

# NordicTrack®

## FUSION CST

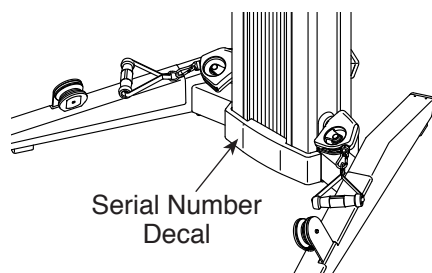
Freestanding Squat Pulley Base

[www.nordictrack.com](http://www.nordictrack.com)

Model No. NTMC19314.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [www.nordictrackservice.com/registration](http://www.nordictrackservice.com/registration).

### CUSTOMER CARE

For service at any time, go to [www.nordictrackservice.com](http://www.nordictrackservice.com).

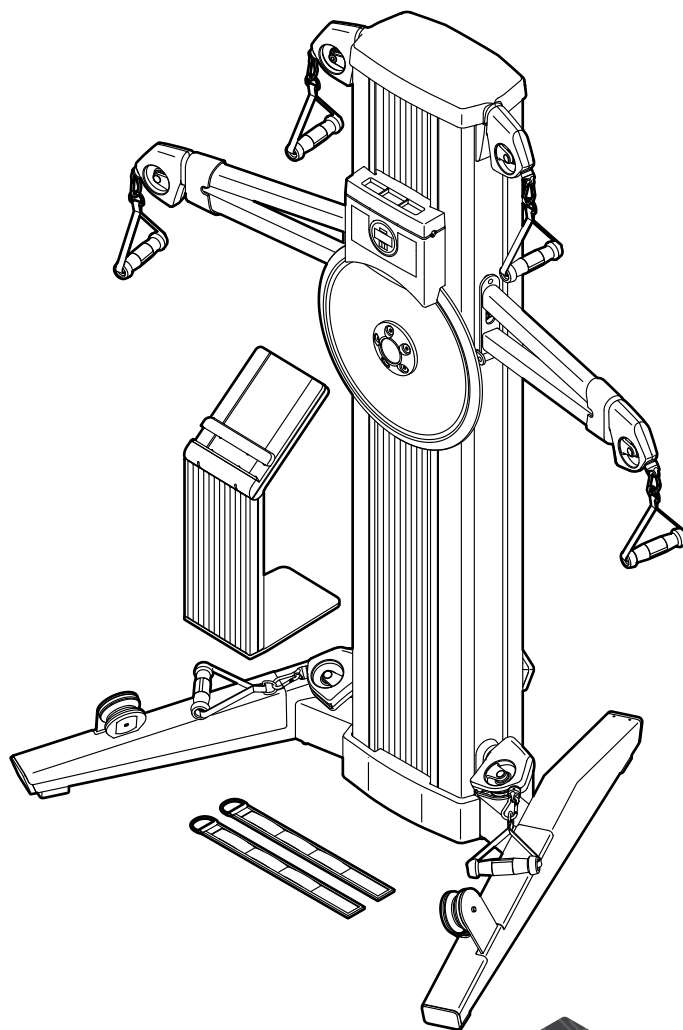
Or call 1-800-TO-BE-FIT  
(1-800-862-3348)  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

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



# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....2

IMPORTANT PRECAUTIONS.....3

BEFORE YOU BEGIN.....5

ASSEMBLY.....6

FREESTANDING CONVERSION.....11

HOW TO USE THE STRENGTH SYSTEM.....15

FCC INFORMATION.....19

MAINTENANCE AND TROUBLESHOOTING.....20

CARDIO EXERCISE GUIDELINES.....22

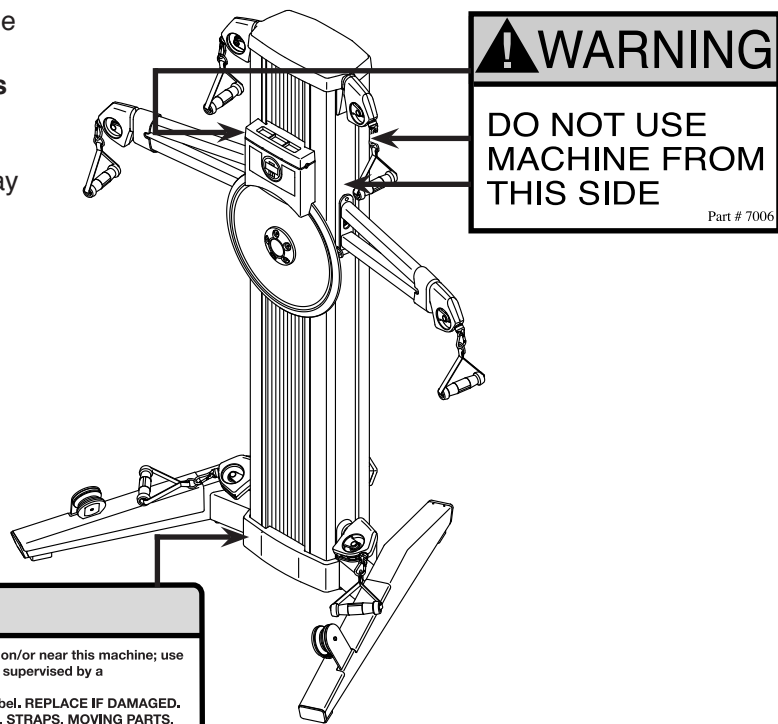
STRENGTH EXERCISE GUIDELINES.....23

ORDERING REPLACEMENT PARTS ..... Back Cover

LIMITED WARRANTY..... Back Cover


## 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**

- Follow all warnings & instructions & obtain proper instruction prior to use.
- Obtain a medical exam before beginning.
- Inspect the machine, do not use if damaged.
- Keep body & clothing clear of moving parts. Failure to do so could result in personal injury.
- Do not use with any accessory not provided by the manufacturer.
- Do not allow children on/or near this machine; use by teenagers must be supervised by a knowledgeable adult.
- Do not remove this label. REPLACE IF DAMAGED.
- INSPECT ALL ROPES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY, REFER TO MAINTENANCE MANUAL.



NORDICTRACK is a registered trademark of ICON Health & Fitness, Inc. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license.

---

# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength system before using your strength system. 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 strength system 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 strength system 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 strength system by someone responsible for their safety.
4. Use the strength system only as described in this manual.
5. The strength system is intended for home use only. Do not use the strength system in a commercial, rental, or institutional setting.
6. Keep the strength system indoors, away from moisture and dust. Do not put the strength system in a garage or covered patio, or near water.
7. Place the strength system on a level surface with at least 6 ft. (1.8 m) of clearance around the strength system. To protect the floor or carpet from damage, place a mat under the strength system.
8. Inspect and properly tighten all parts each time the strength system is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the strength system at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the strength system. 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.**



