



NordicFlex
Gold[®]
Medalist[™]
and
NordicFlex
Gold[®]
World Class[™]
Strength
Conditioners



Assembly
Instructions
and
Cord Routing
Instructions

NORDICFLEX Gold *Medalist* 
NORDICFLEX Gold *World Class*

Welcome to the NordicFlex Gold Strength Conditioner	1
Myths and Facts About Strength Training	2
Assembly	3
Parts List.....	3
Connect the Cross Tube to the Base Tube	4
Attach the Leg Exerciser.....	4
Attach the Vertical Tube.....	6
Attach the Bench.....	8
Attach the Shuttle and Pulldown Assembly	9
Attach the Press Bar	10
Attach the Chest Fly Assembly	11
Attach the Abdominal Crunch Bar	12
Cord Routing	14
Cord Routing for Press Exercises	15
Cord Routing for Pulldown Exercises.....	16
Cord Routing for Leg Exercises.....	17
Cord Routing for Chest Fly Exercises	18
Cord Routing for Abdominal Crunch Bar Exercises.....	19
Developing A Balanced Fitness Program	20
Notes	21
Customer Information	22

TABLE OF CONTENTS

Please view the training video first and then read the assembly and cord routing instructions in this manual. After you have finished reading this manual and assembling your machine, you will be ready to learn how to perform the NordicFlex Gold exercises. Each of the exercises is featured on a full page in the exercise manual. Plus, the exercise manual contains important strength training terms and tips and ten different workout programs.

Your customer number, invoice number, and purchase date are indicated on your packing slip. Please copy this information in the spaces below. I have these numbers available if you need to call our Customer Service Department. It will help us to serve you better.

Customer Number: _____

Invoice Number: _____

Purchase Date: _____

WELCOME TO THE NORDICFLEX GOLD STRENGTH CONDITIONER

Congratulations on your purchase of a NordicFlex Gold™ strength conditioner! Designed to be an integral part of your Balanced Fitness™ program, NordicFlex Gold will tone and strengthen your body. Whether you want to tone muscles, lose weight or increase muscle size, NordicFlex Gold can help you achieve your fitness goals.

Many of you understand the need for regular aerobic exercise. But aerobic exercise is not enough. Your Balanced Fitness program should include strength training and aerobic exercise.

The NordicFlex Gold strength trainer is very different from traditional strength training systems. It utilizes a patented isokinetic resistance system that provides your whole family — regardless of ages or fitness levels — a safe, effective workout. Using “accommodating” resistance, the NordicFlex Gold automatically adjusts to your strength level. Push lightly and you get light resistance. Push harder and you encounter greater resistance. It’s simple and effective — as your strength increases, so does the resistance of the machine.

NordicFlex Gold uses positive-only resistance. **This will feel different** from any strength training you may have done in the past. You will feel resistance only during the contraction (positive) phase as you lift, push or pull. You will not feel any resistance during the negative (return to start) phase.

We designed the NordicFlex Gold system to use positive-only resistance so that you get a virtually pain-free workout. It’s the negative resistance phase that places undesirable stress on the tendons and connective tissues. This is what causes the soreness that is often associated with strength training. With the NordicFlex Gold positive-only resistance, you focus the workout on the muscle and put less stress on your tendons and connective tissues. So, you get a safe and effective workout.

Until now, isokinetic resistance has been used primarily in expensive rehabilitation equipment, because it is so safe and effective. With the NordicFlex Gold strength conditioner, NordicTrack has brought isokinetic resistance out of the rehabilitation centers and into your home.

And best of all, your NordicFlex Gold is from NordicTrack, a leader in the fitness industry for more than 18 years. Please call our Customer Service Department if you have any questions. Our representatives take pride in offering you the quality of service you expect from a leader like NordicTrack.

Customer Service Department

1-800-445-2560

Monday through Friday • 7 AM to 8 PM

Saturday • 8 AM to 4:30 PM

Central time

MYTHS AND FACTS ABOUT STRENGTH TRAINING

MYTH #1: ALL IT TAKES TO BURN FAT IS AEROBIC EXERCISE.

Fact: Aerobic exercise is the primary method of burning fat, but it is only one part of a Balanced Fitness® program. Strength training increases lean body mass (muscle) which boosts your metabolism, the rate at which you burn energy. A study conducted by Dr. Wayne Westcott, fitness consultant for YMCA of America, concluded that by combining regular aerobics with strength training, you will burn three times more fat than you would with aerobic exercise alone.

MYTH #2: LACK OF EXERCISE TURNS MUSCLE TO FAT.

Fact: Muscle and fat are two completely different tissues — one can never be turned into the other, nor can the number of fat cells or muscle fibers ever be changed. Regular strength training reduces the size of fat cells and increases the thickness of muscle fibers.

MYTH #3: NO PAIN, NO GAIN. (STRENGTH TRAINING HAS TO HURT TO WORK.)

Fact: The NordicFlex Gold® isokinetic resistance system delivers an effective strength training program — with virtually no after exercise soreness or discomfort. Isokinetic resistance does not employ negative resistance, which is what causes the soreness that is commonly associated with strength training. Negative resistance is created by the return motion of free weights or rubber band systems. Negative resistance stresses the connective tissue (tendons and ligaments) and causes the pain and discomfort that is often associated with ordinary strength training systems.

MYTH #4: STRENGTH TRAINING WILL CAUSE ARTHRITIS AND OTHER JOINT COMPLICATIONS LATER IN LIFE.

Fact: Strength training actually helps to prevent these complications by strengthening muscles and connective tissues, which may weaken over time. Weak muscles do not absorb the impact that occurs in various body movements. This tends to place the impact on the joints. Strong muscles absorb much of this impact and lessen the strain on your joints.

MYTH #5: STRENGTH TRAINING IS ONLY FOR YOUNG PEOPLE AND BODY BUILDERS.

Fact: Strength training is for everyone, whether you want to lose weight, tone muscles or increase muscle size and strength, or if you simply want to be able to carry your own suitcase or change a flat tire. Depending on the model you have purchased, NordicFlex Gold offers from 31 to 38 exercises that give you safe, effective workouts.

Studies have shown that the functional ability level (the ability to perform everyday tasks) of a physically fit 65-year old is similar to that of a sedentary 45-year old! Much of the deterioration that occurs in our muscles and joints is not due to the aging process. Rather, it occurs because our muscles weaken when we don't use them. It's a biological fact that after age 30, you lose one percent of your strength and over a half pound of lean muscle mass each year if you don't exercise. Training with your NordicFlex Gold will help to offset this loss of strength.

The NordicFlex Gold® Medalist® model is shipped in three boxes (not including optional equipment) and the NordicFlex Gold® World Class® model is shipped in four boxes. Set aside all parts as you unpack them. Retain all of the packing materials for at least 30 days. **Unpack the boxes at the location where you intend to use your NordicFlex Gold.**

Before assembling your NordicFlex Gold strength conditioner, please view the assembly portion of the instructional videotape.

If you have any questions or difficulty assembling your machine, please call our Customer Service Department. A representative will instruct you over the telephone.

Customer Service Department
1-800-445-2560
Monday through Friday • 7 AM to 8 PM
Saturday • 8 AM to 4:30 PM
Central time

PARTS LIST

BOX 1 OF 4

- 1 Base tube with isokinetic resistance mechanism
- 1 Shuttle
- 1 Pulldown assembly
- 1 Cross tube
- 1 2-inch bolt (attached to the base tube)
- 1 1/2-inch nut (attached to the base tube)

BOX 2 OF 4

- 1 Vertical tube
- 2 Nut plates
- 2 Instruction manuals
- 1 Instruction video
- 10 Bolts (9/16-inch)
- 6 Bent pins
- 1 Straight pin
- 2 Flat wrenches
- 1 Electronics package*
- 1 Power Strap*
- 1 Bench

BOX 3 OF 4

- 1 Press bar
- 2 Press bar pads*
- 1 Chest fly attachment
- 1 Leg-exerciser assembly
- 2 Chest fly pads
- 1 Foot plate

BOX 4 OF 4*

- 1 Abdominal crunch bar*
- 1 Stop pin*
- 1 Nylon strap*

*Standard on the World Class Model only

CONNECT THE CROSS TUBE TO THE BASE TUBE

1. Lay the base tube on the floor with the attached isokinetic resistance mechanism facing up (Figure 1).
2. Lay the cross tube (Figure 2) on the floor at the foot end of the base tube so that it is perpendicular to the base tube (Figure 3). The foot end of the base tube is the end farthest from the isokinetic resistance mechanism. The NordicFlex Gold® label on the cross tube will face away from the base tube — be sure the lettering is upright.
3. Align the holes at the foot end of the base tube with the holes in the center of the cross tube.
4. Insert two of the bolts into the holes (Figure 3).

- NOTE:** If the holes in the two tubes do not line up, turn the cross tube so the logo is toward the floor and loosen the center nut (which is on the opposite side of the tube from the logo) one-half turn. Fully insert the two bolts into the threaded holes in the cross tube. Tighten the center nut. Remove the two bolts and attach the cross tube as instructed in steps 1 to 5.
5. Tighten the bolts with one of the flat wrenches.

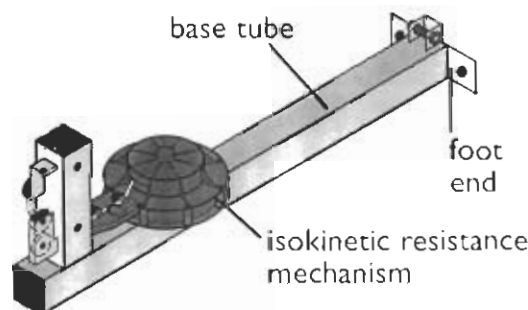


Figure 1

ATTACH THE LEG EXERCISER

1. Remove the nut and bolt from the bracket at the foot end of the base tube.
2. Position the leg-exerciser assembly as shown in Figure 4. (The bench-support tube should be on the side nearest the base tube.)
3. Align the hole at the bottom of the bench-support tube with the holes in the bracket at the foot end of the base tube.
4. Replace the bolt that you removed in step 1.
5. Tighten the bolt and nut with the flat wrenches provided.

NOTE: The bench-support tube will lean slightly even when the bolt is properly tightened. This accommodates the movement of the bench to the different workout positions.

