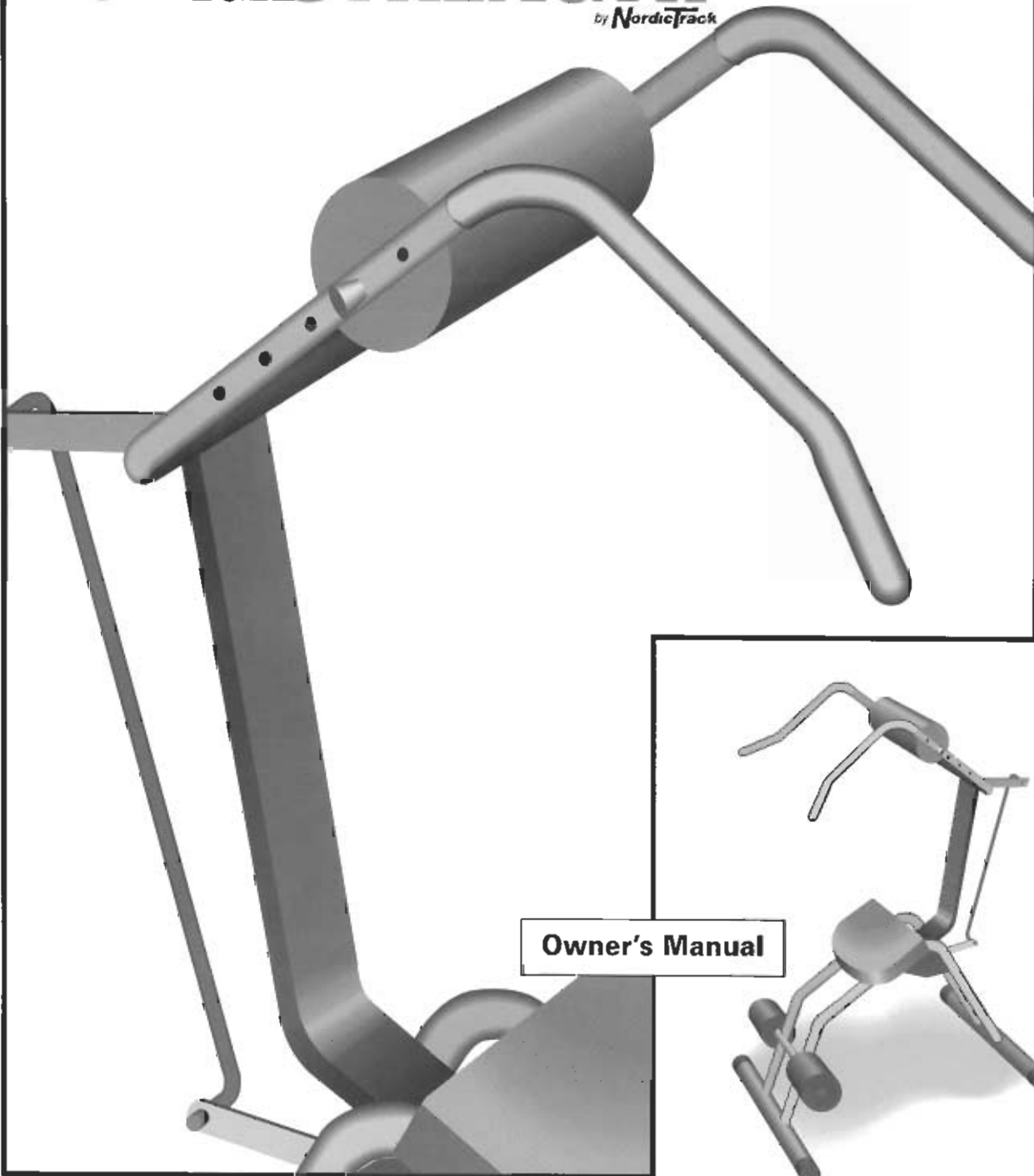
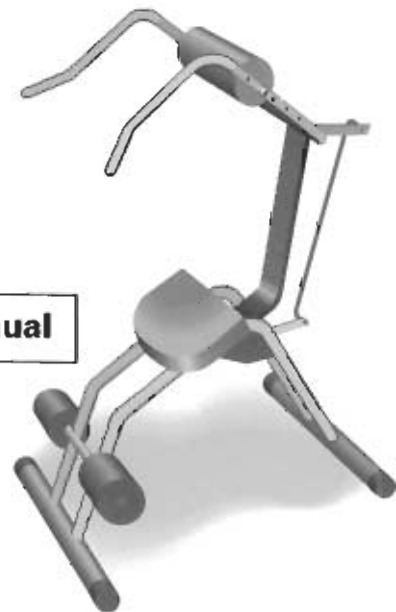


