

NordicTrack®

FUSION CST

Wall-Mounted Squat Pulley Base

www.nordictrack.com

Model No. NTMC19114.0

ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

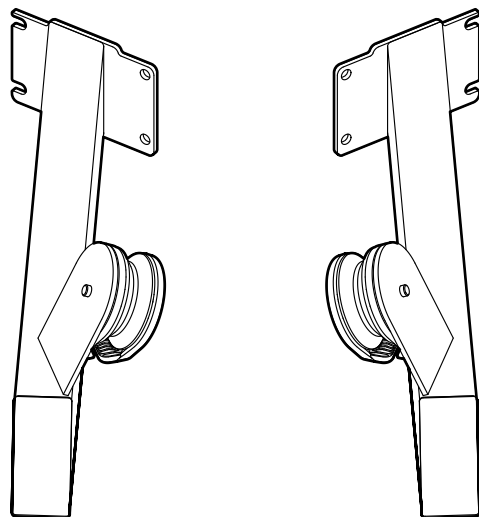


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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the squat pulley base are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The squat pulley base is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the squat pulley base by someone responsible for their safety.
4. Use the squat pulley base only as described in this manual.
5. The squat pulley base is intended for home use only. Do not use the squat pulley base in a commercial, rental, or institutional setting.
6. Keep the squat pulley base indoors, away from moisture and dust. Do not put the squat pulley base in a garage or covered patio, or near water.
7. Place the squat pulley base on a level surface with at least 6 ft. (1.8 m) of clearance around the squat pulley base. To protect the floor or carpet from damage, place a mat under the squat pulley base.
8. Inspect and properly tighten all parts each time the squat pulley base is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the squat pulley base at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the squat pulley base. Always wear athletic shoes for foot protection.
11. Keep hands and feet away from moving parts.
12. Make sure that the ropes remain on the pulleys at all times. If the ropes bind while you are exercising, stop immediately and make sure that the ropes are on the pulleys.
13. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



ASSEMBLY

- Assembly requires one person.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- Assembly requires the following tools:

one adjustable wrench



Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. The **Squat Pulley Base** (NTMC19114) is an accessory designed to be used with the **Wall-Mounted Main Unit** (NTSY19014) strength system.

Read the options below and choose the applicable assembly instructions:

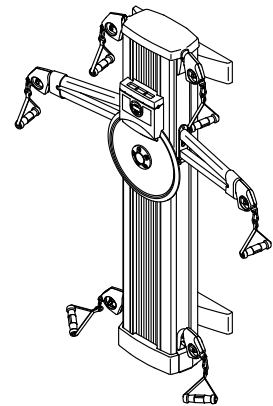
If you previously purchased and assembled the **Wall-Mounted Main Unit** in your home, follow the assembly steps in this manual.

If you purchased the **Wall-Mounted Main Unit and the Squat Pulley Base** at the same time and have not yet assembled them, follow the assembly steps in the manual included with the Wall-Mounted Main Unit (NTSY19014).

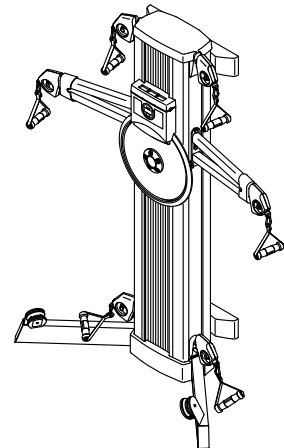
Tip: If you have misplaced the NTSY19014 manual, you can go to the following website to search for and download a PDF file of the manual: www.iconservice.com/CustomerService/manuals.do

1

If the **Wall-Mounted Main Unit** (NTSY19014) is already assembled in your home, **follow the assembly steps in this manual**



