

PRO-FORM[®] CROSS WALK

DUAL • MOTION • CROSS • TRAINER

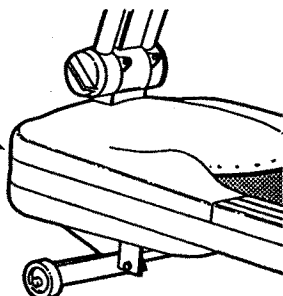
SEARS[®]

Model No. 831.297311

Serial No. _____

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

Serial
Number
Decal



EXERCISE
EQUIPMENT

QUESTIONS

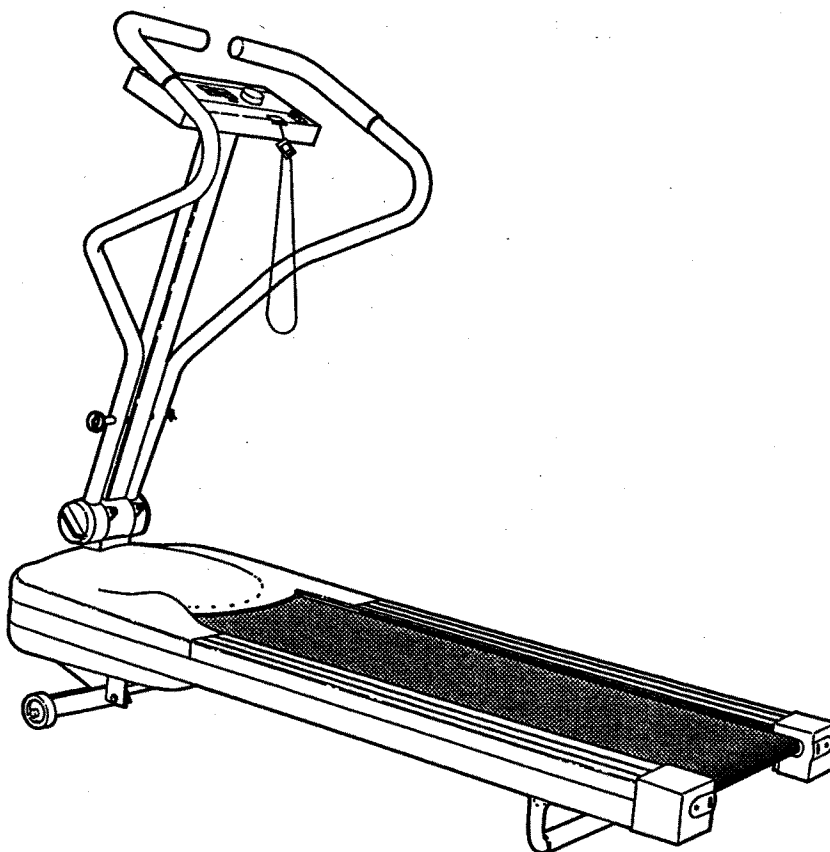
HELPLINE!

1-800-736-6879

▲ CAUTION:

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

OWNER'S MANUAL



SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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FULL 90 DAY WARRANTY

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, SEARS will, free of charge, repair or replace and install a replacement part for any defective part, when the CROSS WALK is used in a normal manner.

This warranty does not apply when the CROSS WALK is used for commercial or rental purposes.

SERVICE IS AVAILABLE SIMPLY BY CONTACTING YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

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

**SEARS, ROEBUCK AND CO., DEPT. 817WA,
HOFFMAN ESTATES, IL 60179**

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the CROSS WALK.

1. Place the CROSS WALK on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the CROSS WALK near water, outdoors or on a surface that blocks any air openings. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
2. To connect the power cord (see PLUGGING IN THE POWER CORD on page 6), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length, with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the CROSS WALK is not working properly. (See BEFORE YOU BEGIN on page 4 if one of these conditions exists.)
4. Wear appropriate clothing when exercising. Never wear loose clothing that could become caught in the CROSS WALK. *Always wear athletic shoes; never use the CROSS WALK with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. Never start the CROSS WALK while you are standing on the walking belt. Always hold the upper body arms while exercising on the CROSS WALK.
6. To reduce the possibility of the CROSS WALK overheating, never operate the CROSS WALK continuously for longer than 1 hour.
7. The CROSS WALK should be used only by persons weighing 250 pounds or less. Never allow more than one person on the CROSS WALK at a time.
8. Use the CROSS WALK only as described in this manual.
9. Keep small children away from the CROSS WALK at all times. Never leave the CROSS WALK unattended while the walking belt is moving. Always remove the safety key when the CROSS WALK is not in use.
10. Never drop or insert any object into any opening.
11. The CROSS WALK is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
12. Unplug the power cord before performing any of the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.

⚠ 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 the CROSS WALK. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of the CROSS WALK.

