



nordic sport™

Total Body Treadmill



Quick Set-Up and Care Guide



TABLE OF CONTENTS

Welcome to the NordicSport Total Body Treadmill	1
Parts	2
Quick Set Up	3
Adjustable Features	8
Adjust the Upper-Body Resistance	8
Adjust the Treadmill Resistance	8
Lock the Arm-Exerciser Poles in Place	8
Include the Upper-Body Exerciser	9
Change the Front Elevation	10
Adjust the Hip Pad Height	10
Collapse the Total Body Treadmill for Storage	11
Maintenance	12
Clean Your Total Body Treadmill	12
Inspect the Flywheel and Drag Strap	12
Remove and Clean the Drag Strap	13
Clean the Flywheel	13
Replace the Drag Strap	13
Return the Total Body Treadmill to Its Upright Position	14
Oil the Upper-Body Exerciser	14
Adjust the Treadmill Belt	17
Develop a Balanced Fitness Program	18
Customer Information	20

The following pages contain important information that will help you maximize your workouts with your NordicSport Total Body Treadmill™ exerciser. Be sure to read this Owner's Guide thoroughly before using the machine.



WELCOME TO THE NORDICSPORT TOTAL BODY TREADMILL

Getting started on your aerobic fitness program is simple with the NordicSport Total Body Treadmill. Just follow the quick set-up instructions, adjust the features to suit your fitness needs – and off you go. The unique low-friction belt and extra-wide deck allow for continuously smooth exercise. Set your own pace with the unique self-powered treadmill; lock the arm poles in place for running or jogging. The adjustable front elevation provides added lower-body resistance; the arm poles have a separate resistance adjustment.

So, customize your machine and read on. There's important information about maintaining your treadmill. With proper maintenance, your treadmill will provide you with years of reliable service. To get started, follow the quick set-up instructions on the following pages.

We recommend that you consult your physician before beginning any exercise program.

If you have any questions, please call our Customer Service Department at the toll-free number printed on your invoice.

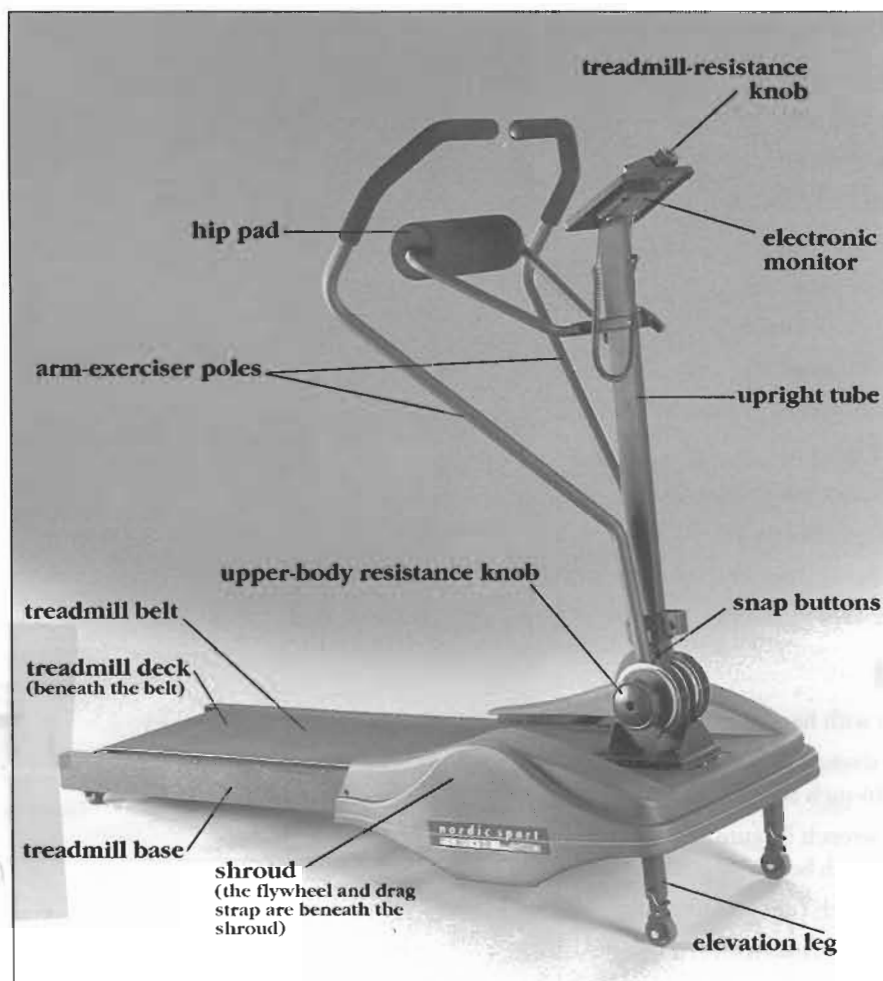
**Customer Service
Department Hours**

1 (877) 651-6119

www.iconfitness.com

Monday - Friday

6:00 a.m.-6:00 p.m. MST





PARTS

Parts List - Box 1

- 1 Base (Figure 1 shows the flywheel and drag strap attached to the base. You will need to attach these parts according to the instructions beginning on page 3.)
- 1 Flywheel (Figure 1)
- 1 U-bolt (Figure 1)
- 2 Washers (not pictured)
- 2 Nuts (not pictured)
- 1 Drag strap (Figure 1)

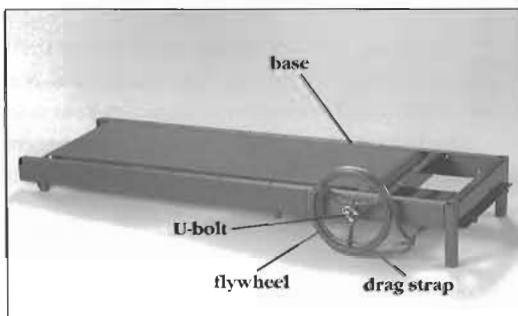


Figure 1

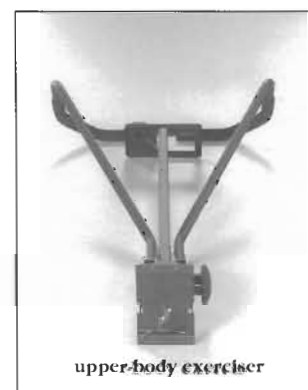


Figure 2

Parts List - Box 2

- 1 Upper-body exerciser (Figure 2)
- 1 Shroud (Figure 3)
- 1 Hip pad assembly (Figure 4)
- 1 Carriage bolt (Figure 4)
- 1 Hip-pad knob (Figure 4)
- 4 5/16-inch bolts (Figure 5)
- 4 1/4-inch bolts (Figure 5)
- 2 1/8-inch bolts (not pictured)
- 2 Large washers (not pictured)
- 2 Small washers (not pictured)
- 2 Elevation legs with wheels (Figure 5)
- 2 Easy-lock pins (Figure 5)
- 1 Upper-body exerciser pin (Figure 5)
- 1 Electronics package (Figure 5)
- 1 Information packet (Figure 5)
- 1 Electronics cable (not pictured)

