

# **NORDIC KICK-PLUS**

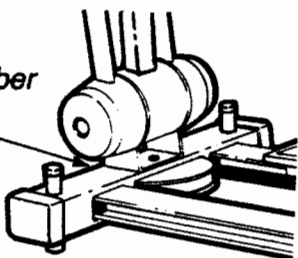
CROSS COUNTRY SKIER • ADJUSTABLE INCLINE  
MOTIVATIONAL CALORIE MONITOR

## **PRO-FORM<sup>®</sup>**

Model No. PF601520

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

Serial Number  
Decal



### **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.*

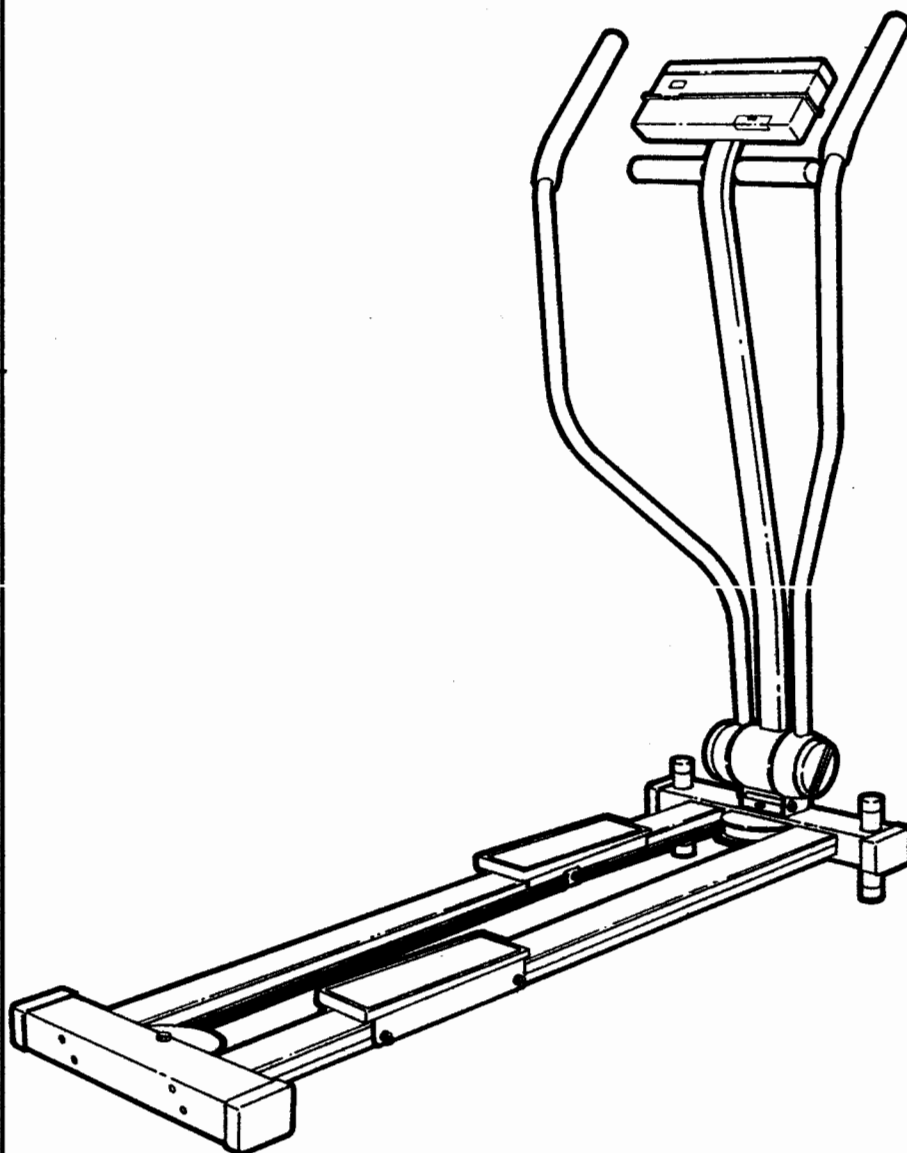
**CUSTOMER HOT LINE:**

**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**



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## TABLE OF CONTENTS

Important Safety Precautions .....	2
Before You Begin .....	3
Assembly .....	4
Adjustment and Operation .....	5
Console Operation .....	6
Trouble-Shooting and Maintenance .....	7
Conditioning Guidelines .....	8
Part List .....	10
Exploded Drawing .....	11
Ordering Replacement Parts .....	Back Cover
Limited Warranty .....	Back Cover

