

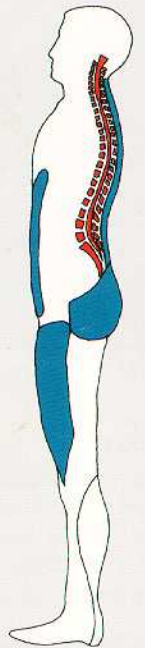
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*The* **NORDIC FITNESS CHAIR™**  
**Back Care Program**

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The Nordic Fitness Chair Back Care Program is a strength training program specially designed by an exercise physiologist. It helps you conquer back pain by strengthening and conditioning key muscle groups.



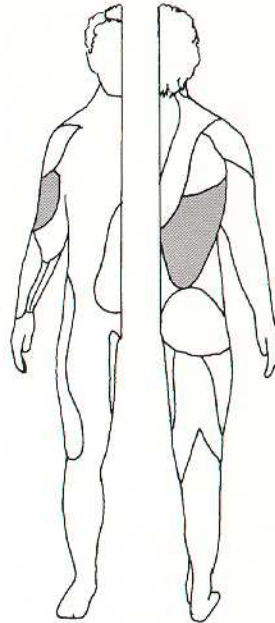
# Upper Body Back Care Exercises.

## 1 Pulldown (back and biceps)

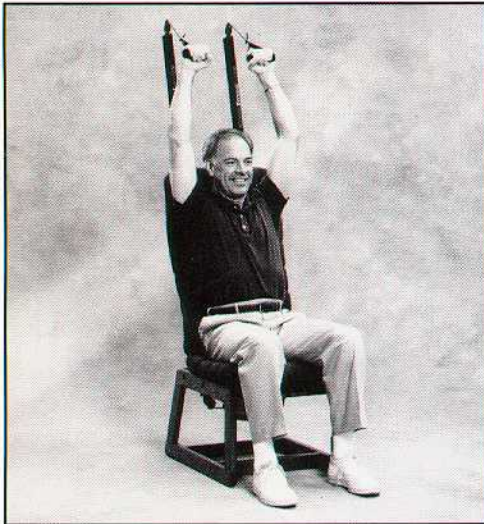
### Execution:

1. Adjust pulley arms to the upward vertical position. Grasp handles with your palms facing forward. Pull handles downward to shoulder level and touch your elbows to the side of your chest wall.
2. Pause, then raise to original position. The Pulldown should be done with both arms simultaneously, using a smooth motion. Remember to extend your arms fully in the starting position.

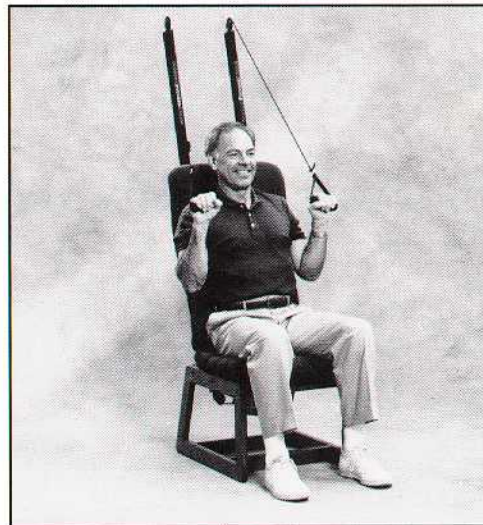
SAME AS BASIC SIX



**Major muscles used:**  
latissimus dorsi and biceps



**Pulldown — Start**



**Pulldown — Finish**

### Benefits:

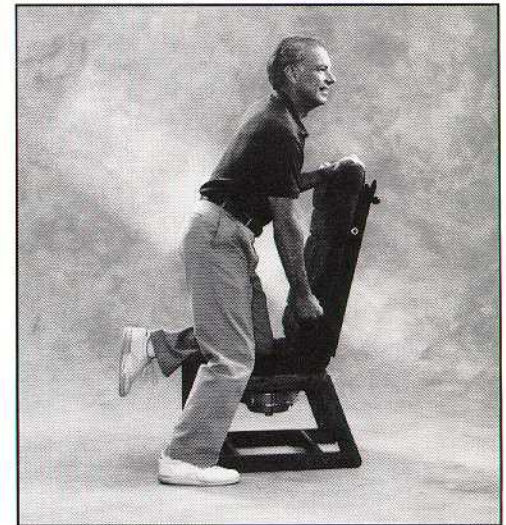
The ability to perform tasks such as moving furniture, washing your car, or lifting your toddler with less pain and more ease, is just one of the advantages of strengthening your back with the Pulldown. The Pulldown

works your upper back muscles, which you use during twisting, bending and pulling motions. Recreational activities enhanced by strong upper back muscles include canoeing, tennis, handball, swimming and racquetball.

