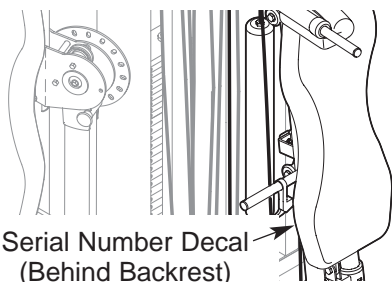


NordicTrack[®] **STRENGTH** **CIRCUIT** **TRAINER**

Model No. NTS59020

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

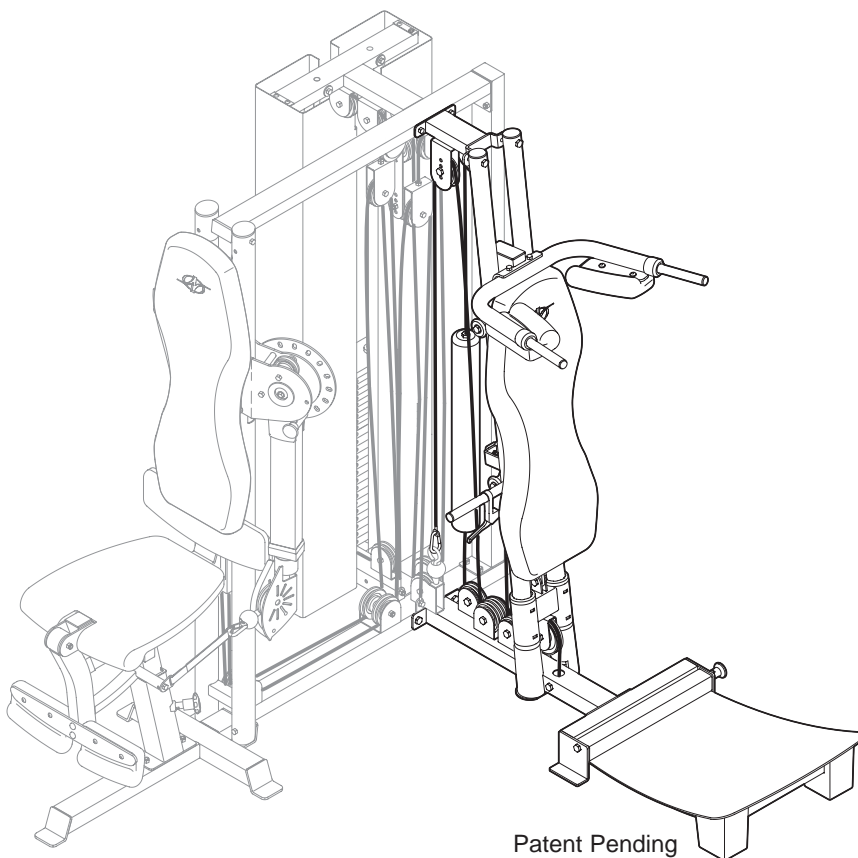
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.

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

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and the manual accompanying the weight system before using the weight system attachment. Use the weight system attachment only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Never lower the squat arm while the weights are raised; the weights will fall with great force.
11. The weight system is designed to support a maximum user weight of 300 pounds.
12. Make sure the weight pin is fully inserted into the weight stack before you exercise.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ 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.

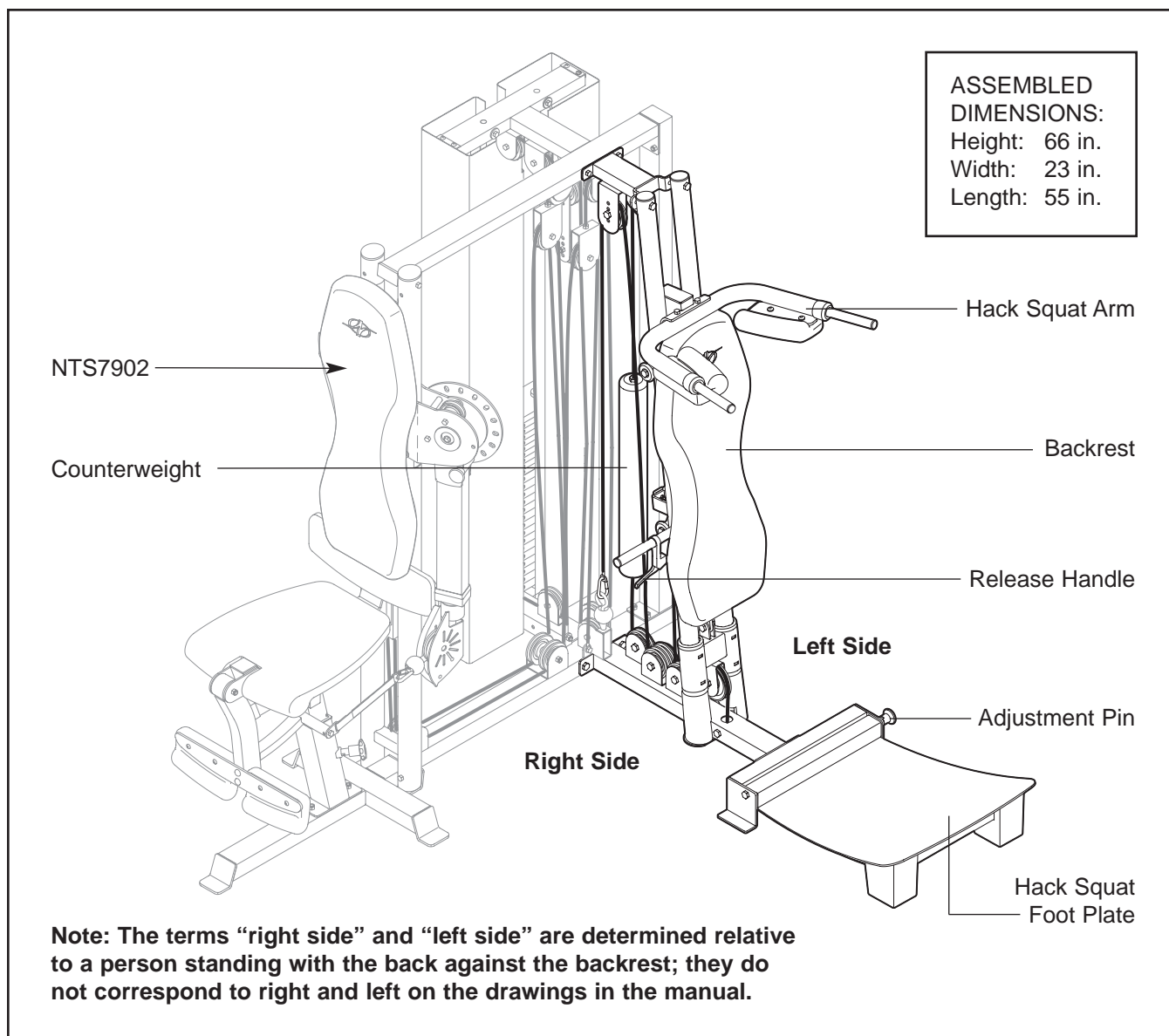
BEFORE YOU BEGIN

Thank you for selecting the NordicTrack® STRENGTH CIRCUIT TRAINER weight system attachment. When assembled with the NordicTrack® STRENGTH CIRCUIT TRAINER weight system (Model NTS7902), the weight system attachment allows you to develop the muscle groups of the lower body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the attachment will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system attachment. 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 NTS59020. The serial number can be found on a decal attached to the weight system attachment (see the front cover of this manual).

