



Prescribed for Progress™

PRO1000/PRO1000 Sport Machine User's Manual



Upper Body Exerciser

PRO10xx-INT, PRO10xx-BR, PRO10xx-ERGLN, PRO10xx-JPN
PRO10xx-DOMHUR, PRO10xx-INTHUR, PRO10xx-JPHUR, PRO10xx-ISBU

User and Service Documents Link

Operation Manuals and other Product Information available at <http://www.scifit.com/resources/specifications-manuals/>

أدلة التشغيل ومعلومات أخرى عن الجهاز متاحة على الموقع <http://www.scifit.com/resources/specifications-manuals/>

操作マニュアルおよびその他の製品情報については、<http://www.scifit.com/resources/specifications-manuals/> をご覧ください。

如需操作手册和其他产品信息，请登录：<http://www.scifit.com/resources/specifications-manuals/>

操作手册和其他产品资讯请见 <http://www.scifit.com/resources/specifications-manuals/>

작동 설명서 및 기타 제품 정보는 <http://www.scifit.com/resources/specifications-manuals/> 에서 찾을 수 있습니다.

Trobareu el manual de funcionament i altra informació de producte a <http://www.scifit.com/resources/specifications-manuals/>

Mae Llawlyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <http://www.scifit.com/resources/specifications-manuals/>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <http://www.scifit.com/resources/specifications-manuals/>

Encontrará el manual de funcionamiento y otra información de producto en <http://www.scifit.com/resources/specifications-manuals/>

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu

<http://www.scifit.com/resources/specifications-manuals/>

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa <http://www.scifit.com/resources/specifications-manuals/>

Les manuels d'utilisation, ainsi que d'autres informations sur les Produits, sont disponibles sur

<http://www.scifit.com/resources/specifications-manuals/>

Felhasználói kézikönyvek és más termékinformációk: <http://www.scifit.com/resources/specifications-manuals/>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <http://www.scifit.com/resources/specifications-manuals/>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <http://www.scifit.com/resources/specifications-manuals/>

Manuais de Operação e Informações sobre outros produtos disponíveis em <http://www.scifit.com/resources/specifications-manuals/>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке

<http://www.scifit.com/resources/specifications-manuals/>

Kullanım Kılavuzları ve Diğer Ürün Bilgileri <http://www.scifit.com/resources/specifications-manuals/>

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847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website www.lifefitness.com

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Service Operating Hours: 9.00h - 18.00h

* Also check www.SCIFIT.com for local representation or distributor/dealer

* Order online 24/7 at www.SCIFIT.com

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SAFETY

Introduction

Thank you for your purchase of the SCIFIT PRO1000 exercise machine. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals.

The SCIFIT PRO1000 is designed for class “S” (commercial) and class “A” (high accuracy) applications. The intended uses are for general health and wellness, cardio & pulmonary rehabilitation, sports medicine, physical therapy, physical conditioning and strength training. SCIFIT equipment is suitable for placement in medical, wellness, fitness, and recreational facilities. The PRO1000 has 191 levels of console controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout.

To review the latest guidelines and recommendations, visit the American College of Sports Medicine website: www.acsm.org

FCC Warning - Possible Radio / Television Interference

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Safety Information

- Read all warnings and instructions on each product prior to using your SCIFIT exercise machine. Save these instructions for future reference.
- If warnings are missing or damaged, please contact SCIFIT immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. SCIFIT is not responsible for missing or damaged warning labels.
- Use the exercise machine only for its intended purposes as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- This machine is intended for indoor use only. Do not place in direct sunlight, high humidity or where water is present (i.e. pool or spa areas).
- Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant or if you are suffering from heart disease, respiratory disease, diabetes, high blood pressure, elevated cholesterol, arthritis, or any other diseases and physical complaints.
- This machine is not intended for use by persons with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the machine by a person responsible for their safety. Keep children under the age of 13 away from this machine.
- To prevent muscle injuries and soreness, you should always cool down at least 5 minutes. Always stretch after a workout session to reduce the risk of personal injury. Failure to stretch properly may result in injury to yourself.
-  **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
-  **DANGER!** To reduce the risk of electrical shock, always unplug SCIFIT products before cleaning or attempting any maintenance activity.
-  **WARNING!** To reduce the risk of burns, fire, electrical shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- Injuries to health may result from incorrect or excessive training. Failure to stop exercising can result in injury or death to yourself.
- Health and Environmental Regulation Warning - This product may contain chemicals known to the state of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environment-regulations-information>.

SERVICE AND TECHNICAL DATA

Maintenance

COMPONENT	ACTION	WHEN
Upholstery	Clean With a Damp Cloth	Daily
Base Roller Track	Clean With a Damp Cloth	Weekly
Battery	Refer to "Rotary CNSL Prog. Manual" For battery Check Instruct.	Monthly
Chain	General Purpose Chain Lubricant	Every 6 Mo.



ATTENTION: Contact your local waste management agency for specific requirements concerning recycling and disposal locations of batteries.

