

NORDIC FLEX

GoldTM

by NordicTrack

**OWNER'S MANUAL
AND WORKOUT GUIDE**

TABLE OF CONTENTS

Welcome.....	1
Assembly.....	2
Assembly Diagrams	3
Assembly Instructions.....	5
Changing Strength Levels.....	6
Cord Routing — Press Exercises.....	6
Cord Routing — Pulldown Exercises	7
Cord Routing — Leg Exercises	8
Cord Routing — Butterfly Exercises	9
Cord Routing — Abdominal Crunch Exercises	10
Comparison of Resistance Modes	11
Repetition Continuum Chart.....	11
Training Principles and Tips.....	12
Warm-Up and Cool-Down.....	13
Suggested Daily Routines	14
Monday.....	14
Wednesday.....	16
Friday.....	18
Additional Exercises.....	20
Optional Exercises	21
Strength-Training Log.....	23
Customer Information.....	25

Important: Please read through this entire manual before assembling or using your new NordicFlex Gold™ strength trainer.

Congratulations! With your purchase of the NordicFlex Gold™ strength trainer, you have taken an important step towards developing the physique you've always wanted and being your personal best.

NordicFlex Gold is a dynamic and innovative strength-training system designed to improve muscular tone, size and strength. To give you best results, NordicFlex Gold utilizes our patented *isokinetic* resistance system. Its "accommodating" resistance lets you work against maximum resistance throughout the entire range of motion for each repetition. By automatically and smoothly maximizing the overload of muscles, your muscular tone, strength and size will safely and consistently improve. And because NordicFlex Gold utilizes a strict linear motion — long preferred by strength trainers — muscle groups are isolated to achieve maximum results from each repetition.

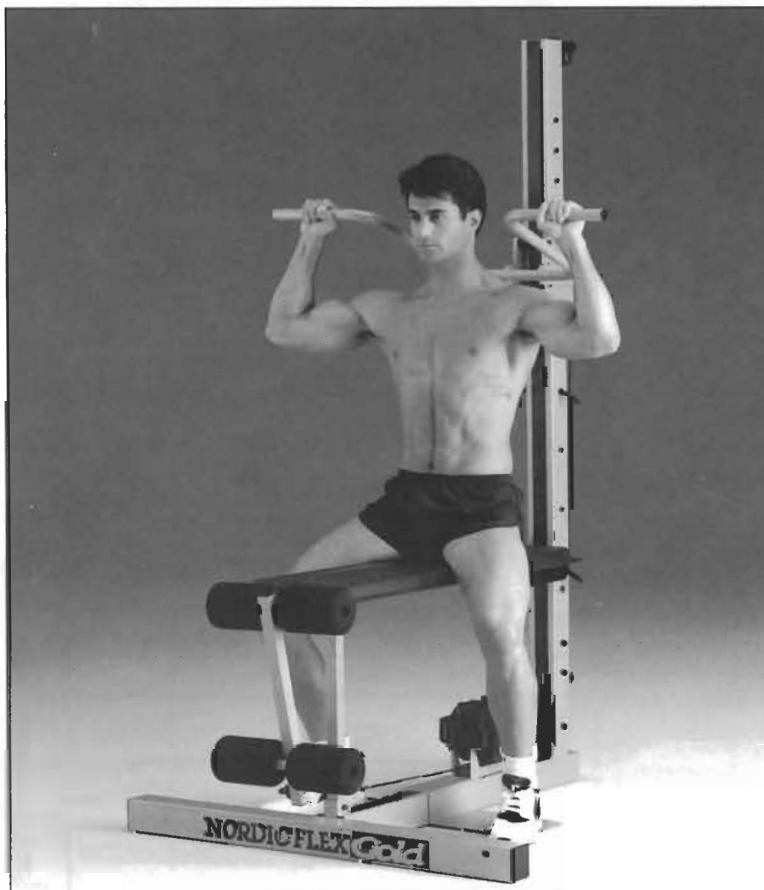
NordicFlex Gold gives you all the tools you need to perform 32 different exercises for varied, total-body workouts. The butterfly attach-

ment lets you effectively shape and tone your chest. And you can strengthen and develop your leg muscles with the leg attachment.

NordicFlex World Class™ Edition gives you these same features plus the crunch bar and power strap as standard equipment for a total of 38 different exercises. With the crunch bar and power strap you can focus on your abdomen and upper thigh regions, both hard-to-maintain muscle groups. Plus, the Power Meter motivates and helps you track your progress through each workout session.

This Owner's Manual and our Customer Satisfaction Department are provided to help you get the most from your NordicFlex Gold. The manual provides assembly and operating instructions for the machine, as well as complete training information and workout programs. If you have additional questions, our Customer Satisfaction Department is available to assist you. Each representative has thorough knowledge of the NordicFlex Gold and takes pride in providing the best support available.

WELCOME TO NORDICFLEX GOLD



ASSEMBLY

Before assembling your NordicFlex Gold™ strength trainer, please view the assembly segment of the instructional videotape for complete assembly instructions. Then, read through these instructions as you assemble your machine. Assembly should take approximately 25 minutes.

If you have questions or difficulties, please call our Customer Satisfaction Department at 1-800-445-2560 from 7 AM to 8 PM CST, Monday through Friday and 8 AM to 4:30 PM CST, Saturday.

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

Parts List

- One foot plate (Figure 1)
- One base tube (Figure 2)
- One cross tube (Figures 2 and 16)
- One shuttle (Figure 3)
- One butterfly assembly (Figure 4)
- Six bent pins (Figure 5)
- Two wrenches (Figure 6)
- One straight pin (Figure 7)
- One press bar (Figure 8)
- Two foam shoulder pads for press bar (World Class Edition only)

- One pulldown assembly (Figure 11)
- One vertical tube (Figure 12)
- One bench (Figure 13)
(classic hardwood bench on World Class Edition)
- Two nut plates (Figure 14)
- One leg exerciser (Figure 15)
- Ten 3/4" long bolts and nuts
- One 1-1/2" long bolt and nut
(already attached to base)

NordicFlex World Class™ Edition

Standard Equipment:

(NordicFlex Gold owners can call 1-800-445-2360 to order or to request information.)

- Abdominal Crunch bar (with stop pin; Figure 9)
- Power strap (Figure 10)
- Power Meter

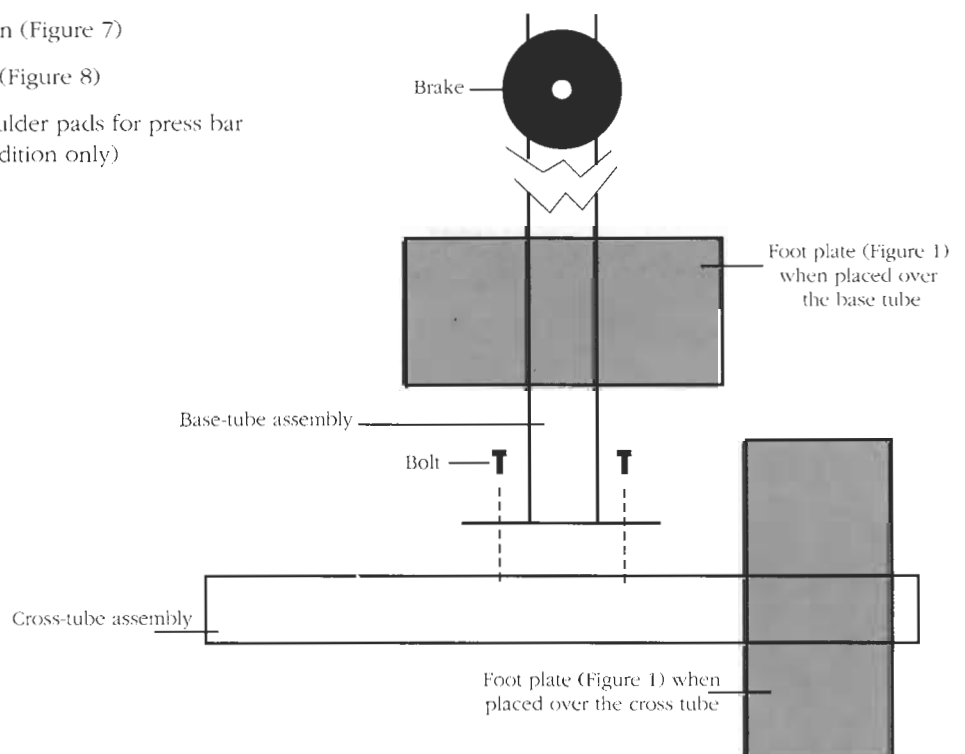
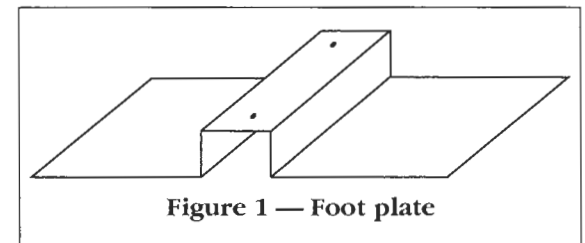


