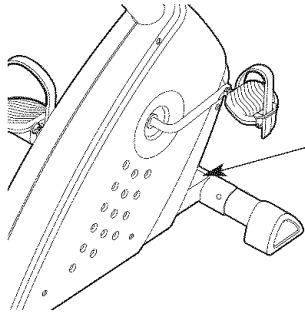


# PRO-FORM GR 80

Model No. 831.21521.0

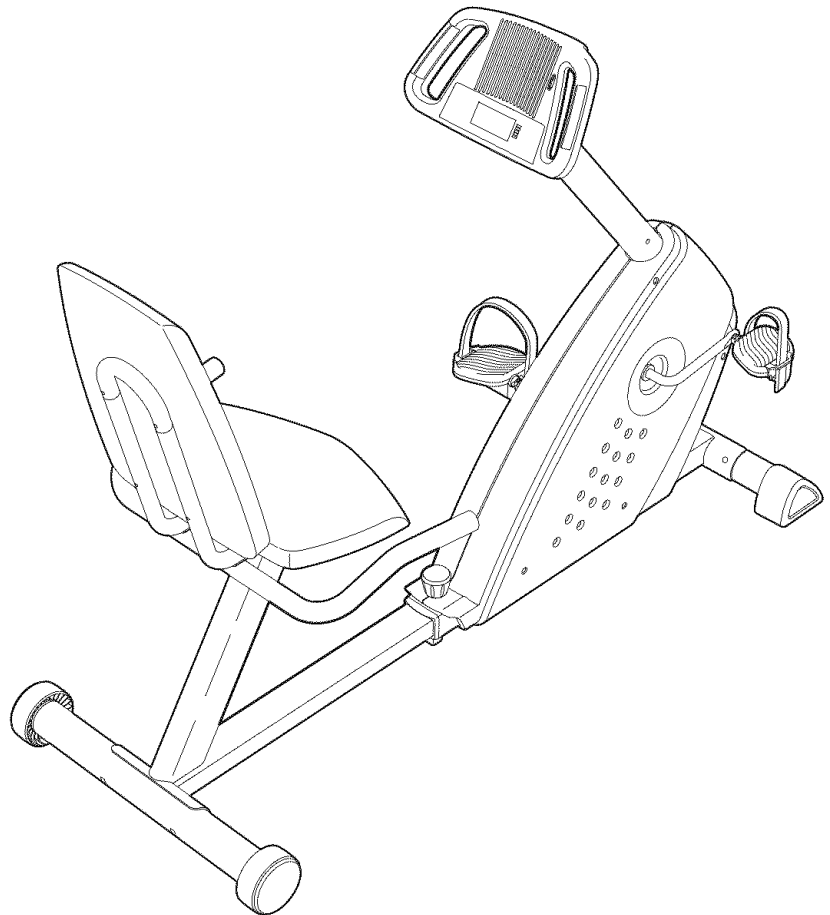
Serial No. \_\_\_\_\_



Serial  
Number  
Decal

## BIKE EXERCISER User's Manual

- Assembly
- Operation
- Maintenance
- Part List and Drawing



### **▲ CAUTION**

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

Sears, Roebuck and Co., Hoffman Estates, IL 60179

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## IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. 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.
10. Always keep your back straight when using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The exercise cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops.

