

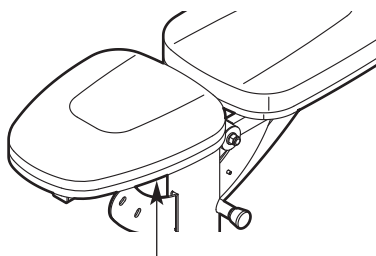
NordicTrack® E125

www.nordictrack.com

Model No. NTBE1076.1

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

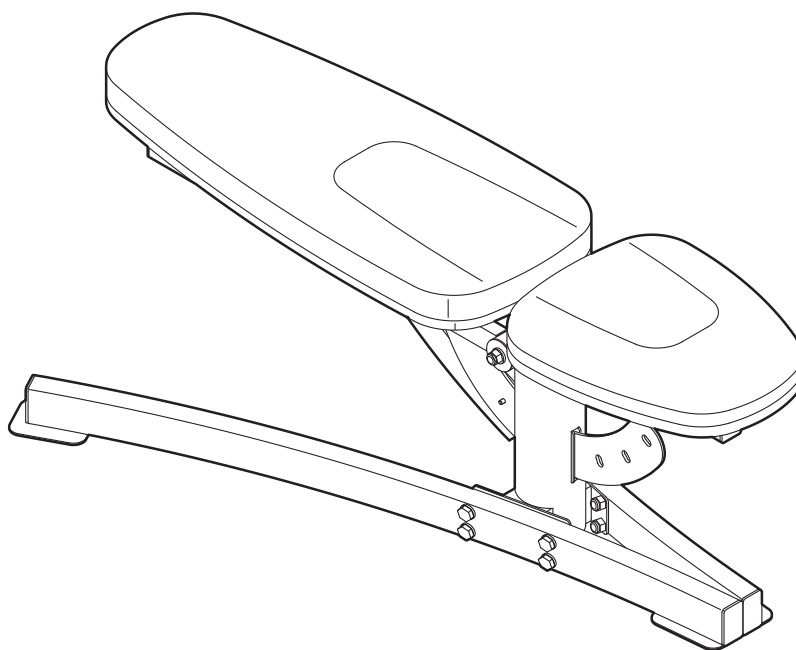
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



⚠ CAUTION

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

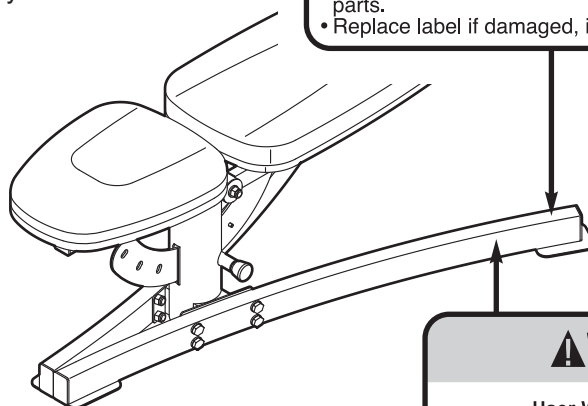


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

⚠ WARNING

User Weight: Max 300 LBS
 Weight Crutch: Max 110 LBS
 Leg Developer: Max 50 LBS
 Weight Carriage: Max 110 LBS
 Chest Fly Per Arm: Max 30 LBS

Product may not offer all listed exercises.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the weight bench at all times.
8. Keep hands and feet away from moving parts.
9. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not use the weight bench with more than 210 lbs. (95 kg) of weight.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

