

NordicRider
by NordicTrack



OWNER'S GUIDE

Welcome to the NordicRider by NordicTrack

Congratulations! You have made an excellent investment in your health with your purchase of the NordicRider™ exerciser.

The NordicRider by NordicTrack is different from other riders. It offers dual exercise for a total-body workout. The pulling exercise provides an excellent aerobic workout, focusing on the bicep, back and leg muscles. The pushing exercise adds strength training, concentrating on the tricep, abdominal, chest and leg muscles.

The NordicRider has customized adjustments to provide a comfortable workout. During the pushing exercise, the seat back helps support your lower back for added comfort – this means you can exercise even longer and burn more calories!

Whether you are just starting your fitness program or simply adding to your workout alternatives, the NordicRider will help you to meet your fitness objectives. You can improve your aerobic fitness, lose weight, increase flexibility, strengthen your muscles and feel great while you are doing it.

Please review the operation and fitness information in this guide before you begin to use your NordicRider. If you have any questions, please call our customer service department at 1-800-230-3533.



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Questions?

Please call our customer service department at 1-800-230-3533.

Customer service hours:

Monday – Friday 7 a.m. to 9 p.m.

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

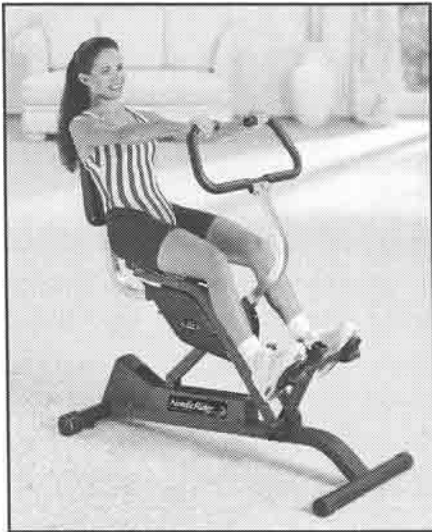
Sunday 9 a.m. to 4:30 p.m.

Central time

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The following pages contain important information that will help you maximize your workouts on the NordicRider. Be sure to read this Owner's Guide thoroughly before using your exerciser.

Important Safety Information



- 1. Consult your physician before beginning any exercise program.** A physician's advice is essential if you are taking any medication or using any device that affects your heart rate, blood pressure or cholesterol level. The workout programs described on page 16 are recommendations only. Start with the beginner program and move on to the intermediate and advanced programs as your fitness level improves.
- 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, lightheadedness, nausea, dizziness or lower back pain.
- 3. Begin slowly.** If you haven't exercised for a long time, begin with three to five minutes of slow exercise a day and progress gradually. Remember, changing your lifestyle takes time.
- 4. Keep small children and pets away from the exerciser.** 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, moving or using the NordicRider.
- 5. Always stand next to, not on the exerciser to make adjustments.** Use caution when getting on and off of the exerciser.
- 6. Make sure the adjustment knobs are secure.** Check the knobs before each workout to make sure they are locked in place and fully secure.
- 7. Perform the recommended maintenance.** This will help ensure the safe and smooth operation of your NordicRider.™ It will also protect your warranty rights.
- 8. Always wear exercise clothing and shoes.** Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes with good traction while you exercise. A headband will help keep perspiration out of your eyes.
- 9. Warm up and stretch your muscles.** It is essential that you warm up and stretch your muscles before exercising. Also, cool down and stretch again after exercising. Follow the recommended stretching guidelines on page 11.

