

SkyFlyer™

by **NordicTrack**



OWNER'S GUIDE

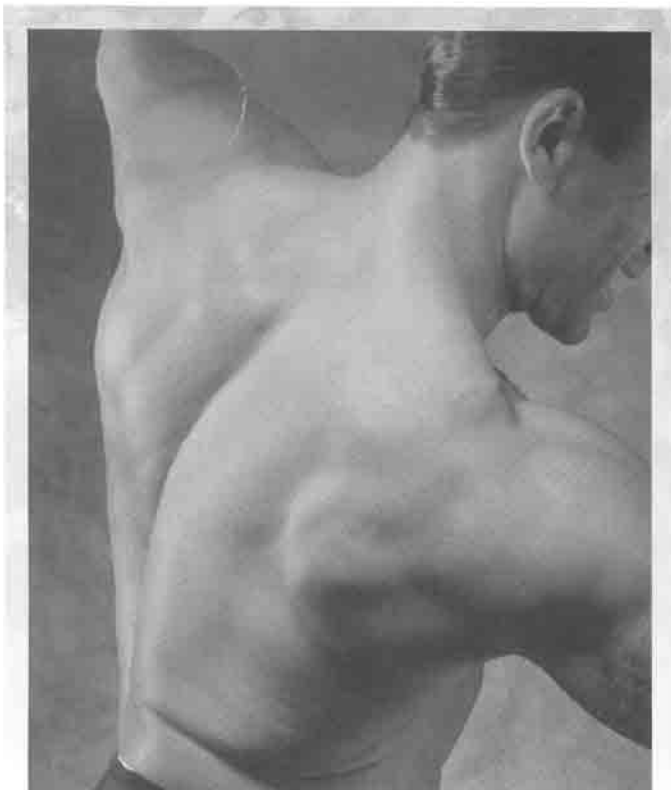
Welcome

Easy and fun to use

Designed by NordicTrack, the company that pioneered total-body fitness exercisers, the SkyFlyer™ engages all the muscle groups to help you trim down, shape up and get fit. It is so easy to use, it's like flying through air. Simply step on the machine and go. Best of all, the natural, no-impact glide makes the SkyFlyer so easy and fun to use, you'll want to keep going for greater results, fast!

What makes it different, makes it better!

The SkyFlyer is the first machine of its kind with an ergonomic arm exerciser that allows you to work more of your upper-body muscles simply by varying your hand grip, or by changing the arm pole position. Either way, you can target some or all of your upper-back, shoulder, arm and chest muscles for the results you want.



Total-body results

NordicTrack pioneered the total-body concept of exercise for superior results. Now, the SkyFlyer uses the same concept to give you the ability to burn fat* and improve cardiovascular fitness. At the same time, it guides your body through a range of motion that conditions all your major muscle groups while increasing your stamina to help you enjoy a healthier, more active life.

- Electronics show time, strides, strides per minute and calories burned for constant motivation.
- Variable hand grips target more muscles.
- Arm poles adjust to 3 different workout positions, or out of the way for leg workout only.
- Solid steel frame keeps you stable even during your most vigorous workouts.
- Arm and leg resistance adjusts with one knob.

* For maximum weight loss, follow a sensible low-fat food plan and exercise aerobically for 30 minutes 4 times a week. Individual results may vary.

Before You Start...

Please read through this easy-to-use guide. You will find useful information about how to set up and use your SkyFlyer. You'll also learn how to get the most from your fitness routine.

A grayscale photograph of a woman in a gym, smiling and using a rowing machine. The image is faded and serves as a background for the text.

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Important Safety Information

Before starting any exercise or conditioning program you should consult with your personal physician to determine if you have any physical limitations that would prevent you from properly using this machine. Please read the following safety instructions carefully.

1. Keep children and pets away from the machine at all times. The SkyFlyer™ is designed for adult use only.
2. Consult your physician before beginning any exercise program. A physician's advice is especially important if you are taking any medication that affects your heart rate, blood pressure or cholesterol level. Follow your physician's recommendations in developing your own personal fitness program.
3. 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, nauseous, or dizzy.
4. Use your SkyFlyer on a flat, level surface, with a protective cover for your floor or carpet.
5. Always follow the correct exercise procedure for the SkyFlyer. See page 11 for more information on exercise procedure.
6. To avoid injury, always stop exercising to adjust your hand position. Step off the machine to adjust the arm poles.
7. 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.
8. Always use proper lifting form and technique when moving the machine. Never lift using only your back muscles.
9. Use the SkyFlyer only in areas where there is sufficient room to allow for safe operation.
10. The resistance assembly may get hot during use.
11. The decals shown below have been placed on your exerciser. If the decal is missing, or if it is not legible, please call our Customer Service Department at 1-800-441-2353.

