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ExerScience.
EZSKI 3100
By NordicTrack

Owner's Guide

NOW YOU CAN ACHIEVE YOUR FITNESS GOALS — WITH EXERSCIENCE

Congratulations! You did it. You finally bought an exercise machine. But, it isn't just any exercise machine. You purchased an ExerScience® fitness product: the EZSKI 3100 aerobic exerciser.

BEFORE YOU START...

We know that you are ready to get started on your new exerciser. Please take some time to read through our easy-to-use guide. You will find useful information about how to assemble, use and care for your exerciser to get the most from it. There is also helpful information about how to maximize the effectiveness of your fitness routine.

WHATEVER YOUR FITNESS GOALS, EZSKI 3100 GETS RESULTS.

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set realistic, attainable goals and reward yourself when you meet those goals. Today, more than ever, aerobic exercise is your key to reaching your fitness goals.

ENJOY BETTER HEALTH

Active people are simply healthier — they suffer less from illness and poor health. Staying active with EZSKI 3100 is easy. You can get a vigorous workout in as few as 20 minutes, three times a week — in your own home!

IMPROVE PERSONAL APPEARANCE

Nearly everyone has a part of their body they would like to improve. While targeted muscle conditioning works to strengthen muscle, it does not reduce body fat. To get rid of the pockets of fat stored over muscle tissue, you need an effective aerobic workout. EZSKI 3100 exercises all of your major muscle groups. You can tone and firm your entire body, not just your lower body.

EXPERIENCE REAL WEIGHT LOSS

Diets starve your body of essential food and nutrients. When you diet your metabolism decreases the rate at which it burns calories and it increases your appetite. You feel hungry, tired and frustrated. As a result, you quit your diet. The pounds seem to pile on quickly because your body is now burning calories at a far slower rate. Clinical tests show that the superior total-body workout of the EZSKI 3100 exerciser burns more than 800 calories per hour. EZSKI 3100 burns more calories because it uses more muscles. Muscle is your body's primary calorie-burning source. The healthy combination of sensible eating and an EZSKI 3100 workout has worked for many others — and it can work for you!



LEARN LIFELONG WEIGHT MANAGEMENT

Aerobic exercise increases your metabolism and calorie consumption. This increased metabolic rate may continue for 12 or more hours after exercise. Even after exercise, your body continues to burn calories at a high rate.

RELIEVE STRESS NATURALLY

Study after study reveals that people who exercise regularly report lower levels of stress and depression. Though no one knows exactly why, it has been shown that exercise actually changes the body's chemistry. Exercise causes the brain to produce endorphins and other substances that promote emotional stability, muscle relaxation and a sense of well-being.

CONDITION YOUR CARDIOVASCULAR SYSTEM

As research shows, **total-body** fitness strengthens your heart and lungs more effectively than lower-body exercise alone. EZSKI 3100 works ALL of your major muscle groups at a level that's comfortable for your heart; you work your heart at the fitness-building level without over straining any one muscle group. You can strengthen your cardiovascular system more efficiently.

WITH EXERSCIENCE EZSKI 3100 YOU GET THE BEST OF BOTH WORLDS!

Fitness experts agree that cross-country skiing is the world's best form of aerobic exercise. And now it's even easier to enjoy this superior total-body workout with the ExerScience® EZSKI 3100.

Your exerciser uses the same legendary flywheel as the traditional NordicTrack® ski exercisers to give you a smooth, non-jarring workout. Plus, the comfortable arm poles balance your stride and ease you into your workout. You will feel secure and stable resting against the adjustable hip pad.



ENGINEERED BY NORDICTRACK TO GO THE EXTRA MILE.

Today, the ExerScience EZSKI 3100 is made in Glencoe, Minnesota with the same care and attention to detail that was put into our first machine. You can feel confident knowing that 20 years of world-famous fitness technology, design expertise and craftsmanship are built into your exerciser.

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If you ever have any questions, please give us a call. We're always just a phone call away...

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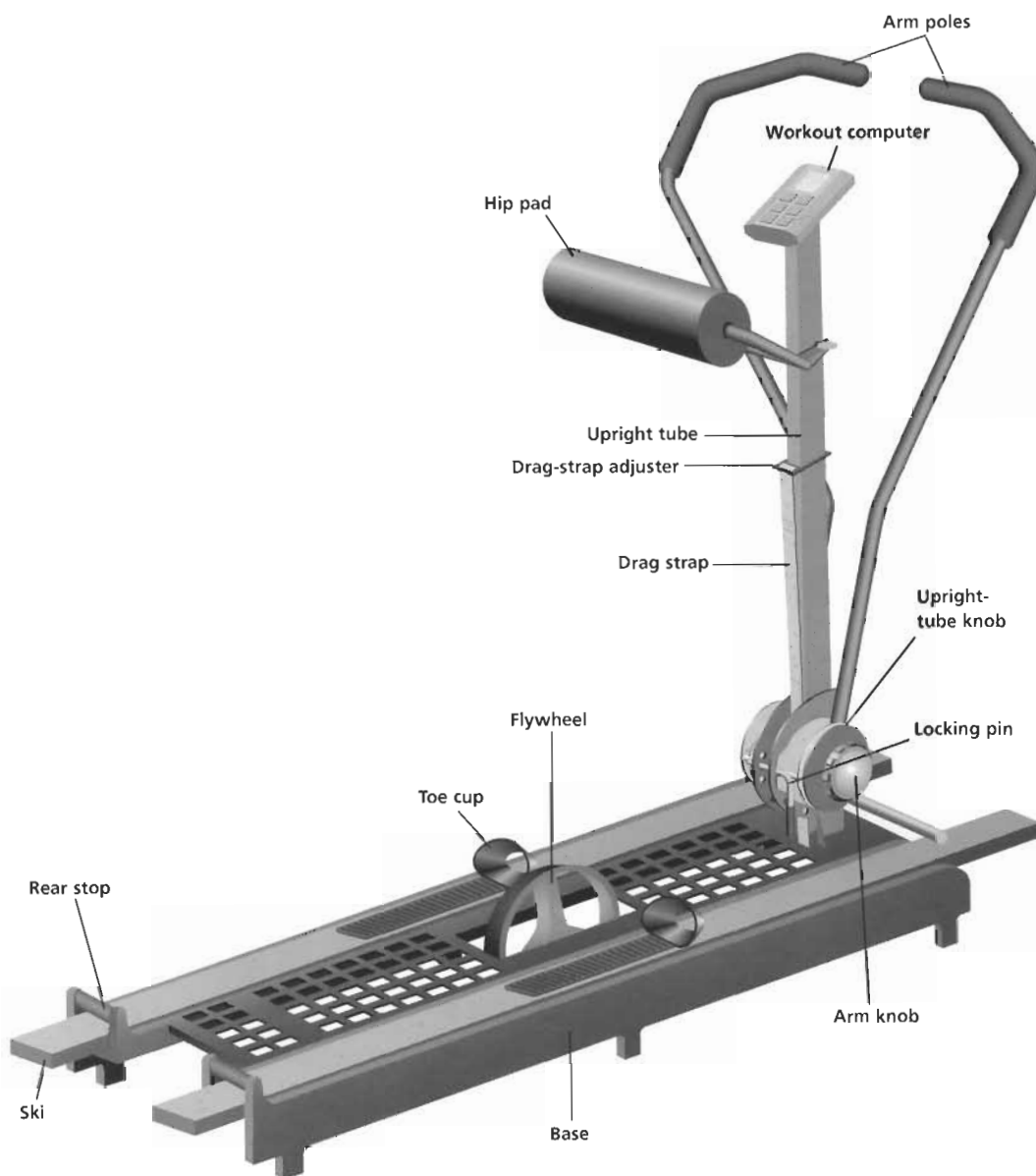
The following **pages contain important information that will help you maximize your use and enjoyment of your aerobic exerciser.** Be sure to read this guide thoroughly before attempting to use your aerobic exerciser.

