

All American Kid



NordicTrack
FITNESS for **KIDS**

Owner's Manual

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The following pages contain important information. Please read this entire manual before you use your All-American Kid exerciser. Parents, do not allow your son or daughter to assemble or begin to use the machine without direct adult supervision.

CAUTION: The All-American Kid is designed and intended for children who are at least 8 years old. The machine should be assembled by adults only. Children should not begin to use the machine without direct adult supervision. Keep other children away from the moving parts of the machine while it is in use. Failure to follow the manual instructions or misuse of this product may result in serious injury.

For faster service when calling our Customer Service Department, please record your customer numbers here. These numbers are located on your packing slip.

Customer number: _____

Invoice number: _____

Date of purchase: _____

Welcome to the All-American Kid ski exerciser

Welcome to the world's best aerobic exerciser for kids!

The company that's shaping up America now has a NordicTrack® ski exerciser that's built just for your child. The All-American Kid™ ski exerciser will provide your son or daughter with the same BIG results as our standard-sized models.

The All-American Kid exerciser improves coordination, strengthens and tones muscles and helps build a healthy heart and strong lungs. In addition, your son or daughter will learn good fitness habits that will last for a lifetime.

But, before you get started, it's very important that you read all the information in this manual before assembling or trying to use the All-American Kid. We've included a fun Workout Contract on pages 8 and 9 to help keep your child motivated.

Please call our Customer Service Department if you have any questions about the assembly, use or maintenance of your All-American Kid. Our staff will be happy to assist you.

Customer Service Department Hours:

