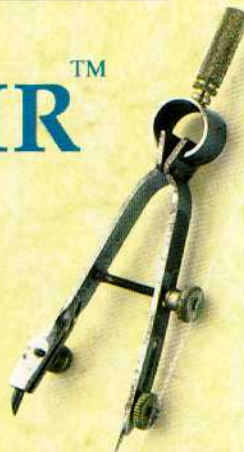


*rev·o·lu·tion·ar·y (rev' e-loo' she-ner'e) adj.
1. precipitating a momentous change in a situation.*



NORDIC FITNESS CHAIR™

Assembly,
Operating Instructions
and Training Program



Contents

| | |
|--|--------|
| Features of the Nordic Fitness Chair | 3 |
| Setting Up Your Nordic Fitness Chair | 4 |
| Why The Nordic Fitness Chair Is The Best | 4 |
| The Nordic Fitness Chair Training Program | 5 |
| Nordic Fitness Chair “Basic 6” Workout Program | 5 |
| Six Essential Strength Training Principles | 6 |
| Nordic Fitness Chair Training Tips | 7 |
| Your Nordic Fitness Chair Exercise Plan | 7 |
| 1. Pulldown | 8, 9 |
| 2. Lateral Raise | 8, 9 |
| 3. Fly | 8, 9 |
| 4. Tricep Pushdown | 10, 11 |
| 5. Bicep Curl | 10, 11 |
| 6. Abdominal Crunch | 10, 11 |
| Measuring Strength Training Improvements | 12 |
| Glossary of Terms | 12 |
| Maintaining Your Nordic Fitness Chair | 13 |
| Fabric Care | 13 |
| Wood Base and Painted Part Care | 13 |
| Pulley Operation | 13 |
| Greasing Upper Pulley Block | 13 |
| Brake Pad Lubrication | 14 |
| Cord Maintenance | 14 |
| Return Privilege | 15 |
| Two-Year Limited Warranty | 15 |

Features of the Nordic Fitness Chair™

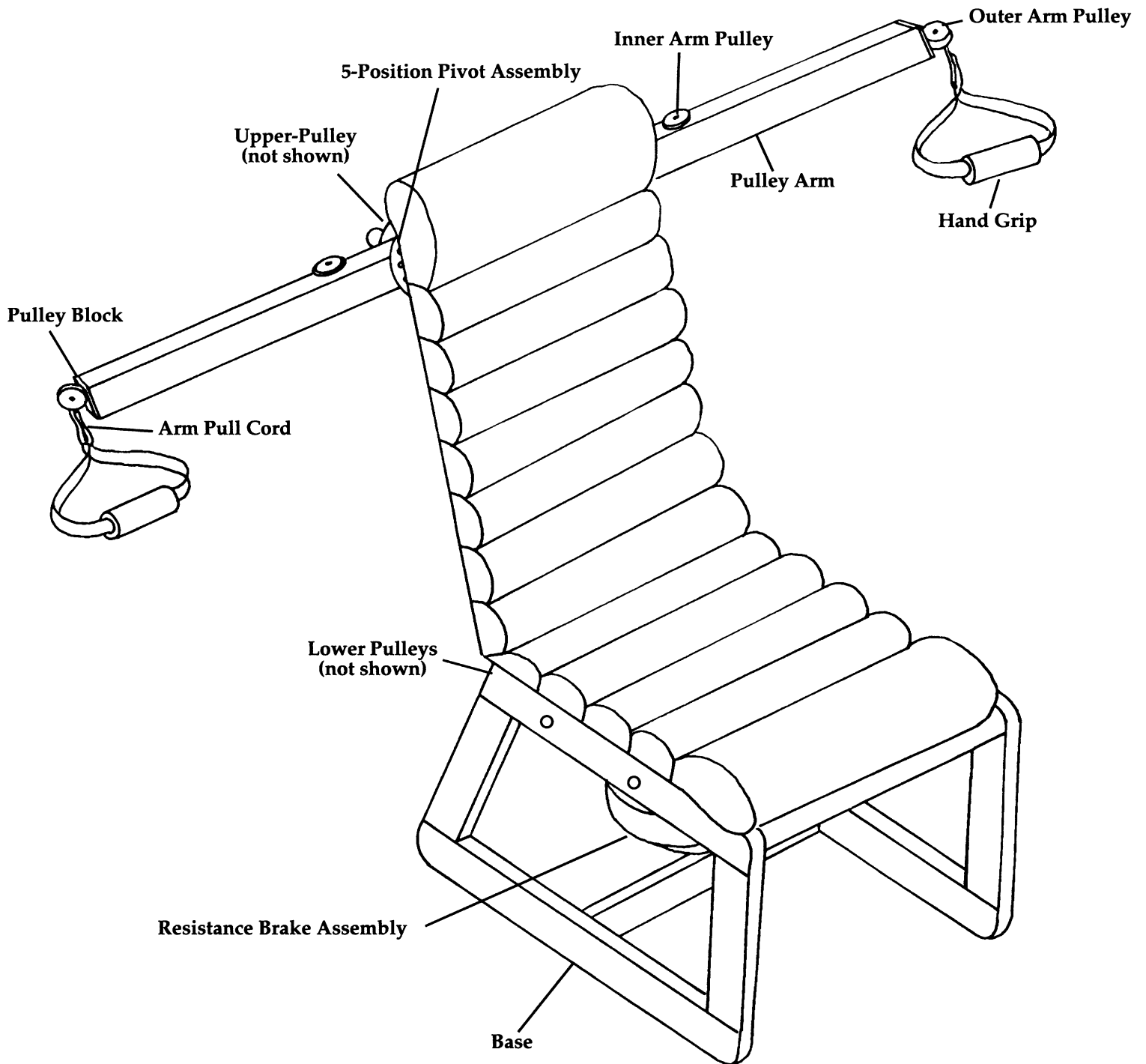


Fig 1.