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IMPORTANT SAFETY INFORMATION

- 1. Consult your physician before beginning any exercise program.** If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is essential. Be sure to have your doctor help you determine your target heart rate range.
- 2. Be aware of your body's signals and react to them accordingly.** Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs. You should be able to whistle or maintain a normal conversation while you are exercising at the proper intensity.
- 3. Stop exercising and consult your physician immediately if you experience any of the following symptoms:** pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, dizziness, lower back pain or feeling lightheaded.
- 4. Start your program very slowly.** Changing your lifestyle takes time and commitment. Begin with three to five minutes of slow skiing several times a day. Progress gradually as your fitness level improves.
- 5. It is essential that you warm up and stretch your muscles before exercising.** Follow the guidelines on pages 14 through 17.
- 6. Always wear appropriate exercise clothing.** We recommend that you wear exercise clothing such as a T-shirt, shorts and absorbent socks. It is important that you wear comfortable athletic shoes. A headband will help keep perspiration out of your eyes.
- 7. Use care when getting on and off of the exerciser.** The skis will move forward without any leg resistance. All left and right references are as if you are on the machine facing the hip pad.
- 8. Keep small children and pets away from the moving parts of the exerciser while it is in use.** This product is designed for adult use only; it is not intended for use by children. Please keep children and pets away when setting up, collapsing or using the machine.
- 9. When you are not using the exerciser, it can remain upright.** However, be sure to tighten the arm poles and lock them in place to prevent them from falling onto the base.
- 10. Be sure there is enough clearance for the flywheel to turn.** Place your exerciser on a flat surface with a protective covering for your floor or carpet. There should be at least a 1/2-inch clearance between the flywheel and the floor.
- 11. Make sure the upright-tube knob is tight and the upright tube is secure.** Also be sure that the hip pad knob is tight; the hip pad is designed for you to push against. There may be some slight movement to the upright tube.
- 12. Please perform the maintenance steps as recommended on pages 21 to 25.** This will help to ensure the safe and efficient operation of your exerciser. It will also protect your warranty rights.

GET TO KNOW YOUR EZSKI 3100



PARTS LIST

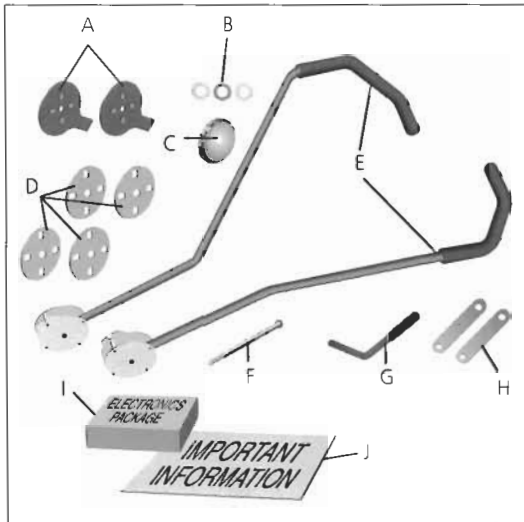


FIGURE 1

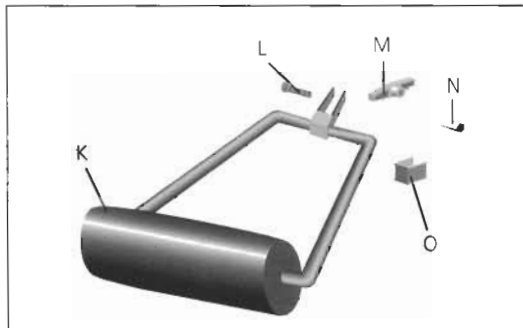


FIGURE 2

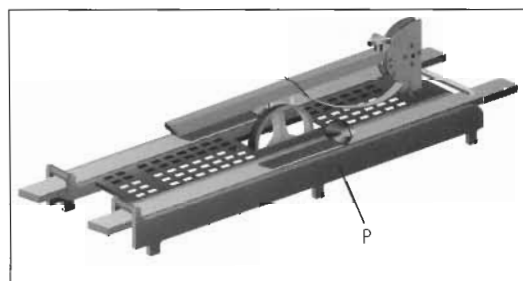


FIGURE 3

Unpack your exerciser where you intend to use it.
Retain all packing material for the duration of your
in-home trial period. Verify the parts with the parts list.

FIGURE 1

- 2 Plates (A)
- 1 Washer-bearing-washer assembly (B)
- 1 Arm knob (C)
- 4 Brake pads (D)
- 2 Arm poles (E)
- 1 5 1/2-inch bolt (F)
- 1 Locking pin (G)
- 2 Flat wrenches (H)
- 1 Electronics package (I)
- 1 Information packet (J)

FIGURE 2

The following parts are already assembled on hip pad:

- 1 Hip pad (K)
- 1 Hip-pad bolt (L)
- 1 Hip-pad knob (M)
- 1 Cylindrical-plastic sleeve (N)
- 1 U-shaped plastic sleeve (O)

FIGURE 3

- 1 Base with upright tube and skis (P)

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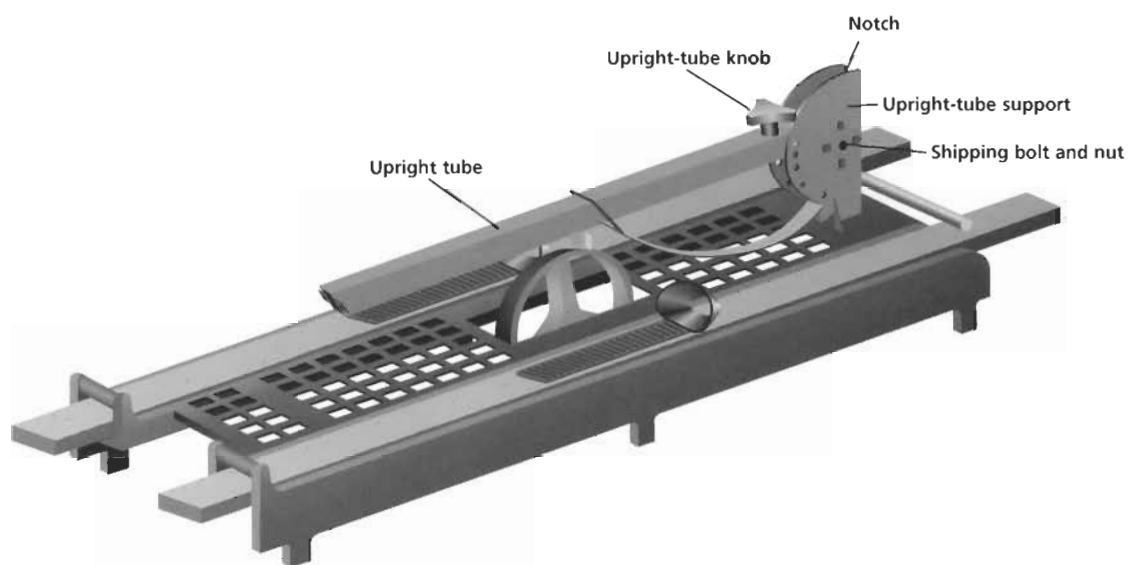
SET-UP THE EZSKI 3100

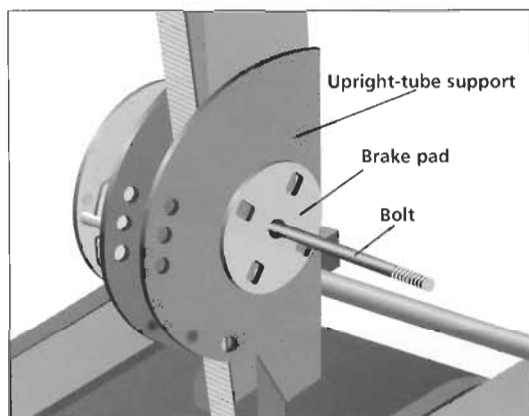
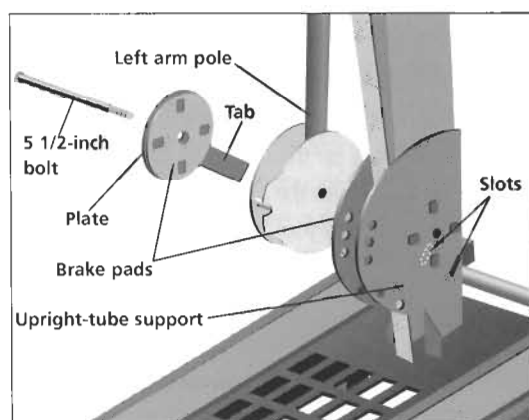
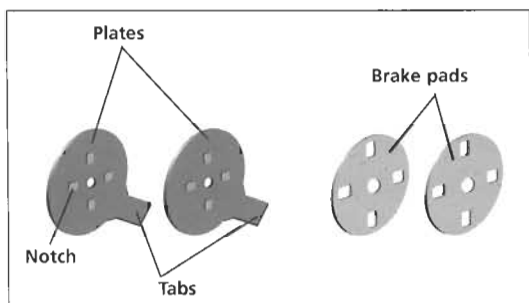
ASSEMBLY OVERVIEW

- Position the upright tube
- Connect the arm poles
- Fine-tune the leg resistance
- Attach the hip pad
- Install the exerciser computer

POSITION THE UPRIGHT TUBE

1. Use the flat wrenches to loosen the shipping bolt and nut going through the upright-tube support. Do not remove the bolt yet.
2. Turn the upright-tube knob counterclockwise to loosen it.
3. Raise the upright tube to a vertical position. Make sure the upright-tube knob bolt fits into the notch on the upright-tube support. Turn the knob clockwise to tighten.
5. Remove the shipping bolt and nut from the base of the upright tube and set them aside (they will not be put back on the machine). Retain the nut and bolt along with the other packaging materials for the duration of your in-home trial period.