ADJUSTMENTS

Machine Relocation

! **WARNING:** Two People Required

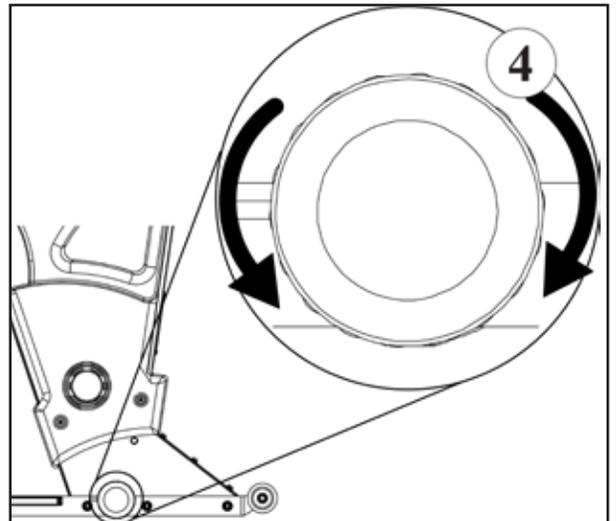
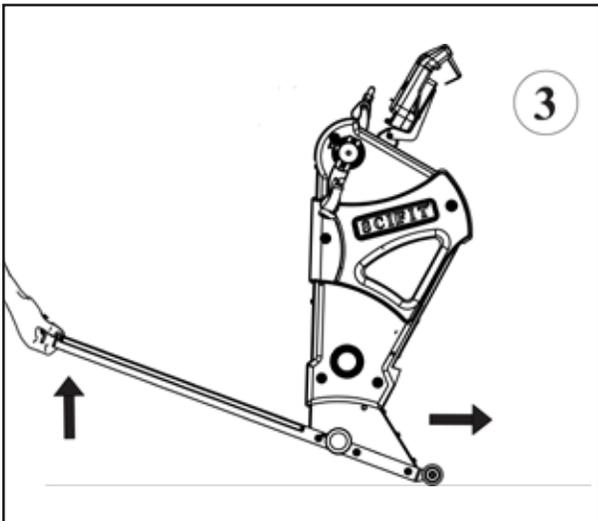
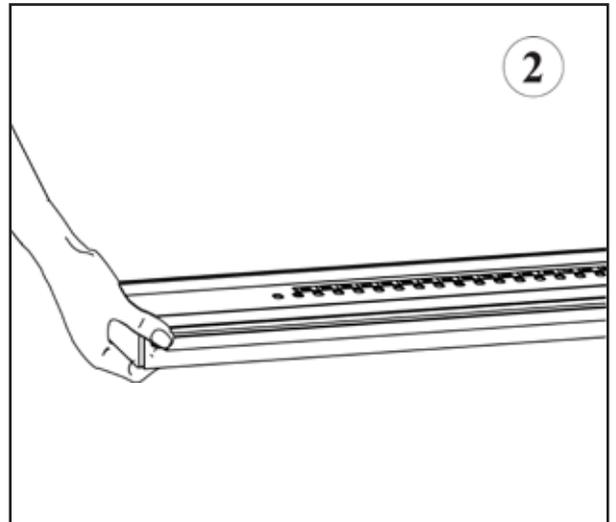
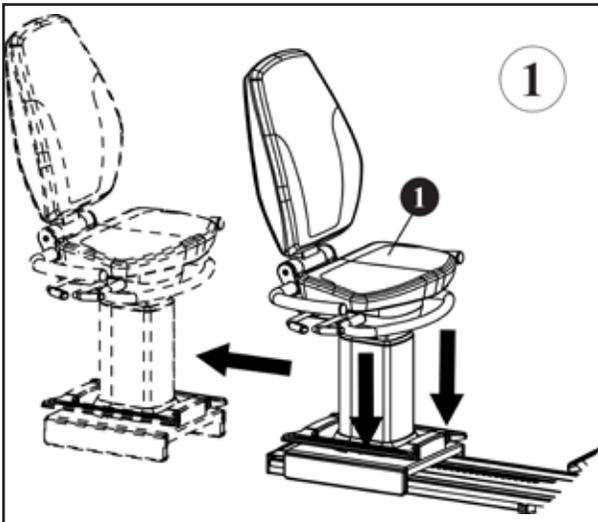
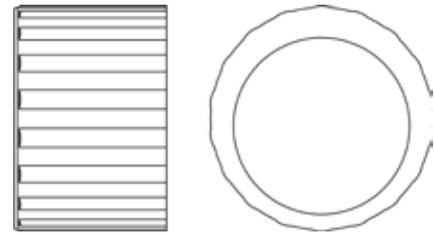
! **WARNING:** Failure to place the machine on a stable and level surface may result in injury to yourself and others.

Components:

