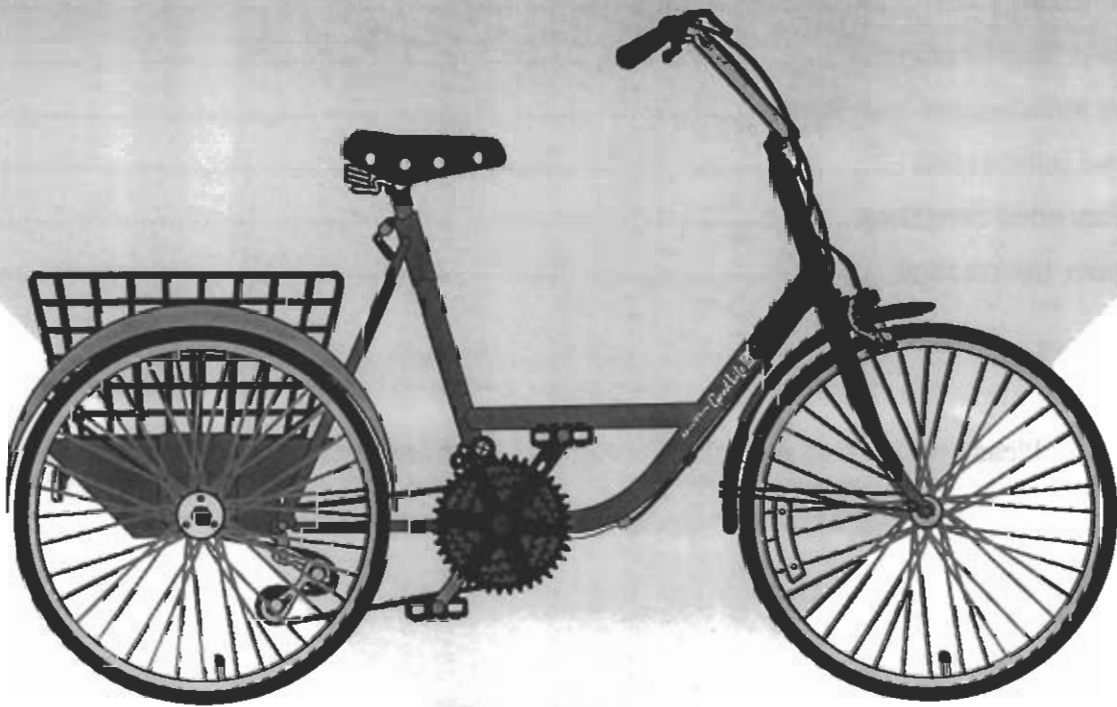


NT 24040

NordicTrack's

Good Life III™



Owner's Manual

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Please review this manual thoroughly before assembling or riding your bike.

Record your customer information, bike model name and serial number on the owner's registration card for insurance claim purposes. Attach your invoice to the inside back cover of this manual.



Welcome to Biking Fitness

Fitness, fun and freedom!

Your Good Life III™ cycle is an excellent form of aerobic exercise and transportation. With stability and ease, the Good Life III can take you to the store, park or anywhere the roads will allow. So, leave the car at home and venture out into the fresh air!

The gears make it special.

