



QUICK SET-UP AND CARE GUIDE

NordicTrack Achiever Model

NordicTrack
A CML Company



Welcome to NordicTrack



Engineered by NordicTrack to Go the Extra Mile.

At NordicTrack, our employees are fitness enthusiasts like you. We demand excellence from each machine that we build because we use them too.

Today, the NordicTrack® ski exerciser is made in Glencoe, Minnesota with the same care and attention to detail that was put into our first machine. You can feel confident knowing that 20 years of world-famous fitness technology, design expertise and craftsmanship are built into your ski exerciser.

Congratulations!

You finally did it. You bought an exercise machine. But, it isn't just any exercise machine. You purchased "The World's Best Aerobic Exerciser" – NordicTrack.

It Takes a Lot for an Exerciser to Become "The World's Best Aerobic Exerciser®."

It takes an exerciser that really works. In 1975, the first cross-country ski exerciser was built as a means to train for cross-country ski racing. Today, nearly three-and-a half million people use their NordicTrack ski exerciser to achieve their personal fitness goals: weight loss and management, stress reduction, improved personal appearance, greater cardiovascular fitness and much more!

Before You Start...

We know that you are ready to get started on your new NordicTrack ski exerciser. Please take some time to read through both of our easy-to-use guides. In this guide you will find useful information about how to set-up and care for your exerciser. In *A Guide to Healthy Living* you will learn how to use the NordicTrack ski exerciser and how to get the most from your fitness routine.

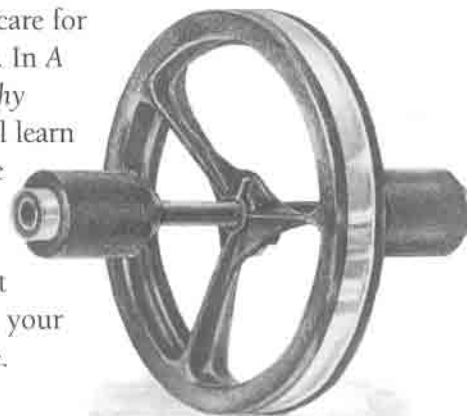


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Questions?

Please call our Customer Service
Department 1-800-426-5431

Customer Service Hours:

Monday – Friday 7 a.m. to 9 p.m.

Saturday 8 a.m. to 4:30 p.m.

Sunday 9 a.m. to 4:30 p.m.

Central Time

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NordicTrack
PRO



Important Safety Information

Verify the guides you received in the information packet. You should have the *Quick Set-Up and Care Guide* and *A Guide to Healthy Living*. Please read both guides thoroughly for important safety information on the set-up and care of your ski exerciser as well as helpful fitness information.



1. Consult your physician before beginning any exercise program. A physician's advice is essential if you are taking any medication that affects your heart rate, blood pressure or cholesterol level.
2. Be very aware of your body's signals and react to them accordingly. Stop exercising and consult your physician immediately if you experience any of the following symptoms: pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, feeling lightheaded, nausea, dizziness or lower back pain.
3. Keep small children and pets away from the exerciser while it is in use. This product is designed for adult use only; it is not intended for use by children. Please keep children and pets away when setting up, collapsing or using the machine.
4. Be sure there is enough clearance for the flywheel to turn. Place your exerciser on a flat surface. We recommend using a protective covering for your floor or carpet. There should be at least a 1/2-inch clearance between the flywheel and the floor.
5. Avoid direct contact with the arm-exerciser cord drum immediately after use. The cord drum of the arm exerciser may get hot during use.
6. Always stand next to, not on the ski exerciser to make adjustments. All left and right references are as if you are on the machine, facing the hip pad. Use caution when getting on and off of the exerciser. The skis are designed to move forward with no resistance.
7. Make sure the upright-tube knob is tight and the upright tube is secure. Also check to be sure the snap buttons and/or easy-lock pins are completely extended on each side of the frame. Be sure that the hip pad knobs are tight; the hip pad is designed for you to push against. Slight movement of the upright tube during use is normal.
8. The glide buttons built into the sides of the skis are designed to wear down. They will leave a light coating on the sides of the wood. These buttons do not need to be replaced. Paraffin wax may be applied to the sides of the skis to ensure a smooth glide. Do NOT wax the bottoms of the skis.
9. Please perform the recommended maintenance steps according to the prescribed schedule. This will help ensure the safe and efficient operation of your NordicTrack® ski exerciser. It will also protect your warranty rights.

Read the entire Owner's Guide and all information provided BEFORE assembling or using the fitness equipment. Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. The following symbols, found throughout your Owner's Guide, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.