1 Seat Assembly (Premium shown)

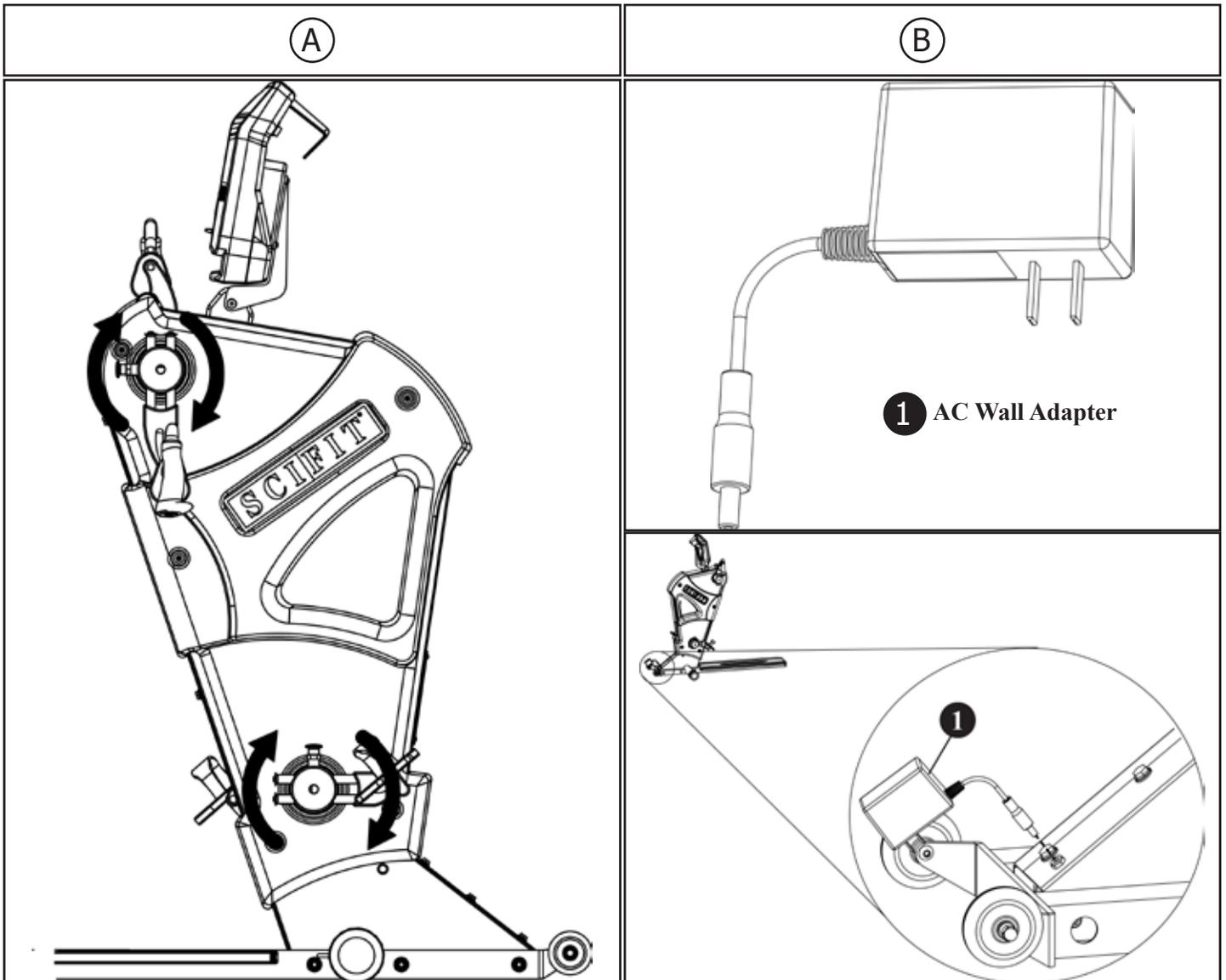


2 RH and LH Offset end caps

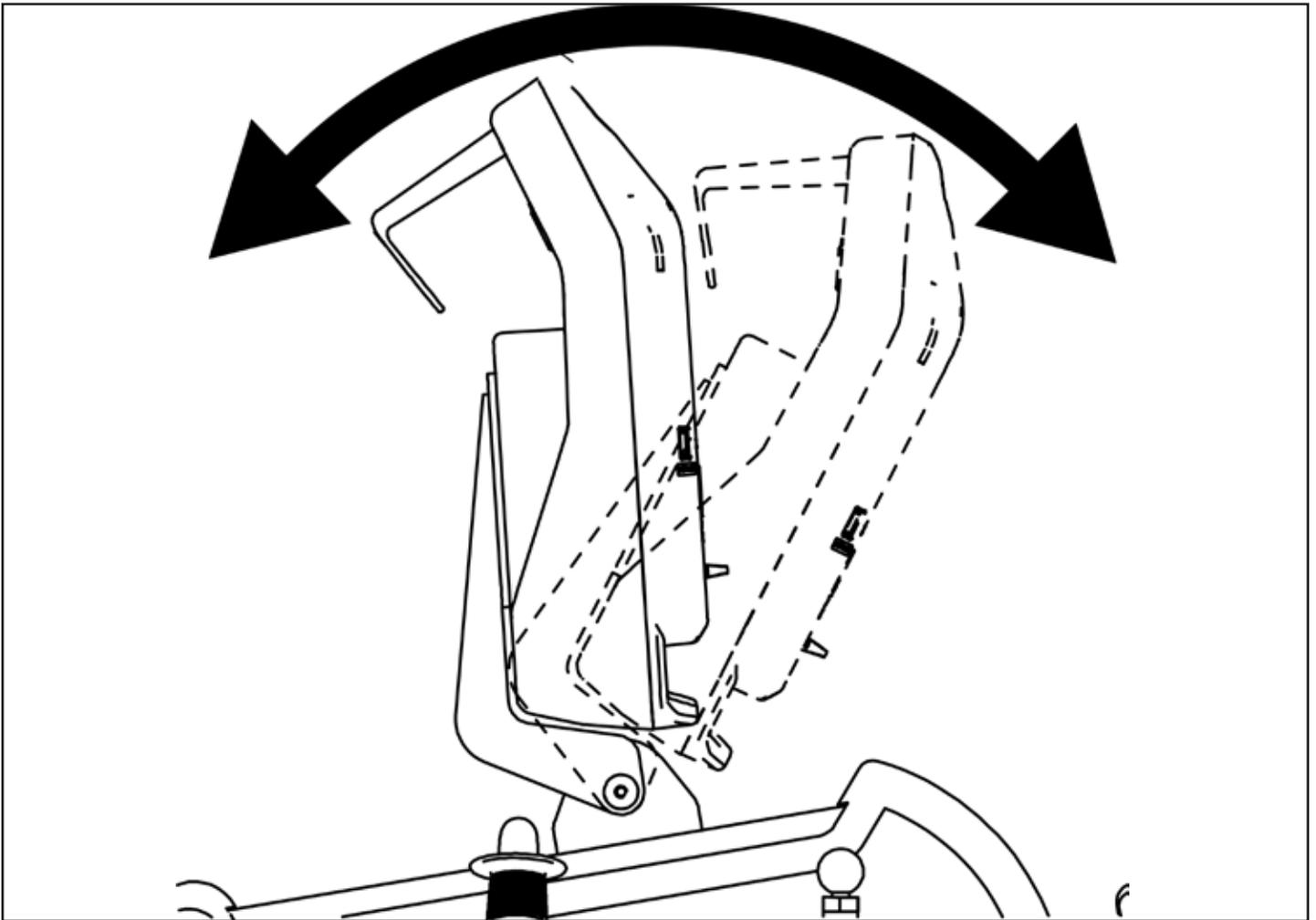


! **ATTENTION:** Adjust RH and LH end caps to level machine.

Machine Power-Up



Console Adjustment

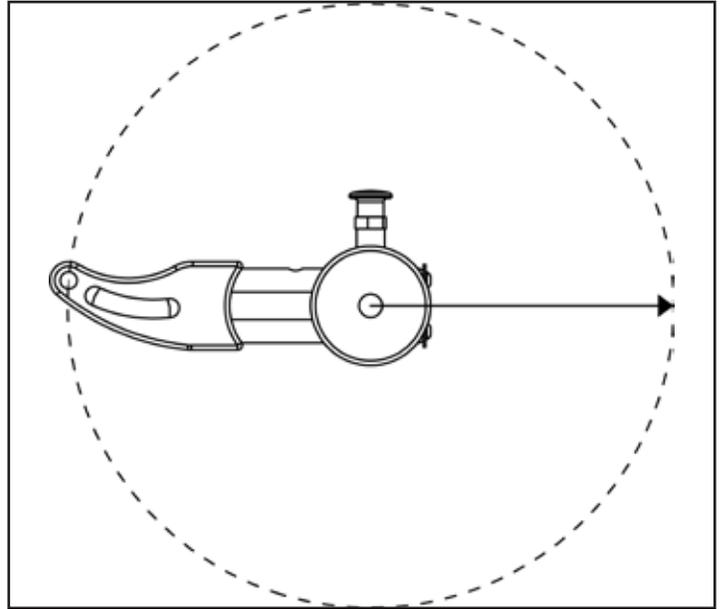
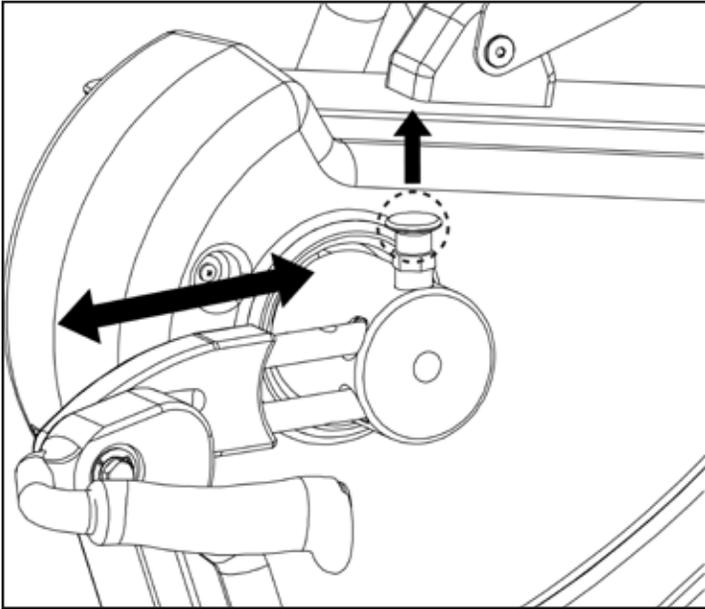


