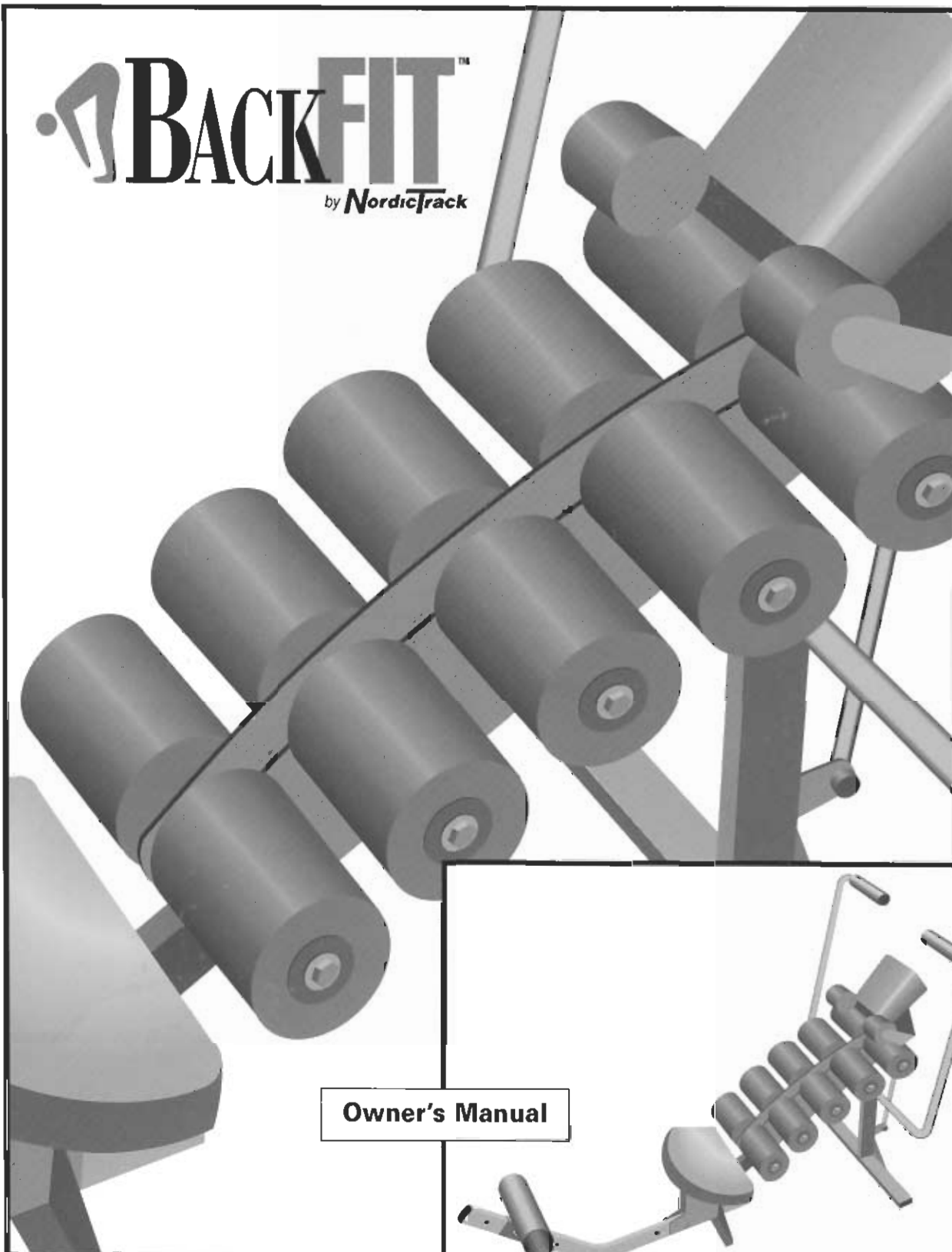
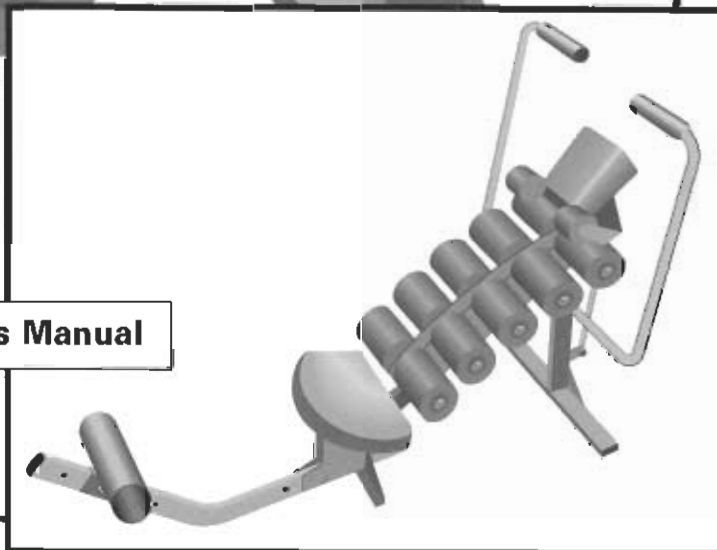


