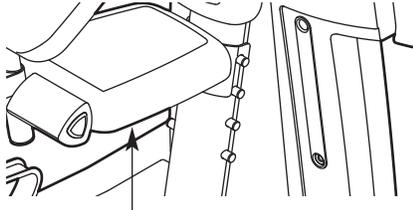


# NordicTrack® E 500

Model No. NTS5925.0

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

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



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

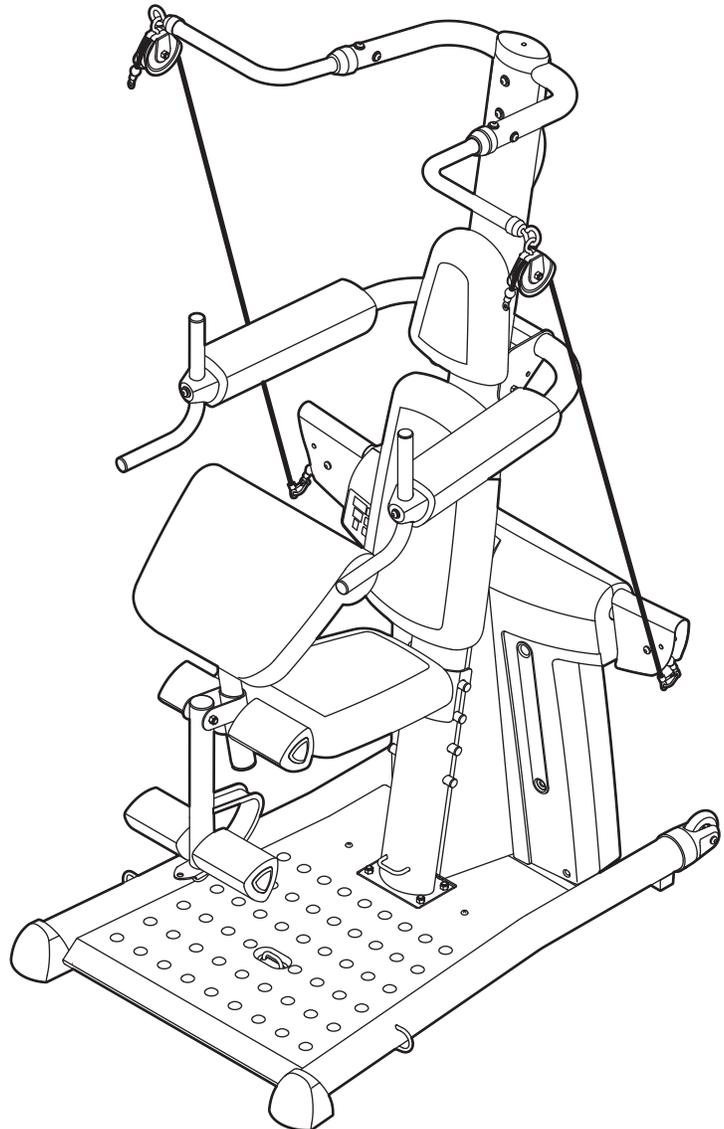
CALL TOLL-FREE:

**1-888-825-2588**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

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



### CAUTION

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



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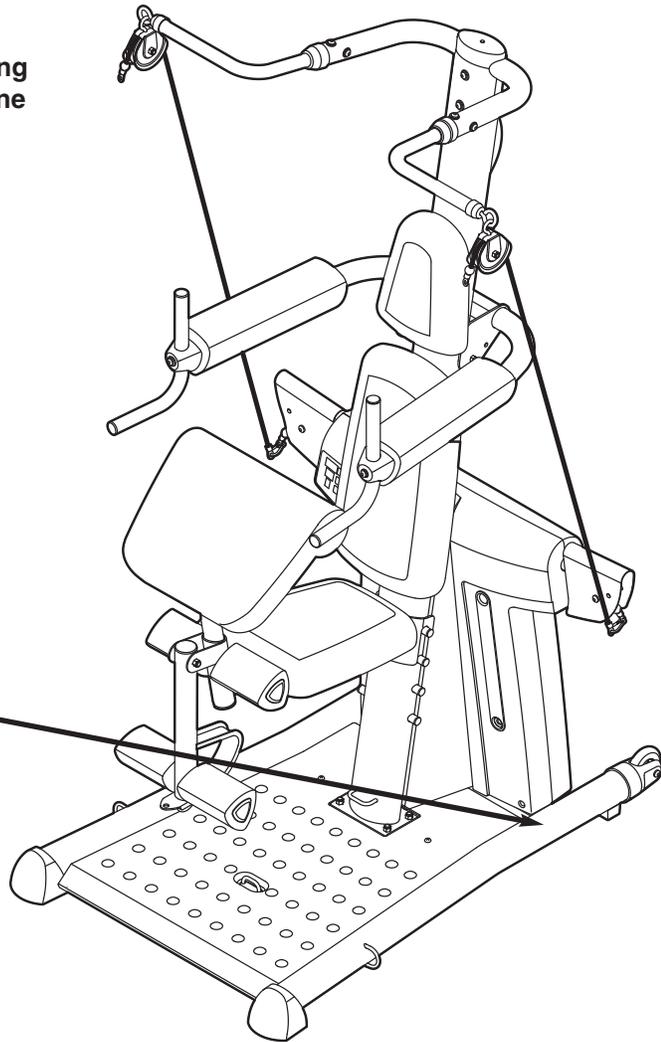
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

# WARNING DECAL PLACEMENT

The decal shown here has been placed on the resistance system. If the decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

## **⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- 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 resistance system.

1. Read all instructions in this manual and all warnings on the resistance system before using the resistance system. Use the resistance system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.
3. The resistance system is intended for home use only. Do not use the resistance system in any commercial, rental, or institutional setting.
4. Keep the resistance system indoors, away from moisture and dust. Place the resistance system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the resistance system to mount, dismount, and use the resistance system.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the resistance system at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Always make sure that the pins and knobs are fully engaged before using the resistance system.
9. Always wear athletic shoes for foot protection while exercising.
10. The resistance system is designed to support a maximum user weight of 300 pounds.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. The resistance system is designed to be used with the included resistance. Do not use the resistance system with dumbbells or any other type of weight to increase the resistance.
13. Always make sure the screws in the cable clamps are fully tightened.
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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

