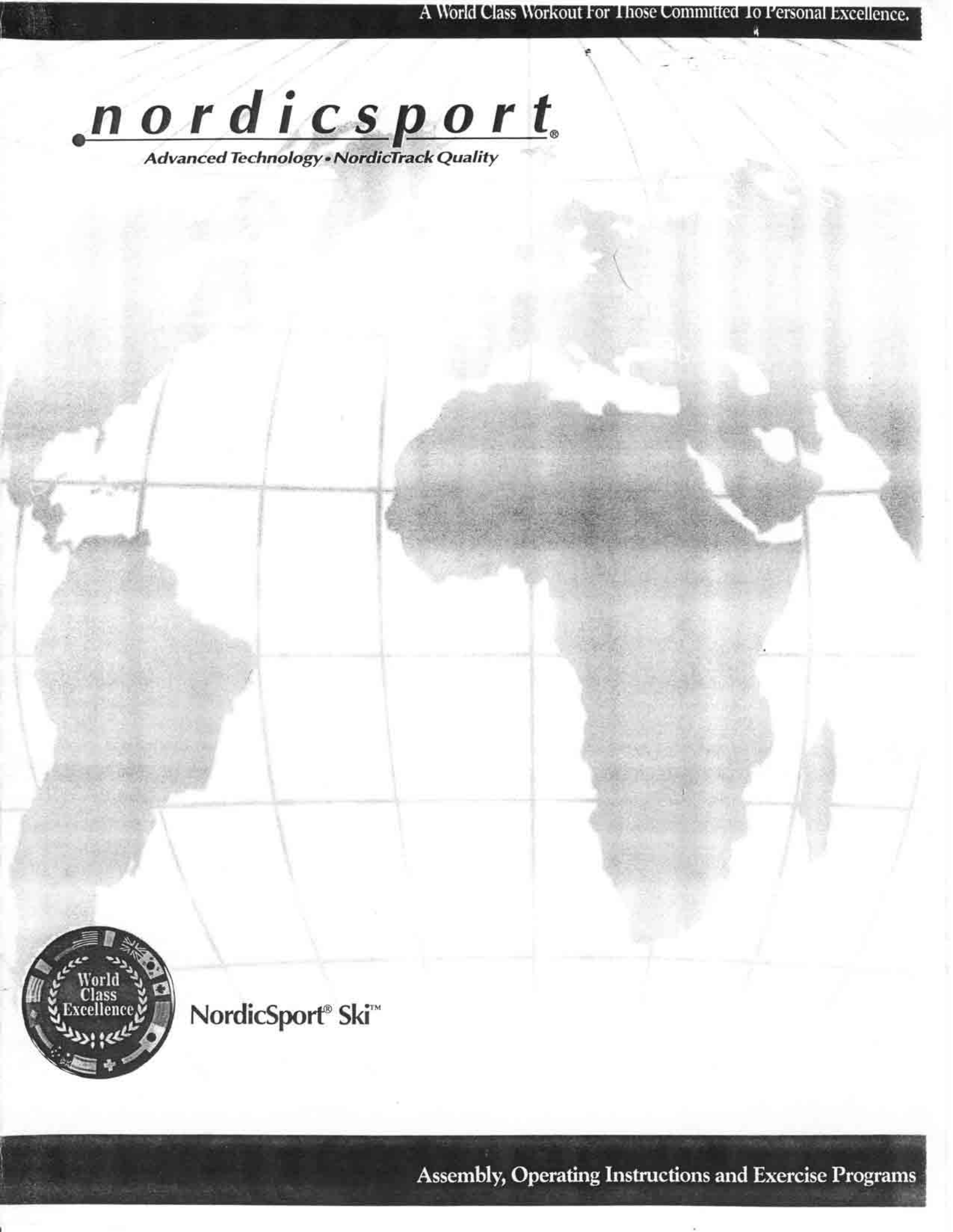


# ***nordicsport***®

*Advanced Technology • NordicTrack Quality*



**NordicSport® Ski™**

# TABLE OF CONTENTS



Welcome to the NordicSport Ski .....	2
Assembly: NordicSport Ski 300™ .....	4
Assembly: NordicSport Ski 350™ .....	6
Assembly: NordicSport Ski 450™ .....	8
Assembly: NordicSport Ski World Class™ .....	10
Adjustable Features .....	13
Operation .....	16
Your Personal Fitness Program .....	18
Recommended Stretches .....	20
Training Programs .....	22
Workout Logs .....	29
Maintenance .....	30
Troubleshooting .....	32
NordicSport Ski Accessories .....	33
Developing a Balanced Fitness™ Program .....	34
Customer Information .....	35

*The following pages contain important information that will help you maximize your workouts with the NordicSport® Ski™ exerciser. Be sure to read this entire manual thoroughly before attempting to use the machine.*

*Please peel the backing from your invoice and attach it to the inside back cover of this manual. The Customer Service Department toll-free phone number is found on the invoice, as well as other important information. Refer to your invoice if you need to call our Customer Service Department Representatives.*



# WELCOME TO THE NORDICSPORT SKI

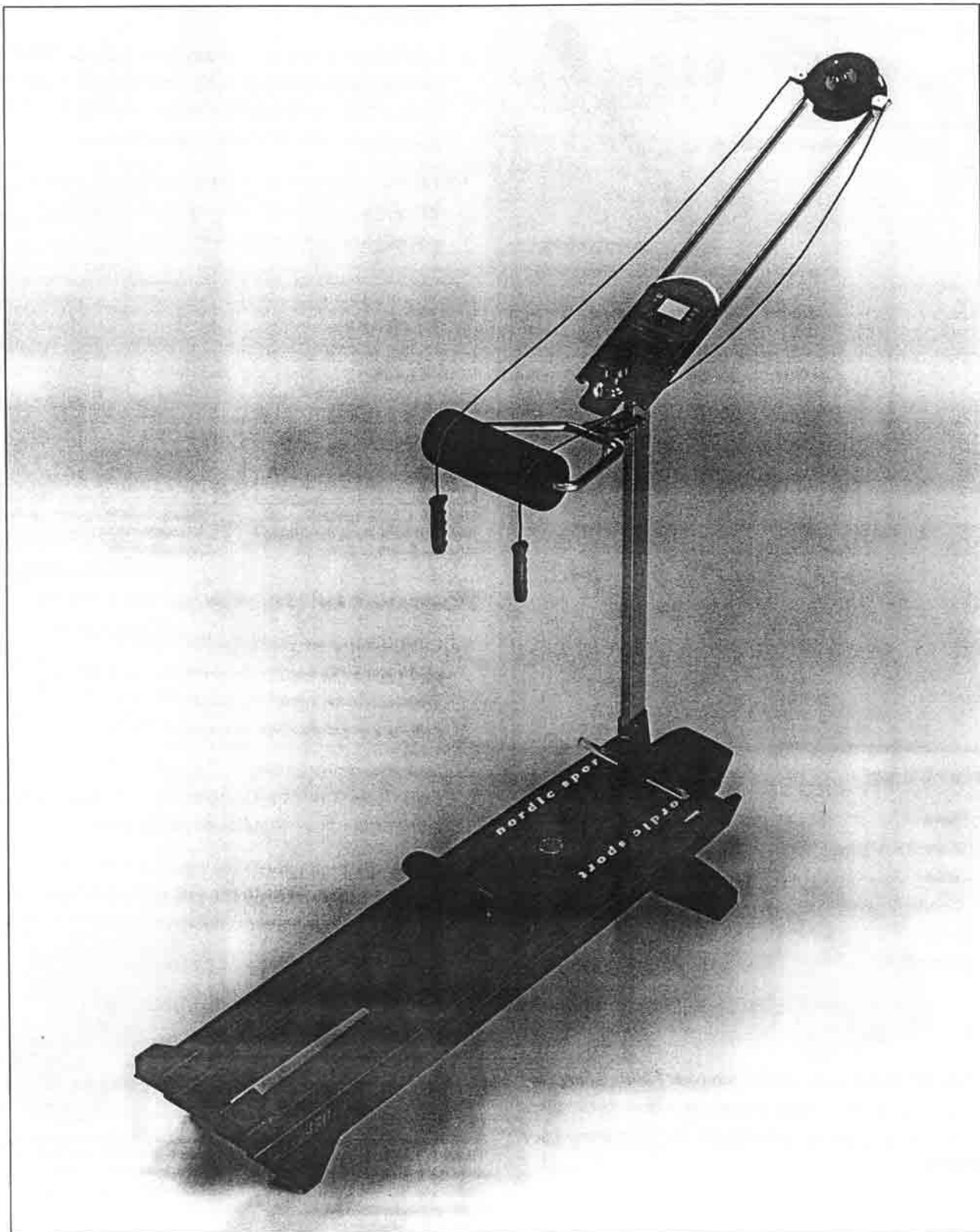
Congratulations! You have made an excellent investment in your health.

