

NordicTrack's
Fitness
SOLUTIONS™



NordicTrack's **Back & Stomach Machine™**

ASSEMBLY,
OPERATION
AND FITNESS
PROGRAMS

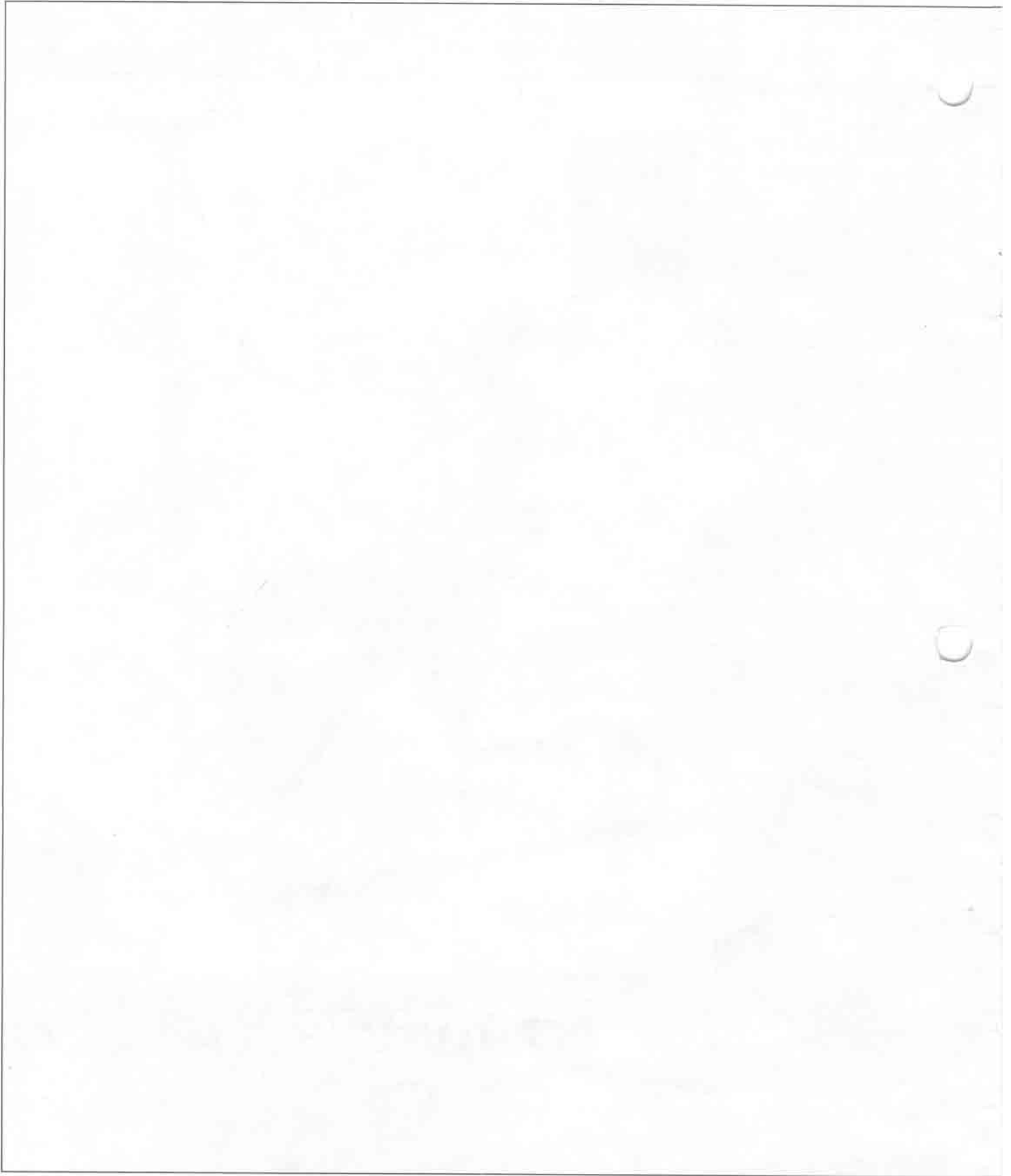


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IMPORTANT: *Make certain you read through this entire manual before exercising on NordicTrack's Back & Stomach Machine™.*



INTRODUCTION

Congratulations! With your purchase of NordicTrack's Back & Stomach Machine™ you've made a commitment to improve your health and overall quality of life.

