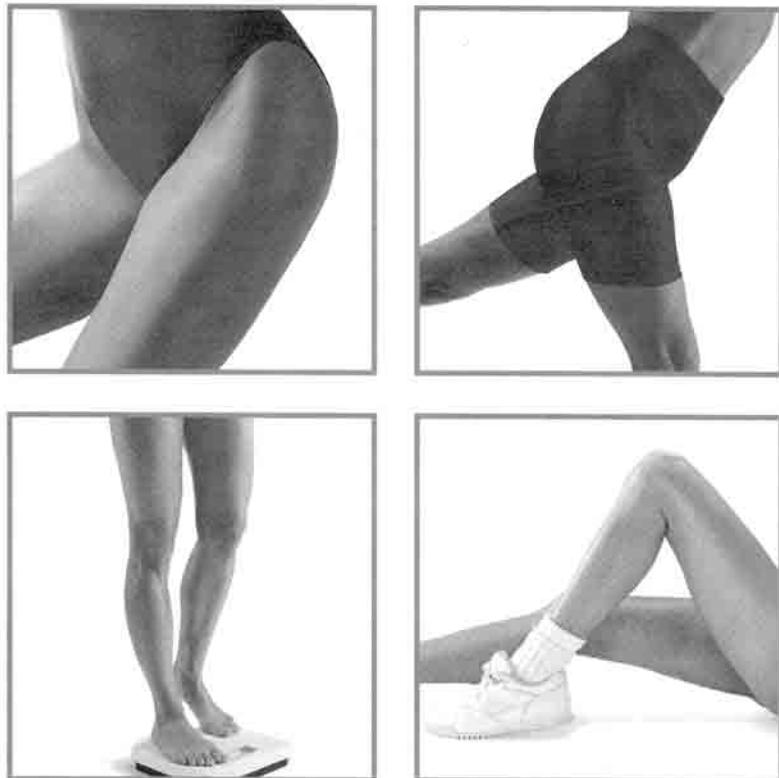


*Linda Evans'*

# LEG Shaper<sup>TM</sup>

*by NordicTrack*



**Owner's Guide**

# Congratulations!

## Linda Evans presents the LegShaper Plus™ by NordicTrack

If good looks, weight loss, better health, shapelier legs and buttocks are what you are looking for, you have made the right decision.

Over the years, NordicTrack, Inc. has built a reputation for its high quality, innovation and expertise. The newest solution to improved personal appearance and better health is the Linda Evans' LegShaper Plus – designed by fitness experts to give you a no impact exercise that is easy to do, and easy on your body.

The LegShaper Plus helps you burn calories and fat, lose weight and inches, and tone and shape your leg and buttocks muscles. Improving on the most effective gluteal and quadricep exercise – the lunge – the LegShaper Plus is easy on your knees. The upper-body resistance and independent arm poles help provide a superior aerobic and strengthening workout.

You haven't just purchased a machine, you have purchased a new way of life... and NordicTrack will be with you every step of the way. Our trained fitness consultants are available to answer any questions you have. NordicTrack can help you have a great experience while achieving your fitness goals.



### Fitness Programs

The actual exercise you perform is only a part of an effective fitness program. There are many other aspects to developing a lifelong commitment to physical fitness.

Using your Linda Evans' LegShaper Plus, and a sensible diet are part of balanced fitness. You can achieve a variety of personal fitness goals: improved personal appearance, stress reduction and much more!

### Improve Your Personal Appearance

Nearly everyone has a part of their body they would like to improve. The fastest way to shapelier legs and buttocks is a regular program of total-body aerobic conditioning. To get rid of the pockets of fat stored over muscle tissue, you need a sensible diet and an effective aerobic and muscle conditioning workout – like using the LegShaper Plus.

### Reduce Your Stress Level

Studies reveal that people who exercise regularly report lower levels of stress and depression. Exercise causes the brain to produce endorphins and other substances that promote emotional stability, muscle relaxation and a sense of well-being.

### Stay Active and Have Better Health

Active people are simply healthier; they suffer less illness and health problems. Staying active with the Linda Evans' LegShaper Plus fitness program is easy. If looking great, feeling your best and maintaining superior fitness inside and out are important to you – you have come to the right place, NordicTrack.

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Questions?

Call our Customer Service Department  
1-800-236-5104

Monday – Friday 7 a.m. to 8 p.m.  
Saturday 8 a.m. to 4:30 p.m.  
*Central time*

# Important Safety Information

**IMPORTANT**

Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. Please read the following safety instructions carefully.