BACKFIT™

by NordicTrack



Owner's Manual





Endorsed by

apta

American Physical Therapy Association

Today's fast-paced, stress-packed lifestyle takes its toll on your spine and back. The human spine just isn't developed to the point where it can adequately support an upright, walking person without a strong, healthy support system. The structure of the back, particularly the low back, is very vulnerable to any strenuous, sudden or twisting movement.

The fact is that sitting at a desk, in a car, working outdoors and even lifting all affect the health of your back. These, and hundreds of other daily activities cause the spinal column to compress, pushing your discs together. This daily cycle of compressing and squeezing "closes off" your spine from oxygen and nourishing nutrients. Your spinal column becomes starved and weak, making it harder to bounce back and resume ordinary activities.

Finally, a product that will make your back feel great! NordicTrack has spent the last five years working in connection with back care specialists worldwide to bring you and in-home back machine that can extend and "open up" your spine and help relieve the pressure and stress caused by the compression of the spinal column.

The result is the new BackFit™, specifically designed to offer the "Extension Method" of back exercise, accepted and prescribed by back clinics around the world.

Just five minutes a day, three times per week on the BackFit, can help you through a series of recommended extension-based exercises. These include flexing, extending, and spinal rotation. With BackFit, your spinal column is gradually stretched and "opened up" to receive important nutrients. By using the new BackFit, you can counter the effects of daily compression and misuse.

Congratulations! You have taken the first step to improving the quality of your life through increased range of motion, flexibility and an overall healthy back.

Sincerely,



James R. Bostic
President and CEO, NordicTrack, Inc.

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Please peel the backing from your invoice and attach it to the inside back cover of your manual. The Customer service Department toll-free number is printed on your invoice as well as other important information.

Quick Set Up

Parts List

This Owner's Manual provides you with the information you need to assemble, adjust and maintain your BackFit™. Please read this entire guide carefully before you attempt to use the BackFit.

- ✓ 1 Base
- ✓ 4 Detent pins
- ✓ 1 3/8-inch bolt
- ✓ 1 3/8-inch nut
- ✓ 1 Gas shock
- ✓ 1 Leg extension bar
- ✓ 1 Foot rest
- ✓ 1 Head rest

Tools Provided

- ✓ 1 1/8-inch Allen wrench
- ✓ 2 Flat wrenches

First, we suggest that you safely unpack your BackFit where you intend to use it; please retain all packing materials for the duration of your in-home trial period. Place your BackFit 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 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

BackSafe Tip:

When lifting your BackFit from the box, bend at your knees and lift with your legs.

1. Attach the leg extension bar to the base of the exerciser and secure it with one of the detent pins (Figure 1). You will properly adjust the leg extension bar later.



Figure 1

NOTE: The end of the leg extension bar with three holes attaches to the base.

2. Attach the foot rest to the leg extension bar and secure it with one of the detent pins (Figure 2). You will properly adjust the foot rest later.



Figure 2

3. Hold the arm handles as positioned in Figure 3 and secure them with the 3/8-inch bolt and nut.

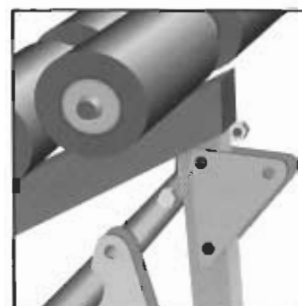


Figure 3

4. Use the included flat wrenches to tighten the nut firmly to the bolt.

5. Use a detent pin through one of the sets of holes to lock the arms in position (Figure 4). You will properly adjust the arms later.