Studies performed at the National Center for Health Statistics show that 80 percent of Americans will suffer from back pain at some point in our lives. Most cases of back pain (4 out of 5) are due to weak muscles. A regular conditioning program on NordicTrack's Back & Stomach Machine will strengthen and tone the necessary muscle groups to help relieve – even prevent – back pain.

The *erector spinae* (lower back), *oblique* (side) and *abdominal* (stomach) muscles are the three primary muscle groups that must be strengthened and toned to help ensure a life free of back pain. NordicTrack's Back & Stomach Machine focuses on these muscle groups with three efficient exercises designed specifically to perform important toning exercises: back extension, abdominal flexion and lateral flexion. You get a quick, effective workout every time.

NordicTrack's Back & Stomach Machine is designed exclusively for strengthening, tightening and toning the abdominal and low-back muscles in the trunk region of the body. Exercising these muscles helps reduce stress, relieve back pain and decrease the risk of injury from everyday activities. And because NordicTrack's Back & Stomach Machine is easy to use and requires so little maintenance, taking care of your back will become a part of your everyday life.

This manual is intended to assist you in the setup, use and care of your Back & Stomach Machine. It also provides fitness information to help you make positive lifestyle changes and conditioning routines in order to get the most from each workout. If you ever have questions concerning the assembly, use or maintenance of your unit, our superb Customer Satisfaction Department is available to assist you. Each friendly Representative has thorough knowledge of the machine, and takes pride in providing the best service available.

Now that you have the proper equipment and support you need, you are ready to start your strengthening program to help you enjoy a life free from back pain.

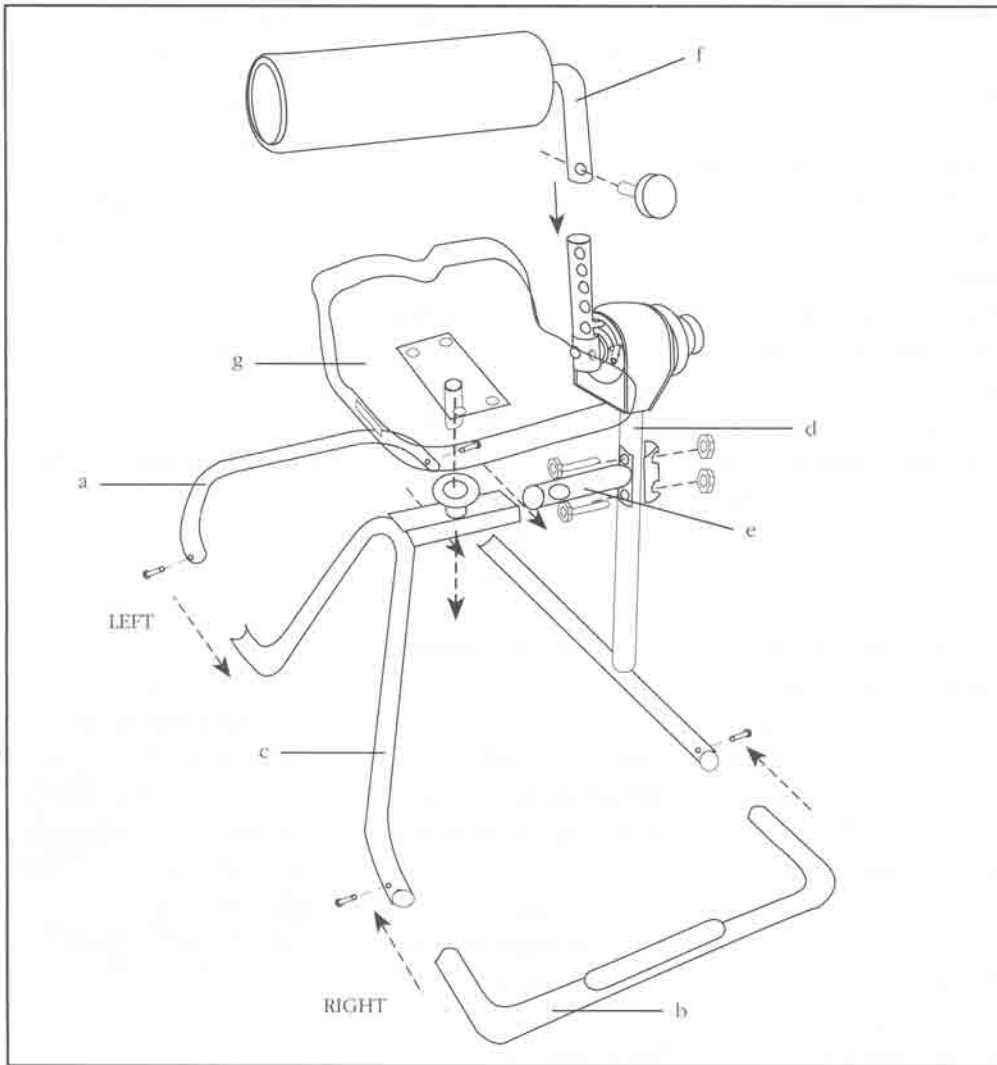
"For proper back care, it's important to strengthen and stretch all three muscle groups of your mid-section—the back, abdominals and obliques. This machine effectively works all three of these important muscle groups."

