

NT 7900

NordicTrack's
Total-Body Rowing System™



Owner's Guide

**ASSEMBLY, OPERATING INSTRUCTIONS
AND EXERCISE PROGRAMS**

Table of Contents

NordicTrack's Total-Body Rowing System*	1
Assembly	2
Before You Begin: Customizing To Fit You	3
Muscles Used With The Total-Body Rowing System	4
Designing Your Personal Fitness Program	6
Recommended Stretches	8
Workout Tips	9
Steady Long-Distance Programs	10
Interval Training Programs	11
Workout Log	13
Maintenance	14
Other NordicTrack® Products	15
Customer Information	16

For faster service when calling our Customer Service Department, please
record your customer information in the space below.

Customer #: _____

Invoice #: _____

Date of Purchase: _____

NordicTrack's Total-Body Rowing System

Congratulations on your purchase of the Total-Body Rowing System from NordicTrack, a leader in the fitness industry for over 18 years. This innovative new rowing system gives you a total-body aerobic workout while sitting down!

NordicTrack's Total-Body Rowing System™ exerciser is an easy-to-use, low-impact total-body exerciser that delivers a remarkably effective workout. The Total-Body Rowing System distributes resistance separately to the upper and lower body to give you a balanced workout. This unique split-resistance feature allows you to select extra upper-body resistance to work towards a firmer stomach, more defined arms, and a firm chest, shoulders and back. Or use more lower-body resistance to develop tighter buttocks, a trimmer waist and toned legs. The advantage is our split-resistance mechanism, tailor your workouts to your specific fitness needs.

The Total-Body Rowing System offers a low-maintenance, high-durability design that will continue to meet your fitness demands year after year. Read on to discover how to customize and use your rower, design a personal exercise program and select the exercise routines that meet your needs. There is also a maintenance section to keep your rower in top shape. If you have any questions about your rower, our knowledgeable Customer Service Representatives are available to assist you.

Please call our Customer Service Department if you have any questions. Representatives are available to assist you.

1-800-654-2271

Customer Service Department Hours:

Monday through Friday 7 AM to 8 PM

Saturday 8 AM to 4:30 PM

Central time

Enclosed you will find important information that will help you maximize your workouts with your Total-Body Rowing System. Be sure to read this Owner's Guide thoroughly before attempting to use the machine.

**CONSULT YOUR PHYSICIAN BEFORE
BEGINNING ANY EXERCISE PROGRAM.**

Assembly

We recommend unpacking your Total-Body Rowing System where you intend to use it. Please retain all packing materials for at least 30 days. For your convenience, your Total-Body Rowing System comes fully assembled.