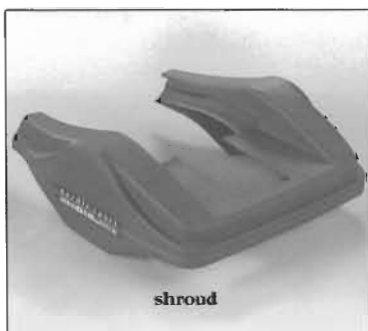


Figure 3

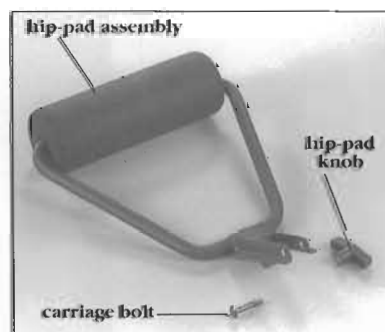


Figure 4

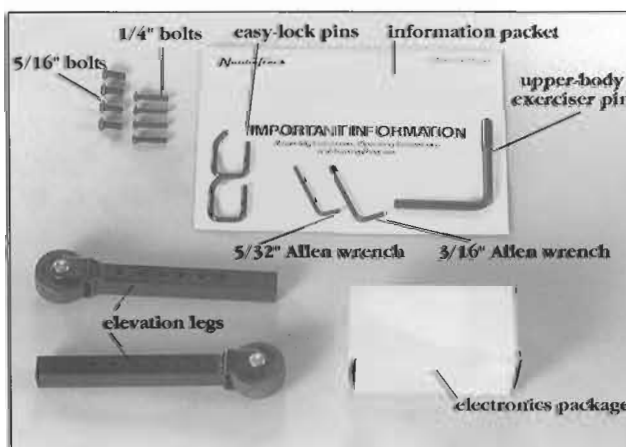


Figure 5

Tools Provided

- 1 7/16-inch Socket with handle (not pictured)
- 1 3/16-inch Allen wrench (Figure 5)
(for use with 5/16-inch bolts)
- 1 5/32-inch Allen wrench (Figure 5)
(for use with 1/4-inch bolts)
- 1 1/8-inch Allen wrench (not pictured)
- 1 1/2-inch Socket (for maintenance, not pictured)



QUICK SET UP

IMPORTANT: Remove the protective foam from the end of the axle before you begin to assemble your Total Body Treadmill. There is a thin foam cushion between the electronic sensor and the treadmill base. DO NOT remove this cushion.

We recommend unpacking your NordicSport Total Body Treadmill™ exerciser where you intend to use it. Please retain all packing materials for the duration of your trial period.

Verify the parts you received with the parts list. If you have any questions, please call our Customer Service Department at the toll-free number on your invoice.

Attach the Flywheel

1. Place the base on the floor.
2. Rotate the plastic clip behind the axle so that the clip is in the "12 o'clock" position (Figure 1).

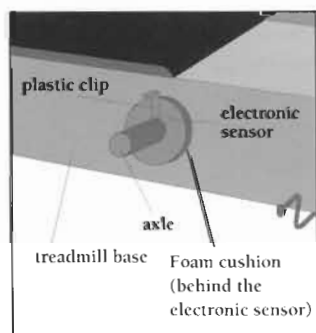


Figure 1
Rotate the plastic clip to the "12 o'clock" position.

3. Identify the flat side of the flywheel. This is the side with the short nub. Figure 2 shows the flat side of the flywheel.

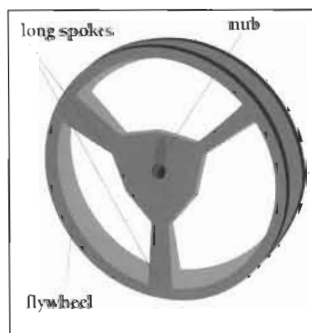


Figure 2
Identify the flat side of the flywheel.

4. Slide the flywheel onto the axle. The flat side of the flywheel should be toward the base, with the nub in the "one o'clock" position (Figure 3).

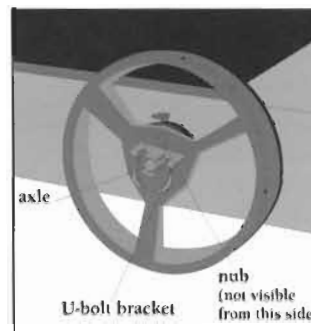


Figure 3
Slide the flywheel onto the axle with the nub in the "one o'clock" position.

IMPORTANT: Do not slide the flywheel beyond the point at which the end of the axle is even with the end of the flywheel (Figure 3). The flat side of the flywheel should be very close to, but not touching, the electronic sensor. There should be approximately 1/16-inch between the flywheel and the electronic sensor.

5. Fit the U-bolt assembly into the U-bolt bracket. The bend in the "U" should be toward the floor (Figure 4).

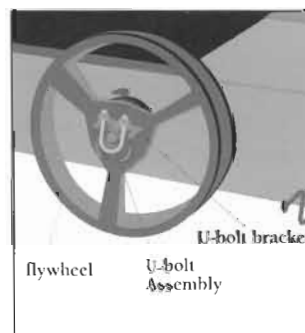


Figure 4
Fit the U-bolt assembly in the U-bolt bracket. Be sure that the bend in the U-bolt is toward the floor.

6. Tighten both nuts equally with your fingers.
7. Use the 7/16-inch socket and handle to tighten the nuts. Alternate between the two nuts in one-quarter turns until they are secure. The nuts should be tight enough so that the flywheel and axle spin together. You should not be able to spin the flywheel independently of the axle. The flywheel should not spin when the axle is stationary.

Insert the Front Elevation Legs

1. Remove the elevation legs and the two easy-lock pins from box 2.
2. Tilt the Total Body Treadmill to one side. There should be enough clearance to slide an elevation leg into the sleeve at the front of the treadmill deck (Figure 5).



Figure 5
Tilt the Total Body Treadmill to insert the elevation legs with wheels.

3. Place the elevation leg into the sleeve. The holes in the elevation leg should be aligned with the holes in the sleeve.
4. Insert the straight end of an easy-lock pin through the holes (Figure 6). Be sure that the end of the easy-lock pin extends completely through both sides of the front elevation leg.



Figure 6
Insert the straight end of the easy-lock pin through both sets of holes.

5. Rotate the bent side of the pin down to secure the easy-lock pin in place (Figure 7).



Figure 7
Rotate the easy-lock pin down to secure it in place.

NOTE: Adjust the front elevation legs to their highest level during assembly. This will allow easier access to the underside of the treadmill base. After you have completed the assembly, adjust the front elevation to a level that is comfortable for you. We recommend that you begin exercising with the elevation set at the second or third hole from the bottom of the elevation legs.

6. Repeat steps 2 through 5 with the other elevation leg and sleeve. Figure 8 shows the front elevation legs and easy-lock pins after they have been properly installed.



Figure 8
The front elevation legs and easy-lock pins have been properly installed.

Attach the Upper-Body Exerciser

CAUTION: Before attaching the upper-body exerciser, turn the upper-body resistance knob clockwise to lock the arm poles in place.

1. Position the upper-body exerciser over the front of the treadmill base (Figure 9). (If you were standing on the treadmill, the faceplate and treadmill-resistance knob at the top of the upper-body exerciser would face you.)



Figure 9
Position the upper-body exerciser over the treadmill base. Insert the resistance cable and sensor cord through the opening in the treadmill base.