— **Robert Buckingham III, Dr. P.H.**
Advisory Board Member,
National Exercise For Life Institute
College of Health and
Human Performance
Mankato State University

"NordicTrack's Back & Stomach Machine doesn't require complicated instructions, making it easy and convenient for almost anyone to use."

— **Fred R. T. Nelson, M.D., F.A.C.S.**
Orthopedic Surgeon
Bethesda, MD

PARTS LIST



End foot piece with antiskid wrap (a)	1	1/4" cap head bolt	8
End foot piece with foam wrap (b)	1	2" cap head bolt	2
Front tube (c)	1	Nut	2
Resistance assembly tube (d)	1	3" washer	1
Seat tube (e)	1	Detent pin with knob	1
Resistance arm (f)	1	3/16" Allen wrench	1
Seat (g)	1	5/32" Allen wrench	1
		Flat combination wrench	1

ASSEMBLY AND ADJUSTMENT

ASSEMBLY

1. Attach seat tube (e) to the resistance support assembly tube (d) by aligning holes in seat-tube bracket and the two pre-drilled holes in the resistance assembly support tube. Insert two 2" cap head bolts through aligned holes and **finger-tighten** nuts onto bolts.

NOTE: Make certain seat tube is on opposite side of resistance assembly from adjustment knob.

2. Slide square tube of front tube piece (c) over seat tube (e) until holes in each are aligned. Place 3" washer on seat pin found on underside of the seat. Insert seat pin through aligned holes.

3. Slide both ends of end foot piece with foam wrap (b) into the left end of the machine. Secure with four 1/4" cap head bolts. Slide foam sleeve over joint of tubes. (The left and right of the machine are determined by standing on the outside of the machine, next to the resistance assembly, facing the resistance assembly.)

4. Slide end foot piece with antiskid wrap (a) into tubes extending from the right side of the machine. Secure with four 1/4" cap head bolts. Slide foam sleeve over joint of tubes.

5. Secure two 2" cap head bolts for resistance assembly and seat (mentioned in step 1) with flat wrench provided.

6. Slide resistance arm (f) over tube extending from resistance mechanism. Position arm at the desired height. Secure with detent pin.

ADJUSTMENT

Resistance Arm Height:

1. Remove detent pin from resistance arm.
2. Slide resistance arm to desired position. Align holes and insert detent pin.

Safety Belt:

To fasten safety belt: Slide portion with tabs into other portion until tabs click into position.