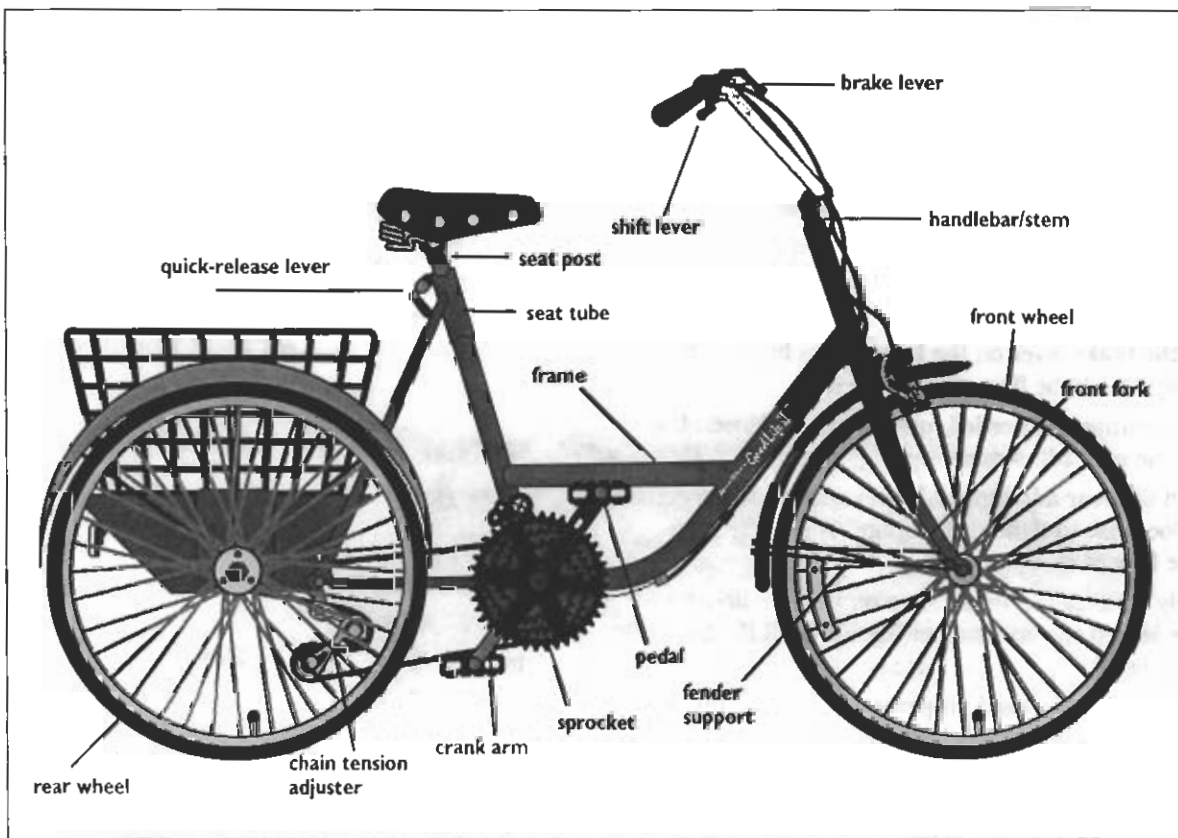
The revolutionary 9-speed radial action gear makes shifting easy, safe and adjustment-free. At no time will your chain derail, because it never leaves the sprocket! Plus, you can downshift from a complete stop which eliminates awkward and sometimes dangerous road-crossing situations. Another amazing feature is the greaseless gear made of a thermoplastic composite that eliminates mess and maintenance.

A superior brake for more stopping power.

The rear brake gives superior stopping power by using the same principle as the brakes on your car. Instead of placing all of the stopping power in two small areas on the rim, the band brake uses a drum to quickly slow the drive wheel. In addition, there is a traditional caliper brake located on the front wheel.

Three is better than two!

A third wheel adds stability, increases hauling capacity and improves comfort. Trips to the store, beach or park no longer have to be by car with the ample storage capacity of the Good Life III cycle's onboard basket.