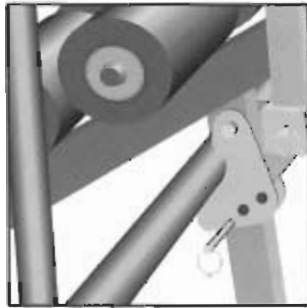


Figure 4

6. Hold the headrest in position and secure it to the base with a detent pin (Figure 5).

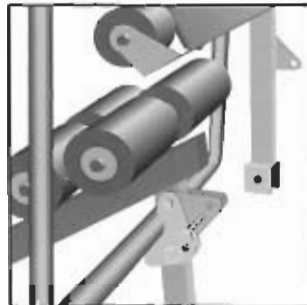


Figure 5

7. Use a thin-blade screwdriver to pry the plastic cap from each end of the gas shock (Figure 6).



Figure 6

8. Position the gas shock as shown in Figure 7. Push the gas shock onto the ball joint until you feel it snap into place.

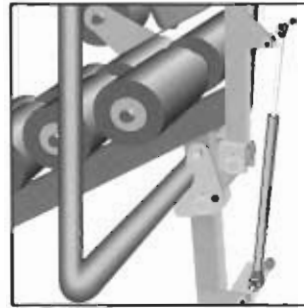
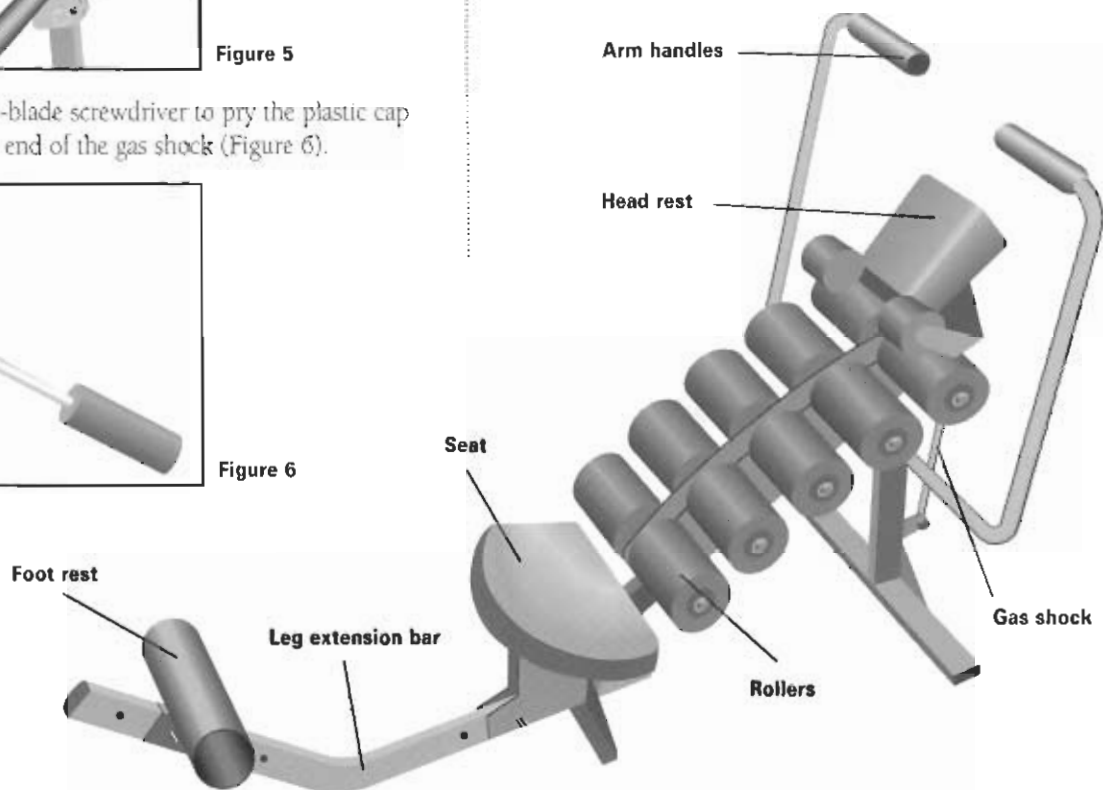


Figure 7

IMPORTANT: Install the gas shock so the silver rod extends upward. See Figure 7.

