

NordicTrack®

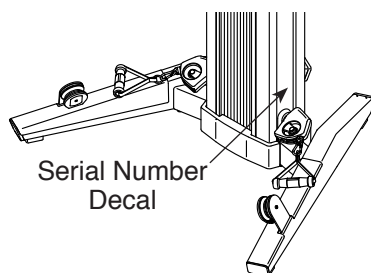
FUSION CST

nordictrack.com

Model No. NTSY19916.1

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to my.nordictrack.com.

CUSTOMER CARE

For service at any time, go to support.nordictrack.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

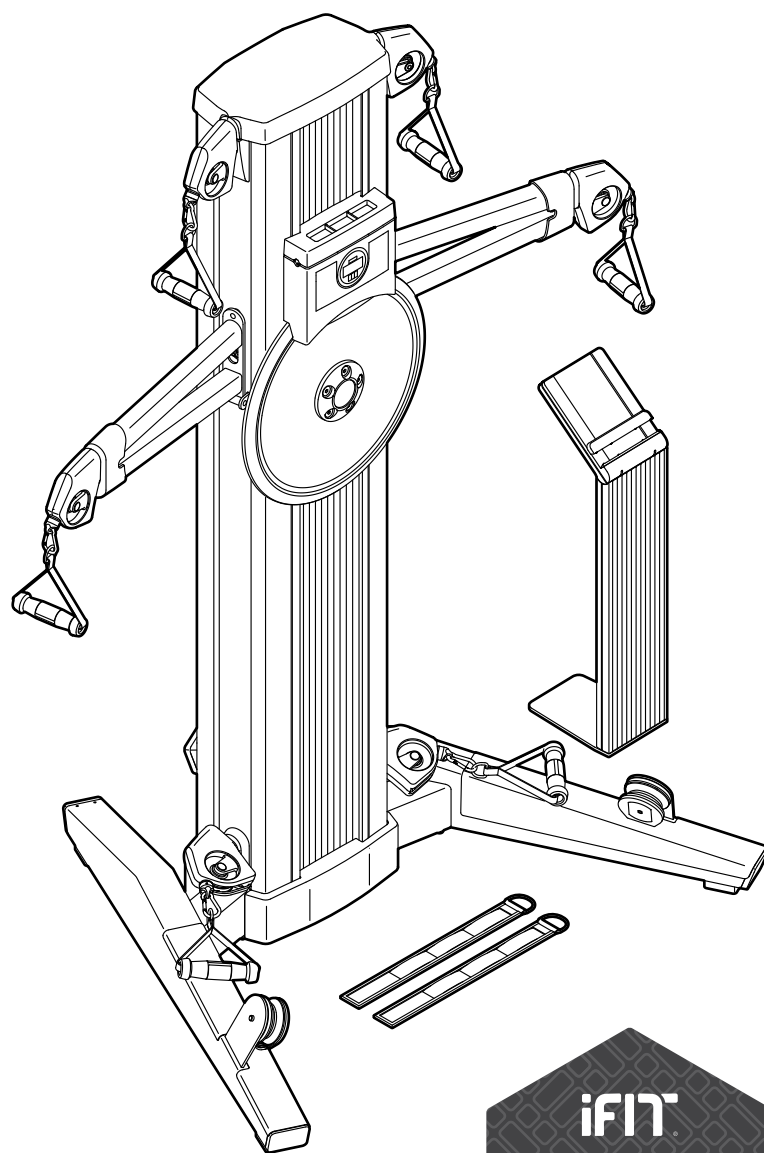
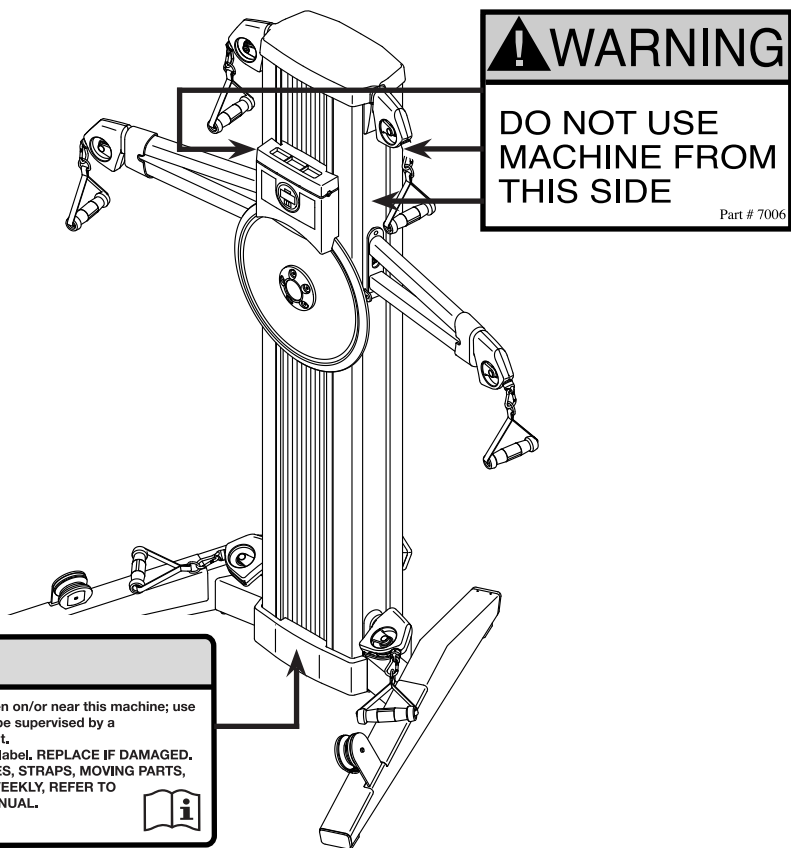


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
THE CHEST HEART RATE MONITOR	10
HOW TO USE THE STRENGTH SYSTEM	11
FCC INFORMATION	15
MAINTENANCE AND TROUBLESHOOTING	16
CARDIO EXERCISE GUIDELINES	18
STRENGTH EXERCISE GUIDELINES	19
PART LIST	20
EXPLODED DRAWING	22
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
 Note: The decal(s) may not be shown at actual size.