**⚠ 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. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

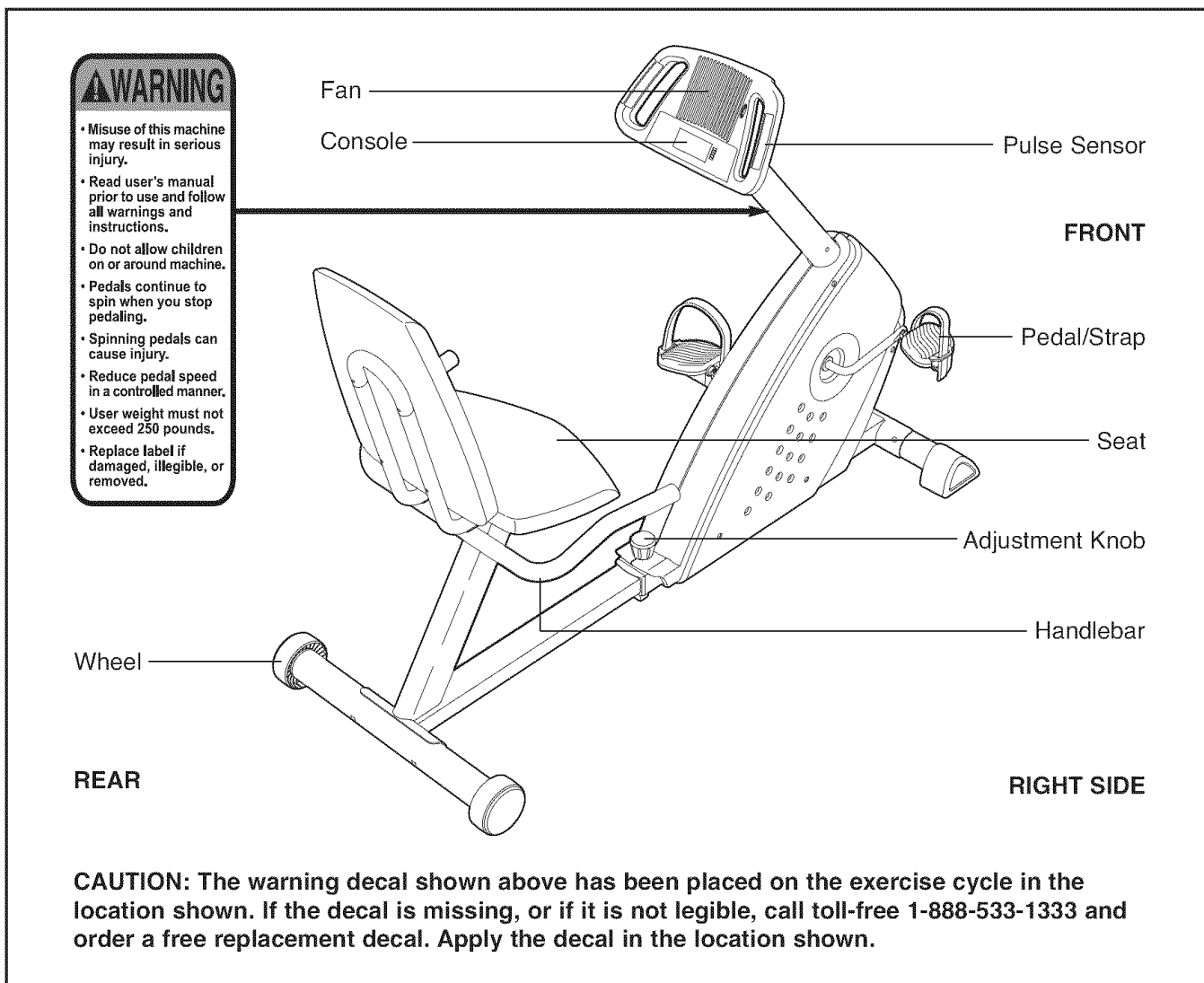
# BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® GR 80 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The GR 80 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

after reading this manual, please call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number is 831.21521.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

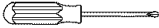

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions

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

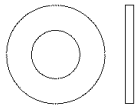


# ASSEMBLY

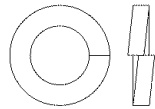
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**In addition to the included tools, assembly requires a Phillips screwdriver  and two adjustable wrenches .**

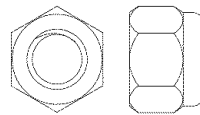
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled. If a part is missing, call toll-free 1-888-533-1333.**



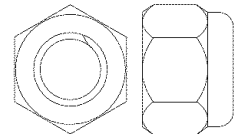
M6 Washer  
(55)-8



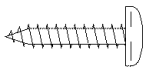
M8 Split  
Washer (59)-5



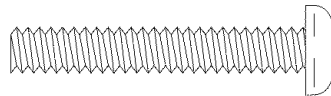
M8 Nylon  
Locknut (60)-4



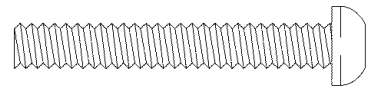
M10 Nylon  
Locknut (63)-4



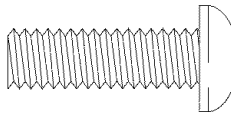
M4 x 16mm  
Round Head  
Screw (52)-4



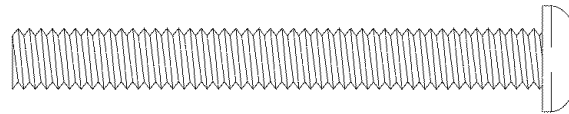
M6 x 38mm Button  
Bolt (48)-4



M6 x 42mm Button  
Screw (49)-4



M8 x 25mm Button  
Screw (33)-3



M8 x 70mm Button  
Bolt (54)-2



M10 x 75mm Carriage Bolt (51)-4

1. While another person lifts the front of the Frame (1) slightly, attach the Front Stabilizer (3) to the Frame with two M10 x 75mm Carriage Bolts (51) and two M10 Nylon Locknuts (63).

