

eMotion™



Owner's Guide

NordicTrack®

Welcome

Introducing eMotion™

Thank you for choosing the eMotion™ exerciser by NordicTrack. NordicTrack has been America's Fitness Leader since 1975 when NordicTrack started the low-impact fitness revolution with our famous cross-country ski machine. Today, new technology makes a fun new workout – the eMotion™.

The eMotion™ workout movement matches your natural stride and places virtually no impact on joints so you can enjoy smooth, comfortable exercise.

The eMotion™ exerciser by NordicTrack effectively works all your major muscle groups simultaneously. With eMotion, you get a terrific lower body workout for your calves, thighs and buttocks. Because eMotion™ is from NordicTrack, you also get our famous upper-body advantage with arm poles that help you sculpt strong arms and shoulders while you build a firm chest and back.



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Questions?

Please call our Customer Service Department at:

1-800-441-2349

Customer Service Hours:

Monday – Friday 7 a.m. to 9 p.m.

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

Central time

Before you start . . .

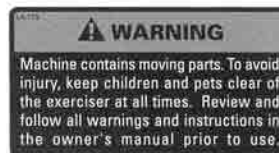
We know that you are ready to get started on your new eMotion™ exerciser. Please take some time to read through this guide. You will find useful information about how to assemble and care for your exerciser, and you will learn how to use the eMotion™ exerciser and how to get the most from your fitness routine. Please use the eMotion™ exerciser only as described in the owner's manual.



Important Safety Information

Please read through these important safety guidelines before using your eMotion™ exerciser. These guidelines will assist you in assembling, using, and maintaining your eMotion exerciser.

1. Consult your physician before beginning any exercise program to determine if you have any physical limitations that would create a safety or health risk or prevent you from properly using this machine. 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, nausea, or dizziness.
3. This machine is recommended for a user weight not to exceed 250 lbs. Weight exceeding 250 lbs. may result in premature degradation of the machine.
4. 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.
5. Be sure there is enough clearance for the safe operation of your eMotion™ exerciser. Place your exerciser on a flat surface with a protective covering for your floor or carpet.
6. Use caution when getting on and off the exerciser.
7. Always wear exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise. Avoid loose clothing.
8. Do not remove the shroud from your eMotion™ exerciser. If the shrouds on your exerciser are damaged or missing, do not operate the machine. Please call our Customer Service Department at 1-800-441-2349.
9. Always use proper lifting technique when moving and assembling your exerciser.
10. The decal shown below has been placed on your exerciser. If the decal is missing, or if it is not legible, please call our Customer Service Department at 1-800-441-2349.



Proper Lifting Technique:

- Bend down to grab an object bending your knees and keeping your back as straight as possible
- Grasp the object and lift using your legs keeping your back as straight as possible.

Proper Safety:

- Always hold onto the arms and step onto the lowest pedal first when mounting your machine.