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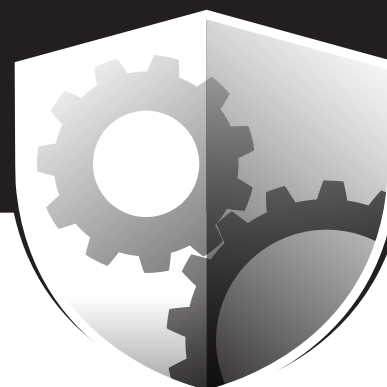
IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength system before using your strength system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the strength system are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The strength system is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the strength system by someone responsible for their safety.
4. Use the strength system only as described in this manual.
5. The strength system is intended for home use only. Do not use the strength system in a commercial, rental, or institutional setting.
6. Keep the strength system indoors, away from moisture and dust. Do not put the strength system in a garage or covered patio, or near water.
7. Place the strength system on a level surface with at least 6 ft. (1.8 m) of clearance around the strength system. To protect the floor or carpet from damage, place a mat under the strength system.
8. Inspect and properly tighten all parts each time the strength system is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the strength system at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the strength system. Always wear athletic shoes for foot protection.
11. Keep hands and feet away from moving parts.
12. Pull and release the handles and ankle straps in a controlled manner.
13. Make sure that the ropes remain on the pulleys at all times. If the ropes bind while you are exercising, stop immediately and make sure that the ropes are on the pulleys.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



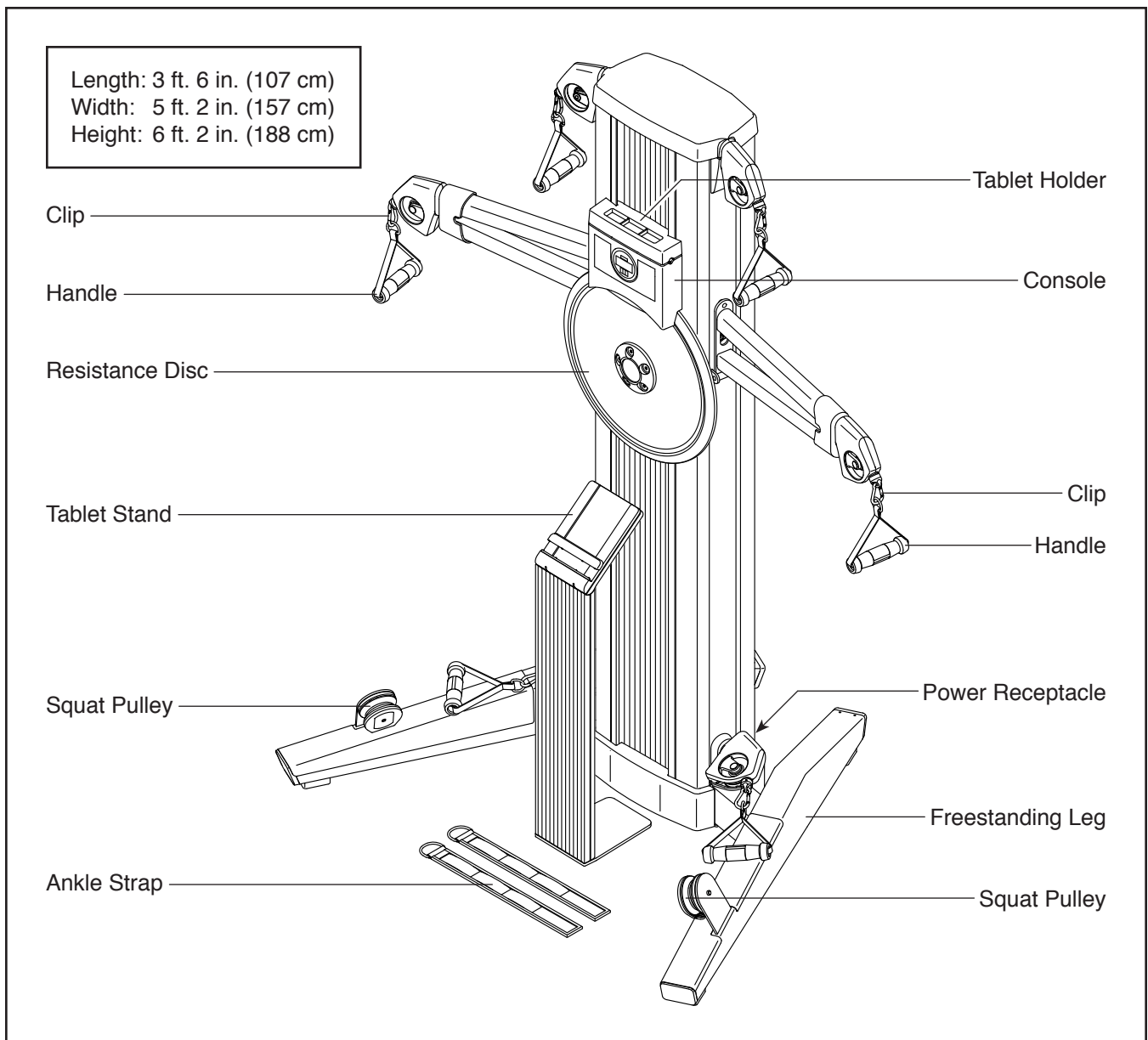
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NORDICTRACK® FUSION CST strength system. The FUSION CST strength system is unlike any ordinary strength system. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the strength system has an array of innovative features that will help you to achieve the specific results you want.


after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

For your benefit, read this manual carefully before you use the strength system. If you have questions

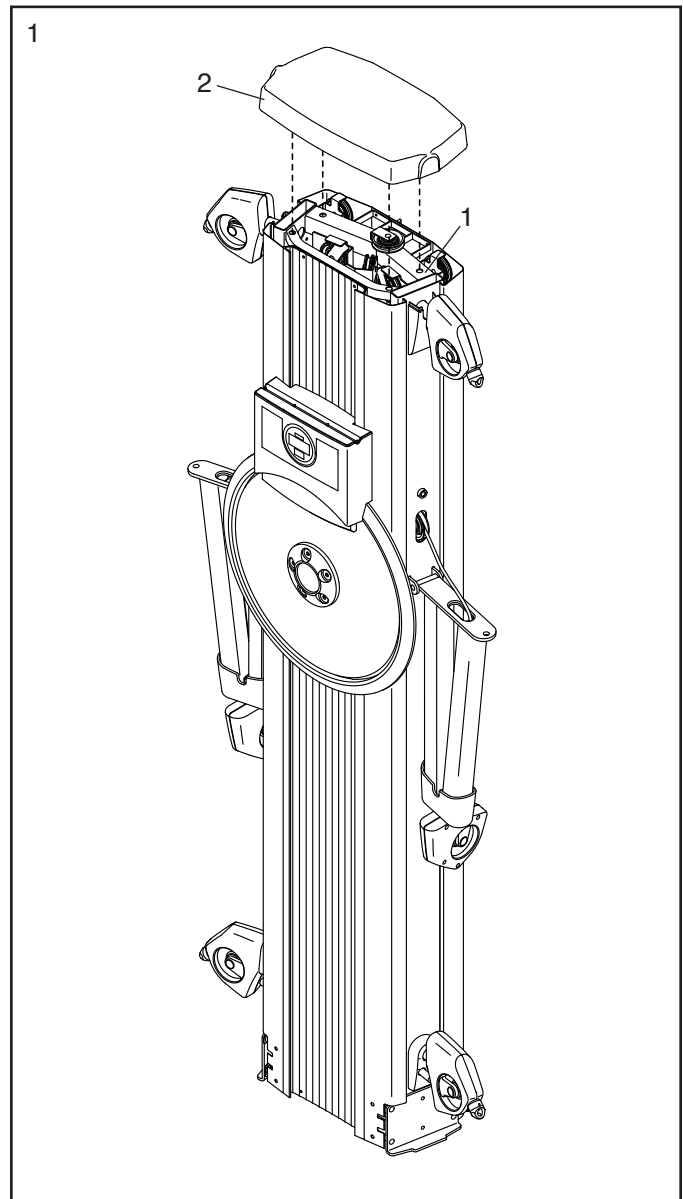


ASSEMBLY

- Due to the size and weight of the strength system, assembly requires two or three persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- In addition to the included tool(s), assembly requires the following tools:
 - one adjustable wrench 

Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

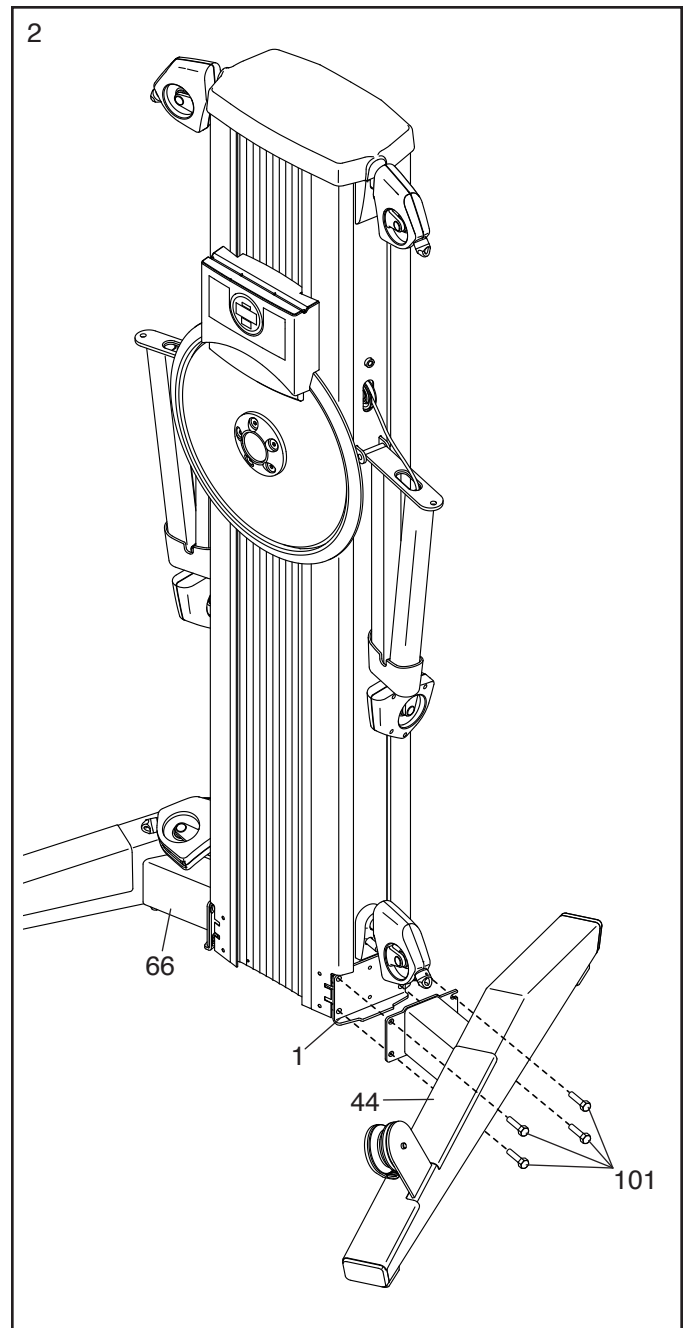
1. Orient the Tower Top Cover (2) as shown, and press it onto the top of the Frame (1).



2. **Tip: To protect the floor or carpet from damage, place a mat under the strength system.**

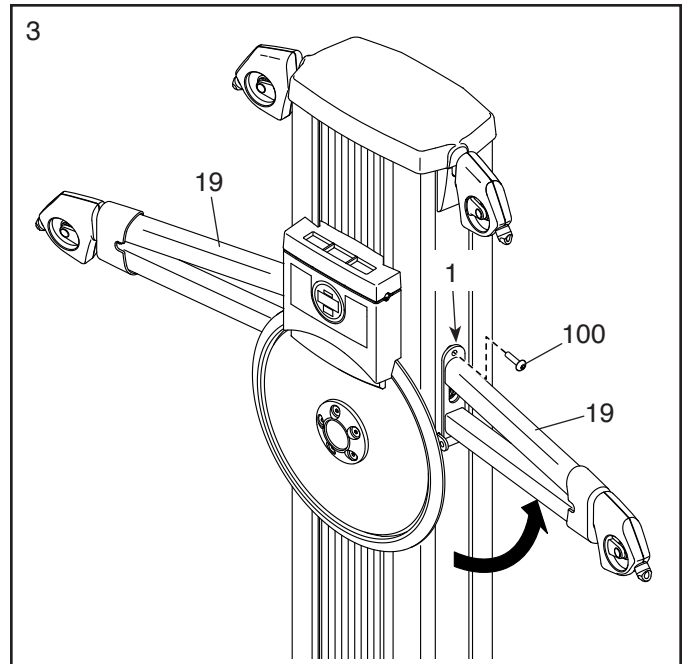
Attach the Right Leg (44) to the right side of the Frame (1) with four M10 x 25mm Hex Screws (101); **start all the Hex Screws, and then tighten them.**

Attach the Left Leg (66) in the same way.



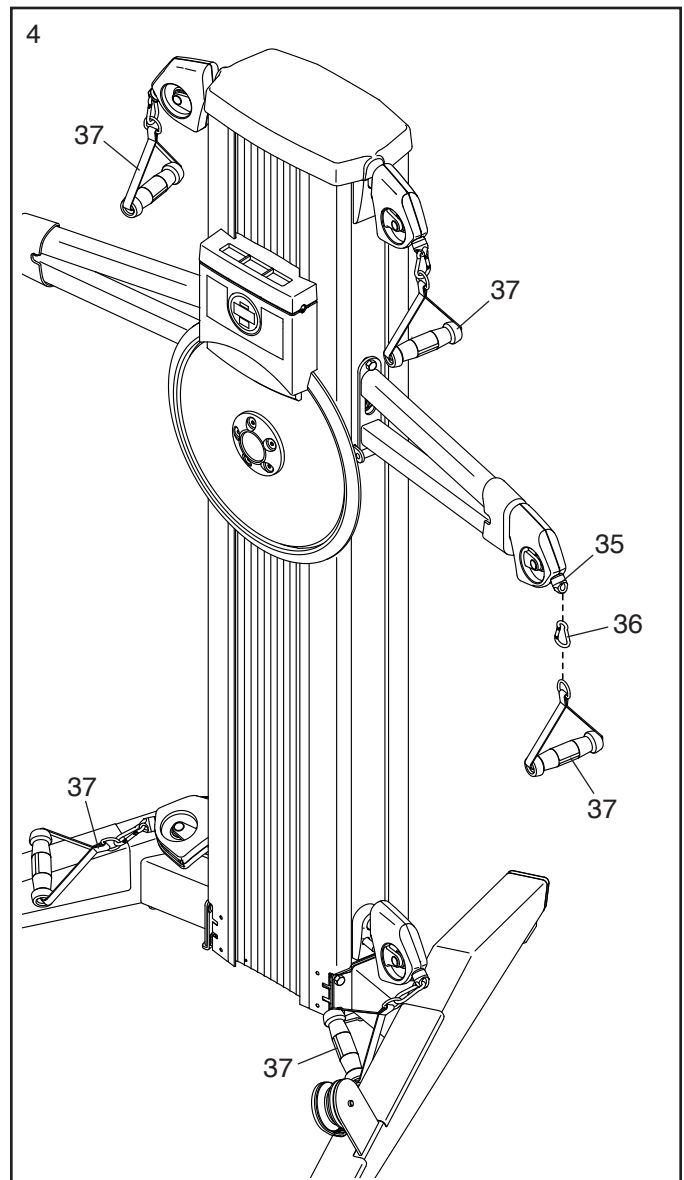
3. **Tip: Avoid pinching the Rope (not shown).**
With the help of another person, pivot the right Tower Arm (19) upward and secure it to the Frame (1) with an M10 x 30mm Screw (100).