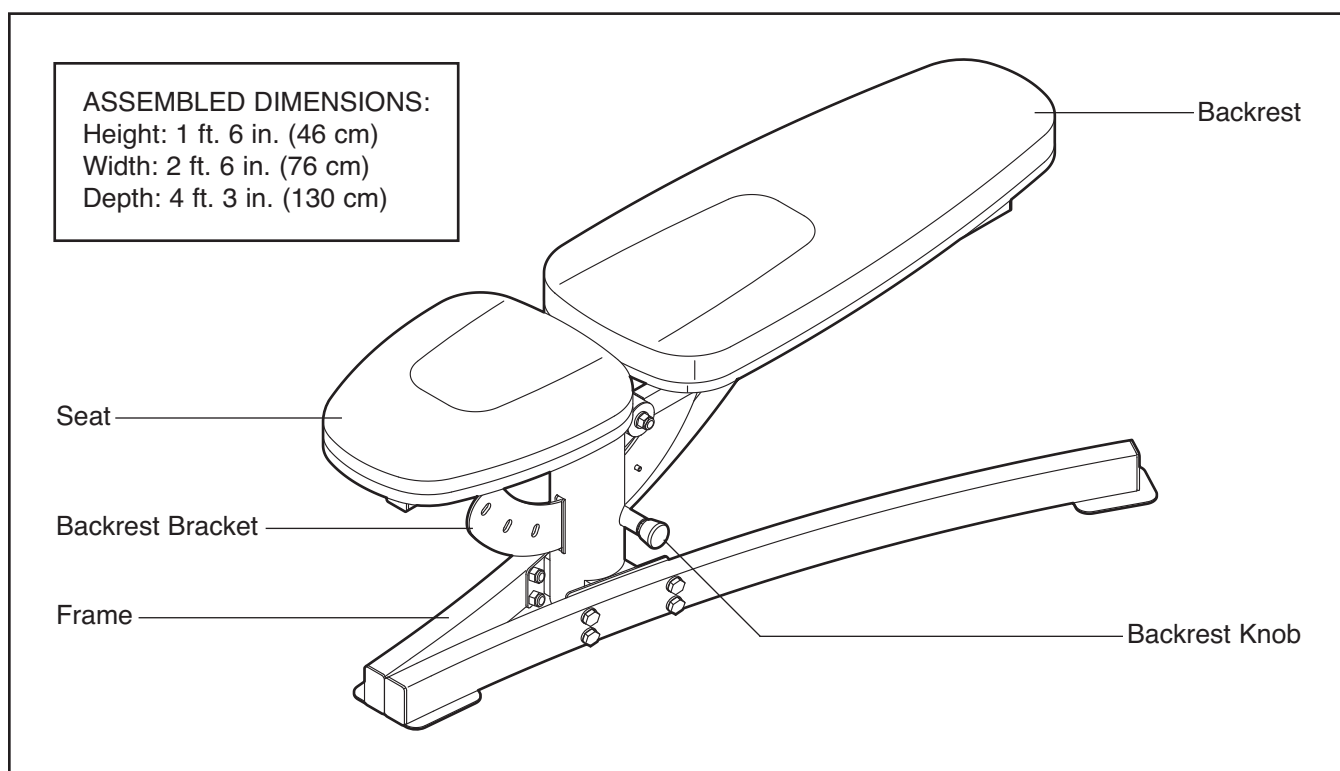
BEFORE YOU BEGIN

Thank you for purchasing the versatile NordicTrack® E 125 weight bench. The E 125 weight bench is designed to be used with your own weights to develop the major muscles of your upper body.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this

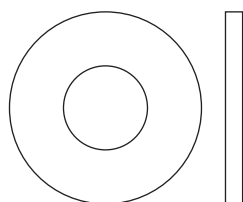
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



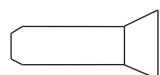
M10 Washer (22)



M6 Washer (23)



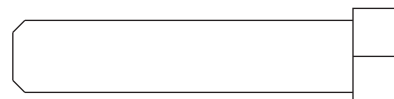
M10 Locknut (24)



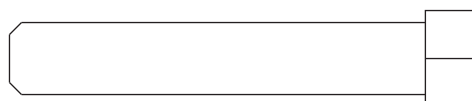
M5 x 15mm
Screw (21)



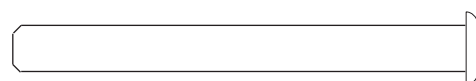
M6 x 25mm
Screw (20)



M10 x 45mm Bolt (18)



M10 x 55mm Screw (16)



M6 x 60mm Screw (19)



M10 x 256mm Bolt (17)

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART above.