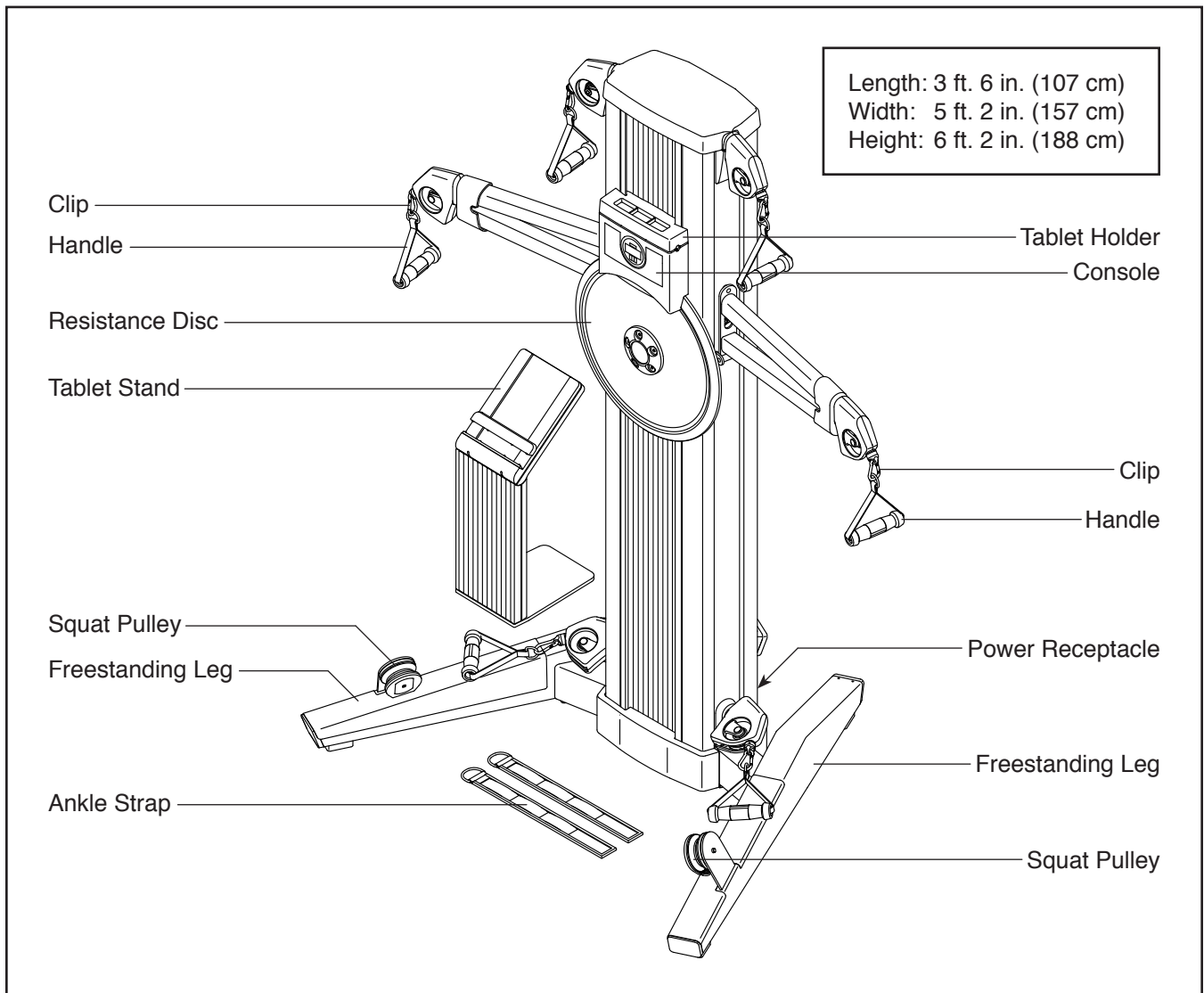
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NORDICTRACK® FUSION CST strength system. The FUSION CST strength system is unlike any ordinary strength system. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the strength system has an array of innovative features that will help you to achieve the specific results you want.


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 familiarize yourself with the parts that are labeled in the drawing below.

**For your benefit, read this manual carefully before you use the strength system.** If you have questions



# ASSEMBLY

- Due to the size and weight of the strength system, assembly requires two or three persons.
  - 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.”
- In addition to the included tool(s), 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.

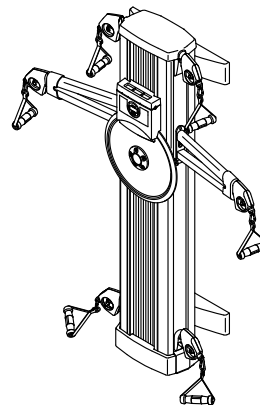
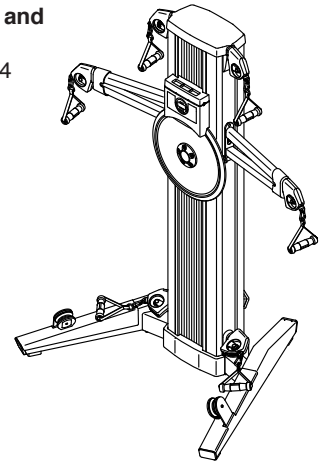
1. Read the options below and choose the applicable assembly instructions:

If you purchased the **Freestanding Main Unit and Squat Pulley Base** at the same time and have not yet assembled them, follow these assembly steps.

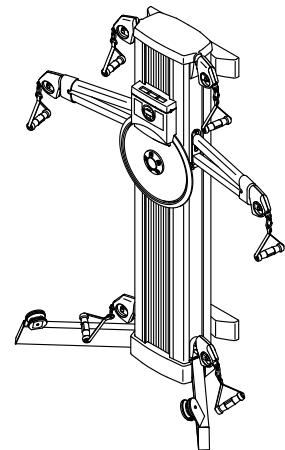
If you previously purchased and assembled the **Wall-Mounted Main Unit** or the **Wall-Mounted Main Unit and Squat Pulley Base** in your home and now want to convert it to use the Freestanding Squat Pulley Base, see **FREESTANDING CONVERSION** on page 11.

## 1 Freestanding Main Unit and Squat Pulley Base NTSY19014, NTMC19314

Follow these assembly steps



**Wall-Mounted Main Unit**  
NTSY19014



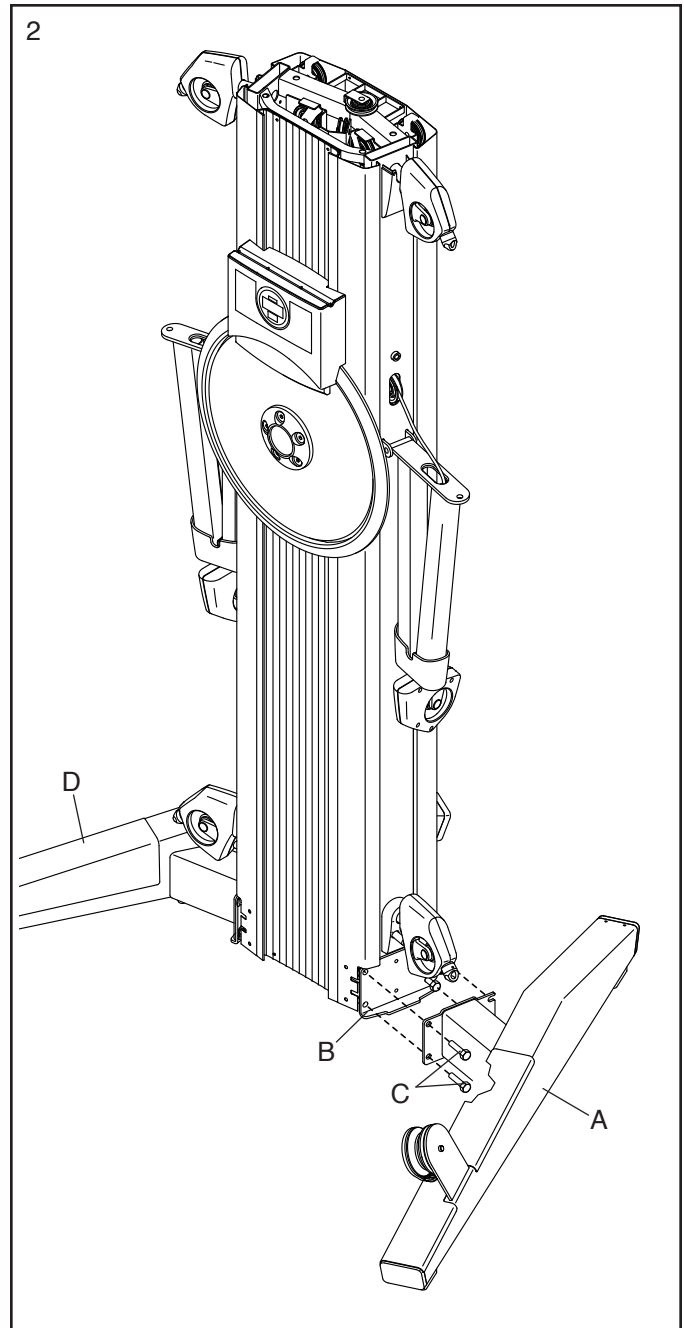
**Wall-Mounted Main Unit and Squat Pulley Base**  
NTSY19014, NTMC19114

To convert a previously assembled wall-mounted strength system to a freestanding strength system, see **FREESTANDING CONVERSION** on page 11.

