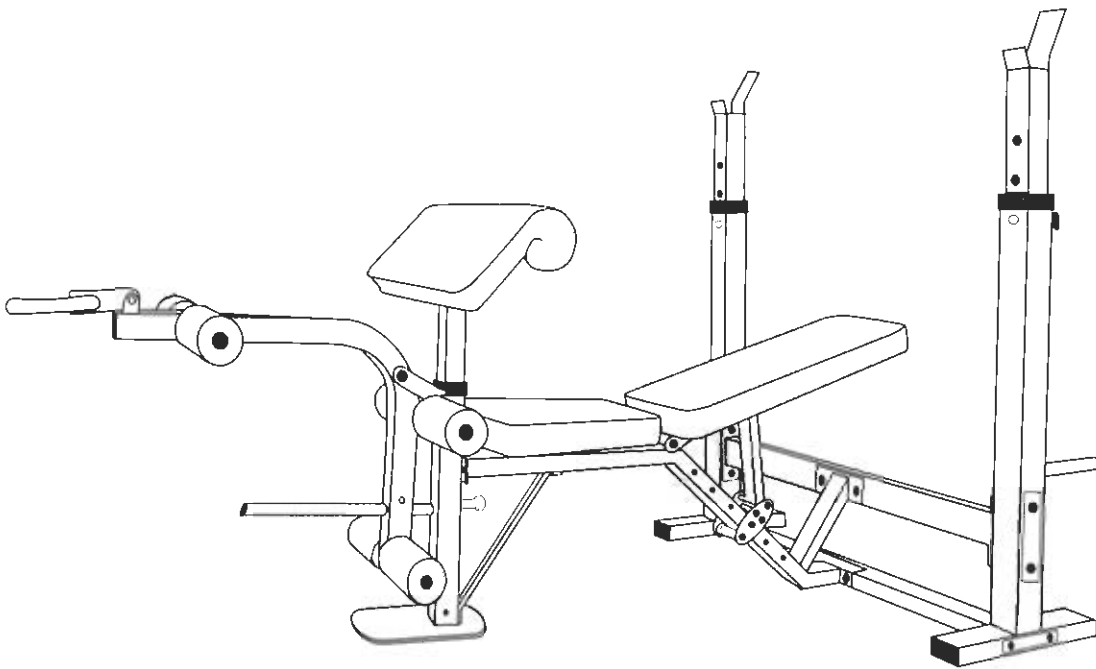


NSS 320

NORDICTRACK STRENGTH STATION



Assembly Manual

IMPORTANT

Read the entire owner's manual and all information provided **BEFORE** assembling or using the fitness equipment.



FEATURES

- Durable Olympic frame helps ensure safety
- Adjustable bench provides versatility
- Plate holders store free weights for maximum resistance
- The leg developer allows for both leg extensions and horizontal leg curls
- Preacher curl adjusts easily and allows you to target shoulders and arms more closely
- Patent-pending curl attachment

Introducing the NordicTrack Strength Station 320

In 1975, NordicTrack started the fitness revolution with the introduction of the cross-country ski machine. Today, more than 20 years later, NordicTrack is proud to continue leading the fitness revolution — introducing the NordicTrack Strength Station 320.

Built to Last

Like all NordicTrack machines, the Strength Station 320 is constructed from only the highest quality materials and is ergonomically engineered for comfort, safety and efficiency.

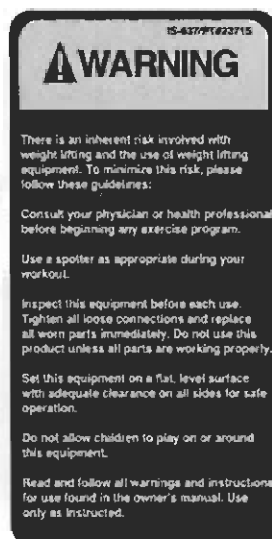
More Features — Better Machine

Your Strength Station 320 has been designed to include many added features to help tone, shape and build your entire body — all in one strength station. In addition to the standard features common to ordinary weight benches, the NordicTrack Strength Station 320 includes an adjustable bench with seven different positions that allow you to focus on more muscle groups. Plus, an easy-adjusting preacher curl helps strengthen your arms and shoulders. In addition, the unique curl attachment is convenient for performing bicep curls while the complete leg developer helps you focus on more leg muscles. And convenient storage for weights keeps free weights stacked and in order — no more stumbling over clumsy weights.

