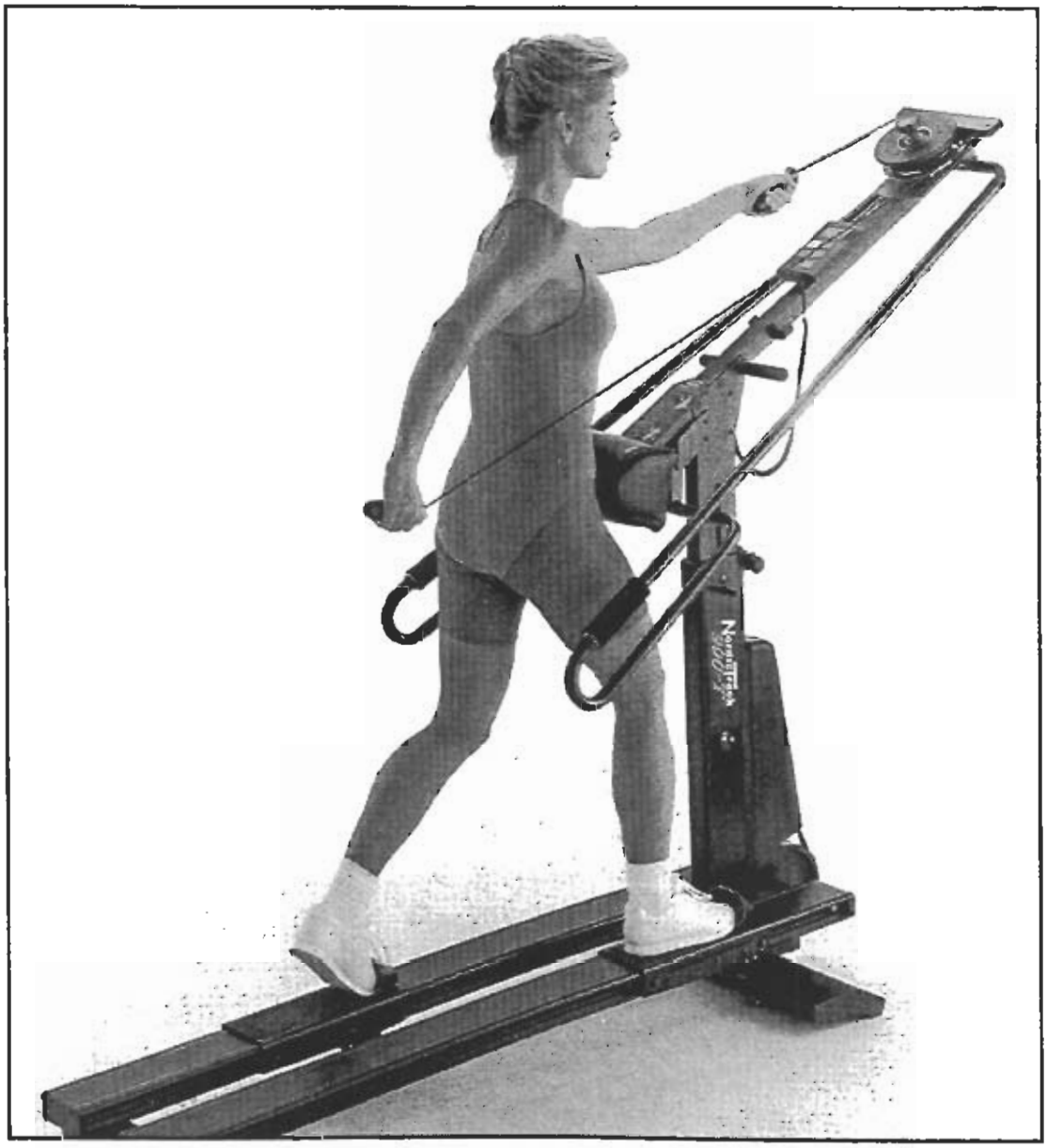
Assembly, Operating & Maintenance Guide

NordicTrack
900 900-T

Please Retain this Manual for Future Reference

WELCOME TO THE NORDICTRACK 900 AND THE NORDICTRACK 900-T



Congratulations on your purchase of a NordicTrack® ski exerciser! With more than 20 years of experience, NordicTrack is the name your members know and trust.

NordicTrack delivers superior results.

NordicTrack 900® and NordicTrack 900-T™ ski exercisers simulate the total body motions of cross-country skiing. This motion quickly and easily elevates the heart rate to the fitness-building level. You can receive optimal fitness benefits in as little as 20 minutes, three times a week!

NordicTrack's commitment to quality gives you peace of mind.

At NordicTrack, the commitment to quality extends far beyond the design, production and sales of our equipment. The NordicTrack 900 and 900-T ski exercisers offer you a one-year limited warranty. We include easy-to-follow maintenance procedures in this guide so you can keep your exerciser working in like new condition. Plus, our customer service department is just a toll-free phone call away for as long as you own the NordicTrack 900 or 900-T ski exerciser.

TABLE OF CONTENTS

Questions?

Please call our customer service department at **1-800-468-0928**.

Customer Service Hours:
Monday–Friday 7 a.m. to 6 p.m.
Central time

This manual provides you with the information you need to assemble, operate and maintain the NordicTrack 900 and 900-T ski exercisers. Be sure to familiarize yourself with this entire manual.

Assemble the NordicTrack 900 Ski Exerciser 2

Adjust the NordicTrack 900 Ski Exerciser 3

Learn to Use the NordicTrack 900 Ski Exerciser 4

Assemble the NordicTrack 900-T Ski Exerciser 6

Adjust the NordicTrack 900-T Ski Exerciser 7

Learn to Use the NordicTrack 900-T Ski Exerciser 8

Recommended Stretches 10

Exercise Tips 12

Essentials of Weight Management 14

Preventive Maintenance 15

Troubleshooting Tips 16

Detailed Procedures 17

Maintenance Log 27

Customer Information 28

Read the entire 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. The following symbols, found throughout your 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 an 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.

ASSEMBLE THE NORDICTRACK 900®
SKI EXERCISER

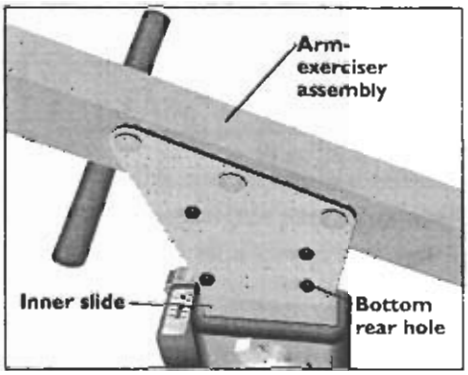
We suggest that you unpack your ski exerciser where you intend to use it. Please retain all packing materials for the duration of your trial period.

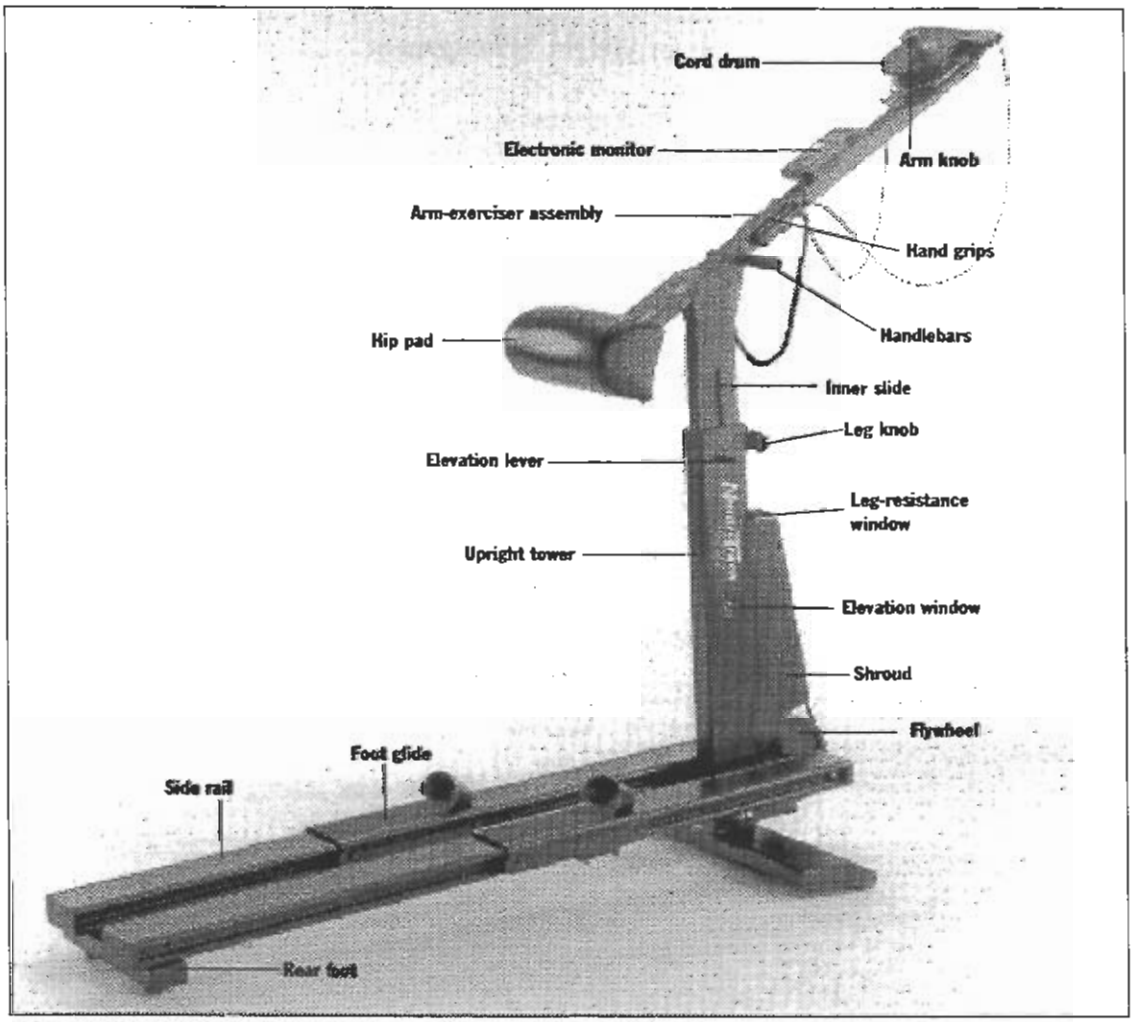
Parts list

- Arm-exerciser assembly
- Base
- Four 2-inch bolts and nuts
- Allen wrench (5/32-inch)
- Flat wrench
- Electronics package
- Starter belt (attached)
- Information packet

Quick set-up

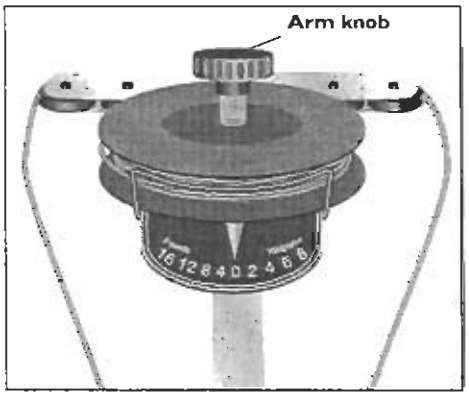
- **Attach the arm-exerciser assembly** Position the arm-exerciser assembly above the inner slide. Align the 4 holes in the arm-exerciser assembly with the holes in the top of the inner slide. Beginning with the bottom rear hole, insert each of the 2-inch bolts through the holes. Tighten the nuts with the flat wrench and 5/32-inch Allen wrench.
- **Attach the electronic monitor** Attach the electronic monitor as described in the instructions accompanying it.





