

*n o r d i c s p o r t*<sup>®</sup>

*Ski 250™*

---

A WORLD CLASS

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WORKOUT FOR THOSE

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COMMITTED TO

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PERSONAL EXCELLENCE.



ASSEMBLY, OPERATING INSTRUCTIONS AND WORKOUT PROGRAMS



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*The following pages contain important information that will help you maximize your workouts with your NordicSport Ski exerciser. Be sure to read the entire manual thoroughly before using the machine.*

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



# WELCOME TO THE NORDICSPORT SKI 250

**T**he NordicSport® Ski 250™ exerciser simulates the motion of cross-country skiing, which fitness experts agree is the world's best aerobic exercise. It uniformly exercises all of the major muscle groups in your upper and lower body without jarring or overstressing the body. This total-body motion quickly and easily elevates your heart rate to the fitness-building level — making it the perfect exercise for cardiovascular conditioning!

It is also well-known that regular aerobic exercise has a positive impact on your total health. Those who have a deep commitment to exercise report feeling more relaxed and less tired, happier with their appearance, more confident, and more productive at work.

Innovative in design, the NordicSport Ski 250 exerciser brings quality and enjoyment to fitness. The unique graphite-composite construction offers you excellence in design and performance. And the convenient, time-efficient workouts will continue to challenge you for years to come.

**WE RECOMMEND THAT YOU CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**

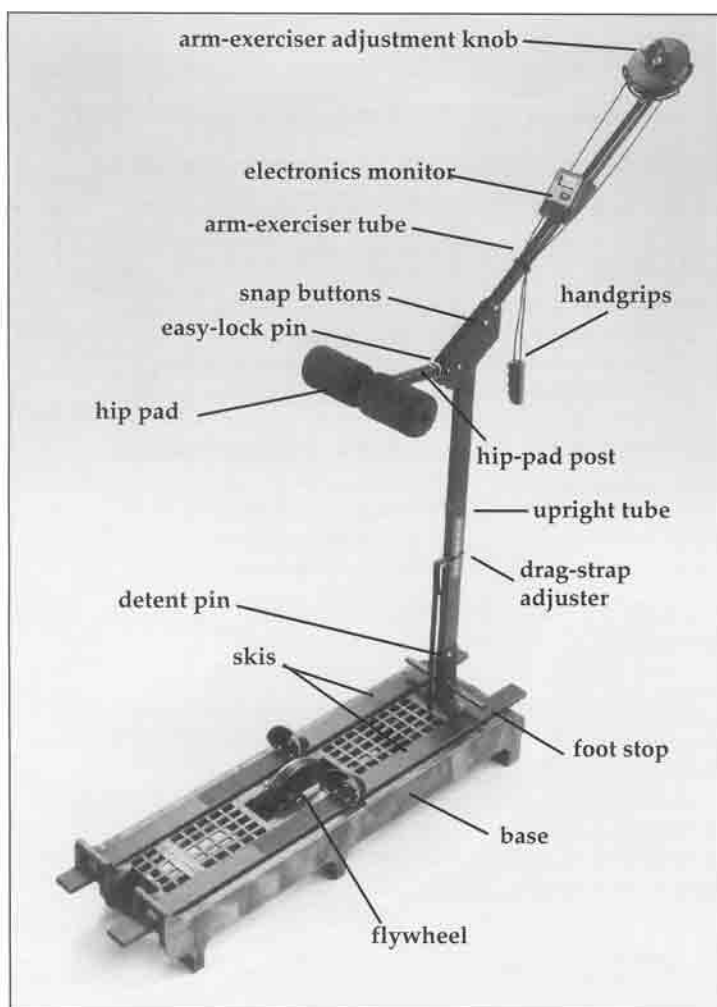


# ASSEMBLY

## PARTS LIST:

- Ski exerciser
- Information packet
- Easy-lock pin
- Skis (2)
- Electronics package

NOTE: We recommend unpacking your NordicSport® Ski 250™ exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your in-home trial period.



## RAISE THE UPRIGHT TUBE AND THE ARM-EXERCISER TUBE

1. Remove the detent pin from the base of the upright tube.
2. Lift the upright tube into place until the holes in the base and the upright tube line up (Figure 1). Insert the detent pin so it extends completely through all of the holes.

Figure 1



3. Depress the snap buttons near the top of the upright tube. Lift the arm-exerciser tube into place (Figure 2). Be sure the snap buttons are in the extended position on both sides of the tube.

