

The All-American

Premier Edition™ Skier



Owner's Manual

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The All-American Premier Edition™ ski exerciser simulates the motion of cross-country skiing — which medical experts agree to be the world's best aerobic exercise. It uniformly exercises all of the major muscle groups in your upper and lower body without jarring or over stressing 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 and less tired, happier with their appearance, more confident and more productive at work.

**THE FOLLOWING PAGES
CONTAIN IMPORTANT
INFORMATION THAT WILL
HELP YOU MAXIMIZE
YOUR WORKOUTS WITH
YOUR SKI EXERCISER.**

**BE SURE TO READ THE
ENTIRE MANUAL
THOROUGHLY BEFORE
USING THE MACHINE.**

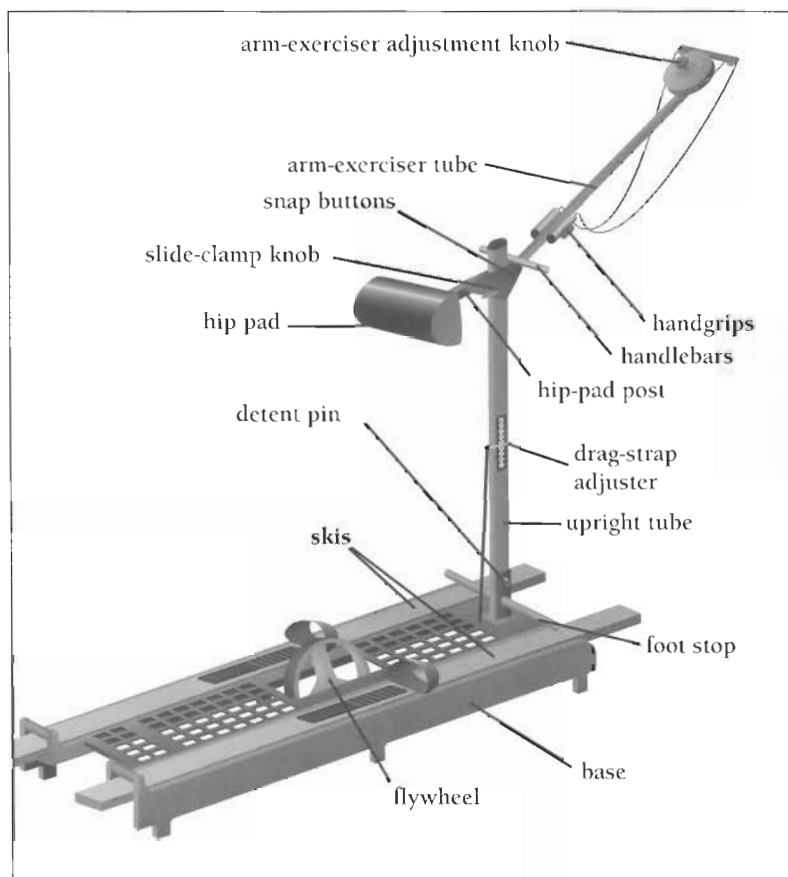
Customer Service Department
Monday - Friday 6:00 a.m.-6:00 p.m. MST
1 (877) 651-6119
www.iconfitness.com

QUICK SET UP

PARTS LIST:

- Ski exerciser
- Information packet
- Skis (2)
- Electronics package

NOTE: We recommend unpacking your ski exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your in-home trial period. Place your ski exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

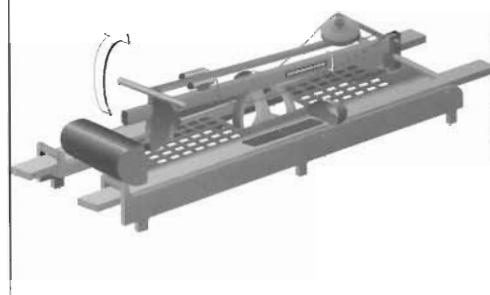


NOTE: There should be 1/2-inch clearance between the flywheel and the floor. When the ski exerciser is on carpet, the flywheel may touch and damage the carpet surface. If so, move it to a flatter carpet or an uncarpeted surface.

