

NORDICFLEXTM **IRONMAN[®]** TRIATHLON EDITION

OWNER'S MANUAL AND WORKOUT GUIDE

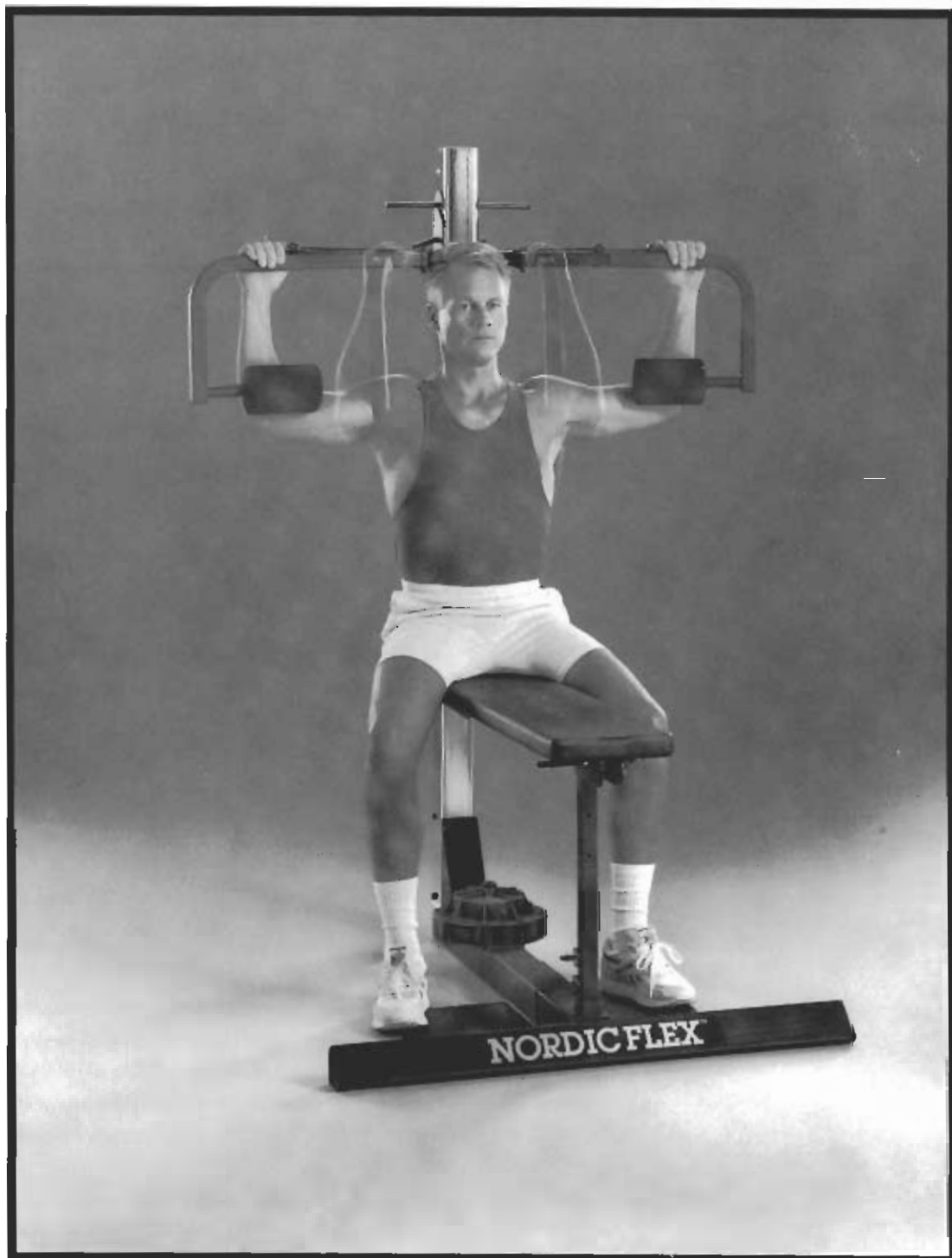


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Important: Please read through this entire manual before assembling or using your new NordicFlex Ironman Triathlon Edition.

Congratulations! Your purchase of the NordicFlex Ironman Triathlon Edition will enable you to work on a product that is fit for the best athletes in the world.

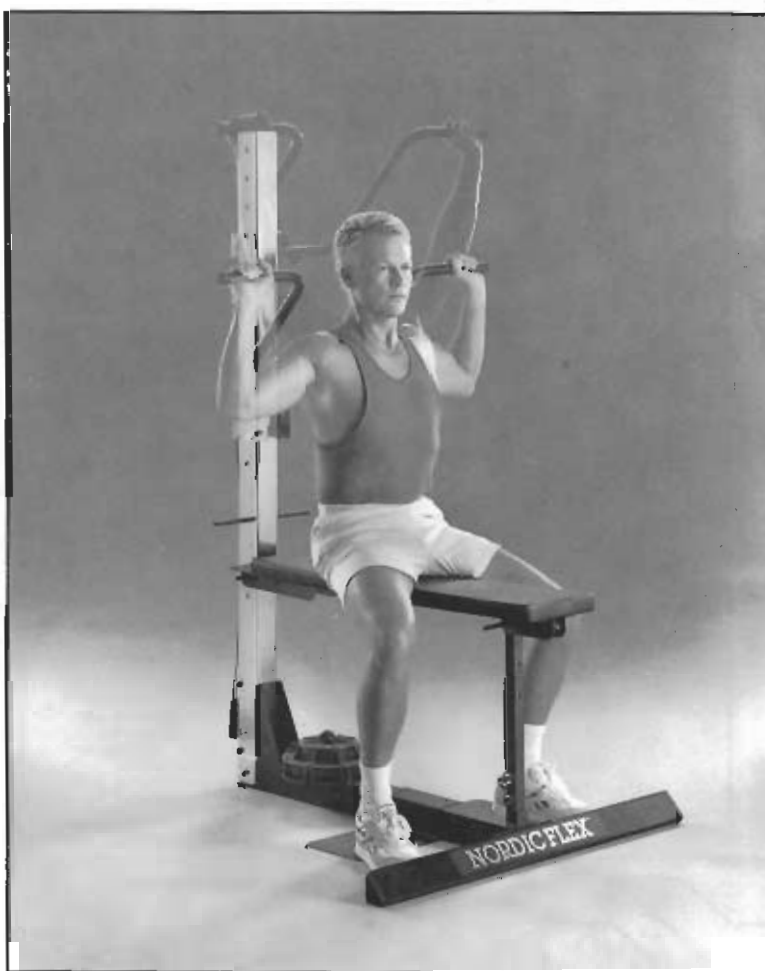
Heralded as one of the most physically and psychologically demanding athletic events in the world, the Ironman Triathlon® is an international event for men and women who are serious about fitness.

Like the event for which the NordicFlex Ironman Triathlon Edition was named, its multidimensional nature will add challenge, variety and a sense of accomplishment to your workouts. This innovative and dynamic strength-training system is designed to improve muscle tone, size and strength.

The Ironman Triathlon Edition utilizes our patented isokinetic resistance system which automatically and smoothly maximizes the overload of your muscles. And because it employs a strict linear motion, The Ironman Triathlon Edition provides you with the strength and size gains of a more traditional free-weights workout.

This manual has been developed to assist you in the assembly, operation and use of your Ironman Triathlon Edition. If you find that you need further information or assistance, contact our Customer Satisfaction Department at 1-800-455-2560. Each representative has a thorough knowledge of the Ironman Triathlon Edition and takes pride in offering you the best support available.

WELCOME TO NORDICFLEX™ IRONMAN® TRIATHLON EDITION



ASSEMBLY

Before assembling your NordicFlex® Ironman Triathlon Edition, please view the assembly portion of the instructional videotape for complete assembly instructions. Then, read through these instructions as you assemble your machine. Assembly should take approximately 25 minutes.