9. After the gas shock has been pushed onto both ball joints, reinsert the plastic cap into each end of the gas shock to secure it.



Intro to a Healthy Back

Always consult your physician before beginning any exercise program. This is absolutely essential if you have experienced any injury or recent trauma to your spine.

Stretching your back is good for two reasons. First, your spine and muscles need to be stretched to stay healthy. Second, it simply feels great!

Your spine goes through compression which keeps essential nutrients out. It takes extension to open up your spine and let the nutrients in. When working properly, your discs are sponge-like tissues that act as shock absorbers between your vertebrae. Nutrients should flow freely into the discs, keeping them flexible and soft.

In everyday life, your spine is constantly twisting, flexing forward and compressing. As this occurs, your spine can become misaligned and out of balance. Discs become compressed by the vertebrae, pressing downward due to gravity, weight and forward posture. The nutrient flow is cut off and as a result, your discs can no longer absorb the tremendous amount of shock that your spine encounters every day.

BackFit™ provides controlled extension, which helps to open up and expand the spine, giving it a chance to "breathe" again. As your vertebrae are opened and your muscles are massaged, blood supply and nutrient flow increases. The spongy tissue that cushions the spinal column and absorbs shock is revived and rejuvenated. In a sense, providing extension resets your spine, making your back feel great.

BackSafe Tip:

It takes three days of activity to reverse the deterioration caused by one day of bed rest!

Goals of a BackFit program:

- Spinal extension
- Flexing
- Spinal rotation

Balanced Fitness is the answer.

Stretching the back helps prepare your body for a strengthening workout. Stretches should be held for 30 to 60 seconds, without bouncing.

Strengthening is a vital part of a back exercise program. Strengthening programs should consist of three to four training sessions, on an every other day basis. Muscle balance is extremely important, so both your back and abdominal muscles must be emphasized.

Aerobic exercise should be done three times a week for 20 minutes per workout. People who suffer from back pain should avoid impact exercises such as jogging and impact aerobics and perform low impact exercises such as biking, swimming and cross-country skiing, provided they have received approval from their physician.

Recommended Stretches

IMPORTANT: It is essential that you stretch before and after each workout. Read the following guidelines carefully before beginning any of the stretches or strengthening programs.

NOTE: Your training video offers stretching options that can be performed using the machine if floor exercises are not convenient or comfortable.

Stretching and Strengthening Tips:

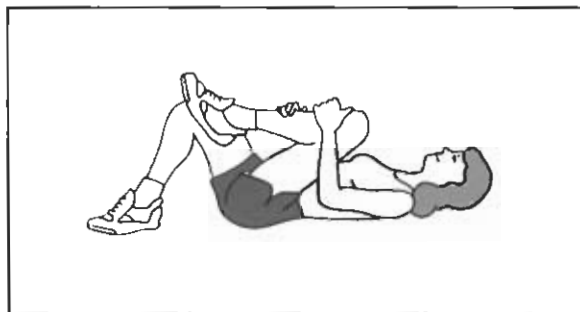
1. Read through these steps and familiarize yourself with the position of each figure before carefully performing the exercises.
2. **NEVER BOUNCE OR JERK** while exercising or stretching. All movements should be smooth and steady.
3. Discontinue any exercise that causes pain. Resume exercises only when you can perform them without discomfort.
4. Do the following routine one or two times a day, three to seven days per week. For maximum benefit, exercises should be performed every day.
5. Begin and end each workout session with stretching. Perform each stretch on a firm, flat surface and hold for the specified time.
6. Start gradually with the strengthening portion of the program. Perform each exercise as you feel comfortable and slowly work your way to higher repetitions.
7. For the exercises that are done on both sides of the body, complete all repetitions on one side and then exercise your opposite side.

