

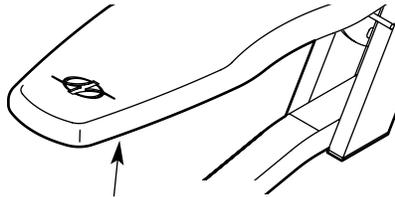
NordicTrack®

STRENGTH AB BENCH

Model No. NTB09920

Serial No. _____

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



Serial Number Decal
(Under Backrest)

QUESTIONS?

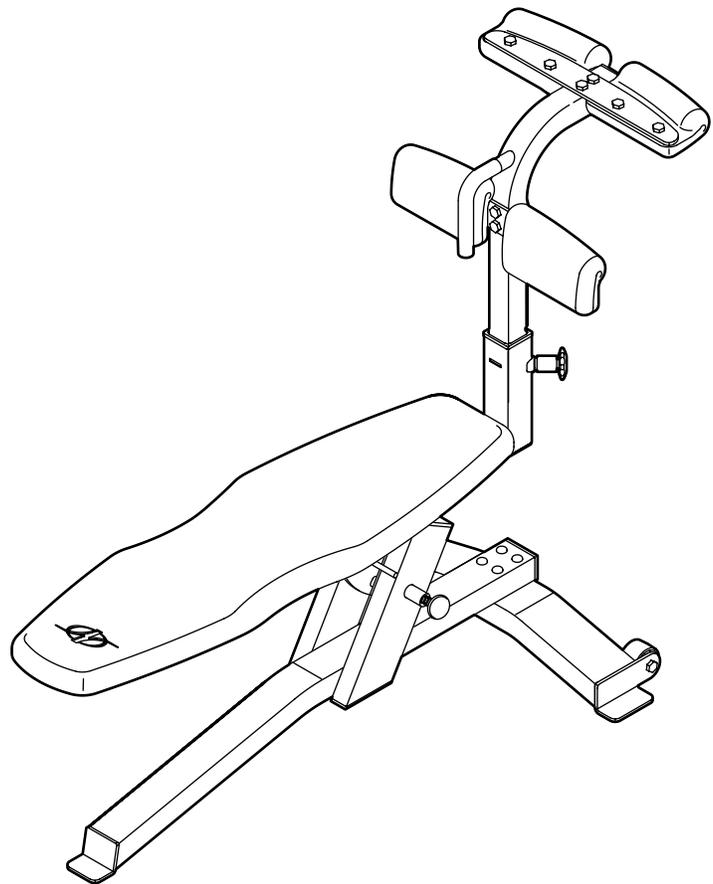
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

1-888-825-2588

Mon.–Fri., 6 a.m.–6 p.m. MST



CAUTION

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



Visit our website at

www.nordictrack.com

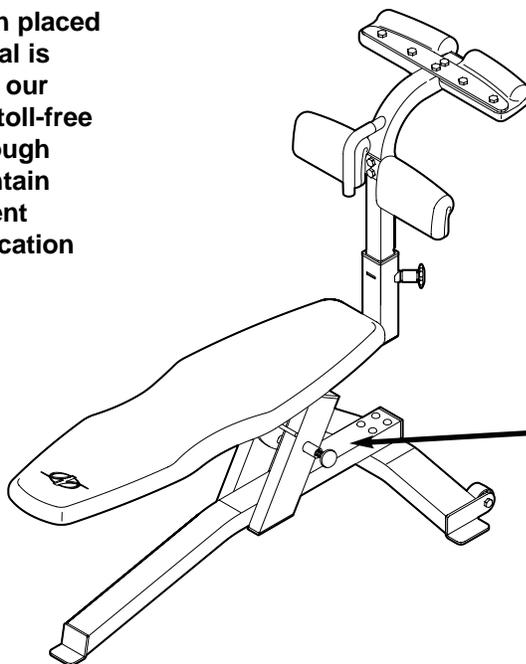
*new products, prizes,
fitness tips, and much more!*

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTMENTS	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 610 pounds. Do not use the weight bench with more than 310 pounds of weight. Note: The weight bench does not include weights.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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