The NordicTrack 900 Ski Exerciser

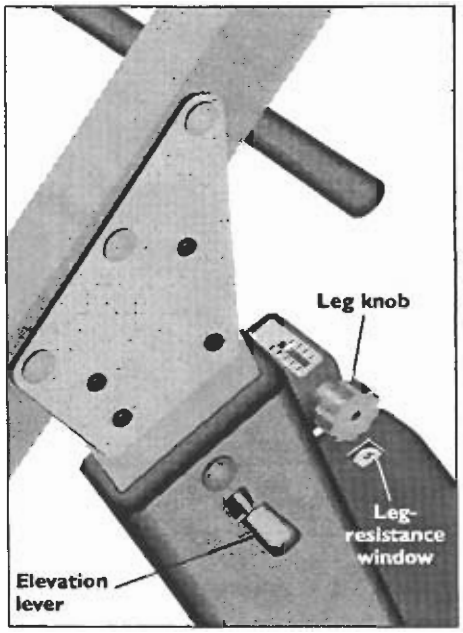
ADJUST THE NORDICTRACK 900 SKI EXERCISER



Select the arm resistance

The adjustable arm resistance may be read in pounds or kilograms. Simply turn the arm knob clockwise to increase the arm resistance and counterclockwise to decrease it. You must be using the arm exerciser to read the arm resistance.

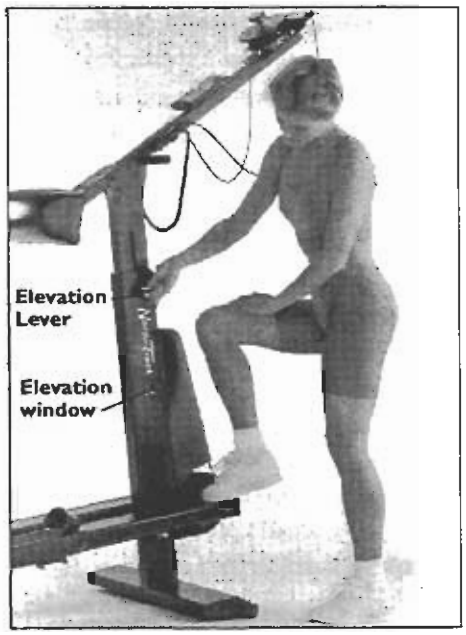
CAUTION *The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.*



Select the leg resistance

The adjustable leg resistance is measured in pounds to allow precise and consistent levels of resistance. The leg-resistance level can be adjusted while skiing, by turning the leg knob clockwise to increase the resistance and counterclockwise to decrease it. The leg resistance is measured in pounds, and the setting will show through the leg-resistance window while you are skiing. The lowest leg resistance reading is five pounds.

IMPORTANT *Adjust the leg resistance only while skiing. Do not force the leg knob.*



Select the elevation setting

The elevation of the ski exerciser can be set from level two to level ten. Increase the elevation and leg resistance to simulate uphill skiing. This will elevate your heart rate more quickly, focus more work on the quadriceps and gluteal muscle groups, provide a more intense workout and add increased challenge and variety.

Increase the elevation

- Step off of the machine.
- Lift the elevation lever on the right side of the upright tower.
- Release the elevation lever when the elevation window shows the desired level of elevation.

Decrease the elevation

- Stand on the ski exerciser so your weight is on the front of the base.
- Lift the elevation lever and push down on the exerciser with your weight.
- Release the elevation lever when the elevation window shows the desired level of elevation.

LEARN TO USE THE NORDICTRACK 900® SKI EXERCISER

Please consult your physician before beginning any exercise program. It is essential that you warm up and stretch your muscles before exercising. See the recommended stretches on pages 10 and 11.

Adjust the hip pad

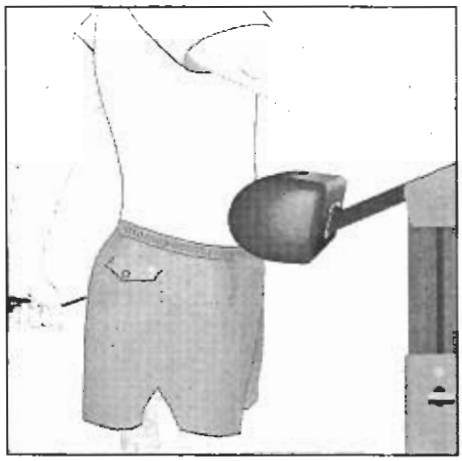
- **Set the ski exerciser to the lowest level of elevation.**
- **Adjust the hip pad to hip level.** Stand on the rails; do not step into the foot glides. Loosen the knob on the left side of the upright tower. Adjust the hip pad so it is about **one inch below your navel.** It should be high enough that it does not restrict leg movement. Tighten the knob to secure the hip pad in place.

Fasten the starter belt

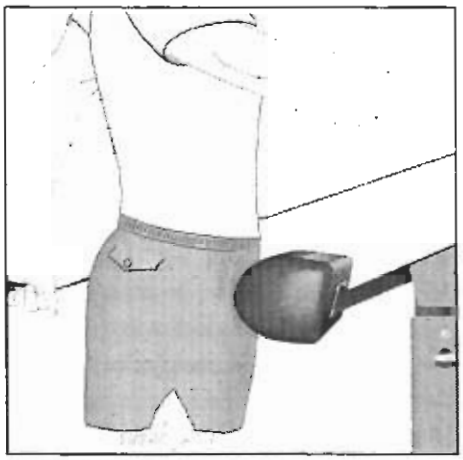
The starter belt is designed as a temporary aid for learning the proper form for cross-country ski exercising. It should not be necessary after the initial learning session.

CAUTION *To avoid a trip hazard, please reattach the starter belt to the hip pad after each use.*

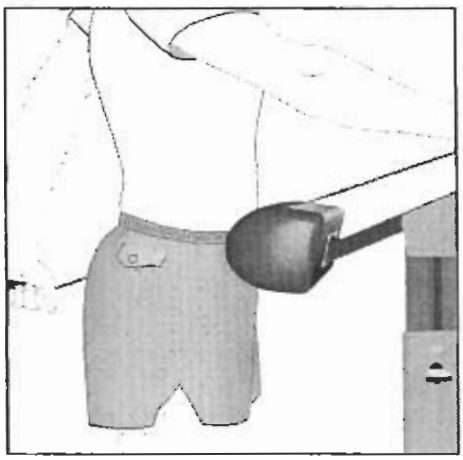
- **Step into the foot glides.**
- **Grasp the handlebars for balance.**
- **Loosen the starter belt.** Pull on the right end of the starter belt to loosen the Velcro® from the hip pad.
- **Attach the starter belt.** Wrap the starter belt snugly around your buttocks. Attach the right end of the starter belt to the hip pad with the Velcro.



Too high



Too low



Just right

Start with the leg motion only

- **Select the leg resistance.** Set the leg resistance to a setting equal to about five to ten percent of your body weight. Do not force the knob. Increase the leg resistance if you slide away from the hip pad. Decrease it if you have to strain to move the foot glides back.
- **Hold onto the handlebars or hip pad for balance.** Keep your weight on the balls of your feet. Stand up straight. Keep your head and shoulders in line with your hips.
- **Start skiing.** Place all of your weight on your right foot and push back. Transfer your weight to your left foot and push it back. Drag your right foot forward as your left foot is pushing back. Begin to take short strides. You will feel the leg resistance as you move your foot back. The movement is similar to wiping your feet on a rug. Let your heel rise naturally at the back of your stride.
- **Practice this motion until it feels comfortable.** This may take minutes, or it may take a bit longer. Move on to the next section only when you feel comfortable.

Add the arm motion

- **Continue the leg motion as before.** Move both feet in a smooth walking motion. Let your heel rise naturally at the back of your stride, without lifting the foot glide. Keep the balls of your feet on the foot glides at all times.
- **Swing one arm naturally.** Place one hand on the hip pad or handlebars for balance. Relax and swing the other arm at your side. As when walking — when your left leg is forward, your left arm should swing back. Practice this separately with both arms.
- **Swing both arms naturally.** Continue the leg motion. Swing both arms at your sides. A full arm-swing motion allows your hands to extend beyond your hips. Practice a smooth pendulum motion until it feels comfortable.

Ski while holding the arm-exerciser hand grips

- **Set the arm resistance to a comfortable level.**
- **Grasp the arm-exerciser hand grips.** Continue to move both feet in a smooth walking motion. Swing your arms naturally. Allow one arm to pull the other forward. Keep the arm-exerciser cord taut at all times.
- **Pull the hand grips through your natural arm swing.** Your hands should extend back just beyond your hips. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

CAUTION *The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.*

ASSEMBLE THE NORDICTRACK 900-T™ SKI EXERCISER

We suggest that you unpack your ski exerciser where you intend to use it.

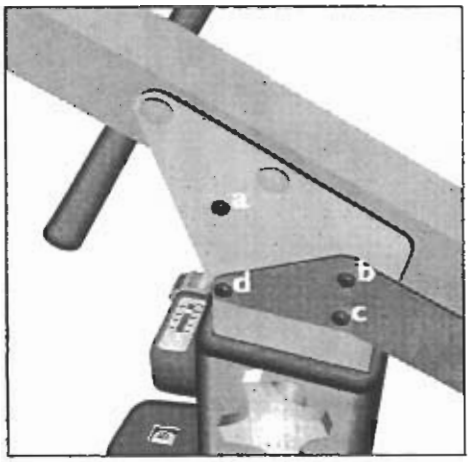
Parts list

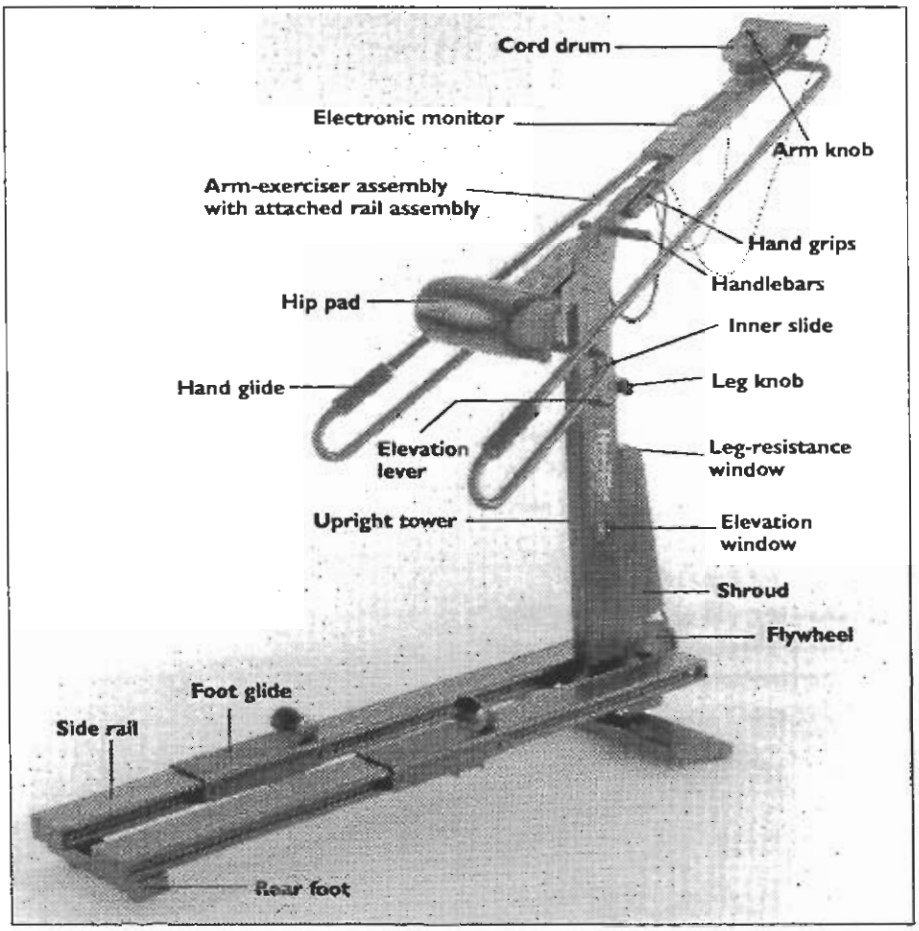
- Arm-exerciser assembly with attached rail assembly
- Base
- Three 2 1/4-inch bolts and nuts
- Bolt (2-inch) and nut
- Allen wrench (5/32-inch)
- Flat wrench
- Electronics package
- Starter belt (attached)
- Information packet

Quick set-up

- **Attach the arm-exerciser assembly**
  Position the arm-exerciser assembly above the inner slide. Align the 4 holes in the arm-exerciser assembly with the holes in the top of the inner slide. Put the 2-inch bolt and nut in the top set of holes labeled "a." Partially tighten the nut with your fingers. Insert the three 2 1/4-inch bolts through the sets of holes labeled b, c and d. Tighten the nuts partially with your fingers. Tighten the nuts with the flat wrench and 5/32-inch Allen wrench.

