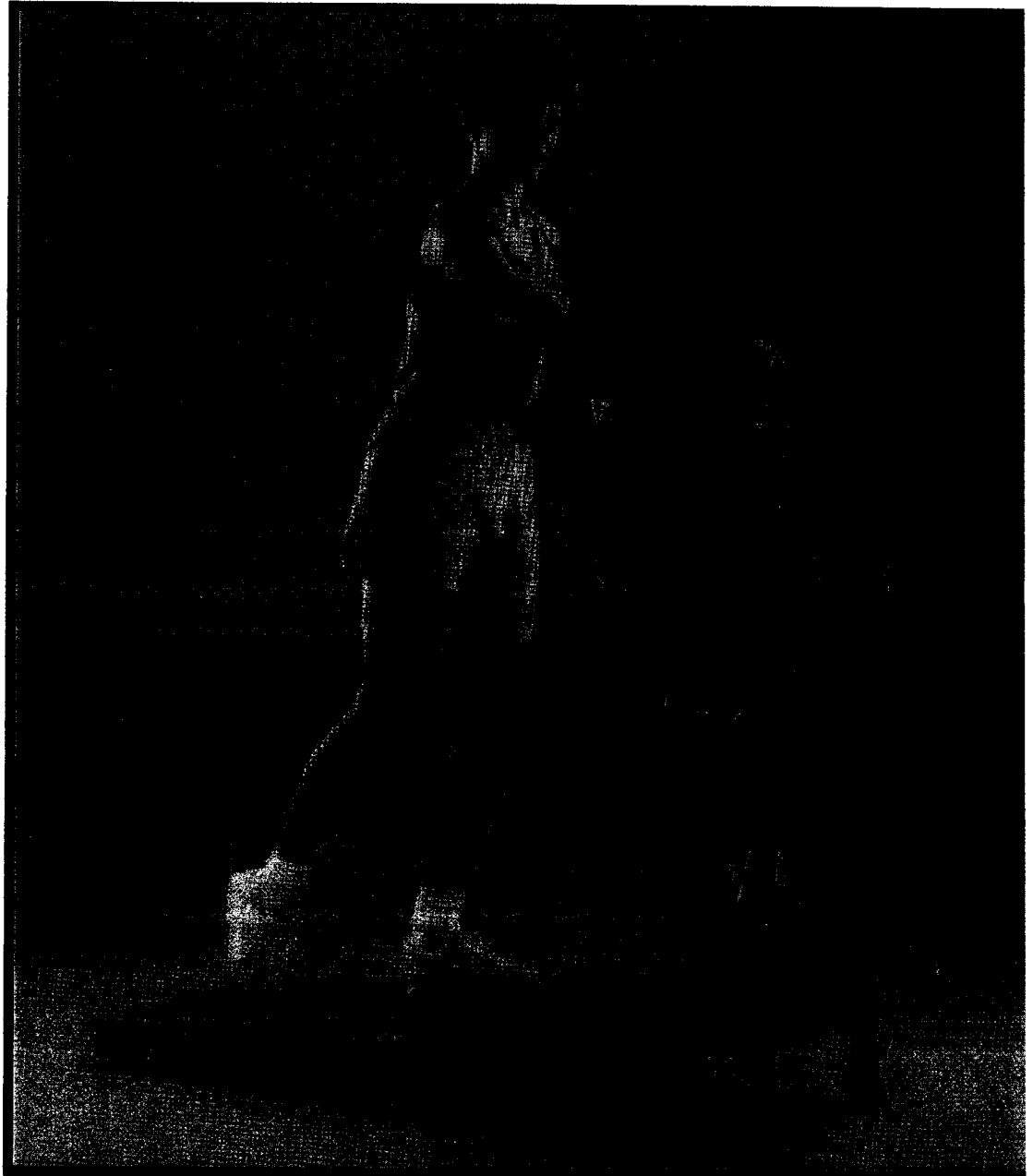


NordicTrack's *Walk* **Fit**TM



Owner's Guide

**ASSEMBLY, OPERATING INSTRUCTIONS
AND EXERCISE PROGRAMS**

Table of Contents

WELCOME TO NORDICTRACK'S WALKFIT	2
ASSEMBLY	3
ADJUSTABLE FEATURES	5
OPERATION	7
YOUR PERSONAL FITNESS PROGRAM	9
RECOMMENDED STRETCHES	11
EXERCISES AND TRAINING PROGRAMS	12
TRAINING LOG	14
MAINTENANCE	
Upper-Body Exerciser	15
Flywheel	15
Drag Strap	15
Adjusting the Treadmill Tension	16
Lubricating the Treadmill	16
CUSTOMER INFORMATION	17

The following pages contain important information that will help you maximize your workouts with the WalkFit™ aerobic exerciser. Be sure to read this owner's manual thoroughly before using the machine.