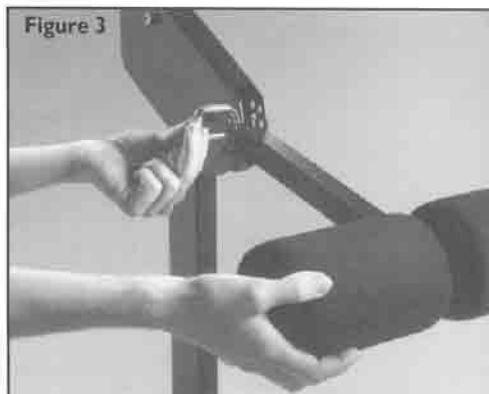
Figure 2



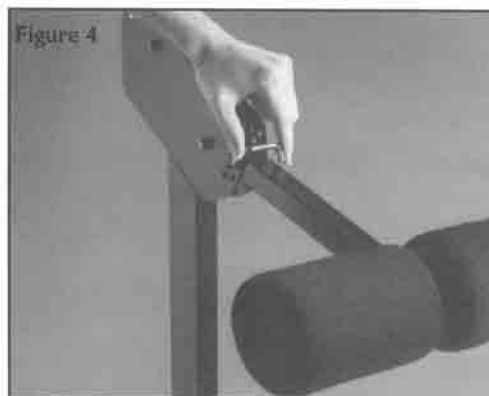


## POSITION THE HIP PAD

1. Lift the hip pad. Align the holes in the hip-pad post with one of the sets of holes in the bottom of the arm-exerciser tube (Figure 3). See page 4, step #2 for details on the proper position of the hip pad.

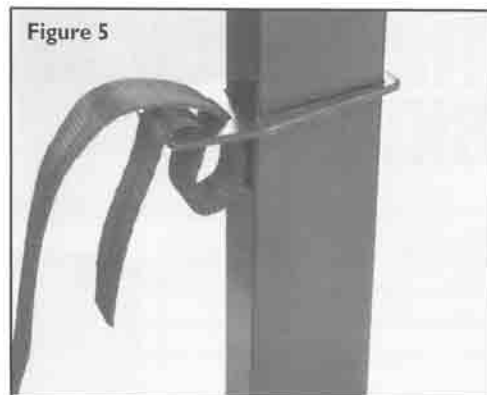


2. Insert the straight end of the easy-lock pin from left to right through the holes. Be sure that the end of the easy-lock pin completely extends through the holes.
3. Rotate the bent side of the easy-lock pin down over the hip-pad post to secure the easy-lock pin in place (Figure 4).



## FINE-TUNE THE LEG RESISTANCE

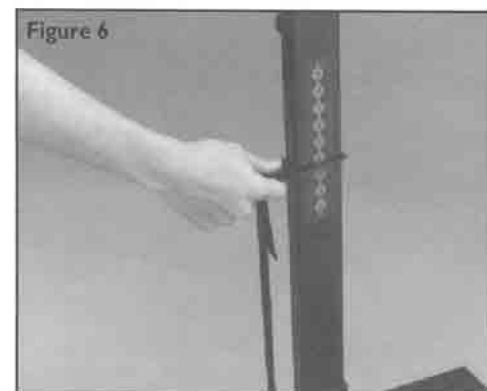
1. Untie the knot in the drag strap.
2. Bring the free end of the drag strap to the drag-strap adjuster on the upright tube.
3. Thread the drag strap down through the slot nearest the upright tube then, up through the remaining slot.
4. Fold the end of the drag strap over the edge of the drag-strap adjuster and under itself. (Figure 5).



5. Set the drag strap adjuster at "1."
6. Take up the slack until the drag strap is taut. There should be a tail of 1-1/2 to 2 inches. Do not force the drag strap past this point.

## ADJUSTING THE LEG RESISTANCE

To adjust the leg resistance, slide the drag-strap adjuster up to increase the resistance or down to decrease the resistance (Figure 6).



## PLACE THE SKIS IN THE SKI TRACKS

Place the skis in the tracks. (The toe cups should face forward.) The skis are interchangeable.

## ATTACH THE ELECTRONICS MONITOR

Follow the instructions in the electronics package to install the electronics monitor.