CAUTION

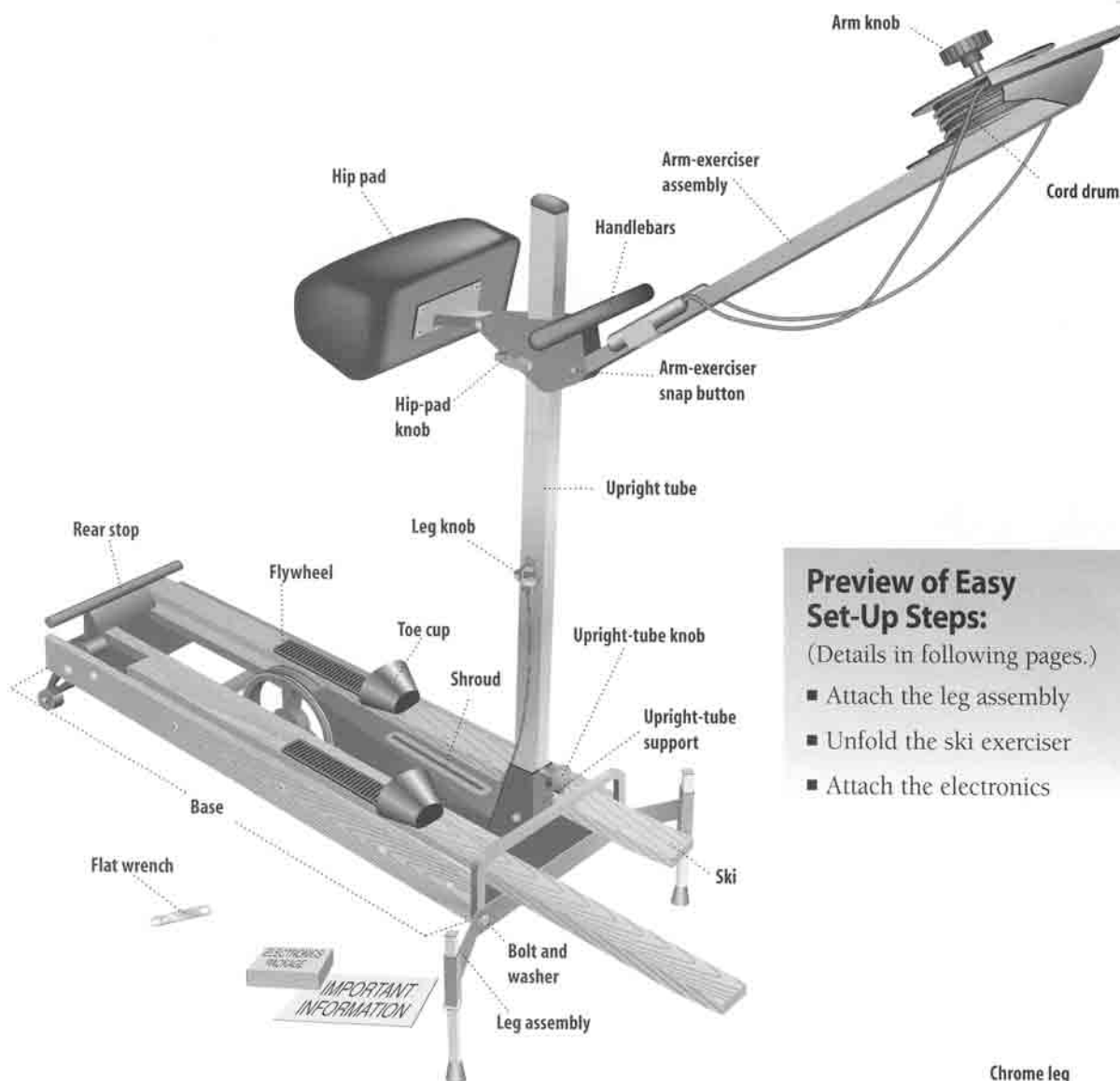
This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.



IMPORTANT

This symbol refers to an unsafe practice which can result in product or property damage.

Unpack Your NordicTrack Ski Exerciser



Preview of Easy Set-Up Steps:

(Details in following pages.)

- Attach the leg assembly
- Unfold the ski exerciser
- Attach the electronics

Unpack Your Ski Exerciser Where You Intend to Use it

Verify the parts you received with those on the parts list. Keep all of the packing materials for the duration of your in-home trial period.

Parts List:

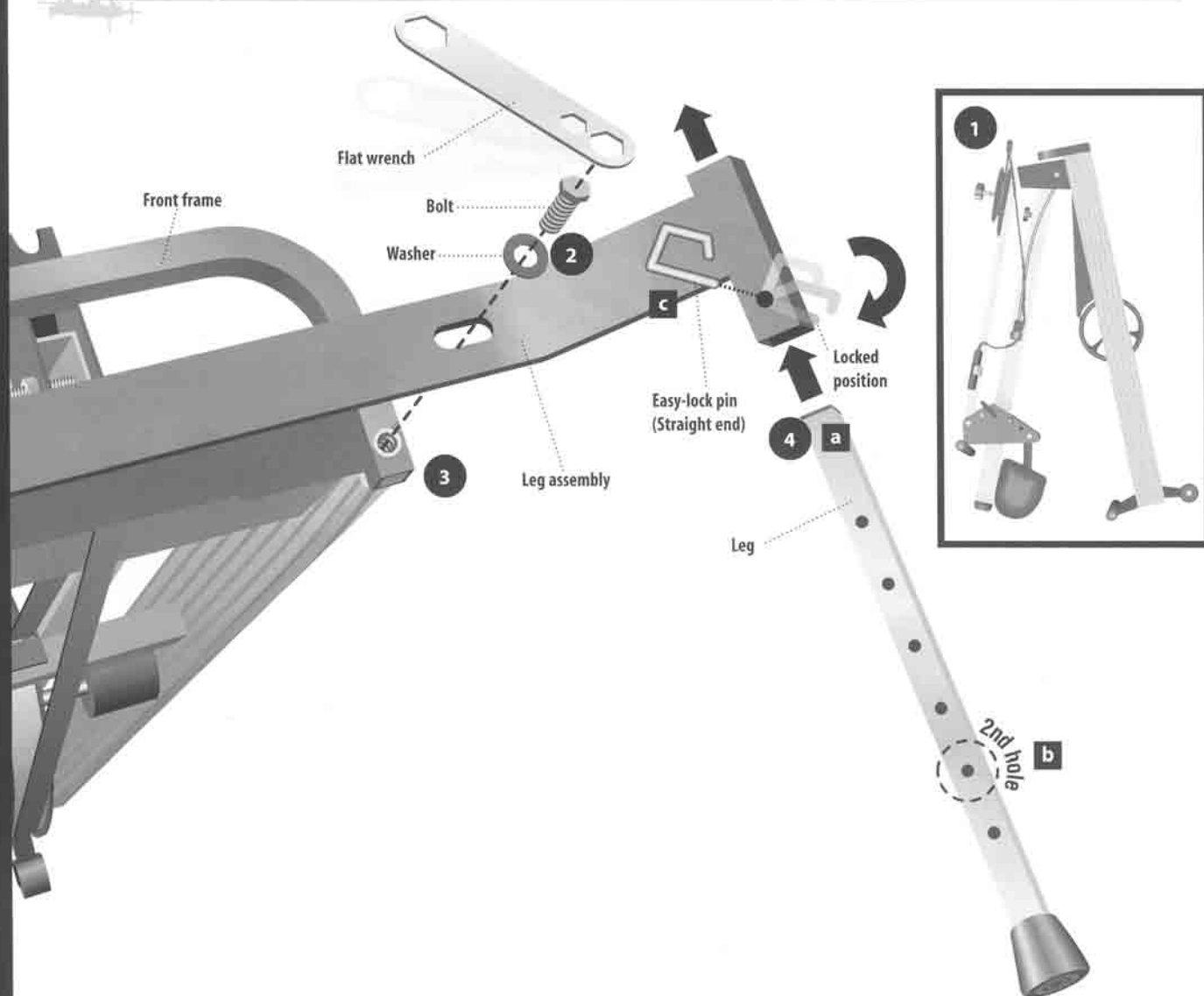
- ☐ 1 NordicTrack ski exerciser
- ☐ 1 Electronics package
- ☐ 1 Information packet
- ☐ 1 Leg assembly
- ☐ 2 Bolts
- ☐ 2 Washers
- ☐ 1 Flat wrench
- ☐ 2 Chrome legs
- ☐ 2 Easy-lock pins



