

**OWNER'S MANUAL
AND WORKOUT GUIDE**

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Important: Please read through this entire manual before assembling or using your new NordicPower strength trainer.

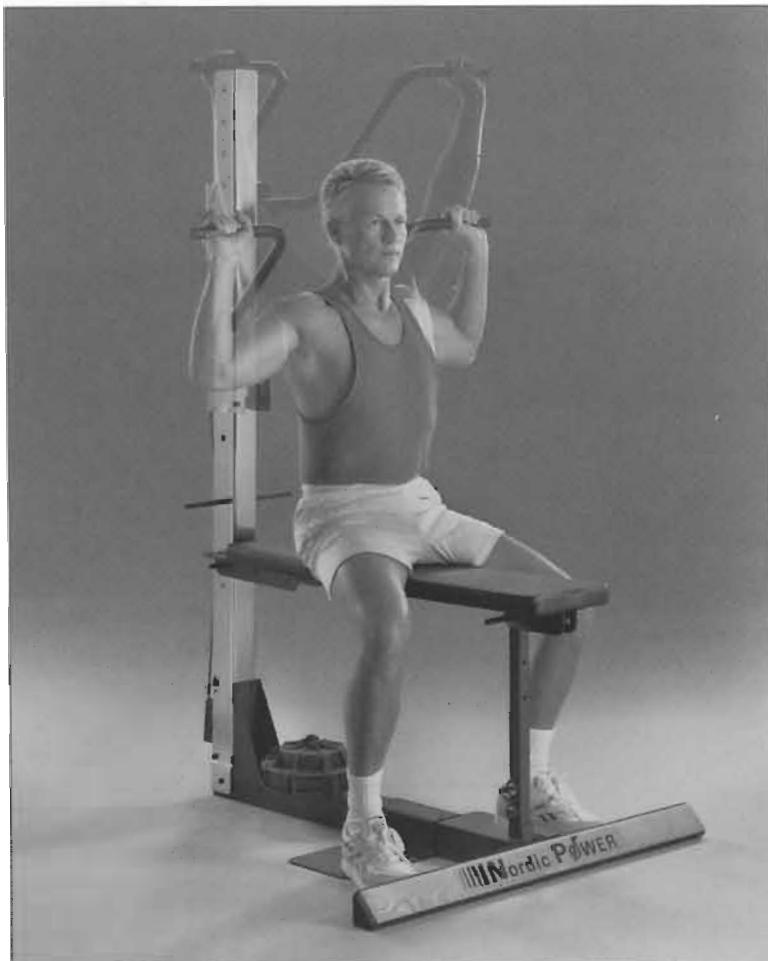
Congratulations! With your purchase of the NordicPower™ strength trainer, you have taken an important step towards developing the physique you've always wanted — and the person you want to become.

NordicPower is a dynamic and innovative strength-training system designed to improve muscular tone, size and strength. To give you best results, NordicPower utilizes our patented *isokinetic* resistance system. Its “accommodating” resistance lets you work against maximum resistance throughout the entire range of motion, with each repetition. By automatically and smoothly maximizing the overload of muscles, you will see your muscular tone, strength and size safely and consistently

improve. And because NordicPower utilizes a strict linear motion — which best simulates free weights — the benefits of each workout are further maximized.

This Owner's Manual, along with our Customer Satisfaction Department, is provided to help you get the most from your NordicPower. The manual provides assembly and usage instructions for the machine, as well as complete training information and workout programs. If you have additional questions, our Customer Satisfaction Department is available to assist you. Each representative has thorough knowledge of the NordicPower and takes pride in providing the best support available.

WELCOME TO NORDICPOWER



ASSEMBLY

Before assembling your NordicPower® strength trainer, please view the assembly portion of the instructional videotape for complete assembly instructions. Then, read through these instructions as you assemble your machine. Assembly should take approximately 25 minutes.

If you have questions or difficulties, please call our Customer Satisfaction Department at 1-800-445-2560 from 7 AM to 8 PM, Monday through Friday and 8 AM to 4:30 PM, Saturday, CST.

The unit is shipped in two boxes (not including optional equipment). Set aside all parts as you unpack them. Retain all packing materials for 30 days. **Unpack boxes at the location where you intend to use your NordicPower.**

Parts List

- One foot plate (figure 1)
- One base-tube assembly (figure 2)
- One cross-tube assembly (figure 3)
- One pulldown assembly (figure 4)
- One vertical tube (figure 5)
- One bench (figure 6)
- One bench-support tube (figure 7)
- One shuttle (figure 8)
- One press bar (figure 9)
- Three bent pins (figure 10)
- Two flat wrenches (figure 11)
- One straight pin (figure 12)
- Six 3/4" long bolts and nuts
- One 1-3/4" long bolt and nut

Optional Equipment

If you would like to order or receive information on the following optional equipment, please call our toll-free number: 1-800-445-2360.

Butterfly Attachment

- One butterfly assembly (figure 13)

Leg Exerciser

- One leg exerciser assembly (figure 14)
- Two pulleys
- One retaining clip
- One eye bolt
- Two 3" long bolts with washers and nuts

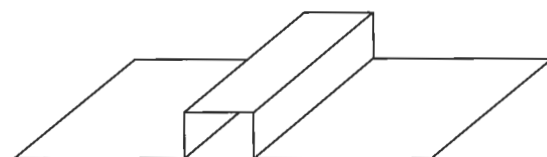


Figure 1 — Foot Plate

Figure 2 — Base-Tube Assembly

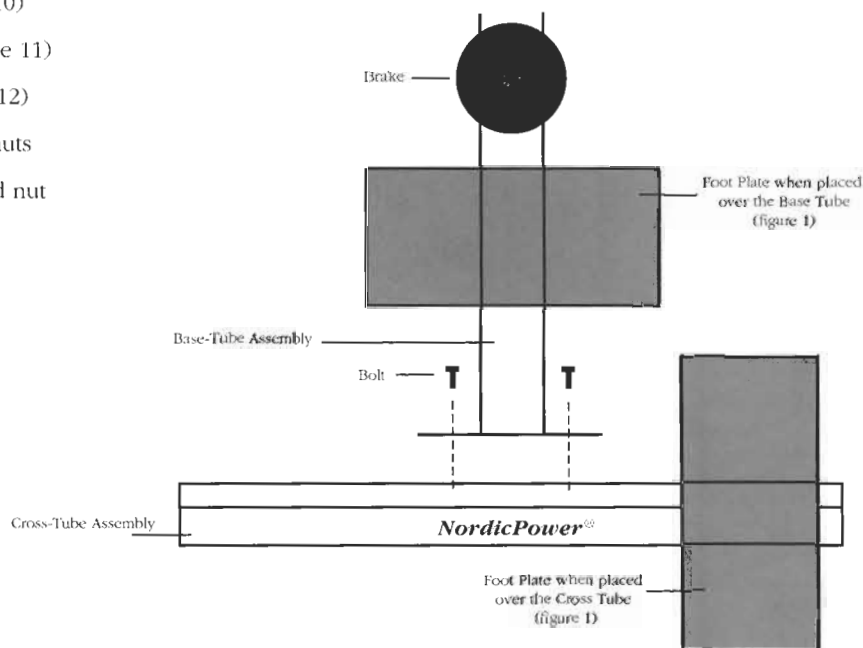


Figure 3 — Cross-Tube Assembly

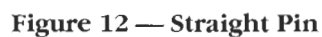
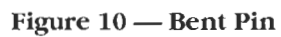