- The following tools (not included) may be required for assembly:

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



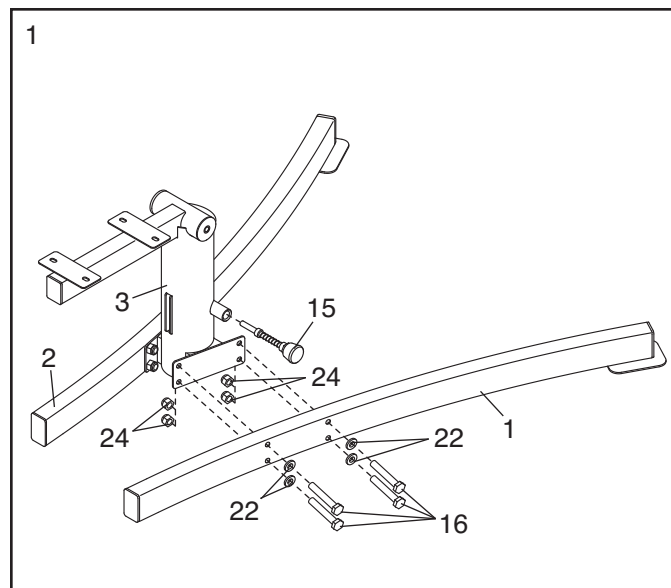
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **To make assembly easier, read the information on page 5 and use the PART IDENTIFICATION CHART on page 5.**

Attach the Left Frame (1) to the Seat Frame (3) with four M10 x 55mm Bolts (16), four M10 Washers (22), and four M10 Locknuts (24). **Do not tighten the Locknuts yet.**

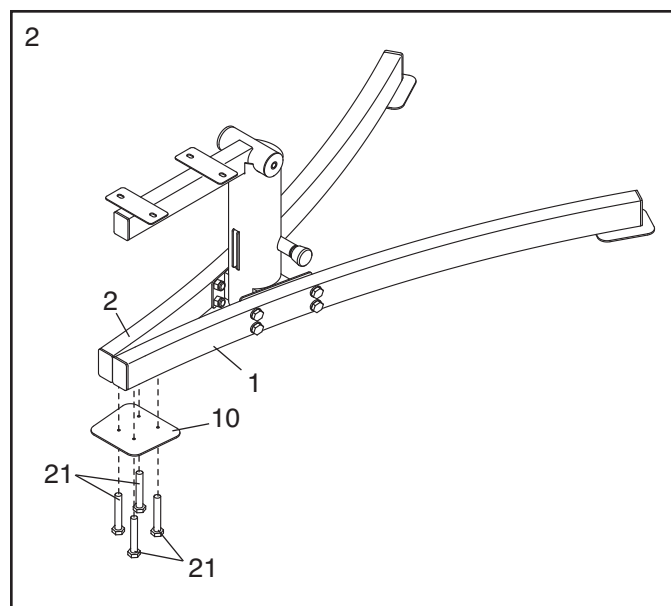
Attach the Right Frame (2) to the Seat Frame (3) in the same way.

Tighten the Backrest Knob (15) into the Seat Frame (3).

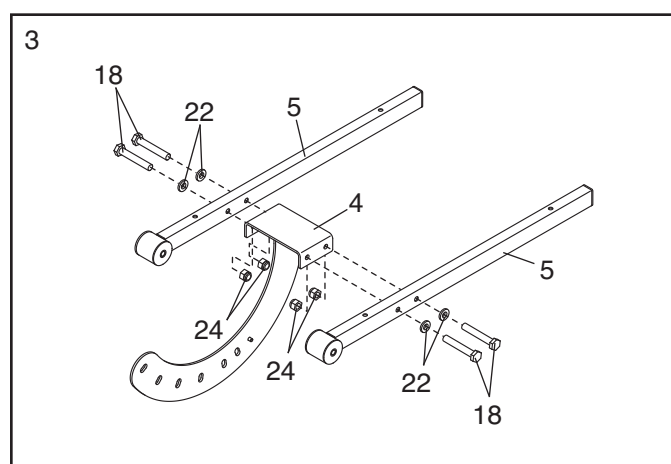


2. Attach the Foot Plate (10) to the Left and Right Frames (1, 2) with four M5 x 15mm Screws (21).

See step 1 and tighten the M10 Locknuts (24).