Upper Crank Adjustment

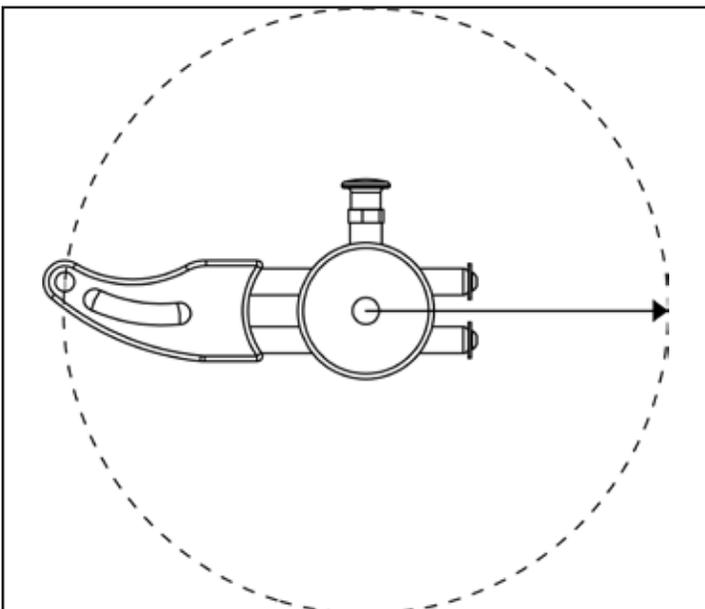
 **NOTE:** The images shown below are for the PRO1000 adjustments. PRO1000 Sport adjustments will require the 5/8-11 x 1/2 set screw (where the yellow adjustment knob would be located) to be removed, then placed in the new hole selection of the crank rod.

