

Leg Shaper™

by **NordicTrack**



Owner's Guide

Welcome to NordicTrack's LegShaper™

At last! A compact machine that targets those hard-to-reach problematic areas – the buns, hips, inner and outer thighs, and calves. And best of all – it's from NordicTrack. With six body sculpting exercises, NordicTrack's LegShaper™ machine will help tone, shape and sculpt your lower body. Thanks to its piston-action resistance, every move counts; adding up to a sexier, shapelier body.

Six Reasons Why

- The LegShaper™ program is a more complete workout, featuring six body-sculpting complete hip to toe workout: Single Press (quads), Plié Press (inner thigh (calves), Side Kick (outer thigh) and (glutes and hamstrings).
- The LegShaper™ machine is designed superior workout that tones and strengthens muscles more effectively than floor exercises. hips, thighs and glutes can look great combined with an aerobic workout at LegShaper™ delivers even better results.
- Piston-action resistance adjusts to you with 12 different settings.
- The foot pedals help keep your feet in position to allow you to target specific muscle areas for better results.
- Lock-Fold-and-Roll design lets you easily move your LegShaper™ machine in and out of your workout area.
- Designed to last – the LegShaper™ exerciser brings health club quality workouts to your home, using a 16-gauge steel frame, and quality pad.

Using NordicTrack's LegShaper™ Machine

The LegShaper™ resistance training program complements aerobic activity when combined with a healthy diet that is low in fat. The LegShaper™ program is designed to help you see changes in your body in as little as 12 minutes a day! With this regular exercise program, you will begin to look better and feel better, too.

Know Your LegShaper™ Machine



Questions?

Please call our
Customer Service Department at:
1-800-441-2365.

Customer Service Hours:

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

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Important Safety Information

- ⚠ WARNING** 1. NordicTrack's LegShaper™ is designed for adult use only. Keep children and pets away from LegShaper™ at all times.
- ⚠ CAUTION** 2. Do not use the foot pedal assembly to pull yourself up from the machine or to support your body weight while getting on the machine.
- ⚠ CAUTION** 3. Always follow the correct exercise procedure for the LegShaper™. To ensure proper usage, allow the foot pedal assembly to come to the resting position before removing your feet from the pedals.
- ⚠ IMPORTANT** 4. Use your exerciser on a flat, level surface. Use a protective cover for your floor or carpet.
5. Before starting any exercise or conditioning program you should consult with your personal physician to determine if you have any physical limitation that may create a safety or health risk or prevent you from properly using the LegShaper™ machine.
6. If at any time you feel faint, lightheaded or dizzy please stop exercising immediately. Stop if you experience undue stress, pressure or pain at any time. Consult your physician before continuing with your program.
7. Wipe your exerciser down with a clean, dry cloth to remove perspiration and dirt after every use.
8. Wear proper clothing. Jogging suits, warm-up suits and shorts are best.
9. Avoid bouncing or jerky movements. All exercises should be performed in a slow, controlled manner.
10. Follow your physician's recommendations in developing your own personal fitness program. Injuries may result from improper use.
11. The decal shown below has been placed on your exerciser. If the decals are missing, or if they are not legible, please call our Customer Service Department at 1-800-441-2365.

⚠ WARNING

To avoid injury, keep children and pets clear of the exerciser at all times. Review and follow all warnings and instructions in the owner's manual prior to use.

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

⚠ WARNING This symbol refers to a hazard or unsafe practice which can result in severe personal injury or death.

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

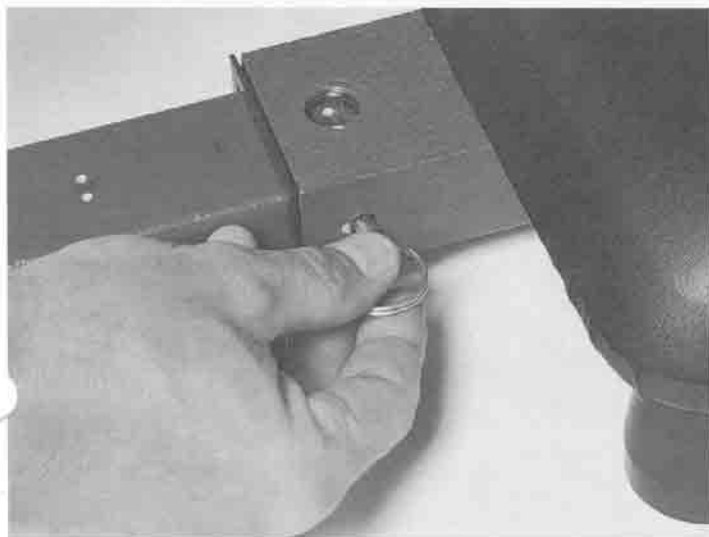
⚠ IMPORTANT This symbol refers to an unsafe practice which can result in product or property damage.

Unpack Your Exerciser

Unpack your exerciser where you plan to use it. Use scissors to cut the packing ties. Please retain all packing materials. Place your exerciser on a flat surface with a protective covering for your floor.