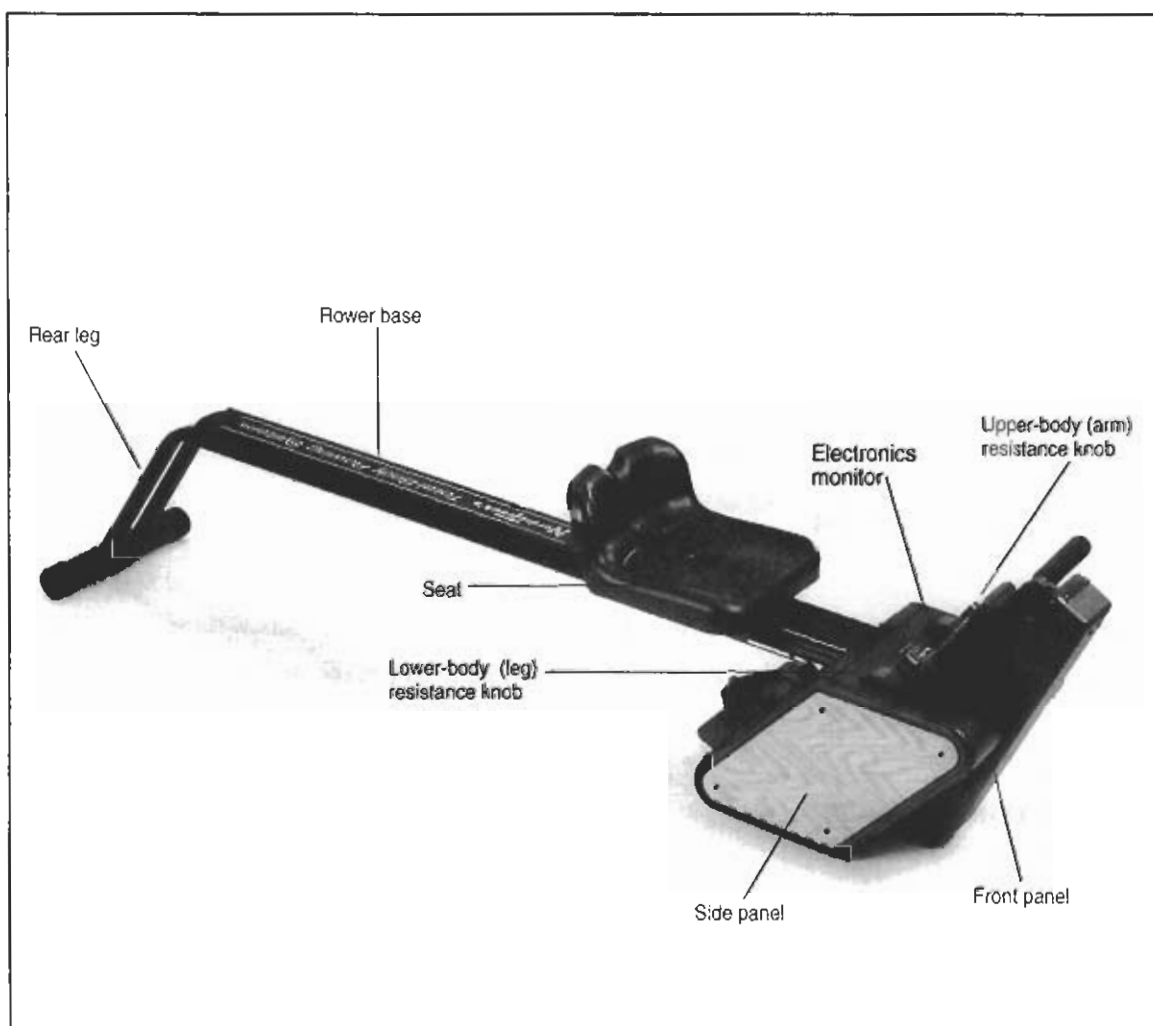
PARTS LIST:

- 1 Total-Body Rowing System
- 1 Electronics package
- 1 Information package

MOUNTING THE ELECTRONICS MONITOR

Please refer to the instructions in your electronics package for mounting and operating instructions. The electronics will plug into the jack located by the leg-resistance knob.

Read on to learn how to customize your Total-Body Rowing System.



Before You Begin: Customizing To Fit You

— Before you get on your Total-Body Rowing System, prepare for your total-body aerobic workout by adjusting the special features of the rower to your personal preferences.

Sit on the seat and loosely fasten your feet into the footpads. Sit all the way back in the seat with your back straight. Throughout your workout, the patented back stress management system will help you maintain proper form, support your lower back, prevent hyperextension and evenly distribute your weight.

SETTING THE SPLIT RESISTANCE

The unique split-resistance design of NordicTrack's Total-Body Rowing System™ exerciser allows you to independently adjust the resistance for your upper and lower body during your workout.

Begin at the lowest comfortable resistance setting for your arms and legs. As you become stronger and progress, you may wish to gradually increase the resistance. Keep the emphasis in your exercise program on duration rather than intensity.

When you're sitting on the rower, the knob on your left side adjusts the upper-body (arm) resistance. The knob on your right side lets you set lower-body (leg) resistance. To increase resistance, turn the knob clockwise (+). A counter-clockwise (-) turn of the knob will decrease resistance.

USING A PROPER HANDGRIP

Grasp the handle comfortably and firmly. You may use either an overhand or underhand grip while rowing. The overhand grip more closely simulates the motion of rowing. Using an underhand grip may be more comfortable and will still give you a terrific workout.