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, or dizziness.
3. Keep children and pets away from the machine at all times. The LegShaper Plus™ is designed for adult use only.
4. Inspect all bolts and nuts prior to each day's use. Make sure that the bolts and nuts are tight. Wipe your LegShaper Plus exerciser with a clean, dry cloth to remove perspiration and dirt after every use.
5. Use your LegShaper Plus on a flat, level surface, with a protective cover for your floor or carpet.
6. Always follow the correct exercise procedure for the Linda Evans' LegShaper Plus.
7. Follow your physician's recommendations in developing your own personal fitness program.

8. Always wear exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise. A headband may help keep perspiration out of your eyes.
9. Keep arms and legs free of moving parts while exercising.
10. To avoid injury, keep fingers away from the seat-back tube when raising or lowering.
11. Always use proper lifting form and technique when moving the machine. Never lift using only your back muscles.

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. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions. 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.

**WARNING**

**This symbol refers to a hazard or unsafe practice which can result in severe personal injury or death.**

**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.**

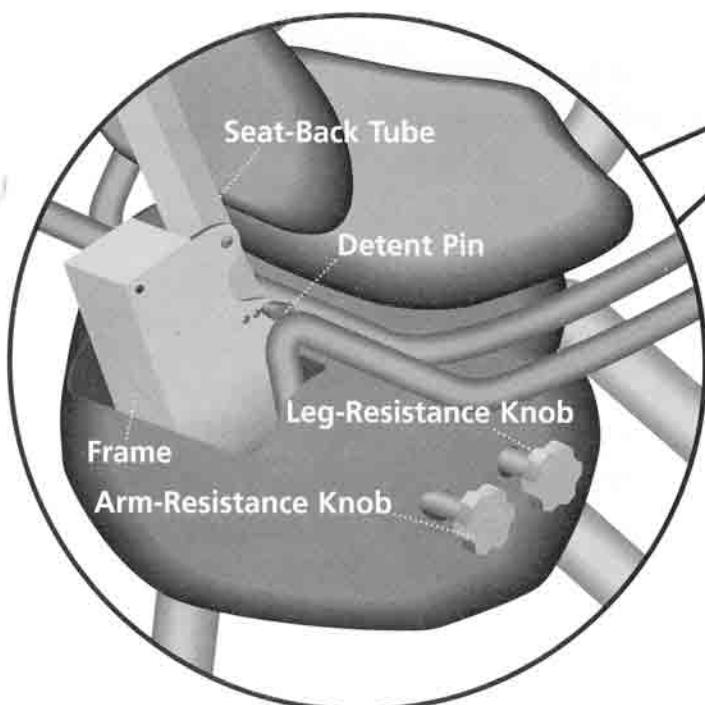
# Adjustments

## Adjust the Arm Resistance

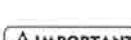
Turn the arm-resistance knob clockwise to increase resistance and counter-clockwise to decrease.

## Adjust the Leg Resistance

Turn the leg-resistance knob clockwise to increase resistance and counter-clockwise to decrease.



## Adjust the Seat Incline



Step off the exerciser before adjusting the seat.

The seat has lumbar support and three adjustable positions. Remove the detent pin from the seat-back tube and re-insert it into one of the other holes until you find a comfortable position.



To avoid injury, keep fingers away from the seat-back tube when raising or lowering.

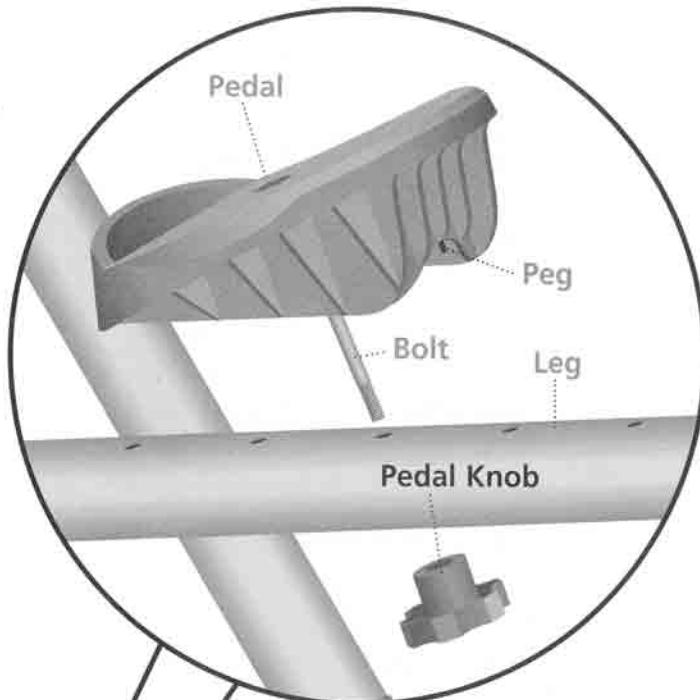


Make sure the detent pin is fully inserted through both sides of the frame and through the seat-back tube.