The NordicSport Ski exerciser offers a total-body workout that is safe, simple and effective. You can decrease your body fat, improve your cardiovascular fitness and tone your muscles with the smooth, non-jarring motion of cross-country skiing.

Your NordicSport Ski exerciser features the patent-pending MC<sup>2</sup><sup>™</sup> resistance system (pronounced "em-see squared"), our new, revolutionary resistance mechanism. This electromagnetic resistance unit allows you to fine-tune your workouts with its resistance level and snow condition adjustment features.

This manual provides you with the information you need to assemble, operate and maintain your NordicSport Ski exerciser. The training information and programs, created by exercise physiologists at the National Exercise For Life Institute, will guide you in developing your personal training program.

The NordicSport Ski exerciser's low-maintenance, high-durability design will continue to meet your fitness demands year after year. Please call our Customer Service Department at the toll-free phone number on your purchase invoice if you have any questions.

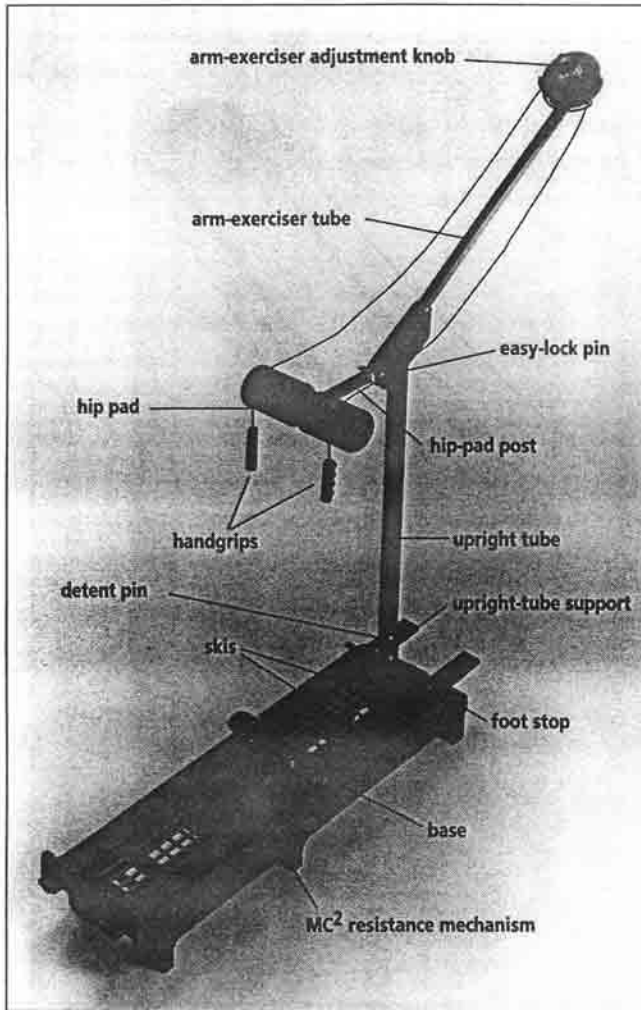


NordicSport Ski 450™ exerciser shown



# ASSEMBLY

## NORDICSPORT SKI 300



### PARTS LIST

- 1 Base
- 1 Easy-lock pin
- 2 Skis
- 1 Control panel
- 1 Information packet
- 1 Detent pin

*NOTE: We recommend unpacking your NordicSport Ski 300 exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your trial period.*

### POSITION THE UPRIGHT TUBE AND THE ARM-EXERCISER TUBE

1. Remove the detent pin from the base of the upright tube.
2. Lift the upright tube into place until the holes in the upright-tube support and the upright tube line up (Figure 1). Insert the detent pin so it extends completely through all of the holes.
3. Lift the arm-exerciser tube into place (Figure 2). Be sure the snap buttons\* are in the extended positions on both sides of the tube.



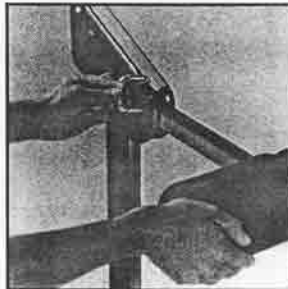
**Figure 1:** Lift the upright tube until the holes in the upright tube and base line up.



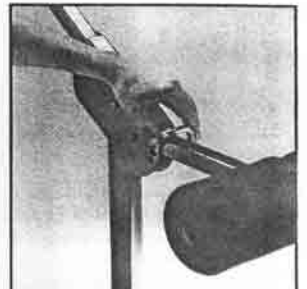
**Figure 2:** Raise the arm-exerciser tube until the snap buttons are locked into place.

### POSITION THE HIP PAD

1. Lift the hip pad and align the holes in the hip-pad post with one of the nine sets of holes in the arm-exerciser tube (Figure 3). See page 14 for details on the proper position of the hip pad.
2. Insert the straight end of the easy-lock pin from left to right through the holes. Be sure that the end of the pin extends through the holes.
3. Rotate the bent side of the pin down over the hip-pad post, securing the pin in place (Figure 4).



**Figure 3:** Lift the hip pad and align the holes in the hip-pad post with one of the nine sets of holes in the arm-exerciser tube.



**Figure 4:** Rotate the easy-lock pin down onto the hip-pad post, securing the hip pad in place.

*\*NOTE: The snap buttons may feel stiff initially. With use, the snap buttons will move more easily.*



## INSTALL THE CONTROL PANEL

1. Hold the control panel over the arm-exerciser tube a few inches from the top of the upright tube.
2. Push the control panel onto the arm-exerciser tube until you feel it snap in position.
3. Take the cord with the "telephone" jack, coming from the top of the upright tube, and plug it into the back of the control panel.
4. Plug the attached thin, black ground wire coming from the back of the control panel onto the clip at the top of the upright tube (Figure 5).

Refer to the separate instructions on how to operate the electronics portion of the control panel. Turn to page 13 for more information on adjusting the leg resistance and snow conditions.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm exerciser cord drum immediately after use.

Your NordicSport® Ski 300™ exerciser is now ready for use. Please turn to page 13 and continue to read the operating and usage instructions that apply to all four of the NordicSport Ski MC<sup>2</sup> models.

Please call our Customer Service Department at the toll-free phone number on your purchase invoice if you have any questions.

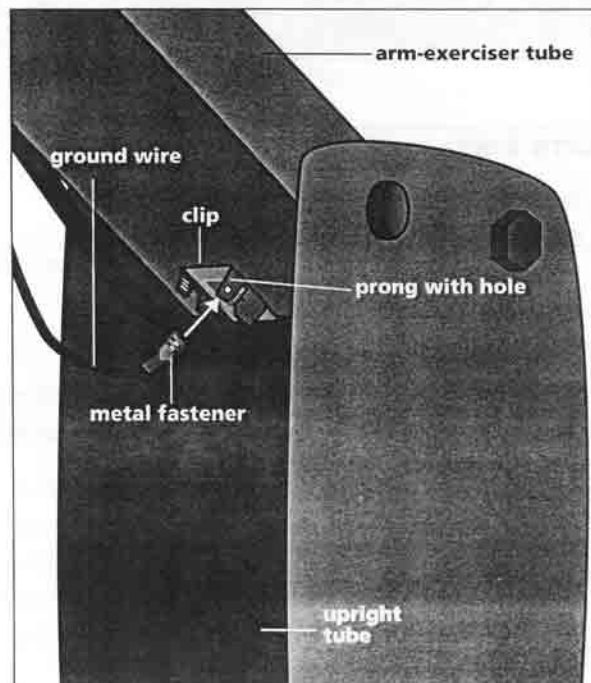
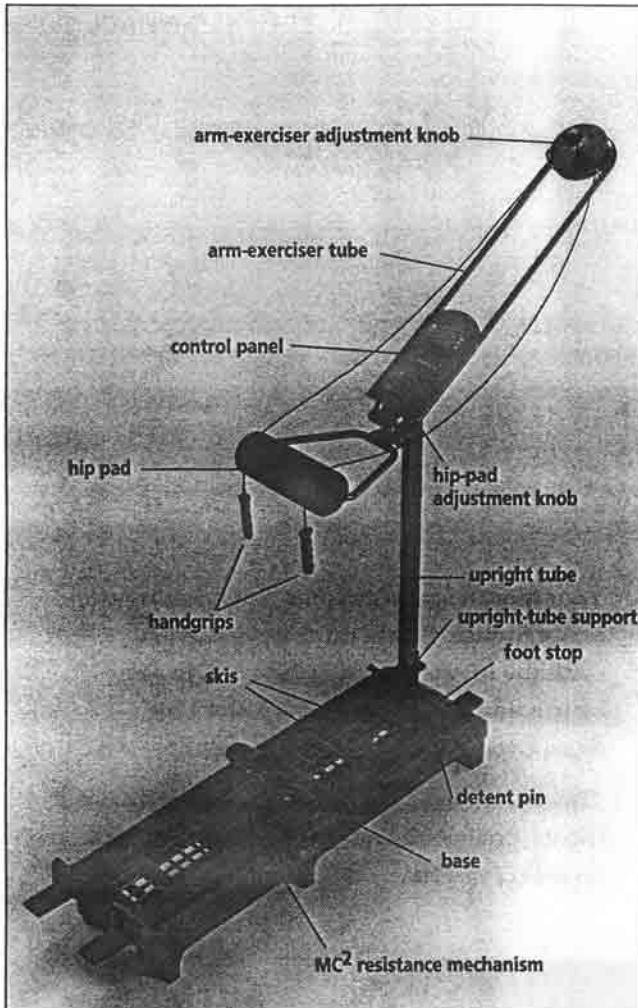


Figure 5: Attach the metal fastener to the prong with the hole in it.



