

# NORDIC XCS™

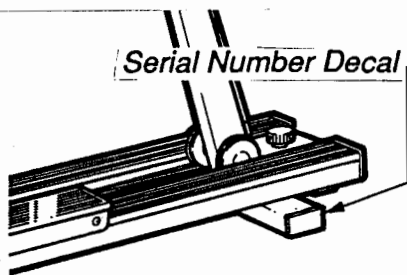
MOTIVATIONAL CROSS-COUNTRY SKIING SYSTEM

## PRO-FORM®

A Subsidiary of Welder Health and Fitness, Inc.

Model No. PF600510

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



### QUESTIONS?

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

**TO AVOID UNNECESSARY 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 to you.*

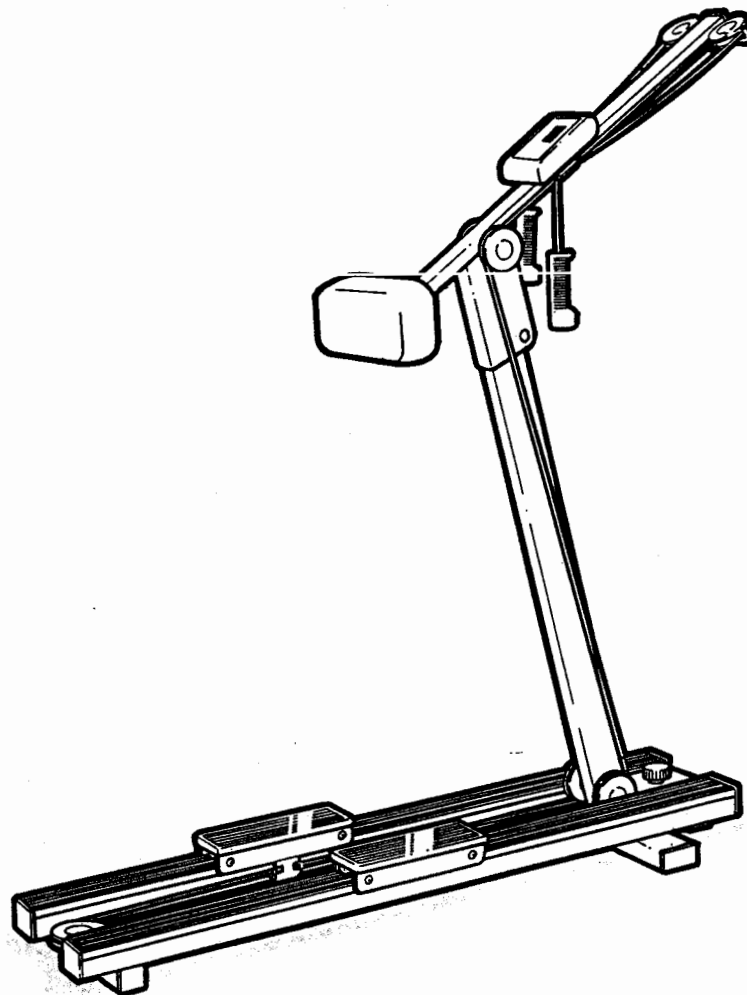
**CUSTOMER HOT LINE:**

**1-800-999-3756**

**Mon.-Fri., 6 a.m.-6 p.m. MST.**

### CAUTION:

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



## OWNER'S MANUAL

# NORDIC XCS™

MOTIVATIONAL CROSS-COUNTRY SKIING SYSTEM

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## IMPORTANT SAFETY PRECAUTIONS

1. Position the skier on a level surface. Use the skier only as described in this manual.
2. Make sure that all parts of the skier are properly tightened and adjusted each time you use the skier.
3. Keep small children away from the skier at all times. Keep your hands away from the cord and pulleys during use.
4. Always wear appropriate exercise attire, including athletic shoes, when using the skier.