CONNECT THE LEFT ARM POLE

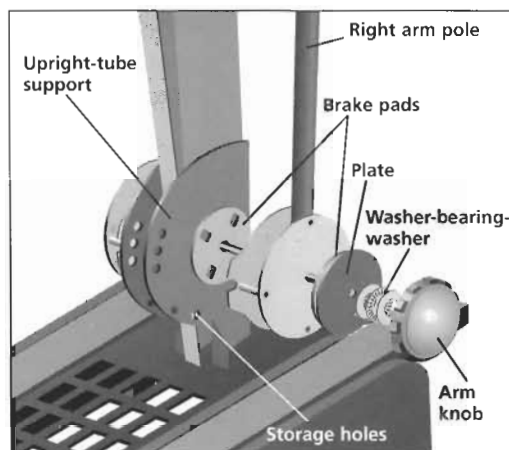
It is very important that the left and right arm poles are properly positioned. **They are NOT interchangeable.** The top end of the left arm pole is labeled with a dot to help you identify it. Place the poles so the hand grips bend toward the base of the exerciser.

1. Fit a leather brake pad onto the notches of a plate. Be sure to place the rough side of the brake pad against the plate. Press on the pad to be sure it is securely attached.
2. Insert the 5 1/2-inch bolt through the plate. The smooth side of the brake pad should face the upright tube.
3. Slide the left arm pole onto the bolt.
4. Fit a leather brake pad onto the notches on the left side of the upright-tube support. The rough side of each brake pad should be against the upright-tube support. Press on the pad to be sure it is securely attached to the upright-tube support.
5. Insert the bolt from left to right through the upright-tube support and the upright tube. Fit the tab at the bottom of the left plate into the slot in the upright-tube support.
6. Slide a brake pad onto the bolt on the right side of the upright-tube support and fit it onto the notches.

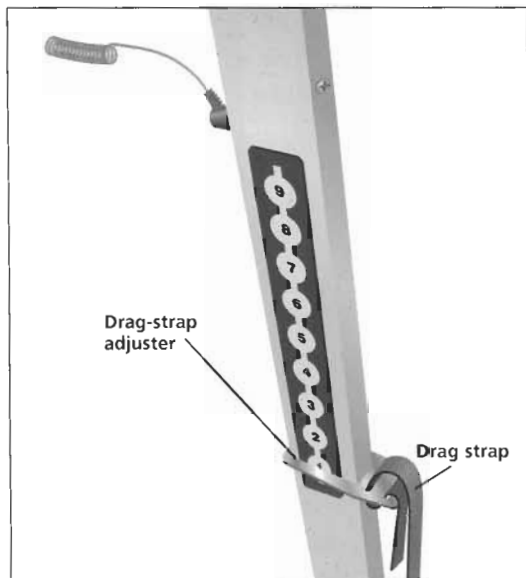
CONNECT THE RIGHT ARM POLE

1. Slide the right arm pole onto the bolt.
2. Fit a brake pad onto the notches of the remaining plate. Position the plate onto the bolt. The smooth side of the brake pad should face the upright tube. Fit the tab on the right plate into the slot in the upright-tube support.
3. Slide a washer onto the end of the bolt, followed by the bearing and the other washer.
4. Attach the arm knob. Turn it clockwise until the parts fit closely together. The arm poles should be moveable, but remain stationary when you lift them. Rest the arm poles on the base.
5. Place the locking pin in the storage holes of the upright-tube support.

NOTE: The blue insert on the 5 1/2-inch bolt will help to ensure that the arm knob remains secure; do not remove it.



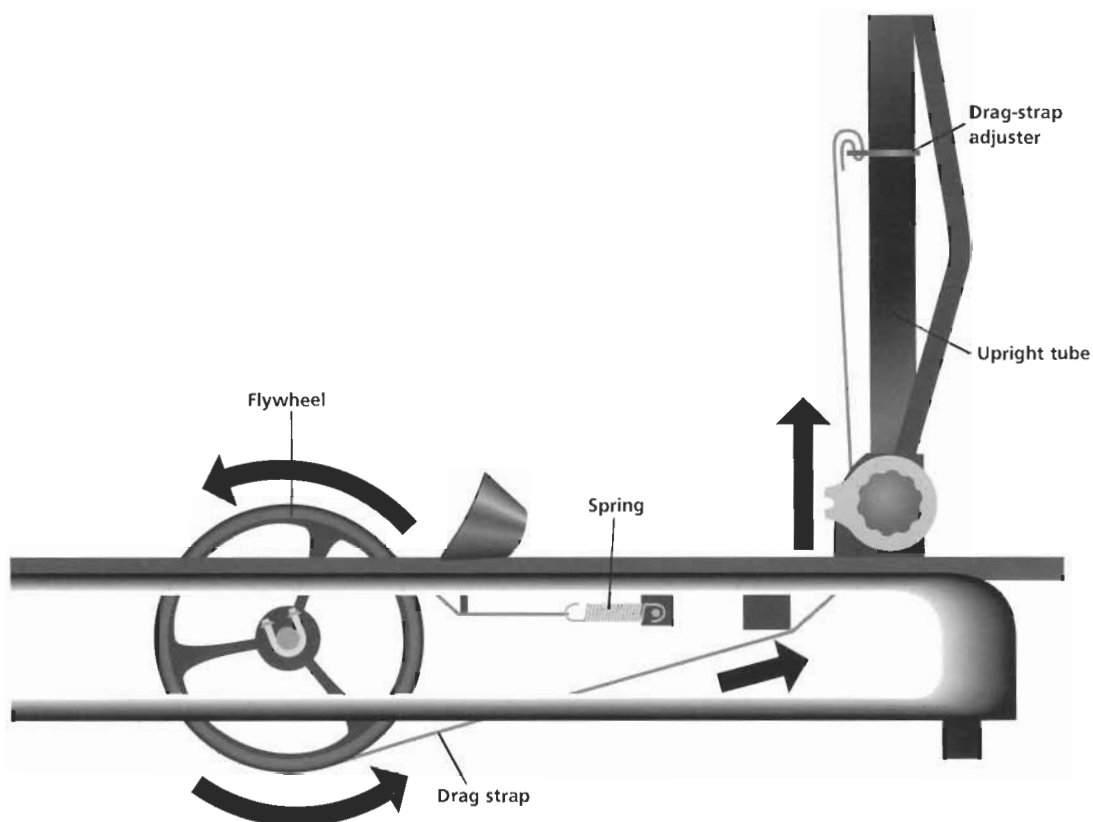
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FINE-TUNE THE LEG RESISTANCE

The leg resistance on your exerciser has been preset at our factory. Perform the following steps to make sure the leg resistance is fine-tuned.

1. Stand next to the ski exerciser.
2. Set the drag-strap adjuster to "1."
3. Be sure the drag strap is properly routed around the flywheel.
4. Adjust the amount of drag strap threaded through the drag-strap adjuster; the drag strap should be taut and the spring on the underside of the base just beginning to expand. The leg resistance can be readjusted when you are ready to exercise.



ATTACH THE HIP PAD

1. Set the drag-strap adjuster to "9." Remove the hip-pad bolt, hip-pad knob and the cylindrical plastic sleeve from the hip pad assembly (Figure 1).
2. Make sure that the U-shaped plastic sleeve is still inserted into the hip-pad bracket.
3. Stand next to the exerciser. Fit the hip-pad bracket around the upright tube. The hip pad should angle upward and toward the rear of the machine.
4. Hold the hip-pad assembly in position with one hand. With the other hand, slide the hip-pad bolt slightly through one side of the hip-pad bracket (Figure 2). The bolt may be inserted from the left or the right side. Slide the cylindrical plastic sleeve partially onto the hip-pad bolt.
5. Push the hip-pad bolt through the other side of the hip-pad bracket.
6. Tighten the hip-pad knob onto the threaded end of the hip-pad bolt. This will secure the hip pad.

INSTALL THE EXERCISE COMPUTER

Follow the instructions included in the electronics package to install, program and use your computer.

