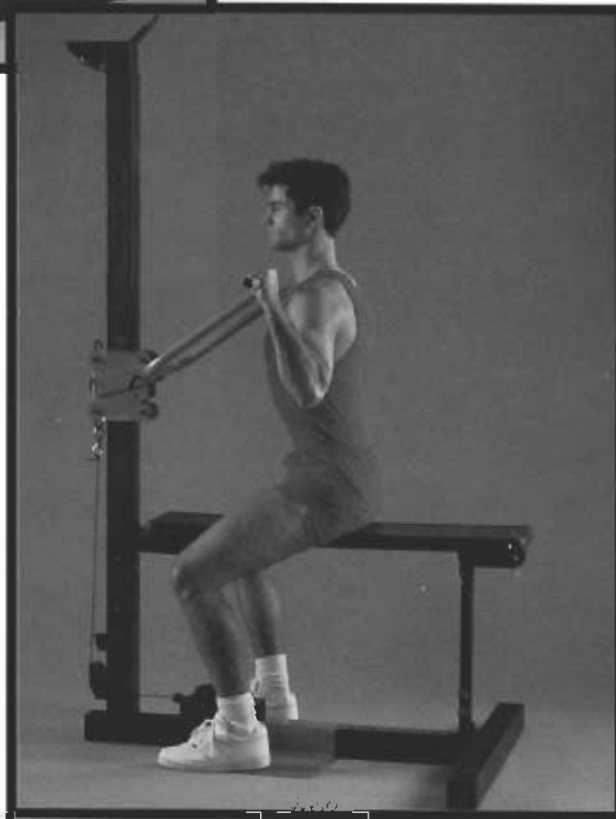


New



NordicFlex Gold Pro Strength Conditioning System



Assembly
Instructions,
Cord Routing
Instructions
and Fitness
Information

NORDICFLEX *Gold* **Pro** Edition

the isokinetic advantage™

NordicFlex Gold™ is a revolutionary strength conditioner that utilizes isokinetic resistance technology. For years, isokinetic resistance was only available on physical rehabilitation equipment — at a price of \$20,000 to \$30,000. Physical therapists recommend using isokinetic resistance because it is the safest, most effective method for rehabilitating injured muscles.

Now, NordicFlex Gold brings "the isokinetic advantage"™ into your home.

Working out on your NordicFlex Gold will feel different from strength training with any other type of exercise equipment you may have tried in the past (weight-stacking machines, free weights or rubber band machines). This difference is GOOD! The reason for this difference is isokinetic resistance. It's what sets NordicFlex Gold apart from all other strength training systems. There are two key reasons for this difference:

REASON #1: ISOKINETIC RESISTANCE AUTOMATICALLY ADJUSTS TO YOUR STRENGTH LEVEL.

Isokinetic resistance ensures that you are always working 100% of the muscle throughout the entire range of motion. This "accommodating" resistance automatically adjusts to your effort — the harder you push or pull, the greater the resistance you will feel. You will get a fast, effective workout because NordicFlex Gold matches the force you apply and uses the maximum number of muscle fibers during each repetition!

REASON #2: NORDICFLEX GOLD USES POSITIVE-ONLY RESISTANCE.

The NordicFlex Gold strength conditioner is designed with positive-only resistance so that you get a virtually pain-free workout. You will feel resistance only during the positive (contraction) phase of each exercise as you push or pull. You won't feel any resistance during the negative (return to start) phase.

Negative resistance, which is used by traditional strength training equipment, places stress on your tendons and connective tissues. This stress may damage your tendons and connective tissues and cause the soreness that is often associated with strength training.

With the positive-only resistance of NordicFlex Gold, the focus is on your muscles and not on your tendons or connective tissues. You get a safe effective workout.

HOW TO MAXIMIZE YOUR WORKOUTS WITH THE ISOKINETIC ADVANTAGE

Because isokinetic resistance is different from the types of resistance offered by free weights or other strength training equipment, you need to work out differently.

In order to get maximum results, you must push or pull as hard and as fast as you can (while maintaining the proper form) during the positive (contraction) phase of each exercise. Then slowly return to the starting position so that your muscles can prepare for the next contraction. Remember, the harder you push or pull, the greater the resistance.

If you are accustomed to the slow, controlled contractions that are required with other types of strength training equipment, you will need to focus on your speed. Pull harder and push faster. Try several repetitions of the same exercise, but change your speed and intensity for each repetition. Feel the difference for yourself!

Welcome to the NordicFlex Gold[®] Pro[™] Strength Conditioner.....

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The following pages contain important information that will help you maximize your workouts with the NordicFlex Gold strength conditioner. Be sure to watch the video and then read this manual thoroughly before assembling or using the machine.

Please peel the backing from your invoice and attach it to the inside back cover of this manual. The Customer Service Department toll-free phone number is found on the invoice, as well as other important information.

WELCOME TO THE NORDICFLEX GOLD PRO STRENGTH CONDITIONER

Congratulations on your purchase of a NordicFlex Gold Pro® strength conditioner! Designed to be an integral part of your Balanced Fitness™ program, NordicFlex Gold will help you tone and strengthen your body. Whether you want to tone muscles, lose weight or increase muscle size, NordicFlex Gold can help you achieve your fitness goals.

Many of you understand the need for regular aerobic exercise. But aerobic exercise is not enough. Your Balanced Fitness program should include strength training and aerobic exercise.

The NordicFlex Gold strength conditioner is very different from traditional strength training systems. It utilizes a patented isokinetic resistance system that provides your whole family — regardless of ages or fitness levels — a safe, effective workout. Using “accommodating” resistance, the NordicFlex Gold automatically adjusts to your strength level. Push lightly and you get light resistance. Push harder and you encounter greater resistance. It’s simple and effective — as your strength increases, so does the resistance of the machine.

NordicFlex Gold uses positive-only resistance. This will feel different from any strength training you may have done in the past. You will feel resistance only during the contraction (positive) phase as you push or pull. You will not feel any resistance during the negative (return to start) phase.

We designed the NordicFlex Gold system to use positive-only resistance so that you get a virtually pain-free workout. It’s the negative resistance phase that places stress on the tendons and connective tissues. This is what causes the soreness that is often associated with strength training. With the NordicFlex Gold positive-only resistance, you focus the workout on the muscle and put less stress on your tendons and connective tissues. So you get a safe and effective workout.

Until now, isokinetic resistance has been used primarily in expensive rehabilitation equipment, because it is so safe and effective. With the NordicFlex Gold strength conditioner, NordicTrack has brought isokinetic resistance out of the rehabilitation centers and into your home.

And best of all, your NordicFlex Gold is made by NordicTrack, a leader in the fitness industry for more than 19 years. Please call our Customer Service Department at the toll-free phone number printed on your invoice if you have any questions. Our representatives take pride in offering you the quality of service you expect from a leader like NordicTrack.

If you have any questions,
call our Customer Service Department at the
toll-free phone number printed on your invoice.

CUSTOMER SERVICE DEPARTMENT HOURS

Monday through Friday • 7 a.m. to 8 p.m.

Saturday • 8 a.m. to 4:30 p.m.

Central Standard Time

MYTHS AND FACTS ABOUT STRENGTH TRAINING

MYTH #1: ALL IT TAKES TO BURN FAT IS AEROBIC EXERCISE.

Fact: Aerobic exercise is the primary method of burning fat, but it is only one part of a Balanced Fitness™ program. Strength training increases lean body mass (muscle) which boosts your metabolism, the rate at which you burn energy. A study conducted by Dr. Wayne Wescott, fitness consultant for YMCA of America, concluded that by combining regular aerobics with strength training, you will burn three times more fat than you would with aerobic exercise alone.

MYTH #2: LACK OF EXERCISE TURNS MUSCLE TO FAT.

Fact: Muscle and fat are two completely different tissues — one can never be turned into the other, nor can the number of fat cells or muscle fibers ever be changed. Regular strength training reduces the size of fat cells and increases the thickness of muscle fibers.

MYTH #3: NO PAIN, NO GAIN. (STRENGTH TRAINING HAS TO HURT TO WORK.)

Fact: The NordicFlex Gold isokinetic resistance system delivers an effective strength training program — with virtually no after exercise soreness or discomfort. Isokinetic resistance does not employ negative resistance, which is what causes the soreness that is commonly associated with strength training. Negative resistance is created by the return motion of free weights or rubber band systems. Negative resistance stresses the connective tissue (tendons and ligaments) and causes the pain and discomfort that is often associated with ordinary strength training systems.

MYTH #4: STRENGTH TRAINING WILL CAUSE ARTHRITIS AND OTHER JOINT COMPLICATIONS LATER IN LIFE.

Fact: Strength training actually helps to prevent these complications by strengthening muscles and connective tissues, which may weaken over time. Weak muscles do not absorb the impact that occurs in various body movements. This tends to place the impact on the joints. Strong muscles absorb much of this impact and lessen the strain on your joints.

MYTH #5: STRENGTH TRAINING IS ONLY FOR YOUNG PEOPLE AND BODY BUILDERS.

Fact: Strength training is for everyone, whether you want to lose weight, tone muscles or increase muscle size and strength, or if you simply want to be able to carry your own suitcase or change a flat tire. NordicFlex Gold offers a minimum of 27 exercises that give you safe, effective workouts.

Studies have shown that the functional ability level (the ability to perform everyday tasks) of a physically fit 65-year old is similar to that of a sedentary 45-year old! Much of the deterioration that occurs in our muscles and joints is not due to the aging process. Rather, it occurs because our muscles weaken when we don't use them.

It's a biological fact that after age 30, you lose one percent of your strength and over a half pound of lean muscle mass each year if you don't exercise. Training with your NordicFlex Gold will help to offset this loss of strength.

The NordicFlex Gold® Pro™ strength conditioner is shipped in three boxes (not including optional equipment). Set aside all parts as you unpack them. Retain all of the packing materials for the duration of your in-home trial. **Unpack the boxes at the location where you intend to use your NordicFlex Gold.**

Before assembling your NordicFlex Gold strength conditioner, please view the assembly portion of the instructional videotape.

If you have any questions or difficulty assembling your machine, please call our Customer Service Department at the toll-free phone number printed on your invoice. A representative will instruct you over the telephone.

Customer Service Department Hours

Monday through Friday • 7 a.m. to 8 p.m.

Saturday • 8 a.m. to 4:30 p.m.

Central Standard Time

PARTS LIST

BOX 1 OF 3

- 1 Base tube with isokinetic resistance mechanism
- 1 Shuttle
- 1 Pulldown assembly
- 1 Cross tube
- 1 2-inch bolt (attached to the base tube)
- 1 1/2-inch nut (attached to the base tube)

BOX 2 OF 3

- 1 Vertical tube
- 2 Nut plates
- 1 Information packet
- 1 Instruction video
- 10 Bolts (9/16-inch)
- 6 Bent pins
- 1 Straight pin
- 2 Flat wrenches
- 1 Bench

BOX 3 OF 3

- 1 Press bar
- 1 Foot plate
- 1 Bench-support tube

CONNECT THE CROSS TUBE TO THE BASE TUBE

1. Lay the base tube on the floor with the attached isokinetic resistance mechanism facing up (Figure 1).
2. Lay the cross tube (Figure 2) on the floor at the foot end of the base tube so that it is perpendicular to the base tube (Figure 3). The foot end of the base tube is the end farthest from the isokinetic resistance mechanism. The NordicFlex Gold® label on the cross tube will face away from the base tube — be sure the lettering is upright.
3. Align the holes at the foot end of the base tube with the holes in the center of the cross tube.
4. Insert two of the bolts into the holes (Figure 3).

NOTE: If the holes in the two tubes do not line up, turn the cross tube so the logo is toward the floor and loosen the center nut (which is on the opposite side of the tube from the logo) one-half turn. Fully insert the two bolts into the threaded holes in the cross tube. Tighten the center nut. Remove the two bolts and attach the cross tube as instructed in steps 1 to 5.

5. Tighten the bolts with one of the flat wrenches.

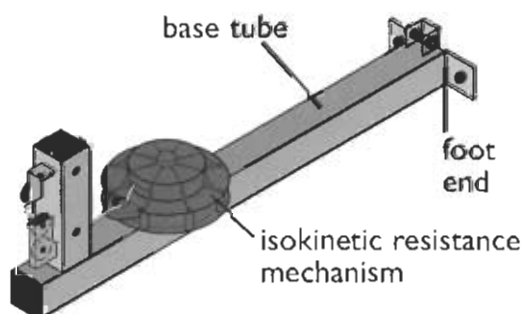


Figure 1

ATTACH THE BENCH SUPPORT TUBE

1. Remove the nut and bolt from the bracket at the foot end of the base tube.
2. Position the bench-support tube as shown in Figure 4.
3. Align the hole at the bottom of the bench-support tube with the holes in the bracket at the foot end of the base tube.
4. Replace the bolt that you removed in step 1.
5. Tighten the bolt and nut with the flat wrenches provided.

NOTE: The bench-support tube will lean slightly even when the bolt is properly tightened. This accommodates the movement of the bench to the different workout positions.

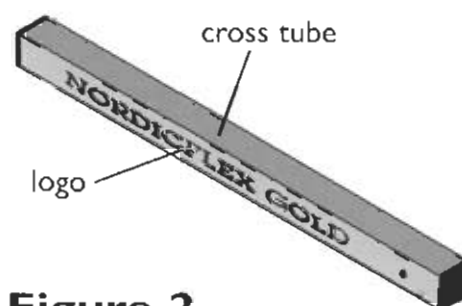


Figure 2

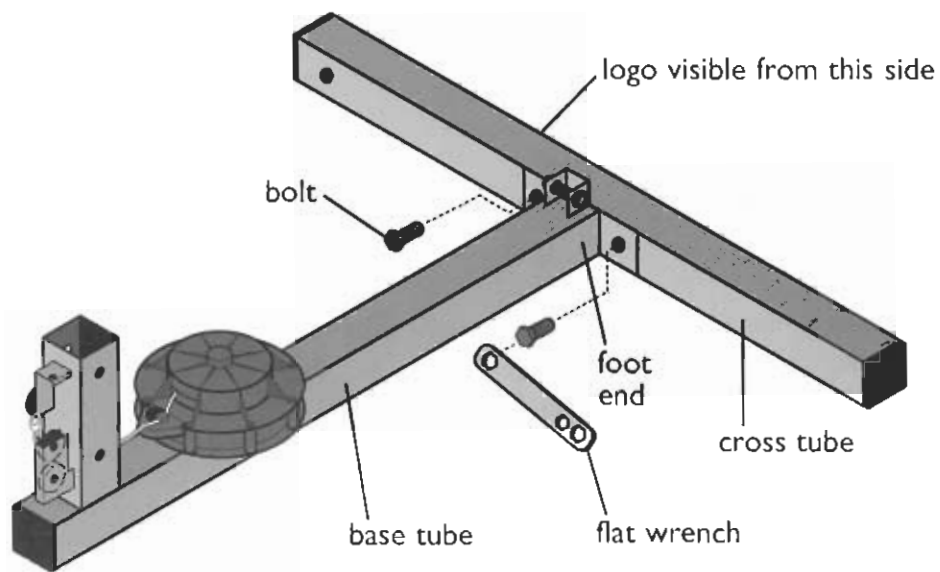


Figure 3

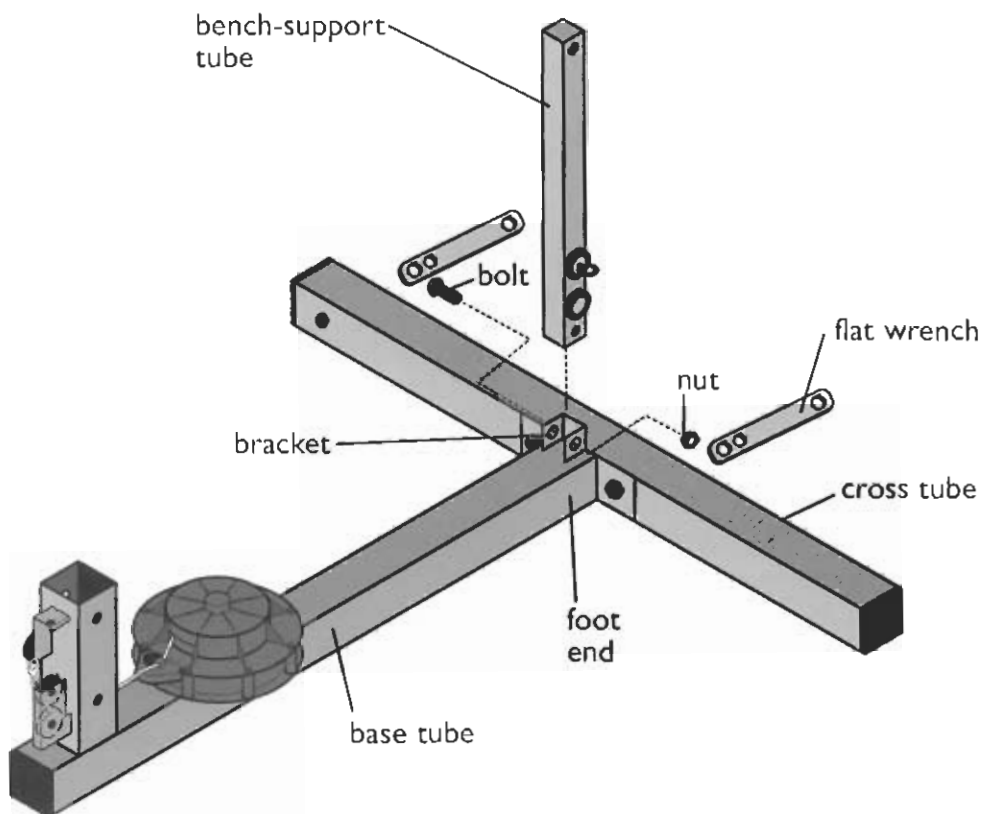


Figure 4

ATTACH THE VERTICAL TUBE

1. Insert the two nut plates into the short upright tube at the head of the base tube (Figure 5).
2. Slide the smooth side of each nut plate against the inside of the upright tube. Align the two lower holes in the nut plates with the holes in the upright tube.
3. Insert two bolts through each side of the upright tube (Figure 6), and into the corresponding nut plate. Tighten the bolts just enough to hold the nut plates in place.
4. Position the vertical tube so that the electronics jack on the side of the tube is nearest the floor, facing the isokinetic resistance mechanism. The end with the electronics jack inside the tube should be toward the ceiling.
5. Slide the vertical tube onto the upright tube and over the nut plates (Figure 6). The vertical tube will rest on the upright tube.
6. Insert two bolts through each side of the vertical tube (Figure 7) and into the corresponding nut plate. Tighten the bolts just enough to secure the vertical tube in place.
7. Using the provided wrenches, tighten all eight bolts that secure the vertical tube to the upright tube.
8. Place the foot plate over the base tube about halfway between the isokinetic resistance mechanism and the cross tube (Figure 8).

Figure 5

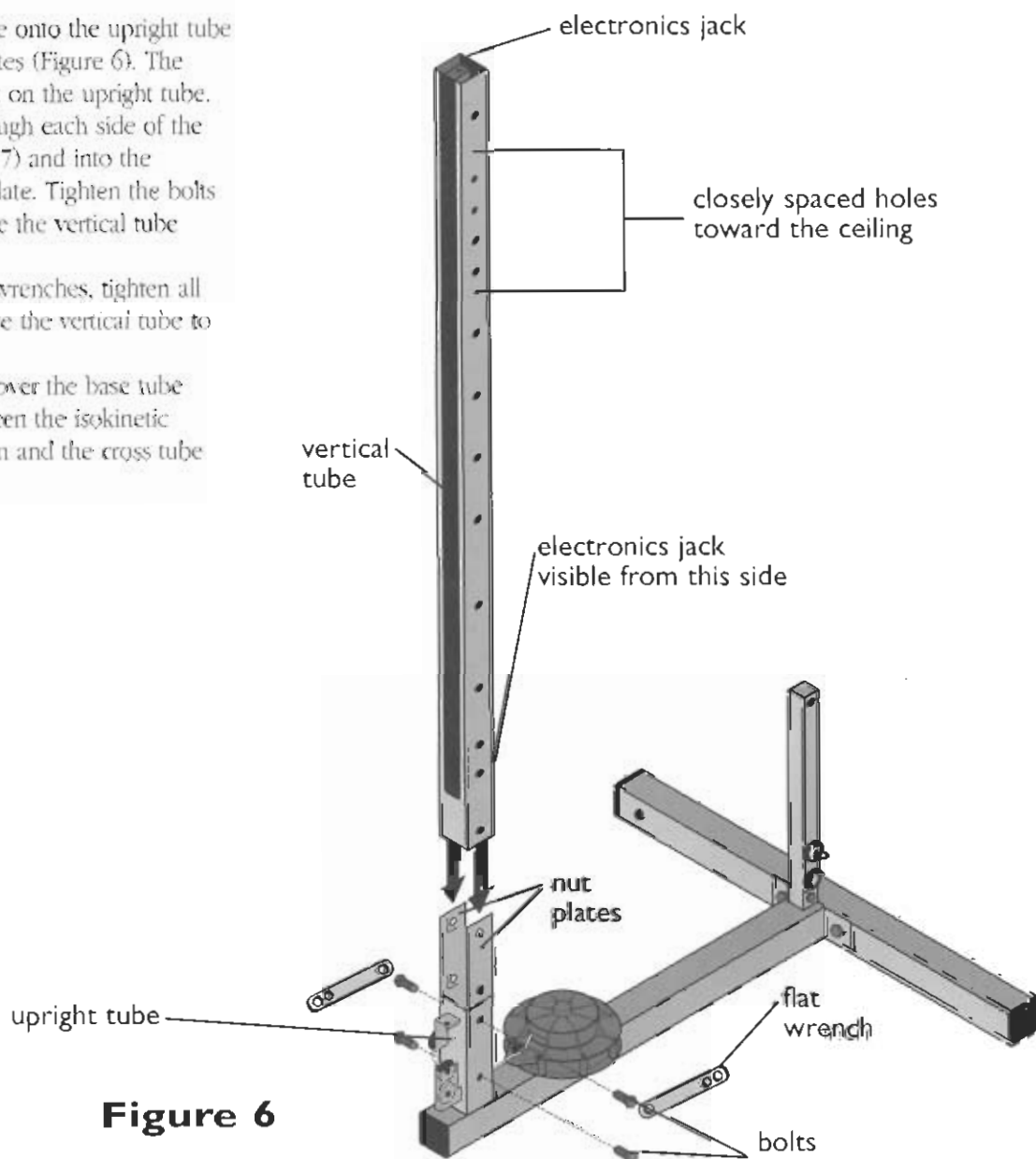
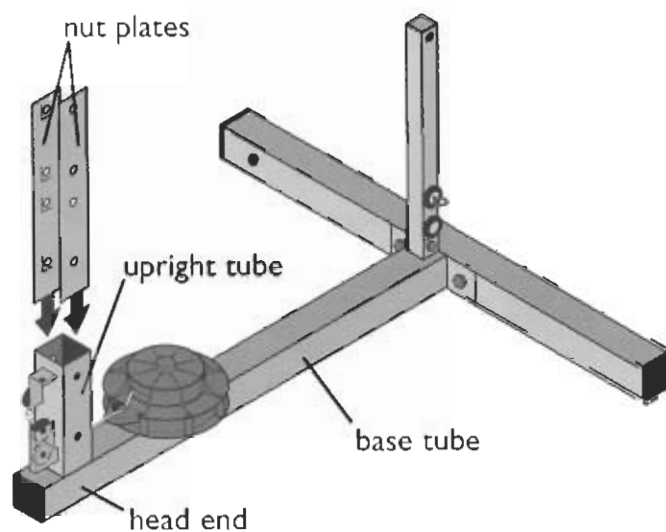