Figure 4 — Pulldown Assembly

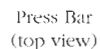
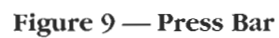
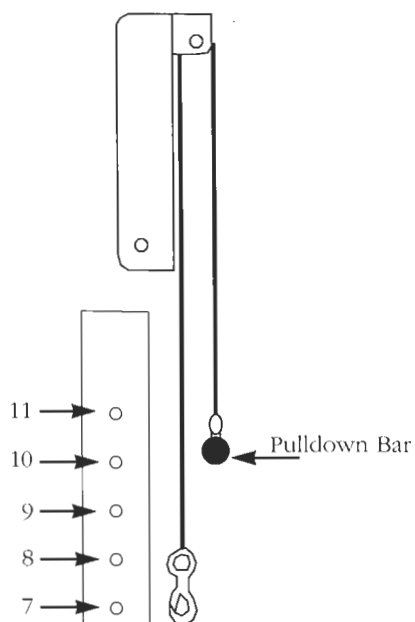


Figure 8 — Shuttle



**Butterfly Assembly
(side view)**

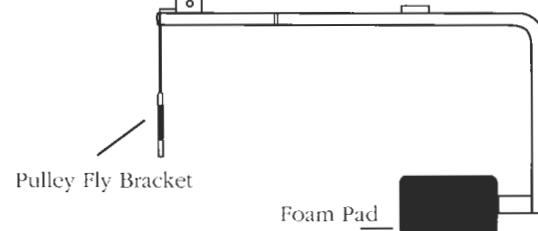
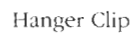


Figure 13 — Butterfly Assembly (Optional)

Figure 5 — Vertical Tube

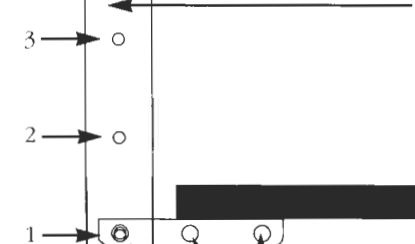
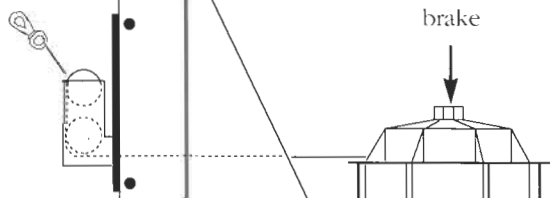
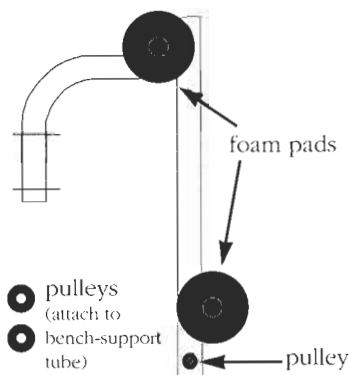


Figure 6 — Bench

**Figure 7 — Bench-Support
Tube** —————



base tube



**Figure 14 — Leg Exerciser
(Optional)**

ASSEMBLY INSTRUCTIONS

Assembling Base

1. Place foot plate (figure 1) over the base-tube assembly, in front of the brake.
2. Attach cross-tube assembly (figure 2) to the base-tube assembly using two 3/4" long bolts.
3. With pulley and cord at bottom of vertical tube (facing away from brake), rest tube on end of base. Align holes in vertical tube with those in base and triangular bracket.

Note: The cord will recoil into brake as vertical tube is brought into position.

4. Insert and tighten two 3/4" long bolts through vertical tube and base. Insert and tighten two 3/4" long bolts through vertical tube and triangular bracket.

Attaching Bench

1. Using 1-3/4" long bolt and nut, secure bench-support tube to foot-end of base. (End of bench-support tube with holes should be nearest base.)
2. Attach bench to vertical tube by aligning hole "D" on bench with hole #1 on vertical tube. Insert one bent pin. This will place the bench in the level position.
3. Attach bench to support tube by aligning hole "D" on bench with hole in support tube. Insert one bent pin.

Attaching Shuttle and Press Bar

1. Insert a bent pin through one of the first three holes above the bench. (This is needed to support the shuttle at a position high enough to assemble.)
2. Slide shuttle down over vertical tube. The pulley should be on the back side of vertical tube (opposite the bench). Lower shuttle system to bent pin.
3. Place the bracket end of press bar around raised tabs on both sides of shuttle system.
4. Align locking holes on press bar with one of the three sets of holes on shuttle. Your height and arm length determines which of the three positions you use. Insert a bent pin.

Note: See page 6 for instructions on cord routing for press and pulldown exercises.

Attaching Pulldown Assembly

1. Remove press bar from shuttle.
2. Place pulldown bracket, with bar and cord attached, into top of vertical tube. When holes in each are aligned, insert a bent pin to secure.
3. Attach snap hook of pulldown assembly to hanger on shuttle.

OPTIONAL ATTACHMENTS

Attaching Butterfly

1. Remove press bar from shuttle.
2. Either remove shuttle or place it as high as possible on vertical tube.
3. Insert straight pin through one of the top two pin holes on vertical tube.
4. Place hanger clips of butterfly assembly around straight pin.

Note: Pads on butterfly assembly should rest at shoulder level.

5. Lock butterfly assembly in place by inserting a bent pin through the lowest hole on butterfly assembly and aligning hole of the vertical tube.

Note: See page 7 for instructions on the cord routing for the butterfly attachment.

