

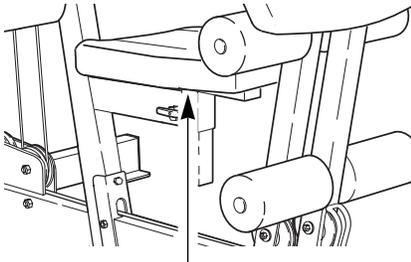
# **NordicTrack**<sup>®</sup> *GRT500*

Patent Pending

Model No. NTSY09990

Serial No. \_\_\_\_\_

The serial number is found in the location shown below. Write the serial number in the space above.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

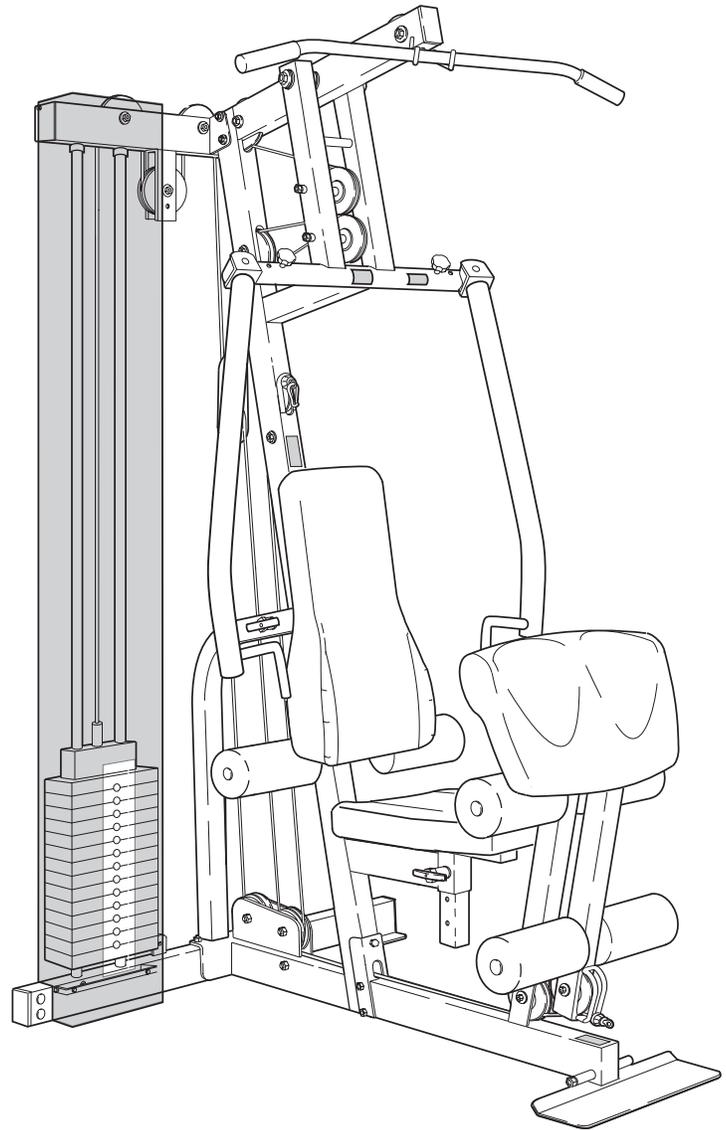
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-888-825-2588**

Mon.-Fri., 6 a.m.-6 p.m. MST



### CAUTION

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



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[www.nordictrack.com](http://www.nordictrack.com)

new products, prizes,  
fitness tips, and much more!

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Note: A PART LIST/EXPLODED DRAWING and a PART IDENTIFICATION CHART are attached in the center of this manual.

## Limited Warranty

**WHAT IS COVERED**—The entire NordicTrack® GRT500 Training System (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the product for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

# Important Precautions

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the training system.

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the training system only on a level surface. Cover the floor or carpet beneath the training system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. The training system is designed to be used by only one person at a time.
7. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
8. Keep children under the age of 12 and pets away from the training system at all times.
9. Keep hands and feet away from moving parts.
10. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.
11. Always wear athletic shoes for foot protection when exercising.
12. Never release the press arm, leg lever, lat bar, row bar, ab strap, or ankle strap while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar or row bar from the training system when performing an exercise that does not use them.
14. The training system is intended for home use only. Do not use the training system in a commercial, rental or institutional setting.

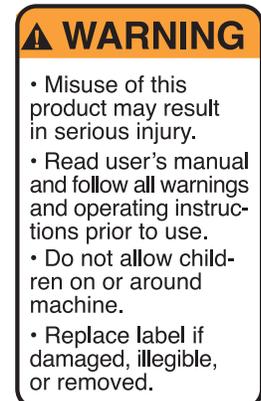
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The warning decals shown at the right have been placed on the training system in the locations shown on page 4. Note that decal number 1 has been placed in three locations. If a decal is missing or illegible, please call our Customer Hot Line at 1-888-825-2588 and order a free replacement decal. Place the decal on the training system in the location shown.

Warning Decal No. 1



Warning Decal No. 2



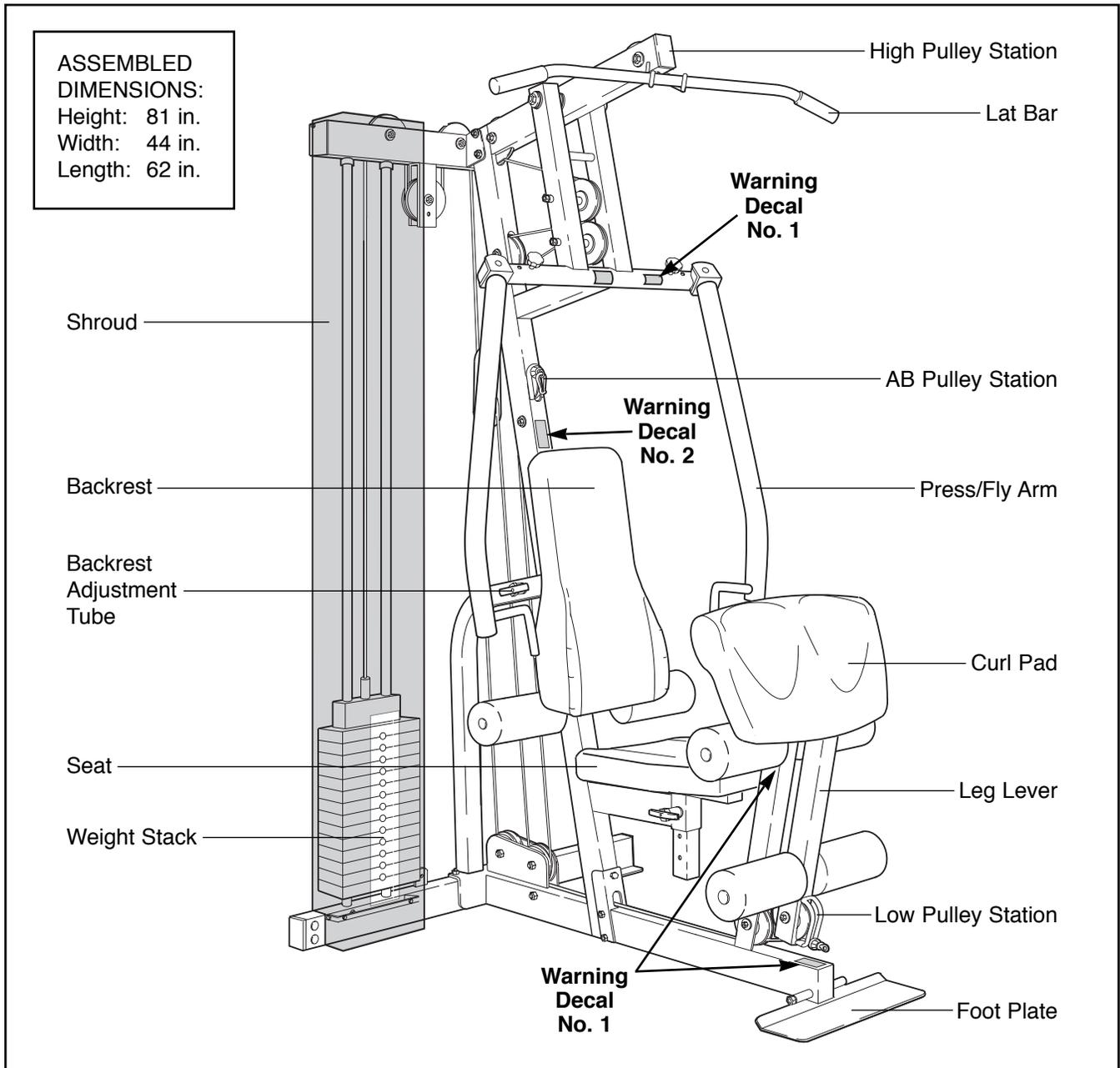
# Before You Begin

Thank you for selecting the versatile NordicTrack® GRT500 training system. The GRT500 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the GRT500 will help you to achieve the results you want.

**For your benefit, read this manual carefully before using the NordicTrack® GRT500 Training System.** If you have additional questions, please call our

Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTSY09990. The serial number can be found on a decal attached to the GRT500 (see the front cover of this manual).

**Please refer to the drawing below and familiarize yourself with the major parts of the training system.**



# Assembly

## Make Assembly Easier for Yourself!

Everything in this manual is designed to ensure that the training system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it!**

## Assembly Requires Two Persons

For your convenience and safety, assemble the training system with the help of another person.

## Set Aside Enough Time

Due to the many features of the training system, the assembly process will require a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the training system over a couple of evenings.

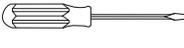
## Select a Location for the Training System

Because of its weight and size, the training system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the training system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into three stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the training system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## How to Orient Parts

As you assemble the training system, make sure that all parts are oriented exactly as shown in the drawings.

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department toll-free at **1-888-825-2588** Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

## The Three Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that serve as the skeleton of the training system.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms with each other and with the weights.

**Arm and Seat Assembly**—During this stage you will assemble the arms and the leg lever, the seat, the backrest, and other miscellaneous parts.

# Frame Assembly

1.

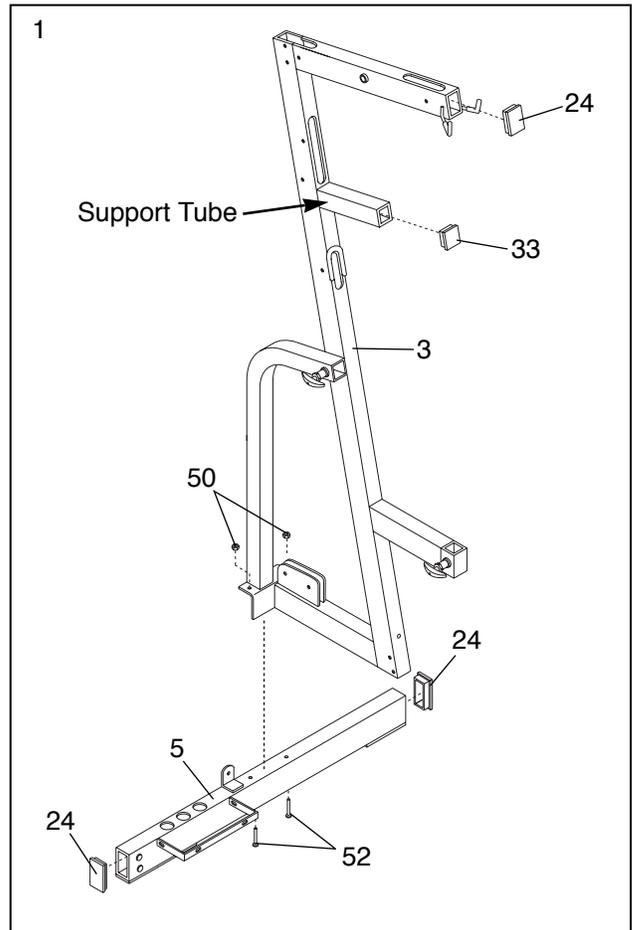
**Before beginning assembly, make sure you have read and understood the information on page 5. This brief introduction will save you much more time than it takes to read it!**

**Open the parts bag labeled “FRAME ASSEMBLY.”**

Press a 2” Square Inner Cap (33) and a 2” x 3” Inner Cap (24) into the Main Upright (3) in the indicated locations.

