

n o r d i c s p o r t™
Downhill

A WORLD CLASS

WORKOUT FOR THOSE

COMMITTED TO

PERSONAL EXCELLENCE.



ASSEMBLY, OPERATING INSTRUCTIONS AND EXERCISE PROGRAMS



TABLE OF CONTENTS

The NordicSport® Downhill™	1
NordicSport Downhill 450™ Parts List	2
NordicSport Downhill 450 Assembly	3
NordicSport Downhill World Class™ Parts List	5
NordicSport Downhill World Class Assembly	6
Developing Your NordicSport Downhill Technique	8
Planning Your Fitness Routine	10
Aerobic Conditioning Program	10
Monitoring Your Heart Rate	10
Training Tips	11
Personal Exercise Programs	12
Recommended Stretches	13
Personal Training Log	14
Maintenance	15
Customer Information	Inside back cover

Please take a moment to record your customer information in the space provided below. Refer to these numbers when contacting our Customer Service Department.

Customer # _____

Invoice # _____

Date of purchase _____



THE NORDICSPORT DOWNHILL

Congratulations! You have made an excellent investment in yourself.

As you know, the NordicSport Downhill ski trainer is much more than just a downhill ski machine. It is a multipurpose exerciser which, in addition to improving ski technique, can enhance your cardiovascular and muscular fitness. The NordicSport Downhill is a great way to maintain weight, build aerobic capacity, cross-train, rehabilitate weak muscles and get in shape for skiing!

This manual has been developed in the interest of assisting you with the assembly, operation and use of your NordicSport Downhill ski trainer. If you would like additional information, please contact our Customer Service Department at 1-800-553-6301. Our knowledgeable representatives are available to assist you during the following hours:

Monday through Friday

7 AM to 8 PM Central time

Saturday

8 AM to 4:30 PM Central time

Once you have read the assembly and operating instructions, read on — there's more! We've included helpful information to aid you in the development of your NordicSport Downhill ski trainer fitness program: training tips, suggested training programs and a training log.

Please call our Customer Service Department if you have any questions or concerns regarding your new NordicSport Downhill ski trainer.

1-800-553-6301

Be sure to consult your physician before beginning any exercise program. Allow that person to determine what type of fitness program is appropriate for your physical condition, age and abilities.