See the inset drawing. Loosen the Adjustment Knob (17), slide the Rear Frame (2) out of the Frame (1), and then retighten the Adjustment Knob.

Note: After the exercise cycle is assembled, adjust the Seat (not shown) to the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest forward position. Loosen the Adjustment Knob (17), slide the Rear Frame (2) forward or backward, and retighten the Adjustment Knob.

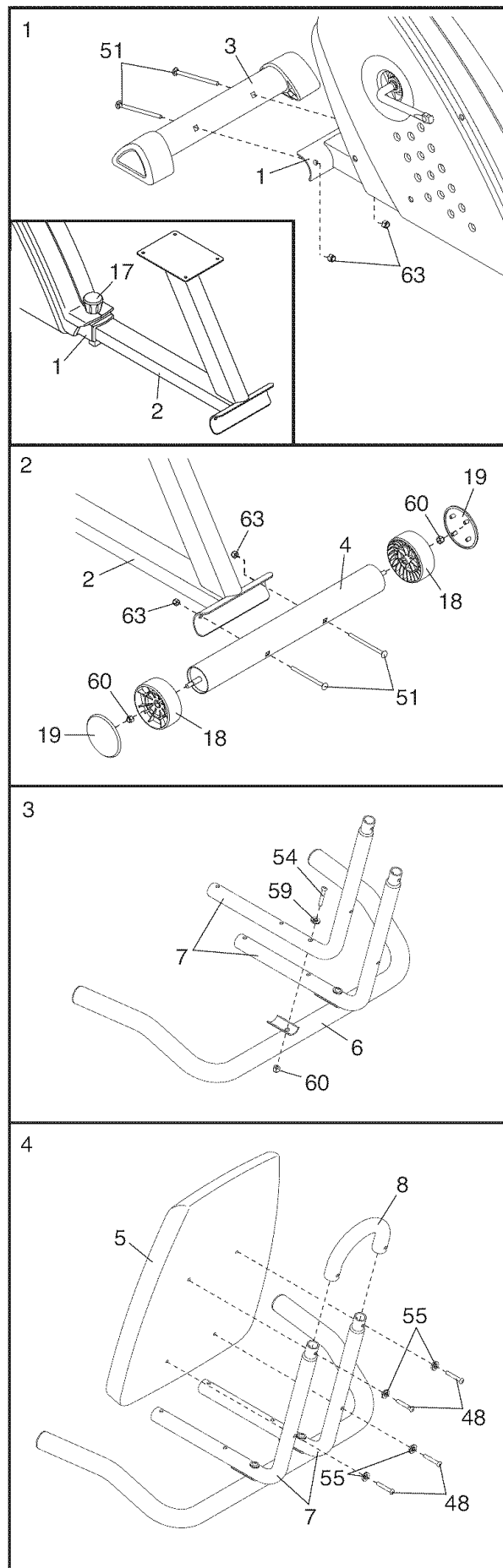
2. Attach the Wheels (18) to the Rear Stabilizer (4) with two M8 Nylon Locknuts (60). Press a Wheel Cap (19) onto each Wheel.

Attach the Rear Stabilizer (4) to the Rear Frame (2) with two M10 x 75mm Carriage Bolts (51) and two M10 Nylon Locknuts (63).

3. Attach one of the Seat Frames (7) to the Handlebar (6) with an M8 x 70mm Button Bolt (54), an M8 Split Washer (59), and an M8 Nylon Locknut (60). **Do not tighten the Button Bolt yet.**

Attach the other Seat Frame (7) in the same way.

