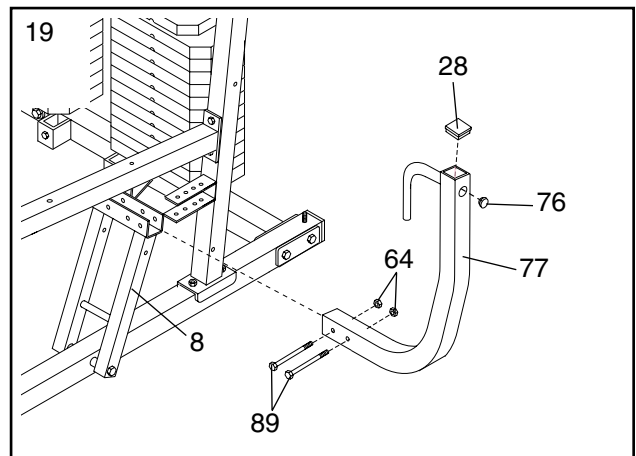
Lubricate the 3/8" x 9" Bolt (52). Attach the Press Frame (8) to the welded tubes on the Press Base (6) with the Bolt and a 3/8" Nylon Locknut (50). **Do not overtighten the Nylon Locknut; the Press Frame must pivot easily.**



19. Press a 2" Square Inner Cap (28) into the top of a Press Arm (77). Press a 1" Inner Cap (76) into the indicated hole in the Press Arm.

Attach the Press Arm (77) to the bracket on the Press Frame (8) with two 5/16" x 2 3/4" Bolts (89) and two 5/16" Nylon Locknuts (64).

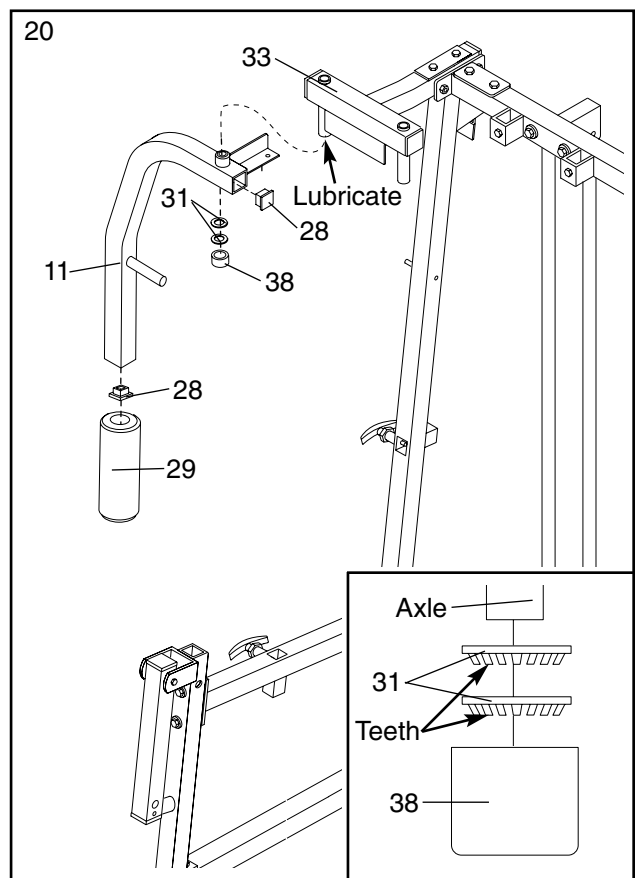
Repeat this step to assemble the other Press Arm (77, not shown).



20. Press a 2" Square Inner Cap (28) into each end of the Right Butterfly Arm (11). Wet the lower end of the Arm with soapy water and slide a Butterfly Foam Pad (29) onto it.

Lubricate the indicated axle on the Butterfly Top Frame (33). Orient the Right Butterfly Arm (11) as shown and slide it onto the axle. Secure the Butterfly Arm with two Retainer Rings (31) and a 1" Round Outer Cap (38). **Note: Place the Retainer Rings on top of the inverted Outer Cap and gently tap the Cap onto the axle with a hammer. Make sure the teeth on the Retainer Rings bend towards the Cap as shown in the inset drawing.**

Repeat this step to assemble the Left Butterfly Arm (10, not shown).



Cable Assembly

21. **Correct cable routing is critical. Make sure you wrap the cables around the pulleys exactly as shown in each step. For cable identification and routing during steps 21 to 52, refer to the Cable Diagram and Cable ID Chart on pages 22 and 23.**

Open the parts bag labeled “CABLE ASSEMBLY AND PULLEYS.”

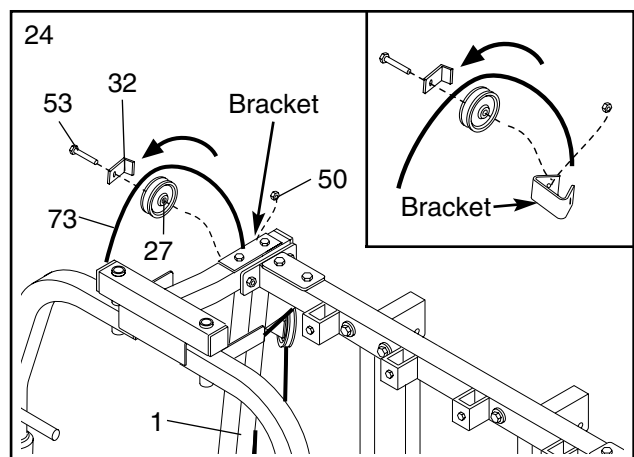
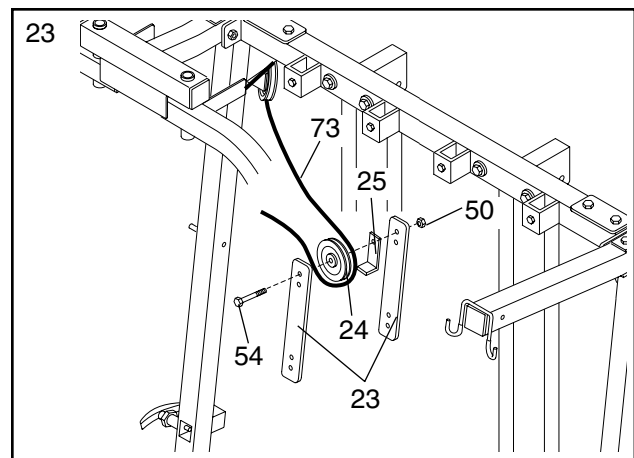
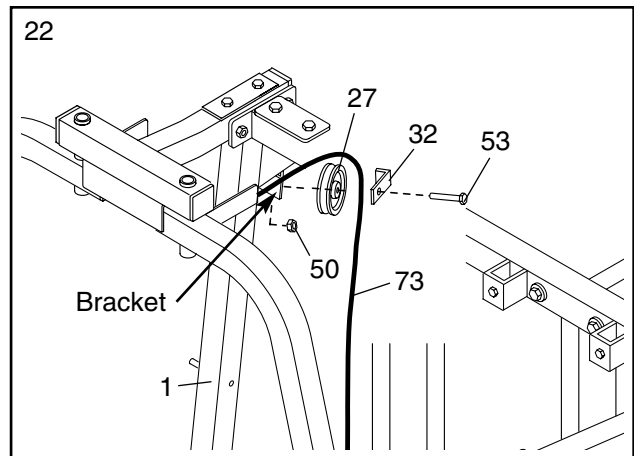
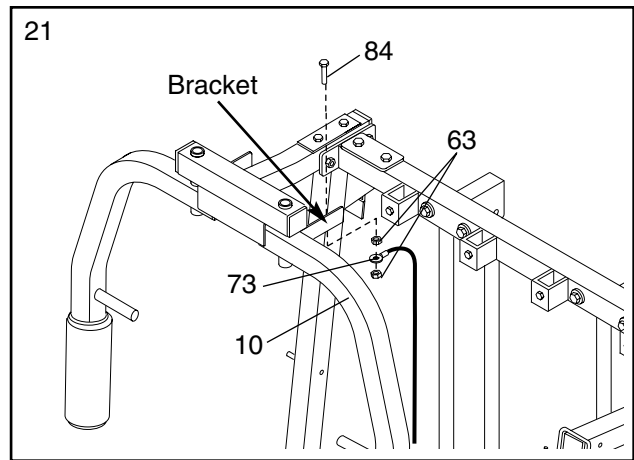
Identify the Butterfly Cable (73); it is the shortest cable and has a loop on each end. Attach one end of the Butterfly Cable to the bracket on the Left Butterfly Arm (10) with a 3/8" x 1" Bolt (84) and two 3/8" Nylon Jam Nuts (63). **Note: Do not overtighten the bottom Nylon Jam Nut; the Cable must pivot freely on the Bolt.**

22. Wrap the Butterfly Cable (73) around a “V”-Pulley (27) in the direction shown. Attach the “V”-Pulley and a Large Cable Trap (32) to the bracket on the back of the Butterfly Upright (1) with a 3/8" x 2 1/2" Bolt (53) and a 3/8" Nylon Locknut (50). **Make sure that the Large Cable Trap is oriented as shown.**

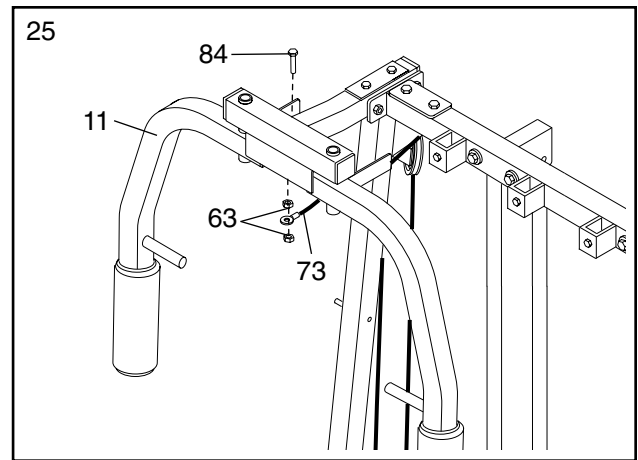
23. Remove both 3 1/2" Pulleys (24) and the Cable Traps (25) from one set of pre-assembled Pulley Plates (23).

Wrap the Butterfly Cable (73) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and the Cable Trap (25) to the top hole in the Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure the Cable Trap and is oriented as shown in the drawing.**

24. Wrap the Butterfly Cable (73) around a “V”-Pulley (27) in the direction shown. Attach the “V”-Pulley and a Large Cable Trap (32) to the welded bracket (see the inset drawing) on the back of the Butterfly Upright (1) with a 3/8" x 2 1/2" Bolt (53) and a 3/8" Nylon Locknut (50). **Make sure that the Large Cable Trap is oriented as shown.**

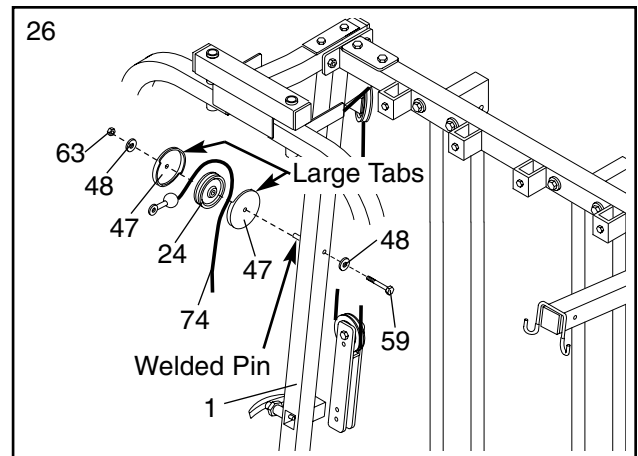


25. Attach the Butterfly Cable (73) to the bracket on the Right Butterfly Arm (11) with a 3/8" x 1" Bolt (84) and two 3/8" Nylon Jam Nuts (63). **Note: Do not over-tighten the bottom Nylon Jam Nut; the Cable must pivot freely on the Bolt.**



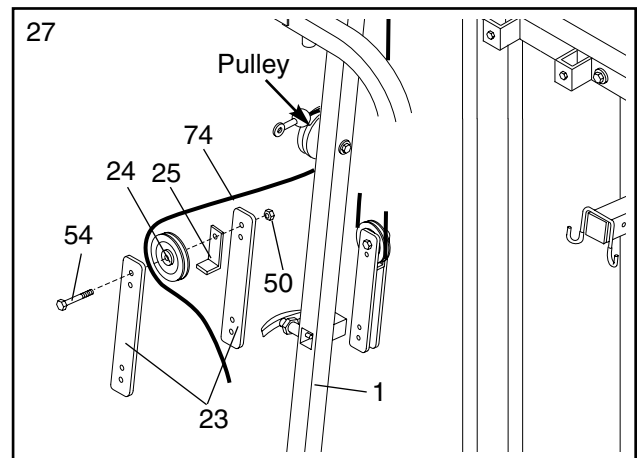
26. Identify the Ab Cable (74). It is the second longest cable and has a ball on one end and a bolt on the other.