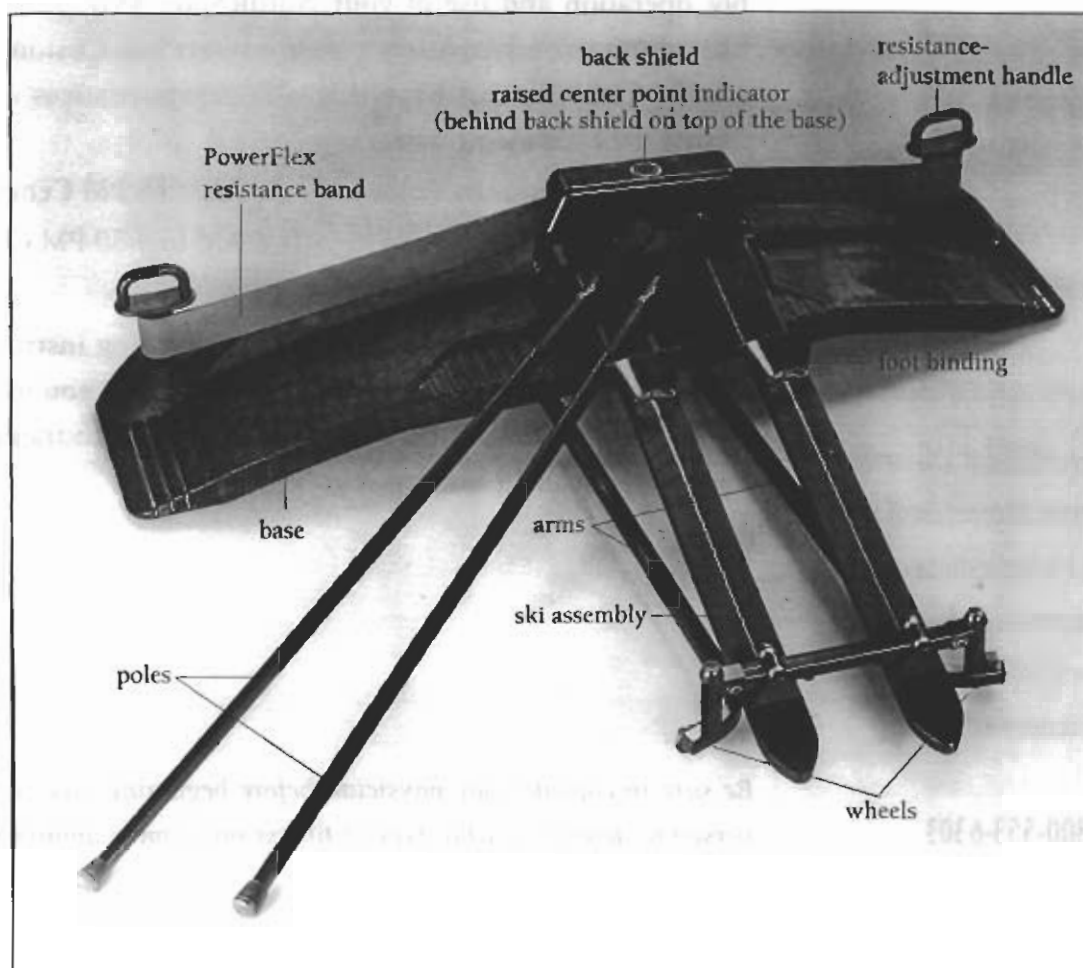
NORDICSPORT® DOWNHILL™ 450™ PARTS LIST

- 1 – base and PowerFlex™ resistance band
- 1 – back shield
- 2 – poles
- 1 – ski assembly
- 2 – arms
- 1 – hardware kit

Hardware kit includes:

- 1 – Allen wrench
- 2 – bolts
- 2 – nuts

- 2 – washers
- 2 – bolts for the band
- 2 – flat wrenches
- 1 – band clamp
- 2 – Allen-head screws for the shield
- 2 – U-nuts
- 2 – Nyloc nuts
- 2 – washers and cotter pins for the rear of the arms





NORDICSPORT DOWNHILL 450 ASSEMBLY

Before assembling your machine, check your parts and hardware against the parts list on the previous page.

BASE ASSEMBLY

1. Tip the base on its back so the side with the resistance band is on the floor.
2. Position the left and right arms so the end with the hole is down and the arms bend in toward the center of the base.
3. Slide the arm sleeves over the pins on the bottom of the base.
4. Place a washer on each base pin; position it against the arm sleeve.
5. Clip the cotter pins into the holes in the base pins (Figure 1).

Figure 1



6. Return the machine to its upright position.

SKI ASSEMBLY

1. Place the back of the ski assembly on the base of the machine.
2. Fit the front of one side of the ski assembly onto the frame.
3. Slip a washer into place and align the three sets of holes: the ski assembly, the frame and the washer (Figure 2).



Figure 2

4. Push a bolt through the ski assembly, frame and washer (Figure 3).

Figure 3



5. Thread a nut onto the bolt and tighten it with the wrenches provided.
6. Repeat with the other side of the ski assembly

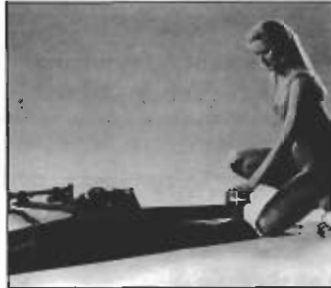
Please call our Customer Service Department if you have any questions or concerns regarding your new NordicSport Downhill ski trainer.

1-800-553-6301

POWERFLEX™ RESISTANCE BAND ASSEMBLY

1. Turn the resistance-adjustment handles until the resistance band is completely loosened from both handles (Figure 4).

Figure 4



2. Tighten each handle the same number of turns until there is no slack left in the resistance band. Wrap the band towards the front of the skier.

CAUTION: Both resistance-adjustment handles need to have the same number of resistance band wraps in order for the machine to function properly.

3. Line up the center of the ski assembly with the raised center-point indicator on the back of the ski base.
4. Position the resistance band against the back of the ski assembly.
5. Place the band clamp over the resistance band.
6. Push the two long bolts through the clamp and the ski assembly. The bolt heads should face the back of the ski exerciser.
7. Thread the two Nyloc nuts onto the bolts and tighten them with both wrenches provided. Be sure the clamp is tight enough so the band will not slip between the ski assembly and the clamp. However, do not overtighten the clamp. The clamp may cut into the resistance band causing irreparable damage.

BACK SHIELD ASSEMBLY

1. Hold each U-nut so the threaded side faces the ground.
2. Clip the two U-nuts over the holes in the upper back of the ski assembly.
3. Place the back shield over the rear of the ski assembly so the front flap is toward the skis.
4. Put the two Allen-head screws into the holes on the top of the back shield and tighten them with the Allen wrench (Figure 5).

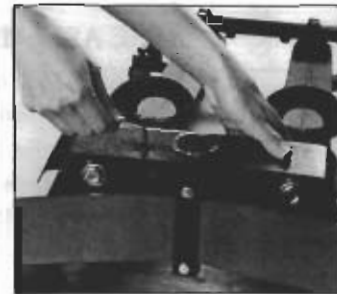


Figure 5

If you intend to use your NordicSport Downhill ski trainer on carpeting, we recommend the use of a protective floor covering. If you would like to purchase a protective floor mat, contact our sales staff at 1-800-445-2231.