2. Insert the resistance cable and the sensor cord that extend from the bottom of the upper-body exerciser through the opening in the treadmill base.
3. Align the four holes in the upper-body exerciser with the four holes in the treadmill base. Be sure that the resistance cable and sensor cord are not pinched between the treadmill base and the upper-body exerciser.
4. Insert the four 5/16-inch bolts from top to bottom through the holes in the upper-body exerciser and the treadmill base. Semi-tighten each of the bolts with your fingers.

NOTE: In order to ensure that the upper-body exerciser is properly installed, all four bolts should be inserted before you tighten any one of them completely.

5. Use the 3/16-inch Allen wrench to tighten all four bolts securely (Figure 10).



Figure 10
Use the 3/16-inch Allen wrench to tighten the bolts that secure the upper-body exerciser to the treadmill base.

Connect the Tension Spring, Sensor Cord and Drag Strap

1. Inspect the window beneath the treadmill resistance knob. If there is any red showing, turn the treadmill resistance knob counterclockwise until there is no more red showing.
2. Lay the NordicSport Total Body Treadmill™ exerciser on its left side, opposite the flywheel.
3. Attach the tension spring below the upper-body exerciser to the small hole in the tension rod (Figure 11). Be sure that the hole in the tension rod extends toward the rear of the base.

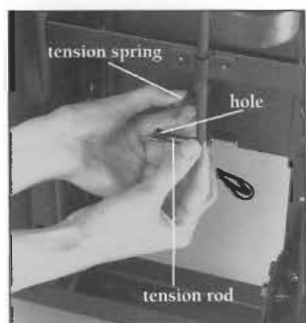


Figure 11
Attach the tension spring to the hole in the tension rod. Note that the hole in the tension rod extends toward the rear of the base.

4. Connect the sensor cord to the underside receptacle (Figure 12). The two ends should snap tightly together. Be sure the connection is tight.

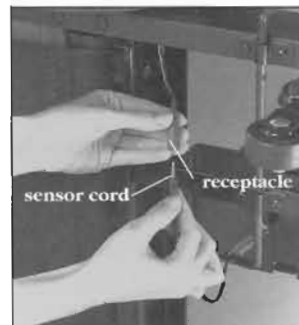


Figure 12
Connect the sensor cord to the receptacle as shown.

5. Return the machine to its upright position.
6. Slide the small loop of the drag strap around the tension rod. Be sure that the "tail" of the strap is toward the ceiling and that the tension rod bends upward (Figure 13).

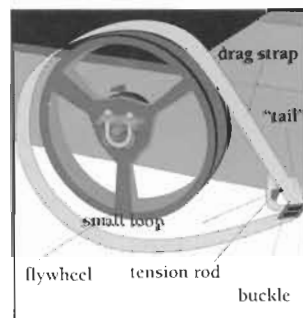


Figure 13
Slide the small loop in the drag strap around the tension rod. Both the bend in the tension rod and the "tail" of the drag strap should be toward the ceiling. Slip the drag strap around the flywheel.

7. Slip the drag strap around the flywheel.
8. Be sure the tension rod bends upward from the base of the treadmill.
9. Be sure the "tail" of the drag strap is about 1/2-inch to 1-inch long. Adjust it accordingly if it is longer than an inch or shorter than 1/2-inch.

Attach the Shroud

Inspect the shroud and note the position of the six holes in it. Locate the corresponding holes in the treadmill base. The positions of the six holes are as follows:

- Two holes in the front underside of the base.
- Two holes on the top of the treadmill base near the upright tube.
- One hole on each side of the treadmill base, near the rear of the shroud.

1. Position the shroud over the front of the treadmill base. The logos should be upright. (Figure 14).

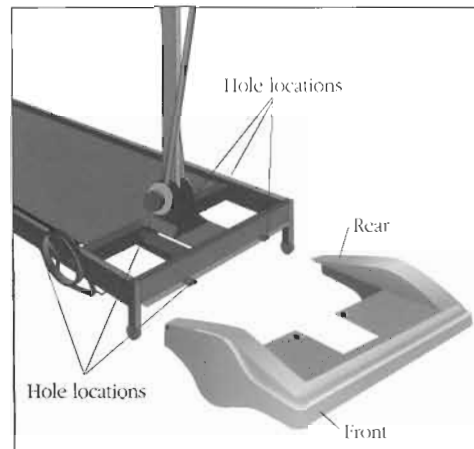


Figure 14

Position the shroud over the front of the treadmill base. Work the shroud onto the base until the six holes in the shroud are aligned with the six holes in the base.

2. Work the shroud onto the front of the treadmill base. The plastic is somewhat pliable and you will need to bend it slightly in order to position the shroud.

NOTE: Be careful of the drag strap and flywheel as you position the shroud. The drag strap may become disconnected from the flywheel if the shroud catches on it.

3. Align the six holes in the shroud with the corresponding holes in the treadmill base.
4. Slide a small washer onto each of the 1/8-inch bolts. Insert the bolts into each of the holes in the side of the shroud and the treadmill base (Figure 15). The washers should be between the shroud and the head ends of the bolts.

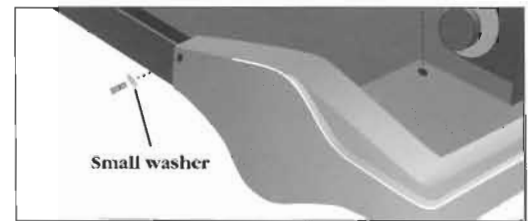


Figure 15 The 1/8-inch bolts are the smallest bolts found in your parts bag.

5. Tighten the bolts about halfway.

NOTE: In order to ensure that the shroud is properly installed, all bolts should be inserted before you tighten any one of them completely.

6. Insert a 1/4-inch bolt into each of the two holes on the top of the treadmill base (Figure 16).

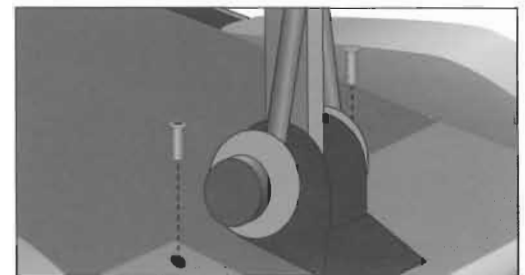


Figure 16 Insert the 1/4-inch bolts through the shroud and into the treadmill base.

7. Tighten the bolts about halfway.
8. Slide a large washer onto each of the two remaining 1/4-inch bolts.
9. Insert the bolts into each of the holes on the front underside of the treadmill base (Figure 17). The washers should be between the shroud and the head ends of the bolts.

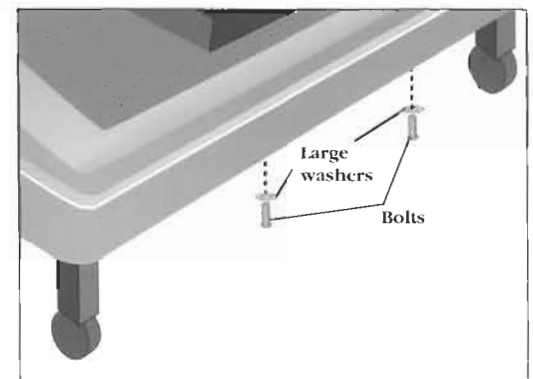


Figure 17

Insert two 1/4-inch bolts in the front underside of the treadmill base. Washers should be between the shroud and the bolt heads.

