

CIRCUIT TRAINING XERCISE



CTX
X
4000™

Assembly, Use & Care Guide

Welcome to CTX 4000

Congratulations! You Have Made an Excellent Investment in Your Health.

You have purchased a one-of-a-kind exerciser that gives you superior cardiovascular conditioning, muscle toning and stretching — all in one machine! CTX 4000 is a premium quality rider that takes fitness to the next level by offering what other exercisers do not — variety.

CIRCUIT TRAINING EXERCISE (CTX) allows for a simultaneous series of aerobic, muscular endurance and stretching exercises that can be done in single exercise session. You can perform pulling, pressing and overhead exercise motions at variable resistance levels to get a superior total-body workout!



The CTX 4000 workout is the right choice for you because the total-body workout you get is safe and easy to perform.

More Than Total-Body

- ▲ The full range of motion works both your upper and lower body.
- ▲ Isolate your arms or legs for a specialized workout.
- ▲ Variable resistance always keeps you challenged — even as your fitness level changes.

Safe to Use

- ▲ Your exerciser is built with traditional NordicTrack quality.
- ▲ Workouts are smooth — the non-impact exercise is easier on your body than other exercises.
- ▲ The included motion limiter can be used to keep you in control by limiting the exerciser's movement.
- ▲ The exerciser is fully adjustable to fit nearly all body sizes.
- ▲ Virtually no changeover is needed between exercises — there are no bands, straps or loose parts to get in the way.
- ▲ A locking feature secures the exerciser in a stable position when it is not in use.

Easy to Use

- ▲ The easy motion can be learned in just minutes.
- ▲ Choose your resistance level and begin to exercise! There are no complicated changeovers to perform.
- ▲ Front rollers make the exerciser easy to move.
- ▲ A full-function workout computer helps you track your progress.
- ▲ An instructional video is included to help you during assembly and use.

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Things to Know Before You Start Your Exercise Program

- ▲ **Consult with your physician before beginning any exercise program.** If you are taking any medication or using any devices that affect your heart rate, blood pressure or cholesterol level, your physician's advice is absolutely essential.
- ▲ **Be aware of things that affect your heart rate.** Your heart rate may be affected by such things as stress, caffeine, nicotine and prescription drugs. You should be able to whistle or maintain a normal conversation while you are exercising.
- ▲ **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 lightheadedness.
- ▲ **Start your program slowly.** Changing your lifestyle takes time and commitment. Begin with a few minutes of exercise each day and progress gradually as your fitness level improves. Start with the lower pedals.
- ▲ **Stretching is an essential part of your exercise program.** Warm-up and stretch your muscles before you exercise. Then, cool-down and stretch your muscles again following your workout.
- ▲ **Always wear appropriate exercise clothes and shoes.** It is recommended you wear exercise clothing such as a T-shirt, shorts and absorbent socks. It is essential that you wear comfortable athletic shoes. Do not exercise without wearing shoes.
- ▲ **This product is intended for adult use only.** Keep small children and pets away when setting up, using or moving the exerciser. Keep children away from the exerciser when it is not in use.
- ▲ **Always place your exerciser in the locked position when it is not in use.** Place the CTX 4000 in the #5 pull position and lock the knob on the left side by turning it clockwise until it is secure. Lift up on the handlebar until you hear a click. Unlock the knob before use.
- ▲ **Always hold onto the handlebar when getting on the exerciser.**
- ▲ **Always get off the exerciser before making adjustments.** Stand next to the exerciser and support the seat with one hand before making any machine adjustments.
- ▲ **Perform the recommended maintenance steps.** This will help ensure the safe and efficient operation of your exerciser. It will also protect your warranty rights.

Read the entire owner's guide and all information provided BEFORE assembling or using the fitness equipment. Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. The following symbols, found throughout your owner's guide, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.



CAUTION This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.



IMPORTANT This symbol refers to an unsafe practice which can result in product or property damage.

Please spend a moment to familiarize yourself with the CTX 4000™ parts and terminology on these pages before you begin assembly. **DO NOT REMOVE THE PARTS FROM THE BOXES BEFORE THE INSTRUCTIONS TELL YOU TO DO SO.**

Box 1

QTY

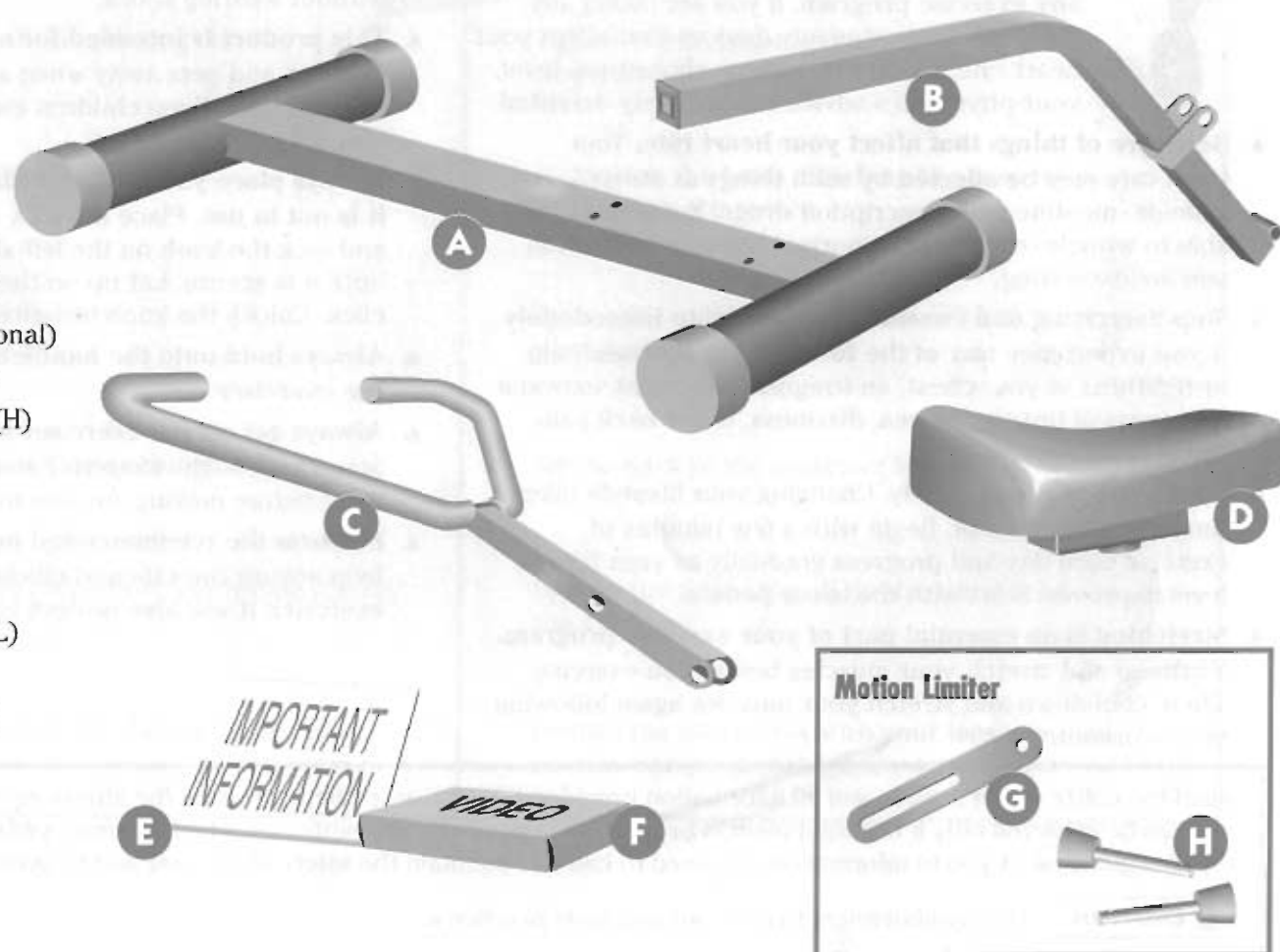
- 1 Base tube (A)
- 1 Seat tube (B)
- 1 Handlebar (C)
- 1 Seat (D)
- 1 Information Packet (E)
- 1 Instructional Video (F)

