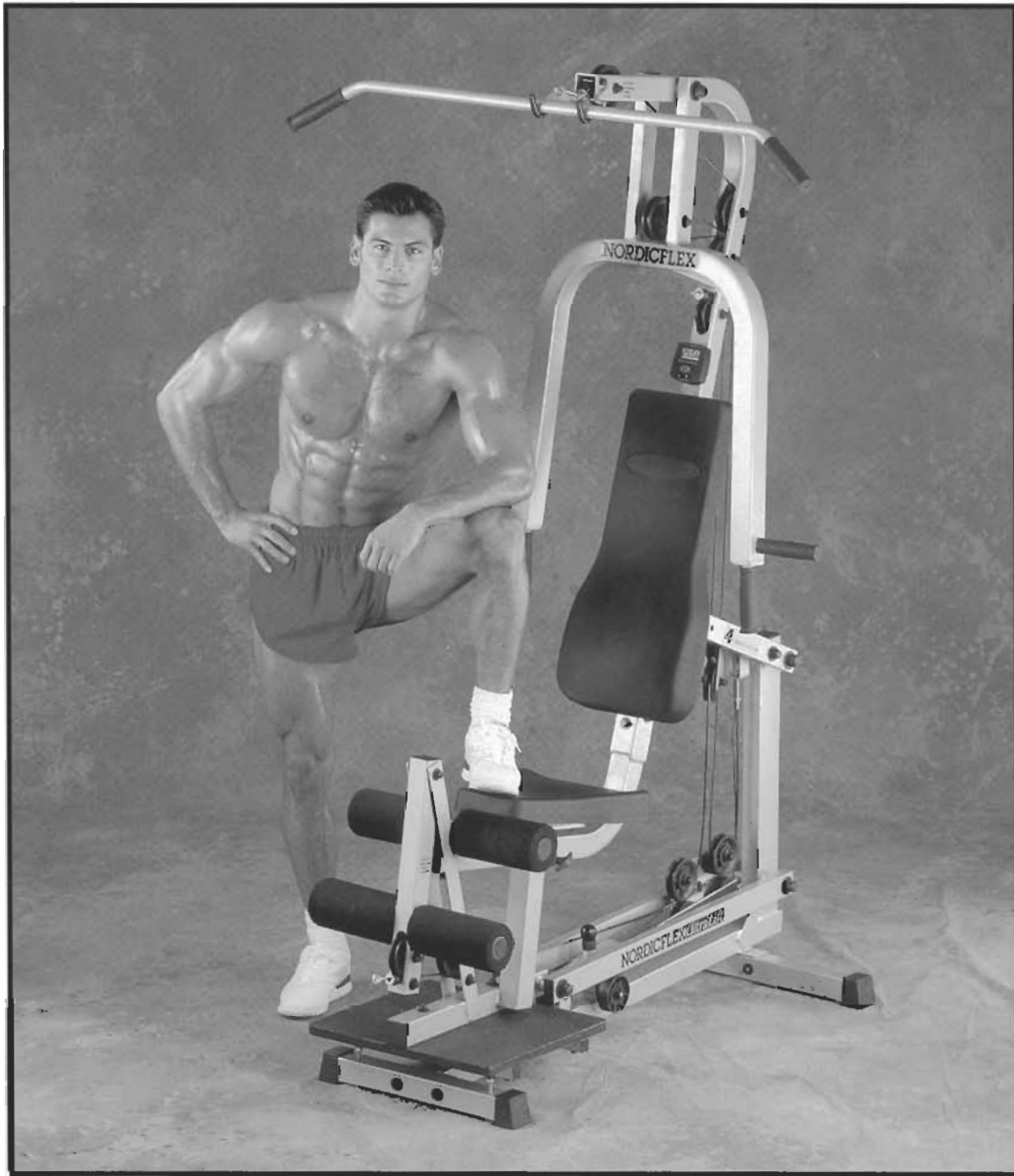


NORDICFLEX® *UltraLift*™



Assembly Guide

Welcome to UltraLift

Congratulations!

The NordicFlex[®] UltraLift™ is NordicTrack's newest solution to strength training.

- Real Weight Resistance – the 4-bar linkage system transforms your body weight to precise amounts of resistance. This allows you to work out quickly and without cumbersome weights.
- Single Station Design™ – the NordicFlex UltraLift provides all of the benefits of a many health club weight machines in the comfort of your home. You can concentrate on your workout, not on complicated changeovers.
- Correct Form – the seat provides lumbar support allowing for correct form, while safely getting more out of every lift. Proper form also allows better muscle isolation.
- 35 Exercises – choose from 35 total exercises to work every major muscle group. You can also target certain areas that are of particular importance to you and your active lifestyle.

Before You Start...

Please view the training video in full and read through both of our easy-to-use guides. In this guide you will find useful information about how to set-up your NordicFlex UltraLift. In the *Fitness Guide* you will learn how to perform the exercises and how to get the most from your fitness routine. Use your owner's guides along **WITH your UltraLift** training video. You will see action footage of all of the exercises demonstrated in the proper form. There is also an assembly section included in the video. While there are 35 exercises in all, our basic program starts with as few as eight exercises. They take no more than three workouts a week, for only 20 minutes per workout.