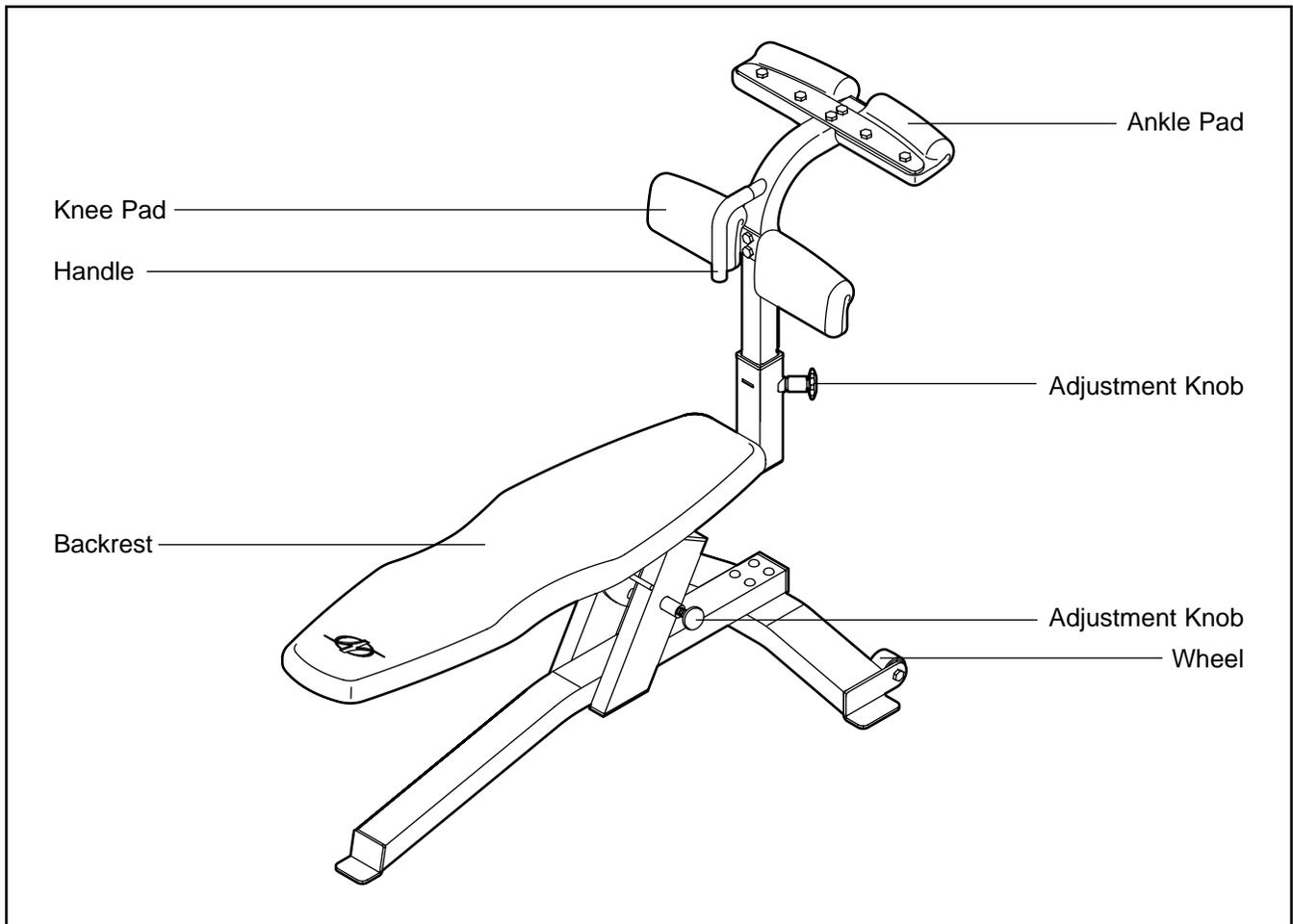
BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® STRENGTH AB BENCH weight bench. The weight bench 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 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have additional questions, please call our Customer Service Department

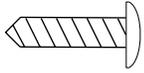
toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTB09920. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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

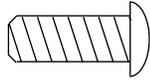


PART IDENTIFICATION CHART

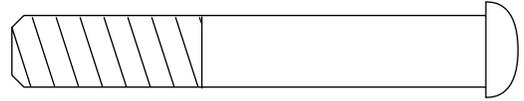
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST on page 10 of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



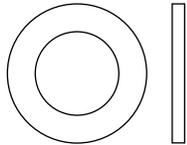
M4 x 16mm Self-tapping Screw (27)