Assembly

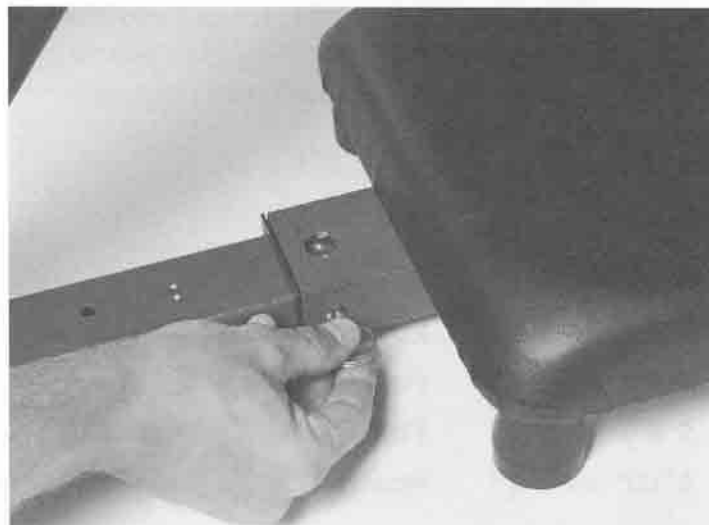
1. Remove the detent pin.



2. Slide the telescoping leg out to desired height location. (See page 4 for height setting information.)



3. Insert the detent pin **ALL THE WAY** through the holes in the base and the telescoping leg.



4. Lift and slide the foot-pedal assembly into the selected adjustment position. (See page 4 for exercise angle information.)



Adjustments

Adjust For Your Height

Slide the telescoping leg out. Located on the side of the telescoping leg are five adjustment holes. Select the approximate height setting (see chart below) and insert the detent pin. Use the height adjustment that feels the most comfortable and provides the largest range of motion while you are exercising.

USER HEIGHT

5'0" to 5'1"	Position 1
5'2" to 5'4"	Position 2
5'5" to 5'7"	Position 3
5'8" to 5'9"	Position 4
5'10" to 6'0"	Position 5

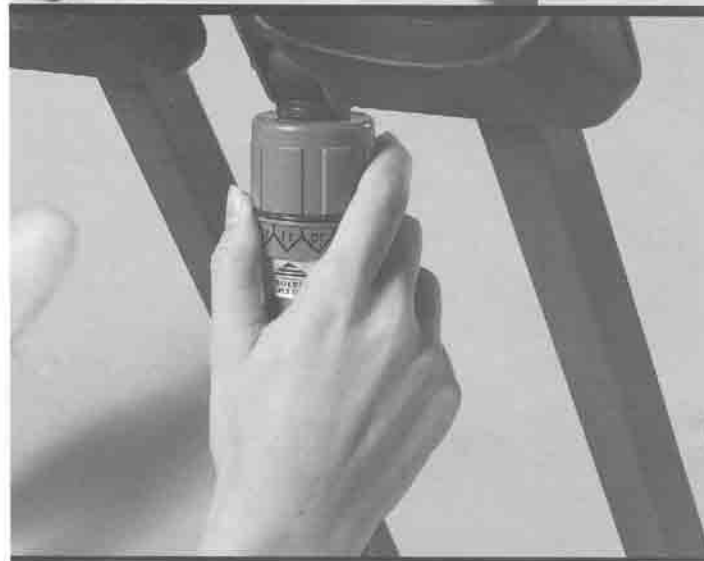
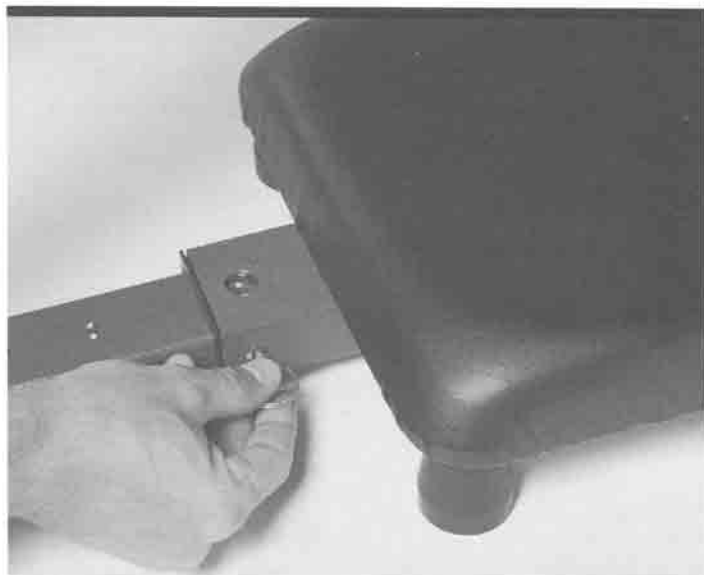
Adjust the Exercise Angle

The exercise angle position holes are located on the top of the telescoping leg. Exercise angle position "A" allows the piston to be at an approximate 45-degree angle. Position "B" allows the piston to be at an approximate 90-degree angle. Insert the detent pin to secure the position. Loosen and pull up on the locking knob while sliding the knob to the position of choice.

