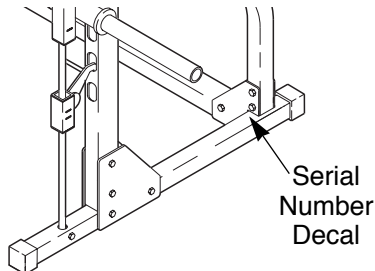


NordicTrack® *GRT 380*

Model No. NTBE05900

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

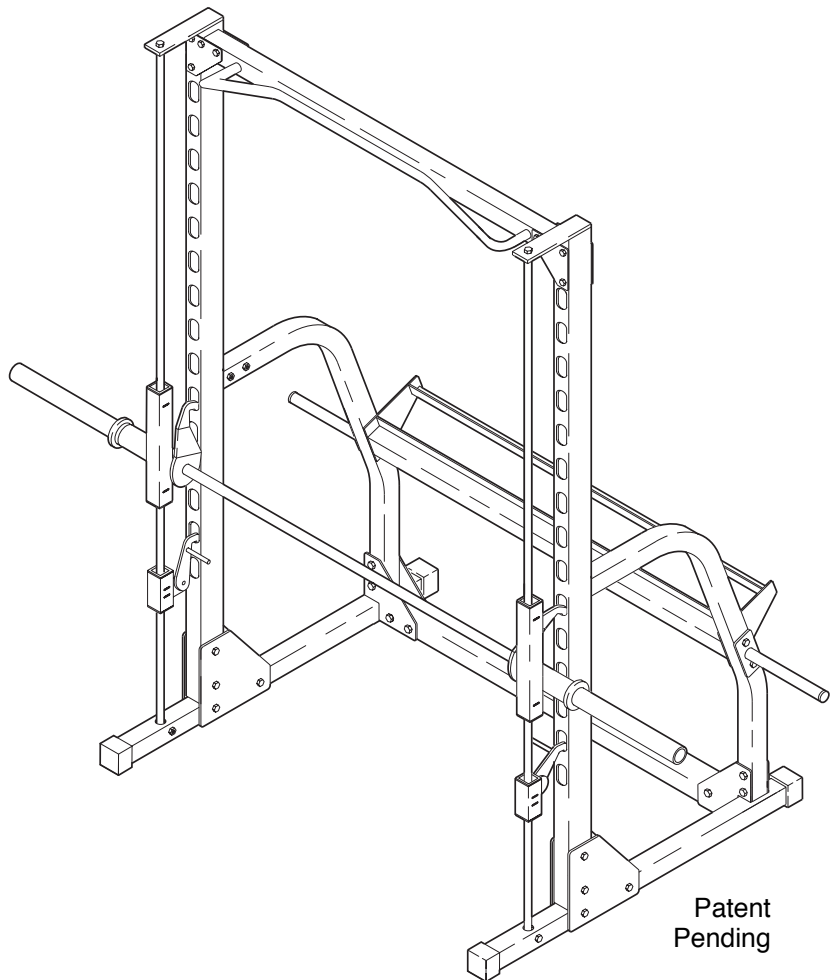
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-888-825-2588

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.nordictrack.com

new products, prizes,
fitness tips, and much more!

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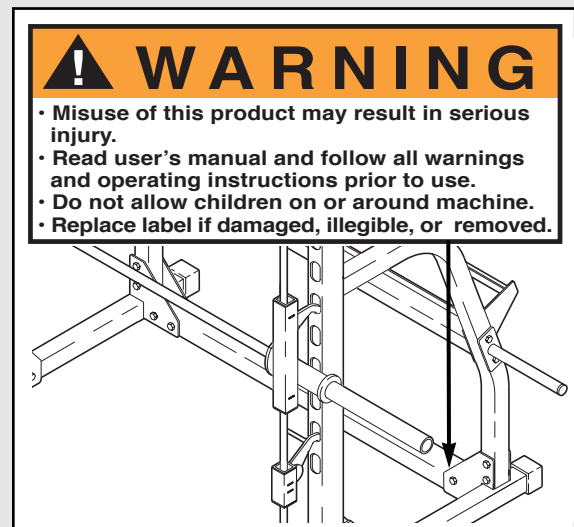
Important Precautions	3
Before You Begin	4
Part Identification Chart	5
Assembly	6
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Ordering Replacement Parts	Back Cover
Limited Warranty	Back Cover

Note: A Part List/Exploded Drawing is attached in the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in a commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor or carpet.
5. Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always make sure that there is an equal amount of weight (not included) on each side of the barbell.
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
11. Always set both safety spotters at the same height.
12. Do not place more than 310 pounds, including the barbell, on the weight gliders and safety spotters.
13. Always secure your weights (not included) with weight clips when they are mounted on the barbell.
14. The decal shown below has been placed on the weight rack in the indicated location. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588 to order a free replacement decal. Apply the decal in the indicated location.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

