

# PRO-FORM®

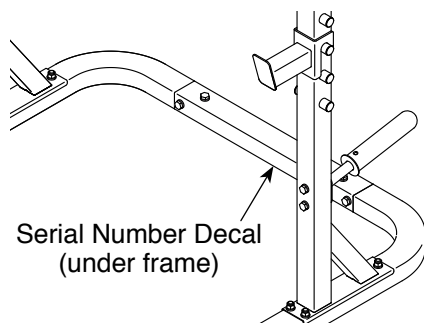
## SPORT OLYMPIC RACK XT

proform.com

Model No. PFBE00120.0

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

Write the serial number in the space above for reference.



### ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [my.proform.com](http://my.proform.com).

### CUSTOMER CARE

For service at any time, go to [support.proform.com](http://support.proform.com).

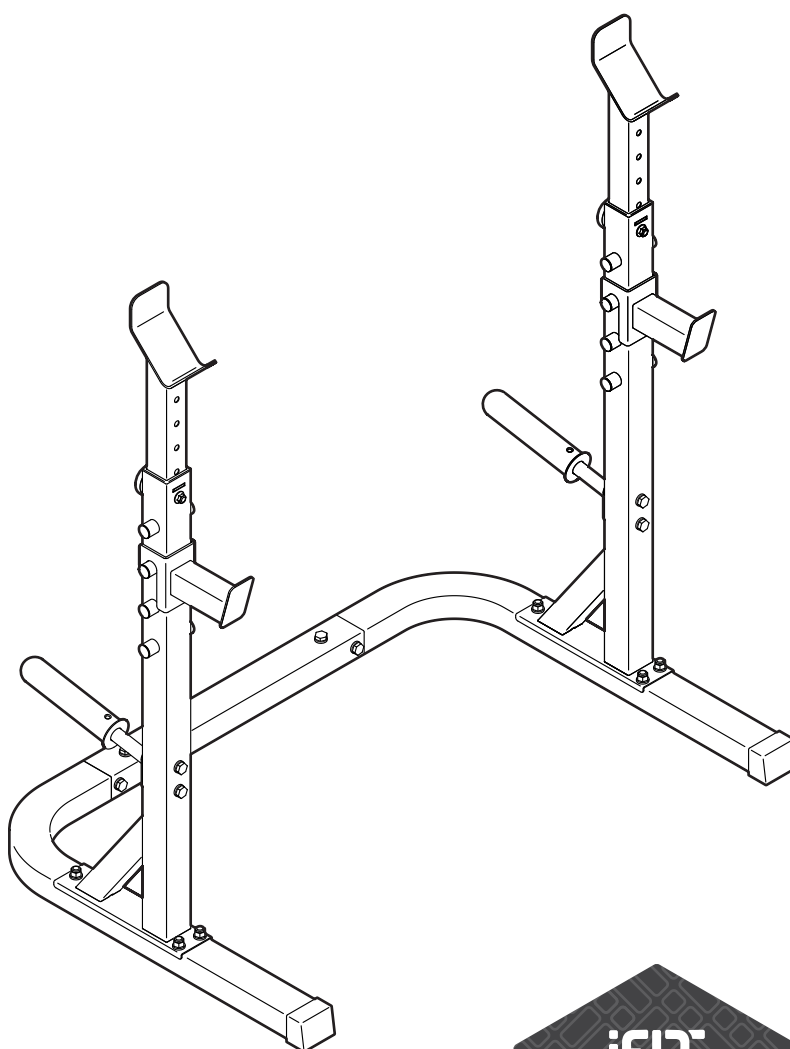
Or call 1-888-533-1333  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

### CAUTION

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

## USER'S MANUAL



# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	5
ASSEMBLY .....	6
ADJUSTMENT .....	8
EXERCISE GUIDELINES .....	9
PART LIST .....	10
EXPLODED DRAWING .....	11
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

# WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight rack. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decals in the location shown.** Note: The decals may not be shown at actual size.

