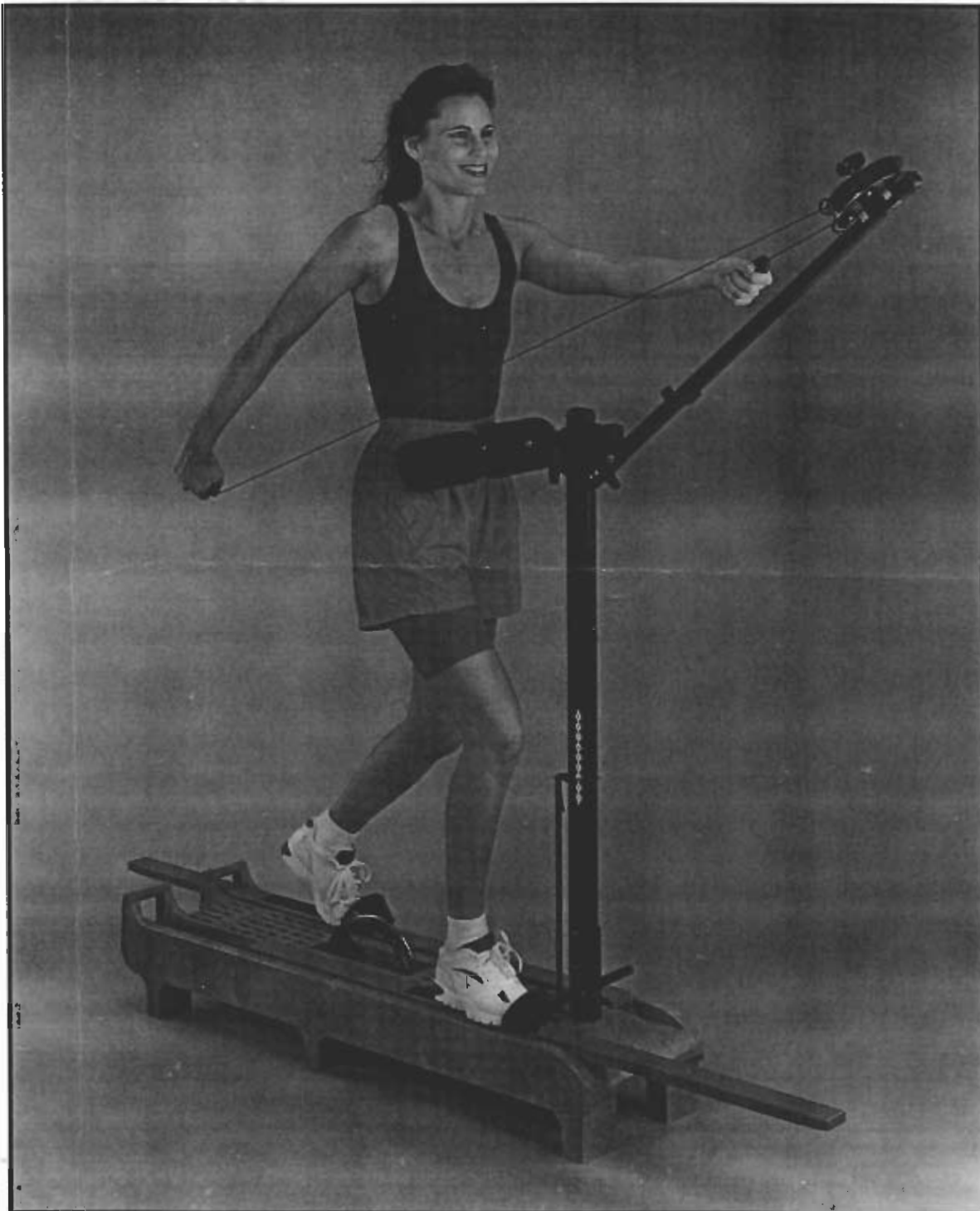


The All-American

Silver™ Edition Skier



ASSEMBLY, OPERATING INSTRUCTIONS AND WORKOUT PROGRAMS

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To better assist you, please record your customer information in the spaces below. Refer to these numbers when calling our Customer Service Department. These numbers are located on your packing slip.

Invoice #: _____

Customer #: _____

Date Purchased: _____

This Owner's Guide contains important information that will help you maximize your workouts with your All-American Silver™ ski exerciser.

Be sure to read this manual thoroughly before beginning to use the machine.

WELCOME TO THE ALL-AMERICAN SILVER EDITION SKI EXERCISER

The All-American Silver™ edition ski exerciser simulates the motion of cross-country skiing — which medical experts agree is the world's best aerobic exercise. It uniformly exercises all the major muscle groups in your upper and lower body without jarring or overstressing the body. This total-body motion quickly and easily elevates your heart rate to the fitness-building level — making it the perfect exercise for cardiovascular conditioning!

It is also well known that aerobic exercise has a positive impact on your total health. Those who have a deep commitment to exercise report feeling more relaxed, less tired, happier with their appearance, more confident, and more productive at work.

Innovative in design, the All-American Silver skier brings quality and enjoyment to fitness. The unique composite construction offers you excellence in design and performance. And the convenient, time-efficient workouts will continue to challenge you for years to come.

Please call our Customer Service Department if you have any questions about the assembly, operation or training information provided in this Owner's Guide.