BACK STRENGTH™

by NordicTrack



Owner's Manual





You already know that your back is one fragile system of muscles, discs, vertebrae and ligaments. To stay healthy and problem-free, it needs a strong support system. And the right exercise to build that strong support system starts with your new BackStrength™ by NordicTrack.

For the past five years, NordicTrack has been working with back specialists from around the world to perfect an in-home machine that can most effectively strengthen the critical muscles of your lower back and abdomen.

The abdominal muscles are made up of two to three layers of flat muscles that cover the front and sides of the abdomen. Your lower back muscles run down the back along both sides of the spine. The "cradle" that is created when these muscles come together serves as the major support for your delicate spinal column. So it just makes sense that a healthy back begins with a healthy foundation. This healthy foundation can be developed when you use the new BackStrength, specially engineered to place you in the correct position to help strengthen the muscles vital to a healthy back. All this without aggravating your back.

BackStrength is designed to provide the same doctor-recommended workout that can often be found in health clubs nationwide. But you can use BackStrength in the convenience and comfort of your own home.

BackStrength works on the principle of adjustable resistance. As your spine and abdominal muscles increase in strength, the resistance is gradually adjusted so that you are always striving to build a better, stronger, healthier back. BackStrength also helps stretch and extend your spine by loosening the ligaments in the back part of the spine, making it easier to carry the spine in a straighter position.

Like any fitness strengthening program, BackStrength works best over a long period of time. But in just 30 days, you can see and feel the difference BackStrength can make.

Congratulations! You have taken the first step to improving your quality of life through stronger back and abdominal muscles and an overall healthy back.

Sincerely,



James R. Bostic

President and CEO, NordicTrack, Inc.

Endorsed by



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

Quick Set Up

Parts List

This Owner's Manual provides you with the information you need to assemble, adjust and maintain your BackStrength™. Please read this entire guide carefully before you attempt to use the BackStrength.

- ✓ 1 BackStrength
- ✓ 1 Seat
- ✓ 6 Allen-head bolts

Tools Provided

- ✓ 1 1/8-inch Allen wrench

First, we suggest that you safely unpack your BackStrength where you intend to use it; please retain all packing materials for the duration of your in-home trial period. Place your BackStrength on a flat surface, with a protective covering between the machine and your flooring or carpet.

Verify the parts with the parts list. If you have any questions, please call our Customer Service Department at the toll-free number printed on your invoice.

Customer Service Department hours are:

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

Saturday 8 a.m. to 4:30 p.m.

Central Standard Time

Attach the Seat

1. Remove the BackStrength and other parts from the packing materials.
2. Lift the upper portion of the BackStrength until the machine is unfolded.
3. Turn the resistance knob clockwise until the upper-arm assembly is stable.

BackSafe Tip:

When lifting your BackStrength from the box, bend at your knees and lift with your legs.

4. Position the seat over the frame of the machine. Make sure the round side of the seat faces toward the knee pads (Figure 1).

