

# Assembly Guide



**NORDICFLEX® UltraLift™**



**EX**

by **NordicTrack**

# Welcome to the UltraLift CX™

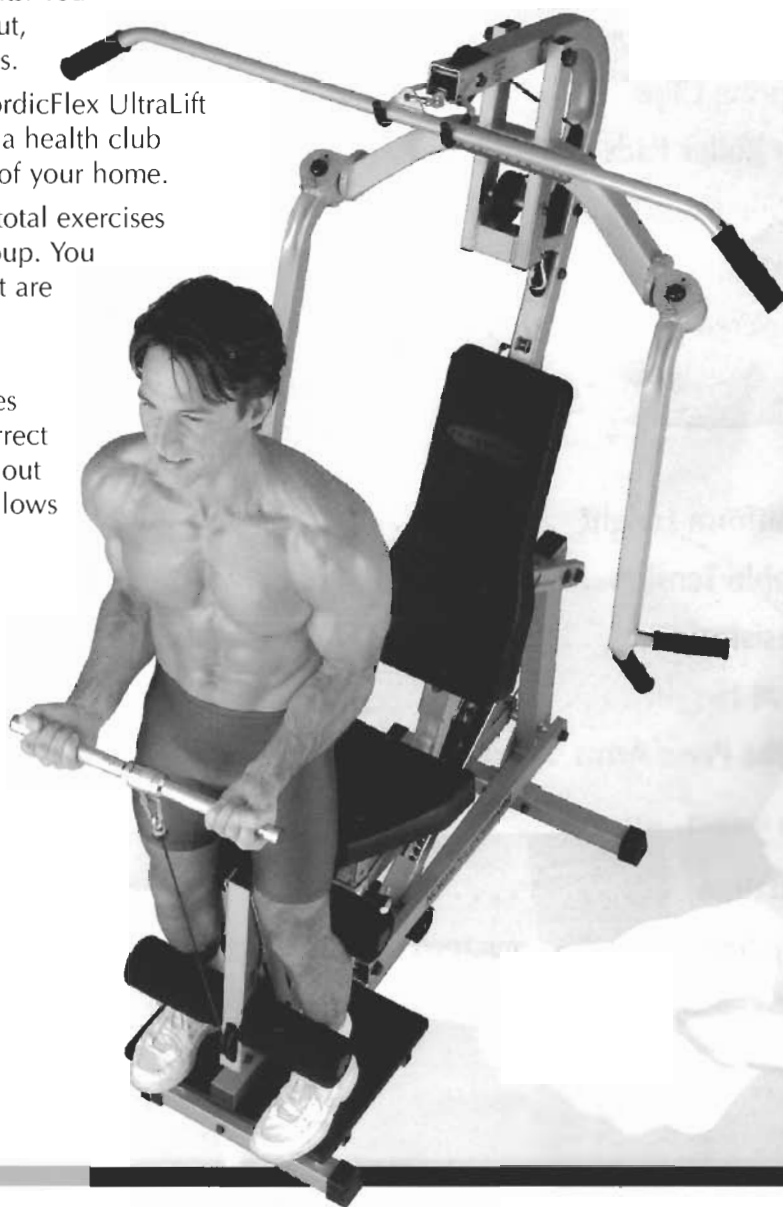
## Congratulations!

The NordicFlex® UltraLift CX™ is NordicTrack's newest solution to strength training.

- **CX Access Technology** – combines the feel of free weights with the safety of traditional resistance machines. CX access technology also allows for a user defined range of motion that targets and builds the muscle more efficiently and effectively.
- **Real Weight Resistance** – the 4-bar linkage system transforms your body weight into precise amounts of resistance. This allows you to work out quickly and without cumbersome weights. You can concentrate on your workout, not on complicated changeovers.
- **Single Station Design™** – the NordicFlex UltraLift CX™ provides all the benefits of a health club weight machine in the comfort of your home.
- **40 Exercises** – choose from 40 total exercises to work every major muscle group. You can also target certain areas that are of particular importance to you and your active lifestyle.
- **Correct Form** – the seat provides lumbar support allowing for correct form, while safely getting more out of every lift. Proper form also allows better muscle isolation.

## Before You Start...

Please view the training video in full and read through both of our easy-to-use guides. In this assembly guide you will find useful information about how to set-up your NordicFlex UltraLift CX™ strength trainer. In the *Fitness Guide* you will learn how to perform the exercises and how to get the most from your fitness routine. In the training video you will see action footage of all of the exercises demonstrated in the proper form. There is also an assembly section included in the video. While there are 40 exercises in all, our basic program starts with as few as eight exercises. They take no more than three workouts a week, for only 20 minutes per workout.



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# Safety Information

- Due to the size of the NordicFlex® UltraLift CX™ strength trainer, the assembly steps are easier with two people.
- Read through all owner's guides and accompanying information, and view the training video before assembling or using the equipment.
- Inspect the equipment for loose, frayed or worn parts prior to each use.
- Make sure the locking knob on the selector tube is fully engaged prior to each use.
- If the pulleys or other parts become jammed, discontinue use immediately and contact customer service for assistance.
- Keep your head and limbs clear of moving parts at all times. Children and pets should not be allowed on or near the equipment.
- Consult with your doctor before beginning any exercise program. If you are taking any medication or using any devices that affect your heart rate, blood pressure or cholesterol level, your doctor's advice is absolutely essential.
- Be aware of things that affect your heart rate. Your heart rate may be affected by such things as stress, caffeine, nicotine and prescription drugs.
- Stop exercising and consult your doctor immediately if you experience any of the following symptoms: pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, dizziness, lower back pain or lightheadedness.
- Start your program slowly. Changing your lifestyle takes time and commitment. Progress gradually as your fitness level improves.
- Stretching is an essential part of your exercise program. Perform a warm-up session and stretch your muscles before you exercise. Then perform a cool-down session and stretch your muscles again following your workout.
- Place a protective floor covering under your exerciser to protect your floor or carpet.
- Use caution when performing the close-grip chest press or the chest fly – if the press bar is released, it could potentially injure your chest.
- When using the spring clips during exercise, be sure that they are properly secured (see page 10 for more information).

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.

**⚠ CAUTION**

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

**⚠ WARNING**

This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.

