

WALKFIT CTS



OWNER'S GUIDE AND FITNESS PROGRAMMES
ANLEITUNG ZU ZUSAMMENBAU, BEDIENUNG, UND TRAINING

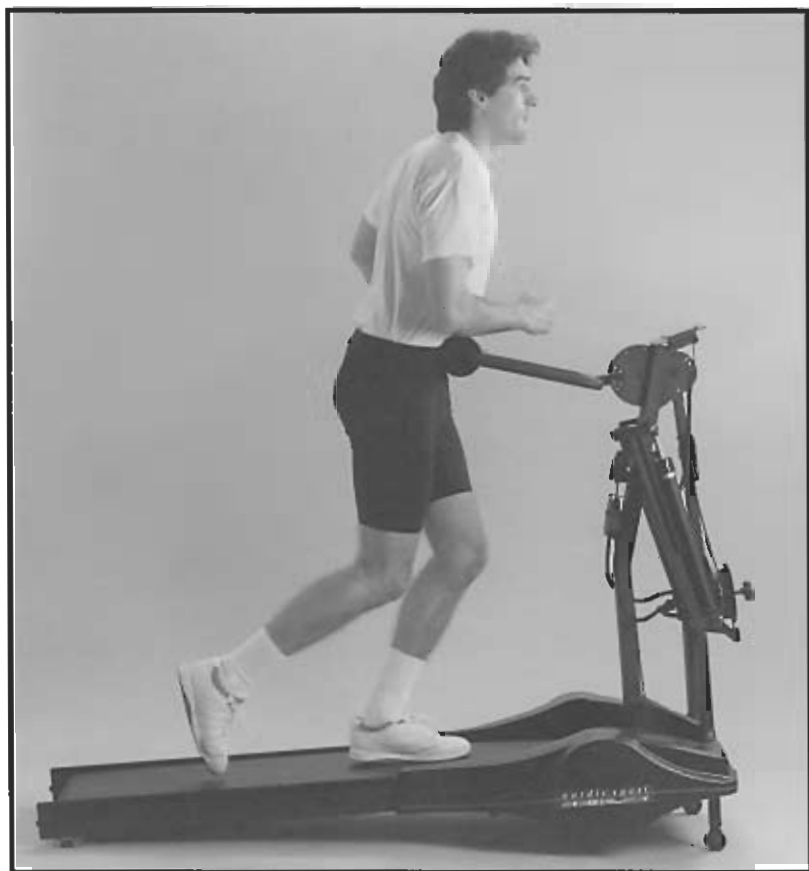
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The following pages contain important information that will help you maximise your workouts with the WalkFit CTS. Be sure to read this Owner's Manual thoroughly before using the machine.

WELCOME TO THE WALKFIT CTS

Congratulations on your purchase of the WalkFit CTS[™] exerciser! This space-efficient machine offers you five heart-pumping, muscle-toning aerobic exercises: walking, jogging, total-body walking, cross-country skiing and stairstepping. You have all of the tools that you need for a fitness programme that's always fresh, fun and varied.



Aerobic cross training is recognised as an excellent way to improve your overall body composition and cardiovascular conditioning. Some of the many benefits of aerobic cross training are compelling:

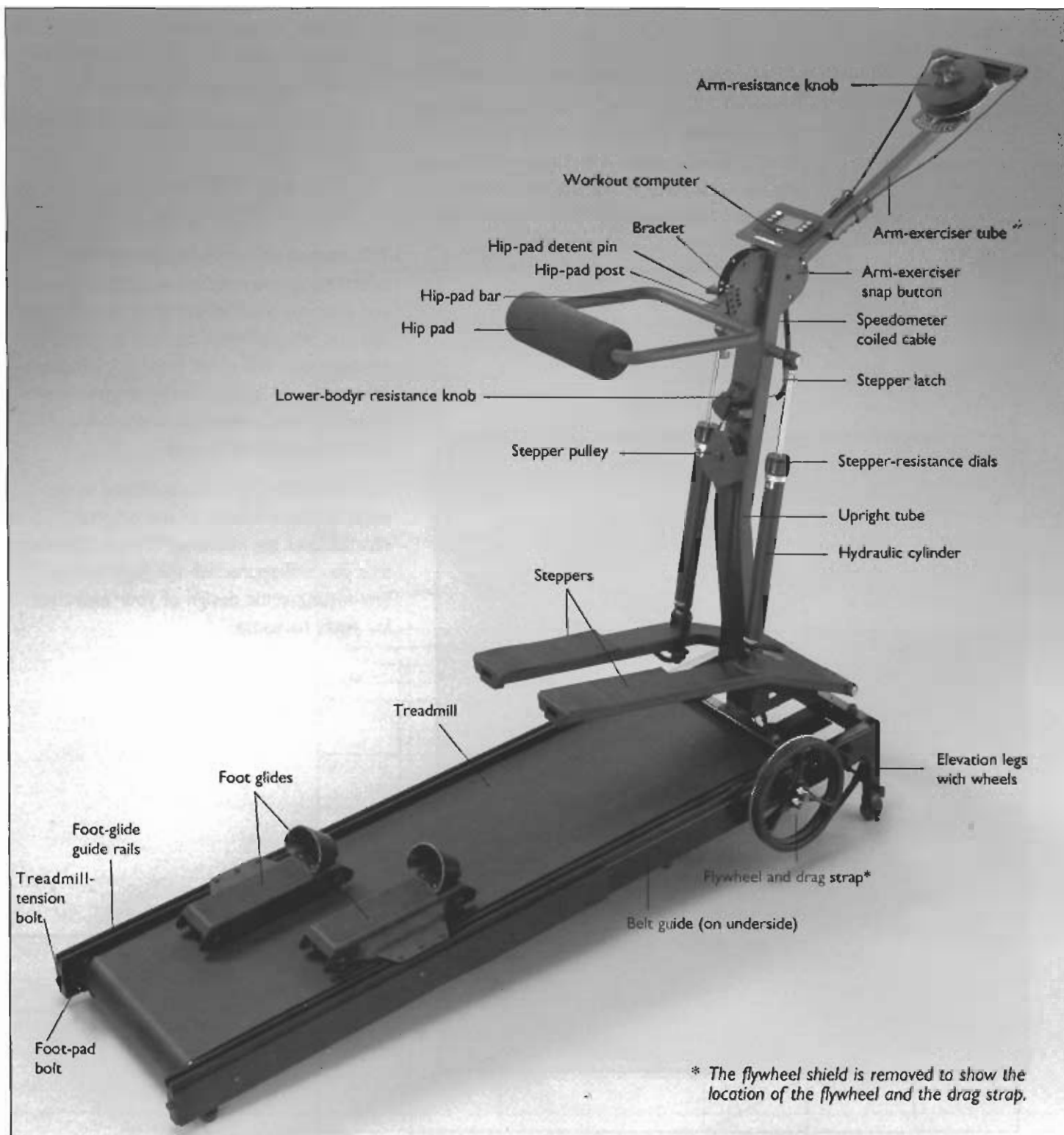
- Helps you to achieve fitness levels beyond those available by repeating the same exercise over and over again
- Enhances sports performance
- Provides improved muscular balance and symmetry
- Minimises boredom
- Helps to reduce injury

This manual will provide you with the information you need to set up, operate and maintain your exerciser. The training tips and programmes, created by exercise physiologists, will guide you in developing your personal cross training programme — including weight management and sports performance programmes.

Your WalkFit CTS was developed in the same quality tradition of the original NordicTrack ski machine. We are confident that you will appreciate the high-quality, low-maintenance design of your exerciser for years to come.

Consult your doctor before starting any fitness programme.

FEATURES



* The flywheel shield is removed to show the location of the flywheel and the drag strap.

ASSEMBLY

DUE TO THE SIZE AND WEIGHT OF THE EXERCISER, WE RECOMMEND THAT YOU DO NOT ASSEMBLE IT WITHOUT ASSISTANCE.

TO SAVE TIME AND EFFORT WE SUGGEST THAT YOU ASSEMBLE THE EXERCISER WHERE YOU INTEND TO USE IT; RETAIN ALL PACKING MATERIALS FOR THE DURATION OF YOUR IN-HOME TRIAL PERIOD.

PARTS LIST:

Box 1

- (1) Treadmill base

Box 2

- (1) Upright tube with attached stairstepper and hip pad

Small Box

- (2) Foot glides
- (2) Elevation legs with wheels

Hardware Box

- (2) Easy-lock pins
- (1) Detent pin
- (1) Workout computer
- (4) Bolts
- (4) Washers
- (1) 1/2-inch socket with handle
- (1) Flat wrench*
- (2) Allen wrenches

*Included for maintenance only.

We recommend that you unpack your WalkFit CTS[®] exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your in-home trial.

ATTACH THE FRONT ELEVATION LEGS

1. Unpack the treadmill base from the largest carton.
2. Take the upright tube, with the attached stairstepper, and the small box from the other large carton.
3. Remove the contents of the parts bag and the small box.
4. Tilt the treadmill base to one side. There should be enough clearance to slide an elevation leg into the sleeve at the front of the treadmill base.

5. Place the elevation leg into the sleeve so the adjustment holes of the leg run the width of the exerciser (Figure 1).

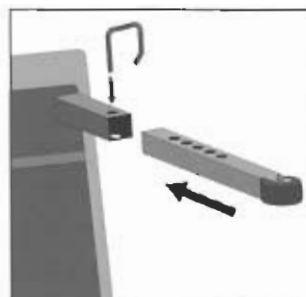


Figure 1

6. Align the holes in the elevation leg with the hole in the sleeve. (The elevation can be adjusted later; see "Elevation" on page 7.)
7. Insert the straight end of the easy-lock pin into the adjustment holes (Figure 2). Make sure that the end of the easy-lock pin extends completely through both sides of the elevation leg.