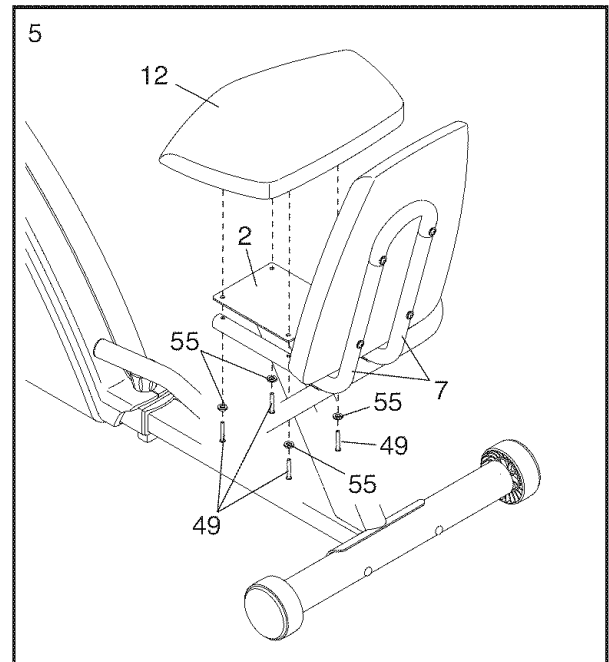
4. Slide the Seat Frame Top (8) onto the Seat Frames (7). Attach the Backrest (5) to the Seat Frames and the Seat Frame Top with four M6 x 38mm Button Screws (48) and four M6 Washers (55). **Do not tighten the Button Screws yet.**



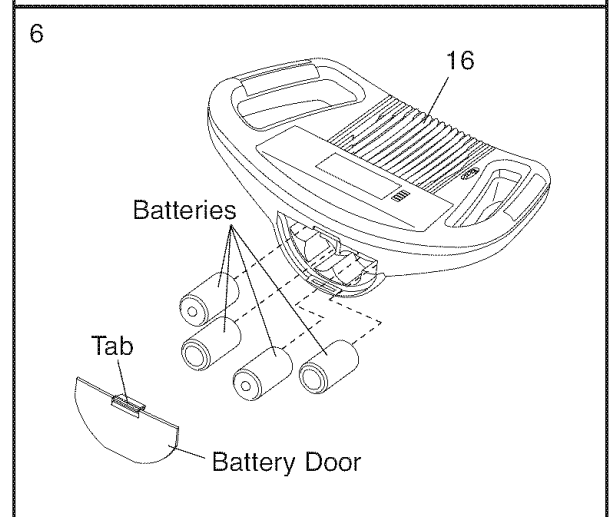
5. Have another person hold the Seat Frames (7) under the Rear Frame (2) as shown. Attach the Seat Frames and the Seat (12) to the Rear Frame with four M6 x 42mm Button Screws (49) and four M6 Washers (55).

**See step 3.** Tighten the two M8 x 70mm Button Bolts (54).

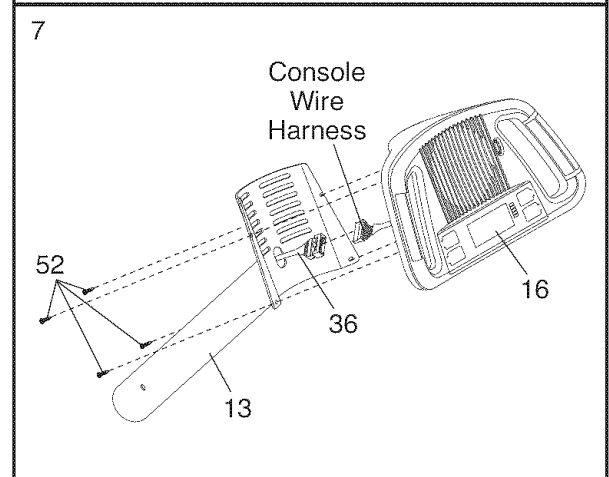
**See step 4.** Tighten the four M6 x 38mm Button Screws (48).



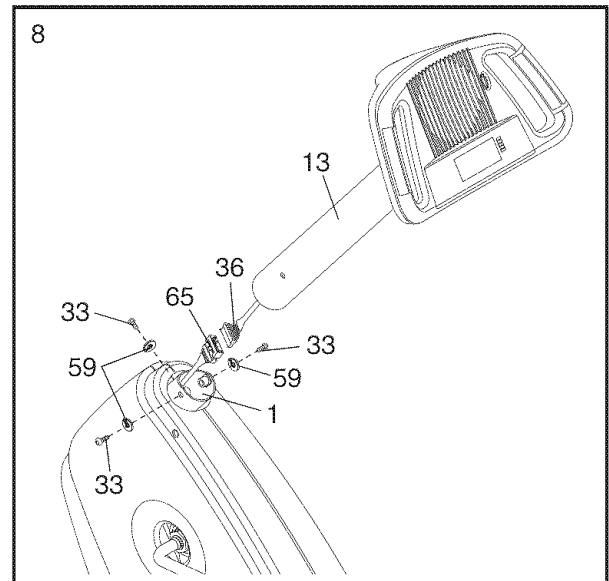
6. The Console (16) requires four D batteries (not included); alkaline batteries are recommended. Press the tab on the battery door and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the markings on the battery door.** Reattach the battery door.