Monday through Friday

7 AM to 8 PM

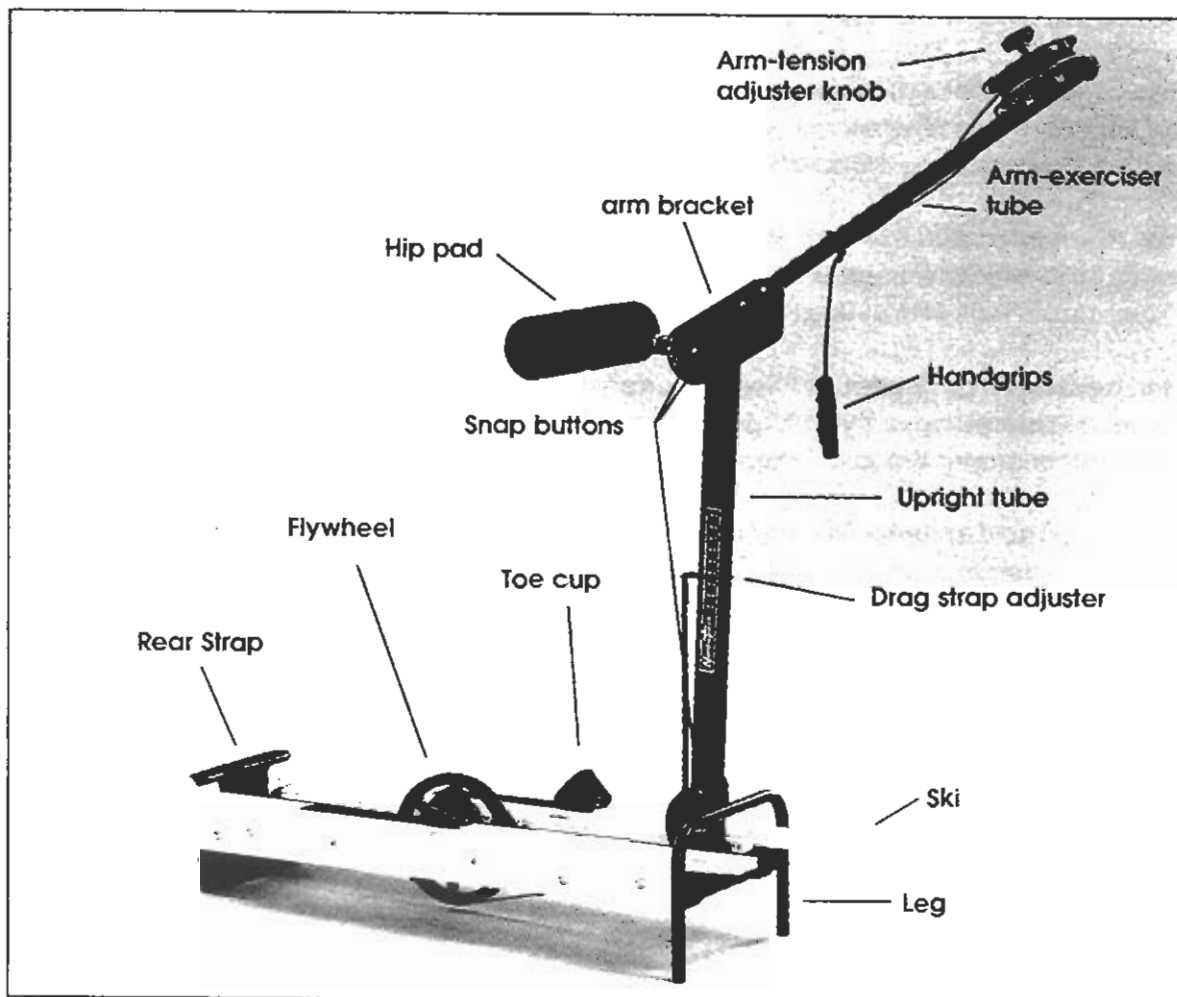
Saturday

8 AM to 4:30 PM

Central time

1-800-553-3099

The All-American Kid



In the box you will find the following:

- All-American Kid exerciser
- Owner's Manual
- Easy-lock pin

Assembly

Caution: The All-American Kid should be assembled by adults only.

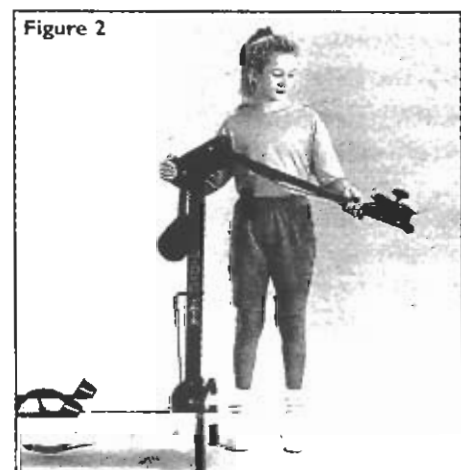


NOTE: We recommend that you unpack your All-American Kid™ ski exerciser where you intend to use it. Please save all packing materials for at least 30 days.

1. Lift the upright tube until the snap buttons lock into place. Check to make sure that the snap buttons are extended on both sides of the frame (Figure 1).



2. Lift the arm-exerciser tube until the snap buttons lock into place. Check to make sure the snap buttons are extended on both sides of the arm bracket (Figure 2).



3. Select a setting for the hip pad and insert the easy lock pin through the holes in the hip pad post and the arm bracket (Figure 3).



NOTE: You can adjust the height of the hip pad when your child is ready to exercise.

4. Set the drag-strap adjuster at "1" and vary the amount of drag strap threaded through the drag-strap adjuster until the strap is tight (Figure 4).



NOTE: The drag strap is adjusted correctly when the spring on the underside of your All-American Kid is just starting to expand when the drag-strap adjuster is set at "1."

If you have any questions, please call our Customer Service Department at 1-800-553-3099.

Using Your All-American Kid

START WITH YOUR LEGS



- Set the drag-strap adjuster anywhere from "2" to "3."
- Move the hip pad so the top of the hip pad is one to two inches below your navel. The hip pad is too high if it presses against your stomach, and it is too low if your legs touch it.
- Stand up straight and hold onto the hip pad. Begin to slide the skis back and forth. Take steps that are no longer than your normal walking stride.
- Lean your body lightly against the hip pad. Keep your weight on your feet — don't lean on the hip pad.
- There will be tension only as you push the skis backward, not as you pull them forward. As you push your foot back, your heel should lift slightly and then go back down as your foot moves forward.
- If you slide away from the hip pad, increase the leg tension by moving the drag-strap adjuster up.

NEXT, ADD YOUR ARMS



- Hold onto the hip pad with your left hand. Begin to swing your right arm alternately with your legs. Your right arm should be forward when your left leg is forward.
- When you are ready, begin to swing both of your arms. Do not use the arm pulleys until you become comfortable with the combined leg and arm-swing motion.
- If you start to slide away from the hip pad, move the drag-strap adjuster up to increase the leg tension. Stand up straight and don't lean over the hip pad.
- The basic idea is to walk while swinging your arms alternately with your legs. Your left arm should be forward when your right leg is forward and your right arm should be forward when your left leg is forward.