## 2 One Arm Row (back)

### Execution:

1. Adjust the pulley arms to the downward vertical position. Kneel on the chair seat with your left knee. To support your torso, hold onto the back of the chair with your left hand. Grasp the right handle with your right hand. Pull the handle past your chest, bending your arm at the elbow. NOTE: Keep your back erect throughout the exercise.
2. Lower handle to the original position, fully extending arm, and repeat.
3. After completing the desired number of repetitions, kneel on the chair with your right knee and repeat the exercise with your left arm.



**One Arm Row — Start**

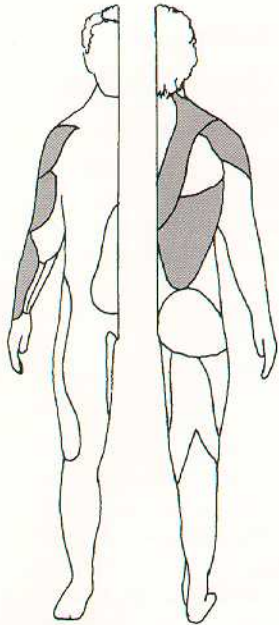
### Benefits:

The One Arm Row helps you strengthen your posture, while reducing the tension and tightness that often develops in your upper back and shoulders — especially

The Nordic Fitness Chair Back Care Program combines new and existing exercises from our other various programs to specifically strengthen your upper back, lower back, abdominals, hamstrings, hips, thighs and gluteals. By keeping these muscles strong you will improve your posture, taking pressure off your spine and its surrounding tissues, and increase your flexibility. This treats the causes of existing chronic back pain, preventing recurrence and the likelihood of injury.

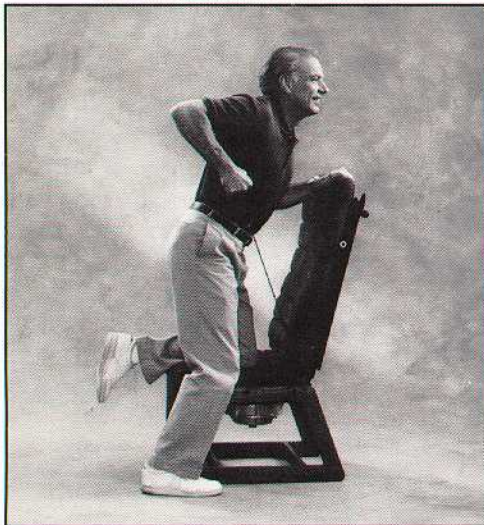
**NOTE:** Perform up to 10 to 12 repetitions (one set) of each exercise initially, then slowly increase the number of sets. When three sets of 10 to 12 repetitions of an exercise seem easy, increase the speed of movement to slightly increase the workload.

Consult with your physician before beginning any exercise program.



**Major muscles used:**

latissimus dorsi, deltoids, trapezius, biceps and muscles of the forearm



**One Arm Row — Finish**

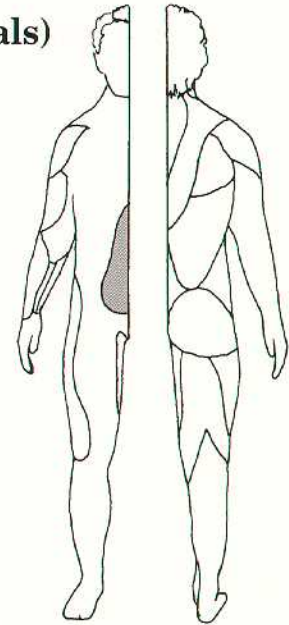
during those stressful days at work. Improved performance in sports such as tennis, badminton, softball and baseball, golf and racquetball is another advantage of performing the One Arm Row.