Press a 2” x 3” Inner Cap (24) into each end of the Stabilizer (5).

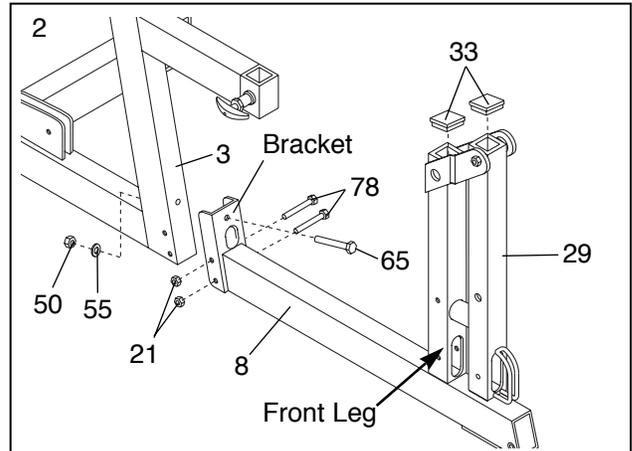
Attach the Stabilizer (5) to the Main Upright (3) with two 3/8” x 3 3/4” Carriage Bolts (52) and two 3/8” Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**



2. Press 2” Square Inner Caps (33) into the Leg Lever (29) and the front leg on the Base (8) as shown.

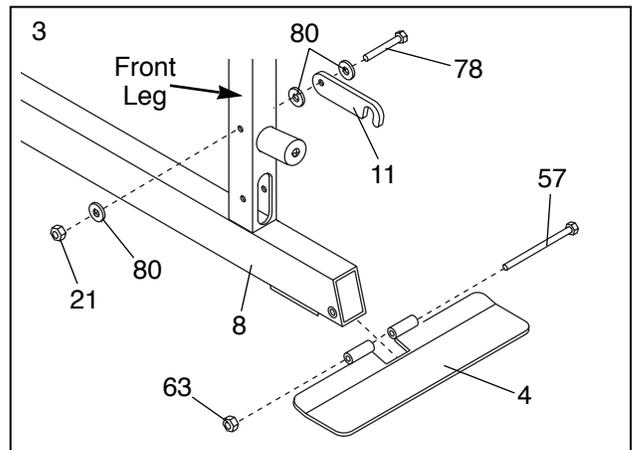
Align the bracket on the Base (8) with the three holes in the Main Upright (3). Attach the Base with a 3/8” x 4” Bolt (65), a 3/8” Flat Washer (55), and a 3/8” Nylon Locknut (50). **The Bolt must be inserted from the side shown. Do not tighten the Nylon Locknut yet.**

Next, insert two 5/16” x 3” Bolts (78) into the Base (8) and the Main Upright (3) and finger tighten a 5/16” Nylon Locknut (21) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**



3. Attach the Leg Lever Lock (11) to the front leg with a 5/16” x 3” Bolt (78), three 5/16” Flat Washers (80) and a 5/16” Nylon Locknut (21). **Do not overtighten the Nylon Locknut; the Leg Lever Lock must pivot easily.**

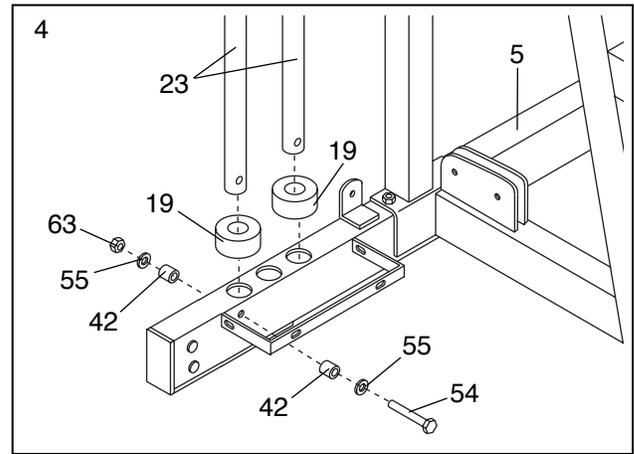
Attach the Foot Plate (4) to the Base (8) with a 3/8” x 5 1/2” Bolt (57) and a 3/8” Nylon Jamnut (63).



- Place two Weight Bumpers (19) over the indicated holes in the Stabilizer (5).

Insert the two Weight Guides (23) into the Weight Bumpers (19) and the Stabilizer (5).

Attach the indicated Weight Guide (23) to the Stabilizer (5) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42, and a 3/8" Nylon Jamnut (63).



- IMPORTANT:** If you purchased the optional weight expansion set, please refer to the user's manual accompanying the set to assemble the weights. After you have assembled the weights, refer back to this manual and continue with step 7 on page 8.

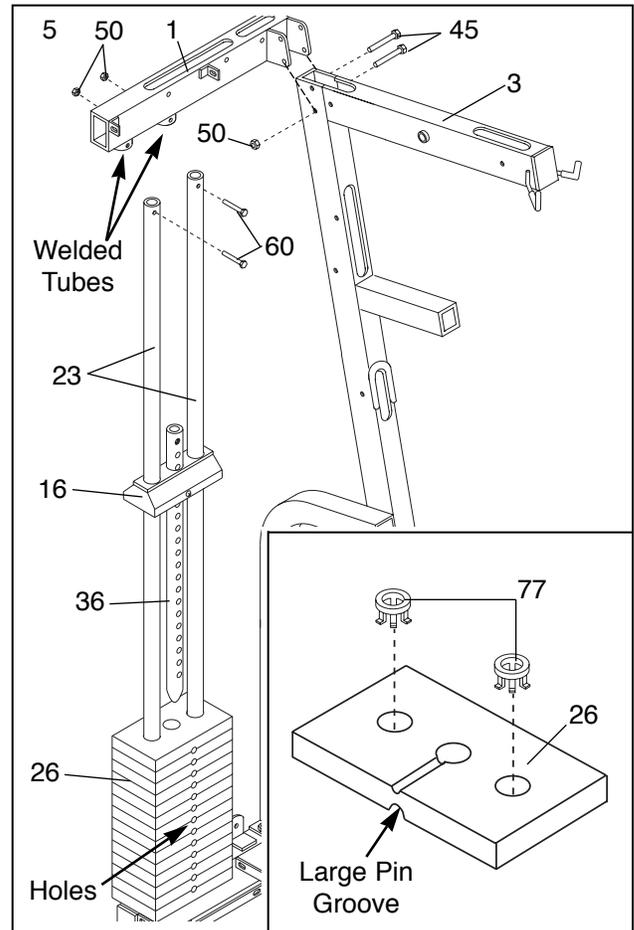
See the inset drawing. Open the parts bag labeled "Weight Inserts". Press two Weight Inserts (77) into the indicated holes in each Weight (26). **Make sure the large pin groove is oriented as shown.**

Slide all of the Weights (26) onto the Weight Guides (23). **Make sure the Weights are oriented correctly. The holes must be on the side shown.**

Slide the Top Weight (16) and the Weight Tube (36) onto the Weight Guides (23). Insert the Weight Tube into the Weights (26).

Slide the welded tubes on the Top Frame (1) over the upper ends of the Weight Guides (23). Align the bracket on the Top Frame with the indicated holes in the Main Upright (3). Insert two 3/8" x 3" Bolts (45) into the holes. Thread a 3/8" Nylon Locknut (50) onto the lower Bolt. **Do not thread a Locknut onto the upper Bolt yet.**

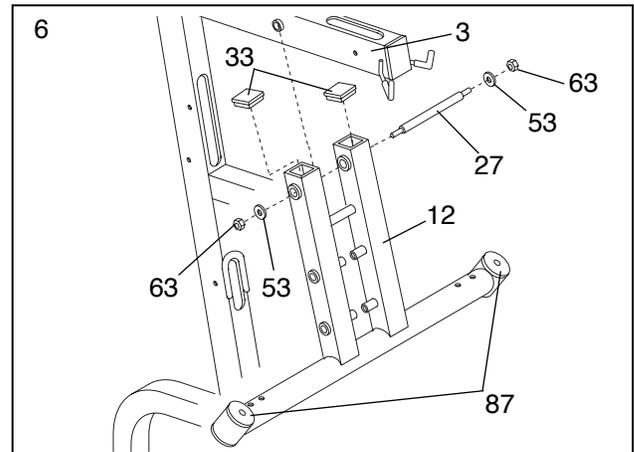
Attach the Weight Guides (23) to the Top Frame (1) with two 3/8" x 1 3/4" Bolts (60) and two 3/8" Nylon Locknuts (50).



- Press two 2" Square Inner Caps (33) into the Press Frame (12).

Disassemble the pre-attached Pivot Rod (27). Attach the Press Frame (12) to the Main Upright (3) with the Pivot Rod, the two Large Washers (53), and the two 3/8" Nylon Locknuts (63) as shown. **Make sure that the Press Frame is turned so the Large Bushings (87) are at the angle shown.**

**Fully tighten all of the Nylon Locknuts used in steps 1, 2, and 6.**



## Cable Assembly

7. Open the parts bags labeled “CABLE ASSEMBLY” and “4 PULLEYS”. Refer to the Cable Diagram on page 16 as you assemble the cables.

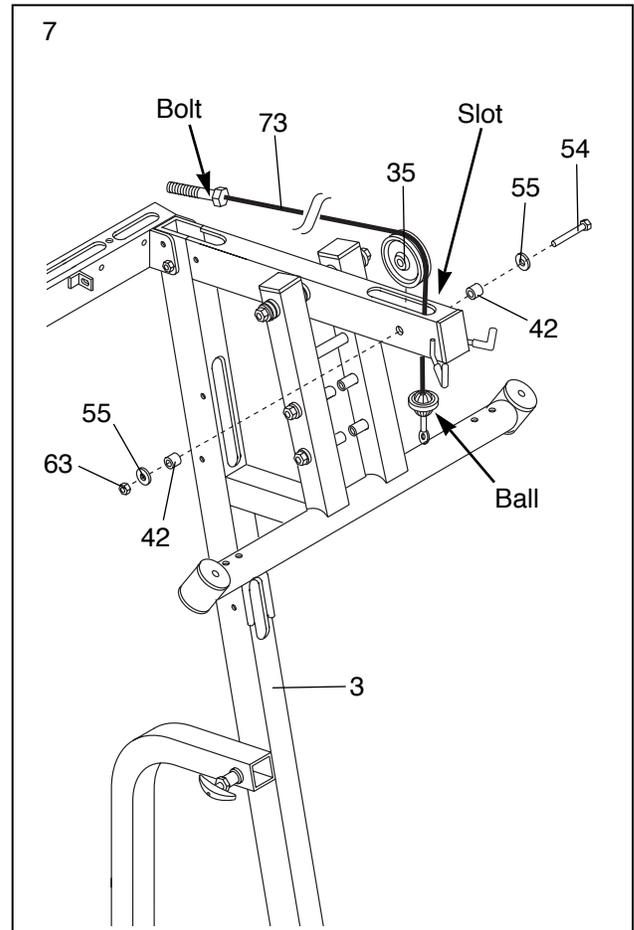
Identify the High Cable (73), which has a ball on one end and a bolt on the other end.

Locate the end of the High Cable (73) with the bolt. Feed this end up through the indicated slot in the Main Upright (3). Feed almost all of the Cable through the slot.

Slide a 3/8” Flat Washer (55) and a 5/8” x 1/2” Pulley Bushing (42) onto a 3/8” x 2 1/2” Bolt (54).

Wrap the High Cable (73) around a 4” Pulley (35). Hold the Pulley inside the indicated slot in the Main Upright (3). Insert the 3/8” x 2 1/2” Bolt (54) through the Main Upright and the Pulley.

Slide a 5/8” x 1/2” Pulley Bushing (42) and a 3/8” Flat Washer (55) onto the 3/8” x 2 1/2” Bolt (54). Tighten a 3/8” Nylon Jamnut (63) onto the Bolt.

