

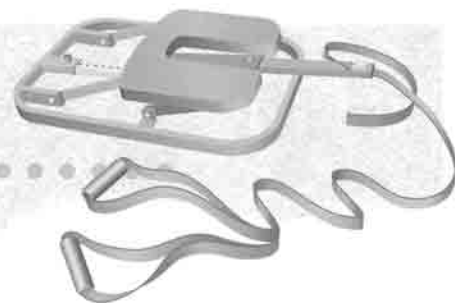
MASTER  
**VersaLIFT**

Owner's Guide

by **NordicTrack**



# Congratulations!



The VersaLift™ by NordicTrack is perfect to shape and tone your body in an easy and fun way.

- Easy to Use – There is no learning curve for technique.
- Portable – Folds easily to carry or to store under a bed.
- Quick-Change Resistance – You can concentrate on your workout, not on complicated changeovers. The design allows you to move from exercise to exercise quickly and easily.
- Variable Resistance – Adjustment knob sets easily for 10 different settings for resistance from about 10% to approximately 35% of your body weight.
- Real Weight Resistance – The system transforms your body weight into resistance. This allows you to work out quickly and without cumbersome weights.
- Quality Construction – Made for NordicTrack – America's undisputed leader in home fitness equipment.

## Before You Start...

Use read through this easy-to-use guide and your wall chart before you begin your workout program. You will find useful information about how to set up and use your VersaLift. You will also learn how to perform the exercises and how to get the most from your fitness routine.



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# Important Safety Information

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. Please read the following safety instructions carefully.

1. Consult your physician before beginning any exercise program to determine if you have any physical limitations that would create a safety or health risk or prevent you from properly using this machine. A physician's advice is essential if you are taking any medication that affects your heart rate, blood pressure or cholesterol level.
2. Be very aware of your body's signals and react to them accordingly. 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, feeling lightheaded, nausea, or dizziness.
3. Keep children and pets away from the machine at all times. The VersaLift™ is designed for adult use only.
4. Use your VersaLift on a flat, level surface, with a protective cover for your floor or carpet.
5. Always follow the correct exercise procedure for the VersaLift. Keep your feet within the platform boundaries at all times. Always keep even pressure on both straps at all times during the exercises.
6. Follow your physician's recommendations in developing your own personal fitness program.
7. Always wear exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise. A headband may help keep perspiration out of your eyes.
8. Always use proper lifting form and technique when performing the exercises or moving the machine. Never lift using only your back muscles.
9. Inspect the strap and all bolts and pivot points on your machine before every workout.

## Proper Lifting Technique

- Bend at the hips and knees – not at the waist.
- Keep your back straight.
- When lifting objects, lift with your legs, at the level of the object. Bring the object close to the center of your body, rather than lifting in a twisted position.

Read the entire owner's manual 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. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions. The following symbols, found throughout your owner's manual, 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.

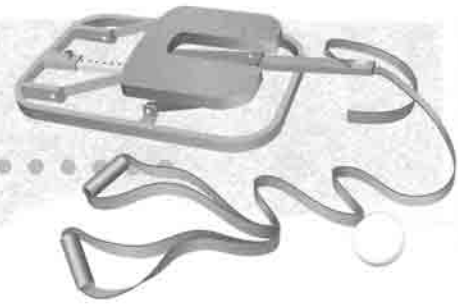


**IMPORTANT**

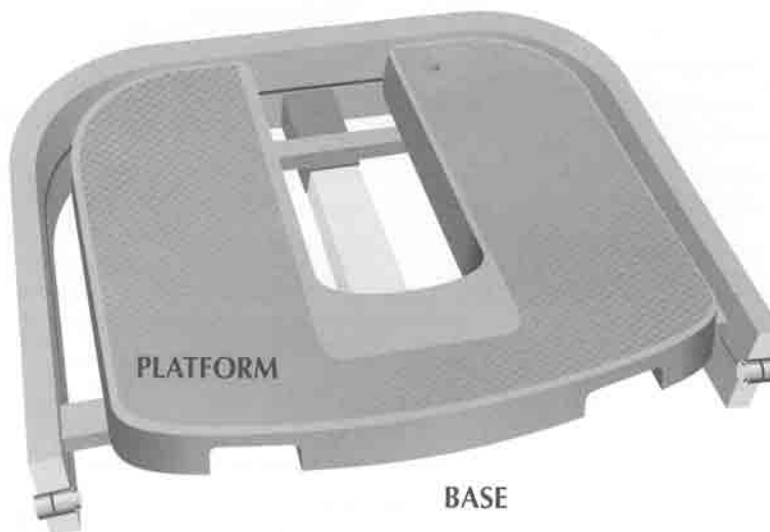
This symbol refers to an unsafe practice which can result in product or property damage.



# Parts



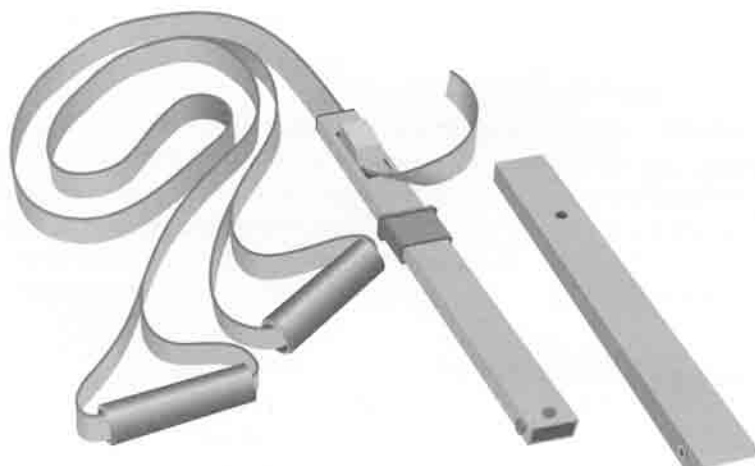
- Unpack your VersaLift™ where you intend to use it.
- Verify the parts you received with those shown below.
- Please retain all packing materials.
- Place your assembled exerciser on a flat surface, with a protective covering for your floor.



