

NT 8510

NordicTrack's Fitness Rider



Owner's Guide

**ASSEMBLY, OPERATING INSTRUCTIONS
AND EXERCISE PROGRAMS**

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THE FOLLOWING PAGES CONTAIN IMPORTANT INFORMATION THAT WILL HELP YOU
MAXIMIZE YOUR WORKOUTS WITH THE FITNESS RIDER EXERCISER. BE SURE TO READ
THIS OWNER'S MANUAL THOROUGHLY BEFORE USING THE MACHINE.



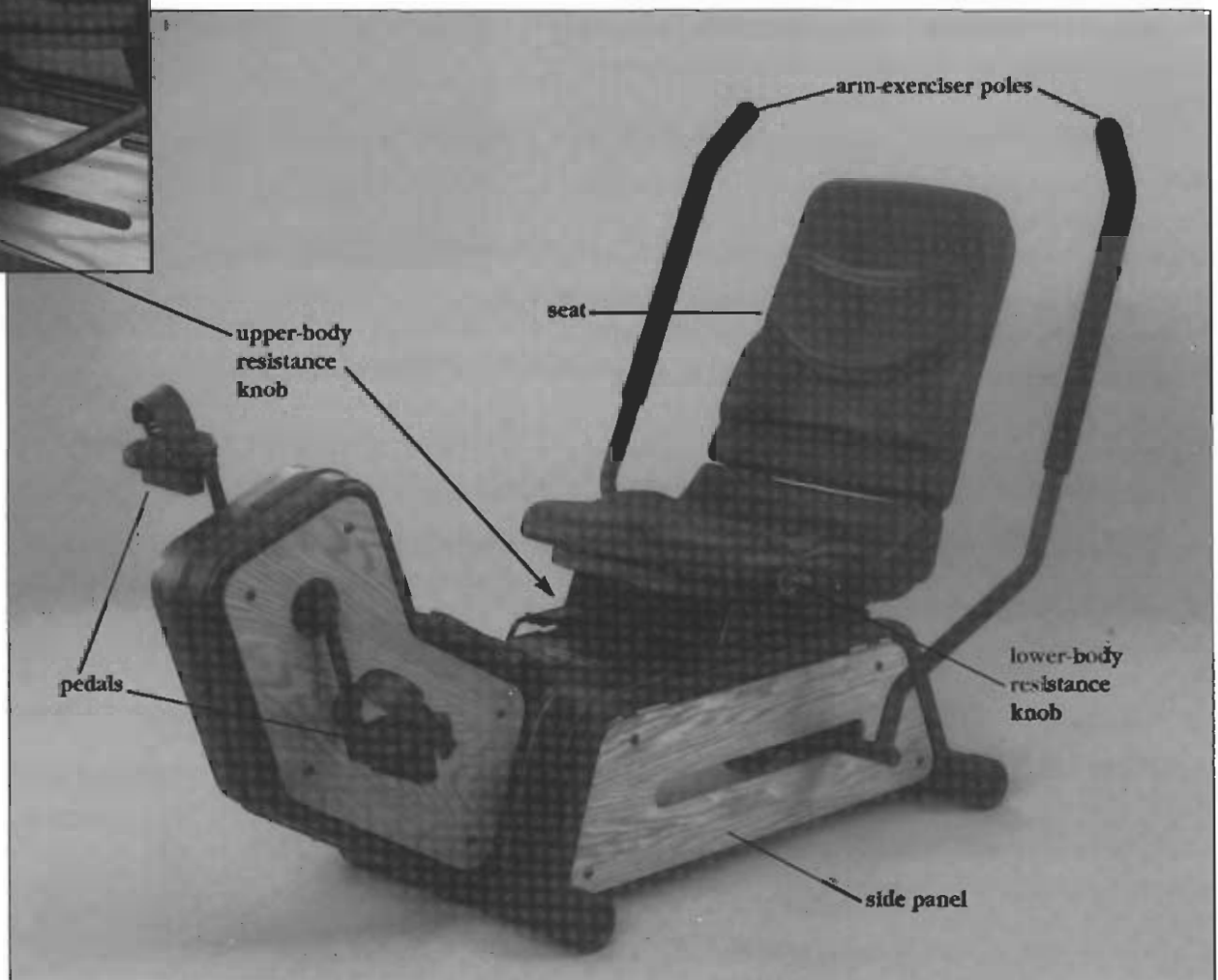
Welcome to the Fitness Rider

Congratulations! You have made an excellent investment in your health. NordicTrack's Fitness Rider™ exerciser combines a state-of-the-art recumbent cycle with an upper-body exerciser so you get a safe, effective total-body workout.

Recumbent cycling requires less exertion than upright biking because your lower body is at the same level as your heart. Plus, the comfortable seated position reduces stress on your back, neck and arms. Decreased exertion and improved comfort will enable you to reach your maximum fitness level in minimum time.

Whether you are just starting your fitness program or simply adding to your workout alternatives, the Fitness Rider will help you to meet your fitness objectives. You can improve your aerobic fitness, strengthen your muscles and feel great while you're doing it!

Please review the assembly, operation, and fitness information in this manual before you begin to use your machine. If you have any questions, please call our Customer Satisfaction Department at 1-800-553-6310. They will provide you with the quality service you can expect from NordicTrack, the leader in the fitness industry.



Customer Satisfaction Department

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Assembly

PARTS LIST

Base (1)
Black screws (2)
Resistance-knob bracket (1)
Workout monitor (1)

TOOLS PROVIDED

1/8" Allen wrench (1)
3/16" Allen wrench (1)
13mm socket (1)
Socket handle (1)
22" wire fish kit (1)