NOTE: Take your time getting used to the leg motion and then the combined arm and leg motion BEFORE you begin to use the upper-body exerciser.

CAUTION: To avoid serious injury, small children should be kept away from the exerciser at all times. Keep other children away from the exerciser during use to avoid blows from moving skis or injury from the flywheel or other moving parts.

ADD THE UPPER-BODY EXERCISER



Good! You know the two basic motions needed to use your ski exerciser. You are now ready to add the upper-body exerciser.

- Turn the knob on top of the cord drum to set a resistance level that lets you swing your arms comfortably.
- Begin with the leg motion. Once you get into a good rhythm, add your arms.
- Keep your arms slightly bent and swing them in long, smooth strokes. Try not to let the cord droop as you swing; it should be kept nearly tight.
- Move your arms and legs as if you were walking. Your left leg and right arm should be forward at the same time. Then your right leg and left arm should come forward.



NOTE: Keep your weight on your feet rather than on the hip pad.

Lift your heel as your foot goes backward and bring it down as your foot comes forward.

SOME IMPORTANT THINGS TO REMEMBER

1. Be patient. Do not get discouraged if it takes you a while to get used to the skiing motion. Before long, you will be skiing like a pro!
2. Stay relaxed. Keep your arms and legs slightly bent. Hold the handgrips firmly without clenching your fists.
3. Make sure the resistance is comfortable for you. (Resistance refers to how hard — or how easy — it is to move your arms and legs.)
 - Turn the arm-tension adjuster knob to the right to make it harder to swing your arms. Turn it to the left to make it easier to swing your arms.
 - Lift the drag-strap adjuster up to make it harder to move your legs. Move it down to make it easier to move your legs.
4. Call us if you have questions. We have an entire department to teach you over the phone! They know how to use all the NordicTrack[®] ski exercisers and can give you step-by-step instructions.
5. We recommend that you consult with your doctor before starting any exercise program.

CUSTOMER SERVICE DEPARTMENT HOURS:

Monday through Friday	7 AM to 8 PM
Saturday	8 AM to 4:30 PM
Central time	

1-800-553-3099

STARTER BELT AVAILABLE

If you are having difficulty learning, you may want to try our starter belt. It will hold you securely against the hip pad. Call 1-800-553-3099 to order a starter belt.

Exercise Tips and Programs

This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of the All-American Kid™ ski exerciser.



BENEFITS OF USING YOUR ALL-AMERICAN KID

Your All-American Kid is a total-body exerciser that works both your upper and lower body. Besides exercising your arms and legs, you are working your back, waist and hips. There are many benefits to an exercise that involves your entire body:

- More efficient use of oxygen
- Improved balance and coordination
- Stronger muscles
- Better sports performance

In addition, a regular exercise program will help you feel good about yourself. And, you are learning good fitness habits that will last for the rest of your life!

EXERCISE TIPS

- Stretch before and after you exercise to reduce the risk of injury and muscle soreness. We suggest that you use the stretches on page 7.
- Start and finish your workouts with two to five minutes of slow skiing to help your body adjust to the change in activity.
- Work with your parents to create a system of rewards using the Workout Contract on page 9.

- Keep it fun! Watch your favorite TV program while you exercise or listen to the radio or a book on tape.
- Don't overdo it. Start out by skiing for short periods of time and keep the resistance settings low. You can increase them as you get in better shape.

EXERCISE PROGRAMS

The programs below are recommendations. Depending on how fit you are, you may wish to work out for longer or shorter periods of time. We suggest that you start at the beginner level and work your way up to the intermediate and advanced programs as you are able to do so. Choose a resistance level and speed that are comfortable for you.

BEGINNER

1. Ski slowly for 2 to 5 minutes.
2. Stretch.
3. Ski for 5 to 10 minutes at a faster pace.
4. Ski slowly for 2 to 5 minutes.
5. Stretch.

INTERMEDIATE

1. Ski slowly for 2 to 5 minutes.
2. Stretch.
3. Ski for 11 to 25 minutes at a faster pace.
4. Ski slowly for 2 to 5 minutes.
5. Stretch.