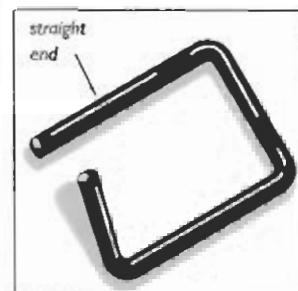


Figure 2

8. Rotate the bent side of the easy-lock pin down to secure it in place (Figure 3).

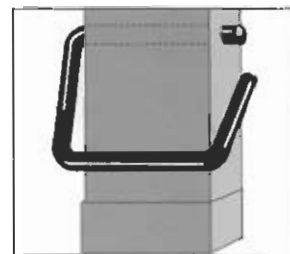


Figure 3

9. Repeat steps 4 through 8 with the other elevation leg and sleeve.

ATTACH THE UPRIGHT TUBE

1. Place the upright tube into the slot on the front of the treadmill base. The lower-body resistance knob should be on the side nearest the treadmill. The resistance cable (with the attached spring) and the electronics cable (that extends from the bottom of the upright tube) should fit through the hole in the front of the treadmill base. Be sure that the cables do not get caught between the upright tube and the treadmill base.
2. Align the holes in the base plate of the upright tube with the holes in the slot on the treadmill base (Figure 4).



Figure 4

3. Slide a washer onto all four bolts.
4. Insert two of the bolts, with washers, into the holes in the base plate nearest the treadmill. The heads of the bolts should face upward, toward the top of the upright tube. The washers should be between the heads of the bolts and the treadmill base. Use your fingers to tighten them.
5. Insert the two remaining bolts, with washers, into the front holes from under the base upward; the heads of the bolts should face the floor. The washers should be between the heads of the bolts and the treadmill base on the underside of the treadmill base. Use your fingers to tighten the bolts.
6. After all four bolts are inserted, use the 1/2-inch socket wrench to tighten the bolts (Figure 5).

NOTE: Be sure that all four bolts are tight. It is important that these bolts are secure.



Figure 5

CONNECT THE CABLES

1. Turn the lower-body resistance knob counterclockwise to its lowest setting.
2. Lay the exerciser on its left side.
3. Hook the tension spring, that protrudes from the bottom of the upright tube, to the small hole at the end of the tension rod. The end of the crossbar with the hole should curve toward the rear of the machine (Figure 6).



Figure 6

4. Plug the electronics cable, protruding from the bottom of the upright tube, into the cable that is on the underside of the treadmill base (Figure 7).



Figure 7

5. Use the plastic clips that are attached to the underside of the machine to secure the cable to the treadmill base. Be sure that the cable will not interfere with the treadmill belt.
6. Return your exerciser to its upright position.

RAISE THE ARM EXERCISER

1. Hold the arm-exerciser tube with one hand.
2. Depress the snap buttons and raise the arm-exerciser tube (Figure 8). The snap buttons will lock into place when the arm exerciser is in position.

NOTE: Make sure that the snap buttons are locked in place and fully extended on both sides of the frame.



Figure 8

3. The arm exerciser can be set in one of two user positions. Place it in the third hole when the arm exerciser is not in use.

CAUTION: The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm exerciser immediately after use.

ADJUST THE HIP PAD

1. Align the holes in the hip-pad post with the desired setting in the hip-pad bracket. The hip pad can be placed in nine different positions when using either the skier or the treadmill, and two upright positions may be used with the stepper.
2. Secure the hip pad with a detent pin (Figure 9).



Figure 9

INSTALL THE WORKOUT COMPUTER

Follow the directions included with the workout computer for setup, programming and operation.

ADJUSTABLE FEATURES OF YOUR EXERCISER

SELECT YOUR RESISTANCE SETTINGS

The WalkFit CTS™ offers you three separate resistance adjustments. This allows you to select the resistance to meet your fitness goals and needs. Be sure to adjust the leg resistance *only* while you are using the skier or the treadmill.

1. The **arm resistance** knob is located on the top of the arm-exerciser tube. Turn the knob clockwise to increase the resistance and counterclockwise to decrease it (Figure 1).



Figure 1

2. You will find the **lower-body resistance** knob just above the stepper pulley. Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance (Figure 2).



Figure 2

IMPORTANT: Be sure to adjust the cross-country skier and treadmill resistance *only* while you are using the skier or the treadmill. The more red visible on the knob, the greater the resistance.

3. The **stepper-resistance** dials are located on each hydraulic cylinder. You can adjust each stepper separately. To select the resistance, line up the desired numbered setting with the arrow on the cylinder (Figure 3).



Figure 3

POSITION THE HIP PAD

SKIER AND TREADMILL

The hip pad can be adjusted to nine positions depending on the exercise that you will be doing.

1. Remove the detent pin.
2. Set the hip pad to hip level, slightly below your navel. It should be high enough so that it does not restrict leg movement and low enough so that it does not press against your abdomen.
3. Align the holes in the hip-pad post and bracket.
4. Insert the detent pin completely through all the holes (Figure 4).



Figure 4

STEPPER

When using the stepper, place the hip pad in an upward position (Figure 5).

1. Remove the detent pin.
2. Align the holes in the hip-pad post and bracket.
3. Insert the detent pin completely through all the holes.



Figure 5

CHANGE THE ANGLE OF THE ARM EXERCISER

You can set the arm-exerciser height in two operating positions.

1. Hold onto the arm-exerciser tube with one hand.
2. Depress the snap buttons and move the arm-exerciser tube to the desired height. Be sure that the snap buttons lock into place and are fully extended on both sides of the frame (Figure 6).



Figure 6

NOTE: The arm exerciser can be folded down when it's not in use.