Welcome to NordicTrack's WalkFit

Congratulations! You have made an excellent investment in your health.

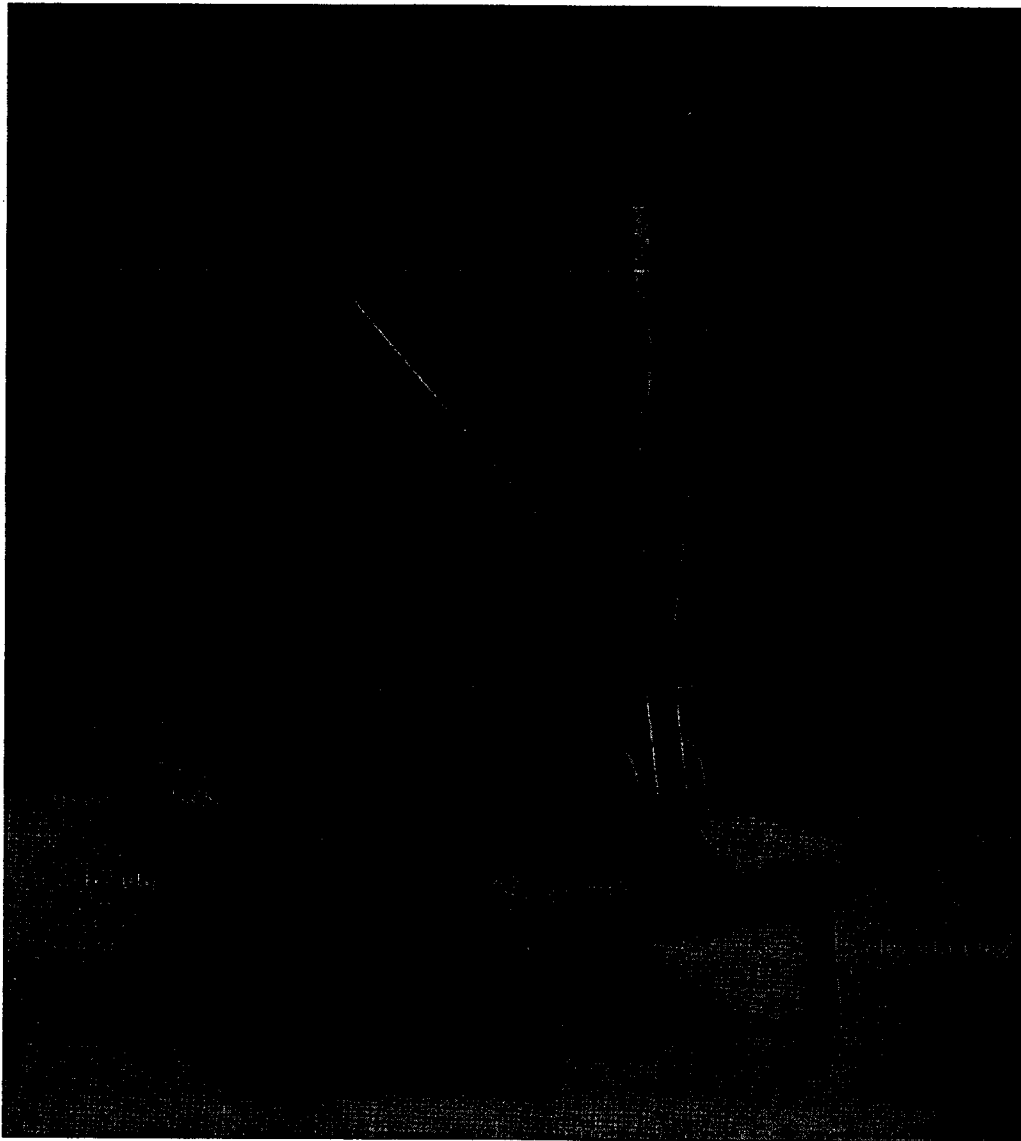
NordicTrack's WalkFit™ aerobic exerciser offers a total-body workout that is safe, simple and effective. Decrease your body fat, improve your cardiovascular fitness and tone your muscles with the smooth, natural motion of the WalkFit nonmotorized treadmill.

NordicTrack has made walking a more effective total-body exercise. Unlike ordinary treadmills or walking which focus on your lower body alone, WalkFit tones your upper body

and arms along with your lower body, enabling you to burn more calories during your workout.

This manual provides you with the information you need to set up, operate and maintain your WalkFit exerciser. The training information and programs, created by our exercise physiologists, will guide you in developing your personal training program.