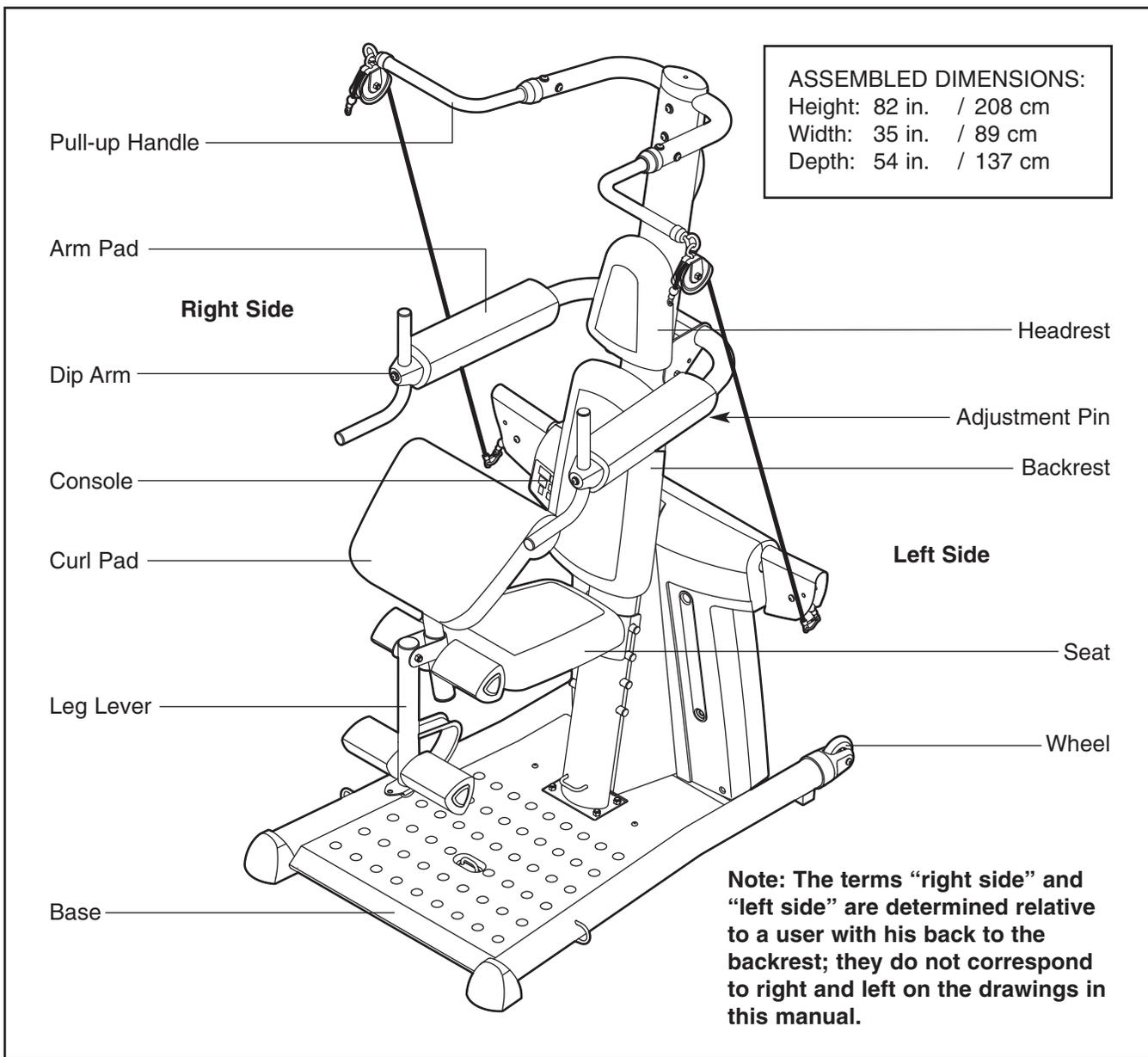
# BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® E500 resistance system. The resistance system offers a selection of exercise 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 resistance system will help you to achieve the specific results you want.

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

after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is NTS5925.0. The serial number can be found on a decal attached to the exercise rack (see the front cover of this manual).

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



# ASSEMBLY

## Make Things Easier for Yourself

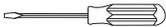
Everything in this manual is designed to ensure that the resistance system can be assembled successfully by anyone. However, the resistance system has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.

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

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

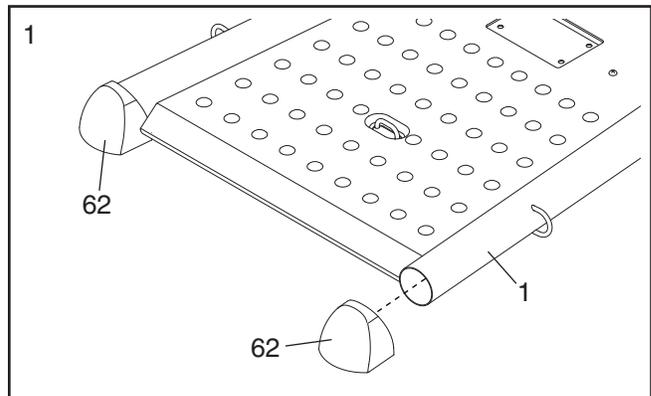
- As you assemble the exercise rack, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART.

In addition to the included hex key(s)  and grease, assembly may require the following tools (not included):

- 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. Press two Base Caps (62) onto the Base (1).

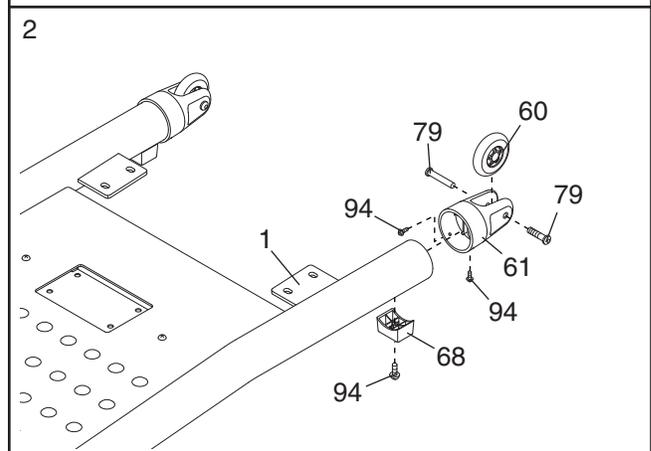


2. Attach a Wheel (60) to a Wheel Endcap (61) with an M6 Bolt Set (79).

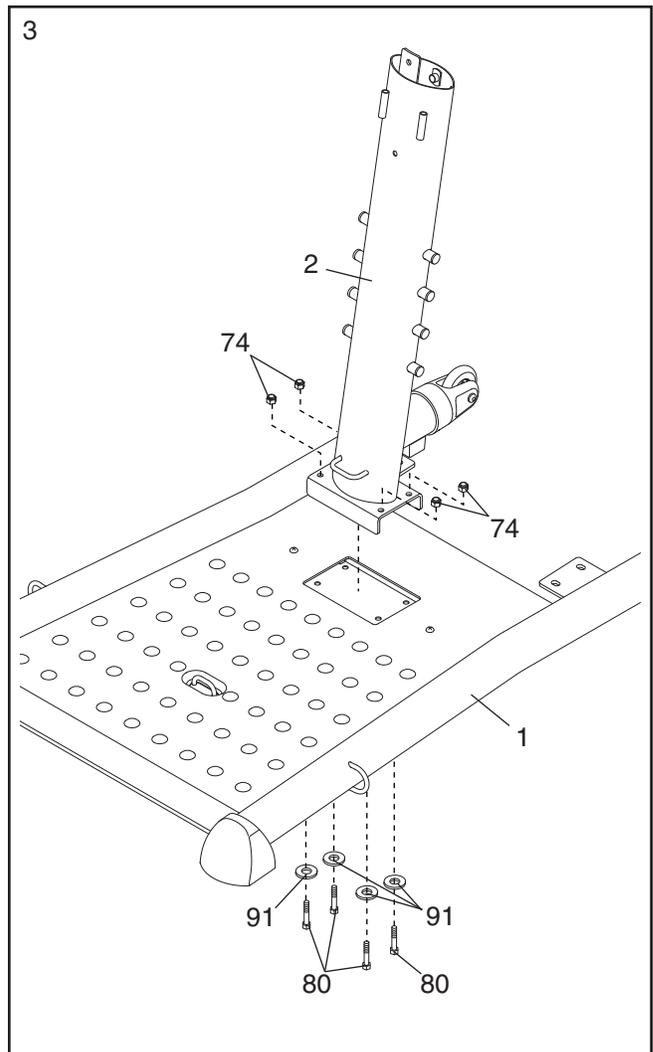
Attach the Wheel Endcap (61) to the Base (1) with two M4 x 20mm Self-tapping Screws (94).