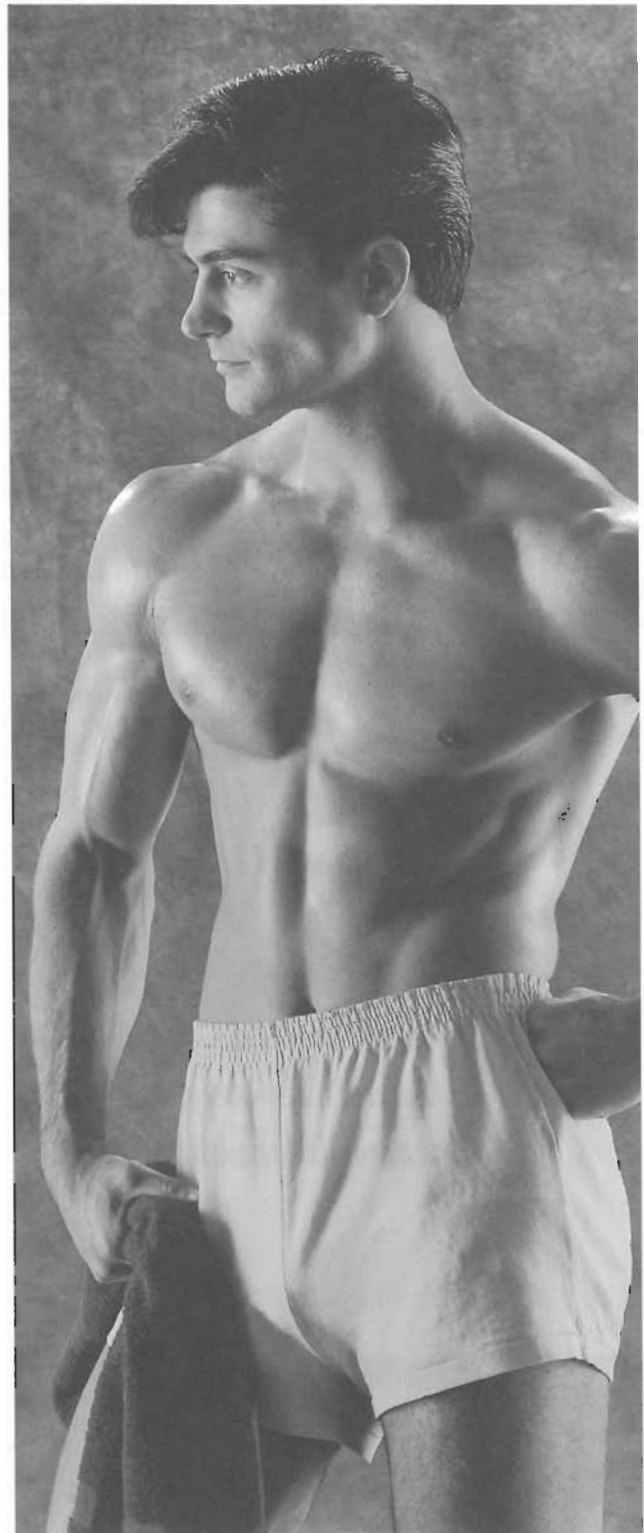
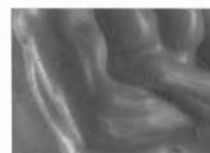
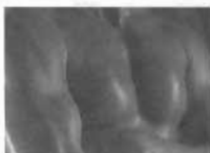


Table of Contents

Important Safety Information	1
Parts	2
Assembly	
Assemble the Base	4
Attach the Press Bar	6
Attach the Platform	8
Assemble the Seat	9
Attach the Spring Clips	10
Assemble the Roller Pads	10
Push in the Plug Caps	10
Attach the Lat Bar	11
Attach the Desired Accessories	11
Fine-Tune the Platform Height	12
Fine-Tune the Cable Tension	12
Adjust the Resistance	13
Customer Information	14



Important Safety Information

- Children and pets should not be allowed on or near the equipment.
- Consult with your doctor before beginning any exercise program. If you are taking any medication or using any devices that affect your heart rate, blood pressure or cholesterol level, your doctor's advice is absolutely essential.
- Due to the size of the NordicFlex® UltraLift™, the assembly steps are easier with two people.
- Read through all Owner's Guides and accompanying information, and view the training video before assembling or using the equipment.
- Inspect the equipment for loose, frayed or worn parts prior to each use. Make sure the tension cable lower nut is tight and secure before exercising, (see page 12 for details).
- Make sure the locking knob on the selector tube is fully engaged prior to each use, (refer to page 12).
- If the pulleys or other parts become jammed, discontinue use immediately and contact customer service for assistance.
- Keep your head and limbs clear of moving parts at all times.
- Be aware of things that affect your heart rate. Your heart rate may be affected by such things as stress, caffeine, nicotine and prescription drugs.
- Stop exercising and again consult your doctor immediately if you experience any of the following symptoms: pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, dizziness, lower back pain or lightheadedness.
- Start your program slowly. Changing your lifestyle takes time and commitment. Progress gradually as your fitness level improves.
- Stretching is an essential part of your exercise program. Perform a warm-up session and stretch your muscles before you exercise. Then perform a cool-down session and stretch your muscles again following your workout.
- Place a protective floor covering under your exerciser to protect your floor or carpet.

Read the entire Owner's Guide and all information provided BEFORE assembling or using the fitness equipment. Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions. The following symbols, found throughout your Owner's Guide, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.

⚠ WARNING

This symbol refers to a hazard or unsafe practice which can result in severe personal injury or death.

⚠ CAUTION

This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.

⚠ IMPORTANT

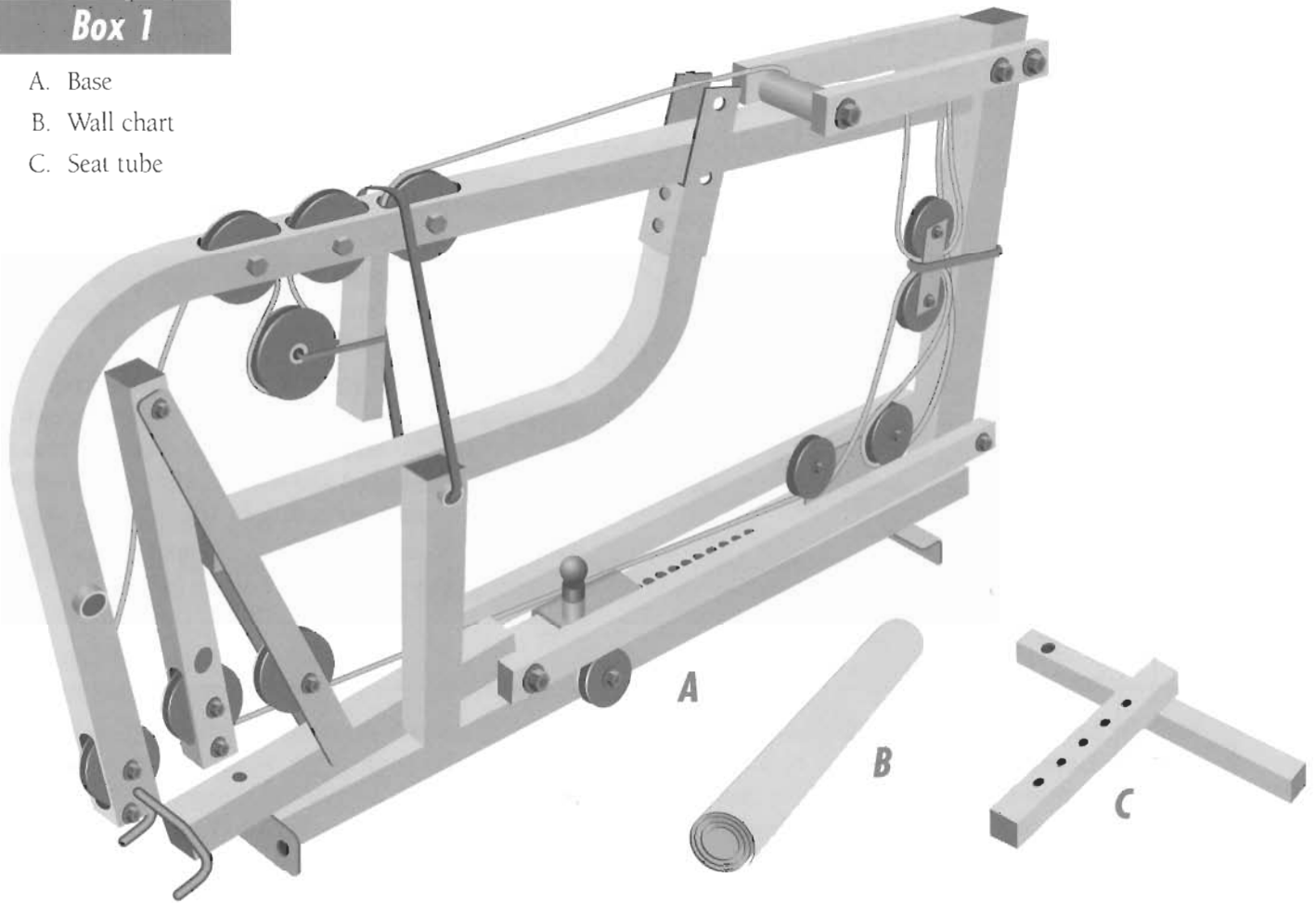
This symbol refers to an unsafe practice which can result in product or property damage.