Customer Service Department

1-800-553-6295

Monday through Friday • 7 AM to 8 PM

Saturday • 8 AM to 4:30 PM

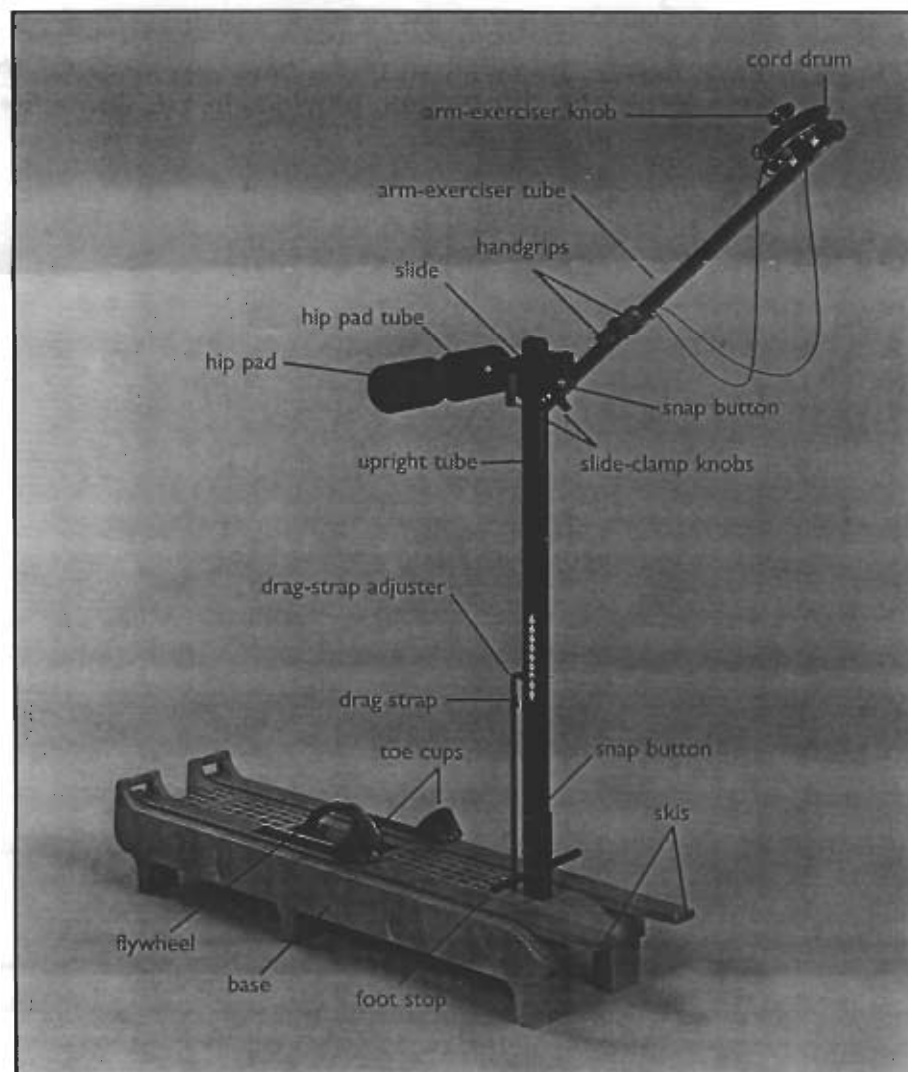
Central time

Consult your physician before beginning any exercise program.

PARTS LIST

Unpack your All-American Silver™ ski exerciser in a place where you intend to use it. Remove all cardboard packing materials from the exerciser. Please retain all packing materials for at least 30 days.

- 1 Information packet (not pictured)
- 1 Electronics package (not pictured)
- 1 All-American Silver ski exerciser
- 2 Skis



Raise the Upright Tube



Figure 1

1. Raise the arm-exerciser tube up slightly so it does not catch on the frame as you raise the upright tube (Figure 1).
2. Lift the upright tube until you hear a click. Be sure the snap buttons are in the extended position on both sides of the frame.

Set the Arm-Exerciser Tube and Hip Pad



Figure 2

1. Raise the arm-exerciser tube. Be sure both snap buttons click into place on both sides of the frame (Figure 2).
2. Pivot the hip pad down as far as it will go.
3. Slowly loosen both of the slide-clamp knobs (Figure 3).



Figure 3

4. Lift or lower the slide to the desired position. The hip pad should rest at hip level, about one inch below the navel. The hip pad should not restrict your leg movement or press against your stomach.
5. Tighten the slide-clamp knobs to secure the hip pad in position.

The hip pad can be readjusted when you are ready to exercise.

Calibrate the Leg Resistance

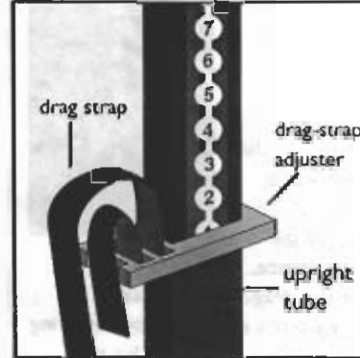


Figure 4

1. Untie the knot in the drag strap.
2. Bring the free end of the drag strap to the drag-strap adjuster on the upright tube.
3. Thread the drag strap down through the slot nearest the upright tube, then up through the remaining slot (Figure 4).
4. Set the drag strap adjuster at "1."
5. Vary the amount of slack threaded through the drag-strap adjuster until the spring begins to expand and the drag strap becomes tight.

