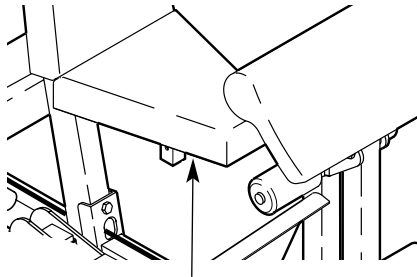


# NordicTrack® GRT 490

Model No. 831.159760

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

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



Serial Number Decal

EXERCISE  
EQUIPMENT

QUESTIONS

HELPLINE!

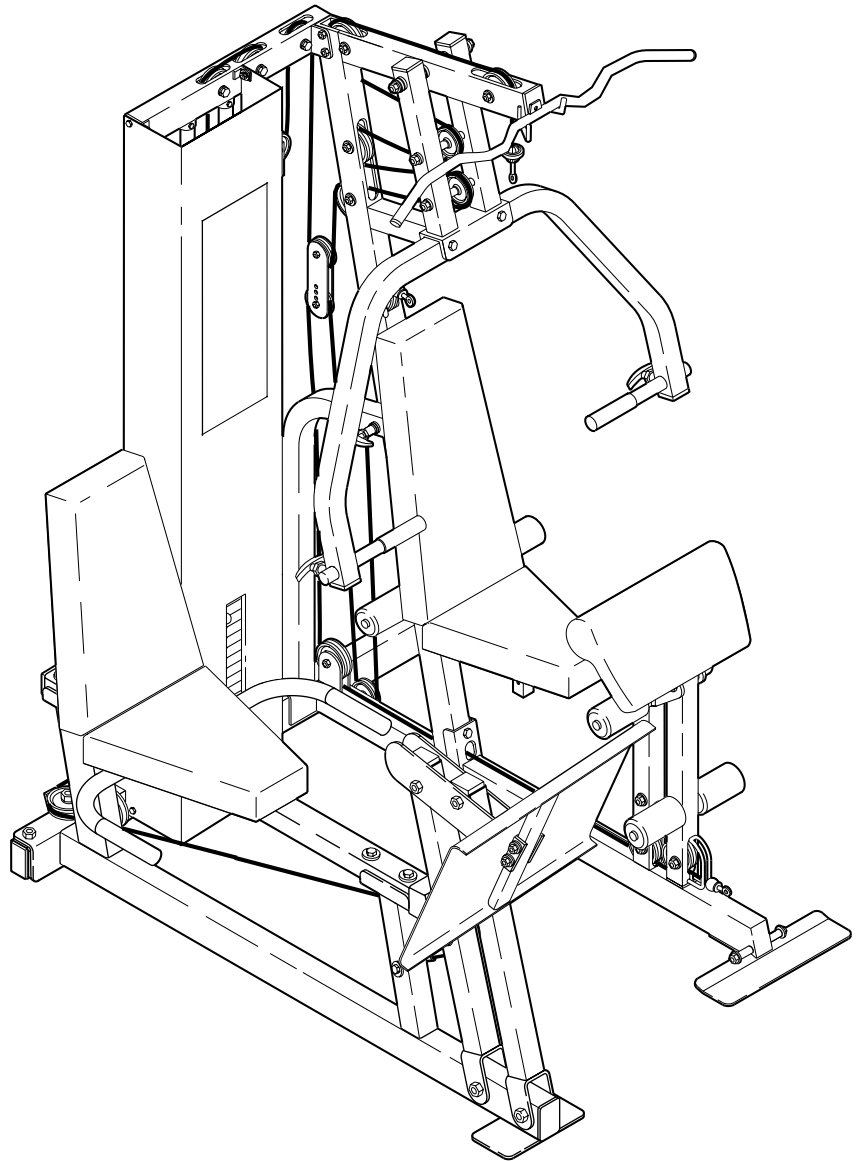
1-800-736-6879

SEARS, ROEBUCK AND CO.  
HOFFMAN ESTATES, IL 60179

## ⚠ CAUTION

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

## USER'S MANUAL



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

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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.

# Important Precautions

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

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
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 a commercial, rental or institutional setting.
4. Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor or carpet.
5. Make sure all parts are properly tighten each time you use the weight system. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight system at all times.
7. The weight system is designed to be used by only one person at a time.
8. Always wear athletic shoes for foot protection when exercising.
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 stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. Never release the press arm, leg lever, lat bar, leg press, ab strap, or ankle strap while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar from the weight system when performing an exercise that does not use it.
14. 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. SEARS 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 weight system in the locations shown on page 4. Note that decal number 1 has been placed in two locations. If a decal is missing or illegible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time, to order a free replacement decal. Place the decal on the weight system in the location shown.

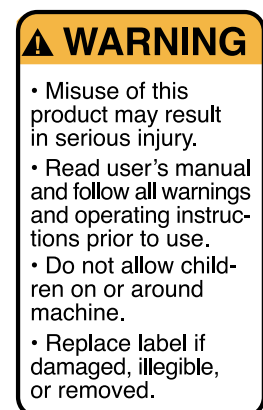
Warning Decal No. 1



Warning Decal No. 2



Warning Decal No. 3



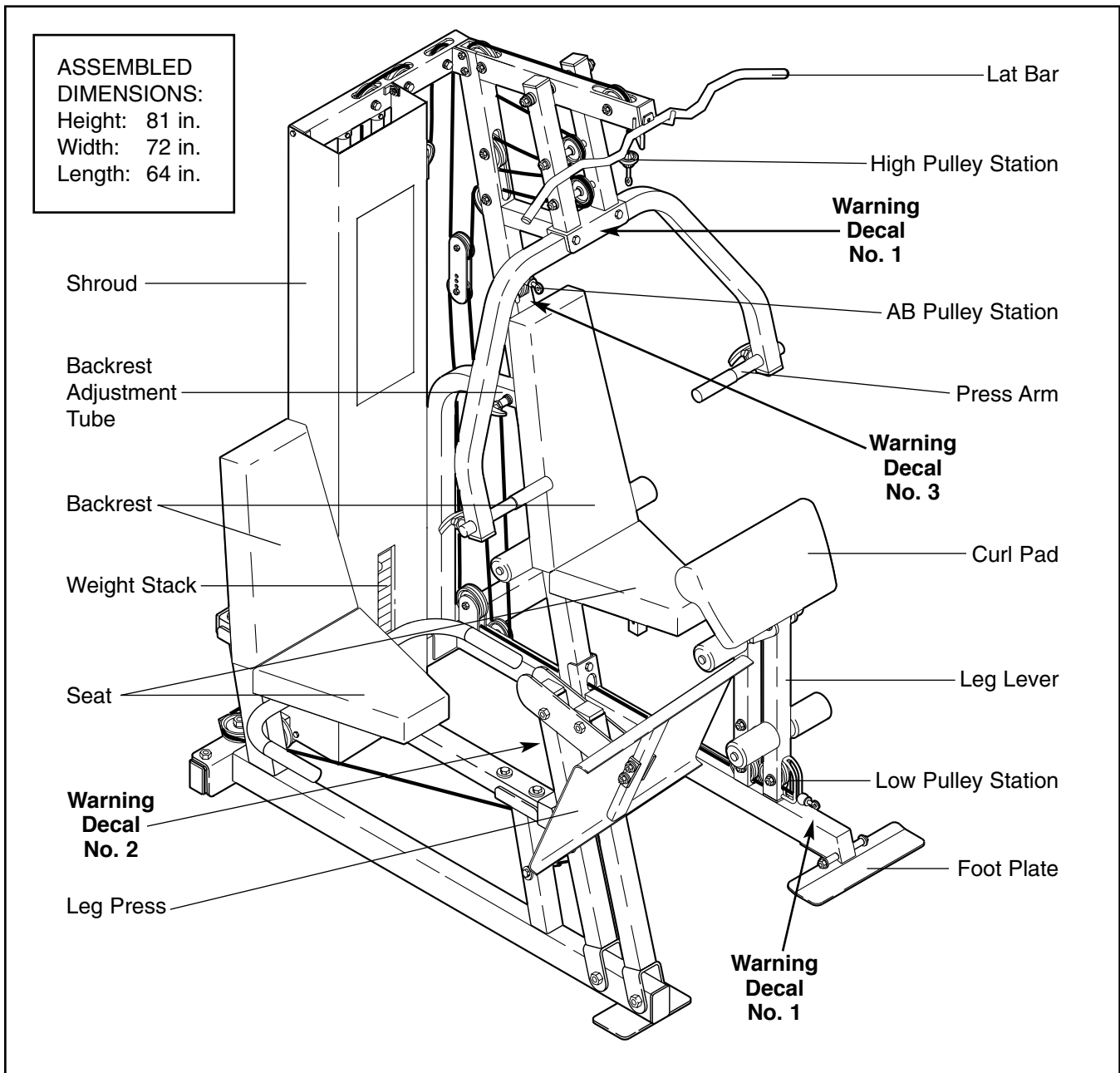
# Before You Begin

Thank you for selecting the versatile NordicTrack® GRT 490 weight system. The NordicTrack® GRT 490 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 NordicTrack® GRT 490 will help you to achieve the results you want.

questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time. To help us assist you, please note the product model number and serial number before calling. The model number is 831.159760. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**For your benefit, read this manual carefully before using the weight system. If you have additional**

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



# Assembly

## Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight 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 weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight 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 weight system over a couple of evenings.



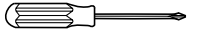

## Select a Location for the Weight System

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

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four 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 weight 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 adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One 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 weight system, orient all parts 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 toll-free HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time.

## The Four Stages of the Assembly Process

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

**Arm Assembly**—During this stage you will assemble the press arm and the leg lever, handles, and leg press.

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

**Seat Assembly**—During this stage you will assemble the seats, the backrests, the curl pad, the shroud, 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" x 3" Inner Cap (24) into the Main Upright (3) in the indicated location.

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

Inset three 3/8" x 3 3/4" Carriage Bolts (52) and a 3/8" x 5" Carriage Bolt (82) into the indicated holes in the Stabilizer (5).

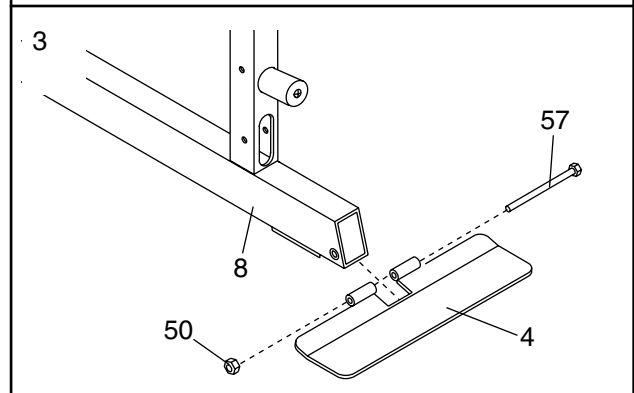
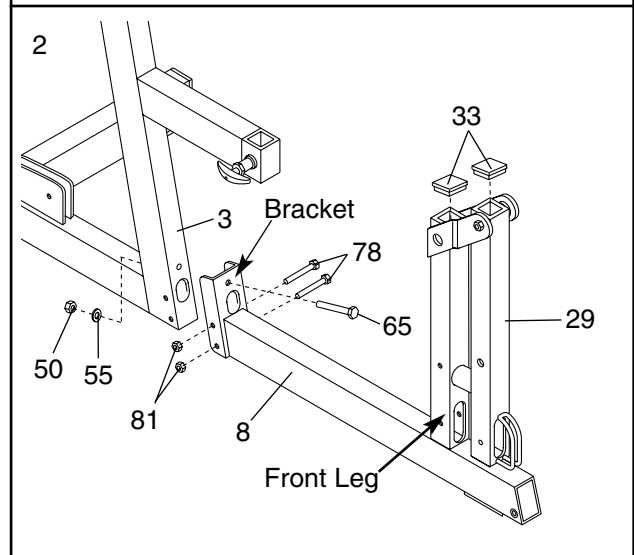
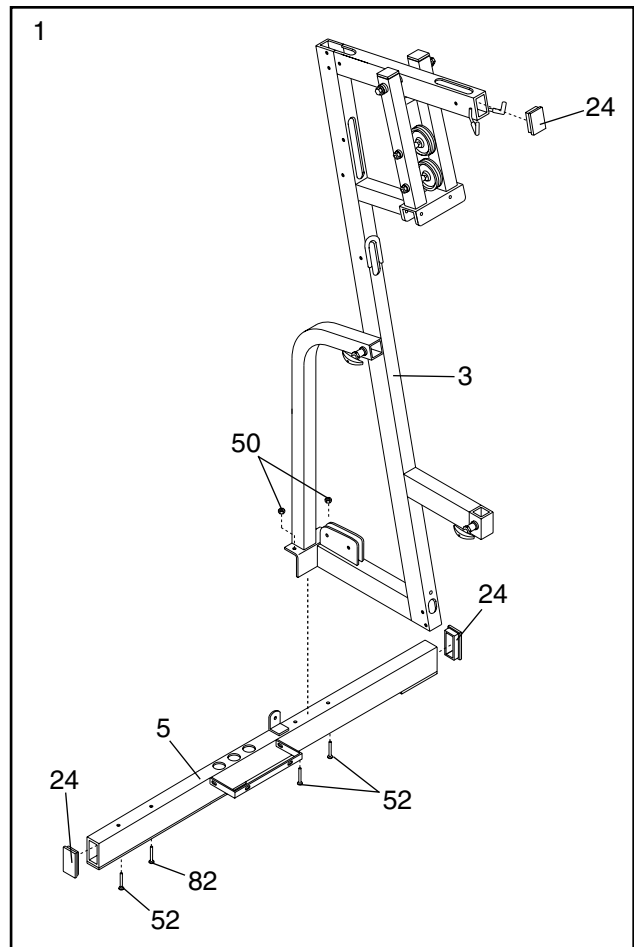
Attach the Main Upright (3) to the Stabilizer (5) with the two indicated 3/8" x 3 3/4" Carriage Bolts (52) and two 3/8" Nylon Locknuts (50). **Do not tighten the Nylon Locknuts yet.**

2. Press 2" Square Inner Caps (33) into the Leg Lever (29) and the front leg on the Base (8) as shown. **Note: Do not insert the 2" Square Inner Cap fully into the Base; it will need to be removed later to attach the Curl Post (not shown).**

Align the bracket on the Base (8) with the 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.**

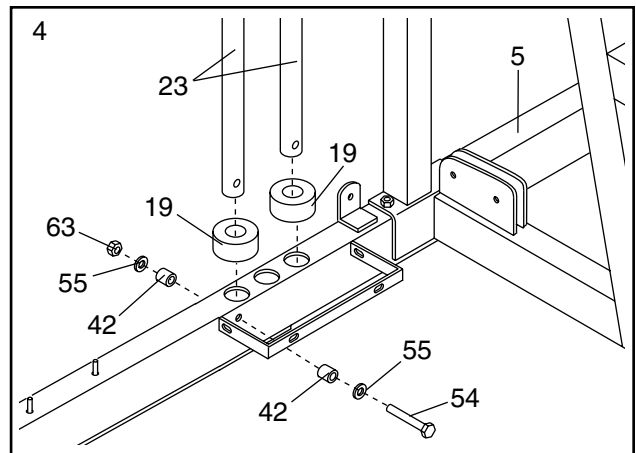
Insert two 5/16" x 3" Bolts (78) into the Base (8) and the Main Upright (3) and finger tighten a 5/16" Nylon Locknut (81) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**

3. Attach the Foot Plate (4) to the Base (8) with a 3/8" x 5 1/2" Bolt (57) and a 3/8" Nylon Locknut (50).



- Place two Weight Bumpers (19) over the indicated holes in the Stabilizer (5). Insert the two Weight Guides (23) into the Weight Bumpers and the Stabilizer.

