

# NordicTrack®

FEATURING  
**OVER**  
**100**  
NEW DESIGN  
INNOVATIONS



NordicTrack ProPlus™, AchieverPlus™, and MedalistPlus™ Ski Exercisers

## *Quick Set-Up and Care Guide*

# Welcome to NordicTrack

## Congratulations!

We have taken more than 20 years of design expertise to a higher level to help you lose weight, build cardiovascular health, and firm and tone your whole body. The new NordicTrack Plus Series of cross-country ski exercisers include over 100 new design innovations. Here are just some of them:

- Our legendary flywheel system is now also part of the upper-body exerciser for the easiest, smoothest way to build your arm, shoulder, chest and back muscles.
- A solid, integrated, low-to-the-ground base is designed for added stability, even during vigorous workouts.
- New padded handrails let you hold on with confidence while working the lower body only, or when getting on and off of the machine.
- New easier-to-adjust "click-stop" elevation allows higher intensity workouts and added variety.
- Convenient electronics console makes adjustments and monitoring your workout easier than ever.
- New wider skis keep you steady.
- Redesigned foot pads keep you in the proper stance.

## Nearly 4 million owners have discovered the NordicTrack difference, now you can too!

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

## Engineered by NordicTrack to go the extra mile.

At NordicTrack, our employees are fitness enthusiasts like you. We demand excellence from each machine 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 more than 20 years of world-famous fitness technology, design expertise and craftsmanship are built into your ski exerciser.

## 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 assemble 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 at: 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*



ProPlus™ model shown

# 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 and view the training video for important safety information on the assembly and care of your ski exerciser as well as helpful fitness information. Please use the NordicTrack ski exerciser only as described in the owner's guides.

- 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 small children and pets away from the exerciser at all times.** This product is designed for adult use only; it is not intended for use by children.
- 4. Be sure there is enough clearance for the flywheel to turn.** Place your exerciser on a flat surface with 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. Use caution when getting on and off of the exerciser.** The skis are designed to move forward with no resistance.
- 6. Make sure the upright-tube knob is tight and the upright tube is secure.** Also make sure the telescoping knob is secure. There may be some slight movement of the upright tube during use. Inspect and tighten all parts of the ski exerciser every three months.
- 7. Please perform the recommended maintenance and care steps according to the prescribed schedule (refer to page 12).** This will help ensure the safe and efficient operation of your NordicTrack® ski exerciser. 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 while you exercise. A headband will help keep perspiration out of your eyes.
- 9. To raise, lower or move your NordicTrack ski exerciser you must be able to safely lift 40 pounds.**

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 ski 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.

# Parts

## Unpack Your Ski Exerciser

- Unpack your ski exerciser where you intend to use it.
- Verify the parts you received with those shown below.
- Please retain all packing materials for the duration of your in-home trial period.
- Place your assembled exerciser on a flat surface, with a protective covering for your floor.

## Parts

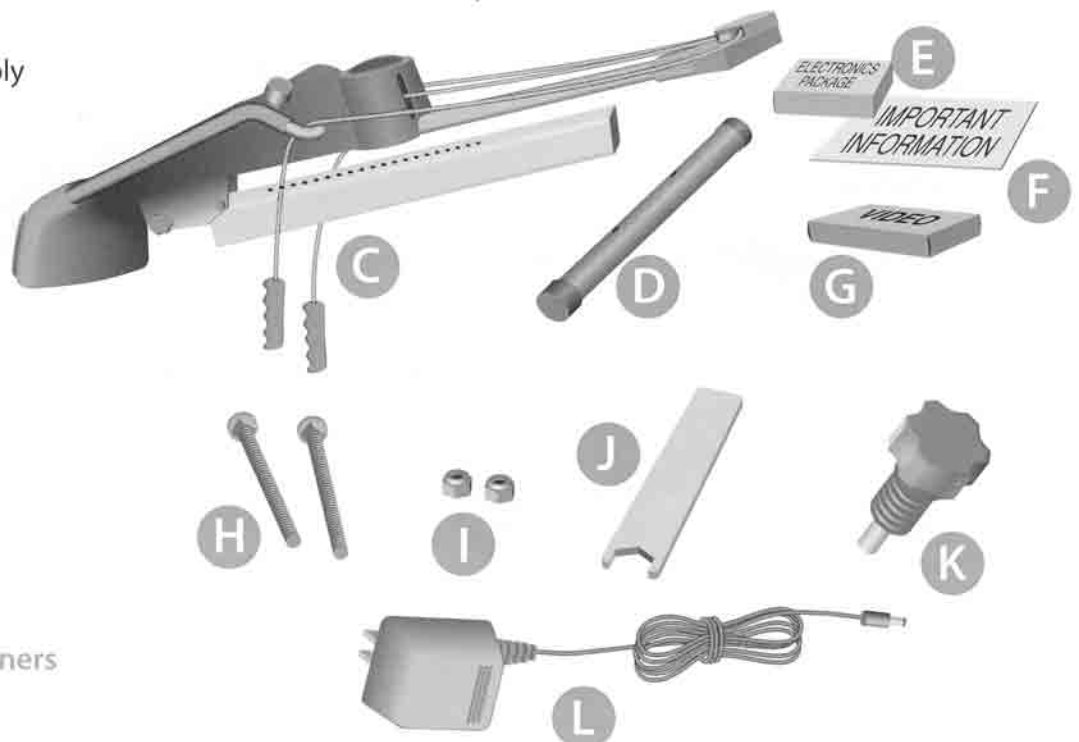
### Box 1:

- A Base
- B Skis (2)



### Box 2:

- C Arm-Exerciser Assembly
- D Elevation Leg
- E Electronics Package
- F Information Packet
- G Instructional Video
- H Bolts (2)
- I Nuts (2)
- J Wrench
- K Telescoping Knob



