

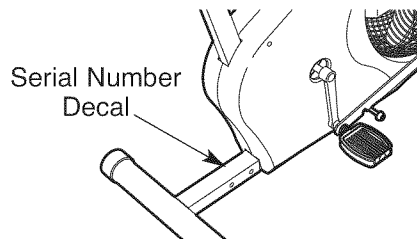
PRO-FORM[®] XP

WHIRLWIND 280

Model No. 831.21822.3

Serial No. _____

Write the serial number in the space above for reference.



BIKE EXERCISER

User's Manual

- Assembly
- Operation
- Maintenance
- Part List and Drawing

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

CAUTION

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

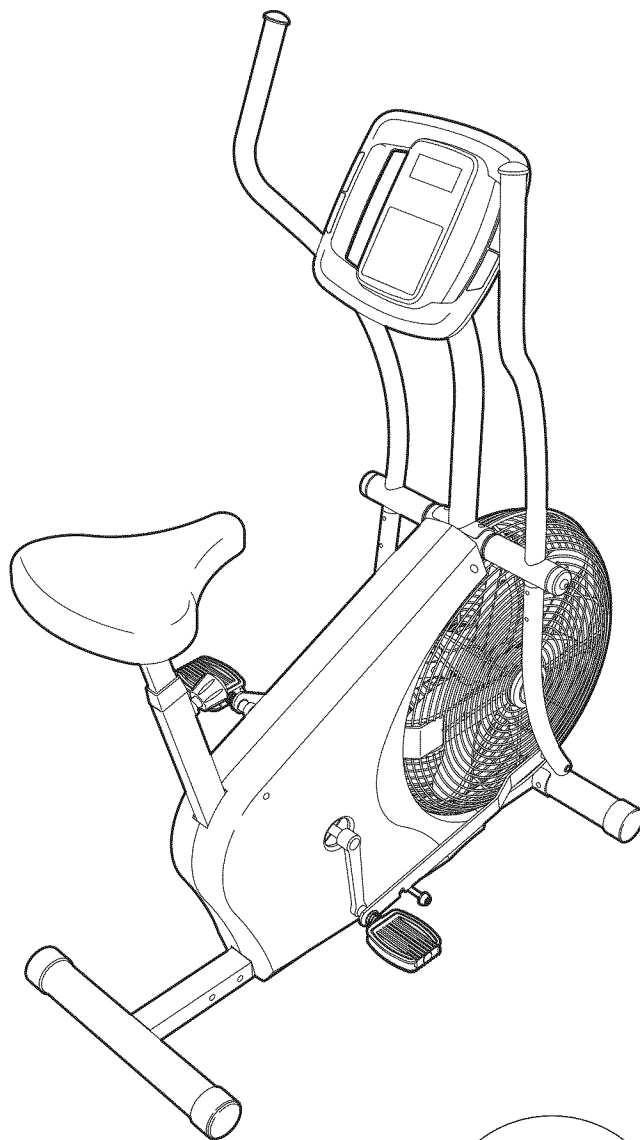
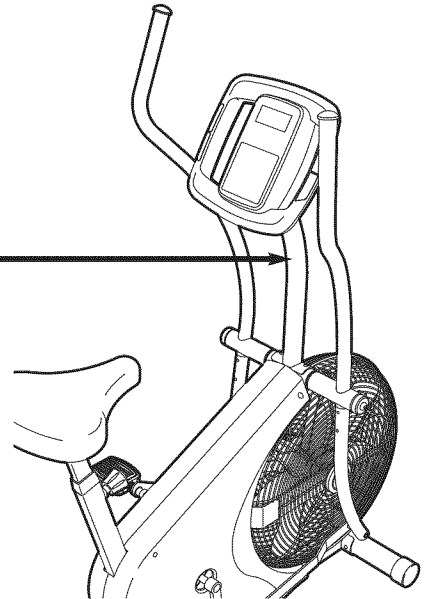
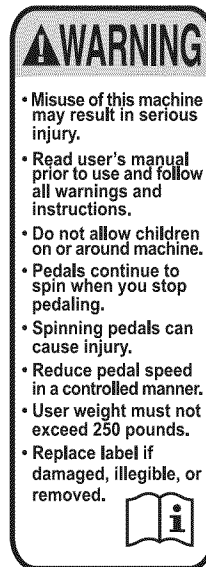


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When adjusting the seat, insert the adjustment knob into one of the holes in the seat post. Do not insert the seat pin under the seat post.
13. When connecting the link arms to the pedals, make sure that the link arms are fully seated on the pedal bushings (see HANDLEBAR OPERATION on page 11). If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury to the user.
14. When adjusting the height of the seat, make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post (see HOW TO ADJUST THE SEAT on page 11). Do not rest the seat post on top of the pin on the seat knob.
15. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Always keep your back straight while using the exercise bike; do not arch your back.
17. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

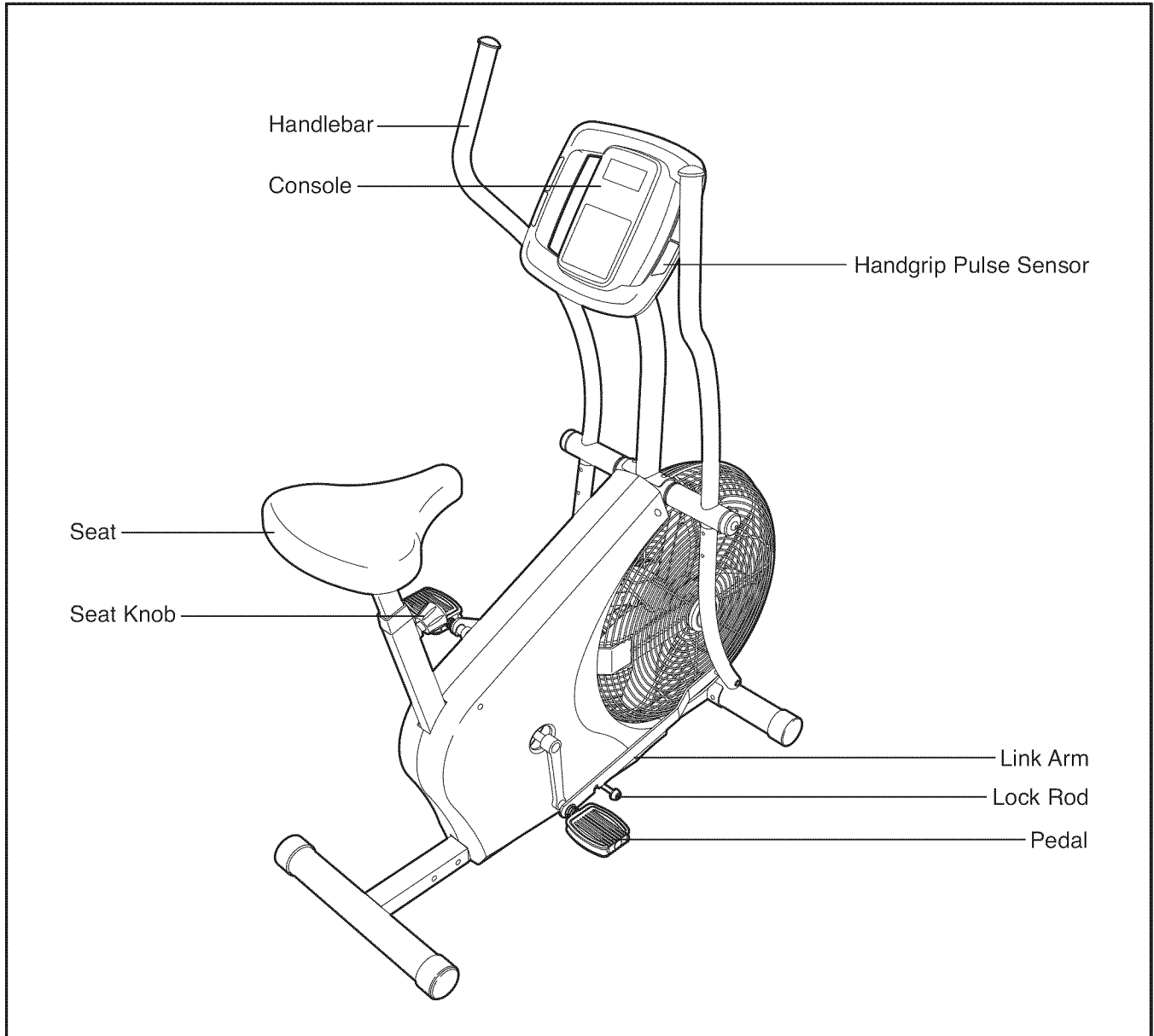
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® XP WHIRLWIND 280 exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The XP WHIRLWIND 280 exercise bike offers an array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions

after reading this manual, please see the back 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 familiarize yourself with the parts that are labeled in the drawing below.

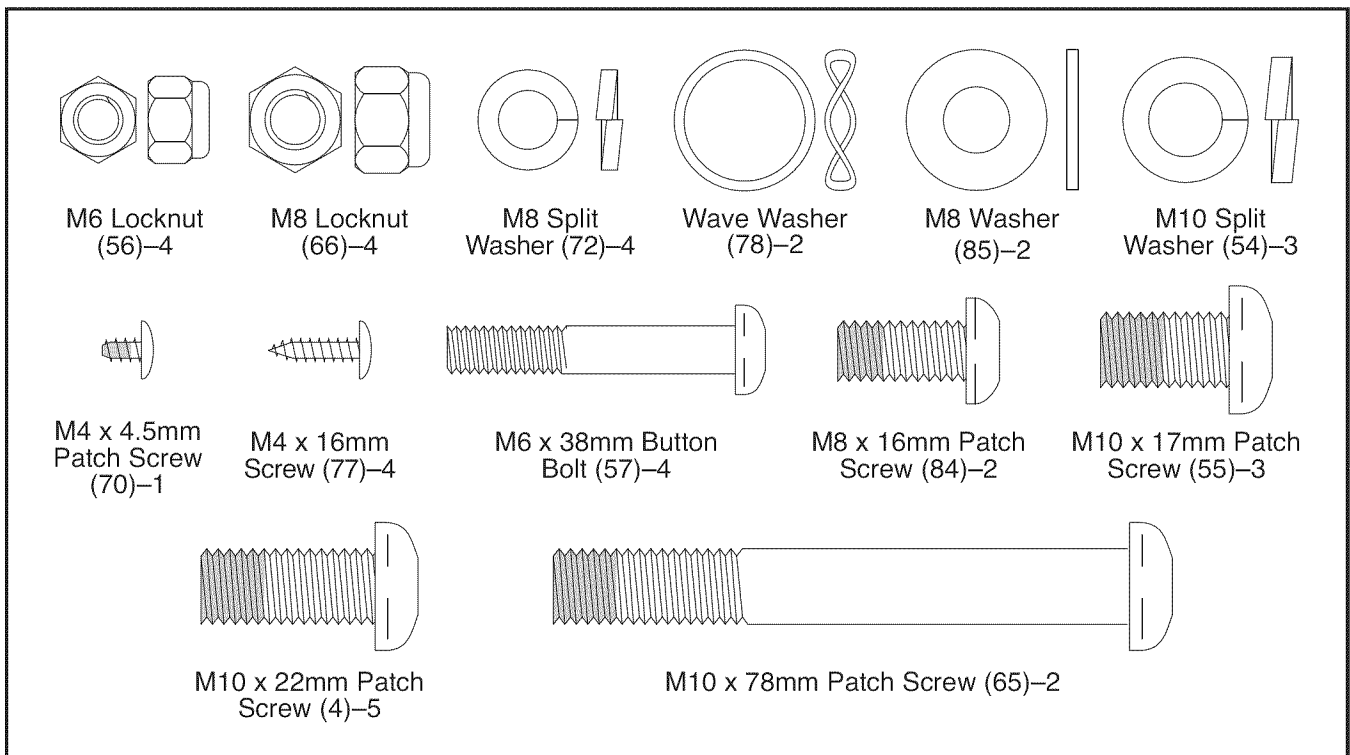


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires an adjustable wrench  and a Phillips screwdriver .

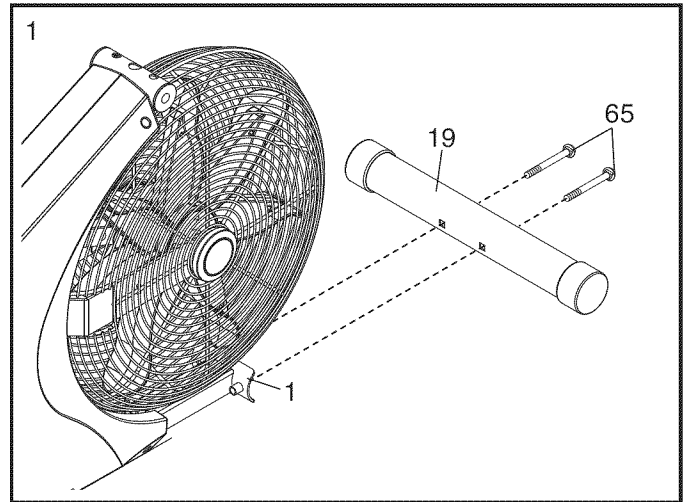
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly. If a part is missing, call 1-888-533-1333.**



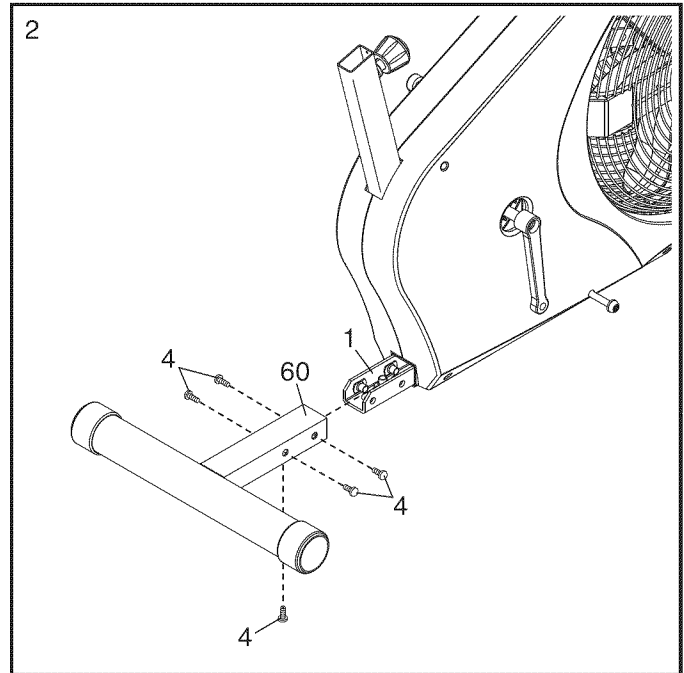
1.

To make assembly easier, read the information on page 5 before you begin.

Attach the Front Stabilizer (19) to the front of the Frame (1) with two M10 x 78mm Patch Screws (65).