Figure 2 — Base assembly

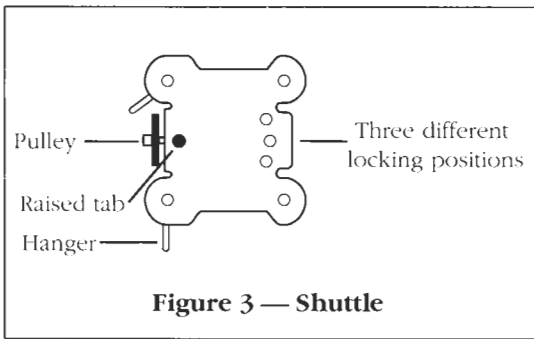


Figure 3 — Shuttle

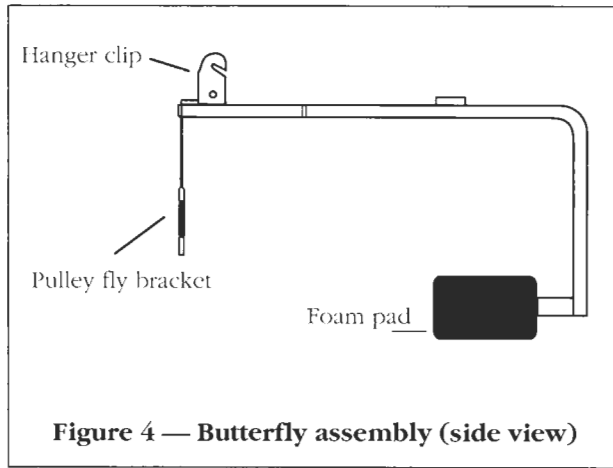


Figure 4 — Butterfly assembly (side view)

Assembly Diagrams

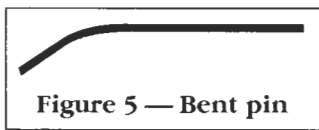


Figure 5 — Bent pin

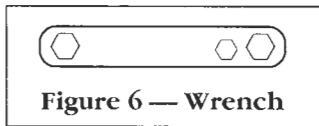


Figure 6 — Wrench

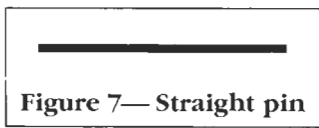
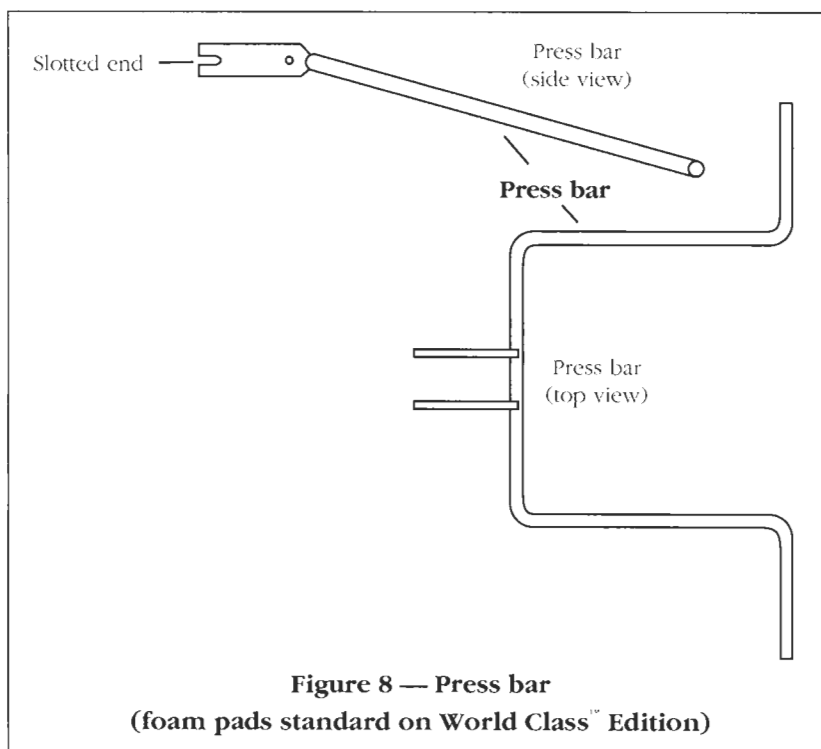
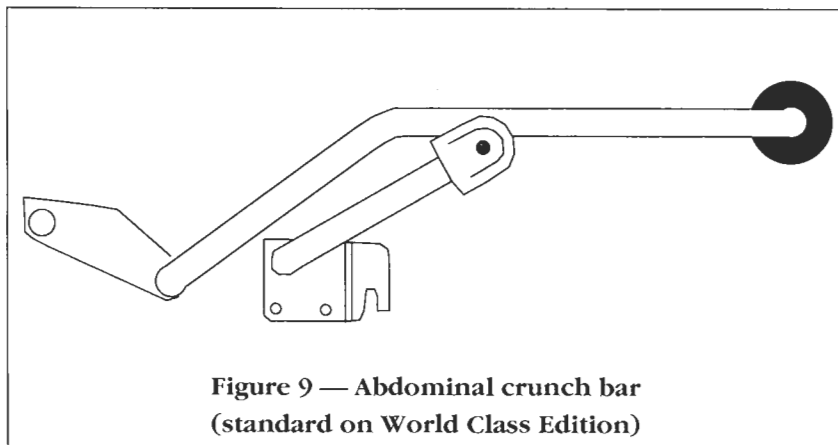


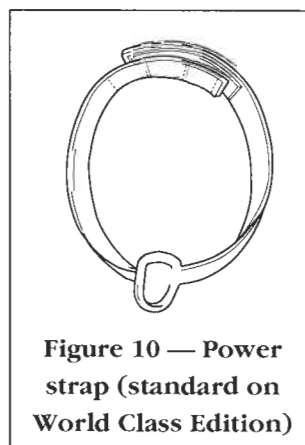
Figure 7 — Straight pin



**Figure 8 — Press bar
(foam pads standard on World Class™ Edition)**

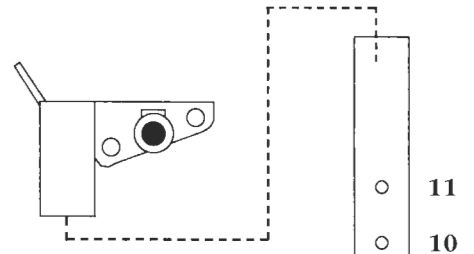


**Figure 9 — Abdominal crunch bar
(standard on World Class Edition)**



**Figure 10 — Power strap
(standard on World Class Edition)**

**Assembly
Diagrams**
continued



**Figure 11 —
Pulldown assembly**

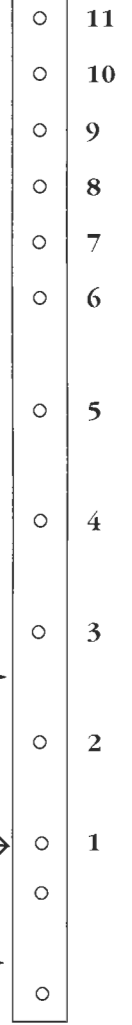


Figure 12 — Vertical tube



Figure 13 — Bench

Electronics connection →

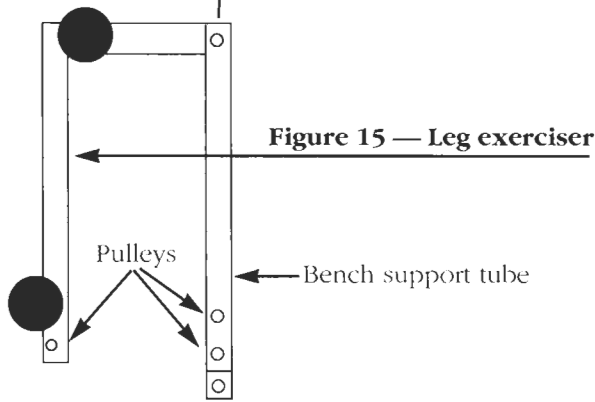
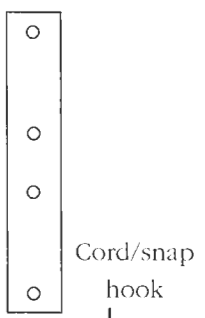
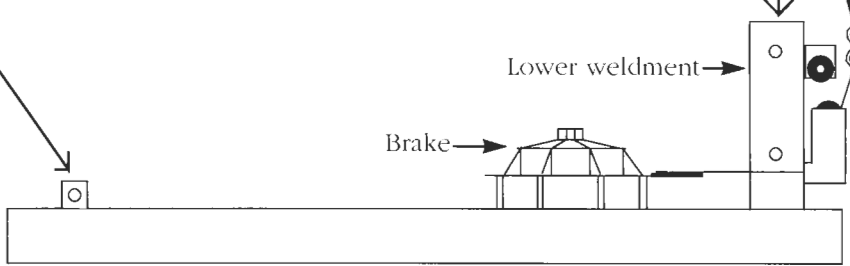


Figure 15 — Leg exerciser

Figure 14 — Nut plate



Cord/snap hook



Lower weldment →

Brake →

Figure 16 — Cross tube

Assembling Base

1. Place foot plate (Figure 1) over the base-tube assembly, in front of the brake.
2. Attach cross tube (Figures 2 and 16) to base tube (Figure 2) with two 3/4" long bolts. Tighten with wrench provided.