NORDICSPORT® DOWNHILL™ WORLD CLASS™ PARTS LIST

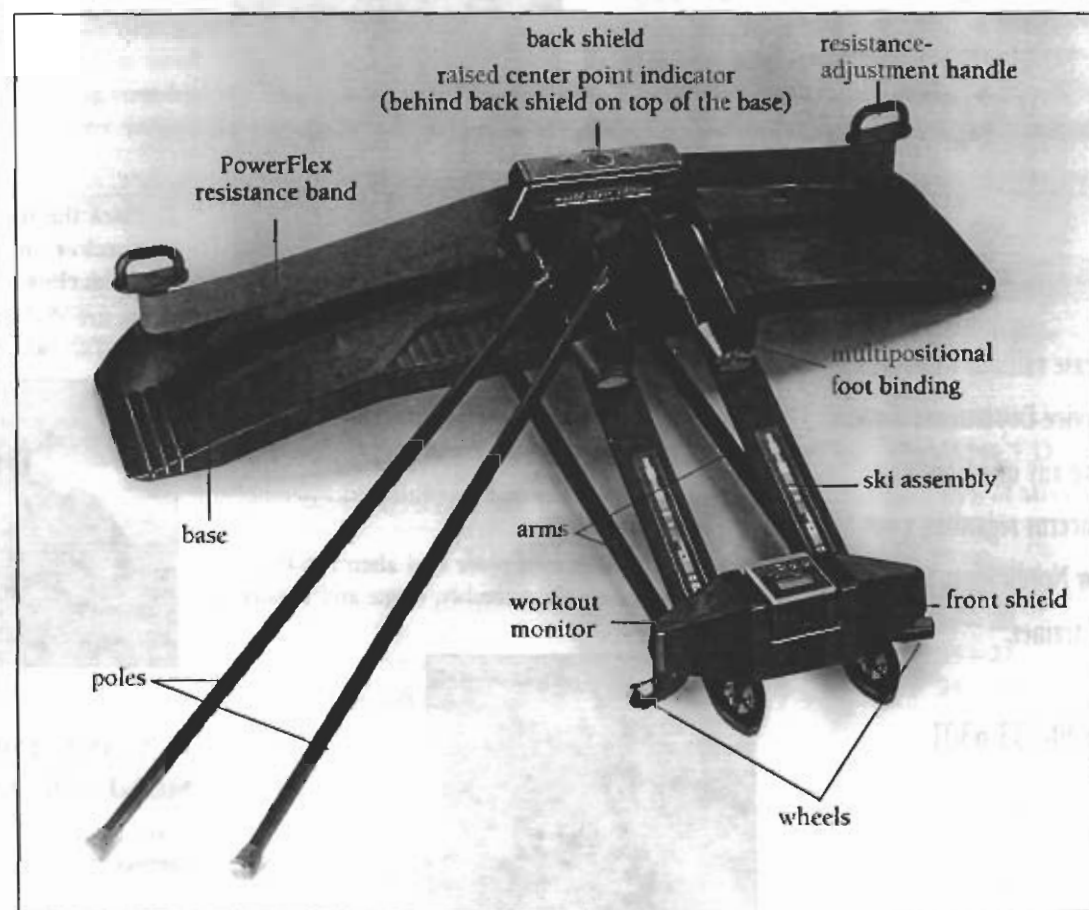
- 1 – base and PowerFlex™ resistance band
- 1 – back shield
- 1 – front shield
- 1 – ski assembly
- 2 – arms
- 2 – poles
- 2 – multipositional foot bindings
- 1 – workout monitor kit
- 1 – hardware kit

Workout monitor kit contents:

- 1 – downhill workout monitor

Hardware kit contents:

- 2 – flat wrenches
- 2 – bolts
- 2 – nuts
- 2 – washers
- 2 – Nyloc nuts
- 1 – Allen wrench
- 4 – Allen-head screws for the front and back shields
- 4 – U-nuts for the shields
- 2 – washers and cotter pins for the rear of the arms
- 2 – bolts for the band
- 1 – band clamp





NORDICSPORT® DOWNHILL™ WORLD CLASS™ ASSEMBLY

Before assembling your machine, check your parts and hardware against the parts list on the previous page.

BASE ASSEMBLY

1. Tip the base on its back so the side with the resistance band is on the floor.
2. Position the left and right arms so the end with the hole is down and the arms bend in toward the center of the base.
3. Slide the arm sleeves over the pins on the bottom of the base.
4. Place a washer on each base pin against the arm sleeve.
5. Clip the cotter pins into the holes in the base pins (Figure 1).