# 3 Abdominal Crunch (abdominals)

**Execution:**

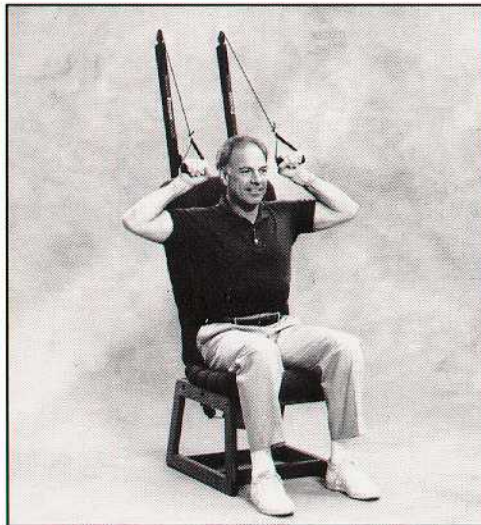
1. Adjust pulley arms to the upward vertical position. Grasp the handles beside your head. Holding them firmly, draw your head to your knees, keeping your lower back rounded. Contract or tighten your abdominal muscles while performing the exercise.
2. Return to an erect position, but don't lean back into the chair cushion (maintain about three inches between your upper back and the chair cushion).

*SAME AS BASIC SIX*

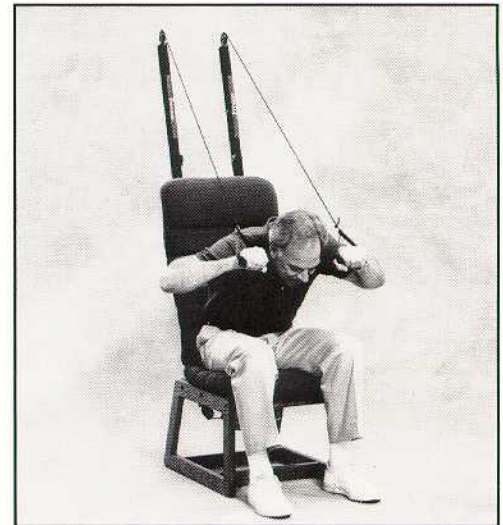


**Major muscles used:**

rectus abdominis



**Abdominal Crunch — Start**



**Abdominal Crunch — Finish**

**Benefits:**

Abdominal strength is crucial because it helps you control excessive lordosis, or arching of the lower back — one of the main causes of back pain. By strengthening your abdominal muscles, the Abdominal

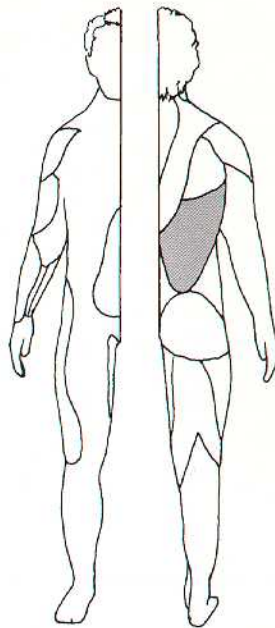
Crunch improves your posture and greatly reduces your risk of lower back pain. It also helps you tighten your stomach — a troublesome area for men and women alike.

# Upper Body Back Care Exercises.

## 4 Adduction (back)

### Execution:

1. Adjust pulley arms to the upward vertical position. Grasp handles with your palms facing downward. With a slightly flexed arm, pull handles downward toward the top of your thighs.
2. Raise to the starting point and repeat.



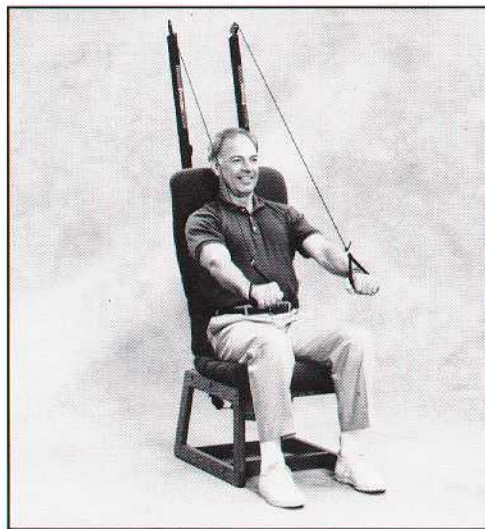
**Major muscles used:**  
latissimus dorsi