Pull on either end of belt to adjust tightness.

Note: Belt should fit snugly around lap, while not prohibiting you from properly performing each exercise.

To remove safety belt:

Depress tabs on fastener and pull the different portions apart.

Resistance Mechanism:

Turn adjustment knob, located on outside of resistance mechanism. Follow directional arrows to increase and decrease resistance.

Choosing a resistance level that's right for you:

When you begin your workout, set resistance to a comfortable level that allows you to maintain proper form through the desired number of repetitions. Working against too much resistance may cause you to practice poor form, resulting in decreased benefits to the target muscle.

"What my patients like best about NordicTrack's Back & Stomach Machine™ are the smooth resistance and easy-to-reach tension control. You don't have to leave your seat or stretch to adjust the resistance. That's significant convenience for back pain sufferers."

— Craig Johnson, P.T.
Private Practice
White Bear Physical & Sports Therapy
White Bear Lake, MN

Consult your physician for recommendations and guidelines before starting any exercise program.

Research statistics from the National Center for Health Statistics show that 80% of all Americans will experience low-back pain at some point in their lives. Back problems can be caused by a variety of reasons including weak muscles or a sedentary lifestyle. People with low levels of physical fitness tend to have weaker abdominal and back muscles, which provide the majority of support for the back. The result is an increase in the risk of injury.

The good news is that these studies also indicate that a more active lifestyle, including regular exercise, decreases the risk of experiencing back pain.

Knowing how a healthy spine works may help you understand how you can develop

and protect your back – keeping it free from pain. Your back has three main functions: **rigidity** for support, and when combined with flexibility, for proper movement; **protection** for your spinal cord; **shock absorption** while performing weight-bearing and high-impact activities.

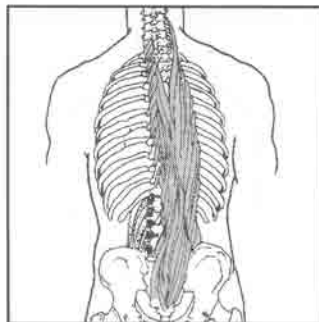
When any one of these areas is neglected, you may experience injury and pain.

Eight of every 10 instances of back pain can be traced to one of these sources:

- Muscles
- Disks
- Joints

Muscles have three basic functions:

1. Support
2. Movement
3. Protection



If your muscles are deconditioned they will not satisfactorily perform their three basic

functions. Back muscles contract and relax as the body moves in normal operation. Placed under stress, an unconditioned muscle can spasm and tense up like a hard ball. The obvious result is sharp, uncomfortable pain.

Strengthening the abdominal muscles along with the back muscles improves support, movement and protection of the low back.

Disks are flexible pads that separate the vertebrae and provide safety for the spine by:

- Absorbing shock
- Resisting compression of the spine
- Aiding in flexibility
- Transferring forces between vertebrae



Disks are made up of an inner spongy material called *nucleus pulposus*, and fibrous outer rings, or disk walls, called *annulus fibrosus*. When

ANATOMY OF THE BACK AND STOMACH

"For anyone who is rehabilitating at home and looking to prevent major back problems from returning, NordicTrack's Back & Stomach Machine is a worthwhile investment."

— Gary Reinholtz, A.T.C.
Certified Athletic Trainer
Gustavus Adolphus College
St. Peter, MN

"NordicTrack's Back & Stomach Machine eliminates the need for floor exercises, and it allows you to strengthen your muscles without aggravating painful areas."

— Peggy Bodine-Reese, P.T.
Private Practice
Pioneer Hospital
Meeker, CO

disks are injured or displaced, they place pressure on nearby spinal nerves, causing back discomfort. Deterioration, through aging and wear and tear of the disks, can also cause discomfort.

Deterioration of the disks can also lead to disk *bulge*. If a bulging disk receives additional trauma, its spongy center may rupture, resulting in a *herniated disk*.

Bulging and ruptured disks can be avoided by properly maintaining your spine through exercise, and practicing proper body mechanics. Participating in a flexibility and aerobic exercise routine, as well as a strengthening program on NordicTrack's Back & Stomach Machine™, can help prevent the degeneration of disks.