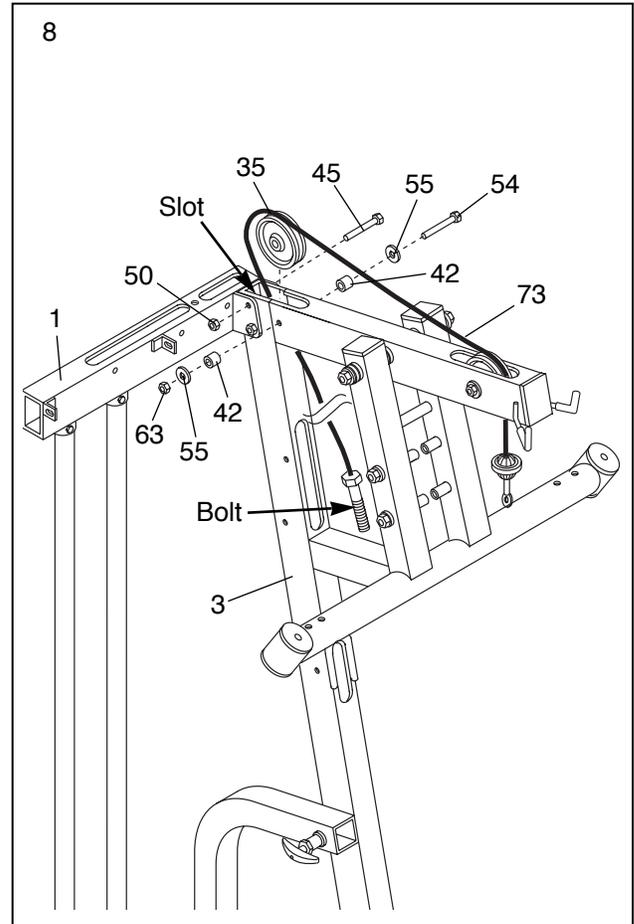


8. Remove the upper 3/8” x 3” Bolt (45) from the Top Frame (1) and the Main Upright (3).

Feed the bolt on the High Cable (73) down through the indicated slot in the Main Upright (3) in the direction shown.

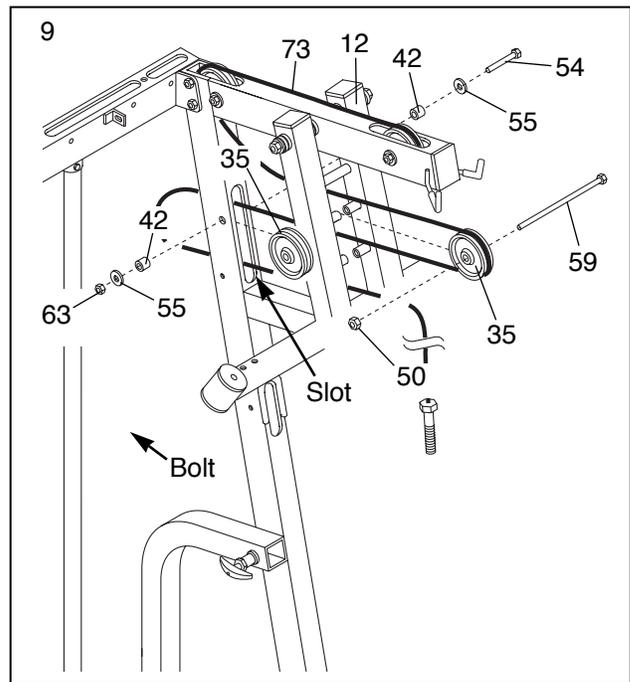
Wrap the High Cable (73) around a 4” Pulley (35) in the direction shown. Attach the Pulley inside the slot in the Main Upright (3) with a 3/8” x 2 1/2” Bolt (54), two 3/8” Flat Washers (55), two 5/8” x 1/2” Pulley Bushings (42), and a 3/8” Nylon Jamnut (63).

Re-insert the 3/8” x 3” Bolt (45) and secure it with a 3/8” Nylon Locknut (50). **Note: The Cable must be seated in the groove of the Pulley before the Bolt is attached.**



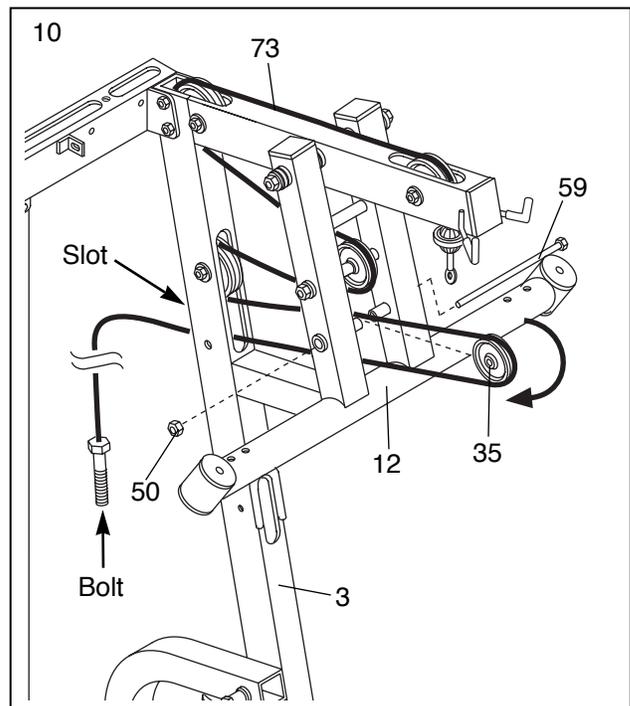
- Feed the bolt on the High Cable (73) under the welded tube on the Press Frame (12) as shown. Wrap the High Cable around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Press Frame (12) with a 3/8" x 8 1/2" Bolt (59) and a 3/8" Nylon Locknut (50).

Wrap the High Cable (73) around another 4" Pulley (35). Attach the Pulley inside the indicated slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).

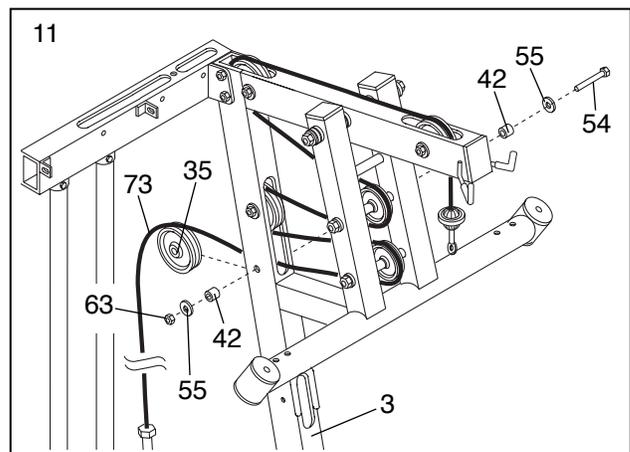


- Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Press Frame (12) with a 3/8" x 8 1/2" Bolt (59) and a 3/8" Nylon Locknut (50).

Feed the bolt on the High Cable (73) back through the slot in the Main Upright (3) in the direction shown.



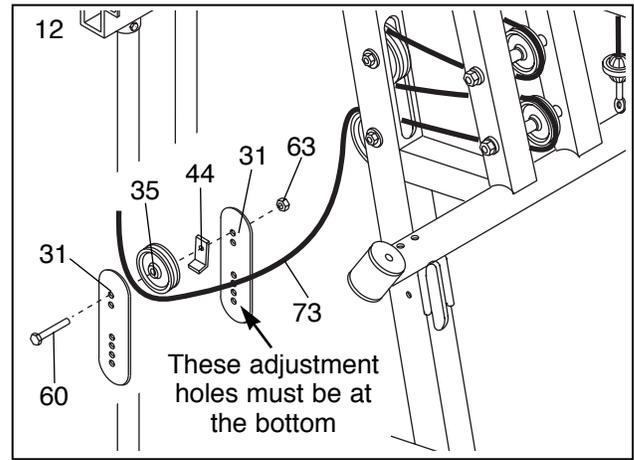
- Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



12. Disassemble the pre-assembled Pulley Plates (31).

Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley to the upper holes in the indicated ends of the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60), a Cable Trap (44), and a 3/8" Nylon Jamnut (63). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented so it holds the Cable in place.**

Set the remaining 4" Pulley (35), 3/8" x 1 3/4" Bolt (60), Cable Trap (44), and 3/8" Nylon Jamnut (63) aside. These parts will be used in step 19.

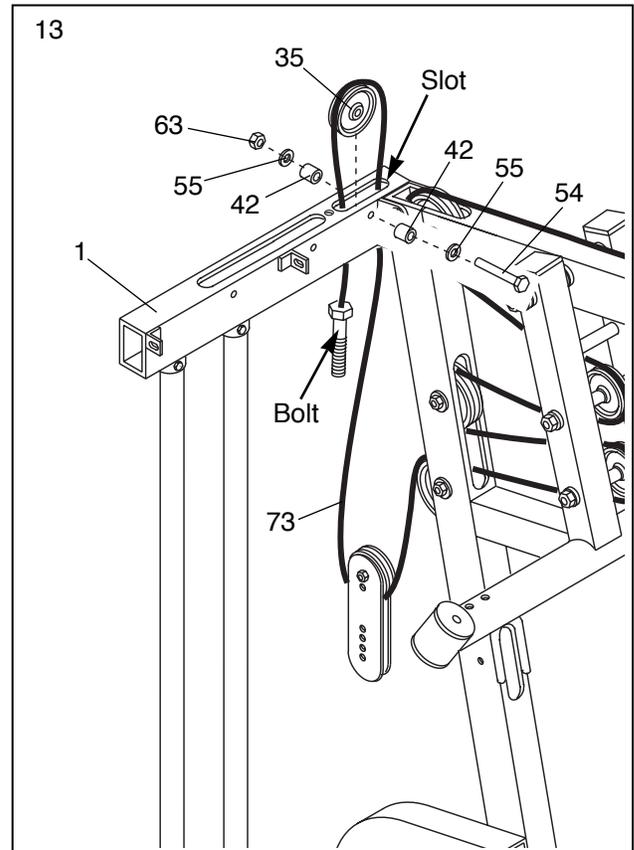


13. **IMPORTANT: If you purchased the optional leg press accessory (NTSA03990), please disregard steps 14 and 15 in this manual. To assemble the accessory, refer the user's manual accompanying it. After you have assembled the accessory, refer back to this manual and continue with step 16 on page 11.**

Feed the bolt on the High Cable (73) up through the indicated slot in the Top Frame (1).

Wrap the High Cable (73) over a 4" Pulley (35). Feed the bolt on the High Cable back down through the slot in the Top Frame (1).

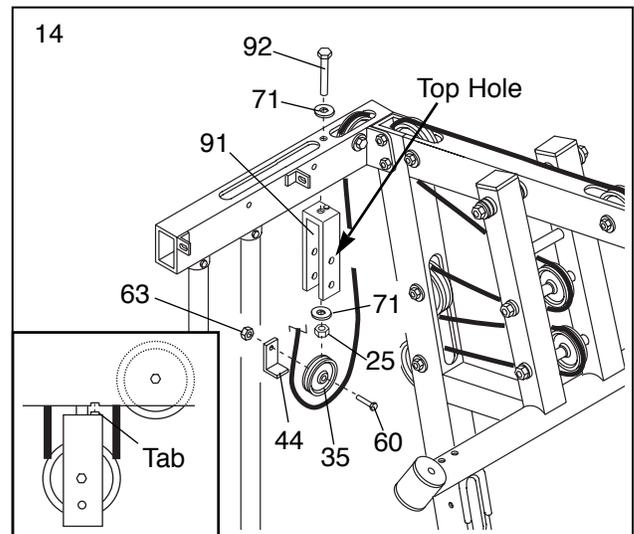
Attach the 4" Pulley (35) inside the slot in the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



14. Detach the pre-assembled 4" Pulley (35) and Cable Trap (44) from the Pulley Bracket (91). Save the 3/8" x 1 3/4" Bolt (60) and the 3/8" Nylon Locknut (63).