SET THE ARM-EXERCISER CORD LENGTH

The proper arm-exerciser cord length should allow your arms to extend just beyond your hips. The length can be adjusted by adjusting the knots inside the handgrips. For greater adjustments in cord length, one loop of cord can be added or taken off the cord drum. Retie the knots in the handgrips for further adjustment.

ADJUST THE ELEVATION

The exerciser can be adjusted from five to eight degrees of elevation:

1. Tip the machine to one side, just enough to allow you to adjust one leg. **Do not lay the machine on its side.**
2. Remove the easy-lock pin from the elevation leg.
3. Move the leg to the desired position. Align the holes in the sleeve and leg.
4. Insert the straight end of the easy-lock pin. **Be sure the straight end of the pin fully extends through the sleeve.**
5. Rotate the bent side of the pin down to secure the easy-lock pin in place (Figure 7).

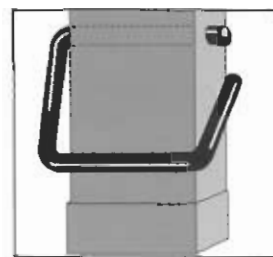


Figure 7

6. Repeat this procedure with the other leg.

YOUR FIVE EXERCISES FOR FITNESS

NOTE: Be sure to set the workout computer to the proper programme. Refer to the instructions included with your workout computer for further details.

Be sure to read the *Cross-Training Guidelines and Exercise Tips* section starting on page 12 before starting your workouts.

1 AND 2: WALKING AND JOGGING

The treadmill is a safe, convenient and effective alternative to outdoor walking and jogging. It saves you from road and track hazards. And because you're exercising indoors, it is easy to maintain your work-out schedule — regardless of the weather.

SET UP THE TREADMILL

1. Bring the foot glides off the back of the foot-glide guide rails and remove them from the treadmill surface.
2. Latch the steppers in the upright position.
3. Adjust the hip pad to hip level, one inch below your navel.
4. Position the arm exerciser up or down.

LEARN TO WALK ON THE TREADMILL

1. Set the leg elevation to the lowest setting while you are learning to use the treadmill.
2. Set the lower-body resistance to a comfortable level. Turn the lower-body resistance knob only while walking, jogging or running. Never force the knob.

3. Place both hands on the hip-pad bar until you are used to the treadmill surface.
4. Take normal, comfortable strides (Figure 1). Follow a heel-to-toe pattern. Walk at a slow pace in an upright position. Do not lean on or over the hip pad.



Figure 1

5. Swing your arms in a natural, rhythmic motion after you are comfortable with a natural-walking gait. Once you are comfortable with the treadmill surface, you may wish to adjust the lower-body resistance and elevation.

You may progress to jogging or running once you are comfortable with walking. Remember, when you first start, hold onto the hip-pad bar with both hands until you can maintain a natural rhythm (Figure 2). Do not lean on the hip pad.



Figure 2

CAUTION: Keep small children and pets away from the moving parts of the exerciser while it is in use.

NOTE: Set the workout computer to the proper programme. Refer to the instructions included with your workout computer for further details.

3: TOTAL-BODY WALKING

Total-body walking is a full-body aerobic workout. It works both the upper and lower body to increase the number of muscles used and the amount of oxygen consumed.

SET UP THE TREADMILL

1. Bring the foot glides off of the back of the foot-glide guide rails and remove them from the treadmill surface.
2. Latch the steppers in the upright position.
3. Adjust the hip pad to hip level, one inch below your navel.
4. Place the arm exerciser in an operating position.

LEARN THE ARM MOTION FIRST

1. Walk on the treadmill. Set the lower-body resistance high enough so that you can not move the treadmill belt.
2. Stand on the treadmill and keep your legs stationary.
3. Set the arm-resistance knob to a level that allows you to swing your arms in smooth, rhythmic strokes.
4. Reach forward until your arm is almost straight. (As you gain experience, your arm swing may become longer.) Practice only the arm stroke until you feel comfortable with it.

PUT THE ARM AND LEG MOTION TOGETHER

1. Reduce the lower-body resistance on the treadmill.
2. Combine the walking and arm motions. The basic idea is to walk while you swing your arms in harmony with your legs. When your left arm is forward, your right leg should be forward. When your right arm is forward, your left leg should be forward (Figure 3).



Figure 3

4: CROSS-COUNTRY SKIING

Cross-country skiing is an excellent cross-training activity. It provides a total-body workout by exercising all your major muscle groups in the upper and lower body. And because of its non-jarring, low-impact nature, it places minimal stress on your joints, tendons and ligaments.

SET UP THE CROSS-COUNTRY SKIER

1. Place the foot glides into the T-slot of the foot-glide guide rail at the rear of the exerciser (Figure 4).
2. Place the arm exerciser into an operating position.
3. Adjust the hip pad to hip level, one inch below your navel. It should be high enough so it does not restrict leg movement, but low enough so your abdomen doesn't press against it.



Figure 4

LEARN THE LEG MOTION

1. Hold onto the hip pad.
2. Step into the foot glides.
3. Position your hips against the hip pad and rest your hands on the hip-pad bar.

NOTE: Adjust the lower-body resistance only while you are using the treadmill.