DETENT  
PIN



ADJUSTMENT  
KNOB



RESISTANCE TUBES

# Assembly

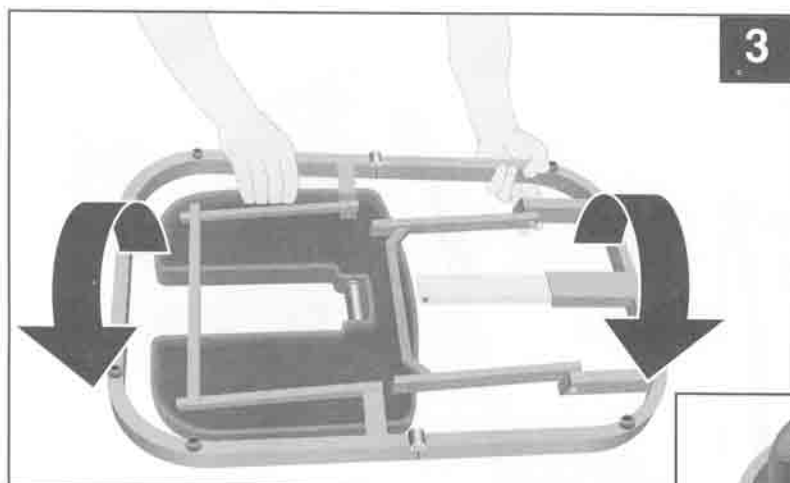
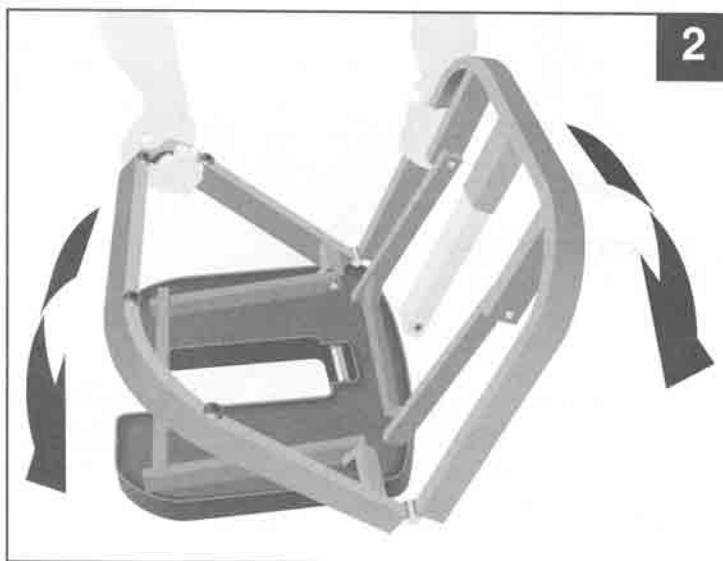
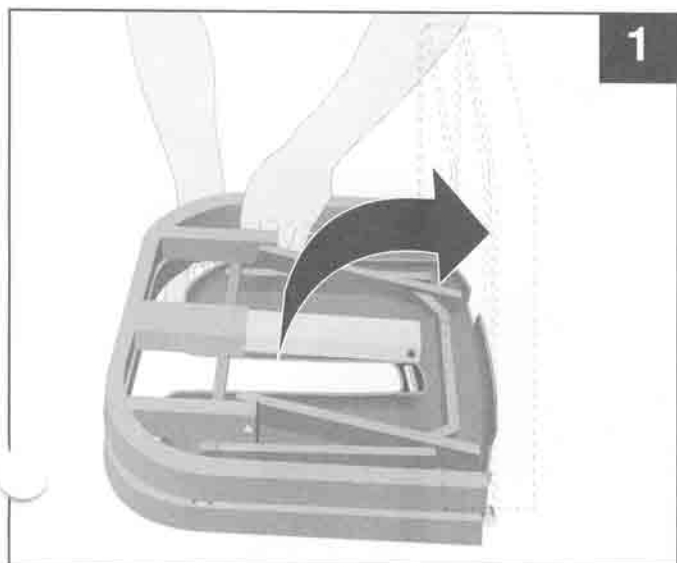
The VersaLift™ assembly does not require any tools. You can be set up and ready to work out in minutes.

## Unfold the base

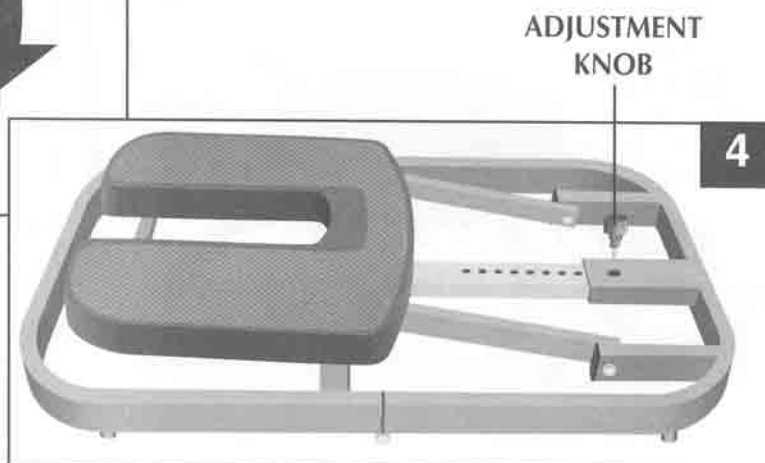
### ⚠ CAUTION

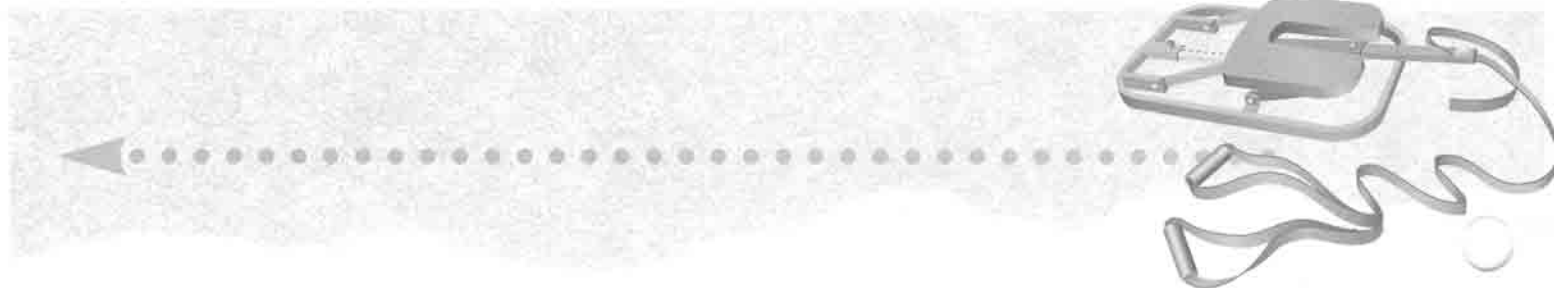
To avoid injury, keep fingers away from the hinge points, platform, resistance tube and all moving parts.