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING: To reduce the risk of serious injury, read all safety precautions and instructions in this manual before using the cross-country skier.**

- 1. Place the cross-country skier on a level surface.**
- 2. Inspect and tighten all parts each time you use the cross-country skier.**
- 3. Keep small children away from the cross-country skier at all times.**
- 4. Always wear appropriate attire, including athletic shoes, when using the cross-country skier.**
- 5. Always dismount the cross-country skier before changing the resistance of the ski pedals or ski poles.**
- 6. Use the cross-country skier only as described in this manual.**

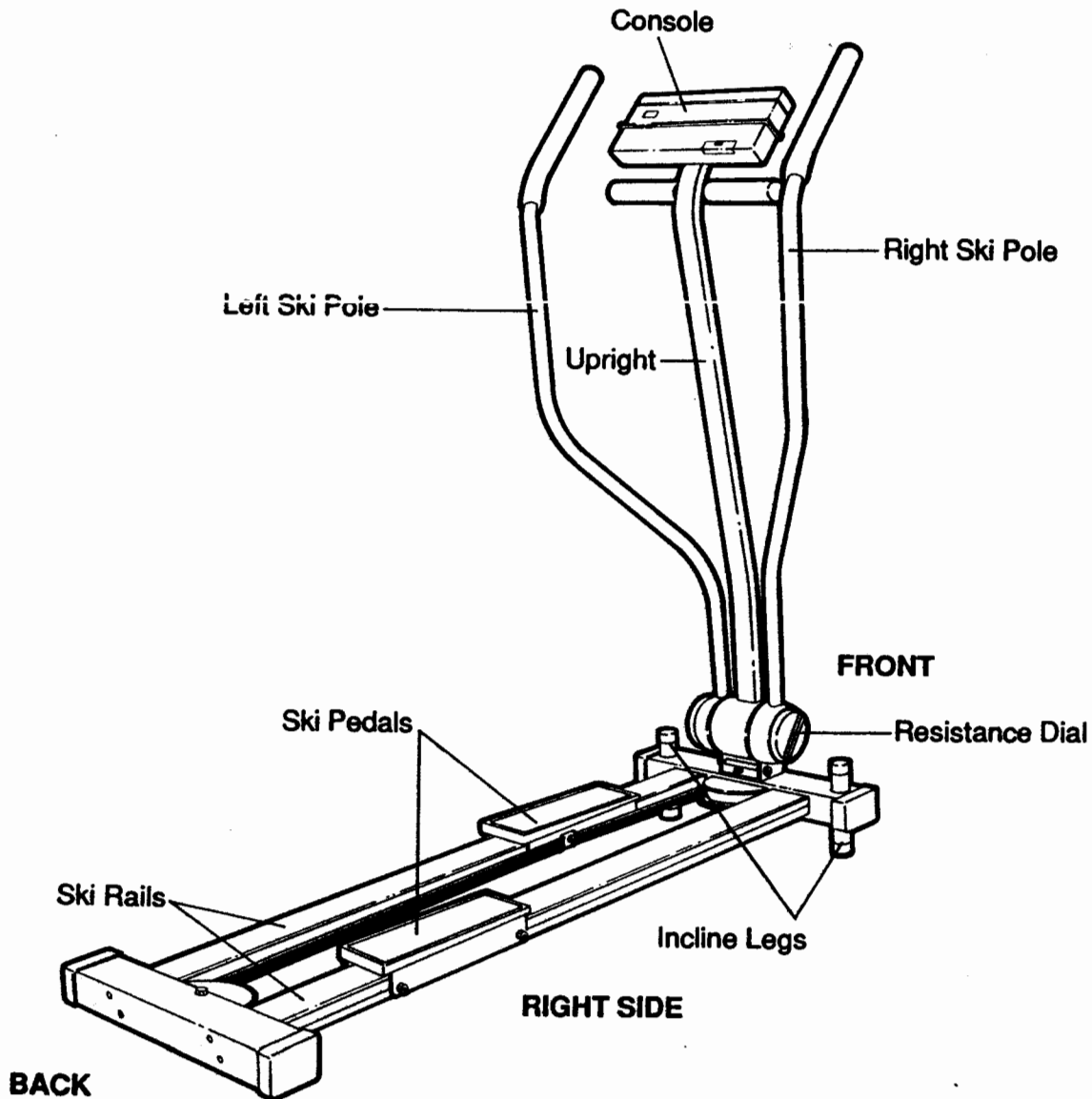
**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read this manual carefully before using this product. PROFORM assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® NORDIC KICK PLUS cross-country skier. Cross-country skiing is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The NORDIC KICK PLUS features ultra-smooth skiing pedals, adjustable resistance and an electronic exercise monitor to let you enjoy this dynamic exercise in the convenience and privacy of your home.