Overhand grip



Underhand grip

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

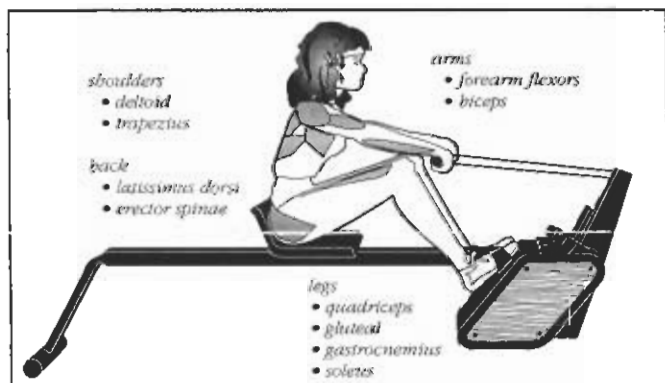
1-800-654-2271

Muscles Used With The Total-Body Rowing System

The motions used while exercising on NordicTrack's Total-Body Rowing System* exerciser closely simulate rowing — considered by fitness experts to be one of the best forms of aerobic exercise. **Proper form and technique are essential to obtain the maximum benefits from your workout while minimizing the potential for injury.**

The Total-Body Rowing System is an excellent aerobic conditioner. Because rowing requires the involvement of all the major muscle groups in both the upper and lower body, it builds strength, power and flexibility. Plus, rowing with the Total-Body Rowing System gives you a custom-fit, total-body workout that few exercise machines can match.

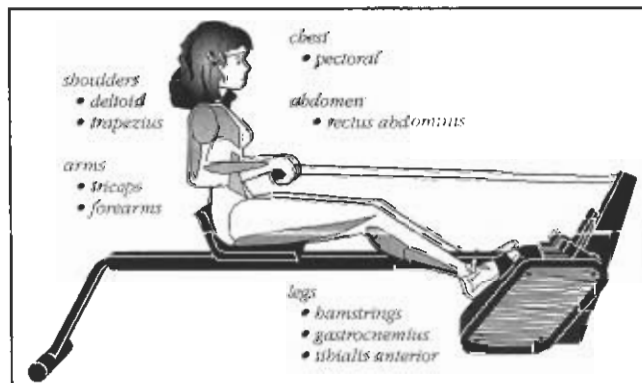
MUSCLES USED IN THE CATCH AND DRIVE



The following muscles are primarily used when you start in the “catch” position, and move backward by extending your legs and pulling on the handles during the “drive”:

- Shoulders deltoid, trapezius
- Arms forearm flexors, biceps
- Back latissimus dorsi, erector spinae
- Legs quadriceps, gluteal, gastrocnemius, soleus

MUSCLES USED IN THE RETURN



When your legs are extended and you return to the sitting position, the following muscles are used:

- Shoulders deltoid, trapezius
- Arms triceps, forearm flexors
- Chest pectoral
- Legs hamstrings, tibialis anterior
- Abdomen rectus abdominis



Figure 1

THE CATCH

The catch is actually the *last* portion of the return and the *first* phase of power generation. Take a deep breath during the catch. Keep in mind that the next phase of the rowing motion will be dominated by the leg muscles.



Figure 2

THE DRIVE

The drive stroke should be smooth and fluid — legs first, then your arms. Your hands should remain **on a level** plane throughout the movement. Keep your head up and exhale as you pull through the movement.

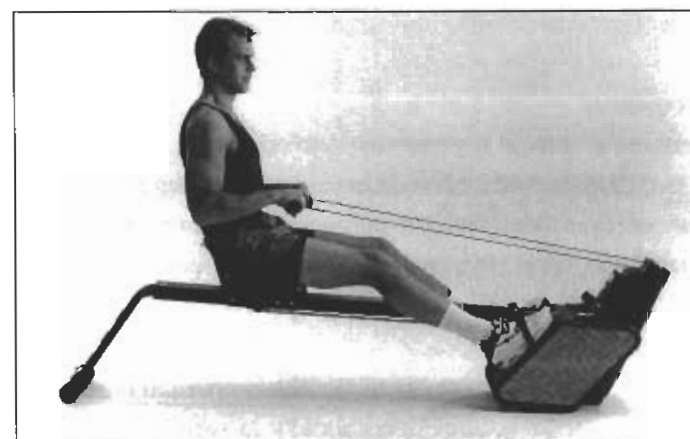


Figure 3

THE RETURN

Your motions should be smooth and fluid — arms first, followed by the legs in the return. Your hands should **remain on a level** plane throughout the movement. Keep your head up.

