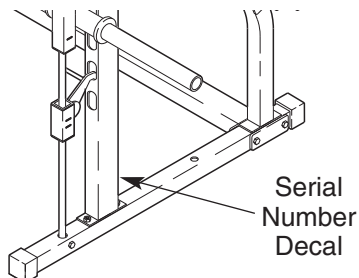


NordicTrack® *GRT 270*

Model No. NTEVBE04911

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

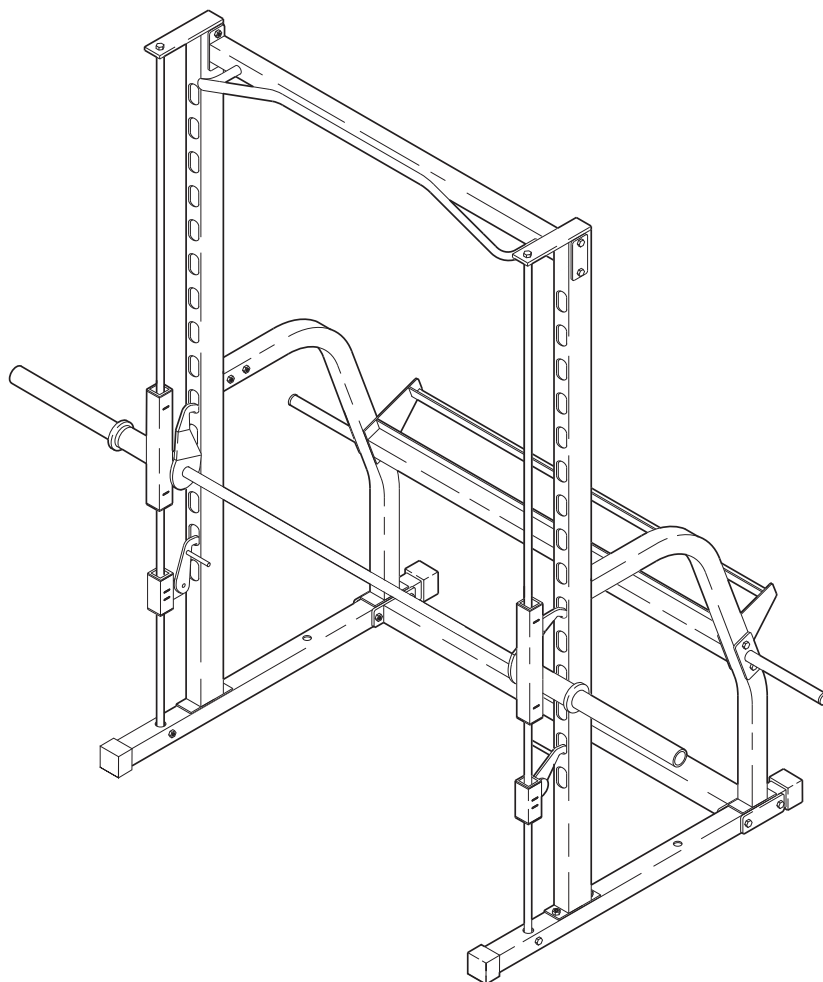
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com



CAUTION

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



Visit our website at

www.iconeurope.com



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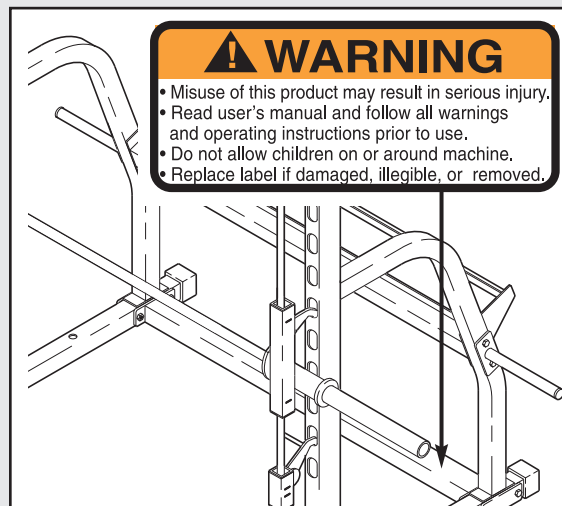
Important Precautions	3
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Note: A Part List/Exploded Drawing is attached in the centre of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Important Precautions

! WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in a commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor or carpet.
5. Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection whilst exercising.
9. Always make sure that there is an equal amount of weight (not included) on each side of the barbell.
10. Always secure your weights (not included) with weight clips when they are mounted on the barbell.
11. Always set both safety spotters at the same height.
12. The weight rack is designed to support a maximum of 254 kg (560 lbs.), including the user, a barbell and weights (not included). Do not place more than 141 kg (310 lbs.), including the barbell, on the weight gliders and safety spotters.
13. If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.
14. The decal shown below has been placed on the weight rack in the indicated location. If the decal is missing or illegible, please call our Customer Service Department to order a free replacement decal. Apply the decal in the indicated location.



! 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.