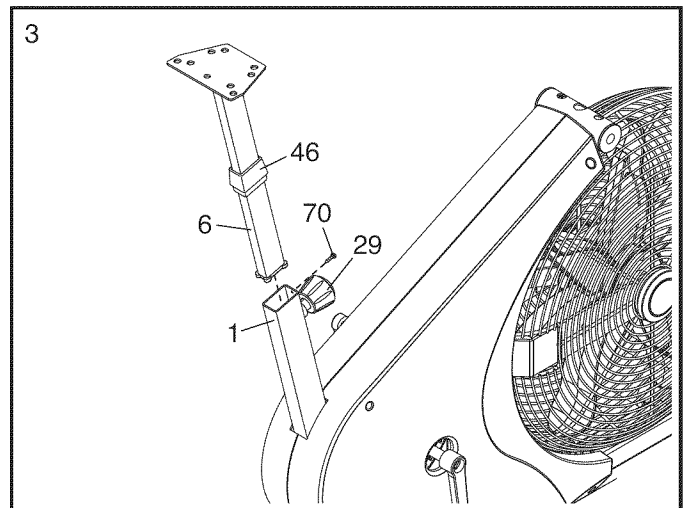


2. Attach the Rear Stabilizer (60) to the Frame (1) with five M10 x 22mm Patch Screws (4).

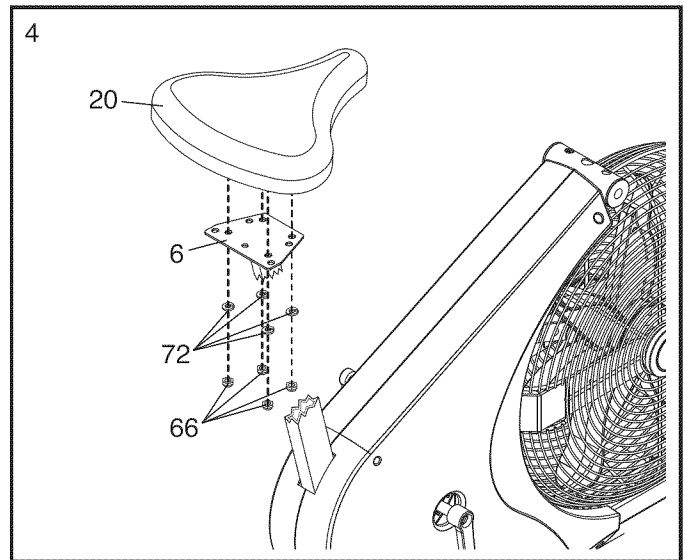


3. Loosen the Seat Knob (29) a few turns. Next, pull the Seat Knob outward, insert the Seat Post (6) into the Frame (1), and then release the Seat Knob. **Move the Seat Post upward and downward slightly to make sure that the pin on the Seat Knob is engaged in one of the adjustment holes in the Seat Post.**

Next, push the Seat Guide (46) downward into the top of the Frame (1). Attach the Seat Guide with an M4 x 4.5mm Patch Screw (70). Then, retighten the Seat Knob (29).

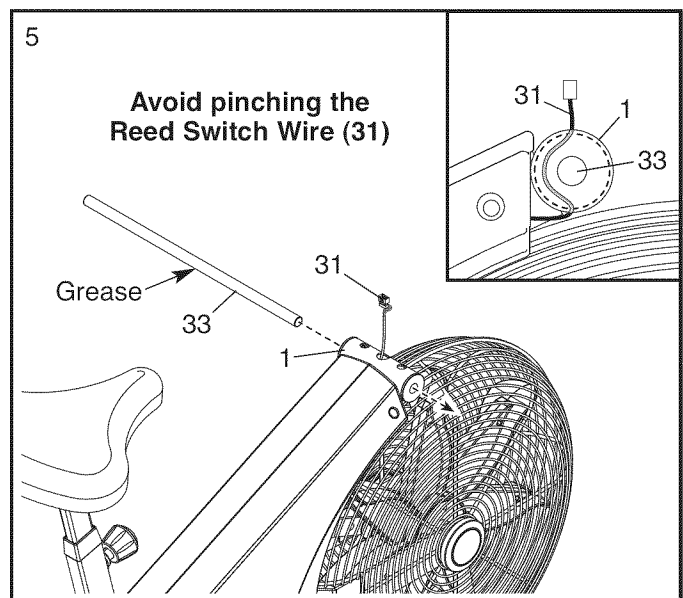


- Attach the Seat (20) to the Seat Post (6) with four M8 Locknuts (66) and four M8 Split Washers (72). **Note: The Locknuts and Split Washers may be preattached to the underside of the Seat.**



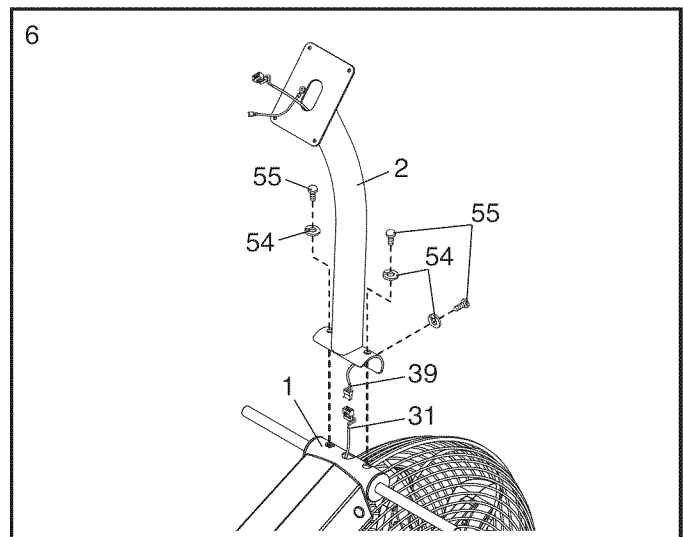
- Tip: To avoid pinching the Reed Switch Wire (31), position it as shown in the inset drawing.**

Apply a small amount of the included grease to the Handlebar Axle (33). Insert the Handlebar Axle into the Frame (1) and center it.

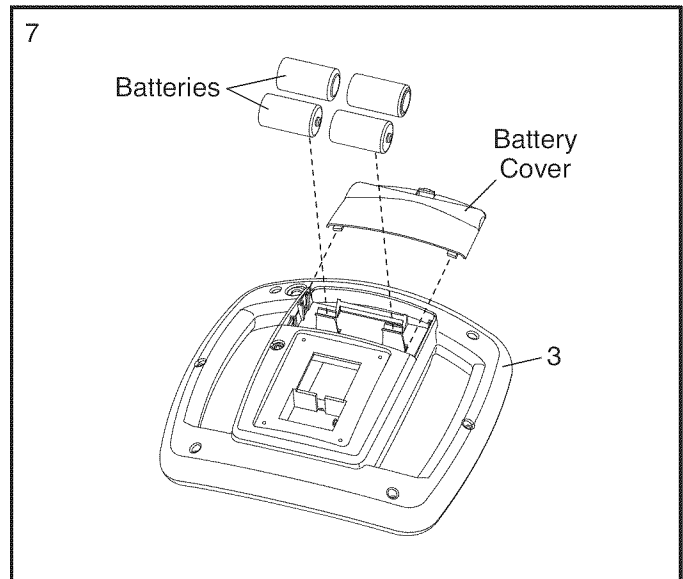


- While another person holds the Upright (2) near the Frame (1), connect the Reed Switch Wire (31) to the Extension Wire (39).