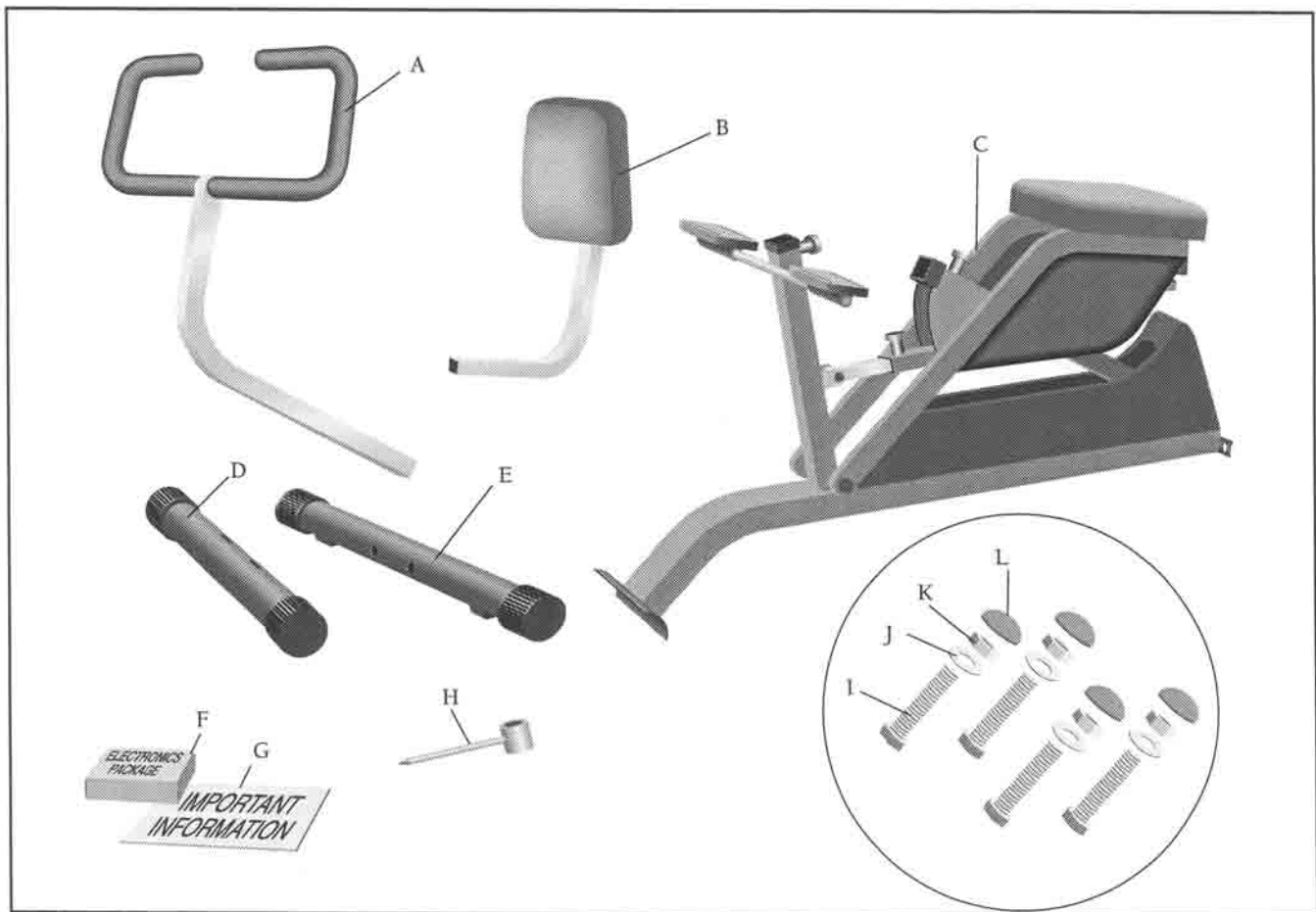
Parts

- Unpack your NordicRider where you intend to use it.
- Retain all packing material for the duration of your in-home trial period.
- Place your assembled exerciser on a flat surface, with a protective covering for your floor or carpet.

Parts

- 1 Handlebars (A)
- 1 Seat back (B)
- 1 Base (C)
- 1 Front leg (D)
- 1 Rear leg with rubber stops (E)
- 1 Electronics package (F)
- 1 Information packet (G)
- 1 Combination wrench (H)
- 4 Bolts (I)
- 4 Curved washers (J)
- 4 Lock nuts (K)
- 4 Caps (L)