IMPORTANT

- Please refer to the electronics instructions within the package for installation and operating directions. The plug-in is on the front of the upright tube.
- Always stand next to the All-American Silver to make any adjustments while assembling it.
- Move the drag-strap adjuster below "1" and unplug any electronics before folding your ski exerciser.

Your All-American Silver edition ski exerciser is now ready for use. Please turn to page four and five for instructions on how to adjust and use your All-American Silver.

ADJUSTABLE FEATURES OF YOUR ALL-AMERICAN SILVER EDITION

Set the Leg Resistance

The amount of leg resistance can easily be adjusted by moving the drag-strap adjuster on the upright tube (Figure 1). To increase the leg resistance,



Figure 1

raise the drag-strap adjuster. Decrease the resistance by lowering the drag-strap adjuster. Use the numbers on the upright tube to ensure constant levels of resistance and to track your progress.

Adjust the Height of the Hip Pad

1. Loosen both of the slide-clamp knobs.
2. Lift the slide to hip level, about one inch below the navel. The hip pad should be high enough so it does not restrict leg movement and low enough so it does not press against your stomach (Figure 2).



Figure 2

3. Tighten the slide-clamp knobs to hold the hip pad in position.

Set the Arm-Exerciser Resistance

The arm-exerciser resistance can be adjusted by turning the arm-exerciser knob on top of the cord drum (Figure 3). Turn the knob clockwise to increase the arm-exerciser resistance. Turn the knob counterclockwise to decrease the arm-exerciser resistance.



Figure 3

CAUTION: The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

Change the Arm Cord Length

The proper arm-exerciser cord length should allow your arms to extend just beyond your hips. For minor adjustments, the arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in cord length, one loop of cord can be added or taken off of the cord drum.

LEARNING HOW TO USE YOUR ALL-AMERICAN SILVER EDITION

Start With the Leg Motion



1. Set the leg resistance to "3" or "4" on the upright tube.
2. Adjust the hip pad so it rests at hip level, about one inch below the navel. The pad should be high enough so that it does not restrict leg movement and low enough that it does not press against your stomach.
3. Hold onto the hip pad. Lightly press against the pad. Do not lean over the hip pad. Keep a straight posture.
4. Move the skis with a walking motion. Keep your knees slightly bent — do not lock them. Shorter strides may assist in learning the proper motion. Do not hesitate between strides. Lift your heel at the back of each stride and keep the balls of your feet on the skis at all times.
5. Experiment with different leg resistance settings until the resistance feels comfortable.

NOTE: If you slide away from the hip pad, you may need to increase the leg resistance.

Try The Arm Motion



1. Continue the leg motion.
2. Keep one hand on the hip pad for balance. Swing the other arm at your side, as when walking; when your left leg is forward, your left arm should swing back.
3. Next, add your other hand so that both hands swing naturally. Increase the leg resistance if you slip backward.

CAUTION: Keep small children and pets away from the moving parts of the exerciser while in use.

Put the Leg and Arm Motions Together



1. Set the arm resistance to a comfortable level.
2. Grasp the arm-exerciser handgrips and continue your leg motion.
3. As with the walking motion, pull the handgrips through your natural arm swing. Strive for smoothness and rhythm.

NOTE: Keep your arms slightly bent at the elbows and swing your arms in smooth pendulum like strokes. Reach forward until your arms approach shoulder level. The proper motion keeps the cords tight, never slack. Through experience, your arm swing may become longer.

To Help Get You Started:

1. Stand up straight so your feet are directly beneath your shoulders.
2. Be sure to keep your weight on your feet, not on the hip pad.
3. As you extend your leg backward, your weight should be transferred to that leg. The proper motion allows the heel of the foot to rise naturally during the stride. It is similar to wiping your feet on a rug.
4. When your left leg is forward, your left arm should be back, and when your right leg is forward, your right arm should be back.

Now you have the two basic motions needed to learn the art of skiing. If you experience prolonged difficulty, please call our Customer Service Department at 1-800-553-6295.

ESSENTIALS OF WEIGHT MANAGEMENT

Being overweight is risky business. Obesity increases your risk of high blood pressure and diabetes. It may also raise your blood cholesterol and triglyceride levels. These factors add up to a higher risk of heart disease and stroke.

What's the ideal weight for you?

Height and weight tables usually give acceptable ranges for most adults. However, even if you are in good physical condition and exercise regularly, you might be considered overweight by height and weight tables. Don't be too concerned because muscle weighs more than fat. Just remember, the true measure of body content is based on body fat, NOT on weight alone. Ideally, a man's body-fat content should be 15 to 20 percent and a woman's body-fat content should be between 20 to 25 percent.

Diets alone don't work.

There are no miracle diets that can help you lose weight. Diet plans low in calories may achieve some weight loss, but they make it hard to get all of the nutrients that you need. And crash diets fail because they don't change your eating habits permanently. Proper weight loss and management occurs with a combination of a sensible diet and aerobic exercise. That sounds simple enough, but if you have ever tried to lose weight you know that it takes motivation and determination!

