

Nordic POWER[®] JR.

OWNER'S MANUAL AND WORKOUT GUIDE

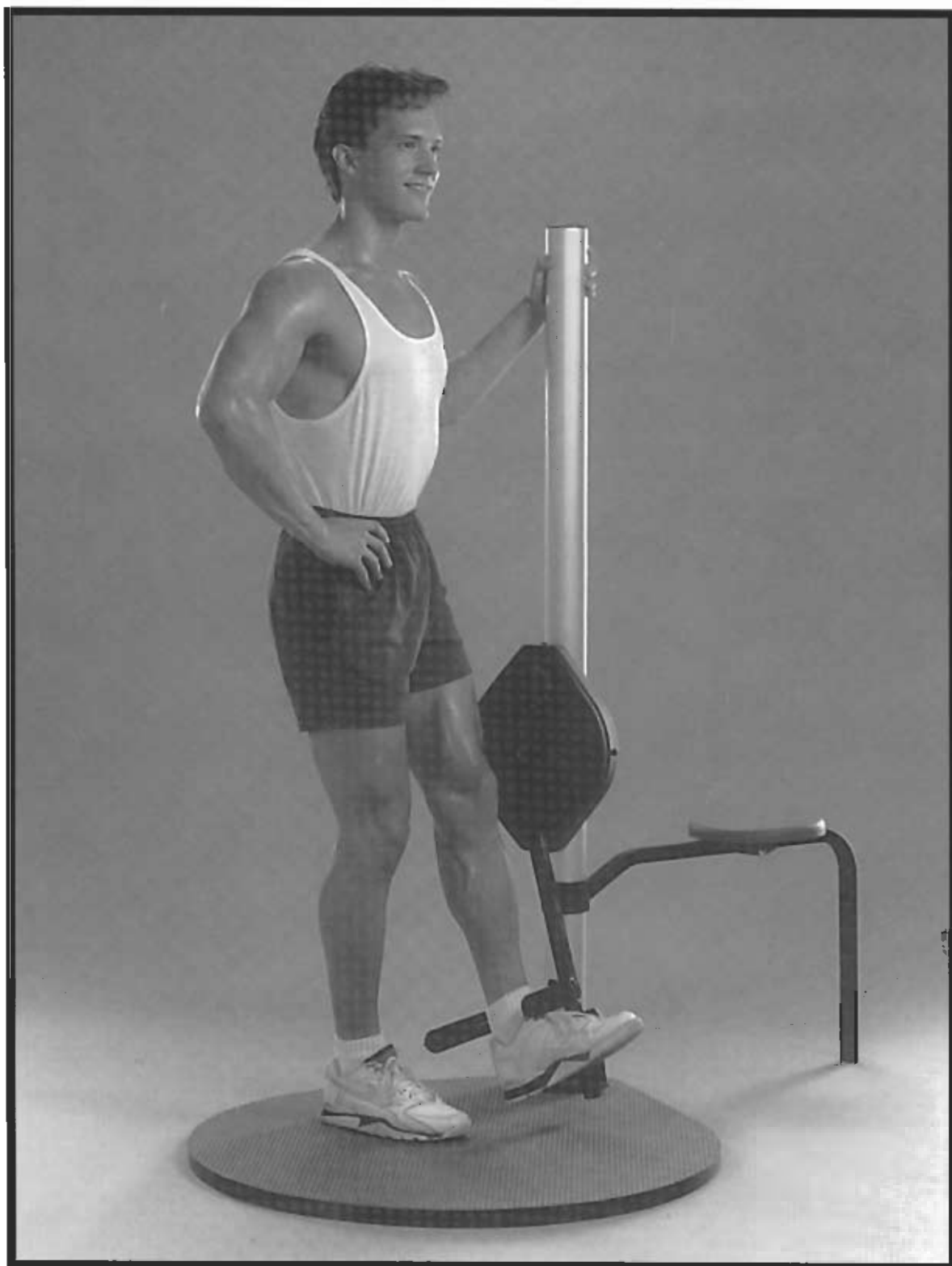


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T*he following pages contain important information that will help you maximize your workouts with the NordicPower Jr. Be sure to read this entire owner's manual thoroughly before using the machine.*

WELCOME TO NORDICPOWER JR.