Questions?
1-800-426-5431

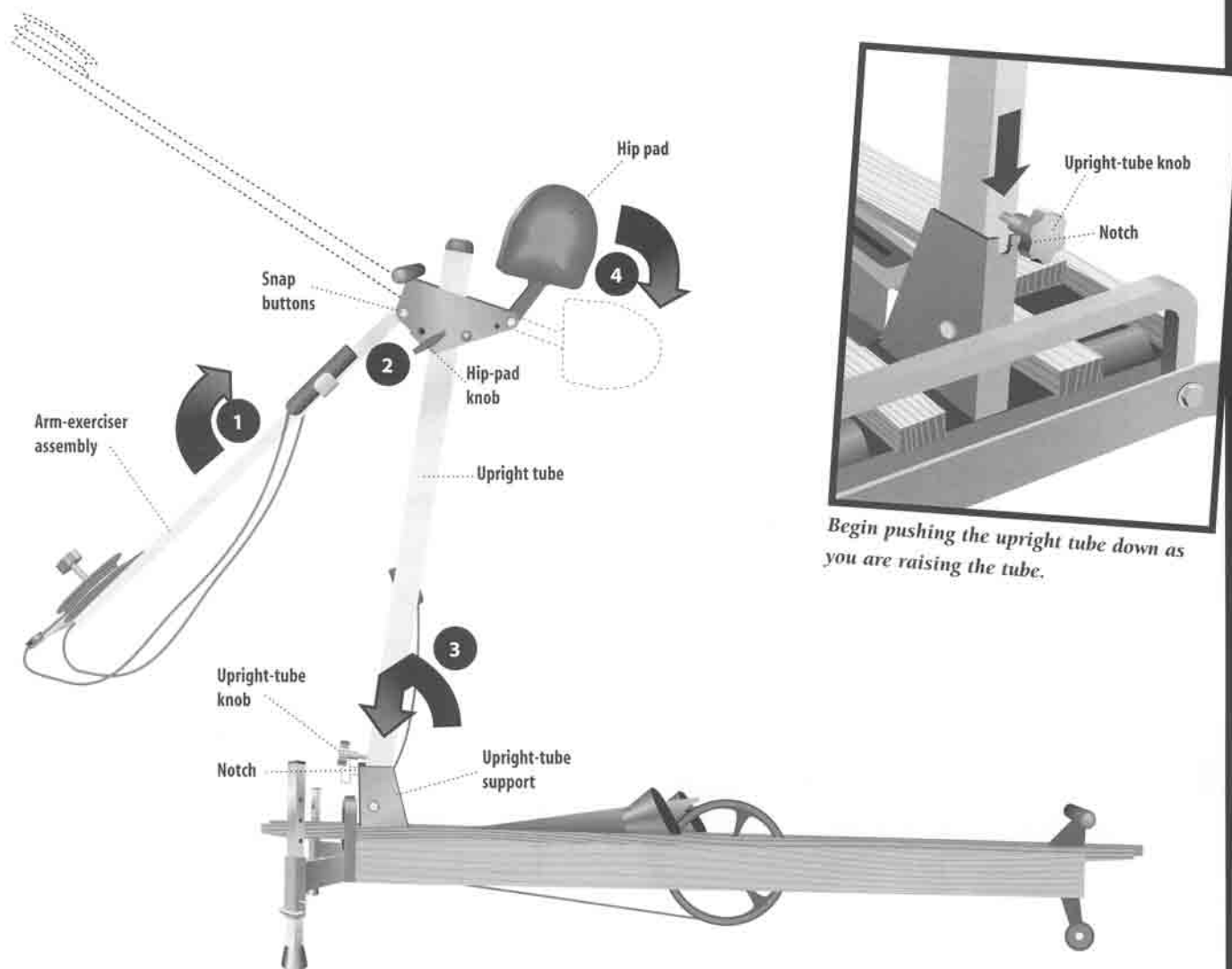


Set-Up Your NordicTrack Ski Exerciser



Attach the Leg Assembly

- 1 Remove the skis. Raise the upright tube up about a foot-and-a-half from its packing position. Lift the front end of the ski exerciser. Rest it on the back end of the base. The base and the hip pad should form a tripod.
- 2 Slide a washer onto each of the bolts.
- 3 Align the holes of the leg assembly with the holes in the front frame. Insert the bolts, with washers. The bolt heads should be on the outside of the leg assembly. Tighten the bolts with the flat wrench.
- 4
 - a Slide a leg into the square opening of the leg assembly.
 - b Set the elevation to the second set of holes from the bottom. This is the standard elevation level.
 - c Insert the straight end of an easy-lock pin through all of the holes. Rotate the bent side of the easy-lock pin down to secure it. Repeat with the other leg.
- 5 Lower the ski exerciser to the floor. Replace the skis; they are interchangeable.