Unpack the Fitness Rider exerciser from the large box. We recommend unpacking your Fitness Rider where you intend to use it. Please retain all packing materials for at least 30 days.

NOTE: *Directional references in this manual assume you are seated on the machine.*

ATTACH THE RESISTANCE KNOB

1. Remove the resistance knob from the underside of the seat and take the packing material off the knob.
2. Position the resistance-knob bracket over the two holes on the left side of the Fitness Rider, just beneath the seat.
3. Insert the two black screws through the holes in the bracket and into the base of the machine.
4. Tighten the screws with the 1/8" wrench provided (Figure 1).

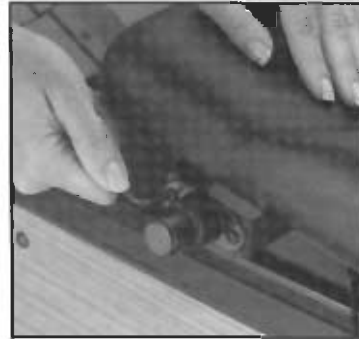


Figure 1:
Tighten the two black screws to attach the resistance knob bracket to the base of the Fitness Rider.

5. Position the resistance knob onto the bracket so the resistance-level indicator can be read while sitting in the seat (Figure 2).



Figure 2:
Position the resistance knob onto the bracket so that the resistance-level indicator can be read when you sit in the seat.

6. Tighten the knob to the bracket with a Phillips screwdriver.

INSTALL THE EXERCISE MONITOR

Follow the instructions included in the electronics package for the installation, programming and operation of your workout exercise monitor (Figure 3).



Figure 3:
Follow the instructions with your electronics package to install the exercise monitor.

Adjustable Features

NordicTrack's Fitness Rider® exerciser has several adjustable features to accommodate your stature and fitness level.

ADJUSTING THE RESISTANCE

Your Fitness Rider features two separate resistance adjustments. This allows you to select the resistance that meets your fitness goals and needs.

1. The upper-body resistance knob is located on the right side of the seat, near the floor. Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance (Figure 1).