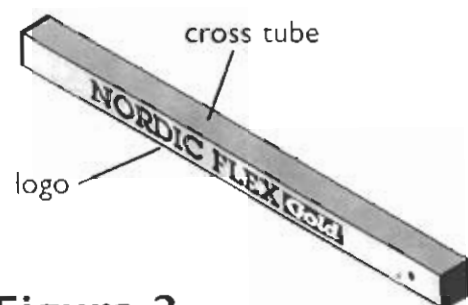


Figure 2

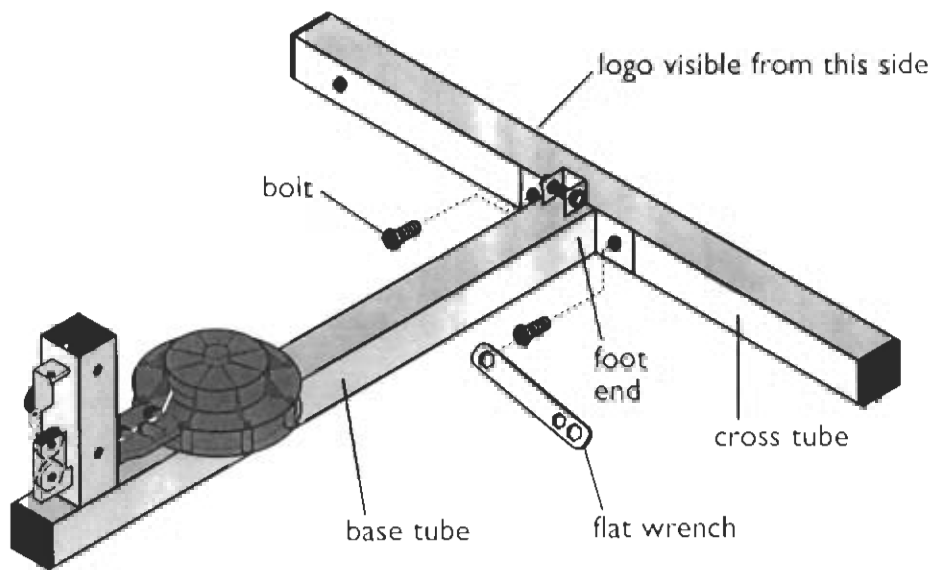


Figure 3

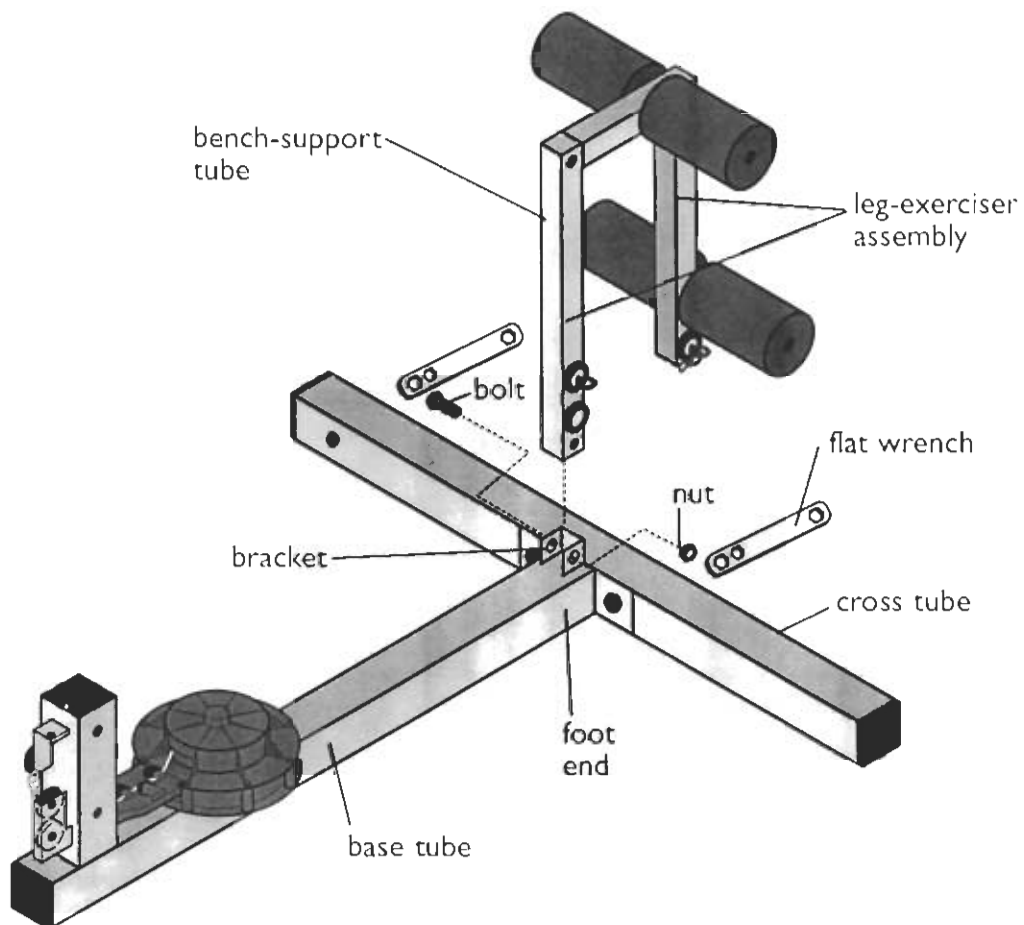


Figure 4

ATTACH THE VERTICAL TUBE

1. Insert the two nut plates into the short upright tube at the head of the base tube (Figure 5).
2. Slide the smooth side of each nut plate against the inside of the upright tube so that the two lower holes in the nut plates are aligned with the holes in the upright tube.
3. Insert two bolts through each side of the upright tube (Figure 6), and into the corresponding nut plate. Tighten the bolts just enough to hold the nut plates in place.
4. Position the vertical tube so that the electronics jack on the side of the tube is nearest the floor, facing the isokinetic resistance mechanism. The end with the electronics jack inside the tube should be toward the ceiling.
5. Slide the vertical tube onto the upright tube and over the nut plates (Figure 6). The vertical tube will rest on the upright tube.
6. Insert two bolts through each side of the vertical tube (Figure 7), and into the corresponding nut plate. Tighten the bolts just enough to secure the vertical tube in place.
7. Using the provided wrenches, tighten all eight bolts that secure the vertical tube to the upright tube.
8. Place the foot plate over the base tube about halfway between the isokinetic resistance mechanism and the cross tube (Figure 8).

Figure 5

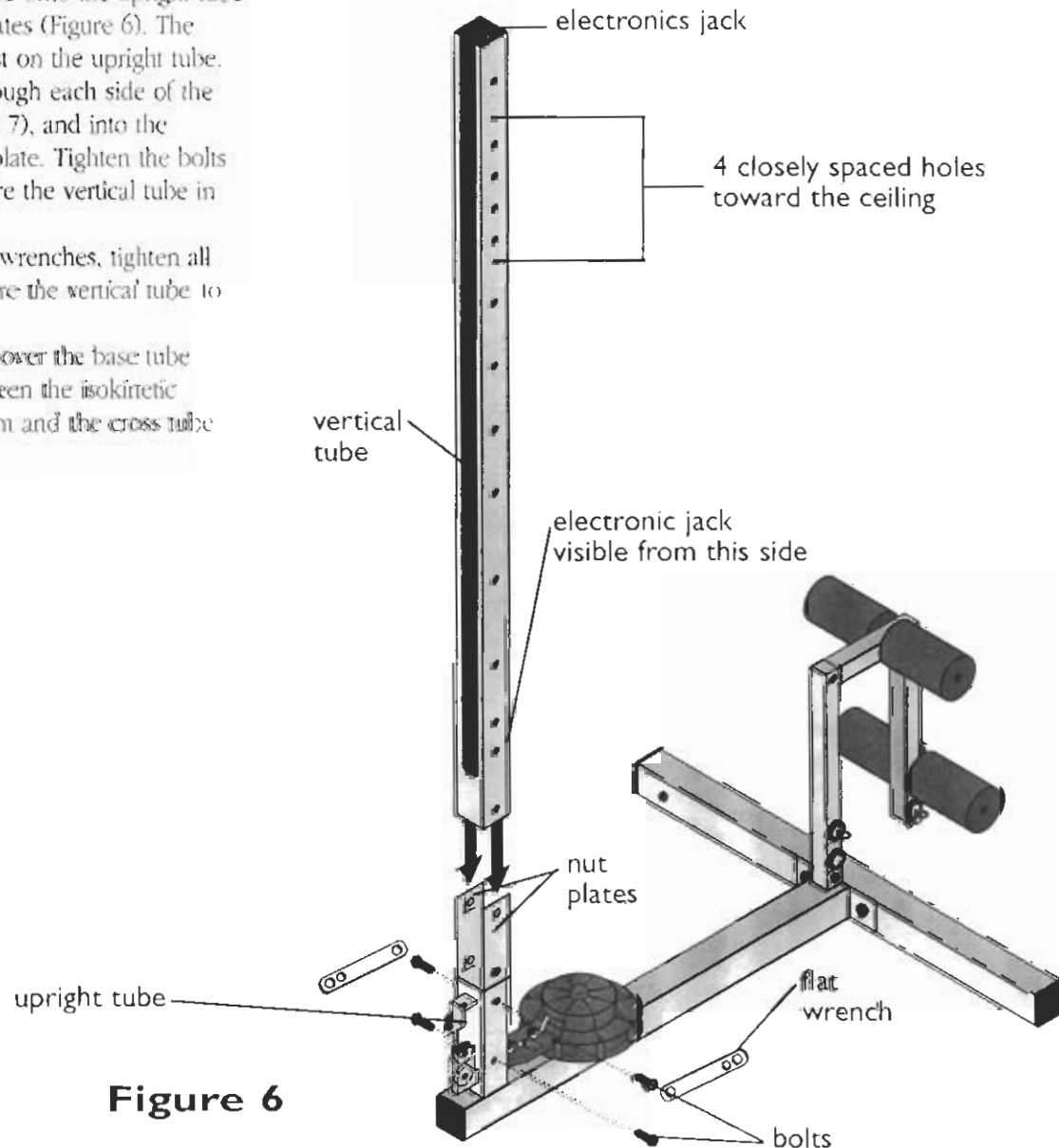
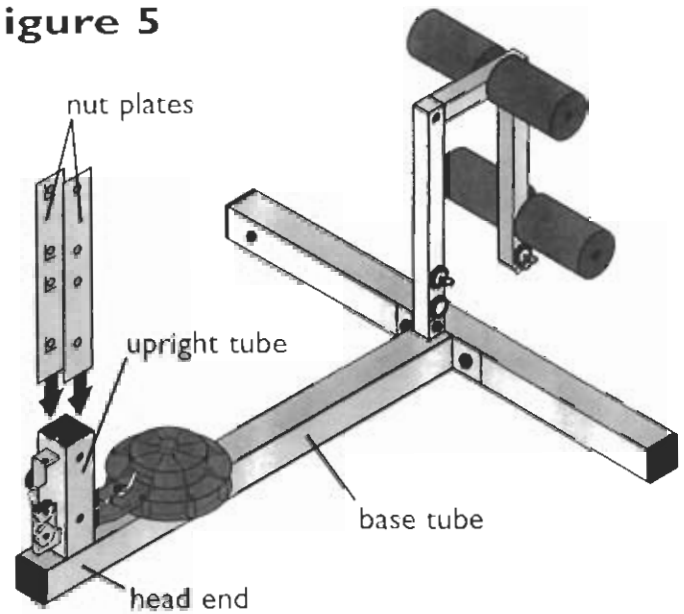