Congratulations! With your purchase of the NordicPower Jr. strength trainer, you have taken an important step towards reaching your fitness goals.

The NordicPower Jr. is an innovative machine that packs 24 exercises into a compact, powerful machine - - to shape and strengthen your entire body. The Trac-Tech™ resistance system works your muscles through both the push and the pull of each exercise — giving you more muscle in less time. And the easy adjustments allow you to tailor the machine to your body's natural movements.

This Owner's Manual, along with a training video and our Customer Satisfaction Department, is provided to help you get the most from your NordicPower Jr. The manual provides you with assembly and operating instructions for the machine, as well as complete training information and a workout program. If you have additional questions, our Customer Satisfaction Department is available to assist you. Each representative has enough knowledge of the NordicPower Jr. and takes pride in providing you with the best support available.

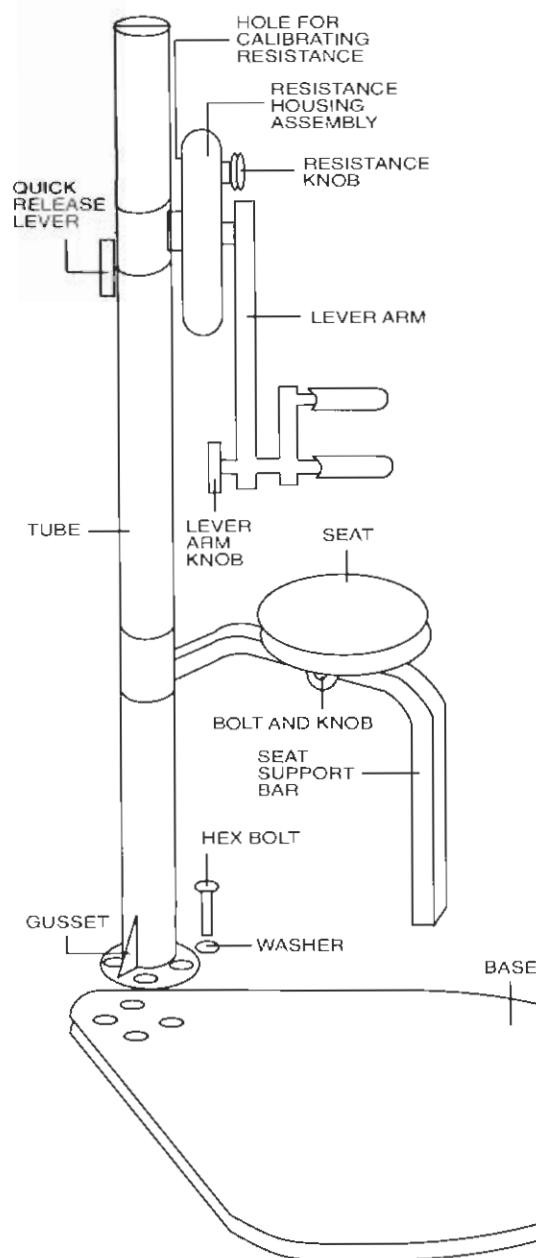
ASSEMBLY

Parts List

- 1 Base
- 1 Tube
- 1 Seat-support bar
- 1 Seat
- 1 Resistance housing assembly
- 1 Important information packet (contains Owner's Manual, warranty card and plastic bag)