**1**

**⚠ WARNING**

**DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE BARBELL DROPS SUDDENLY. TO AVOID INJURY, FOLLOW THESE PRECAUTIONS:**

- **BEFORE USING:** Read all warnings and obtain instruction on the use of this machine.
- **ALWAYS** set both spotters when using machine.
- **ALWAYS** use a human spotter in addition to machine spotters.
- **PROPER** spotter height depends on the exercise performed. Adjust as follows:
  1. Remove all weight from the barbell.
  2. For squats, perform the exercise and determine the lowest comfortable position without your body contacting the floor. **FOR SQUATS, NEVER PLACE THE SPOTTERS BELOW THE HEIGHT INDICATED ON THE MACHINE.** For other exercises, perform the movement and select the lowest point of barbell travel without the barbell contacting your body.
  3. Position both spotters to stop the barbell at this point. Ensure that both spotters are completely seated on the machine.
  4. Load weights onto the barbell and carefully perform the exercise.
- Visually ensure the barbell latch is fully engaged and seated in the hooks before releasing the load and exiting the machine.
- **DO NOT REMOVE** this label. Replace when worn or damaged.

**2**

**⚠ WARNING**

User Weight maximum 300 lbs.  
 Weight Rest maximum 310 lbs.  
 Leg Lever maximum 150 lbs.  
 Weight Carriage maximum 150 lbs.  
 Chest Fly (per arm) maximum 50 lbs.

Product may not offer all listed exercises.

**3**

**⚠ WARNING**

To reduce the risk of serious spinal injury, do not place spotters below this level when doing **SQUAT** exercises.

Spotters must be used at all times when this machine is used.

**4**

**⚠ WARNING    ⚠ ADVERTENCIA**

- 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.
- Mal uso de esta máquina puede resultar en graves lesiones.
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No permita a los niños en o alrededor de la máquina.
- Mantenga el cuerpo, la ropa, y el pelo libres y alejados de todas las piezas móviles.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.

**5**

**⚠ WARNING**

**HEAVY**

Spotters must be used at all times.

---

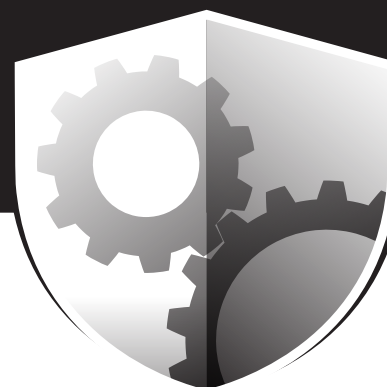
# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight rack before using the weight rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. The weight rack is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the weight rack by someone responsible for their safety.
4. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
5. Keep the weight rack indoors, away from moisture and dust. Place the weight rack on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight rack for the exercises that will be performed.
6. Inspect and properly tighten all parts each time the weight rack is used. Replace any worn parts immediately.
7. Keep children under age 16 and pets away from the weight rack at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight rack. Always wear athletic shoes for foot protection.
9. Make sure that the adjustment knobs are fully tightened before you use the weight rack.
10. Do not place more than 310 lbs. (141 kg) of weight, including a barbell, on the weight rack. Note: The weight rack does not include weights or a barbell.
11. Use the weight rack only as described in this manual.
12. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**