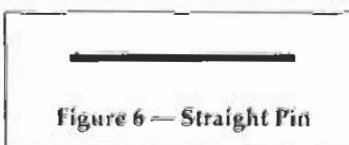
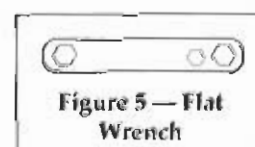
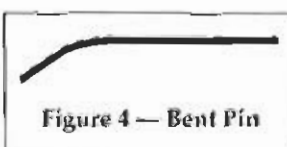
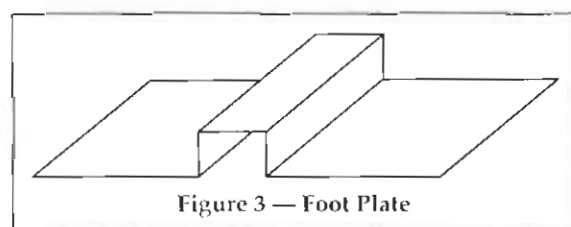
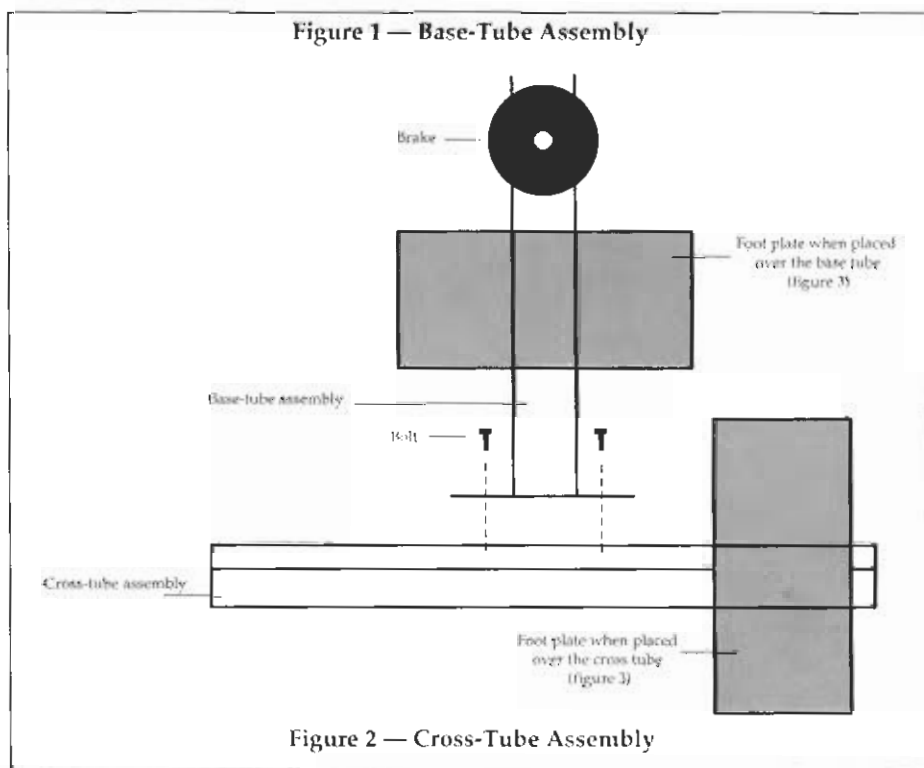
If you have questions or difficulties, please call our Customer Satisfaction Department at 1-800-445-2560 between 7 AM and 8 PM, Monday through Friday or 8 AM to 4:30 PM, Saturday, CST.

The unit is shipped in four boxes. Set aside all the parts as you unpack them. Retain all packing materials for 30 days. Unpack the boxes at the location where you intend to use your NordicFlex Ironman Triathlon.

PARTS LIST

- One base-tube assembly (figure 1)
- One cross-tube assembly (figure 2)

- One foot plate (figure 3)
- Three bent pins (figure 4)
- Two flat wrenches (figure 5)
- One straight pin (figure 6)
- One pulldown assembly (figure 7)
- One press bar with squat pads (figure 8)
- One shuttle (figure 9)
- One butterfly assembly (figure 10)
- One vertical tube (figure 11)
- One bench (figure 12)
- One bench-support tube (figure 13)
- One leg exerciser assembly (figure 14)
- Power meter
- Six 3/4"-long bolts and nuts
- One 1-3/4"-long bolt and nut
- Two pulleys
- One retaining clip
- One eyebolt
- Two 3"-long bolts with washers and nuts



ASSEMBLY DIAGRAMS

Figure 7 — Pulldown Assembly

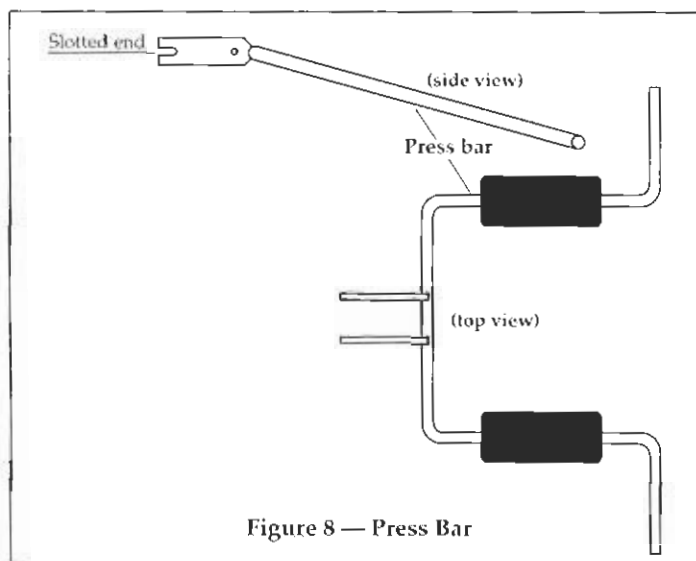
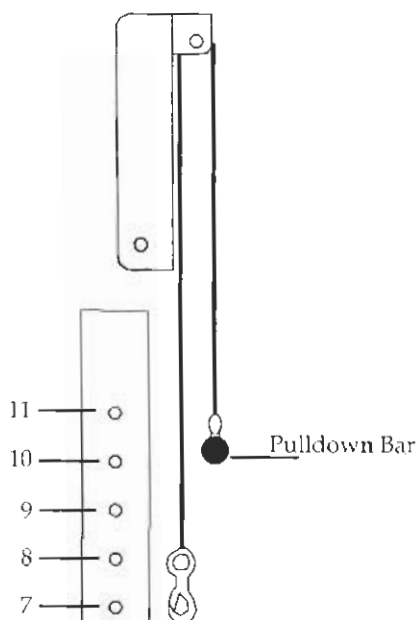


