

n o r d i c s p o r t®

World Class Row™

A WORLD CLASS

WORKOUT FOR THOSE

COMMITTED TO

PERSONAL EXCELLENCE.



ASSEMBLY, OPERATING INSTRUCTIONS AND TRAINING PROGRAMS



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The following pages contain important information that will help you maximize your workouts with your NordicSport World Class Row. Be sure to read the entire manual thoroughly before using the machine.

Please record your customer information here. Refer to these numbers when speaking to a Customer Service Representative. The numbers are located on your packing slip.

Customer Number: _____

Invoice Number: _____

Date of Purchase: _____



INTRODUCING THE NORDICSPORT WORLD CLASS ROW

Congratulations on your purchase of the NordicSport® World Class Row™ exerciser. This innovative new rowing system gives you a total-body aerobic workout while sitting down!

The NordicSport World Class Row is an easy-to-use, low-impact total-body exerciser that delivers a remarkably effective workout. The World Class Row distributes resistance separately to the upper and lower body to give you a smooth and efficient workout. The unique split-resistance feature allows you to increase the upper-body resistance to work towards a firmer stomach, more defined arms, and a stronger chest, shoulders and back. Or use more lower-body resistance to develop tighter buttocks, a trimmer waist, and toned legs. The advantage is our split-resistance mechanism, which can be independently adjusted for both upper and lower-body settings. You select your resistance settings and tailor your workouts to your specific fitness needs.

The World Class Row offers a low-maintenance, high-durability design that will continue to meet your fitness demands year after year. Read on to discover how to customize your rower, design a personal training program and select the training routines that meet your needs. There is also an easy-to-understand maintenance section to keep your rower in top shape. And if you ever have any questions about the use or maintenance of your rower, our knowledgeable Customer Service Representatives are available to assist you.

Be sure to read this Owner's Guide thoroughly before attempting to use the machine.

Customer Service Department

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

1 (877) 651-6119

www.iconfitness.com

*We recommend that you
consult your personal
physician before
beginning any
exercise program.*



UNPACKING YOUR NORDICSPORT WORLD CLASS ROW

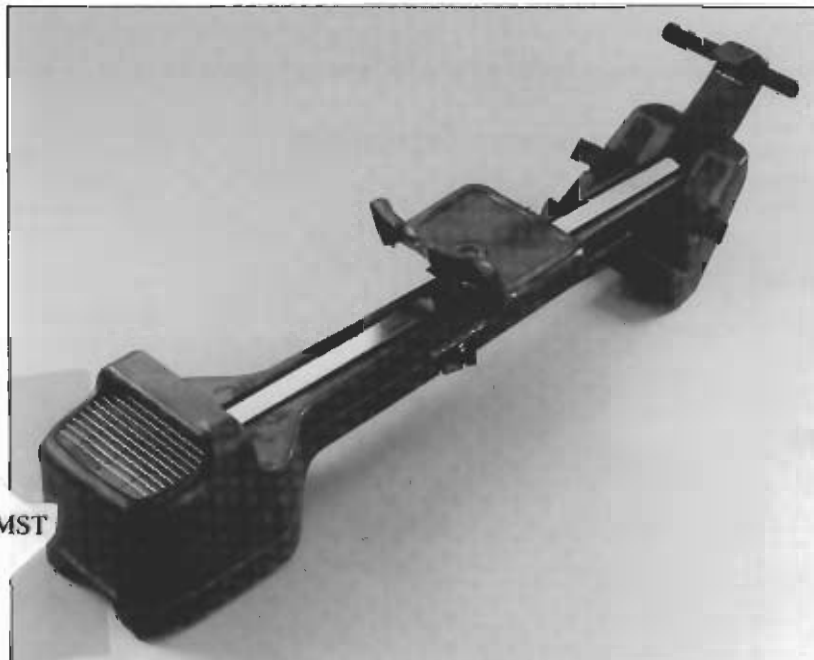
We recommend unpacking your NordicSport World Class Row where you intend to use it. Please retain all packing materials for at least 30 days.