**For your safety and benefit, read this manual carefully before using the cross-country skier.** 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, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the cross-country skier (see the front cover of this manual for the location).

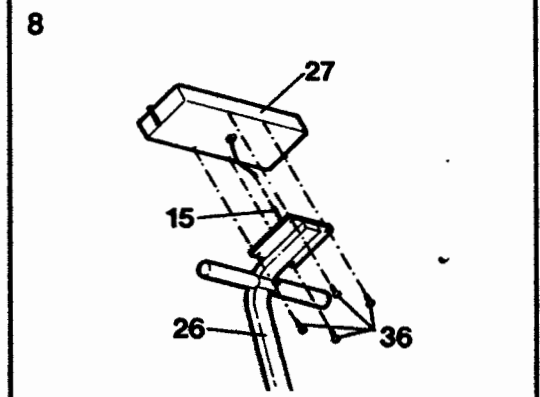
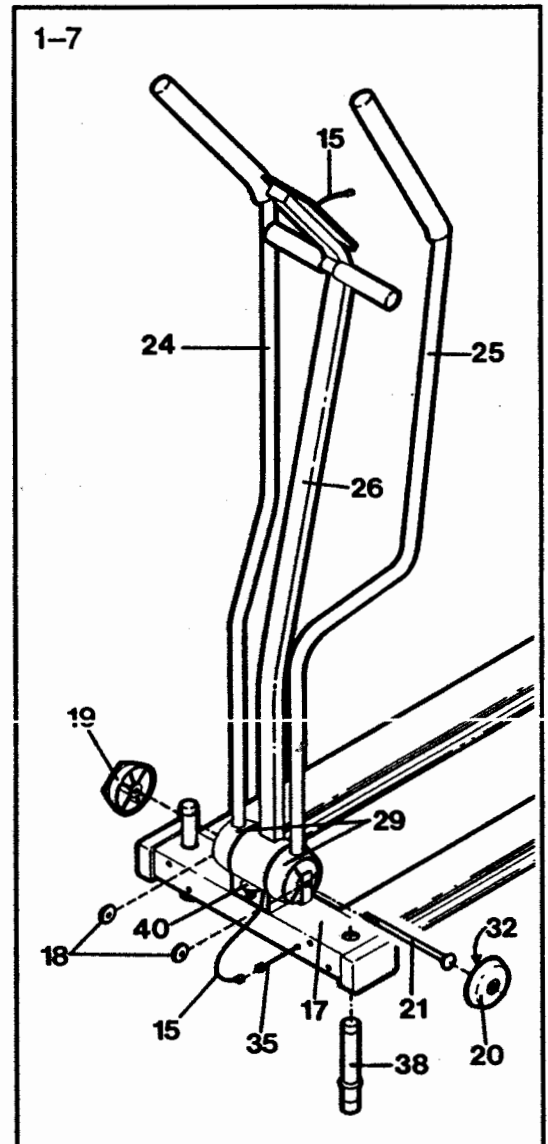
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

Set all parts of the cross-country skier in a cleared area on the floor and remove the packing materials. **Do not dispose of the packing materials until the cross-country skier is completely assembled.** Read all steps carefully before beginning. Assembly can be completed using a phillips screwdriver, pliers and a rubber mallet (not included). The assistance of a second person is recommended.

