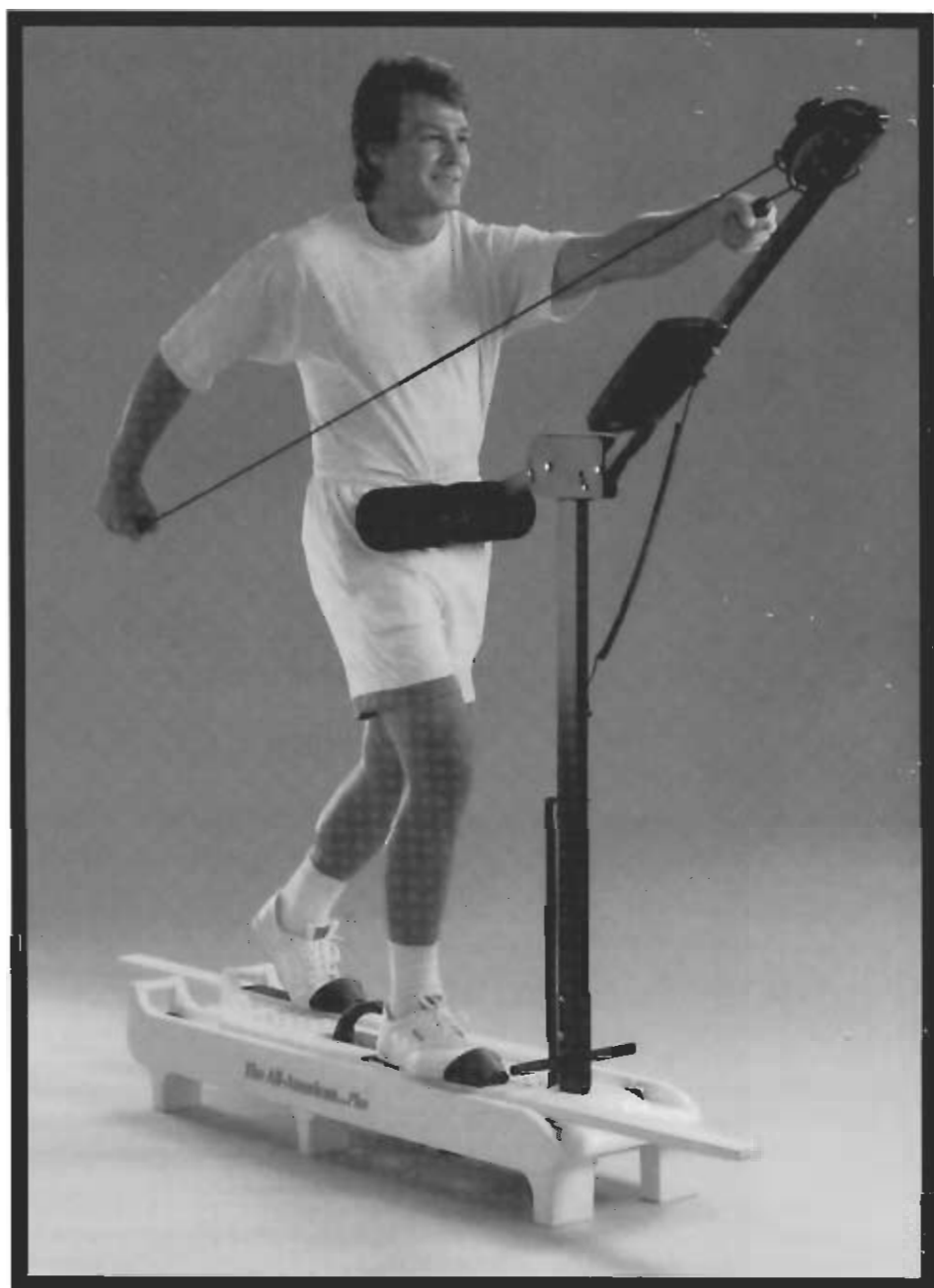


The All-American...Plus



ASSEMBLY,
OPERATING
INSTRUCTIONS
AND FITNESS
PROGRAMS

EXERSCIENCE[®]
The New Idea Division of **NordicTrack**

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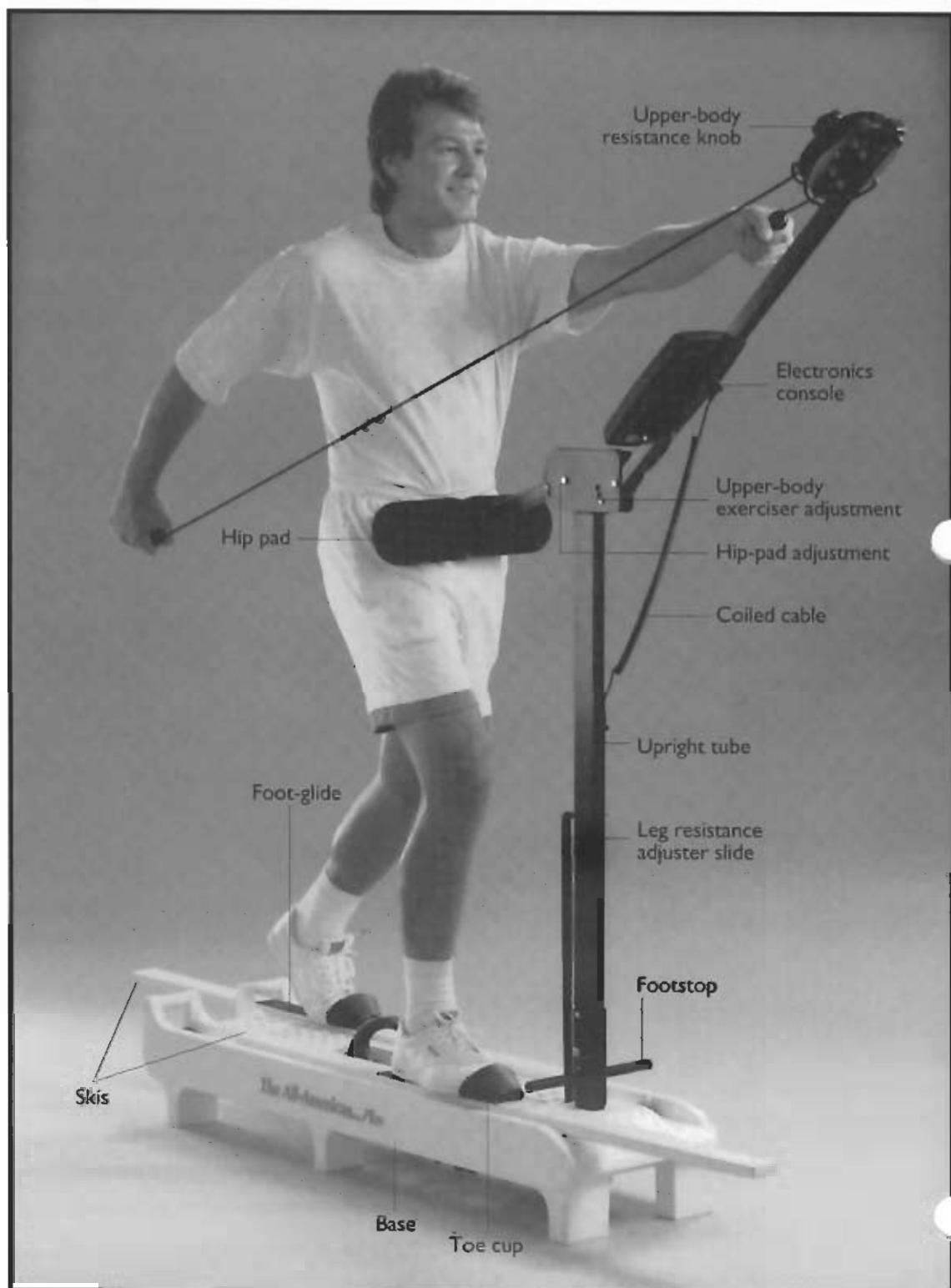
THE FOLLOWING PAGES CONTAIN IMPORTANT INFORMATION THAT WILL HELP YOU MAXIMIZE YOUR WORKOUTS WITH THE ALL-AMERICAN...PLUS™ SKIER. MAKE SURE YOU READ THIS ENTIRE OWNER'S MANUAL THOROUGHLY BEFORE USING THE MACHINE.

CONGRATULATIONS... YOU HAVE MADE A LIFELONG INVESTMENT IN YOURSELF!

Welcome to the All-American™ way to achieve your fitness goals! It's one of the newest and most exciting ways to improve your total-body conditioning.

The All-American...Plus brings challenge and variety to your workouts by simulating the excitement of outdoor cross-country skiing. While you watch the accompanying video, the state-of-the-art interactive electronics automatically adjust the resistance on your skier to correspond to the changing terrain you see on your television. Now you can experience the thrills and benefits of cross-country skiing through the mountains — while staying right in your own home!