Contents of the plastic bag

- 4 hex bolts
- 4 washers
- 1 flat wrench
- 1 Allen wrench



Assembly

1. Unpack all of the parts from the box. Remove the protective covering from the tube, seat-support bar and seat.
2. Place the base on the floor. The blue mat should face up.
3. Position the support assembly end of the tube on the base. (The gussets should point from left to right.) Line up the four holes of the support assembly with the holes on the base. Fasten the support assembly end of the tube onto the base with the four bolts and washers. Use the flat wrench provided to tighten them.
4. Slide the support bar over the top of the tube. Unscrew the knob from the bottom of the seat. Position the seat on the seat-support bar. Replace the bolt and knob to secure the seat.
5. Place the resistance housing assembly over the top of the tube. Tighten the quick-release lever to hold the resistance housing assembly in place.
6. For shipping purposes, the lever arm has been reversed. Position it correctly by loosening the lever arm knob and sliding the lever arm off. Turn the lever arm and mount it according to the diagram below.

NOTE: We recommend that you unpack your NordicPower Jr. at the location that you intend to use it. Please retain all packing materials for 30 days.

Loosening the Resistance

Housing Assembly

Your NordicPower Jr. comes with a quick-release lever. (Refer to the diagram on page 4 for the location of the quick-release lever.) The quick-release lever is designed to make resistance housing assembly adjustments fast and simple. It will provide some tension, even when released, and prevent the resistance housing assembly from sliding down the tube too quickly.

1. Support the resistance housing assembly with one hand.
2. Lift the quick-release lever to loosen it.
3. Move the resistance housing assembly along the tube to desired position.
4. Press the lever down to lock it into place. If a greater hold is desired, tighten the bolt on the quick-release lever.

Selecting the Resistance Levels

The resistance on your NordicPower Jr. is easy to adjust. Turn the resistance knob clockwise to increase the tension. To decrease the tension, turn the knob counterclockwise. (Refer to the diagram on the opposite page for the location of the resistance knob.)

Calibrating the Resistance

As you break in your NordicPower Jr., it will be necessary to calibrate the resistance. This needs to be performed if you feel no resistance when you move the lever arm. (Refer to the diagram on the opposite page for the location of the lever arm.)

1. Set the resistance knob at zero.
2. Slide the resistance housing assembly to the top of the center tube. A small hole at the back of the resistance housing assembly will become visible. (Refer to the diagram on the opposite page for the location of this hole.)
3. Use the Allen wrench provided with your NordicPower Jr. to tighten the bolt at the back of the resistance housing assembly. Do so until you can feel a light resistance when you move the lever arm.
4. Your NordicPower Jr. is now properly calibrated.

Changing the Lever Arm Length

1. Loosen the lever arm knob by turning it counterclockwise. (Refer to the diagram on the opposite page for the location of the lever arm knob and the lever arm.)
2. Move the lever arm to the appropriate length for the exercise to be performed.
3. Turn the knob clockwise to tighten knob and secure the lever arm in place.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

Develop a Balanced Program

Do not overdevelop one muscle group while neglecting the opposing muscle group. Imbalanced muscle development increases the chance of injury to the weaker muscle group.

Isolation

Achieving total isolation of a single muscle is nearly impossible. All movements, however simple, generally involve more than one muscle group. But, by concentrating on one muscle group as much as possible, gains in muscle size and strength can be obtained. The NordicPower® Jr. concentrates the force on one muscle group per exercise. So, the muscle group you want to exercise receives the majority of the benefits.

Intensity

Muscles must be stressed for muscle growth to occur. When repeatedly subjected to high stress levels, muscles respond by increasing in size and in strength. The more repetitions you perform, the greater the intensity will be.

Frequency

Muscles require 48 to 72 hours to recover from a workout session. Three training sessions per week for each muscle group, performed every other day, should provide adequate recovery time. Training more often may increase the chance of injury.

Duration

Depending on your goals, workout sessions can take from 20 minutes to one hour to complete.

Range of Motion

Working a full range of motion (ROM) increases the number of muscle fibers used, resulting in more effective workouts. Also, stretching before working out produces greater contracting force for better muscular strength, tone and size gains.