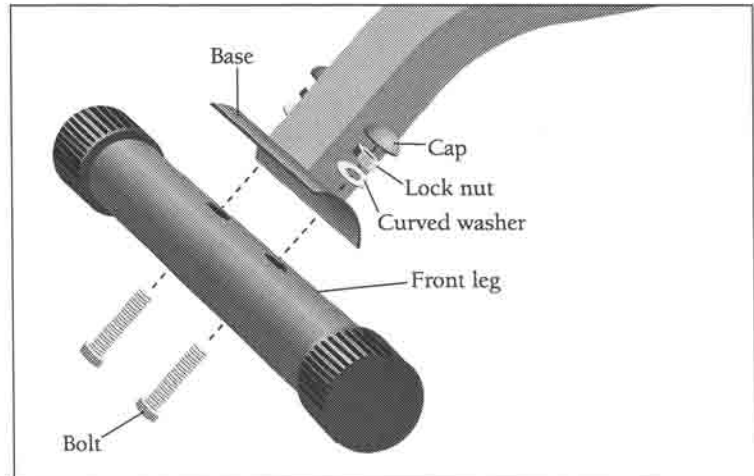
 Questions?
1-800-230-3533



Assemble the NordicRider

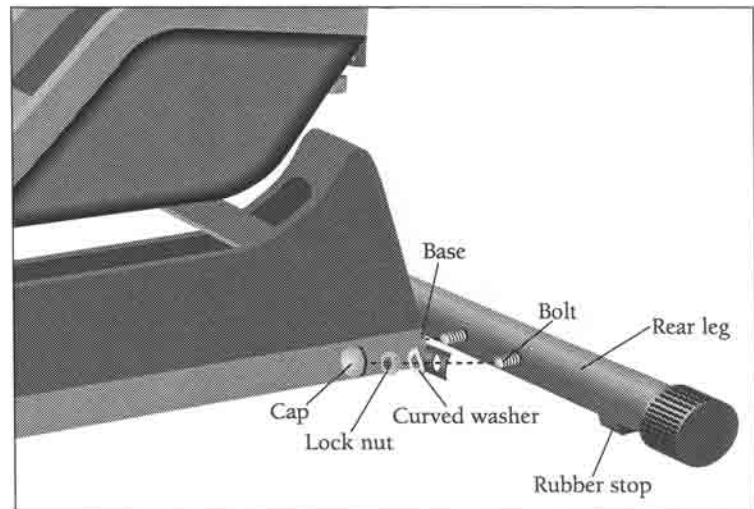
Attach the front leg

- Insert two bolts through the front leg. The bolt heads should face the floor.
- Slide the bolts through the holes in the base.
- Slide the curved washers and then the lock nuts onto the bolts and securely tighten with the socket end of the combination wrench.
- Push the caps onto the nuts.

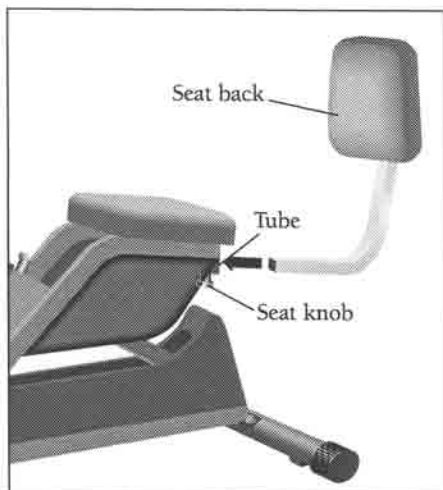


Attach the rear leg

- With the rear of the machine in front of you, set the rear leg on the floor with the rubber stops on the floor.
- Insert two bolts through the rear leg.
- Lift the back end of the base slightly and insert the bolts through the holes in the base.
- Lower the base. Slide the curved washers and then the lock nuts onto the bolts and securely tighten with the socket end of the combination wrench.
- Push the caps onto the nuts.



The adjustment knobs are spring loaded. To release them, turn counterclockwise until you hear a click, then pull gently. To secure the knobs, release them into the new position and turn clockwise to tighten.



- Loosen the knob at either the pull or the push position.
- Insert the handlebars so they curve toward the seat.
- While gently pulling on the knob, push the handlebars into the tube until you feel it lock in place.
- Securely tighten the knob.
- The handlebars have five settings in each position and can be adjusted when you are ready to exercise. (See pages 6 and 8.)

Attach the computer



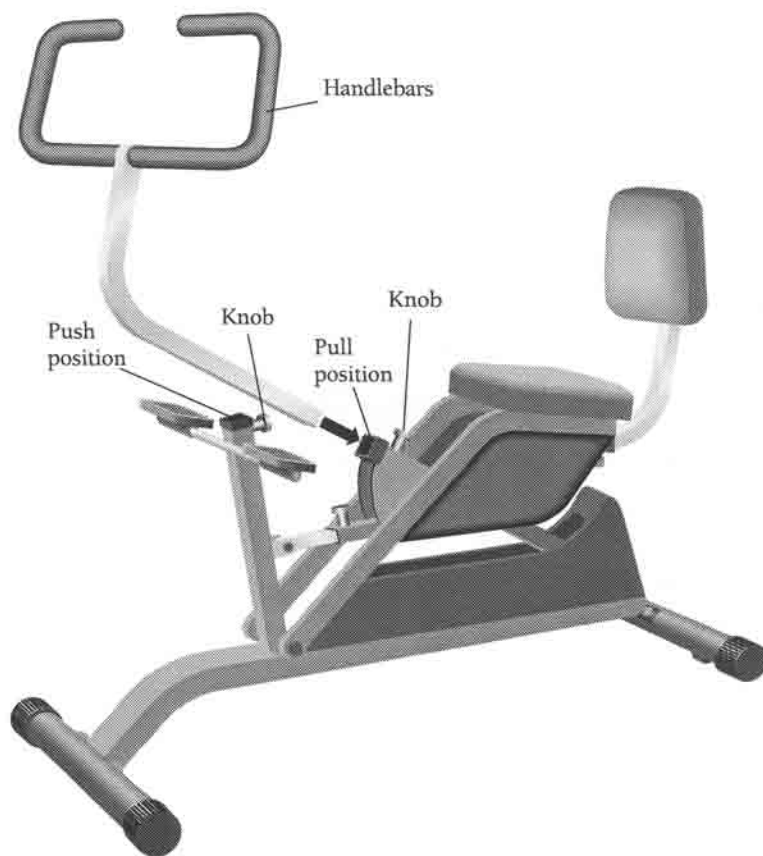
Attach the NordicRider computer as described in the instructions accompanying it.