ADVANCED

1. Ski slowly for 2 to 5 minutes.
2. Stretch.
3. Ski for 26 to 40 minutes at a faster pace.
4. Ski slowly for 2 to 5 minutes.
5. Stretch.

Recommended Stretches



Stretch #1 Shoulder

Pull your elbow behind your head. Look straight ahead. Bend slightly at the waist.



Stretch #5 (Low back)

Slowly pull each knee to your chest and hold. Then pull both knees to your chest at the same time.



Stretch #2 Back and shoulder

Pull one elbow across your chest using your free hand to hold your elbow.



Stretch #6 Hamstring

Position your legs as shown in the picture. Bend forward toward the extended leg from the hips.



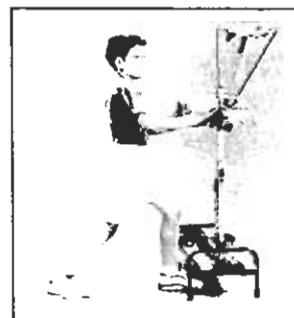
Stretch #3 Quadriceps

Use your right hand to pull your heel slowly upward.



Stretch #7 (Inner thigh)

Put your feet together. Press your knees toward the floor.



Stretch #4 (Calf)

Put one foot flat on the floor behind you. Lean forward using the machine or a wall to maintain your balance.



NOTE: Hold each stretch for 15 to 30 seconds without bouncing. Then repeat the stretch for the other side of your body.

Workout Contract

Getting into a good habit of regular exercise is challenging. You need to plan a workout schedule and then reward yourself when you meet your workout goals.

Use the Workout Contract on page 9, either on your own or with your parents, to help you stay with your All-American Kid™ ski exerciser workout program.

1. Make copies of the contract.
2. At the beginning of the week, fill in the times you plan to work out. You should try to work out at least three times per week, but no more than five times each week. (As you fill out the contract, check your calendar to make sure your workout times won't interfere with other plans, like sports or family activities.)

Example: Todd is starting his program as a beginner. He has a Little League game on Tuesday and is going to see his grand parents for the weekend. He plans to work out for 10 minutes on Monday, Wednesday and Thursday. The best time for him to exercise is at 4 PM when he gets home from school.



NOTE: Set goals that are challenging for you, but not so difficult that you won't be able to achieve them.

3. Sign the contract in the space provided for your signature.
4. Fill in the reward you will give yourself if you succeed, OR ask your parents to agree to reward you for meeting your goals. Together, you can establish a new reward each week, or you can try for a bigger reward if you are successful for an entire month or more.

Below are some examples of rewards:

- Choose the entire menu for a family dinner, or choose the next movie your family rents.
- Get first choice of household chores.
- Earn points toward something you really want like a new CD or some clothes.

Of course, the reward system you establish depends on you and your family. For many people, the good feeling they get from exercise is reward enough!

5. Write your initials on the contract next to each completed session. (If your parents are involved in the reward system, have them sign the form at the end of the week.)

Use the Exercise Record on page 10 to chart the progress of your workouts.

Workout Contract

We recommend photocopying this log before using it.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
Initial when complete: _____	Initial when complete: _____	Initial when complete: _____	Initial when complete: _____	Initial when complete: _____	Initial when complete: _____	Initial when complete: _____

Signed _____
(your name here)

Reward _____

Parent's Signature _____
(optional)

- Fill in the times you plan to work out. You should try to work out at least three times per week, but no more than five.
- Sign the contract in the space provided for your signature.
- Write in the reward you will give yourself if you succeed. OR ask your parents to agree to reward you for meeting your workout goal.
- As you complete your workout sessions during the week, write your initials on the line marked "Initial when complete."
- OPTIONAL: Your parents may sign the contract if they are involved in the reward process.

Exercise Record

We recommend photocopying this page before using it.

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Maintenance

CAUTION: The All-American Kid should be maintained by adults

The All-American Kid™ ski exerciser is designed to require very little maintenance. Following the simple maintenance instructions in this section will help to keep your All-American Kid performing at top efficiency for years to come.

ROUTINE CARE

Wipe your All-American Kid with a clean, dry cloth after each workout to remove perspiration and dirt.