### Additional Parts for MedalistPlus Model Owners

- L Power Cord

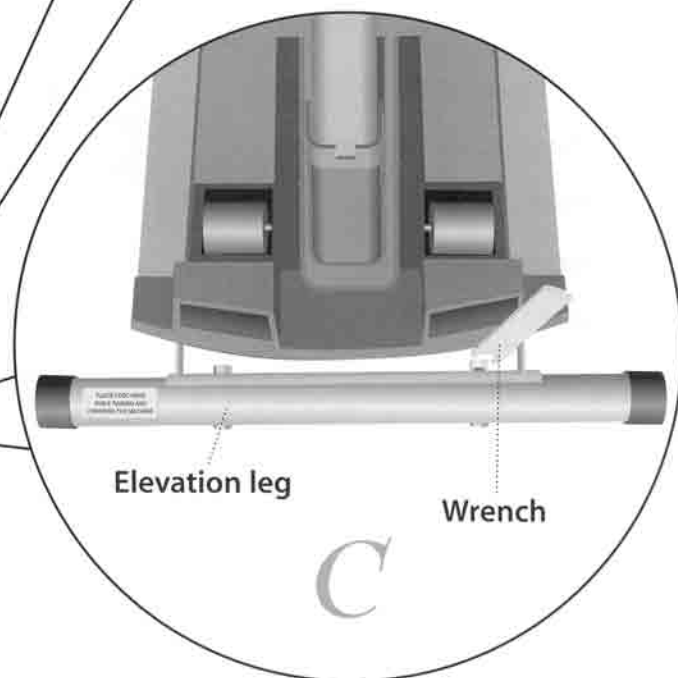
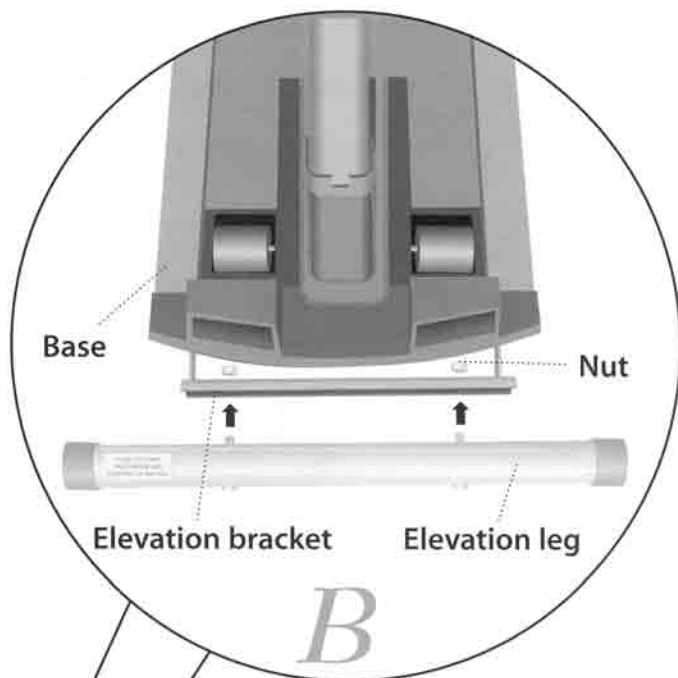
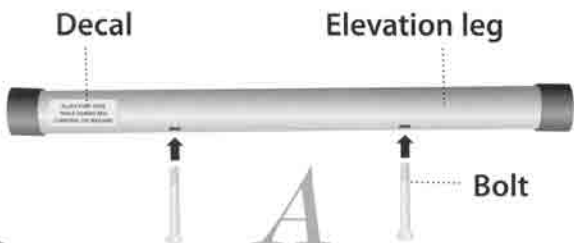
# Assembly

## Assemble the Elevation Leg

- A** • Insert the bolts through the square holes in the elevation leg. The bolt heads should be seated in the square holes.
- B** • Slide the bolts through the holes in the elevation bracket in the base. Place a nut onto each bolt and finger-tighten them.
- C** • Securely tighten both nuts with the wrench provided.

**IMPORTANT**

Make sure the decal on the elevation leg is facing up and on the left side of the machine when facing the machine.



## Raise the Upright Tube

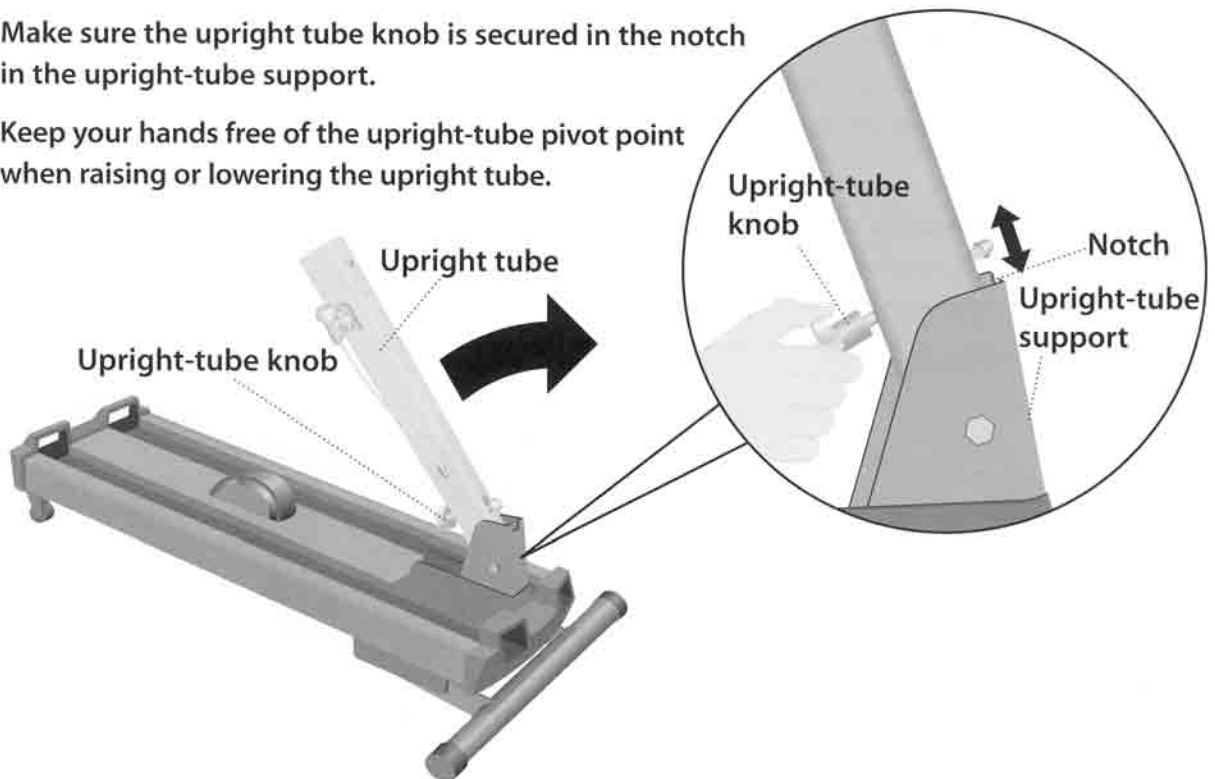
- Raise the upright tube to a vertical position.
- Turn the upright-tube knob clockwise to securely tighten the upright-tube knob in the notch.



Make sure the upright tube knob is secured in the notch in the upright-tube support.