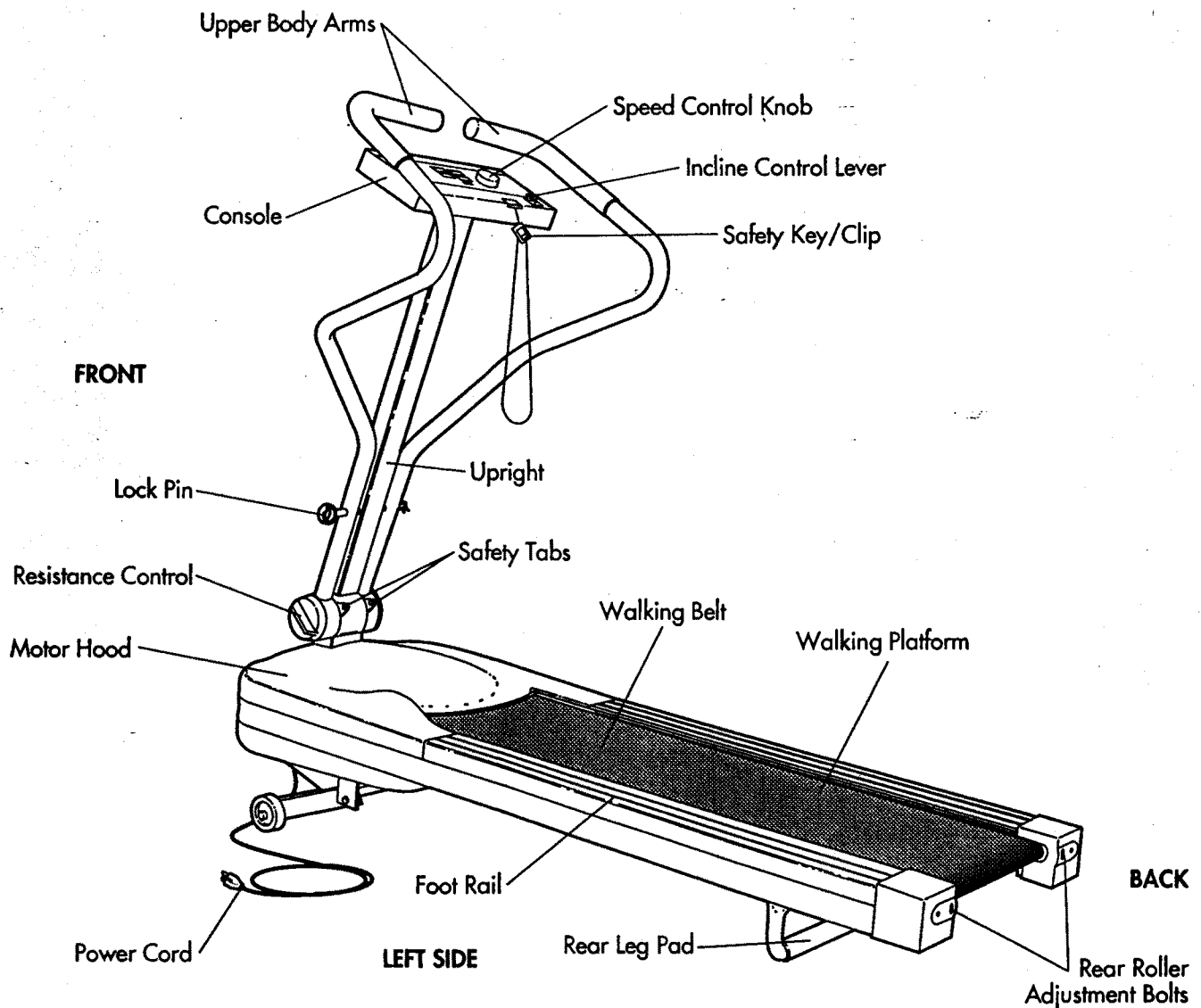
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® CROSS WALK Dual Motion Cross Trainer. The CROSS WALK combines the best features of today's most popular home exercise equipment in one compact unit. The natural motion and versatility of treadmills have made them the most popular way to get an effective lower body and cardiovascular workout. Now with the dual motion design of the CROSS WALK, you can get a complete upper body workout as well. And the adjustability of the CROSS WALK allows every user to work at their own level. Whether you are a beginner or a seasoned athlete, you'll enjoy the performance and uncompromising quality that only the CROSS WALK offers.

For your benefit, read this manual carefully before using the CROSS WALK. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.297311. The serial number can be found on a decal attached to the CROSS WALK (see the drawing on the front cover for the location of the decal).

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

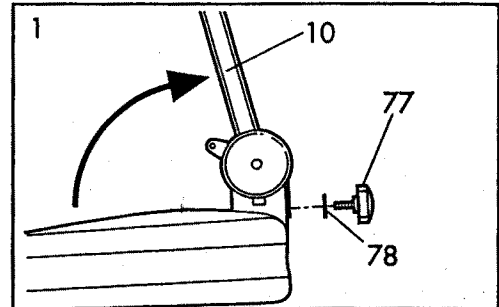


4 Note: The rear leg pad may mark some types of linoleum. Mild household cleaning agents will remove any marks.

ASSEMBLY

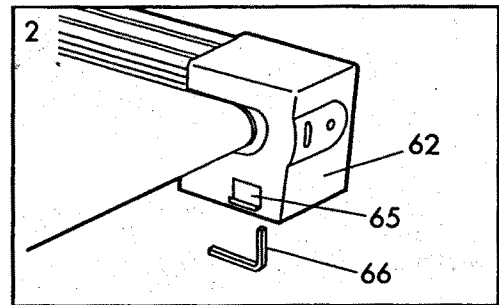
The CROSS WALK is shipped in the compact stowaway position. Set the CROSS WALK in a cleared area and remove all packing materials. **Make sure that all parts have been removed before you dispose of the packing materials.** Follow the instructions below to convert the CROSS WALK to the operating position. No tools are required.

