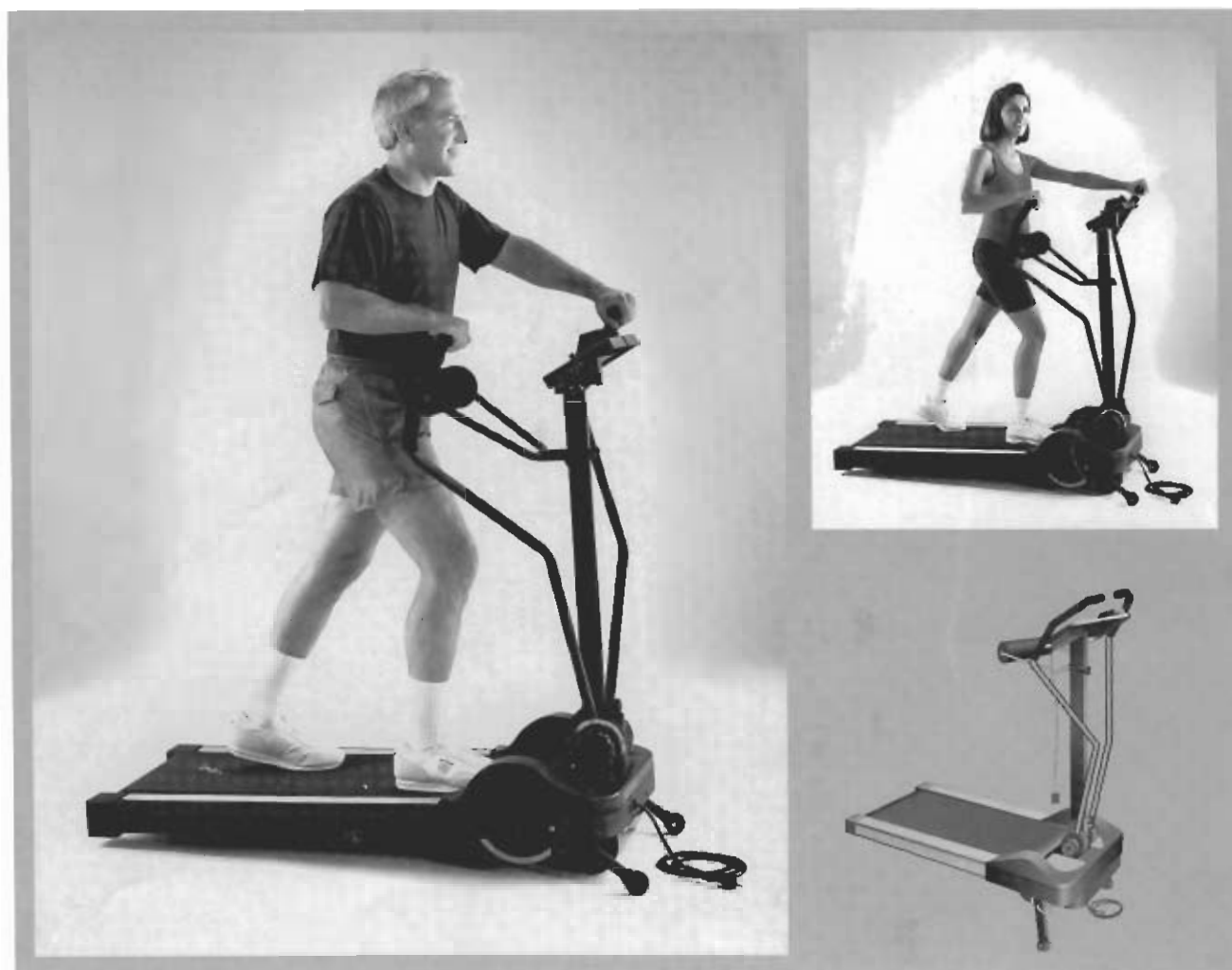


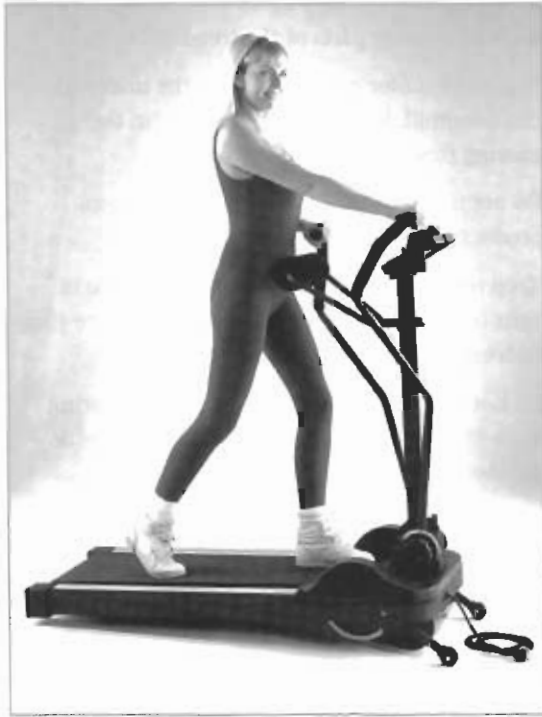
NordicTrack's **WALKFIT[®] PLUS[™]**

"The World's Best Walking Workout"[™]



Owner's Guide

Welcome to the WalkFit Plus



Congratulations! You have made an excellent investment in your health.

The WalkFit Plus™ aerobic exerciser offers a total-body workout that is safe, simple and effective. Decrease your body fat, improve your cardiovascular fitness and tone your muscles with the smooth, natural motion of the WalkFit Plus treadmill.

WalkFit Plus Means Total-Body Workout

The WalkFit Plus has made walking a more effective total-body exercise. Unlike ordinary treadmills and walking that focus only on your lower body, the WalkFit Plus tones your upper body and arms, along with your lower body. This enables you to burn more calories during your workout.

WalkFit Plus Means Versatility

The versatile WalkFit Plus allows you to choose the option of using a motorized or nonmotorized treadmill. When using the motor, you can vary your speed from zero to four miles per hour to match your fitness level. Only WalkFit Plus has the exclusive override feature that allows you to increase your pace by overriding the motor once you have exceeded the set treadmill speed. While the motor maintains the speed you set, you can jog or run at your own full intensity. Then, as you decrease your pace, the motor continues to turn the belt at the initial setting. This unique feature is especially ideal for interval training when you want to quickly vary the intensity of your workout.

You may also use the WalkFit Plus as a nonmotorized treadmill and let your legs set the pace as you walk or run. You are in full control as you work your legs and hips at full intensity. Set your arm and leg settings to match your fitness level and vary them as your fitness needs change.

WalkFit Plus Means a Safe and Effective Workout

WalkFit Plus' total-body, cardiovascular workout is low-impact and places virtually no stress on your ankles, knees, hips and back. The full-body conditioning tones your upper and lower body and can help rehabilitate old aches and pains. The extra-wide treadmill deck cushions your impact and minimizes the stress caused by walking outdoors on cement surfaces.

The WalkFit Plus has a special safety cord and stop pin. When they are attached to you, the motor will stop should you lose your balance or step off the treadmill. So you'll never have to worry about safety during your workouts – you can concentrate exclusively on your health and fitness.

This Owner's Guide provides you with all the information you need to assemble and maintain your WalkFit Plus aerobic exerciser, as well as information on how to use your exerciser and develop a personal fitness program.

Important Safety Precautions

As with all electrical equipment, your WalkFit Plus™ must be used with caution. Follow these instructions and the instructions in the entire manual for the safe and prolonged use of your treadmill.

1. Your treadmill must be grounded. Plug the motor cord only into a properly grounded outlet that is in accordance with all local building codes. Do not attempt to alter the configuration of the plug. Do not use plug adapters. Use an extension cord only when absolutely necessary and then use only a heavy gauge extension cord (14 awg or larger) with a grounded or three-prong plug.
2. Always unplug the motor cord and return the motor adjustment lever to zero when your treadmill is not in use. Do not leave your WalkFit Plus unattended while it is plugged in. Unplug the motor cord before you perform any cleaning or maintenance on your treadmill.
3. Do not attempt to repair any of the electrical components of the WalkFit Plus. If you have a question, call our Customer Service Department at the toll-free phone number printed on your invoice.
4. Do not use your WalkFit Plus outdoors or near hot surfaces or open flames.
5. Keep children and pets away from the motor cord and the moving parts of the treadmill.
6. Route the motor cord away from the underside of the treadmill. Keep the cord away from the moving flywheel.
7. Do not use your WalkFit Plus where aerosol products or oxygen is in use.
8. Keep the ventilation holes on the underside of your treadmill motor free of dust. Make sure your flooring allows for proper ventilation.
9. Do not use the treadmill while you are wearing loose fitting clothing. Use caution with belts or shoelaces, which could become caught in the treadmill belt.
10. Always return the motor adjustment lever to zero before unplugging the motor cord. Do not try to move the treadmill by pulling it with the cord.
11. If you experience a power outage or if the motor cord becomes unplugged for any reason, lower the motor adjustment lever to zero.
12. Do not operate your WalkFit Plus if the cord or plug is damaged, has been dropped or been exposed to water.

Table of Contents

IMPORTANT: Please peel the backing from your invoice and attach it to the inside back cover of this manual. The Customer Service Department toll-free phone number is found on the invoice as well as other important information.

Customer Service Department hours:
Monday through Friday 7 a.m. to 8 p.m.
Saturday 8 a.m. to 4:30 p.m.
Central Standard Time

The following pages contain important information that will help you maximize your workouts with the WalkFit Plus aerobic exerciser. Be sure to read this Owner's Guide thoroughly before using the machine.