**CONSULT YOUR
PHYSICIAN BEFORE
BEGINNING ANY
FITNESS PROGRAM**



SETTING UP THE ALL-AMERICAN...PLUS SKIER

PACKING LIST

- 1 – All-American Plus skier
- 1 – Interactive electronics assembly
- 1 – NordicTrails™ videotape
- 2 – Skis

NOTE: We recommend that you unpack and assemble your skier at the location where you intend to use it. A hard, flat surface is best.

RAISE THE UPPER-BODY COMPONENTS



1. Depress the snap buttons at the base of the upright tube.
2. Raise the upright tube to a vertical position. The snap buttons will lock into place when the tube reaches its proper position. Be sure the snap buttons are in the extended position on both sides of the frame.

Raise the arm exerciser tube. The snap buttons will lock into place when the tube reaches

its proper position. Be sure the snap buttons are in the extended position on both sides of the tube.



POSITION THE HIP PAD

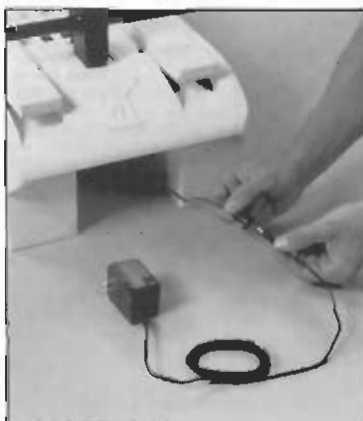
1. Raise the hip pad to one of the four positions.
2. Insert a detent pin to lock it into place. Make sure the detent pin is fully extended through both holes.



Position the hip pad at hip level, one to two inches below your navel. It should be high enough not to restrict leg movement and low enough that it does not press against your stomach.

CONNECT THE AC ADAPTER CORD

Connect the small end of the AC adapter cord to the power cable leading from the resistance motor on the underside of the skier. (Details for electronics installation are on page 6.)



WARNING: Use extreme caution when working with household electrical current.

PLACE THE SKIS IN THE TRACKS

Place the skis in the ski tracks. The skis are identical and can be used interchangeably in the right or left ski track.

INSTALLING YOUR INTERACTIVE ELECTRONICS CONSOLE

The interactive electronics resistance system automatically adjusts the resistance to match the trail you view on the accompanying video. This state-of-the-art system simulates the excitement and challenge of outdoor cross-country skiing and adds variety and enjoyment to your workouts.

ExerScience's All-American Plus™ interactive electronics console consists of a speedometer/odometer monitor and an interactive-resistance control panel. The speedometer/odometer measures and monitors speed, distance, elapsed time and total distance to help you attain your fitness goals. The resistance control panel lets you control the resistance function — automatic or manual — and the resistance load.

PARTS LIST

- 1 — Interactive Electronics Console
- 1 — Audio/Video (AV) cable
- 1 — Speed cable
- 1 — AC adapter
- 1 — Audio splitter
- 1 — Mounting bracket
- 1 — "AA" battery

TOOLS NEEDED

- 1 — Standard screwdriver

INSTALL THE BATTERY

1. Slide the blade of a standard screwdriver into the slot at the bottom of the display face. Turn it about 1/4 turn and remove the display face.
2. Insert the battery. Be sure the negative (- flat) end of the battery is against the spring.
3. Set the top end of the display face into place.
4. Snap the bottom end of the display face into place.

MOUNT THE CONSOLE

1. Place the U-shaped bracket under the arm exerciser. The arm-exerciser tube should rest between the uprights of the tube bracket.
2. Carefully slide the slots of the bracket under the screw-heads in the back of the console.
3. Position the console at a level that is comfortable for use and viewing.
4. Use a standard screwdriver to tighten the screws to secure the bracket to the monitor.

CONNECT THE CABLES

1. Carefully connect the multi-pin cable which protrudes from the top of the upright tube to the multi-pin jack on the back of the console.

2. Insert an end of the AV cable into the AV input jack on the back of the console.
3. Insert the other end of the AV cable into the "audio out" jack on your VCR.

If the "audio out" jack is already being used (for your stereo or a video game), you will need to use the audio splitter. Remove the stereo or video game cable from the "audio out" jack and insert the audio splitter into the jack. Next, insert both the AV cable and the stereo or video game cable into the audio splitter.

4. Connect the L-shaped adapter of the speed cable to the jack on the back of the console. Plug the other end into the front side of the upright tube (slightly above the highest leg tension setting).
5. Carefully plug the power adapter into a wall outlet.

