

*nordic sport*TM

*Sport Vision*TM

A WORLD CLASS

WORKOUT FOR THOSE

COMMITTED TO

PERSONAL EXCELLENCE.



ASSEMBLY AND OPERATING INSTRUCTIONS



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Enclosed you will find important information that will help you maximize your workouts with your SportVision interactive electronics. Be sure to read this assembly and operating manual before beginning to use your new unit.



WELCOME TO SPORTVISION

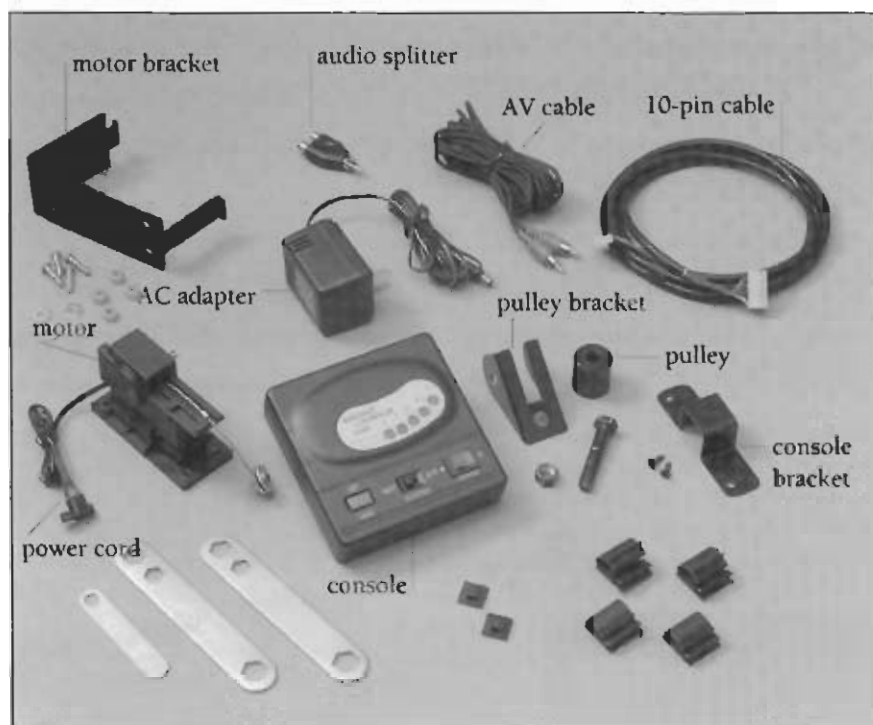
Welcome to an interactive cross-country skiing experience that's sure to add excitement and variety to your workouts! We at NordicTrack believe you'll agree that SportVision™ is the perfect enhancement to your fitness program — bringing the beauty and challenge of natural terrain indoors.

The video offers three scenic trails to engage your eyes and mind, keeping your workouts fresh and enjoyable. The interactive resistance control system re-creates the increasing and decreasing levels of difficulty of the specific trail you are viewing on the video to add variety and challenge to your workouts.





NORDICSPORT SKI 300 SPORTVISION ASSEMBLY



PARTS LIST

Motor and power cord
Motor bracket (with 4 small nuts, bolts and washers)
Pulley
Pulley bracket (with nut and bolt)
AC adapter
Console
Console bracket (with 2 small screws)
AV cable
Audio splitter
10-pin cable
4 large plastic clips
2 small plastic clips
Videotape

TOOLS NEEDED

2 large flat wrenches (provided)
Small flat wrench (provided)
3/8" wrench
Phillips screwdriver

NOTE: Complete the assembly instructions for your NordicSport™ ski 300 before you install your SportVision.

ATTACH THE PULLEY ASSEMBLY

1. Remove the skis from your machine and set them aside.
2. Lay the NordicSport ski 300 on its right side.
3. Disconnect the monitor sensor cord from the base sensor cord and move both ends out of the way.
4. Use the two large flat wrenches to remove the 4" bolt, nut and washers that secure the upright tube to the underside of the base (Figure 1).

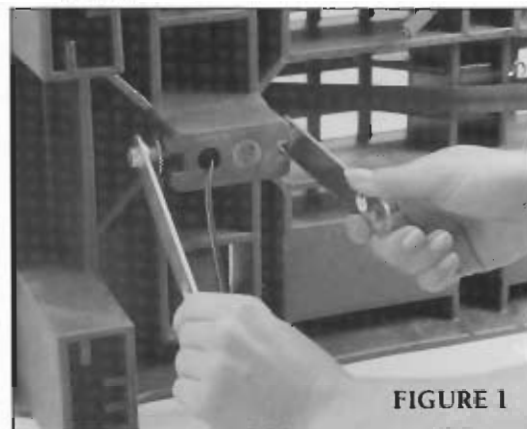


FIGURE 1

5. Position the pulley bracket against the back side of the upright tube bracket. The wedge should be aligned so the point is toward the top of the base, the flat side is against the bracket and the bolt hole is aligned with the hole in the base.
6. Place a washer on the head of the 4" bolt you removed in step 4.
7. Insert the 4" bolt through the pulley bracket and the upright tube bracket. The head of the bolt should be toward the rear of the skier.
8. Place a washer on the bolt and thread the nut onto the bolt.

9. Tighten the nut with the two large flat wrenches (Figure 2).

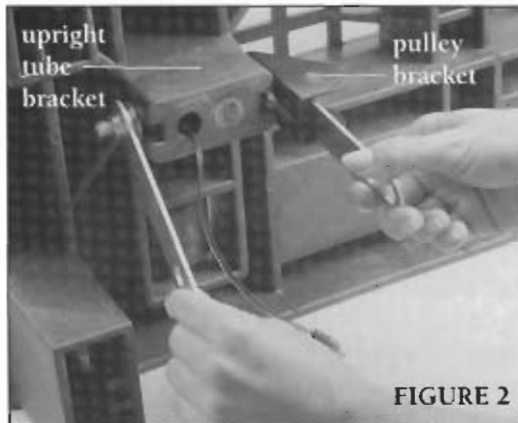


FIGURE 2

10. Place the pulley into the pulley bracket. The hole in the pulley should align with the holes in the pulley bracket.
11. Insert the 2" bolt through the pulley bracket and pulley. The head of the bolt should be on top of the bracket (Figure 3).

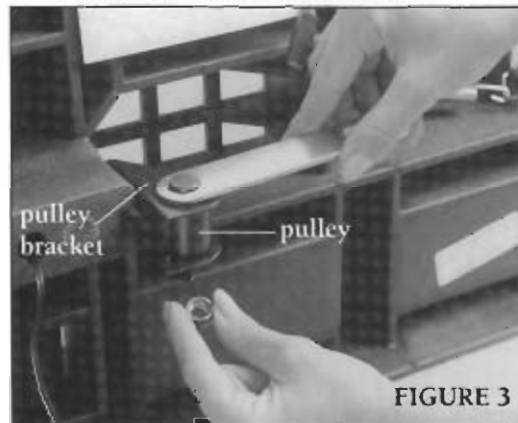


FIGURE 3

12. Tighten the nut onto the pulley bolt with the two flat wrenches.

ATTACH THE MOTOR ASSEMBLY

1. Position the motor onto the motor bracket. Place the leg tension wire end of the motor on the end of the bracket with the small arm. Position the power cord end of the motor on the end of the bracket with the large arm. Align the bolt holes in the motor and motor bracket.
2. Insert a small Phillips head bolt through each of the four holes in the motor and motor bracket.
3. Place a washer on each bolt.
4. Thread a small nut onto the back of each bolt with your fingers.
5. Use the 3/8" wrench and the Phillips screwdriver to tighten the nuts (Figure 4).

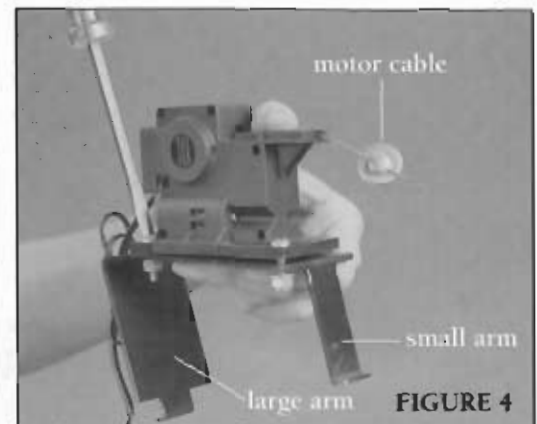


FIGURE 4

6. Remove the drag strap from the tension adjuster on the upright tube. Pay attention to the drag strap routing.
7. Pull the drag strap out from the bottom of the base and set it aside.
8. Clip the motor bracket into place on the bottom of the base. The large arm of the bracket should fit in the front of the first hole in the base. The small arm should fit in the back of the third hole of the base. You may have to bend the small arm in or out to fit the bracket properly into the base (Figure 5).

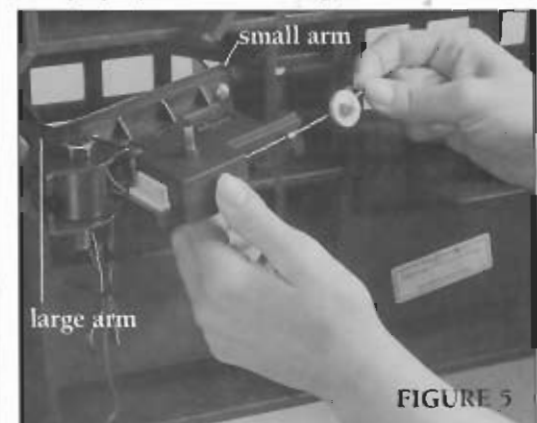


FIGURE 5

ATTACH THE TENSION SPRING TO THE LEG TENSION WIRE

1. Detach the S-hook from the underside of the base. Remove the S-hook from the tension spring and set it aside.
2. Slightly loosen the nut from the bolt on the end of the leg tension wire using the small flat wrench. The cable will slide out of the hole in the bolt shaft.
3. Hook the free end of the tension spring around the bolt shaft between the two washers.
4. Tighten the nut onto the bolt about three quarters of the way. Allow enough room to thread the cable through the hole in the shaft.
5. Thread the leg tension wire through the hole in the shaft of the leg tension wire bolt. Do not allow more than a half inch of excess cable.
6. Tighten the nut securely onto the leg tension wire bolt with the small flat wrench (Figure 6).