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



ASSEMBLY

Make Things Easier for Yourself



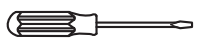
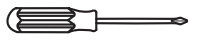
Everything in this manual is designed to ensure that the weight system attachment can be assembled successfully by most people. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Assembly requires that the NTS7902 has been assembled previously.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- **For help identifying small parts, use the *PART IDENTIFICATION CHART*.**

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One pair of pliers** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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.

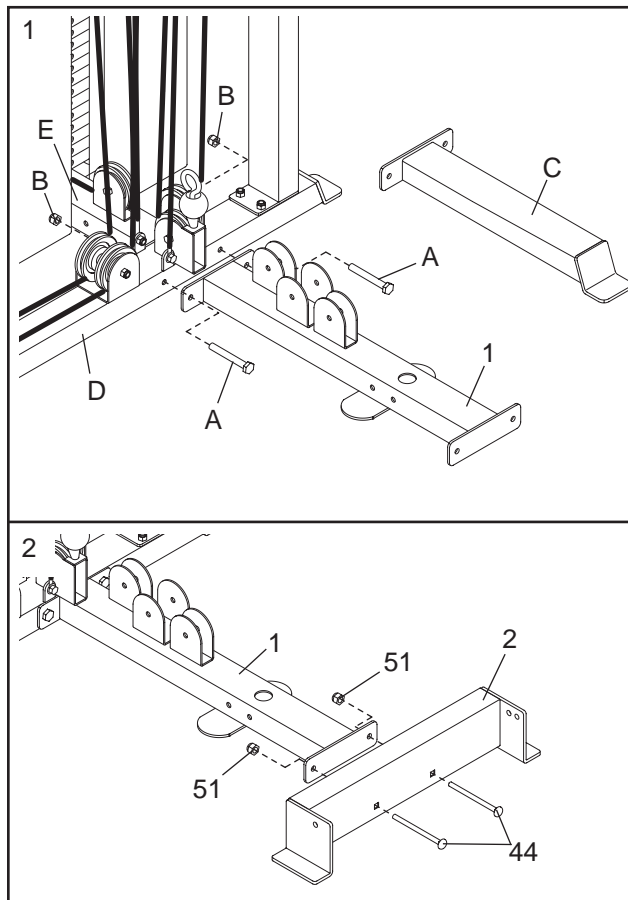
Frame Assembly

1. **Before beginning, read the information in the box above. This brief introduction will save you much more time than it takes to read it.**

Remove the Button Head Bolts (A) and the Nylon Locknuts (B) from the Stabilizer (C), the Base (D), and the Weight Base (E).

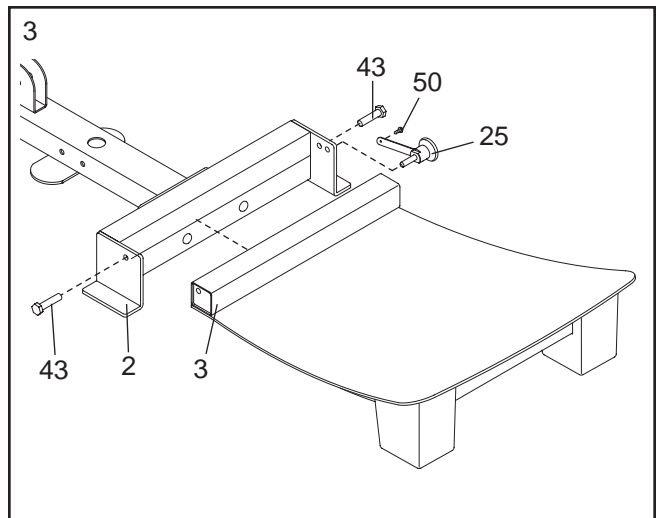
Attach the Hack Squat Base (1) and the Weight Base (E) to the Base (D) with the Button Head Bolts (A) and the Nylon Locknuts (B).

2. Attach the Hack Squat Stabilizer (2) to the Hack Squat Base (1) with two M10 x 68mm Carriage Bolts (44) and two M10 Nylon Locknuts (51).



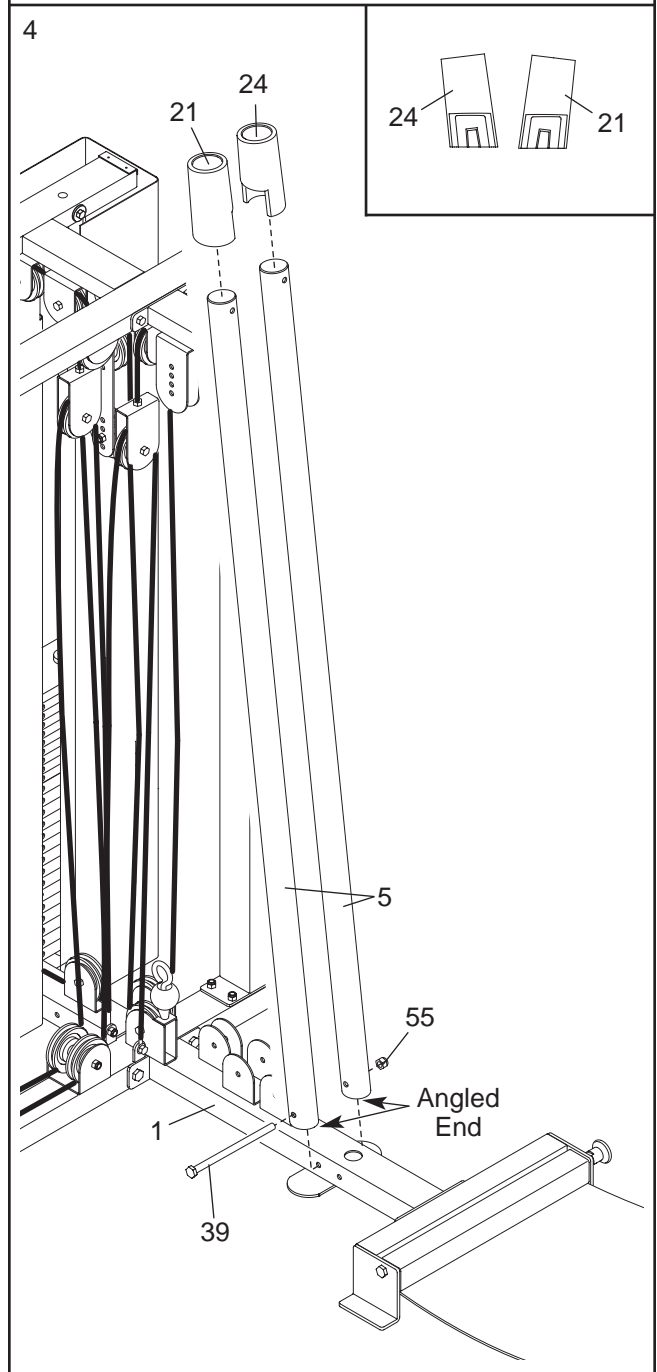
3. Attach the Hack Squat Foot Plate (3) to the Hack Squat Stabilizer (2) with two M10 x 38mm Button Head Screws (43).