Important Safety Information

Please read all NordicTrack information thoroughly for important safety information on the assembly and care of your machine as well as helpful fitness information. Please use the exerciser only as described in the owner's manuals.

1. Consult your physician before beginning any exercise program to determine if you have any physical limitations that would create a safety or health risk or prevent you from properly using this machine. A physician's advice is essential if you are taking any medication that affects your heart rate, blood pressure or cholesterol level.
2. Be very aware of your body's signals and react to them accordingly. Stop exercising and consult your physician immediately if you experience any of the following symptoms: pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, or dizziness.
3. Use a spotter as appropriate during your workout.
4. Keep hands clear of pivot area when performing leg extension exercises.
5. Keep small children and pets away from the exerciser at all times. This product is designed for adult use only; it is not intended for use by children.
6. Be sure there is enough clearance for the safe operation of your machine. Place your exerciser on a flat surface with a protective covering for your floor or carpet.
7. Always wear proper exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise.
8. If any parts on your exerciser are damaged or missing, do not operate the machine. Please call our Customer Service Department at 1-800-441-3384.
9. Do not place your fingers on or near moving parts where a potential pinch can occur.
10. Warm up and stretch your muscles before and after each workout.
11. Use proper form and technique when moving, using or assembling your exerciser; never lift using only your back muscles.
12. The decal shown below has been placed on your exerciser. If the decal is missing, or if it is not legible, please call our Customer Service Department at 1-800-441-3384.



ATTENTION

Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions. The following symbols, found throughout your owner's manuals, 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.

Customer Information

For as long as you own your equipment, you receive unlimited 800 number access to trained NordicTrack fitness consultants. Consultants are available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. As your fitness needs and goals change, our knowledgeable customer service representatives will help you identify the exercisers and accessories that best suit your lifestyle and budget. Please call us at 1-800-441-3384.

NordicTrack, Inc. reserves the right to make product and policy changes at any time.

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 7:00 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 NordicTrack's limited warranty.

NordicTrack

Part # 14258 • 3305/OM-665 • 4/98

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- aa. $\frac{3}{8}$ " x 4" Half-thread Hex Bolt (14)
- bb. $\frac{3}{8}$ " x 2 $\frac{1}{2}$ " Hex Bolt (3)
- cc. $\frac{3}{8}$ " x 6 $\frac{1}{8}$ " Half-thread Hex Bolt (2)
- dd. $\frac{3}{8}$ " x 1 $\frac{1}{2}$ " Hex Bolt (8)
- ee. $\frac{3}{8}$ " x $\frac{3}{4}$ " Hex Bolt (5)
- ff. Washers (57)
- gg. Lock Nuts (22)
- hh. $\frac{3}{8}$ " x 1" Hex Bolt (2)

QUESTIONS

Call Us
1-800-441-3384

Customer Service Hours
Monday - Friday
8 a.m. - 7 p.m.

Write Us
NordicTrack
Customer Service
103 Peavey Road
P930
Chaska, Minnesota 55318

Fax Us
1-612-368-5335

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:

service@nordictrack.com

Please include your account number
and order number, found at the
top of your invoice.

Step 8

- Align the holes in the curl bar (i) with the holes in the L-bar (k) bracket as shown.
- Secure the curl bar (i) with a retaining pin.

Step 7

- Insert the preacher curl pad (b) into the seat tube support (a).
- Secure the position by turning the adjustment knob clockwise.