PARTS LIST

- 1 NordicSport World Class Row
- 1 Electronics package

MOUNTING THE ELECTRONICS MONITOR

Please refer to the instructions in your electronics package for mounting and operating instructions. Read on to learn how to customize your NordicSport World Class Row!



Please call our

Customer Service Department
Monday - Friday 6:00 a.m.-6:00 p.m. MST
1 (877) 651-6119
www.iconfitness.com



BEFORE YOU BEGIN: CUSTOMIZING TO FIT YOU

Before you get on your NordicSport® World Class Row™ exerciser, prepare for your total-body aerobic workout by adjusting the special features of the rower to your personal preferences.

Sit on the seat and loosely fasten your feet into the footpads. Sit with your back straight. Slide all the way back in the seat. Throughout your workout, the patented back stress management system will help you to maintain proper form, support your lower back, prevent hyperextension and evenly distribute your weight.

SETTING THE SPLIT RESISTANCE

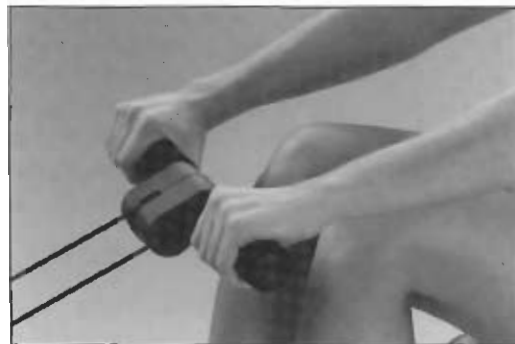
The unique split-resistance design of the NordicSport World Class Row allows you to independently adjust the resistance for your upper and lower body during your workout.

Begin at the lowest comfortable resistance for your arms and legs. As you become stronger and progress, you may wish to gradually increase the resistance. Adding more resistance to the arms or legs will enhance your calorie burn rate and give you a more effective workout. However, be sure to keep the emphasis in your training program on duration rather than intensity.

When you're sitting on the rower, the knob on your right side adjusts the upper-body (arm) resistance. The knob on your left side lets you set lower-body (leg) resistance. To increase resistance, turn the knob clockwise (+). A counter clockwise (-) turn of the knob will decrease resistance.

USING A PROPER HANDGRIP

Grasp the handle comfortably and firmly. You may use either an overhand or underhand grip while rowing. The overhand grip more closely simulates the motion of rowing. Using an underhand grip will help reduce arm fatigue.



Overhand grip



Underhand grip

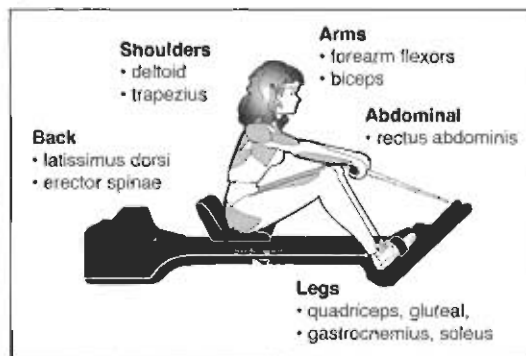


MUSCLES USED WITH THE NORDICSPORT WORLD CLASS ROW

The motions used while exercising on the NordicSport® World Class Row™ exerciser closely simulate rowing—considered by fitness experts to be one of the best forms of aerobic exercise. Proper form and technique are essential to obtain the maximum benefits from your workout while minimizing the potential for injury.

The World Class Row is an excellent aerobic conditioner. Because rowing requires the involvement of all the major muscle groups in both the upper and lower body, it builds strength, power and flexibility. Regular workouts on the World Class Row will get you well on your way toward improved cardiovascular health.