Attach the Adjustment Pin Assembly (25) to the Hack Squat Stabilizer (2) with an M4 x 16mm Screw (50).



4. Remove the Hack Squat Uprights (5) from the Backrest Frame (not shown). Attach the Uprights, with the angled ends at the bottom, to the Hack Squat Base (1) with an M10 x 186mm Button Head Bolt (39) and an M10 Jam Nut (55).

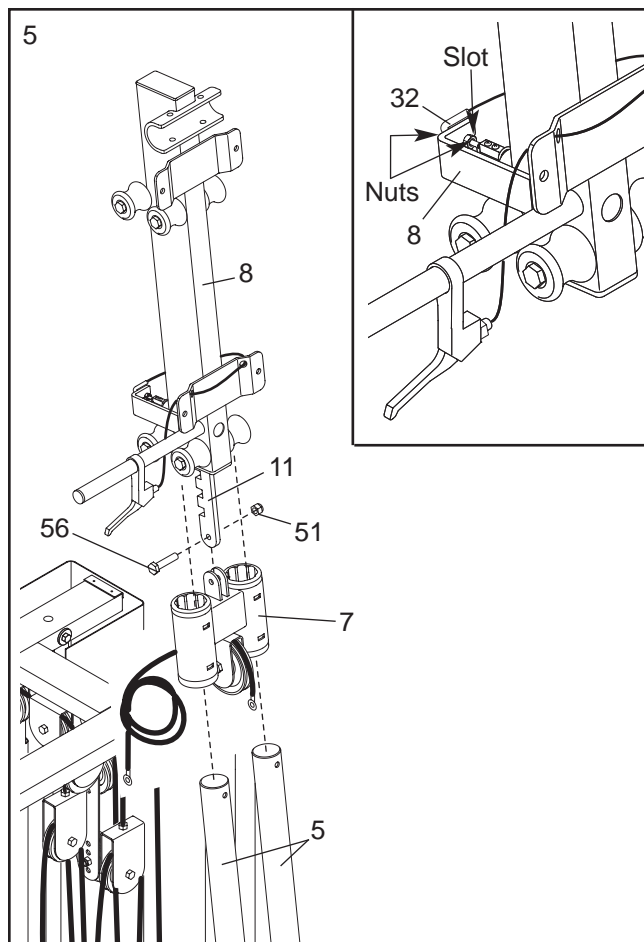
Identify the Right and Left Plastic Covers (21, 24) (see the inset drawing). Orient the Plastic Covers as shown, and slide them onto the Hack Squat Uprights (5).



5. Attach the Adjustment Bar (11) to the Hack Squat Bracket (7) with an M10 x 32mm Button Head Bolt (56) and an M10 Nylon Locknut (51).

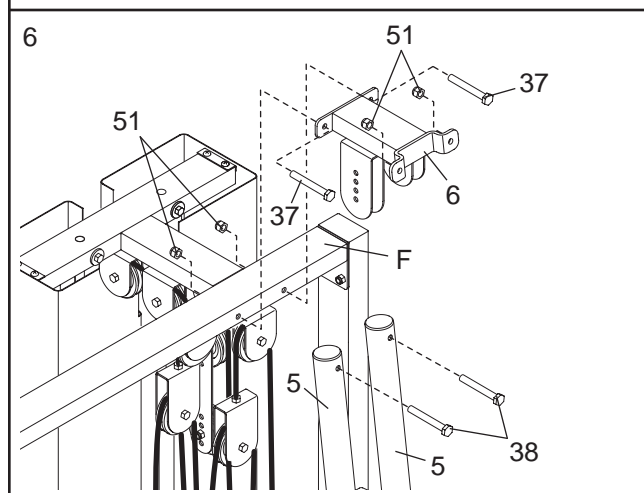
Slide the Hack Squat Bracket (7) and the Hack Squat Backrest Frame (8) onto the Hack Squat Uprights (5). **This will require the help of a second person.**

See the inset drawing. Slip the Release Cable (32) into the slot in the Hack Squat Backrest Frame (8) and tighten the nuts to hold the Cable in place and to remove slack in the Release Cable. **Do not overtighten the Release Cable.**

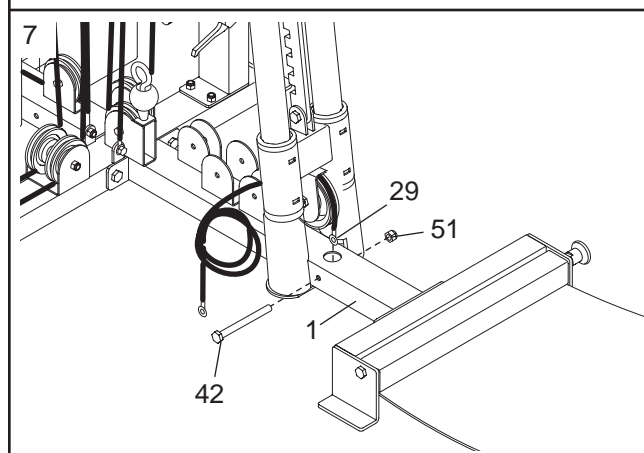


6. Attach the Hack Squat Top Frame (6) to the Top Frame (F) with two M10 x 96mm Button Head Bolts (37) and two M10 Nylon Locknuts (51).

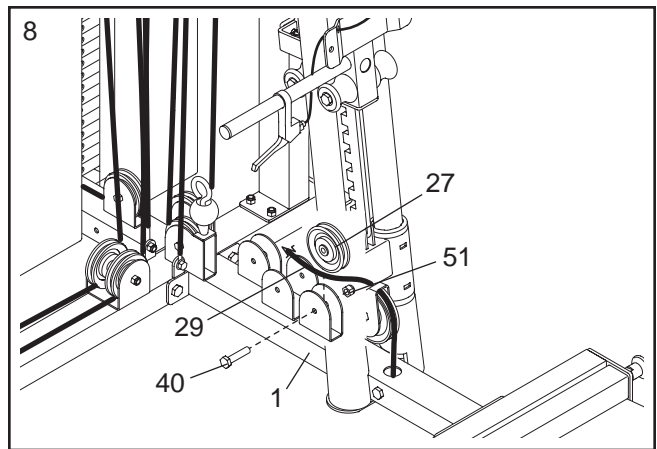
Attach the Hack Squat Top Frame (6) to the Hack Squat Uprights (5) with two M10 x 70mm Button Head Bolts (38) and two M10 Nylon Locknuts (51).