RAISE THE UPRIGHT TUBE AND THE ARM-EXERCISER TUBE

1. Remove the detent pin from the base of the upright tube.
2. Lift the arm-exerciser tube slightly so it does not catch on the front of the frame as you lift the upright tube (Figure 1).

Figure 1

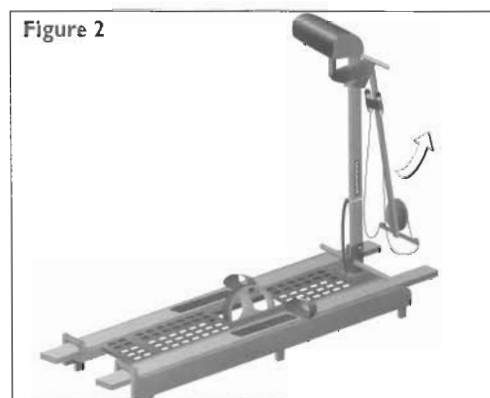


3. Gently lift the upright tube until the holes in the base and upright tube are aligned. Insert the detent pin so it extends completely through the holes on the other side.

NOTE: There may be some movement to the upright tube.

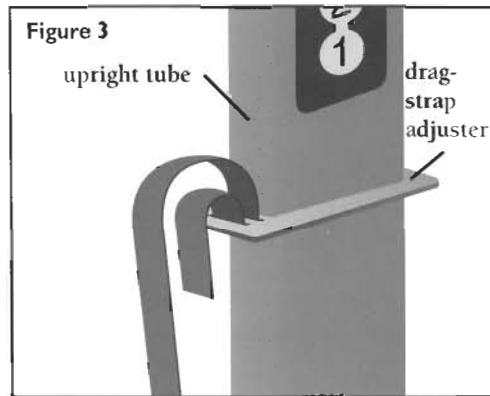
4. Lift the arm-exerciser tube into place (Figure 2). Be sure the snap buttons are fully extended and locked into position on both sides of the frame.

Figure 2



SET THE LEG RESISTANCE

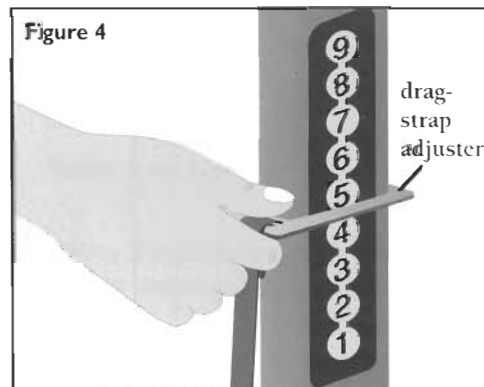
1. Untie the knot in the drag strap.
2. Bring the free end of the drag strap to the drag-strap adjuster on the upright tube.
3. Thread the drag strap down through the slot nearest the upright tube, then up through the remaining slot (Figure 3).



4. Fold the end of the drag strap over the edge of the drag-strap adjuster and under itself.
5. Set the drag-strap adjuster to "1" on the upright tube.
6. Take up the slack until the drag strap is taut. There should be a tail of 1-1/2 to 2 inches. Do not force the drag strap past this point.

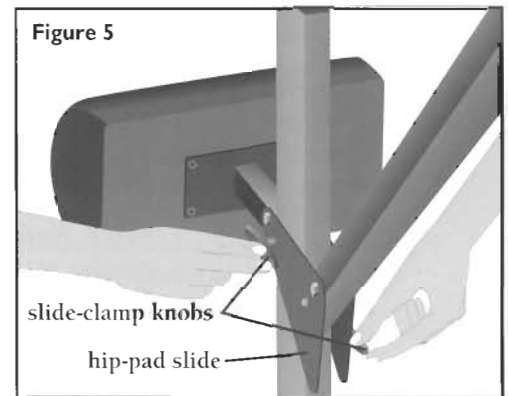
ADJUST THE LEG RESISTANCE

Slide the drag-strap adjuster up to increase the resistance. Move it down to decrease the resistance (Figure 4).



POSITION THE HIP PAD

1. Set the drag-strap adjuster to "7" or "8".
2. Pivot the hip pad down as far as it will go.
3. Loosen the slide-clamp knobs on both sides of the hip-pad slide (Figure 5).