Adjusting the Brakes

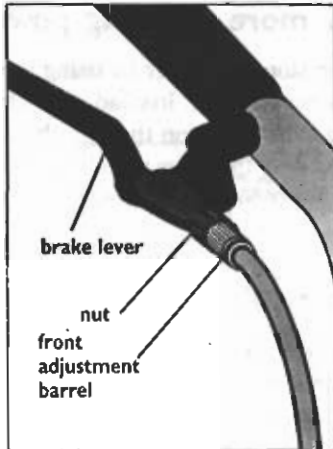


Figure 1

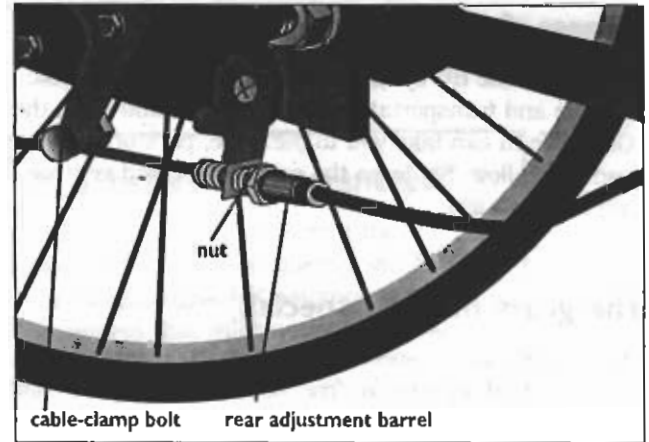


Figure 2

Adjust the Rear Brake

Set the brake by squeezing the brake lever on the handlebars ten times. If the brake is too tight or needs more stopping power, follow the instructions below.

1. To adjust the brake, loosen the nut near the front adjustment barrel (Figure 1) by turning it counterclockwise with pliers.
 2. Turn the front adjustment barrel and the nut together counterclockwise. This will tighten the brake.
- NOTE: Turn the front adjustment barrel and the nut clockwise only if you are loosening the response of the rear brake.*

3. Squeeze the brake lever on the handlebars firmly. The brake lever should be firm at mid-squeeze.
4. If more adjustment is needed, use a pliers to loosen the nut near the rear adjustment barrel (Figure 2).
5. Turn both the rear adjustment barrel and the nut together counterclockwise to tighten the brake. The brake lever should be firm at mid-squeeze.
6. Alternately squeeze the brake lever on the handlebar and tighten or loosen the adjustment barrels until the brake is adjusted properly.
7. After the brake is adjusted properly, tighten the nuts near the front and rear adjustment barrels. Be sure the adjustment barrels do not turn.

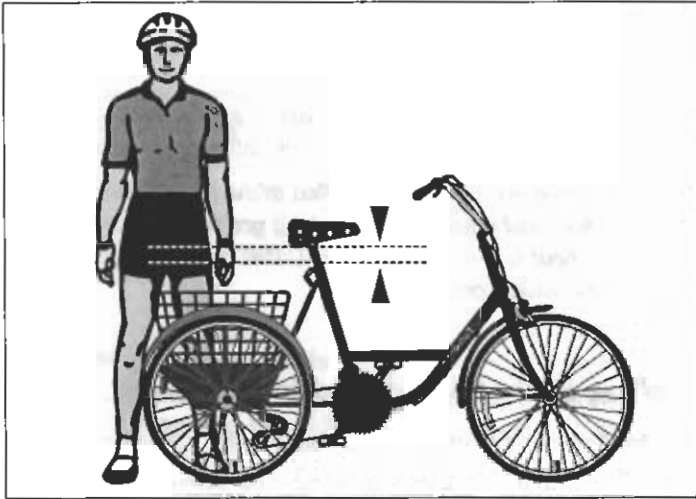
Adjust the Front (Caliper) Brake

The brake pads should line up with the metal rim. If the pads do not line up correctly, loosen the nut on the corresponding brake pad. Reposition the pad and retighten the nut when the rubber brake pad lines up with the metal rim.

NOTE: Your brakes are your bike's most important safety feature. Be sure to test and inspect them before and after each ride to assure proper operation.

Customizing Your Bicycle

A proper fit is essential for both your safety and bike performance. Although NordicTrack bikes are designed to be one-size-fits-all, there is a minimum leg length required for safe operation. Refer to the illustration below.



Position the Seat

Your bicycle seat should be in a position that allows you to make the most efficient use of your muscles. To judge the correct position, sit upright on the seat and place one pedal in its lowest position. Position the heel of your foot over the center of the pedal. Your knee should be slightly bent. Next, place one pedal in its highest position and your heel over the center of the pedal. Your thigh should be at a slight angle to the ground. If your thigh is parallel to the ground, the seat should be adjusted higher. Readjust the seat if this position is uncomfortable. To readjust the seat:

1. Loosen the seat's quick-release lever found at the top of the seat tube.
2. Slide the seat post in or out of the frame until the proper height is reached.