Proper form

Proper form is one of the most important factors in attaining maximum results and avoiding injury. Never sacrifice your form in an attempt to perform more repetitions or create greater resistance.

Rest interval

Rest periods between sets and exercises are important. Each rest period should be from 30 seconds to two and one-half minutes.

Breathing

Exhale during the contraction (lifting) phase of each exercise motion. Inhale during the extension (lowering) phase. Holding your breath while exercising may cause dizziness or other complications.

Order of Workout

Aerobic conditioning should be done before strength training. The recommended sequence of exercises for a workout session is:

1. Warm-up — two to five minutes of low-level aerobic activity and stretching
2. Aerobic conditioning
3. Cool-down — two to five minutes of low-level aerobic activity and stretching
4. Strength training
5. Stretching

Warm-Up

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm-up activities such as brisk walking or jogging in place for about five minutes, followed by an appropriate stretching routine, help to physically and mentally prepare you to train hard. The stretching will also improve your flexibility, or your ability to move joints through a full range of motion, and in so doing may help prevent injury. Go through the series of static (held) and then dynamic stretching positions described. Be sure to do the dynamic stretches with slow movements and without bouncing. The stretches presented involve major joints and muscle groups, especially the antigravity muscles of the back of the legs, the upper and low back, and the neck, which tend to become less flexible.

Include the following recommended stretching exercises *prior to* weight training and *immediately after* each training session. Brisk walking or jogging plus stretching increases blood and muscle temperatures, enabling muscles to contract and relax with greater ease. Stretching afterward helps speed your recovery from muscle soreness. Hold each of the stretches for at least 15 seconds, and repeat them two or three times if you wish.

STRETCHES:

Shoulder shrugs

Shrug or elevate your shoulders. Hold that position and rotate your shoulders forward, then backward, 8 to 10 times.

Chest stretch

Face a wall with your toes touching the base of the wall. Place one arm along the wall at shoulder level. Slowly turn away from the wall, keeping your shoulder as close to the wall as possible. Repeat with your other arm.

Elbow behind head

Bring both arms overhead and hold your left elbow with your right hand. Allow your left arm to bend at the elbow, and let your left hand rest against the back of your right shoulder. Pull with your right hand to slowly move the left elbow behind your head until you feel a stretch. Repeat with the other arm.

Shoulder stretch

With your right hand, grasp your left elbow and pull it slowly across your chest toward your right shoulder. Repeat with your other arm.

Toe touch

Sit on the floor with your legs straight in front of you without pointing your toes. Extend your arms in front of you. Gently and gradually lean forward, attempting to touch your toes.

Knee to chest

Lie on your back and pull one knee to your chest. Switch legs and repeat.

Hamstring stretch

Sit on the floor. Place one leg in front of you. Bend the other leg, placing the sole of your shoe against the inside thigh of your straight leg. Keep your toes and ankles relaxed, with your toes pointed upward. Slowly bend forward from the hips until you feel tension in the back of the thigh of your straight leg. Repeat with your other leg.

Torso rotation

Sit with your right leg straight. Bend your left leg, crossing your left foot over and resting it on the outside of your right knee with the sole of your shoe flat on the floor. With your right elbow, push against the outside of your upper left thigh, just above your knee. Use your right elbow to keep this leg stationary while performing the stretch. Place your left hand behind your buttocks facing away from your body. Slowly turn your head to look over your left shoulder, and rotate your upper body toward your left hand.

Quadricep stretch

While standing, use a wall or stationary object for balance, and grasp your right foot with your left hand and pull it so your heel moves back toward your buttocks. Repeat this with your left foot and right hand.

Calf stretch

Stand facing a wall or stationary object, approximately two feet away. With your feet together and your knees locked, lean forward. Slowly move your hips toward the wall, keeping your heels on the floor and your back straight.

Cool-Down

A cool-down should be performed after each aerobic exercise session. It will help to lower your heart rate and allow blood to return to your heart.