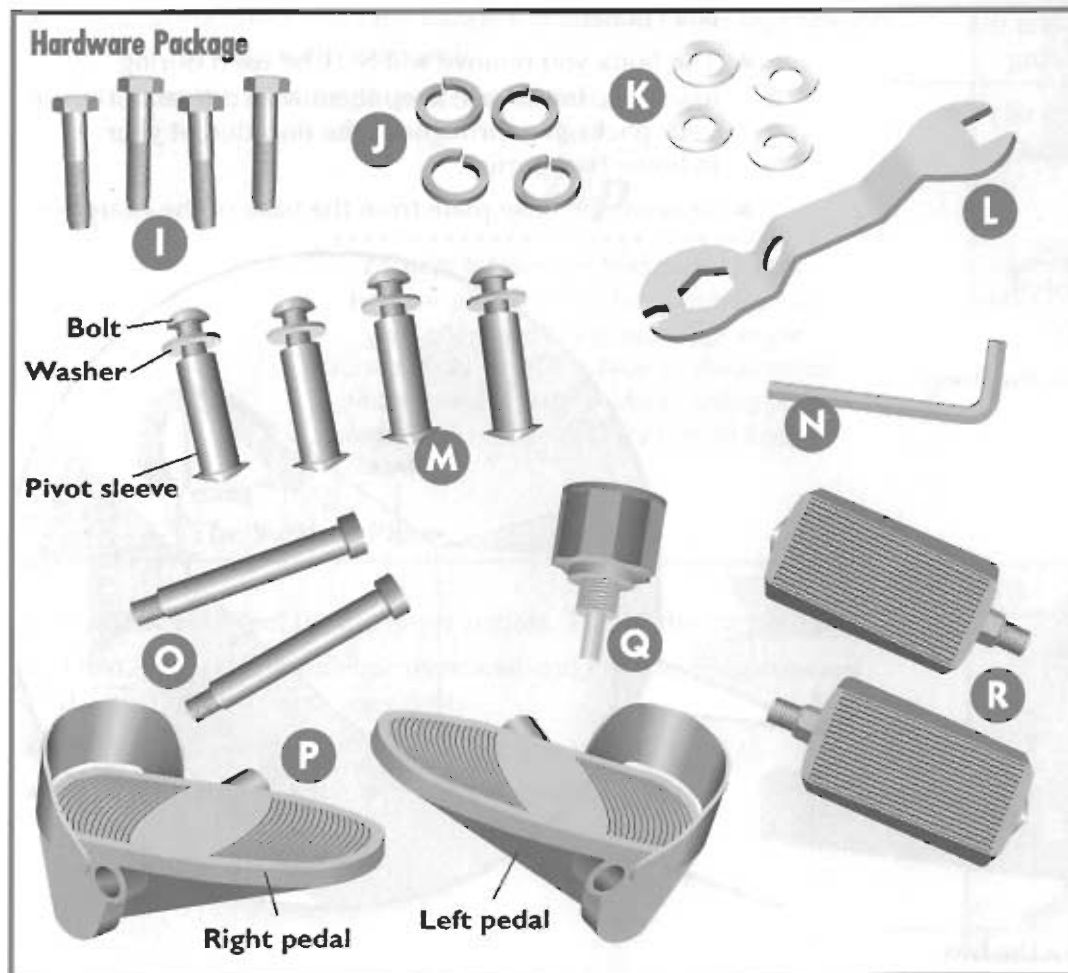
Motion limiter (Use is optional)

- 1 Motion limiter bar (G)
- 2 2-1/2 inch detent pins (H)

Hardware package

- 4 2-inch hex bolts (I)
- 4 Lock washers (J)
- 4 Washers (K)
- 1 Two-position wrench (L)
- 4 Pivot assemblies (M)
- 1 6mm Allen wrench (N)
- 2 Lower pedal axles (O)
- 2 Lower pedals (P)
- 1 Locking seat pin (Q)
- 2 Upper pedals (R)

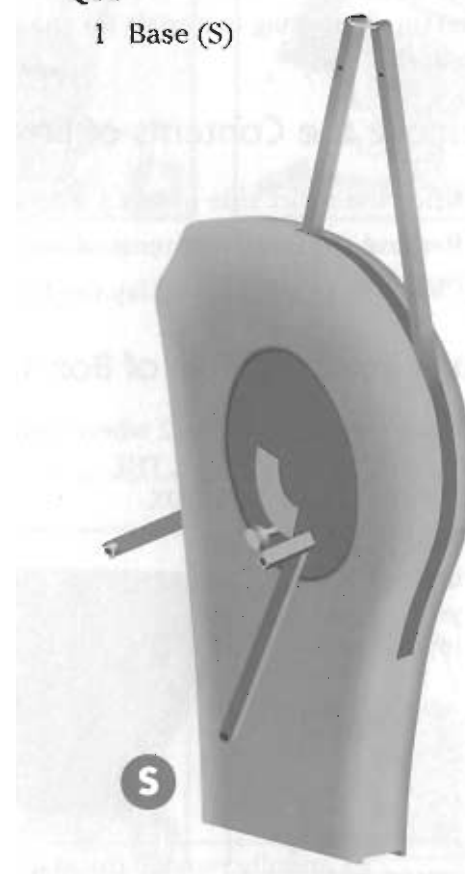




Box 2

QTY

1 Base (S)



Please follow the assembly steps as written and shown in the video. Review the included video for easy assembly steps. Do not remove the contents of any of the boxes until instructed to do so — this will **simplify the assembly process**.



IMPORTANT Place a protective covering between the exerciser and your carpet or flooring.

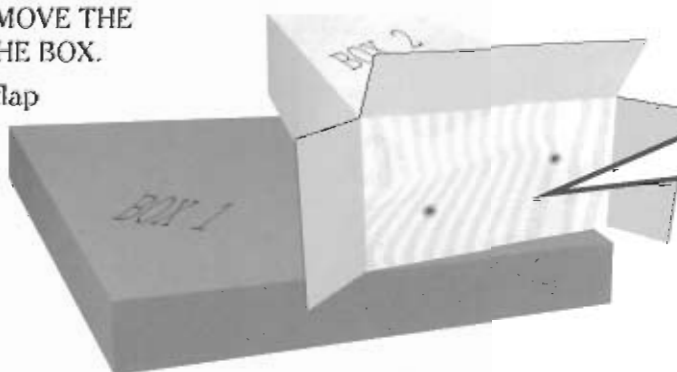
Please retain all packing materials for the duration of your in-home trial.

1. Remove the Contents of Box 1

- ▲ Open the short side of box 1 where indicated.
- ▲ Remove the entire contents of box 1.
- ▲ Close the box flaps, and lay the box flat on the floor.

2. Place Box 2 on Top of Box 1

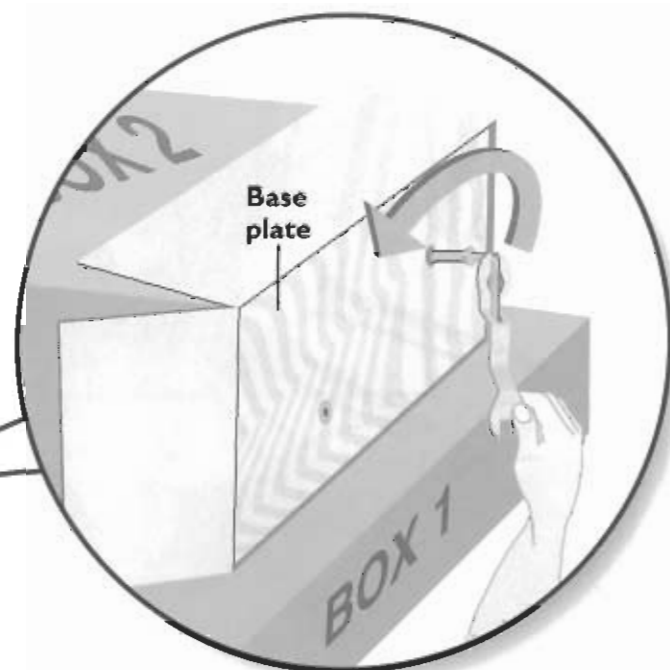
- ▲ Open the flaps on box 2 where indicated, **BUT DO NOT REMOVE THE CONTENTS OF THE BOX.**
- ▲ Fold the bottom flap under box 2 as you lay it on top of box 1.