1. Remove the Resistance Dial (19) from the Long Bolt (21). Using a rubber mallet, tap the threaded end of the Bolt until the head of the Bolt protrudes from the bracket on the Stabilizer (17). Grip the head of the Bolt with pliers and pull the Bolt out of the bracket.
2. Press a Nylon Washer (18) into the depression in the outer side of each Ski Pole Housing (29). Position the Housings in the bracket on the Front Stabilizer (17) as shown. Make sure that the Right and Left Ski Poles (24, 25) are on the correct sides.
3. Insert the Long Bolt (21) from the left through the bracket on the Front Stabilizer (17). The Bolt must pass through the Nylon Washers (18), Ski Pole Housings (29), Right and Left Ski Poles (24, 25) and Upright (26). As you insert the Bolt through the Upright, look into the lower end of the Upright and make sure that the Bolt does not damage the Console Wire (15). Tighten the Resistance Dial (19) onto the end of the Bolt. Make sure that the square portion of the head of the Bolt goes into the square hole in the bracket on the Front Stabilizer.
4. Remove the backing from the Adhesive Strips (32) on the Housing Cap (20). Align the notch in the edge of the Cap with the left side of the bracket on the Front Stabilizer (17). Press the Cap onto the bracket.
5. Raise the Upright (26) to a vertical position. Make sure that the lower end of the Upright snaps into the Upright Bracket (40). Raise the Right and Left Ski Poles (24, 25).
6. Plug the lower end of the Console Wire (15) into the Reed Switch Wire (35).
7. Lift the Front Stabilizer (17) and insert the Incline Legs (38) into the Front Stabilizer as shown.
8. Plug the upper end of the Console Wire (15) into the wire protruding from the Console (27). Attach the Console to the plate at the top of the Upright (26) with four Console Screws (36). Make sure that the Console Wire does not get pinched between the Console and the Upright.

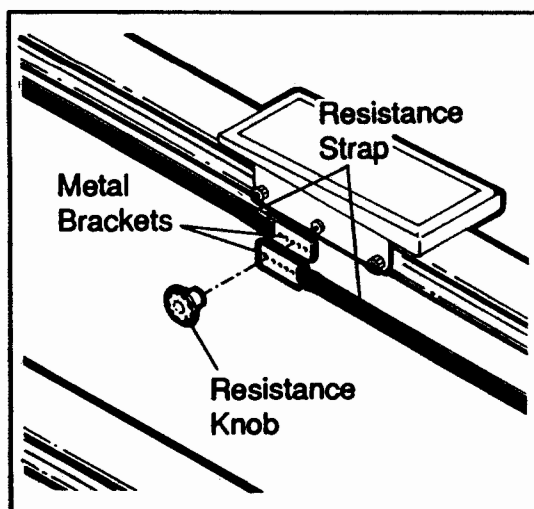


# ADJUSTMENT AND OPERATION

## CHANGING THE RESISTANCE OF THE SKI PEDALS

To vary the intensity of your exercise, the resistance of the ski pedals can be changed. **CAUTION: Always dismount the cross-country skier before changing the resistance.**

Remove the resistance knob from the right ski pedal. Slide the two metal brackets off the right ski pedal. To increase the resistance, pull the metal brackets closer together; to decrease the resistance, move the metal brackets farther apart. Slide the metal brackets back onto the right ski pedal. Tighten the knob onto the right ski pedal. Make sure that the metal brackets remain parallel to each other as you tighten the knob.

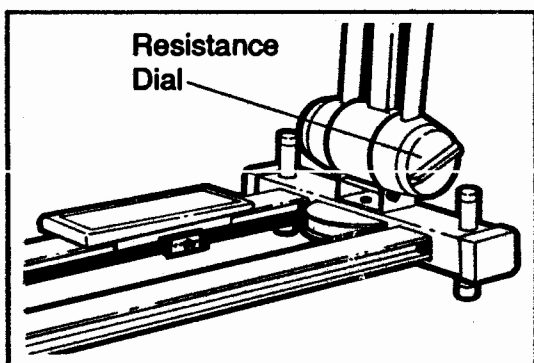


Do not set the resistance too low or the resistance strap may slip off the pulleys. Do not set the resistance too high or the strap and other parts may be worn excessively. Use the cross-country skier only at low to medium resistance settings.