BackSafe Tip:

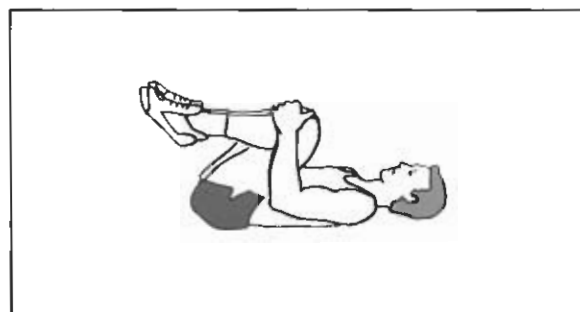
Stretching loosens your muscles and opens your spine, reducing the risk of back injury.

Stretching:

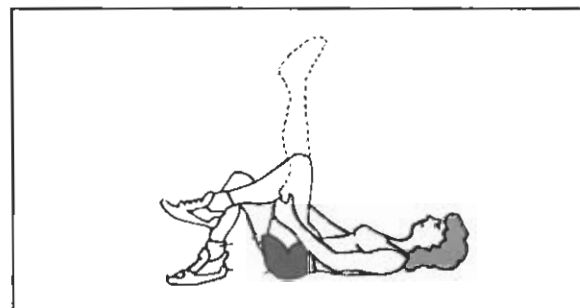
Keep your low back flat against the floor and bring one knee to your chest. Hold for 30 seconds, then switch legs and repeat.



Keep your low back flat against the floor and bring both knees to your chest for 1 minute.



With your low back flat against the floor, bend your knees and slide your heels to approximately 12 inches from your hips. Keep one foot on the floor and slowly extend the opposite leg above your chest and support your leg with your hands behind your thigh. Hold for 30 seconds, then switch legs and repeat.

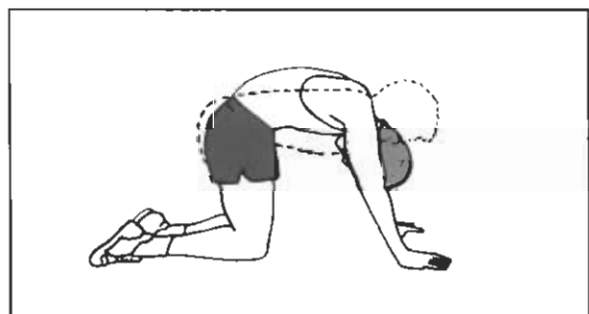


Position yourself on your hands and knees. Then tuck your chin to your chest and arch your back. Slowly bring your hips back toward your heels, letting your shoulders drop toward the floor. Hold for 30 to 60 seconds.



Strengthening:

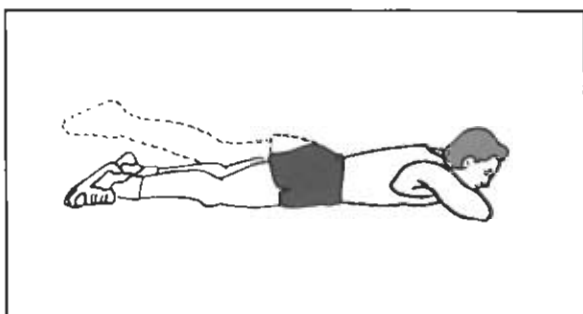
Lean on your hands and knees. Arch your entire back. Tuck your pelvis forward and tuck your chin to your chest while tightening your abdominal muscles. Hold for 2 to 3 seconds and repeat.



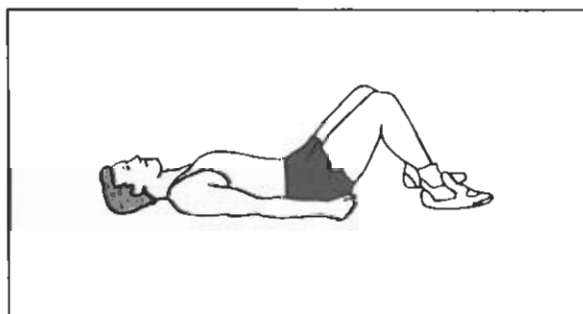
Lie on your back with your knees bent and your heels approximately 12 inches from your hips. Keep your low back flat on the floor and place your hands at your hips. Slowly curl your upper body toward your pelvis, sliding your hands up your thighs until your hands cup your kneecaps. Hold 2 to 3 seconds, then release and repeat.