Wrap the Ab Cable (74) around a 3 1/2" Pulley (24) in the direction shown. Place two Pulley Covers (47) over the Pulley, so that the large tabs are in the position shown. Attach the Pulley and Pulley Covers to the Butterfly Upright (1) with a 3/8" x 3 3/4" Bolt (59), two 3/8" Flat Washers (48), and a 3/8" Nylon Jam Nut (63). **Make sure the Cable is between the Pulley and the welded pin on the Upright.**

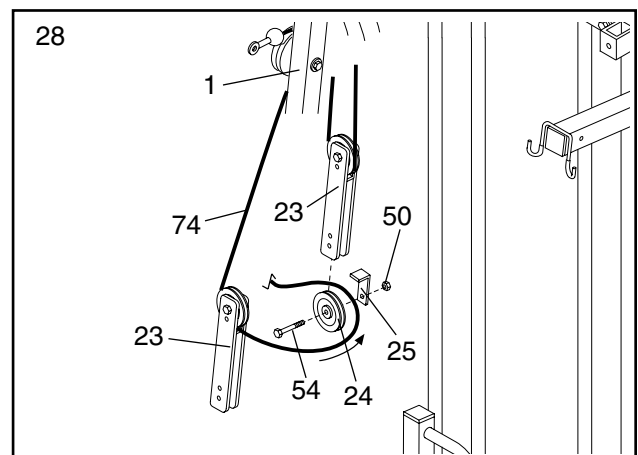


27. Remove both 3 1/2" Pulleys (24) from the second set of pre-assembled Pulley Plates (23).

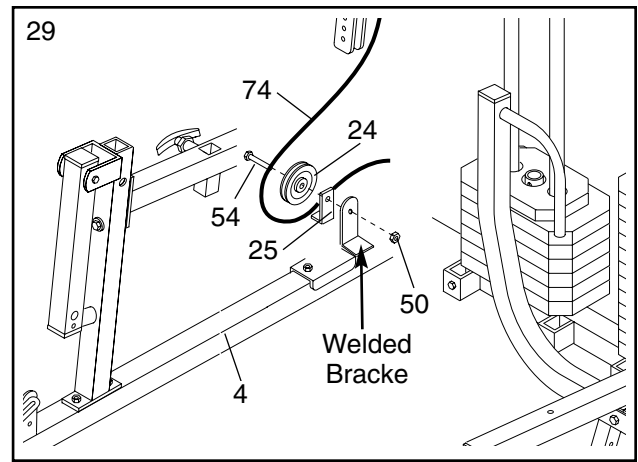
Wrap the Ab Cable (74) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the top hole in the two Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure the Cable Trap is oriented as shown.**



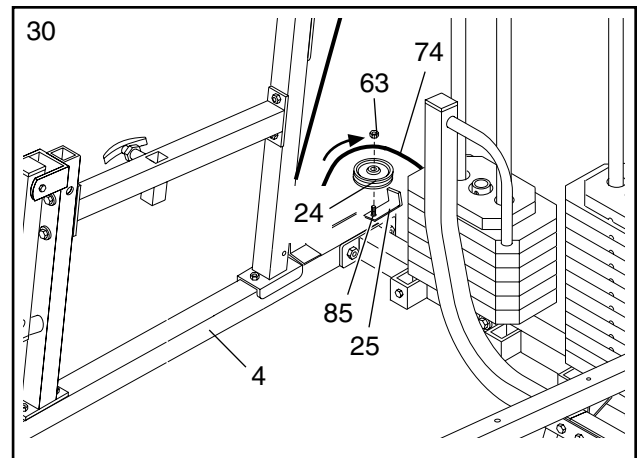
28. Wrap the Ab Cable (74) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the bottom hole in the first set of Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure that the Pulley Bracket and Cable Trap are oriented exactly as shown.**



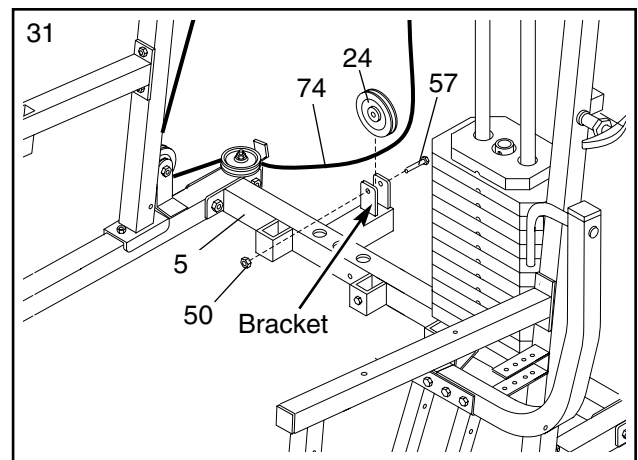
29. Wrap the Ab Cable (74) around a 3 1/2" Pulley (24) as shown. Attach the Pulley and a Cable Trap (25) to the welded bracket on the Butterfly Base (4) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



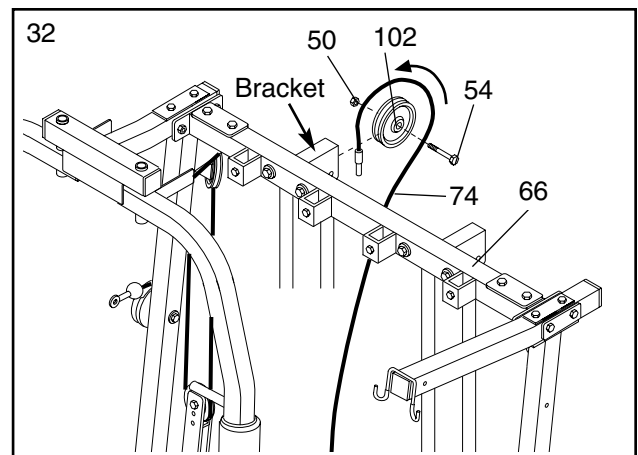
30. Wrap the Ab Cable (74) around a 3 1/2" Pulley (24) in the direction shown. Secure the Pulley and a Cable Trap (25) to the 3/8" x 3 3/4" Carriage Bolt (85) in the Butterfly Base (4) with a 3/8" Nylon Jam Nut (63). **Make sure the Cable Trap is oriented as shown.**



31. Wrap the Ab Cable (74) around a 3 1/2" Pulley (24). Attach the Pulley to the bracket on the Weight Base (5) with a 3/8" x 1 3/4" Bolt (57) and a 3/8" Nylon Locknut (50).

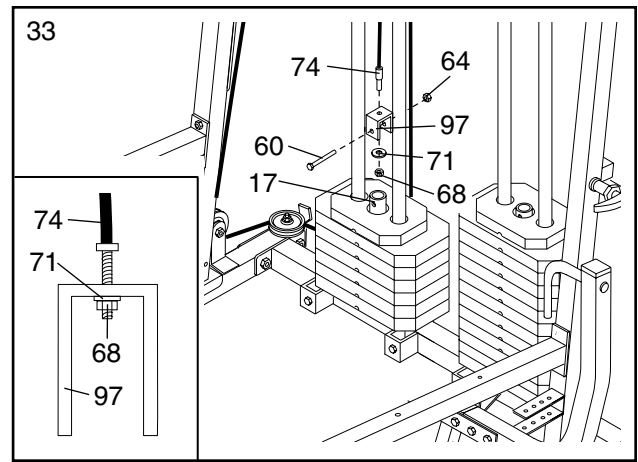


32. Wrap the Ab Cable (74) around a 4 1/2" Pulley (102) in the direction shown. Attach the Pulley inside the indicated bracket on the Weight Top Frame (66) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



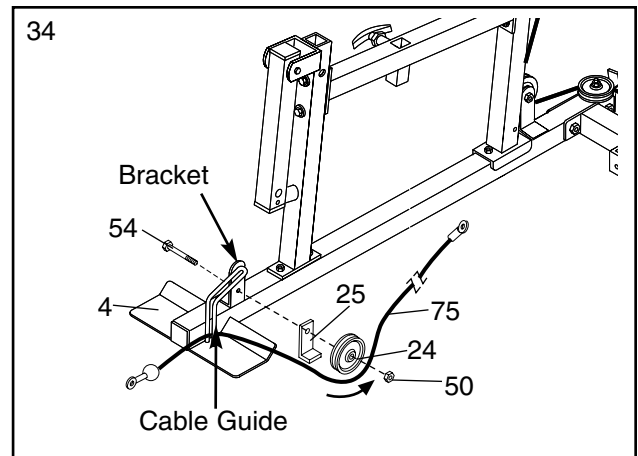
33. Attach the bolt at the end of the Ab Cable (74) to a "U"-Bracket (97) with a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (68). **Note: Do not completely tighten the Nylon Locknut; it should be threaded only two turns onto the bolt, as shown in the inset drawing.**

Attach the "U"-Bracket (97) to the hole in the Short Weight Tube (17) with a 5/16" x 1 3/4" Bolt (60) and a 5/16" Nylon Locknut (64).



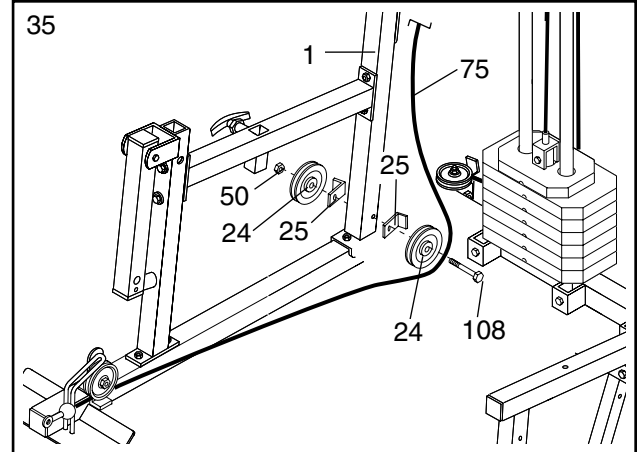
34. Identify the Low Cable (75). It has a ball on one end and a loop on the other. Route the end with the loop through the slot in the cable guide on the Butterfly Base (4).

Route the Low Cable (75) under a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (25) to the bracket on the Butterfly Base (4) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure the Cable Trap is oriented as shown.**

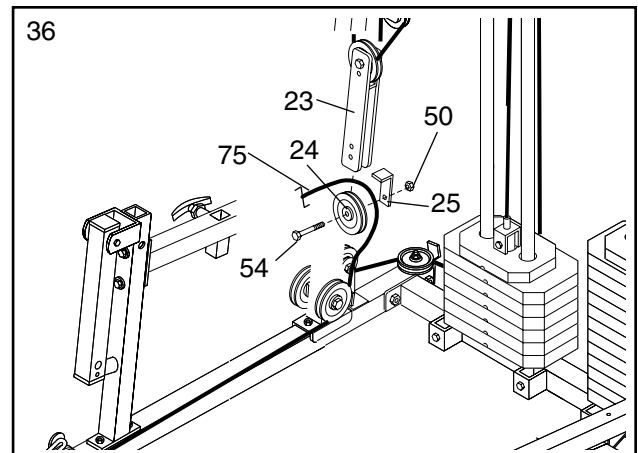


35. Wrap the Low Cable (75) around a 3 1/2" Pulley (24).

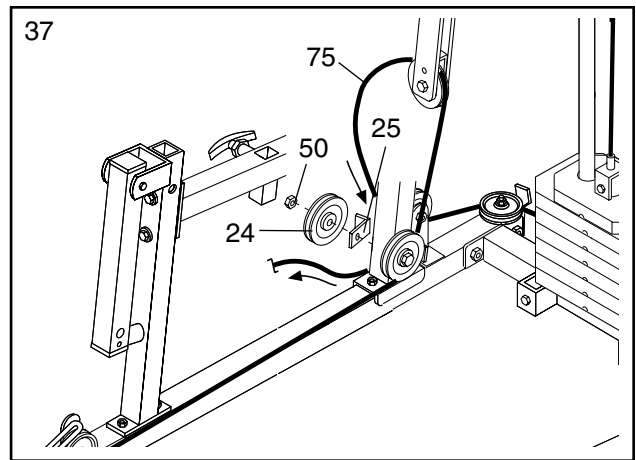
Attach two 3 1/2" Pulleys (24) and two Cable Traps (25) to the Butterfly Upright (1) with a 3/8" x 5" Bolt (108) and a hand tightened 3/8" Nylon Locknut (50) as shown. **Do not tighten the Nylon Locknut before step 37.**