**⚠ IMPORTANT**

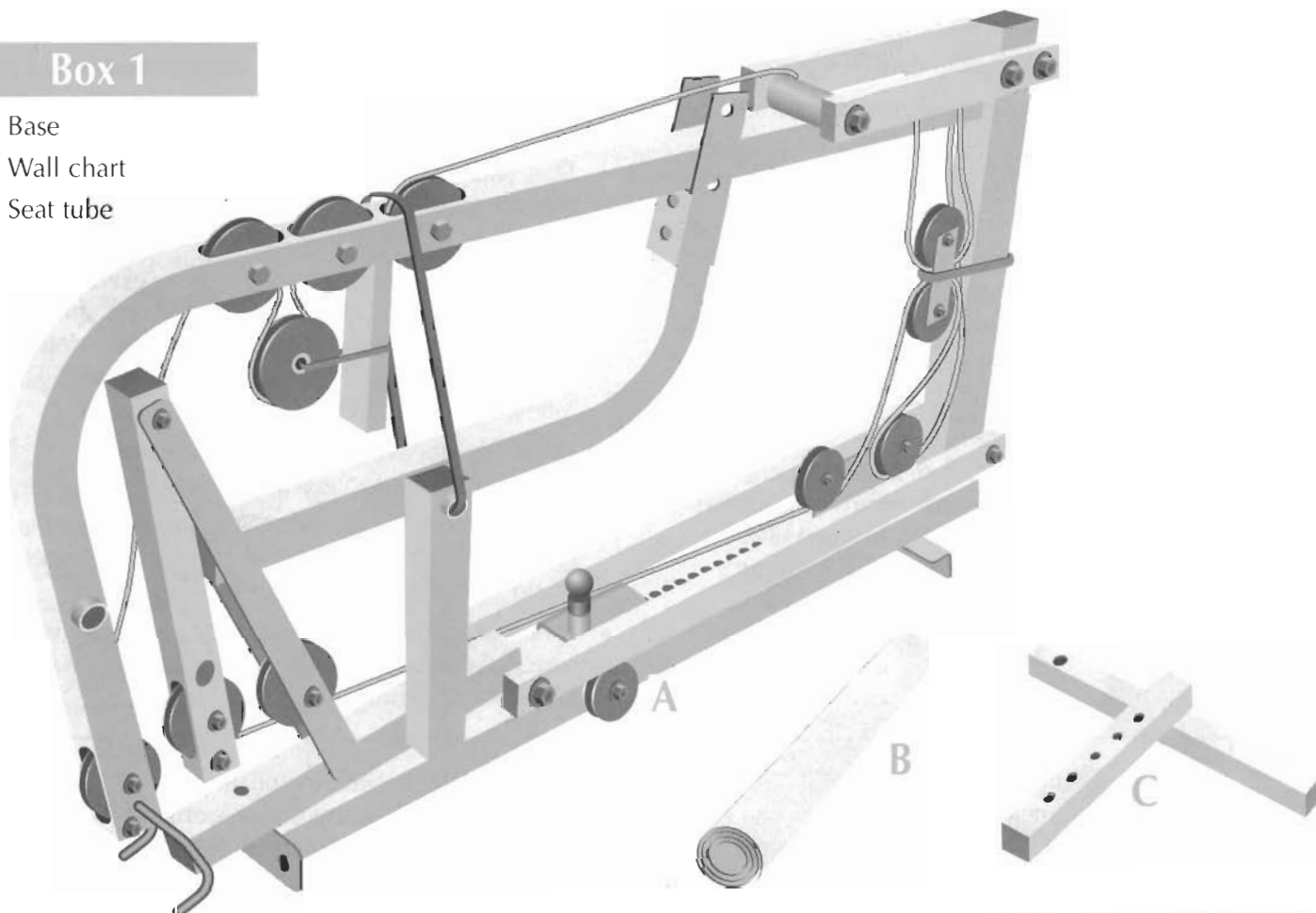
This symbol refers to an unsafe practice which can result in product or property damage.

# Parts

Please retain all packing materials for the duration of your in-home trial period. Familiarize yourself with the NordicFlex® UltraLift CX™ strength trainer by reading through both guides and learning the names of the parts.

## Box 1

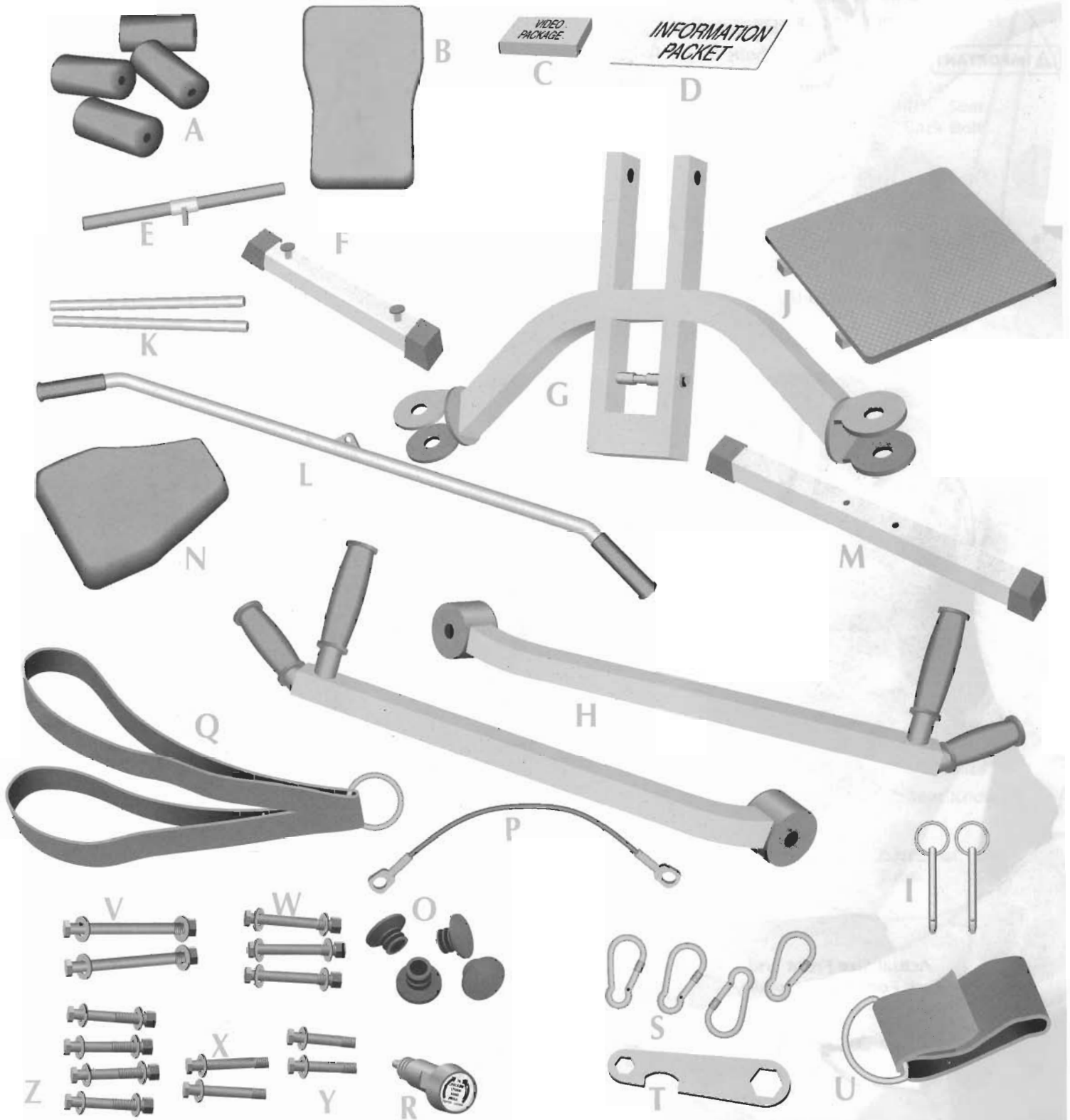
- A. Base
- B. Wall chart
- C. Seat tube