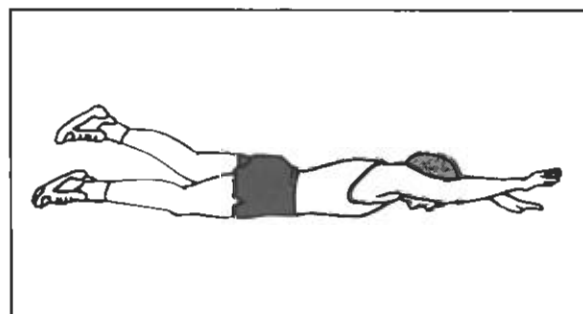
Lie with your face toward the floor. Tighten your buttock muscles and slowly lift one heel off the floor 6 to 12 inches. Hold for 2 to 3 seconds and repeat. Switch legs after the desired number of repetitions.



Lie on your back with your knees bent and your heels approximately 12 inches from your hips. Tighten your buttock muscles, then firmly press your lower back into the floor. Tilt your hips toward your head. Hold for 2 to 3 seconds, then repeat.



Lie with your face toward the floor and your arms extended over your head. Tighten your buttock muscles and slowly lift one leg and the opposite arm approximately 6 inches off the floor. Hold for 2 to 3 seconds, slowly release, and switch sides. Repeat 2 to 4 times.



Learn to use your BackFit

Always consult your physician before beginning any exercise program. This is absolutely essential if you have experienced any injury or recent trauma to your spine.

Workout Tips Before You Begin:

- Perform all movements in a slow and controlled manner.
- Work at your own pace: do not overdo it.
- Don't bounce while stretching or exercising.
- Always keep proper posture.
- Avoid high-impact activities.
- Stretch before and after exercise.
- Stop IMMEDIATELY if you experience pain or discomfort. Do not resume exercise until you can do so without feeling discomfort. If pain or discomfort persists, please consult with your physician again before continuing with your exercise program.

CAUTION: If you have long hair, secure it or tie it back so it does not get caught in the rollers of the BackFit exerciser.

BackSafe Tip:

Each exercise step is demonstrated in your training video, making it easy for you to perfect the proper form and ensure that you get the best workout possible.

Adjust the BackFit

1. Straddle the BackFit™ exerciser. Sit straight down on the seat without twisting. Let your hands slide down to your knees for support if necessary (Figure 1). You may place your hands on the rollers to brace yourself if necessary.



Figure 1

2. Lean back onto the rollers and put your feet on the foot rest. The bend in your knee should be slightly less than 90 degrees.
3. Adjust the foot rest, leg extension bar and arm handles so the machine fits you properly.

The Foot Rest

1. Remove the detent pin that secures the foot rest to the leg extension bar.
2. Select one of the four hole positions. Line up the holes in the foot rest and leg extension bar.
3. Reinsert the detent pin through the holes to secure the foot rest in position (Figure 2).



Figure 2

The Leg Extension Bar

1. Remove the detent pin that secures the foot rest to the leg extension bar.
2. Select one of the three holes positions. Line up the holes in the leg extension bar and the foot rest.
3. Reinsert the detent pin through the holes to secure the leg extension bar to the base (Figure 3).

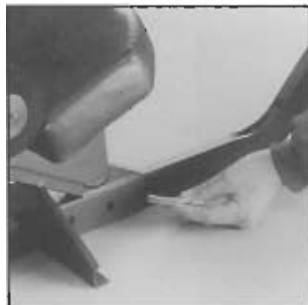


Figure 3

The Arm Handles

The arm handles can be set in one of two positions. While seated and leaning back on the rollers, grasp the arm handles in an overhand or underhand grip. If holding on to the arm handles is uncomfortable, adjust them as follows:

1. Remove the detent pin that secures the arm handles to the base of the exerciser.
2. Pivot the arm handles forward or back into one of the two positions.
3. Reinsert the detent pin through the holes to secure the arm handles in position (Figure 4).



Figure 4

CAUTION: Make sure the detent pins extend completely through all of the holes.

Use your BackFit

1. Straddle the BackFit™ exerciser. Sit straight down on the seat without twisting. Let your hands slide down to your knees for support if necessary (Figure 5). You may place your hands on the rollers to brace yourself if necessary.