Step 6

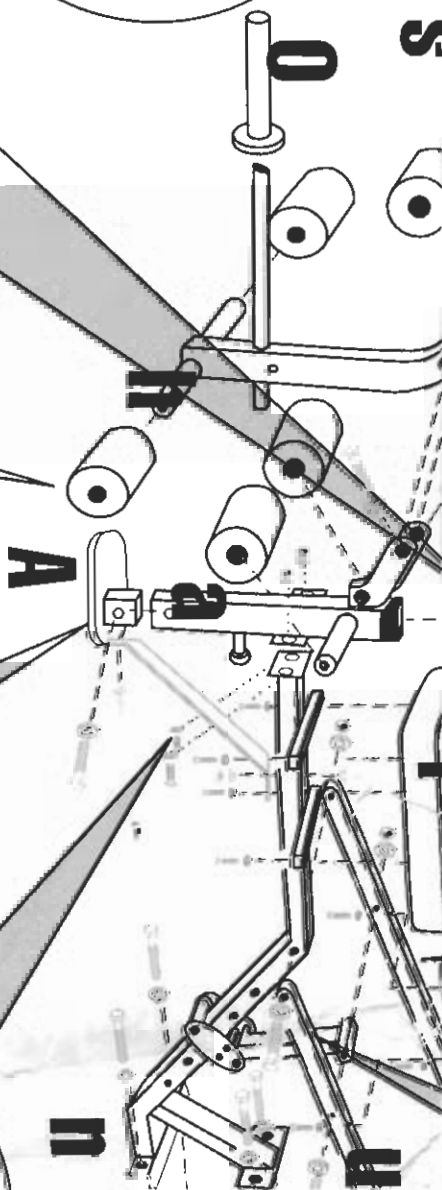
- Insert the rods (h) into the L-bar (k) and seat tube support (a).
- Place the roller pads (c) onto the metal rods (h) as shown.
- Place protective caps (f) available) onto the ends of the metal rods (h).

Step 4

- Place the floor plate (A) into the seat tube support (a).
- Secure the position using 3 bolts (ee), and 3 washers (ff).

Step

- Align the tube support holes in
- Secure the (a) to the bolts (hh) and 2 to





UNPACKING

Unpack Your Machine

Unpack your exerciser where you intend to use it, and retain all packing materials. When assembling your exerciser, place it on a flat, level surface with a protective covering for your floor. Verify the parts you received with those shown below.

- a. Frame Support Tube
- b. Preacher Curl Pad
- c. Roller Pad (6)
- d. Stanchions (2)
- e. Small Plates (2)*
- f. Medium Support Plates (3)
- g. Large Support Plates (3)
- h. Metal Rods (3)
- i. Curl Bar
- j. Stanchion Supports (2)
- k. L-Bar
- l. Seat Pad
- m. Back Pad
- n. Frame
- o. Olympic Adapter
- p. Small Support Tube
- q. Large Support Tube
- r. Seat Tube*
- s. Retaining Pin
- t. Detent Pin*
- u. Backrest Support Bars (2)
- v. Small Roller (2)*
- w. Large Roller*
- x. Spring Clips (2) (Secures weight plates)
- y. Safety Hooks (2) (Secures weight bar)
- z. End Caps (Not shown)
- A. Floor Plate

* Refer to Figure 1.

Assembly

▲ IMPORTANT

Follow these instructions carefully and in order. After all steps have been completed, go through each step and make sure that all bolts have been firmly secured.

Step 10

1. Place the back pad(m) onto the backrest support bars (u) as shown.
2. Secure the bars (u) to the back pad (m) with four bolts (dd) and four washers (ff).

Step 11

1. Align the horizontal holes in the bars (u) with the top holes in the frame (n) as shown.
2. Secure the bars (u) to the frame (n) with one bolt (cc), two washers (ff) and a lock nut (gg).
3. Align the other pair of horizontal holes in the bars (u) with the holes in the seat tube (r).
4. Secure the seat tube (r) to the bars (u) with one bolt (cc), two washers (ff) and a lock nut (gg).

Step 9

1. Place the seat pad (l) onto the frame (n) as shown.
2. Secure the seat pad (l) with 4 bolts (dd) and 4 washers (ff).



Step 5

Align the holes in the seat support (a) with the holes in the frame (n).
Secure the seat tube support (n) using 2 bolts (aa), 4 washers (ff) and 2 lock nuts (gg).

Step 3

1. Align the holes in the small support tube (p) with the bottom holes in the frame (n).
2. Secure the small support tube (p) to the frame (n) using 2 bolts (aa), 4 washers (ff), 1 medium plate (f) and two lock nuts (gg).
3. Align the holes in the large support tube (q) with the upper holes in the frame (n).
4. Secure the large support tube (q) to the frame (n) using 2 bolts (aa), 4 washers (ff), 1 large plate (g) and two lock nuts (gg).