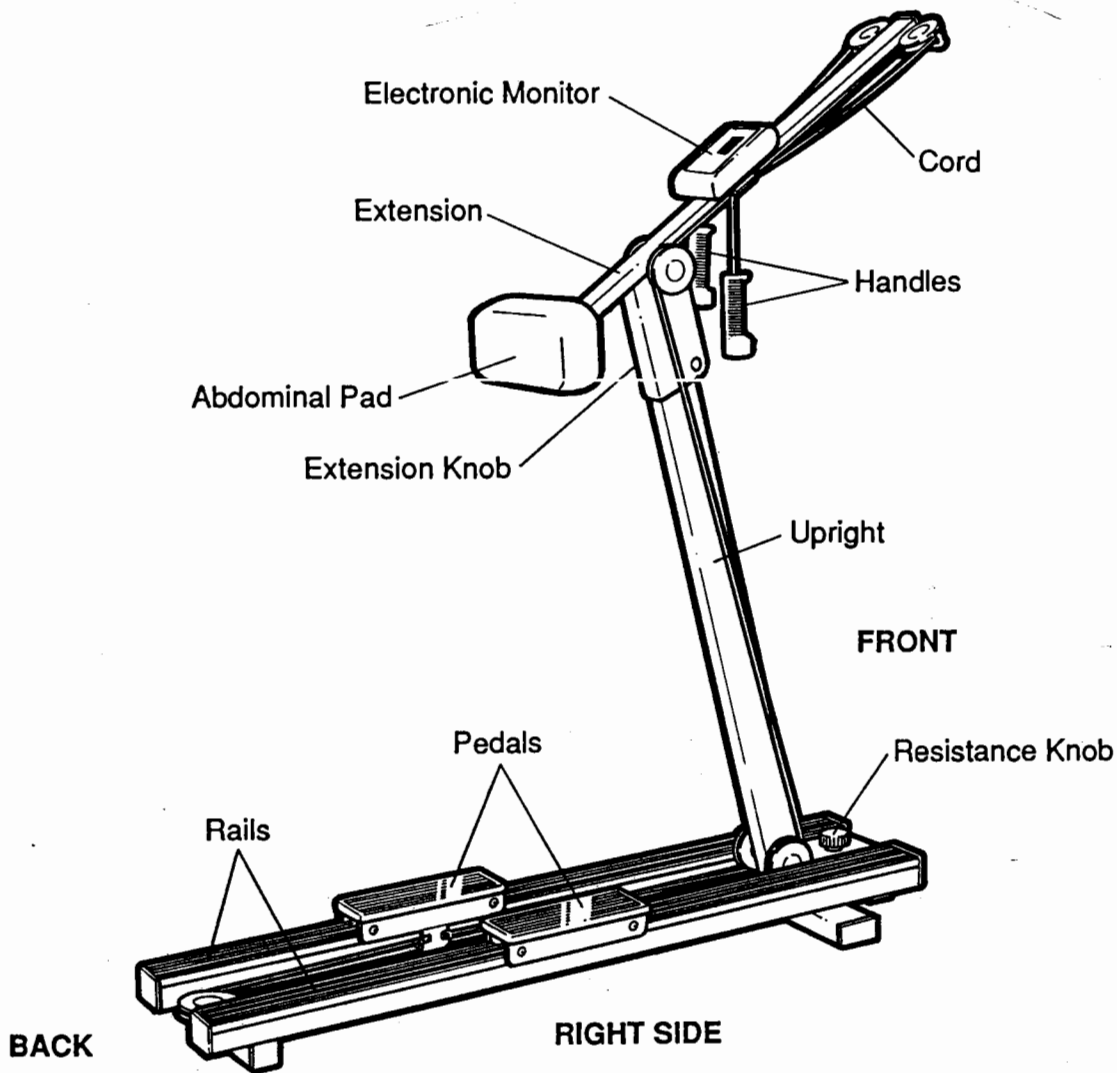
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Pro Form assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

Thank you for selecting the Pro Form NORDIC XCS. Cross-country skiing is one of the most effective forms of low-impact, cardiovascular exercise known. The NORDIC XCS combines advanced engineering with innovative styling to let you enjoy this healthful exercise in the convenience and privacy of your own home.

For your safety and benefit, **read this manual carefully before using this equipment.** If you have additional questions, 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). To help us assist you quickly, please mention your product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number is recorded on a decal attached to the product (see the drawing on the front cover for the location).

Before reading further, please review the drawing below and familiarize yourself with the parts labeled.

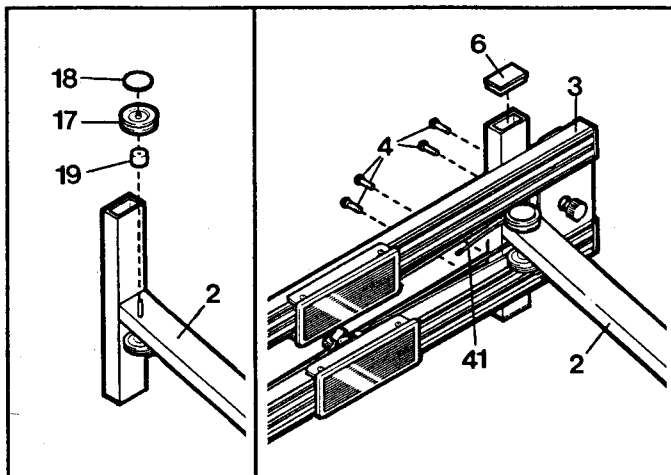


# ASSEMBLY

Set all parts in a cleared area and remove all packing materials. **Be sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning assembly.