## CHANGING THE RESISTANCE OF THE SKI POLES

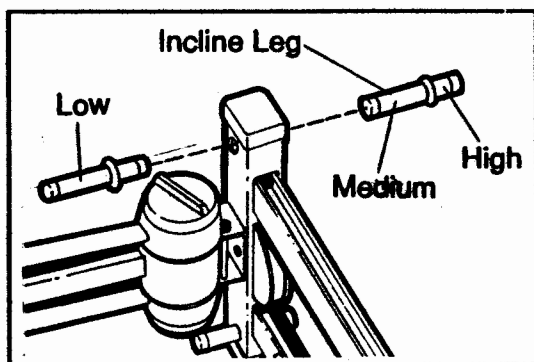
The resistance of the ski poles can be changed by turning the resistance dial at the lower end of the right ski pole. **CAUTION: Always dismount the cross-country skier before changing the resistance.**

To increase the resistance, turn the dial clockwise; to decrease the resistance, turn the dial counterclockwise.



## CHANGING THE INCLINE OF THE SKI RAILS

The ski rails can be set at any of three incline levels. For a low incline level, set the front stabilizer on the floor and insert the incline legs into the top of the front stabilizer. For a medium or high incline level, first tip the cross-country skier onto its side. Insert the ends of the incline legs into the bottom of the front stabilizer. The incline level will differ depending on which ends of the incline legs are inserted. Set the cross-country skier upright.



## EXERCISING ON THE CROSS-COUNTRY SKIER

Hold both ski poles firmly. Step onto the ski pedals and center your feet on the pedals. The correct form for exercising on the cross-country skier is similar to the motion of walking. Move your arms and legs forward and backward with a smooth, rhythmic motion. Keep your back straight and your knees bent slightly. For effective aerobic exercise, exercise physiologists recommend short, rapid strides at low resistance. To strengthen the muscles, long, slow strides at medium resistance are recommended. For a lower-body workout only, hold the handle on the upright and exercise using only your legs.

# CONSOLE OPERATION

The console features a five-mode electronic monitor to provide you with instant feedback as you exercise. Please read these instructions before operating the monitor.

## DESCRIPTION OF THE MODES

**SPEED**—Displays your current speed, in strides per minute.

**TIME**—Displays the elapsed time. Note: If you stop exercising for ten seconds or longer, the TIME mode will pause until you resume.

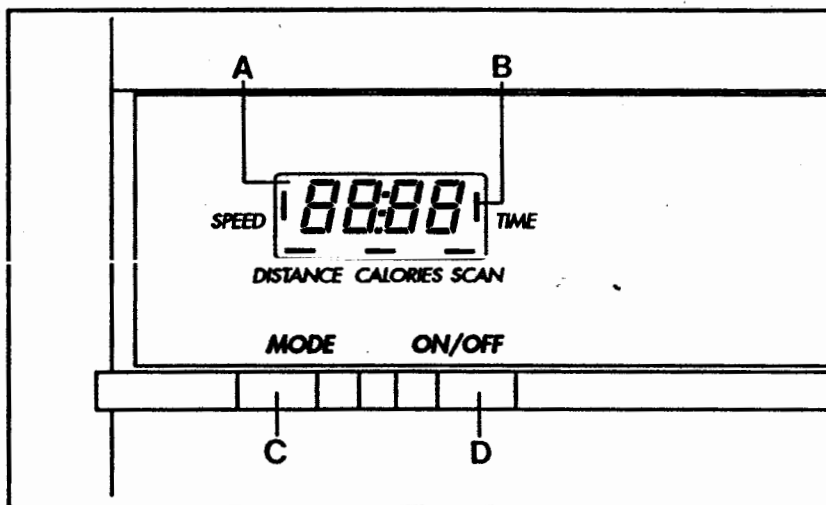
**DISTANCE**—Displays the total number of strides you have completed.

**CALORIES**—Displays the total number of nutritional Calories you have burned. Note: The number displayed is an averaged figure. The actual number may vary depending on the resistance of the ski pedals and ski poles, and the incline level of the ski rails.

**SCAN**—Displays all of the above modes, for five seconds each, in a repeating cycle.

## MONITOR DIAGRAM

- A. LCD display.
- B. Mode indicators—Show which mode is currently selected.
- C. Mode button—Selects modes.
- D. On/off button—Turns the power on and off.



## INSTALLING BATTERIES

The console requires two "AA" batteries (not included) for operation; alkaline batteries are recommended. Slide the battery cover open and remove the battery clip from the console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press the batteries into the battery clip. Replace the battery clip in the console and close the battery cover.