Joints in the spine, called *facet joints*, are the third most common source of back pain. Facet joints are hinge-like structures that connect the vertebrae and allow proper movement while preventing rotational movement.



These joints are not intended to carry heavy loads when the back is arched back or hyperextended — the time most back injuries occur. Stressing the facet joints in this way can lead to a condition called *spondylolysis* or *spondylolisthesis*.

Other causes:

Back pain can also be a result of spinal deformities such as *scoliosis* or *lordosis*. Scoliosis is an abnormal lateral curve in the spine. Lordosis is an inward curve of the lumbar spine.



Scoliosis

If you have any of the previously mentioned conditions, exercise may be your best treatment.

Back experts agree that participating in a complete exercise program for the back and abdominal region can accelerate recovery in most back pain cases, and is preferred over surgery.

A complete exercise program for the trunk consists of flexibility exercises, aerobic exercises and muscular strength and endurance exercises on NordicTrack's Back & Stomach Machine™.

Muscular strength and

endurance in the trunk region helps you in all areas of your life. Perform your daily work more efficiently. Participate in recreational activities with more ease and control, and maintain the independence you want.

Flexibility for the trunk provides ease of movement in all directions allowing you to be more limber, nimble and efficient in all your activities.

Aerobic exercise provides top-level conditioning and releases natural pain-killing hormones called endorphins.

TRAINING GUIDELINES

WARM-UP

1. Warming up prepares your body for exercise. A five- to ten-minute warm-up should be performed before each strength-training session. Activities that raise your heart rate and warm the working muscles are acceptable. Activities may include brisk walking, using the NordicTrack® ski exerciser, or marching in place.

2. Your warm-up exercises should be done in slow, controlled motions — avoid bouncing movements. Rapid, jerky movements may increase the risk of injury.

3. Maintain regular breathing throughout your warm-up.

STRETCHES

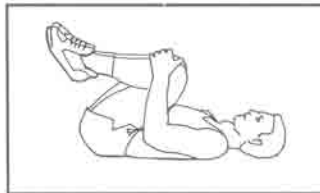
Low Back

Flexion Stretches

1. Keep low back flat against floor and bring one knee to chest. Hold 30 seconds, then switch legs.



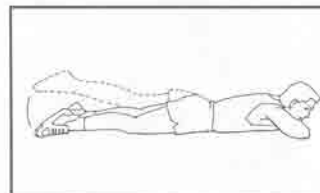
2. Keep low back flat against floor and bring both knees to chest. Hold one minute.



Low Back

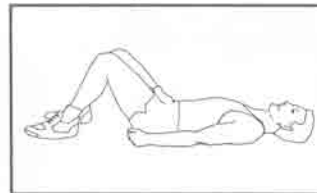
Extension Stretch

Lie face down and place palms on the floor at chest/shoulder level. Use arms to push chest off floor, keeping your pelvis on the ground and your low back and abdominal muscles relaxed. Raise chest to a count of three, hold for a count of three, and lower to a count of three. Repeat five times.



Pelvic Tilt

Lie on your back with knees bent and heels approximately 12 inches from hips. With tightened buttock muscles, firmly press low back into floor and tilt hips toward head. Hold two to three seconds and repeat.



Trunk Flex

While on your hands and knees, tuck chin in and arch your back. Slowly sit back on your heels, letting shoulders drop toward the floor. Hold 10 to 30 seconds and return to starting position. Repeat five times.