Figure 1:
Turn the knob near the floor clockwise or counterclockwise to adjust the upper-body resistance.

2. The resistance knob for the recumbent cycle is found on the left side of the seat (Figure 2). Turn the knob clockwise to increase resistance and counterclockwise to decrease resistance. Never force the knob.



Figure 2:
Turn the knob clockwise or counterclockwise to adjust the recumbent cycle resistance.

ADJUSTING THE ARM-EXERCISER POLES

1. To use both the recumbent cycle and the upper-body exerciser, raise the arm-exerciser poles to the vertical position (Figure 3).



Figure 3:
Lift the arm-exerciser poles to the vertical position.

2. To use the recumbent cycle only, push the arm-exerciser poles toward the rear of the machine (Figure 4).



Figure 4:
Position the arm-exerciser poles toward the rear of the machine when they are not used.

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ADJUSTING THE FOOT STRAPS

There are multiple foot-strap settings. The straps should hold your feet snugly to the pedals without binding or causing discomfort.

1. To adjust the foot strap, pull upward on the strap and push the locking tab through the adjustment slot.
2. Align the locking tab with the desired adjustment slot in the strap and insert it through the slot (Figure 5).



Figure 5:
Insert the locking tab through one of the adjustment slots to adjust the foot straps.

3. Repeat steps one and two to adjust the remaining foot strap.

ADJUSTING THE SEAT

The seat of your Fitness Rider exerciser can be adjusted to allow for different leg lengths. Adjusting the position of the seat is similar to adjusting the seat position in an automobile.

1. To adjust the seat, pull up on the bar which is located under the right side of the seat (Figure 6).



Figure 6:
Pull up on the bar beneath the seat to adjust the seat position.

2. Put your feet on the floor and slide the seat to the desired position. Release the bar to lock the seat into position. Be sure the seat has locked into position before you begin exercising.

NOTE: Position the seat so that there is a slight bend in your knee when the pedal is in the extended position.

IMPORTANT: If you have adjusted the seat to its most forward position, but need to be closer to the pedals, you should follow the instructions for “Repositioning the Seat” on page 5.

REPOSITIONING THE SEAT

1. Lift the arm-exerciser poles to the vertical position.
2. Lay the machine on its LEFT side.

NOTE: Carefully lay the machine on its side. To avoid damaging the arm-exerciser poles, do not apply weight or pressure on the machine when it is on its side.

3. Turn the upper-body resistance knob counterclockwise until it is loosened from the arm-exerciser pole. Remove the knob and set it aside.

NOTE: There are two washers and a bearing that are kept in place by the knob. If they become dislodged when you remove the knob, replace them in the following order: washer, bearing, washer.

4. Use the 3/16" Allen wrench (provided) to remove the four screws from the wooden panel beneath the seat.
5. Lift the wooden panel away from the base and turn it ninety degrees until it is perpendicular to the machine (Figure 7).



Figure 7:
Lift the wooden panel away from the base and turn it ninety degrees until it is perpendicular to the machine. Then lift the panel up and off the arm-exerciser pole.

6. Lift the wooden panel over the bend in the arm-exerciser pole and slide it off the end of the pole.
7. Replace the upper-body resistance knob. Turn the knob clockwise until it is secure.

NOTE: Although you need to remove the knob in order to lift the wooden panel off the machine, it must be replaced to keep the hardware in position as you continue to reposition the seat.

8. Use the 13mm socket and handle to remove the two nuts that connect the right side of the seat to the base of the Fitness Rider (Figure 8).



Figure 8:
Use the 13mm socket and handle to remove the two nuts that secure the seat to the base.

9. Lay the machine on its RIGHT side and repeat steps four through six to remove the wooden panel from the left side of the base.
10. Return the machine to its upright position.
11. Use the 13mm socket and handle to loosen the two nuts that connect the left side of the seat to the base. Use one hand to stabilize the seat as you loosen the last nut. The seat may fall backward.
12. Lift the seat off the frame (Figure 9).