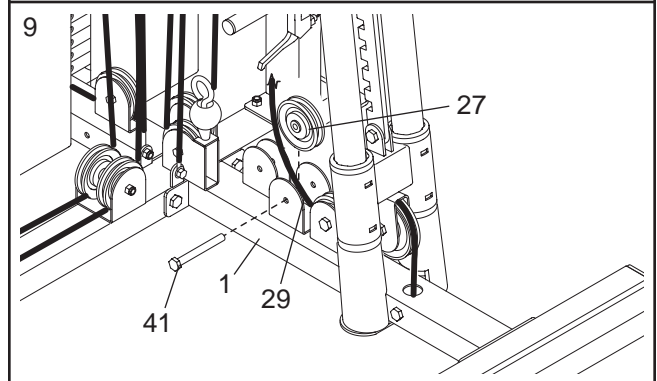
7. **Remove the ties from the Hack Squat Cable (29).** Attach the indicated end of the Cable to the Hack Squat Base (1) with an M10 x 88mm Button Head Bolt (42) and an M10 Nylon Locknut (51).



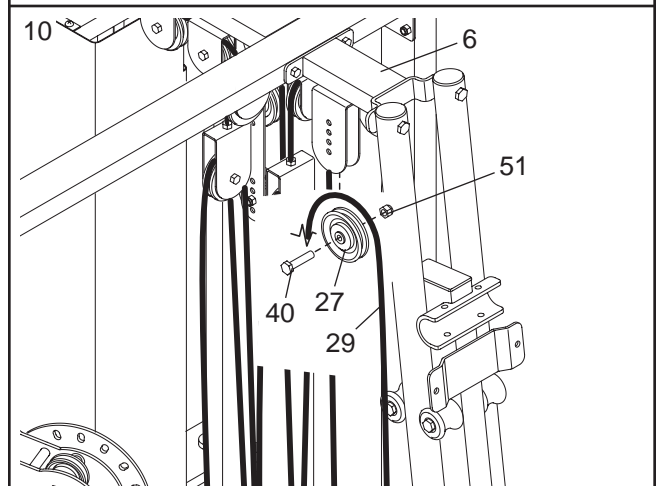
8. Wrap the Hack Squat Cable (29) under a 3 1/2" Pulley (27). Attach the Pulley to the indicated bracket on the Hack Squat Base (1) with an M10 x 46mm Button Head Bolt (40) and an M10 Nylon Locknut (51).



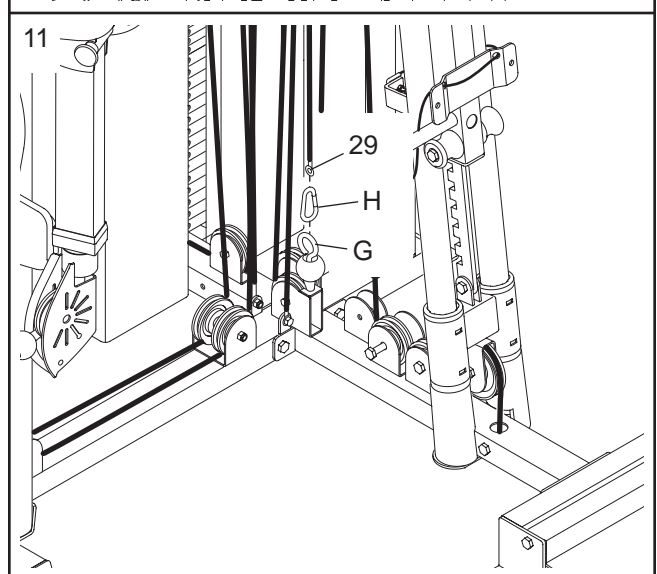
9. Wrap the Hack Squat Cable (29) under a 3 1/2" Pulley (27). Attach the Pulley to the indicated bracket on the Hack Squat Base (1) with an M10 x 78mm Button Head Bolt (41). **Do not attach a locknut yet.**



10. Wrap the Hack Squat Cable (29) over a 3 1/2" Pulley (27). Attach the Pulley to the second set of holes from the bottom of the indicated bracket on the Hack Squat Top Frame (6) with an M10 x 46mm Button Head Bolt (40) and an M10 Nylon Locknut (51).

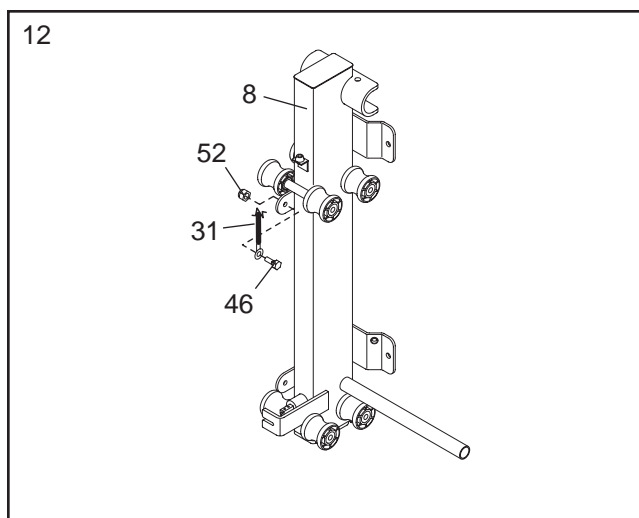


11. Attach the Hack Squat Cable (29) to the Eyebolt (G) with a Spring Clip (H).

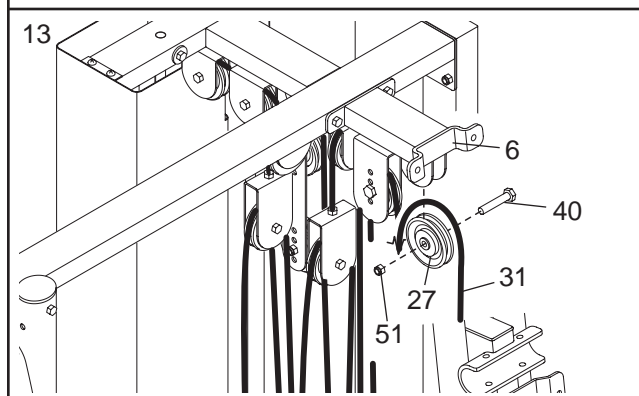


12. For clarity, the Hack Squat Backrest Frame (8) is shown from the rear and separate.

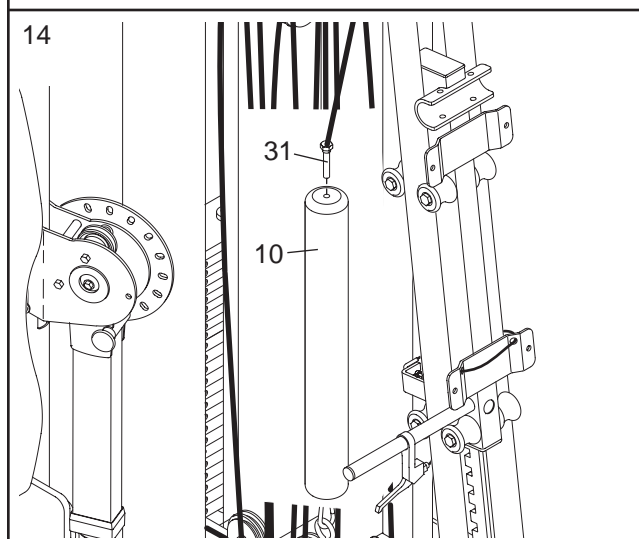
Locate the Short Cable (31). Attach the Cable to the Hack Squat Backrest Frame (8) with an M8 x 19mm Shoulder Bolt (46) and an M8 Nylon Locknut (52).