Parts

Please retain all packing materials for the duration of your in-home trial period. Familiarize yourself with the NordicFlex® UltraLift™ exerciser by reading through both guides and learning the names of the parts.

Box 1

- A. Base
- B. Wall chart
- C. Seat tube



Box 2

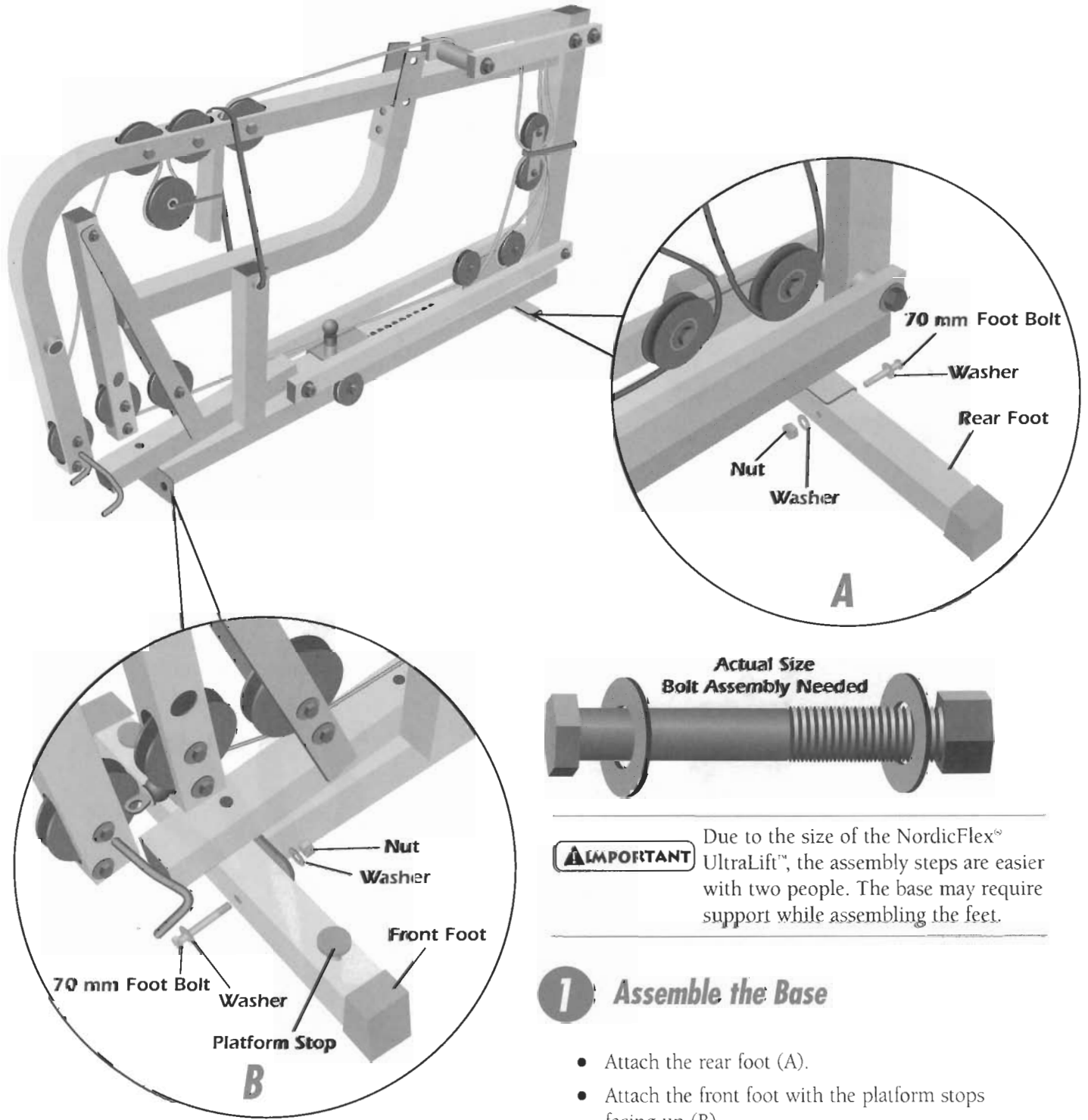
- | | | |
|------------------------|--------------------------------|--|
| A. Roller pads (4) | J. Roller-pad bars (2) | R. Tricep strap/abdominal strap |
| B. Seat-back pad | K. Lat bar | S. 70 mm Front and back foot bolts (4) |
| C. Training video | L. Rear foot | T. 57 mm Seat-bottom bolts (2) |
| D. Information packet | M. Seat-bottom pad | U. 70 mm Seat-back bolts (2) |
| E. Electronics package | N. 105 mm Platform bolts (2) | V. Seat knob |
| F. Curl bar | O. 75 mm Frame-joint bolts (3) | W. Spring clips (4) |
| G. Front foot | P. Plug caps (4) | X. Assembly wrench |
| H. Press bar | Q. Extension cable | Y. Ankle strap |
| I. Platform | | |