*Please call our Customer Service Department at the toll-free number on your purchase invoice if you have questions.*



# LEARNING HOW TO USE THE NORDICSPORT SKI 250



## START WITH LEG MOTION ONLY

1. Slide the drag-strap adjuster to the third star indicator on the upright tube.
2. Adjust the hip pad so it rests at hip level, about one inch below your navel. The hip pad should be high enough so that it does not restrict leg movement and low enough so it does not press against your stomach.
3. Hold onto the hip pad for balance. **DO NOT LEAN FORWARD. KEEP YOUR WEIGHT ON YOUR FEET. KEEP YOUR BACK STRAIGHT.**
4. Push your right foot backward. Then push your left foot backward as you pull your right foot forward. Your weight should be on your foot going backward.
5. Develop this into a smooth, walking motion. Lift your heel at the back of each stride and keep the balls of your feet on the skis at all times. The leg motion resembles that of briskly wiping your feet on a rug.
6. Continue to perform the leg motion until you are comfortable with it.

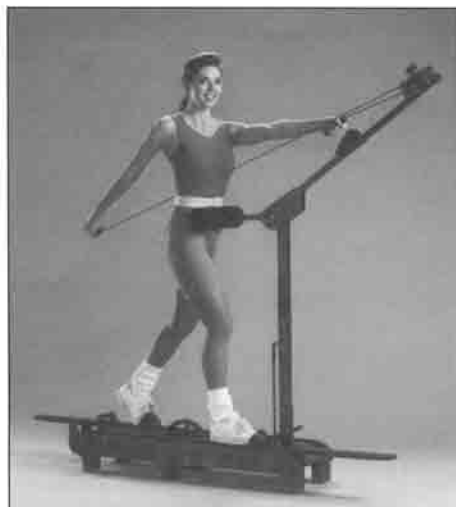
*NOTE: Keep a straight posture. Do not lean over the hip pad. Keep your hips in contact with the hip pad. Use it to hold back your forward motion. Increase the resistance if you slide away from the hip pad.*



## ADD ARM SWINGS TO THE LEG MOTION

1. Continue your leg motion.
2. Keep one hand on the hip pad. Release your other hand and swing your arm at your side as you would if you were walking.
3. When you are comfortable swinging one arm, release your other hand and swing both arms naturally as you ski.
4. Practice this motion until you are ready move on to the next step.

*NOTE: If you slide away from the hip pad, increase the leg resistance.*



### ADD THE ARM EXERCISER

1. Adjust the arm-exerciser resistance to a level that is comfortable for you.
2. Resume your leg motion.
3. Grasp the arm-exerciser cord handgrips.
4. Swing your arms in harmony with your legs. Swing your left arm backward as you bring your left leg forward. Swing your right arm backward as you bring your right leg forward.

*Note: Keep your arms slightly bent at the elbows and swing them like pendulums in long, smooth strokes. Reach forward until your arms approach shoulder level. The proper arm motion keeps the cords taut, never slack.*

### TECHNIQUE HINTS

- Stand upright so your feet are directly beneath your shoulders.
- Keep your weight on your feet, not the hip pad. Your weight should be on the foot going backward.
- Be sure the toe cups do not hit the frame. If you are hitting the frame, shorten your stride.
- Increase the leg resistance if you slide away from the hip pad.
- Be patient and take the time to master the leg motion before you add the arm exerciser.

If you are experiencing difficulty skiing, call our Customer Service Department. A representative will be happy to instruct you over the phone. He or she can guide you in the step-by-step use of your NordicSport® Ski™ 250 exerciser.

### WE RECOMMEND THAT YOU CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

*Please call our Customer Service Department at the toll-free number on your purchase invoice if you have questions.*



# DESIGNING YOUR PERSONAL FITNESS PROGRAM

**CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**



*This section was developed by exercise physiologists at The National Exercise For Life Institute to help you maximize your use and enjoyment of your NordicSport® Ski 250™ exerciser.*

## **ESTABLISH PERSONAL GOALS**

Finding the motivation to exercise and make positive lifestyle changes can be challenging. It is important that you set attainable, realistic goals and that you reward yourself when you meet the goals you have set. Above all, try to make your workouts fun! Below are some examples of typical fitness goals:

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

The NordicSport Ski 250 exerciser can help you achieve your fitness goals, whatever they may be.

## **EXERCISE PROGRESSION**

A comprehensive exercise program should include each of the following components:

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 injury and muscle soreness, which are common reasons for discontinuing an exercise program. We suggest a routine of five minutes of slow exercise on your NordicSport Ski 250, brisk walking or marching in place.