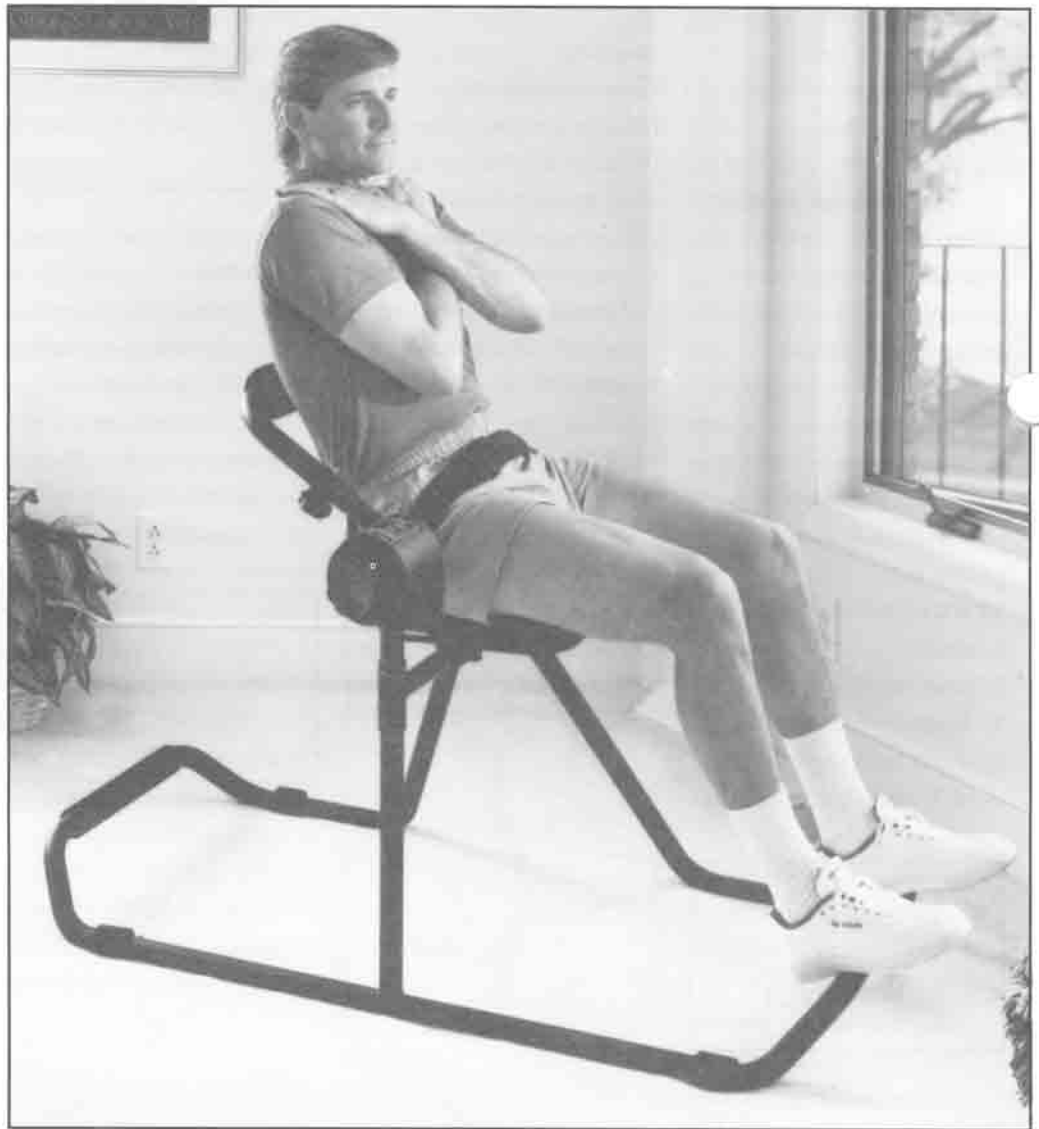
Consult your physician for recommendations and guidelines before starting any exercise program.

IMPORTANT

1. If you experience discomfort or pain during your warm-up, strengthening session or cool-down, decrease the range of motion for each exercise. If you have persistent pain, stop exercising and contact your physician.

2. Work at your own pace and level of exertion. If the recommended program is too difficult, adjust it to meet your needs and abilities.

3. For best results, maintain correct posture when performing exercises. Keep your back aligned and abdominal muscles contracted.



FITNESS PROGRAMS

IMPORTANT: If you feel any unusual discomfort during the following exercises, stop immediately and consult your physician. Stop any exercise that increases back pain or causes tingling, numbness or weakness in your limbs.