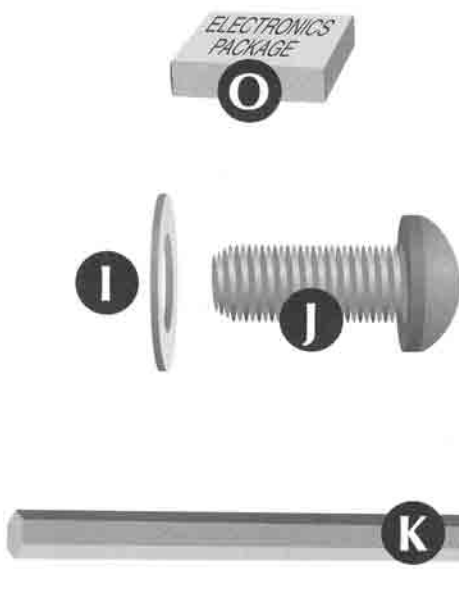
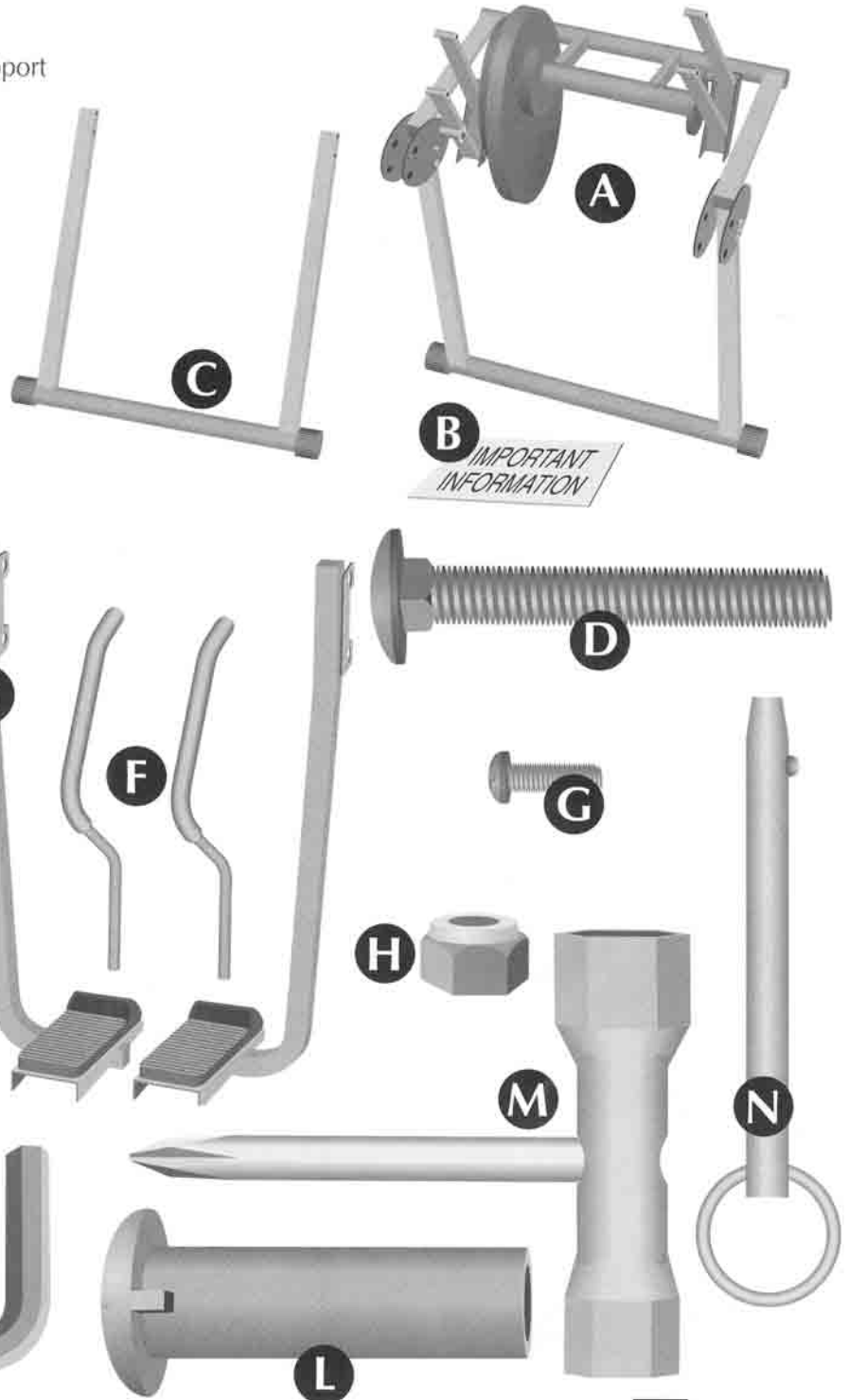
Unpack Your eMotion™

Unpack your eMotion™ exerciser where you intend to use it. Please retain all packing materials and verify the parts with those shown below. For easier identification, the hardware is shown actual size.



Contents of Box

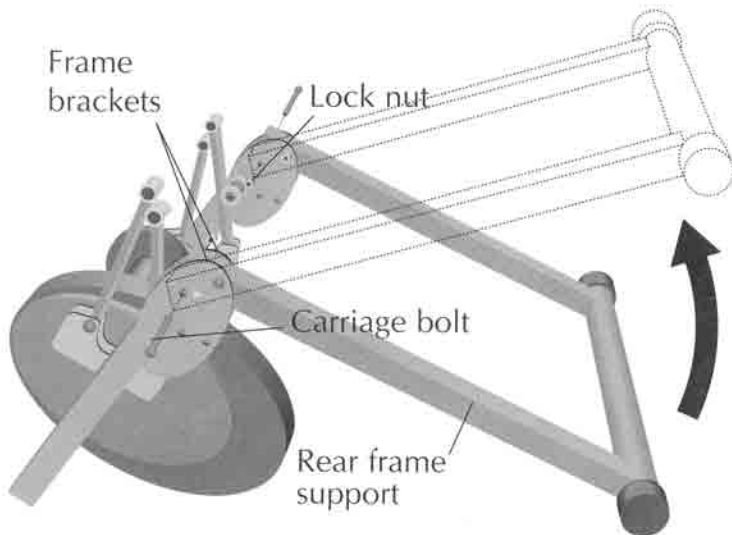
- A Upper Frame Assembly and Rear Frame Support with Rollers
- B Information Packet
- C Front Frame Support
- D 60mm Carriage Bolts (4)
- E Leg Tubes with Foot Pedals (2)
- F Arm Handles (2)
- G 13mm Phillips Head Screws (4)
- H Large Lock Nuts (4)
- I Steel Washers (4)
- J 16mm Long Button Head Screws (4)
- K Hex Key Wrench
- L 52mm Pivot Sleeve (4)
- M Screwdriver/Wrench Combination Tool
- N Detent Pin (2)
- O Electronics Package



Assembly

It is important that you read all of the instructions before beginning assembly. Having an additional person to assist with assembly is also recommended.