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).



- 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.**

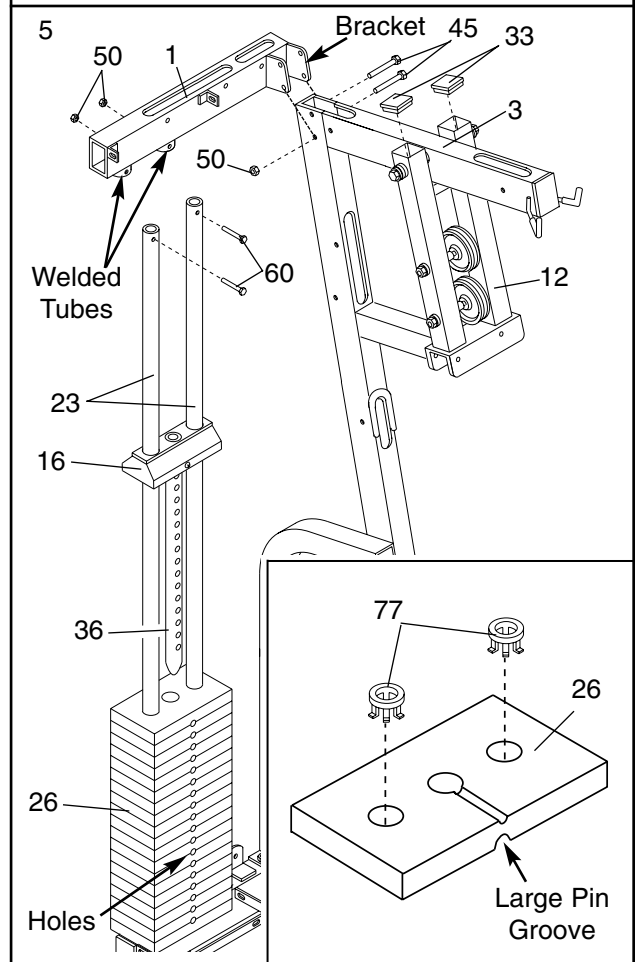
Slide all nineteen Weights (26) onto the Weight Guides (23). **Make sure the Weights are oriented correctly. The holes must be on the side shown.**

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

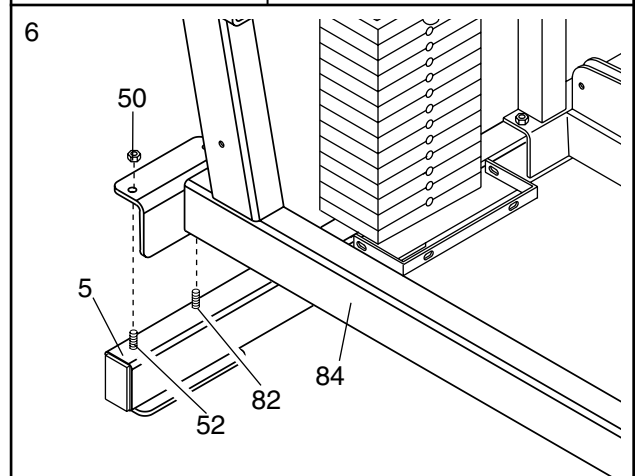
Slide the welded tubes on the Top Frame (1) over the upper ends of the Weight Guides (23). Align the bracket on the Top Frame with the indicated holes in the Main Upright (3). Insert two 3/8" x 3" Bolts (45) into the holes. Thread a 3/8" Nylon Locknut (50) onto the lower Bolt. **Do not thread a Locknut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

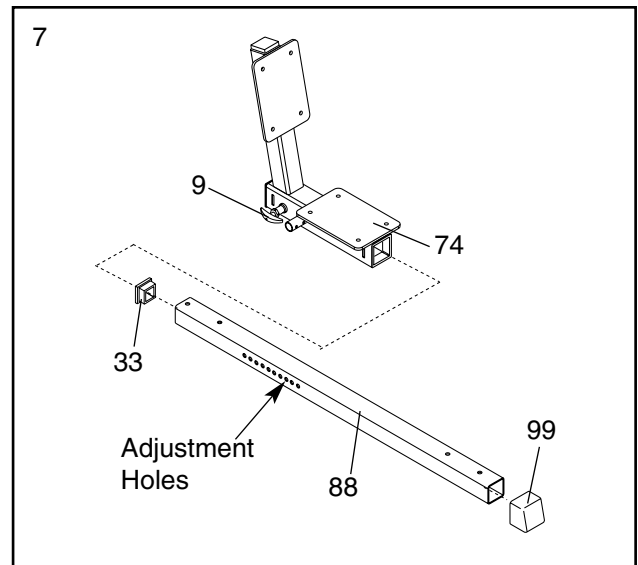


- Slide the Leg Press Base (84) onto the 3/8" x 3 3/4" Carriage Bolt (52) and the 3/8" x 5" Carriage Bolt (82) in the end of the Stabilizer (5). Tighten a 3/8" Nylon Locknut (50) onto the 3/8" x 3 3/4" Carriage Bolt. **Do not place a Nylon Locknut on the 3/8" x 5" Carriage Bolt yet.**



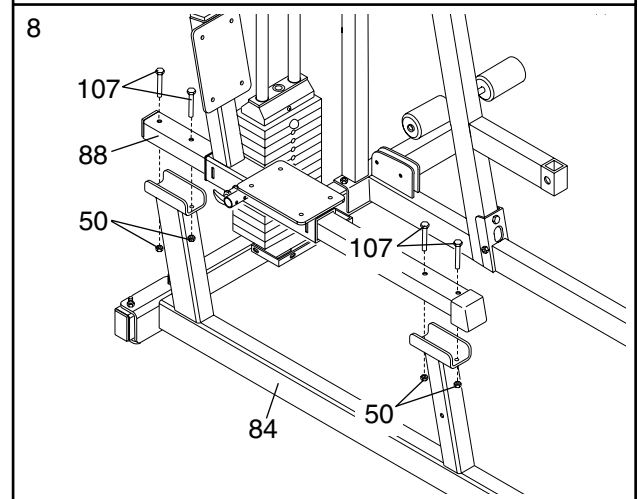
7. Turn the Adjustment Knob (9) on the Sliding Seat Frame (74) counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Seat Frame Channel (88) into the Sliding Seat Frame. Release the Knob and let it snap into one of the adjustment holes in the Seat Frame Channel. Tighten the Knob fully.

Press a 2" Square Inner Cap (33) and an Angle Cap (99) onto the indicated ends of the Seat Frame Channel (88).



8. Attach the Seat Frame Channel (88) to the Leg Press Base (84) with four 3/8" x 3" Carriage Bolts (107) and four 3/8" Nylon Locknuts (50).

**Tighten the Nylon Locknuts used in steps 1–2.**

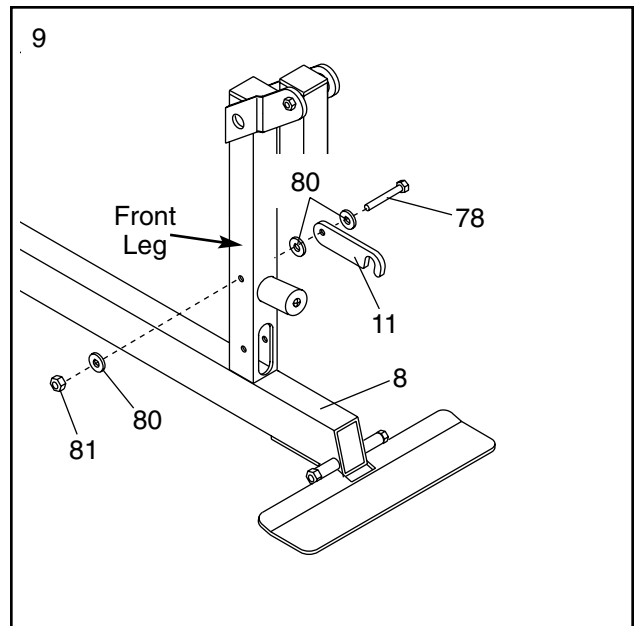




# Arm Assembly

## 9. Open the parts bags labeled "ARM ASSEMBLY".

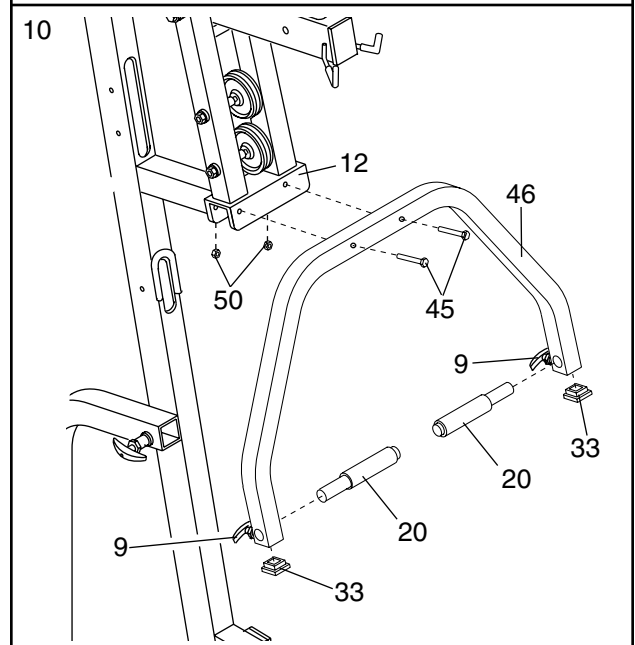
Attach the Leg Lever Lock (11) to the front leg of the Base (8) with a 5/16" x 3" Bolt (78), three 5/16" Flat Washers (80), and a 5/16" Nylon Locknut (81). **Do not overtighten the Nylon Locknut; the Leg Lever Lock must pivot easily.**



## 10. Attach the Press Arm (46) to the Press Frame (12) with two 3/8" x 3" Bolts (45) and two 3/8" Nylon Locknuts (50).

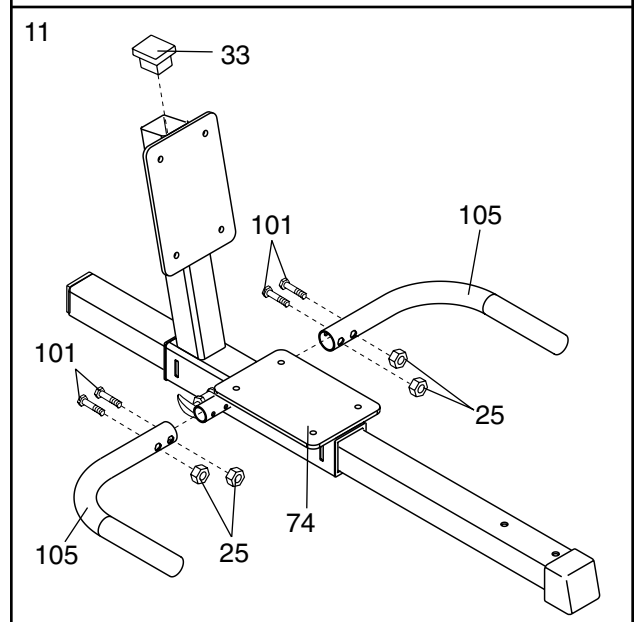
Insert a 2" Square Inner Cap (33) into each end of the Press Arm (46).

Turn one of the Adjustment Knobs (9) on the Press Arm (46) counterclockwise to loosen it. Pull out the Knob as far as possible and slide a Handle (20) into the Press Arm. Release the Knob and let it snap into one of the adjustment holes in the Handle. Tighten the Knob fully. Repeat for the other Handle.



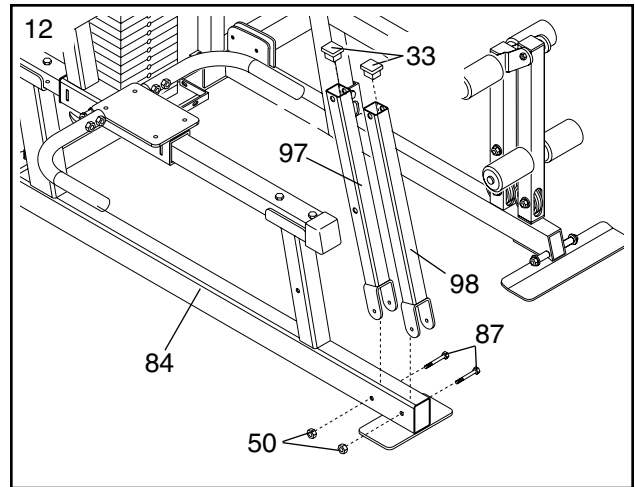
## 11. Attach the Handles (105) to the Sliding Seat Frame (74) with four 1/4" x 1 1/2" Bolts (101) and four 1/4" Nylon Locknuts (25).

Press a 2" Square Inner Cap (33) into the indicated end of the Sliding Seat Frame (74).