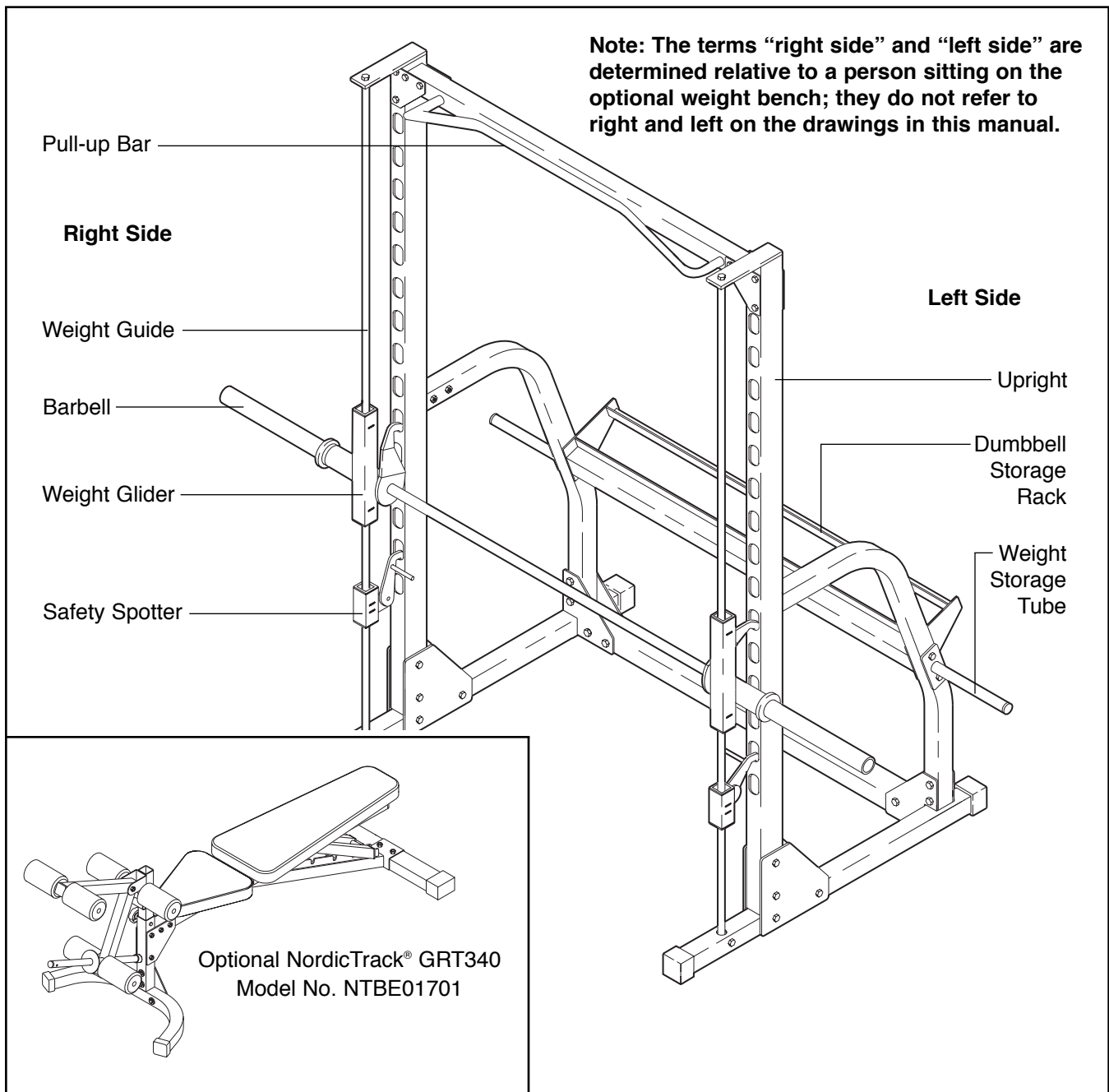
Before You Begin

Thank you for selecting the versatile NordicTrack® GRT380 weight rack. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the NordicTrack® GRT380 will help you achieve the specific results you want. In addition, the weight rack can be used with the optional NordicTrack® GRT340 weight bench, shown in the drawing below. To order the NordicTrack® GRT340, call 1-888-825-2588.

For your benefit, read this manual carefully before using the NordicTrack GRT380 weight rack. If you

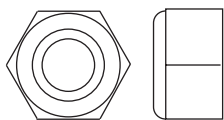
have additional questions, please call our Customer Service Department toll-free at 1-888-825-2588 Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTBE05900. The serial number can be found on a decal attached to the weight rack (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

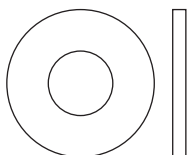




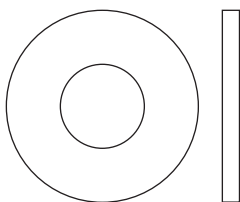
M8 Nylon Locknut (37)



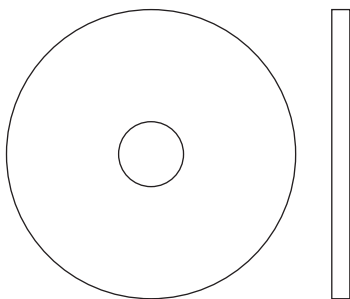
M10 Nylon Locknut (7)



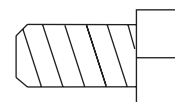
M8 Washer (35)



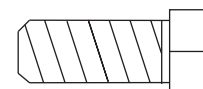
M10 Washer (3)



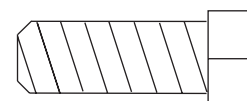
Large Washer (28)



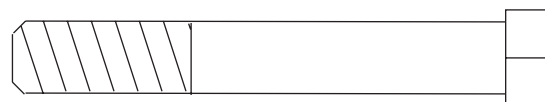
M8 x 16mm Screw (33)



M8 x 20mm Bolt (22)



M10 x 25mm Bolt (27)



M10 x 65mm Bolt (26)



M10 x 70mm Bolt (29)



M10 x 90mm Bolt (9)

Assembly

Before beginning assembly, carefully read the following information and instructions:

Make Things Easier for Yourself!

This manual is designed to ensure that the weight rack can be assembled successfully by anyone. By setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

Note: Some small parts may be pre-assembled.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.