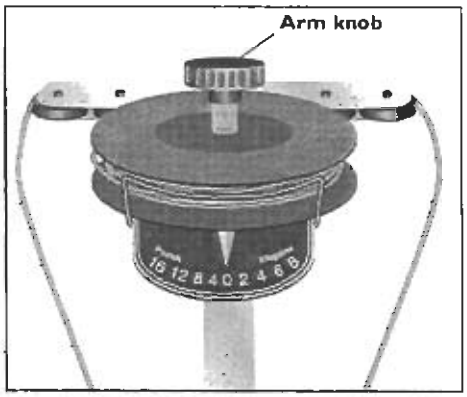
- **Attach the electronic monitor**
  Attach the electronic monitor as described in the instructions accompanying it.





The NordicTrack 900-T Ski Exerciser

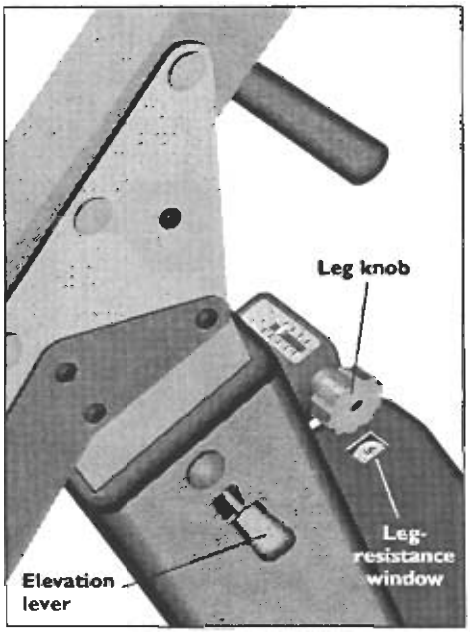
ADJUST THE NORDICTRACK 900-T SKI EXERCISER



Select the arm resistance

The adjustable arm resistance may be read in pounds or kilograms. Simply turn the arm knob clockwise to increase the arm resistance, and counterclockwise to decrease it. You must be using the arm exerciser to read the arm resistance.

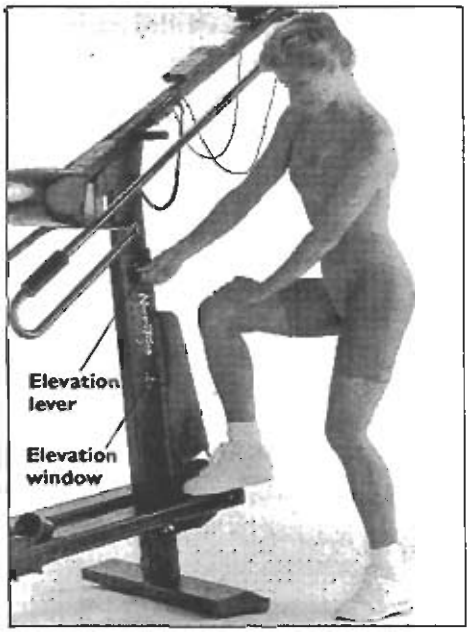
CAUTION *The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.*



Adjust the leg resistance

The adjustable leg resistance is measured in pounds to allow precise and consistent levels of resistance. The leg-resistance level can be adjusted while skiing by turning the leg knob clockwise to increase the resistance and counterclockwise to decrease it. The leg resistance is measured in pounds, and the setting will show through the leg-resistance window while you are skiing. The lowest leg resistance reading is five pounds.

IMPORTANT *Adjust the leg resistance only while skiing. Do not force the leg knob.*



Select the elevation setting

The elevation of the ski exerciser can be set from level two to level ten. Increase the elevation and leg resistance to simulate uphill skiing. This will elevate your heart rate more quickly, focus more work on the quadriceps and gluteal muscle groups, provide a more intense workout and add increased challenge and variety.

Increase the elevation

- Step off of the machine.
- Raise the elevation lever on the right side of the upright tower.
- Release the elevation lever when the elevation window shows the desired level of elevation.

Decrease the elevation

- Stand on the ski exerciser so your weight is on the front of the base.
- Raise the elevation lever and push down with your weight.
- Release the elevation lever when the elevation window shows the desired level of elevation.

LEARN TO USE THE NORDICTRACK 900-T™ SKI EXERCISER

Please consult your physician before beginning any exercise program. It is essential that you warm up and stretch your muscles before exercising. See the recommended stretches on pages 10 and 11.

Adjust the hip pad

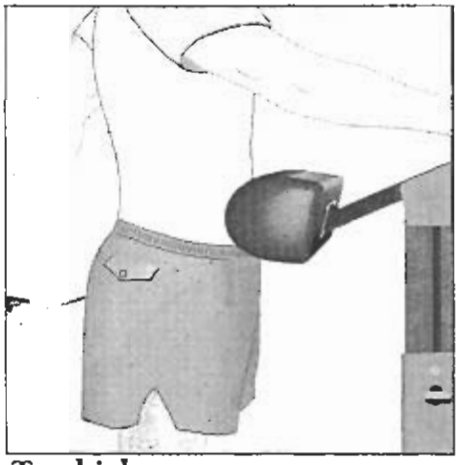
- **Set the ski exerciser at the lowest level of elevation.**
- **Adjust the hip pad to hip level.** Stand on the rails; do not step into the foot glides. Loosen the knob on the left side of the upright tower. Adjust the hip pad so it is about **one inch below your navel**. It should be high enough that it does not restrict leg movement. Tighten the knob to secure the hip pad in place.

Fasten the starter belt

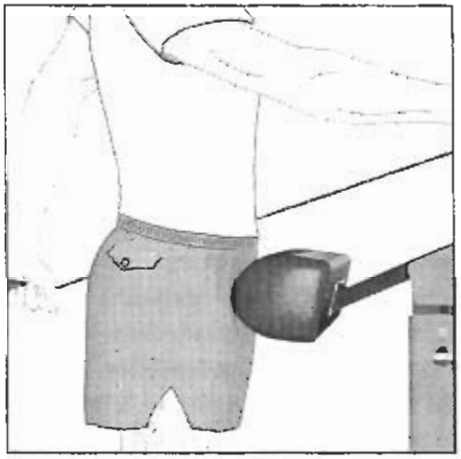
The starter belt is designed as a temporary aid for learning the proper form for cross-country ski exercising. It should not be necessary after the initial learning session.

CAUTION *To avoid a trip hazard, please reattach the starter belt to the hip pad after each use.*

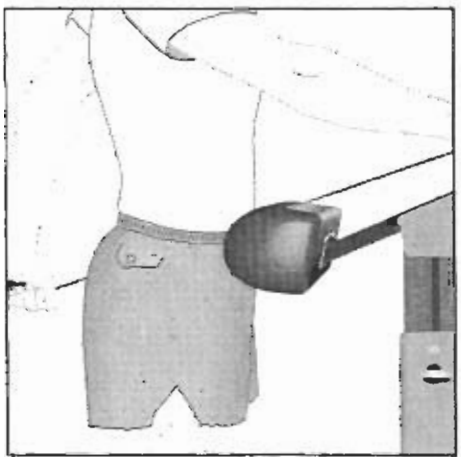
- **Step into the foot glides.**
- **Grasp the handlebars or the rails for balance.**
- **Loosen the starter belt.** Pull on the right end of the starter belt to loosen the Velcro® from the hip pad.
- **Attach the starter belt.** Wrap the starter belt snugly around your buttocks. Attach the right end of the starter belt to the hip pad with the Velcro.



Too high



Too low



Just right

Start with the leg motion only

- **Select the leg resistance.** Set the leg resistance to a setting that is equal to about five to ten percent of your body weight. Do not force the knob. Increase the leg resistance if you slide away from the hip pad. Decrease it if you have to strain to move the foot glides back.
- **Hold onto the training rail system for balance.** Keep your weight on the balls of your feet. Stand up straight. Keep your head and shoulders in line with your hips.
- **Start skiing.** Place all of your weight on your right foot and push back. Transfer your weight to your left foot and push it back. Drag your right foot forward as your left foot is pushing back. Begin to take short strides. You will feel the leg resistance as you move your foot back. The movement is similar to wiping your feet on a rug. Let your heel rise naturally at the back of your stride.
- **Practice this motion until it feels comfortable.** This may take minutes, or it may take a bit longer. Move on to the next section only when you feel comfortable.

Add the training rail arm motion

- **Place your thumb and forefinger on the training rail system.** Use your three other fingers to grasp the hand glides on the rails with each hand. If you experience difficulty, you can quickly stabilize yourself by grasping the rails.
- **Continue the leg motion as before.** Move both feet in a smooth walking motion. Let your heel rise naturally at the back of your stride. Keep the balls of your feet in the toe cups at all times.
- **Swing your arms naturally.** Move your arms through your natural arm swing. A full arm-swing motion allows your hands to extend beyond your hips. As when walking — when your left leg is forward, your left arm should swing back. Practice a smooth pendulum motion until it feels comfortable. Do not move on to the next step until you feel comfortable using the training rails.

Combine the arm cords and the leg motion

- **Set the arm resistance to a comfortable level.**
- **Grasp the arm-exerciser hand grips.** Continue to move both feet in a smooth walking motion. Swing your arms naturally. Allow one arm to pull the other forward. Keep the arm-exerciser cord taut at all times.
- **Pull the hand grips through your natural arm swing.** Your hands should extend back just beyond your hips. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

⚠ CAUTION *The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.*

Use the training rail system for climbing

The training rail system has been strategically positioned for superior, full-stride climbing. Effectively isolate the highly targeted gluteal, hamstring and calf muscle groups, while minimizing knee flexion. Although not necessary, you may want to fasten the starter belt around your waist to help you stay in place.

- **Elevate the exerciser.** Set the elevation to level nine or ten.
- **Increase the leg resistance.** Set the leg resistance to two or three times your usual setting.
- **Begin to climb.** Grasp the rails and move your feet in a smooth walking motion.