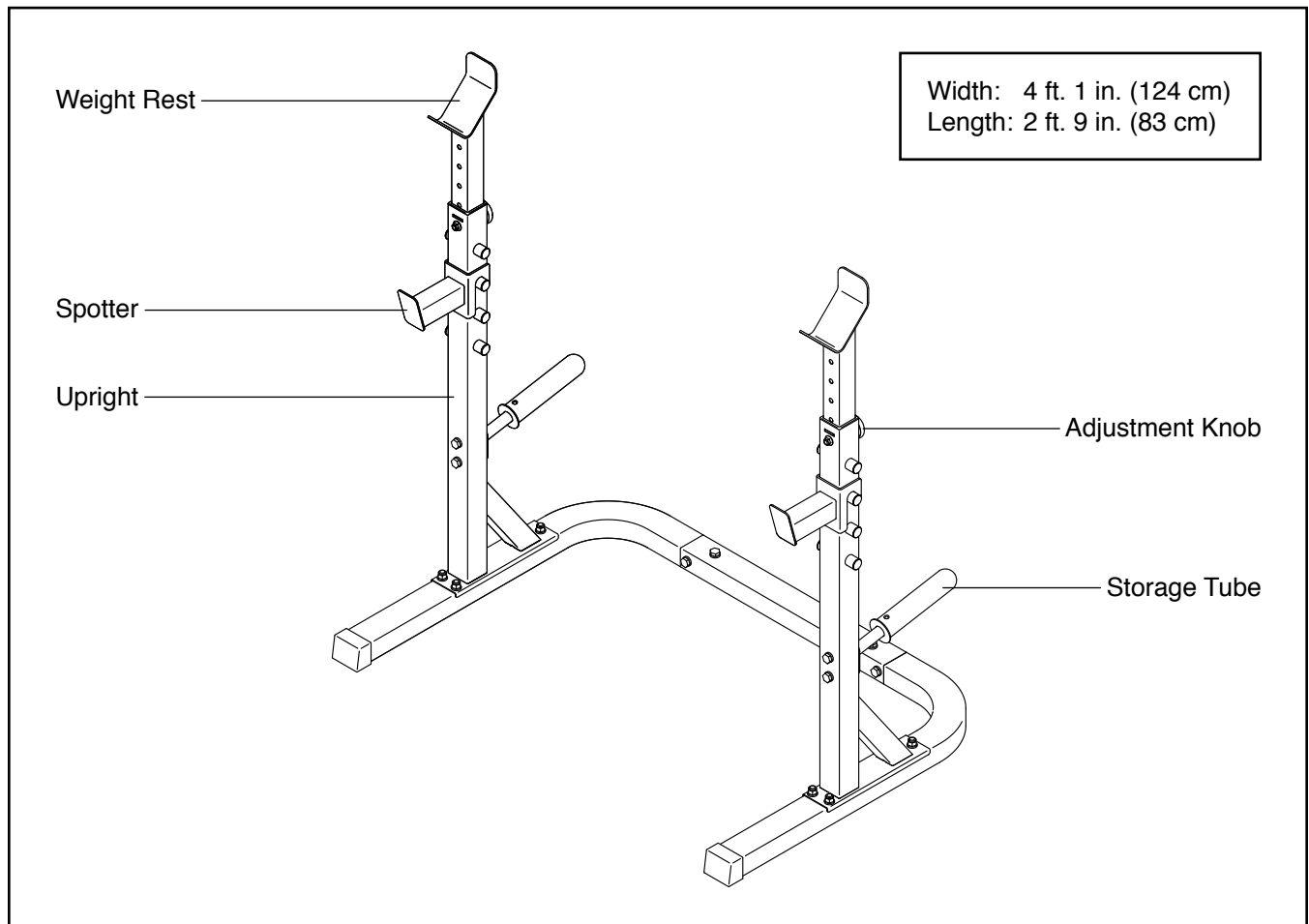
# BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® SPORT OLYMPIC RACK XT weight rack. The weight rack is designed to be used with your weight bench (not included) to offer a selection of exercises designed to develop the major muscle groups of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight rack will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight rack.** 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 and the location of the serial number decal are shown on the front cover of this manual.

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



# ASSEMBLY

- To hire an authorized service technician to assemble the weight rack, call 1-800-445-2480.
- Because of its weight and size, assemble the weight rack in the location where it will be used. Make sure that there is enough clearance to walk around the weight rack.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is finished.

- Assembly requires two persons.
- In addition to the included tool(s), assembly requires the following tool(s):