NOTE: If you keep the interactive system connected to your VCR, the power switch must be turned off when the skier is not in use.

WARNING: As with all electrical equipment, use caution. Keep children and pets away from the cord and outlet while the AC cord is plugged into the wall outlet. Always unplug the AC adapter from the wall outlet when the skier is not in use.

FUNCTIONS AND OPERATIONS

A flashing target symbol (●) in the upper right corner of the display indicates that the computer is receiving input.

SCAN—

Press the red mode button until the letter "A" appears. The computer will scan through each function every four seconds, displaying the function's code ("S" for speed, "D" for distance, "T" for time and "O" for odometer) and corresponding data.

SPEED—

Press the mode button until the letter "S" appears to display your current speed.

DISTANCE —

Press the mode button until the letter "D" appears to display the distance traveled during your workout.

TIME—

Press the mode button until the letter "T" appears to display the elapsed time for your workout.

ODOMETER—

Press the mode button until the letter "O" appears in the lower right corner of the display screen. This displays your total distance traveled. The odometer reading is cumulative, displaying the sum of distance traveled in all your workouts. To reset it, remove the battery and replace it, as described on page 6.

NOTE: Press the mode button for three consecutive seconds to reset all of the functions, except for the odometer function, to zero.

REPLACING THE BATTERY

Replace the battery if the speedometer readings begin to fade or become erratic. Remove and replace the battery as described on page 6.

NOTE: If you are not getting a speed reading at all, check all connections on the underside of the base. Follow the cable on the underside of the base toward the flywheel. The sensor at the end of the cable should be attached so that the magnet on the axle passes the sensor with each revolution of the flywheel.

THE INTERACTIVE RESISTANCE CONTROL PANEL POWER—

Controls the power to the electronics console.

FUNCTION—

Slide the switch to "MAN" (manual) to manually control the resistance load or "AUTO" (automatic) to engage the interactive-resistance load system.

LOAD—

Press "LOAD" to adjust the resistance level when in the manual function mode. There are five levels. Push the button to increase the resistance by one level. If the resistance is at level 5, push the "LOAD" button once to return the resistance to level 1.

When utilizing the interactive electronics system, use the resistance slide on the upright tube to set the base resistance level. (Setting the base resistance is described under "leg resistance"

in the next section.) The base load serves as your regular load. For example, if you select a setting of 5, the load will adjust between 4.5 and 5.5. (1=4.5 or downhill skiing, 3=5 or level skiing and 5=5.5 or uphill skiing.) The interactive system will increase the resistance load from level 1 to level 5.

If the interactive control panel is left connected to the VCR when the skier is not in use, the power switch must be turned off. (This will prevent the interactive system from operating as the result of audio input from your VCR.)

ADJUSTING THE RESISTANCE LEVELS

LEG RESISTANCE

Adjust the amount of resistance by moving the slide on the upright tube. To increase the resistance, raise the slide. To decrease the resistance, lower the slide. Use the numbered settings on the upright tube to ensure consistent levels of resistance, as well as to track your progress.

ARM RESISTANCE

Adjust the arm exerciser by turning the knob on top of the cord drum. Turn the knob clockwise to increase the resistance. Turn it counterclockwise to decrease the resistance.

NOTE: Always stand next to the skier to make resistance adjustments, never on it.

LEARNING HOW TO USE YOUR ALL-AMERICAN...PLUS SKIER

CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.



LEG MOTION:

1. Set the leg resistance to 3rd or 4th star indicator.
2. Adjust the hip pad so it rests at hip level, one to two inches below your navel. It should be high enough that it does not restrict your leg movement and low enough that it does not press against your stomach.
3. Hold either the hip-pad bracket or the hip pad. Stand up straight and lightly press against the pad. Keep your weight on your feet, not the hip pad.
4. Begin to move the skis slowly by using a short-strided walking motion. Do not hesitate between strides. Your goal is a smooth, rhythmic stride.
5. Experiment with different leg resistance settings.

NOTE: If you slide away from the hip pad, increase the leg resistance.



ARM MOTION:

1. While you are learning the arm motion, set the leg resistance high enough so the skis remain stationary when you stand on them.
 2. Set the arm resistance at a level that allows you to swing your arms in smooth, rhythmic strokes.
 3. Bend your arms slightly at the elbows and swing your arms like pendulums in long, smooth strokes. Reach each arm forward until it approaches shoulder level and then pull it back.
- The proper arm motion keeps the cords taut, never slack.
 - With experience your arm swing will become longer.