1. Raise the Upright (10) to the vertical position. Slide the Lock Knob Washer (78) onto the Lock Knob (77). Tighten the Lock Knob into the Upright.



2. Remove the paper backing from the Wrench Clip (65). Press the Wrench Clip onto the Right Roller Bracket (62) in the indicated location. Press the Allen Wrench (66) into the Wrench Clip.

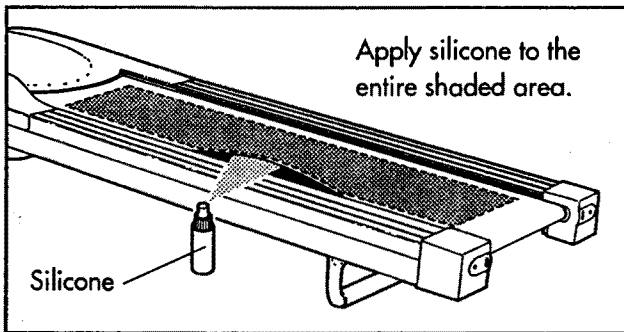
Make sure that all parts are tightened securely before using the treadmill. **Note: To protect the floor, a covering should be placed under the treadmill.**



OPERATION AND ADJUSTMENT

APPLYING SILICONE LUBRICANT

To reduce the friction of the walking belt and minimize wear, a non-oil, non-petroleum-base silicone lubricant must be applied to the walking platform before the CROSS WALK is used. **WITH THE POWER CORD UNPLUGGED**, lift each side of the walking belt and spray lubricant generously onto the area shaded in the drawing below. Reapply lubricant after every ten hours of use, or whenever performance decreases. Lubricant is available at hardware and automotive stores. Uni•Sport™ spray is recommended.



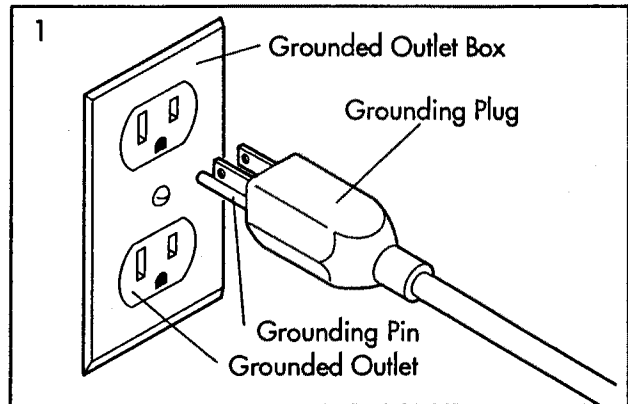
PLUGGING IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

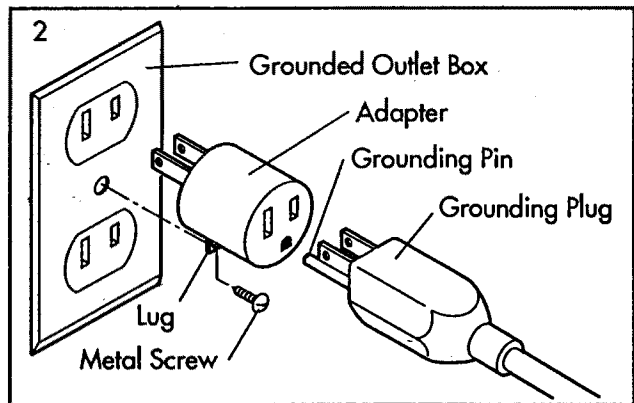
▲ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and

has a grounding plug as shown in Drawing 1 below.



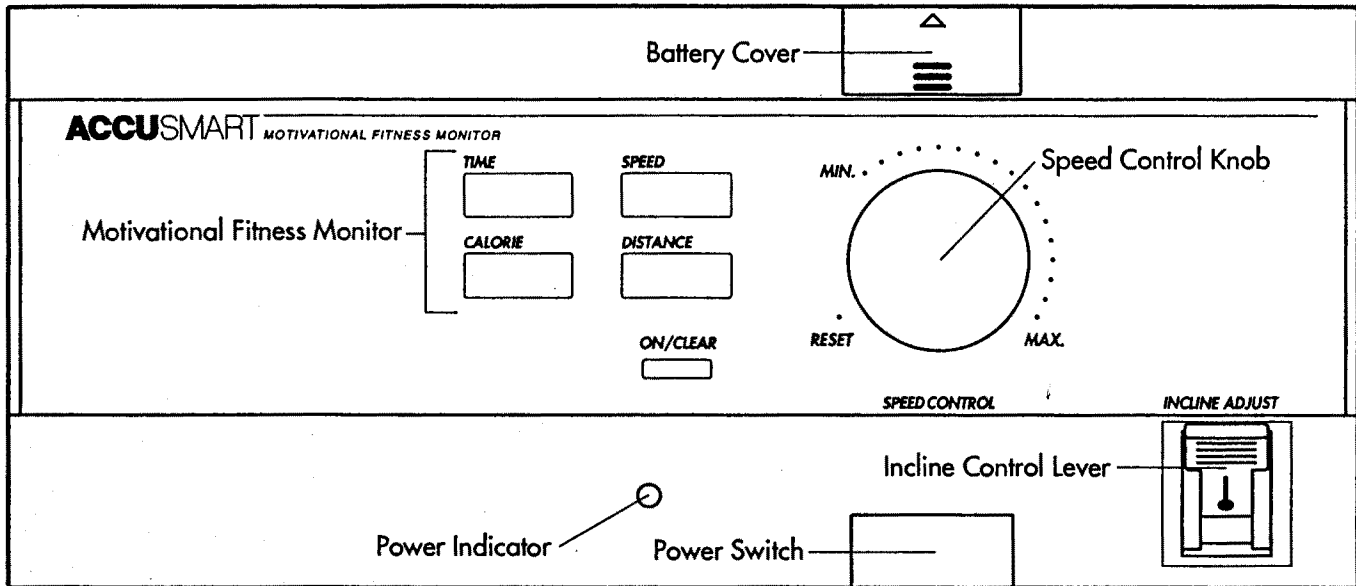
A temporary adapter like the adapter shown in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green-colored ear, lug, or the like extending from the adapter **must** be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it **must** be held in place by a metal screw.

Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.

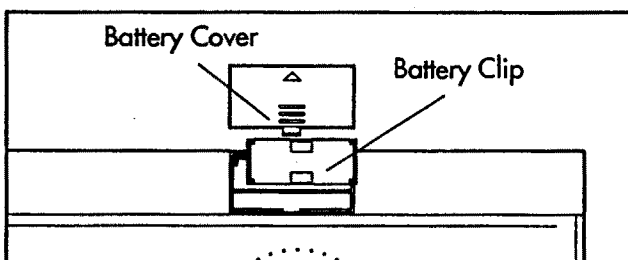
DIAGRAM OF THE CONSOLE



The CROSS WALK features the innovative ACCUSMART console, designed to help you get the most from your workouts. The ACCUSMART console offers electronic speed control, finger-touch incline control and a motivational fitness monitor with four independent displays. Please read the instructions below before operating the console. **Note: If there is a sheet of clear plastic on the face of the console, remove it before operating the console.**

INSTALLING BATTERIES

The motivational fitness monitor requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover open. Remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries should be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.



TURNING ON THE POWER

Step onto the foot rails of the CROSS WALK and hold the upper body arms. (See OPERATING THE UPPER

BODY ARMS on page 8.) Locate the clip attached by a cord to the safety key. Slide the clip onto your waistband.

CAUTION: Do not stand on the walking belt while turning on the power. Always wear the clip while operating the CROSS WALK.

Insert the safety key into the power switch. The power indicator will light. The four displays of the motivational fitness monitor will not appear until the ON/CLEAR button is pressed or the walking belt begins to move. (See CONTROLLING THE SPEED OF THE WALKING BELT below.) Note: If batteries were just installed, the four displays will appear already.

CONTROLLING THE SPEED OF THE WALKING BELT

For your safety, the walking belt will be motionless each time the power is turned on. To start the walking belt, first turn the speed control knob to the "RESET" position. Next, turn the knob slowly clockwise until the walking belt begins to move at slow speed.

CAUTION: After the knob is turned, there will be a brief pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the CROSS WALK.

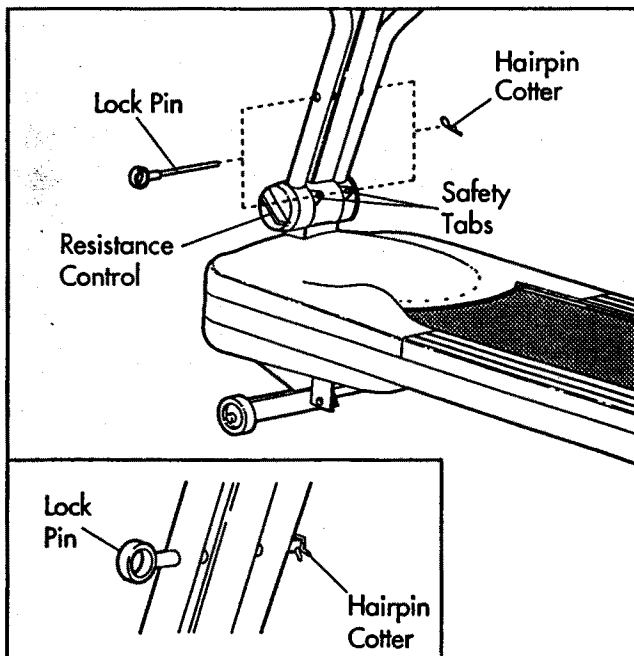
Step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to the "RESET" position.

CHANGING THE INCLINE

To vary the intensity of your exercise, the incline of the CROSS WALK can be changed using the lever on the right side of the console. To increase the incline, **stand toward the back of the foot rails** and pull back the lever until the desired incline is reached. To decrease the incline, **stand toward the front of the foot rails**, lean forward, and pull back the lever. You may need to raise and lower the treadmill several times to break in the incline shock. **CAUTION: Do not change the incline while you are walking or running on the CROSS WALK.**

OPERATING THE UPPER BODY ARMS

The upper body arms can be used in either the stationary position or the dual motion position. To use the upper body arms in the stationary position, insert the lock pin through the arms and the upright (see the drawing below). *Important: If it is difficult to insert the lock pin, do not hit the end of the lock pin; twist each upper body arm slightly in order to align the holes. Do not twist the upper body arms too far or the treadmill may be damaged.* Firmly tighten the resistance control. Insert the hairpin cotter through the hole in the end of the lock pin (see the inset drawing.)



