

# **STRENGTH** aerobics™

FROM NORDICTRACK

**SKIER**



Owner's Guide

# Welcome to StrengthAerobics

Congratulations on your recent purchase of the StrengthAerobics™ Skier. This revolutionary machine is the only in-home exerciser that combines the cardiovascular benefits of aerobic exercise with the muscular endurance benefits of strength conditioning.

## WHAT IS STRENGTHAEROBICS?

StrengthAerobics is the latest in fitness concepts from NordicTrack. It allows you to combine strength training with aerobic exercise for the maximum efficiency workout.

Research has proven that the most efficient fitness routine is a combination of aerobic exercise and strength conditioning. Adding strength conditioning to your aerobic workout increases the number of calories you burn, and that means greater weight loss for you. A study conducted by Dr. Wayne Wescott, a fitness consultant for the YMCA of America, concluded that by combining regular aerobic exercise with strength conditioning, you can burn three times more fat than with aerobic exercise alone. And the American College of Sports Medicine recommends that all healthy adults participate in an ongoing strength-conditioning program.

In addition to weight loss, the muscle-building effect of strength conditioning will give you the increased ability to perform everyday tasks. Mowing the lawn, carrying groceries, even lifting a child are activities made easier by strength conditioning. With a regular program of strength conditioning and aerobic exercise, your body will be ready for every demanding activity that comes your way.

## WHY THE STRENGTHAEROBICS SKIER?

The upper-body strength conditioning component of the skier features our patented, twin-cam resistance that adjusts to match your natural strength curve. The special power lever on your exerciser allows you to vary the intensity of your upper-body workout. Flip the power lever to increase the arm resistance from a low- to moderate-intensity range to a moderate- to high-intensity range. That means you get the maximum intensity workout.

Simultaneously, you'll get a lower-body workout powered by the same flywheel technology that made NordicTrack famous.

### The unique StrengthAerobics Skier also features the following components:

- resistance controls at your fingertips.
- front-end elevation to vary your workout and work your quadriceps, gluteals and hamstrings harder.
- a comfortable foam hip pad that helps you stabilize your body and maintain proper form.
- state-of-the-art electronics to measure your speed, distance and calories burned.
- wheels for portability.

There is no equipment on the market today that gives you a workout like the StrengthAerobics Skier.

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## QUESTIONS?



We're available to answer any of your questions regarding the assembly, use or maintenance of your StrengthAerobics Skier. Please call our customer service department at **1-800-273-8118** if you have any questions.

### Customer Service Department Hours:

Monday through Friday 7 a.m. to 5 p.m.

*Central Standard Time*

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# Important Safety Information

## THINGS TO KNOW BEFORE YOU START YOUR EXERCISE PROGRAM

- Consult with your physician before beginning any exercise program. If you are taking any medication or using any device that affects your heart rate, blood pressure or cholesterol level, your physician's advice is absolutely essential.
- Be aware of things that affect your heart rate. Your heart rate may be affected by such things as stress, caffeine, nicotine and prescription drugs. You should be able to whistle or maintain a normal conversation while you are exercising.
- Stop exercising and consult your physician immediately if you experience any of the following symptoms: Pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, dizziness, lower back pain or lightheadedness.
- Start your program slowly. Changing your lifestyle takes time and commitment. Begin with a few minutes of exercise each day and progress gradually as your fitness level improves.
- Stretching is an essential part of your exercise program. Warm up and stretch your muscles before you exercise. Then, cool down and stretch your muscles again following your workout.
- Always wear appropriate exercise clothes and shoes. Wear exercise clothing such as a T-shirt, shorts and absorbent socks. It is essential that you wear comfortable athletic shoes. Do not exercise without wearing shoes.
- This product is intended for adult use only. Keep small children and pets away when setting up, using or collapsing the exerciser. Keep children away from the exerciser when it is not in use.
- Perform the recommended maintenance steps. This will help ensure the safe and efficient operation of your exerciser. It will also protect your warranty rights.

Read the entire Owner's Guide and all information provided BEFORE assembling or using the fitness equipment. Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. The following symbols, found throughout your Owner's Guide, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.



### CAUTION

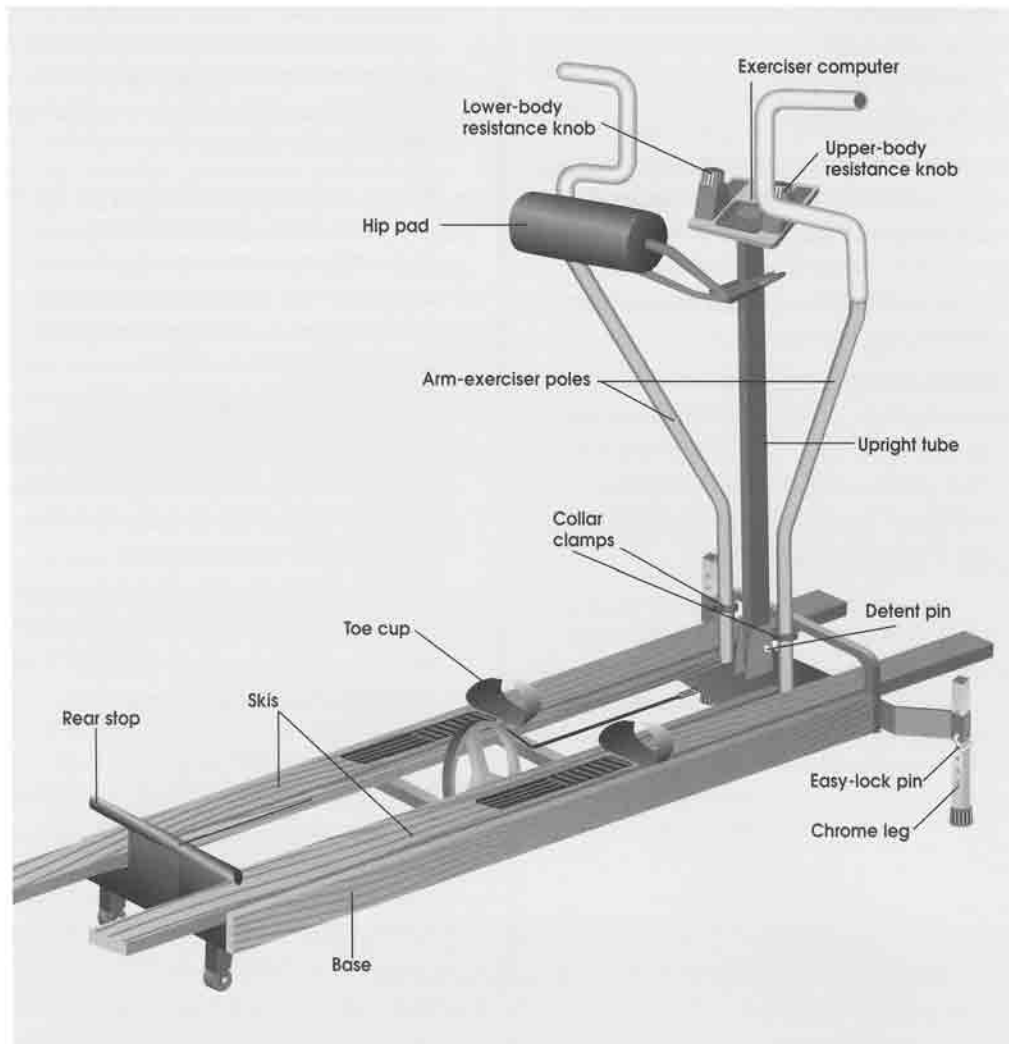
This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.



### IMPORTANT

This symbol refers to an unsafe practice which can result in product or property damage.

# The StrengthAerobics™ Skier



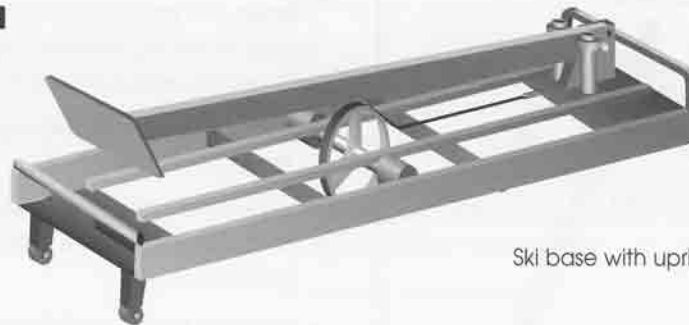
Please take a moment to familiarize yourself with the parts and terminology in this illustration before you assemble your exerciser.

