

EasySki™



USER'S GUIDE

NOW YOU CAN ACHIEVE YOUR FITNESS GOALS — WITH EASYSKI

Congratulations. You did it. You finally bought that exercise machine. But, it wasn't just any exercise machine. You purchased a NordicTrack fitness product: the EasySki™ aerobic exerciser.

BEFORE YOU START...

We know that you're ready to get started on your new EasySki. But, please take some time to read through our easy-to-use booklet. You'll find useful information about how to assemble, use and care for your exerciser to get the most from it. There is also helpful bits about how to maximize the effectiveness of your fitness routine.

WHATEVER YOUR FITNESS GOALS, EASYSKI GETS YOU RESULTS MORE EFFECTIVELY.

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set realistic, attainable goals and reward yourself when you meet those goals. Today, more than ever, aerobic exercise is your key to reaching your fitness goals.

ENJOY BETTER HEALTH.

Active people are simply healthier; they suffer less from illness and poor health. Staying active with EasySki is easy. You can get a vigorous workout in as few as 20 minutes, three times a week — in your own home!

IMPROVE PERSONAL APPEARANCE.

Nearly everyone has a part of their body they would like to improve. While spot reduction works to strengthen muscle, it does not reduce body fat. To get rid of the pockets of fat stored over muscle tissue, you need an effective aerobic workout — like EasySki. EasySki exercises all of your major muscle groups. You can tone and firm your entire body, not just your lower body.

EXPERIENCE REAL WEIGHT LOSS.

Diets starve your body of essential food and nutrients. When you diet your metabolism decreases the rate at which it burns calories and it increases your appetite. You feel hungry, tired and frustrated. As a result, you quit your diet. And the pounds seem to pile on quickly because your body is now burning calories at a far slower rate. Clinical tests show that the superior total-body workout of the EasySki exerciser burns more than 800 calories per hour. EasySki burns more calories because it uses more muscles. And muscle is your body's primary calorie-burning source. The healthy combination of sensible eating and an EasySki workout has worked for many others — and it can work for you!



LEARN LIFELONG WEIGHT MANAGEMENT.

When you diet, your body strives to maintain its set point; it lowers your metabolism and increases your appetite. Aerobic exercise increases your metabolism and calorie consumption. This increased metabolic rate may continue for 12 or more hours after exercise. Even after exercise, your body continues to burn calories at a high rate.

RELIEVE STRESS NATURALLY.

Study after study reveals that people who exercise regularly report lower levels of stress and depression. Though no one knows exactly why, it has been shown that exercise actually changes the body's chemistry. Exercise causes the brain to produce endorphins and other substances that promote emotional stability, muscle relaxation and a sense of well-being.

CONDITION YOUR CARDIOVASCULAR SYSTEM.

As research shows, total-body fitness strengthens your heart and lungs more effectively than lower-body exercise alone. EasySki works all of your major muscle groups at a level that's comfortable for your heart; you work your heart at the fitness-building level without over straining any one muscle group. You can strengthen your cardiovascular system more efficiently.



WITH NORDICTRACK'S EASYSKI YOU GET THE BEST OF BOTH WORLDS!

Fitness experts agree that cross-country skiing is the world's best form of aerobic exercise. And now it's even easier to enjoy this superior total-body workout with NordicTrack's EasySki™.

EasySki uses the same legendary flywheel as the traditional NordicTrack® ski exercisers to give you a smooth, non-jarring workout. Plus, the comfortable arm-exerciser poles balance your stride and ease you into your workout. You'll feel secure and stable resting against the adjustable hip pad.

ENGINEERED BY NORDICTRACK TO GO THE EXTRA MILE.

You can feel confident knowing that 20 years of world-famous fitness technology, design expertise and craftsmanship are built into your EasySki.

And don't forget. If you ever have any questions, please give us a call. Our Fitness Consultants are always just a phone call away. You'll find the toll-free Customer Service phone number printed on your invoice.



TABLE OF CONTENTS

The following pages contain important information that will help you maximize your use and enjoyment of your EasySki aerobic exerciser. Be sure to read this User's Guide thoroughly before attempting to use your exerciser.

All left and right references assume you are facing forward while on the exerciser.

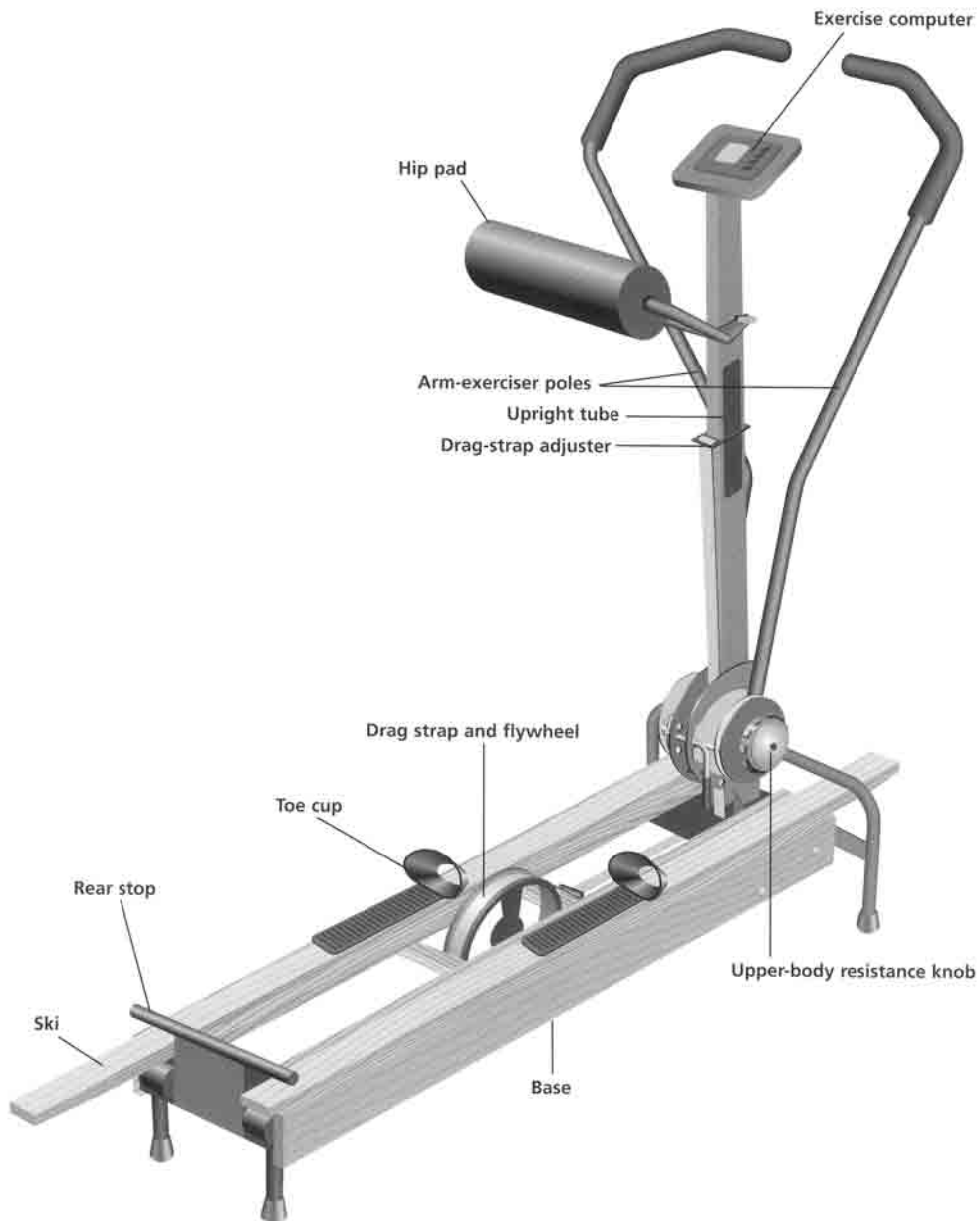
Please peel the backing from your invoice and attach it to the inside back cover of this guide. The Customer Service Department toll-free phone number is found on the invoice, as well as other important information. Refer to your invoice if you need to call our Customer Service Department.