Please call our Customer Satisfaction Department at **1-800-553-6308** if you have any questions about the information covered in this manual.



Assembly

PARTS LIST

Base (1)
Upper-body exerciser (1)
Bolts (4)
Elevation legs with wheels (2)
Elevation leg pins (2)
Upper-body exerciser pin (1)
Workout monitor (1)
Information packet (1)

TOOLS PROVIDED

5/32" Allen wrench (1)

Unpack the WalkFit exerciser parts from the two large boxes. We recommend unpacking your WalkFit where you intend to use it. Please retain all packing materials for 30 days.

ATTACH THE FRONT ELEVATION LEGS

1. Remove the elevation legs and the two elevation leg pins from the parts bag.
2. Tilt the WalkFit to one side so there is enough clearance to slide an elevation leg into the sleeve at the front of the treadmill deck (Figure 1).

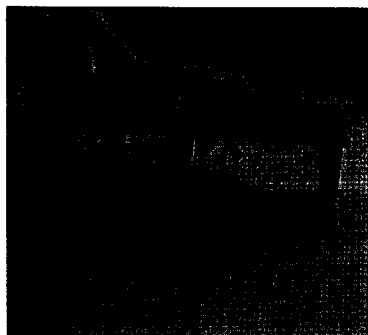


Figure 1:
Tilt the WalkFit to insert the elevation legs with wheels.

3. Place the elevation leg into the sleeve so the adjustment holes of the leg run the width of the WalkFit.
4. Insert an elevation pin through the elevation sleeve and the leg at the desired position. Be sure the pin extends through both sides of the outer sleeve. Rotate the pin against the tube to secure the leg in place.
5. Repeat steps 1 through 4 with the other elevation leg and sleeve.

ATTACH THE UPPER-BODY EXERCISER

1. Attach the upper-body exerciser to the front of the treadmill base.
2. Align the four holes in the upper-body exerciser with the four holes in the treadmill base (Figure 2).



Figure 2:
Attach the upper-body exerciser to the base. Align the four holes in the upper-body exerciser with the four holes in the base.

3. Insert the four bolts from top to bottom through the holes in the upper-body exerciser and the treadmill base. Tighten the bolts with the Allen wrench.

4. Lay the WalkFit™ exerciser on its left side (the opposite side of the flywheel).
5. Attach the tension spring below the upper-body exerciser to the small hole in the tension rod (Figure 3).
6. Connect the sensor cord to the underside receptacle (Figure 3). Return the machine to its upright position.

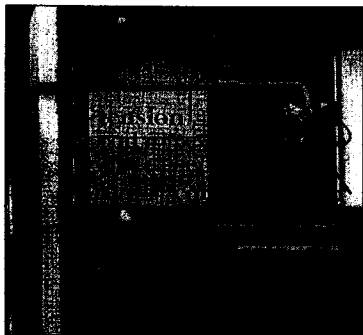


Figure 3:
Attach the tension spring to the leg resistance tension rod. Connect the sensor cord to the receptacle.

7. Lift the upright tube into place. Be sure the snap buttons are locked into place and fully extended through the holes on both sides of the frame (Figure 4).

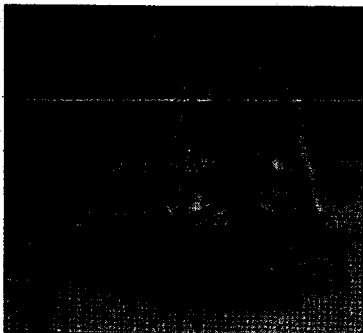


Figure 4:
Lift the upright tube into place. Be sure the snap buttons are fully extended through the holes on both sides of the frame.

8. Lift the arm-exerciser poles into place. If you wish to lock the arm-exerciser poles in a stationary position, align both poles with one of the four holes in the base of the upright tube and insert the upper-body exerciser pin.

INSTALL THE WORKOUT MONITOR

Follow the directions included in the electronics package for the installation, programming and operation of your monitor.



Figure 5:
Follow the instructions in the electronics package to install the workout monitor.

.....

Please call our Customer Satisfaction Department
if you have any questions.

CUSTOMER SATISFACTION DEPARTMENT

Monday through Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

Central time

1-800-553-6308

Adjustable Features

Your WalkFit exerciser has several adjustable features to accommodate your fitness level.

RESISTANCE

NordicTrack's WalkFit aerobic exerciser features two separate resistance adjustments. This allows you to select the resistance that meets your fitness goals and needs.

1. The knob to adjust upper-body resistance is located on the bottom of the upright tube. Turn the knob clockwise to increase the resistance, and counterclockwise to decrease the resistance (Figure 1).



Figure 1:
Turn the knob clockwise or counterclockwise to adjust the resistance.