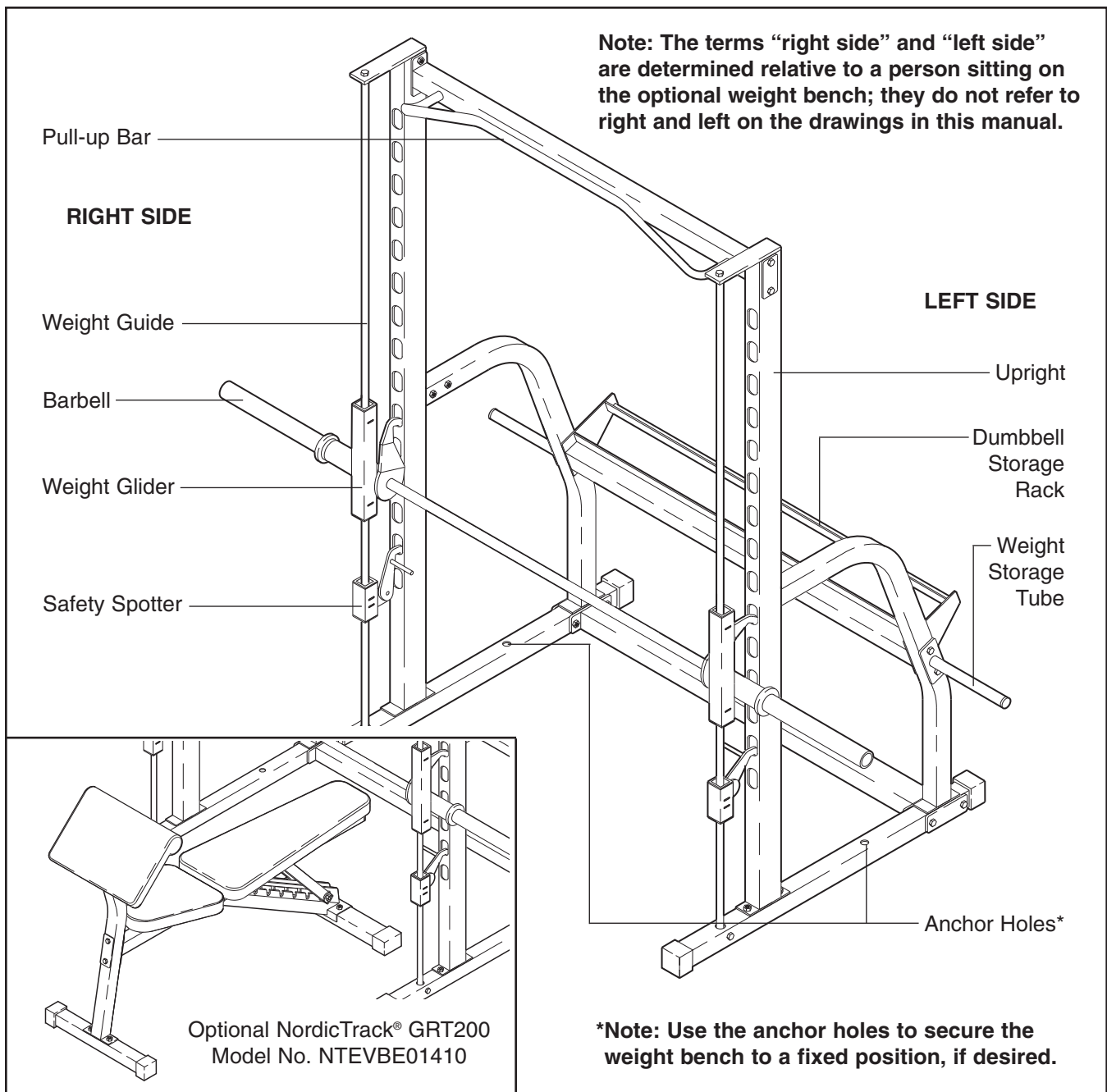
Before You Begin

Thank you for selecting the versatile NordicTrack® GRT 270 weight rack. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the GRT 270 will help you achieve the specific results you want. In addition, the GRT270 can be used with the optional NordicTrack® GRT200 weight bench, shown in the drawing below. To order the GRT200, call 08457 089 009.

For your benefit, read this manual carefully before using the NordicTrack® GRT 270 weight rack. If you

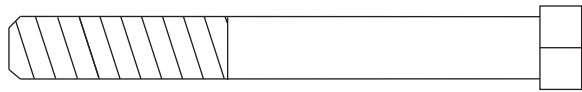
have additional questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please mention the product model number and serial number when calling. The model number is NTEVBE04911. The serial number can be found on a decal attached to the weight rack (see the front cover of this manual).

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

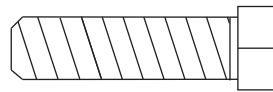


Part Identification Chart

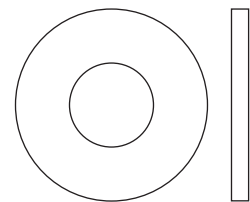
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the Part List is the centre of this manuel. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



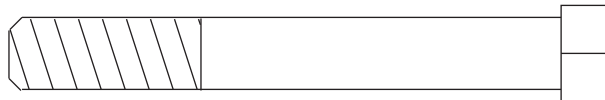
M8 x 70mm Bolt (25)



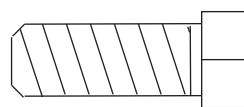
M8 x 30mm Bolt (22)



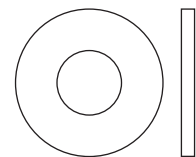
M10 Washer (3)



M10 x 73mm Bolt (29)



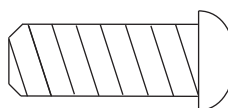
M10 x 25mm Bolt (36)



M8 Washer (35)



M8 x 65mm Carriage Bolt (38)



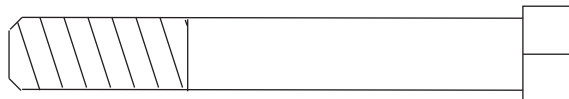
M10 x 25mm Button Head Bolt (27)



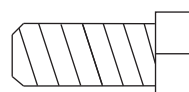
M10 Nylon Locknut (7)



M10 x 67mm Carriage Bolt (24)



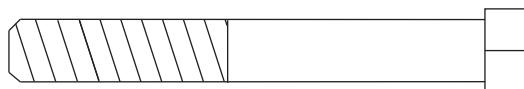
M10 x 68mm Bolt (26)



M8 x 20mm Screw (33)



M8 Nylon Locknut (37)



M8 x 63mm Bolt (23)

Assembly

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight rack can be assembled successfully by anyone. However, it is important to recognise that the weight rack has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- Assembly requires two people.
- As you assemble the weight rack, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying the small parts, use the Part Identification Chart on page 5.