Figure 9:
Lift the seat off the frame.

13. Reposition the seat by aligning the four bolts beneath the chair with the four-hole pattern that is closest to the front of the machine (Figure 10).



Figure 10:

Align the four bolts on the underside of the chair with the four-hole pattern that is closest to the front of the machine.

14. Use the 13mm socket and handle to tighten the two nuts which secure the left side of the seat to the base.
15. Lay the machine on its RIGHT side.

16. Replace the wooden panel and secure it with the four screws that you removed earlier. Use the 3/16" Allen wrench to tighten the screws.

17. Lay the machine onto its LEFT side.

18. Remove the upper-body resistance knob so that you are able to replace the wooden panel. Turn the knob counterclockwise to remove it.

NOTE: There are two washers and a bearing that are kept in place by the knob. If they become dislodged when you remove the knob, replace them in the following order: washer, bearing, washer.

19. Repeat steps 14 and 16 to secure the seat and wooden panel on the right side of the machine.

20. Replace the upper-body resistance knob. Turn the knob clockwise until it is secure.

21. Return the machine to its upright position.

Operation

WE RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

The recumbent cycle of NordicTrack's Fitness Rider™ exerciser provides full back support and more comfort than upright bikes. Plus, it has an upper-body exerciser to provide you with challenging, total-body workouts. Learning to use the Fitness Rider is easy — and it will provide you with safe, effective workouts for years to come.

PROPER FORM

1. Sit in the seat with the balls of your feet on the pedals.
2. Adjust the foot straps so they hold your feet snugly to the pedals without binding or causing discomfort.
3. Remove your feet from the pedals to move the seat forward or backward. Adjust the seat so that there is a slight bend in your knee when your feet are placed in the pedals and your leg is in the extended position (Figure 1).



Figure 1:
Your knee should be slightly bent when your leg is extended.

CAUTION: To avoid joint strain and reduce the risk of injury, your legs should never extend to the point where your knees lock.

START WITH CYCLING ONLY

1. Push the arm-exerciser poles toward the rear of the machine.
2. Lightly grasp the molded handgrips on the underside of the seat (Figure 2).



Figure 2:
Grasp the molded handgrips beneath the seat. Your grip should be relaxed.

3. Begin to pedal. Strive for a smooth motion, keeping the pressure exerted against the pedal the same throughout the range of motion.

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NEXT, TRY THE UPPER-BODY EXERCISER

1. Raise the arm-exerciser poles to the vertical position.
2. Grasp the arm-exerciser poles slightly below shoulder height with your palms facing one another.
3. Place your feet flat on the floor.
4. Start the arm motion. You may choose from one of two arm motions described below (Figures 3 and 4).



Figure 3:

Pull both arms toward your body at the same time. Then extend both arms. This exercise resembles rowing.



Figure 4:

Alternate your arms so that when you extend your right arm, your left arm is pulled toward your body.

COMBINE THE CYCLE WITH THE UPPER-BODY EXERCISER

1. Raise the arm-exerciser poles to the vertical position.
2. Grasp the arm-exerciser poles slightly below shoulder height with your palms facing one another.
3. Begin to cycle.
4. Add the arm motion. You may choose from one of two arm motions shown below (Figures 5 and 6).



Figure 5:

While cycling, pull both arms toward your body at the same time, then extend them. This motion resembles rowing.



Figure 6:

While cycling, alternate your arms in harmony with your legs. Extend your left leg and pull your left arm toward your body. When your right leg is extended, pull with your right arm.

Your Personal Fitness Program



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

WE RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

SET GOALS FOR YOURSELF

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Keep your workouts fun — vary your exercise from day to day and season to season.

Below are some examples of typical goals:

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

EXERCISE PROGRESSION

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

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

1. WARM-UP

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

2. STRETCHING

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 11.

3. AEROBIC CONDITIONING

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity.

