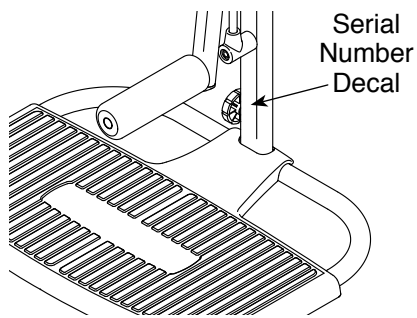




Model No. PFBM11.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

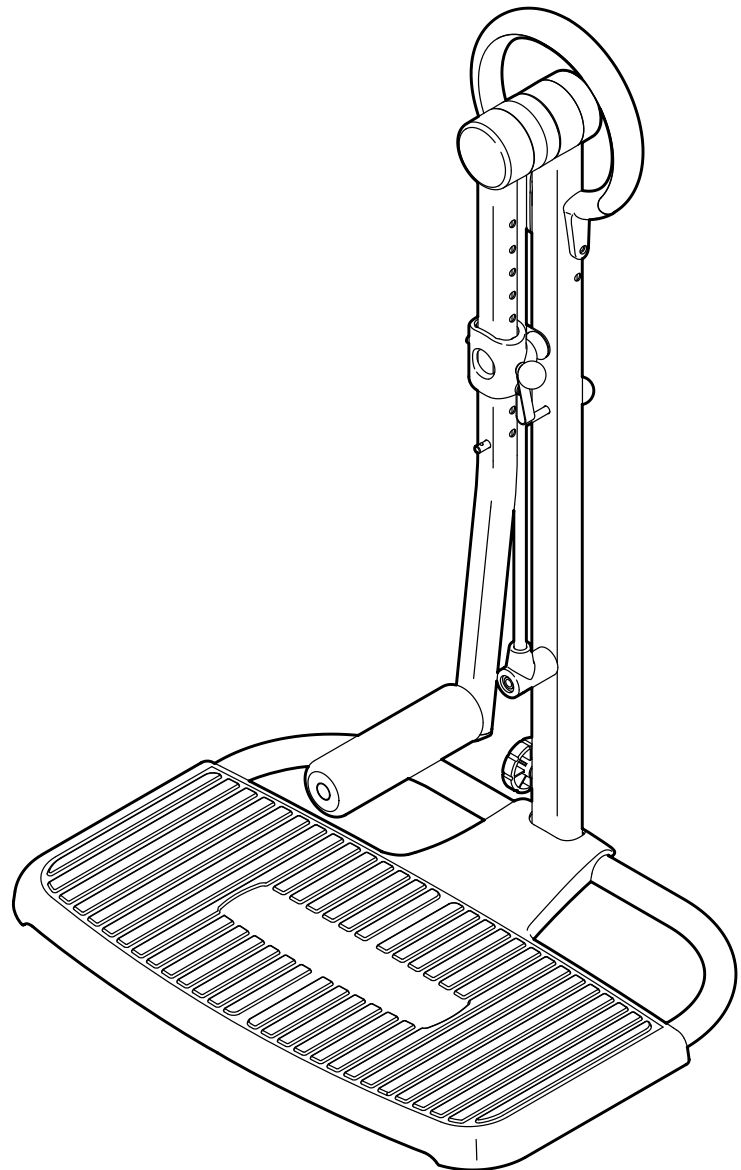
If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

CALL TOLL-FREE:

1-800-288-4802

Mon.-Fri., 6 a.m.-6 p.m. MT

Sat. 8 a.m.-4 p.m. MT



⚠ 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, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

Note: The decal(s) may not be shown at actual size.

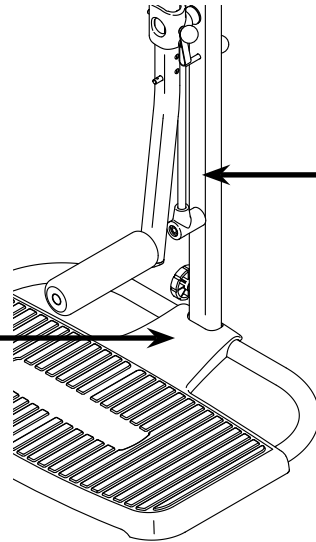
CAUTION

Stand on the platform while doing any exercises.

Do not use this unit from the back or sides.


Do not stand on the leg lever.