4. Lift the hip-pad slide to the desired position. The hip pad should rest at hip level, about one inch below your 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. The height of the hip pad can be readjusted when you are ready to exercise.
5. Tighten the slide-clamp knobs to hold the hip pad in place. Make sure both knobs are secure.

SET THE ARM RESISTANCE

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

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.

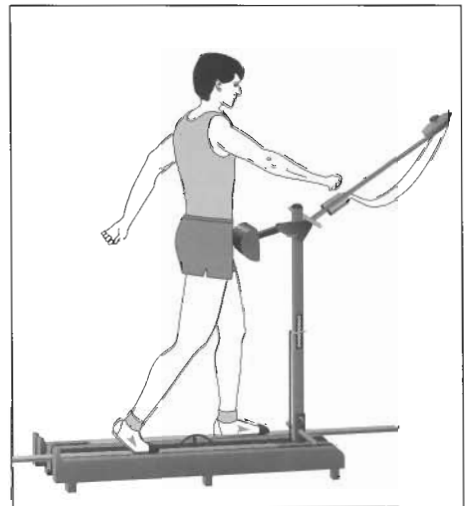
LEARNING HOW TO USE YOUR SKI EXERCISER



START WITH THE LEG MOTION ONLY

1. Slide the drag-strap adjuster to "3" on the upright tube.
2. Adjust the hip pad so it rests at hip level, about one inch below your navel. The hip pad should be high enough so that it does not restrict leg movement and low enough so it does not press against your stomach.
3. Hold onto the hip pad or handlebars for balance. **DO NOT LEAN FORWARD. KEEP YOUR WEIGHT ON YOUR FEET. KEEP YOUR BACK STRAIGHT.**
4. Push your right foot backward. Then push your left foot backward as you pull your right foot forward. Your weight should be on your foot going backward.
5. Develop this into a smooth, walking motion. Lift your heel at the back of each stride and keep the balls of your feet on the skis at all times. The leg motion resembles that of briskly wiping your feet on a rug.
6. Continue to perform the leg motion until you are comfortable with it.

NOTE: Keep a straight posture. Do not lean over the hip pad. Keep your hips in contact with the hip pad. Use it to resist your forward motion. Increase the resistance if you slide away from the hip pad.



ADD ARM SWINGS TO THE LEG MOTION

1. Continue your leg motion.
2. Keep one hand on the hip pad. Release your other hand and swing your arm at your side as you would if you were walking.
3. When you are comfortable swinging one arm, release your other hand and swing both arms naturally as you ski.
4. Practice this motion until you are ready to move on to the next step.

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



ADD THE ARM EXERCISER

1. Adjust the arm-exerciser resistance to a level that is comfortable for you.
2. Grasp the arm-exerciser cord handgrips and resume your leg motion.
3. As with the walking motion, pull the handgrips through your natural arm swing. Your hands should extend just beyond your hips.

Note: Keep your arms slightly bent at the elbows. Swing them like pendulums in long, smooth strokes. Reach forward until your arms approach shoulder level. The proper arm motion keeps the cords taut, never slack.

TIPS TO GET YOU SKIING

- If you haven't exercised for a long time, start your program very slowly. Begin with three to five minutes of slow skiing a day and progress gradually. Remember, changing your lifestyle takes time and commitment.
- Stand upright. Your feet should be directly beneath your shoulders.
- Keep your weight on your feet, not the hip pad. Your weight should be on the foot going backward.
- Be sure the toe cups do not hit the frame. If you are hitting the frame, shorten your stride.
- Increase the leg resistance if you slide away from the hip pad.
- Be patient and take the time to master the leg motion before you add the arm exerciser.
- Make sure the cord length is correct for you. If not, you may lengthen or shorten the cord. Take off one turn of the cord from the drum to lengthen. Wrap another turn of the cord to shorten the length. You may also shorten the cord by knotting the cord inside the handgrips.

If you are experiencing difficulty skiing, call our Customer Service Department. A representative will be happy to instruct you in the step-by-step use of your ski exerciser.