Parts	2
Assembly	4
Customize Your WalkFit Plus	7
The Upper-Body Resistance	7
The Treadmill Resistance	7
The Arm-Exerciser Poles	8
The Front Elevation	9
The Hip Pad	10
Collapse the WalkFit Plus for Storage	10
Operation	11
Your Personal Fitness Program	14
Recommended Stretches	17
Essentials of Weight Management	18
Workout Programs	19
Workout Log	20
Care	21
Clean Your WalkFit Plus	21
Care for Your Flywheel and Drag Strap	21
Oil the Upper-Body Exerciser	22
Adjust the Treadmill Belt	25
A Balanced Fitness™ Program	26
Customer Information	28

Parts

Please spend a moment to familiarize yourself with the WalkFit Plus™ parts and terminology in the illustrations on this page and the next before you assemble your WalkFit Plus.

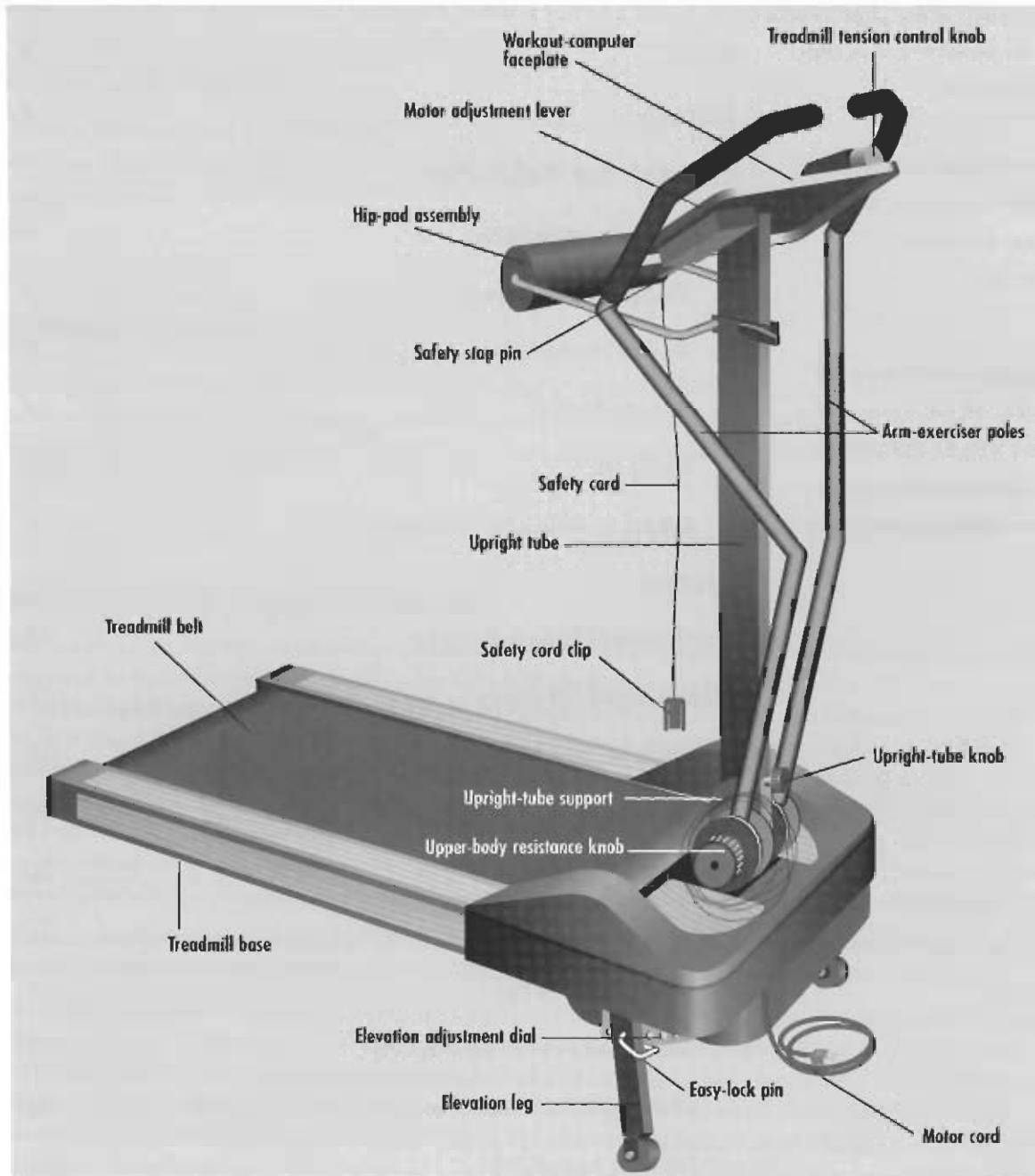


Figure 1

- 1 Base with upper-body exerciser and two easy-lock pins (right and left)

Figure 2

- 1 Arm-exerciser locking pin
- 1 Electronics package
- 1 Information packet
- 1 5/32-inch Allen wrench
- 1 Safety stop pin with attached safety cord and clip

Figure 3

- 1 Hip-pad assembly with hip-pad knob and carriage bolt

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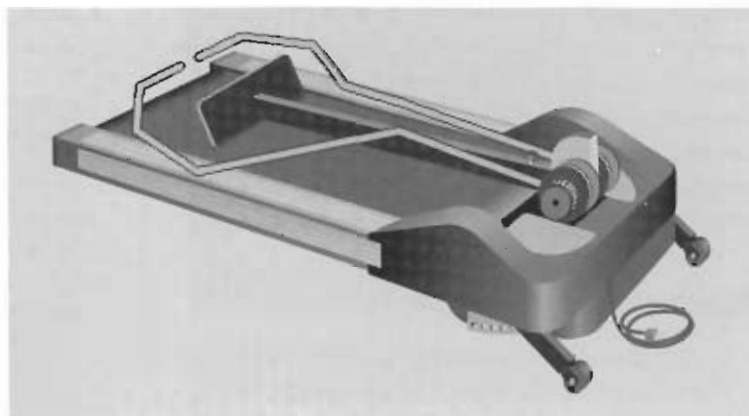


Figure 1

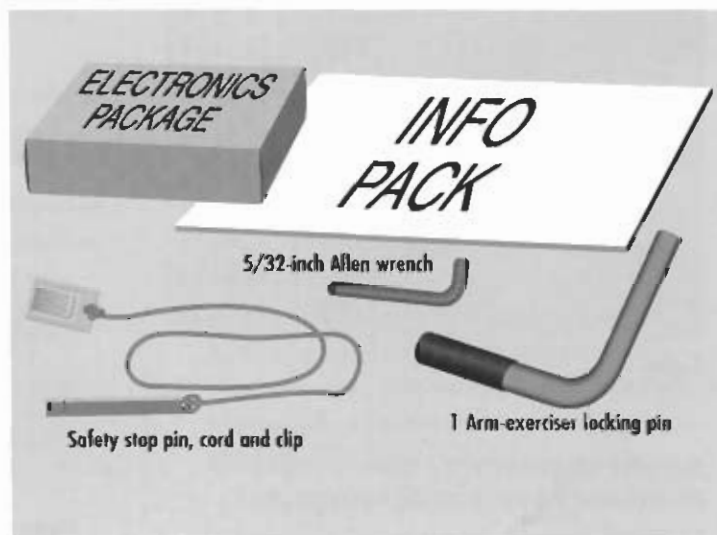


Figure 2

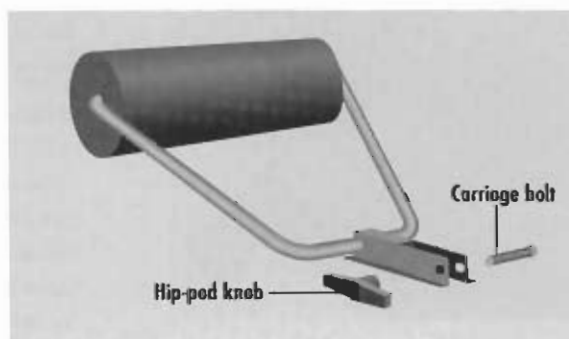


Figure 3

Assembly

First, we suggest that you unpack your WalkFit Plus® aerobic exerciser where you intend to use it. You should unpack your treadmill near a properly grounded electrical outlet. Please retain all packing materials for the duration of your in-home trial. Then, place your exerciser on a flat surface with a protective covering between the exerciser and your flooring or carpet.