Questions?
1-800-468-0928

Recommended Stretches

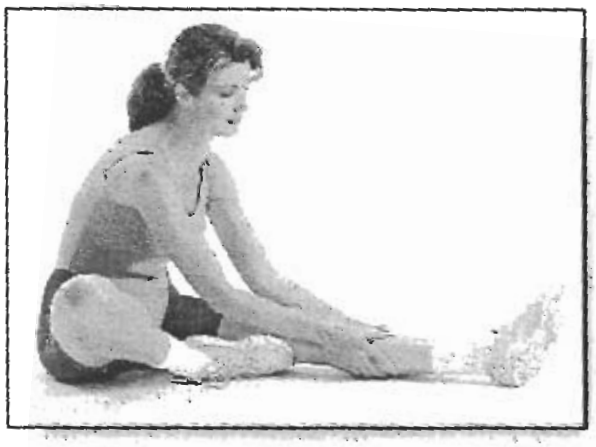
Hold each stretch for 15 to 30 seconds without bouncing. Always stretch both sides of your body.

Back and arm stretch
Pull your elbow behind your head. Keep your head and hips facing forward. Repeat with your other arm.

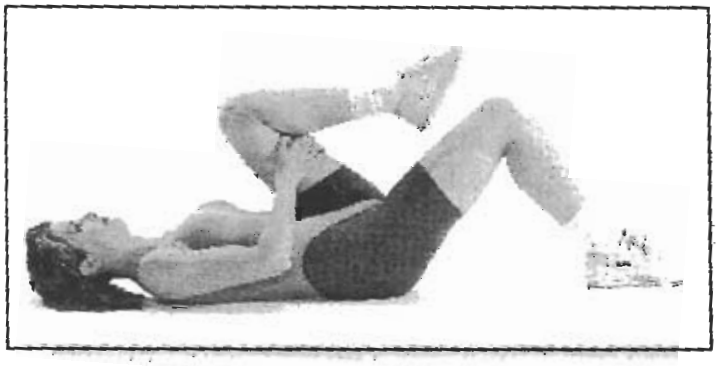
Shoulder stretch
Pull your elbow across your chest. Repeat with your other arm.

Quadriceps stretch
Pull your heel slowly toward your buttocks. Repeat with your other leg.

Inner-thigh stretch
Put the bottoms of your feet together. Press your knees toward the floor.



Hamstring stretch
Position your legs as shown and bend forward from your hips. Be sure to keep your back straight. Repeat with your other leg.



Lower-back and hip stretch
Pull each knee to your chest separately. Then pull both knees to your chest at the same time.

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

EXERCISE TIPS

This section was developed by exercise physiologists at NordicTrack, to help you maximize the use and enjoyment of your NordicTrack® ski exerciser.

Please consult your physician before beginning any exercise program. Your physician's advice is essential if you are taking any medication which effects your heart rate, blood pressure or cholesterol level.

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 those goals. Above all, try to make your workouts fun! Below are some examples of typical fitness goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina and sports performance

Six steps of exercise progression

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

1. Warm-up
2. Stretch
3. Aerobic conditioning
4. Cool-down
5. Strength training
6. Stretch

1. Warm-up

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against injury and muscle soreness – common reasons for quitting an exercise program. We suggest a warm-up of five minutes of slow skiing on your ski exerciser.

2. Stretch

Stretching prepares your muscles for activity. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on pages 10 and 11.

3. Aerobic conditioning

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

Frequency

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

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the section on page 13.

Duration

Duration is the amount of time that the proper intensity level is maintained. Beginning exercisers may wish to start with 10 to 20 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight should exercise for 30 to 60 minutes. The key to the time factor is that you maintain your target heart rate for the duration of the workout period.

4. Cool-down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This can be done effectively and safely; keep your legs moving on the ski exerciser at a slower pace for at least two to five minutes following the aerobic phase.

5. Strength training

A strength training program increases lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

6. Stretch

Stretching after exercise reduces muscle soreness. See the recommended stretches on pages 10 and 11.

Monitor your heart rate

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

Resting heart rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart should have nearly returned to its resting rate; it is very important that you cool down slowly to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease and begin to return to its resting heart rate more quickly during your cool-down.

Maximum heart rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can "pump" during a minute. To determine your approximate MHR, subtract your age (in years) from 220. This will give you a fairly accurate MHR number. However, only clinical stress testing can provide a precise MHR reading.

Target heart rate (THR)

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your MHR. Beginning exercisers, however, may need to start out with a THR of 60% to 70% of their MHR. Use the chart to determine the proper THR for your workouts. We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it again near the end of your workout. You should have maintained your THR for the recommended period of time.

Take your heart rate (pulse)

Lower your left wrist below your heart level. This will make your heart rate stronger and your pulse easier to feel. Place the index and middle fingertips of your right hand, about one-fourth of an inch from the left wrist joint, at the base of your thumb. Relax your left thumb and roll your hand until your thumb extends upward. Place your right index and middle finger flat along your left wrist. Apply minimal pressure with both fingers. Let the pulse come to your fingers. Try using the opposite wrist and hand if you can't find your pulse.

Target Heart Rate Range Chart

Age	Beginner 60%-70% of MHR		Intermediate 70%-80% of MHR		Advanced 80%-85% of MHR	
	10 seconds	1 minute	10 seconds	1 minute	10 seconds	1minute
19/under	20 – 23	121 – 141	23 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	120 – 137	23 – 26	140 – 157	27 – 28	160 – 167
25 – 29	20 – 22	117 – 134	23 – 26	137 – 153	26 – 27	156 – 162
30 – 34	19 – 22	114 – 130	22 – 25	133 – 149	25 – 26	152 – 158
35 – 39	19 – 21	111 – 127	22 – 24	130 – 145	25 – 26	148 – 154
40 – 44	18 – 21	108 – 123	21 – 24	126 – 141	24 – 25	144 – 150
45 – 49	18 – 20	105 – 120	20 – 23	123 – 137	23 – 24	140 – 145
50 – 54	17 – 19	102 – 116	20 – 22	119 – 133	23 – 24	136 – 141
55 – 59	17 – 19	99 – 113	19 – 22	116 – 129	22 – 23	132 – 137
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

Figures in the chart are rounded to the nearest whole number.

What's the ideal weight for you?

Being overweight is risky business. Obesity increases your risk of high blood pressure and diabetes. It may also raise your blood cholesterol and triglyceride levels. These factors add up to a higher risk of heart rate disease and stroke. Height and weight tables usually give acceptable ranges for most adults. However, even if you are in good physical condition and exercise regularly, you might be considered overweight by height and weight tables. You should not be concerned because muscle weighs more than fat. Just remember, the true measure of body content is based on body fat, NOT on weight alone. Ideally, a man's body weight content should be 15 to 20 percent fat. A woman's should be 20 to 25 percent fat.

Diets alone don't work

There are no miracle diets that can help you lose weight. Diet plans low in calories may achieve some weight loss, but they make it hard to get all of the nutrients that you need. Crash diets fail because they don't change your eating habits permanently. Proper weight loss occurs with a combination of a sensible diet and aerobic exercise. That sounds simple enough, but if you have ever tried to lose weight you know that it takes motivation and determination!

Exercise helps you keep it off

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

Watch that fat!

Limiting the amount of fat you eat will improve your diet and your health. Fat contains more than twice as many calories per gram as protein or carbohydrates. Eliminating excess fat can help you to lose weight and keep it off. The American Heart Association recommends that less than 30 percent of your daily calorie intake comes from fat. Less than 10 percent of your total calorie intake should come from saturated fat. One gram of fat is equal to nine calories!

Exercise for weight loss

Research shows that one hour of cross-country skiing can burn an average of 890 calories. At approximately 20 minutes into an aerobic exercise session your body shifts into what is called the "fat-burning phase." At this point, although you are still using all of your energy sources, your body begins to burn fat as the primary energy source. Therefore, once you reach this phase, you are using fat as the primary fuel to perform work. An ideal program for weight loss is to exercise at a moderate intensity of 70 to 85% of your maximum heart rate for 30 to 60 minutes, four to five times a week. Participating in a strength-training program on an every-other-day basis can also supplement this type of training by increasing your muscle mass, which is your body's primary calorie burner.

Does the Bathroom Scale Lie?

It does if you believe it gives you all the information you need in determining your ideal weight. Muscle weighs 2.5 to 3 times as much as fat does. You may be generating lean muscle mass while at the same time, reducing body fat. We recommend that you have your body composition (percent of body fat) measured to determine your ideal weight.

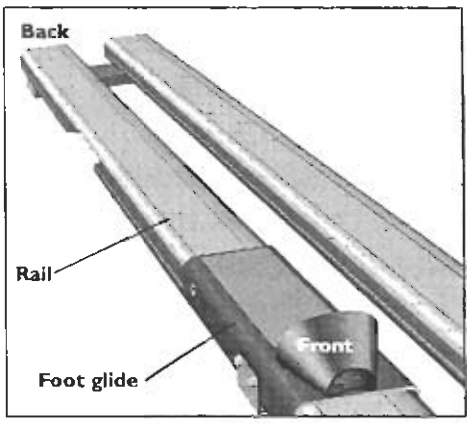
Questions?
1-800-468-0928

Clean the rails

Frequently

To keep your ski exerciser operating in top condition, we recommend regular maintenance. Clean the rails on a frequent basis — at least every three or four days, depending on usage.

1. Place a protective covering under the machine. We also recommend the protective covering during usage.
2. Wipe the top of each rail with a clean, dry cloth to remove any dust or dirt.
3. Move both foot glides to the rear of the rails.
4. Wipe inside the rails from front to back, using a clean, dry cloth.
5. Move both foot glides to the front of the rails.
6. Wipe inside the rails from where you left off to the back of the rails.
7. Dampen a clean, dry cloth with rubbing alcohol and wipe the rail if any residue or dirt remains.
8. Wipe the entire ski exerciser with a dry cloth.



Clean the flywheel and the drag strap

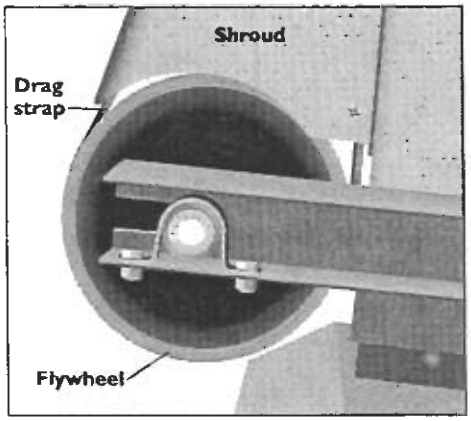
Monthly

Perform the following steps to help ensure consistent leg resistance.

1. Turn the leg knob counterclockwise to decrease the leg resistance to the lowest setting.
2. Remove the 8 Phillips screws on the shroud. Remove the shroud.
3. Slip the drag strap off to one side of the flywheel.
4. Spin the flywheel and wipe the groove with a cloth dampened with rubbing alcohol.
5. Inspect the groove of the flywheel for any signs of rust or corrosion. Use fine to very fine steel wool to spot rub any rust or corrosion.
6. Use a stiff bristled brush to remove dirt and residue from the drag strap.