Begin pushing the upright tube down as you are raising the tube.

Unfold the Ski Exerciser

- 1 Raise the arm exerciser until the snap buttons lock into place.
- 2 Make sure the hip-pad knobs are tight.
- 3 Loosen the upright-tube knob, but do not remove it. Raise the upright tube slightly. Place a hand on top of the upright tube handlebar. Start pushing the tube down into the upright-tube support as you raise the tube. Tighten the upright-tube knob.

- 4 Pivot the hip pad down as far as it will go.

Attach the Electronic Monitor

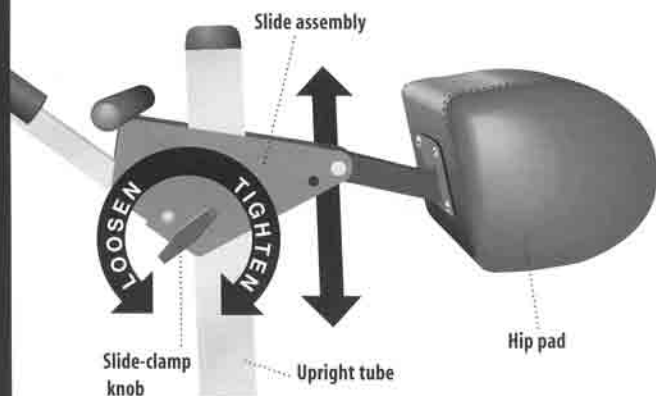
Attach the electronic monitor as described in the instructions accompanying it.

Adjust Your NordicTrack® Ski Exerciser

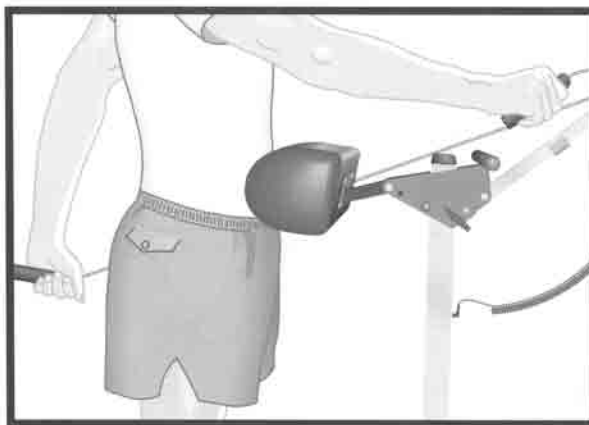
Adjust the Hip Pad

The hip pad is designed to keep you in position. The correct position of the hip pad is about one inch below your navel. It should not restrict your leg movement or press against your abdomen.

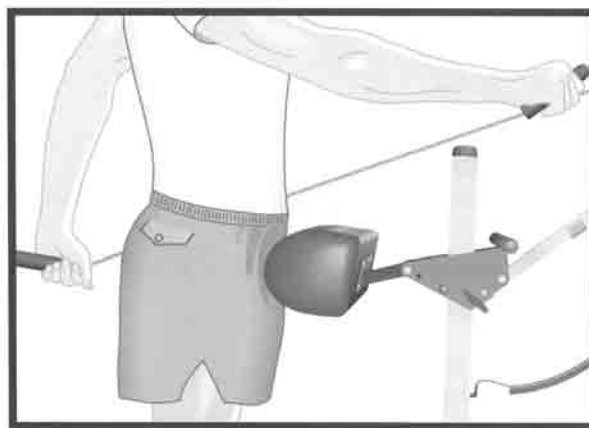
- Pivot the hip pad down as far as it will go.
- Gently turn the leg knob clockwise until it stops. This will prevent the skis from slipping. Do NOT force the knob. The orange indicator on the shroud will not move unless you are skiing. However, do NOT ski while adjusting your hip pad. Carefully step onto the exerciser.
- Loosen the hip-pad knobs on each side of the slide assembly. Move the slide assembly to position the hip pad one inch below your navel.
- Tighten the hip-pad knobs to hold the hip pad in position.



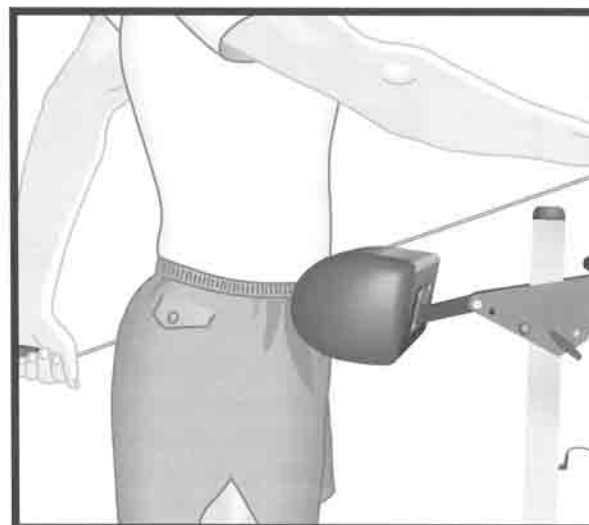
To learn how to use your NordicTrack ski exerciser, please review the other guide marked *A Guide to Healthy Living*.