CAUTION: To avoid injury, do not operate the Total Body Treadmill without the shroud in place.



10. Tighten the bolts about halfway with your fingers.
11. Use the 5/32-inch Allen wrench to tighten the four 1/4-inch bolts (Figure 18).

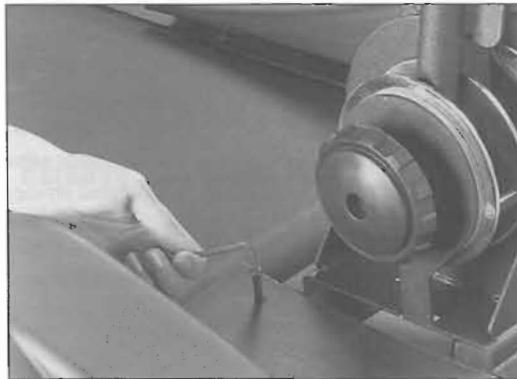


Figure 18

Use the 5/32-inch Allen wrench to tighten the four bolts that secure the shroud from the top and bottom.

NOTE: The bolts need only be tight enough to secure the shroud to the base. You should not tighten them beyond the point at which the heads of the bolts rest against the shroud.

12. Use the 1/8-inch Allen wrench to tighten the 1/8-inch bolts on the sides of the shroud.

Mount the Hip-Pad Assembly

You may use your NordicSport Total Body Treadmill™ exerciser with or without the hip pad. Using the hip pad will help you to maintain a smooth, rhythmic stride.

1. Remove the hip-pad knob and carriage bolt from the hip-pad assembly.
2. Increase the belt resistance so the belt will remain stationary when you stand on it.
3. Fit the bracket at the end of the hip-pad assembly around the upright tube. The pad should angle upward.
4. Position the hip pad on the upright tube below the workout computer jack. When properly adjusted, the top of the hip-pad assembly should be about one inch below your navel. The hip-pad assembly should be placed just below the workout computer jack for taller users (Figure 19); place it a few inches lower for average-height users (Figure 20); shorter users should position it several inches below the workout computer jack (Figure 21).

NOTE: The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement.

5. Insert the carriage bolt through both holes in the hip-pad bracket (Figure 22).
6. Tighten the hip-pad knob onto the threaded end of the carriage bolt to secure the hip pad.

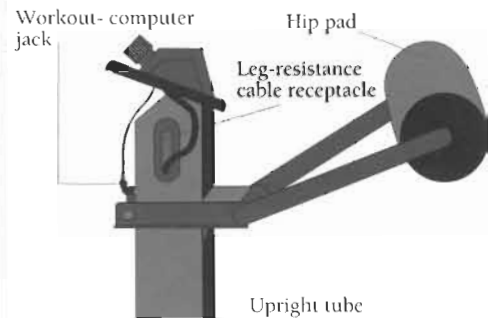


Figure 19

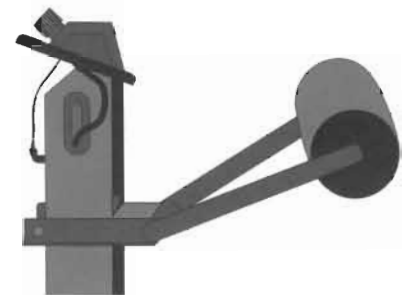


Figure 20

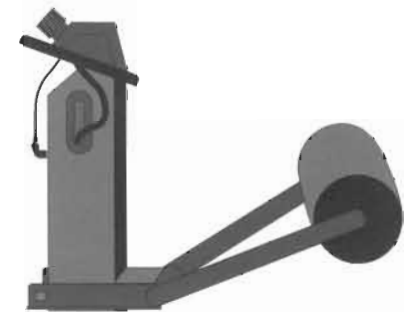


Figure 21

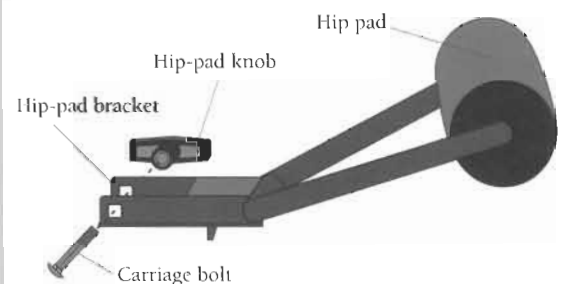


Figure 22

Install the Electronic Monitor

Follow the instructions included in the electronics package for the electronic monitor installation and operating instructions.



ADJUSTABLE FEATURES

The NordicSport Total Body Treadmill™ exerciser has several adjustable features to accommodate your fitness level.

Adjust the Upper-Body Resistance

The knob to adjust the upper-body resistance is located at the bottom of the upright tube. Turn the knob clockwise to increase the resistance or counterclockwise to decrease the resistance (Figure 1).

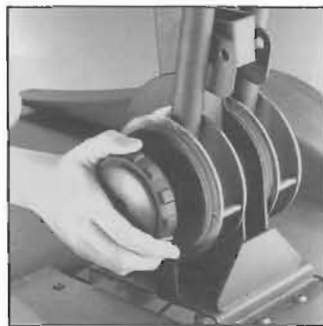


Figure 1

Turn the knob clockwise or counterclockwise to adjust the resistance.

Adjust the Treadmill Resistance

The treadmill-resistance knob is found on the top of the upright tube (Figure 2). Turn the knob clockwise to increase the resistance and counterclockwise to decrease the resistance. The red indicator below the resistance knob displays your resistance—the more red, the greater the resistance.

NOTE: Do not turn the knob farther clockwise if the red indicator fills the window below the resistance knob. Do not turn the knob farther counterclockwise if the red indicator does not appear in the window.



Figure 2

To adjust the treadmill resistance, turn the knob only while the treadmill is in use.

Lock the Arm-Exerciser Poles in Place

If you want to use only the treadmill, lock the arm-exerciser poles in place so you can hold onto them for balance. The arm-exerciser poles were designed with three locking positions. They can be easily adjusted to allow for differences in height and stride length.

1. Set the upper-body exerciser pin (Figure 3) near the front of the Total Body Treadmill.

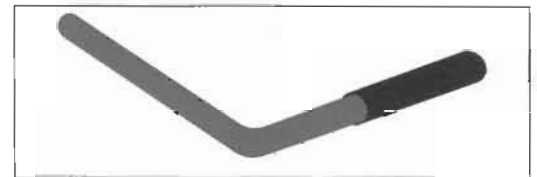


Figure 3

Locate the upper-body exerciser pin. Set it near the front of the treadmill so that it is easily accessible.

2. Increase the upper-body resistance high enough so that the arm-exerciser poles are stable in the upright position.
3. Align the slot in each of the arm-exerciser poles with either the center or rear sets of holes in the base of the upright tube (Figure 4).