**Adduction — Start**

### Benefits:

Pain and stiffness in your back can ruin a wicked tennis serve or take yards off your drive. The Adduction strengthens your back muscles, improving your posture while



**Adduction — Finish**

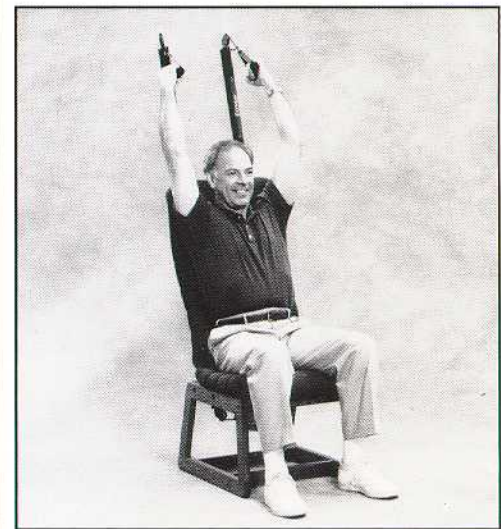
reducing tension and stiffness. It will enhance your performance in activities such as football, tennis, canoeing, rowing, swimming, golf, pole vaulting and archery.

## 5 Advanced Pulldown (back and biceps)

### Execution:

1. Adjust pulley arms to the upward vertical position. Grasp handle with your palms facing your body. Pull handles downward to shoulder level with your elbows directed forward as they are drawn to the sides of your chest.
2. Raise to the original position with your arms fully extended and repeat.

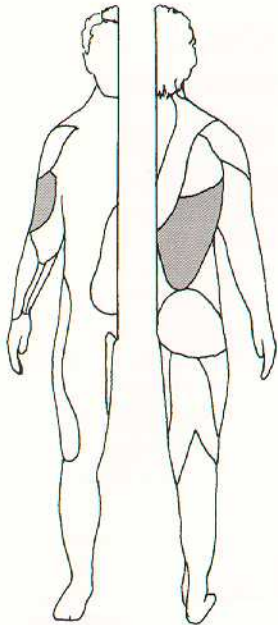
**NOTE:** This is an advanced exercise that strengthens the back and biceps. However, the role of the biceps is largely dependent upon the grip one uses. A widely-spaced, palms-away-from-your-body grip places less emphasis on the biceps, whereas a narrowly spaced, palms-facing-your-body grip places greater emphasis on the biceps.



**Advanced Pulldown — Start**

### Benefits:

This exercise is beneficial for many practical purposes such as twisting, bending, or pulling. These muscles are in many recreational activities such as

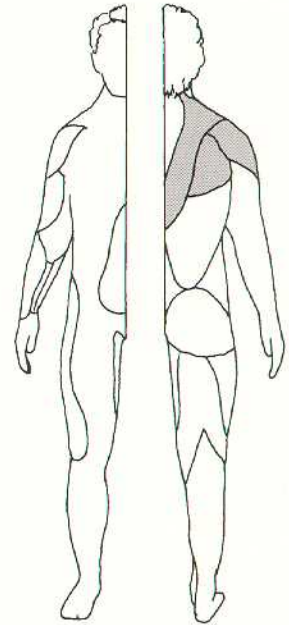


**Major muscles used:**  
latissimus dorsi and biceps

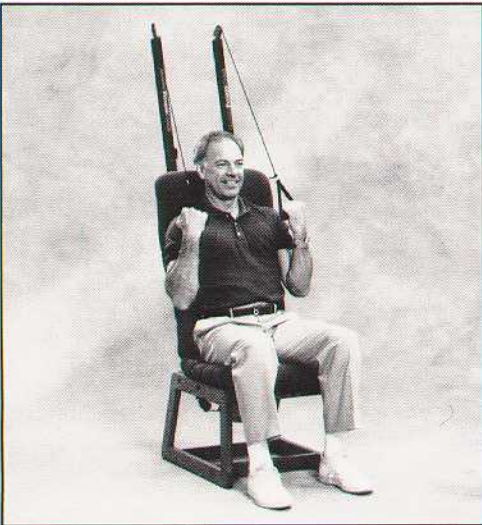
## 6 Pronated Fly (upper back)

### Execution:

1. Adjust pulley arms to the horizontal position. Grasp opposite handles (right handle with left hand and left handle with right hand). Pull handles across your body while keeping your arms slightly flexed. Cables should cross at chest level.
2. Return the handles to starting position and repeat.