Attach a Base Foot (68) to the Base (1) with an M4 x 20mm Self-tapping Screw (94).

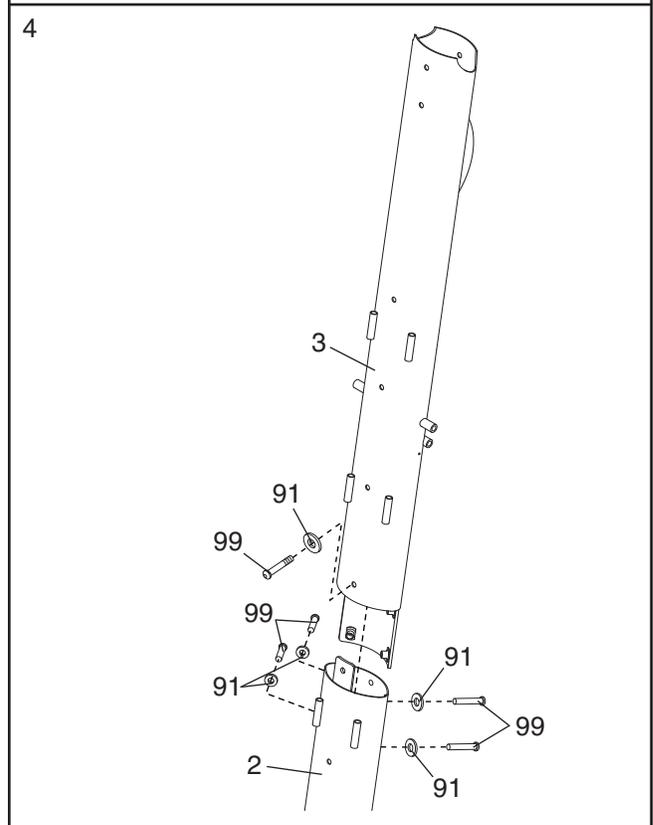
Repeat this step for the other side of the Base (1).



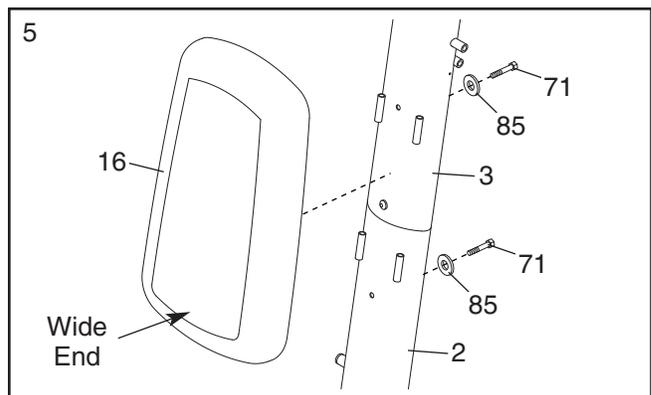
3. Attach the Upright Base (2) to the Base (1) with four M10 x 60mm Bolts (80), four M10 Washers (91), and four M10 Nylon Locknuts (74). **Do not tighten the Locknuts yet.**



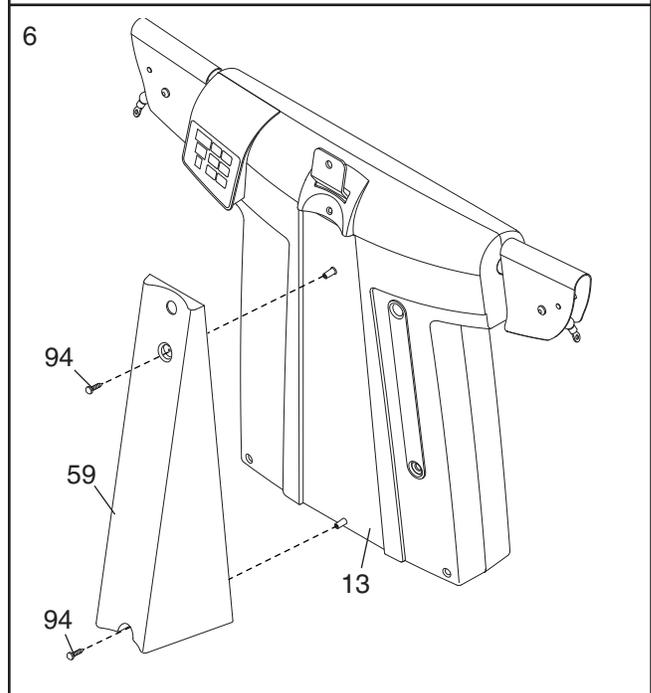
4. Attach the Upright (3) to the Upright Base (2) with five M10 x 25mm Button Bolts (99) and five M10 Washers (91).



- Orient the Backrest (16) as shown. Attach the Backrest to the Upright Base (2) and the Upright (3) with two M6 x 100mm Screws (71) and two M6 Washers (85).



- Attach the Center Cover (59) to the Front Mech Cover (13) with two M4 x 20mm Self-tapping Screws (94).

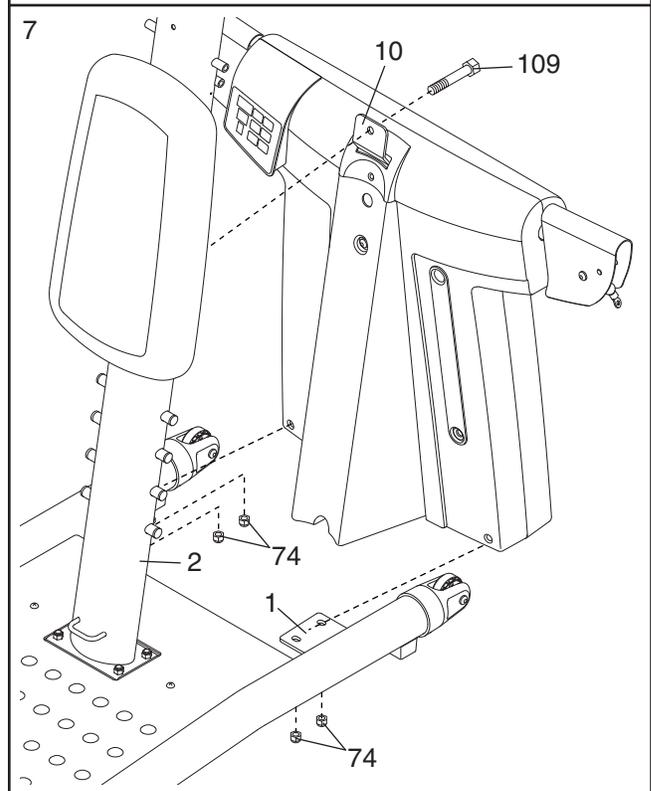


- Set the Mech Frame (10) on the Base (1).

Attach the Mech Frame (10) to the Upright Base (2) with an M12 x 30mm Bolt (109). **Do not tighten the Bolt yet.**

Tip the resistance system onto its side. Attach the Mech Frame (10) to the Base (1) with four M10 Nylon Locknuts (74).