CAUTION: There is a maximum-height mark on the seat post. This mark shows the maximum amount of seat post to have outside of the frame. NEVER ride a cycle if the maximum-height mark is visible.

3. Flip the quick-release lever 180 degrees toward the rear of the bike to lock the seat into place. (You should feel a strong pull when you flip the lever.)
4. If the quick-release lever flips too easily, release it and tighten the nut by half turns. If it is extremely difficult to flip the lever, release it and loosen the nut by half turns.

Always test your bicycle seat for stability after adjusting it. Attempt to tilt it up, down and sideways. If it moves, tighten the quick-release lever until it will not move.

Adjust the Seat Angle

You may also wish to reposition your bicycle seat for your riding comfort. Most riders will ride with the seat angle parallel to the ground. However, some riders prefer to ride with the seat tilted up or down slightly. Follow the instructions below to adjust the angle of your seat.

1. Loosen the adjustment nut located under the seat at the top of the seat post.
2. Place the seat in the desired position.
3. Tighten the nut to secure.

CAUTION: Always test your bicycle seat for stability after positioning it.

Adjust the Handlebars

The handlebars may be adjusted both up and down or forward and backward with the wrenches provided.

During your first several rides, take the 6mm Allen wrench along with you. Try several handlebar positions until you find one that's most comfortable for you.

CAUTION: Do not adjust the handlebars higher than the maximum-height indicator marked on the stem. It is very important that all handlebar adjustment bolts are tightened firmly.

Operating the Radial Gear

After reading the following instructions for shifting, practice while riding in a large, traffic-free area. The radial gear is easy to shift once you learn how. It requires a little practice to become proficient. A half rotation of the pedals covers the entire gear range.

Upshifting (Figures 1 and 2)

Upshifting is for high-speed and downhill riding.

1. Stop pedaling momentarily. Coast with either pedal inclined upward (in line with the down tube of the frame).
2. Press and hold the shift lever down firmly (Figure 1). At the same time, slowly move the pedals forward a half turn. You will feel the radial gear stepping through the gear positions.
3. Release the shift lever once you have reached your desired gear level and pedal normally.

NOTE: Attempting to upshift with the pedals positioned outside of the shift zone will result in a loud clicking sound.

Downshifting (Figures 1 and 3)

Downshifting makes pedaling easier for starting out or climbing hills.

1. Stop pedaling momentarily.
2. Press the shift lever firmly and pedal backwards up to a half turn.

You can downshift with the pedals in any position. You may also downshift while sitting still for safe, easy starts.

NOTE: Once you have downshifted to the lowest gear, a resistance will be felt in the pedals. If you attempt to shift farther, you will hear a loud clicking sound. This noise indicates that you are in the lowest gear.

What is that Loud Clicking Sound?

A loud clicking sound will be heard if the following occurs:

1. The radial gear is in the highest or lowest setting.
2. The pedals are not in the shift zone.
3. The shift lever is not depressed firmly enough.

The clicking sound is the result of the shift pin skipping teeth on the radial gear. (The radial gear is designed to withstand this action.) With minimal practice you will become sensitive to the resistance in the pedals and be able to avoid the loud clicking sound.



Figure 1

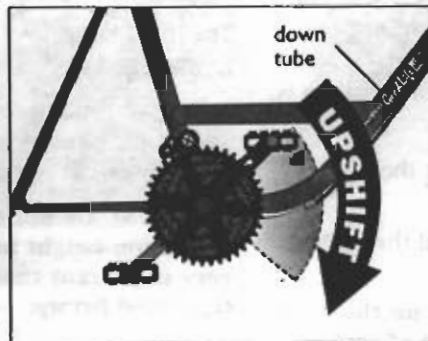


Figure 2

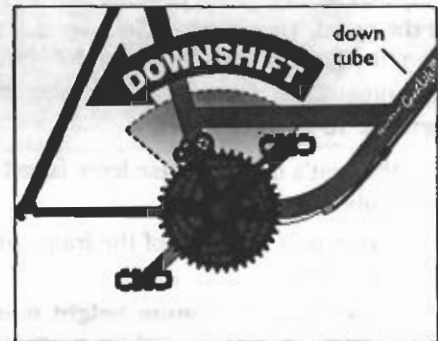


Figure 3

Safe Riding Tips

The secret to safe and enjoyable cycling is learning how to become a part of the natural traffic flow. Start by gaining basic bicycle-handling skills: shifting gears, turning, stopping smoothly and scanning the area around and behind you.

