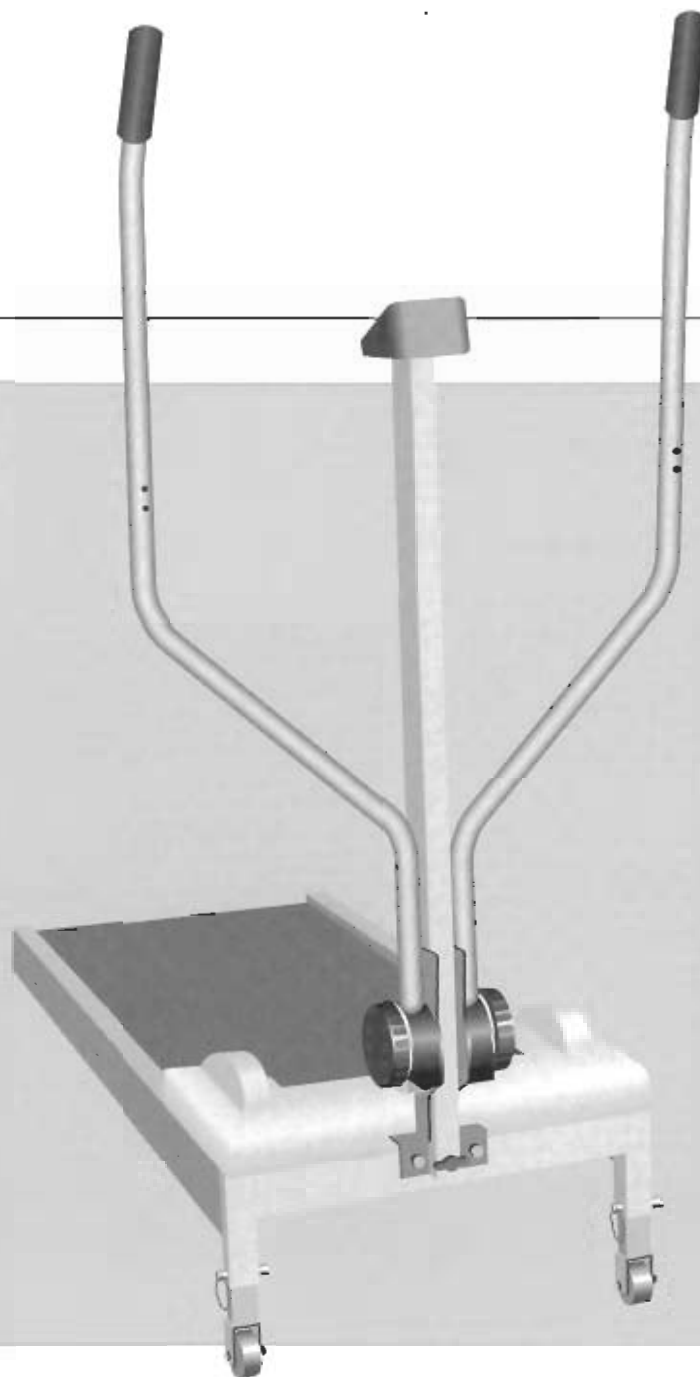


SoftWalk Plus™

**Assembly, Operating Instructions
and Exercise Programs**

EXERSCIENCE®
The New Idea Division of NordicTrack



Welcome to the Exerscience SoftWalk Plus

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

The Exerscience® SoftWalk 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 SoftWalk Plus nonmotorized treadmill.

SoftWalk Plus means total-body workout

SoftWalk Plus is a unique nonmotorized treadmill that actually lets your legs set the pace as you walk or run. And that means more confident steps for you — you're always in control. You won't have to deal with the jarring motion of most treadmills or the feeling that you can't keep up with the belt.

SoftWalk Plus has made walking a more effective total-body exercise. Unlike ordinary treadmills and walking that focus only on your lower body, SoftWalk Plus tones your upper body and arms along with your lower body. This enables you to burn more calories during a workout. In fact, nonmotorized treadmills like the SoftWalk Plus have been shown to burn 53% more calories than motorized, lower-body treadmills.

SoftWalk Plus means safety

The SoftWalk Plus total-body, cardiovascular workout is low-impact and places less stress on your ankles, knees, hips and back than traditional treadmills. This full-body conditioning helps take care of many of life's aches and pains. With the padded treadmill deck, SoftWalk Plus cushions your impact and minimizes the stress caused by walking outdoors on cement surfaces. In addition, SoftWalk Plus is safer and easier to get on and off because you determine the pace of your workout. And there's no moving treadmill belt to throw you off balance.

SoftWalk Plus means adaptability

With SoftWalk Plus you'll never have to change your workout routine because of weather conditions. The SoftWalk Plus aerobic exerciser can be used anywhere, unlike motorized treadmills, which require an electrical outlet. SoftWalk Plus is also quieter than most treadmills and doesn't have an electrical motor to break down or service.

This Owner's Guide provides you with the information you need to assemble and maintain your SoftWalk Plus aerobic exerciser and how to use your SoftWalk Plus and develop a personal fitness program.