Note: If holes in cross tube and base tube do not align, loosen center bolt slightly, then insert bolts.

3. Using wrenches provided, fasten bench support tube (Figure 15) to base-tube assembly with the 1-1/2" long bolt and nut already attached to the front end of the base tube.
4. Place the two nut plates (Figure 14) inside the lower weldment of the base-tube assembly so holes in plates and weldment align. Finger-tighten two 3/4" long bolts through the lower weldment and each nut plate.

Note: Electronic jack on bottom portion of vertical tube should face brake.

5. With the holes spaced six inches apart at the bottom and the holes spaced three inches apart at the top, slide the vertical tube (Figure 12) over nut plates and onto lower weldment.
6. Insert four additional 3/4" long bolts (two for each nut plate) through vertical tube and nut plates. Tighten all eight bolts securely with wrench provided.

Attaching Bench

1. Attach bench to vertical tube by aligning hole "A" on bench with hole #1 on vertical tube and inserting one bent pin. This places the bench in the level position.
2. Attach bench to bench support tube by aligning hole "D" on bench with hole in bench support tube and inserting one bent pin.

Note: See page 8 for cord routing instructions for leg exercises.

Attaching Shuttle and Press Bar

1. Insert a bent pin through one of the first three holes above the bench.
2. Slide shuttle (Figure 4) down over vertical tube and lower to bent pin. The pulley should be on the back side of vertical tube (opposite the bench).
3. World Class™ Edition owners should slide foam pads onto press bar.

4. Insert pulldown assembly (Figure 4) on top of vertical tube so pulley assembly extends away from bench.
5. Place the bracket end of press bar (Figure 13) around raised tabs on both sides of shuttle.
6. Align locking holes on press bar with one of the three sets of holes on shuttle. Insert a bent pin to secure press bar in desired position. Your height and arm length determine which of the three positions you use.

Note: See pages 6 and 7 for cord routing instructions for press exercises and pulldown exercises.

Attaching Butterfly

(Refer to assembly information sheet received with the butterfly attachment.)

1. Remove press bar from shuttle.
2. Remove shuttle from vertical tube. Be certain to replace the pulldown assembly and reattach Power Meter.
3. Insert straight pin through one of the top two pin holes on vertical tube.
4. Place hanger clips of butterfly assembly over straight pin.
5. Insert a bent pin through the lowest hole on butterfly assembly and the aligning hole on the vertical tube to lock assembly in place.

Note: Pads on butterfly assembly should extend over bench and rest at shoulder level.

Note: See page 9 for instructions on the cord routing for butterfly exercises.

Attaching Abdominal Crunch Bar

(optional on NordicFlex Gold™ model)

Note: The abdominal crunch bar should be attached only when you intend to use it.

1. Slide support bracket of crunch bar over pin inserted through hole "D" on bench and bench support tube. Crunch bar pulley system should extend toward the rear of the unit under bench.
2. Insert a bent pin through each set of holes in support bracket. Pins should be in front of leg exerciser tube.
3. Thread nylon strap through eyehole bolt on upper pulley of leg exerciser and eyehole bolt just below ankle cushion. Thread end of strap through fastener so strap cannot loosen itself.

Note: See page 10 for instructions on the cord routing for crunch bar exercises.

CHANGING STRENGTH LEVELS

Cord Routing

Press Exercises

The patented isokinetic resistance system used by NordicFlex adjusts to match the force you exert. In other words, the harder you push yourself, measured by the speed, the greater the resistance.

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

Level 1 provides a lifting range of 20 to 100 pounds.

Level 2 provides a lifting range of 60 to 250 pounds.

Level 3 provides a lifting range of 200 to 450 pounds.

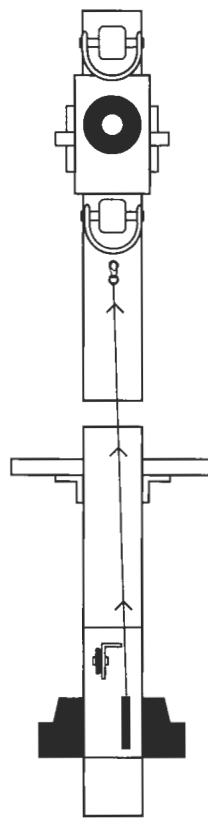
Note: All directional references assume you are standing at the rear of the unit, facing the vertical tube, with the bench extending away from you.

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

Cord Routing For Press Exercises

Examples: Bench Press, Squat

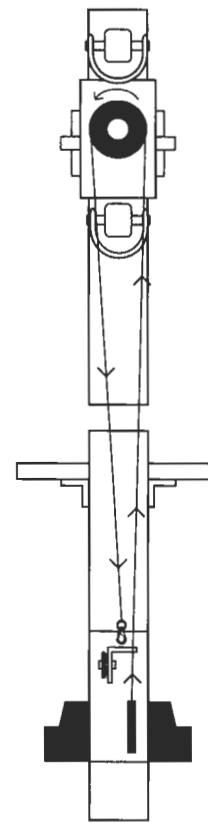
Level 1 (Light: 20 to 100 pounds)



rear view

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

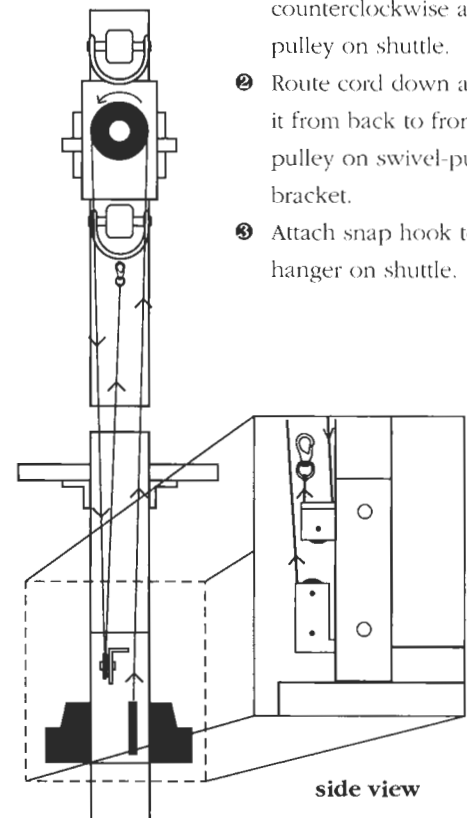
Level 2 (Medium: 60 to 250 pounds)



rear view

- 1 Bring cord up and wrap it counterclockwise around pulley on shuttle.
- 2 Attach snap hook to hole on swivel-pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)



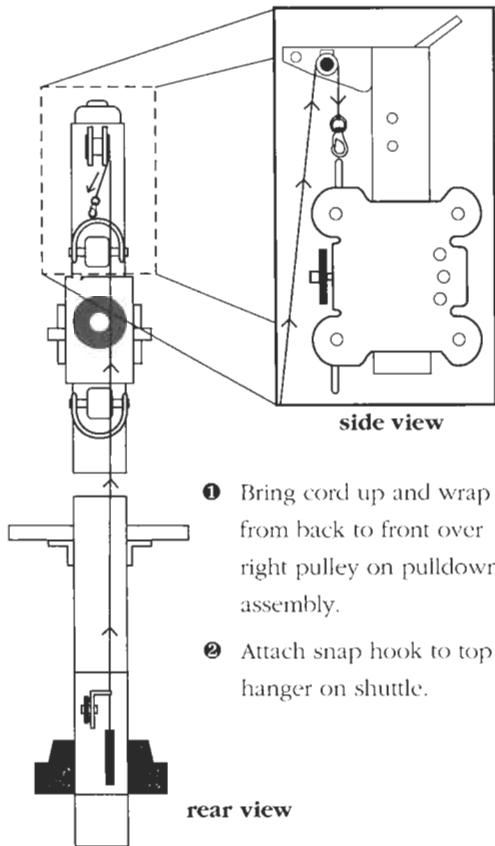
rear view

side view

- 1 Bring cord up and wrap it counterclockwise around pulley on shuttle.
- 2 Route cord down and wrap it from back to front under pulley on swivel-pulley bracket.
- 3 Attach snap hook to bottom hanger on shuttle.