Repeat this step for the left Tower Arm (19).

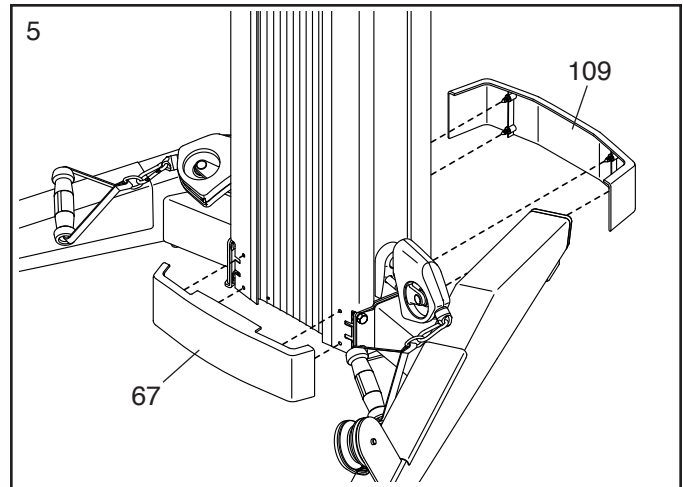


4. Attach a Handle (37) to a Rope End (35) with a Clip (36).

Attach the other Handles (37) in the same way.

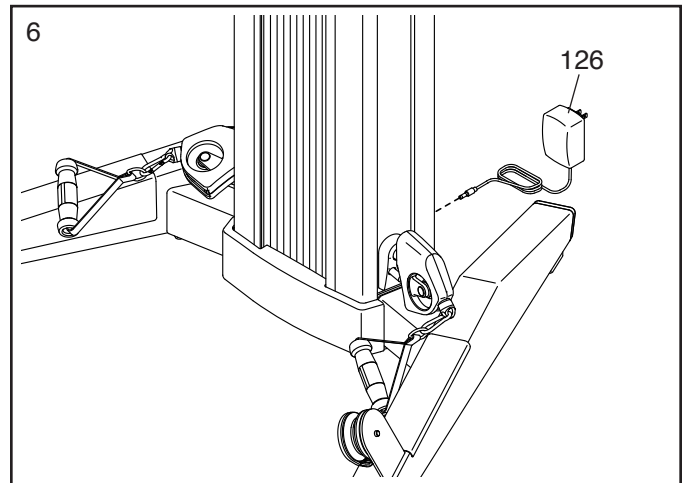


5. Identify the Front and Rear Bottom Covers (67, 109) and press them into place as shown.



6. Plug the Power Adapter (126) into the receptacle on the rear of the strength system.

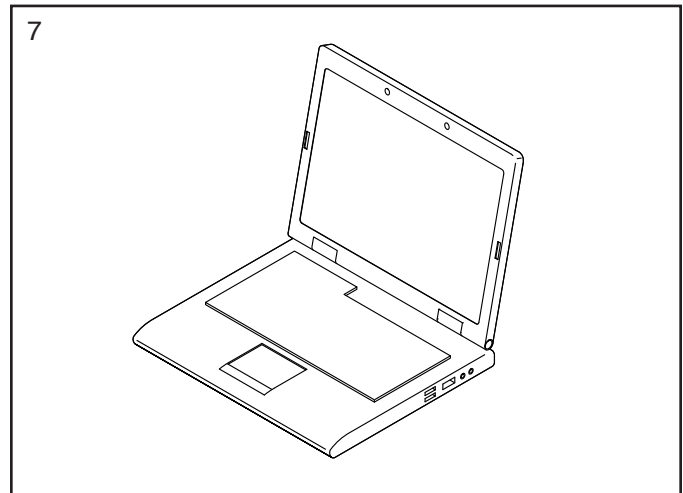
Note: To plug the Power Adapter (126) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.



7. **Go to my.nordictrack.com on your computer and register your product.**

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



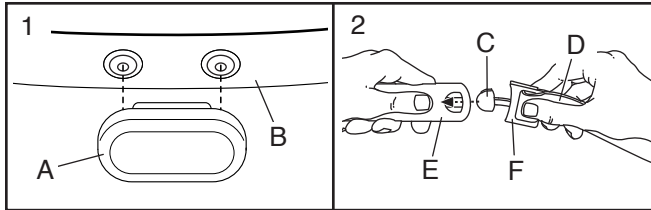
8. **Make sure that all parts have been properly tightened.** The use of the remaining parts will be explained in HOW TO USE THE STRENGTH SYSTEM, beginning on page 11.

Before using the strength system, pull each handle a few times to make sure that the ropes move smoothly around the pulleys. If one of the ropes does not move smoothly, find and correct the problem.

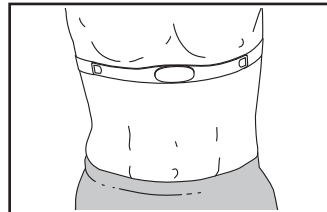
THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

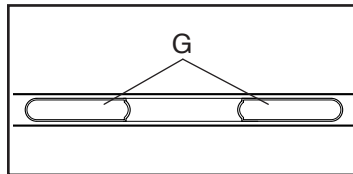
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

TROUBLESHOOTING

- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE STRENGTH SYSTEM

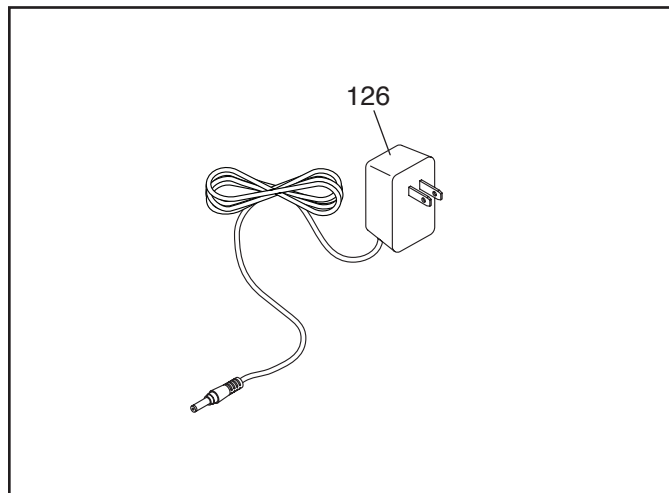
This section explains how to adjust the strength system. See the EXERCISE GUIDELINES on page 18 and page 19 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure that all parts are properly tightened each time the strength system is used. Replace any worn parts immediately.