Figure 6

Figure 7

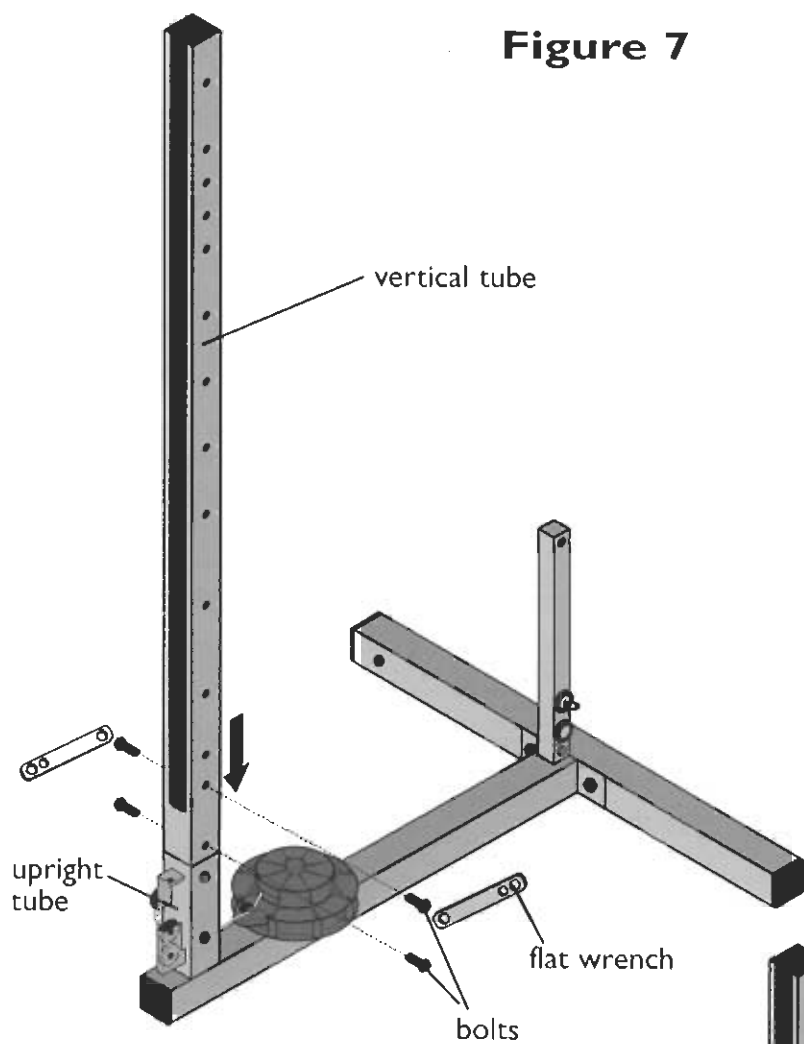
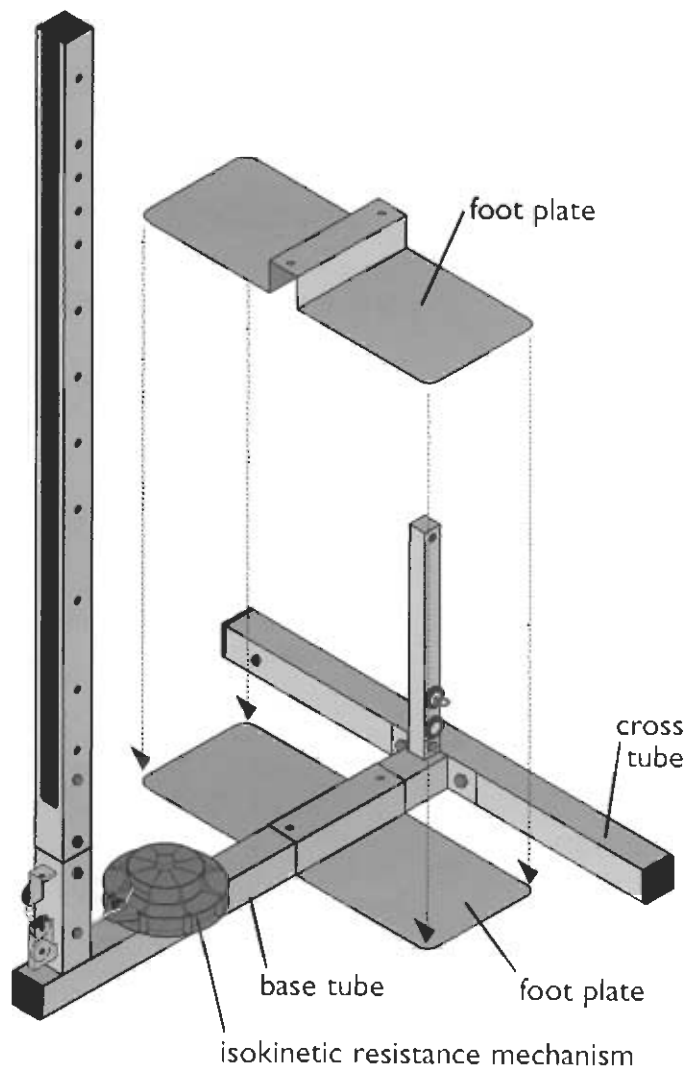


Figure 8



ATTACH THE BENCH

1. Align the first hole on the bench bracket (hole A) with the bottom hole (hole 1) on the vertical tube (Figure 9).
2. Insert a bent pin through the holes to secure the bench to the vertical tube.
3. Align hole D near the foot of the bench with the hole in the top of the bench-support tube (Figure 9).
4. Insert a bent pin through the holes to secure the bench to the bench-support tube.

NOTE: During the initial assembly, you may have to apply pressure to the tube and work the bent pin into the hole.

NOTE: Some of the exercises require that the bench be removed to perform them. Be sure to hold onto the bench at all times when you remove and/or insert the bent pins. This will prevent injury to you and damage to the bench.

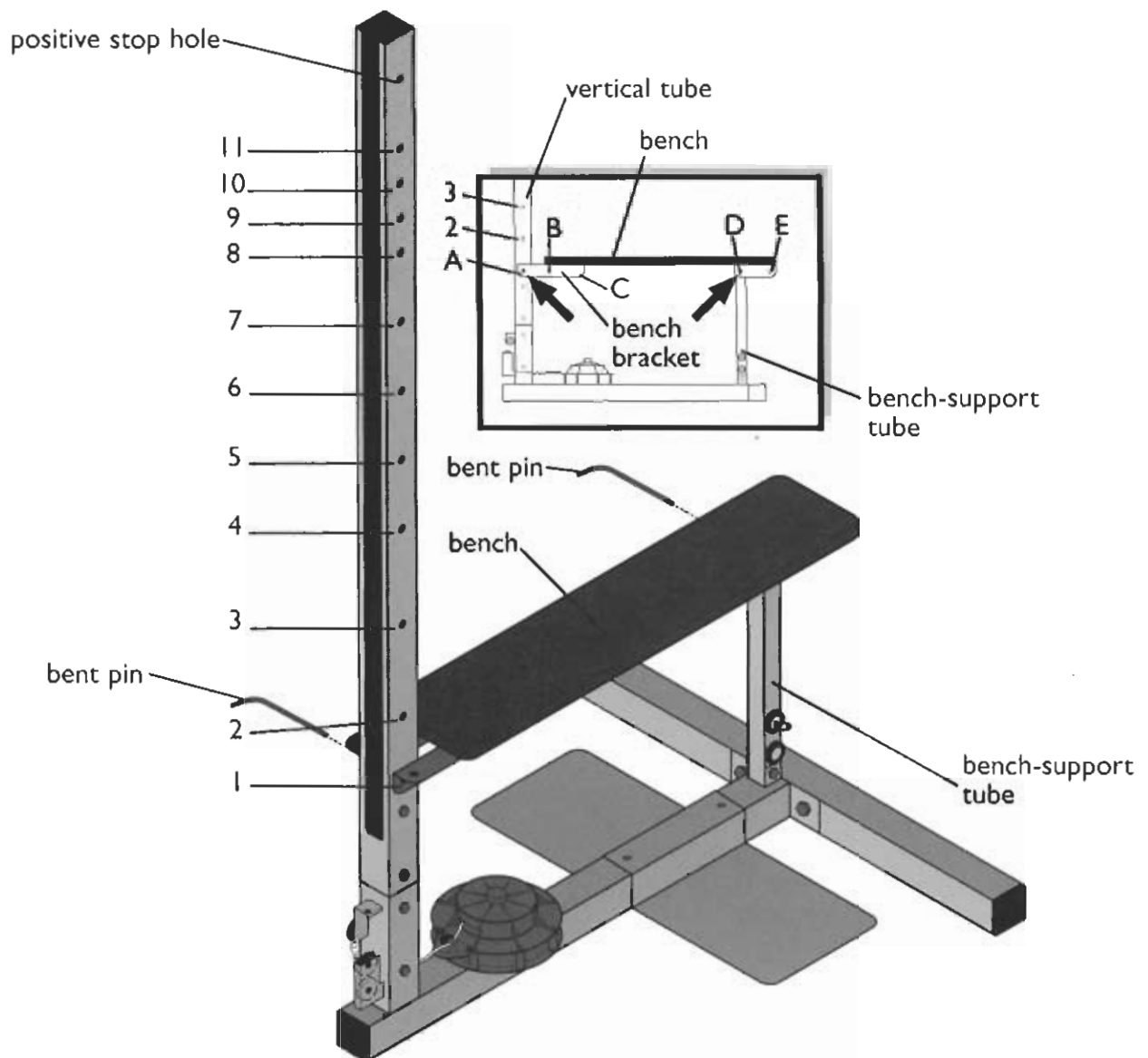


Figure 9

ATTACH THE SHUTTLE AND PULLDOWN ASSEMBLY

1. Insert a bent pin through hole 4 on the vertical tube.
2. Position the shuttle (Figure 10) over the top of the vertical tube with the pulley on the side of the vertical tube that is opposite the bench. (The shuttle is reversible; either side can be toward the top.)
3. Slide the shuttle down over the vertical tube and lower it until it rests on the bent pin (Figure 10). Be sure that both hangers are accessible. If not, remove the shuttle and pull the hangers out so they are accessible when the shuttle is in position.
4. Position the pulldown assembly (Figure 11) over the top of the vertical tube: the pulleys should be on the side of the vertical tube that is opposite the bench.
5. Insert the pulldown assembly into the top of the vertical tube (Figure 11).

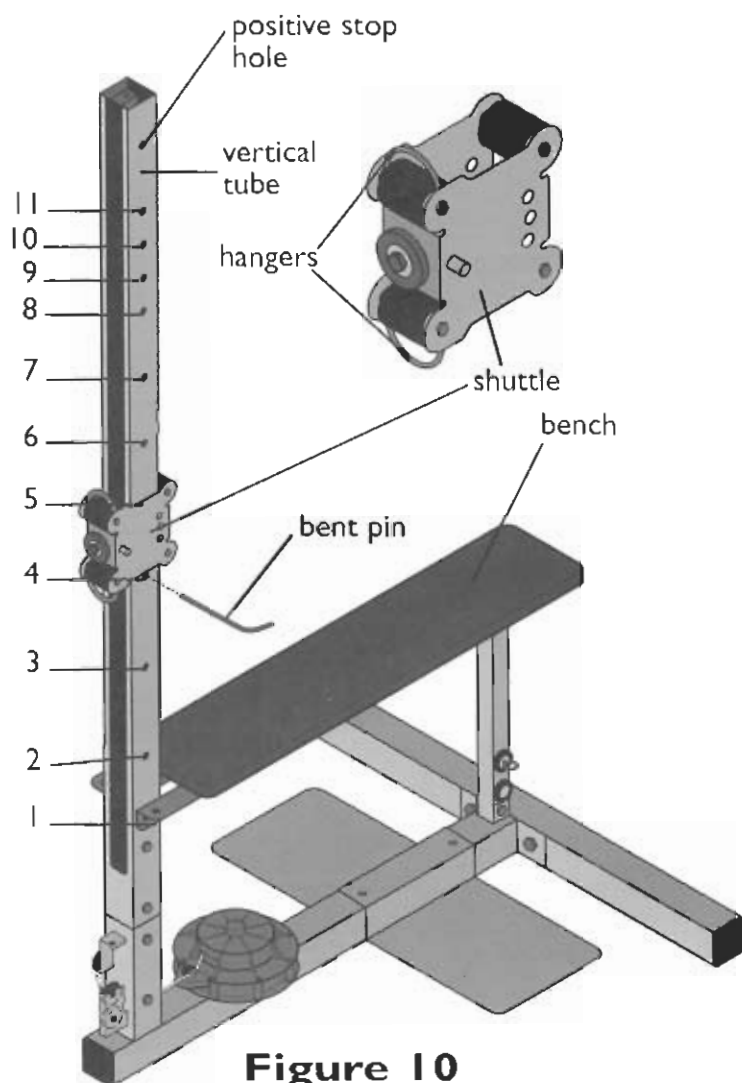


Figure 10

6. Align the hole in the pulldown assembly with the positive stop hole at the top of the vertical tube.
7. Insert a bent pin to secure the pulldown assembly in place.

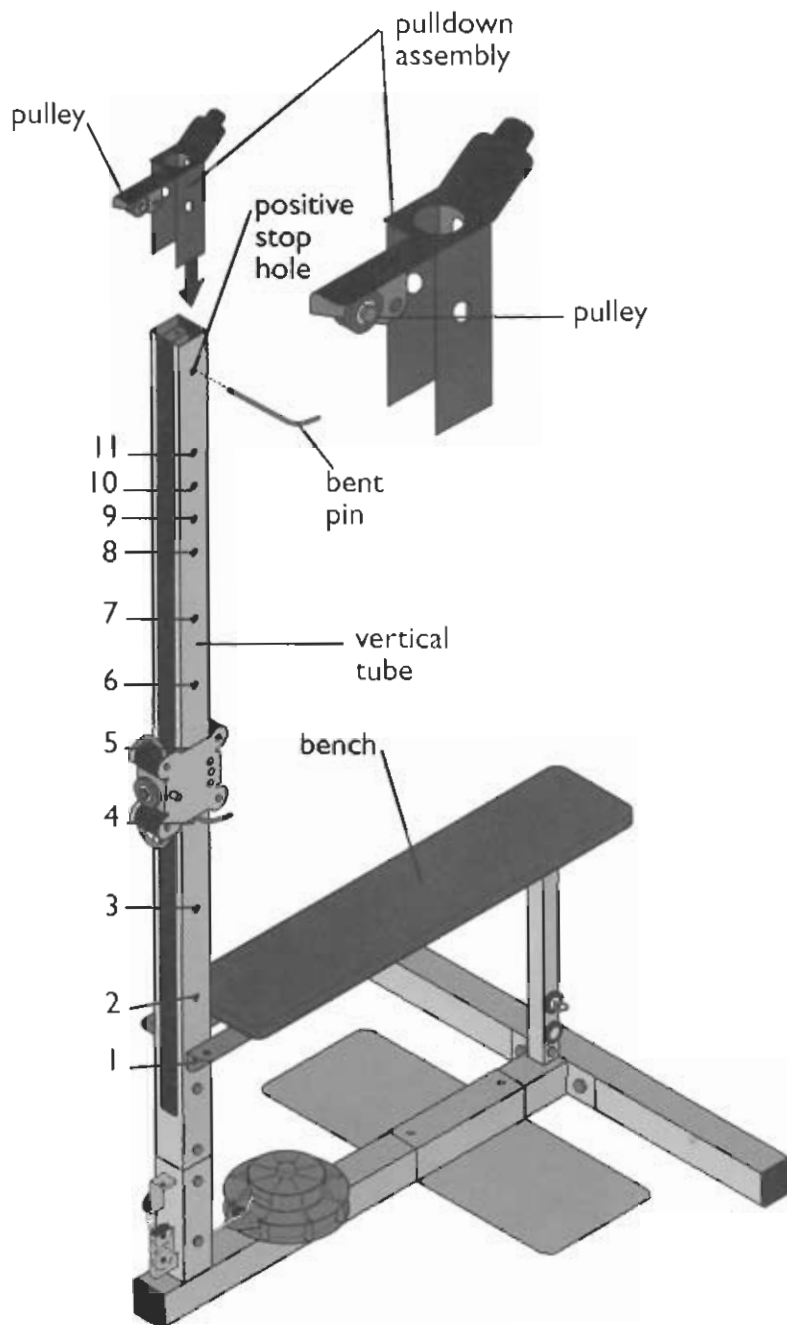


Figure 11

NOTE: If you have purchased the Power Meter™ electronics, follow the instructions included in the electronics package to install the Power Meter exercise monitor.

ATTACH THE PRESS BAR

1. Position the press bar (Figure 12) so the handgrips extend over the bench at either an upward or downward angle. (The exercise description will indicate whether the bar should be angled upward or downward.)
2. Slide the slots on the end of the press bar bracket onto the shuttle and hook them on the tabs on both sides of the shuttle (Figure 13).
3. Align the locking holes on the press bar with one of the three sets of holes on the shuttle. Insert a bent pin to secure the press bar in the desired position.

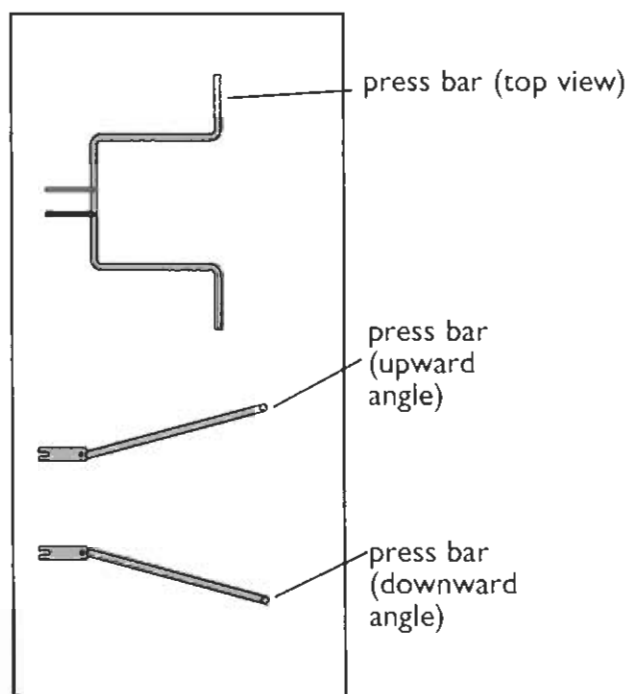


Figure 12

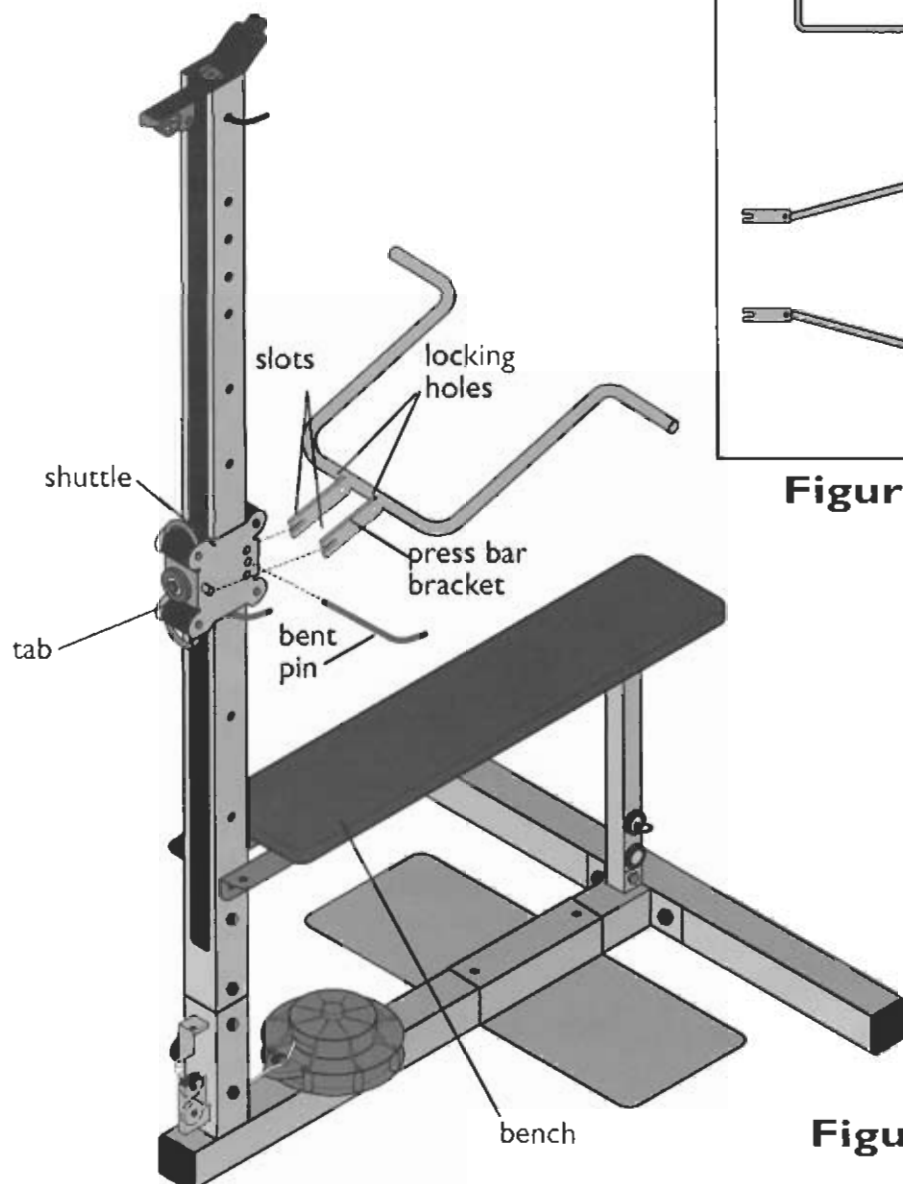
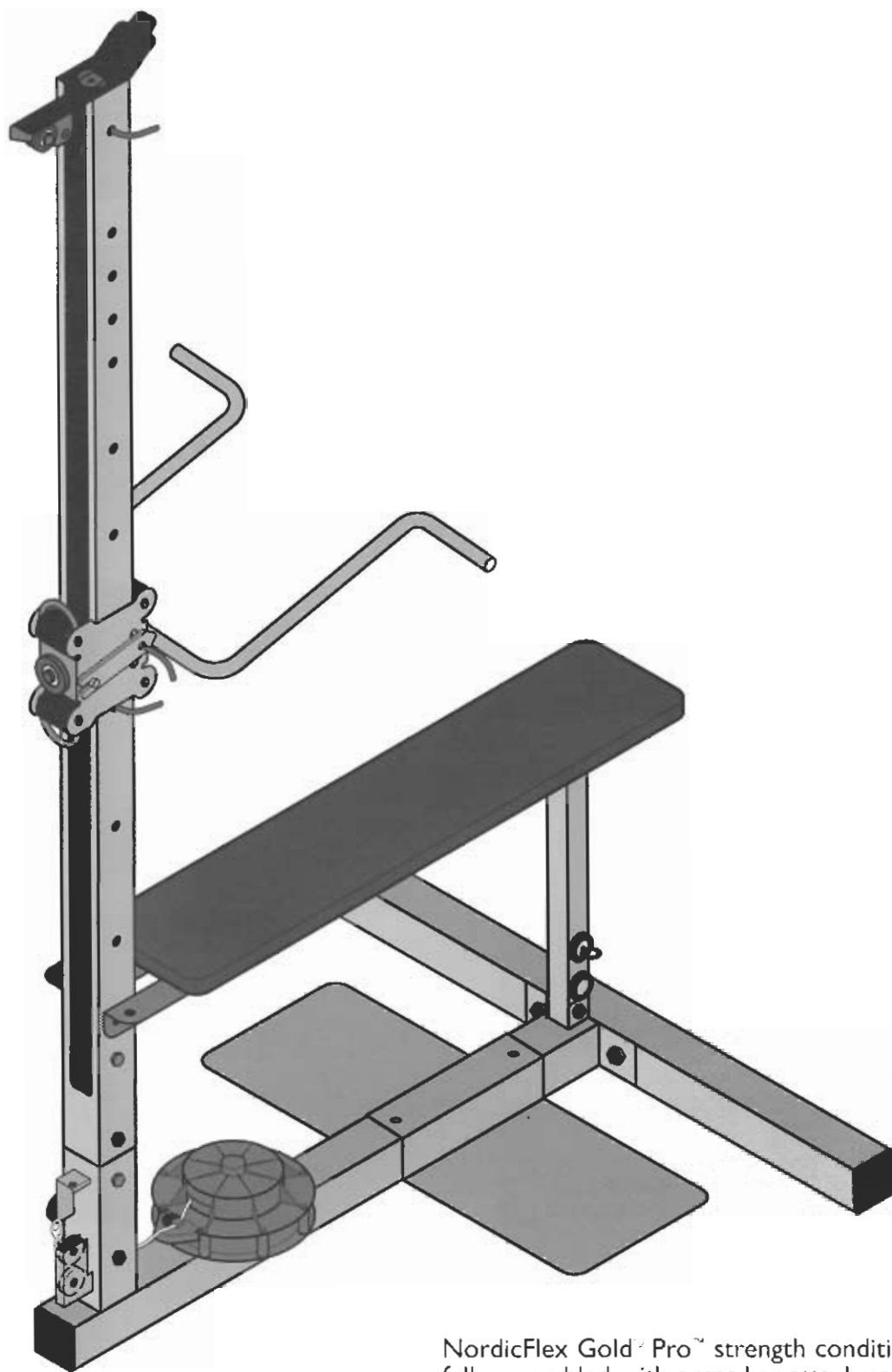


Figure 13



NordicFlex Gold™ Pro™ strength conditioner
fully assembled with press bar attachment

CORD ROUTING

The patented isokinetic resistance system used on the NordicFlex Gold® Pro™ strength conditioner adjusts to match the force you exert. In other words, the harder you push, pull or lift, measured by the speed, the greater the resistance.