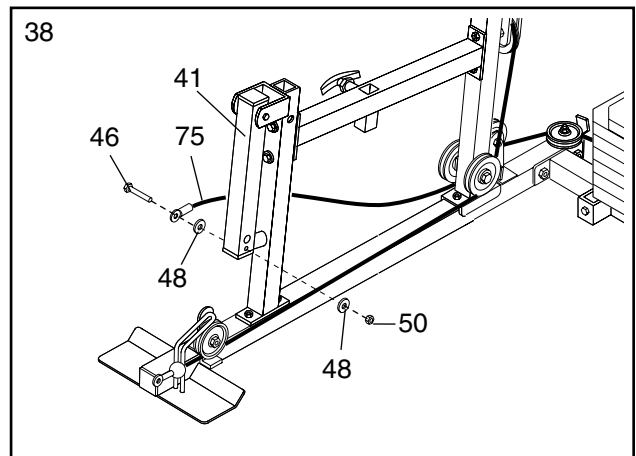
36. Wrap the Low Cable (75) over a 3 1/2" Pulley (24) as shown. Attach the Pulley and a Cable Trap (25) to the lower hole in the second set of Pulley Plates (23) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure the Cable Trap is oriented as shown.**



37. Remove the indicated 3/8" Nylon Locknut (50) and 3 1/2" Pulley (24). Wrap the Low Cable (75) around the Pulley in the direction shown. Reattach the Pulley and tighten the Nylon Locknut. **Make sure the Cable is routed exactly as shown and that the Cable Trap (25) is oriented to hold the Cable in place.**

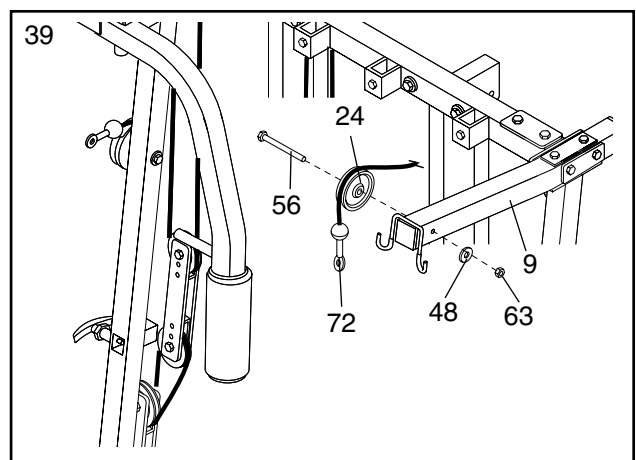


38. Attach the end of the Low Cable (75) to the indicated hole in the Leg Lever (41) with a 3/8" x 2 3/4" Bolt (46), two 3/8" Flat Washers (48), and a 3/8" Nylon Locknut (50). **Do not overtighten the Nylon LockNut; the Cable must pivot freely on the Bolt.**

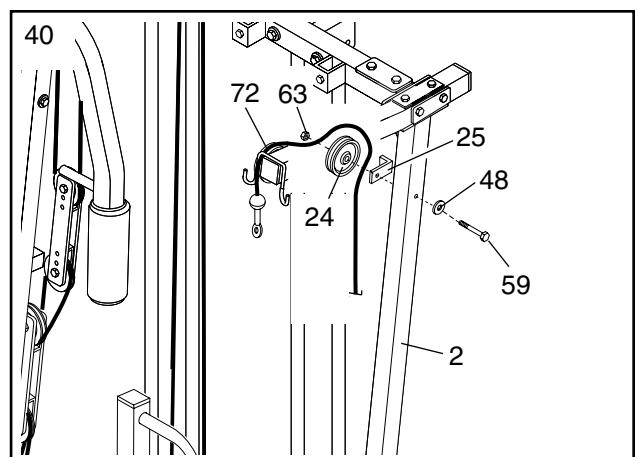


39. Identify the High Cable (72). It is longest cable, and has a ball on one end and a bolt on the other.

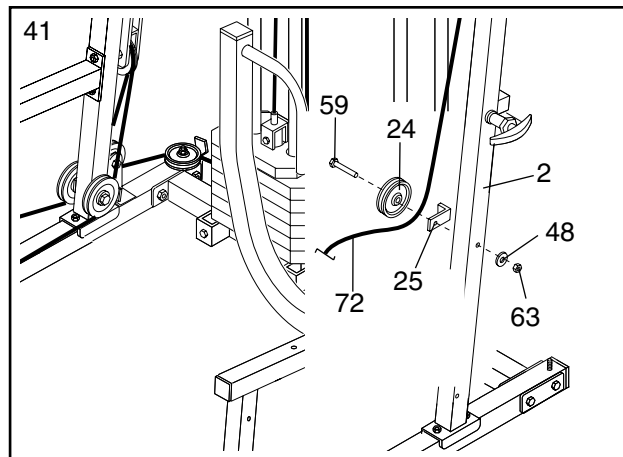
Wrap the High Cable (72) over a 3 1/2" Pulley (24). Attach the Pulley to the Press Top Frame (9) with a 3/8" x 3 1/2" Bolt (56), a 3/8" Flat Washer (48), and a 3/8" Nylon Jam Nut (63).



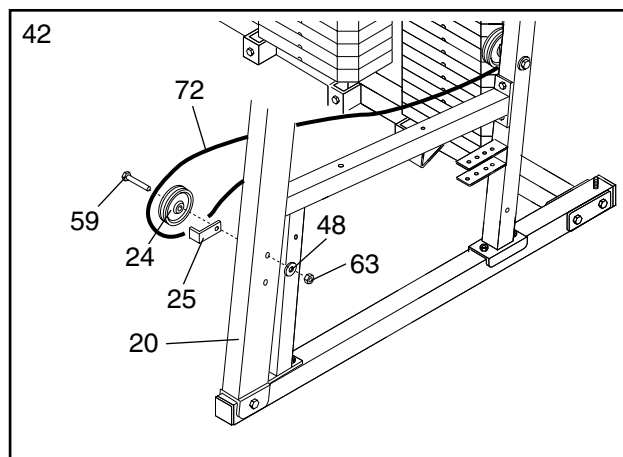
40. Wrap the High Cable (72) around a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (25) to the Press Upright (2) with a 3/8" x 3 3/4" Bolt (59), a 3/8" Flat Washer (48), and a 3/8" Nylon Jam Nut (63).



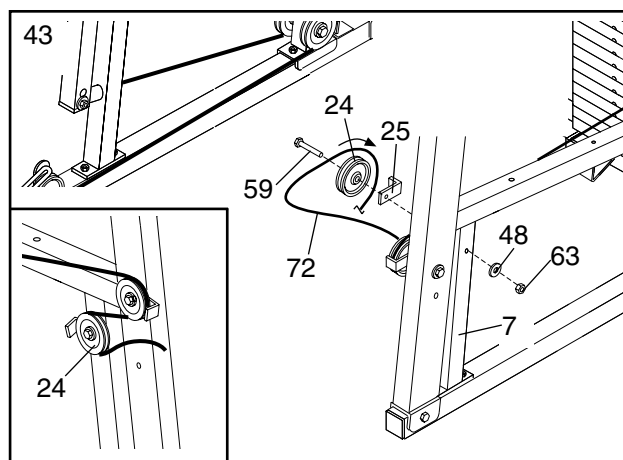
41. Wrap the High Cable (72) around a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Upright (2) with a 3/8" x 3 3/4" Bolt (59), a 3/8" Flat Washer (48), and a 3/8" Nylon Jam Nut (63). **Make sure the Cable Trap is oriented as shown.**



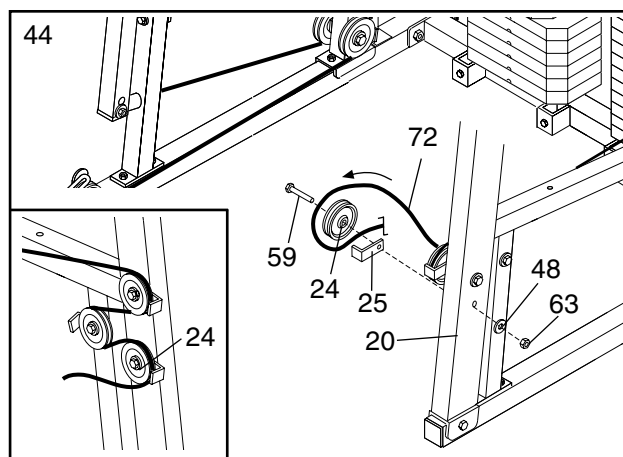
42. Wrap the High Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Front Leg (20) with a 3/8" x 3 3/4" Bolt (59), a 3/8" Flat Washer (48), and a 3/8" Nylon Jam Nut (63).



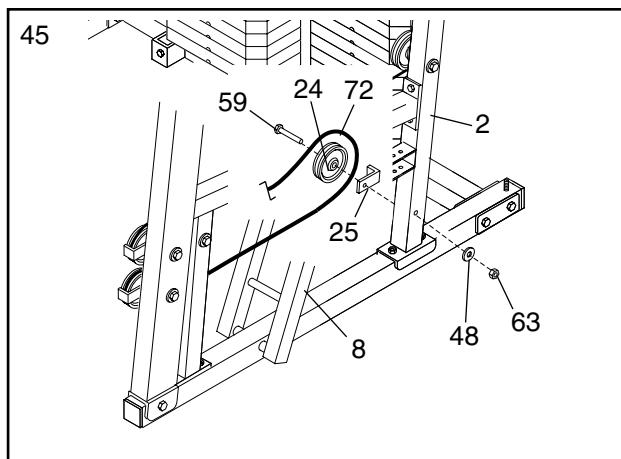
43. Wrap the High Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole on the Press Seat Frame (7) with a 3/8" x 3 3/4" Bolt (59), a 3/8" Flat Washer (48) and a 3/8" Nylon Jam Nut (63). **See the inset drawing. Make sure the Cable is routed exactly as shown.**



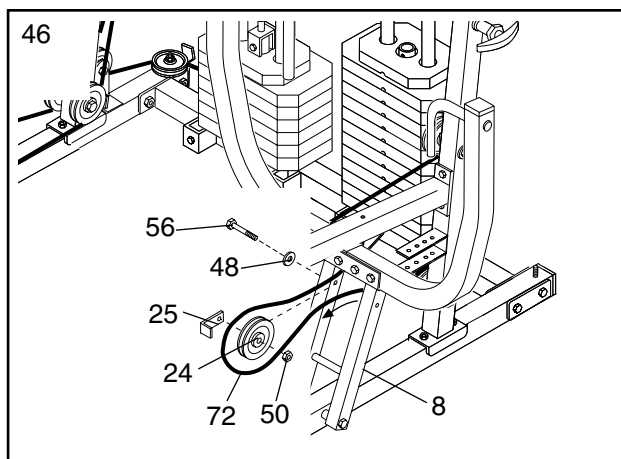
44. Wrap the High Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the Press Front Leg (20) with a 3/8" x 3 3/4" Bolt (59), a 3/8" Flat Washer (48) and a 3/8" Nylon Jam Nut (63). **See the inset drawing. Make sure the Cable is routed exactly as shown.**



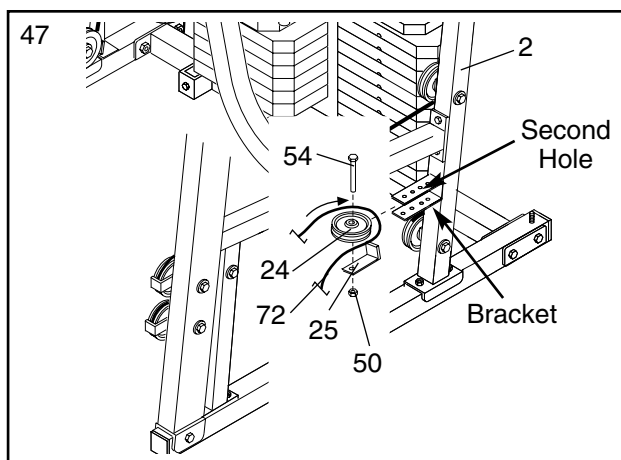
45. Route the High Cable (72) through the opening in the Press Frame (8). Wrap the High Cable around a 3 1/2" Pulley (24). Attach the Pulley and a Cable Trap (25) to the lower hole in the Press Upright (2) with a 3/8" x 3 3/4" Bolt (59), a 3/8" Flat Washer (48), and a 3/8" Nylon Jam Nut (63). **Make sure that the Cable Trap is oriented as shown.**