Use this product in a controlled manner; do not release the leg lever while the resistance cord is stretched.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on this product before using this product. ICON 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. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
3. Use this product only as described in this manual and in the included DVD.
4. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
5. Keep this product indoors, away from moisture and dust. Do not put this product in a garage or covered patio or near water.
6. Place this product on a level surface, with a mat beneath it to protect the floor or carpet from damage. Make sure that there is enough clearance around this product.
7. Inspect and properly tighten all parts each time you use this product. Replace any worn parts immediately.
8. This product should not be used by persons weighing more than 250 lbs. (113 kg).
9. Keep children under age 12 and pets away from this product at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on this product. Always wear athletic shoes for foot protection while exercising.
11. Always stand on the platform while using this product.
12. Use this product in a controlled manner; do not release the leg lever while the resistance cord is stretched.
13. Do not stand on the leg lever.
14. 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

Thank you for selecting the innovative BOOTY FIRM™ lower body developer. The BOOTY FIRM lower body developer is designed to let you enjoy a variety of fun and effective exercises that firm, tone, and strengthen the body.

For your benefit, read this manual carefully before you use this product. If you have questions after reading this manual, please see the front cover of this manual.

ASSEMBLY

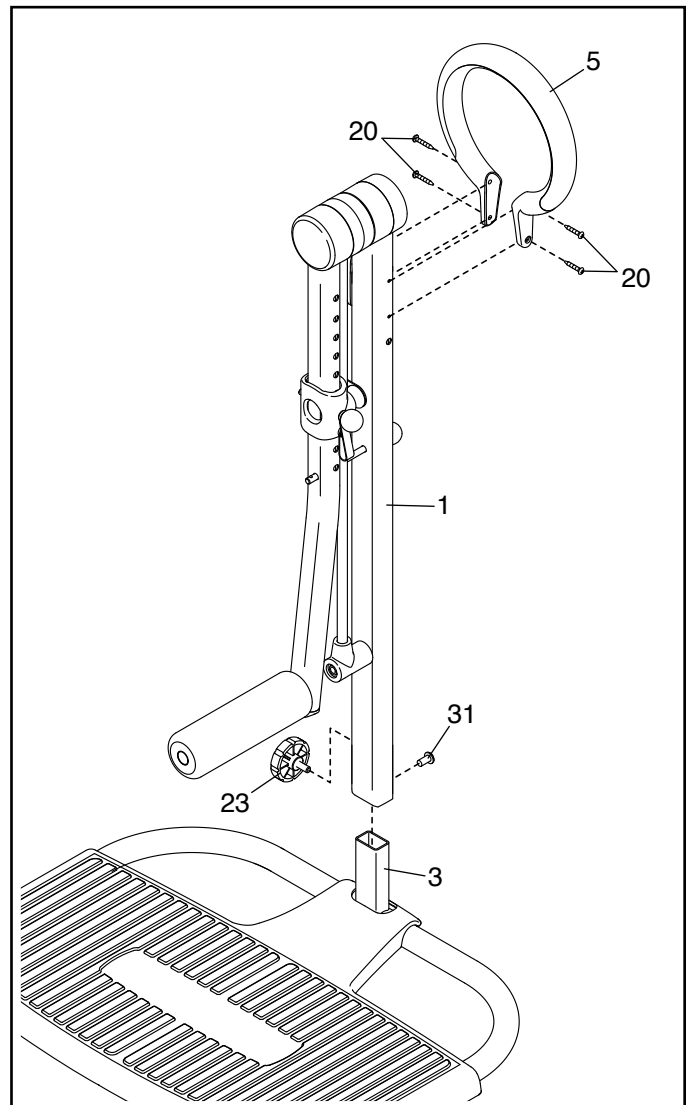
Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires a Phillips screwdriver  . To avoid damaging parts, do not use power tools for assembly.

1. Slide the Upright (1) onto the Base (3). Attach the Upright by tightening the Upright Knob (23) into the Upright and the Base.

Next, secure the Upright (1) by tightening an M8 x 8mm Screw (31) into the Upright and the Base (3). Note: If you plan to periodically remove the Upright for transportation or storage, you may choose not to attach the Screw.

2. Attach the Handle (5) to the Upright (1) with four M4 x 15mm Screws (20).
3. **Make sure that all parts are properly tightened.** Place a mat beneath the Base (3) to protect the floor.