Attach the seat back

- Loosen the seat knob.
- Insert the seat back into the tube.
- While gently pulling on the knob, push the seat back into the tube until you feel it lock in place.
- Securely tighten the knob.
- The seat back has two positions and can be adjusted when you are ready to exercise. (See pages 6 and 8.)

Attach the handlebars

The handlebars can be placed in either the pull or the push position. Start with the pulling exercise, which provides an aerobic workout. The pushing exercise is more for variety and strength training.



Learn to Use the NordicRider

The NordicRider™ exerciser has several adjustable features that provide a tailored workout that fits you and your fitness needs. The dual motion of push and pull provides a total body workout. Both forms of the exercise work the lower body muscles; the quadriceps, hamstrings and gluteals. The pulling exercise is an excellent aerobic workout focusing on the back, biceps and triceps. The push exercise adds variety and strength training concentrating on the chest and arms.

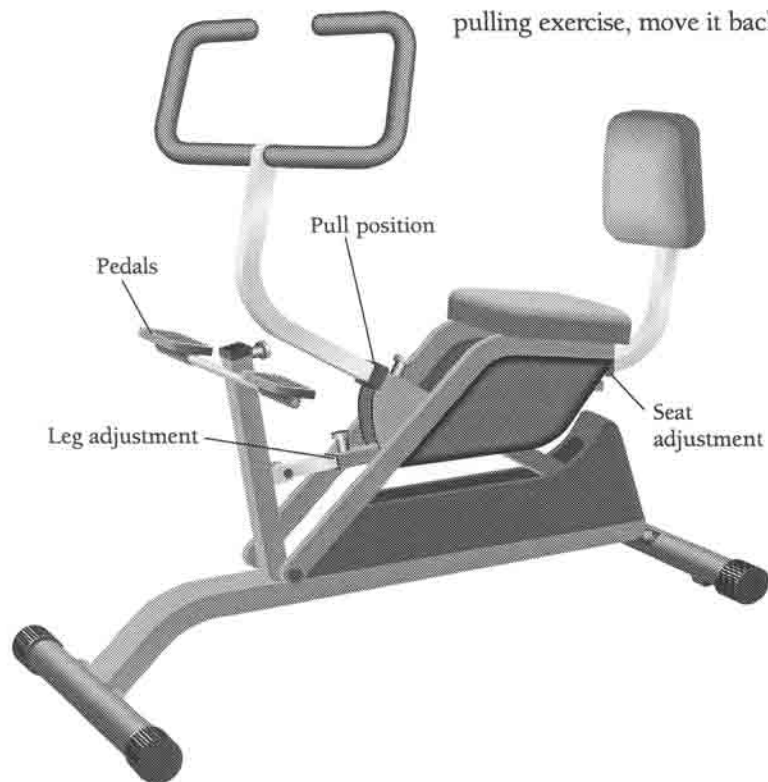
Consult your physician before beginning any exercise program.

Pulling Exercise

Adjust for the Pulling Exercise

1. Insert the Handlebars

Stand beside the exerciser. Insert the handlebars in the pull position.



2. Adjust for Your Legs

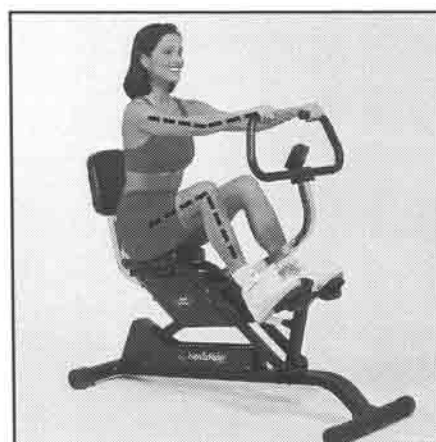
Select a leg adjustment setting that offers you the most comfort for your legs, but still lets you pull the handlebars comfortably to your chest.