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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.

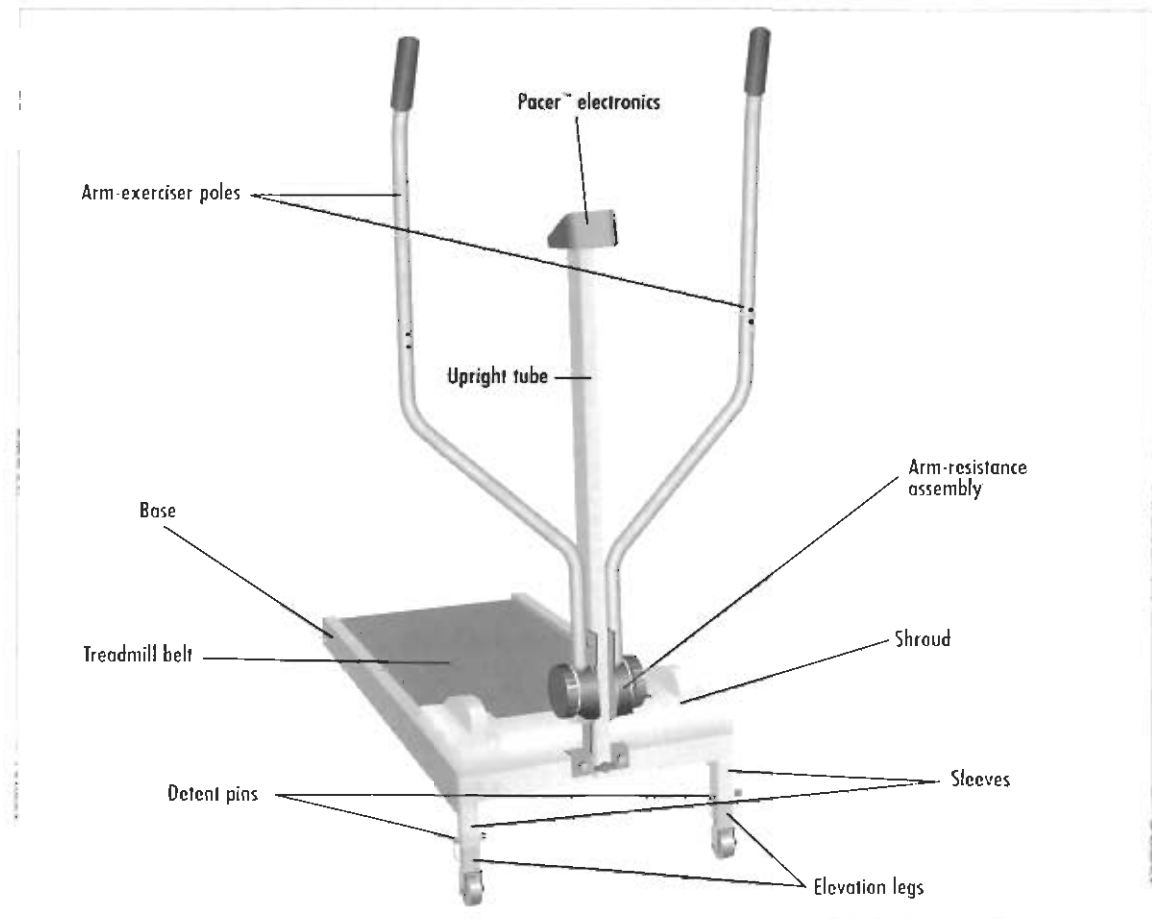
Saturday 8 a.m. to 4:30 p.m.

Central Standard Time

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

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Parts



Please spend a moment to familiarize yourself with the SoftWalk Plus[™] parts and terminology in this photo before you assemble your SoftWalk Plus.

First, we suggest that you unpack your SoftWalk Plus aerobic exerciser where you intend to use it. Place a protective covering between the exerciser and your carpet or flooring. Please retain all packing materials for the duration of your in-home trial.

Parts

Figure 1

One base
One shroud

Figure 2

Two arm-exerciser poles
(in two parts)
One upright tube

Figure 4

One arm-resistance mechanism
Two elevation legs
One electronics kit
Information packet

Parts Bag

Figure 3

Two detent pins
One upright-tube knob
One arm-exerciser locking pin
One Phillips screwdriver
One flat wrench
One Allen wrench
Two hex-head bolts
Two hex-head nuts
Five washers

