

nordic sport™



A WORLD CLASS
WORKOUT FOR THOSE
COMMITTED TO
PERSONAL EXCELLENCE.



Assembly/Operation Instructions & Training Program

TABLE OF CONTENTS

<i>Welcome to NordicSport™ Row</i>	<i>3</i>
<i>Benefits of the NordicSport Row</i>	<i>3</i>
<i>NordicSport Row Muscle Usage</i>	<i>4</i>
<i>Before You Begin: Customizing to Fit You</i>	<i>5</i>
<i>Getting Started</i>	<i>8</i>
<i>Designing Your Program</i>	<i>10</i>
<i>Personal Training Routines</i>	<i>12</i>
<i>Maintaining Your NordicSport Row</i>	<i>14</i>
<i>Return Privilege Policy</i>	<i>15</i>
<i>Warranty</i>	<i>15</i>
<i>Customer Service Phone Number and Hours</i>	<i>15</i>

INTRODUCING

THE THRILL OF

FITNESS AS

SPORT.



WELCOME TO NORDICSPORT™ ROW

Congratulations on choosing a superior form of aerobic exercise.

By following a regular exercise program with the NordicSport Row, you have taken the first step toward a healthier, longer, more active life. Whether you want to lose weight, tone muscles, cross-train or improve your cardiovascular health, the NordicSport Row will help you achieve your personal fitness goals.

By purchasing the NordicSport Row, you have selected the most advanced rowing equipment of its kind. The total body exerciser provides the most efficient workout in a safe, quiet, comfortable and time efficient manner. The machine's unique design offers several features to help ensure a workout that fits your individual needs:

1. Individual resistance settings for both the upper and lower body
2. Unique seat designed with a Back Stress Management System with flexed lumbar support to help provide comfort and prevent lower back injury
3. Electronic, total body workout monitor to help you monitor your progress

This training manual will provide you with the skills to adjust your machine, information on proper technique and form, and tips on effectively designing a personalized program.

NOTE: Before beginning any exercise program, consult with your health care professional. Allow that person to determine if the exercise program is appropriate for your physical condition and age. If you are experiencing dizziness, confusion, nausea or shortness of breath, discontinue exercise and consult your physician.

BENEFITS OF THE NORDICSPORT ROW

Research shows that regular aerobic exercise can help you:

- Reduce stress and anxiety.
- Improve your self confidence and self image.

Regular aerobic exercise can reduce the risk of cardiovascular disease by:

- Decreasing LDL cholesterol (bad cholesterol).
 - Increasing HDL cholesterol (good cholesterol).
 - Decreasing triglyceride (blood fats).
 - Decreasing total body fat and gaining a slight increase in lean body weight.
 - Decreasing high blood pressure problems.
 - Improving heart function.
 - Stabilizing or reversing atherosclerosis (hardening of the arteries).
 - Increasing density and breaking strength of bone, ligaments and tendons.
 - Increasing the thickness of cartilage in the joints.
 - Experiencing quicker heart rate recovery.
-

Being in good shape means having a healthy, toned, and lean body. It means circulatory and respiratory systems that are strong and healthy. In simplified terms, it means you may exercise and work hard, but your body doesn't get tired and run down. You may have more energy, less stress, and a more positive attitude.

The key to strengthening your circulatory and respiratory systems is aerobic exercise. Fitness experts recommend that regular aerobic exercise be the foundation of any exercise program. Research has found that dynamic, continuous, sustained exercise that involves your total body helps you experience the most health related benefits.

Aerobic exercise stimulates your heart, lungs, and blood vessels. By exercising muscles at above-normal levels, you strengthen these muscles and increase their endurance. This all adds up to a more efficient cardiorespiratory system, characterized by a reduced resting heart rate, increased amount of blood flow, and a greater amount of oxygen consumed and utilized by the muscles.



NORDICSPORT™ ROW MUSCLE USAGE

On the NordicSport Row, the motions used while exercising closely simulate rowing. Rowing is considered by fitness experts to be one of the best forms of aerobic exercise. With regular workouts on the NordicSport Row, you will be well on your way to improved cardiovascular health. In addition, exercise using the rowing motion is a superior overall conditioner; building strength, power and flexibility. Rowing requires the involvement of all major muscle groups in both the upper and lower body, providing a thorough total body workout beneficial to men and women of all ages. From legs, back, and buttocks to shoulders, arms, and chest; you will strengthen and tone muscles.

When you start in the forward position (the "catch") and move your body backward by extending your legs and pulling on the handles (the "drive"), the following muscles are used:

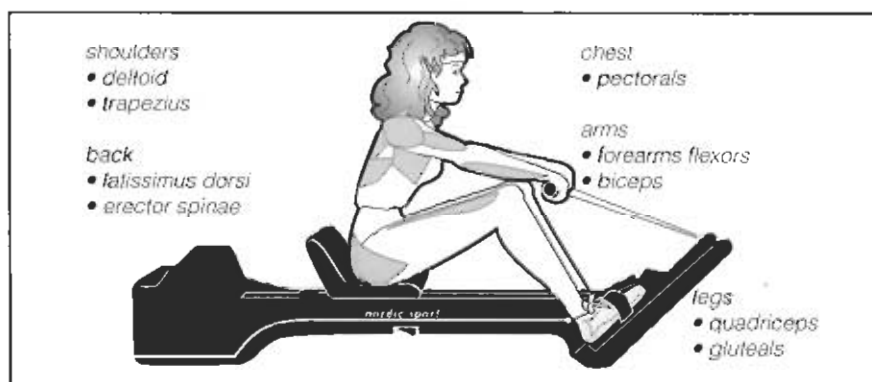
- Shoulders — trapezius, deltoid
- Arms — forearm flexors, biceps
- Chest — pectorals
- Back — quadriceps, gluteals

