

*Quick*LIFTER™



Assembly and Operating Instructions

EXERCISESCIENCE
The New Idea Division of *NordicTrack*

TABLE OF CONTENTS

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Myths and Facts about Strength Training	1
Parts List	2
QuickLifter Set-Up	4
Adjustable Features	7
Your Personal Fitness Program	8
Stretches	9
Training Tips	10
Workout Log	11
Customer Information	12
Manufacturer's One-Year Limited Warranty	13

The following pages contain important information that will help you maximize your workouts with your QuickLifter strength conditioner. Be sure to read this Owner's Guide thoroughly before attempting to use your machine. Then refer to the easy-to-read exercise instruction manual. It shows specific exercises for each muscle group. It sits right in the holder on the machine for quick and easy reference while you're working out.

PLEASE ATTACH THE INVOICE 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.



MYTHS AND FACTS ABOUT STRENGTH TRAINING

MYTH #1: All it takes to burn fat is aerobic exercise.

Fact: Aerobic exercise is the primary method of burning fat; however, it is only one part of a Balanced Fitness™ program. Strength training increases lean body mass (muscle) which boosts your metabolism (the rate at which you burn energy). A study conducted by Dr. Wayne Wescott, fitness consultant for YMCA of America, concluded that by combining regular aerobics with strength training, you will burn three times more fat than you would with aerobic exercise alone.

MYTH #2: Lack of exercise turns muscle to fat.

Fact: Muscle and fat are two completely different tissues — one can never be turned into the other, nor can the number of fat cells or muscle fibers ever be changed. Regular strength training reduces the size of fat cells and increases the thickness of muscle fibers.

MYTH #3: Strength training will cause arthritis and other joint complications later in life.

Fact: Strength training actually helps to prevent these complications by strengthening muscles and connective tissues, which may weaken over time. Weak muscles do not absorb the impact that occurs in various body movements. This tends to place the impact on the joints. Strong muscles absorb much of this impact and lessen the strain on your joints.

MYTH #4: Strength training is only for young people and body builders.

Fact: Strength training is for everyone, whether you want to lose weight, tone muscles or increase muscle size and strength, or if you simply want to be able to carry your own suitcase or change a flat tire. QuickLifter offers 32 exercises that give you safe, effective exercises.

Studies have shown that the functional ability level (the ability to perform everyday tasks) of a physically fit 65-year old is similar to that of a sedentary 45-year old! Much of the deterioration that occurs in the muscles and joints is not due to the aging process; rather, it occurs because the muscles weaken when they are not used. It's a biological fact that after age 30, you lose one percent of your strength and over half a pound of lean muscle mass each year if you don't exercise. Regular training with the QuickLifter will help to offset this loss of strength.

CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

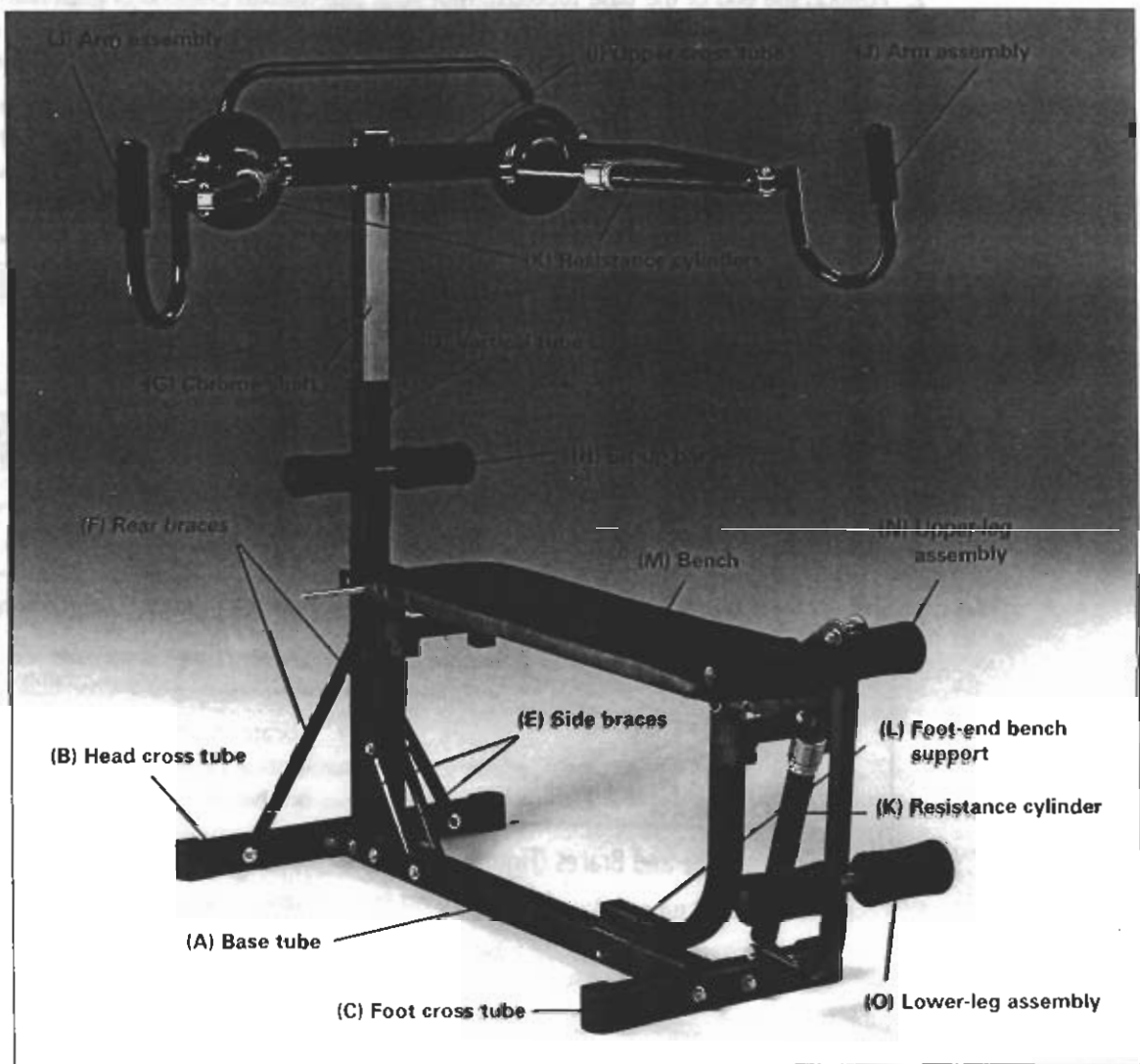
PARTS LIST

First, we suggest that you unpack your strength conditioner where you intend to use it; please retain all packing materials for the duration of your in-home trial period. Be sure to set up your machine in an area that has adequate space to perform all of the exercises in your routine. Place your strength conditioner on a flat surface, with a protective covering between the machine and your flooring or carpet.

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

(A)	1	Base tube	(I)	1	Upper cross tube
(B)	1	Head cross tube	(J)	2	Arm assembly
(C)	1	Foot cross tube	(K)	3	Resistance cylinders
(D)	1	Vertical tube	(L)	1	Foot-end bench support
(E)	2	Side braces	(M)	1	Bench
(F)	2	Rear braces	(N)	1	Upper-leg assembly
(G)	1	Chrome shaft	(O)	1	Lower-leg assembly
(H)	1	Sit-up bar			

6	Pads	2	Detent pins, with knobs
1	Spring extension	2	Detent pins, with rings
1	1/4-inch x 2-inch hex bolt	1	Threaded knob
1	1/4-inch nylock jam nut	1	Steel pin
12	3/8-inch x 2 3/4-inch standard bolts	2	Head cross tube endcaps
1	3/8-inch x 2 3/16-inch standard bolt	2	Foot cross tube endcaps
2	3/8-inch x 2 9/16-inch standard bolts	4	Bench feet
13	3/8-inch lock-tight nuts	1	Chrome-shaft sleeve
27	3/8-inch washers	1	Chrome-shaft endcap
1	3/8-inch x 3/4-inch standard bolt	1	Foot-end bench support cap
5	M8 x 40 standard bolts	1	Bench tube endcap
3	M8 x 50 standard bolts	8	Round endcaps
8	M8 lock-tight nuts	1	Black holder
8	M8 washers	2	Wrenches



QUICKLIFTER™ SET-UP

The QuickLifter strength conditioner takes approximately 50 minutes to assemble.