FREQUENCY

Frequency refers to the number of workouts per week. The recommended number of sessions is three to five days per week. Exercising four to five times per week maximizes fat reduction and cardiovascular development.

DURATION

Duration is the amount of time that the proper intensity level is maintained. The timer function of the monitor can help you track your workout. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should work out for 20 to 30 minutes; and highly fit people should work out for 30 to 60 minutes.

INTENSITY

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section on monitoring your heart rate.

MONITORING YOUR HEART RATE

The heart is used to monitor the intensity of an aerobic workout. To find your heart rate (pulse) use the Rule of Thumb described on page 10.

THE RULE OF THUMB

Stick your left thumb into the air and touch your left wrist, one-fourth of an inch from the thumb joint, with the pointer and middle fingers of your right hand. Your fingertips should almost touch the elevated tendon (Figure 1). Relax your left thumb and roll your left wrist parallel to the floor; your right pointer and middle fingers should remain in the same position and lay flat along your left wrist. Apply a minimal amount of pressure with the pointer and middle fingers — let the beat come to your fingers.



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

HELPFUL HINTS

- Lower your wrist below your heart level. This will make your pulse stronger and easier to feel.
- If you experience difficulty finding your pulse, try using the opposite wrist and hand. If this does not work, ask a friend to take your heart rate for you.

- The amount of pressure applied to your wrist should be the same as that needed to hold an uncooked egg between your thumb and fingers. Your fingernails should never appear white.

Exercising at 60 to 85 percent of your maximum heart rate enhances your body's ability to burn fat and increases your aerobic conditioning benefits. Your maximum heart rate (MHR) is equal to 220 less your age (in years). The chart below shows you the target heart-rate ranges for the beginner, intermediate and advanced exercisers. Use this chart to determine the intensity of your workout.

4. COOL-DOWN

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

5. STRENGTH TRAINING

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

6. STRETCHING

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

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

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

MHR = Maximum Heart Rate

Recommended Stretches



1. Shoulder Stretch

Pull your elbow across your chest using your free hand to cradle the elbow. Switch arms and repeat.



5. Lower Back and Hips Stretch

Pull each knee to your chest and then pull both knees to your chest at the same time.



2. Back and Arms Stretch

Pull your elbow behind your head. Keep your head facing forward. Switch arms and repeat.



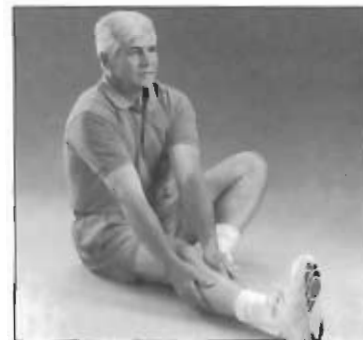
6. Inner-Thigh Stretch

Put your feet together and press your knees toward the floor.



3. Quadricep Stretch

Pull your heel slowly toward your buttocks. Switch legs and repeat.



7. Hamstring Stretch

Position your legs as shown and bend forward from your hips. Keep your back straight. Switch legs and repeat.



4. Calf Stretch

Extend one leg and keep the heel on the floor. Lean forward using a wall to maintain your balance. Switch legs and repeat.

NOTE: Hold each stretch for 15 to 30 seconds without bouncing.

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Exercises and Training Programs

The workout programs described on this page are recommendations. We suggest that you start with the beginner program and move on to the intermediate and advanced programs as your fitness level improves. Depending on your current fitness level, you may be able to skip a level.

EXERCISE DEFINITIONS



1. Cycling:

Cycle without using the upper-body exerciser.



2. Cycling with rowing:

While cycling, grasp the arm-exerciser poles and simultaneously pull them toward your body and then extend them. The motion resembles rowing.



3. Cycling with alternating arms:

While cycling, alternate your arms in harmony with your legs. Extend your left leg and pull your left arm toward your body. When your right leg is extended, pull with your right arm.