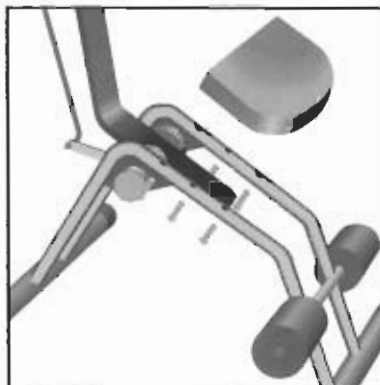
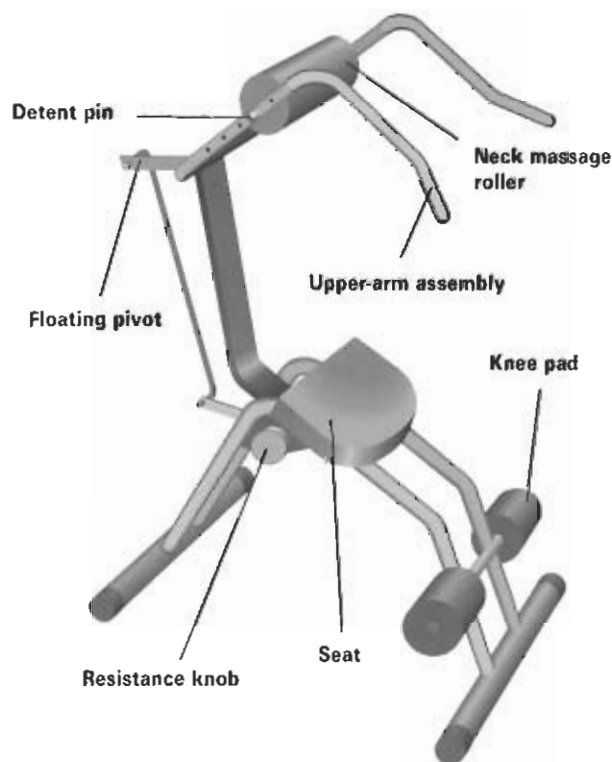


Figure 1

5. Insert the six Allen-head bolts through the frame of the machine and into the bottom of the seat.
6. Firmly tighten each of the six Allen-head bolts with the Allen wrench.

Parts of your BackStrength



Intro to a Healthy Back

Always consult your physician before beginning any exercise program.

Get the Facts!

Back experts have identified the following everyday activities as strenuous to the back and spine: physically heavy work, static work postures, frequent bending and twisting, lifting and forceful movements, repetitive work, driving a motor vehicle for more than two hours and lifting while twisting or with your knees and arms extended. The spinal column needs a strong support system of muscles to protect and support it through these daily activities.

Back and abdominal muscles are used for three basic functions:

- Support
- Movement
- Protection

If your muscles are weak or deconditioned, they will not satisfactorily provide any of these functions. Also, deconditioned muscles often create muscular imbalances. Weak muscles do not keep your back properly positioned. Therefore, posture in lifting, sitting, standing, walking and performing everyday tasks can be altered. There is an increased risk of serious injury due to a weak back.

What can you do?

Numerous studies and experts have shown that the best way to protect the spinal column is to strengthen and condition the back and abdominal muscles. The BackStrength does just that. It's designed to be the best, most affordable way to re-develop, re-strengthen and re-balance these muscles that are the critical support for your delicate spinal column — giving you confidence and added endurance in all your daily activities.

Goals of a back exercise program:

- Strengthen opposing muscles groups (back and abdominal)
- Improve posture
- Improve flexibility

Balanced Fitness is the answer.

Stretching the back helps prepare your body for your strengthening workout. Stretches should be held for 30 to 60 seconds, without bouncing.

Strengthening is a vital part of a back exercise program. Strengthening programs should consist of three to four training sessions, on an every other day basis. Muscle balance is extremely important, so both your back and stomach muscles must be emphasized.