13. Wrap the Short Cable (31) over a 3 1/2" Pulley (27). Attach the Pulley to the indicated bracket on the Hack Squat Top Frame (6) with an M10 x 46mm Button Head Bolt (40) and an M10 Nylon Locknut (51).

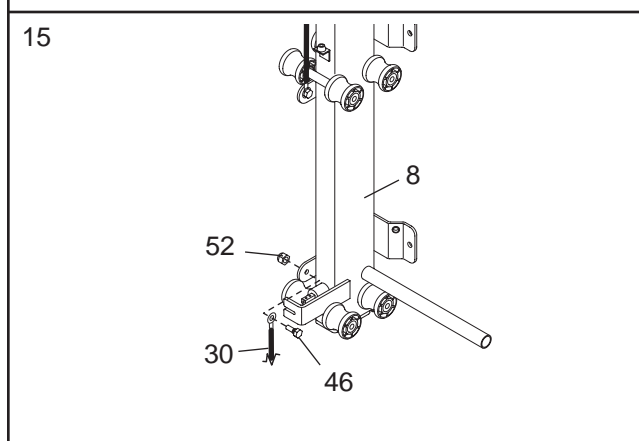


14. Have a second person hold the Counterweight (10). Thread the Short Cable (31) **halfway** into one end of the Counterweight.

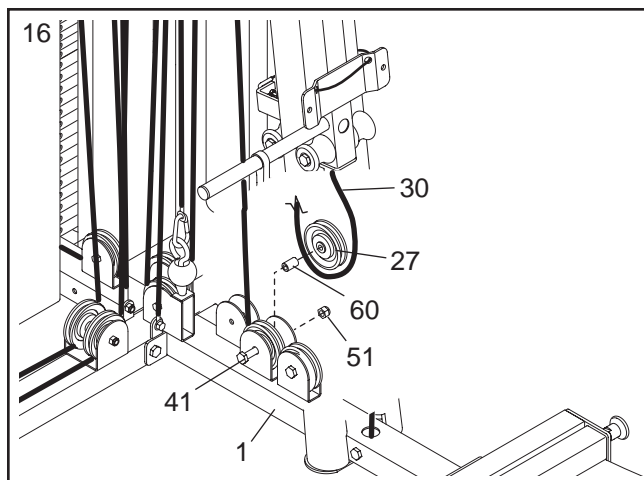


15. For clarity, the Hack Squat Backrest Frame (8) is shown from the rear and separate.

Locate the Medium Cable (30). Attach the Cable to the Hack Squat Backrest Frame (8) with an M8 x 19mm Shoulder Bolt (46) and an M8 Nylon Locknut (52).

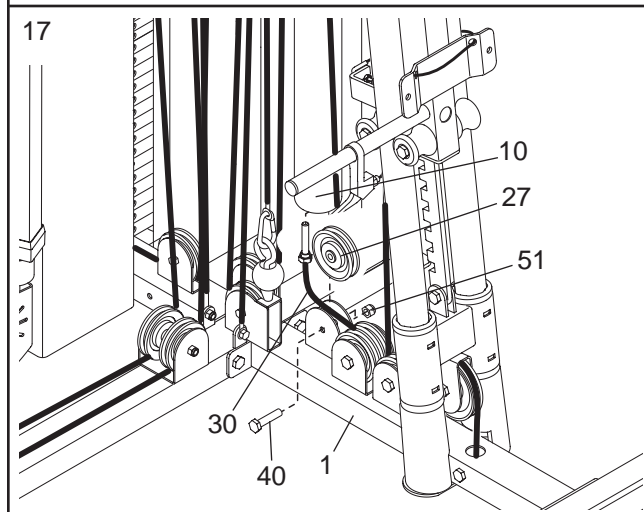


16. Wrap the Medium Cable (30) under a 3 1/2" Pulley (27). Attach a 6.35mm Spacer (60) and the Pulley to the Hack Squat Base (1) with the M10 x 78mm Button Head Bolt (41) and an M10 Nylon Locknut (51).

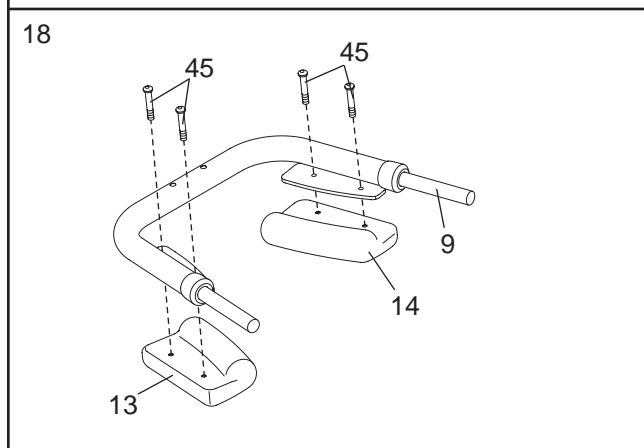


17. Wrap the Medium Cable (30) under a 3 1/2" Pulley (27). Attach the Pulley to the indicated bracket on the Hack Squat Base (1) with an M10 x 46mm Button Head Bolt (40) and an M10 Nylon Locknut (51).

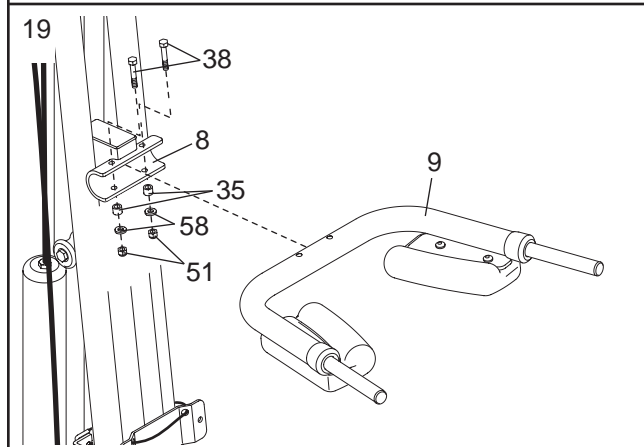
Attach the Medium Cable (30) to the bottom of the Counterweight (10). **Tighten the Medium Cable and Short Cable (31) into the Counterweight until all of the slack is removed.**



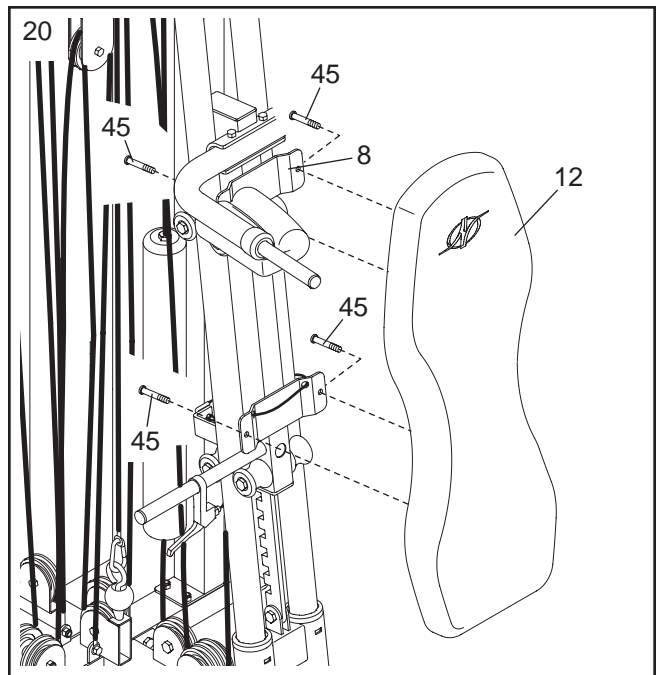
18. Attach the Right Shoulder Pad (13) to the Hack Squat Arm (9) with two M8 x 19mm Button Head Screws (45). Repeat with the Left Shoulder Pad (14).