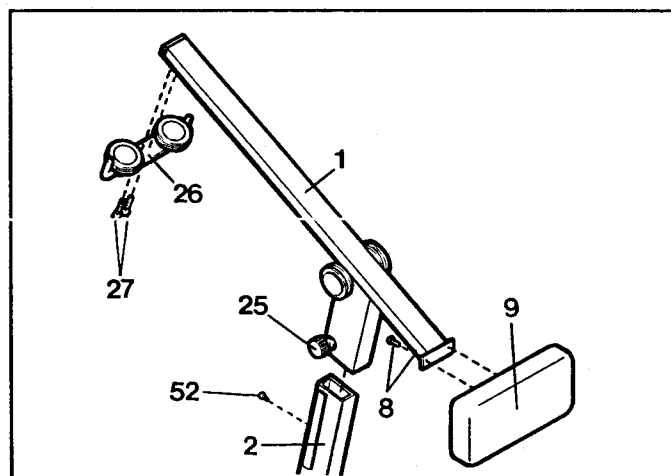
1. Slide a Pulley Spacer (19) onto the left axle on the Upright (2), with the indented side of the Spacer toward the Upright. Slide a Pulley (17) onto the axle, with the flush side of the Pulley away from the Upright. Press a Pulley Cap (18) onto the end of the axle. Attach a Pulley Spacer, Pulley and Pulley Cap to the right axle on the Upright in the same manner.

Press an Upright Endcap (6) into each side of the Upright (2). Attach the Upright to the Base (3) with four Base Bolts (4). The Upright must be attached so that the Upright leans toward the rear of the Base. Make sure that the Extension Wire (41) is not pinched between the Base and the Upright.



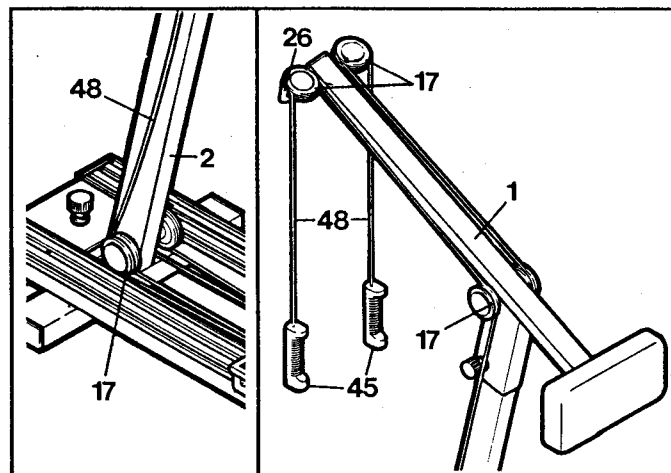
2. Attach the Pulley Bracket (26), with the posts upward, to the Extension (1), using the two Bracket Bolts (27). Attach the Abdominal Pad (9) to the Extension with the two Pad Bolts (8).

Remove the Stop Screw (52) from the Upright (2). Loosen the Knob (25) on the Extension (1). Slide the Extension fully onto the Upright, and re-insert the Stop Screw. Tighten the Knob on the Extension.



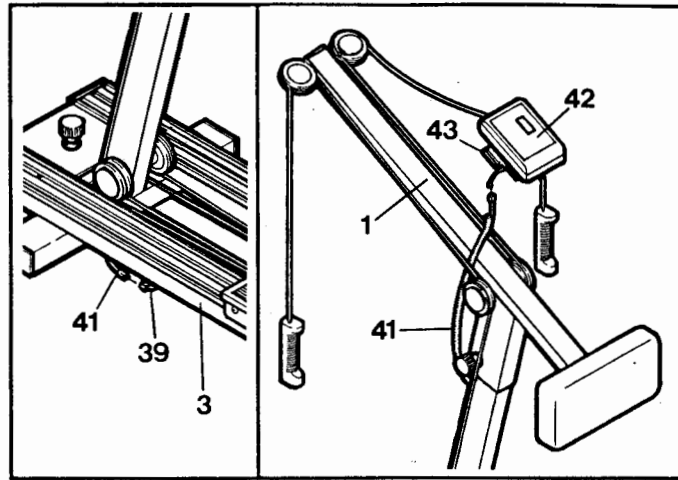
3. Route the left end of the Main Cord (48) under the Pulley (17) at the base of the Upright (2), over the Pulley at the rear of the Extension (1), and around the Pulley at the front of the Extension. The Cord must be routed between the Pulley and the post of the Pulley Bracket (26). Slide a Handle (45) onto the end of the Cord, and tie an overhand knot in the end of the Cord. Tie the knot where the Handle will be in a comfortable position for your.