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

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

- **Two adjustable spanners**



- **One rubber mallet**



- **One standard screwdriver**



- **One phillips screwdriver**

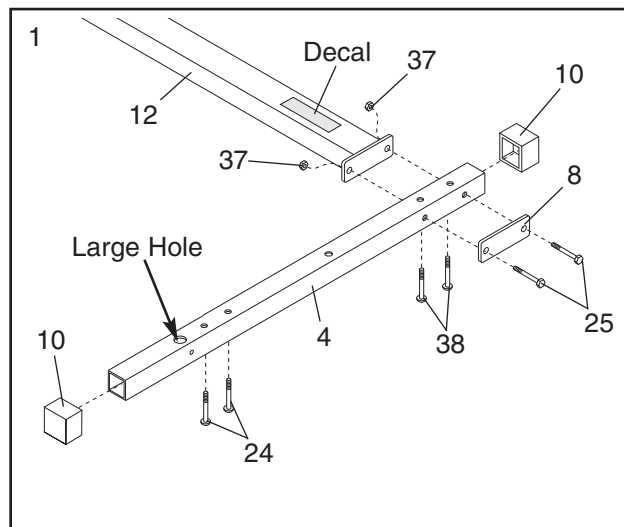


Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. Before beginning, make sure that you understand the information in the box above.

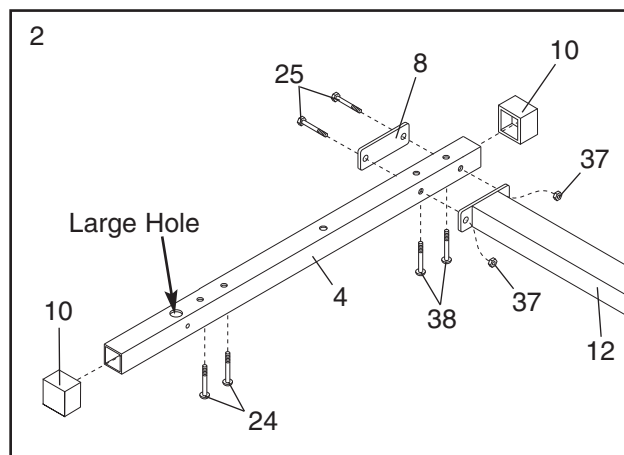
Press a 50mm Square Outer Cap (10) onto each end of a Base (4). Turn the Base so the large hole is in the position shown. Insert two M8 x 65mm Carriage Bolts (38) and two M10 x 67mm Carriage Bolts (24) up into the indicated holes in the Base. Place the Base flat on the floor.

Turn the Base Crossbar (12) so the warning decal is on top. Attach the Base (4) to the Base Crossbar with two M8 x 70mm Bolts (25), a Large Support Plate (8), and two M8 Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**



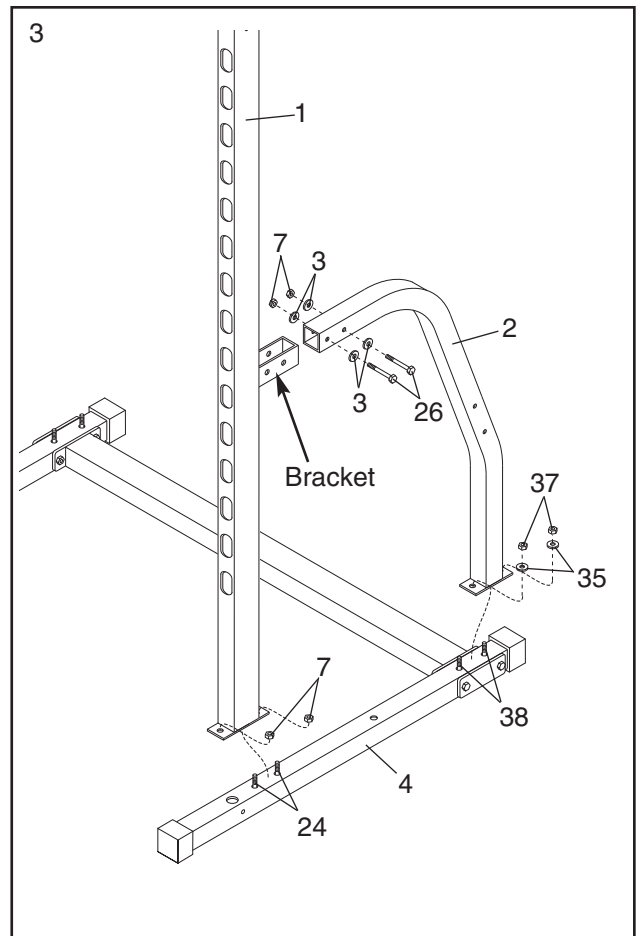
2. Press a 50mm Square Outer Cap (10) onto each end of the other Base (4). Turn the Base so the large hole is in the position shown. Insert two M8 x 65mm Carriage Bolts (38) and two M10 x 67mm Carriage Bolts (24) up into the indicated holes in the Base. Place the Base flat on the floor.