2. **Tip: To protect the floor or carpet from damage, place a mat under the strength system.**

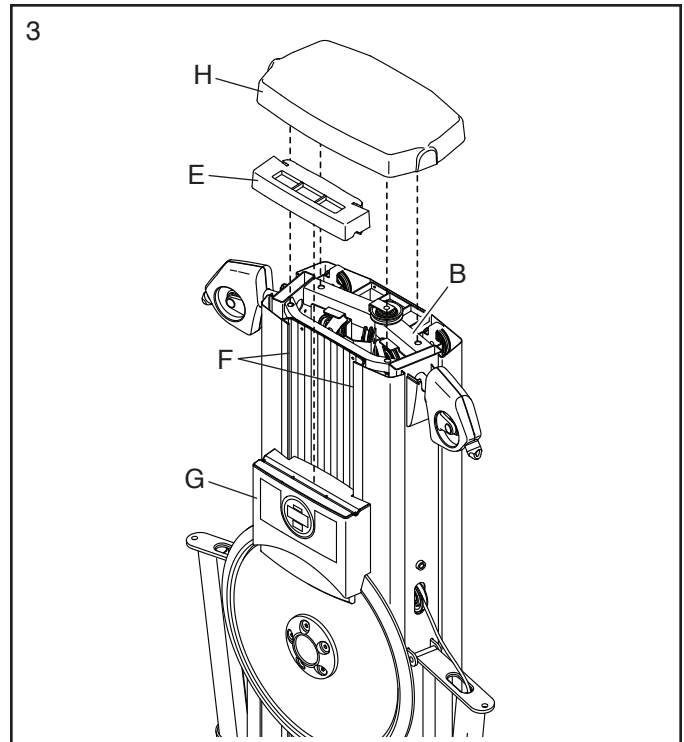
**Tip: These parts will come in a separate box.** Attach the Right Leg (A) to the right side of the Frame (B) with four M10 x 25mm Screws (C) (only two are shown); **start all the Screws, and then tighten them.**

**Attach the Left Leg (D) in the same way.**



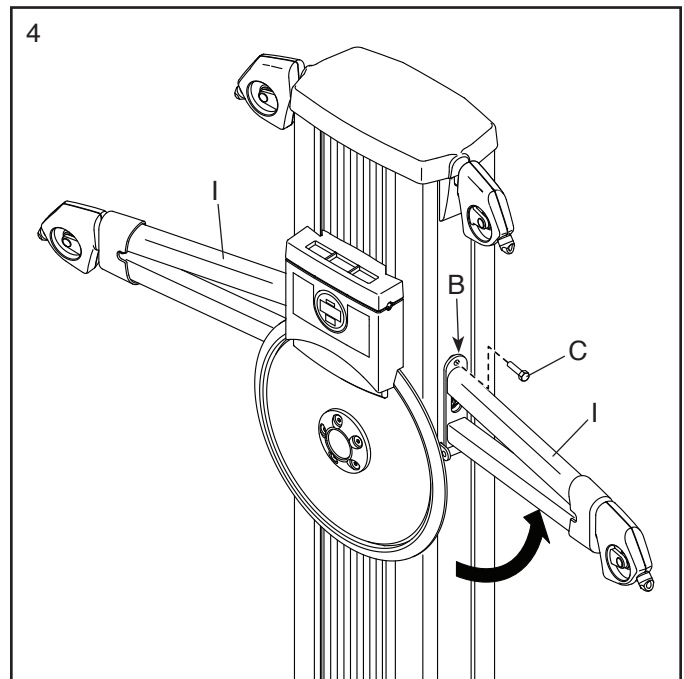
3. Orient the Console Top (E) as shown, align it with the edges of the Shroud Cover (F), and press it downward to the Console (G).

Then, orient the Tower Top Cover (H) as shown and press it into the top of the Frame (B).



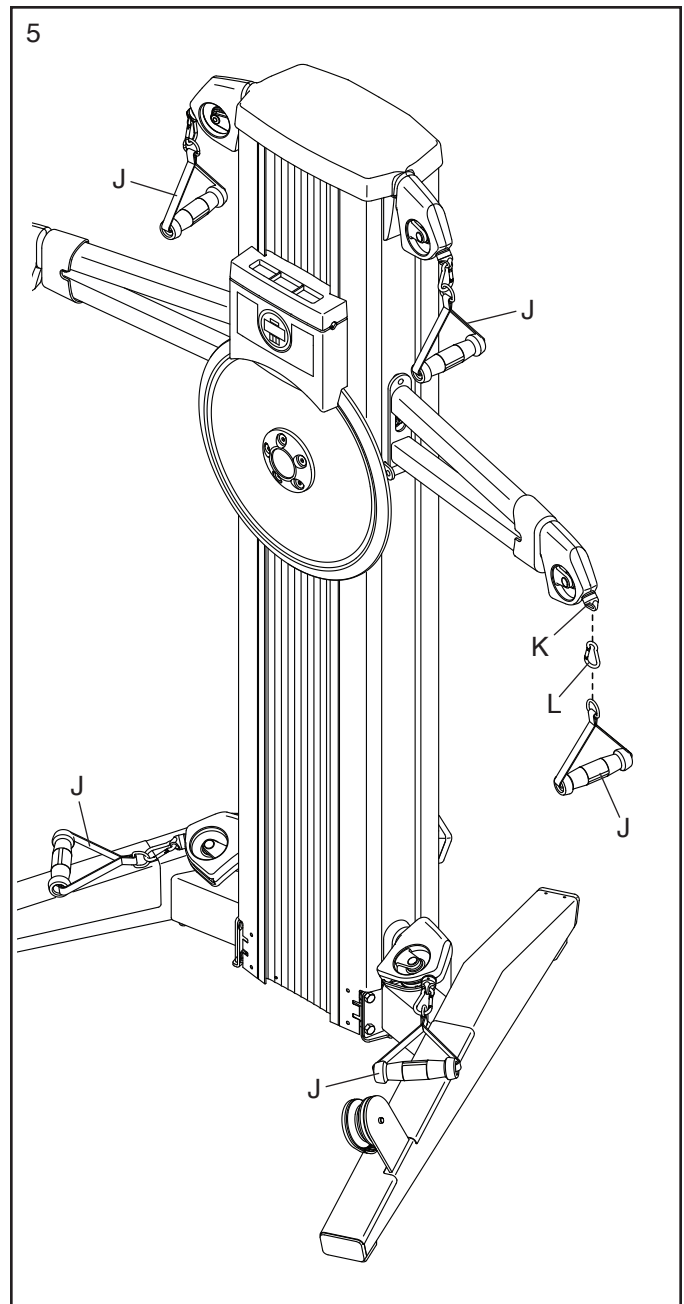
4. **Tip: Avoid pinching the Rope (not shown).** With the help of another person, pivot the right Tower Arm (I) upward and secure it to the Frame (B) with an M10 x 25mm Screw (C).