Figure 8 — Press Bar

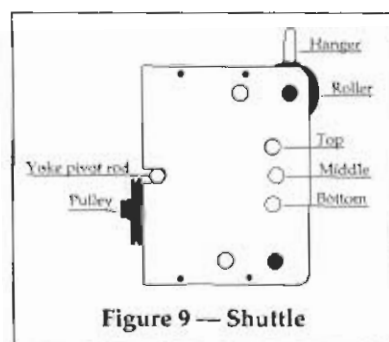


Figure 9 — Shuttle

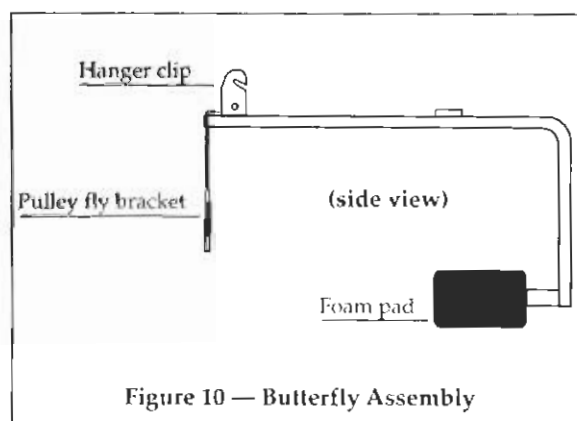


Figure 10 — Butterfly Assembly

Figure 11 — Vertical Tube

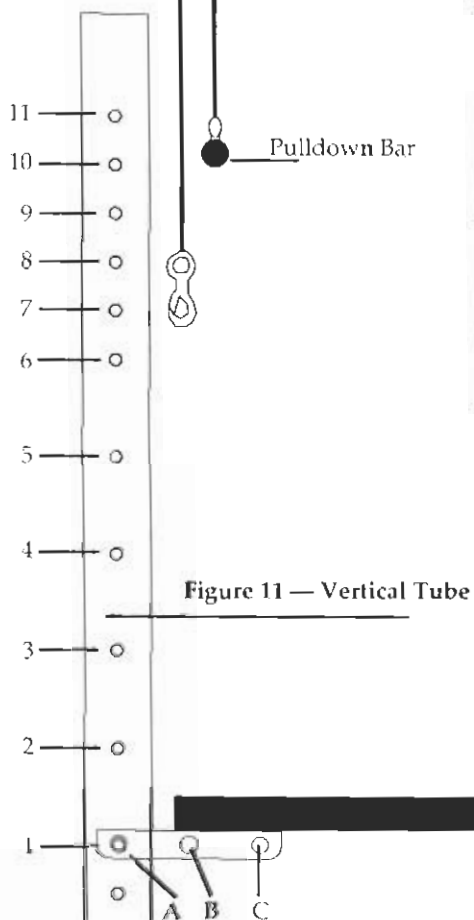


Figure 12 — Bench

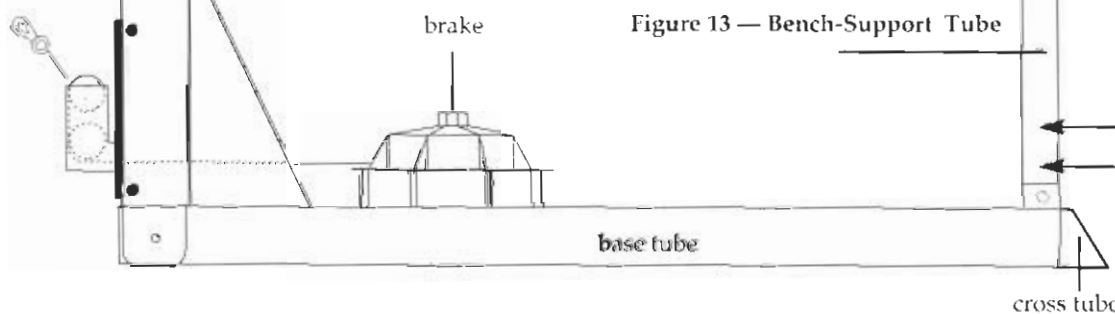


Figure 13 — Bench-Support Tube

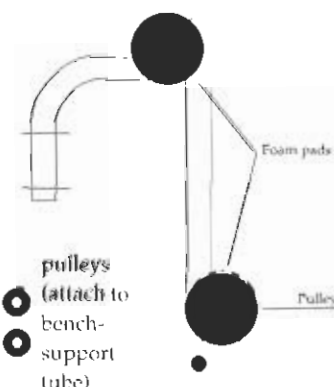


Figure 14 — Leg Exerciser

ASSEMBLY INSTRUCTIONS

ASSEMBLING THE BASE

1. Place the foot plate (figure 1) over the base-tube assembly, in front of the brake.
2. Attach the cross-tube assembly (figure 2) to the **base-tube** assembly using two 3/4"-long bolts.
3. With the pulley and cord at the bottom of the vertical tube (facing away from brake), rest the tube on the end of the base. Align the holes in the vertical tube with those in the base and the triangular bracket.

Note: The cord will recoil into the brake as the vertical tube is brought into position.

4. Insert and tighten two 3/4"-long bolts through the vertical tube and the base. Insert and tighten two 3/4"-long bolts through the vertical tube and the triangular bracket.

ATTACHING THE BENCH

1. Using the 1-3/4"-long bolt and nut, secure the bench-support tube to the foot-end of base. (The end of the bench-support tube with holes should be nearest to the base.)
2. Attach the bench to the vertical tube by aligning hole "A" on the bench with hole #1 on the vertical tube. Insert a bent pin. This will place the bench in the level position.
3. Attach the bench to the support tube by aligning hole "D" on the bench with the hole in the support tube. Insert one bent pin.

ATTACHING THE SHUTTLE AND PRESS BAR

1. Insert a bent pin through one of the first three holes above the bench. (This is needed to support the shuttle at a position high enough to assemble.)
2. Slide the shuttle down over the vertical tube. The pulley should be on the back side of the vertical tube (opposite the bench). Lower the shuttle system to the bent pin.
3. Place the bracket end of the press bar around the raised tabs on both sides of the shuttle system.
4. Align the **locking** holes on the press bar with one of the three sets of holes on the shuttle. Your height and arm length determine which of the three positions you use. Insert a bent pin.

Note: See page 5 for the instructions on cord routing for the press and pulldown exercises.

ATTACHING THE PULLDOWN ASSEMBLY

1. Remove the press bar from the shuttle.
2. Place the pulldown bracket, with the bar and cord attached, into the top of the vertical tube.

When the holes in each are **aligned**, insert a bent pin to secure it.

3. Attach the snap hook of the pulldown assembly to the hanger on the shuttle.

ATTACHING THE BUTTERFLY ASSEMBLY

1. Remove the press bar from the shuttle.
2. Either remove the shuttle or place it as high as possible on the vertical tube.
3. Insert a **straight pin** through one of the top two pin holes on the vertical tube.
4. Place the hanger clip of the butterfly assembly around the straight pin.

Note: The pads on the butterfly assembly should rest at shoulder level.

5. Lock the butterfly assembly in place by inserting a bent pin through the lowest hole on the butterfly assembly and aligning with the hole in the vertical tube.

Note: See page 6 for the instructions on the cord routing for the butterfly attachment.

ATTACHING THE LEG EXERCISER

1. Align the holes in the leg exerciser with those in the bench-support tube. Insert two 3"-long bolts from the front of the tube toward the vertical tube with the washers on both the head and nut ends of bolts. Secure with nuts.
2. Insert the 2"-long bolt through one of the pulleys.
3. Slide one of the retaining clips onto the bolt so that it is behind the pulley.
4. Insert the bolt into the upper of the two holes near the bottom of the bench-support tube. (The retaining clip should be between the pulley and the bench-support tube.)
5. Position the retaining clip so that it is below the pulley (nearer to the ground) and tighten the bolt with the nut that is mounted on the bench-support tube.
6. Thread the **eyebolt** through the remaining pulley.
7. Slide the retaining clip onto the eyebolt so that it is behind the pulley.
8. Insert the bolt into the lower hole near the bottom of the bench-support tube. (The retaining clip should be between the pulley and the bench-support tube.)
9. Position the retaining clip so that it is below the pulley (nearer to the ground) and tighten the eyebolt with the nut that is mounted on the bench-support tube.

Note: See page 7 for the instructions on the cord routing for the leg exerciser.

CHANGING THE RESISTANCE LEVELS

The patented isokinetic resistance system of NordicFlex™ Ironman™ Triathlon Edition adjusts to match the force you exert. In other words, the harder you push, measured by the speed, the greater the resistance.

Different weight (resistance) ranges are achieved by altering the cord routing. The routing variations allow a wide range of resistance:

Level 1 is used if your desired lifting range is from 20 to 100 pounds.

Level 2 is used if your desired lifting range is between 60 and 250 pounds.

Level 3 is used if your desired lifting range is from 200 to 450 pounds.

Note: All directional references assume you are standing at the rear of the unit, facing the vertical tube, with the bench extending away from you.