Route the right end of the Main Cord (48) onto the Pulleys (17) and attach the other Handle (45) in the same manner.



4. Connect the lower end of the Extension Wire (41) to the Reed Switch Wire (39). Connect the upper end of the Extension Wire to the wire protruding from the Electronic Monitor (42). Tuck the excess wiring protruding from the Monitor back into the monitor.

Slide the Monitor Bracket (43) onto the Extension (1). Position the Monitor (42) on the Extension in a comfortable location.



## ADJUSTMENT AND OPERATION

### EXERCISING ON THE SKIER

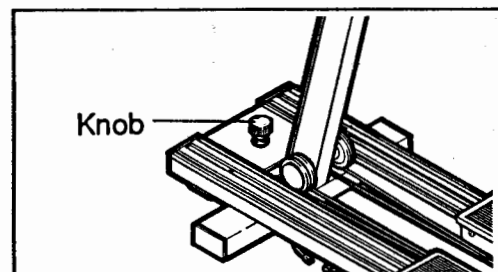
Step onto the pedals, center your feet on the pedals, and hold the handles. Correct cross-country skiing form is similar to that of walking. Move your arms and legs forward and back with a smooth, rhythmic motion. Your back should be straight and your knees slightly bent. Begin with short strides at low resistance until you are comfortable with the motion. Keep tension on both handles at all times.

Note: As with cross-country skiing, there is resistance against the pedals in both directions.

For the best aerobic workout, exercise physiologists recommend taking short, rapid strides at low resistance. To strengthen the muscles, long, slow strides at higher resistance are more effective.

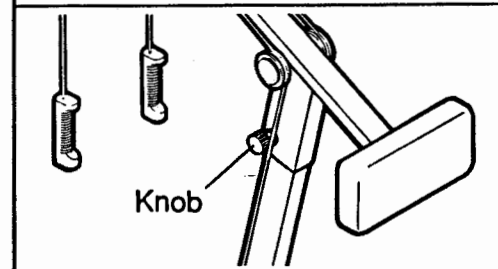
### RESISTANCE ADJUSTMENT

To vary the intensity of your exercise, the resistance against the pedals can be changed. The resistance is controlled with the knob located at the front of the skier. To increase the resistance, turn the knob clockwise. Turn the knob counterclockwise to decrease the resistance.



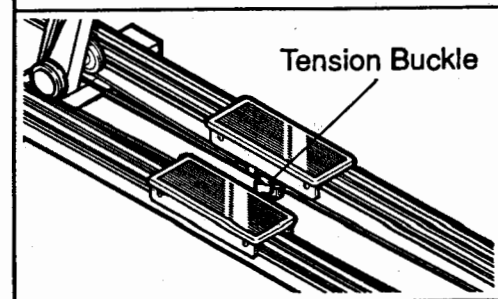
### ABDOMINAL PAD ADJUSTMENT

For your comfort during exercise, the height of the abdominal pad can be adjusted. The height is adjusted with the knob located on the left side of the upright. Loosen the knob, and raise or lower the extension to the desired height. Retighten the knob firmly.



### REAR CORD ADJUSTMENT

After a period of use, the rear cord will stretch. The cord can be adjusted with the tension buckle on the inside of the right pedal. Open the tension buckle and pull the rear cord tight. Make sure that the cord is around the rear pulley. Close the tension buckle tightly. Tie an overhand knot in the end of the cord, as close to the buckle as possible.



# OPERATING THE CXP MONITOR

The unique CXP monitor is designed to give you instant feedback on your performance as you exercise. The CXP monitor also allows you to set workout goals, and provides motivation to help you reach your goals. Read the instructions below before using the monitor.