### **2. STRETCHING**

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

### **3. AEROBIC CONDITIONING**

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity. We also recommend that you monitor your heart rate during your aerobic session.

#### **Frequency**

Frequency refers to the number of workouts per week. The recommended number is three to five days per week. Exercising four to five times per week with the proper duration and intensity levels maximizes fat loss and cardiovascular development.



### Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 10 to 20 minutes of aerobic activity, those in average physical condition should exercise for 20 to 30 minutes and highly fit people should exercise 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.

### Monitoring Your Heart Rate

The heart rate is used to monitor the intensity of an aerobic workout. To find your heart rate (pulse) use the following section, *The Rule of Thumb*.

#### *The Rule of Thumb*

Stick your left thumb into the air. Touch your wrist, one fourth of an inch from the thumb joint, with the index and middle fingers of your right hand. Your fingertips should almost touch the elevated tendon (Figure 1). Relax your left thumb and roll your left wrist to the left; your right index and middle fingers should remain in the same position and lay flat along your left wrist.

Apply a minimal amount of pressure with the index and middle fingers — let the beat come to your fingers.



**Figure 1:**  
*Touch your left wrist with the index and middle fingers of your right hand.*

### Helpful Hints

- Lower your wrist below your heart level. This will make your pulse stronger and easier to feel.
- If you experience difficulty finding your pulse, try using the opposite wrist and hand. If this does not work, ask a friend to take your heart rate for you.
- The amount of pressure applied to your wrist should be equivalent to that needed to hold an uncooked egg between your thumb and fingers. Your fingernails should never appear white.

### Your Target Heart Rate

Exercising at 60 to 85 percent of your maximum heart rate enhances your body's ability to burn fat and increases your aerobic conditioning benefits. Your maximum heart rate (MHR) is equal to 220 minus your age (in years). The chart on page 8 shows you the target heart rate ranges for beginning, intermediate and advanced exercisers. Use the chart to determine the proper intensity of your workout.

**NOTE:** We recommend that you stay within your target heart rate zone for the entire workout.

### 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 adds lean muscle mass to the body. Lean muscle mass aids in burning body fat, and is therefore an essential component of a fitness program.

### 6. STRETCHING

Stretching after exercise reduces the chance of muscle soreness. Repeat the recommended stretches on page 9 after exercising.



## TRAINING TIPS

1. Get a physician's approval and exercise recommendations before beginning an exercise program. If you are taking any medication that affects your heart rate, a physician's advice is absolutely essential.
2. Commit to making exercise a part of your lifestyle. It's a good idea to set aside specific days and times for your workouts.
3. Make your exercise time more enjoyable. While exercising on your NordicSport Ski 250, listen to music or watch your favorite television show.
4. Don't overexert yourself.
5. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing. So, be very aware of your body's warning signals.
6. Wear exercise clothing and absorbent socks. A headband will keep perspiration out of your eyes.
7. Wear appropriate athletic shoes.

**WARNING:** *Stop exercising if you experience any discomfort or warning signs of overexertion: light-headedness, dizziness, nausea or extreme breathlessness. Other signs that indicate overexertion are prolonged fatigue lasting more than an hour or body pain in the muscles or skeletal system.*

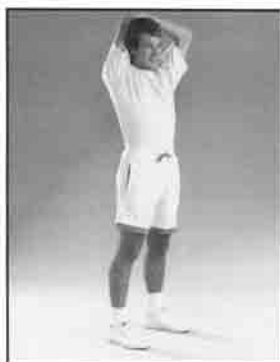
## Target Heart Rate Zones Chart

| Age      | BEGINNER<br>60%-70% of MHR |           | INTERMEDIATE<br>70%-80% of MHR |           | ADVANCED<br>80%-85% of MHR |           |
|----------|----------------------------|-----------|--------------------------------|-----------|----------------------------|-----------|
|          | 10 secs                    | One min.  | 10 secs                        | One min.  | 10 secs                    | One min.  |
| 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 |



# RECOMMENDED STRETCHES

## 1. Back and Arm Stretch



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

## 2. Shoulder Stretch



Pull your elbow across your chest using your free hand to cradle your elbow. Repeat with your other arm.