Too high



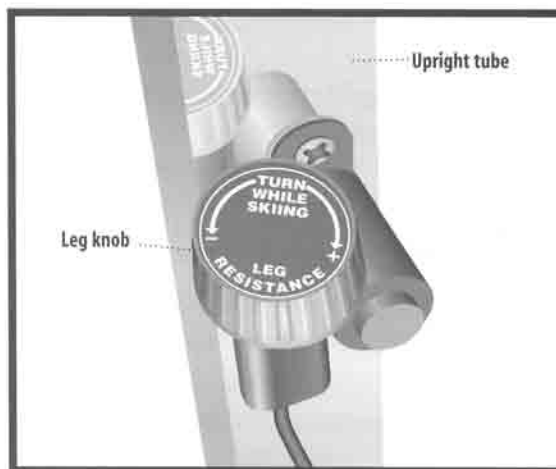
Too low



Just right: 1 inch below your navel

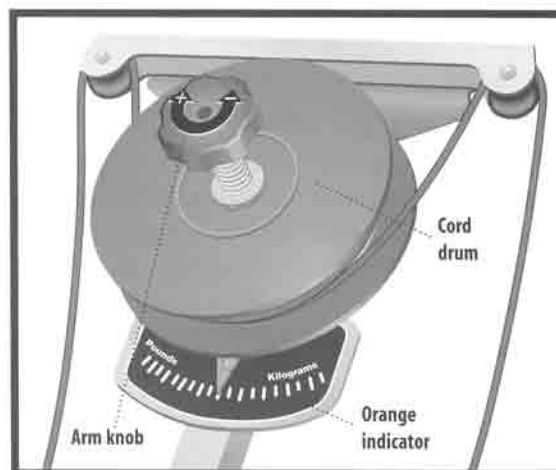
Select the Leg Resistance

- Set the leg resistance, while skiing, between 8 and 20 pounds. This setting will vary depending on your fitness level and strength. You must be skiing to determine the precise resistance.
- To vary the leg resistance, turn the leg knob, while skiing, clockwise to increase the leg resistance and counterclockwise to decrease it. Increase the leg resistance if you slide away from the hip pad. Decrease it if you have to strain to move the skis back.
- The leg resistance will be displayed by the orange indicator on the shroud on the base while you are skiing.



Select the Arm Resistance

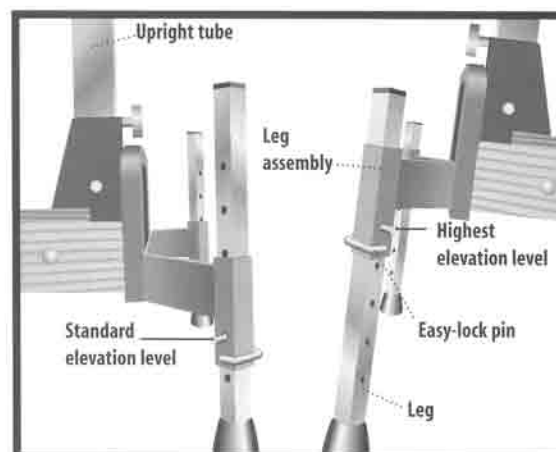
- Select the arm resistance by turning the arm knob clockwise to increase the arm resistance and counterclockwise to decrease it.
- The orange indicator will move when using the arm exerciser to display the arm resistance in either pounds or kilograms.



Select the Elevation

Increase the elevation if you wish to simulate skiing uphill. This will further develop the quadricep muscle group in the front of your thighs. It will also elevate your heart rate more quickly and provide you with an even more challenging workout.

- Tilt the ski exerciser over to one side to access one of the front leg assemblies.
- Remove the easy-lock pin from the leg.
- Align the holes at the desired elevation setting. Each elevation setting is 2°. The bottom setting of elevation holes is zero°.
- Reinsert the easy-lock pin. Rotate the bent side of the easy-lock pin down to secure it. Repeat with the other leg. Be sure to place both legs at the same elevation setting.





Care for Your NordicTrack Ski Exerciser

Your NordicTrack ski exerciser is built to last a lifetime. Periodic care will help ensure a continued smooth motion and a beautiful look.

Wipe the Ski Exerciser

After Every Use

Wipe your NordicTrack® ski exerciser with a clean, dry cloth to remove perspiration and dirt after every use. Mild household window cleaner may be used to clean the chrome and black metal surfaces.

Protect the Wood

Monthly

Use wood furniture polish to protect the wood finish and prevent drying.

IMPORTANT NEVER polish the bottoms of the skis.

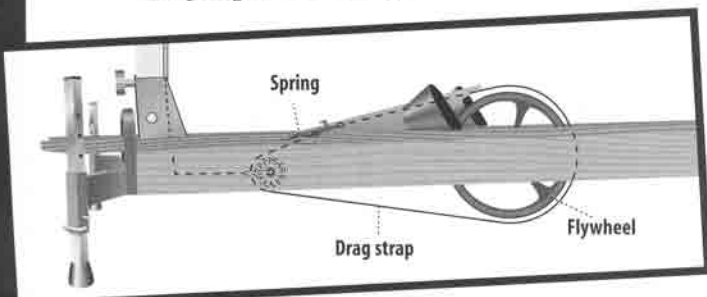
Care for the Flywheel Assembly

Monthly

Follow the steps below to help ensure consistent leg resistance.

Remove the Drag Strap

Turn the leg knob counterclockwise to the lowest setting. Note how the drag strap is routed around the flywheel. Slip the drag strap off to the side. Disconnect the end of the drag strap from the end of the spring and remove it.