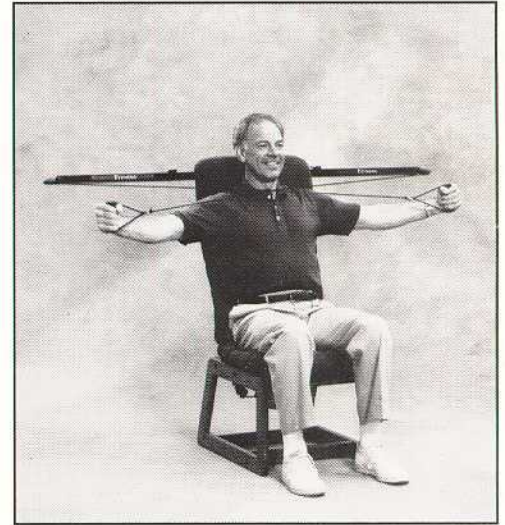
**Major muscles used:**  
posterior deltoids, rotator cuff, trapezius



**Advanced Pulldown — Finish**



**Pronated Fly — Start**



**Pronated Fly — Finish**

### Benefits:

The Pronated Fly works your upper back muscles, helping you maintain an erect posture and taking pressure off your spine and its surrounding tissues.

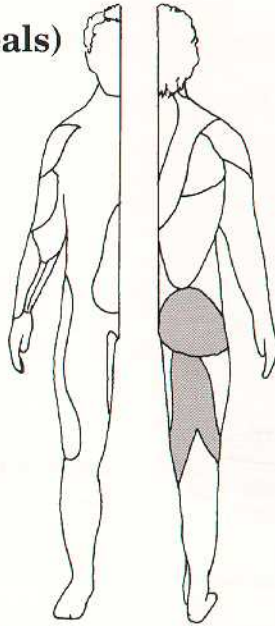
Activities that use these muscles include canoeing, tennis, archery, batting, fencing, passing a football, tackling, golf, handball, swimming and racquetball.

# Lower Body Back Care Exercises.

## 7 Leg Curl (hamstrings and gluteals)

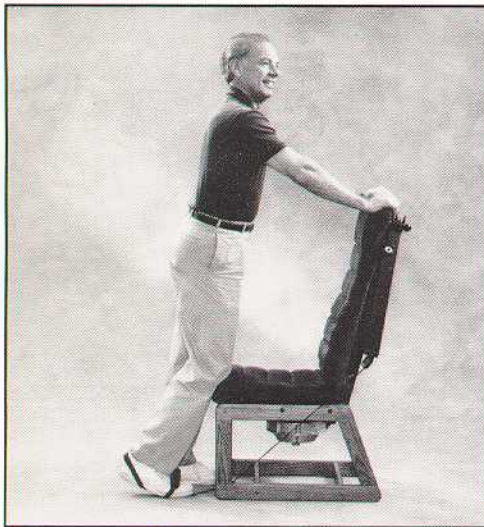
### Execution:

1. Adjust pulley arms to the 45 degree position with the cable around the lower pulley. Stand facing the chair, stabilizing yourself by holding onto its back. Exercising one leg at a time, place the handle around your foot with the strap over your ankle and the cord extending under the front of your shoe. Make sure the velcro overlay on the strap is on the inside of your ankle. While keeping your body erect, lift your leg upward until the back of your ankle is as close as possible to your buttock. This will ensure that you are working through the full range of motion, which is necessary for optimum strength gains. Remember to keep your thigh stabilized while performing the exercise.
2. Return to the starting position and repeat the exercise. Movement should be in the knee joint. Avoid unnecessary jerking or body movement.
3. Repeat with the opposite leg after completing the prescribed repetitions.