4. Upper-Body

Exercise (A):

Place your feet flat on the floor. Pull both arms toward your body at the same time. Then extend both arms. This exercise resembles rowing.



5. Upper-Body

Exercise (B):

Place your feet flat on the floor. Alternate your arms, so that when you extend your right arm, your left arm is pulled toward your body.

BEGINNER PROGRAM

Exercise: Cycling, Upper-body exercise (A or B)
Frequency: 3 times per week
Duration: 15 to 20 minutes per workout
Intensity: 60% to 65% of MHR

INTERMEDIATE PROGRAM

Exercise: Cycling with rowing or alternating arms
Frequency: 3 to 4 times per week
Duration: 20 to 30 minutes per workout
Intensity: 65% to 75% of MHR

ADVANCED PROGRAM

Exercise: Cycling with rowing or alternating arms
Frequency: 5 times per week
Duration: 30 to 60 minutes per workout
Intensity: 75% to 85% of maximum heart rate

Workout Log

We recommend photocopying this log before using it.

Date	Weight	Program	Duration	Distance	Leg Resistance	Total Calories Burned	Heart Rate

Maintenance

NordicTrack's Fitness Rider® exerciser is designed to require minimum maintenance. Performing the following maintenance procedures will help to ensure the safe and efficient operation of your Fitness Rider.

CLEAN YOUR FITNESS RIDER

We recommend that you wipe the seat and base with a clean, dry cloth after each workout.

OIL THE UPPER-BODY EXERCISER

There are six leather brake pads at the base of the upper-body exerciser. They are located beneath the seat and are easily accessible from behind it. If they begin to squeak, place a drop of light household oil on each pad and exercise for two to three minutes (using the arm-exerciser poles). Let the oil stand overnight and wipe off any excess oil before using your Fitness Rider.

NOTE: We recommend that you place protective covering over your floor before you oil the machine. Do not use too much oil or it may splatter.

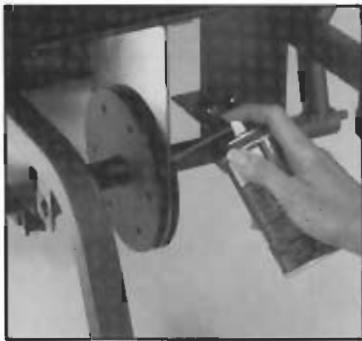


Figure 1:
Place a drop of household oil on each of the six brake pads.

OIL THE CHAIN

We recommend that you oil the chain once every six months — depending upon how often you use your Fitness Rider, the time between oilings may vary. If the chain needs oiling, it may look dull or dry; or you may notice that there is more noise when you cycle.

1. Lift the workout monitor out of its slot (Figure 2).

Unplug the cord from the receptacle on the back of the monitor. Set the monitor aside.



Figure 2:
Remove the workout monitor from the slot to access the chain.

2. Place one or two drops of household oil on the chain. **DO NOT OVEROIL.**
3. Plug the cord into the receptacle on the back of the workout monitor and return the monitor to its slot.

FLYWHEEL MAINTENANCE

You should inspect the flywheel if the tension becomes uneven or jerky — or after long periods of storage or disuse.

1. Lift the workout monitor out of its slot. Unplug the cord from the receptacle on the back of the monitor. Set the monitor aside.
2. Collapse the arm-exerciser poles toward the front of the machine until they touch the floor.
3. Adjust the cycle resistance to its lowest setting.
4. Carefully turn the machine upside down so that the bottom of the machine is toward the ceiling. The top of the seat and the front of the base (between the pedals) should be against the floor.
5. Disconnect the drag strap from the hook on the tension spring. Pay attention to the drag-strap routing. You will need to reconnect it in a later step. **Hold onto the drag strap as you inspect the flywheel. Do not drop the drag strap.**