Assembly may require the following tools (not included):

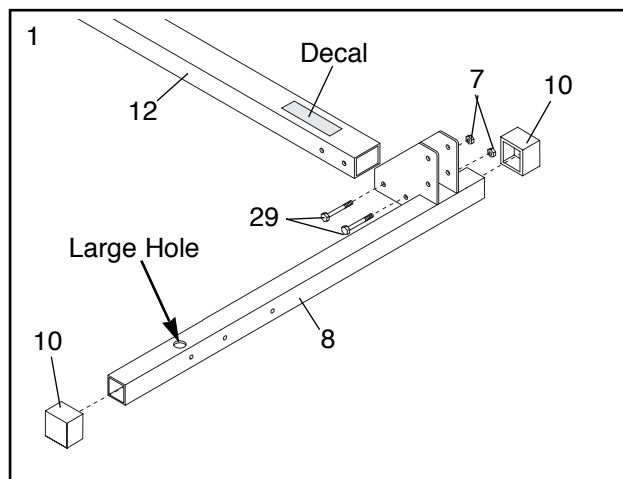
- **Two (2) adjustable wrenches** 
- **One (1) rubber mallet** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches or a set of ratchet wrenches.

1. **Before beginning, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

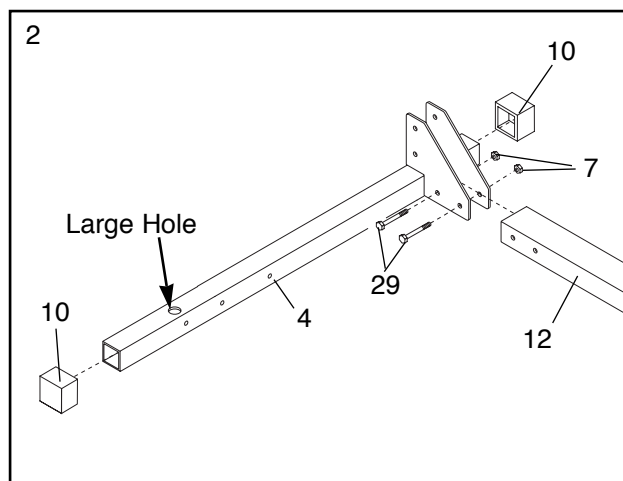
Press a 50mm Square Outer Cap (10) onto each end of the Left Base (8). Turn the Base so the large hole is in the position shown.

Turn the Base Crossbar (12) so the warning decal is on top. Attach the Left Base (8) to the Base Crossbar with two M10 x 70mm Bolts (29) and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



2. Press a 50mm Square Outer Cap (10) onto each end of the Right Base (4). Turn the Base so the large hole is in the position shown.

Attach the Right Base (4) to the Base Crossbar (12) with two M10 x 70mm Bolts (29) and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

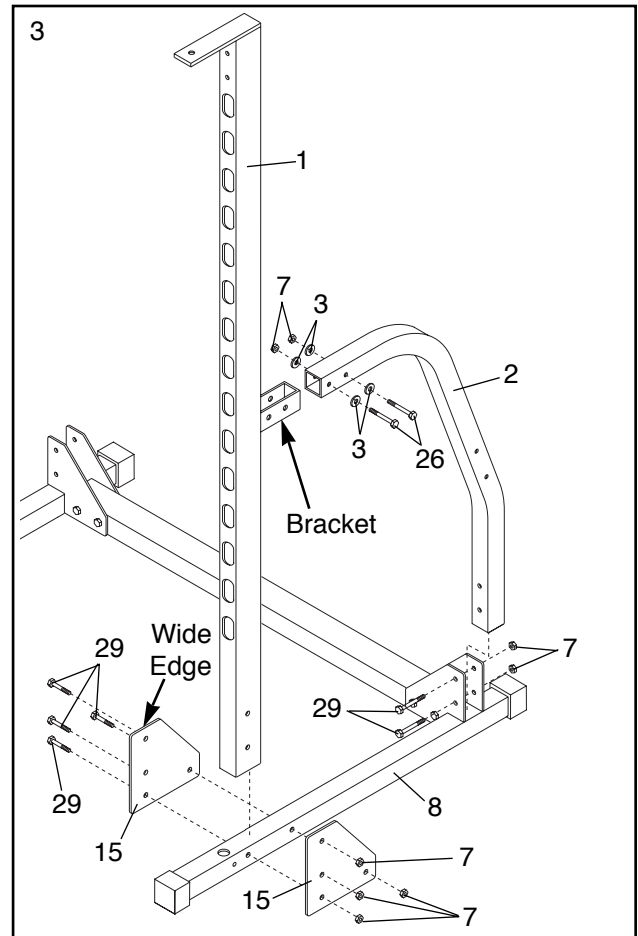


3. Slide a Brace (2) onto the bracket on one of the Uprights (1). Attach the Brace to the Upright with two M10 x 65mm Bolts (26), four M10 Washers (3), and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

Attach the Upright (1) to the Left Base (8) with two Lower Support Plates (15), four M10 x 70mm Bolts (29), and four M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

Attach the Brace (2) to the Left Base (8) with two M10 x 70mm Bolts (29) and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