Tip: Do not pinch the Reed Switch Wire (31) or the Extension Wire (39). Set the Upright (2) on the Frame (1). Attach the Upright with three M10 x 17mm Patch Screws (55) and three M10 Split Washers (54).



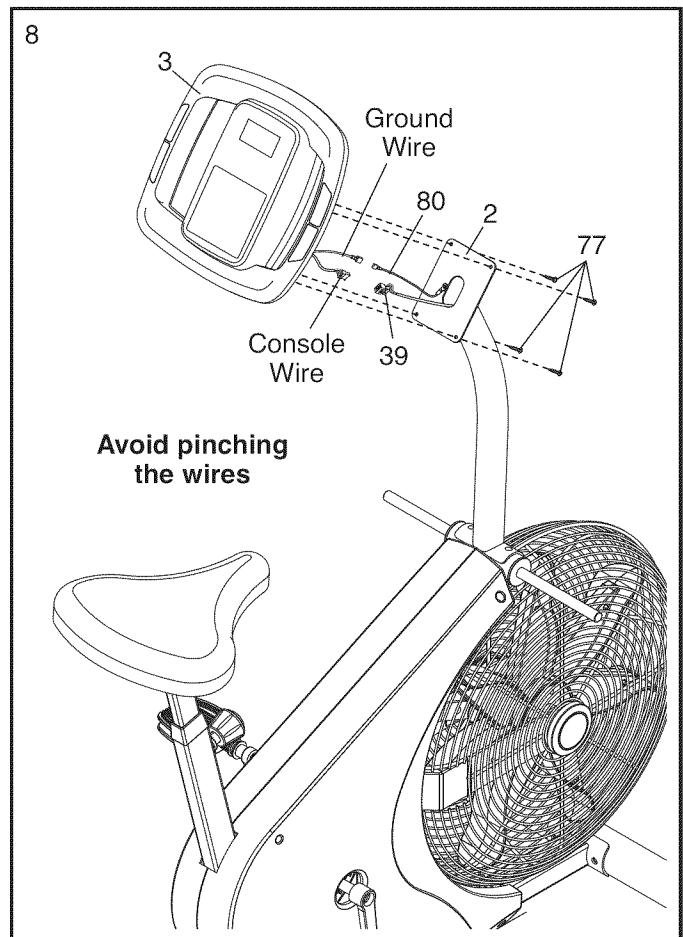
7. The Console (3) requires four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



8. While another person holds the Console (3) near the Upright (2), connect the console wire to the Extension Wire (39). Then, connect the console ground wire to the Ground Wire (80)

Insert the excess wire into the Upright (2) or into the Console (3).

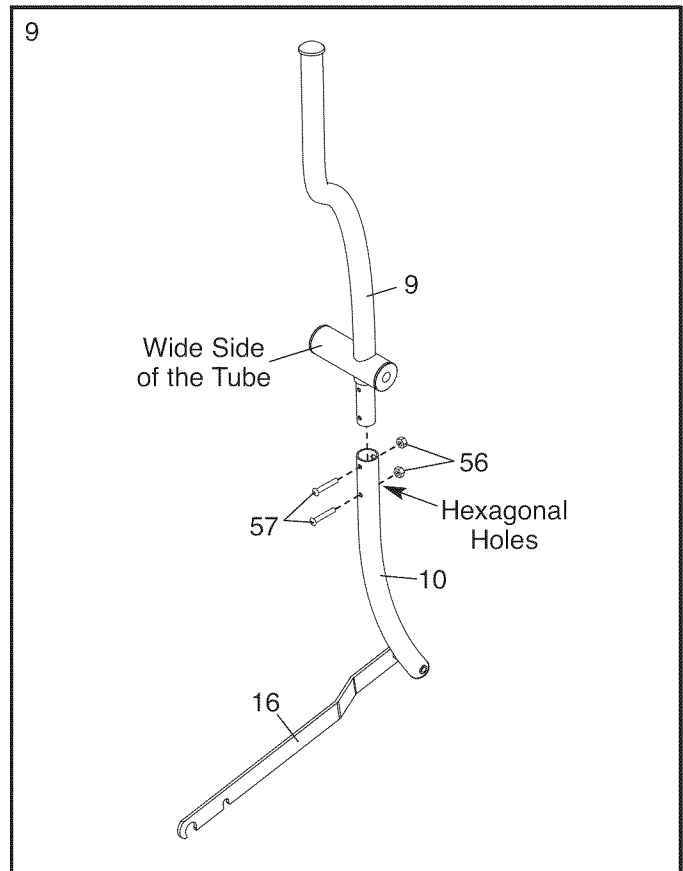
Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with four M4 x 16mm Screws (77).



9. Identify the Right Handlebar (9) and the Right Handlebar Base (10), which are marked with "Right" stickers. **Orient these parts so that the wide side of the tube on the Right Handlebar and the Right Link Arm (16) are on the same side.**

Attach the Right Handlebar (9) to the Right Handlebar Base (10) with two M6 x 38mm Button Bolts (57) and two M6 Locknuts (56). **Make sure that the Locknuts are in the hexagonal holes.**

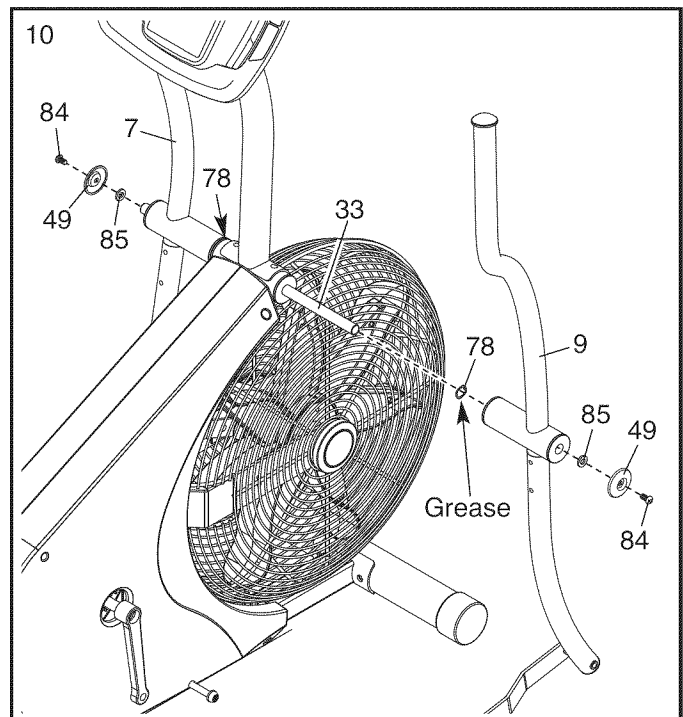
Attach the Left Handlebar (not shown) to the Left Handlebar Base (not shown) in the same way.