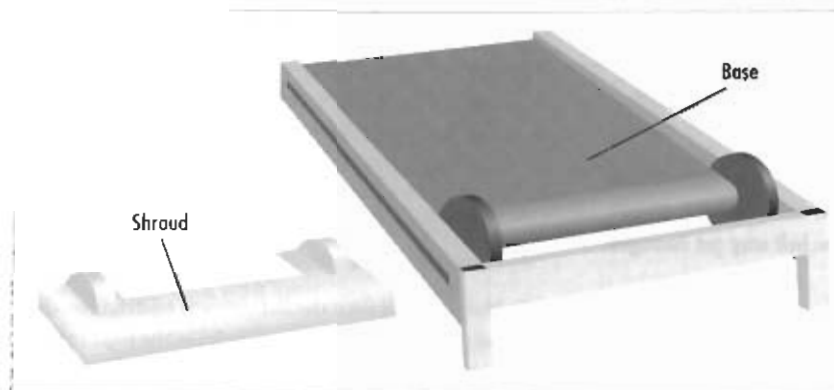


Figure 1



Figure 2

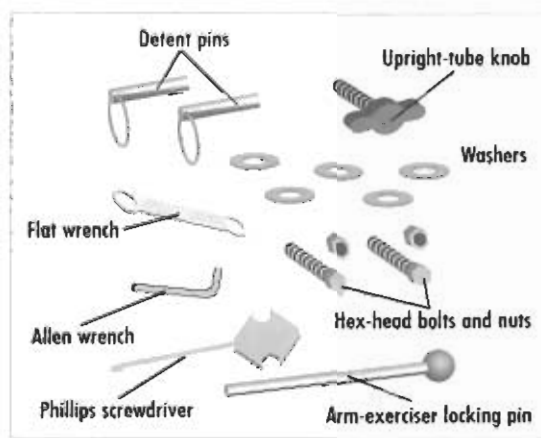


Figure 3

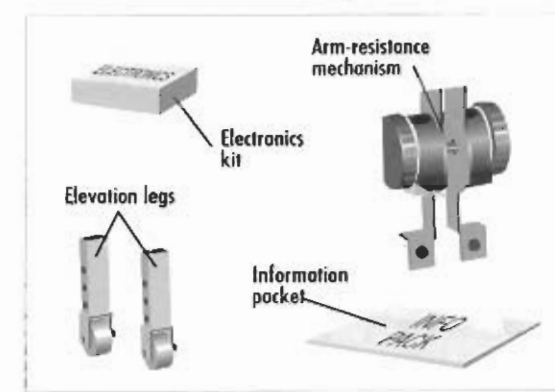


Figure 4

Assembly

Assembly takes approximately 20 - 30 minutes.

NOTE: All left and right references refer to what would be the right or left side if you were standing on the treadmill belt and facing forward.

IMPORTANT: Before you begin, make sure the treadmill belt is on top of the two guides under the treadmill base. If the belt is caught under these guides, the belt may get damaged.

Attach the Arm-Resistance Assembly

1. Fit the arm-resistance assembly over the front frame (Figure 1).
2. Align the two holes in the arm-resistance assembly with the two holes in the front frame (Figure 1).

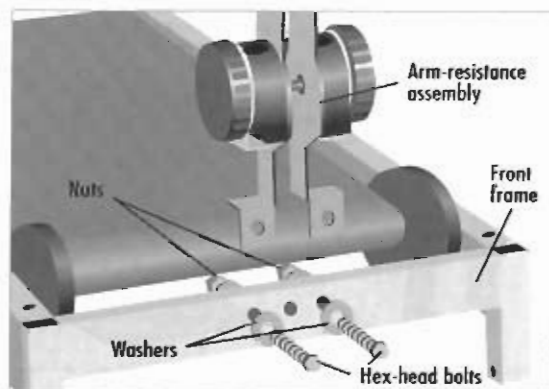


Figure 1

3. Slide a washer onto each of the two hex-head bolts.
4. Insert the bolts from the front of the SoftWalk Plus™ into the two holes in the arm-resistance assembly and the front frame (Figure 1). The head end of the bolt should face the front of the treadmill.
5. Slide another washer onto the end of the bolts.
6. Place a nut on the end of the bolts.
7. Hold the nut with the flat wrench and tighten the bolt with the other flat wrench (at the top of the Phillips screwdriver).

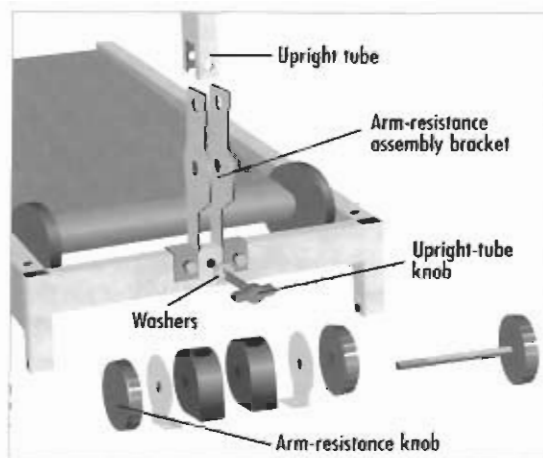


Figure 2

Insert the Upright Tube and Arm Poles

1. Turn the arm-resistance knob to loosen and remove it (Figure 2).
2. Disassemble the arm-resistance assembly (Figure 2). You may want to set the parts on the floor in the order you are removing them, so that you can easily reassemble them.
3. Position the upright tube over the arm-resistance assembly bracket (Figure 2).
4. Slide a washer onto the upright-tube knob bolt (Figure 2).
5. Insert the upright-tube knob into the hole at the front bottom of the upright tube (Figure 2).
6. Remove the two Phillips screws from the left arm-exerciser pole (Figure 3).