CAUTION

To prevent injury, keep fingers clear of front legs while machine is in use.

WARNING

To prevent injury, engage locking pin before getting on or off the machine. See Owner's Guide for instructions.

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 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

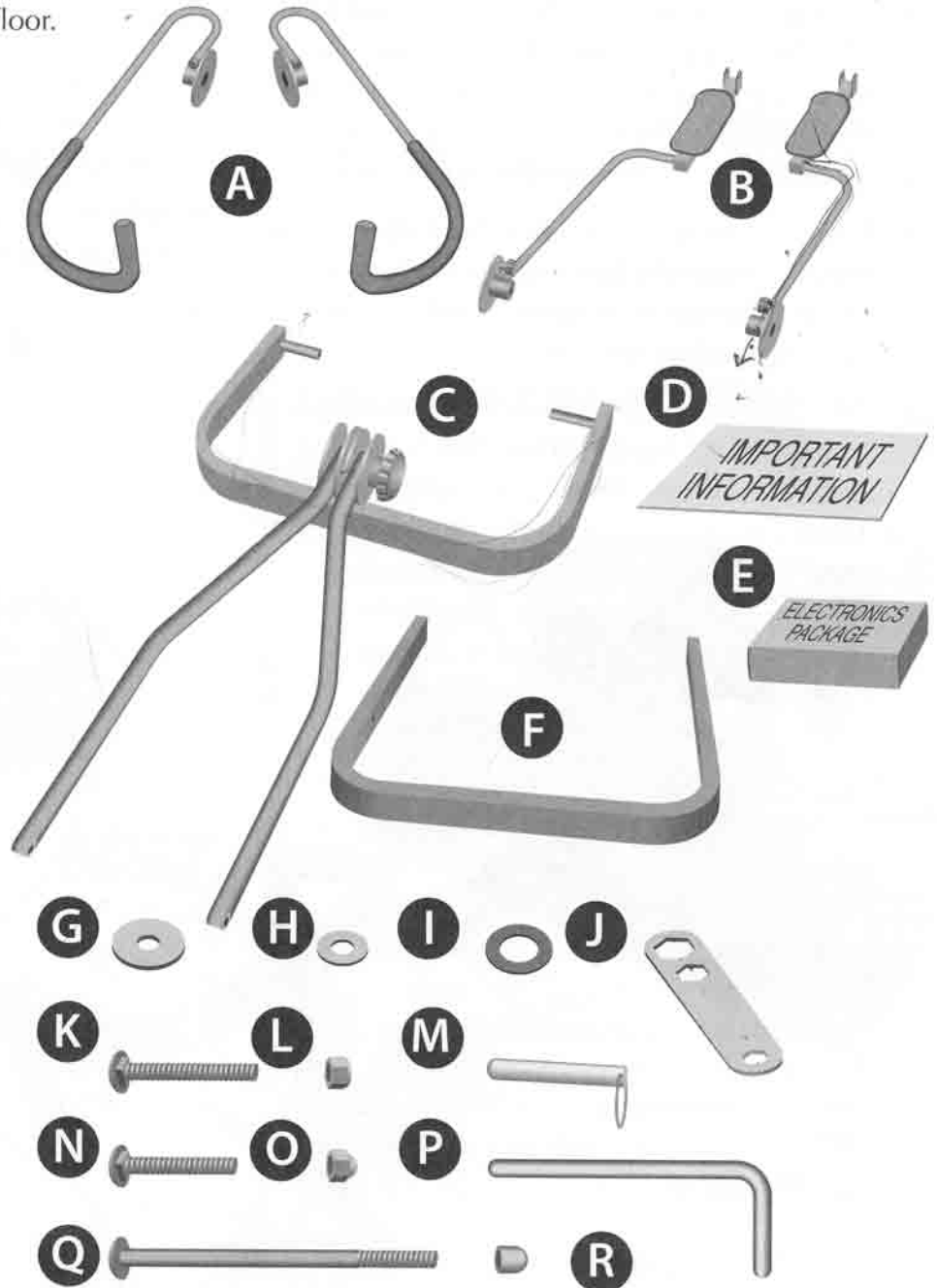
Unpack Your Exerciser

Due to the size of the SkyFlyer,[™] the assembly steps are easier with two people. Unpack your SkyFlyer where you intend to use it. Use scissors to cut the packaging ties. Verify the parts you received with those shown below. Please retain all packing materials for the duration of your in-home trial period. Remove the wooden blocks from the upright tubes, they are for packing only. Place your assembled exerciser on a flat surface, with a protective covering for your floor.