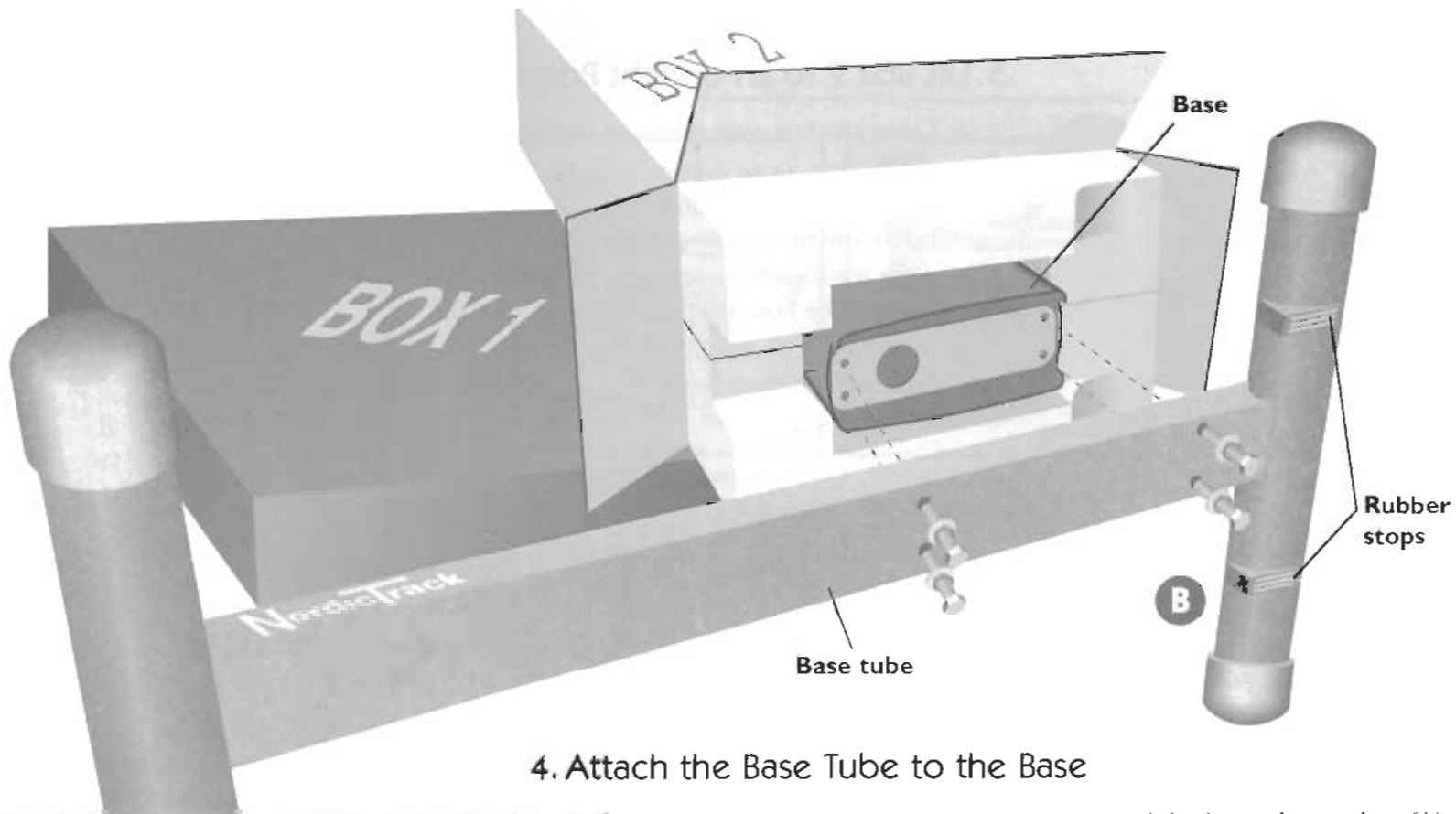


CAUTION Carefully remove the staples from the box flaps before proceeding.

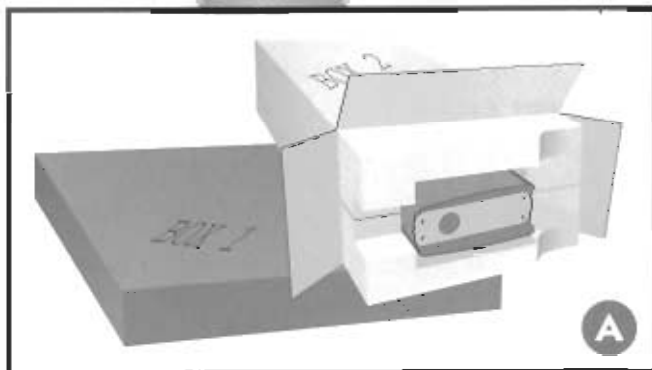
3. Remove the Base Plate From the Base

- ▲ Use the 6mm Allen wrench and the two-position wrench to remove the two shipping bolts from the base plate.
- ▲ The bolts you remove will NOT be used during assembly, but please keep them with the rest of your packaging throughout the duration of your in-home trial period.
- ▲ Remove the base plate from the base of the exerciser.





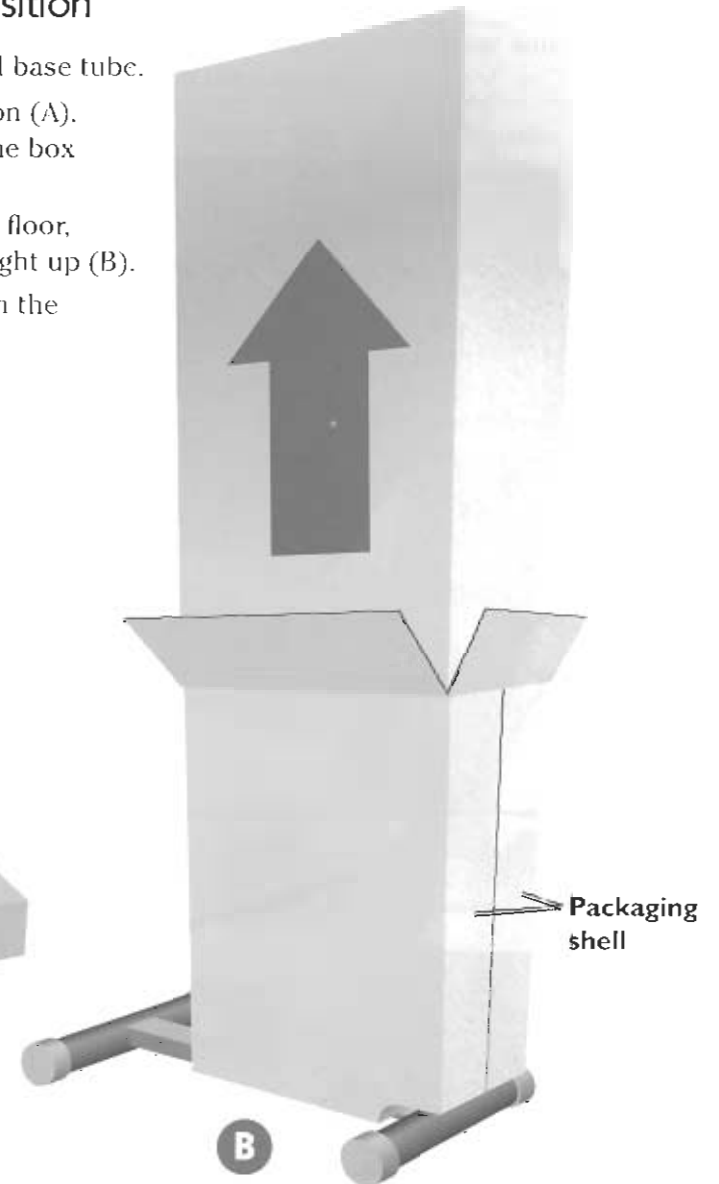
4. Attach the Base Tube to the Base



- ▲ Pull the base and surrounding packaging out of the box a few inches (A).
- ▲ Align the holes in the base tube with those in the base (B). Align the "A" and "B" on the base tube with the matching letters on the base. The rubber stops should face toward you as you assemble the exerciser.
- ▲ Place a lock washer, followed by a washer onto each of the 2-inch hex bolts.
- ▲ Pass each bolt, with washers, through the base tube and into the base.
- ▲ Insert and finger tighten all four bolts.
- ▲ Firmly tighten all four bolts with the 17mm end of the two-position wrench.