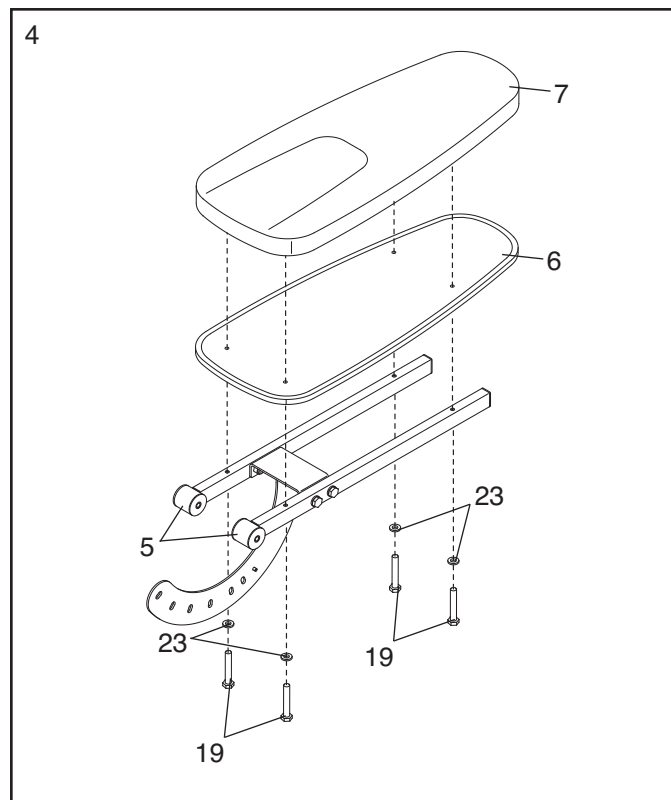


3. Attach the two Backrest Frames (5) to the Backrest Bracket (4) with four M10 x 45mm Bolts (18), four M10 Washers (22), and four M10 Locknuts (24). **Do not tighten the Locknuts yet.**



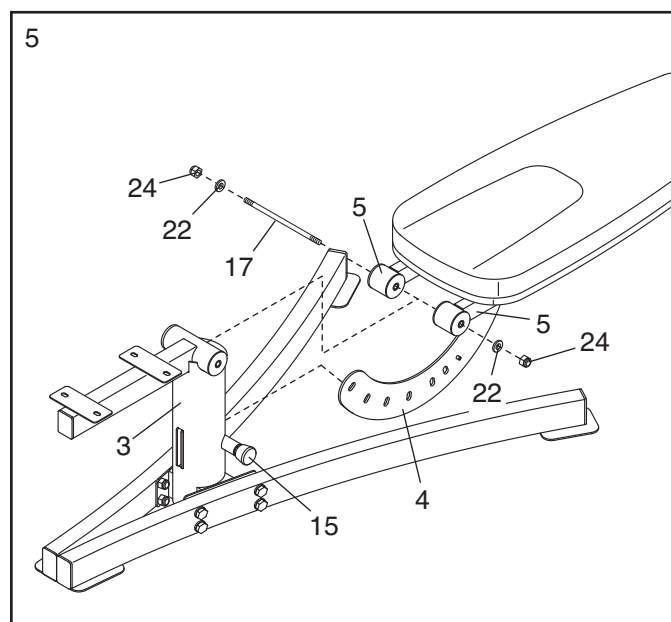
4. Attach the Backrest Plate (6) and the Backrest (7) to the Backrest Frames (5) with four M6 x 60mm Screws (19) and four M6 Washers (23).

See step 3 and tighten the M10 Locknuts (24).