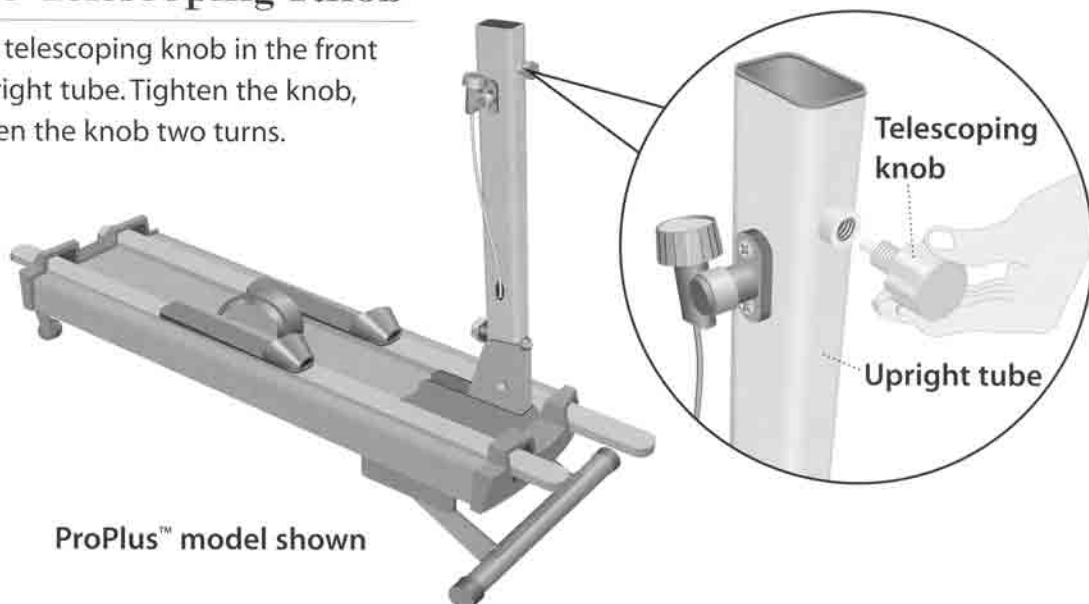


Keep your hands free of the upright-tube pivot point when raising or lowering the upright tube.



## Install the Telescoping Knob

- Insert the telescoping knob in the front of the upright tube. Tighten the knob, then loosen the knob two turns.



ProPlus™ model shown

## Assemble the Arm Exerciser

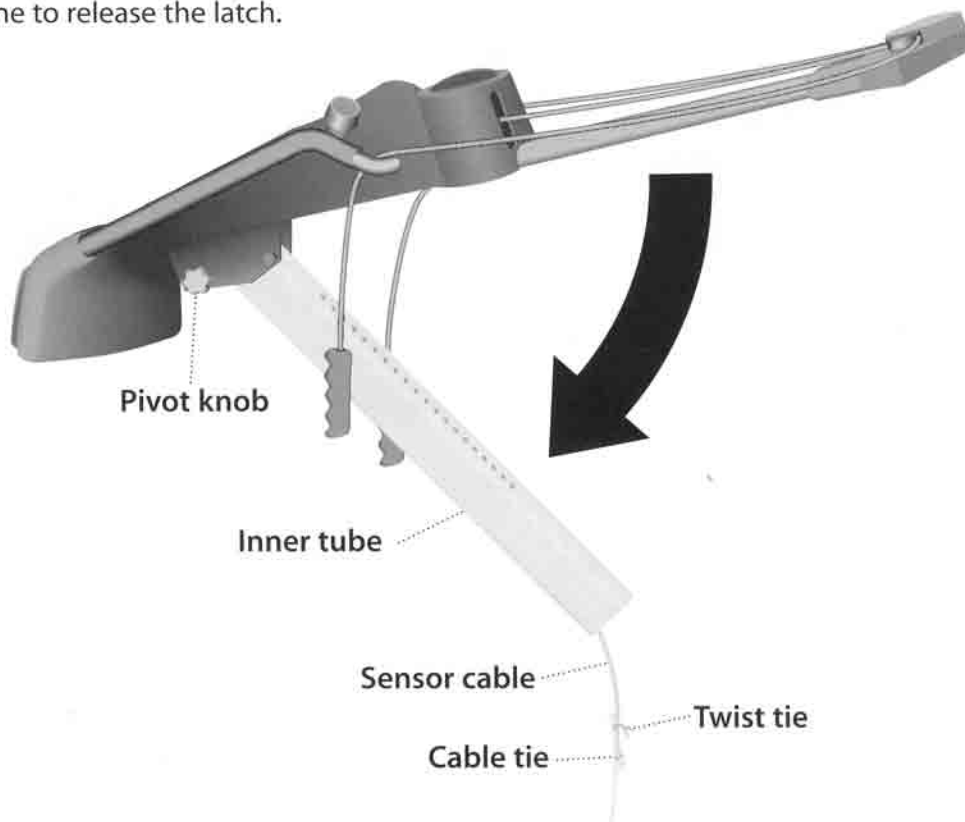
The arm-exerciser assembly has the sensor cable routed through it. The cable tie attached to the sensor cable is to help route the sensor cable through the upright tube. Once the machine is assembled, undo the twist tie and remove the cable tie. You may dispose of the cable tie and twist tie.

- Turn the pivot knob on the arm-exerciser assembly counterclockwise to loosen it. Pull the pivot knob toward the rear of the machine to release the latch.



**Keep your hands free of the arm-exerciser pivot point.**

- With the pivot knob released, pivot the inner tube on the arm-exerciser assembly.
- Securely tighten the pivot knob.