To use the upper body arms in the dual motion position, first make sure the resistance control is tightened. Remove the lock pin from the upper body arms and the upright, and insert it through the safety tabs at the base of the upright. Insert the hairpin cotter into the lock pin.

In the dual motion position, you can move the arms forward and back as you walk or run, exercising your arms, back and shoulders for a total body workout. To tailor the intensity of your exercise, the resistance of the arms can be changed. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the control counterclockwise.

CAUTION: Always insert the lock pin through the safety tabs when using the upper body arms in the dual motion position. If you fall while exercising, the lock pin will limit the downward movement of the arms. When the lock pin is inserted through the safety tabs, do not lean on the upper body arms or the lock pin may be damaged. If the hairpin cotter is not attached to the lock pin as instructed, the lock pin may slip out, resulting in injury to the user.

OPERATING THE MOTIVATIONAL FITNESS MONITOR

The four displays of the motivational fitness monitor are designed to provide you with instant exercise feedback. To reset the displays, press the ON/CLEAR button. The four displays are described below:

TIME—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

CALORIE—This display shows the approximate number of nutritional Calories that you have burned.

SPEED—This display shows the current speed of the walking belt, in miles per hour.

DISTANCE—This display shows the total distance that you have walked or run, in miles.

Note: If the walking belt is stopped and remains stationary for about five minutes, the four displays of the motivational fitness monitor will be reset and will darken, although the power will remain on. The four displays will appear again when the ON/CLEAR button is pressed, or the walking belt is restarted.

TURNING OFF THE POWER

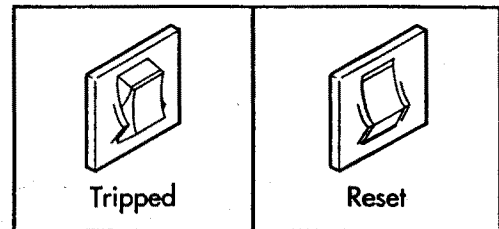
To turn off the power, remove the safety key from the console. The power indicator will darken. **Store the safety key in a secure location.**

TROUBLE-SHOOTING AND MAINTENANCE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our toll-free HOTLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged in properly. (See PLUGGING IN THE POWER CORD on page 6.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- b. Make sure that the safety key is inserted fully into the console. Turn the speed control knob to the "reset" position. (See DIAGRAM OF THE CONSOLE on page 7.)
- c. Check the circuit breaker located on the front of the frame. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the CROSS WALK to cool for five minutes, and then push the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Make sure that the power cord is plugged in.
- b. Check the circuit breaker located on the front of the frame. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, allow the CROSS WALK to cool for five minutes, and then push the switch back in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console. Turn the speed control knob to the "RESET" position.

3. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

- a. Check the batteries in the console. (See INSTALLING BATTERIES on page 7.) Most problems are the result of drained batteries.

4. SYMPTOM: THE CROSS WALK DOES NOT INCLINE

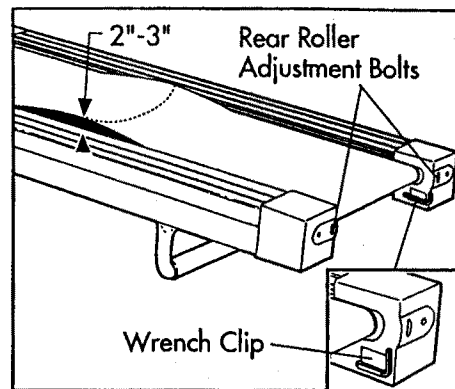
- a. Stand at the back of the foot rails while increasing the incline. Stand at the front of the foot rails and lean forward while decreasing the incline. You may need to raise and lower the treadmill several times to break in the incline shock. (See CHANGING THE INCLINE on page 8.)

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Silicone lubricant must be applied to the walking platform before the CROSS WALK is used. Lubricant should be reapplied after every 10 hours of use, and whenever a decrease in performance is noticed. (See APPLYING SILICONE LUBRICANT on page 6 for application instructions.) Uni•Sport silicone spray is recommended. **CAUTION: ALWAYS UNPLUG THE POWER CORD WHEN APPLYING LUBRICANT.**

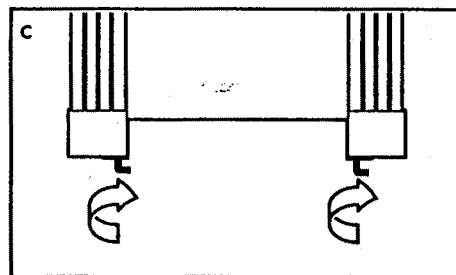
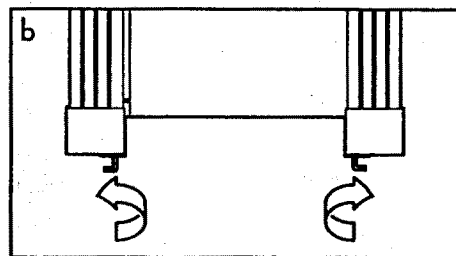
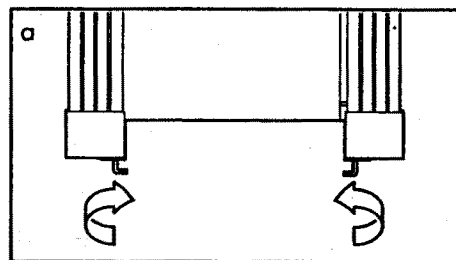
- b. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