- With the unit upside down, slowly unfold the base.
- Turn the base over to the operating position.



- Screw the adjustment knob into the adjustment tube on the base.



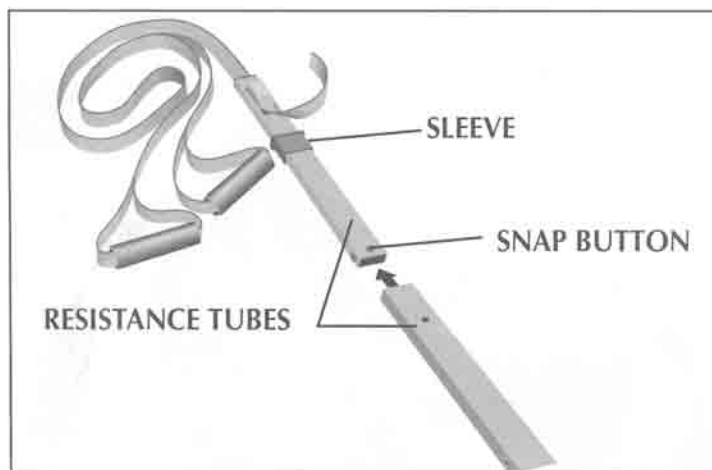


## Install the resistance tube

- Slide the resistance tubes together, making sure the side with the hole will be the side with the snap button. Push the tubes together until the snap button locks into place. Press the sleeve down into the outer tube.

### CAUTION

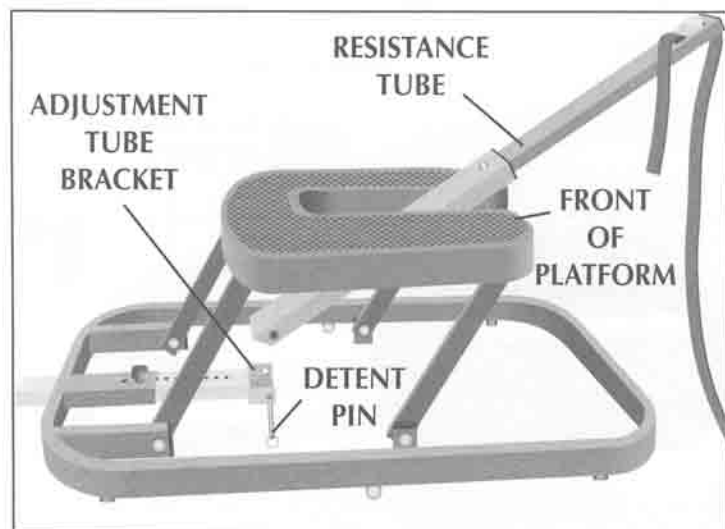
Make sure the snap button is fully extended through the resistance tube. Keep fingers out of the snap button holes.



- Raise the platform and insert the resistance tube into the adjustment tube bracket. The resistance tube should be above the front platform bar. Lower the platform.
- Insert the detent pin all the way through the resistance tube and both sides of the adjustment tube bracket. Make sure the detent pin is secure.

### CAUTION

Always use proper lifting form and technique. Never lift using only your back muscles. Keep fingers away from moving parts.





# Adjustments

This machine offers adjustable resistance to accommodate most fitness levels. The strap can also be adjusted to easily change-over for all of the exercises.

## Adjust the resistance (see illustration A)

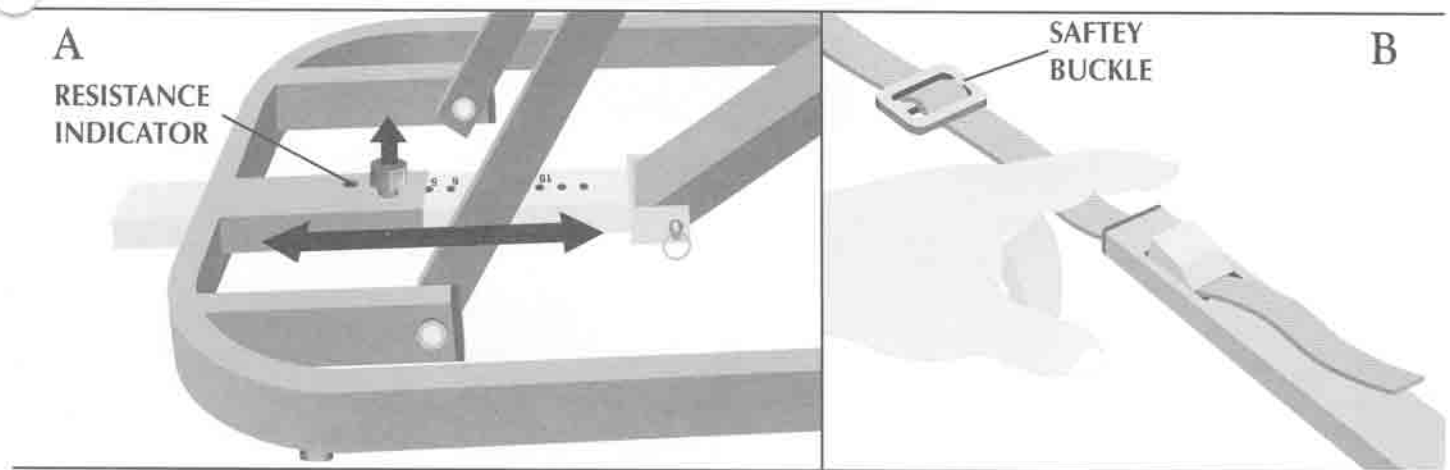
There are 10 levels of resistance on the VersaLift™ shown on the resistance indicator. Level one is about 10% of your body weight. Level 10 is approximately 35% of your body weight. To adjust the resistance, turn the adjustment knob slightly counter clockwise, gently pull it up and slide the tube to the desired resistance setting. Release the adjustment knob into the new position. Tighten the adjustment knob by turning clockwise.

## Adjust the strap (see illustration B)

The strap can be easily adjusted to perform different exercises. Simply press and hold the latch down with your foot or hand. Pull the strap to the desired length, and release the latch. Slide the safety buckle towards the resistance arm. Make sure the latch is locked. Strap lengths for each exercise are listed below as well as recommended with each exercise on the following pages. All strap length references are relative to your height. The long strap relates to shoulder level. A mid-length strap relates to arms down at the bottom of a position, near your thighs. The short strap length is relative to your knee height. The adjustment strap is numbered to help you remember which setting corresponds to your strap length for future reference.