Parts

Box 1:

- A Arms (2 – Right and Left)
- B Rear Legs with Foot Pedals (2)
- C Top Tube with Front Legs
- D Information Packet
- E Electronics Package
- F Base Tube
- G Large Metal Washer (4)
- H Small Metal Washer (4)
- I Plastic Washer (2)
- J Wrench (2)
- K 3-inch Carriage Bolt (4)
- L Lock Nut (6)
- M Detent Pin (2)
(Part of Front Legs)
- N 2-inch Carriage Bolt (4)
- O Acorn Nut (4)
- P Locking Pin (1)
- Q Long Bolt (2)
- R Rubber Cap (2)



Box 2:

- S Upright Tubes (2)

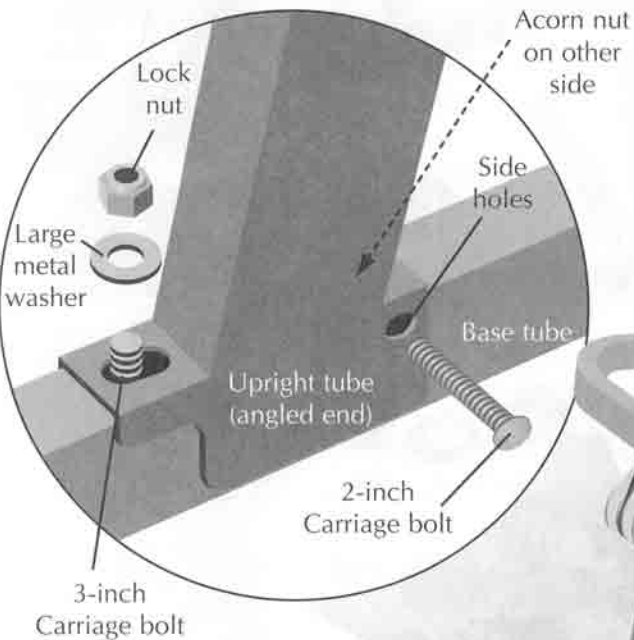


Assembly

The SkyFlyer™ assembly steps may be easier with two people. It may be easier to tighten ALL of the lock nuts with the wrenches when all assembly is done.

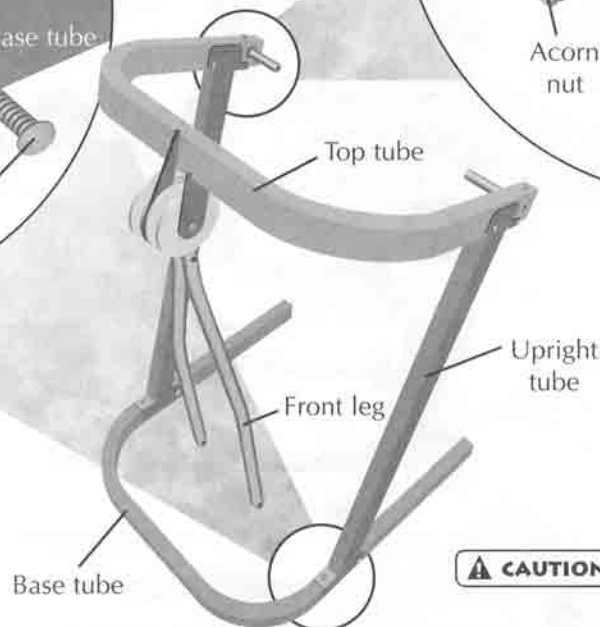
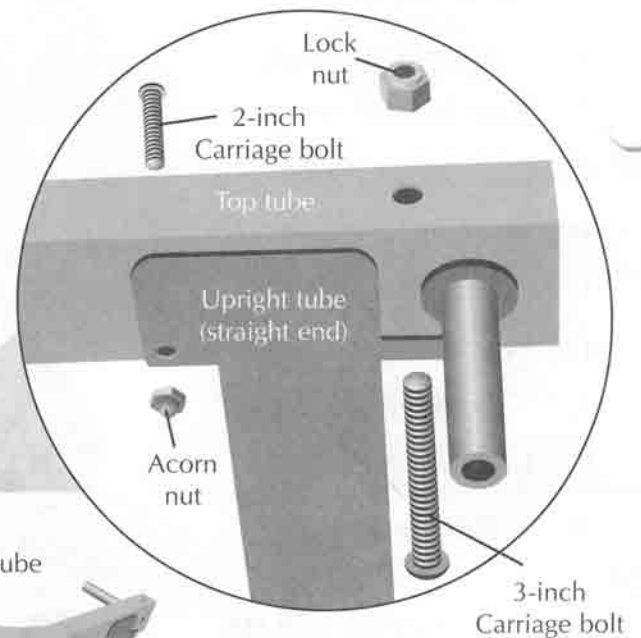
Assemble the Base