Clean the Drag Strap

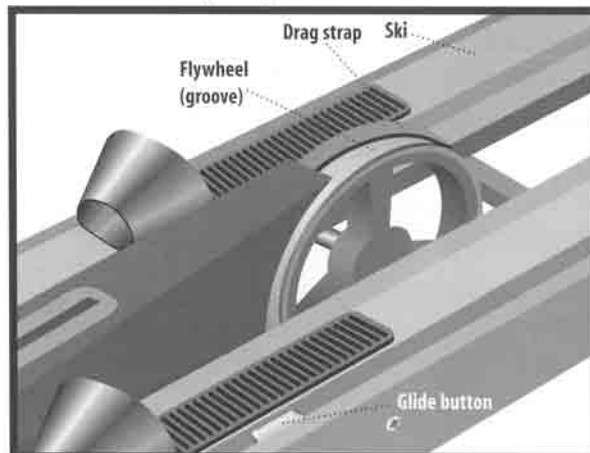
Use a stiff-bristled brush to remove any gummy residue from the drag strap.

IMPORTANT NEVER wash the drag strap. Reverse the drag strap if it is slightly worn or frayed.

Inspect the Flywheel

Wipe the surface of the flywheel with a clean, dry cloth. Check the groove of the flywheel for any rust or corrosion. Use very fine steel wool to clean the entire flywheel if necessary. Wipe the flywheel again with a clean, dry cloth to remove any residue. A clean cloth with rubbing alcohol may also be used to remove excess residue. Reverse the drag strap. Route the drag strap around the flywheel and attach it to the spring.

IMPORTANT NEVER place oil between the drag strap and flywheel. This will damage the drag strap.



Clean and Wax the Skis

Every Three Months

Wipe the bottoms of the skis with a clean, dry cloth. Mineral spirits will help lift stubborn marks. To ensure a continuous smooth glide, carefully rub paraffin wax on the sides of the skis only.

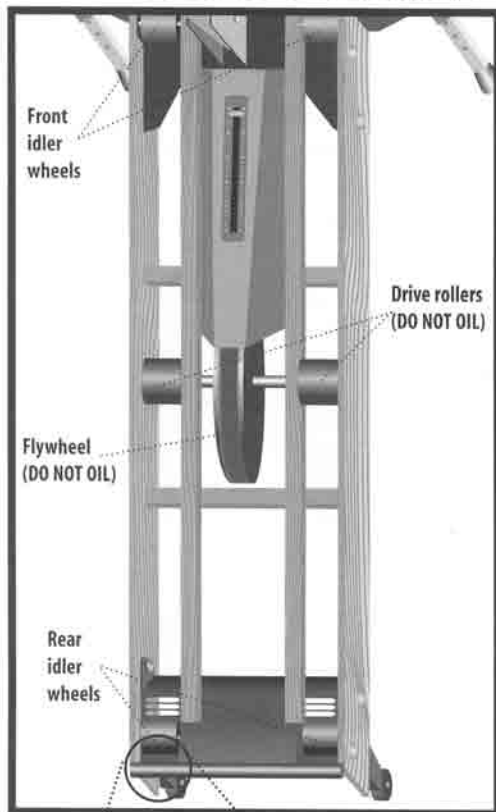
CAUTION NEVER wax the bottoms of the skis.

Lubricate the Axles

Every Three Months

A drop of 3-in-1 oil may occasionally be needed on the axles of the front and rear idler wheels if they begin to squeak. Spray lubricant should NOT be used. Place a drop of 3-in-1 oil on both sides of each idler wheel, where the wheel meets the axle. Spin each wheel. Make sure there is no excess oil spinning from the wheels before replacing the skis.

⚠ IMPORTANT The drive rollers are internally lubricated and should NOT be oiled. Do NOT oil the flywheel.

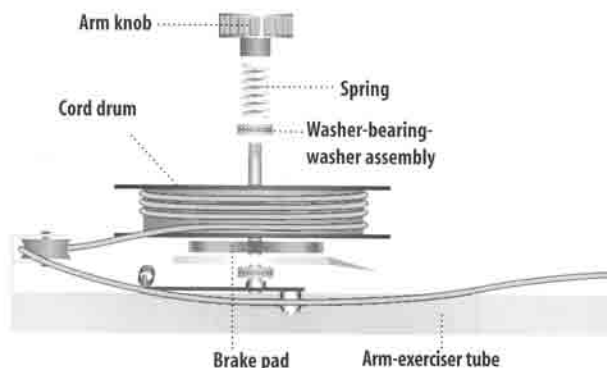


Lubricate the Brake Pad

Every Three Months

The leather brake pad on your arm exerciser has been oiled at our factory for smooth braking action. It only requires oiling if it dries.

1. Remove the arm knob, spring and washer-bearing-washer assembly from the cord drum.
2. Inspect the washer-bearing-washer assembly. Lubricate it with 3-in-1 oil if it is not greasy.
3. Lift the cord drum. Roughen the top surface of the leather-brake pad with 100-grain sandpaper or a nail file.
4. Spread one to two drops of 3-in-1 oil on the brake pad. DO NOT OVER-OIL. Excess oil may spray out when the cord drum is spinning. Let the oil absorb overnight. Do not replace the parts at this time.
5. Lift the cord drum. Wipe away excess oil from the brake pad area. Lower the cord drum. Replace the washer-bearing-washer assembly, spring and arm knob.



Questions?
1-800-426-5431

Rewind the Arm-Exerciser Cord

As Needed

Follow these steps if the cord becomes tangled or unwound on your NordicTrack Achiever®.