Figure 6

Figure 7

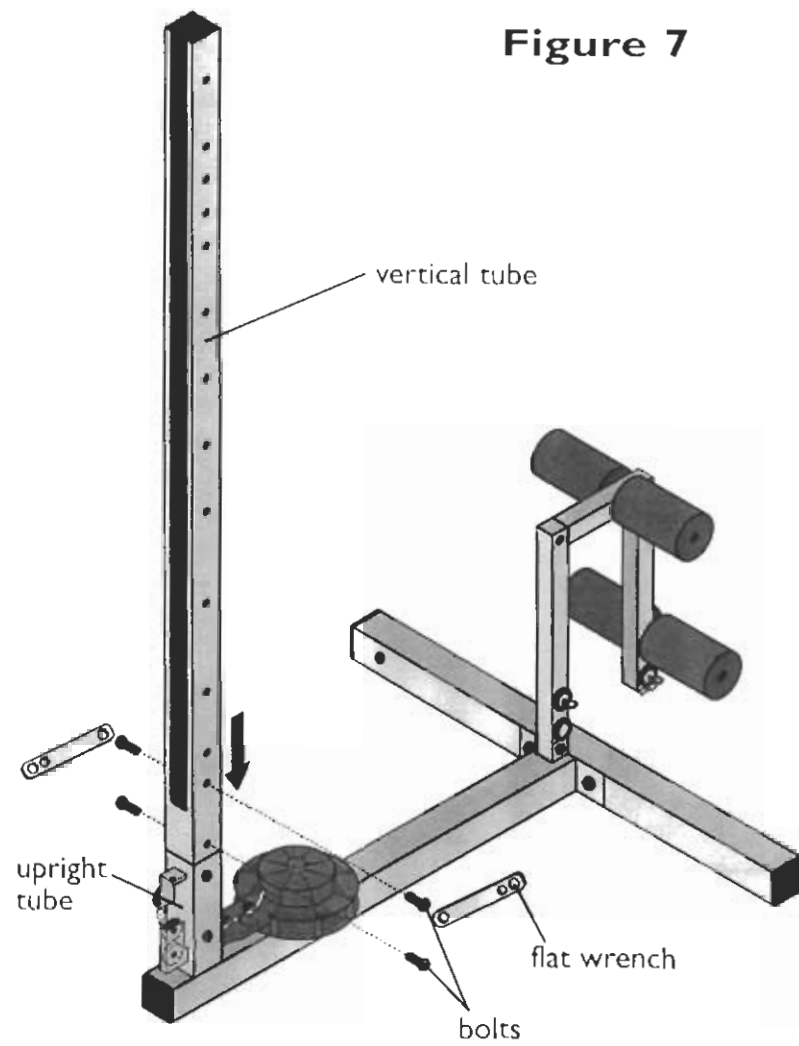
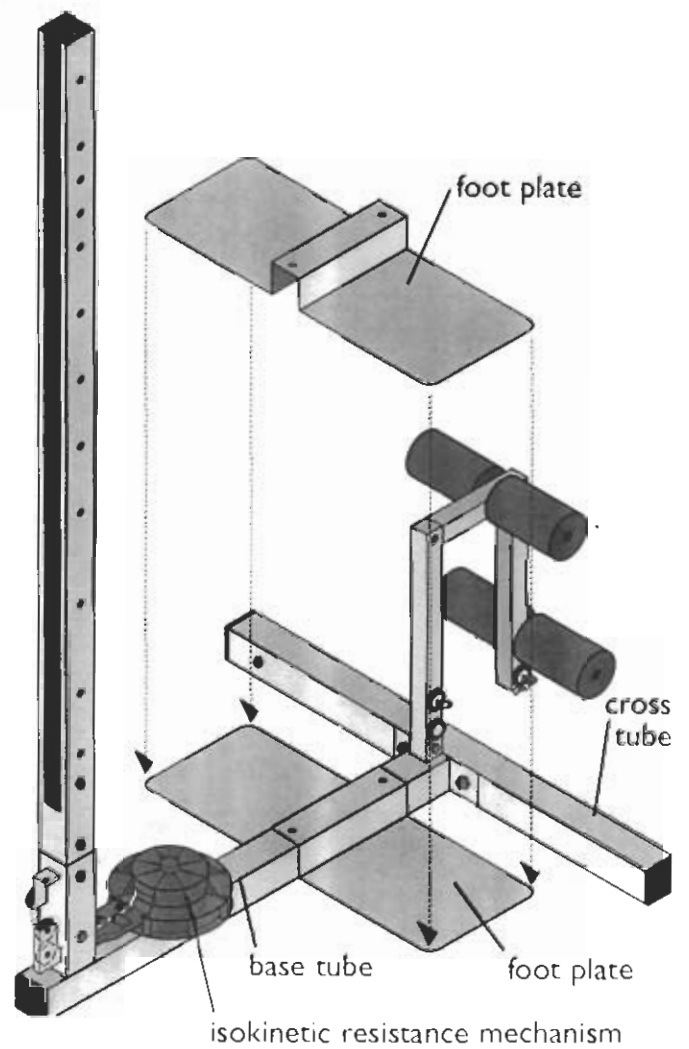


Figure 8



ATTACH THE BENCH

1. Align the first hole on the bench bracket (hole A) with the bottom hole (hole D) on the vertical tube (Figure 9).
2. Insert a bent pin through the holes to secure the bench to the vertical tube.
3. Align hole D near the foot of the bench with the hole in the top of the bench-support tube (Figure 9).
1. Insert a bent pin through the holes to secure the bench to the bench-support tube.

NOTE: During the initial assembly, you may have to apply pressure to the tube and work the bent pin into the hole.

NOTE: Some of the exercises require that the bench be removed to perform them. Be sure to hold onto the bench at all times when you remove and/or insert the bent pins. This will prevent injury to you and damage to the bench.

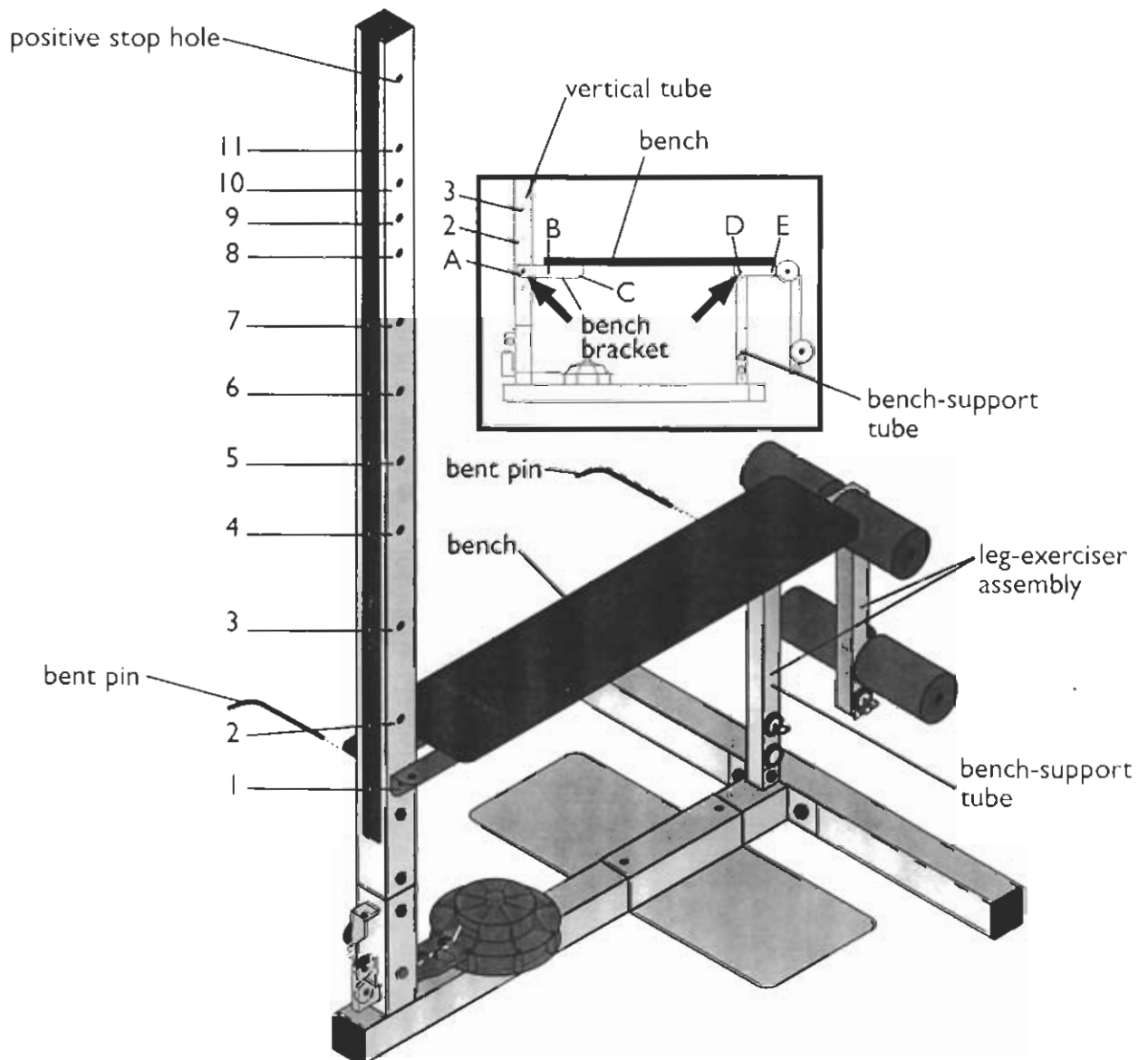


Figure 9

ATTACH THE SHUTTLE AND PULLDOWN ASSEMBLY

1. Insert a bent pin through hole 4 on the vertical tube.
2. Position the shuttle (Figure 10) over the top of the vertical tube with the pulley on the side of the vertical tube that is opposite the bench. (The shuttle is reversible; either side can be toward the top.)
3. Slide the shuttle down over the vertical tube and lower it until it rests on the bent pin (Figure 10). Be sure that both hangers are accessible. If not, remove the shuttle and pull the hangers out so they are accessible when the shuttle is in position.
4. Position the pulldown assembly (Figure 11) over the top of the vertical tube with the pulleys on the side of the vertical tube that is opposite the bench.
5. Insert the pulldown assembly into the top of the vertical tube (Figure 11).