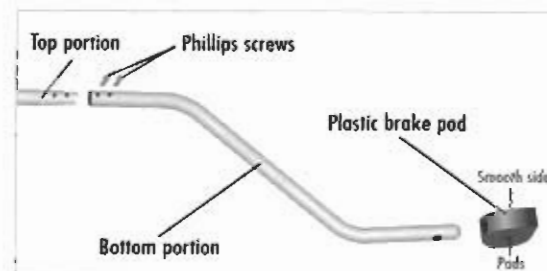


Figure 3

7. Insert the top portion of the left arm-exerciser pole into the bottom portion (Figure 3). The bottom half of the left arm-exerciser pole is labeled with a sticker "L". The top portion of the arm-exerciser pole has the foam handle on it. It does not matter which of the two top portions of the arm-exerciser poles you use; they are interchangeable. The arm-exerciser pole should bend away from the side of the plastic brake pad with the four pads (Figure 3).
8. Align the two holes in the top and bottom portions of the left arm-exerciser pole (Figure 3).
9. Insert two of the small Phillips screws into the two holes (Figure 3).
10. Tighten the Phillips screws with the screwdriver included with your SoftWalk Plus™.
11. Insert the left arm-exerciser pole into the hole in the plastic brake pad labeled "L" (Figure 3).
12. Align the hole in the bottom of the left arm-exerciser pole with the hole in the side of the plastic brake pad.
13. Insert the bolt with attached plastic knob through the white tabbed plate and through the smooth side of the plastic brake pad from left to right. Make sure the bolt also goes through the left arm-exerciser pole (Figure 4).

14. Insert the bolt and left side of the arm-resistance assembly into the hole in the metal arm-resistance assembly bracket (Figure 4). The side of the plastic brake pad with the four brake pads should face the upright tube. Make sure the bolt goes through the hole in the upright tube.

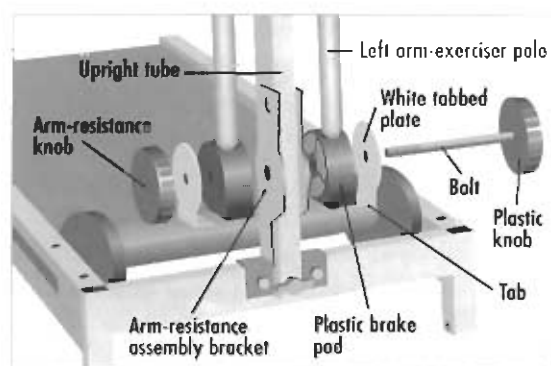


Figure 4

15. Make sure the tab on the white metal plate fits into the slot at the bottom of the metal arm-resistance assembly bracket.
16. Remove the two Phillips screws from the right arm-exerciser pole (Figure 5).
17. Insert the top portion of the right arm-exerciser pole into the bottom portion (Figure 5). The

bottom half of the right arm-exerciser pole is labeled with a sticker "R". The top portion of the arm-exerciser pole has the foam handle on it. It does not matter which of the two top portions of the arm-exerciser poles you use; they are interchangeable. The arm-exerciser pole should bend away from the side of the plastic brake pad with the four pads (Figure 5).

18. Align the two holes in the top and bottom portions of the right arm-exerciser pole (Figure 5).
19. Insert two of the small Phillips screws into the two holes.
20. Tighten the Phillips screws with the screwdriver included with your SoftWalk Plus.
21. Insert the right arm-exerciser pole into the hole in the plastic brake pad labeled "R" (Figure 5).

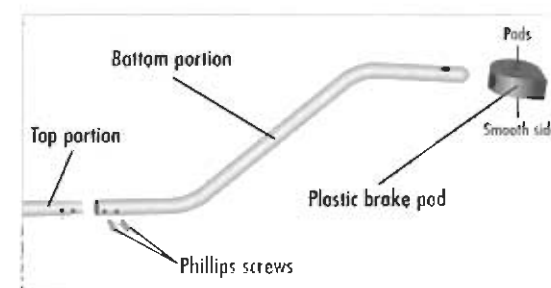


Figure 5

22. Align the hole in the bottom of the right arm-exerciser pole with the hole in the side of the plastic brake pad.
23. Slide the plastic brake pad with the right arm-exerciser pole onto the end of the bolt (Figure 4). The side of the plastic brake pad with the four pads should face the upright tube.
24. Slide the other white tabbed plate onto the bolt (Figure 4). Fit the tab into the slot on the bottom of the metal arm-resistance assembly bracket.
25. Screw the arm-resistance knob onto the end of the bolt to secure the arm-resistance assembly (Figure 4).

Attach the Shroud

1. Locate the white plastic shroud included with your SoftWalk Plus™ (Figure 6).
2. Fit the shroud over the front of the base. The plastic pegs on the bottom of the shroud fit into the holes in the front frame (Figure 6).