## Adjust the Pedals

The pedals can be adjusted to various positions depending on your comfort level, and which muscle group you would like to emphasize the most. Position the pedals to start with your knees at a 90° angle in the starting upward position. Change this angle to fit your comfort level by moving the pedals to one of the other positions. Extending your legs out beyond 90° emphasizes the hamstring and gluteal muscle groups. Setting the pedals with your knees angled less than 90° emphasizes the quadricep muscle groups.

- Loosen and remove the pedal knob and lift the pedal off the leg.
- Align the two pegs and the bolt with the holes on the leg in the new position.
- Tighten the pedal knob onto the bolt.



# Electronics Instructions



Your Linda Evans' LegShaper Plus™ comes with a workout computer. This computer will help you monitor your workout progress and motivate you to reach your fitness goals. The computer will count with every right leg stroke.

Always consult your physician before starting any exercise program.

**CAUTION**

Do not carry batteries loose, such as in a purse or pocket. Batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

**WARNING**

## Functions and Features

### Automatic On/Off

The computer starts automatically when you begin to exercise or push any button. When you finish your workout, the computer will turn off automatically after four minutes of inactivity.

### RESET

When the ▲ and ▼ buttons are pressed at the same time, the current value shown on the display screen will be reset to zero. If the ▲ and ▼ buttons are pressed and held down at the same time for 2 seconds, all values will be reset to zero.

### SELECT

When the SELECT button is pressed, the computer will turn on. If the power is already on when the SELECT button is pressed, the computer will advance to the next mode.

## Modes:

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### TIME

This function is displayed first when the computer is turned on. The computer will remain in TIME mode until the SELECT button is pressed to advance to another mode.

**Count up:** When in the TIME mode, and you are in motion, the computer will count up from 00:00 to 99:59, and then return to zero. The computer will stop counting when activity is stopped for more than 4 seconds.

**Count down:** The computer may be set to count down from a maximum of 99:00 minutes. When the TIME mode is selected, the ▲ and ▼ buttons can be used to set the time in one minute increments. If the ▲ is pressed once, the time will increase in 1 minute increments. If the ▲ button is held for 2 seconds, the time will increase faster. When the set time has counted down to zero the computer will beep for 2 seconds. If you continue to exercise, the timer will revert to the time that was originally set and start to count down again.

### REPS/MIN

Repetitions (reps) per minute: this function will estimate how many reps would be completed in one minute based on the current pace. After four seconds of no activity the display will reset to zero. The range that will be displayed is from 15 to 1000 reps per minute.

### REPS

This mode will display a running count of the repetitions completed. You may set the amount of reps for a count down mode. The setting range is from 10 to 9990 by units of 10 using the ▲ button. When the REP counter reaches zero the computer beeps and the counter reverts to the original count and will start over again. The REP counter operates the same as the TIME counter.

### SCAN

This feature will scan through all of the modes continually, displaying each mode for 4 seconds before displaying the next mode. A solid arrow will be displayed above scan, with a flashing arrow above the mode being monitored. Press the SELECT button again to stop scanning.

## Turn Off the Computer

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When you have finished your workout, step off the exerciser. The computer will shut off automatically four minutes after you stop working out.

## Replace the Batteries

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If the batteries need to be replaced, remove the computer from the exerciser. Unplug the sensor cable. Replace the 2 AAA batteries. Plug in the sensor cable and slide the computer onto the bracket. Dispose of the batteries properly.

# Begin Your Workout

Learning to use the Linda Evans' LegShaper Plus™ will only take a few short minutes to master. Once you feel comfortable with the leg and arm motions separately, combine the two motions for a total-body aerobic and strengthening workout.

## Turn on the Computer

- Press any button to turn the computer on. Press the ▲ and ▼ buttons at the same time and hold for 2 seconds to reset all functions to zero.
- Program your desired time setting or reps setting.
- Use the computer to monitor your progress and motivate you to reach your fitness goals.

## Start with the Leg Motion Only

- The LegShaper Plus effectively targets your buttocks without the strain on your knees or back. The unique design supports your back, while targeting your gluteus maximus, hamstring and quadricep muscle groups.
- Set the leg resistance to a low level.
- Push one leg forward and down. The other leg should raise. Push the other leg down as the first leg returns to the starting position.
- Keep your knees relaxed. Don't lock them when pushing down.
- Work at your own pace. Don't hesitate between strides.
- Practice this motion until it feels natural.
- When you feel comfortable with the motion, you can adjust the resistance to fit your workout goals.

## Practice the Arm Motion

- Set the arm resistance to a low level.
- Keep your legs still and try pushing the arms back and forth. Keep your elbows slightly bent and relaxed, never locked.
- When you feel comfortable with this motion, adjust the arm resistance to a comfortable level.
- Use an overhand grip to place more emphasis on the tricep muscle groups, and an underhand grip to emphasize the bicep muscle group.