# Parts

Unpack your exerciser where you intend to use it. Do not remove the cardboard inserts from the exerciser yet. **Keep all packing materials for the duration of your in-home trial period.**

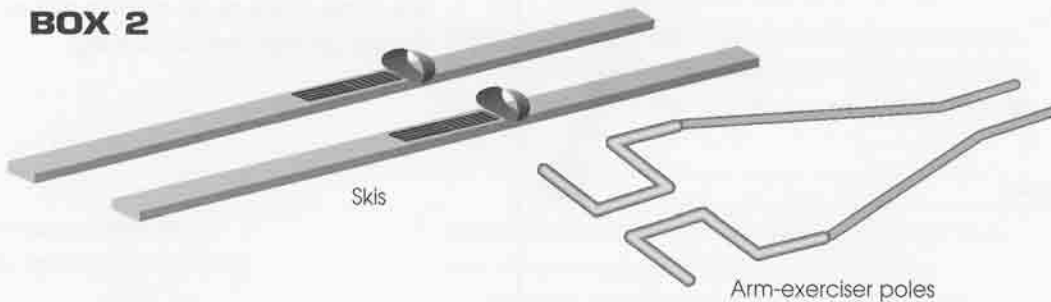
Verify the parts with those listed below. If you are missing any parts or have any questions, please call our customer service department at 1-800-273-8118.

## BOX 1



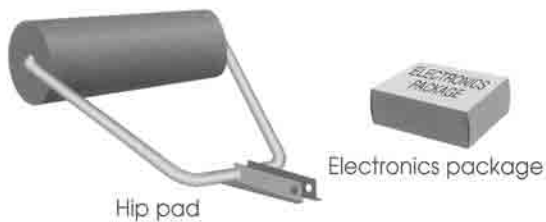
Ski base with upright tube

## BOX 2



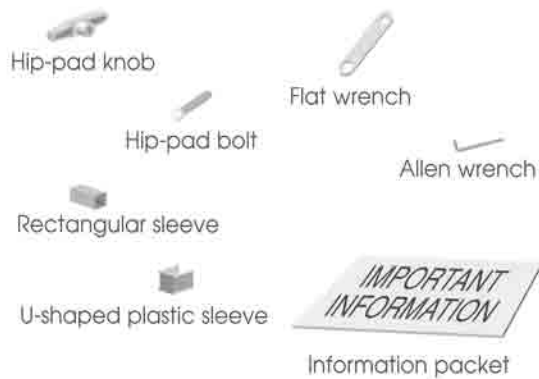
Skis

Arm-exerciser poles



Hip pad

Electronics package



Hip-pad knob

Hip-pad bolt

Rectangular sleeve

U-shaped plastic sleeve

Flat wrench

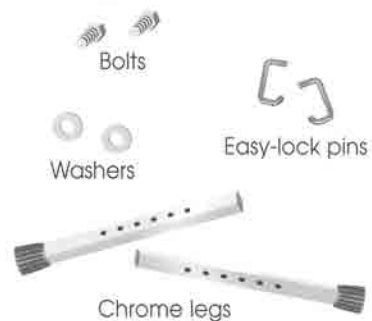
Allen wrench

IMPORTANT INFORMATION

Information packet



Elevation bracket



Bolts

Washers

Easy-lock pins

Chrome legs

# Quick Set-Up

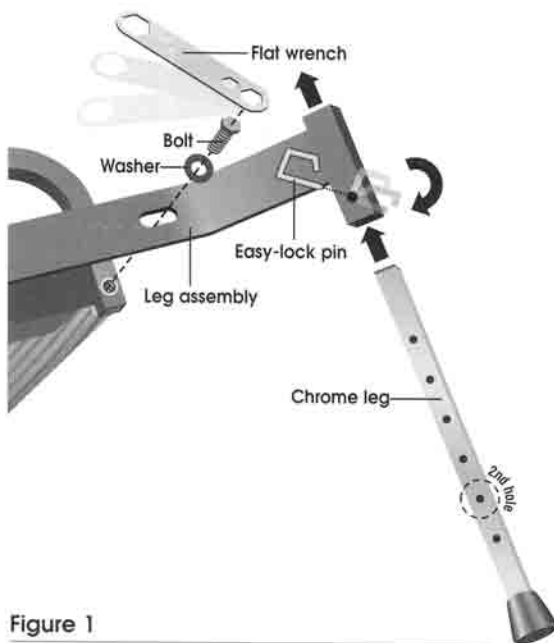


Figure 1

## ATTACH THE LEG ASSEMBLY

1. Slide a washer onto each of the bolts.
2. Align the holes of the leg assembly with the holes in the front frame. Insert the bolts, with washers. The bolt heads should be on the outside of the leg assembly. Tighten the bolts with the flat wrench (Figure 1).
3. Slide a chrome leg into the square opening of the leg assembly.
  - Set the elevation to the second set of holes from the bottom. This is the standard elevation level.
  - Insert the straight end of an easy-lock pin through all of the holes. Rotate the bent side of the easy-lock pin down to secure it. Repeat with the other chrome leg.

### IMPORTANT

There should be at least a 1/2-inch clearance between the flywheel and the floor. When the exerciser is on carpet, the flywheel may touch and damage the carpet. If so, move it to flatter carpet or an uncarpeted surface. We recommend that you place your exerciser on a flat surface, with a protective covering between the exerciser and your flooring or carpet.

### CAUTION

Keep small children and pets away when setting up, collapsing or using the exerciser.

## RAISE THE UPRIGHT TUBE

1. Cut the plastic tie holding down the upright tube.
2. Remove the detent pin from the upright-tube support. Discard the plastic washer.
3. Lift the upright tube until the holes at the bottom of the upright tube are aligned with the holes in the upright-tube support.
4. Insert the detent pin through the holes; the ball bearing of the pin should be in the twelve o'clock position. Be sure the pin extends completely through the holes on the other side.

## ATTACH THE HIP PAD

1. Remove the hip-pad bolt, knob and rectangular sleeve from the hip-pad bracket. Make sure that the U-shaped plastic sleeve is inserted in the hip-pad bracket (Figure 3).
2. Stand next to the exerciser. Fit the hip-pad bracket around the upright tube. The hip pad should angle upward.
3. Hold the hip-pad assembly in position with one hand. With the other hand, slide the bolt through one side of the hip-pad bracket. The bolt may be inserted from the left or the right.
4. Orient the rectangular sleeve as shown in Figure 4; be sure to place the second thinnest side of the sleeve toward the upright tube. Position the rectangular sleeve on the bolt, between the two holes of the hip-pad bracket.
5. Fully insert the bolt through the hole on the other side of the bracket. Be sure the square head of the bolt fits into the square of the hip-pad bracket.
6. Tighten the hip-pad knob onto the threaded end of the bolt to secure the hip pad in place (Figure 3).