7. Connect the console wire harness to the Upper Wire Harness (36). Insert the console wire harness into the Upright (13). Attach the Console (16) to the Upright with four M4 x 16mm Round Head Screws (52).

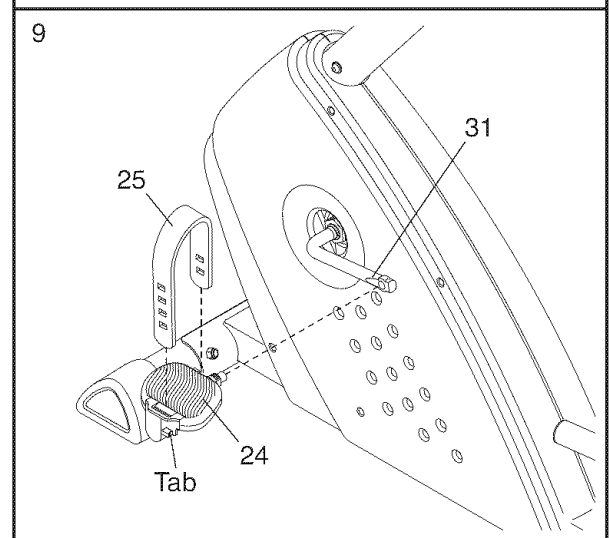


8. Connect the Upper Wire Harness (36) to the Lower Wire Harness (65). Attach the Upright (13) to the Frame (1) with three M8 x 25mm Button Screws (33) and three M8 Split Washers (59). **Be careful to avoid pinching the Wire Harnesses.**



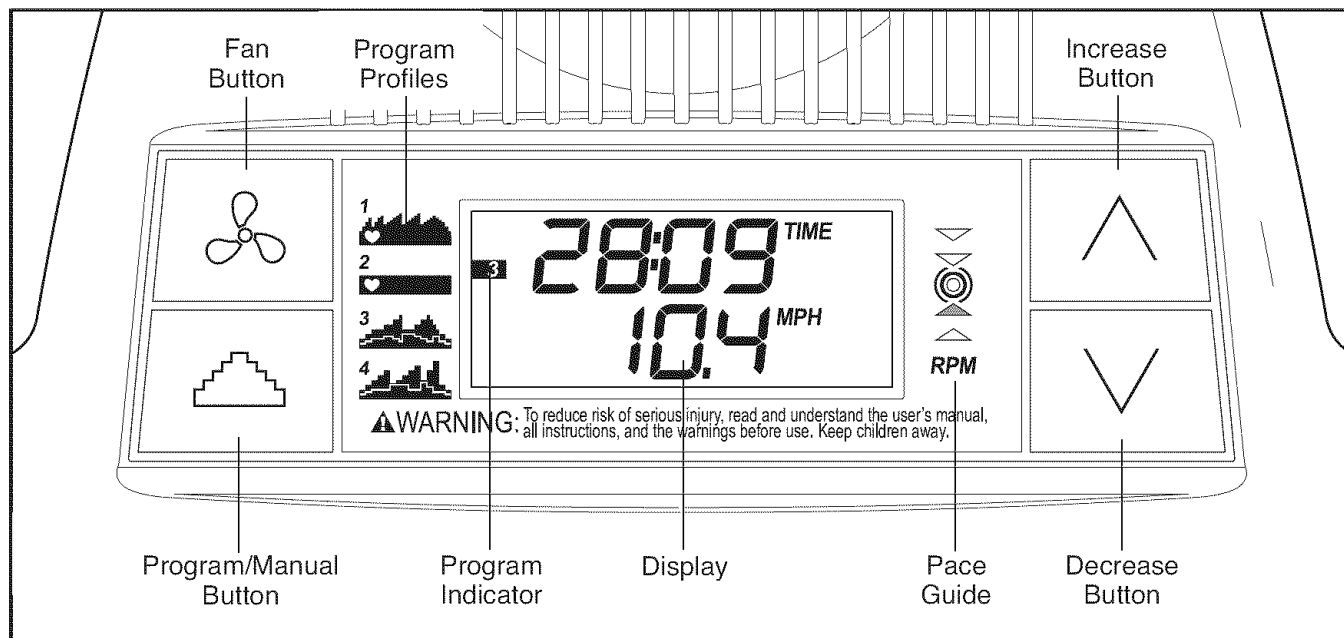
9. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (31). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the right Pedal Strap (not shown) in the same way.