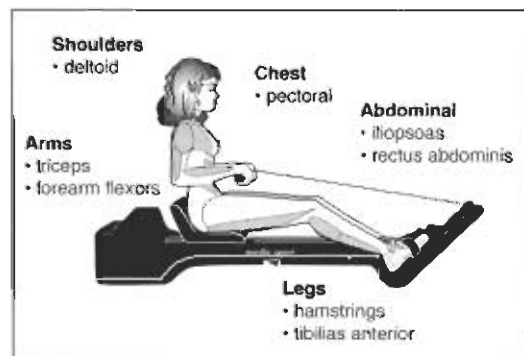
MUSCLES USED IN THE CATCH AND DRIVE



The following muscles are used when you start in the "catch" position and move backward by extending your legs and pulling on the handles during the "drive":

- Abdominal rectus abdominis
- Shoulders deltoid, trapezius
- Arms forearm flexors, biceps
- Back latissimus dorsi, erector spinae
- Legs quadriceps, gluteal, gastrocnemius, soleus

MUSCLES USED IN THE RETURN



When your legs are extended and you return to the sitting position, the following muscles are used:

- Shoulders deltoid
- Arms triceps, forearm flexors
- Chest pectoral
- Legs hamstrings, tibialis anterior
- Abdominal iliopsoas, rectus abdominis



Figure 1



Figure 2



Figure 3

THE CATCH

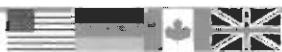
The catch is actually the last portion of the return and the first phase of power generation. Take a deep breath during the catch. Keep in mind that the next phase of the rowing motion will be dominated by the leg muscles.

THE DRIVE

The drive stroke should be smooth and fluid — legs first, then your arms. Your hands should remain on a level plane throughout the movement. Keep your head up. Exhale as you pull through the movement.

THE RETURN

Your motions should be smooth and fluid — arms first, followed by the legs in the return. Your hands should remain on a level plane throughout the movement. Keep your head up.



DESIGNING YOUR PERSONAL FITNESS PROGRAM



This section was developed by exercise physiologists at The National Exercise For Life Institute to help you maximize your use and enjoyment of your NordicSport® World Class Row[™] exerciser.

The following information should help you design a fitness program that meets your needs in a safe and effective manner. 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. But, always allow your body the time it needs to improve.

ESTABLISH PERSONAL GOALS

Finding the motivation to exercise and making positive lifestyle changes can be challenging. It is important that you set attainable, realistic goals and that you reward yourself when you meet those goals. Above all, try to make your workouts fun! Below are some examples of typical fitness goals:

- Enhanced quality of life
- Improved personal appearance
- Weight loss
- Greater muscle tone and strength
- Longer, healthier life
- More energy and personal vitality
- Lower blood pressure/cholesterol levels

Your NordicSport World Class Row can help you to achieve your fitness goals, whatever they may be.

EXERCISE PROGRESSION

A comprehensive exercise program should include each of the following components:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength training
6. Stretching

Always consult your personal physician before beginning any exercise program.

1. WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against injury and muscle soreness, which are common reasons for discontinuing an exercise program. We suggest a routine of five minutes of brisk walking, marching in place or slow exercise on your rower.

2. STRETCHING

Stretching prepares your muscles for the activity that they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 8.

3. AEROBIC CONDITIONING

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity. We also recommend that you monitor your heart rate during your aerobic session.

FREQUENCY

Frequency refers to the number of workouts per week. The recommended number is three to five days per week. Exercising four to five times per week, with the proper duration and intensity, maximizes fat loss and cardiovascular development.

DURATION

Duration is the amount of time that the proper intensity level is maintained. Beginning exercisers should start with 10 to 20 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people or people who want to lose weight should exercise for 30 to 60 minutes.

INTENSITY

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section.



MONITORING YOUR TARGET HEART RATE

The **target heart rate** is used to monitor the intensity of an **aerobic workout**. To learn a simple way to find and **monitor** your heart rate (pulse) use the following section, "The Rule of Thumb."

The Rule of Thumb

Stick your left thumb into the air. Touch your wrist, one-fourth of an inch from the thumb joint, with the index and middle finger of your right hand. Your fingertips should almost touch the elevated tendon on your left wrist. Relax your left thumb and roll your left wrist parallel to the floor; your right index and middle finger should remain in the same position and lay flat along your left wrist. Apply a minimal amount of pressure with the index and middle finger.