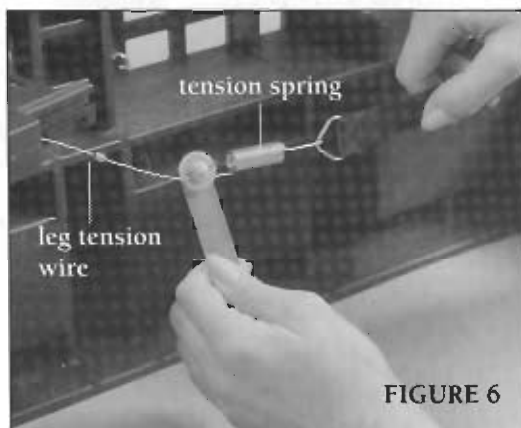


FIGURE 6

NOTE: Save the S-hook in case you ever decide to remove the SportVision from the skier.

REROUTE THE DRAG STRAP

1. Starting at the tension spring, be sure the drag strap is not twisted.
2. Route the 27" drag strap over and around the flywheel. The 45" drag strap should still be connected to the 27" drag strap by a spring.
3. Route the 45" drag strap over the pulley you installed and then up through the slot in the base. Be sure neither drag strap is twisted.
4. Thread the drag strap onto the tension adjuster as described in your NordicSport® ski manual.
5. Reconnect the monitor sensor cord to the base sensor cord.

CONNECT THE CABLES

1. Use the two small plastic clips to secure the power cord to the underside of the skier. Place one clip near the motor and the other on the inside right leg of the skier (Figure 7).

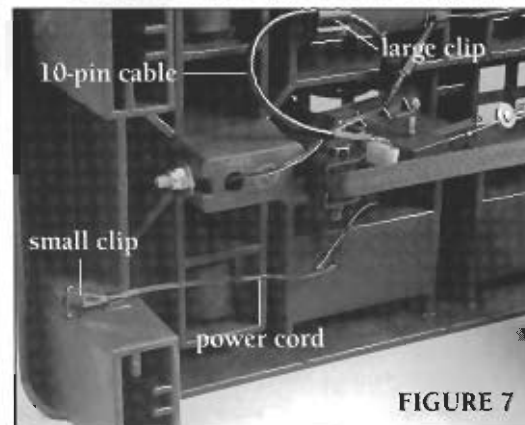


FIGURE 7

2. Plug one end of the 10-pin cable into the motor. Push the other end of the cable through the hole in the base next to the large motor bracket leg.
3. Use one large plastic clip to secure the 10-pin cable to the base of the skier. Place the clip near the motor.
4. Return the skier to an upright position.
5. Plug the free end of the 10-pin cable into the console.
6. Connect the motor power cord to the AC adapter (Figure 8). Plug the AC adapter into a wall outlet.

WARNING: Use extreme caution when working with household current.

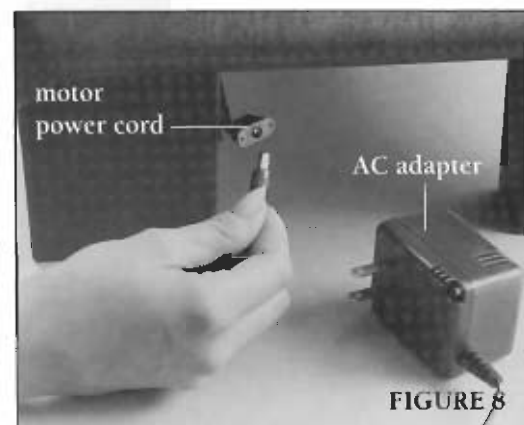
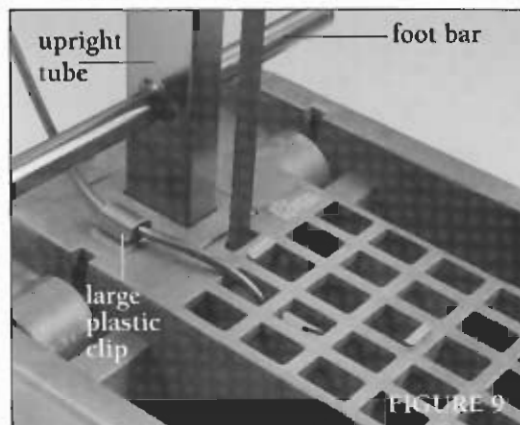


FIGURE 8

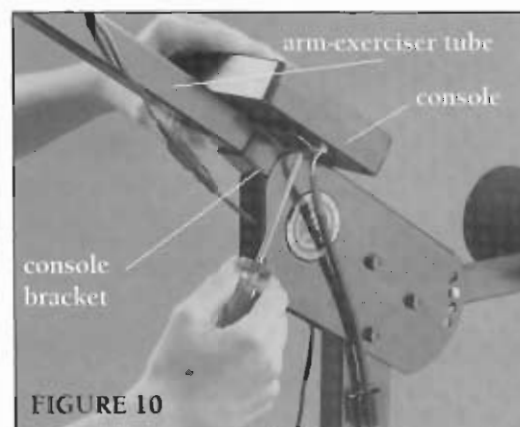
7. Turn the console on and put it in manual mode (MAN). Light number one should be illuminated. If not, press the "LOAD" button on the console until light number one comes on. (The motor will be running at the time.) TURN THE CONSOLE OFF AND UNPLUG THE 10-PIN CABLE AND THE AC ADAPTER BEFORE GOING ON TO THE NEXT STEP.

ATTACH THE CONSOLE

1. Attach the remaining three large plastic clips. Place one on the base near the metal foot bar (Figure 9). Position the remaining two clips on the upright tube, with one above and one below the resistance level sticker.



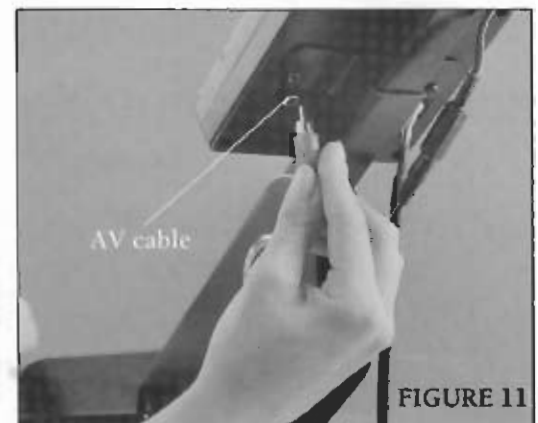
2. Position the console bracket against the back of the arm-exerciser tube. You can place the console assembly either above or below the monitor, depending on where there is room.
3. Position the console on top of the arm-exerciser tube, above the console bracket.
4. Tighten the two small black screws through the bracket and into the holes in the console with the Phillips screwdriver (Figure 10).



5. Secure the 10-pin cable to the upright tube and the base with the three plastic clips. Be sure to route the cable in front of the metal foot bar.
6. Plug the 10-pin cable into the console.
7. Replace the skis. (The skis are identical and can be placed interchangeably in the right and left ski tracks.)

CONNECT THE INTERACTIVE SYSTEM

1. Insert an end of the AV cable into the AV input jack on the console (Figure 11).



2. Insert the other end of the AV cable into the "audio out" jack on your VCR.
3. Plug the AC adapter into a wall outlet.

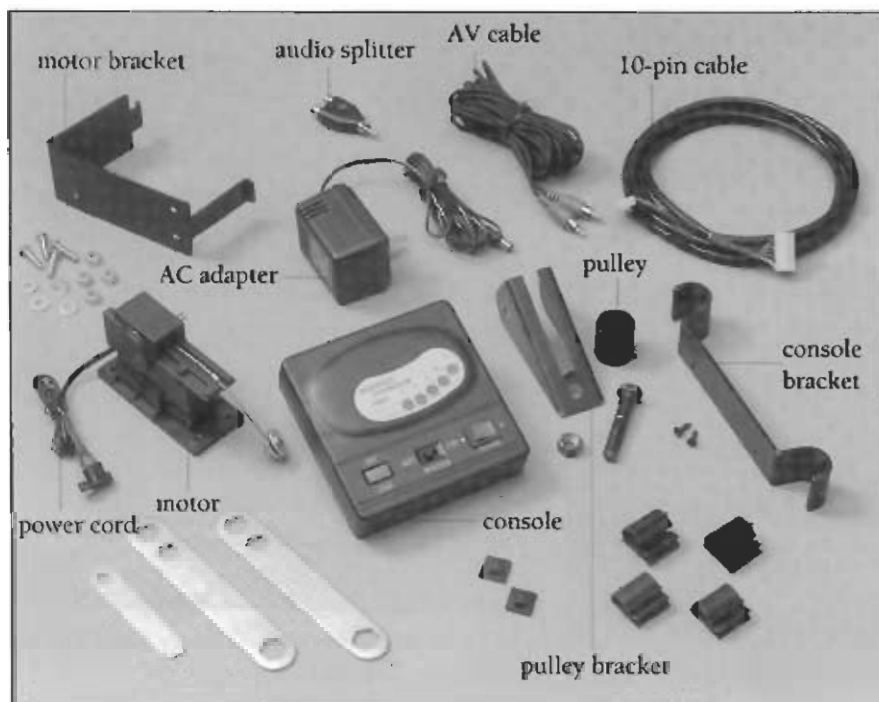
WARNING: As with all electrical equipment, use caution. Keep children and pets away from the cord and outlet while the AC cord is plugged into the wall outlet. Always unplug the AC adapter from the wall outlet when the skier is not in use.