- c. If the walking belt is overtightened, performance may be reduced and the walking belt permanently damaged. **UNPLUG THE POWER CORD.** Using the allen wrench included, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the tension of the walking belt is correct, you should be able to lift each side of the walking belt 2-3 inches; the center of the walking belt should just touch the surface of the walking platform. Be sure to keep the walking belt centered. Run the treadmill for a few minutes. Repeat until the tension of the walking belt is correct. **Note: Store the allen wrench in the handy wrench clip.**



6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS

- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the belt is centered.
- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the belt is centered.
- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD.** Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2-3 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



7. SYMPTOM: IT IS DIFFICULT TO INSERT OR REMOVE THE LOCK PIN

- a. If it is difficult to insert the lock pin, **do not hit the end of the lock pin**; twist each upper body arm slightly in order to align the holes. Do not twist the upper body arms too far or the treadmill may be damaged.

STORAGE

Before converting the **CROSS WALK** to the stowaway position, turn the resistance control (see the drawing on page 8) counterclockwise until the control turns freely. Next, unplug the power cord. Remove the lock knob and washer from the upright and lay the upright and the upper body arms on the walking belt. Keep the lock knob and washer in a secure location.

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 individuals over the age of 35 or individuals with pre-existing health problems.

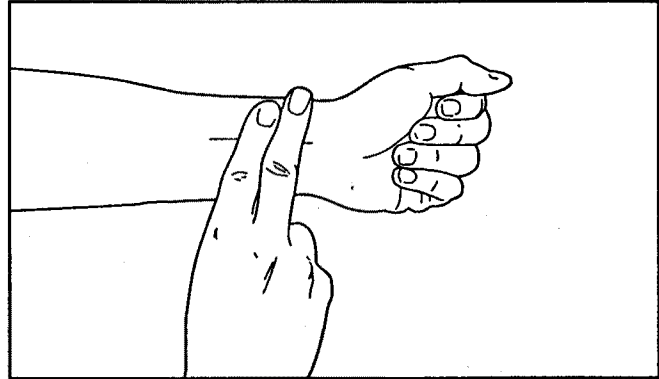
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training

zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and



multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems.

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. The key to success is **CONSISTENCY**.

WORKOUT GUIDELINES

A well-rounded workout develops the heart, muscles and body composition by including the following phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains. (See SUGGESTED STRETCHES on page 13.)

A cardiovascular phase, including 20–30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5–10 minutes of activity similar to that of the warm-up phase. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise often carries through the day to help increase productivity in other areas. For some, exercising before dinner initiates a period of winding down from the day's activities. Whatever time you choose, be consistent and stick with it.

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 CONSISTENCY.

WORKOUT ATTIRE

Exercise clothing should be comfortable and allow unrestricted movement. Do not wear rubberized or plastic

clothing that can interfere with the evaporation of sweat from your skin. Always wear athletic shoes that are flexible and provide good protection and support.

ADDITIONAL SUGGESTIONS

Creating a more active lifestyle, in addition to establishing a regular exercise program, will help you to achieve your fitness goals. It's easy to improve your lifestyle by making a few changes in your daily routine:

Keep yourself moving throughout the day. Use the stairs instead of the elevator. Park a half mile away from work or get off the bus a couple of blocks before your stop and walk the remaining distance.

Increase midday productivity, creativity and energy by replacing a heavy lunch with a light meal. Spend the extra time in physical activity such as walking.

Substitute manually-operated devices for automatic equipment such as lawn-care machinery, power tools and snow removers.

Stop smoking; smoking nearly doubles the risk of coronary heart disease. (Framington Heart Study)

Reduce or eliminate alcohol consumption. Alcohol is a major cause of liver problems and other health disorders. (Office of Disease Prevention and Health Promotion)

Reduce your intake of fat. Less than 30% of the calories you consume each day should come from fat. Excessive fat consumption has been linked to numerous causes of death, including heart disease and cancer.

Know and keep a record of your cholesterol level, blood pressure and other health information. Keep your blood pressure below 140/90; keeping it below 125/85 is preferable.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

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.

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 both legs.

Stretches: Hamstrings, lower back and groin.

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 both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