2. The resistance knob for the treadmill is found on the top of the upright tube (Figure 2). Turn the knob clockwise to increase resistance and counterclockwise to decrease resistance. Adjust the treadmill resistance only while you are using the treadmill. Never force the knob.

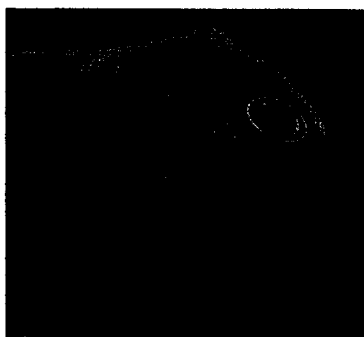


Figure 2:
To adjust the treadmill resistance, turn the knob while the WalkFit is in use.

NOTE: *You should adjust the treadmill tension only while you are using the treadmill. This will enable you to easily adjust it to a level that is comfortable for you and will prevent unnecessary wear on the resistance mechanism.*

THE ARM-EXERCISER POLES

1. To use both the treadmill and the upper-body exerciser, remove the pin from the bottom of the upright tube. Use the upper-body resistance knob to adjust the resistance.
2. To use the treadmill only, adjust the arm-exerciser poles to one of four stationary positions — so you can hold onto the poles while using the treadmill. Align the arm-exerciser poles with one of the four holes in the base of the upright tube and insert the pin through the holes so it is fully extended through both arm-exerciser poles (Figures 3a and 3b).



Figures 3a and 3b:

Align the holes in the arm-exerciser poles with one of the four holes in the upright tube and insert the upper-body exerciser pin so it extends through both poles.

The WalkFit arm-exerciser poles were designed with four locking positions, so they can be easily adjusted to allow for differences in height and stride length.

If you intend to jog or run on the treadmill, you will probably find it most comfortable to have the poles in one of the two forward positions. (This helps to keep you toward the front of the treadmill.) If you are tall or walk with a long stride, you may also want to lock the poles into one of the forward positions.

NOTE: *Depress the snap buttons to collapse the upper-body exerciser for storage. Remove the arm-exerciser pin to collapse the arm-exerciser poles (Figure 4).*



Figure 4:
The upright tube and arm-exerciser poles may be collapsed for convenient storage.

ELEVATION

1. Tip the machine to one side, allowing enough room to raise the leg on that side.

2. Remove the leg elevation pin and adjust the leg to the desired position. (The front elevation can be adjusted from six to ten degrees.) Align the holes in the outer sleeve and the leg and insert the pin. Be sure the pin extends through both sides of the outer sleeve.
3. Repeat this procedure on the opposite leg. Be sure both legs are elevated to the same height (Figure 5).



Figure 5:
The front legs elevate to provide variation in workout intensity.

.....
Please call our Customer Satisfaction Department if you
have any questions.

CUSTOMER SATISFACTION DEPARTMENT

Monday through Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

Central time

1-800-553-6308

Operation

NordicTrack's WalkFit™ aerobic exerciser offers a safe, convenient and effective alternative to outdoor walking, jogging or running. The convenience and steadiness of the treadmill saves you from road hazards and also greatly reduces impact stress. And because you're exercising indoors, maintaining your workout schedule is easy, regardless of the weather.

START WITH THE LEG MOTION ONLY

1. Adjust the elevation legs to the desired height. (We recommend that you begin at the lowest setting. Later, you may want to vary the elevation.)
2. Adjust the arm-exerciser poles to one of four stationary positions as described on page five. Be sure that the pin is fully extended through both of the arm-exerciser poles.
3. Grasp the arm-exerciser poles in one of three overhand grips: horizontal, 45-degree or vertical.
4. Stand near the front of the treadmill and begin to walk, taking normal, comfortable strides, following a heel-to-toe pattern. Walk at a slow pace. Maintain an upright and straight body position (Figure 1). Use the arm-exerciser poles for balance and stability only. Keep your weight on your feet.

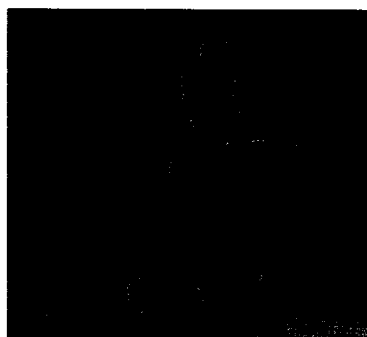


Figure 1:
Walk with both hands on the arm-exerciser poles and maintain an upright and straight body position.

5. Adjust the treadmill tension to a comfortable level. (Turn the resistance knob only when walking or jogging; never force the knob.) We recommend that you start with a lower resistance and increase it as your fitness level improves.
6. Once you have become comfortable with the treadmill surface, begin to use the upper-body exerciser as described on page 8.