Box 2



Assembly

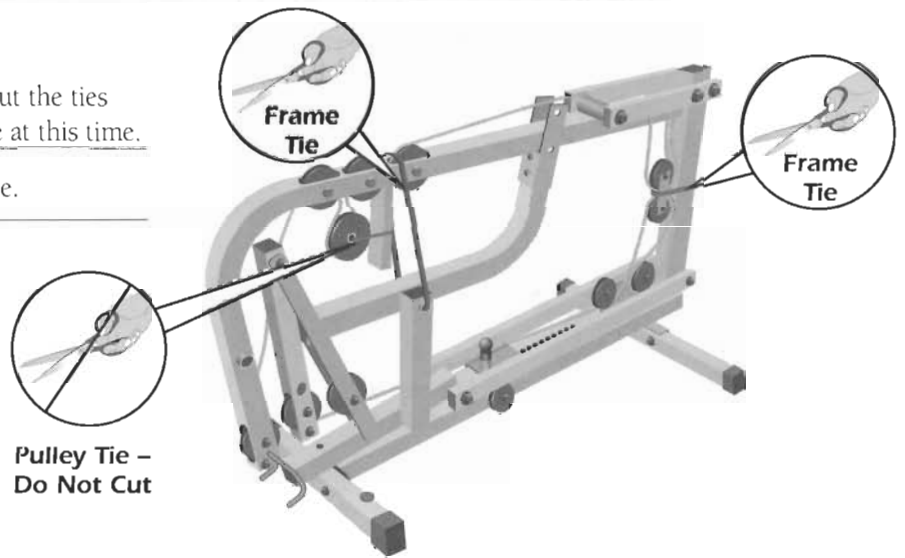
Finger-tighten all bolts for each assembly step. Then tighten with the wrench provided.



- Attach the rear foot (A).
- Attach the front foot with the platform stops facing up (B).

- Cut the frame ties with scissors. Only cut the ties around the **lower** assembly of the frame at this time.

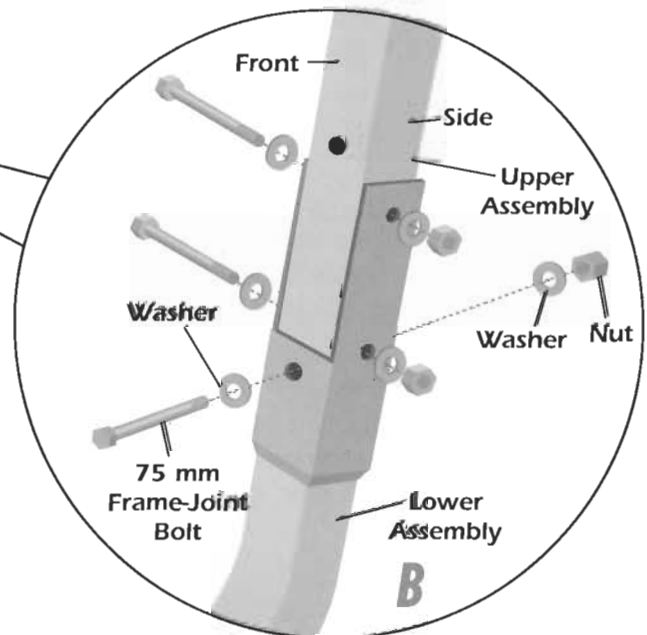
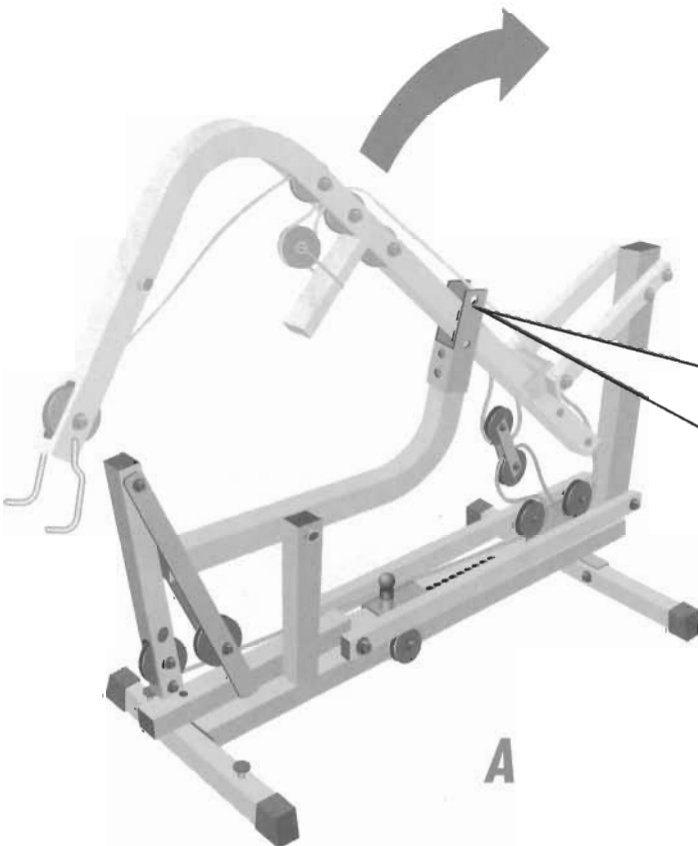
IMPORTANT Do NOT cut the pulley tie.