- Position the angled end of the upright tube on top of the base tube and align the side holes. Slide the 2-inch carriage bolt through the holes in the base and upright tube. Finger tighten the acorn nut onto the bolt. Repeat with the other side.
- Raise the upright tube and slide the 3-inch carriage bolts up through the base tube. Slide a large metal washer onto each bolt and secure with the lock nuts. Finger tighten the nuts.
- The upright tubes are interchangeable from side to side, but not top to bottom. The top end is straight and the bottom end is angled.



Secure the Upper Assembly

- Position the top tube with front legs onto the straight ends of the upright tubes as shown below. Be sure to support the top tube during assembly.
- Slide the 2-inch carriage bolt through the side hole in the top tube and upright tube. You may need to raise the top tube slightly to align the bolt holes. Finger tighten the nut. Repeat with the other side.
- Slide the 3-inch carriage bolts up through the top tube. Finger tighten the lock nuts onto the bolt.
- Securely tighten all of the acorn nuts and lock nuts with the wrenches provided.

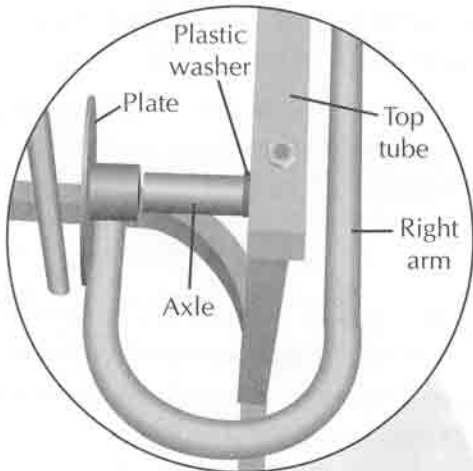


CAUTION

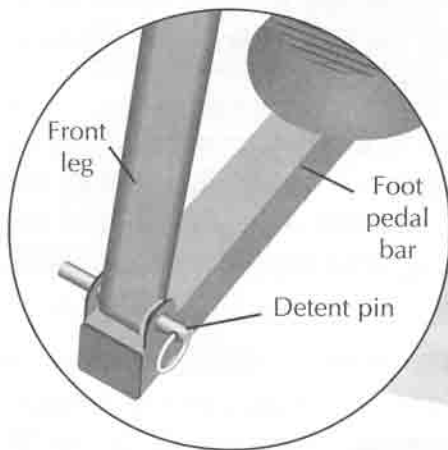
Always use proper lifting form and technique. Never lift using only your back muscles.