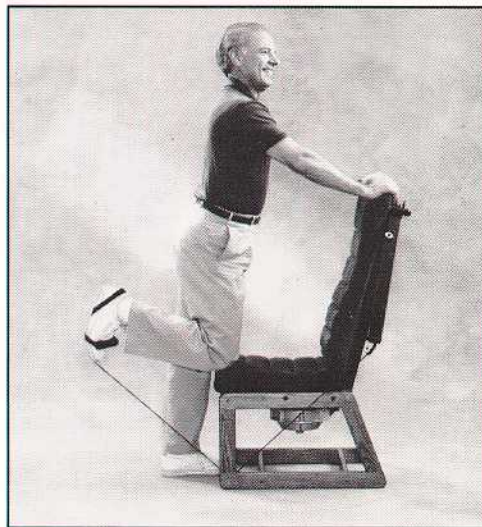


### Major muscles used:

hamstrings (semimembranosus, semitendinosus, bicep femoris) and gluteals



Adduction — Start



Adduction — Finish

### Benefits:

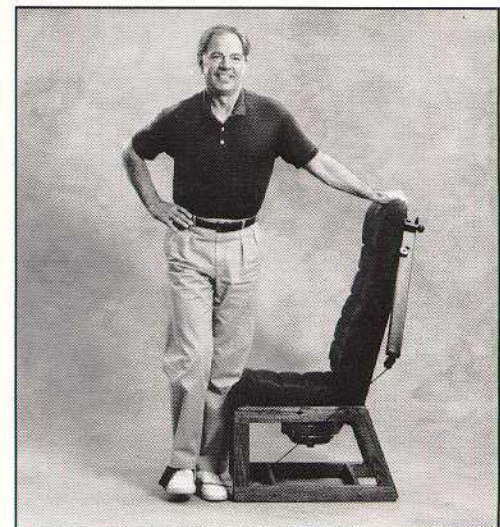
This exercise strengthens your hamstring and gluteal muscles, which also help support your back. Strengthening your hamstrings is also important because it's one of the muscle groups most often injured

during recreational activities, daily tasks and sports. Activities that use these muscle groups include skiing, skating, quick starts in most sports, hurdling and all jumping

## 8 Hip Abduction (outer hip)

### Execution:

1. Adjust the pulley arms to the 45 degree position with the cables around the lower pulleys. Place the right handle over your left foot, with the strap around your left ankle. Stand with the side of your right leg stabilized against the front of the chair. Further stabilize your body by grasping the back of the chair with your right hand. Raise your left leg outward, away from the chair as far as possible, while keeping your body erect and your knees slightly bent.
2. Return to the starting position and repeat the exercise.
3. Repeat with the opposite leg after performing the recommended number of repetitions.

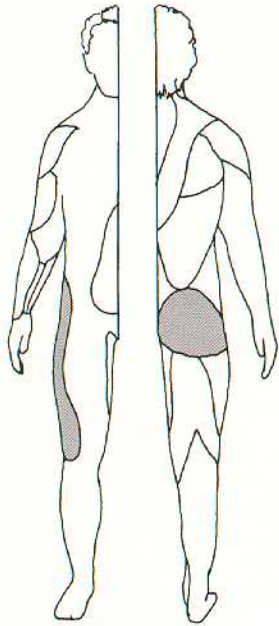


Hip Abduction — Start

### Benefits:

Skating, soccer, football, skate-style cross-country skiing, racquetball and tennis are all activities that use lateral or side movements that depend on strong muscles. The hip abduction will improve

NOTE: Leg attachment necessary for performing the lower body exercises is available FREE upon request for use with the Euro or Élan models and as a low cost option with the Excel.