 **WARNING:** Ensure that the yellow adjustment knob is fully engaged into the hole of the crank rod after selecting crank distance extension.

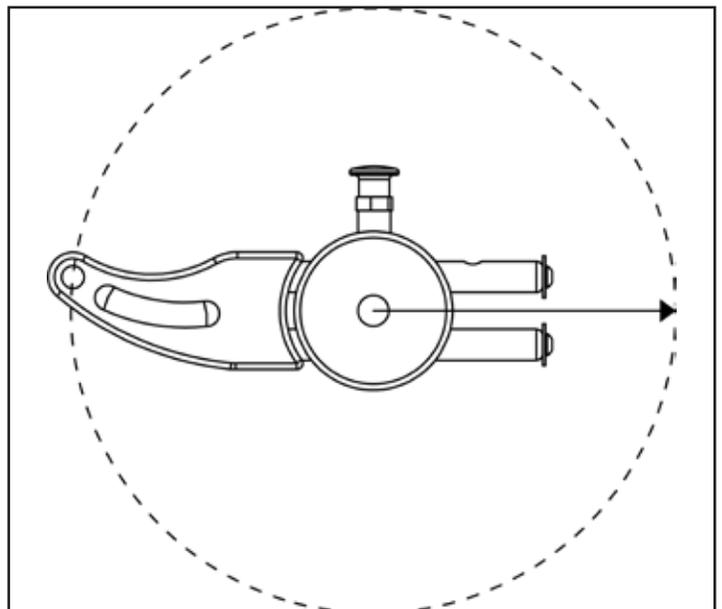
8" (20 CM) RADIUS, 1ST hole position



7" (18 CM) RADIUS, 2ND hole position



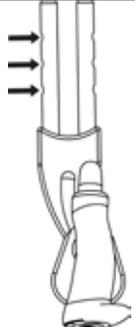
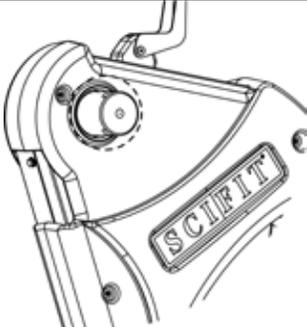
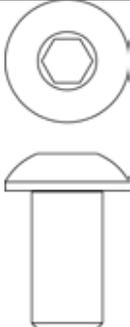
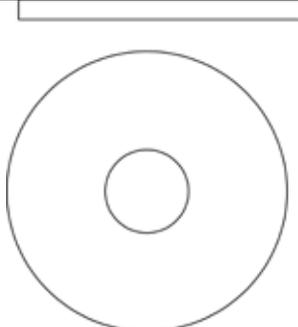
6" (15 CM) RADIUS, 3RD hole position



Rowing Motion Set-Up

Components:

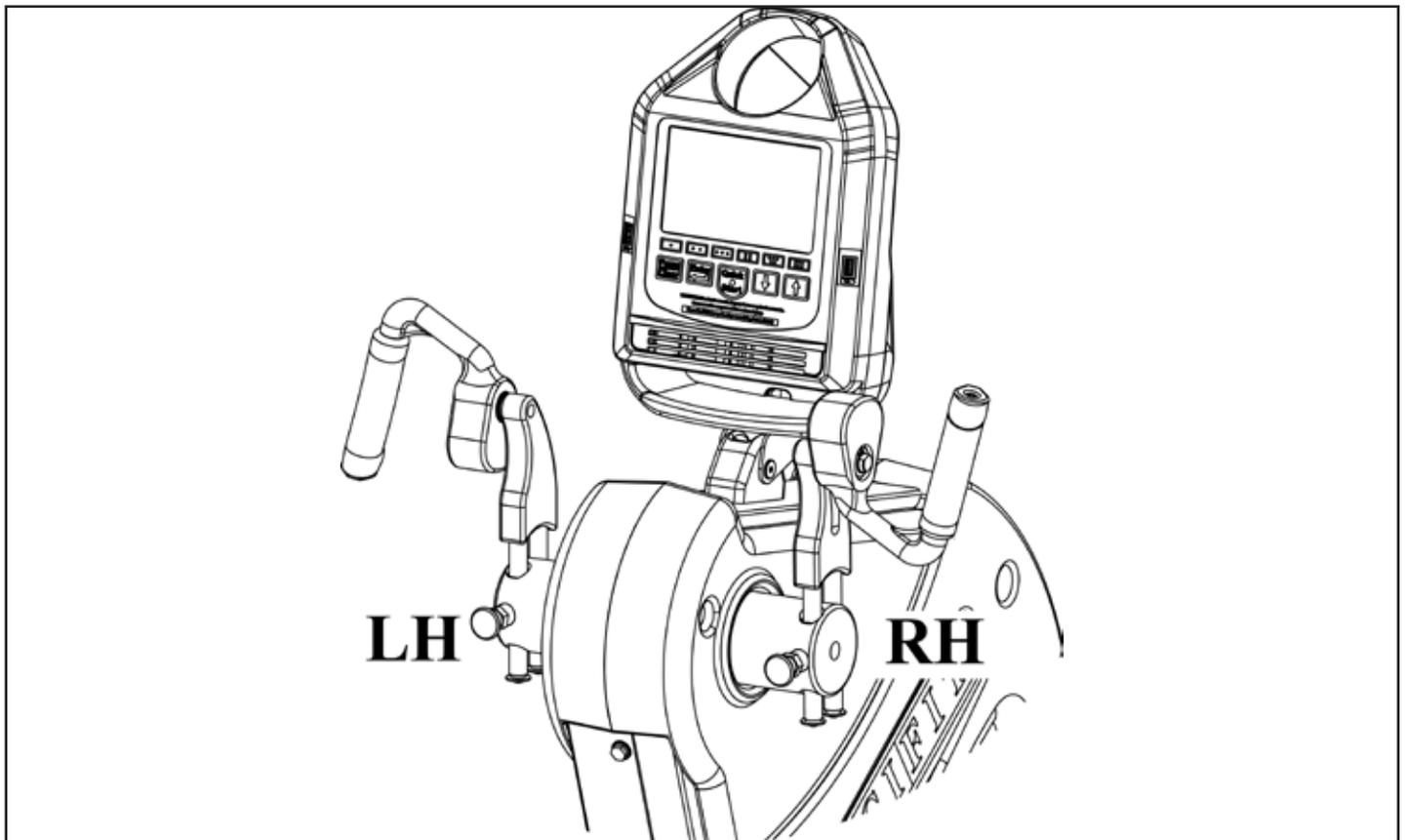
Hardware:

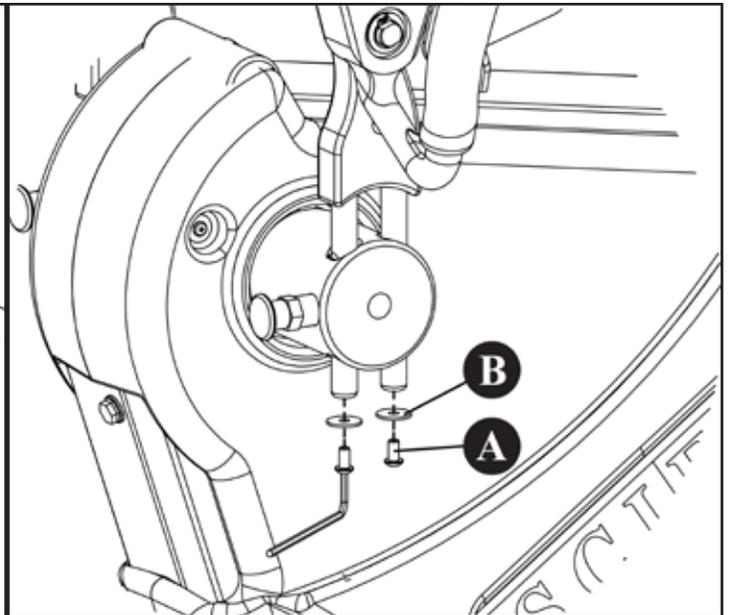
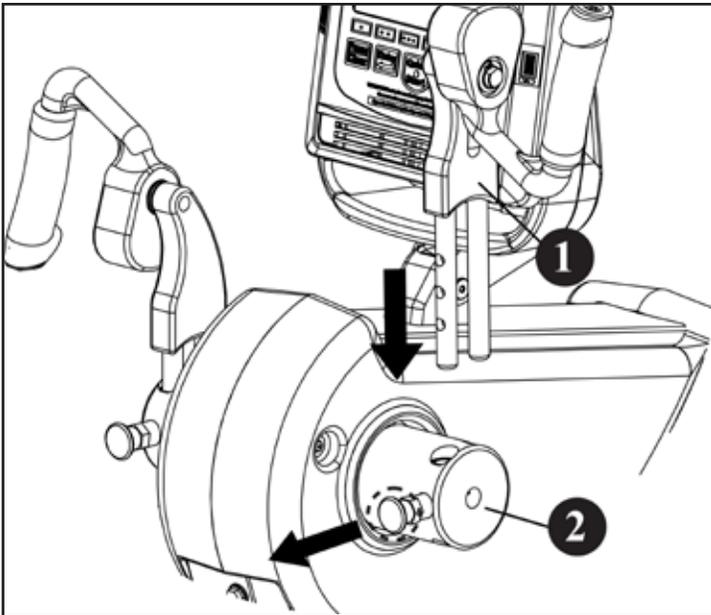
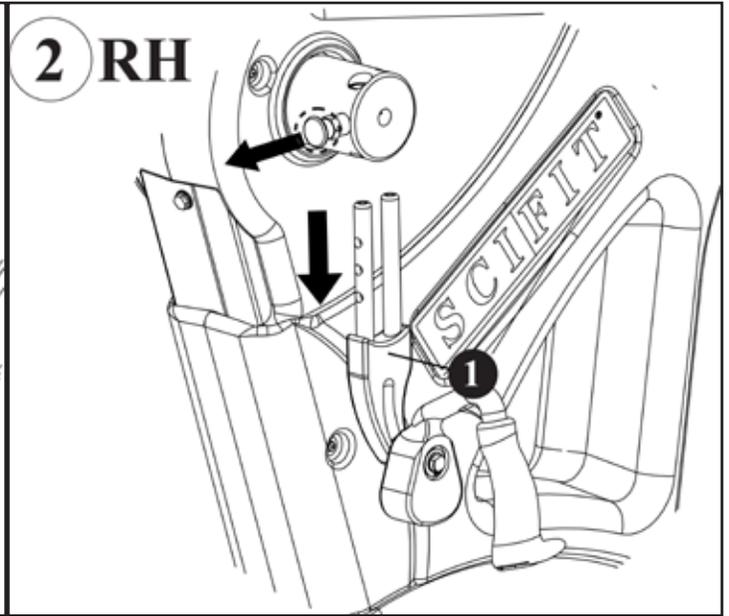
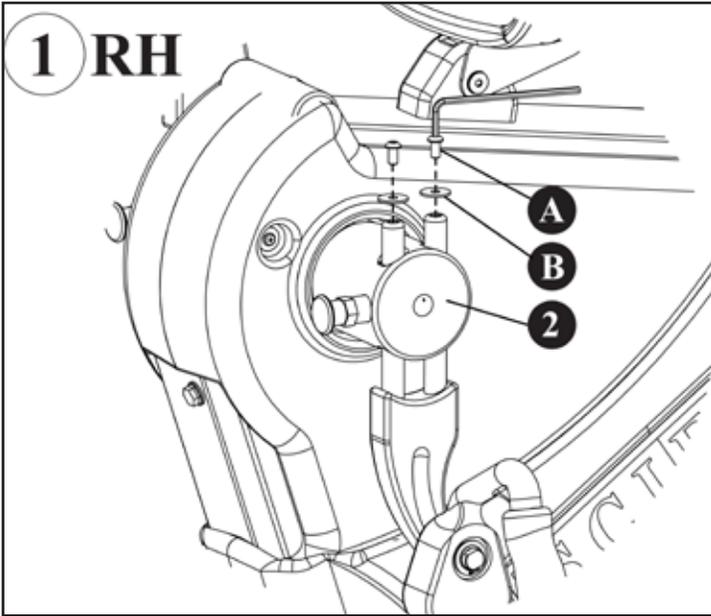
1	2	A	B
Right Upper Crank	Upper RH Hub	Screw, 1/4-20 x 1/2", BSCS (Qty. 2)	Washer, Flat, .25 ID x .835 OD (Qty. 2)
			