NOTE: If the "audio out" jack is already being used, you will need to use the audio splitter. Remove the stereo or video game cable from the "audio out" jack on your VCR and insert the audio splitter into the jack. Next, insert both the SportVision AV cable and stereo or video game cable into the audio splitter.

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



NORDICSPORT SKI 350 SPORTVISION ASSEMBLY



PARTS LIST

Motor and power cord
 Motor bracket (with 4 small nuts, bolts and washers)
 Pulley
 Pulley bracket (with nut and bolt)
 AC adapter
 Console
 Console bracket (with 2 small screws)
 AV cable
 Audio splitter
 Cable with 10-pin ends
 4 large plastic clips
 2 small plastic clips
 Videotape

TOOLS NEEDED

2 large flat wrenches (provided)
 Small flat wrench (provided)
 3/8" wrench
 Phillips screwdriver

NOTE: Complete the assembly instructions for your NordicSport™ ski 350 before installing your SportVision.

ATTACH THE PULLEY ASSEMBLY

1. Remove the skis from your machine and set them aside.
2. Lay the NordicSport ski 350 on its right side.
3. Disconnect the monitor sensor cord from the base sensor cord and move both ends out of the way.
4. Use the two large flat wrenches to remove the 4" bolt, nut and washers that secure the upright tube to the underside of the base (Figure 1).

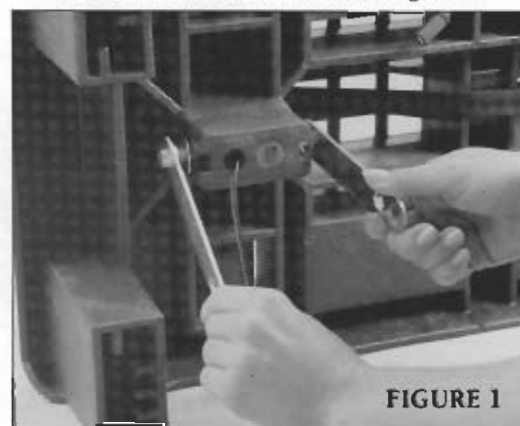


FIGURE 1

5. Position the pulley bracket against the back side of the upright tube bracket. The wedge should be aligned so the point is toward the top of the base, the flat side is against the upright tube bracket and the bolt hole is aligned with the hole in the base.
6. Place a washer on the head of the 4" bolt you removed in step 4.
7. Insert the 4" bolt through the pulley bracket and the upright tube bracket. The head of the bolt should be toward the rear of the skier.
8. Place a washer on the bolt and thread the nut onto the bolt.
9. Tighten the nut with the two large flat wrenches (Figure 2).

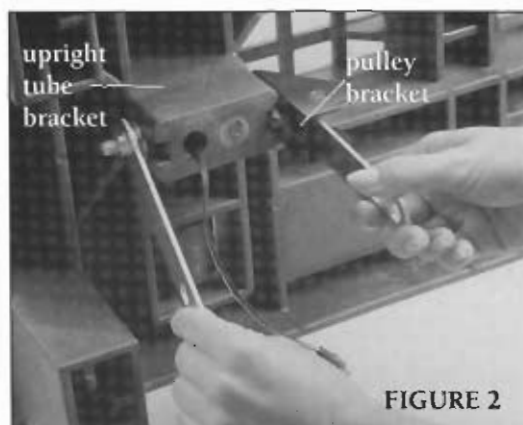


FIGURE 2

10. Place the pulley into the pulley bracket. The hole in the pulley should align with the holes in the pulley bracket.
11. Insert the 2" bolt through the pulley bracket and pulley. The head of the bolt should be on top of the bracket (Figure 3).

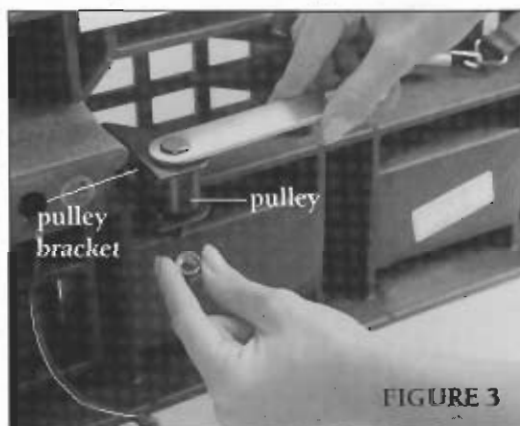


FIGURE 3

12. Tighten the nut onto the pulley bolt with the two flat wrenches.

ATTACH THE MOTOR ASSEMBLY

1. Position the motor onto the motor bracket. Place the leg tension wire end of the motor on the end of the bracket with the small arm. Position the power cord end of the motor on the end of the bracket with the large arm. Align the bolt holes in the motor and motor bracket.
2. Insert a small Phillips head bolt through each of the four holes in the motor and motor bracket.
3. Place a washer on each bolt.
4. Thread a small nut onto the back of each bolt with your fingers.

5. Use the 3/8" wrench and the Phillips screwdriver to tighten the nuts (Figure 4).

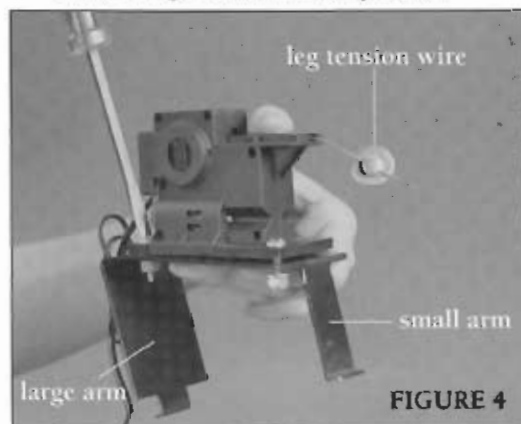


FIGURE 4

6. Remove the drag strap from the tension adjuster on the upright tube. Pay attention to the drag strap routing.
7. Pull the drag strap out from the bottom of the base and set it aside.
8. Clip the motor bracket into place on the bottom of the base. The large arm of the bracket should fit in the front of the first hole in the base. The small arm should fit in the back of the third hole of the base. You may have to bend the small arm in or out to fit the bracket properly into the base (Figure 5).

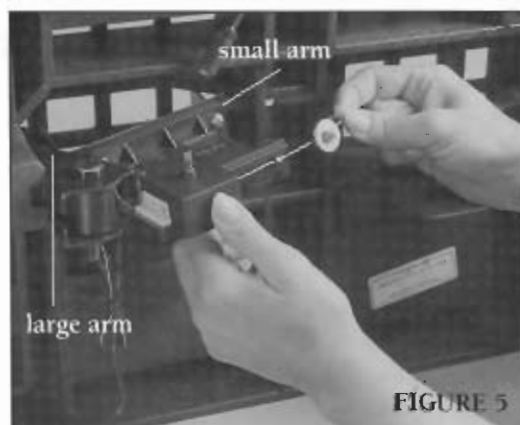


FIGURE 5

ATTACH THE TENSION SPRING TO THE LEG TENSION WIRE

1. Detach the S-hook from the underside of the base. Remove the S-hook from the tension spring and set it aside.
2. Slightly loosen the nut from the bolt on the end of the leg tension wire using the small flat wrench. The leg tension wire will slide out of the hole in the bolt shaft.

3. Hook the free end of the tension spring around the bolt shaft between the two washers.
4. Tighten the nut onto the bolt about three quarters of the way. Allow enough room to thread the leg tension wire through the hole in the shaft.
5. Thread the leg tension wire through the hole in the shaft of the leg tension wire bolt. Do not allow more than a half inch of excess cable.
6. Tighten the nut securely onto the leg tension wire bolt with the small flat wrench (Figure 6).

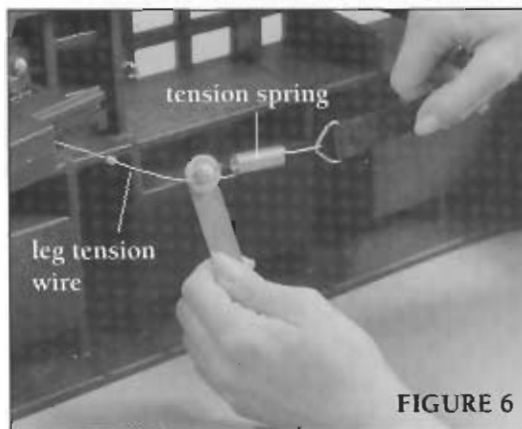


FIGURE 6

NOTE: Save the S-hook in case you ever decide to remove the SportVision from the machine.

REROUTE THE DRAG STRAP

1. Starting at the tension spring, be sure the drag strap is not twisted.
2. Route the 27" drag strap over and around the flywheel. The 45" drag strap should still be connected to the 27" drag strap by a spring.
3. Route the 45" drag strap over the pulley you installed and then up through the slot in the base. Be sure neither drag strap is twisted.
4. Thread the drag strap onto the tension adjuster as described in your NordicSport™ ski manual.
5. Reconnect the monitor sensor cord to the base sensor cord.