# ASSEMBLY

## NORDICSPORT SKI 350



### PARTS LIST

- 1 Base
- 2 Skis
- 1 Easy-lock pin
- 1 Control panel
- 1 Pulse cord with ear clip
- 1 Electronics instructions
- 1 Information packet
- 1 Detent pin

*NOTE: We recommend unpacking your NordicSport® Ski 350™ exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your trial period.*

### POSITION THE UPRIGHT TUBE, HIP PAD AND ARM-EXERCISER TUBE

1. Remove the detent pin from the base of the upright tube.
2. Lift the upright tube into place until the holes in the upright-tube support and upright tube line up (Figure 1). Insert the detent pin so it extends completely through all of the holes.

*NOTE: If you do not hold on to the hip pad as you lift the upright tube, the hip pad will swing down.*

3. Gently lower the hip pad to its lowest position.
4. Turn the black block on the threaded rod (beneath the arm-exerciser tube) so that the holes in the block are on the side furthest from the upright tube.
5. Lift the arm-exerciser tube into place (Figure 2). Be sure the snap buttons\* are in the extended position on both sides of the tube.



**Figure 1:** Lift the upright tube until the holes in the upright tube and base line up.



**Figure 2:** Raise the arm-exerciser tube until the snap buttons are locked into place.

6. Lift the hip pad and align the holes in the hip-pad post with the hole in the black block.

*NOTE: It may be easier to align the holes if you turn the large black knob at the bottom of the arm-exerciser tube counterclockwise several turns.*

*\*NOTE: The snap buttons may feel stiff initially. With use, the snap buttons will move more easily.*



7. Insert the straight end of the easy-lock pin through the holes in the right side of the hip-pad post and the black block (Figure 3). Be sure the pin extends through the holes on both sides of the hip-pad post and the block.
8. Rotate the bent side of the pin down over the right side of the hip-pad bracket.
9. Turn the large black knob at the bottom of the arm-exerciser tube to adjust the height of the hip pad (Figure 4). See page 14 for details on the proper position of the hip pad.



Figure 3: Insert the easy-lock pin through the holes, and rotate it over the right side of the bracket.



Figure 4: Turn the knob at the bottom of the arm-exerciser tube to adjust the height of the hip pad.

## INSTALL THE CONTROL PANEL

1. Locate the square hole in the faceplate on your arm-exerciser tube.
2. Place the bottom edge of the control panel into the bottom of the hole in the faceplate. Make sure the small tabs on the control panel catch under the metal faceplate.
3. Push the top of the control panel down until you feel it click into position.
4. Take the cord with the "telephone" jack, coming from the top of the upright tube, and plug it into the back of the control panel.
5. Plug the attached thin, black ground wire coming out of the control box onto the clip at the top of the upright tube (Figure 5).

Refer to the separate instructions on how to operate the electronics portion of the control panel. Turn to page 13 for more information on adjusting the leg resistance and snow conditions.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm exerciser cord drum immediately after use.

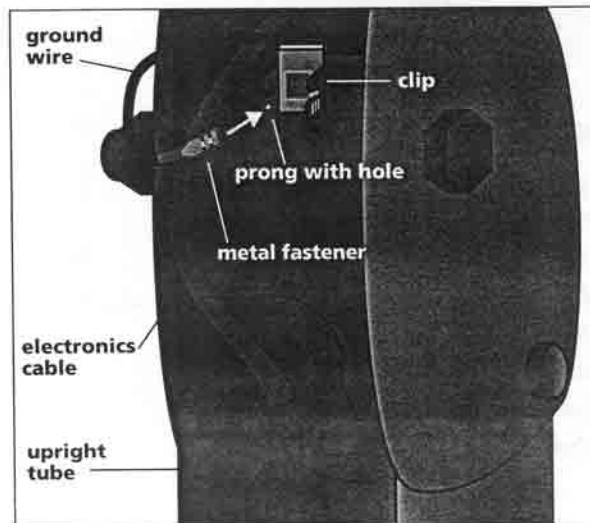


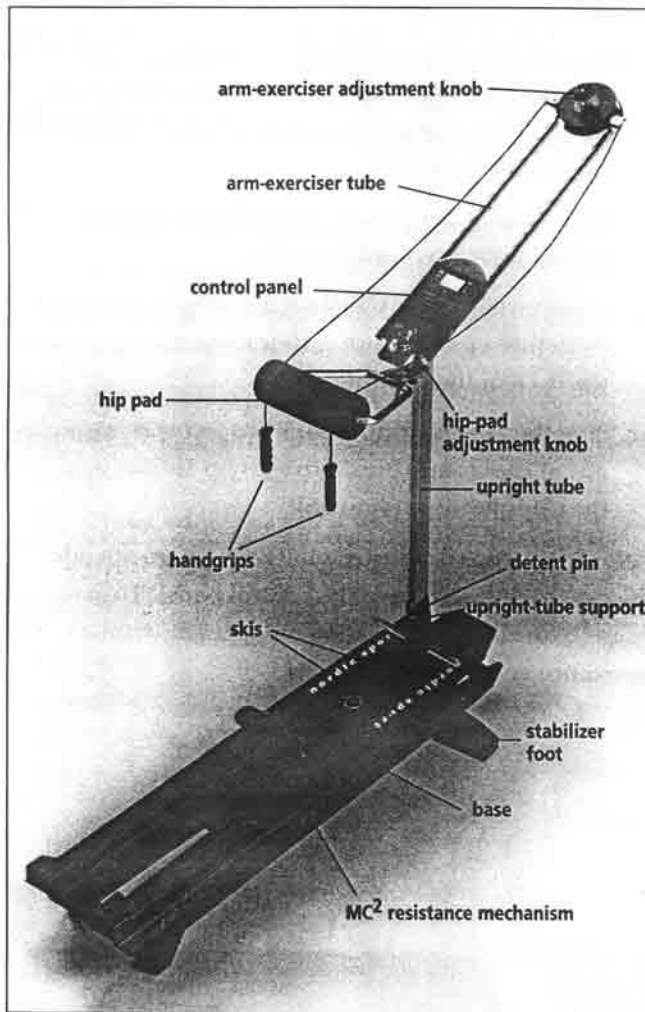
Figure 5: Attach the metal fastener to the prong with the hole in it.





# ASSEMBLY

## NORDICSPORT SKI 450



### PARTS LIST

- 1 Base
- 2 Skis
- 1 Easy-lock pin
- 1 Control panel
- 1 Pulse cord with ear clip
- 1 Electronics instructions
- 1 Information packet
- 1 Detent pin

*NOTE: We recommend unpacking your NordicSport® Ski 450™ exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your trial period.*

### POSITION THE UPRIGHT TUBE, HIP PAD AND ARM-EXERCISER TUBE

1. Remove the detent pin from the base of the upright tube.
  2. Lift the upright tube into place until the holes in the upright-tube support and the upright tube line up (Figure 1). Insert the detent pin so it extends completely through all of the holes.
- NOTE: If you do not hold on to the hip pad as you lift the upright tube, the hip pad will swing down.*
3. Gently lower the hip pad to its lowest position.
  4. Turn the black block on the threaded rod (beneath the arm-exerciser tube) so that the holes in the block are on the side furthest from the upright tube.
  5. Lift the arm-exerciser tube into place (Figure 2). Be sure the snap buttons\* are in the extended position on both sides of the tube.