4. Move the foot glides in a short-strided motion (Figure 5).
5. Set the lower-body resistance to a comfortable level. Adjust the lower-body resistance only while skiing; never force the knob. Keep your knees slightly bent.
6. Begin to walk. Let your heels rise naturally at the back of each stride. Your goal is a smooth, rhythmic stride. Do not hesitate between strides. Practice and experiment with different lower-body resistance settings until it feels natural.



Figure 5

PRACTICE THE ARM MOTION WITHOUT THE CORDS

1. Continue the leg motion. Keep one hand on the hip-pad bar for balance. Swing the other arm at your side, as when walking; when your left leg is forward, your left arm should swing back.
2. Add your other arm so both arms swing naturally.

Practice this until you are comfortable with the arm motion.

CAUTION: The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm exerciser immediately after use.

PUT THE LEG AND ARM MOTIONS TOGETHER

1. Continue the leg motion and add your arm motion once you become comfortable.
2. Grasp the arm-exerciser handgrips and continue (Figure 6).



Figure 6

3. Pull the arm-exerciser handgrips through your natural arm swing.

TIPS TO HELP YOU GET SKIING

1. Stand upright. Your feet should be in line with your shoulders.
2. Keep your weight on your feet, not the hip pad, while exercising.
3. Make your strides and strokes controlled and rhythmic. Your knees should be slightly bent.
4. Increase the leg resistance if you slide away from the hip pad.
5. Keep the balls of your feet on the foot glide throughout the entire motion. The motion is similar to wiping your feet on a rug.

5: STEPPING

Stepping is an aerobic, toning exercise. It primarily focuses on the buttocks, thighs, hamstrings and calves. The hydraulic steppers are independently adjustable for a custom fit and true "stepping" feel.

NOTE: Set the workout computer to the proper programme. Refer to the instructions included with your workout computer for further details.

SET UP THE STAIRSTEPPER

1. Remove the foot glides from the treadmill surface.
2. Increase the lower-body resistance so the treadmill does not move as you stand on it.
3. Lift the latches and pull the steppers down.
4. Place the hip pad in its most forward and upright position. Secure it with the detent pin. Make sure the detent pin is fully engaged. Use the hip pad for balance and support only.
5. Place your feet in a comfortable, stable position on the steppers.
6. Hold your head upright and begin to step (Figure 7). Four- to eight-inch steps are recommended. Do not allow the pedals to reach the very bottom or top of their range. Keep your knees slightly bent and avoid locking them when you extend your legs. Gradually increase your pace.



Figure 7

CAUTION: The hydraulic cylinders of the steppers may become hot to the touch after use. Avoid touching them immediately after using the stepper.

Alter your upper-body position to emphasise different muscle groups:

- Sit back to emphasise your quadriceps (fronts of thighs) (Figure 8).



Figure 8

- Lean forward to emphasise your gluteal muscles (buttocks) (Figure 9).



Figure 9

- Pump your arms to improve your sense of balance, emphasise all of your leg muscles and increase your aerobic intensity (Figure 10).



Figure 10

CROSSTRAINING GUIDELINES AND EXERCISE TIPS

This section was developed by exercise physiologists at the International Exercise For Life Institute.

Consult your doctor before starting any exercise programme.

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

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

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 programme. We suggest a routine of five minutes of slow exercise on your exerciser.

2. 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 4. Hold each stretch 15 to 30 seconds. Repeat for each side of your body.

3. AEROBIC CONDITIONING

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

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 maximises fat loss and cardiovascular development.

Duration

Duration is the amount of time that the proper exercise intensity level is maintained. Beginners should start with 10 to 20 minutes of aerobic activity, those in average physical condition may exercise 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 monitoring your heart rate. See the following section on *Monitoring Your Heart Rate*.

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 following section, *Taking Your Heart Rate*.

Taking Your Heart Rate

Touch your left wrist, one-fourth of an inch from the thumb joint, with the index and middle fingers of your right hand. 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 along your left wrist.

Apply a minimal amount of pressure with the index and middle fingers — let the beat come to your fingers (Figure 1).



Figure 1

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 ranges for the beginner, intermediate and advanced exercisers. Use it to determine the intensity of your workout.

NOTE: For aerobic conditioning, we recommend that you stay within the appropriate target heart rate range for the entire 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 at a slower pace for at least five minutes following the aerobic phase.

5. STRENGTH CONDITIONING

A strength-training programme adds lean muscle mass to the body. Lean muscle mass aids in burning body fat and is an essential component of a fitness programme.

6. STRETCHING

Stretching after exercise helps relieve muscle soreness and stiffness. Repeat the recommended stretches shown on page 14.

Target Heart Rate Zones Chart

	Beginner 60%-70% of MHR		Intermediate 70%-80% of MHR		Advanced 80%-85% of MHR	
	10 secs	One min.	10 secs	One min.	10 secs	One min.
Age						
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

Figures are rounded to the nearest whole numbers.

NOTE: Aerobic sessions must be frequent and at sufficient levels of duration and intensity to create the desired training effect.

HOLD EACH STRETCH FOR 15 TO 30 SECONDS WITHOUT BOUNCING. ALWAYS STRETCH BOTH SIDES OF YOUR BODY.

1.



SHOULDER STRETCH

Pull your elbow across your chest using your free hand to cradle your elbow. Do not lock your knees.