TARGET HEART RATE CHART

AGE	BEGINNER	INTERMEDIATE	ADVANCED
	60% – 65% of MHR	65% – 75% of MHR	75% – 85% of MHR
TARGET HEART RATE PER 10 SECONDS			
19 and under	20 – 22	23 – 25	26 – 28
20 – 24	19 – 21	22 – 25	26 – 28
25 – 29	19 – 21	22 – 24	25 – 27
30 – 34	18 – 20	21 – 23	24 – 26
35 – 39	18 – 20	21 – 23	24 – 26
40 – 44	17 – 19	20 – 22	23 – 25
45 – 49	17 – 19	20 – 21	22 – 24
50 – 54	16 – 18	19 – 21	22 – 24
55 – 59	16 – 17	18 – 20	21 – 23
60 and over	16 – 17	18 – 20	21 – 23

To calculate your target heart rate for one minute, count your pulse rate for ten seconds and multiply by 6. Be sure to stay within your target heart rate zone, for the greatest aerobic benefit from your workout.

HELPFUL HINTS

- Lower your wrist below your heart level. This will make your pulse stronger and easier to locate.
- If you experience difficulty finding your pulse, try using the opposite wrist and hand.
- The amount of pressure applied to your wrist should be equivalent to that needed to hold an uncooked egg between your thumb and fingers. Your fingernails should never appear white.

Exercising at 60 to 85 percent of your maximum heart rate enhances your body's ability to burn fat and increases your aerobic-conditioning benefits. Your maximum heart rate (MHR) is equal to 220 minus your age (in years). The chart below shows you the **target heart rate zones** for the **beginner**, **intermediate** and advanced exercise programs. Use the chart to determine the intensity of your workout.

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 on the World Class Row at a slower pace for at least five minutes following the aerobic phase.

5. STRENGTH TRAINING

A strength training program increases the body's ability to perform work and adds lean muscle mass to the body. Lean muscle mass aids in burning body fat, and is therefore an essential component of a fitness program.

6. STRETCHING

Stretching after exercise reduces muscle soreness. See Recommended Stretches on page 8.



RECOMMENDED STRETCHES

1) BACK AND ARM STRETCH



Gently pull your elbow behind your head. Cradle your elbow with your opposite hand.

2) SHOULDER STRETCH



Pull your elbow across your chest. Use your free hand to cradle your elbow.

3) QUADRICEPS STRETCH



Pull your heel slowly toward your buttocks.

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

4) CALF STRETCH



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

5) LOW-BACK AND HAMSTRING STRETCH



Position your legs as shown. Bend forward from the hips and keep your back straight.

6) INNER-THIGH STRETCH



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

7) LOW-BACK AND HIP STRETCH



Slowly pull one knee to your chest. Repeat with the other knee. Then, pull both knees to your chest at the same time.



TRAINING TIPS

Please consult your physician before beginning any exercise program.

The programs recommended here are progressive. As with all fitness programs, you should assess your personal physical condition by determining how comfortable the level of conditioning is for you and by monitoring your heart rate. A generally accepted method for estimating the proper physical exertion level is to exercise at an intensity where your breathing is labored, but where you are still able to carry on a conversation or whistle.

Start at the beginner stage, move on to the intermediate stage when ready and then on to the advanced stage of the program you wish to follow. Always begin at a low-intensity level and progress gradually in any program. You may be able to skip stages depending on your current fitness level. Your current fitness status, individual goals and training objectives will largely determine the training program most appropriate for you and your progression.

These programs are recommendations. They are meant to serve as a general guide to assist you in getting the most from the NordicSport® World Class Row™ exerciser and are designed for your convenience. Because no program is right for everyone, feel free to use any combination.

There are two basic types of rowing programs: steady long-distance and interval training. Steady long-distance is long-distance rowing using a fairly light load. Your goal is to row for at least 20 minutes or longer without becoming exhausted. This form of training is an excellent cardiovascular workout. The second program, interval training, involves a series of alternating work and rest periods during a session. This type of program builds strength, as well as conditions your aerobic system.

1. Consult your physician before beginning any exercise program.
2. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
3. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
4. Make your exercise time more enjoyable. While exercising on the NordicSport World Class Row, you can listen to music or a book on tape, or watch your favorite television show.
5. Don't overexert yourself. Stop exercising if you experience any unusual discomfort or signs of overexertion, lightheadedness, dizziness, nausea or extreme breathlessness. Other symptoms include prolonged fatigue (more than an hour), or pain of the muscles or skeletal system.
6. Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs. Be very aware of your body's signals and react to them accordingly. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.
7. Always wear exercise clothing such as shorts a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. Comfortable athletic footwear is recommended.