19. Attach the Hack Squat Arm (9) to the Hack Squat Backrest Frame (8) with two M10 x 70mm Button Head Bolts (38), two 6mm Spacers (35), two M10 Washers (58), and two M10 Nylon Locknuts (51).



20. Attach the Hack Squat Backrest (12) to the Hack Squat Backrest Frame (8) with four M8 x 19mm Button Head Screws (45).



21. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight 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. See the CABLE DIAGRAMS on page 15 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING AND MAINTENANCE on page 14.**

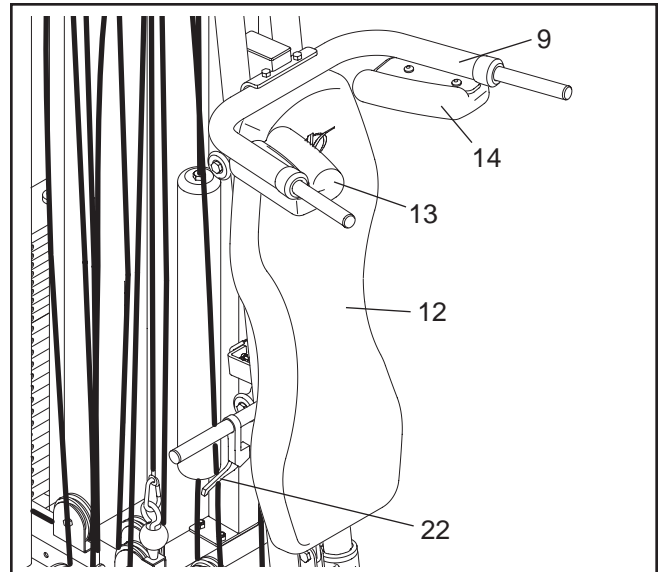
ADJUSTMENTS

This section explains how to adjust the weight system. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE HACK SQUAT ARM

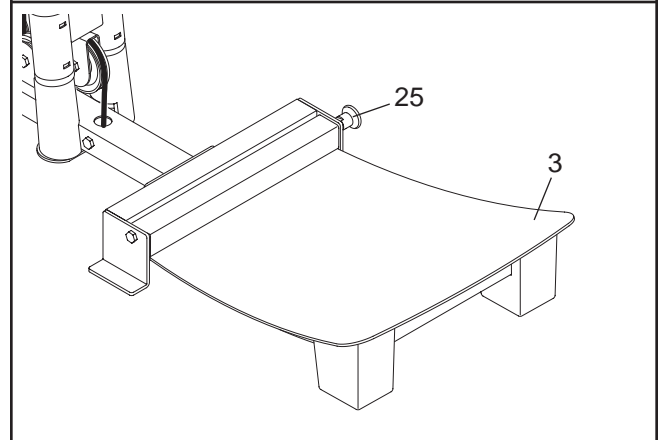
To adjust the height of the Hack Squat Arm (9), stand with your shoulders under the Shoulder Pads (13, 14). Squeeze the Release Handle (22) and move the Arm to the desired position. Let go of the Release Handle and allow the Backrest Adjustment Pin (not shown) to engage the Adjustment Bar (not shown).

⚠ WARNING: Do not lower the Hack Squat Arm (9) to a position that causes the lower back to move away from the Hack Squat Backrest (12).



STORING THE HACK SQUAT FOOT PLATE

To store the Hack Squat Foot Plate (3), pull the Adjustment Pin Assembly (25) and lift on the Foot Plate. Reengage the Pin into the Foot Plate.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 10-pound top weight. The other numbers refer to the nine 10-pound weight plates and the fifteen 20-pound weight plates. **Note: The actual resistance may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	SQUAT ARM (lbs.)
Top	60
1	64
2	77
3	89
4	103
5	112
6	129
7	135
8	141
9	155
10	178
11	193
12	209
13	228
14	250
15	276
16	321
17	332
18	349
19	378
20	404
21	414
22	447
23	457
24	463

TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

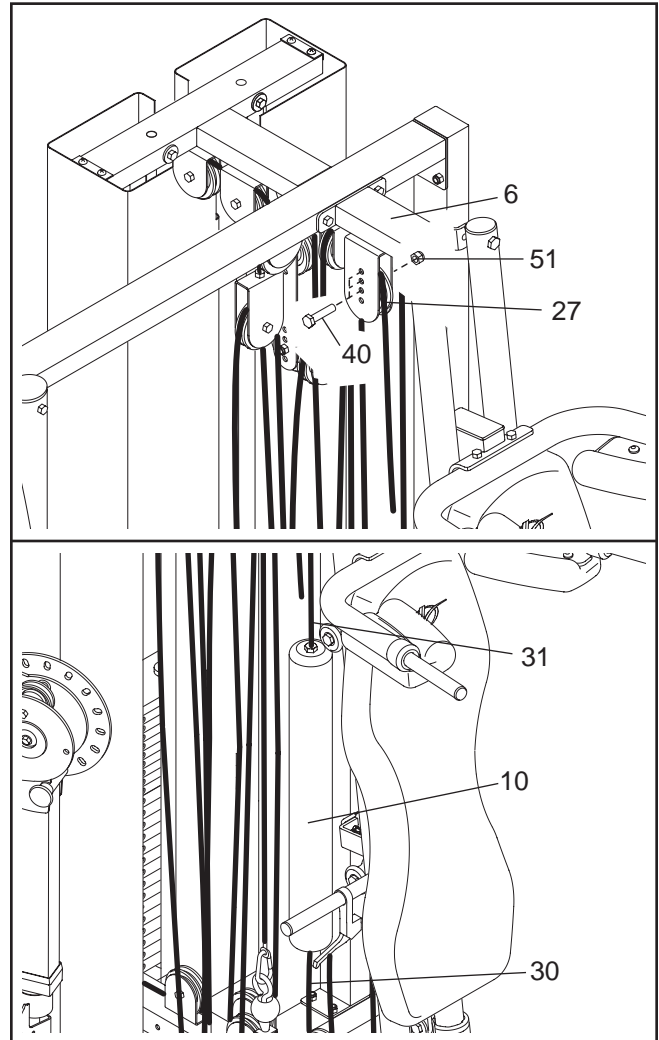
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.