2.



BACK and ARM STRETCH

Pull your elbow behind your head. Keep your head facing forward. Do not lock your knees.

3.



QUADRICEPS STRETCH

Keep your knees close together. Pull your heel slowly toward your buttocks.

4.



CALF STRETCH

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

5.



INNER-THIGH STRETCH

Put the soles of your feet together and press your knees toward the floor. Bend at the hips and keep your back straight.

6.



LOW-BACK and HAMSTRING STRETCH

Position your legs as shown and bend forward from your hips, keeping your back straight.

7.



LOW-BACK and HIP STRETCH

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

TRAINING TIPS

1. **Get a doctor's approval and exercise recommendations before beginning any exercise programme.** If you are taking any medication that affects your heart rate, blood pressure or cholesterol level and a doctor's advice is absolutely essential.
2. Don't overexert yourself. 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.
3. Commit to making exercise part of your lifestyle. It's a good idea to set aside specific days and times for your workouts.
4. Make your exercise time more enjoyable. While exercising, you can read a book, listen to music or watch your favourite television show.
5. Always wear comfortable exercise clothing and proper exercise shoes.

NOTE: *It is important that you use a combination of programmes when designing your own exercise routine.*

PERSONAL TRAINING ROUTINES

Cross-training provides total-body benefits and will allow you to safely train three to five days a week. To maximise your results, use a combination of exercise programmes when designing your exercise routine. For example, a three-day sequence of running, walking, and stepping is not as beneficial as a third-day workout that includes an upper-body workout such as cross-country skiing or power walking. Cross-country skiing and power walking are unique because they complement other aerobic activities while using all of the major muscle groups of the upper and lower body with little joint stress.

The programmes recommended here are progressive. Start at the beginner stage, move on to the intermediate stage and then on to the advanced stage. Should you choose to exercise more than three days a week, repeat the day(s) of your choice from those recommended for the stage you are working in. Always begin at a low intensity level and progress gradually in any programme. You may be able to skip the beginner stages depending on your current fitness level.

These programmes are only recommendations. They are meant to assist you in gaining the most out of your exerciser and are designed for your convenience. Because no single programme is right for everyone, feel free to use any combination. We also recommend that you consult your doctor to determine your physical condition and select the appropriate conditioning programme.

CROSSTRAINING PROGRAMMES



BEGINNER LEVEL — PROGRAMME 1

DAY 1:
Treadmill (12–15 minutes)

DAY 2:
Stepping (12–15 minutes)

DAY 3:
Cross-country skiing (12–15 minutes)

Frequency: 3 days per week
Intensity: 60% - 65% of your maximum heart rate
Duration: 12 to 15 minutes total time

BEGINNER LEVEL — PROGRAMME 2

DAY 1:
Treadmill (12–15 minutes)
Stepping (10 minutes)

DAY 2:
Stepping (10 minutes)
Cross-country skiing (12–15 minutes)

DAY 3:
Cross-country skiing (12–15 minutes)
Treadmill* (10 minutes)

Frequency: 3 days per week
Intensity: 60% - 65% of your maximum heart rate
Duration: 22 to 25 minutes total time

NOTE: Warming up before and cooling down after your exercise sessions helps your body adjust, decreasing the risk of injury and muscle soreness.



BEGINNER LEVEL — PROGRAMME 3

DAY 1:

Treadmill	(8 minutes)
Stepping	(8 minutes)
Cross-country skiing	(8 minutes)

DAY 2:

Stepping	(8 minutes)
Cross-country skiing	(8 minutes)
Treadmill	(8 minutes)

DAY 3:

Cross-country skiing	(8 minutes)
Treadmill	(8 minutes)
Stepping	(8 minutes)

DAY 4:

Treadmill	(8 minutes)
Stepping	(8 minutes)
Cross-country skiing	(8 minutes)

Frequency: 3 days per week

Intensity: 60% - 65% of your maximum heart rate

Duration: 24 minutes total time



INTERMEDIATE LEVEL — PROGRAMME 1

DAY 1:

Treadmill (25–40 minutes)

DAY 2:

Cross-country skiing (25–40 minutes)

DAY 3:

Stepping (25–40 minutes)

Frequency: 3 to 5 days per week

Intensity: 65% - 75% of your maximum heart rate

Duration: 25 to 40 minutes total time

NOTE: Warming up before and cooling down after your exercise sessions helps your body adjust, decreasing the risk of injury and muscle soreness.

Move as quickly as possible when changing from one exercise to another. This helps you maintain an elevated heart rate to achieve maximum results.