Different resistance levels are achieved by routing the cord around one, two or three pulleys. This allows for a wide range of resistance:

Level 1 (light) provides a resistance range of 20 to 100 pounds.

Level 2 (medium) provides a resistance range of 60 to 250 pounds.

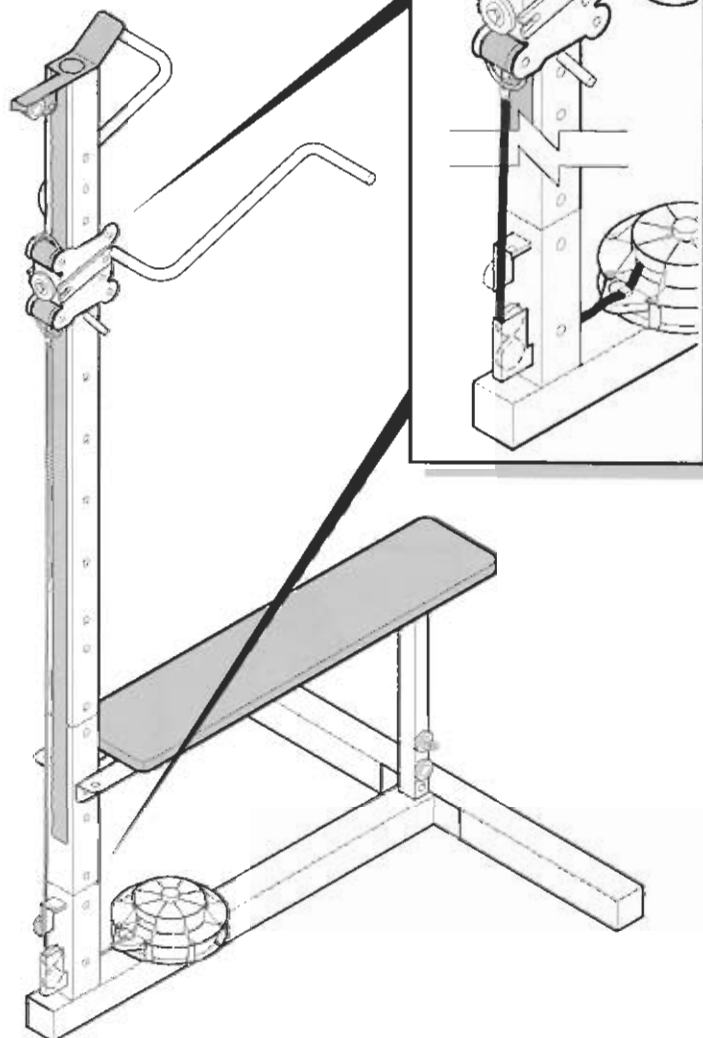
Level 3 (heavy) provides a resistance range of 200 to 450 pounds.

NOTE: *When routing the cord, be careful that the cord does not cross over itself. If this happens, the cord may fray and wear out prematurely.*

Level 1

(Light: 20 to 100 pounds)

1. Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.



CORD ROUTING FOR PRESS EXERCISES

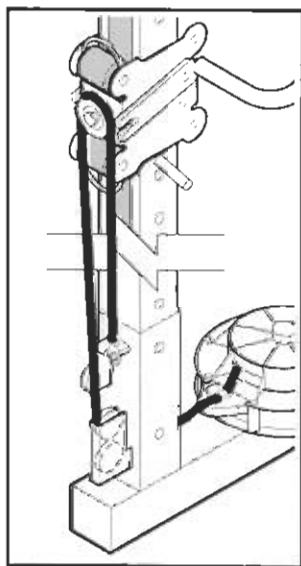
Use this cord routing for the following exercises:

- Deadlift
- Leg Press
- Front Squat
- Rear Squat
- Calf Raise
- Bent-Over Row
- Bench Press
- Incline Bench Press
- Behind The Neck Press
- Upright Row
- Military Press
- Shoulder Shrugs
- Seated Triceps Press
- Standing Reverse Curl
- Standing Biceps Curl
- Lying Triceps Extension

Level 2

(Medium: 60 to 250 pounds)

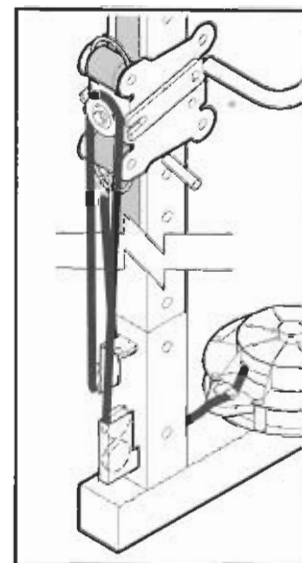
1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.



Level 3

(Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retainer clip.
3. Bring the cord back up and attach the snap hook to the bottom hanger on the shuttle.



* The front side is closest to you. The back side is nearest the vertical tube.

CORD ROUTING FOR PULLDOWN EXERCISES

Use this cord routing for the following exercises:

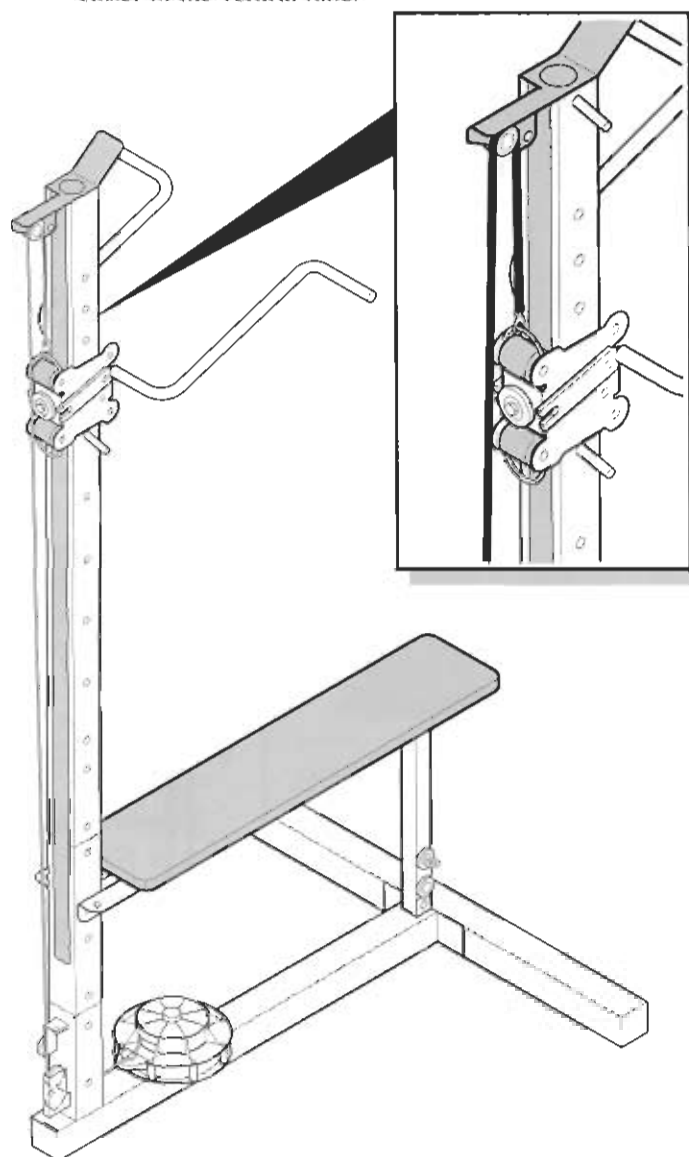
- Lat Pulldown
- Reverse Grip Lat Pulldown
- Triceps Pushdown

Level 1

(Light: 20 to 100 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.* Be sure to route the cord between the pulley and the retainer clip.
2. Attach the snap hook to the top hanger on the shuttle.

The front side is nearest you. The back is closer to the vertical tube.

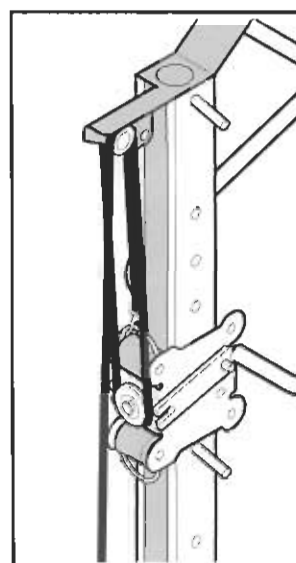
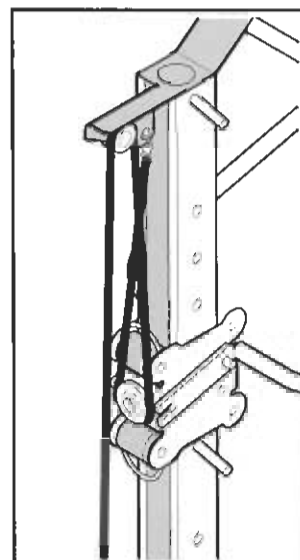


Level 2

(Medium:

60 to 250 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly. Be sure to route the cord between the pulley and the retainer clip.
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and attach the snap hook to the hole in the pulldown assembly.



Level 3

(Heavy:

200 to 450 pounds)

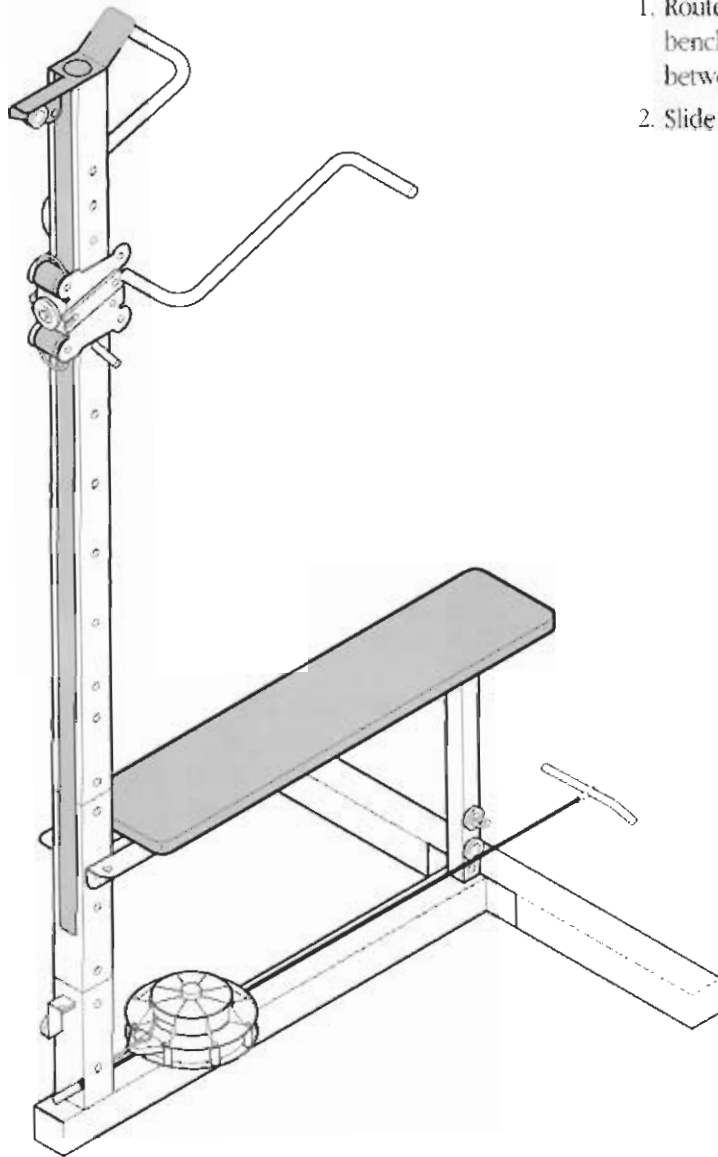
1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly. Be sure to route the cord between the pulley and the retainer clip.
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and wrap it from front to back over the left pulley on the pulldown assembly. Be sure to route the cord between the pulley and the retainer clip.
4. Bring the cord down and attach the snap hook to the top hanger on the shuttle.

CORD ROUTING FOR BENT-OVER RAISE AND SIDE BEND

Use this cord routing for the following exercises:

- Bent-Over Raise
- Side Bend

1. Route the cord under the lower pulley on the bench-support tube. Be sure the cord is between the pulley and retaining clip.
2. Slide a bent pin through the snap hook.



YOUR PERSONAL FITNESS PROGRAM



This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of your NordicFlex Gold® Pro™ strength conditioner.

WE RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN BEFORE YOU BEGIN ANY EXERCISE PROGRAM.

Set goals for yourself.

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Keep your workouts fun — vary your exercise routines from day to day and season to season.

Below are some examples of typical goals:

- Greater muscle tone and strength
- Weight loss
- Improved stamina and athletic performance
- Improved personal appearance
- Enhanced quality of life

Workout progression

Strength training on your NordicFlex Gold is an important part of your Balanced Fitness™ program. We recommend the following order for your workout program:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength training
6. Stretching

1. Warm-Up

The warm-up prepares your body and mind for vigorous exercise. It's the best insurance against injury and muscle soreness — common reasons for discontinuing an exercise program. We suggest a warm-up routine of two to five minutes of brisk walking or jogging in place.

2. Stretching

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 17.

3. Aerobic Conditioning

Aerobic conditioning enhances your body's ability to transport and utilize oxygen. We recommend that you complete a 20-minute aerobic conditioning session three to five times per week. Whether your aerobic exercise of choice is biking, jogging, stairstepping or using a NordicTrack® ski exerciser, it is recommended that your heart rate is elevated for at least 20 minutes during each session.

4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

5. Strength Training

Strength training will add lean muscle mass to your body. Lean muscle mass aids in burning body fat, and is therefore an essential factor in improving your body composition.

6. Stretching

Stretching after exercise helps to decrease muscle soreness. We recommend you repeat the stretches described on page 17.

NOTE: Whether you choose to complete the aerobic exercise and strength training portions of your Balanced Fitness program on the same days of the week or on alternating days is up to you. Either way, it is crucial that you complete the appropriate warm-up, stretching and cool-down as a part of your workout session.

RECOMMENDED STRETCHES

NOTE: *Hold each stretch for 15 to 30 seconds without bouncing. Repeat each stretch two or three times if you wish.*



1. Shoulder Stretch

Pull your elbow across your chest, using your free hand to cradle your elbow. Switch sides and repeat.



2. Back and Arms Stretch

Pull your elbow behind your head. Keep your head facing forward. Switch sides and repeat.



3. Quadriceps Stretch

Pull your heel to your buttocks. Switch legs and repeat. Be sure to keep the supporting leg slightly bent at the knee.



4. Calf Stretch

Extend one leg behind you and keep that heel on the floor. Lean forward using a chair or wall to maintain your balance. Repeat the stretch with your other leg.



5. Low-Back and Hip Stretch

Slowly pull one knee to your chest. Switch legs and repeat. Then pull both legs to your chest.



6. Inner Thigh Stretch

Put the soles of your feet together and press your knees toward the floor.



7. Hamstring Stretch

Extend one leg. Bend the opposite leg, placing the foot against the inner thigh of the extended leg. Bend forward from your hips. Switch legs and repeat.

STRENGTH TRAINING AND SAFETY TIPS

Following these basic strength training tips will help to ensure the success of your workout program.

1. Consult your physician or a medical expert before starting any exercise program.

If you are taking any medication which affects your heart rate, blood pressure or cholesterol level, your physician's advice is absolutely essential.

2. Develop a balanced program.

Do not overdevelop one muscle group while neglecting another muscle group. If you choose to create your own program, model it after the recommended workout programs which are designed to create balanced muscle development. Imbalanced muscle development increases the risk of injury to the weaker muscle group(s).

3. Allow 48 to 72 hours for your muscles to recover from a workout.

Three training sessions per week for each muscle group, performed every other day, provides adequate recovery time. Training more often may increase the risk of injury. If you do experience muscle or joint soreness that lasts for more than two to three days, discontinue exercising and consult your personal physician.

4. Stop exercising if you experience any warning signs of overexertion.

Symptoms include: lightheadness, dizziness, nausea, extreme breathlessness, prolonged fatigue (more than one hour) or pain of the muscles or skeletal system.

5. Do not train when you do not feel well.

In order to perform repetitions with the proper form, it is imperative that you are feeling your best when you train.

6. Maintain regular training days.

Greater strength and improved appearance come only with time, patience and consistent training. Keeping a regular schedule will also help you to stick with your workout program.

7. Perform one or two warm-up repetitions before each set.

Use a light resistance and slow speed during your warm-up repetitions. Make sure that the cord routing and machine set up allow you to perform the full range of motion correctly.

- | | |
|--|--|
| 8. Wait one to two hours after eating a large meal before working out. | Digesting food requires some of your body's valuable energy. You will need this energy to perform your NordicFlex Gold® Pro™ strength conditioner workout and to avoid gastrointestinal disruption. |
| 9. Keep daily records of your progress. | Documenting your progress can be a terrific motivator. We recommend that you use the workout logs that accompany the training programs in this manual. |
| 10. Train with a partner when possible. | Encourage and inspire one another. |
| 11. Work in an area with adequate space to perform all of the exercises. | Set up your machine in an area that has adequate space to perform all of the exercises in your routine. Be sure there is adequate ventilation and that the temperature in your workout area is comfortable for you. To avoid injury, keep children and pets away from the machine while you exercise. |
| 12. Wear comfortable clothing when you exercise. | Do not wear any clothing that binds or restricts movement. We recommend that you wear T-shirts, shorts or similar apparel. You may wish to wear a headband to keep perspiration out of your eyes. |
| 13. Breathe properly. | Exhale during the contraction (positive phase) of each exercise repetition. Inhale during the relaxation (negative) phase. Do not hold your breath while exercising. |
| 14. Periodically check the resistance cord for signs of wear. | Call our Customer Service Department at the toll-free phone number printed on your invoice to order a replacement cord if signs of wear are present. |
| 15. Never move or adjust the bench while sitting or lying on it. | Stand beside the bench to adjust it. |
| 16. Be sure to insert the bent pins and straight pin fully through both sides of the tubing. | Insert the bent pins and the straight pin so that approximately the same length of pin extends on each side of the tube. |

MUSCLE USAGE IN SPORTS AND DAILY ACTIVITIES

LEG MUSCLES

Abductors: This relatively small muscle group is used in side-to-side movements like those used by a basketball or football player who is playing defense. It is also used for ball games that require kicking with the outside of your foot. This is not a muscle group that is used a great deal in daily activities.

Adductors: This muscle group is considerably stronger than the abductors. Again, the adductors are not used a great deal in daily activities. They are, however, important for the side-to-side movements required by many sports. The adductors are also used for kicking a ball with the inside of your foot and for some swimming kicks.

Hip Flexors: Hip flexors are used in many daily activities including walking, jogging and running. This muscle group is of prime importance in any activity that requires kicking or lifting your legs. Swimming kicks, punting or kicking a football and hurdling are sports activities that require strong hip flexors.

Hamstrings: Your hamstrings enable you to lift your heels towards your buttocks. They are used during basic movements such as running and walking. The hamstrings are also used in the preparatory phase of various kicks.

Quadriceps: Your quadriceps are used to straighten your leg. You use your quadriceps for kicking a ball, climbing stairs and walking. The quadriceps also generate power for safe lifting. Concentrate on using the power from this large muscle group the next time you straighten up to lift a heavy object.

Gluteals: These are often referred to as the strongest muscles in the body. Used in almost all basic forms of movement, your gluteals help you to walk, lift and climb stairs. A basketball player's jump, a swimmer's kick and even a baseball player's throw depend on the gluteal muscles.

Gastrocnemius: These are your calf muscles. They control the pointing or flexing of your toes. You use your calf muscles to stand on tiptoe to reach the upper shelves in your kitchen cupboard. They are also important for walking and running. Strong calf muscles even help women to walk in high-heeled shoes!

BACK MUSCLES

Erector Spinae: The erector spinae is located in the lower back. It is used in almost every movement of your torso. You use this muscle group when you bend over to clean up a spill or pick up an object on the floor. The erector spinae is very important in contact sports like football and wrestling.

Latissimus Dorsi: This important muscle group is used for activities that require pulling, like starting a lawn mower, weeding your garden or giving a child a wagon ride through the neighborhood. (If your neighborhood is hilly, your leg muscles will get a real workout as well!)

Rhomboids: The rhomboids enable you to lift your shoulders. You use your rhomboids to reach the seldom-used tools stored in your garage and to wipe the top of your refrigerator without the aid of a chair. Strong rhomboids are required for serving a tennis ball, shooting a basketball over a tall opponent and hitting a driving spike in volleyball.

CHEST MUSCLES

Pectorals: You use your pectorals when you push a lawn mower, grocery cart or snow blower. Sports activities that use the pectorals include bowling, underhand throwing and playing racquetball.

SHOULDER MUSCLES

Deltoids: These are the muscles on the front, back and top of your shoulders. They are used in almost any throwing, pushing or reaching movement. Bowling, rock climbing and pitching a baseball are some of the many sport activities that require strong deltoids.

Trapezius: This muscle lies between your head and shoulders. It is used for overhead reaching. Sport activities like shooting a basketball or spiking a volleyball require the involvement of the trapezius muscle.