## 3. Quadriceps Stretch



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

## 4. Calf Stretch



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

## 5. Low-Back and Hip Stretch



Slowly pull your knee to your chest. Repeat with your other leg, then slowly pull both knees to your chest.

## 6. Hamstring Stretch



Extend one leg and keep that heel on the floor. Slowly bend forward from the hips. Repeat with your other leg.

*NOTE: Hold each stretch for 15 to 30 seconds without bouncing.*



# WORKOUT PROGRAMS

## **CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**

These programs on this and the following pages are intended to serve as a guide to help you get the most out of your NordicSport® Ski 250™ exerciser. We suggest that you start at a low-intensity level and progress gradually. As your fitness level increases, you can move on to the more advanced levels. Make sure to allow your body the time it needs to adjust to each level.

## **PROGRAM 1: INITIAL CONDITIONING PROGRAM**

This stage is dependent on your adaptations to the program. It typically lasts four to six weeks. Emphasis should be placed on avoiding muscle soreness, injury, discomfort and discouragement. It is recommended that you begin your exercise program conservatively and progress gradually.

Recommended Frequency:  
3 to 4 times per week

Exercise Duration:  
12 to 20 minutes\*

Exercise Intensity:  
60% to 65% of maximum heart rate\*\*

### COMMENTS

1. Read the "Learning How to Use the NordicSport Ski 250" on page 4 before you begin your conditioning program.
2. Move to Program 2 when you feel ready and your heart rate has moved below the target zone for building fitness. Estimated time is 4 to 6 weeks.

\* When you begin an exercise program, 5 to 10 minutes of exercise may be sufficient. When your body can handle more exercise, slowly increase your workout time.

\*\* Estimated Maximum Heart Rate (MHR):  
 $220 - \text{Age (in years)}$



## **PROGRAM 2: IMPROVEMENT CONDITIONING PROGRAM**

This program usually lasts 12 to 20 weeks. During this stage, the rate of progression is more rapid. The rate at which you progress is largely dependent on your age and the frequency of your exercise sessions. The body generally takes one week longer to adapt to a higher conditioning program for each decade of life after age 30.

Recommended Frequency:  
3 to 5 times per week

Exercise Duration:  
20 to 30 minutes\*

Exercise Intensity:  
65% to 75% of maximum heart rate

### **COMMENTS**

Move to Program 3 when you feel ready and your heart rate has moved below the target zone for building fitness. The estimated time for those beginning Program 2 to progress to Program 3 is 12 to 20 weeks.

- \* If weight loss is a concern, 5 to 6 days of exercise a week for 30 to 60 minutes combined with a sensible eating plan is recommended.

## **PROGRAM 3: MAINTENANCE CONDITIONING PROGRAM**

Begin this program when you achieve your desired fitness level. It is usually reached six months after training was first started and continues on a regular, long-term basis.

Recommended Frequency  
3 to 5 times per week\*

Exercise Duration  
30 to 60 minutes\*

Exercise Intensity  
75% to 85% of maximum heart rate

### **PROGRAM MODIFICATION**

Interval training has been shown to promote higher levels of aerobic conditioning. Interval training consists of exercise cycles of higher intensity levels followed by rest intervals. This combination should be repeated 5 to 20 times.

The duration of exercise and rest periods should be based on feelings rather than time. In this type of program, you increase your exercise intensity and sustain it as long as you feel comfortable. Follow each high-intensity cycle with a brief active rest period during which you ski slowly at a lower-intensity level. For example, exercise for 1 minute at a higher resistance and faster speed on the NordicSport Ski 250. Follow this with a 2 to 3 minute active rest period where you ski at a lower resistance and slower speed.

- \* To receive and maintain the benefits of aerobic exercise, a minimum of 20 minutes is recommended.

[illegible]



# MAINTENANCE

The NordicSport® Ski 250™ exerciser requires a minimum amount of maintenance. Please note the following tips to keep your NordicSport Ski 250 exerciser running at top efficiency:

## GENERAL CLEANING

Wipe any perspiration from the machine when you've finished exercising. The base can be cleaned with a slightly damp cloth and a small amount of liquid dish soap. Take care not to get soap or water on any moving parts.

## BRAKE PAD LUBRICATION

The leather brake pad on the arm exerciser has been oiled to allow for quiet, smooth braking action. If the brake pad dries, it may require re-oiling. (Time between re-oiling will vary due to surrounding conditions and usage.)