Aerobic exercise should be done three times a week, for 20 minutes per workout. People who suffer from back pain should avoid impact exercises such as jogging and impact aerobics and perform low-impact exercises such as biking, swimming and cross-country skiing.

BackSafe Tip:

It takes three days of activity to reverse the deterioration caused by one day of bed rest!

Recommended Stretches

IMPORTANT: It is essential that you stretch before and after each workout. Read the following guidelines carefully before beginning any of the stretches or strengthening programs.

NOTE: Your training video offers stretching options that can be performed using the machine if floor exercises are not convenient or comfortable.

Stretching and Strengthening Tips:

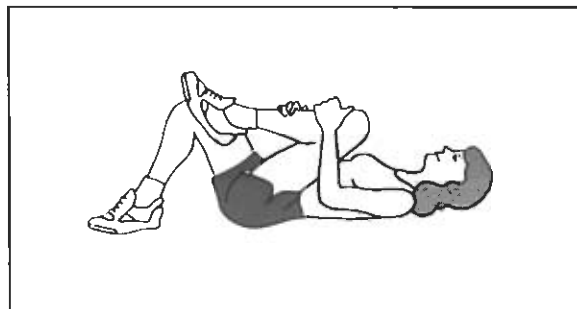
1. Read through these steps and familiarize yourself with the position of each figure before carefully performing the exercises.
2. NEVER BOUNCE OR JERK while exercising or stretching. All movements should be smooth and steady.
3. Discontinue any exercise that causes discomfort. Resume exercises only when you can perform them without discomfort.
4. Do the following routine one or two times a day, three to seven days per week. For maximum benefit, exercises should be performed every day.
5. Begin and end each workout session with stretching. Perform each stretch on a firm, flat surface and hold for the specified time.
6. Start gradually with the strengthening portion of the program. Perform each exercise as you feel comfortable and slowly work your way to higher repetitions. Start with 5 repetitions of each exercise and work your way up to 15 repetitions.
7. For the exercises that are done on both sides of the body, complete all repetitions on one side and then exercise your opposite side.

BackSafe Tip:

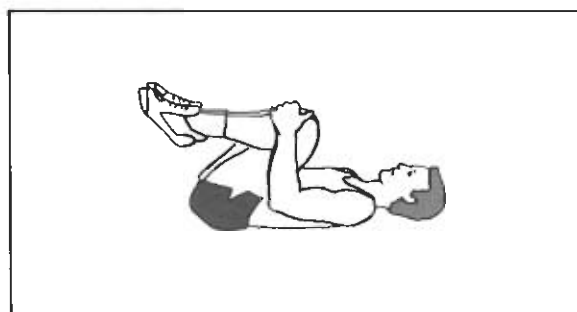
Stretching loosens your muscles and opens your spine, reducing the risk of back injury.

Stretching:

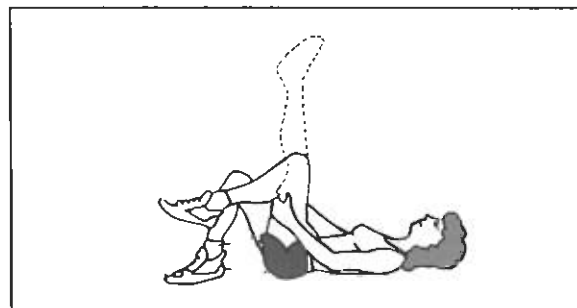
Keep your low back flat against the floor and bring one knee to your chest. Hold for 30 seconds, then switch legs and repeat.



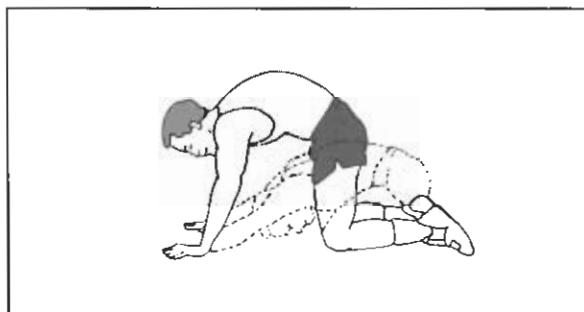
Keep your low back flat against the floor and bring both knees to your chest for 1 minute.