**Repeat this step for the left Tower Arm (I).**

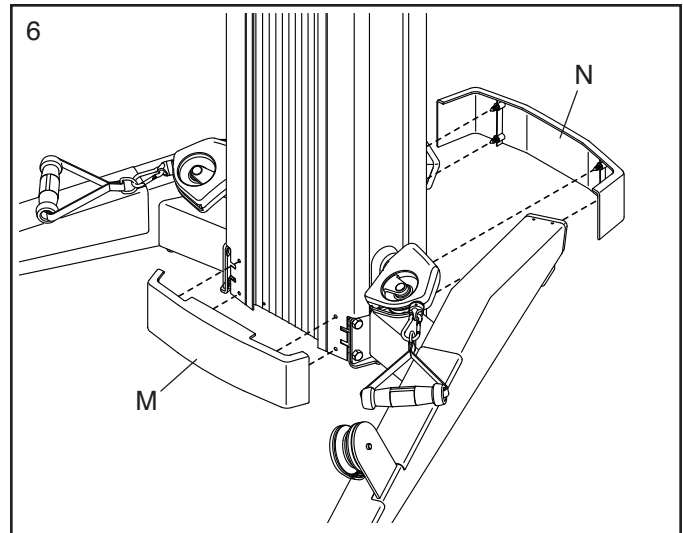


5. Attach a Handle (J) to a Rope End (K) with a Clip (L).

**Attach the other Handles (J) in the same way.**

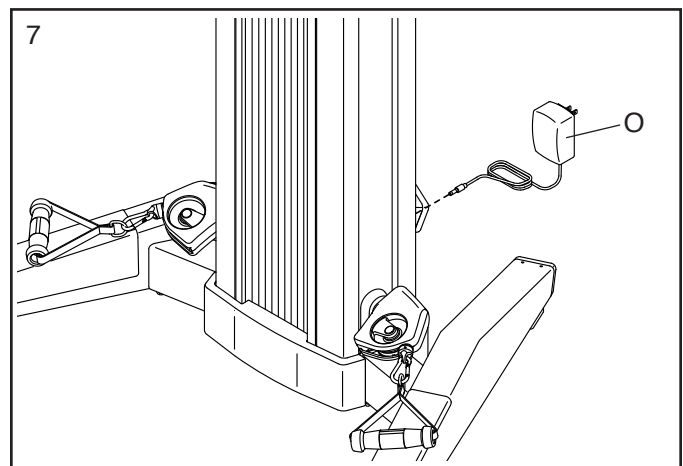


6. Identify the Front and Rear Bottom Covers (M, N) and press them into place as shown.



7. Plug the Power Adapter (O) into the receptacle on the frame of the strength system.

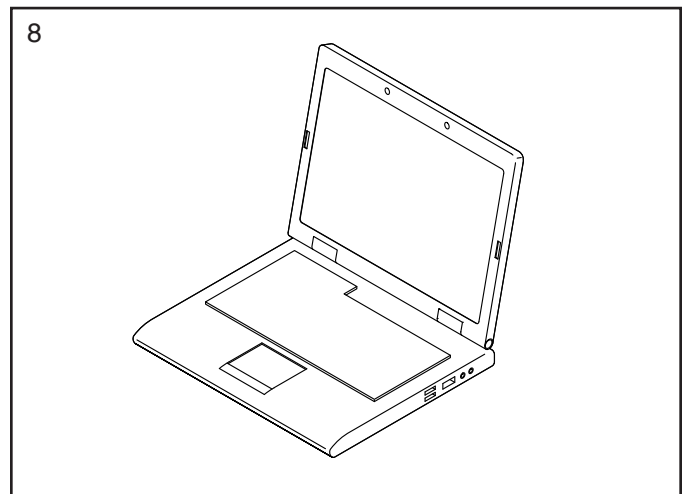
Note: To plug the Power Adapter (O) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



8. Go to [www.nordictrackservice.com/registration](http://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.



9. Make sure that all parts have been properly tightened. Extra parts may be included.

Before using the strength system, pull each handle a few times to make sure that the ropes move smoothly around the pulleys. If one of the ropes does not move smoothly, find and correct the problem.

# FREESTANDING CONVERSION

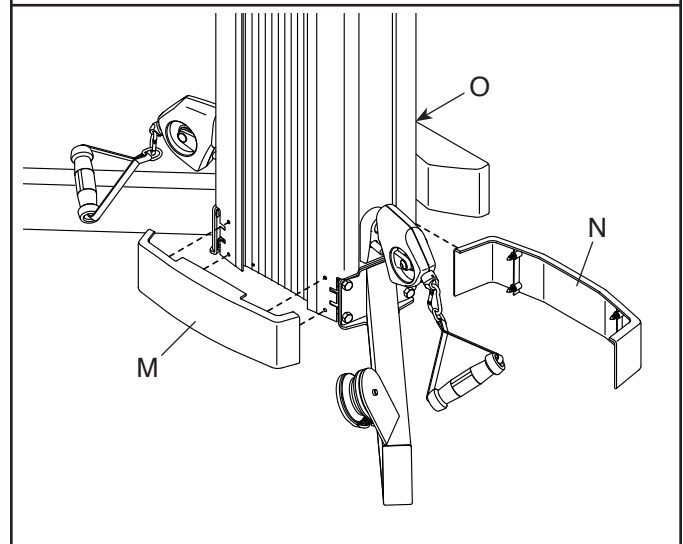
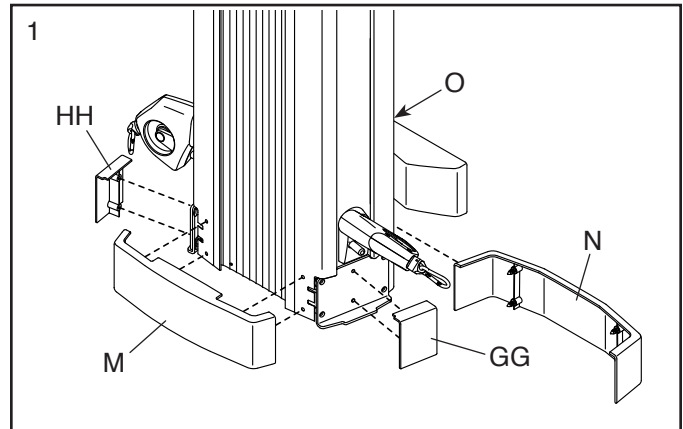
To convert a previously assembled wall-mounted strength system to a freestanding strength system, follow the conversion steps below. You will need an adjustable wrench and the assistance of one or two other persons. These steps may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Unplug the Power Adapter (O) from the receptacle on the frame of the strength system and from the outlet in the wall. Set the Power Adapter aside until step 7.

**If you have only the Wall-Mounted Main Unit, see the upper drawing.** Remove the Right and Left Side Covers (GG, HH). Note: Save the Right and Left Side Covers in case you need to use them in the future.

Then, remove the Front and Rear Bottom Covers (M, N) and set them aside until step 6.

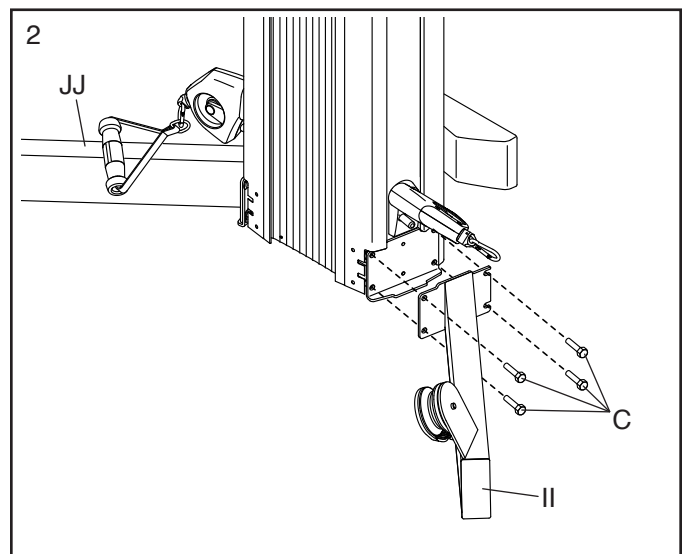
**If you have the optional Squat Pulley Base, see the lower drawing.** Remove the Front and Rear Bottom Covers (M, N) and set them aside until step 6.