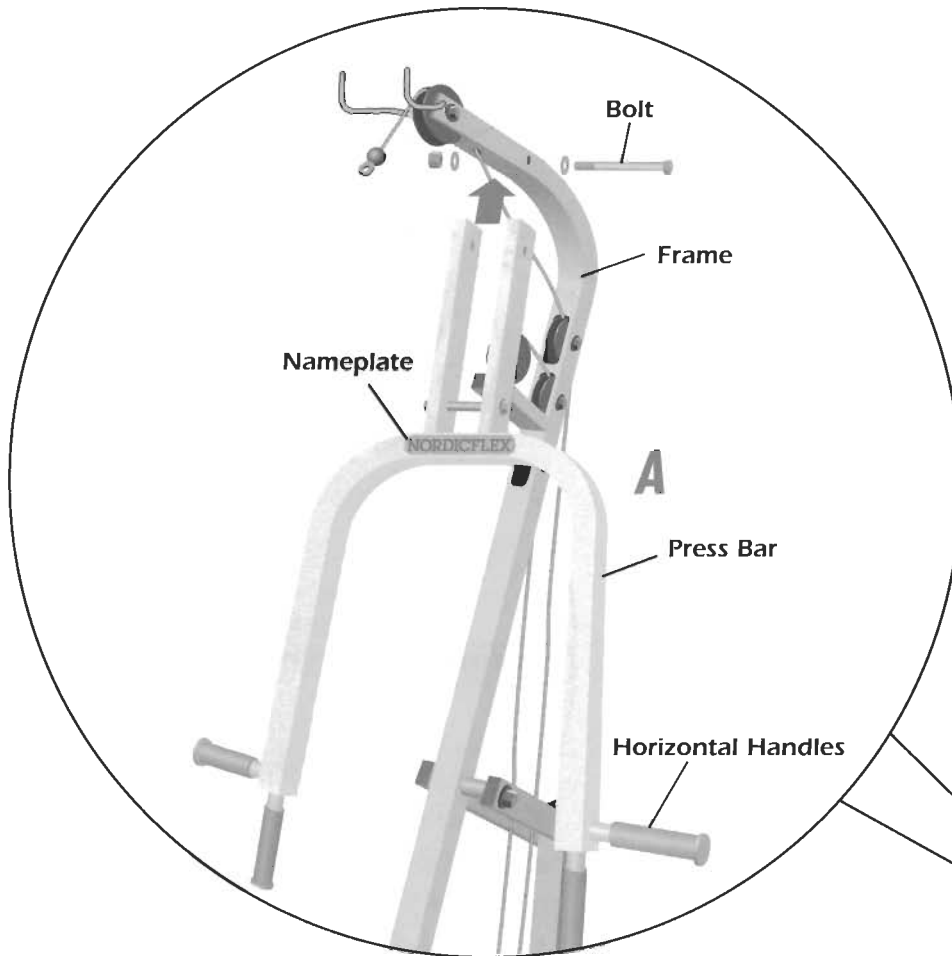


CAUTION

To ensure the stability of the machine, one person should hold the upper assembly, while the second person secures the bolts.

- Raise the upper assembly (A).
- Secure the upper and lower assemblies together (B).
- Use 2 of the 75 mm frame-joint bolts through the sides of the assemblies **first**.
- Pass the other frame-joint bolt through the assemblies from the **front to the rear**.



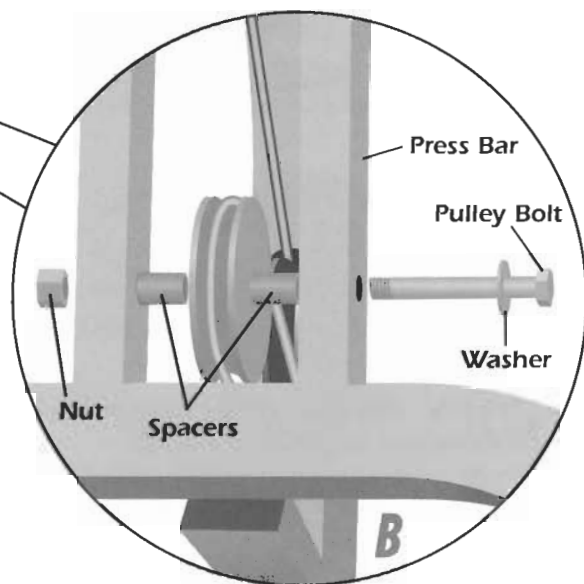
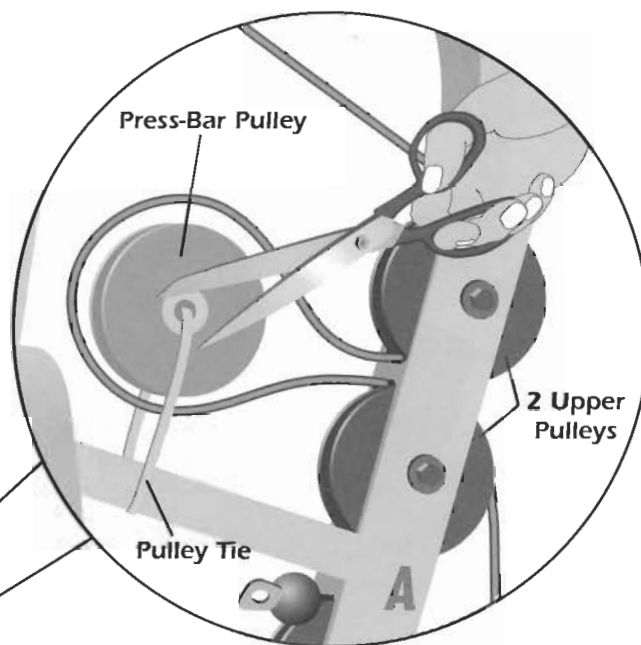


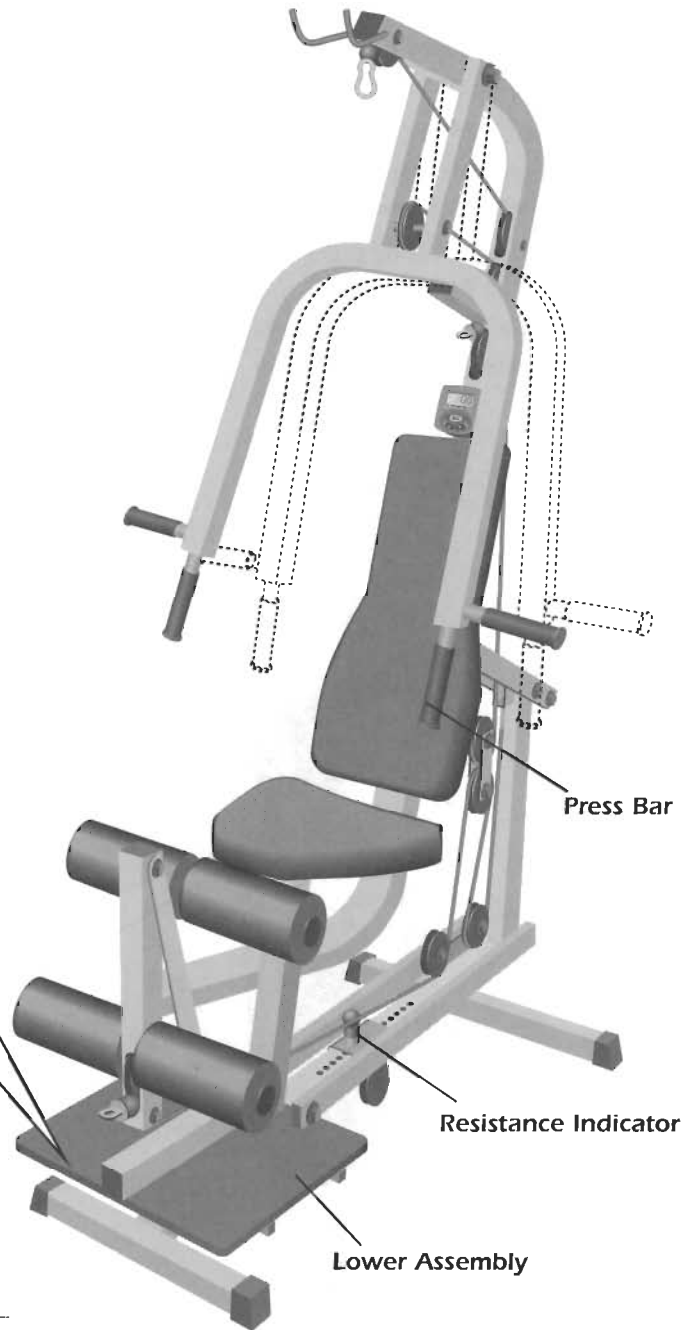
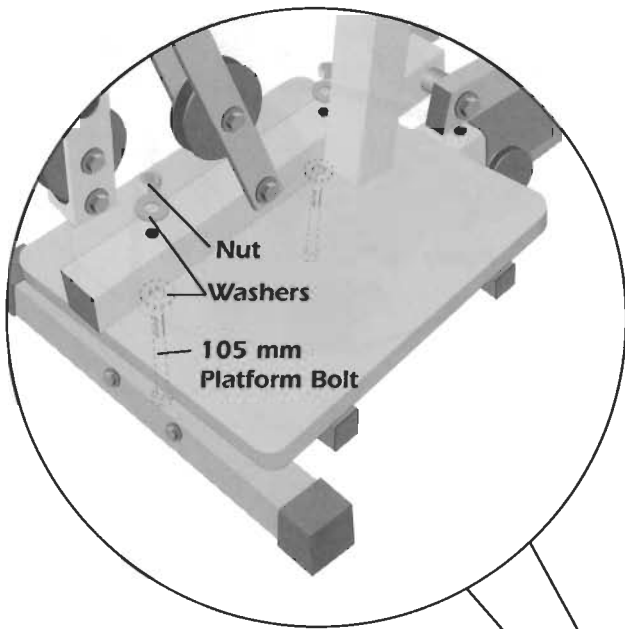
2 Attach the Press Bar