### CAUTION

Make sure the latch is fully locked on the strap before exercising.  
Always keep even tension on both straps while exercising.



### Long Strap:

- Overhead Tricep Extension
- Military Press
- Incline Press
- Incline Fly
- Lateral Raise

### Mid-length Strap:

- Bicep Curl
- Reverse Curl
- Hammer Curl
- Upright Row
- Crunch
- Oblique Crunch
- Side Bend

### Short Strap:

- Bent-Over Row
- Squat
- Stiff-Legged Dead Lift



# Exercises



Learning to use the VersaLift™ will only take a few short minutes to master. Follow these instructions, along with your wall chart to learn proper exercise form and technique. The proper beginning stance includes the following: abdominal muscles contracted, buttocks tucked in and knees slightly bent. Always keep even pressure on both straps while exercising.



**ARMS**

## Biceps

### Bicep Curl (mid-length strap)

*Hold straps at sides, palms up, elbows tight into body. Curl arms up toward chest.*



**BICEP CURL — START**



**BICEP CURL — FINISH**



**ARMS**

## Biceps

### Reverse Curl (mid-length strap)

*Hold straps at sides with reverse grip, palms down, elbows tight into body. Curl arms up toward chest.*



**REVERSE CURL — START**



**REVERSE CURL — FINISH**

**CAUTION**

Never sacrifice proper form in order to perform more reps or sets. Do not overstretch off the back of the platform. Try to maintain your balance. Do not step off the platform.

**CAUTION**

Make sure the spring-loaded release latch is locked and the strap is fully engaged.

# Exercises Continued



**HAMMER CURL — START**



**HAMMER CURL — FINISH**



**OVERHEAD TRICEP EXTENSION  
— START**



**OVERHEAD TRICEP EXTENSION  
— FINISH**

## Biceps

Hammer Curl  
(mid-length strap)

*Hold straps at sides, thumbs up,  
elbows tight into body.  
Curl arms up toward chest.*



**ARMS**

## Triceps

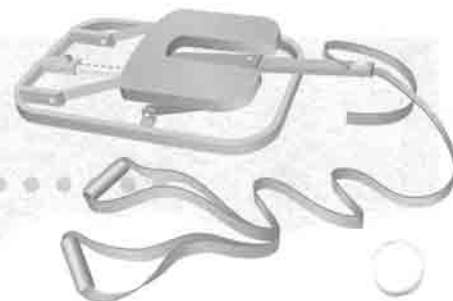
Overhead tricep extension  
(long strap)

*Stand backwards on the  
platform. Grasp both  
straps behind your head,  
with elbows into ears.  
Press upward.*



**ARMS**

# Exercises *Continued*



SHOULDER

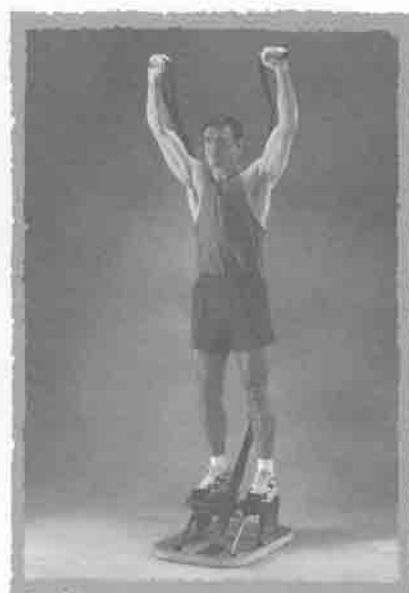
## Shoulders

### Military Press (long strap)

*Stand backwards on the platform. Grasp both straps behind your head, with elbows out at shoulder level. Extend straight upward.*



MILITARY PRESS — START



MILITARY PRESS — FINISH



SHOULDER

## Shoulders

### Lateral Raise (long strap)

*With both arms out at sides, lift up and out. Keep your elbows stationary. Use your shoulders to lift.*



LATERAL RAISE — START



LATERAL RAISE — FINISH

# Exercises *Continued*



**INCLINE PRESS — START**



**INCLINE PRESS — FINISH**

## Chest

### Incline Press (long strap)

*Stand backwards on the platform. Grasp both straps beside your head, with elbows in. Extend straight forward and up.*



**CHEST**



**INCLINE FLY — START**



**INCLINE FLY — FINISH**

## Chest

### Incline Fly (long strap)

*Stand backwards on the platform. Grasp both straps with elbows out at shoulder level. Pull hands together to the center.*



**CHEST**

# Exercises *Continued*



**BACK**

## Back

### Upright Row (mid-length strap)

*With arms out in front of you, straps taut, row up into your body.*



**UPRIGHT ROW — START**



**UPRIGHT ROW — FINISH**



**BACK**

## Back

### Bent-Over Row (short strap)

*Bend at your back with knees bent. With arms out, straps taut, row up into your body. IMPORTANT: Keep your back flat.*



**BENT-OVER ROW — START**

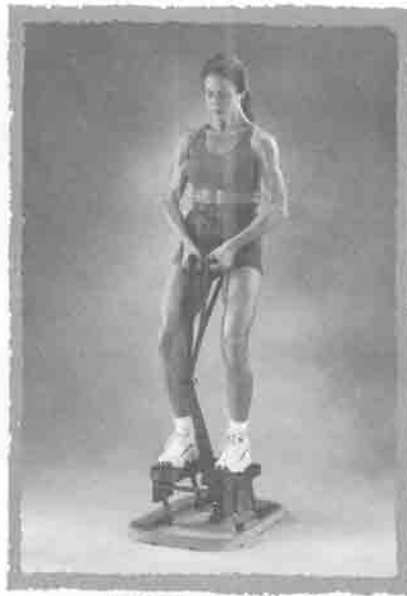


**BENT-OVER ROW — FINISH**

# Exercises *Continued*



**SQUAT — START**



**SQUAT — FINISH**

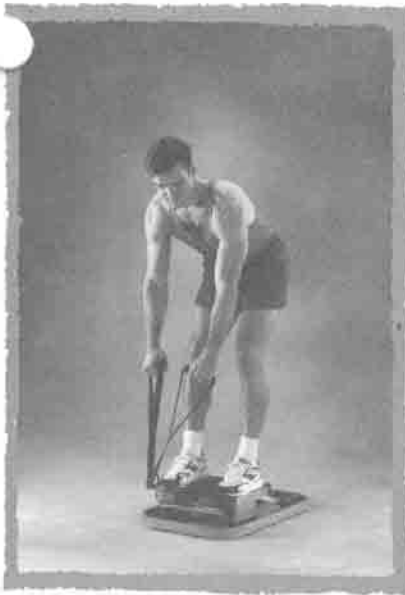
## Legs

### Squat (short strap)

*Stand in squat position, bend at hips and pull handles in. Stand up, keeping straps taut.*