LEGS AND ARMS:

You will find it easiest if you begin with the leg motion and add your arm stroke. The basic idea is to walk while swinging your arms in harmony with your legs. When your left arm is forward, your right leg is forward. When your right arm is forward, your left leg is forward. Your goal is to create a smooth, rhythmic motion.

NOTE: If you slide away from the hip pad, increase the leg resistance.

To avoid soreness and potential injuries, you should stretch before you begin each workout. Same recommended stretches are described on page 11.

TAKE A FEW MINUTES TO PRACTICE

- Stand upright so your feet are directly in line under your shoulders.
- Keep your weight on your feet, not the hip pad.
- Generally, a leg-to-arm resistance ratio of 3:1 is recommended.

Contact our Customer Satisfaction Department at **1-800-553-6295** if we can be of assistance.

DESIGNING YOUR PERSONAL FITNESS PROGRAM

This section was developed by exercise physiologists from The National Exercise For Life Institute to help maximize your use and enjoyment of the All-American Plus skier.



CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

Aerobic fitness enhances your body's ability to transport and utilize oxygen. This results in a variety of mental and physical benefits you may experience:

- Elevated mental awareness and work capacity
- Improved self-confidence and self-image
- Increased energy level
- Raised metabolic rate for more effective weight loss and control
- Improved flexibility, muscular endurance and muscle tone
- Stronger bone structure
- More efficient cardiovascular system
- Reduced risk of coronary heart disease
- Lower blood pressure

ESTABLISH PERSONAL GOALS

Finding the motivation to exercise and make positive lifestyle changes can be difficult. There are important steps to remember when you're setting goals toward improved personal health:

- Set attainable, realistic goals
- Establish a reward system
- Chart your progress
- Vary your exercise from day to day and season to season
- Don't overdo it
- Keep it fun

The All-American Plus™ skier will help you to achieve maximum results, whatever your goals may be.

Below are examples of typical goals:

- Enhanced quality of life
- Improved personal appearance
- Weight loss
- Greater muscle tone and strength
- Improved stamina and athletic performance
- More energy and personal vitality

AEROBIC EXERCISE SESSION

The purpose of an exercise program is to promote the development of physical fitness. A program consists of three essential phases:

- Warm-up
- Aerobic phase
- Cool-down

In order to monitor your physical fitness progress and maximize the positive effects of your workout, we recommend that you monitor your heart rate during all three phases of your workouts. (Refer to page 12 for details on monitoring your heart rate.)

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 stopping an exercise program.

We suggest a routine of five minutes of slow skiing on your All-American Plus to ease into your workout.

Secondly, we recommend stretching as described on page 11. Each stretch should be held for 15 to 30 seconds without bouncing.

AEROBIC PHASE

Your aerobic sessions must be *frequent* and at *sufficient* levels of *duration* and *intensity* to create the desired positive training effect.

Frequency

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

Duration

Duration is the amount of time that the proper intensity level is maintained. The timer function of the monitor can help you track your workout time.

Beginners should start with 10 to 20 minutes of aerobic activity, those in average physical condition should go for 20 to 30 minutes and highly fit people for 30 to 60 minutes.

Intensity

Intensity refers to how hard you exercise and is determined by measuring your heart rate. See "Monitoring Your Heart Rate" on page 12.

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. Follow with additional stretching (described on page 11). Hold each stretch for at least 15 to 30 seconds without bouncing.

A proper cool-down will help you quickly recover from fatigue, minimize muscular stiffness and reduce the likelihood of dizziness or fainting.

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. Don't overexert yourself.
4. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that is quite different 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 such as dizziness, lightheadedness, nausea, extreme breathlessness or prolonged fatigue.
5. Always wear exercise clothing and absorbent socks. Also, a headband will help keep perspiration out of your eyes.

STRETCHES



CALF STRETCH

Extend one leg behind you and keep your heel on the floor. Lean forward and use a chair or wall to maintain your balance. Repeat with your opposite leg.



INNER-THIGH STRETCH

Put your feet together and gently press your knees toward the floor by pressing down on your knees with your elbows.



QUADRICEP STRETCH

Pull one heel slowly to your buttock. Repeat with your other leg.



LOW-BACK AND HAMSTRING STRETCH

Extend one leg and keep the heel on the floor. Slowly bend forward from the hips. Repeat with the opposite leg.



SHOULDER STRETCH

Pull your elbow across your chest. Use your free hand to cradle your straight elbow. Repeat with your opposite arm.