- Use the bolt that is already in the press bar to attach the press bar to the frame (A). The horizontal handles should angle toward the rear of the machine, and the nameplate should face forward. Have one person hold the press bar while the other person secures the bolt.
- Make sure that the press bar is tightened so that it does not wobble from side to side. However, do not over-tighten the bolt. Make sure it will not restrict the press bar movement. If the bolt is too tight, the press bar will stick, rather than move freely and smoothly.



- Remove the pulley bolt, washer, pulley spacers, and nut from the press bar.
- Hold the press-bar pulley and cut the pulley tie (A).
- Make sure the cable from two upper pulleys is routed around the press-bar pulley and not twisted.
- Align the holes in the press-bar pulley with the holes in the press bar (B).
- Secure the press-bar pulley with the pulley bolt and spacers.



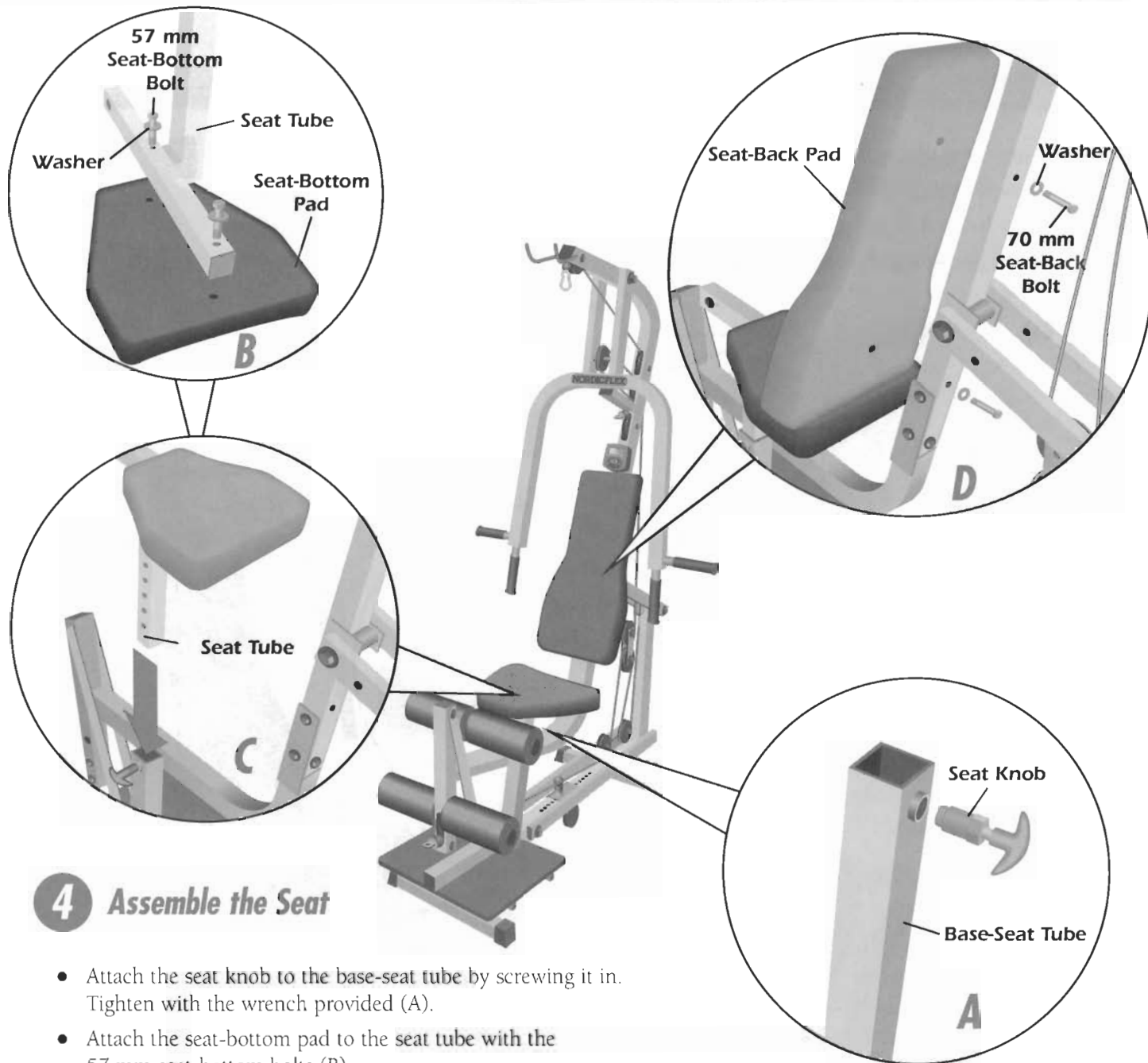


3 Attach the Platform

- Set the resistance indicator to level six.
- Have one person extend the press bar all the way forward to raise the lower assembly.
- The other person should then attach the platform with the bolt heads facing the floor.

Note: If the resistance indicator is hard to move, it will be easier when the platform is installed and fine tuned. This will relieve some of the pressure on the wheels from the bar. See page 12 for instructions on fine-tuning the platform.