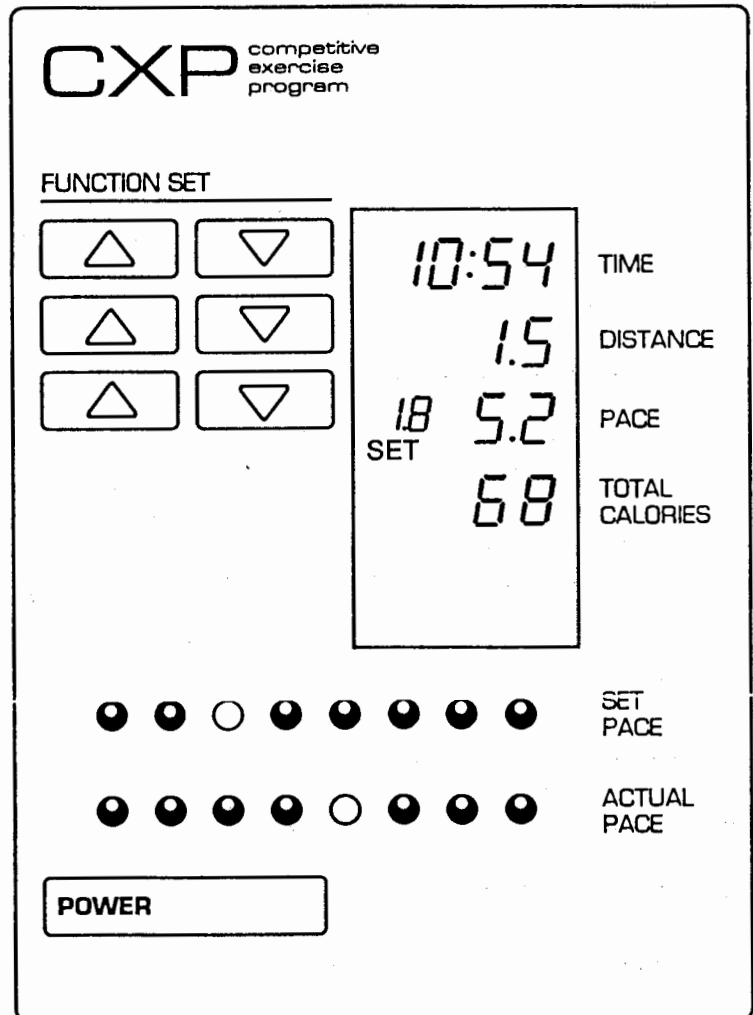
## DESCRIPTION OF THE FUNCTIONS

**TIME:** This function displays the elapsed time. This function also allows a time goal to be set. The monitor will count the time down, and sound a tone when the goal is completed.

**DISTANCE:** This function displays the total distance you have traveled, in miles. This function also allows a distance goal to be set. The monitor will count the distance down, and sound a tone when the goal is completed.

**PACE:** This function displays your current pace. This function also allows a pace goal to be set. The monitor will sound a repeating tone to help you maintain your pace goal. The set pace and actual pace displays will provide additional motivation.

**TOTAL CALORIES:** This function displays the total number of nutritional Calories you have burned. Note: The number displayed is based on an average resistance level. If the resistance is set very high or low, the actual number of Calories burned may differ slightly from the number displayed.



## OPERATING THE MONITOR

Remove the protective film from the front of the monitor. Two "AA"-size 1.5-volt batteries (not included) must be installed before the monitor can be operated (see MONITOR CARE).

1. To turn the power on, press the power button, or simply begin exercising.
2. As you exercise, the TIME function will be activated, displaying the elapsed time. If you stop exercising for ten seconds or longer, the time will hold until you resume.

The DISTANCE function will display the total distance you have traveled.

The PACE function will display your current pace.

The TOTAL CALORIES function will display the total number of Calories you have burned.

3. If desired, workout goals can be set in the following manner:

To set a time goal, press the set buttons next to the time display. A goal can be set for a minimum of 1 minute, up to a maximum of 99 minutes, in increments of 1 minute. The buttons can be held down to set a goal quickly. As you exercise, the monitor will count the time down. If you stop exercising for ten seconds or longer, the countdown will stop until you resume. When no time remains, a tone will sound.

To set a distance goal, press the set buttons next to the distance display. A goal can be set for a minimum of 1.0 mile, up to a maximum of 99 miles, in increments of 1.0 mile. The buttons can be held down to set a goal quickly. As you exercise, the monitor will count the distance down. A tone will sound when your goal is completed.

To set a pace goal, press the set buttons next to the pace display. The buttons can be held down to set a goal quickly. As you exercise, your pace goal will be shown on the left side of the pace display. Your actual pace will be shown on the right side of the pace display. To help you maintain your pace goal, the monitor will sound a repeating tone. Each time the tone sounds, the light in the set pace display will advance one position. Each time you stride, the light in the actual pace display will advance one position. To maintain your pace goal, simply stride in time with the tone, and keep the two lights together. It may be necessary to adjust the resistance in order to maintain your pace goal.