When the legs are extended and you return to the sitting position ("the return") the following muscles are used:

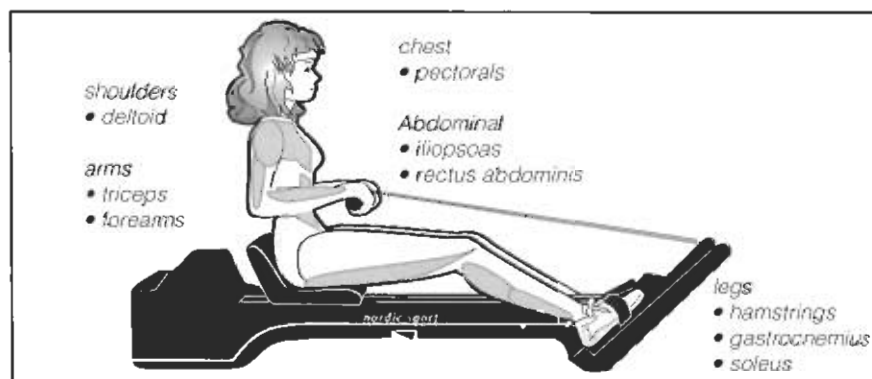
- Shoulders — deltoid
- Arms — triceps, forearms
- Chest — pectorals
- Legs — hamstrings, gastrocnemius, soleus
- Abdominal — iliopsoas, rectus abdominis

Just as important as the total body aerobic workout, the NordicSport Row is designed to provide you with a safe and individualized workout that fits your personal strength and fitness needs. Since you exercise sitting down, the joint and muscle pain often experienced by runners and joggers is non-existent. The Back Stress Management System on the NordicSport Row seat is specifically designed to support your lower back, provide maximum comfort, help you avoid undue stress on the back, and utilize proper position.