Setting Up Your Nordic Fitness Chair

1. After unpacking the chair from the box, remove the four 5/16" x 1 1/2" carriage bolts, nuts and flat wrench from the plastic bag and place them near the chair.
2. Place the chair so the front of the seat and the top of the backrest touch the floor.
3. Place the wooden base onto the bottom of the chair with the vertical legs at the front of the seat (see Fig. 1). Align the holes at the sides of the base with the sides of the chair bottom, and insert all four bolts so the bolt heads are to the outside. Finger tighten the four nuts onto the bolts. Using the flat wrench, tighten each nut so the flat side of the carriage bolt is drawn firmly against the wood. The head of the carriage bolt should not turn. If it does, tap on the head of the bolt with a hammer to partially seat the carriage bolt into the wood and then continue to tighten the nut.

You will want to familiarize yourself with your Nordic Fitness Chair after completion of set-up. Looking at the chair from the rear, you will see the adjustable arms tucked away next to the chair frame. You will need to adjust the arms into various positions in order to complete the exercises outlined later in the manual. To adjust the arms, grasp the arm at midpoint, pull on the locking pin (Fig. 2) and pull the arm out and up. When you reach the desired position, release the pin and allow it to slip into the hole that corresponds with that position. The arms can be locked in five different positions plus the tucked away position.

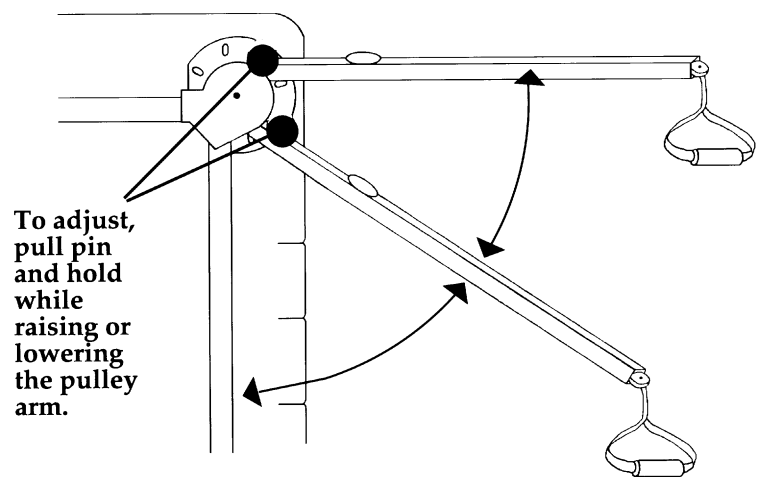


Fig 2.

Why The Nordic Fitness Chair Is The Best

A muscle worked close to its maximum ability, with steadily increasing levels of resistance, will get stronger. On the other hand, resistance that exceeds the muscle's potential, places excessive stress on the body's bones, ligaments and connective tissues, which can cause injuries.

Historically, strength training has used fixed resistances, such as dumbbells and barbells. The problem with weight systems is that people don't have the same strength throughout all phases of a particular movement. The Nordic Fitness Chair alleviates this problem because it uses the isokinetic form of resistance. Isokinetics is an accommodating form of resistance: the faster you perform the movement, the more resistance you feel. That makes it effective for every strength level, from the very strong to the very weak.

By using isokinetic resistance, the Nordic Fitness Chair allows your muscles to get a thorough workout throughout their entire range of motion, which promotes balanced muscle strength and optimum joint function.

It also allows you to build either endurance (by doing more repetitions at a slower speed), or muscular strength (by doing fewer repetitions at a faster speed).

NOTE: It's important to remember that you should achieve a full range of motion with each exercise prior to increasing the resistance of the exercise.

The Nordic Fitness Chair Training Program

The purpose of this training program is to show you how to get the maximum benefit from your Nordic Fitness Chair. It includes the "Basic 6" workout, proper use of the machine, valuable strength training principles and strength training tips. By following this program, you will successfully progress towards your strength training goals.

Nordic Fitness Chair "Basic 6" Workout Program

The "Basic 6" workout was jointly developed by Dr. Dennis Colonello, exercise physiologist Jeff Zwiefel, and Nautilus instructor Mike Deignan. Designed for the needs of a broad audience, it consists of six easy exercises, carefully chosen to strengthen and tone all of the major muscle groups in your back, shoulders, chest, arms and abdominals. It provides exactly what you need to maintain strength and muscle mass between ages 30 and 60. All exercises are done from a comfortable sitting position, and the complete routine takes only minutes, three times a week.