2. **If you have only the Wall-Mounted Main Unit, go to step 3.**

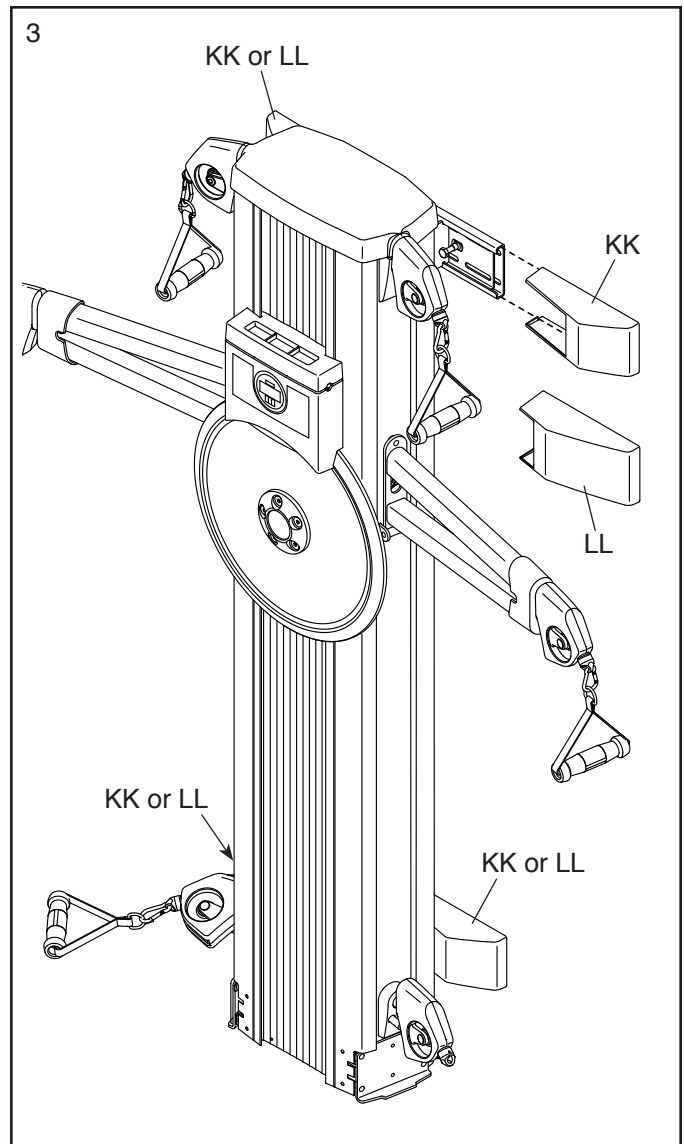
**If you have the optional Squat Pulley Base, follow this step.**

Remove the eight M10 x 25mm Screws (C) and the Right and Left Legs (II, JJ). Note: Save these parts in case you need to use them in the future. **Then, go to step 3.**



3. Remove the four Slide Covers (KK) or Wall Covers (LL).

Note: Save the Slide Covers (KK) and the Wall Covers (LL) in case you need to use them in the future.



4. Loosen the four M10 x 20mm Bolts (MM) (only one side is shown).

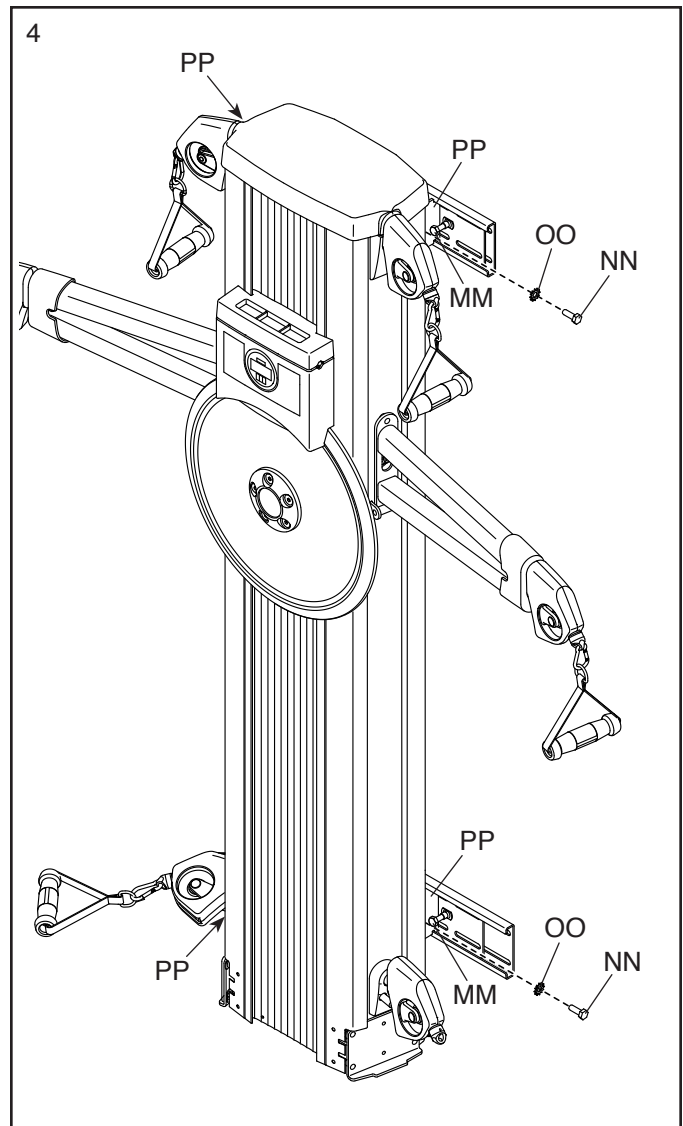
Remove the four M10 x 20mm Patch Screws (NN) and the four M10 Star Washers (OO) (only two are shown) from the Slide Brackets (PP).

Note: Save these parts in case you need to use them in the future.

**With the help of one or two other persons, move the strength system away from the wall and to the desired location.**

**Have one or two other persons hold the strength system in place until assembly step 5 is completed.**

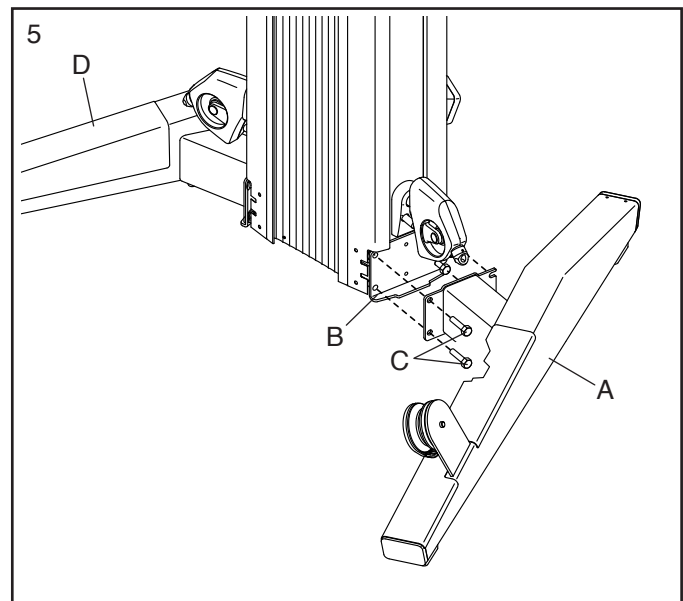
Note: Remove and save the wall-mounting brackets and hardware in case you need to use them in the future.