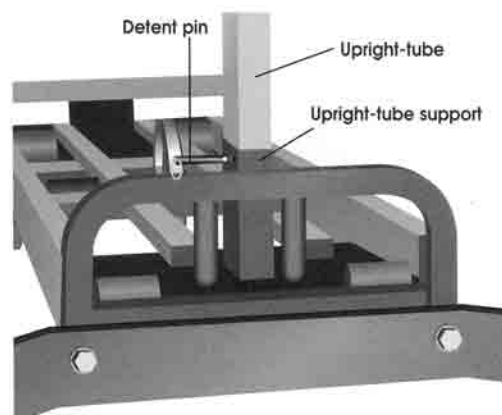


Figure 2

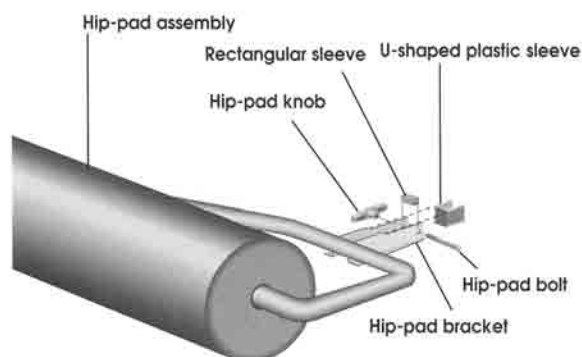


Figure 3

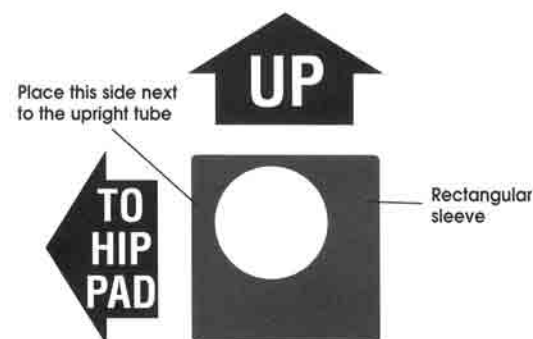


Figure 4

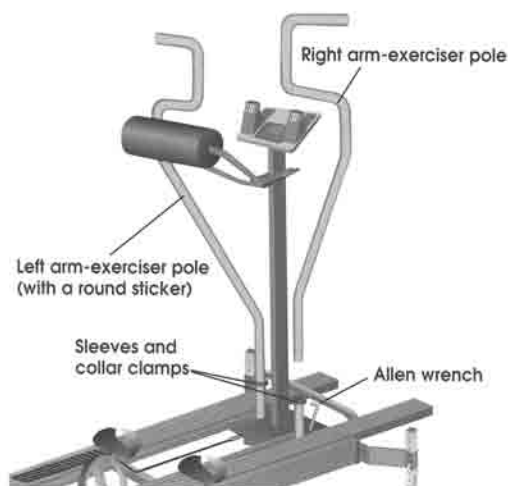


Figure 5



Figure 6

## INSTALL THE ARMS

1. Insert the left arm-exerciser pole into the left sleeve; the left arm-exerciser pole has a round sticker on it. The arm-exerciser pole will not rotate when fully inserted.
2. Insert the 3/16-inch Allen wrench into the head of the Allen bolt on the left collar clamp (Figure 5).
3. Turn the wrench clockwise to tighten the clamp; secure the arm-exerciser pole in place.
4. Repeat steps 1 through 3 with the right arm-exerciser pole and sleeve.

## INSTALL THE EXERCISER COMPUTER

1. Remove the contents of the electronics package.
2. Press on the tab of the battery-case cover and remove it from the back of the computer.
3. Insert two AA-size batteries so the negative end rests against the springs in the battery compartment. Make sure the batteries connect on both the positive and negative ends.

For best results use **Energizer**® brand batteries.

The batteries must be installed as instructed. Do not carry batteries loose, such as in a purse or pocket. Batteries may explode or leak and cause injury if inserted improperly, misused, disposed of in fire or discharged.

### CAUTION

4. Replace the battery-case cover.
5. Connect one end of the computer cord to the back of the computer. Bring the cord through the opening in the faceplate.
6. Insert the exerciser computer into the slot of the faceplate (Figure 6). Peel the plastic cover from the computer face.
7. Plug the other end of the computer cord in to the receptacle on the forward side of the upright tube.

Follow the instructions in the "Use the Exerciser Computer" section to program and use your exerciser computer.

# Adjustable Features

The StrengthAerobics™ Skier has several adjustable features to accommodate your fitness level.

## SELECT THE UPPER-BODY RESISTANCE

The knob to adjust the upper-body resistance is located on the right side of the faceplate at the top of the upright tube (Figure 1). A plastic, protective film may cover the upper-body resistance window. You may remove and dispose of it.

Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance (Figure 1). The red indicator above the upper-body resistance knob displays your resistance — the more red showing, the greater the resistance.

Never force the knob; do not turn it farther clockwise if the red indicator fills the window above the upper-body resistance knob. Do not turn the knob farther counterclockwise if the red indicator does not appear in the window.

## SET THE POWER LEVER

The special power lever on your ski exerciser allows you to vary the intensity of your upper-body workout even more. If you desire more resistance, follow the instructions below to utilize the power lever.

1. Make sure the area is clear of all obstructions. Stand to the right of the exerciser. Carefully tilt the exerciser to the left side.
2. Decrease the upper-body resistance; this will make it easier to move the power lever.
3. Locate the power lever under the exerciser (Figures 2 and 3). Rotate the lever 1/4-turn until it points toward the floor.
4. Carefully return the exerciser to its upright position.
5. Set the resistance to the desired level.

To return to the normal intensity range, rotate the power lever up 1/4-turn until it is parallel to the wooden base of your exerciser.

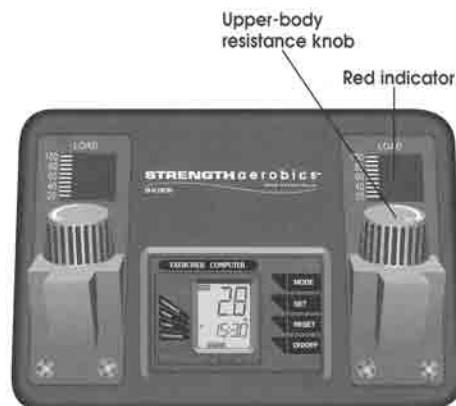


Figure 1

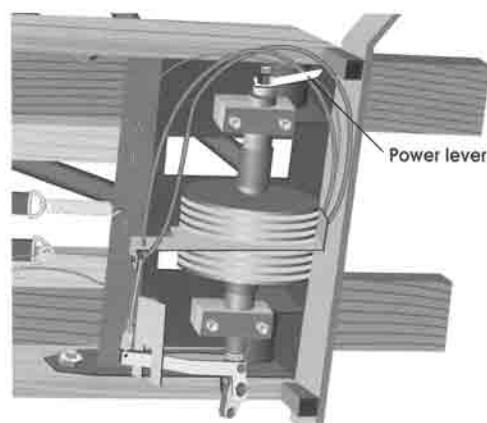


Figure 2

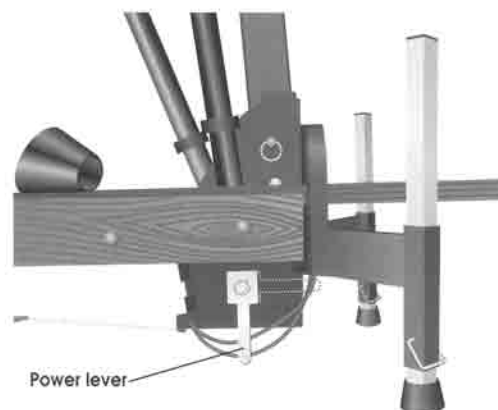


Figure 3

Lower-body  
resistance knob

Red indicator



Figure 4

## SELECT THE LOWER-BODY RESISTANCE

The lower-body resistance knob is found on the left side of the faceplate at the top of the upright tube next to the computer (Figure 4). A plastic, protective film may cover the lower-body resistance window. You may remove and dispose of it.

While skiing, turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance. The red indicator above the lower-body resistance knob displays your resistance — the more red showing, the greater the resistance.

Never force the knob; do not turn it farther clockwise if the red indicator fills the window (above the lower-body resistance knob). Do not turn the knob farther counterclockwise if the red indicator does not appear in the window.

## UTILIZE THE ADJUSTABLE FRONT-END ELEVATION

Select the elevation level that is most comfortable for you. A higher elevation will work your quadriceps, gluteals and hamstrings harder. It will also add variety to your workout!

1. Tilt the exerciser to one side; there should be enough clearance to adjust the chrome leg.
2. Remove the easy-lock pin.
3. Align the holes at the desired elevation setting.
4. Insert the straight end of the easy-lock pin through the holes.
5. Rotate the bent side of the easy-lock pin down onto the chrome leg to secure the pin in place (Figure 5). Repeat with the other leg. Be sure to place both legs at the same elevation setting.

## ADJUST THE HIP PAD

The hip pad is designed to keep you in position. The top of the hip pad should rest comfortably at hip level, about one inch below your navel. It should be high enough that it does not restrict leg movement or press against your abdomen.