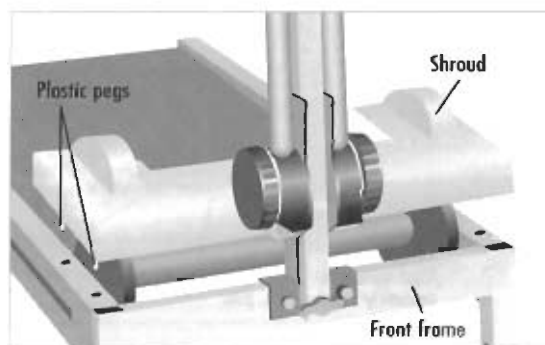


Figure 6

Attach the Pacer Electronics

1. Insert the tip of a flat screwdriver into the notch at the bottom of the Pacer™ faceplate (Figure 7).

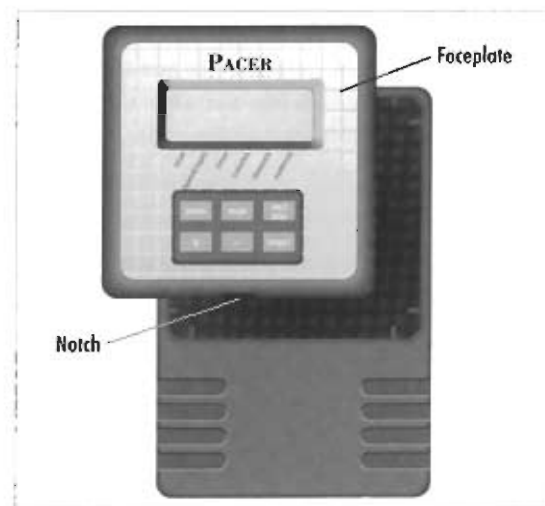


Figure 7

2. Gently lift off the faceplate.
3. Insert a AA battery (not included) into the battery compartment inside the faceplate. Make sure the negative end of the battery rests against the springs.

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 electronics faceplate.
5. Set the computer into the top of the upright tube so that the metal bracket on the electronics fits inside the upright tube (Figure 8).

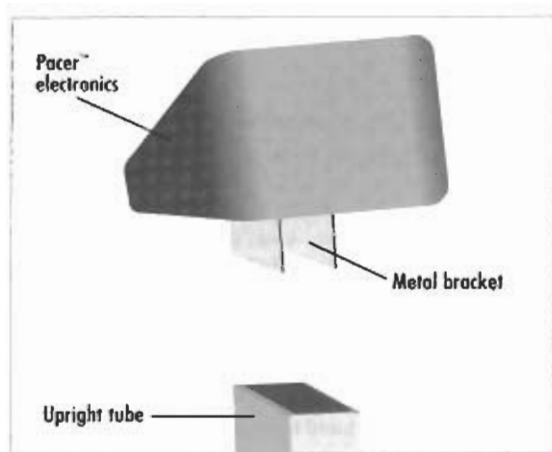


Figure 8

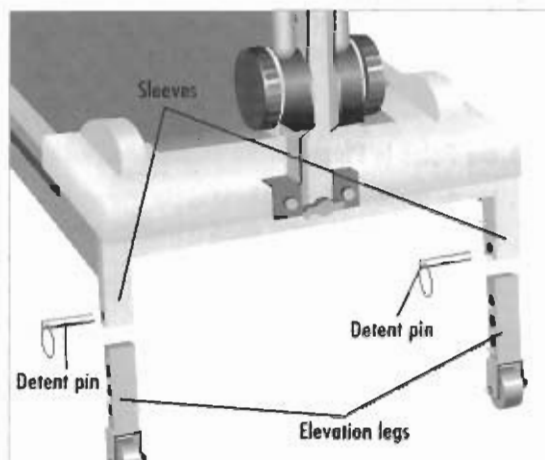


Figure 9

Install the Elevation Legs

1. Locate the two elevation legs and two detent pins.
2. Carefully tilt the treadmill base to one side. There should be enough clearance to slide an elevation leg into the sleeve at the front of the treadmill deck (Figure 9).
3. Place an elevation leg into the sleeve. Be sure the holes in the elevation leg are facing the same direction as those in the sleeve.

4. Align the holes in the leg and the sleeve. Insert the detent pin completely through the holes. Be sure the pin extends completely through both sides of the front-elevation leg and the sleeve.
5. Repeat steps 2-4 for the other elevation leg and sleeve.

NOTE: Both elevation legs should be inserted in the same hole.

Collapse Your SoftWalk Plus

Your SoftWalk Plus aerobic exerciser is collapsible for convenient storage.

1. Lower the arm-exerciser poles so that they rest on the treadmill deck.
2. Turn the arm-resistance knob counterclockwise several rotations to decrease the upper-body resistance.
3. Loosen the upright-tube knob (you do not need to remove the knob).
4. Lift the upright tube slightly and lower it onto the treadmill deck.

Adjustable Features

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

NOTE: All left and right references refer to what would be the right or left side if you were standing on the treadmill facing forward.