6. Align the hole in the pulldown assembly with the positive stop hole at the top of the vertical tube.
- Insert a bent pin to secure the pulldown assembly in place.

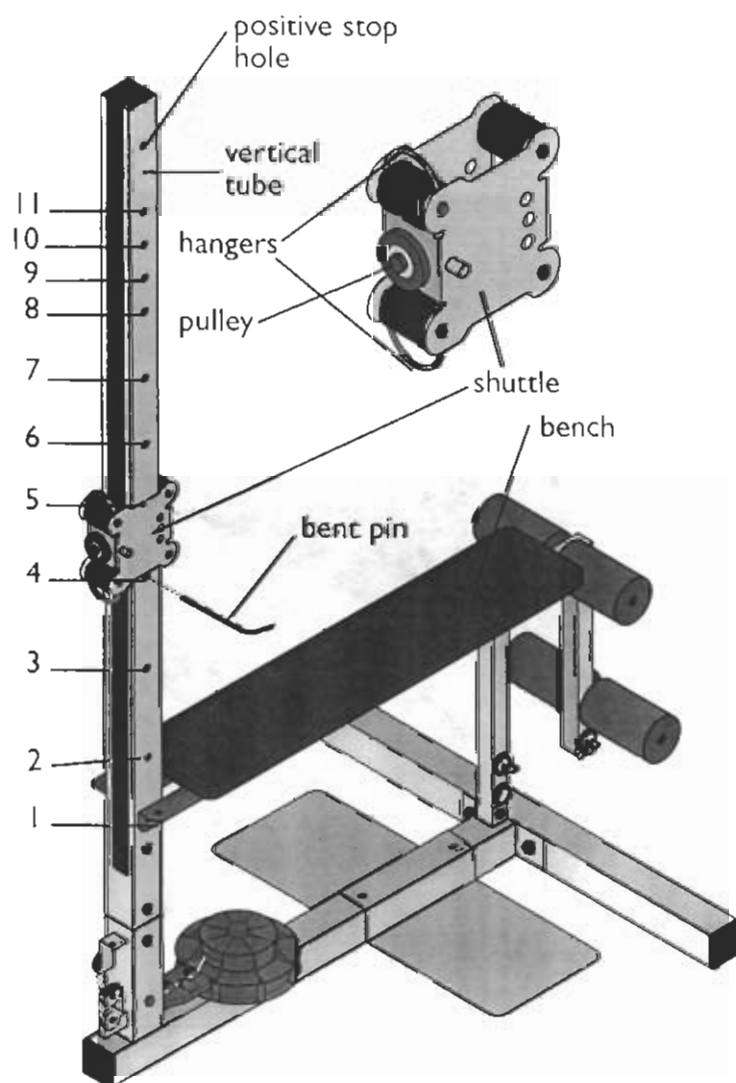


Figure 10

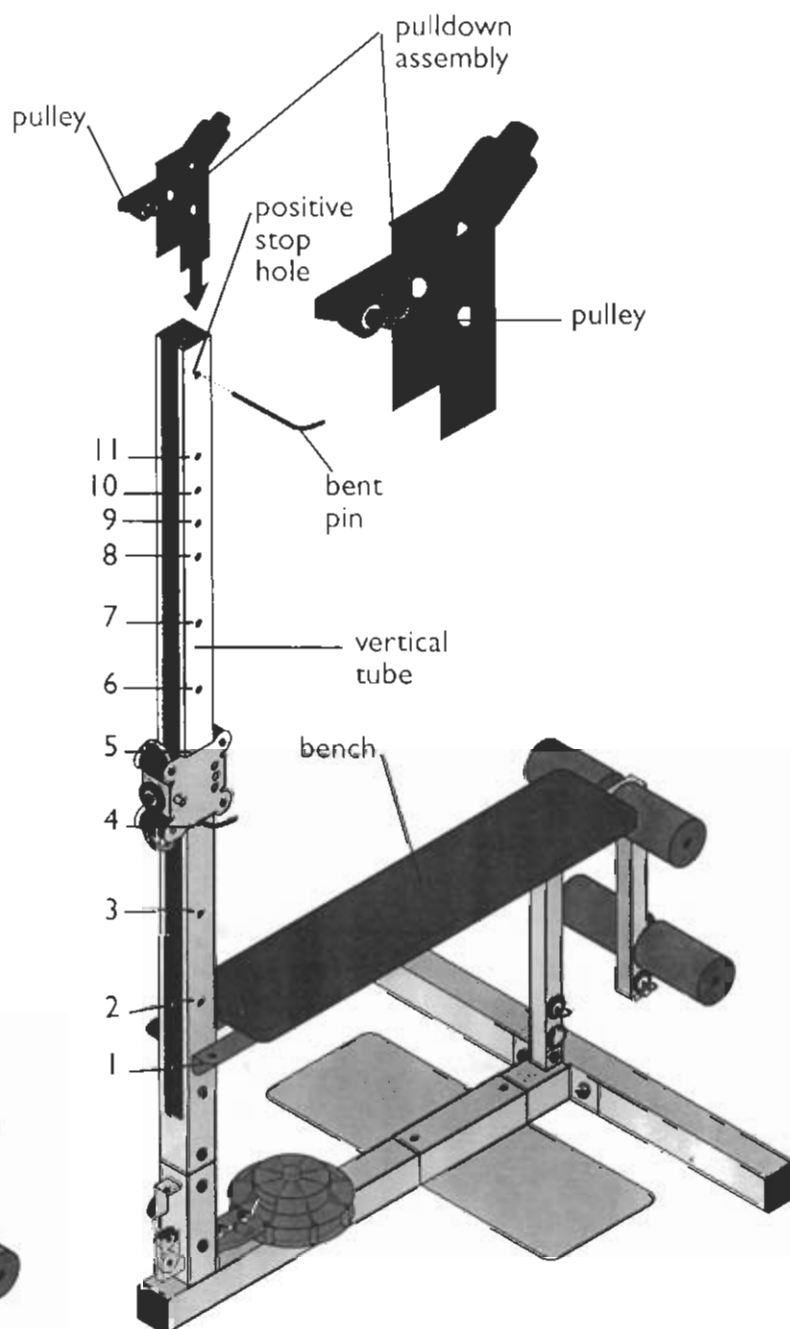
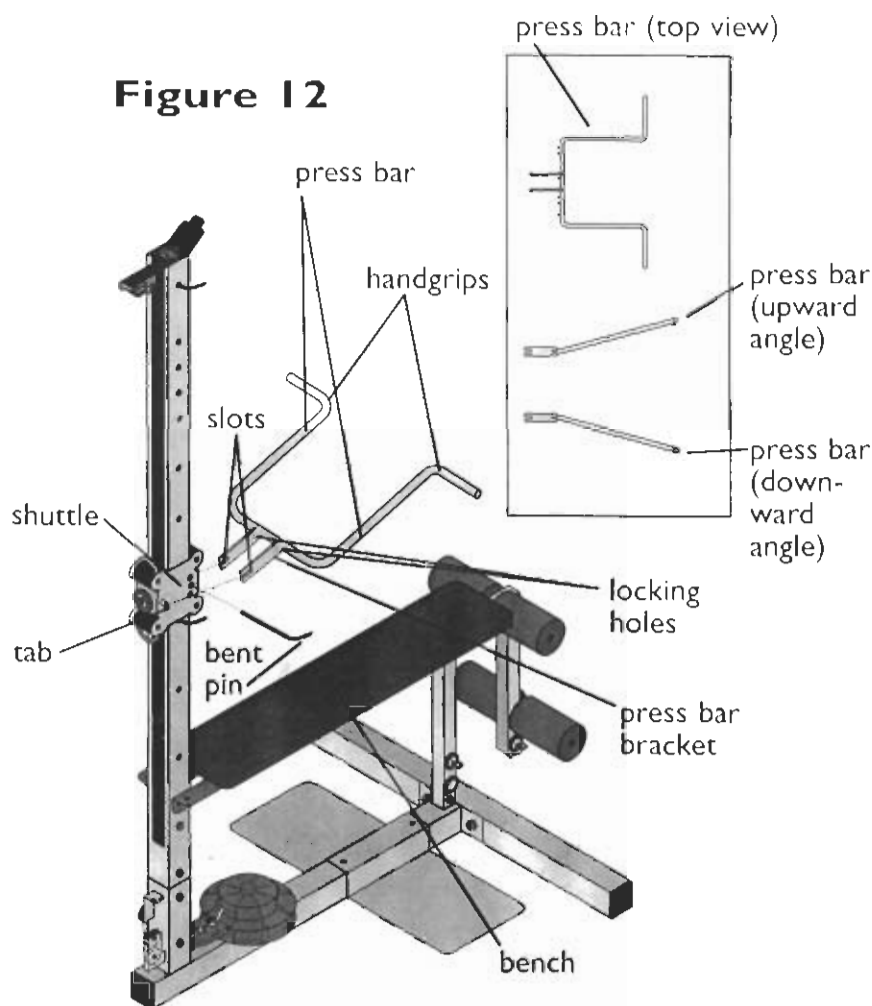


Figure 11

NOTE: At this point, NordicFlex Gold® World Class® model owners (and NordicFlex Gold® Medalist® owners who have purchased electronics) should follow the instructions included in the electronics package to install the Power Meter® exercise monitor.