IMPORTANT *Do not wash the drag strap or get it wet. This will cause it to shrink.*

7. Place the drag strap back onto the flywheel.
8. Replace the shroud using the 8 Phillips screws removed earlier.



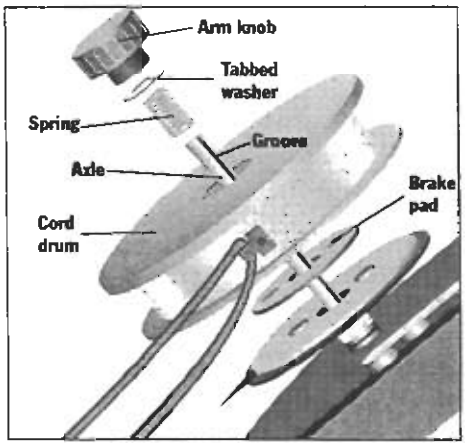
Lubricate the arm-exerciser assembly

Monthly

1. Remove the arm knob, tabbed washer and spring from the axle.
2. Lift the cord drum off of the axle and set it on the edge of the rails. This will expose the brake pad. Be sure the cord does not unwind.
3. If the brake-pad surface appears glazed over and hardened, roughen the surface with fine grain sandpaper or emery cloth.
4. Place a few drops of light household oil (example: 3 in 1 oil) on the brake pad. **Let the oil absorb overnight.** Then wipe off any excess oil from the area around the pad.

IMPORTANT *Do not over oil. Excess oil may spray out of the cord drum area when the arm exerciser is used.*

5. Replace the cord drum with the black side facing up and the chrome surface against the brake pad.
6. Slide the spring and then the tabbed washer onto the axle. The tabbed washer must line up with the groove in the axle.
7. Put the arm knob onto the axle. Turn until it is completely tightened. Then, loosen the arm knob until the spring is just slightly compressed. This will properly seat the brake pad.



TROUBLESHOOTING TIPS

FOOT GLIDES Is the foot-glide resistance uneven? Are the foot glides slipping?	• Make sure the foot-glide belt is not twisted or broken. Straighten and reattach the foot-glide belt (See page 19).
FLYWHEEL AND DRAG-STRAP ASSEMBLY Are you having trouble properly adjusting the leg resistance or getting no leg resistance? Is the resistance increasing on its own? Is the leg-resistance indicator stuck or not going to its lowest setting? (Five pounds is the minimum resistance setting on the NordicTrack 900® and NordicTrack 900T™ and the foot glides must be in motion to adjust and see the leg resistance setting.)	• Make sure the drag strap is properly routed around the flywheel (See page 23). • Make sure the drag strap is not worn or frayed. Clean the flywheel and drag strap (See page 15). • Tighten the flywheel U-bolt (See page 22). • Calibrate the leg resistance (See page 24). • Make sure the foot glide strap is routed properly (See page 19).
ARM-EXERCISER ASSEMBLY Is the arm knob loosening during your workout? Is the arm-exerciser assembly chattering or squeaking? Is the arm-exerciser cord fraying?	•Check the order of the cord-drum assembly (See page 25). Confirm that all parts are present. • Make sure the brake pad is not dry. Lubricate the arm-exerciser assembly (See page 15). • Check the length of the cords and correct it (See the remove and install instructions on page 26). • Check for burs around the pulleys. Sand any burrs off using fine-grain sand paper or an emery file. • Rewind the arm-exerciser cord (See page 26).
PNEUMATIC CYLINDER Is it hard to raise or lower the elevation? Does the machine lower from the set level on its own?	• Make sure the pneumatic cylinder is properly adjusted (See page 21).

The foot-glide assembly

Remove the foot glide(s)

Tools: Phillips screwdriver
7/16-inch socket or wrench

1. Remove the rear end cap from the side where you will be working using a Phillips screwdriver (Figure 1).

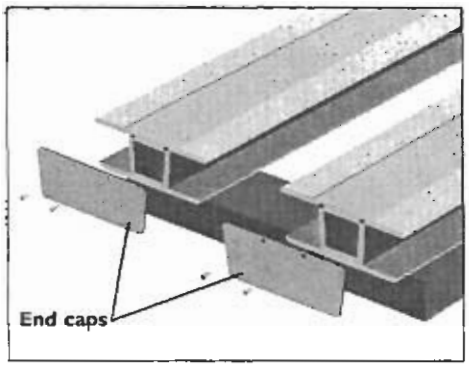


Figure 1

2. Grasp the foot glide you wish to remove. Use your other hand to push the buckle toward the foot glide until the belt can be disconnected (Figure 2).

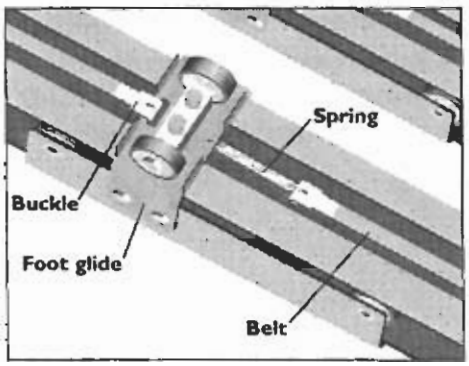


Figure 2

3. Detach the belt from the spring at the other end of the foot glide.
4. Use a 7/16-inch socket or wrench to remove the bolts on the sides of the foot glide (Figure 3).

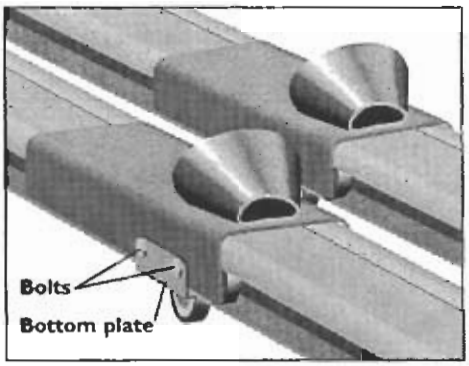


Figure 3

5. Remove the bottom plate from the foot glide.
6. Slide the top half of the foot glide off the back of the exerciser.

Install the foot glide(s)

Tools: Phillips screwdriver
7/16-inch socket or wrench

1. Slide the top half of the foot glide, toe cup first, onto the side rail. If the foot glide is completely assembled, use a 7/16-inch socket or wrench to remove the four bolts on the sides of the foot glide. Separate the top half from the bottom plate.
2. Place the bottom plate, with the slot toward the front of the exerciser, under the side rail so the holes in the plate align with the holes in the top half of the foot glide (Figure 3).

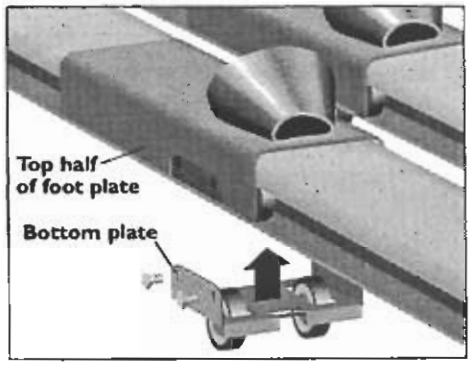


Figure 4

3. Insert and finger tighten the four bolts in the sides of the foot glide.
4. Attach the belt buckle to the spring at the back of the foot glide.
5. Grasp the foot glide with one hand. Use your other hand to push the buckle at the other end of the belt into the slot in the bottom plate.
6. Attach the end cap at the rear of the side rail using a Phillips screwdriver.

Replace the foot-glide wheels

Tools: 3/16-inch Allen wrench
7/16-inch socket or wrench
9/16-inch socket 1/2-inch socket or wrench
Phillips screwdriver

1. Remove the foot glide as instructed under the section titled *Remove the foot glide(s)* on page 17.
2. Use a 9/16-inch socket and 3/16-inch Allen wrench to remove the four wheels from the top half of the foot glide.
3. Use a 1/2 socket or wrench to remove the two wheels from the bottom plate.
4. Install the new wheels as shown. Make sure the bolts, washers, wheels and spacers are installed in the order indicated (Figure 5).

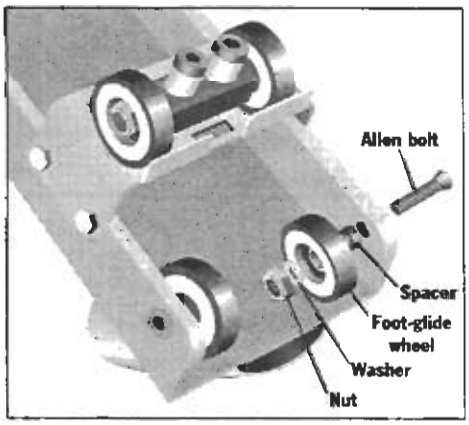


Figure 5

5. Replace the foot glide as instructed under the section titled *Install the foot glide(s)* on page 17.

Replace the toe cup

Tool: 5/32-inch Allen wrench

1. Use a 5/32-inch Allen wrench to remove the four Allen bolts on the toe cup (Figure 6).

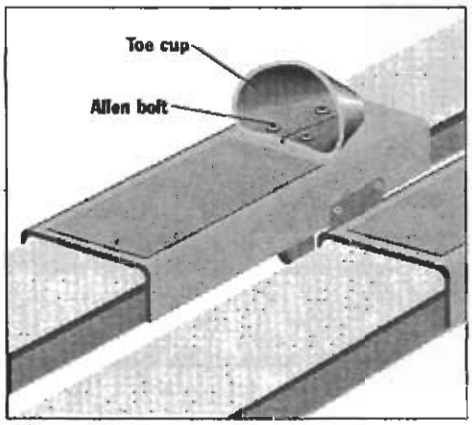


Figure 6

2. Lift the toe cup from the foot glide.
3. Install the new toe cup and replace the four Allen bolts.

Replace the traction pad

Tool: Knife or thin blade

1. Pry up one corner of the foot-glide traction pad with a knife (Figure 7).

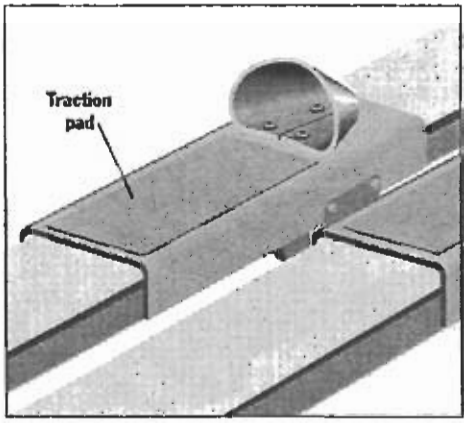


Figure 7

2. Pull the traction pad off of the foot glide.
3. Use a clean, dry cloth to wipe off any build-up or residue that is left on the foot glide from the old traction pad. Use a clean cloth dampened with rubbing alcohol if any excess residue remains.
4. Peel the paper backing from the new traction pad, and apply the adhesive side of the traction pad to the foot glide.

Remove the foot-glide belt and spring

Tools: Phillips screwdriver
7/16-inch socket or wrench
7/16-inch socket with extension

1. Remove the end caps from the side rails using a Phillips screwdriver (Figure 8).

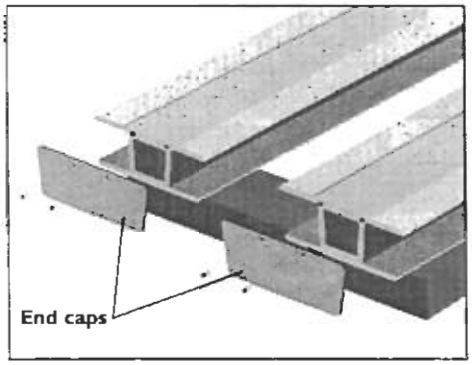


Figure 8

2. Grasp the foot glide. Use your other hand to push the buckle toward the foot glide until the belt can be disconnected (Figure 9).