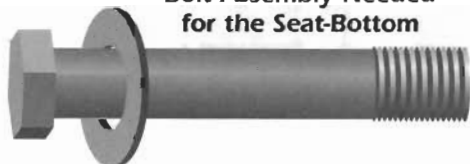




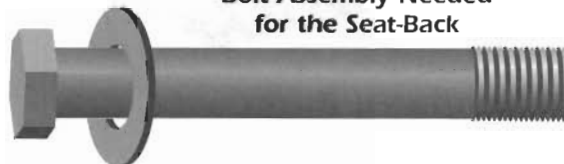
4 Assemble the Seat

- Attach the seat knob to the base-seat tube by screwing it in. Tighten with the wrench provided (A).
- Attach the seat-bottom pad to the seat tube with the 57 mm seat-bottom bolts (B).
- With the seat knob released, slide the seat tube into the base-seat tube (C).
- Attach the seat-back pad to the back of the machine (D).

Actual Size
Bolt Assembly Needed
for the Seat-Bottom



Actual Size
Bolt Assembly Needed
for the Seat-Back



5 Attach the Spring Clips

- Attach one spring clip to the top of the machine for the lat bar (A).
- Attach one spring clip near the center of the machine for the tricep strap/abdominal strap (B).
- Attach one spring clip near the front pulley (C).
- Place one spring clip on one end of the extension cable (D).

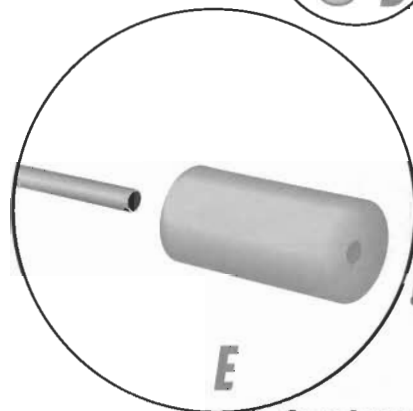


6 Assemble the Roller Pads

CAUTION

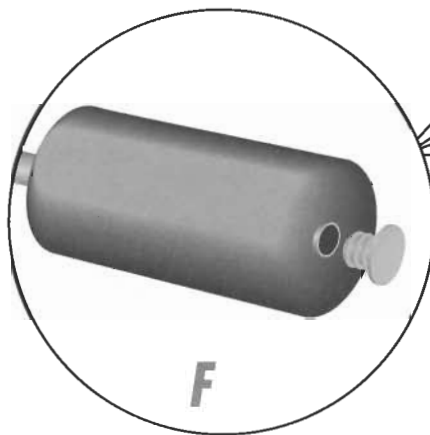
Keep hands clear of the roller-pad assembly while in use.

- Slide one roller pad onto one roller-pad bar (E).
- Slide the bar through the seat assembly.
- Slide on the other roller pad.
- Repeat with the other roller-pad assembly through the front leg.



7 Push in the Plug Caps

- Push one plug cap into each end of the roller-pad bars (F).



8 Attach the Lat Bar

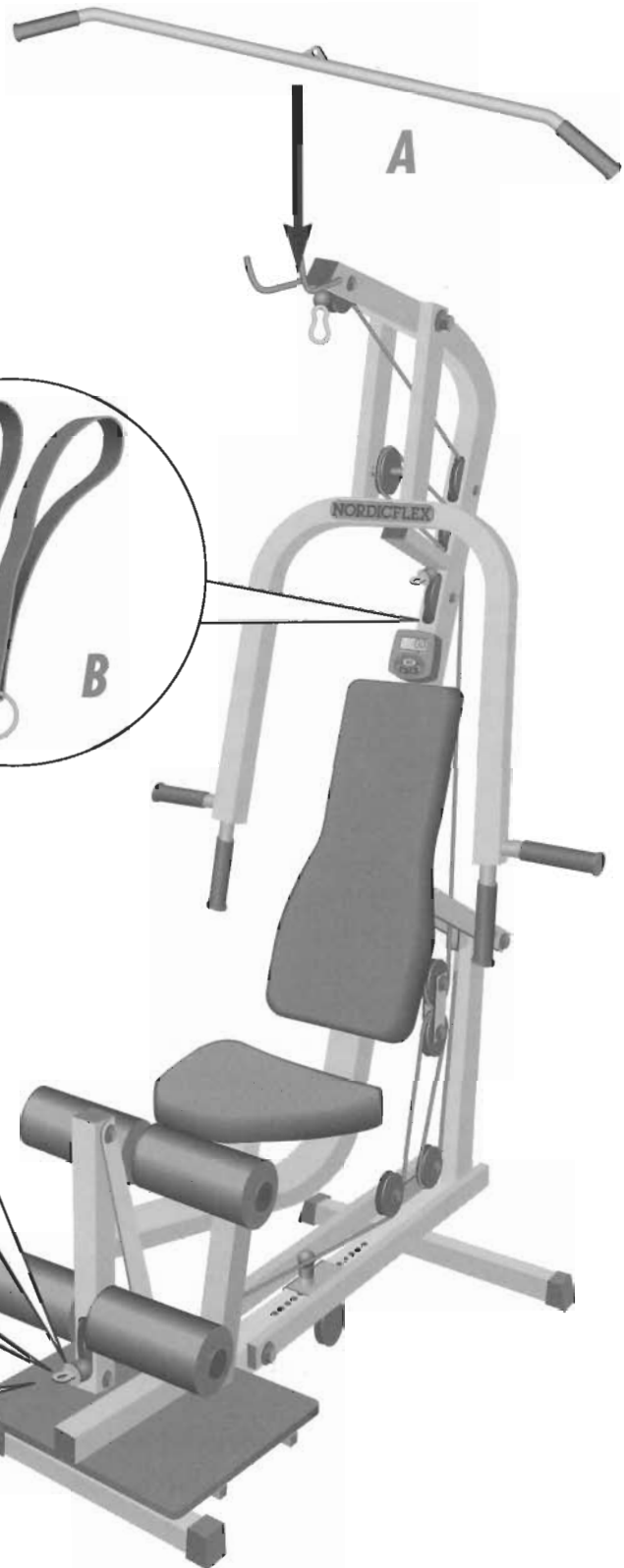
- Attach the lat bar (A).

CAUTION Return the lat bar to the hooks when not in use.

WARNING Do NOT hang from lat bar.

9 Attach the Desired Accessories (When needed)

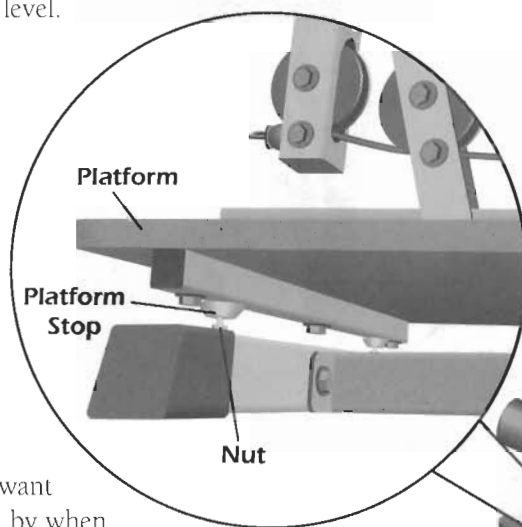
- Attach the tricep strap/
abdominal strap (B).
- Attach the ankle strap (C).
- Attach the curl bar
with the extension cable (D).
Make sure the extension cable
is not twisted. Verify that
the spring clips are
securely connected (E).