NOTE: *Remember to use the arm-exerciser poles for balance and support only. Keep your weight on your feet.*

NOTE: *A variation of the WalkFit exercise is as follows: Adjust the arm-exerciser poles to their most forward position and begin to swing your arms without using the arm-exerciser poles. Swing your arms in a natural, rhythmic motion (Figure 2).*

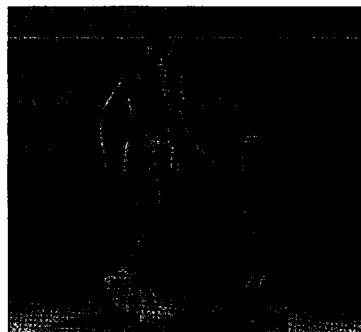


Figure 2:
Swing both arms in a natural rhythm once you are comfortable with the treadmill surface.

.....
Please call our Customer Satisfaction Department if you have any questions.

CUSTOMER SATISFACTION DEPARTMENT

Monday through Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

Central time

1-800-553-6308

USE THE TREADMILL AND THE UPPER-BODY EXERCISER

Using the upper-body exerciser as you walk gives you a total-body workout that is more effective than walking alone — you'll burn more calories and tone your upper body.

1. Remove the pin from the bottom of the upright tube and the arm-exerciser poles.
2. Adjust the upper-body resistance knob to a setting that is comfortable for you.
3. Grasp the arm-exerciser poles in one of the three overhand grips or a horizontal underhand grip.
4. Begin to walk, taking comfortable strides and following a heel-to-toe pattern.
5. Set the treadmill resistance at a level that is comfortable for you. Adjust the treadmill tension only while you're using the treadmill.
6. Begin to swing your arms in harmony with your legs, moving the arm-exerciser poles as you do so. When your right leg is forward, your left arm should be forward. When your left leg is forward, your right arm should be forward (Figure 3).

NOTE: *If you are unable to achieve or maintain a smooth, rhythmic stride, adjust the elevation to a higher level.*



Figure 3:

Swing your arms in harmony with your legs. When your right leg is forward, your left arm should be forward and vice versa.

NOTE: *If you like, progress to jogging or running once you are comfortable with walking on the WalkFit. We recommend that you first jog or run without the upper-body exerciser and then add it if you wish after you are familiar with jogging on the treadmill surface (Figure 4).*



Figure 4:

If you wish, progress to jogging or running as you become comfortable with walking on the treadmill surface.

Your Personal Fitness Program



This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of NordicTrack's WalkFit™ aerobic exerciser.

We recommend that you consult your 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:

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

EXERCISE PROGRESSION

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts:

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

1. WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness — common reasons for quitting an exercise program. We suggest a routine of five minutes of slow exercise on your WalkFit.

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 11.

3. 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 of sessions is three to five days per week. Exercising four to five times per week maximizes fat reduction 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. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should work out 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 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 Rule of Thumb on page 10.

THE RULE OF THUMB

Stick your left thumb into the air. Touch your left wrist, one-fourth of an inch from the thumb joint, with the pointer and middle finger 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 pointer and middle finger should remain in the same position and lay flat along your left wrist. Apply a minimal amount of pressure with the pointer and middle finger — let the beat come to your fingers.



Figure 1:
Touch your left wrist with the pointer and middle finger of your right hand.

HELPFUL HINTS

- Lower your wrist below your heart level. This will make your pulse stronger and easier to feel.
- If you experience difficulty finding your pulse, 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 less your age (in years). The chart below shows you the heart-rate target ranges for the beginner, intermediate and advanced exercisers. Use this chart to determine the intensity of your workout.

4. COOL-DOWN

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

5. 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.

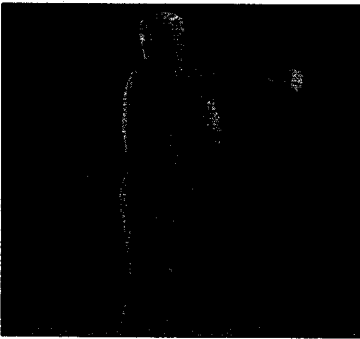
6. STRETCHING

Stretching after exercise helps to decrease muscle soreness. We recommend that you complete the stretches described on page 11.