CONNECT THE CABLES

1. Use the two small plastic clips to secure the power cord to the underside of the skier. Place one clip near the motor and the other on the inside right leg of the skier (Figure 7).

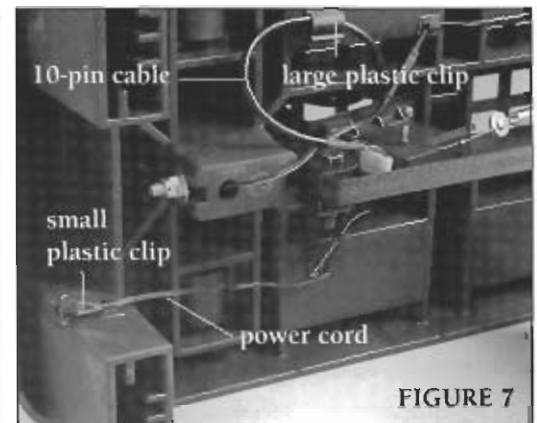


FIGURE 7

2. Plug one end of the 10-pin cable to the motor. Push the other end of the cable through the hole in the base next to the large motor bracket leg.
3. Use one large plastic clip to secure the 10-pin cable to the base of the skier. Place the clip near the motor.
4. Return the skier to an upright position.
5. Plug the free end of the 10-pin cable into the console.
6. Connect the motor power cord to the AC adapter (Figure 8). Plug the AC adapter into a wall outlet.

WARNING: Use extreme caution when working with household current.

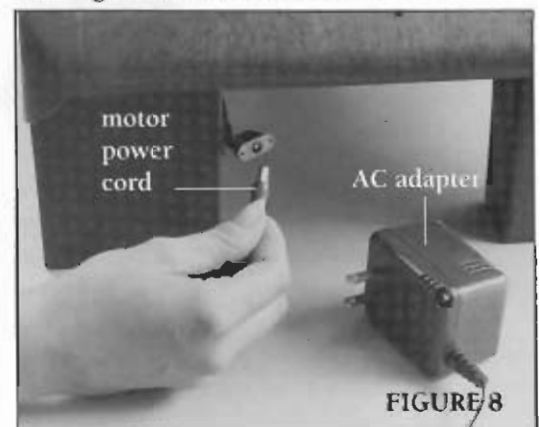
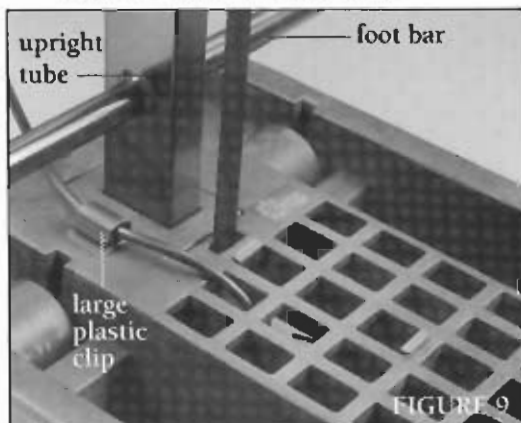


FIGURE 8

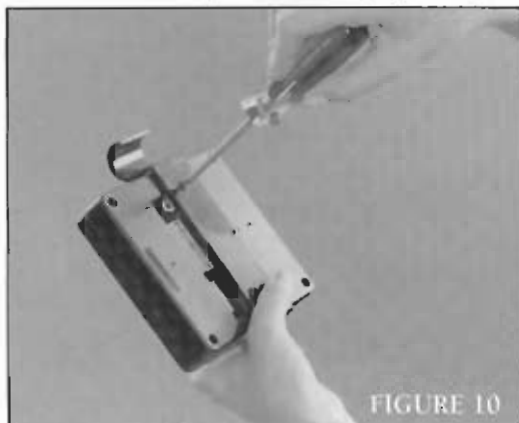
7. Turn the console on and put it in manual mode (MAN). Light number one should be illuminated. If not, press the "LOAD" button on the console until light number one comes on. (The motor will be running at the time.) **TURN THE CONSOLE OFF AND UNPLUG THE 10-PIN CABLE AND THE AC ADAPTER BEFORE GOING ON TO THE NEXT STEP.**

ATTACH THE CONSOLE

1. Attach the remaining three large plastic clips. Place one on the base near the metal foot bar (Figure 9). Position the remaining two clips on the upright tube, with one above and one below the resistance level sticker.

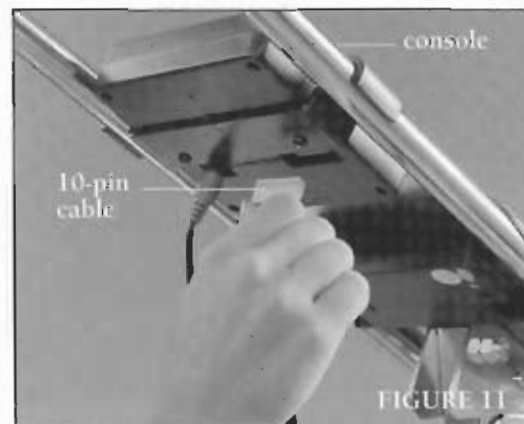


2. Position the console bracket against the back of the console. The holes in the bracket should line up with the holes in the console.
3. Tighten the two small black screws through the bracket and into the holes in the console with the Phillips screwdriver (Figure 10).



4. Snap the console bracket onto the upper-body exerciser, placing it above the electronics.
5. Secure the 10-pin cable to the upright tube and the base with the three plastic clips. Be sure to route the cable in front of the metal foot bar.

6. Plug the 10-pin cable into the console (Figure 11).



7. Replace the skis. (The skis are identical and can be placed interchangeably in the right and left ski tracks.)

CONNECT THE INTERACTIVE SYSTEM

1. Insert an end of the AV cable into the AV input jack on the back of the console.
2. Insert the other end of the AV cable into the "audio out" jack on your VCR.
3. Plug the AC adapter into a wall outlet.

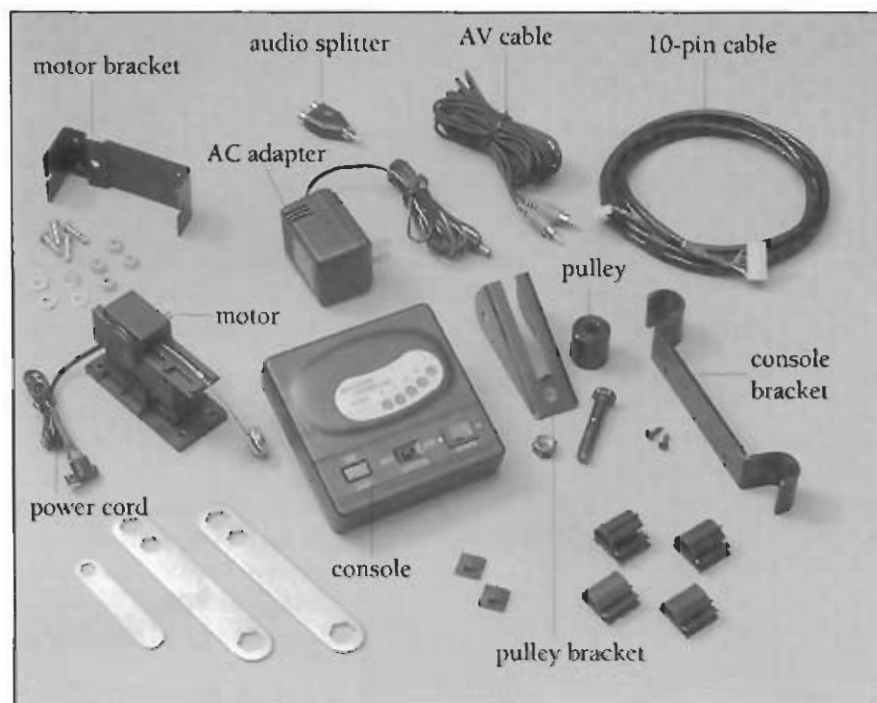
WARNING: As with all electrical equipment, use caution. Keep children and pets away from the cord and outlet while the AC cord is plugged into the wall outlet. Always unplug the AC adapter from the wall outlet when the skier is not in use.

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

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



NORDICSPORT SKI 450 SPORTVISION ASSEMBLY



PARTS LIST

Motor and power cord
Motor bracket (with 4 small nuts and bolts)
Pulley
Pulley bracket (with nut and bolt)
AC adapter
Console
Console bracket (with 2 small screws)
AV cable
Audio splitter
Cable with 10-pin ends
4 circular cable clips
4 large plastic clips
2 small plastic clips
Videotape

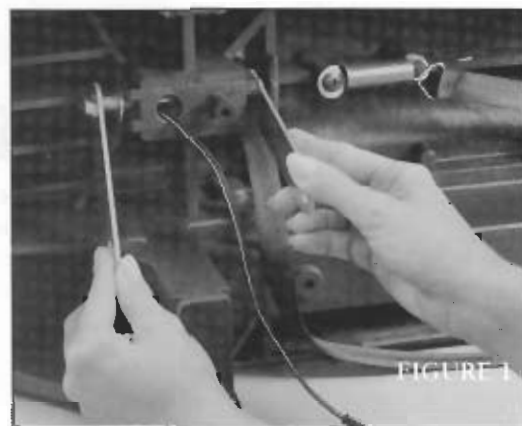
TOOLS NEEDED

2 large flat wrenches (provided)
Small flat wrench (provided)
Phillips screwdriver

NOTE: Complete the assembly instructions for your NordicSport™ ski 450 before you install your SportVision.