10 Fine-Tune the Platform Height

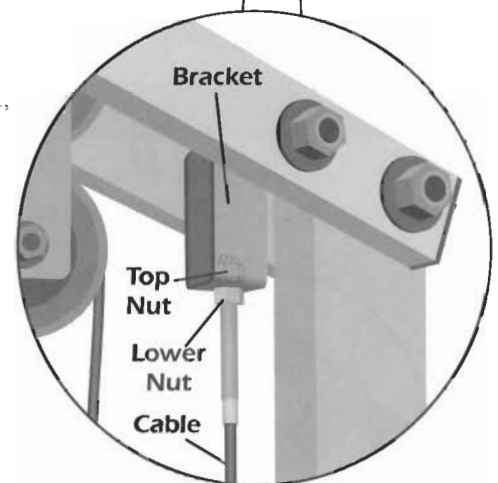
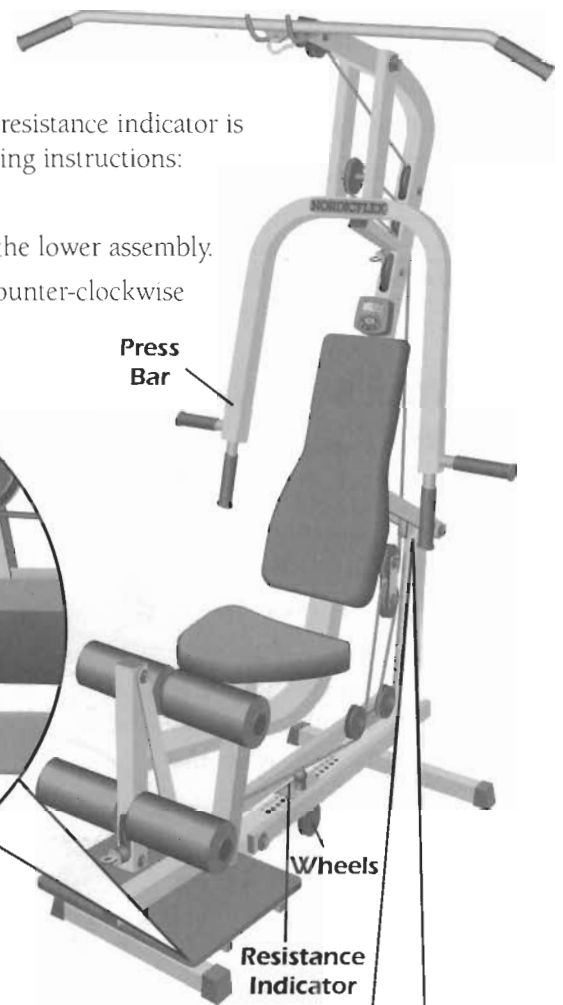
The wheels beneath the resistance indicator should spin freely when the resistance indicator is set to level one. If it does not, raise the platform slightly using the following instructions:

- Set the resistance indicator to level one.
- Have one person extend the press bar all the way forward to raise the lower assembly.
- The other person should then turn the adjustable platform stops counter-clockwise to raise the platform, and clockwise to lower the platform.
- Make sure the platform is level.
- Finger-tighten the nuts to secure the new position.



11 Fine-Tune the Cable Tension

- The amount of slack you want in the cable is determined by when during your stroke or rep you want to begin to feel the resistance.
- If you want to feel the weight right away, the cable should be taut. If you want to be able to move the press bar forward slightly before feeling the weight, the cable should be a little slack.
- Set the resistance indicator to level 15.
- Make sure the wheels under the resistance indicator spin freely. If they do not, loosen the top nut (inside the bracket) near the end of the cable to give the cable some slack.
- Check the wheels again to see if they spins freely. Repeat if necessary.
- Check the press bar again to see if the resistance starts at a comfortable level.
- Make sure at least two threads are showing on the cable above the top nut in the bracket.
- Tighten the top nut to secure the new position.
- Make sure the lower nut is tight and secure before exercising.

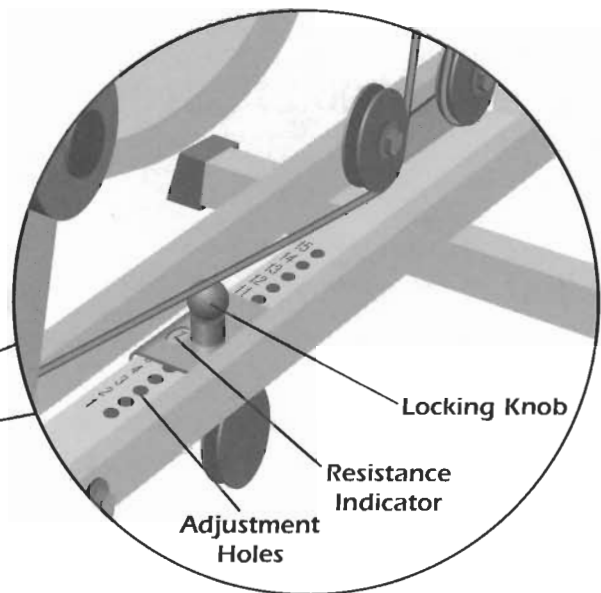


IMPORTANT Do NOT remove the cable.

12 Adjust the Resistance

Use the locking knob on the resistance indicator to choose one of 15 levels of resistance. Level 1 is the lowest percentage of your body weight for resistance, and 15 is the highest level of resistance. Refer to page 5 of your *Fitness Guide* for detailed descriptions of exercise resistance.

CAUTION To avoid injury, keep fingers away from the adjustment holes.



You Are Finished With the Assembly of Your Exerciser!

Please read your *Fitness Guide* for information on performing all 35 exercises, muscles used, and exercise programs.

Customer Information

We're Just a Toll-Free Call Away

We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. And, as your fitness needs and goals change, our knowledgeable customer service representatives will help you identify the exercisers and accessories that best suit your lifestyle and budget. Please call our Customer Service Department at 1-800-273-8109.

Customer Service Hours

7 a.m. to 8 p.m. Monday through Friday

8 a.m. to 4:30 p.m. Saturday

Central time



Warranty Information

Refer to your Warranty Information certificate for the manufacturer's limited warranty.