You get the best workout by exercising your large muscle groups first, and then progressing to your smaller muscle groups. Therefore the exercise order for the "Basic 6" workout is:

- 1. Pulldown**
- 2. Lateral Raise**
- 3. Fly**
- 4. Tricep Pushdown**
- 5. Bicep Curl**
- 6. Abdominal Crunch**

Six Essential Strength Training Principles.

1. Principle of Stress Adaptation

Using the Nordic Fitness Chair stresses the muscles. When that stress is more than a muscle is accustomed to, and the intensity of the workout is increased gradually, the muscle responds by becoming stronger. The Nordic Fitness Chair's isokinetic resistance allows you to gradually increase your workload by progressively increasing your speed of movement.

If you try to train your muscular system too hard, or too fast, the result may be chronic fatigue and lack of progress. Too much stress too soon may injure muscles, ligaments or tendons.

2. Principle of Recovery Time

When a muscle is stressed beyond its normal demands, a certain amount of time is required for the tissues to rebuild and improve. Generally a minimum of 48 hours and no more than 72 hours is recommended for adequate recovery time between exercise sessions.

3. Principle of Near Maximum Resistance

You'll naturally make faster progress and develop strength more quickly on some of the exercises. Remember that the single most important factor in developing strength is the intensity of the training. Therefore, it's essential that you gradually and progressively increase the speed of movement on each exercise.

While the load or resistance used in an exercise is the most important aspect of resistance training, the number of repetitions is also important to your training program.

Repetitions of six or less are most effective for increasing strength/power.

Doing more repetitions (up to 20), produces the greatest gains in muscle endurance. Repetitions beginning with 7 and progressing to 19 result in a progressively greater gain in muscle endurance. So, by varying your load and number of repetitions, you can personalize your program to meet your individual goals or training objectives.

4. Principle of Full-Range of Motion

By providing resistance through a full range of motion, the Nordic Fitness Chair increases the flexibility of your joints. This is important because when opposing muscle groups are **not** exercised, or when partial movements are performed, there's a possibility of restricting the joint's range of motion.

5. Principle of Muscle Balance

The Nordic Fitness Chair's program gives you balanced strength. That's important because if some muscles are strengthened while others are neglected, the imbalance can contribute to injuries. With the "Basic 6" workout, you'll strengthen all of the major muscle groups in your upper body, including those in the back, chest, shoulders, arms, and abdominals.

6. Principle of Training Specificity

The Nordic Fitness Chair lets you exercise the specific muscle groups you want to strengthen. With the advanced training program you can strengthen muscles that will help you to improve your golf swing, your tennis backhand, etc.

Nordic Fitness Chair Training Tips

1. During the first three to six weeks, you should concentrate on the “Basic 6” workout program, and perfect your form and technique.
2. If you’re in poor physical condition, your pain threshold may be low, so remember to advance slowly. Don’t push yourself to the point where you can’t do another repetition, as that may cause severe delayed muscle soreness. Initially, you may need more than a 30-second to one-minute rest between sets and exercises.

As your conditioning level improves, progress to a faster-paced workout. Use the recommended rest time between sets and exercises to adjust the machine’s arms for the next exercise.

3. Try to isolate the specific muscle group or groups the exercise you’re performing is designed to strengthen. Concentrate on slow, continuous speed of movement, and avoid explosive, jerky movements.
4. Maintain a regular breathing pattern. The recommended breathing pattern is to exhale during the pulling phase of the exercise and inhale during the releasing phase.

CAUTION: Always consult your physician prior to beginning an exercise program.

Your Nordic Fitness Chair Exercise Plan

1. Warm-up

The purpose of the warm-up is to slowly elevate the pulse to an aerobic level. It’s recommended that a proper warm-up be performed before each session. This could include light aerobic exercise, calisthenics and/or stretching.

2. Frequency

Frequency refers to the number of exercise sessions per week that are included in your exercise program. Traditionally, three workouts per week (Monday, Wednesday and Friday), are recommended. As you advance, the frequency may be increased. Exercise soreness and fatigue are two signs that your exercise program is too demanding and needs to be reduced.

3. Intensity

Your ideal *aerobic* training intensity is 70 to 80 percent of your target heart rate. For anaerobic exercise (such as strength training) the ideal is about 75 percent of your maximum *strength* capacity. Achieving muscle fatigue (the inability to perform another repetition with proper form or technique) after doing 10 repetitions corresponds to about 75% of your maximum strength capacity.

4. Order of Exercises

Your muscles get the maximum workout by working the large muscle groups first, and then progressing to the smaller muscle groups.

5. Rest Period Between Sets and Exercises

The length of rest periods between sets and exercises is important. For best results, the recommended rest periods are 30 seconds to one minute.

6. Number of Sets

Performing multiple sets of an exercise develops strength and endurance better than single sets. One or two sets of each exercise is best for the initial 6 to 12 training sessions. This allows beginners to develop proper form, and may help prevent extreme muscle soreness.

7. Proper Form

Proper form and technique are the most important factors in maximizing your results. Follow the instructions closely for each exercise and never sacrifice your form in an attempt to perform more repetitions.