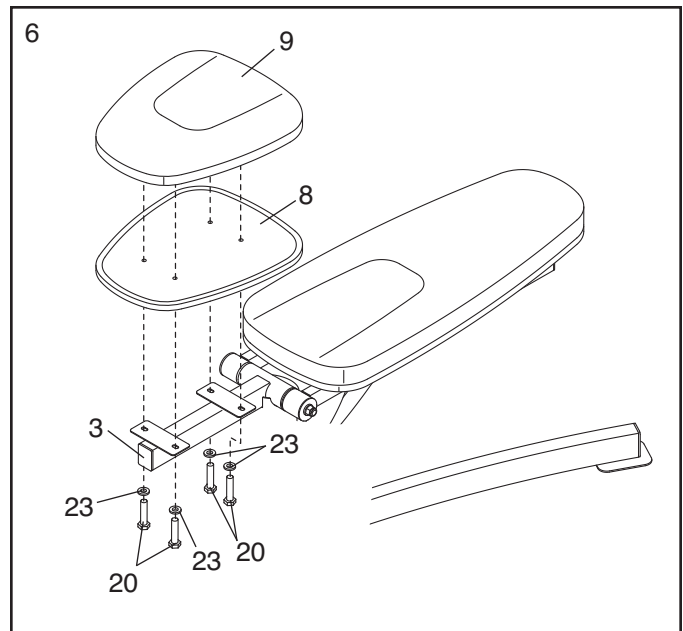


5. Pull the Backrest Knob (15) out as far as it will go. Insert the Backrest Bracket (4) into the Seat Frame (3), and engage the Backrest Knob in one of the holes in the Backrest Bracket. **Make sure that the Back Rest Knob is securely engaged in a hole.**

Apply a small amount of the included grease to an M10 x 256mm Bolt (17). Attach the Backrest Frames (5) to the Seat Frame (3) with the Bolt, two M10 Washers (22), and two M10 Locknuts (24). **Do not overtighten the Locknuts; the Backrest must pivot freely.**



6. Attach the Seat Plate (8) and the Seat (9) to the Seat Frame (3) with four M6 x 25mm Screws (20) and four M6 Washers (23).



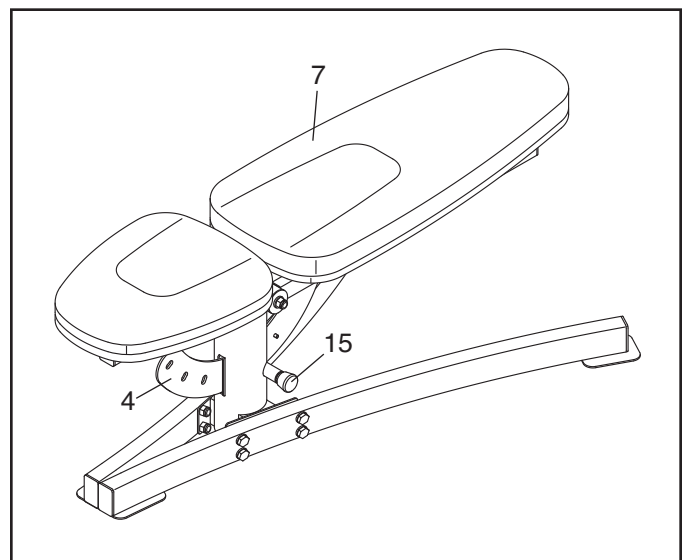
7. Make sure that all parts are properly tightened before you use the weight bench.

ADJUSTMENT

This section explains how to adjust the weight bench. See the accompanying exercise guide to see the correct form for each exercise. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

ADJUSTING THE BACKREST

To adjust the Backrest (7), pull the Backrest Knob (15), raise or lower the Backrest, and then slowly release the Backrest Knob. Make sure that the Backrest Knob is engaged in one of the holes in the Backrest Bracket (4).



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each strength workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST—Model No. NTBE1076.1