Position the Upright Tube

1. Turn the upright-tube knob counterclockwise and remove it from the top side of the upright tube (Figure 1).

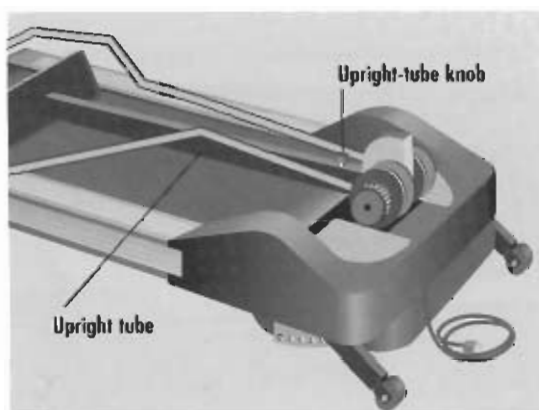


Figure 1

2. Raise the upright tube to a vertical position. Fit the bolt into the notch on the upright-tube support (Figure 2).

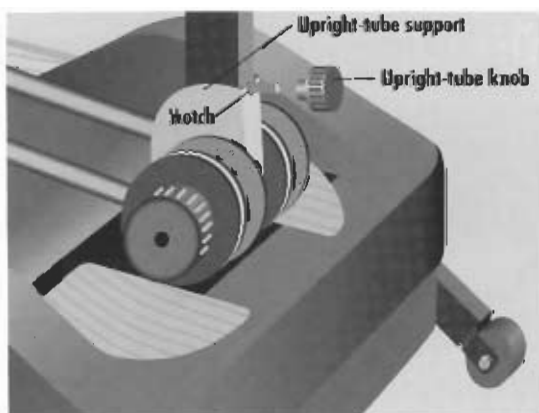


Figure 2

3. Replace the upright-tube knob and turn it clockwise to secure the upright tube (Figure 3).

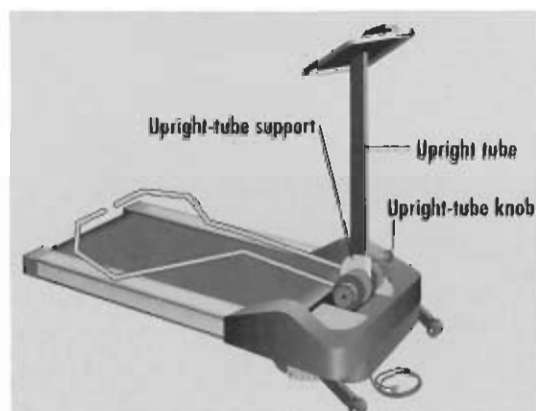


Figure 3

Lock the Arm-Exerciser Poles in Place

1. Locate the arm-exerciser locking pin (Figure 4). Place it near the front of the WalkFit Plus.

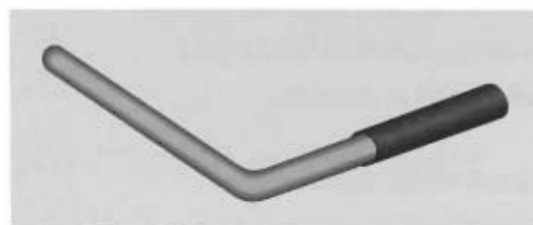


Figure 4

2. Lift the arm-exerciser poles to a vertical position.
3. Hold the arm-exerciser poles with one hand. Turn the upper-body resistance knob until the arm-exerciser poles are stable in the upright position.
4. Align the slots in both of the arm-exerciser poles with the center set of locking holes in the upright-tube support (Figure 5). The arm-exerciser poles can be adjusted later to a position that is most comfortable for you. Refer to the section "The Arm-Exerciser Poles" under "Customize Your WalkFit Plus."

5. Hold the arm-exerciser poles with one hand. Use your other hand to insert the uncapped end of the arm-exerciser locking pin completely through all the holes. The pin should fully extend through the slots in both of the arm-exerciser poles.
6. Rotate the arm-exerciser locking pin down to secure it in place (Figure 5). The capped end of the pin should be almost perpendicular to the base.

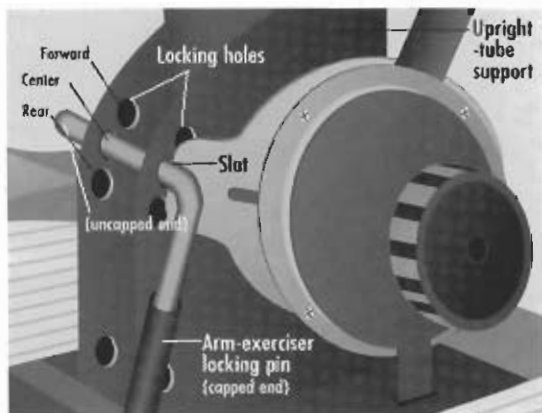


Figure 5

Install the Workout 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 (not included) so the negative ends rest against the springs in the battery compartment. Make sure the batteries make contact on both the positive and negative ends. You may want to roll the batteries back and forth to make sure they are properly connected.

WARNING: 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 recharged.

4. Replace the battery-case cover.

5. Set the computer into the opening in the workout-computer faceplate (Figure 6).

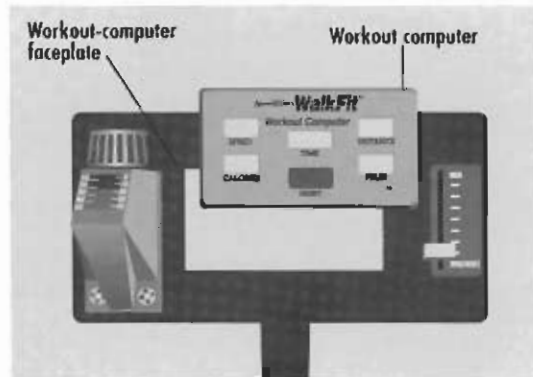


Figure 6

6. Plug the end of the electronics cable into the jack on the back of the computer (Figure 7).

NOTE: You may need to work the workout computer into the faceplate; the computer fits snugly into the opening.

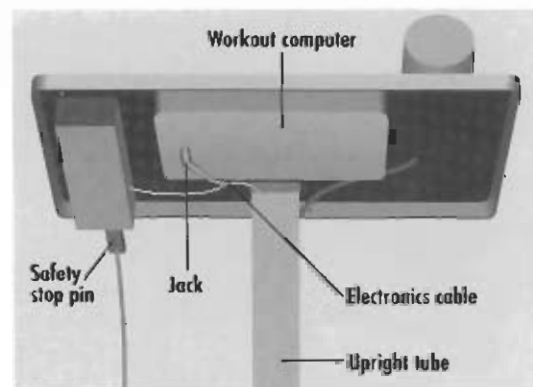


Figure 7

7. Follow the instructions included with your electronics package to program and use your computer.

Insert the Safety Stop Pin

1. Locate the safety stop pin with attached safety cord and clip (Figure 8).

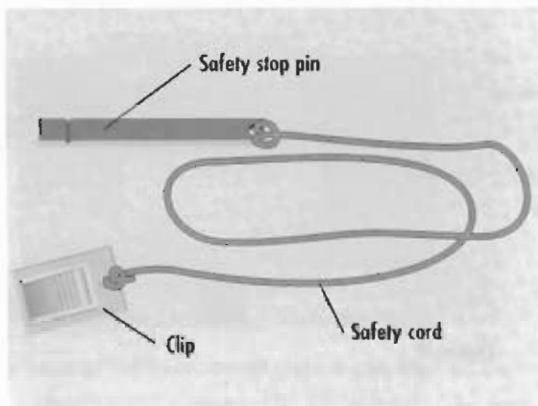


Figure 8

2. Insert the safety stop pin into the receptacle on the right underside of the faceplate (Figure 9).

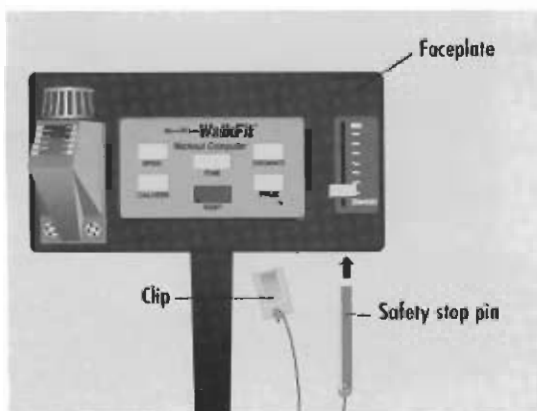


Figure 9

Attach the Hip Pad

1. Remove the hip-pad knob and carriage bolt from the hip-pad bracket (Figure 10).

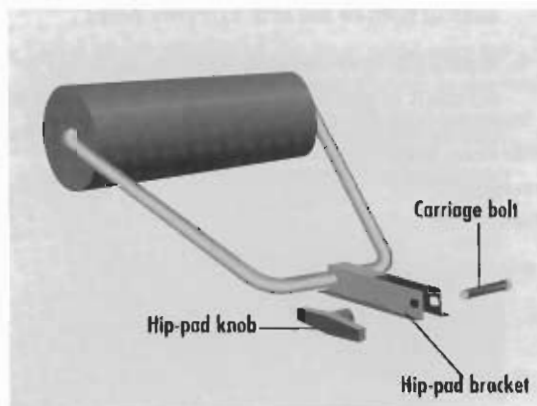


Figure 10

2. Fit the hip-pad bracket around the upright tube (Figure 11). The hip pad should angle upward.

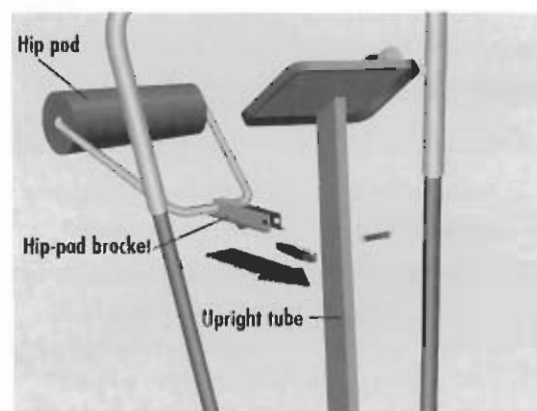


Figure 11

3. Insert the carriage bolt through both holes in the hip-pad bracket (Figure 10). The bolt may be inserted from the left or the right.
4. Tighten the hip-pad knob onto the threaded end of the carriage bolt. This will secure the hip pad. The hip pad can be readjusted when you are ready to work out.

Customize Your WalkFit Plus

The WalkFit® Plus™ aerobic exerciser has several adjustable features to accommodate your fitness level.

The Upper-Body Resistance

The knob to adjust the upper-body resistance is located at the bottom of the upright tube. Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance (Figure 1).