Your cool-down should include two to five minutes of light aerobics and a series of stretches as described above.

Stretching

A series of stretches should be performed again at the end of your strength-training session. Stretching will greatly reduce your risk of injury. Stretches should be held for at least 15 seconds without any bouncing motions. We suggest repeating the above stretches.

CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

The following information should help you design a fitness program that meets your needs in a safe and effective manner. The suggested daily routines on the next several pages are intended to serve as a guide to assist you in getting the most out of your NordicPower® Jr. As with all fitness programs, you should assess your personal level of physical condition and determine a conditioning level that you are comfortable with. A general key to exercise safety is to start at a low intensity level and progress gradually. As your fitness level increases, modify your routine accordingly. And, always allow your body the time it needs to improve.

Stop exercising if you experience any warning signs of overexertion: light-headedness, dizziness, nausea or extreme breathlessness. Other signs that point to overexertion are prolonged fatigue lasting more than an hour or body pain of the muscles or skeletal system.

Training Tips

- Always consult your physician or medical expert before starting any exercise program.

If taking any medication limiting heart rate activity, a medical doctor's advice is absolutely essential.

- Wear comfortable clothing (i.e. T-shirts, shorts).
- Maintain regular training days. Greater strength and improved appearance come only with time, patience and consistent training.
- Do not train when you do not feel well.
- Perform several warm-up reps before all strength-training sets.
- Wait one to two hours after a large meal before working out.
- Keep daily records of your progress.
- Train with a partner when possible. Encourage and inspire each other.
- Work in an area with adequate space to perform all exercises.
- Read all instructions before beginning any exercises.

Helpful Hints

- Always position yourself in the center of the base when training on your NordicPower Jr.
- The seat support should be placed fully on the base before sitting down.
- The seat will lock into position when you sit down on it. To release the seat, stand on the base and push near the top of the pole. Lift the seat bar near the tube.
- To adjust the seat distance from the pole, loosen the knob underneath the seat and slide the seat to desired position. Tighten the knob to secure the seat in place.
- To set up and perform a standing exercise, swing the seat support off of the base. Place the seat-support bar squarely on the base for seated exercises.

You may wish to review page 5, *Adjusting Your NordicPower Jr.*, before performing any exercises.

AREA TO BE EXERCISED	APPROPRIATE EXERCISE		
HIPS	Hip Flexion	Hip Extension	Squat
THIGH	Leg Extension	Leg Curl	Squat
BACK	Lateral Pulldown Pullover	Back Extension	Low Row
SHOULDERS	Overhead Press Pronated Raise	Upright Row	Front Raise
CHEST	Chest Fly	Bent-over Press	Chest Press
UPPER ARMS	Bicep Curl Tricep Pulldown	Reverse Bicep Curl Tricep Pressdown	Tricep Pushdown
FOREARMS	Reverse Bicep Curl		
ABDOMINAL	Abdominal Crunch		
CALVES	Calf Raise		

SUGGESTED DAILY ROUTINES

Monday—Day 1

HIP FLEXION/HIP EXTENSION



Muscles: Hip Flexors, Extensors

Reps: 12 to 15

Sets: 3

Position the center of the resistance housing assembly at hip level (higher than is shown in the photo). Adjust the lever arm so the pads are against the front and rear of your calf.

Hip Flexion

Raise your leg from the hip. Your knee should be slightly bent. Keep your upper body stable by grasping the pole with your hand.

Hip Extension

Extend your leg back from the hip. Keep your knee slightly bent. Maintain an erect posture and keep your upper body stable by grasping the pole with your hand. Switch legs after completing each set.

LEG EXTENSION/LEG CURL



Muscles: Quadriceps, Hamstrings

Reps: 12 to 15

Sets: 3

Shorten the lever arm and position the resistance housing assembly at knee joint.

Leg Extension

Extend your leg until it is straight.

Leg Curl

Drive your lower leg back to the starting position. Switch legs after completing each set.