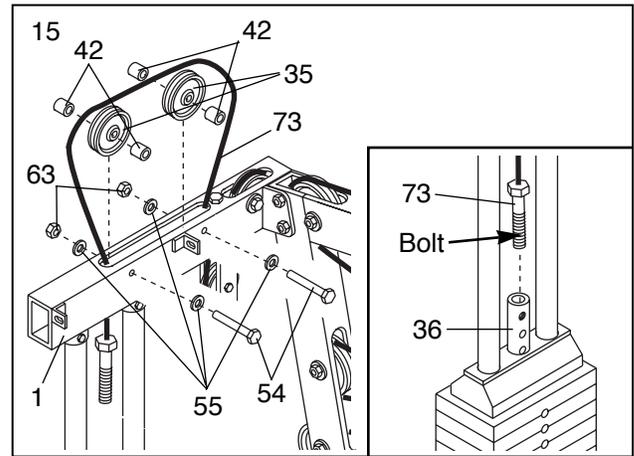
Attach the Pulley Bracket (91) to the indicated hole in the Top Frame (1) with a 1/4" x 3 3/4" Bolt (92), two 1/4" Flat Washers (71), and a 1/4" Nylon Locknut (25) as shown. Make sure that the tab on top of the Pulley Bracket fits into the hole in the Top Frame as shown in the inset drawing.

Attach the 4" Pulley (35) and the Cable Trap (44) to the top hole in the Pulley Bracket (91) with the 3/8" x 1 3/4" Bolt (60) and the 3/8" Nylon Locknut (63).



15. Feed the bolt on the end of the High Cable (73) up through the wide slot in the Top Frame (1) as shown. Wrap the High Cable around two 4" Pulleys (35). Attach the Pulleys inside the slot in the Top Frame with two 3/8" x 2 1/2" Bolts (54), four 3/8" Flat Washers (55), four 5/8" x 1/2" Pulley Bushings (42), and two 3/8" Nylon Jamnuts (63).

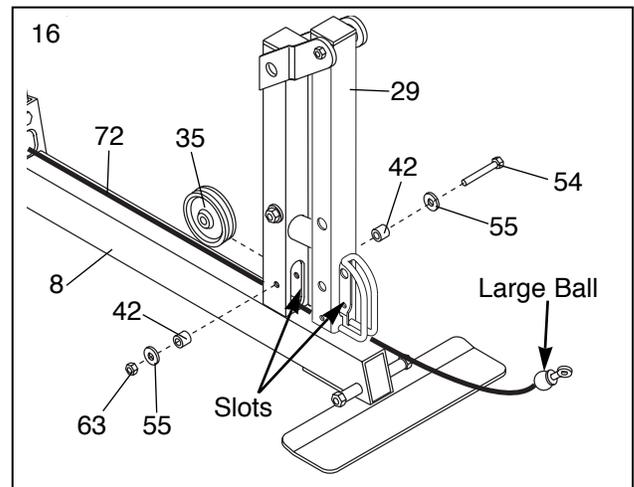
See the inset drawing. Thread the bolt on the High Cable (73) two turns into the top of the Weight Tube (36).



16. Locate the Low Cable (72), which is the only remaining Cable. Note that it has a large ball on one end and a small ball on the other.

Route the small ball on the Low Cable (72) through the indicated slots in the Leg Lever (29) and the front leg on the Base (8).

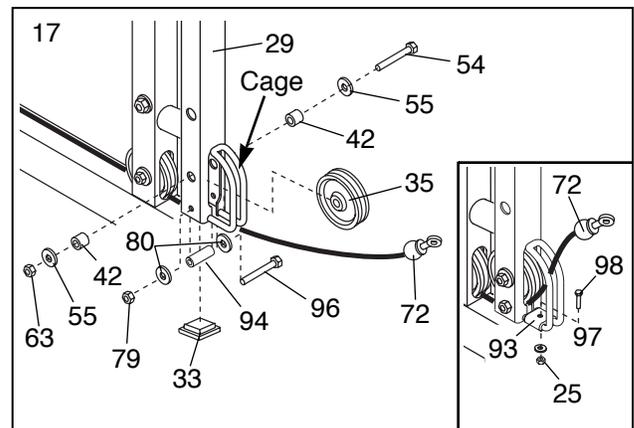
Attach a 4" Pulley (35) inside the slot in the front leg of the Base (8) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



17. Attach a 4" Pulley (35) inside the slot in the Leg Lever (29) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).

Attach the Spacer (94) inside the bottom of the Leg Lever (29) with a 5/16" x 2 1/2" Bolt (96), two 5/16" Washers (80), and a 5/16" Nylon Jamnut (79). Refer to the inset drawing. Press the Tab (93) onto the cage as shown. Secure the Tab to the cage with a 1/4" x 1" Bolt (98), a Fender Washer (97), and a 1/4" Nylon Locknut (25). **Make sure that the Low Cable (72) is on top of the Spacer and the Tab.**

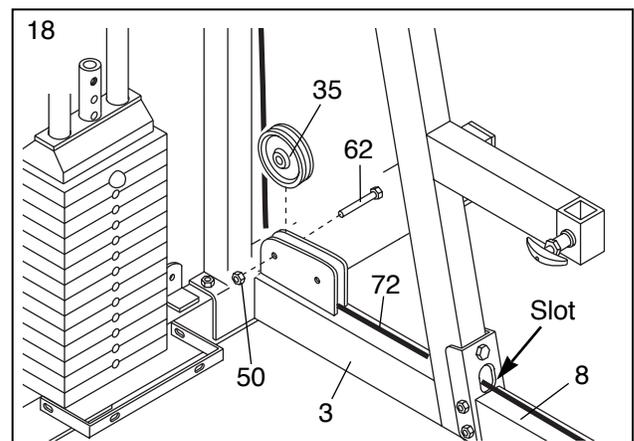
Press a 2" Square Inner Cap (33) into the bottom of the Leg Lever (29).



**Note: It may be easier to attach the Spacer (94) and the 2" Square Inner Cap (33) if you pivot the Leg Lever (29) to a vertical position.**

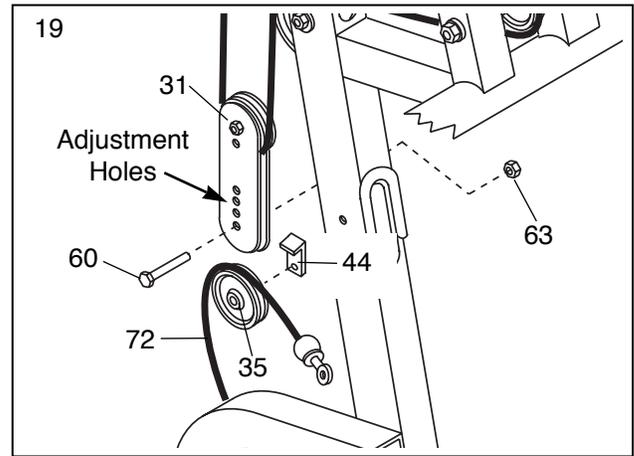
18. Route the Low Cable (72) through the indicated slot in the Main Upright (3) and the Base (8).

Wrap the Low Cable (72) around a 4" Pulley (35) in the direction shown. Attach the Pulley inside the welded bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).

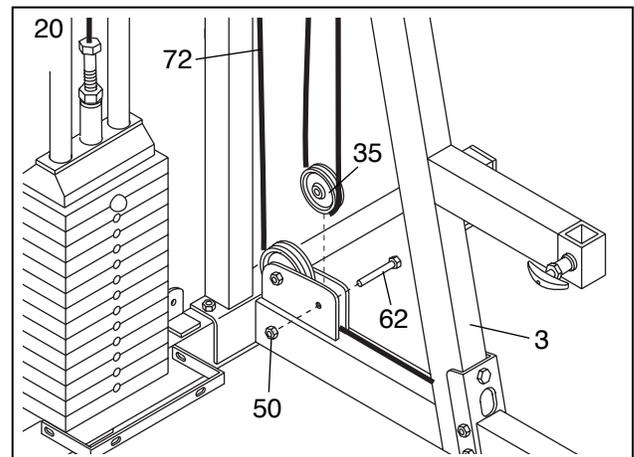


19. Wrap the Low Cable (72) around the 4" Pulley (35) that was removed in step 12. Slide the Pulley and a Cable Trap (44) between the two Pulley Plates (31).

Attach the 4" Pulley (35) and the Cable Trap (44) to the lowest holes in the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jamnut (63). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented so it will hold the Cable in place.**



20. Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley to the welded bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



21. Feed the end of the Low Cable (72) through the indicated slot in the Main Upright (3).

Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Locknut (63).

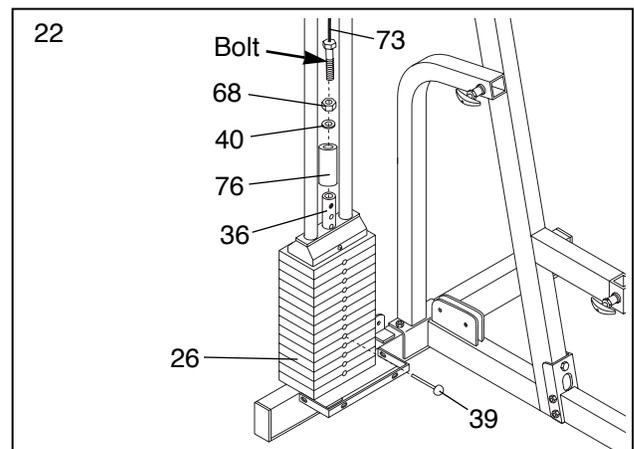
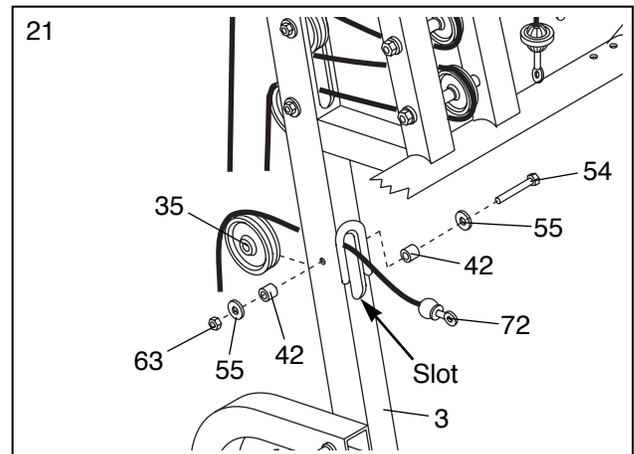
22. **IMPORTANT: Follow both cables from end to end; make sure that the cables are in the grooves of all of the pulleys and that the cables and pulleys move smoothly.**

Unscrew the bolt at the end of the High Cable (73) from the Weight Tube (36). Thread the 1/2" Plain Nut (68) halfway onto the bolt.

Slide the 5 7/8" Long Bushing (76) over the top of the Weight Tube (36). Place the 1 1/2" Flat Washer (40) on top of the Weight Tube and the Long Bushing.

**The bolt on the High Cable (73) is used to tighten both Cables (73, 72 [not shown]). Tighten the bolt into the Weight Tube (36) until both Cables are tight and rest firmly in the grooves of all of the pulleys. When both Cables are tight, tighten the 1/2" Plain Nut (68) onto the 1 1/2" Flat Washer (40).**

Insert the Weight Pin (39) under one of the Weights (26).



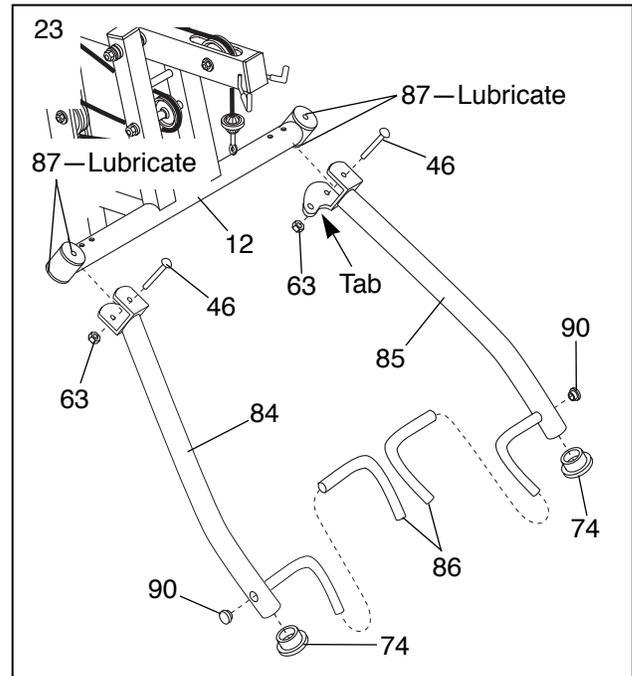
## Arm and Seat Assembly

### 23. Open the parts bag labeled “ARM AND SEAT ASSEMBLY.”

Lubricate the flat surfaces of the four Large Bushings (87). Attach the Right and Left Press/Fly Arms (84, 85) to the Press Frame (12) with two 3/8" x 3" Carriage Bolts (46) and two 3/8" Nylon Jamnuts (63). **Make sure to attach the Press/Fly Arms on the correct sides by noting the positions of the tabs.**

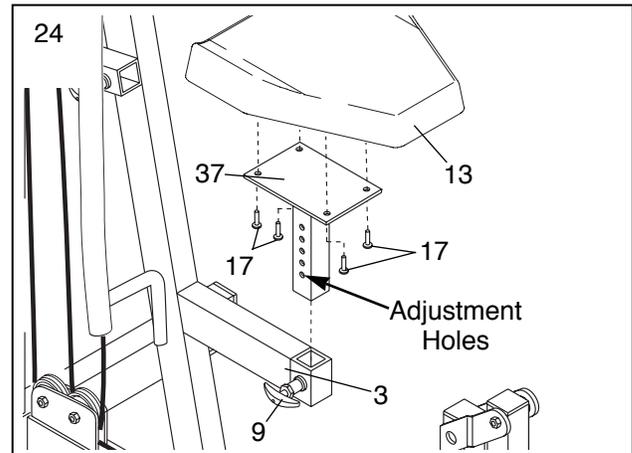
Press a 2" Round Inner Cap (74) and a 1" Round Inner Cap (90) into each Press/Fly Arm (84, 85).