10. Apply grease to two Wave Washers (78). Slide a Wave Washer onto each end of the Handlebar Axle (33).

Slide the Left and Right Handlebars (7, 9) onto the Handlebar Axle (33). **Make sure that each Handlebar is on the correct side of the exercise bike.**

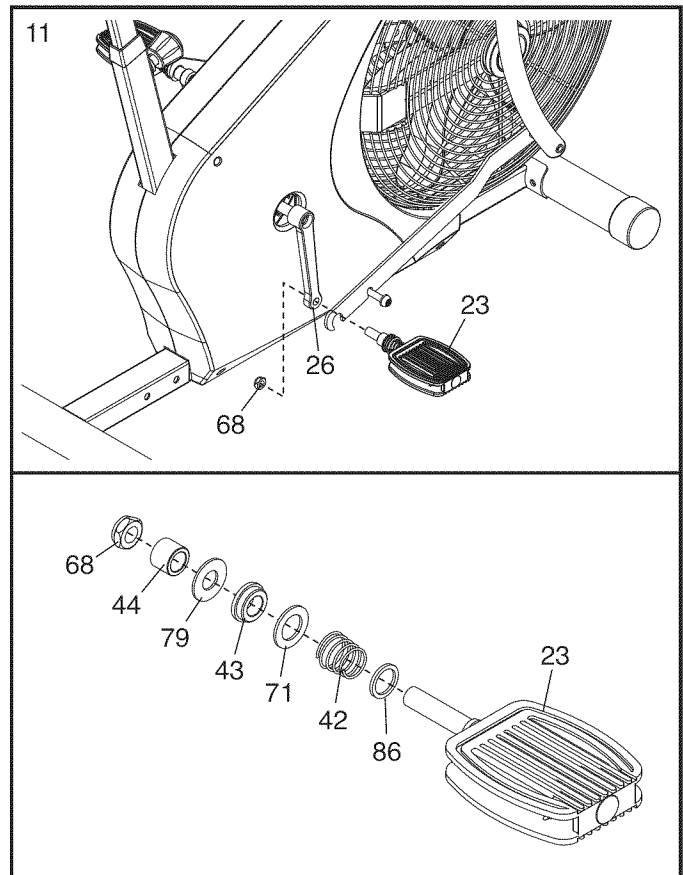
Tighten an M8 x 16mm Patch Screw (84), a Small Axle Cover (49), and an M8 Washer (85) into each end of the Handlebar Axle (33) at the same time.



11. Remove the 1/2" Pedal Nut (68) from the shaft of one of the Pedals (23). **See the lower drawing.** Make sure that there is a Custom Washer (86), a Pedal Spring (42), a Blue Washer (71), a Pedal Bushing (43), a Black Pedal Washer (79), and a Pedal Spacer (44) on the shaft of the Pedal. In addition, make sure that the Pedal Bushing is oriented as shown.

Firmly tighten the shaft of the Pedal (23) **clockwise** into the right Crank Arm (26). Then, tighten the 1/2" Pedal Nut (68) onto the shaft.

Attach the other Pedal (not shown) in the same way. Firmly tighten the Pedal counter-clockwise into the left Crank Arm (not shown).



12. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

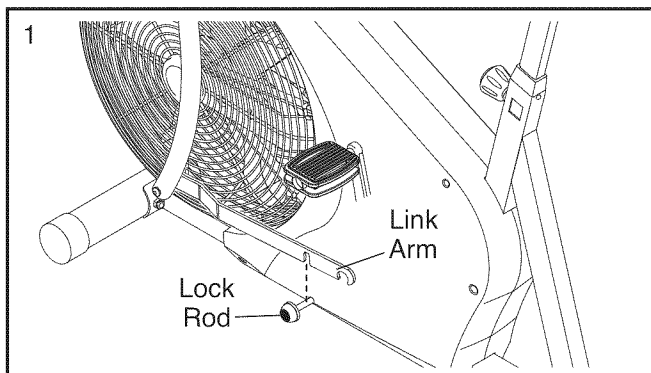
HANDLEBAR OPERATION

You can use the handlebars in the dual-action mode, for upper- and lower-body exercise, or in the stationary mode, for pedaling exercise only.

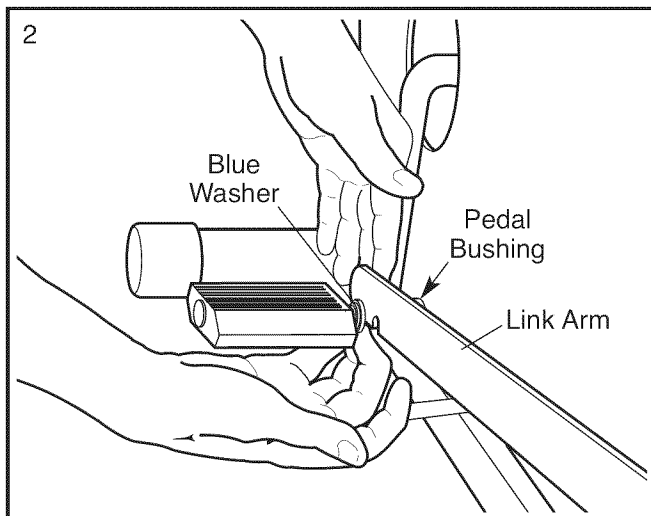
Dual-action Mode

To convert the handlebars to the dual-action mode, the link arms must be connected to the pedals.

First, lift the link arms off the lock rods.



Next, pull the link arms outward against the tops of the blue washers, while pulling against the bottoms of the blue washers with your fingers as shown. **Be careful not to pinch your fingers.** Next, slide the link arms onto the pedal bushings. Move the link arms upward and downward slightly to make sure that they are fully seated on the pedal bushings. **CAUTION: Make sure that the link arms are fully seated on the pedal bushings. If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury to the user.**



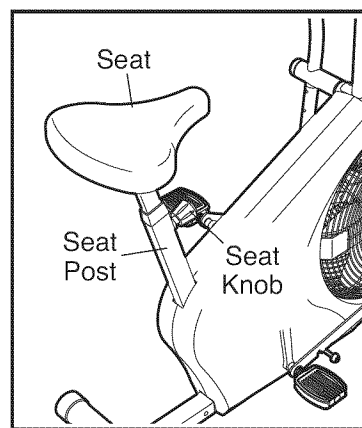
Stationary Mode

To convert the handlebars to the stationary mode, the link arms must be disconnected from the pedals. Pull the link arms outward against the blue washers until the link arms are free of the pedal bushings (see drawing 2 at the left). **Be careful not to pinch your fingers.** Next, lift the link arms off the pedals, and clip them onto the lock rods (see drawing 1 at the left).