HOW TO PLUG IN THE POWER ADAPTER

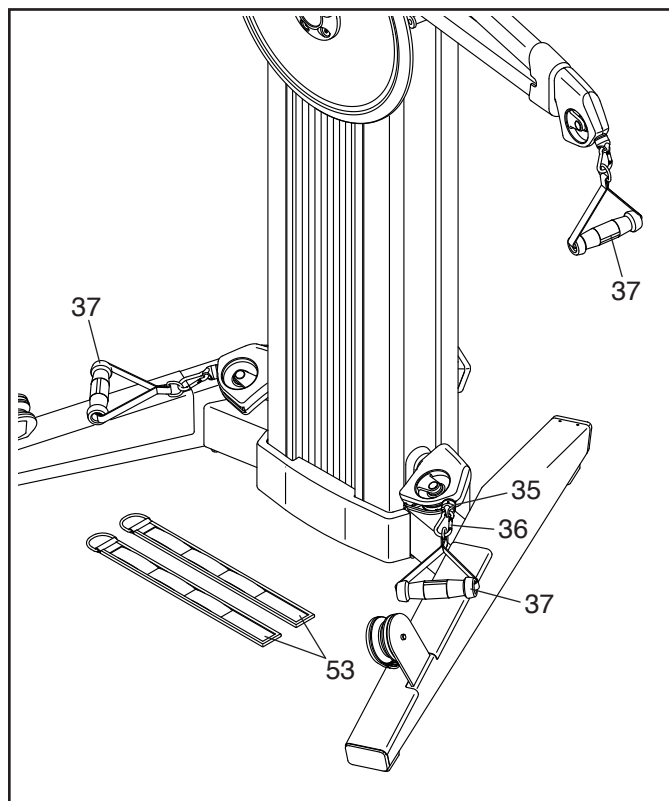
IMPORTANT: If the strength system has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the Power Adapter (126). If you do not do this, you may damage the console displays or other electronic components.

Plug the Power Adapter (126) into the receptacle on the rear of the strength system. Then, plug the Power Adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ATTACH THE HANDLES AND ANKLE STRAPS

Attach a Handle (37) or an Ankle Strap (53) to a Rope End (35) with a Clip (36). **Attach the other Handles or Ankle Strap in the same way.**



HOW TO USE THE TABLET HOLDER

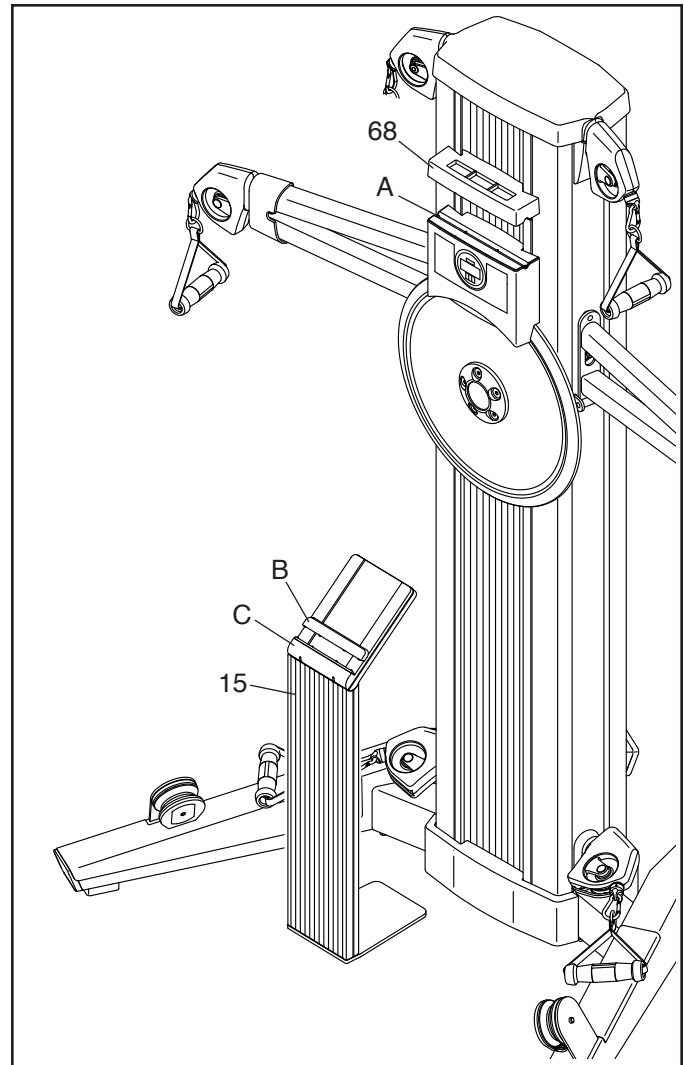
IMPORTANT: The Tablet Holder (68) is designed for use with most full-size tablets. Do not place any other electronic device or object in the Tablet Holder. Do not set anything on top of the Tablet Holder.

To insert a tablet into the Tablet Holder (68), slide it upward, set the tablet in the tray (A), and then pull the Tablet Holder downward over the top edge of the tablet. **Make sure that the tablet is firmly secured in the Tablet Holder.** Reverse these actions to remove the tablet from the Tablet Holder.

HOW TO USE THE TABLET STAND

IMPORTANT: The Tablet Stand (15) is designed for use with most full-size tablets. Do not place any other electronic device or object in the Tablet Stand.

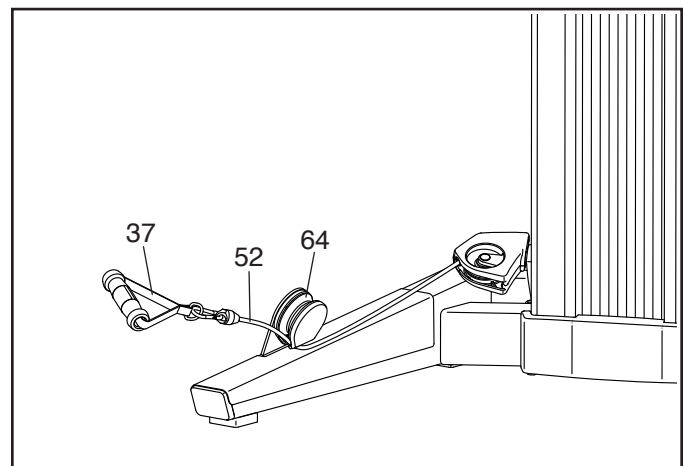
To insert a tablet into the Tablet Stand (15), lift the slide (B) upward, and then set the tablet in the tray (C). Then, pull the slide downward over the top edge of the tablet. **Make sure that the tablet is firmly secured in the Tablet Stand.** Reverse these actions to remove the tablet from the Tablet Stand.