Slack can be removed from the cables by moving the 3 1/2" Pulley (27) to a higher set of holes in the bracket on the Hack Squat Top Frame (6). Remove the M10 Nylon Locknut (51) and the M10 x 46mm Button Head Bolt (40) from the Pulley and Top Frame bracket. Re-attach the Pulley with the Bolt and Locknut.

Additional Slack can be removed by tightening the Medium and Short Cables (30, 31) into the Counterweight (10).

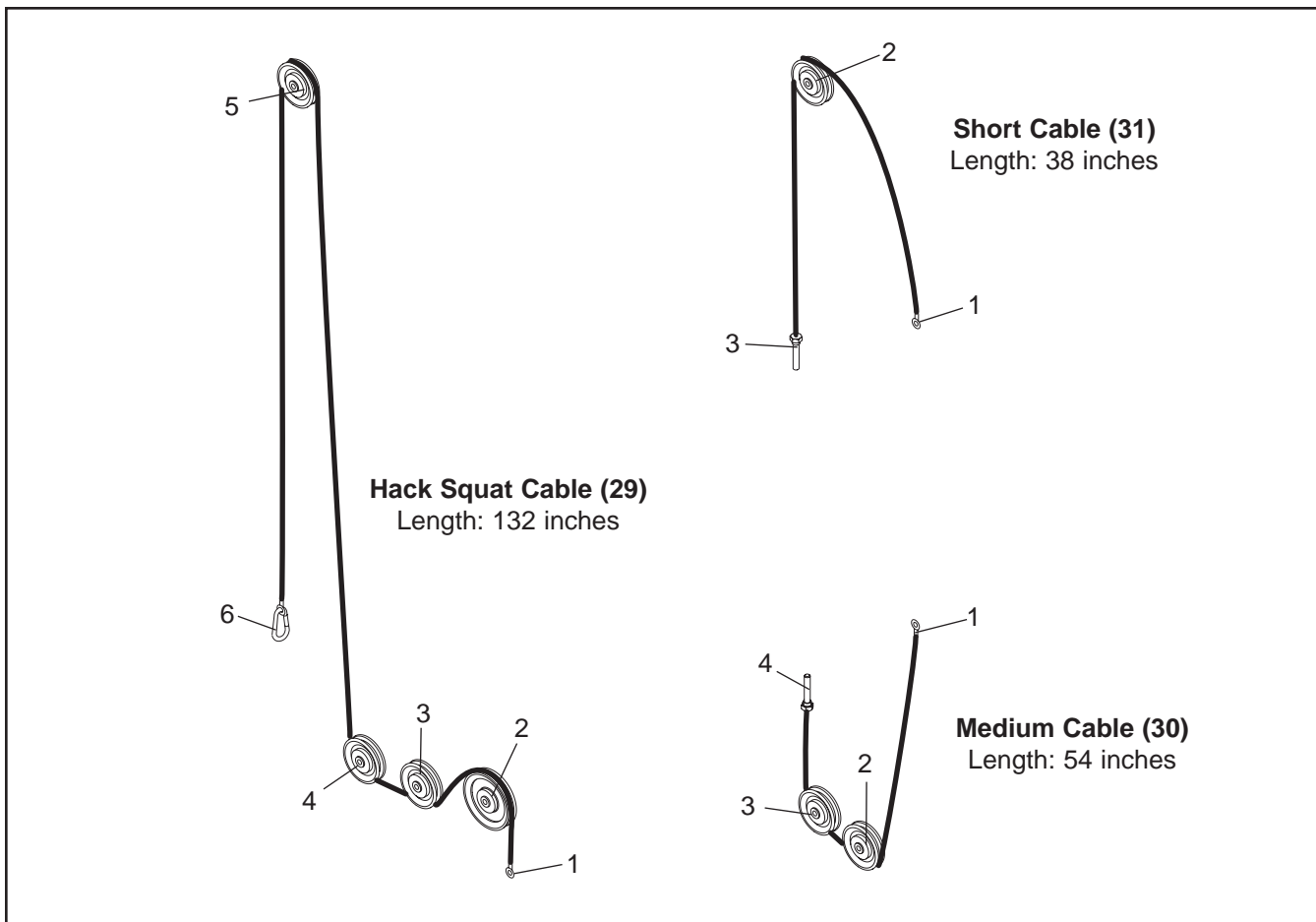
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

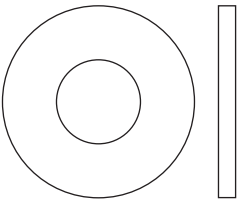
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



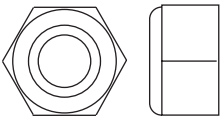
CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Hack Squat Cable (29), the Medium Cable (30), and the Short Cable (31). Use the diagram to make sure that the cables have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable.

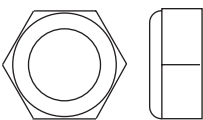




M10 Washer (58)



M10 Nylon Locknut (51)



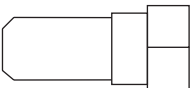
M10 Jam Nut (55)



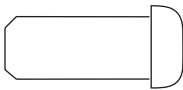
M8 Nylon Locknut (52)



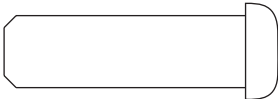
M4 x 16mm Screw (50)



M8 x 19mm Shoulder Bolt (46)



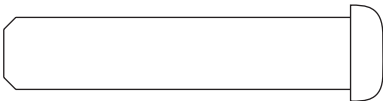
M8 x 19mm Button Head Screw (45)



M10 x 32mm Button Head Bolt (56)



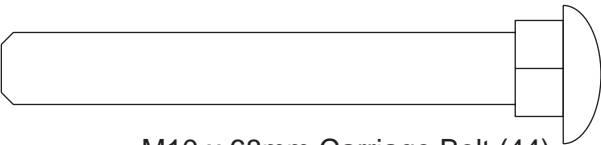
M10 x 38mm Button Head Screw (43)



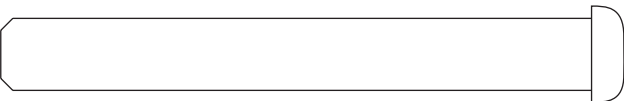
M10 x 46mm Button Head Bolt (40)



M10 x 70mm Button Head Bolt (38)



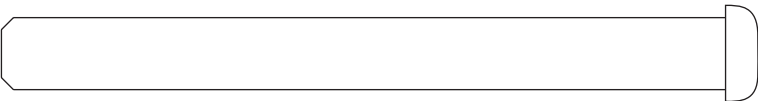
M10 x 68mm Carriage Bolt (44)



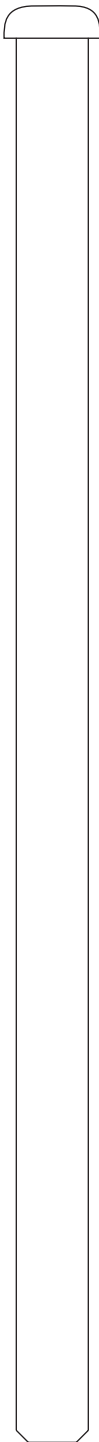
M10 x 78mm Button Head Bolt (41)