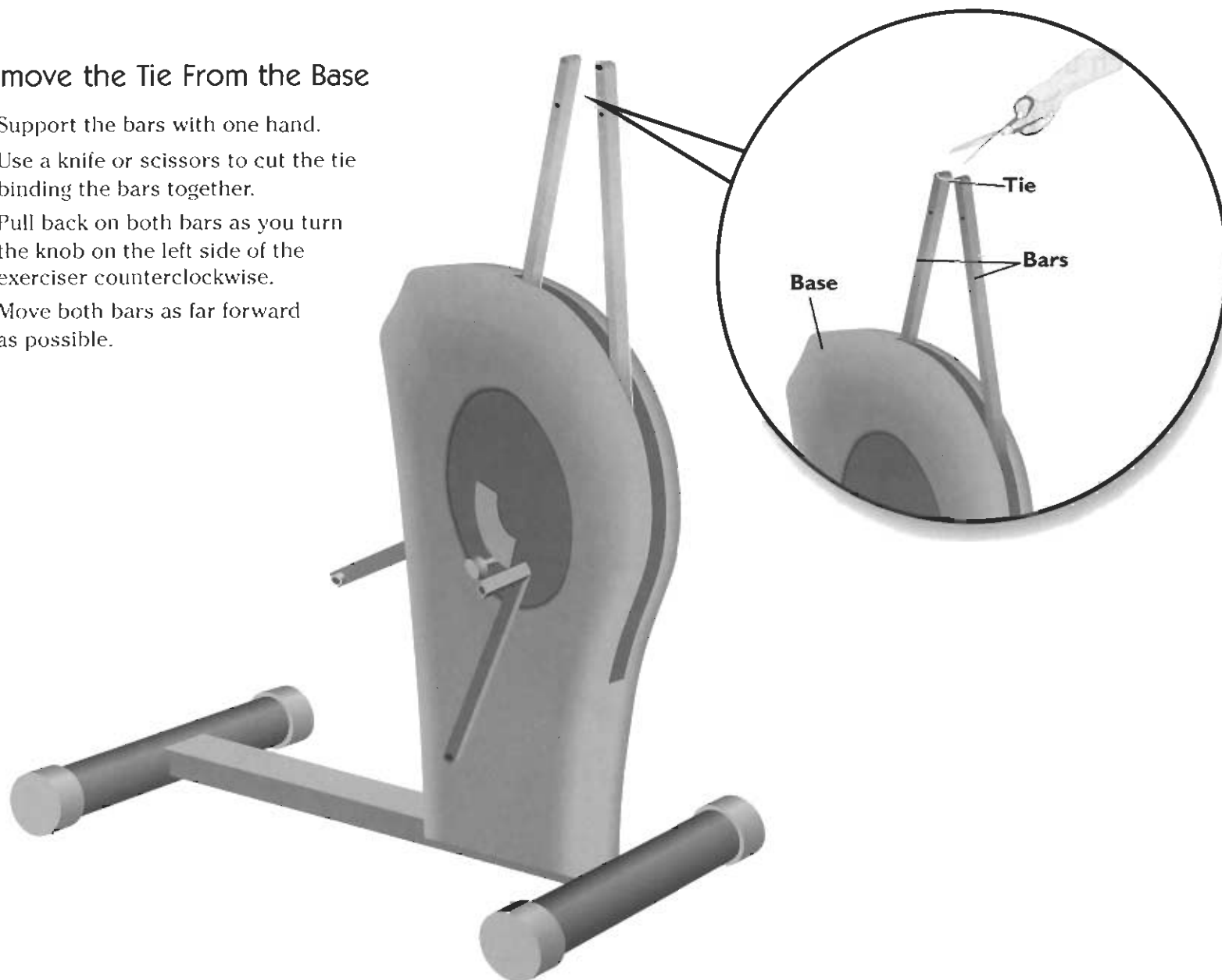
5. Lift Box 2 to an Upright Position

- ▲ Leave the box over the base and base tube.
- ▲ Tip the box to an upright position (A). If you have a low ceiling, slide the box up as you tip the base upright.
- ▲ After the base tube is flat on the floor, remove the box by lifting it straight up (B).
- ▲ Remove the packaging shell from the base of your exerciser.



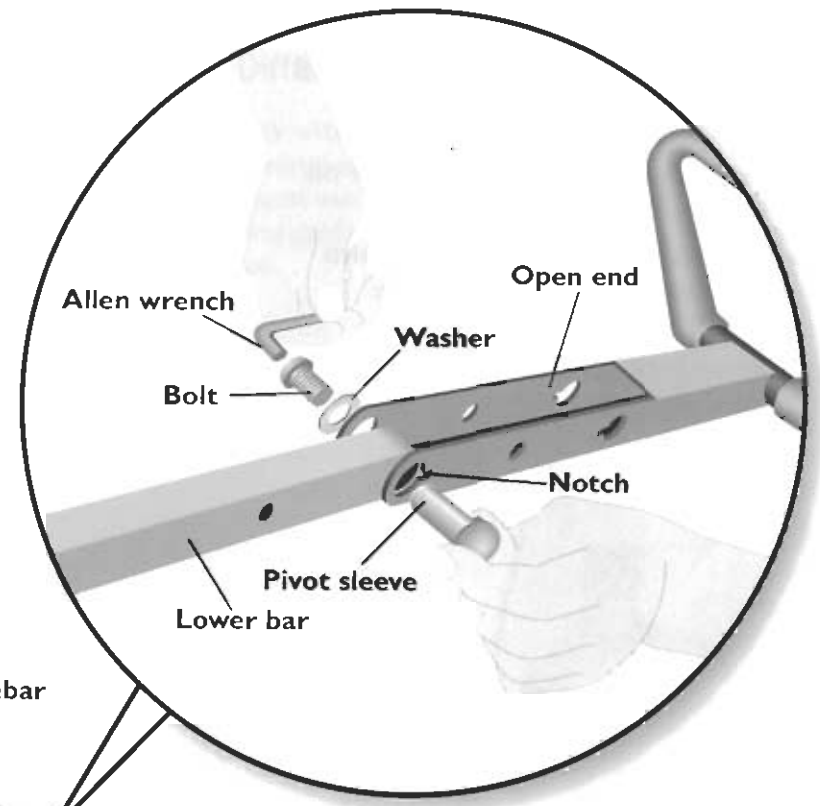
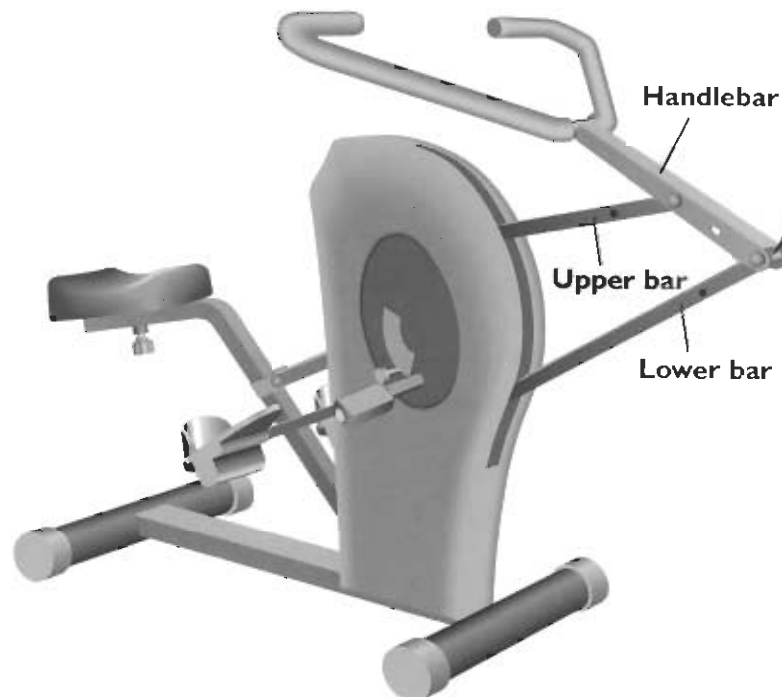
6. Remove the Tie From the Base