Always Wear a Helmet

Always wear an ANSI- or Snell-approved helmet. An ANSI Z90.4 sticker means that the helmet meets minimum industry standards for impact protection. The green or blue Snell approval stickers ensure that the helmet has been tested by Snell and meets its tougher impact protection standard. A helmet approved by both is even better.

Once you find a helmet that meets one or both of these approvals, fit should be your next concern. A helmet should fit snugly so it remains in place — without moving from side-to-side or back-and-forth — yet, does not squeeze your head.

Dress Appropriately

Select clothes that help make you more visible to other traffic while biking. Wear bright or fluorescent colors during the day. At night choose light, reflective clothing and accessories. Be aware of clothing or accessories that may hang down and catch in your bike chain or a wheel, or otherwise interfere with the operation of your bike.

Nighttime Operation

Nighttime riding should be avoided if possible. If you do ride at night, take the appropriate precautions:

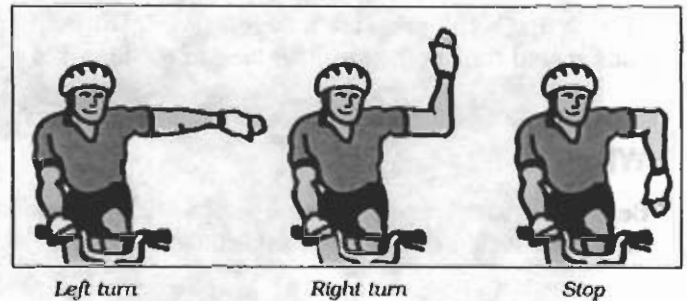
- Make sure your bike has properly positioned reflectors and an adequate headlight and taillight.
- Wear light-colored or reflective clothing.
- Ride slowly, preferably in low-traffic areas with which you are familiar.

Wet Weather Operation

Reduce your speed in wet or damp conditions. Roads may be slippery, reducing your control and making it more difficult to stop. Wear bright colors.

Traffic Tips

- Know and obey all traffic markings, regulations, signs and signals.
- Ride with the traffic flow — never against it!
- Travel single file when riding with other cyclists. Learn to point out hazards, such as glass or water-drainage grates, to the riders behind you.
- Be predictable. Always make your intentions known by signalling 100 feet before turning or stopping unless your hand is needed to control the bicycle. The preferred signalling for bicycles is pictured below. Be sure to check your local regulations for legal requirements.



- Be courteous. Advise other cyclists and pedestrians of your presence and let them know if you intend to pass them.
- Walk your bike across busy intersections at crosswalks. Always look both ways.
- Watch for other traffic.
- Learn to look over your shoulder while remaining balanced and in control of your bike. (A rearview mirror is helpful, but it should **never replace** actually turning your head and looking.)
- Cycle **defensively**. Be alert and ready to react.
- Keep your **hands on the handlebars** and be ready to brake.
- Don't carry items that may interfere with the control of your bicycle.
- Try to ride on bike paths, side streets and roads with less traffic. Remember, sidewalks are intended for pedestrian use.
- Use caution when approaching or passing others. Let your presence be known well in advance.
- Respect public and private property, including no trespassing signs.
- Be prepared and know your limits. Set **realistic** objectives for speed and distance. Plan your trip in accordance with present and potential weather conditions.
- Avoid traveling alone in remote areas. Leave word of your destination and when you plan to return.

Safety Checklist

Get in the habit of taking a few minutes before and after each ride to review your safety checklist. This will keep your bike operating in peak condition and help give you many safe and enjoyable years of operation. Make sure all parts are secure. Immediately replace damaged, missing or worn parts.