1. Increase the leg resistance until the skis remain stationary.
2. Hold onto the hip pad with one hand. Turn the hip-pad knob counterclockwise to loosen it. Slide the hip pad up or down on the upright tube.
3. Turn the hip-pad knob clockwise to secure the hip pad in place (Figure 6). There may be a small amount of movement to the hip-pad assembly after it has been secured in place.

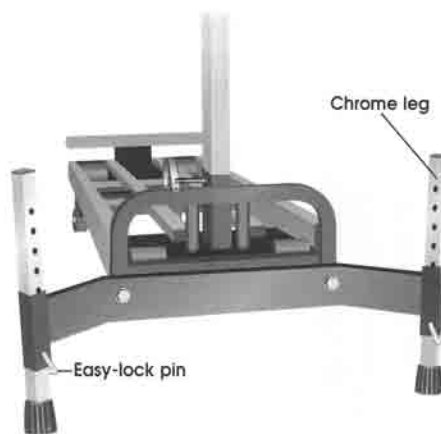


Figure 5

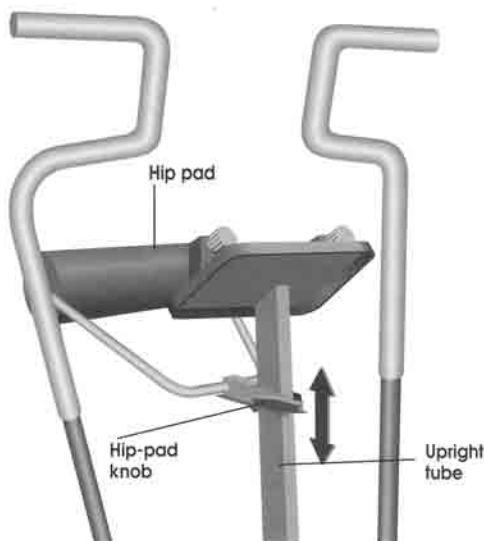


Figure 6

# Use the Exerciser Computer

Follow these instructions to use your exerciser computer to monitor your workout progress and motivate you to reach your fitness goals.

## Understand the Buttons (Figure 1)

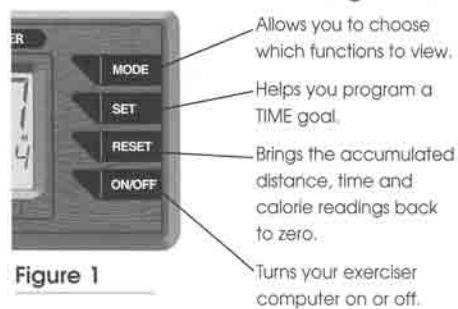


Figure 1

## Identify the Functions and Features

**DISTANCE** – Displays the cumulative distance travelled during your workout, up to a maximum of 999.9 miles.

**TIME** – Shows your elapsed workout time in minutes and seconds. You may count up from 0:00 or count down from a programmed time.

**LOAD** – Is a preset number used to estimate calories burned during your workout.

**CALORIES** – Estimates the number of calories burned at any given time during your workout.

**SPEED** – Displays your workout speed in miles per hour. Speed is represented by the large number in the upper portion of the display screen.

**SPEED BAR** – Approximates your speed in a visual bar graph at the bottom of the display screen.

**SCAN** – Scans each function every four seconds so you can view your distance, time, load and calories throughout your workout.

## Set the Timer

The TIME function can be used in two ways. You may use the timer to count up from zero to keep track of how long you've been working out. Or, you may choose to program the amount of time you wish to work out; it will then count down from your goal to zero.

1. Press the MODE button until the triangle on the left side of the display screen lines up with the large, black arrow marked TIME (Figure 2).
2. If you would like the timer to count up, press the RESET button. This will reset the reading to zero. The timer will start to count when you begin to exercise.

**The timer will continue as long as you keep the exerciser moving. If you step off the exerciser, the timer will stop. When you step back on the exerciser and resume moving, the timer will continue to count from the point where it stopped. Remember, if you stop working out for more than four minutes, the computer will shut off automatically.**

3. If you would like to program a time:
  - Press the SET button until you reach the amount of time you wish to work out (Figure 2). The time increases by one minute each time the SET button is pushed. Hold down the SET button to increase the time more rapidly.
  - Press the MODE button to lock in your time. Once you program a time goal, it will remain in the computer until you reset it, even after the computer shuts off.



Figure 2

### View the Calories Function

The CALORIES function displays the approximate number of calories burned at any given time during your workout.

1. Press the MODE button until the triangle on the left side of the display screen lines up with the large black arrow marked CALORIES (Figure 3).



Figure 3

2. The amount shown in the lower part of the display screen is the number of calories burned since you began your workout.

### Operate the Distance Function

The DISTANCE function displays the total distance travelled (in miles) at any given time during your workout.

1. Press the MODE button until the triangle on the left side of the display screen lines up with the large black arrow marked DISTANCE (Figure 4).



Figure 4

2. The amount shown in the lower part of the display screen is the distance you have travelled (in miles) since you began your workout.

### Use the Scan Function

Press the MODE button until the triangle on the left side of the display screen lines up with the large black arrow marked CALORIES. Press the mode button one more time until the word SCAN appears in the middle of the display screen (Figure 5). The SCAN function enables you to view each function in four second intervals.



Figure 5

### Turn Off the Exerciser Computer

When you have finished your workout, press the ON/OFF button and step off the exerciser. If you forget to turn the computer off, it will shut off automatically four minutes after you stop working out.

# Exercise Performance

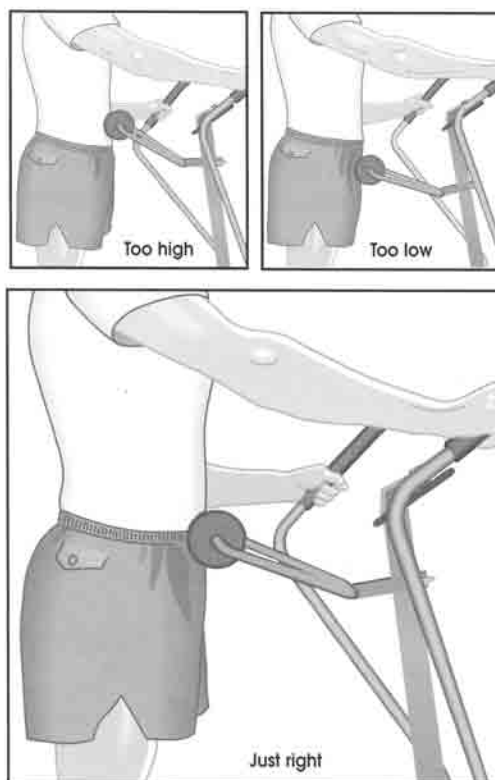


Figure 1

**CAUTION**

Keep small children and pets away when setting up, collapsing or using the exerciser.

## BEFORE YOU BEGIN

Always consult your physician before beginning any exercise program.

**IMPORTANT**

It is essential that you warm up and stretch your muscles before exercising. Follow the guidelines on pages 20 and 21.



## START WITH THE LEG MOTION ONLY

1. **Move the arm-exerciser poles into the most forward position.** Completely tighten the arm-exerciser poles. Make sure the poles are secure. You may wish to hold onto the poles when stepping into the skis; there is no resistance when the skis are moving forward.
2. **Turn the lower-body resistance knob clockwise, only while in motion.** Set the lower-body resistance to the 20 to 30 range. Do not force the knob.
3. **Adjust the hip pad so it rests about one inch below your navel.** The hip pad should be high enough it does not restrict your leg movement and low enough that it does not press against your abdomen (Figure 1). Make sure the hip-pad knob is completely tightened; the hip pad is designed to keep you in position. There may be some slight movement to the upright tube.
4. **Gently place your hips against the hip pad.** Your body should remain in contact with the hip pad at all times. Do not lean over the hip pad; keep your weight on your feet and your back straight. Rest your hands on the hip pad or the faceplate for balance. Increase the leg resistance if you slide away from the hip pad.