STEADY LONG-DISTANCE PROGRAMS

BEGINNER— STEADY LONG-DISTANCE

<i>Frequency</i>	<i>3 to 4 days per week</i>
<i>Duration</i>	<i>10 to 20 minutes</i>
<i>Intensity</i>	<i>60% to 65% of maximum heart rate</i>
<i>Stroke rate</i>	<i>20 to 25 strokes per minute</i>

This stage usually lasts four to six weeks. Maintain a low intensity during your workouts to avoid excessive muscle soreness, injury, discomfort, and discouragement. Be conservative when starting an exercise program and progress gradually. Begin with 12 minutes per session and slowly increase to 20 minutes during this stage.

Warm up at a low resistance and stroke rate.

Work out at resistance and stroke rates that raise your heart rate to the desired intensity. Increase your rowing duration each session until you reach 20 minutes.

Cool down at low resistance and stroke rates.





INTERMEDIATE — STEADY LONG-DISTANCE

Frequency	3 to 5 days per week
Duration	20 to 30 minutes
Intensity	65% to 75% of maximum heart rate
Stroke rate	25 to 35 strokes per minute

This stage usually lasts 7 to 20 weeks. Your exercise intensity and duration can be increased every two to three weeks.

Warm up at a low resistance and stroke rate.

Work out at resistance and stroke rates that raise your heart rate to the desired intensity. Increase your rowing duration each session.

Cool down at low resistance and stroke rates.

MAINTENANCE — STEADY LONG-DISTANCE

Frequency	5 times per week
Duration	30 to 60 minutes
Intensity	75% to 85% of maximum heart rate
Stroke rate	30 to 40 strokes per minute

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

NOTE: You may wish to preform interval training two times per week, in addition to steady long-distance training two to three times per week.

Warm up at a low resistance and stroke rate.

Work out with increasing levels of resistance and duration. Use your heart rate as an indicator of the proper level.

Cool down at low resistance and stroke rates.



INTERVAL TRAINING PROGRAMS

INTERMEDIATE — INTERVAL TRAINING

Frequency	2 times per week in addition to steady long-distance training
Duration	20 to 30 minutes
Intensity	60% to 85% of maximum heart rate
Stroke rate	20 to 40 strokes per minute

Warm up at a low resistance and stroke rate.

Work out with an increased resistance level and stroke rate for 30 seconds at the high end of your target heart rate zone. After 30 seconds, lower your resistance level, return to the low end of your target heart rate zone and row for 90 seconds. After 90 seconds of rowing at the minimal level, begin again. Exercise with increasing levels of resistance and duration. Use your heart rate as an indicator of the proper level.

Cool down at low resistance and stroke rates.

ADVANCED — INTERVAL TRAINING

Frequency	2 times per week in addition to steady long-distance training
Duration	30 to 40 minutes
Intensity	60% to 85% of maximum heart rate
Stroke rate	30 to 40 strokes per minute

This workout should be attempted only if you can sustain a half-hour of continuous rowing. It is designed for use in the maintenance stage.

Warm up at a low resistance and stroke rate.

Work out with progressively increasing resistance levels. Row 15 strokes fast, 15 strokes easy; 25 strokes fast, 25 strokes easy; 35 strokes fast, 35 strokes easy, etc. Work your way up to 50 strokes. Then work your way back down the ladder to the starting point.

Cool down at low resistance and stroke rates.



WORKOUT LOG

Maximum Heart Rate
($220 - \text{your age} =$
Maximum Heart Rate)

Low end of Target Heart
Rate Zone (Maximum
Heart Rate $\times .60$)

High end of Target Heart
Rate Zone (Maximum
Heart Rate $\times .85$)

Date								
Duration								
Strokes per Minute								
Distance								
Calories Burned								
Exercise Heart Rate*								
Other								

Date								
Duration								
Strokes per Minute								
Distance								
Calories Burned								
Exercise Heart Rate*								
Other								

We recommend photo-copying this log before you begin.