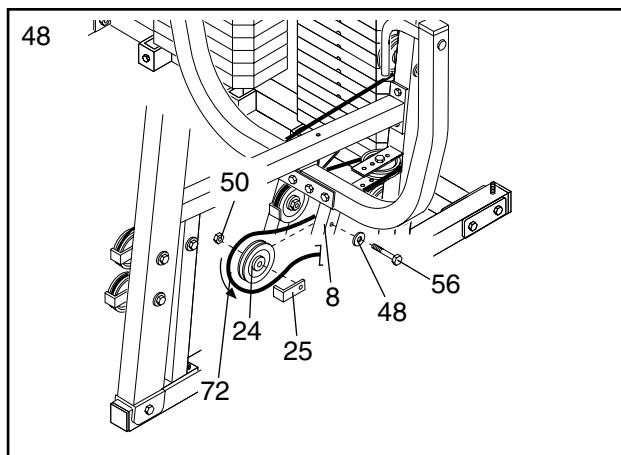
46. Wrap the High Cable (72) around a 3 1/2" Pulley (24) as shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Frame (8) with a 3/8" x 3 1/2" Bolt (56), a 3/8" Flat Washer (48), and a 3/8" Nylon Locknut (50). **Make sure the Pulley is mounted on the inside of the Press Frame and that the Cable Trap is oriented as shown.**



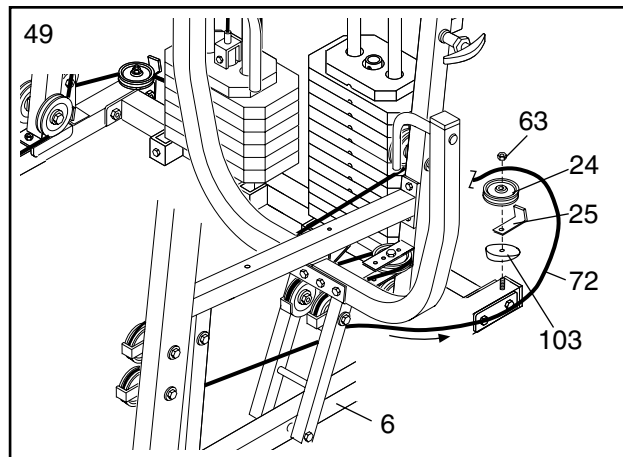
47. Wrap the High Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the second hole in the bracket on the Press Upright (2) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**



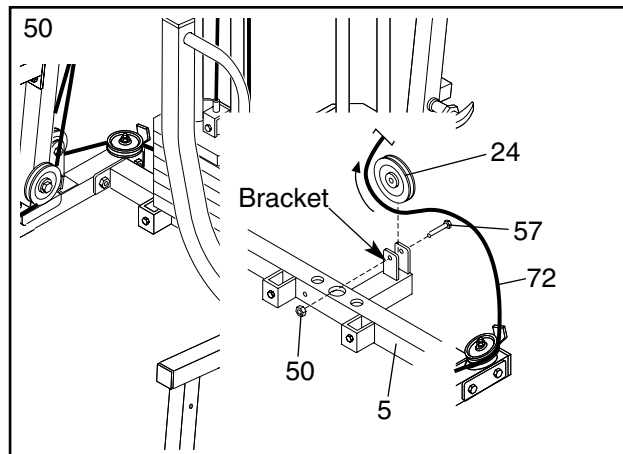
48. Wrap the High Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley and a Cable Trap (25) to the indicated hole in the Press Frame (8) with a 3/8" x 3 1/2" Bolt (56), a 3/8" Flat Washer (48), and a 3/8" Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**



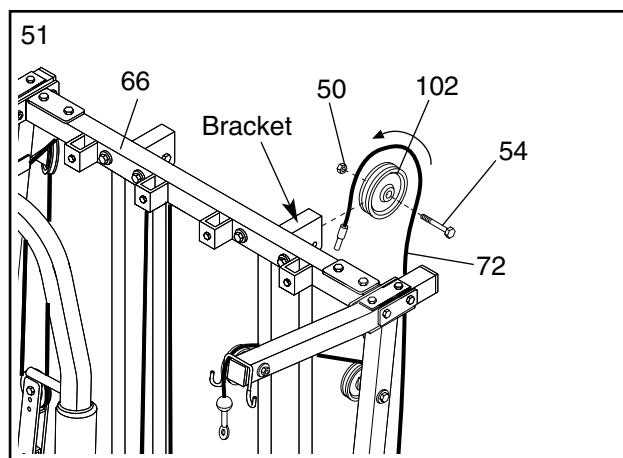
49. Wrap the High Cable (72) around a 3 1/2" Pulley (24) as shown. Attach the Pulley, a Cable Trap (25), and an Angle Spacer (103) to the 3/8" x 4" Carriage Bolt (104) in the Press Base (6). **Make sure the Angle Spacer is angled exactly as shown.** Secure the Pulley with a 3/8" Nylon Jam Nut (63). **Make sure the Cable Trap is oriented as shown.**



50. Wrap the High Cable (72) around a 3 1/2" Pulley (24) in the direction shown. Attach the Pulley inside the indicated bracket on the Weight Base (5) with a 3/8" x 1 3/4" Bolt (57) and a 3/8" Nylon Locknut (50). **Make sure that the Cable Trap is oriented as shown.**



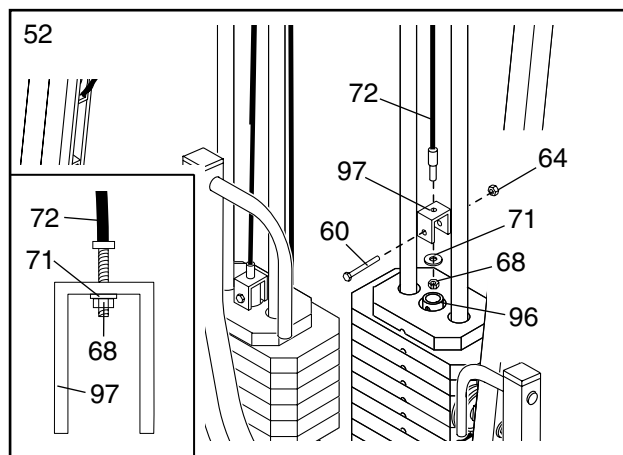
51. Wrap the High Cable (72) over a 4 1/2" Pulley (102) in the direction shown. Attach the Pulley inside the indicated bracket on the Weight Top Frame (66) with a 3/8" x 2" Bolt (54) and a 3/8" Nylon Locknut (50).



52. Attach the bolt at the end of the High Cable (72) to the remaining "U"-Bracket (97) with a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (68). **Note: Do not completely tighten the Nylon Locknut; it should be threaded only two turns onto the end of the Cable, as shown in the inset drawing.**

Attach the "U"-Bracket (97) to the hole in the Long Weight Tube (96) with a 5/16" x 1 3/4" Bolt (60) and a 5/16" Nylon Locknut (64).

Follow all four cables from end to end. Make sure that they rest in the grooves of the pulleys and that the cables and the pulleys move smoothly.



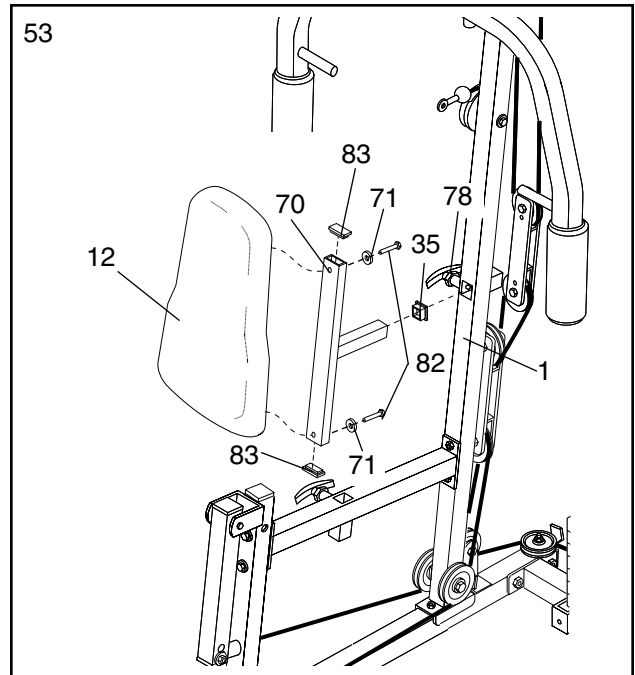
Seat Assembly

53. Open the parts bag labeled "SEAT ASSEMBLY."

Press a 1" x 2" Inner Cap (83) into each end of a Backrest Adjustment Frame (70). Press a 1 1/4" Square Inner Cap (35) into the indicated tube on the Backrest Adjustment Frame.

Identify the Butterfly Backrest (12); it has only two holes in the back. Attach the Butterfly Backrest to the Backrest Adjustment Frame (70) with two 1/4" x 1 1/2" Bolts (82) and two 1/4" Flat Washers (71).

Pull the indicated Adjustment Knob (78) and slide the tube on the Backrest Adjustment Frame (70) into the Butterfly Upright (1). Release the Adjustment Knob and snap it into one of the holes in the Backrest Adjustment Frame. Secure it by turning the Knob clockwise.

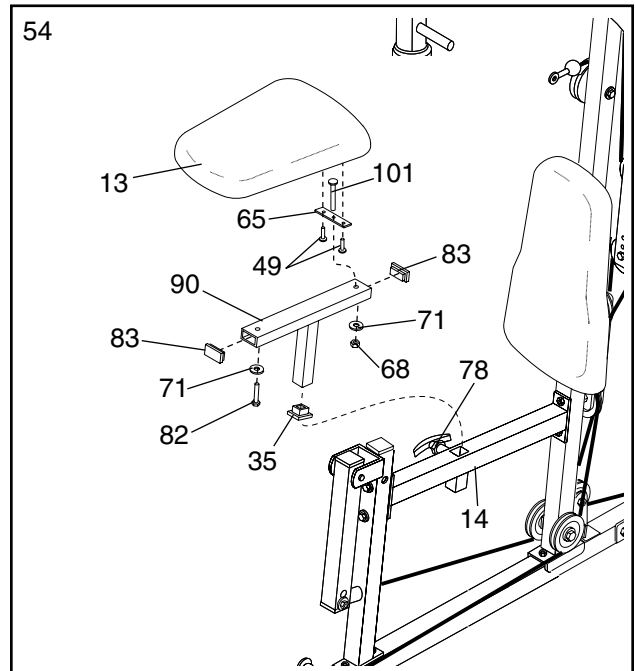


54. Press a 1" x 2" Inner Cap (83) into each end of the Seat Adjustment Frame (90). Press a 1 1/4" Square Inner Cap (35) into the tube on the Seat Adjustment Frame.

Insert a 1/4" x 1 1/2" Carriage Bolt (101) into the center hole in a Seat Plate (65). Attach the Seat Plate to a Seat (13) with two 1/4" x 3/4" Bolts (49). Insert the 1/4" x 1 1/2" Carriage Bolt into the indicated hole in the Seat Adjustment Frame (90) and secure it with a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (68).

Secure the other end of the Seat (13) with a 1/4" x 1 1/2" Bolt (82) and a 1/4" Flat Washer (71).

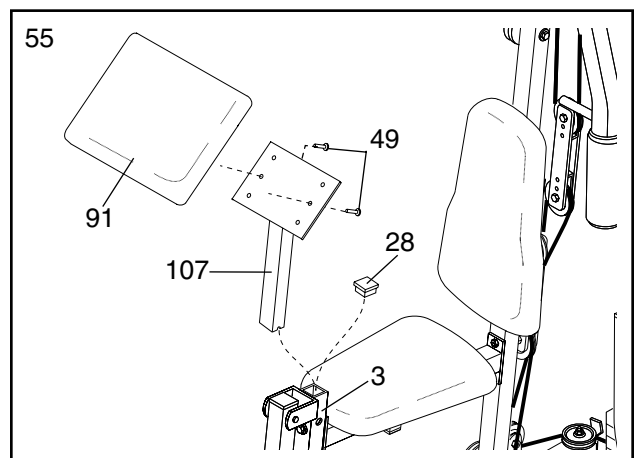
Pull the indicated Adjustment Knob (78) and slide the tube on the Seat Adjustment Frame (90) into the slot in the Butterfly Seat Frame (14). Snap the Knob into a hole in the Frame and secure it by turning the Adjustment Knob clockwise.