two adjustable wrenches



one rubber mallet

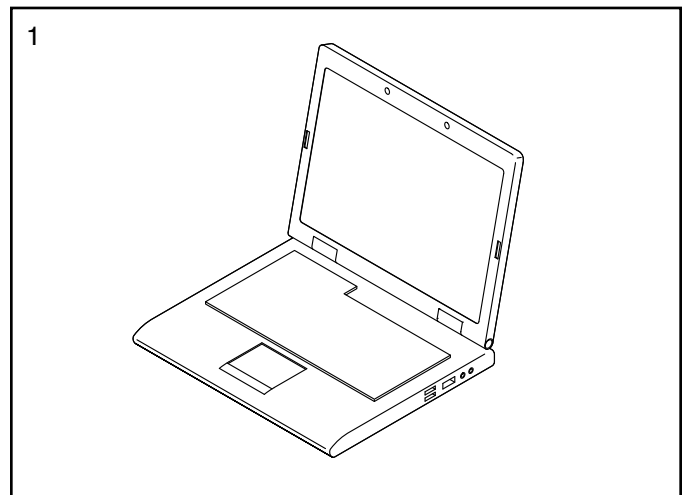


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [my.proform.com](http://my.proform.com) on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

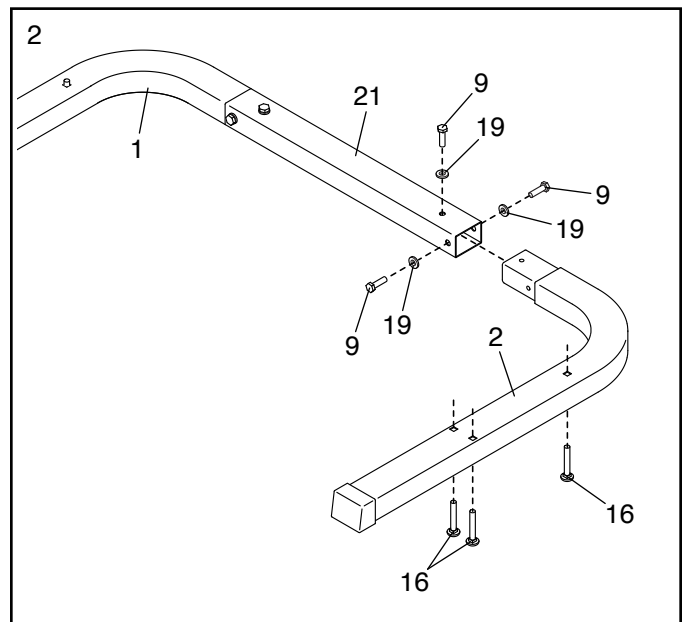
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



## 2. Insert three M10 x 65mm Carriage Bolts (16) upward into the Left Base (2).

Next, insert the Left Base (2) into one end of the Center Base (21). Attach the Left Base with three M10 x 20mm Screws (9) and three M10 Washers (19); **do not tighten the Screws yet.**