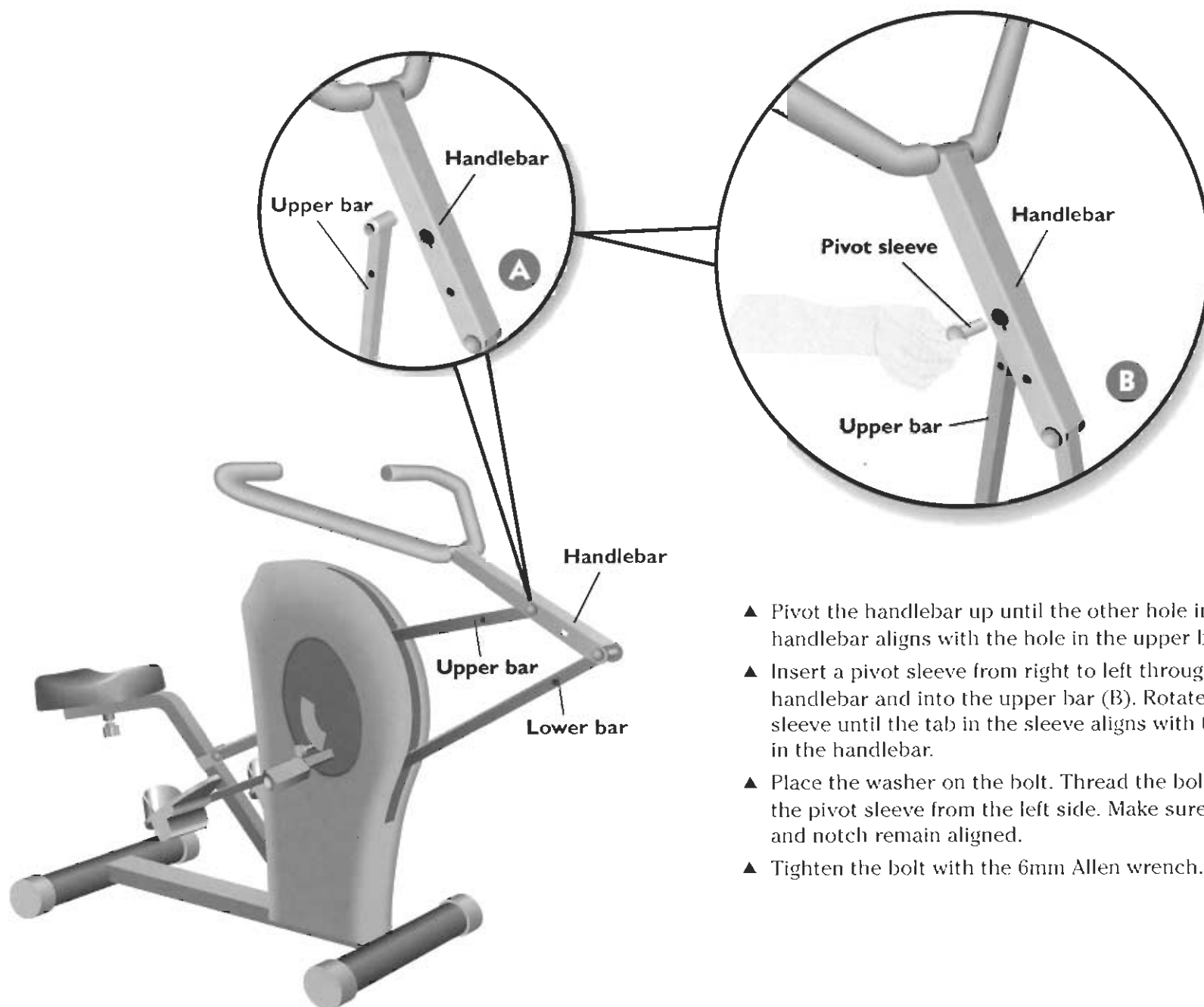
- ▲ Support the bars with one hand.
- ▲ Use a knife or scissors to cut the tie binding the bars together.
- ▲ Pull back on both bars as you turn the knob on the left side of the exerciser counterclockwise.
- ▲ Move both bars as far forward as possible.



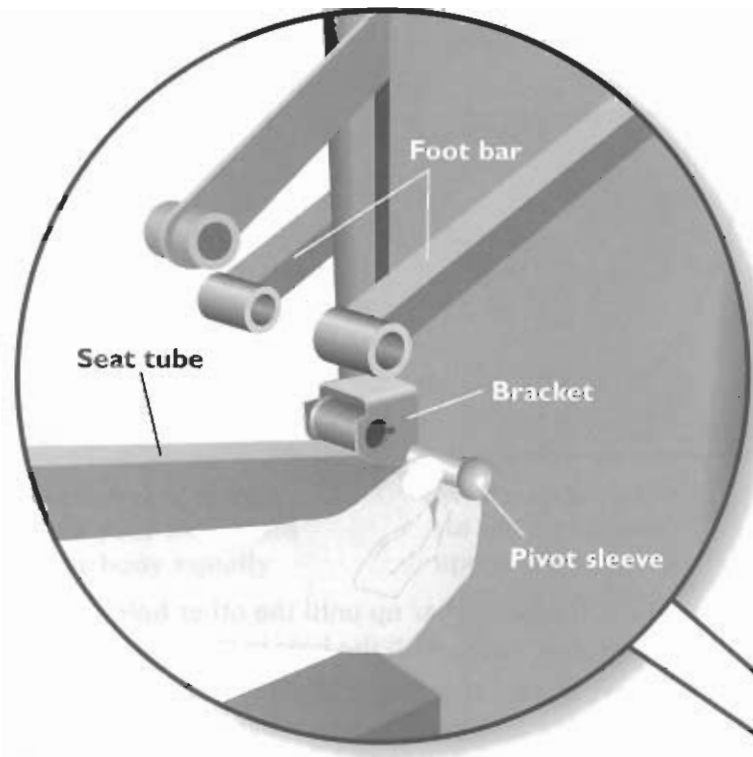
7. Attach the Handlebar

- ▲ Remove the bolts and washers from two of the pivot assemblies. Slide the paper wrappers off the pivot sleeves.
- ▲ Hold the handlebar over the lower bar with the open end up as shown.
- ▲ Insert a pivot sleeve from right to left through the handlebar and into the lower bar. Rotate the sleeve until the tab in the sleeve aligns with the notch in the handlebar.
- ▲ Place the washer on the bolt. Thread the bolt into the pivot sleeve from the left side. Make sure the tab and notch remain aligned.
- ▲ Tighten the bolt with the 6mm Allen wrench.





- ▲ Pivot the handlebar up until the other hole in the handlebar aligns with the hole in the upper bar (A).
- ▲ Insert a pivot sleeve from right to left through the handlebar and into the upper bar (B). Rotate the sleeve until the tab in the sleeve aligns with the notch in the handlebar.
- ▲ Place the washer on the bolt. Thread the bolt into the pivot sleeve from the left side. Make sure the tab and notch remain aligned.
- ▲ Tighten the bolt with the 6mm Allen wrench.

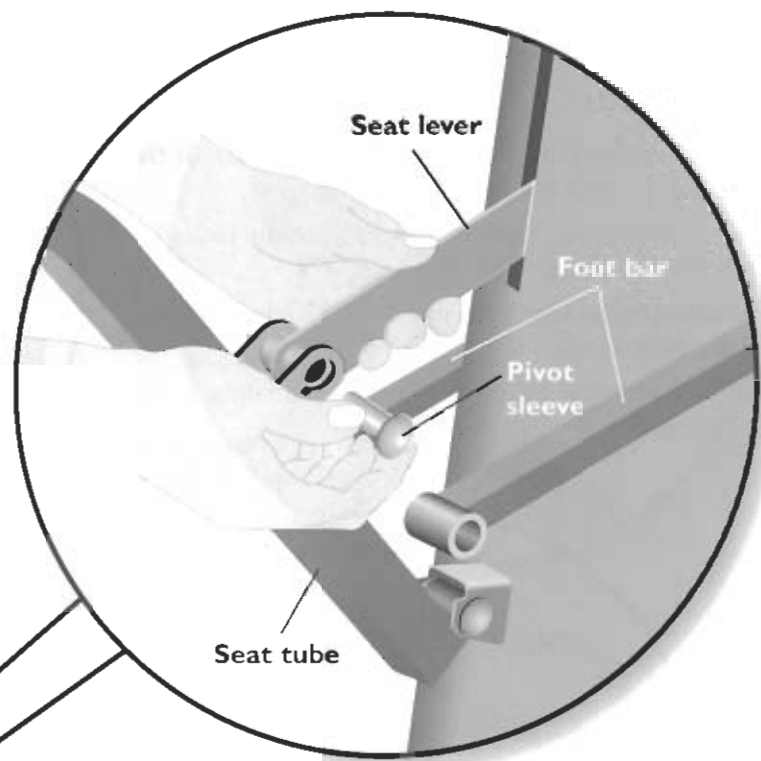


8. Attach the Seat Tube

- ▲ Remove the bolts and washers from the two remaining pivot assemblies. Slide the paper wrappers off the pivot sleeves.
- ▲ Align the hole in the end of the seat tube with the bracket hole on the base as shown. Allow the other end of the seat tube to rest on the floor.
- ▲ Insert a pivot sleeve from right to left through the bracket and into the seat tube. Rotate the sleeve until the tab in the sleeve aligns with the notch in the bracket.
- ▲ Place the washer on the bolt. Thread the bolt into the pivot sleeve from the left side. Make sure the tab and notch remain aligned.
- ▲ Tighten the bolt with the 6mm Allen wrench.