ARM MUSCLES

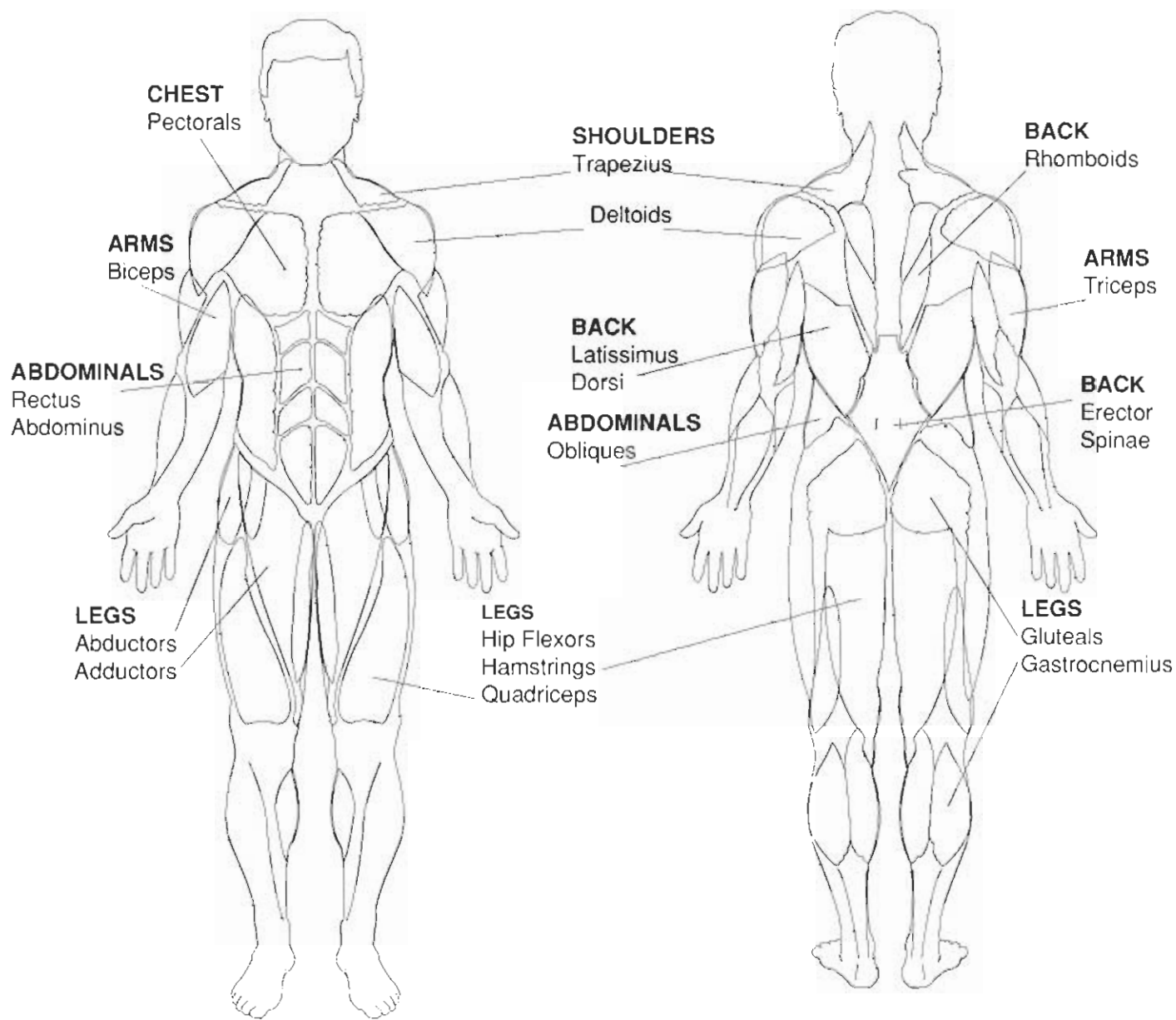
Biceps: The biceps enable you to lift your lower arms. You use your biceps in a variety of lifting and pulling activities. Carrying groceries, lifting your children and starting a lawn mower are some common activities that require the use of your biceps.

Triceps: The triceps extend (straighten) your lower arms. This movement is used in overhand throwing and pushing. Mowing the lawn, pushing a grocery cart and putting your groceries into your cupboards require the use of your triceps. Shooting a basketball, spiking a volleyball and some racquetball shots also require use of your triceps.

ABDOMINAL MUSCLES

Rectus Abdominus: This is the large group of muscles in your abdomen. The rectus abdominus enables you to bend forward to pick up a child. This large muscle group is involved in all torso movements.

Obliques: These muscles are located in your sides. They enable you to bend from side to side and assist in torso rotation. Sweeping, shoveling snow and dancing (especially if you're doing the twist) require the use of your obliques.



STRENGTH TRAINING TERMS

To get the greatest benefit from your NordicFlex Gold® Pro™ strength trainer, it is important to understand the basics of strength training.

Repetition:

A repetition — often abbreviated as “rep” — is the single performance of an exercise. Each repetition includes a contraction and relaxation phase.

Contraction:

The contraction is the working (or “positive”) phase of each exercise repetition. It is the phase during which you are either pushing or pulling against the force of the resistance mechanism. In a press exercise, the contraction phase occurs as you push the bar upward and away from your body. Remember, with isokinetic resistance, you want to push or pull as hard as you can.

NOTE: It is very important that you exhale during the contraction phase of each exercise repetition.

Relaxation:

This is the “negative” or return phase of each exercise repetition during which you return to the starting position. You will not feel any resistance during this phase. In a press exercise, the relaxation phase occurs as you lower the bar down toward your body. It is important that this phase of the exercise be performed in a slow and controlled fashion to prepare your muscles for the next repetition.

NOTE: Inhale during the relaxation phase of each repetition.

Ordinary strength training equipment has resistance during both the contraction (positive) and relaxation (negative) phase. NordicFlex Gold has resistance during the contraction phase only. This will feel different to you if you have used other equipment in the past. Studies have shown that positive-only resistance virtually eliminates after-exercise muscle soreness, decreases the risk of injury and shortens recovery time between workouts.

Set:

A set is an uninterrupted series of repetitions (or reps). Each training program in this manual recommends a specific number of repetitions per set as well as a total number of sets for each exercise.

Rest Interval:

If you are completing more than one set of a given exercise, you need to rest between each set. The rest period between sets is called a rest interval. It is important that you rest between sets to allow your muscles to prepare for the next set.

We recommend that your rest intervals be from 30 seconds to 2 minutes in duration. Use longer rest intervals if you are just beginning your exercise program — or if you are increasing the difficulty of your existing program by performing more repetitions, increasing the resistance or adding more exercises. Decrease the length of your rest intervals as your strength and physical condition improve.

Form:

Form refers to the actual motion or technique required to complete an exercise repetition correctly. Using the proper form is the first rule of NordicFlex Gold strength training. Never sacrifice the proper form in an attempt to perform more repetitions or create greater resistance.

Using the proper form during each exercise repetition will help you to achieve maximum results while minimizing your risk of injury. NordicFlex Gold helps you maintain the correct form with its ergonomically designed linear motion.

Range of Motion:

Range of motion refers to the actual distance travelled by the body part you are exercising. It is important that you move each joint (or group of joints) through its entire range of motion. Working a full range of motion (ROM) builds strength in the entire muscle group and uses the maximum number of muscle fibers, resulting in greater strength gains.

Stretching before your workouts will help to ensure that you are able to complete the appropriate range of motion for each exercise.

Resistance:

Resistance is the force you are working against as you perform an exercise repetition. With the NordicFlex Gold® Pro™ strength conditioner, you can increase (or decrease) the resistance in one of two ways:

1. Change the speed or force you exert during the contraction phase of the exercise. The accommodating resistance will change to match the force you exert — within the limits of the cord routing configuration. The faster the movement, the greater the resistance.

Isokinetic resistance is unlike that provided by ordinary strength training equipment. Your movements during the positive (or contraction) phase of the exercises need not be slow and controlled. In fact, the harder you push or pull during each repetition, the more resistance you will work against and the greater your results will be!

2. Change the cord routing configuration. (See the exercise descriptions for specifics on cord routing.)

Intensity:

Intensity refers to the level of difficulty of your workout. Increase your exercise intensity by increasing the resistance or force applied and/or the number of repetitions you perform. Decrease exercise intensity by decreasing the resistance or force applied and/or the number of repetitions you perform.

Your muscle fibers respond to increased intensity by becoming thicker. (This is what makes your muscles grow larger — you are not actually increasing the number of muscle fibers; you are simply increasing their diameter.)

Extension:

A movement that increases the joint angle between adjacent body parts. An example would be straightening your arm at the elbow.

Flexion:

A movement that decreases the joint angle between adjacent body parts. Bending your arm at the elbow is an example of flexion.

Flexibility:

The ability of a muscle to move a joint through a full range of motion. Stretching both before and after your workout, combined with completing a full range of motion for each exercise you perform, will help to improve your flexibility.

Definition:

Visibility of the muscle outline or shape caused by muscle development and absence of body fat.

Tone:

Condition in which the muscle appears constantly firm and slightly contracted.

Muscle Strength:

The ability of a muscle or group of muscles to exert force against resistance. To build muscle strength, perform a low number of repetitions per set with maximum intensity. Muscle strength is required for carrying a heavy bag of groceries or changing a flat tire.

Muscle Endurance:

The ability of a muscle or group of muscles to perform repeated contractions. To develop muscle endurance, you should perform a high number of repetitions per set with moderate intensity. Muscle endurance is important for activities such as walking, jogging, running, cross-country skiing and cycling.

Muscle Power:

The combination of muscle strength and speed of movement. Training to develop muscle power is important for sports that require quick, strong movements. Basketball, racquet sports and football are just some examples of the many sports that require muscle power.

DEVELOPING A BALANCED FITNESS PROGRAM

AEROBIC CONDITIONING

Aerobic conditioning is an important part of your Balanced Fitness™ program. We recommend that you complete a 20-minute aerobic conditioning session three to five times a week in addition to your three strength training sessions.

CROSS-TRAINING

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more activities into a personal fitness program. This type of training will help you achieve a greater fitness level than a program in which you perform the same exercise over and over again.

Some of the other benefits of cross-training are:

- Enhanced sports performance
- Improved muscle balance and symmetry
- Reduced boredom
- Decreased recovery time between workouts

The two products featured on this page will enable you to round out your Balanced Fitness program.



NORDICTRACK SKI EXERCISER

NordicTrack® ski exercisers simulate the motion of cross-country skiing — which medical experts agree is the world's best aerobic exercise.

This total-body exerciser quickly and easily elevates the heart rate to the fitness-building level. It uniformly exercises the major muscle groups in the upper and lower body in a smooth, natural way without jarring or over stressing your body.

Improve your coordination, cardiovascular fitness and muscle tone with one of seven NordicTrack ski models. (The NordicTrack Pro® model is pictured, on the left.)

Call 1-800-328-5888 for more information.



NORDICTRACK'S AEROBIC CROSS-TRAINER

NordicTrack's Aerobic Cross-Trainer® exerciser offers you five heart-pumping, muscle-toning aerobic exercises in one space-efficient machine: walking, jogging, power walking, cross-country skiing and stairstepping.

Round out your personal fitness program with a machine that offers a variety of workouts — all on one convenient machine. And you will find it easy to stay with a program on your Aerobic Cross-Trainer because your workouts will be fresh, fun and always varied.

Comes complete with eleven different workout programs to challenge individuals at all fitness levels.

Call 1-800-421-5910 for more information.

BEFORE YOU BEGIN

Before you begin your first workout, please read this section. It contains detailed descriptions of each NordicFlex Gold exercise.

You can choose from one of ten recommended workout programs to help you achieve your fitness goals. Be sure to use the workout logs to record your progress as you go!

THE THREE FUNDAMENTAL RULES OF NORDICFLEX GOLD PRO STRENGTH CONDITIONING

Rule Number 1: Always use the proper form. Never sacrifice the proper form in order to generate greater resistance or perform more repetitions.

Rule Number 2: Remember that isokinetic resistance is unlike ordinary strength-training equipment which requires slow, controlled movements. Push or pull as hard as you can during the contraction (positive) phase of each repetition. Then return slowly to the starting position to allow your muscles to adequately prepare for the next repetition.

Rule Number 3: Complete the entire range of motion for each exercise.

LEARNING TO PERFORM THE NORDICFLEX GOLD EXERCISES

We have dedicated an entire page to each of the NordicFlex Gold exercises. The bottom half of the page contains the cord routing instructions for the featured exercise. The top half of the page is broken down into four distinct sections: set up, starting position, exercise performance and training tips.

SET UP: This section outlines the proper equipment configuration for the featured exercise. It is important to remember that the recommended set up configuration may not be ideal for your height or body size. Be sure to adjust the position(s) of the various attachments to accommodate your size.

STARTING POSITION: This section describes the starting position for each exercise. There is also a photo labeled "START" so you can see what the starting position looks like. In order to ensure that you complete a full range of motion, it is important that you start in the exact position described.

CAUTION: Please keep small children and pets away from the exerciser while it is in use.

EXERCISE PERFORMANCE: The actual movement of the exercise is described in this section. The photo labeled "FINISH" shows the ending position for the exercise. Complete the entire range of motion described in this section before you return to the proper starting position.

TRAINING TIPS: With important recommendations with respect to posture, muscle isolation and form, the training tips are, perhaps, the most critical information on the page.

The training tips were developed by Jeff Zwiefel, an exercise physiologist at the National Exercise For Life Institute. Jeff's credentials include a Master of Arts degree in Physical Education and professional certifications from the American College of Sports Medicine and the National Strength and Conditioning Association. His professional experience includes managing a hospital-based wellness and injury rehabilitation center, supervising the exercise and conditioning program at a major health club chain and serving as the assistant strength and conditioning coach for the Minnesota Vikings professional football team.

NOTE:
The set up positions explained in each exercise description may not be a perfect match for your height or body size. Be sure to adjust either the handgrip or press bar position if you need to do so in order to accommodate your height or body size. Adjust the press bar height by using one of the three holes in the shuttle or adjust the angle of the press bar up or down.

Customer Service Department Hours

Monday through Friday
7 a.m. to 8 p.m.
Saturday
8 a.m. to 4:30 p.m.
Central Standard Time

LEGS DEADLIFT

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #1. Rest the shuttle on the pin.
3. Angle the press bar downward and attach it to the shuttle. Align the locking holes on the press bar with the lowest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

TRAINING TIPS:

- Keep your feet flat and your arms slightly bent.
- Push with your legs and buttocks, not your knees.
- Keep your head up and your back straight.

STARTING POSITION

- Stand facing the vertical tube with your feet shoulder width apart and your toes pointing slightly outward.
- Grasp the press bar with your hands shoulder width apart. Use an alternating grip. (Your right palm should face the vertical tube and your left palm should face away from the vertical tube.)
- Lower your body until your knees form a 90-degree angle (like sitting in a chair). **Do not allow your knees to come forward over your toes.** Keep your weight evenly distributed on both feet.

EXERCISE PERFORMANCE

- Push up vertically with your legs to an upright position, keeping your back perpendicular to the ground and your abdomen tight. Keep a slight bend in your elbows and do not allow your knees to lock at the top of the lift.
- Slowly return to the starting position and repeat.



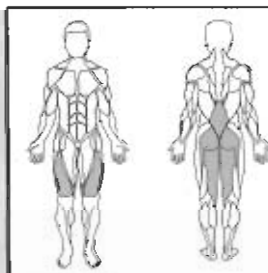
START



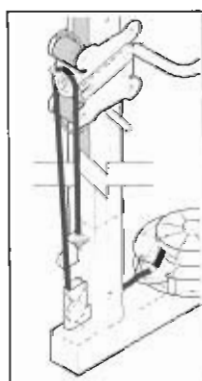
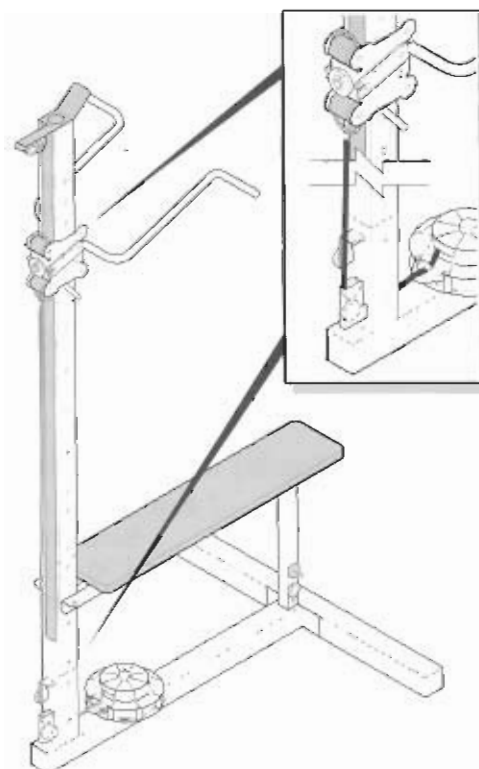
FINISH

MUSCLE GROUPS USED

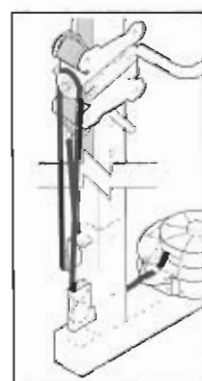
Quadriceps
Hamstrings
Gluteals
Erector Spinae
(lower back)



Level 1



Level 2



Level 3

CORD ROUTING FOR DEADLIFT

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

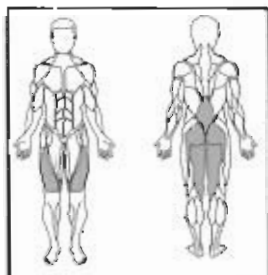
*The front side is closest to you as you stand facing the back side of the vertical tube. The back side is the one that is closer to the tube.

LEGS LEG PRESS

START



FINISH



MUSCLE GROUPS USED

Quadriceps
Hamstrings
Gluteals
Erector Spinae
(lower back)

SET UP

1. The bench should be flat with the bent pin inserted in hole #1.
2. Insert a bent pin in hole #4. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
- i. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Lie on the bench with your head at the foot end. Place your feet on the press bar. Your feet should be near the bend in the bar with as much of your soles on the bar as possible.
- Place your hands beneath your lower back and grip the bench.
- Begin with your knees bent (no more than 90 degrees) and shoulder width apart.

EXERCISE PERFORMANCE

- Push up vertically with your legs. Keep your abdomen tight and your back and hips flat against the bench. **Do not arch your back.**
- Push with your heels.
- Extend your legs fully without locking your knees.
- Slowly return to the starting position and repeat. Do not allow your knees to bend more than 90 degrees.

TRAINING TIPS:

- Keep your head, back and hips flat against the bench.
- Push with your entire foot.
- Do not allow your knees to lock at the top of the lift.

CORD ROUTING FOR LEG PRESS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

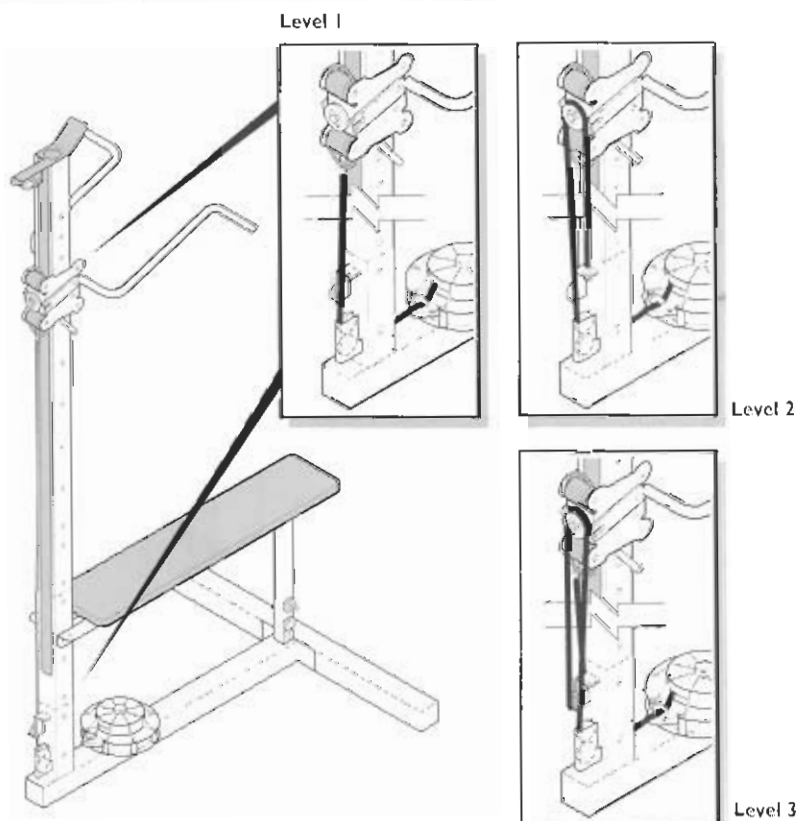
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



LEGS FRONT SQUAT

TRAINING TIPS:

- Keep your feet flat and shoulder width apart.
- Keep your weight on your heels, not on your toes or the balls of your feet.
- Push with your legs and buttocks.
- Keep your chest out, your head up and your back straight.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand facing the vertical tube with your feet shoulder width apart and your toes pointing slightly outward.
- Rest the press bar against the front of your shoulders. Place your hands on the press bar.
- Lower your body until your knees form a 90-degree angle (like sitting in a chair). **Do not allow your knees to come forward over your toes or to exceed a 90-degree bend.**

EXERCISE PERFORMANCE

- Push up vertically to an upright position. Keep your abdomen tight and your back straight. Keep your head up and do not allow your knees to lock at the top of your lift. Keep your weight evenly distributed on both feet.
- Slowly return to the starting position and repeat.

START

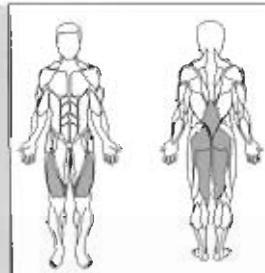


FINISH

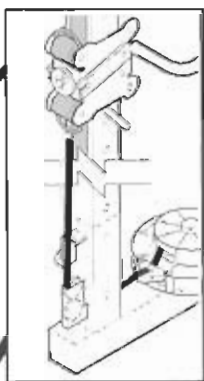


MUSCLE GROUPS USED

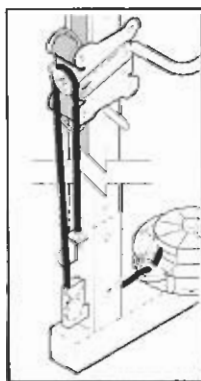
Gluteals
Quadriceps
Hamstrings
Erector Spinae
(lower back)



Level 1



Level 2



CORD ROUTING FOR FRONT SQUAT

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

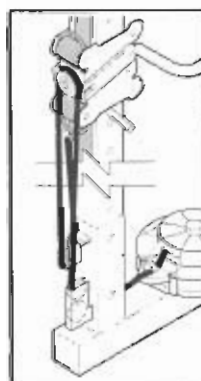
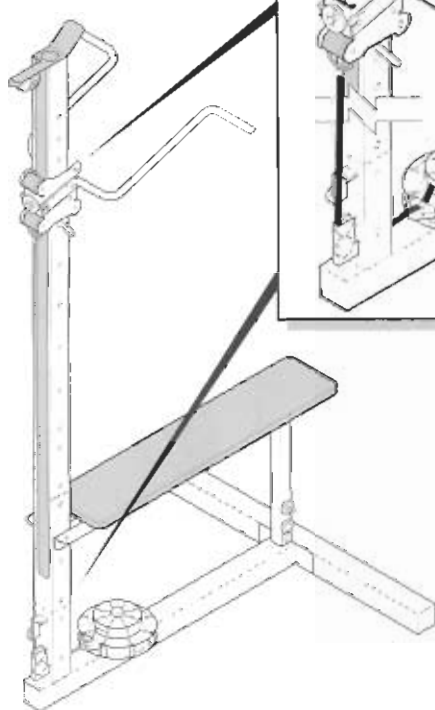
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



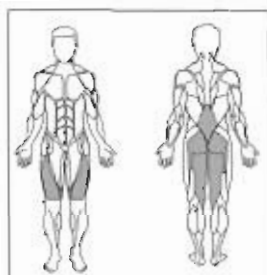
Level 3

LEGS REAR SQUAT



START

FINISH



MUSCLE GROUPS USED

Gluteals
Quadriceps
Hamstrings
Erector Spinae
(lower back)

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand with your back toward the vertical tube with your feet shoulder width apart and your toes pointing slightly outward.
- Rest the press bar against the back of your shoulders. Grasp the handgrips with your palms facing forward (overhand grip).
- Lower your body until your knees form a 90-degree angle (like sitting in a chair). **Do not** allow your knees to come forward over your toes or to exceed a 90-degree bend.

EXERCISE PERFORMANCE

- Push up vertically to an upright position. Keep your abdomen tight and your back straight. Keep your head up and do not allow your knees to lock at the top of your lift. Keep your weight evenly distributed on both feet.
- Slowly return to the starting position and repeat.

TRAINING TIPS:

- Keep your feet flat and shoulder width apart.
- Keep your weight on your heels, not on your toes or the balls of your feet.
- Push with your legs and buttocks.
- Keep your chest out, your head up and your back straight.