Attaching Leg Exerciser

1. Align holes in leg exerciser with those in bench-support tube. Insert two 3" long bolts from front of tube toward vertical tube with washers on both the head and nut ends of bolts. Secure with nuts.
2. Align hole in one pulley with upper hole on bottom portion of bench-support tube. Insert bolt and secure pulley in place.
3. Thread eye bolt through remaining pulley. Place clip over bolt so it is on the bottom of pulley. Insert and secure bolt in lower hole on bottom portion of bench-support tube.
4. Route cord/hook underneath the lower pulley of the leg exerciser assembly and between the pulley and retaining clip. Attach it to the eye bolt found just beneath the ankle cushion on the leg exerciser.

The patented isokinetic resistance system of NordicPower adjusts to match the force you exert. In other words, the harder you push yourself, measured by the speed, the greater the resistance.

Different weight (resistance) ranges are achieved by routing the cord around one, two or three pulleys. The different routing variations allow for a wide range of resistance:

Level 1 is used if your desired lifting range is 20 to 100 pounds.

Level 2 provides a lifting range between 60 to 250 pounds.

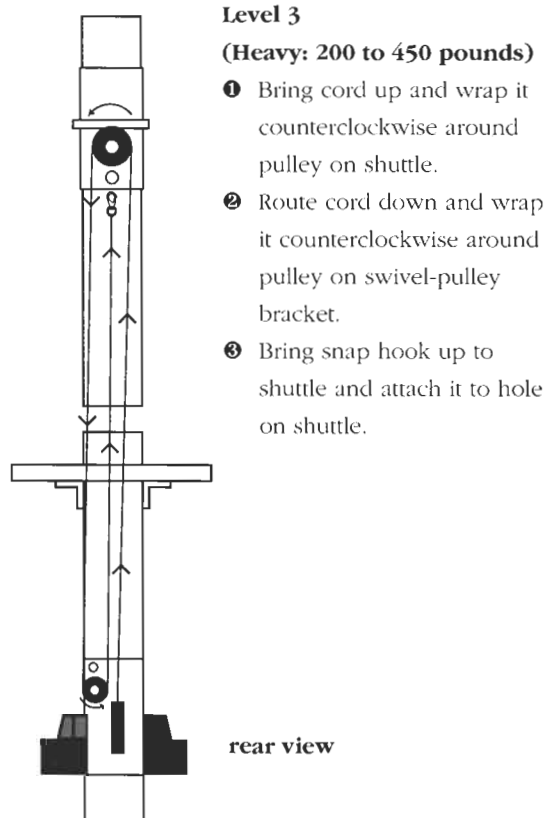
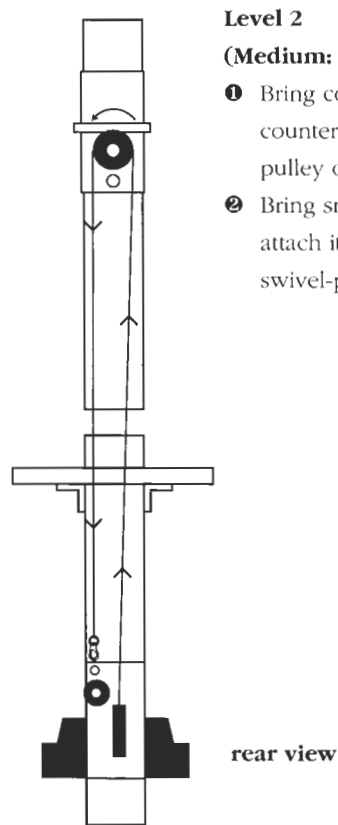
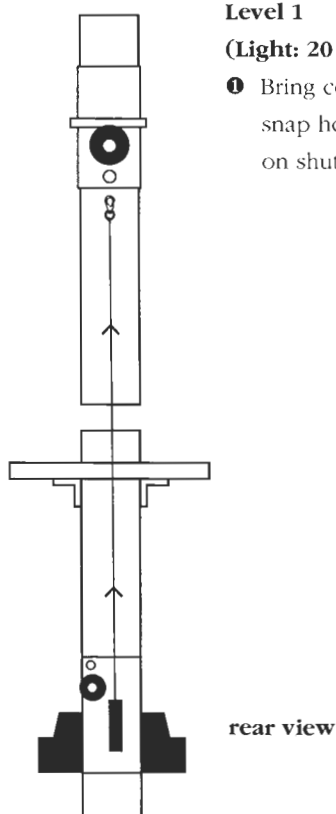
Level 3 has a lifting range of 200 to 450 pounds.

Note: All directional references assume you are standing at the rear of the unit, facing the vertical tube, with the bench extending away from you.

Note: When routing cord, be careful that the cord does not cross over itself. If this happens, the cord may fray and wear prematurely.

Standard Cord Routing (Press and Pulldown Exercises)

Examples: Bench Press, Squat



CHANGING STRENGTH LEVELS

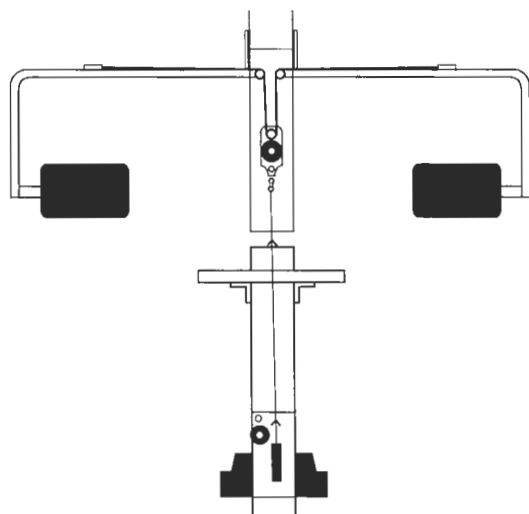
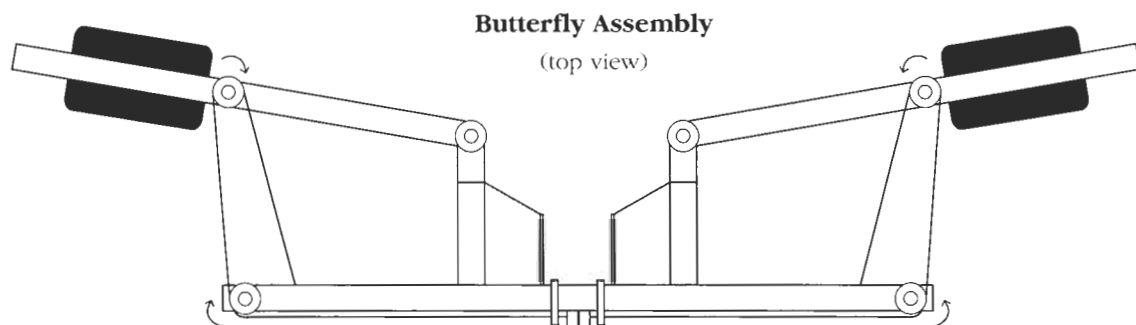
Cord Routing