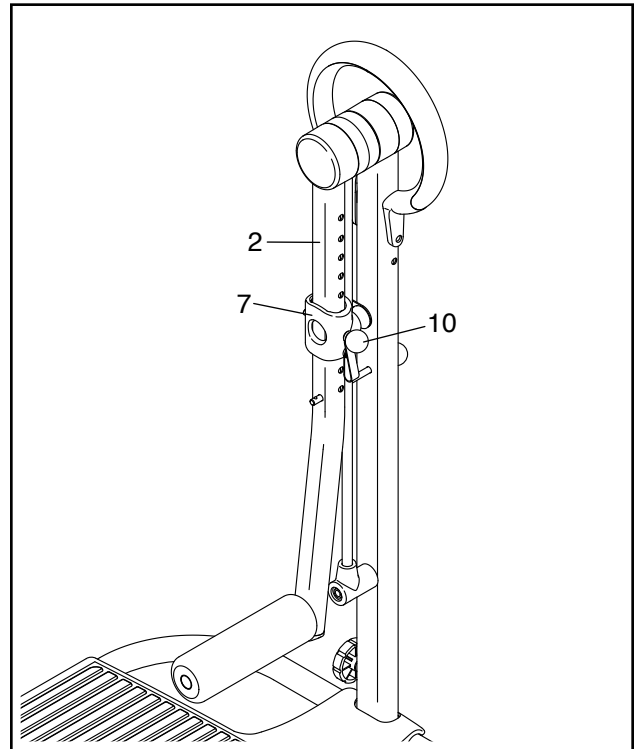


ADJUSTMENT

HOW TO ADJUST THE RESISTANCE

The resistance of the Leg Lever (2) can be adjusted to the desired level.

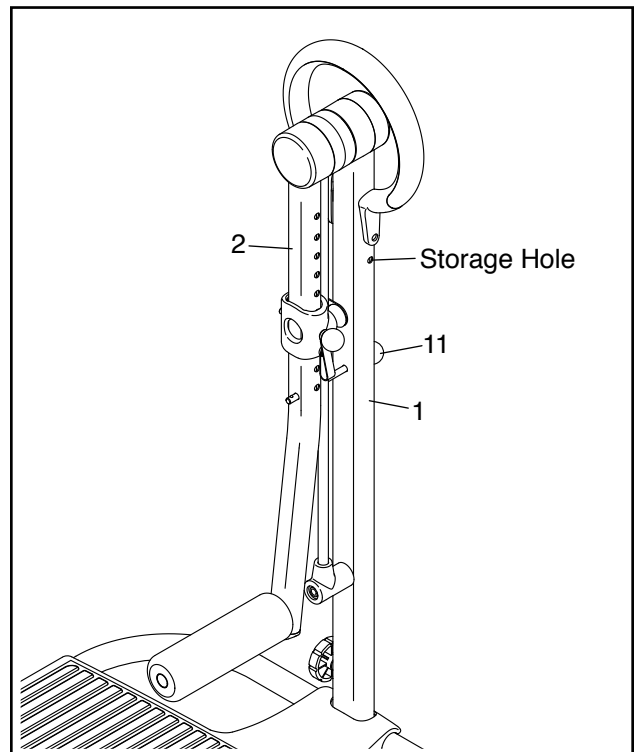
To adjust the resistance, first remove the Adjustment Pin (10). To increase the resistance, slide the Adjustment Bracket (7) downward to the desired position; to decrease the resistance, slide the Adjustment Bracket upward. Then, **fully** insert the Adjustment Pin into the Adjustment Bracket and the Leg Lever (2).



HOW TO LOCK AND UNLOCK THE LEG LEVER

To lock the Leg Lever (2), insert the Lock Pin (11) into the Upright (1) and the Leg Lever as shown at the right.

To use the Leg Lever (2), remove the Lock Pin (11) and insert it into the storage hole in the Upright (1).