**LEGS**



**STIFF-LEGGED DEAD LIFT —  
START**



**STIFF-LEGGED DEAD LIFT —  
FINISH**

## Legs

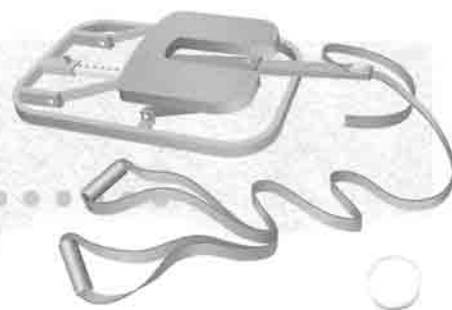
### Stiff-legged Dead Lift (short strap)

*Bend at hips with knees bent and straps taut. Stand up.*



**LEGS**

# Exercises *Continued*



**ABS**

## Abs

### Crunch (mid-length strap)

*Kneel backwards on the platform. With both straps over shoulders, lift up slightly to start. Contract your abs and crunch down.*



**CRUNCH — START**



**CRUNCH — FINISH**

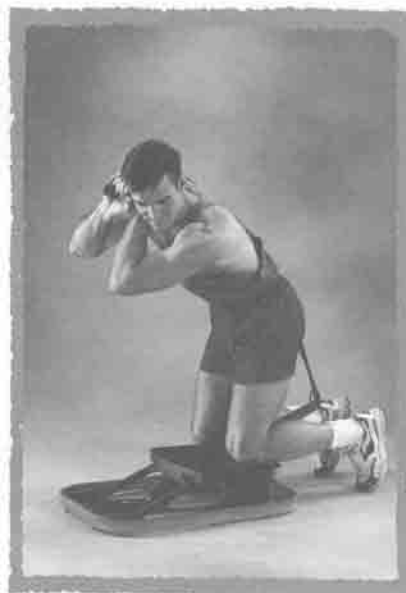


**ABS**

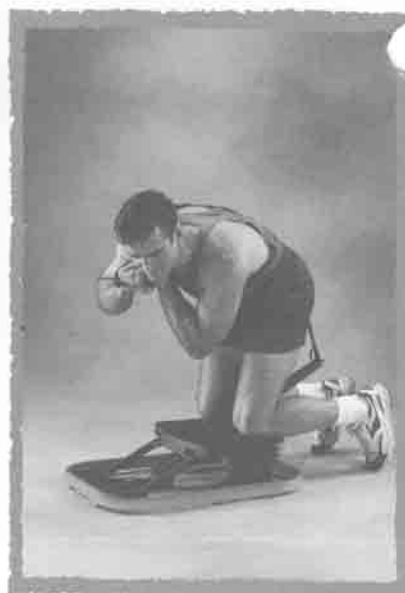
## Abs

### Oblique Crunch (mid-length strap)

*Kneel backwards on the platform. With both straps over one shoulder, lift up slightly to start. Contract your abs and crunch over to opposite side.*



**OBLIQUE CRUNCH — START**



**OBLIQUE CRUNCH — FINISH**





**SIDE BEND — START**



**SIDE BEND — FINISH**

## Abs

### Side Bend (short strap)

*Stand sideways on the platform. Pull one strap in. Contract your abs and lean away from the strap.*

**CAUTION**

Always use the top strap when using only one of the two straps.



**ABS**



**ABS**

# Design Your Fitness Program



## Consult your physician before beginning any exercise program

A medical examination or consultation with your physician is essential.

## Establish personal fitness goals

Set attainable, realistic goals. Reward yourself when you meet those goals. Remember, your goals should act as a guide for your workout program.

## Warm up

A warm-up routine prepares your body and mind for exercise. It also provides insurance against injury and soreness. Warm up with two to five minutes of slow aerobic exercise such as cross-country skiing, walking or biking.

## Stretch

Stretching also prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on page 16 a smooth, flat surface.

## Cool down

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart.

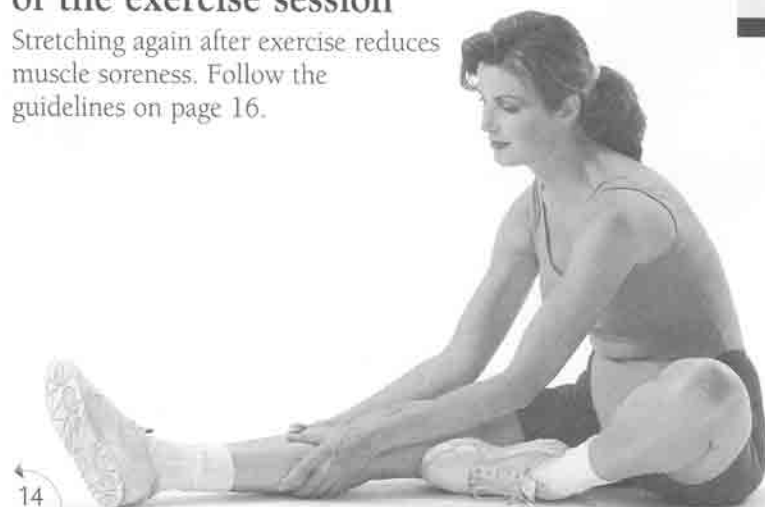
## Stretch again at the end of the exercise session

Stretching again after exercise reduces muscle soreness. Follow the guidelines on page 16.

## Workout Tips

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new VersaLift™ routine.

- Begin and end each exercise session with the stretches on page 16. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseous, stop exercising immediately, and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine or prescription drugs.
- Always start at a low resistance level for a short duration. Gradually increase your resistance and workout period.