With your low back flat against the floor, bend your knees and slide your heels to approximately 12 inches from your hips. Keep one foot on the floor and slowly extend the opposite leg above your chest and support your leg with your hands behind your thigh. Hold for 30 seconds, then switch legs and repeat.

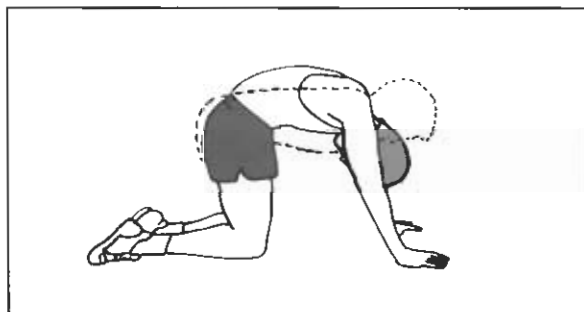


Position yourself on your hands and knees. Then tuck your chin to your chest and arch your back. Slowly bring your hips back toward your heels, letting your shoulders drop toward the floor. Hold for 30 to 60 seconds.

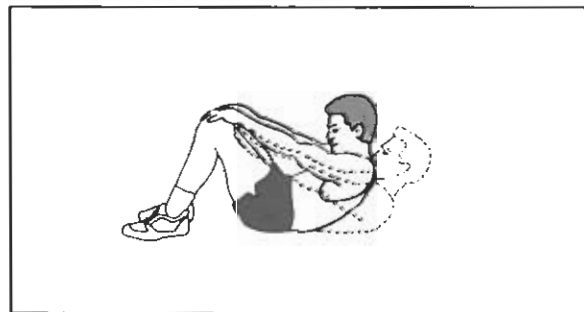


Strengthening:

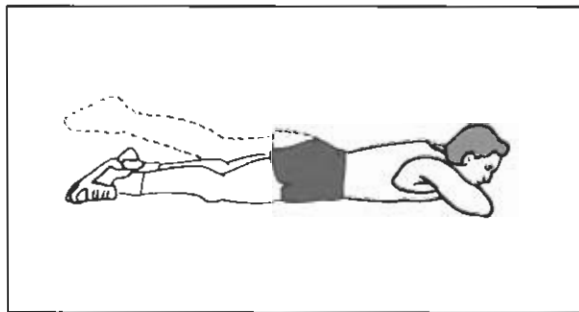
Lean on your hands and knees. Arch your entire back. Tuck your pelvis forward and tuck your chin to your chest while tightening your abdominal muscles. Hold for 2 to 3 seconds and repeat.



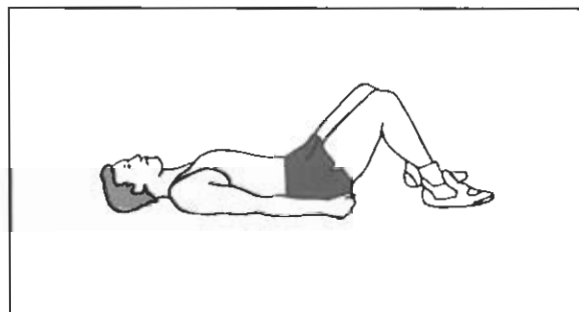
Lie on your back with your knees bent and your heels approximately 12 inches from your hips. Keep your low back flat on the floor and place your hands at your hips. Slowly curl your upper body toward your pelvis, sliding your hands up your thighs until your hands cup your kneecaps. Hold 2 to 3 seconds, then release and repeat.



