

NordicTrack® Weight Rack

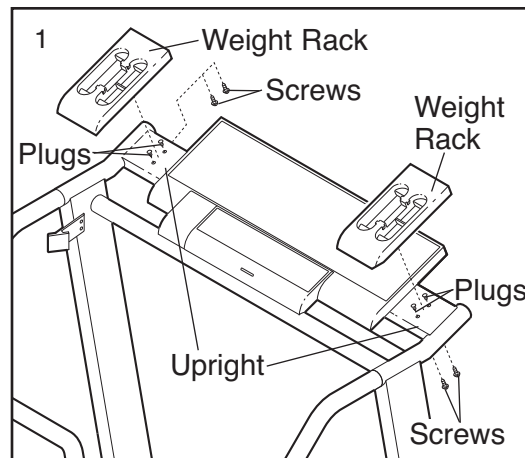
Model No. NTMC79280

Congratulations for purchasing a weight rack and hand weights for your NordicTrack® treadmill. Hand weights allow you to enjoy both upper-body and lower-body exercise while walking on your treadmill. The convenient weight rack keeps your hand weights organized and always ready for use.

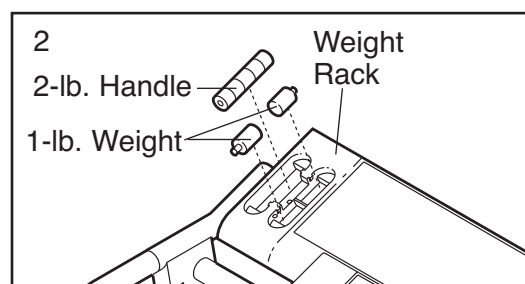
If you have questions about the weight rack, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

ASSEMBLY

1. Remove two Plastic Plugs from each side of the Upright. Attach a Weight Rack to each Upright with two Screws as shown.

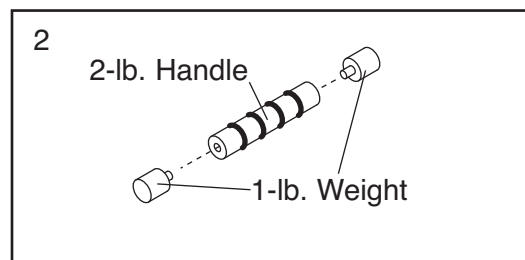
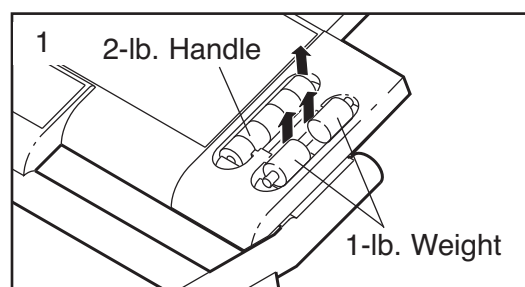


2. Insert a 2-lb. Handle and two 1-lb. Weights into each Weight Rack.



HOW TO USE THE HAND WEIGHTS

1. Remove the Hand Weights from the Weight Racks by prying up on the ends of the 2-lb. Handles and the 1-lb. Weights at the indicated locations.
2. As you walk on the treadmill, hold the 2-lb. Handles at your sides or press the Handles above your head. To increase the intensity of your exercise, tighten one or two 1-lb. Weights into each Handle.



WARNING: Do not use the Hand Weights at speeds faster than a walk. Using Hand Weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using Hand Weights should be attempted only by experienced users.