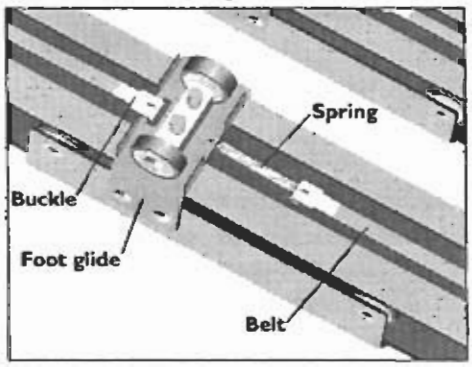


Figure 9

3. Remove the other end of the belt from the spring on the foot glide.
4. Repeat with the other foot glide.
5. Lay the ski exerciser on its side.
6. Use the 7/16-inch socket with extension to remove the eight bolts that secure the rear foot to the side rails (Figure 10).

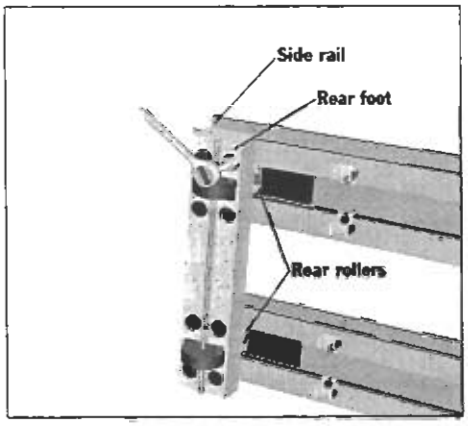


Figure 10

7. Use a 7/16-inch socket and a 7/16-inch wrench to remove the bolt that secures the rear roller in the side rail. Remove the rear roller from the side rail.
8. Place the ski exerciser in its upright position.
9. Remove the flywheel assembly as instructed under the section titled *Remove the flywheel assembly* on page 22.
10. Pull the belt from the front of the exerciser.

Install the foot-glide belt and spring

Tools: Phillips screwdriver
7/16-inch socket or wrench
7/16-inch socket with extension

1. Place the belt, ribbed side down, through the front of the side rail.
2. Push the belt through the side rail until it is visible at the back of the side rail.
3. Lay the exerciser on its side.
4. Route the belt around the rear roller that was removed earlier. The ribbed side should be against the grooves in the roller.

IMPORTANT ***Make sure the belt is not twisted inside the side rail.***

5. Replace the bolt and nut through the side rail and into the rear roller. Secure the roller with the bolt and nut.
6. Use the eight bolts to attach the rear foot to the side rails using a 7/16-inch socket with extension.
7. Place the ski exerciser in its upright position.
8. Install the flywheel axle assembly as instructed under steps 1-8 in the section titled *Install the flywheel assembly* on page 23.
9. Attach the end of the foot glide belt to the spring on the back of the foot glide.
10. Grasp the foot glide with one hand. Use your other hand to push the buckle at the other end of the belt into the slot in the bottom plate.
11. Attach the end caps to the side rails using a Phillips screwdriver.

Replace the rear roller(s)

Tools: 7/16-inch socket with extension
7/16-inch wrenches or pliers

1. Turn the ski exerciser on the side opposite the one you want to work on.
2. Hold the foot glide steady on the side of the ski exerciser on which the roller will be replaced. Use your other hand to push the buckle toward the foot glide until the belt can be disconnected.
3. Use the 7/16-inch socket with extension, to remove the bolts that secure the rear foot to the side rails (Figure 11).

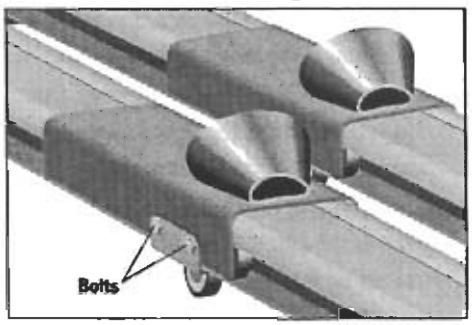


Figure 11

4. Use the 7/16-inch socket with extension, and a 7/16-inch wrench or pliers to remove the nut and bolt securing the rear roller assembly to the side rail (Figure 12). The roller assembly will drop out from the side rail.

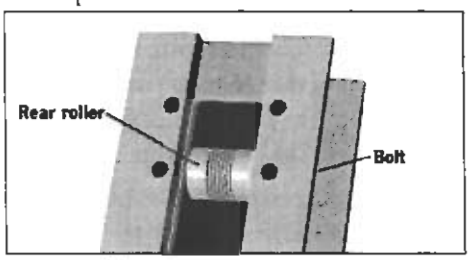


Figure 12

5. Route the foot-glide strap, ribbed side against the roller, around the new roller. Set the new roller assembly in place.
6. Insert the bolt into the side rail and through the roller. Use two 7/16-inch wrenches to tighten the nut and bolt.
7. Hold the foot glide steady. Connect the buckle to the foot glide.
8. Use the 7/16-inch socket, with an extension, to reattach the rear foot to the side rails with the 8 bolts.
9. Return the ski exerciser to an upright position.

The pneumatic cylinder

The procedures are designed to help you adjust or replace your pneumatic cylinder. Please call our customer service department at 1-800-468-0928 if you need assistance.

Replace the pneumatic cylinder

Tools: 7/16-inch socket wrench
5/32-inch Allen wrench
Phillips screwdriver
1/2-inch socket wrench

Remove the pneumatic cylinder

1. Adjust the ski exerciser to its lowest elevation level.
2. Use a 7/16-inch wrench and a 5/32-inch Allen wrench to remove the four bolts securing the arm-exerciser to the tower.
3. Remove the top two screws that hold the leg knob to the tower.
4. Unscrew the hip-pad knob from the tower.
5. Remove the bearing assembly from the bolt.
6. Remove the bolt. You may need to lift the tower post to dislodge the bolt.
7. Pull the inner slide, to which the arm-exerciser assembly was attached, up and out of the tower. Be careful when removing the inner slide; the upright-tower cable is still attached to it.
8. Slide both split-half plastic spacers from the top of the tower.
9. Pull the knob off of the pneumatic handle. If your are just making an adjustment, go to Adjust the pneumatic cylinder on page 21.
10. Free the pneumatic cylinder from the upright tower by pushing in on the pneumatic handle and moving the cylinder aside (Figure 13).

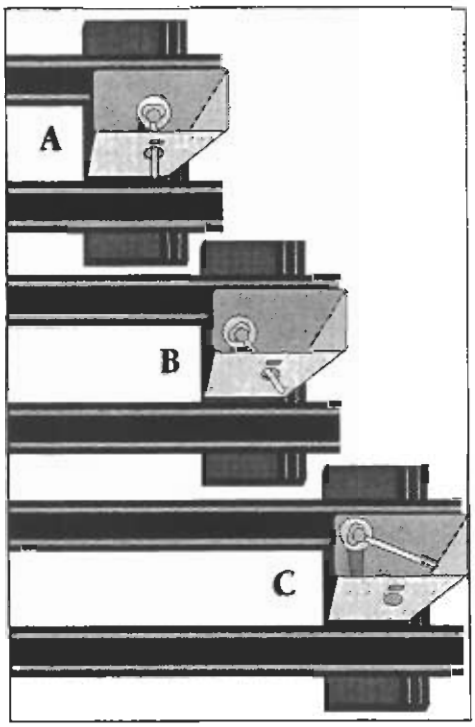


Figure 13

11. Turn the ski exerciser on its side.
12. Use a 1/2-inch socket wrench to remove the nut and bolt that hold the bottom of the pneumatic cylinder to the bottom of the upright tower (Figure 14). Once you remove the nut, push the bolt back through the hole as far as it will go. You may need to unscrew the bolt from the other side.

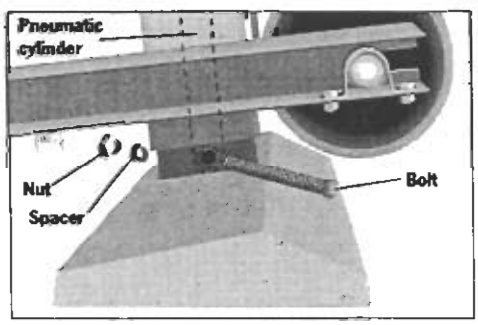


Figure 14

13. Return the ski exerciser to its upright position.
14. Lift the pneumatic cylinder out of the upright tower.
15. Set the pneumatic cylinder aside.

Install the new pneumatic cylinder

1. Position the pneumatic cylinder in the upright tower. The cylinder handle should be on the right side (Figure 15).

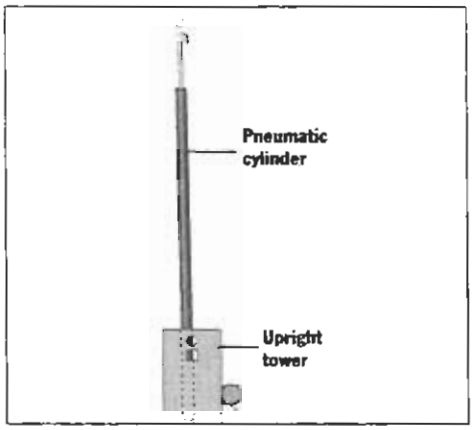


Figure 15

2. Insert the pneumatic handle into the lower of the 2 holes near the top of the upright tower on the right side. Lift the front of one rail to align the pneumatic handle and the hole in the tower. Make sure the holes are aligned at the bottom of the tower.
3. Lay the ski exerciser on its right side.
4. Replace the bolt through the pneumatic cylinder and the tower. Place the spacer and nut onto the bolt and tighten (Figure 16).

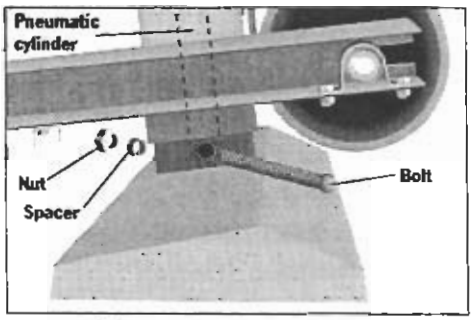


Figure 16

5. Insert the inner slide, squared side down, with its longest portion facing forward. Be careful not to pinch the electronics cable.
6. Replace the 2 split-half plastic spacers at the top of the upright tower.
7. Set the ski exerciser upright.
8. Insert the bolt that holds the adjustment knob from right to left (Figure 17). Lift the front end of one rail to help align the upright tower holes with the hole in the top of the pneumatic cylinder. Be sure to insert the bolt from the right side so the square hole lines up with the bolt head.

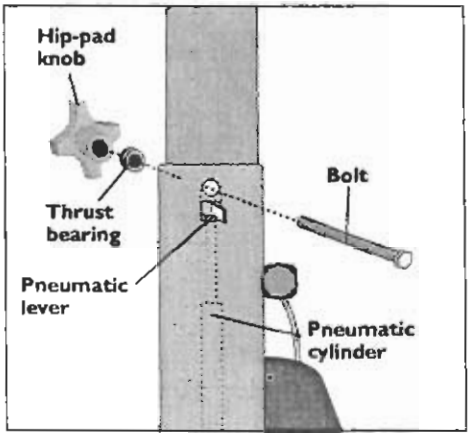


Figure 17

9. Position the bearing assembly onto the bolt and tighten it.
10. Thread the hip-pad knob onto the bolt and tighten it.
11. Replace the pneumatic lever knob.
12. Insert the top two screws into the leg knob and tighten.
13. Attach the arm-exerciser assembly to the upright tower assembly with the four Allen-head bolts and nuts. Use a 7/16-inch wrench and a 5/32-inch Allen wrench to secure the arm-exerciser assembly in place.