Step 2

1. Align the holes in the large support tube (q) with the holes in the right stanchion support (j).
2. Secure the large support (q) to the right stanchion support using 2 bolts (aa), 4 washers (ff), 1 large plate (g) and two lock nuts (gg).
3. Repeat 1 and 2 with the left stanchion support (i).

2. Align the holes in the small support (p) with the holes in the right stanchion support (j).
3. Secure the small support (p) to the right stanchion support (j) using 2 bolts (aa), 4 washers (ff), 1 medium plate (f) and two lock nuts (gg).
4. Repeat 1 and 2 with the left stanchion support (i).



CARE

Your exerciser has been engineered for lasting durability; however, general wear and tear occurs with every machine. To help ensure your machine's endurance and maintain its beautiful look, periodic care and maintenance are recommended.

Inspect Your Exerciser

Inspect your exerciser before each exercise session for loose or squeaking parts. Please tighten and test all parts of your exerciser every three months. We recommend that you periodically use a drop of household oil on all moving parts to ensure machine functionality and personal safety. Do not use this product unless all parts are working properly. If your exerciser does not function properly, or if you should require assistance, call our Customer Service Department at 1-800-441-3384.

Clean Your Exerciser

Clean your exerciser with a clean, dry cloth to remove perspiration and dirt build-up after every use.



ADJUSTMENTS

WARNING

To avoid injury, keep fingers clear of the positioning holes when adjusting the bench position and arm height.

Adjust the Seat Position

1. Remove the pin from the seat tube assembly.
2. Locate the desired seat position.
3. Reinsert the pin.

Be sure that the pin is secure.

Adjust the Rack

1. Turn the lock knobs in the stanchion support counterclockwise.
2. Locate the desired stanchion support height.
3. Turn the lock knobs in the arms clockwise to secure the position.

Be sure that the lock knobs are secure.

Adjust the Preacher Curl Height

1. Turn the lock knob in the base tube counterclockwise and pull.

Do not remove the lock knob.

2. Locate the desired preacher curl height.
3. Allow the lock knob in the base tube to snap into place.
4. Turn the lock knob in the base tube clockwise to secure the position.

Be sure that the lock knob is secure.

Step 12

Refer to Figure 1 for this step.

1. Secure two small rollers (v) between the small plates (e) using two bolts (aa), four washers (ff) and two lock nuts (gg).
2. Secure the large roller (w) beneath the frame (n) using one bolt (aa), two washers (ff) and a lock nut (gg).
3. Secure the plate/roller assembly to the frame (n) using one bolt (aa), two washers (ff) and a lock nut (gg).

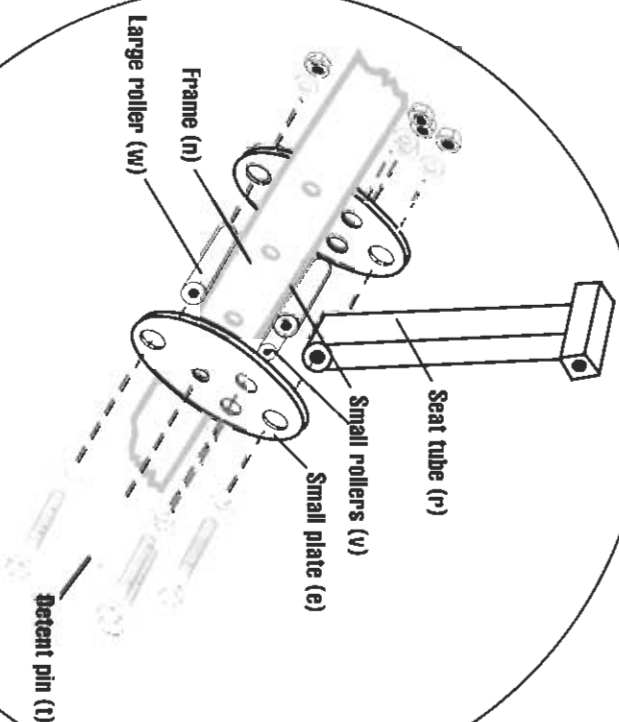


Figure 1

Step 13

1. Place the stanchions (d) into the stanchion supports (f) as shown.
2. Secure the stanchions (d) by turning the lock knobs clockwise.

Step 1

1. Place the small support tube (p) on the floor between the left and right