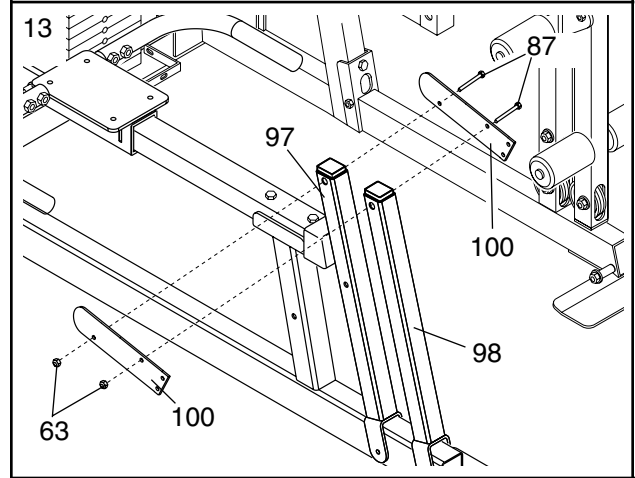


12. Attach the Rear and Forward Leg Press Uprights (97, 98) to the Leg Press Base (84) with two 3/8" x 3 1/4" Bolts (87) and two 3/8" Nylon Locknuts (50). **Note: The Rear Leg Press Upright (97) has an extra hole in it.**

Press two 2" Square Inner Caps (33) into the Rear and Forward Leg Press Uprights (97, 98).

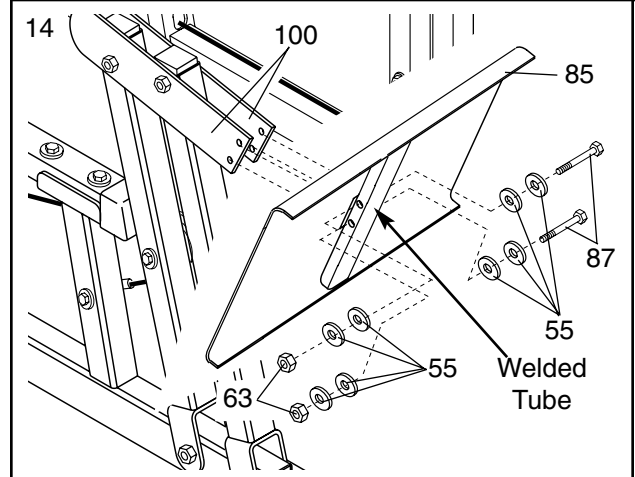


13. Attach the Leg Press Attachments (100) to the Rear and Forward Leg Press Uprights (97, 98) with two 3/8" x 3 1/4" Bolts (87) and two 3/8" Nylon Jamnuts (63).



14. Attach the Leg Press Plate (85) to the Leg Press Attachments (100) with two 3/8" x 3 1/4" Bolts (87), eight 3/8" Flat Washers (55), and two 3/8" Nylon Jamnuts (63).

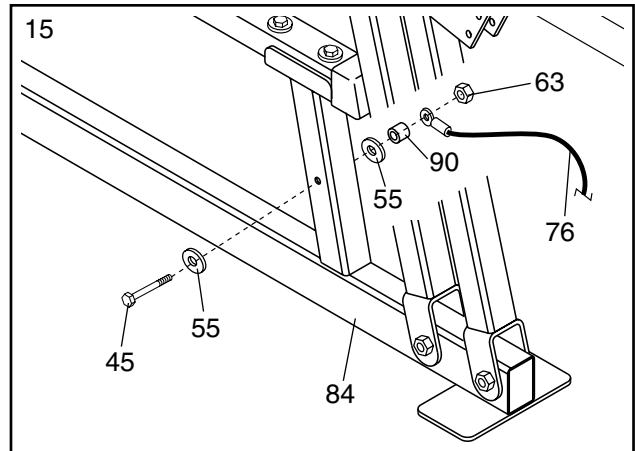
**Note: All of the eight 3/8" Flat Washers (55) must be between the Leg Press Attachments (100) and the welded tube on the Leg Press Plate (85).**



# Cable Assembly

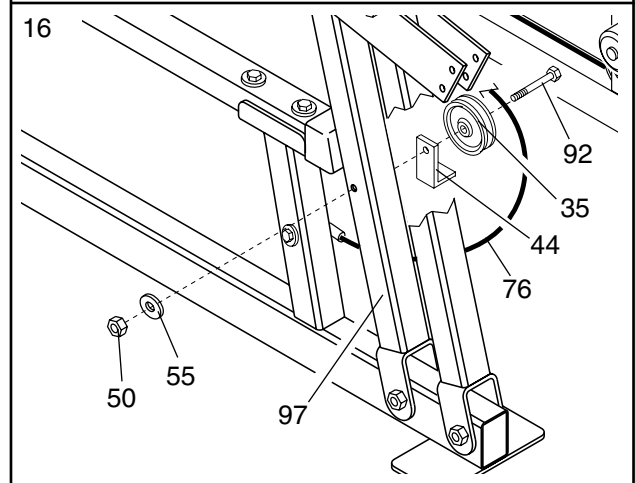
15. Open the parts bags labeled “CABLE ASSEMBLY” and “4 PULLEYS.” Refer to the Cable Diagram on page 21 as you assemble the cables.

Identify the Leg Press Cable (76) by referring to page 21. Attach the Leg Press Cable to the indicated hole in the Leg Press Base (84) with a 3/8" x 3" Bolt (45), two 3/8" Flat Washers (55), a 5/8" x 1/4" Bushing (90), and a 3/8" Nylon Jamnut (63).



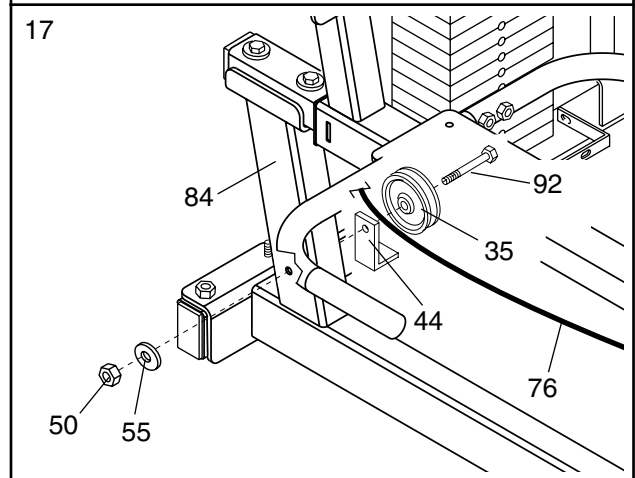
16. Wrap the Leg Press Cable (76) up around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the Rear Press Upright (97) with a 3/8" x 3 3/4" Bolt (92), a 3/8" Flat Washer (55), and a 3/8" Nylon Locknut (50).

Be sure that the Leg Press Cable (76) is routed in the direction shown, and that the Cable Trap (44) is positioned to hold the Cable in the pulley groove.



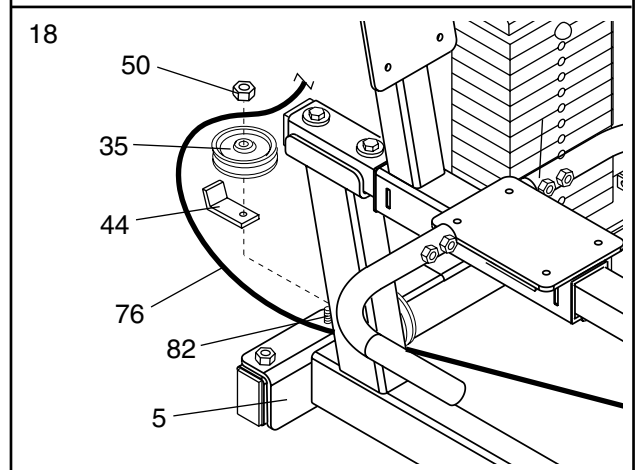
17. Wrap the Leg Press Cable (76) under a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the Leg Press Base (84) with a 3/8" x 3 3/4" Bolt (92), a 3/8" Flat Washer (55), and a 3/8" Nylon Locknut (50).

Be sure that the Leg Press Cable (76) is routed in the direction shown, and that the Cable Trap (44) is positioned to hold the Cable in the pulley groove.

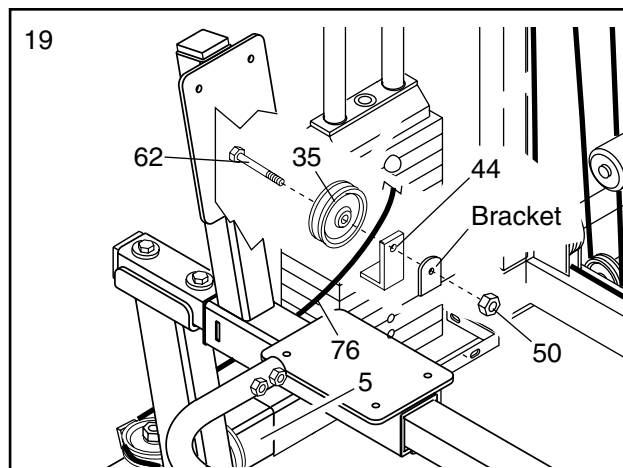


18. Wrap the Leg Press Cable (76) around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the 3/8" x 5" Carriage Bolt (82) in the Stabilizer (5) with a 3/8" Nylon Locknut (50).

Be sure that the Leg Press Cable (76) is routed in the direction shown, and that the Cable Trap (44) is positioned to hold the Cable in the pulley groove.



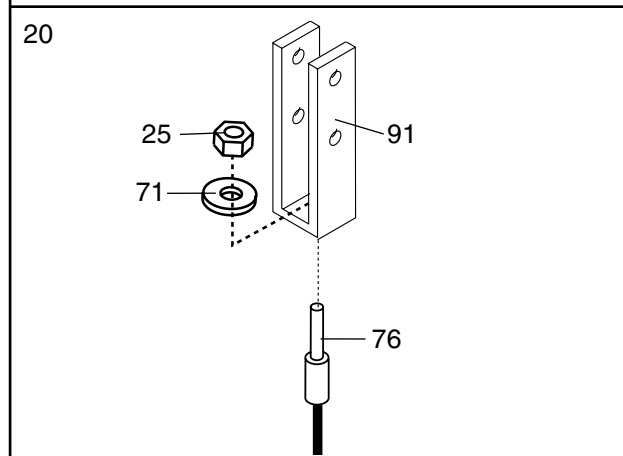
19. Wrap the Leg Press Cable (76) around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the welded bracket on the Stabilizer (5) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



20. Remove the pre-assembled 4" Pulley (not shown) from the Pulley Bracket (91).

Attach the end of the Leg Press Cable (76) to the Pulley Bracket (91) with a 1/4" Flat Washer (71) and a 1/4" Nylon Locknut (25).

**Lay the Pulley Bracket (91) and the Leg Press Cable (76) aside; they will be attached in step 28.**



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

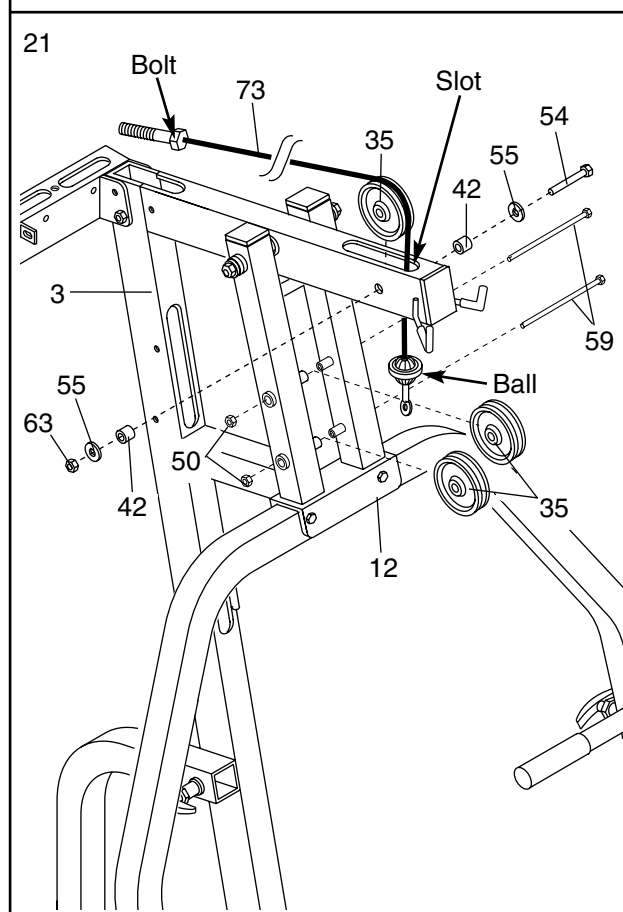
Feed the end of the High Cable (73) with the bolt up through the indicated slot in the Main Upright (3). Feed almost all of the Cable through the slot.

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

Remove the pre-assembled 4" Pulleys (35) from the Press Frame (12), and set them aside.

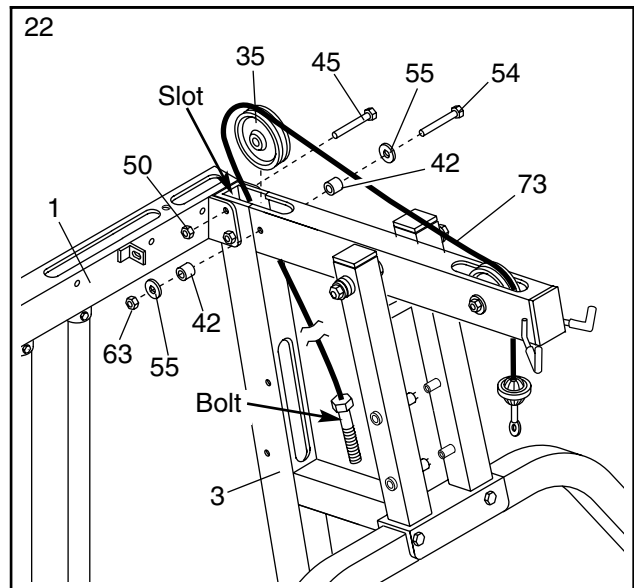


22. Remove the upper 3/8" x 3" Bolt (45) from the Top Frame (1) and the Main Upright (3).

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

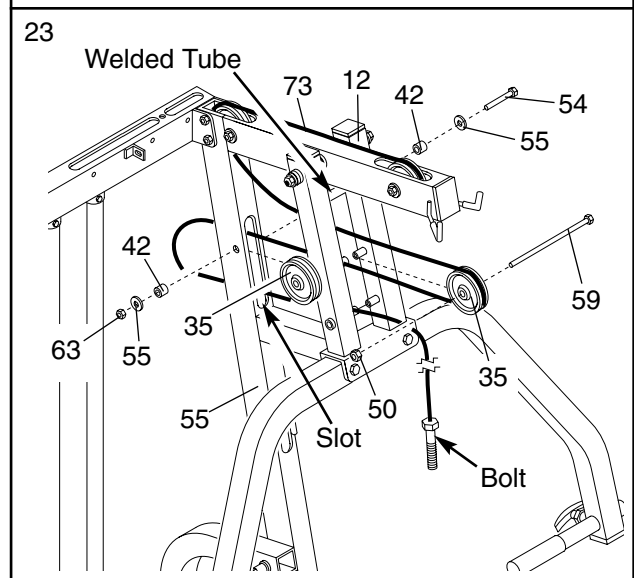
Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).