BACK AND ARM STRETCH

Pull your elbow behind your head. Keep your head looking forward. Repeat with your other arm.



LOW-BACK AND HIP STRETCH

Slowly pull your knee to your chest. Repeat with your other leg. Pull both knees to your chest.

MONITORING YOUR HEART RATE

HEART RATE

Each individual has a resting and a maximum heart rate. Generally, the lower your resting heart rate the better your physical condition. Your resting heart rate declines as you become more fit, and is a good indicator of your physical progress. Your maximum heart rate is determined by subtracting your age (in years) from 220.

Your target heart rate is based on a percentage of your maximum heart rate. We recommend that your target heart rate remain within 60 to 85 percent of your maximum heart rate.

To determine your maximum heart rate as well as the low and high ends of your target heart rate zone, use the formula shown below.

FORMULA

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

$$\text{MHR} \times .60 = \text{Low end of Target Heart Rate Zone}$$

$$\text{MHR} \times .85 = \text{High end of Target Heart Rate Zone}$$

You will need to identify your fitness level to determine the target heart rate that is appropriate for your workouts. Although the general guidelines described below may help you to determine your fitness level, we recommend that you consult your physician before you begin your exercise program.

People who have been inactive for a three- to six-month period should start at the target heart rate of 60 to 75 percent of the maximum heart rate (MHR). If you have been moderately active for the past six months, you should work out at the intermediate fitness level or 70 to 80 percent of your MHR. Extremely active individuals should work out at the advanced level (75 to 85 percent of MHR).

EXAMPLE

(30-year-old who is/has been moderately active for the past few months)

$$220 - 30 = 190 \text{ Maximum Heart Rate (MHR)}$$

$$190 \times .70 = 133 \text{ to } 190 \times .80 = 152$$

Target Heart Rate:
133 to 152

(Intermediate fitness level = 70 to 80 percent of MHR)

Check your heart rate manually at one of two pulse points. One is found in the neck. Place the tips of your fingers lightly over one of the blood vessels located on either side of your throat.



Another location is on the inside of your wrist, just above the midline. Place your fingertips on the inside of your wrist.



To calculate your heart rate, count your pulse for six seconds and multiply the number of beats by 10.

It is important that you check your heart rate several times during the course of your workout.

WARM-UP: Check your heart rate at the end of your warm-up. Your heart rate should be slightly above your resting heart rate, but lower than your target heart rate.

AEROBIC: Check your heart rate at least twice during the aerobic phase of your workout session.

First, check it early in the workout to verify that you have reached your target heart rate. Check it again before you begin your cool-down. In order to maximize the benefits of your workout, you should try to maintain your target heart rate for 20 minutes.

NOTE: *If your heart rate is below your target heart rate, exercise a little harder next time. If your heart rate is above your target rate, you can bring it down to the appropriate level by reducing your effort during exercise.*

COOL-DOWN: Check your heart rate after you've finished your cool-down. Your heart rate after the cool-down should be at least as low as it was at the end of your warm-up. If not, you should continue to cool down until it drops to the appropriate level.

ALL-AMERICAN...PLUS FITNESS PROGRAMS

The NordicTrails™ interactive video features three specifically designed, 20-minute cross-country ski workouts.

The first workout features gently rolling hills in a wooded setting. It is a great workout for those just beginning an exercise program.

Alpine terrain is the breathtaking setting for the second workout. The mountaintop trail, designated as difficult, features beautiful views of the mountains, challenging incline runs and a vigorous workout that is perfect for those in the intermediate to advanced fitness level.

For the third workout, you return to the woods. Designed for the highly fit person, this program is designated as an experts-only trail. The terrain provides an intense, heart-pumping, muscle-toning workout.

These exercise programs are intended to serve as a general guide to aid you in reaching your fitness goals. Because needs, goals, functional capacity, health and age affect exercise conditioning programs, consult your physician to review your fitness condition and select the appropriate exercise program.

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 can still carry on a conversation or whistle. Stop exercising if you experience any warning signs of over-exertion such as dizziness, light-headedness, nausea, extreme breathlessness or prolonged fatigue.

A general key to exercise safety is to start at a low-intensity level and progress gradually. Follow the recommended guidelines for Monitoring Your Heart Rate (page 12). Adjust your exercise program as your fitness level changes.