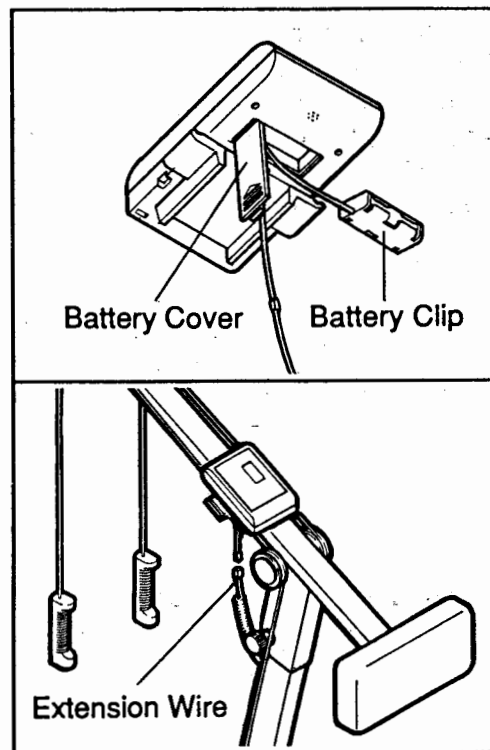
4. All displays can be reset to zero, if desired, by pressing the power button twice.
5. To turn the power off, press the power button. If the skier pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

## MONITOR CARE

Keep the monitor out of direct sunlight, or the display may be damaged. Clean the monitor periodically using a soft, dry cloth. Keep liquids away from the monitor.

The monitor requires two "AA"-size 1.5-volt batteries for operation. Alkaline batteries are recommended. To install batteries, first lift the monitor bracket off of the extension. Open the battery cover as shown, and carefully remove the battery clip. Insert two new batteries, in the directions shown on the inside of the battery clip. Close the battery cover and re-attach the monitor bracket to the extension.

If the display becomes faint, or if the monitor does not function properly, the batteries should be replaced. If the monitor still does not function properly, the extension wire should be checked. Make sure the upper end of the extension wire is connected to the wire protruding from the monitor, and the lower end is connected to the reed switch wire.

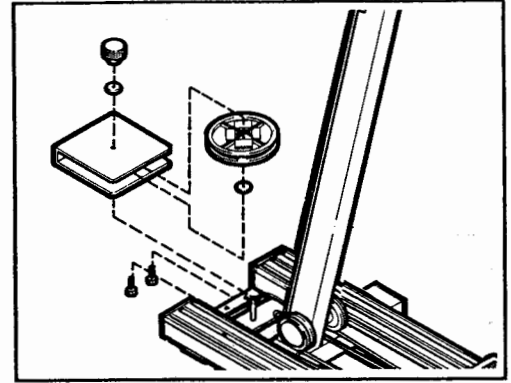


# MAINTENANCE AND TROUBLE-SHOOTING

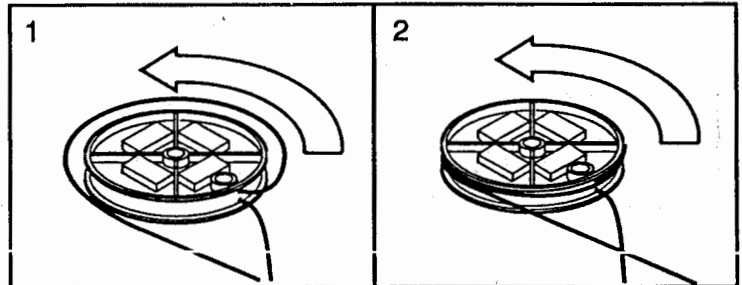
Make sure that all parts of the skier are tightened securely before each use. The skier can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronic monitor. Wipe the rails regularly where the ski pedals roll to prevent a build-up of dust. If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of drained batteries. Always remove the batteries when storing the skier.

## WRAPPING THE PULLEY

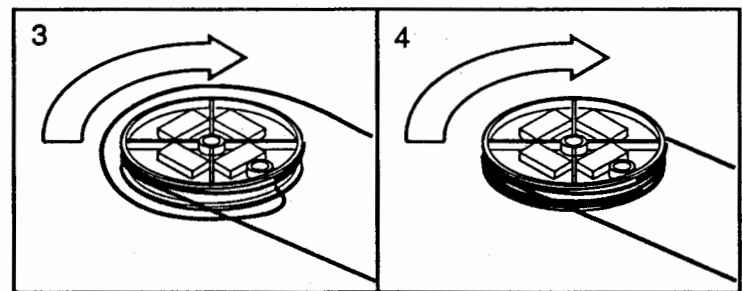
The skier utilizes a pulley to create resistance as you exercise. If the main cord ever becomes unwrapped from the pulley, follow the instructions below to re-wrap the cord. First, remove the knob and metal washer from the skier. Remove the two base bolts attaching the pulley housing, and lift the housing off of the skier. Remove the pulley and nylon washer from the housing. Be careful not to lose the nylon washer. Unwrap the cord completely from the pulley and make sure the cord is not tangled.