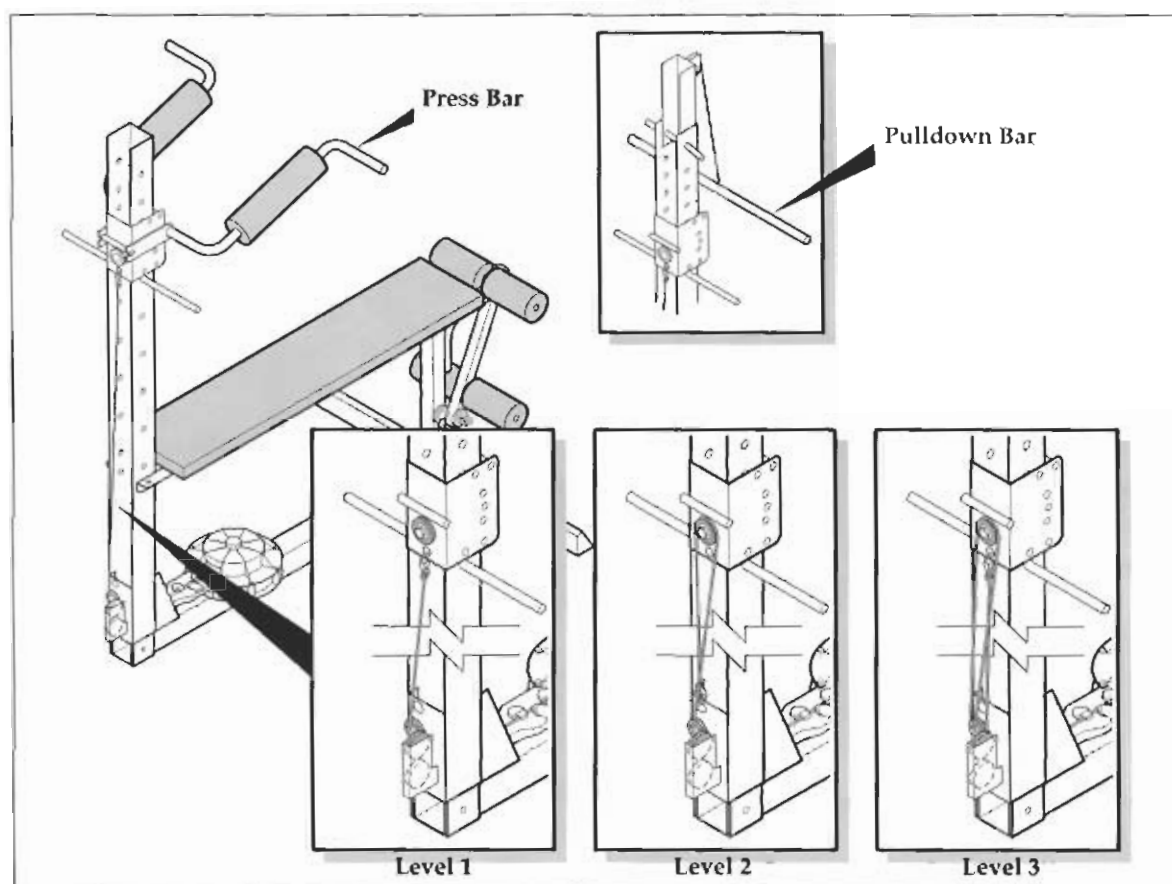
Note: When routing the cord, be careful that it does not cross over itself. If this happens, the cord may fray and wear prematurely.

CHANGING THE RESISTANCE LEVELS

CORD ROUTING PRESS AND PULLDOWN EXERCISES

STANDARD CORD ROUTING

(PRESS AND PULLDOWN EXERCISES) EXAMPLES: BENCH PRESS, SQUAT



LEVEL 1

(Light: 20 to 100 pounds)

1. Bring the cord up and attach the snap hook to the hole on the shuttle.

LEVEL 2

(Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Bring the snap hook down and attach it to the hole on the swivel-pulley bracket.

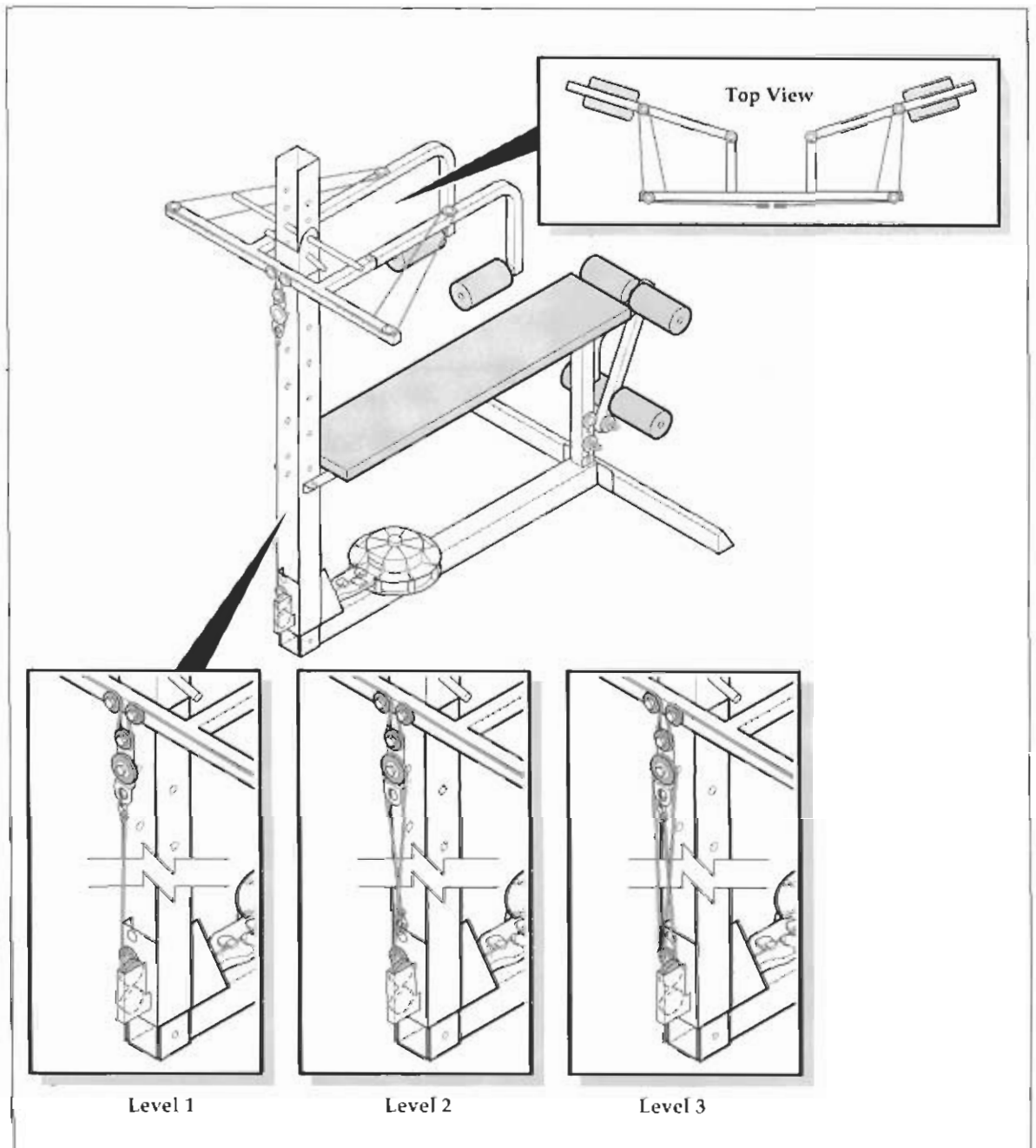
LEVEL 3

(Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it counterclockwise around the pulley on the swivel-pulley bracket.
3. Bring the snap hook up to the shuttle and attach it to the hole on the shuttle.

BUTTERFLY CORD ROUTING

CORD ROUTING BUTTERFLY EXERCISES



LEVEL 1

(Light: 20 to 100 pounds)

1. Attach the snap hook to the butterfly pulley bracket.

LEVEL 2

(Medium: 60 to 250 pounds)

1. Wrap the cord counterclockwise around the butterfly pulley.
2. Route the cord down and attach the snap hook to the swivel-pulley bracket.