CORD ROUTING FOR REAR SQUAT

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

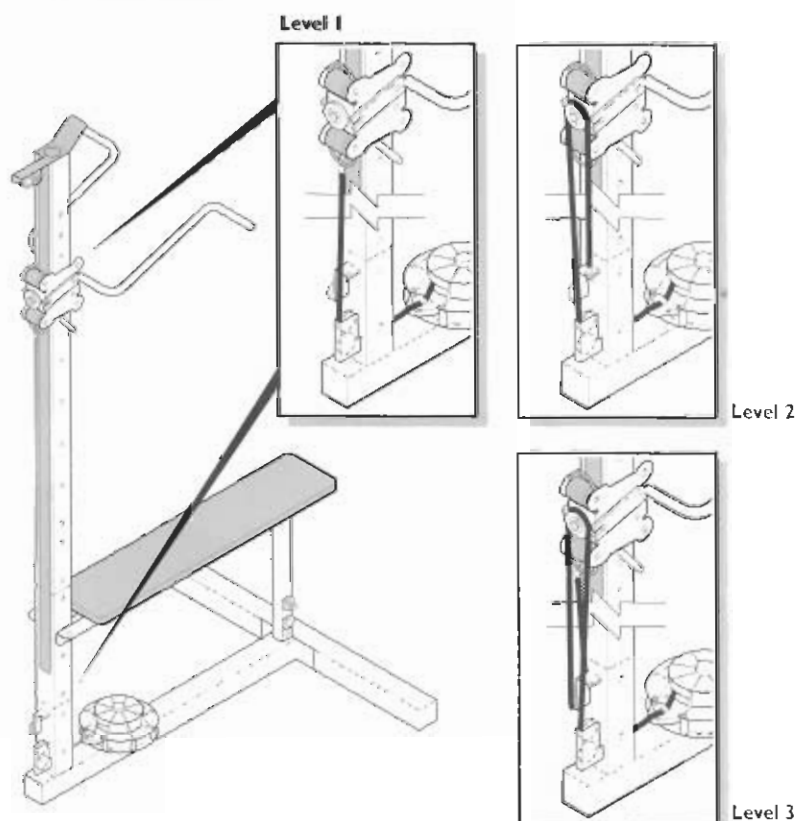
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



LEGS

CALF RAISE

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #3. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

TRAINING TIPS:

- Keep your head, back and hips flat against the bench.
- Isolate the movement in your feet and ankles. Do not move your legs.

STARTING POSITION

- Lie on the bench with your head at the foot end. Place your feet on the handgrips of the press bar. Your feet should be near the bend in the bar with as much of the soles of your feet on the bar as is possible.
- Place your hands beneath your lower back and grip the bench.
- Press the bar up with your legs until your legs are fully extended. **Avoid locking your knees.** Flex your toes down toward the floor.

EXERCISE PERFORMANCE

- Keeping your back flat against the bench and your legs in this extended position, point your toes toward the ceiling.
- Lower your toes and repeat.

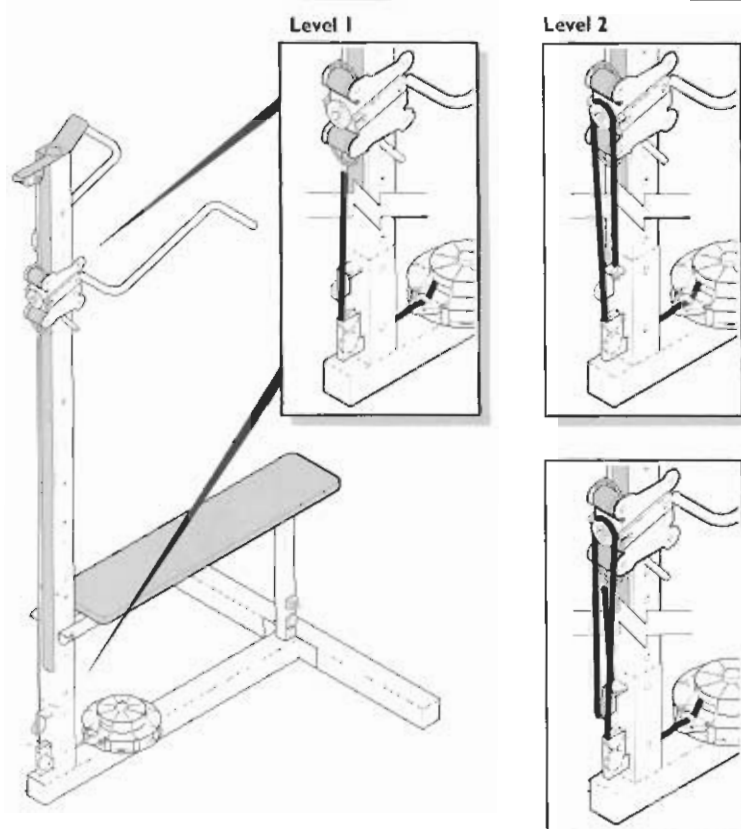
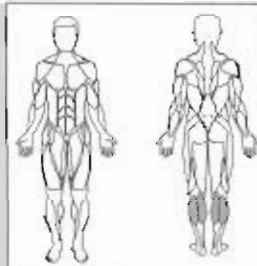


START



FINISH

MUSCLE GROUP USED
Gastrocnemius Soleus



CORD ROUTING FOR CALF RAISE

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.

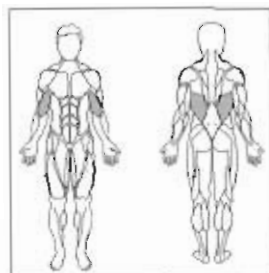
Level 3

BACK LAT PULLDOWN



START

FINISH



MUSCLE GROUPS USED
Latissimus Dorsi
Biceps

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Sit near the front of the bench, facing the vertical tube. The handgrips should be above your shoulders.
- Grasp the handgrips in an overhand grip with your palms facing the vertical tube. Your hands should be slightly wider than shoulder width apart.
- Push your arms up until they are fully extended above you.

EXERCISE PERFORMANCE

- Pull the bar down in front of your shoulders, squeezing your shoulder blades together. **Keep your elbows at your sides.**
- Return the bar to the starting position and repeat.

TRAINING TIPS:

- Keep your feet flat on the floor.
- Keep your head up, your back straight and your chest out.
- Pull the press bar no lower than shoulder level.

CORD ROUTING FOR LAT PULLDOWN

Level 1 (Light: 20 to 100 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Attach the snap hook to the top hanger on the shuttle.

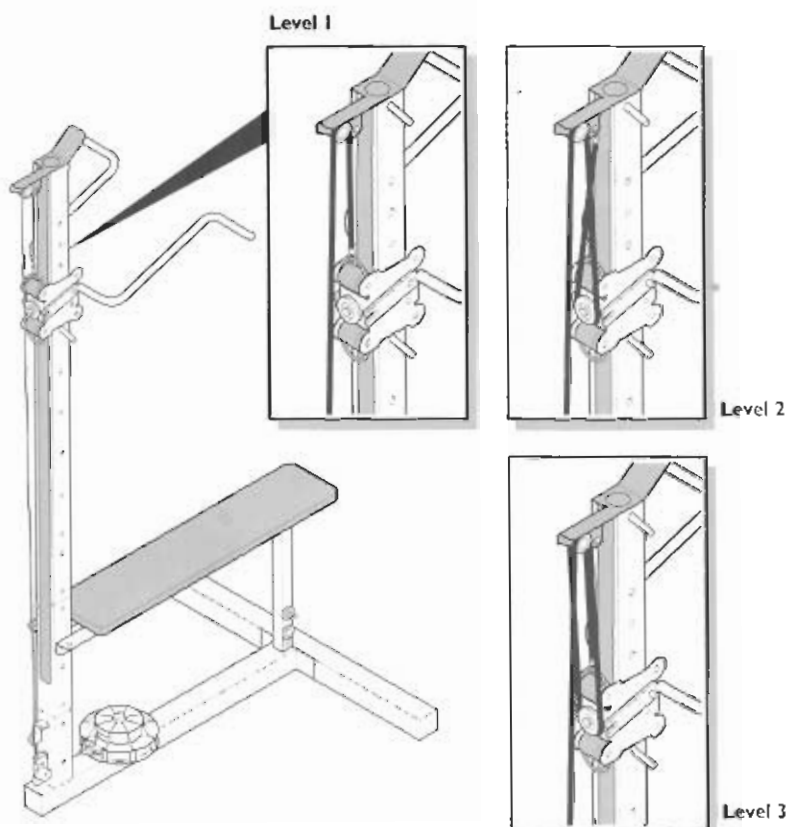
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Attach the snap hook to the hole in the pulldown assembly.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and wrap it from front to back over the left pulley on the pulldown assembly.*
4. Attach the snap hook to the top hanger on the shuttle.

*Be sure to route the cord between the pulley and the retaining clip. The front side is the side nearest you as you stand facing the vertical tube.



BACK

REVERSE

GRIP LAT

PULLDOWN

TRAINING TIPS:

- Keep your feet flat on the floor.
- Keep your head up, your back straight and your chest out.
- Pull the press bar no lower than chin level.

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Sit near the front of the bench, facing the vertical tube. The handgrips should be above your shoulders.
- Grasp the handgrips in an underhand grip with your palms facing away from the vertical tube. Your hands should be slightly wider than shoulder width apart. (A narrow grip ensures balance between the back and biceps muscles.)
- Push your arms up until they are fully extended above you.

EXERCISE PERFORMANCE

- Pull the bar down in front of your shoulders, squeezing your shoulder blades together. **Keep your elbows at your sides.**
- Return the bar to the starting position and repeat.



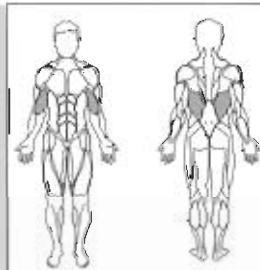
START



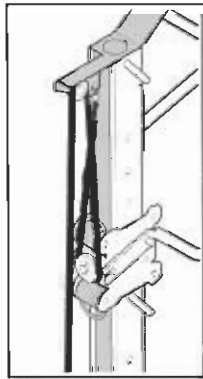
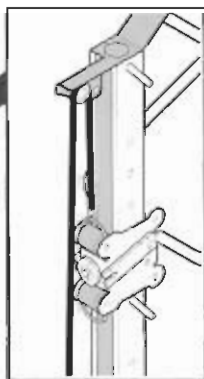
FINISH

MUSCLE GROUPS USED

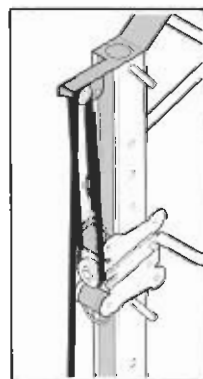
Latissimus Dorsi
Biceps



Level 1



Level 2



Level 3

CORD ROUTING FOR REVERSE GRIP LAT PULLDOWN

Level 1 (Light: 20 to 100 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Attach the snap hook to the top hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Attach the snap hook to the hole in the pulldown assembly.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and wrap it from front to back over the left pulley on the pulldown assembly.*
4. Attach the snap hook to the top hanger on the shuttle.

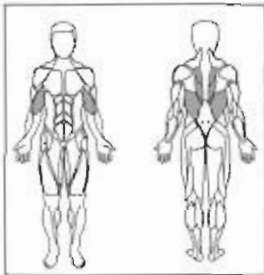
*Be sure to route the cord between the pulley and the retaining clip. The front side is the side nearest you as you stand facing the vertical tube.

BACK BENT-OVER Row



START

FINISH



MUSCLE GROUPS USED

Latissimus Dorsi
Biceps
Rhomboids

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #1.
3. Angle the press bar downward and attach it to the shuttle. Align the locking holes on the press bar with the lowest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand on the foot plate with your feet hip distance apart. Bend your legs slightly at the knees.
- Bend over the press bar and grasp the handgrips in an overhand grip with your palms facing the floor. Position your hands so they are about shoulder width apart.
- Start with your arms extended toward the floor. Keep a slight bend in your arms when they are fully extended.

EXERCISE PERFORMANCE

- While remaining bent over the bar, pull the bar up to your shoulders. **Concentrate on squeezing your shoulder blades together as you lift.** Keep your head looking forward and your abdomen tight to prevent your back from rounding.
- Return the bar to the starting position and repeat.

TRAINING TIPS:

- **Keep your knees bent in a half squat position.**
- **Keep your back straight and at a 30-degree angle to the floor.**
- **Keep your head up and chest out.**
- **Push your elbows back behind you.**

CORD ROUTING FOR BENT-OVER ROW

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

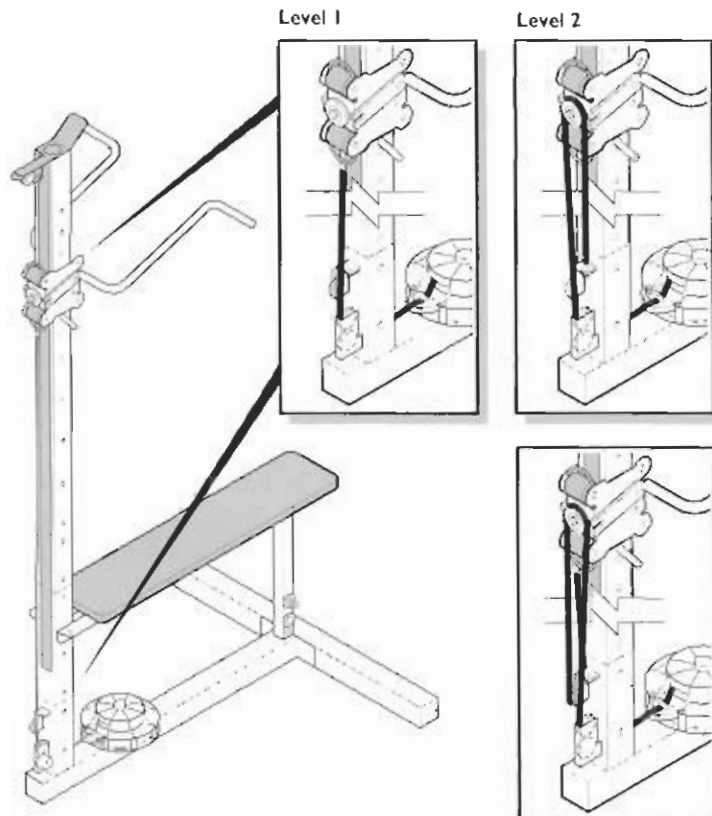
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



Level 3

BACK

MODIFIED PULL-UP

TRAINING TIPS:

- Fully extend your arms in the starting position.
- Use your legs to assist only as much as necessary.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #5. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. No cord routing is required for this exercise.

STARTING POSITION

- Stand facing the vertical tube.
- Grasp the bar in an underhand grip with your palms facing away from the vertical tube. Your hands should be about shoulder width apart.
- Keeping your feet on the ground, bend your legs and lower yourself toward the floor until your arms are fully extended above you.

EXERCISE PERFORMANCE

- Pull your body up until your eyes are level with the bar. Use your arms to pull you up; assist with your legs only as much as necessary.
- Lower yourself to the starting position and repeat.

NOTE: If you prefer, use an overhand grip.



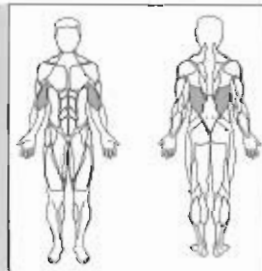
START



FINISH

MUSCLE GROUPS USED

Latissimus Dorsi
Biceps



BACK PULL-UP

START

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #9. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. No cord routing is required for this exercise.

STARTING POSITION

- Grasp the bar in an underhand grip with your palms facing away from the vertical tube. Your hands should be about shoulder width apart.
- Bend your legs, cross your ankles, and lift your feet off the floor. Allow your body to hang from the bar.

EXERCISE PERFORMANCE

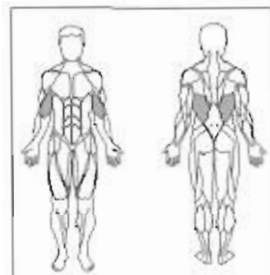
- Pull your body up until your eyes are level with the bar. Use your arms to pull you up and keep the rest of your body stationary.
- Lower yourself to the starting position and repeat.

NOTE: *If you prefer, use an overhand grip.*

TRAINING TIPS:

- Fully extend your arms in the starting position.
- Do not allow your body to swing during the exercise.
- If you prefer, perform the **Modified Pull-up** on page 34.

FINISH



MUSCLE GROUPS USED

Latissimus Dorsi
Biceps

CHEST

BENCH PRESS

TRAINING TIPS:

- Keep your abdominal muscles tight.
- Do not allow your back to arch up off the bench as you push.
- Avoid extending your arms too far; there should be a slight bend in your elbows at the top of the push.

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the lowest set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Lie flat on the bench so the press bar is in line with your upper chest.
- Place your feet flat on the floor.
- Grasp the handgrips in an overhand grip with your palms facing upward. Your hands should be shoulder width apart.

EXERCISE PERFORMANCE

- Keeping your abdomen tight and your buttocks and back flat against the bench, push the press bar upward to a full arm extension.
- Your arms should not lock at the top of the push. Keep a slight bend in your elbows and attempt to keep your shoulder blades together.
- Slowly lower the bar to the starting position and repeat.

START

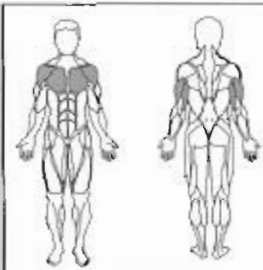


FINISH

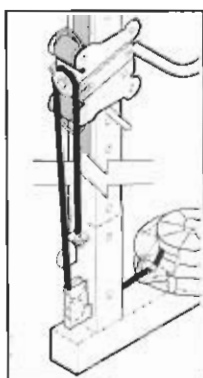
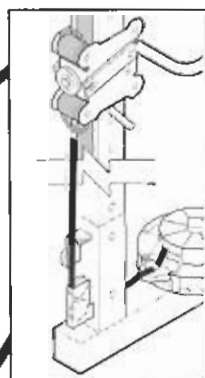


MUSCLE GROUPS USED

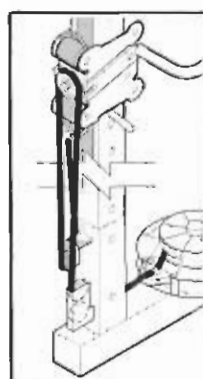
Pectorals
Triceps
Deltoids



Level 1



Level 2



Level 3

CORD ROUTING FOR BENCH PRESS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.

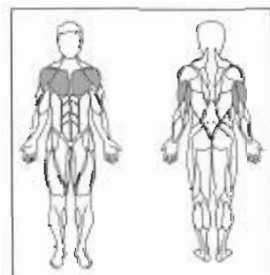
CHEST

INCLINE BENCH PRESS



START

FINISH



MUSCLE GROUPS USED

Pectorals
Triceps
Deltoids

SET UP

1. Move the bench support tube from hole "D" to hole "E".
2. The bench should be elevated with a bent pin inserted in hole #3.
3. Insert a bent pin in hole #4. Rest the shuttle on the pin.
4. Angle the press bar downward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
5. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Lie on the bench so the press bar is in line with your upper chest.
- Place your feet flat on the floor.
- Grasp the handgrips in an overhand grip with your palms facing upward. Your hands should be shoulder width apart.

EXERCISE PERFORMANCE

- Keeping your abdomen tight and your buttocks and back flat against the bench, push the press bar upward to a full arm extension. Your arms should not lock at the top of the push. Keep a slight bend in your elbows and attempt to keep your shoulder blades together.
- Lower the bar to the starting position and repeat.

TRAINING TIPS:

- Keep your abdominal muscles tight.
- Do not allow your back to arch up off the bench as you push.
- Do not lock your elbows; there should be a slight bend in your elbows at the top of the push.

CORD ROUTING FOR INCLINE BENCH PRESS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

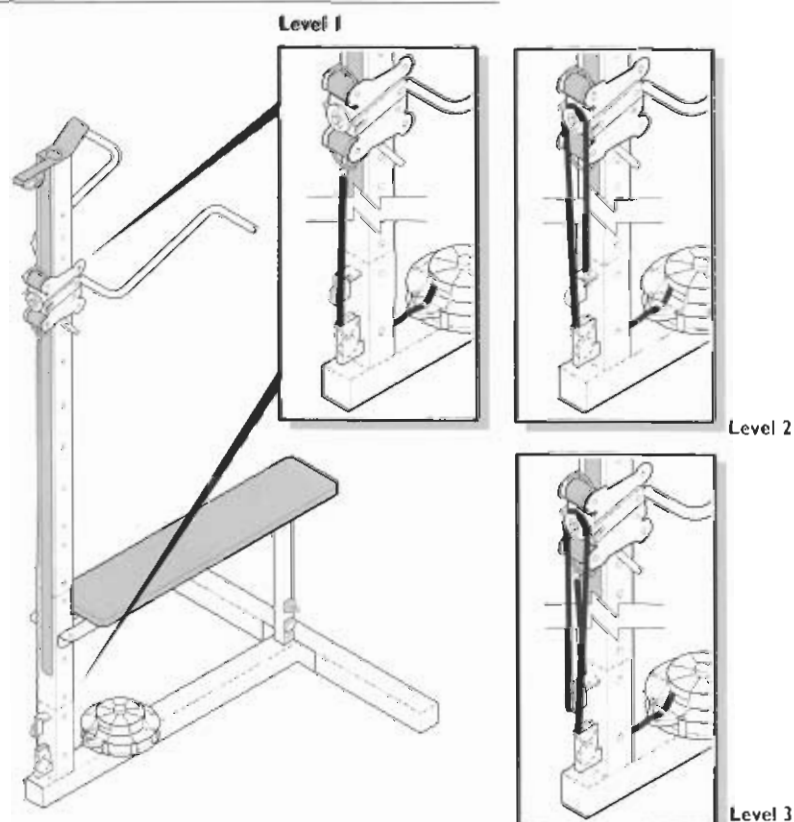
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



SHOULDERS

UPRIGHT Row

TRAINING TIPS:

- Maintain a relaxed hand grip.
- Keep your knees slightly bent and your chest out.
- Lead the movement with your elbows.
- Do not pull the bar above chin level.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #1. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand facing the vertical tube with your feet hip distance apart and your legs slightly bent.
- Grasp the press bar with your palms facing the floor in an overhand grip. Place your hands near the bend in the bar so that they are approximately shoulder width apart.
- Start with your arms extended in the "down" position.

EXERCISE PERFORMANCE

- Begin by shrugging your shoulders and then pull the press bar up to chin level. **Keep your elbows upward and outward as far as possible.** Keep your abdomen and buttocks tight and your knees slightly bent throughout the movement.
- Return your arms to the starting position and repeat.



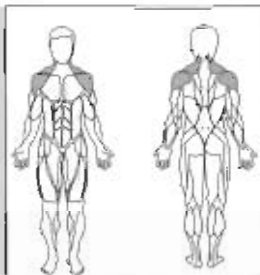
START



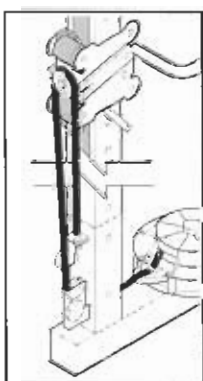
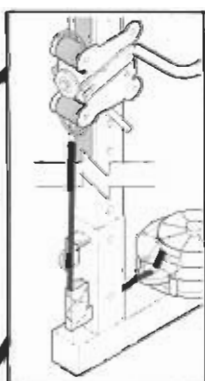
FINISH

MUSCLE GROUPS USED

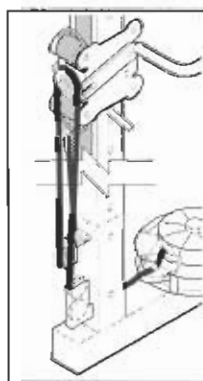
Deltoids
Trapezius



Level 1



Level 2



Level 3

CORD ROUTING FOR UPRIGHT ROW

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.