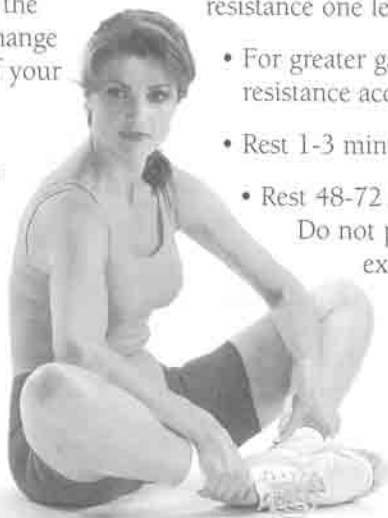
# Strength-Training Programs

## Choose a program

Each VersaLift™ program is designed to accommodate a wide range of endurance and strength levels. This allows you to create your own program based on the guidelines of the recommended programs. Vary the number of sets, change the number of repetitions and vary the percentage of your body weight lifted to most closely suit your existing strength level and training objectives. Perform the minimum number of sets and repetitions outlined in the program you have chosen. Gradually add to the number of sets and repetitions as your strength and endurance improves.

## Guidelines:

- If you can do more than the recommended reps on the last set of your exercise before fatiguing, increase your resistance one level.
- For greater gains in muscular strength, increase the resistance accordingly to perform 10 - 15 reps.
- Rest 1-3 minutes between repetitions.
- Rest 48-72 hours between muscle-group workouts. Do not perform the same muscle-group exercises two days in a row.
- If you can do more than the recommended reps on the last set of your exercise before fatiguing, increase your resistance slightly.



### Beginner

This program is for beginners to help develop a basic foundation. Begin your program with one set of 8-10 reps and work up to one set of 15 reps. Perform this workout three times per week. Once you have reached a comfortable level, either increase the resistance (see page 5) or advance to the Intermediate Program.

Incline Press  
Military Press  
Overhead Tricep Extension  
Bicep Curl  
Upright Row  
Crunch  
Oblique Crunch  
Squat

### Intermediate

This program should be performed to increase endurance and bring out definition. Perform 2-3 sets of 8-15 reps per set 3 times per week. When you begin to show definition, add resistance (see page 5) or move to the Advanced program.

Incline Press  
Incline Fly  
Military Press  
Overhead Tricep Extension  
Bicep Curl  
Reverse Curl  
Upright Row  
Bent-over Row  
Squat  
Crunch  
Oblique Crunch

### Advanced

M - W - F

This program is designed to increase the intensity of the workout for more advanced strength training. This program divides the exercises into even muscle-group work every other day. Follow these exercises every Monday, Wednesday and Friday. Perform 2-3 sets of 8-12 reps per set.

Upright Row  
Bent-over Row  
Military Press  
Lateral Raise  
Squat  
Dead Lift  
Crunch  
Oblique Crunch

### Advanced

T - Th - S

Follow these exercises every Tuesday, Thursday and Saturday. Perform 2-3 sets of 8-12 reps per set.

Incline Press  
Incline Fly  
Overhead Tricep Extension  
Bicep Curl  
Reverse Curl  
Crunch  
Oblique Crunch

# Stretches



## Recommended stretches

Perform the following stretches on a smooth, flat surface. Hold each stretch for 10 -15 seconds without bouncing.



### Shoulder Stretch

Gently pull your elbow across your chest.



### Quadricep Stretch

Pull your heel slowly towards your buttocks.



### Back and Arm Stretch

Pull your elbow behind your head. Keep your head and hips facing forward.



### Inner Thigh Stretch

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



### Calf Stretch

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



### Hamstring Stretch

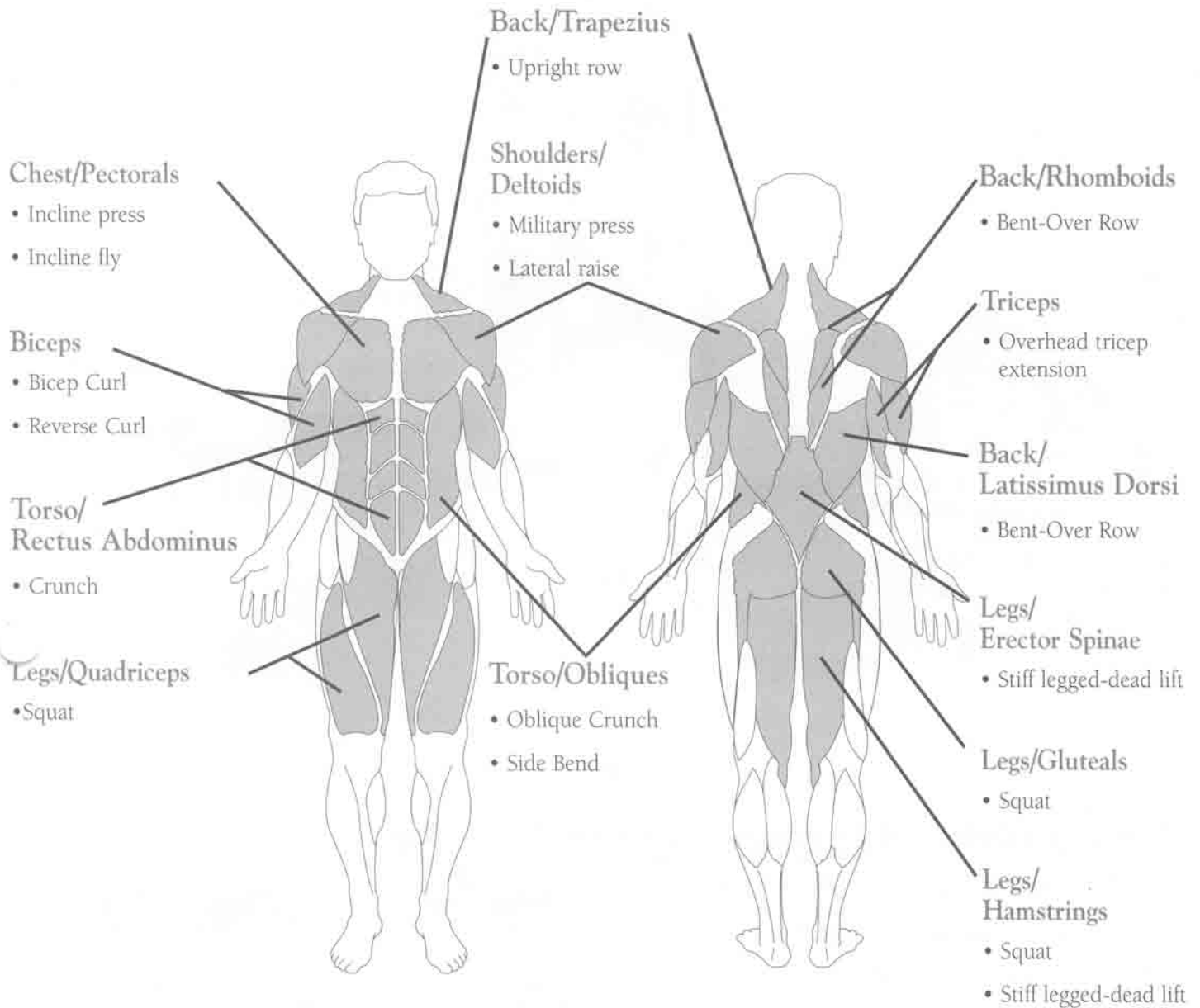
Position your legs as shown and bend forward from your hips. Be sure to keep your back straight.