Attach the Arms and Rear Legs

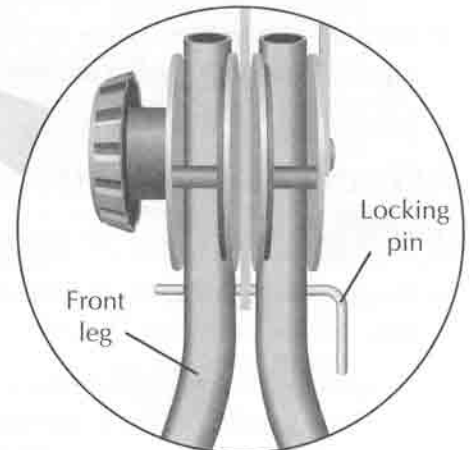
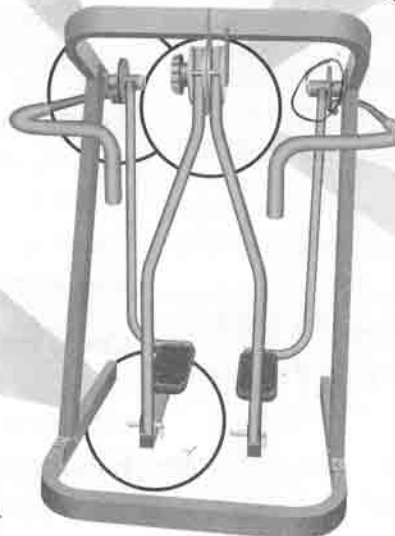
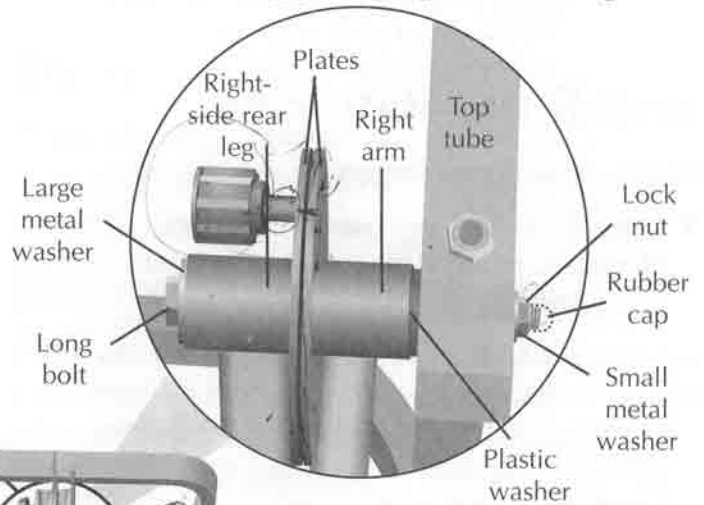
- Slide one plastic washer onto the right axle on the top tube.
- Holding the right arm parallel to the top tube, rotate the end of the arm to align the hole in the center of the plate with the axle. The handles should angle downward. Slide the arm onto the axle.



- Remove the detent pins from the front legs.
- Attach the front legs to the foot pedal bar with the detent pins.



- Slide the right-side rear leg onto the axle. The two plates need to be next to each other.
- Slide a large metal washer onto the long bolt.
- Insert the long bolt through the leg, arm and top-tube axle from inside-out.
- Slide the small metal washer onto the bolt. Finger-tighten the lock nut onto the bolt.
- Repeat with the left arm and rear leg.
- Securely tighten, but do not over tighten the bolts and nuts using the wrenches provided. When the plastic washer and arm come close together, push the rubber cap onto the nut.
- Slide the locking pin through the front legs.



Note: After the initial assembly only, retighten all nuts after the first few minutes of use to make sure they are secure. The long bolt is tight enough when you can adjust the arm position with only a little resistance.



WARNING

To prevent injury, engage the locking pin before getting on or off the machine.

Electronics Instructions

Your SkyFlyer™ comes with an electronic monitor*. This monitor will help you track your workout progress and motivate you to reach your fitness goals. The monitor will count with every full forward and back left leg stride.



CAUTION

Always consult your doctor before starting any exercise program.

IMPORTANT

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.

Install the Batteries

For best results use **Energizer**® brand batteries.

- Remove the battery cover on the back of the electronic monitor by pressing the tab toward the cover and lifting the cover off.
- Insert 2 AAA batteries so the negative ends rest against the springs and the positive ends make contact with the metal plates in the battery compartment. Roll the batteries with your thumb to ensure a good connection.
- Replace the battery cover by inserting the two small tabs and pressing the cover down until it clicks into place.

Attach the Monitor

- Slide the monitor onto the bracket on the top tube.
- Plug the sensor cable into the jack on the left side of the monitor.

Functions and Features

Automatic On/Off

The monitor starts automatically when you begin to exercise or push any button. When you finish your workout, the monitor 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 electronic monitor will turn on. If the power is already on when the SELECT button is pressed, the monitor will advance to the next mode.

Modes

TIME

This function is displayed first when the electronic monitor is turned on. The monitor 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 electronic monitor will count up from 00:00 to 99:59, and then return to zero. The monitor will stop counting when activity is stopped for more than 4 seconds.

Count down: The electronic monitor 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 pressed and held for 2 seconds, the time will increase faster.

When the set time has counted down to zero, the monitor 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.

STRIDES/MIN

Strides per minute: this function will estimate how many strides would be completed in one minute based on the current pace. If you stop, the strides/min function also stops. The range that will be displayed is from 15 to 1000 strides per minute.

STRIDES

This mode will display a running count of the strides completed. The STRIDE counter is similar to the TIME counter. You may set the number of strides for a count down mode.

Count up: When in the STRIDE mode, and you are in motion, the electronic monitor will count up from 1 to 9999, and then return to zero. The monitor will stop counting when activity is stopped.