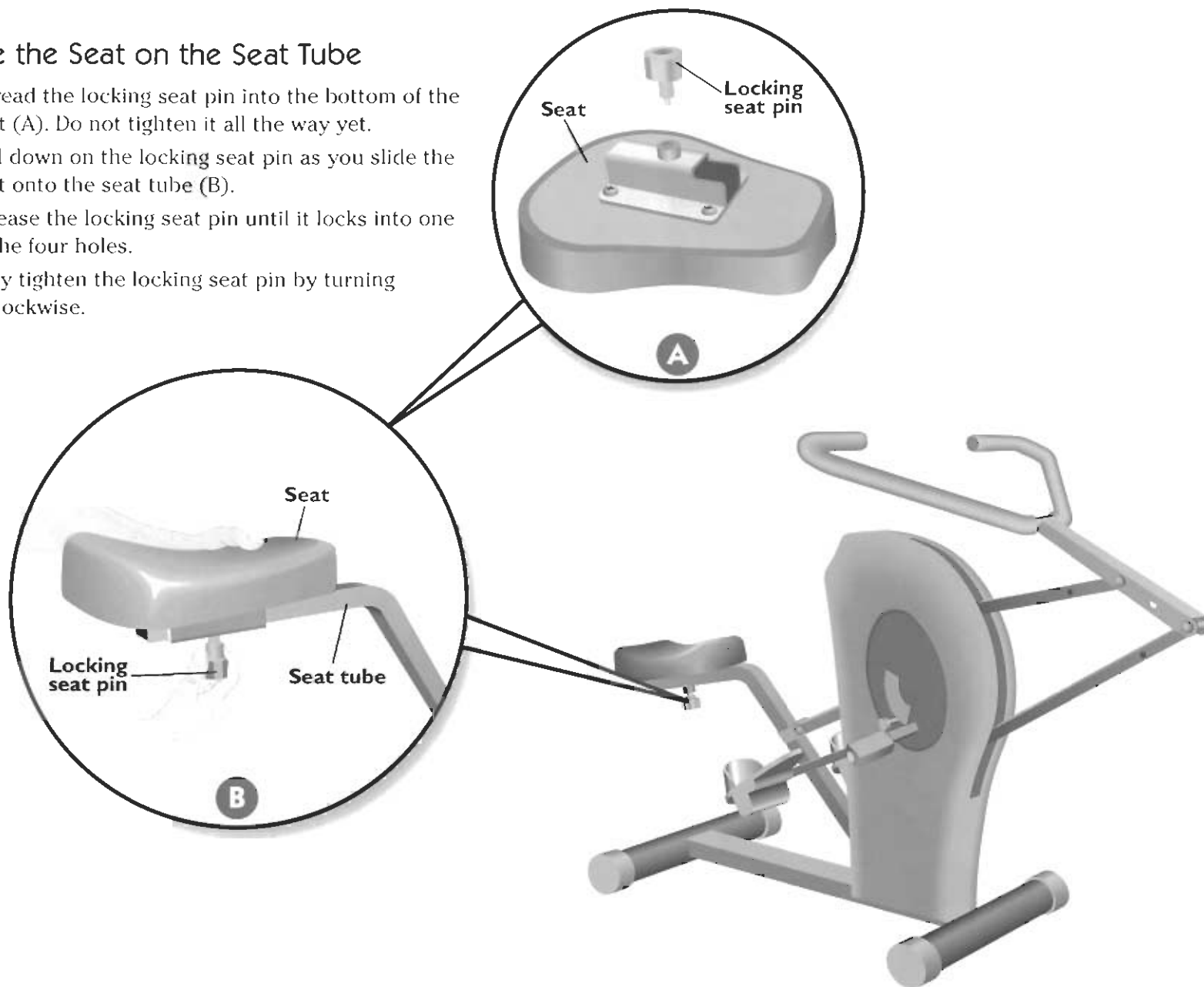


- 1. Lift up on the seat tube until the hole in the middle of the tube aligns with the seat lever.
- 2. Support the seat tube with your forearm. Insert a pivot sleeve from right to left through the seat tube and into the seat lever. Rotate the sleeve until the tab in the sleeve aligns with the notch in the seat tube.
- 3. Place the washer on the bolt. Thread the bolt into the pivot sleeve from the left side. Make sure the tab and notch remain aligned.
- 4. Tighten the bolt with the 6mm Allen wrench.



9. Place the Seat on the Seat Tube

- ▲ Thread the locking seat pin into the bottom of the seat (A). Do not tighten it all the way yet.
- ▲ Pull down on the locking seat pin as you slide the seat onto the seat tube (B).
- ▲ Release the locking seat pin until it locks into one of the four holes.
- ▲ Fully tighten the locking seat pin by turning it clockwise.



10. Attach the Upper Pedals

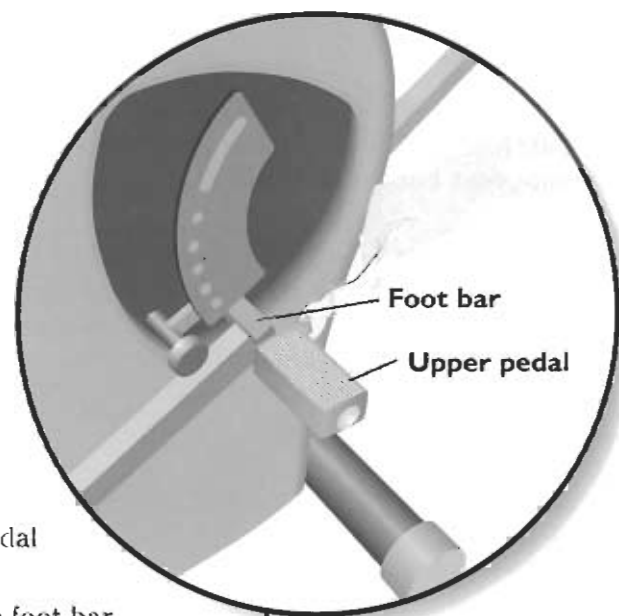
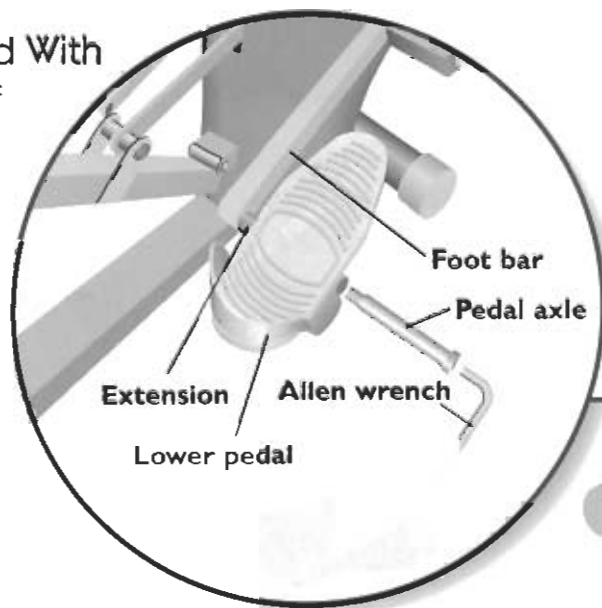
- ▲ The upper pedals are interchangeable.
- ▲ Thread the right upper pedal into the hole in the foot bar.
- ▲ Turn it clockwise and secure with the 15mm end of the two-position wrench.
- ▲ Repeat with the left upper pedal.

11. Attach the Lower Pedals

- ▲ The left and right lower pedals are not interchangeable. Place each pedal so the extension on the side of the pedal contacts the foot bar.
- ▲ Push one of the pedal axes through the right lower pedal and into the foot bar.
- ▲ Use the 6mm Allen wrench to firmly tighten the pedal axle.
- ▲ Repeat with the left lower pedal.