1. Loosen the arm tension knob completely to remove the cord drum and all smaller pieces above it (Figure 1).

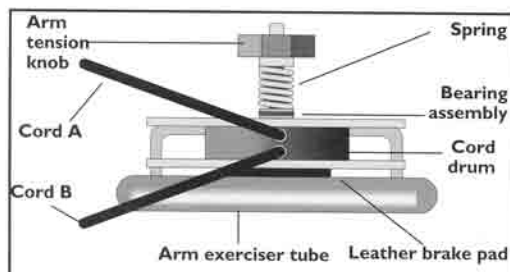


Figure 1

*Cord-drum assembly for the NordicSport 250*

NOTE: Replace the parts in the order they were removed.

2. Roughen the surface of the brake pad with sandpaper, emery cloth or a file.
3. Place a drop or two of light household oil on the brake pad. Wipe the excess oil from the area around the brake pad.

4. Replace the parts in the sequence they were removed and allow the oil to soak in for 24 hours.

NOTE: Do not over-oil! Excess oil could spray out when the cord drum is spinning.

## FLYWHEEL MAINTENANCE

If the drag strap begins to slip, the flywheel can be cleaned by rubbing the flywheel with a cloth dampened with alcohol. If any rust appears, clean the spot with very fine to fine steel wool. Be sure to remove the drag strap before cleaning the flywheel. Check the two U-bolt nuts on the right side of the flywheel to assure tightness.

CAUTION: DO NOT use solutions that will leave a residue. NEVER place oil between the drag strap and flywheel. This will damage the drag strap.

## DRAG-STRAP CARE

A clean drag strap provides the best performance and durability. Reverse it for longer wear if it becomes slightly frayed or a gummy residue appears. The drag strap can also be removed from the machine and cleaned with a dry brush. See Figure 2 for proper routing.

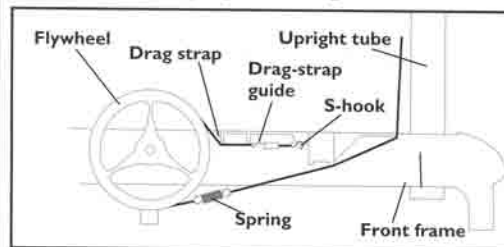


Figure 2

## CALIBRATING THE DRAG STRAP TENSION

1. Thread the free end of the drag strap DOWN through the slot nearest the upright tube and UP through the remaining slot.
2. Fold the drag strap over the edge of the drag-strap adjuster and under itself.
3. Set the drag-strap adjuster at "1." Pull the drag strap through until the drag strap is taut. (Refer to the section titled "Set the Leg Resistance" on page 3.)



## SKI CARE

For a smooth glide, carefully rub paraffin wax on only the sides of the skis.

NOTE: *Never wax or polish the underside of the skis.*

## REWINDING THE ARM-EXERCISER CORD

1. Detach the arm-exerciser cord handgrips. The knot and the washer are inside of the handgrips.
2. Take the arm-exerciser cord out of the cord guide. Unwind the arm-exerciser cord from the cord drum. Note how the arm-exerciser cord goes through the cord drum.
3. Straighten the arm-exerciser cord. Drape the ends over the hip pad. Make sure the ends are even.
4. Take the arm-exerciser cord from the top hole. Wrap it around the cord drum counterclockwise until there is no more cord to wind. The arm-exerciser cord will smooth out later.
5. Pass the same end of the arm-exerciser cord from right to left through the left cord guide (as you stand on the ski exerciser).
6. Pull the arm-exerciser cord until the second cord is wrapped around the cord drum.
7. Thread the second cord through the guide on the right side of the cord drum.

8. Take an arm-exerciser cord end in each hand. Work the arm exerciser back and forth until the arm-exerciser cord lies smoothly in the cord drum.
9. Reattach the handgrips. Thread the arm-exerciser cord through the hole in the handgrip from the top to the inside.
10. Slip a washer on the arm-exerciser cord. Tie a figure-eight knot about two inches from the end of the arm-exerciser cord to secure the grip (Figure 3).