55. Note: When using the Curl Pad (91), you must remove the 2" Square Inner Cap (28) that is in the Butterfly Front Leg (3). Replace the Inner Cap when you are not using the Curl Pad.

Attach the Curl Pad (91) to the Curl Post (107) with two 1/4" x 3/4" Bolts (49).

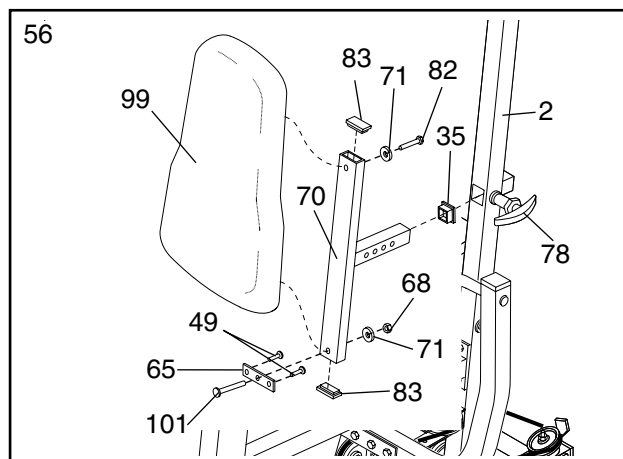
Insert the Curl Post (107) into the top of the Butterfly Front Leg (3).



56. Press a 1" x 2" Inner Cap (83) into each end of a Backrest Adjustment Frame (70). Press a 1 1/4" Square Inner Cap (35) into the tube on the Backrest Adjustment Frame.

Insert a 1/4" x 1 1/2" Carriage Bolt (101) into the center hole in a Seat Plate (65). Attach the Seat Plate to the Press Backrest (99) with two 1/4" x 3/4" Bolts (49).

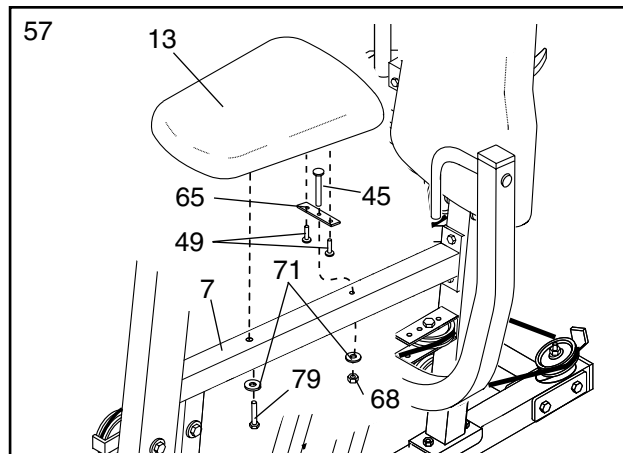
Insert the 1/4" x 1 1/2" Carriage Bolt (101) into the indicated hole in the Backrest Adjustment Frame (70) and secure it with a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (68). Secure the other end of the Backrest (99) with a 1/4" x 1 1/2" Bolt (82) and a 1/4" Flat Washer (71).



Pull the indicated Adjustment Knob (78) and slide the tube on the Backrest Adjustment Frame (70) into the Press Upright (2). Snap the Knob into a hole in the Frame and turn it clockwise until it is tight.

57. Insert a 1/4" x 2 1/2" Carriage Bolt (45) into the center hole in a Seat Plate (65). Attach the Seat Plate to a Seat (13) with two 1/4" x 3/4" Bolts (49).

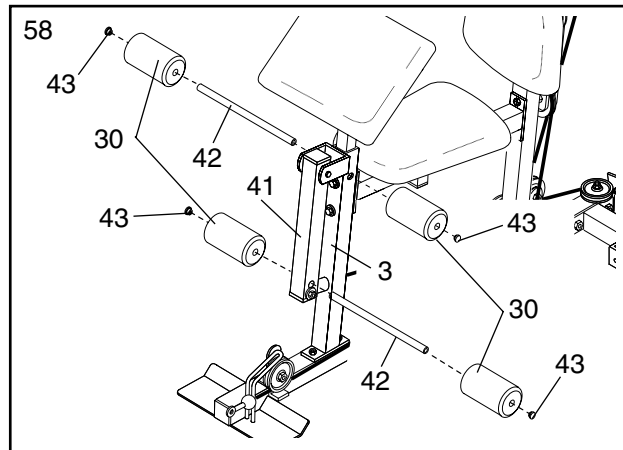
Insert the 1/4" x 2 1/2" Carriage Bolt (45) into the indicated hole in the Press Seat Frame (7) and tighten a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (68) onto it. Attach the other end of the Seat (13) with a 1/4" x 2 1/2" Bolt (79) and a 1/4" Flat Washer.



58. Press 3/4" Round Inner Caps (43) into the ends of both Pad Tubes (42).

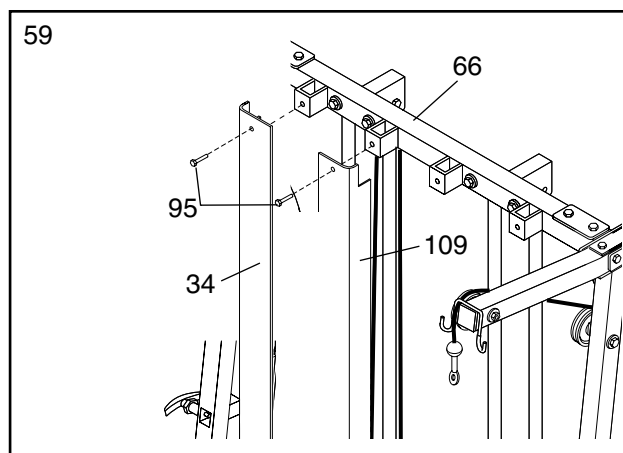
Insert one Pad Tube (42) into the Leg Lever (41). Slide a Foam Pad (30) onto each end of the Pad Tube.

Insert the other Pad Tube (42) into the Butterfly Front Leg (3). Slide a Foam Pad (30) onto each end of the Pad Tube.



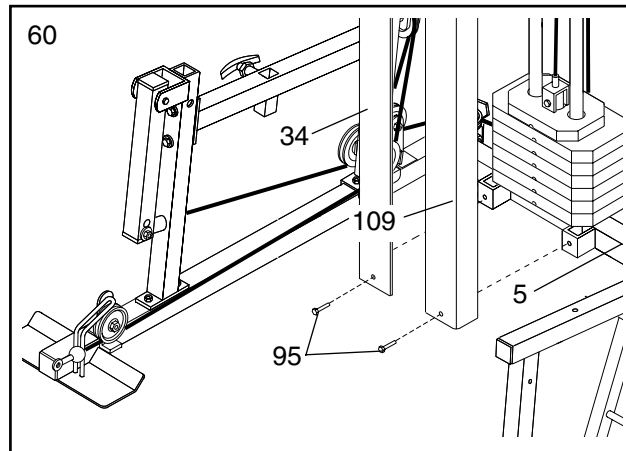
59. Remove the pre-assembled 1/4" x 5/8" Screws (95) from the Weight Top Frame (66).

Orient one Right Shroud (34) and one Left Shroud (109) as shown. Attach the Shrouds to the brackets on the Weight Top Frame (66) with the 1/4" x 5/8" Screws (95).



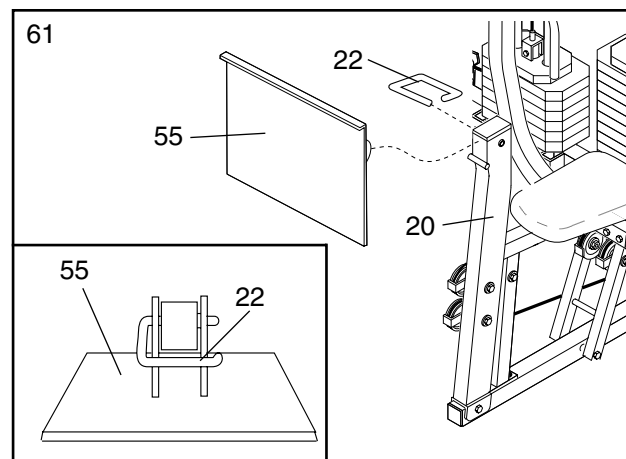
60. Remove the pre-assembled 1/4" x 5/8" Screws (95) from the Weight Base (5). Attach the Right and Left Shrouds (34, 109) to the brackets on the Weight Base (5) with the 1/4" x 5/8" Screws (95).

Repeat steps 59 and 60 to attach the other set of shrouds (not shown) over the other weight stack.



61. Attach the Press Plate (55) to the Press Front Leg (20) by securing it with the Lock Pin (22). **Note: The lip on the Press Plate must be on the upper edge.**

See the inset drawing. **Be sure that the Lock Pin (22) is positioned as shown.**