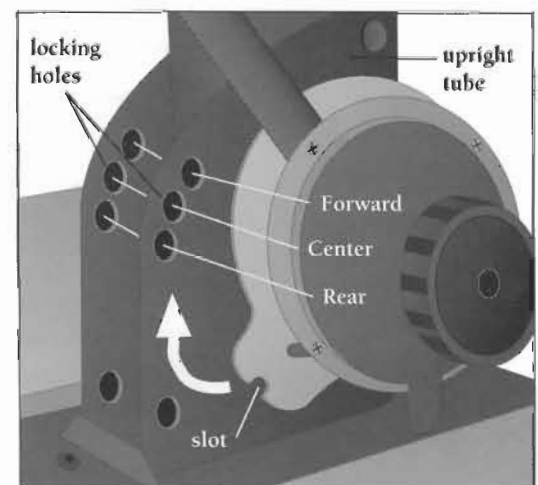


Figure 4

Align the slot in the arm-exerciser poles with the center or rear set of holes in the base of the upright tube.

NOTE: You should adjust the treadmill resistance only while you are using the treadmill. This will enable you to easily adjust it to a level that is comfortable for you and will prevent unnecessary wear on the resistance mechanism.

4. Hold the arm-exerciser poles with one hand. Use your other hand to insert the flat end of the upper-body exerciser pin through the holes so it is fully extended through the slots in both of the arm-exerciser poles.
5. Rotate the upper-body exerciser pin down to secure it in place (Figure 5).

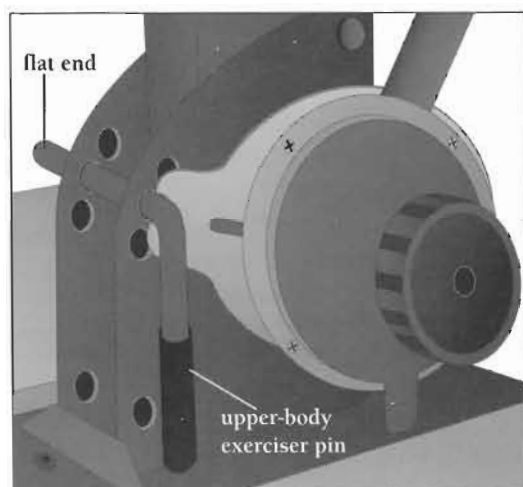


Figure 5

The arm-exerciser poles can be placed in one of three locking positions. The illustration above shows the poles locked in the center position.

NOTE: As a rule of thumb, the longer your stride, the further forward you should position the arm-exerciser poles. We recommend that you use the forward locking position if you wish to run or jog on the treadmill while swinging your arms at your sides.

Include the Upper-Body Exerciser

If you prefer to use the treadmill in combination with the upper-body exerciser, you will need to remove the upper-body exerciser pin from the locking holes.

1. Hold onto both arm-exerciser poles with one hand.
2. Use your other hand to remove the pin from the locking holes.
3. Insert the upper-body exerciser pin into the storage holes at the bottom of the upright tube (Figure 6). Be sure the free end of the pin extends toward the front of the base.

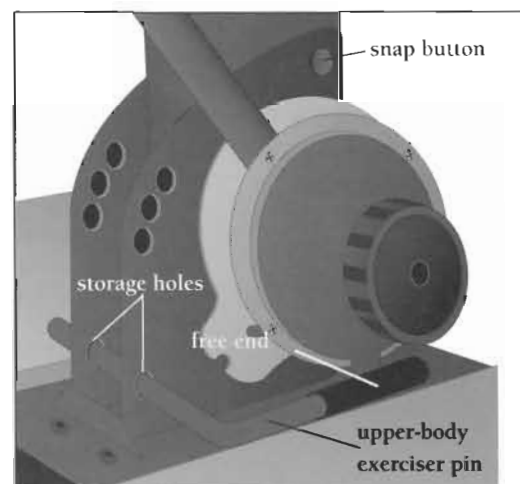


Figure 6

Insert the upper-body exerciser pin through the storage holes at the base of the upright tube. Be sure the end of the pin extends toward the front of the Total Body Treadmill.

4. Adjust the upper-body resistance to a level that is comfortable for you.

Change the Front Elevation

1. Tilt the Total Body Treadmill to one side. There should be enough clearance to slide an elevation leg into the sleeve (Figure 7).

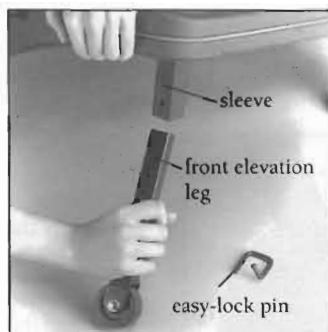


Figure 7
Tilt the Total Body Treadmill to one side so that you can adjust the front elevation. Remove the easy-lock pin and reinsert it at the desired elevation.

2. Rotate the bent side of the pin off the elevation leg to release the easy-lock pin.
3. Remove the easy-lock pin.
4. Adjust the elevation leg to the desired elevation and align the holes in the elevation leg with the corresponding holes in the sleeve.
5. Insert the straight end of an easy-lock pin through the holes. Be sure that the end of the pin extends completely through both sides of the front elevation leg.
6. Rotate the bent side of the pin down onto the elevation leg to secure the easy-lock pin in place.
7. Repeat steps 1 through 6 with the other elevation leg and sleeve.

Adjust the Hip Pad Height

1. Increase the treadmill resistance so the treadmill belt will remain stationary when you stand on it.
2. Loosen the hip-pad knob from the carriage bolt.
3. Carefully move the hip pad to the proper height. The top of the hip pad should rest at hip level, about one inch below your navel.
4. Replace the carriage bolt and the hip-pad knob (Figure 8). Be sure to tighten the knob until it is secure.

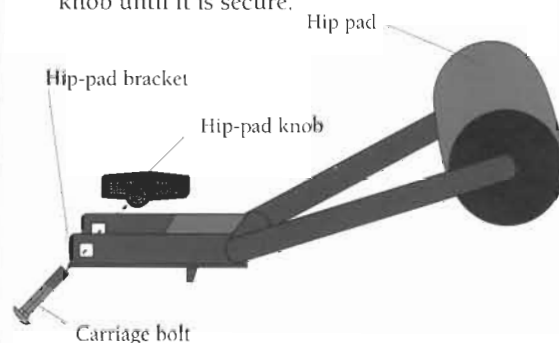


Figure 8
Replace the carriage bolt and hip-pad knob to secure the hip pad to the upright tube.

Collapse the Total Body Treadmill for Storage

The Total Body Treadmill aerobic exerciser is collapsible for convenient storage.

NOTE: You do not need to remove the hip pad to collapse your Total Body Treadmill; this is appropriate for long-term storage (over 30 days) or if you need to make your Total Body Treadmill as compact as possible. If you prefer to leave the hip pad attached, skip step 1.

1. Loosen the hip-pad knob. Remove the hip pad knob and carriage bolt. Set the hip-pad assembly aside.
2. If the arm exerciser poles are locked in position, remove the upper-body exerciser pin and store it in the storage holes at the bottom of the upright tube (Figure 9). Hold onto the arm poles with one hand while you remove the pin.
3. Lower the arm-exerciser poles until they rest on the treadmill deck.
4. Hold the upright tube in one hand and depress the snap buttons on both sides of the upright tube (Figure 9). They are located near the bottom of the tube.
5. Lower the upright tube until it rests on the treadmill deck.