**5. Push your right foot back, then your left.**

Continue in a smooth walking motion (Figure 2). This movement is like wiping your feet on a rug. Do not bring either foot in front of your body. Keep your weight on the foot that is pushing back; drag your foot as it comes forward. Lift your heel at the back of each stride; keep the balls of your feet on the skis at all times. There is no defined range of motion for your stride; however, we suggest starting with a short stride. You may want to increase or decrease your stride according to your comfort level. Practice this motion until it feels comfortable.

**COMBINE THE LEG AND ARM MOTION**

- 1. Adjust the upper-body resistance to a setting that is comfortable for you.** Turn the upper-body resistance knob until you reach your desired setting.
- 2. Resume your leg motion.** Gently rest your hips against the hip pad. Begin to move your legs. Adjust the leg resistance if necessary. Remember to increase the leg resistance if you slide away from the hip pad.
- 3. Grasp the arm-exerciser poles.** Move your arms in harmony with your legs (Figure 3); push and pull the arm-exerciser poles as you do so. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

Extend your arms fully forward and backward to receive the full benefit of the strength-training curve. You may wish to vary your hand position on the arm-exerciser poles to emphasize different muscle groups.



Figure 2



Figure 3

The unique arm-exerciser poles are designed to accommodate users of different heights. Your hands should be placed between chest and shoulder level when you are using the arm-exerciser poles of the StrengthAerobics Skier. Tall users may be most comfortable using the upper hand grip; shorter users may prefer to use the lower hand grip. (Both positions will provide the same total upper-body workout.)

## STRENGTHEN YOUR ARMS ONLY

1. **Adjust the upper-body resistance knob to a setting that is comfortable for you.** Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance.
2. **Use the power lever if you desire an even higher range of resistance.** Make sure the area is clear of all obstructions (refer to page 7). Carefully tilt the exerciser to the left side. Rotate the power lever 1/4-turn so it points toward the floor. Carefully return the exerciser to its upright position. Adjust the upper-body resistance to the desired level.
3. **Step into the skis.** Turn the lower-body resistance knob clockwise until the skis remain stationary when you are standing on them. Do not force the knob. Keep your waist in contact with the hip pad. Avoid leaning forward. Your weight should be over your feet. Keep your shoulders back and your head up.
4. **Grasp the arm-exerciser poles.** Extend your arms fully forward and backward to receive the full benefit of the strength-training curve. You may wish to vary your hand position on the arm-exerciser poles to emphasize different muscle groups as described below.
  - Use an overhand grip to emphasize the triceps to strengthen and condition the back of your upper arm (Figure 4).
  - Use an underhand grip to emphasize the biceps to strengthen and condition the front of your upper arm (Figure 5).

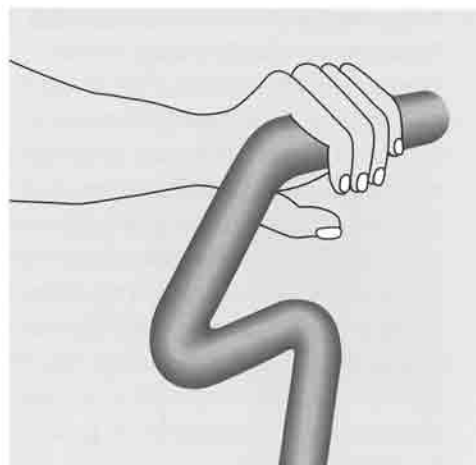


Figure 4

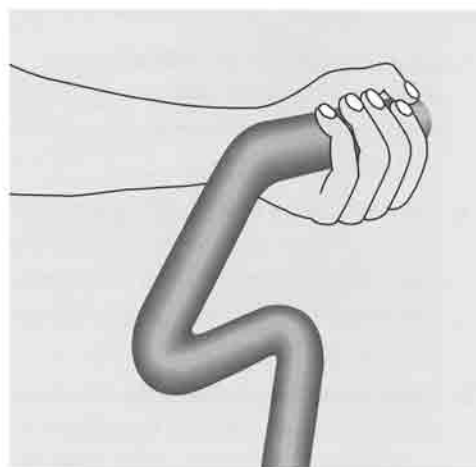


Figure 5

## TIPS TO GET YOU STARTED

1. **Consult your physician before beginning an exercise program.** If you are taking any medication or using any device that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
2. **You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity.** 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 only determined by clinical stress testing.
3. **Concentrate on your leg motion; add the arm motion once you feel comfortable with the leg motion.** Avoid leaning forward. Keep your weight over your feet. Your waist should be in contact with the hip pad. Try increasing the lower-body resistance if you slide away from the hip pad.
4. **Always wear exercise clothing such as shorts, a t-shirt, absorbent socks and appropriate athletic shoes.** A headband will help keep perspiration out of your eyes. Always wear appropriate athletic shoes.
5. **Five minutes of exercise, four times per day, may be sufficient when you begin an exercise program.** Take it slow. Fitness is a lifetime commitment. Gradually, your stamina will increase and it will become easier to exercise for longer periods of time. The easiest way to stick to an exercise program is to make it a part of your regular routine. Pick a time during the day that you can exercise on a consistent basis: when you wake up, during the evening news or just before you go to bed, for instance.
6. **If coordinating the arm and leg motion is difficult, concentrate on the leg motion only.** You can incorporate the arm motion once you feel comfortable with the leg motion. Take short, smooth strides. Do not bring your feet in front of your body until you are comfortable with the motion.
7. **Keep your waist in contact with the hip pad at all times to hold back your forward motion.** If you feel like you are sliding away from the hip pad, increase the leg resistance. Remember, when properly adjusted, the top of the hip pad should be about one inch below your navel.
8. **Remember that the leg motion is similar to wiping your feet on a rug.** Resistance is felt only as you push your feet backward, not as you pull forward. Always keep the weight of your body on the ski you are pushing backward. Avoid leaning forward. Keep your weight over your feet; your shoulders back and your head up. Find a focal point, such as the television or a picture to look at; this will help you keep your head up and your back straight.

# Your Personal Fitness Program

This section was developed by exercise physiologists at NordicTrack to help maximize your use and enjoyment of the StrengthAerobics™ Skier.

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

## SET GOALS FOR YOURSELF

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set realistic, attainable goals and reward yourself when you reach them.

Below are some examples of typical goals:

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

## FIVE STEPS OF EXERCISE PROGRESSION

The purpose of a fitness program is to develop physical fitness. Our recommended program consists of five essential parts which should be performed in the following order:

1. Warm-up
2. Stretch
3. Aerobic exercise and strength conditioning
4. Cool-down
5. Stretch

Ordinary fitness programs require an additional step, strength conditioning, after the cool-down phase. The StrengthAerobics Skier lets you make the most efficient use of your time by combining the aerobic and strength-conditioning phase. So get ready to take your fitness program to the next level — in less time than ever!

### 1. Warm-Up

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness — common reasons for quitting an exercise program. We suggest that you warm up with two to five minutes of slow exercise on your StrengthAerobics Skier.

### 2. Stretch

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 pages 20 and 21.

### 3. Aerobic Exercise and Strength Conditioning

To create the desired improvements in personal health, aerobic exercise must include the proper frequency, duration and intensity. Strength conditioning adds lean muscle mass to the body and aids in burning body fat. When aerobic exercise is complemented by strength conditioning, it offers the most effective and efficient workout possible.

#### *Frequency*

Frequency refers to the number of workouts per week. The recommended number of sessions is three to five times per week. Exercising four to five times per week maximizes fat reduction and cardiovascular development.

### *Duration*

Duration is the amount of time that the proper intensity level is maintained. The timer function of the monitor can help you track your workout. Beginners should start with 10 to 20 minutes of aerobic activity. Those in average physical condition should work out for 20 to 30 minutes; highly fit people should work out for 30 to 60 minutes.

### *Intensity*

Intensity refers to how hard you exercise and is determined by monitoring your heart rate (see *Monitor Your Heart Rate* on this page).

## **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. Stretch**

Stretching after exercise helps to decrease muscle soreness. We recommend that you complete the stretches described on pages 20 and 21.

## **MONITOR 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 to work 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 properly cooled down, your heart should have nearly returned to its resting rate; it is very important that you cool down slowly in order to do this.

### **Maximum Heart Rate (MHR)**

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

### **Target Heart Rate**

Your target heart rate is expressed as a percentage of your MHR. 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 MHR. 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 for your workouts.