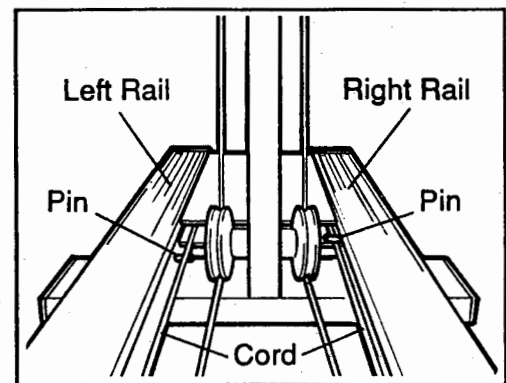
Stand in front of the skier. Hold the pulley so that the holes where the cord exits the pulley are toward the upright. While holding the pulley in this position, wrap the upper portion of the cord counterclockwise 1 3/4 turns around the pulley (drawings 1 and 2). Be sure the cord does not overlap itself.



Wrap the lower portion of the cord clockwise 1 3/4 turns around the pulley (drawings 3 and 4). Do not let the cord overlap itself or the previously wrapped portion of the cord. Keep the cord taut to prevent it from unwrapping.



Re-insert the pulley and nylon washer into the pulley housing. Slide the housing onto the skier, and re-attach the housing with the two base bolts. Re-attach the knob and metal washer. **IMPORTANT:** Be sure the right end of the cord is under the pin on the right rail, and the left end of the cord is on top of the pin on the left rail (see the drawing at the right.)



# CONDITIONING GUIDELINES

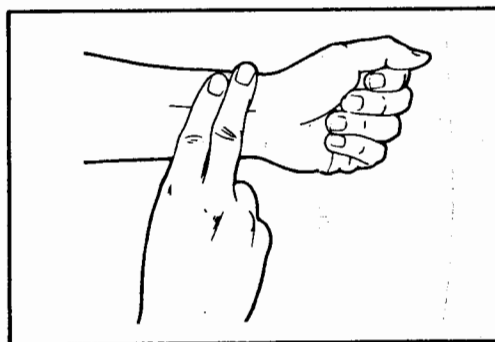
The following guidelines will help you to outline a personal exercise program. **Before beginning any exercise program, consult your physician.**

## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. For an effective aerobic workout, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age. Locate the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

To find your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heart-beat 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. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Compare your heart rate to your training zone, and adjust the intensity of your exercise as necessary. During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.



## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Warm up with 5-10 minutes of stretching or light calisthenics. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Finish your workout with 5-10 minutes of stretching to cool down. This will improve flexibility as well as offset muscle contractions and other problems caused when you stop exercising suddenly.

To maintain or improve your condition, exercise 2-3 times per week following the pattern described above, with at least one day of rest between workouts. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