Re-insert the 3/8" x 3" Bolt (45) and secure it with a 3/8" Nylon Locknut (50). **Note: The Cable (73) must be seated in the groove of the Pulley (35) before the Bolt is attached.**

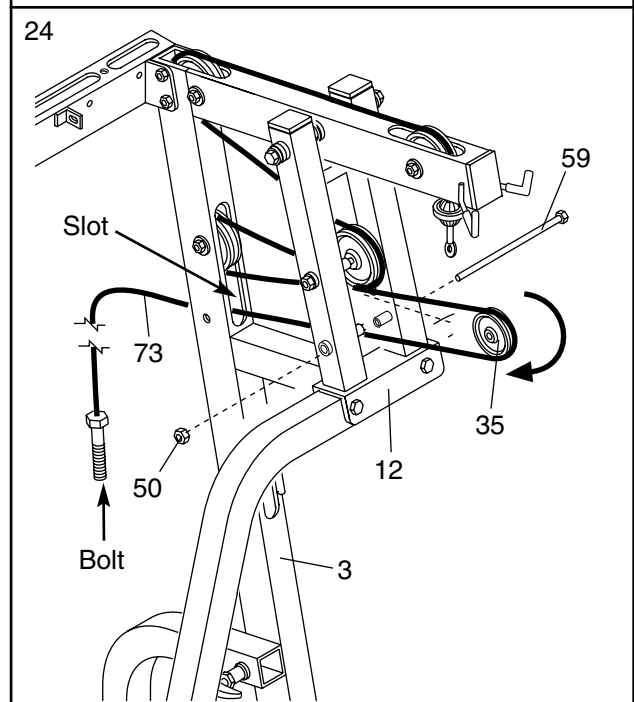


23. Feed the bolt on the High Cable (73) under the welded tube on the Press Frame (12) as shown. Wrap the High Cable around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Press Frame with a 3/8" x 8 1/2" Bolt (59) and a 3/8" Nylon Locknut (50).

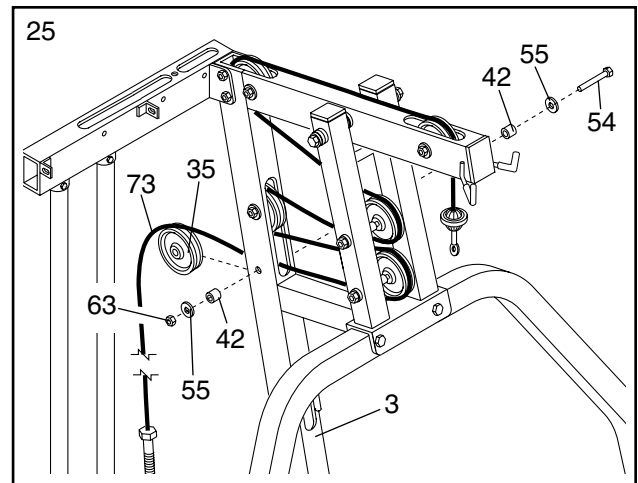
Wrap the High Cable (73) around another 4" Pulley (35). Attach the Pulley inside the indicated slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



24. Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Feed the bolt on the High Cable back through the slot in the Main Upright (3) as 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).

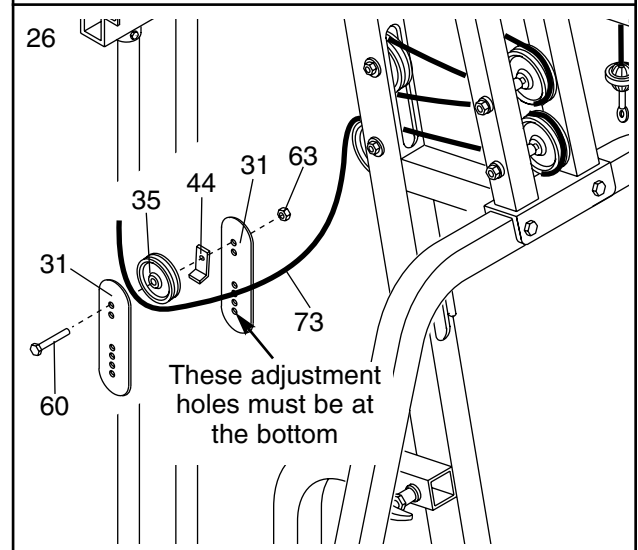


25. Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley inside the slot in the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



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

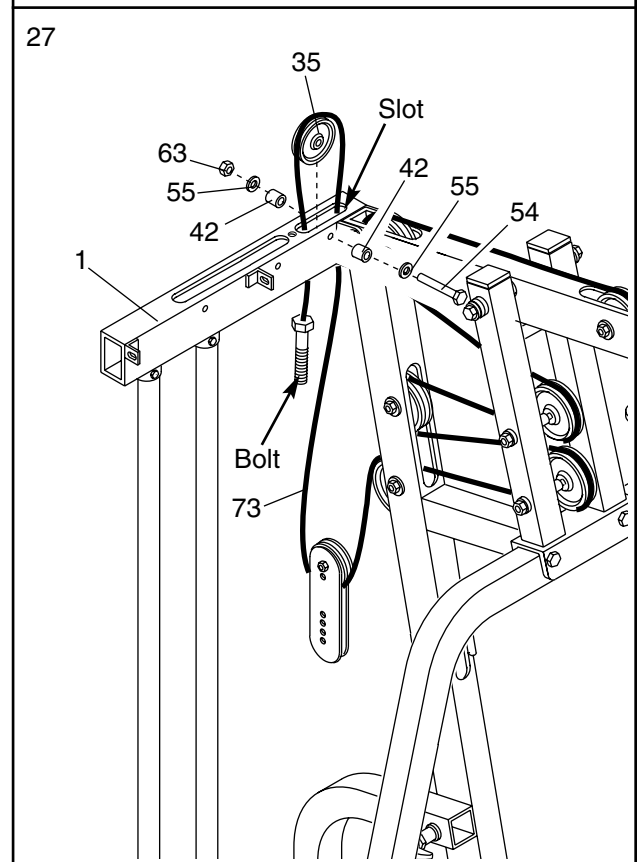
Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (44) to the upper holes in the indicated ends of the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jamnut (63). **Make sure the Cable is in the groove of the Pulley and that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



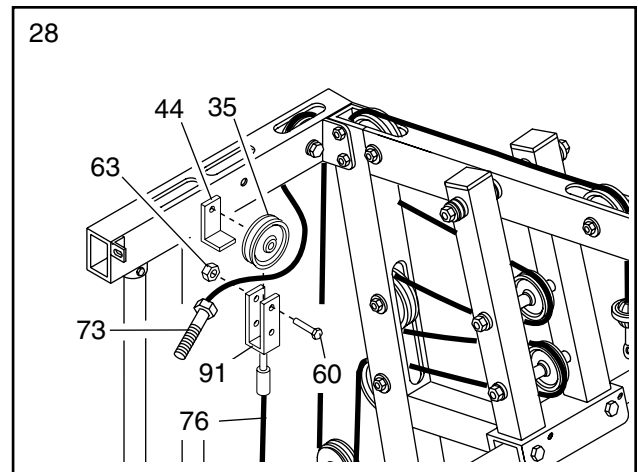
27. Feed the bolt on the High Cable (73) up through the indicated slot in the Top Frame (1).

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).

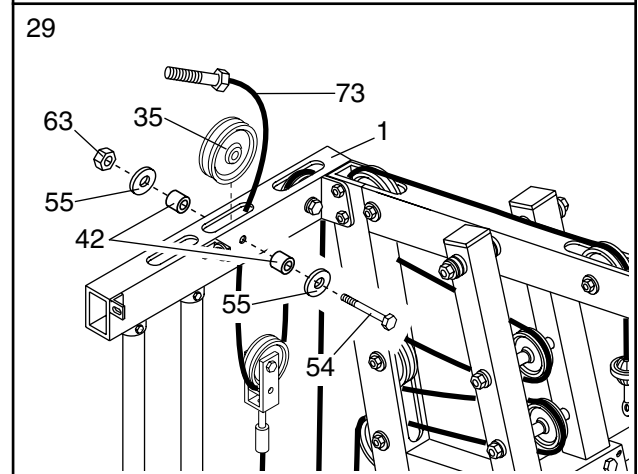


28. Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley and a Cable Trap (44) to the top hole in the Pulley Bracket (91) attached to the Leg Press Cable (76), with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Jamnut (63).



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

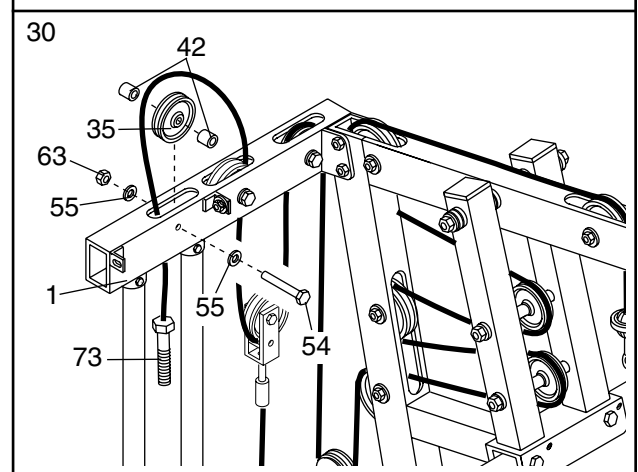
Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown and attach the Pulley to the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



30. Feed the bolt on the High Cable (73) down through the next slot in the Top Frame (1).

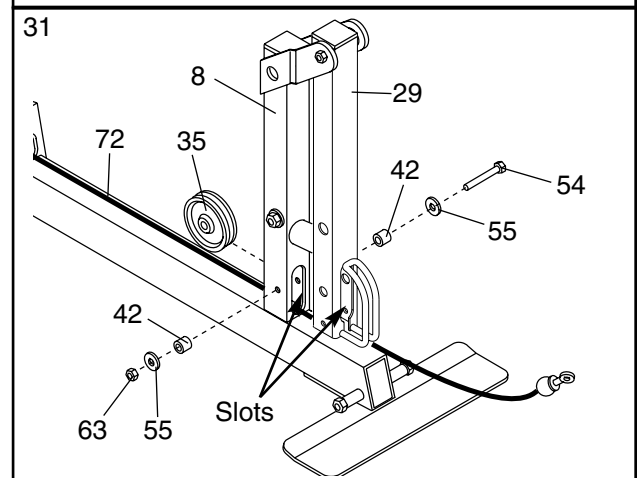
Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley to the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).

**Let the High Cable (73) hang over the weight stack; it will be attached in step 37.**



31. Locate the Low Cable (72), which has a ball on each end. Route the Low Cable through the indicated slots in the Leg Lever (29) and the front leg on the Base (8).

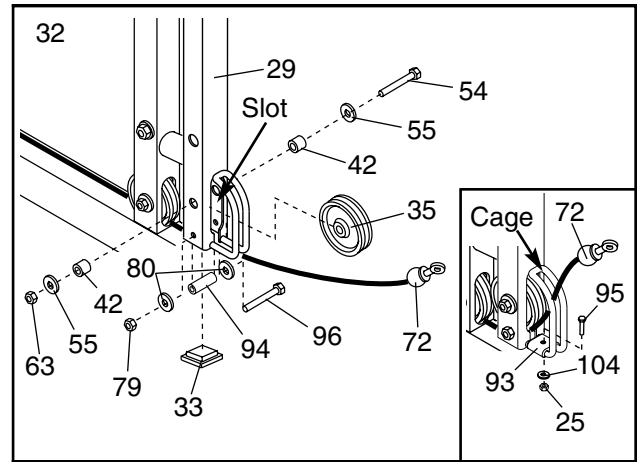
Attach a 4" Pulley (35) inside the slot in the front leg of the Base (8) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



32. 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 1/2" x 1 3/4" Bushing (94) inside the bottom of the Leg Lever (29) with a 5/16" x 2 1/2" Bolt (96), two 5/16" Flat Washers (80), and a 5/16" Nylon Jamnut (79).

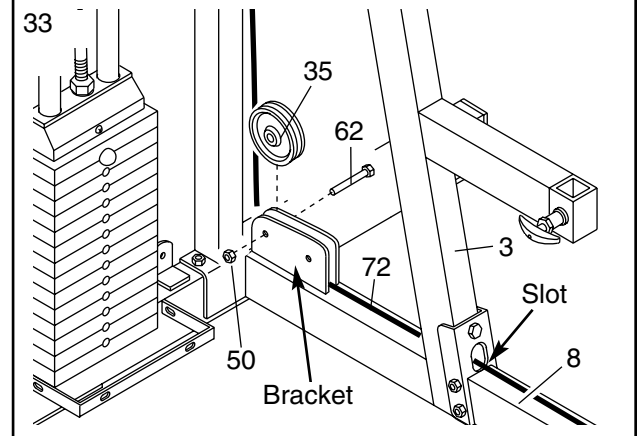
Refer to the inset drawing. Press the Tab (93) onto the cage as shown. Secure the Tab with a 1/4" x 1" Bolt (95), a Large Washer (104), and a 1/4" Nylon Locknut (25). **Make sure that the Low Cable (72) is on top of the Tab and the 1/2" x 1 3/4" Bushing (94).**



Press a 2" Square Inner Cap (33) into the bottom of the Leg Lever (29). **Note: It may be easier to attach the 2" Square Inner Cap and the 1/2" x 1 3/4" Bushing (94) if you pivot the Leg Lever upward.**

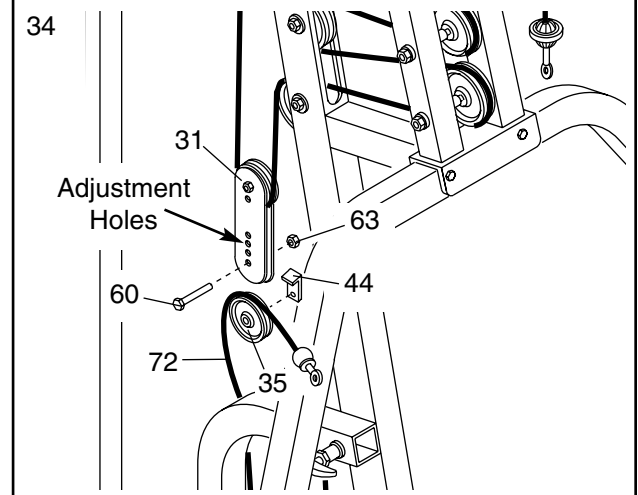
33. Route the Low Cable (72) through the indicated slot in the Main Upright (3) and the Base (8).