**Figure 1:** Lift the upright tube until the holes in the upright tube and base line up.



**Figure 2:** Raise the arm-exerciser tube until the snap buttons are locked into place.

6. Lift the hip pad and align the holes in the hip-pad post with the hole in the black block.

*NOTE: It may be easier to align the holes if you turn the large black knob at the bottom of the arm-exerciser tube counterclockwise several turns.*

*\*NOTE: The snap buttons may feel stiff initially. With use, the snap buttons will move more easily.*



7. Insert the straight end of the easy-lock pin through the holes in the right side of the hip-pad post and the black block (Figure 3). Be sure the pin extends through the holes on both sides of the hip-pad post and the block.
8. Rotate the bent side of the pin down over the right side of the hip-pad bracket.
9. Turn the large black knob at the bottom of the arm-exerciser tube to adjust the height of the hip pad (Figure 4). See page 14 for details on the proper position of the hip pad.



Figure 3: Insert the easy-lock pin through the holes, and rotate it over the right side of the hip-pad bracket.



Figure 4: Turn the knob at the bottom of the arm-exerciser to adjust the height of the hip pad.

## INSTALL THE CONTROL PANEL

1. Locate the square hole in the faceplate on your arm-exerciser tube.
2. Place the bottom edge of the control panel into the bottom of the hole in the faceplate. Make sure the small tabs on the control panel catch under the metal faceplate.
3. Push the top of the control panel down until you feel it click into position.
4. Take the cord with the "telephone" jack, coming from the top of the upright tube, and plug it into the back of the control panel.
5. Plug the thin, black ground wire coming out of the control box onto the clip at the top of the upright tube (Figure 5).

Refer to the separate instructions on how to operate the electronics portion of the control panel. Turn to page 13 for more information on adjusting the leg resistance and snow conditions.

## POSITION THE STABILIZER FEET

The front feet on your NordicSport Ski 450 are adjustable to two positions. When you receive the machine, they will be in the "in" position. For more stability, we recommend that you adjust the stabilizer feet to the "out" position. The machine is operable with the feet in either position.

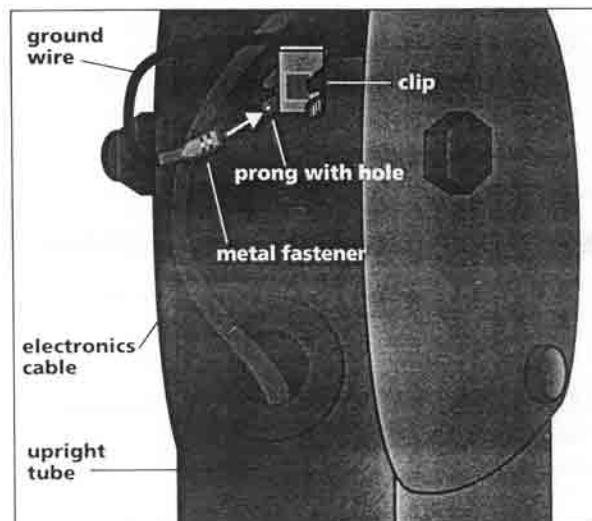
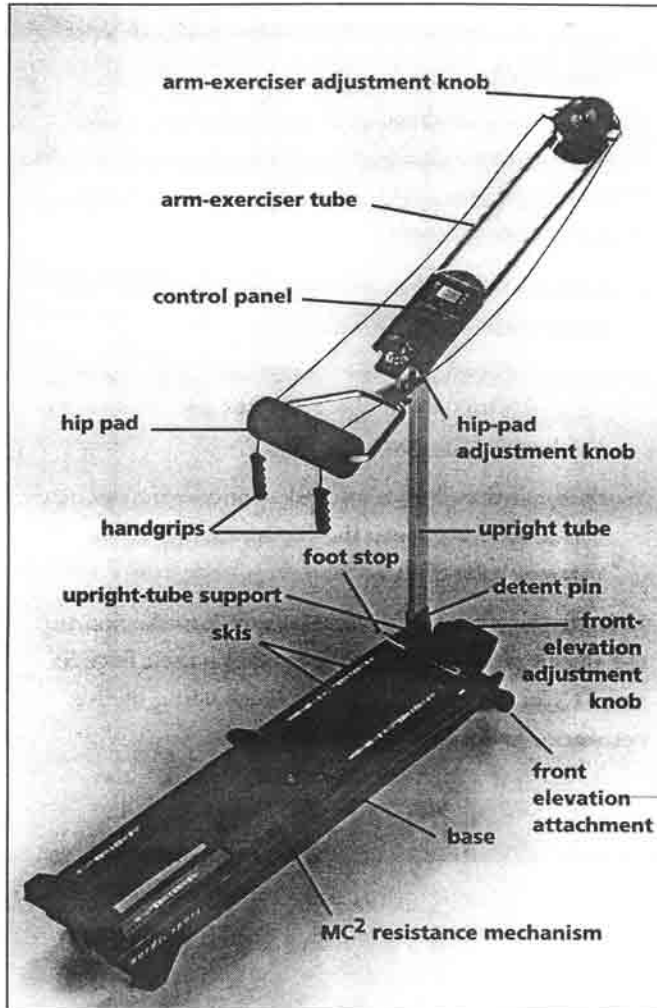


Figure 5: Attach the metal fastener to the prong with the hole in it.



# ASSEMBLY

## NORDICSPORT SKI WORLD CLASS



### PARTS LIST (BOX 1)

- 1 Base
- 2 Skis
- 1 Easy-lock pin
- 1 Control panel
- 1 Pulse cord with ear clip
- 1 Electronics instructions
- 1 Information packet
- 1 Detent pin

### PARTS LIST (BOX 2)

- 1 Front elevation attachment
- 2 Nuts
- 2 Washers
- 2 Plastic spacers
- 1 Socket
- 1 Handle

### TOOLS NEEDED

- 1 Socket and handle (provided)

NOTE: We recommend unpacking your NordicSport Ski® World Class™ exerciser at the location where you intend to use it. Please retain all packing materials for the duration of your trial period.

### INSTALL THE FRONT ELEVATION ATTACHMENT

1. Remove the skis from the base.
2. Lay the base on its side to install the front elevation attachment on the underside of the base.

NOTE: If you prefer, keep the skier upright and use the empty box to elevate the front end of the base.

3. Slide one plastic spacer onto each end of the black rod on the underside of the base. (The black rod is attached to the large, threaded bolt that extends beneath the front elevation adjustment knob.)

NOTE: The black rod should be positioned on the large, threaded bolt so that approximately eight threads of the bolt extend beneath the black rod. If it is positioned higher or lower on the bolt, spin the black rod to raise or lower it.

4. Position the front elevation attachment so that the foot is toward the front of the skier and the bolts are toward the rear (Figure 1).

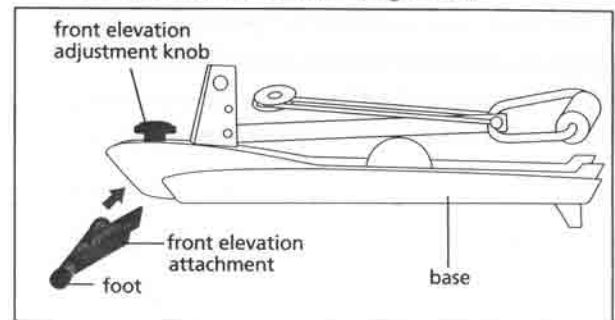


Figure 1: Position the front elevation attachment so the foot faces forward.

5. Hook the curved hangers (Figure 2) on the front elevation attachment around the black rod beneath the skier. (There should be a plastic spacer between each of the curved hangers and the large threaded bolt.) The curved hangers will not fully surround the black rod.
6. Align the two bolts (Figure 2) on the front elevation attachment with the two holes in the base of the skier. (The holes are on either side of the front elevation adjustment knob.)

7. Insert the bolts through the holes in the underside of the base. Slide a washer onto each bolt.

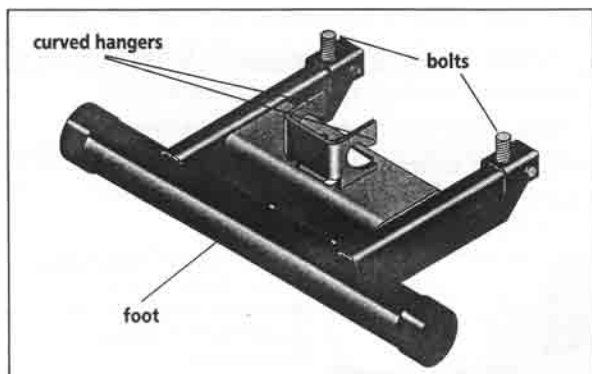


Figure 2: Hook the curved hangers around the black rod beneath the skier.