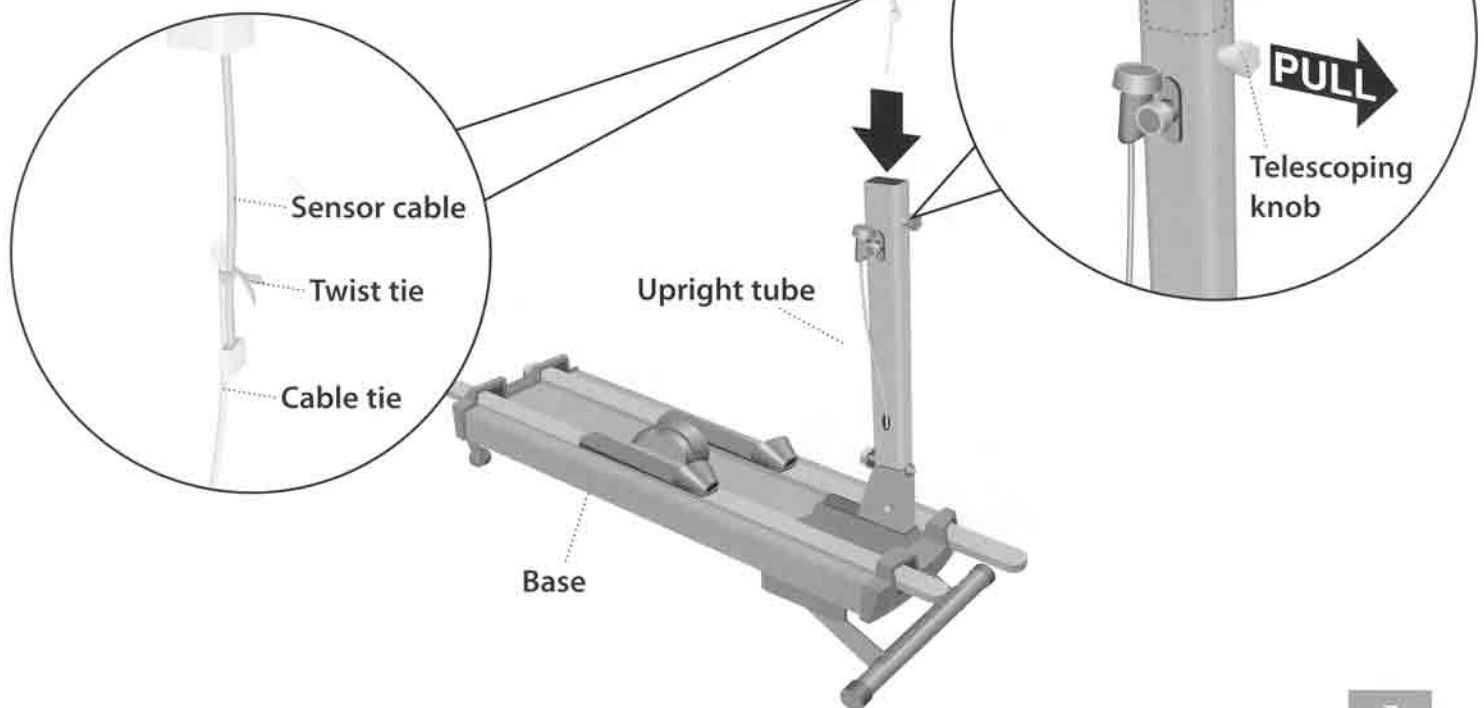
## Attach the Arm Exerciser

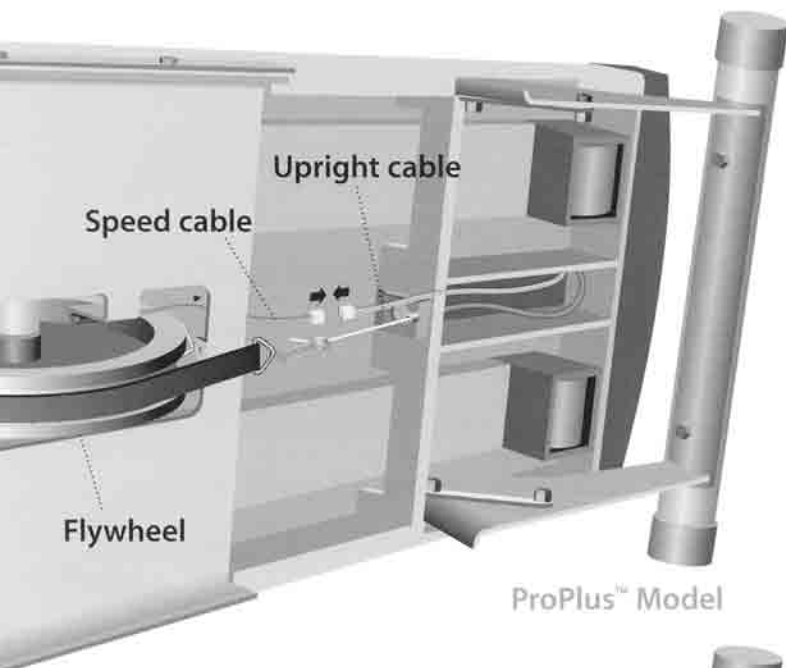
- Hold the arm-exerciser assembly over the upright tube.
- Drop the sensor cable and cable tie down the upright tube.



**Make sure the sensor cable is not pinched or caught.**

- Holding one of the handrails, twist and pull out the telescoping knob with one hand and slide the inner tube into the upright tube so the arm angles up and away from the base. The height of the arm-exerciser assembly and hip pad can be adjusted once assembly is completed (see page 9).
- Release the telescoping knob into one of the adjustment holes in the inner tube.
- Securely tighten the knob.
- Remove and dispose of the cable tie and twist tie.





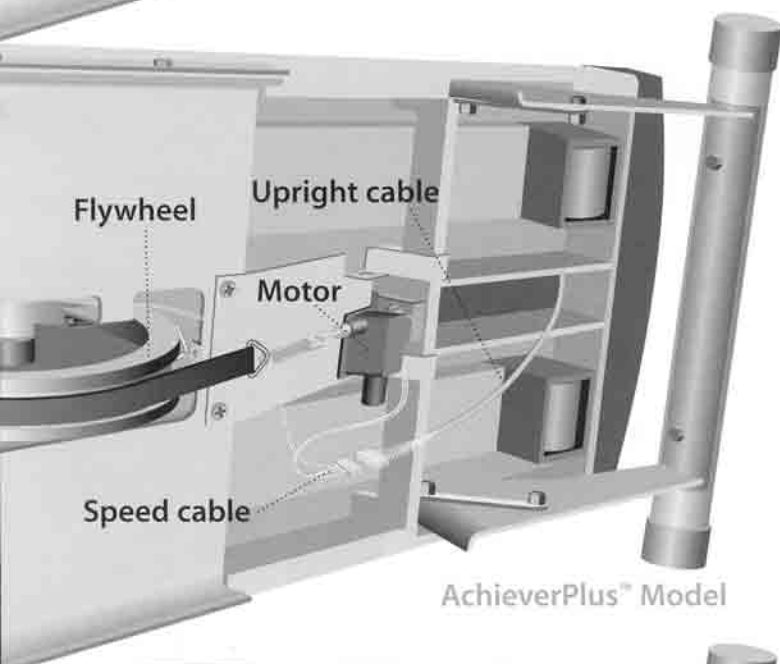
## Plug in the Upright Cable

### ProPlus Model Owners

Plug the upright cable into the end of the speed cable coming from the flywheel under the base.

### AchieverPlus and MedalistPlus Model Owners

Carefully connect the upright cable to the speed cable coming from the motor under the base.



### MedalistPlus Model Owners

Connect the small end of the power cord to the jack coming from the motor under the base. Carefully plug the power adapter into a wall outlet.

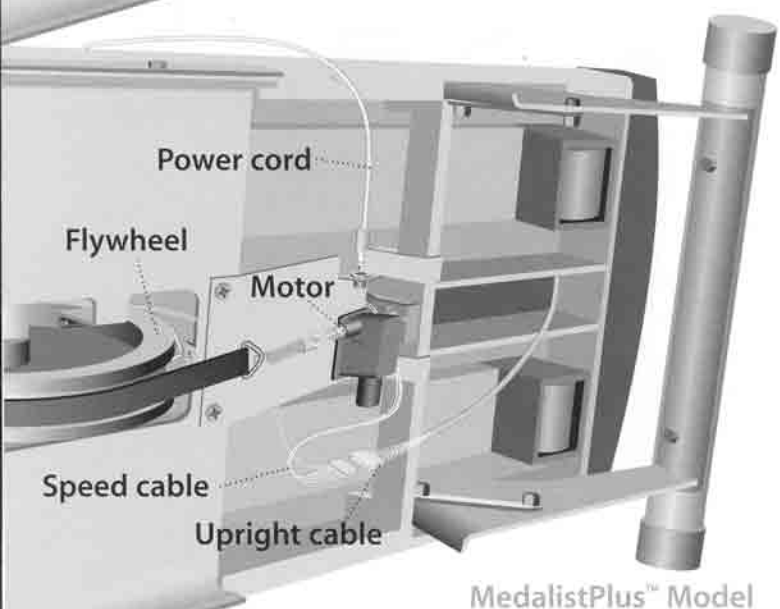


As with all electrical equipment, use caution. Keep children and pets away from the cord and outlet while the power cord is plugged into the wall outlet. Always unplug the AC adapter from the wall outlet when the skier is not in use.