CARING FOR THE WOOD

1. Wipe the wood with a clean, dry cloth.
2. Use any wood furniture polish or wax to protect the wood finish and prevent drying. Do not polish or wax the undersides of the skis.
3. For a smooth glide, carefully rub paraffin wax on the sides of the skis only. NEVER polish or wax the undersides of the skis.

CARING FOR THE BLACK METAL SURFACES

Clean the black metal surfaces of your ski exerciser with any household window cleaner.

BRAKE-PAD LUBRICATION

The leather brake pad on your arm exerciser has been oiled to allow for quiet, smooth braking action. The pad may begin to squeak if it dries, and you will need to reoil it. (The time between reoilings will vary depending on how much the skier is used and on the surrounding conditions.)

1. Remove the arm-tension adjuster knob, spring, and washer assembly from the cord drum.
2. Lift the cord drum and roughen the surface of the brake pad with 250-grit sandpaper.

3. Spread one to two drops of light household oil on the pad. Allow the cord drum to rest on the pad. Let the oil absorb overnight or for 24 hours.

NOTE: *DO NOT OVER-OIL! Excess oil may spray out when the cord drum is spinning.*

4. Wipe any excess oil away from the area around the pad. Replace the washer assembly, spring and arm-tension adjuster knob previously removed from the cord-drum assembly (Figure 1).

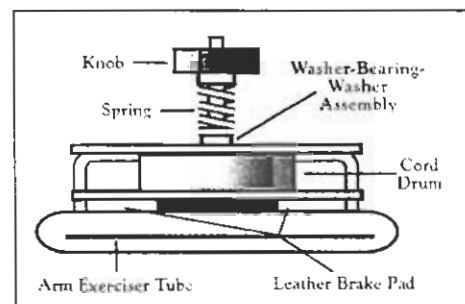


Figure 1

FLYWHEEL MAINTENANCE

You should inspect the flywheel if the tension is uneven or jerky or after periods of storage or disuse.

1. Inspect the flywheel for any dirt or residue. Use a cloth dampened with rubbing alcohol to clean the surface of the flywheel.
2. For rust spots, use steel wool to spot clean the area.
3. Wipe the flywheel and the drag strap with a clean, dry cloth.

NOTE: *DO NOT use any solutions that will leave a residue. NEVER place oil between the drag strap and the flywheel. This will damage the drag strap.*

Maintenance

CAUTION: The All-American Kid™ ski exerciser should be maintained by adults only.

DRAG STRAP CARE, ROUTING AND ADJUSTMENT

Inspect the drag strap monthly for fraying or a gummy residue. If it is frayed or gummy, do the following:

1. Remove the drag strap from the machine.
2. Clean the drag strap with a dry brush. Shake the drag strap to remove any dust or debris. NEVER wash the drag strap.
3. After cleaning, reverse the drag strap so the opposite side is against the flywheel (Figure 2).

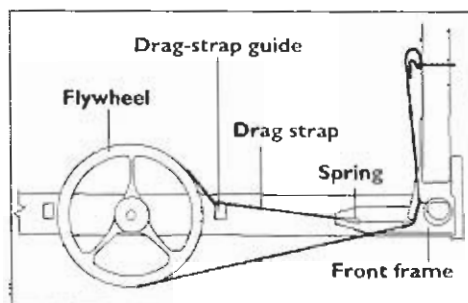


Figure 2

CALIBRATING THE DRAG STRAP

1. Thread the free end of the drag strap DOWN through the slot nearest the upright tube and UP through the remaining slot.
2. The end of the strap should fold over the edge of the drag-strap adjuster and back under itself (Figure 3).
3. For proper calibration, set the drag-strap adjuster at "1" and vary the amount of strap threaded through

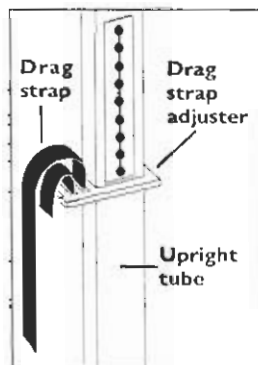


Figure 3

the drag-strap adjuster until the drag strap is tight. The drag strap is tight when the spring is just starting to expand.

GENERAL LUBRICATION

CAUTION: Place a protective floor covering over your floor before oiling.