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

Be very aware of your body's signals and react to them accordingly. Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs.

**CAUTION**

Your physician's advice is essential if you are taking any medication which effects your heart rate.

## TAKE YOUR HEART RATE

Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel. Relax your left thumb and roll your hand until your thumb extends upward. Place your right index and middle fingertips flat along your wrist (Figure 1). Apply minimal pressure with both fingers. Let the pulse come to your fingers. If you can't find your pulse, try using the opposite wrist and hand.

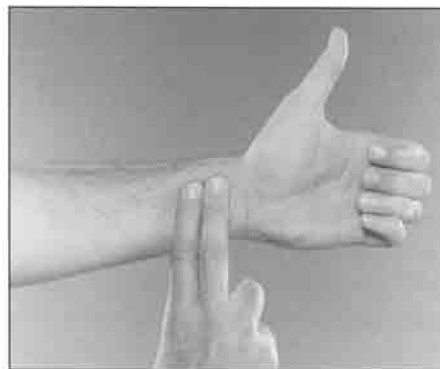


Figure 1

## TARGET HEART RATE ZONES CHART

| Age      | Beginner<br>60%-70% of MHR |           | Intermediate<br>70%-80% of MHR |           | Advanced<br>80%-85% of MHR |           |
|----------|----------------------------|-----------|--------------------------------|-----------|----------------------------|-----------|
|          | 10 seconds                 | 1 minute  | 10 seconds                     | 1 minute  | 10 seconds                 | 1 minute  |
| 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 |

Figures in the chart are rounded to the nearest whole number.

# Weight Management

Ideal weight varies for all individuals. Because muscle weighs more than fat, the bathroom scale does not tell the full story. Rather than monitoring your weight, monitor your percent of body fat. Ideally, a man's body fat content should be 15 to 20 percent of his total body weight. A woman's body fat content should be 20 to 25 percent of her total body weight.

## **Diets alone don't work.**

There are no miracle diets that can help you lose weight. Low calorie diet plans may help you achieve some weight loss, but they make it hard for you to get all the nutrients you need. Crash diets fail because they don't change your eating habits permanently. Proper weight loss and management occurs when we combine a sensible diet with aerobic exercise and strength conditioning. 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. Effective forms of aerobic exercise include 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 and carbohydrates. (One gram of fat is equal to nine calories!) Eliminating excess fat can help you lose weight and keep it off. The American Cancer Society reports that no more than 30 percent of your total daily caloric intake should be fat.

## **Spot reduction is a myth.**

Exercising one part of your body won't take the fat off of that specific area. 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 conditioning — aerobic and strength. Plus, you will be pleasantly surprised when the weight comes off in other areas too!

## **Exercise for weight loss.**

Consistent exercise at the proper intensity, combined with a sensible diet, will create a calorie deficit and result in weight loss. An ideal program for weight loss is to exercise at an intensity of 70% to 85% of your MHR, for 30 to 60 minutes, four to five times a week. Beginning exercisers may need to start at 60% to 70% of their MHR and progress to a higher intensity. Aerobic exercise, along with strength conditioning, increases your muscle mass, your body's primary calorie burner.

## **Make exercise a way of life.**

The "yo-yo" cycle of weight loss can be mentally stressful. But, it can also take 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, consider it as a way to jump start your morning or wind down your day. Ironically, when people feel that they are too busy or too stressed out to exercise, that is when they need it the most.

# Recommended Stretches

*Stretch both sides of your body without bouncing or jerking. Hold each stretch for 15 to 30 seconds.*



**Shoulder Stretch**  
Gently pull  
your elbow  
across your chest.



**Back and Arm Stretch**  
Pull your elbow  
behind your head.  
Keep your head and  
hips facing forward.



**Inner-Thigh Stretch**  
Put the bottoms of your  
feet together. Press your  
knees toward the floor.



**Hamstring Stretch**  
Position your legs as  
shown and bend  
forward from your hips.  
Be sure to keep your  
back straight.



### Calf Stretch

Extend one leg behind you; keep that heel on the floor. Lean forward using a wall to maintain your balance.

### Quadricep Stretch

Pull your heel slowly towards your buttocks.



### Lower-Back and Hip Stretch

Pull each knee to your chest separately. Then pull both knees to your chest at the same time.



## REVIEW

A - Shoulder Stretch

B - Back and Arm Stretch

C - Calf Stretch

D - Quadricep Stretch

E - Inner-Thigh Stretch

F - Hamstring Stretch

G - Lower-Back and Hip Stretch

# Workout Programs

These workout programs are recommendations only. We suggest that you start at the beginner level, work up to the intermediate and move on to the advanced levels as you are ready. Go on to the next program once you are able to perform the workout for the recommended duration while maintaining your target heart rate. Remember, changing your lifestyle takes time and commitment! Start your program very slowly. You may wish to begin with three to five minutes of slow skiing a day. Progress gradually to the suggested workout durations.

## BEGINNER I

| <i>Exercise</i>     | <i>Duration</i> | <i>Leg Resistance</i> | <i>Arm Resistance</i> | <i>Heart Rate</i> |
|---------------------|-----------------|-----------------------|-----------------------|-------------------|
| Skiing without arms | 5 minutes       | 0 - 20                | none                  | 60-70% of MHR     |
| Skiing with arms    | 5 minutes       | 0 - 20                | 0 - 20                | 60-70% of MHR     |
| Skiing with arms    | 10 minutes      | 20 - 40               | 0 - 20                | 70-80% of MHR     |

**Total duration 20 minutes**

## BEGINNER II

| <i>Exercise</i>     | <i>Duration</i> | <i>Leg Resistance</i> | <i>Arm Resistance</i> | <i>Heart Rate</i> |
|---------------------|-----------------|-----------------------|-----------------------|-------------------|
| Skiing without arms | 10 minutes      | 10 - 30               | none                  | 60-70% of MHR     |
| Skiing with arms    | 10-15 minutes   | 10 - 30               | 10 - 30               | 70-80% of MHR     |

**Total duration 20-25 minutes**

## INTERMEDIATE I

| <i>Exercise</i>                             | <i>Duration</i> | <i>Leg Resistance</i> | <i>Arm Resistance</i> | <i>Heart Rate</i> |
|---------------------------------------------|-----------------|-----------------------|-----------------------|-------------------|
| Skiing without arms                         | 5 minutes       | 20 - 40               | none                  | 60-70% of MHR     |
| Skiing without arms                         | 5 minutes       | 40 - 60               | none                  | 70-80% of MHR     |
| Skiing with arms                            | 10 minutes      | 40 - 60               | 20 - 40               | 70-80% of MHR     |
| <i>Interval Training (repeat 3-4 times)</i> |                 |                       |                       |                   |
| Skiing with arms                            | 3 minutes       | 40 - 60               | 40 - 60               | 80-85% of MHR     |
| Skiing with arms                            | 1 minute        | 20 - 40               | 20 - 40               | 60-70% of MHR     |

**Total duration 32-36 minutes**

## INTERMEDIATE II

| <i>Exercise</i>                             | <i>Duration</i> | <i>Leg Resistance</i> | <i>Arm Resistance</i> | <i>Heart Rate</i> |
|---------------------------------------------|-----------------|-----------------------|-----------------------|-------------------|
| Skiing without arms                         | 10 minutes      | 40 - 60               | none                  | 60-70% of MHR     |
| Skiing with arms                            | 10 minutes      | 40 - 60               | 20 - 40               | 70-80% of MHR     |
| Arms only                                   | 5 minutes       | none                  | 40 - 60               | 70-80% of MHR     |
| <i>Interval Training (repeat 3-4 times)</i> |                 |                       |                       |                   |
| Skiing with arms                            | 3 minutes       | 60 - 80               | 40 - 60               | 80-85% of MHR     |
| Skiing with arms                            | 1 minute        | 40 - 60               | 20 - 40               | 60-70% of MHR     |