**WARNING**

the power cord is plugged into the wall outlet. Always unplug the AC adapter from the wall outlet when the skier is not in use.



## Place the Skis on the Exerciser

Slide the skis into the tracks with the toe cups towards the front of the machine. The skis are interchangeable.

## Attach the Computer and Cables

Attach the computer as described in the instructions accompanying it.

# Adjustments

## Adjust the Hip Pad

The hip pad is designed to keep you in position. Increase the leg resistance if you slide away from the hip pad. The correct position of the hip pad is at your navel. Perform the following steps to position the hip pad.

- Make sure the leg resistance is set as high as it will go. This will keep the skis from moving backwards. (The skis move forward with no resistance.) Hold onto the handrails for support. Carefully step onto the ski exerciser. Place your feet in the toe cups. Make yourself comfortable. Center your weight on the balls of your feet. Remember, the skis move forward with no resistance.
- Adjust the hip pad to hip level. Support the hip pad with one hand and loosen the telescoping knob with the other. Gently pull out the pin to release arm-exerciser assembly. Slide the arm-exerciser assembly up or down in the upright tube to one of the adjustment holes, locking the assembly into position. The top of the hip pad should be **at your navel**. It should not restrict your leg movement or press against your abdomen. Tighten the knob. Make sure the knob is secure.



**WARNING**

Keep your hands free of the upright-tube pivot point.



**IMPORTANT**

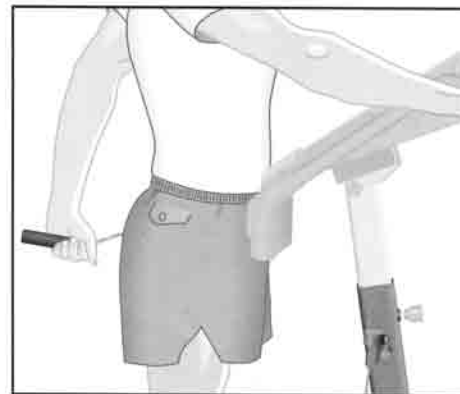
To learn how to use your NordicTrack ski exerciser, please review the other guide marked *A Guide to Healthy Living*.



Too high



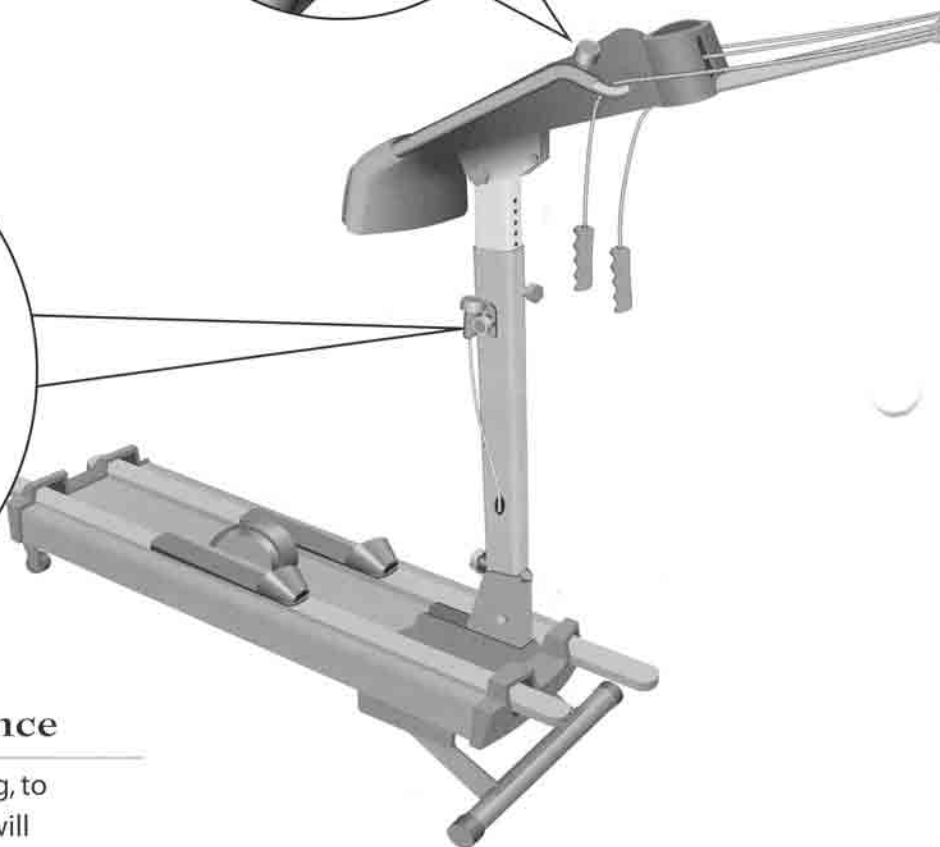
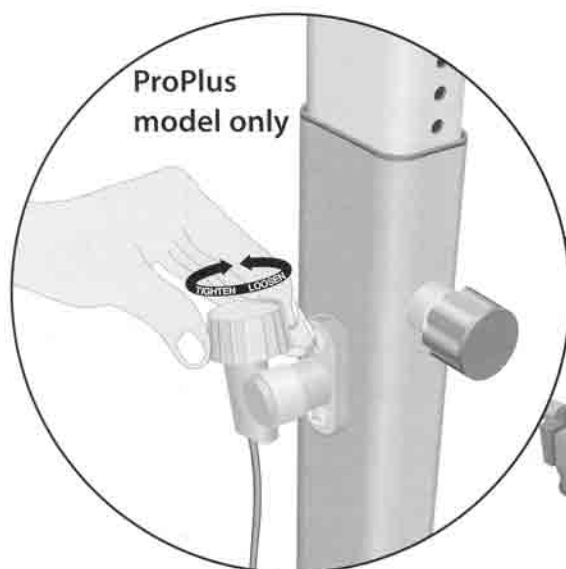
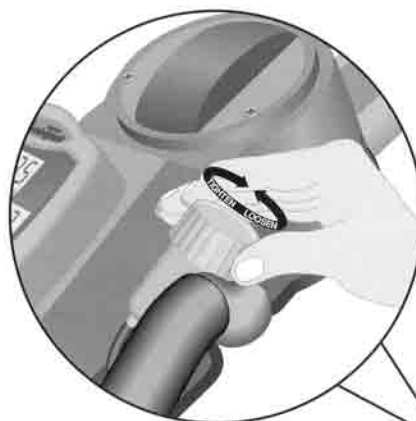
Too low



Just right: at your navel

## Adjust the Arm Resistance

Select the arm resistance by turning the arm-knob clockwise to increase the arm resistance and counterclockwise to decrease it.