Handlebars

Be sure your handlebars are properly adjusted and tightened securely.

Brakes

Be sure that both brakes are fully functional. The front brake pads should contact the metal surface on the front rim.

Wheels

Be sure the wheels are fastened securely. The front and rear tire treads should be facing the same direction.

Tires

Tires should be inflated according to the marking on the tire sidewall. Check the tire sidewalls for cracks, cuts and other signs of wear. Immediately replace tires when the tread is worn smooth or when bald spots appear.

Spokes

Replace missing spokes at your local bicycle dealer. Realign your wheels if they are knocked out of round or become wobbly.

Chain

Keep your bicycle chain properly adjusted and lubricated.

Radial Gear

Inspect the radial gear for slack that will show up as excess space between the shift pin and the teeth. Adjustments may be made on the adjustment barrel above the gear (see page 7). Clean and lubricate as necessary.

Reflectors

Be sure your bike reflectors are clean and properly positioned.

Seat

Inspect the quick-release lever. Keep the bike seat tight and properly positioned.

Pedals

Ensure that the pedals are securely attached to the crank arms and will turn freely.

Frame

Immediately replace a cracked or bent frame. Have the bicycle inspected with signs of cracked or distorted paint.

General Bike Care

Storage

Suspend your bike from ceiling or wall hooks. Use a sturdy, nonabrasive, padded bracket or hooks intended to sustain the weight of the bike. Mount the hooks to line up with the front and rear wheels of the bike. Be sure there is enough clearance for the entire bike.

The Radial Gear

1. The radial gear normally requires no adjustments. However, if the shift lever requires an excessively long thumbstroke to trigger shifting, the adjusting barrel located on the down tube (see Figure 2) can be adjusted. Turn the barrel counterclockwise to narrow the gap between the shift pin and the teeth. The gap should be no less than $1/16"$ as shown in Figure 1.
2. If the radial gear gets excessively dirty or muddy, it may become difficult to shift. First, clean the plates by pouring water on them or using a controlled water spray. Next, ride and shift through the gears several times. Follow by rinsing again with water. Wipe the gear dry with a clean towel.

NOTE: *Silicone spray is an excellent lubricant which can be applied after cleaning and drying the radial gear. DO NOT USE OIL. Oil causes dirt to cling to the bike's components.*

In rare circumstances, a small twig or stone may become lodged in the radial gear mechanism. This may cause it to freeze in one gear position. To remedy this, try coasting with the pedals in the shift zone and the shift lever firmly depressed. Jiggle the pedals up and down just slightly until you feel the radial gear loosen. It may be helpful to pour water into the mechanism. Once shifting is restored, shift up and down through the gears several times to completely clear the obstruction.

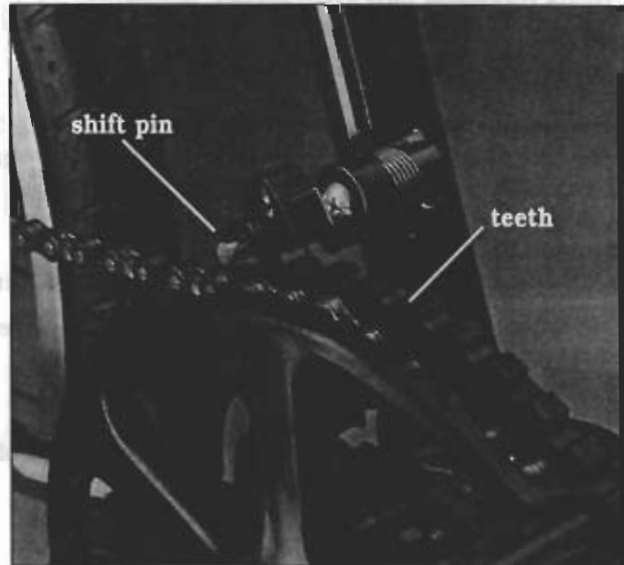


Figure 1:

The gap between the shift pin and the teeth should be no less than $1/16"$ as shown above.



Figure 2:

The adjustment barrel is located near the radial gear. It may be turned counterclockwise to narrow the gap between the shift pin and the teeth.