Customer Service Department hours:

Monday through Friday 6 a.m. to 11 p.m.
Saturday 8 a.m. to 4:30 p.m.
Sunday 9 a.m. to 4:30 p.m.
Central Standard Time

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GET TO KNOW YOUR EASYSKI



Take a moment to familiarize yourself with the components of the EasySki™ in this illustration.

IMPORTANT SAFETY INFORMATION

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 essential. Be sure to have your doctor help you determine your target heart rate range.

2. Be 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 proper intensity. Most people have a maximum heart rate that is close to 220 minus their age; others have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can only be determined by clinical testing.

3. Stop exercising and consult your physician immediately if you experience any of the following symptoms:

Pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, dizziness, lower back pain or feeling lightheaded.

4. Start your program very slowly.

Changing your lifestyle takes time and commitment. Begin with three to five minutes of slow skiing several times a day; progress gradually as your fitness level improves.

5. It is essential that you warm up and stretch your muscles before exercising.

Follow the guidelines on pages 14 through 17.

6. Always wear appropriate exercise clothing.

We recommend that you wear exercise clothing such as a t-shirt, shorts and absorbent socks. It is important that you wear comfortable athletic shoes. A headband will help keep perspiration out of your eyes.

7. Use care when getting on and off of the exerciser.

Increase the leg resistance to "9" before getting on the exerciser. The skis will move forward without any leg resistance.

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

This product is designed for adult use only; it is not intended for use by children.

9. When you are not using the exerciser, it can remain upright.

However, be sure to tighten the arm-exerciser poles and lock them in place to prevent them from falling onto the base.

10. Check to make sure that the drag strap is properly adjusted.

The drag strap should be taut and the spring on the underside of the base just beginning to expand when the drag-strap adjuster is set at "1." See page 8, "Fine-Tune the Leg Resistance" for further details.

11. Make sure the upright-tube knob is tight and the upright tube is secure.

Hold on to the arm-exerciser poles when adjusting the resistance. Otherwise, they may fall backward onto the base. Also be sure that the hip pad knob is tight; the hip pad is designed for you to push against. There may be some slight movement to the upright tube.

12. Please perform the maintenance steps as recommended on pages 22 to 28.

This will help to ensure the safe and efficient operation of your exerciser. It will also protect your warranty rights.

PARTS LIST

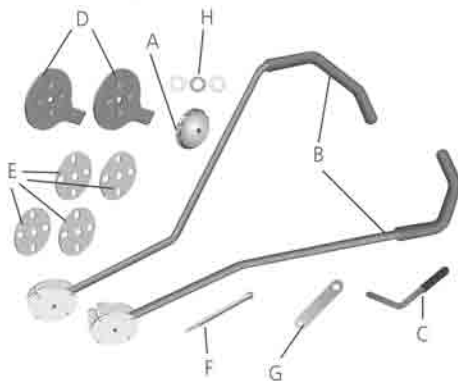


FIGURE 1

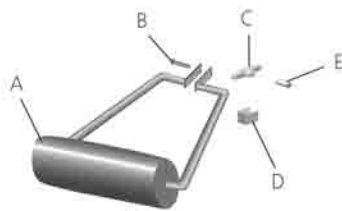


FIGURE 2

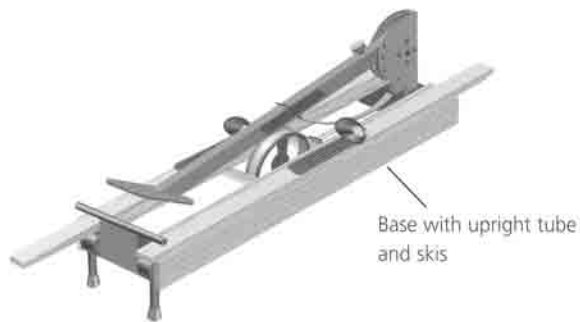


FIGURE 3

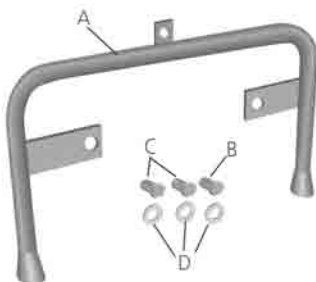


FIGURE 4

We suggest that you unpack your exerciser where you intend to use it. **Retain all packing material for the duration of your in-home trial period.** Place your exerciser on a flat surface; there should be a 1/2-inch clearance between the flywheel and the floor. Position a protective covering under the exerciser to protect your flooring or carpet surface.

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.

FIGURE 1

- 1 Upper-body resistance knob (A)
- 2 Arm-exerciser poles (B)
- 1 Arm-exerciser locking pin (C)
- 2 Brake-pad plates (D)
- 4 Brake pads (E)
- 1 5 1/2-inch bolt (F)
- 1 Flat wrench (G)
- 1 Washer-bearing-washer assembly (H)
- 1 Electronics package (not pictured)

FIGURE 2

- 1 Hip pad (A)
- 1 Hip-pad bolt (B)
- 1 Hip-pad knob (C)
- 1 U-shaped plastic sleeve (D)
- 1 Cylindrical-plastic sleeve (E)

FIGURE 3

- 1 Base with upright tube and skis

FIGURE 4

- 1 Leg assembly (A)
- 1 1-inch bolt (B)
- 2 3/4-inch bolt (C)
- 3 Washers (D)

SET-UP

FOLLOW THESE EASY ASSEMBLY STEPS:

1. Secure the leg assembly.
2. Position the upright tube.
3. Affix the brake pads.
4. Connect the arm-exerciser poles.
5. Fine-tune the leg resistance.
6. Attach the hip pad.
7. Install the exerciser computer.

SECURE THE LEG ASSEMBLY

1. Remove the skis from the exerciser. Lift the front of the exerciser so it rests on the back end of the base.
2. Align the holes of the leg assembly with those in the front frame of the base.
3. Place a washer onto each bolt.
4. Insert the 1-inch bolt, with washer, into the top hole of the leg assembly and through the threaded holes of the front frame (Figure 1). Finger-tighten the 1-inch bolt.
5. Insert the other two bolts, with washers, into each of the holes on the sides of the leg assembly (Figure 1). Tighten them securely with a flat wrench. Use a flat wrench to completely tighten the top bolt.
6. Lower the exerciser to the floor.
7. Replace the skis; they are interchangeable.

POSITION THE UPRIGHT TUBE

1. Turn the upright-tube knob counterclockwise. Remove it from the top side of the upright tube (Figure 2).
2. Raise the upright tube to a vertical position. Make sure the bolt fits into the notch on the upright-tube support (Figure 2).
3. Replace the upright-tube knob. Turn it clockwise to secure the upright tube.
4. Remove the nut and bolt from the base of the upright tube and set them aside (they will not be put back on the machine). We do suggest that you retain the nut and bolt along with the other packaging materials for the duration of your in-home trial period.