8. Screw the two nuts onto the bolt. Be sure that the plastic sides of the nuts are facing away from the base of the skier.
9. Use the socket and handle to tighten the nuts until they are very secure.
10. Return the base to its upright position.
11. Replace the skis. They are interchangeable and may be placed on either side of the base.

## POSITION THE UPRIGHT TUBE, HIP PAD AND ARM-EXERCISER TUBE

1. Remove the detent pin from the base of the upright tube.
2. Lift the upright tube into place until the holes in the upright-tube support and the upright tube line up (Figure 3). Insert the detent pin so it extends completely through all of the holes.

*NOTE: If you do not hold on to the hip pad as you lift the upright tube, the hip pad will swing down.*

3. Gently lower the hip pad to its lowest position.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm exerciser cord drum immediately after use.

4. Turn the black block on the threaded rod (beneath the arm-exerciser tube) so that the holes in the block are on the side furthest from the upright tube.
5. Lift the arm-exerciser tube into place (Figure 4). Be sure the snap buttons\* are in the extended position on both sides of the tube.



Figure 3: Lift the upright tube until the holes in the upright tube and base line up.



Figure 4: Raise the arm-exerciser tube until the snap buttons are locked into place.

6. Lift the hip pad and align the holes in the hip-pad post with the hole in the black block.

*NOTE: It may be easier to align the holes if you turn the large black knob at the bottom of the arm-exerciser tube counterclockwise several turns.*

7. Insert the straight end of the easy-lock pin through the holes in the right side of the hip-pad post and the black block (Figure 5). Be sure the pin extends through the holes on both sides of the hip-pad post and the block.
8. Rotate the bent side of the pin down over the right side of the hip-pad bracket.
9. Turn the large black knob at the bottom of the arm-exerciser tube to adjust the height of the hip pad (Figure 6). See page 14 for details on the proper position of the hip pad.

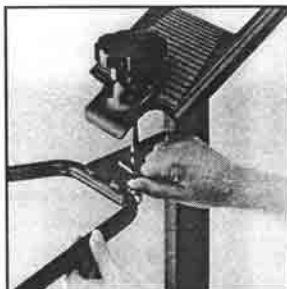


Figure 5: Insert the easy-lock pin through the holes and rotate it over the right side of the hip-pad bracket.



Figure 6: Turn the knob at the bottom of the arm-exerciser tube to adjust the height of the hip pad.

*\*NOTE: The snap buttons may feel stiff initially. With use, the snap buttons will move more easily.*





## INSTALL THE CONTROL PANEL

1. Locate the square hole in the faceplate on your arm-exerciser tube.
2. Place the bottom edge of the control panel into the bottom of the hole in the faceplate. Make sure the small tabs on the control panel catch under the metal faceplate.
3. Push the top of the control panel down until you feel it click into position.
4. Take the cord with the "telephone" jack, coming from the top of the upright tube, and plug it into the back of the control panel.
5. Plug the thin, black ground wire coming out of the control box onto the clip at the top of the upright tube (Figure 7).

Refer to the separate instructions on how to operate the electronics portion of the control panel. Turn to page 13 for more information on adjusting the leg resistance and snow conditions.

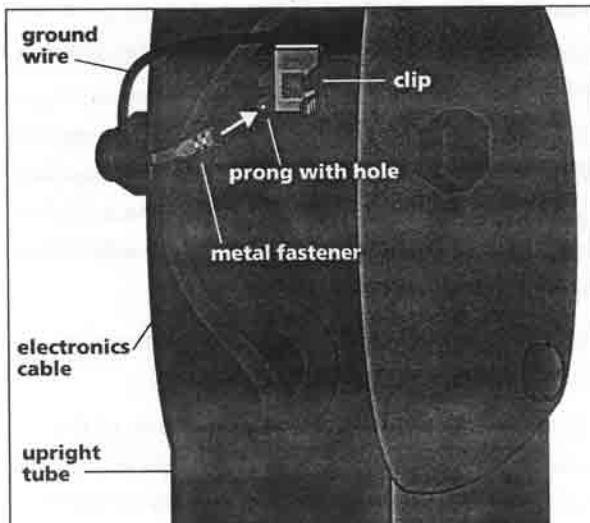


Figure 7: Attach the metal fastener to the prong with the hole in it.

## ADJUST THE FRONT ELEVATION

Your NordicSport Ski World Class features a front elevation adjustment. Turn the knob that is located on the front of the base to adjust the front elevation. We recommend that you begin with the lowest elevation and increase it as your fitness level improves. Turn the knob clockwise to lower the elevation and counterclockwise to raise the elevation (Figure 8).

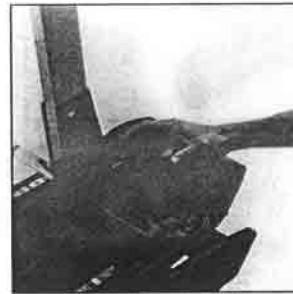


Figure 8: Turn the knob clockwise to lower the elevation and counterclockwise to raise the elevation on your NordicSport Ski World Class exerciser.

Your NordicSport® Ski World Class™ exerciser is now ready for use. Continue on to read the instructions that apply to all NordicSport Ski models.

# ADJUSTABLE FEATURES



Figure 1

## ADJUST THE LEG RESISTANCE

Your NordicSport® Ski™ exerciser features the revolutionary MC<sup>2</sup>™ resistance mechanism. Adjust the resistance and snow condition settings to tailor your workouts to meet your individual fitness needs and goals.

### Adjust the Snow Condition Setting

Move the dial on the left side of the control panel to adjust the snow condition (drag). This setting allows you to adjust the resistance to simulate different snow conditions. There are four settings – wet, slow, normal and fast. Fast allows the most glide, making for an easier workout. Wet has the least glide making for a more challenging workout. You can quickly and easily tailor your workout on the go. The snow condition setting enables you to more closely simulate the motion of cross-country skiing — and it will help to add variety and challenge to your workouts.

### Adjust the Resistance Setting

Move the dial on the right side of the control panel to adjust the resistance setting. The dial, which is labeled “Effort,” has number settings of 0 to 10, with a setting of 10 being most challenging (Figure 1). We recommend that you begin with a resistance setting of “3” or “4.” The resistance should be set high enough to keep you from sliding away from the hip pad. The resistance can be set to match your fitness needs.

*NOTE: Depending on your current fitness level, you may wish to vary your initial resistance setting. A moderate leg resistance will help to stabilize ski movement while you are learning to use the machine. The leg resistance may be adjusted down once you are comfortable with the motion.*

**After you have learned to operate your skier, (page 16), take some time to experiment with the different snow condition settings as well as with the resistance settings.**



## ADJUST THE ARM RESISTANCE

The arm-exerciser resistance can be adjusted by turning the resistance knob on top of the arm-exerciser tube. Turn the knob clockwise to increase the resistance. Turn the knob counterclockwise to decrease the resistance.

## ADJUST THE HEIGHT OF THE HIP PAD (ALL MODELS, EXCEPT 300)

Turn the large knob on the front of the arm-exerciser tube to adjust the height of the hip pad. Turn the knob clockwise to raise the hip pad and counterclockwise to lower it (Figure 2).



Figure 2: Turn the knob clockwise to raise the hip pad and counterclockwise to lower it.

Adjust the hip pad so it rests at hip level, one inch below your navel. The pad should be high enough so that it does not restrict leg movement and low enough so that it does not press against your stomach.

## ADJUST THE HEIGHT OF THE HIP PAD (NORDICSPORT® SKI 300™ OWNERS ONLY)

1. Rotate the easy-lock pin up and away from the hip-pad post.
2. Remove the easy-lock pin from the hip-pad post.
3. Adjust the hip pad so it rests at hip level, one inch below your navel. The pad should be high enough so that it does not restrict leg movement and low enough so that it does not press against your stomach.
4. Align the holes in the hip-pad post with one of the nine sets of holes in the arm-exerciser tube (Figure 3).



Figure 3: Align the holes in the hip-pad post with one of the nine sets of holes in the arm-exerciser tube.

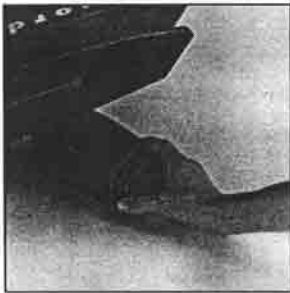
5. Insert the straight end of the easy-lock pin from left to right through the holes. Be sure that the end of the pin extends completely through the holes.
6. Rotate the bent side of the pin down over the hip-pad post, securing the pin in place.