**Tighten the M12 x 30mm Bolt (109). Tighten the M10 Nylon Locknuts (74) used in step 3.**

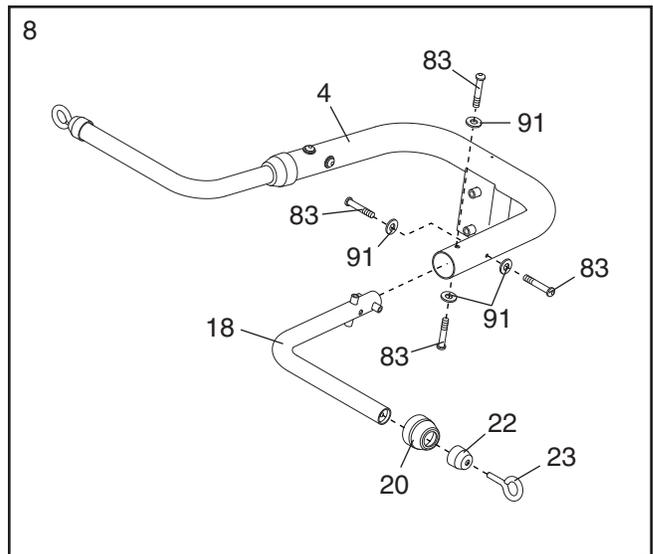


- Attach a Pull-up Handle (18) to the Top Frame (4) with four M10 x 20mm Button Bolts (83) and four M10 Washers (91).

Slide a Top Arm Cap (20) over the Pull-up Handle (18) and onto the Top Frame (4).

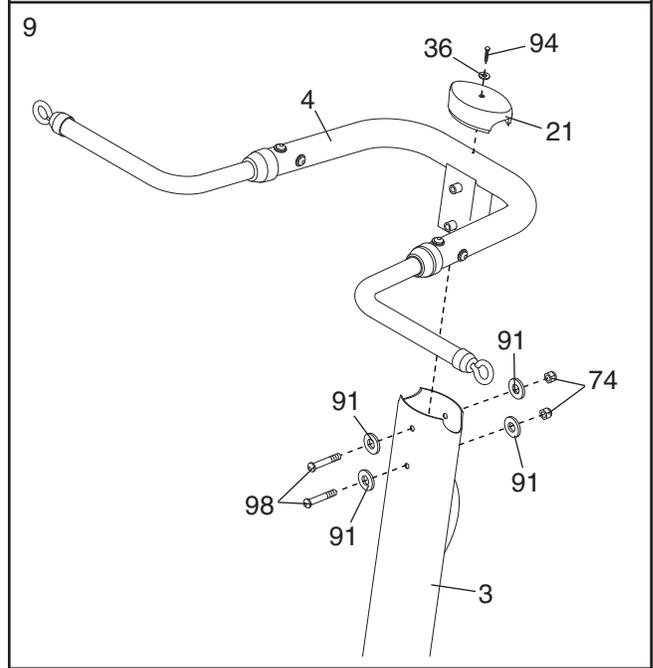
Press a 32mm Round Outer Cap (22) onto the Pull-up Handle (18). Tighten an Eyebolt (23) into the Pull-up Handle.

**Repeat this step on the other side of the Top Frame (4).**

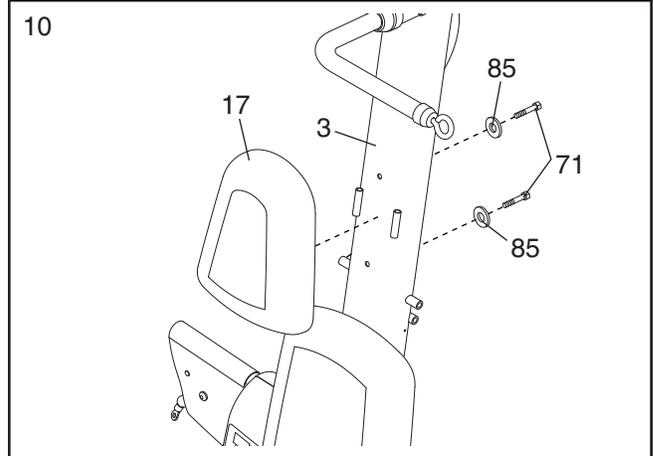


- Attach the Upright Cap (21) to the Top Frame (4) with an M4 x 20mm Self-tapping Screw (94) and an M4 Washer (36).

Attach the Top Frame (4) to the Upright (3) with two M10 x 98mm Button Bolts (98), four M10 Washers (91), and two M10 Nylon Locknuts (74).

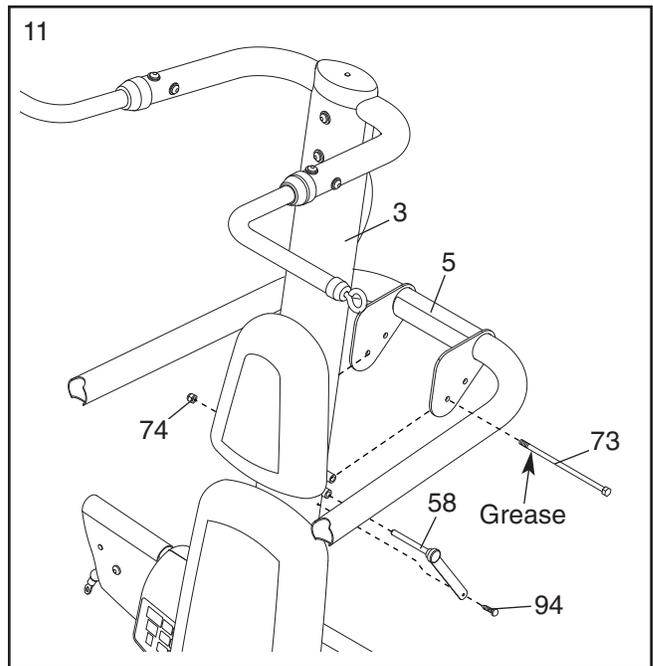


- Attach the Headrest (17) to the Upright (3) with two M6 x 100mm Screws (71) and two M6 Washers (85).



11. Grease an M10 x 217mm Bolt (73). Attach the Dip Arm (5) to the Upright (3) with the Bolt and an M10 Nylon Locknut (74). **Do not overtighten the Locknut; the Dip Arm must be able to pivot easily.**

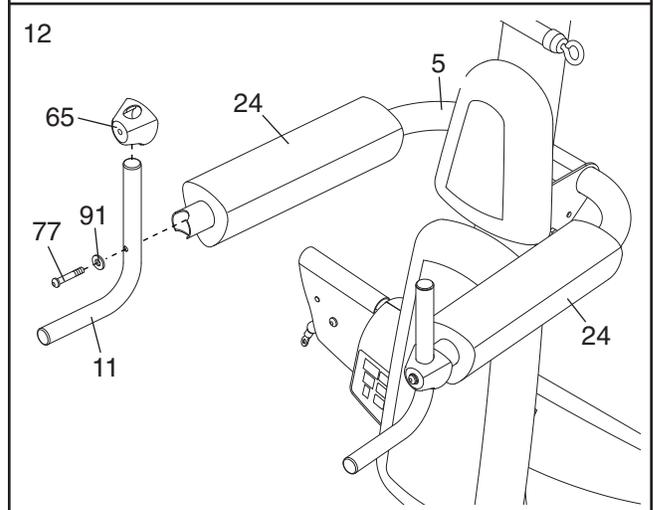
Attach the Pin (58) to the Upright (3) with an M4 x 20mm Self-tapping Screw (94). Insert the Pin into the Upright.