## OPERATING THE MONITOR

1. To turn the power on, press the on/off button or simply begin exercising. The entire display will appear for two seconds. The monitor will then be ready for operation.
2. Select one of the five modes:

**SCAN mode**—When the power is turned on, the SCAN mode will be selected automatically. One mode indicator will show that the SCAN mode has been selected, and a second mode indicator will show which mode is currently displayed. The SCAN mode can also be selected by repeatedly pressing the MODE button.

**SPEED, TIME, DISTANCE or CALORIES mode**—These modes can be selected by repeatedly pressing the mode button. A mode indicator will show which mode has been selected. The modes are selected in the following order: **SPEED, TIME, DISTANCE, CALORIE and SCAN.**

3. To reset the modes, turn the power off and then on again by pressing the on/off button.
4. To turn the power off, press the on/off button. Note: If the skier pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically.

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## **TROUBLE-SHOOTING AND MAINTENANCE**

Inspect and tighten all parts each time you use the cross-country skier. Do not allow liquids to come in contact with the console. Once every three months, apply a few drops of light multi-purpose oil to the hubs of the pulleys at the ends of the resistance strap.

### **CONSOLE**

If the console does not function properly, or if the LCD display becomes faint, the batteries should be replaced; most problems are the result of drained batteries. Make sure that the console wire is plugged fully into the console and the reed switch wire. See **CONSOLE OPERATION.**

### **SKI PEDALS**

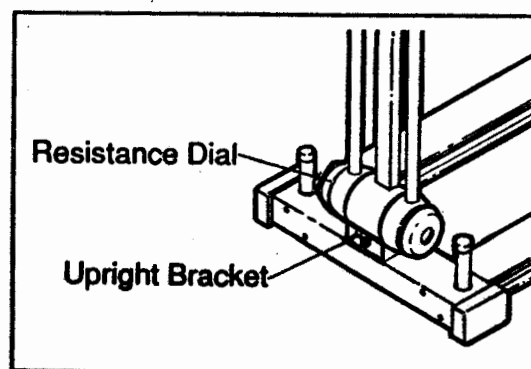
If the ski pedals are difficult to move, the resistance may be too high. The resistance should be decreased. See **ADJUSTMENT AND OPERATION.** If the movement of the ski pedals becomes noisy or rough, apply a few drops of light multi-purpose oil to a paper towel and wipe the oil onto the ski rails where the ski pedal rollers make contact. Apply oil at least once every three months. If the movement of the ski pedals is still rough, the ski pedal rollers may need to be replaced. See **ORDERING REPLACEMENT PARTS.**

### **SKI POLES**

If the ski poles have little resistance, even when the resistance dial is turned clockwise, the resistance pads may need to be replaced. See **ORDERING REPLACEMENT PARTS.**

### **STORAGE**

Loosen the resistance dial and lower the ski poles. Press down on the front of the upright bracket and lower the upright. Remove the batteries from the console. Cover the cross-country skier during extended periods of storage.



# CONDITIONING GUIDELINES

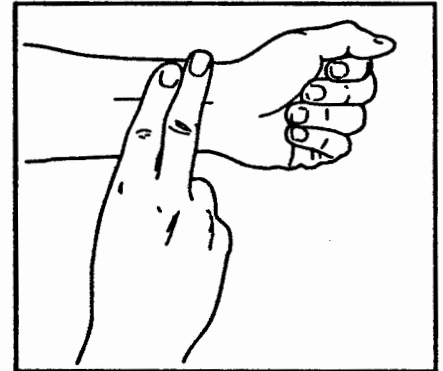
The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

## EXERCISE INTENSITY

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

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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. 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. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. 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. The key to success is **CONSISTENCY**.

## SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

### TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

### CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

### QUADRICEPS STRETCH

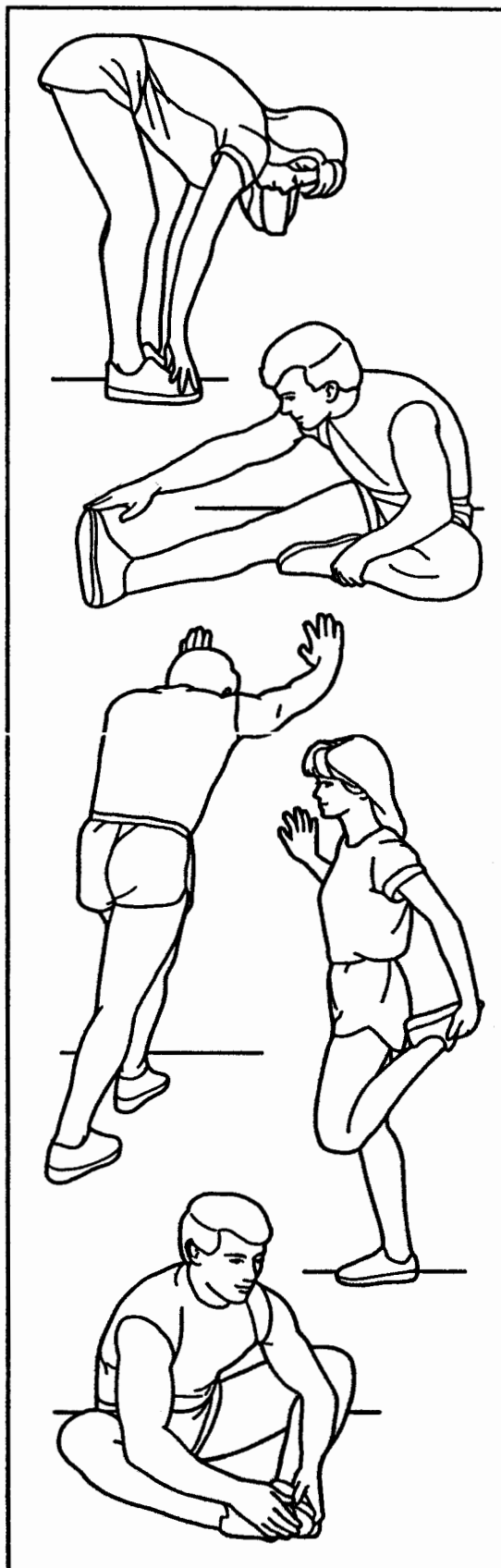
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. PF601520

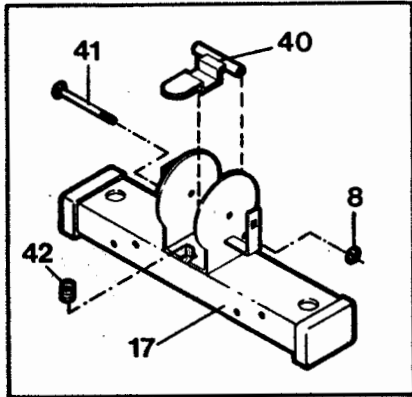
Rev. 7/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Ski Rail	24	1	Right Ski Pole
2	1	Rear Stabilizer	25	1	Left Ski Pole
3	4	Stabilizer Endcap	26	1	Upright
4	2	Ski Pedal	27	1	Console
5	2	Pulley	28	2	Foam Grip
6	1	Resistance Strap	29	2	Ski Pole Housing
7	2	Pulley Bolt	30	8	Resistance Pad
8	12	Nut	31	1	Reed Switch Screw
9	6	Screw	32	2	Adhesive Strip
10	8	Stabilizer Screw	33	2	Ski Pedal Cover
11	2	Ski Pole Endcap	34	2	Pulley Washer
12	2	Magnet Screw	35	1	Reed Switch Wire
13	2	Pulley Nut	36	8	Console Screw
14	1	Magnet	37	2	Handlebar Foam Grip
15	1	Console Wire	38	2	Incline Leg
16	1	Resistance Knob	39	4	Incline Leg Endcap
17	1	Front Stabilizer	40	1	Upright Bracket
18	2	Nylon Washer	41	1	Bracket Bolt
19	1	Resistance Dial	42	1	Spring
20	1	Housing Cap	43	2	Handlebar Endcap
21	1	Long Bolt	44	1	Console Plate
22	8	Roller Bolt	#	1	Owner's Manual
23	8	Ski Pedal Roller	#	1	Grease