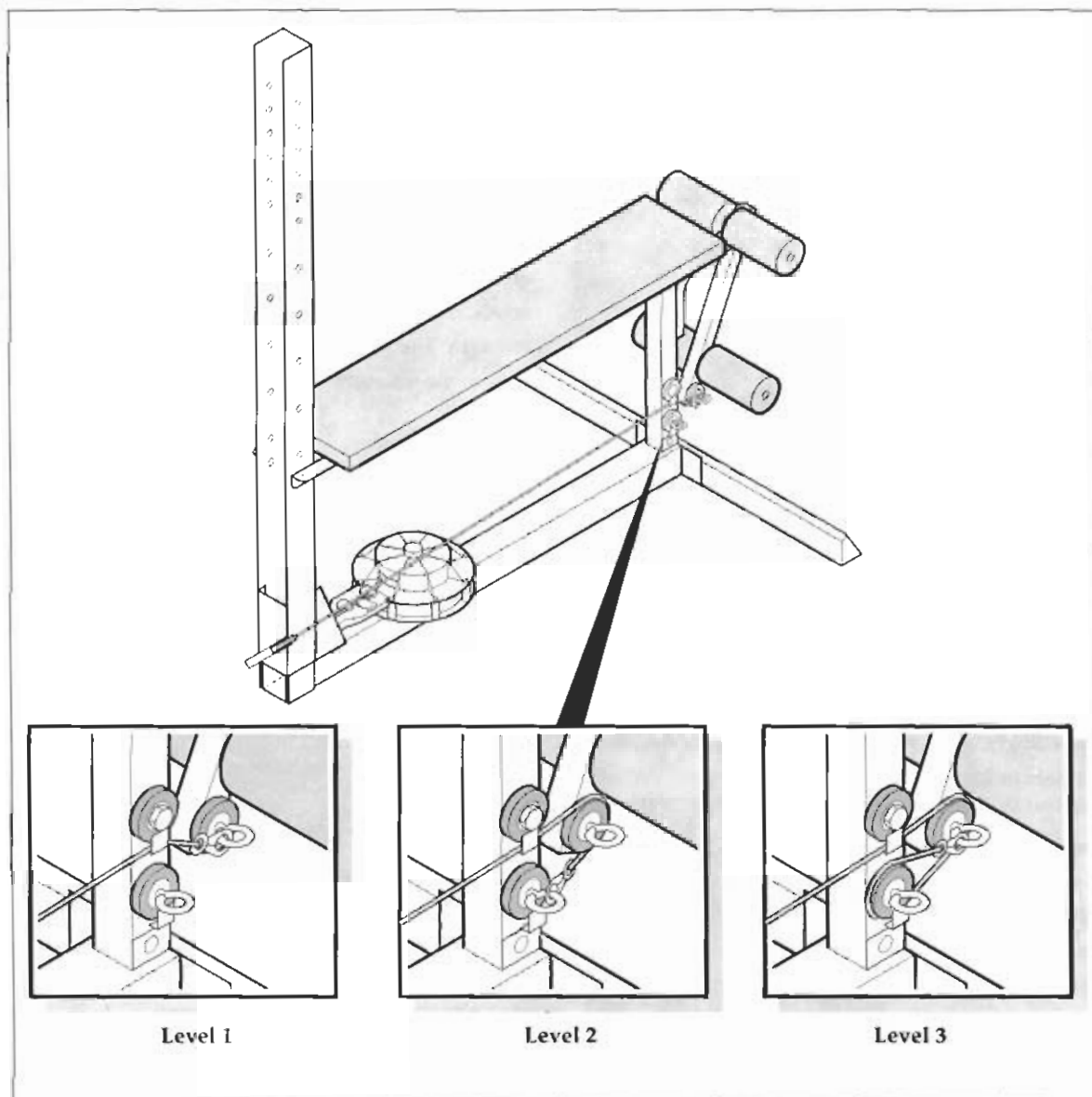
LEVEL 3

(Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the butterfly pulley.
2. Route the cord down and wrap it counterclockwise around the pulley on the swivel-pulley bracket.
3. Bring the cord up and attach the snap hook to the butterfly pulley bracket.

CORD ROUTING FOR THE LEG EXERCISER

CORD ROUTING LEG EXERCISES



LEVEL 1

(Light: 20 to 100 pounds)

1. Route the cord between the upper pulley and its retaining clip.
2. Attach the snap hook to the eyebolt below the ankle cushion on the leg exerciser.

LEVEL 2

(Medium: 60 to 250 pounds)

1. Route the cord between the upper pulley and its retaining clip.
2. Pass it over and then under the pulley below the ankle cushion (clockwise).
3. Attach the hook to the eyebolt in the center of the lower pulley assembly.

LEVEL 3

(Heavy: 200 to 450 pounds)

1. Route the cord between the upper pulley and its retaining clip.
2. Pass it over and then under the pulley below the ankle cushion (clockwise).
3. Wrap the cord from the bottom to the top around the bottom pulley and between the retaining clip (clockwise).
4. Attach the cord to the eyebolt in the center of the pulley below the ankle cushion.



This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of the NordicFlex™ Ironman® Triathlon Edition.

CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

The following information should help you design a fitness program that meets your needs in a safe and effective manner. The suggested daily routines beginning on page 12 are intended to serve as a guide to assist you in getting the most out of your fitness programs. Consult your physician to assess your personal level of physical condition and to determine a conditioning level with which you are comfortable. A general key to exercise safety is to start at a low intensity level and progress gradually. As your fitness level increases, modify your routine accordingly. And, always allow your body the time it needs to improve.

Stop exercising and consult your medical physician if you experience any warning signs of overexertion: light-headedness, dizziness, nausea or extreme breathlessness. Other signs that point to overexertion are prolonged fatigue lasting more than an hour or body pain of the muscles or skeletal system.

DEVELOP A BALANCED PROGRAM

Do not overdevelop one muscle group while neglecting the opposing muscle group. Imbalanced muscle development increases the chance of injury to the weaker muscle group.

ISOLATION

Achieving total isolation of a single muscle is nearly impossible. All movements, however simple, generally involve more than one muscle group. But, by concentrating on one muscle group as much as possible, gains in muscle size and strength can be obtained. The muscle group you exercise receives the majority of the benefits.

INTENSITY

Muscles must be stressed for muscle growth to occur. When repeatedly subjected to high stress levels, muscles respond by increasing in size and strength. The more repetitions you perform, the greater the intensity will be.

FREQUENCY

Muscles require 48 to 72 hours to recover from a workout session. Three training sessions per week for each muscle group, performed every other day, should provide adequate recovery time. Training more often may increase the chance of injury.

DURATION

Depending on your goals, workout sessions can take from 20 minutes to one hour to complete.

RANGE OF MOTION

Working a full range of motion (ROM) increases the number of muscle fibers used, resulting in more effective workouts. Also, stretching before working out produces greater contracting force for better muscular strength, tone and size gains.

PROPER FORM

Proper form is one of the most important factors in attaining maximum results and avoiding injury. Never sacrifice your form in an attempt to perform more repetitions or create greater resistance.

REST INTERVAL

Rest periods between sets and exercises are important. Each rest period should be from 30 seconds to two and one-half minutes long.

BREATHING

Exhale during the contraction (lifting) phase of each exercise motion. Inhale during the extension (lowering) phase. Holding your breath while exercising may cause dizziness or other complications.

ORDER OF WORKOUT

Aerobic conditioning should be done before strength training. The recommended sequence of exercises for a workout session is:

1. Warm-up — two to five minutes of low-level aerobic activity and stretching
2. Aerobic conditioning
3. Cool-down — two to five minutes of low-level aerobic activity and stretching
4. Strength training
5. Stretching

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. A proper warm-up increases blood flow and muscle temperature, which enables muscles to contract and relax with greater ease.

Begin with five minutes of light aerobic exercise such as slow skiing, rowing, brisk walking or jogging in place. Follow this with an appropriate stretching routine to help prepare you physically and mentally for your training session. Hold each stretch for at least 15 seconds and repeat them two or three times if you wish. We recommend the routine described on page 10.

AEROBIC CONDITIONING

Aerobic conditioning enhances your body's ability to transport and utilize oxygen. For best results, we recommend that you complete a 20-minute aerobic conditioning session three to five times per week. Whether your aerobic exercise of choice is biking, jogging, stairstepping or NordicTrack skiing, it is important that your heart rate is elevated for at least 20 minutes during each session.

COOL-DOWN

A cool-down should be performed after each aerobic exercise session. It will help to lower your heart rate and allow blood to return to your heart.

Your cool-down should include two to five minutes of light aerobic exercise such as brisk walking or jogging in place and a series of stretches as described on page 10.

STRENGTH TRAINING

This workout program is designed to minimize change-over time and number of adjustments between exercises. However, strength training experts recommend starting workouts with the largest muscle groups (i.e., legs) and working toward smaller muscle groups (i.e., arms). You may want to arrange your workouts accordingly.

See the suggested daily routines on pages 12 - 19.

STRETCHING

Stretching will improve your flexibility, and may help prevent injuries. Go through the series of static (held) and then dynamic stretching positions described. Be sure to do the dynamic stretches with slow movements and without bouncing. The stretches presented involve major joints and muscle groups, **especially** the antigravity muscles of the back of the legs, the upper and lower back, and the neck, which tend to become less flexible.

Include the following recommended stretches in your warm up and cool down. Repeat them again after your weight training session.

SHOULDER SHRUGS

Shrug or elevate your shoulders. Hold that position and rotate your shoulders forward, then backward, eight to ten times.

CHEST STRETCH

Face a wall with your toes touching the base of the wall. Place one arm along the wall at shoulder level. Slowly turn away from the wall, keeping your shoulder as close to the wall as possible. Repeat with your other arm.