Wet the handle on each Press/Fly Arm (84, 85) with soapy water. Slide a Arm Grip (86) onto each handle.



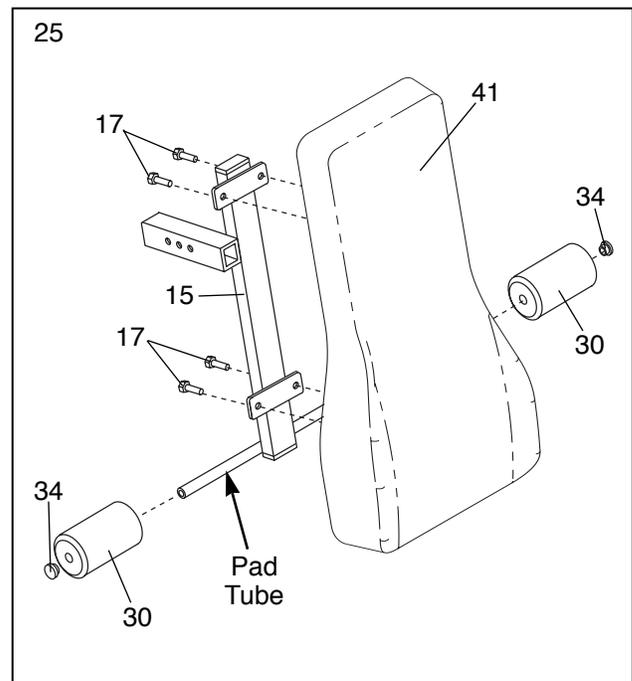
### 24. Attach the Seat (13) to the Seat Upright (37) with four 1/4" x 3/4" Bolts (17).

Turn the Adjustment Knob (9) counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Seat Upright (37) into the seat frame on the Main Upright (3). Release the Knob and let it snap into one of the adjustment holes in the Seat Upright. Tighten the Knob fully.



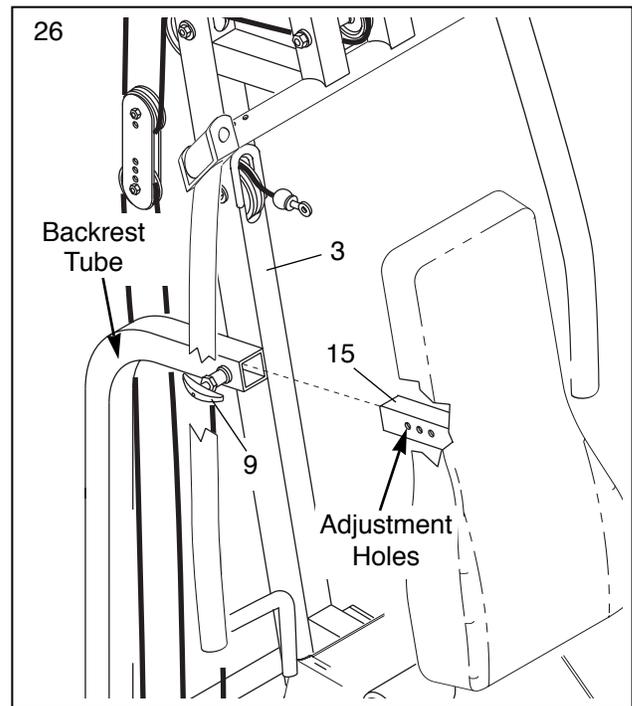
### 25. Attach the Backrest (41) to the Backrest Frame (15) with four 1/4" x 3/4" Bolts (17).

Press a 3/4" Round Inner Cap (34) into each end of the pad tube on the Backrest Frame (15). Slide a Foam Pad (30) onto each end of the pad tube.



26. Locate the Adjustment Knob (9) on the backrest tube of the Main Upright (3). Turn the Knob counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Backrest Frame (15) into the backrest tube.

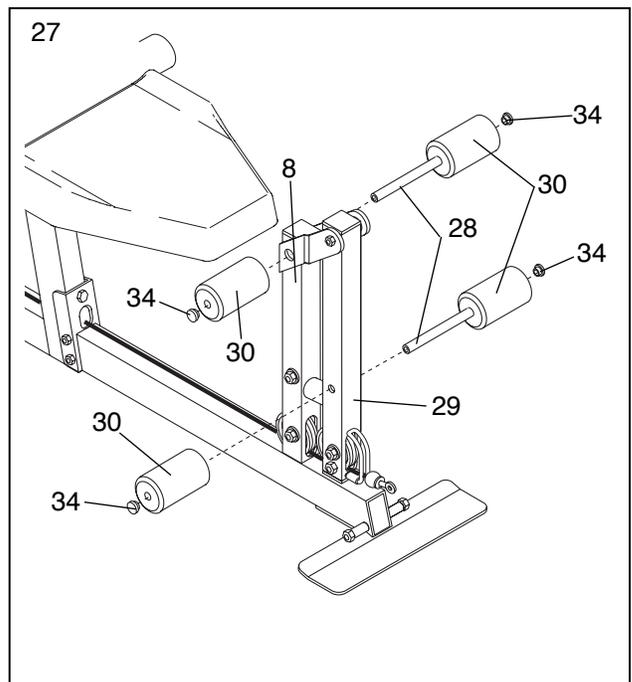
Release the Adjustment Knob (9) and let the Knob snap into one of the adjustment holes on the Backrest Frame (15). Tighten the Knob fully.



27. Press 3/4" Round Inner Caps (34) into the ends of the two Pad Tubes (28).

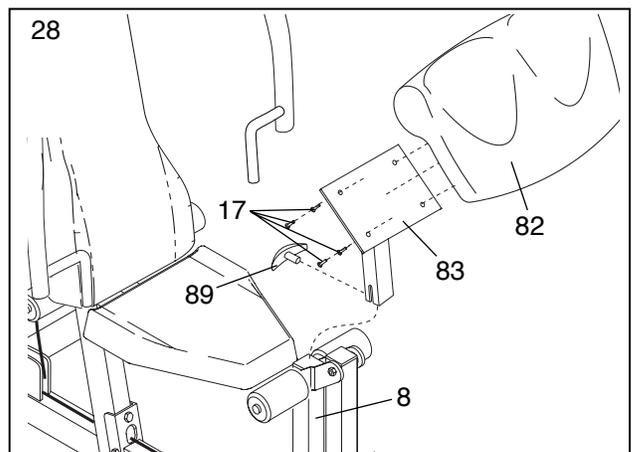
Slide one Pad Tube (28) into the hole in the front leg on the Base (8). Slide a Foam Pad (30) onto each end of the Pad Tube.

Slide the other Pad Tube (28) into the hole in the Leg Lever (29). Slide a Foam Pad (30) onto each end of the Pad Tube.

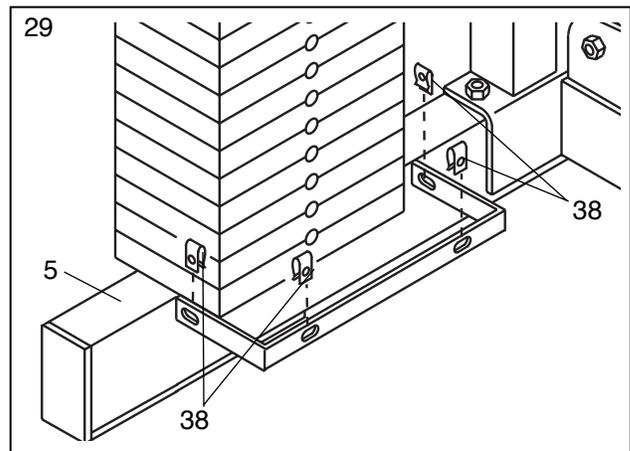


28. Attach the Curl Pad (82) to the Curl Post (83) with four 1/4" x 3/4" Bolts (17).

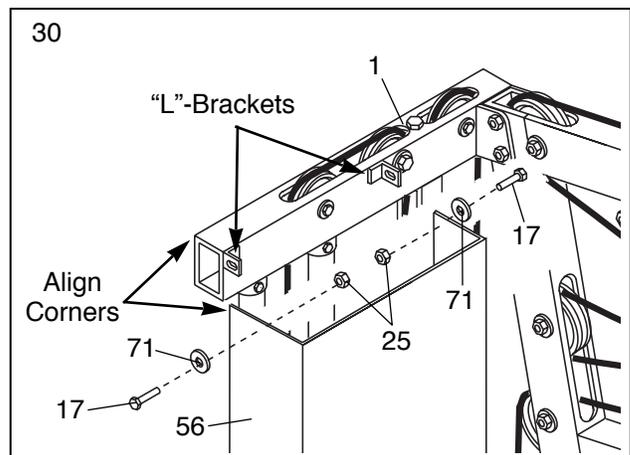
Slide the Curl Post (83) onto the front leg on the Base (8) and secure it with the Curl Knob (89).



29. Slide the four Tinnerman Clips (38) down over the slots in the bracket on the Stabilizer (5).

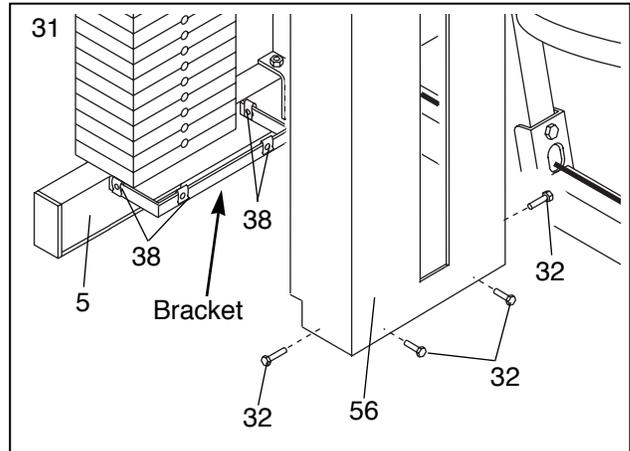


30. Attach the upper end of the Shroud (56) to the two “L”-brackets on the Top Frame (1) with two 1/4” x 3/4” Bolts (17), two 1/4” Flat Washers (71), and two 1/4” Nylon Locknuts (25). **Make sure that the indicated corner of the Shroud is lined up with the indicated corner of the Top Frame. The Bolts must be inserted through the square holes in the Shroud. Do not tighten the Bolts yet.**



31. Attach the lower end of the Shroud (56) to the bracket on the Stabilizer (5) with four #8 x 3/4” Screws (32). The Screws must be inserted through the square holes in the Shroud and into the Tinnerman Clips (38).