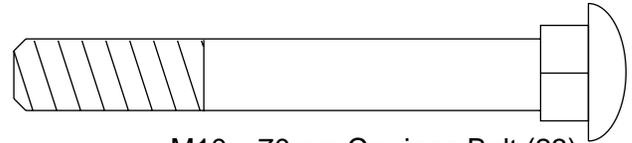
M6 x 16mm Screw (22)



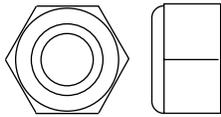
M10 x 63mm Button Head Bolt (25)



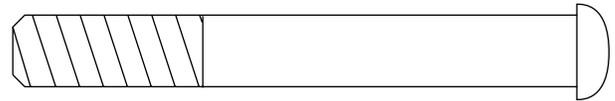
M10 Washer (24)



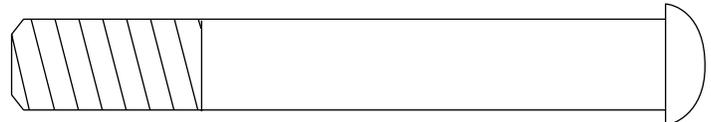
M10 x 70mm Carriage Bolt (23)



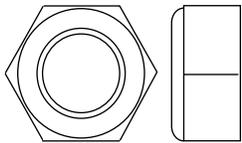
M10 Nylon Locknut (26)



M10 x 75mm Button Head Bolt (32)



M12 x 87mm Button Head Bolt (30)



M12 Nylon Locknut (13)



M10 x 115mm Carriage Bolt (21)

ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- For help identifying small parts, use the **PART IDENTIFICATION CHART** on page 5.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, 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.

The included Allen wrenches and the following tools (not included) are required for assembly:

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

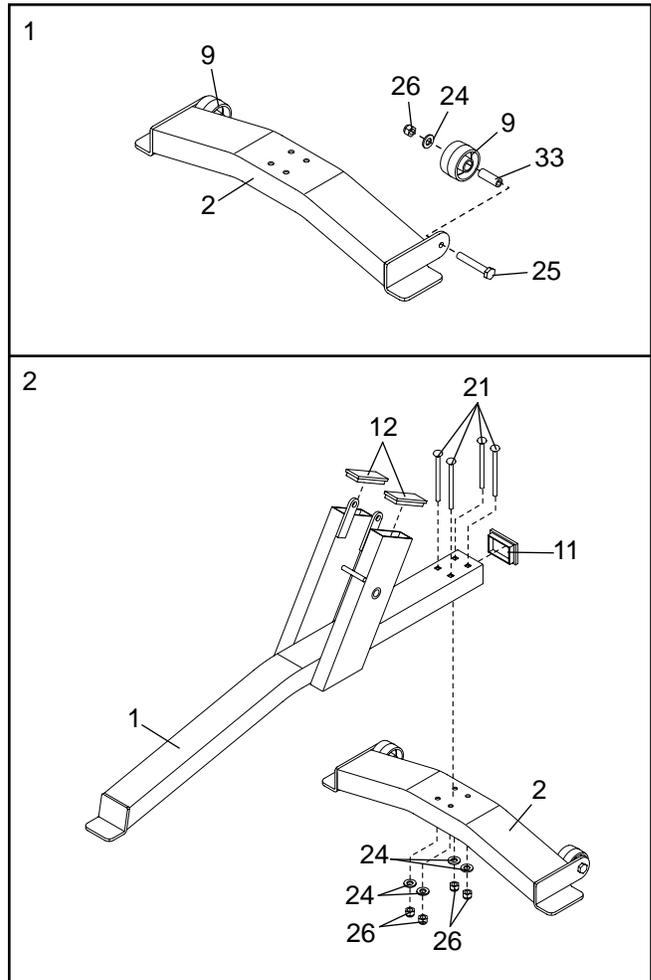
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

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

Attach a Wheel (9) to the Stabilizer (2) with an M10 x 63mm Button Head Bolt (25), an Axle (33), an M10 Washer (24), and an M10 Nylon Locknut (26). **Repeat this step with the other Wheel.**

2. Press a 50mm x 75mm Inner Cap (11) into the Frame (1). Press two 38mm x 100mm Inner Caps (12) into the top of the arms on the Frame.