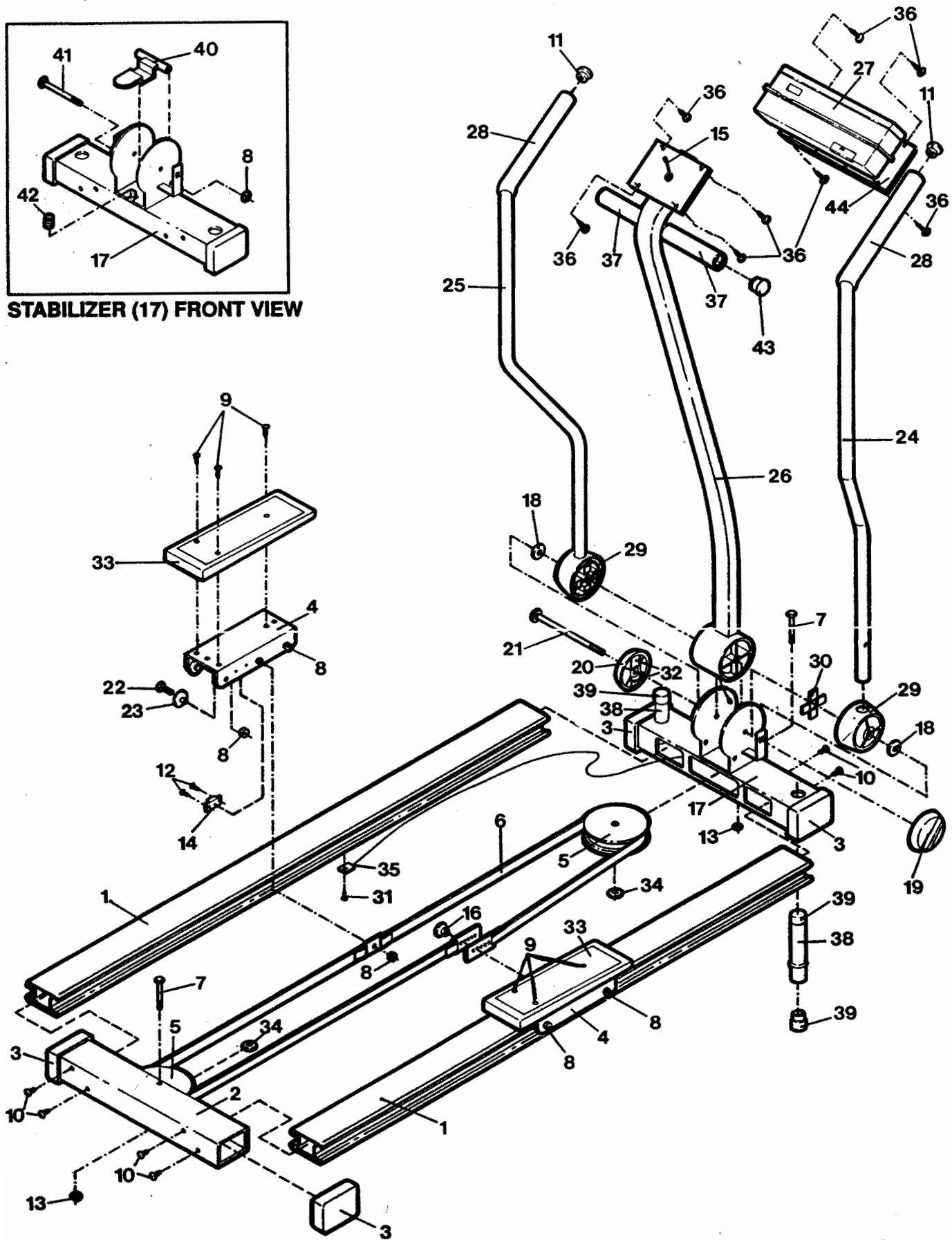
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacements parts.

# EXPLODED DRAWING—Model No. PF601520

Rev. 7/92



STABILIZER (17) FRONT VIEW



# ORDERING REPLACEMENT PARTS

Replacement parts can be ordered conveniently by calling 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, please note the following information before calling.

1. The MODEL NUMBER of the product (PF601520).
2. The NAME of the product (PROFORM® NORDIC KICK PLUS cross-country skier).
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.

## LIMITED WARRANTY

Proform Fitness Products, Inc. ("PROFORM"), 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. PROFORM's obligation under this warranty is limited to replacing or repairing, at PROFORM's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by PROFORM 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 PROFORM. 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 a PROFORM authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by PROFORM.

PROFORM 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.

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