Muscle Usage in the Catch



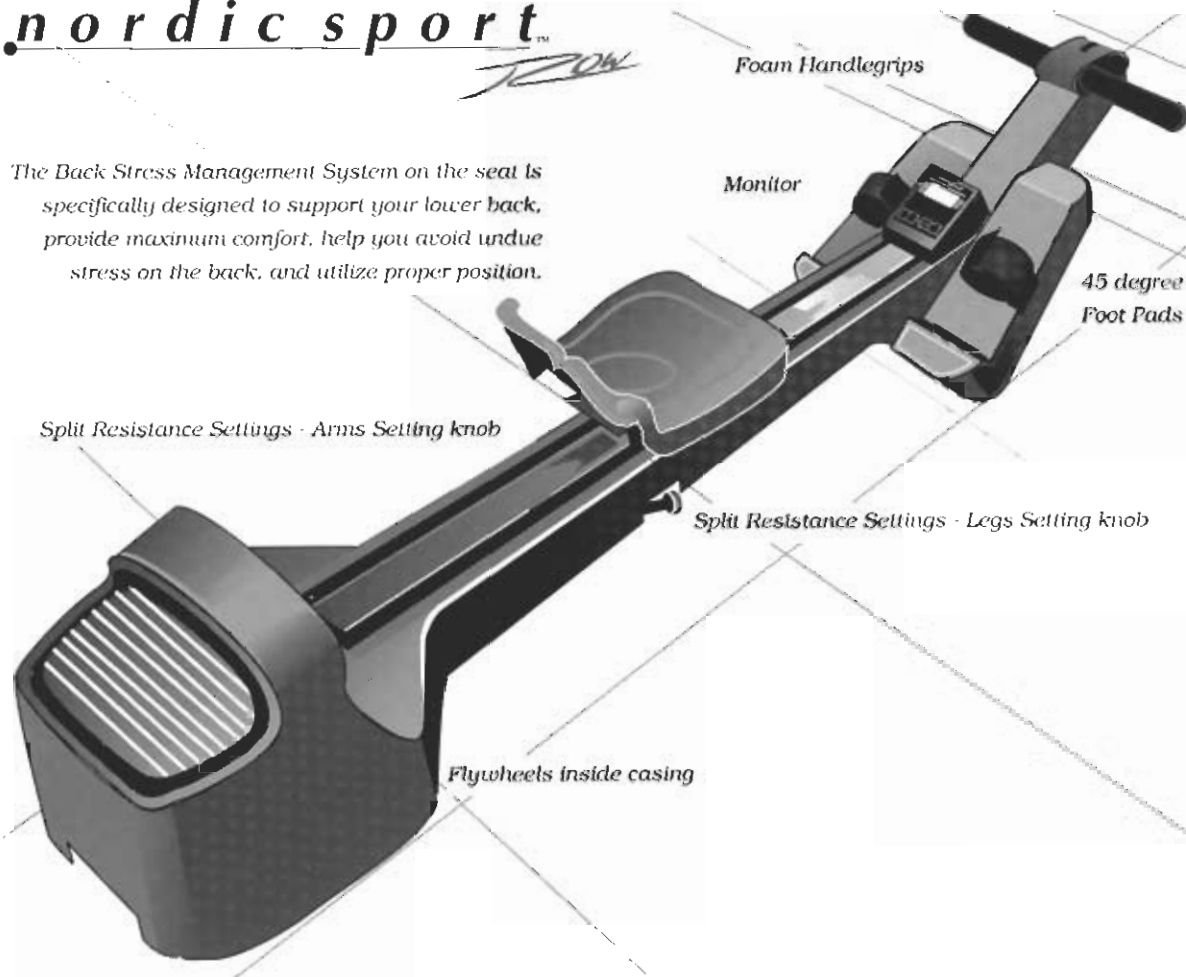
Muscle Usage in the Return



nordic sport™

ROW

The Back Stress Management System on the seat is specifically designed to support your lower back, provide maximum comfort, help you avoid undue stress on the back, and utilize proper position.



BEFORE YOU BEGIN: CUSTOMIZING TO FIT YOU

Before you get on the NordicSport Row, you should prepare for your total body aerobic workout by adjusting its special features to your personal preferences, based on your strength and comfort needs.

Split Resistance Settings

The unique, patent pending, split resistance design on the NordicSport Row allows you to independently adjust the resistance for your upper and lower body during your workout.

For the beginner, we recommend a low resistance level combined with high repetitions. Start at the lowest resistance setting on the arm and legs. This will allow you more comfort with proper form and technique. As you progress, you may want to increase your resistance setting on either or both the upper and lower body flywheel settings. Make sure you increase resistance gradually, keeping the emphasis in your training program place on duration and not intensity (resistance and speed).

Beginners often select a resistance level too high. This quickly brings them to the point of oxygen

shortage and fatigue, forcing them to discontinue their workouts before obtaining aerobic benefits.

NOTE: To work aerobically, you must exercise a minimum of fifteen minutes in a continuous fashion. To achieve improved cardiovascular endurance, you must perform many repetitions during your workout at moderate resistance.

To adjust resistance, turn the knob clockwise (+) to increase the resistance. A counter clockwise (-) turn of the knob will reduce resistance.

Foot Pads

The foot pads on the NordicSport Row are designed to give you optimum comfort and flexibility during your workout. The forty-five degree foot pad position allows you to push harder on the drive. This allows the greatest range of motion for the lower body, working the muscles of your knees, ankles, and feet.



The Monitor

The electronic display on the NordicSport Row is designed to help measure your performance and progress and to enhance your motivation. Features allow you to monitor elapsed time, strokes per minute, cadence, total strokes, and calories burned. The *elapsed time* expresses the total time of your workout session. The *strokes per minute* feature indicates the number of complete rowing strokes performed per minute. This helps you establish a desired pace, which can be useful for interval training (performing a set of very fast strokes followed by a set of much slower strokes). *Cadence* assists in maintaining a steady, rhythmic pace. The monitor also computes your *total strokes* completed, which allows a

performance comparison of the current workout to previous sessions.

The calories burned per workout help you

estimate caloric expenditure. To lose weight, you need to lower your bodyfat percentage, which means burning more calories than you consume. The goal for adults is to exercise at an intensity for a period of time that **reaches a** caloric expenditure of two hundred to **five hundred** calories per exercise session. A **minimal** energy expenditure of two hundred calories per session and one thousand calories per **week** is recommended. The average beginner can **usually** attain the two hundred calorie level per exercise session during the first week of conditioning. In **eight to twelve weeks**, the average exerciser, with **steady progression**, can reach three hundred calories per exercise session. The total number or calories you burn will depend greatly on how long and how often you exercise.

The chart below shows how to determine your calorie setting (from 1 - 5) on the monitor, based on your resistance setting's combined total and your strokes per minute.

Auto Power On/Off

- Automatically turns on power whenever any key is pressed or rowing motion is started.
- Automatically turns off power whenever TIMER is stopped or no rowing motion is taking place for over four to five minutes.

Instructions for installing your Monitor Kit

Kit includes: Monitor with sensor cord and jack, two AAA batteries.

Mounting the monitor on the NordicSport Row:

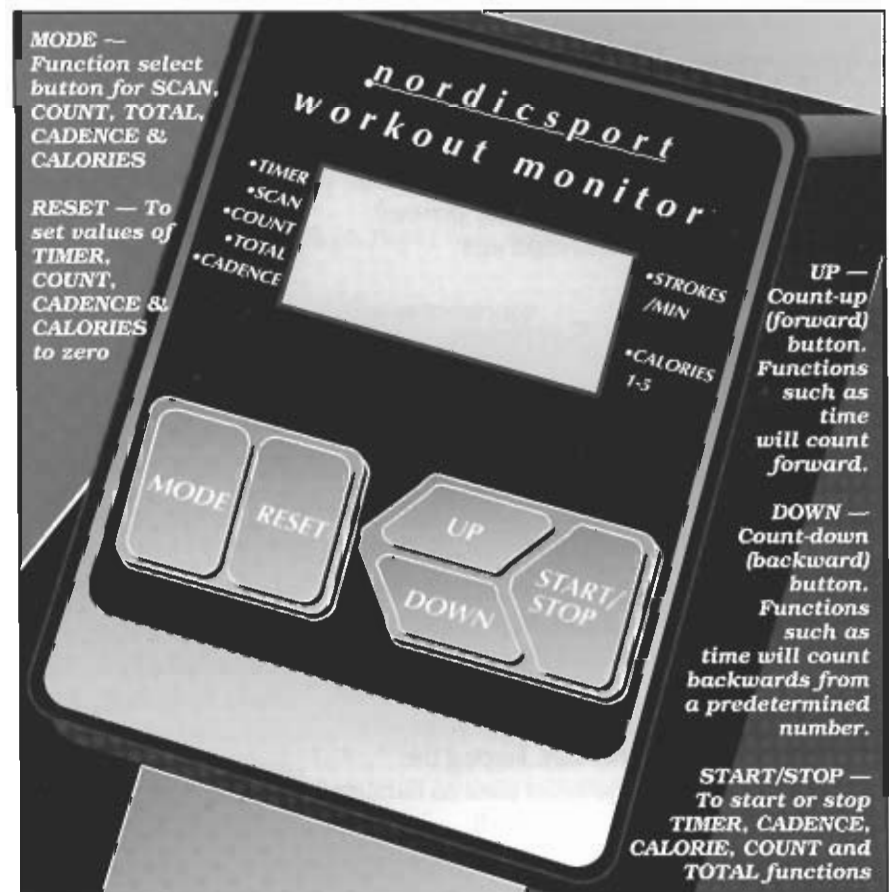
1. Remove the monitor from the white box.
2. Remove the battery cover and install the two AAA batteries correctly into the battery case. Replace the battery cover.

3. Thread the cable through the hole located at the front of the rail.
4. Plug the jack into the receptacle located on the underside of the rail.
5. Plug opposite end of the cable into the back of the monitor.
6. Place securely on Velcro* strips.

*Velcro is a trademark of Velcro Industries B.V.

NordicSport Row Calorie Expenditure

Appropriate Caloric Setting (1 - 5)									
arm & leg resistance settings	high	4	5	5	5	5	5	5	5
	above average	3	4	4	4	5	5	5	5
	average	2	2	3	3	4	4	4	4
	low	1	1	2	2	3	3	3	3
Strokes per minute		6-10	11-15	16-20	21-25	26-30	31-35	36-40	>40



Timer: Accumulates total workout time.



1. If timer is running, press STOP button ("SET" will appear).
2. Press MODE button until the "TM" symbol is flashing.
3. To count up: Press RESET button. Press START/STOP button to start timer.
4. To count down: Press RESET button Press UP button until you reach the desired time. Press START/STOP button to start timer. NOTE: to get to the desired value faster, continuously hold the UP or DOWN button in place ("SET" will disappear upon start.)

Strokes per Minute: Electronically calculates and displays the strokes per minute in accordance with one complete rowing action.



The minimum display is six, the maximum display is ninety-nine strokes per minute. NOTE: The "E" for error will automatically show up if the value exceeds ninety-nine. The TIMER must be counting for this function to operate.

Count: Automatically counts number of strokes.



1. If timer is running, press STOP ("SET" will appear).
2. Depress MODE button until the ◀ indicator is flashing to the right of COUNT.
3. To count up: Press RESET button to return digits to zero. Press START/STOP button before starting to exercise.
4. To count down: Press RESET button. Press UP or DOWN button until you reach the desired number of strokes. Press START/STOP button before starting to exercise.

Total: Automatically accumulates all strokes up to 9999.



1. Line up the ◀ indicator with TOTAL by pressing the MODE button.
2. Press START/STOP to start accumulating.
3. This total function keeps a permanent record. It can be reset by briefly removing the batteries.

Cadence: Paces you with an audible beep. Can be set from six to ninety-nine strokes per minute.



1. If timer is running, press STOP button ("SET" will appear).
 2. Press MODE button until the flashing ◀ indicator is lined up with CADENCE.
 3. Set your desired cadence by pressing the UP or DOWN button.
- NOTE: If cadence is set to zero, a beep will sound with each stroke.

Scan: Automatically scans the functions of COUNT, TOTAL, CADENCE and CALORIE so that you can update your progress without pressing the MODE or STOP button each time.



1. Start time by pressing the START button.
2. Press MODE button until the "Scan" symbol appears. ◀ will move every four seconds to a new function. To stop the scan function, press MODE or STOP.

Calorie: Automatically estimates the amount of calories that you are burning during your workout, based on your resistance levels and strokes per minute.



1. Determine your level of resistance for the arms and legs. Each level equals approximately one and one half turns on the knob. For example, an average setting would equal about three turns more resistance starting from the most negative setting.
2. Take the total and your number of strokes per minute and refer to the chart on page 6. The number in the appropriate box in the chart is the number that you should enter to have your calories automatically calculated.
3. Press MODE until the flashing arrow ▶ indicator is lined up with CALORIE. Press UP to choose the appropriate number (1 - 5).

GETTING STARTED

Once you have made your personal workout adjustments and selected appropriate resistance levels, you are ready to begin your workout. Form, technique and proper grip are three important things to keep in mind as you perform your workout.