INTERMEDIATE LEVEL — PROGRAMME 2

DAY 1:

Treadmill (10–13 minutes)

Stepping (10–13 minutes)

Cross-country skiing (10–13 minutes)

DAY 2:

Stepping (10–13 minutes)

Cross-country skiing (10–13 minutes)

Treadmill (10–13 minutes)

DAY 3:

Cross-country skiing (10–13 minutes)

Treadmill (10–13 minutes)

Stepping (10–13 minutes)

Frequency: 3 to 5 days per week

Intensity: 65% - 75% of your maximum heart rate

Duration: 30 to 39 minutes total time



ADVANCED LEVEL — PROGRAMME 1

DAY 1:

Treadmill (30–60 minutes)

DAY 2:

Stepping (30–60 minutes)

DAY 3:

Cross-country skiing (30–60 minutes)

Frequency: 3 to 5 days per week

Intensity: 75% - 85% of your maximum heart rate

Duration: 30 to 60 minutes total time

ADVANCED LEVEL — PROGRAMME 2

DAY 1:

Treadmill (10–20 minutes)
Stepping (10–20 minutes)
Cross-country skiing (10–20 minutes)

DAY 2:

Stepping (10–20 minutes)
Cross-country skiing (10–20 minutes)
Treadmill (10–20 minutes)

DAY 3:

Cross-country skiing (10–20 minutes)
Treadmill (10–20 minutes)
Stepping (10–20 minutes)

Frequency: 3 to 5 days per week

Intensity: 75% - 85% of your maximum heart rate

Duration: 30 to 60 minutes total time



SPORTS PERFORMANCE PROGRAMME

DAY 1:

Treadmill (20–40 minutes)

DAY 2:

Stepping (20–40 minutes)

DAY 3:

Cross-country skiing (20–40 minutes)

Frequency: 3 to 5 days per week
(3 days of interval training,
2 days of continuous training)

Duration: 20 to 40 minutes total time

OPTIONS—

Interval Training:

An exercise period that has cycles of higher intensity levels followed by low intensity levels, repeated 5 to 20 times.

Higher Intensity Levels: 80% - 85% of your maximum heart rate for 15 seconds to 1 minute.

Rest Intervals: 65% of your maximum heart rate for 3 to 5 minutes.

Continuous Training:

A workout at an intensity level that is consistently held throughout the exercise without a rest period.

PERSONAL TRAINING LOG

DATE	ACTIVITY	TIME	DISTANCE	RESISTANCE (Upper/lower body)	TOTAL CALORIES BURNED	PULSE RATE

WE RECOMMEND
PHOTOCOPYING THIS
LOG BEFORE USING IT.

Perform the following maintenance steps as needed to keep your exerciser in top condition.

CLEANING

We recommend that you wipe down your WalkFit CTS[®] exerciser with a clean, dry cloth following each workout.

OIL THE UPPER-BODY EXERCISER

The brake pad on your upper-body exerciser has been oiled for quiet, smooth braking. It will require periodic re-oiling.

1. Turn the upper-body resistance knob counterclockwise until it comes off.
2. Remove the spring from the spindle at the top of the upper-body exerciser.
3. Lift the cord drum from the spindle to expose the brake pad. (Do not lift the cord drum entirely off the spindle.)
4. Roughen the surface of the brake pad with 100-grit sandpaper.
5. Spread a drop of light household oil on the brake pad (Figure 1). Rub the oil into the pad with your finger so the entire top surface area is covered. **DO NOT OVER-OIL!** The excess oil could spray out when you use the upper-body exerciser.



Figure 1

6. Set the cord drum back onto the brake pad. Do not tighten it down.

7. Let the oil absorb for 24 hours. Wipe off any excess oil.
8. Replace the cord drum, the spring and the arm-resistance knob. If the bearing assembly falls out, the proper sequence is flat washer, bearing, flat washer, spring, knob.

REWRAP THE ARM EXERCISER CORD

Follow these steps to rewind the arm-exerciser cord if it becomes tangled or unwound.

1. Push the ends of the arm-exerciser cord through the open end of the handgrips and untie the knots. Remove the handgrips and washers and set them aside.
2. Pull the cords through the pulleys and fully unwind them from around the cord drum.
3. Extend the cords toward the rear of the treadmill and rest them on top of the hip pad. The cords must be even.
4. Take the cord from the top hole of the cord drum (cord "A"). Wrap it around the cord drum counterclockwise until there is no more cord to wind.
5. Pass the same end of cord A from left to right through the right pulley.
6. Pull cord A until the cord drum will no longer turn. This will wrap the other section of the cord (cord "B") around the cord drum.
7. Feed the end of cord B through the left pulley from right to left. Pull cord B until the end is even with cord A.
8. With a cord in each hand, work the arm exerciser back and forth until the cord wraps smoothly around the cord drum.

9. Thread the cord through the hole in a handgrip from top to inside. Slip a washer on the end. Tie a figure-eight knot to secure the grip (Figure 2). Repeat with the other handgrip.

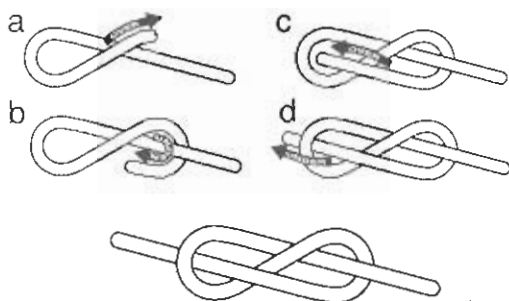


Figure 2

If more adjustment in the length of the arm-exerciser cord is needed, add or subtract one loop of the arm-exerciser cord from around the cord drum.