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

DESIGNING YOUR PERSONAL FITNESS PROGRAM

CONSULT YOUR 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 ski exerciser.

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
- Longer, healthier life
- Improved stamina and sports performance
- More energy and personal vitality
- Lower blood pressure and cholesterol levels

Your cross-country ski exerciser 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 training
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 warm-up of two to five minutes of slow skiing on your exerciser.

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 8.

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 (described on page 6).

Frequency

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

Duration

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

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

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

Resting Heart Rate

Take your heart rate before you begin working out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart should have nearly returned to its resting rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart begins to return to its resting rate more quickly as your fitness level improves.

Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can "pump" during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number. Only clinical stress testing can provide an exact MHR reading, however.

Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their maximum heart rate. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate ranges for your workouts.

We recommend that you check your heart rate at least twice during each aerobic conditioning session. First, check it during your workout to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

Taking Your Heart Rate (Pulse)

Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel. Touch your left wrist, one-fourth of an inch from the wrist joint at the base of your thumb, with the index and middle fingertips of your right hand (see photo). Relax your left thumb. Turn your hand so your palm is facing up. Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers and let the beat come to your fingers. If you can't find your pulse, try using the opposite wrist and hand.



Touch your left wrist with the index and middle fingers of your right hand.

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

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 reduces the chance of muscle soreness. Repeat the recommended stretches on page 8 after exercising.

TRAINING TIPS

1. Consult your physician before beginning any exercise program. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
2. Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs. Be very aware of your body's signals and react to them accordingly. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity. 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.
3. Don't over-exert yourself. Stop exercising if you experience any unusual discomfort or signs of over-exertion, lightheadedness, dizziness, nausea or extreme breathlessness. Other symptoms include prolonged fatigue (more than an hour) or pain of the muscles or skeletal system.
4. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
5. Make your exercise time more enjoyable. While exercising on your ski exerciser, you can listen to music or a book on tape, read a book or watch your favorite television show.
6. Always wear exercise clothing such as shorts, a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. Wear appropriate athletic shoes.

Target Heart Rate Zones Chart

	BEGINNER		INTERMEDIATE		ADVANCED	
	60%-70% of MHR		70%-80% of MHR		80%-85% of MHR	
Age	10 secs	One min.	10 secs	One min.	10 secs	One min.
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

RECOMMENDED STRETCHES

HOLD EACH STRETCH FOR 15 TO 30 SECONDS WITHOUT BOUNCING.

1. Back and Arm Stretch



Pull your elbow behind your head. Keep your head looking forward. Repeat with your other arm.

2. Shoulder Stretch



Pull your elbow across your chest using your free hand to cradle your elbow. Repeat with your other arm.

3. Quadriceps Stretch



Pull your heel slowly to your buttocks. Repeat with your other leg.

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 with your other leg.

5. Hamstring Stretch



Extend one leg and keep that heel on the floor. Slowly bend forward from the hips. Repeat with your other leg.

6. Low-Back and Hip Stretch



Slowly pull your knee to your chest. Repeat with your other leg. Then, slowly pull both knees to your chest.

WORKOUT PROGRAMS

PROGRAM 1: INITIAL CONDITIONING PROGRAM

This stage typically lasts four to six weeks. Begin your exercise program conservatively and progress gradually.

Recommended Frequency:
3 to 4 times per week

Exercise Duration:
12 to 20 minutes*

Exercise Intensity:
60% to 65% of maximum heart rate**

* When you begin an exercise program, five to ten minutes of exercise per session may be sufficient. When your body can handle more exercise, slowly increase your workout time.

** Estimated Maximum Heart Rate (MHR):
 $220 - \text{Age (in years)}$

PROGRAM 2: IMPROVEMENT CONDITIONING PROGRAM

This program usually lasts 12 to 20 weeks. Move to Program 3 when your heart rate has moved below the target heart rate zone for building fitness. If weight loss is a concern, 5 to 6 days of exercise a week for 30 to 60 minutes, combined with a sensible eating plan is recommended.