Chain Maintenance

Lubricate the chain with oil several times each year (more often if the bike is ridden frequently in wet or very dirty conditions).

NOTE: Use silicone spray to lubricate the radial gear. Do not lubricate the radial gear with oil. Oil will collect dirt and inhibit performance.

Tire Maintenance and Repair

Tire pressure should be maintained at approximately 40 to 50 psi (pounds per square inch). This promotes smooth, efficient rolling and helps protect the rims from damage.

1. Remove the Wheel

Remove the wheel from the bicycle by removing the axle nut.

NOTE: NEVER use a sharp screwdriver to remove or install tires.

2. Remove the Tire

Use a tire pry tool or the handle end of a teaspoon to lift the tire over the rim. Once the tire on the first side of the tire is over the rim, then begin to force the second side of the tire over the edge of the rim with the tool. Then, work the tire by hand without using tools.

3. Install the Tire

Patch or replace the tube if it has a hole.

- Evenly tuck the tube into the rim without twisting it.
- Push the filler neck through the hole in the rim.
- Work the first side of the tire over the rim with your fingers. Work the second side over the rim using a tire pry tool or the handle end of a teaspoon. The tube and tire must be completely tucked into the rim to prevent rupturing the tire.
- Inflate the tire to 50 psi and check that the tire is set evenly all around the rim. If the tire is not evenly set, it may be necessary to deflate the tire and apply a diluted soap solution between the rim and the tire. Then, under low inflation pressure, work the tire into place on the rim with your fingers.

NOTE: Replace damaged tires immediately as they affect brake performance and can be dangerous.

4. Replace the Wheel

- Place the wheel back onto the bike frame.
- Secure the tire with the axle nut.

NOTE: If both wheels were removed, be sure to replace them on the same axles they came from. They are not interchangeable.

For additional maintenance, we recommend that you take the Good Life III to a qualified bicycle repair technician.

Exercise Information

Consult your physician before beginning any exercise program.



This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of your NordicTrack™ bike. Cycling for fitness is beneficial to the body, mind and spirit. It has the unique advantage of providing a thorough physical workout while still being gentle to your body.

Establish Personal Goals

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

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

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. The Warm-Up

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness — both are common reasons for dropping out of an exercise program. We suggest a routine of five minutes of brisk walking, marching in place or slow exercise on your bike.

2. Stretching

Stretching prepares your muscles for the activity they will undertake. A pliable, well-stretched muscle is less susceptible to injury. Stretches are described on the next page.

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. Three to five days per week is advised. Exercising four to five times per week with the proper duration and intensity maximizes calorie burn and cardiovascular development.

Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 12 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.

Intensity

This refers to how hard you exercise. Intensity is determined by measuring your heart rate. (Page 11 describes how to measure and monitor your heart rate.)

4. The Cool-Down

The cool-down slowly lowers the pulse rate after it has been elevated. Keep your legs moving for at least five minutes after the aerobic phase. Follow with stretching. Hold each stretch for 15 to 30 seconds without bouncing. A proper cool-down promotes faster recovery from fatigue, decreases muscular stiffness and reduces chances of fainting or dizziness.

5. Strength Conditioning

A strength training program can add lean muscle mass to the body. Lean muscle mass tones the body and aids in burning calories. Strength training is therefore an essential part of a fitness program.

6. Stretching

Stretching after exercise helps reduce muscle soreness and increase flexibility. Avoid bouncing or jerky movements.

Recommended Stretches



Shoulder Stretch

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



Back and Arm Stretch

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



Quadriceps Stretch

Pull your heel slowly toward your buttocks.



Calf Stretch

Extend a leg and keep the heel on the floor. Lean forward using a wall to maintain your balance.



Inner Thigh Stretch

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



Hamstring Stretch

Position your legs as shown above and bend forward from your hips.



Lower Back and Hip Stretch

Slowly pull your bent knee to your chest. Repeat with the other leg, then pull both knees to your chest.