8. Cool-down

Proper cool-down after the exercise session can greatly reduce muscle soreness and improve flexibility. This should consist of 5 to 10 minutes of stretching exercises.

1. Pulldown (back and biceps)

Major muscle groups used: Latissimus dorsi

Execution:

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

Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

The Pulldown strengthens the upper back, which is beneficial for many practical purposes, such as twisting, bending, or pulling. This will improve your muscle tone for recreational activities including canoeing, tennis, archery, batting, fencing, passing a football, handball, and most swimming strokes. It can also improve your performance on the golf course. And in your daily activities, the increased strength will be useful for moving furniture, and swinging that grandchild around.

2. Lateral Raise (shoulder)

Major muscle groups used: Deltoids

Execution:

1. Adjust pulley arms to the downward vertical position. Grasp handles with palms facing your body. Raise handles directly out to the side until they are just above the level of your shoulders, while keeping elbows slightly flexed. This exercise can be difficult, because it isolates the smaller muscle groups of the shoulder. Remember to keep your arms directly out to the side of the body, with your palms facing down.
2. Lower handles back to the original starting position and repeat. The lateral raise should be done with both arms simultaneously, using smooth, controlled motions.

Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

The Lateral Raise strengthens the shoulders, which is beneficial for activities that involve repetitively raising your arms over your head. This also helps you work for long periods with your arms raised overhead. The Lateral Raise helps you enhance your performance in recreational activities such as canoeing, tennis, archery, batting, passing a football, doing the breast stroke, back stroke and crawl, golfing and handball.

3. Fly (chest)

Major muscle groups used: Pectoralis major and minor

Execution:

1. Adjust pulley arms to the horizontal position. While seated in the chair, grasp the handles with palms facing forward. Pull directly toward the midline of body, always maintaining the elbows slightly flexed, and palms inwards. Remember to keep the entire movement on the horizontal plane.
2. Return the handles to the original starting position and repeat. The Fly should be done simultaneously with both arms, in a smooth, controlled fashion.

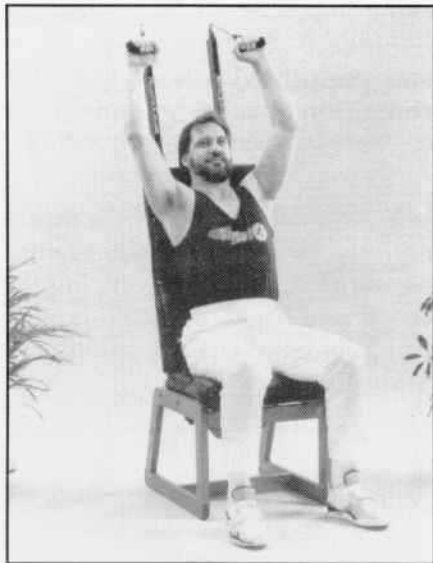
Number of sets performed: 2

Number of repetitions per set: 8-20

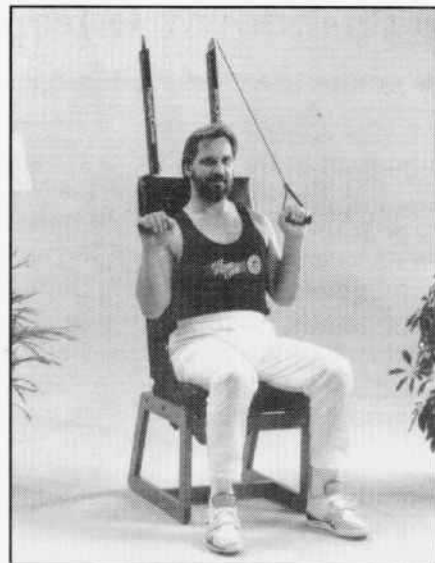
Recovery time between sets: 30 seconds to 1 minute

Benefits:

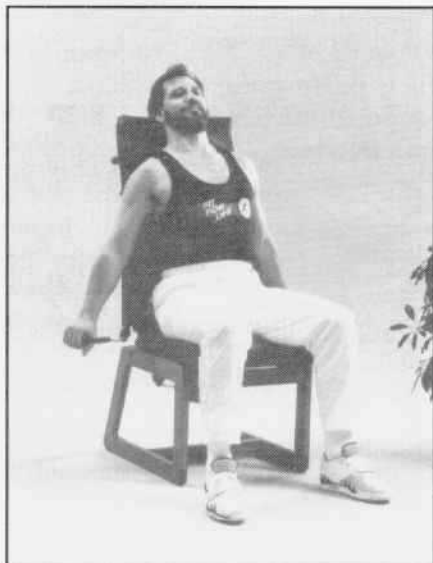
The Fly works the chest muscles, helping you develop strength and endurance that's helpful in many recreational and daily activities. Enhanced recreational activities include: passing a football, doing the crawl and backstroke, throwing, punching, fencing and shooting a basketball.