CAUTION Make sure the knob clicks into place. Then tighten the knob to secure position.

Adjust the Resistance

NordicTrack's LegShaper™ machine features twelve resistance settings. You will need to determine the resistance setting right for you for each exercise. Turn the resistance knob clockwise to increase resistance and counterclockwise to decrease it. Use a higher number for greater resistance, a lower number for less. You want your muscles to work, but not strain, to move the foot-pedal assembly.



Design Your Workout Program

Getting Started

A medical examination or consultation with your physician is essential before beginning any exercise program.

Fitness Programs

The actual exercise you perform is only a part of an effective fitness program. There are many other aspects to developing a lifelong commitment to physical fitness.

Using the LegShaper™ machine, an aerobic routine and a sensible diet are all part of balanced fitness. With the LegShaper™ program you can achieve a variety of personal fitness goals: improved personal appearance, stress reduction and much more!

Setting Weight Loss and Management Goals

This fitness program was designed by exercise physiologists at NordicTrack. There are no miracle diets that can help you lose weight for good. Severe calorie-restricted diets starve your body of essential food and nutrients. Your metabolism decreases the rate at which it burns calories and your appetite increases. You may 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.

Aerobic exercise, along with muscle conditioning on the other hand, raises your metabolism and increases calorie consumption. Your body continues to burn calories at a higher rate — even after exercise. Weight loss at a rate of one to two pounds per week is recommended if you are interested in losing weight. Remember that one pound of fat is equal to about 3,500 calories. Therefore, creating a 500 calorie deficit each day of the week equals 3,500 calories, or one pound lost per week.

The healthy combination of a sensible diet, an aerobic workout four times a week and a muscle conditioning program with the LegShaper™ can work for you.

Workout Recommendations:

Aerobic Exercise

Weight Loss	4 times/week	30 minutes
Cardio	3 times/week	20 minutes

LegShaper™

Muscle Conditioning	3 times/week	every other day
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Aerobic Exercise Benefits:

- Effective weight loss and management
- Adds protection from heart disease
- Increases strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure-packed day
- Greater intellectual capacity and productivity

Muscle Conditioning Benefits:

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



Establish Personal Fitness Goals

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

Warm Up

A warm-up routine prepares your body and mind for exercise. It also provides insurance against injury and soreness. Warm up your torso with limbering exercises, including slow and controlled torso twists, reaches and low-back stretches. A complete warm-up program is included in your LegShaper™ aerobics training video.

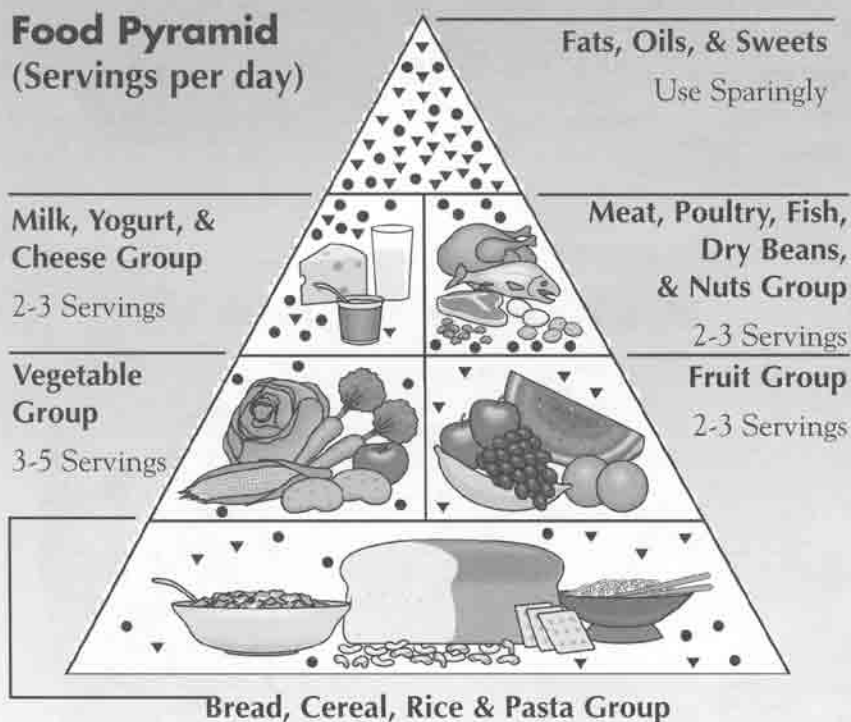
Stretch

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches (see page 7) before and after your workout.