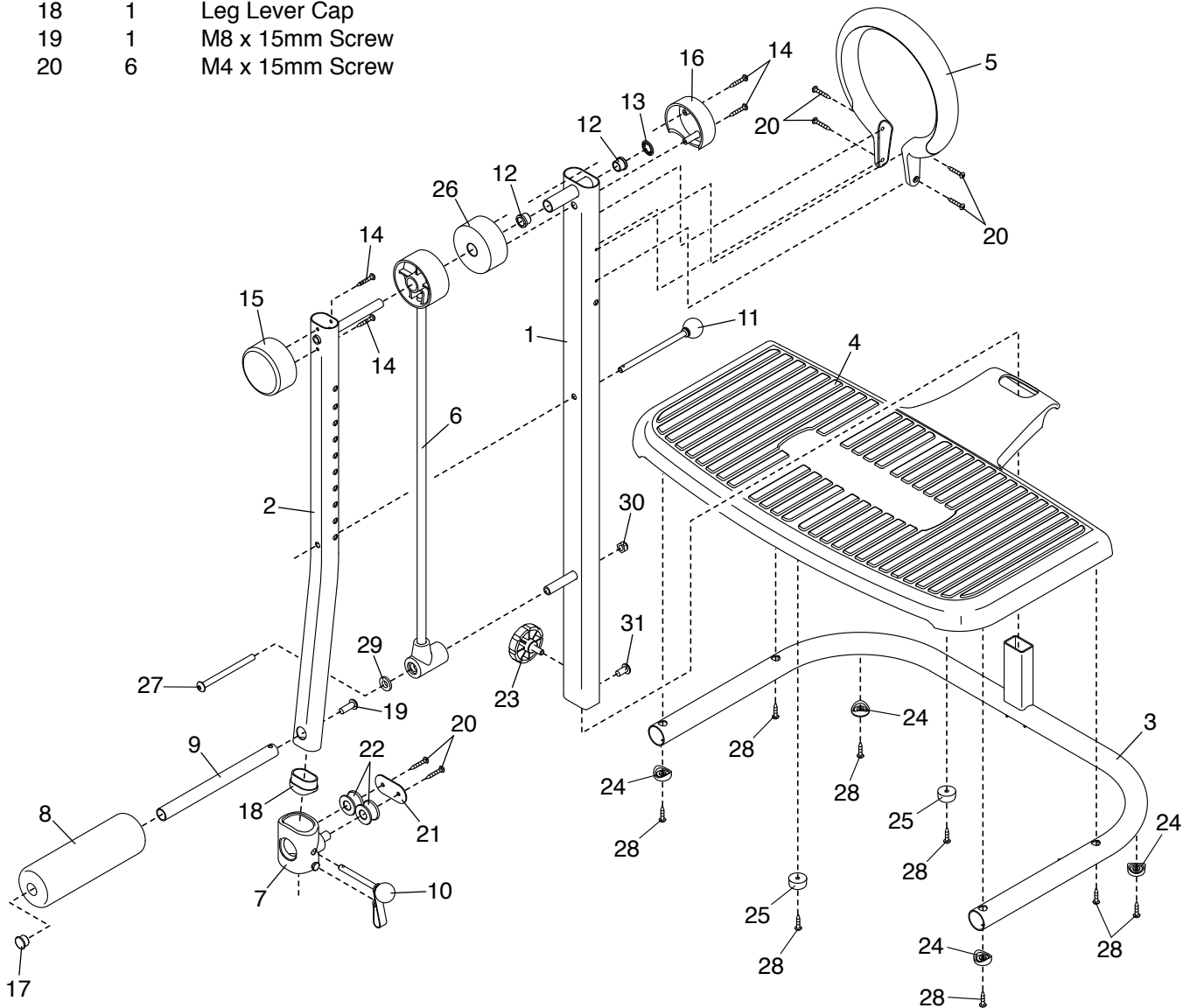
NOTES

PART LIST/EXPLODED DRAWING

Model No. PFBM11.0 R1211B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright	21	1	Pulley Plate
2	1	Leg Lever	22	2	Pulley
3	1	Base	23	1	Upright Knob
4	1	Platform	24	4	Base Foot
5	1	Handle	25	2	Platform Foot
6	1	Resistance Cord	26	1	Upright Spacer
7	1	Adjustment Bracket	27	1	M8 x 105mm Bolt
8	1	Pad	28	8	M4 x 10mm Screw
9	1	Pad Tube	29	1	M8 Washer
10	1	Adjustment Pin	30	1	M8 Locknut
11	1	Lock Pin	31	1	M8 x 8mm Screw
12	2	Upright Bushing	*	-	User's Manual
13	1	Push Nut			
14	4	M3 x 15mm Screw			
15	1	Leg Lever Cover			
16	1	Upright Cover			
17	1	Pad Tube Cap			
18	1	Leg Lever Cap			
19	1	M8 x 15mm Screw			
20	6	M4 x 15mm Screw			

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



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

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

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

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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