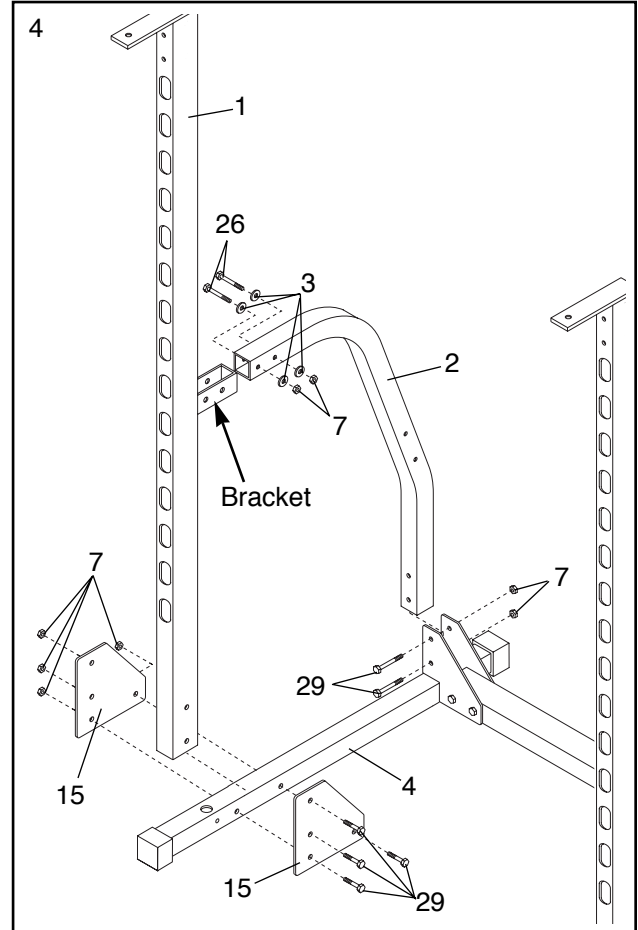
Note: The Lower Support Plate (15) has a wider edge than the Upper Support Plate (38).



4. Slide the remaining Brace (2) onto the bracket on the other Upright (1). Attach the Brace to the Upright with two M10 x 65mm Bolts (26), four M10 Washers (3), and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

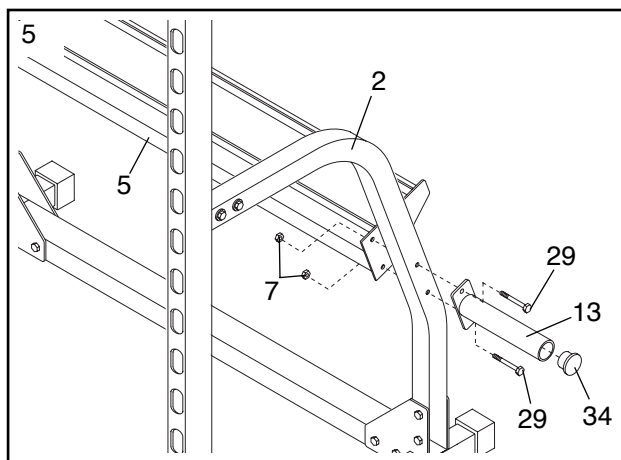
Attach the Upright (1) to the Right Base (4) with two Lower Support Plates (15), four M10 x 70mm Bolts (29), and four M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

Attach the Brace (2) to the Right Base (4) with two M10 x 70mm Bolts (29) and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



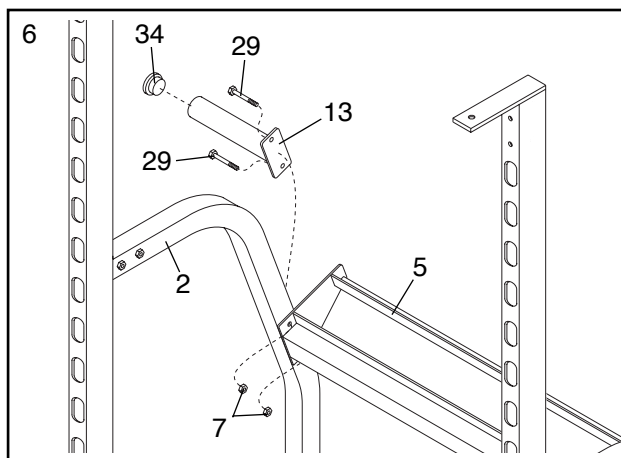
5. Press a 50mm Round Cap (34) into the end of a Weight Storage Tube (13).

While a second person holds the Middle Crossbar (5) in the position shown, insert two M10 x 70mm Bolts (29) through the bracket on the Weight Storage Tube (13), through the left Brace (2), and through the bracket on the Middle Crossbar. Thread an M10 Nylon Locknut (7) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