## Adjust the Leg Resistance

- Set the leg resistance, while skiing, to a comfortable level. This setting will vary depending on your fitness level and strength.

### ProPlus Models

To vary the leg resistance on the ProPlus™ model, turn the leg knob clockwise, while skiing, to increase the leg resistance and counterclockwise to decrease. Increase the leg resistance if you slide away from the hip pad. Decrease resistance if you have to strain to move the skis back. Do not force the knob.

### AchieverPlus and MedalistPlus Models

To vary the leg resistance on the AchieverPlus™ and MedalistPlus™ models, use your integrated electronics. Refer to your computer instructions for detailed instructions for adjusting the leg resistance.

## Adjust the Arm Cord Length



- Slide the grips and washers up the cord.
- Untie the knots inside the hand grips. DO NOT remove the washers.
- Slide the grips further up the cords for a shorter cord length and vice versa.
- Tie a figure-eight knot near the cord ends to secure the hand grips.

## Adjust the Elevation

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

- Place one foot on the labeled side (left side) of the elevation leg. With both hands under the arm-exerciser flywheel shroud, push the arm-exerciser assembly up until you hear the elevation leg click up one level. Push using your leg and arm muscles. At the top, the foot releases and can be lowered back to the floor.
- Or, another way to elevate your machine is to use the skis to raise the elevation. Pull the skis forward in their tracks. Kneel in front of the machine with one foot braced against the decal on the elevation leg. Use the skis to slowly raise the elevation to the desired level.
- The elevation has 4 levels ranging from zero to eight degrees.

**CAUTION**

When raising the elevation of the machine, you are lifting the weight of approximately 40 pounds.

**CAUTION**

Place foot on the labeled side of the elevation leg. Keep hands and feet clear of the area beneath the base.



Questions?

1-800-426-5431

As with any lifting motion, **ALWAYS** use proper posture and lifting form. Refer to your training video for action footage demonstrating proper form.

# Care

Unplug the MedalistPlus™ power cord before servicing the unit.

Your NordicTrack® ski exerciser is built to last a lifetime. Periodic care will ensure a continued smooth motion and beautiful look. Remember to always place a protective cover under the ski exerciser to protect your floor.

## Wipe the Ski Exerciser

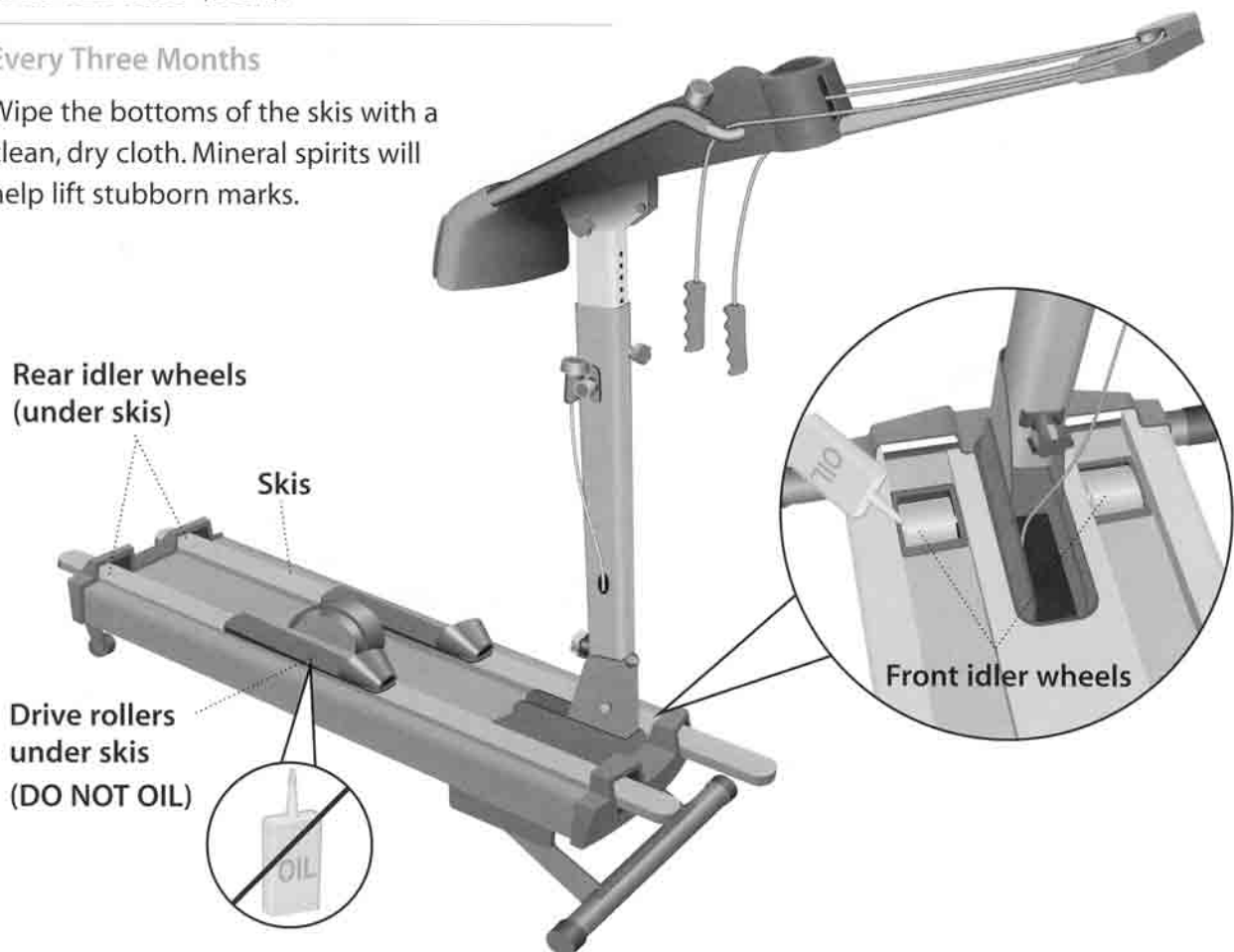
### After Every Use

Wipe your NordicTrack® ski exerciser with a clean, dry cloth to remove perspiration and dirt after every use.

## Clean the Skis

### Every Three Months

Wipe the bottoms of the skis with a clean, dry cloth. Mineral spirits will help lift stubborn marks.



## General Lubrication

### Every Three Months or as Needed

A drop of household 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 household 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.

## Care for the Leg-Resistance Drag Strap and Flywheel

### Every Six Months

Inspect the flywheel and drag strap every six months 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. A clean flywheel and drag strap will help ensure smooth, even leg resistance.