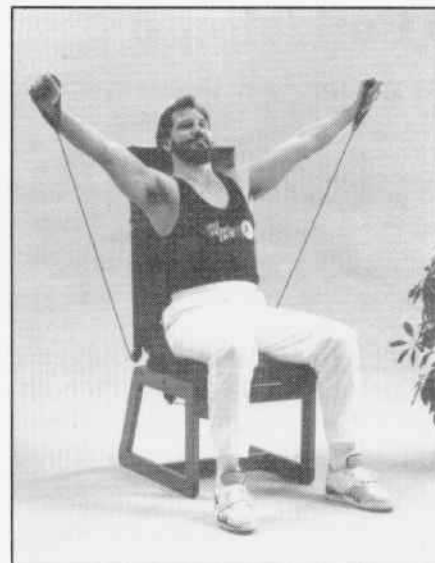
Pulldown — start



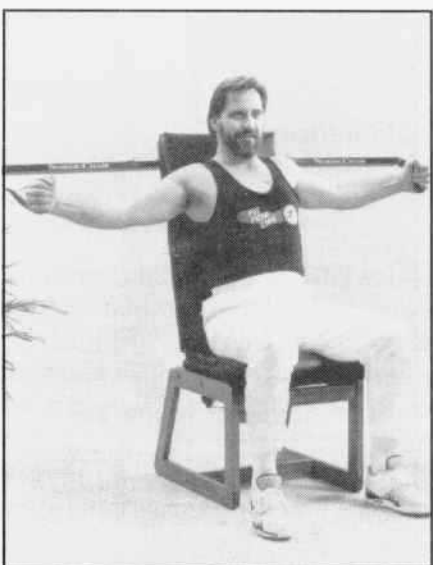
Pulldown — finish



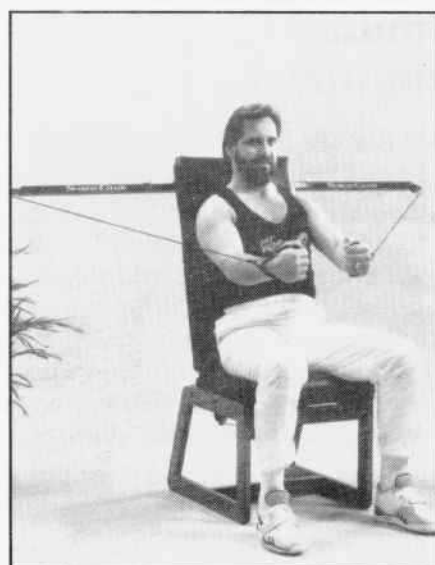
Lateral Raise — start



Lateral Raise — finish



Fly — start



Fly — finish

4. Tricep Pushdown (triceps)

Major muscle groups used: Triceps brachii

Execution:

1. Adjust pulley arm to the upward vertical position. Grasp handles with palms facing forwards. Pull handles downward until elbows are tight to the side of the body and elbow is flexed. Now the Tricep Pushdown movement begins: Push the handles downward, extending arms entirely and keeping elbows stationary by the side of the body.
2. Raise to the original starting position and repeat. Exercise both arms together in a smooth, controlled motion.

Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

The triceps are the prime movers in most pushing and extending movements, including the breast stroke, gymnastics bar work, batting, the fencing thrust, passing a football and basketball, and boxing. This exercise is especially beneficial for toning and shaping the back of the upper arms.

5. Bicep Curl (biceps)

Major muscle groups used: Biceps brachii and forearm flexors

Execution:

1. Adjust pulley arms to the downward vertical position. Grasp handles with palms facing forwards. While keeping elbows tight to your sides, lift the handles upwards towards the front of your shoulders.
2. Lower to the original starting position and repeat. The Bicep Curl should be done with both arms simultaneously in a smooth, controlled fashion.

Number of sets performed: 2

Number of repetitions per set: 8-20

Recovery time between sets: 30 seconds to 1 minute

Benefits:

Daily practical uses of the biceps include carrying groceries, carrying a child, cleaning, moving furniture. Recreational activities where stronger biceps can be beneficial include swimming, archery, rowing.

6. Abdominal Crunch (abdominals)

Major muscle groups used: Rectus abdominis

Execution:

1. Adjust pulley arm to the upward vertical position grasping handles beside the 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).

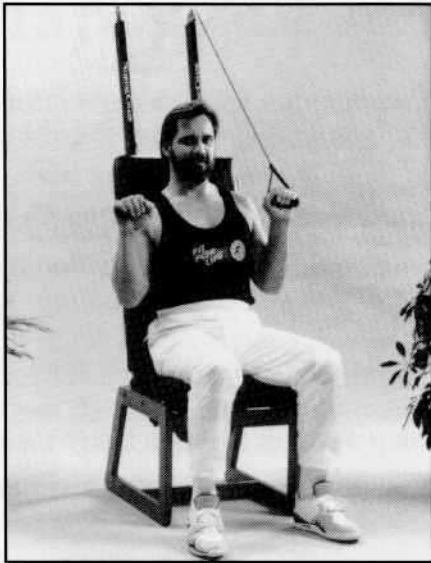
Number of sets performed: 2

Number of repetitions per set: 8-20

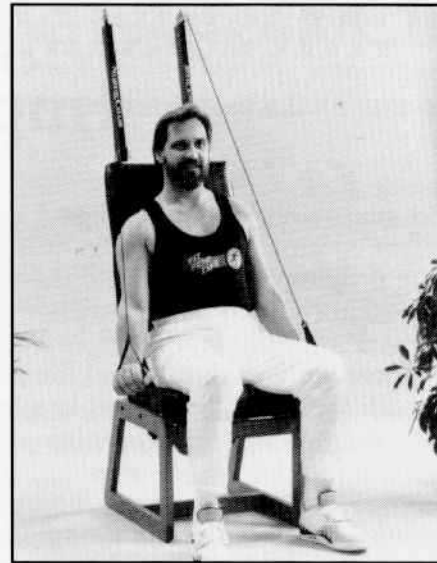
Recovery time between sets: 30 seconds to 1 minute