**Repeat this step for the Right Base (1).**

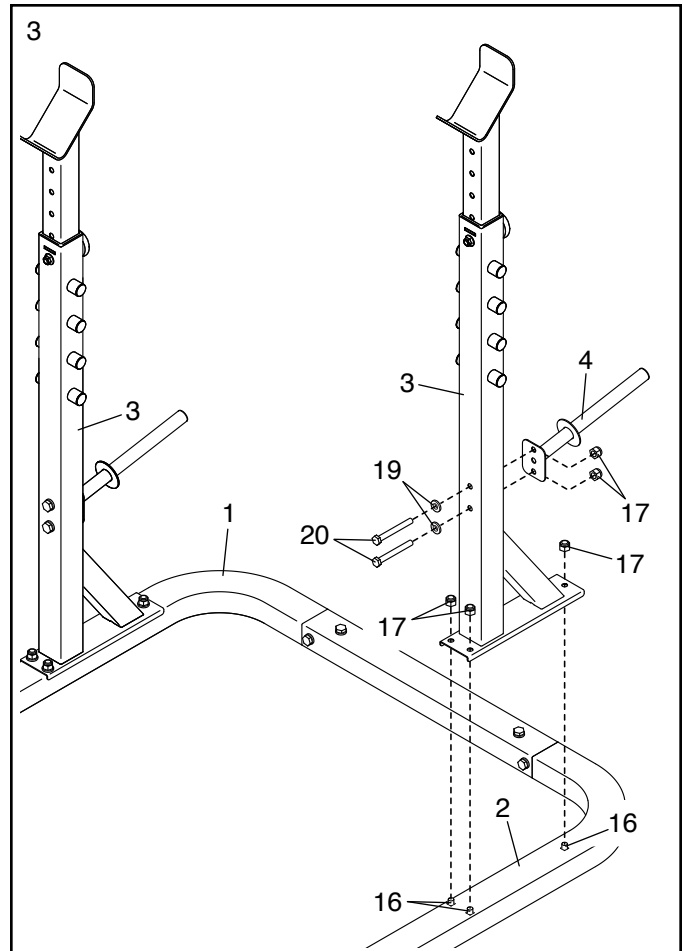


3. Orient one of the Uprights (3) as shown, and set it over the three M10 x 65mm Carriage Bolts (16) in the Left Base (2). Attach the Upright with three M10 Locknuts (17); **do not tighten the Locknuts yet.**

Then, attach a Storage Tube (4) to the Upright (3) with two M10 x 75mm Bolts (20), two M10 Washers (19), and two M10 Locknuts (17); **insert both Bolts, and then tighten the Locknuts.**

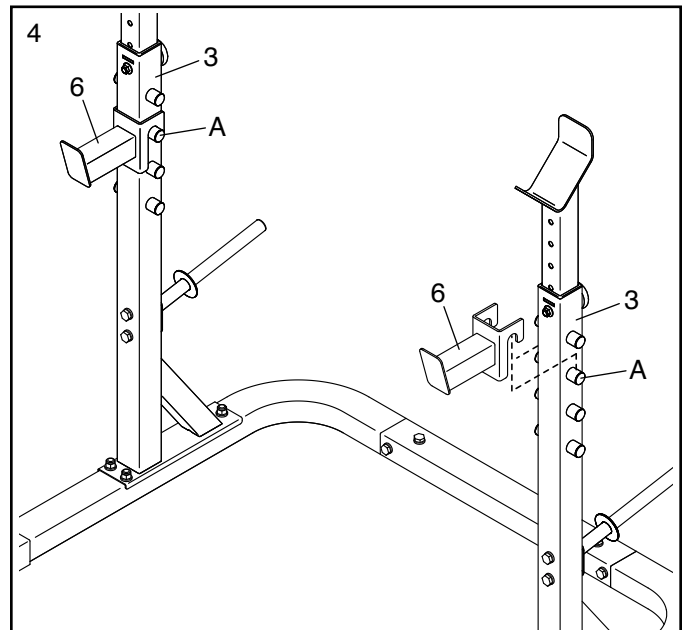
**Repeat this step for the other Upright (3) and the Right Base (1).**

**See steps 2 and 3.** Tighten the six M10 x 20mm Screws (9) and the six M10 Locknuts (17).



4. Set a Spotter (6) on a set of pegs (A) on the left Upright (3).

Set the other Spotter (6) on a set of pegs (A) on the right Upright (3). **Make sure that both Spotters are at the same height.**



5. **Make sure that all parts are properly tightened before you use the weight rack.** The use of all remaining parts will be explained in ADJUSTMENT on page 8.

# ADJUSTMENT

This section explains how to adjust the weight rack. See the EXERCISE GUIDELINES on page 9 for important information about how to get the most benefit from your exercise program.

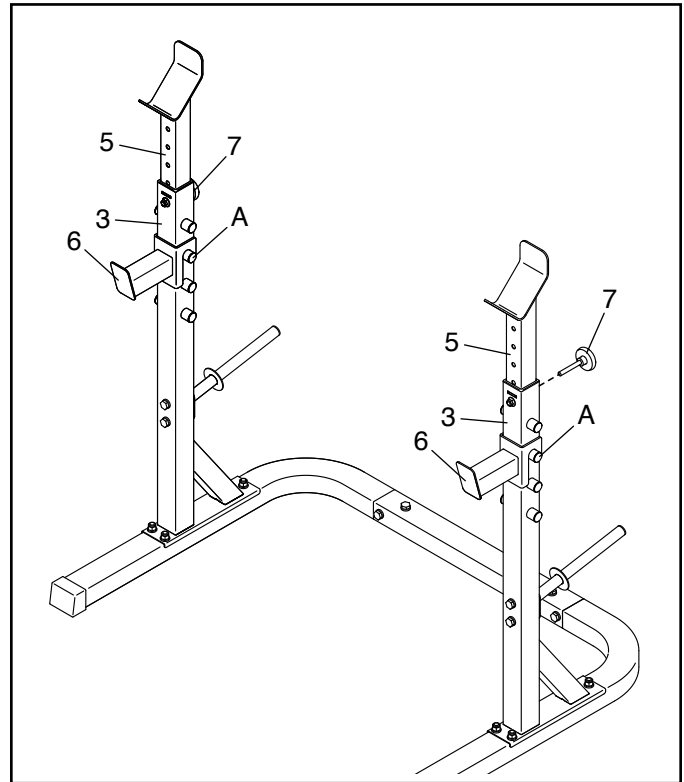
**Make sure that all parts are properly tightened each time you use the weight rack. Replace any worn parts immediately.** The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents.**