# PART LIST- Model No. PF600510

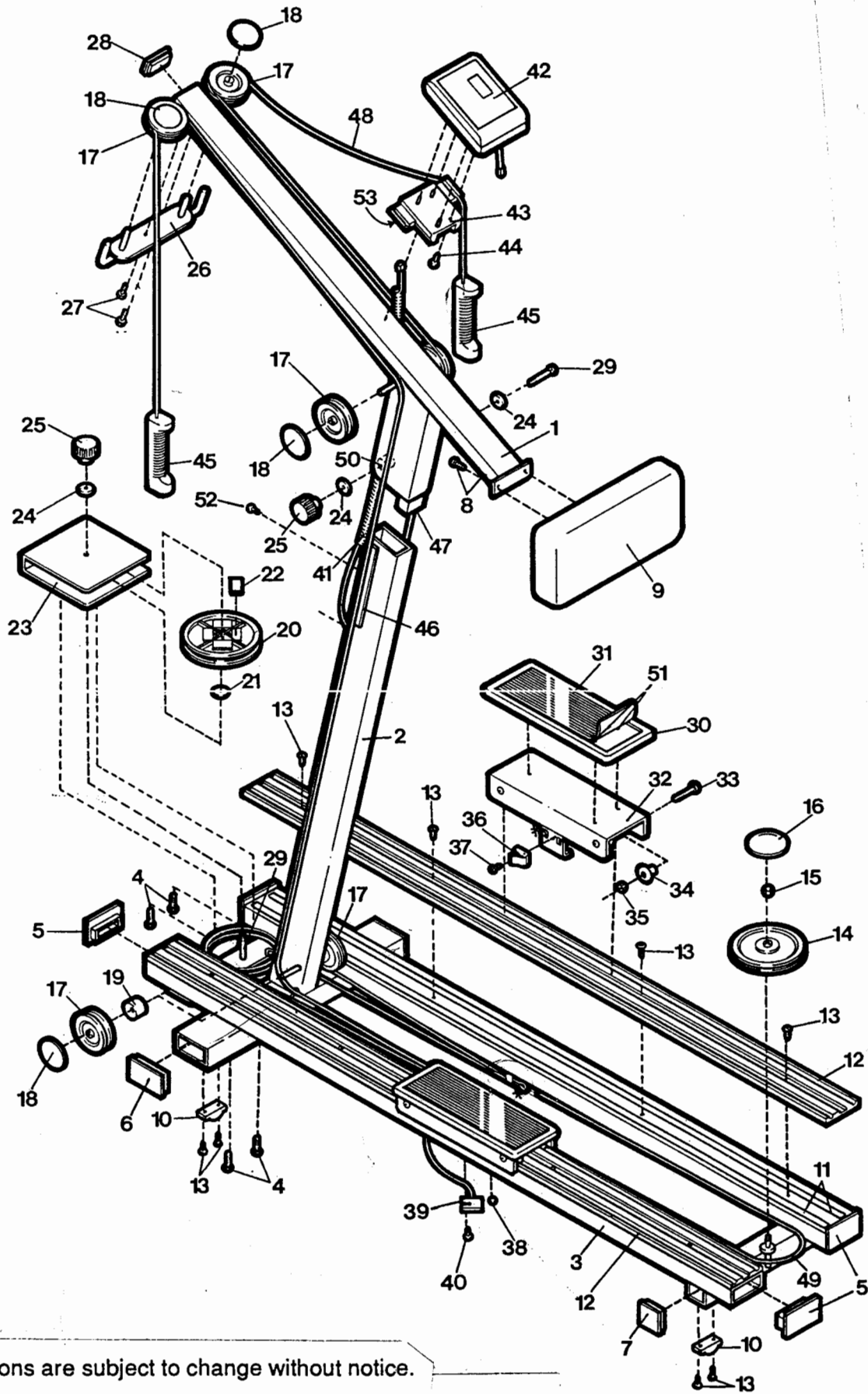
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Extension	28	1	Extension Cap
2	1	Upright	29	2	Carriage Bolt
3	1	Base	30	2	Pedal Cap
4	6	Base Bolt	31	2	Pedal Pad
5	4	Rail Endcap	32	2	Pedal
6	2	Upright Endcap	33	8	Pedal Bolt
7	2	Base Endcap	34	8	Pedal Roller
8	2	Pad Bolt	35	8	Pedal Nut
9	1	Abdominal Pad	36	1	Buckle
10	4	Rubber Pad	37	1	Buckle Screw
11	4	Double-Sided Tape	38	1	Magnet
12	2	Rail	39	1	Reed Switch w/Wire
13	16	Screw	40	1	Reed Switch Screw
14	1	Large Pulley	41	1	Extension Wire
15	1	Large Pulley Nut	42	1	Electronic Monitor
16	1	Large Pulley Cap	43	1	Monitor Bracket
17	6	Pulley	44	4	Monitor Bracket Screw
18	6	Pulley Cap	45	2	Handle
19	2	Pulley Spacer	46	1	Extension Felt
20	1	Resistance Pulley	47	1	Nylon Slider
21	1	Nylon Washer	48	1	Main Cord
22	4	Pulley Felt	49	1	Rear Cord
23	1	Pulley Housing	50	1	Spacer
24	3	Metal Washer	51	6	Pedal Cap Screw
25	2	Knob	52	1	Stop Screw
26	1	Pulley Bracket	53	1	Bracket Magnet
27	2	Bracket Bolt	#	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacements parts.

# EXPLODED DRAWING- Model No. PF600510

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Specifications are subject to change without notice.

# ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling our Customer Service Department toll-free at 1-800-999-3756, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PF600510).
2. The NAME of the product (Pro Form NORDIC XCS).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 10 of this manual.
5. The DESCRIPTION of the part(s) from page 10 of this manual.

If possible, place the skier near your telephone for easy reference when calling.

## LIMITED WARRANTY

PRO FORM Fitness Products, Inc. ("Pro Form"), 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. PRO-FORM's obligation under this warranty is limited to replacing or repairing, at PRO FORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PRO FORM at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by PRO FORM. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an PRO FORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PRO FORM.

PRO FORM 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 OTHER 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.

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

**PRO FORM FITNESS PRODUCTS, INC., 1500 S. 1000 W., Logan, UT 84321-9813**