## Box 2

- |                       |                                 |   |
|-----------------------|---------------------------------|---|
| A. Roller pads (4)    | K. Roller pad bar               | U. Ankle strap                                  |
| B. Seat-back pad      | L. Lat bar                      | V. 4-1/4" Platform bolt assembly (2)            |
| C. Video package      | M. Rear foot                    | W. 3" Frame joint bolt assembly (3)             |
| D. Information packet | N. Seat bottom pad              | X. 2-1/4" Seat bottom bolt assembly (2)         |
| E. Curl bar           | O. Plug caps (4)                | Y. 2-1/4" Seat back bolt assembly (2)           |
| F. Front foot         | P. Extension cable              | Z. 2-1/4" Front and back foot bolt assembly (4) |
| G. Press bar          | Q. Tricep strap/abdominal strap |   |
| H. Press arms (2)     | R. Seat knob                    |   |
| I. Detent pins (2)    | S. Spring Clips (4)             |   |
| J. Platform           | T. Assembly wrench              |   |

## Box 2



# Assembly

## ⚠ IMPORTANT

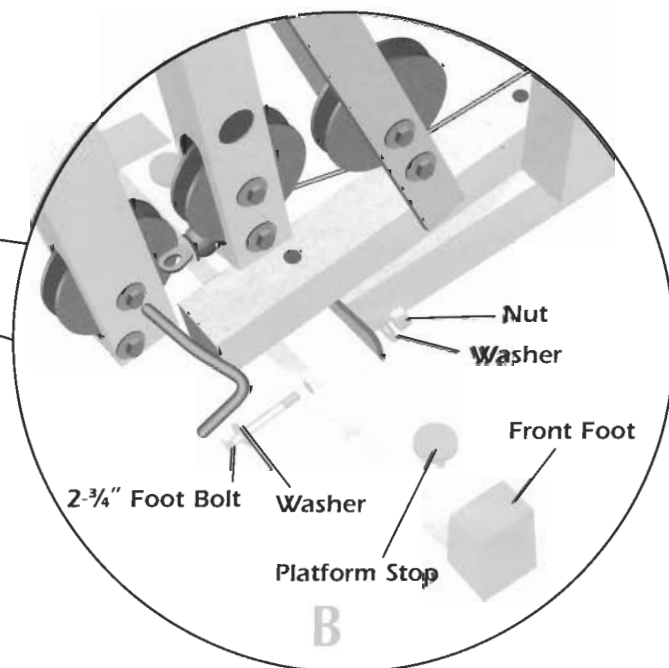
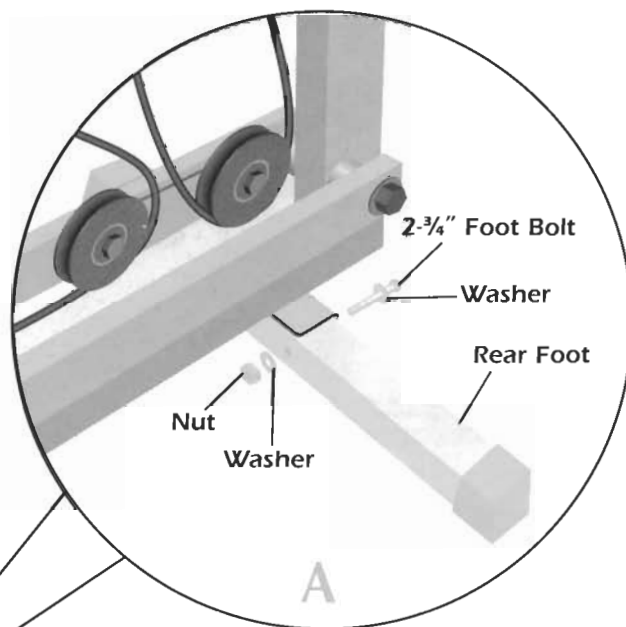
Due to the size of the NordicFlex® UltraLift CX™, the assembly steps are easier with two people. The base may require support while assembling the feet.

## ⚠ IMPORTANT

Finger-tighten all bolts for each assembly step and then tighten with the wrench provided.

## 1 Assemble the Base

- Attach the rear foot (A).
- Attach the front foot with the platform stops facing up (B).