Figure 1



6. Return the machine to its upright position.

SKI ASSEMBLY

1. Place the back of the ski assembly on the base of the machine.
2. Fit the front of one side of the ski assembly onto the frame.
3. Slip a washer into place and align the three sets of holes: ski assembly, frame and washer (Figure 2).



Figure 2

4. Push a bolt through the ski assembly, frame and washer (Figure 3).



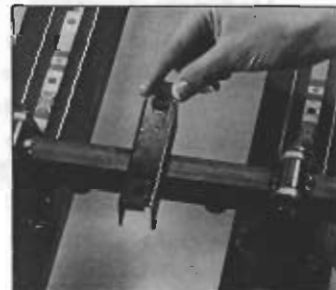
Figure 3

5. Thread a nut onto the bolt and tighten it with the wrenches provided.
6. Repeat with the other side of the ski assembly.

FRONT SHIELD ASSEMBLY

1. Hold the U-nuts so the threaded side is down.
2. Clip a U-nut over each of the holes in the front ski-assembly center shield bracket (Figure 4).

Figure 4



3. Place the front shield on top of the center bracket so the holes line up with the U-nut clips.
4. Secure the shield in place with two Allen-head screws (Figure 5).



Figure 5

PLACING THE WORKOUT MONITOR ON THE FRONT SHIELD

Refer to the instructions included with your electronics monitor.

Please call our Customer Service Department if you have any questions or concerns regarding your new NordicSport Downhill ski trainer.

1-800-553-6301

POWERFLEX™ RESISTANCE BAND ASSEMBLY

1. Turn the resistance-adjustment handles until the resistance band is completely loosened from both handles (Figure 6).



Figure 6

2. Tighten each handle the same number of turns until there is no slack remaining in the resistance band.

CAUTION: Both resistance-adjustment handles need to have the same number of resistance band wraps in order for the machine to function properly.

3. Line up the center of the ski assembly with the raised center point indicator on the back of the ski base.
4. Position the resistance band against the back of the ski assembly.
5. Place the band clamp over the resistance band.
6. Push the two longer bolts through the clamp and the ski assembly. The bolt heads should face the back of the ski exerciser.
7. Thread the two Nyloc nuts onto the bolts and tighten them with both wrenches provided. Be sure the clamp is tight enough so the band will not slip between the ski assembly and the clamp. However, do not overtighten the clamp. The clamp may cut into the resistance band and cause irreparable damage.

If you intend to use your NordicSport Downhill ski trainer on carpeting, we recommend the use of a protective floor covering. Contact our sales staff at 1-800-445-2231 to purchase a protective floor mat.

BACK SHIELD ASSEMBLY

1. Hold the U-nuts so the threaded side is down.
2. Clip the two U-nuts over the holes in the upper back of the ski assembly.
3. Place the back shield over the rear of the ski assembly so the front flap is toward the skis.
4. Put two Allen-head screws into the holes on the top of the back shield (Figure 7) and tighten them with the Allen wrench.



Figure 7

PLACING THE MULTIPOSITIONAL FOOT BINDINGS

Place the foot bindings into identical hole positions on the skis. The foot-binding positions may be changed to simulate different ski conditions: mogul, slalom or giant slalom. See "Skiing Definitions" below for an explanation of the foot-binding positions (Figure 8).



Figure 8

giant slalom
slalom
mogul

SKIING DEFINITIONS

Moguls are bumps or small hills in a ski run. Many people enjoy skiing moguls because they necessitate quick turns that require agility, balance and coordination. Place the foot bindings in the position nearest the ski tips.

Slalom is downhill skiing in a zigzag course between upright obstacles. Place the foot bindings in the center position.

Giant slalom is a form of slalom skiing using wider, more gradual turns. Place the foot bindings in the position nearest the base.



DEVELOPING YOUR NORDICSPORT DOWNHILL TECHNIQUE

Maintaining the proper posture and using the correct upper- and lower-body techniques will enable you to maximize the benefits of your NordicSport® Downhill™ ski trainer fitness program. As your skills improve, a fourth component, pole planting, may be added.

POSTURE

Maintain a relaxed, athletic stance. Model your stance after that of a baseball shortstop or a tennis player in the "ready" position.

1. Bend at the ankles, knees and hips. Keep your back straight (Figure 1).
2. Your shoulders should always face forward.
3. While skiing, your knees should be slightly bent with your weight distributed directly over the skis.



Figure 1

LOWER-BODY TECHNIQUE

1. Push down on the inside of one foot. This will move you toward the side of the machine.
2. As you reach the side of the machine, transfer your weight to the inside of the other foot. Strive to feel the inside arch of your foot as you are pushing it away from you.
3. Develop this into an alternating step. Concentrate on smoothly transferring your weight from the inside of one foot to the other. Your goal is to accomplish this in a smooth, fluid motion.
4. To ensure independent leg action, try to keep a small amount of space between your knees at all times. Don't lock your knees together.
5. Allow your hips and legs to move in a pendulum motion from one side of the machine to the other (Figure 2).