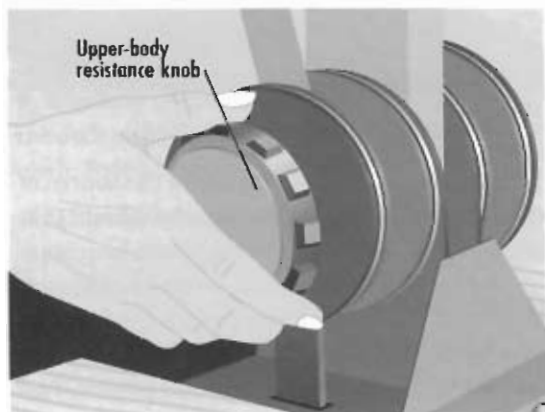


Figure 1

The Treadmill Resistance

IMPORTANT: You should adjust the treadmill resistance only while you are using the treadmill without the motor. This will enable you to easily adjust it to a level that is comfortable for you and will prevent unnecessary wear on the resistance mechanism and motor.

The treadmill tension control knob is found on the top of the upright tube next to the computer (Figure 2). This knob should be used to control the treadmill resistance **only** while you use your WalkFit Plus as a nonmotorized treadmill. A plastic, protective film covers the treadmill resistance window; you may remove and dispose of it.

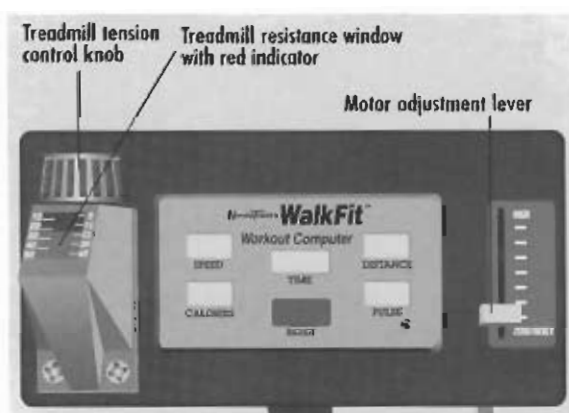


Figure 2

When the motor cord is unplugged, walk on the treadmill and turn the knob clockwise to increase the resistance or counterclockwise to decrease the resistance. The red indicator in the treadmill resistance window below the treadmill tension control knob displays your resistance — the more red, the greater the resistance (Figure 2). Do not turn the knob farther clockwise if the red indicator fills the window below the treadmill tension control knob. Do not turn the knob farther counterclockwise if the red indicator does not appear in the window. Never force the knob.

The Arm-Exerciser Poles

Lock the arm-exerciser poles in place when you want to use the treadmill alone (lower-body exercise) or when your WalkFit™ Plus™ is not in use. Unlock the poles when you want **upper-body exercise** in addition to the lower-body, treadmill exercise.

Lock the Poles in Place

1. Locate the arm-exerciser locking pin (Figure 3). Place it near the front of the WalkFit Plus.

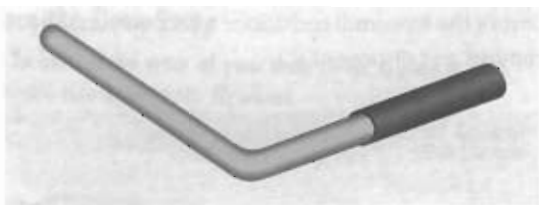


Figure 3

2. Hold the arm-exerciser poles with one hand. Turn the upper-body resistance knob until the arm-exerciser poles are movable, but stable, in the upright position.
3. Choose the position of the arm-exerciser poles based on the length of your stride. As a general rule, the longer your stride, the further forward you should position the arm-exerciser poles. You will want to lock the poles in the center hole if you walk with a long stride. You will want to lock the poles in the forward position if you want to run on the treadmill without holding on to the poles.
4. Align the slot in each of the arm-exerciser poles with either the center or rear set of locking holes (according to the length of your stride) in the upright-tube support (Figure 4).
5. Hold the arm-exerciser poles with one hand. Use your other hand to insert the uncapped end of the arm-exerciser locking pin completely through all the holes (Figure 4). The pin should fully extend through the slots in both of the arm-exerciser poles.
6. Rotate the arm-exerciser locking pin down (Figure 4). The capped end of the pin should be almost perpendicular to the base.

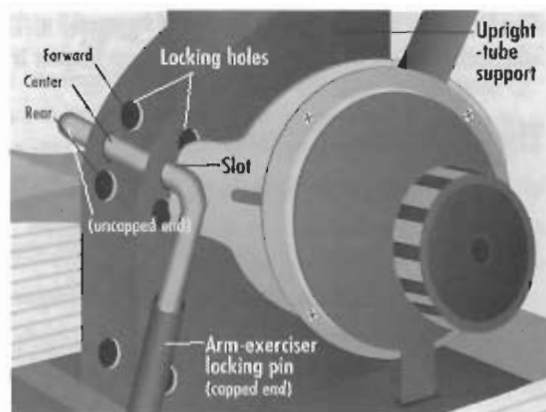


Figure 4

7. Make sure the upright-tube knob at the bottom of the upright tube is tightened and the upright tube is secure.

Unlock the Poles

If you prefer to use the treadmill in combination with the upper-body exerciser, you will need to remove the arm-exerciser locking pin from the locking holes.

1. Hold on to both arm-exerciser poles with one hand.
2. Use your other hand to remove the pin from the locking holes.
3. Insert the arm-exerciser locking pin into the storage holes in the upright-tube support (Figure 5). Be sure the capped end of the pin extends toward the front of the base.
4. Turn the upper-body resistance knob to adjust the arm-exerciser poles to the desired resistance setting.

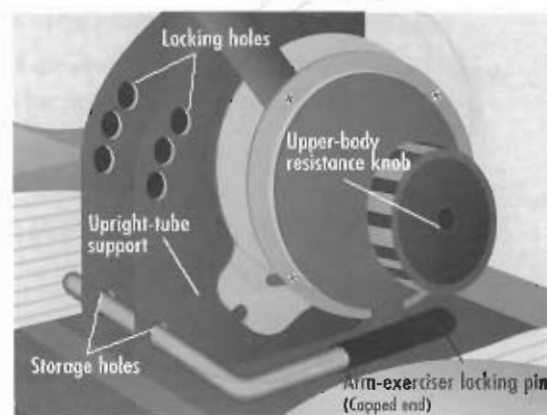


Figure 5

The Front Elevation

You can change the front elevation of your WalkFit Plus to vary your workout. The elevation can be adjusted to multiple positions up to 10 degrees. The elevation hole that is closest to the front of the WalkFit Plus exerciser is the lowest position, and the elevation hole that is toward the rear of the exerciser is the highest elevation.

1. Locate the easy-lock pin for the left side of the WalkFit Plus (Figure 6). The left side is the side that would be on your left if you were standing on the treadmill belt and facing the upright tube.

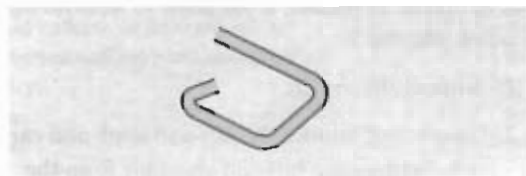


Figure 6

2. Adjust the left elevation leg to the desired elevation and align the hole in the elevation leg with the corresponding holes in the elevation adjustment dial.
3. Insert the straight end of the left easy-lock pin through the holes from the outside of the WalkFit Plus toward the center of the exerciser. Be sure that the end of the pin extends completely through both sides of the front elevation leg.
4. Rotate the bent side of the pin down onto the elevation leg to secure the left easy-lock pin in place (Figure 8).
5. Locate the easy-lock pin for the right side of the WalkFit Plus (Figure 7). The right side is the side that would be on your right if you were standing on the treadmill belt and facing the upright tube.



Figure 7

6. Adjust the right elevation leg to the desired elevation and align the hole in the elevation leg with the corresponding holes in the elevation adjustment dial.

NOTE: Both elevation legs must be adjusted to the same elevation setting.

7. Insert the straight end of the right easy-lock pin through the holes from the outside of the WalkFit Plus toward the center of the exerciser. Be sure that the end of the pin extends completely through both sides of the front elevation leg.
8. Rotate the bent side of the pin down onto the elevation leg to secure the right easy-lock pin in place (Figure 8).
9. Figure 8 shows both the left and right easy-lock pins properly installed.

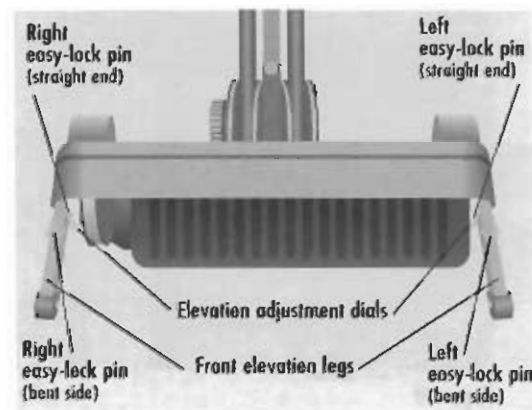


Figure 8

The Hip Pad

You may use the WalkFit Plus with or without the hip pad. The hip pad will assist you in achieving and maintaining a steady, smooth pace as you exercise, particularly when you have chosen to use your WalkFit Plus as a nonmotorized treadmill. Be sure the hip pad is positioned for your height before you begin to exercise.

CAUTION: Make sure the motor cord is unplugged before you proceed.

1. Increase the treadmill resistance by turning the treadmill tension control knob clockwise until the belt does not move when you stand on it.
2. Remove the hip-pad assembly from the upright tube.
3. Stand on the treadmill belt near the upright tube. Fit the hip-pad bracket around the upright tube. The hip pad should angle upward (Figure 9).