## **ADJUST THE STABILIZER FEET (NORDICSPORT® SKI 450™ OWNERS ONLY)**

The front feet on your NordicSport Ski 450 are adjustable to two positions — “in” or “out.” The machine is operable with the feet in either position, but the “out” position provides additional stability which is especially helpful for beginners.

To position the stabilizer feet, rotate the stabilizer foot to the desired position (Figure 4).



**Figure 4:** Rotate the stabilizer foot to either the “in” or “out” position.

## **ADJUST THE FRONT ELEVATION (WORLD CLASS OWNERS ONLY)**

Your NordicSport® Ski World Class™ exerciser features a front elevation adjustment. Turn the large knob that is located on the front of the base to adjust the front elevation. Turn the knob clockwise to lower the elevation and counterclockwise to raise the elevation (Figure 5).



**Figure 5:** Turn the knob clockwise to decrease the elevation and counterclockwise to increase the elevation on your NordicSport Ski World Class.





# OPERATION

## START WITH THE LEG MOTION ONLY



1. Set the effort dial to "3" or "4."
2. Set the snow condition dial to "normal."
3. Adjust the hip pad so it rests at hip level, one inch below your navel. The pad should be high enough so it does not restrict leg movement and low enough so it does not press against your stomach.
4. Hold onto the hip-pad post for balance. **DO NOT LEAN FORWARD. KEEP YOUR WEIGHT OVER YOUR FEET. KEEP YOUR BACK STRAIGHT.**
5. Push your right foot backward. Then push your left foot backward as you pull your right foot forward until just below the hip pad. Your weight should be on your foot going backward.
6. Develop this into a smooth, walking motion. Lift your heel at the back of each stride and keep the balls of your feet on the skis at all times. The leg motion resembles that of briskly wiping your feet on a rug.

*NOTE: Some movement of the upright tube and base will occur as you exercise.*

7. Continue to perform the leg motion until you are comfortable with it.

*NOTE: Keep a straight posture. Do not lean over the hip pad. Keep your hips in contact with the hip pad. Use it to hold back your forward motion. Increase the "effort" setting if you slide away from the hip pad.*

## ADD ARM SWINGS TO THE LEG MOTION



1. Continue your leg motion.
2. Keep one hand on the hip-pad post. Release your other hand and swing your arm at your side as you would if you were walking.
3. When you are comfortable swinging one arm, release your other hand and swing both arms naturally as you ski.
4. Practice this motion until you are ready to move on to the next step.

*NOTE: If you slip away from the hip pad, increase the effort setting using the dial on the control panel.*

**WE RECOMMEND THAT YOU CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**



## ADD THE ARM EXERCISER



1. Adjust the arm-exerciser resistance to a level that is comfortable for you.
2. Resume your leg motion.
3. Grasp the arm-exerciser handgrips.
4. Swing your arms in harmony with your legs. Swing your left arm backward as you bring your left leg forward. Swing your right arm backward as you bring your right leg forward.

*NOTE: Keep your arms slightly bent at the elbows and swing them like pendulums in long, smooth strokes. Reach forward until your arms approach shoulder level. The proper arm motion keeps the cords taut, never slack.*

**CAUTION:** Keep small children and pets away from the moving parts of the exerciser while it is in use.

## TECHNIQUE HINTS

- Keep your chin up and your head facing forward.
- Stand upright so your feet are directly beneath your shoulders.
- Keep your knees slightly bent. Do not lock your knees.
- Keep your weight on the balls of your feet. This will help you keep your feet in the toe cups. Your weight should be on the foot going back. Do not put any weight on the foot going forward.
- Lift your heel at the back of each stride.
- Be sure the toe cups do not hit the frame. If you are hitting the frame, just shorten your stride.
- Increase the leg resistance if you slide away from the hip pad.
- Be patient and take the time to master the leg motion before you add the arm exercise.
- Become familiar with the motion before elevating the skier.
- Perform the recommended stretching exercises found on page 20 before you begin your workout.

If you are experiencing difficulty skiing, please call our Customer Service Department at the toll-free phone number on your purchase invoice. A representative will be happy to instruct you over the phone in the step-by-step use of your NordicSport® Ski™ exerciser.



# YOUR PERSONAL FITNESS PROGRAM



*This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize the use and enjoyment of your NordicSport® Ski™ exerciser.*

**WE RECOMMEND THAT YOU CONSULT YOUR PERSONAL PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**

## SET GOALS FOR YOURSELF

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them.

Below are some examples of typical goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina and sports performance

## EXERCISE PROGRAM

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength conditioning
6. Stretching

### 1. WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against injury and muscle soreness — common reasons for discontinuing an exercise program. We suggest a routine of five minutes of slow exercise on your NordicSport Ski exerciser.

### 2. STRETCHING

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 20.

### 3. AEROBIC CONDITIONING

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity.

#### Frequency

Frequency refers to the number of workouts per week. The recommended number of sessions is three to five days per week. Exercising four to five times per week maximizes fat loss and cardiovascular development.

#### Duration

Duration is the amount of time that the proper intensity level is maintained. The timer function on the monitor can help you track your workout. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out for 30 to 60 minutes.

#### Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section on monitoring your heart rate.

### MONITORING YOUR HEART RATE

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

#### Resting Heart Rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have



finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart should have nearly returned to its resting rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart begins to return to its resting rate more quickly during your cool-down.

### Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can “pump” during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number, but only clinical stress testing can provide a precise MHR reading.

### Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70 to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60 to 70% of their maximum heart rate. The chart below shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts.

We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it 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 Chart**

Age	Beginner 60%-70% of MHR		Intermediate 70%-80% of MHR		Advanced 80%-85% of MHR	
	10 secs	One min.	10 secs	One min.	10 secs	One min.
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	160 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 162
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 158
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 154
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	23 – 25	141 – 150
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 24	137 – 145
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 141
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 137
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

All figures in the chart are rounded to the nearest whole number.

### Taking Your Heart Rate (Pulse)

Touch your left wrist, one-fourth of an inch from the wrist joint at the base of thumb, with the index and middle fingertips of your right hand. Relax your left thumb and roll your hand so your palm is facing up.



Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers — let the beat come to your fingers.

### Helpful Hints

- Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.
- If you can't find your pulse, try using the opposite wrist and hand. If this doesn't work, ask someone else to take your pulse for you.

## 4. COOL-DOWN

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

## 5. STRENGTH CONDITIONING

A strength-training program adds lean muscle mass to the body. Lean muscle mass aids in burning body fat and is therefore an essential component of a fitness program.

## 6. STRETCHING

Stretching after exercise helps to decrease muscle soreness. We recommend that you complete the stretches described on page 20.



# RECOMMENDED STRETCHES

**HOLD EACH STRETCH FOR 15 TO 30 SECONDS WITHOUT BOUNCING.**



**1. Shoulder Stretch**  
Pull your elbow across your chest using your free hand to cradle your elbow. Repeat the stretch with your other arm.



**2. Back and Arm Stretch**  
Pull your elbow behind your head. Look forward. Repeat the stretch with your other arm.



**3. Quadriceps Stretch**  
Pull your heel slowly to your buttocks. Repeat the stretch with your other leg.



**4. Calf Stretch**  
Extend one leg behind you and keep your heel on the floor. Lean forward using a chair or wall to maintain your balance. Repeat the stretch with your other leg.



**5. Inner-Thigh Stretch**  
Put the soles of your feet together and press your knees toward the floor.



**6. Hamstring Stretch**  
Extend one leg and keep your heel on the floor. Slowly bend forward from your hips. Repeat the stretch with your other leg.



**7. Low-Back and Hip Stretch**  
Slowly pull your bent knee to your chest. Repeat the stretch with your other leg. Then, bend both knees and pull gently to your chest.

Please call our Customer Service Department at the toll-free phone number on your purchase invoice if you have any questions.



## TRAINING TIPS

1. Get a physician's approval and exercise recommendations before beginning an exercise program. If you are taking any medication that affects your heart rate, a physician's advice is absolutely essential.
2. Commit to making exercise a part of your lifestyle. It's a good idea to set aside specific days and times for your workouts.
3. Make your exercise time more enjoyable. While exercising on the NordicSport Ski exerciser, you can read a book, listen to music or watch your favorite television show.
4. Do not overexert yourself. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing. So, be very aware of your body's warning signals.
5. Stop exercising if you experience any unusual discomfort or any warning signs of overexertion: lightheadedness, dizziness, nausea or extreme breathlessness. Other signs that point to overexertion are prolonged fatigue lasting more than an hour, or body pain in the muscles or skeletal system.

## PERSONAL FITNESS PROGRAMS

The programs on the following pages are recommendations. They are meant to serve as guides to assist you in getting the most from your NordicSport® Ski™ exerciser and are designed for your convenience. A consultation with your physician is recommended to determine your physical condition and select the appropriate conditioning program.