Attach the Base (4) to the Base Crossbar (12) with two M8 x 70mm Bolts (25), a Large Support Plate (8), and two M8 Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**



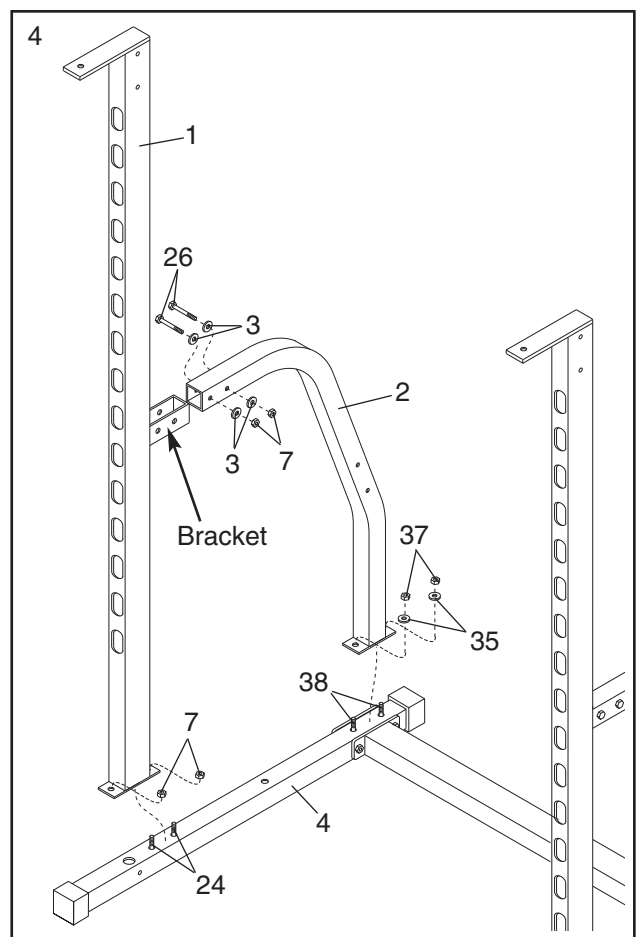
3. Slide a Brace (2) onto the bracket on one of the Uprights (1). Attach the Brace to the Upright with two M10 x 68mm Bolts (26), four M10 Washers (3), and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

Slide the Upright (1) and the Brace (2) onto the M10 x 67mm Carriage Bolts (24) and the M8 x 65mm Carriage Bolts (38) in the left Base (4). Attach the Upright with two M10 Nylon Locknuts (7). Attach the Brace with two M8 Washers (35) and two M8 Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**



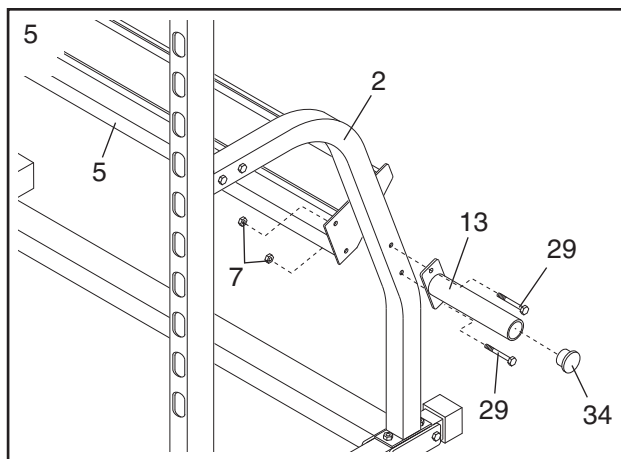
4. Slide the other Brace (2) onto the bracket on the other Upright (1). Attach the Brace to the Upright with two M10 x 68mm Bolts (26), four M10 Washers (3), and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**

Slide the Upright (1) and the Brace (2) onto the M10 x 67mm Carriage Bolts (24) and the M8 x 65mm Carriage Bolts (38) in the right Base (4). Attach the Upright with two M10 Nylon Locknuts (7). Attach the Brace with two M8 Washers (35) and two M8 Nylon Locknuts (37). **Do not tighten the Nylon Locknuts yet.**



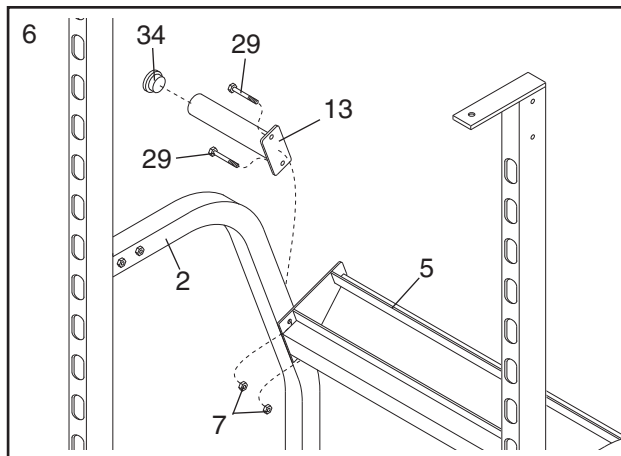
5. Press a 25mm Round Cap (34) into the end of a Weight Storage Tube (13).