The Upper-Body Resistance

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

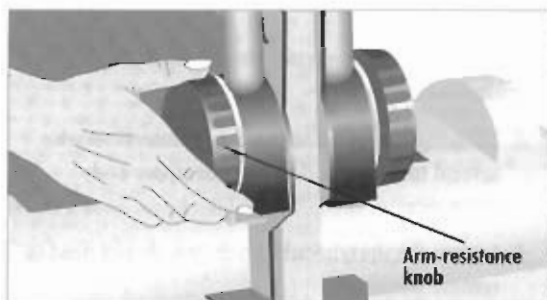


Figure 1

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 SoftWalk 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 2). Place it near the front of the SoftWalk Plus.

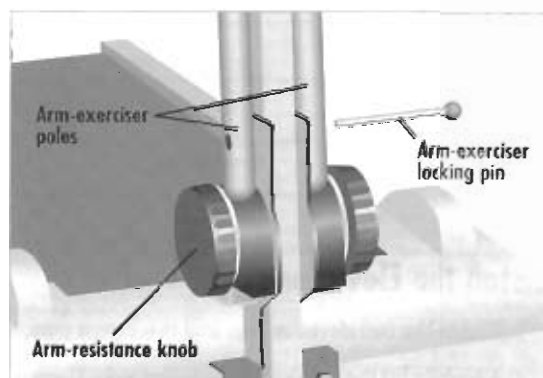


Figure 2

2. Hold the arm-exerciser poles with one hand. Turn the arm-resistance knob until the arm-exerciser poles are movable, but stable, in the upright position.
3. Align the hole in each of the arm-exerciser poles with the hole in the upright tube.

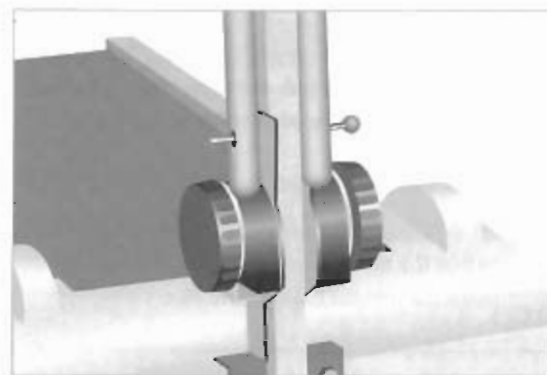


Figure 3

4. Insert the arm-exerciser locking pin. Make sure it extends completely through all the holes (Figure 3).

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. Turn the arm-resistance knob to adjust the arm-exerciser poles to the desired setting.

The Front Elevation

You can change the front elevation of your SoftWalk Plus to vary your workout.

1. Tilt the SoftWalk Plus aerobic exerciser to one side so there is enough clearance to remove the elevation leg.
2. Remove the detent pin.
3. Adjust the elevation leg to the desired elevation and align the holes in the elevation leg with the corresponding holes in the sleeve. While you are learning to use the treadmill, set the elevation to the third hole from the bottom of the leg. Later,

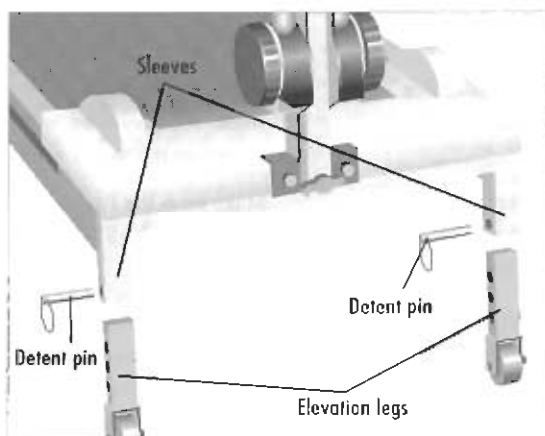


Figure 4

when your fitness level has improved and you want a more intense workout, you can lower the elevation to the first or second hole.

4. Insert the detent pin completely through the holes (Figure 4). Be sure that the end of the pin extends completely through both sides of the front elevation leg.

NOTE: Both elevation legs should be adjusted to the same height.

The Pacer Electronics

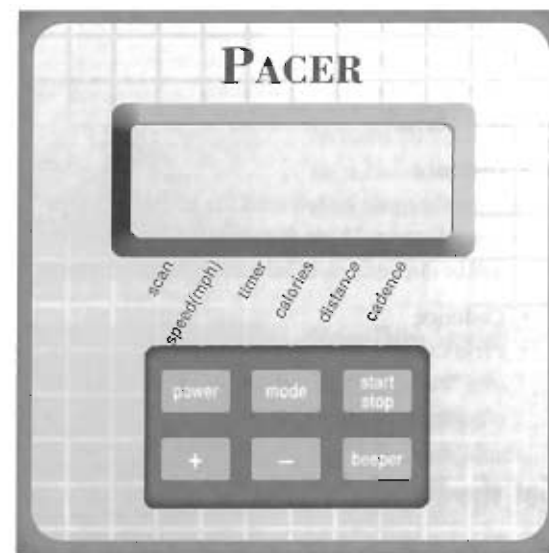
The Pacer™ allows you to monitor your workout by measuring your speed, distance, calories and elapsed time. You may view these features one at a time, or you can choose to scan through each function every four seconds.