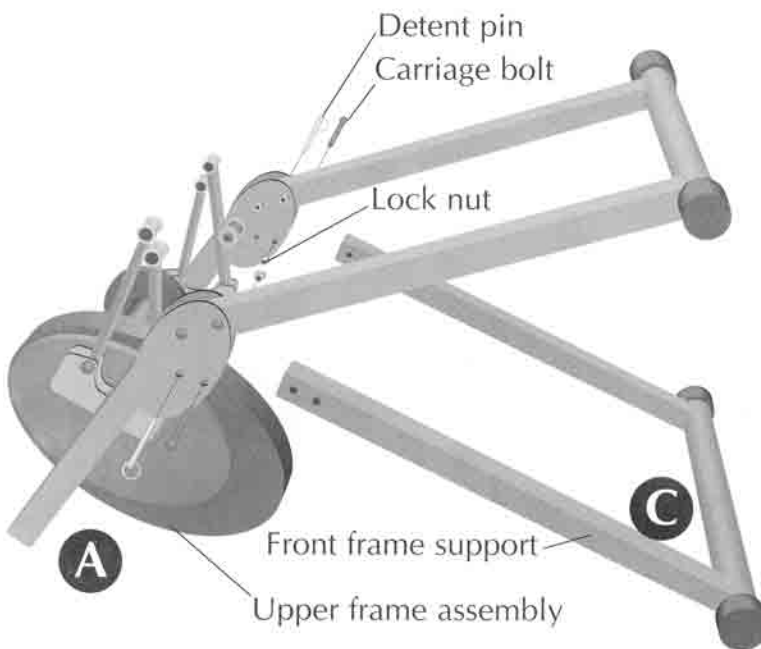
Note: It may be easier to tighten all of the lock nuts with the wrenches after the assembly has been completed.



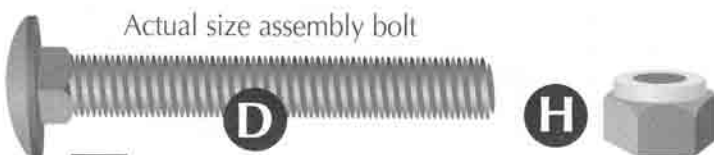
Position and Secure the Rear Frame Support

- Position the upper assembly as shown. Do not press down on the frame – you may damage the shroud.
- Rotate the rear frame support until the hole lines up.
- Align the square hole in the rear frame support with the hole in the frame bracket. Slide the carriage bolt through the hole from the outside. **Make sure the square head of the carriage bolt is inside the square hole.** Finger-tighten the lock nut onto the bolt.
- Repeat the procedure with the other side.

Attach the Front Frame Support



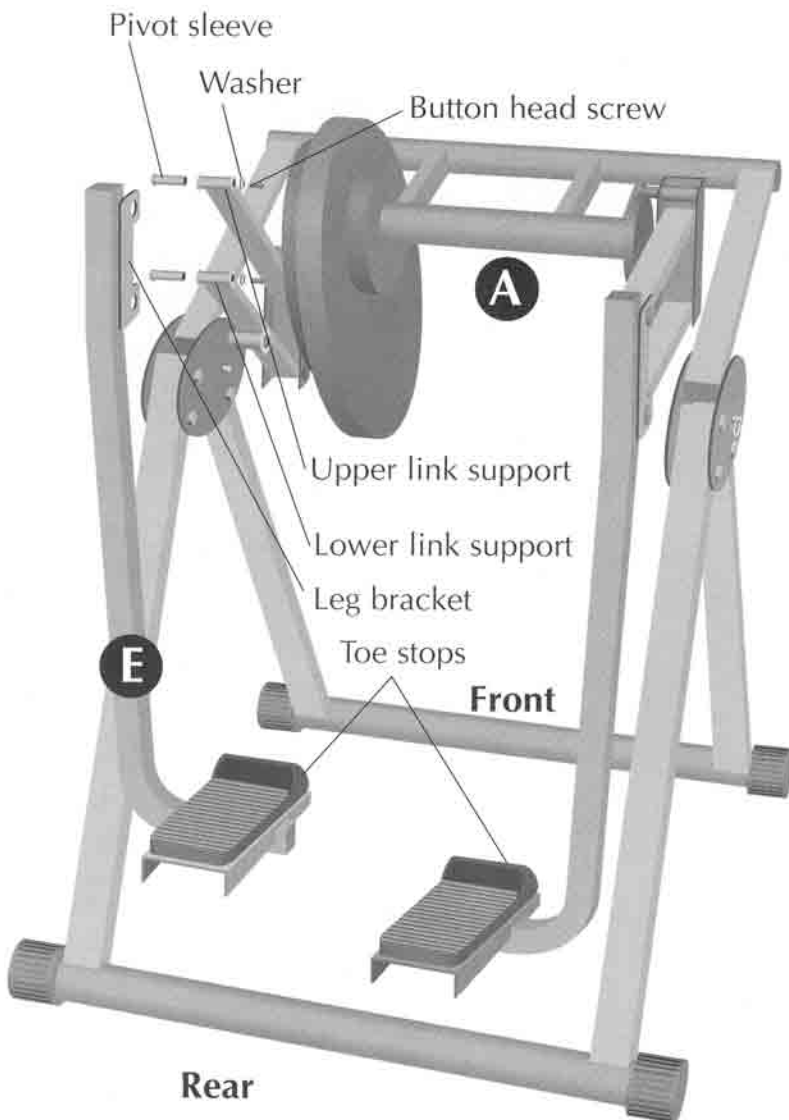
- Place the front frame support into the frame brackets.
- Align the square hole in the front frame support with the hole in the frame bracket. Slide a carriage bolt through the hole from the outside. **Make sure the square head of the carriage bolt is inside the square hole.** Finger-tighten a lock nut onto the bolt.
- Repeat the procedure with the other side.
- Rotate the upper frame assembly to align the other hole with the top hole of the front frame support. Insert a detent pin from the outside on each side. Make sure they are entirely through the hole.
- Tighten the lock nuts until they make contact with the plate. **Do not overtighten.**