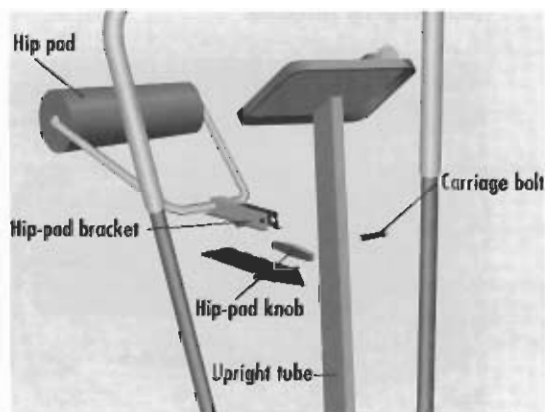


Figure 9

4. Determine the appropriate setting for you. The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement and low enough so that it does not press against your abdomen.
5. Insert the carriage bolt through both holes in the hip-pad bracket. The bolt may be inserted from the left or the right.
6. Tighten the hip-pad knob onto the threaded end of the carriage bolt. This will secure the hip pad.

If you wish to remove the hip pad, follow these steps:

1. Remove the hip-pad knob from the carriage bolt.
2. Take the carriage bolt from the hip-pad bracket.
3. Remove the hip pad from the upright tube and set it aside.

Collapse the WalkFit Plus for Storage

The WalkFit Plus™ aerobic exerciser is collapsible for convenient storage.

NOTE: You do not need to remove the hip pad to collapse your WalkFit Plus. Removing the hip pad is appropriate for long-term storage (over 30 days) or if you need to make your WalkFit Plus as compact as possible. If you prefer to leave the hip pad attached, skip step 2.

1. Unplug the motor.
2. Loosen and remove the hip-pad knob and carriage bolt. Remove the hip-pad assembly from the upright tube.
3. If the arm-exerciser locking pin is inserted through the locking holes, remove it and place it in the storage holes in the upright-tube support. Be sure to hold on to both arm-exerciser poles with one hand as you remove the pin. The capped end of the arm-exerciser locking pin should extend toward the front of the base.
4. Turn the upper-body resistance knob counterclockwise to loosen the tension on the arm-exerciser poles and upright tube. Lower the arm-exerciser poles until they rest on the treadmill deck. Turn the upper-body resistance knob clockwise to secure the arm-exerciser poles.
5. Hold the upright tube in one hand. Remove the upright-tube knob from the upright tube.
6. Lift the upright tube slightly so it clears the notch on the upright-tube support.
7. Lower the upright tube until it rests on the treadmill deck.
8. Replace the upright-tube knob.

Operation

Before You Begin

Always consult your physician before beginning any exercise program.

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

1. Make sure you have read the "Important Safety Precautions" at the beginning of this manual.
2. Be sure there is enough clearance for the flywheel to turn: there should be at least 1/2-inch between the flywheel and the floor. When the WalkFit Plus is on carpeting, the flywheel may touch the carpet. If this occurs, try increasing the leg elevation to raise the flywheel. Or move the exerciser to flatter carpeting or an uncarpeted surface.
3. Make sure the upright-tube knob at the bottom of the upright tube is fully tightened.
4. Adjust the upper-body resistance, treadmill resistance, arm-exerciser poles and hip pad to a position that is comfortable for you. We recommend starting with the front elevation adjusted to the third hole from the front of the elevation adjustment dial. Later, when your fitness level has increased and you want a more intense workout, you can lower the elevation. Follow the instructions on page 9 to adjust the elevation.

IMPORTANT: It is essential to warm up and stretch your muscles before exercising. Follow the guidelines on pages 14 through 17.

Learning to Use Your WalkFit Plus

Before you use the motor on your WalkFit Plus, learn the proper coordination of your arms and legs while walking on the treadmill **without the aid of the motor**. Once you have learned the proper motion, you can add the motor when you're ready.

Start With the Leg Motion Only

CAUTION: Make sure the motor cord is unplugged while you are learning the proper arm and leg motion.

1. Place the arm-exerciser poles in either the rear or center locking position. Be sure that the arm-exerciser locking pin is fully extended through the slots in both of the arm-exerciser poles.
2. Adjust the front elevation to the third hole from the front of the elevation adjustment dial. You may wish to try a different elevation after you get comfortable walking on the treadmill surface.

NOTE: You may want to hold on to the locked arm poles when you get on and off the treadmill.

3. Check to make sure that the hip pad is properly adjusted. The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement.
4. Grasp the arm-exerciser poles in a grip that is comfortable for you.
5. Gently rest your hips against the hip pad.

NOTE: The upright tube is designed to flex while you work out.

6. Stand near the front of the treadmill and begin to walk at a slow pace. Take normal, comfortable strides. Follow a heel-to-toe pattern. Maintain an upright and straight body position. Keep your weight on your feet. Use the arm-exerciser poles and hip pad for balance and stability only.

NOTE: Check the arm-exerciser locking pin periodically during your workout to make sure it does not come loose.

7. Continue to walk and turn the treadmill tension control knob until the treadmill resistance is at a comfortable level. Turn the knob only when you are walking; never force the knob. Start with a lower resistance and increase it as your fitness level improves.

NOTE: Remember to use the arm-exerciser poles and hip pad for balance and support only. Keep your weight on your feet.

8. Once you are comfortable with the treadmill surface, begin to use the upper-body exerciser as described in the next section.

Use the Treadmill and the Upper-Body Exerciser

Use the upper-body exerciser as you walk to give you a total-body workout that is more effective than walking alone. You'll burn more calories and tone your upper body too!

1. Hold on to the arm-exerciser poles with one hand. Remove the arm-exerciser locking pin with the other hand.
2. Place the arm-exerciser locking pin in the storage holes at the bottom of the upright-tube support.
3. Adjust the upper-body resistance to a setting that is comfortable for you. Turn the knob clockwise to increase the upper-body resistance and counterclockwise to decrease the upper-body resistance.
4. Gently rest your hips against the hip pad.
5. Grasp the arm-exerciser poles.
6. Begin to walk. Take comfortable strides and follow a heel-to-toe pattern.
7. Set the treadmill resistance to a level that is comfortable for you. Adjust the treadmill resistance only while you're using the treadmill.
8. Begin to move your arms in harmony with your legs, pushing and pulling 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. Refer to the photo to the right.

It may help you to envision your right leg coming to meet your right arm and your left leg coming to meet your left arm. Do not bring the poles so far back that they hit your body. Keep your weight on your feet. Use the arm-exerciser poles and hip pad for balance and stability only.

NOTE: If you are unable to achieve or maintain a smooth, rhythmic stride, it may be easier to get the treadmill belt moving if you adjust the elevation to a higher level.

9. If you like, progress to jogging or running once you are comfortable with walking on your WalkFit Plus™. Begin by placing the poles in the center or rear locking positions; jog or run while holding onto the poles. Add the upper-body exerciser when you feel ready to do so.

CAUTION: Lock the arm-exerciser poles in one of the three upright positions when your WalkFit Plus is not in use.



Use the Motor

At the touch of a button, your WalkFit Plus becomes a motorized treadmill. The motor adjustment lever allows you to determine the speed (from zero to four miles per hour) at which the motor will turn the treadmill belt. Add your momentum as you walk or run on the treadmill belt, and you override the speed limitations of the motor allowing you to run or walk at even more than four miles per hour. You determine your pace; but, as you slow your pace, the motor maintains its preset speed.

1. Make sure the motor adjustment lever is set at zero.
2. Plug the motor cord into a properly grounded electrical outlet.

CAUTION: Make sure the cord is routed away from the underside of the treadmill.

3. Decrease the treadmill resistance by turning the treadmill tension control knob until the red indicator no longer appears in the window below the treadmill tension control knob.

IMPORTANT: Do not use the motor on your WalkFit Plus while the treadmill resistance is set with the treadmill tension control knob. Turn the treadmill tension control knob counterclockwise to its lowest setting.

4. Lock the arm-exerciser poles in either the forward or center locking position. Be sure that the arm-exerciser locking pin is fully extended through the slots in both of the arm-exerciser poles.

5. Adjust the front elevation to a level that is comfortable for you. While you are experimenting with various speeds on the motor, it may help you to lower the elevation to the first hole at the front of the elevation dial.

NOTE: You may want to hold on to the locked arm poles when you get on and off the treadmill.

6. Check to make sure the hip pad is properly adjusted. The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement. You may prefer to use the motorized treadmill without the hip pad.

7. Attach the safety cord clip to your waistband.

CAUTION: Make sure the safety cord clip is securely attached to your waistband before you proceed. Should you lose your balance or step off the treadmill, the safety cord will pull the safety stop pin out of its receptacle stopping the motor. Always return the motor adjustment lever to zero before you reinsert the safety stop pin.

8. Grasp the arm-exerciser poles in a grip that is comfortable for you.
9. Gently rest your hips against the hip pad.

10. Stand near the front of the treadmill and begin to walk at a slow pace. Take normal, comfortable strides. Follow a heel-to-toe pattern. Maintain an upright and straight body position. Keep your weight on your feet. Use the arm-exerciser poles and hip pad for balance and stability only.

11. Continue to walk and hold the left arm-exerciser pole with your left hand. Slowly push the motor adjustment lever (on the right side of the faceplate) upward with your right hand.

CAUTION: Increase the motor speed gradually.

IMPORTANT: The motor may emit an odor while you are first using it. This is normal; it will go away after you have used the WalkFit Plus with the motor for several workouts.