**Total duration 37-41 minutes**

## ADVANCED

| <i>Exercise</i>                             | <i>Duration</i> | <i>Leg Resistance</i> | <i>Arm Resistance</i> | <i>Heart Rate</i> |
|---------------------------------------------|-----------------|-----------------------|-----------------------|-------------------|
| Skiing without arms                         | 10 minutes      | 40 - 60               | none                  | 60-70% of MHR     |
| Skiing with arms                            | 10 minutes      | 60 - 80               | 20 - 40               | 80-85% of MHR     |
| <i>Interval Training (repeat 3-4 times)</i> |                 |                       |                       |                   |
| Skiing with arms                            | 3 minutes       | 60 - 80               | 40 - 60               | 80-85% of MHR     |
| Arms only                                   | 1 minute        | none                  | 60 - 80               | 80-85% of MHR     |
| Skiing with arms                            | 1 minute        | 40 - 60               | 20 - 40               | 60-70% of MHR     |
| <i>Interval Training (repeat 3-4 times)</i> |                 |                       |                       |                   |
| Skiing with arms                            | 3 minutes       | 80 - 100              | 60 - 80               | 80-85% of MHR     |
| Arms only                                   | 1 minute        | none                  | 80 - 100              | 80-85% of MHR     |
| Skiing with arms                            | 1 minute        | 40 - 60               | 20 - 40               | 60-70% of MHR     |

**Total duration 50-60 minutes**

## ADVANCED II

| <i>Exercise</i>                             | <i>Duration</i> | <i>Leg Resistance</i> | <i>Arm Resistance</i> | <i>Heart Rate</i> |
|---------------------------------------------|-----------------|-----------------------|-----------------------|-------------------|
| Skiing without arms                         | 10 minutes      | 60 - 80               | none                  | 70-80% of MHR     |
| <i>Interval Training (repeat 3-4 times)</i> |                 |                       |                       |                   |
| Skiing with arms                            | 5 minutes       | 80 - 100              | 80 - 100              | 80-85% of MHR     |
| Skiing with arms                            | 1 minute        | 40 - 60               | 40 - 60               | 70-80% of MHR     |
| Arms only                                   | 3 minutes       | none                  | 80 - 100              | 80-85% of MHR     |
| Skiing with arms                            | 1 minute        | 40 - 60               | 40 - 60               | 70-80% of MHR     |

**Total duration 40-50 minutes**

## Workout Log

[illegible]

# Long-Term Storage

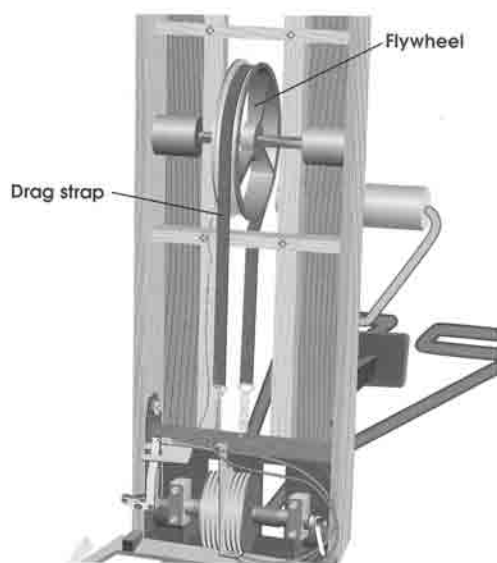


Figure 1

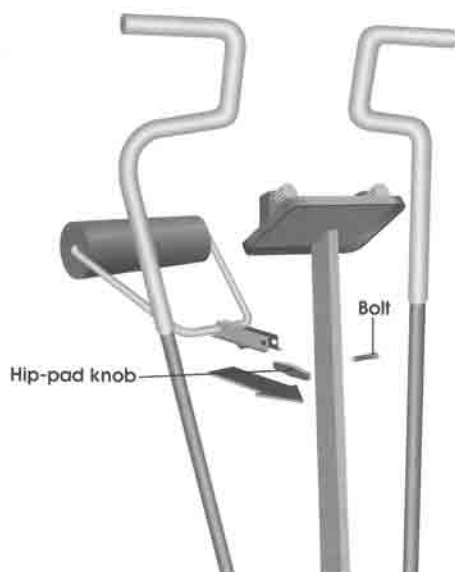


Figure 2

**CAUTION** Keep small children and pets away when setting up, collapsing or using the exerciser.

1. Remove the batteries from the exerciser computer.
2. Completely loosen the leg resistance.
3. Remove the drag strap from the flywheel (Figure 1).

**Route the drag strap upon removal from storage. See Figure 2 on page 27.**

4. Loosen and remove the hip-pad knob, carriage bolt and the rectangular sleeve (Figure 2). Set the hip-pad assembly aside.
5. Use the Allen wrench to loosen the screw on the arm-exerciser poles. Remove the arm-exerciser poles; set them aside.
6. Hold the upright tube in one hand. Remove the detent pin from the upright-tube support.
7. Lower the upright tube until it rests on the flywheel. Replace the detent pin.

# Periodic Maintenance

Please perform the following maintenance steps for the safe and efficient operation of your StrengthAerobics™ Skier. Always wipe your exerciser with a clean, dry cloth after each workout to remove perspiration and dirt.

## The Wood

Any wood furniture polish may be used to protect the wood finish and prevent drying. Do not apply polish to the drive rollers or the bottom of the skis.

The bottoms of the skis may become marked from contact with the drive rollers and idler wheels. Wipe them with a clean, dry cloth. Mineral spirits will lift stubborn marks. For a smooth glide while skiing, carefully rub paraffin wax only on the sides 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.**

## The Chrome and Black Metal Surfaces

Any household window cleaner may be used to clean the chrome and black metal surfaces of the exerciser. Do not use abrasive cleaners or substances that may leave a residue.

## LUBRICATE THE IDLER WHEELS

A drop of light household oil may occasionally be needed on the axle of the front and rear idler wheels if they begin to squeak. However, the drive rollers are internally lubricated and should NOT be oiled (Figure 1).

1. Place a cloth or a piece of plastic under the exerciser to protect your floor.
2. Put a drop of light household oil on the side of each idler wheel where the wheel meet the axle. Make sure there is no excess oil spinning from the wheels before replacing the skis. Spin each wheel.

**It may help to tip the machine at a slight angle to allow the oil to run down the axle and into the wheel.**

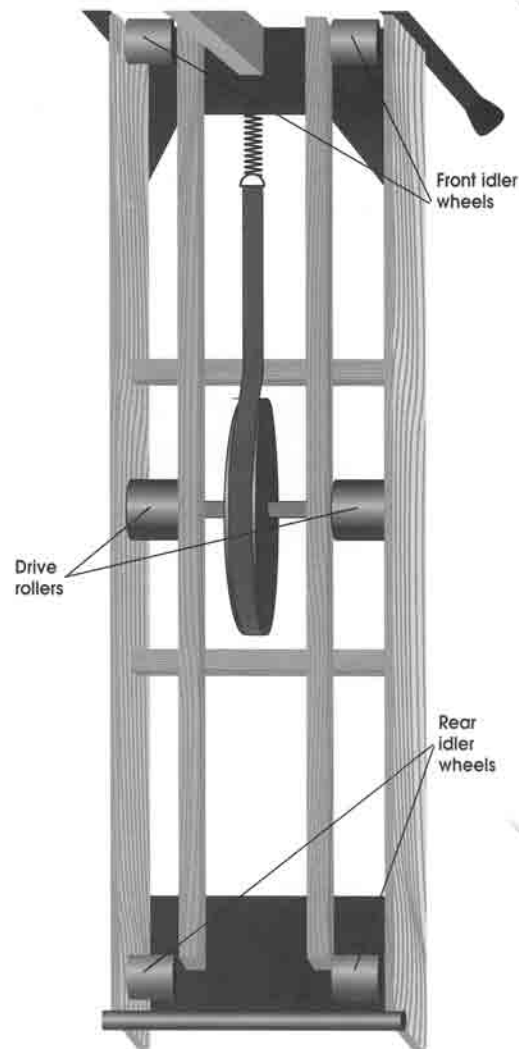


Figure 1

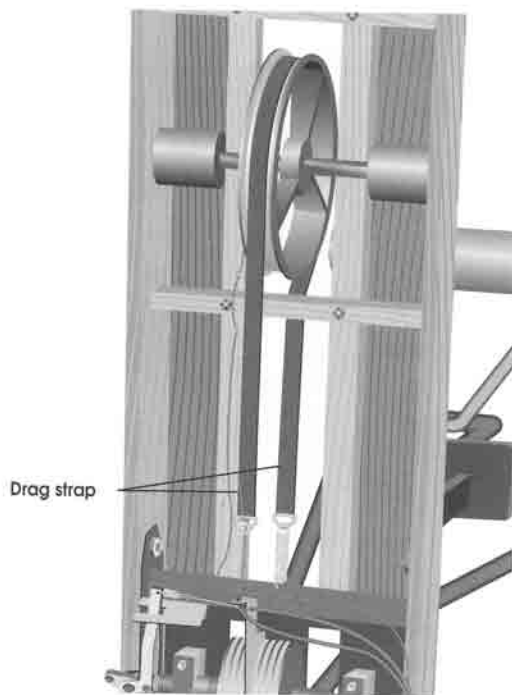


Figure 2

## CARE FOR THE DRAG STRAP AND FLYWHEEL

The drag strap and flywheel maintenance described below should be performed monthly.