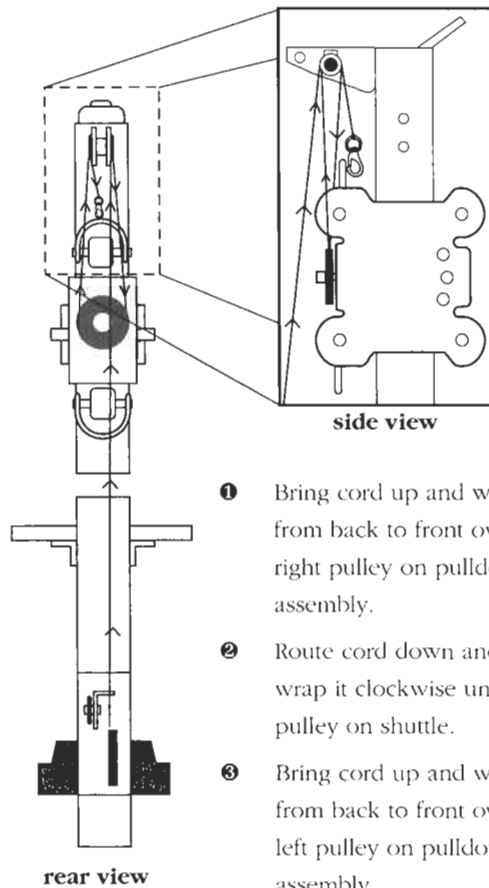
Cord Routing for Pulldown Exercises

Level 1 (Light: 20 to 100 pounds)



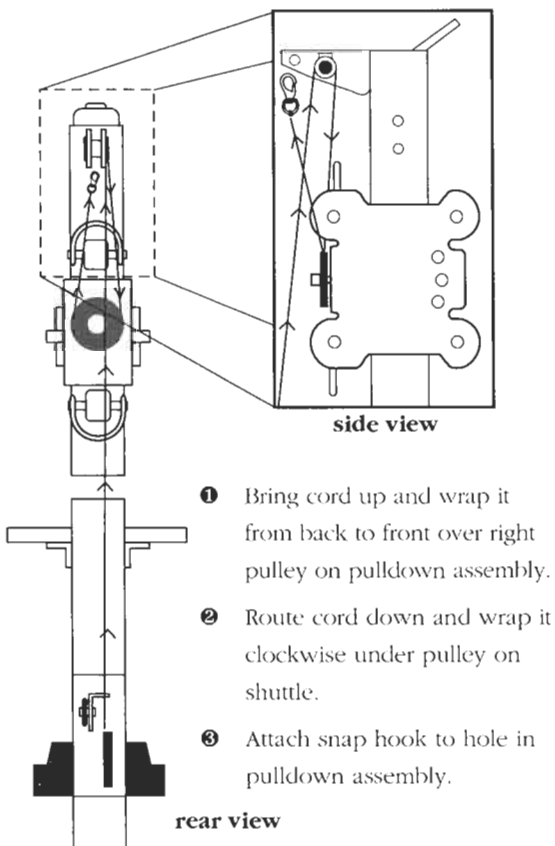
- ❶ Bring cord up and wrap it from back to front over right pulley on pulldown assembly.
- ❷ Attach snap hook to top hanger on shuttle.

Level 3 (Heavy: 200 to 450 pounds)



- ❶ Bring cord up and wrap it from back to front over right pulley on pulldown assembly.
- ❷ Route cord down and wrap it clockwise under pulley on shuttle.
- ❸ Bring cord up and wrap it from back to front over left pulley on pulldown assembly.
- ❹ Attach snap hook to top hanger on shuttle.

Level 2 (Medium: 60 to 250 pounds)



- ❶ Bring cord up and wrap it from back to front over right pulley on pulldown assembly.
- ❷ Route cord down and wrap it clockwise under pulley on shuttle.
- ❸ Attach snap hook to hole in pulldown assembly.

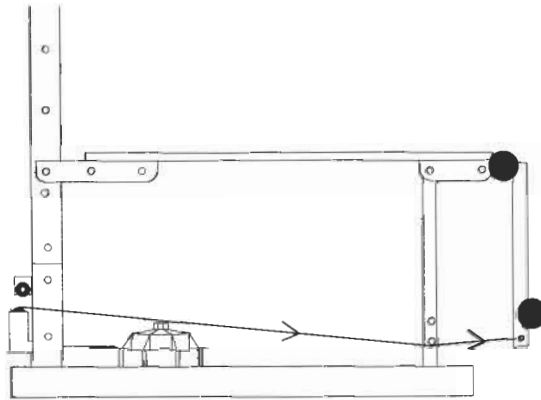
CHANGING STRENGTH LEVELS

Cord Routing Pulldown Exercises

Cord Routing for Leg Exercises

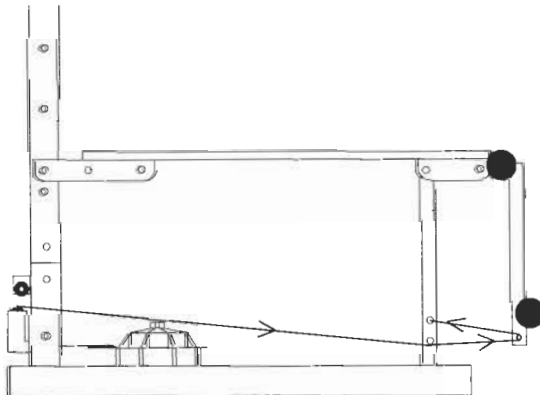
Cord Routing Leg Exercises

Level 1 (Light: 20 to 100 pounds)



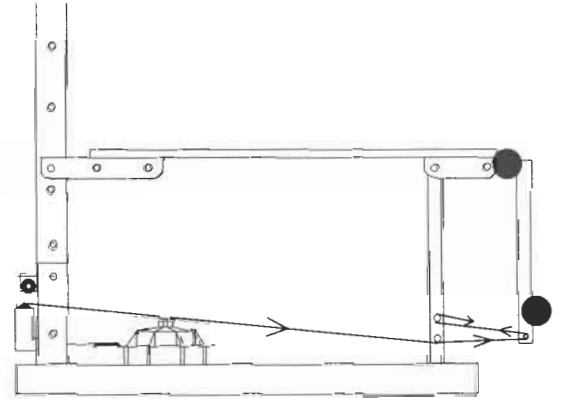
- 1 Pass cord between pulley and retaining clip of lower pulley on bench support tube.
- 2 Attach snap hook to eyebolt below ankle cushion on leg exerciser.

Level 2 (Medium: 60 to 250 pounds)



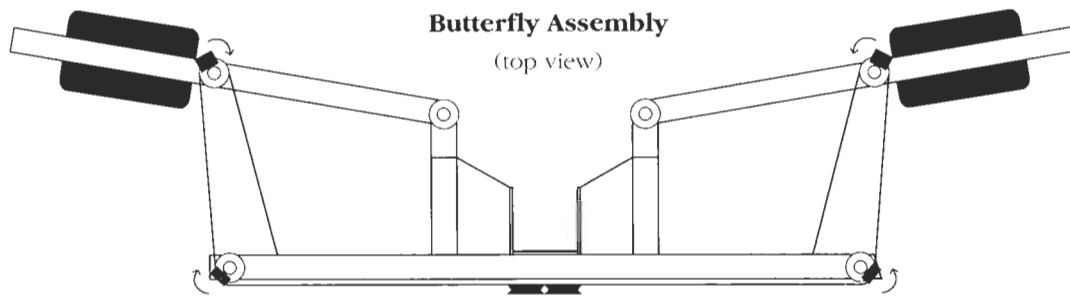
- 1 Pass cord between pulley and retaining clip of lower pulley on bench support tube.
- 2 Route cord counterclockwise and over pulley below ankle cushion.
- 3 Attach hook to the eyebolt in the center of the upper pulley on bench support tube.

Level 3 (Heavy: 200 to 450 pounds)

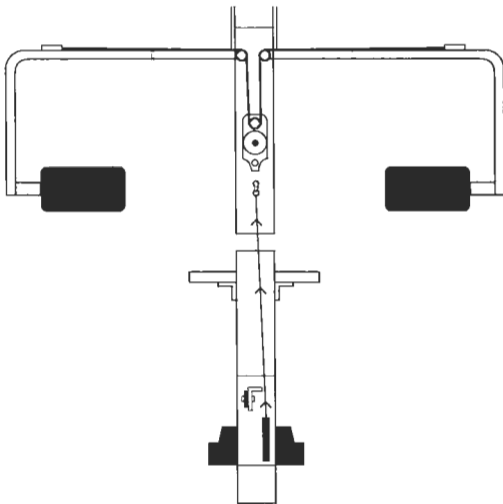


- 1 Pass cord between pulley and retaining clip of lower pulley on bench support tube.
- 2 Pass cord counterclockwise and over pulley below ankle cushion on leg exerciser.
- 3 Wrap cord counterclockwise and under top pulley on bench support tube.
- 4 Attach hook to eyebolt in center of pulley below ankle cushion on leg exerciser.