SHOULDERS

BEHIND THE NECK PRESS

SET UP:

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Sit on the bench with your back toward the vertical tube.
- Sit as close to the press bar as you can without touching it. The handgrips on the press bar should be at shoulder level.
- Reach behind you and grasp the press bar in an overhand grip with your palms facing away from the vertical tube. Your hands should be slightly wider than shoulder width apart.

EXERCISE PERFORMANCE

- Keeping your back straight, push the bar upward to a full arm extension. Do not lock your arms at the top of the push; keep a slight bend in your elbows.
- Return your arms to the starting position and repeat.

TRAINING TIPS:

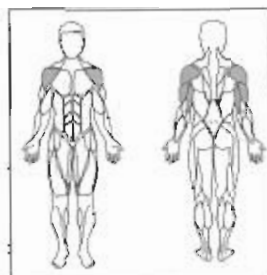
- Keep your back straight, your chest out and your abdominal muscles tight.
- Your feet should be flat on the floor.
- Grip the bar so your hands are slightly wider than shoulder width apart.
- Don't lock your elbows at the top of the push.



START



FINISH



MUSCLE GROUPS USED

Deltoids
Triceps

CORD ROUTING FOR BEHIND THE NECK PRESS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

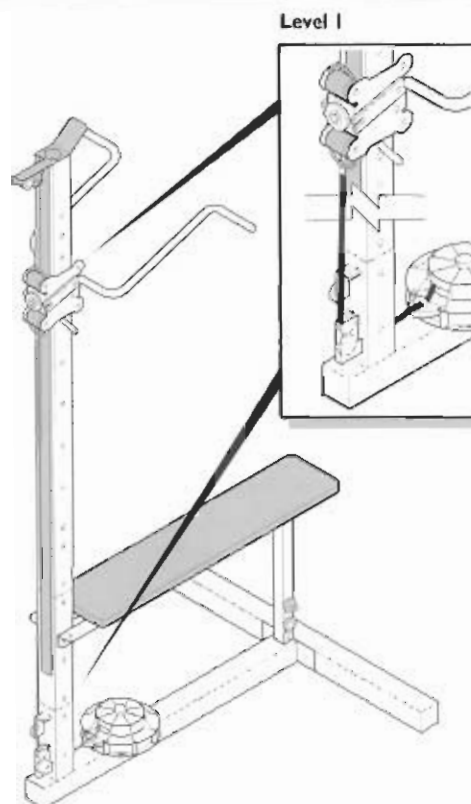
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

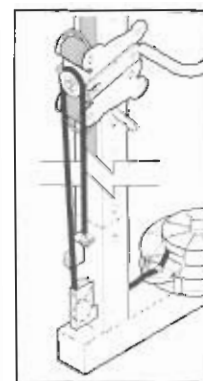
Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

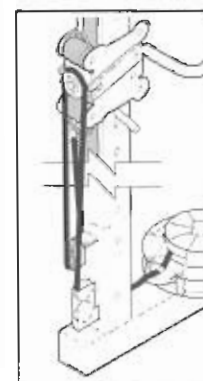
*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



Level 1



Level 2



Level 3

SHOULDERS

SHOULDER SHRUGS

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #1. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

TRAINING TIPS:

- Keep your chest out, your back straight and your knees slightly bent.
- Keeping your arms extended downward, shrug and rotate your shoulders.

STARTING POSITION

- Stand facing the vertical tube with your feet hip distance apart and your legs slightly bent.
- Grasp the press bar with your palms facing the floor in an overhand grip. Place your hands slightly more than shoulder width apart.
- Start with your arms extended in the "down" position. Bend your arms slightly at the elbows.

EXERCISE PERFORMANCE

- Raise your shoulders upward and rotate them in a circular motion. Keep your arms straight throughout the motion.
- Slowly lower your shoulders to the starting position and repeat.



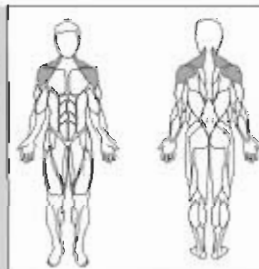
START



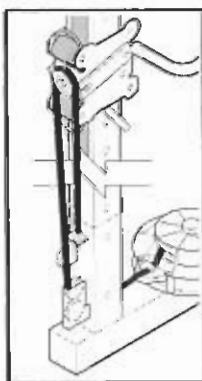
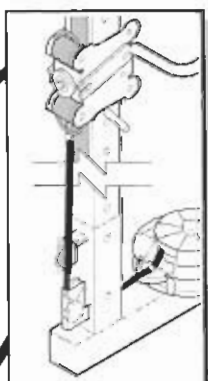
FINISH

MUSCLE GROUPS USED

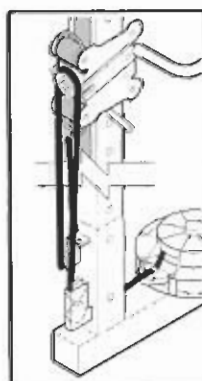
Trapezius
Deltoids



Level 1



Level 2



Level 3

CORD ROUTING FOR SHOULDER SHRUGS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.

SHOULDERS

MILITARY PRESS



START



FINISH

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #3. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

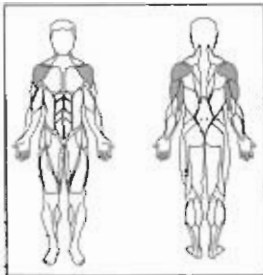
- Sit on the bench facing the vertical tube.
- Grasp the press bar with your palms facing the vertical tube in an overhand grip. Place your hands slightly more than shoulder width apart.
- Start with the press bar at shoulder level.

EXERCISE PERFORMANCE

- Push the bar upward to a full arm extension, without locking your elbows. Keep your abdominal muscles tight and your back straight throughout the motion.
- Return the bar to the starting position and repeat.

TRAINING TIPS:

- Keep your back straight and your abdominal muscles tight.
- Keep your feet flat on the floor and your chest out.
- Grip the bar so your hands are slightly wider than shoulder width apart.
- Don't lock your elbows at the top of the push.



MUSCLE GROUPS USED

Deltoids
Triceps

CORD ROUTING FOR MILITARY PRESS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

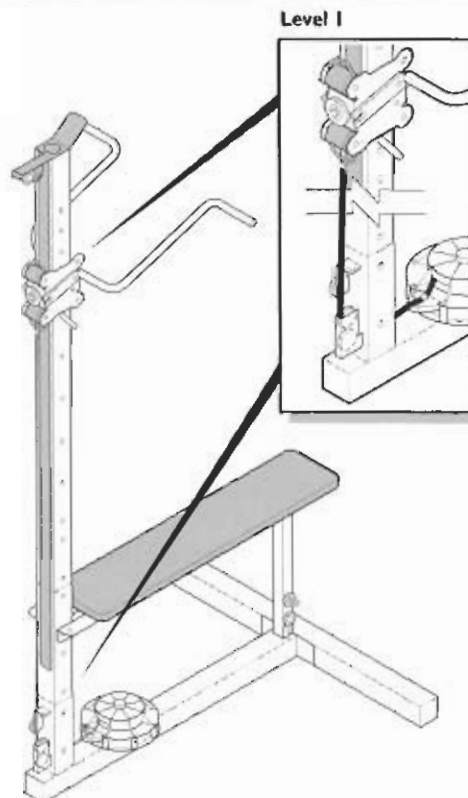
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

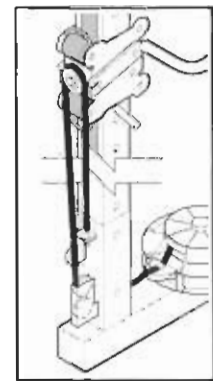
Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

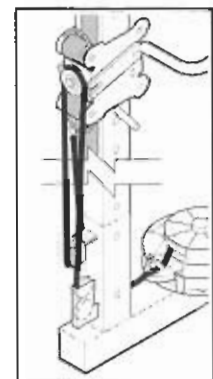
*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



Level 1



Level 2



Level 3

SHOULDERS

BENT-OVER RAISE

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Route the cord under the lower pulley on the bench-support tube. Make sure the cord is properly routed.
3. Slide a bent pin through the snap hook at the end of the resistance cord.

TRAINING TIPS:

- Keep your knees slightly bent and your back flat.
- Keep your shoulders squared and parallel to the floor. Do not twist your upper body.
- Focus the movement in your shoulder, not your elbow.
- The bend in your elbow should remain constant throughout the movement.

STARTING POSITION

- Stand near the foot end of the bench with your feet slightly wider than hip distance apart.
- Bend your knees and keep your abdomen and buttocks tight. (This will help to keep your back from arching.)
- Grasp the pin you inserted through the snap hook with your palm facing toward the vertical tube. Place your free hand on the bench for support.
- Start with your arm extended toward the floor.

EXERCISE PERFORMANCE

- Keeping a slight bend in your elbow, raise your arm up to your side until it is parallel to the floor. Your back should remain straight. Keep your hand flat and parallel to the floor.
- Lower your arm to the starting position and repeat. Switch arms when you are finished with each set and repeat.

START

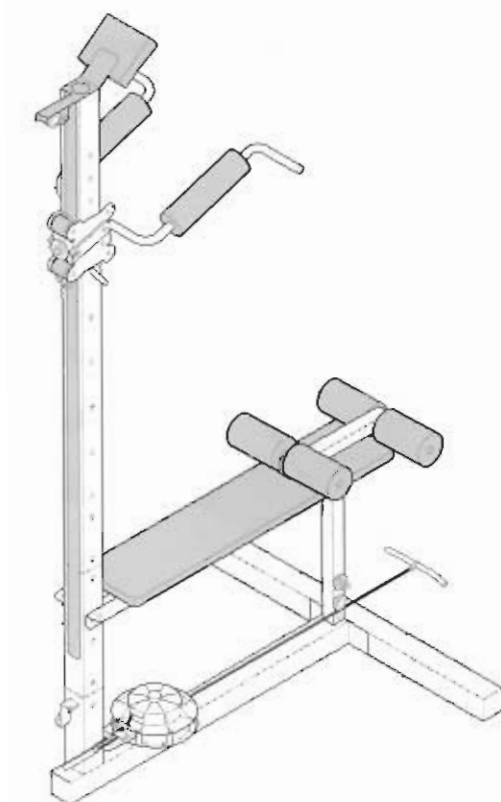
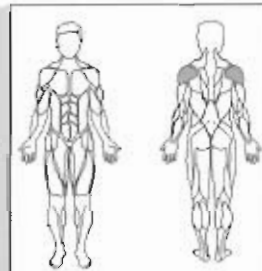


FINISH



MUSCLE GROUP USED

Deltoids



CORD ROUTING FOR BENT-OVER RAISE

Level 1 (Light: 20 to 100 pounds)

1. Pass the cord between the pulley and the retaining clip of the lower pulley on the bench support tube. Be sure the cord runs between the pulley and the retaining clip.
2. Insert a bent pin through the snap hook and grasp it firmly.

ARMS SEATED TRICEPS PRESS



START



FINISH

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

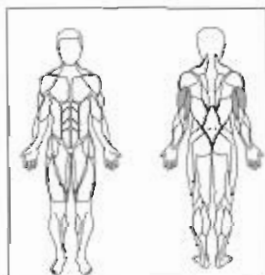
- Sit on the bench with your back toward the vertical tube.
- Reach behind you and grasp the press bar with your palms facing the ceiling in an overhand grip. Place your hands near the bend in the bar so that they are approximately shoulder width apart.
- Start with your elbows pointing upward at eye level and shoulder width apart in front of you. The press bar should be behind you.

TRAINING TIPS:

- Keep your back straight and your abdominals tight.
- Your elbows should remain stable at eye level.
- Keep the press bar handgrips behind your shoulders.

EXERCISE PERFORMANCE

- Keeping your elbows in place, push the bar up until your arms are fully extended without locking your elbows. Your abdominal muscles should remain tight throughout the movement. Sit up straight and do not allow your upper arms to move from the starting position.
- Lower your arms to the starting position and repeat.



MUSCLE GROUP USED
Triceps

CORD ROUTING FOR SEATED TRICEPS PRESS

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

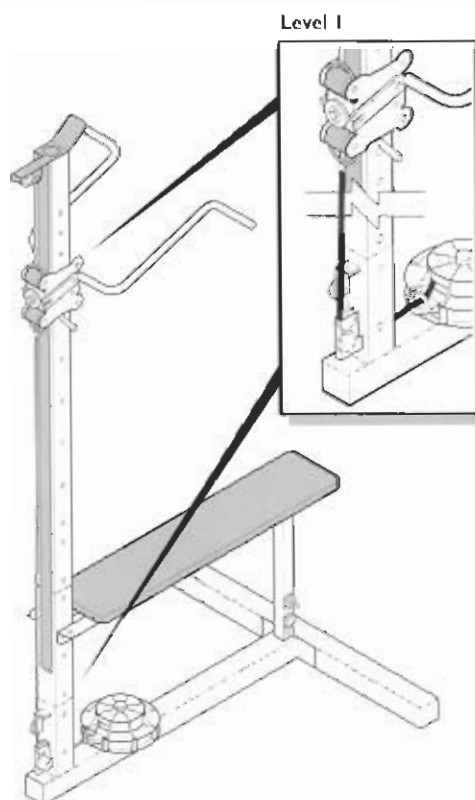
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

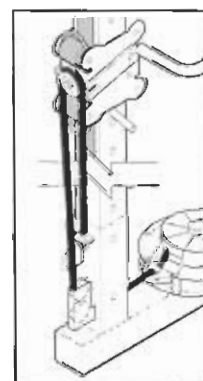
Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

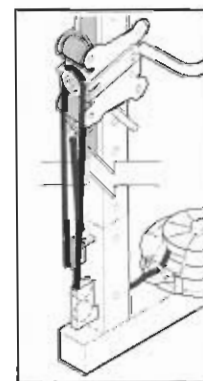
*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



Level 1



Level 2



Level 3

ARMS

STANDING BICEPS CURL

TRAINING TIPS:

- Keep your back straight, your knees slightly bent, and your abdominal muscles tight.
- Your elbows should remain stable at your sides throughout the movement.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand facing the vertical tube with your feet hip distance apart and your knees slightly bent.
- Grasp the press bar with your palms facing the ceiling in an underhand grip. Place your hands near the bend in the bar for a narrow grip. Your elbows should be in at your sides.
- Start with your arms extended downward.

EXERCISE PERFORMANCE

- Without changing the position of your elbows, squeeze your biceps to pull the press bar to chest height. Keep your abdomen and buttocks tight and your back straight throughout the movement.
- Lower the bar to the starting position and repeat.

START

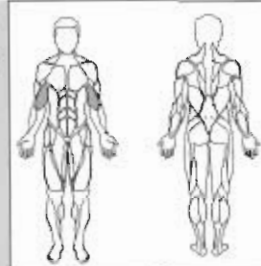


FINISH

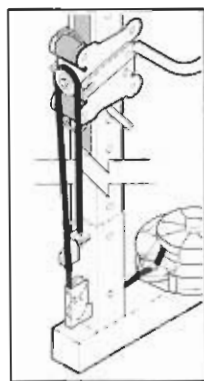
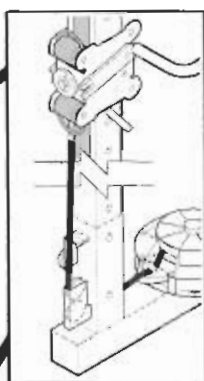


MUSCLE GROUP USED

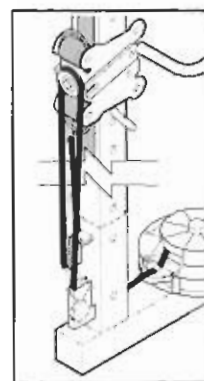
Biceps



Level 1



Level 2



Level 3

CORD ROUTING FOR STANDING BICEPS CURL

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.

ARMS

STANDING REVERSE CURL

TRAINING TIPS:

- Keep your back straight, your knees slightly bent and your abdominal muscles tight.
- Your elbows should remain stable at your sides throughout the movement.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #1. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
4. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand facing the vertical tube with your feet hip distance apart and your knees slightly bent.
- Grasp the press bar with your palms facing the floor in an overhand grip. Place your hands near the bend in the bar for a narrow grip. Your elbows should be at your sides.
- Start with your arms extended downward.

EXERCISE PERFORMANCE

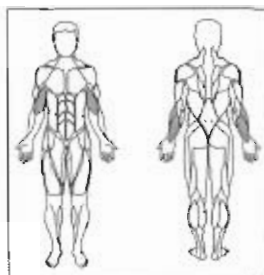
- Without changing the position of your elbows, squeeze your forearms and biceps to pull the press bar to chest height. Keep your abdomen and buttocks tight and your back straight throughout the movement.
- Lower the bar to the starting position



START



FINISH



MUSCLE GROUPS USED

Biceps
Forearms

CORD ROUTING FOR STANDING REVERSE CURL

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

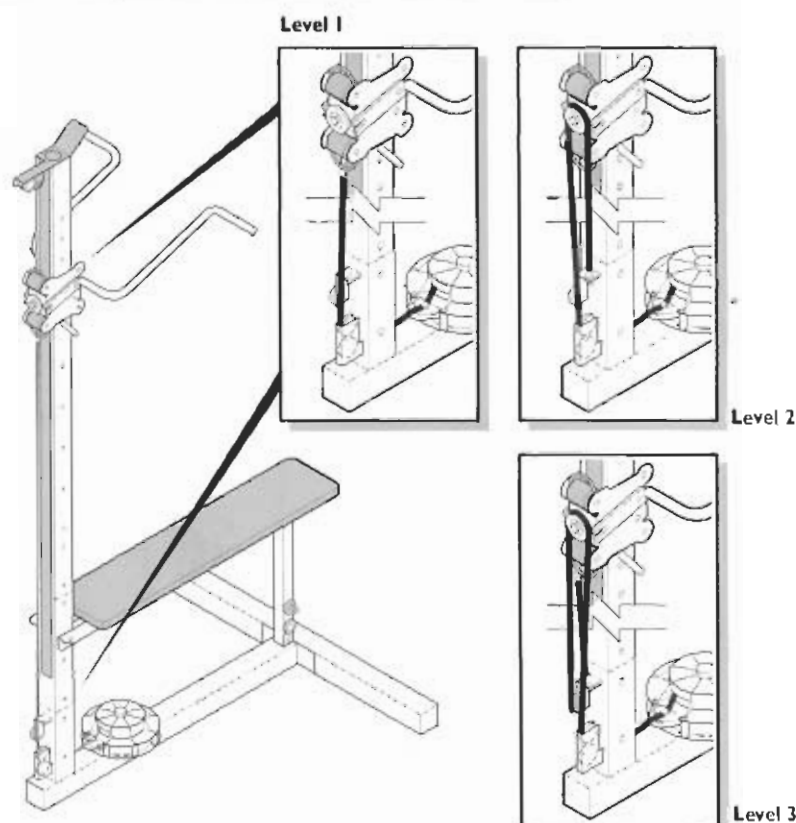
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



ARMS

TRICEPS PUSHDOWN

TRAINING TIPS:

- Keep your knees slightly bent and your back straight.
- Your elbows should remain motionless at your sides.
- Raise the bar slightly above elbow level and then extend your forearms as far as possible without moving your elbows.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #2.
3. Attach the pulldown assembly.
4. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
5. Place the foot plate over the base tube and follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Stand facing the vertical tube with your feet hip distance apart and your legs slightly bent.
- Grasp the press bar with your palms facing the floor in an overhand grip. Place your hands near the bend in the bar so that they are approximately shoulder width apart.
- Start with your elbows at your sides and your arms bent.

EXERCISE PERFORMANCE

- Push the bar down until your arms are fully extended without locking your elbows. Keep your elbows in at your sides and your knees bent. Your abdomen and buttocks should remain tight throughout the movement.
- Raise your arms to the starting position and repeat.

START

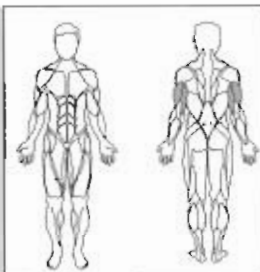


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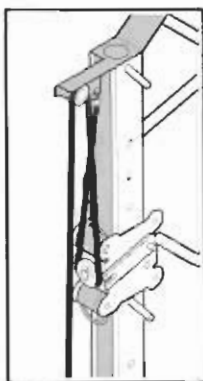
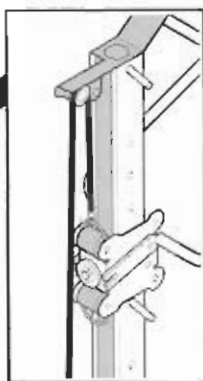


MUSCLE GROUP USED

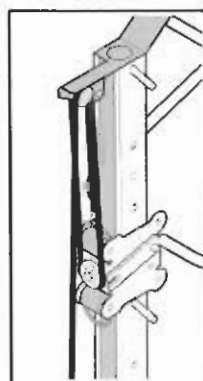
Triceps



Level 1



Level 2



Level 3

CORD ROUTING FOR TRICEPS PUSHDOWN

Level 1 (Light: 20 to 100 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Attach the snap hook to the top hanger on the shuttle.

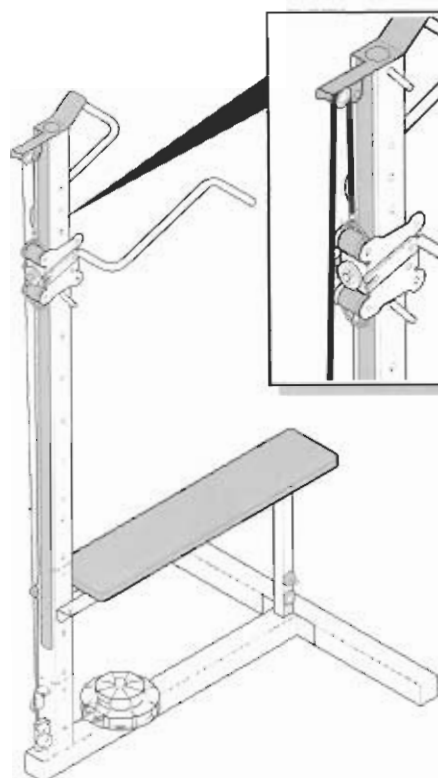
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Attach the snap hook to the hole in the pulldown assembly.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.*
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and wrap it from front to back over the left pulley on the pulldown assembly.*
4. Attach the snap hook to the top hanger on the shuttle.

*Be sure to route the cord between the pulley and the retaining clip. The front side is the side nearest you as you stand facing the vertical tube.





START

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #5. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
4. No cord routing is required for this exercise.

STARTING POSITION

- Stand facing the vertical tube*.
- Grasp the press bar with your palms facing the floor in an overhand grip. Place your palms over the bend in the press bar so that they are approximately shoulder width apart.
- Start by lifting your body until your arms are completely extended. Bend your legs and cross your ankles so that your feet will not touch the floor.

EXERCISE PERFORMANCE

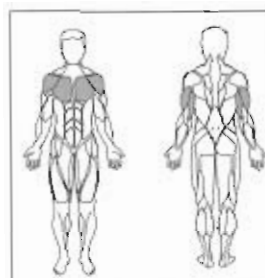
- Lower your body in a slow, controlled motion until your upper arms are parallel to the floor.
- Push your body upward until your arms are fully extended and repeat.
- Keep your body upright; don't sway.

*This exercise can also be performed with your back toward the vertical tube.

TRAINING TIPS:

- Keep your head up and your chest out.
- Avoid swinging your body.
- Keep your elbows pointed back.
- If you prefer, perform the **Modified Dips** on page 48.

FINISH



MUSCLE GROUPS USED

Triceps
Pectorals
Deltoids

ARMS

MODIFIED DIPS

TRAINING TIPS:

- Keep your head up and your chest out.
- Keep your elbows pointed back.
- Use your legs to assist the movement only as much as necessary.

SET UP

1. Remove the bench and set it aside.
2. Insert a bent pin in hole #3 or #4. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
4. No cord routing is required for this exercise.