Press and Pulldown
Exercises

Cord Routing

Butterfly Exercises
(optional)

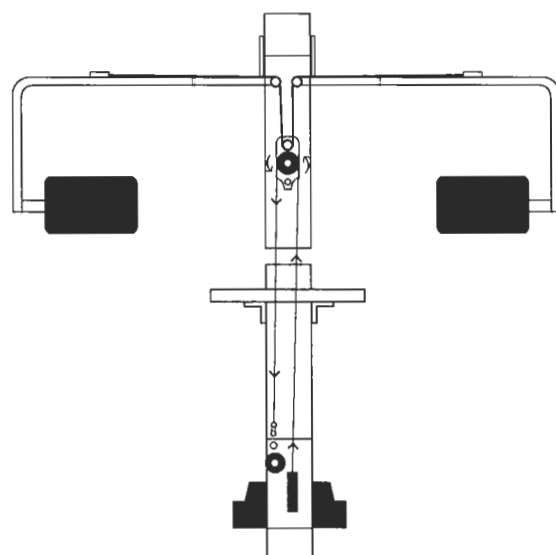
Butterfly Cord Routing



Level 1 Cord Routing for Butterfly Exercises
(rear view)

Level 1 (Light: 20 to 100 pounds)

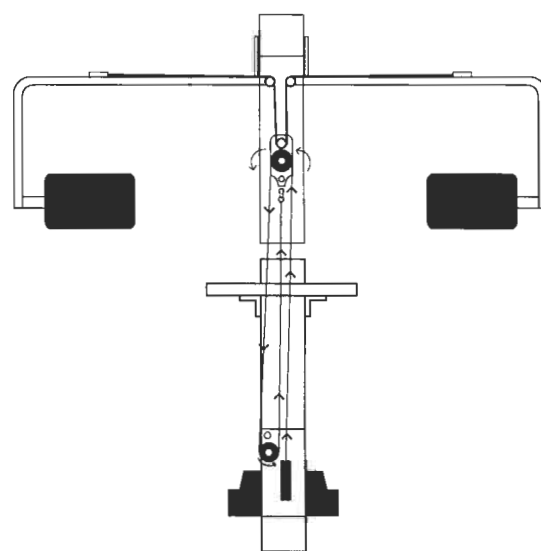
- ❶ Attach snap hook to butterfly pulley bracket.



Level 2 Cord Routing for Butterfly Exercises
(rear view)

Level 2 (Medium: 60 to 250 pounds)

- ❶ Wrap cord counterclockwise around butterfly pulley.
- ❷ Route cord down and attach snap hook to swivel-pulley bracket.

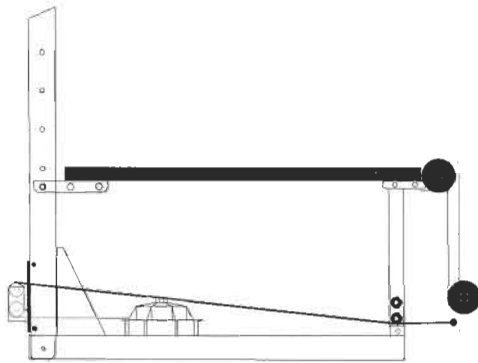


Level 3 Cord Routing for Butterfly Exercises
(rear view)

Level 3 (Heavy: 200 to 450 pounds)

- ❶ Bring cord up and wrap it counterclockwise around butterfly pulley.
- ❷ Route cord down and wrap it counterclockwise around pulley on swivel-pulley bracket.
- ❸ Bring up and attach snap hook to butterfly pulley bracket.

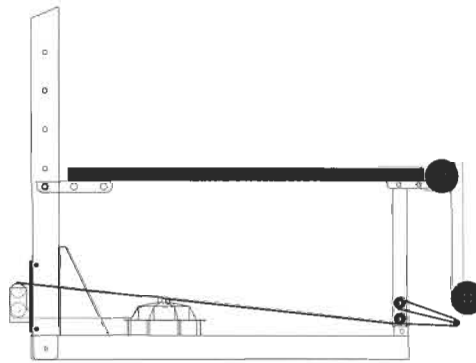
Cord Routing For Leg Exerciser



Level 1 Leg Bench Assembly

Level 1 (Light: 20 to 100 pounds)

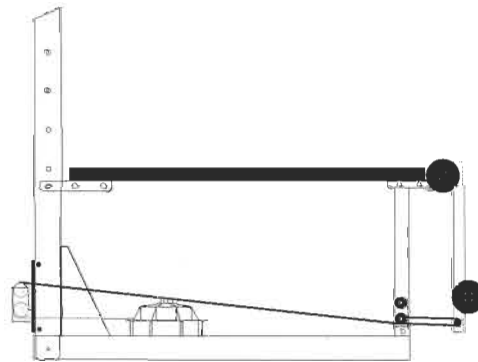
- ❶ Route cord between pulley and retaining clip of lower pulley.
- ❷ Attach snap hook to eye bolt below ankle cushion on leg exerciser.



Level 3 Leg Bench Assembly

Level 3 (Heavy: 200 to 450 pounds)

- ❶ Route cord between pulley and retaining clip of lower pulley.
- ❷ Pass it under and then over pulley below ankle cushion.
- ❸ Wrap cord from top to bottom around top pulley.
- ❹ Attach cord to eye bolt in center of pulley below ankle cushion.



Level 2 Leg Bench Assembly

Level 2 (Medium: 60 to 250 pounds)

- ❶ Route cord between pulley and retaining clip of lower pulley.
- ❷ Pass it under and then over pulley below ankle cushion.
- ❸ Attach hook to the eye bolt in the center of the lower pulley assembly.

Cord Routing Leg Exercises (optional)

COMPARISON OF RESISTANCE MODES

Strength training generally falls into three categories of resistance — isometric, isotonic, and isokinetic.

Isometric

In isometric training, you push or pull against an immovable object such as a wall or anchored bar. Muscle tension increases but no movement takes place. This is considered a poor method of strength training because little variety is offered and range of motion is limited.

Isotonic

Isotonic resistance consists of a muscular contraction in which the muscles exert a constant force throughout the movement. An example of this training is working with free weights or elastic forms of resistance. This type of resistance is also limiting because it does not offer maximum resistance throughout the entire range of motion (ROM). Also, more injuries occur with this type of strength training than any other form.