Cord Routing for Butterfly Exercises



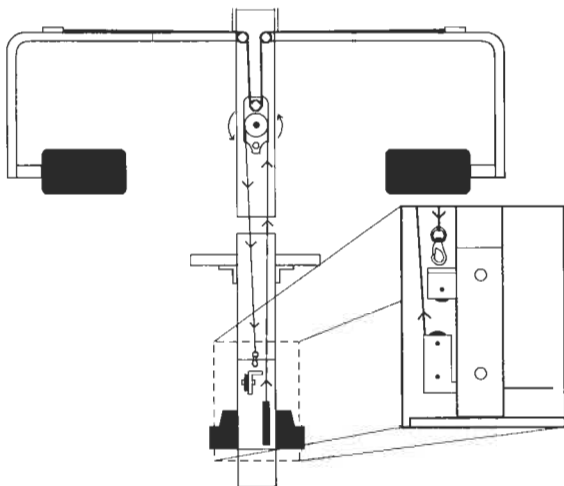
Level 1 (Light: 20 to 100 pounds)



Level 1 Cord Routing for Butterfly Exercises
(rear view)

- ❶ Bring cord up and attach snap hook to butterfly-pulley bracket.

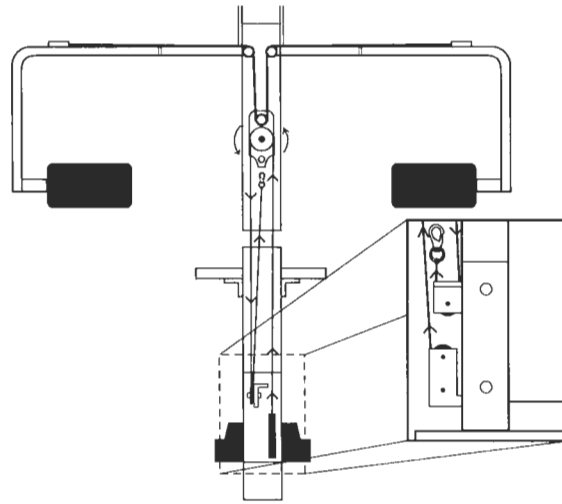
Level 2 (Medium: 60 to 250 pounds)



Level 2 Cord Routing for Butterfly Exercises
(rear view)

- ❶ Bring cord up and wrap it counterclockwise around butterfly pulley.
- ❷ Attach snap hook to swivel-pulley bracket.

Level 3 (Heavy: 200 to 450 pounds)



Level 3 Cord Routing for Butterfly Exercises
(rear view)

- ❶ Bring cord up and wrap it counterclockwise around butterfly pulley.
- ❷ Route cord down and wrap it from back to front under pulley on swivel-pulley bracket.
- ❸ Attach snap hook to butterfly-pulley bracket.

Cord Routing

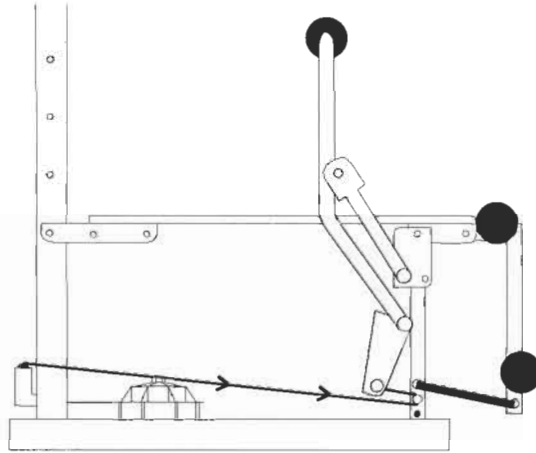
Butterfly Exercises

Cord Routing for Abdominal Crunch Bar Exercises

Example: Abdominal Flexion

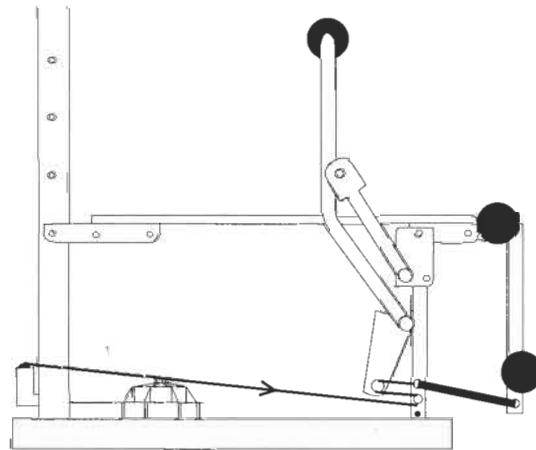
Cord Routing Abdominal Crunch Exercises

Level 1 (Light: 20 to 100 pounds)



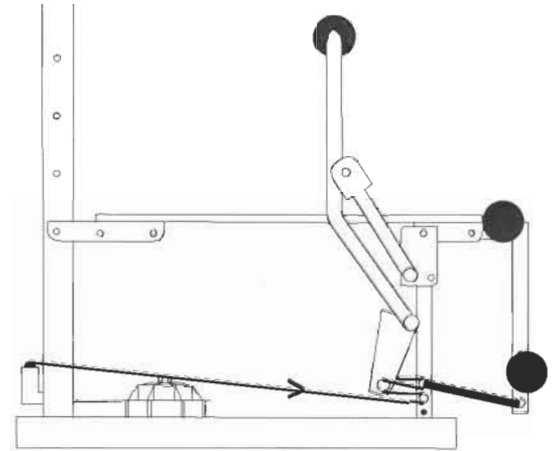
- 1 Route cord counterclockwise and over lower pulley on bench support tube. Be sure cord runs between pulley and retaining clip.
- 2 Attach snap hook to eyebolt on crunch bar pulley bracket.

Level 2 (Medium: 60 to 250 pounds)



- 1 Route cord counterclockwise and over lower pulley on bench support tube. Make certain cord runs between pulley and retaining clip.
- 2 Pass cord clockwise and over pulley on crunch bar pulley bracket. Be sure cord runs between pulley and retaining clip.
- 3 Attach snap hook to eyebolt in center of upper pulley on bench support tube.

Level 3 (Heavy: 200 to 450 pounds)



- 1 Route cord counterclockwise and over lower pulley on bench support tube. Be sure cord runs between pulley and retaining clip.
- 2 Pass cord clockwise and over pulley on crunch bar pulley bracket. Make certain cord runs between pulley and retaining clip.
- 3 Wrap cord counterclockwise and over upper pulley on bench support tube.
- 4 Attach snap hook to eyebolt on crunch bar pulley bracket.

Strength training generally falls into three categories of resistance: isometric, isotonic and isokinetic.

Isometric

In isometric training, you push or pull against an immovable object such as a wall or anchored bar. Muscle tension increases but no movement takes place. This is considered a poor method of strength training because the range of motion is limited and little variety is offered.

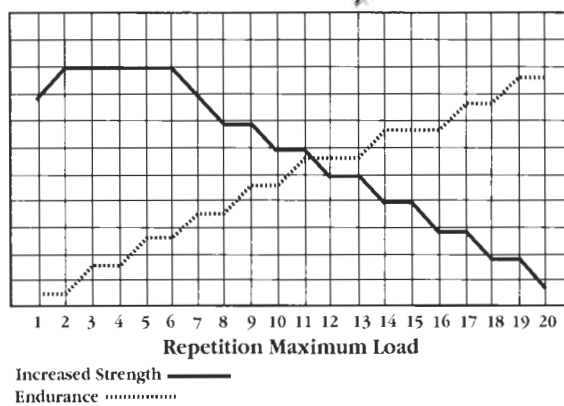
Isotonic

Isotonic resistance consists of muscular contractions in which the muscles exert a constant force throughout the movement. An example of this training is working with free weights, elastic forms of resistance or hydraulic cylinders. This type of resistance is limiting because it does not offer maximum resistance throughout the entire range of motion (ROM). Also, more injuries occur with this type of strength training than any other form.

Isokinetic

Utilized almost exclusively in expensive health club equipment, isokinetic resistance adjusts automatically to match your natural strength curve. This means the machine provides resistance proportional to the effort you apply throughout the entire range of motion of each repetition, maximizing your efforts for peak results. NordicFlex Gold™ and NordicFlex World Class™ Edition machines use isokinetic resistance.

Repetition Continuum Chart



COMPARISON OF RESISTANCE MODES

Repetition Continuum

The repetition continuum chart shows the relationship between strength, endurance and the number of repetitions completed. Few repetitions per set at a high weight primarily increases muscular strength, power or size, whereas a high number of repetitions at a low weight primarily increases muscular endurance and tone.

Physiological Principles

1. Use and Disuse Principle:

When muscles are regularly overloaded, they respond by increasing in size, strength and endurance. On the other hand, when training is terminated, muscles react by decreasing in size and strength and by losing tone. Therefore, to make or maintain gains, it is important to work out regularly.

2. Overload Principle:

Overloading muscles means to increase intensity or duration beyond the demands the muscle had previously been engaged in. So, to make progress you must overload your muscles.