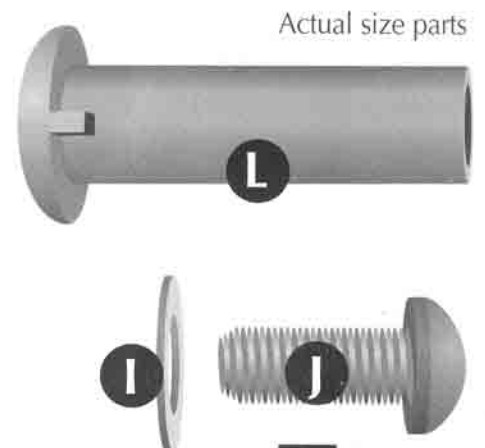
Attach the Legs

Having an additional person to assist with this step is recommended.

- Position your machine as illustrated below.
- Face the upper assembly as you would during use. Move the upper link support out of the way by pivoting it up. Take one assembled leg and align the lower hole on the leg bracket with the hole on the lower link support. The toe stop on the pedal should face the front frame support.



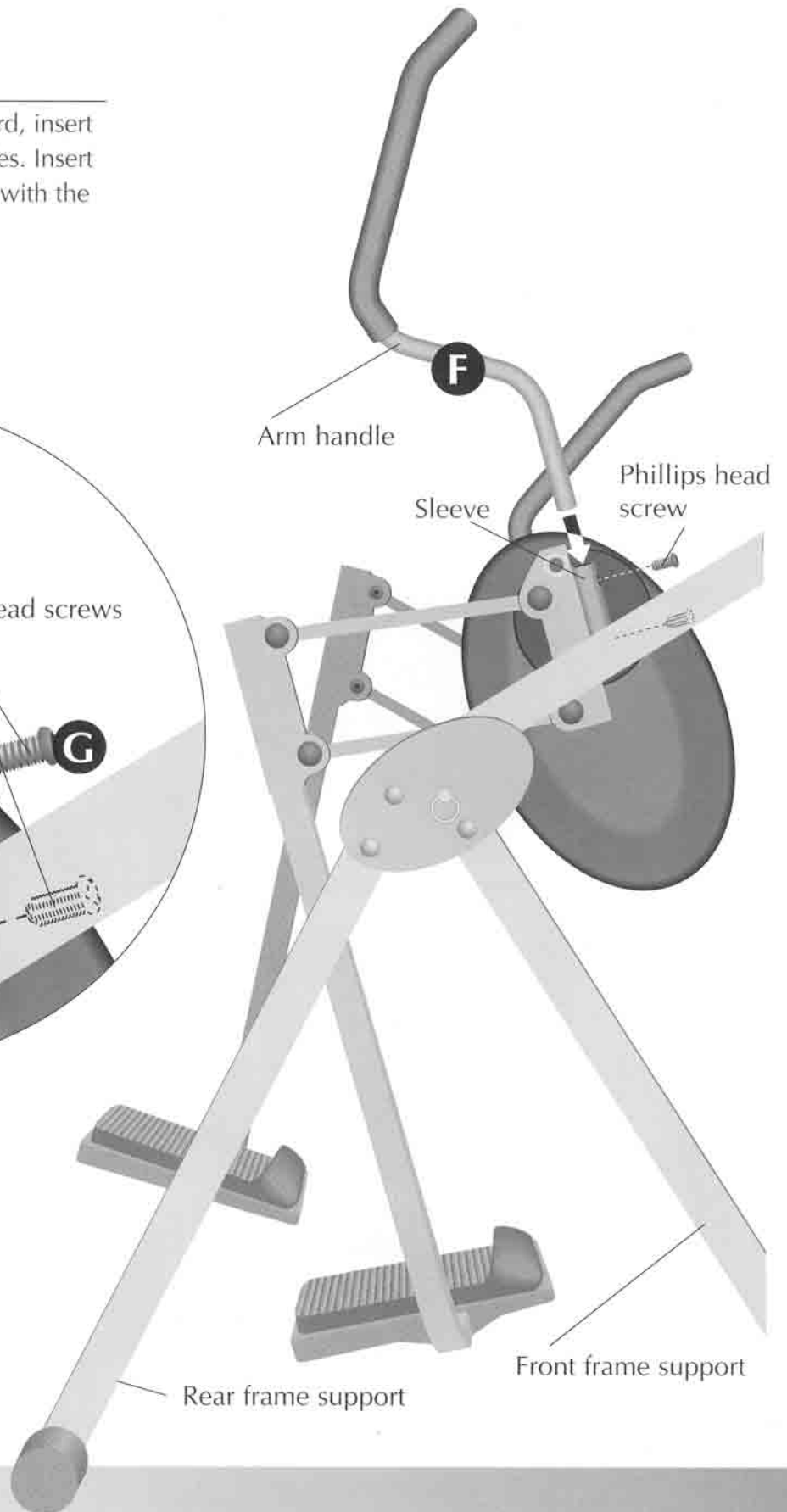
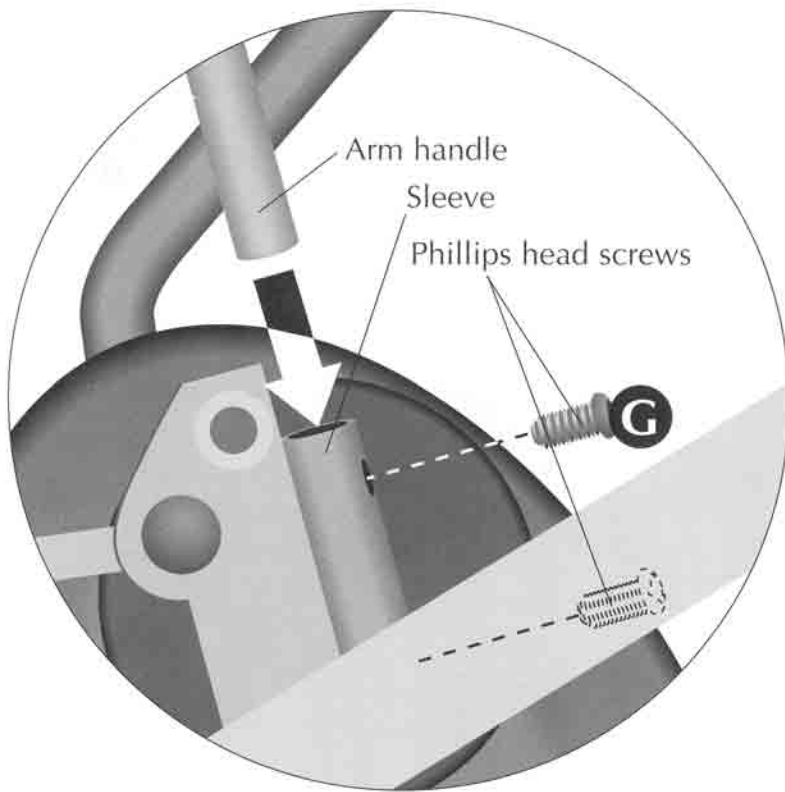
- Insert the pivot sleeve through the holes from the outside. **Rotate the leg slightly until the tab in the pivot sleeve aligns with the groove in the leg bracket.** Push the pivot sleeve all the way through until the head sits against the bracket.
- Place a steel washer on the button head screw. Insert into pivot sleeve and finger tighten.
- Move the upper link support to align the upper hole with the upper hole of the leg bracket. Insert the pivot sleeve through the holes from the outside. **Rotate the leg slightly until the tab in the pivot sleeve aligns with the groove in the leg bracket.** Make sure the holes (of the bracket and link support) are aligned before pushing the pivot sleeve all the way through until the head sits against the bracket.
- Place a steel washer on the button head screw. Insert into pivot sleeve and finger tighten.
- Repeat for the other leg.
- Secure the screws with the hex key wrench provided. Make sure the button head screws sit against the washers.



Actual size parts

Attach the Arms

- With end of arm handle facing forward, insert the arm into the sleeve. Align the holes. Insert two Phillips head screws and tighten with the combination tool provided.
- Repeat for the other arm.



Actual size assembly screw



Care and Storage

Periodic care will ensure a continued smooth motion and beautiful look. Remember to place a protective cover under the eMotion exerciser to protect your floor.

Clean the eMotion™

After Every Use

Wipe your eMotion™ exerciser with a clean, dry cloth to remove perspiration and dirt after every use. Inspect and tighten all parts of the exerciser every three months.

General Lubrication

As Needed

A drop of household oil may occasionally be needed on the axles if they begin to squeak. Do not remove the shroud from your eMotion™ exerciser. If there is noise inside the shroud, please call our Customer Service Department at 1-800-441-2349. Do not attempt any repairs inside the shroud before contacting NordicTrack.

