

TOTAL-
BODY
FITNESS
SYSTEM™
OWNER'S
MANUAL

OPERATION
AND
MAINTENANCE



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NOTE: This is an operations and maintenance manual only. The accompanying Exercise and Training Programs Manual has fitness information and complete exercise programs to meet your individual needs and goals.



WELCOME TO NORDICTRACK'S TOTAL-BODY FITNESS SYSTEM™

Dear Customer:

Congratulations and thank you! With your purchase of NordicTrack's Total-Body Fitness System we at NordicTrack welcome you to Balanced Fitness and complete customer satisfaction.

The revolutionary Total-Body Fitness System embodies all the qualities NordicTrack is best known for – fitness industry leading design; quality craftsmanship; unsurpassed customer support and total body fitness.

While aerobics is recognized as the basis for any serious fitness program, it is not enough by itself. Strength training is essential to a balanced fitness program. Combined in the Total-Body Fitness System, you can build strength, fortify your heart and lungs, shape and tone your physique, lose weight and lower your resting blood pressure. It provides the necessary tools to enhance your overall health and quality of life.

For nearly two decades, NordicTrack has been producing quality in-home fitness equipment. Every

new product developed and manufactured must meet the high standards NordicTrack is renowned for. The Total-Body Fitness System is no different. Constructed from the finest craftsmanship, it is built to provide you with a lasting source of superior total fitness for a long time to come.

Our Customer Service department is available to answer any questions you have regarding operation, maintenance, or benefits of the Total-Body Fitness System. Each representative has been carefully tutored in all aspects of the unit. Friendly and eager to help, they take pride in providing the best customer support. *Please refer to the back cover for the toll-free number.*

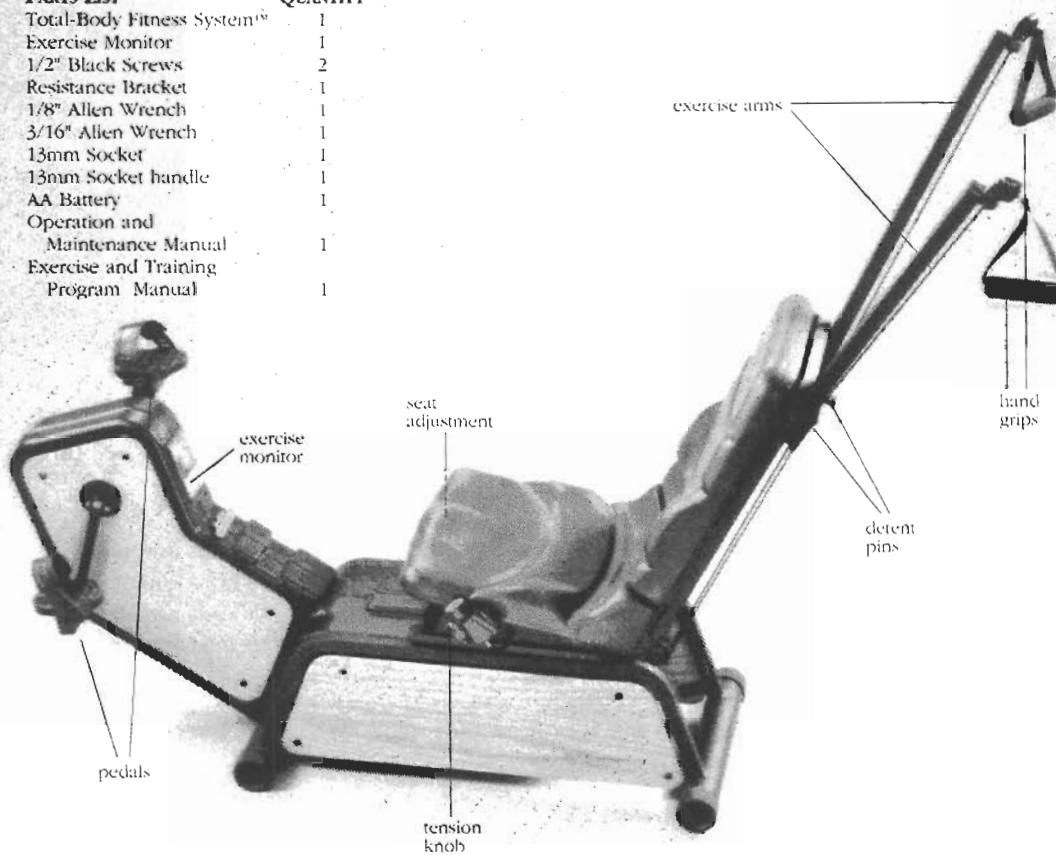
Again, welcome and thank you. We hope NordicTrack's Total-Body Fitness System meets your fitness needs and helps you attain the fitness level and quality of life you want and deserve.