6. Inspect the groove of the flywheel for **rust and** corrosion. If there is any, fold a piece of 100-grit sandpaper so that it fits into the groove.
7. Place the **sandpaper between the** drag strap and the flywheel so the grit is facing both the flywheel and the **drag strap**.
8. Reattach the drag strap to the hook on the tension spring.
9. Return the machine to its upright position.
10. Cycle for two to three minutes.
11. Repeat steps two through four to turn the machine upside down. **Hold onto the strap to prevent it from falling into the base.**
12. Disconnect the drag strap from the **tension spring**.
13. Remove the sandpaper. Wipe the flywheel and **drag strap** with a clean, dry cloth.
14. Reattach the drag strap to the hook on the tension spring and return the machine to its upright position.

CAUTION: DO NOT use any solutions that will leave a residue. NEVER place oil between the drag strap and the flywheel. This will damage the drag strap.

DRAG-STRAP MAINTENANCE

Inspect the **drag strap** for fraying or a gummy residue. We recommend that you inspect the drag strap and the flywheel at the same time.

1. Lift the workout monitor out of its slot. Unplug the cord from the receptacle on the back of the monitor. Set the monitor aside.
2. Collapse the arm-exerciser **poles** toward the front of the machine until they touch the floor.
3. Adjust the cycle resistance to its lowest setting.
4. Carefully turn the **machine upside down so that the** bottom of the machine is toward the ceiling. The top of **the seat and the front of the base (between the pedals)** should **be against the floor**.
5. Inspect the **drag strap for fraying** or a gummy residue. If either of these conditions exist, disconnect both ends of **the drag strap from the machine** and remove it. Pay attention to the **drag-strap routing**. You will need to replace it later.
6. Clean the drag strap with a dry brush or by snapping it as you would a belt. **NEVER wash the drag strap.**
7. Reverse the drag strap so the opposite side will be against the flywheel. **Reattach the drag strap as** described in the next **section, "Drag-Strap Routing."**

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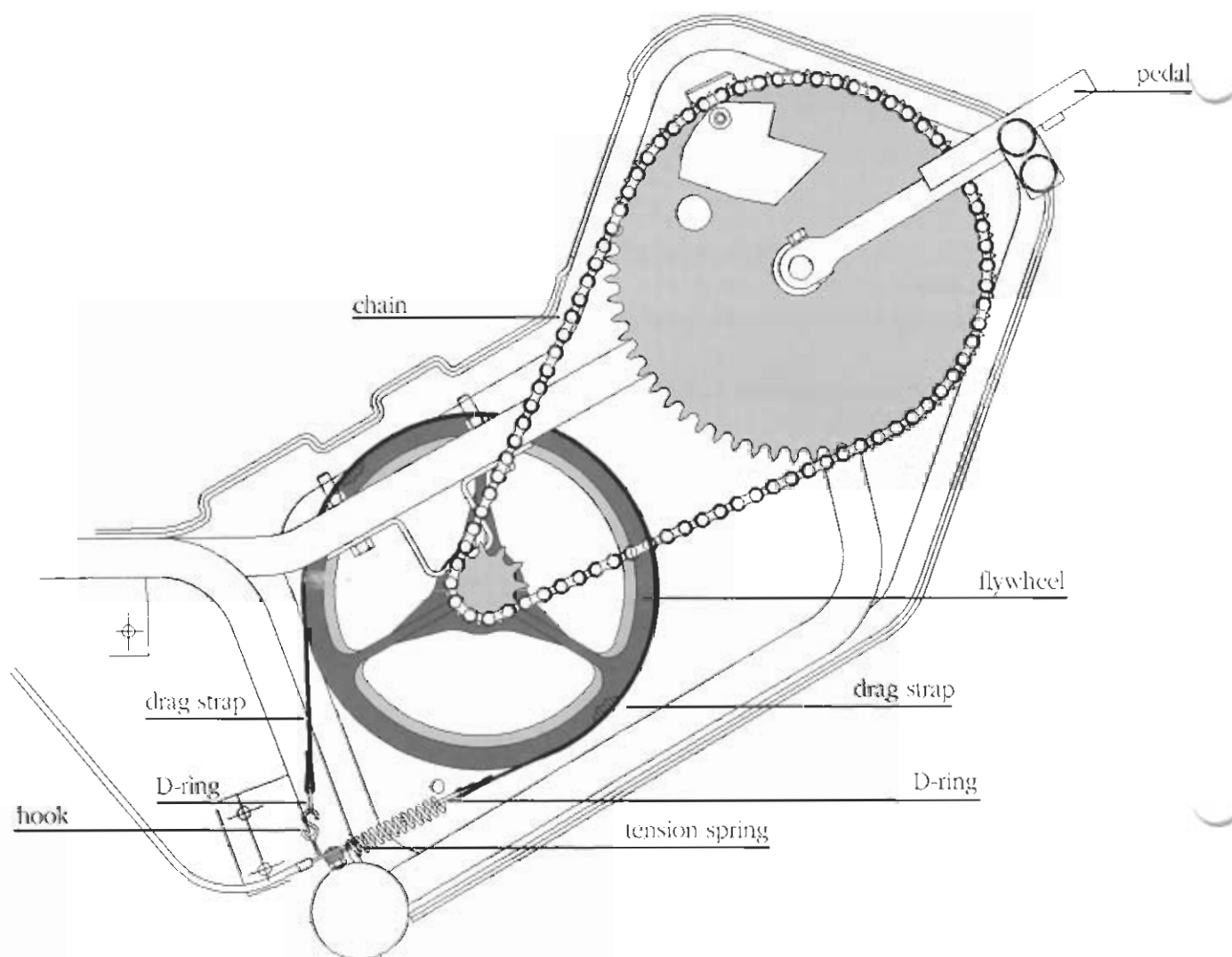
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DRAG-STRAP ROUTING