Fold for Storage

The quick-release design of the eMotion™ exerciser makes it easy to fold down your machine and store or move it out of the way.

- Remove each detent pin.
- Grasp the front of the machine as illustrated above.
- Lift the front of the machine (see page 5) onto the rear frame support.
- Push the front frame support (using your foot) into the rear frame.
- Roll your eMotion™ exerciser to its storage area.

Keep children and pets clear of the unit.



As with any lifting motion, ALWAYS use proper posture and lifting form.

Design Your Fitness Program

Keys to a Healthy Lifestyle

Your eMotion™ exerciser can help you achieve a variety of personal fitness goals: weight loss and weight management, improved personal appearance, greater cardiovascular fitness, stress reduction and much more! Consult with your physician to determine whether you should be at the beginner, intermediate or advanced level.

Setting Weight Loss and Management Goals

This fitness program was designed by exercise physiologists at NordicTrack. There are no miracle diets that can help you lose weight for good. In fact, severe calorie-restricted diets starve your body of essential food and nutrients. Your metabolism decreases the rate at which it burns calories and your appetite increases. You may feel hungry, tired and frustrated. As a result, you quit your diet. Then the pounds seem to pile on quickly because your body is now burning calories at a far slower rate.

Aerobic exercise, on the other hand, raises your metabolism and increases calorie consumption. Your body continues to burn calories at a higher rate — even after exercise. Weight loss at a rate of one to two pounds per week is recommended if you are interested in losing weight. Remember that one pound of fat is equal to about 3,500 calories. Therefore, creating a 500 calorie deficit each day of the week equals 3,500 calories, or one pound lost per week.

With the total-body motion of the eMotion exerciser, you can potentially burn more

Does the Bathroom Scale Lie?

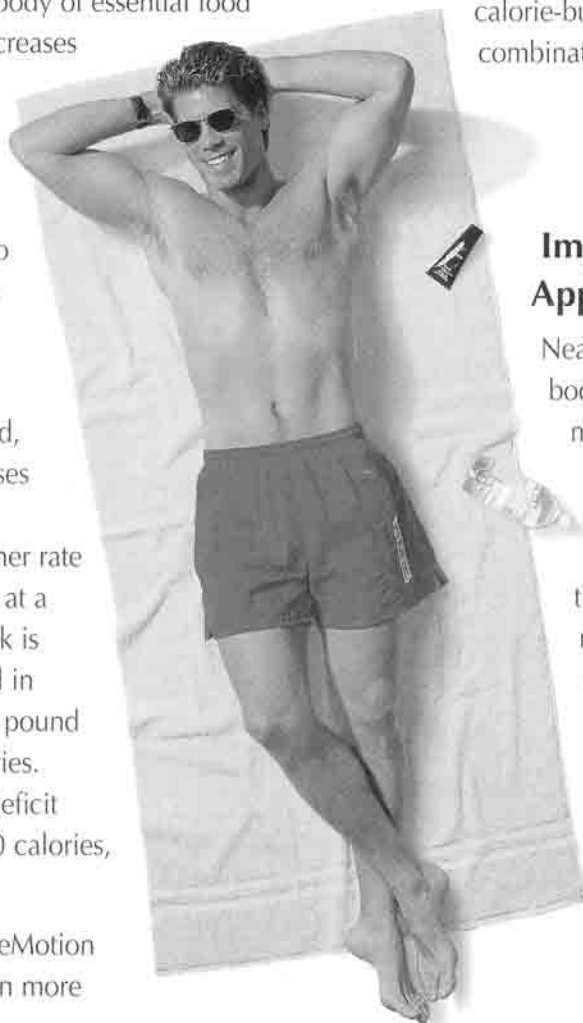
It does if you believe it gives you all the information you need in determining your ideal weight. Muscle weighs two-and-one-half to three times more than fat does. Have your body composition (percent of body fat) measured to determine your ideal weight.



calories because you use more muscles. You can also boost your metabolism to help you burn calories even after you stop exercising. Muscle is your body's primary calorie-burning source. The healthy combination of a sensible diet and an eMotion workout can work for you in as little as 30 minutes a day, four times a week.

Improve Your Personal Appearance

Nearly everyone has a part of their body they would like to improve. The most effective way to a healthier, fit body 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, calorie-reduced diet and an effective aerobic workout — like using an eMotion™ by NordicTrack. The eMotion™ machine exercises all of your major muscle groups — and muscle is our fat-fighting friend.



Enjoy Greater Cardiovascular Fitness

Total-body exercise with an eMotion™ by NordicTrack strengthens your heart and lungs more efficiently than just lower-body exercise. Regular aerobic exercise can also help lower your risk of heart disease by helping you control your body weight, cholesterol levels, blood pressure and stress.

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.