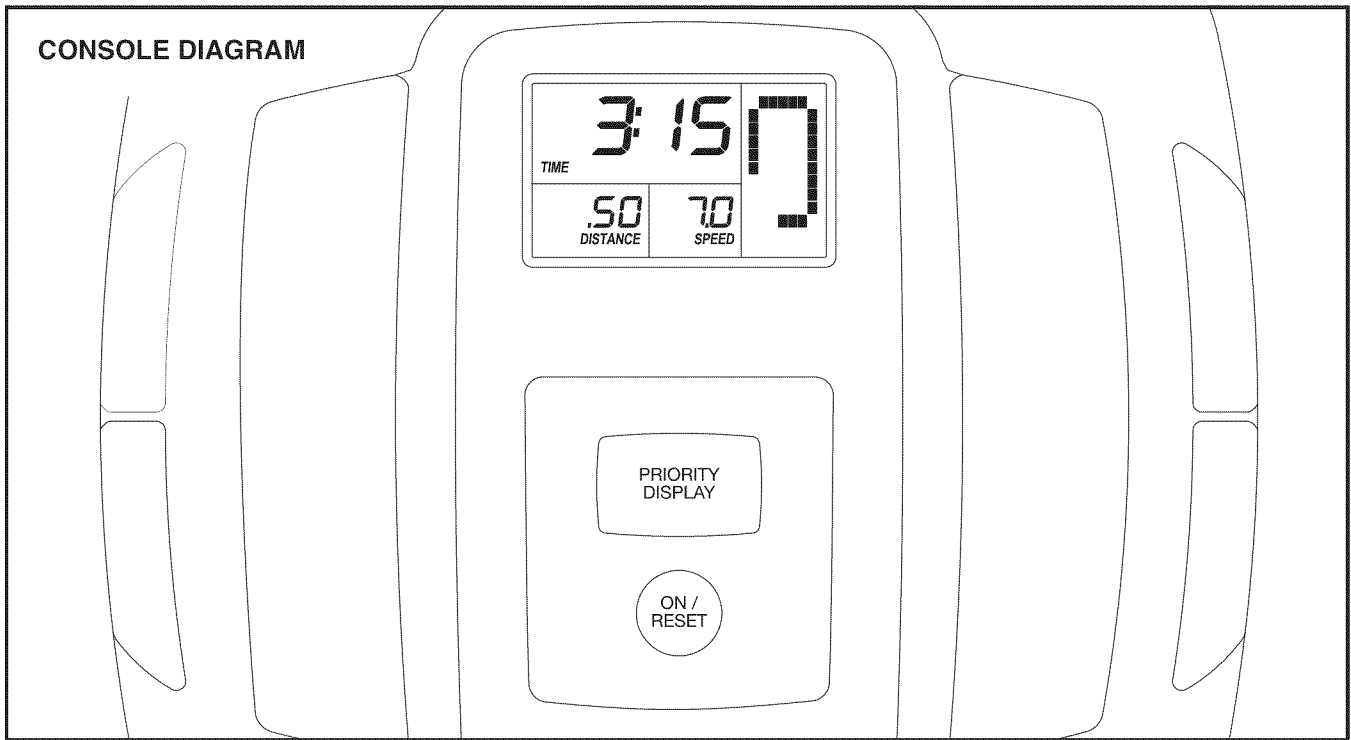
HOW TO ADJUST THE SEAT

For effective exercise, the seat must be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it. Next, pull the seat knob, raise or lower the seat post, and then release the seat knob. **Move the seat post upward and downward slightly to make sure that the pin on the seat knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the seat knob.



CAUTION: Make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post. Do not rest the seat post on top of the pin on the seat knob.



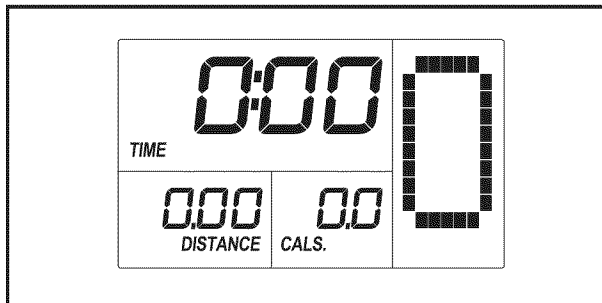
HOW TO USE THE CONSOLE

Before using the console, make sure that batteries are installed (see assembly step 7 on page 8). If there is a sheet of plastic on the display, remove the plastic.

Follow the steps below to operate the console.

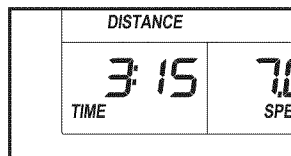
1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will light for a moment; the console will then be ready for use.

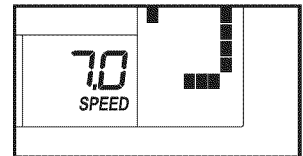


2. Follow your progress with the display.

The lower left display can show the elapsed time and the distance (in miles or kilometers) that you have pedaled.



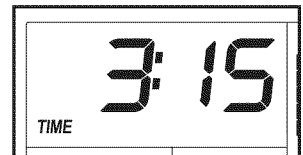
The lower right display can show your pedaling speed (in miles or kilometers per hour) and the approximate number of



calories you have burned. When you use the handgrip pulse sensor, the lower right display will also show your heart rate (see step 3 on page 13).

The upper display is the priority display.

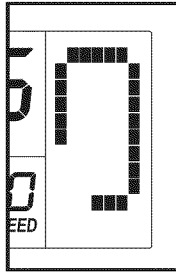
The priority display can show the elapsed time, the distance that you have pedaled, your pedaling speed, or the approximate number of calories you have burned.



Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing.

Note: While information is shown in the priority display, the same information will not be shown in the lower left or lower right display.

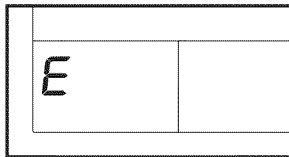
The right display will show a track that represents 1/4 mile (400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



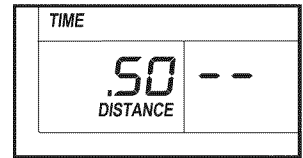
To reset the displays, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

Note: The console can show speed and distance in either miles or kilometers.

To select the unit of measurement, hold down the Priority Display button for several seconds. An "E" for English miles or an "M" for metric kilometers will appear in the lower left display. To change the unit of measurement, hold down the On/Reset button for several seconds until the desired unit of measurement appears in the display. Then, press the Priority Display button to save your selection.



When your pulse is detected, the heart-shaped indicator in the lower right display will flash and one or two dashes will appear.



After a moment, your heart rate will be shown in the display. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

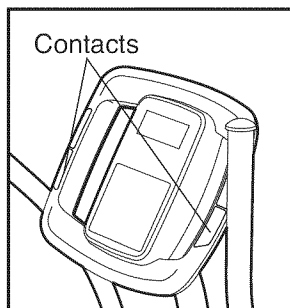
If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

4. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

3. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. To clean the exercise bike, use a damp cloth and a small amount of mild detergent; **never use abrasives or solvents to clean the exercise bike. To avoid damaging the console, keep liquid away from the console.**

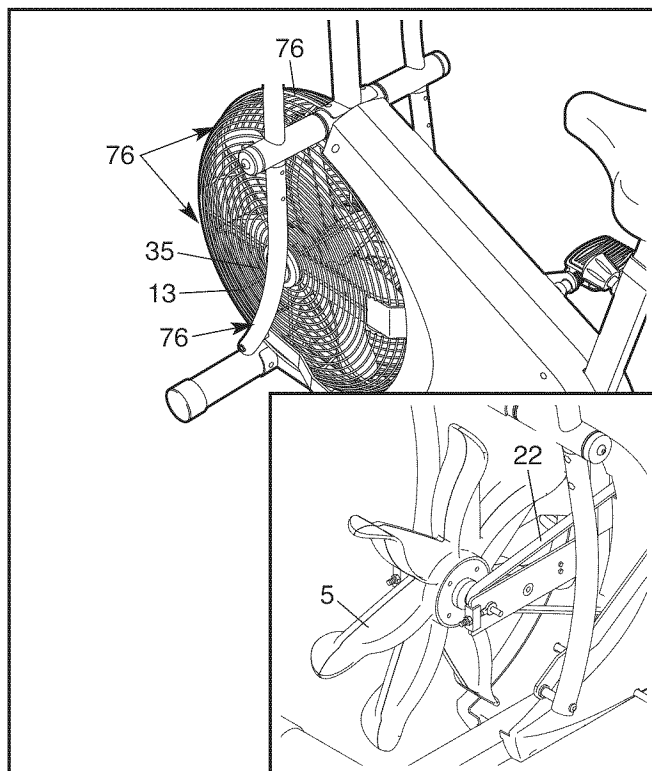
CONSOLE TROUBLESHOOTING

If the console does not function properly, replace all the batteries at the same time. See assembly step 7 on page 8 for battery installation instructions.