Adjust the pneumatic cylinder

Tools: 7/16-inch socket with extension
7/16-inch wrench or pliers

1. Follow steps 1-9 under the heading titled *Replace the pneumatic cylinder* on page 20.
2. Pull the top of the pneumatic cylinder up until it is clear of the upright tower.
3. Loosen the locking nut directly below the head of the pneumatic cylinder (Figure 18). You use leverage by placing a screwdriver through the top hole in the head of the pneumatic cylinder.

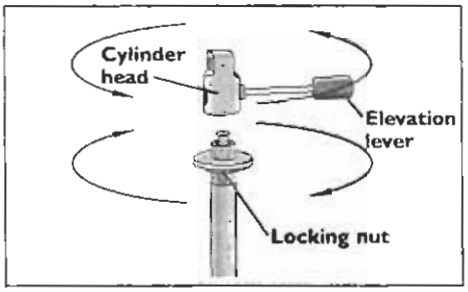


Figure 18

4. Turn the lever an eighth of a turn depending on the following:
   - Turn the lever clockwise if the upright tower will not raise.
   - Turn the lever counterclockwise if the upright tower does not hold elevation.
5. Test your results by doing the following:
   - Tighten the locking nut against the cylinder head.
   - Reinstall the cylinder.
   - Insert the hip-pad carriage bolt from right to left (Figure 17).
6. Continue to make adjustments in increments of an eighth of a turn until the desired incline or decline resistance is reached.
7. Follow steps 5 – 13 under *Install the new pneumatic cylinder* for the upright tower reassembly on page 21.

Replace the upright tower cable

Tools: 5/32-inch Allen wrench
7/16-inch socket with extension
7/16-inch wrench
Phillips screwdriver

Remove the cable

1. Unplug the cable from the monitor.
2. Use the 5/32-inch Allen wrench and a 7/16 inch wrench to remove the four bolts that secure the arm-exerciser assembly to the upright tower assembly. Remove the arm-exerciser assembly.
3. Elevate the ski exerciser.
4. Tip the ski exerciser on its side.
5. Remove the eight screws on the shroud. Remove the shroud.
6. Remove the flywheel assembly as instructed under the section *Remove the flywheel assembly* on page 22.
7. Slide the sensor out of the clip.
8. Push the cable through the rail support. Pull the coiled cable up through the upright tower and remove it.
9. Set the ski exerciser upright.

Install the cable

1. Drop the new cable, sensor first, into the top of the upright tower.
2. Feed the cable down through the front chamber in the tower and out through the bottom of the tower.
3. Slide the sensor back into the clip. Plug the coiled cable into the monitor.
4. Replace the drag-strap shroud. Secure it with the eight screws.
5. Attach the arm-exerciser assembly to the ski exerciser. Secure it with the 4 bolts and nuts.
6. Plug the cable into the monitor.
7. Install the flywheel assembly as instructed under steps 1-12 of the section *Install the flywheel assembly.*

The flywheel assembly

These procedures are designed to correct an assessed problem with the flywheel assembly. Please call our customer service department at 1-800-468-0928 if you need assistance.

Tighten the flywheel U-bolt

Tool: 7/16-inch wrench

1. Remove the black U-bolt cover. The U-bolt is located under the black cover on the right side of the flywheel, between the flywheel and the side rail (Figure 19).

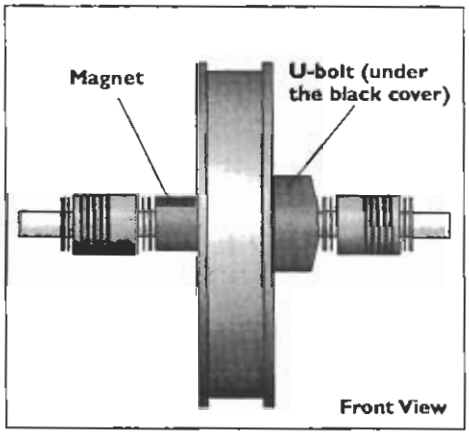


Figure 19

2. Use a 7/16-inch wrench to tighten the two nuts on the flywheel U-bolt. Turn a quarter turn at a time. Both nuts should be equally tightened. Over-tightening may cause the U-bolt to break.
3. Replace the black U-bolt cover.

Remove the flywheel assembly

Tools: Phillips screwdriver
7/16-inch socket with extension
7/16-inch wrench

1. While skiing, turn the leg knob counterclockwise to the lowest setting.
2. Place the ski exerciser on its side.
3. Hold the foot-glide buckle steady. Slide the buckle toward the foot-glide until the belt can be detached.
4. Repeat with the other foot glide.
5. Return the ski exerciser to an upright position.
6. Remove the end caps from the front of the side rails with a Phillips screwdriver.
7. Remove the eight screws on the shroud. Remove the shroud.
8. Slip the drag strap off to one side of the flywheel.
9. Use a 7/16-inch socket and a 7/16-inch wrench to remove the four bearing retainer bolts (Figure 20).

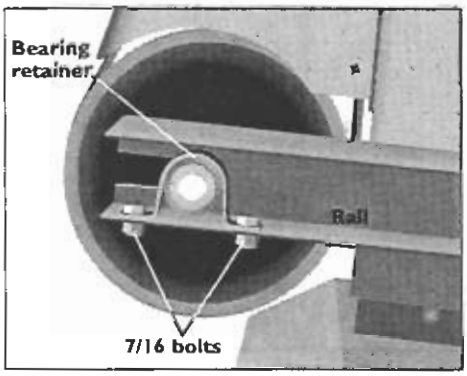


Figure 20

10. Stand in front of the ski exerciser. Note the direction that each drive roller rotates. Remove the flywheel assembly from the machine
11. Remove the bearing blocks, nylon washers, E-clips and drive rollers from the axle. Be sure to note the order of assembly (Figure 19).
12. Wipe the axle with a clean, dry cloth.

Install the flywheel assembly

Tools: Phillips screwdriver
7/16-inch socket
7/16-inch wrench

1. Replace the E-clips, nylon washers and drive rollers onto the axle (Figure 21).
2. Ensure that the drive rollers spin freely backward.
3. Wipe the drive rollers with a clean, dry cloth.

4. Place one end of the axle through the drag-strap loop. Slide the flywheel assembly into position. As you stand facing the front of the ski exerciser, the black U-bolt cover will be on the right, and the magnet on the left.

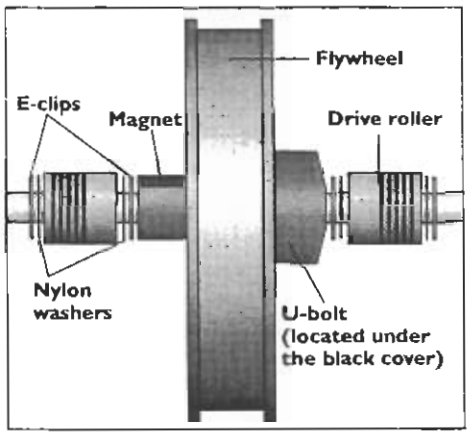


Figure 21

5. Place the foot-glide belt over the front rollers with the ribbed sides against the front rollers. The buckles will not fit over the front rollers once the axle is in place.
6. Place the four bearing retainer bolts through the side rails. Finger tighten the four nuts onto the bolts.
7. Use a 7/16-inch socket and wrench to tighten the bearing retainer bolts.
8. Lay the ski exerciser on its right side.
9. Hold the foot-glide buckle in position. Slide the foot glide toward the buckle until the two can be attached. Repeat with the other side.
10. Set the ski exerciser upright.
11. Replace the end caps on the front of the side rail. Use a Phillips screwdriver to replace the screws.
12. Pull the drag strap into place over the flywheel.
13. Replace the eight screws that hold the shroud to the tower.

Remove the drag strap

Tool: Phillips screwdriver

1. Remove the 8 screws from the shroud.
2. Pull the drag strap off to one side of the flywheel (Figure 22).
3. Disconnect the 3 D-rings and pull off the drag strap (Figure 22).
4. Remove the small spring from the middle D-ring. The large spring stays attached to the base.

Install the drag strap

1. Attach the small spring to the middle D-ring.
2. Loop the numbered resistance strap, over the top pulley, numbers up, from front to back and attach it to the large spring (Figure 22).

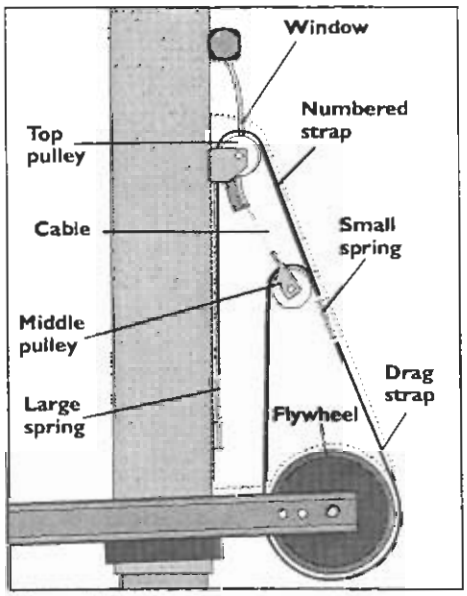


Figure 22

3. Loop the drag strap around the middle pulley and then the flywheel from back to front. Hook the D-ring to the small spring in front of the middle pulley.
4. Thread the drag strap behind the middle pulley.
5. Replace the eight screws that hold the shroud to the tower.

Replace the leg knob and cable

Tool: Phillips screwdriver
Pliers

Remove the leg-resistance cable

1. Remove the eight screws on the shroud. Remove the shroud.
2. Use a Phillips screwdriver to loosen the screws that secure the leg knob to the tower.
3. Loosen the bolt and nut on the middle pulley where the cable enters (Figure 23). Do not remove the bolt and nut completely.

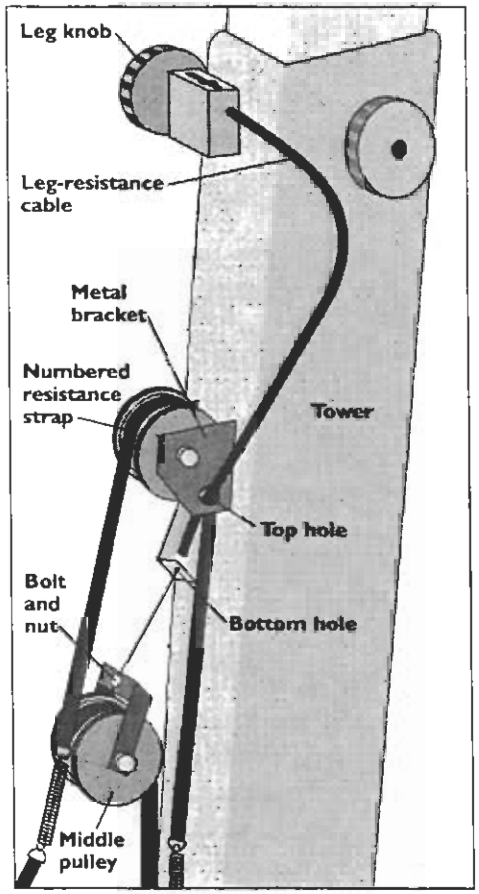


Figure 23

4. Pull the leg-resistance cable free of the bolt and out of the metal bracket.

Install the leg-resistance cable

1. Set the resistance on the knob at 3 when installing the resistance cable.
2. Feed the cable through the top hole and the bottom hole of the metal bracket.
3. Route the cable through the hole in the bolt and nut attached to the middle pulley.
4. Pull the cable through the bolt until the numbered resistance strap is snug against the middle pulley.
5. Tighten the nut onto the bolt to secure the cable to the pulley bracket.
6. Position the leg knob and secure it to the tower with the four bolts.