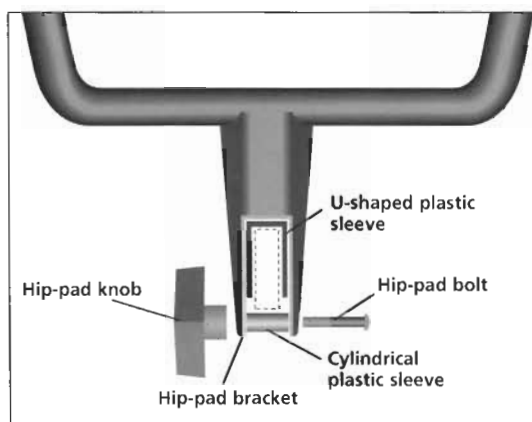


FIGURE 1

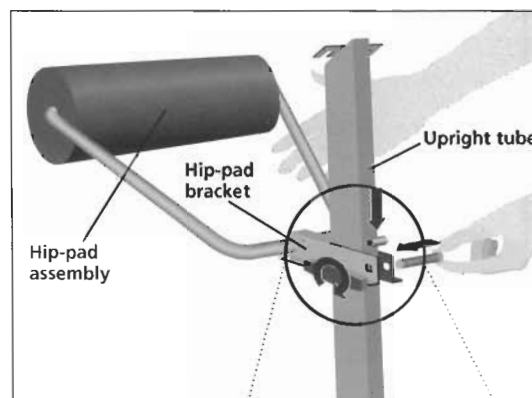
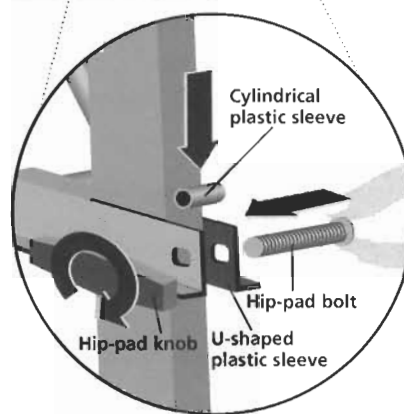
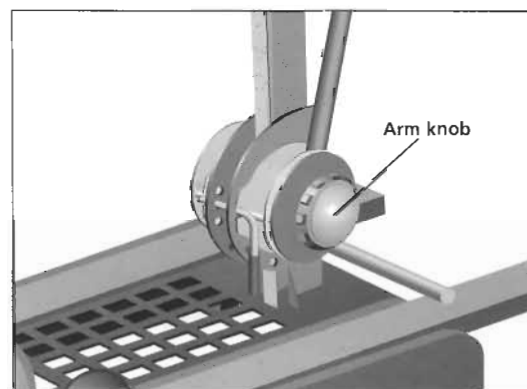
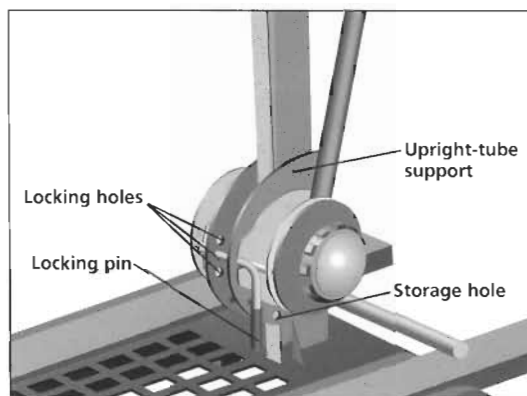


FIGURE 2



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ADJUST THE EZSKI 3100



LOCK THE ARM-EXERCISER POLES

If you wish to perform only the leg motion, you may lock the arm poles into place and hold onto them for balance. The Exerscience® EZSKI 3100 has three different locking positions to accommodate differences in height and stride length.

1. Remove the locking pin from the upright-tube support and raise the arm poles to an upright position.
2. Align the slots in the arm poles with one of the locking holes in the upright-tube support.
3. Insert the locking pin through all of the holes. Make sure it extends completely through both of the arm poles and the upright-tube support.
4. Rotate the locking pin down to secure it in place. The capped end of the pin should be perpendicular to the base.

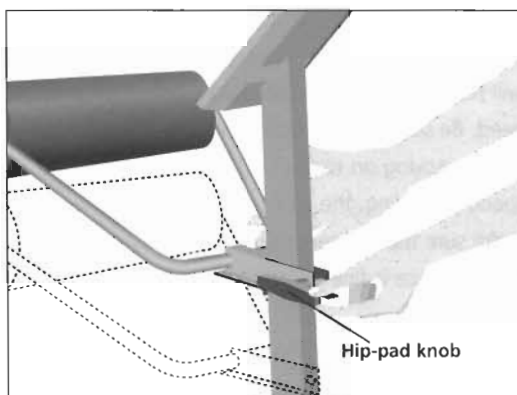
ADJUST THE UPPER-BODY RESISTANCE

The arm knob is located at the bottom of the upright tube. Turn it clockwise to increase the resistance on the arm poles and counterclockwise to decrease the resistance. Hold onto the arm poles when you are adjusting the resistance so the poles do not fall backward onto the base.

POSITION THE HIP PAD

The height of the hip pad can be easily adjusted for different users. The top of the hip pad should rest comfortably at hip level, about one inch below your navel. It should be high enough that it does not restrict leg movement and low enough that it does not press against your abdomen.

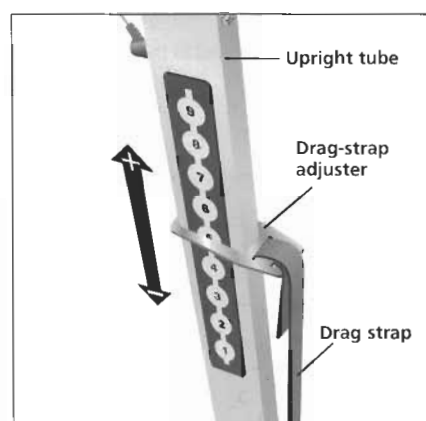
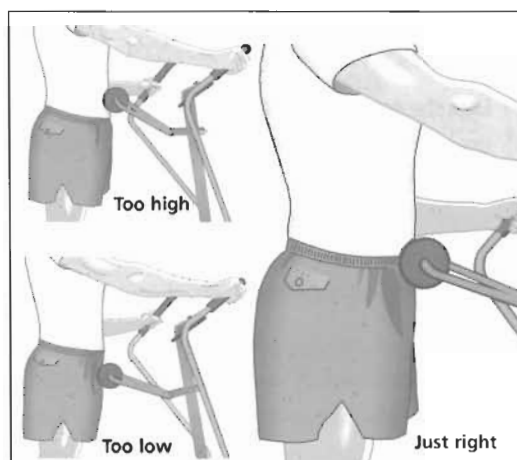
1. Increase the leg resistance to "9."
2. Carefully step onto the skis.
3. Hold the hip pad with one hand. Turn the hip-pad knob counterclockwise to loosen it.
4. Slide the hip pad up or down on the upright tube.
5. Turn the hip-pad knob clockwise to secure the hip pad in place.



SELECT THE LEG RESISTANCE

The amount of leg resistance can be easily adjusted by moving the drag-strap adjuster on the upright tube. To increase the resistance, raise the drag-strap adjuster. Decrease the resistance by lowering the drag-strap adjuster.

Use the numbered settings on the upright tube to ensure consistent levels of resistance and to track your progress. Each number on the leg resistance is equal to about four pounds of resistance (example: 1=4, 2=8, 3=12, etc.). To fine-tune the leg resistance, refer to page 8.

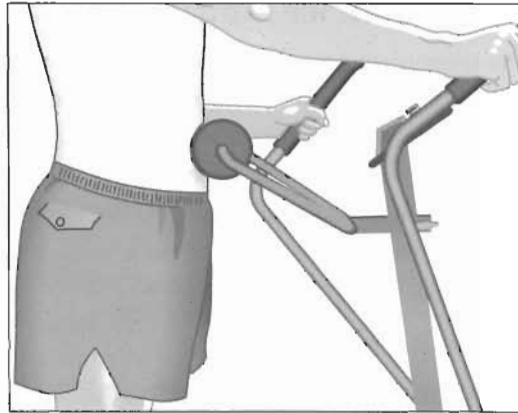


LEARN TO USE THE EZSKI 3100

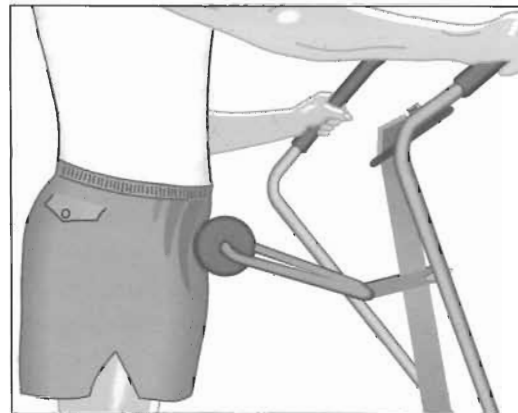
Learning to use the ExerScience® EZSKI 3100 is like learning to ride a bike. Once you know how, using it will feel like second nature. Take as much time as you need. Be sure you feel comfortable with each step before moving on to the next. The more time you spend practicing, the easier it will become. Please make sure the hip pad is properly adjusted and the leg resistance is fine-tuned before beginning to ski.