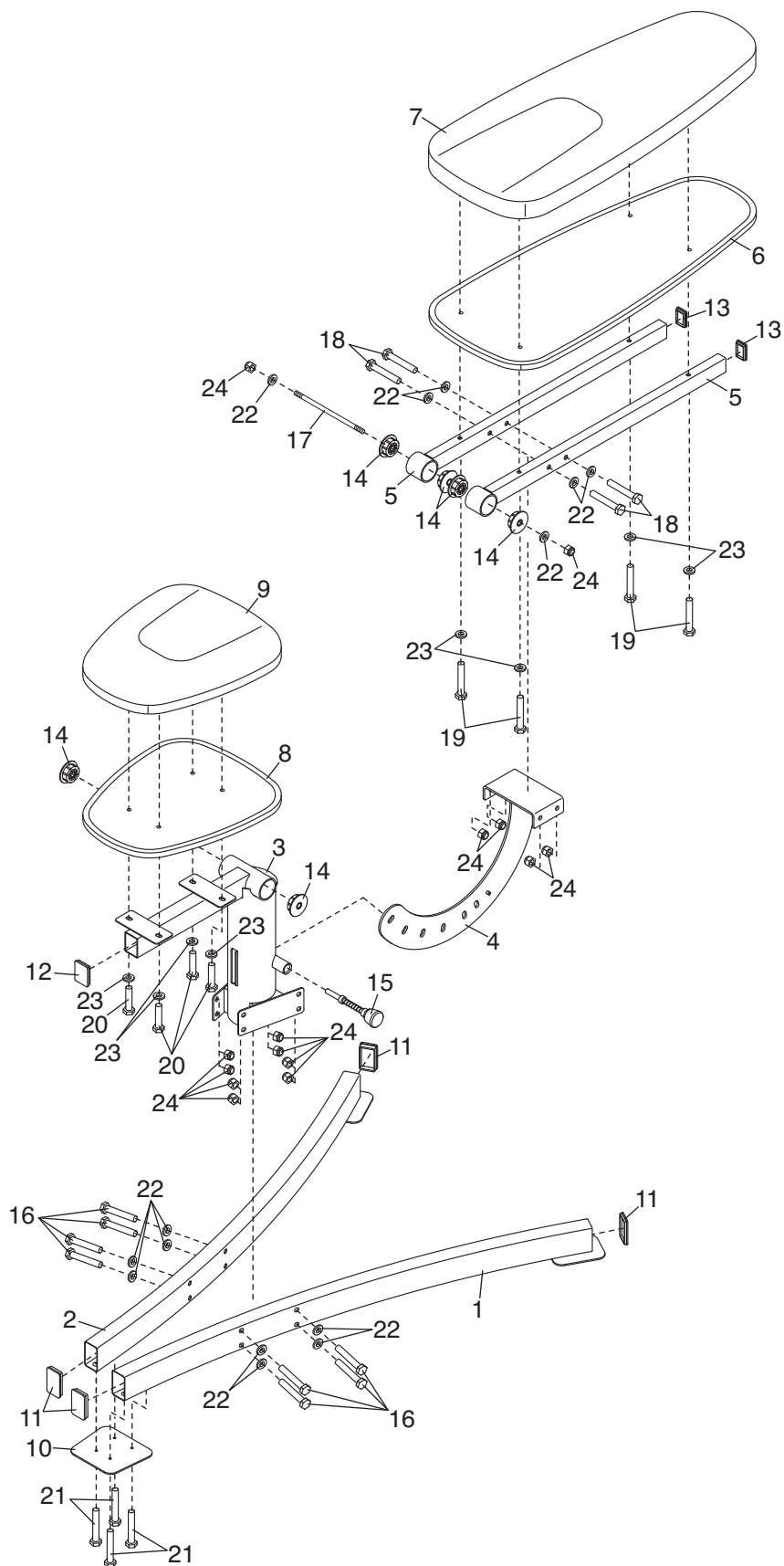
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Frame	15	1	Backrest Knob
2	1	Right Frame	16	8	M10 x 55mm Bolt
3	1	Seat Frame	17	1	M10 x 256mm Bolt
4	1	Backrest Bracket	18	4	M10 x 45mm Bolt
5	2	Backrest Frame	19	4	M6 x 60mm Screw
6	1	Backrest Plate	20	4	M6 x 25mm Screw
7	1	Backrest	21	4	M5 x 15mm Screw
8	1	Seat Plate	22	14	M10 Washer
9	1	Seat	23	8	M6 Washer
10	1	Foot Plate	24	14	M10 Locknut
11	4	38mm x 63mm Cap	*	—	User's Manual
12	1	38mm x 50mm Cap	*	—	Grease Packet
13	2	25mm x 38mm Cap	*	—	Exercise Guide
14	6	Bushing			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. NTBE1076.1

R0909A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 are limited in their 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.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813