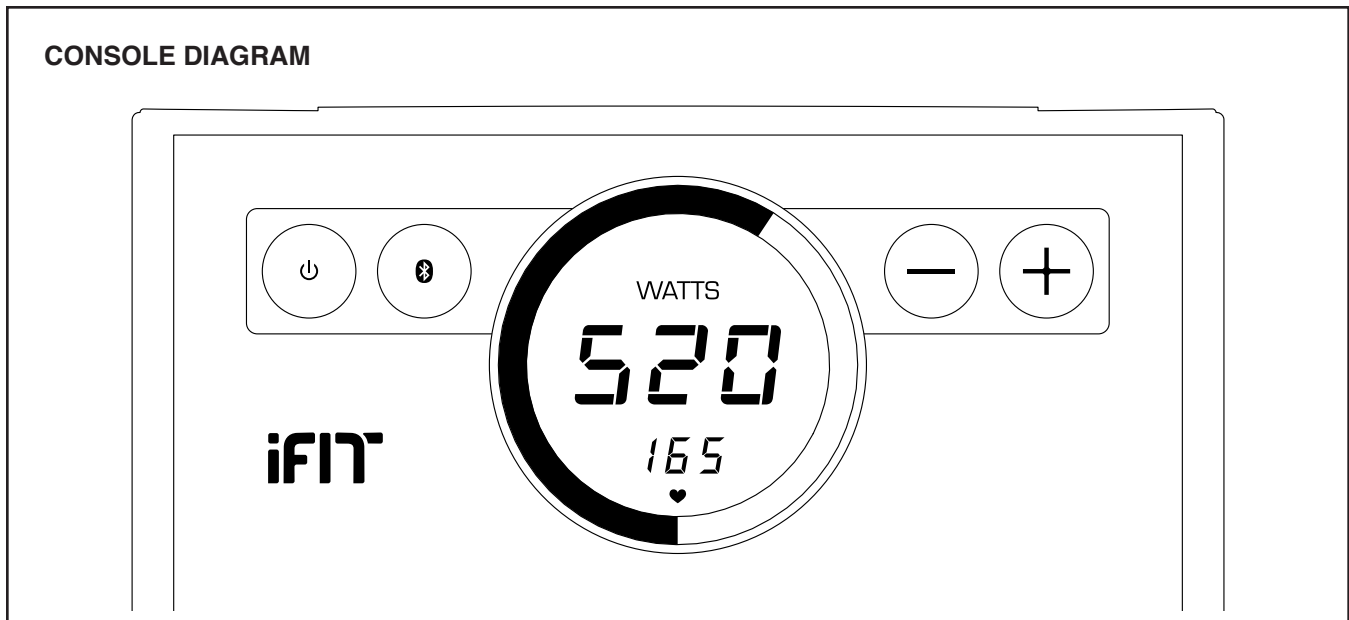
HOW TO USE THE SQUAT PULLEYS

Pull a lower Handle (37) outward and route the Rope (52) under the Squat Pulley (64); **make sure that the Rope is securely routed under the Squat Pulley.**

Repeat this action for the other Squat Pulley (not shown).



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

Interactive iFit App

Download the iFit–NordicTrack Fusion CST app to access the advanced features of your strength system.

The iFit app provides you with an interactive and immersive workout experience, with high-energy, time-saving combination strength and cardio workouts led by virtual personal trainers. Each iFit workout automatically adjusts the resistance of the strength system as you exercise.

Using the iFit app, you can also record and track your workout and health information so you can see your progress towards your fitness goals.

Manual Workouts

You can also perform manual workouts with the strength system. While you exercise, you can change the resistance of the strength system with the touch of a button. The console will display continuous exercise feedback about your power output in watts.

Chest Heart Rate Monitor

During your workouts, you can measure your heart rate using the included chest heart rate monitor.

To download the iFit app, see this page. To use the console, see page 14. To connect your heart rate monitor to the console, see page 15.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO DOWNLOAD THE IFIT APP

Using the included 10" tablet for Android™, open a web browser and go to iFit.com/apps.

Follow the instructions on the website to download the appropriate iFit app. **Make sure that the Bluetooth option is enabled on your device.**

Then, open the iFit app and follow the instructions to set up an iFit account, customize settings, and get started using iFit workouts, setting goals, and tracking your progress.

HOW TO USE THE CONSOLE

1. Press the power button to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Begin exercising and change the resistance as desired.

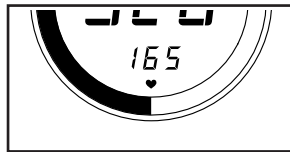
As you exercise, change the resistance by pressing the increase and decrease buttons.

Note: After you press a button, it will take a moment for the strength system to reach the selected resistance level.

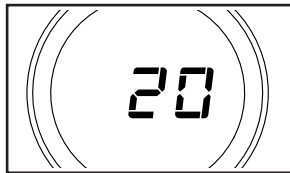
3. Follow your progress with the displays.

The console can show the following workout information:

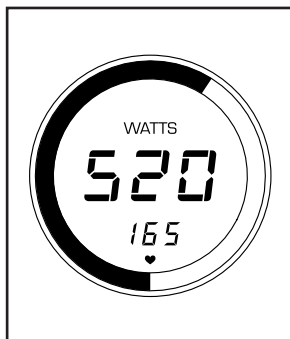
Heart Rate (heart symbol)—This display will show your heart rate in beats per minute when you wear the included chest heart rate monitor (see step 4).



Resistance—This display will show the resistance level for a few seconds each time the resistance level changes.



Watts—This display will show your approximate maximum power output in watts for each stroke.



Watts Meter—The watts meter will light up to provide a visual representation of your approximate maximum power output in watts for each stroke.

4. Wear the included chest heart rate monitor and measure your heart rate if desired.

You can wear the included chest heart rate monitor to measure your heart rate. To use the chest heart rate monitor, see THE CHEST HEART RATE MONITOR on page 10. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

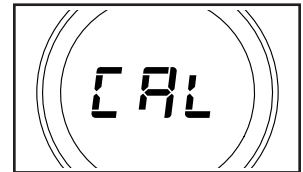
To connect your heart rate monitor to the console, see HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 15.

When your heartbeat is detected, your heart rate will be shown in the display.

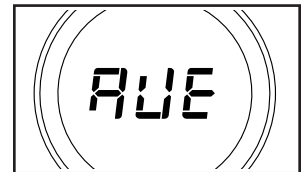
5. Stop exercising and view your exercise summary if desired.

A few moments after you stop exercising, the console will pause and show your exercise summary:

Calories (Cal)—This display will show the approximate number of calories you have burned during your workout.



Average Maximum Power Output (Ave)—This display will show your average maximum power output in watts for your workout.



Note: If you do not resume exercising after a few moments, the workout information will be reset and the display will turn off.