Functions and Operations

First, press the power button to turn the Pacer on.

• Scan

Press the mode button until the letter "S" appears with a small marker above the word "SCAN." The computer will scan through each function every four seconds.



• Speed

Press the mode button until the marker appears above "speed." Your current speed will be displayed in miles per hour (see Cadence in the next column).

• Time

Press the mode button until the marker appears above "TIMER." This shows the amount of time you have exercised in minutes and seconds.

- **Calories**

Press the mode button until the marker appears above "calories." Your estimated calorie count will be displayed.

- **Distance**

Press the mode button until the marker appears over "distance." Your distance in miles travelled will be displayed (see Cadence in the next column).

- **Cadence**

Press the mode button until the marker appears over "cadence." The cadence setting is a measure of your walking pace.

Set the Pacer

- **Time**

If you do not set the timer, it will count up from 0:00. If you want to set a time goal, press the mode button until the marker is above "TIMER." Press the + key to add time (in 1 minute increments) or the - key to take away time.

- **Cadence**

You must set the cadence to get accurate readings. The accuracy of your distance and speed readings is relative to how closely your workout pace matches the cadence.

1. Press the mode button until the marker is above "cadence."
2. Turn on the sound by pressing the beeper button. Music notes will appear on the left side of the display screen when the sound is on.
3. Use the + key to increase the cadence setting. Press the start/stop button to start the Pacer. Move at the pace you intend to walk during your workout. The Pacer should be set to beep when each foot is at the front of your treadmill belt. For example, as your right foot approaches the front of your stride, a beep should be heard. As your left foot approaches the front of your stride a beep should again be heard. Adjust the cadence setting until the beeps correspond with your desired walking speed.

Understand the Buttons

power

Turns your Pacer monitor on or off.

mode

Allows you to choose which function to view.

start stop

Allows you to temporarily stop and restart your Pacer.

+

Allows you to increase time or cadence settings.



Allows you to decrease time or cadence settings.

beeper

When turned on, a beep will be emitted to match your cadence.

Reset the Pacer

To reset your monitor, go to the desired function and press and hold the mode button.

Troubleshooting

If...

There is no readout on the display face.

The display face readout is fading.

There is no speed readout on the display face.

Then...

Make sure the battery is inserted correctly.

The battery may be weak. You may need to replace it.

Make sure- the Pacer is on. Press the ST/SP button.

If you have any questions regarding the installation or operation of your Pacer™ monitor or your treadmill, please call our Customer Service Department at the toll-free number printed on your invoice.

Operation

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.

IMPORTANT: It is essential to warm up and stretch your muscles before exercising. Follow the guidelines on pages 12 through 17.

Start With the Leg Motion Only

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

1. Lock the arm-exerciser poles as described in the "Adjustable Features" section of this manual. Be sure that the arm-exerciser locking pin is fully extended through the holes in both of the arm-exerciser poles.
2. Adjust the front elevation to the third hole from the bottom of each elevation leg. You may wish to try a different elevation after you get comfortable walking on the treadmill surface.
3. Grasp the arm-exerciser poles in a grip that is comfortable for you.

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

4. 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 for balance and stability only.
5. Once you are comfortable with the treadmill surface, begin to use the upper-body exerciser as described in the next section. If you have trouble getting started with the leg motion, try elevating the front of the SoftWalk Plus™. Elevating the base aids the movement of the treadmill belt.

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.

1. Hold on to the arm-exerciser poles with one hand. Remove the arm-exerciser locking pin with the other hand.
2. Adjust the upper-body resistance by turning the arm-resistance knob to a setting that is comfortable for you.
3. Grasp the arm-exerciser poles.

4. Begin to walk. Take comfortable strides and follow a heel-to-toe pattern.
5. 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.

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 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.

6. If you like, progress to jogging or running once you are comfortable with walking on the SoftWalk Plus. Try jogging or running while holding on to the poles in the locked position. Add the upper-body exerciser when you feel ready to do so. Or, if you wish, lock the arm-exerciser poles in the forward position and swing your arms naturally at your sides as you jog or run.

CAUTION: Lock the arm-exerciser poles when your SoftWalk Plus is not in use.

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 SoftWalk 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 SoftWalk 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 15.

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 15.

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% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their maximum heart rate. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use this 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)

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.

Helpful Hints

- Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.
- If you can't find your pulse, try using the opposite wrist and hand.



Figure 1

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.

Target Heart Rate Zones Chart

Age	Beginner 60%-70% of MHR*		Intermediate 70%-80% of MHR*		Advanced 80%-85% of MHR*	
	10 seconds	One minute	10 seconds	One minute	10 seconds	One 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 are rounded to the nearest whole number.

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 SoftWalk 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.



1. Shoulder Stretch

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



2. Back and Arm Stretch

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



3. Quadriceps Stretch

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



4. 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.