Designing Your Personal Fitness Program



This section was developed by exercise physiologists at The National Exercise For Life Institute to help you maximize your use and enjoyment of your Total-Body Rowing System.

**ALWAYS CONSULT YOUR PERSONAL PHYSICIAN
BEFORE BEGINNING ANY EXERCISE PROGRAM.**

The following information should help you design an exercise program that meets your needs in a safe and effective manner. A general key to exercise safety is to start at a low-intensity level and progress gradually. As your fitness level improves, modify your routine accordingly. But, always evaluate how your body has responded to your current exercise routine before making any modifications.

ESTABLISH PERSONAL GOALS

Finding the motivation to exercise and make positive lifestyle changes can be challenging. It is important that you set attainable, realistic goals and that you reward yourself when you meet the goals you have set. Above all, try to make your workouts fun! Below are some examples of typical fitness goals:

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

NordicTrack's Total-Body Rowing System™ can help you achieve your fitness goals, whatever they may be.

EXERCISE PROGRESSION

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

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

WARM-UP

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

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 8.

AEROBIC CONDITIONING

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

Frequency

Frequency refers to the number of workouts per week. Three to five days per week is recommended. Exercising four to five times per week with the proper duration and intensities maximizes calorie burn and cardiovascular development.

Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 12 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly-fit people should exercise 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, *The Rule of Thumb*.



The Rule of Thumb

Stick your left thumb into the air. Touch your left wrist, one inch from the thumb joint, with the index and middle fingers of your right hand. Your fingertips should almost touch the elevated tendon on the top of your wrist. Relax your left thumb

and roll your left wrist upward and parallel to the floor; your right index and middle fingers should remain in the same position and lay flat along your left wrist. Apply a minimal amount of pressure with the index and middle fingers.

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 minus your age (in years). The *Target Heart Rate Chart* below shows you the target heart rate zones for beginner, intermediate and advanced exercisers. Use the chart to determine the intensity of your workout.

TARGET HEART RATE CHART

	BEGINNER 60% – 65%	INTERMEDIATE 65% – 75%	ADVANCED 75% – 85%
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	25 – 27
30 – 34	18 – 20	21 – 23	24 – 26
35 – 39	18 – 20	21 – 23	24 – 26
40 – 44	17 – 19	20 – 22	23 – 25
45 – 49	17 – 19	20 – 21	22 – 24
50 – 54	16 – 18	19 – 21	22 – 24
55 – 59	16 – 17	18 – 20	21 – 23
60 and over	16 – 17	18 – 20	21 – 23

To calculate your heart rate for one minute, count your pulse for ten seconds and multiply your heart rate by 6.

COOL-DOWN

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

STRENGTH TRAINING

A strength training program increases the body's ability to perform work and adds lean muscle mass to the body. Lean muscle mass tones the body and aids in burning body fat. Strength training is therefore an essential component of a fitness program.

STRETCHING

Stretching after exercise helps reduce muscle soreness and increase flexibility.

Recommended Stretches

Hold each stretch for 15 to 30 seconds. Be sure to stretch each side of your body. Do not bounce.

1) BACK AND ARM STRETCH



Place your right elbow in your left hand. Gently pull your elbow behind your head. Keep your head facing forward. Repeat with your other arm.

2) SHOULDER STRETCH



Grasp your right elbow with your left hand. Pull it slowly across your chest toward your left shoulder. Repeat with your other arm.

3) QUADRICEPS STRETCH



Pull your heel slowly toward your buttock. Repeat with your other leg.

4) CALF STRETCH



Extend one leg behind you, keeping that heel on the floor and your knee straight. Lean forward using a chair or wall to maintain your balance. Repeat with your other leg.

5) LOW BACK AND HAMSTRING STRETCH



Extend one leg. Slowly bend forward from the hips, bringing your chest toward your knee. Repeat with your other leg.

6) INNER THIGH STRETCH



Put the bottoms of your feet together. Press your knees toward the floor.