Recommended Frequency:
3 to 5 times per week

Exercise Duration:
20 to 30 minutes

Exercise Intensity:
65% to 75% of maximum heart rate

PROGRAM 3: MAINTENANCE CONDITIONING PROGRAM

Begin this program when you achieve your desired fitness level. It is usually reached six months after training was first 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

MAINTENANCE

ROUTINE CARE

Wipe the machine with a clean dry cloth after each exercise session. The base can be cleaned with a slightly damp cloth and a small amount of liquid dish soap. Take care not to get soap or water on any of the moving parts.

LUBRICATE THE BRAKE PAD

The leather brake pad on the arm exerciser has been oiled to allow for quiet, smooth braking action. If the brake pad dries, it may require re-oiling. We recommend inspecting the brake pad every three months.

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor.
2. Remove the arm-tension knob completely to remove the cord drum and all smaller pieces above it (Figure 1).

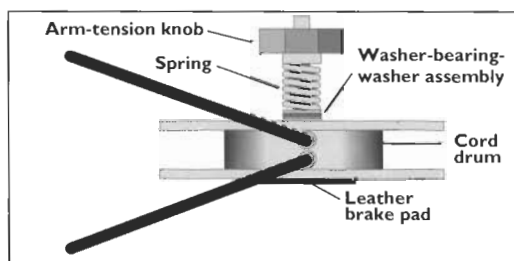


Figure 1

NOTE: Replace the parts in the order they were removed.

3. Roughen the surface of the brake pad with 100-grit sandpaper, emery cloth or a file.
4. Place a drop or two of light household oil on the brake pad. Wipe the oil around the brake pad with your finger.
5. Allow the oil to soak in for 24 hours. Wipe any excess oil off the pad.
6. Replace the cord drum, bearing assembly, spring and arm-tension knob.

NOTE: Do not over-oil! Excess oil could spray out when the cord drum is spinning.

CARE FOR THE DRAG STRAP AND FLYWHEEL

Drag strap and flywheel maintenance should be performed once a month. Follow the steps below.

REMOVE THE DRAG STRAP

1. Place a cloth or a piece of plastic underneath the ski exerciser to protect your floor.
2. Set your leg resistance to the lowest setting.
3. Note the way the drag strap is routed around the flywheel. Remove it by disconnecting the ends of the drag strap.

CLEAN THE DRAG STRAP

Use a dry brush to remove any gummy residue from the drag strap. NEVER wash the drag strap.

INSPECT THE FLYWHEEL

1. Wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol.
2. Check the groove of the flywheel for any rust or corrosion.
3. Use fine to very fine steel wool to spot rub any rust or corrosion. Clean the entire flywheel with steel wool if necessary.
4. Wipe the flywheel with a clean, dry cloth to remove any residue. NEVER place oil between the drag strap and flywheel. This will damage the drag strap.
5. Check the tightness of the nuts on the right side of the flywheel U-bolt. Tighten them evenly with a wrench if necessary.

REPLACE THE DRAG STRAP

Reroute and attach the drag strap according to figure 2. If you need to replace your drag strap, call our Customer Service Department.

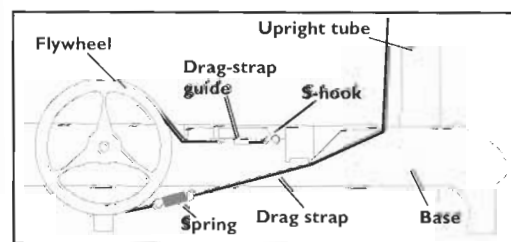


Figure 2

FINE-TUNE THE DRAG-STRAP TENSION

1. Thread the free end of the drag strap DOWN through the slot nearest the upright tube and UP through the remaining slot.
2. Fold the drag strap over the edge of the drag-strap adjuster and under itself.
3. Set the drag-strap adjuster at "1." Pull the drag strap through until the drag strap is taut. (Refer to the section titled "Set the Leg Resistance" on page 2.)

SKI CARE

For a smooth glide, carefully rub paraffin wax on only the sides of the skis; never wax or polish the underside of the skis. The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced.