3. Individuality Principle:

It is important to note that individuals respond differently to the same exercise program. It is important that you tailor your program and goals to meet your personal characteristics and abilities. Factors that affect your response to exercise include:

- Heredity
- Nutrition
- Fitness level
- Motivation
- Current health habits

Comparison of Resistance Modes

	Isokinetic (NordicFlex)	Isometric	Isotonic
Strength through full range of motion	excellent	poor	average
Speed of strength gains	excellent	poor	average
Speed of endurance gains	excellent	poor	average
Time per training session	good	excellent	poor
Ease of use	excellent	excellent	good
Ability to perform specific movements	excellent	poor	average
Possibility of muscle soreness	least	average	most
Possibility of injury	least	average	most
Improvement of athletic skills	excellent	poor	average
Cost	excellent	NA	good

TRAINING PRINCIPLES AND TIPS

ALWAYS CONSULT YOUR PHYSICIAN OR MEDICAL EXPERT BEFORE STARTING ANY EXERCISE PROGRAM.

Training Principles

Develop a symmetrical program — Do not overdevelop one muscle group while neglecting the opposing muscle group. Imbalanced muscle development increases your chances of injuring the weaker muscle group. The left and right sides of the body should be equal in strength, as should the front and back sides. The NordicFlex training program takes this into consideration — providing a symmetrical, total-body routine.

Isolation — Achieving total isolation of a single muscle is nearly impossible since all movements, however simple, generally involve far more than one muscle. But, by concentrating on one muscle group as much as possible, excellent muscular size and strength gains can be made. NordicFlex concentrates the force on one muscle group per exercise, so the muscle group you want to exercise receives the majority of the benefits.

Intensity — Muscles must be stressed for muscle growth to occur. When repeatedly subjected to high stress levels, muscle responds by increasing in size and strength. For anaerobic exercise, the ideal intensity is 75% or greater of your maximum strength capacity. Reaching muscle fatigue (the inability to perform another repetition with proper form) after ten repetitions approximates 75% of your maximum strength capacity. The NordicFlex isokinetic resistance system lets you achieve nearly 100% strength capacity on every lift!

Frequency — Muscles require 48 to 72 hours to recover from a workout session. Three training sessions per week for each muscle group, performed every other day, should provide adequate recovery time. Training more often than this frequently increases the chances of injury.

Duration — Depending on your goals, workout sessions may take from 20 minutes to one hour to complete.

Range of Motion — Working a full range of motion (ROM) increases the number of muscle fibers used, resulting in more effective workouts. Also, stretching before working out produces greater contracting force for better muscular strength, tone and size gains.

Proper form — One of the most important factors in attaining maximum results and avoiding injury is proper form. Never sacrifice your form when trying to perform more repetitions or create greater resistance.

Rest interval — Rest periods between sets and exercises are important. Each rest period should be from 30 seconds to two and one-half minutes.

Breathing — Exhale during the contraction (lifting) phase of each exercise motion, and inhale during the extension (lowering) phase. Holding your breath while exercising may cause dizziness or other complications.

Order of workout — Aerobic conditioning should be done before strength training. The recommended sequence of exercises for a workout session is:

1. Two to five minutes of low-level aerobic activity as warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength training
6. Stretching

Training Tips

- Wear comfortable clothing (i.e. T-shirts, shorts).
- Proper rest and nutrition are necessary to achieve the desired results.
- Greater strength and improved appearance come only with time, patience and consistent training.
- Maintain regular training days. Do not train when you do not feel well.
- Perform several warm-up repetitions before all strength-training sets.
- Wait one to two hours after a large meal before working out.
- Keep daily records of your progress.
- When possible, train with a partner to encourage and inspire each other.
- Train in an area with adequate space to perform all exercises.
- Read all instructions before beginning exercises.

Warm-Up

The purpose of warming up is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before strength-training sessions. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, working out on the NordicTrack[®] ski exerciser or NordicRow TBX[®] rower, stairstepping (slowly) or marching in place.

Stretching

Stretching while your muscles are warm — after a proper warm-up and again after your strength-training session — is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

Shoulder shrugs: Shrug or elevate your shoulders.

Holding that position, rotate them forward, then backward, 8 to 10 times.

Elbow behind head: Place a hand behind your head, next to your shoulder blades. Place your other hand on the elbow of the first arm and gradually apply upward pressure to stretch the triceps muscle. Switch arms and repeat.

Shoulder stretch: Place an arm across your chest, parallel to the floor, and gradually pull the arm across the front of your body with the other arm. Switch arms and repeat.

Chest stretch: Facing a wall, place one arm against the wall at shoulder level and parallel to the floor. Then, slowly turn away from the wall keeping your shoulder as close to the wall as possible. Switch arms and repeat.

Toe touches: Sit on the floor with legs straight out in front of you and toes pointing toward ceiling. Gently and gradually lean forward, attempting to touch toes.

Modified hurdler's stretch: Sitting on the floor, place one leg in front of you and the other bent with its sole against the inside thigh of the straight leg. Slowly bend forward from the hips toward the foot of the straight leg. Switch legs and repeat.

Torso rotation: Sit on the floor with one leg straight. Cross the other leg over the straight leg and rest it to the outside of the knee. Rotate your trunk toward the bent leg. Switch leg positions and repeat.

Knee to chest: Lie on your back and pull one knee to your chest. Switch legs and repeat.

Quadriceps stretch: While standing, balance your body with one arm against a wall. With your free hand, grasp the opposite leg in front of the ankle. Gently pull that heel toward your buttocks and push knee toward the rear. This stretches the front of the thigh. Switch legs and repeat.

Calf stretch: Stand approximately two feet from a wall. Bend one leg and place that foot in front of you. With your other leg straight behind you, lean forward, keeping the heel of the straight leg on the ground. Switch legs and repeat.

Cool-Down

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart.

Your cool-down should include the stretches listed above and should be completed after each strength-training session.

Monday

SUGGESTED DAILY ROUTINES

Important:

- Before beginning sets for any exercise, slowly go through one repetition to be sure you can safely and comfortably extend through a full range of motion.
- Because the set-up position described for each exercise may not fit your body type exactly, be sure to make the appropriate adjustments — i.e. handgrip, bar height, etc.
- Insert a pin through hole #11 before performing any press exercises.

1 • INCLINE SIT-UP

Muscle Group: Abdominals



- 1 Bench support tube in bench hole "E"
- 2 Bench elevated to pin hole #3
- 3 Shuttle at pin hole #4
- 4 Press bar at top pin hole of shuttle

Performance:

Hook your feet

under the shuttle pin with your knees bent and your hands folded behind your head. Raise your trunk toward knees; lower and repeat.

2 • MILITARY PRESS

Muscle Groups: Anterior Deltoids, Triceps



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #2
- 3 Press bar angled upward at top pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Press bar should be

at shoulder level as you sit on the bench. Drive press bar upward to a full arm extension; lower and repeat.

3 • LEG EXTENSION

Muscle Group: Quadriceps



- 1 Bench level at pin hole #1
- 2 Cord routing for leg exercises.

Performance:

Sit on bench with your ankles underneath ankle pads. Lift lower legs to a full extension; lower and repeat.

4 • BENCH PRESS

Muscle Groups: Pectoralis Major, Triceps, Anterior Deltoids



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #2
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Lie flat on the bench

so the press bar is in line with your upper chest. Push press bar upward to a full arm extension; lower and repeat.

5 • STANDING LEG CURL

Muscle Group: Hamstrings



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #4
- 3 Cord routing for leg exercises.

Performance:

Stand with heel behind ankle pads. Curl heel toward buttocks until your knee is fully bent; lower

and repeat. Switch legs after completing each set.

6 • SEATED TRICEP PRESS

Muscle Group: Triceps



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #2
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Grasp press bar with palms facing up-

ward and hands close together. With elbows pointing up, extend arms fully without changing the position of your elbows; lower and repeat.

7 • BENT-OVER ROW

Muscle Groups: Latissimus Dorsi, Biceps



- 1 Remove bench
- 2 Shuttle at pin hole #1
- 3 Press bar at bottom pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Bend over press bar with arms fully extended and

knees slightly bent. Bring shuttle to your chest; lower and repeat.

8 • REAR SQUAT

Muscle Groups: Gluteals, Quadriceps, Hamstrings, Lower Back



- 1 Remove bench
- 2 Shuttle at pin hole #2
- 3 Press bar at middle pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Standing with feet shoulder-width apart, hold press

bar across the back of your shoulders. Lower your body so thighs are parallel to the floor, then drive upward to a full extension; slowly lower to starting position and repeat.

Note: Keep head up and back straight.

9 • STANDING BICEP CURL

Muscle Group: Biceps



- 1 Remove bench
- 2 Shuttle at pin hole #1
- 3 Press bar at middle pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Grasp press bar with your palms facing forward. Without

changing the position of your elbows, raise press bar until your biceps are completely flexed; lower bar and repeat.

NOTES: _____

Monday

continued

Wednesday

SUGGESTED DAILY ROUTINES

Important:

- Before beginning sets for any exercise, slowly go through one repetition to be sure you can safely and comfortably extend through a full range of motion.
- Because the set-up position described for each exercise may not fit your body type exactly, be sure to make the appropriate adjustments — i.e. handgrip, bar height, etc.
- Insert a pin through hole #11 before performing any press exercises.

1 • ROMAN CHAIR SIT-UP

Muscle Group: Abdominals



- 1 Bench level at pin hole #1
- 2 Insert straight pin through base cross tube

Performance:

Sitting across bench, hook feet under straight pin and fold hands behind your neck. Recline so your back is approximately

parallel to the floor. Curl body to the starting position and repeat.