6. Press a 50mm Round Cap (34) into the end of the other Weight Storage Tube (13).

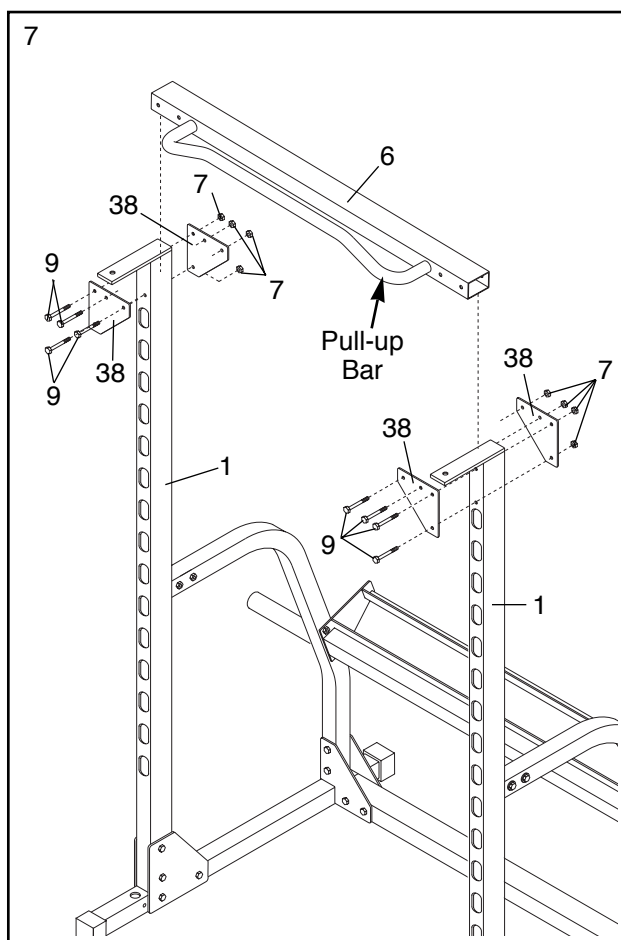
While a second person holds the Middle Crossbar (5), insert two M10 x 70mm Bolts (29) through the bracket on the Weight Storage Tube (13), through the right Brace (2), and through the bracket on the Middle Crossbar. Thread an M10 Nylon Locknut (7) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



7. Have a second person hold the Top Crossbar (6) between the Uprights (1). Make sure that the pull-up bar is on the side shown.

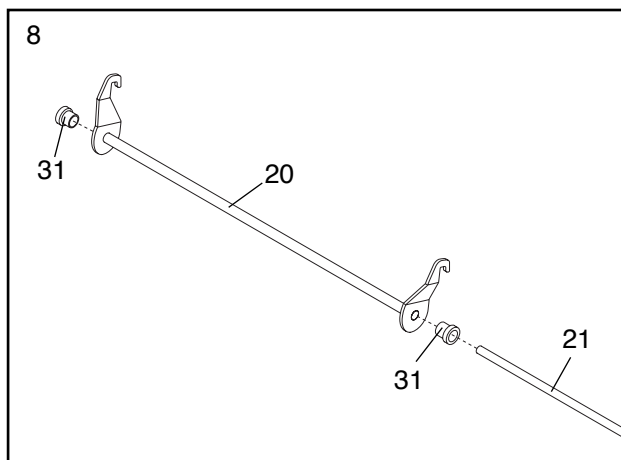
Attach the Top Crossbar (6) to the left Upright (1) with two Upper Support Plates (38), four M10 x 90mm Bolts (9), and four M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Crossbar (6) to the right Upright (1) with two Upper Support Plates (38), four M10 x 90mm Bolts (9), and four M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



8. Press a 25mm Bushing (31) into each end of the Locking Bar (20).

Insert the Barbell (21) through the Locking Bar (20) until the Barbell is centered in the Locking Bar.

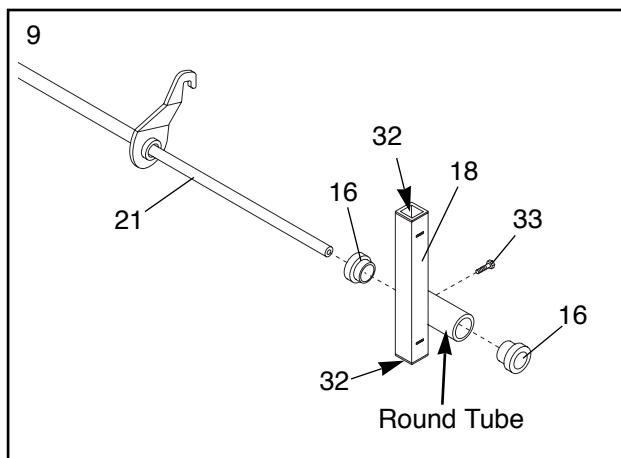


9. Identify the Left Weight Glider (18) by looking at the position of the round tube.

Press a 38mm Bushing (16) into each end of the round tube on the Left Weight Glider (18). Press two 45mm x 45mm Bushings (32) into the Left Weight Glider.

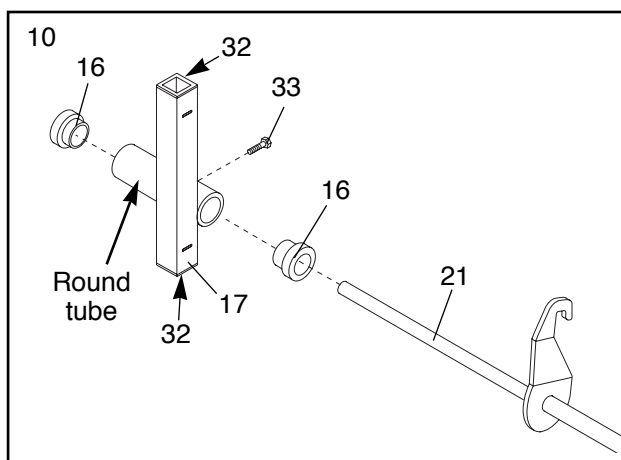
Slide the Left Weight Glider (18) onto the left end of the Barbell (21). Secure the Weight Glider to the Barbell with a M8 x 16mm Screw (33). **Do not tighten the Screw.**

Look at the drawing on page 4 to make sure that you have correctly identified the left end. The Left Weight Glider must be turned as shown in the drawing.



10. Press a 38mm Bushing (16) into each end of the round tube on the Right Weight Glider (17). Press two 45mm x 45mm Bushings (32) into the Right Weight Glider.