ELBOW BEHIND HEAD

Bring both arms overhead and hold your left elbow with your right hand. Allow your left hand to rest against the back of your right shoulder. Pull with your right hand to slowly move the left elbow behind your head until you feel a stretch. Repeat with your other arm.

SHOULDER STRETCH

With your right hand, grasp your left elbow and pull it slowly across your chest toward your right shoulder. Repeat with your other arm.

TOE TOUCH

Sit on the floor with your legs straight in front of you without pointing your toes. Extend your arms in front of you. Gently and **gradually** lean forward attempting to touch your toes.

KNEE TO CHEST

Lie on your back and pull one knee to your chest. Switch legs and repeat.

HAMSTRING STRETCH

Sit on the floor. Place one leg in front of you. Bend **the other leg, placing the sole of your shoe** against the inside thigh of your straight leg. Keep your toes and ankles relaxed, with your toes pointed upward. Slowly bend forward from the hips until you feel tension in the back of the thigh of your straight leg. Repeat with your other leg.

TORSO ROTATION

Sit with your right leg straight. Bend your left leg, crossing your left foot over your right leg and resting it on the outside of your right knee with the sole of your shoe flat on the floor. With your right elbow, push against the outside of your upper left thigh, just **above your knee**. Use your right **elbow** to keep this leg **stationary** while performing the stretch. Place your left hand behind your buttocks facing away from your body. Slowly turn your head to look over your left shoulder, and rotate your upper body toward your left hand.

QUADRICEP STRETCH

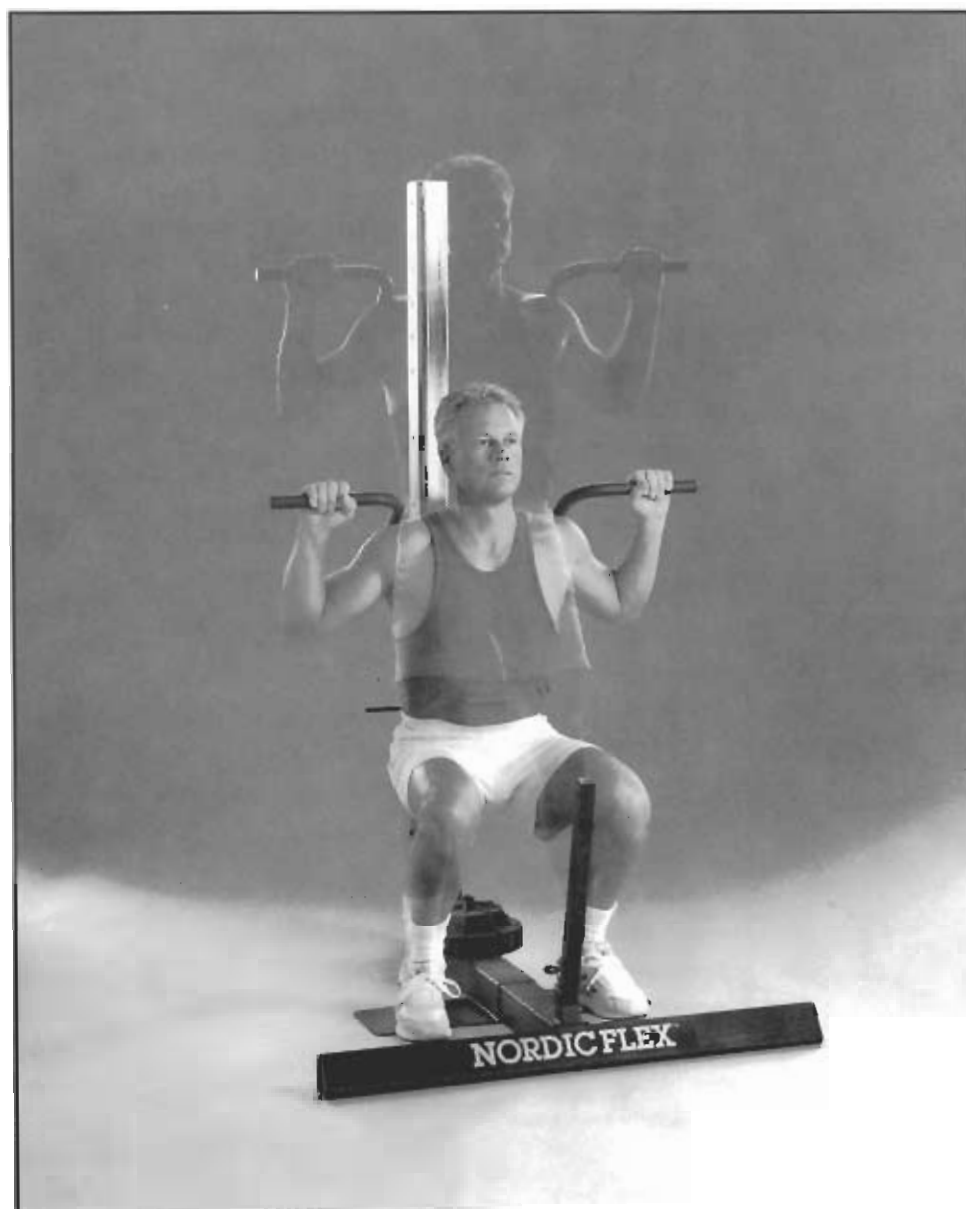
While standing, use a wall or stationary object for balance, and grasp your right foot with your left hand and pull it so your heel moves back toward your buttocks. Repeat this with your left foot and right hand.

CALF STRETCH

Stand facing a wall or other stationary object, approximately two feet away. With your feet together and your knees locked, lean forward. Slowly move your hips toward the wall, keeping your heels on the floor and your back straight.

TRAINING TIPS

- **Always consult your physician or a medical expert before starting any exercise program.**
- If you are taking any medication limiting heart rate activity, a medical doctor's advice is absolutely essential.
- Wear comfortable clothing, i.e., T-shirts, shorts.
- Maintain regular training days. Greater strength and improved appearance come only with time, patience and consistent training.
- Do not train when you do not feel well.
- **Before performing any exercises,** check all cords for signs of wear. If there are any visible, contact our Customer Satisfaction Department at 1-800-445-2560.
- Perform several warm-up reps before all strength training sets.
- Wait one to two hours after a large meal before working out.
- Keep daily records of your progress.
- Train with a partner when possible. Encourage and inspire each other.
- Work in an area with adequate space to perform all of the exercises.
- **Read all instructions before beginning any exercises.**



SUGGESTED DAILY ROUTINES FOR MONDAY

IMPORTANT: Before beginning sets for any exercise, check all cords for signs of wear. If the cords show wear, do not perform any exercises. Call our Customer Satisfaction Department at 1-800-445-2560. Otherwise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the setup described for each exercise may not fit your body type exactly, so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • INCLINE SIT-UP

Muscle Group: Abdominals



1. Shuttle at pin hole #4
2. Bench-support tube in the leg exerciser hole "E"
3. Bench elevated to pin hole #3
4. Press bar at the top pin hole of shuttle

Performance: Lie on the bench and hook

your feet under the shuttle pin with your knees bent and your hands folded behind your head. Raise your trunk toward your knees and repeat. Slowly lower your body to the starting position and repeat.

2 • MILITARY PRESS

Muscle Groups: Anterior Deltoids, Triceps



1. Shuttle at pin hole #2
2. Bench level at pin hole #1
3. Press bar angled upward at top pin hole of shuttle
4. Use standard cord routing

Performance: The press bar should be at shoulder level as

you sit on the bench. Push the press bar upward until your arms are fully extended. Slowly lower the bar to shoulder level and repeat.

Note: Keep your feet on the floor and your back straight.

3 • LEG EXTENSION

Muscle Group: Quadriceps



1. Bench support tube in leg exerciser hole D
2. Bench level at pin hole #1

Performance:

Sit on the bench with your legs over the upper foam pads and your ankles underneath the padded ankle bar. Lift your

legs until they are straight in front of you. Slowly lower them to the starting position and repeat.

Note: Keep your back straight.

4 • BENCH PRESS

Muscle Groups: Pectoralis Major, Triceps, Anterior Deltoids



1. Shuttle at pin hole #2
2. Bench level at pin hole #1
3. Angle the press bar down and insert in top pin hole of shuttle
4. Use standard cord routing

Performance: Lie flat on the bench so

the press bar is in line with your upper chest. Push the press bar upward to a full arm extension. Slowly lower the press bar and repeat.