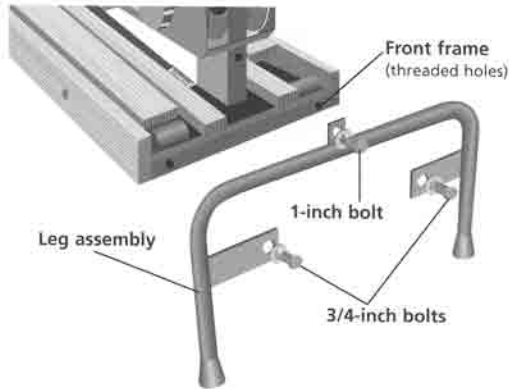


FIGURE 1

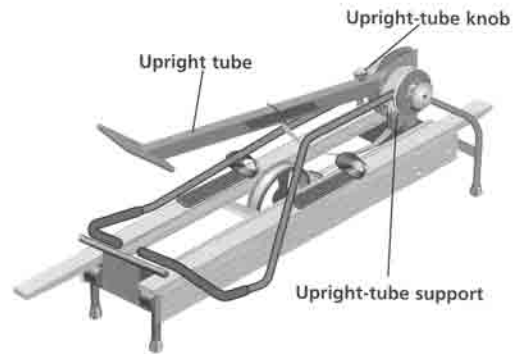


FIGURE 2

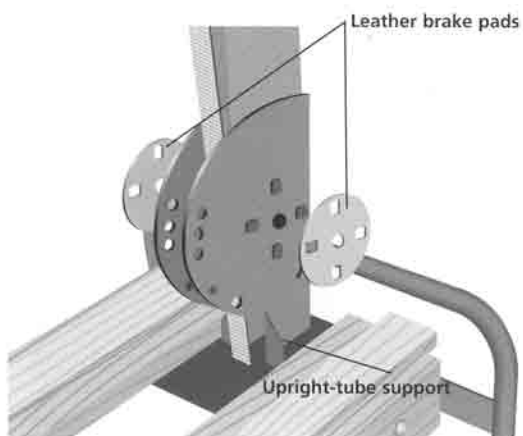


FIGURE 3

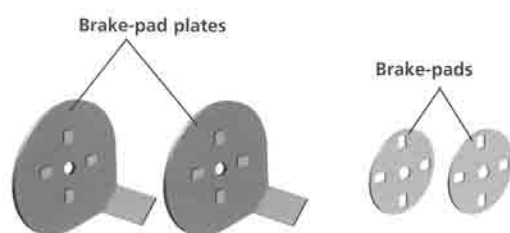


FIGURE 4

AFFIX THE BRAKE PADS

1. Fit a leather brake pad onto the notches on each side of the upright-tube support (Figure 3). The rough side of each brake pad should be against the upright-tube support; the smooth side of the brake pad should face the arm-exerciser pole. Press on each pad to be sure it is securely attached to the upright-tube support.
2. Fit the two remaining leather brake pads onto the notches on each of the brake-pad plates. Be sure to place the rough side of each brake pad against each plate; the smooth side of the brake pad should face the arm-exerciser pole. Press on each pad to be sure it is securely attached to the plate (Figure 4).

CONNECT THE LEFT ARM-EXERCISER POLE

Figure 5 shows the appropriate position of the parts on the left side of the upright-tube support: brake-pad plate, brake pad, left arm-exerciser pole assembly and brake pad.

1. Insert the 5 1/2-inch bolt through one of the brake-pad plates; the smooth side of the brake pad should face the upright tube.
2. Slide the left arm-exerciser pole assembly onto the bolt. It is very important that the left and right arm-exerciser poles are properly positioned; **they are not interchangeable**. The left arm-exerciser pole is labeled with a dot to help you identify it. Place the poles so the handgrips bend toward the base of the EasySki™ aerobic exerciser.
3. Stand next to the left side of the base. Align the holes of the upright-tube support and the upright tube.
4. Insert the bolt from left to right through the upright-tube support and the upright tube (Figure 6). Fit the tab at the bottom of the left brake-pad plate into the slot in the upright-tube support.

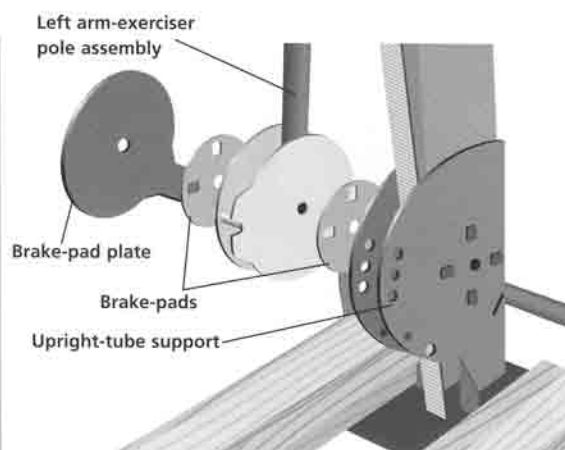


FIGURE 5

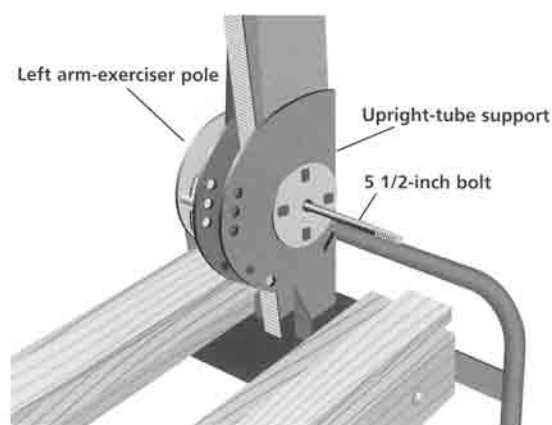


FIGURE 6

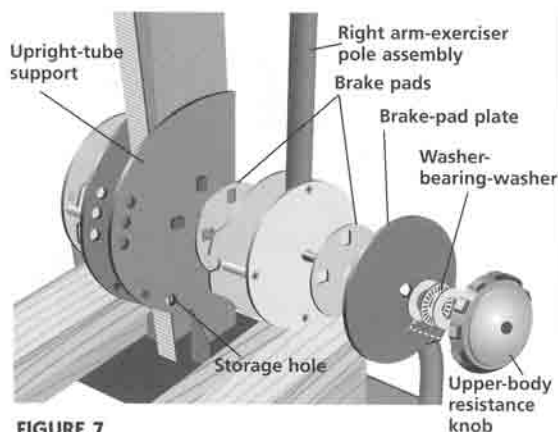


FIGURE 7

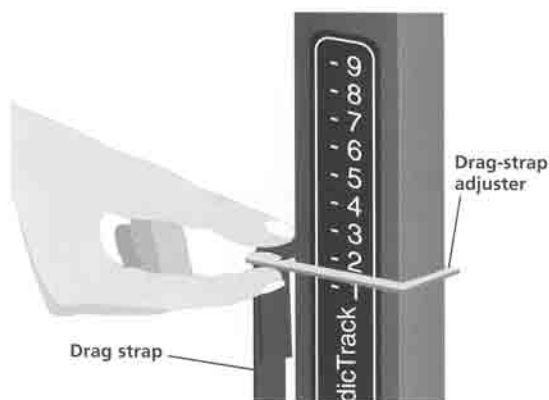


FIGURE 8

CONNECT THE RIGHT ARM-EXERCISER POLE

Figure 7 shows the assembly on the right side of the upright-tube support: brake pad, right arm-exerciser pole assembly, brake pad, brake-pad plate, washer-bearing-washer and the upper-body resistance knob.

1. Slide the right arm-exerciser pole assembly onto the bolt.
2. Position the remaining brake-pad plate onto the 5-inch bolt (Figure 7); the smooth side of the brake pad should face the upright tube. Fit the tab on the right brake-pad plate into the slot in the upright-tube support.
3. Slide a washer onto the end of the bolt, followed by the bearing and the other washer.
4. Attach the upper-body resistance knob. Turn it clockwise until the parts fit closely together. The arm-exerciser poles should be moveable, but remain stationary when you lift them. Move the poles down to rest on the base.

NOTE: The blue nylock insert on the 5 1/2-inch bolt will help to ensure that the upper-body resistance knob remains secure; do not remove it.

5. Place the arm-exerciser locking pin in the storage holes of the upright-tube support.

FINE-TUNE THE LEG RESISTANCE

The leg resistance of your EasySki™ has been preset at our factory. Perform the following steps to fine-tune it.

1. Stand next to the ski exerciser.
2. Be sure the drag strap is routed around the flywheel.
3. Set the drag-strap adjuster at "1" (Figure 8).
4. Vary the amount of drag strap threaded through the drag-strap adjuster; the drag strap should be taut and the spring on the underside of the base just beginning to expand.