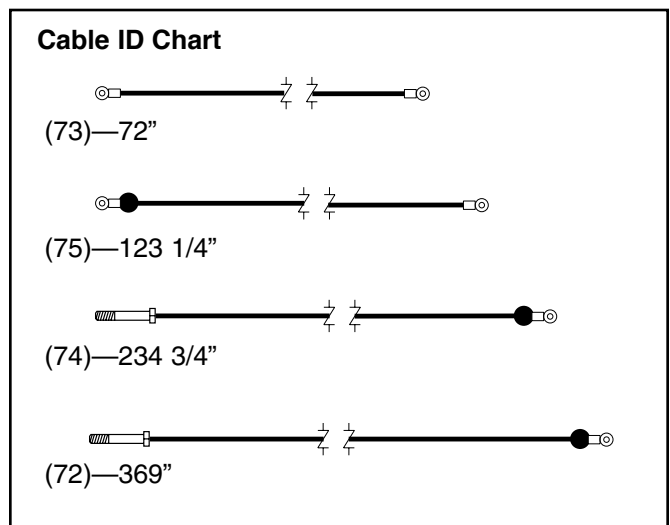
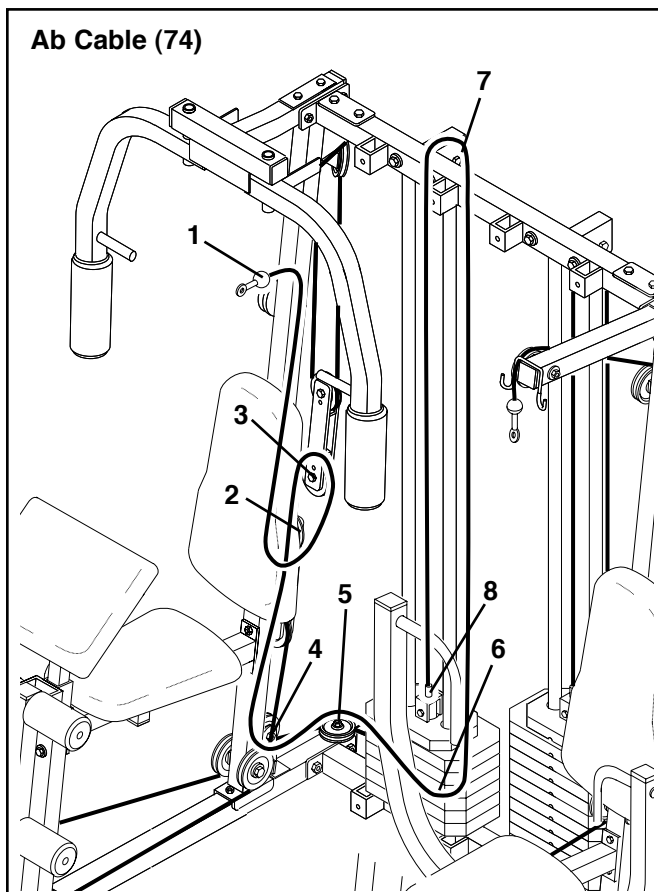
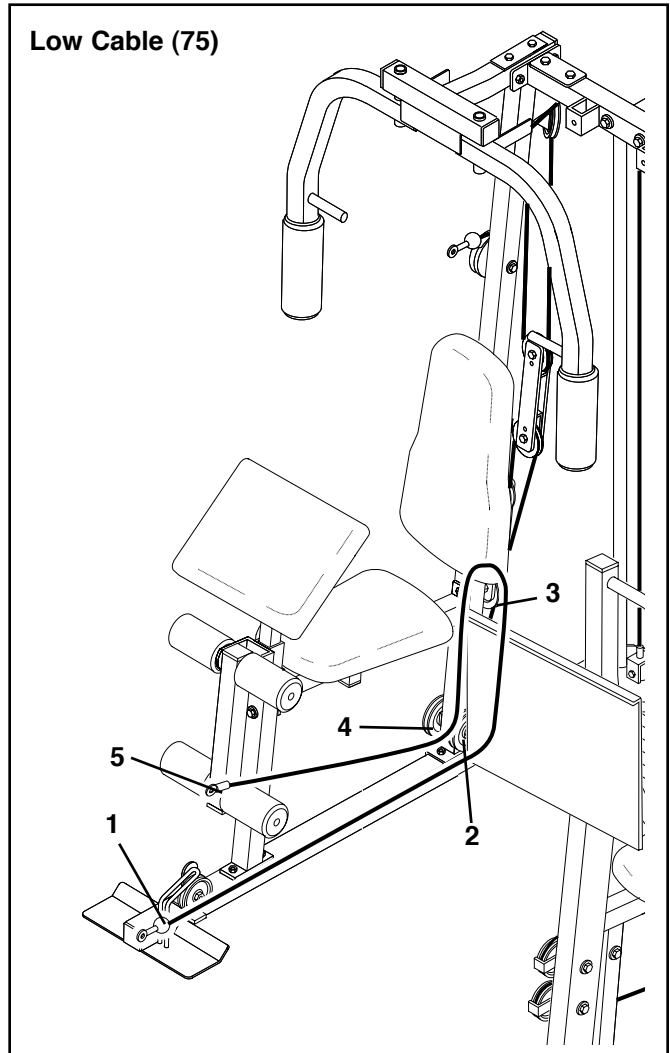
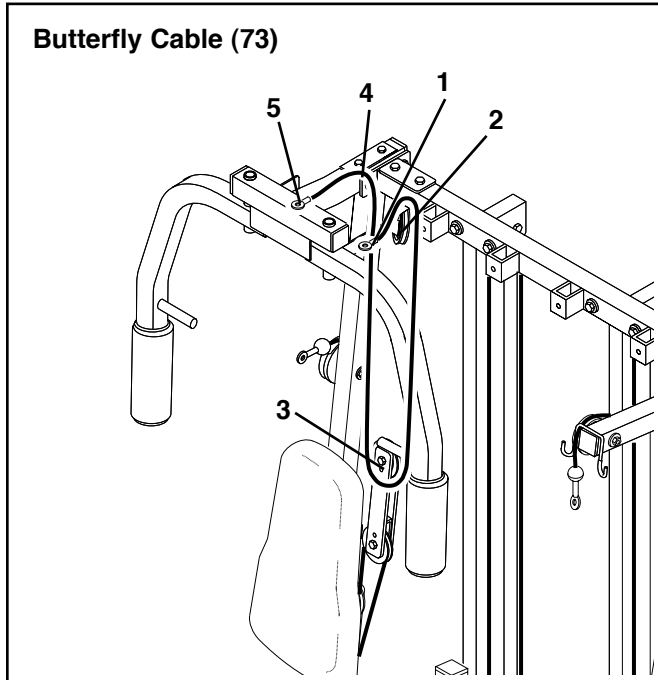


62. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in Adjustment, beginning on page 24 of this manual.

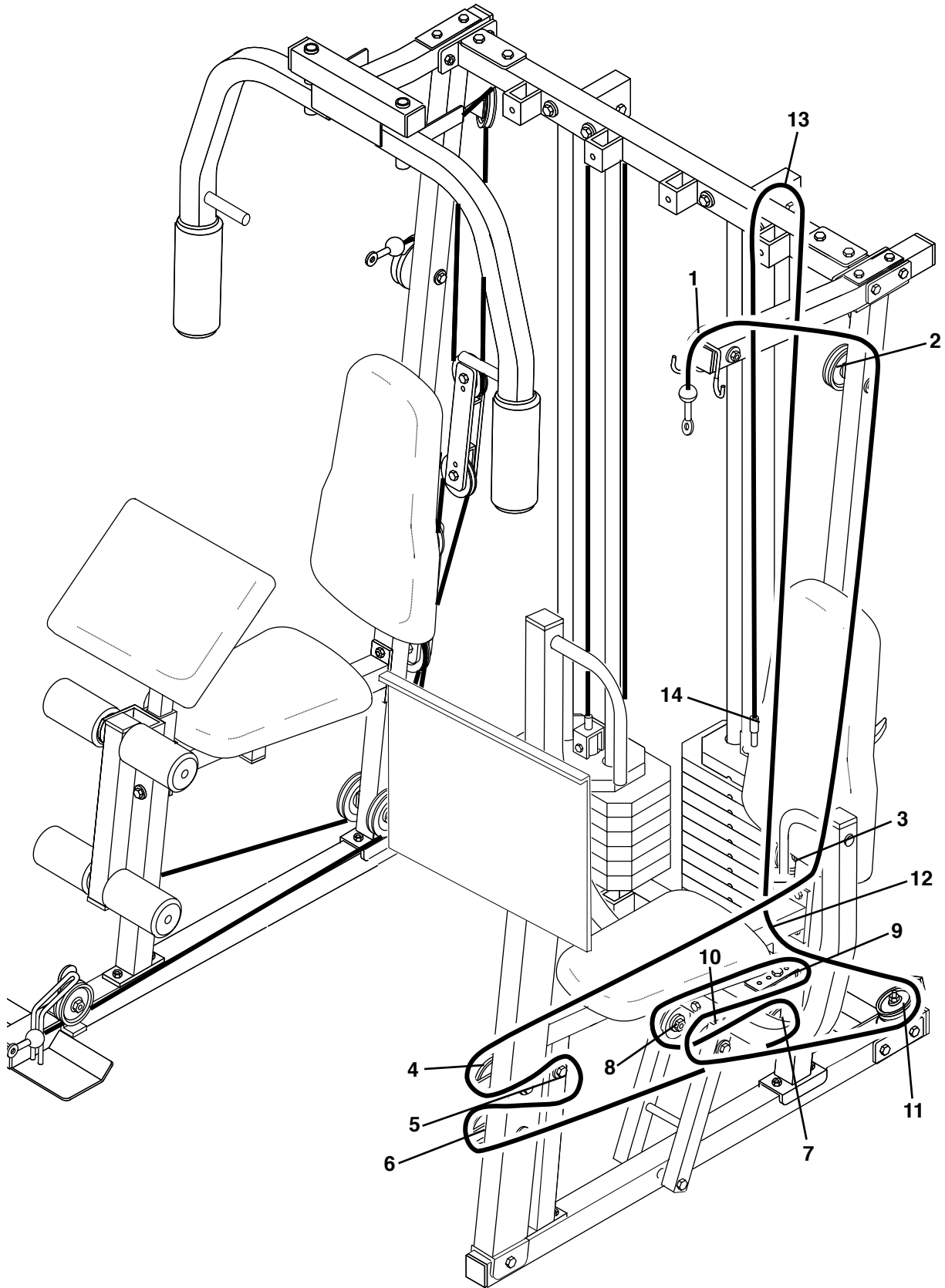
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See Trouble-Shooting and Maintenance on page 25.**

Cable Diagrams

The cable diagrams below and on the next page show the proper routing of the Butterfly Cable (73), the Ab Cable (74), the Low Cable (75), and the High Cable (72). The numbers show the correct route for each Cable. Make sure that 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.



High Cable (72)



Adjustment

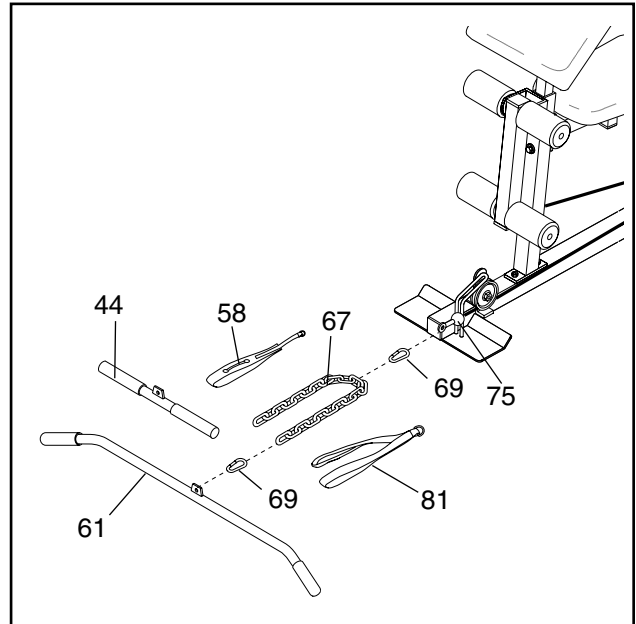
The instructions below describe how each part of the weight system can be adjusted. **IMPORTANT: When using an attachment, make sure it is in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

Attaching the Lat Bar, Row Bar, Nylon Strap, or Ab Strap to the Low Pulley Station, the High Pulley Station, or the Ab Pulley Station.

Attach the Lat Bar (61) to the Low Cable (75) 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.**

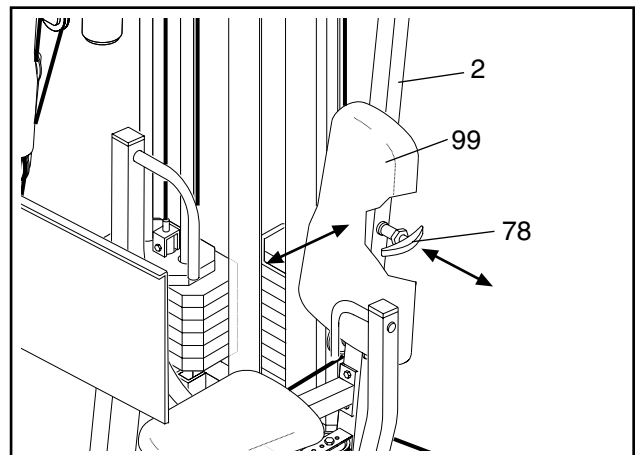
The Row Bar (44), Nylon Strap (58), or Ab Strap (81) can be attached in the same manner.

Use the same method for attaching any of the attachments to the High Cable (72, not shown) or the Ab Cable (74, not shown).



Adjusting the Butterfly Backrest, Butterfly Seat, or Press Backrest

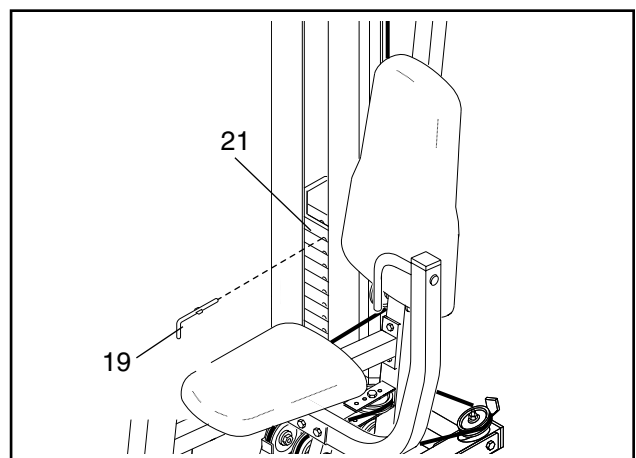
To adjust the Press Backrest (99), loosen the Adjustment Knob (78) by turning it counterclockwise. Pull the Knob and slide the Backrest forward or backward as needed. Release the Adjustment Knob and snap it into one of the holes in the Backrest Adjustment Frame (70). Retighten the Knob by turning it clockwise.



Changing the Weight Setting

To change the setting of either weight stack, insert a Weight Pin (19) under the desired Weight (21). Make sure you insert the Weight Pin as far as it will go.

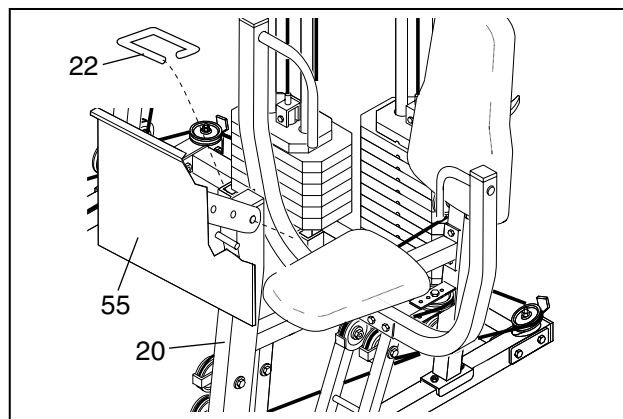
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the Weight Resistance Chart on page 27 to find the approximate amount of resistance at each weight station.