ATTACH THE PULLEY ASSEMBLY

1. Remove the skis from your machine and set them aside.
2. Lay the NordicSport ski 450 on its right side.
3. Disconnect the monitor sensor cord from the base sensor cord and set the ends aside.
4. Use the two large flat wrenches to remove the 4" bolt, nut and washers that secure the upright tube to the underside of the base (Figure 1).



5. Position the pulley bracket against the back side of the upright tube bracket. The wedge should be aligned so the point is toward the top of the base, the flat side is against the bracket and the bolt hole is aligned with the hole in the base.
6. Place a washer on the head of the 4" bolt you removed in step 4.
7. Insert the 4" bolt through the pulley bracket and the upright tube bracket. The head of the bolt should be toward the rear of the skier.
8. Place a washer on the bolt and thread the nut onto the bolt.
9. Tighten the nut with the two large flat wrenches (Figure 2).

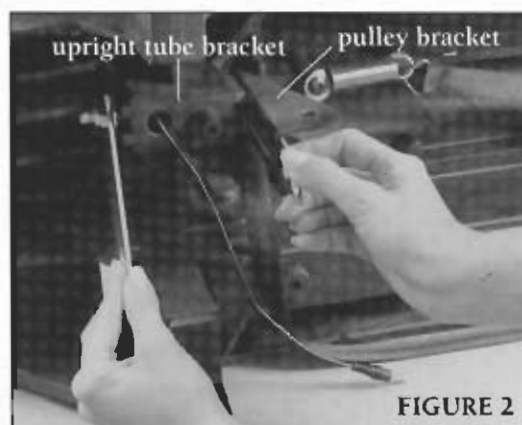


FIGURE 2

10. Place the pulley into the pulley bracket. The hole in the pulley should align with the holes in the pulley bracket.
11. Insert the 2" bolt through the pulley bracket and pulley. The head of the bolt should be on top of the bracket (Figure 3).

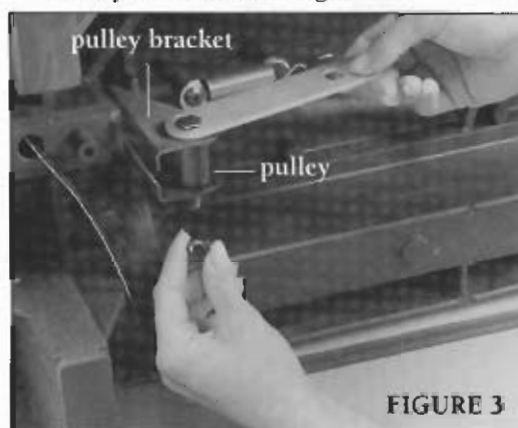


FIGURE 3

12. Tighten the nut onto the pulley bolt with the two flat wrenches.

ATTACH THE MOTOR ASSEMBLY

1. With a Phillips screwdriver, **loosen** the screw that holds the drag strap tension spring to the base. Set the screw **aside**.
2. Leave the other end of the spring **attached** to the drag strap and let it hang out **of the way**.
3. Position the motor bracket over the screw hole that secured the spring to **the base**. The grooves in the ends of the motor bracket should fit over the molded brace in the center of the base.
4. Secure the motor bracket in place with the same screw that held the spring in place (Figure 4).

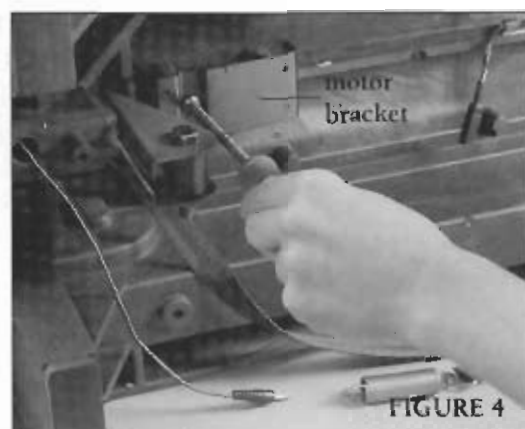


FIGURE 4

5. Position the motor onto the motor bracket so the leg tension wire extends toward the rear of the base. Align the holes in the motor and the motor bracket.
6. Place a small Phillips head bolt through the two top holes in the motor.
7. Thread a small nut onto the back of each bolt with your fingers.
8. Use the small flat wrench and the Phillips screwdriver to tighten the nuts onto the bolts (Figure 5).

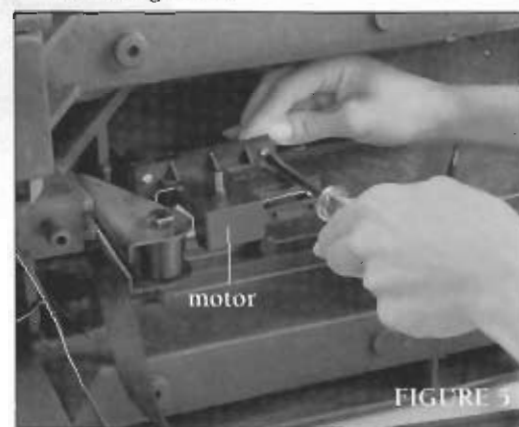


FIGURE 5

9. Lay the machine onto its left side.
10. Install the two remaining small bolts and nuts into the motor and motor bracket as described above in steps six through eight.
11. Return the machine to its right side.

ATTACH THE TENSION SPRING TO THE LEG TENSION WIRE

1. Slightly loosen the nut from the bolt at the end of the leg tension wire using the small flat wrench. The cable will slide out of the hole in the bolt shaft.
2. Hook the free end of the tension spring onto the bolt shaft between the two washers.
3. Tighten the nut onto the bolt about three quarters of the way. Allow enough room to thread the leg tension wire through the hole in the shaft.
4. Thread the leg tension wire through the hole in the shaft of the leg tension wire bolt. Do not allow more than a half inch of excess cable.
5. Tighten the nut securely onto the leg tension wire bolt with the small flat wrench (Figure 6).

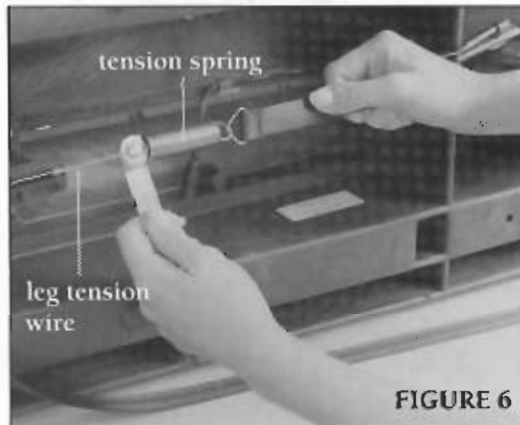


FIGURE 6

REROUTE THE DRAG STRAP

1. Remove the drag strap from the tension adjuster on the upright tube.
2. Pull the drag strap down through the slot in the base.
3. Starting at the tension spring, be sure the drag strap is not twisted.
4. Route the drag strap over and around the flywheel, over the pulley you installed and then up through the slot in the base.
5. Thread the drag strap onto the tension adjuster as described in your NordicSport™ ski manual.
6. Reconnect the monitor sensor cord to the base sensor cord.

CONNECT THE CABLES

1. Use the two small plastic clips to secure the power cord to the underside of the skier. Place one clip near the motor and the other on the inside right leg of the skier (Figure 7).

2. Plug one end of the 10-pin cable into the motor.
3. Use one large plastic clip to secure the 10-pin cable to the base of the skier. Attach the clip to the base above the motor (Figure 7).

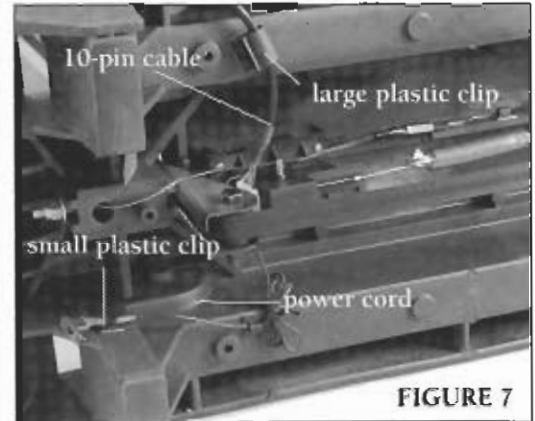


FIGURE 7

4. Return the skier to an upright position.
5. Plug the free end of the 10-pin cable into the console.
6. Connect the motor power cord to the AC adapter (Figure 8). Plug the AC adapter into a wall outlet.

WARNING: Use extreme caution when working with household current.

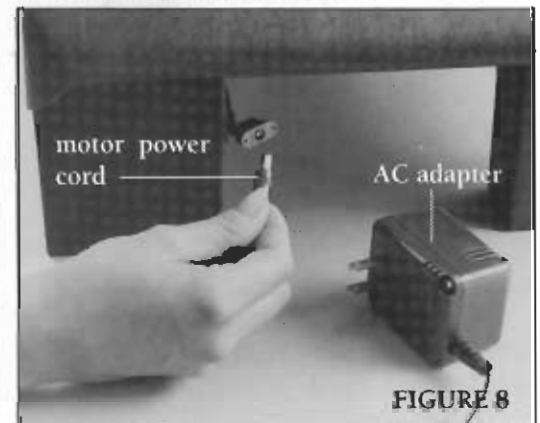


FIGURE 8

7. Turn the console on and put it in manual mode (MAN). Light number one should be illuminated. If not, press the "LOAD" button on the console until light number one comes on. (The motor will be running at the time.) **TURN THE CONSOLE OFF AND UNPLUG THE 10-PIN CABLE AND THE AC ADAPTER BEFORE GOING ON TO THE NEXT STEP.**

ATTACH THE CONSOLE

1. Tighten the tension adjuster to the desired tension.
2. Position the console bracket against the back of the console. The holes in the bracket should line up with the holes in the console.
3. Tighten the two small black screws through the bracket and into the holes in the console with the Phillips screwdriver (Figure 9).