Monitoring Your Heart Rate

Each individual has a resting and a maximum heart rate. Generally, the lower your **resting heart rate**, the better your physical condition. The national average ranges from 60 to 80 beats per minute. However, marathon runners and highly fit athletes are commonly in the low 40's. Your resting heart rate declines as you become more fit and is a good indicator of your fitness progress.

Your **maximum heart rate** is determined by subtracting your age (in years) from 220.

Your **target heart rate zone** is based on a percentage of your maximum heart rate. We recommend that your target heart rate remain within 70% to 85% of your maximum heart rate. However, if you are a first-time exerciser or have been sedentary for a long period of time, 60% is a good starting point. It's important that you stick with a regular program to increase your heart rate gradually. To determine your target heart rate zone, use the chart shown below.

Take your resting pulse before each workout. This is the pulse rate you should return to after you cool down. A cool-down is important to slowly decrease your heart rate after a stimulating workout. As your cardiovascular fitness improves, your resting pulse may actually decrease.

To take your resting pulse, touch your left wrist with your right index and middle fingers one-fourth of an inch from the wrist joint at the base of the thumb. Relax your thumb and roll your wrist so your palm is facing up. Your index and middle fingers should remain laying flat along your wrist — let the beat come to your fingertips.



You will need to identify your fitness level to determine the target heart rate zone which is appropriate for your workouts. Because fitness levels vary for each individual, you should consult your personal physician before you begin an exercise program.

Start at the beginner (60% to 65%) intensity level if you have been inactive for a three- to six-month period. If you have been moderately active for the last several months, select the intermediate (65% to 75%) intensity level. Work at the advanced (75% to 85%) fitness level if you are extremely active.

It is important that you check your heart rate several times during the course of your workout.

NOTE: If your heart rate is below your target heart rate zone, exercise a little harder next time. If your heart rate is above your target heart rate zone, you can bring it back down to the appropriate level by reducing your effort during exercise.

NOTE: Substances such as caffeine, medication or inhalers can significantly vary your results.

TARGET HEART RATE ZONES

	BEGINNER		INTERMEDIATE		ADVANCED	
Age	60% - 70% of MHR		70% - 80% of MHR		80% - 85% of MHR	
	10 seconds	One minute	10 seconds	One minute	10 seconds	One minute
19 and under	20 - 23	121-141	23 - 27	141-161	27 - 28	161-171
20 - 24	20 - 23	120-140	23 - 26	140-157	26 - 28	157-170
25 - 29	20 - 23	117-137	23 - 25	137-153	25 - 28	153-166
30 - 34	19 - 22	114-133	22 - 25	133-149	25 - 27	149-162
35 - 39	19 - 22	111-130	22 - 24	130-145	24 - 26	145-157
40 - 44	18 - 21	108-126	21 - 23	126-141	23 - 26	141-153
45 - 49	17 - 20	105-123	20 - 23	123-137	23 - 25	137-149
50 - 54	17 - 20	102-119	20 - 22	119-133	22 - 24	133-145
55 - 59	17 - 19	99-116	19 - 21	116-129	21 - 23	129-140
60 and over	16 - 19	96-112	19 - 21	112-128	21 - 23	128-136

Customer Information

The 30-Day In-Home Trial — Your 100% Satisfaction Guaranteed

In order to ensure that you are 100% satisfied with your product, we want you to try it for 30 days and make sure that it's the best fitness match for you! If you're not completely satisfied, give us a chance to make things right. Just give us a call. Our knowledgeable Customer Service Representatives are here to help you identify the exercise equipment that will best suit you and your fitness needs.

Two-Year Limited Warranty

NordicTrack, Inc., will, for two years from the date of purchase of a NordicTrack bike, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Other items purchased separately through NordicTrack, Inc., carry their own warranty/service periods. This warranty applies only for the original owner and 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 foam handgrips and tires. This warranty is applicable to sales made only by NordicTrack, Inc., or Nordic Advantage, Inc., a subsidiary of NordicTrack, Inc.

To obtain service under this **warranty**, please call our Customer Service Department. **ALL SHIPPING COSTS TO RETURN NORDICTRACK'S GOOD LIFE III, 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.