12. When you have finished your workout, decrease the motor speed gradually. When the lever is in its lowest position, the motor will stop.

CAUTION: Wait until the motor has stopped before you step off the treadmill belt.

13. Add the upper-body exerciser when you are accustomed to walking with the aid of the motor. Unlock the arm-exerciser poles and move your arms in harmony with your legs. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

NOTE: Your exerciser may move slightly while you exercise. Be careful not to move too far away from your electrical outlet.

14. If you like, progress to jogging or running once you are comfortable with walking on your WalkFit Plus. Begin by placing the poles in the center or rear locking position; jog or run while holding onto the poles. Check the arm-exerciser locking pin periodically to make sure it does not come loose. Add the upper-body exerciser when you feel ready to do so. You may want to remove the hip pad while you run or jog on your treadmill.

WARNING: As with all electrical equipment, use caution. Keep children and pets away from the motor cord while the unit is plugged into the outlet. Always unplug the cord from the wall when the exerciser is not in use. Precautions should be observed during handling and use to prevent electrical shock.

Your Personal Fitness Program

This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of the WalkFit® Plus™ aerobic exerciser.



We recommend that you 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 attainable, realistic 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 athletic performance

Exercise Progression

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts which should be performed in the following order:

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

1. Warm-Up

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

2. Stretching

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 17.

3. Aerobic Conditioning

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity.

Frequency

Frequency refers to the number of workouts per week. The recommended number of workouts is three to five days per week. However, four to five workouts 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 computer can help you track your workout duration. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out for 30 to 60 minutes.

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the section on the next page, *Monitoring Your Heart Rate*.

4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

5. Strength Conditioning

A strength-conditioning program is an essential component of any exercise program. It adds lean muscle mass to the body and aids in burning body fat.

6. Stretching

Stretching after exercise helps decrease muscle soreness. We recommend that you complete the stretches described on page 17.

Monitoring Your Heart Rate

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

Resting Heart Rate

Take your heart rate before you begin 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 cooled down properly, your heart rate should have nearly returned to its resting heart rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart rate begins to return to its resting heart rate more quickly during your cool-down.

Maximum Heart Rate (MHR)

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

Target Heart Rate

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

We recommend that you 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 near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

Taking Your Heart Rate (Pulse)

Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel. Touch your left wrist, one-fourth of an inch from the wrist joint at the base of thumb, with the index and middle fingertips of your right hand (Figure 1). Relax your left thumb and roll your hand so your palm is facing up. Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers — let the beat 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 60%-70% of MHR*		Intermediate 70%-80% of MHR*		Advanced 80%-85% of MHR*	
	10 secs	One min.	10 secs	One min.	10 secs	One min.
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

*Figures are rounded to the nearest whole number.

Training Tips

1. Consult your physician before beginning any exercise program. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
2. 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. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.
3. Begin slowly. If you haven't exercised for a long time, begin with three to five minutes of slow walking a day and progress gradually. Remember, changing your lifestyle takes time.
4. Don't overexert yourself. Stop exercising if you experience any unusual discomfort or signs of overexertion, lightheadedness, dizziness, nausea or extreme breathlessness. Other symptoms include prolonged fatigue (more than an hour) or pain of the muscles or skeletal system.
5. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
6. Make your exercise time more enjoyable. While exercising on the WalkFit[®] Plus[™] aerobic exerciser, you can listen to music or a book on tape or watch your favorite television show.
7. Always wear exercise clothing such as shorts and a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. It is important that you wear comfortable athletic shoes.

Recommended Stretches

Hold each stretch for 15 to 30 seconds without bouncing.
Always stretch both sides of your body.



Shoulder Stretch

Pull your elbow across your chest. Repeat with your other arm.



Back and Arms Stretch

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



Quadriceps Stretch

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



Calf Stretch

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



Hamstring Stretch

Position your legs as shown and bend forward from your hips. Be sure to keep your back straight. Repeat with your other leg.



Inner-Thigh Stretch

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



Lower-Back and Hip Stretch

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

Essentials of Weight Management

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

What's the Ideal Weight for You?

Ideal body weight varies from person to person, depending on genetics, height and body structure. Height and weight tables that attempt to predict ideal body weight based solely on body height can be misleading.

Rather than focusing on weight alone, you should concentrate on your body composition: the percentage of your weight that is coming from fat. Ideally, a man's body fat should be 15 to 20 percent of his total weight. A woman's body fat should be between 20 and 25 percent of her total body weight.

Diets Alone Don't Work.

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

Exercise Helps You Keep it Off.

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

Spot Reduction is a Myth.

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

Exercise for Weight Loss.

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 percent of your Maximum Heart Rate (MHR) for 30 to 60 minutes four to five times a week. (Beginning exercisers may need to start at 60 to 70 percent of their MHR and progress to the higher intensity.) Participating in a strength conditioning program on an every-other-day basis can also supplement this type of training by increasing your muscle mass, which is your body's primary calorie burner.

Make Exercise a Way of Life.

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

Workout Programs

The programs listed here are general recommendations. They are meant to assist you in getting the most from your WalkFit® Plus™ aerobic exerciser and are designed for your convenience. A consultation with your physician is recommended to determine your physical condition and select the appropriate conditioning program.

NOTE: When you begin an exercise program, five to ten minutes of exercise may be sufficient. Slowly increase your workout duration as you are able to do so. Take rest periods if you need them.

Beginner Workout Program

Motorized walking (without arm exercise):	10 minutes
Motorized walking (with arm exercise):	10 minutes
Frequency:	2 – 3 days per week
Intensity:	60% – 70% of your maximum heart rate
Duration:	20 minutes

Intermediate I Workout Program

Nonmotorized walking (without arm exercise):	10 minutes
Motorized walking (with arm exercise):	5 – 15 minutes
Nonmotorized walking (with arm exercise):	5 – 15 minutes
Frequency:	3 – 4 days per week
Intensity:	70% – 80% of your maximum heart rate
Duration:	20 – 40 minutes

Intermediate II Workout Program

Motorized walking (with arm exercise):	10 minutes
Nonmotorized walking (with arm exercise):	10 minutes
Alternating 1-3 times:	
Motorized walking (with arm exercise):	5 minutes
Nonmotorized running (without arm exercise):	5 minutes
Frequency:	4 – 5 days per week
Intensity:	70% – 80% of your maximum heart rate
Duration:	30 – 50 minutes

Advanced Workout Program

Nonmotorized walking (with arm exercise):	15 minutes
Alternating 2-3 times:	
Motorized walking (with arm exercise):	5 minutes
Nonmotorized walking (with arm exercise):	5 minutes
Nonmotorized running (with arm exercise):	5 minutes
Frequency:	4 – 5 days per week
Intensity:	80% – 85% of your maximum heart rate
Duration:	30 – 60 minutes

Interval Training Program

Motorized walking (with arm exercise):	5 minutes
Alternating 5-15 times:	
Nonmotorized walking (with arm exercise at 60% – 70% of maximum heart rate):	1 minute
Nonmotorized running (with arm exercise at 80% – 85% of maximum heart rate):	2 minute
Frequency:	3 – 5 times per week
Intensity:	alternating between 60% – 70% and 80% – 85%
Duration:	20 – 50 minutes

Workout Log

You may want to photocopy this page before you use it.

[illegible]

The WalkFit Plus™ aerobic exerciser is built to require minimal maintenance. Perform the following maintenance to help ensure the safe and efficient operation of your WalkFit Plus exerciser.

Clean Your WalkFit Plus

CAUTION: Make sure the motor cord is unplugged before you perform any cleaning or maintenance on your treadmill.

We recommend that you wipe your WalkFit Plus with a clean, dry cloth after each workout. Be sure to wipe both the treadmill belt and the treadmill deck beneath it. Regularly (maybe as often as once per week), clean the deck and belt with rubbing alcohol and a clean cloth. Follow with a clean, dry cloth.

Periodically inspect the flywheel and drag strap for a buildup of dirt or gummy residue. If such a buildup does exist, clean the flywheel and drag strap as instructed in the sections that follow. A clean flywheel and drag strap will help ensure smooth, even resistance on the treadmill.

CAUTION: Do not attempt to repair any of the electrical components of the WalkFit Plus. If you have a question, call the Customer Service Department at the toll-free phone number printed on your invoice.

Care for Your Drag Strap

We recommend that you clean both the drag strap and the flywheel on a monthly basis.

Remove and Clean the Drag Strap

1. Place a protective covering on your floor.
2. Set the treadmill resistance to its lowest setting.
3. Align the slot in each of the arm-exerciser poles with the center set of locking holes (Figure 1).
4. Hold the arm-exerciser poles with one hand. Use your other hand to insert the uncapped end of the arm-exerciser locking pin completely through all the holes. The pin should fully extend through the slots in both of the arm-exerciser poles.
5. Rotate the arm-exerciser locking pin down (Figure 1).

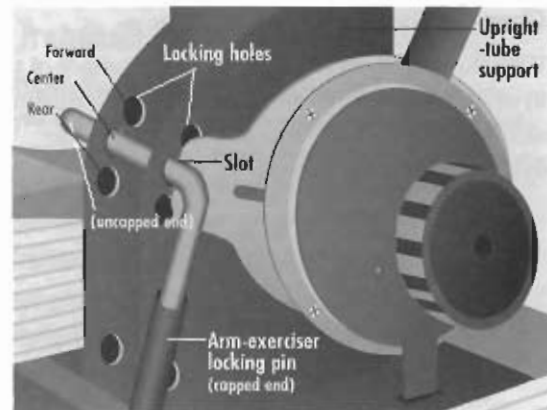


Figure 1

6. Carefully tip the WalkFit Plus exerciser onto its back end. It will be supported by the arm-exerciser poles.
7. Note how the drag strap is routed on the WalkFit Plus (Figure 2). Disconnect the drag strap and remove it from the flywheel.