## Combine the Leg and Arm Motions

- Begin the motion again with your legs.
- Once you have a rhythm set, add your arms.
- Push and pull through your natural range of motion. Use the arm poles however feels comfortable.
- Keep your hands relaxed.
- Work the arms in sync with your legs, in opposition or totally independently at their own pace.

### TIP

Always start at a low resistance level for a short duration. Gradually increase your resistance and workout period.

# Design Your Fitness Program

## Consult your Physician Before Beginning Any Exercise Program

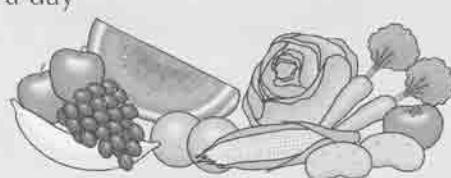
A medical examination or consultation with your physician is essential.

## Establish Personal Fitness Goals

Set attainable, realistic goals. Reward yourself when you meet those goals. Remember, your goals should act as a guide for your workout program.

### Factors in a Sensible Diet:

- Choose more high-fiber, low in fat and sugar foods: fruits, vegetables and whole grains
- Eat at least five servings of fruits and vegetables each day
- Cut back on red meat consumption; eat lean meat, more white meat and fish
- Choose healthy snacks; bring healthy foods with you to work
- Eat regular meals or mini-meals; control your portion size — don't binge or overeat
- Reduce fast food and pre-packaged meals
- Pay attention to fat content and calories
- Limit alcoholic beverages and caffeine
- Drink at least eight to ten glasses of water a day



## Determine Your Target Heart Rate

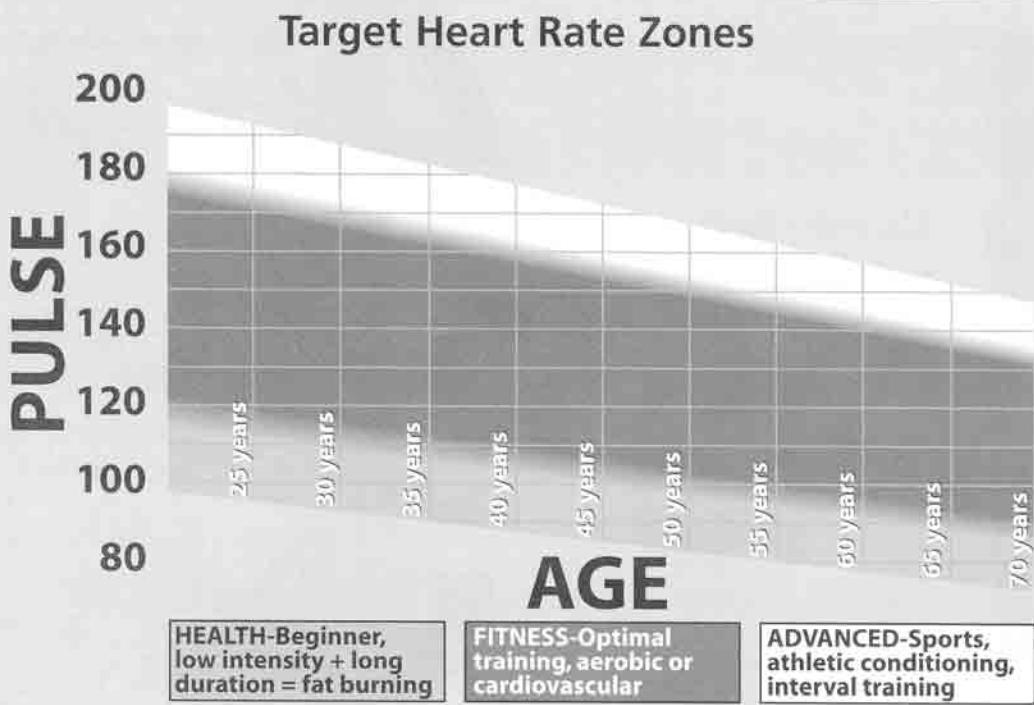
Your target heart rate, (THR) is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your maximum heart rate (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your MHR. Only clinical stress testing can provide an actual MHR reading.



Once you have determined your MHR, you can establish your target heart rate zone. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. This level is called the **Health/Beginner Level** — low intensity plus long duration equals a fat burning level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic or cardiovascular level — the **Fitness Level**.

**Advanced** exercisers, or those wishing to do sports, athletic conditioning or interval training workouts should exercise at 80 to 85 percent of the MHR for short periods of time. The chart on the next page shows the Target Heart Rate Zones for **Health/Beginner**, **Fitness** and **Advanced** exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.