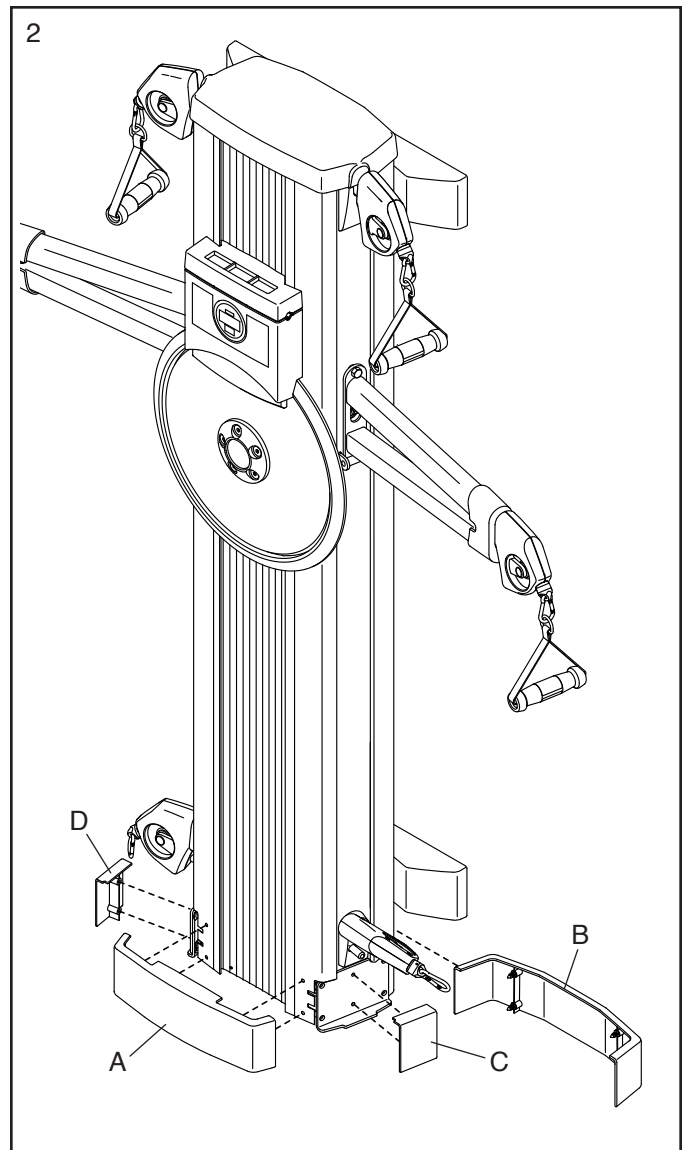
If the **Wall-Mounted Main Unit and Squat Pulley Base** (NTSY19014, NTMC19114) were purchased together and are not yet assembled, **follow the assembly steps in the NTSY19014 manual included with the Wall-Mounted Main Unit** (NTSY19014)



2. Remove the Front and Rear Bottom Covers (A, B) and the Right and Left Side Covers (C, D) from the strength system.

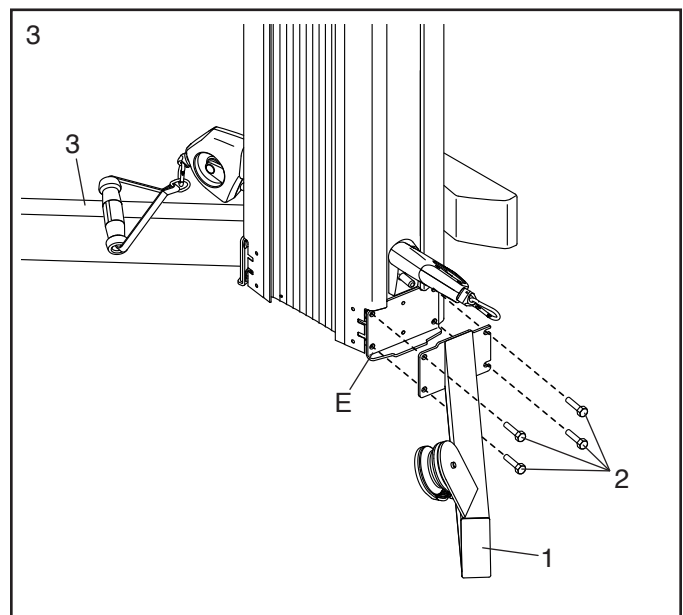
Set the Front and Rear Bottom Covers (A, B) aside until step 4.

Note: Save the Right and Left Side Covers (C, D) in case you need to use them in the future.