UPPER-BODY TECHNIQUE

Plant your poles out and in front of the tips of your toes. They should be at approximately the two and ten o'clock positions. Your shoulders should be squared when they are properly positioned.



Figure 2

Please call our Customer Service Department if you have any questions or concerns regarding your new NordicSport Downhill ski trainer.

1-800-553-6301

POLE PLANTING (OPTIONAL)

You may wish to add pole planting as your skill improves. Pole planting holds the upper body in position and aids in the weight transfer from one ski to the other. The action is made with relaxed, extended arms and an upward bending of the wrist. The tip of the pole is brought into contact with the floor. A pole works best when it is planted in front of you to momentarily stabilize your upper body. To provide a pivoting force to help you turn, it must be planted by your side.

OPERATION

Now it's time to learn to use your NordicSport Downhill ski trainer!

WARNING: *The use of ski boots or any type of binding may cause injury. We recommend that you wear athletic shoes.*

1. Adjust the PowerFlex resistance band until there is no slack remaining. At this point, Downhill World Class™ model owners should adjust their ski foot bindings to the giant slalom position to become familiar with the motion.
2. Grasp the poles firmly. Approach and step onto the ski exerciser from the side. The toes of your athletic shoes should be firmly placed into the cups when your feet are positioned.
3. Plant your poles out and in front of the tips of your toes at approximately the two and ten o'clock positions. The poles will provide the necessary stability while operating the exerciser.
4. Bend at your ankles, knees and hips. While skiing, your shoulders should face forward, your back should remain straight and your knees should be slightly bent. Your weight should be distributed directly over the skis.

5. Keep your heels planted firmly and begin to transfer your weight laterally to the right ski. You can accomplish this by pushing downward with the balls of your feet while shifting weight from one foot to the other. After you push as far as you can, allow the the resistance band to rebound into the next turn. Smooth out your motion to develop a rhythmic weight transfer.
6. The setting for the resistance band varies from person to person depending on your weight and strength. Experiment with the resistance to find your ideal setting.

NOTE: *It is not recommended, nor necessary, to aggressively lift your heel and jump when turning. The NordicSport Downhill machine is designed to simulate the actual turning motion of downhill skiing, setting a ski edge and carving a turn while keeping your heel flat on the binding.*

TRAINING TIPS

- Begin at a slow to moderate pace.
- Always keep your knees bent and in the "ready" position.
- Concentrate on feeling the inside arches of your feet as you push them away from you.
- As in skiing, tension in your muscles should be appropriate to the physical demands of the situation.
- Be aware of constant motion and rhythm in your movement patterns.
- Breathe evenly.
- Do periodic posture checks.
- Practice positioning your arms as you would when holding poles.
- Remember that the key to achieving your fitness goals is a continuous, long-term commitment.



PLANNING YOUR FITNESS ROUTINE

CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

SET GOALS FOR YOURSELF

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Keep your workouts fun — vary your exercise from day to day and season to season.

Below are some examples of typical goals:

- Train ski-specific muscles
- Improved stamina and athletic performance
- Enhanced quality of life
- Improved personal appearance
- Weight loss
- Greater muscle tone and strength

EXERCISE PROGRAM

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

- Warm-up
- Stretching
- Aerobic conditioning
- Cool-down
- Strength training
- Stretching

WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against injury and muscle soreness — common reasons for discontinuing an exercise program. We suggest a routine of five minutes of slow exercise on your NordicSport® Downhill™ ski trainer, or brisk walking or running in place.

STRETCHING

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 13.

AEROBIC CONDITIONING

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

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 intensities maximizes fat loss and cardiovascular development.

Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 5 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out 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 HEART RATE

Your heart rate can be used to monitor the intensity of an aerobic workout. To find your heart rate (pulse) use the "rule of thumb" below.

The Rule of Thumb



Figure 1

Stick your left thumb into the air. Touch your wrist, one-fourth of an inch from the thumb joint, with the index and middle fingers of your right hand. Your fingertips should almost touch the elevated tendon (Figure 1). Relax your left thumb and roll your left wrist parallel to the floor; your right index and middle fingers should remain in the same position and lay flat along your left wrist. Apply a minimal amount of pressure with the index and middle fingers — let the beat come to your fingers.



This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize the use and enjoyment of your NordicSport Downhill ski trainer.

Helpful Hints

- Lower your wrist below the level of your heart. This will make your heart beat stronger and your pulse easier to feel.
- If you experience difficulty finding your heart beat, try using the opposite wrist and hand. If this does not work, ask a friend to take your heart rate for you.
- 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 heart rate training ranges for the beginner, intermediate and advanced exercisers. Use the chart below to determine the intensity of your workout.

COOL-DOWN

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

STRENGTH TRAINING

A strength-training program 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.