Sincerely,
Your Fitness Friends at NordicTrack



INVENTORY

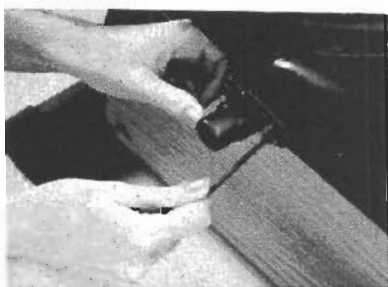
PARTS LIST	QUANTITY
Total-Body Fitness System™	1
Exercise Monitor	1
1/2" Black Screws	2
Resistance Bracket	1
1/8" Allen Wrench	1
3/16" Allen Wrench	1
13mm Socket	1
13mm Socket handle	1
AA Battery	1
Operation and Maintenance Manual	1
Exercise and Training Program Manual	1



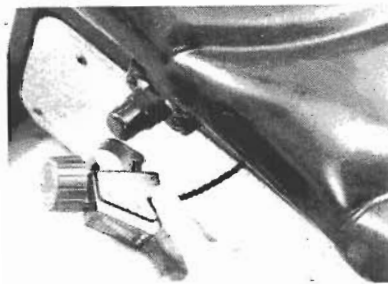
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UNPACKING & ASSEMBLY INSTRUCTIONS

- Remove Total-Body Fitness System™ from box. (Retain all packing material for 30 days.)
- Remove resistance knob from underside of chair; it is wrapped in packing material on the left side of chair.
- Remove packing material from knob.



- Attach resistance knob bracket to unit. Insert screws through knob bracket and chair bracket - found on left side of chair and tighten with 1/8" allen wrench provided.



- Position resistance knob onto bracket so resistance level indicator can be read while sitting in recumbent chair and tighten with phillips screwdriver.

- Install AA battery in battery case on back of Exercise Monitor.

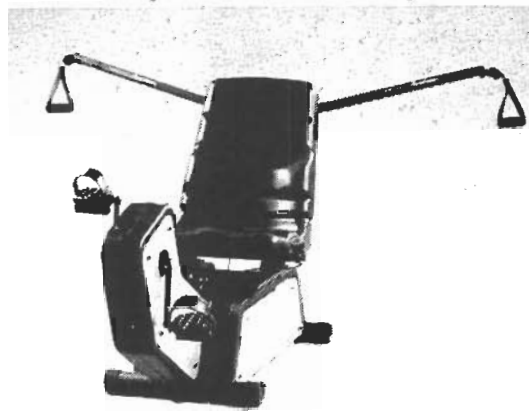
- Insert sensor cord coming from faceplate into jack on back of Exercise Monitor. Set monitor into faceplate so it can be read while cycling.

DIMENSIONS

The dimensions of the Total-Body Fitness System without the arms extended:

- Length: 55"
Width: 23" with arms lowered
62" with arms horizontal
Height: 34" with arms lowered
66" with arms vertical

The total weight of the machine is 98 pounds.

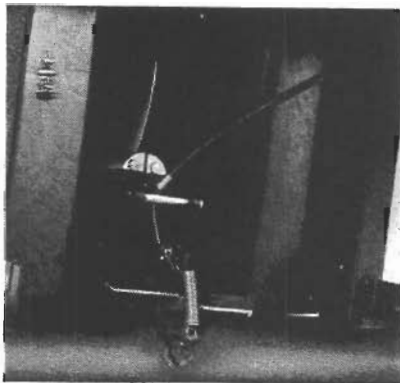


OPERATION

RECUMBENT CYCLE

The recumbent cycle of NordicTrack's Total-Body Fitness System provides an aerobic workout that is more comfortable – for longer and less stressful workouts – than upright bikes, stairclimbers or treadmills.

The recumbent cycle uses a magnetic eddy current to provide consistently smooth resistance. Because there are no wearing parts, the braking system is noiseless and maintenance-free.



The recumbent cycle is effective regardless of your fitness level, exercise goals, age or sex. Sitting in a partially supine position, with your legs stretched out horizontally and your back in a supported position, nearly eliminates gravitational impact on your spine and knees. The result is a

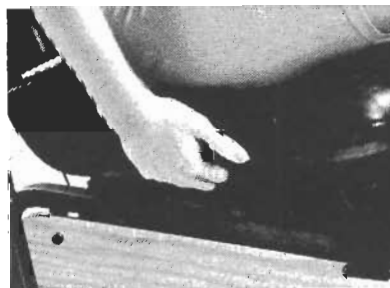
more comfortable workout, allowing you to extend your workout time to reach new goals. Also, the ergonomically designed seat cradles and stabilizes your body to avoid aggravating back or hip injuries.