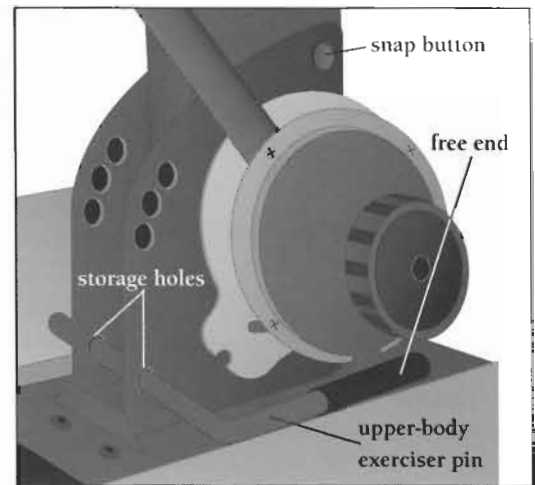


Figure 9

Insert the upper-body exerciser pin through the storage holes at the base of the upright tube. Be sure the free end of the pin extends toward the front of the Total Body Treadmill.



MAINTENANCE

The NordicSport Total Body Treadmill™ aerobic exerciser is built to require minimum maintenance. Perform the following maintenance to help ensure the safe and efficient operation of your Total Body Treadmill exerciser.

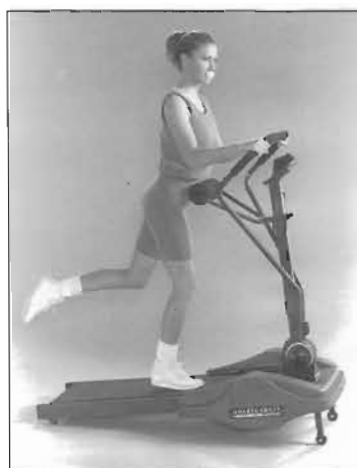
Clean Your Total Body Treadmill

We recommend that you wipe your Total Body Treadmill with a clean, dry cloth after each workout. Be sure to clean the treadmill belt as well as the treadmill deck which is beneath the treadmill belt.

NOTE: When the treadmill is not in use, lock the arm-exerciser poles in the upright position. Or, collapse the upright tube and arm-exerciser poles as described on page 11.

Inspect the Flywheel and Drag Strap

Periodically inspect the flywheel and drag strap for a buildup of dirt or gummy residue. If such a buildup does exist, clean the flywheel and drag strap as instructed in the sections that follow. The frequency of cleaning depends upon the surrounding conditions and how much you use your Total Body Treadmill. A clean flywheel and drag strap will help to ensure smooth, even tension on the treadmill.



If you have any questions, please call our Customer Service Department at the toll-free number printed on your invoice.

**Customer Service
Department Hours**
1 (877) 651-6119
www.iconfitness.com

Monday - Friday
6:00 a.m.-6:00 p.m. MST

If you have cleaned the treadmill deck properly and the resistance is still uneven or jerky, clean both the drag strap and the flywheel.

In order to inspect and clean the flywheel and drag strap, you will need to collapse the Total Body Treadmill and then lean it against a wall for support.

Remove the Hip Pad

If the hip pad is attached to the upright tube, remove it by loosening the hip-pad knob and removing the hip-pad knob and bolt.

Set the treadmill resistance at its lowest setting by turning the treadmill-resistance knob counterclockwise.

Collapse the Arm-Exerciser Poles and the Upright Tube

1. If the arm-exerciser poles are locked in position, remove the upper-body exerciser pin. Be sure to hold on to the arm-exerciser poles as you remove the pin.
2. Rotate the arm-exerciser poles toward the treadmill deck into the "down" position.
3. Depress the snap buttons on both sides of the upright tube. They are located near the bottom of the tube.
4. Lower the upright tube until it rests on the treadmill deck.

Lean the Total Body Treadmill Against a Wall

1. Move the Total Body Treadmill next to a wall. The foot end of the treadmill deck should be slightly more than one foot away from the wall. The treadmill deck should be perpendicular to the wall.
2. Place a protective covering (a bath towel will do) over the base of the upright tube near the front of the treadmill deck. This will protect your exerciser and the wall when you lean the machine against it.
3. Lift the front end of the Total Body Treadmill. Gently lean it against the wall. Be sure that the towel or other protective covering is between the base of the upright tube and the wall.

CAUTION: Check the stability of the treadmill before you perform the following steps. Be sure that the foot end of the treadmill deck is slightly more than one foot away from the wall. It may help to set a heavy object in front of the treadmill to keep it in place.

Remove and Clean the Drag Strap

1. Disconnect the drag strap and remove it from the flywheel. Note how the drag strap is routed on the Total Body Treadmill.
2. Scrub both sides of the drag strap with a dry, clean cloth or stiff-bristled brush. Or, hold both ends of the drag strap and snap the drag strap as you would a belt. NEVER wash the drag strap with water or any cleaner because it will shrink.
3. Follow the instructions below to clean the flywheel before you reattach the drag strap.

Clean the Flywheel

With the drag strap removed, wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. If there is any rust or corrosion on the flywheel, follow these steps:

1. Use fine or very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary. Do not press hard enough to scratch the surface.
2. Wipe the flywheel with a clean, dry cloth to remove the residue. NEVER place oil between the flywheel and the drag strap; this will damage the drag strap.
3. To help extend the wear of your drag strap, turn it over so the reverse side is **against** the flywheel. There should be no more **than** 1/2-inch of the drag strap through the buckle when the treadmill resistance is at its lowest setting.

Replace the Drag Strap

NOTE: To extend the life of your drag strap, replace it with the reverse side against the flywheel.

1. Slide the small loop around the tension rod. Be sure the "tail" of the strap is toward the ceiling and the tension rod bends upward.
2. Slip the drag strap over the flywheel (Figure 1).

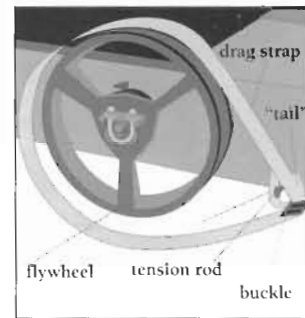


Figure 1
Slide the small loop in the drag strap around the tension rod. Both the bend in the tension rod and the "tail" of the drag strap should be toward the ceiling. Slip the drag strap around the flywheel.

3. Be sure the drag strap is properly adjusted. There should be between 1/2-inch and one inch of "tail" at the end of the drag strap. If the "tail" is longer than an inch, or shorter than 1/2-inch, adjust it accordingly.

Return the Total Body Treadmill to Its Upright Position

1. Carefully lower the front end of the Total Body Treadmill until it rests on the floor.
2. Set the towel or protective covering aside.
3. Lift the upright tube until you hear a "click" when the snap buttons lock the upright tube in place. Be sure that the snap buttons are in the extended position on both sides of the upright tube.
4. Lift each of the arm-exerciser poles to its upright position.
5. If you wish, lock the arm-exerciser poles in one of three upright positions. (See "Lock the Arm-Exerciser Poles in Place" on page 8.)
6. Fit the bracket at the end of the hip-pad assembly around the upright tube. The hip pad should angle upward.
7. Adjust the height of the hip pad so that it rests at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement.
8. Insert the carriage bolt through both holes in the hip-pad bracket.
9. Tighten the hip-pad knob onto the threaded end of the carriage bolt to secure the hip pad to the upright tube.

NOTE: You may use your NordicSport Total Body Treadmill™ with or without the hip pad. Using the hip pad will help you to maintain a smooth, rhythmic stride.