Form and Technique



incorrect posture



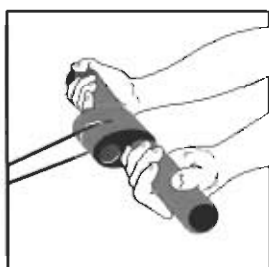
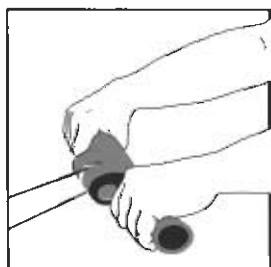
correct posture

Proper technique is essential to obtaining the maximum benefits from your workout as well as minimizing the potential for injury. It is important that you begin at an intensity that allows you adequate time to develop rhythm, coordination, and a pace that you feel comfortable with, while making

sure you use proper posture.

Proper Grip

In most cases, use an overhand grip on the handle. An underhand grip may also be beneficial to work different muscle groups and reduce arm fatigue. You should grasp the handle comfortably and firmly without locking. Your grip originates from the fingers.



The Catch

Begin by sitting on the seat and strapping your feet into the foot pads. For ease of use, the foot straps should be loosely fastened. You should slide back until you feel the Back Stress Management System on the NordicSport Row seat cradling your lower back (lumbar). Throughout your motions, this will help support your lower back, help prevent over extension, evenly distribute your weight load across all your muscle groups and provide a comfortable workout position.

The catch is actually the last portion of the return



Stage 1. The seat absorbs shock as it flexes with you pulling back on the drive.



Stage 2. The seat continues to cradle and support you as it assists on your return.

and the first phase of power generation. Take a deep breath during the catch, keeping in mind the next phase of the rowing motion will be dominated by the leg muscles.

1. Come forward on the NordicSport Row by flexing your knees to a comfortable position and extending your arms fully with an overhand grip.
2. Your upper torso should be bent slightly forward at the waist, depending on your flexibility.
3. Maintain a straight back position with your head up throughout the entire exercise. Your chest should approach your knees in the catch phase if your range of motion allows.

The Drive Phase

The first portion of the drive demands maximum power generation from the legs, which do all the work in this phase of the movement. As in correctly lifting a heavy box, you should lead with your legs, keeping your back muscles flexed.

1. Lead with your legs. Push back against the foot pads while exhaling, keeping your back muscles flexed.
 2. Pull back on the handle. When your legs reach full extension (without locking your knees), continue the stroke action by leaning back slightly.
 3. Finish the movement by pulling the handles to your upper abdominal region with your arm muscles. When your legs reach full extension, your hands should reach the lower portion of your chest.
- NOTE: The drive stroke should be smooth and fluid. Your hands should remain on a level plane throughout the movement, and you should keep your head up.

A common mistake by the beginner is leaning too far backward at the end of the drive phase. This may be caused by setting the resistance too high for the arms. Remember, the motion should be smooth and fluid without drastic interruptions between phases. If this is occurring, lower the intensity by reducing the speed or the resistance on your upper body.

The Return Phase

1. The return begins by extending the arms and drawing the upper body forward at the hips. Holding the wrists in an extended position, the arms are pushing away from the body by the arm muscles until they also reach full extension.
2. Before the legs return to the starting position, the wrists flex the hands to prepare for the catch. The return phase motion is complete when you have returned to the original catch position.

NOTE: Your motions should be smooth and fluid - legs first, then arms in the drive; arms first, then legs in the return.

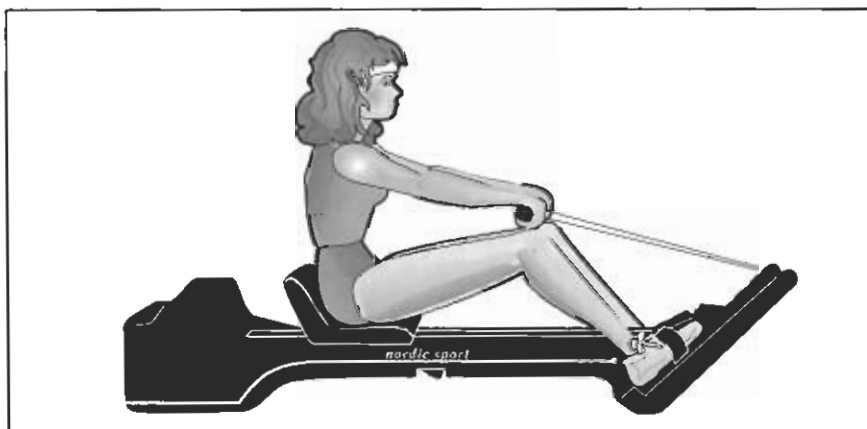


The Catch



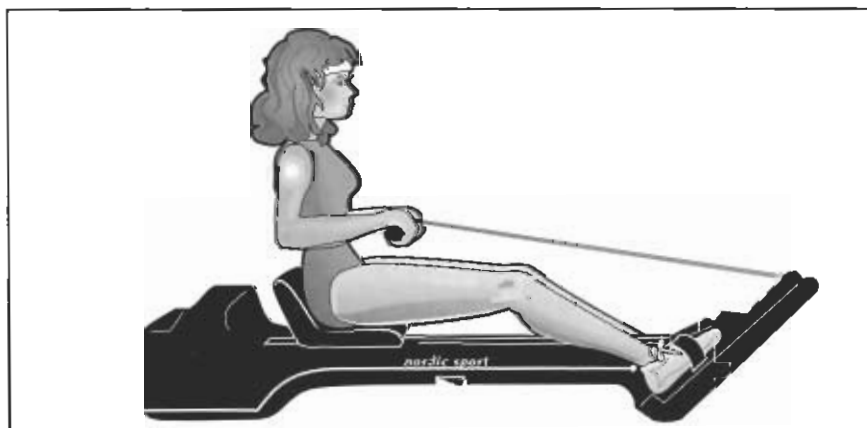
The catch is actually the last portion of the return and the first phase of power generation. Take a deep breath during the catch, keeping in mind the next phase of the rowing motion will be dominated by the leg muscles.