The bike increases your endurance, lowers your resting blood pressure and heart rate and burns more calories than most other aerobic exercisers. And because of the recumbent bike's design, you feel as though you put forth less effort while attaining optimal benefits, allowing you to exercise longer and feel less tired.

PROPER FORM

Sit in chair with the balls of your feet on the pedals and in stirrups. Adjust the seat so when your legs are extended there is a slight bend in your knees. To avoid joint strain and decrease the risk of injury, your legs should never extend to the point where your knees lock.

Place hands in a comfortable position. Lightly grasping the molded hand grips on the underside of the seat is ideal.



ADJUSTING SEAT

The seat adjusts much like the seat in an automobile. Pull up on the bar located under the right side of the seat. Slide seat to the desired position and release bar. Make certain the seat has locked into position before exercising.



NOTE: If in the chair's most forward position you need to be closer to the pedals:

1. Remove wooden side boards. Using a 1/8" allen wrench, remove the four allen head screws on each side.



2. Remove the four nuts located on the underside of the parallel chair frame guides. Use the 13mm socket provided.



3. Lift chair off frame and reposition in the hole pattern closest to the front of the machine.



4. Reattach nuts to underside of chair. First, attach all nuts loosely, then tighten securely.

5. Re-install side boards and eight allen head screws.

ADJUSTING FOOT STRAPS

There are multiple foot strap settings. The straps should hold your feet snugly to the pedals without binding or causing discomfort.

To adjust foot strap, pull upward on the top strap and push locking tab through adjustment slot. Then, align tab with desired slot and push into place.



ADJUSTING RESISTANCE

Resistance for the recumbent bike is easily adjusted. The resistance control knob is located just below the seat on the left side of the unit. Turn the knob counter-clockwise to decrease resistance and turn it clockwise to increase resistance. The resistance indicator, found on the resistance knob, lets you accurately set the resistance for each workout and monitor your progress.



EXERCISE MONITOR

The Total-Body Fitness System™ is equipped with its own sophisticated electronic computer to help monitor your progress and motivate you to reach your fitness goals. The monitor provides continuous feedback while you exercise to help you track each workout. When the information offered by the Workout Monitor is recorded in the Aerobic Workout Log, you can easily track your daily and long-term progress.



MAJOR FEATURES

- Set workout goals to monitor your progress and motivate you to attain your maximum fitness level.
- Easy-to-read display shows the function important to you.
- Speed and R.P.M. displays the rate at which you are cycling.
- Calorie count indicator shows the number of calories burned to any point of your exercise session.
- Bar graph shows current speed
- Automatic scan function
- Auto on/off

INSTALLING BATTERY

Important: Battery must be removed and installed as instructed. Do not carry battery loose, such as in a purse or pocket. Battery may explode or leak and cause injury if inserted improperly, misused, disposed of in fire or recharged.

1. Remove Workout Monitor from Total-Body Fitness System. Use a screwdriver to pry monitor off faceplate
2. Unplug sensor cable from back of monitor.
3. Remove battery case cover from back of monitor by pressing tab toward cover and lifting.
4. Insert replacement AA-size battery so negative end rests against spring in battery compartment.
5. Replace battery case cover, plug sensor cord into monitor and set monitor in Total-Body Fitness System.

NOTE: Removing the battery erases all memory and functional data. After replacing battery, the monitor will need to be reprogrammed.



VISUAL DISPLAY

The Workout Monitor's display is easily read from the seated position. Its functions allow you to monitor your progress to enable you to better reach your fitness goals.

PEDAL RPM— Pedal revolutions per minute

DISTANCE— Distance travelled up to a maximum of 99.9 miles.

TIME— Elapsed workout time. Counts up from 00:00 or down from a set target time.

TPR— Total pedal revolutions per workout.

Counts up from 0 or down from a set target TPR.

TEMPO— Emits a beep to help sustain a regular pedaling tempo. Beep sounds between 1/8 of a second to 9 7/8 seconds. (Function can be set in increments of 1/8 of a second).

LOAD— Allows a resistance level of one to five to be set. The monitor uses this setting to calculate calories burned.

For all exercises set load to:

1-2 — low intensity workout

3-4 — moderate intensity workout

5 — high intensity workout

CALORIES— Accumulates approximate number of calories burned during a workout session.

SPEED BAR— Independent and continuous speed-reading graphic indicates speed between 0 and 25 miles per hour.

PROGRAMMING EXERCISE MONITOR

Timer, TPR, Tempo and Load may be programmed. Depending on what is important to your exercise routine, program the function(s) of your choice. The following programming instructions apply to all of the programmable modes.

1. Press START/STOP button to display "SET" on display screen.
2. Press MODE button to display the function you wish to set (Time, TPR, Tempo or Load).
3. Press RESET button to set function to zero.
4. Press + button until the desired value is displayed. The value counts up until its upper limit is reached, at which time the value will return to zero and count upward.
5. Press START/STOP to start the function or press MODE to program additional functions. The monitor automatically starts once you begin cycling.