REWIND THE ARM-EXERCISER CORD

1. Detach the arm-exerciser cord handgrips. The knot and the washer are inside the handgrips.
2. Take the arm-exerciser cord out of the pulleys. Unwind the arm-exerciser cord from the cord drum. Note how the arm-exerciser cord goes through the cord drum.
3. Straighten the arm-exerciser cord. Drape the ends over the hip pad. Make sure the ends are even.
4. Take the arm-exerciser cord from the top hole. Wrap it around the cord drum counterclockwise until there is no more cord to wind. The arm-exerciser cord will smooth out later.
5. Pass the same end of the arm-exerciser cord from left to right through the right pulley (as you stand on the ski exerciser).
6. Pull the arm-exerciser cord until the second cord is wrapped around the cord drum.
7. Thread the second cord from right to left through the pulley on the left side of the cord drum.
8. Take an arm-exerciser cord end in each hand. Work the arm exerciser back and forth until the arm-exerciser cord runs smoothly around the cord drum.
9. Reattach the handgrips. Thread the arm-exerciser cord through the hole in the handgrip from the top to the inside.
10. Slip a washer on the arm-exerciser cord. Tie a figure-eight knot about two inches from the end of the arm-exerciser cord to secure the grip (Figure 3).

NOTE: The arm-exerciser cord length can be adjusted by retying the knots inside of the handgrips. For larger adjustments, remove or add a loop of cord to the cord drum.

GENERAL LUBRICATION

A drop of light household oil may be needed on moving parts to prevent noise. Apply the oil to either side of the rollers on the axles.

STORE YOUR SKI EXERCISER

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.

Loosen the leg resistance completely before storing. Remove any accessories before folding your exerciser. For long term storage of more than 30-days, we recommend the following:

- Remove the batteries from the electronics monitor.
 - Remove the drag strap from the flywheel.
1. Loosen the slide-clamp knobs on the hip-pad slide.
 2. Move the slide so the top is about seven inches below the top of the upright tube. Retighten both slide-clamp knobs and fold the hip pad upward against the upright tube.
 3. Support the arm-exerciser tube with one hand. Use the other hand to depress the snap buttons and lower the the arm-exerciser tube until it lays against the upright tube.
 4. Hold the upright tube with one hand. Pull the detent pin from the base of the upright tube with the other hand. Lower the upright tube until it rests on the base. (The hip pad should just touch the top of the skis.) Reinsert the detent pin through the holes in the base.

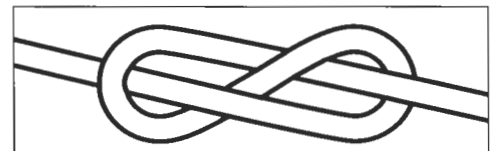


Figure 3

TROUBLESHOOTING

IF...	THEN...
ARM-EXERCISER ASSEMBLY • The arm-exerciser cord is fraying. • The arm exerciser is chattering. • The cord drum makes a screeching sound or the arm knob loosens.	• Check for burrs around the pulleys located just above the cord drum. Replace the arm-exerciser cord if needed. • Check the order of assembly. Check for missing parts. Proper assembly is as follows: (start from the cord drum and move to the resistance knob) flat washer, bearing washer, flat washer, spring and resistance knob. • Oil the leather brake pad with a light household oil. Oil the washer, bearing, washer assembly.
DRAG STRAP • The drag strap offers no tension. • The drag strap becomes disconnected.	• Check the drag-strap routing. Check the two nuts on the flywheel U-bolt for tightness. Tighten them evenly. • Clean the drag strap and flywheel. Reverse the drag strap. • See Figure 2 on page 10.
ELECTRONICS MONITOR • The display is faint or has no readout. • The readout displays half numbers or odd characters.	• Check the batteries for charge. • Remove the battery, wait a few seconds and then replace the battery. If there is no change, replace the monitor.

Important

- Check to be sure the detent pin and the snap buttons are completely extended on each side of the frame.
- The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced.
- If you received electronics, please refer to the instructions within the electronics package for installation and operating directions.
- Always stand next to (not on) the ski exerciser to make any adjustments while assembling it.

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.

CAUTION: Keep small children and pets away from the moving parts of the ski exerciser when it is in use.

IMPORTANT: Before you attempt to use the ski exerciser, please turn to page 3 to read how to operate and make adjustments to your ski exerciser.

CUSTOMER INFORMATION

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

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

1 (877) 651-6119

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