3. Adjust the Seat Back

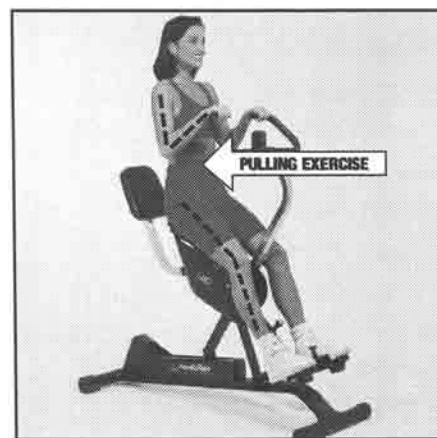
Do not lean against the seat back during the pulling exercise. Sit up straight, on the front part of the seat. If the seat interferes with your pulling exercise, move it back.

Perform the Pulling Exercise

You may wish to alternate your grips between overhand for triceps and underhand for biceps.



Elbows are almost straight and knees are bent



Elbows are bent and knees are almost straight

Pushing Exercise

Adjust for the Pushing Exercise

1. Insert the Handlebars

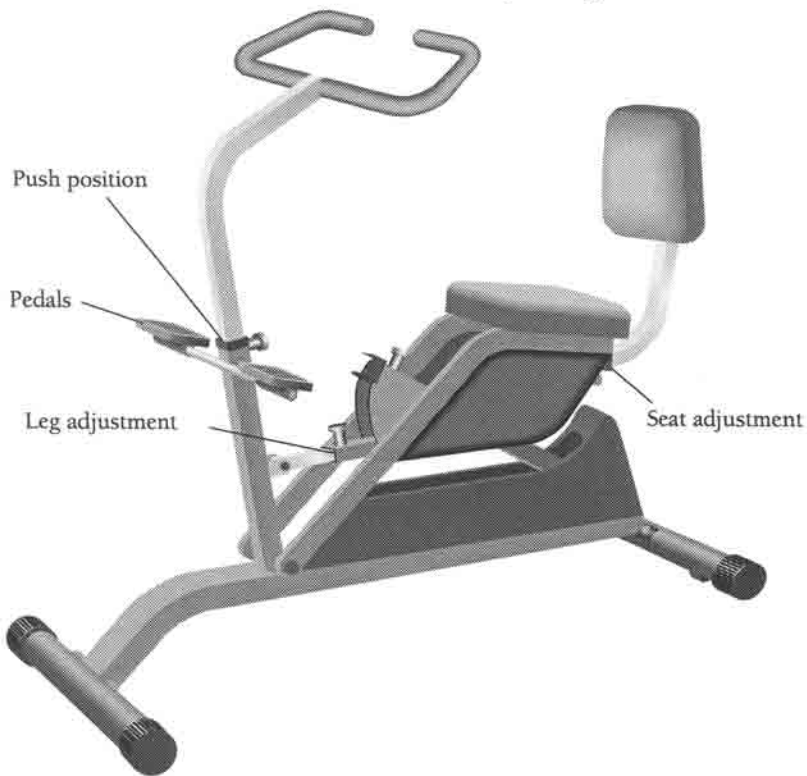
Stand beside the exerciser.
Insert the handlebars in the
pushing position.

2. Adjust for Your Legs

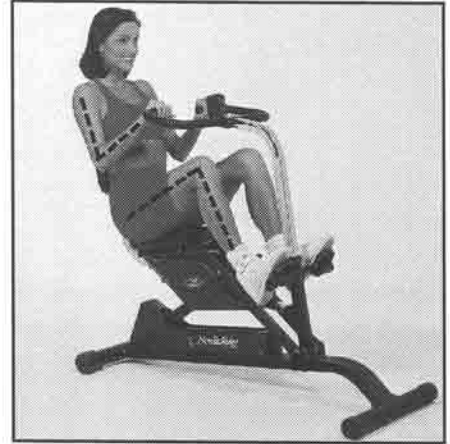
Select a leg adjustment setting
that offers you the most comfort
for your legs, but still lets you
nearly fully extend your arms.

3. Adjust the Seat Back

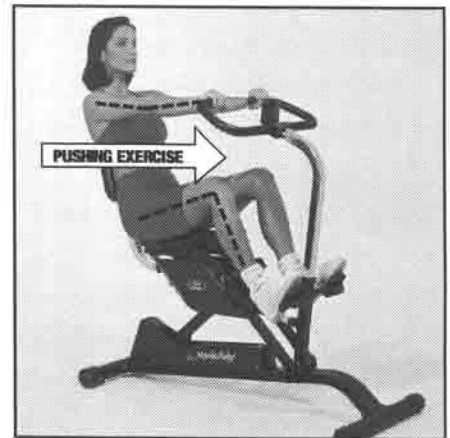
Select a comfortable setting for
the seat. Make sure the seat
knob is secure. Use the seat
back for support during the
pushing exercise.