Count down: The electronic monitor may be set to count down from a maximum of 9990 strides, in units of 10. When the STRIDE mode is selected, the ▲ and ▼ buttons can be used to set the number of strides. When the set number of strides has counted down to zero the monitor will beep for 2 seconds. If you continue to exercise, the monitor will revert to the number of strides that was originally set and start to count down again.

CALORIES

This number is an estimate of the number of calories burned at any given time during your workout. Caloric expenditure on your monitor is based on realistic expectations. However, your monitor is not individually programmable for all the necessary variables, so this is an approximation only.

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 On the Monitor

- Press any button to turn on the electronic monitor. 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 strides setting.
- Use the monitor to track your progress and motivate you to reach your fitness goals.

Turn Off the Monitor

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

Replace the Batteries

If the batteries need to be replaced, unplug the sensor cable. Remove the monitor from the exerciser. Replace the 2 AAA batteries, (see *Install the Batteries* on page 6). Plug in the sensor cable and slide the monitor onto the bracket. Dispose of the batteries properly.

Troubleshooting Tips

If the monitor will not count correctly, is skipping or double counting:

- Take a full stride with both legs. The monitor measures one stride when both a forward and a backward movement is detected by the sensor, (counts every left leg full stride).
- Make sure the magnet and sensor are properly aligned. If the sensor needs to be adjusted, first try pivoting the sensor from side to side. If it is still not properly aligned, slide it back and forth in the screw slot.

Adjustments

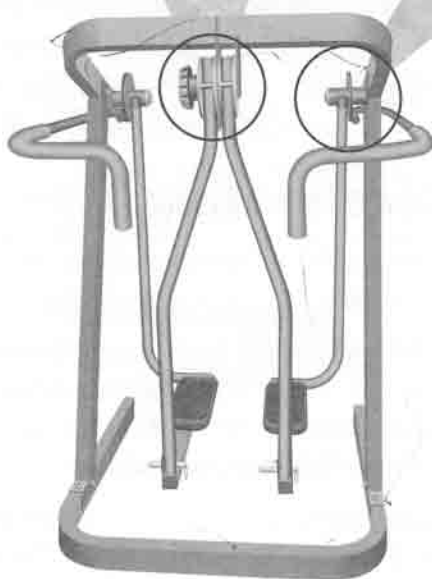
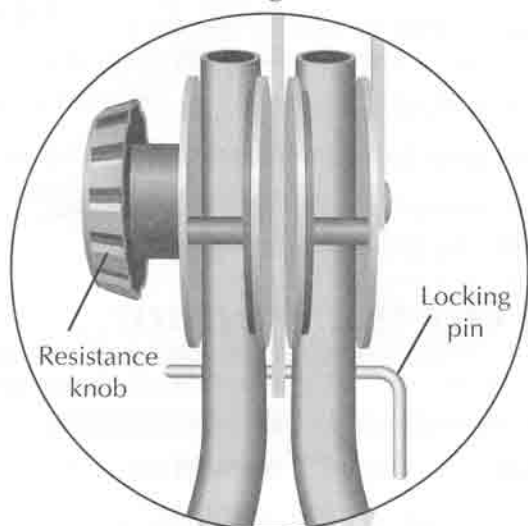
This machine offers adjustable resistance to accommodate most fitness levels.

Adjust the Resistance

Both the arm and leg resistance can be easily adjusted with one knob. Turn the resistance knob clockwise to increase the resistance and counterclockwise to decrease.

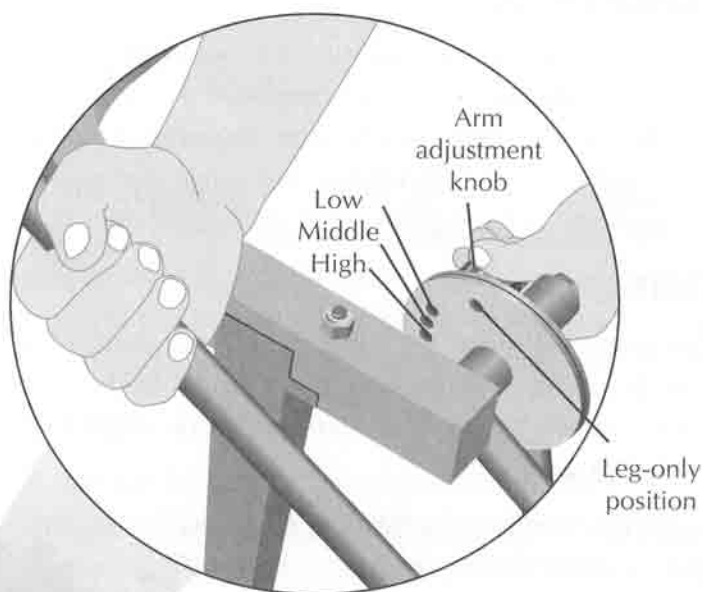


The resistance assembly may get hot during use.