### Remove the Drag Strap

1. Place a cloth or a piece of plastic underneath the exerciser to protect your floor.
2. Set your lower-body 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 (Figure 2).

### Clean the Drag Strap

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

### Inspect and Clean 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. Remove the cap at the right side of the flywheel. Check the tightness of the nuts on the U-bolt. Tighten them evenly with a wrench if necessary. Do not over-tighten the nuts.
6. Route and attach the drag strap as shown in Figure 3.

### OIL THE ARM-EXERCISER

A drop of light household oil (example: 3-in-1 oil) may be needed on the leather brake pads if they begin to squeak.



**IMPORTANT** Place a protective covering under the exerciser.

1. Make sure the area is clear of all obstructions. Turn the exerciser over.
2. Place two to three drops of light household oil on each leather brake pad (Figure 3). Let the oil absorb for at least eight hours.
3. Return the exerciser to the upright position. Be sure to keep a protective covering under the exerciser.

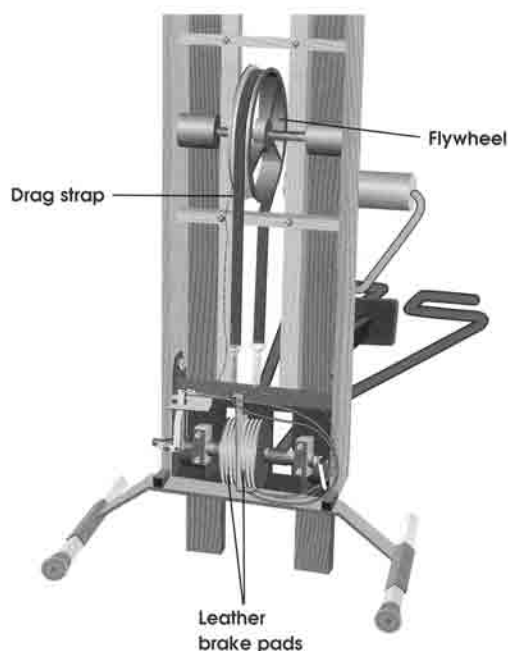


Figure 3

# Troubleshooting

Under normal wear conditions, these parts on the StrengthAerobics™ Skier may need periodic attention.

| If...                                           | Then...                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The skis are slipping.                          | <ul style="list-style-type: none"><li>• check your posture. Be sure you are standing up straight. Your body should remain in contact with the hip pad at all times. Do not lean over the hip pad; keep your weight on your feet and your back straight. Rest your hands on the hip pad for balance. Increase the leg resistance if you slide away from the hip pad.</li><li>• wipe off any excess oil.</li><li>• clean the bottom of the skis with a cloth dampened with a small amount of mineral spirits or paint thinner.</li><li>• make sure the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts located on the right side of the flywheel. <b>Do not over-tighten the nuts.</b> Replace the cap.</li></ul> |
| The idler wheels are the squeaking or sticking. | <ul style="list-style-type: none"><li>• place a protective covering under the exerciser. Slide idler wheel to one side. Place one drop of light household oil onto the axle next to the idler wheel.</li><li>• slide the idler wheel to the other side and repeat the process above. This process may be performed on all of the idler wheels. However, do not perform this process on the drive rollers (see Figure 1, page 26).</li></ul>                                                                                                                                                                                                                                                                                                              |
| The lower-body resistance offers no resistance. | <ul style="list-style-type: none"><li>• check the routing of the drag strap (see Figure 2, page 27).</li><li>• make sure the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts located on the right side of the flywheel. <b>Do not over-tighten the nuts.</b> Replace the cap.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                         |
| The arm-exerciser poles are squeaking.          | <ul style="list-style-type: none"><li>• oil the leather brake pads as described on page 28.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

## Maintenance Log

[illegible]

# Customer Information

## WE'RE JUST A TOLL-FREE PHONE CALL AWAY



We're available to answer any of your questions regarding your StrengthAerobics™ Skier. Please call our customer service department at **1-800-273-8118**. Hearing impaired customers with TDD access, please call 1-800-821-1317.

### Customer Service Department Hours

Monday through Friday 7 a.m. to 5 p.m.  
*Central Standard Time*



## REACH US VIA E-MAIL

Send us your questions and comments via e-mail. Please include your account number and order number, found at the top of your invoice.

[service@nordictrack.com](mailto:service@nordictrack.com)

## SATISFACTION GUARANTEE

We have total confidence in the quality and performance of our products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of our products fall short of your expectations before the end of your in-home trial, please call our customer service department at 1-800-273-8118.

# Warranty

## MANUFACTURER'S 2-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from the date of purchase of the StrengthAerobics Skier, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately carry their own warranty/service periods.) Please note that commercial use of the skier will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), customer-made alterations, vandalism, misuse, acts of nature, abuse, improper maintenance, unreasonable care, other causes not arising from defects in workmanship and materials or normal wear on items such as those having finished or painted surfaces or the foam hand grips. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage, Inc., a retail distributor of NordicTrack products or authorized distributors of NordicTrack products. NordicTrack, Inc., reserves the right to make changes and improvements to the skier without incurring any obligations to make similar alterations to previously purchased skiers.

The unused portion of your warranty may be transferred to a third party for an additional cost within the first two years. Please contact our customer service department regarding this offer.

To obtain service under this warranty, call our customer service department for authorization. All shipping costs to return the skier and accessories for repairs are the responsibility of the purchaser; C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

## 1-YEAR LIMITED ELECTRONICS WARRANTY

NordicTrack, Inc., for one year from the date of purchase of a StrengthAerobics™ exerciser, will repair or replace the Exerciser Computer should it prove to be defective in materials or workmanship. All shipping costs are the responsibility of the purchaser. This warranty does not cover damage resulting from mishandling in transit, vandalism, misuse, abuse, acts of nature, alteration or lack of reasonable care. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage Inc., a retail distributor of NordicTrack products or authorized distributors of NordicTrack products.

To obtain service under this warranty, call our customer service department at 1-800-273-8118.

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 defective parts within one year of 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.

## **90-DAY LIMITED WARRANTY (CUSTOMERS OUTSIDE OF THE U.S. AND CANADA)**

NordicTrack, Inc., will for 90 days from the date of delivery of an exerciser or electronics, repair or replace any part which may prove to be defective in materials or workmanship. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), vandalism, misuse, abuse, acts of nature, customer-made alterations, improper maintenance, unreasonable care, normal wear or other causes not arising from defects in materials or workmanship. NordicTrack, Inc., reserves the rights to make changes and improvements to the exerciser without incurring any obligations to make similar alterations to previously purchased exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage, Inc., retail distributors of NordicTrack products or authorized distributors of NordicTrack products.

To obtain service under this warranty, notify our customer service department at the phone number printed on your invoice to receive authorization. Once you receive authorization, repack your exerciser as directed; be sure to include proof of purchase and a brief statement describing the defect with your product in the box. All shipping costs to return the product 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 90 days from the date of delivery. 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 90 days from the date of delivery. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. This warranty gives you specific rights. The laws for each country may vary. We regret that the in-home trial, with return privileges, is not extended to customers outside of the United States and Canada.