Perform the Pushing Exercise



Elbows are bent and knees are bent



**Elbows are almost straight and
knees are only slightly bent**

Your Personal Fitness Program

This section was developed by exercise physiologists at NordicTrack to help maximize the use and enjoyment of your NordicRider.

Set Goals for Yourself

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Below are some examples of typical goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina

Exercise Progression

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts which should be performed in the following order:

1. Warm-up
2. Stretch
3. Aerobic conditioning
4. Cool-down
5. Strength conditioning
6. Stretch

1. Warm-Up

The warm-up prepares your body and mind for exercise. It is your best insurance against unnecessary injury and muscle soreness – common reasons for quitting an exercise program. We suggest that you warm up with two to five minutes of slow exercise on your NordicRider™ exerciser in the pulling motion.

2. Stretch

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 11.

3. Aerobic Conditioning

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, intensity and duration.

Frequency

Frequency refers to the number of workouts per week. The recommended number of workouts is three to five days per week. However, four to five workouts per week maximizes fat reduction and cardiovascular development.

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section, *Monitor Your Heart Rate*.

Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out for 40 to 60 minutes.

4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

5. Strength Conditioning

A strength-conditioning program is an essential component of any exercise program. It adds lean muscle mass to the body and aids in burning body fat.

6. Stretch

Stretching after exercise reduces muscle soreness. We recommend that you complete the stretches described on page 11.

Monitor Your Heart Rate

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring heart rate: resting heart rate, maximum heart rate and target heart rate.

Resting Heart Rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart rate should have nearly returned to its resting heart rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease.

Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can pump during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This is only an estimate of your maximum heart rate. Only clinical stress testing can provide a precise MHR reading.

Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your MHR. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their MHR. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts. We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.



Take Your Pulse

Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel. Touch your left wrist, one-fourth of an inch from your wrist joint, (at the base of thumb) with the index and middle fingertips of your right hand. Relax your left thumb and roll your hand until your thumb extends upward. Place your right index and middle fingers flat along your wrist. Apply minimal pressure with both fingers. Let the beat come to your fingers. Use the opposite wrist and hand if you can't find your pulse.

Target Heart Rate Zones Chart

Age	Beginner 60%-70% of MHR		Intermediate 70%-80% of MHR		Advanced 80%-85% of MHR	
	10 secs.	One min.	10 secs.	One min.	10 secs.	One min.
19/under	20 – 23	121 – 141	23 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	120 – 137	23 – 26	140 – 157	27 – 28	160 – 167
25 – 29	20 – 22	117 – 134	23 – 26	137 – 153	26 – 27	156 – 162
30 – 34	19 – 22	114 – 130	22 – 25	133 – 149	25 – 26	152 – 158
35 – 39	19 – 21	111 – 127	22 – 24	130 – 145	25 – 26	148 – 154
40 – 44	18 – 21	108 – 123	21 – 24	126 – 141	24 – 25	144 – 150
45 – 49	18 – 20	105 – 120	20 – 23	123 – 137	23 – 24	140 – 145
50 – 54	17 – 19	102 – 116	20 – 22	119 – 133	23 – 24	136 – 141
55 – 59	17 – 19	99 – 113	19 – 22	116 – 129	22 – 23	132 – 137
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

Figures are rounded to the nearest whole number.

Troubleshooting Tips

If...

the handlebars are below chest level in either exercise,
the handlebars are too high above chest level,

you cannot extend your arms out to begin the pulling exercise,
the seat back back interferes during the pulling exercise,
you cannot straighten your legs enough during the pulling exercise,

you need more support during the pushing exercise,
you need more range of motion for your arms,

then...

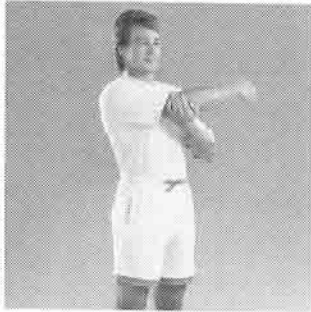
pull them further out of the tube.
push them further down into the tube.
(Refer to number 1 on pages 6 and 8.)

pull the handlebars out of the tube.
move the seat back out of the tube.
move the pedals away from you.
(Refer to numbers 1, 2 and 3 on page 6.)

push against the seat back.
move the pedals closer to you.
(Refer to numbers 2 and 3 on page 8.)