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

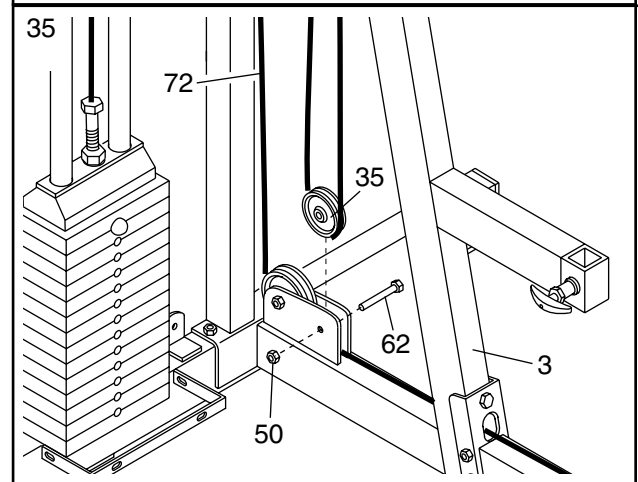


34. Wrap the Low Cable (72) over a 4" Pulley (35). Slide the Pulley and a Cable Trap (44) between the two Pulley Plates (31). **Make sure the Cable is in the groove of the Pulley and that the Cable Trap is oriented so it will hold the Cable in place.**

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).



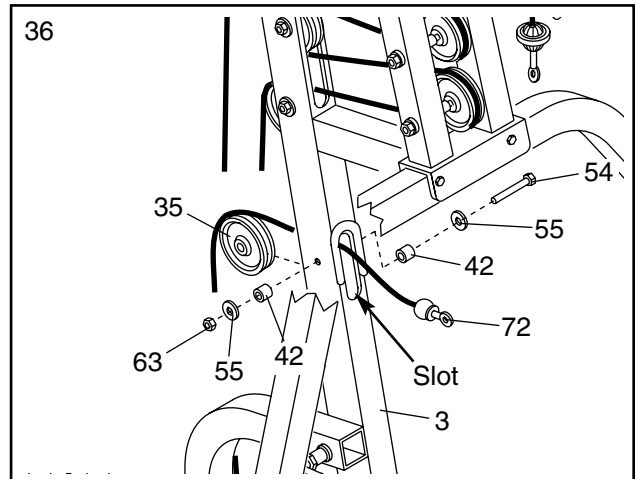
35. Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley to the front hole in the bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).





36. 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 Jamnut (63).

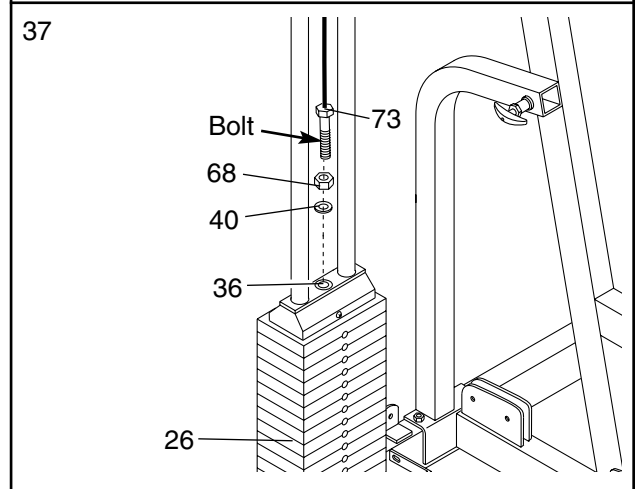


37. **IMPORTANT: Follow the Cables (73, 72 [not shown], 76 [not shown]) from end to end; make sure that they are in the grooves of the pulleys, and that the Cables and pulleys move smoothly.**

Thread the 1/2" Plain Nut (68) part way onto the bolt at the end of the High Cable (73).

Place the 1 1/2" Flat Washer (40) on top of the Weight Tube (36). Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube until the Cables (73, 72 [not shown], 76 [not shown]) are tight.

Tighten the 1/2" Plain Nut (68) against the 1 1/2" Flat Washer (40).

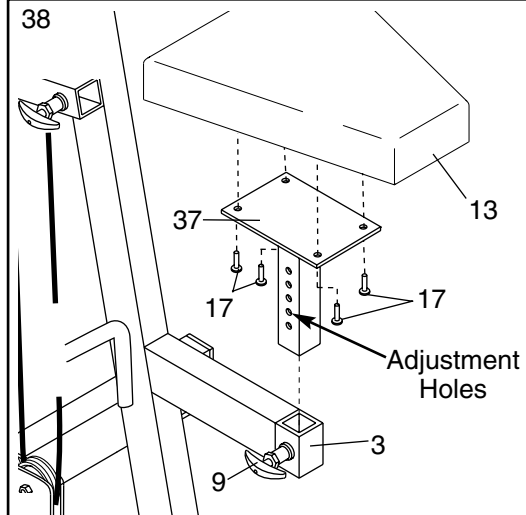


# Seat Assembly

## 38. Open the parts bag labeled "ARM AND SEAT ASSEMBLY."

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

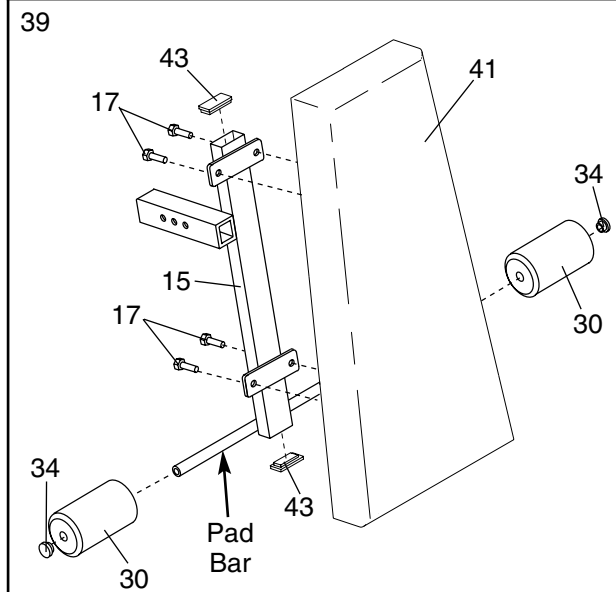
Turn the Adjustment Knob (9) on the Seat Upright (37) counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Seat Upright into the seat frame on the Main Upright (3). Release the Knob and let it snap into one of the adjustment holes in the Seat Upright. Tighten the Knob fully.



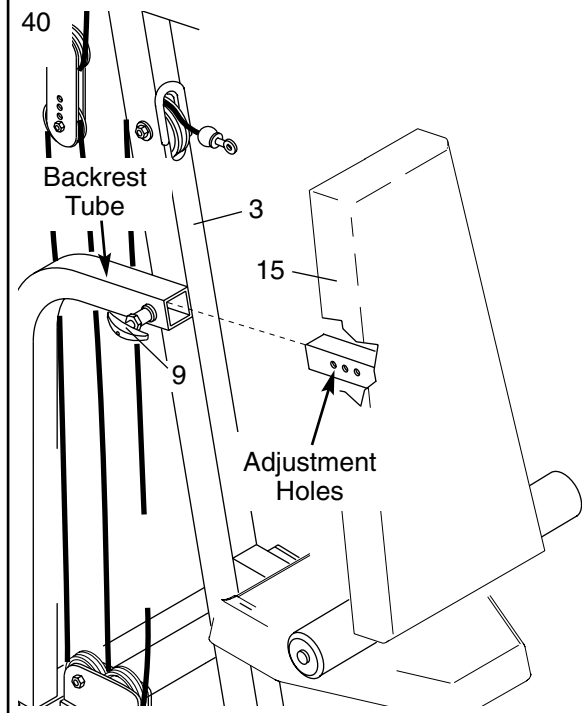
## 39. Attach the Backrest (41) to the Backrest Frame (15) with four 1/4" x 3/4" Bolts (17).

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

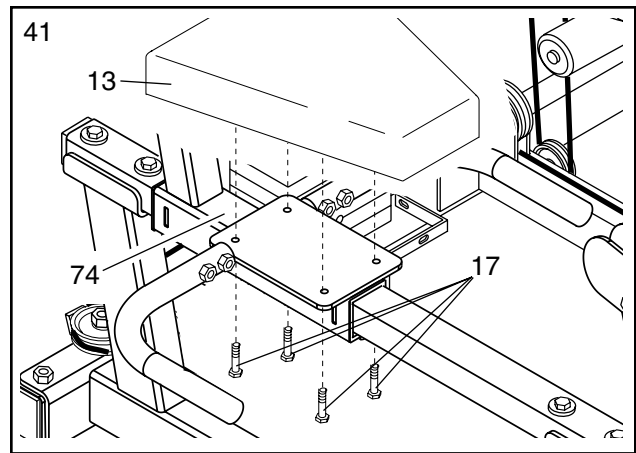
Press 1" x 2" Inner Caps (43) into the top and bottom of the Backrest Frame (15).



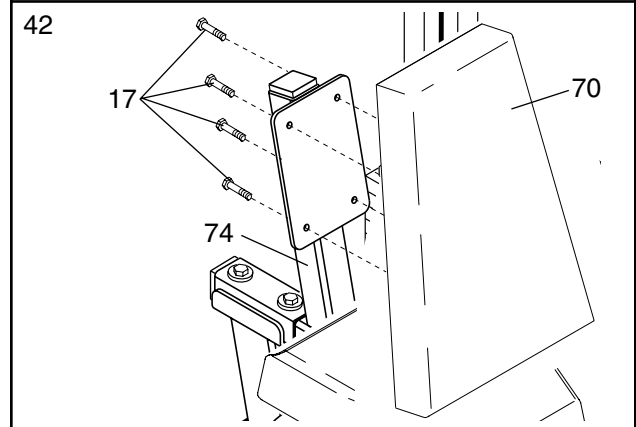
## 40. Locate the Adjustment Knob (9) on the backrest tube of the Main Upright (3). Turn the Knob counterclockwise to loosen it. Pull out the Knob as far as possible and slide the Backrest Frame (15) into the backrest tube. Release the Adjustment Knob and let the Knob snap into one of the adjustment holes on the Backrest Frame. Tighten the Knob fully.



41. Attach the remaining Seat (13) to the Sliding Seat Frame (74) with four 1/4" x 3/4" Bolts (17).



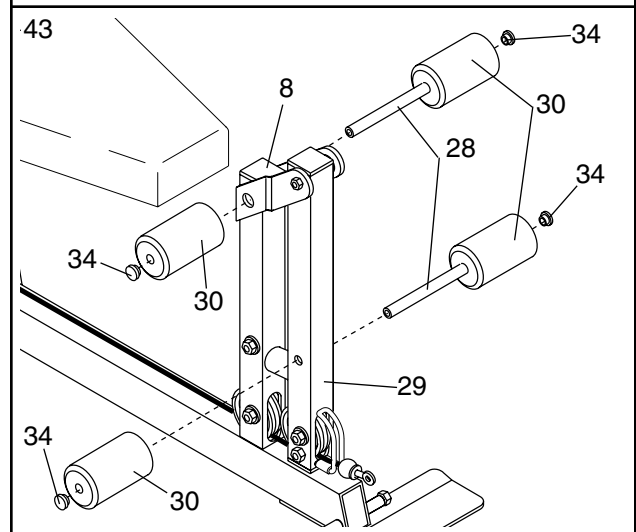
42. Attach the Leg Press Backrest (70) to the Sliding Seat Frame (74) with four 1/4" x 3/4" Bolts (17).



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

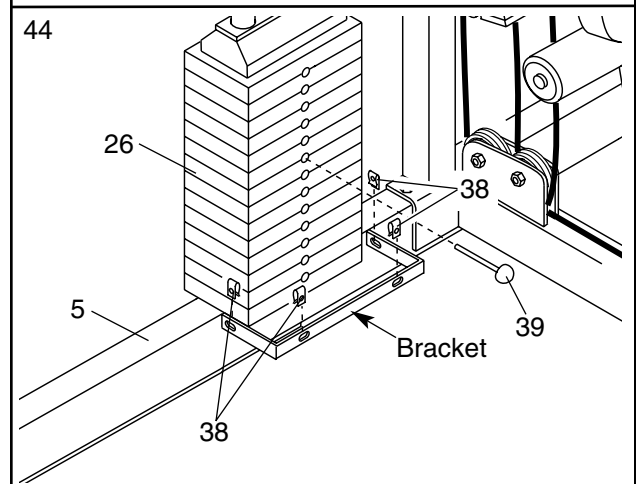
Slide one Pad Tube (28) into the hole in the front leg on the Base (8). Slide a Foam Pad (30) onto each end of the Pad Tube.

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.

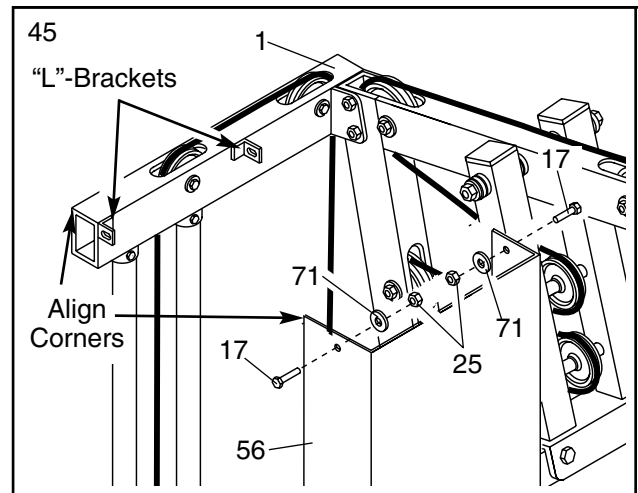


44. Slide the four Tinnerman Clips (38) down over the slots in the bracket on the Stabilizer (5).

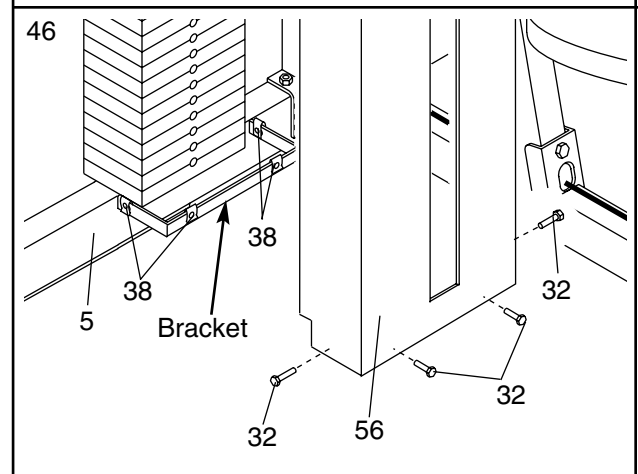
Insert the Weight Pin (39) under one of the Weights (26).