NOTE: The skis have no resistance in the forward motion, only the reverse. The leg resistance can be readjusted when you are ready to exercise.

ATTACH THE HIP PAD

1. Remove the hip-pad bolt, hip-pad knob and the cylindrical-plastic sleeve from the parts bag.
2. Make sure that the u-shaped plastic sleeve is inserted into the hip-pad bracket.
3. Stand next to the exerciser. Fit the hip-pad bracket around the upright tube (Figure 9). The hip pad should angle upward.
4. Hold the hip-pad assembly in position with one hand. With the other hand, position the cylindrical-plastic sleeve between the two holes on the hip-pad bracket.

NOTE: Position the hip pad at hip level, about one inch below your navel. It can be readjusted before you begin to exercise.

5. Insert the hip-pad bolt through the holes in the hip-pad bracket and through the cylindrical-plastic sleeve (Figure 9). The bolt may be inserted from the left or the right.
6. Tighten the hip-pad knob onto the threaded end of the hip-pad bolt. This will secure the hip pad.

INSTALL THE EXERCISE COMPUTER

Follow the instructions included in the electronics package to install, program and use your computer.

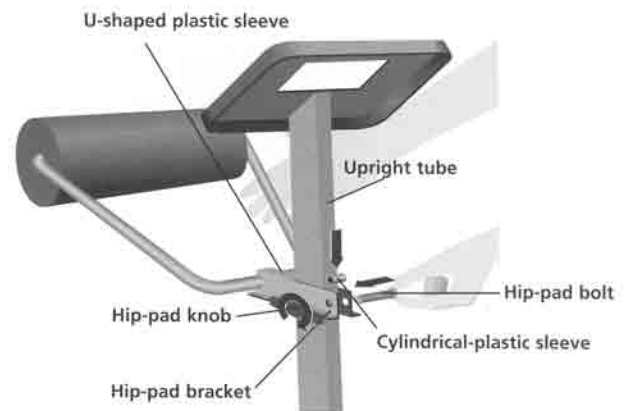


FIGURE 9

ADJUSTABLE FEATURES

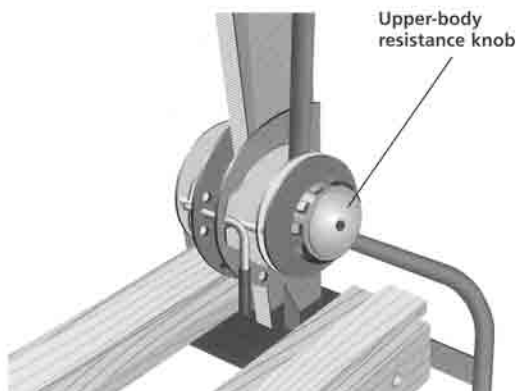


FIGURE 1

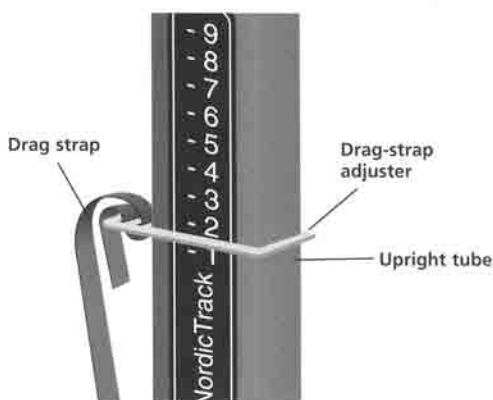


FIGURE 2

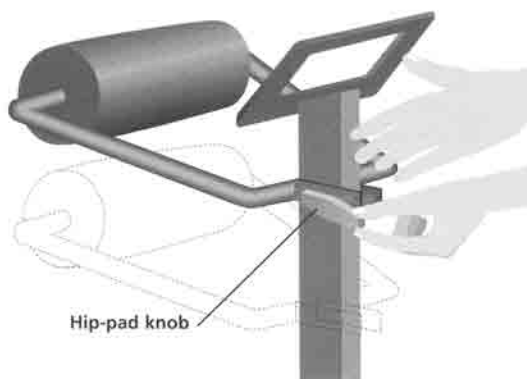


FIGURE 3

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

ADJUST THE UPPER-BODY RESISTANCE

The upper-body resistance knob is located at the bottom of the upright tube. Turn it clockwise to increase the resistance on the arm-exerciser poles and counterclockwise to decrease the resistance (Figure 1). Hold onto the arm-exerciser poles when you are adjusting the resistance so the poles do not fall backward onto the base.

SELECT THE LEG RESISTANCE

The amount of leg resistance can be easily adjusted by moving the drag-strap adjuster on the upright tube. To increase the resistance, raise the drag-strap adjuster. Decrease the resistance by lowering the drag-strap adjuster (Figure 2).

Use the numbered settings on the upright tube to ensure consistent levels of resistance and to track your progress. Each number on the leg resistance is equal to about four pounds of resistance (e.g., 1=4, 2=8, 3=12, etc.). To fine-tune the leg resistance, refer to page 8.

POSITION THE HIP PAD

The height of the hip pad can be easily adjusted for different users. The top of the hip pad should rest comfortably at hip level, about one inch below your navel. It should be high enough that it does not restrict leg movement and low enough that it does not press against your abdomen.

1. Increase the leg resistance to "9."
2. Step onto the skis.
3. Hold the hip pad with one hand. Turn the hip-pad knob counterclockwise to loosen it.
4. Slide the hip pad up or down on the upright tube (Figure 3).
5. Turn the hip-pad knob clockwise to secure the hip pad in place.

LOCK THE ARM-EXERCISER POLES IN PLACE

If you wish to perform only the leg motion, you may lock the arm-exerciser poles into place so you can hold onto them for balance. The EasySki has three different locking positions to accommodate differences in height and stride length.

1. Locate the upper-body resistance knob at the bottom right side of the upright tube. Turn the knob clockwise until the arm-exerciser poles are movable, but will not fall back onto the base when they are stationary.
2. Remove the arm-exerciser locking pin from the upright-tube support.
3. Raise the arm-exerciser poles to an upright position.
4. Align the slots in the arm-exerciser poles with one of the three sets of locking holes in the upright-tube support (Figure 4).
5. Hold the arm-exerciser poles with one hand. Insert the uncapped end of the arm-exerciser locking pin through all of the holes. Make sure the pin extends completely through both of the arm-exerciser poles and the upright-tube support.

NOTE: If you walk with a long stride, you may be more comfortable with the arm-exerciser poles locked into one of the forward positions.

6. Rotate the arm-exerciser locking pin down to secure it in place. The capped end of the pin should be perpendicular to the base (Figure 4).

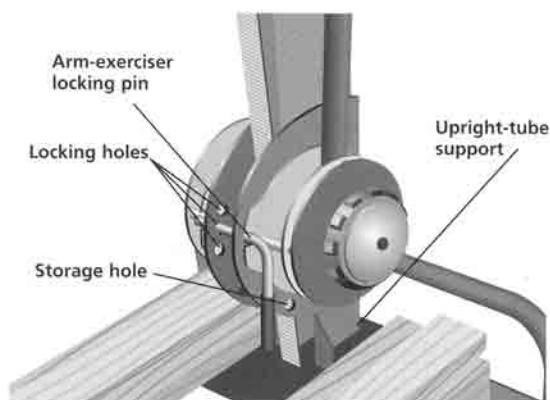


FIGURE 4

LEARN TO USE YOUR EASYSKI

Using your EasySki™ aerobic exerciser is simple — and it will provide you with safe, effective workouts for years to come. Remember, five minutes of exercise at a time may be sufficient when you begin an exercise program; slowly increase your workout time as your fitness level improves.

START WITH THE LEG MOTION ONLY

1. Lock the arm-exerciser poles in place.

Move the arm-exerciser poles to one of the three forward positions. Make sure the arm-exerciser locking pin is completely extended through each of the arm-exerciser poles and the upright-tube support.