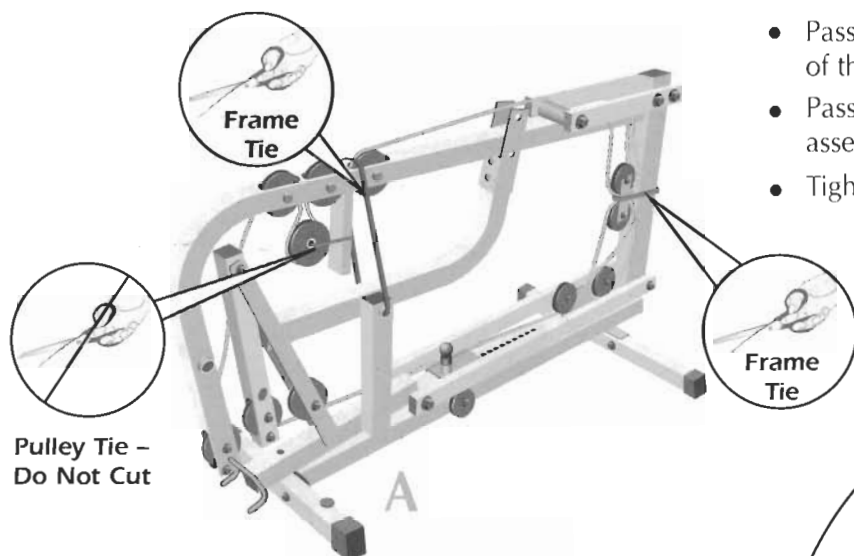




- Cut the frame ties using scissors (A). Only cut the ties around the lower assembly of the frame at this time.

**IMPORTANT**

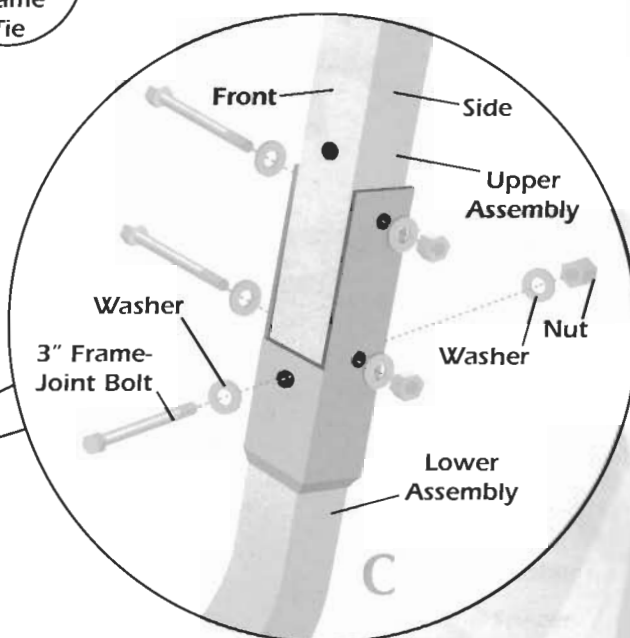
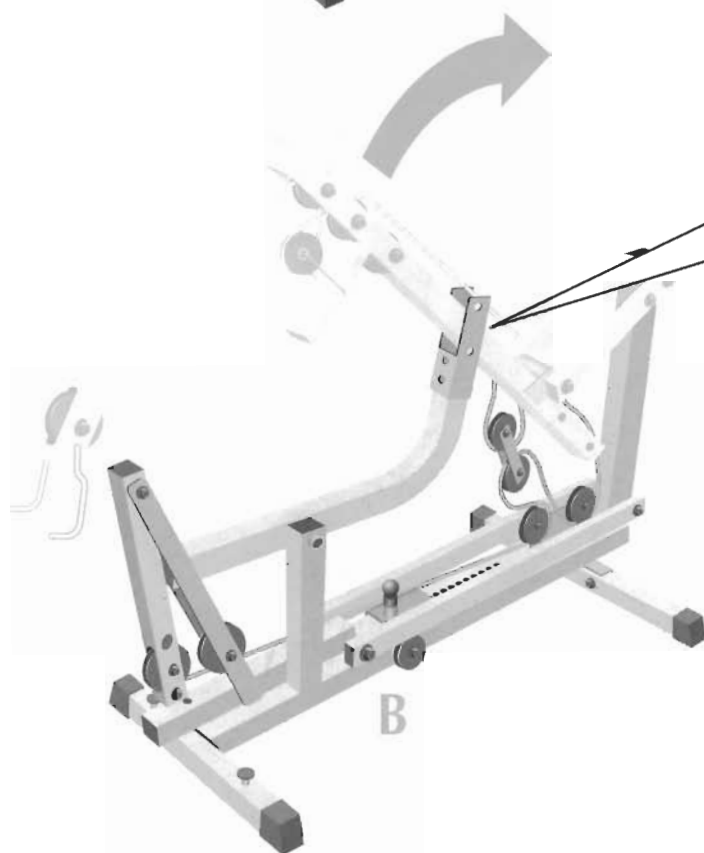
Do NOT cut the pulley tie.



**CAUTION**

To ensure the stability of the machine, one person should hold the upper assembly, while the second person secures the bolts.

- Raise the upper assembly (B).
- Secure the upper and lower assemblies together (C).
- Pass 2 of the 3" frame-joint bolts through the sides of the assemblies first.
- Pass the other 3" frame-joint bolt through the assemblies from the front to the rear.
- Tighten all bolts.



Actual Size Frame Joint Bolt Assembly





## 2 Attach the Press Bar

Note: When attaching the press bar, have one person hold the press bar while another person secures the bolt.