NOTE: The brake pads are interchangeable. The arm-exerciser poles are not. Be sure to note the original position of the arm-exerciser poles so you replace them correctly.

Oil the Upper-Body Exerciser

There are four round, leather brake pads at the base of the upper-body exerciser (Figure 2). If they begin to squeak, you will need to disassemble the upper-body exerciser to oil them.

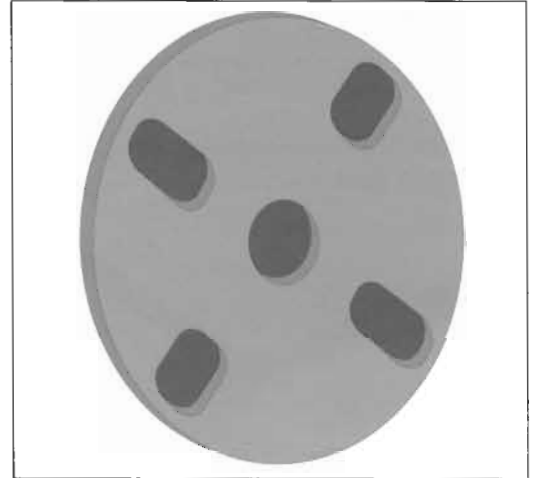


Figure 2

The four leather brake pads are completely removable. You will need to remove them from the upright tube and brake-pad plates in order to oil them.

Collapse the NordicSport Total Body Treadmill™

1. If the arm-exerciser poles are locked in position, remove the upper-body exerciser pin. Be sure to hold onto the arm-exerciser poles as you remove the pin.
2. Insert the upper-body exerciser pin into the storage holes at the bottom of the upright tube (Figure 3).

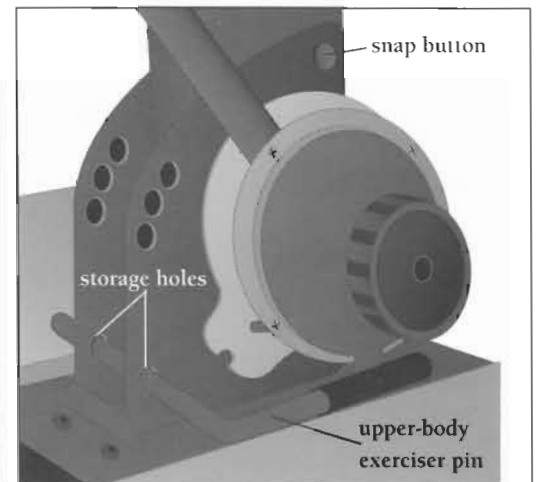


Figure 3

Insert the upper-body exerciser pin through the storage holes at the base of the upright tube.

3. Rotate the arm-exerciser poles toward the treadmill deck into the "down" position.
4. Use one hand to depress the snap buttons on both sides of the upright tube (Figure 3). Use your other hand to support the upright tube.
5. Lower the upright tube until it rests on the treadmill deck.

Disassemble the Upper-Body Exerciser

CAUTION: The arm-exerciser poles or brake pads may be greasy. Place a protective covering on your flooring before removing the parts.

NOTE: Right and left references in this section are what would be the right (or left) side if you were standing on the treadmill facing the upright tube.

1. Turn the upper-body resistance knob counterclockwise until the knob comes off. Set the knob aside.
2. Remove the two washers and the bearing from the large bolt.
3. Slide the right brake-pad plate off the large bolt (Figure 4).



Figure 4
Remove the parts in the following order: upper-body resistance knob, washer, bearing, washer, right brake-pad plate.

4. Remove the right arm-exerciser pole from the machine.

CAUTION: The upright tube will slide out of position when you remove the large bolt.

5. Remove the left arm-exerciser pole, left brake-pad plate and the large bolt from the base. The bolt will still be inserted through both the arm-exerciser pole and the brake pad (Figure 5).



Figure 5
Remove the left arm-exerciser pole, the left brake-pad plate and the large bolt. The upright tube will slide out of position as you do this.

6. Remove the large bolt from the left arm-exerciser pole and brake-pad plate.

Oil the Brake Pads

NOTE: Be sure to place a drop cloth or protective cover on your floor.

1. Remove the four brake pads from the upright tube and brake-pad plates.
2. Use 100-grit sandpaper to roughen the surface of each of the four brake pads. This will enable the oil to penetrate the pads properly.

NOTE: Do not press too hard with the sandpaper. You need only rub hard enough to remove some of the shine from the surface of the brake pad.

3. Place two to three drops of light household oil on each of the brake pads. Spread the oil evenly over the entire surface of each pad.
4. Reattach the brake pads to the upright tube and brake-pad plates. The smooth side of each pad should face in toward the arm-exerciser poles.

NOTE: Be sure the four slots in each brake pad are secured to the four tabs on the upright tube or brake-pad plate.

5. Allow the brake pads to absorb the oil for 8 hours. Wipe off any excess oil with a tissue or cloth. Then reassemble the upper-body exerciser as instructed on page 16.

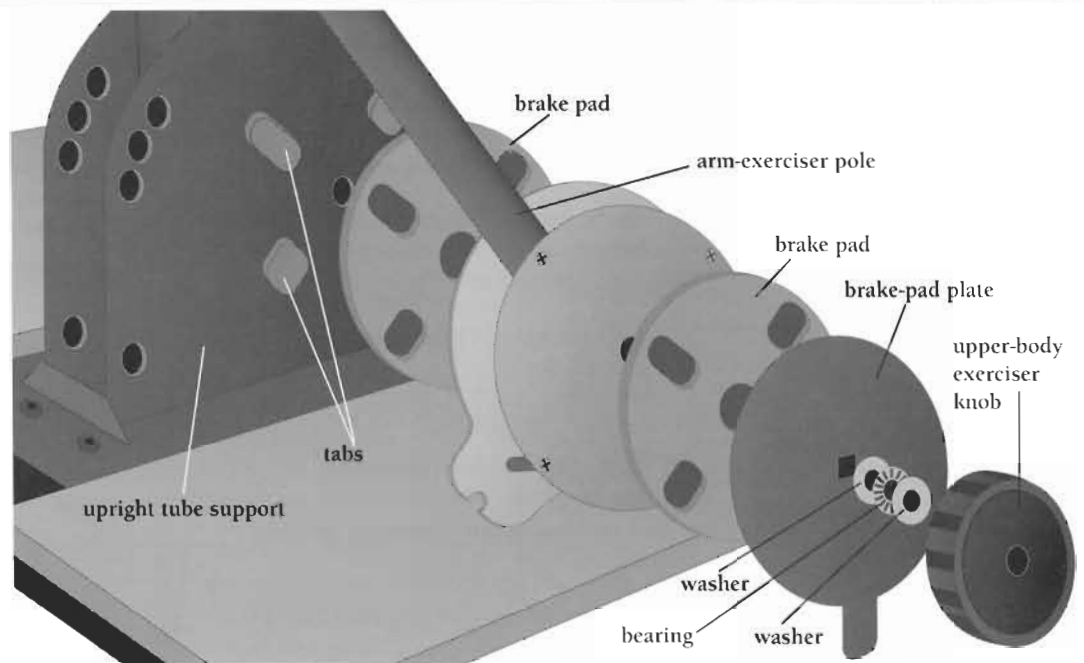


Figure 6

The proper assembly of the upper-body exerciser is shown above. Note that the illustration shows only the right side of the upper-body exerciser.