Adjusting the Press Plate

Remove the Lock Pin (22) from the Press Plate (55) and the Press Front Leg (20).

Align the holes in the Press Plate (55) with the desired set of holes in the Press Front Leg (20). Re-insert the Lock Pin (22) through the Press Front Leg and the Press Plate.



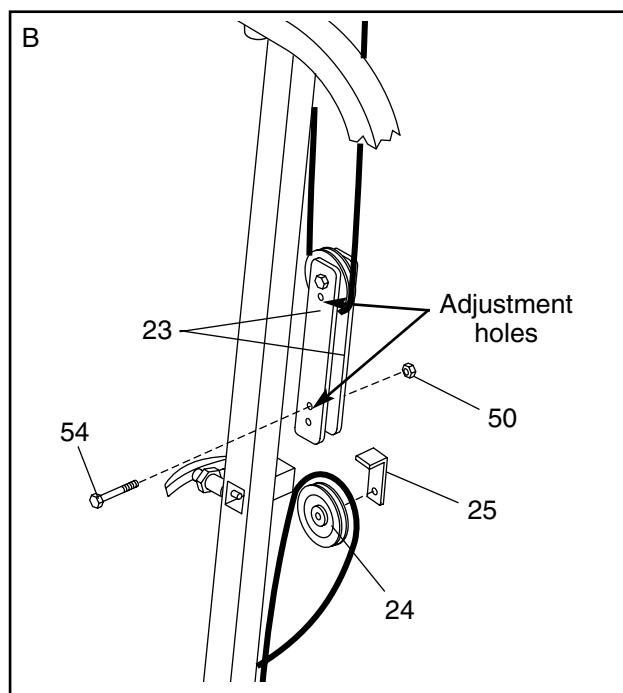
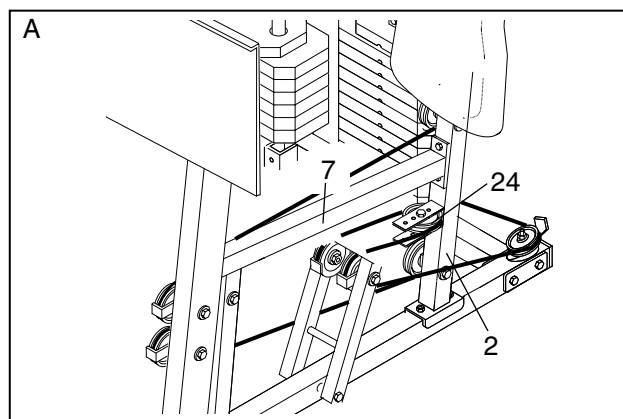
Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately. The weight 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 weight 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. Slack can be removed from the cables in several different ways:

- A. Move the indicated 3 1/2" Pulley (24) to another set of holes in the bracket on the Press Upright (2). Moving the Pulley closer to the Press Upright will tighten the cables. Moving it further away from the Upright will loosen the cable.
- B. Remove the 3 1/2" Pulley (24) and the Cable Trap (25) from a set of Pulley Plates (23). Re-attach the Pulley and the Cable Trap to the inner hole in the Pulley Plates with the 3/8" x 2" Bolt (54) and the 3/8" Nylon Locknut (50). **Note: If the Cable is still too loose after moving a Pulley, repeat the process with another Pulley.**



- C. The bolt on the Ab Cable (74) and the High Cable (72) that are attached to the weight stacks can also be used to tighten the cables.

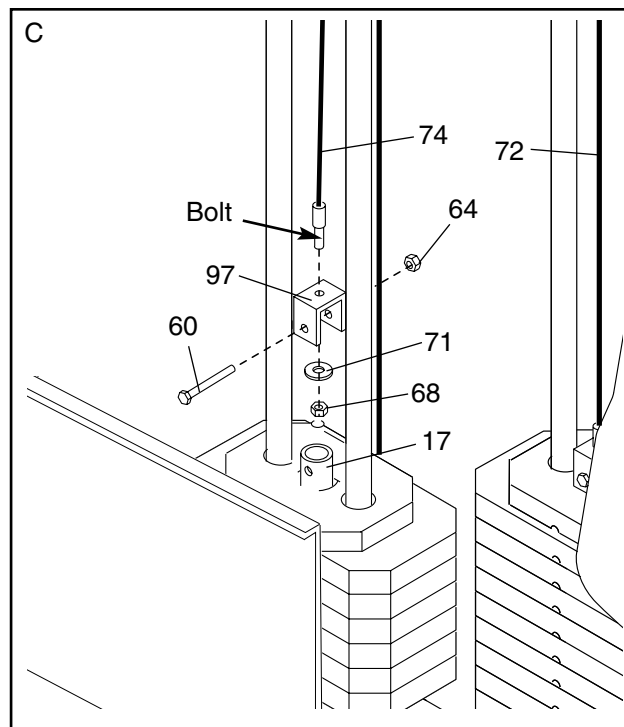
Remove the "U"-Bracket (97) from the Short Weight Tube (17). Tighten the 1/4" Nylon Locknut (68) onto the bolt on the end of the Ab Cable (74) two turns. Re-attach the "U"-Bracket (97) with the 5/16" x 1 3/4" Bolt (60) and the 5/16" Nylon Locknut (64).

The High Cable (72) can be tightened in the same manner.

Note: The shrouds are shown removed for clarity. The shrouds do not need to be removed to tighten the cables.

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.



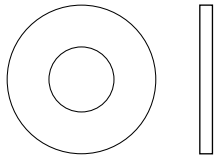
Weight Resistance Chart

The chart below shows the approximate weight resistance at each exercise station. "Top" refers to the 6 lb. top weight; the other numbers refer to the 12.5 lb. weight plates. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

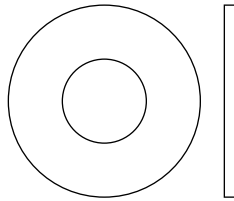
WEIGHT PLATES	HIGH PULLEY (lbs.)	LEG RAISE (lbs.)	LEG PRESS (lbs.)	ARM PRESS (lbs.)	BUTTERFLY ARMS (lbs.)	AB STATION (lbs.)	LOW PULLEY (lbs.)
TOP	17	18	23	8	11	14	11
1	31	34	55	22	25	28	24
2	45	50	88	37	39	42	38
3	59	66	120	51	52	56	51
4	73	82	152	66	66	69	64
5	87	97	185	80	80	83	78
6	101	113	217	95	93	97	91
7	115	-	250	109	-	-	-
8	129	-	282	124	-	-	-
9	143	-	314	138	-	-	-
10	157	-	347	153	-	-	-
11	171	-	379	167	-	-	-
12	185	-	411	182	-	-	-

Part Identification Chart—Model No. PFSY74490

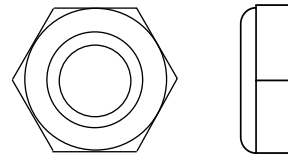
R0401A



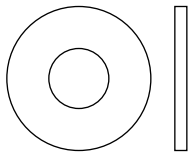
5/16" Washer (36)



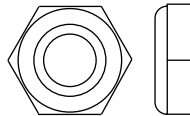
3/8" Flat Washer (48)



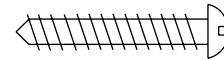
1/2" Nylon Jam Nut (106)



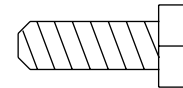
1/4" Flat Washer (71)



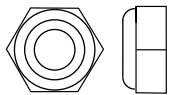
3/8" Nylon Jam Nut (63)



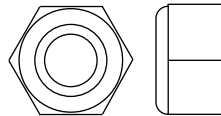
1" Tap Screw (80)



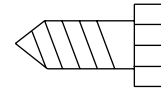
1/4" x 3/4" Bolt (49)



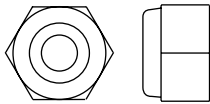
1/4" Nylon Locknut (68)



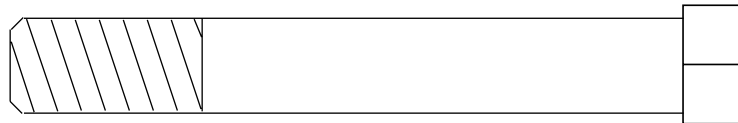
3/8" Nylon Locknut (50)



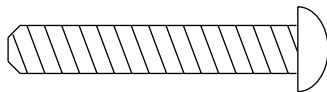
1/4" x 5/8" Screw (95)



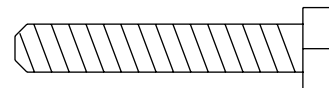
5/16" Nylon Locknut (64)



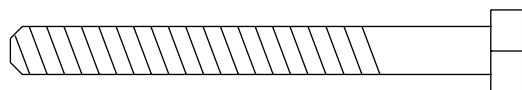
1/2" x 3 1/2" Bolt (105)



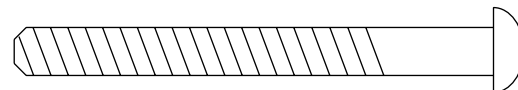
1/4" x 1 1/2" Carriage Bolt (101)



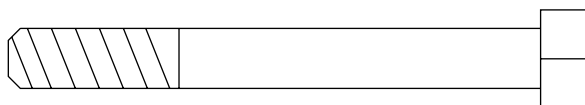
1/4" x 1 1/2" Bolt (82)



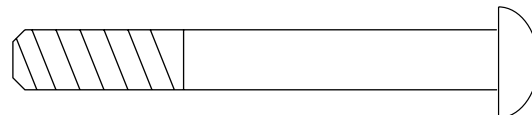
1/4" x 2 1/2" Bolt (79)



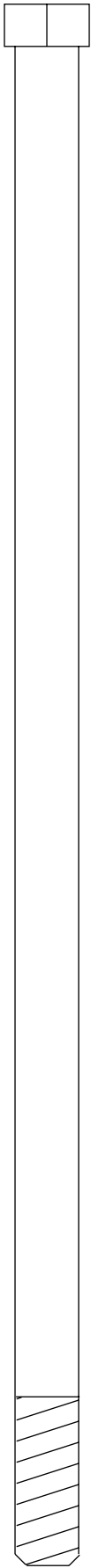
1/4" x 2 1/2" Carriage Bolt (45)



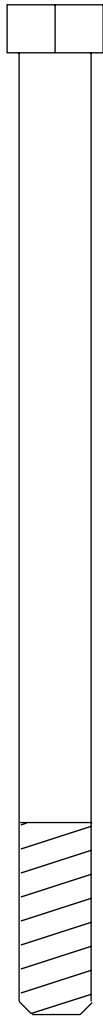
5/16" x 2 3/4" Bolt (89)



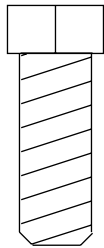
5/16" x 2 1/2" Carriage Bolt (92)



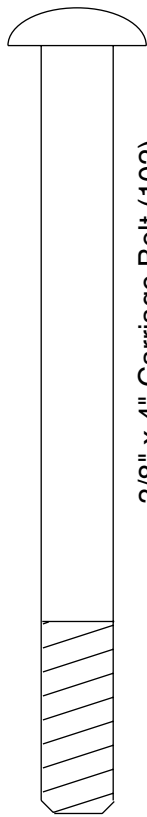
3/8" x 9" Bolt (52)



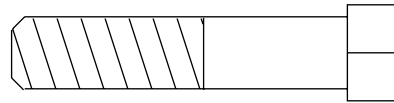
3/8" x 5" Bolt (108)



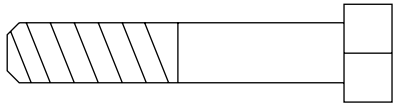
3/8" x 1" Bolt (84)



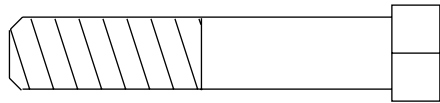
3/8" x 4" Carriage Bolt (102)



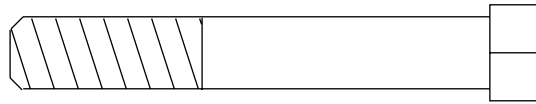
3/8" x 1 3/4" Bolt (57)