### Lower Back and Hip Stretch

Pull each knee to your chest separately. Then pull both knees to your chest at the same time.

# Muscle Groups Used



# Muscle Vs Fat

Although it sounds pretty crazy, when you first begin your exercise program, you may actually gain a few pounds! The reason is that muscle weighs approximately 2.5 to 3 times more than fat. And, at the start of an exercise program, muscles that you may not have used for a long time are being toned and shaped. You are burning fat, but on the flip side, you're gaining muscle mass, which weighs more. If you measure your progress by looking at the scale, you're sure to be disappointed!

The good news, however, is that muscle is a far more metabolically active tissue than fat. Studies suggest that by adding just one pound of lean muscle tissue, you can burn an extra 50 calories per day! After the first 60-90 days of your exercise program, your weight gain due to muscle will stop, as the muscle tissue has gained the strength it needs to sustain the exercise, yet you're still burning calories. It is at this point that you'll be able to see the results of your exercise show up on the bathroom scale.

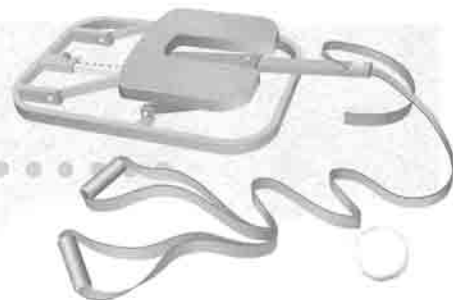


Even better than watching the scale is gauging your progress by taking your measurements and noting inches lost, or by monitoring what's called your body composition, or your body fat percentage.

This percentage tells you what portion of your body is composed of fat versus muscle. The lower the number, the better — an optimal range for women is between 18 and 22 percent, and for men, between 15 and 18 percent. Long-distance runners and other elite athletes may often have percentages as low as four to six percent.

You can measure your body fat percentage by using a simple skin-fold caliper test, a special electronic gauge, or hydrostatically in water.

You may purchase calipers or electronic gauges through NordicTrack mail-order and retail stores, or check your local health care or fitness facility for testing availability.



## Some Benefits of Strength Training Exercise:

- Increases metabolism
- Improves endurance
- Tones muscles for a healthier look
- Helps your body burn more fat and calories



# Healthy Eating

## Common Sense Approaches to Healthy Eating

Eat a variety of foods: Our bodies need 40 nutrients to maintain good health. Essential nutrients include carbohydrates, proteins, fats, vitamins, minerals and water. No single food can provide us with all the nutrients needed to achieve and maintain good health.

Many health professionals – a vast majority – agree that a balanced diet combined with regular exercise is the best way to ensure a healthy lifestyle, and to combat being overweight. The best nutritional program to obtain optimal health is one which balances the appropriate amounts of the following items:

- |                 |            |            |
|-----------------|------------|------------|
| • Carbohydrates | • Fats     | • Vitamins |
| • Proteins      | • Minerals | • Water    |

### Moderation:

A good balance in your nutrition plan is vital. You don't have to deprive yourself of foods you enjoy, but follow a plan that emphasizes frequency and portion control. Balance your occasional helping of ice cream with lower fat food selections for the remainder of the day as well as regular exercise. It's also important to remember that even foods that are low in fat can lead to excesses if the portion size is not controlled.

### Gradual Changes:

You're much more likely to stick with your new eating habits if you make changes gradually, allowing yourself time to make your new behavior a habit. Implement small changes that build on each other. Set specific and measurable goals for your eating. For example, setting a goal of decreasing fat in your diet can be achieved by choosing an apple or bagel as a midday snack rather than a bag of chips or a candy bar.

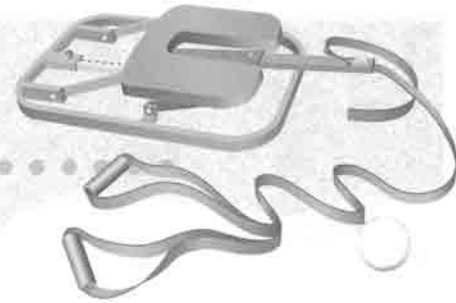


## Factors in a Sensible Diet:

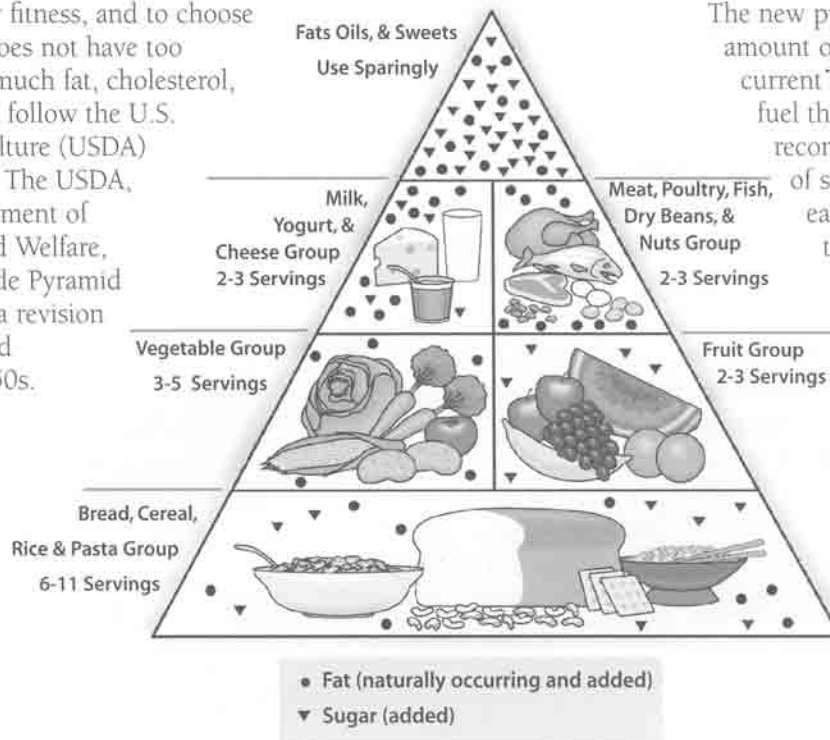
- Choose more high-fiber, low in fat and sugar foods: fruits, vegetables and whole grains
- Eat at least five servings of fruits and vegetables each day
- Cut back on red meat consumption; eat lean meat, more white meat and fish
- Choose healthy snacks; bring healthy foods with you to work
- Eat regular meals or mini-meals; control your portion size — don't binge or overeat
- Reduce fast food and pre-packaged meals
- Pay attention to fat content and calories
- Limit alcoholic beverages and caffeine
- Drink at least eight to ten glasses of water a day