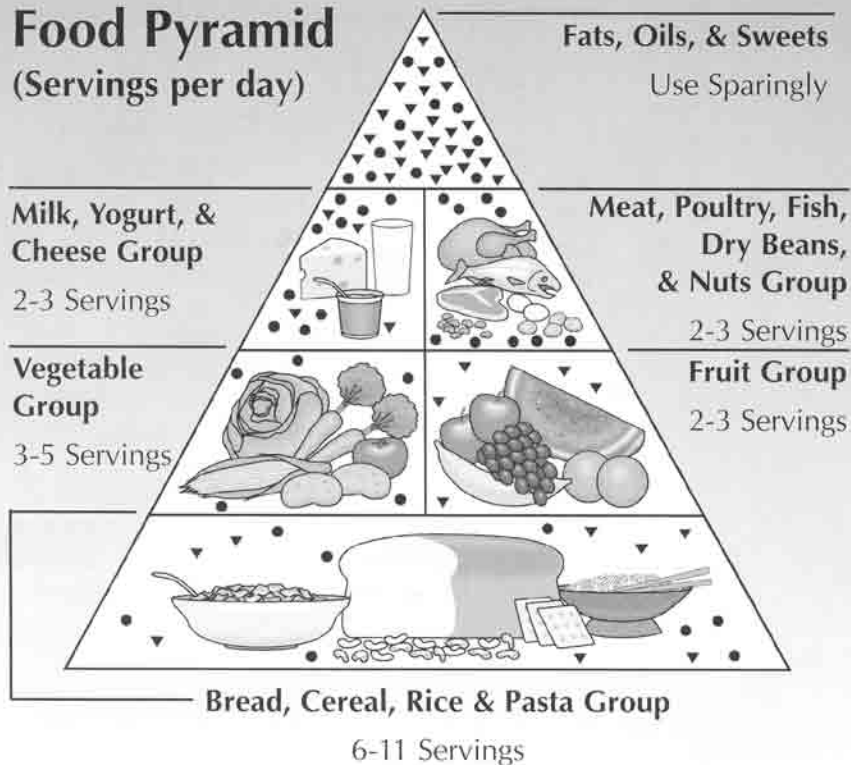
Stay Active and Have Better Health

Active people are simply healthier; they suffer less illness and health problems. Staying active with NordicTrack is easy. You can get a vigorous workout in as few as 30 minutes, four times a week!

If looking great, feeling your best and maintaining superior fitness inside and out are important to you – you have come to the right place. Today, more than ever, aerobic exercise is your key to enjoying life.



Food Pyramid (Servings per day)



An easy way to eat for fitness, and to choose a healthful diet that does not have too many calories or too much fat, cholesterol, sugar or sodium, is to follow the USDA Food Guide Pyramid. The U.S. Department of Agriculture (USDA), along with the Department of Health, Education and Welfare, created the Food Guide Pyramid in the early 1990s as a revision of its "Basic Four Food Groups" from the 1950s. The new pyramid incorporates the vast amount of knowledge gained through current research on how to maximally fuel the human body, and recommends the kinds and amounts of servings you should eat from each food group. The foods at the base of the pyramid should make up the bulk of your diet, with the foods at the top used only sparingly.

Exercise Steps

The following nine steps for designing your exercise program were developed by exercise physiologists at NordicTrack. The actual exercise you perform is only a part of a safe and effective training program. There are many other aspects to developing a life-long commitment to physical fitness.

1 Consult Your Physician Before Beginning Any Exercise Program

A medical examination or consultation with your physician is essential.

2 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.

3 Determine Your Target Heart Rate

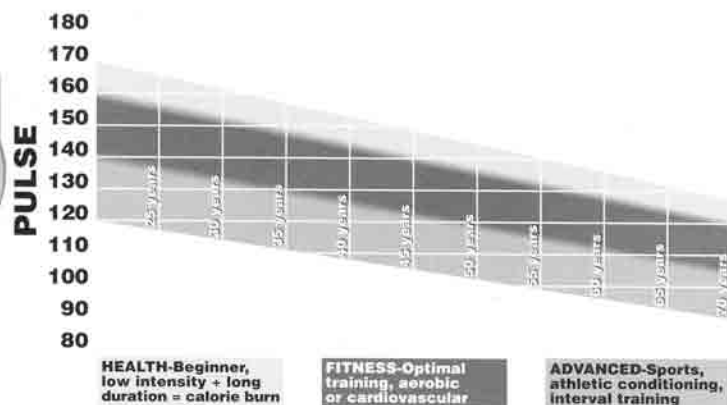
Your target heart rate (THR) is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your maximum heart rate (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age 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** level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic or cardiovascular level is 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 below shows the Target Heart Rate Zones for **Health**, **Fitness** and **Advanced** exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. (Refer to page 11 for assistance.) 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.

Target Heart Rate Zones



4 Warm Up Before You Begin

A warm-up routine prepares your body and mind for vigorous exercise. It also provides insurance against injury and soreness. Warm-up with two to five minutes of slow exercise, at minimal resistance.

5 Stretch After Your Warm-Up

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches (see page 14) on a smooth, flat surface

6 Get *Fit* With eMotion

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 at least four times a week for 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.