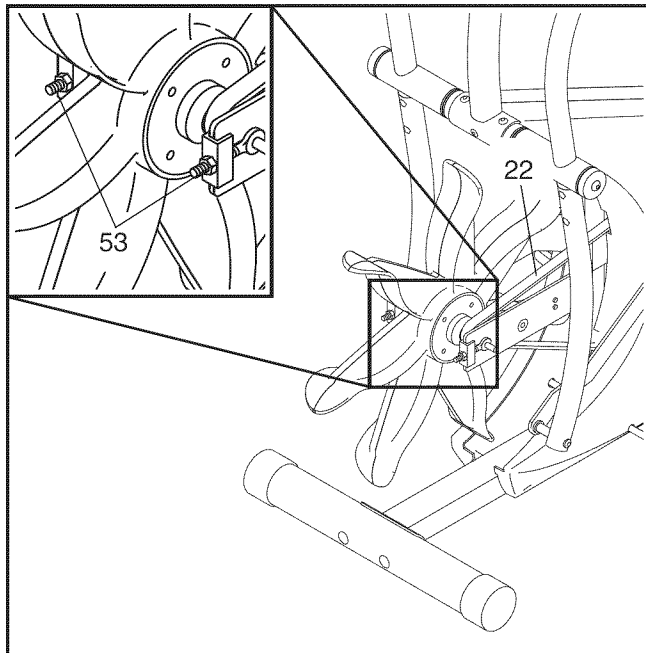
ADJUSTING THE BELT

The exercise bike features a precision belt that must be kept properly adjusted. If the belt is too tight, the bearings may be damaged; if the belt is too loose, the fan may be damaged. If the belt causes excessive noise or slips as you pedal, follow the steps below.

Carefully remove the four Guard Clips (76), the left Guard Fastener (35), and the Left Guard (13). **See the inset drawing.** Press downward on the Belt (22). **There should be no more than 3/4 in. (2 cm), and no less than 1/4 in. (0.6 cm), of vertical movement in the center of the Belt.**



If the Belt (22) needs to be adjusted, first loosen the right Guard Fastener (not shown). To tighten the Belt, turn the M6 Nuts (53) clockwise; to loosen the Belt, turn the M6 Nuts counterclockwise.

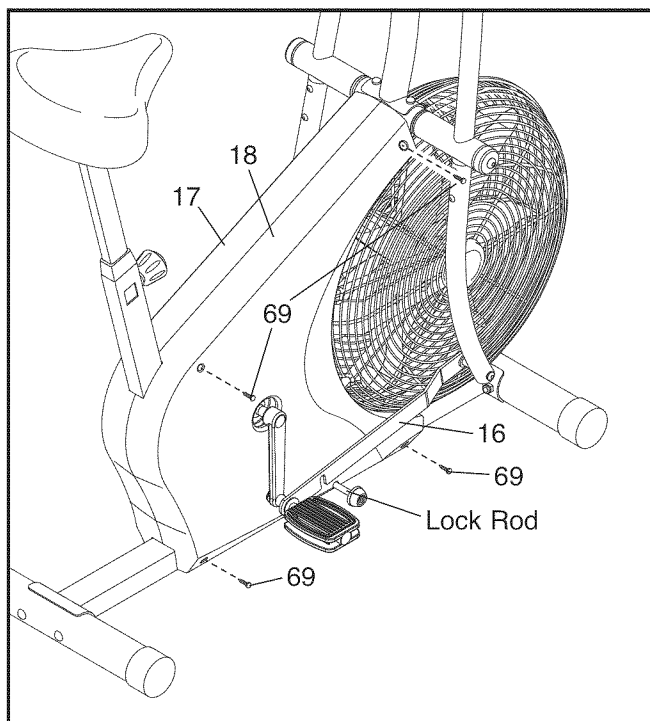


See the drawing at the left. Make sure that the Fan (5) is straight, and then reattach the Left Guard (13), tighten the Guard Fasteners (35), and reattach the Guard Clips (76).

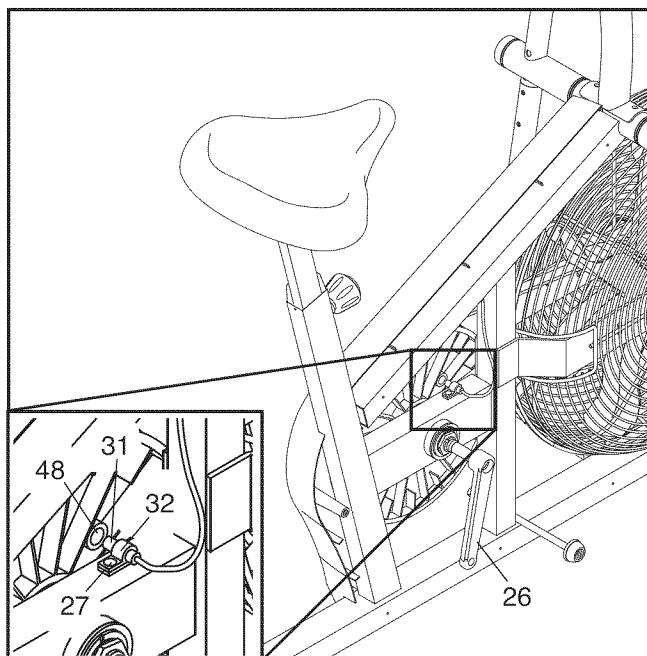
ADJUSTING THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, the Right Shield (18) must be moved. Remove the four M4 x 25mm Screws (69) from the Right Shield. Lift the Right Link Arm (16) off the pedal or the lock rod and move it clear of the Right Shield. Then, pull the top of the Right Shield away from the Left Shield (17).



Next, locate the Reed Switch (31). Turn the Crank Arm (26) until the Magnet (48) is aligned with the Reed Switch.



Loosen, but do not remove, the M4 x 12.7mm Flange Screw (27). Then, slide the Reed Switch (31) slightly closer to or away from the Magnet (48) and retighten the Screw. Turn the Crank Arm (26) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the right shield.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

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 FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

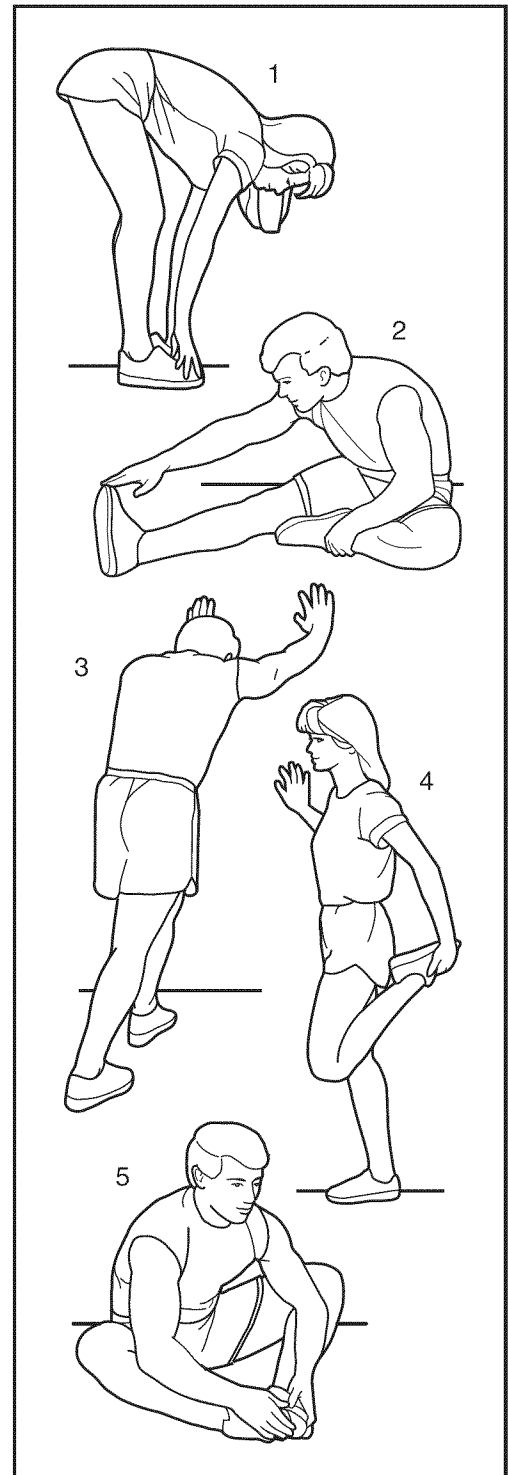
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