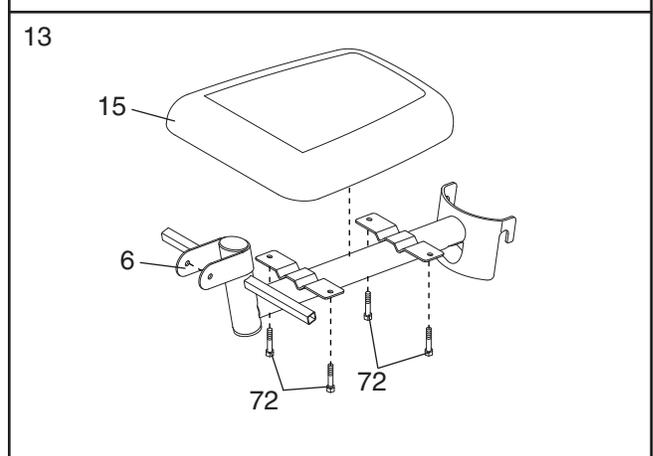
12. Wet the inside of the two Large Foam Pads (24) and the Dip Arm (5) with soapy water. Slide the two Large Foam Pads onto the Dip Arm.

Slide a Dip Arm Cap (65) onto a Dip Handle (11). Attach the Dip Handle and the Dip Arm Cap to the Dip Arm (5) with an M10 x 80mm Button Screw (77) and an M10 Washer (91).

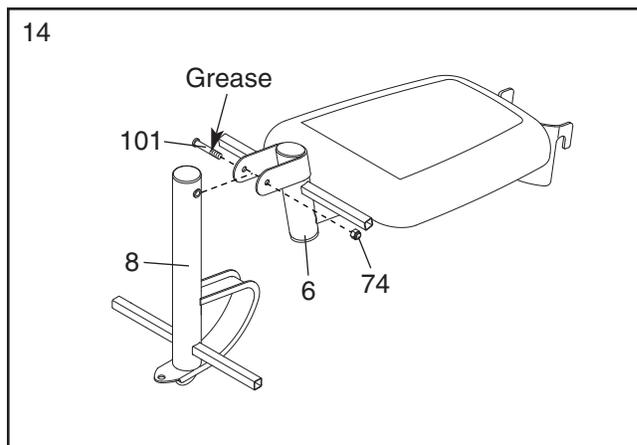
**Attach the other Dip Handle (11) and Dip Arm Cap (65) to the Dip Arm (5) in the same manner.**



13. Attach the Seat (15) to the Seat Frame (6) with four M6 x 16mm Screws (72).

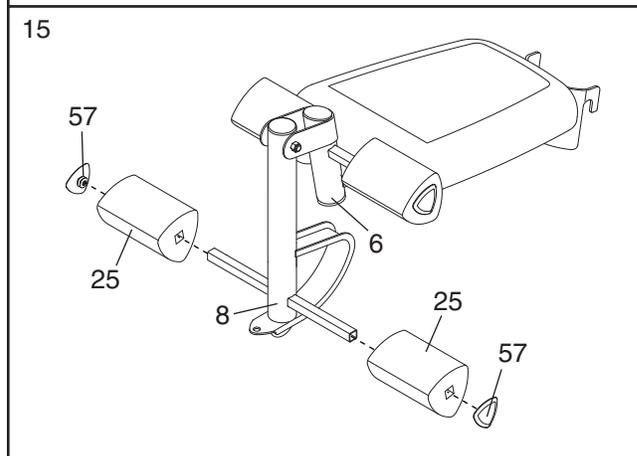


14. Grease an M10 x 72mm Bolt (101). Attach the Leg Lever (8) to the Seat Frame (6) with the Bolt and an M10 Nylon Locknut (74). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

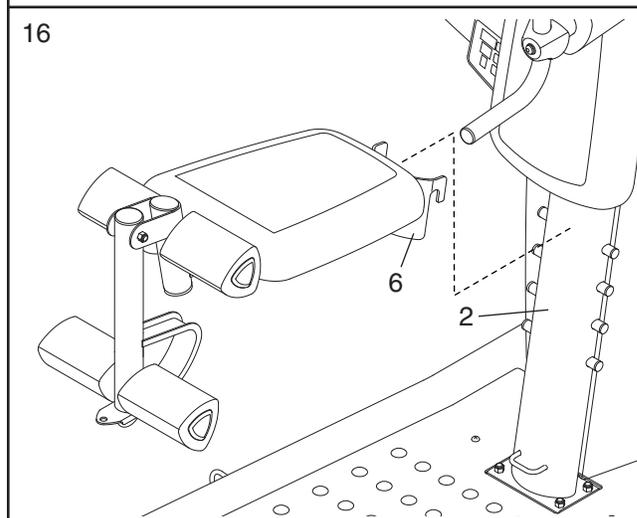


15. Slide two Small Foam Pads (25) onto the Leg Lever (8). Press two Endcaps (57) onto the Leg Lever.

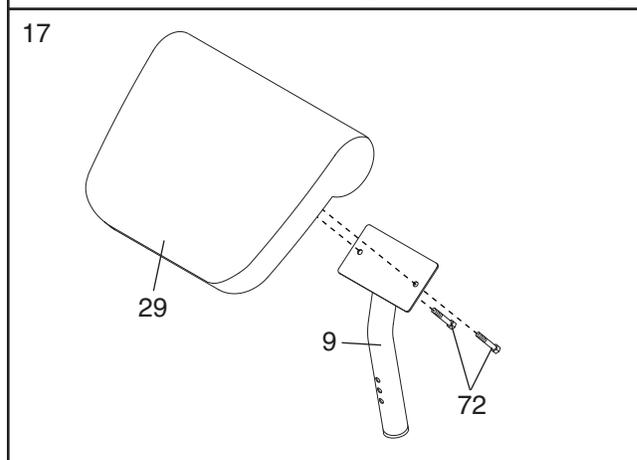
**Repeat this step with the Seat Frame (6).**



16. Set the Seat Frame (6) on the Upright Base (2).



17. Attach the Curl Pad (29) to the Curl Post (9) with two M6 x 16mm Screws (72).



18. **Make sure that all parts have been properly tightened before the resistance system is used.**

# ADJUSTMENTS

This section explains how to adjust the resistance system. See the EXERCISE GUIDELINES on page 16 for important information about 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.

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

## ATTACHING THE PULLEY HOUSINGS

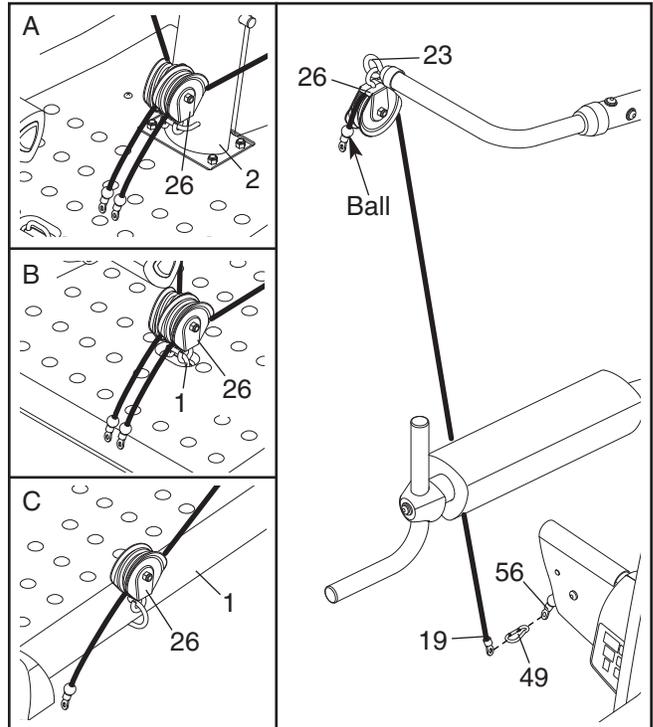
Attach the end of a Housing Cable (19) without the ball, to the Mech Rope (56) with a Cable Clip (49). **Repeat with the other Housing Cable.**

To use the high pulley station, hook the Pulley Housings (26) onto the Eyebolts (23).