Benefits:

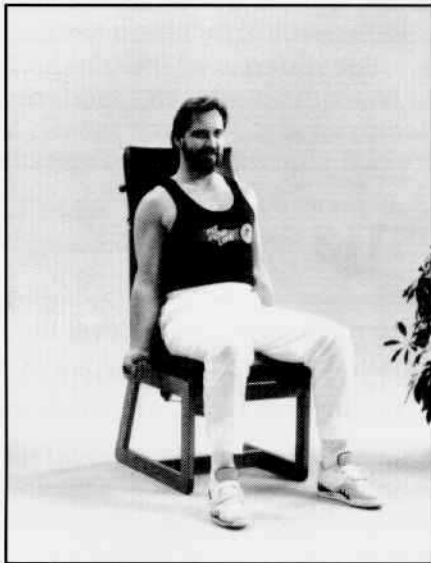
Of all muscles discussed, the abdominals most often need to be strengthened. Abdominal strength is crucial because it helps to control excessive lordosis or arching of the lower back. Clinical evidence shows that maintaining good abdominal muscle strength/endurance greatly reduces the risk of developing low back pain.



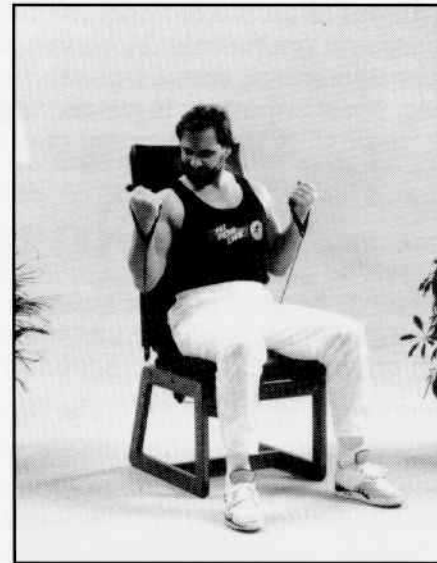
Tricep Pushdown — start



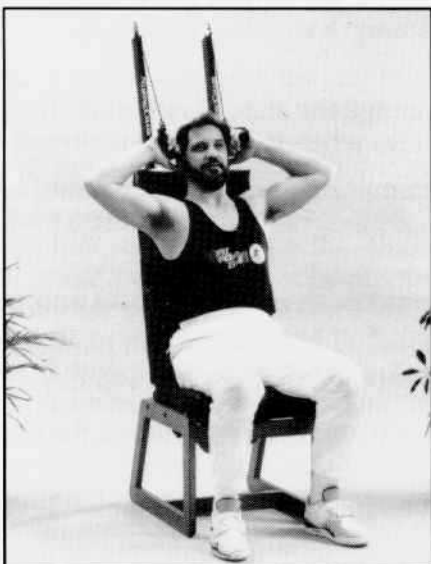
Tricep Pushdown — finish



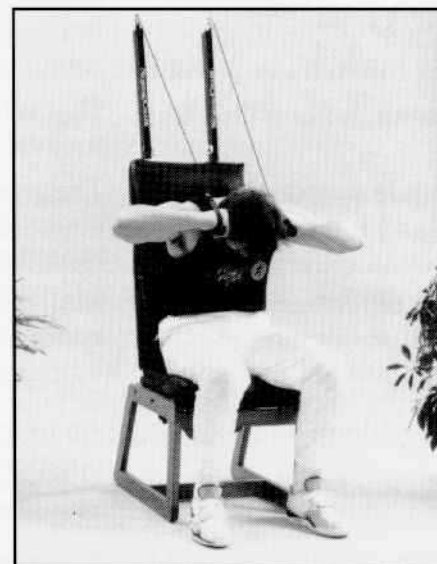
Bicep Curl — start



Bicep Curl — finish



Abdominal Crunch — start



Abdominal Crunch — finish

Measuring Strength Training Improvements

Most individuals are impatient to see and feel results from their training routine. Feeling the results of your strength training program is much easier than achieving the desired visual changes. With patience and determination, you'll see positive changes in two to three months. However, you should **feel** the results of your training much faster. It's important to take into account individual differences such as current health and fitness, age and motivation, in assessing improvement. Most people feel stronger, tighter, and more confident after two or three weeks of training.

Measuring strength is a complicated procedure. Determining the maximum amount of resistance that can be lifted in an all-out effort is a technique commonly used by clinicians and researchers. However, this technique can be dangerous, counter-productive and time-consuming. Most important is not the "quantity" lifted, but the "quality" of the movement of each exercise.

Factors to consider in measuring strength gains:

There is a 10% - 15% natural variation in strength levels on a day-to-day basis.