STRETCHING

Stretching after exercise increases blood flow to the muscles, thereby reducing muscle soreness.

TRAINING TIPS

1. Get a physician's approval and exercise recommendations before beginning an exercise program. If you are taking any medication that affects your heart rate, a physician's advice is absolutely essential.
2. Commit to making exercise a part of your lifestyle. It's a good idea to set aside specific days and times for your workouts.
3. Make your exercise time more enjoyable. While exercising on the NordicSport Downhill ski trainer, you can listen to music or watch your favorite television show.
4. Don't overexert yourself.
5. 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. So, be very aware of your body's warning signals.
6. Always wear exercise clothing, absorbent socks and athletic shoes. Also, a headband will help keep perspiration out of your eyes.

	BEGINNER 60% - 65% of MHR	INTERMEDIATE 65% - 75% of MHR	ADVANCED 75% - 85% of MHR
AGE	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 heart rate for one minute, multiply by 6.

PERSONAL EXERCISE PROGRAMS

Consult with your physician before starting your exercise program to determine your physical condition and to select the appropriate exercise program. The programs recommended here are progressive. They are meant to serve as a general guide to assist you in getting the most from your downhill machine. As with all fitness programs, you should assess your personal level of physical condition by determining how comfortable the level of conditioning is for you and by monitoring your heart rate (see "Monitoring Your Heart Rate," page 10). A generally accepted method for estimating the proper physical exertion level is to exercise at an intensity where breathing is labored and you can still carry on a conversation or whistle.

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

AEROBIC TRAINING PROGRAM

This program is designed to develop and enhance your cardiovascular endurance while strengthening the major muscle groups.

Frequency: Three to four times per week
Intensity: 60% to 85% of MHR
Duration: Five to ten minutes
Progress to a goal of 20- to 30-minute workout sessions.

NOTE: Downhill™ World Class™ ski trainer owners should use the giant slalom position for this program.

Once a 30-minute duration is attained at this resistance setting, gradually increase the range of motion and resistance to the next level. Begin at 15 minutes and progress to 30 minutes at the new setting. You may also prefer to remain at a given level of resistance while increasing your speed.

INTERVAL TRAINING PROGRAM

The interval training program is designed for the advanced trainer who is looking for a more challenging program. In this type of program, you increase your exercise intensity and sustain it as long as you feel comfortable. Follow each high-intensity cycle (work period) with a brief active rest period during which you downhill ski at a lower-intensity level.

The program may be modified in terms of workout frequency, resistance, duration, intensity, type of intervals, and the length and type of active rest periods. Adjustments to any or all of these can be made in order to meet your personal aerobic and anaerobic fitness goals. Longer work periods will engage the aerobic systems. Shorter work periods use the anaerobic energy systems.

Frequency: Three to five times per week
Duration: Your workouts should last 20 to 60 minutes. The interval duration will vary, depending upon the results you wish to achieve.
Intensity: The low end of your target heart rate zone for the active rest periods and the high end of your target heart rate zone during the active work periods.

NOTE: Downhill World Class ski trainer owners should vary the foot positions periodically to add variety and new challenges to their workouts.

HIGH-INTENSITY TRAINING PROGRAM

The majority of muscular contractions used in high-intensity skiing, such as mogul skiing, are "explosive" in nature. Agility, balance, coordination, power and speed are all essential parts of this advanced ski training. High-intensity skiing truly challenges your mental and physical abilities. With this program, you will experience the coordinated chain of muscular contractions utilized during this type of skiing.

Frequency: Two to three times per week
Duration: See below

Work Period 1: 20 to 30 fast turns
Active Rest Period 1: 10 slow turns

Work Period 2: 30 to 40 fast turns
Active Rest Period 2: 10 slow turns

Work Period 3: 40 to 50 fast turns
Active Rest Period 3: 10 slow turns

Intensity: The low end of your target heart rate zone for the rest periods. The high end of your target heart rate zone during the work periods.

Keep your knees bent at a 45-degree angle during the work periods and straighten the knees slightly during the rest periods.

Work up to five sets (a set consists of one work period and one active rest period) as your level of conditioning improves (complete 50 fast turns in the fourth and fifth work periods). Once you reach five sets, strive to complete 50 fast turns for each of the five sets.

NOTE: Downhill World Class ski trainer owners should use the mogul or slalom position for this program.

ADDING VARIETY TO YOUR WORKOUTS

Once you feel comfortable with the ski motion, you may wish to vary your workout. The following three techniques will not only add variety, but will also place emphasis on specific muscle groups, coordination and balance.

TECHNIQUE #1

In a routine of 20 minutes or more, use a crouching position and grasp the poles about midway. Keep your knees at a 90 degree angle. Work this into your exercise routine three times: start at 15 seconds and work up to one full minute. This technique will isolate the quadriceps muscle group.