Tools Needed: 1 Pliers

Attach the Cross Tubes (Figure 1)

1. Locate the head cross tube (B) and endcaps; fit the endcaps into place.
2. Position the end of the base tube (A), with the three holes, at the head end of the machine. Secure the head cross tube to the base tube with 3/8-inch x 2 3/4-inch standard bolts. Use 3/8-inch washers and lock-tight nuts. The bolt heads should be on the inside of the cross tube; be sure to place a washer at the head and nut ends of each bolt.
3. Locate the foot cross tube (C) and endcaps; fit the endcaps into place.
4. Secure the foot cross tube to the base tube with 3/8-inch x 2 3/4-inch standard bolts. Use 3/8-inch washers and lock-tight nuts; be sure to place a washer at the head and nut ends of each bolt.

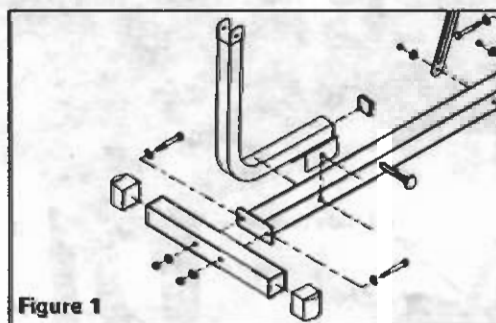


Figure 1

Secure the Vertical Tube and Braces (Figure 2)

1. Locate the vertical tube (D).
2. Position the holder on the vertical tube to face the foot end of the machine. Bolt the vertical tube to the base tube with 3/8-inch x 2 3/4-inch standard bolts. Use 3/8-inch washers and lock-tight nuts; be sure to place a washer at the head and nut ends of each bolt.
3. Locate the two side braces (E). These are the shorter of the two sets of braces.

4. Place the side braces on each side of the base tube and the vertical tube. Attach the braces with 3/8-inch x 2 3/4-inch standard bolts. Use 3/8-inch washers and lock-tight nuts; be sure to place a washer at the head and nut ends of each bolt.
5. Locate the two rear braces (F).
6. Attach one end of each rear brace to the round nut plate on the back of the vertical tube with the 3/8-inch x 3/4-inch standard bolt.
7. Secure the other ends of the braces to the head cross tube with 3/8-inch x 2 3/4-inch standard bolts. Use 3/8-inch washers and lock-tight nuts; be sure to place a washer at the head and nut ends of each bolt.

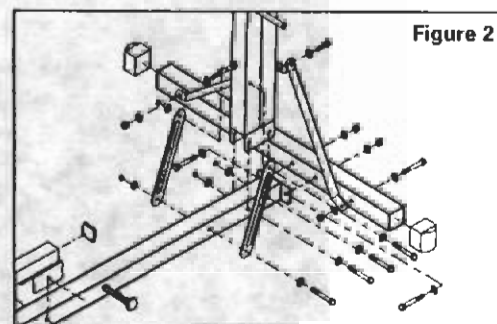


Figure 2

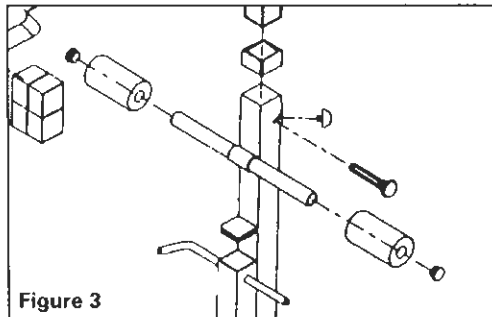
Position the Chrome Shaft (Figure 3)

1. Locate the chrome-shaft sleeve. Position it over the top of the vertical tube.
2. Locate the chrome shaft (G). Slide it into the vertical tube; the holes should align with those on the vertical tube.
3. Place the chrome-shaft endcap onto the chrome shaft. Align the holes. Secure the chrome shaft with a detent pin, with knob.
4. Screw the threaded knob into the threaded hole near the top corner of the vertical tube.