STARTING POSITION

- Stand facing the vertical tube.
- Grasp the press bar at hip level with your palms facing the floor in an overhand grip. Place your palms over the bend in the press bar so that they are approximately shoulder width apart.
- Keeping your feet on the ground, bend your legs and lower yourself toward the floor until your upper arms are parallel to the floor.

EXERCISE PERFORMANCE

- Push with your arms to lift your body upward until your arms are fully extended. Use your arms to lift you up; assist with your legs only as much as necessary.
- Lower yourself to the starting position and repeat.

START

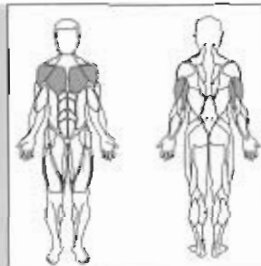


FINISH



MUSCLE GROUPS USED

Triceps
Pectorals
Deltoids



ARMS

LYING TRICEPS EXTENSION

TRAINING TIPS:

- Avoid arching your back.
- Keep your shoulder blades together.
- Keep your elbows as stationary as possible.
- Concentrate on pushing with your triceps, not with your chest.

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert the shuttle pin in hole #2. Rest the shuttle on the pin.
3. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
4. Follow the cord routing instructions below. Make sure the cord is properly routed.

STARTING POSITION

- Lie on the bench with your feet on the floor.
- Grasp the press bar with your palms facing the ceiling in an overhand grip. Place your hands near the bend in the bar for a narrow grip. Your elbows should be in toward your sides.
- Start with the bar at the height of your forehead.

EXERCISE PERFORMANCE

- Keeping your elbows stationary, push your arms upward to a full extension. Concentrate on pushing with your triceps (the backs of your arms). **Do not lock your elbows at the top of your push.** Keep your abdominal muscles tight and press your back into the bench as you lift. Keep your upper arm relatively stable.
- Lower the bar to the starting position

START

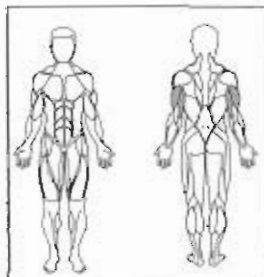


FINISH



MUSCLE GROUP USED

Triceps



CORD ROUTING FOR LYING TRICEPS EXTENSION

Level 1 (Light: 20 to 100 pounds)

Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.

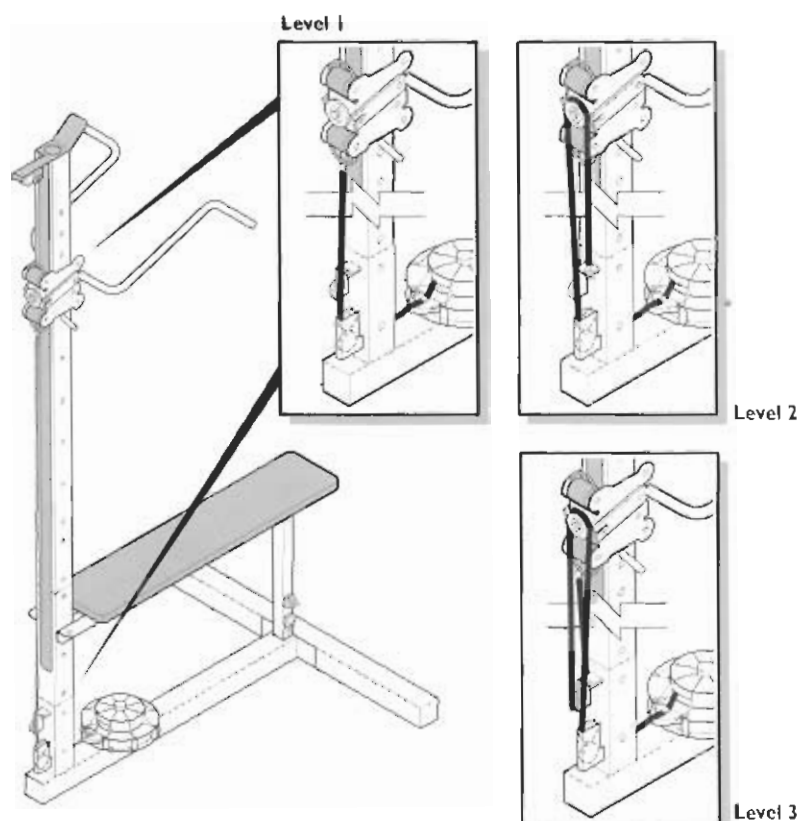
Level 2 (Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Attach the snap hook to the bottom hanger on the shuttle.

*The front side is closest to you as you stand facing the vertical tube. The back side is the one that is closer to the tube.



ABDOMINALS

LEG BEND

SET UP

1. Move the bench-support tube from hole "D" to hole "E".
2. The bench should be elevated with a bent pin inserted in hole #3.
3. Insert a bent pin in hole #4. Rest the shuttle on the pin.
4. Angle the press bar downward and attach it to the shuttle. Align the locking holes on the press bar with the lowest set of holes on the shuttle.
5. No cord routing is required for this exercise.

TRAINING TIPS:

- Concentrate on using your abdominal muscles to bring your legs toward your chest.
- Press your lower back into the bench.
- The movement should be slow and controlled.

STARTING POSITION

- Lie on the bench with your head as close to the vertical tube as you can comfortably get.
- Grasp the base of the press bar with your palms facing the ceiling in an overhand grip. Place your hands on the bend of the press bar attachment that is nearest the vertical tube.
- Start with your knees bent at a 90-degree angle above your body.

EXERCISE PERFORMANCE

- Slowly pull your knees toward your chest until your thighs are nearly touching your chest. Concentrate on using your abdominal muscles, and not your leg or arm muscles to pull your legs toward your chest. Press the small of your back into the bench.
- Slowly return to the starting position and repeat.

NOTE: Do not lower your legs beyond a 90-degree position. If your legs extend beyond this point, your back may arch excessively.



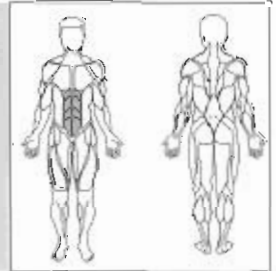
START



FINISH

MUSCLE GROUP USED

Rectus Abdominus



ABDOMINALS

SIDE BEND

START



FINISH



SET UP

1. The bench should be flat with a bent pin inserted at hole #1.
2. Follow the cord routing instructions below. Make sure the cord is properly routed.
3. Slide a bent pin through the snap hook at the end of the resistance cord.

STARTING POSITION

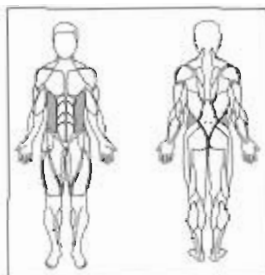
- Stand at the foot end of the bench with your right side toward the vertical tube. Place your feet slightly wider than hip distance apart.
- Bend your knees and keep your abdomen and buttocks tight. (This will help to keep your back from arching.)
- Grasp the pin you inserted through the snap hook with your right hand. Your palm should face away from the vertical tube. Place your left hand on your left hip.
- Lean toward your right and start with your right arm extended toward the floor.

TRAINING TIPS:

- Keep your knees slightly bent.
- Move your waist side to side, not forward or backward.
- Keep your hips squared — do not twist at your hips.

EXERCISE PERFORMANCE

- Keeping a slight bend in your elbow, pull your torso upward and to your left as far as possible. Concentrate on using your waist — and not your arms or back — to perform the exercise.
- Bend to the starting position and repeat. When you have completed a set on your right side, turn around so that the vertical tube is on your left side and repeat the set for the left side of your body.

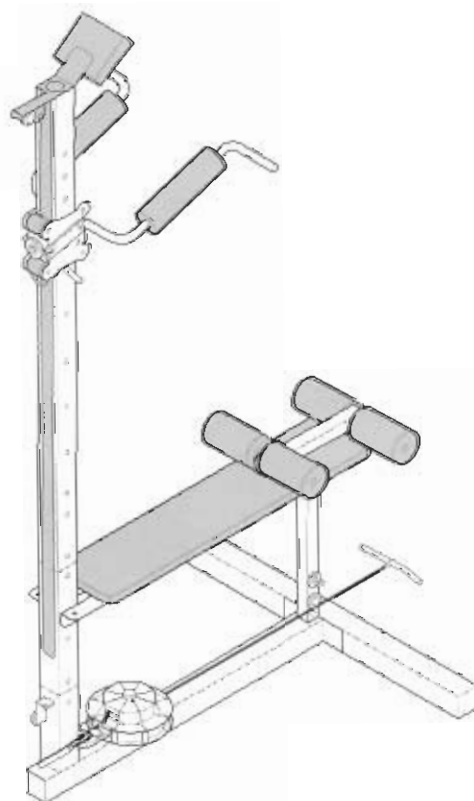


MUSCLE GROUP USED

Obliques

CORD ROUTING FOR SIDE BEND

1. Route the cord beneath the lower pulley on the bench-support tube. Be sure the cord runs between the pulley and the retaining clip.
2. Slide a bent pin through the snap hook.



ABDOMINALS

ROMAN CHAIR SIT-UP

TRAINING TIPS:

- Concentrate on using your abdominal muscles to lift your body to an upright position.
- Do not allow your back to arch by leaning backward farther than the point at which it is parallel to the floor.
- Avoid applying pressure to your neck with your hands.

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert the straight pin through the hole in the right-hand side of the cross tube (right hand side as you face the vertical tube).
3. No cord routing is required for this exercise.

STARTING POSITION

- Sit at the foot end of the bench facing the straight pin that you inserted in the cross tube.
- Securely hook your feet under each side of the straight pin so that one foot is on each side of the cross tube.
- Fold your hands behind your neck with your elbows extending out toward your sides.

EXERCISE PERFORMANCE

- Start by leaning backward until your back is nearly parallel to the floor. Use your abdominal muscles to curl your body to an upright position.
- Lean backward to the starting position and repeat the exercise.

NOTE: Do not lean back so far as to exceed the natural curve of your lower back.



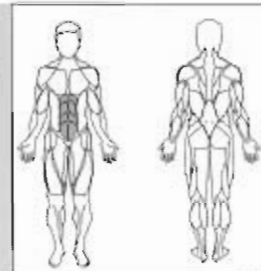
START



FINISH

MUSCLE GROUP USED

Rectus Abdominus



ABDOMINALS

ABDOMINAL CRUNCH

SET UP

1. The bench should be flat with a bent pin inserted in hole #1.
2. Insert a bent pin in hole #3. Rest the shuttle on the pin.
3. Attach the press bar to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
4. Insert the straight pin through hole #2.
5. No cord routing is required for this exercise.

STARTING POSITION

- Lie on the bench with your head at the foot end of the bench. Hook your feet under the straight pin and bend your legs about 90 degrees.
- Fold your hands behind your neck with your elbows extending out toward your sides.

EXERCISE PERFORMANCE

- Keeping your elbows out, squeeze your abdominal muscles and lift your shoulders off the bench. Concentrate on pressing your lower back into the bench as you lift.
- Slowly return to the starting position and repeat.

NOTE: *You may choose to perform a complete sit-up. Lift your upper body to a completely upright position.*

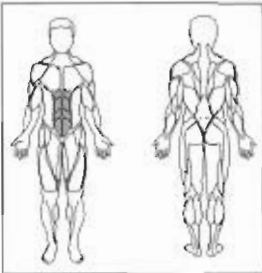
TRAINING TIPS:

- Concentrate on using your abdominal muscles to lift your shoulders off the bench.
- Press your lower back into the bench.
- The movement should be slow and controlled.

START



FINISH



MUSCLE GROUP USED
Rectus Abdominus

ABDOMINALS

ADVANCED ABDOMINAL CRUNCH

TRAINING TIPS:

- Concentrate on using your abdominal muscles to lift your shoulders off the bench.
- Press your lower back into the bench.
- The movement should be slow and controlled.

SET UP

1. Move the bench-support tube from hole "D" to hole "E".
2. The bench should be elevated with a bent pin inserted at hole #3.
3. Insert the straight pin in hole #4.
4. Insert a bent pin in hole #5. Rest the shuttle on the pin.
5. Attach the press bar to the shuttle. Align the locking holes on the press bar with the highest set of holes on the shuttle.
6. No cord routing is required for this exercise.

STARTING POSITION

- Lie on the bench with your head at the foot end of the bench. Hook your feet under the straight pin and bend your legs about 90 degrees.
- Fold your hands behind your neck with your elbows extending out toward your sides.

EXERCISE PERFORMANCE

- Keeping your elbows out, squeeze your abdominal muscles and lift your shoulders off the bench. Concentrate on pressing the small of your back into the bench as you lift.

NOTE: You may choose to perform a complete sit-up. Lift your upper body to a completely upright position.

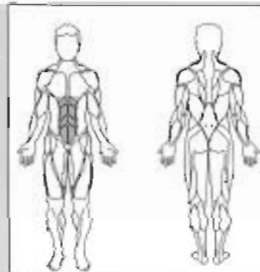


START



FINISH

MUSCLE GROUP USED
Rectus Abdominus



ABDOMINALS

ADVANCED LEG RAISE



START

SET UP

1. Move the bench-support tube from hole "D" to hole "E".
2. The bench should be elevated with a bent pin inserted at hole #3.
3. Insert a bent pin in hole #4. Rest the shuttle on the pin.
4. Angle the press bar upward and attach it to the shuttle. Align the locking holes on the press bar with the middle set of holes on the shuttle.
5. No cord routing is required for this exercise.

STARTING POSITION

- Lie on the bench with your head as close to the vertical tube as you can comfortably get.
- Grasp the base of the press bar with your palms facing the ceiling in an overhand grip. Place your hands on the bend of the press bar attachment that is nearest the vertical tube.
- Start with your legs extended above your body so they are perpendicular to the bench.

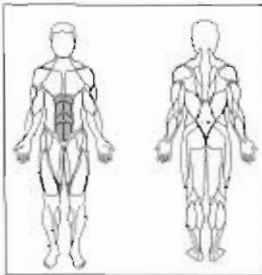
EXERCISE PERFORMANCE

- Slowly pull your legs toward your chest. Concentrate on using your abdominal muscles, and not your leg or arm muscles to pull your legs toward your chest. Press the small of your back into the bench.
- Slowly return to the starting position and repeat.

TRAINING TIPS:

- Concentrate on using your abdominal muscles to bring your legs toward your chest.
- Press your lower back into the bench.
- The movement should be slow and controlled.

FINISH

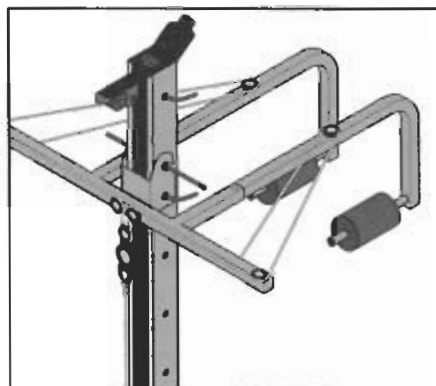


MUSCLE GROUP USED
Rectus Abdominus

NOTE: Do not lower your legs beyond the point at which they are at a 90-degree angle to the bench. If you extend beyond this point, your back may arch excessively.

NORDICFLEX GOLD ACCESSORIES

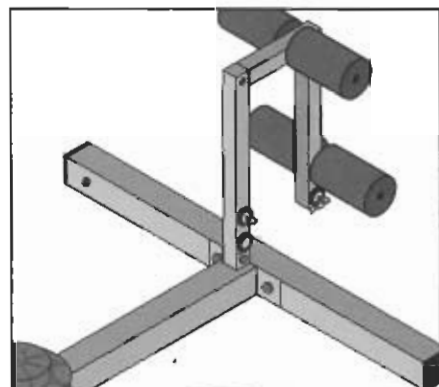
CHEST FLY ATTACHMENT



Add the following exercises with this attachment:

- *Chest Fly*
- *Reverse Chest Fly*

LEG EXERCISER ATTACHMENT



Add the following exercises with this attachment:

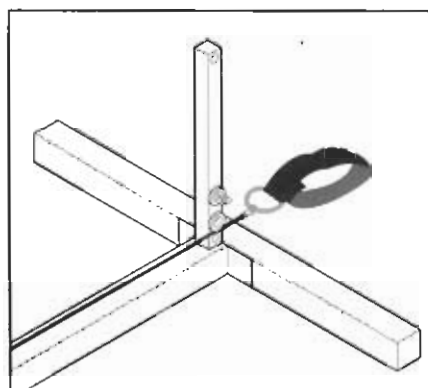
- *Leg Extension*
- *Standing Leg Curl*
- *Concentration Curl*

POWER METER ELECTRONICS



The Power Meter is an exclusive electronic workout monitor designed to enhance your NordicFlex Gold workouts. The large display screen and special features will help you to track your progress and motivate you to improve.

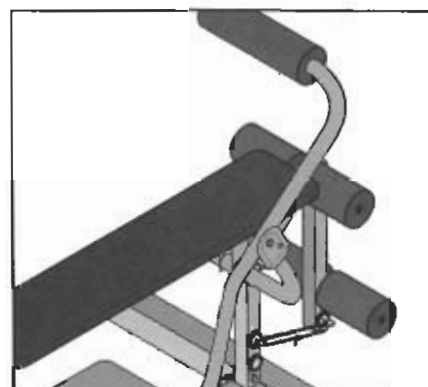
POWER STRAP



Add four Power Strap exercises:

- *Hip Flexion*
- *Hip Extension*
- *Hip Adduction*
- *Hip Abduction*

ABDOMINAL CRUNCH BAR



Add the following exercises with this attachment:

- *Abdominal Flexion*
- *Back Extension*

TO ORDER

THESE ACCESSORIES, CALL

1-800-445-2360.

NORDICFLEX GOLD WORKOUT PROGRAMS

The workout programs on the following pages were designed by the exercise physiologists at the National Exercise for Life Institute. The workout programs are recommendations that were created to help you get the very best results from your NordicFlex Gold® Pro® strength conditioner. A brief description of each of the eight workout programs follows:



CIRCUIT TRAINING PROGRAM

Circuit training is an exercise technique in which you move very quickly from one exercise to another. Circuit training is ideal for those who have limited time to complete their workouts.

CHALLENGER PROGRAM

Intended for the beginning strength trainer, this program is designed to develop overall strength, tone and definition in each of the major muscle groups. In this program, you will perform the same series of eight exercises three times a week. This program is ideal for those who are new to strength training. **It is also the most time efficient of the workout programs.**

ACHIEVER PROGRAM

This program was designed to be a logical “step up” from the Challenger program. As in the Challenger Program, you will focus on all major muscle groups, plus the larger number of exercises enables you to develop some additional muscle groups as well. The program is broken down into days 1, 2 and 3. Each day you perform a different series of eight exercises.

ELITE PROGRAM

This is the most advanced of the three standard programs. As in the Achiever program, you will perform a different series of exercises for each of your three workout days — but at this level, you will perform one more exercise each day.

WOMEN'S PROGRAM

The focus of this program is to create tone and definition in the buttocks, hips, thighs, triceps (back of arms) and lower stomach. Although the eight exercises in this program will benefit women and men alike, they emphasize muscle regions that are of particular importance to women. You will perform the same series of eight exercises three times a week.

PROGRAM FOR CROSS-COUNTRY SKIING, WALKING AND JOGGING

This program focuses on the large muscle groups in the legs — the quadriceps and hamstrings. In addition, there are exercises for your back, shoulders and arms. Complete the same series of eight exercises three times a week.

PROGRAM FOR TENNIS AND RACQUET SPORTS

Racquet sports require a strong upper body as well as strength and stamina in the lower body. This eight-exercise program will help you to improve your swing by strengthening your shoulders and arms. Plus, we've included hip and leg exercises to prepare your muscles for the quick, side-to-side movements that are vital to your game.

PROGRAM FOR GOLF

Golf requires a strong, flexible upper body and a stable lower body. The focus of this program is to strengthen your arms and shoulders. We've also included an exercise to strengthen your obliques (sides) to improve the strength and flexibility of your torso rotation and follow-through. Perform this series of ten exercises three times a week.

PROGRAM FOR CYCLING

This program emphasizes the lower body — your gluteals, quadriceps and hamstrings. Three of the ten exercises in this three-day program are for your legs. Whether you cycle for enjoyment or competitively, this program will improve your strength and endurance to help prepare you for the cycling season — or act as a terrific complement to your cycling program.

**Please consult
your physician
before beginning
any exercise
program.**

CHOOSING YOUR WORKOUT PROGRAM

All of the programs are designed to allow for a wide range of endurance and strength levels. This allows you, to some degree, to create your own workout program within our recommended workout programs. Within the broad guidelines provided, you can vary the number of sets and/or repetitions and use the cord routing configuration that most closely suits your existing strength level and training objectives. In addition, you may wish to modify or make a substitution for one or more of the recommended exercises.

If you are new to strength training, we recommend that you begin with the Challenger program. After you are able to complete the maximum number of sets and repetitions recommended for the Challenger program, move on to the Achiever program.

As a general guideline, you should begin each program by performing the minimum number of sets and repetitions outlined in the workout program and then gradually add to the number of sets and repetitions as your strength and endurance increase.

For example, the Achiever program suggests a range of one to three sets with 8 to 15 repetitions in each set. We recommend that you begin this program by completing one set of 8 repetitions for each of the exercises — the minimum recommended number of both sets and repetitions. As your strength and endurance improve, gradually increase the number of repetitions and sets until you reach the maximum number (three sets of 15 repetitions for each of the exercises). Allow your body the time it needs to improve.

MODIFYING ONE OF THE RECOMMENDED WORKOUT PROGRAMS

As you become familiar with the various NordicFlex Gold® exercises, you will undoubtedly discover that you prefer some of the exercises more than others. Perhaps you want to make the routine more challenging. Whatever the reason, you may wish to replace one of the exercises included in the workout program with an exercise that more closely matches your needs and training objectives.

We encourage you to do this — the NordicFlex Gold® Pro™ strength conditioner was designed to adapt to the different strength-training needs of all of our customers. However, it is important that you replace exercises with an appropriate substitute.

We have identified each of the exercises as part of one of six muscle group categories: legs, back, chest, shoulder, arm and abdominals. We recommend that, if you choose to make an exercise substitution, you replace the recommended exercise with one from the same muscle group. You would not, for example, replace a leg press (legs) with a biceps curl (arms) — doing so would detract from the total-body focus of the recommended training programs.

In some cases, we have recommended specific exercises as substitutes or modifications. These will be noted within the workout programs for your convenience and will be identified in one of three ways:

- **Challenge:** an exercise that is more difficult than the recommended exercise
- **Modification:** an exercise that is somewhat easier to perform than the recommended exercise
- **Substitute:** an exercise that would be a likely replacement for the recommended exercise

CREATING YOUR OWN WORKOUT PROGRAM

If you wish to create your own workout program(s), we would like to share with you the logic that was used to develop our workout programs.

1. Focus on speed and ease of set up. If you need to remove the bench for more than one of the exercises in your program, you should try to group them together in order of performance. Similarly, if you need to make changes in the cord routing configuration, try to group the exercises that use the same routing together.*
2. Start with the largest muscle groups and work toward the smallest. Generally speaking, the leg and back exercises should precede the shoulder and chest exercises, and the arm exercises should be last. You can choose to perform your abdominal exercises at either the beginning or end of your routine.
3. Move from multi-joint exercises toward single joint exercises. For example, you should perform front squats before calf raises. The squats involve the joints in your hips, knees and ankles. The calf raise involves your ankles only.
4. Develop a balanced program. Do not overdevelop one muscle group while neglecting another muscle group. Balance your muscle strength in the front and back of your torso, arms and legs. In addition, you need to balance the strength in your upper and lower body. Model your program after our recommended workout programs, which were designed to create balanced muscle development.

For your convenience, we created these programs with limited workout time as the major emphasis. If time is not a factor for you, you may wish to focus solely on working from the largest muscle groups to the smallest.

CIRCUIT TRAINING

Circuit training is an exercise technique in which you move very quickly from one exercise to another.

Depending on your training objectives, you may wish to use one of the circuit training programs on the following page. The information on this page will explain the differences between standard strength training and circuit training, as well as the benefits of circuit training and how you can modify the recommended workout programs into a circuit training format.