Each month, you should add a drop of light household oil to the front and rear idler wheels. DO NOT OVER-OIL. The drive rollers are internally lubricated and should NOT be oiled (Figure 4).

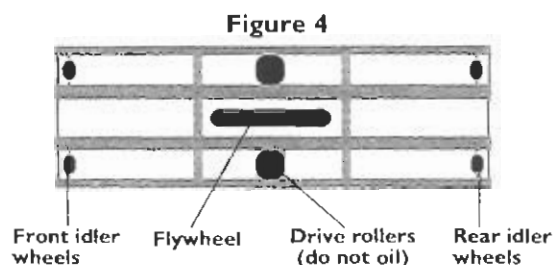


Figure 4

ADJUSTING THE ARM-EXERCISER CORD LENGTH

The arm-exerciser cord length can be adjusted to allow for differences in arm length. The cords should be long enough for you to extend your arms while keeping a slight bend in your elbows.

1. Slide the ends of the arm-exerciser cords out of the ends of the handgrips.
2. Untie the knots at the ends of the arm-exerciser cord.
3. Slide the washers up the cord and tie a figure-eight knot (Figure 5) at the desired length.

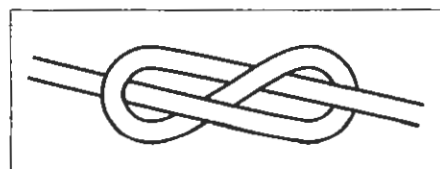


Figure 5

Storing Your All-American Kid

CAUTION: To avoid injury, please follow the instructions for folding your All-American

FOLDING YOUR ALL-AMERICAN KID

1. Slide the leg-resistance adjuster below "1" on the upright tube.
2. Remove the easy-lock pin and fold the hip pad against the upright tube. Insert the pin back through the holes.
3. Hold the arm-exerciser tube with one hand while pressing the snap buttons on both sides of the adjustment plate.
4. Press the arm-exerciser tube down so it's parallel to the upright tube.
5. Hold the upright post while depressing both snap buttons on the bottom of the upright tube.
6. Press the upright tube down until it rests on the hip pad.

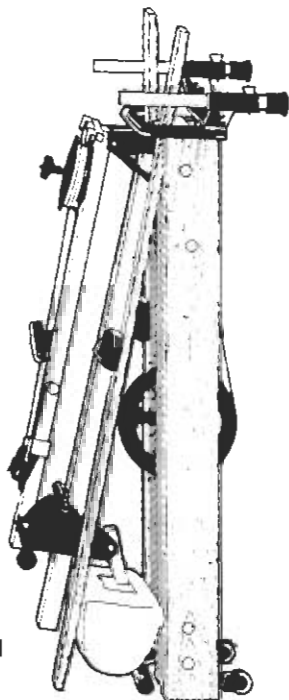


Figure 1

STORING YOUR ALL-AMERICAN KID

1. Remove the right ski and place it on top of the hip pad (Figure 1).
2. Find the hole on the inside front of the right ski.
3. Fit the hole in the ski over the bolt that attaches the upright tube to the base.
4. The left ski should remain in its track.
5. Lift the All-American Kid™ ski exerciser by its front legs and stand it on end, using the sideboards and the end of the right ski to form a tripod (Figure 1).



NOTE: For long-term storage, remove the drag strap from the flywheel. Lightly coat the groove of the flywheel with a light household oil to protect the metal from corrosion. Do not place the drag strap onto the oiled flywheel — hang it over the front legs.

Upon removal from storage, clean the flywheel with rubbing alcohol to remove the household oil. Reroute the drag strap after cleaning the flywheel. See the instructions and Figure 2 on routing the drag strap on page 12.

Troubleshooting

CAUTION: The All-American Kid™ ski exerciser should be maintained by adults only.

IF

THEN

The arm-exerciser cord is fraying.

- Check for burrs around the cord guide on the pulley assembly.
- Replace the arm-exerciser cord if necessary.

The cord-drum assembly is chattering or making a screeching sound, or the arm-tension adjuster knob loosens.

- Check the order of the arm-exerciser cord assembly and confirm that all parts are present. Assembly from the cord drum to the knob should be as follows: flat washer, bearing, flat washer, spring and arm-tension adjuster knob.
- Oil the leather brake pad with one to two drops of light household oil. Spread the oil over the pad.
- Oil the washer, bearing and washer assembly if needed.
- Replace the bearing if needed. Call the Customer Service Department at 1-800-553-3099 to order a new bearing.