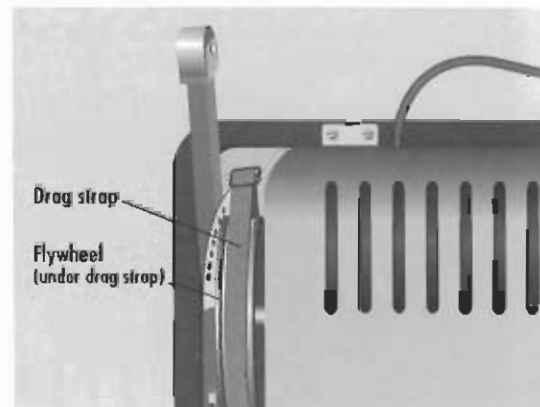


Figure 2

8. Scrub both sides of the drag strap with a dry, clean cloth or a stiff-bristled brush. Or, hold the ends of the drag strap in your hands and snap the drag strap. NEVER wash the drag strap with water or any cleaner because it will shrink.
9. Follow the instructions on the next page to clean the flywheel before you reattach the drag strap.

Clean the Flywheel

With the drag strap removed, wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. If there is any rust or corrosion on the flywheel, follow these steps:

1. Use fine or very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary.
2. Wipe the flywheel with a clean, dry cloth to remove the residue. NEVER place oil between the flywheel and the drag strap; this will damage the drag strap.

Replace the Drag Strap

NOTE: To extend the wear of your drag strap, replace it with the reverse side against the flywheel.

1. Slide the small loop around the tension rod. Be sure the "tail" of the strap is toward the ceiling (Figure 3).
2. Slip the drag strap over the flywheel (Figure 3).

NOTE: When the drag strap is properly installed, the flywheel should spin with the movement of the treadmill belt, but the drag strap will not spin.

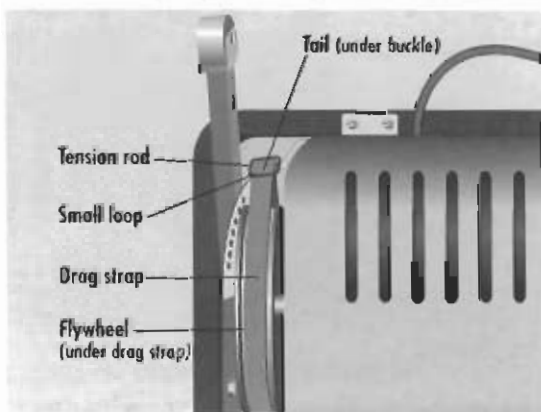


Figure 3

Oil the Upper-Body Exerciser

There are four round, leather brake pads at the base of the upper-body exerciser. If they begin to squeak or if the resistance is uneven, you will need to disassemble the upper-body exerciser to oil them.

Collapse the WalkFit[®] Plus[™] Exerciser

1. If the arm-exerciser poles are locked in position, remove the arm-exerciser locking pin. Be sure to hold on to the arm-exerciser poles as you remove the pin.
2. Insert the arm-exerciser locking pin through the storage holes in the upright-tube support (Figure 4).

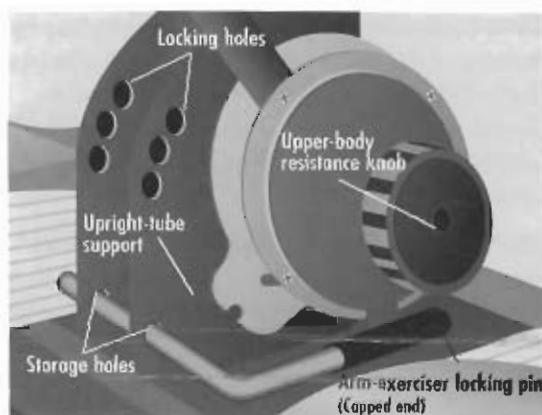


Figure 4

3. Lower the arm-exerciser poles onto the treadmill deck.
4. Hold on to the upright tube with one hand. Remove the upright-tube knob from the upright tube.
5. Lift the upright tube slightly so it clears the notch on the upright-tube support.
6. Lower the upright tube until it rests on the treadmill deck.
7. Replace the upright-tube knob.

Disassemble the Upper-Body Exerciser

IMPORTANT: The arm-exerciser poles or brake pads may be greasy. Place a protective covering on your floor.

NOTE: Right and left references in this section mean what would be the right (or left) side if you were standing on the treadmill facing the upright tube.

1. Turn the upper-body resistance control knob counterclockwise until the knob comes off. Set the knob aside.
2. Remove the washer, bearing, washer assembly from the large bolt.
3. Slide the right brake-pad plate (and the attached brake pad) off the large bolt (Figure 5).
4. Remove the right arm-exerciser pole (Figure 5).

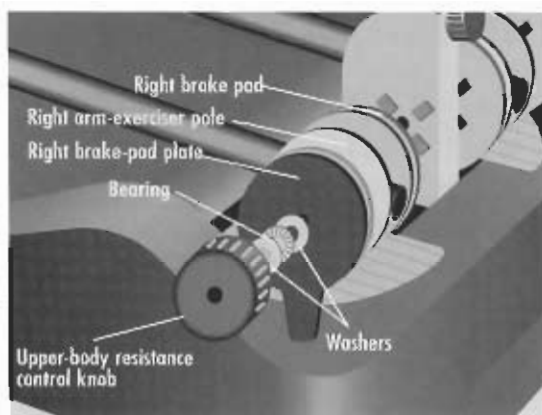


Figure 5

5. Partially remove the large bolt from the base. You will need to push the bolt through the upright tube. The bolt will still be inserted through the left arm-exerciser pole and brake-pad plate.

NOTE: The upright tube will drop out of position when the bolt is removed.

6. Remove the large bolt from the left arm-exerciser pole and brake-pad plate.

7. Gently pull the left arm-exerciser pole and brake-pad plate off the machine (Figure 6).

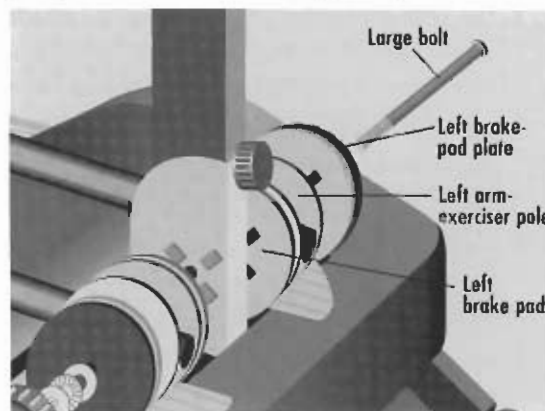


Figure 6

NOTE: The brake-pad plates and brake pads are interchangeable. The arm-exerciser poles are not. Be sure to note the original position of the arm-exerciser poles so that you replace them correctly.

Oil the Brake Pads

NOTE: Remember to place a drop cloth or protective cover on your floor.

1. Remove the two brake pads (Figure 7) from the upright-tube support.

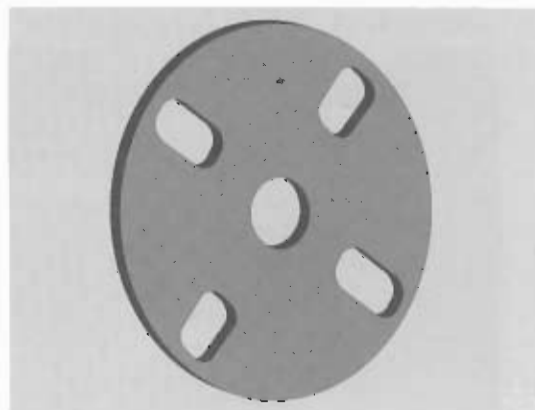


Figure 7

2. Locate the two brake pads that are attached to the brake-pad plates.
3. Use 100-grit sandpaper to roughen the smooth side of each of the four brake pads. This will enable the oil to penetrate the pads properly.

NOTE: Do not press too hard with the sandpaper. You need only rub hard enough to remove some of the shine from the surface of the brake pad.

4. Place two to three drops of light household oil on each of the brake pads. Spread the oil evenly over the entire surface of each pad.
5. Let the oil absorb for eight hours before reassembling the upper-body exerciser.
6. Reattach the two brake pads to the tabs on the upright-tube support. The smooth side (the side you oiled) of each pad should face away from the upright-tube support.

NOTE: Be sure that the four slots in the brake pads are secured to the four tabs on the upright-tube support.

Assemble the Upper-Body Exerciser

Figure 8 shows the WalkFit® Plus® with the upper-body exerciser completely disassembled. You will need to put it back together in reverse order from the order in which you took it apart.

1. Realign the holes in the upright tube with the holes in the upright-tube support.

2. Partially insert the large bolt through the left brake-pad plate and the arm-exerciser pole. The threaded end of the bolt should be just visible through the arm-exerciser pole. The head of the bolt should be on the metal side of the brake-pad plate.

3. Stand at the left side of the base and insert the tab at the bottom of the brake-pad plate into the slot in the base. Align the holes in the arm-exerciser pole with the upright-tube support and push the bolt through all the holes. Be sure the bolt passes over the cabling located inside the upright tube.

NOTE: To assist in the reassembly, stand at the left side of the base and use your leg to help hold the arm-exerciser pole in position.