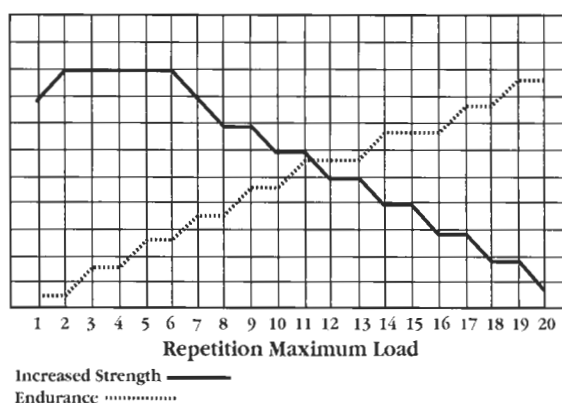
Isokinetic

Utilized almost exclusively by expensive health club equipment, isokinetic resistance varies in accordance with the maximum force exerted at all positions throughout each exercise. This means the machine provides resistance proportional to the effort you apply, giving you maximum potential for peak results. NordicPower[®] uses isokinetic resistance.

Comparison of Resistance Modes

	NordicPower (Isokinetic)	Isometric	Isotonic
Strength through full range of motion	excellent	poor	average
Speed of strength gains	excellent	poor	average
Speed of endurance gains	excellent	poor	average
Time per training session	good	excellent	poor
Ease of use	excellent	excellent	good
Ability to perform specific movements	excellent	poor	average
Possibility of muscle soreness	least	average	most
Possibility of injury	least	average	most
Improvement of athletic skills	excellent	poor	average
Cost	excellent	NA	good

Repetition Continuum Chart



Repetition Continuum

The repetition continuum chart shows the relationship between strength, endurance and the number of repetitions completed. Fewer repetitions per set primarily increases strength/power or size while a higher number of repetitions increases endurance and muscle tone.

Physiological Principles

- Use and Disuse Principle:**
When muscles are systematically overloaded they adapt to the additional stress by increasing in size and strength. On the other hand, if training is terminated, muscles react by decreasing in size and strength, and by losing tone.
- Overload Principle:**
Overloading muscles means to increase intensity or duration beyond the demands the muscle had previously been engaged in. This is necessary to make strength gains.
- Individuality Principle:**
It is important to note that individuals respond differently to the same exercise program. Factors that affect your response to exercise include:
 - Heredity
 - Nutrition
 - Fitness level
 - Motivation
 - Current health habits

ALWAYS CONSULT YOUR PHYSICIAN OR MEDICAL EXPERT BEFORE STARTING ANY EXERCISE PROGRAM.

Training Principles

Develop a symmetrical program — Make certain not to overdevelop one muscle group while neglecting the opposing muscle group. An imbalance of muscle development increases the chance of injury to the weaker muscle group. The left and right sides of the body should be equal in strength with a proper strength ratio shared by the front and back sides, as well. The NordicPower[®] program takes this into consideration — providing a symmetrical routine.

Achieving total isolation of a single muscle is nearly impossible. All movement, however simple, generally involves far more than one muscle. NordicPower concentrates the force on one muscle group per exercise, so the muscle group you want to exercise receives the majority of the benefit.

Intensity — For muscle growth to occur, muscles must be stressed. When repeatedly subjected to high stress levels, muscle responds by increasing in size and strength. For anaerobic exercise, the ideal intensity is 75% and greater of your maximum strength capacity. Reaching muscle fatigue (the inability to perform another repetition with proper form) after ten repetitions approximates 75% of your maximum strength capacity. NordicPower allows you to achieve nearly 100% strength capacity on every lift!

Frequency — Muscles require 48 to 72 hours to recover from a workout session. Three training sessions per week for each muscle group, performed every other day, should provide adequate recovery time. Training more often than this frequently increases the chances of injury.

Duration — Depending on your goals, workout sessions may take from 20 minutes to one hour to complete.

Range of Motion — Working a full range of motion (ROM) increases the number of muscle fibers used. By first stretching the muscle, a greater contraction force is produced for better muscular strength, tone and size.

Proper form — One of the most important factors in attaining maximum results and avoiding injury is proper form. Never sacrifice your form when trying to perform more repetitions or create more resistance.

Rest interval — The length of rest periods between sets and different exercises is important.

Breathing — Exhale during the contraction (lifting) phase of each exercise motion, and inhale during the extension (lowering) phase. Holding your breath while exercising may cause dizziness or other complications.

Order of workout — Aerobic conditioning should be done before strength training. The recommended sequence of exercises for a workout session is:

1. Two to five minutes of low-level aerobic activity as warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength training
6. Stretching

Training Tips

- Wear comfortable clothing (i.e. T-shirts, shorts).
- Proper rest and nutrition are a necessity to achieve desired results.
- Greater strength and improved appearance come only with time, patience and consistent training.
- Maintain regular training days. Do not train when you do not feel well.
- Perform a warm-up set before performing all strength-training exercises.
- Vigorous training should not be attempted one to two hours after a large meal.
- Keep daily records of your progress.
- When possible, train with a partner to encourage and inspire each other.
- Train in an area that allows for adequate space to perform all exercises.
- Review all instructions before beginning exercises.

TRAINING PRINCIPLES AND TIPS

WARM-UP AND COOL-DOWN

Warm-Up

The purpose of warming up is to prepare the body for exercise and minimize injuries. Warm up for two to five minutes before strength-training sessions. Activities that raise your heart rate and warm the working muscles are acceptable. Activities may include brisk walking, working out with the NordicTrack[®] ski exerciser or NordicRow TBX[®] rower, stairclimbing (slowly) or marching in place.

Stretching

Stretching while your muscles are warm — after a proper warm-up and again after your strength-training session — is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds

Shoulder shrugs: Shrug or elevate your shoulders and rotate forward then backwards 8 to 10 times.

Elbow behind head: Place a hand behind head, by your shoulder blades. Place other hand on the elbow of the first arm and gradually apply pressure to stretch the tricep muscle. Switch arms and repeat.

Shoulder Stretch: Place an arm across chest, parallel to the floor, and gradually pull the arm across the front of your body with the other arm. Repeat with other arm.

Chest stretch: Facing a wall, place one arm against the wall at shoulder level. Then, slowly turn away from the wall keeping your shoulder as close to the wall as possible. Repeat with other arm.

Toe touches: Sit on the floor with legs straight out in front and toes pointing toward ceiling. Gently and gradually lean forward, attempting to touch toes.

Modified hurdler's stretch: Sitting on floor, place one leg in front of you and the other bent with its sole against the inside thigh of the straight leg. Slowly bend forward from the hips toward the foot of the straight leg. Repeat with other leg.