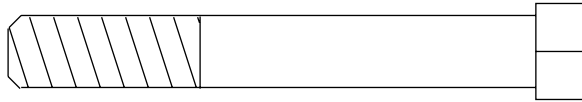
5/16" x 1 3/4" Bolt (60)



3/8" x 2" Bolt (54)



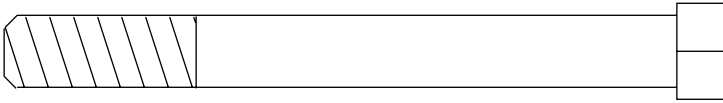
3/8" x 2 1/2" Bolt (53)



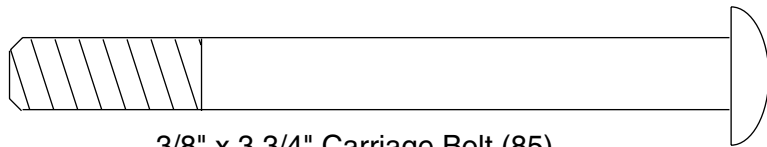
3/8" x 2 3/4" Bolt (46)



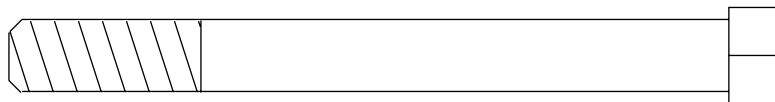
3/8" x 3 1/4" Bolt (62)



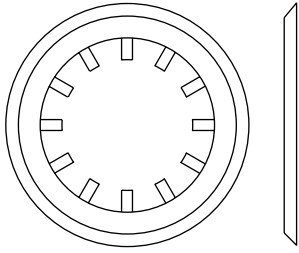
3/8" x 3 1/2" Bolt (56)



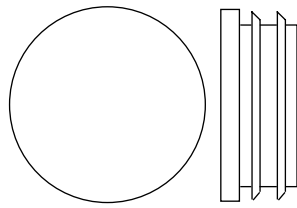
3/8" x 3 3/4" Carriage Bolt (85)



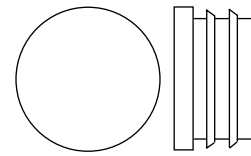
3/8" x 3 3/4" Bolt (59)



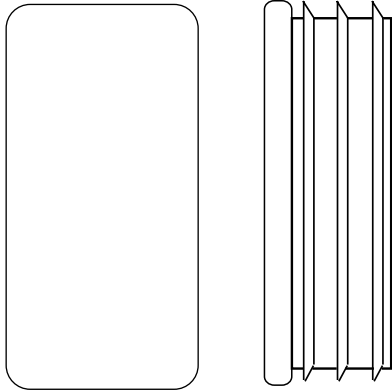
Retainer Ring (31)



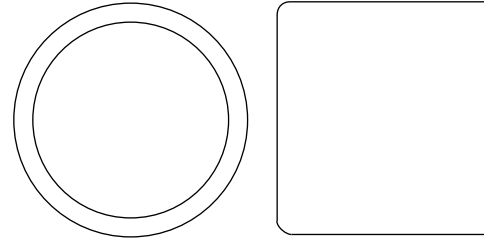
1" Inner Cap (76)



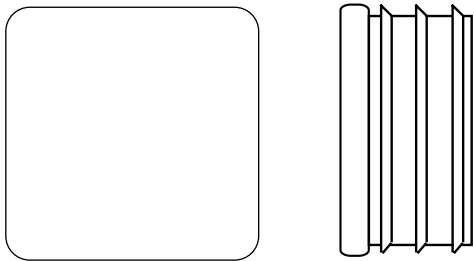
3/4" Round Inner Cap (43)



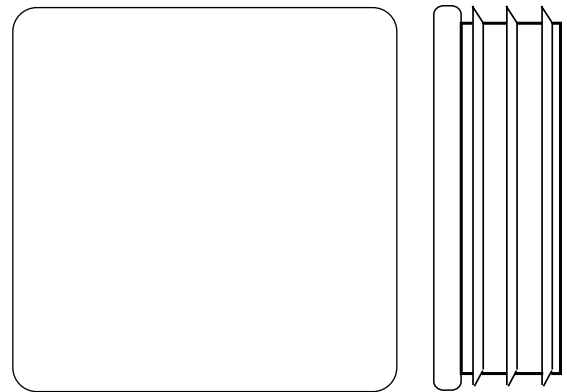
1" x 2" Inner Cap (83)



1" Round Outer Cap (38)



1 1/4" Square Inner Cap (35)



2" Square Inner Cap (28)

Part List—Model No. PFSY74490

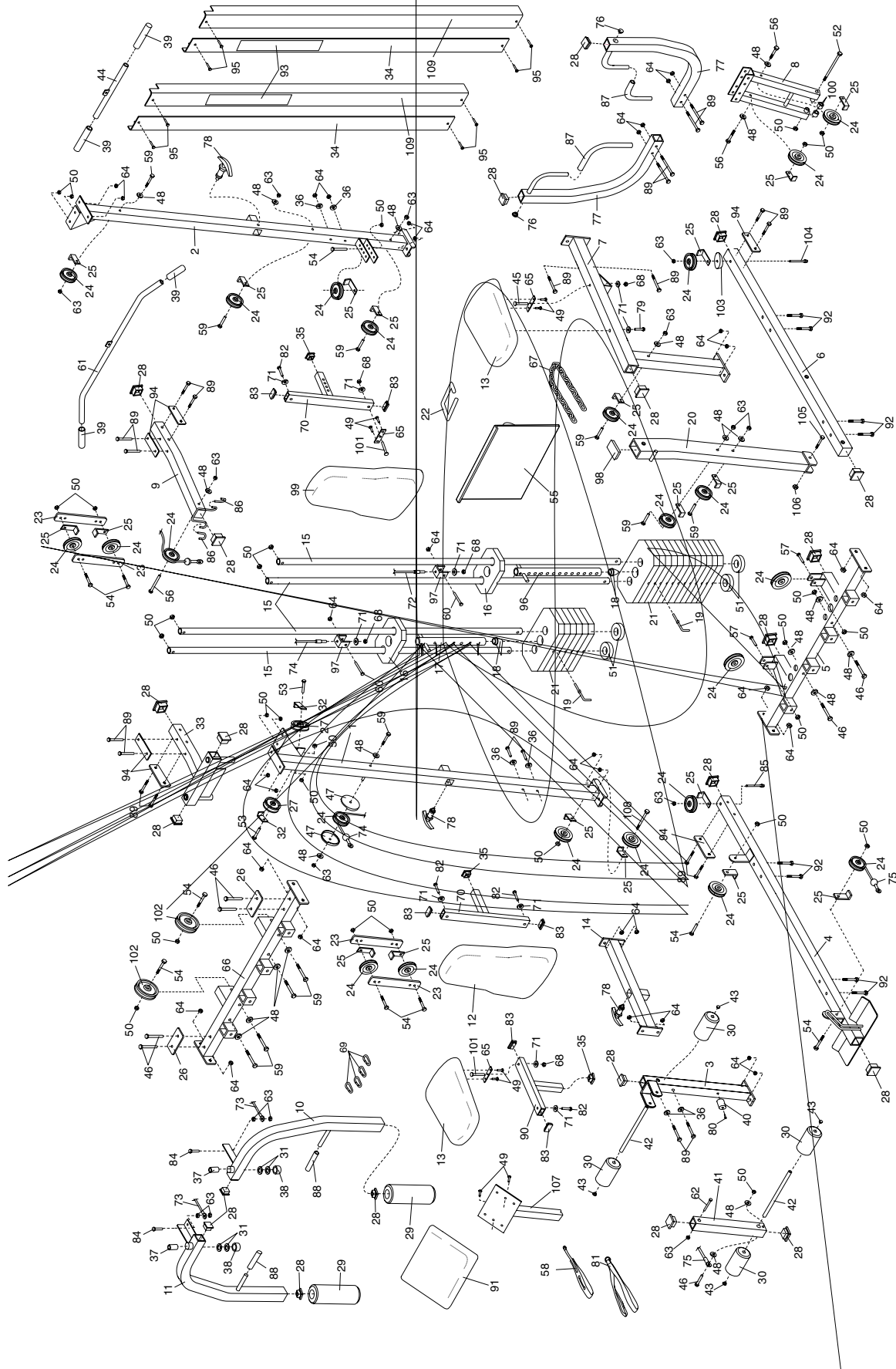
R0401A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Butterfly Upright	56	3	3/8" x 3 1/2" Bolt
2	1	Press Upright	57	2	3/8" x 1 3/4" Bolt
3	1	Butterfly Front Leg	58	1	Nylon Strap
4	1	Butterfly Base	59	11	3/8" x 3 3/4" Bolt
5	1	Weight Base	60	2	5/16" x 1 3/4" Bolt
6	1	Press Base	61	1	Lat Bar
7	1	Press Seat Frame	62	1	3/8" x 3 1/4" Bolt
8	1	Press Frame	63	15	3/8" Nylon Jam Nut
9	1	Press Top Frame	64	32	5/16" Nylon Locknut
10	1	Left Butterfly Arm	65	3	Seat Plate
11	1	Right Butterfly Arm	66	1	Weight Top Frame
12	1	Butterfly Backrest	67	1	Chain
13	2	Seat	68	5	1/4" Nylon Locknut
14	1	Butterfly Seat Frame	69	4	Cable Clip
15	4	Weight Guide	70	2	Backrest Adjustment Frame
16	2	Top Weight	71	10	1/4" Flat Washer
17	1	Short Weight Tube	72	1	High Cable
18	2	Weight Tube Bumper	73	1	Butterfly Cable
19	2	Weight Pin	74	1	Ab Cable
20	1	Press Front Leg	75	1	Low Cable
21	18	Weight	76	2	1" Inner Cap
22	1	Lock Pin	77	2	Press Arm
23	4	Pulley Plate	78	3	Adjustment Knob
24	23	3 1/2" Pulley	79	1	1/4" x 2 1/2" Bolt
25	19	Cable Trap	80	1	1" Tap Screw
26	2	Small Support Plate	81	1	Ab Strap
27	2	"V"-Pulley	82	4	1/4" x 1 1/2" Bolt
28	21	2" Square Inner Cap	83	6	1" x 2" Inner Cap
29	2	Butterfly Foam Pad	84	2	3/8" x 1" Bolt
30	4	Foam Pad	85	1	3/8" x 3 3/4" Carriage Bolt
31	4	Retainer Ring	86	2	Small Grip
32	2	Large Cable Trap	87	2	Press Grip
33	1	Butterfly Top Frame	88	2	Butterfly Grip
34	2	Right Shroud	89	22	5/16" x 2 3/4" Bolt
35	3	1 1/4" Square Inner Cap	90	1	Seat Adjustment Frame
36	6	5/16" Washer	91	1	Curl Pad
37	2	Butterfly Arm Bushing	92	8	5/16" x 2 1/2" Carriage Bolt
38	2	1" Round Outer Cap	93	1	Workout Decal
39	4	Plastic Grip	94	6	Support Plate
40	1	Bumper	95	8	1/4" x 5/8" Screw
41	1	Leg Lever	96	1	Long Weight Tube
42	2	Pad Tube	97	2	"U" Bracket
43	4	3/4" Round Inner Cap	98	1	2" x 3" Inner Cap
44	1	Row Bar	99	1	Press Backrest
45	1	1/4" x 2 1/2" Carriage Bolt	100	2	Plastic Bushing
46	7	3/8" x 2 3/4" Bolt	101	2	1/4" x 1 1/2" Carriage Bolt
47	2	Pulley Covers	102	2	4 1/2" Pulley
48	21	3/8" Flat Washer	103	1	Angle Spacer
49	8	1/4" x 3/4" Bolt	104	1	3/8" x 4" Carriage Bolt
50	28	3/8" Nylon Locknut	105	1	1/2" x 3 1/2" Bolt
51	4	Weight Bumper	106	1	1/2" Nylon Jam Nut
52	1	3/8" x 9" Bolt	107	1	Curl Post
53	2	3/8" x 2 1/2" Bolt	108	1	3/8" x 5" Bolt
54	9	3/8" x 2" Bolt	109	2	Left Shroud
55	1	Press Plate	#	1	User's Manual

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

Exploded Drawing—Model No. PFSY74490

R0401A



Ordering Replacement Parts

To order replacement parts, 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:

- The MODEL NUMBER of the product (PFSY74490)
- The NAME of the product (PROFORM® 920Ci weight system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the center of this manual).

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