Adjust the Arm Poles

Adjust the arm poles using the arm adjustment knobs on both arm assemblies to one of 3 positions or to the leg-only position for leg workout only.



Support the arm poles when adjusting the arm position.



To avoid injury, always stop exercising to adjust your hand position. Step off the machine to adjust the arm poles.

Adjust Your Hand Position

Use the front position with an underhand grip and the poles in the middle or low position to emphasize the biceps. Use the front position with your hands in an overhand grip and the poles in the middle or high position to emphasize the triceps and shoulders. Use the vertical handles with the poles in the high position to emphasize the back and the triceps.



Works biceps



Works triceps and shoulders



Works back & triceps



To prevent injury, keep fingers clear of front legs while the machine is in use.

Design Your Own 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.

Warm Up

A warm-up routine prepares your body and mind for exercise. It also provides insurance against injury and soreness. Warm up with two to five minutes of slow aerobic exercise on your SkyFlyer, using your legs only.

Stretch

Stretching also prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on page 10 on a smooth, flat surface.

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.

Stretch Again at the End of the Exercise Session

Stretching again after exercise helps reduce 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 SkyFlyer™ routine.

- 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 should 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.

Recommended Stretches

Perform the following stretches on a smooth, flat surface. Hold each stretch for 10-15 seconds without bouncing. Be sure to stretch both sides of your body.



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.



Quadriceps 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.

Getting Started

Learning to use the SkyFlyer™ by NordicTrack is like learning to ride a bike. Once you know how, using it will feel like second nature.

Getting On the SkyFlyer

⚠ WARNING

Support the arm poles when adjusting the arm position.

- Make sure the locking pin is in place in the leg assembly before stepping on the machine.
- Make sure the resistance knob is securely tight.
- Lock the arms into the leg only position for a leg workout only.
- Hold onto the sides of the top tube as you step onto the foot pedals.
- Remove the locking pin and place it in the storage hole to the left of the computer in the top tube.

Start with the Leg Motion

⚠ CAUTION

To prevent injury, keep fingers clear of the front legs while machine is in use.

- Adjust the resistance. Set the leg resistance to the lowest level to begin with. Try a few small strides to feel the resistance.
- Hold onto the top tube for balance. Stand up straight. Keep your head and shoulders in line with your hips.
- Begin to take short strides. Do not look down at your feet; keep your head up, looking forward, focusing on something on the wall.
- There is no defined range of motion for your stride. You may want to increase or decrease your stride length depending on your comfort level.
- Practice this motion until it feels comfortable.
- The lower-body exercise is great for warming up and cooling down.

Add the Arm Motion

⚠ WARNING

Support the arm poles when adjusting the arm position.

⚠ CAUTION

To avoid injury, always stop exercising to adjust your hand position. Step off the machine to adjust the arm poles.

- Use the arm adjustment knob to secure the arm poles in the desired position. See page 8 for recommended pole and hand positions.
- Hold onto the arm poles in one of the three hand positions.
- Move both your arms and legs in a smooth walking motion.
- When your right leg is forward, your right arm should be back. When your left leg is forward, your left arm should be back.

- **Good posture is the key to safe, comfortable workouts.**
- **Keep your chin up and your head facing forward.**
- **Align your head and shoulders with your hips.**
- **Avoid leaning forward.**
- **Keep your back straight.**
- **Do not lock your knees.**

Tips

Aerobic Exercise

Effective aerobic exercise has three major parts: frequency, intensity and time. The acronym "FIT" may help you remember these three parts:

F Stands for the frequency of your workouts. Three to five workouts per week are recommended. Exercise four to five times a week to maximize weight loss.

I Refers to the intensity of your workout. Check your heart rate at least twice during your aerobic exercise session: once during the session and again at the end. Maintain a workout intensity level within your Target Heart Rate Zone. Follow these steps to take your heart rate:

- Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.
- Touch your left wrist, one-fourth inch from your wrist joint, (at the base of your thumb) with the index and middle fingertips of your right hand.



- Relax your left thumb and roll your hand until your thumb extends upward.
- 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.