**Note: For clarity, this step shows the Shroud (56) as if step 30 had not yet been performed.**

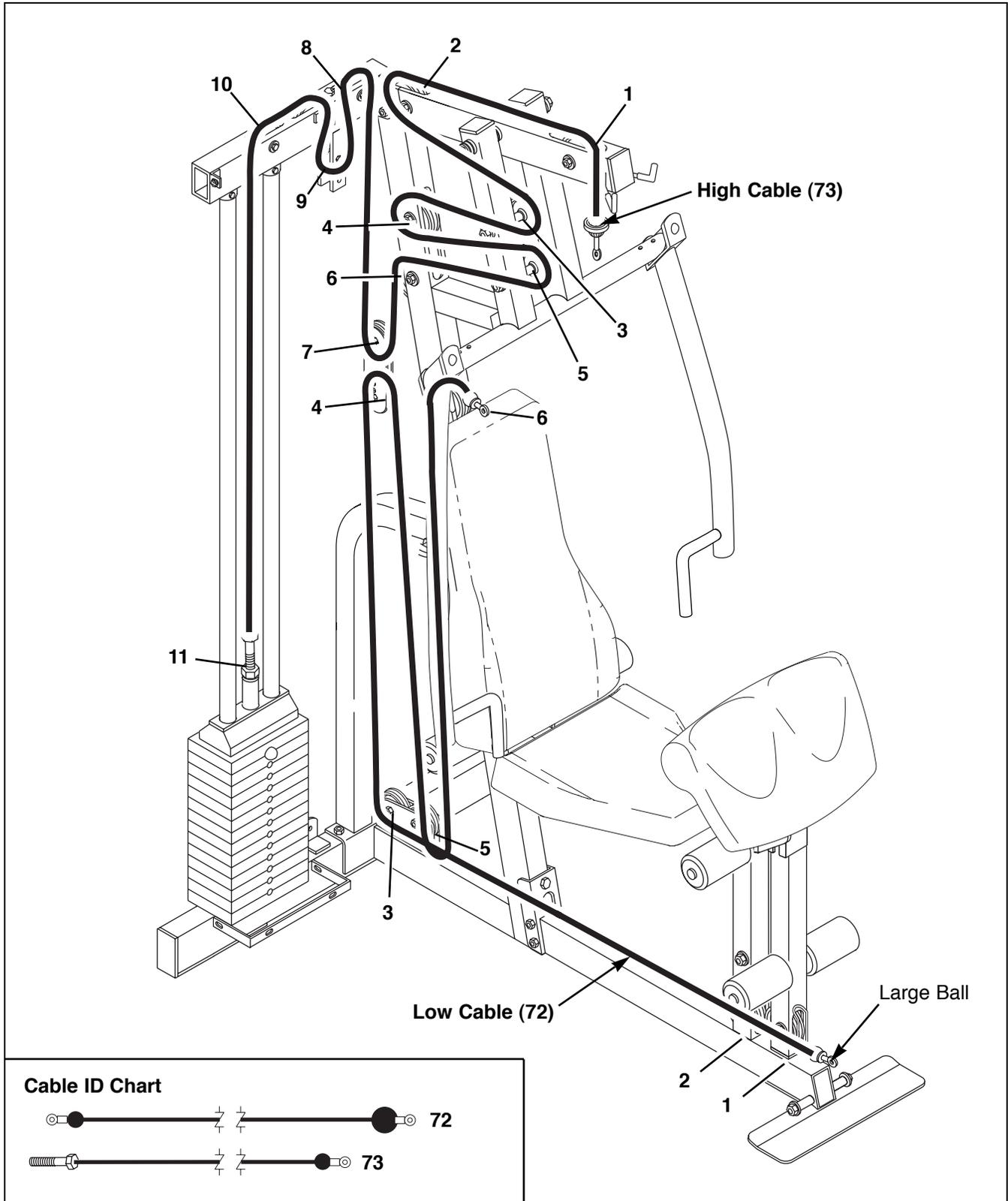


32. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

Before using the training system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 19.**

# Cable Diagram

The diagram below shows the proper routing of the Low Cable (72) and the High Cable (73). The numbers show the correct route for each Cable. **Make sure that the Cables are routed correctly, that the pulleys move smoothly, and that the cable traps do not touch or bind the Cables. Incorrect cable routing can damage the training system.**

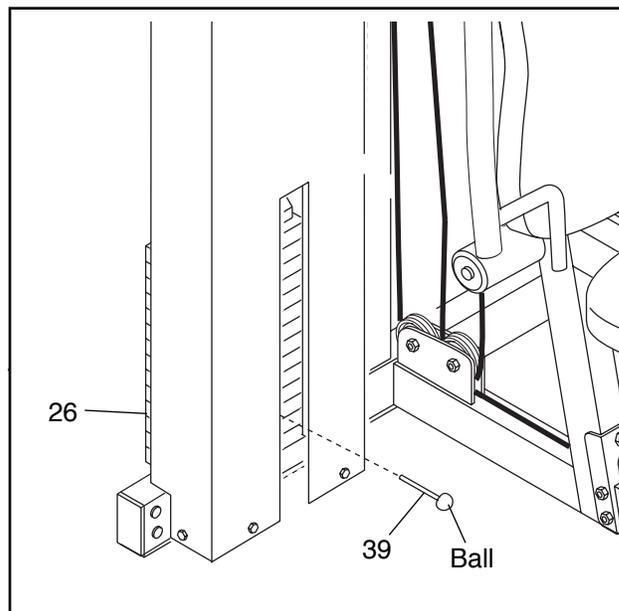


# Adjustment

The instructions below describe how each part of the training system can be adjusted. Refer to the exercise poster accompanying this manual to see how the training system should be set up for each exercise. **IMPORTANT: When attaching the lat bar, row bar, ankle strap, or ab strap, make sure that the accessories are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

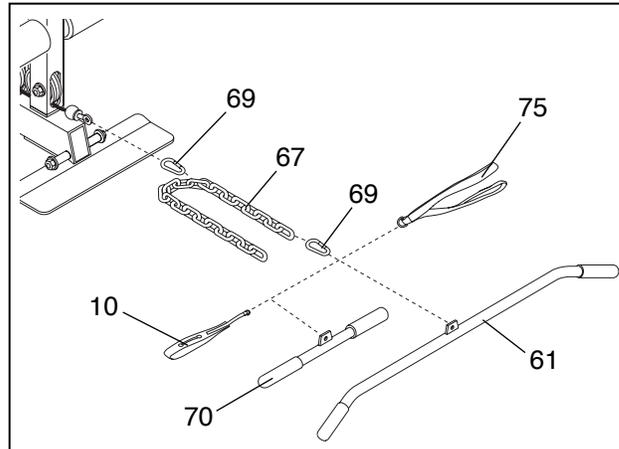
## Changing the Weight Setting

To change the setting of the weight stack, insert the Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the ball is touching the Weights. The setting of the weight stack can be changed from 10 pounds to 150 pounds, in increments of 10 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on the back cover of this manual to find the approximate amount of resistance at each weight station.**



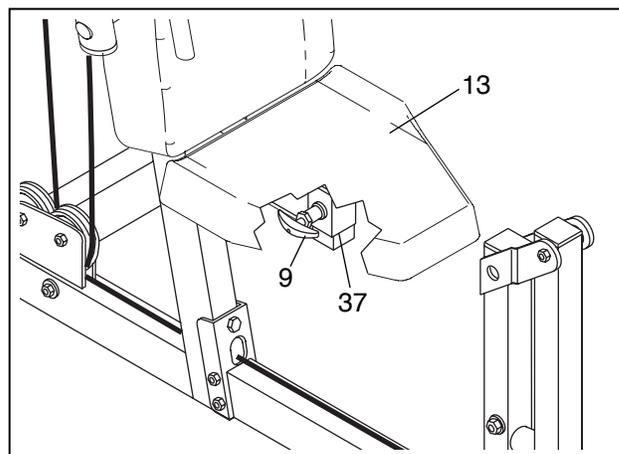
## Attaching the Lat Bar, Row Bar, Ankle Strap, or Ab Strap

The Lat Bar (61), Row Bar (70), Ankle Strap (10), and Ab Strap (75) can be attached to the cable at the desired pulley station with a Cable Clip (69). For some exercises, the Chain (67) should be connected between the attachment and the cable with two Cable Clips. **Adjust the length of the Chain between the accessory and the cable so the accessory is in the correct starting position for the exercise to be performed.**



## Adjusting the Height of the Seat

To adjust the height of the Seat (13), first loosen the indicated Adjustment Knob (9). Pull out the Knob as far as possible and slide the Seat Upright (37) to the desired position. Release the Knob so that it snaps into one of the adjustment holes in the Seat Upright. Fully retighten the Knob.

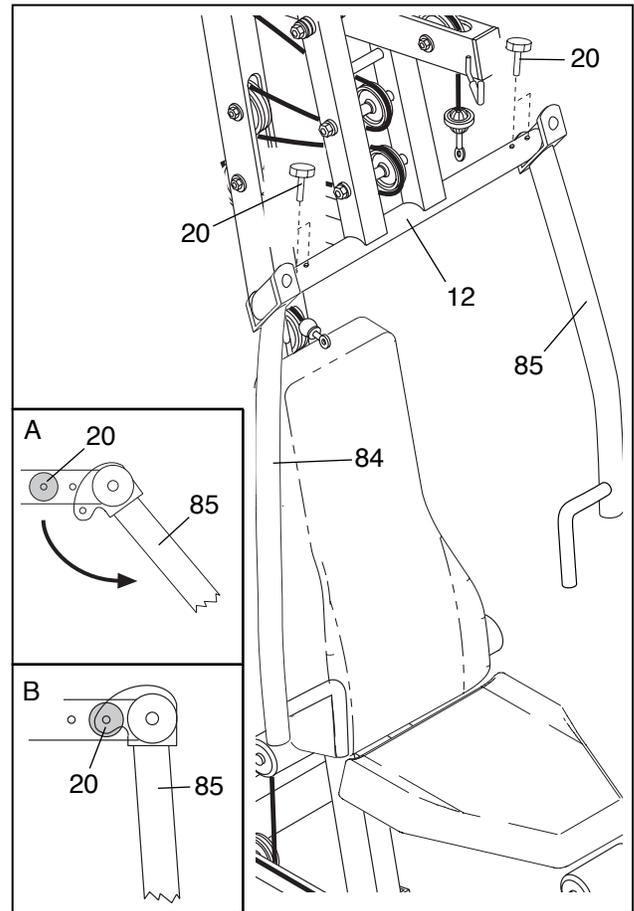


### Converting the Press/Fly Arms

To use the Press/Fly Arms (84, 85) as fly arms, insert the Adjustment Pins (20) into the inner holes in the Press Frame (12) (see inset drawing A).

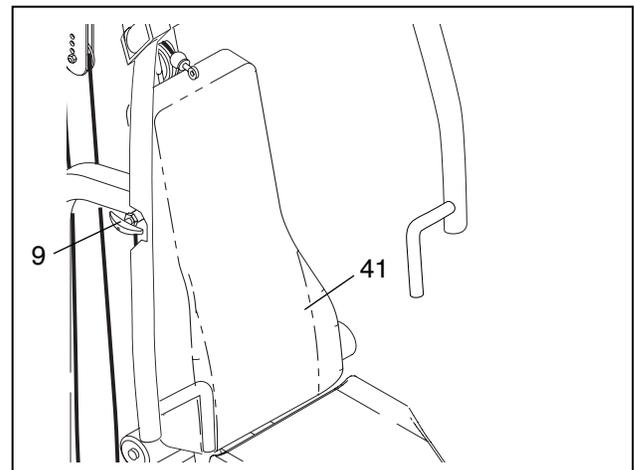
To use the Press/Fly Arms (84, 85) as press arms, insert the Adjustment Pins (20) into the outer holes in the Press Frame (12) and the tabs on the Press/Fly Arms (see inset drawing B).

**Make sure that the Adjustment Pins (20) are fully inserted into the same holes in both sides of the Press Frame (12) before performing any exercises.**



### Adjusting the Position of the Backrest

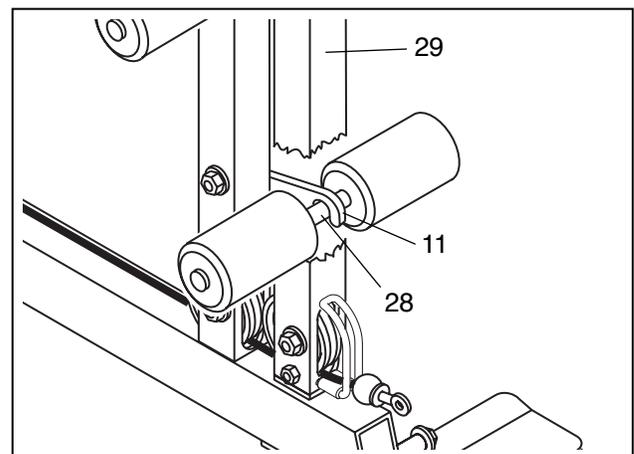
To adjust the position of the Backrest (41), first loosen the indicated Adjustment Knob (9). Pull out the Knob as far as possible and slide the Backrest Frame (15, not shown) to the desired position. Release the Knob so that it snaps into one of the adjustment holes on the Backrest Frame. Fully retighten the Knob.