1. Attach one end of the drag strap to the hook on the tension spring.
2. Loop the other end of the drag strap over the top of the flywheel toward the front (the end with the pedals) of the unit. Drop the end of the drag strap out through the workout monitor slot.
3. Feed one end of the wire fish kit (provided) down the right side of the flywheel until it protrudes through the monitor slot.
4. With one hand, connect the end of the wire to the D-ring on the end of the drag strap you inserted through the slot in step two. Be sure to keep the entire length of the wire from falling through the slot.
5. Pull the wire (with the drag strap attached) up and toward the rear of the machine. Be sure that the drag strap does not twist.
6. Fit the drag strap around the flywheel and connect the D-ring to the hook. Be sure that the drag strap is fitted around the flywheel. The drag strap should not be twisted.
7. Disconnect the wire from the D-ring.



Customer Information

RETURN PRIVILEGE POLICY

There is a 30-day limited in-home trial period for NordicTrack's Fitness Rider™ exerciser. Please note that misuse, abuse or the commercial use of an in-home Fitness Rider will void the 30-day in-home trial and return privilege policy.

Should you decide to return the Fitness Rider, **you must notify our Customer Satisfaction Department before returning the product by calling 1-800-553-6310** to receive authorization and repacking instructions. When returned within the 30-day trial period, NordicTrack will refund the full price of the machine and arrange for the return of the Fitness Rider at NordicTrack's expense. **The original shipping charge is not refunded.**

It is the customer's responsibility to repack the Fitness Rider according to the instructions. Any damage resulting from improper packaging will be the responsibility of the customer.

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NORDICTRACK'S FITNESS RIDER TWO-YEAR LIMITED WARRANTY

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

To obtain service under this warranty, call our Customer Satisfaction Department at 1-800-553-6310. **All shipping costs to return NordicTrack's Fitness Rider and accessories are the responsibility of the purchaser; C.O.D. shipment will not be accepted.**

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