T Is for the time or duration of your workout. Beginning exercisers may wish to start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight should eat sensibly and exercise for 30 to 60 minutes. Remember, the key to the time factor is that you maintain your target heart rate for the duration of the workout period.



Take it slowly. Remember, fitness is a lifelong commitment. If you can't go the full 20 minutes from the start, which is common, try to exercise for five minutes at a time, a couple of times a day. Recent research indicates that two short, 5-minute or one longer, 10-minute aerobic workout can also provide fitness benefits.

Gradually, your stamina will increase and it will become easier to exercise for longer periods of time.

Maintenance and Care

Your SkyFlyer™ exerciser is built to last. Periodic care will ensure a continued smooth motion and beautiful look. Examine all joints, nuts, bolts and knobs prior to every use. Remember to always place a protective cover under the exerciser to protect your floor.

Wipe the Exerciser

After Every Use

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

Inspect the Exerciser

Every Three Months or as Needed

To ensure proper and safe function of the machine, examine the machine regularly for damage and wear. Replace any components immediately which require repair. Do not use the machine until it is repaired.

Contact our Customer Service Department at 1-800-441-2353 if you need assistance.

General Lubrication

Every Three Months or as Needed

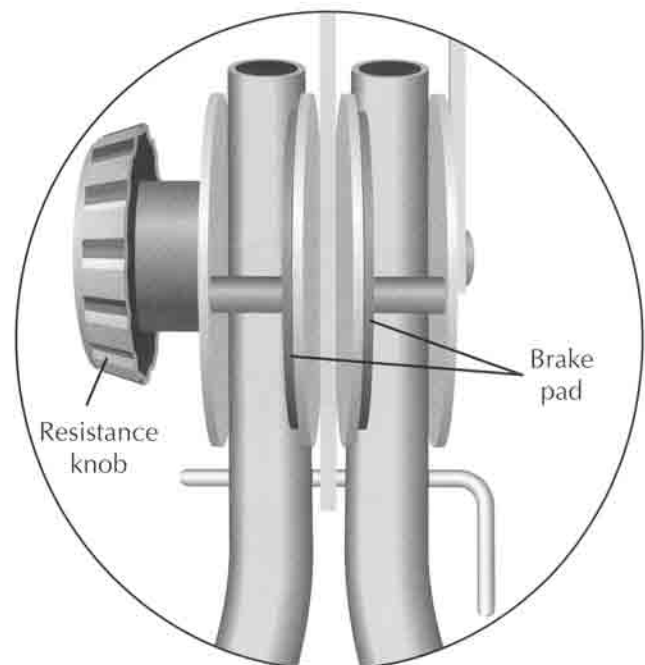
A drop of synthetic motor oil (or household oil) may occasionally be needed on the leather brake pads or any of the pivot points if they begin to squeak. Spray lubricant should not be used.

Lubricate the Brake Pads

- Turn the resistance knob counterclockwise to loosen the resistance assembly enough to access the brake pads.
- Place a drop of oil on each of the leather brake pads.
- Tighten the assembly.
- Allow to soak overnight.

CAUTION

The resistance assembly may get hot during use.



Customer Information

LIFETIME CUSTOMER SERVICE

Lifetime Customer Service

For as long as you own your equipment, you receive unlimited 800 number access to trained NordicTrack fitness consultants. Consultants are 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. Please call our Customer Service Department at 1-800-441-2353.

United Kingdom Customer Information

We're available to answer any of your questions regarding the assembly, use or maintenance of your equipment. Please call our Customer Service Department on our freephone number 0800 616329.

Monday – Friday 8:00 a.m. to 8:30 p.m.
Saturday 10 a.m. to 4:30 p.m.

Germany / Deutschland Kundeninformationen

Wir sind immer nur einen Anruf weit entfernt. Falls Sie Fragen zu Ihrem Heimtrainer haben, wenden Sie sich bitte an unseren Kundendienst, der Ihnen gerne behilflich ist. 0130 / 3901 (gebührenfrei)

Außerhalb Deutschlands 49 (221) 2575094
Montag – Freitag 9.00 bis 19.00 Uhr
Samstag 9.00 bis 14.00 Uhr

Warranty Information

Refer to your Warranty Information certificate for the manufacturer's limited warranty.



Call Us

1-800-441-2353



Customer Service Hours

Monday - Friday 7 a.m. - 8 p.m.
Saturday 8 a.m. - 4:30 p.m.
Central time



Write Us

NordicTrack Customer Service
103 Peavey Road
M600
Chaska, Minnesota 55318



Fax Us

1-612-368-5344



Relay Us

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