7) LOW BACK AND HIP STRETCH



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

Workout Tips

PLEASE CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

The programs recommended here are progressive. As with all fitness programs, you should assess your personal physical condition by determining how comfortable the level of conditioning is for you and by monitoring your heart rate. A generally accepted method for estimating the proper physical exertion level is to exercise at an intensity where your breathing is labored, but where you are still able to carry on a conversation or whistle.

Start at the beginner stage, move on to the intermediate stage when ready and then on to the advanced stage of the program you wish to follow. Always begin at a low-intensity level and progress gradually in any program. You may be able to skip stages depending on your current fitness level. Your current fitness status, individual goals and exercise objectives will largely determine the exercise program most appropriate for you and the rate at which you progress.

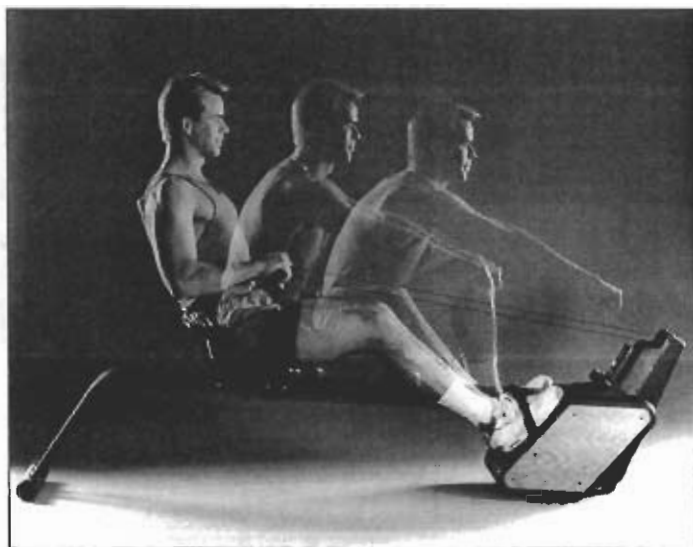
These programs are recommendations. They are meant to serve as a general guide to assist you in getting the most from NordicTrack's Total-Body Rowing System™ and are designed for your convenience. Because no one program is right for everyone, feel free to use any combination. The more specific your exercise program is, the more specific — or focused — your results will be.

There are two basic types of rowing programs: *steady long-distance* and *interval training*. *Steady long distance* is long-distance rowing using fairly light resistance. Your goal is to row for at least 20 minutes or longer without becoming exhausted. This form of training is an excellent cardiovascular workout. The second program, *interval training*, involves a series of alternating work and rest periods during a session. This type of program builds high levels of aerobic fitness.

-
1. Get a physician's approval and exercise recommendations before beginning an exercise program. If you are taking any medication that affects your heart rate, a physician's advice is absolutely essential.
 2. Commit to making exercise a part of your lifestyle. It's a good idea to set aside specific days and times for your workouts.
 3. Make your exercise time more enjoyable. Listen to music or watch your favorite television show while exercising.
 4. 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.
 5. Wear exercise clothing and absorbent socks. A headband will keep perspiration out of your eyes.

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

Steady Long-Distance Programs



BEGINNER — STEADY LONG DISTANCE

<i>Frequency</i>	<i>3 to 4 times per week</i>
<i>Duration</i>	<i>10 to 20 minutes</i>
<i>Intensity</i>	<i>60% to 65% of maximum heart rate</i>
<i>Stroke rate</i>	<i>20 to 25 strokes per minute</i>

This stage usually lasts four to six weeks. Maintain a low intensity during your workouts to avoid excessive muscle soreness, injury, discomfort and discouragement. Be conservative when starting an exercise program and progress gradually. Begin with 12 minutes per session and slowly increase to 20 minutes per session during this stage.

Warm up at a low resistance and stroke rate.

Work out at resistance and stroke rates that raise your heart rate to the desired intensity. Increase your rowing duration each session until you reach 20 minutes.

Cool down at low resistance and stroke rates.