Steps to find your heart rate:

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



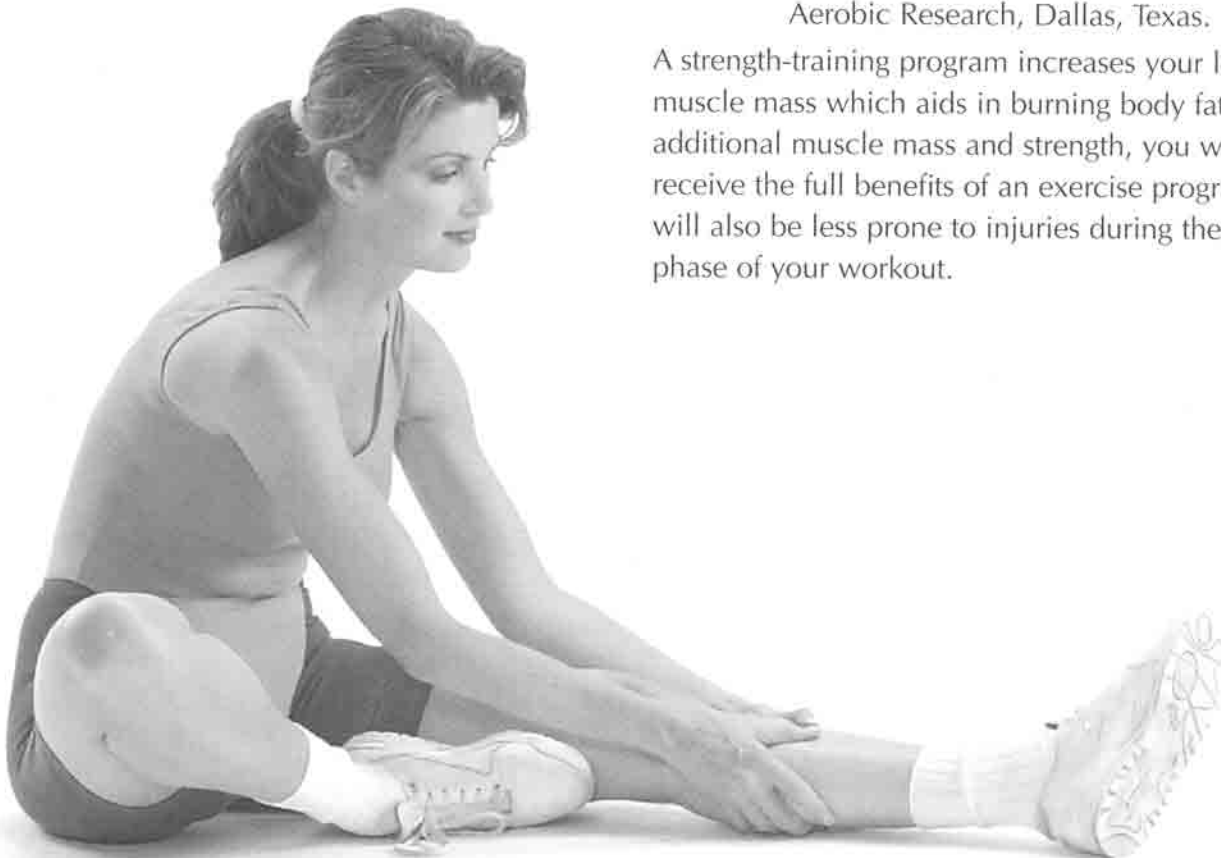
T Is for the time or duration of your workout. Beginning exercisers may wish to start with five to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight should exercise for 30 to 60 minutes. Remember, 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 several shorter workouts in one day can also provide fitness benefits.

7 Cool Down After Aerobic Exercise

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.



8 Stretch Again at the End of Your Exercise Session

Stretching after exercise reduces muscle soreness. Follow the guidelines in this manual (see page 14).



9 Participate in Strength Training

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today."

— Kenneth Cooper, M.D.,
M.P.H. — Founder of The Cooper Institute For
Aerobic Research, Dallas, Texas.



A strength-training program increases your lean muscle mass which aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

Workout Programs

The **HEALTH 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, five- to 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 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 80% 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 exercise at a lower intensity.

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

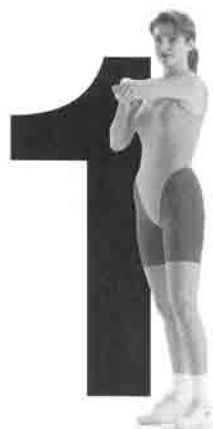
Interval Training	
Intensity	85% of MHR*
Time	1 minute
Intensity	60% of MHR*
Time	2 to 3 minutes



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

Stretches

Stretch both sides of your body without bouncing or jerking. Hold each stretch for 15 to 30 seconds. Make sure you 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.

Customer Information

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 friendly, 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 1-800-441-2349.

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 free phone 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



Call Us

1-800-441-2349



Customer Service Hours

Monday - Friday 7 a.m. - 9 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

Warranty Information

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

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eMotion™

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