PROGRAM 1: INITIAL CONDITIONING PROGRAM

<i>Recommended Frequency</i>	<i>Three to four times per week</i>
<i>Exercise Duration</i>	<i>20 to 30 minutes*</i>
<i>Exercise Intensity</i>	<i>60 to 85 percent of your maximum heart rate**</i>

Emphasis should be placed on avoiding muscle soreness, injury, discomfort and discouragement. It is recommended that you begin your exercise program conservatively and progress gradually.

Move to Program 2 when you feel ready and your heart rate has moved below the target zone for building fitness. (The estimated time is four to six weeks.)

** When first starting an exercise program, five to ten minutes of exercise, two or three times a day may be sufficient. When your body can handle more exercise, slowly increase the duration of your exercise sessions until you can work out for 20 consecutive minutes.*

*** Estimated maximum heart rate (MHR):
220 – age (in years)
Target heart rate zone:
MHR x .60 to MHR x .85*

PROGRAM 2: IMPROVEMENT CONDITIONING PROGRAM

Recommended Frequency	Three to five times per week
Exercise Duration	20 to 30 minutes*
Exercise Intensity	70 to 85 percent of your maximum heart rate**

This is an excellent weight-loss and weight-maintenance program. During this stage, the rate of progression is more rapid. The rate at which you progress is largely dependent on your age and the frequency of your exercise sessions. The body generally takes one week longer to adapt to a high-conditioning program for each decade of life after age 30.

Move to Program 3 when you feel ready and your heart rate has moved below the target zone for building fitness. (Estimated time for those beginning with

Program 2 to progress to Program 3 is 12 to 20 weeks.)

* To receive and maintain the benefits of aerobic exercise, a minimum of 20 minutes is needed.

** Estimated maximum heart rate (MHR):

$220 - \text{age (in years)}$

Target heart rate zone:

$\text{MHR} \times .70$ to $\text{MHR} \times .85$

PROGRAM 3: MAINTENANCE CONDITIONING PROGRAM

Recommended Frequency	Four to five times per week
Exercise Duration	20 to 60 minutes
Exercise Intensity	75 to 85 percent of your maximum heart rate*

Begin this program once you have achieved your desired fitness level and continue it on a regular, long-term basis.

Program Modification

Interval training consists of exercise cycles of higher intensity levels followed by active rest intervals that are repeated five to twenty times. For example, one minute of higher resistance and faster speed on the All-

American Plus skier followed by a two- to three-minute active rest period of "skiing" slowly with light resistance. The duration of exercise and rest periods should be based on physical comfort rather than time.

* Estimated maximum heart rate (MHR):

$220 - \text{age (in years)}$

Target heart rate zone:

$\text{MHR} \times .75$ to $\text{MHR} \times .85$

WORKOUT LOG

We recommend photocopying this log before using it.

DATE											
TIME											
DISTANCE											
SPEED											
BASE RESISTANCE											

DATE											
TIME											
DISTANCE											
SPEED											
BASE RESISTANCE											

DATE											
TIME											
DISTANCE											
SPEED											
BASE RESISTANCE											

MAINTAINING YOUR ALL-AMERICAN...PLUS SKIER

The All-American Plus skier is designed to require minimal maintenance. Please take note of the following tips to keep the All-American Plus™ skier working its best.

Wipe down the machine with a clean, dry cloth when you complete each exercise session. Periodically, clean the base with a slightly damp cloth and a small amount of detergent. (Liquid dish soap works well.) Take care not to get soap or water on any moving parts.

BRAKE PAD LUBRICATION



If the arm resistance becomes irregular or squeaks, the arm-exerciser brake pad may require reoiling.

1. Remove the cord drum assembly.
2. Roughen the surface of the pad with sandpaper, an emery board or a file.

3. Place a few drops of household oil on the pad.
4. **DO NOT OVER-OIL!** Excess oil could spray out when the cord drum is spinning. Allow the oil to absorb for 24 hours.
5. Wipe away any excess oil.
6. Replace the parts in the order in which they were removed. The order of assembly from the cord drum to the knob is as follows: flat washer, bearing washer, flat washer, spring and tension knob.

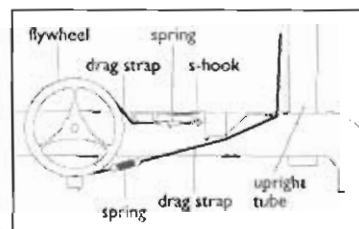
FLYWHEEL MAINTENANCE

1. Place a strip of mild emery cloth between the drag strap and the flywheel.
2. Ski for two to three minutes.
3. Remove the emery cloth.
4. Note how the drag strap is routed around the flywheel. Remove the drag strap.
5. Clean the surface of the flywheel with a cloth dampened in rubbing alcohol.
6. Wipe dry with a clean, dry cloth.
7. Proceed to *Drag Strap Care*.
8. Follow the steps under *Drag Strap Installation and Routing*.