CAUTION: Keep your head at a safe distance away from the shuttle.

5 • STANDING LEG CURL

Muscle Group: Hamstrings



1. Shuttle at pin hole #4
2. Bench level at pin hole #1
3. Angle the press bar down and insert in top the pin hole of the shuttle

Performance: Stand facing the vertical tube with your heel

in front of the ankle pad. Curl your heel toward your buttocks until your knee is fully bent. Slowly return your leg to the starting position and repeat. Switch legs after completing each set.

Note: Keep your supporting leg slightly bent. Point the toe of your lifting leg upward to ensure maximum stretch of the hamstring.

6 • SEATED TRICEP PRESS

Muscle Group: Triceps



1. Shuttle at pin hole #2
2. Bench level at pin hole #1
3. Angle the press bar up and insert in the top pin hole of shuttle
4. Use standard cord routing

Performance: Grasp the press bar, using

a narrow grip, with your palms facing upward and your hands close together. Keep your elbows pointing up, vertically extend your arms fully without changing the position of your elbows; lower and repeat.

Note: Keep your feet flat on the floor and your back straight.

7 • BENT-OVER ROW

Muscle Groups: Latissimus Dorsi, Biceps



1. Remove bench
2. Shuttle at pin hole #1
3. Angle the press bar down and insert in the bottom pin hole of shuttle
4. Use standard cord routing

Performance: Bend over the press bar with your arms fully

extended and your knees slightly bent. Lift the press bar until the shuttle is at chest height; lower and repeat.

Note: Keep your hips tucked in and your back flat. Do not arch your back.

CAUTION: Keep your head at a safe distance from the shuttle. Do not lean your head against the vertical tube.

8 • REAR SQUAT

Muscle Groups: Glutei, Quadriceps, Hamstrings, Lower Back



1. Remove bench
2. Shuttle at pin hole #2
3. Angle the press bar up and insert in the middle pin hole of shuttle
4. Use standard cord routing

Performance:

Standing on the foot plate, with

your feet shoulder-width apart, place the press bar across the back of your shoulders. Lower your body so your thighs are parallel to the floor, then drive upward to a full extension and repeat.

Note: Keep your head up and your back straight. Do not let your knees come forward over your toes. Be sure to sit back on your heels.

9 • STANDING BICEP CURL

Muscle Group: Biceps



1. Remove bench
2. Shuttle at pin hole #1
3. Angle the press bar up and insert in the middle pin hole of shuttle
4. Use standard cord routing

Performance:

Stand facing the press bar. Keep

your knees slightly bent. Grasp the press bar with your palms facing upward. Keep your elbows at your sides, raise the press bar until your biceps are completely flexed; slowly lower the bar and repeat.

Note: Stand erect, chest out, and don't use your legs.

NOTES: _____

SUGGESTED DAILY ROUTINES FOR WEDNESDAY

IMPORTANT: Before beginning sets for any exercise, check all cords for signs of wear. If the cords show wear, do not perform any exercises. Call our Customer Satisfaction Department at 1-800-445-2560. Otherwise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the setup described for each exercise may not fit your body type exactly, so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • ABDOMINAL CRUNCH

Muscle Group: Upper abdominals



1. Bench level at pin hole #1
 2. Straight pin at pin hole #2
- Performance:** Lie on the bench, hooking your feet under the straight pin. With your hands behind your head and your elbows out, slightly

raise your shoulder blades. Slowly return to the starting position and repeat.

Note: Push your lower back into the bench as your stomach contracts. Exhale when you crunch upward.

2 • BICEP CURL WITH LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



1. Shuttle at pin hole #2
 2. Bench level at pin hole #1
 3. Attach pulldown bar
 4. Use standard cord routing
- Performance:** Sit on the bench with a narrow underhand grip on the

pulldown bar. Begin with your arms fully extended, pull the bar to your chest; raise and repeat.

Note: Keep your back straight and your feet flat on the floor.

3 • BUTTERFLY

Muscle Groups: Pectoralis Major, Anterior Deltoids



1. Shuttle off or at highest position
 2. Bench level at pin hole #1
 3. Butterfly attachment assembled with foam pads at shoulder level
- Performance:** Place your forearms on the pads and lightly

grip the horizontal tubes of the butterfly attachment. Bring your elbows together, squeezing your chest muscles. Slowly return to the starting position and repeat.

4 • LEG PRESS

Muscle Groups: Glutei, Quadriceps, Hamstrings



1. Shuttle at pin hole #2
 2. Bench level at pin hole #1
 3. Angle the press bar up and insert in the top pin hole of shuttle
 4. Use standard cord routing
- Performance:** Lie on the bench with

your feet placed on the extension tubes of the press bar. Drive upward to a full leg extension, but do not lock your knees. Lower the bar to the starting position and repeat.

5 • PRESS BEHIND NECK

Muscle Groups: Posterior Deltoids, Triceps



1. Shuttle at pin hole #2
 2. Bench level at pin hole #1
 3. Angle the press bar up and insert in the top pin hole of shuttle
 4. Use standard cord routing
- Performance:** Sit on

the bench with the press bar at your back at shoulder level. Drive the press bar upward to a full arm extension, flexing your shoulders at the top of the motion; lower and repeat.

Note: Keep your feet flat on the floor and your back straight.

6 • CONCENTRATION CURL

Muscle Group: Biceps



1. Bench level at pin hole #1
2. Use the standard cord routing.

Performance:

Crouch down, and grasp the lower leg attachment with your palm facing away from the machine and your

elbow resting on the upper pad. Curl the leg attachment up, squeezing your bicep; lower and repeat. Switch arms when each set is complete.

7 • DEAD LIFT

Muscle Groups: Quadriceps, Hamstrings, Low Back, Glutei



1. Shuttle at pin hole #1
2. Remove bench
3. Angle the press bar down and insert in the bottom pin hole of shuttle
4. Use standard cord routing

Performance: Grip the press bar with your arms shoulder-

width apart using an alternating grip (one palm facing forward, other backward). Lift with your legs, keeping your back straight. Once you are fully erect, return to the starting position and repeat.

Note: Keep your hips tucked in and do not allow your knees to come forward over your toes.

CAUTION: Do not use your arms to lift. Keep them straight during the exercise.

8 • SHOULDER SHRUG

Muscle Groups: Trapezius, Deltoids



1. Shuttle to pin #1
2. Remove bench
3. Angle the press bar up and insert in the bottom pin hole of shuttle
4. Use standard cord routing

Performance:

Standing erect with an overhand grip on the press bar, raise

and lower your shoulders in a controlled vertical motion.

Note: Elevate and drive shoulders up, then relax while lowering them; and repeat.

9 • DIPS

Muscle Groups: Triceps, Pectorals, Anterior Deltoids



1. Shuttle at pin hole #5
2. Remove bench
3. Angle the press bar down and insert into the top pin hole of shuttle

Performance:

Grasp the press bar with an overhand grip. Lower your body in a slow,

controlled motion until your upper arms are parallel to the floor. Lift your body until your arms are fully extended; lower and repeat.

NOTES: _____

SUGGESTED DAILY ROUTINES FOR FRIDAY

IMPORTANT: Before beginning sets for any exercise, check all cords for signs of wear. If the cords show wear, do not perform any exercises. Call our Customer Satisfaction Department at 1-800-445-2560. Otherwise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the setup described for each exercise may not fit your body type exactly, so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • LEG BEND

Muscle Group: Lower abdominals



1. Shuttle at pin hole #4
2. Bench elevated at pin hole #3
3. Bench support tube in leg exerciser hole "E"
4. Angle the press bar up and insert into the top pin hole of shuttle

Performance:

Grasp the press bar. Bring your knees toward your chest until your thighs almost touch your chest; lower and repeat.

Note: Do not allow your back to arch up from the bench.

2 • INCLINE PRESS

Muscle Groups: Pectoralis Major,
Triceps Anterior Deltoids



1. Shuttle at pin hole #4
2. Bench elevated to pin hole #3
3. Bench support tube in leg exerciser hole "E"
4. Angle the press bar down and insert into the top pin hole of shuttle
5. Use standard cord routing

Performance: Lie with your back on the bench so the press bar is in line with your upper chest. Drive the press bar upward to a full arm extension. Keep your elbows out and maintain an even handgrip.