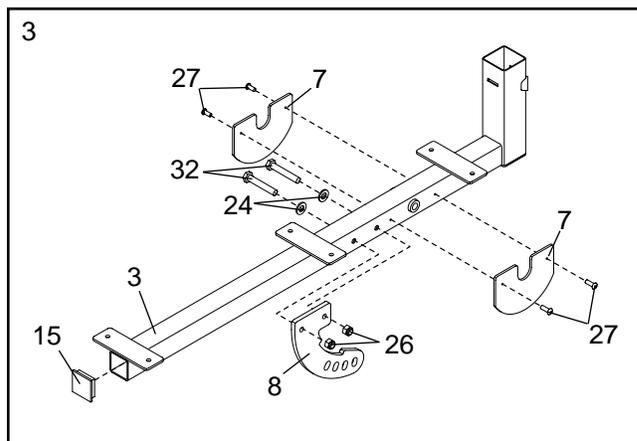
Attach the Frame (1) to the Stabilizer (2) with four M10 x 115mm Carriage Bolts (21), four M10 Washers (24), and four M10 Nylon Locknuts (26).



3. Press a 50mm Square Inner Cap (15) into the end of the Backrest Frame (3).

Attach the Adjustment Arm (8) to the Backrest Frame (3) with two M10 x 75mm Button Head Bolts (32), two M10 Washers (24), and two M10 Nylon Locknuts (26).

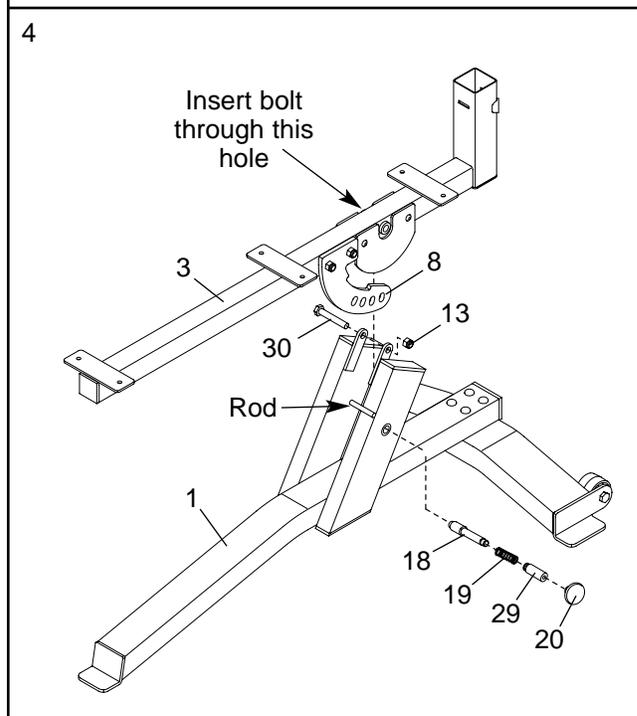
Attach the two Finger Guards (7) to the Backrest Frame (3) with four M4 x 16mm Self-tapping Screws (27).



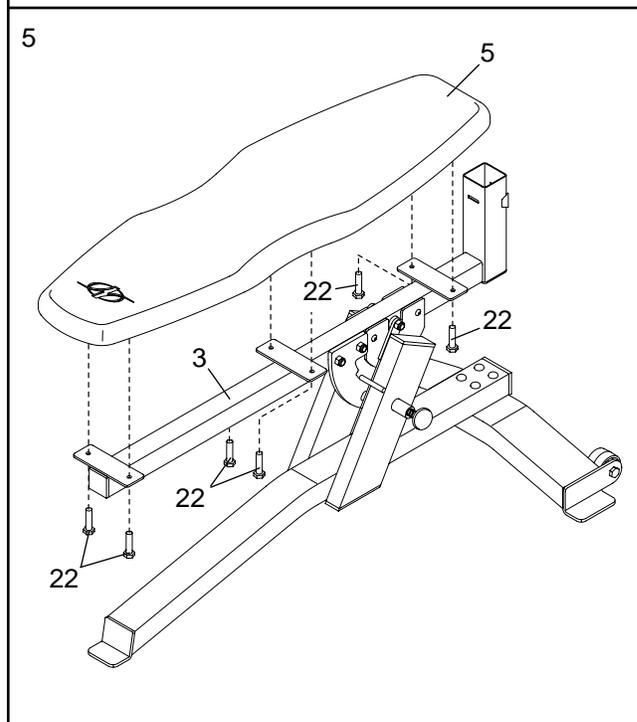
4. Attach the Adjustment Pin (18), the Threaded Collar (29), the Spring (19), and the Backrest Adjustment Knob (20) to the Frame (1).