Torso rotation: Sit on the floor with one leg straight. Cross the other leg over the straight leg and rest it to the outside of the knee. Rotate your trunk toward the bent leg.

Knee to chest: Lie on your back and pull one knee to your chest. Switch legs and repeat.

Quadriceps stretch: While standing, balance your body with one arm against a wall. With your free hand, grasp the opposite leg in front of the ankle. Gently pull heel toward buttocks and push knee toward the rear. This stretches the front of the thigh.

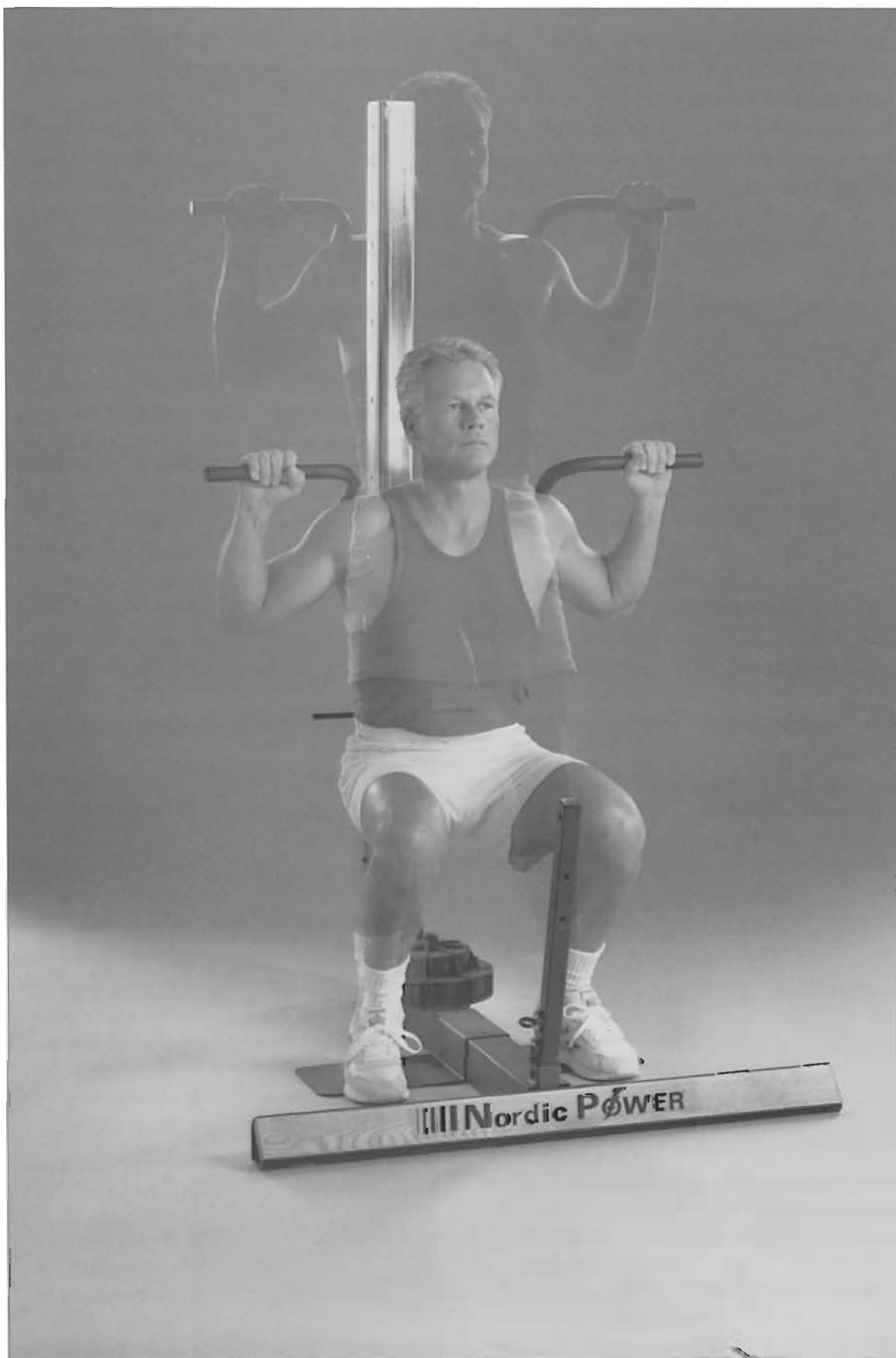
Calf stretch: Stand approximately two feet from a wall. Bend one leg and place that foot in front of you. With your other leg straight behind you, lean forward, keeping the heel of the straight leg on the ground. Repeat with both legs.

Cool-Down

The purpose of cooling down is to return the body to its normal, or near normal, resting state and should be performed at the completion of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart.

Your cool-down should include the stretching exercises listed above and should be completed after each strength-training session.

**SUGGESTED
DAILY
ROUTINES**



SUGGESTED DAILY ROUTINES

Monday

Important: Before beginning sets for any exercise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the set-up position described for each exercise may not fit your body type exactly so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • INCLINE SIT-UP

Muscle Group: Abdominals



- ❶ Bench support tube in leg exerciser hole "E"
- ❷ Bench elevated to pin hole #3
- ❸ Shuttle at pin hole #4
- ❹ Press bar at top pin hole of shuttle

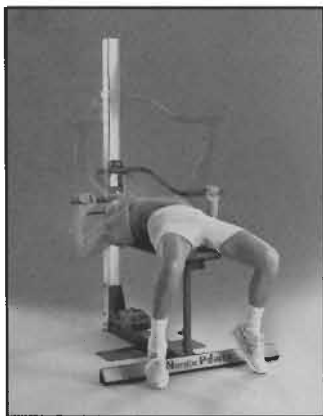
Performance:

Hook your feet under the shuttle pin

with your knees bent and your hands folded behind your head. Raise your trunk toward knees and repeat.

2 • BENCH PRESS

Muscle Groups: Pectoralis Major, Triceps, Anterior Deltoids



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Press bar at top pin hole of shuttle
- ❹ Use standard cord routing

Performance: Lie flat on the bench so the press bar is in line with your upper

chest. Push press bar upward to a full arm extension. Lower and repeat.

3 • LYING TRICEP PRESS

Muscle Group: Triceps



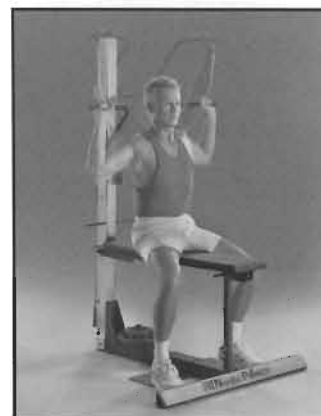
- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #3
- ❸ Press bar at bottom pin hole of shuttle
- ❹ Use standard cord routing

Performance: Lie with back against bench so press bar

is even with forehead. Keeping elbows in starting position, drive arms upward, squeezing triceps; lower and repeat.