Slowly lower the press bar to your chest and repeat.

Note: Keep your feet flat on the floor.

CAUTION: Keep your head at a safe distance from the shuttle.

3 • DONKEY PRESS

Muscle Groups: Gastrocnemius, Soleus



1. Shuttle at pin hole #3
2. Bench level at pin hole #1
3. Angle the press bar and insert into the top pin hole of shuttle
4. Use standard cord routing

Performance: Lie with your back on

the bench with your feet on the press bar. Lift the press bar into position until your legs are extended. Holding this position, point your toes toward the ceiling; lower your toes and repeat.

Note: Keep your legs slightly bent at the knees.

4 • LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



1. Shuttle at pin hole #2
2. Bench level at pin hole #1
3. Attach pulldown bar
4. Use standard cord routing

Performance: Sit on the bench facing the vertical tube.

With a wide

overhand grip and arms fully extended, pull the bar down to your upper chest; raise and repeat.

Note: Keep your feet flat on the floor and your back straight. Use good posture, keeping your chest out.

5 • FRONT SQUAT

Muscle Groups: Glutei, Quadriceps, Hamstrings, Lower Back



1. Shuttle at pin hole #2
2. Remove bench
3. Angle the press bar up and insert into the top pin hole of shuttle
4. Use standard cord routing

Performance: While standing on the foot plate, bend

down with your feet shoulder-width apart and hold the press bar arm across front of your shoulders.

Press upward to a standing position. Return to the starting position and repeat.

Note: Keep your head up and your back straight. Use your legs and not your back.

6 • STANDING REVERSE BICEP CURL

Muscle Groups: Biceps, Brachioradialis



1. Shuttle at pin hole #1
2. Remove bench
3. Angle the press bar up and insert into the middle pin hole of shuttle
4. Use standard cord routing

Performance: Grasp the press bar with your palms

facing down. Keep your elbows at your side and raise the press bar, squeezing your biceps; lower the bar and repeat. Keep your chest out.

Note: Keep your legs slightly bent and your hips tucked in.

7 • UPRIGHT ROW

Muscle Groups: Deltoids, Trapezius

1. Shuttle at pin hole #1
2. Remove bench
3. Angle the press bar and insert into the middle pin hole of shuttle

Use standard cord routing



Note: Keep your legs slightly bent and your hips tucked in.

8 • PULL-UPS

Muscle Groups: Latissimus Dorsi, Biceps



1. Shuttle at pin hole #9
2. Remove bench
3. Angle the press bar up and insert into the top pin hole of shuttle

Performance: Grasp the press bar in an underhand grip. Pull your body up so your chin is

above the bar; lower and repeat.

9 • TRICEP PUSHDOWN

Muscle Group: Triceps



1. Bench at pin hole #1
2. Attach pull-down bar at hole #8
3. Face the vertical tube
4. Use standard cord routing

Performance: Grasp the pulldown bar with a narrow overhand grip. Start with

your elbows at your side, and your arms bent at a 90° angle. Push down and extend your arms fully while maintaining your elbow position; raise and repeat.

Note: This exercise can be performed kneeling on the bench. Keep your chest out during the exercise. Don't lean and favor one side of your body over another.

ADDITIONAL EXERCISES

IMPORTANT: Before beginning sets for any exercise, check all cords for signs of wear. If the cords show wear, do not perform any exercises. Call our Customer Satisfaction Department at 1-800-445-2560. Otherwise, slowly go through one repetition to make certain you can safely and comfortably extend through a full range of motion. Also, the setup described for each exercise may not fit your body type exactly, so be sure to make the appropriate adjustments — handgrip, bar height, etc.

1 • REVERSE LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



1. Shuttle at pin hole #2
2. Bench level at pin hole #1
3. Attach pulldown bar
4. Use standard cord routing

Performance: Sit on the bench with the vertical tube at your back. With a wide

overhand grip, pull the pulldown bar to the back of your shoulders; raise and repeat.

Note: Keep your feet flat on the floor and your back straight.

CAUTION: Keep a safe distance between the shuttle and your back.

2 • REVERSE BUTTERFLY

Muscle Groups: Posterior Deltoids, Rhomboids



1. Shuttle off or at highest position
2. Bench level at pin hole #1
3. Butterfly attachment assembled with foam pads at shoulder height

Performance: Grasp the horizontal tubes of the butterfly

attachment with your elbows on the forearm pads. Drive your elbows back through a full range of motion. Bring forward and repeat.

Note: Keep your feet flat on the floor and your back straight.

CAUTION: Do not lean your head against the upright vertical tube.

3 • SIDE BENDS

Muscle Groups: Abdominal Internal and External Obliques



1. Cord routed under top pulley of leg exerciser
2. Slide pin through snap hook

Performance:

Stand erect with your side toward the machine. Bend to one side, then the other. After each set, repeat exercise on opposite side.

4 • PRONATED RAISE

Muscle Groups: Posterior Deltoids, Rhomboids



1. Cord routed under top pulley of leg exerciser
2. Slide pin through snap hook

Performance:

Stand slightly bent over, using the leg pad for support. Grasp the straight

pin with your free hand, keeping your

arm straight. Raise your arm parallel to the floor.

Lower and repeat. After each set, repeat the exercise with the opposite arm.

Note: Keep your back flat.

Muscle Group: Triceps



- Performance:** Lie with your back

Note: Keep your feet flat and do not allow your back to arch.

The Strength Training Log on page 20 will assist you in tracking your fitness progress. In addition to recording the date of your workout, you should indicate the number of sets, number of repetitions per set and the resistance level for each set. You should indicate the resistance level above the slanted line and the number of repetitions below it. We recommend that you make photocopies of the Strength Training Log before using it.

NOTES: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

STRENGTH- TRAINING LOG

Please make
photocopies of this page

	Date:						
	Set						
Incline sit-up							
Military press							
Leg extension							
Bench press							
Standing leg curl							
Seated tricep press							
Bent-over row							
Rear squat							
Standing bicep curl							

MONDAY

	Date:						
	Set						
Abdominal crunch							
Bicep curl w/ lat pulldown							
Butterfly							
Leg press							
Press behind neck							
Concentration curl							
Dead lift							
Shoulder shrug							
Dips							

TUESDAY

	Date:						
	Set						
Leg bend							
Incline press							
Donkey press							
Lat pulldown							
Front squat							
Reverse bicep curl							
Upright row							
Pull-ups							
Tricep pushdown							

WEDNESDAY

MAINTAINING YOUR NORDICFLEX™ IRONMAN™ TRIATHLON EDITION

Your NordicFlex Ironman Triathlon Edition requires a minimum amount of maintenance. It can be cleaned like any piece of metal furniture. Use a mild household spray and clean cloth to clean the metal and chrome parts of the machine. Check the resistance cords for signs of wearing, tearing or fraying.

If you have any questions about the setup or operation of your Ironman Triathlon Edition, call our Customer Satisfaction Department. Representatives are available to assist you.

Monday through Friday 7 AM to 8 PM CST

Saturday 8 AM to 4:30 PM CST

1-800-445-2560

CUSTOMER INFORMATION

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the NordicFlex Ironman Triathlon Edition.

Please note that misuse, abuse or the commercial use of the machine will void the 30-day in-home trial and return privilege policy. Should you decide to return it, **YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING THE PRODUCT(S) BY CALLING 1-800-445-2560. SHIPPING CHARGES FOR RETURNING THE NORDICFLEX IRONMAN TRIATHLON EDITION AND ACCESSORIES ARE THE RESPONSIBILITY OF THE CUSTOMER.**

Once the NordicFlex Customer Satisfaction Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt at NordicTrack, Inc., we will refund the full purchase price and the initial surface shipping costs. (Air shipping costs in excess of normal surface shipping costs will not be refunded.)

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., for two years from date of purchase of a NordicFlex Ironman Triathlon Edition, will repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased through NordicTrack, Inc. carry their own warranty.) Please note that commercial use of a the machine will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit, vandalism, misuse, abuse, alteration or lack of reasonable care.

To obtain service under this warranty, contact our Customer Satisfaction Department at **1-800-445-2560** for the proper procedure. **ALL SHIPPING COSTS TO RETURN THE NORDICFLEX IRONMAN TRIATHLON EDITION 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 defective parts within two years of date of purchase. NordicTrack, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation 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.