Attach the Sit-Up Bar (Figure 3)

1. Locate the sit-up bar (H). Place it in the holder on the vertical tube.
2. Put the pads and endcaps onto the sit-up bar.

NOTE: Apply a dishsoap and water mixture to the bar if the pads are difficult to slide on.

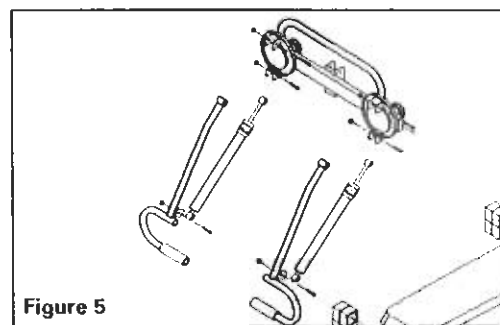
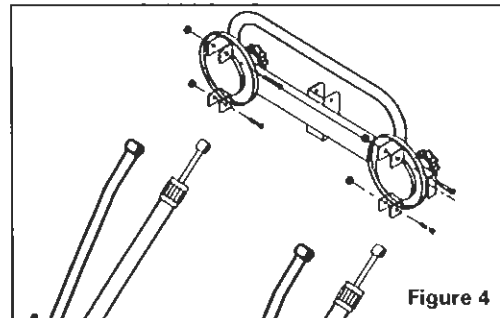


Connect the Upper Cross Tube, Arm Exerciser and Resistance Cylinders (Figures 4 & 5)

1. Locate the upper cross tube (I) and endcaps. Fit the endcaps into place.
2. Bolt the upper cross tube to the two top holes in the chrome shaft with 3/8-inch x 2 9/16-inch standard bolts. Use 3/8-inch washers and lock-tight nuts; be sure to place a washer at the head and nut ends of each bolt.
3. Locate the arm assemblies (J) and endcaps. Fit the endcaps onto the arm assemblies.
4. Attach the cylindrical ends (opposite the handles) of the arm assemblies to the upper brackets of the rotating drums; the brackets on the drum should run vertically. Use M8 x 50 standard bolts, washers and lock-tight nuts to secure them; be sure to place a washer at the head and nut ends of each bolt.
5. Locate the resistance cylinders (K).
6. Bolt the dial end of the resistance cylinders to the lower bracket of the rotating drums. Secure them with M8 x 40 standard bolts, washers and lock-tight nuts; be sure to place a washer at the head and nut ends of each bolt.

7. Attach the other ends of the cylinders to the brackets, near the handles, of the arm assemblies. Use M8 x 40 standard bolts, washers and lock-tight nuts to secure them; place a washer at the head and nut ends of each bolts.

NOTE: The resistance-indicator decal on each cylinder should face up when the arms are in the push-up position. Do not overtighten the nuts; the cylinders should swing freely.



Attach the Bench

1. Locate the foot-end bench support (L); fit the endcap into place.
2. Secure the foot-end bench support to the base tube with a detent pin, with knob; the endcap should point toward the head end of the machine.
3. Locate the bench (M). Attach the head-end of the bench to the vertical tube with the steel pin; fit an endcap into place over the steel pin. Secure the bench to the foot-end bench support with a detent pin, with ring.
4. Locate the bench feet; position them on the underside of the bench; the smaller portion of each foot should point down.