Strength improvement does not occur in a smooth, continuous fashion. Usually you will experience increases and decreases. Some muscle groups may develop strength faster than others.

Motivation and consistency play an important role in your rate of improvement.

Try not to compare yourself with others. Remember that each person develops muscular strength at a different rate because of inherent physiological and biomechanical factors.

Glossary of Terms

| | |
|-------------------------------|---|
| Endurance | The time limit of a person's ability to maintain a power level involving concentric contradictions. |
| Energy | The capability of producing force, performing work, or generating heat. |
| Exercise | Any and all activity involving generation of force by the activated muscle(s). Exercise can be quantified mechanically as force, torque, work, power, or velocity of progression. |
| Exercise Intensity | A specific level of muscular activity that can be quantified in terms of power (energy expenditure or work performed per unit of time), the opposing force employed in strength training, or velocity of progression. |
| Force | That which changes or tends to change the state of rest of motion in matter. That which muscle generates when in a state of contraction. |
| Muscle contraction | The active state of muscle. The attempt of a muscle cell or muscle tissue to shorten along the longitude axis of the muscle cell(s) when activated. |
| One repetition maximum | Resistance at which the subject could perform only one lift and not be able to repeat. |
| Power | The rate of performing work; the product of force and velocity. |
| Repetition | An execution of an exercise from starting position back to starting position. |
| Set | The execution of an exercise a given number of repetitions. |
| Work | Force expressed through a distance but with no limitation of time. |

Maintaining Your Nordic Fitness Chair

The Nordic Fitness Chair requires only a minimum amount of maintenance. Please take note of the following tips to keep it looking good and operating properly.

Fabric Care

1. The fabric on your Nordic Fitness Chair, designed for your comfort, is either polysuede or vinyl. It should provide for countless hours of comfort and exercise. Both materials are nonabsorbent.
2. Cleaning of the fabric, if necessary, should be done as follows:
 - a. Liquid stains should be allowed to dry and then cleaned with a sponge and a common household suds detergent, such as Tide.
 - b. Dirty oil and grease stains should be first spot-cleaned with a cleaning fluid to remove the solvent soluble matter. Solvent manufacturers' instructions should be carefully followed. Any stain residue should then be shampooed using a water-based cleaner such as Carbona upholstery and rug shampoo or Woolite upholstery shampoo.Use of a topical fabric protectant such as Scotchguard or Zepel is not recommended.

Wood Base and Painted Part Care

The wood on your Nordic Fitness Chair should be cleaned and polished regularly, as you would any fine piece of wood furniture. Any quality furniture polish may be used. DO NOT spray polish on fabric of chair.

The painted surface of your Nordic Fitness Chair may be cleaned with any quality cleaner approved for use on painted surfaces.

Pulley Operation

1. Check pulley alignment: The two pulleys underneath the chair seat that guide the cords coming from the brake assembly must be aligned with the cord. If they are not, the set screw that holds each of those pulleys in position should be loosened for realignment. Remove the Allen head screw from the back support tube using a 1/8" Allen wrench to expose the set screw inside the frame. Loosen that set screw with a 3/32" Allen wrench; align the pulley; retighten the set screw and replace the outer screw.

2. Each pulley has a pre-lubricated ball bearing and should not require additional lubrication. However, if a pulley develops a squeak, does not spin freely, or does not pivot easily, additional lubrication may be needed.
 - a. For squeaky or sticking pulley: Position the pulley so it is horizontal and put a drop of 3-in-1 oil at the point where the pulley rotates on the bearing. Spin the pulley to spread out the oil. Wipe off any excess oil. For oiling the upper and lower pulleys at the back of the chair, position the chair so those pulleys are in a near horizontal position.
 - b. For a pulley swivel at the end of the arm that does not pivot freely, see instructions for greasing pulley block.
3. The arm cords should move over the pulleys smoothly.
 - a. Slight variations in the tension accompanied by a light thumping sound, may be an indication that the cord has become twisted. To remedy the situation, turn the handles several rotations opposite the direction of the twist, then pull on the cord to work the twists out.
 - b. Keep the cord aligned with the pulleys.

Greasing Upper Pulley Block

1. Place the arm in a horizontal position.
2. Remove the front and back pulley block screws at the end of the arm using a 1/8" Allen wrench.
3. Grasp the pulley and pull it out of the arm so it hangs down from the arm.
4. Remove the retaining ring (E-clip) using a standard screwdriver. Place the screwdriver blade in the slot between the E-clip and the pulley bracket shaft, then twist the blade to force off the E-clip.
5. Remove the pulley shaft from the pulley block and lightly grease the pulley bracket shaft and both flat washers. (The preferred grease is lithium grease that is available at hardware stores.
6. Reassemble the pulley block and install the retaining ring/E-clip.
7. Install the pulley block onto the arm, securing the block with screws.

Brake Pad Lubrication (optional)

Internal brake pads should be oiled yearly. Rotate internal brake by gently pulling arm cord until side of brown leather brake pad appears in service window (Fig. 3). Apply one drop of light household oil such as 3-in-1 oil to the exposed side of the brake pad. Continue pulling cord until second brake pad appears in the window. Let oil soak in overnight.