## Warm Up

A warm-up routine prepares your body and mind for exercise. It also provides insurance against injury and soreness. Warm up your torso with limbering exercises, including torso twists, reaches and low-back stretches. Working only your lower body with a low-resistance on the LegShaper Plus™ is great for warming up.

## Stretch

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface (see page 10).



## Recommended Stretches



### Shoulder Stretch

Gently pull your elbow across your chest.



### Back and Arm Stretch

Pull your elbow behind your head. Keep your head and hips facing forward.



### Calf Stretch

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



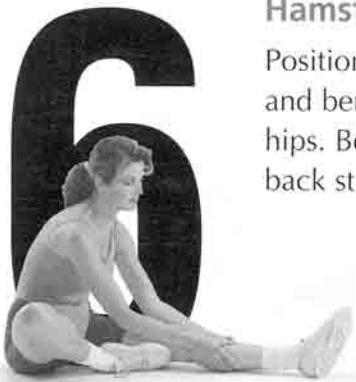
### Quadricep Stretch

Pull your heel slowly towards your buttocks.



### Inner Thigh Stretch

Put the bottoms of your feet together. Press your knees towards the floor.



### Hamstring Stretch

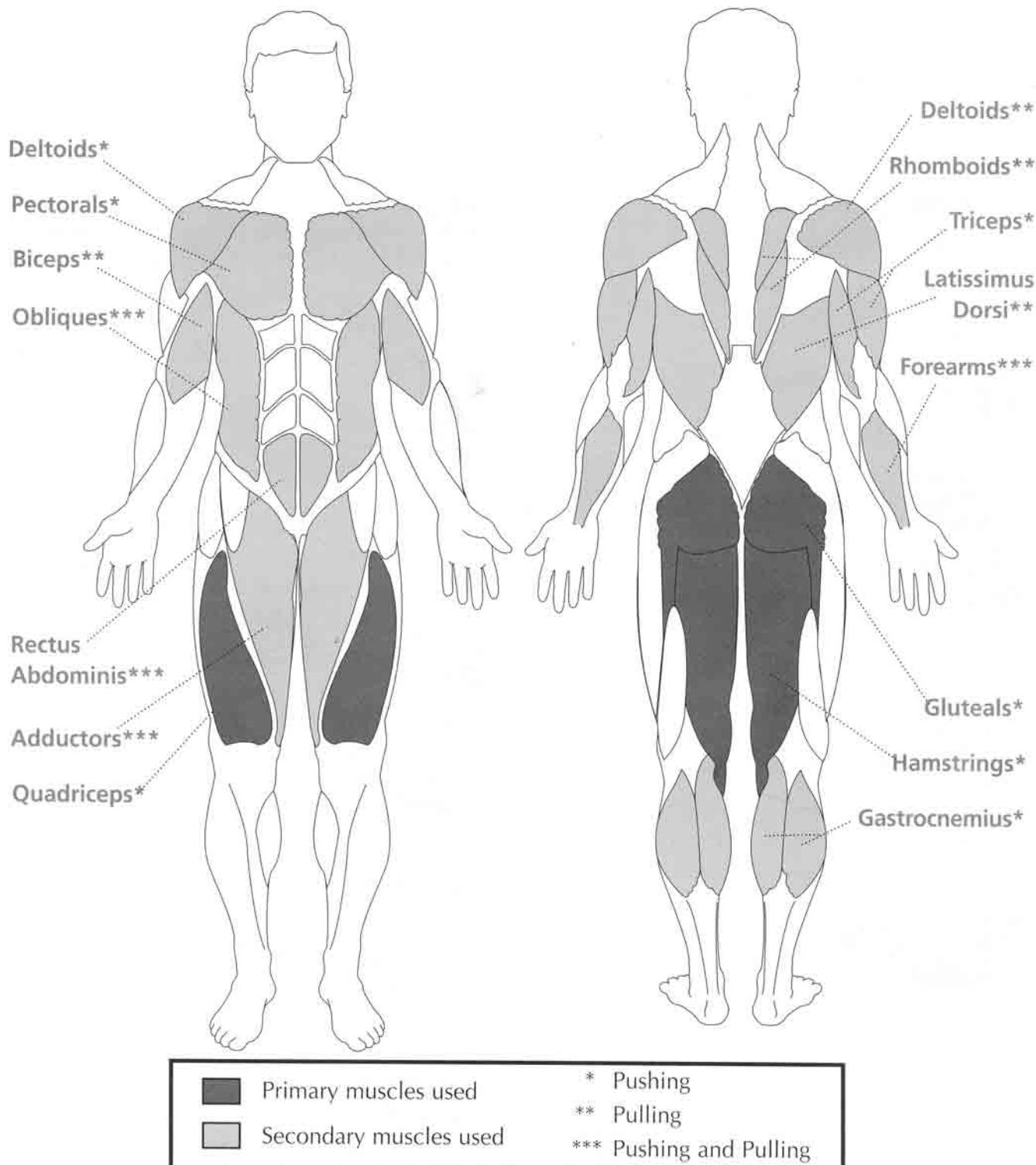
Position your legs as shown and bend forward from your hips. Be sure to keep your back straight.