1. Untie the knots inside the hand grips. Remove the washers and hand grips.

2. Take the cords out of the pulleys. Notice how the cord goes into the cord drum. Unwind it.

3. Drape both ends of the cord over the hip pad to make sure they are even. Pull the shorter cord if they are uneven.

4. Wrap all of the cord coming out of the top hole, (Figure 1) counterclockwise around the cord drum until there is no more left to wind (Figure 2). Do not be concerned if it looks tangled. It will smooth out later.
5. Thread the end of the top cord through the right pulley from left to right (Figure 3). Pull the top cord down to wrap the other section of the cord around the drum.
6. Thread the end of the bottom cord through the left pulley from right to left (Figure 4). Pull the bottom cord until the ends of the cords are even.
7. With a cord end in each hand; work the arm exerciser back and forth until the cord lies smooth.
8. Thread the cords through the holes in the hand grips from the top to the inside. Slip a washer on each cord. Tie a figure-eight knot near the cord ends to secure the hand grips.

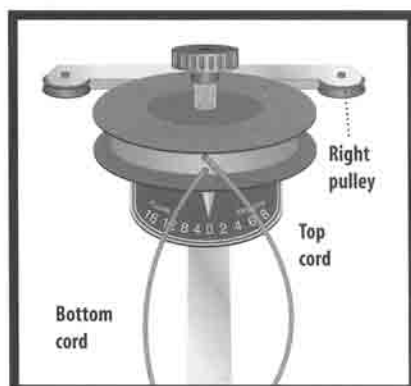


Figure 1

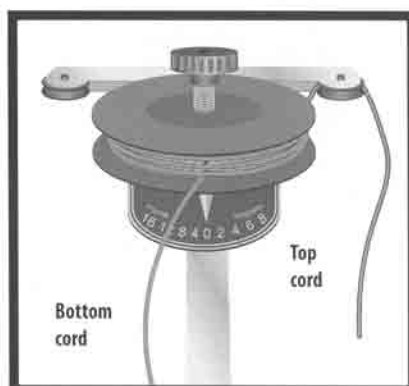


Figure 3

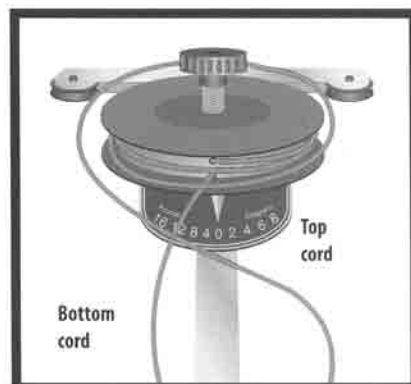


Figure 2

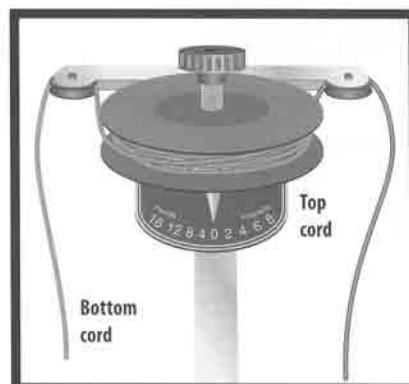


Figure 4

[illegible]



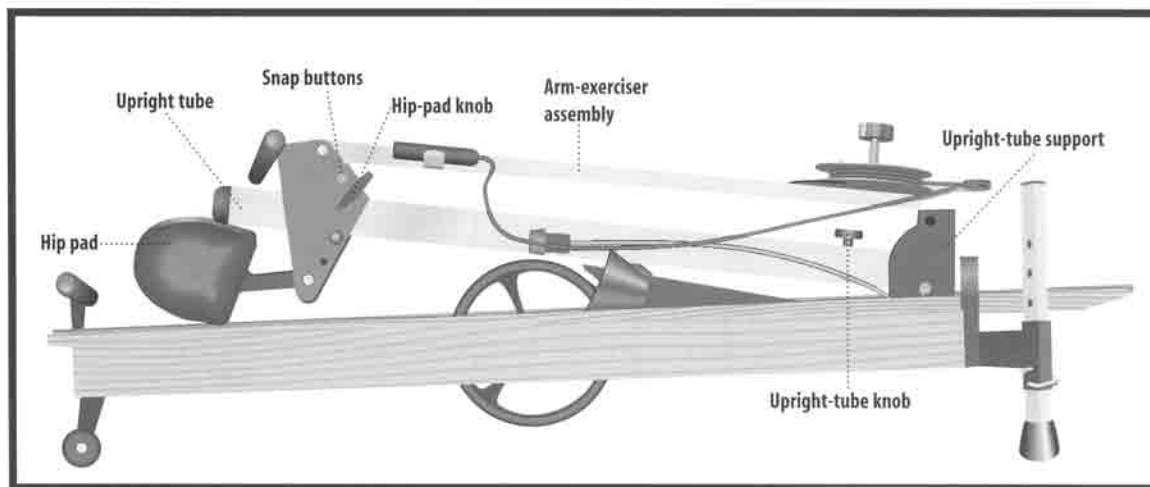
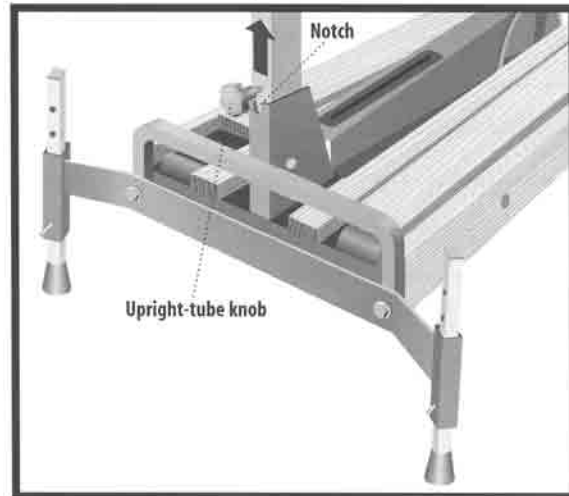
Fold Your NordicTrack Ski Exerciser for Storage

Fold Your Ski Exerciser for Storage

Loosen the leg resistance completely before folding your NordicTrack Achiever®. Remove any accessories from the exerciser. We also recommend that you remove the batteries from the electronics and remove the drag strap from the flywheel for storage of more than 30 days.