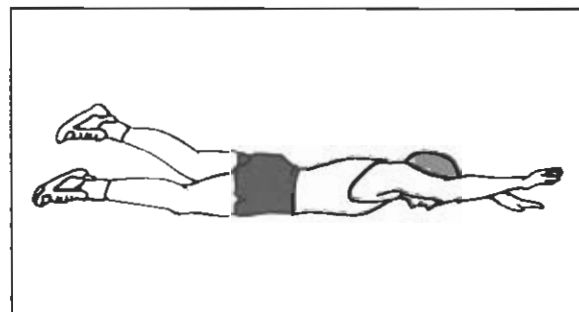
Lie with your face toward the floor. Tighten your buttock muscles and slowly lift one heel off the floor 6 to 12 inches. Hold for 2 to 3 seconds and repeat. Switch legs after the desired number of repetitions.



Lie on your back with your knees bent and your heels approximately 12 inches from your hips. Tighten your buttock muscles, then firmly press your lower back into the floor. Tilt your hips toward your head. Hold for 2 to 3 seconds, then repeat.



Lie with your face toward the floor and your arms extended over your head. Tighten your buttock muscles and slowly lift one leg and the opposite arm approximately 6 inches off the floor. Hold for 2 to 3 seconds, slowly release, and switch sides. Repeat 2 to 4 times.



Learn to use your BackStrength

Always consult your physician before beginning any exercise program. This is especially important if you have experienced any injury or recent trauma to your spine.

Workout Tips Before You Begin:

- Perform all movements in a slow and controlled manner.
- Concentrate on controlling your upper torso by rounding and straightening your lower back.
- Do not "crunch" too far forward or extend too far back.
- Work at your own pace; do not overdo it.
- Don't bounce while stretching or exercising.
- Always keep proper posture.
- Avoid high-impact activities.
- Stretch before and after exercise.
- Stop IMMEDIATELY if you experience pain or discomfort. Do not resume exercise until you can do so without feeling discomfort. If pain or discomfort persists, please consult with your physician before continuing with your exercise program.

CAUTION: If you have long hair, secure it or tie it back so it does not get caught in the rollers of the BackStrength[®] exerciser.

BackSafe Tip:

When putting on your shoes, use a long handled shoe-horn to avoid bending forward at the waist, or sit down and bring your foot up toward you.

Position your body on the BackStrength

1. Step onto the BackStrength and sit on the seat so your knees rest firmly on the knee pads (Figure 1).



Figure 1

2. Position the neck massage roller on your upper back, just across your shoulders. The vertical bar on the exerciser should be parallel with your back.
3. Step off the machine to adjust the height on the neck massage roller if necessary. Pull out both detent pins, then adjust the roller to the appropriate location. Reinsert the detent pins to secure the neck massage roller (Figure 2).



Figure 2

4. Loosely grasp the handlebar in a comfortable manner. Sit straight with your shoulders above your hips.

Begin Your Exercise

Flexion

1. Proper form requires that you shorten the distance between your ribs and your hips. Push out your lower back and "crunch" or shorten the abdominal muscles (Figures 3 and 4).

NOTE: Proper form is critical. You should feel your abdominal muscles working. Proper form can be tested by placing one hand between the crest of the hip and the lower ribs to feel that these landmarks are moving towards one another. With proper form, you should be able to crunch approximately 30 degrees forward. This position may feel uncomfortable at first, but the BackStrength ensures stability and safety.



Figure 3



Figure 4



Figure 5

Extension

2. From the fully crunched position, straighten the vertebrae of your spine starting with your lower vertebrae.
3. Push back until your spine is straight and your upper body is slightly beyond the 90 degree angle with the floor (Figure 5).

Adjust the Resistance

As your strength improves you will want to increase the resistance setting on the BackStrength. Adjustments can be made while you are on the exerciser. Follow the instructions listed below.