DIFFERENCES BETWEEN CIRCUIT TRAINING AND STANDARD STRENGTH TRAINING

Circuit training requires that you move more quickly from an exercise for one muscle group (the shoulders, for example) to an exercise for a different muscle group (like your abdominals) than does standard strength training.

Circuit training requires that you take shorter rest periods than you would in a standard strength training program. Remember, the time it takes you to set up for an exercise counts as part of the 15 to 30 second rest period.

Strength gains will not be as dramatic with circuit training as with a standard strength training program. This is primarily due to the shorter rest periods which do not allow the body to fully recover from one exercise and prepare for the next one to begin.

Circuit training will increase your heart rate to a higher level than that which is normally associated with strength training. Although this may help to develop cardiovascular fitness, circuit training does not allow your body to process oxygen as effectively as does aerobic conditioning. It is not, therefore, an effective substitute for regular aerobic exercise.

BENEFITS OF CIRCUIT TRAINING

1. Increased muscular strength and endurance
2. Decreased resting blood pressure
3. Enhanced aerobic capacity
4. Improved cholesterol levels
5. Increased heart strength
6. Shortened workout time

CIRCUIT TRAINING TIPS

- Because this exercise technique has short rest periods, it is particularly important that you concentrate on breathing properly. Remember to exhale during the contraction (pushing or pulling) phase of each exercise and inhale during the relaxation phase.
- Fatigue may be more pronounced so it is critical that you pay close attention to your form and technique. Remember, never sacrifice the proper exercise form in order to increase resistance or perform more repetitions. Improper form is a common reason for strength-training injuries.
- As part of your circuit training program, you may choose to perform 8 to 15 repetitions of each exercise — or to perform as many repetitions as you can in 15 to 20 seconds before moving to the next exercise.

CIRCUIT TRAINING PROGRAM

Perform one to three sets of 8 to 15 repetitions for exercise within each Circuit Training Program. Or, you may choose to have your sets consist of as many repetitions as you can perform in a 15 to 20 second interval.

If you are performing more than one set of the exercises, you may choose to perform them in one of two sequences:

- A: Perform one set of each of the exercises, one after the other. When you complete the Standing Biceps Curl, return to the first exercise, the Abdominal Crunch and repeat the entire series. The benefit of this method is that you move quickly from one exercise to another and it is closer to a "true" interval training program. You will need to remove the bench for the last three exercises and then reattach it when you return to the number one exercise, the Abdominal Crunch.
- B: Complete multiple sets of the Abdominal Crunch exercise before you move on to the Bench Press, then complete multiple sets of the Bench Press and so on until you complete all seven exercises. The advantage to performing the exercises in this sequence is that you minimize your set up time. (You only need to remove the bench once.) This program is an interval training program in the sense that your rest intervals are short, but you will not move as quickly from one muscle group to another.

Circuit Program 1

Rest Interval: 15 to 30 seconds

1. Abdominal Crunch (page 53)
2. Bench Press (page 36)
3. Lying Triceps Extension (page 49)
4. Military Press (page 41)
5. Bent-Over Row (page 33)
6. Front Squat (page 28)
7. Standing Biceps Curl (page 44)

Circuit Program 2

Rest Interval: 15 to 30 seconds

1. Leg Bend (page 50)
2. Lat Pulldown (page 31)
3. Reverse Grip Lat Pulldown (page 32)
4. Bench Press (page 36)
5. Military Press (page 41)
6. Seated Triceps Press (page 43)
7. Leg Press (page 27)
8. Calf Raise (page 30)
9. Front Squat (page 28)
10. Standing Biceps Curl (page 44)
11. Upright Row (page 38)
12. Standing Reverse Curl (page 45)
13. Bent-Over Row (page 33)
14. Dips or Modified Dips (page 47 or 48)

TRAINING TIPS:

Rest intervals are an important aspect of strength training. Resting for the recommended time helps to ensure that your sets are strong and that you use the proper form. Plus, your rest periods allow you the time you need to set up the machine as you change from one targeted muscle group to the next.

NOTE:

In the interest of speed, Program 1 was designed so that you can use the same cord routing configuration for each of the exercises. Choose the cord routing level (1, 2 or 3) that is comfortable for you and then use it for each of the exercises.

CHALLENGER PROGRAM

Perform one to three sets of 8 to 15 repetitions (reps) for each of the eight exercises three times a week every other day.

Work your way up to two or three sets of each of the exercises before you move on to your next program.

The photos show the starting position for each of the exercises. For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

TRAINING TIPS:
Rest for 30 seconds to 2 minutes between sets. Resting between sets helps to ensure that your sets are strong and that you use the proper form. Plus, your rest intervals allow you the time you need to set up the machine as you switch from one exercise to another.



1.
ABDOMINAL
CRUNCH
PAGE 53



2.
LEG
PRESS
PAGE 27



3.
BENCH
PRESS
PAGE 36



4.
MILITARY
PRESS
PAGE 41



5.
LAT
PULLDOWN
PAGE 31



6.
TRICEPS
PUSHDOWN
PAGE 46



7.
REAR
SQUAT
PAGE 29



8.
STANDING
BICEPS
CURL
PAGE 44

CHALLENGER PROGRAM										
Date										
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Example	1/10	1/10	1/10	2/10	1/10	1/10	2/10	3/10	3/10	
Abdominal Crunch										
Leg Press										
Bench Press										
Military Press										
Lat Pulldown										
Triceps Pushdown										
Rear Squat										
Standing Biceps Curl										

CHALLENGER PROGRAM										
Date										
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Example	1/10	1/10	1/10	2/10	1/10	1/10	2/10	3/10	3/10	
Abdominal Crunch										
Leg Press										
Bench Press										
Military Press										
Lat Pulldown										
Triceps Pushdown										
Rear Squat										
Standing Biceps Curl										

CHALLENGER PROGRAM WORKOUT LOGS

We recommend that you photocopy this page before using it.

ACHIEVER PROGRAM

Perform one to three sets of 8 to 15 repetitions (reps) for each of the eight exercises three times a week every other day.

The photos show the starting position for each of the exercises. For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

TRAINING TIPS:

Rest for 30 seconds to 2 minutes between sets. Resting between sets helps to ensure that your sets are strong and that you use the proper form. Plus, your rest intervals allow you the time you need to set up the machine as you switch from one exercise to another.



1.
**ADVANCED
ABDOMINAL
CRUNCH**
PAGE 54

Modification:
Ab. Crunch p. 53



2.
LEG PRESS
PAGE 27



3.
CALF RAISE
PAGE 30



4.
**BENCH
PRESS**
PAGE 36



5.
**MILITARY
PRESS**
PAGE 41



6.
**SEATED
TRICEPS
PRESS**
PAGE 43



7.
**REVERSE
GRIP LAT
PULLDOWN**
PAGE 32



8.
**STANDING
BICEPS
CURL**
PAGE 44

DAY ONE



1.
LEG BEND
PAGE 50



2.
INCLINE
BENCH
PRESS
PAGE 37



3.
MILITARY
PRESS
PAGE 41



4.
CALF RAISE
PAGE 30



5.
LAT
PULLDOWN
PAGE 31



6.
REAR SQUAT
PAGE 29



7.
TRICEPS
PUSHDOWN
PAGE 46



8.
STANDING
REVERSE
CURL
PAGE 45

ACHIEVER PROGRAM

Perform one
to three sets
of 8 to 15
repetitions
for each of the
eight exercises.

DAY TWO

ACHIEVER PROGRAM

Perform one to three sets of 8 to 15 repetitions (reps) for each of the eight exercises three times a week every other day.

The photos show the starting position for each of the exercises. For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

TRAINING TIPS:

Rest for 30 seconds to 2 minutes between sets. Resting between sets helps to ensure that your sets are strong and that you use the proper form. Plus, your rest intervals allow you the time you need to set up the machine as you switch from one exercise to another.



1.
ROMAN
CHAIR
SIT-UP
PAGE 52



2.
BENCH
PRESS
PAGE 36



3.
BEHIND THE
NECK PRESS
PAGE 39



4.
REVERSE
GRIP LAT
PULLDOWN
PAGE 32



5.
LAT
PULLDOWN
PAGE 31



6.
DEADLIFT
PAGE 26



7.
UPRIGHT
ROW
PAGE 38



8.
STANDING
BICEPS
CURL
PAGE 44

DAY THREE

ACHIEVER PROGRAM WORKOUT LOGS

We recommend that
you photocopy this
page before
using it.

ACHIEVER PROGRAM — DAY ONE									
Date									
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Advanced Abdominal Crunch									
Leg Press									
Calf Raise									
Bench Press									
Military Press									
Seated Triceps Press									
Reverse Grip Lat Pulldown									
Standing Biceps Curl									

ACHIEVER PROGRAM — DAY TWO									
Date									
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Leg Bend									
Incline Bench Press									
Military Press									
Calf Raise									
Lat Pulldown									
Rear Squat									
Triceps Pushdown									
Standing Reverse Curl									

ACHIEVER PROGRAM — DAY THREE									
Date									
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Roman Chair Sit-Up									
Bench Press									
Behind the Neck Press									
Reverse Grip Lat Pulldown									
Lat Pulldown									
Deadlift									
Upright Row									
Standing Biceps Curl									

ELITE PROGRAM

Perform one to three sets of 8 to 15 repetitions (reps) for each of the nine exercises three times a week every other day.

The photos show the starting position for each of the exercises. For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

TRAINING TIPS:

Rest for 30 seconds to 2 minutes between sets. Resting between sets helps to ensure that your sets are strong and that you use the proper form. Plus, your rest intervals allow you the time you need to set up the machine as you switch from one exercise to another.

DAY ONE



1.
ADVANCED
ABDOMINAL CRUNCH
PAGE 54

Modification: Ab. Crunch p. 53



2.
LEG PRESS
PAGE 27



3.
CALF RAISE
PAGE 30



4.
MILITARY
PRESS
PAGE 41



5.
BENCH
PRESS
PAGE 36



6.
SEATED
TRICEPS
PRESS
PAGE 43



7.
BENT-OVER
ROW
PAGE 33



8.
STANDING
BICEPS
CURL
PAGE 44



9.
TRICEPS
PUSHDOWN
PAGE 46



1.
ROMAN CHAIR
SIT-UP
PAGE 52



2.
INCLINE BENCH
PRESS
PAGE 37



3.
FRONT SQUAT
PAGE 28



4.
SIDE BEND
PAGE 51



5.
REVERSE
GRIP LAT
PULLDOWN
PAGE 32



6.
BEHIND THE
NECK PRESS
PAGE 39



7.
STANDING
REVERSE
CURL
PAGE 45



8.
SHOULDER
SHRUGS
PAGE 40



9.
DIPS
PAGE 47
Modification: Modified
Dips p. 48

ELITE PROGRAM

Perform one
to three sets
of 8 to 15 repetitions
for each of
the nine exercises.

DAY TWO

ELITE PROGRAM

Perform one to three sets of 8 to 15 repetitions (reps) for each of the nine exercises three times a week every other day.

The photos show the starting position for each of the exercises. For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

TRAINING TIPS:

Rest for 30 seconds to 2 minutes between sets. Resting between sets helps to ensure that your sets are strong and that you use the proper form. Plus, your rest intervals allow you the time you need to set up the machine as you switch from one exercise to another.

DAY THREE



1.

ADVANCED LEG RAISE
PAGE 55

Modification: Leg Bend
p. 50



2.

BENCH PRESS
PAGE 36



3.

LYING TRICEPS
EXTENSION
PAGE 49



4.

LAT
PULLDOWN
PAGE 31



5.

BENT-OVER
RAISE
PAGE 42



6.

REAR SQUAT
PAGE 29



7.

STANDING
BICEPS CURL
PAGE 44



8.

UPRIGHT
ROW
PAGE 38



9.

PULL-UP
PAGE 35

Modification:
Modified Pull-Up
p. 34

ELITE PROGRAM WORKOUT LOGS

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ELITE PROGRAM — DAY ONE

Date										
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Advanced Abdominal Crunch										
Leg Press										
Calf Raise										
Military Press										
Bench Press										
Seated Triceps Press										
Bent-Over Row										
Standing Biceps Curl										
Triceps Pushdown										

ELITE PROGRAM — DAY TWO

Date										
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Roman Chair Sit-Up										
Incline Bench Press										
Front Squat										
Side Bend										
Reverse Grip Lat Pulldown										
Behind The Neck Press										
Standing Reverse Curl										
Shoulder Shrugs										
Dips										

ELITE PROGRAM — DAY THREE

Date										
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Advanced Leg Raise										
Bench Press										
Lying Triceps Extension										
Lat Pulldown										
Bent-Over Raise										
Rear Squat										
Standing Biceps Curl										
Upright Row										
Pull-Up										

WOMEN'S WORKOUT PROGRAM

Perform one to three set of 8 to 15 repetitions (reps) for each of the eight exercises three times a week **every** other day.

The photos show the starting position for each of the exercises. For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

TRAINING TIPS:

Rest for 30 seconds to 2 minutes between sets. Resting between sets helps to ensure that your sets are strong and that you use the proper form. Plus, your rest intervals allow you the time you need to set up the machine as you switch from one exercise to another.



1.

REAR SQUAT
PAGE 29



2.

MODIFIED DIP
PAGE 48

Challenge: Dips p. 47



3.

STANDING
BICEPS CURL
PAGE 44



4.

BENT-OVER
RAISE
PAGE 42



5.

SIDE BEND
PAGE 51



6.

LYING
TRICEPS
EXTENSION
PAGE 49



7.

ADVANCED
ABDOMINAL
CRUNCH
PAGE 54

Substitute:
Abdominal
Crunch p. 53



8.

LEG BEND
PAGE 50

Challenge:
Advanced
Leg Raise
p. 55

WOMEN'S PROGRAM LOG									
Date									
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Example	1/10	1/10	1/10	2/10	1/12	1/12	2/12	3/10	3/10
Rear Squat									
Modified Dip									
Standing Biceps Curl									
Bent-Over Raise									
Side Bend									
Lying Triceps Extension									
Advanced Abdominal Crunch									
Leg Bend									

WOMEN'S PROGRAM LOG									
Date									
Exercise	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep	Set/Rep
Example	1/10	1/10	1/10	2/10	1/12	1/12	2/12	3/10	3/10
Rear Squat									
Modified Dip									
Standing Biceps Curl									
Bent-Over Raise									
Side Bend									
Lying Triceps Extension									
Advanced Abdominal Crunch									
Leg Bend									

WOMEN'S PROGRAM WORKOUT LOGS

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PROGRAM FOR CROSS- COUNTRY SKIING, WALKING AND JOGGING

For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

3 DAYS PER WEEK — EVERY OTHER DAY

LEGS

Front Squat (p. 28)
Calf Raise (p. 30)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

BACK

Bent-Over Row (p. 33)

SETS

1 — 3

REPETITIONS

12 — 15

SHOULDER

Military Press (p. 41)
Upright Row (p. 38)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

CHEST

Bench Press (p. 36)

SETS

1 — 3

REPETITIONS

12 — 15

ARMS

Standing
Biceps Curl (p. 44)

SETS

1 — 3

REPETITIONS

12 — 15

ABDOMINALS

Advanced Abdominal
Crunch (p. 54)

SETS

1 — 3

REPETITIONS

20 — 25

This program focuses on the large muscle groups in the legs — the quadriceps and hamstrings. In addition, there are exercises for your back, shoulders and arms. Complete the same series of eight exercises three times a week.

We have recommended a relatively high number of repetitions (12 to 15) in each set. We suggest that you use low intensity to build the muscle endurance required for these sports.

3 DAYS PER WEEK — EVERY OTHER DAY

PROGRAM FOR TENNIS AND RACQUET SPORTS

LEGS

Rear Squat (p. 29)

SETS

2 — 4

REPETITIONS

8 — 15

BACK

Lat Pulldown (p. 31)

SETS

2 — 4

REPETITIONS

12 — 15

CHEST

Incline Bench Press (p. 37)

SETS

2 — 4

REPETITIONS

8 — 12

SHOULDER

Bent-Over Raise (p. 42)

Behind the Neck Press (p. 39)

SETS

2 — 4

2 — 4

REPETITIONS

6 — 10

6 — 10

ARMS

Standing Reverse Curl (p. 45)

Triceps Pushdown (p. 46)

SETS

2 — 4

2 — 4

REPETITIONS

6 — 10

6 — 10

ABDOMINALS

Roman Chair Sit-Up (p. 52)

SETS

2 — 4

REPETITIONS

20 — 25

For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

Racquet sports require a strong upper body as well as strength and stamina in the lower body. This eight-exercise program will help you to improve your swing by strengthening your shoulders and arms. Plus, we've included hip and leg exercises to prepare your muscles for the quick, side-to-side movements that are vital to your game.

Unlike our other sport-specific training programs which focus on muscle endurance, this program focuses on muscle power. Tennis and racquet sports require short, quick bursts of power from both the upper and lower body. In order to build muscle power you should use fewer repetitions (we have recommended 6 to 10) per set with high intensity.

PROGRAM FOR GOLF

3 DAYS PER WEEK — EVERY OTHER DAY

For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.

LEGS

Leg Press (p. 27)
Calf Raise (p. 30)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

BACK

Reverse Grip Lat Pulldown (p. 32)

SETS

1 — 3

REPETITIONS

12 — 15

CHEST

Incline Bench Press (p. 37)

SETS

1 — 3

REPETITIONS

12 — 15

SHOULDER

Behind the Neck Press (p. 39)
Bent-Over Raise (p. 42)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

ARMS

Seated Triceps Press (p. 43)
Standing Biceps Curl (p. 44)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

ABDOMINALS

Side Bend (p. 51)
Advanced Abdominal Crunch (p. 54)

SETS

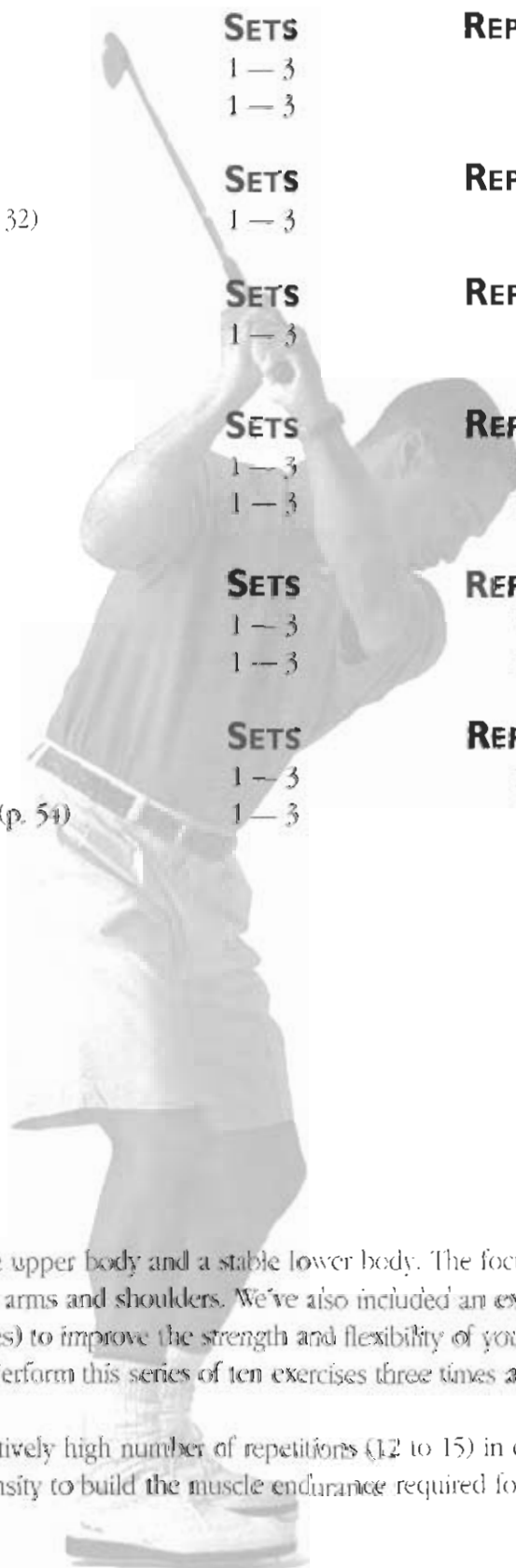
1 — 3
1 — 3

REPETITIONS

20 — 25
20 — 25

Golf requires a strong, flexible upper body and a stable lower body. The focus of this program is to strengthen your arms and shoulders. We've also included an exercise to strengthen your obliques (sides) to improve the strength and flexibility of your torso rotation and follow-through. Perform this series of ten exercises three times a week.

We have recommended a relatively high number of repetitions (12 to 15) in each set. We suggest that you use low intensity to build the muscle endurance required for golf.



3 DAYS PER WEEK — EVERY OTHER DAY

PROGRAM FOR CYCLING

LEGS

Rear Squat (p. 29)
Leg Press (p. 27)
Calf Raise (p. 30)

SETS

1 — 3
1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15
12 — 15

BACK

Reverse Grip Lat Pulldown (p. 32)

SETS

1 — 3

REPETITIONS

12 — 15

CHEST

Bench Press (p. 36)

SETS

1 — 3

REPETITIONS

12 — 15

SHOULDER

Upright Row (p. 38)
Shoulder Shrug (p. 40)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

ARMS

Triceps Pushdown (p. 46)
Dips (p. 47)

SETS

1 — 3
1 — 3

REPETITIONS

12 — 15
12 — 15

ABDOMINALS

Roman Chair Sit-Up (p. 52)

SETS

1 — 3

REPETITIONS

20 — 25

For details on exercise set up and performance, refer back to the detailed exercise description on the page indicated.



This program emphasizes the lower body — your gluteals, quadriceps and hamstrings. Three of the ten exercises in this three-day program are for your legs. Whether you cycle for enjoyment or competitively, this program will improve your strength and endurance to help prepare you for the cycling season — or act as a terrific complement to your cycling program.

Like walking or jogging, cycling is an endurance sport. We recommend high repetitions per set (12 to 15) and low intensity.

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CUSTOMER INFORMATION

MAINTAINING YOUR NORDICFLEX GOLD® PRO™

Your NordicFlex Gold requires a minimum amount of maintenance. It can be cleaned like any piece of metal furniture. You may use a mild household cleaning spray and a cloth to clean the metal parts of the machine. Check resistance cords for signs of wear, tearing or fraying. Please call our Customer Service Department to obtain a replacement cord.

If you have any questions about the set-up or operation of your NordicFlex Gold, call our Customer Service Department at the toll-free phone number printed on your invoice.

Customer Service Department Hours

Monday through Friday • 7 a.m. to 8 p.m.

Saturday • 8 a.m. to 4:30 p.m.

Central Standard Time

SATISFACTION GUARANTEE

We have total confidence in the quality and performance of our products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of our products fall short of your expectations before the end of your in-home trial, please call our Customer Service Department at the number on your invoice to discuss product exchanges and returns. If you simply need to replace or exchange a product, we will ship you another product and there will be no additional shipping or handling charges. If you want to return the product, please call our Customer Service Department first to receive authorization. Then, ship your product prepaid to NordicTrack; C.O.D. shipments will not be accepted. We recommend that you insure your package for your protection. Upon receipt we will refund you the purchase price. The initial shipping and handling charges will not be refunded.

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from the date of purchase of the NordicFlex Gold® Pro™ Edition strength conditioner, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately carry their own warranty/service periods.) Please note that commercial use of the NordicFlex Gold® Pro™ 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, acts of nature, abuse, improper maintenance, unreasonable care, other causes not arising from defects in workmanship and materials 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., or Nordic Advantage, Inc., a retail distributor of NordicTrack products. NordicTrack, Inc., reserves the right to make changes and improvements to the NordicFlex Gold® Pro™ edition strength conditioner without incurring any obligations to make similar alterations to previously purchased NordicFlex Gold® Pro™ Edition strength conditioners. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department to receive authorization. All shipping costs to return the NordicFlex Gold® Pro™ and accessories for repairs 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 defective 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 limitations or 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.

**Please Attach
Your Invoice Here.**