Whilst a second person holds the Middle Crossbar (5) in the position shown, attach the Weight Storage Tube (13) and the Middle Crossbar to the left Brace (2) with two M10 x 73mm Bolts (29) and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



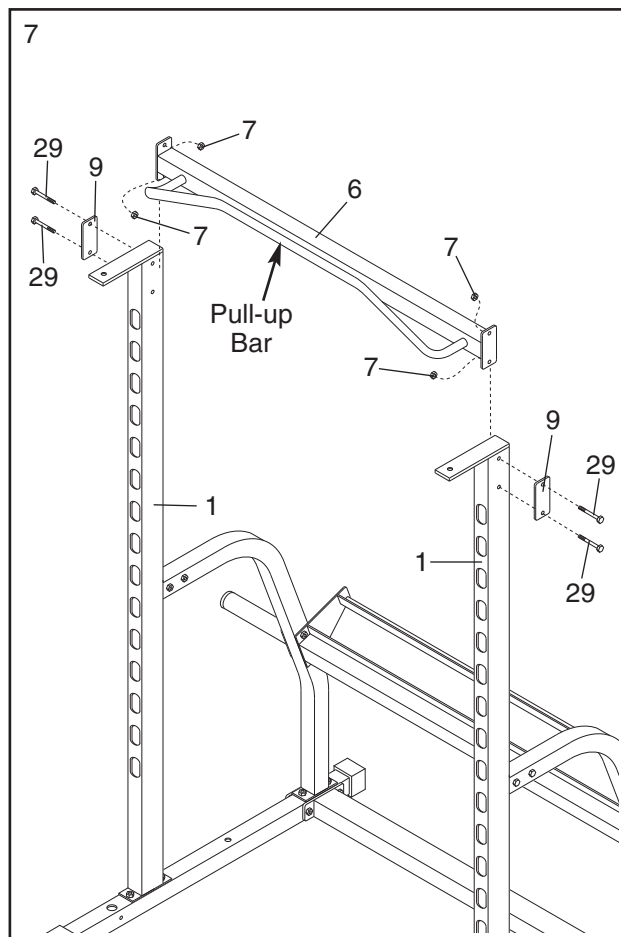
6. Press a 25mm Round Cap (34) into the end of the other Weight Storage Tube (13).

Whilst a second person holds the Middle Crossbar (5), attach the Weight Storage Tube (13) and the Middle Crossbar to the right Brace (2) with two M10 x 73mm Bolts (29) and two M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



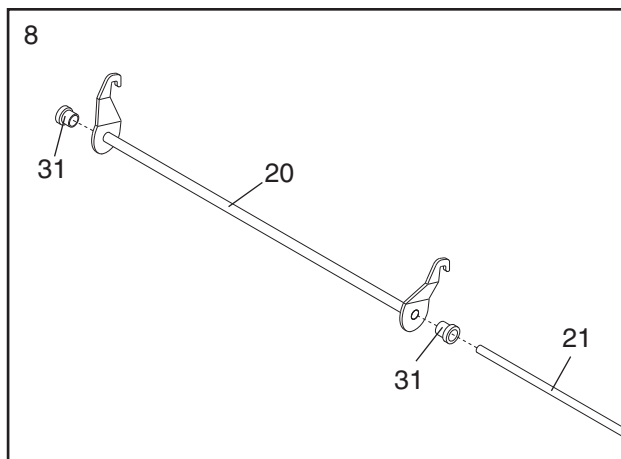
7. Have a second person hold the Top Crossbar (6) between the Uprights (1). Make sure that the pull-up bar is on the side shown.

Attach the Top Crossbar (6) to the Uprights (1) with four M10 x 73mm Bolts (29), two Small Support Plates (9), and four M10 Nylon Locknuts (7). **Do not tighten the Nylon Locknuts yet.**



8. Press a 25mm Bushing (31) into each end of the Locking Bar (20).

Insert the Barbell (21) through the Locking Bar (20) until the Barbell is centred in the Locking Bar.

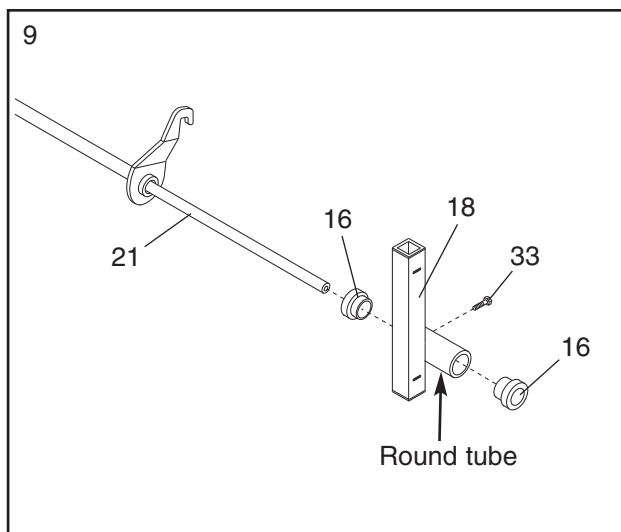


9. Identify the Left Weight Glider (18) by looking at the position of the round tube.

Press a 38mm Bushing (16) into each end of the round tube on the Left Weight Glider (18).

Slide the Left Weight Glider (18) onto the left end of the Barbell (21). **Make sure that the Weight Glider is turned as shown in the drawing.** Secure the Weight Glider to the Barbell with a hand-tightened M8 x 20mm Screw (33).

Attach the Right Weight Glider (not shown) to the right end of the Barbell (21) in the same manner.

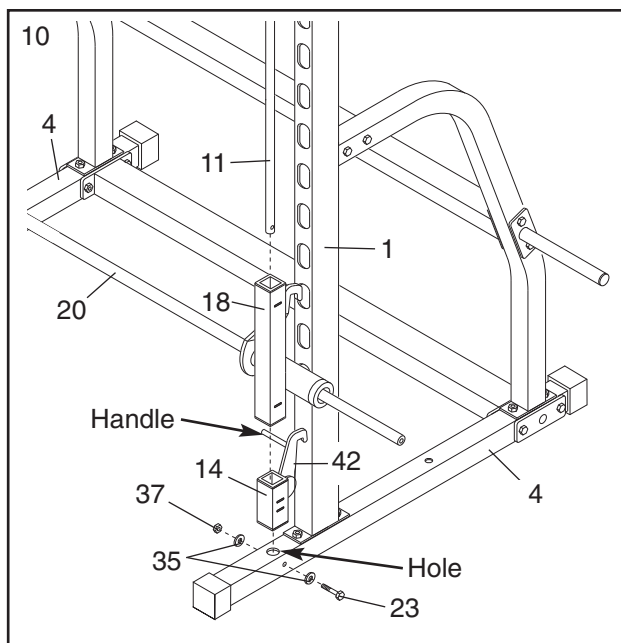


10. Identify the left Safety Spotter (14) by the position of the handle on the Left Spotter Hook (42). Place the left Safety Spotter on the left Base (4) so it is centred over the indicated hole.