Tools Required:

- Supplied 5/32" (4mm) Allen Hex Wrench

Rowing Option Set-Up View





BIOMECHANICAL POSITIONING

Machine Entry

1. Choose one of the following to position seat for entry.
 - Press and hold the yellow foot lever located on either side of the seat base (see Seat System manual), then move the seat back to allow sufficient entry space and release the foot lever. You may grab the handles on either side of the console to stabilize yourself and sit on the seat.
 - Lift upward on the yellow swivel lever (Premium only) located on either side of the seat (see Seat System manual) and rotate the seat 90 degrees to the right or left to access the bottom seat pad and release, then sit down and again lift upward on the swivel lever and rotate back into the original position.
2. Position the seat forward or backward to a comfortable location using the yellow foot lever, then release the lever allowing for a slight knee bend when placing your feet on the foot pads.
3. Adjust the height (Premium only) of the seat using the yellow bar on the front of the seat (see Seat System manual) to obtain a comfortable position.

Initiating a Workout

1. Place your hands on the upper crank handles and begin to rotate them continuously to keep the console powered-up.



Note: The AC adapter may also be connected to the machine to keep the console continuously power-up

2. Select the workout program preferred (see Console Program manual) and begin the workout.

Exit The Machine

Choose one of the following ways to exit the machine.

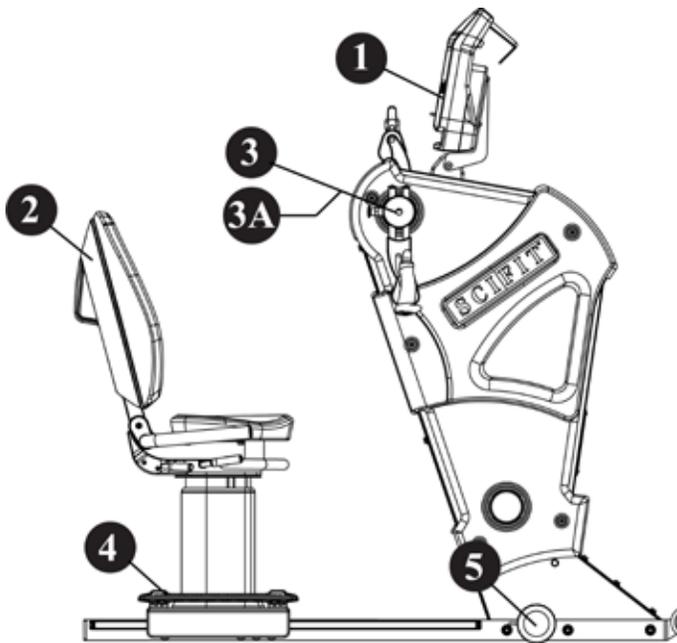
1. Press and hold the yellow foot lever located on either side of the base of the seat base, then move the seat back to allow sufficient exit space and release the foot lever. You may grab the handle under the console for stabilization, then lift yourself and exit the machine.
2. Lift upward on the yellow swivel lever (Premium only) located on either side of the seat and rotate the seat 90 degrees right or left, then release. Carefully lift yourself upward and exit the machine.