Each of the programs is categorized as either an aerobic training program or an interval training program. Both types of fitness programs enhance cardiovascular and respiratory fitness. Interval training, which is an advanced form of exercise, provides anaerobic (without oxygen), as well as aerobic, training benefits. Anaerobic training prepares your body for activities which require short, intense bursts of energy. Aerobic training prepares your body for activities which require prolonged endurance and facilitates weight loss.

The versatile, easily adjustable MC<sup>2</sup> resistance mechanism lends itself well to both types of programs.

### Aerobic Training Programs

The aerobic training programs are also classified as continuous programs. Throughout the duration of your workout, you should try to maintain a steady, rhythmic pace that keeps your heart rate within your target heart rate zone.

### Interval Training Programs

Interval training, unlike continuous exercise programs, involves cycles of work periods and active rest periods. During the high intensity work periods, your heart rate should be approximately 85% of your maximum heart rate. During the active rest periods, your body recovers from the work periods and your heart rate is reduced.

Research shows that interval training burns a significant number of calories. And, it helps to prepare your body for daily activities and sports, which often require short periods of intense work followed by longer periods of activity at lesser intensity.

The interval training programs on pages 25 through 28 provide specific recommendations regarding the duration and intensity (heart rate) of the work and active rest periods.











## INTERVAL TRAINING PROGRAM – CHANGING SNOW CONDITIONS

Recommended Frequency      2 to 3 times per week  
Program Duration              20 to 30 minutes total time – alternating  
work and active rest periods

### Work Period

Duration                         45 seconds  
Effort Setting                 4 to 6  
Snow Condition               Wet to Slow  
Intensity                       85% of your maximum heart rate  
Speed                           6–8 mph

### Active Rest Period

Duration                         2 minutes and 15 seconds  
Effort Setting                 4 to 6  
Snow Condition               Normal to Fast  
Intensity                       60% of your maximum heart rate  
Speed                           3–5 mph

The duration of work and active rest periods should be based on your feelings rather than time. If, when you begin the program, you are not able to sustain the work period intensity for the full 45 seconds, do not be discouraged. Gradually progress until you are able to maintain the work period intensity for 45 seconds. Although this program was designed to be a stand-alone program, you may wish to complete this program in conjunction with an aerobic training program.

Move on to the Interval Training Programs which involve changing snow conditions and effort after you are able to sustain the recommended intensity for the entire program duration.

### NOTES

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# WORKOUT LOGS

We recommend photocopying this page before you begin.



Date													
Duration													
Distance													
Calories													
Speed													
Heart Rate													

Date													
Duration													
Distance													
Calories													
Speed													
Heart Rate													

\* Record your heart rate immediately following exercise.



# MAINTENANCE

The NordicSport® Ski™ exerciser is designed for minimal maintenance and years of carefree, worry-free exercise.

## ROUTINE CARE

Wipe your NordicSport Ski exerciser with a dry, clean cloth at least once a week to remove perspiration and dirt.

If your exerciser is placed in storage or left unused for long periods of time, you should place a cover over the resistance mechanism to protect it from dust and dirt. Keep the machine in a cool, dry place.

## BRAKE PAD LUBRICATION

The leather brake pad on your arm exerciser has been oiled to keep it soft and to allow for quiet, smooth braking action. If the pad dries, it may require re-oiling.

1. Remove the arm-exerciser adjustment knob. Set the knob aside.
2. Remove the cord-drum assembly in the following order: spring, flat washer, bearing washer and flat washer.
3. Lift the cord drum off the brake pad.
4. Roughen the surface of the pad with an emery cloth or a file.

**CAUTION:** The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm exerciser cord drum immediately after use.

5. Place a few drops of light household oil on the pad. **DO NOT OVER OIL!** Excess oil could spray out when the cord drum is spinning. Allow the oil to absorb for 24 hours (Figures 1 and 2).



**Figure 1:** After lifting the cord drum assembly for the 300, roughen the surface of the brake pad with an emery cloth or file. Then place a few drops of light household oil on the pad.



**Figure 2:** After lifting the cord drum assembly for the 350, 450 and World Class, roughen the surface of the brake pad with an emery cloth or file. Then place a few drops of light household oil on the pad.

6. Wipe any excess oil away from the area around the pad.
7. Replace the cord-drum assembly parts from the cord drum up: the cord drum, flat washer, bearing washer, flat washer, spring and arm-exerciser adjustment knob.

Please call our Customer Service Department at the toll-free phone number on your purchase invoice if you have any questions.



## REWIND THE ARM-EXERCISER CORD

Follow these steps if your arm-exerciser cord should become unwound or tangled:

1. Detach the handgrips. The knot and washer are inside the handgrips.
2. Unwind the cord from the drum.
3. Drape the two ends of the cord over the hip pad. Make sure both ends are even.
4. Take the cord coming from the top hole (cord "A") and wrap it counterclockwise around the drum until there is no more cord to wind. The cord will smooth itself out later.

### Instructions for 300 and 350 owners

- 5a. Thread cord "A" through the cord retainer on the left side of the drum. Pull cord "A" down until cord "B" is completely wrapped around the drum. Thread cord "B" on the right side of the drum through the cord retainer. Skip step 5b and go to step 6 to complete the arm-exerciser cord rewinding (Figure 3).

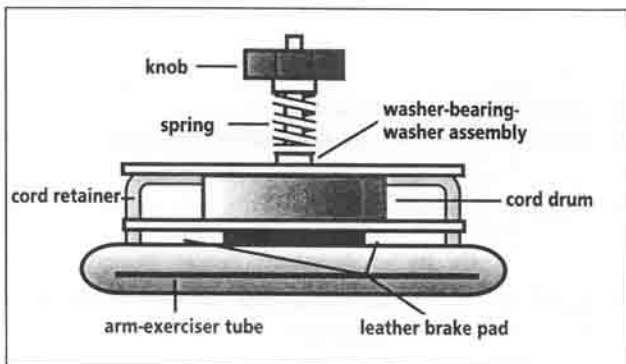


Figure 3: 300 and 350 cord-drum routing

### Instructions for 450 and World Class owners

- 5b. Thread cord "A" through the pulley on the left side of the drum. Pull cord "A" out so cord "B" is completely wrapped around the drum. Thread cord "B" through the pulley on the right side of the drum (Figure 4).

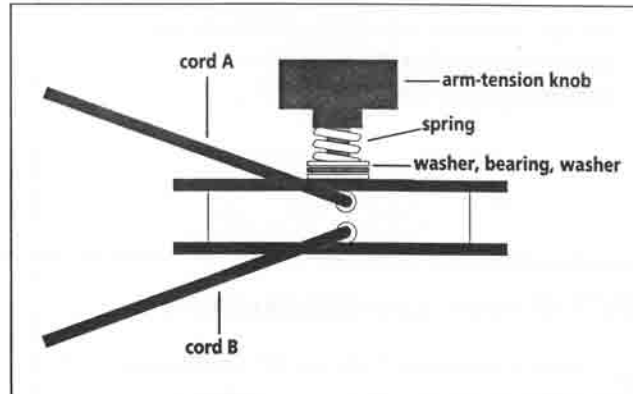


Figure 4: 450 and World Class cord-drum routing

6. With a cord end in each hand, work the arm exerciser-cord back and forth until the cord lies smoothly.
7. Reattach the handgrips. Thread the cord through the hole in the handgrip from the top to the inside of the handgrip. Next, slip a washer on the cord and tie a figure 8 knot near the cord end to secure the handgrip (Figure 5).

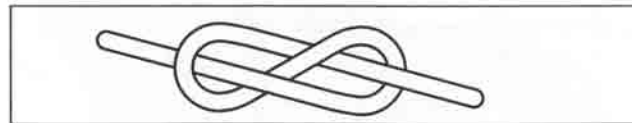
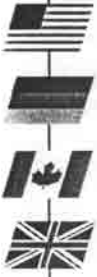


Figure 5

## ADJUST THE LENGTH OF THE ARM-EXERCISER CORDS

You may lengthen the cord by taking off one turn of the cord from the cord drum. You may shorten the cord by wrapping another turn of the cord around the drum. You may also shorten the cord by adjusting the knots in the cord inside the handgrips.





# TROUBLESHOOTING

## ARM-EXERCISER ASSEMBLY

### IF...

- The arm cord is fraying.
- The arm exerciser is making a chattering or screeching sound or the arm-exerciser adjustment knob loosens.