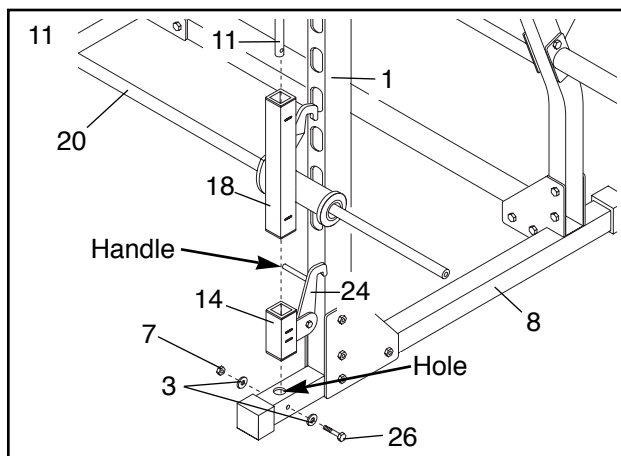
Slide the Right Weight Glider (17) onto the right end of the Barbell (21). Secure the Weight Glider to the Barbell with a M8 x 16mm Screw (33). **Do not tighten the Screw. Make sure that the Weight Glider is turned as shown in the drawing.**



11. Identify the left Safety Spotter (14) by the position of the handle on the Left Spotter Hook (24). Place the left Safety Spotter on the Left Base (8) so it is centered over the indicated hole.

Have a second person hold the Locking Bar (20) so that the Left Weight Glider (18) rests on top of the left Safety Spotter (14). Insert a Weight Guide (11) into the Left Weight Glider, the left Safety Spotter, and the hole in the Left Base (8). **Note: Tilt the Weight Guide away from the Upright (1) as you insert it.**

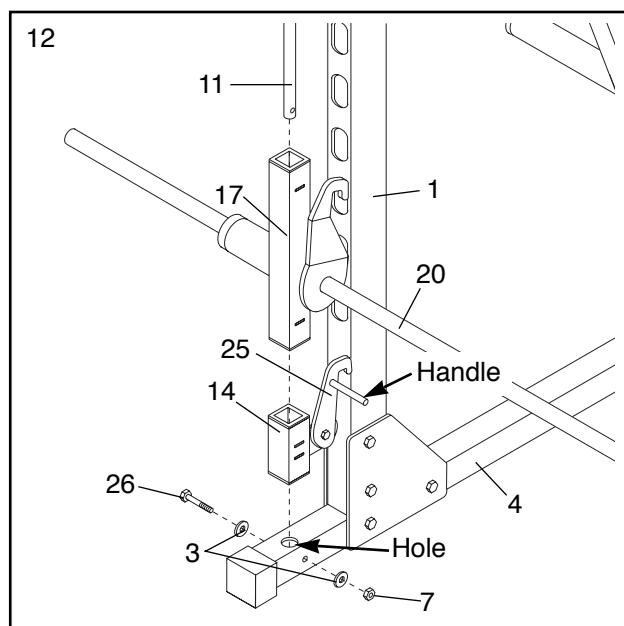
Attach the Weight Guide (11) to the Left Base (8) with an M10 x 65mm Bolt (26), two M10 Washers (3), and an M10 Nylon Locknut (7). **Do not tighten the Nylon Locknut yet.**



12. Place the right Safety Spotter (14) on the Right Base (4) and center it over the indicated hole. **Note: The handle on the Right Spotter Hook (25) must point toward the center of the rack.**

Have a second person hold the Locking Bar (20) so that the Right Weight Glider (17) rests on top of the right Safety Spotter (14). Insert a Weight Guide (11) into the Right Weight Glider, the right Safety Spotter, and the hole in the Right Base (4). **Note: Tilt the Weight Guide away from the Upright (1) as you insert it.**

Attach the Weight Guide (11) to the Right Base (4) with an M10 x 65mm Bolt (26), two M10 Washers (3), and an M10 Nylon Locknut (7). **Do not tighten the Nylon Locknut yet.**

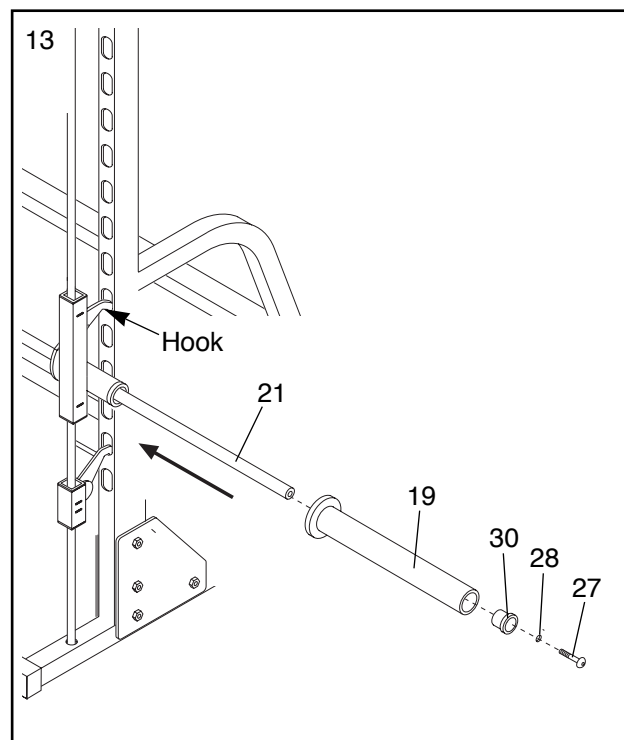


13. **Note: If you are not planning to use Olympic weights with the weight rack, you do not need to perform this step. Keep the two Weight Adapters (19) in a safe place in case you need them in the future.**

Fully engage the indicated hook on both sides of the weight rack before beginning this step.