Exercise helps you keep it off.

Proper weight loss occurs at a rate of one to two pounds per week. Long-term success depends on proper eating habits complemented by a regular exercise routine. Exercise helps you burn calories both during and after exercise. Aerobic exercise is one of the best types of exercise you can perform. The most effective known forms of aerobic exercise are cross-country skiing, rowing, biking and brisk walking.

Watch that fat!

Limiting the amount of fat you eat will improve your diet and your health. Fat contains more than twice as many calories per gram as protein or carbohydrates. Eliminating excess fat can help you lose weight and keep it off. The American Cancer Society recommends that fat should contribute no more than 30 percent of your daily total caloric intake. (One gram of fat is equal to nine calories!)

Spot reduction is a myth.

Exercising one part of your body won't take off the fat in that specific area. In fact, research shows that the areas you gain and lose fat in are genetically determined. Only a regular program of exercise and a nutritious diet can assure you of healthy, safe and natural weight loss. The fastest way to a trim tummy or firm thighs is a regular program of total-body aerobic conditioning. Plus, you'll be pleasantly surprised when the weight comes off in other places!

Exercise for weight loss.

At approximately 20 minutes into an aerobic exercise session your body shifts into what is called the "fat-burning phase." At this point, although you are still using all your energy sources, your body begins to burn fat as the primary energy source. Therefore, once you reach this phase, you are using fat as the primary fuel to perform work. An ideal program for weight management is to exercise at a low- to moderate-intensity of 60 to 75 percent of your Maximum Heart Rate or MHR ($MHR = 220 \text{ minus age}$) for 30 to 60 minutes, four to five times a week. Participating in a strength-training program on an every-other-day basis can also supplement weight management by increasing your muscle mass, which is your body's primary calorie burner.

Make exercise a way of life.

The "yo-yo" cycle of weight loss is not only stressful mentally, it also takes its toll on the heart. In the long run, the only way to stay healthy is to make exercise a way of life. Instead of thinking of exercise as a chore, think of it as a way to jump start your morning or as your time to unwind. Ironically, when people feel they are too busy or too stressed out to exercise, that's exactly when they need it the most. Exercise provides natural stress relief in the form of endorphins, your body's own painkillers. Your body releases endorphins when you exercise. So next time you feel too busy or stressed out to exercise, remember, exercise is "nature's best tranquilizer."

DESIGNING YOUR PERSONAL FITNESS PROGRAM

Consult your personal physician before beginning any exercise program.



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

The following information should help you design a fitness program that meets your needs in a safe and effective manner. As with all fitness programs, you should assess your personal level of physical condition and determine a conditioning level that fits your condition. A general key to exercise safety is to start at a low intensity level and progress gradually. As your fitness level increases, modify your routine accordingly. But, always allow your body the time it needs to improve.

Establish Personal Goals

Finding the motivation to exercise and make positive lifestyle changes can be challenging. It is important that you set attainable, realistic goals and that you reward yourself when you meet the goals you have set. Above all, try to make your workouts fun! Below are some examples of typical fitness goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina and sport performance
- More energy and personal vitality.

The All-American Silver can help you achieve your fitness goals, whatever they may be.

Exercise Progression

A comprehensive exercise program should include each of the following components:

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

1. WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against injury and muscle soreness which are common reasons for discontinuing an exercise program. We suggest a routine of five minutes of slow exercise on your All-American Silver skier, brisk walking or marching 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 10. Hold each stretch 15 to 30 seconds. Repeat for each side of your body.

3. AEROBIC CONDITIONING

To create the desired improvements in personal health, aerobic conditioning must include the proper *frequency, duration and intensity*. We also recommend that you monitor your heart rate during your aerobic session.

Frequency

Frequency refers to the number of workouts per week. The recommended number is three to five days per week. **Exercising four to five times per week with the proper duration and intensity maximizes fat loss and cardiovascular development.**

Duration

Duration is the amount of time that the proper exercise intensity level is maintained. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition may exercise for 20 to 30 minutes; and highly fit people may exercise for 30 to 60 minutes.

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section on monitoring your heart rate.

MONITORING YOUR HEART RATE



Your heart rate can be used to monitor the intensity of an aerobic workout. To find your heart rate (pulse) use the following section, *The Rule of Thumb*.

The Rule of Thumb

Stick your left thumb into the air, as if you were hitchhiking. Touch your wrist, one-fourth of an inch from the wrist joint, with the index and middle fingers of your right hand. Your fingertips should almost touch the elevated tendon. Relax your left thumb and roll your left wrist parallel to the floor; your right index and middle fingers should remain in the same position and lay flat along your left wrist.

Apply a minimal amount of pressure with the index and middle fingers — let the beat come to your fingers.

Helpful Hints

- Lower your wrist below your heart level. This will make your heart beat stronger and easier to feel.
- If you experience difficulty finding your heart beat, try using the opposite wrist and hand.
- The amount of pressure applied to your wrist should be equivalent to that needed to hold an egg between your thumb and fingers. Your fingernails should never appear white.

Exercising at 60 to 85 percent of your maximum heart rate enhances your body's ability to burn fat and increases your aerobic conditioning benefits. Your maximum heart rate (MHR) is equal to 220 minus your age (in years). The chart below shows you the target heart rate zones for the beginner, intermediate and advanced exercisers. Use the chart to determine the intensity of your workout.