CLEAN THE DRAG STRAP AND FLYWHEEL



Figure 3

1. Use the Allen wrench and the flat wrench (provided) to remove the two bolts and nuts found on each side of the shield (Figure 3).
2. Remove the two bolts from the front underside of the machine with the Allen wrench.
3. Use the Allen wrench and the flat wrench to remove the two bolts and nuts that secure the shield to the top of the machine.
4. Take the two plastic spacers from between the shield and the top of the machine.
5. Lift the flywheel shield from the machine.

6. Note how the drag strap is routed. Disconnect and remove it.
7. Scrub both sides of the drag strap with a dry, clean cloth or a stiff-bristled brush. Never wash the drag strap with water or any cleaner, because it will shrink.
8. Use a fine or very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary. Do not press hard enough to scratch the surface.
9. Wipe the flywheel with a clean, dry cloth to remove the residue. **NEVER** place oil between the flywheel and the drag strap; this would damage the drag strap.
10. To help extend the wear of your drag strap, replace it with the reverse side against the flywheel. There should not be more than 1/2-inch of the drag strap through the buckle when the lower-body resistance is at its lowest setting.
11. Place the shield onto the front of the machine.
12. Align the two plastic spacers with the holes in the top of the shield and the top of the machine.
13. Replace the two bolts and nuts to secure the shield to the top of the exerciser. Use the Allen wrench and the flat wrench to tighten them.
14. Use the Allen wrench to replace the two bolts on the front underside of the machine.
15. Replace the two bolts and nuts on each side of the shield.

ADJUST THE TREADMILL ALIGNMENT

If the treadmill belt slips or moves to one side, it can be adjusted. When the belt tension is properly set, you should be able to lift one side of the belt at least one-half inch.

1. If the treadmill belt is too far to the left side of the treadmill deck, stand on the left side of the machine, and vice-versa.
2. Use your foot (the one nearest to the treadmill) to rotate the belt several times.

IMPORTANT: If the belt is still off-centre or slips, continue with the following steps. Steps 3 through 8 are intended to be a last resort in treadmill maintenance. Proceed only if you have cleaned the treadmill deck, drag strap and flywheel first.

3. Tip the exerciser forward so you have access to the underside.
4. Loosen the two footpad bolts on both sides at the rear, underside of the machine (Figure 4). Repeat with the bolts on the other footpad. **All four foot-pad bolts must be loose to adjust the belt.**

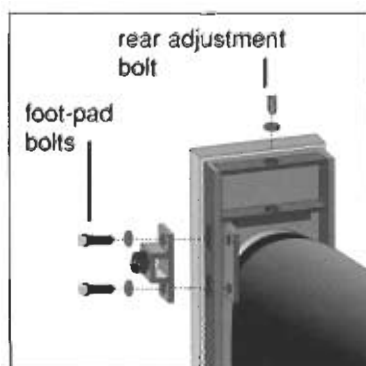


Figure 4

5. Adjust the bolts at the rear of the treadmill deck as follows:
 - If the belt slips, tighten it by turning both rear adjustment bolts clockwise.
 - If the belt is moved over to the left, turn the right rear adjustment bolt counterclockwise and the bolt on the left clockwise. Tighten each bolt a quarter turn at a time.
 - If the belt is moved toward the right, turn the right rear adjustment bolt clockwise and the bolt on the left counterclockwise. Tighten each bolt a quarter turn at a time.
6. Tighten the footpad bolts and return the exerciser to an upright position.
7. Use the treadmill so that the treadmill belt rotates six to ten times.
8. Check the position of the treadmill belt. If the belt is not centred, repeat steps 3, 4 and 5 until the belt is centred between the two guide legs under the machine.

CUSTOMER INFORMATION

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial for the WalkFit CTS™ exerciser. Retain your box and packing materials during this time period. Please note that the misuse, abuse or the commercial use of the WalkFit CTS exerciser will void the 30-day in-home trial and return privilege policy.

Should you decide to return your exerciser, you must notify our Customer Service Department. The Customer Service Department will supply you with information on how to pack your exerciser. 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.

Once the Customer Service Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt of the exerciser at NordicTrack (U.K.) Ltd., we will refund the full purchase price and the initial shipping charges; return shipping charges are the responsibility of the customer.

SATISFACTION GUARANTEE

In the event that you are not completely satisfied with your WalkFit CTS exerciser, please follow the directions below to return it:

1. Save the box and packing materials your order arrived in. You can use it to pack your return package.
2. Keep your invoice. This will help us process your return as efficiently as possible.
3. Phone our Customer Service Department. A Customer Service Department representative will give you detailed packing instructions.
4. Package your WalkFit CTS as described. Enclose a copy of your invoice or a slip of paper with your name, address and Return Authorisation Number in the box. Seal the box and write your name, address and Return Authorisation Number in the upper left-hand corner of the box.
5. Ship the product(s) prepaid and insured within the 30-day period.

WALKFIT CTS TWO-YEAR LIMITED WARRANTY

NordicTrack, (U.K.) Ltd., will, for two years from date of purchase of the WalkFit CTS 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, (U.K.) Ltd., carry their own warranty/service periods.) Please note that commercial use of the CrossTraining System 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, acts of nature, 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, (U.K.) Ltd.

To obtain service under this warranty, phone our Customer Service Department. All shipping costs to return the CrossTraining System and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within two years of date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some countries 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. The laws in each country may also vary.