Figure 12



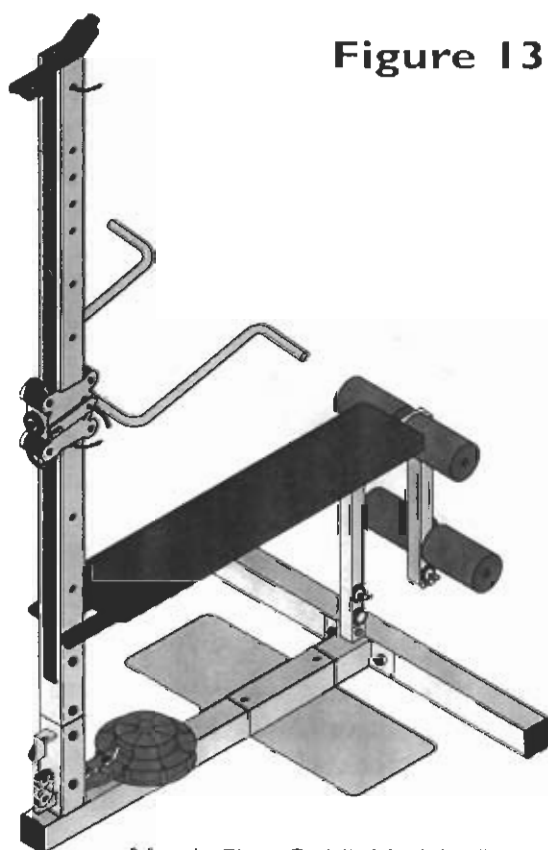
ATTACH THE PRESS BAR

1. Position the press bar (Figure 12) so the handgrips extend over the bench at either an upward or downward angle. (The exercise description will indicate whether the bar should be angled upward or downward.)
NOTE: *World Class model owners should slide the pads onto the press bar before they attach the press bar to the machine.*
2. Slide the slots on the end of the press bar bracket onto the shuttle and hook them on the tabs on both sides of the shuttle.
3. Align the locking holes on the press bar with one of the three sets of holes on the shuttle. Insert a bent pin to secure the press bar in the desired position.

IMPORTANT: The machine is now ready for the press and/or pulldown exercises. Follow the instructions on pages 11 for the chest fly or page 13 for the abdominal crunch bar assembly.

Figure 14

Figure 13



NordicFlex Gold® Medalist™ strength conditioner fully assembled with the press bar attachment



NordicFlex Gold® World Class™ strength conditioner fully assembled with the press bar attachment

ATTACH THE CHEST FLY ASSEMBLY

1. Remove the Power Meter (standard on the NordicFlex Gold World Class model) and the pulldown assembly from the top of the vertical tube.
2. Remove the press bar from the shuttle.
3. Remove the shuttle from the vertical tube.
4. Replace the pulldown assembly and the Power Meter (standard on the World Class model).
5. Insert the straight pin through hole 10 or 11 on the vertical tube. (Depending on your height, you may wish to position this in a lower hole. Hole 7 is the lowest hole through which you can insert the straight pin when attaching the chest fly assembly.)
6. Slide the small pads on to the chest fly assembly arms as shown in Figure 15.
7. Hook the hanger clips of the chest fly assembly over the straight pin you positioned in step 5.
8. Align the lowest hole on the chest fly assembly with the corresponding hole in the vertical tube.
9. Insert a bent pin through the holes to secure the chest fly assembly to the vertical tube.

Figure 15

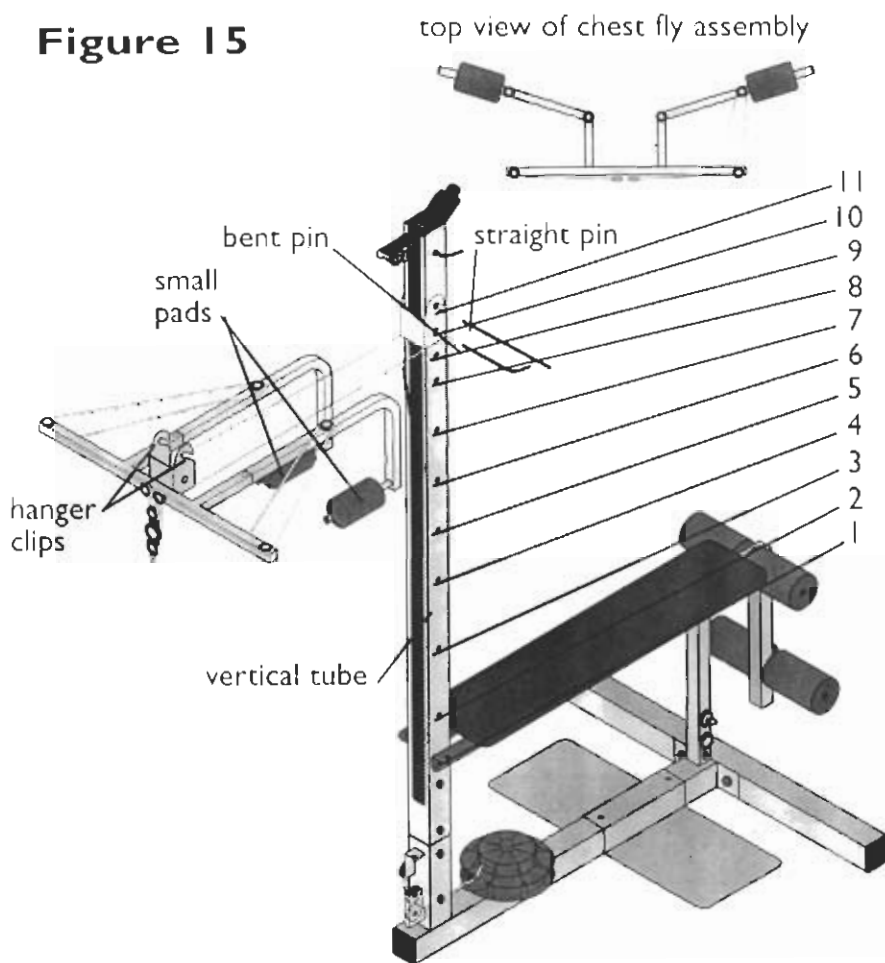
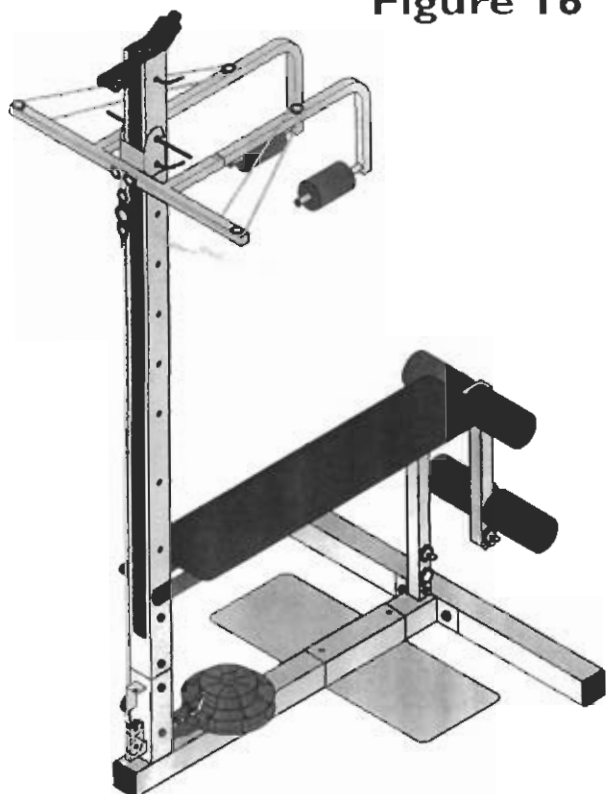


Figure 16



NordicFlex Gold Medalist strength conditioner fully assembled with the chest fly attachment



Figure 17

NordicFlex Gold World Class strength conditioner fully assembled with the chest fly attachment

ATTACH THE ABDOMINAL CRUNCH BAR (Standard on the World Class model)

NOTE: Attach the abdominal crunch bar to what would be the right side of the machine if you were straddling the bench with the vertical tube behind you.

1. Remove the press bar or the chest fly assembly.
2. Position the abdominal crunch bar (Figure 18) so the pad is above the bench.
3. Hook the hanger clips on the abdominal crunch bar bracket over the bent pin which secures the bench to the bench-support tube (hole D).
4. Slide the abdominal crunch bar bracket so the two sets of holes in the bracket are on the side of the bench-support tube that is toward the foot of the bench.
5. Insert a bent pin through each of the two sets of holes in the abdominal crunch bar bracket. The pins should be on the side of the bench-support tube that is closest to the foot of the bench. This secures the abdominal crunch bar in place.
6. Thread the nylon strap through the eyebolt on the upper pulley of the bench-support tube and the eyebolt just below the ankle cushion on the leg exerciser.
7. Thread the end of the strap through the fastener and tighten the strap so the strap will not loosen while exercising.

NOTE: The nylon strap secures the leg exerciser in place so that you can press your ankles against the ankle cushion when you perform the abdominal flexion exercise. Do not tighten the strap so much that you are unable to fit your ankles behind the ankle cushion.

IMPORTANT: Insert the small stop pin through the two holes in the pulley bracket. (The holes are beneath the pulley.) The stop pin will ensure that you do not exceed a 30-degree movement with the crunch bar exercises.

