

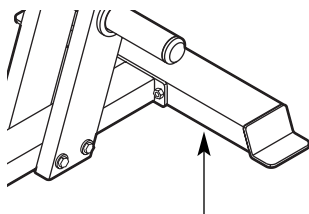
NordicTrack®

STRENGTH PLATE TREE

Model No. NTW00320

Serial No. _____

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



Serial Number Decal

USER'S MANUAL

QUESTIONS?

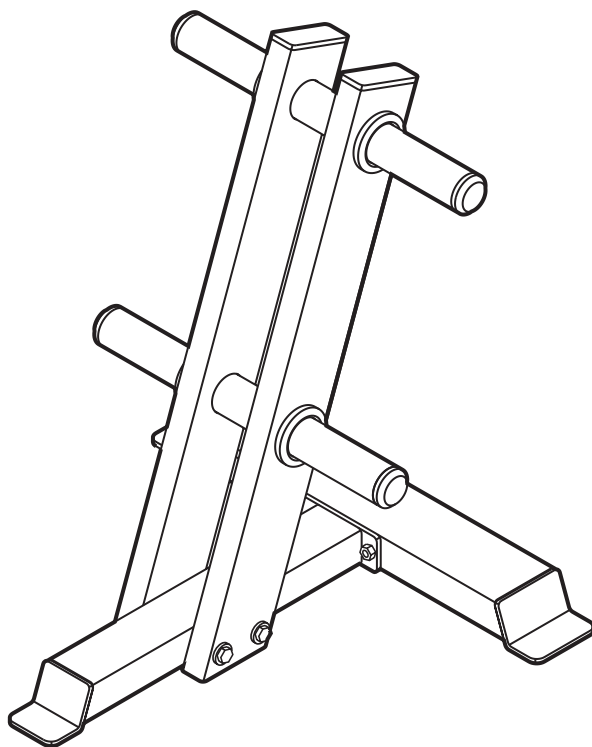
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.

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.



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TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	6
PART LIST	7
EXPLODED DRAWING	7
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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 any 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.
5. Make sure all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack at all times.
7. The weight rack is designed to support a maximum of 310 pounds of weights (not included).
8. Always place the heaviest weight plates on the lower storage tube.

⚠ 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® STRENGTH PLATE TREE weight rack. The weight rack offers convenient storage for your Olympic weight plates.

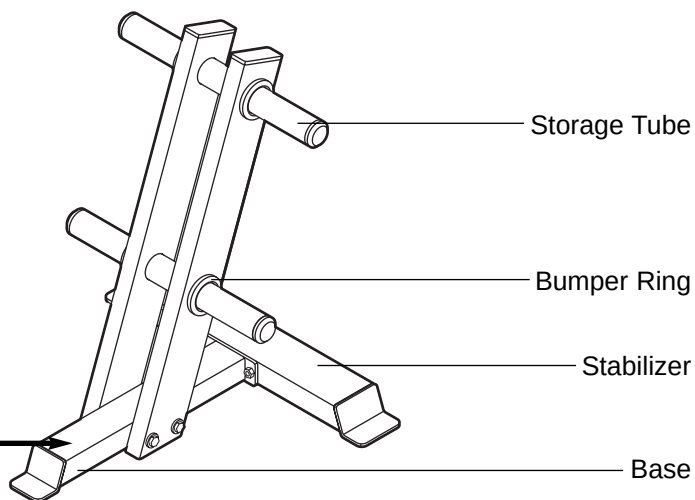
For your benefit, read this manual carefully before using the weight rack. If you have additional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

To help us assist you, please note the product model number and serial number before calling. The model number is NTW00320. 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 review the drawing below and familiarize yourself with the parts that are labeled.

!WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.



The decal shown here has been placed on the weight rack. If the decal is missing or illegible, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the weight rack can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight rack, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- Two adjustable wrenches



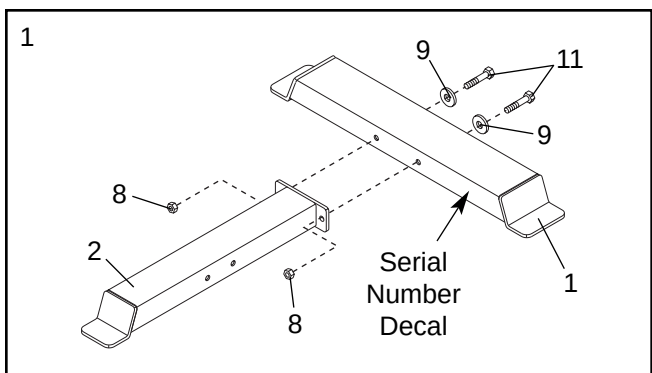
- One rubber mallet



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

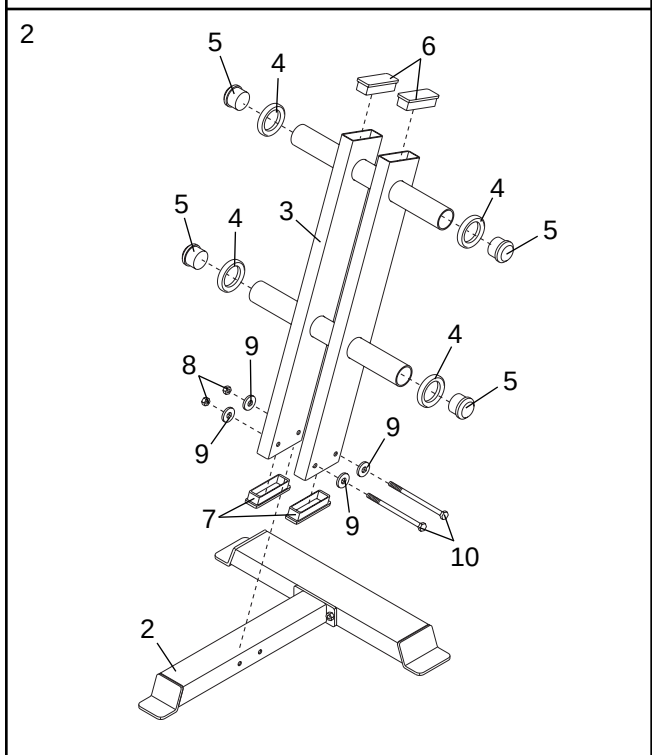
1. **Before beginning assembly, make sure you understand the information in the box above.**