SPECIFICATIONS

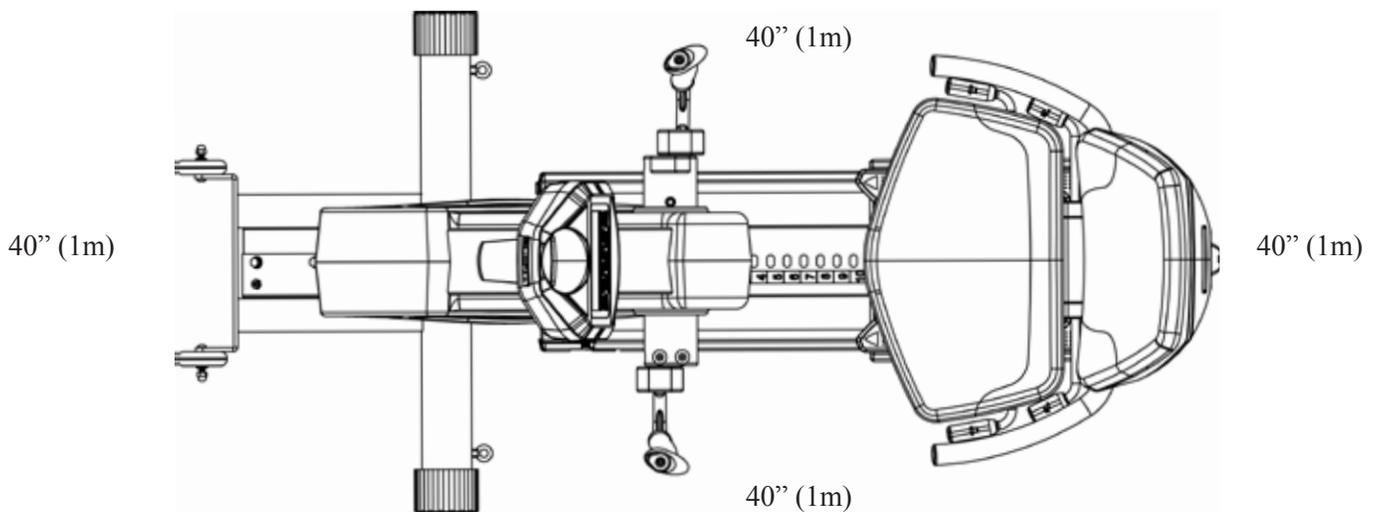
Specifications - PRO1000/PRO1000 Sport

Max User Weight	Standard Seat - 500 lbs (227 kg) Bariatric Seat- 600 lbs (272 kg) Premium Seat - 450 lbs (204 kg)
Power	Self generating w/auto recharge battery back-up. Standard 18V AC Adapter
Resistance System	Electromagnetic Self Generating Bi-Directional Resistance
Programs	Quick Start, Manual, Constant Workout, ISO-Strength, Hills, Heart Rate, Fit-Quik, Random, Stress Test, Heart Fit Test, Heart Fit Training, Power Fit test and Power Fit Training
Accuracy Class	Class A
Machine Weight	223 lbs (101kg)
Length	61 in. (155cm)
Height	62 in. (158cm)
Width	30 in. (77cm)



1	Intelli-Fit Console
2	Ergonomic Seat Assembly (Premium Seat Shown)
3	Adjustable Upper Cranks with Ergo Grips (PRO1000)
3A	Fixed Upper Cranks with Ergo Grips (PRO1000 Sport)
4	Forward/Backward Seat Adjustment Foot Lever
5	Leveling Endcaps

Safety Perimeter



WARRANTY

What is Covered

This SCIFIT commercial exercise equipment (“Product”) is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How Long Is It Covered

All coverage is provided by specific Product according to the guidelines listed on the chart below.

Item	6 mo.	1 Year	2 Years	3 Years	5 Years
Frame					X
Electrical				X	
Mechanical (except cranks & drive system)				X	
Labor		X			
Cranks/Drive Syst. (Latitude only)			X		
Upholstery, Seats, Grips, Walk belts, Decks		X			
Battery		X			
High Wear Items (Heartrate Straps, Pedal Straps)	X				

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, SCIFIT, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

What We Do To Correct Defects

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What Is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product’s environment, rust or corrosion as a result of the Product’s location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (“Manual”).

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country’s local authorized SCIFIT representative.

Detailed warranty guidelines are available at: <http://www.SCIFIT.com/Support/Service information/>

What you Must Do

Register your Product online at <http://www.SCIFIT.com/warrantyregistration>.

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL: It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

How To Get Replacement Parts & Service

Refer to the front of this manual for your local service contact information. Reference your name, address and the serial number of your product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your product is located.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the SCIFIT office servicing your country (contact information found at the front of this manual) or visit the applicable local SCIFIT website to receive the specific warranty information for your country.

Changes In Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects Of State Laws

This warranty gives you specific legal rights and you may have other rights which vary from state to state and country by country.

Our Pledge To You

Our Products are designed and manufactured to the highest standards. We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!



Prescribed for Progress™

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