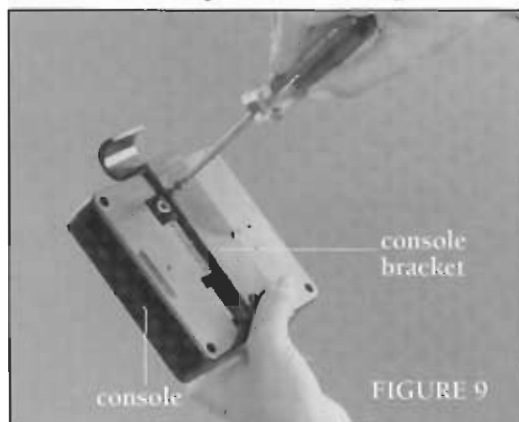


FIGURE 9

4. Snap the console bracket onto the upper-body exerciser, placing it above the electronics (Figure 10).

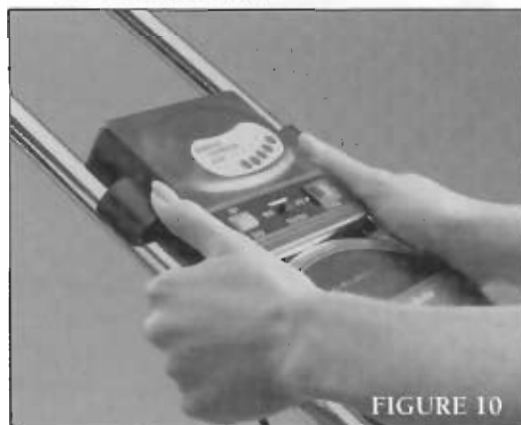


FIGURE 10

5. Route the 10-pin cable on the outside of the base in line with the acrylic foot bar. Attach the cable to the foot bar with one of the circular metal clips provided. Be sure to allow for movement of the ski under the cable (Figure 11).
6. Use two large plastic clips to mount the cable to the upright tube. Place one clip above the resistance level sticker and the other below it.
7. Plug the 10-pin cable into the console (Figure 12).
8. Replace the skis. (The skis are identical and can be placed interchangeably in the right and left ski tracks.)

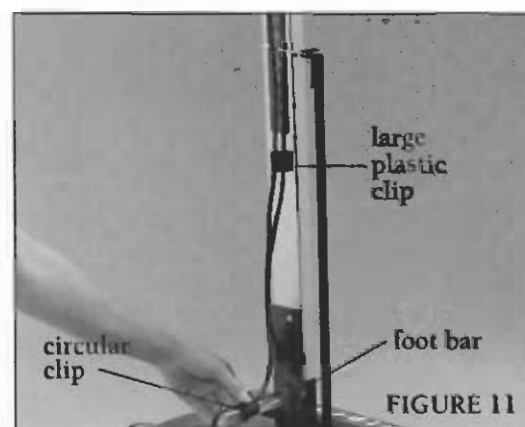


FIGURE 11

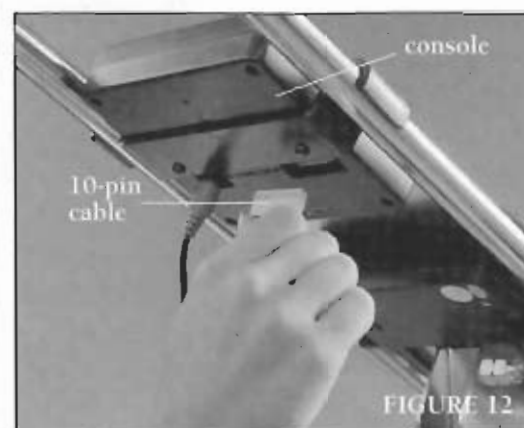


FIGURE 12

CONNECT THE INTERACTIVE SYSTEM

1. Insert an end of the AV cable into the AV input jack on the back of the console.
2. Insert the other end of the AV cable into the "audio out" jack on your VCR.
3. Plug the AC adapter into a wall outlet.

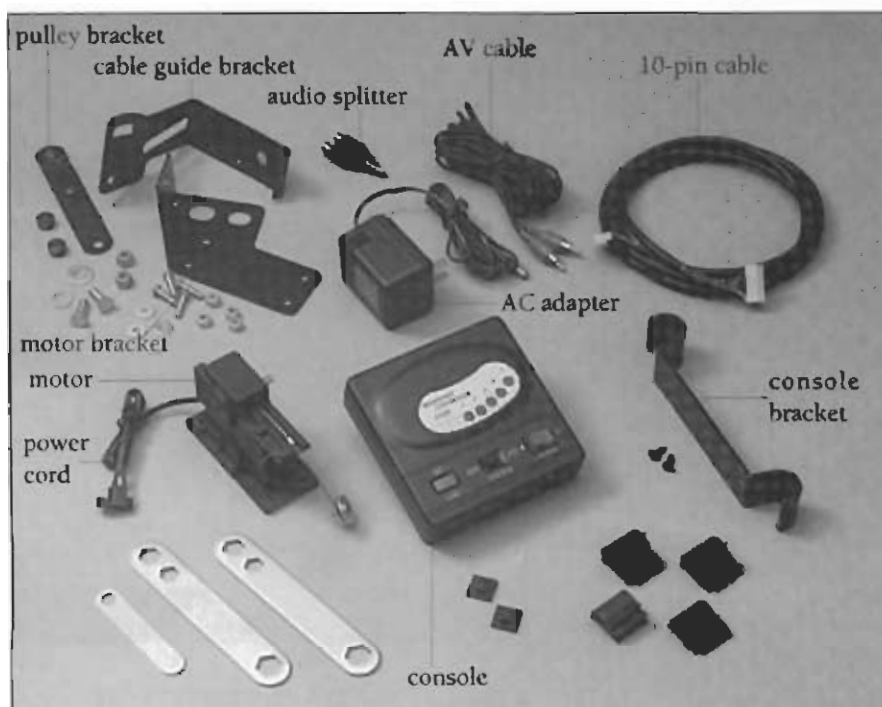
WARNING: As with all electrical equipment, use caution. Keep children and pets away from the cord and outlet while the AC cord is plugged into the wall outlet. Always unplug the AC adapter from the wall outlet when the skier is not in use.

NOTE: If the "audio out" on your VCR jack is already being used, you will need to use the audio splitter. Remove the stereo or video game cable from the "audio out" jack and insert the audio splitter into the jack. Next, insert both the SportVision AV cable and stereo or video game cable into the audio splitter.

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



NORDICSPORT WORLD CLASS SKI SPORTVISION ASSEMBLY



PARTS LIST

Motor and power cord
Motor bracket
(with 4 washers, 3/8" bolts, and 3/8" nuts)
Pulley bracket
(with 2 spacers 7/16" bolts, and 7/16" nuts)
Cable guide bracket
AV cable
Cable with 10-pin ends
Audio splitter
4 large plastic clips
2 small plastic clips
2 round adhesive-lined gaskets
Videotape

TOOLS NEEDED

2 large flat wrenches (provided)
Small flat wrench (provided)
3/8" wrench
Phillips screwdriver

NOTE: Complete the assembly instructions for your NordicSport™ World Class™ ski in the manual you received with your unit.

REPOSITION THE TENSION ADJUSTMENT KNOB

1. Turn the tension adjustment knob to the left until all tension is removed from the fly-wheel/drag strap assembly.
2. Use a Phillips screwdriver (not provided) to remove the knob bracket from the upright tube (Figure 1). Set both screws aside for now.

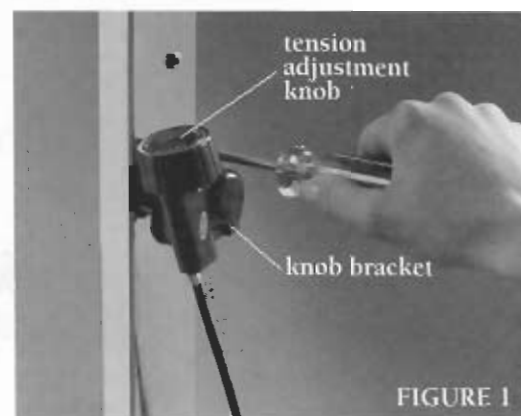


FIGURE 1

3. Remove the adhesive backing from one side of a round adhesive-lined gasket. Affix the gasket to the back side of the knob bracket, covering the lower hole.
4. Remove the adhesive backing from the other side of the gasket and position the knob bracket so that the upper hole in the bracket is aligned with the lower hole on the upright tube. (DO NOT PRESS THE ADHESIVE AGAINST THE UPPER TUBE UNTIL THE TOP PART OF THE BRACKET HAS BEEN PLACED IN THE PROPER POSITION.)
5. Insert one of the screws you removed from the knob bracket through the upper hole on the bracket and into the lower hole on the upright tube. Tighten the screw with a Phillips screwdriver.
6. Press the lower part of the knob bracket against the upright tube to affix the adhesive gasket to the tube.

NOTE: There will not be a screw in the lower hole in the knob bracket — the adhesive gasket will hold it in place.

REMOVE THE PULLEY

1. Remove the skis from the skier and set them aside.
2. Lay the machine on its right side.
3. Unhook the drag strap from the springs and remove it from the front pulley.
4. Using the $5/16"$ wrench provided, remove the front pulley from the tension adjustment wire (Figure 2). Set the bolt and nut aside for later use.