### Lower Back and Hip Stretch

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

## Muscle Groups Used



## Aerobic Exercise Workout Programs

The **BEGINNER LEVEL** typically lasts four to six weeks. At this level you should be concerned with slowly improving your fitness level and endurance.

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

Move on to the Fitness Level only when you feel ready and your heart rate has moved below your target heart rate zone.

### Health/Beginner Level

Frequency	Three times a week
Intensity	60% to 70% of MHR*
Time	20 to 30 minutes

The **FITNESS LEVEL** usually lasts 12 to 20 weeks. (It may last longer — depending on your fitness goals.) At this level you should strive to achieve your fitness goals.

Set realistic short- and long-term goals for yourself. Frequently re-evaluate your fitness goals and reward yourself as you are successful.

Move on to the Advanced Level when you have reached your fitness goals and your heart rate has moved below your target heart rate zone.

### Fitness Level

Frequency	Four to Five Times a Week
Intensity	70% to 85% of MHR*
Time	30 to 40 minutes

Work out at the **ADVANCED LEVEL** once you have reached your desired fitness goals. It is intended to be a maintenance program and should continue on a regular, long-term basis.

You may wish to add interval training to your maintenance program as well. Interval training will add variety to your workout routine and further condition your cardiovascular system.

### Advanced Level

Frequency	Three to four times a week
Intensity	80% to 85% of MHR*
Time	20 to 30 minutes

**INTERVAL TRAINING** has been shown to promote higher levels of aerobic conditioning. It consists of spurts of high-intensity activity followed by active rest periods of stepping at a lower intensity.

For example, a one minute spurt of high resistance, fast stepping is followed by a two-to-three minute active rest period of low resistance, slow stepping. The duration of these periods should be based more on how you feel rather than time. A sequence such as this should be repeated 5 to 20 times during your workout session.

### Interval Training

Intensity	85% of MHR*
Time	1 minute
Intensity	60% of MHR*
Time	2 to 3 minutes

\*Estimated Maximum Heart Rate (MHR) = 220-Age.

## Basic Strength Training Program

- Strength train your legs by using your lower-body only.
- Increase the resistance, but not to the maximum level.
- Start with one set of 15 - 20 repetitions (reps).
- Gradually progress to 2 - 3 sets, resting 15-30 seconds between each set.
- Change the pedal positions to change the muscle group emphasis. Under 90° knee angle focuses more on your quadricep muscle groups. Over 90° knee angle emphasizes the hamstring and gluteal muscle groups.
- Strength train a minimum of two times per week, and perform the same exercises every other day.
- If you can do more than the recommended reps on the last set of your exercise before fatiguing, increase your resistance slightly.
- Rest 48-72 hours between strength-training workouts.

## Some Benefits of Aerobic Exercise:

- Effective weight loss and management
- Adds protection from heart disease
- Increases strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure packed day
- Greater intellectual capacity and productivity

## Advanced Strength Training Program

- For greater gains in muscular strength, increase the resistance accordingly to perform 10 - 15 reps.
- If you can do more than the recommended reps on the last set of your exercise before fatiguing, increase your resistance slightly.

## Emphasize Upper-Body Muscle Groups

By changing your hand-grip position, you can tailor your workout to your comfort and to emphasize different upper-body muscle groups. You will still be working all of the same secondary muscles, but you can focus more strength to certain areas.

- Use an overhand hand grip to emphasize the biceps.
- Use an underhand grip to emphasize the triceps.

## Some Benefits of Muscle Conditioning Exercise:

- Increases metabolism
- Improves endurance
- Tones muscles for a healthier look
- Helps burn body fat
- Muscles help burn more calories



## Cool Down

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart. Keep your legs moving on the exerciser at a slower pace for at least five minutes following the aerobic phase.

## Stretch Again at the End of Your Exercise Session

Stretching again after exercise reduces muscle soreness. Follow the guidelines on page 10.



## Workout Tips

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new Linda Evans' LegShaper Plus™ routine.

- Concentrate on the leg motion until you feel comfortable. You will still burn calories and enjoy the benefits of aerobic exercise! You can add the arm motion once you feel comfortable with the leg motion. The lower-body exercise is great for warming up or cooling down.
- Begin and end each exercise session with the stretches on page 10. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseous, stop exercising immediately, and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine or prescription drugs.

# *Workout Logs*

You may want to photocopy this page before using it.

# *Measure Your Progress*

You may want to photocopy this page before using it.