Factors in a Sensible Diet:

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

Food Pyramid (Servings per day)



Bread, Cereal, Rice & Pasta Group

6-11 Servings

● Fat (naturally occurring and added) ▼ Sugar (added)

An easy way to eat for fitness, and to choose a healthful diet that does not have too many calories or too much fat, cholesterol, sugar or sodium, is to follow the USDA Food Guide Pyramid. The U.S. Department of Agriculture (USDA), along with the Department of Health, Education and Welfare, created the Food Guide Pyramid in the early 1990s as a revision of its "Basic Four Food Groups" from the 1950s. The new pyramid incorporates the vast amount of knowledge gained through current research on how to maximally fuel the human body, and recommends the kinds and amounts of servings you should eat from each food group. The foods at the base of the pyramid should make up the bulk of your diet, with the foods at the top used only sparingly.

Recommended Stretches

Stretching also prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury and also increases muscle performance. Perform the following stretches before and after each workout session. Hold each stretch for 15 to 30 seconds. Do not bounce.



Shoulder Stretch

Gently pull your elbow across your chest.



Back and Arm Stretch

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



Calf Stretch

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



Quadricep Stretch

Pull your heel slowly towards your buttocks.



Inner Thigh Stretch

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



Hamstring Stretch

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



Lower Back and Hip Stretch

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

Muscles Used

■ ABDUCTORS
(OUTER THIGHS)

■ ADDUCTORS
(INNER THIGHS)

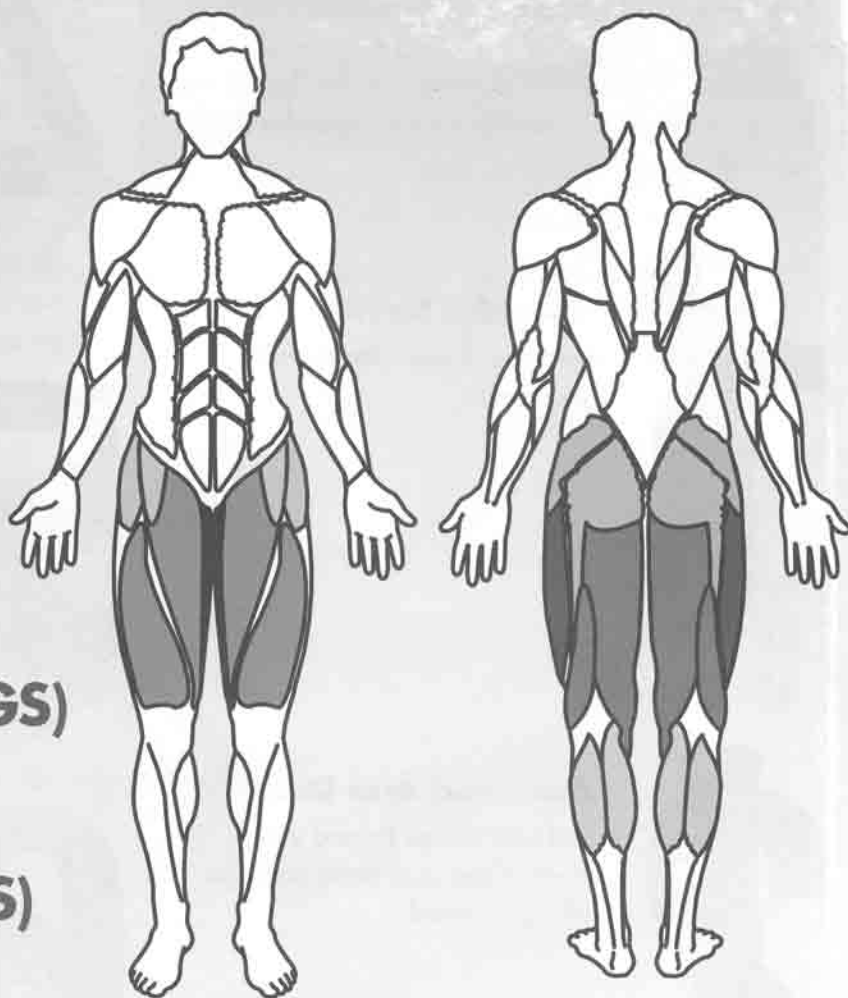
■ GASTROCNEMIUS
AND SOLEUS
(CALVES)

■ GLUTEUS (BUNS)

■ HAMSTRINGS (LEGS)

■ HIP FLEXORS

■ QUADRICEPS (LEGS)



LegShaper™ Exercises

Select the correct height position setting and the desired resistance before you begin. Position the foot-pedal assembly in either position "A" or "B" according to the exercise you wish to perform. (See page 4 for instructions on exercise angle settings.) Place your hands in the most comfortable location: on the hand grips or on the pad. Below is a summary of all of the exercises. They are also described in more detail on the following pages. You can also refer to your wall chart and training video for more information about the LegShaper™ exercises.

CAUTION

Do not use the foot pedal assembly to pull yourself up from the machine or to support your body weight while getting on the machine.

CAUTION

Always follow the correct exercise procedure for NordicTrack's LegShaper™. To ensure proper usage, allow the foot pedal assembly to come to the resting position before removing your feet from the pedals.