* Record your heart rate immediately following exercise.



MAINTAINING YOUR NORDICSPORT WORLD CLASS ROW

The NordicSport® World Class Row™ exerciser requires minimal maintenance. Please apply the following tips to keep your rower performing at top efficiency.

GENERAL MAINTENANCE

Wipe the machine and seat with a clean, dry cloth following each workout to remove perspiration and dirt. A clean, slightly damp cloth and a small amount of detergent can also be used for more extensive cleaning. Take care not to get soap or water on any of the moving parts.

CORD CARE

Examine the cords once a month to check for wear and/or fraying.

FLYWHEEL MAINTENANCE

Clean flywheels enable the most leg and arm tension possible.

1. Turn the arm and leg tension knobs to the lowest settings.
2. Set the World Class Row upside down.
3. Note how the drag strap is routed. Unhook the drag strap spring from the cable (Figure 1).
4. Unhook the other end of the drag strap from the base.
5. Note how the drag strap is routed. Remove the drag strap and wipe the surface of the flywheel with a clean rag dampened with rubbing alcohol.
6. Wipe the flywheel with a clean, dry cloth.
7. Repeat this process with the other flywheel.

DRAG-STRAP CARE

A clean drag strap provides the best performance and durability.

1. Take a drag strap in your hands. Hold the ends of the drag strap.
2. With a quick motion, repeatedly pull the strap tight or use a stiff brush to remove any dust. (We recommend cleaning the belt outside because dust may loosen from the strap.) Repeat with the second drag strap.
3. Replace each drag strap in the manner in which it was removed. Reverse the drag strap for longer wear if it becomes slightly frayed or blackened. See the diagram below.

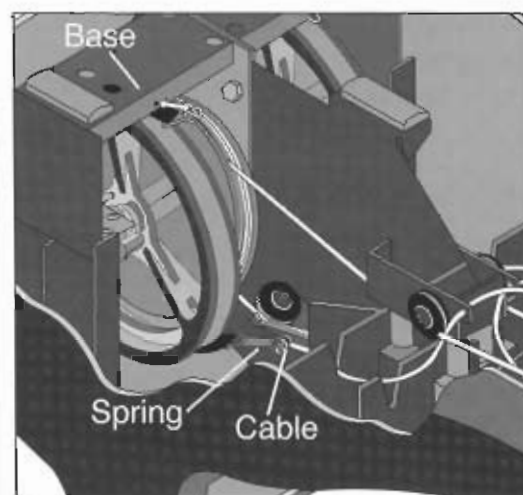


Figure 1

Please call our

Customer Service Department

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

1 (877) 651-6119

www.iconfitness.com



CREATING A BALANCED FITNESS PROGRAM

STRENGTH CONDITIONING

Fitness-aware individuals like you have understood the need for regular aerobic exercise for quite some time. But aerobic exercise is not enough. Your Balanced Fitness™ program should include strength conditioning in addition to aerobic exercise. Some of the benefits of strength conditioning are listed below:

- Increased lean muscle mass
- Improved ability to perform everyday tasks
- Higher calorie burn rate
- Greater muscle tone and strength

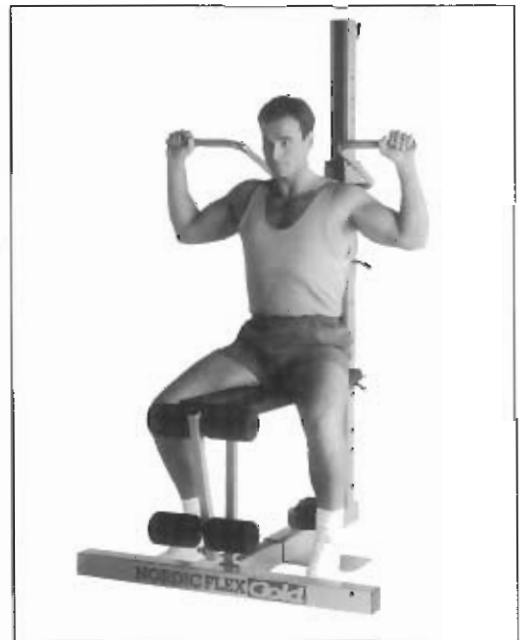
Strength conditioning is for everyone. Whatever your fitness goals, it is important that you include strength conditioning in your personal fitness program. Strength conditioning complements aerobic exercise and helps enhance muscle tone.