The Drive



The drive stroke should be smooth and fluid. Your hands should remain on a level plane throughout the movement, and you should keep your head up.

The Return



Your motions should be smooth and fluid - legs first, then arms in the drive; arms first, then legs in the return.



DESIGNING YOUR PROGRAM

To realize the full benefits of regular exercise on your NordicSport Row, personalize your exercise program to meet your needs and goals. A personal exercise program has several important components to consider: warm-up, stretching, frequency, intensity, duration, and rate of progression.

Warm-up and Stretching

The warm-up's purpose is to slowly elevate your pulse to an aerobic level. We suggest two to five minutes of slow speed to gradually ease into your workout.

Most fitness experts agree that aerobic activity should come before stretching. After the muscles are warm, stretching is safer and more efficient. The muscles will stretch farther. It is best to stretch two times during your workout, after the warm-up and previous to the cool-down (warm-down). This allows you to stretch warm muscles that have contracted during your aerobic workout. We recommend the six stretches shown below as appropriate for warm-up and cool-down.

Stretching exercises can improve and maintain your range of motion. Without flexibility, you increase your risk of injury. Flexibility in the lower back and hamstrings is particularly important for reducing the risk of lower back pain. Flexibility exercises should be performed slowly, gradually progressing to greater ranges of motion. A slow, static stretch (a stretch held in a position of tension) should be held for ten to thirty seconds. You should not bounce while stretching. Make sure your degree of stretch does not cause significant pain.

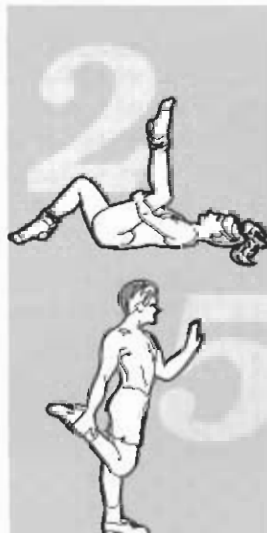
Suggested Stretches

Gently pull elbow behind head.



Gently pull knee to the chest.

Gently pull slightly bent leg back toward head.



Gently pull the heel toward the buttocks.

Use the elbow to stay stationary with controlled pressure to the inside, while slowly rotating the upper body.



Slowly move hips forward, keeping back flat and the heel of the straight leg on the ground.

Frequency

Frequency refers to the number of exercise sessions per week. You may vary from several daily sessions to three to seven sessions per week; depending on your needs, interests and fitness level.

NOTE: To improve cardiorespiratory endurance and keep your body fat at optimal levels, exercise at least three times per week with no more than two days between workouts.

When you are beginning your program on the NordicSport Row, exercising every other day is recommended, especially if you have been very inactive. This routine allows time to become comfortable with the machine and reduces the risk of muscle soreness, fatigue and injury. Once you are ready to do more, exercising daily will help you obtain greater results.

Intensity - your target heart rate

Exercise at the proper intensity.

The key to proper conditioning is to exercise in the heart rate target zone. Medical fitness research studies show that in order to increase fitness, exercise should elevate the heart rate to at least sixty percent of an individual's maximum heart rate. Most fitness authorities agree that the most desirable heart rate for exercising is between seventy and eighty percent of the maximum. Training at rates greater than eighty percent of the maximum isn't considered to further increase fitness level and may be dangerous.

To determine maximum heart rate, subtract your age from 220. Use the following heart rate chart on page 11 to determine your approximate effective training range.

Maximum heart rates decrease with age, as shown in the chart. CAUTION: Individual maximum heart rates sometimes vary from the theoretical prediction, and exercising at elevated heart rates may be dangerous to some people.



During exercise, measure your training heart rate by stopping approximately every five minutes during the initial days of your exercise program to count your pulse. Locate it quickly, within one to two seconds. In taking your pulse during an exercise session, it is easiest to count for ten seconds, then multiply by six. This gives you the total number of beats in sixty seconds or one minute.

The pulse is best counted using the carotid pulse. Place two fingers from the same hand lightly on one side of the neck adjacent to the larynx or voice box area.

The radial pulse is taken by placing two fingers from one hand lightly on the thumb side of the bottom of the opposite wrist.

In the initial stages of your exercise program, you should compare your resting heart rates taken by using both the carotid and the radial pulse techniques.

Duration

Duration refers to how long you work at the intensity you have selected. Beginners should start with ten to twenty minutes of aerobic activity. People in average shape should exercise for fifteen to forty-five minutes. Highly fit people can exercise for thirty to sixty minutes.

How long you work out will depend on your energy level and intensity (resistance settings + your pace). Moderate to low intensity sessions of longer duration are desirable because they carry a lower injury risk and involve a high total caloric expenditure.