Engage the Adjustment Pin (18) into a hole in the Adjustment Arm (8). **Make sure the Adjustment Arm is under the indicated rod.**

Lubricate the M12 x 87mm Button Head Bolt (30) with grease. Attach the Backrest Frame (3) to the Frame (1), at the indicated hole, with the Bolt and an M12 Nylon Locknut (13). **Do not overtighten the Locknut; the Backrest Frame must be able to pivot easily.**



5. Attach the Backrest (5) to the Backrest Frame (3) with six M6 x 16mm Screws (22).

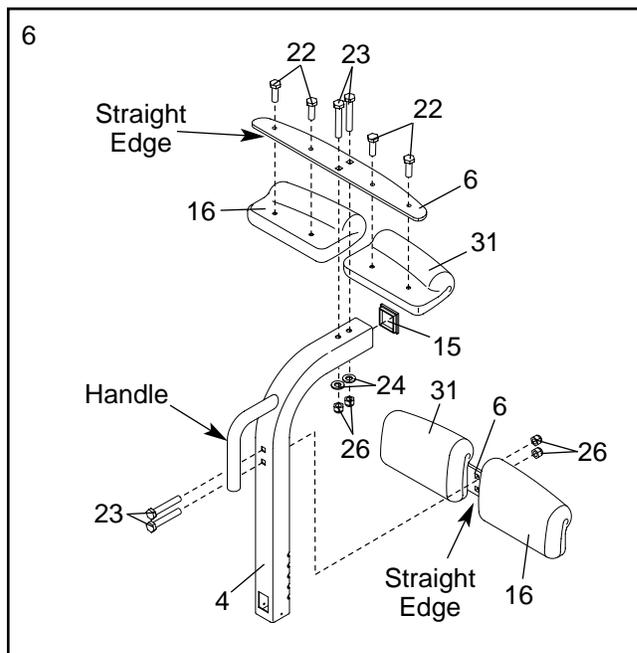


6. Press a 50mm Square Inner Cap (15) into the top end of the Upright (4).

Attach a set of Pads (16, 31) to a Pad Bracket (6) with four M6 x 16mm Screws (22). **Make sure the Pads and Pad Bracket are oriented as shown. Repeat with the other set of Pads and Pad Bracket.**

Attach a Pad Bracket (6) to the top of the Upright (4) with two M10 x 70mm Carriage Bolts (23), two M10 Washers (24), and two M10 Nylon Locknuts (26).

Attach the other Pad Bracket (6) to the indicated side of the Upright (4) with two M10 x 70mm Carriage Bolts (23) and two M10 Nylon Locknuts (26).

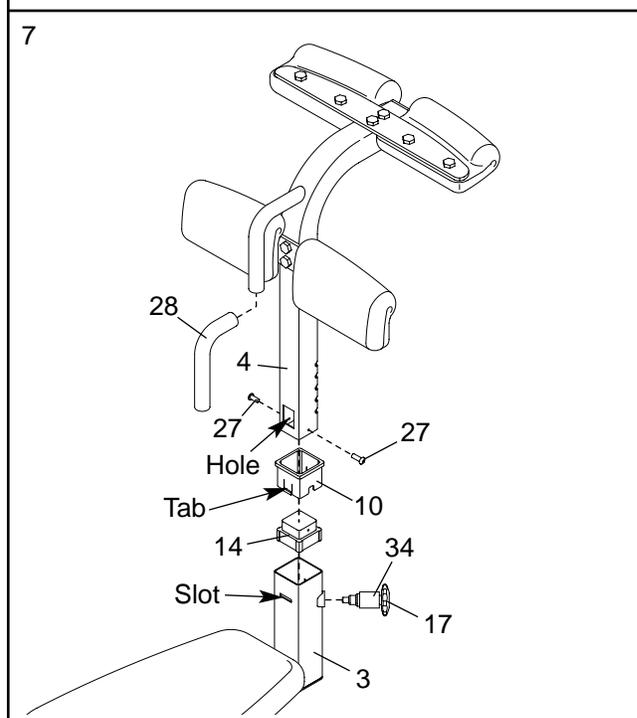


7. Wet the handle on the Upright (4) with soapy water. Slide the Handle Grip (28) onto the handle. Slide the 60mm Square Bushing (10) onto the bottom of the Upright. **Make sure the tabs are on the indicated sides.**

Press the 55mm Square Bushing (14) into the bottom of the Upright (4). Secure the Bushing with two M4 x 16mm Self-tapping Screws (27).