Assemble the Upper-Body Exerciser

Figure 6 shows the Total Body Treadmill with the upper-body exerciser completely disassembled. You will need to put it back together in reverse order.

1. Partially insert the large bolt through the left brake-pad plate and left arm-exerciser pole. The threaded end of the bolt should be visible through the arm-exerciser pole. The head of the bolt should be on the metal side of the brake-pad plate.
2. Stand at the left side of the base. Insert the tab at the bottom of the brake-pad plate into the slot in the base. Align the holes in the arm-exerciser pole with the upright tube and push the bolt through all holes (Figure 7). Be sure the bolt passes over the leg resistance cable and the electronics cord.



Figure 7

Align the holes in the left brake-pad plate, the left arm-exerciser pole and the upright tube. Insert the long bolt through the holes.

NOTE: To assist in the reassembly, kneel at the left side of the base and use your leg to help hold the arm-exerciser pole in position.

3. Slide the right arm-exerciser pole on the long bolt.
4. With the brake pad toward the arm-exerciser pole, insert the tabbed end of the right brake-pad plate through the hole in the base. Insert the long bolt through the brake-pad plate (Figure 8).



Figure 8

Slide the right brake-pad plate onto the large bolt. Align the tab at the bottom of the brake-pad plate with the slot in the treadmill base.

5. Slide the washers and bearing onto the bolt in this order: washer, bearing, washer.
6. Attach the upper-body exerciser knob by turning it clockwise until it is snug.
7. Return the arm-exerciser poles and the upright tube to their upright positions. Be sure the snap buttons click into place on the upright tube.

IMPORTANT: *The two guides beneath the treadmill deck are designed to keep the treadmill belt centered. The belt is intentionally cut slightly wider than the space between the two guides, so the belt will curl up on each side. THIS IS NORMAL AND WILL NOT DAMAGE THE TREADMILL BELT.*

Adjust the Treadmill Belt

If the treadmill belt moves to one side, you can center it as follows:

1. If the treadmill belt is too far to the left side of the treadmill deck, stand on the left side of the machine. If the treadmill belt is too far to the right side of the treadmill deck, stand on the right side of the machine.
2. Use your foot (the one nearest the treadmill) to rotate the belt several times (Figure 9).



Figure 9
Use your foot to spin the treadmill belt for several revolutions. This will help to center the treadmill belt on the treadmill deck.

3. If the belt is still off-center or if it is too loose or too tight, continue with the following steps. Otherwise, stop after step 2.

IMPORTANT: Steps 4 through 11 are intended to be a “last resort” in treadmill maintenance. Follow the instructions on this page only if you have already cleaned the treadmill deck and then cleaned both the flywheel and drag strap.

4. Lock the arm-exerciser poles in one of the two forward positions. Be sure to hold onto the arm-exerciser poles as you insert the upper-body exerciser pin.
5. Carefully tip the machine forward by lifting the back end of the treadmill. Rest the machine on the arm-exerciser poles.
6. Use the 1/2-inch socket and handle provided to loosen the two bolts that secure the rubber foot and bracket at the extreme rear of the treadmill deck (on the underside of the machine). Loosen the bolts until the bracket begins to move (Figure 10).

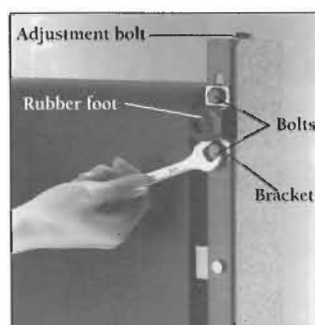


Figure 10
Loosen the two bolts that secure the rubber foot and bracket at the extreme rear underside of the machine.

7. Repeat with the rubber-foot bolts that secure the other rubber foot and bracket. All four footpad bolts must be loose to adjust the belt.
8. Use the adjustment bolts at the rear of the treadmill deck. The treadmill is properly adjusted if you are able to slip your hand between the belt and the treadmill deck.
 - If the treadmill belt is too tight, loosen it by turning both adjustment bolts counterclockwise. Adjust each bolt equally a quarter turn at a time.
 - If the treadmill belt is too loose, tighten it by turning both adjustment bolts clockwise. Adjust each bolt equally a quarter turn at a time.
 - If the belt is moved over to the left, turn the adjustment bolt on the right counterclockwise and the one on the left clockwise. Turn each bolt equally a quarter turn at a time.
 - If the belt is moved toward the right, turn the adjustment bolt on the right clockwise and the one on the left counterclockwise. Turn each bolt equally a quarter turn at a time.
9. Tighten the four rubber-foot bolts. Return the NordicSport Total Body Treadmill™ exerciser to an upright position.
10. Rotate the treadmill belt six to ten times.
11. Check the position of the treadmill belt. If the belt is not centered, repeat steps 5 through 8 until the belt is centered between the two guides under the machine.



DEVELOP A BALANCED FITNESS PROGRAM

Strength Conditioning

Fitness-aware individuals like you have understood the need for regular aerobic exercise for quite some time. But aerobic exercise is not enough. Your Balanced Fitness™ program should include strength conditioning in addition to aerobic exercise.

Some of the benefits of strength conditioning are listed below:

- Increased lean body mass (muscle)
- Improved ability to perform everyday tasks
- Higher calorie burn rate
- Greater muscle tone and strength

Strength conditioning is for everyone. Whatever your fitness goals, it is important that you include strength conditioning in your personal fitness program. Strength conditioning complements aerobic exercise and helps enhance muscle tone.

Cross-Training

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more exercise activities into a personal fitness program. This type of training will help you achieve a greater fitness level than a program in which you perform the same exercise over and over again.

Some of the other benefits of cross-training are:

- Enhanced sports performance
- Improved muscle balance and symmetry
- Reduced boredom
- Decreased recovery time between workouts

The products featured on this and the following page will enable you to round out your Balanced Fitness program.



NordicFlex Gold Strength Conditioner

With a NordicFlex Gold® strength conditioner, you can tone and strengthen your body — regardless of your current physical condition. Whether you want to tone muscles, lose weight or increase muscle size, NordicFlex Gold can help you to achieve your fitness goals.

The NordicFlex Gold features a patented isokinetic resistance system that will provide you and your family with safe, effective workouts. The “accommodating” resistance automatically adjusts to your strength level.

Until now, isokinetic resistance has been primarily used in injury rehabilitation because it effectively exercises muscles without stressing connective tissue or causing the pain that is often associated with strength training.



NordicSport World Class Ski

Engineered for the ultimate in high performance workouts, the NordicSport[®] World Class Ski[™] exerciser tones and conditions each of your major muscle groups, including the most vital muscle of all: your heart.

- U.S. patent-pending MC²[™] resistance unit, allows you to select snow conditions
- Workout monitor for motivational feedback
- Adjustable elevation
- Exclusive graphite-composite construction
- **Dual resistance controls to individually set lower- and upper-body resistance**

CUSTOMER INFORMATION

Please call toll free to our Customer Service Department with questions concerning the use or operation of your NordicTrack equipment. Our representatives are available:

Monday - Friday 6:00 a.m. to 6:00 p.m. MST

1 (877) 651-6119

Visit our website at www.iconfitness.com
or e-mail us at service@iconfitness.com.