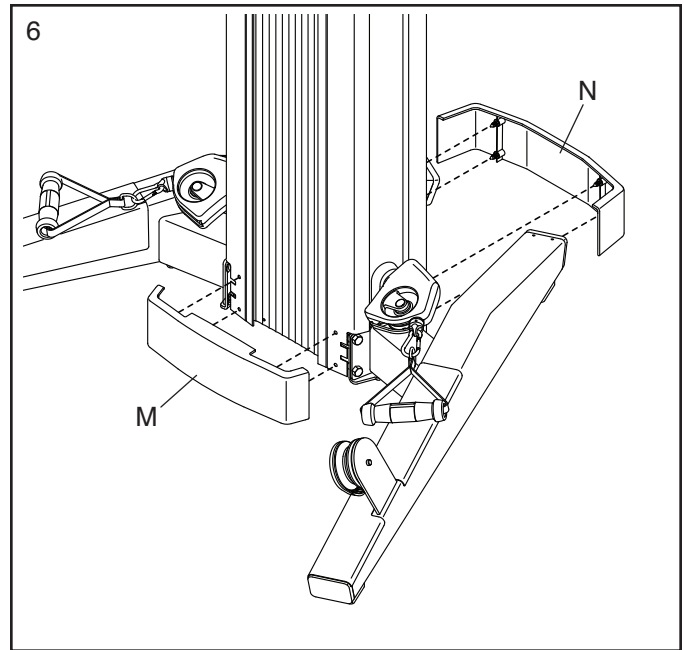
5. **Tip: To protect the floor or carpet from damage, place a mat under the strength system.**

**Tip: These parts will come in the box you purchased.** Attach the Right Leg (A) to the right side of the Frame (B) with four M10 x 25mm Screws (C) (only two are shown); **start all the Screws, and then tighten them.**

**Attach the Left Leg (D) in the same way.**

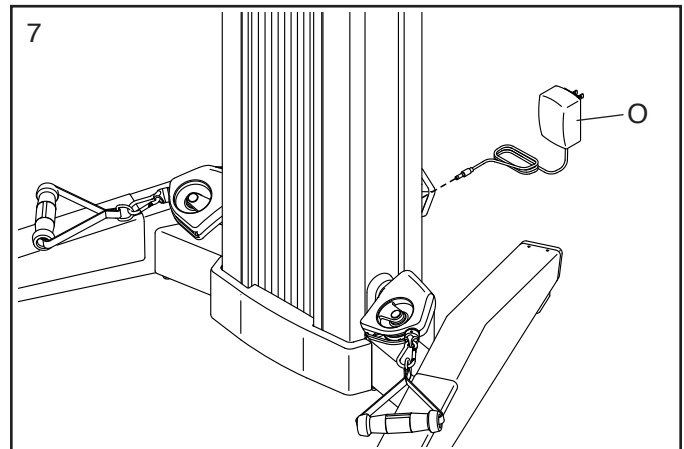


6. Press the Front and Rear Bottom Covers (M, N) into place as shown.



7. Plug the Power Adapter (O) into the receptacle on the frame of the strength system.

Note: To plug the Power Adapter (O) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



8. **Make sure that all parts have been properly tightened.** Extra parts may be included.

Before using the strength system, pull each handle a few times to make sure that the ropes move smoothly around the pulleys. If one of the ropes does not move smoothly, find and correct the problem.

# HOW TO USE THE STRENGTH SYSTEM

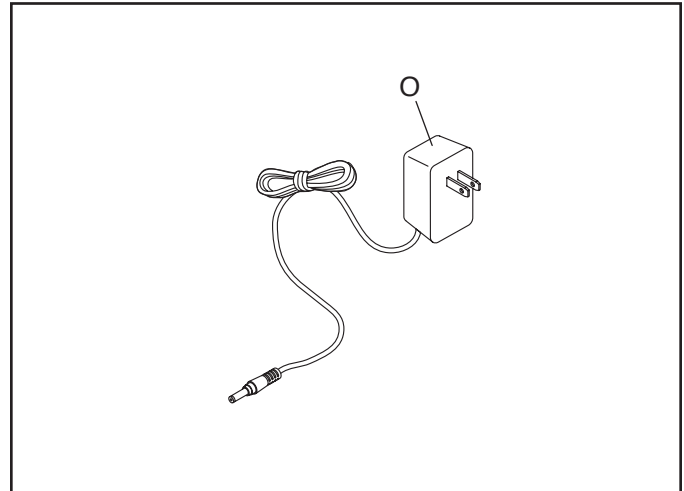
This section explains how to adjust the strength system. See the EXERCISE GUIDELINES on page 22 and page 23 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure that all parts are properly tightened each time the strength system is used. Replace any worn parts immediately.

## HOW TO PLUG IN THE POWER ADAPTER

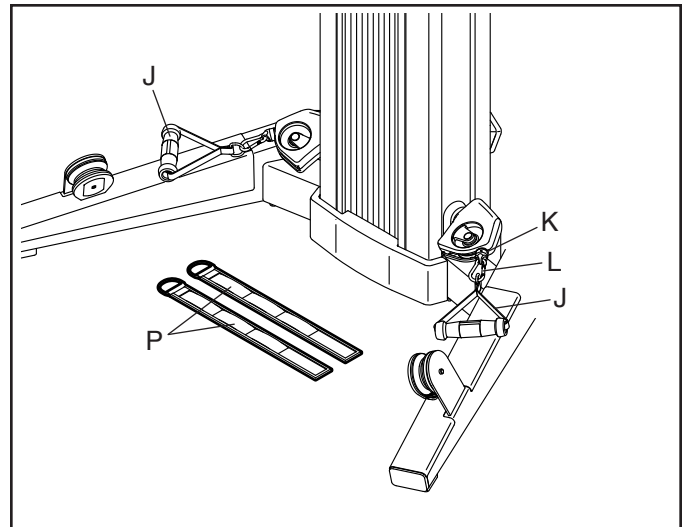
**IMPORTANT:** If the strength system has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the Power Adapter (O). If you do not do this, you may damage the console displays or other electronic components.

Plug the Power Adapter (O) into the receptacle on the rear of the strength system. Then, plug the Power Adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



## HOW TO ATTACH THE HANDLES AND ANKLE STRAPS

Attach a Handle (J) or an Ankle Strap (P) to a Rope End (K) with a Clip (L). **Attach the other Handles or Ankle Strap in the same way.**