ADJUST THE HIP PAD

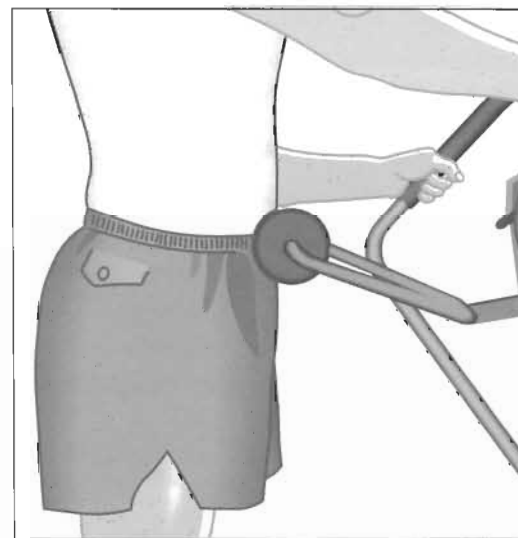
- Make sure the leg resistance is set as high as it will go. This will keep the skis in place while adjusting the hip pad. Remember, the skis move forward with no resistance.
- Lock the arm poles in place. Move the arm poles to one of the three forward positions and lock them in place. Hold onto the arm poles or hip pad for support. Carefully step onto the exerciser. Place your feet in the toe cups. Make yourself comfortable. Center your weight on the balls of your feet.
- Adjust the hip pad to hip level. Loosen the slide-clamp knobs on each side of the slide assembly. Slide the hip-pad assembly up or down on the upright tube. The top of the hip pad should rest about **one inch below your navel**. It should not restrict your leg movement or press against your abdomen. Tighten the slide-clamp knobs to keep the hip pad in place. Make sure the knobs are secure.



Too high



Too low



Just right: 1 inch below your navel

START WITH THE LEG MOTION ONLY

The leg motion on the EZSKI 3100 can be as easy as walking. We recommend just doing the leg motion until it feels comfortable.

- Lower the leg resistance. Set the drag-strap adjuster between "2" and "5" on the upright tube. Increase the leg resistance if you slide away from the hip pad. Decrease the resistance if you have to strain to move the skis back.
- Hold onto the arm poles 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. Do not look down at your feet. Keep your head up, looking forward.

Let your heel rise naturally at the back of your stride. Be sure you do not lift the ski off of the machine. Keep the balls of your feet on the skis at all times. Continue to move both feet in a smooth walking motion.

There is no defined range of motion for your stride. As you exercise, you may want to increase or decrease your stride length depending on your comfort level.

- 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. Each of us has a different learning curve; don't expect to master it your first time. With practice, you will get on track!

ADD THE ARM MOTION

- Continue the leg motion. Let your heel rise naturally at the back of your stride, without lifting the ski. Keep the balls of your feet on the skis at all times.
- Grasp the arm poles. Move both feet in a smooth walking motion. Push and pull the arm poles as you move your legs. When your right leg is forward, your right arm should be back. Increase the leg resistance if you slide away from the hip pad. If the arm poles interfere with your natural walking stride, it may help to adjust the hip pad to a higher position.

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PLAN YOUR PERSONAL FITNESS PROGRAM



This section was developed by exercise physiologists at The National Exercise For Life Institute, an educational and research arm of NordicTrack, to help maximize your use and enjoyment of your aerobic exerciser.

SIX STEPS OF EXERCISE PROGRESSION

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts which should be performed in the following order:

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 unnecessary injury and muscle soreness — common reasons for quitting an exercise program. We suggest that you warm up with five minutes of slow skiing on your aerobic exerciser.

2. STRETCH

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on pages 16 and 17.

3. AEROBIC CONDITIONING

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

Frequency

Frequency refers to the number of workouts per week. The recommended number of sessions is 3 to 5 times per week. Exercising 4 to 5 times per week maximizes fat reduction and cardiovascular development.

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate (see the following section on monitoring your heart rate).

Duration

Duration is the amount of time that the proper intensity level is maintained. The timer function of the monitor can help you track your workout. Beginners should start with 10 to 20 minutes of aerobic activity. Those in average physical condition should work out for 20 to 30 minutes. Highly fit people should work out for 30 to 60 minutes.

4. COOL-DOWN

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

5. STRENGTH TRAINING

A strength training program is an essential component of a fitness program. It adds lean muscle mass to the body and aids in weight loss.

6. STRETCH

Stretching after exercise helps to decrease muscle soreness. We recommend that you complete the stretches described on pages 16 and 17.

DETERMINE YOUR TARGET HEART RATE

Your target heart rate is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your maximum heart rate (MHR). MHR is the maximum number of times that your heart can “pump” during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your maximum heart rate. Only clinical stress testing can provide an exact MHR reading.

Once you have determined your MHR, you can establish your target heart rate zone. We recommend that you strive to exercise at 60 to 85 percent of your MHR. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. The chart below shows the target heart rate range zones for beginner, intermediate and advanced exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate 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. Touch your wrist about one-fourth of an inch from the left wrist joint, (at the base of your thumb) with the index and middle fingertips of your right hand.

Relax your left thumb and roll your hand until your thumb extends upward. Place your index and middle fingers flat along your left wrist. Apply minimal pressure with both fingers. Let the pulse come to your fingers. Use the opposite wrist and hand if you can't find your pulse.



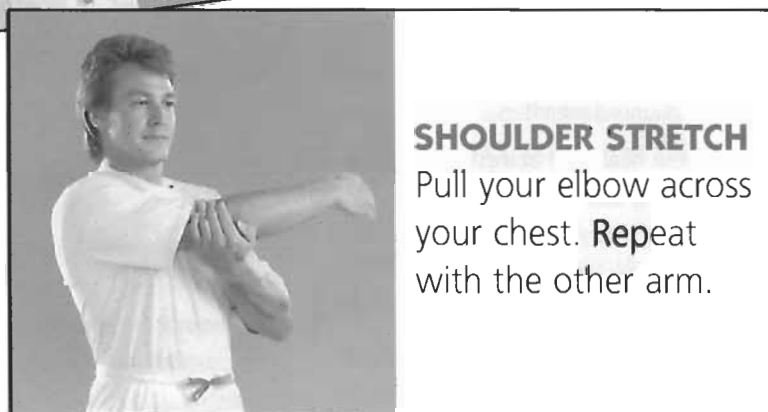
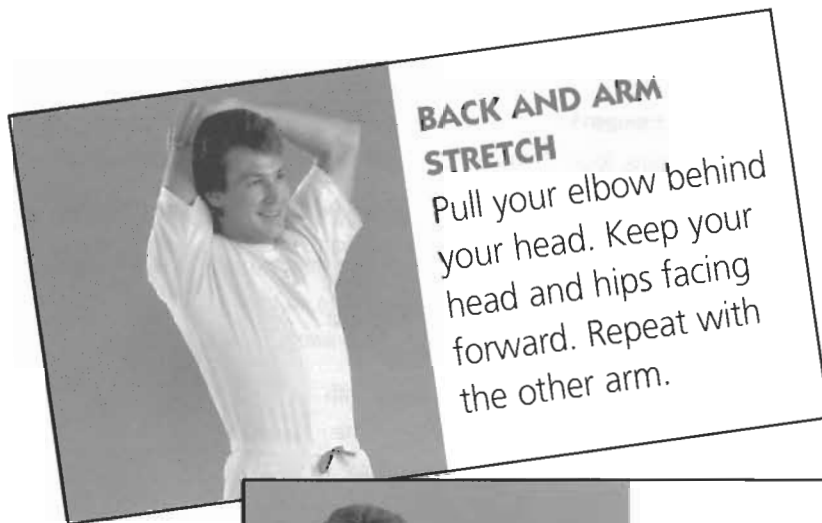
TARGET HEART RATE RANGE CHART

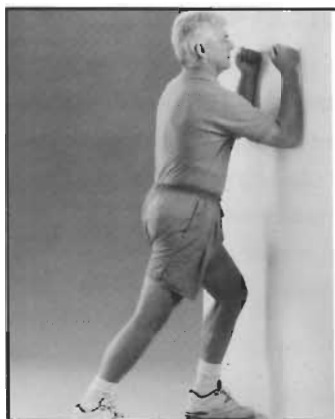
	Beginner 60%-70% of MHR		Intermediate 70%-80% of MHR		Advanced 80%-85% of MHR	
Age	10 sec.	1 min.	10 sec.	1 min.	10 sec.	1 min.
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

The figures in the chart are rounded to the nearest whole number.