Have one person press the tabs on the 60mm Square Bushing (10) into the indicated hole in the Upright (4) while a second person slides the Upright and Bushing into the Backrest Frame (3). Engage the tabs on the Bushing into the slots in the Frame. **Be careful not to pinch your hands as you slide the Bushing into the Frame.**

Thread the Upright Collar (34) into the Backrest Frame (3). Pull the Upright Adjustment Knob (17) out, and use a wrench to fully tighten the Collar into the Backrest Frame. Engage the Knob into a hole in the Upright (4), and tighten it fully.



8. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on the next page.**

ADJUSTMENTS

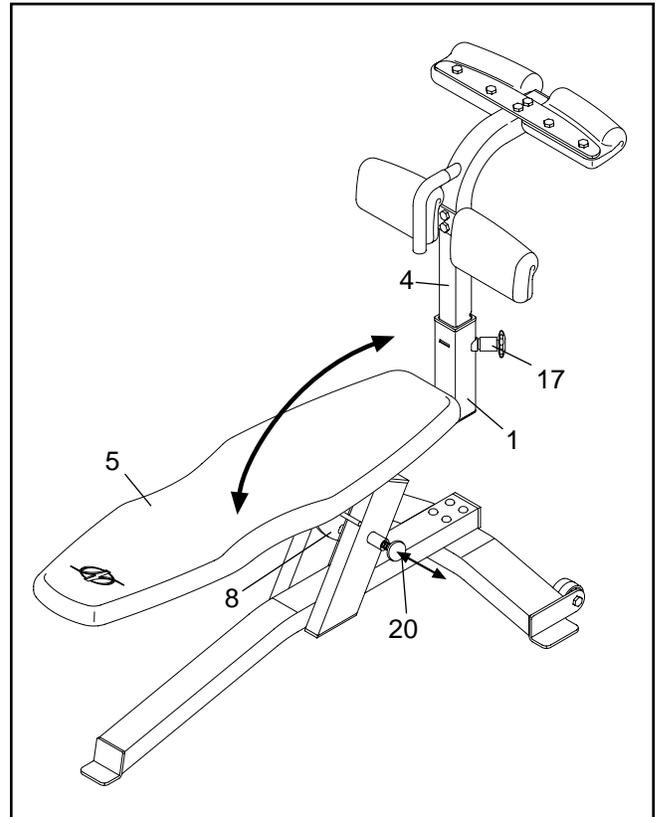
This section explains how to adjust the weight bench. Refer to the accompanying exercise guide to see the correct form for each exercise.

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

ADJUSTING THE BACKREST AND UPRIGHT

To adjust the angle of the Backrest (5), hold onto it with one hand and pull the Backrest Adjustment Knob (20) out. Move the Backrest to the desired position. Reengage the Knob into the Adjustment Arm (8).

To adjust the height of the Upright (4) loosen the Upright Adjustment Knob (17) and pull it out. Move the Upright to the desired height and reengage and tighten the Knob.