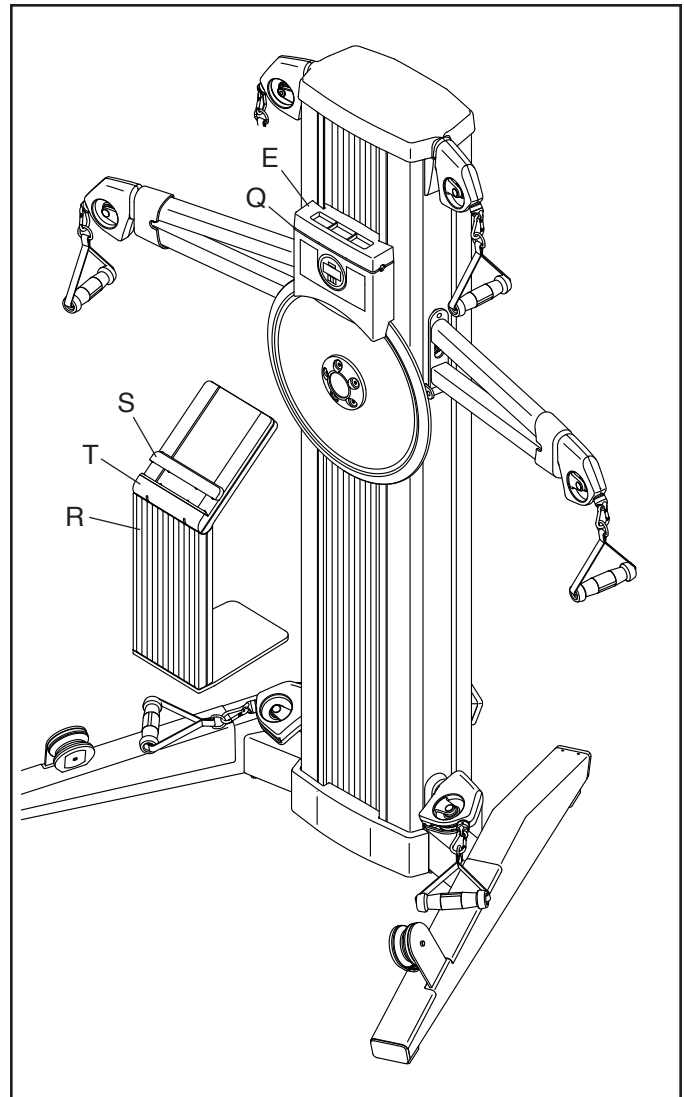


## HOW TO USE THE TABLET HOLDER AND THE TABLET STAND

**IMPORTANT:** The Tablet Holder (Q) and the Tablet Stand (R) are designed for use with most full-size tablets. Do not place any other electronic device or object in the Tablet Holder or the Tablet Stand. Do not set anything on top of the Tablet Holder.

To insert a tablet into the Tablet Holder (Q), slide the Console Top (E) upward, set the tablet in the Tablet Holder, and then pull the Console Top downward over the top edge of the tablet. **Make sure that the tablet is firmly secured in the Tablet Holder.** Reverse these actions to remove the tablet from the Tablet Holder.

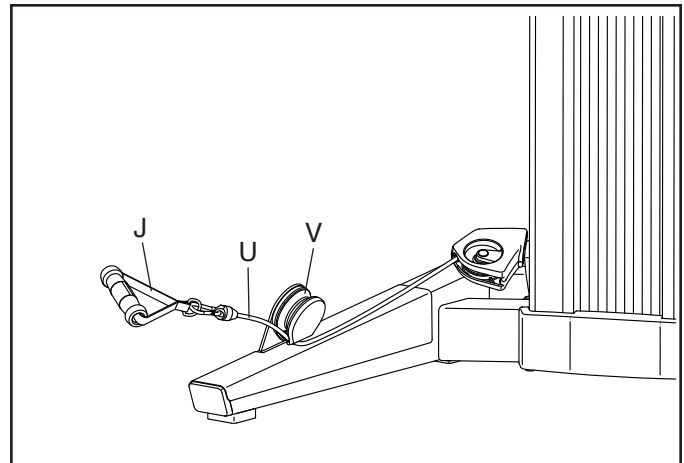
To insert a tablet into the Tablet Stand (R), lift the Slide (S) upward, and then set the tablet in the Tray (T). Then, pull the Slide downward over the top edge of the tablet. **Make sure that the tablet is firmly secured in the Tablet Stand.** Reverse these actions to remove the tablet from the Tablet Stand.



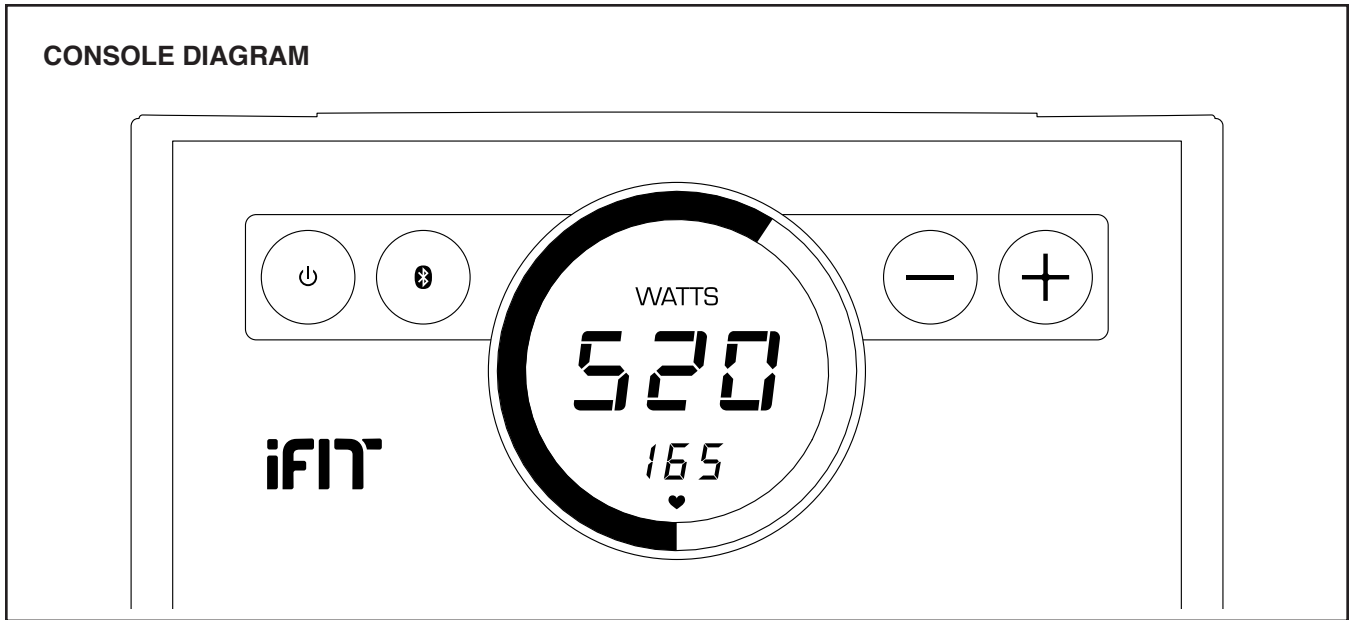
## HOW TO USE THE SQUAT PULLEYS

Pull a lower Handle (J) outward and route the Rope (U) under the Squat Pulley (V); **make sure that the Rope is securely routed under the Squat Pulley.**

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



## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

While you exercise, you can change the resistance of the strength system with the touch of a button. The console will display continuous exercise feedback about your power output in watts.

You can also measure your heart rate using a compatible heart rate monitor. **See page 18 for information about purchasing an optional chest heart rate monitor.**

**To use the console**, see this page. **To connect your heart rate monitor to the console**, see page 18.

Note: If there is a sheet of plastic on the display, remove the plastic.

### HOW TO USE THE CONSOLE

#### 1. Press the power button to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

#### 2. Begin exercising and change the resistance as desired.

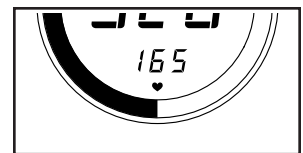
As you exercise, change the resistance by pressing the increase and decrease buttons.

Note: After you press a button, it will take a moment for the strength system to reach the selected resistance level.

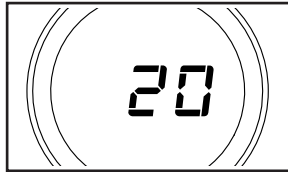
#### 3. Follow your progress with the displays.