According to fitness experts, the body responds most favorably to minimum of twenty minute sessions, four to five days per week. Within this time, most of the

psychological, cardiovascular-respiratory, and heart health benefits from physical activity are positively affected.

Rate of Progression

Progression in your fitness program depends on many variables. The American College of Sports Medicine states that there are three stages to an exercise program:

1. Initial Conditioning Stage

This stage usually lasts four to six weeks, but will depend on how quickly you feel comfortable with the program. We recommend keeping a lower intensity during your workouts to avoid excessive muscle soreness, injury, discomfort and discouragement. It is best to be conservative when starting an exercise program, and to progress gradually. Beginners can start with twelve minutes per session, and slowly increase to twenty minutes during this stage.

2. Improvement Conditioning Stage

This stage usually lasts twelve to twenty weeks. You progress more rapidly during this stage. Your exercise intensity and duration can be increased every two to three weeks.

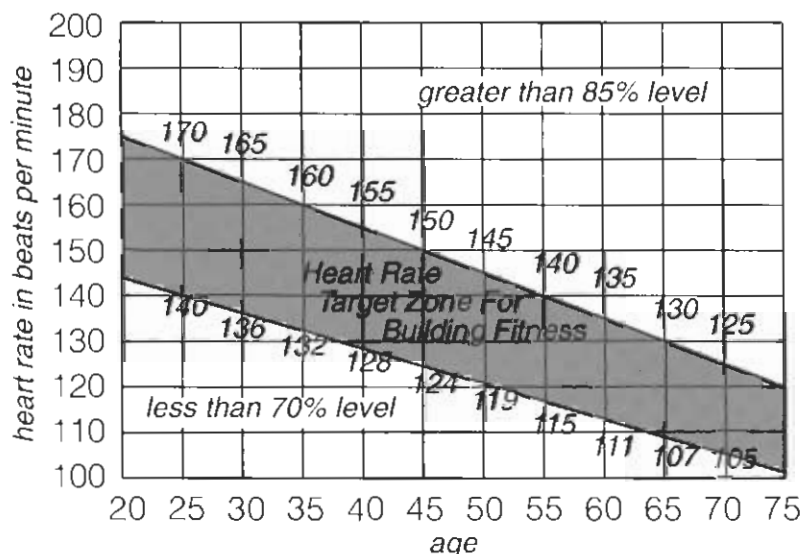
However, how quickly you increase these two variables will depend largely on your age. As a general rule, for each decade of life after age thirty, the body takes approximately one week longer to adapt to an increased exercise level. It is reasonable to increase from twelve to thirty minutes per session during this stage. The goal is to expend three hundred calories per session (usually done in thirty minutes) and one hundred calories per week (at least three sessions per week).

3. Maintenance Conditioning Stage

Once you have reached your desired level of fitness, you have entered the maintenance stage of your exercise program. This stage usually begins six months after the start of training and continues on a regular, long-term basis.

By making exercise an integral part of your life-style, you'll realize improved health, attitude, appearance, and increased longevity.

Recommended Heart Rate Ranges for Cardiovascular Fitness



PERSONAL TRAINING ROUTINES

Your individual goals and objectives will largely determine the training program most appropriate for you. The basic technique for developing aerobic fitness involves low intensity, continuous activity for periods of five minutes or longer. The duration of activity is progressively increased to ten, fifteen, and twenty minutes or longer. The intensity is also progressively increased so that you can cover greater distances in the same time. As the circulatory, respiratory, and muscular systems' capacities increase, the ability to deliver oxygen to the muscle tissues increases. Continuous training has also been identified as long-slow-distance (LSD). This variation of continuous training involves greater duration and less intensity as a means of developing aerobic power.

There are two basic types of rowing intervals. When rowing for longer distances, your demand for oxygen is supplied constantly. This is called steady state exercise. During long steady distance rowing, you use fairly light loads since your goal is to row for at least twenty minutes or longer without becoming exhausted.

Interval training is alternating work and rest periods during a training session. A work bout is followed by a rest period, then another work bout and so on, when interval training. This type of training rests on a sound physiological fact that you can produce a much greater total work load in a training session if the bouts of exercise are spaced. Improving your sport performance often means raising your anaerobic threshold (the point in which lactic acid accumulates in the blood and causes fatigue). Research has demonstrated that interval training is the best method for both raising that threshold and simulating the demands of competition. Interval training techniques can be used to train all three energy supply systems:

1. APT (adenosine triphosphate - which is a high energy phosphate that supplies the energy for muscular contractions)
2. lactic acid (anaerobic - which is the intermediate energy system exhausted after thirty to sixty seconds)
3. the aerobic system

WORKOUT 1 - BEGINNER

Total time	15 minutes
Intensity	50 - 60 percent of maximum heart rate reserve*
Frequency	3 - 5 days per week
Stroke rate	Approximately 20 - 30 strokes per minute

This program is designed to acquaint yourself with the NordicSport Row. This program is recommended for those individuals in the initial stages of their conditioning program (first 4 - 6 weeks). Experiment with low resistance settings and faster speeds until you find an intensity that feels comfortable and corresponds to your target heart rate. If 15 minutes is unattainable for you as a beginner, do not get discouraged. Your aim is to achieve the recommended duration by gradually increasing the time on the machine. You may find that your resistance selection is too high or your stroke rate too fast.