2. Adjust the hip pad.

Increase the leg resistance to “9.” Carefully step onto the skis. Loosen the hip-pad knob and move the hip pad. It should rest at hip level, about one inch below your navel. Once the hip pad is in place, be sure the hip pad knob is tight. The hip pad is not designed for support, but for you to push against. There may be some slight movement to the upright tube.

3. Set the leg resistance.

Slide the drag-strap adjuster to the “2.5” or “3” setting. Each number is equal to about four pounds. (Example: 1=4, 2=8, 3=12 etc.)

4. Hold onto the hip pad for support.

Gently place your hips against the hip pad. Keep your weight on your feet and your back straight. Increase the leg resistance if you slide away from the hip pad.

5. Begin to ski.

Push your right foot back and pull your left foot forward; then, push your left foot back and pull your right foot forward. Do not bring your feet any further forward than your body. Start with smooth, short strides. You will feel the leg resistance as you move your foot backward; the movement is similar to wiping your feet on a rug. Let your heel rise naturally at the back of your stride. Keep the balls of your feet on the skis at all times.

NOTE: There is no defined range of motion for your stride. Begin with a short stride. You may want to increase or decrease the length of your stride as you become more comfortable. Increase the leg resistance if you slide away from the hip pad.

Practice this motion until you feel comfortable and confident with it.



COMBINE THE LEG AND ARM MOTION

1. Set the arm resistance.

Remove the arm-exerciser locking pin. Adjust the arm resistance to a comfortable setting.

2. Take the arm-exerciser poles in a comfortable grip.

Carefully step onto the skis. Use an overhand or underhand grip to hold on to the arm-exerciser poles.

3. Add your arm motion to the leg motion.

Resume your leg motion. Move your arms in harmony with your legs; push and pull the arm-exerciser poles as you do so. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back. Remember to increase the leg resistance if you slide away from the hip pad. If the arm-exerciser poles interfere with your natural walking stride, it may help to adjust the hip pad to a higher position.

Be patient — especially if you're new to exercise. It may take some time to learn to coordinate the cross-country skiing motion. Below are some tips to help you get started:

1. Concentrate on the leg motion if coordinating the arm and leg motion is difficult.

Incorporate the arm motion once you are comfortable with the leg motion. Take short, smooth strides. Do not bring your feet in front of your body until you are comfortable with the motion.

Remember, the leg motion is similar to wiping your feet on a rug. Resistance is felt only as you push your feet backward, not as you pull forward. Keep the weight of your body on the ski as you push backward.

2. Avoid leaning forward.

Keep your weight over your feet. Your waist should be in contact with the hip pad at all times to hold back your forward motion. Remember, when properly adjusted, the top of the hip pad should be about one inch below your navel. Increase the lower-body resistance if you slide away from the hip pad.

3. Find a focal point, such as the television or a picture.

Keep your shoulders back and your head up. Remember that the leg motion is similar to wiping your feet on a rug. Use the toe cups as a guide.

PLAN 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 EasySki™ aerobic exerciser.

SIX STEPS OF 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 training
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 five minutes of slow exercise on your EasySki aerobic exerciser.

2. STRETCHING

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

3. AEROBIC CONDITIONING

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

Frequency

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

Duration

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

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate (see the following section on 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 TRAINING

A strength training program is an essential component of a fitness program. It adds lean muscle mass to the body and aids in weight loss.

6. STRETCHING

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

MONITORING YOUR HEART RATE

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

NOTE: Your physician's advice is essential if you are taking any medication which effects your 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 should have nearly returned to its resting rate; it is very important that you cool down slowly in order to do this. As you become more fit, your resting heart rate may actually decrease and begin 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. However, only clinical stress testing can provide a precise MHR reading.

TARGET HEART RATE

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your maximum heart rate. Beginning exercisers 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 the chart to determine the proper target heart rate for your workouts.

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

TAKING YOUR HEART RATE (PULSE)

Lower your left wrist below your heart level. This will make your heart rate stronger and your pulse easier to feel. Place the index and middle fingertips of your right hand, about one-fourth of an inch from the left wrist joint, at the base of your thumb (Figure 1).

Relax your left thumb and turn your hand so your palm is facing up. The index and middle fingers of your right hand should remain flat along your left wrist. Apply minimal pressure with both fingers. Let the pulse come to your fingers. If you can't find your pulse, try using the opposite wrist and hand.

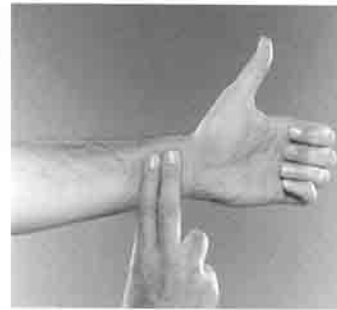


FIGURE 1

TARGET HEART RATE RANGE CHART

	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
Age						
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

NOTE: To calculate your target heart rate for one minute, count your pulse rate for ten seconds and multiply by six. Be sure to stay within your target heart rate range for the greatest aerobic benefit from your workout. The figures in the chart are rounded to the nearest whole number.

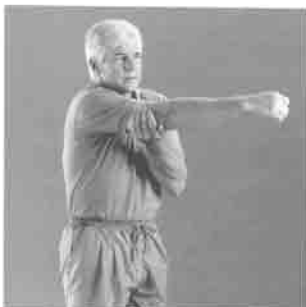
RECOMMENDED STRETCHES

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



SHOULDER STRETCH

Raise both arms over your head. Cradle your elbow with one hand behind your head. Gently pull on your elbow.



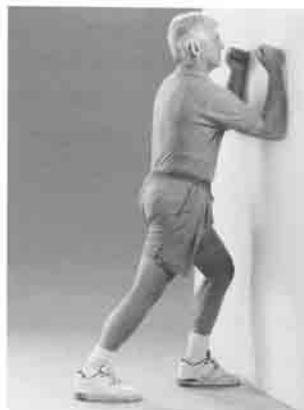
BACK AND ARM STRETCH

Use one hand to cradle your elbow. Gently pull your elbow across your chest.



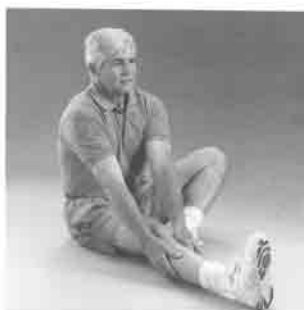
QUADRICEPS STRETCH

Pull your heel slowly toward your buttocks.



CALF STRETCH

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



LOW-BACK AND HAMSTRING STRETCH

Position your legs as shown. Bend forward from your hips; keep your back straight.



INNER-THIGH STRETCH

Put the bottoms of your feet together. Press your knees toward the floor.

HIP STRETCH

Slowly pull one knee to your chest. Repeat with the other knee. Then, pull both knees to your chest at the same time.



WEIGHT MANAGEMENT ESSENTIALS

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

DIETS ALONE DON'T WORK.

There are no miracle diets that can help you lose weight. Low calorie diet plans may help you achieve some weight loss, but they make it hard for you to get all the nutrients you need. And crash diets fail because they don't change your eating habits permanently. Proper weight loss and management occurs when you combine 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.

Safe weight loss occurs at a rate of one to two pounds per week. Long-term success depends on good eating habits complemented by a regular exercise routine. Exercise helps you burn calories, both during and after participation. Aerobic exercise is one of the best types of exercise you can perform. Effective forms of aerobic exercise include cross-country skiing, rowing, biking and brisk walking.

WATCH THAT FAT!

Limiting the amount of fat you eat will improve your diet and your health. Fat contains more than twice as many calories per gram as protein and carbohydrates. Eliminating excess fat can help you lose weight and keep it off. The American Heart Association reports that no more than 30 percent of your total daily caloric intake should be fat. (One gram of fat is equal to nine calories!)

SPOT REDUCTION IS A MYTH.

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

EXERCISE FOR WEIGHT LOSS.