NOTE: For aerobic conditioning, we recommend that you stay within the appropriate target heart rate zone for the entire workout.

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 CONDITIONING

A strength-training program adds lean muscle mass to the body. Lean muscle mass aids in burning body fat, and is an essential component of a fitness program.

6. STRETCHING

Stretching after exercise helps relieve muscle soreness and stiffness. Repeat the recommended stretches shown on page 10.

Target Heart Rate Zones Chart

Age	BEGINNER		INTERMEDIATE		ADVANCED	
	60% – 65% of MHR		65% – 75% of MHR		75% – 85% of MHR	
	10 seconds	One minute	10 seconds	One minute	10 seconds	One minute
19 and under	20 – 22	120 – 132	23 – 25	138 – 150	26 – 28	156 – 168
20 – 24	19 – 21	114 – 126	22 – 25	132 – 150	26 – 28	156 – 168
25 – 29	19 – 21	114 – 126	22 – 24	132 – 144	24 – 26	144 – 156
30 – 34	18 – 20	108 – 120	21 – 23	126 – 138	24 – 26	144 – 156
35 – 39	18 – 20	108 – 120	21 – 23	126 – 138	24 – 26	144 – 156
40 – 44	17 – 19	102 – 114	20 – 22	120 – 132	23 – 25	138 – 150
45 – 49	17 – 19	102 – 114	20 – 21	120 – 126	22 – 24	132 – 144
50 – 54	16 – 18	96 – 108	19 – 21	114 – 126	22 – 24	132 – 144
55 – 59	16 – 17	96 – 102	18 – 20	108 – 120	21 – 23	126 – 138
60 and over	16 – 17	96 – 102	18 – 20	108 – 120	21 – 23	126 – 138

Training Tips

1. Get a physician's approval and exercise recommendations before beginning an exercise program. If you are taking any medication that affects your heart rate, a physician's advice is absolutely essential.
2. Commit to making exercise a part of your lifestyle. It's a good idea to set aside specific days and times for your workouts.
3. Make your exercise time more enjoyable. While exercising on your All-American Silver™ ski exerciser, listen to music or watch your favorite television show.
4. Don't overexert yourself.
5. Be very aware of your body's warning signals. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.
6. Wear exercise clothing and absorbent socks. A headband will keep perspiration out of your eyes.
7. Wear appropriate athletic shoes.
8. Break up the 20-minute workouts into two 10-minute workouts until you feel you can go for the full 20 minutes continuously.
9. Don't overexert yourself. Stop exercising if you experience any unusual discomfort or warning signs of overexertion: light-headedness, dizziness, nausea or extreme breathlessness. Other signs that point to overexertion are prolonged fatigue lasting more than an hour or body pain in the muscles or skeletal system.

RECOMMENDED STRETCHES

HOLD EACH STRETCH, WITHOUT BOUNCING, FOR 15-30 SECONDS.
ALWAYS STRETCH BOTH SIDES OF YOUR BODY.



1. BACK AND ARM STRETCH

Pull your elbow behind your head. Keep your head facing forward.



2. SHOULDER STRETCH

Pull your elbow across your chest using your free hand to cradle your elbow.



3. QUADRICEPS STRETCH

Pull your heel slowly to your buttock.



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.



5. LOW-BACK AND HIP STRETCH

Slowly pull your knee to your chest and hold. Repeat with the other leg. Then, pull both knees to your chest.



6. HAMSTRING STRETCH

Extend one leg in front of you keeping that heel on the floor. Slowly bend forward from the hips.



7. INNER-THIGH STRETCH

Put your feet together and press your knees to the floor.

WORKOUT PROGRAMS

CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

Program 1: Initial Conditioning Program

This stage depends on how fast your body adapts to the program. It typically lasts four to six weeks. Emphasis should be placed on avoiding muscle soreness, injury, discomfort and discouragement. It is recommended that you begin your exercise program conservatively and progress gradually by staying within your target heart rate zone.

Recommended Frequency:

3 to 4 times per week

Exercise Duration:

12 to 20 minutes*

Exercise Intensity:

60% to 65% of maximum heart rate**

COMMENTS

1. While stepping onto the All-American Silver™ ski exerciser, hold on to the hip pad to aid balance and to prevent slipping forward or backward on the skis.
2. Move to Program 2 when you feel ready and your heart rate has moved below the Target Heart Rate Zone for building fitness. Estimated time is 4 to 6 weeks.

* When first starting an exercise program, 5 to 10 minutes of exercise per session may be sufficient. When your body can handle more exercise, slowly increase your workout time.

** See the chart on page 8 for proper target heart rate zones.

Program 2: Improvement Conditioning Program

This program usually lasts 12 to 20 weeks. During this stage, the rate of progression is more rapid. The rate at which you progress is largely dependent on your age and the frequency of your exercise sessions.

Recommended Frequency:

3 to 5 times per week

Exercise Duration:

20 to 30 minutes*

Exercise Intensity:

65% to 75% of maximum heart rate**

COMMENTS

1. While stepping onto the All-American Silver, hold on to the hip pad to aid balance and to prevent slipping forward or backward on the skis.
2. Move to Program 3 when you feel ready and your heart rate has moved below the Target Heart Rate Zone for the intermediate level. Estimated time for those beginning Program two to progress to Program three is 12 to 20 weeks.