TECHNIQUE #2 (FOR DOWNHILL WORLD CLASS OWNERS ONLY)

Before beginning your exercise program, move one of the two foot bindings from the giant slalom position to the forward mogul position. Leave the other foot binding at the giant slalom position. This set up will simulate uneven terrain often experienced by skiers. Placing more emphasis on one leg will improve balance and coordination. Switch legs after five minutes.

TECHNIQUE #3

For this variation, back off of the PowerFlex resistance band tension by two and one-quarter turns. Place one foot on the outside ski, extend and flex your leg. Use the ski poles in your other hand to provide balance. Repeat for 30 seconds to one minute. Switch and repeat on the other leg. This exercise will work one of the most important muscle groups used in skiing — the hip muscles.

TRAINING ROUTINE FOR SKIERS

You may wish to follow this suggested routine if you are a skier. It offers conditioning before, during and after the ski season.

The aerobic training program should be initiated at least three months prior to the onset of the ski season.

Interval training may be added to the aerobic training program two months before the ski season.

High-intensity training should be added one month before the ski season.

RECOMMENDED STRETCHES

Hold each stretch for 15 to 30 seconds without bouncing. Be sure to perform all stretches on both sides of your body.



Back and Arm Stretch
Pull your elbow behind your head while looking forward.



Hamstring Stretch
With one leg slightly bent, pull your other leg toward your chest.



Hip and Lower Back
Sitting straight, turn your body in the direction of your bent knee.



Back and Hip Stretch
Slowly pull each knee, then both knees together, to your chest.



Quadriceps Stretch
Pull your heel slowly toward your buttocks.



Calf Stretch
Extend one leg behind you, keeping your heel on the floor. Lean forward using a wall to maintain your balance.

[illegible]

14



MAINTENANCE

POWERFLEX™ RESISTANCE BAND INSPECTION

Before each use, inspect your band for any signs of abrasions, cuts, overstretching or wear. To ensure optimal safety and performance, replace the band when any of these signs appear.

To inspect the band

1. Lift and turn a resistance-adjustment handle to release the entire length of the band (Figure 1).

Figure 1



2. Repeat with the other handle to fully loosen the band.
3. Inspect the band for abrasions, cuts, overstretching or wear.
4. If you discover any of these signs call our sales staff at 1-800-445-2231 to order a new PowerFlex resistance band.
5. If the PowerFlex resistance band shows no signs of wear, rewind the band, turning each of the handles the same number of turns.

CAUTION: Both resistance-adjustment handles need to have the same number of resistance band wraps in order for the machine to function properly.

Please call our Customer Service Department if you have any questions or concerns regarding your new NordicSport Downhill ski trainer.

1-800-553-6301

POWERFLEX RESISTANCE BAND MAINTENANCE

Band maintenance should be performed monthly on your NordicSport™ Downhill™ ski machine.

1. Lift and turn a resistance-adjustment handle to let out the entire length of the band (Figure 1).
2. Repeat with the other handle to fully loosen the band.
3. Coat each side of the band with a rubber or vinyl spray conditioner (Figure 2). Do not apply conditioner to the PowerFlex resistance band within six inches on either side of the center clamp.



Figure 2

4. Let the spray sit on the band for the amount of time indicated on the spray product.
5. Remove excess spray with a clean, dry cloth (Figure 3).



Figure 3

6. Rewind the band, turning each of the handles the same number of turns.

CAUTION: Both resistance-adjustment handles need to have the same number of resistance band wraps in order for the machine to function properly.

NOTE: The PowerFlex™ resistance band should be replaced after one year of use.