### Upper Arm

Measure your upper arm halfway between your shoulder and your elbow. Your arm should be straight; do not bend your elbow.

Chest

Measure your chest at the point directly underneath your armpit; go around your chest and back.

### Waist

Measure around your waist at the navel.



## Hips

Measure around the  
fullest part of your  
hips, about 8" below  
your waist.

Thigh

Measure the fullest part of your thigh halfway between your hip and knee.

Calf

Measure the fullest part of your calf halfway between your knee and your ankle.

# ***Fold and Move for Storage***

- Remove the electronics. Remove the batteries from the electronics for storage of more than 30 days.
- Remove the detent pin. Fold the seat back against the seat bottom.
- Reinsert the detent pin to hold the seat in the folded position.

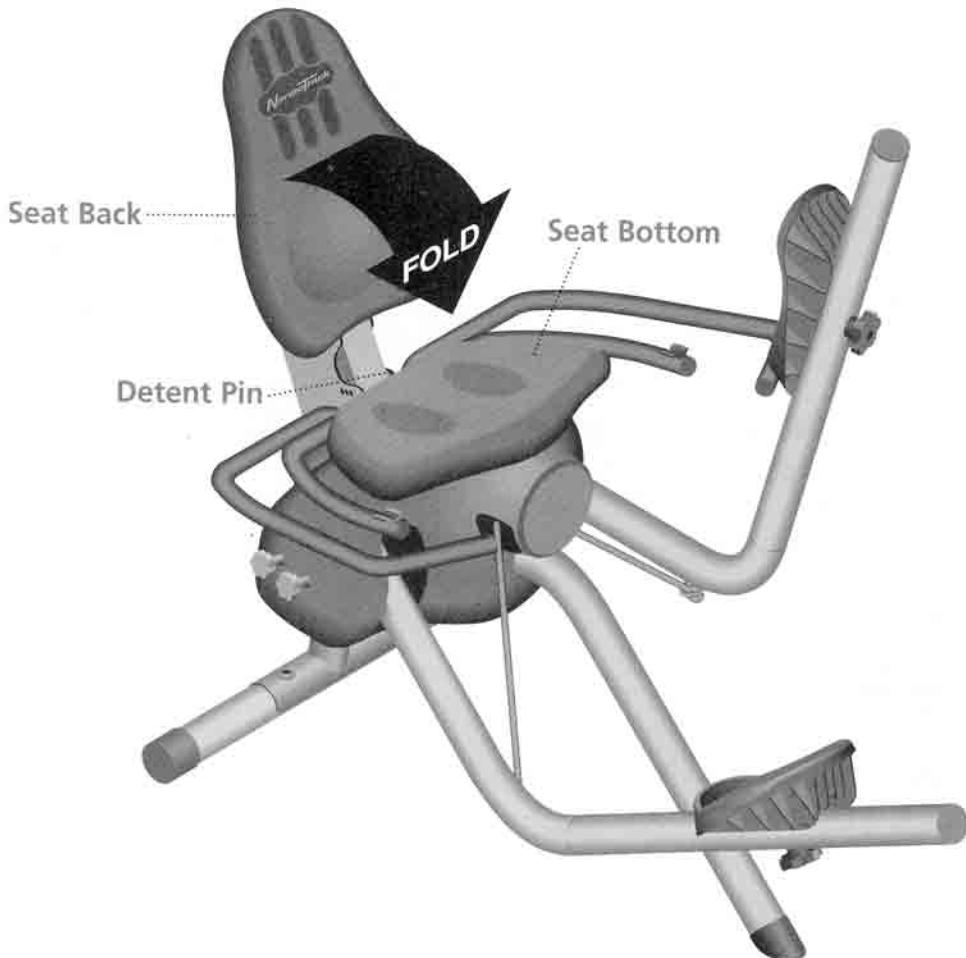
**WARNING** To avoid injury, keep fingers away from the seat-back tube when raising or lowering.

- Bend at the knees and lift the front end of the exerciser. Roll the LegShaper Plus in and out of your workout area.
- Raise both legs and tip the Linda Evans' LegShaper Plus™ over onto the frame, and lean it against the wall.



**CAUTION**

Always use proper lifting form and technique. Never lift using only your back muscles.