Have a second person hold the Locking Bar (20) so that the Left Weight Glider (18) rests on top of the left Safety Spotter (14). Insert a Weight Guide (11) into the Left Weight Glider, the left Safety Spotter, and the hole in the Base (4). **Note: Tilt the Weight Guide away from the Upright (1) as you insert it.**

Attach the Weight Guide (11) to the Base (4) with an M8 x 63mm Bolt (23), two M8 Washers (35), and an M8 Nylon Locknut (37). **Do not tighten the Nylon Locknut yet.**

Attach the right Safety Spotter (not shown) and the Right Weight Glider (not shown) to the right Base (4) in the same manner.

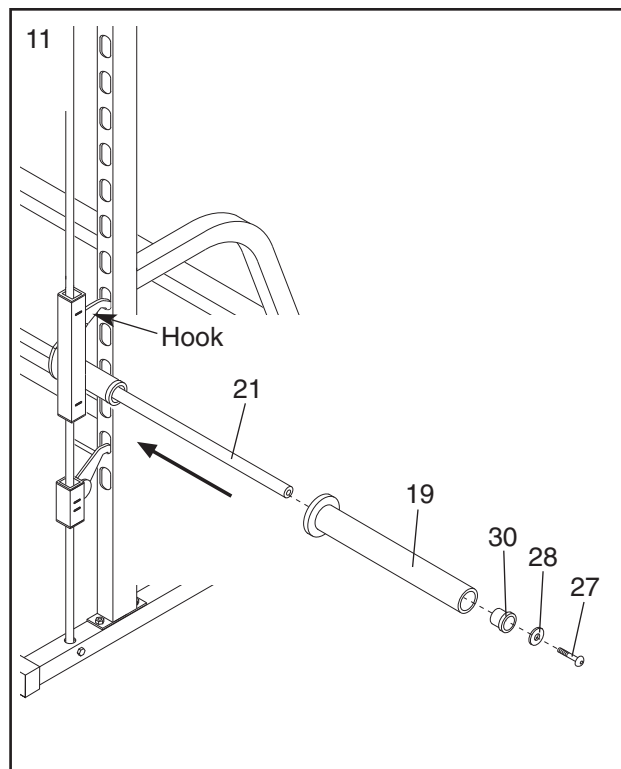


11. **Note:** If you are not planning to use Olympic weights with the weight rack, centre the Barbell (21), and tighten the M8 x 20mm Screws (33) used in step 9. Then proceed to step 12. Keep the two Weight Adapters (19) in a safe place in case you need them in the future.

Fully engage the indicated hook on both sides of the weight rack before beginning this step.

Insert a 48mm Bushing (30) into the end of a Weight Adapter (19). With a second person holding the Barbell (21) so that it cannot turn, use the hex key to secure the Weight Adapter to the Barbell with a Large Washer (28) and an M10 x 25mm Button Head Bolt (27). **Note: The Large Washer must fit into the indentation in the 48mm Bushing in the Weight Adapter.**

Pull the remaining length of the Barbell (21) in the direction shown. **Next, tighten the M8 x 20mm Screws (33) used in step 9.** Attach the other Weight Adapter (19) to the other end of the Barbell (21) in the same manner.

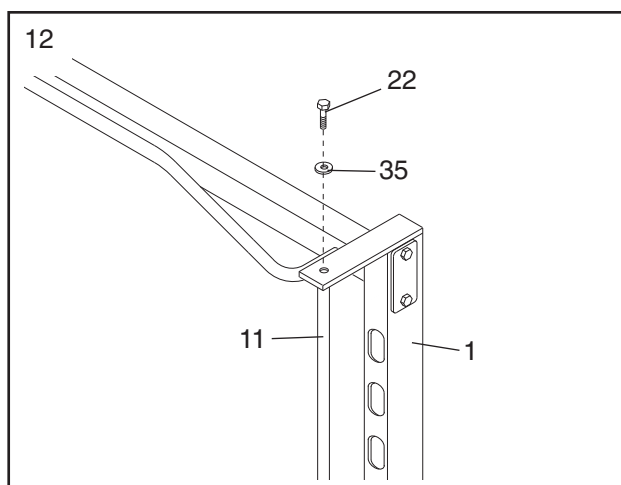


12. Attach the upper end of one of the Weight Guides (11) to the bracket on the Upright (1) with an M8 x 30mm Bolt (22) and an M8 Washer (35).

Attach the other Weight Guide (not shown) to the other Upright (not shown) in the same manner.

Tighten all of the nylon locknuts used in steps 1 to 10.

13. **Make sure that all parts are properly tightened before you use the weight rack.** The use of all remaining parts will be explained in Adjusting the Weight Rack starting on the following page.