You Are Finished With the Assembly of Your Exerciser!

Please continue
to the next page
to learn how to
make adjustments
to your exerciser.



The CTX 4000 has several adjustable features to accommodate your body and fitness level.

CAUTION

Always get off the exerciser before making ANY adjustments. Stand next to the exerciser and always support the seat when making any adjustments to the exerciser.

Adjustable Seat

The seat can be adjusted to one of four locking positions. When properly adjusted, your legs should fully extend when using the exerciser in pull mode. Your knees should not lock.



Legs extended

To Change the Seat Location:

- 1. Stand next to the exerciser.
- 2. Turn the locking seat pin counterclockwise one turn.
- 3. Pull down on the end of the pin until you can free the seat from the seat tube hole.



- 4. Release the pin and slide the seat forward or back until it clicks into the desired location.
- 5. Turn the locking seat pin clockwise until it is secure.

Adjustable Resistance

The CTX 4000 is a versatile exerciser that will change with you! Resistance is adjustable to fit your current fitness level. Choose five different resistance levels in both pull mode and press mode.

To Change the Resistance:

- ▲ Stand next to the right side of exerciser.
- ▲ Support the seat with one hand.
- ▲ Loosen the knob on the resistance adjustment lever by turning it counterclockwise.



- ▲ Lift up on the seat as you slide the resistance adjustment lever to the desired setting.
- ▲ Make sure the pin locks into one of the 10 holes, then turn the knob clockwise to tightly secure it.

Choose Between Exercise Modes and Resistance Levels:

Pull mode
can be set using the bottom 5 holes on the right side of the exerciser. Set the resistance to the desired level: #1 is the easiest pull setting and #5 is the most challenging pull setting.

Press mode
can be set using the top 5 holes on the right side of the exerciser. Set the resistance to the desired level: #1 is the easiest press setting and #5 is the most challenging press setting.



Lower and Upper Pedals

Your exerciser has been specially designed with two separate locations for your feet. Use the lower pedals to equally work your lower and upper body. To add challenge to your upper-body workout, use the upper pedals.



Use the lower pedals to work your lower and upper body equally



Use the upper pedals to maximize your upper-body muscle toning workout

Locking Position



Always place your exerciser in the locking position when it is not in use.

For your peace of mind, you can lock your exerciser in the locking position when it is not in use. The locking feature will secure the moving parts of the exerciser.

To Use the Locking Position:

- ▲ Stand next to the left side of the exerciser.
- ▲ Adjust the exerciser to the pull mode. See *Adjustable Resistance* in this section for details.
- ▲ Make sure the exerciser is in the horizontal or down position.
- ▲ Set the resistance adjustment lever to the #5 pull position.
- ▲ Turn the locking knob on the left side of the exerciser clockwise until it is secure.
- ▲ Lift up on the handlebar until you hear a click.

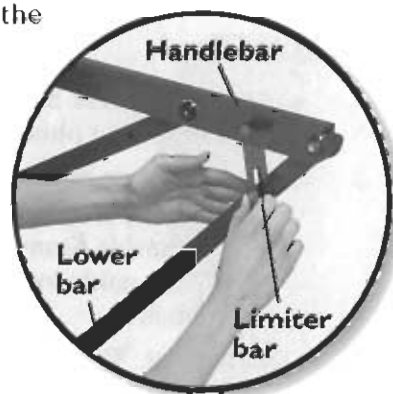


Motion Limiter

Your CTX 4000[®] includes an optional motion limiter for helping you get started. The motion limiter helps you stay in control in either the horizontal or vertical exercise range: the machine can only go as far as you choose. The motion limiter will keep you in either the horizontal or vertical portion of each mode.

To use the limiter to keep you in the **horizontal** exercise phase:

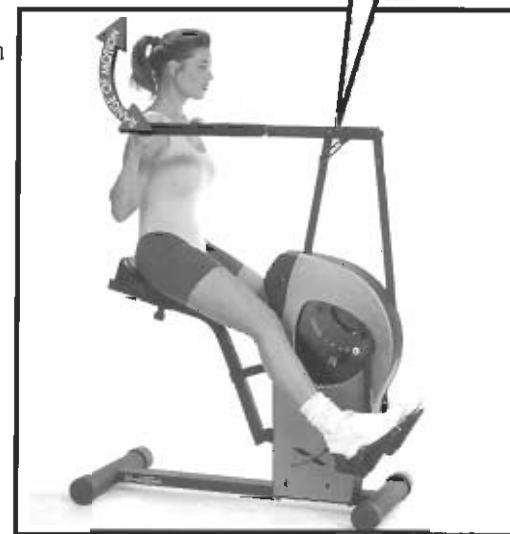
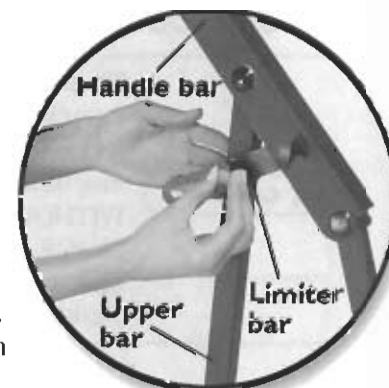
- ▲ Place the single hole in the limiter bar **BEHIND** the edge of the handlebar. Use one of the two detent pins to pass through the handlebar and into the single hole in the limiter bar. Push the pin completely through the other side of the handlebar.
- ▲ Place the second detent pin through the slot in the limiter bar and into the hole in the lower bar.



Handlebar will not go above shoulders

To use the limiter to keep you in the **vertical** exercise phase:

- ▲ Place the single hole in the limiter bar **BEHIND** the edge of the handlebar. Use one of the two detent pins to pass through the handlebar and into the single hole in the limiter bar. Push the pin completely through the other side of the handlebar.
- ▲ Place the second detent pin through the slot in the limiter bar and into the hole in the upper bar.



Handlebar will not go below shoulders



The motion limiter is designed to restrict your exercise motion. **DO NOT USE THE MOTION LIMITER AS AN INCREASE FOR EXERCISE RESISTANCE.**

Before You Begin

CAUTION

Keep small children and pets away from the exerciser while it is in use. Keep hands and feet away from the moving parts of the machine. **DO NOT OPERATE THE EXERCISER WITHOUT THE PROTECTIVE SHROUD IN PLACE.** If the shroud is missing or damaged, call our customer service department at 1-800-230-3945 before using the exerciser.

1. Keep a protective floor covering under your exerciser at all times.
2. Make stretching part of your exercise routine.



CAUTION

It is essential to warm up and stretch your muscles before exercising. Follow the guidelines in *A Guide to Healthy Living*. Then, begin your warm-up with 2-5 minutes of slow exercise at a light resistance setting.

3. Adjust the seat to a position that is comfortable for you. See the *Adjustable Features* section of this guide for more detailed information.

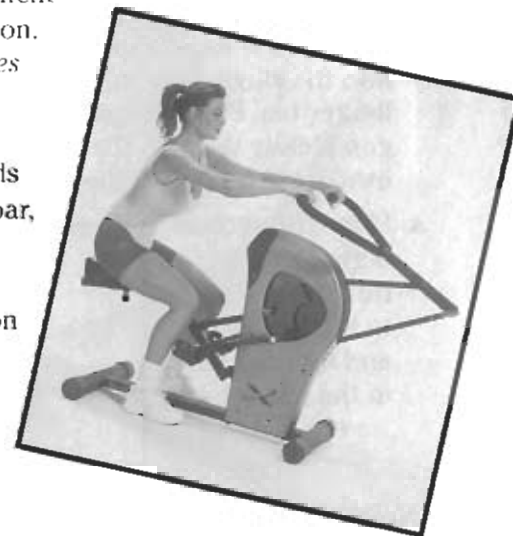
Learn the Different Exercise Motions

Versatility is easy with CTX 4000™. You can perform both pulling and pressing exercises. In addition, both the pull and the press exercises have horizontal and vertical motions. Use the following guidelines to become familiar with your workout options.

Pull Mode

The pull mode features both a horizontal and a vertical phase. Refer to the following photos to perform both phases.

- ▲ Set the resistance adjustment lever to the #3 pull position. See the *Adjustable Features* section of this guide for more information.
- ▲ Sit on the seat. Your hands should be on the handlebar, and your feet should be on the floor.
- ▲ Then position both feet on the lower pedals. This is the starting position.



Tip

Remember to unlock your exerciser if the lock has been set. The locking knob is on the left side of the exerciser. Turn the knob counterclockwise to unlock the exerciser.