### Using the Leg Lever Lock

Some exercises, such as the preacher curl, can be performed more comfortably with the Leg Lever (29) locked.

To lock the Leg Lever (29), turn the Leg Lever Lock (11) until it engages the Pad Tube (28) on the Leg Lever.



# Trouble-shooting and Maintenance

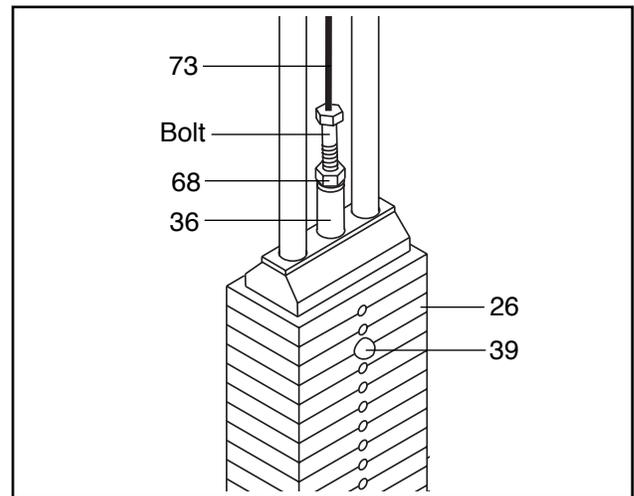
Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately. The training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## Tightening the Cables

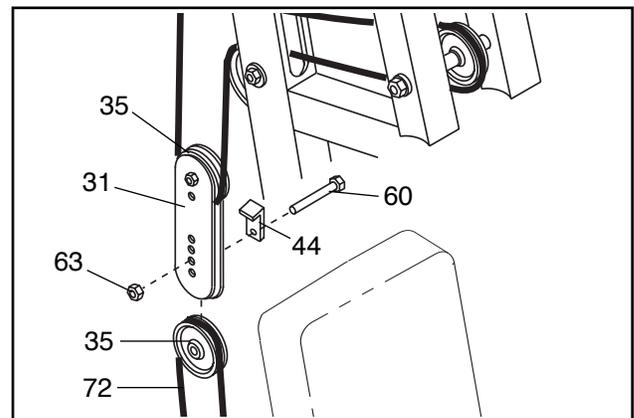
Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

To tighten the cables, first insert the Weight Pin (39) under the third Weight (26) from the top. Next, loosen the 1/2" Plain Nut (68) securing the bolt at the end of the High Cable (73). Tighten the bolt two turns into the Weight Tube (36) until the cables feel tighter. Tighten the Plain Nut to prevent the bolt from turning.

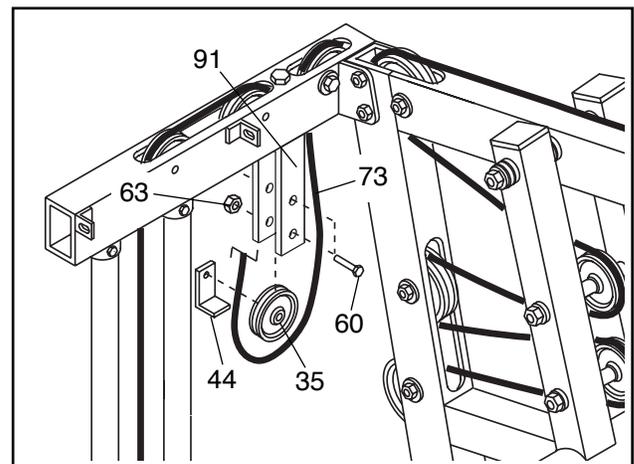
Note: For clarity, the drawing shows the shrouds removed. It is not necessary to remove the shrouds.



Additional slack can be removed by moving the indicated 4" Pulleys (35) to different holes in the Pulley Plates (31). To do this, remove the 3/8" x 1 3/4" Bolt (60), the Cable Trap (44), and the 3/8" Nylon Jamnut (63) from the lower Pulley. Move the Pulley to a higher hole and re-attach it with the Bolt, Cable Trap, and Nylon Jamnut. **Make sure that the Low Cable (72) is in the groove of the Pulley and that the Cable Trap is turned as shown. The upper pulley can be adjusted in the same way.**



Slack can also be removed by moving the indicated 4" Pulley (35) to a different hole in the Pulley Bracket (91). To do this, remove the 3/8" x 1 3/4" Bolt (60), the Cable Trap (44), and the 3/8" Nylon Jamnut (63) from the Pulley. Move the Pulley to the lower hole and re-attach it with the Bolt, Cable Trap, and Nylon Jamnut. **Make sure that the High Cable (73) is in the groove of the Pulley and that the Cable Trap is turned as shown.**

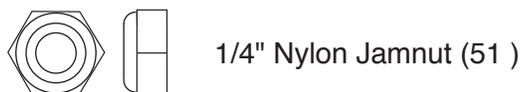


**Note: If a cable tends to slip off the pulleys, the cable may have become twisted. Remove the cable and re-install it.**

If a cable needs to be replaced, refer to the back cover of this manual.

# Part Identification Chart—NTSY09990

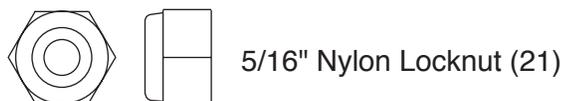
R0400A



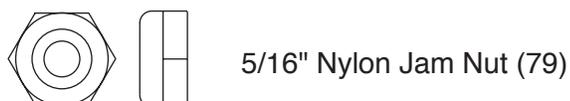
1/4" Nylon Jamnut (51)



1/4" Nylon Locknut (25)



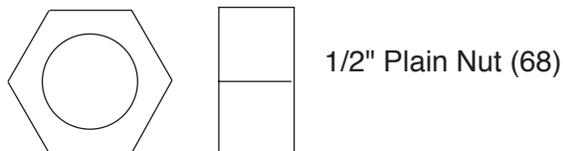
5/16" Nylon Locknut (21)



5/16" Nylon Jam Nut (79)



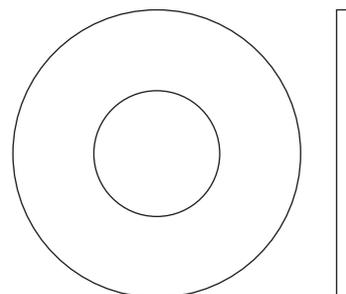
3/8" Nylon Jam Nut (63)



1/2" Plain Nut (68)



3/8" Nylon Locknut (50)



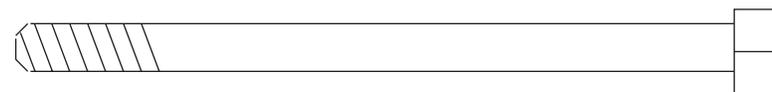
1 1/2" Flat Washer (40)



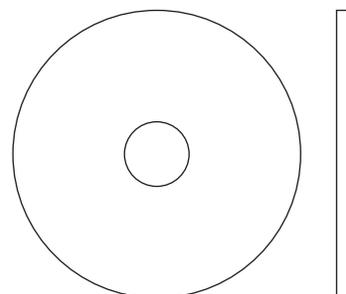
5/16" x 3" Bolt (78)



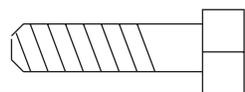
5/16" x 2 1/2" Bolt (96)



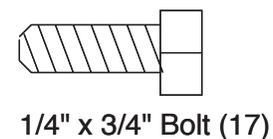
1/4" x 3 3/4" Bolt (92)



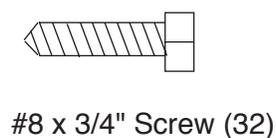
Fender Washer (97)



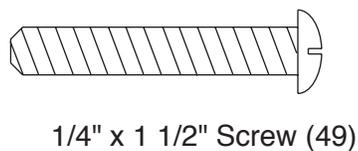
1/4" x 1" Bolt (98)



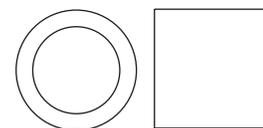
1/4" x 3/4" Bolt (17)



#8 x 3/4" Screw (32)



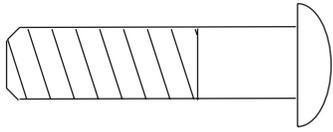
1/4" x 1 1/2" Screw (49)



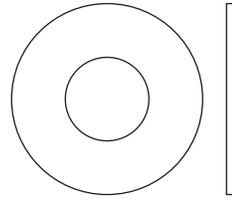
5/8" x 1/2" Pulley Bushing (42)



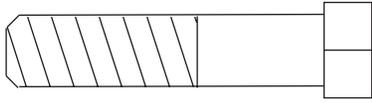
1/2" x 3/4" Bushing (88)



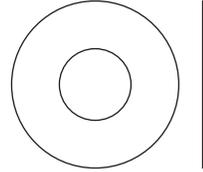
3/8" x 1 1/2" Button Cap Screw (2)



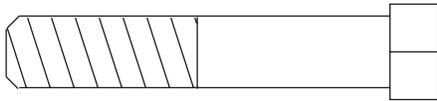
3/8" Flat Washer (55)



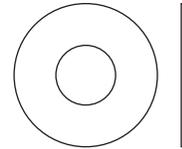
3/8" x 1 3/4" Bolt (60)



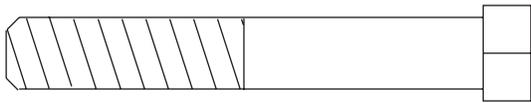
5/16" Flat Washer (80)



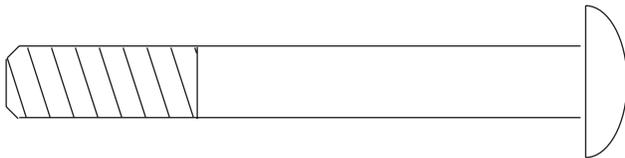
3/8" x 2" Bolt (62)



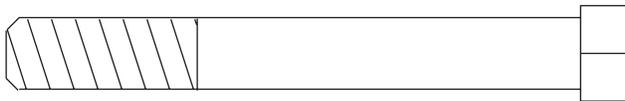
1/4" Flat Washer (71)



3/8" x 2 1/2" Bolt (54)



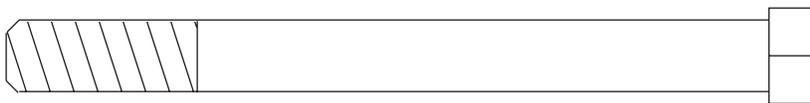
3/8" x 3" Carriage Bolt (46)



3/8" x 3" Bolt (45)



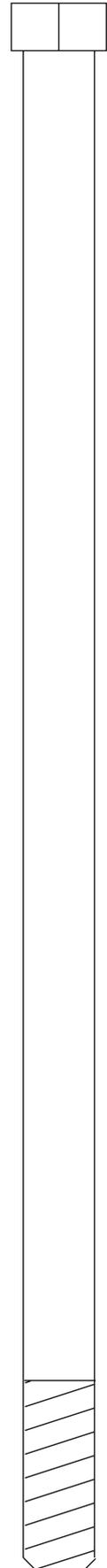
3/8" x 3 3/4" Carriage Bolt (52)



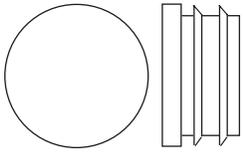
3/8" x 4" Bolt (65)