**See inset drawing A.** To use the leg lever, hook the Pulley Housings (26) to the hook in the Upright Base (2).

**See inset drawing B.** To use the curl bar, hook the Pulley Housings (26) to the hook in the middle of the Base (1).

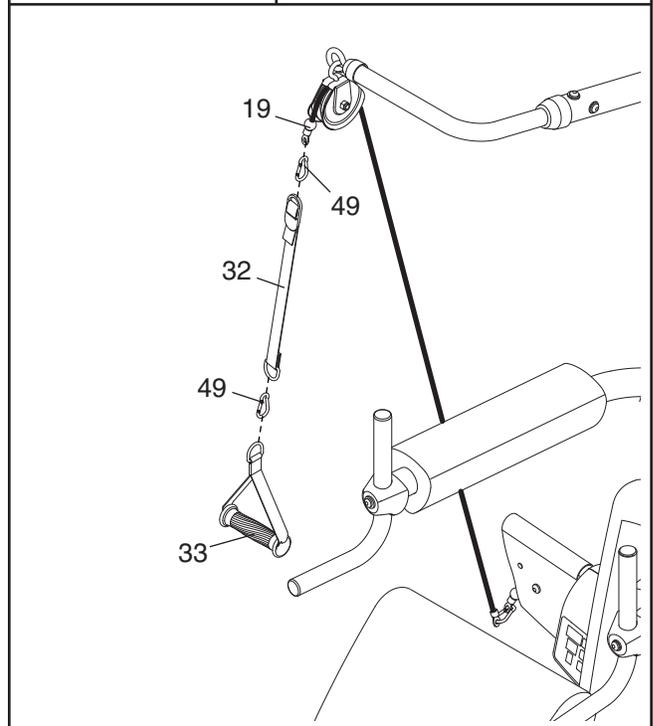
**See inset drawing C.** To use the squat bar, hook the Pulley Housings (26) to the hooks on the sides of the Base (1).



## ATTACHING THE ACCESSORIES

Attach a Handle (33) to a Housing Cable (19) with a Cable Clip (49). For some exercises, an Extension Strap (32) should be attached between the Handle and the Cable with two Cable Clips.

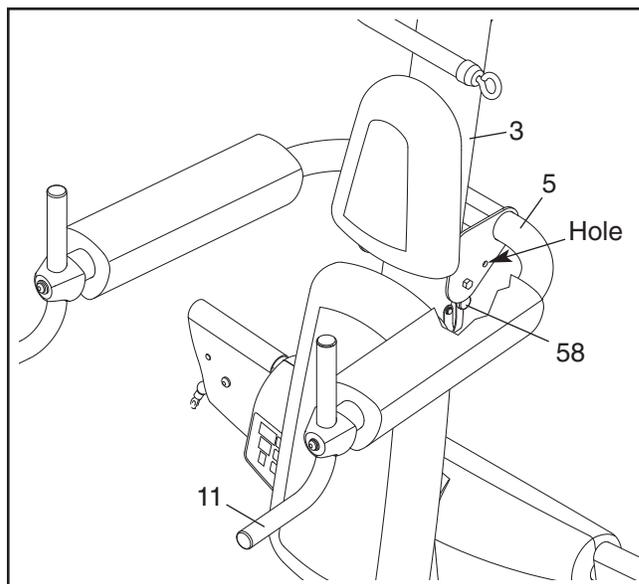
The Squat Bar (not shown) or the Ankle Strap (not shown) can be attached at any pulley station in the same manner.



## ADJUSTING THE DIP ARM

To perform some exercises, the Dip Arm (5) should be locked in the up position. Remove the Pin (58) and lift the Dip Handle (11). Engage the Pin into the Upright (3) and the hole in the Dip Arm plate.

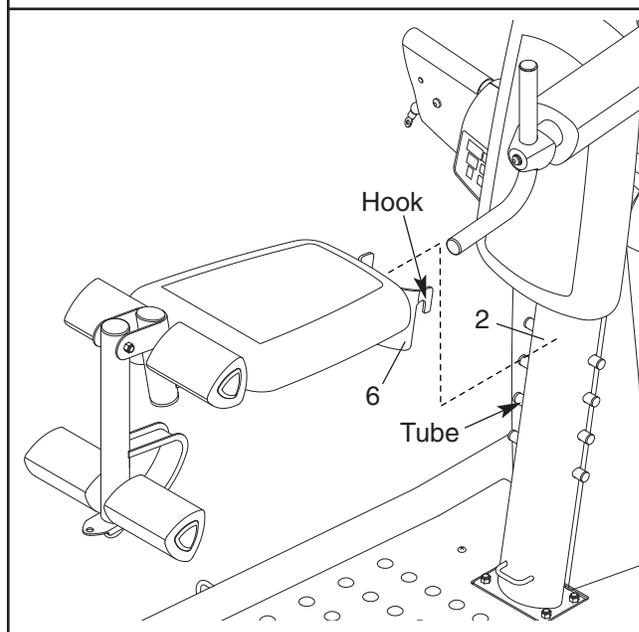
To use the Dip Arm (5), remove the Pin (58) and lower the Dip Handle (11). Insert the Pin into the Upright (3).



## ATTACHING THE SEAT FRAME

The Seat Frame (6) can be adjusted to any of four heights. To attach the Seat Frame to the resistance system, set the hooks on the Seat Frame over a set of tubes on the Upright Base (2).

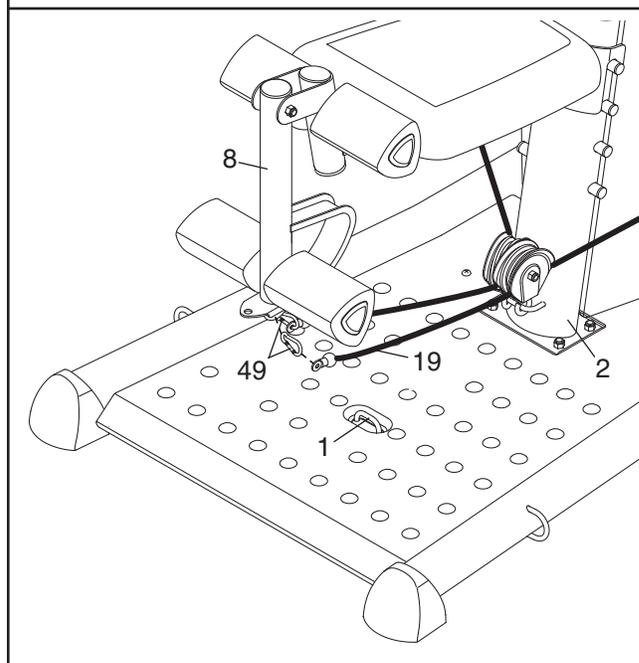
Store the Seat Frame (6) away from the resistance system when performing an exercise that does not require it.



## ATTACHING THE LEG LEVER

To use the Leg Lever (8), attach the Pulley Housing (26) to the Upright Base (2) as described in ATTACHING THE PULLEY HOUSINGS on the previous page. Attach the Housing Cables (19) to the Leg Lever with two Cable Clips (49).