1. GLUTE PRESS



2. LEG PRESS



3. SINGLE LEG PRESS



4. PLIÉ PRESS



5. CALF PRESS



6. SIDE KICK



Glute Press

Select the "A" position exercise angle. Start out on your hands and knees on the pad. Bend at the elbows to lower your trunk. Rest your forearms on the pad and grasp the hand grips. Balance on your right knee and place your left foot against the foot pedal. Keep your back straight and your neck in line with your spine. Keep your abs in and your glutes tightened. Press your heel against the foot pedal. Work through the recommended number of reps and sets. Repeat with the left leg. Progress to the next resistance setting or next workout level when you have reached a level when you can perform the desired reps and sets without fatiguing.

Workout Guidelines:

Beginning

8-12 reps

30 second rest between sets

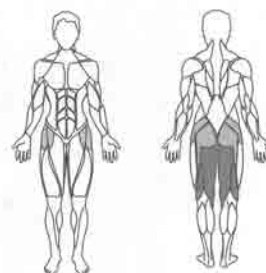
1-2 sets

Advanced

15-20 reps

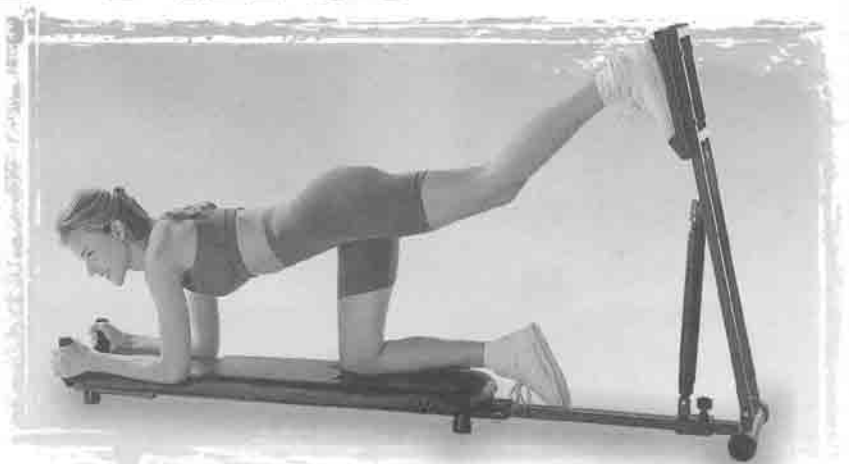
30 second rest between sets

3 sets



Gluteus
Hamstrings
Hip Flexors

1. GLUTE PRESS



Leg Press

Change to the "B" position exercise angle. Lay on your back with both feet on the foot pedal assembly. Extend your legs by pushing against the pedals. Push through your entire range of motion. Do not lock your knees. Exhale on the push out and inhale on the return. Remember to keep your back in a neutral position against the pad, not arched. Progress to the next resistance setting or next workout level when you have reached a level when you can perform the desired reps and sets without fatiguing.

Workout Guidelines:

Beginning

8-12 reps

30 second rest between sets

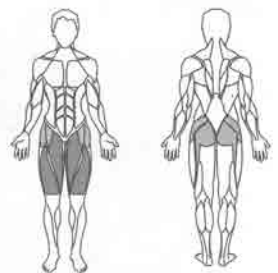
1-2 sets

Advanced

15-20 reps

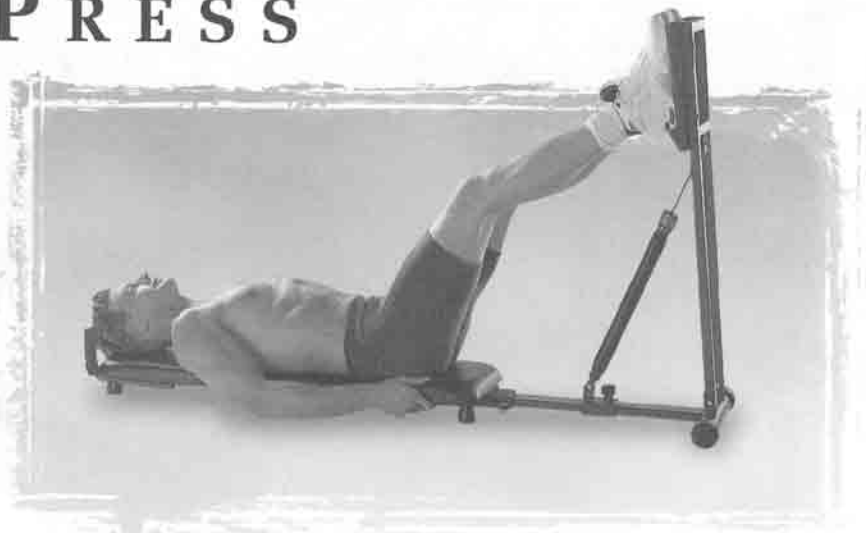
30 second rest between sets

3 sets



Gluteus
Quadriceps
Hip Flexors

2. LEG PRESS



Single Leg Press

The exercise angle remains in the "B" position. Lay on your back with your right foot on the foot pedal assembly. Extend your right leg by pushing against the pedal. Do not lock your knee. Exhale on the push out and inhale on the return. Work through the remaining sets and repeat for your left leg. Progress to the next resistance setting or next workout level when you have reached a level when you can perform the desired reps and sets without fatiguing.