RECOMMENDED STRETCHES

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





CALF STRETCH

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



HAMSTRING STRETCH

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



INNER-THIGH STRETCH

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



HIP STRETCH

Slowly pull one knee to your chest separately. Then pull both knees to your chest at the same time.

WEIGHT MANAGEMENT ESSENTIALS

Ideal weight varies for all individuals. Because muscle weighs more than fat, the bathroom scale does not tell the full story. Rather than monitoring your weight, monitor your percent of body fat. Ideally, a man's body fat content should be 15 to 20 percent of his total body weight. A woman's body fat content should be 20 to 25 percent of her total body weight.

DIETS ALONE DON'T WORK.

There are no miracle diets that can help you lose weight. Low calorie diet plans may help you achieve some weight loss, but they make it hard for you to get all the nutrients you need. Crash diets fail because they don't change your eating habits permanently. Proper weight loss and management occurs when you combine 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.

Safe weight loss occurs at a rate of one to two pounds per week. Long-term success depends on good eating habits complemented by a regular exercise routine. Exercise helps you burn calories both during and after participation. Aerobic exercise is one of the best types of exercise you can perform. Effective forms of aerobic exercise include 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 and carbohydrates. Eliminating excess fat can help you lose weight and keep it off. The American Heart Association reports that no more than 30 percent of your total daily caloric intake should be fat. (One gram of fat is equal to nine calories!)

SPOT REDUCTION IS A MYTH.

Exercising one part of your body won't take the fat off of that specific area. Only a regular program of exercise and a nutritious diet can assure you of healthy, safe and natural weight loss. The fastest way to a trim tummy or firm thighs is a regular program of total-body aerobic conditioning. Plus, you will be pleasantly surprised when the weight comes off in other areas too!

EXERCISE FOR WEIGHT LOSS.

An ideal program for weight loss is to exercise at 70 to 85 percent of your maximum heart rate or MHR 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 weight loss. It increases your muscle mass, which is your body's primary calorie burner.

MAKE EXERCISE A WAY OF LIFE.

The best way to stay healthy is to make exercise a way of life. Instead of thinking of exercise as a chore, think of it as a way to jump start your morning or wind down your day. Ironically, when people feel that they are too busy or too stressed to exercise, that is when they need it the most.

EXERCISES AND WORKOUT PROGRAMS

EXERCISES

SKIING WITHOUT THE ARM POLES

You may wish to rest your hands on the arm poles or the hip pad. Or, you may allow your arms to swing naturally as you ski. Push your right foot back, then your left. Work this into a smooth gliding motion. Keep your hips in contact with the hip pad.

SKIING WITH THE ARM POLES

Grasp the arm poles; use an overhand or underhand grip to hold on to the arm poles. Move your arms in harmony with your legs. When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

WORKOUT PROGRAMS

The following workout programs are only recommendations. We suggest that you start at the beginner level, work up to the intermediate and move on to the advanced levels when you are ready. Vary your tension settings and exercise speed to keep your heart rate at the desired intensity range. Move on to the next level when you feel ready, and you no longer find your workout challenging.

We recommend at least four, 30-minute workouts per week if you are trying to lose weight; studies have shown that fewer than four aerobic workouts a week do not contribute significantly to weight loss. Exercising for longer, or more frequent sessions, will accelerate your weight loss program. However, be sure you are staying within your target heart rate zone.

When first starting an exercise program, five to ten minutes of exercise may be sufficient. Slowly increase your workout time as your body becomes able to handle more exercise.

BEGINNER

Skiing without the arm poles: 5-10 minutes

Skiing with the arm poles: 5-10 minutes

Frequency: 2 – 3 days per week

Intensity: 60% – 70% of your MHR*

Duration: 10-20 minutes

ADVANCED BEGINNER

Skiing without the arm poles: 10 – 15 minutes

Skiing with the arm poles: 10 – 15 minutes

Frequency: 3 – 4 days per week

Intensity: 60% – 70% of your MHR*

Duration: 20 – 30 minutes

INTERMEDIATE

Skiing with the arm poles: 20 – 40 minutes

Frequency: 3 – 4 days per week

Intensity: 70% – 80% of your MHR*

Duration: 20 – 40 minutes

ADVANCED

Skiing with the arm poles: 40 – 60 minutes

Frequency: 4 – 5 days per week

Intensity: 80% – 85% of your MHR*

Duration: 40 – 60 minutes*

* MHR=Maximum Heart Rate (See page 15).

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WORKOUT LOG

You may want to photocopy this page before you use it.

[illegible]

CARE FOR THE EZSKI 3100

Wipe the base of the exerciser with a clean, dry cloth after each use to remove perspiration and dirt. Any household window cleaner may be used to clean the black metal surfaces. Do not use abrasive cleaners or substances that may leave a residue.

CARE FOR THE DRAG STRAP AND FLYWHEEL (MONTHLY)

The drag strap and flywheel maintenance described below should be performed once a month.

REMOVE THE DRAG STRAP

1. Set your leg resistance to the lowest setting by lowering the drag-strap adjuster on the upright tube.
2. Note the way the drag strap is routed around the flywheel. Remove it by disconnecting the ends of the drag strap.

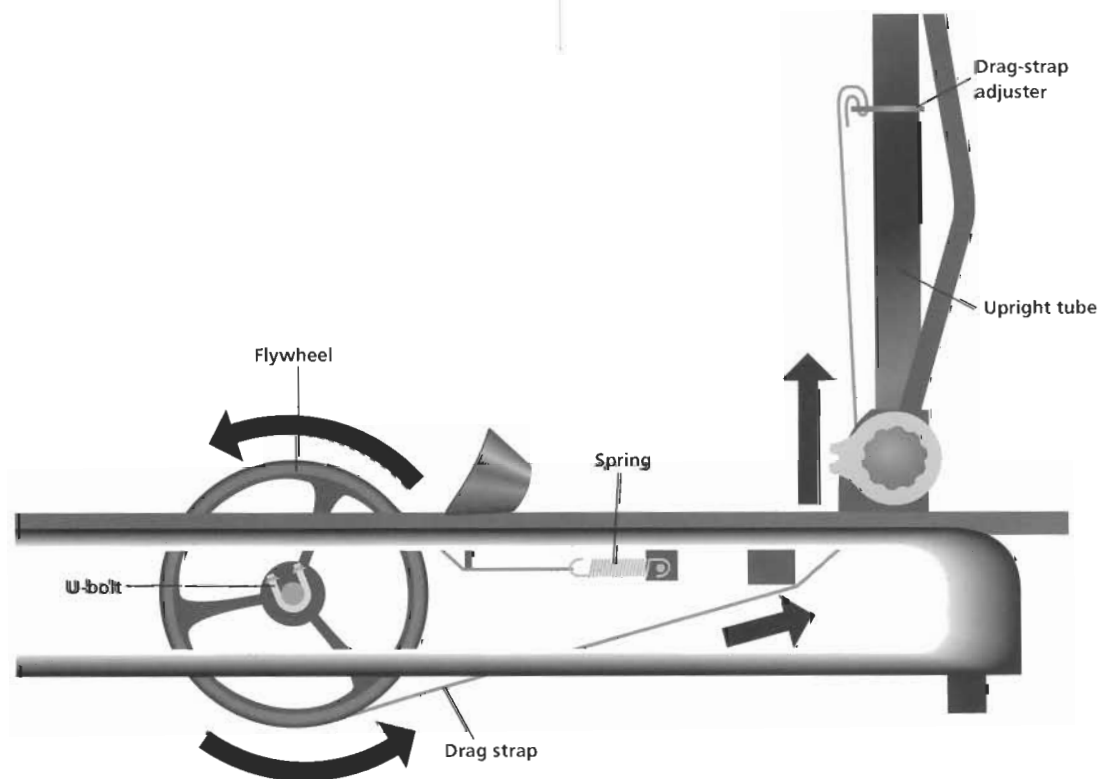
CLEAN THE DRAG STRAP

Use a dry brush to remove any gummy residue from the drag strap. NEVER wash the drag strap.

INSPECT THE FLYWHEEL

1. Wipe the surface of the flywheel with a clean, dry cloth.
2. Check the groove of the flywheel for any rust or corrosion.
3. Use fine to very fine steel wool to spot rub any rust or corrosion. Clean the entire flywheel with steel wool if necessary.
4. Wipe the flywheel again with a clean, dry cloth to remove any residue.

IMPORTANT NEVER place oil between the drag strap and flywheel. This will damage the drag strap.