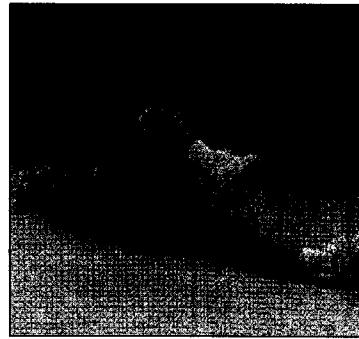
	BEGINNER 60% – 65% of MHR	INTERMEDIATE 65% – 75% of MHR	ADVANCED 75% – 85% of MHR
AGE	TARGET HEART RATE PER 10 SECONDS		
19 and under	20-22	23-25	26-28
20-24	19-21	22-25	26-28
25-29	19-21	22-24	24-26
30-34	18-20	21-23	24-26
35-39	18-20	21-23	24-26
40-44	17-19	20-22	23-25
45-49	17-19	20-21	22-24
50-54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

To calculate your target heart rate for one minute, multiply by six.

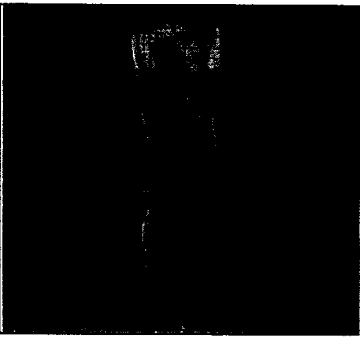
Recommended Stretches



1. Shoulder Stretch
Pull your elbow across your chest using your free hand to cradle the elbow.



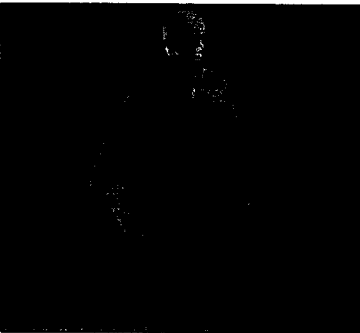
5. Lower Back and Hips Stretch
Pull each knee to your chest and then pull both knees to your chest at the same time.



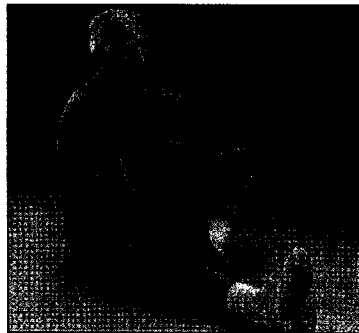
2. Back and Arms Stretch
Pull your elbow behind your head. Keep your head facing forward.



6. Inner Thigh Stretch
Put your feet together and press your knees toward the floor.



3. Quadricep Stretch
Pull your heel slowly toward your buttocks.



7. Hamstring Stretch
Position your legs as shown and bend forward from your hips.



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

NOTE: *Be sure to complete all stretches for both sides of your body.*

.....
CUSTOMER SATISFACTION DEPARTMENT

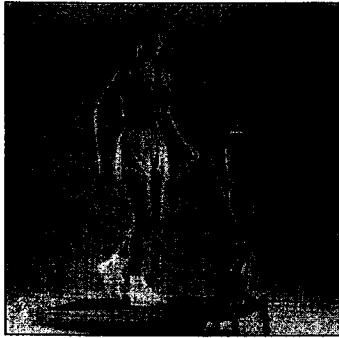
Monday through Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

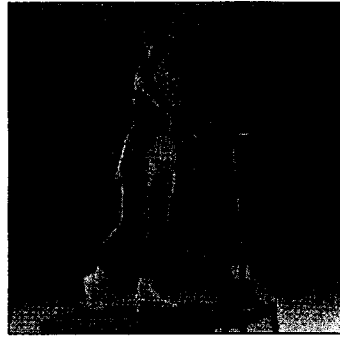
Central time

1-800-553-6308

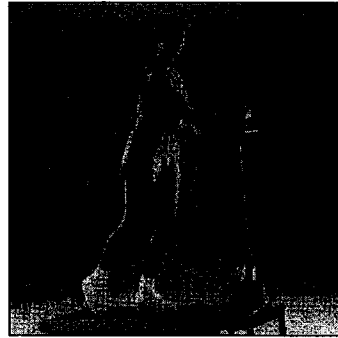
Exercises and Training Programs



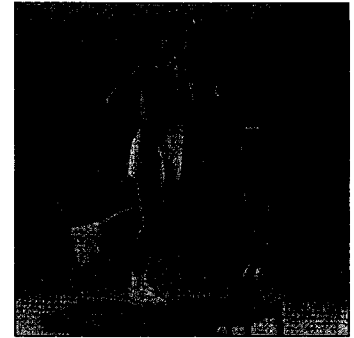
Walking without the upper-body exerciser



Walking with an overhand grip



Walking with an underhand grip



Jogging without the upper-body exerciser

EXERCISES

WALKING:

Use the treadmill without the upper-body exerciser. You may either rest your hands on the arm-exerciser poles or allow them to swing naturally as you walk.