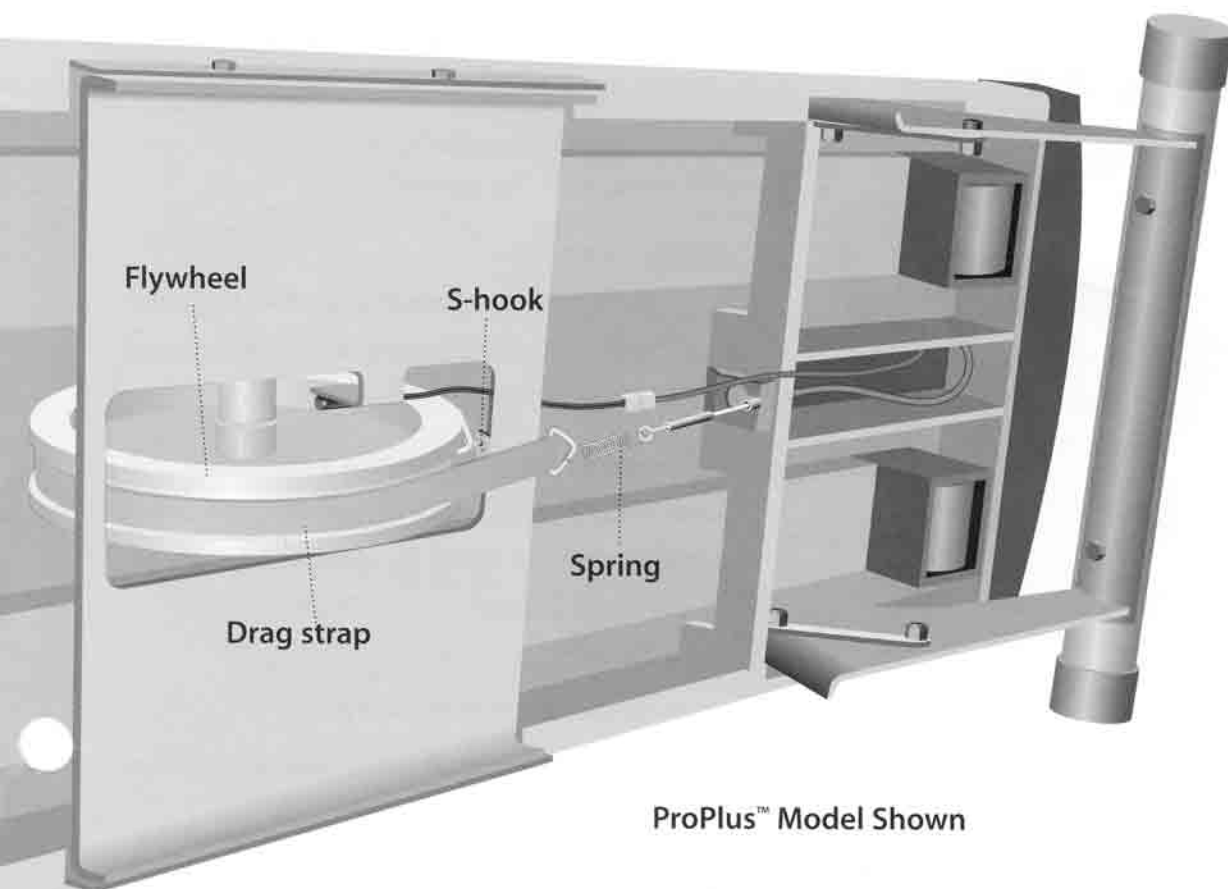
### Clean the Drag Strap

- Lower the leg resistance. Note how the drag strap is routed on the exerciser. Disconnect the drag strap from the spring and from the S-hook connected to the base. Remove the drag strap from the flywheel.
- Scrub both sides of the drag strap with a small stiff-bristled brush. NEVER wash the drag strap with water or any cleaner because it will shrink. Clean the flywheel as follows before you reattach the drag strap.



**NEVER wash the drag strap.**

**Reverse the drag strap if needed.**



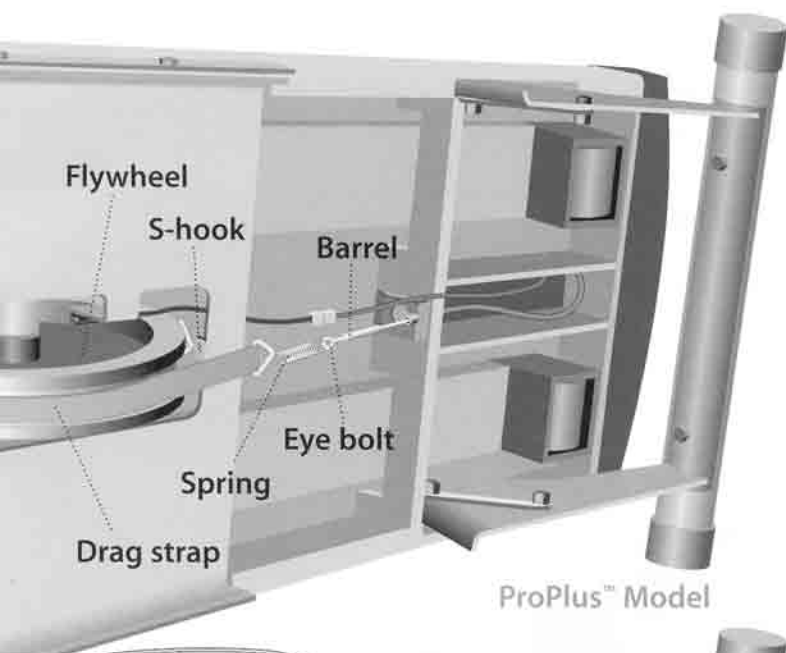
ProPlus™ Model Shown

## Clean the Flywheel

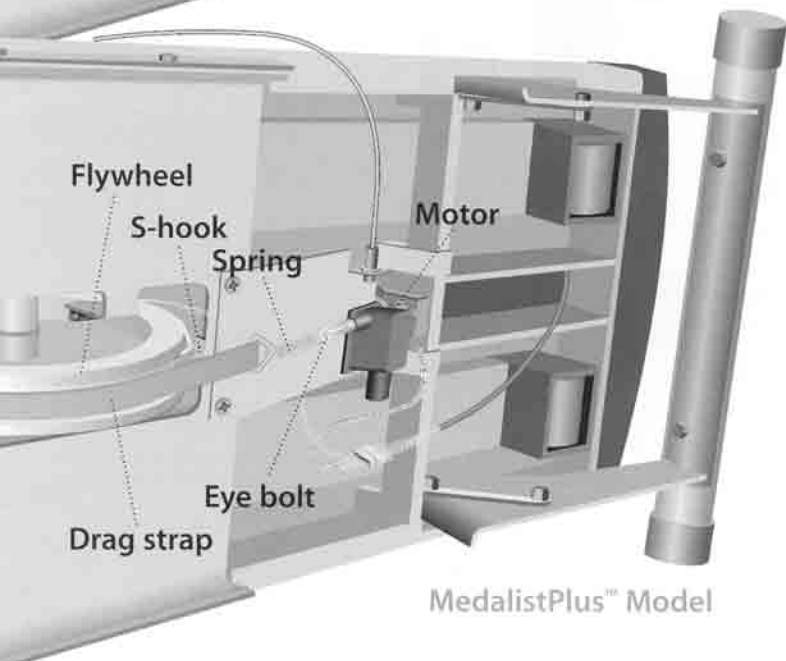
With the drag strap removed, wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. If there is any rust or corrosion in the flywheel groove, follow these steps:

- Use very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary.
- Wipe the flywheel with a clean, dry cloth to remove the residue.