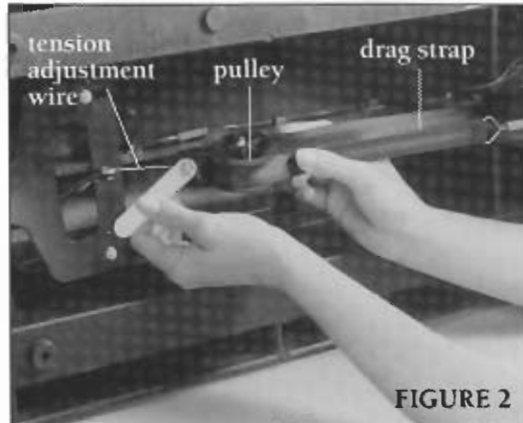


FIGURE 2

5. Disconnect the pulley mounting bracket from the base with the wrenches provided (Figure 3).

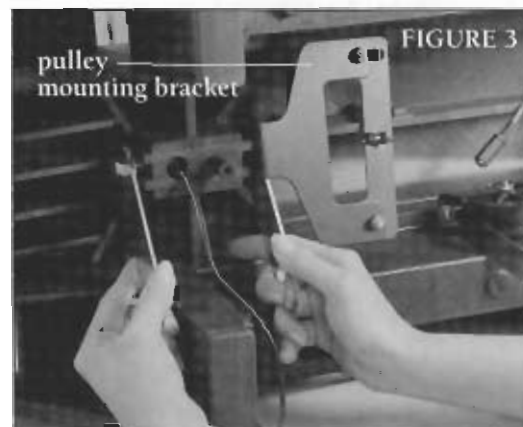


FIGURE 3

6. Unthread the tension cable from the bracket and set the bracket aside. (Keep the bracket in case you decide to remove your SportVision.)
7. Unplug the sensor cord from the skier base.

MOUNT THE MOTOR ONTO THE MOTOR BRACKET

1. Position the motor onto the flat side of the motor bracket. The leg tension wire should be at the end opposite the leg of the bracket.

2. Align the four holes in the motor with the four holes in the motor bracket. Insert the four $3/8"$ bolts with the head ends on top of the motor.
3. Thread a washer and a $3/8"$ nut onto each of the four bolts.
4. Use a screwdriver and a $3/8"$ wrench (not provided) to tighten the nuts onto the bolts (Figure 4).

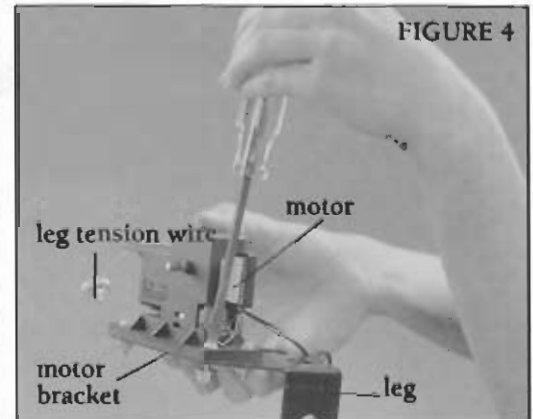
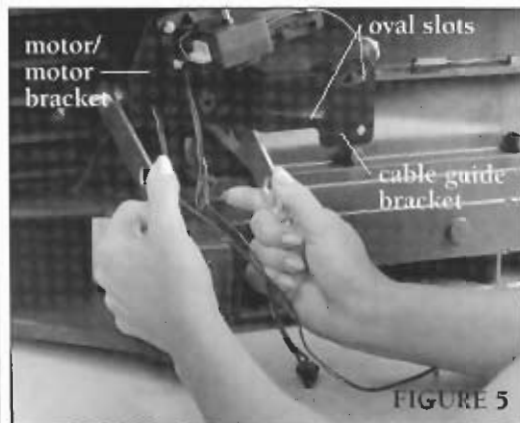


FIGURE 4

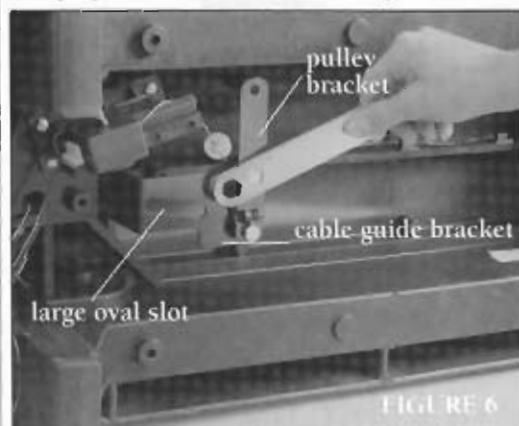
MOUNT THE BRACKETS TO THE SKIER BASE

1. Get the large bolt, nut and washer that you removed from the machine earlier. Insert the bolt into the washer and slide the washer to the head of the bolt.
2. Thread the sensor cord through the large, oval hole in the motor bracket and through its plastic clip guides on the base of the machine. Reconnect it to the base end of the sensor cord.
3. Position the motor bracket so the leg tension wire extends toward the rear of the skier.
4. Position the L-shaped cable guide bracket so that the flat end with the two oval slots and one small round hole face you and the other end extends to the base of the skier.
5. Insert the large bolt through the base of the skier, the motor bracket and the cable guide bracket. The head of the bolt should be at the rear of the skier.
6. Use the large nut and the two large flat wrenches to tighten the bolt (Figure 5).
7. Thread the tension cable through the large oval slot in the cable guide bracket toward the rear of the skier.



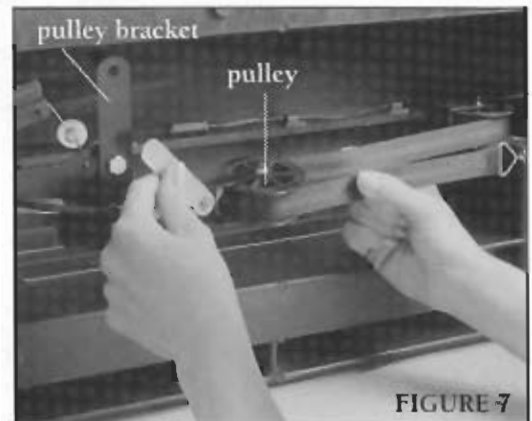
ATTACH THE PULLEY TO THE TENSION CABLE

1. Get the two 7/16" bolts, black spacers and nuts to attach the pulley bracket to the cable guide bracket.
2. Position the pulley bracket in a vertical position with the cable slot at the bottom. Align the pulley bracket with the small hole and oval slot in the cable guide bracket. Insert the 7/16" bolts in the center and bottom holes in the pulley bracket.
3. Slide a spacer onto each bolt.
4. Use your fingers to tighten the bolts enough to hold the pulley bracket on the cable guide bracket.
5. Thread the tension cable through the slot at the bottom of the pulley bracket.
6. Use the wrench provided to tighten the 7/16" bolts (Figure 6). Be sure that the pulley bracket is in a vertical position, running perpendicular to the skier's length.



7. Get the 5/16" pulley bolt and nut (you removed them earlier). The bolt has a hole drilled through the top of its shaft.

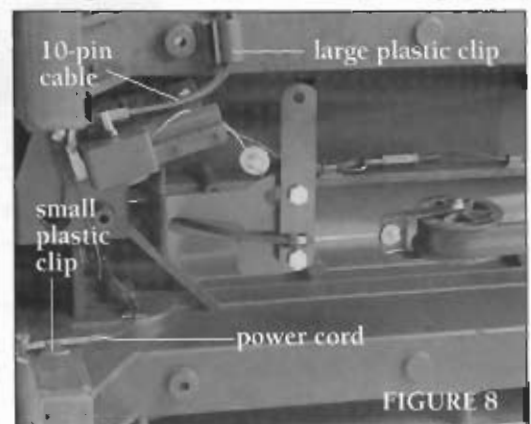
8. Thread the tension cable through the pulley bolt. Do not allow more than 1/2" of excess cable.
9. Position the pulley so the groove is facing you. Align the tension cable with the groove in the pulley assembly.
10. Insert the pulley bolt into the hole in the pulley. Thread the nut onto the pulley bolt. Use the wrench provided to tighten the nut onto the bolt (Figure 7).



11. Rethread and reconnect the drag strap.

CONNECT THE CABLES

1. Use the two small plastic clips to secure the power cord to the underside of the skier. Place one clip near the motor and the other on the inside right leg of the skier (Figure 8).
2. Plug one end of the 10-pin cable into the motor.
3. Use one large plastic clip to secure the 10-pin cable to the base of the skier. Attach the clip to the base above the motor (Figure 8).



4. Plug the free end of the 10-pin cable into the console (Figure 9).

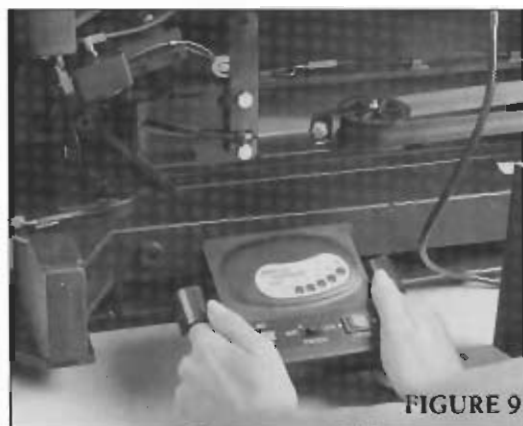


FIGURE 9

5. Connect the motor power cord to the AC adapter (Figure 10). Plug the AC adapter into a wall outlet.

WARNING: Use extreme caution when working with household current.