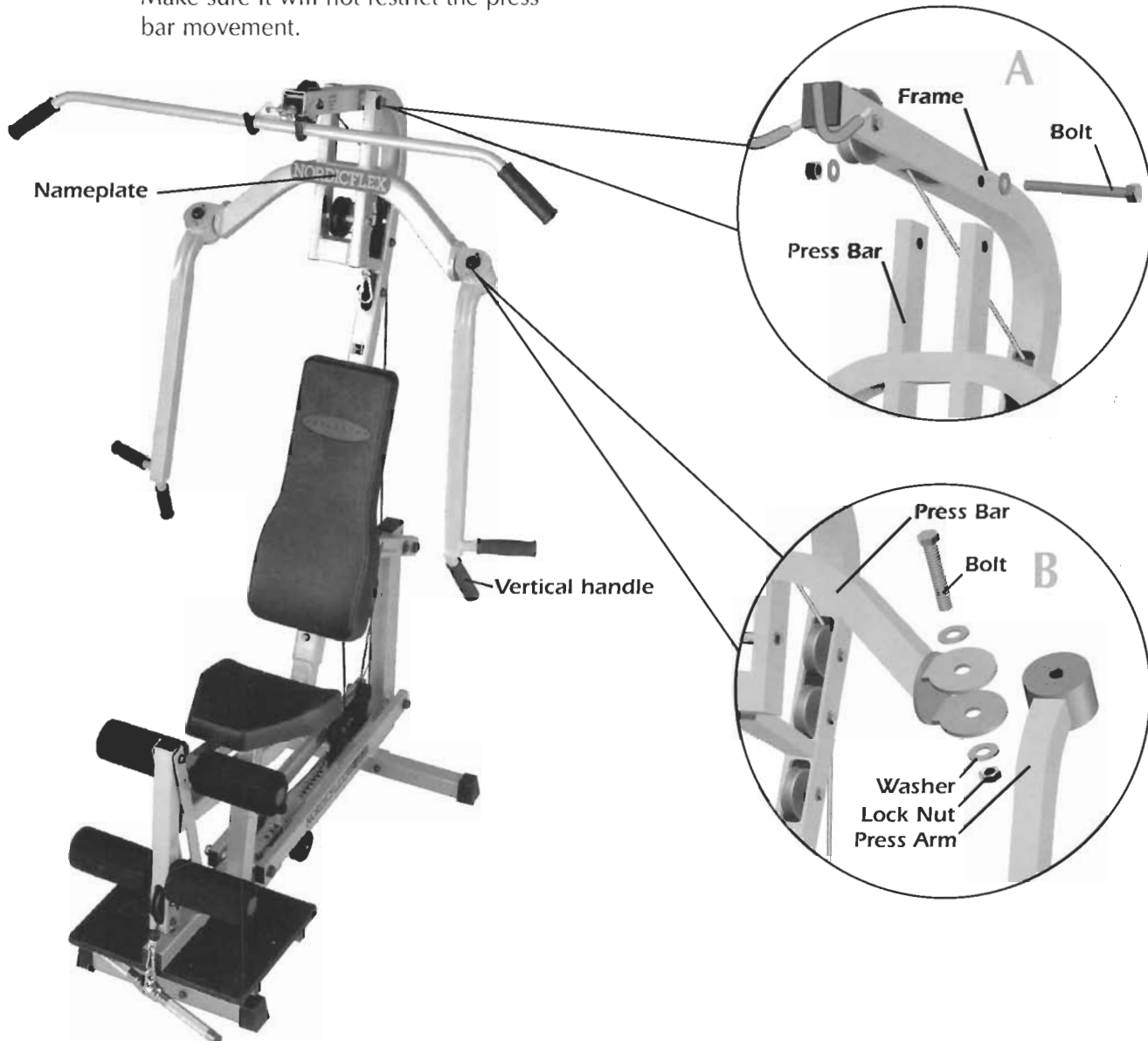
- Use the nut and bolt assembly that is already in the press bar to attach the press bar to the frame (A). Be sure that the nameplate on the press arm faces the front of the machine (see picture below).

### **IMPORTANT**

Make sure that the press bar is tightened so that it does not wobble from side to side. However, do not over-tighten the bolt. Make sure it will not restrict the press bar movement.

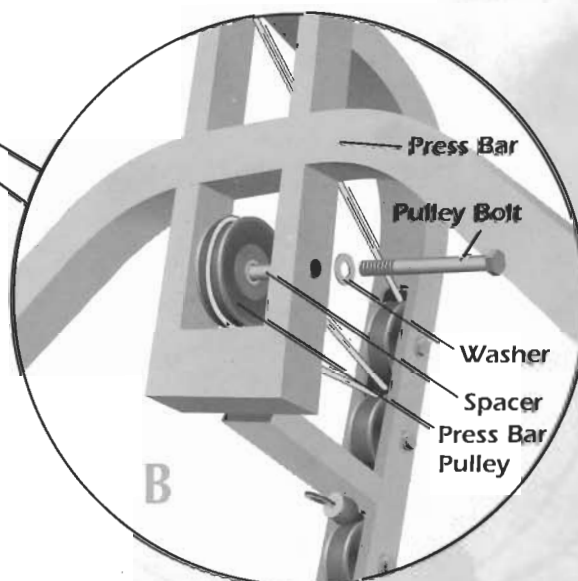
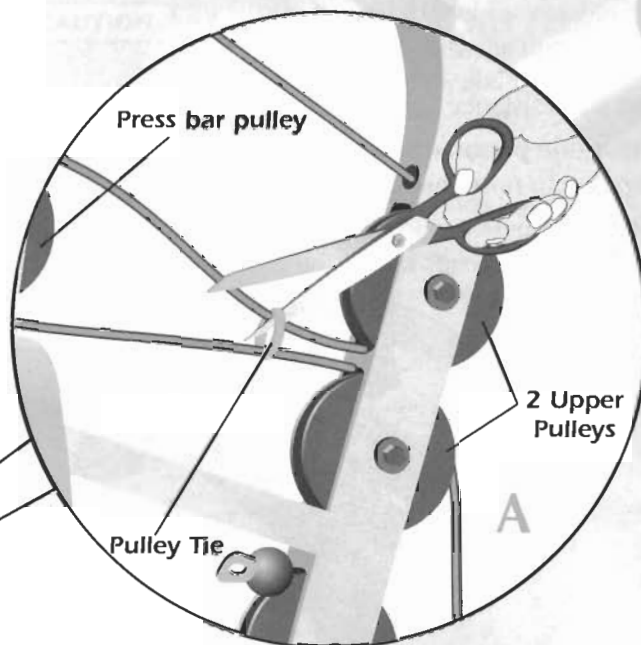
## 3 Attach the Press Arms

- Attach the left press arm to the left side of the press bar using a press arm bolt assembly (already in the press arm). Secure the nut and bolt assembly. The vertical handle should angle toward the rear of the machine (B).
- Attach the right press arm to the right side of the press bar using the other press arm bolt assembly. Secure the nut and bolt assembly. The horizontal handle should angle toward the rear of the machine.