M10 x 88mm Button Head Bolt (42)



M10 x 96mm Button Head Bolt (37)



M10 x 186mm Button Head Bolt (39)

PART LIST—Model No. NTS59020

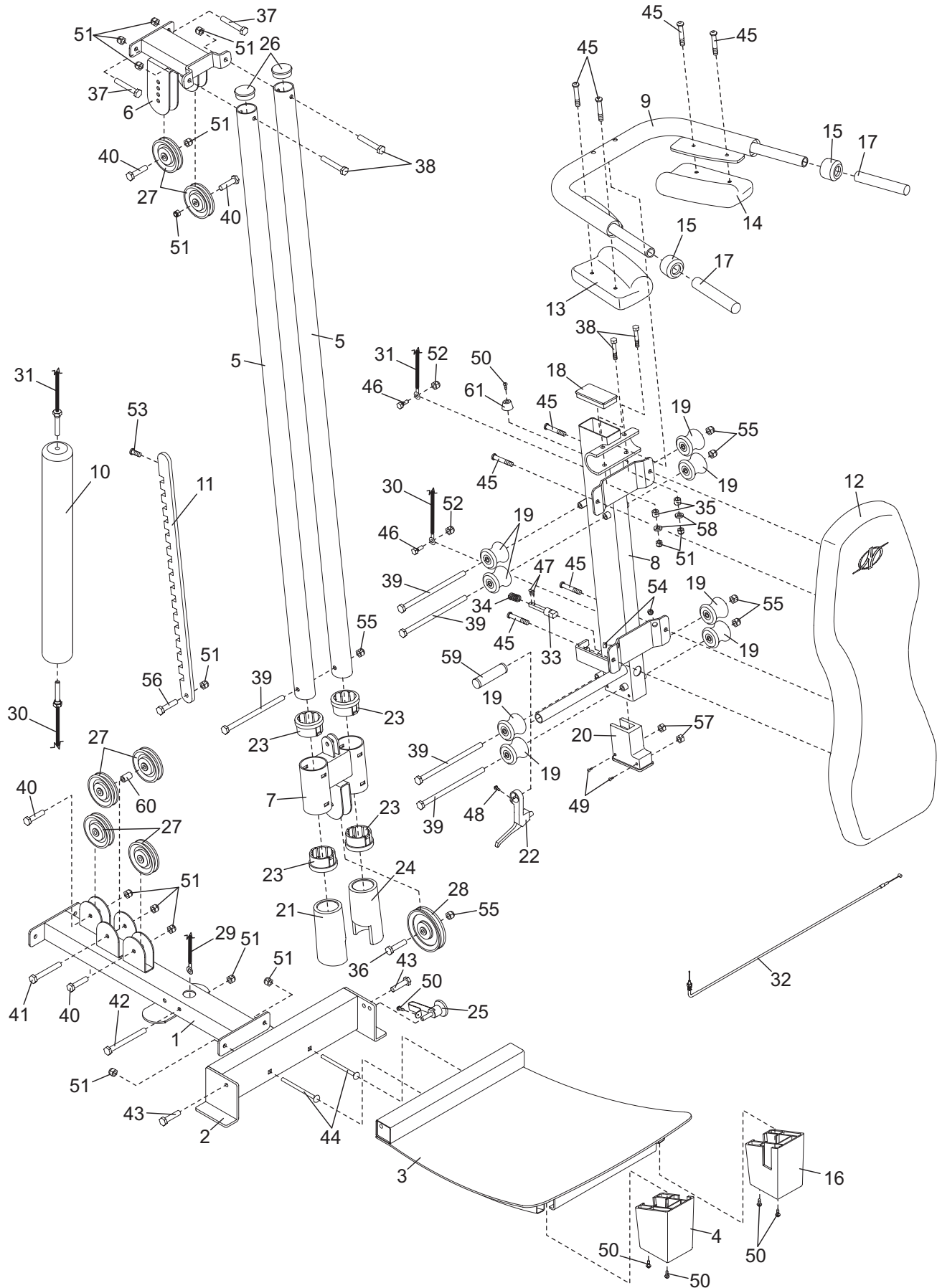
R0403A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hack Squat Base	33	1	Backrest Adjustment Pin
2	1	Hack Squat Stabilizer	34	1	Spring
3	1	Hack Squat Foot Plate	35	2	6mm Spacer
4	1	Right Hack Squat Foot	36	1	M10 x 40mm Button Head Bolt
5	2	Hack Squat Upright	37	2	M10 x 96mm Button Head Bolt
6	1	Hack Squat Top Frame	38	4	M10 x 70mm Button Head Bolt
7	1	Hack Squat Bracket	39	5	M10 x 186mm Button Head Bolt
8	1	Hack Squat Backrest Frame	40	4	M10 x 46mm Button Head Bolt
9	1	Hack Squat Arm	41	1	M10 x 78mm Button Head Bolt
10	1	Counterweight	42	1	M10 x 88mm Button Head Bolt
11	1	Adjustment Bar	43	2	M10 x 38mm Button Head Screw
12	1	Hack Squat Backrest	44	2	M10 x 68mm Carriage Bolt
13	1	Right Shoulder Pad	45	8	M8 x 19mm Button Head Screw
14	1	Left Shoulder Pad	46	2	M8 x 19mm Shoulder Bolt
15	2	Arm Bushing	47	2	#8 x 12mm Screw
16	1	Left Hack Squat Foot	48	1	M6 x 18mm Button Head Screw
17	2	Handgrip	49	2	M6 x 58mm Button Head Bolt
18	1	50mm x 100mm Inner Cap	50	6	M4 x 16mm Screw
19	8	Backrest Wheel	51	15	M10 Nylon Locknut
20	1	Backrest Bushing	52	2	M8 Nylon Locknut
21	1	Right Plastic Cover	53	1	M6 x 21mm Button Head Bolt
22	1	Release Handle	54	2	Grommet
23	4	Bracket Bushing	55	6	M10 Jam Nut
24	1	Left Plastic Cover	56	1	M10 x 32mm Button Head Bolt
25	1	Adjustment Pin Assembly	57	2	M6 Nylon Locknut
26	2	50mm Round Inner Cap	58	2	M10 Washer
27	6	3 1/2" Pulley	59	1	Handle Grip
28	1	4 1/2" Pulley	60	1	6.35mm Spacer
29	1	Hack Squat Cable	61	1	Bumper
30	1	Medium Cable	#	1	User's Manual
31	1	Short Cable	#	1	Large Allen Wrench
32	1	Release Cable	#	1	Small Allen Wrench

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. NTS59020

R0403A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. MST (excluding holidays). Please be prepared to give the following information:

- The MODEL NUMBER of the product (NTS59020)
- The NAME of the product (NordicTrack® STRENGTH CIRCUIT TRAINER weight system attachment)
- 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 in the center of this manual)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® STRENGTH CIRCUIT TRAINER weight system attachment ("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 frame for five years after the date of purchase. ICON warrants all other parts 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