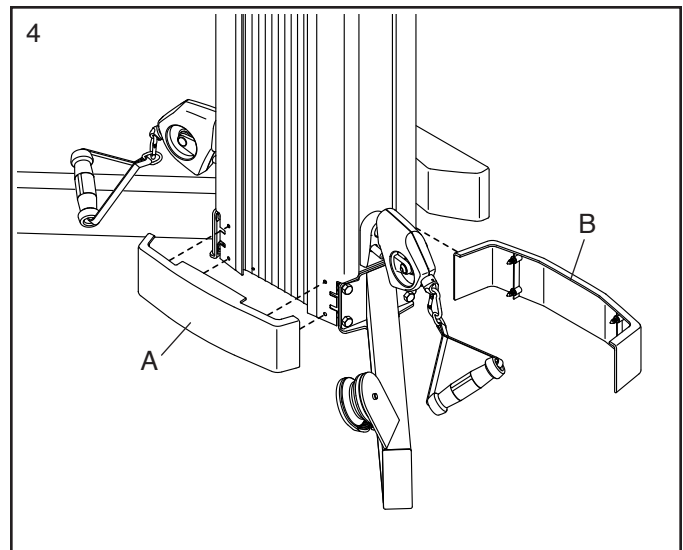


3. Attach the Right Leg (1) to the right side of the Frame (E) with four M10 x 25mm Screws (2); start all the Screws, and then tighten them.

Attach the Left Leg (3) in the same way.



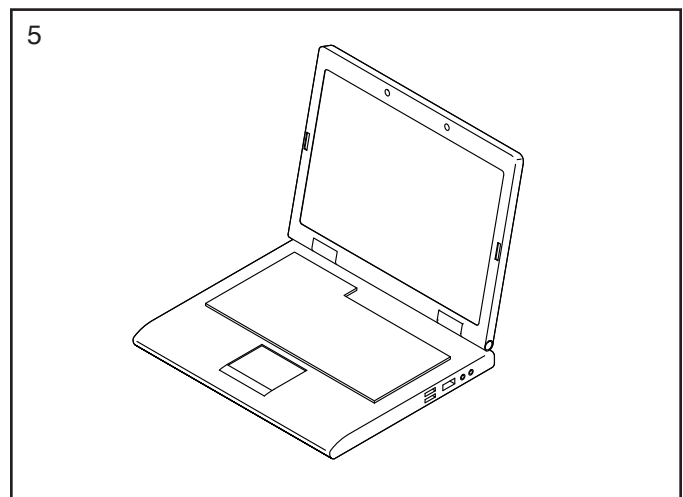
4. Press the Front and Rear Bottom Covers (A, B) into place as shown.



5. **Go to www.nordictrackservice.com/registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



6. **Make sure that all parts have been properly tightened.** Extra parts may be included. Place a mat beneath the squat pulley base to protect the floor.

HOW TO USE THE SQUAT PULLEY BASE

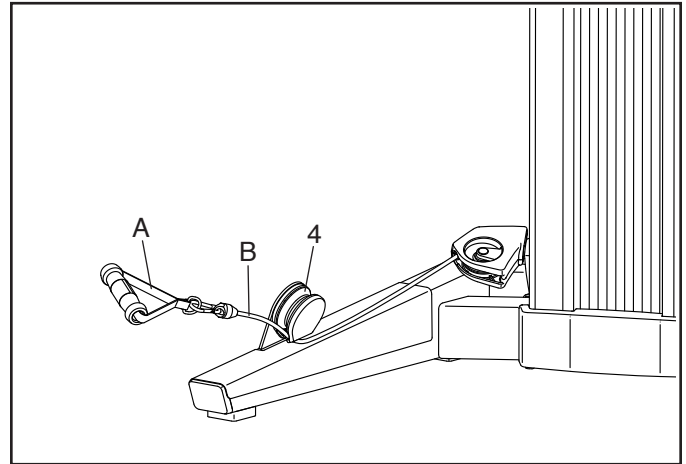
This section explains how to use the squat pulley base. See the manual included with the Wall-Mounted Main Unit (NTSY19014) for important information about how to get the most benefit from your exercise program. Also, refer to the exercise guide that accompanied the Wall-Mounted Main Unit to see the correct form for each exercise.

Make sure that all parts are properly tightened each time the squat pulley base is used. Replace any worn parts immediately.

HOW TO USE THE SQUAT PULLEYS

Pull a lower Handle (A) outward and route the Rope (B) under the Squat Pulley (4); **make sure that the Rope is securely routed under the Squat Pulley.**

Repeat this action for the other Squat Pulley (not shown).



MAINTENANCE

HOW TO MAINTAIN THE SQUAT PULLEY BASE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the squat pulley base is used. Replace any worn parts immediately.

To clean the squat pulley base, use a damp cloth and a small amount of mild detergent.

ORDERING REPLACEMENT PARTS

For information about available replacement parts, 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 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 ASSEMBLY on pages 4 through 6)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 3.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). 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. If replacement parts are 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 freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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 any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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