6. When you are finished exercising, turn off the console.

Press the power button repeatedly to turn off the console manually. The console will enter a pause mode, display the exercise summary, enter a countdown mode, and then reset the workout information and turn off the display.

If the strength system is idle for several minutes, the console will turn off automatically.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

To use the included chest heart rate monitor, see THE CHEST HEART RATE MONITOR on page 10.

Note: The console is compatible with all Bluetooth Smart heart rate monitors.

To connect your heart rate monitor to the console, press the Bluetooth Smart button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMCBMD1.

MAINTENANCE AND TROUBLESHOOTING

HOW TO MAINTAIN THE STRENGTH SYSTEM

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the strength system is used. Replace any worn parts immediately.

To clean the strength system, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 10.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO ADJUST THE REED SWITCH

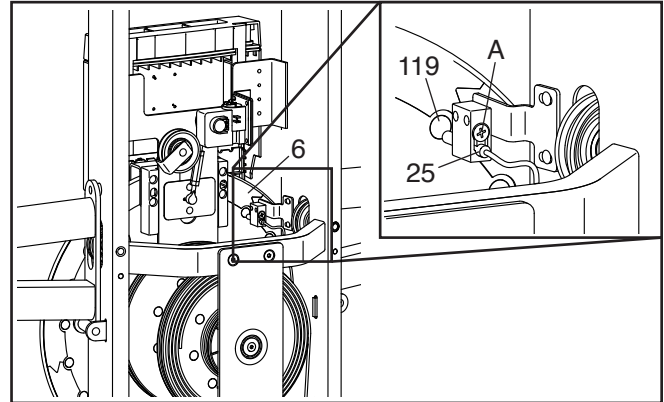
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, **first unplug the power adapter**, and then follow the steps below.

See assembly step 5 on page 9. Remove the Front and Rear Bottom Covers (67, 109) from the bottom of the strength system.

See **EXPLODED DRAWING B** on page 23. Identify the Rear Shroud (59). Remove the four #8 x 3/4" Screws (86) and the Rear Shroud from the strength system.

Next, locate the Reed Switch (25). Slightly loosen the indicated screw (A).



Then, rotate the Resistance Disc (6) until a Magnet (119) is aligned with the Reed Switch (25). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the screw (A).

Plug in the power adapter and rotate the Resistance Disc (6) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed. Then, plug in the power adapter.

HOW TO TIGHTEN THE ROPES

The ropes may stretch over time. If there is slack in the ropes before resistance is felt, the ropes should be tightened. To tighten the ropes, **first unplug the power adapter**, and then follow the steps below.

See assembly step 5 on page 9. Remove the Front and Rear Bottom Covers (67, 109) from the bottom of the strength system.

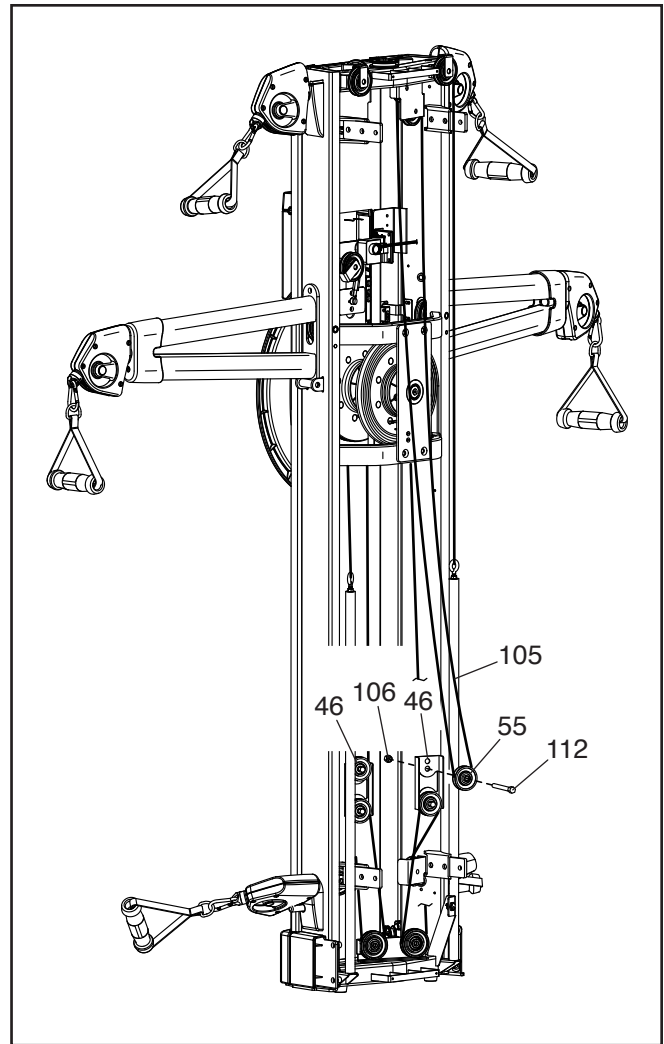
See EXPLODED DRAWING B on page 23. Identify the Rear Shroud (59) on the back of the strength system. Remove the four #8 x 3/4" Screws (86) and the Rear Shroud from the strength system.

See the drawing at the right. Locate a Pulley Carriage (46). Remove the M8 Jam Nut (106), the M8 x 33mm Bolt (112), and the Small Pulley (55) from the upper hole in the Pulley Carriage.

Reattach the Small Pulley (55) to the other hole in the Pulley Carriage (46). **Make sure that the Rope (105) and the Small Pulley move smoothly.**

Locate the other Pulley Carriage (46) and repeat these actions.

Then, reattach the parts that you removed. Plug in the power adapter.



CARDIO EXERCISE GUIDELINES

⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	❤️
145	138	130	125	118	110	103	❤️
125	120	115	110	105	95	90	❤️
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