Adjusting the Weight Rack

This section explains how the weight rack is adjusted. See the Exercise Guidelines on page 12 for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

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

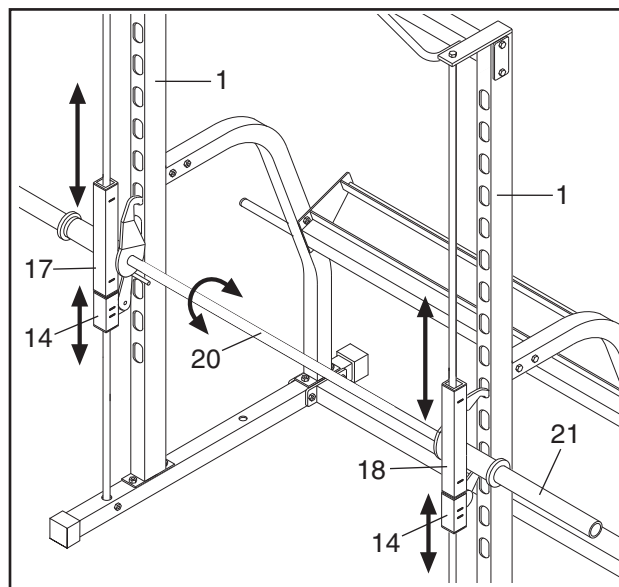
USING THE LOCKING BAR AND SAFETY SPOTTERS

Before starting an exercise, position the Barbell (21) and the Safety Spotters (14) in the correct position for that exercise.

To do this, stand in front of the cage and grip the Locking Bar (20) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Uprights (1). Move the Locking Bar to a new position and turn the Locking Bar until the hooks engage the slots in the Uprights.

Note: Always start an exercise with the Barbell (21) positioned at the lowest point to which it will move during the exercise.

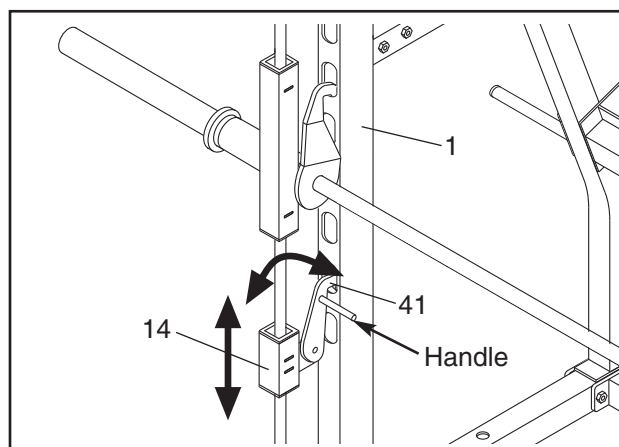
Position both Safety Spotters (14) directly under the Weight Gliders (17, 18).



USING THE SAFETY SPOTTERS

To move a Safety Spotter (14) to a new position, grip the handle on one side of the Spotter Hook (41, 42 [not shown]) and pull the Spotter Hook out of the slot in the Upright (1). Raise or lower the Safety Spotter to a new position and turn the Spotter Hook until it engages one of the slots in the Upright.

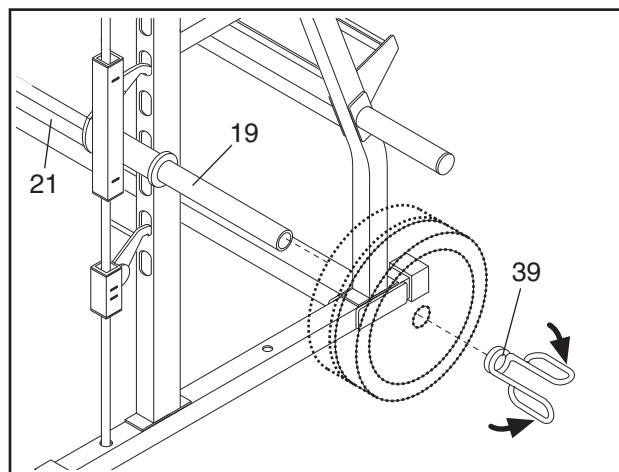
⚠ WARNING: Always set both Safety Spotters (14) at the same height.



ATTACHING WEIGHTS TO THE BARBELL

To use the Barbell (21), slide the desired amount of weight (not included) onto each end of the Barbell. Secure the weights with the Large Weight Clips (39). Note: To use standard weights, the Weight Adapters (19) should be removed from the Barbell. Attach weights to the Barbell with the Small Weight Clips (not shown).

⚠ WARNING: Do not place more than 118 kg (260 lbs.) on the Barbell (21). Always secure the weights with Weight Clips (39, 40) when they are on the Barbell. Always place the same amount of weight on each side of the Barbell.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

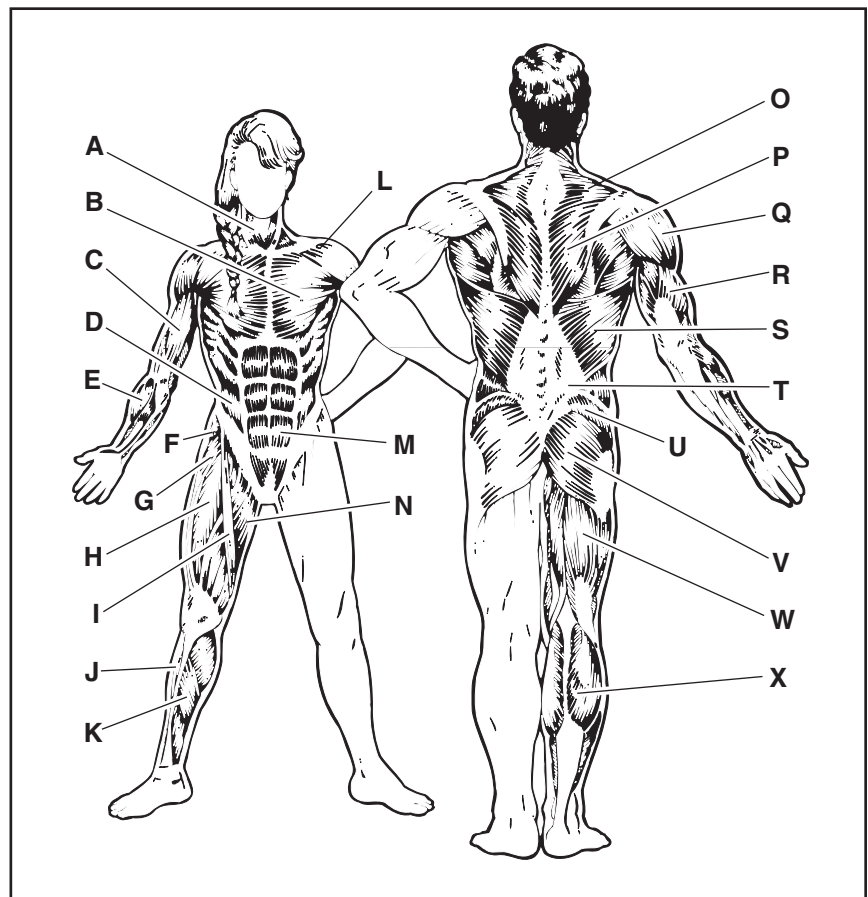
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 23 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