REPLACE THE DRAG STRAP

Reroute and reattach the drag strap. If the drag strap is slightly frayed, reverse it to extend wear.

1. Route the end of the drag strap through the drag-strap adjuster.
2. Set the drag-strap adjuster to "1."
3. Vary the amount of drag strap threaded through the drag-strap adjuster. The drag strap should be taut, and the spring on the underside of the base just starting to expand.

CLEAN THE BOTTOMS OF THE SKIS (QUARTERLY)

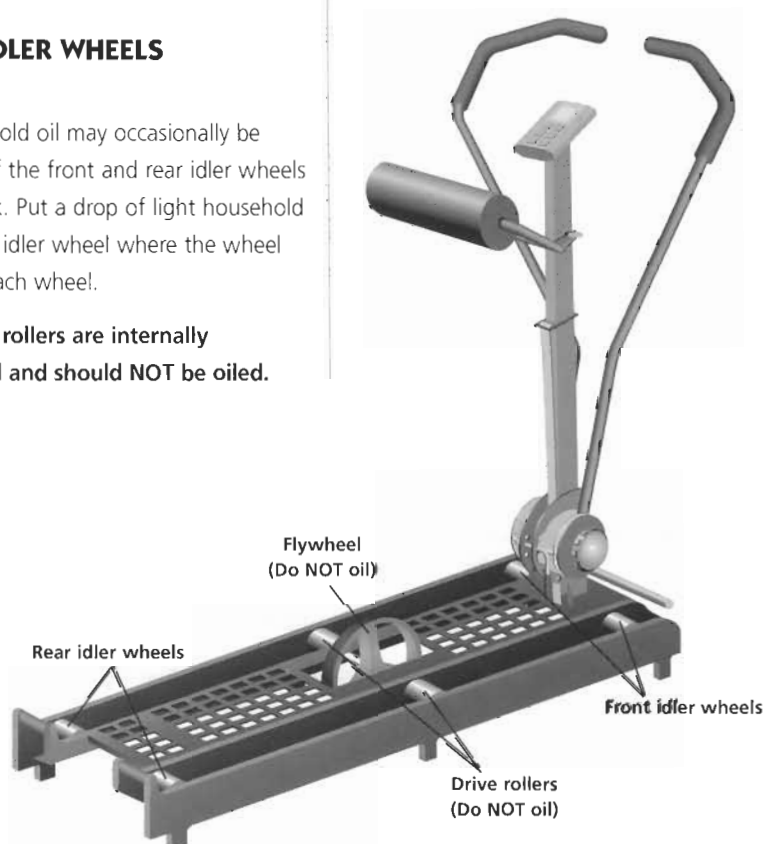
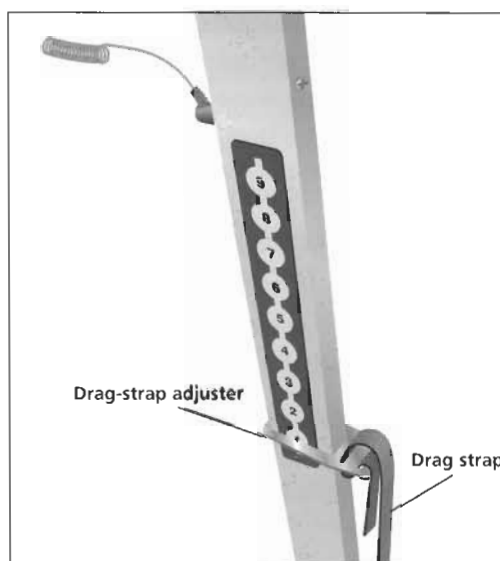
Wipe the bottoms of the skis with a clean, dry cloth. Mineral spirits will lift stubborn marks.

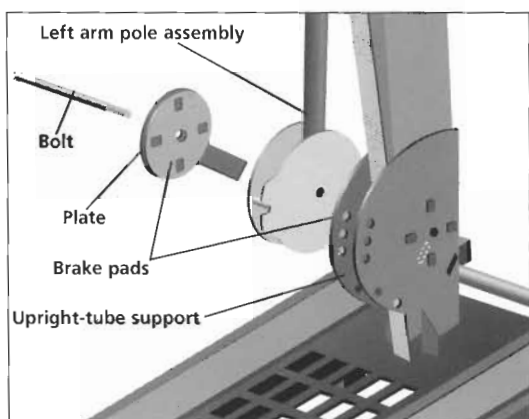
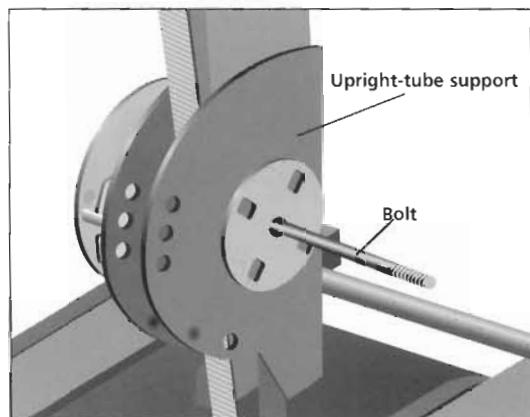
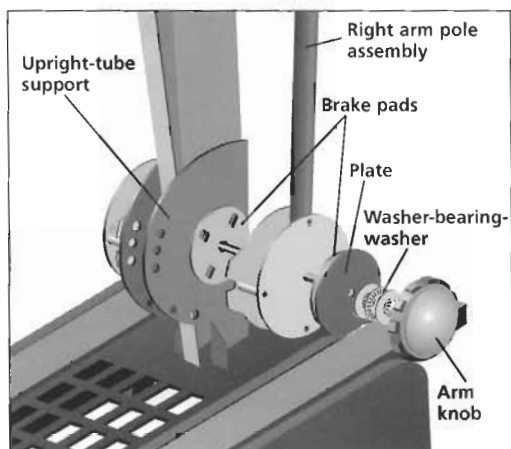
CAUTION Do NOT oil or wax the bottoms of the skis.

LUBRICATE THE IDLER WHEELS (QUARTERLY)

A drop of light household oil may occasionally be needed on the axles of the front and rear idler wheels if they begin to squeak. Put a drop of light household oil on the side of each idler wheel where the wheel meets the axle. Spin each wheel.

IMPORTANT The drive rollers are internally lubricated and should NOT be oiled.





OIL THE BRAKE PADS (QUARTERLY)

There are four round, leather brake pads at the base of the arm poles. If they begin to squeak, you will need to disassemble the arm poles to oil them.

COLLAPSE THE ARM POLES

1. Remove the locking pin, if it is in place.
2. Hold onto the arm poles and loosen the arm knob.
3. Rest the arm poles on the base.

DISASSEMBLE THE ARM-EXERCISER ASSEMBLY

The brake pads and plates are interchangeable.

The arm poles are NOT interchangeable. Note the original position of the arm poles so that you replace them correctly.

1. Turn the arm knob counterclockwise until the knob comes off. Set the knob aside.
2. Remove the two washers and the bearing from the bolt.
3. Slide the plate off of the bolt.
4. Remove the right arm pole from the bolt. Remove the brake pad from the upright-tube support.
5. Hold onto the upright tube with one hand. Remove the bolt, with the arm pole and the plate, from the base with the other hand.



The upright tube may slide out of position when you remove the bolt.

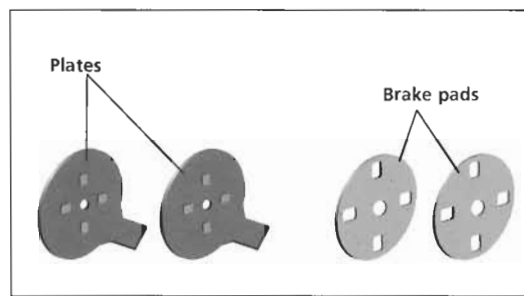
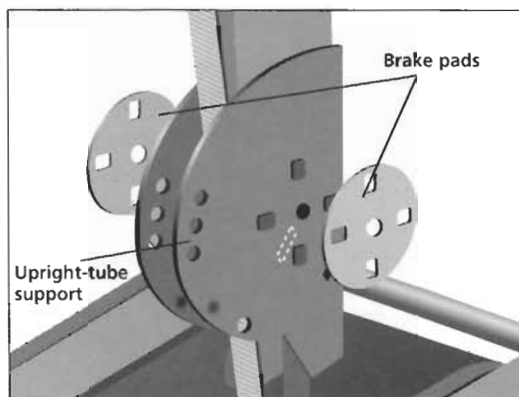
6. Remove the remaining brake pad from the upright-tube support.