The Horizontal Phase

- ▲ Pull back on the handlebar and push with your legs.
- ▲ Return to the starting position and repeat.

Tip

When moving from the horizontal to the vertical phase, support your weight with your legs to control the pace of the transition.



Starting position



Hands pulled 1/2 way to chest



Hands pulled all the way to chest



The Vertical Phase

- ▲ Position both feet on the lower pedals.
- ▲ Pull back on the handlebar and push with your legs until the handlebar is at chest level as described above.
- ▲ When the handlebar comes back to chest level, slowly bring it up past your shoulders and above your head. This is the starting position.
- ▲ Use the following photographs to guide you.
- ▲ Return to the starting position and repeat.



Starting position



Hands pulling down with elbows at a 90 degree angle



Hands pulled down to shoulder level

Press Mode

The press mode features both a horizontal and a vertical phase. Use the following photos to perform both phases.

Tip

Remember to unlock your exerciser if the lock has been set. The locking knob is on the left side of the exerciser.



Always hold on the the handlebar when getting on the exerciser.

- Set the resistance adjustment lever to the #3 press position. See the *Adjustable Features* section of this guide for more information.
- Straddle the seat, with your arms out holding onto the handlebar (A).
- Sit on the seat as you support the handlebar coming toward you (B).



QUESTIONS?

Call customer service at **1-800-230-3945.**



The Horizontal Phase

- ▲ Position both feet on the lower pedals. This is the starting position.
- ▲ Then, press forward on the handlebar and curl your legs toward the seat, pulling with your heels.
- ▲ Return to the starting position and repeat.

Tip

To switch from the horizontal to the vertical phase, bring the handlebar to your chest, allowing your legs to go forward. As you transition to the vertical phase, press upward while curling your legs back and pulling with your heels.



Starting position



Arms pushed out in front,
legs curled toward seat

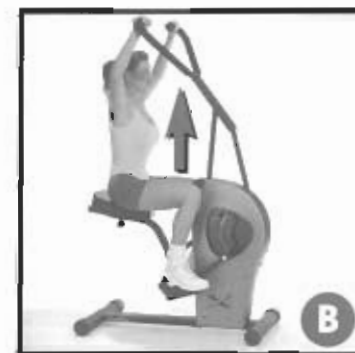


The Vertical Phase

- ▲ Position both feet on the lower pedals. This is the starting position.
- ▲ Then, press the handlebar overhead and curl your legs toward the seat, pulling with your heels.
- ▲ Use the following photographs to guide you.
- ▲ Return to the starting position and repeat.



Starting position



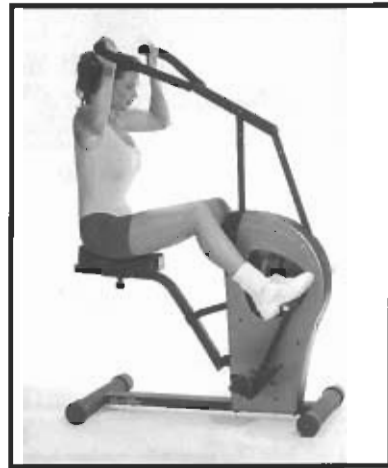
Arms extended
overhead with feet
curled toward seat,
pulling back with heels

Target Your Upper or Lower Body Separately



Upper Body

To target your upper body in either the pull or the press mode, place your feet on the upper pedals.

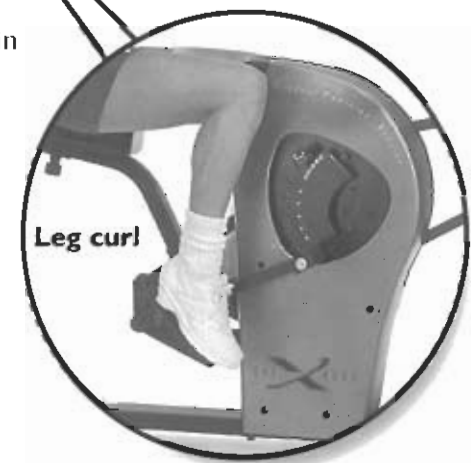


Lower Body

To target your lower body in pull mode, securely hold onto the sides of the seat and push forward with your feet only.



To emphasize your legs in press mode, hold on the the sides of the seat and curl your heels back toward the seat.



Your exerciser has been designed to require minimum maintenance. Perform the following steps to keep your exerciser working in top condition and to maintain your rights under the warranty.



Check for Wear

How often: Before each workout session
Time required: 1 minute

Visually inspect your exerciser before each workout session. Make sure there are no loose or broken parts. Make sure all four pedals are secure. Inspect the heel cups on the lower pedals to make sure they are in good condition and are firmly attached.



Wipe the Exerciser

How often: After each workout session
Time required: 2 minutes
Items needed: Clean, dry cloth

Use a dry, soft cloth to wipe the entire exerciser immediately following each workout session. To remove tough spots, dampen the cloth with water or a mild glass cleaner.



Turn the Front Rollers

How often: Once a month
Time required: 1 minute



Always place your exerciser in the locking position before you attempt to move it. See page 16.

Your exerciser is equipped with front rollers for convenient transport. Once each month, lift the back of the exerciser and roll the front rollers back and forth. This will keep the rollers free and easy to move.



IF...

Your exerciser is clicking during use,

Your exerciser squeaks during use,

Your exerciser won't move,

You can not easily roll away the exerciser,

Your exercise moves while you are rolling it away,

Your movement feels jerky during the transition,

THEN...

tighten the resistance knob on the right side of the exerciser.

make sure the bolts attaching the base tube to the base are secure.

loosen the locking knob on the left side of your exerciser.

lift the back of the exerciser higher.

tighten the locking knob on the left side of the exerciser.

control the movement with your legs when the exerciser is going through the transition.

We're Just a Toll-Free Call Away



We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. And, as your fitness needs and goals change, our knowledgeable customer service representatives will help you identify the exercisers and accessories that best suit your lifestyle and budget. Please call our customer service department at **1-800-230-3945**. Hearing impaired customers with TDD access, please call 1-800-821-1317.

Customer Service Hours

7 a.m. to 5 p.m. Monday through Friday
Central Standard Time

Reach Us Via E-Mail



Send us your questions and comments via e-mail. Please include your account number and order number, found at the top of your invoice.

service@nordictrack.com

Satisfaction Guarantee

We hope you are completely satisfied with your CTX 4000[®] exerciser. Complete customer satisfaction is our goal; and we will do everything we can to ensure your total happiness with your exerciser. Just give us a call at **1-800-230-3945** if we can be of assistance.

Manufacturer's Two-Year Limited Warranty

NordicTrack, Inc., will for two years from date of purchase of the CTX 4000™ exerciser, repair or replace at its factory any part which may prove to be defective in materials or workmanship.

(Electronics and other items purchased separately carry their own warranty/service periods.) Please note that commercial use of the CTX 4000 will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam hand grips. NordicTrack, Inc., reserves the right to make changes and improvements to the exerciser without incurring obligations to make similar alterations to previously purchased exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage, Inc., a retail distributor of NordicTrack products and authorized distributors 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 at 1-800-230-3945. All shipping costs to return the CTX 4000 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.

90-Day Limited Warranty

(Customers outside of the U.S. and Canada)

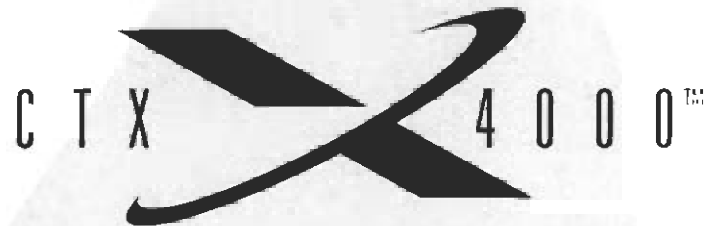
NordicTrack, Inc., will for 90 days from the date of delivery of an exerciser or electronics, repair or replace any part **which may** prove to be defective in materials or workmanship. **This warranty** does not cover damage resulting from mishandling in transit (if within the customer's control), vandalism, 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., or Nordic Advantage, Inc., distributors of NordicTrack products and authorized 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, pack 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.

The in-home trial **with return privileges** is not extended to customers outside **the U.S. and Canada**.

THANK YOU
FOR CHOOSING



CIRCUIT TRAINING XERCISE

BY

NordicTrackTM