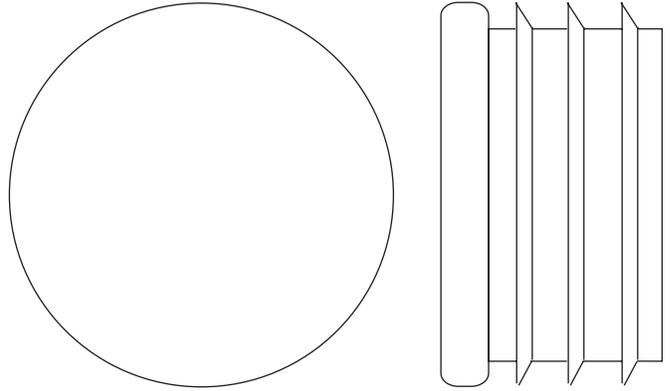
3/8" x 5 1/2" Bolt (57)



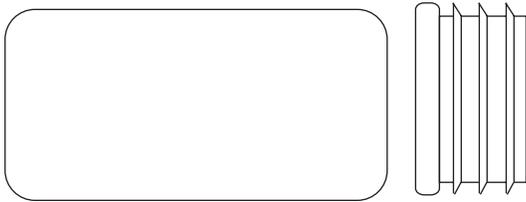
3/8" x 8 1/2" Bolt (59)



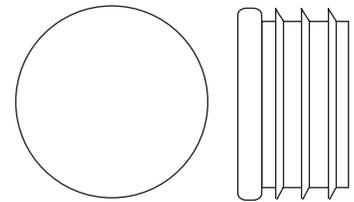
3/4" Round Inner Cap (34)



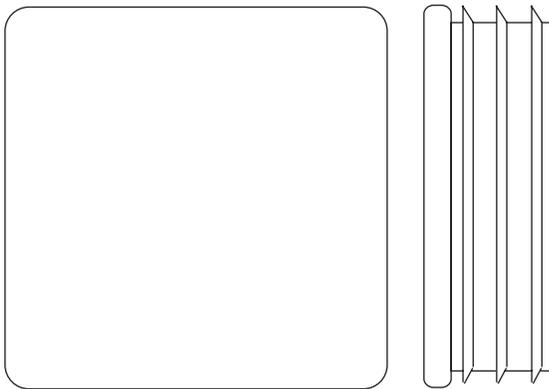
2" Round Inner Cap (74)



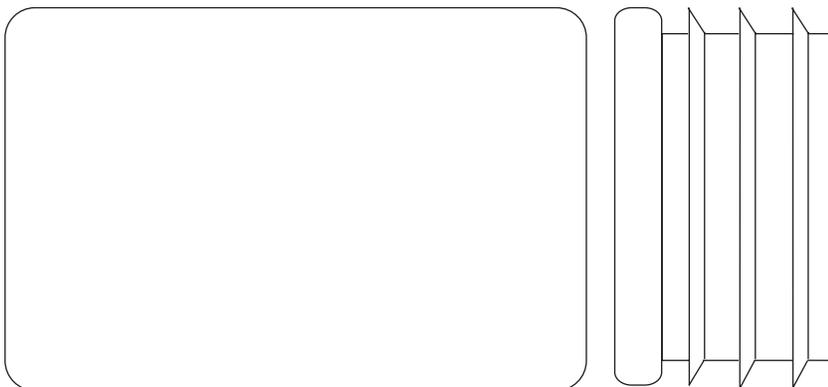
1" x 2" Inner Cap (43)



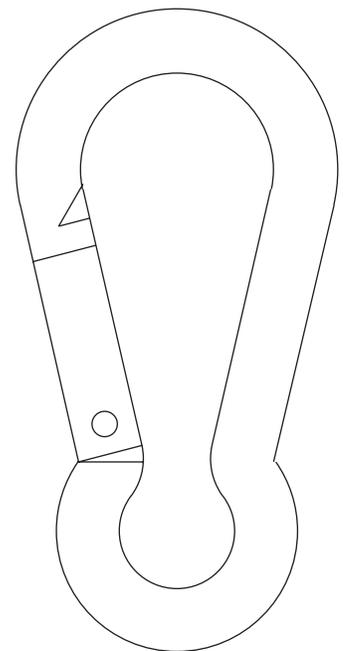
1" Round Inner Cap (90)



2" Square Inner Cap (33)



2" x 3" Inner Cap (24)



Cable Clip (69)

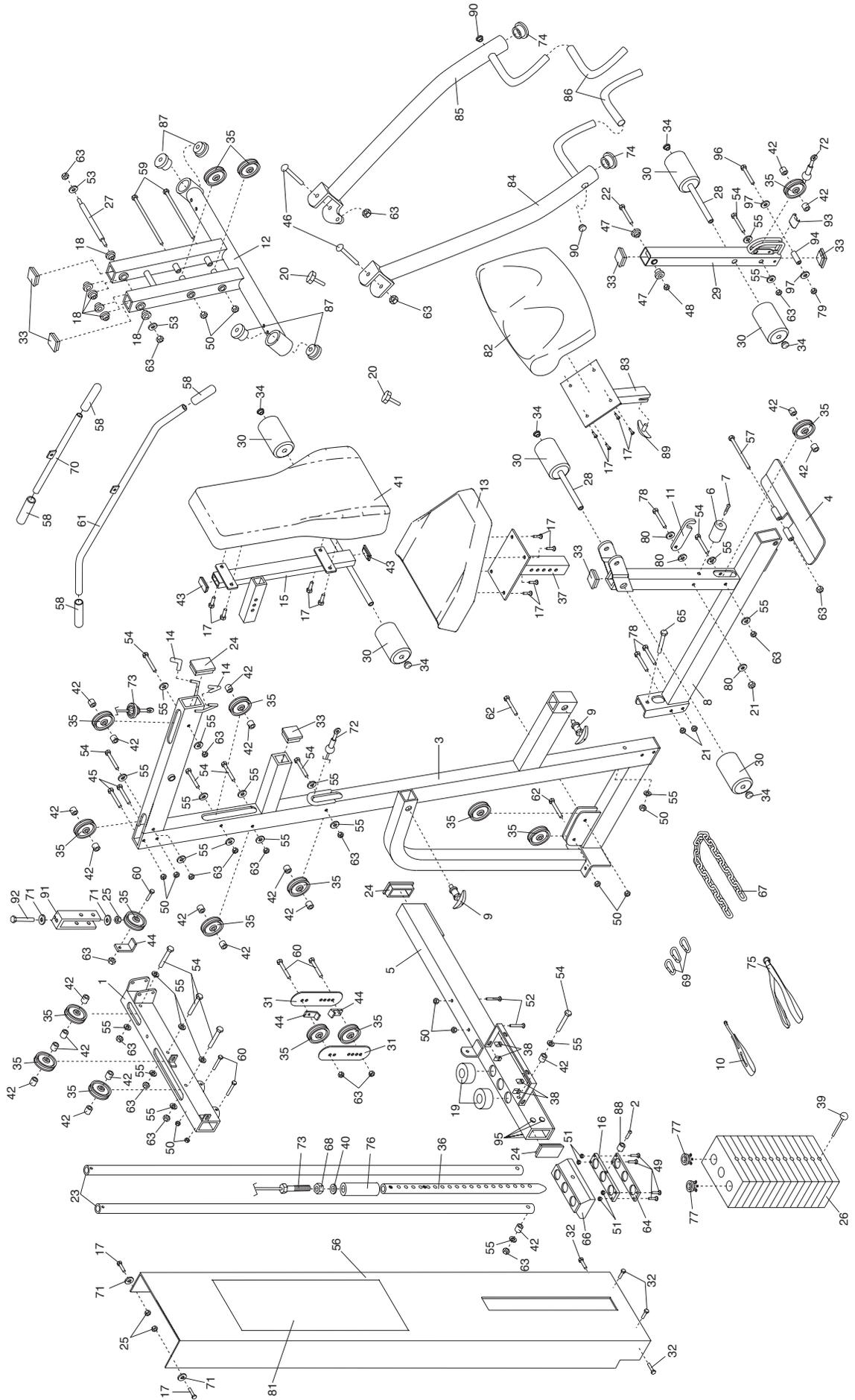
# Part List—Model No. NTSY09990

R0400A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	51	4	1/4" Nylon Jamnut
2	1	3/8" x 1 1/2" Button Cap Screw	52	2	3/8" x 3 3/4" Carriage Bolt
3	1	Main Upright	53	2	Large Washer
4	1	Foot Plate	54	11	3/8" x 2 1/2" Bolt
5	1	Stabilizer	55	23	3/8" Flat Washer
6	1	Leg Lever Bumper	56	1	Shroud
7	1	#10 x 1" Tap Screw	57	1	3/8" x 5 1/2" Bolt
8	1	Base	58	4	Grip
9	2	Adjustment Knob	59	2	3/8" x 8 1/2" Bolt
10	1	Ankle Strap	60	5	3/8" x 1 3/4" Bolt
11	1	Leg Lever Lock	61	1	Lat Bar
12	1	Press Frame	62	2	3/8" x 2" Bolt
13	1	Seat	63	19	3/8" Nylon Jamnut
14	2	Plastic Sleeve	64	1	Weight Support
15	1	Backrest Frame	65	1	3/8" x 4" Bolt
16	1	Top Weight	66	1	Weight Cover
17	14	1/4" x 3/4" Bolt	67	1	16" Chain
18	6	1 1/8" x 1/2" Flange Bushing	68	1	1/2" Plain Nut
19	2	Weight Bumper	69	3	Cable Clip
20	2	Adjustment Pin	70	1	Row Bar
21	3	5/16" Nylon Locknut	71	4	1/4" Flat Washer
22	1	1/2" x 3 1/2" Bolt	72	1	Low Cable
23	2	Weight Guide	73	1	High Cable
24	3	2" x 3" Inner Cap	74	2	2" Round Inner Cap
25	4	1/4" Nylon Locknut	75	1	Ab Strap
26	14	Weight	76	1	5 7/8" Long Bushing
27	1	Pivot Rod	77	28	Weight Insert
28	2	Pad Tube	78	3	5/16" x 3" Bolt
29	1	Leg Lever	79	1	5/16" Nylon Jamnut
30	6	Foam Pad	80	5	5/16" Flat Washer
31	2	Pulley Plate	81	1	Exercise Guide Decal
32	4	#8 x 3/4" Screw	82	1	Curl Pad
33	6	2" Square Inner Cap	83	1	Curl Post
34	6	3/4" Round Inner Cap	84	1	Right Press/Fly Arm
35	17	4" Pulley	85	1	Left Press/Fly Arm
36	1	Weight Tube	86	2	Arm Grip
37	1	Seat Upright	87	4	Large Bushing
38	4	Tinnerman Clip	88	1	1/2" x 3/4" Bushing
39	1	Weight Pin	89	1	Curl Knob
40	1	1 1/2" Flat Washer	90	2	1" Round Inner Cap
41	1	Backrest	91	1	Pulley Bracket
42	22	5/8" x 1/2" Pulley Bushing	92	1	1/4" x 3 3/4" Bolt
43	2	1" x 2" Inner Cap	93	1	Tab
44	3	Cable Trap	94	1	Spacer
45	2	3/8" x 3" Bolt	95	4	Hole Plug
46	2	3/8" x 3" Carriage Bolt	96	1	5/16" x 2 1/2" Bolt
47	2	1/2" x 1/8" Flange Bushing	97	1	Fender Washer
48	1	1/2" Nylon Jamnut	98	1	1/4" x 1" Bolt
49	4	1/4" x 1 1/2" Screw	#	1	User's Manual
50	11	3/8" Nylon Locknut	#	1	Exercise Poster

# Exploded Drawing — Model No. NTSY09990

R0400A



# Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (NTSY09990)
- The NAME of the product (NordicTrack® GRT500 Training System)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached the center of this manual).

# Weight Resistance Chart

This chart shows the approximate weight resistance at each weight station. “Top” refers to the 10 lb. top weight. The other numbers refer to the 10 lb. weight plates. Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.

Weight Plates	Arm Press (lbs.)	Lower Pulley (lbs.)	Upper Pulley (lbs.)	AB Pulley (lbs.)	Leg Lever (lbs.)
Top	24	11	13	13	11
1	35	22	25	24	22
2	46	34	36	35	34
3	57	46	48	46	46
4	68	57	60	57	57
5	79	69	72	68	69
6	90	80	83	79	80
7	102	92	95	90	92
8	113	104	107	102	104
9	124	115	119	113	115
10	135	127	130	124	127
11	146	138	142	135	138
12	157	150	154	146	150
13	168	162	166	157	162
14	179	173	177	168	173

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