OIL THE BRAKE PADS

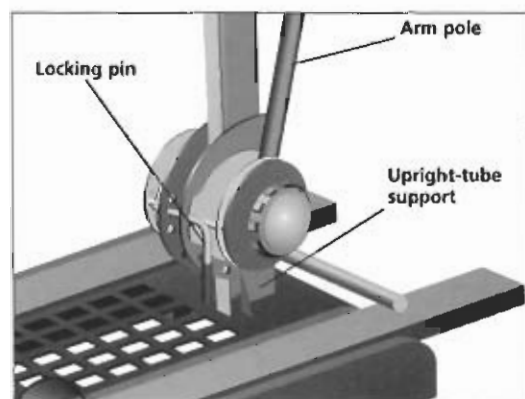
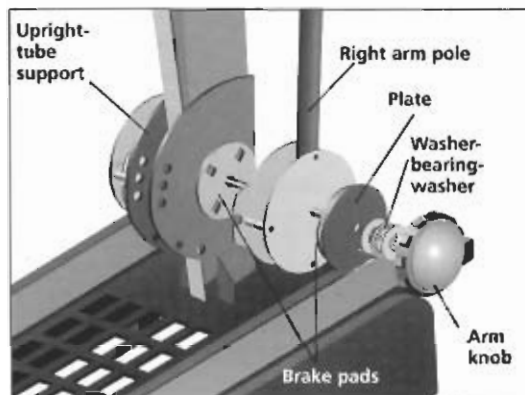
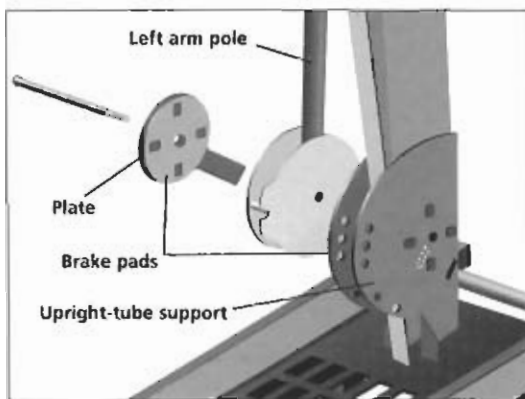
1. Use 100-grit sandpaper to roughen the surface of each of the four brake pads. This will enable the oil to penetrate the pads properly.
2. Place two to three drops of light household oil on each of the brake pads. Spread the oil evenly over the entire surface of each brake pad. Allow the oil to soak into the pads overnight. Then, wipe off any excess oil.

ATTACH THE BRAKE PADS

1. Return a leather brake pad to each side of the upright-tube support. The rough side (the side opposite the one you sanded) of each brake pad should be against the upright-tube support; the smooth side should face out. Press on each pad to be sure it is securely attached to the upright-tube support.
2. Fit the remaining two leather brake pads onto the plates. Be sure to place the rough side (the side opposite the one you sanded) of each brake pad against each plate. The smooth side should face the arm pole. Press on each pad to be sure it is securely attached to the plate.



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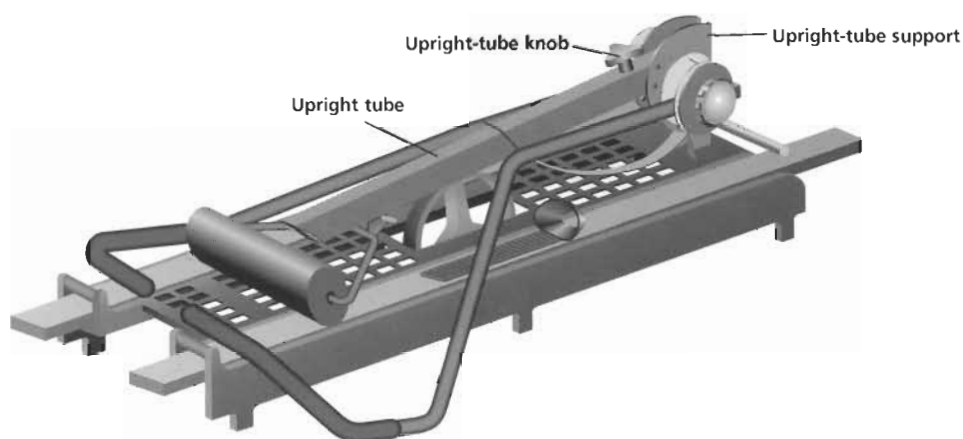
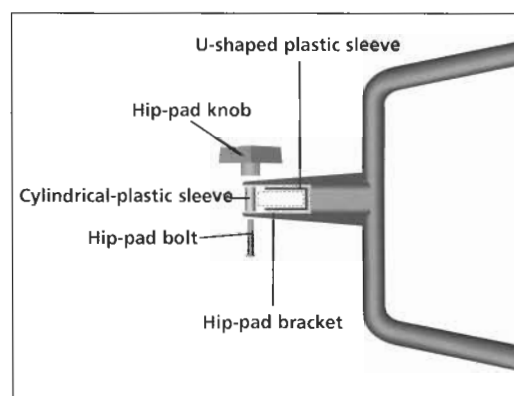
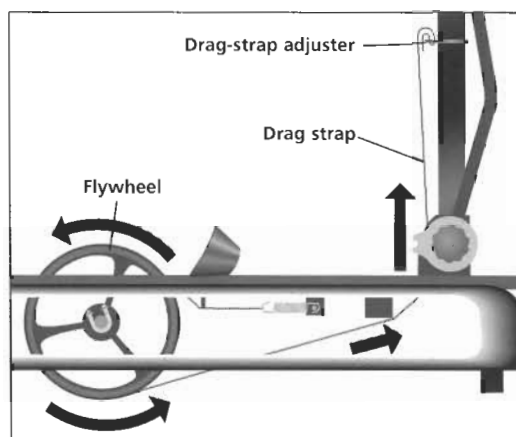
ASSEMBLE THE ARM-EXERCISER ASSEMBLY

1. Insert the bolt through one of the plates; the brake pad should face the upright tube.
2. Slide the left arm pole onto the bolt from right to left until the threaded end of the bolt is just visible through the arm pole.
3. Stand next to the left side of the base. Align the holes of the upright-tube support and the upright tube.
4. Insert the bolt from left to right through the upright-tube support and the upright tube. Fit the tab at the bottom of the left plate into the slot on the upright-tube support.
5. Slide the right arm pole onto the bolt.
6. Position the remaining plate onto the bolt; the brake pad should face the upright tube. Fit the tab on the right plate into the slot on the upright-tube support.
7. Slide a washer onto the end of the bolt, followed by the bearing and the other washer. Attach the arm knob. Turn it clockwise until the parts fit closely together.
8. Align the slots on the arm poles with one of the three sets of holes in the upright-tube support.
9. Insert the locking pin so it extends through both arm poles and the upright-tube support.

STORE THE EZSKI 3100

1. Loosen the leg resistance by completely lowering the drag-strap adjuster.
2. Remove the battery from the exercise computer.
3. Remove the drag strap from the flywheel.
4. Loosen the hip-pad knob. Remove the hip-pad knob, hip-pad bolt and sleeves. Assemble the part onto the hip pad and set the assembly on the base behind the flywheel.
5. Hold onto the arm poles with one hand. Remove the locking pin (if in place). You may store the pin in the lowest holes of the upright-tube support.
6. Rest the arm poles on the base.
7. Turn the upright tube knob counter-clockwise to loosen it.
8. Lift the upright tube slightly so it clears the notch on the upright-tube support. Lower the upright tube. Tighten the upright-tube knob.

Upon removal from storage, clean the flywheel and reroute the drag strap. See pages 21 and 22.



TROUBLESHOOTING TIPS

IF...

The skis are slipping,

THEN...

- wipe off any excess oil from the bottom of the skis.
- clean the bottom of the skis with a cloth dampened with a small amount of mineral spirits or paint thinner.
- make sure the flywheel is tight. Remove the plastic cap from the flywheel. Evenly tighten the two nuts on the U-bolt, located on the right side of the flywheel (see page 21). Do NOT over-tighten the nuts. Replace the caps.

The idler wheels are squeaking or sticking,

- slide the idler wheel to one side. Place one drop of light household oil onto the axle next to the idler wheel.
- slide the idler wheel to the other side and repeat the process above. This process may be performed on all of the idler wheels. However, do NOT perform this process on the drive rollers (see page 22).

The drag-strap assembly offers no resistance,

- check the routing of the drag strap. Fine-tune the leg resistance as instructed on page 8.
- make sure the flywheel is tight. Refer to the above U-bolt instructions.

The arm poles begin to squeak,

- oil the brake pads (see page 23).

The arm poles will not hold constant resistance or the resistance loosens,

- check to be sure the washer-bearing-washer assembly is positioned next to the arm knob.
- place a drop of light household oil on the bearing assembly next to the arm knob (see page 25).