Figure 5

2. Lean back onto the rollers and put your feet on the foot rest. The bend in your knee should be slightly less than 90 degrees (Figure 6).



Figure 6

3. Begin the movement by pressing with your legs and pulling slightly with your hands. Your entire back should stay flat on the rollers, and your head should keep contact with the head rest (Figure 7).



Figure 7

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

4. Extend backward as far as is comfortably possible. The extension range is different for all individuals, so work to your own comfort level and do not overextend (Figure 8).



Figure 8

5. Slowly return to the starting position, allowing your head to be cradled by the head rest. Move in slow, controlled movements.

Three Ways to Exercise

The rollers on the BackFit can be offset to either side to add variety. Offsetting the rollers will provide you with three exercises, allowing each vertebrae to open up and extend individually. Follow the directions below to offset the rollers. When using the exerciser with the rollers offset, an equal number of repetitions should be done from each side.

1. Stand behind the exerciser and pull back the head rest.
2. Lift the upper most roller and slide toward you until the roller bank drops into position.

NOTE: You can move either of the sides separately, or you can move both. Ideally, if you offset the rollers to one side, you should offset the rollers to the other side as well and perform the same number of repetitions.

STOP IMMEDIATELY if you experience pain or discomfort. Do not resume exercise until you can do so free of discomfort. If pain or discomfort persists, please consult with your physician again before continuing your exercise program.

BackSafe Tip:

Relax while exercising.
Play some light music and take some time for yourself.

Exercise Programs

Always consult your physician before beginning any exercise program. This is absolutely essential if you have experienced any injury or recent trauma to your spine.

Exercise on the BackFit™ can be performed as frequently as is comfortable for you. The guidelines listed below are for getting started. The number of repetitions and sets an individual will be able to perform will vary. Perform repetitions and sets as long as you feel comfortable and can maintain proper form. You may find it helpful to record your progress on the workout log. Ideally, the BackFit should be used at least three times per week, and a minimum of five minutes per workout.

Remember, there are three ways that you can work out: with rollers aligned, with rollers offset to the left and with rollers offset to the right.

Photocopy the log on the following page to keep track of your workout.

Week One (Rollers aligned)

12 to 15 reps per set
1 to 2 sets per day

Weeks Two through Four (Offsetting rollers)

15 to 20 reps per set
1 to 3 sets per day

Week Four On (Offsetting rollers)

15 to 20 reps per set
2 to 4 sets per day



STOP IMMEDIATELY if you experience pain or discomfort. Do not resume exercise until you can do so free of discomfort. If pain or discomfort persists, please consult with your physician again before continuing your exercise program.

Workout Log

A= Aligned Rollers
L= Offset Left
R= Offset Right

We recommend photocopying this page before using it.

	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R
Date																		
Reps																		
Sets																		

	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R
Date																		
Reps																		
Sets																		

	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R
Date																		
Reps																		
Sets																		

	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R	A	L	R
Date																		
Reps																		
Sets																		

Maintenance

NOTE: Place a protective covering between your exerciser and flooring or carpet before performing any maintenance steps.

Clean the Metal Surfaces

You can use any household window cleaner to clean the metal surfaces on your BackFit. Follow with a dry cloth to pick up any dirt, dust or residue.

Clean the Foam Surfaces

Wipe over the foam rollers with a dry cloth or towel to keep them clean.

Balanced Fitness

Problems caused by a weak back are common to many people. There is an answer, however. In addition to stretching, you are most likely aware that a proper strengthening program is essential. Strengthening will improve the weak back and abdominal muscles that support the critical muscles which support the spinal cord.

Some goals of a back exercise program are:

- Strengthen back and abdominal muscles
- Improve posture
- Improve flexibility

The product featured on this page will help you round out your Balanced Fitness™ program.

The BackStrength Exerciser

With the BackStrength™ exerciser, you will be able to build your back and abdominal muscles. Plus, the convenience of having an in-home strengthener allows you to work out anytime. Just use the BackStrength three to four times a week and start your way to a happy and healthy back!

For more information on the BackStrength, please call 1-800-249-2813.



The BackStrength

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 BackFit™, 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 BackFit 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 hand-grips. NordicTrack reserves the right to make changes and improvements to the BackFit 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 for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the BackFit and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

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