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

# HOW TO OPERATE THE EXERCISE CYCLE



## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in hand-grip pulse sensor.

In addition, the console features two pulse programs that change the resistance of the pedals and help you to maintain a steady pedaling pace to keep your heart rate near a target heart rate setting while you exercise.

The console also offers two preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

**To use the manual mode of the console,** see the instructions at the right. **To use a pulse program,** see page 10. **To use a preset program,** see page 11.

Before using the console, make sure that batteries are installed (see assembly step 6 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1 Turn on the console.

To turn on the console, press the Increase button or begin pedaling. The pace guide will light for a moment; the console will then be ready for use.

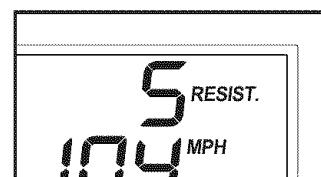
### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Program/Manual button until no program indicators (see the drawing above) appear along the left side of the display.

### 3 Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Increase and Decrease buttons.

There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.





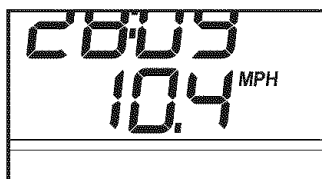
#### 4 Monitor your progress with the display.

The upper half of the display will show the elapsed time, the distance you have pedaled, and the resistance level of the pedals.



The display will change from one mode to the next every few seconds.

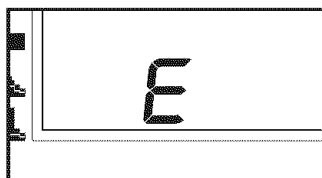
The lower half of the display will show your pedaling speed and the approximate number of calories you have burned. The



display will change from one mode to the other every few seconds. The lower half of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5). Note: When a program is selected (except for pulse program 1), the display will show the time remaining in the program instead of the elapsed time.

**Note: The console can display speed and distance in either miles or kilometers.** The letters MPH or KM/H will appear in the lower half of the display to show which unit of measurement is selected. To change the unit of measurement, first hold down the

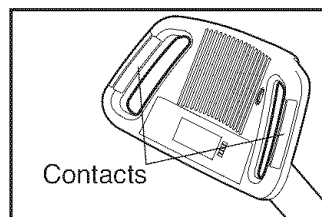
Program/Manual button for several seconds. An E (for English) or an M (for metric) will appear in the display. Press the



Increase button to change the unit of measurement. When the desired unit of measurement is selected, press the Program/Manual button again. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

#### 5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove them.



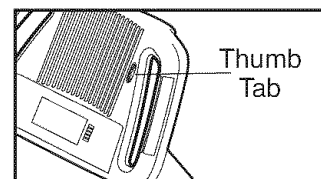
Next, hold the handgrip pulse sensor with your palms resting on the contacts. When your pulse is detected, the heart-shaped indicator in the lower half of the display will flash each time your heart beats, and your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for about 30 seconds. The display will then show your heart rate along with the other modes. If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

#### 6 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off to conserve the batteries.

Slide the thumb tab on the right side of the fan to adjust the angle of the fan.



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

If the pedals are not moved for a few seconds, the time will begin to flash and the console will pause.

If the pedals are not moved for a few minutes, the console will turn off and the display will be reset.

## HOW TO USE A PULSE PROGRAM

Pulse program 1 is designed to keep your heart rate within a set range during your workout. Pulse program 2 is designed to keep your heart rate near a target heart rate setting that you select.

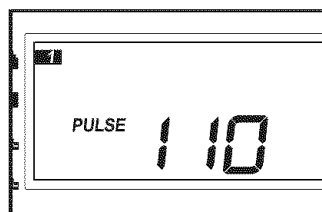
Follow the steps below to use a pulse program.

### 1 Turn on the console.

See step 1 on page 8.

### 2 Select a pulse program.

To select pulse program 1 or 2, press the Program/Manual button repeatedly until the number 1 or 2 appears along the left side of the display.