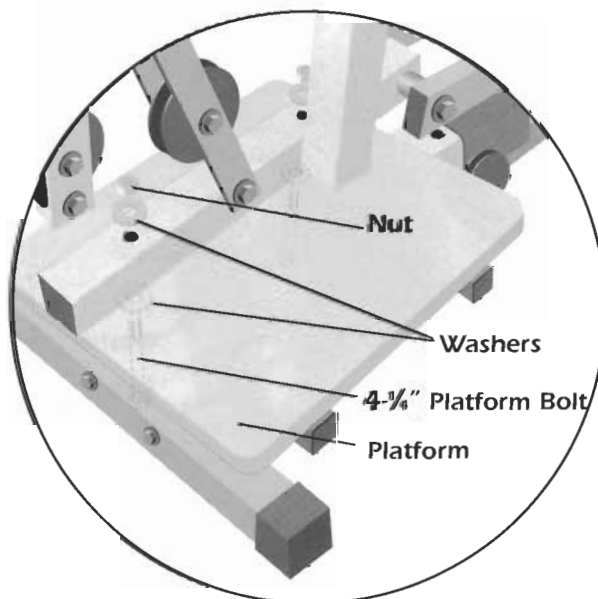
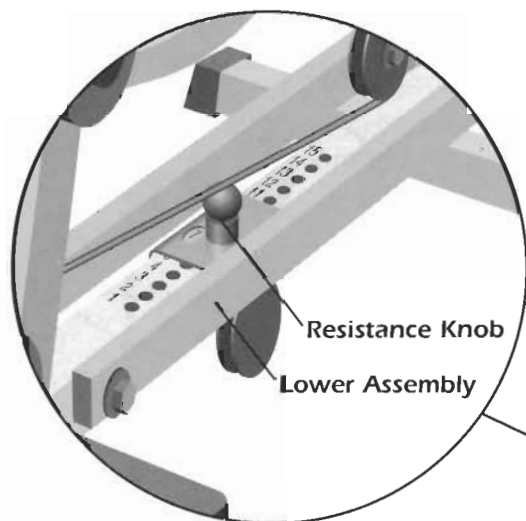
#### 4 Attach the Press Arm Pulley

- Remove the pulley bolt, washer and pulley spacer from the press bar.
- Hold the press bar pulley and cut the pulley tie (A).
- Make sure the cable from the two upper pulleys is routed around the press bar pulley and not twisted.
- Align the holes in the press bar pulley with the holes in the press bar (B).
- Secure the press bar pulley with the pulley bolt assembly.



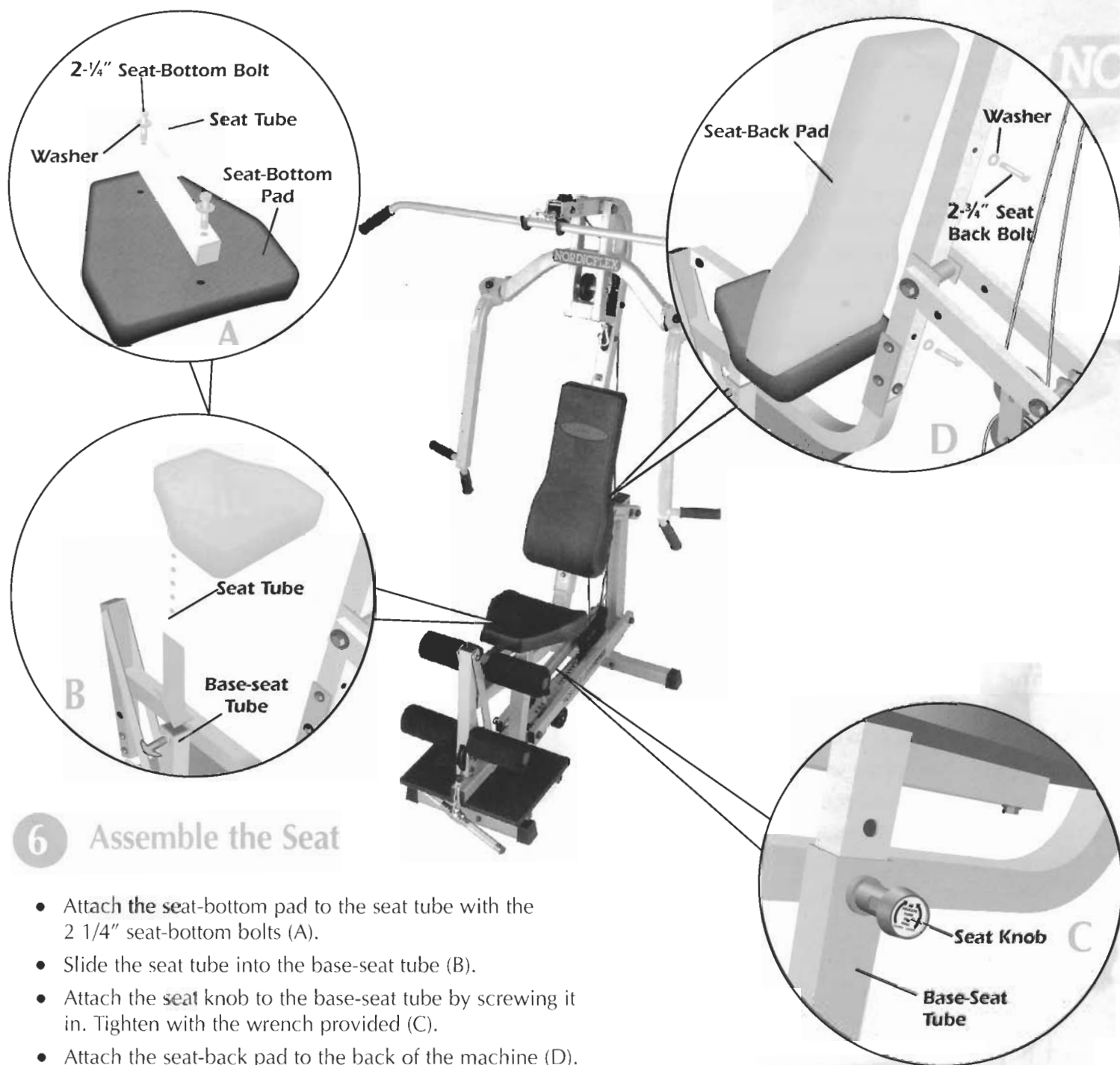
## 5 Attach the Platform

- Set the resistance knob to level six.
- Have one person extend the press bar all the way forward to raise the lower assembly.
- The other person should then attach the platform with the bolt heads facing the floor.



Actual Size Platform Bolt Assembly





## 6 Assemble the Seat

- Attach the seat-bottom pad to the seat tube with the 2 1/4" seat-bottom bolts (A).
- Slide the seat tube into the base-seat tube (B).
- Attach the seat knob to the base-seat tube by screwing it in. Tighten with the wrench provided (C).
- Attach the seat-back pad to the back of the machine (D).