45. 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.**

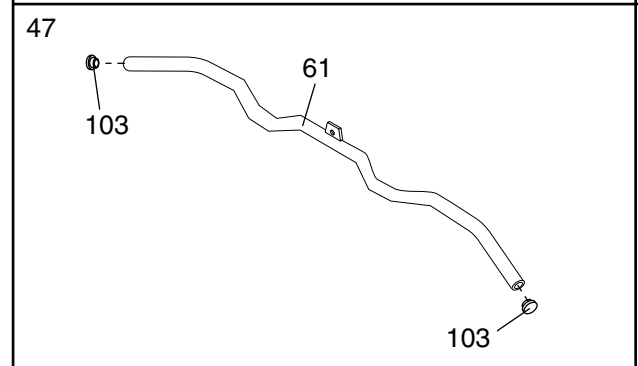


46. Attach the lower end of the Shroud (56) to the bracket on the Stabilizer (5) with four #8 x 3/4” Screws (32). The Screws must be inserted through the square holes in the Shroud and into the Tinnerman Clips (38).

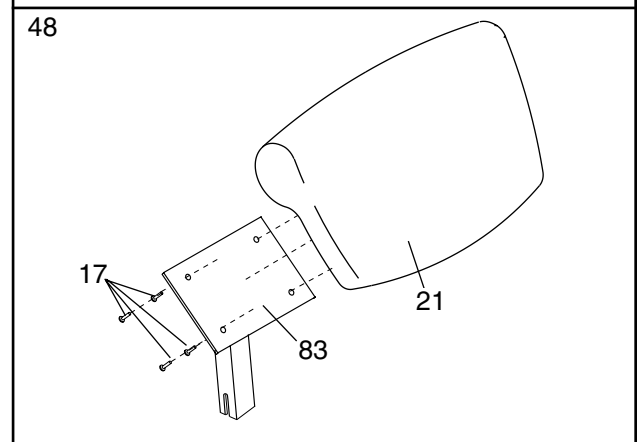


Tighten the bolts used in step 45.

47. Insert a 1” Round Inner Cap (103) into each end of the Lat Bar (61).



48. Attach the Curl Pad (21) to the Curl Post (83) with four 1/4” x 3/4” Bolts (17).



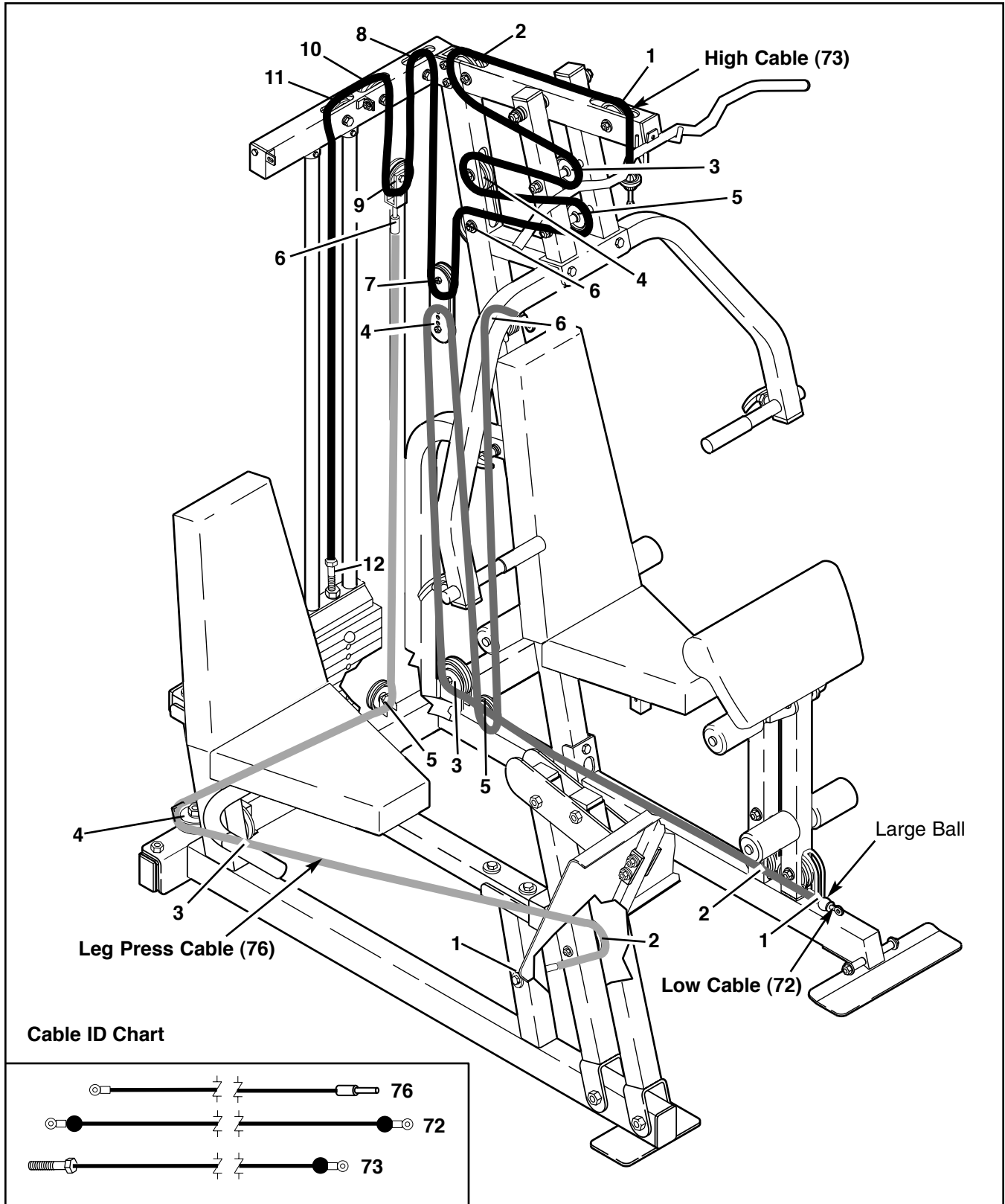
49. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 22 of this manual.

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. 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 24.

# Cable Diagram

The diagram below shows the proper routing of the Low Cable (72), the High Cable (73), and the Leg Press Cable (76). 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 weight system.



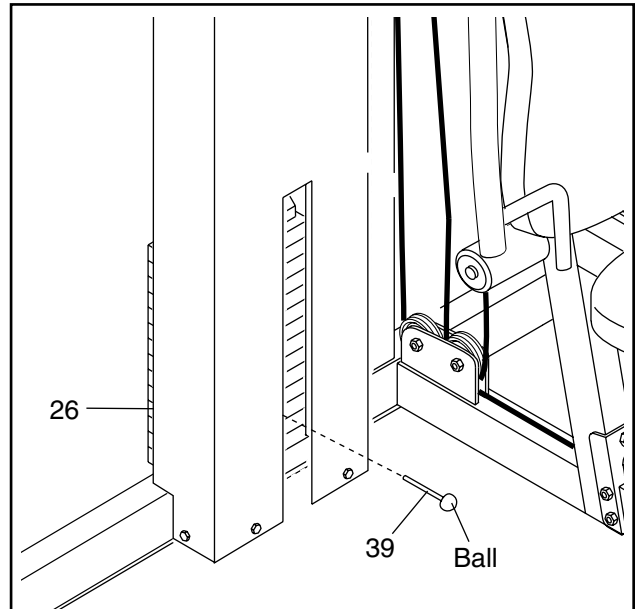
# Adjustment

The instructions below describe how each part of the weight system can be adjusted. Refer to the exercise guide accompanying this manual to see how the weight system should be set up for each exercise. **IMPORTANT: When attaching the lat 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

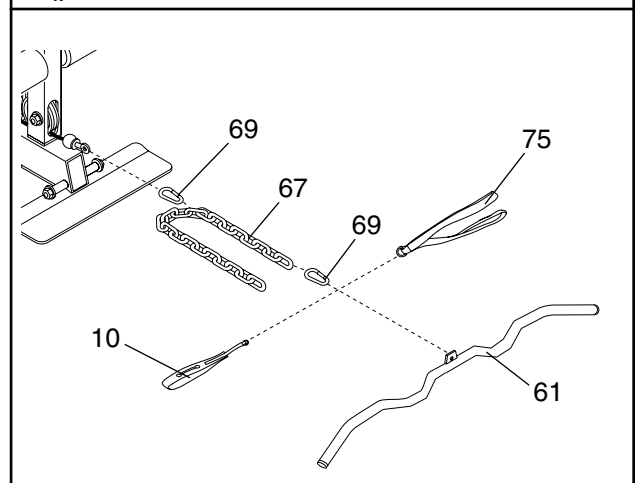
To change the setting of the weight stack, insert the Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the ball is touching the Weights. The setting of the weight stack can be changed from 10 pounds to 200 pounds, in increments of 10 pounds.

**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 page 25 of this manual to find the approximate amount of resistance at each weight station.**



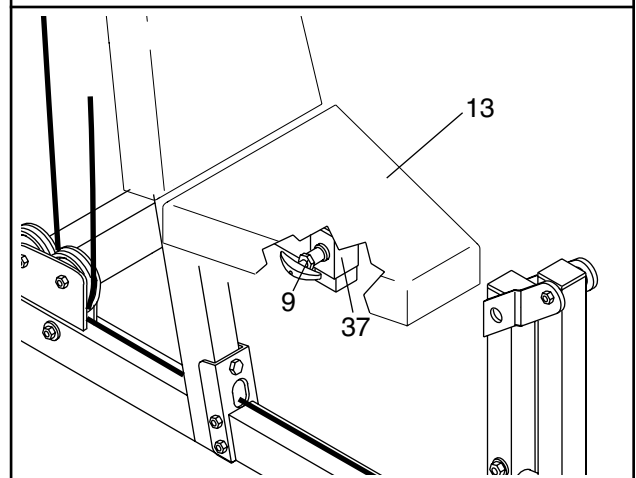
## Attaching the Lat Bar, Ankle Strap, or Ab Strap

The Lat Bar (61), 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

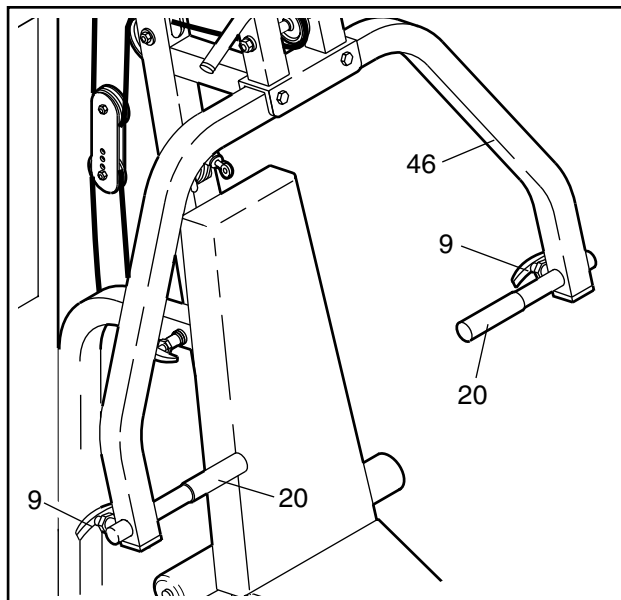
To adjust the height of the Seat (13), loosen the indicated Adjustment Knob (9). Pull out the Knob as far as possible and slide the Seat Upright (37) to the desired position. Release the Knob so that it snaps into one of the adjustment holes in the Seat Upright. Fully retighten the Knob.



### Adjusting the Position of the Press Arm Handles

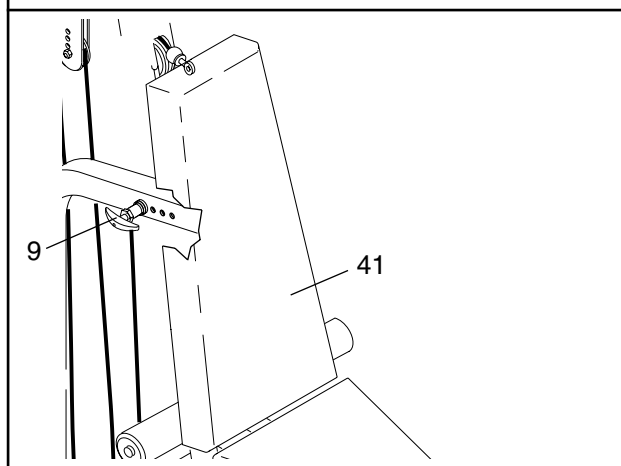
To adjust the position of a Handle (20) on the Press Arm (46), unscrew the Adjustment Knob (9) until it is loose. Pull out the Adjustment Knob as far as possible and slide the Handle to the desired position. Snap the Adjustment Knob into one of the adjustment holes in the Handle. Tighten the Adjustment Knob.

**Note: Both Handles (20) should always be adjusted to the same position.**



### Adjusting the Position of the Backrest

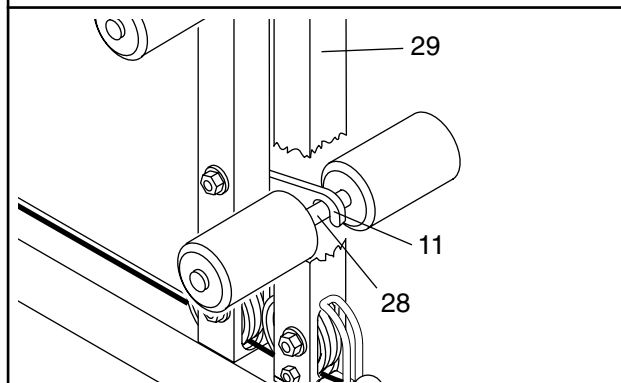
To adjust the position of the Backrest (41), first loosen the Adjustment Knob (9). Pull the Knob out as far as possible and slide the Backrest Frame (not shown) to the desired position. Release the Knob so that it snaps into one of the adjustment holes on the Backrest Frame. Fully retighten the Knob.