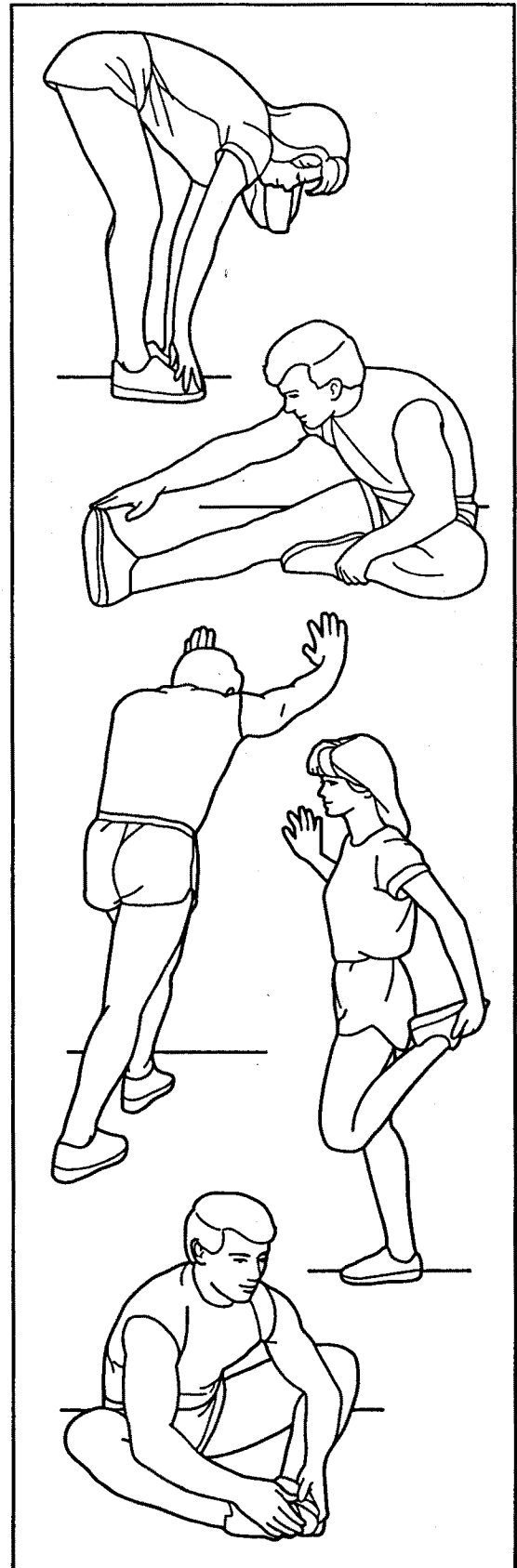
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