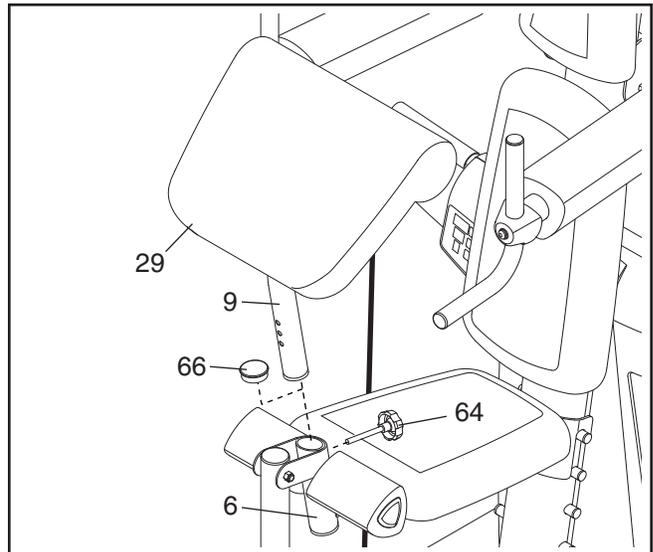
To use the Curl Bar (28), attach the Pulley Housing (26) to the Base (1) as described in ATTACHING THE PULLEY HOUSINGS on the previous page. Attach the Housing Cables (19) to the Leg Lever with two Cable Clips (49).



## ATTACHING THE CURL PAD

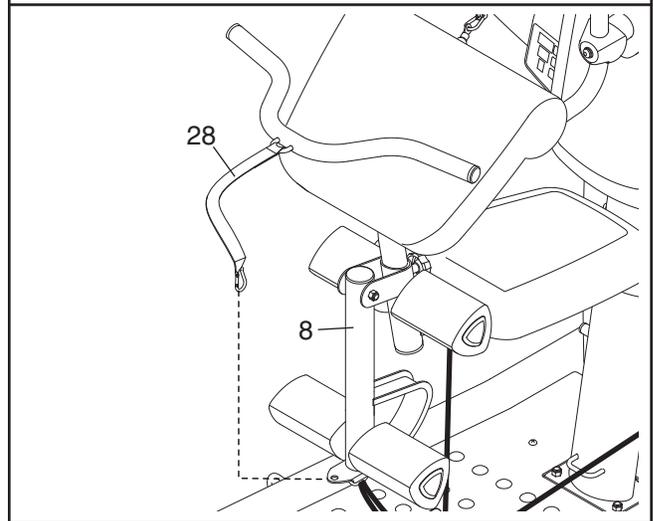
To use the Curl Pad (29), first remove the 50mm Round Slanted Inner Cap (66) from the Seat Frame (6). Then, insert the Curl Post (9) into the Seat Frame and secure the Curl Post with the Curl Knob (64).

**Remove the Curl Pad (29) and replace the 50mm Round Slanted Inner Cap (66) when performing an exercise that does not require the Curl Pad.**



## ATTACHING THE CURL BAR

To use the Curl Bar (28), first attach the housing cables to the leg lever (see ATTACHING THE LEG LEVER on the previous page). Attach the clip on the Curl Bar to the hook on the Leg Lever (8).



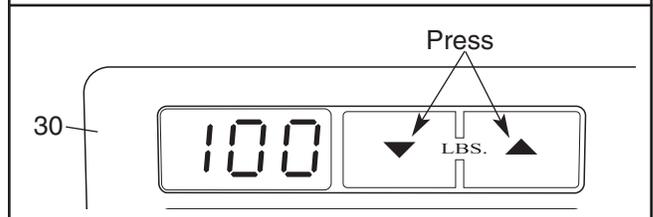
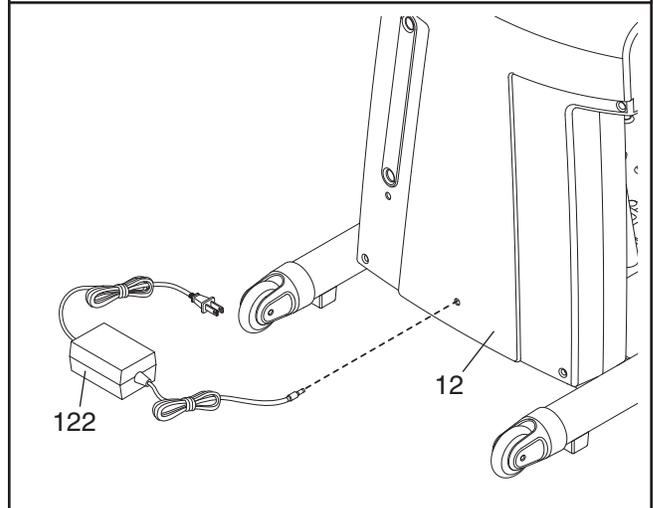
## PLUGGING IN THE RESISTANCE SYSTEM

Plug the indicated end of the Transformer (122) into the Back Mech Cover (12). Plug the other end of the Transformer into a 120-volt outlet. All indicators and displays on the console will flash once; the console will then be ready for use. The motor may be heard while the resistance system calibrates itself.

**Important: Always plug in the transformer when using the resistance system.**

The resistance system will need to be calibrated manually the first time it is used. To do this, plug in the Transformer (122) as described above. Then, press and hold the LBS up and down buttons on the Console (30) for three seconds. The motor will be heard while the resistance system calibrates itself.

Follow this procedure whenever the resistance system does not seem to be working properly and needs to be recalibrated.

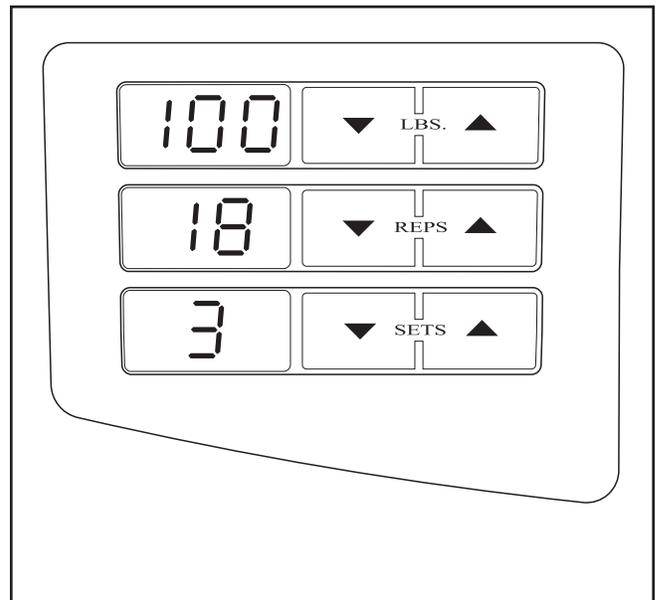


## THE RESISTANCE SYSTEM CONSOLE

**Resistance.** To adjust the resistance level, first **make sure that no cables are being pulled**. Then, press the LBS Up or Down button. The resistance level will be displayed in the top display.

**Rep Counter.** Press the REPS Up or Down button until the center display shows the desired number of repetitions to be completed for an exercise. As repetitions are started, the console will count down to zero.

**Set Counter.** Press the SETS Up or Down button until the bottom display shows the desired number of sets to be completed for an exercise. As sets are completed, the console will count down to zero. Note: If SETS and REPS are set at zero, the console will count up when each repetition is started.