1. Loosen the hip-pad knobs on both sides of the hip-pad assembly. Position the hip-pad slide so the top is about seven inches below the top of the upright tube. Tighten the knobs and pivot the hip pad upward.
2. Support the arm-exerciser assembly with one hand. Depress the two snap buttons with the other hand. Lower the arm exerciser until it rests against the upright tube.

3. Turn the upright-tube knob counterclockwise to loosen it. Lift the upright tube out of the notch on the upright-tube support. Rest the upright tube on the base. The hip pad should just touch the top of the skis.



Troubleshooting Tips



If...	then...
the arm-exerciser cord is fraying...	■ check for burrs around the cord guides and pulleys. Sand any burrs off using fine-grain sand paper or an emery file. ■ rewind the arm-exerciser cord. ■ replace the arm-exerciser cord if necessary.
the arm-exerciser assembly is chattering, squeaking or if the arm knob loosens...	■ check the order of the cord-drum assembly. Confirm that all parts are present. The assembly should be as follows: brake pad, cord drum washer-bearing-washer assembly, spring and arm knob. Refer to the illustrations on page 9. ■ oil the washer-bearing-washer assembly if needed. ■ make sure the brake pad is not dry. Lubricate the brake pad according to page 9.
the flywheel and/or the drag-strap assembly offer no resistance...	■ check the routing of the drag strap as shown on page 8. ■ make sure the drag strap is not worn or frayed. Refer to page 8 if it needs maintenance. ■ make sure the flywheel is tight. If it is loose, remove the plastic cap from the right side of the flywheel. Evenly tighten the two nuts of the flywheel U-bolt located on the right side of the flywheel. Replace the cap. Do NOT over-tighten the nuts.
the skis are slipping...	■ clean the bottom of the skis with a dry cloth or a small amount of mineral spirits. ■ make sure that the flywheel is tight. Refer to the above flywheel instructions if it is loose.
the idler wheels are squeaking or sticking...	■ check the idler wheel axles for rust. Remove any rust with steel wool. Refer to page 9 if the axles need lubrication.



Customer Information



We're Just a Toll-Free Phone Call Away...

Monday – Friday 7 a.m. to 9 p.m. • Saturday 8 a.m. to 4:30 p.m.

Sunday 9 a.m. to 4:30 p.m. • *Central time*

We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment.

Call Us

1-800-426-5431

Write Us

NordicTrack Customer Service
103 Peavey Road
Chaska, Minnesota 55318
M600

E-Mail Us

Send us your questions and comments via e-mail.

Please include your account number and order number, found at the top of your invoice.

service@nordictrack.com

Relay Us

Hearing impaired customers with TDD access, please call

1-800-821-1317.

Satisfaction Guarantee

We are so confident that you will enjoy the many benefits of your NordicTrack product that we invite you to use it in your home for 30 days. If you feel that it does not live up to the expectations you have, call our customer service department within the 30 day trial period and we will gladly exchange your product or arrange to have it picked up and returned to us. If you do not have the original packing, there will be additional charges for any materials sent to you. Upon receipt of your product at NordicTrack, we will refund your original purchase price minus the initial shipping charge. Please allow up to two weeks for the crediting process.

Two-Year Limited Warranty

NordicTrack, Inc., will for two years from the date of purchase of a NordicTrack® ski exerciser, repair or replace at its factory any part that may prove to be defective due to materials or workmanship under in-home, normal use. The customer's only responsibility is for the parts that wear out. (Electronics and other items purchased separately carry their own warranty coverage.) Please note that the commercial or institutional use of an in-home, wooden model NordicTrack ski exerciser will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, improper maintenance, unreasonable care or other causes not arising from defects in materials and workmanship, including normal wear and tear. NordicTrack, Inc., reserves the right to make changes and improvements to the NordicTrack ski exerciser without incurring any obligations to make similar alterations to previously purchased NordicTrack ski exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage, Inc., or authorized distributors of NordicTrack products. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, contact our Customer Service Department at 1-800-426-5431. ALL SHIPPING COSTS FOR THE NORDICTRACK SKI EXERCISER AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED. No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty, shall be limited to the repair or replacement of defective parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limited exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.



90-Day Limited Warranty (Customers Outside of the U.S. and Canada)

NordicTrack, Inc., will for 90 days from the date of delivery of an exerciser or electronics, repair or replace any part which may prove to be defective in materials or workmanship. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control), vandalism, misuse, abuse, acts of nature, customer-made alterations, improper maintenance, unreasonable care, normal wear or other causes not arising from defects in materials or workmanship. NordicTrack, Inc., reserves the rights to make changes and improvements to the exerciser without incurring any obligations to make similar alterations to previously purchased exercisers. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage, Inc., or authorized distributors of NordicTrack products.

To obtain service under this warranty, notify our Customer Service Department at the phone number printed on your invoice to receive authorization. Once you receive authorization, repack your exerciser as directed; be sure to include proof of purchase and a brief statement describing the defect with your product in the box. ALL SHIPPING COSTS TO RETURN THE PRODUCT AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond 90 days from the date of delivery. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of parts within 90 days from the date of delivery. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. This warranty gives you specific rights. The laws for each country may vary. We regret that the in-home trial, with return privileges, is not extended to customers outside of the United States and Canada.