OVERHEAD PRESS/LAT PULLDOWN



Muscles: Deltoids, Triceps, Latissimus Dorsi, Biceps

Reps: 8 to 10

Sets: 2

Position the center of the resistance housing assembly at your shoulder joint in the center of your upper back. Your arm should be slightly flexed.

Overhead Press

Grasp the lever arm handle and press the lever arm overhead until your upper arm is vertical. Keep your upper body stable and erect.

Lat Pulldown

Pull the lever arm handle down from overhead position. Keep your elbow wide. Maintain a stable and erect upper body. Switch arms after completing each set.

CHEST FLY/PRONATED RAISE



Muscles: Pectorals, Deltoids, Rhomboids

Reps: 8 to 10

Sets: 4

Bend at the waist. Position the center of the resistance housing assembly at shoulder level. Adjust the lever arm so you are able to maintain a slightly flexed arm throughout the movement.

Best Fly

Face the resistance housing assembly. Bend at the waist. Keep your knees slightly bent and your back flat. Grasp the lever arm handle with your right hand. Place your left hand on the seat for stabilization. Push downward and inward while keeping torso stable.

Pronated Raise

Remain in the same position. Bend at the waist, with your knees slightly bent and your back flat. Place your left hand on the seat for stabilization. Raise the lever arm handle, with a slightly flexed elbow, to shoulder height. Rotate the resistance housing assembly to the opposite side of pole. Switch arms after completing each set.

ABDOMINAL CRUNCH/BACK EXTENSION



Muscles: Rectus Abdominis, Erector Spinae

Reps: 12 to 15

Sets: 3

Position the resistance housing assembly at your waist.

Abdominal Crunch

With an underhand grip, grasp the lever arm handle and hold it to your upper chest. Bend forward and contract your abdominals.

Back Extension

Keep the lever arm handle against your chest. Extend your upper torso backward. Be careful not to overextend.

BICEP CURL/TRICEP PULldown



Muscles: Biceps, Triceps

Reps: 10 to 12

Sets: 3

Position the center of the resistance housing assembly at elbow level. Adjust the lever arm to the length of your lower arm.

Bicep Curl

Grasp the lever arm handle and pull it upward. Rotate at the elbow joint while keeping your elbow stable.

Tricep Pulldown

Push the lever arm handle down until your arm is fully extended. After each set, turn and face the opposite direction to work the opposing arm.

Wednesday—Day 2

SQUAT



Muscles: Quadriceps, Hamstrings, Glutei

Reps: 12 to 15

Sets: 3

Position the center of the resistance housing assembly at your shoulder joint when standing erect. Extend the lever arm to full length.

Squat

Position the lever arm handle over your shoulder. Stand erect. Bend at your hips and knees until your thighs are parallel with the floor. Keep your head up, back straight and weight on your heels. Press up with your legs until just before full extension. Maintain your form on both the upward and downward motion.

HIP FLEXION/HIP EXTENSION



Muscles: Hip Flexors, Extensors

Reps: 12 to 15

Sets: 3

Position the center of the resistance housing assembly at hip level (higher than is shown in the photo). Adjust the lever arm so that the pads are against the front and rear of your calf.

Hip Flexion

Raise your leg from the hip. Your knee should be slightly bent. Keep your upper body stable by grasping the pole with your hand.

Hip Extension

Extend your leg back from the hip. Keep your knee slightly bent. Maintain an erect posture and keep your upper body stable by grasping the pole with your hand. Switch legs after completing each set.

PULLOVER/FRONT RAISE



Muscles: Latissimus Dorsi, Anterior Deltoids

Reps: 8 to 10

Sets: 2

Position the center of the resistance housing assembly at your shoulder joint.

Pullover

Extend your arm slightly above your shoulder. Grasp the lever arm handle. Keep your torso stable and pull the lever arm handle down in front of you. Continue until it reaches the top of your thighs.