### Using the Leg Lever Lock

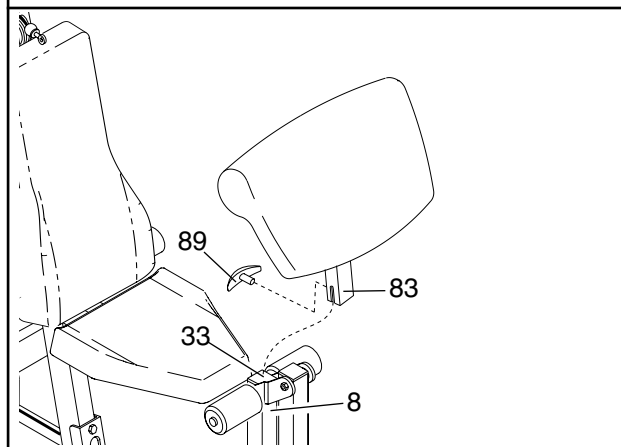
Some exercises, such as the preacher curl, can be performed more comfortably with the Leg Lever (29) locked.

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



### Attaching the Curl Pad

Remove the 2" Square Inner Cap (33) from the front leg on the Base (8). Slide the Curl Post (83) onto the front leg on the Base and secure it with the Curl Knob (89).



# Trouble-Shooting And Maintenance

Make sure all parts are properly tightened each time you use the weight system. 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.

To tighten the cables, 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.

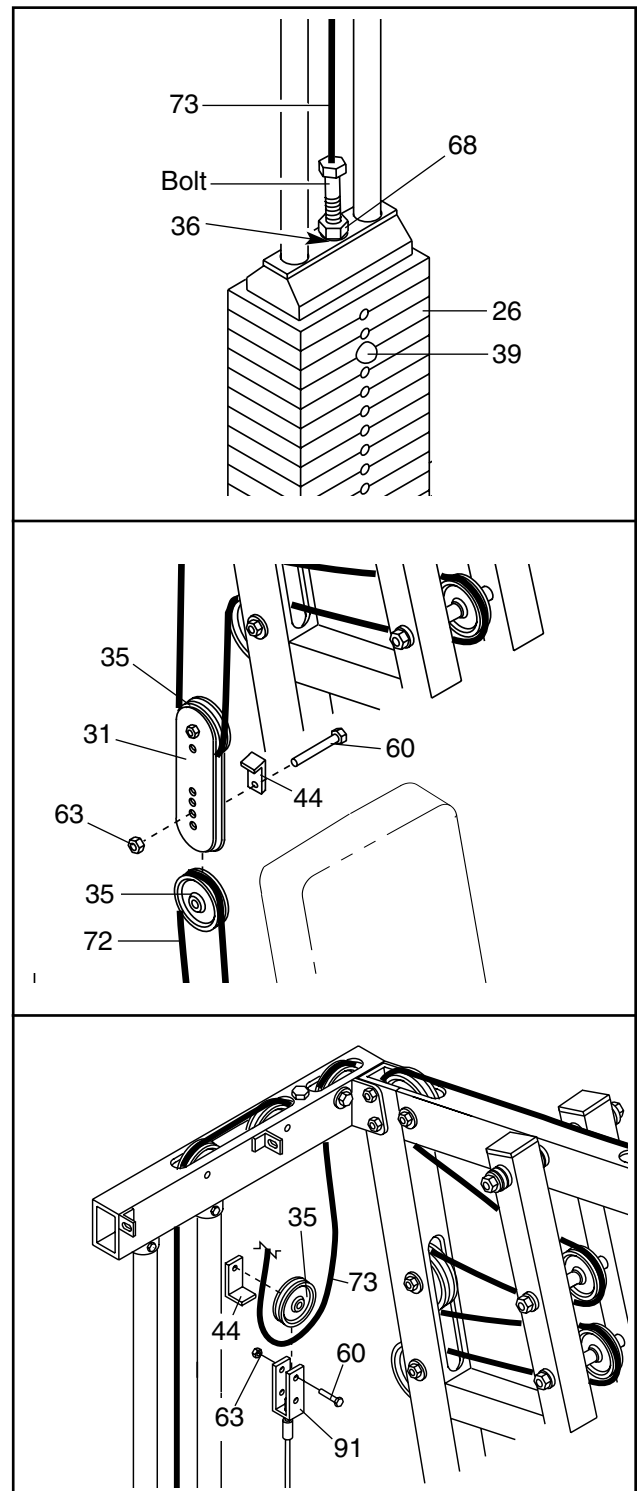
**Note: For clarity, the drawing shows the shroud removed; it is not necessary to remove the shroud.**

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 the lower 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.





# 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.)	Leg Press (lbs.)
<b>Top</b>	24	11	13	13	11	28
<b>1</b>	35	22	25	24	22	51
<b>2</b>	46	34	36	35	34	74
<b>3</b>	57	46	48	46	46	97
<b>4</b>	68	57	60	57	57	120
<b>5</b>	79	69	72	68	69	143
<b>6</b>	90	80	83	79	80	167
<b>7</b>	102	92	95	90	92	190
<b>8</b>	113	104	107	102	104	213
<b>9</b>	124	115	119	113	115	236
<b>10</b>	135	127	130	124	127	259
<b>11</b>	146	138	142	135	138	282
<b>12</b>	157	150	154	146	150	305
<b>13</b>	168	162	166	157	162	328
<b>14</b>	179	173	177	168	173	351
<b>15</b>	190	185	189	179	185	374
<b>16</b>	201	196	201	190	196	397
<b>17</b>	213	208	213	201	208	420
<b>18</b>	224	219	224	213	219	443
<b>19</b>	235	231	236	224	231	466

# 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:

- Weight training workouts on Monday, Wednesday, and Friday.
- 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.

## PERSONALIZING 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 while 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, emphasizing 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 page 27 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 familiarizing 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

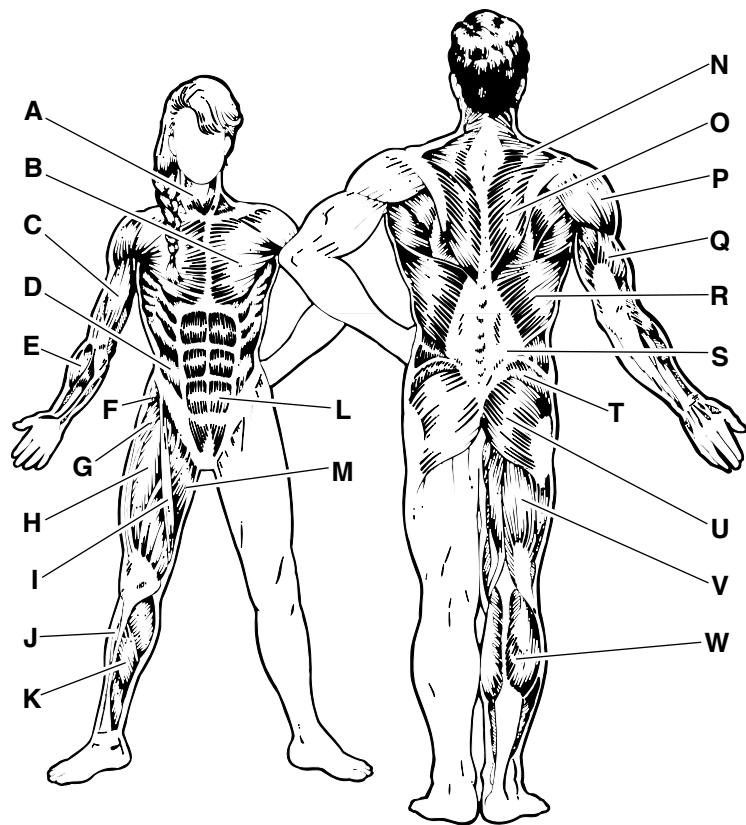
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. 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.

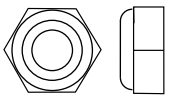
### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (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. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)

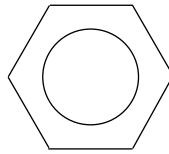


# Part Identification Chart—831.159760

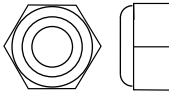
R0801A



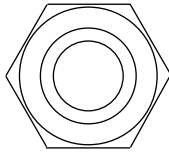
1/4" Nylon Jamnut (51)



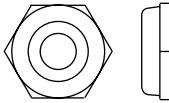
1/2" Plain Nut (68)



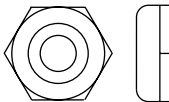
1/4" Nylon Locknut (25)



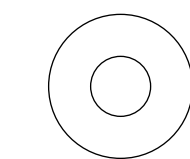
1/2" Nylon Jamnut (48)



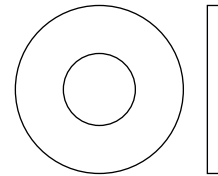
5/16" Nylon Locknut (81)



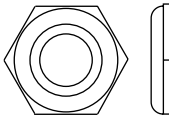
5/16" Nylon Jamnut (79)



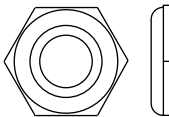
1/4" Flat Washer (71)



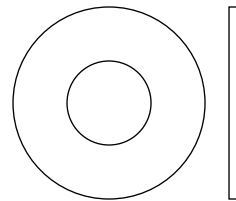
5/16" Flat Washer (80)



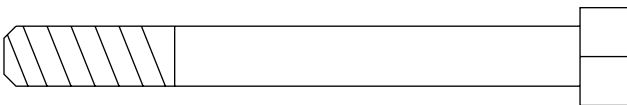
3/8" Nylon Jamnut (63)



3/8" Nylon Locknut (50)



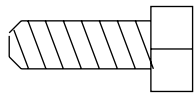
3/8" Flat Washer (55)



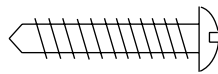
5/16" x 3" Bolt (78)



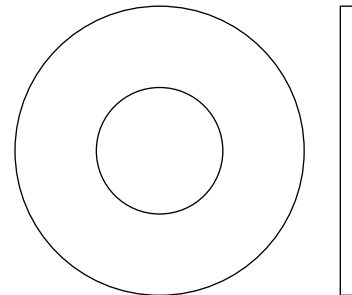
5/16" x 2 1/2" Bolt (96)



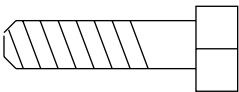
1/4" x 3/4" Bolt (17)



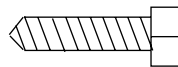
#10 x 1" Tap Screw (7)



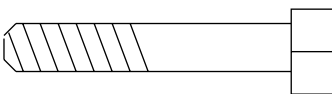
1 1/2" Flat Washer (40)



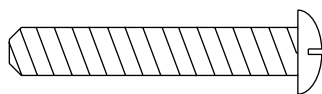
1/4" x 1" Bolt (95)



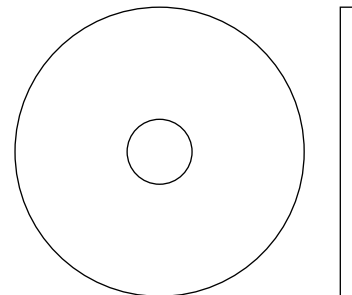
#8 x 3/4" Screw (32)



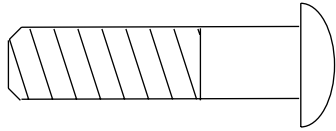
1/4" x 1 1/2" Bolt (101)



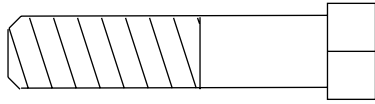
1/4" x 1 1/2" Screw (49)



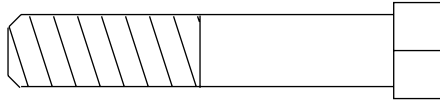
Large Washer (104)



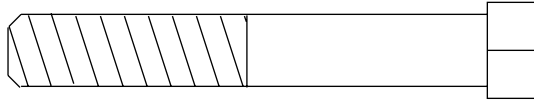
3/8" x 1 1/2" Button Cap Screw (2)



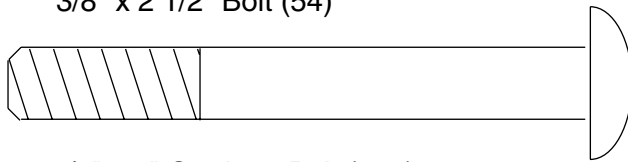
3/8" x 1 3/4" Bolt (60)



3/8" x 2" Bolt (62)



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



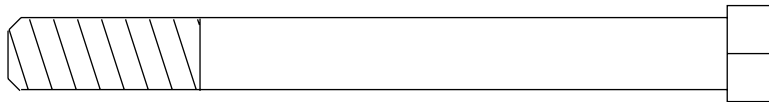
3/8" x 3" Carriage Bolt (107)



3/8" x 3" Bolt (45)



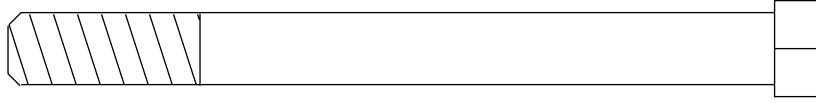
3/8" x 3 1/4" Bolt (87)



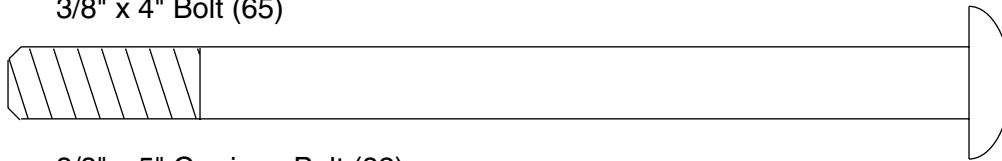
3/8" x 3 3/4" Bolt (92)



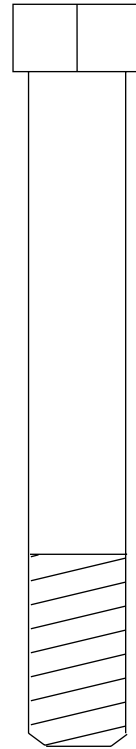
3/8" x 3 3/4" Carriage Bolt (52)