Actual Size  
Seat-bottom Bolt Needed



Actual Size  
Seat-back Bolt Needed



## 7 Attach the Spring Clips

- Attach one spring clip to the top of the machine for the lat bar (A).
- Attach one spring clip near the center of the machine for the tricep strap/abdominal strap (B).
- Attach one spring clip near the front pulley (C).
- Place one spring clip on one end of the extension cable (D).

### CAUTION

Be sure that the spring clips are secure before using the desired accessories.

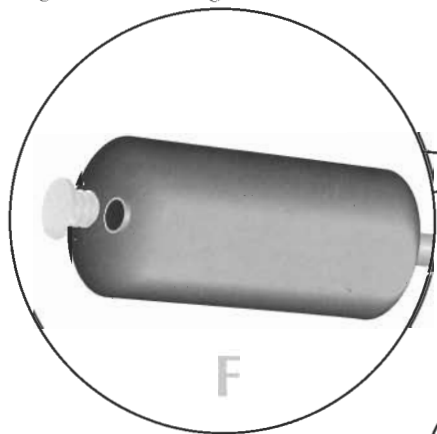


## 8 Assemble the Roller Pads

### CAUTION

Keep hands clear of the roller-pad assembly while in use.

- Slide one roller pad onto one roller-pad bar (E).
- Slide the bar through the seat assembly.
- Slide on the other roller pad.
- Repeat with the other roller-pad assembly through the front leg.



## 9 Push in the Plug Caps

- Push one plug cap into each end of the roller-pad bars (F).



## 10 Attach the Lat Bar

- Attach the lat bar to the spring clip (A).

**CAUTION** Return the lat bar to the hooks when not in use.

**WARNING** Do NOT hang from lat bar.

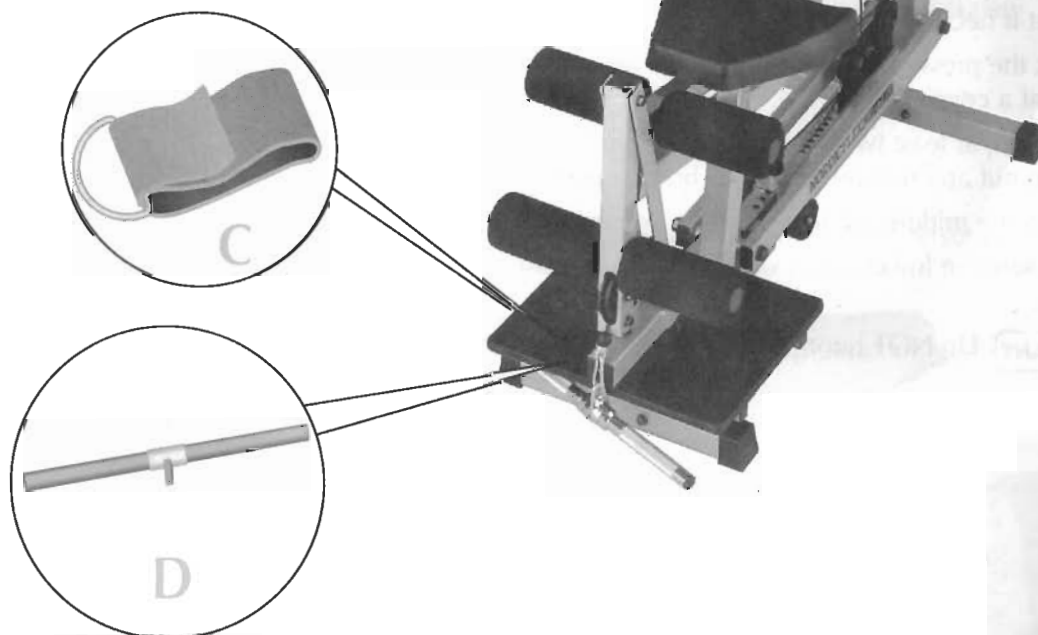
## 11 Attach the Desired Accessories

(When needed)

- Attach the tricep strap/abdominal strap to the spring clip (B).
- Attach the ankle strap to the spring clip (C).
- Attach the curl bar with the extension cable to the spring clip (D).

## You Are Finished With the Assembly of Your Exerciser!

Please read your *Fitness Guide* and refer to the video for information on performing all 40 exercises, learning about the muscles used, and choosing exercise programs.

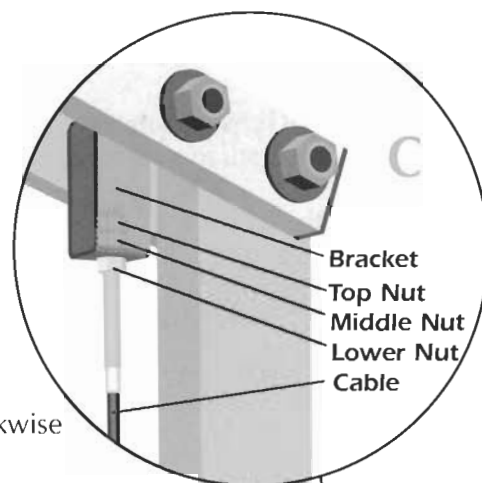


# Adjustments

## 1 Adjust the Platform Height

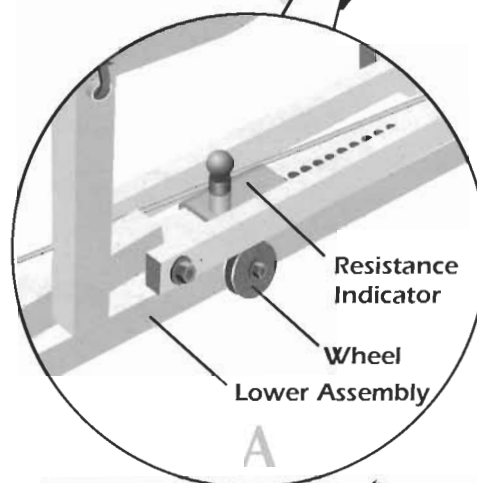
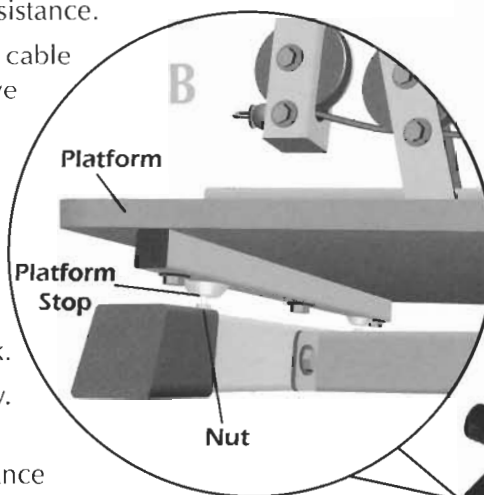
The wheels beneath the resistance indicator should spin freely when the resistance indicator is set to level one (see A). If they do not, raise the platform slightly using the following instructions:

- Set the resistance indicator to level one.
- Have one person extend the press bar all the way forward to raise the lower assembly.
- The other person should then turn the adjustable platform stops counter-clockwise to raise the platform, and clockwise to lower the platform (see B).
- Make sure the platform is level.
- Finger-tighten the nuts to secure the new position.