PART LIST—Model No. NTB09920

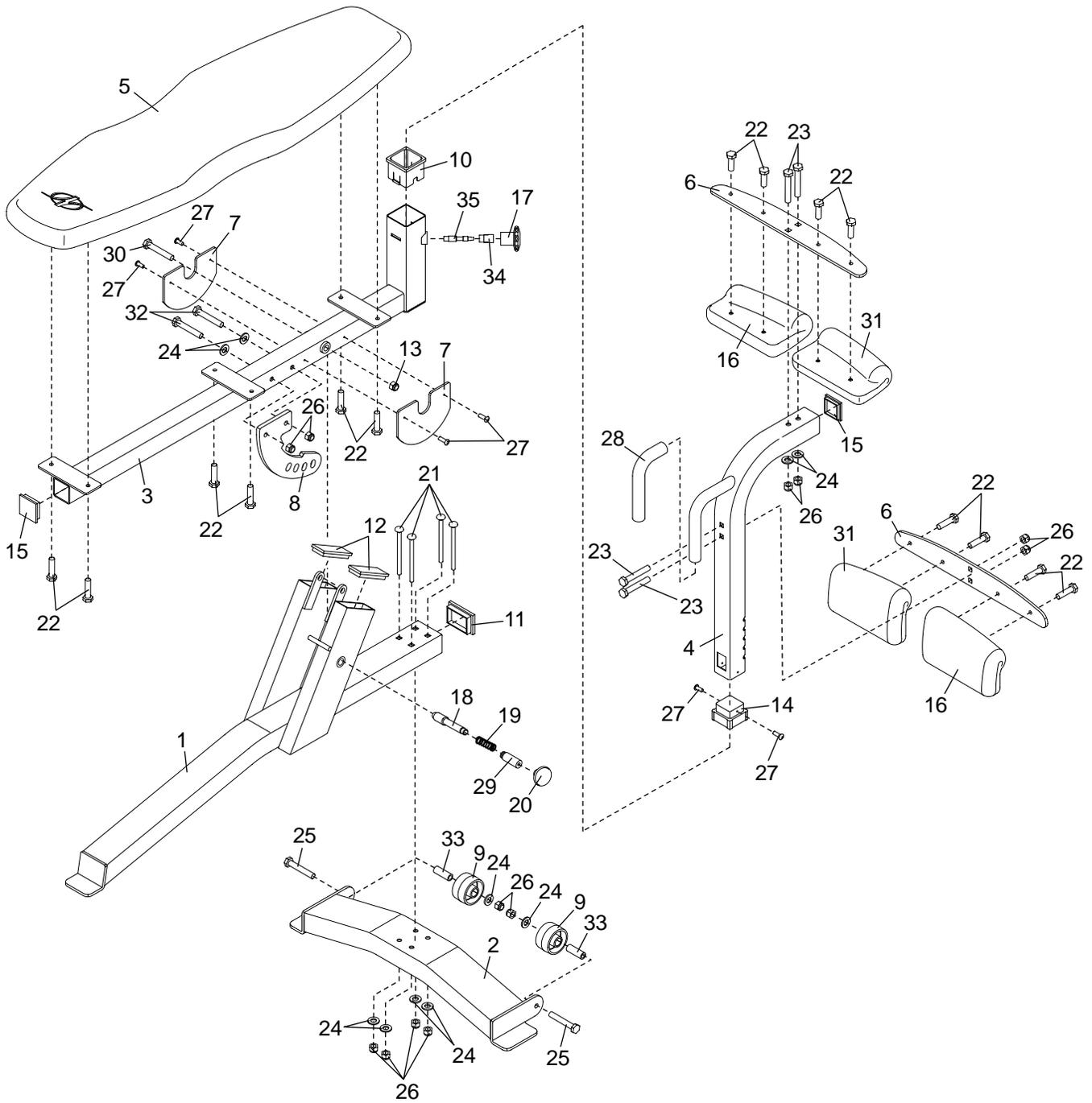
R0103A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	21	4	M10 x 115mm Carriage Bolt
2	1	Stabilizer	22	14	M6 x 16mm Screw
3	1	Backrest Frame	23	4	M10 x 70mm Carriage Bolt
4	1	Upright	24	10	M10 Washer
5	1	Backrest	25	2	M10 x 63mm Button Head Bolt
6	2	Pad Bracket	26	12	M10 Nylon Locknut
7	2	Finger Guard	27	6	M4 x 16mm Self-tapping Screw
8	1	Adjustment Arm	28	1	Handle Grip
9	2	Wheel	29	1	Threaded Collar
10	1	60mm Square Bushing	30	1	M12 x 87mm Button Head Bolt
11	1	50mm x 75mm Inner Cap	31	2	Left Pad
12	2	38mm x 100mm Inner Cap	32	2	M10 x 75mm Button Head Bolt
13	1	M12 Nylon Locknut	33	2	Axle
14	1	55mm Square Bushing	34	1	Upright Collar
15	2	50mm Square Inner Cap	35	1	Upright Adjustment Pin
16	2	Right Pad	#	1	User's Manual
17	1	Upright Adjustment Knob	#	1	Exercise Guide
18	1	Adjustment Pin	#	1	Grease Packet
19	1	Spring	#	1	M8 Allen Wrench
20	1	Backrest Adjustment Knob	#	1	M6 Allen Wrench

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

EXPLODED DRAWING—Model No. NTB09920

R0103A



ORDERING REPLACEMENT PARTS

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

1. The MODEL NUMBER of the product (NTB09920)
2. The NAME of the product (NordicTrack® STRENGTH AB BENCH weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see pages 10 and 11 of this manual)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® STRENGTH AB BENCH weight bench (“Product”) is warranted to be free of all defects in material and workmanship.

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

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

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

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

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

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

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

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

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

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

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