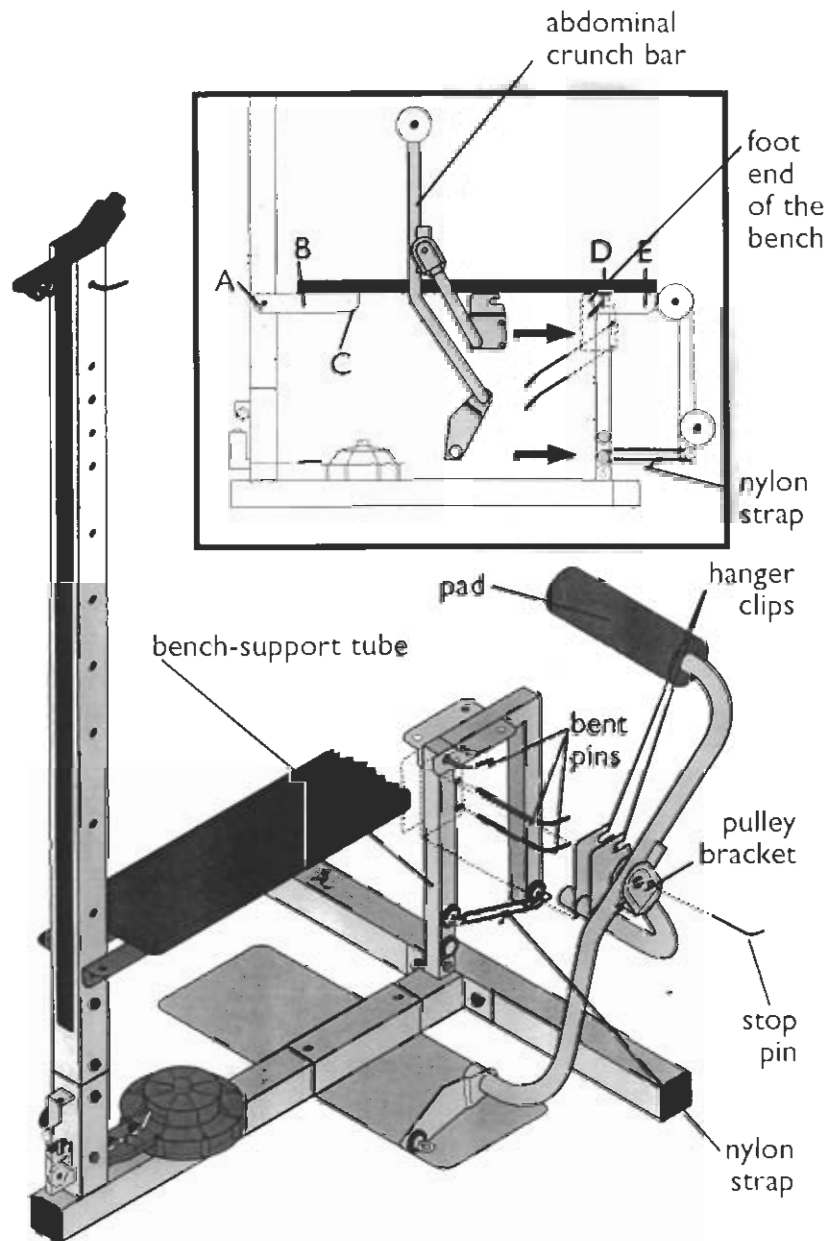
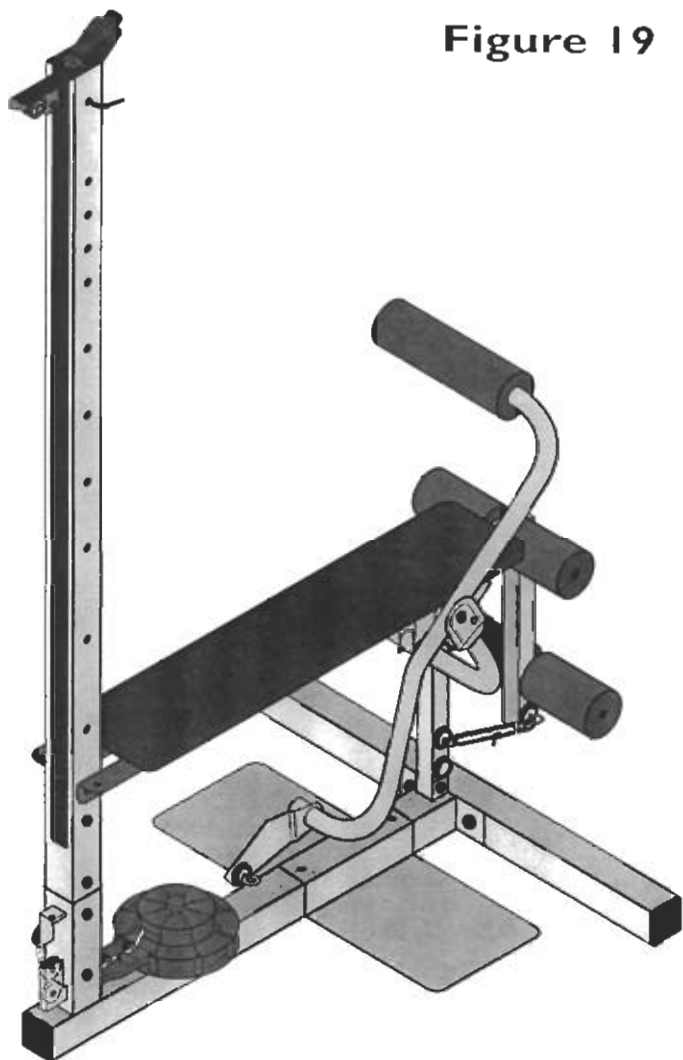


Figure 18

Figure 19



NordicFlex Gold® Medalist™ strength conditioner fully assembled with the abdominal crunch attachment

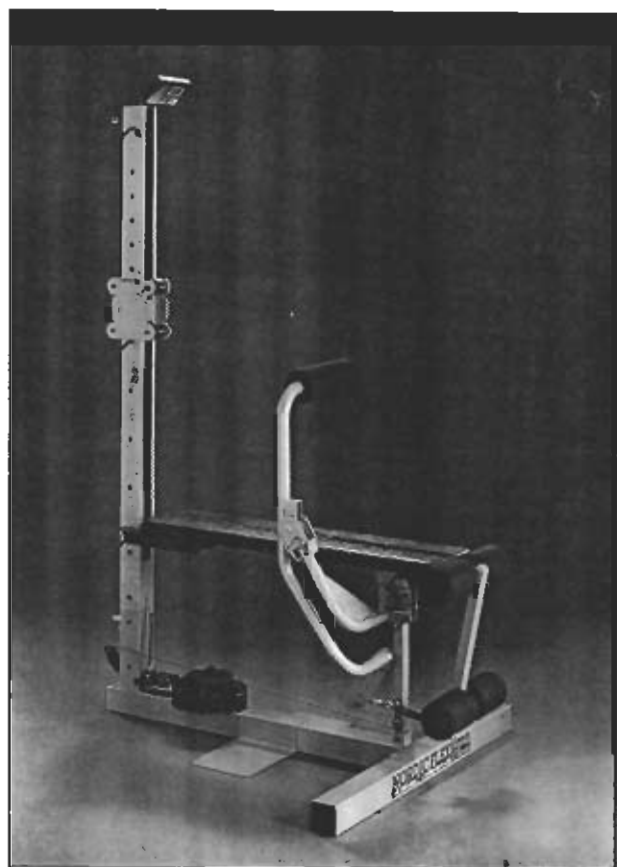


Figure 20

NordicFlex Gold® World Class™ strength conditioner fully assembled with the abdominal crunch attachment

CORD ROUTING

The patented isokinetic resistance system used on the NordicFlex Gold® strength conditioner adjusts to match the force you exert. In other words, the harder you push, pull or lift, measured by the speed, the greater the resistance.

Different resistance levels are achieved by routing the cord around one, two or three pulleys. This allows for a wide range of resistance:

Level 1 (light) provides a resistance range of 20 to 100 pounds.

Level 2 (medium) provides a resistance range of 60 to 250 pounds.

Level 3 (heavy) provides a resistance range of 200 to 450 pounds.

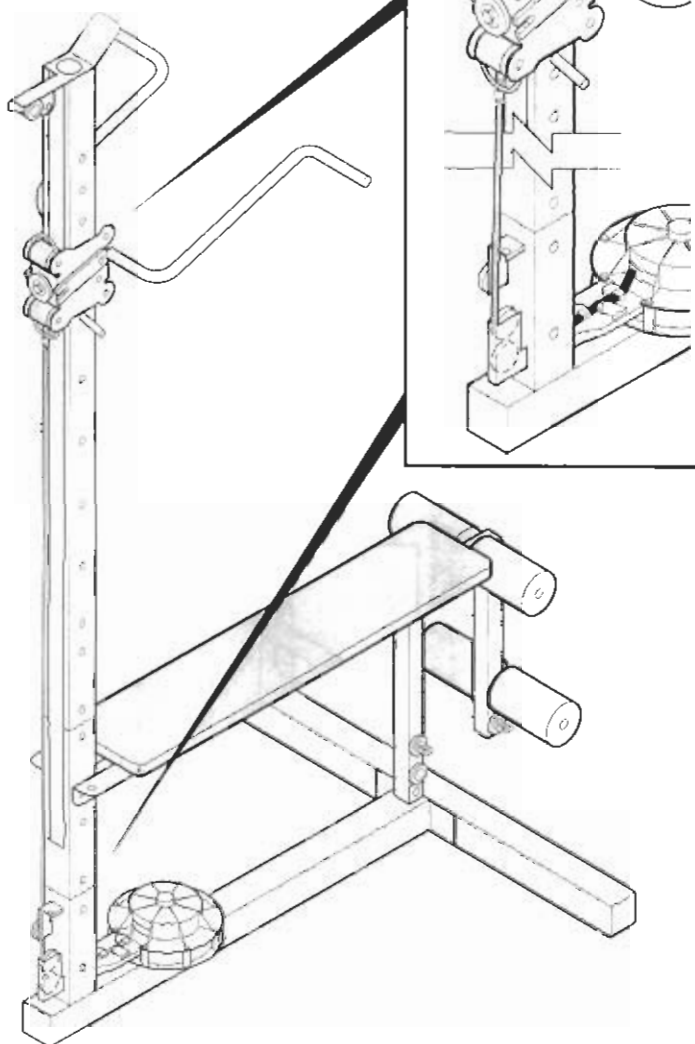
NOTE: When routing the cord, be careful that the cord does not cross over itself. If this happens, the cord may fray and wear out prematurely.

IMPORTANT: We recommend that you unwind all cord routing when the machine is not in use. This will prevent unnecessary wear on the cord and resistance mechanism.