4 • PRESS BEHIND NECK

Muscle Groups: Posterior Deltoid, Triceps



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Press bar at top pin hole of shuttle
- ❹ Use standard cord routing

Performance: Sit on bench with press bar at your back at shoulder level. Drive

press bar upward to a full arm extension, flexing shoulders at top of motion; lower and repeat.

5 • LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Attach pulldown bar
- ❹ Use standard cord routing

Performance: Sit on bench facing vertical tube. With an overhand grip

and arms fully extended, pull bar to upper chest; raise and repeat.

6 • REAR SQUAT

Muscle Groups: Gluteals, Quadriceps, Hamstrings, Lower Back



- 1 Remove bench
- 2 Shuttle at pin hole #2
- 3 Press arm at middle pin hole of shuttle
- 4 Use standard cord routing

Performance:

Standing with feet
shoulder-width
apart, hold press

bar across the back of your shoulders. Lower your body so thighs are parallel to the floor, then drive upward to a full extension and repeat.

Note: Keep head up and back straight.

7 • STANDING BICEP CURL

Muscle Group: Biceps



- ➊ Remove bench
- ➋ Shuttle at pin hole #1
- ➌ Press bar at middle pin hole of shuttle
- ➍ Use standard cord routing

Performance:

Grasp press bar with your palms facing forward. Without

changing the position of your elbows, raise press bar until your biceps are completely flexed; lower bar and repeat.

8 • SHOULDER SHRUG

Muscle Groups: Trapezius, Deltoids



- 1 Remove bench
- 2 Shuttle to pin #1
- 3 Press bar at top pin hole of shuttle
- 4 Use standard cord routing

Performance:

Standing erect with an overhand grip on the bar, raise and lower shoulders in a controlled circular motion.

NOTES: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Monday

continued

SUGGESTED DAILY ROUTINES

Wednesday

Important: Before beginning sets for any exercise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the set-up position described for each exercise may not fit your body type exactly so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • LEG BEND

Muscle Group: Abdominals



- ❶ Bench support tube in leg exerciser hole "E"
- ❷ Bench elevated at pin hole #3
- ❸ Shuttle at pin hole #4
- ❹ Press bar at middle pin hole of shuttle

Performance:

Grasp press bar.

Bring knees toward chest until thighs almost touch your chest;
lower and repeat.

2 • LEG PRESS



Muscle Groups:
Gluteals,
Quadriceps,
Hamstrings

- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Press bar at top pin hole of shuttle
- ❹ Use standard cord routing

Performance: Lie on bench with feet placed on extension tubes of press bar. Drive upward to a full leg extension and repeat.

3 • DONKEY PRESS

Muscle Groups: Gastrocnemius, Soleus



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #3
- ❸ Press bar at top pin hole of shuttle
- ❹ Use standard cord routing

Performance: Lie with back on bench with feet on press bar. Press so legs

are fully extended. Holding this position, point toes toward ceiling; lower toes and repeat.

4 • MILITARY PRESS

Muscle Groups: Anterior Deltoids, Triceps



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Press bar angled upward at top pin hole of shuttle
- ❹ Use standard cord routing

Performance: Press bar should be at shoulder level as

you sit on the bench. Push press bar upward to a full arm extension and repeat.

5 • SEATED TRICEP PRESS

Muscle Group: Triceps



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Press bar at top pin hole of shuttle
- ❹ Use standard cord routing

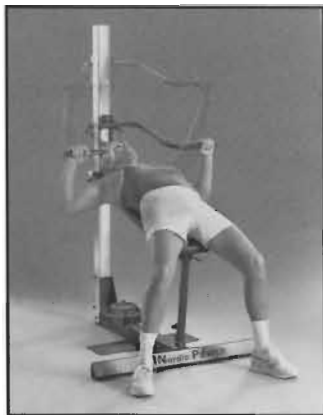
Performance:

Grasp press bar with palms facing upward and hands close

together. With elbows pointing up, extend arms fully without changing the position of your elbows; lower and repeat.

6 • INCLINE PRESS

Muscle Groups: Pectoralis Major,
Triceps, Anterior Deltoids



- ❶ Bench support tube in leg exerciser hole "E"
- ❷ Bench elevated to pin hole #3
- ❸ Shuttle at pin hole #4
- ❹ Press bar at middle pin hole of shuttle
- ❺ Use standard cord routing

Performance: Lie with back on bench so press bar is in line with your upper chest. Drive press bar upward to a full arm's extension. Keep elbows out and maintain an even handgrip.

7 • BICEP CURL WITH LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #2
- ❸ Attach pulldown bar
- ❹ Use standard cord routing

Performance: Sit on bench with an underhand grip on pulldown bar.

Beginning with arms fully extended, pull bar to chest level; raise and repeat.

8 • STANDING REVERSE BICEP CURL

Muscle Groups: Biceps, Brachioradialis



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at middle pin hole of shuttle
- ❹ Use standard cord routing

Performance:

Grasp press bar with palms facing down. Without changing

the position of elbows, raise press bar, squeezing biceps; lower bar and repeat.

NOTES: _____

Wednesday
continued

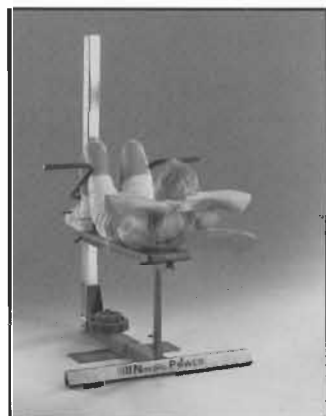
SUGGESTED DAILY ROUTINES

Friday

Important: Before beginning sets for any exercise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the set-up position described for each exercise may not fit your body type exactly so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • ABDOMINAL CRUNCH

Muscle Group: Abdominals



- ❶ Bench level at pin hole #1
- ❷ Straight pin at pin hole #2
- Performance:** Lie on bench, hooking feet under straight pin. With hands behind head and elbows at your side, slightly raise shoulder blades.

Slowly return to starting position.

2 • DEADLIFT

Muscle Groups: Quadriceps, Hamstrings, Low Back, Gluteals



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at bottom pin hole of shuttle
- ❹ Use standard cord routing
- Performance:** Grip press bar shoulder-width apart using an alternating grip.