* To receive and maintain the benefits of aerobic exercise, a minimum of 20 minutes per session is recommended.

** See the chart on page 8 for proper target heart rate zones.

Program 3: Continuous Conditioning Program

Begin this program once your desired fitness level is achieved. It is usually reached six months after training is started and continues on a regular, long-term basis.

Recommended Frequency:

3 to 5 times per week

Exercise Duration:

30 to 60 minutes*

Exercise Intensity:

75% to 85% of maximum heart rate**

COMMENTS

1. While stepping onto the All-American Silver ski exerciser, hold on to the hip pad to aid balance and to prevent slipping forward or backward on the skis.
2. Program Modification: You may wish to do interval training exercises once you have achieved your desired fitness level. Interval training consists of higher-intensity levels followed by rest intervals that are repeated 5 to 20 times. For example, one minute of higher resistance and faster speed on the All-American Silver skier followed by a two- to three-minute rest period of "skiing" slowly with light resistance. The duration of exercise and rest periods should be based on physical signals rather than time.

* If weight loss is a concern, 4 to 5 days of exercise a week for 30 to 60 minutes per session is recommended along with a sensible eating plan.

** See the chart on page 8 for proper target heart rate zones.

MAINTENANCE

GENERAL CLEANING

Wipe any perspiration off the machine when you have finished exercising. The base can be cleaned with a slightly damp cloth and a small amount of liquid dish detergent. Do not get detergent or water on any moving parts.

BRAKE PAD LUBRICATION

The leather brake pad on the arm exerciser has been oiled to allow for quiet, smooth braking action. If the pad dries, it may require reoiling. (Time between reoilings will vary due to conditions.)

1. Remove the knob, spring, and washer-bearing-washer assembly (Figure 1). Handle with care — parts will be replaced in the order they were removed.

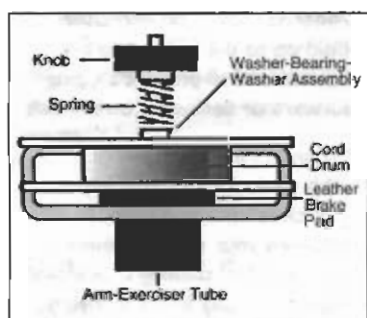


Figure 1

2. Lift up on the cord drum and roughen the surface of the brake pad with 100-grit sandpaper, emery cloth or a file.
3. Place a drop of light household oil on the brake pad. DO NOT OVER OIL! Excess oil could spray out when the cord drum is spinning.
4. Set the cord drum back down and allow the oil to absorb for 24 hours. Wipe excess oil from the area around the pad and replace the parts in the sequence they were removed.

FLYWHEEL MAINTENANCE

Remove the drag strap (see next section) and wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. Check the groove of the flywheel for any rust or corrosion. If any appears, follow these instructions.

1. Use fine to very fine steel wool to spot rub any rust or corrosion. If the whole flywheel needs to be cleaned, rub the entire surface with steel wool.
2. Wipe the flywheel and the drag strap with a clean, dry cloth to remove any residue. NEVER place oil between the drag strap and the flywheel. This will damage the drag strap.
3. Check the nuts on the right side of the flywheel U-bolt for tightness. Tighten if necessary.

CAUTION: Do not use solutions that will leave a residue. Never place oil between the drag strap and flywheel.

DRAG STRAP CARE, REMOVAL AND INSTALLATION

A clean drag strap provides the best performance and durability. Check the drag strap monthly for dirt buildup or a glazed, stiff feel. It can be cleaned by scrubbing it with a stiff bristled brush. Reverse it for longer wear if it becomes slightly frayed or a gummy residue appears. See Figure 2 for proper routing.

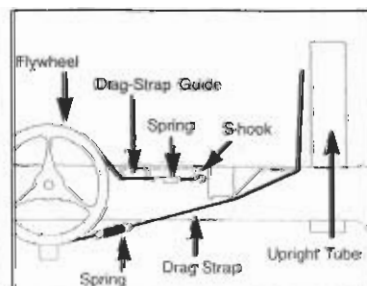


Figure 2

Removal

1. Set your leg resistance to the lowest possible setting.
2. Remove the drag strap by disconnecting the ends of the drag strap. Be sure to note the way the drag strap is routed around the flywheel.

Installation

1. Bring the free end of the drag strap to the drag-strap adjuster on the upright tube.
2. Thread the drag strap DOWN through the slot nearest the upright tube.
3. Thread the strap UP through the remaining slot. The end of the drag strap should fold over the edge of the drag-strap adjuster and under itself (Figure 3).



Figure 3

4. For proper calibration, set the drag-strap adjuster at "1." Vary the amount of drag strap threaded through the drag-strap adjuster until the drag strap is taut and the spring begins to expand.

SKI CARE

For a smooth glide, carefully rub paraffin wax on the sides of the skis only. NEVER WAX OR POLISH UNDERSIDES OF SKIS.

REWINDING THE ARM-EXERCISER CORD

If your arm-exerciser cord should become tangled or unwound, follow these steps to rewind the cord.