Level 1

(Light: 20 to 100 pounds)

1. Bring the cord up and attach the snap hook to the bottom hanger on the shuttle.



CORD ROUTING FOR PRESS EXERCISES

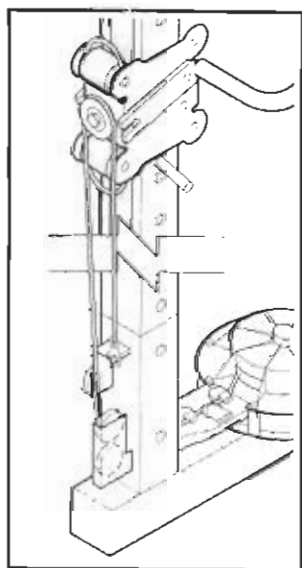
Use this cord routing for the following exercises:

- Deadlift
- Leg Press
- Front Squat
- Rear Squat
- Calf Raise
- Bent-Over Row
- Bench Press
- Incline Bench Press
- Upright Row
- Military Press
- Shoulder Shrugs
- Seated Triceps Press
- Standing Reverse Curl
- Standing Biceps Curl
- Lying Triceps Extension
- Behind The Neck Press

Level 2

(Medium:
60 to 250 pounds)

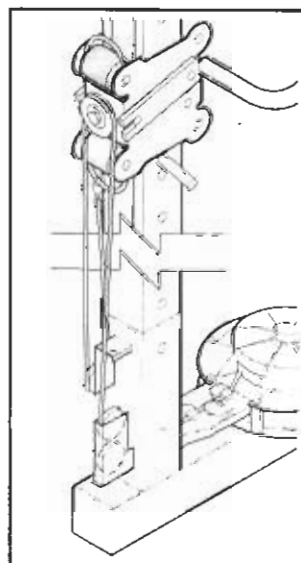
1. Bring the cord up and wrap it clockwise around the pulley on the shuttle.
2. Attach the snap hook to the hole on the pulley bracket.



Level 3

(Heavy:
200 to 450 pounds)

1. Bring the cord up and wrap it counterclockwise around the pulley on the shuttle.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retainer clip.
3. Bring the cord back up and attach the snap hook to the bottom hanger on the shuttle.



*The front side is closest to you. The back side is nearest the vertical tube.

CORD ROUTING FOR PULLDOWN EXERCISES

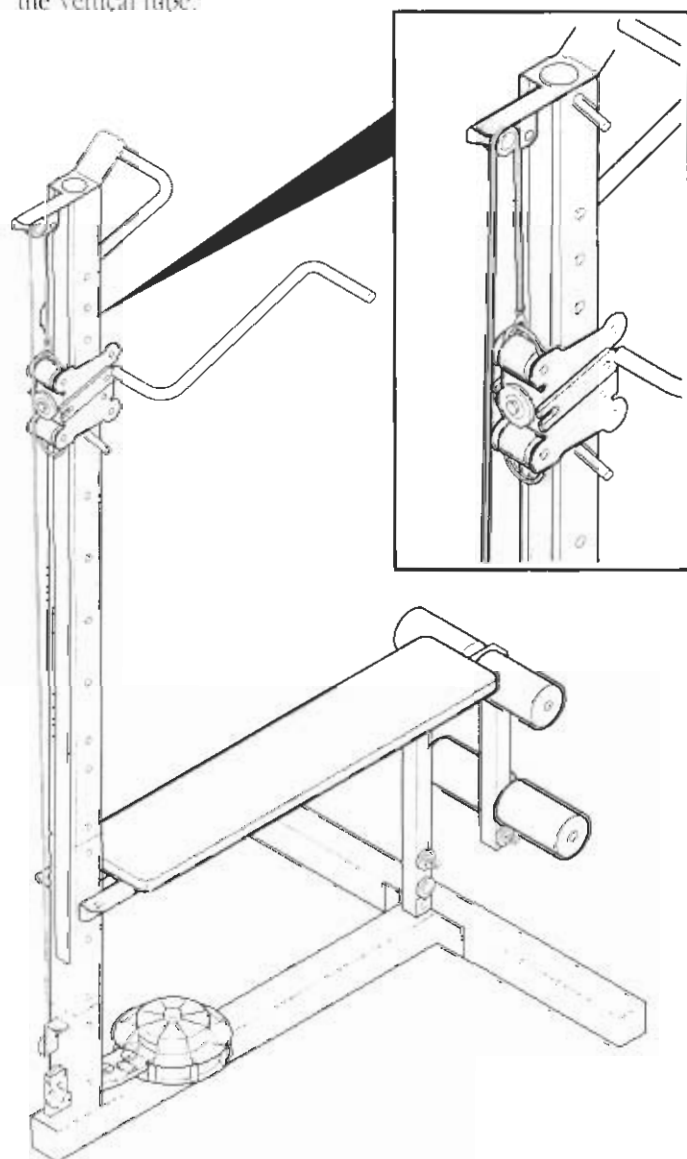
Use this cord routing for the following exercises:

- Lat Pulldown
- Reverse Grip Lat Pulldown
- Triceps Pushdown

Level 1 ▼

(Light:
20 to 100 pounds)

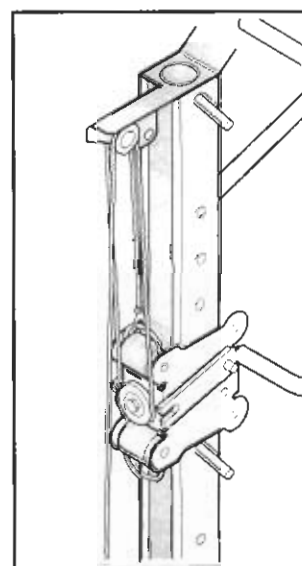
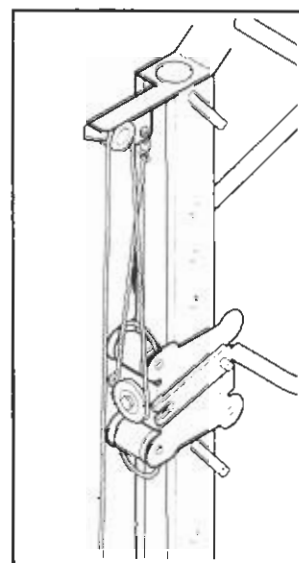
1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly.* Be sure to route the cord between the pulley and the retainer clip.
 2. Attach the snap hook to the top hanger on the shuttle.
- * The front side is nearest you. The back is closer to the vertical tube.



Level 2 ►

(Medium:
60 to 250 pounds)

1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly. Be sure to route the cord between the pulley and the retainer clip.
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and attach the snap hook to the hole in the pulldown assembly.



Level 3 ▲

(Heavy:
200 to 450 pounds)

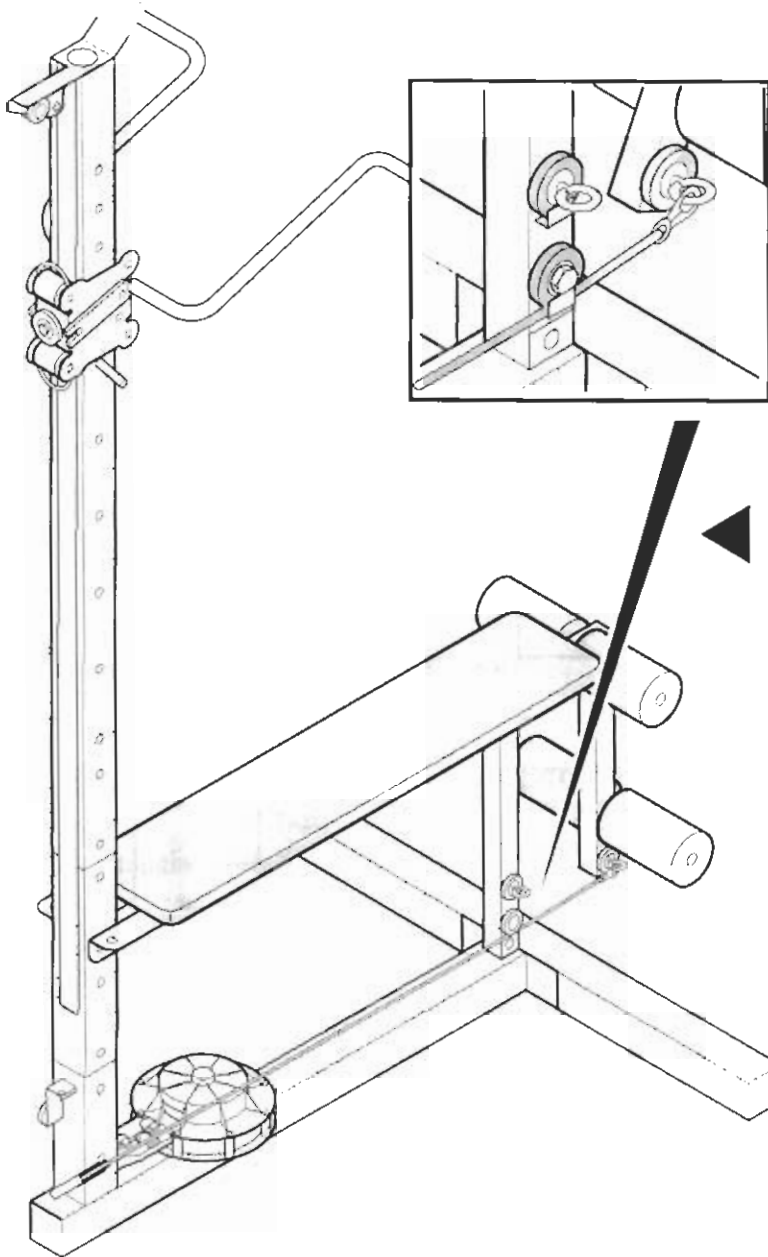
1. Bring the cord up and wrap it from front to back over the right pulley on the pulldown assembly. Be sure to route the cord between the pulley and the retainer clip.
2. Route the cord down and wrap it clockwise under the pulley on the shuttle.
3. Bring the cord up and wrap it from front to back over the left pulley on the pulldown assembly. Be sure to route the cord between the pulley and the retainer clip.
4. Bring the cord down and attach the snap hook to the top hanger on the shuttle.

CORD ROUTING FOR LEG EXERCISES

Use this cord routing for the following exercises:

- Leg Extension
- Standing Leg Curl
- Concentration Curl
- Bent-Over Raise
- Side Bends*
- Hip Flexion*
- Hip Extension*
- Hip Abduction*
- Hip Adduction*

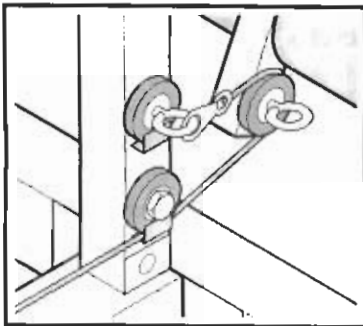
*These exercises require a variation of this cord routing. See the instructions for the specific exercise for the proper cord routing.



Level 1

(Light: 20 to 100 pounds)

1. Pass the cord between the pulley and the retaining clip of the lower pulley on the bench support tube. Be sure the cord runs between the pulley and the retaining clip.
2. Attach the snap hook to the eyebolt below the ankle cushion on the leg exerciser.