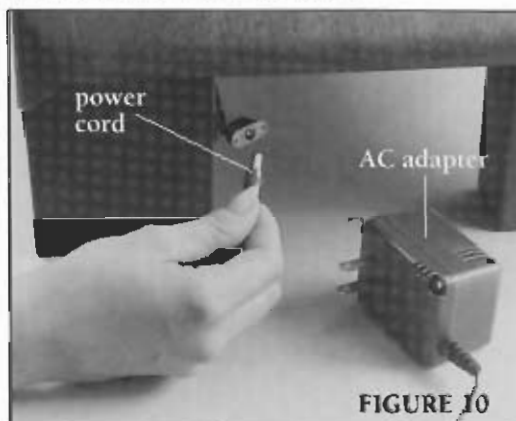


FIGURE 10

6. Turn the console on and put it in manual mode (MAN). Light number one should be illuminated. If not, press the "LOAD" button on the console until light number one comes on. (The motor will be running at the time.) **TURN THE CONSOLE OFF AND UNPLUG THE 10-PIN CABLE AND THE AC ADAPTER BEFORE GOING ON TO THE NEXT STEP.**

CONNECT THE MOTOR TO THE PULLEY BRACKET

1. Remove the nut and one washer from the bolt on the end of the leg tension wire using the small flat wrench. The cable may slide out of the hole in the bolt shaft.

2. Insert the leg tension wire bolt into the top hole in the pulley bracket — the head of the bolt should be toward you.
3. Replace the washer and the nut that you removed in step one.
4. Tighten the bolt with the 5/16" wrench provided (Figure 11).

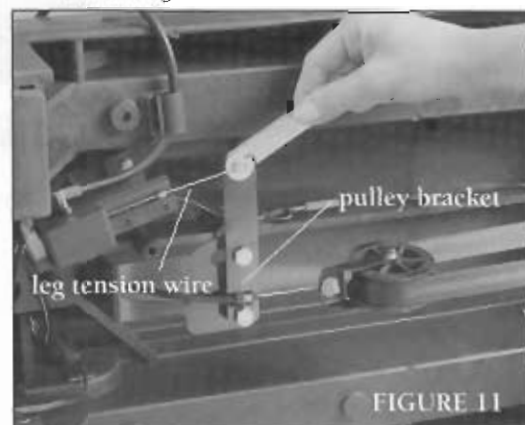


FIGURE 11

ATTACH THE CONSOLE

1. Return the machine to its upright position and tighten the tension adjustment knob to the desired tension.
2. Position the console bracket against the back of the console. The holes in the bracket should line up with the holes in the console.
3. Tighten the two small black screws through the bracket and into the holes in the console with the Phillips screwdriver (Figure 12).

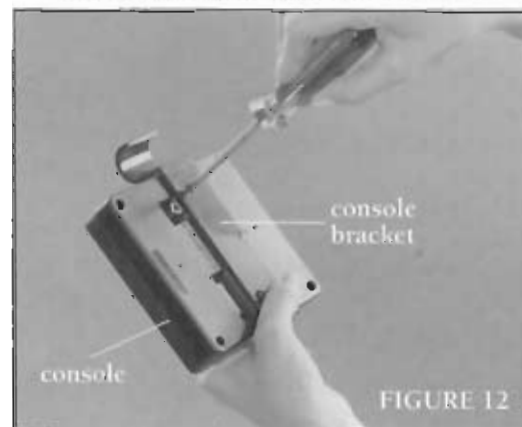
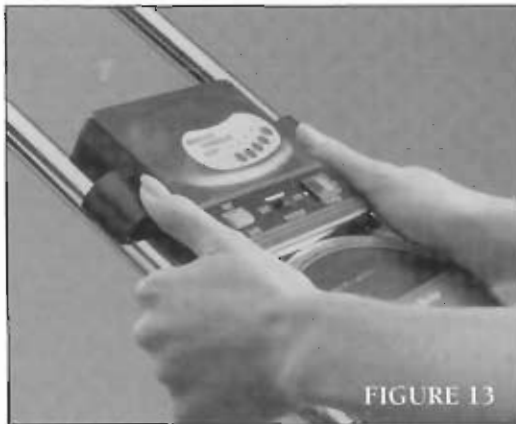
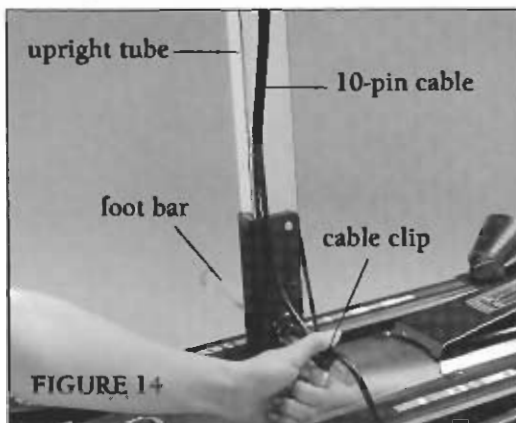


FIGURE 12

4. Snap the console bracket onto the upper-body exerciser, placing it above the electronics (Figure 13).



5. Route the 10-pin cable on the outside of the base in line with the acrylic foot bar. Attach the cable to the foot bar with one of the circular cable clips provided. Be sure to allow for movement of the ski under the cable (Figure 14).



6. Use two large adhesive plastic clips to mount the cable to the upright tube.
7. Plug the 10-pin cable into the console.
8. Replace the skis. (The skis are identical and can be placed interchangeably in the right and left ski tracks.)

CONNECT THE INTERACTIVE SYSTEM

1. Insert an end of the AV cable into the AV input jack on the back of the console.
2. Insert the other end of the AV cable into the "audio out" jack on your VCR.
3. Plug the AC adapter into a wall outlet.

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

NOTE: If the "audio out" jack is already being used, you will need to use the audio splitter. Remove the stereo or video game cable from the "audio out" jack and insert the audio splitter into the jack. Next, insert both the SportVision AV cable and stereo or video game cable into the audio splitter.

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



USING THE SPORTVISION INTERACTIVE ELECTRONICS



INTERACTIVE RESISTANCE CONTROL PANEL

- Power** Controls power to the electronic console.
- Function** Select "MAN" to control resistance load or "AUTO" to engage the interactive resistance controller load system.
- Load** Press "LOAD" to adjust resistance level when in manual-function mode.

SportVision™ interactive electronics automatically adjusts the resistance in accordance with the trail you view on the accompanying video. This state-of-the-art system simulates the excitement and challenge of outdoor cross-country skiing — indoors!

First, set the console to the manual function mode and select level 3 using the LOAD button. Next, NordicSport™ ski 300, 350 and 450 owners should set the leg tension adjustment slide to the desired setting. NordicSport World Class™ owners should adjust the leg tension with the leg-resistance knob.

When you are ready to use SportVision, switch the setting to "AUTO" before starting the video. The interactive resistance control system recreates the increasing and decreasing levels of difficulty of the various terrains.

Workout one is a great total-body workout for those just beginning an exercise program. The terrain in workout two is designated as difficult. It is a vigorous workout that is perfect for those in the intermediate to advanced fitness levels. Workout three is designated as an "experts-only" trail. The terrain provides an intense, heart-pumping, muscle-toning workout.



INTERVAL TRAINING WITH SPORTVISION INTERACTIVE ELECTRONICS

SportVision interactive electronics provides a challenging workout, and offers even more realistic, versatile cross-country ski simulation. You'll experience superior benefits and results through its unique interval-training routine.

While you can use your SportVision interactive electronics right away, serious interval training should begin after one to two months of regular aerobic training. The first interval-training sessions should be moderate, with gradual increases to higher intensity levels.

Interval training combines repeated bouts of short, high-intensity exercise alternated with active rest or relief periods. Typical sessions involve high intensity intervals of exercise ranging from ten seconds to five minutes, at 80 to 100 percent of your maximum heart rate. Intervening rest periods allow the heart rate to decline.

Interval training works the body at high intensities. This increases the body's ability to use oxygen more effectively. For athletic training, interval-training sessions offer an advantage because the faster pace may more accurately simulate competitive conditions. Interval training is considered necessary for athletes who wish to excel.

Interval training is intended to provide variety in your workout while improving fitness. Be sure you always train at an intensity level that is comfortable. Interval training may be difficult at first — remember to progress gradually. Adjust your exercise program as your fitness level changes.

Please consult with your physician before beginning any exercise program.



CUSTOMER INFORMATION

IMPORTANT NOTE TO SPORTVISION OWNERS

Your VCR must have an "AUDIO OUT" jack for the interactive electronics to function properly. If it does not, your skier will not be able to interact with the video. The resistance levels may be adjusted manually by setting the console in the manual-function mode and using the "LOAD" option.

If you have any questions about the use or operation of your NordicSport™ ski or the SportVision® interactive electronics, please call our Customer Satisfaction Department. Representatives are available to assist you.

1-800-445-2480

Customer Satisfaction Department hours:

Monday - Friday: 7 AM - 8 PM (Central standard time)

Saturday: 8 AM - 4:30 PM (Central standard time)

30-DAY RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the SportVision by NordicSport from NordicTrack. Should you decide to return any product, YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING SPORTVISION BY CALLING 1-800-445-2480.

1-YEAR LIMITED WARRANTY

NordicSport from NordicTrack, Inc., for one year from date of purchase of SportVision electronics, will repair or replace the unit should it prove to be defective in materials or workmanship. All shipping charges are the responsibility of the purchaser. 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, please call our Customer Satisfaction Department at 1-800-445-2480.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year 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 one year of date of purchase. 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.