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. 831.297311

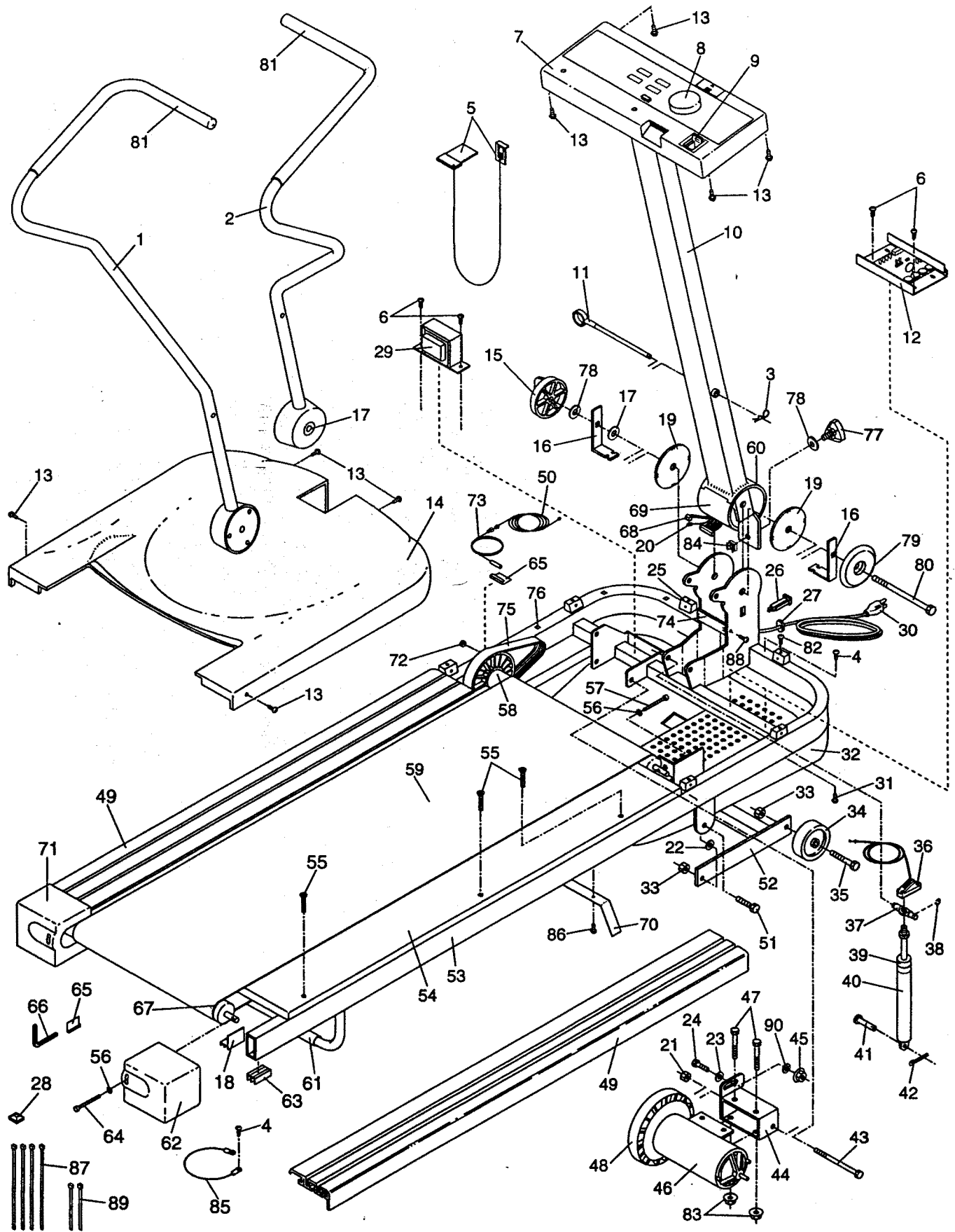
R595A

Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	122635	1	Left Upper Body Arm/Foam/Housing	48	108276	1	Pulley/Flywheel/Fan
2	122636	1	Right Upper Body Arm/Foam/Housing	49	122637	2	Foot Rail
3	015044	1	Hairpin Cotter	50	118332	1	Reed Switch Extension Wire
4	013162	3	Switch Screw/Ground Screw	51	121446	2	Incline Leg Bolt
5	114575	1	Safety Key/Clip	52	121109	1	Incline Leg
6	120866	6	Screw	53	NSP	1	Frame
7	114363	1	Console	54	122590	1	Walking Platform
8	110000	1	Speed Control Knob	55	100691	6	Platform Screw
9	118173	1	Incline Control Lever	56	014127	3	Roller Adjustment Washer
10	121266	1	Upright	57	112609	1	Front Roller Adjustment Bolt
11	121544	1	Lock Pin	58	122594	1	Front Roller/Pulley
12	109786	1	Controller	59	122591	1	Walking Belt
13	108404	12	Hood Screw	60	121267	1	Upright Cover, Long
14	122641	1	Motor Hood w/Decal	61	110407	1	Rear Leg Pad
15	116693	1	Resistance Control	62	121324	1	Right Endcap
16	110193	2	Friction Bracket	63	123347	2	Rear Roller Endcap Spacer
17	014086	2	Metal Washer	64	105444	2	Rear Roller Adjustment Bolt
18	113050	2	Rear Roller Spacer	65	016028	2	Wrench Clip
19	112286	2	Friction Plate	66	045010	1	Allen Wrench
20	120856	1	Incline Cable	67	109788	1	Rear Roller
21	012108	1	Motor Pivot Nut	68	116131	1	Power Switch Wire Harness
22	124009	2	Flat Washer	69	121268	1	Upright Cover, Short
23	122812	1	Tension Washer	70	118148	1	Belt Guide
24	013547	1	Tension Bolt	71	121323	1	Left Endcap
25	113106	6	Hood Bracket	72	033066	1	Magnet
26	109382	1	Circuit Breaker	73	118153	1	Reed Switch/Sensor Wire
27	019084	1	Grommet	74	121272	1	Mechanism Cover
28	016017	1	Tie Block	75	106939	1	Belt
29	031238	1	Choke	76	016055	1	Wire Clip
30	031229	1	Power Cord	77	017088	1	Lock Knob
31	013282	8	Motor Pan Screw	78	014156	2	Lock Knob Washer/Control Washer
32	123712	1	Motor Pan	79	121269	1	Friction Cover
33	012056	4	Lock Nut	80	109515	1	Pivot Bolt
34	052014	2	Front Wheel	81	112023	2	Upper Body Arm Foam Grip
35	117806	2	Wheel Bolt	82	101049	6	Hood Bracket Screw
36	118202	1	Shock Release	83	105477	2	Motor Nut
37	115672	1	Shock Bracket	84	111869	1	Cage Nut
38	054016	1	E-Clip	85	122412	1	Ground Wire
39	059019	1	Shock Cushion	86	108080	2	Belt Guide Screw
40	118391	1	Incline Shock	87	016057	4	8" Cable Tie
41	106616	1	Shock Pin	88	109250	2	Cover Screw
42	106334	1	Cotter Pin	89	016029	2	4" Cable Tie
43	107503	1	Motor Pivot Bolt	90	014117	1	Star Washer
44	122632	1	Motor Mount Bracket	#	124762	1	4" Black Wire, Male/Female
45	120867	1	Motor Tension Nut	#	115868	1	12" Pot Extension Wire
46	124100	1	Motor	#	113203	1	6" Cable Loom
47	100994	2	Motor Bolt	#	124520	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.297311

R595A





Model No. 831.297311

QUESTIONS?

If you find that:

- you need help assembling or operating the CROSS WALK
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

1-800-736-6879

Monday-Saturday, 7 am-7 pm
Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

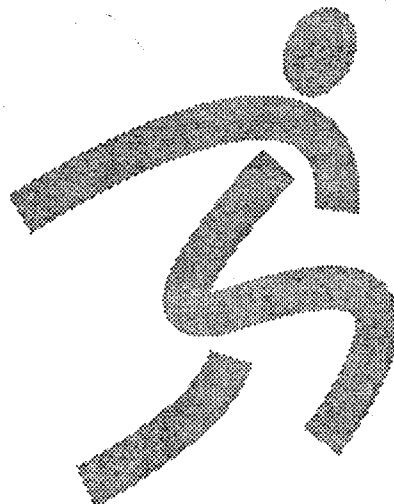
1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your PROFORM® CROSS WALK Dual Motion Cross Trainer are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center or the Service Department of most SEARS Stores. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® CROSS WALK Dual Motion Cross Trainer)
- The MODEL NUMBER OF THE PRODUCT (831.297311)
- The PART NUMBER OF THE PART (see page 14 of this manual)
- The DESCRIPTION OF THE PART (see page 14 of this manual)



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