Lift with legs, keeping back straight. Once fully erect, return to the starting position and repeat.

3 • FRONT SQUAT

Muscle Groups: Gluteals, Quadriceps, Hamstrings, Lower Back



- ❶ Remove bench
- ❷ Shuttle at pin hole #2
- ❸ Press bar at top pin hole of shuttle
- ❹ Use standard cord routing

Performance: Bend down with feet shoulder-width apart and hold lever arm across front of

shoulders. Press upward to a standing position. Return to starting position and repeat.

Note: Keep head up and back straight.

4 • BENT-OVER ROW

Muscle Groups: Latissimus Dorsi, Biceps



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at bottom pin hole of shuttle
- ❹ Use standard cord routing

Performance: Bend over press bar with arms fully extended and knees slightly

bent. Bring shuttle to your chest; lower and repeat.

5 • PULL-UPS

Muscle Groups: Latissimus Dorsi, Biceps



- ❶ Remove bench
- ❷ Shuttle at pin hole #9
- ❸ Press bar at top pin hole of shuttle

Performance:

Grasp bar in an underhand grip. Pull up so chin is above bar; lower and repeat.

6 • UPRIGHT ROW

Muscle Groups: Deltoids, Trapezius



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at middle pin hole of shuttle
- ❹ Use standard cord routing

Performance:

Stand erect and lift press bar up to chin level with

elbows upward and outward as far as possible; lower and repeat.

7 • TRICEP PUSHDOWN

Muscle Groups: Triceps



- ❶ Bench at pin hole #1
- ❷ Attach pulldown bar
- ❸ Kneel on bench, facing the vertical tube
- ❹ Use standard cord routing

Performance:

Grasp pulldown bar with an overhand

grip. Start with elbows by your side and arms bent. Straighten arms fully while maintaining elbow position; raise and repeat.

Note: This exercise may be performed kneeling on the bench.

8 • DIPS

Muscle Groups: Triceps, Pectorals, Anterior Deltoids



- ❶ Remove bench
 - ❷ Shuttle at pin hole #5
 - ❸ Press bar at top pin hole of shuttle
- Performance:** Grasp press bar with an overhand grip. Lower body in a slow, controlled motion so upper arms are parallel. Lift body

until arms are fully extended; lower and repeat.

NOTES: _____

Friday
continued

ADDITIONAL EXERCISES

The following exercises are available if you have the optional butterfly and leg exerciser attachments. Designed to provide more challenging and thorough workouts, they are excellent supplements to the exercises listed in the Suggested Daily Routines. If there are certain muscle groups you want to concentrate on, these exercises will help target those muscles. If you would like to order or receive additional information on the optional equipment call our toll-free number, 1-800-445-2360.

1 • BUTTERFLY

Muscle Groups: Pectoralis Major, Anterior Deltoids



- ❶ Bench level at pin hole #1
- ❷ Shuttle off or at highest position
- ❸ Butterfly attachment assembled with foam pads at shoulder level

Performance: Place forearms on pads and grip horizontal

tubes of butterfly attachment. Bring elbows together, squeezing chest muscles. Return to starting position.

2 • REVERSE BUTTERFLY

Muscle Groups: Posterior Deltoids, Rhomboids



- ❶ Bench level at pin hole #1
- ❷ Shuttle off or at highest position
- ❸ Butterfly attachment assembled with foam pads at shoulder height

Performance: Grasp horizontal tubes of butterfly attachment

with elbows on forearm pads. Drive elbows back through a full range of motion. Bring forward and repeat.

3 • LEG EXTENSION

Muscle Group: Quadriceps



- ❶ Bench level at pin hole #1
- Performance:** Sit on bench with your ankles underneath padded lifting bar. Lift lower legs to a full extension and repeat.

4 • STANDING LEG CURL

Muscle Group: Hamstrings



- ❶ Bench level at pin hole #1
- ❷ Shuttle at pin hole #4
- ❸ Press bar at top pin hole of shuttle
- Performance:** Stand with heel behind padded leg attachment. Curl heel toward buttocks until your knee is

fully bent. Switch legs after completing each set.

5 • CONCENTRATION CURL

Muscle Group: Biceps



- ❶ Bench level at pin hole #1
- Performance:** Crouch down, and grasp lower leg attachment with palm facing away from the machine and your elbow resting on the upper pad. Curl leg attachment up,

squeezing bicep; lower and repeat. Switch arms when each set is complete.

6 • SIDE BENDS

Muscle Groups: Abdominal Internal and External Obliques



- 1 Cord routed under top pulley of leg exerciser
- 2 Slide pin through snap hook

Performance:

Stand erect with
side to machine.
Bend to one side,
then the other.
After each set,
repeat exercise

on opposite side.

7 • PRONATED RAISE

Muscle Groups: Posterior Deltoid, Rhomboids



- 1 Cord routed under top pulley of leg exerciser
- 2 Slide pin through snap hook

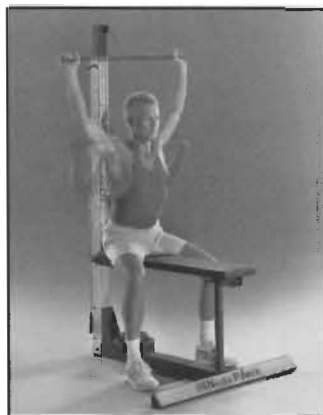
Performance:

Stand slightly bent over, using leg pad for support. Grasp straight pin with free hand, keeping arm straight. Raise the

arm parallel to the floor. Lower and repeat. After each set, repeat exercise with opposite arm.

8 • REVERSE LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



- 1 Bench level at pin hole #1
- 2 Attach pulldown bar
- 3 Use standard cord routing

Performance: Sit on

bench with the vertical tube at your back. With an overhand grip, pull the pulldown bar to

the back of your shoulders; raise and repeat.

NOTES: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

STRENGTH- TRAINING LOG

Please make
photocopies of this page

Date:								
	Set							
Incline sit-up								
Bench press								
Lying tricep press								
Press behind neck								
Lat pulldown								
Rear squat								
Standing bicep curl								
Shoulder shrug								

M
O
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A
Y

Date:								
	Set							
Leg bend								
Leg press								
Donkey press								
Military press								
Seated tricep press								
Incline press								
Curl w/lat pulldown								
Standing reverse curl								

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Date:								
	Set							
Abdominal crunch								
Deadlift								
Front squat								
Bent-over row								
Pull-up								
Upright row								
Tricep pushdown								
Dips								

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CUSTOMER INFORMATION

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Monday - Friday 6:00 a.m. to 6:00 p.m. MST

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