The flywheel and/or drag-strap assembly offer no tension.

- Check the drag-strap routing.
- Check the two nuts on the flywheel for tightness. Tighten them evenly.

The idler wheels are squeaking or sticking.

- Slide each idler wheel to one side and place one drop of light household oil on the axle next to the idler wheel.
- Slide each idler wheel to the other side and repeat. DO NOT OIL THE DRIVE ROLLERS. See Figure 4 on page 12 for parts identification.

The skis are slipping.

- Wipe off any excess oil from the idler wheels or skis.
- Clean the bottoms of the skis with a dry cloth or a small amount of mineral spirits.
- Make sure the flywheel is tight. Tighten the two nuts evenly.

Customer Information

Please call our Customer Service Department if you have any questions.

CUSTOMER SERVICE DEPARTMENT

Monday through Friday 7 AM to 8 PM
Saturday 8 AM to 4:30 PM
Central time

1-800-553-3099

RETURN PRIVILEGE POLICY

There is a 30-day limited in-home trial period for the All-American Kid™ ski exerciser. Please note that misuse, abuse or the commercial use of an in-home, wooden model NordicTrack will void the 30-day in-home trial and return privilege policy. Should you decide to return any product, call our Customer Service Department to receive authorization and repacking instructions. YOU MUST NOTIFY OUR CUSTOMER SERVICE DEPARTMENT BEFORE RETURNING PRODUCT(S) BY CALLING 1-800-553-3099.

Once the NordicTrack Customer Service Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt of the All-American Kid model at NordicTrack, Inc., we will refund the full purchase price and the initial shipping charges; return shipping charges are the responsibility of the customer. IT IS THE CUSTOMER'S RESPONSIBILITY TO REPACK THE NORDICTRACK® MACHINE ACCORDING TO THE INSTRUCTIONS. ANY DAMAGE RESULTING FROM IMPROPER PACKAGING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.

2-YEAR LIMITED WARRANTY

NordicTrack, Inc., will, for two years from date of purchase of a NordicTrack machine, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased through NordicTrack, Inc., carry their own warranty coverage.) Please note that commercial use of an in-home, wooden model NordicTrack will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit if within the customer's control, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam handgrips. This warranty is applicable to sales made only by NordicTrack, Inc., and NordicAdvantage, a subsidiary of NordicTrack, Inc.

To obtain service under this warranty, call our Customer Service Department at 1-800-553-3099. ALL SHIPPING COSTS TO RETURN THE NORDICTRACK MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limited exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

Other Fitness For KidsTM Products

JoyRide



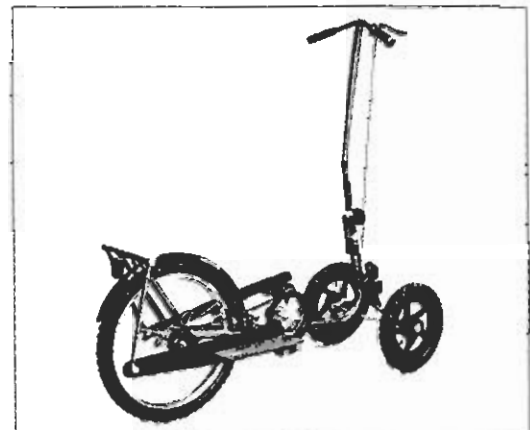
The JoyRide[®] video controller puts you in the hot seat by giving your body complete control over your Sega[®] or Super NES entertainment system. You control your on-screen character by moving the chair you sit in and the two super controllers give you all the fire power you'll need.

Twist 'N Ski Jr.



Now you can get the same great workout as your parents with the Twist 'N Ski Jr.[®] exerciser. The most fun, non-jarring workout is as easy as twisting to the music or our great workout tape. Exercise has never been easier!

StreetRanger



Kids all over are hyped about how fun the new NordicTrack StreetRanger[®] exerciser is to ride. We combined the freedom of a scooter with the ease of a bike to make the most revolutionary form of transportation since in-line skates!

**To order or for
more information,
please call our
Sales Department
at 1-800-582-2117.**