•Maximum heart rate reserve (MHR = 220 - Age (in years))



WORKOUT 2 - INTERMEDIATE

Total time	20 - 30 minutes
Intensity	60 - 65 percent of maximum heart rate reserve
Frequency	3 - 5 days per week
Stroke rate	Approximately 25 - 35 strokes per minute

This program is designed for individuals which have completed the initial conditioning stage and are progressing to the improvement conditioning stage (7 - 20 weeks).

3 - 5 minutes	Warm-up at low resistance and stroke rate.
10 - 15 minutes	Workout at a resistance and stroke rate that raises your heart rate to the desired intensity. Increase your rowing duration 2 - 3 minutes each week while increasing your target heart rate to 70 percent of maximum heart rate reserve.
3 - 5 minutes	Cool-down at low resistance and stroke.

WORKOUT 3 - INTERMEDIATE INTERVAL

Total time	25 - 35 minutes
Intensity	65 - 75 percent of maximum heart rate reserve
Frequency	2 times per week in addition to LSD training 2 - 3 times per week
Stroke rate	Variable

You should be in the end of the improvement stage or in the maintenance stage of conditioning before attempting this program.

3 - 5 minutes	Warm-up at low resistance and stroke rate.
15 - 20 minutes	Increase resistance and row fast and rhythmically for 30 seconds, keeping at lower end of target heart rate. After 90 seconds or more of first, rowing with little or no resistance at all, start up again. Repeat 5 repetitions of these.
3 - 5 minutes	Cool-down at low resistance and stroke rate.

WORKOUT 4 - LADDER

Total time	25 - 40 minutes
Intensity	70 percent of maximum heart rate reserve
Frequency	2 times per week in addition to LSD training 2 - 3 times per week
Stroke rate	Variable

This workout should be attempted if you can sustain a half hour of continuous rowing. It is designed when you reach the maintenance conditioning stage.

2 - 3 minutes	Warm-up at low resistance and stroke rate.
15 - 20 minutes	Increase resistance slightly, then row 15 strokes fast, 25 strokes easy; 25 strokes fast, 25 strokes easy; 35 strokes fast, 25 easy. When you work your way up the ladder to 50 strokes fast, start working your way back down the ladder to the starting point.
3 - 5 minutes	Cool-down at low resistance and stroke rate.



WORKOUT 5 - ADVANCED INTERVAL

<i>Total time</i>	<i>30 - 40 minutes</i>
<i>Intensity</i>	<i>75 - 80 percent of maximum heart rate reserve</i>
<i>Frequency</i>	<i>2 times per week in addition to LSD training 2 - 3 times per week</i>
<i>Stroke rate</i>	<i>Variable</i>
<i>3 - 5 minutes</i>	<i>Warm-up at low resistance and stroke rate.</i>
<i>20 minutes</i>	<i>Increase resistance. Use your heart rate as an indicator of proper resistance. Row non-stop for 3 minutes, followed by a 1 minute rest interval rowing with low or no resistance. Perform 5 repetitions. In each succeeding week add 1 repetition until you get up to 10 repetitions. In each succeeding week add repetition until you get up to 10 repetitions per session.</i>
<i>3 - 5 minutes</i>	<i>Cool-down at low resistance and stroke rate.</i>

MAINTAINING YOUR NORDICSPORT™ ROW

After each use:

1. *Chrome Maintenance:* The chrome should be wiped off immediately after use. Perspiration contains salt that may cause rust to develop. In addition, the chrome should be cleaned and polished regularly to prevent rust and dirt build-up. Any rust can be removed by using a chrome cleaner/polisher that is available at most hardware or auto parts supply stores. With a soft rag and the chrome cleaner, light rust and stains should come off. For heavier rust, use WD-40® lubricating oil or an anti-rust lubricant and fine steel wool (#0000) applying very light pressure.

2. *Seat Maintenance:* Wipe off with a damp cloth.

WD-40® is a registered trademark of the WD-40 Company.

Monthly:

1. *Flywheel Maintenance:* Clean the groove of the flywheels by folding a two to three inch piece of grit sandpaper in half lengthwise, with the rough sides facing out. Insert the sandpaper between the flywheel and drag strap. Exercise for five to ten minutes at your regular tension setting. Release the tension on the strap.

Remove the sandpaper and wipe off the flywheel with a cloth. The clean flywheels will enable the most consistent leg and arm tension possible. To increase the life of the springs, we also recommend releasing the tension on the drag straps when the machine is not being used.

2. *Drag Strap Care:* A clean drag strap will provide the best performance and durability. The drag strap can be reversed for longer wear if it becomes slightly frayed or blackened. The strap can be removed from the machine and cleaned. (Please note how the strap is routed before removing it from the machine.) Simply hold the ends of the strap, and with a quick motion, repeatedly pull the strap tightly to remove any dust. Do this outside, for a considerable amount of dust may come from the strap.

3. *Cords:* Visually examine the cords once a month to check for wear and tear and/or fraying.



CUSTOMER INFORMATION

Please call toll free to our Customer Service Department with questions concerning the use or operation of your NordicTrack equipment. Our representatives are available:

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

1 (877) 651-6119

Discover *n o r d i c s p o r t*TM



NORDICTRACK U.S. AND FOREIGN PATENTS PENDING

PRINTED IN U.S.A.

© 1991 NORDICTRACK, A CML COMPANY

NT9050