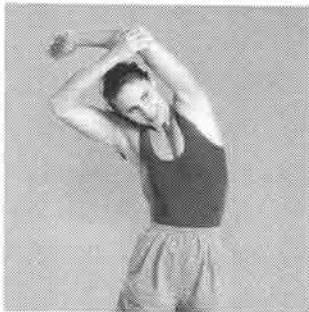
Recommended Stretches

Hold each stretch for 15 to 30 seconds without bouncing. Always stretch both sides of your body.



Shoulder Stretch

Pull your elbow across your chest. Repeat with your other arm.



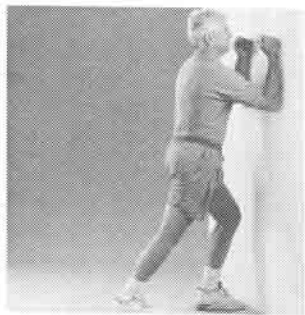
Back and Arm Stretch

Pull your elbow behind your head. Keep your head facing forward. Repeat with your other arm.



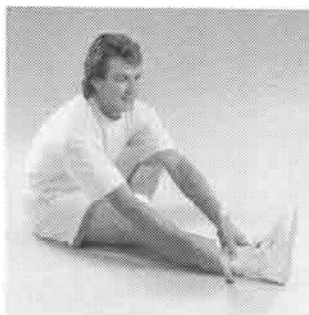
Quadricep Stretch

Pull your heel slowly toward your buttocks. Repeat with your other leg.



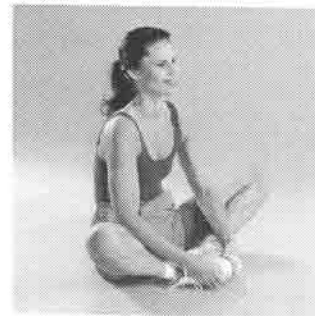
Calf Stretch

Extend one leg behind you; keep that heel on the floor. Lean forward using a wall to maintain your balance. Repeat with your other leg.



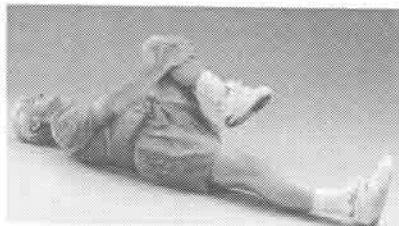
Hamstring Stretch

Position your legs as shown and bend forward from your hips. Be sure to keep your back straight and your knee slightly bent. Repeat with your other leg.



Inner-Thigh Stretch

Put the bottoms of your feet together and press your knees toward the floor.



Lower-Back and Hip Stretch

Pull each knee to your chest. Then pull both knees to your chest at the same time.

Workout Programs

Take it slowly. You may want to begin your fitness routine with three or four short, 5 or 10 minute workouts in a day.

Beginner Program

- Exercise:** pull: 5-10 minutes
(alternate a few minutes with an overhand grip and a few minutes of underhand grip)
- Exercise:** push: 5-10 minutes
- Frequency:** 3 times per week
- Duration:** 3 to 5 minutes per day, up to 20 minutes per day
- Intensity:** 60% to 70% of MHR

Intermediate Program

- Exercise:** pull: 10 to 15 minutes
(alternate a few minutes with an overhand grip and a few minutes underhand)
- Exercise:** push: 10 to 15 minutes
- Frequency:** 3 to 4 times per week
- Duration:** 20 to 30 minutes per day
- Intensity:** 70% to 80% of MHR

Advanced Program

- Exercise:** pull: 15 to 30 minutes
(alternate a few minutes with an overhand grip and a few minutes underhand)
- Exercise:** push: 15 to 30 minutes
- Frequency:** 4 to 5 times per week
- Duration:** 30 to 60 minutes per day
- Intensity:** 80% to 85% of MHR

Training Tips

Start slowly.

Begin with 3 to 5 minutes of slow exercise a day and progress gradually.

Keep your shoulders in line with your hips at all times.

Maintain and Store the NordicRider

Maintain the NordicRider

The NordicRider™ is designed to require only minimal maintenance. Performing the following maintenance procedures will help to ensure the safe and efficient operation of your exerciser.

Wipe the Exerciser

Wipe the seat and frame of your NordicRider with a clean, dry cloth after each workout.