Muscle Chart

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY **AEROBIC EXERCISE**

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY **AEROBIC EXERCISE**

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

Ordering Replacement Parts

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

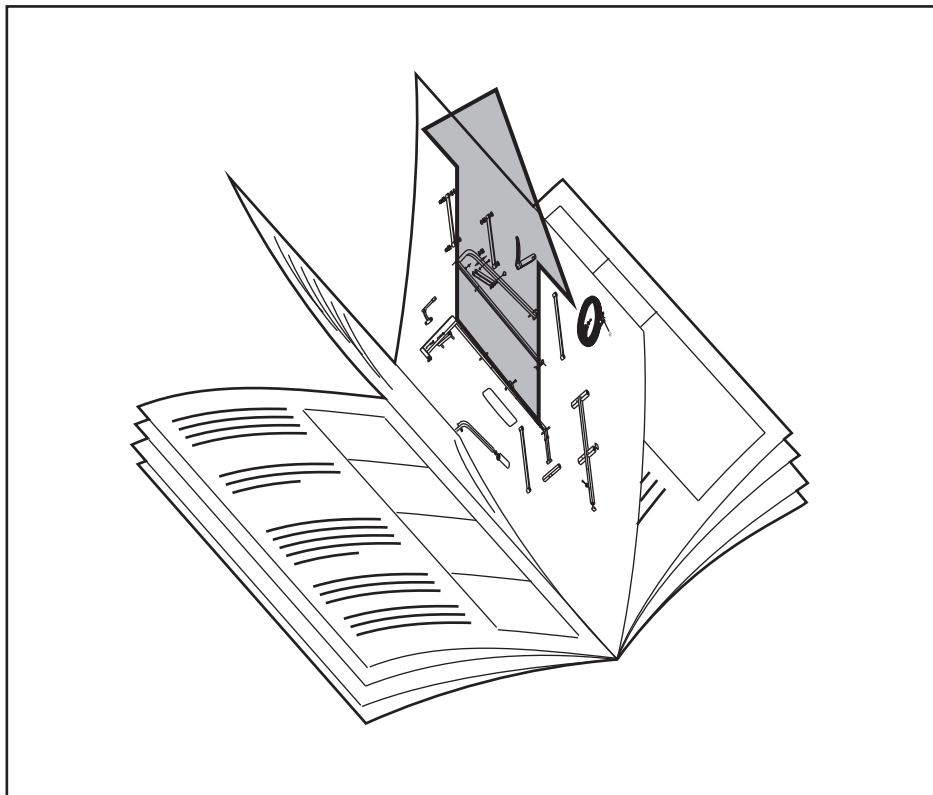
Outside the UK: 0 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (NTEVBE04911)
- The NAME OF THE PRODUCT (NordicTrack® GRT 270 weight rack)
- 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 the Exploded Drawing at the centre of the manual)

**REMOVE THIS PART LIST/EXPLODED DRAWING
FROM THE MANUAL**

**SAVE THIS PART LIST/EXPLODED DRAWING AND THE USER'S MANUAL
FOR FUTURE REFERENCE**



Part List—Model No. NTEVBE04911

R0803A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	24	4	M10 x 67mm Carriage Bolt
2	2	Brace	25	4	M8 x 70mm Bolt
3	8	M10 Washer	26	4	M10 x 68mm Bolt
4	2	Base	27	2	M10 x 25mm Button Head Bolt
5	1	Middle Crossbar	28	2	Large Washer
6	1	Top Crossbar	29	8	M10 x 73mm Bolt
7	18	M10 Nylon Locknut	30	2	48mm Bushing
8	2	Large Support Plate	31	2	25mm Bushing
9	2	Small Support Plate	32	8	45mm x 45mm Bushing
10	4	50mm Square Outer Cap	33	2	M8 x 20mm Screw
11	2	Weight Guide	34	2	25mm Round Cap
12	1	Base Crossbar	35	10	M8 Washer
13	2	Weight Storage Tube	36	2	M10 x 25mm Bolt
14	2	Safety Spotter	37	10	M8 Nylon Locknut
15	0	Not Used	38	4	M8 x 65mm Carriage Bolt
16	4	38mm Bushing	39	2	Large Weight Clip
17	1	Right Weight Glider	40	2	Small Weight Clip
18	1	Left Weight Glider	41	1	Right Spotter Hook
19	2	Weight Adapter	42	1	Left Spotter Hook
20	1	Locking Bar	#	1	User's Manual
21	1	Barbell	#	1	Exercise Guide
22	2	M8 x 30mm Bolt	#	1	Hex Key
23	2	M8 x 63mm Bolt			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

Exploded Drawing—Model No. NTEVBE04911

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