Attach the Stabilizer (1) to the Base (2) with two M10 x 120mm Bolts (11), two M10 Washers (9), and two M10 Nylon Locknuts (8). **Make sure the serial number decal is in the position shown.**



2. Press two Rectangle Inner Caps (6) into the top of the Frame (3). Press two Angled Inner Caps (7) into the bottom of the Frame. Slide four Bumper Rings (4) onto the tubes on the Frame. Press four Round Inner Caps (5) into the tubes.

Attach the Frame (3) to the Base (2) with two M10 x 168mm Bolts (10), four M10 Washers (9), and two M10 Nylon Locknuts (8).



3. **Make sure that all parts are properly tightened before you use the weight rack.**

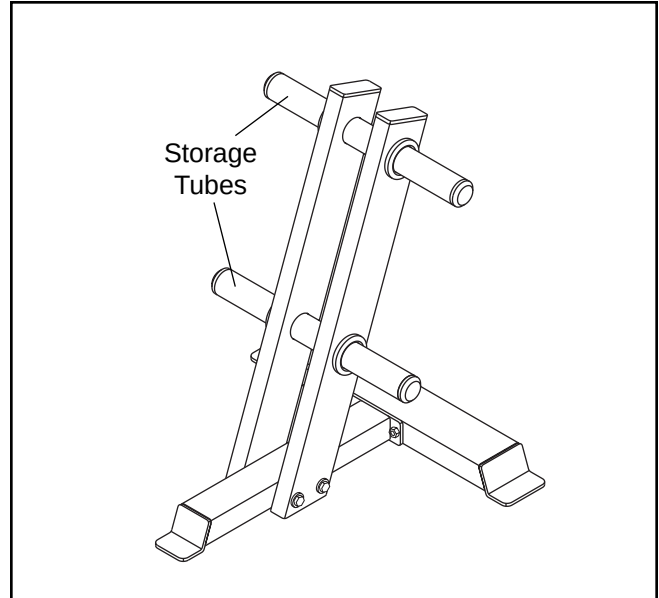
ADJUSTMENTS

This section explains how to adjust the weight rack. Make sure all parts are properly tightened each time the weight rack is used. 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.

STORING WEIGHTS

Your weights can be stored on the storage tubes while they are not being used. The lower storage bar can hold up to four 45-pound weight plates. The upper storage bar can hold a combination of weight plates totaling 130 pounds.

⚠ WARNING: Always store an equal amount of weight on each side of the weight rack. Place the heaviest weights on the lower storage tube. Do not place more than 310 pounds on the weight rack.



PART LIST—Model No. NTW00320

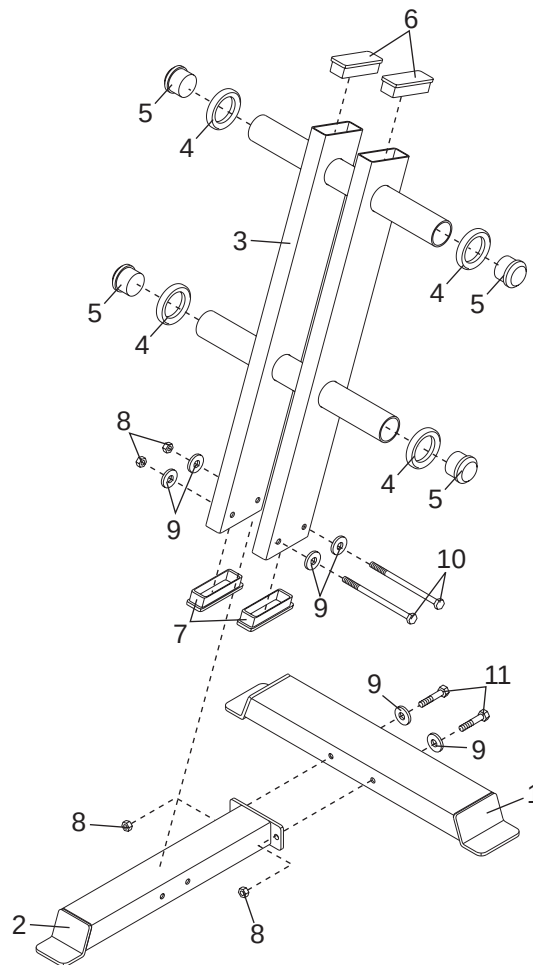
R1202A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Stabilizer	7	2	Angled Inner Cap
2	1	Base	8	4	M10 Nylon Locknut
3	1	Frame	9	6	M10 Washer
4	4	Bumper Ring	10	2	M10 x 168mm Bolt
5	4	Round Inner Cap	11	2	M10 x 120mm Bolt
6	2	Rectangle Inner Cap	#	1	User's Manual

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. NTW00320

R1202A



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:

- The MODEL NUMBER of the product (NTW00320)
- The NAME of the product (NordicTrack® STRENGTH PLATE TREE weight rack)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 7 of this manual)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® STRENGTH PLATE TREE 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 frame for five years after the date of purchase. ICON warrants all other parts 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.

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