Position the Leg Assembly (Figure 6)

1. Locate the upper-leg assembly (N), pads and endcaps; fit the pads and endcaps into place.
2. Insert the upper-leg assembly into the foot-end bench support tube; the bracket should angle upward. Secure it in place with a detent pin, with ring.
3. Bolt the lower-leg assembly (O) to the upper-leg assembly with the 3/8-inch x 2 3/16-inch standard bolt. Use 3/8-inch washers and a lock-tight nut; be sure to place a washer at the head and nut end of each bolt.
4. Align an eyehole on one end of the spring extension with the holes just below the cross tube of the upper-leg assembly. Insert a 1/4-inch x 2-inch standard bolt through the holes and the eyehole of the spring. Use a pliers to secure it with a 1/4-inch nylock jam nut; the spring extension should hang from the bolt.
5. Secure the end of the cylinder-resistance dial to the upper-leg assembly with a M8 x 50 standard bolt and lock-tight nut.
6. Connect the other end of the resistance cylinder to the lower-leg assembly with a M8 x 40 standard bolt and lock-tight nut. Do not overtighten the resistance cylinder or it will not operate properly.
7. Use a pliers to attach the other end of the spring to the hole on the lower-leg assembly.
8. Position the pads and endcaps on the lower-leg assembly.

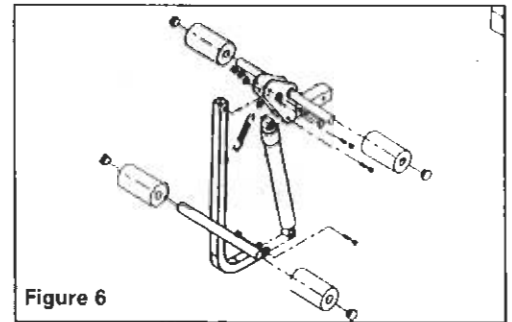


Figure 6

Install the Holder

1. Locate the black metal holder.
2. Hook the holder over the upper cross tube. After you completely read the (Exercise Manual) place it in this clip for quick reference during your workouts.

ADJUSTABLE FEATURES

CHANGE THE RESISTANCE

Align the desired number setting with the arrow on each resistance cylinder to select the arm and leg resistance.

ARM POSITIONS

The patent-pending bracket, with the self-locking pins, lets you adjust the arm exerciser quickly. Simply pull out the self-locking pins and rotate the drums to the desired positions. The self-locking pins will lock into place. It's that easy!

NOTE: Hold onto the arm assembly and tighten the knob near the detent pin to prevent the vertical tube from sliding down when making adjustments to it.

Pulldown Position

Position the arm assembly as shown in Figure 1.



Figure 1

Push-up Position

Position the arm assembly as shown in Figure 2.



Figure 2

Open-Motion Butterfly Position

Position the arm assembly as shown in Figure 3.



Figure 3

Closed-Motion Butterfly Position

Position the arm assembly as shown in Figure 4.



Figure 4

BENCH POSITIONS

Refer to each of the position descriptions below to adjust the bench.

Incline Position

Remove all of the bench attachments from the end of the bench. Rest the foot-end of the bench on the foot cross tube or the floor. Refer to Figure 5.



Figure 5

Level Position

The level position is the position the machine is first set-up in. Refer to Figure 6.



Figure 6

Step-Seat Position

Remove the bench and all of the bench components. Lay the bench across the base tube. Stand on the bench to perform exercises. Refer to Figure 7.



Figure 7

YOUR PERSONAL FITNESS PROGRAM

WE RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN BEFORE YOU BEGIN ANY EXERCISE PROGRAM.

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Keep your workouts fun — vary your exercise routines from day to day and season to season.

Below are some examples of typical goals:

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

Strength training is an important part of your *Balanced Fitness™* program. We recommend the following order for your workout program:

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

NOTE: Whether you choose to complete the aerobic exercise and strength training portions of your *Balanced Fitness* program on the same days of the week or on alternating days is up to you. Either way, it is crucial that you complete the appropriate warm-up, stretching and cool-down as a part of your workout session.

1. WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It's the best insurance against injury and muscle soreness — common reasons for discontinuing an exercise program. We suggest a routine of two to five minutes of brisk walking or jogging in place.

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 9.