Front Raise

Return your arm to the starting position. Switch arms after completing each set.

BENT-OVER PRESS/LOW ROW



Muscles: Pectorals, Triceps, Latissimus Dorsi, Biceps

Reps: 8 to 10

Sets: 4

Position the resistance housing assembly at shoulder level while bent over.

Bent-over Press

Keep back flat and knees bent. Grasp the lever arm handle. Press downward and outward until lever arm handle is fully extended.

Low Row

Pull the lever arm handle to your chest. Keep your elbow joint at a 45-degree angle. Maintain a flat back and bent knees. Switch arms after completing each set.

TRICEP PRESSDOWN/ REVERSE BICEP CURL



Muscles: Triceps, Biceps

Reps: 10 to 12

Sets: 3

Position the center of the resistance housing assembly at your elbow joint.

Tricep Pressdown

Grasp the lever arm handle with an overhand grip. Push it down until your arm is fully extended. Keep your elbow close to your body.

Reverse Bicep Curl

Keep your elbow stable and return your arm to the starting position. Your elbow should be flexed. Switch arms after completing each set.

ABDOMINAL CRUNCH/BACK EXTENSION



Muscles: Rectus Abdominis, Erector Spinae

Reps: 12 to 15

Sets: 3

Position the resistance housing assembly at your waist.

Abdominal Crunch

With an underhand grip, grasp the lever arm handle and hold it to your upper chest. Bend forward and contract your abdominals.

Back Extension

Keep the lever arm handle against your chest. Extend your upper torso backward. Be careful not to overextend.

Friday — Day 3

CHEST PRESS/SEATED LOW ROW



Muscles: Pectorals, Triceps, Latissimus Dorsi,

Biceps

Reps: 8 to 12

Sets: 2

Position the resistance housing assembly high on the pole. From a seated position, adjust the lever arm so that the lever arm handle is at your shoulder joint.

Chest Press

Stabilize your body with your opposite arm. Grasp the lever arm handle and fully extend your arm forward.

Seated Low Row

Pull the lever arm handle back to your chest. Switch arms after completing each set.

OVERHEAD PRESS/LAT PULLDOWN



Muscles: Deltoids, Triceps, Latissimus Dorsi

Reps: 8 to 12

Sets: 2

Position the center of the resistance housing assembly at your shoulder joint in the center of your upper back. Your arm should be slightly flexed.

Overhead Press

Grasp the lever arm handle and press the lever arm overhead until your upper arm is vertical. Keep your upper body stable and erect.

Lat Pulldown

Pull the lever arm handle down from overhead position. Keep your elbow wide. Maintain a stable and erect upper body. Switch arms after completing each set.

ABDOMINAL CRUNCH/BACK EXTENSION



Muscles: Rectus Abdominis, Erector Spinae

Reps: 12 to 15

Sets: 2

Position the resistance housing assembly at your waist.

Abdominal Crunch

With an underhand grip, grasp the lever arm handle and hold it to your upper chest. Bend forward and contract your abdominals.

Back Extension

Keep the lever arm handle against your chest. Extend your upper torso backward. Be careful not to overextend.

UPRIGHT ROW/TRICEP PUSHDOWN



Muscles: Trapezius, Deltoids, Triceps

Reps: 8 to 10

Sets: 2

Position the resistance housing assembly at shoulder height.

Upright Row

Stand and face the pole with your feet apart. Using an overhand grip on the arm lever handle, pull the lever arm handle up to your chest.

Tricep Pushdown

Return your arm to the starting position. Switch arms after completing each set.

LEG EXTENSION/LEG CURL



Muscles: Quadriceps, Hamstrings

Reps: 12 to 15

Sets: 3

Shorten the lever arm and position the resistance housing assembly at your knee joint.

Leg Extension

Extend your leg until it is straight.

Leg Curl

Drive your lower leg back to the starting position. Switch legs after completing each set.