## HOW TO ADJUST THE WEIGHT RESTS AND THE SPOTTERS

To adjust the height of the Weight Rests (5), raise them to the desired height, and then tighten the Adjustment Knobs (7) into the Uprights (3). **Make sure that the Weight Rests are at the same height and that the Adjustment Knobs are fully tightened into the Uprights.**

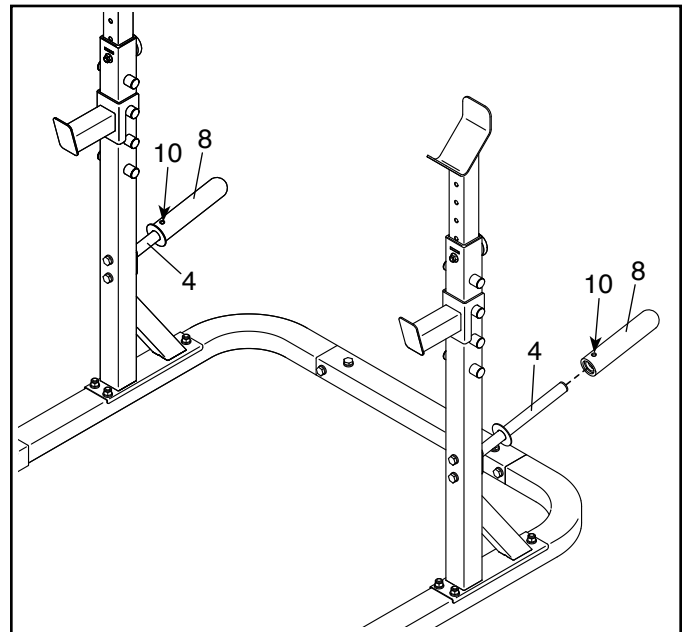
To adjust the height of the Spotters (6), move the Spotters to a different set of pegs (A) on the Uprights (3). **Make sure that the Spotters are at the same height.**

**⚠ WARNING:** Do not place more than 310 lbs. (141 kg) on the Weight Rests (5). Always set both Weight Rests at the same height, and make sure that the Adjustment Knobs (7) are fully tightened.



## HOW TO USE THE OLYMPIC ADAPTERS

To store Olympic weights (not included) on the Storage Tubes (4), first slide the Olympic Adapters (8) onto the Storage Tubes. Then, tighten the M8 x 10mm Set Screws (10) in the Olympic Adapters.





---

# EXERCISE GUIDELINES

## FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

**Muscle Building**—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

**Toning**—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

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

**Cross Training**—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

## WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Working Out**—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. 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:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

## STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

# PART LIST

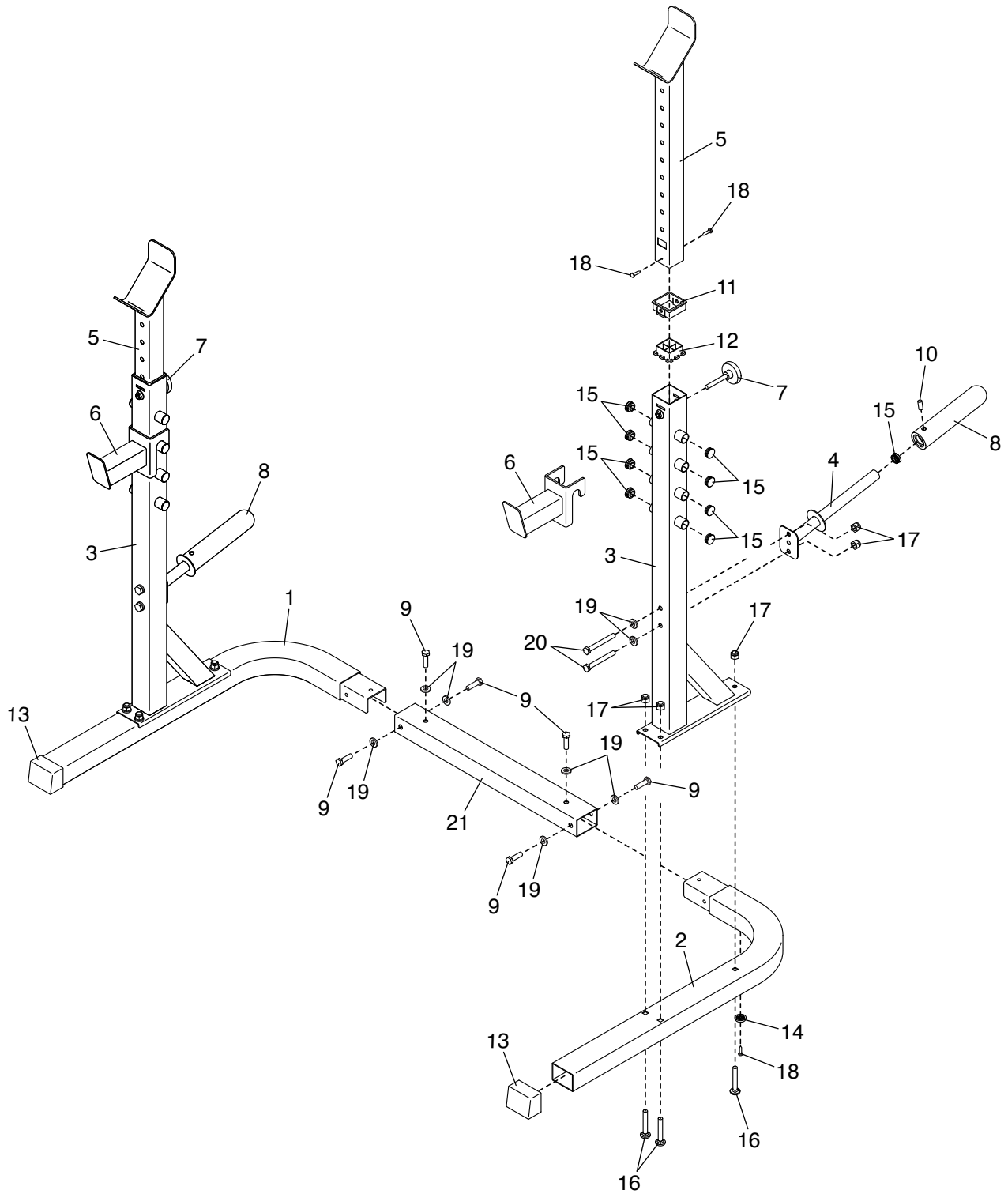
Model No. PFBE00120.0 R0420B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	12	2	Weight Rest Bushing
2	1	Left Base	13	2	Rectangle Cap
3	2	Upright	14	2	Foot
4	2	Storage Tube	15	18	Round Cap
5	2	Weight Rest	16	6	M10 x 65mm Carriage Bolt
6	2	Spotter	17	10	M10 Locknut
7	2	Adjustment Knob	18	6	M4 x 19mm Screw
8	2	Olympic Adapter	19	10	M10 Washer
9	6	M10 x 20mm Screw	20	4	M10 x 75mm Bolt
10	2	M8 x 10mm Set Screw	21	1	Center Base
11	2	Upright Bushing	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

# EXPLODED DRAWING

Model No. PFBE00120.0 R0420B



---

# ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**