CROSS-TRAINING

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more activities into a personal fitness program. This type of training will help you achieve a greater fitness level than a program in which you perform the same activity over and over again. Some of the other benefits of cross-training are:

- Enhanced sports performance
- Improved muscle balance and symmetry
- Reduced boredom
- Decreased recovery time between workouts

The three products featured on this and the following page will enable you to round out your Balanced Fitness program.



NORDICFLEX GOLD STRENGTH CONDITIONER

With the NordicFlex Gold strength conditioner, you can tone and strengthen your body — regardless of your current physical condition. Whether you want to tone muscles, lose weight, or build bulk, the NordicFlex Gold can help you to achieve your fitness goals.

The NordicFlex Gold has a patented isokinetic resistance system that provides you and your family with a safe, effective workout. The “accommodating” resistance automatically adjusts to your strength level.

Until now, isokinetic resistance has been primarily used in injury rehabilitation because it effectively exercises muscles without stressing connective tissue or causing the pain that is often associated with strength training.



PERFORMANCE EDGE STRENGTH TRAINER

The NordicSport Performance Edge™ strength trainer offers convenient, effective in-home strength-training sessions. Like the NordicFlex Gold®, it features a patented isokinetic resistance system. Reap the benefits of a more traditional, free-weight workout — without stressing your tendons and connective tissues.

Improve your strength and sports performance with over 25 exercises. Plus, get recommended workout programs for a variety of sports, including tennis, swimming and golf.



NORDICSPORT DOWNHILL SKI TRAINER

The NordicSport Downhill® ski trainer is a multi-purpose exerciser which, in addition to improving your ski technique, can help enhance your cardiovascular and muscular fitness.

It is a great way to improve fitness, build aerobic capacity, cross-train and strengthen weak muscles. Best of all, it's the perfect way to get in shape for the ski season. Add fun and variety to your fitness program with the NordicSport Downhill ski trainer.



OTHER NORDICSPORT PRODUCTS



THE FIRST MUSIC PROGRAM DESIGNED ESPECIALLY FOR ROWERS.

"Row to the Beat," designed especially for rowing workouts, will help you maintain a steady, fitness-building pace. Three 60-minute cassettes feature vocal and instrumental jazz and pop classics.

Beginner (24 to 25 strokes per minute) #510124

Intermediate (26 to 27 strokes per minute) #510132

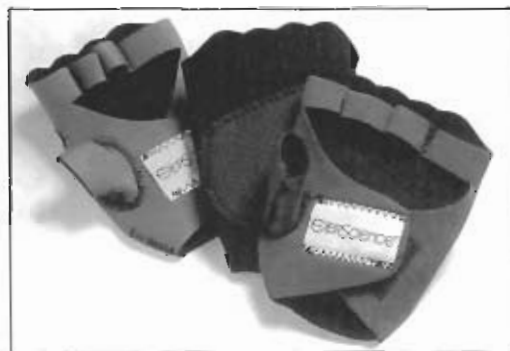
Advanced (28 to 29 strokes per minute) #510140



NORDICTRACK FITWATCH BY POLAR

Exercise physiologists agree that by staying within your target heart rate zone, you burn a higher percentage of calories from fat and get the most maximum aerobic benefit. The NordicTrack Fitwatch, with its personal fitness monitor, actually guides you to exercise more effectively. Here's how it works: the lightweight heart rate monitor wirelessly transmits your EKG-accurate heart rate directly from your chest belt transmitter to the wrist unit without impeding your workout. Because it offers continuous heart rate display, you can adjust your exercise intensity accordingly. The large digital display is rotatable and easy to read no matter what your activity. It's also water resistant to twenty meters. Bicycle mount available. One-year manufacturer's warranty.