Cord Maintenance

Periodically inspect the cord for any signs of fraying. Because the cord moves over pulleys, fraying is likely to occur if the pulleys are not aligned or the cord, when it is slack, is allowed to come off the pulley during repetitions. Contact Customer Service if a problem is encountered, or if cord replacement is necessary.

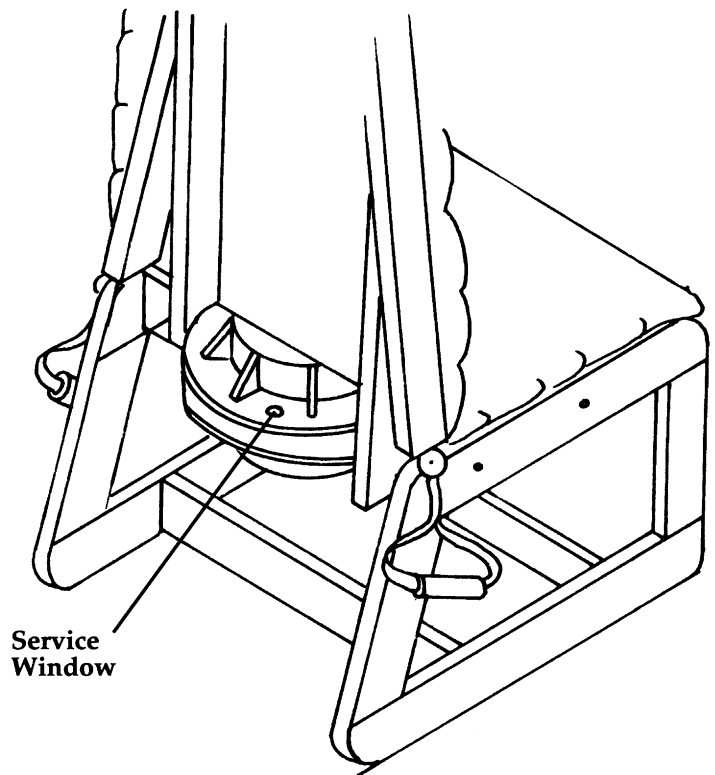


Figure 3

RETURN PRIVILEGE POLICY

THERE IS A 30-DAY IN-HOME TRIAL PERIOD FOR THE Nordic Fitness Chair and other products. Should you decide to return any product, YOU MUST NOTIFY OUR CUSTOMER SERVICE DEPARTMENT BEFORE RETURNING BY CALLING 1-800-654-2271 or 1-612-448-6987. SHIPPING CHARGES FOR RETURNING THE NORDIC FITNESS CHAIR AND ACCESSORIES ARE THE RESPONSIBILITY OF THE CUSTOMER.

Once NordicTrack is notified, ship the product(s) within the 30-day trial period to NordicTrack 815 East Main Street, Belle Plaine, MN 56011. Be sure to repack the Nordic Fitness Chair carefully according to illustrations on each cardboard insert. These pictures indicate how the packing protects each individual part. The customer's name and address as it appear on the packing slip must be enclosed in each box.

NordicTrack will issue a full refund of the purchase price when the return is made within the 30-day trial period. NordicTrack will also refund the initial surface shipping charge. Air shipping costs in excess of the ground shipping cost are not refunded. RETURN SHIPPING COST IS NOT REFUNDED.

Two-Year Limited Warranty

NordicTrack, Inc., for two years from date of purchase of a Nordic Fitness Chair, will repair or replace at its factory any part which may prove to be defective in materials or workmanship. ALL SHIPPING COSTS ARE THE RESPONSIBILITY OF THE PURCHASER. 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, send the defective part to NordicTrack, Inc., 815 East Main Street, Belle Plaine, MN 56011, after getting authorization from our customer service department. Include proof of purchase and a brief statement about the defect.

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.

If you have any questions about the use or operation of your Nordic Fitness Chair, please call our Customer Service department. Representatives are available to assist you.

Monday — Friday 7:00 a.m. TO 8:00 p.m. CST
Saturday 8:00 a.m. TO 4:30 p.m. CST

1-800-654-2271 (in USA)
1-800-433-9582 (in Canada)

NORDIC FITNESS CHAIR

*Principle of Stress Adaptation:
If workout is increased gradually,
the muscle responds positively and
gains strength*

*Anatomically
contoured for
added back
support*

*Strength
Stamina
+ Flexibility
Nordic Fitness Chair*

Designed for comfort.

*Arms and
pulleys fold
conveniently
behind the
chair*

*bal•ance (bāl əns) v.
1. To bring into or be
maintained in
equilibrium*

*fit•ness (fit' nis) n.
1. Physically sound;
healthy*

*bal•anced fit•ness
(bāl ənsd fit' nis) n.
1. Achievable through
aerobic exercise and
strength training*

*Isokinetic
resistance
mechanism*

*Pull slowly = Gentle resistance
Pull quickly = Heavy resistance*

*Aerobic
Exercise
Strength
Training*

$$\text{Total Fitness} = \frac{\text{NordicTrack}}{\text{Nordic Fitness Chair}}$$

A product from

NordicTrack
A CML Company

Customer Service
1-800-654-2271

PATENT PENDING

©1990 NordicTrack, a CML Company
OPI-NFC-01