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



ProPlus™ Model



MedalistPlus™ Model

## Replace the drag strap

- Slip the drag strap behind and over the flywheel. You can use the shroud to guide the drag strap.
- Attach one end of the drag strap to the S-hook. Connect the other end of the drag strap to the spring.
- With the leg-resistance at the lowest level, the drag strap should be almost taut. The spring on the underside of the ski exerciser should be just starting to expand.

## Adjust the Spring Tension

- If you need to adjust the spring tension, unhook the spring from the eye bolt.

### ProPlus Models

Screw the eye bolt a couple of turns INTO the barrel to INCREASE the spring tension or OUT of the barrel to DECREASE the spring tension.

### AchieverPlus and MedalistPlus Models

Screw the eye bolt a couple of turns INTO the end of the motor to INCREASE the spring tension or OUT of the end of the motor to DECREASE the spring tension.

- Connect the spring to the eye bolt.
- Readjust the leg resistance to a comfortable level when you are ready to ski.



## Care for the Arm Resistance Drag Strap and Flywheel

### Every Six Months or as Needed

Inspect the flywheel and drag strap every six months 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. A clean flywheel and drag strap will help ensure smooth, even arm resistance.

### Clean the Drag Strap

- Remove the 3 phillips screws from the arm-exerciser drum and remove the drum lid.
- Disconnect and remove the electronics from the arm-exerciser shroud.
- Turn the arm-exerciser knob counterclockwise to lower the arm resistance. Slip the drag strap off of the flywheel to one side.
- Scrub the under side of the drag strap with a small stiff-bristled brush. NEVER wash the drag strap with water or any cleaner because it will shrink. Clean the flywheel as follows before you reattach the drag strap.

**NEVER wash the drag strap.**

**CAUTION** Reverse or replace the drag strap if needed.

### Clean the Flywheel

Wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. If there is any rust or corrosion in the flywheel groove, follow these steps:

- Use very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary.
- Wipe the flywheel with a clean, dry cloth to remove the residue.

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

**CAUTION**

### Replace the Drag Strap

- Slip the drag strap back on the flywheel.
- Replace the arm-exerciser drum lid, screws and electronics.
- Readjust the arm resistance when you are ready to ski.



Questions?

1-800-426-5431

# Fold for Storage

- Turn the leg-resistance knob counterclockwise to loosen the leg resistance completely.
- Remove the batteries from the electronics for storage of more than 30 days. Remove any accessories from the exerciser.



- Turn the pivot knob on the arm exerciser counterclockwise to loosen it. **Support the arm-exerciser with one hand.** Gently push the pivot knob toward the rear of the machine to release the latch. Lower the arm-exerciser assembly until it rests against the upright tube.

**WARNING** Keep your hands free of the arm-exerciser pivot point.



- Support the upright tube. Turn the upright-tube knob counterclockwise to loosen it. Push the knob down to release the knob from the notch on the upright-tube support.

**WARNING** Keep your hands and feet free of the upright-tube pivot point

- Rest the upright tube on the base.



- Bend at the knees and lift the front end of the ski exerciser. The rollers at the rear of the base allow you to pull your NordicTrack® ski exerciser in and out of your workout space.

# Troubleshooting Tips

## If...

the arm-resistance flywheel/drag-strap assembly offers no resistance...

## Then...

- refer to page 15 for arm-resistance flywheel and drag strap maintenance.

## If...

the leg-resistance flywheel/drag-strap assembly offers no resistance...

## Then...

- refer to page 13 for the correct routing and maintenance of the leg-resistance drag strap.
- AchieverPlus and Medalist Plus model owners make sure the upright cable and power cable connections are secure.

## If...

the skis are slipping...

## Then...

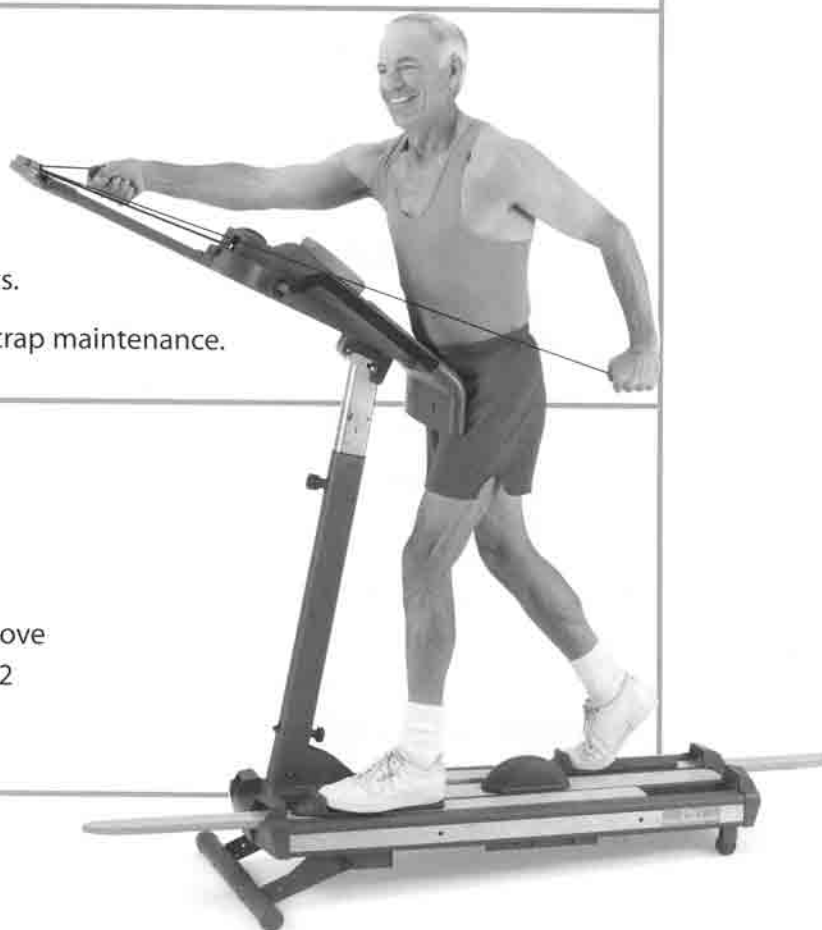
- clean the bottom of the skis with a dry cloth or a small amount of mineral spirits.
- refer to page 13 for flywheel and drag strap maintenance.

## If...

the idler wheels are squeaking or sticking...

## Then...

- check the idler wheel axles for rust. Remove any rust with steel wool. Refer to page 12 if the idler wheels need lubrication.



# 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...

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*



### Call Us

**1-800-426-5431**



### 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 1-800-426-5431. 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

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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

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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.

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