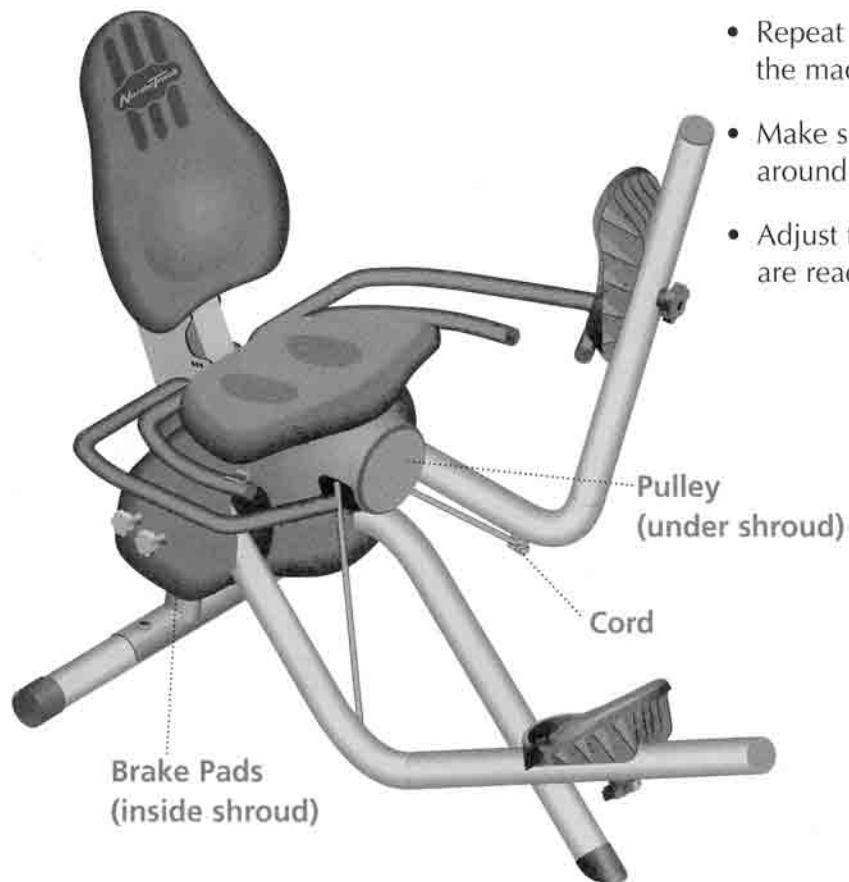
# Maintenance and Care

Your Linda Evans' LegShaper Plus™ exerciser is built to last. Periodic care will ensure a continued smooth motion and beautiful look. Remember to always place a protective cover under the exerciser to protect your floor.

## Wipe the Exerciser

### After Every Use

Wipe your LegShaper Plus exerciser with a clean, dry cloth to remove perspiration and dirt after every use.



## General Lubrication

### Every Three Months or as Needed

A drop of synthetic motor oil may occasionally be needed on the leather brake pads, if they begin to squeak. Spray lubricant should not be used. Let the oil absorb overnight.

- Place a protective cover under the exerciser to protect your floor.
- Tighten the leg and arm resistance completely.
- Bend at the knees and lift the legs, tipping the machine over.
- Loosen the leg resistance completely.
- Place a drop of oil on the leather brake pads.
- Repeat with the arm resistance from behind the machine.
- Make sure the cord is still correctly routed around the front pulley under the shroud.
- Adjust the arm and leg resistance when you are ready to exercise.

# Customer Information

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

**Just a Toll-Free Phone Call Away... 1-800-236-5104**

Monday – Friday 7 a.m. to 8 p.m.

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

Central time



**Call Us**

**1-800-236-5104**



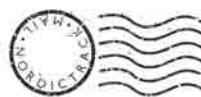
**Fax Us**

**1-612-368-5344**



**Relay Us**

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



**Write Us**

NordicTrack Customer Service  
103 Peavey Road  
Chaska, Minnesota 55318  
M600



**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](mailto:service@nordictrack.com)

## 30 Day 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 your expectations, call our Customer Service Department within the 30 day trial period and we will gladly exchange your product. If you choose to return your product within the 30 day trial period, please call our Customer Service Department at 1-800-236-5104. If you do not have the original packing materials, 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 less a one-way shipping charge of \$49.95 (Canadian \$79.95). Please allow up to two weeks for the crediting process.

# **Warranty Information**

## **Two-Year Limited Warranty**

NordicTrack, Inc., will for two years from the date of purchase of a Linda Evans' LegShaper Plus™ 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, Linda Evans' LegShaper Plus 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 Linda Evans' LegShaper Plus exerciser without incurring any obligations to make similar alterations to previously purchased NordicTrack 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 1-800-236-5104.

**ALL SHIPPING COSTS FOR THE LINDA EVANS' LEGSHAPER PLUS 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**

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### **(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.

## **One-Year Electronics Limited Warranty**

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NordicTrack, Inc., for one year from the date of purchase of a Linda Evans' LegShaper Plus™ computer, will repair or replace the computer should it prove to be defective in materials or workmanship. All shipping costs are the responsibility of the purchaser. This warranty does not cover damage resulting from mishandling in transit, vandalism, misuse, abuse, acts of nature, alteration or lack of reasonable care. 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 at 1-800-236-5104.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year 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 one year of 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.