3. AEROBIC CONDITIONING

Aerobic conditioning enhances your body's ability to transport and utilize oxygen. We recommend that you complete a 20-minute aerobic conditioning session three to five times per week. Whether your aerobic exercise of choice is biking, jogging, stairstepping or NordicTrack® skiing, it is recommended that your heart rate is elevated for at least 20 minutes during each session.

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 TRAINING

Strength training will add lean muscle mass to your body. Lean muscle mass aids in burning body fat, and is an essential factor in improving your body composition.

6. STRETCHING

Stretching after exercise helps to decrease muscle soreness. We recommend you repeat the stretches described on page 9.

STRETCHES

1. SHOULDER STRETCH

Pull your elbow across your chest, using your free hand to cradle your elbow. Switch sides and repeat.

2. BACK AND ARMS STRETCH

Pull your elbow behind your head. Keep your head facing forward. Switch sides and repeat.

3. QUADRICEPS STRETCH

Pull your heel to your buttocks. Switch legs and repeat. Be sure to keep the supporting leg slightly bent at the knee.

4. CALF STRETCH

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

5. LOW-BACK AND HIP STRETCH

Slowly pull one knee to your chest. Switch legs and repeat. Then pull both legs to your chest.

6. INNER THIGH STRETCH

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

7. HAMSTRING STRETCH

Extend one leg. Bend the opposite leg, and place the foot against the inner thigh of the extended leg. Bend forward from your hips. Switch legs and repeat.

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



TRAINING TIPS

Follow these basic strength-training tips to help ensure the success of your workout program.

1. Consult your physician before starting any exercise program.

If you are taking any medication which affects your heart rate, blood pressure or cholesterol level, your physician's advice is absolutely essential.

2. Stop exercising if you experience any warning signs of overexertion.

Symptoms include: lightheadedness, dizziness, nausea, extreme breathlessness, prolonged fatigue (more than one hour) or pain of the muscles or skeletal system.

3. Develop a balanced program.

Do not overdevelop one muscle group while neglecting another. If you choose to create your own program, model it after the recommended workout programs; they are designed to create balanced muscle development. Unbalanced muscle development increases the chance of injury to the weaker muscle group(s).

4. Allow 48 to 72 hours for your muscles to recover from a workout.

Three training sessions per week for each muscle group, performed every other day, provides adequate recovery time. Training more often may increase the chance of injury. If you do experience muscle or joint soreness that lasts for more than two to three days, discontinue exercising and consult your personal physician.

5. Breathe properly.

Exhale during the contraction (working phase) of each exercise repetition. Inhale during the relaxation phase. Do not hold your breath while exercising.

6. Do not train when you do not feel well.

In order to perform repetitions with the proper form, it is imperative that you are feeling your best when you train. Wait one to two hours after eating a large meal before working out.

7. Maintain regular training days.

Greater strength and improved appearance come only with time, patience and consistent training. Keep a regular schedule to help you to stick with your workout program.

8. Perform one or two warm-up repetitions before each set.

Use a light resistance and slow speed during your warm-up repetitions.

9. Keep daily records of your progress.

We recommend that you use the workout logs that accompany the training programs to document your progress.

10. Wear comfortable clothing when you exercise.

Do not wear any clothing that binds or restricts movement. We recommend that you wear t-shirts, shorts or similar apparel. You may wish to wear a headband to keep perspiration out of your eyes. Wear appropriate athletic shoes.

11. Never move or adjust the bench while sitting or lying on it.

Stand beside the bench to adjust it.

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CUSTOMER INFORMATION

MAINTENANCE

The QuickLifter requires minimal maintenance. Wipe it with a clean, dry cloth after each workout. Store the machine with the resistance cylinders in the non-extended position when it is not in use.

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. The 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 ExerScience 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 the date of purchase of the QuickLifter, 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 QuickLifter will void the warranty coverage. This warranty does not cover damage resulting from mishandling (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. NordicTrack reserves the right to make changes and improvements to the QuickLifter without incurring obligations to make similar alterations to equipment previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., or NordicAdvantage, Inc., a retail distributor of NordicTrack products. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department at the toll-free phone number on your invoice for more information regarding this offer. To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the QuickLifter and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond 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.





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