WALKING WITH AN OVERHAND GRIP:

Grasp the arm-exerciser poles in one of three overhand grips (horizontal, 45-degree or vertical). Emphasize pushing on the handles to isolate the chest, shoulder and triceps muscles.

WALKING WITH AN UNDERHAND GRIP:

Grasp the arm-exerciser poles in an underhand grip. Emphasize pulling on the handles to isolate the upper back, shoulder and biceps muscles.

JOGGING OR RUNNING:

Depending upon your fitness level, you may be able to jog or run on NordicTrack's WalkFit™ aerobic exerciser, either with or without the use of the upper-body exerciser. The recommended training programs refer to walking only; if you wish to substitute jogging or running, feel free to do so. Just be sure to keep your heart rate within the recommended range for your fitness level.

TRAINING PROGRAMS

The workout programs on the following page are recommendations. We recommend that you start at the beginner level and advance to the intermediate and advanced levels. Once you are able to perform the workout for the recommended duration while keeping your heart rate in the target heart rate zone, move on to the next program.

We have developed separate programs for the mature exerciser. These training programs are essentially the same as the standard training programs, but we've made some changes to allow for a more gradual progression to the advanced level.

STANDARD TRAINING PROGRAMS

BEGINNER

Elevation: level 1 or 2
Walking without the upper-body exerciser: 10 minutes
Walking with an overhand grip: 5 minutes
Walking with an underhand grip: 5 minutes
Frequency: 2 – 3 days per week
Intensity: 60% to 65% of your maximum heart rate
Duration: 20 minutes

INTERMEDIATE

Elevation: level 3 or 4
Walking w/o the upper-body exerciser: 15 – 20 minutes
Walking with an overhand grip: 5 – 10 minutes
Walking with an underhand grip: 5 – 10 minutes
Frequency: 3 – 4 days per week
Intensity: 65% – 75% of your maximum heart rate
Duration: 25 – 40 minutes

ADVANCED

Elevation: level 5 or 6
Walking w/o the upper-body exerciser: 20 – 25 minutes
Walking with an overhand grip: 10 – 15 minutes
Walking with an underhand grip: 10 – 15 minutes
Frequency: 4 – 5 days per week
Intensity: 75% – 85% of your maximum heart rate
Duration: 40 – 55 minutes

NOTE: *Each of the programs provides you with a recommended elevation setting (level 1 through 6). These numbers correspond to the six holes in the elevation legs — the lowest hole is number one and the highest hole is number six.*

MATURE TRAINING PROGRAMS

BEGINNER

Elevation: level 1
Walking w/o the upper-body exerciser: 10 – 20 minutes
Frequency: 2 – 3 days per week
Intensity: 60% to 65% of your maximum heart rate
Duration: 10 – 20 minutes

ADVANCED BEGINNER

Elevation: level 1 or 2
Walking w/o the upper-body exerciser: 15 minutes
Walking with an overhand grip: 5 – 15 minutes
Frequency: 3 – 4 days per week
Intensity: 60% – 65% of your maximum heart rate
Duration: 20 – 30 minutes

INTERMEDIATE

Elevation: level 3 or 4
Walking w/o the upper-body exerciser: 20 – 25 minutes
Walking with an overhand grip: 10 – 15 minutes
Frequency: 3 – 4 days per week
Intensity: 65% – 75% of your maximum heart rate
Duration: 30 – 40 minutes

ADVANCED

Elevation: level 5 or 6
Walking w/o the upper-body exerciser: 30 minutes
Walking with an overhand grip: 5 – 10 minutes
Walking with an underhand grip: 5 – 10 minutes
Frequency: 4 – 5 days per week
Intensity: 75% – 85% of your maximum heart rate
Duration: 40 – 50 minutes

Training Log

We recommend photocopying this page before using it.

Date	Weight	Program	Duration	Distance	Treadmill Resistance	Total Calories Burned	Pulse Rate

Maintenance

NordicTrack's WalkFit™ aerobic exerciser is built to require minimum maintenance. Performing the following maintenance tips will help to ensure the safe and efficient operation of your WalkFit exerciser.

CLEAN YOUR WALKFIT

We recommend that you wipe down your WalkFit with a clean, dry cloth after each workout.

Periodically inspect the flywheel and drag strap for a buildup of dirt or gummy residue. If such a buildup does exist, clean the flywheel and drag strap as instructed in the sections that follow. The frequency of cleaning depends upon the surrounding conditions and how much you use your WalkFit. Erratic or jerky resistance may occur if the flywheel and drag strap are not cleaned properly. If this occurs, clean the flywheel and drag strap as instructed.

OIL THE UPPER-BODY EXERCISER

There are four round, leather brake pads at the base of the arm exerciser. If they begin to squeak, place a few drops of light household oil on each pad and exercise for two to three minutes (using the poles). Let the oil stand overnight and wipe off any excess oil before using your WalkFit.