1. Reach underneath the right side of the seat until you can feel the resistance knob.
2. Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance (Figure 6).



Figure 6

NOTE: When you are not using the exerciser, tighten the resistance knob so the upper-arm assembly is stable.

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

BackSafe Tip:

Each exercise step is demonstrated in your training video, making it easy for you to perfect the proper form and ensure that you get the best workout possible.

Exercise Programs

Always consult your physician before beginning any exercise program. This is especially important if you have experienced any injury or recent trauma to your spine.

Strengthening your back and abdominal muscles will occur slowly over time. Don't be discouraged if you do not see results immediately.

It will take at least 60 days to feel results. You can exercise as long as your body allows. The following is a guideline for getting started.

Photocopy the log on the following page to keep track of your workout.

Exercise Program — for the first 30 days

Frequency: 3-4 times per week (every other day)

Duration: 1 set of 12-15 repetitions

Intensity: Set to a resistance that allows you to exercise without pain or discomfort*

Exercise Program — after 30 days

Frequency: 3-4 times per week (every other day)

Duration: 1-3 sets of 12-15 repetitions each

Intensity: Progressively adjust the resistance as you are able*

*** STOP IMMEDIATELY if you experience pain or discomfort. Do not resume exercise until you can do so free of discomfort. If pain or discomfort persists, please contact your physician before continuing your exercise program.**



Your back has taken a lifetime of constant pressure, abuse and possible neglect. As it has taken years for your back muscles to weaken, it will take time to build up that critical support system.

Use your workout log to keep track of your progress.

Workout Log

We recommend photocopying this page before using it.

Date							
Reps							
Sets							

Date							
Reps							
Sets							

Date							
Reps							
Sets							

Date							
Reps							
Sets							

Date							
Reps							
Sets							

Maintenance

NOTE: Place a protective covering between your exerciser and flooring or carpet before performing any maintenance steps.

Clean the Metal Surfaces

You can use any household window cleaner to clean the metal surfaces on your BackStrength™. Follow with a dry cloth to pick up any dirt, dust or residue.

Clean the Foam Surfaces

Wipe over the foam rollers with a dry cloth or towel to keep them clean.

Oil the Resistance Pads

Oiling times will vary depending on use. We recommend oiling the resistance pads every 3 months or earlier if the BackStrength squeaks. Remember to place a protective covering between your exerciser and your flooring or carpet.

1. Hold onto the upper-arm assembly and loosen the resistance knob.
2. Place the upper-arm assembly back, away from the seat until it rests in a stable position.
3. Place a drop of household oil on each of the four leather resistance pads (Figure 1). There is not a lot of room to place the oil: it will help to make sure the resistance knob is completely loosened.

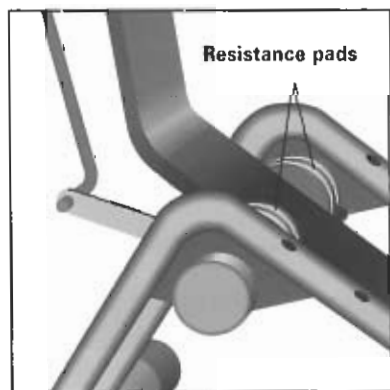


Figure 1

4. Allow the oil to soak in for 8 hours or overnight.
5. Wipe any excess oil from the area with a paper towel or cloth.
6. Tighten the resistance knob until the upper-arm assembly is stable in the normal operating position.

NOTE: You may want to keep the protective covering on your floor in case any oil drips from the resistance pads during use.

BackSafe Tip:

When moving or lifting your BackStrength, bend at your knees and lift with your legs.