1. Detach the handgrips. The knot and washer are inside the grips.
2. Unwind the cord from the drum. Note how the cord goes through the drum.
3. Straighten the cord and drape the ends over the hip pad. Make sure the ends are even.
4. Take the cord from the top hole and wrap it around the drum counterclockwise until you have no more cord to wind. The cord will smooth out later.
5. Pass the end of that same cord through the metal cord guide. Pull the cord until the second cord is wrapped around the drum. Thread the second cord through the metal cord guide.
6. Take a cord end in each hand and work the arm exerciser back and forth until the cord lies smoothly in the cord drum.
7. Reattach the handgrips. Thread the cord through the hole in the handgrip from top to inside. Slip a washer on the cord and tie a knot about 2 inches from the end of the cord to secure the handgrip. A figure-8 knot works best because it is easiest to untie if you need to make further adjustments (Figure 4).

CAUTION: The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

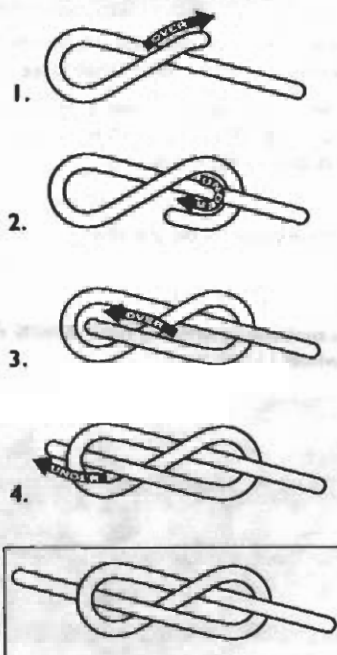


Figure 4

The proper arm-exerciser cord length should allow your arms to extend just beyond your hips. For minor adjustments, the arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in cord length, one loop of cord can be added or taken off of the cord drum.

If you have questions, please call our Customer Service Department.

1-800-553-6295

Monday through Friday •

7AM to 8 PM

Saturday • 8 AM to 4:30 PM

Central time

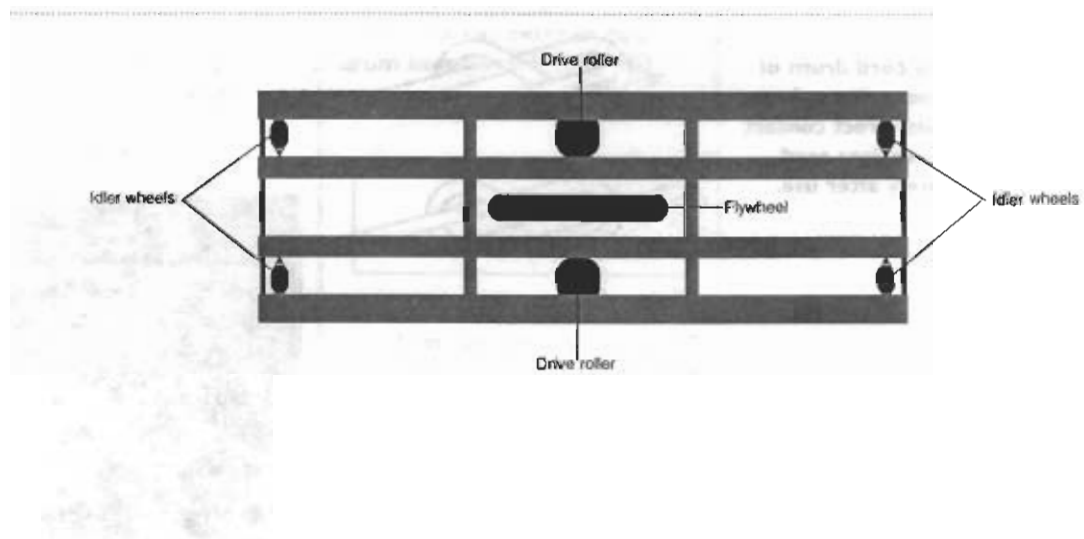
TROUBLESHOOTING

ARM-EXERCISER ASSEMBLY

- Arm cord is fraying.
 - Check for burrs around cord guide located just before the cord drum. Replace the cord if needed.
- Chattering of arm exerciser.
 - Check for missing parts and proper order of assembly. Starting from the cord drum, it should be: flat washer, bearing washer, flat washer, spring and resistance knob. Oil the leather brake pad with a light household oil. Oil the washer, bearing and washer assembly if needed.

DRAG STRAP

- Offers no resistance.
 - Check the routing of the drag strap. You may want to refer to Figure 2 on page 12. Check the two nuts on the flywheel U-bolt for tightness. Tighten evenly.
- The base idler wheels are squeaking or sticking.
 - Slide the idler wheel to one side. Place one drop of light household oil onto the axle next to the idler wheel (see the diagram below).
 - Slide the idler wheel to the other side and repeat the step above. This process may be performed on all four idler wheels. DO NOT perform this process on the drive rollers.
- The skis are slipping.
 - Wipe off any excess oil on the skis.
 - Clean the bottom of the skis with a dry cloth or a small amount of mineral spirits or paint thinner.
 - Make sure that the flywheel is tight. Evenly tighten the two nuts located on the flywheel U-bolt.



ESSENTIALS OF A BALANCED FITNESS PROGRAM

Strength Conditioning

Fitness aware individuals like you have understood the need for regular aerobic exercise for quite some time. But aerobic exercise is not enough. Your Balanced Fitness™ program should include strength conditioning in addition to aerobic exercise.