2 • BICEP CURL WITH LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #2
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for pull-down exercises

Performance:

Sit on bench with

an underhand grip on press bar. Beginning with arms fully extended, pull bar to chest level; raise and repeat.

3 • BUTTERFLY

Muscle Groups: Pectoralis Major, Anterior Deltoids



- 1 Bench level at pin hole #1
- 2 Shuttle off or at highest position
- 3 Butterfly attachment assembled with foam pads at shoulder level

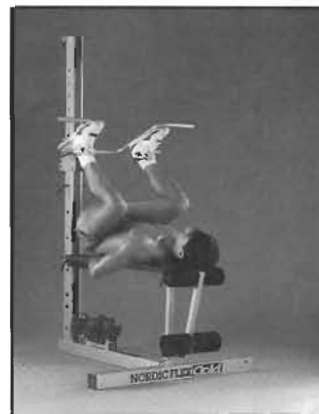
Performance:

Place forearms on pads and grip horizontal tubes of butterfly attachment. Bring elbows together, squeezing

chest muscles; return to starting position and repeat.

4 • LEG PRESS

Muscle Groups: Gluteals, Quadriceps, Hamstrings



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #4
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Lie on bench with feet on hand grips

of press bar. Drive bar upward to a full leg extension; lower and repeat.

5 • PRESS BEHIND NECK

Muscle Groups: Posterior Deltoid, Triceps



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #2
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Sit on bench with press bar at your

back at shoulder level. Drive press bar upward to a full arm extension, flexing shoulders at top of motion; lower and repeat.

6 • CONCENTRATION CURL

Muscle Group: Biceps



- ❶ Bench level at pin hole #1
- ❷ Cord routing for leg exercises

Performance:

Crouch down, and grasp ankle pad with palm facing away from the machine and your elbow resting on the upper pad. Curl leg

attachment up, squeezing biceps at the top of the motion; lower and repeat. Switch arms when each set is complete.

7 • DEADLIFT

Muscle Groups: Quadriceps, Hamstrings, Low Back, Gluteals



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at bottom pin hole of shuttle
- ❹ Cord routing for press exercises

Performance:

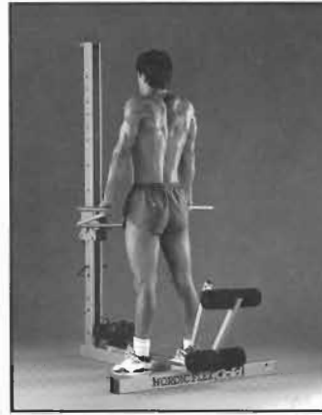
With an alternating grip, grasp press bar so hands are

shoulder-width apart. Lift with legs, keeping back straight. Once fully erect, return to the starting position and repeat.

Note: Keep head up and back straight.

8 • SHOULDER SHRUG

Muscle Groups: Trapezius, Deltoids



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at top pin hole of shuttle
- ❹ Cord routing for press exercises

Performance:

Stand erect with an overhand grip on the bar, raise and lower shoulders in a controlled, circular motion.

9 • DIPS

Muscle Groups: Triceps, Pectorals, Anterior Deltoids



- ❶ Remove bench
- ❷ Shuttle at pin hole #5
- ❸ Press bar at top pin hole of shuttle

Performance:

Grasp press bar with an overhand grip. Lower body in a slow, controlled motion until upper arms are parallel to the floor.

Lift body until arms are fully extended; lower and repeat.

NOTES: _____

Wednesday

continued

Friday

SUGGESTED DAILY ROUTINES

Important:

- Before beginning sets for any exercise, slowly go through one repetition to be sure you can safely and comfortably extend through a full range of motion.
- Because the set-up position described for each exercise may not fit your body type exactly, be sure to make the appropriate adjustments — i.e. handgrip, bar height, etc.
- Insert a pin through hole #11 before performing any press exercises.

1 • LEG BEND

Muscle Group: Abdominals



- 1 Bench support tube in bench hole "E"
- 2 Bench elevated at pin hole #3
- 3 Shuttle at pin hole #4
- 4 Press bar at top pin hole of shuttle

Performance:

Grasp press bar.

Bring knees toward chest until thighs almost touch your chest; lower and repeat.

2 • INCLINE PRESS

Muscle Groups: Pectoralis Major, Triceps, Anterior Deltoids



- 1 Bench support tube in bench hole "E"
- 2 Bench elevated to pin hole #3
- 3 Shuttle at pin hole #4
- 4 Press bar at middle pin hole of shuttle
- 5 Cord routing for press exercises

Performance: Lie with back on bench so press bar is in line with your upper chest. Drive press bar upward to a full arm's extension; lower and repeat. Keep elbows out and maintain an even handgrip.

3 • DONKEY PRESS

Muscle Groups: Gastrocnemius, Soleus



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #3
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for press exercises

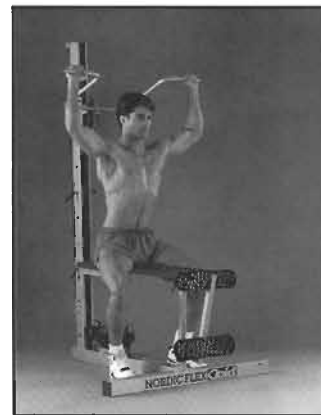
Performance:

Lie with back on bench and feet on press bar. Press so legs

are fully extended. Holding this position, point toes toward ceiling; lower toes and repeat.

4 • LAT PULLDOWN

Muscle Groups: Latissimus Dorsi, Biceps



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #2
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for pulldown exercises

Performance:

Sit on bench, facing either direction, and press bar slightly

behind shoulders. With an overhand grip and arms fully extended, pull bar to shoulders; raise and repeat.

5 • FRONT SQUAT

Muscle Groups: Gluteals, Quadriceps, Hamstrings, Lower Back



- 1 Remove bench
- 2 Shuttle at pin hole #2
- 3 Press bar at top pin hole of shuttle
- 4 Cord routing for press exercises

Performance:

Bend down with feet shoulder-width apart and hold lever arm across front of shoul-

ders. Press upward to a standing position; return to starting position and repeat.

Note: Keep head up and back straight.

6 • STANDING REVERSE BICEP CURL

Muscle Groups: Biceps, Brachioradialis



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at middle pin hole of shuttle
- ❹ Cord routing for press exercises

Performance:

Grasp press bar with palms facing down. Without changing

the position of your elbows, raise press bar, squeezing biceps; lower bar and repeat.

7 • UPRIGHT ROW

Muscle Groups: Deltoids, Trapezius



- ❶ Remove bench
- ❷ Shuttle at pin hole #1
- ❸ Press bar at middle pin hole of shuttle
- ❹ Cord routing for press exercises

Performance:

Stand erect and lift press bar up to chin level with

elbows upward and outward as far as possible; lower and repeat.

8 • PULL-UPS

Muscle Groups: Latissimus Dorsi, Biceps



- ❶ Remove bench
- ❷ Shuttle at pin hole #9
- ❸ Press bar at top pin hole of shuttle

Performance:

Grasp bar in an underhand grip. Pull up so chin is above bar; lower and repeat.

9 • TRICEP PUSHDOWN

Muscle Group: Triceps



- ❶ Bench at pin hole #1
- ❷ Attach pulldown assembly
- ❸ Press bar at middle pin hole of shuttle
- ❹ Cord routing for pulldown exercises

Performance:

Grasp press bar with an overhand grip. Start with elbows by your side and arms bent. Straighten arms fully while maintaining elbow position; raise and repeat.

Note: This exercise may also be performed kneeling on the bench.

NOTES: _____

Friday
continued

ADDITIONAL EXERCISES

The following exercises are provided to give you more varied and thorough workouts. They are excellent supplements to the exercises listed in the Suggested Daily Routines. If there are certain muscle groups you want to concentrate on, these exercises will help target those muscles for greater gains.

Important:

- Before beginning sets for any exercise, slowly go through one repetition to be sure you can safely and comfortably extend through a full range of motion.
- Because the set-up position described for each exercise may not fit your body type exactly, be sure to make the appropriate adjustments — i.e. handgrip, bar height, etc.
- Insert a pin through hole #11 before performing any press exercises.

1 • ADVANCED LEG RAISE

Muscle Group: Abdominals



- 1 Bench elevated to pin hole #3
- 2 Shuttle at pin hole #4
- 3 Press bar at middle pin hole of shuttle

Performance:

Lie with back against bench and grasp press bar. Extend legs. Raise legs toward vertical tube. Slowly lower legs and repeat.

2 • REVERSE BUTTERFLY

Muscle Groups: Posterior Deltoids, Rhomboids



- 1 Bench level at pin hole #1
- 2 Shuttle off or at highest position
- 3 Butterfly attachment assembled with foam pads at shoulder height

Performance:

Grasp horizontal tubes of butterfly

attachment with back of elbows on pads. Drive elbows back through a full range of motion; bring forward and repeat.