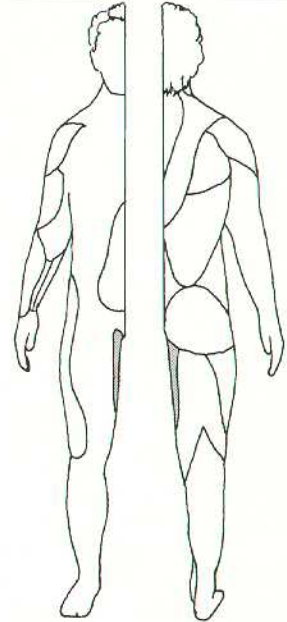
**Major muscles used:**

gluteals and tensor fasciae latae

# 9 Hip Adduction (inner thigh)

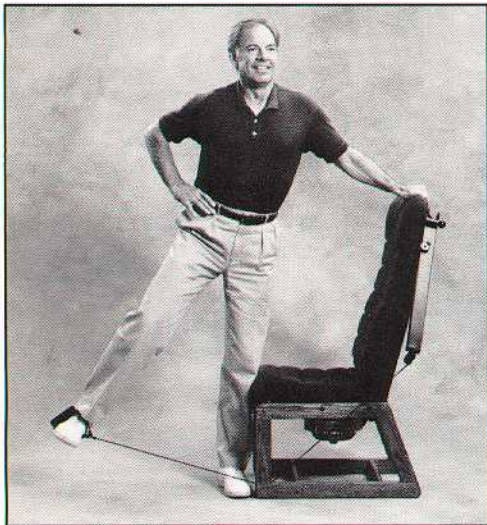
**Execution:**

1. Adjust the pulley arms to the 45 degree position with the cables around the lower pulleys. Place the right handle over your right foot, with the strap around your right ankle. Stand with your right side facing the chair. Put a stationary object on your left side so you can hold onto it to stabilize your body. If you have the accessory bar, place the bar on the floor and stand on it with your left foot to reinforce the chair. If you do not have an accessory bar, use a similar object to keep the chair the proper distance away. Pull your leg in front of your body, slightly bending your knees and avoiding any twisting movements.
2. Return to the starting position and repeat the exercise.
3. Repeat with the opposite leg after completing the recommended number of repetitions.

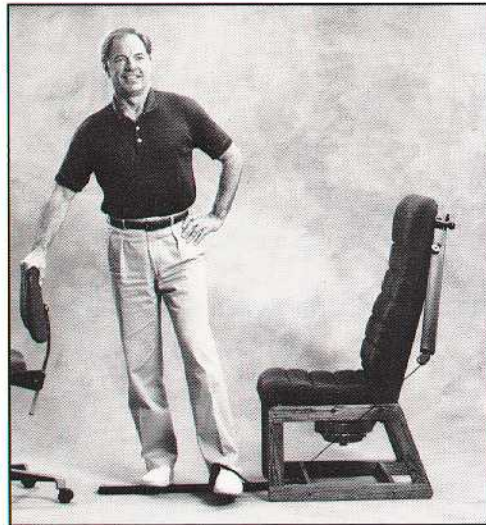


**Major muscles used:**

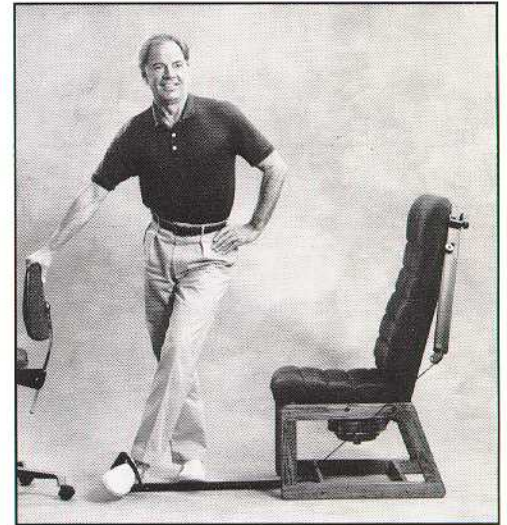
adductor muscles



**Hip Abduction— Finish**



**Pronated Fly — Start**



**Pronated Fly — Finish**

**Benefits:**

The Hip Adduction strengthens the muscles of your inner thigh, which help support your back and contribute to lateral or side to side movements. Strong and flexible adductor muscles offer maximum support and

mobility, and may minimize your risk of groin pulls and strains, two very common injuries. The Hip Adduction also helps you tone and firm your inner thigh, an area where fat tends to be deposited

your performance in these activities, reduce your risk of injury, and help you reduce back pain by conditioning lower body muscles that support your back.

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**NORDIC FITNESS CHAIR**<sup>TM</sup>  
*from NordicTrack*

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