Some of the benefits of strength conditioning are listed below:

- Increased lean body mass (muscle)
- Improved ability to perform everyday tasks
- Higher rate of calorie burn
- Greater muscle tone and strength

Strength conditioning is for everyone. Whatever your fitness goals, it is important that you include strength conditioning in your personal fitness program. Strength conditioning complements aerobic exercise and helps enhance muscle tone.

Cross-Training

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more aerobic exercises 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 three products featured on this and the following page will enable you to round out your Balanced Fitness program.

NordicFlex Gold Strength Conditioner

With the NordicFlex Gold® strength conditioner, you can tone and strengthen your body — regardless of your current physical condition. Whether you want to tone muscles, lose weight, or build bulk, the NordicFlex Gold can help you achieve your fitness goals.

The NordicFlex Gold has a patented isokinetic resistance system that provides you and your family with a safe, effective workout. The "accommodating" resistance automatically adjusts to your strength level.

Until now, isokinetic resistance has been primarily used in injury rehabilitation because it effectively exercises muscles without stressing connective tissue or causing the pain that is often associated with strength training. Now, isokinetic resistance technology is available right in your own home!



FOR MORE INFORMATION, PLEASE CALL
1-800-445-2360.

Twist 'N Ski

It's fun, easy and it works! Get a great pair of legs with the Twist 'N Ski™ exerciser. If you're looking for a fun and easy way to trim and shape your waist, hips and legs — this is it. By combining the hip and thigh-firming workout of the twister with the upper-body workout of the ski simulator, you get great total-body cardiovascular exercise as well. Plus, it conveniently folds for storage.

FigureFlex

With the FigureFlex™ strength conditioner, you can perform more than 20 body-shaping and muscle-toning exercises. You'll be able to firm your thighs, stomach, buttocks, chest and arms on a machine that's designed exclusively for women. Create tone and definition with the seven easily adjustable resistance levels. Changing resistance levels is as easy as switching cords with no weights to clunk around. Staying firm was never so easy or fun.

FOR MORE INFORMATION, PLEASE CALL
1-800-445-2209.



CUSTOMER INFORMATION

If you have any questions about the use or operation of your All-American Silver™ edition ski exerciser, please call our Customer Service Department. Representatives are available to assist you.

Customer Service Department

1-800-553-6295

Monday through Friday • 7 AM to 8 PM

Saturday • 8 AM to 4:30 PM

Central time

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial for the All-American Silver™ edition ski exerciser. Retain your box and packing materials during this time period. Please note that the misuse, abuse or commercial use of the All-American Silver edition ski exerciser will void the 30-day in-home trial and return privilege policy.

Should you decide to return your All-American Silver ski exerciser, you must notify our Customer Service Department by calling 1-800-553-6295. We will arrange for one of our carriers to pick up your return package.

The Customer Service Department will supply you with information on how to pack your All-American Silver edition ski exerciser. It is the customer's responsibility to retain all original packing materials and repack the machine according to our instructions. Any damage resulting from improper packing is the responsibility of the customer. The customer's name as it appears on the invoice, address and return authorization number must be enclosed in the box. When returned within the 30-day trial period, NordicTrack, Inc., will refund the full purchase price of the All-American Silver ski exerciser. The initial shipping charge is not refunded.

CUSTOMER RETURN PROCESS

In the event that you are not completely satisfied with your product, please follow the directions below to return it.

1. Save the box and packing materials your order arrived in. You can use it to pack your return package.
2. Keep your invoice. This will help process your return as efficiently as possible.
3. Call our Customer Service Department at 1-800-553-6295. A Customer Service Department representative will give you detailed packing instructions (these may be mailed or faxed to you).
4. Package your product as described. Enclose a copy of your invoice or a slip of paper with your name, address and return authorization number in the box. Seal the box and write your name, address and return authorization number in the upper left-hand corner of the box.
5. We will arrange for one of our carriers to pick up your return package. The carrier will supply a mailing label.

ONE-YEAR LIMITED WARRANTY

NordicTrack, Inc., will, for one year from the date of purchase of an All-American Silver edition machine and accessories, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately through NordicTrack, Inc., carry their own warranty/service periods.) Please note that commercial use of an All-American Silver ski exerciser will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit if within the customer's control, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam handgrips. This warranty is only applicable to sales made by NordicTrack, Inc., or Nordic Advantage, Inc., a subsidiary of NordicTrack, Inc. To obtain service under this warranty, call our Customer Service Department at 1-800-553-6295. **ALL SHIPPING COSTS TO RETURN THE MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED.** The unused portion of your warranty can be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above 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.

CHARTER RETENTION PROCESS

Read this section carefully to understand the Charter Retention Process.

RENTAL
The rental fee is the amount paid for the use of the equipment. It is based on the number of hours the equipment is used. The rental fee is the only fee that is charged for the use of the equipment. The rental fee is the only fee that is charged for the use of the equipment.

SALES
The sales fee is the amount paid for the purchase of the equipment. It is based on the number of units of the equipment that are sold. The sales fee is the only fee that is charged for the purchase of the equipment. The sales fee is the only fee that is charged for the purchase of the equipment.