STRENGTH EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment

to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST

Model No. NTSY19916.1 R1119A

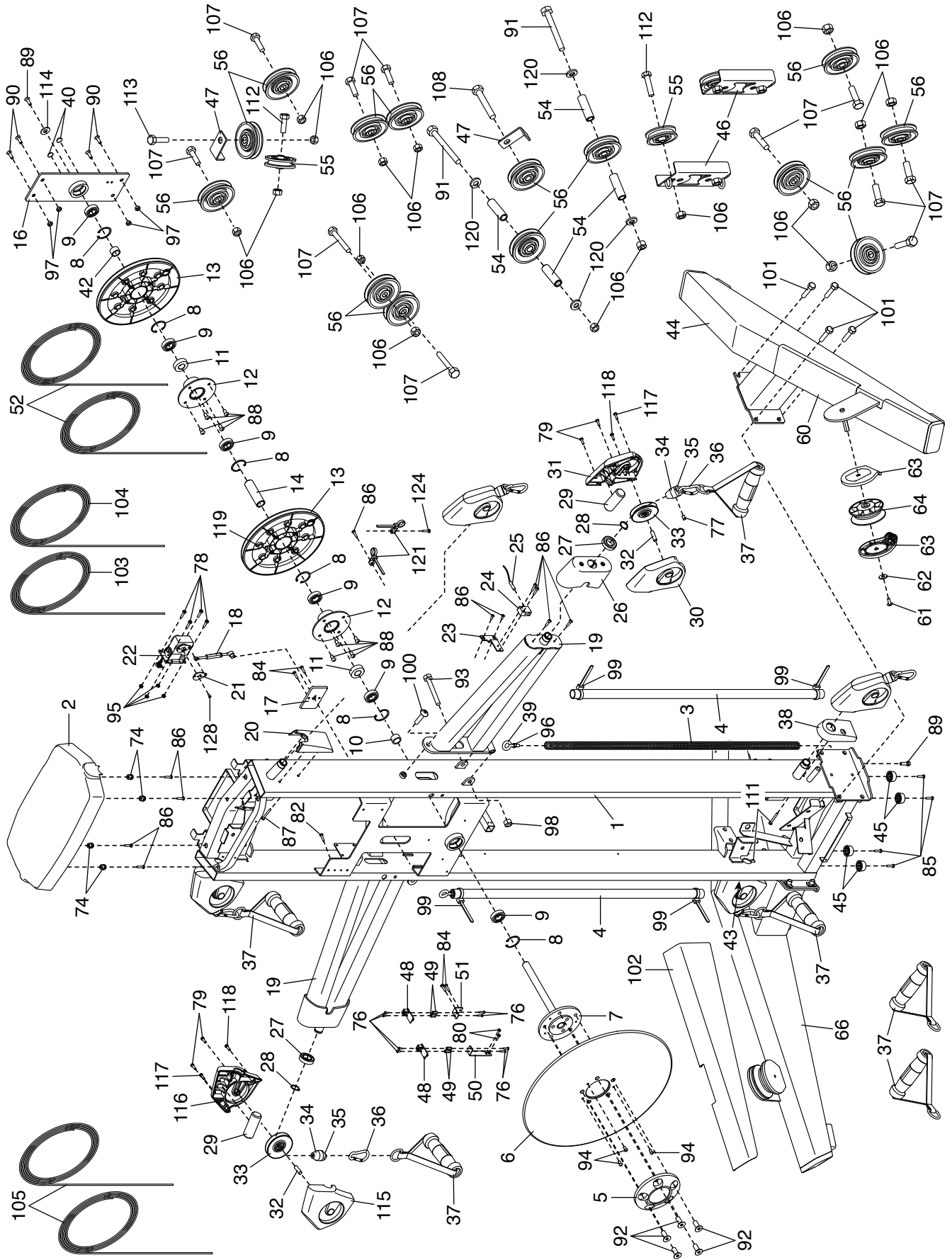
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Short Sensor Bracket
2	1	Tower Top Cover	52	2	201" Rope
3	2	Spring	53	2	Ankle Strap
4	2	Spring Cover	54	4	Arm Pulley Spacer
5	1	Disc Cover	55	5	Small Pulley
6	1	Resistance Disc	56	15	Large Pulley
7	1	Resistance Axle	57	1	Shroud Cover
8	6	Retention Ring	58	1	Front Shroud
9	6	Main Bearing	59	1	Rear Shroud
10	1	Front Hub Spacer	60	1	Right Leg Shield
11	2	Bearing Spacer	61	2	M6 x 12mm Screw
12	2	Pulley Hub	62	2	M6 Washer
13	2	Mechanism Pulley	63	4	Outer Guide
14	1	Pulley Spacer	64	2	Squat Pulley
15	1	Tablet Stand	65	1	Disc Shield
16	1	Tower Bracket	66	1	Left Leg
17	1	Slide Frame Bracket	67	1	Front Bottom Cover
18	1	Resistance Arm Assembly	68	1	Tablet Holder
19	2	Tower Arm	69	1	Tablet Holder Bracket
20	2	Upper Tower Cover	70	1	Slide Frame
21	1	Resistance Disc	71	1	Magnet Bracket
22	1	Resistance Motor	72	1	Light Bar
23	1	Reed Switch Bracket	73	1	Console
24	1	Reed Switch Clamp	74	4	Snap Clip
25	1	Reed Switch/Wire	75	8	Tree Fastener
26	2	Tower Arm Cover	76	8	#4 x 6mm Screw
27	6	Swivel Bearing	77	6	M4 x 5mm Set Screw
28	6	Snap Ring	78	4	M4 x 12mm Bolt
29	6	Counterweight	79	12	M4 x 30mm Machine Screw
30	3	Right Pulley Cover A	80	2	#6 x 3/8" Screw
31	3	Right Pulley Cover B	81	2	#8 x 3/8" Screw
32	6	Swivel Pulley Axle	82	1	#8 x 1/2" Console Screw
33	6	Swivel Pulley	83	8	#8 x 1/2" Screw
34	6	Rope Collar	84	4	#8 x 5/8" Screw
35	6	Rope End	85	4	#8 x 3/4" Tek Screw
36	6	Clip	86	30	#8 x 3/4" Screw
37	6	Handle	87	4	#8 x 1 1/4" Screw
38	1	Right Tower Cover	88	8	M6 x 16mm Screw
39	2	Eyebolt	89	3	M6 x 20mm Hex Screw
40	2	Bumper	90	4	M8 x 35mm Bolt
41	1	Power Receptacle/Wire	91	2	M8 x 115mm Bolt
42	1	Rear Hub Spacer	92	5	M10 x 25mm Flat Head Screw
43	1	Left Tower Cover	93	2	M10 x 67mm Bolt
44	1	Right Leg	94	3	M6 x 13mm Screw
45	4	Foot	95	4	M4 Locknut
46	2	Pulley Carriage	96	2	M6 Nut
47	2	Cable Trap	97	4	M8 Locknut
48	2	D Sensor	98	2	M10 Locknut
49	4	Standoff	99	4	Zip Tie
50	1	Tall Sensor Bracket	100	2	M10 x 30mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	8	M10 x 25mm Hex Screw	116	3	Left Pulley Cover B
102	1	Left Leg Shield	117	6	M4 x 20mm Screw
103	1	73" Rope	118	6	M4 x 25mm Screw
104	1	82" Rope	119	36	Magnet
105	2	169 1/2" Rope	120	4	M8 Washer
106	19	M8 Jam Nut	121	7	Mounted Zip Tie
107	11	M8 x 30mm Bolt	122	1	Sensor Wire
108	1	M8 x 30mm Patch Screw	123	1	Extension Wire
109	1	Rear Bottom Cover	124	1	#8 x 5/8" Tek Screw
110	2	#8 x 5/8" Flat Head Screw	125	1	Main Wire
111	2	#8 x 1 3/8" Screw	126	1	Power Adapter
112	5	M8 x 33mm Bolt	127	4	#8 x 3/4" Machine Screw
113	1	M8 x 68mm Bolt	128	1	#6 x 3/8" Screw
114	1	M10 Washer	129	1	Chest Heart Rate Monitor
115	3	Left Pulley Cover A	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A

Model No. NTSY19916.1 R1119A



EXPLODED DRAWING B

Model No. NTSY19916.1 R1119A