Calibrate the leg resistance

1. Set the leg knob to 3.
2. Loosen the nut that holds the cable to the middle pulley and pull the cable through the bolt until the numbered resistance strap is snug against the middle pulley.
3. Tighten the nut on the middle pulley to secure the cable.
4. Use a Phillips screwdriver to attach the shroud with the eight screws.

The arm-exerciser assembly

These procedures are designed to correct an assessed problem with the arm-exerciser assembly. Please call our customer service department at 1-800-468-0928 if you need assistance.

Disassemble the arm exerciser

The following is a guide for the complete disassembly of the arm-exerciser assembly. If you are replacing only part of this assembly, then follow the instructions to the point at which your replacement part is addressed. You will then need to move to *Assemble the arm exerciser*.

1. Remove the arm knob, tabbed washer and spring from the axle (Figure 24).
2. Lift the cord drum off the axle.
3. Remove the leather brake pad.
4. Remove the cam pointer from the axle.
5. Remove the thrust-bearing assembly and spacer from the axle.

Assemble the arm exerciser

1. Place the spacer and thrust-bearing assembly onto the axle (Figure 24). The side with visible ball bearings, if applicable, should face down.
2. Slide the cam pointer onto the axle. Make sure the cam pointer is properly seated by pulling out on the cam arm.
3. Place the brake pad onto the cam pointer with the smooth side up. Make sure the holes in the brake pad line up with the tabs on the cam pointer.
4. Place the cord drum onto the axle so the black side is up and the chrome surface is against the brake pad.
5. Replace the spring, tabbed washer and arm knob onto the axle.
6. Turn the arm knob until it is completely tightened, then loosen the arm knob until the spring is just slightly compressed. This will properly seat the brake pad.

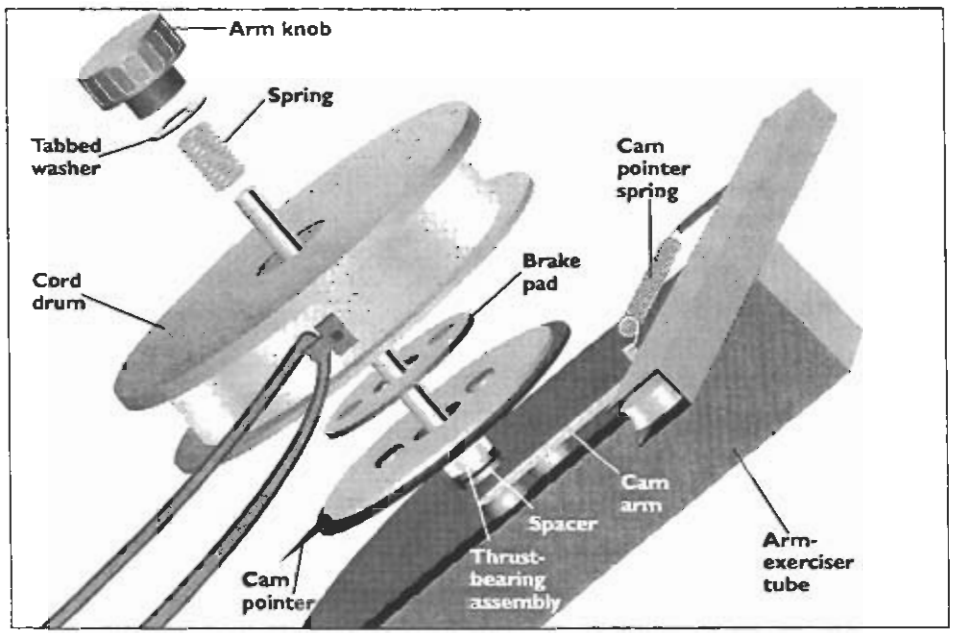


Figure 24

Remove the arm-exerciser cord

Tool: 1/8-inch Allen wrench

1. Remove the retaining clip using a 1/8-inch Allen wrench (Figure 25).

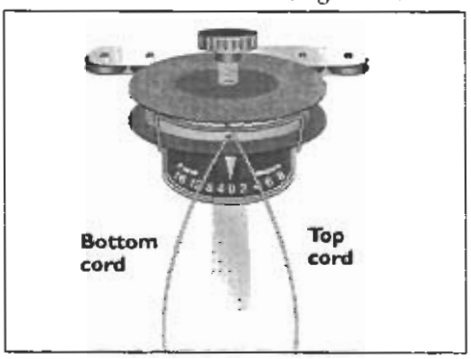


Figure 25

2. Untie the knots in the cord. Remove the washers and the hand grips.
3. Pull the cord through the pulleys toward the cord drum. The cord should not be around the pulleys.
4. Unwind the cord from the drum.
5. Position the cord drum so that the clip holding the cord to the cord drum is facing the hip pad.
6. Remove the cord from the drum. Be sure to note the position of the cord behind the cord clip.

Install the arm-exerciser cord

Tool: 1/8-inch Allen wrench

1. Thread the new cord through the cord clip from top to bottom. It may help to bend the end of the cord a little in order to thread it through the cord clip.
2. Drape the ends of the cord over the hip pad to make sure the ends are even.
3. Wrap all of the cord coming out of the top of the clip (Figure 26) counter-clockwise around the drum until there is no more left to wind (Figure 26).

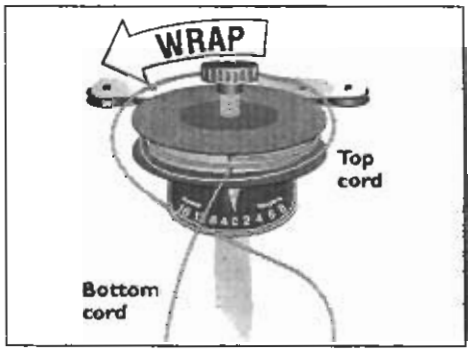


Figure 26

4. Thread the end of the top cord through the right side pulleys from inside to outside (Figure 27). Pull the top cord down to wrap the other section of cord around the drum.

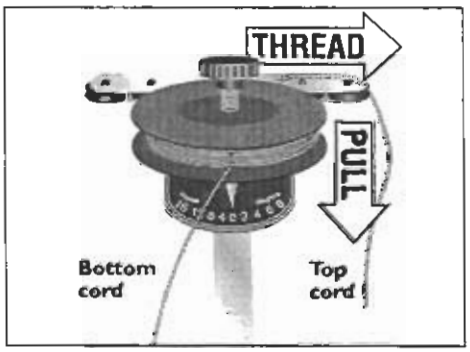


Figure 27

5. Thread the end of the bottom cord through the left pulleys from inside to outside (Figure 28). Be sure the cord does not become tangled under the cord drum.

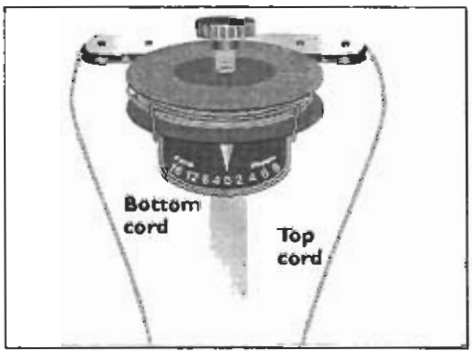


Figure 28

6. Pull the bottom cord until the ends of the cord are even.
7. Insert the end of the cord into each hand grip from the top to the inside. Slide a washer on each cord. Tie a figure 8 knot near the cord ends to secure the hand grips (Figure 29).
8. Replace the retaining clip using a 1/8-inch Allen wrench (Figure 28).

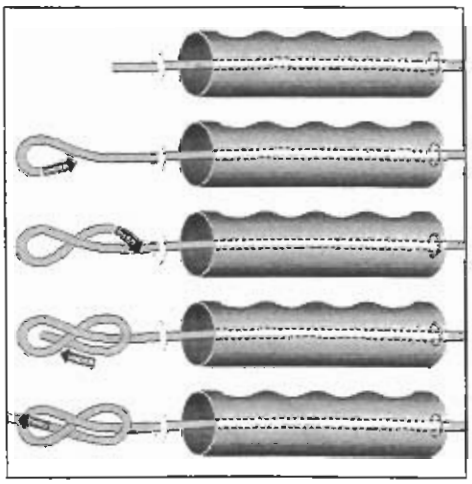


Figure 29

Wipe the Exerciser	Care for the Flywheel Assembly	Lubricate the Brake Pad
After Every Use	Monthly	Monthly
Date	Date	Date

CUSTOMER INFORMATION

If you have any questions, please call our customer service department at 1-800-468-0928.
Hearing impaired customers with TDD access, please call 1-800-821-1317.

Monday — Friday
7:00 a.m. to 6:00 p.m.
Central time

Satisfaction guarantee

We have total confidence in the quality and performance of NordicTrack fitness products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of our products fall short of your expectations before the end of your 30-day trial period, please call our customer service department to discuss product exchanges and returns.

Reach us via e-mail

Send us your questions and comments via e-mail. Please include your account number and order number found on your invoice.

service@nordictrack.com

NordicTrack 900® and NordicTrack 900-T™ return privilege policy

There is a 30-day trial period for the NordicTrack 900 and 900-T ski exercisers; please retain your box and packing materials during this time period. Should you decide to return your ski exerciser, you must notify our customer service department at 1-800-468-0928. We will arrange for one of our carriers to pick up your return package.

The customer service department will supply you with information on how to pack your ski exerciser. It is the customer's responsibility to retain all original packing materials and repack the machine according to our instructions. The customer's name and address, as it appears on the invoice, must be enclosed in the box. When returned within the 30-day trial period, you will be refunded the invoice total, including shipping and handling.

One-year limited warranty (United States and Canada)

NordicTrack, Inc., will for one year from the date of purchase of a NordicTrack 900 or 900-T Ski exerciser, repair or replace at its factory 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 ski exerciser without incurring any obligations to make similar alterations to previously purchased ski exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., NordicEdge, Nordic Advantage®, Inc. or authorized distributors of NordicTrack products.

To obtain service under this warranty, call our customer service department at 1-800-468-0928 to receive authorization. Include proof of purchase and a brief statement describing the defect with your product. All shipping costs to return the product 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 one year 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 parts within one year from 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 may not apply to you. This warranty gives you specific rights. You may also have other rights which vary from state to state.

90-day limited warranty (International)

NordicTrack, Inc., will for 90-days from the date of purchase of a NordicTrack 900 or 900-T Ski exerciser, repair or replace at its factory 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 ski exerciser without incurring any obligations to make similar alterations to previously purchased ski exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., NordicEdge or Nordic Advantage, Inc., distributors of NordicTrack products.

To obtain service under this warranty, notify our customer service department at the toll-free phone number printed on your invoice to receive authorization. Include proof of purchase and a brief statement describing the defect with your product. All shipping costs to return the product 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 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 parts within 90-days from the date of purchase. 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.

© 1996 NordicTrack, Inc., a CML company. All rights reserved.

5/96
TLA #28900, #29000 OM-519