CALF RAISE



Muscles: Gastrocnemius, Soleus

Reps: 15 to 20

Sets: 2

Position resistance assembly at thigh level. Lever arm should be in the longest position.

Calf Raise

Stand toward outer edge of the base. Grasp the lever arm handle with an overhand grip. Raise your heels as high as possible. Return your heels to the floor.

CHEST FLY/PRONATED RAISE



Muscles: Pectorals, Deltoids, Rhomboids

Reps: 8 to 12

Sets: 2

Bend at the waist. Position the center of the resistance housing assembly at chest level. Adjust the lever arm so you are able to maintain a slightly flexed arm throughout the movement.

Chest Fly

Face the resistance housing assembly. Bend at the waist. Keep your knees slightly bent and your back flat. Grasp the lever arm handle with your right hand. Pull downward and inward while keeping your torso stable.

Pronated Raise

Remain in the same position. Bend at the waist, with your knees slightly bent and your back flat. Raise the lever arm handle, with a slightly flexed elbow, to shoulder height. Rotate the resistance housing assembly to the opposite side of pole. Switch arms after completing each set.

WORKOUT LOG

We recommend photocopying this log before using it.

MONDAY — DAY 1

DATE							
SET/REP							
Hip flexion/Hip extension							
Leg extension/Leg curl							
Overhead press/Lat pulldown							
Chest fly/ Pronated raise							
Bicep curl/Tricep pulldown							
Abdominal crunch/Back extension							

WEDNESDAY — DAY 2

DATE							
SET/REP							
Squat							
Hip flexion/Hip extension							
Pullover/Front raise							
Bent-over press/Low row							
Tricep pressdown/Reverse bicep curl							
Abdominal crunch/Back extension							

FRIDAY — DAY 3

DATE							
SET/REP							
Chest press/Seated low row							
Overhead press/Lat pulldown							
Abdominal crunch/Back extension							
Upright row/Tricep pushdown							
Leg extension/Leg curl							
Calf raise							
Chest fly/Pronated raise							

MAINTENANCE LOG

Your NordicPower Jr. requires a minimum amount of maintenance. Use a mild household cleaning spray and cloth to clean the plastic and metal parts of the machine. It may be necessary to occasionally recalibrate the resistance of your NordicPower Jr. Please refer to page 5 of this Owner's Manual for instructions.

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CUSTOMER INFORMATION

If you have any questions about the setup or operation of your NordicPower Jr. machine, call our Customer Satisfaction Department. Representatives are available to assist you.

1-800-468-0925

Monday through Friday • 7 AM to 8 PM CST

Saturday • 8 AM to 4:30 PM CST

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the NordicPower Jr. machine. Please note that misuse, abuse or the commercial use of the machine will void the 30-day in-home trial and return privilege policy. Should you decide to return it, YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING PRODUCT(S) BY CALLING 1-800-468-0925. SHIPPING CHARGES FOR RETURNING THE NORDICPOWER JR. MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE CUSTOMER.

Once the NordicPower Jr. Customer Satisfaction Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt at NordicTrack, Inc., we will refund the full purchase price and the initial surface shipping costs. (Air shipping costs in excess of normal surface shipping costs will not be refunded.)

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., for two years from date of purchase of a NordicPower Jr. machine, will repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased through NordicTrack, Inc. carry their own warranty.) Please note that commercial use of a NordicPower Jr. machine will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit, vandalism, misuse, abuse, alteration or lack of reasonable care.

To obtain service under this warranty, contact our Customer Satisfaction Department at 1-800-468-0925 for the proper procedure. ALL SHIPPING COSTS TO RETURN THE NORDICPOWER JR. MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED. No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc. under any such implied warranty and under this limited warranty, shall be limited to the repair or replacement of defective parts within two years of date of purchase. NordicTrack, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation incidental or consequential damages, so the above limitations or exclusions may not apply to you. The warranty gives you specific rights, and you may also have other rights which vary from state to state.