The scan feature allows you to view all functions without interrupting your workout to reprogram the monitor.

Engaging scan mode

1. Program functions of your choice.
2. Press START/STOP to display "SET" on display screen.
3. Press MODE repeatedly until the display arrow points to Distance and "SCAN" appears on display.
4. Press START/STOP to start scan function.



UPPER-BODY EXERCISER

Unlike other recumbent bikes, NordicTrack's Total-Body Fitness System™ includes an upper-body strength-training component. Utilized alone, or while you cycle, the strength trainer gives a complete upper-body workout that adjusts to your strength.

The upper-body exerciser utilizes an isokinetic resistance system that adjusts to the user's strength throughout the full range of motion. By performing exercises at a variety of speeds, the amount of resistance changes to provide optimal results.

The exercise arms adjust to four positions, offering you a "Basic 6" program and additional exercises to give a complete upper-body strength training program.

PROPER FORM

The exact form used varies with each exercise. In general, it is important that you sit upright, keep your upper body stationary and grasp handles firmly to prevent them from slipping out of your hands. Keep the motion smooth and controlled.

ADJUSTING EXERCISE ARMS

Remove detent pin from locking hole. Adjust the exercise arm to desired position and insert pin. Make certain arms are locked into position before using upper-body exerciser.



The exercise arms adjust to four different positions to allow you to utilize the "Basic 6" workout program and a number of other exercises designed to meet more specific fitness needs and goals.



MAINTENANCE

NordicTrack's Total-Body Fitness System™ is designed to be virtually maintenance-free. It is our goal that your unit be so hassle-free, you can concentrate on exercise.

ROUTINE MAINTENANCE

Wipe seat and base with a slightly dampened cloth after workouts to remove sweat and dirt.

PERIODIC MAINTENANCE

Lubricate chain as needed. Remove Exercise Monitor from frame. Apply **two to three** drops of "3-in-1 oil" to chain. Be careful that you do not over-oil chain.

For your benefit, we suggest recording all maintenance and repairs performed on your unit in the Maintenance Log.



TROUBLE SHOOTING TIPS

If your Total-Body Fitness System experiences a problem not addressed on the chart below, or cannot be corrected with the maintenance tips, contact our Customer Service Department at the number on the inside back cover.

IF . . .	THEN . . .
Squeaking or stiff pulleys of upper-body exerciser	Place exercise arms in a horizontal position. Lubricate pulleys with two to three drops of "3-in-1" oil. (see diagram)
Variation in upper-body exerciser resistance and a slight thumping sound	Check if cords are twisted. If so, turn hand grips several rotations the opposite direction.
Frayed cord	Make certain cords run directly over pulleys.
Exercise monitor: Faulty display screen No display Buttons do not function Display is distorted	- Replace battery. - Check sensor cord connections. - Make sure battery is securely in place. Check sensor cable connection on back of monitor. - Remove battery: Reinstall it five seconds later. - Make certain screen is clean. Remove and reinstall battery.



IMPORTANT INFORMATION

CHECK WITH YOUR DOCTOR: Make certain you consult your physician or medical expert before beginning any exercise program. Allow that person to determine what type of fitness program is appropriate for your physical condition, age and abilities.

If, while exercising, you ever experience dizziness, confusion, nausea, shortness of breath or muscle soreness that lasts more than two to three days, discontinue exercise and contact your physician immediately.



KEEP CHILDREN AWAY FROM CORDS: Because cords for the upper body exerciser are exposed and spring loaded, keep unsupervised children away from machine as they can become entangled in cords.

KEEP SHARP OBJECTS AWAY FROM CHAIR: To avoid puncturing chair, do not carry sharp objects, such as a comb or pen, in your pockets while using the machine.

NEVER TIP MACHINE: Because the recumbent cycle uses an oiled brake mechanism, it is important that the machine is not tipped on its side. If it is, oil may leak from the unit and stain your floor.

We, at NordicTrack, thank you and wish you the best of health. We hope the Total-Body Fitness System™ meets your fitness needs and fits your lifestyle. If you ever wish to contact us with questions or concerns, call our Customer Service Representatives at the toll-free number printed on the inside of the back cover. We encourage your feedback.

Your friends at NordicTrack.

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MISCELLANEOUS NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CUSTOMER INFORMATION

Please call toll free to our Customer Service Department with questions concerning the use or operation of your NordicTrack equipment. Our representatives are available:

Monday - Friday 6:00 a.m. to 6:00 p.m. MST

1 (877) 651-6119

Visit our website at www.iconfitness.com
or e-mail us at service@iconfitness.com.

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ADD LIFE
TO YOUR YEARS
AND YEARS
TO YOUR LIFE

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