An adjustable range-of-motion limiter (stop lever), located on the housing ratchet, lets you control the range of motion of the resistance arm. The stop lever should be pivoted to the **closed** position during the back extension exercise and to the **open** position during abdominal and oblique exercises.



BACK EXTENSION (Back exercise)



Getting started:

- Sit with resistance mechanism to your right.
- Position padded lever arm at the base of your shoulder blades.
- Set stop lever to closed position.
- Place feet on top of footrest. Fasten safety belt.
- Rest hands on top of thighs or fold across chest.

To perform: Extend trunk backward in a controlled motion until your back is in line with your pelvis (see

photo). It is important that the movement is generated from the low back, not the legs. Also, maintain a pelvic tilt position of the low back throughout the movement.

NOTE: *Avoid hyperextension (going beyond normal limits of motion) of the low back.*

NOTE: *We recommend using the stop lever when you first perform this exercise.*

Muscle groups:

Erector spinae

Frequency:

This exercise should be done three times a week on an every-other-day basis (e.g., Monday, Wednesday, Friday).

Sets: Two to three sets each session.

Repetitions: Complete between 15 and 30 repetitions for each set. (If you are participating in a back-rehabilitation program or have a low fitness level, you may want to begin with eight to 15 repetitions, using light resistance.)

Progression: When 30 repetitions are completed with proper form, slightly increase resistance.

ABDOMINAL FLEXION

(Stomach exercise)



Getting started:

- A. Sit with resistance mechanism to your left.
- B. Position padded lever arm on upper chest.
- C. Set stop lever to open position.
- D. Place feet underneath padded footrest. Fasten safety belt.
- E. Rest hands on top of thighs or fold across chest.

To Perform: Curl trunk forward, approximately 30 degrees, from an erect seated position. Tightening abdominal muscles while curling forward provides the best results. The movement should be controlled and smooth. When fully flexed forward, extend back and repeat.

Muscle groups:

Rectus abdominis

Frequency: This exercise should be done three times a week on an every-other-day

basis (e.g., Monday, Wednesday, Friday).

Sets: Two to three sets each session.

Repetitions: Complete between 15 and 30 repetitions each set. (If you are participating in a back-rehabilitation program or have a low fitness level, you may want to begin with eight to 15 repetitions, using light resistance.)

Progression: When 30 repetitions are completed with proper form, slightly increase resistance.

LATERAL FLEXION

(Side exercise)



Getting started:

- A. Sit with resistance mechanism behind you.
- B. Position padded lever arm under your right armpit.
- C. Place feet squarely on the floor in front of you. Fasten safety belt.
- D. Wrap right arm over the top of the padded lever arm. Rest right arm at your side or on top of thigh.

To perform: Bend your body to the right, making sure the movement is generated from the waist. Improper movement would be to rock the entire body from side-to-side. When the exercise is completed, reverse the position of the chair and continue to exercise the opposite side.

Muscle groups:

Internal obliques and external obliques.

Frequency: This exercise should be done three times a week on an every-other-day basis (e.g., Monday, Wednesday, Friday).

Sets: Two to three sets each session.

Repetitions: Complete between 15 and 30 repetitions each set. (If you are participating in a back-rehabilitation program or have a low fitness level, you may want to begin with eight to 15 repetitions, using light resistance.)

Progression: When 30 repetitions are completed with proper form, slightly increase resistance.

IS STRENGTH TRAINING ENOUGH?

The benefits of adding aerobic training or a total-body fitness program to your strengthening routine include:

- Balanced Fitness™.
- Weight loss.
- Improved endurance.
- Total-body conditioning (upper back, chest, arms and legs).
- Increased heart and lung efficiency.
- Improved well-being and quality of life.

An excellent complete fitness program may include:

The **NordicTrack® ski machine** or **NordicTrack's Aerobic Cross-Trainer™**.