### THEN...

- Check for burrs around the cord guide located just before the cord drum (300 and 350 models only).
- Replace the cord if necessary.
- Check the order of assembly from the cord drum up: cord drum, flat washer, bearing washer, flat washer, spring and arm-exerciser adjustment knob.
- Check for missing parts.
- Oil the leather brake pad with a light household oil.
- Oil the washer-bearing-washer assembly if necessary.

## MC<sup>2</sup> RESISTANCE MECHANISM

### IF...

- The resistance is uneven or you are unable to adjust it.

### THEN...

- Check the cable connection from the cord attached to the upright tube to the jack on the resistance control box.
- Check the cable connection from the cord near the bottom of the upright tube to the resistance mechanism.

## ELECTRONICS MONITOR

### IF...

- The display is faint or there is no display.
- There are half numbers, odd characters or only a partial display.
- There is no speed or distance displayed.

### THEN...

- Check the batteries for charge.
- Check to see if batteries are installed properly.
- Replace the monitor.
- Check the cable connections from the upright tube to the back of the control panel.

# NORDICSPORT SKI ACCESSORIES



## NORDICVISION VIDEOTAPES

NordicSport brings the natural beauty of cross-country skiing into your living room! NordicVision® Mt. Bachelor lets you enjoy the rustic scenery of the pine woods found at Oregon's Mt. Bachelor. With NordicVision Royal Gorge, "ski" through the open meadows and tree-lined trails of Royal Gorge, California. Each 45-minute tape has three moderate tempo workouts that are paced by upbeat music, comparison skiers and computer graphics.

#8016 *NordicVision Mt. Bachelor*

#8066 *NordicVision Royal Gorge*

## BOOK HOLDER

Now you can get even more out of your NordicSport workout. Read a book or magazine, exercise to your favorite tunes and sip water or juice. This clear acrylic multipurpose holder



Item #500787.

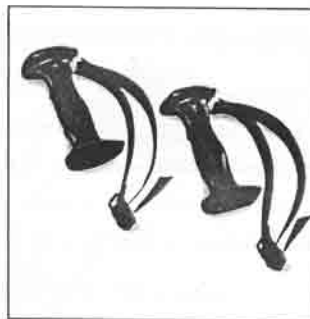
won't restrict your arm movement, and has a special space for books, personal stereo and water bottle (included). Fits on NordicSport® Ski World Class™, 450™ and 350™.

NordicSport® Ski 300™ owners should order book holder #523094 (not pictured).

To order these or other NordicSport accessories, call 1-800-445-2231 or write to NordicTrack, Inc., 104 Peavey Road, Chaska, MN 55318-2355. Prices and specifications may change without prior notification.

## FITNESS GRIPS

These heavy-duty contoured grips provide a stronger, more solid feel and greater comfort than standard models. They provide the same feel and pull as many down-hill poles. The hand strap allows for a complete pull through. For use with any NordicSport® Ski™ exerciser.



Item #0986

## CROSS-COUNTRY GRIPS

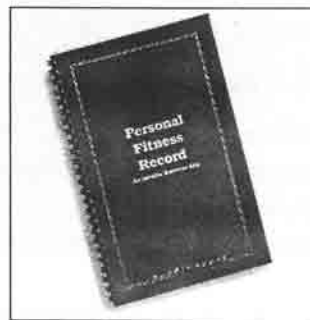
These grips are modeled after traditional cross-country ski grips. They offer a smoother, firmer feel than the standard grip. The hand strap allows for a complete pull-through. Try these new grips for a more complete workout. For use with any NordicSport Ski exerciser.



Item #0328

## FITNESS RECORD

Chart your progress and stay motivated with this Personal Fitness Record Book, specially designed for use with your NordicSport equipment. Keep track of your weight, resting pulse rate, incline, resistance levels, distance, speed and more. Wirebound, with durable leatherette cover.



Item #500828



# DEVELOPING A BALANCED FITNESS PROGRAM

## STRENGTH CONDITIONING

Fitness aware individuals like you have understood the need for regular aerobic exercise for quite some time. But aerobic exercise is not enough. Your Balanced Fitness™ program should include strength conditioning in addition to aerobic exercise.

Some of the benefits of strength conditioning are listed below:

- Increased lean body mass (muscle)
- Improved ability to perform everyday tasks
- Higher rate of calorie burn
- Greater muscle tone and strength

Strength conditioning is for everyone. Whatever your fitness goals, it is important that you include strength conditioning in your personal fitness program. Strength conditioning complements aerobic exercise and helps enhance muscle tone.

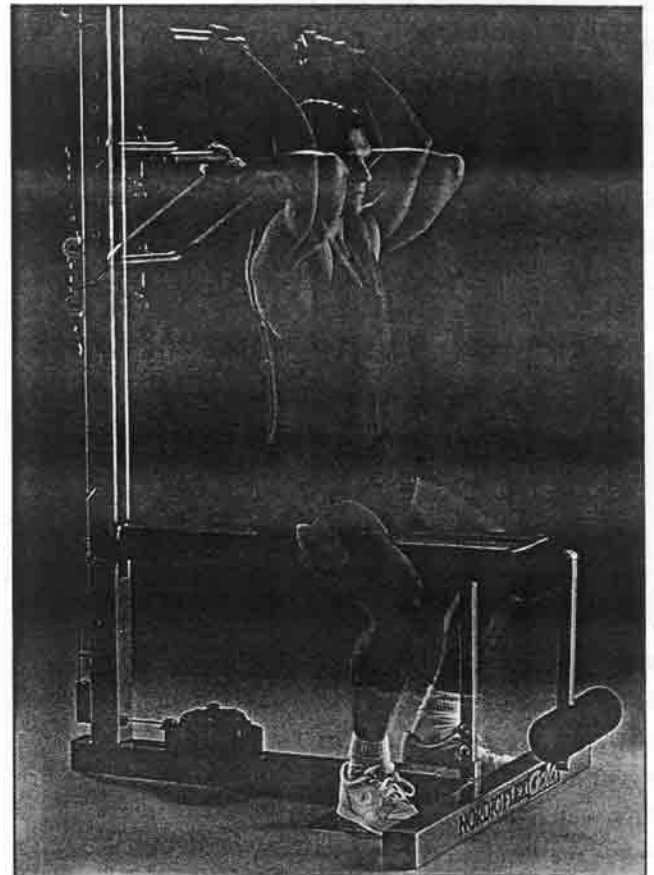
## CROSS-TRAINING

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more aerobic exercises into a personal fitness program. This type of training will help you achieve a greater fitness level than a program in which you perform the same exercise over and over again.

Some of the other benefits of cross-training are:

- Enhanced sports performance
- Improved muscle balance and symmetry
- Reduced boredom
- Decreased recovery time between workouts

The product featured on this page will enable you to round out your Balanced Fitness program.



## NORDICFLEX GOLD STRENGTH TRAINER

With the NordicFlex Gold® strength trainer, you can tone and strengthen your body — regardless of your current physical condition. Whether you want to tone muscles, lose weight, or build strength, the NordicFlex Gold can help you to achieve your fitness goals.

The NordicFlex Gold has a patented isokinetic resistance system that provides you and your family with a safe, effective workout. The “accommodating” resistance automatically adjusts to your strength level.

Until now, isokinetic resistance has been primarily used in injury rehabilitation because it effectively exercises muscles without stressing connective tissue or causing the pain that is often associated with strength training. For more information call 1-800-445-2360.

# CUSTOMER INFORMATION

If you have any questions about the use or operation of your NordicSport® Ski™ exerciser, please call our Customer Service Department at the toll-free phone number on your purchase invoice. Representatives are available to assist you.



## WE'RE JUST A TOLL-FREE PHONE CALL AWAY

We're available 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 fit your lifestyle and budget. Please call our Customer Service Department at the phone number listed on your invoice.

Customer Service Department Hours:    Monday – Friday    7 a.m. to 8 p.m.  
   Saturday                8 a.m. to 4:30 p.m.  
   *Central Standard Time*

## SATISFACTION GUARANTEE

We have total confidence in the quality and performance of our products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of our products fall short of your expectations before the end of your 30-day in-home trial, please refer to the information on your invoice.

## 2-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from date of purchase of NordicSport® Ski™ exerciser, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased separately carry their own warranty/service periods.) Please note that commercial use of the NordicSport Ski will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit (if within the customer's control) customer-made alterations, vandalism, acts of nature, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces or the foam handgrips, commercial use of the ski exerciser or other causes not rising from defects in materials or workmanship. NordicTrack reserves the right to make changes or improvements to the ski exerciser without incurring obligation to make similar alterations to ski machines previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., or Nordic Advantage, Inc., a retail distributor of NordicTrack products. The unused portion of your warranty may be transferred to a third party for an additional cost. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the NordicSport Ski and accessories for repairs are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts within two years of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