## 2 Adjust the Cable Tension

- The amount of slack you want in the cable is determined by when during your stroke or rep you want to begin to feel the resistance.
- If you want to feel the weight right away, the cable should be taut. If you want to be able to move the press bar forward slightly before feeling the weight, the cable should be a little slack.
- Set the resistance indicator to level 15.
- Make sure the wheels under the resistance indicator spin freely. If they do not, loosen the middle nut (inside the bracket) near the end of the cable to give the cable some slack.
- Check the wheel again to see if it spins freely. Repeat if necessary.
- Check the press bar again to see if the resistance starts at a comfortable level.
- Make sure at least two threads are showing on the cable between the top nut and middle nut in the bracket (see C).
- Tighten the middle nut to secure the new position.
- Make sure the lower nut is secure before exercising.



**IMPORTANT** Do NOT remove the cable.

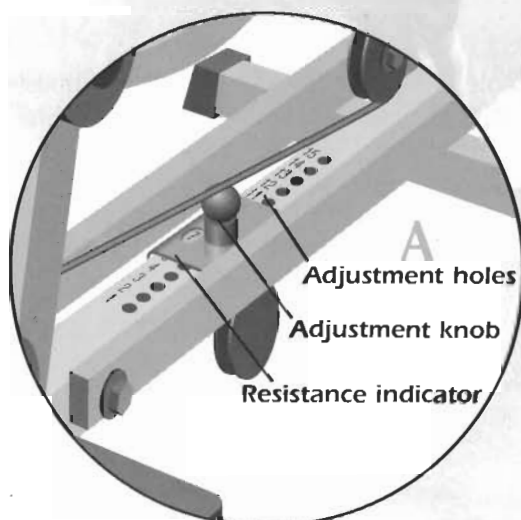


### 3 Adjust the Resistance

Use the locking knob on the resistance indicator to choose one of 15 levels of resistance (see A). Level 1 is the lowest percentage of your body weight for resistance, and 15 is the highest level of resistance. Refer to page 5 of your *Fitness Guide* for detailed descriptions of exercise resistance.

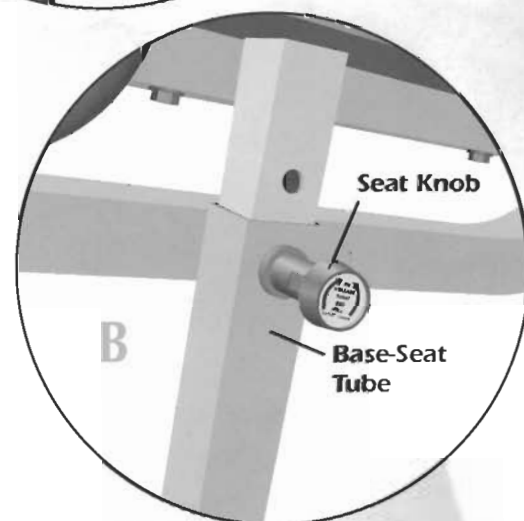
#### **CAUTION**

To avoid injury, keep fingers away from the adjustment holes.



### 4 Adjust the Seat Height

Use the seat adjustment knob to raise or lower the seat height (refer to B). To raise the height, turn the seat adjustment knob counterclockwise and pull the knob out. Place the seat to the desired position and release the seat adjustment knob. Once the seat adjustment knob snaps into place, secure the position by turning the knob clockwise.

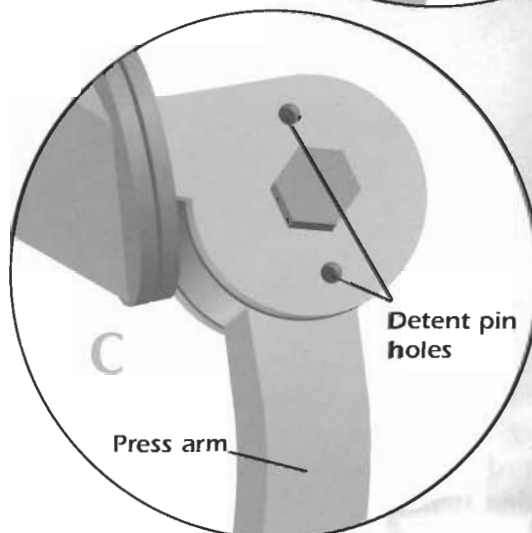


### 5 Adjust/Lock the Press Arms

Insert the detent pins through the top hole first to secure the press arm position (see C). The two settings allow you to determine which setting is most comfortable for you. For more information on exercises, please refer to either your wall chart or the accompanying fitness guide.

#### **IMPORTANT**

Use caution when performing any exercise without the detent pins – if the press bar is released, it could potentially injure your chest.



# Customer Information

## *We're Just a Toll-Free Call Away*

We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. And, 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 1-800-273-8109.

### Customer Service Hours

7 a.m. to 8 p.m. Monday through Friday

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

Central time

### Call Us

**1-800-273-8109**

### Write Us

NordicTrack Customer Service

103 Peavey Road

Chaska, Minnesota 55318

M600

### E-Mail Us

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)

### Relay Us

Hearing impaired customers with

TDD access, please call

**1-800-821-1317.**

## 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, contact our Customer Service Department at 1-800-273-8109 within the 30 day trial period and we will gladly exchange your product or provide return authorization and instructions. If you do not have the original packing materials, there will be an additional charge for any materials sent to you. Upon receipt of your product at NordicTrack, we will refund your original purchase price minus a fee equal to the standard shipping and handling fee for this product. Please allow up to two weeks for the crediting process. The 30 day trial policy does not apply to reconditioned, discontinued or close-out merchandise. All shortages or damages must be reported to customer service within 30 days.

# NORDICFLEX® UltraLift™

by NordicTrack



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