### 3 Enter a target heart rate.

If **pulse program 1 is selected**, the maximum target heart rate setting for the program will flash in the display (see the drawing above). Press the Increase and Decrease buttons to change the setting, if desired (see **EXERCISE INTENSITY on page 13**). If the maximum target heart rate setting is increased or decreased, the intensity level of the entire program will increase or decrease.

If **pulse program 2 is selected**, the target heart rate setting for the entire program will flash in the display. Press the Increase and Decrease buttons to change the setting, if desired (see **EXERCISE INTENSITY on page 13**).

### 4 Hold the handgrip pulse sensor.

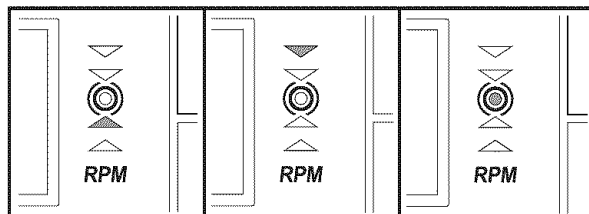
It is not necessary to hold the handgrip pulse sensor continuously during a pulse program; however, you must hold the handgrip pulse sensor frequently. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrip pulse sensor, the letters PLS will appear in the display instead of your heart rate.

### 5 Begin pedaling to start the program.

**Pulse program 1** is 30 minutes long, and is divided into several time periods of different lengths. One target heart rate is programmed for each period. **Pulse program 2** is sixty minutes long (you may choose to use only part of the program). The same target heart rate is programmed for the entire program.

During the program, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Note: If the resistance level is too high or too low, you can override it by pressing the Increase and Decrease buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance may automatically change.

After the first minute of the program, the pace guide will help you to maintain a steady pedaling pace. When one of the two lower indicator lights, increase your pace; when one of the two upper indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in pulse program 1, or the elapsed time in pulse program 2. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

### 6 Monitor your progress with the display.

See step 4 on page 9.

**7 Turn on the fan if desired.**

See step 6 on page 9.

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

See step 7 on page 9.

**HOW TO USE A PRESET PROGRAM**

Preset programs 3 and 4 automatically change the resistance of the pedals and prompt you to increase or decrease your pedaling pace as they guide you through effective workouts. The profiles printed on the left side of the display show how the resistance level and the target pace will change during the preset programs.

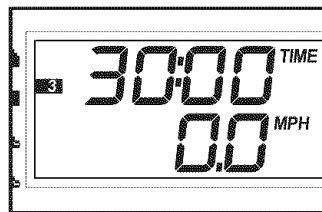
Follow the steps below to use a preset program.

**1 Turn on the console.**

See step 1 on page 8.

**2 Select a preset program.**

To select preset program 3 or 4, press the Program/Manual button repeatedly until the number 3 or 4 appears along the left side of the display. When a preset program is selected, the display will show how long the program will last.



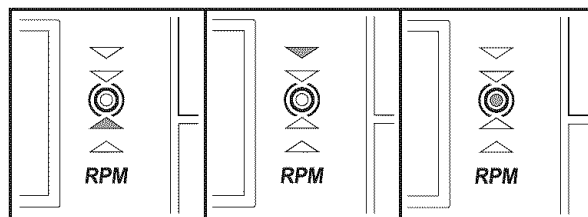
**3 Begin pedaling to start the program.**

Each preset program consists of several time periods of different lengths. One resistance level and one target pace are programmed for each period.

At the end of each period of the program, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then

automatically change to the resistance level that is programmed for the next period. Note: If the resistance level is too high or too low, you can override it by pressing the Increase and Decrease buttons. However, when the current period ends, the resistance level will automatically change if a different resistance level is programmed for the next period.

During the program, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the two lower indicators lights, increase your pace; when one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

**4 Monitor your progress with the display.**

See step 4 on page 9.

**5 Measure your heart rate if desired.**

See step 5 on page 9.

**6 Turn on the fan if desired.**

See step 6 on page 9.