4. Position the right arm-exerciser pole on the bolt.
5. With the brake pad toward the arm-exerciser pole, insert the tabbed end of the brake-pad plate into the slot in the base. Fit the bolt through the brake-pad plate.
6. Slide the washers and bearing onto the bolt in this order: washer, bearing, washer.
7. Reattach the upper-body resistance knob. Tighten the knob until the assembly fits closely together.
8. Return the arm-exerciser poles and the upright tube to their upright positions.

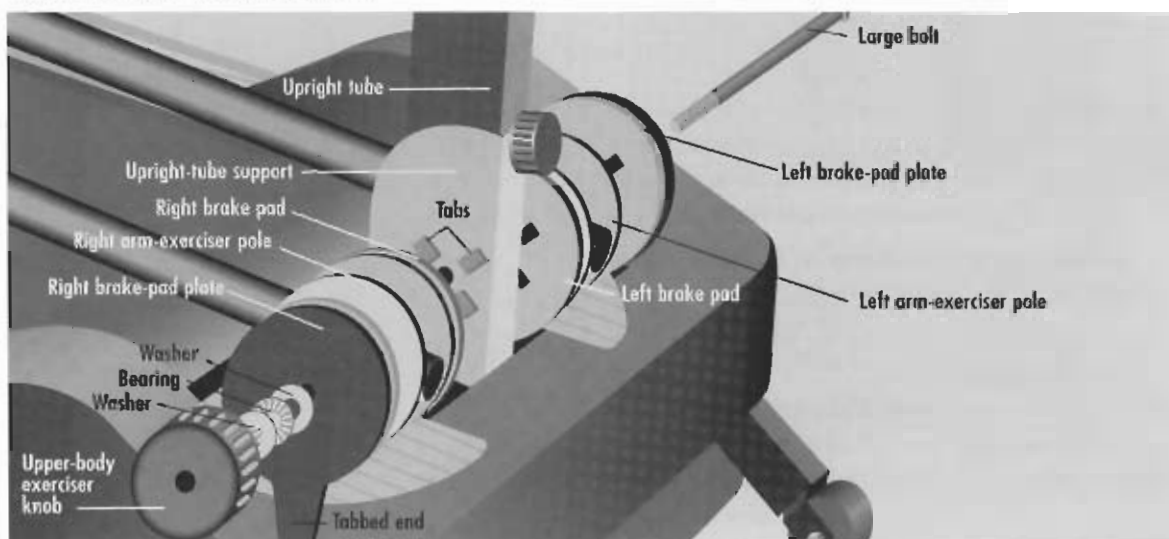


Figure 8

Adjust the Treadmill Belt

If the treadmill belt resistance becomes too loose, too tight or moves to one side, it can be adjusted. If the treadmill belt has moved to one side and stays to one side, center it as follows:

IMPORTANT: The two guides beneath the treadmill deck are designed to keep the belt centered. The belt is cut slightly wider than the space between the two guides, so it may curl up on each side. This is normal and will not damage the treadmill belt.

1. If the treadmill belt is too far to the left side of the treadmill deck, stand on the left side of the machine. If the treadmill belt is too far to the right side of the treadmill deck, stand on the right side of the machine.
2. Use your foot (the one nearest the treadmill) to rotate the treadmill belt several times.
3. If the belt is still off-center or if it is too loose or too tight, continue with the following steps. Otherwise, stop after step 2.

IMPORTANT: Steps 4 through 9 are intended to be a last step in treadmill maintenance. Follow the instructions on this page only if you have already cleaned both the flywheel and drag strap (according to the "Flywheel and Drag Strap Care" section pages 21-22).

4. Lock the arm-exerciser poles in the forward position.
5. Carefully tip the machine forward by lifting the back end of the machine. Rest the machine on the arm-exerciser poles.

CAUTION: Check the stability of your WalkFit Plus before you perform the following steps.

6. Use the 5/32-inch Allen wrench provided on the adjustment bolts at the rear of the treadmill deck to adjust the treadmill resistance (Figure 9). The treadmill is properly adjusted if you are just able to slip your hand between the belt and the treadmill deck.

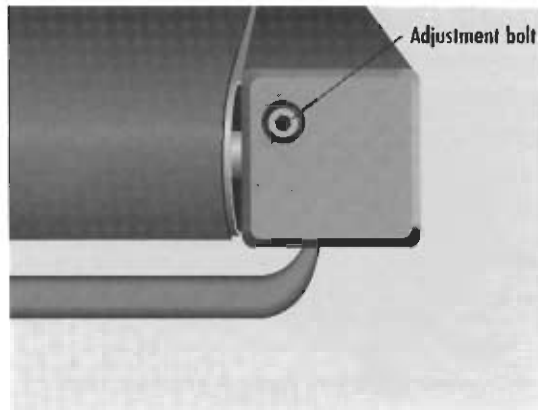


Figure 9

To loosen or tighten the belt:

- If the treadmill belt is too tight, turn both adjustment bolts counterclockwise. Adjust each bolt equally a quarter turn at a time.
- If the treadmill belt is too loose, tighten it by turning both bolts clockwise. Adjust each bolt equally a quarter turn at a time.

To realign the belt:

- If the belt is moved over to the left, turn the adjustment bolt on the right counterclockwise and the adjustment bolt on the left clockwise. Turn each bolt equally a quarter turn at a time.
 - If the belt is moved toward the right, turn the adjustment bolt on the right clockwise and the adjustment bolt on the left counterclockwise. Turn each bolt equally a quarter turn at a time.
7. Return the WalkFit Plus aerobic exerciser to an upright position.
 8. Walk on the treadmill so that the treadmill belt rotates six to ten times.
 9. Check the position of the treadmill belt. If the belt is not properly adjusted, repeat steps 5 through 8.

A Balanced Fitness Program

Strength Conditioning

Fitness-aware individuals like you have understood the need for regular aerobic exercise for quite some time. But aerobic exercise is not enough. NordicTrack's Balanced Fitness™ program includes strength conditioning in addition to aerobic exercise.

Some of the benefits of strength conditioning are listed below:

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

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

Cross-Training

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more aerobic exercises into a personal fitness program. This type of training will help you achieve a greater fitness level than a program in which you perform the same exercise over and over again.

Some of the other benefits of cross-training are:

- Enhanced sports performance
- Improved muscle balance and symmetry
- Reduced exercise boredom
- Decreased recovery time between workouts

The products featured on this and the following page will enable you to round out your Balanced Fitness program.



NordicFlex Gold Strength Conditioner

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

The NordicFlex Gold features a patented isokinetic resistance system that will provide you and your family with a safe, effective workout. For more information on NordicFlex Gold strength conditioners, call 1-800-445-2360.

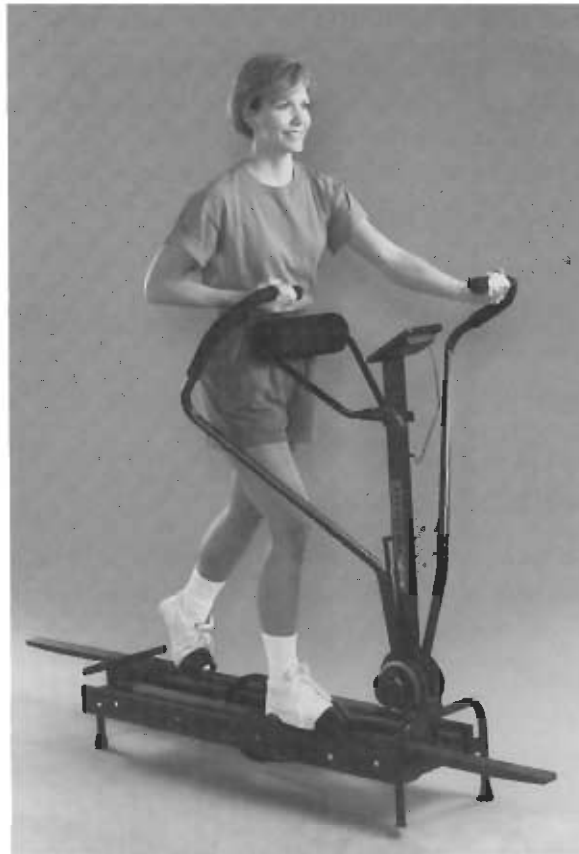


Aerobic Cross-Trainer

The Aerobic Cross-Trainer™ exerciser offers you five heart-pumping, muscle-toning aerobic exercises in one space-efficient machine:

- Walking
- Jogging
- Power Walking
- Cross-Country Skiing
- Stairstepping

Add variety and challenge to your aerobic workouts with one convenient machine! Plus, it comes with 11 different recommended workout programs. For more information on the Aerobic Cross-Trainer, call 1-800-421-5910.



EasySki

The EasySki™ aerobic exerciser simulates the motion of cross-country skiing which medical experts agree is the world's best aerobic exercise.

For the past 19 years, NordicTrack® ski exercisers have helped more than 3 million people attain their personal fitness goals. The revolutionary new EasySki takes the NordicTrack tradition a step further by making the smooth total-body workout of a NordicTrack ski exerciser even easier to learn! For more information on the EasySki, call 1-800-245-6097.

Customer Information

We're Just a Toll-Free Phone Call Away

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

Customer Service Department hours are:

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

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

Central Standard Time

Satisfaction Guarantee

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

Manufacturer's Two-Year Limited Warranty

NordicTrack, Inc., will for two years from the date of purchase of the WalkFit® Plus™ aerobic exerciser, 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 WalkFit Plus will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if the mishandling is within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care, or normal wear on items, such as those having finished or painted surfaces or the foam handgrips. This warranty is applicable to sales made only by NordicTrack, Inc., or Nordic Advantage, Inc., a retail distributor of NordicTrack products. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the WalkFit Plus 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.

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