An ideal program for weight loss is to exercise at 70 to 85 percent of your maximum heart rate or MHR for 30 to 60 minutes, four to five times a week. Participating in a strength training program on an every-other-day basis can also supplement this type of weight loss. It increases your muscle mass, which is your body's primary calorie burner.

MAKE EXERCISE A WAY OF LIFE.

The best 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 wind down your day. Ironically, when people feel that they are too busy or too stressed to exercise, that is when they need it the most.

EXERCISES AND WORKOUT PROGRAMS

Custom design your workout by adjusting the separate upper-body and lower-body resistance levels. The EasySki's unique new arm poles and legendary flywheel will provide you with a smooth, non-jarring total-body workout.

EXERCISES

SKIING WITHOUT THE ARM-EXERCISER POLES

You may wish to rest your hands on the arm-exerciser poles or the hip pad (Figure 1). Or, you may allow your arms to swing naturally as you ski. Push your right foot back, then your left. Work this into a smooth gliding motion. Keep your hips in contact with the hip pad.

SKIING WITH THE ARM-EXERCISER POLES

Grasp the arm-exerciser poles; use an overhand (Figure 2) or underhand grip (Figure 3) to hold on to the arm-exerciser poles. Move your arms in harmony with your legs. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

WORKOUT PROGRAMS

The workout programs on the following page are only recommendations. We suggest that you start at the beginner level, work up to the intermediate and move on to the advanced levels when you are ready. Once you are able to perform the workout for the recommended duration while maintaining your target heart rate, move on to the next program.

We recommend at least four, 30-minute workouts per week if you are trying to lose weight; studies have shown that fewer than four aerobic workouts a week do not contribute significantly to weight loss. And exercising for longer, or more frequent sessions, will accelerate your weight loss program. However, be sure you are staying within your target heart rate zone.



FIGURE 1



FIGURE 2



FIGURE 3

BEGINNER

Skiing without the arm-exerciser poles:
10 minutes

Skiing with the arm-exerciser poles:
10 minutes

Frequency: 2 – 3 days per week
Intensity: 60% – 70% of your MHR*
Duration: 20 minutes**

ADVANCED BEGINNER

Skiing without the arm-exerciser poles:
10 – 15 minutes

Skiing with the arm-exerciser poles:
10 – 15 minutes

Frequency: 3 – 4 days per week
Intensity: 60% – 70% of your MHR*
Duration: 20 – 30 minutes

INTERMEDIATE

Skiing with the arm-exerciser poles:
25 – 40 minutes

Frequency: 3 – 4 days per week
Intensity: 70% – 80% of your MHR*
Duration: 25 – 40 minutes

ADVANCED

Skiing with the arm-exerciser poles:
40 – 60 minutes

Frequency: 4 – 5 days per week
Intensity: 80% – 85% of your MHR*
Duration: 40 – 60 minutes



* MHR=Maximum Heart Rate (See page 15).

** When first starting an exercise program, five to ten minutes of exercise may be sufficient. Slowly increase your workout time as your body becomes able to handle more exercise.

WORKOUT LOG

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

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CARE FOR YOUR EASYSKI

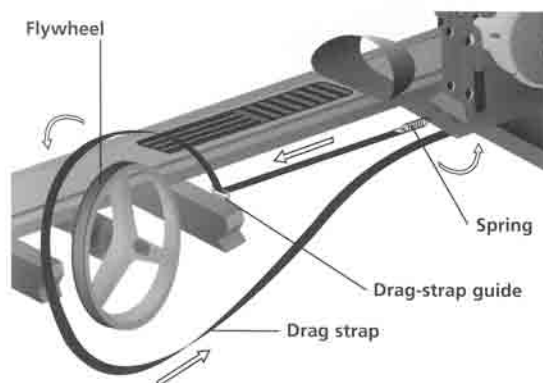


FIGURE 1

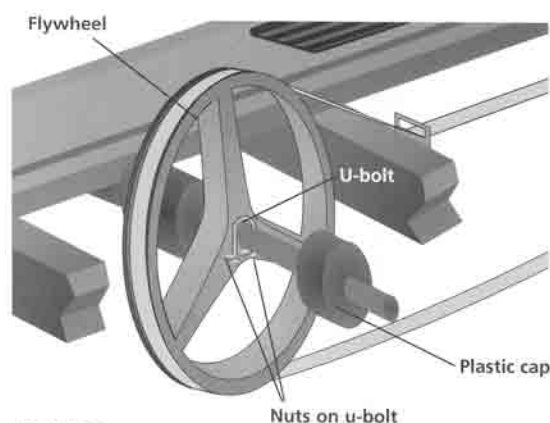


FIGURE 2

Wipe the wood surfaces of the EasySki™ with a clean, dry cloth after each use to remove perspiration and dirt; any household window cleaner may be used to clean the chrome and black metal surfaces of the EasySki. Do not use abrasive cleaners or substances that may leave a residue.

PROTECT THE WOOD (MONTHLY)

Any wood furniture polish or wax may be used to protect the wood finish and prevent drying. Do not allow polish or wax to get on the drive rollers or idler wheels.

CARE FOR THE DRAG STRAP AND FLYWHEEL (MONTHLY)

The drag strap and flywheel maintenance described below should be performed once a month.

REMOVE THE DRAG STRAP

1. Place a cloth or a piece of plastic underneath the exerciser to protect your floor.
2. Set your leg resistance to the lowest setting by lowering the drag-strap adjuster on the upright tube.
3. Note the way the drag strap is routed around the flywheel. Remove it by disconnecting the ends of the drag strap (Figure 1).

CLEAN THE DRAG STRAP

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

INSPECT THE FLYWHEEL

1. Wipe the surface of the flywheel with a clean, dry cloth.
2. Check the groove of the flywheel for any rust or corrosion.
3. Use fine to very fine steel wool to spot rub any rust or corrosion. Clean the entire flywheel with steel wool if necessary.
4. Wipe the flywheel with a clean, dry cloth to remove any residue. NEVER place oil between the drag strap and flywheel. This will damage the drag strap.

REPLACE THE DRAG STRAP

Reroute and reattach the drag strap as shown in Figure 2 on page 23. If the drag strap is slightly frayed, reverse it to extend wear.

1. Route the end of the drag strap through the drag-strap adjuster as shown in Figure 3.
2. Set the drag-strap adjuster to "1."
3. Vary the amount of drag strap threaded through the drag-strap adjuster. The drag strap should be taut, and the spring on the underside of the base just starting to expand.

CLEAN THE BOTTOMS OF THE SKIS (QUARTERLY)

Wipe the bottoms of the skis with a clean, dry cloth. Mineral spirits will lift stubborn marks.

WAX THE SKIS (QUARTERLY)

The glide buttons built into the sides of the skis are designed to wear down and leave a light coating on the sides of the wood. These buttons do not need to be replaced. For a smooth glide while skiing, carefully rub paraffin wax only on the sides of the skis. NEVER polish or wax the bottoms of the skis.

LUBRICATE THE IDLER WHEELS (QUARTERLY)

A drop of light household oil may occasionally be needed on the axles of the front and rear idler wheels if they begin to squeak. However, the drive rollers are internally lubricated and should NOT be oiled (Figure 4).

1. Place a cloth or a piece of plastic underneath the EasySki exerciser to protect your floor.
2. Put a drop of light household oil on the side of each idler wheel. Spin each wheel.