INTERMEDIATE — STEADY LONG DISTANCE

<i>Frequency</i>	<i>3 to 5 times per week</i>
<i>Duration</i>	<i>20 to 30 minutes</i>
<i>Intensity</i>	<i>65% to 75% of maximum heart rate</i>
<i>Stroke Rate</i>	<i>25 to 35 strokes per minute</i>

This stage usually lasts 7 to 20 weeks. Your exercise intensity and duration can be increased every two to three weeks.

Warm up at a low resistance and stroke rate.

Work out at resistance and stroke rates that raise your heart rate to the desired level. Increase your rowing duration each session.

Cool down at low resistance and stroke rates.

ADVANCED — STEADY LONG DISTANCE

<i>Frequency</i>	<i>5 times per week</i>
<i>Duration</i>	<i>30 to 60 minutes</i>
<i>Intensity</i>	<i>75% to 85% of maximum heart rate</i>
<i>Stroke rate</i>	<i>30 to 40 strokes per minute</i>

Once you have reached your advanced level of fitness, you have already built a solid base for improving your fitness level. This stage usually begins around six months after the start of training and continues on a regular, long-term basis.

NOTE: You may wish to perform interval training two times per week, in addition to steady long-distance training two to three times per week.

Warm up at low resistance and stroke rates.

Work out with increasing levels of resistance and duration. Use your heart rate as an indicator of the proper level.

Cool down at low resistance and stroke rates.

Interval Training Programs

The two interval training programs are very different workouts created for the advanced-level rower to add some variety to fitness programs. Use either or both in addition to steady long-distance training.

INTERMEDIATE — INTERVAL TRAINING

Frequency	2 times per week, in addition to steady long-distance training
Duration	20 to 30 minutes
Intensity	60% to 85% of maximum heart rate
Stroke rate	20 to 40 strokes per minute

Warm up at low resistance and stroke rates.

Work out with increased resistance level and stroke rates for 30 seconds at the high end of your target heart rate zone. After 30 seconds, lower your resistance level, return to the low end of your target heart rate zone and row for 90 seconds. After 90 seconds of rowing at the minimal level, begin again. Exercise with increasing levels of resistance and duration. Use your heart rate as an indicator of the proper resistance level.

Cool down at low resistance and stroke rates.

ADVANCED — INTERVAL TRAINING

Frequency	2 times per week, in addition to steady long-distance training
Duration	30 to 40 minutes
Intensity	60% to 85% of maximum heart rate
Stroke rate	30 to 40 strokes per minute

This workout should be attempted **only** if you can sustain one-half hour of continuous rowing. It is designed for use in the maintenance stage.

Warm up at low resistance and stroke rates.

Work out with increased resistance level and stroke rate for 30 seconds at the high end of your target heart rate zone. After 30 seconds, lower your resistance level, return to the low end of your target heart rate zone and row for 90 seconds. After 90 seconds of rowing at the minimal level, begin again. Exercise with increasing levels of resistance and duration. Use your heart rate as an indicator of the proper resistance level.

Cool down at low resistance and stroke rates.

Workout Log

We recommend photocopying this log before you begin.

Date															
Duration															
Strokes per Minute															
Distance															
Calories Burned															
Exercise Heart Rate*															
Other															

Date															
Duration															
Strokes per Minute															
Distance															
Calories Burned															
Exercise Heart Rate*															
Other															

*Record your heart rate immediately following exercise

Maintenance

NordicTrack's Total-Body Rowing System™ exerciser requires minimal maintenance. Please apply the following maintenance program to keep your rower performing at top efficiency.

GENERAL MAINTENANCE

Wipe the machine and seat with a **clean, dry cloth** following each workout to remove perspiration and dirt. A clean, slightly damp cloth and a small amount of detergent can also be used for more extensive cleaning. Take care not to get soap or water on any of the moving parts.

CORD CARE

Examine the cords once a month to check for wear.