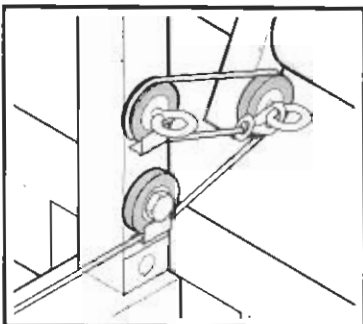


Level 2

(Medium: 60 to 250 pounds)

1. Pass the cord between the pulley and the retaining clip of the lower pulley on the bench support tube. Be sure the cord runs between the pulley and the retaining clip.

2. Route the cord counterclockwise and over the pulley below the ankle cushion.
3. Attach the hook to the eyebolt on the bench support tube.



Level 3

(Heavy: 200 to 450 pounds)

1. Pass the cord between the pulley and retaining clip of the lower pulley on the bench support tube. Be sure the cord runs between the pulley and the retaining clip.
2. Pass the cord counterclockwise and over the pulley below the ankle cushion on the leg exerciser.

3. Wrap the cord counterclockwise and under the top pulley on the bench support tube. Be sure cord runs between the pulley and the retaining clip.
4. Attach the hook to the eyebolt in the center of the pulley below the ankle cushion on the leg exerciser.

CORD ROUTING FOR CHEST FLY EXERCISES

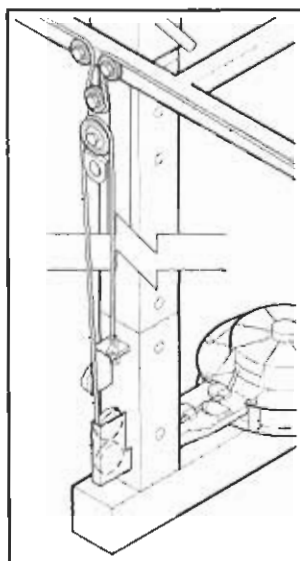
Use this cord routing for the following exercises:

- Chest Fly
- Reverse Fly

Level 1

(Light: 20 to 100 pounds)

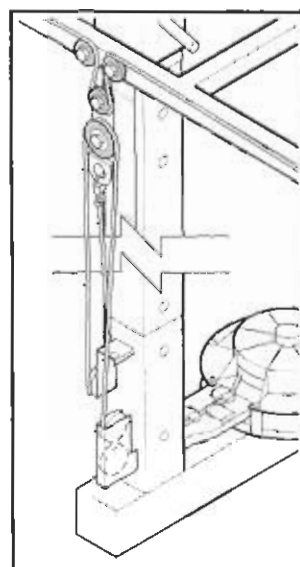
1. Bring the cord up and attach the snap hook to the chest fly pulley bracket.



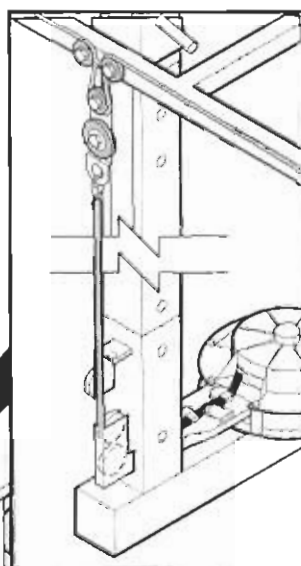
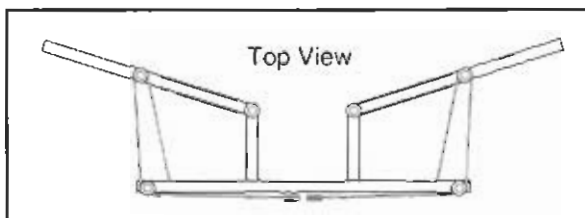
Level 2

(Medium: 60 to 250 pounds)

1. Bring the cord up and wrap it clockwise around the chest fly pulley.
2. Bring the cord up and attach the snap hook to the pulley bracket near the base of the machine.



Top View



Level 3

(Heavy: 200 to 450 pounds)

1. Bring the cord up and wrap it counter-clockwise around the chest fly pulley.
2. Route the cord down and wrap it from front to back under the pulley on the pulley bracket.* Be sure to route the cord between the pulley and the retaining clip.
3. Bring the cord up and attach the snap hook to the chest fly pulley bracket.

* The front side is farthest from the vertical tube and the back side is nearest the vertical tube.

CORD ROUTING FOR ABDOMINAL CRUNCH BAR EXERCISES

The abdominal crunch bar is standard on the NordicFlex Gold® World Class® strength conditioner. NordicFlex Gold® Medalist owners may purchase it as an accessory. Use this cord routing for the following exercises:

- Back Extension
- Abdominal Flexion

Level 1

(Light: 20 to 100 pounds)

1. Route the cord counterclockwise around the lower pulley on the bench-support tube. Be sure the cord runs between the pulley and retaining clip.
2. Attach the snap hook to the eyebolt on the crunch bar pulley bracket.

Level 2

(Medium: 60 to 250 pounds)

1. Route the cord counterclockwise around the lower pulley on the bench-support tube. Make certain the cord runs between the pulley and retaining clip.

2. Pass the cord clockwise around the pulley on the crunch bar pulley bracket. Be sure the cord runs between the pulley and retaining clip.
3. Attach the snap hook to the eyebolt on the bench-support tube.

Level 3

(Heavy: 200 to 450 pounds)

1. Route the cord counterclockwise around the lower pulley on the bench-support tube. Be sure the cord runs between the pulley and retaining clip.
2. Pass the cord clockwise around the pulley on the crunch bar pulley bracket. Be sure the cord

- runs between the pulley and the retaining clip.
3. Wrap the cord counterclockwise around the upper pulley on the bench-support tube. Be sure the cord runs between the pulley and the retaining clip.
4. Attach the snap hook to the eyebolt on the crunch bar pulley bracket.

DEVELOPING A BALANCED FITNESS PROGRAM

AEROBIC CONDITIONING

Aerobic conditioning is an important part of your Balanced Fitness® program. We recommend that you complete a 20-minute aerobic conditioning session three to five times a week in addition to your three strength training sessions.

CROSS-TRAINING

The best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more activities 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 two products featured on this page will enable you to round out your Balanced Fitness program.



NORDICTRACK SKI EXERCISER

NordicTrack® ski exercisers simulate the motion of cross-country skiing — which medical experts agree is the world's best aerobic exercise.

This total-body exerciser quickly and easily elevates the heart rate to the fitness-building level. It uniformly exercises the major muscle groups in the upper and lower body in a smooth, natural way without jarring or over-stressing your body.

Improve your coordination, cardiovascular fitness and muscle tone with one of seven NordicTrack ski models (The NordicTrack Pro® model is pictured, on the left.)

Call 1-800-328-5888 for more information.



NORDICTRACK'S AEROBIC CROSS-TRAINER

NordicTrack's Aerobic Cross-Trainer® exerciser offers you five heart-pumping, muscle-toning aerobic exercises in one space-efficient machine: walking, jogging, power walking, cross-country skiing and stairstepping.

Round out your personal fitness program with a machine that offers a variety of workouts — all on one convenient machine. And you will find it easy to stay with a program on your Aerobic Cross-Trainer because your workouts will be fresh, fun and always varied.

Comes complete with eleven different workout programs to challenge individuals at all fitness levels.

Call 1-800-421-5910 for more information.

CUSTOMER INFORMATION

MAINTAINING YOUR NORDICFLEX GOLD™ MEDALIST™ AND NORDICFLEX GOLD™ WORLD CLASS™ EDITION STRENGTH CONDITIONERS

Your NordicFlex Gold™ requires a minimum amount of maintenance. It can be cleaned like any piece of wood or metal furniture. You may use a mild household cleaning spray and a cloth to clean the metal parts and the bench. Check resistance cords for signs of wear, tearing or fraying. Please contact our Customer Service Department to obtain a replacement cord.

If you have any questions about the set-up or operation of your NordicFlex Gold, call

Customer Service Department

Monday through Friday • 7 AM to 8 PM central time

Saturday • 8 AM to 4:30 PM central time

1-800-445-2560

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the NordicFlex Gold strength conditioner. Retain your box and packing materials during this time period. Please note that misuse, abuse or the commercial use of the NordicFlex Gold will void the 30-day in-home trial and return privilege policy.

Should you decide to return your NordicFlex Gold, you must notify our Customer Service Department by calling the number indicated in the Customer Information section of your Owner's Manual. We will arrange for one of our carriers to pick up your return package.

The Customer Service Department will supply you with information on how to pack your NordicFlex Gold. It is the customer's responsibility to retain all original packing materials and repack the machine according to our instructions. Any damage resulting from improper packing is the responsibility of the customer. The customer's name and address, as it appears on the invoice, must be enclosed in the box. When returned within the 30-day trial period, NordicTrack will refund the full purchase price of the NordicFlex Gold. The initial shipping charge is not refunded.

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., will for two years from the date of purchase of a NordicFlex Gold strength conditioner, repair or replace at its factory any part which may prove to be defective in materials or workmanship. (Electronics and other items purchased through NordicTrack, Inc. carry their own warranty.) Please note that commercial use of a NordicFlex Gold strength conditioner will void the warranty coverage. This warranty does not cover damage resulting from mishandling in transit, vandalism, misuse, abuse, alteration or lack of reasonable care, or normal wear on items such as those having finished or painted surfaces, the foam pads, or the commercial use of the NordicFlex Gold. This warranty is applicable to sales made only by NordicTrack, Inc., or Nordic Advantage, Inc., a subsidiary of NordicTrack, Inc.

To obtain service under this warranty, contact our Customer Service Department at 1-800-445-2560 for the proper procedure. **ALL SHIPPING COSTS TO RETURN THE NORDICFLEX GOLD MACHINE AND ACCESSORIES 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 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 exclusion or limitation 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.

CUSTOMER INFORMATION

CUSTOMER RETURN PROCESS

In the event that you are not completely satisfied with your NordicFlex Gold, please follow the directions below to return it.

1. Save the box and packing materials your order arrived in. You can use it to pack your return package.
2. Keep your invoice. This will help process your return as efficiently as possible.
3. Call our Customer Service Department at the phone number found in the Customer Information section of your Owner's Manual. A Customer Service Department Representative will give you detailed packing instructions (these may be mailed or faxed to you.)
4. Package your product as described. Enclose a copy of your invoice or a slip of paper with your name, address and Return Authorization Number in the box. Seal the box and write your name and address in the upper left-hand corner of the box.
5. We will arrange for one of our carriers to pick up your return package. The carrier will also supply a mailing label. It's that simple!