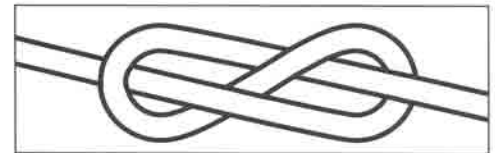


Figure 3

## LUBRICATION

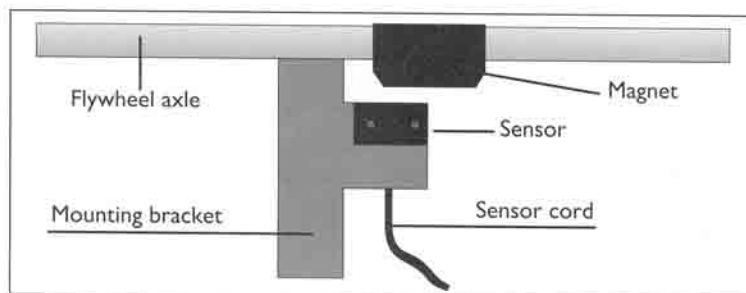
A drop of light household oil may be needed on moving parts to prevent excessive noise. Apply to either side of the rollers on the axles.

NOTE: *The arm-exerciser cord length can be adjusted by retying the knots inside of the handgrip.*



# TROUBLESHOOTING

| IF...                                                                                                                                                                                                                       | THEN...                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ARM-EXERCISER ASSEMBLY</b>                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>The arm-exerciser cord is fraying.</li> <li>The arm exerciser is chattering.</li> <li>The cord drum makes a screeching sound or the arm knob loosens.</li> </ul>                     | <ul style="list-style-type: none"> <li>Check for burrs around the cord guide located just before the cord drum. Replace the arm-exerciser cord if needed.</li> <li>Check the order of assembly. Check for missing parts. Proper assembly is as follows: (Starting from the cord drum and moving to the resistance knob) Flat washer, bearing washer, flat washer, spring and tension knob.</li> <li>Oil the leather brake pad with a light household oil. Oil the washer, the bearing and washer assembly if needed.</li> </ul> |
| <b>DRAG STRAP</b>                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>The drag strap offers no tension.</li> <li>The drag strap becomes disconnected.</li> </ul>                                                                                           | <ul style="list-style-type: none"> <li>Check the routing of the drag strap. Check the two nuts on the flywheel U-bolt for tightness. Tighten them evenly.</li> <li>Clean the drag strap and flywheel. Reverse the drag strap.</li> <li>See Figure 2 on page 13.</li> </ul>                                                                                                                                                                                                                                                      |
| <b>ELECTRONICS MONITOR</b>                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>The display is faint or has no readout.</li> <li>The readout displays half numbers, odd characters or a partial display.</li> <li>The speed or distance is not displayed.</li> </ul> | <ul style="list-style-type: none"> <li>Check the batteries for charge.</li> <li>Remove the battery, wait a few seconds and then replace the battery. If there is no change, then replace the monitor.</li> <li>Check all sensor cable connections from the monitor to the sensor, the sensor placement and the magnet positioning. See the diagram below.</li> </ul>                                                                                                                                                            |





# CUSTOMER INFORMATION

## CUSTOMER INFORMATION

If you have any questions about the NordicSport® Ski 250™ exerciser, please call our Customer Service Department at the toll-free phone number printed on your invoice.

Customer Service Department Hours      Monday through Friday • 7 a.m. to 8 p.m.  
Saturday • 8 a.m. to 4:30 p.m.  
Central Standard Time

## SATISFACTION GUARANTEE

We have total confidence in the quality and performance of our 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 30-day in-home trial, please call our Customer Service Department at the number printed on your invoice to discuss product exchanges and returns. If you simply need to replace or exchange a product, we will ship you another product and there will be no additional shipping or handling charges. If you want to return the product, please call Customer Service to receive authorization. Then, ship it back to us pre-paid. C.O.D. shipments will not be accepted. We also recommend that you insure your package for your protection. Upon receipt, we will refund you the purchase price. In either event, the initial shipping and handling charges will not be refunded.

## NORDICSPORT SKI 250 TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from date of purchase of the NordicSport Ski 250, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other times purchased separately carry their own warranty/service periods.) Please note that commercial use of the NordicSport Ski 250 will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care, normal wear on items such as those having finished or painted surfaces or the foam handgrips, commercial use of the NordicSport Ski 250 or other causes not rising from defects in materials or workmanship. NordicTrack reserves the right to make changes and improvements to the NordicSport Ski 250 without incurring obligations to make similar alterations to skiers previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., or NordicAdvantage Inc., a retail distributor of NordicTrack products. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the NordicSport Ski 250 and accessories for repairs are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

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