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

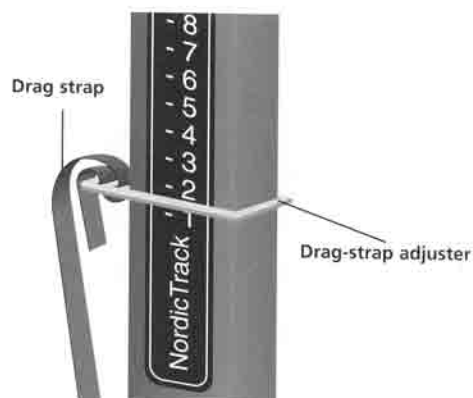


FIGURE 3

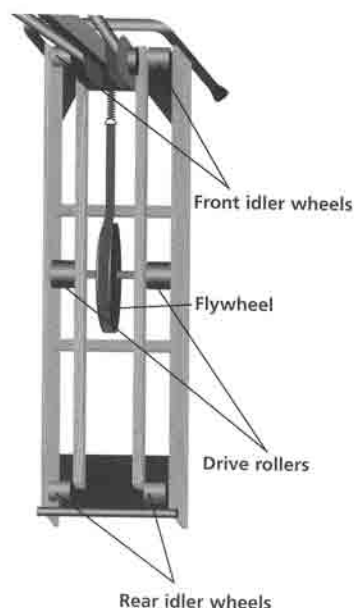


FIGURE 4

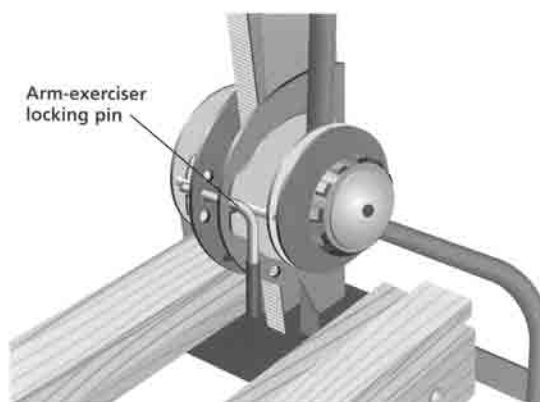


FIGURE 5

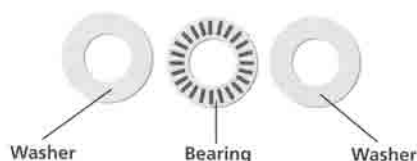


FIGURE 6

OIL THE ARM-EXERCISER ASSEMBLY (QUARTERLY)

There are four round, leather brake pads at the base of the arm-exerciser poles. If they begin to squeak, you will need to disassemble the arm-exerciser poles to oil them.

FIRST, COLLAPSE THE ARM-EXERCISER POLES

1. Remove the arm-exerciser locking pin, if it is in place (Figure 5).
2. Hold onto the arm-exerciser poles and loosen the upper-body resistance knob.
3. Move the arm-exerciser poles down to rest on the base.

NEXT, DISASSEMBLE THE ARM-EXERCISER POLES

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

1. Place a drop cloth or protective cover on your floor. Place all loose parts on the cloth.
2. Turn the upper-body resistance knob counterclockwise until the knob comes off. Set the knob aside.
3. Remove the two washers and the bearing from the bolt (Figure 6).
4. Slide the brake-pad plate off of the bolt.
5. Remove the right arm-exerciser pole from the bolt. Remove the brake pad from the upright-tube support.
6. Hold onto the upright tube with one hand. Remove the bolt, with the arm-exerciser pole and the brake-pad plate from the base with the other hand.

CAUTION: The upright tube may slide out of position when you remove the bolt.

7. Remove the remaining brake pad from the upright-tube support.

THEN, OIL THE BRAKE PADS

1. Use 100-grit sandpaper to roughen the surface of each of the four brake pads. This will enable the oil to penetrate the pads properly.

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

2. Place two to three drops of light household oil on each of the brake pads. Spread the oil evenly over the entire surface of each brake pad. Allow the oil to soak into the pads overnight, or a minimum of eight hours. Then, wipe off any excess oil.

NEXT, ATTACH THE BRAKE PADS

1. Return a leather brake pad to each side of the upright-tube support (Figure 7). The rough side (the side opposite the one you sanded) of each brake pad should be against the upright-tube support; the smooth side should face the arm-exerciser pole. Press on each pad to be sure it is securely attached to the upright-tube support.
2. Fit the remaining two leather brake pads onto the brake-pad plates. Be sure to place the rough side (the side opposite the one you sanded) of each brake pad against each plate; the smooth side should face the arm-exerciser pole. Press on each pad to be sure it is securely attached to the plate (Figure 8).

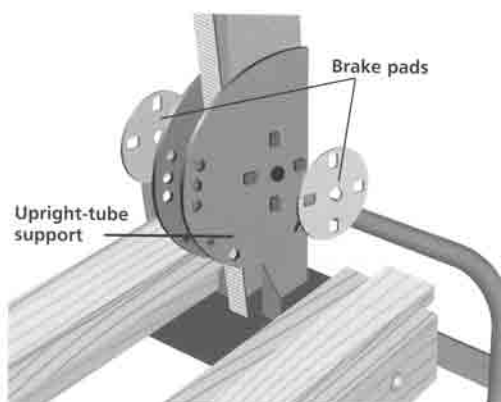


FIGURE 7

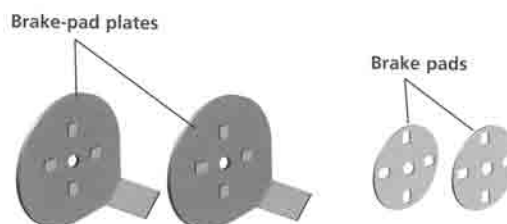


FIGURE 8

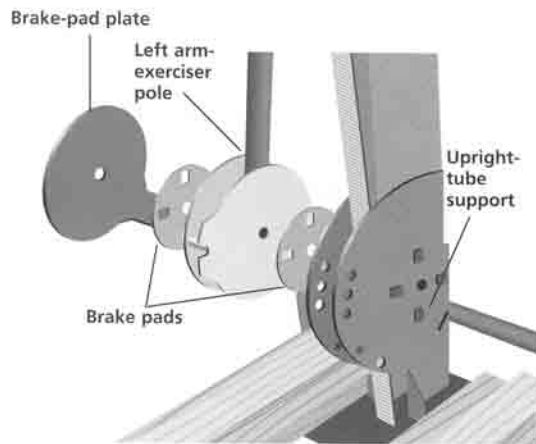


FIGURE 9

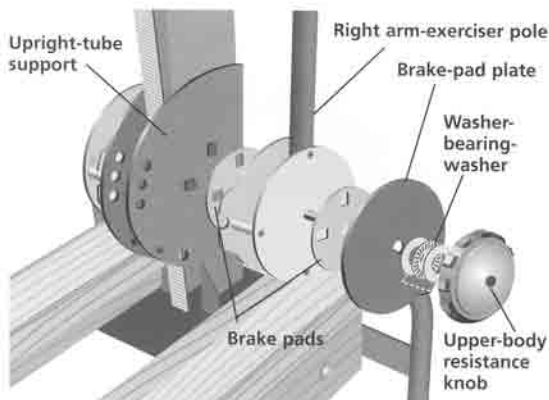


FIGURE 10

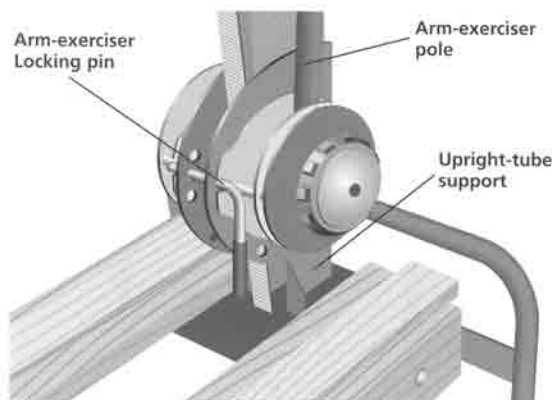


FIGURE 11

FINALLY, ASSEMBLE THE ARM-EXERCISER POLES

Figure 9 shows the position of the parts on the left side of the upright-tube support: brake-pad plate, brake pad, left arm-exerciser pole and brake pad.

1. Insert the bolt through one of the brake-pad plates; the brake pad should face the upright tube.
2. Slide the left arm-exerciser pole onto the bolt from right to left until the threaded end of the bolt is just visible through the arm-exerciser pole.
3. Stand next to the left side of the base. Align the holes of the upright-tube support and the upright tube.
4. Insert the bolt from left to right through the upright-tube support and the upright tube. Fit the tab at the bottom of the left brake-pad plate into the slot on the upright-tube support.