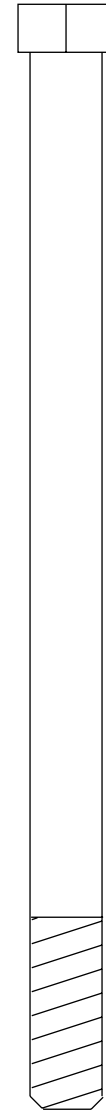
3/8" x 4" Bolt (65)



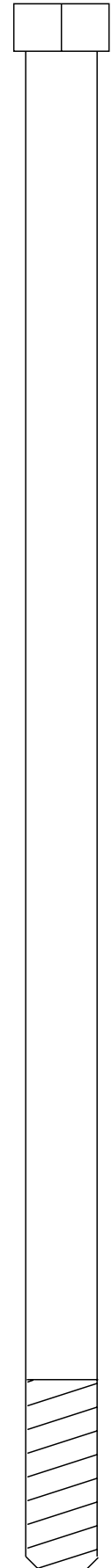
3/8" x 5" Carriage Bolt (82)



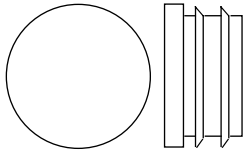
1/2" x 3 1/2" Bolt (22)



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



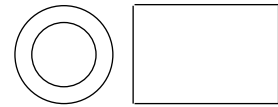
3/8" x 8 1/2" Bolt (59)



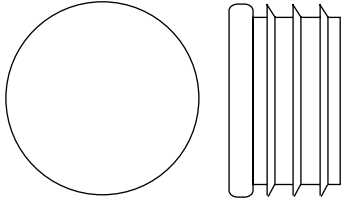
3/4" Round Inner Cap (34)



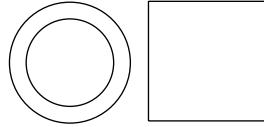
1/2" x 1 3/4" Bushing (94)



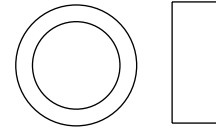
1/2" x 3/4" Long Bushing (106)



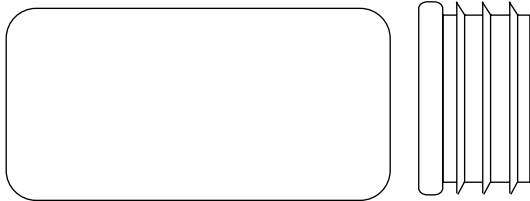
1" Round Inner Cap (103)



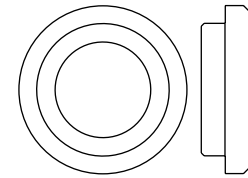
5/8" x 1/2" Pulley Bushing (42)



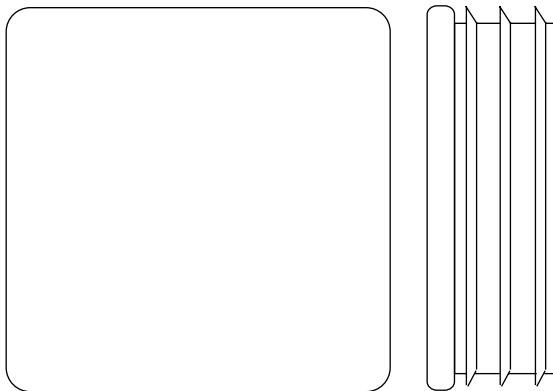
5/8" x 1/4" Bushing (90)



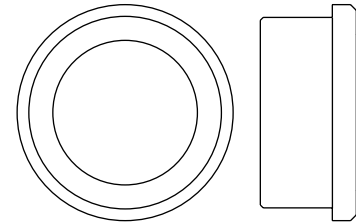
1" x 2" Inner Cap (43)



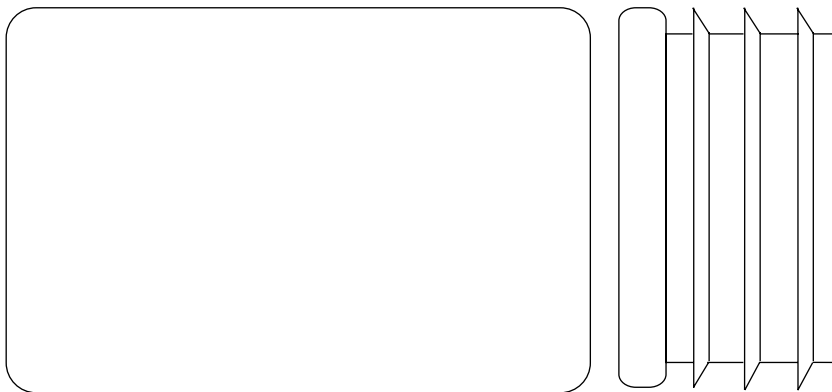
1/4" x 7/8" Flange Bushing (47)



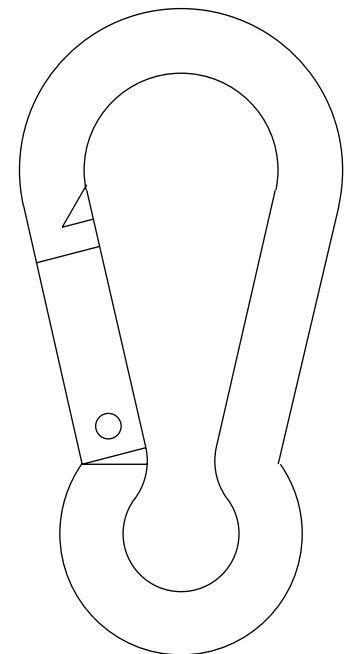
2" Square Inner Cap (33)



1 1/8" x 1/2" Flange Bushing (18)



2" x 3" Inner Cap (24)



Cable Clip (69)

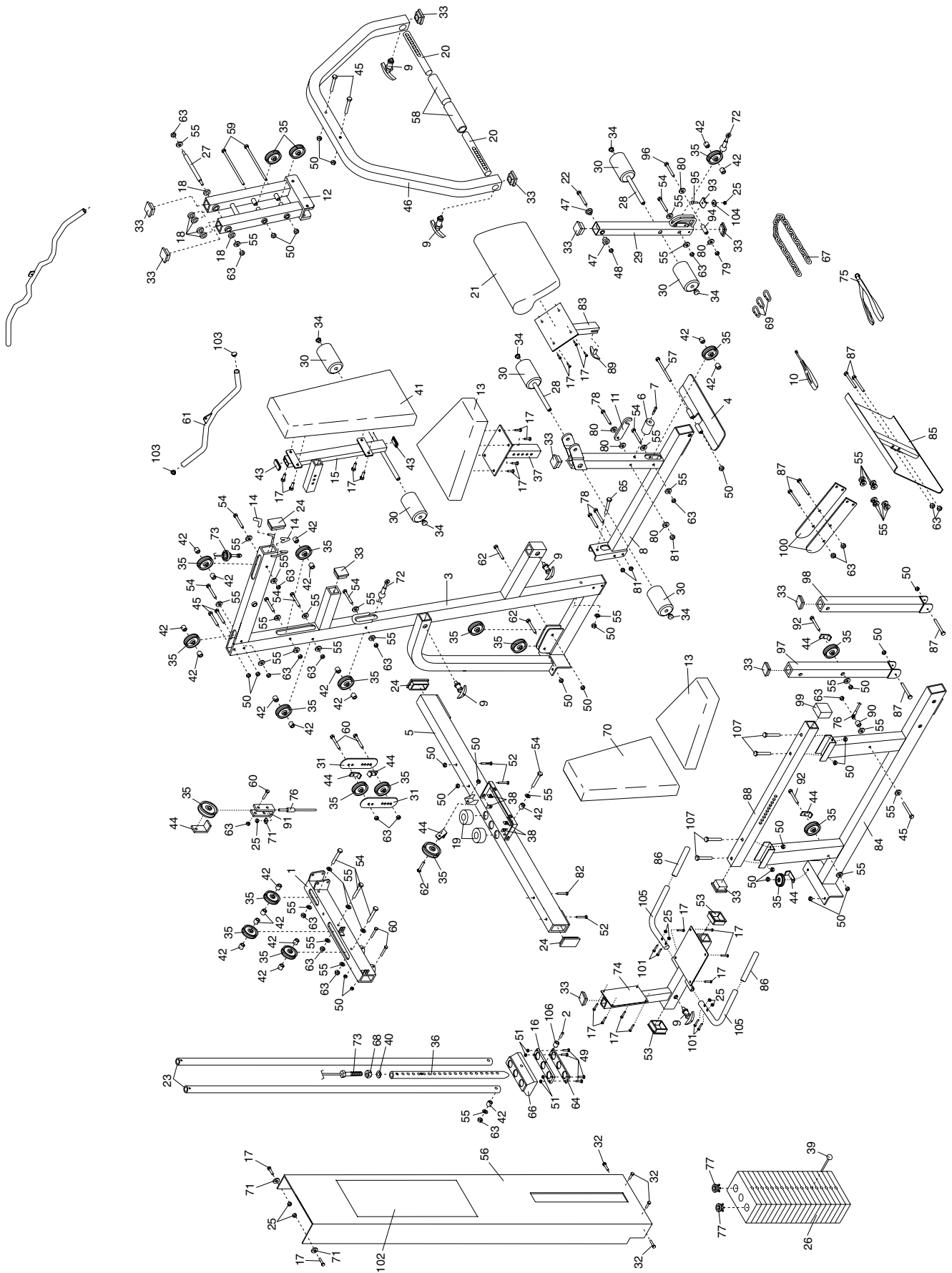
# Part List—Model No. 831.159760

R0801A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	56	1	Shroud
2	1	3/8" x 1 1/2" Button Cap Screw	57	1	3/8" x 5 1/2" Bolt
3	1	Main Upright	58	2	Grip
4	1	Foot Plate	59	2	3/8" x 8 1/2" Bolt
5	1	Stabilizer	60	5	3/8" x 1 3/4" Bolt
6	1	Leg Lever Bumper	61	1	Lat Bar
7	1	#10 x 1" Tap Screw	62	3	3/8" x 2" Bolt
8	1	Base	63	21	3/8" Nylon Jamnut
9	5	Adjustment Knob	64	1	Weight Support
10	1	Ankle Strap	65	1	3/8" x 4" Bolt
11	1	Leg Lever Lock	66	1	Weight Cover
12	1	Press Frame	67	1	Chain
13	2	Seat	68	1	1/2" Plain Nut
14	2	Plastic Sleeve	69	3	Cable Clip
15	1	Backrest Frame	70	1	Leg Press Backrest
16	1	Top Weight	71	3	1/4" Flat Washer
17	22	1/4" x 3/4" Bolt	72	1	Low Cable
18	6	1 1/8" x 1/2" Flange Bushing	73	1	High Cable
19	2	Weight Bumper	74	1	Sliding Seat Frame
20	2	Handle	75	1	Ab Strap
21	1	Curl Pad	76	1	Leg Press Cable
22	1	1/2" x 3 1/2" Bolt	77	38	Weight Insert
23	2	Weight Guide	78	3	5/16" x 3" Bolt
24	3	2" x 3" Inner Cap	79	1	5/16" Nylon Jamnut
25	8	1/4" Nylon Locknut	80	5	5/16" Flat Washer
26	19	Weight	81	3	5/16" Nylon Locknut
27	1	Pivot Rod	82	1	3/8" x 5" Carriage Bolt
28	2	Pad Tube	83	1	Curl Post
29	1	Leg Lever	84	1	Leg Press Base
30	6	Foam Pad	85	1	Leg Press Plate
31	2	Pulley Plate	86	2	Handgrip
32	4	#8 x 3/4" Screw	87	6	3/8" x 3 1/4" Bolt
33	12	2" Square Inner Cap	88	1	Seat Frame Channel
34	6	3/4" Round Inner Cap	89	1	Curl Knob
35	21	4" Pulley	90	1	5/8" x 1/4" Bushing
36	1	Weight Tube	91	1	Pulley Bracket
37	1	Seat Upright	92	2	3/8" x 3 3/4" Bolt
38	4	Tinnerman Clip	93	1	Tab
39	1	Weight Pin	94	1	1/2" x 1 3/4" Bushing
40	1	1 1/2" Flat Washer	95	1	1/4" x 1" Bolt
41	1	Backrest	96	1	5/16" x 2 1/2" Bolt
42	22	5/8" x 1/2" Pulley Bushing	97	1	Rear Leg Press Upright
43	2	1" x 2" Inner Cap	98	1	Forward Leg Press Upright
44	7	Cable Trap	99	1	Angle Cap
45	5	3/8" x 3" Bolt	100	2	Leg Press Attachment
46	1	Press Arm	101	4	1/4" x 1 1/2" Bolt
47	2	1/4" x 7/8" Flange Bushing	102	1	Chart Decal
48	1	1/2" Nylon Jamnut	103	2	1" Round Inner Cap
49	4	1/4" x 1 1/2" Screw	104	1	Large Washer
50	25	3/8" Nylon Locknut	105	2	Handle
51	4	1/4" Nylon Jamnut	106	1	1/2" x 3/4" Long Bushing
52	3	3/8" x 3 3/4" Carriage Bolt	107	4	3/8" x 3" Carriage Bolt
53	2	Plastic Sleeve Bushing	#	1	User's Manual (not illustrated)
54	11	3/8" x 2 1/2" Bolt	#	1	Exercise Guide (not illustrated)
55	37	3/8" Flat Washer			

# Exploded Drawing—Model No. 831.159760

R0801A





# Ordering Replacement Parts

**Model No. 831.159760**

## QUESTIONS?

If you find that:

- you need help assembling or operating the NordicTrack® GRT 490 weight system
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE

**1-800-736-6879**

Monday–Saturday, 7 am–7 pm  
Central Time (excluding holidays)

## REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

**1-800-FON-PART**  
**(1-800-366-7278)**

The model number and serial number of your NordicTrack® GRT 490 weight system are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.159760)
- The NAME of the product (NordicTrack® GRT 490 weight system)
- The KEY NUMBER and DESCRIPTION of the PART (see the PART LIST/EXPLODED DRAWING in the center of this manual).

**SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179**

## FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT SYSTEM EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT SYSTEM EXERCISER, free of charge.

This warranty does not apply when the WEIGHT SYSTEM EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179**