Check the Connections

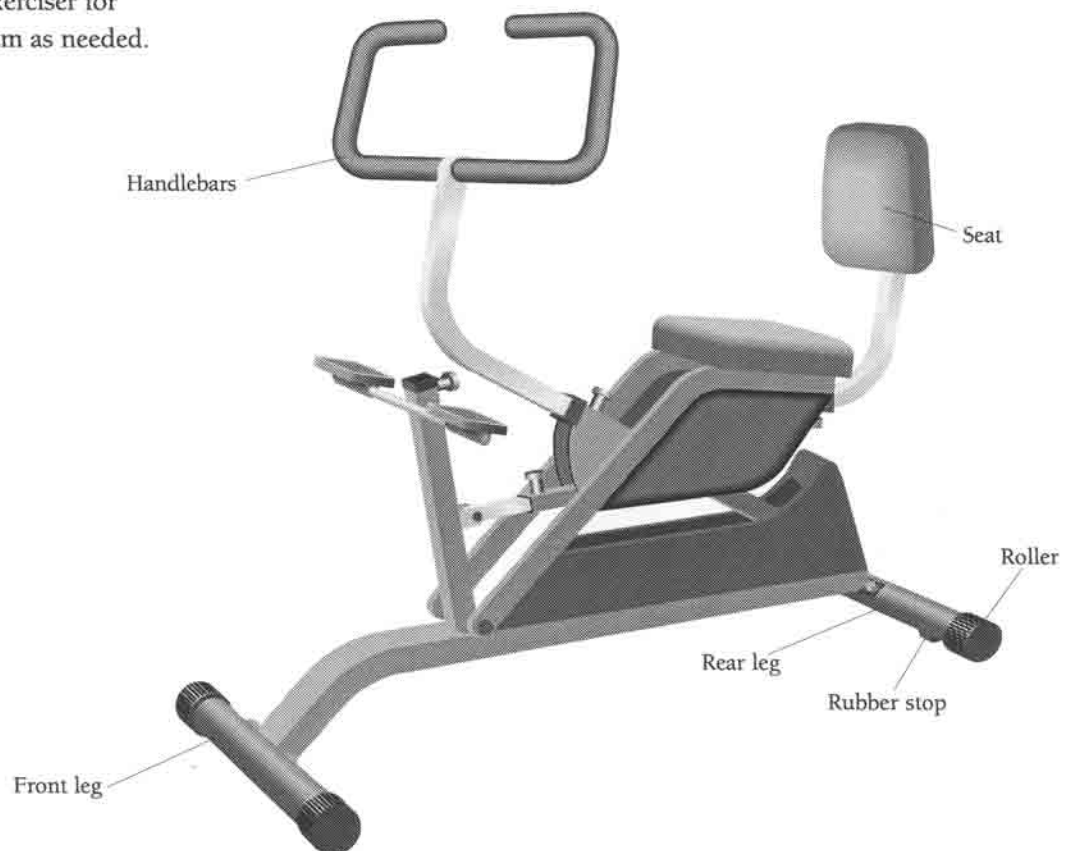
Be sure to regularly check the bolts and knobs on your exerciser for tightness. Tighten them as needed.

Move the NordicRider

The NordicRider can be easily moved by simply bending at the knees and lifting up the front leg of the exerciser. The rollers on the rear leg allow you to either push or pull your NordicRider in and out of your workout space. Be sure it is lifted high enough for the rollers to roll without catching the rubber stops on the floor.

Store the NordicRider

Place a protective covering over your NordicRider for storage. The seat and handlebars may be removed if you have a small storage area.



Customer Information



We're Just a Toll-Free Phone Call Away, 1-800-230-3533.

We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. As your fitness needs and goals change, our knowledgeable customer service representatives will help you identify the exercisers and accessories that best suit your lifestyle and budget.

Customer service department hours:

Monday through 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



Hearing Impaired

Hearing impaired customers with TDD access, please call 1-800-821-1317.



Reach Us Via E-Mail

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

Manufacturer's 30-Day Limited Warranty

NordicTrack, Inc., will for 30 days from the date of purchase of the NordicRider™, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Please note that commercial use of the NordicRider will void the warranty coverage. This warranty does not cover damage resulting from mishandling (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items, such as those having finished or painted surfaces or the foam hand grips. NordicTrack reserves the right to make changes and improvements to the NordicRider without incurring obligations to make similar alterations to equipment previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., Nordic Advantage®, Inc., a retail distributor of NordicTrack products and authorized distributors of NordicTrack products.

To obtain service under this warranty, call our customer service department. ALL SHIPPING COSTS TO RETURN THE NORDICRIDER AND ACCESSORIES FOR REPAIR OR REPLACEMENT 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 30 days 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 30 days 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 limitations or 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.

Thank you for choosing
NordicRider
by NordicTrack.