Insert a 50mm Bushing (30) into the end of a Weight Adapter (19). With a second person holding the Barbell (21) so that it cannot turn, secure the Weight Adapter to the Barbell with a Large Washer (28) and an M10 x 25mm Bolt (27). **Note: The Large Washer must fit into the indentation in the 50mm Bushing (30) in the Weight Adapter.**

Pull the remaining length of the Barbell (21) in the direction shown. **Next, tighten the M8 x 16mm Screws (33) used in steps 9 and 10.** Attach the other Weight Adapter (19) to the other end of the Barbell (21) in the same manner.

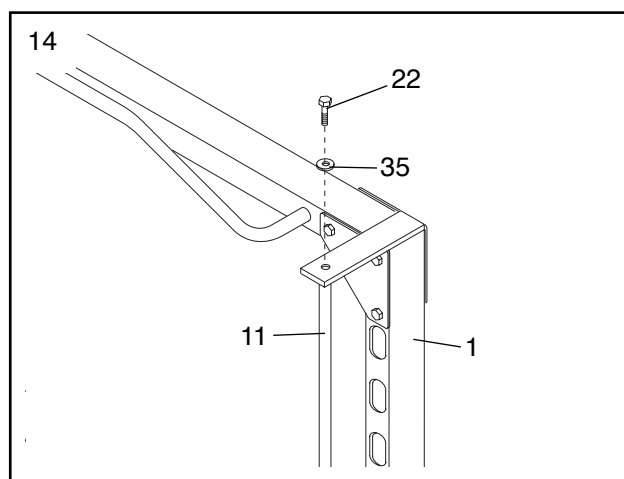


14. Attach the upper end of one of the Weight Guides (11) to the bracket on the Upright (1) with an M8 x 20mm Bolt (22) and an M8 Washer (35).

Attach the other Weight Guide (11) to the other Upright (1) in the same manner.

Tighten all of the Nylon Locknuts used in steps 1 to 14.

15. **Make sure that all parts are properly tightened before you use the weight rack.** The use of all remaining parts will be explained in Adjusting the Weight Rack starting on the following page.



Adjusting the Weight Rack

This section explains how the weight rack is adjusted. See the included exercise guide for important information about how to perform a variety of exercises and how to get the greatest benefit from your exercise program.

Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

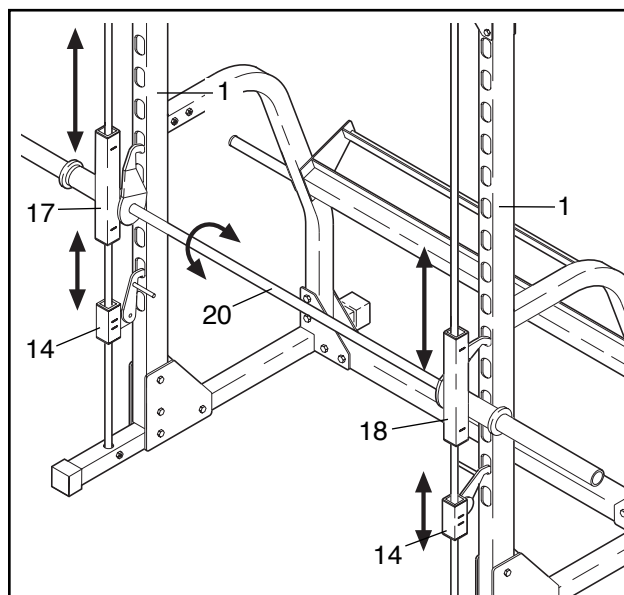
USING THE LOCKING BAR AND SAFETY SPOTTERS

Before starting an exercise, position the barbell (21) and the Safety Spotters (14) in the correct position for that exercise.

To do this, stand in front of the cage and grip the Locking Bar (20) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Uprights (1). Move the Locking Bar to a new position and turn the Locking Bar until the hooks engage the slots in the Uprights.

Note: Always start an exercise with the barbell positioned at the lowest point to which it will move during the exercise.

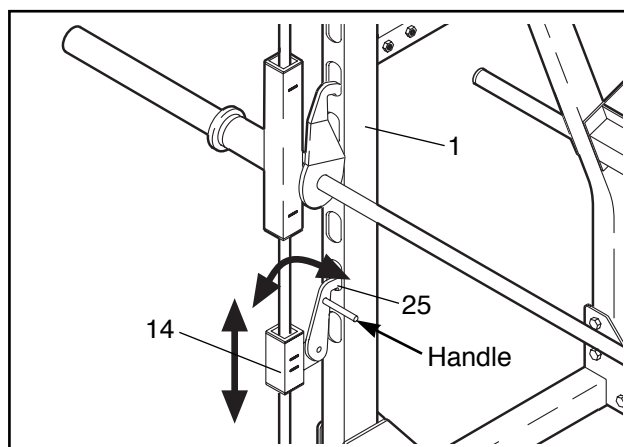
Position both Safety Spotters (14) directly under the Weight Gliders (17, 18).



USING THE SAFETY SPOTTERS

To move a Safety Spotter (14) to a new position, grip the handle on one side of the Spotter Hook (24 [not shown], 25) and pull the Spotter Hook out of the slot in the Upright (1). Raise or lower the Safety Spotter to a new position and turn the Spotter Hook until it engages one of the slots in the Upright.

⚠ WARNING: Always set both safety spotters at the same height.