Balanced Fitness

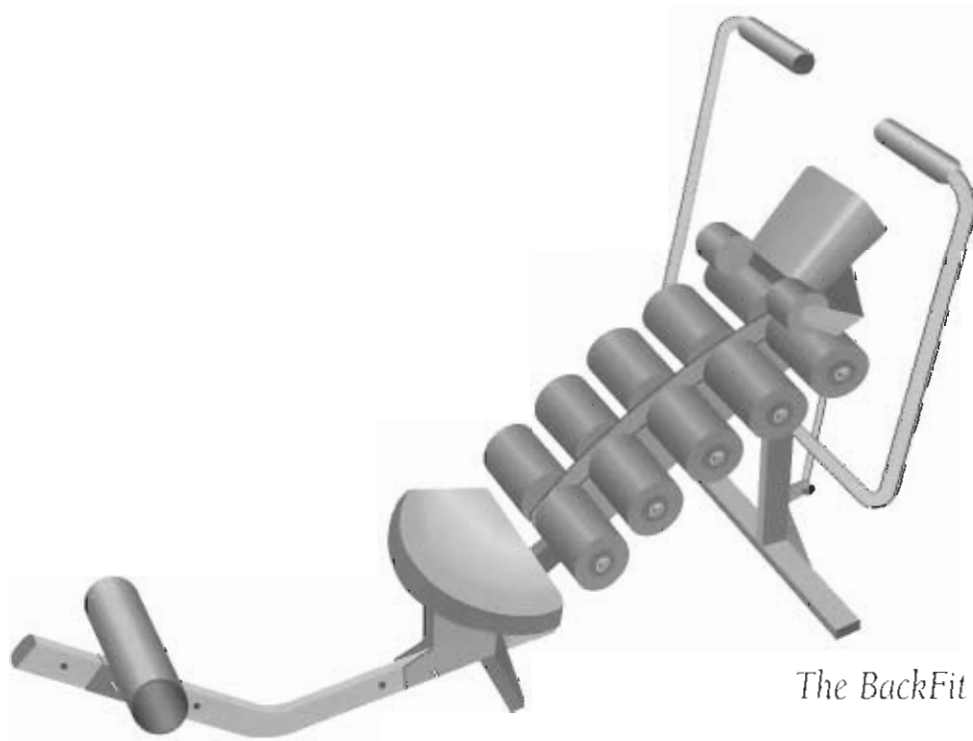
Throughout your lifetime, your spinal column is constantly twisting, flexing forward and compressing. As this occurs, the spine can become misaligned and out of balance. Discs become compressed by the vertebrae, pressing downward due to gravity, weight and your forward posture. The natural flow of nutrients is cut off and as a result, the discs lose their critical shock absorption ability.

The product featured on this page will help you round out your Balanced Fitness™ program.

The BackFit Exerciser

Strengthening is only part of the equation to a healthy back. The BackFit™ provides a controlled back extension, opening the spine and letting in vital nutrients which are so important for a healthy back. The BackFit resets the spine in a sense, getting it back to its normal and natural position again. Your back will feel great! Plus, it's designed to give you increased range of motion, increased flexibility and an overall increased functional level.

For more information on the BackFit, please call 1-800-249-2813.



The BackFit

Customer Information

We're Just a Toll-Free Phone Call Away

We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. And as your fitness needs and goals change, our knowledgeable Customer Service Representatives will help you identify the exercisers and accessories that best suit your lifestyle and budget. Please call the Customer Service Department at the toll-free phone number printed on your invoice.

Customer Service Department hours are:

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 NordicTrack fitness products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of the products fall short of your expectations before the end of your 30-day in-home trial, please refer to your invoice for more information.

Manufacturer's Two-Year Limited Warranty

NordicTrack, Inc., will for two years from the date of purchase of the BackStrength™, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Please note that commercial use of the BackStrength will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items, such as those having finished or painted surfaces or the foam hand-grips. NordicTrack reserves the right to make changes and improvements to the BackStrength without incurring obligations to make similar alterations to equipment previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., or NordicAdvantage, Inc., a retail distributor of NordicTrack products. 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. All shipping costs to return the BackStrength and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of 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.