Both of these machines provide excellent aerobic workouts to ensure a safe, highly motivating and diverse training program that tones all major muscle groups as well as fortifying the heart and lungs. **Call 1-800-328-5888 for information or to order. NordicTrack's Fitness**



Chair™. This unique total-body strengthening machine uses a patented isokinetic resistance system. Isokinetic resistance, also termed "accommodating resistance," is a highly effective and safe form of strength training that adjusts to your natural strength curve to provide maximum results in a space- and time-efficient machine. Along with the Fitness Chair you also receive a complete strengthening program. **Call 1-800-848-7786 for information or to order.**



If you would like additional information on back care and general health, please call **The National Exercise For Life Institute (NEFLI) at 1-800-358-3636.** NEFLI is an informational, educational organization dedicated to providing information to the general public, medical profession and media to promote the start and maintenance of

personal exercise programs. For additional educational resources, we suggest the following publications for your benefit:

Hochschuler, Stephen, MD:

Back in Shape: A Back Owner's Manual

Page after page of photographs and lively text explain why back pain occurs and how to prevent it with exercise from one of America's premier back specialists.

The National Exercise For Life Institute: ***The New Fitness Formula of the 90's.***

Everything you need to know to achieve optimal health and Balanced Fitness™. Insights by fitness authorities including Dr. Kenneth Cooper, Dr. Sydney Lou Bonnick, Dr. Robert Cooper and many more.

Bailey, Covert. ***The New Fit or Fat.*** Boston: Houghton Mifflin Company, 1991.

How to attain permanent weight control and physical fitness through a complete exercise program. Learn to design your own aerobic plan and have fun doing it.

MAINTENANCE

Periodically apply mica talc (a bag of the lubricant was sent along with the machine) to the cone within the resistance mechanism to ensure consistent, peak performance. How often you apply the mica talc depends on how frequently the machine is used. Apply talc if resistance becomes uneven or if the brake begins to make noise:

1. Remove resistance knob.
2. Carefully remove washer-bearing-washer assembly and large washer.
3. Slide cone out of resistance housing.

Do not completely remove cone from shaft.

4. Evenly apply talc with finger or a fine paint brush to black rubber surface of the cone. Rotate cone as you apply talc so its entire surface area is covered.
5. Replace cone, large washer and washer-bearing-washer assembly.
6. Replace resistance knob and tighten. Work resistance arm back and forth as knob is being tightened to ensure proper seating of brake assembly.

For additional mica talc, please contact our Customer Satisfaction Department at 1-800-243-3648.

CUSTOMER INFORMATION

If you have any questions about the setup, operation or maintenance of NordicTrack's Back & Stomach Machine™, please contact our Customer Satisfaction Department. Our knowledgeable and friendly representatives are available to assist you.

1-800-243-3648

Monday through Friday, 8 AM to 5:30 PM CST

Saturday, 8 AM to 4:30 PM CST

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for NordicTrack's Back & Stomach Machine™. Should you decide to return the Back & Stomach Machine, YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING BY CALLING 1-800-243-3648.

Once the Customer Satisfaction Department has been notified, ship the product prepaid and insured within the 30-day period. Upon receipt at NordicTrack, Inc., we will refund the full purchase price and the initial ground shipping charges. Return shipping charges are the responsibility of the customer. IT IS THE CUSTOMER'S RESPONSIBILITY TO PACK THE BACK & STOMACH MACHINE AS IT ARRIVED. ANY DAMAGE RESULTING FROM IMPROPER PACKAGING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc. will, for two years from date of purchase, repair or replace at its factory, 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, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on components.

TO OBTAIN SERVICE UNDER THIS WARRANTY, CALL OUR CUSTOMER SATISFACTION DEPARTMENT AT 1-800-243-3648. INCLUDE PROOF OF PURCHASE AND A BRIEF STATEMENT DESCRIBING THE DEFECT. ALL SHIPPING COSTS TO RETURN NORDICTRACK'S BACK & STOMACH MACHINE 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 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; you may also have other rights which vary from state to state.

Any questions regarding this warranty, use or operation of the NordicTrack Back & Stomach Machine should be directed to our Customer Satisfaction Department at 1-800-243-3648.

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