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

See step 7 on page 9.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

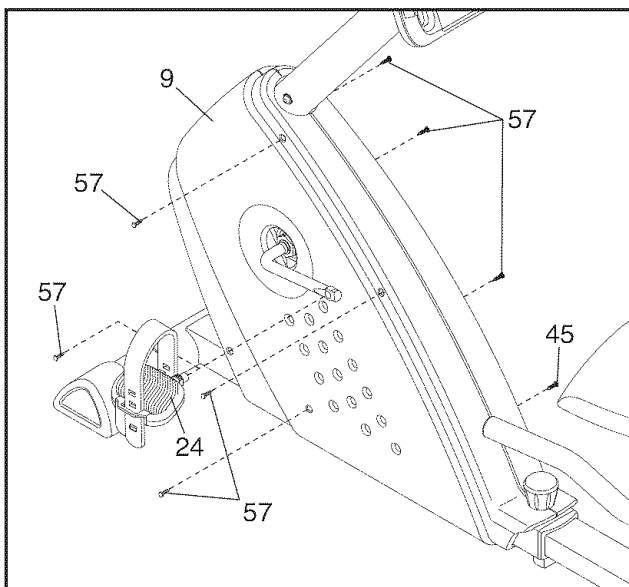
To clean the exercise cycle, use a damp cloth and a small amount of liquid dish soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## BATTERY REPLACEMENT

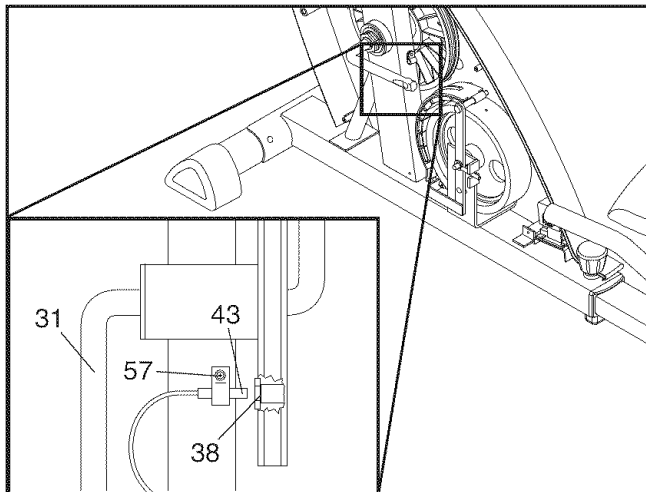
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 6.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (9). Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the seven M4 x 16mm Screws (57) and the M4 x 25mm Screw (45). Then, carefully remove the Left Side Shield.



With the left side shield removed, locate the Reed Switch (43). Turn the Crank (31) until the Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (57). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



## HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 9.

# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**⚠ 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.

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.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle of your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. 831.21521.0

R0405A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	1	Crank Bearing Assembly
2	1	Rear Frame	36	1	Upper Wire Harness
3	1	Front Stabilizer	37	2	Bearing
4	1	Rear Stabilizer	38	1	Magnet
5	1	Backrest	39	2	Tension Bolt
6	1	Handlebar	40	1	Tension Bracket
7	2	Seat Frame	41	1	M8 Washer
8	1	Seat Frame Top	42	1	Flywheel Washer
9	1	Left Side Shield	43	1	Reed Switch/Wire
10	1	Right Side Shield	44	2	Handlebar Endcap
11	2	Stabilizer Endcap	45	3	M4 x 25mm Screw
12	1	Seat	46	1	Resistance Cable
13	1	Upright	47	1	Return Spring
14	1	Front Bushing	48	4	M6 x 38mm Button Screw
15	1	Rear Bushing	49	4	M6 x 42mm Button Screw
16	1	Console	50	3	M4 x 16mm Flat Head Screw
17	1	Adjustment Knob	51	4	M10 x 75mm Carriage Bolt
18	2	Wheel	52	4	M4 x 16mm Round Head Screw
19	2	Wheel Cap	53	1	5mm Spacer
20	1	Frame Pad	54	2	M8 x 70mm Button Bolt
21	1	Frame Stop	55	8	M6 Washer
22	1	Reed Switch Clamp	56	1	M8 x 20mm Button Bolt
23	1	C-magnet Bracket	57	12	M4 x 16mm Screw
24	1	Left Pedal	58	4	M5 Washer
25	1	Left Pedal Strap	59	5	M8 Split Washer
26	1	Right Pedal	60	5	M8 Nylon Locknut
27	1	Right Pedal Strap	61	6	M6 Nut
28	1	Resistance Motor	62	2	M8 Jam Nut
29	1	Flywheel Axle	63	4	M10 Nylon Locknut
30	1	Belt	64	1	M6 x 38mm Bolt
31	1	Pulley/Crank	65	1	Lower Wire Harness
32	1	C-magnet	#	1	User's Manual
33	3	M8 x 25mm Button Screw	#	2	Allen Wrench
34	1	Flywheel			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. **If a part is missing, call toll-free 1-888-533-1333.** See the back cover of this manual for information about ordering replacement parts.



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