FLYWHEEL AND DRAG STRAP MAINTENANCE

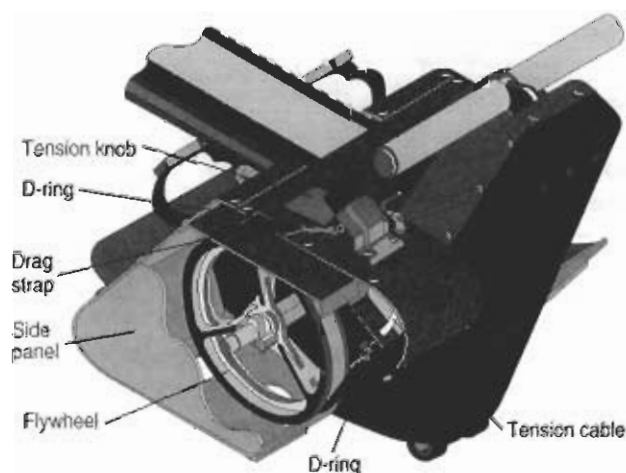
A clean flywheel and drag strap provide the best performance and durability.

1. Turn the tension knobs down.
2. Use a Phillips screwdriver to remove the two screws that secure the tension knob on the side being changed.
3. Slide the tension knob forward to release the clip on the back.
4. Lift the back of the tension knob up and pull it out far enough to access the drag strap.
5. Turn the unit on its side. Use a Phillips screwdriver to remove the eight screws that secure the front panels: three on each side, one on the top and one on the bottom.
6. Tie a long string (about four feet) to the D-ring on the drag strap located under the tension knob.
7. Set the machine upright.
8. Unhook the lower end of the drag strap from the hook near the tension cable, then unhook the end with the string attached.
9. Holding onto the end of the string, pull the lower end of the drag strap from the machine.
10. Untie the string from the D-ring being sure to leave it around the flywheel.
11. With a quick motion, repeatedly pull the strap tightly to remove any dust. Repeat with the second drag strap.
12. Wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. Do not use any solution that would leave a residue.
13. Wipe the flywheel with a clean, dry cloth.

NOTE: We recommend cleaning the drag strap outdoors because dust may loosen from the strap.

REASSEMBLY

1. Retie the string to either D-ring on the end of the strap.
2. Pull the drag strap back around the flywheel. Make sure the drag strap does not twist. You may have to guide it with your hand.
3. Attach the D-ring to the tension spring.
4. Attach the opposite D-ring to the tension cable.
5. Untie the string.
6. Slide the tabbed end of the tension knob into the slot and secure it with the two Phillips screws.
7. Reattach the front plate.



If you have any questions, please call our Customer Service Department at 1-800-654-2271.

Other NordicTrack Products



THE FIRST MUSIC PROGRAM DESIGNED ESPECIALLY FOR ROWERS.

"Row to the Beat," designed especially for rowing workouts, will help you maintain a steady, fitness-building pace. Three 60-minute cassettes feature vocal and instrumental jazz and pop classics.

Beginner (24 to 25 strokes per minute) # 510124

Intermediate (26 to 27 strokes per minute) # 510132

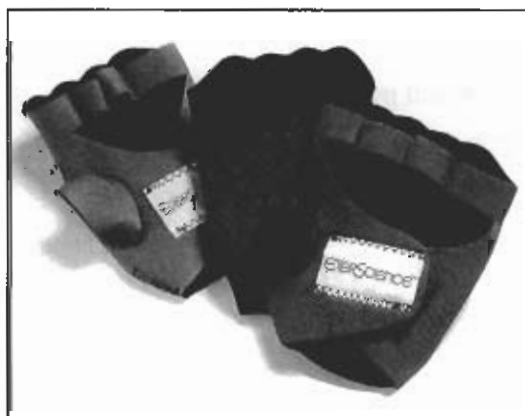
Advanced (28 to 29 strokes per minute) # 510140



NORDICTRACK FITWATCH BY POLAR

Exercise physiologists agree that by staying within your target heart rate zone, you burn a higher percentage of calories from fat and get the most maximum aerobic benefit. The NordicTrack Fitwatch, with its personal fitness monitor, actually guides you to exercise more effectively. Here's how it works: the lightweight heart rate monitor wirelessly transmits your EKG-accurate heart rate directly from your chest belt transmitter to the wrist unit without impeding your workout. Because it offers continuous heart rate display, you can adjust your exercise intensity accordingly. The large digital display is rotatable and easy to read no matter what your activity. It's also water resistant to twenty meters. Bicycle mount available. One-year manufacturer's warranty.

570000



ADD POWER TO YOUR PULL-THROUGH.