Workout Guidelines:

Beginning

8-12 reps

30 second rest between sets

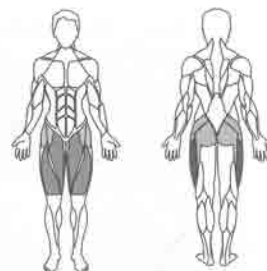
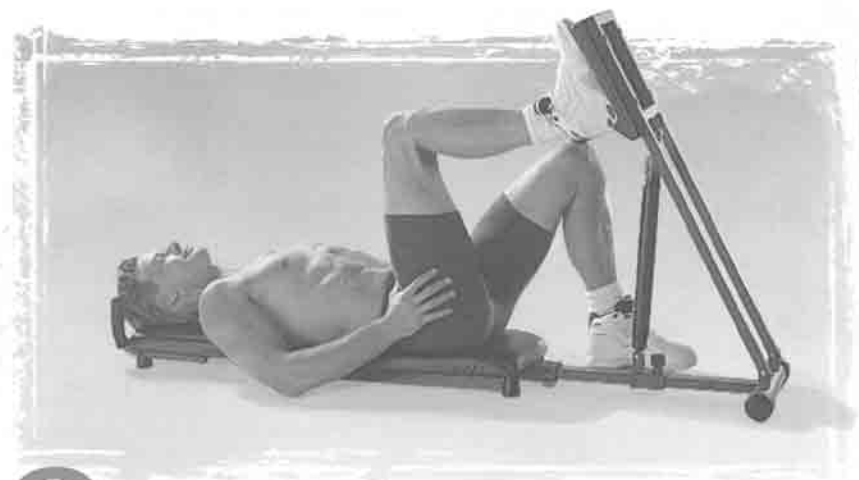
1-2 sets

Advanced

15-20 reps

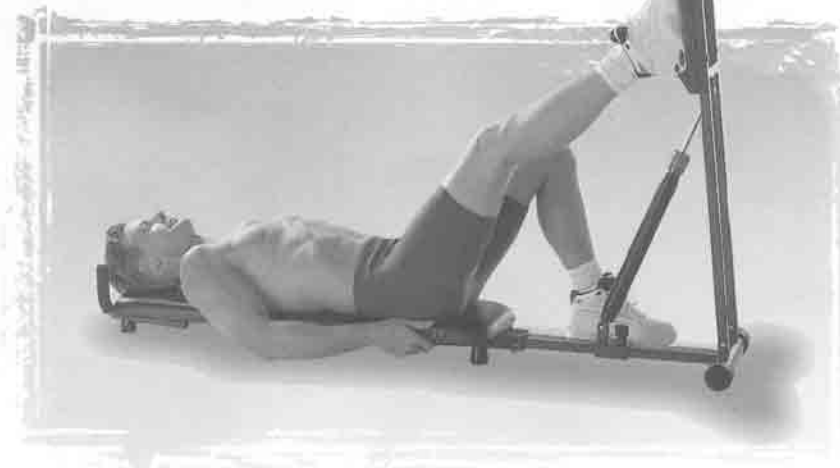
30 second rest between sets

3 sets



Gluteus
Quadriceps
Hip Flexors

3. SINGLE LEG PRESS



Plié Press

The exercise angle remains at the "B" position. Stay on your back with both feet on the pedals. Slightly turn out your toes. Extend your legs by pushing against the pedals. Do not lock your knees. Push through your entire range of motion. Exhale on the push out and inhale on the return. Progress to the next resistance setting or next workout level when you have reached a level when you can perform the desired reps and sets without fatiguing.

Workout Guidelines:

Beginning

8-12 reps

30 second rest between sets

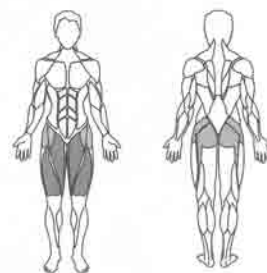
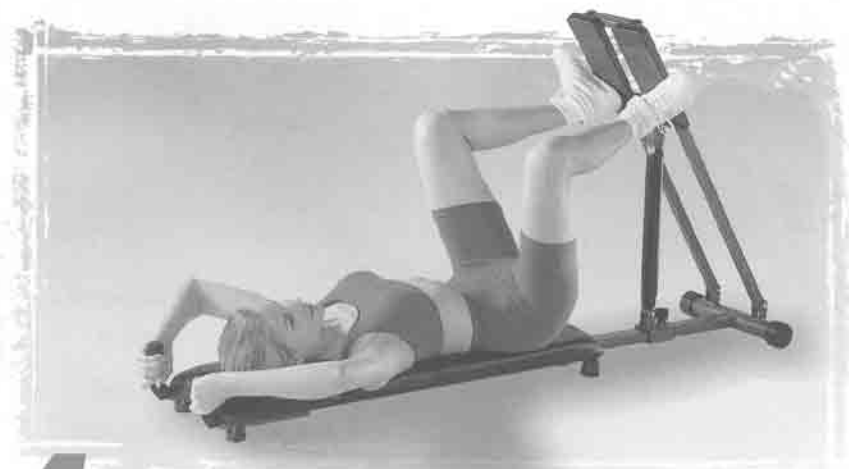
1-2 sets