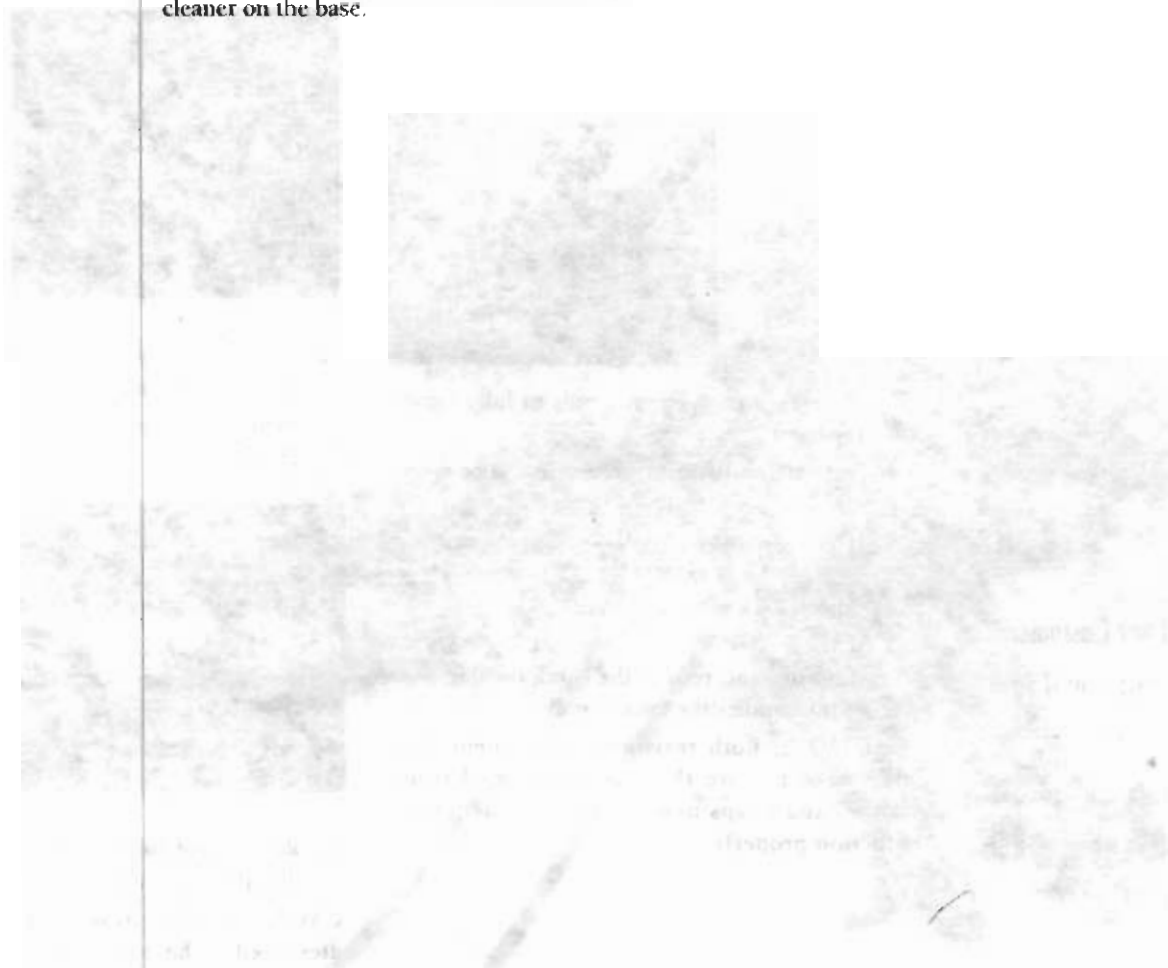
WARRANTY

BASE MAINTENANCE

Routine cleaning of the base should be done to keep it free of perspiration and accumulated dirt and dust.

1. Wipe the base with a clean, dry, lint-free cloth.
2. Use a rubber or vinyl spray conditioner on the top of the base where the wheels roll. This will ensure optimal performance of your NordicSport® Downhill™ ski trainer.

CAUTION: Do not use an abrasive or wax cleaner on the base.



CUSTOMER INFORMATION

Please call our Customer Service Department if you have any questions or concerns regarding your new NordicSport Downhill ski trainer.

1-800-553-6301

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the NordicSport™ Downhill™ ski trainer and accessories. Should you decide to return any product, YOU MUST CALL OUR CUSTOMER SERVICE DEPARTMENT FOR RETURN INFORMATION AND PACKING INSTRUCTIONS AT 1-800-553-6301.

Once NordicTrack has been notified, ship the product(s) prepaid and insured, within the 30-day trial period. Upon receipt at NordicTrack, Inc., we will refund the full purchase price and the initial shipping charges. IT IS THE CUSTOMER'S RESPONSIBILITY TO REPACK THE NORDICSPORT DOWNHILL ACCORDING TO THE INSTRUCTIONS. ANY DAMAGE RESULTING FROM IMPROPER PACKING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will, for two years from date of purchase of a NordicSport Downhill ski trainer and accessories, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately through NordicTrack, Inc. carry their own warranty/service periods.) This warranty does not cover damage resulting from mishandling in transit if within the customer's control, vandalism, misuse, abuse, lack of reasonable care, normal wear on items such as those having finished or painted surfaces, or the foam handgrips.

To obtain service under this warranty, call our Customer Service Department at 1-800-553-6301 to receive authorization. ALL SHIPPING COSTS TO RETURN THE NORDICSPORT MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED. This warranty applies only to machines and accessories purchased for in-home use and does not apply to machines and accessories purchased by institutions or for commercial use.

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 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 limitations or 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.

ONE-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for one year from date of purchase of a NordicSport Downhill ski trainer, replace the PowerFlex™ resistance band should it prove to be defective in materials or workmanship. All shipping costs are the responsibility of the purchaser.

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, call the Customer Service Department at 1-800-553-6301 to receive authorization.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year 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 one year of date of purchase. 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 limitations or 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.

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