570000



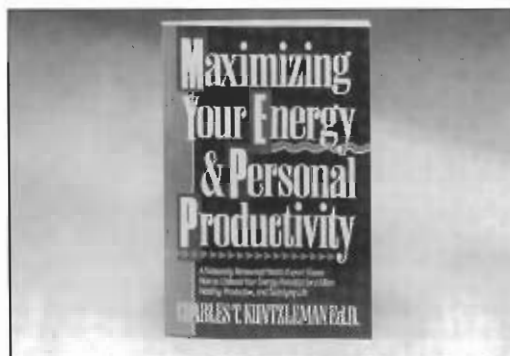
ADD POWER TO YOUR PULL-THROUGH.

The key to a better workout is within your grasp. Our imported fitness gloves, with genuine leather palm and 100% cotton mesh back add extra strength to your pull-through without putting a strain on your hands. Works great with our strength-training equipment, too. In small, medium, large, or x-large sizes.

Teal #5095653

Black #5095570

Purple #5095735



MAXIMIZING YOUR ENERGY AND PERSONAL PRODUCTIVITY — UNLEASH YOUR ENERGY POTENTIAL FOR A RICHER, MORE PRODUCTIVE LIFE.

Here is a proven strategy for winning the battle over stress and fatigue. And gain the physical and mental energy you need to be your best. Follow this simple program to master skills that create energy for every day of your life. Learn how to change your response towards stress; exercise to increase strength and endurance; develop positive relationships with people; control your weight without dieting; and much more! Written by nationally renowned health expert, Charles T. Kuntzleman Ed.D.

#501256



FINALLY! HEAR YOUR TV OR VCR CLEARLY EVEN DURING A VIGOROUS WORKOUT. PLUS, YOU WON'T DISTURB ANYONE ELSE IN THE ROOM!

Turn down the volume and slip on this revolutionary Infrasonic™ Headphone System. Advanced infrared technology gives interference-free sound for your ears only — from up to 30 feet away. The headphones weigh just three ounces and have pillow-soft ear pads for maximum comfort. Features include dual amplifiers, left/right volume control and automatic shut-off to help save batteries. Transmitter can be placed on a tabletop or be mounted on the wall. Infrasonic is ideal for exercising or for use when you don't want your television to disturb others, especially at night. Extra headphone sets are available. Powered by two AAA batteries (not included). One-year limited manufacturer's warranty.

Infrasonic Headphone System #507527

Extra Headphone Set #521890

TO ORDER CALL TOLL-FREE

1-800-468-4491



CUSTOMER INFORMATION

RETURN PRIVILEGE POLICY

"There is a 30-day in-home trial for the NordicSport® World Class Row". Retain your box and packing materials during this time period. Please note that the misuse, abuse or the commercial use of the NordicSport World Class Row will void the 30-day in-home trial and return privilege policy.

Should you decide to return your NordicSport World Class Row, you must notify our Customer Service Department by calling the number indicated in the Customer Information section of your Owner's Manual. We will arrange for one of our carriers to pick up your return package.

The Customer Service Department will supply you with information on how to pack your NordicSport World Class Row. It is the customer's responsibility to retain all original packing materials and repack the machine according to our instructions. Any damage resulting from improper packing is the responsibility of the customer. The customer's name and address, as it appears on the invoice, must be enclosed in the box. When returned within the 30-day trial period, NordicTrack will refund the full purchase price of the NordicSport World Class Row. The initial shipping charge is not refunded."

2-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from date of purchase of a NordicSport World Class Row, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics carry a one-year warranty. Other items purchased through NordicTrack, Inc., carry their own warranty/service periods.) Please note that commercial use of a NordicSport World Class Row will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit if within the customer's control, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam handgrips. This warranty is applicable to sales made only by NordicTrack, Inc., and Nordic Advantage, Inc., a subsidiary of NordicTrack, Inc.

To obtain service under this warranty, call our Customer Service Department at 1-800-443-2480

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 parts within two years of the 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 exclusions or limitations of incidental or consequential damages, so the above limited exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

Please call our Customer Service Department if you have any questions about your NordicSport World Class Row. Representatives are available to assist you.

1-800-445-2480

Customer Service Department Hours

Monday through Friday	7 AM to 8 PM
Saturday	8 AM to 4:30 PM
Central time	