The key to a better workout is within your grasp. Our imported fitness gloves, with genuine leather palm and 100% cotton mesh back add extra strength to your pull-through without putting a strain on your hands. Works great with our strength training equipment, too.

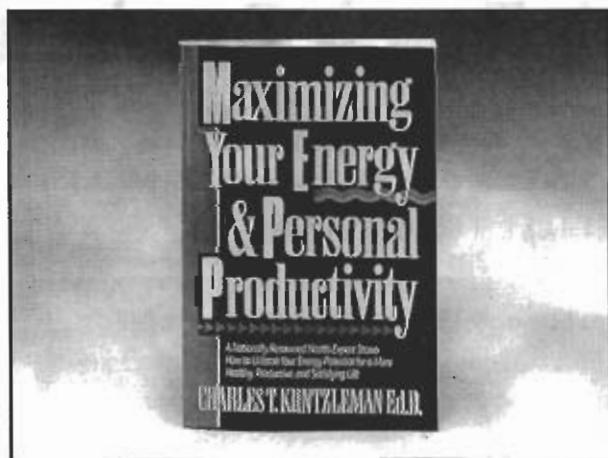
In small, medium, large or x-large sizes.

Teal # 5095653

Black # 5095570

Purple # 5095735

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MAXIMIZING YOUR ENERGY AND PERSONAL PRODUCTIVITY. —

This book gives you a proven strategy for winning the battle over stress and fatigue, and gaining the physical and mental energy you need to be your best. Follow this simple program — to master skills that create energy for every day of your life. Learn how to change your response toward stress; exercise to increase strength and endurance; develop positive relationships with people; control your weight without dieting, and much more! Written by nationally renowned health expert, Charles T. Kuntzleman Ed.D.

501256



FINALLY! HEAR YOUR TV OR VCR CLEARLY — EVEN DURING A VIGOROUS WORKOUT. PLUS, YOU WON'T DISTURB ANYONE ELSE IN THE ROOM!

Turn down the volume and slip on this revolutionary *Infrasound Headphone System™*. Advanced infrared technology gives interference-free sound for your ears only — from up to 30 feet away. The headphones weigh just three ounces and have pillow-soft ear pads for maximum comfort. Features include dual amplifiers, left/right volume control and automatic shut-off to help save batteries. The transmitter can be placed on a tabletop or be mounted on the wall. *Infrasound* is ideal for exercising or for use when you don't want your television to disturb others, especially at night. Extra headphone sets are available. Powered by two AAA batteries (not included). One-year limited manufacturer's warranty.

Infrasound Headphone System # 507527

Extra Headphone Set # 521890

Customer Information

If you have any questions, please call our Customer Service Department. Representatives are available to assist you.

1-800-654-2271

Customer Service Department hours

Monday through Friday 7 AM – 8 PM

Saturday 8 AM – 4:30 PM

Central time

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the NordicTrack's Total-Body Rowing System™. Retain your box and packing material during this time period. Please note that the misuse, abuse or the commercial use of the Total-Body Rowing System will void the 30-day in-home trial and return privilege policy.

Should you decide to return your Total-Body Rowing System, you must notify our Customer Service Department by calling 1-800-654-2271. We will arrange for the return of the Total-Body Rowing System at NordicTrack's expense. The customer is responsible for the initial shipping charges.

The Customer Service Department will supply you with information on how to pack your Total-Body Rowing System. The customer's name and address, as it appears on the invoice, must be enclosed in the box. When returned within the 30-day trial period, NordicTrack will refund the full price of the Total-Body Rowing System. The initial shipping charge is not refunded.

2-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from date of purchase of a NordicTrack Total-Body Rowing System machine, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics carry a one-year warranty. Other items purchased separately through NordicTrack, Inc., carry their own warranty/service periods.) Please note that the commercial use of a Total-Body Rowing System will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit if within the customer's control, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces.

This warranty is applicable to sales made only by NordicTrack, Inc. or Nordic Advantage, Inc. a subsidiary of NordicTrack, Inc. To obtain service under this warranty, call our Customer Service Department at 1-800-654-2271. ALL SHIPPING COSTS TO RETURN THE MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of 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 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 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.