The console can show the following workout information:

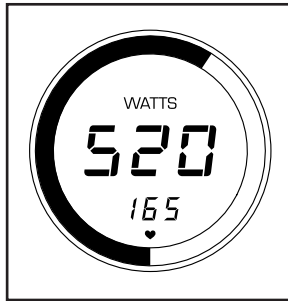
**Heart Rate (heart symbol)**—This display will show your heart rate in beats per minute when you wear a compatible heart rate monitor (see step 4).



**Resistance**—This display will show the resistance level for a few seconds each time the resistance level changes.



**Watts**—This display will show your approximate power output in watts.



**Length Meter**—The length meter will light up to provide a visual representation of the extension length of each handle when it is pulled. If more than one handle is pulled at a time, the length meter will combine and show the extension lengths of both handles.

#### 4. **Wear a heart rate monitor and measure your heart rate if desired.**

You can wear an optional heart rate monitor to measure your heart rate. For more information about the optional chest heart rate monitor, see **THE OPTIONAL CHEST HEART RATE MONITOR** on this page. Note: The console is compatible with **BLUETOOTH®** Smart heart rate monitors.

To connect your heart rate monitor to the console, see **HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE** on this page.

When your heart beat is detected, your heart rate will be shown in the display.

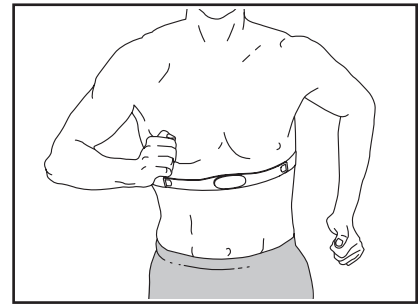
#### 5. **When you are finished exercising, turn off the console.**

Press the power button to turn off the console. The workout information will be reset and the display will turn off.

If the strength system is idle for several minutes, the console will turn off automatically.

## **THE OPTIONAL CHEST HEART RATE MONITOR**

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all **BLUETOOTH** Smart heart rate monitors.

## **HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE**

The console is compatible with all **BLUETOOTH** Smart heart rate monitors.

To connect your **BLUETOOTH** Smart heart rate monitor to the console, press the Bluetooth Smart button on the console.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console for 5 seconds.

Note: All **BLUETOOTH** connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

---

## FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

# MAINTENANCE AND TROUBLESHOOTING

## HOW TO MAINTAIN THE STRENGTH SYSTEM

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

To clean the strength system, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

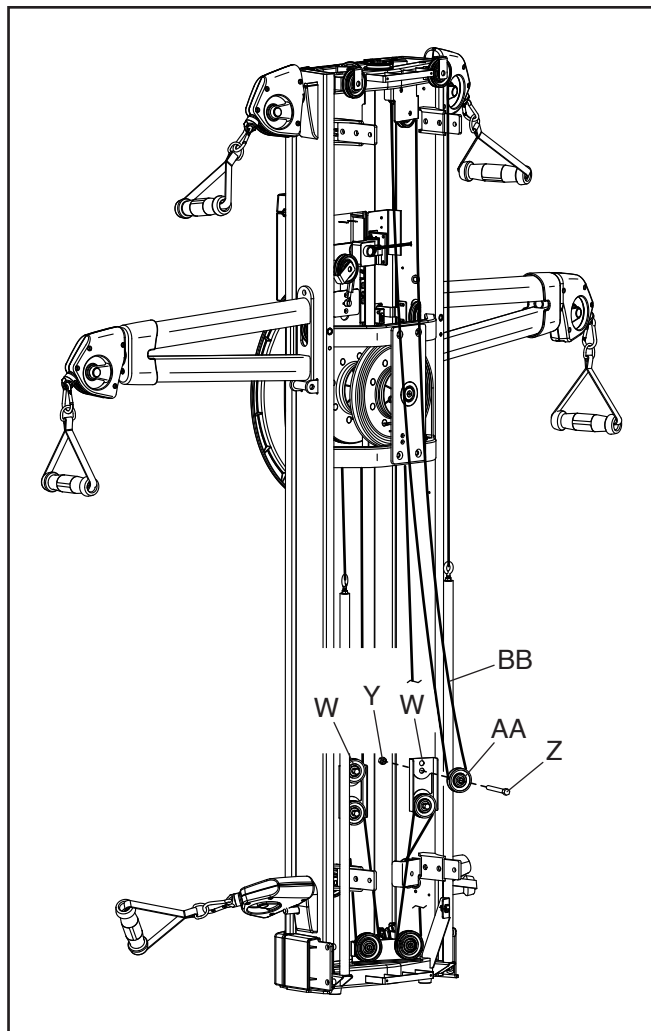
## HOW TO TIGHTEN THE ROPES

The ropes may stretch over time. If there is slack in the ropes before resistance is felt, the ropes should be tightened. To tighten the ropes, **first unplug the power adapter**, and then follow the steps below.

**See assembly step 6 on page 10.** Remove the Front and Rear Bottom Covers (M, N) from the bottom of the strength system.

Identify the Rear Shroud (not shown) on the back of the strength system. Remove the four #8 x 3/4" Screws (not shown) and the Rear Shroud from the strength system.

**See the drawing at the right.** Locate a Pulley Carriage (W). Remove the M8 Jam Nut (Y), the M8 x 33mm Bolt (Z), and the Small Pulley (AA) from the upper hole in the Pulley Carriage.



Reattach the Small Pulley (AA) to the other hole in the Pulley Carriage (W). **Make sure that the Rope (BB) and the Small Pulley move smoothly.**

**Locate the other Pulley Carriage (W) and repeat these actions.**

Then, reattach the parts that you removed. Plug in the power adapter.

## HOW TO ADJUST THE REED SWITCH

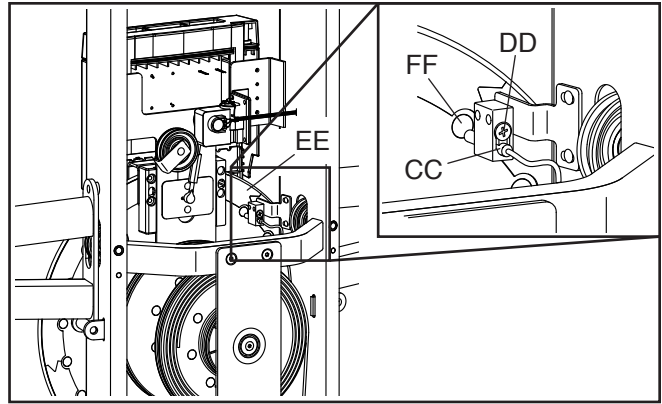
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, **first unplug the power adapter**, and then follow the steps below.

**See assembly step 6 on page 10.** Remove the Front and Rear Bottom Covers (M, N) from the bottom of the strength system.

Identify the Rear Shroud (not shown) on the back of the strength system. Remove the four #8 x 3/4" Screws (not shown) and the Rear Shroud from the strength system.

**See the drawing at the right.** Locate the Reed Switch (CC). Slightly loosen the indicated Screw (DD).



Then, rotate the Resistance Disc (EE) until a Magnet (FF) is aligned with the Reed Switch (CC). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the Screw (DD).

Plug in the power adapter and rotate the Resistance Disc (EE) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed. Plug in the power adapter.

# CARDIO EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥️
145	138	130	125	118	110	103	♥️
125	120	115	110	105	95	90	♥️
<hr/>							
20	30	40	50	60	70	80	

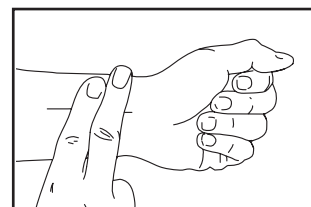
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



## WORKOUT GUIDELINES

**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.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**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 FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

---

# STRENGTH 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 training 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 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.

---

# 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 6 through 10 in this manual and the PART LIST and the EXPLODED DRAWING in the accompanying NTYS19014 manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.**

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.

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