Advanced

15-20 reps

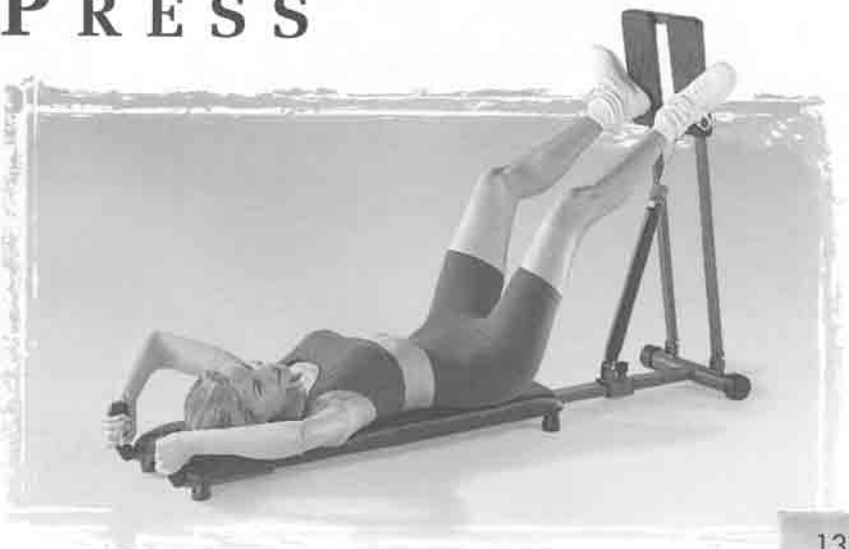
30 second rest between sets

3 sets



Hip Adductors,
Gluteus
Quadriceps
Hip Flexors

4. P L I É P R E S S



Calf Press

The exercise angle remains at the "B" position. Remain on your back, place the ball of each foot on the bottom of the pedals. With your legs extended, do not lock your knees, press the foot pedal assembly with your toes. Alternate flexing and pointing your toes. Exhale as you point your toes. Inhale as you flex your toes. Progress to the next resistance setting or next workout level when you have reached a level when you can perform the desired reps and sets without fatiguing.

Workout Guidelines:

Beginning

8-12 reps

30 second rest between sets

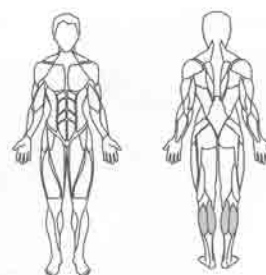
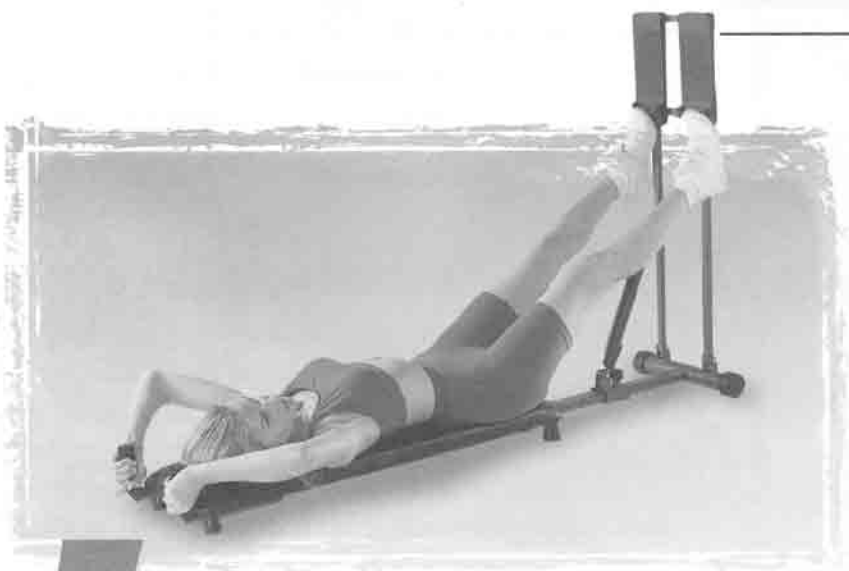
1-2 sets