# Food Pyramid



An easy way to eat for fitness, and to choose a healthful diet that does not have too many calories or too much fat, cholesterol, sugar or sodium, is to follow the U.S. Department of Agriculture (USDA) Food Guide Pyramid. The USDA, along with the Department of Health, Education and Welfare, created the Food Guide Pyramid in the early 1990s as a revision of its "Basic Four Food Groups" from the 1950s.



The new pyramid incorporates the vast amount of knowledge gained through current research on how to maximally fuel the human body, and recommends the kinds and amounts of servings you should eat from each food group. The foods at the base of the pyramid should make up the bulk of your diet, with the foods at the top used only sparingly.

- Milk Group includes yogurt and cheese
- Meat Group includes beef, pork, poultry, fish, dry beans, eggs and nuts
- Bread Group includes cereal, rice and pasta
- Fruit Group includes apples, oranges, bananas etc.
- Vegetable Group includes broccoli, carrots, cauliflower etc.



# Storage and Maintenance

## Fold for storage

- Raise the platform slightly and remove the detent pin from the adjustment tube bracket. Remove the resistance tube. Lower the platform.
- Depress the snap button and slide the resistance tube together.
- Flip the base upside down and fold it in half.

### ⚠ WARNING

Make sure the snap button is fully extended through the resistance tube. Keep fingers out of the snap button holes.

- Bend at the knees and lift the exerciser to store it, or slide it under your bed.

### ⚠ CAUTION

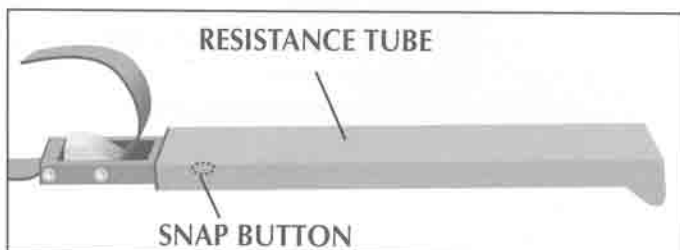
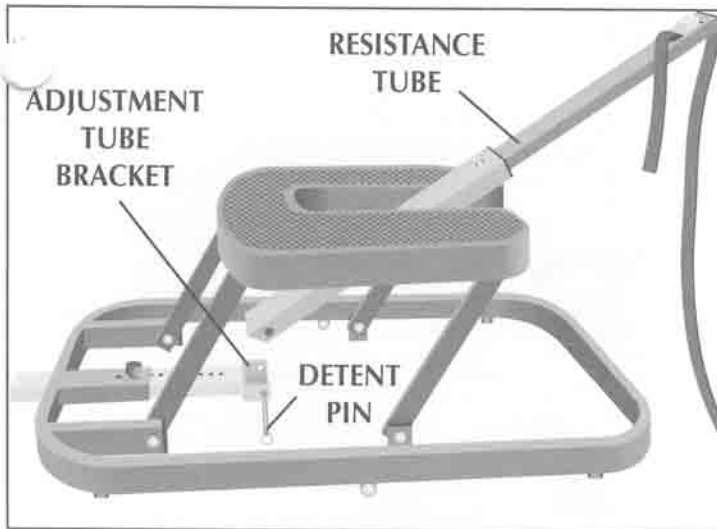
Always use proper lifting form and technique. Never lift using only your back muscles.

## Maintenance and care

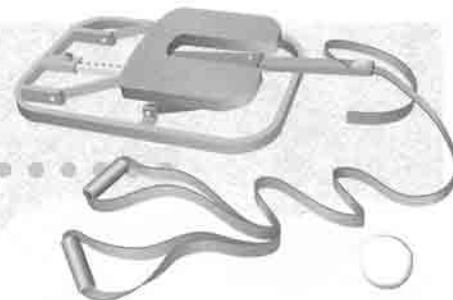
Your VersaLift™ exerciser is built to last. Periodic care will ensure a continued smooth motion and beautiful look. Remember to always place a protective cover under the exerciser to protect your floor.

### Wipe the exerciser after every use

Wipe your VersaLift exerciser with a clean, dry cloth to remove perspiration and dirt after every use. Check the straps for signs of wear and tear. Contact our Customer Service Department at 1-800-440-2609 if the straps look frayed or torn.



# Customer Information



## LIFETIME CUSTOMER SERVICE

### Lifetime Customer Service

For as long as you own your equipment, you receive unlimited 800 number access to trained NordicTrack fitness consultants. Consultants are available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. 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 1-800-440-2609.

### Warranty Information

Refer to your Warranty Information certificate for the manufacturer's limited warranty.

### United Kingdom

#### Customer Information

We're available to answer any of your questions regarding the assembly, use or maintenance of your equipment. Please call our Customer Service Department on our freephone number 0800 616329.

Monday – Friday 8:00 a.m. to 8:30 p.m.  
Saturday 10 a.m. to 4:30 p.m.

### Germany / Deutschland

#### Kundeninformationen

Wir sind immer nur einen Anruf weit entfernt. Falls Sie Fragen zu Ihrem Heimtrainer haben, wenden Sie sich bitte an unseren Kundendienst, der Ihnen gerne behilflich ist.

0130 / 3901 (gebührenfrei)  
Außerhalb Deutschlands 49 (221) 2575094

Montag – Freitag 9.00 bis 19.00 Uhr  
Samstag 9.00 bis 14.00 Uhr



**Call Us**  
1-800-440-2609



**Customer Service Hours**  
Monday - Friday 7 a.m. - 8 p.m.  
Saturday 8 a.m. - 4:30 p.m.  
Central time



**Write Us**  
NordicTrack Customer Service  
103 Peavey Road  
M600  
Chaska, Minnesota 55318



**Fax Us**  
1-612-368-5344



**Relay Us**  
Hearing impaired customers  
with TDD access, please  
call 1-800-821-1317.



**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](mailto:service@nordictrack.com)