Figure 10 is a view of the right side of the assembly: brake pad, right arm-exerciser pole, brake pad, brake-pad plate, washer-bearing-washer and upper-body resistance knob.

5. Slide the right arm-exerciser pole onto the bolt.
6. Position the remaining brake-pad plate onto the bolt; the brake pad should face the upright tube (Figure 10). Fit the tab on the right brake-pad plate into the slot on the upright-tube support.
7. Slide a washer onto the end of the bolt, followed by the bearing and the other washer.
8. Attach the upper-body resistance knob. Turn it clockwise until the parts fit closely together.
9. Align the slots on the arm-exerciser poles with one of the three sets of holes in the upright-tube support.
10. Insert the arm-exerciser locking pin so it extends completely through both arm-exerciser poles and the upright-tube support (Figure 11).

STORE YOUR EASY SKI

1. Loosen the leg resistance by completely lowering the drag-strap adjuster.
2. Remove the battery from the exercise computer.
3. Remove the drag strap from the flywheel (Figure 12).

NOTE: Upon removal from storage, reroute the drag strap after cleaning the flywheel. See Figures 2, 3 and 4 and instructions on pages 22 and 23.

4. Loosen the hip-pad knob. Remove the hip-pad knob, hip-pad bolt and sleeves (Figure 13). Set the hip-pad assembly aside.
5. Hold onto the arm-exerciser poles with one hand. Remove the arm-exerciser locking pin (if in place). You may store the pin in the lowest holes of the upright-tube support.
6. Move the arm-exerciser poles toward the base in the "down" position.
7. Hold the upright tube in one hand. Remove the upright-tube knob from the upright tube.
8. Lift the upright tube slightly so it clears the notch on the upright-tube support. Lower the upright tube (Figure 14). Replace the upright-tube knob.

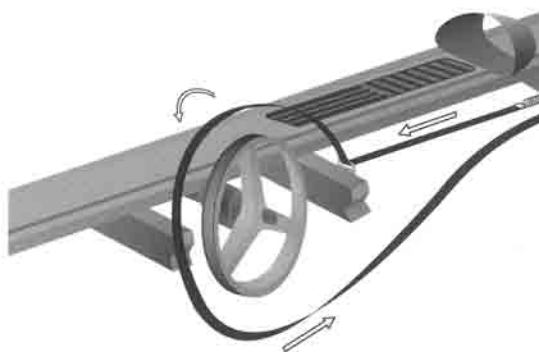


FIGURE 12

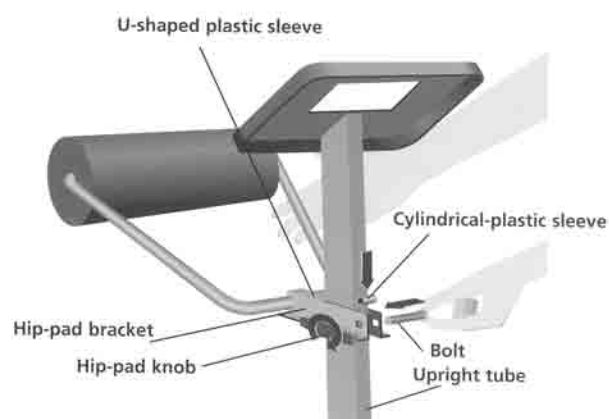


FIGURE 13

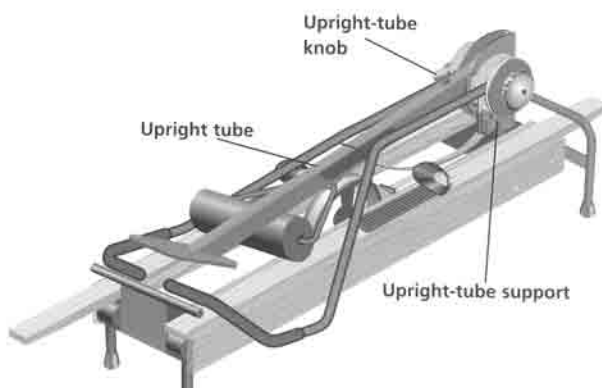


FIGURE 14

MAINTAIN YOUR EXERCISER

Under normal wear conditions, these parts on the EasySki™ aerobic exerciser may need periodic attention.

IF...

The skis are slipping.

THEN...

- Wipe off any excess oil.
- Clean the bottom of the skis with a cloth dampened with a small amount of mineral spirits or paint thinner.
- Make sure the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts located on the right side of the flywheel. **Do not over-tighten the nuts.** Replace the cap.

The idler wheels are squeaking or sticking.

- Slide the idler wheel to one side. Place one drop of light household oil onto the axle next to the idler wheel.
- Slide the idler wheel to the other side and repeat the process above. This process may be performed on all of the idler wheels. However, do not perform this process on the drive rollers (see Figure 1, page 22).

The drag-strap assembly offers no resistance.

- Check the routing of the drag strap. Fine-tune the leg resistance as instructed on page 8.
- Make sure the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts located on the right side of the flywheel. **Do not over-tighten the nuts.** Replace the cap.

The arm-exerciser poles begin to squeak.

- Oil the brake pads.

The arm-exerciser poles will not hold a constant resistance or the resistance loosens.

- Check to be sure the washer-bearing-washer assembly is positioned next to the upper-body resistance knob.
- Place a drop of light household oil on the bearing assembly next to the upper-body resistance knob (see Figure 10, page 26).

CUSTOMER INFORMATION

WE'RE JUST A TOLL-FREE PHONE CALL AWAY

We're available to answer any of your questions regarding the assembly, use or maintenance of your equipment. Please call our Customer Service Department at the toll-free phone number printed on your invoice if you have any questions.

Customer Service Department Hours:

Monday through Friday	6 a.m. to 11 p.m.
Saturday	8 a.m. to 4:30 p.m.
Sunday	9 a.m. to 4:30 p.m.

Central Standard Time

30-DAY IN-HOME TRIAL — YOUR SATISFACTION GUARANTEED

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 our products fall short of your expectations before the end of your in-home trial, please call our Customer Service Department at the number on your invoice to discuss product exchanges and returns.

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from the date of purchase of the EasySki™ aerobic exerciser, repair or replace at its factory any part which may prove to be defective in materials or workmanship under in-home normal use. (Electronics and other items purchased separately carry their own warranty/service periods.) Please note that the commercial or institutional use of the EasySki will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), customer-made alterations, vandalism, misuse, acts of nature, abuse, improper maintenance, unreasonable care, other causes not arising from defects in workmanship and materials or normal wear on items such as those having finished or painted surfaces or the foam handgrips. This warranty is applicable to sales made only by NordicTrack, Inc., NordicEdge or Nordic Advantage, Inc., a retail distributor of NordicTrack products. NordicTrack, Inc., reserves the right to make changes and improvements to the EasySki aerobic exerciser without incurring any obligations to make similar alterations to previously purchased EasySki aerobic exercisers. This warranty is transferrable within the first two years: \$19.95 U.S. and \$24.95 Canada.

To transfer a warranty or obtain service under this warranty, contact our Customer Service Department at the toll-free phone number on your invoice. All shipping costs to return the EasySki and accessories for repairs are the responsibility of the purchaser; C.O.D. shipments will not be accepted.

No implied guarantee 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.

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

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

To obtain service under this warranty, notify our Customer Service Department at the phone number printed on your invoice to receive authorization. Once you receive authorization, repack your exerciser as directed; be sure to include proof of purchase and a brief statement describing the defect with your product in the box. All shipping costs to return the product and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond 90 days from the date of delivery. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within 90 days from the date of delivery. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. This warranty gives you specific rights. The laws for each country may vary.

We regret that the in-home trial, with return privileges, is not extended to customers outside of the United States and Canada.