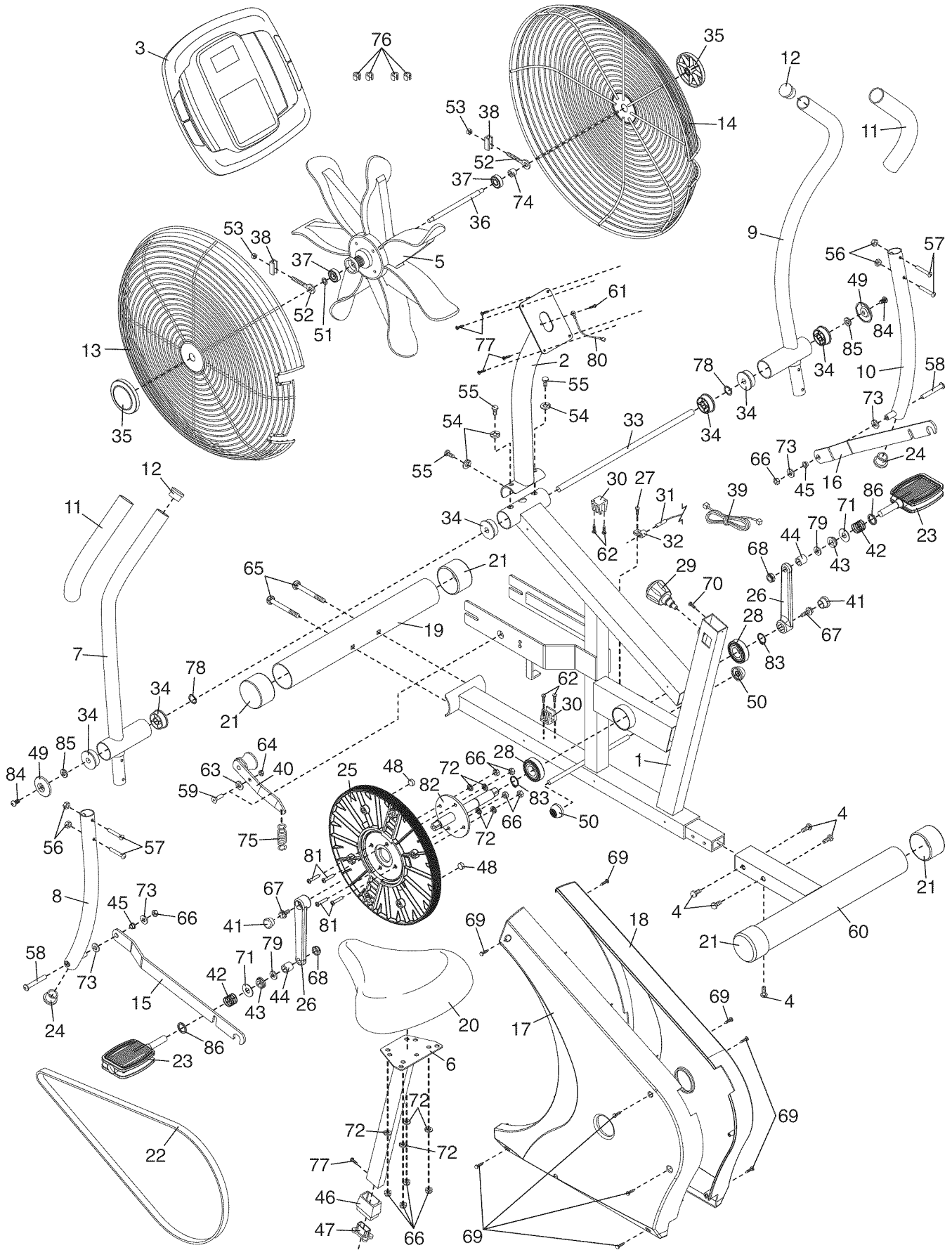
Model No. 831.21822.3 R1110B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	2	Link Arm Bushing
2	1	Upright	46	1	Seat Guide
3	1	Console	47	1	Seat Post Bushing
4	5	M10 x 22mm Patch Screw	48	2	Magnet
5	1	Fan	49	2	Small Axle Cover
6	1	Seat Post	50	2	Small Axle Cap
7	1	Left Handlebar	51	1	Fan Washer
8	1	Left Handlebar Base	52	2	Eyebolt
9	1	Right Handlebar	53	2	M6 Nut
10	1	Right Handlebar Base	54	3	M10 Split Washer
11	2	Foam Grip	55	3	M10 x 17mm Patch Screw
12	2	Handlebar Cap	56	4	M6 Locknut
13	1	Left Guard	57	4	M6 x 38mm Button Bolt
14	1	Right Guard	58	2	M8 x 74mm Button Bolt
15	1	Left Link Arm	59	1	M10 x 20mm Flat Head Bolt
16	1	Right Link Arm	60	1	Rear Stabilizer
17	1	Left Shield	61	1	M4 x 12.7mm Bright Screw
18	1	Right Shield	62	4	M4 x 16mm Round Head Screw
19	1	Front Stabilizer	63	1	Idler Arm Washer
20	1	Seat	64	1	M10 Locknut
21	4	Stabilizer Cap	65	2	M10 x 78mm Patch Screw
22	1	Belt	66	10	M8 Locknut
23	2	Pedal	67	2	Flange Screw
24	2	Handlebar Base Cap	68	2	1/2" Pedal Nut
25	1	Pulley	69	9	M4 x 25mm Screw
26	2	Crank Arm	70	1	M4 x 4.5mm Patch Screw
27	1	M4 x 12.7mm Flange Screw	71	2	Blue Washer
28	1	Bearing Assembly	72	8	M8 Split Washer
29	1	Seat Knob	73	4	M8 Flat Washer
30	2	Guard Bracket	74	1	Fan Spacer
31	1	Reed Switch/Wire	75	1	Idler Spring
32	1	Clamp	76	4	Guard Clip
33	1	Handlebar Axle	77	5	M4 x 16mm Screw
34	6	Handlebar Bushing	78	2	Wave Washer
35	2	Guard Fastener	79	2	Black Pedal Washer
36	1	Fan Axle	80	1	Ground Wire
37	2	Fan Bearing	81	4	M8 x 20mm Button Bolt
38	2	Adjustment Bracket	82	1	Crank
39	1	Extension Wire	83	2	Snap Ring
40	1	Idler Arm	84	2	M8 x 16mm Patch Screw
41	2	Crank Cover	85	2	M8 Washer
42	2	Pedal Spring	86	2	Custom Washer
43	2	Pedal Bushing	*	—	Assembly Tool
44	2	Pedal Spacer	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-888-533-1333.** *These parts are not illustrated.

EXPLODED DRAWING

Model No. 831.21822.3 R1110B



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