3 • SIDE BEND

Muscle Groups: Abdominal Internal and External Obliques



- 1 Route cord under top pulley of leg exerciser
- 2 Slide a pin through snap hook

Performance:

Stand erect with side to machine and feet shoulder-width apart. Bend to one side, then the other.

After each set, repeat exercise on opposite side.

4 • PRONATED RAISE

Muscle Groups: Posterior Deltoids, Rhomboids



- 1 Route cord under top pulley of leg exerciser
- 2 Slide a pin through snap hook

Performance:

Stand slightly bent over, using bench for support. Grasp pin with free hand. Keeping arm

straight, raise arm to your side until it is parallel to the floor; lower and repeat. After each set, repeat exercise with opposite arm.

5 • LYING TRICEP EXTENSION

Muscle Group: Triceps



- 1 Bench level at pin hole #1
- 2 Shuttle at pin hole #3
- 3 Press bar at top pin hole of shuttle
- 4 Use cord routing for press exercises

Performance:

Lie with back against bench so press bar is even with forehead.

Keeping elbows in starting position, drive arms upward squeezing triceps. Lower and repeat.

The following exercises let you target specific muscle groups to improve typically hard-to-hit areas. In addition, they allow you to vary your workouts. The Power Strap lets you focus your efforts as you shape and tone your hips and thighs. Exercising with the Abdominal Crunch Bar strengthens and firms your back and stomach regions to decrease back pain and improve your appearance. Standard on the NordicFlex World Class™ Edition, the Power Strap and Abdominal Crunch Bar are available through our Sales Department at 1-800-445-2360 for NordicFlex Gold™ owners.

Note: You may find it easiest to perform the following exercises by attaching the Power Strap to the snap hook at the base of the vertical tube. Then, hold onto the vertical tube to help maintain your balance.

1 • HIP EXTENSION

Muscle Groups: Gluteals, Hamstrings



- ❶ Attach Power Strap to snap hook
- ❷ Cord routing for leg exercises
- ❸ Place ankle in strap

Performance:
Stand facing machine with hands on hips. Bend supporting leg slightly at knee. Slowly lift and extend

leg behind you. Lower and repeat. Switch legs and repeat.

2 • HIP FLEXION

Muscle Groups: Hip Flexors, Quadriceps



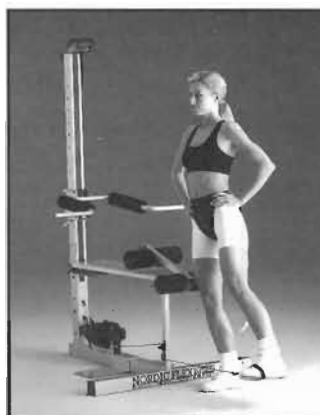
- ❶ Attach Power Strap to snap hook
- ❷ Cord routing for leg exercises
- ❸ Place ankle in strap

Performance:
Stand with back of thighs against foam knee pad. Bend supporting leg slightly at the knee and place

hands on hips. Keeping your opposite leg straight, slowly lift leg away from body. Lower and repeat. Switch legs and repeat.

3 • HIP ABDUCTION

Muscle Groups: Abductors, Gluteals



- ❶ Attach Power Strap to snap hook
- ❷ Cord routing for leg exercises
- ❸ Place ankle in strap

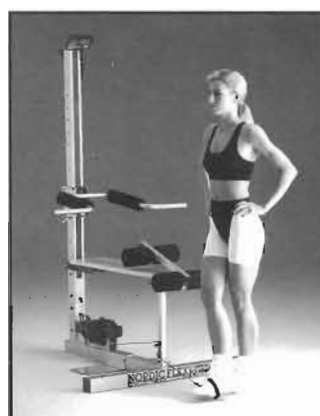
Performance:

With machine at your right, place the left ankle into the accessory strap. Support your body weight on the

right leg with knee slightly bent. Lift your left leg out to the side, and then slowly sweep across the front of your body. Switch sides and repeat with opposite leg.

4 • HIP ADDUCTION

Muscle Group: Adductors



- ❶ Attach Power Strap to snap hook
- ❷ Cord routing for leg exercises
- ❸ Place ankle in strap

Performance:

With machine at your right, place your right ankle into the accessory strap. Support your body weight on the

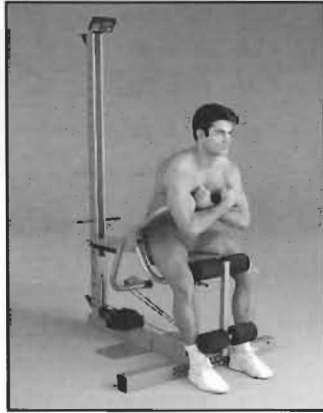
left leg with knee slightly bent. Sweep the right leg across the front of the body and slowly back to starting position in a pendulum-type motion. Switch sides and repeat with other leg.

OPTIONAL EXERCISES

OPTIONAL EXERCISES

5 • ABDOMINAL FLEXION

Muscle Group: Rectus Abdominis



- ❶ Bench level at pin hole #1
- ❷ Attach crunch bar accessory
- ❸ Cord routing for crunch bar exercises

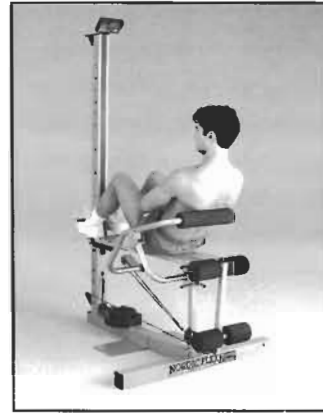
Performance:

Align your waist with pivot point of crunch bar. Position padded lever arm on upper chest. From an erect, seated position, tighten abdominal muscles and curl trunk forward, approximately 30 degrees; return to starting position and repeat. Keep movement controlled and smooth.

chest. From an erect, seated position, tighten abdominal muscles and curl trunk forward, approximately 30 degrees; return to starting position and repeat. Keep movement controlled and smooth.

6 • BACK EXTENSION

Muscle Group: Erector spinae



- ❶ Bench level at pin hole #1
- ❷ Attach crunch bar accessory
- ❸ Cord routing for crunch bar exercises

Performance:

Align your waist with pivot point of crunch bar. Insert stop pin through

holes in pivot-point bracket. Sit erect with padded lever arm at the base of your shoulder blades and insert stop-pin. Lean back, pushing against lever arm in a controlled motion to approximately 30 degrees. It is important that you generate the movement from the low back.

NOTES: _____

STRENGTH- TRAINING LOG

We recommend photo-copying this page before using logs.

MONDAY							
	Date:						
Incline sit-up	Set						
Military press							
Leg extension							
Bench press							
Standing leg curl							
Seated tricep press							
Bent-over row							
Rear squat							
Standing bicep curl							

WEDNESDAY							
	Date:						
Roman chair sit-up	Set						
Bicep curl with lat pulldown							
Butterfly							
Leg press							
Press behind neck							
Concentration curl							
Deadlift							
Shoulder shrug							
Dips							

FRIDAY							
	Date:						
Leg bend	Set						
Incline press							
Donkey press							
Lat pulldown							
Front squat							
Standing reverse bicep curl							
Upright row							
Pull-ups							
Tricep pushdown							

STRENGTH- TRAINING LOG

We recommend photo-copying this page before using logs.

	Date:						
Advanced leg raise	Set						
Reverse butterfly							
Side bend							
Pronated raise							
Lying tricep extension							

	Date:						
Hip extension	Set						
Hip flexion							
Hip abduction							
Hip adduction							
Abdominal flexion							
Back extension							

	Date:						
	Set						

Maintaining Your NordicFlex Gold™ and NordicFlex World Class™ Edition

Your NordicFlex 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 and wood parts of the machine. Check resistance cords for signs of wear, tearing or fraying.

If you have any questions about the setup or operation of your NordicFlex machine, call our Customer Satisfaction Department. Representatives are available to assist you.

Monday through Friday • 7 AM to 8 PM CST

Saturday • 8 AM to 4:30 PM CST

1-800-445-2560

CUSTOMER INFORMATION

RETURN PRIVILEGE POLICY

There is a 30-day in-home trial period for the NordicFlex machine. Please note that misuse, abuse or the commercial use of the machine will void the 30-day in-home trial and return privilege policy. Should you decide to return it, YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING PRODUCT(S) BY CALLING 1-800-445-2560. SHIPPING CHARGES FOR RETURNING THE NORDICFLEX MACHINE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE CUSTOMER.

Once the NordicFlex Customer Satisfaction Department has been notified, ship the product(s) prepaid and insured within the 30-day period. Upon receipt at NordicTrack, Inc., we will refund the full purchase price and the initial surface shipping costs. (Air shipping costs in excess of normal surface shipping costs will not be refunded.)

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc., for two years from date of purchase of a NordicFlex machine, will 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 machine 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.

To obtain service under this warranty, contact our Customer Satisfaction Department at 1-800-445-2560 for the proper procedure. ALL SHIPPING COSTS TO RETURN THE NORDICFLEX 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.