DRAG STRAP CARE

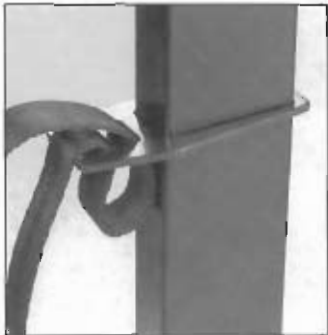
A clean drag strap provides the best performance and durability for your skier. The strap can be removed from the machine and cleaned with a dry brush or by snapping it as you would a belt. Never wash the drag strap.

NOTE: For longer wear, you can reverse the drag strap when you replace it on the machine.



DRAG STRAP INSTALLATION AND ROUTING

1. Attach the drag strap according to the diagram below.
2. Bring the free end of the drag strap adjuster to the slide on the upright tube.
3. Thread the strap **DOWN** through the slot nearest the upright tube.
4. Next, thread the strap **UP** through the remaining slot. (The end of the drag strap should fold over the edge of the drag strap adjuster and **under itself**.)



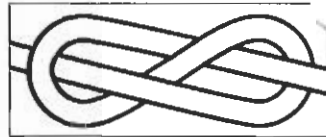
5. For proper calibration, set the slide at "I" and vary the amount of strap threaded through the adjuster until the strap is taut.

REWINDING THE ARM EXERCISER CORD

Before each workout, examine the arm exerciser cord for signs of fraying or wear. Call our Customer Satisfaction Department to order a replacement arm exerciser cord at 1-800-553-6295. If the arm exerciser cord should become unwound or tangled, follow the instructions below.

1. Detach the handgrips. There is a knot and a washer inside each grip.
2. Unwind the cord from the drum. Be sure to take note of how it goes through the drum.
3. Straighten the cord and drape the **two cord ends** over the hip pad with the cord ends exiting from the bottom of the drum. Make sure both ends are even.
4. Take the cord coming from the top hole (we'll call it cord "A") and wrap it around the drum counterclockwise until there is no more cord to wind. The cord will smooth itself out later.
5. Take the end of cord "A" and thread it through the bail on the left side of the drum.
6. Pull cord "A" all the way out so that cord "B" is wrapped around the drum.

7. Thread cord "B" through the bail on the right side of the drum.
8. With a cord end in each hand, work the arm exerciser back and forth until the cord lies smoothly.
9. Reattach the handgrips. Thread the cord through the hole in the grip from the top to inside of the grip. Next, slip a washer on the cord and tie a knot near the cord end to secure the grip. A figure-8 knot works best because it is easiest to untie if you need to make further adjustments.



NOTE: The cords should be kept taut, never slack while you use the upper-body exerciser. To **lengthen** the cords, remove one turn of the cord from the drum or retie the cords inside the handle grips. Wrap an additional turn of the cord around the drum or retie the cord inside of the handle grips to **shorten** the cords.

LUBRICATION

A drop of household oil may occasionally be needed on moving parts to prevent excessive noise.

CUSTOMER INFORMATION

If you have any questions regarding the assembly, operation or use of your All-American Plus™ skier, please contact our Customer Satisfaction Department at **1-800-553-6295**. Representatives are available to help you.

Monday through Friday • 7 AM to 8 PM (CST)

Saturday • 8 AM to 4:30 PM (CST)

30-DAY RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the All-American Plus™ skier by ExerScience™ from NordicTrack. **YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING ANY PRODUCT BY CALLING 1-800-553-6295.**

Once ExerScience from 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 surface shipping charges. **The customer is responsible for return shipping charges. IT IS THE CUSTOMER'S RESPONSIBILITY TO REPACK THE All-American Plus skier ACCORDING TO THE INSTRUCTIONS. ANY DAMAGE RESULTING FROM IMPROPER PACKAGING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.**

ONE-YEAR LIMITED WARRANTY

ExerScience from NordicTrack, Inc. will, for one year from the date of purchase of an ExerScience machine 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 ExerScience from 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 or 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 Satisfaction Department at 1-800-553-6295. Include proof of purchase and a brief statement describing the defect. **ALL SHIPPING COSTS TO RETURN THE ExerScience 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 ExerScience from 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.