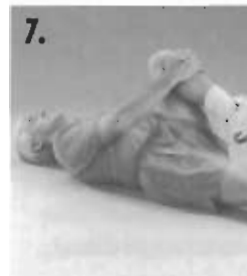
5. Hamstring Stretch

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



6. Inner-Thigh Stretch

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



7. 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. In fact, research shows that the areas in which you gain and lose fat are genetically determined. 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 may 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, 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 SoftWalk 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.

Workout Programs

Beginner I

Walking (poles locked in place): 10 minutes
 Walking while using arm-exerciser poles: 10 minutes

Frequency: 2 – 3 days per week
Intensity: 60% – 70% of your maximum heart rate
Duration: 20 minutes

NOTE: If you have trouble getting started on the treadmill, try elevating the front of the SoftWalk Plus. When the base is elevated, gravity aids the movement of the treadmill belt.

Beginner II

Walking (poles locked in place): 15 minutes
 Walking while using arm-exerciser poles: 5 – 15 minutes

Frequency: 3 – 4 days per week
Intensity: 60% – 70% of your maximum heart rate
Duration: 20 – 30 minutes

Intermediate

Walking (poles locked in place): 15 – 20 minutes
 Walking while using arm-exerciser poles: 10 – 20 minutes

Frequency: 3 – 4 days per week
Intensity: 70% – 80% of your maximum heart rate
Duration: 25 – 40 minutes

Advanced I

Walking (poles locked in place): 30 minutes
 Walking while using arm-exerciser poles: 10 – 20 minutes

Frequency: 4 – 5 days per week
Intensity: 80% – 85% of your maximum heart rate
Duration: 40 – 50 minutes

Advanced II

Walking (poles locked in place): 20 – 30 minutes
 Walking while using arm-exerciser poles: 20 – 30 minutes

Frequency: 4 – 5 days per week
Intensity: 80% – 85% of your maximum heart rate
Duration: 40 – 60 minutes

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Care

The SoftWalk Plus[®] aerobic exerciser is built to require minimal maintenance. Perform the following maintenance to help ensure the safe and efficient operation of your SoftWalk Plus exerciser.

Clean Your SoftWalk Plus

We recommend that you wipe your SoftWalk Plus with a clean, dry cloth after each workout. Be sure to wipe both the treadmill belt and the treadmill deck beneath it. If your treadmill belt becomes uneven, jerky or difficult to move, call our Customer Service Department at the toll-free number on your invoice, for a lubrication kit.

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, center it as follows:

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.
4. Lock the arm-exerciser poles in place with the arm-exerciser locking pin.
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 SoftWalk Plus before you perform the following steps.

6. Use the Allen wrench included with your SoftWalk Plus and turn the adjustment bolts at the rear of the treadmill deck to adjust the treadmill belt (Figure 1). The treadmill is properly adjusted if you are able to slip your hand between the belt and the treadmill deck.

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 SoftWalk Plus 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 centered, repeat steps 5 through 8 until the belt is centered.

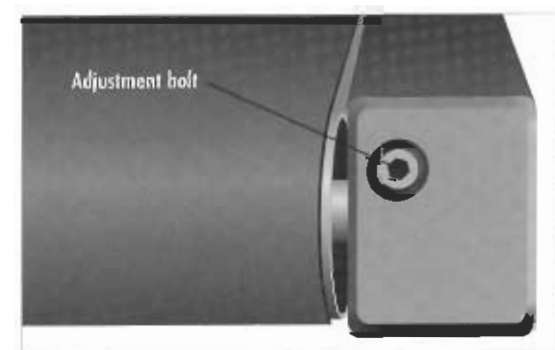


Figure 1

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.

Exerscience QuickLifter

The Exerscience® QuickLifter™ strength conditioner gives you every tool you need for a complete bodybuilding routine: you can work the five major muscle groups in your body with the 32 QuickLifter exercises. Whether you want to tone muscles, lose weight, or increase muscle size, QuickLifter can help you achieve your fitness goals. And because there are no awkward

weights or rubber bands, you can concentrate on your workouts for fast, maximum results. The patent-pending bracket, with the self-locking pins, lets you adjust the arm exerciser quickly. You don't even have to get off the bench!





Exerscience LoneRider

The Exerscience® LoneRider™ is different from other riders. It offers dual motion for a varied, total-body workout: push and pull. The push motion focuses on your chest and tricep muscles. The pull motion works the bicep and back muscles. It is adjustable in five different areas; so it fits you and your fitness needs. The seat provides you with lower back support.

Exerscience WindRacer

The WindRacer™ combines a state-of-the-art recumbent cycle with an upper-body exerciser to give you a safe, total-body workout. Recumbent cycling requires less exertion than upright biking because your lower body is at the same level as your heart. Plus, the comfortable seated position reduces stress on your back, neck and arms. Decreased exertion and improved comfort will enable you to reach your maximum fitness level in minimum time.



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. 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 One-Year Limited Warranty

NordicTrack, Inc., will for one year from date of purchase of the SoftWalk Plus™ aerobic exerciser and electronics, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Please note that commercial use of the SoftWalk Plus will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam 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 the 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 SoftWalk 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 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 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.

Peel the backing from your
invoice and attach it here.