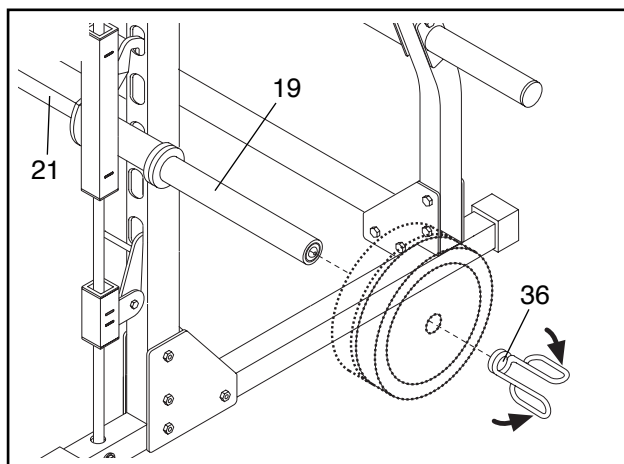


ATTACHING WEIGHTS TO THE BARBELL

To use the Barbell (21), slide the desired amount of weight (not included) onto each end of the Barbell. Secure the weights with the Large Weight Clips (36).

Note: To use standard weights, the Weight Adapters (19) should be removed from the Barbell (21). Attach weights to the Barbell with the Small Weight Clips (not shown).

⚠ WARNING: Do not place more than 310 pounds on the barbell. Always secure the weights with weight clips when they are on the barbell. Always place the same amount of weight on each side of the barbell.



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (NTBE05900)
- The NAME of the product (NordicTrack® GRT380 weight rack)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

Limited Warranty

WHAT IS COVERED—The entire NordicTrack® GRT380 weight rack ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

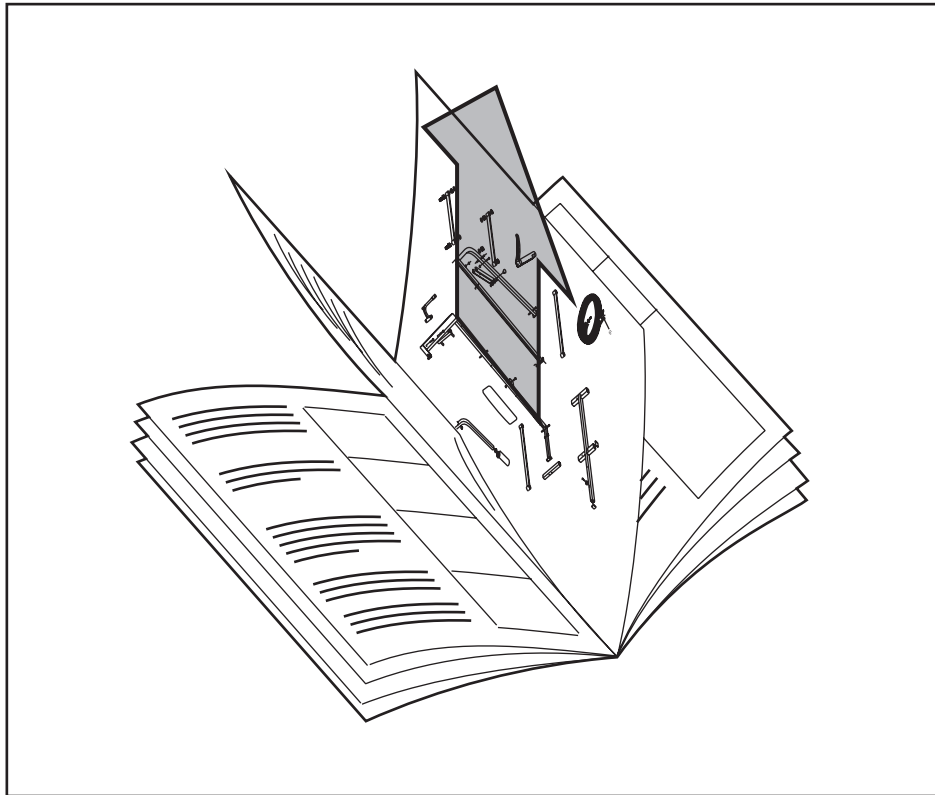
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

**REMOVE THIS PART LIST/EXPLODED DRAWING
FROM THE MANUAL**

**SAVE THIS PART LIST/EXPLODED DRAWING AND THE USER'S MANUAL
FOR FUTURE REFERENCE**



Part List—Model No. NTBE05900

R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	21	1	Barbell
2	2	Brace	22	4	M8 x 20mm Bolt
3	12	M10 Washer	23	2	Small Weight Clip
4	1	Right Base	24	1	Left Spotter Hook
5	1	Middle Crossbar	25	1	Right Spotter Hook
6	1	Top Crossbar	26	6	M10 x 65mm Bolt
7	34	M10 Nylon Locknut	27	2	M10 x 25mm Bolt
8	1	Left Base	28	2	Large Washer
9	8	M10 x 90mm Bolt	29	20	M10 x 70mm Bolt
10	4	50mm Square Outer Cap	30	2	50mm Bushing
11	2	Weight Guide	31	2	25mm Bushing
12	1	Base Crossbar	32	8	45mm x 45mm Bushing
13	2	Weight Storage Tube	33	2	M8 x 16mm Screw
14	2	Safety Spotter	34	2	50mm Round Cap
15	4	Lower Support Plate	35	2	M8 Washer
16	4	38mm Bushing	36	2	Large Weight Clip
17	1	Right Weight Glider	37	2	M8 Nylon Locknut
18	1	Left Weight Glider	38	4	Upper Support Plate
19	2	Weight Adapter	#	1	User's Manual
20	1	Locking Bar	#	1	Exercise Guide

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

Exploded Drawing—Model No. NTBE05900

R1000A