Advanced

15-20 reps

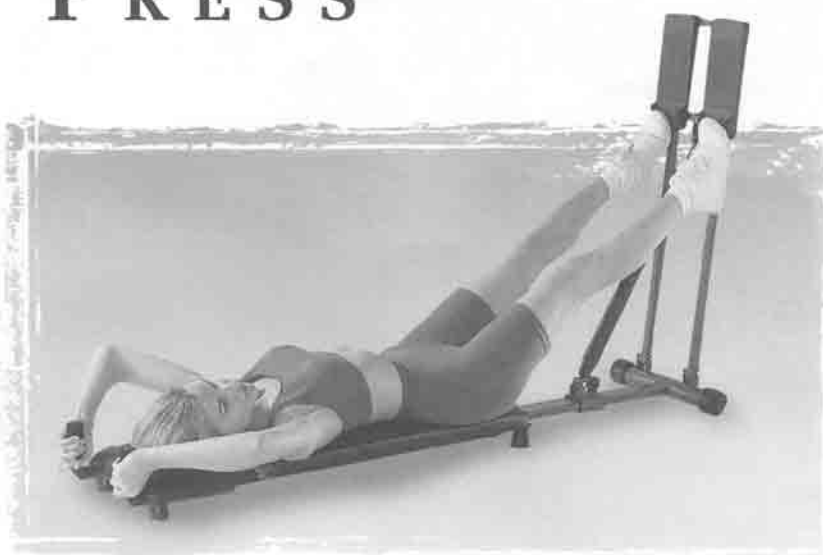
30 second rest between sets

3 sets



Gastrocnemius
Soleus

5. CALF PRESS



Side Kick

The exercise angle is in the "B" position. Lay on your right side to work your left leg first. Rest on your elbow and support your head with your hand. Your right leg should be bent at the knee so your foot is behind you – away from the base assembly. Your left foot is across the bottom of the foot pedal assembly. Exhale and push against the foot pedals by extending your left leg. Inhale on the return. Perform all the reps for your left leg; change sides and repeat the exercise for your right leg. Progress to the next resistance setting or next workout level when you have reached a level when you can perform the desired reps and sets without fatiguing.

Workout Guidelines:

Beginning

8-12 reps

30 second rest between sets

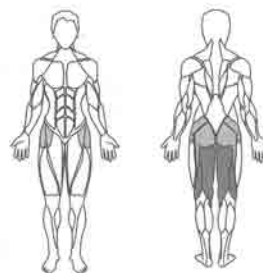
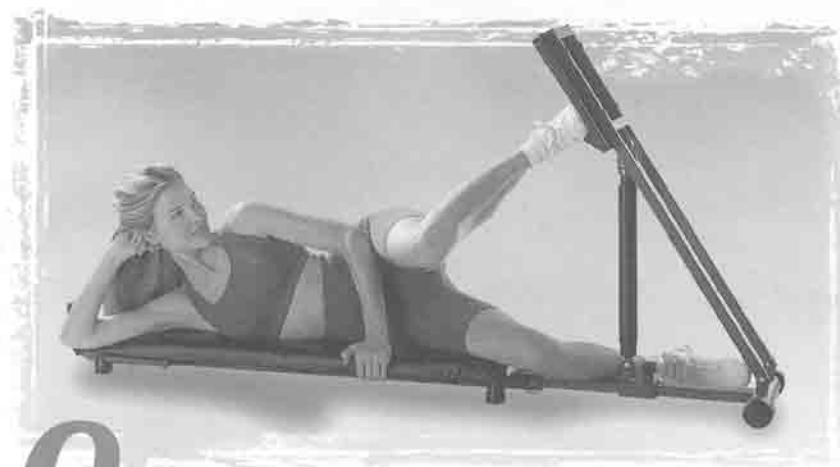
1-2 sets

Advanced

15-20 reps

30 second rest between sets

3 sets



Gluteus
Abductors
Hamstrings
Quadriceps
Hip Flexors

6. SIDE KICK



Fold and Store Your Exerciser

Loosen the locking knob and slide the foot-pedal assembly to lower it down against the pad. Remove the detent pin and slide in the telescoping leg. Reinsert the detent pin. Using proper lifting technique, grasp the handle grips of your LegShaper™ and roll to its storage area.



Proper Lifting Technique

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

Customer Information

LIFETIME CUSTOMER SERVICE

For as long as you own your equipment, you receive unlimited 800 number access to trained NordicTrack fitness consultants. Consultants are available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. As your fitness needs and goals change, our knowledgeable customer service representatives will help you identify the machines and accessories that best suit your lifestyle and budget. Please call our Customer Service Department at 1-800-441-2365.

United Kingdom Customer Information

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

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

Germany / Deutschland Kundeninformationen

Wir sind immer nur einen Anruf weit entfernt. Falls Sie Fragen zu Ihrem Heimtrainer haben, wenden Sie sich bitte an unseren Kundendienst, der Ihnen gerne behilflich ist. 0130 / 3901 (gebührenfrei)

Außerhalb Deutschlands 49 (221) 2575094
Montag – Freitag 9.00 bis 19.00 Uhr
Samstag 9.00 bis 14.00 Uhr

Warranty Information

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



Call Us

1-800-441-2365



Customer Service Hours

Monday - Friday 8 a.m. – 8 p.m.
Saturday 8 a.m. – 4:30 p.m.
Central time



Write Us

NordicTrack Customer Service
103 Peavey Road
M600
Chaska, Minnesota 55318



Fax Us

1-612-368-5344



Relay Us

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



Reach Us Via E-Mail

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

Leg Shaper™

by **NordicTrack**