Figure 1:
Place a few drops of household oil on each of the four brake pads.

NOTE: *Do not use too much oil or it may splatter.*

CLEANING THE FLYWHEEL

1. Place 500-grit sandpaper between the drag strap and the flywheel. The sandpaper should be folded to fit neatly into the groove of the flywheel with the grit against the flywheel.
2. Exercise for two to three minutes. Remove the sandpaper.
3. Wipe the flywheel groove with a clean cloth dampened with rubbing alcohol.
4. Wipe the flywheel with a dry, lint-free cloth.

REMOVE AND CLEAN THE DRAG STRAP

1. Disconnect and remove the drag strap from the flywheel. Be sure to note how the drag strap is routed on the WalkFit.
2. Scrub both sides of the drag strap with a dry, clean cloth or stiff bristled brush. Or, hold both ends of the drag strap in one hand and, with your other hand, snap the drag strap like you would a belt. Never wash the drag strap with water or any cleaner because it will shrink.
3. Place the drag strap back on the WalkFit with the side that was away from the flywheel against the flywheel.

ADJUSTING THE TREADMILL TENSION

If the treadmill belt tension becomes loose, tight or moves to one side, it can be adjusted.

1. Tilt the WalkFit™ exerciser onto its left side so you have access to the underside.
2. Loosen the two footpad bolts on both sides at the rear, underside of the machine. Repeat with bolts on the other footpad. All four footpad bolts must be loose to adjust the belt (Figure 3).



Figure 3:

After tilting the WalkFit on its side, loosen the two footpad bolts found on both sides at the rear, underside of the machine. Repeat with the other two footpad bolts found on the other side.

3. Adjust the bolts at the rear of the treadmill deck:
 - If the treadmill belt is too tight, loosen it by turning both bolts counterclockwise. Adjust each bolt a quarter turn at a time.
 - If the treadmill belt is too loose, tighten it by turning both bolts clockwise. Adjust each bolt a quarter turn at a time.
 - If the belt is moved over to the left, turn the bolt on the right 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 bolt on the right clockwise and the bolt on the left counterclockwise. Tighten each bolt a quarter turn at a time.

NOTE: *When the belt tension is properly set, you should be able to slip your hand between the belt and the deck of the WalkFit.*

4. Use the treadmill so that the treadmill belt rotates six to ten times.
5. Check the position of the treadmill belt. If the belt is not centered, repeat steps 1 through 5 until the belt is centered between the two guide legs under the machine.
6. Tighten the footpad bolts and return the WalkFit to an upright position.

LUBRICATING THE TREADMILL

If the treadmill belt binds or there is an increase in the resistance, the deck surface should be lubricated. Wipe the treadmill deck with a clean, dry cloth. Spray silicone between the belt and the deck along the length of the WalkFit exerciser. (Silicone can be found at any hardware store.) Do this on both the right and the left sides of the deck. Be sure to lubricate the entire deck surface.

CAUTION: *Be careful not to spray the Silicone on the walking surface; it would make it very slippery.*

.....
Please call our Customer Satisfaction Department if you
have any questions.

CUSTOMER SATISFACTION DEPARTMENT

Monday through Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

Central time

1-800-553-6308

Customer Information

RETURN PRIVILEGE POLICY

There is a 30-day limited in-home trial period for NordicTrack's WalkFit™ exerciser. Please note that misuse, abuse or the commercial use of an in-home WalkFit will void the 30-day in-home trial and return privilege policy. Should you decide to return any product, call our Customer Satisfaction Department to receive authorization and repacking instructions. **YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING ANY PRODUCT(S) BY CALLING 1-800-553-6308.**

Once the NordicTrack Customer Satisfaction Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt of the machine at NordicTrack, we will refund the full purchase price and the initial shipping charges; return shipping charges are the responsibility of the customer. **IT IS THE CUSTOMER'S RESPONSIBILITY TO REPACK THE MACHINE ACCORDING TO THE INSTRUCTIONS. ANY DAMAGE RESULTING FROM IMPROPER PACKING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.**

CUSTOMER SATISFACTION DEPARTMENT

Monday — Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

Central time

1-800-553-6308

NORDICTRACK'S WALKFIT TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from date of purchase of NordicTrack's WalkFit™ aerobic exerciser 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.) Please note that commercial use of the WalkFit will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit if within the customer's control, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam handgrips.

To obtain service under this warranty, call our Customer Satisfaction Department at **1-800-553-6308**. All shipping costs to return NordicTrack's WalkFit and accessories are the responsibility of the purchaser; C.O.D. shipment 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 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.

PAD 7458

20987

22008