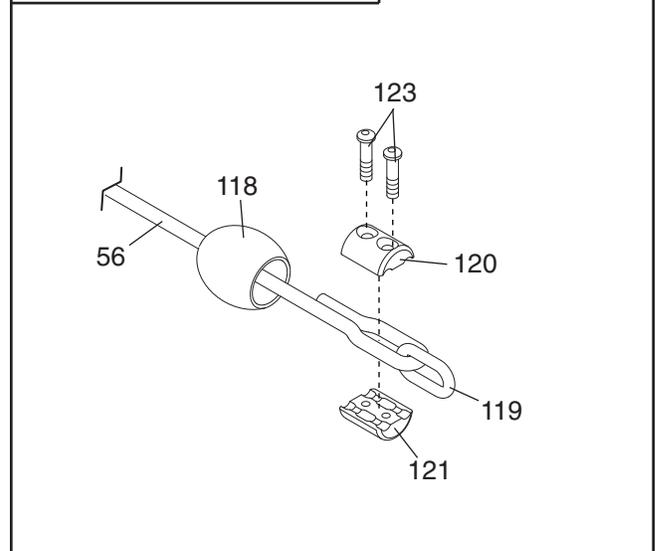
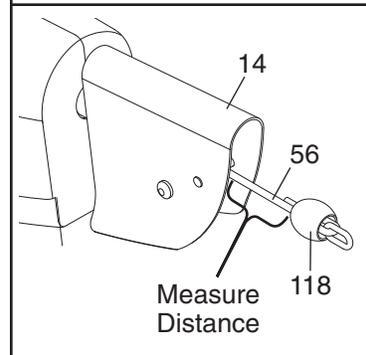


## TIGHTENING THE MECH ROPE

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

To tighten the Mech Rope (56), first set the system resistance level to 100 pounds. Locate the end of the Mech Rope with the Rope Clamps (120, 121) and pull it out until the Rope is tight. Then, measure the distance between the Rope Cover (118) and the Swivel Arm (14).

Set the system resistance to the lowest level. Have a second person pull the Mech Rope (56) out and hold it while the Rope is adjusted. Push the Rope Cover (118) down the Rope and loosen the two M5 x 16mm Button Screws (123). Pull the Rope through the Link (119) and the Rope Clamps (120, 121) to shorten the Rope by the measured amount. Then, retighten the two Screws and cover the Rope Clamps with the Rope Cover.



**⚠ WARNING:** Always make sure the two M5 x 16mm Button Screws (123) are fully tightened before the resistance system is used.

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.

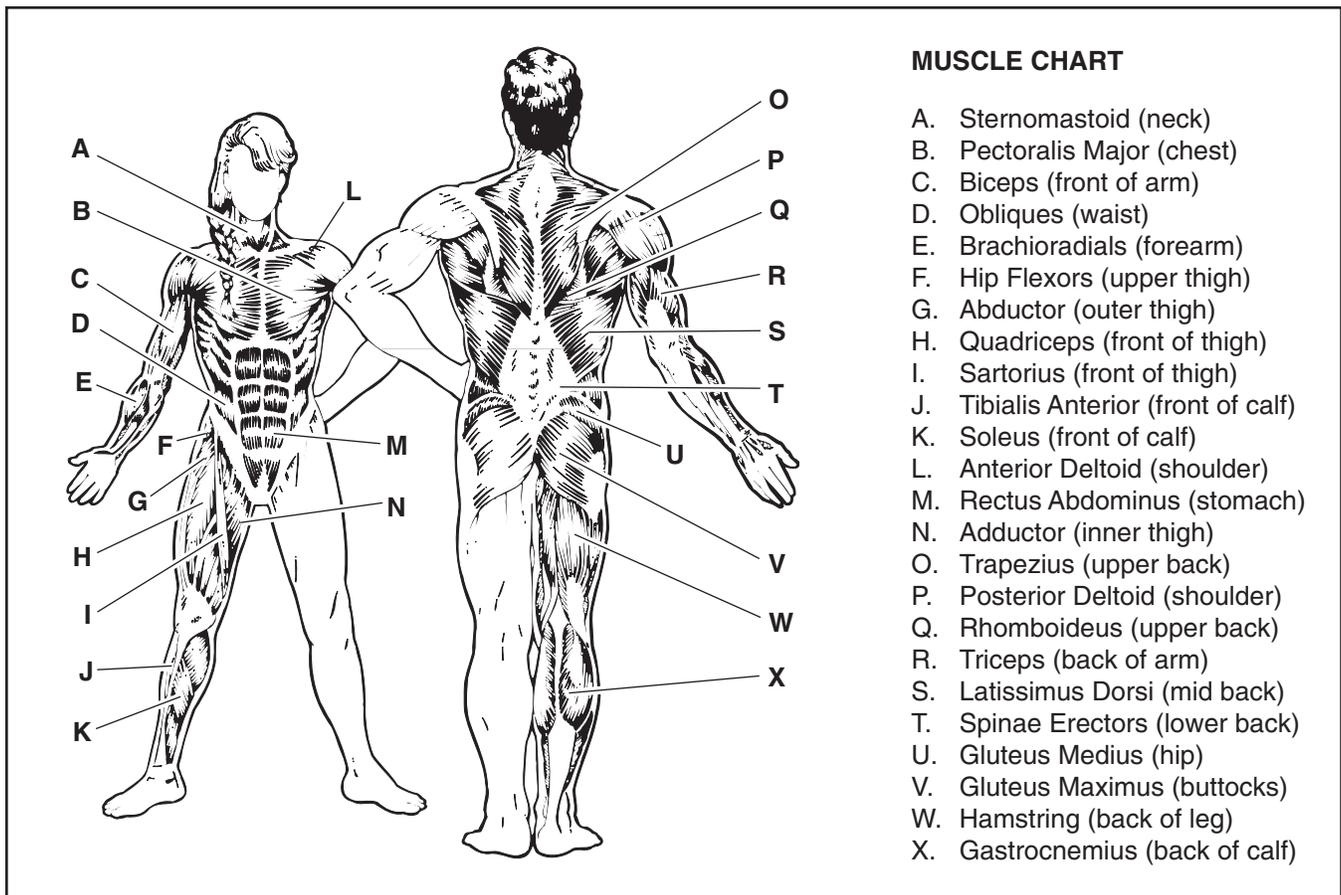
### COOLING DOWN

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. The chart on pages 18 and 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance 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. Posterior Deltoid (shoulder)
- Q. Rhomboideus (upper back)
- 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)

---

# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them to a high percentage of 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 resistance 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 resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance 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 resistance.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance 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 resistance.

### Weight Loss

To lose weight, use a low amount of resistance 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 strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength 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 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.

| <b>MONDAY</b>               | <b>EXERCISE</b> | <b>WEIGHT</b> | <b>SETS</b> | <b>REPS</b> |
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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

| <b>WEDNESDAY</b>            | <b>EXERCISE</b> | <b>WEIGHT</b> | <b>SETS</b> | <b>REPS</b> |
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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

| <b>FRIDAY</b>               | <b>EXERCISE</b> | <b>WEIGHT</b> | <b>SETS</b> | <b>REPS</b> |
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Make photocopies of this page for scheduling and recording your workouts.

| <b>MONDAY</b>               | <b>EXERCISE</b> | <b>WEIGHT</b> | <b>SETS</b> | <b>REPS</b> |
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**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

| <b>WEDNESDAY</b>            | <b>EXERCISE</b> | <b>WEIGHT</b> | <b>SETS</b> | <b>REPS</b> |
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**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

| <b>FRIDAY</b>               | <b>EXERCISE</b> | <b>WEIGHT</b> | <b>SETS</b> | <b>REPS</b> |
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Make photocopies of this page for scheduling and recording your workouts.

# PART IDENTIFICATION CHART

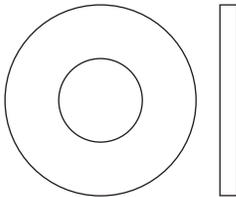
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has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



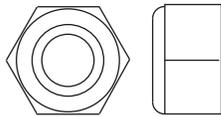
M4 Washer (36)



M6 Washer (85)



M10 Washer (91)



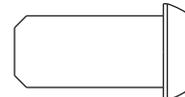
M10 Nylon Locknut (74)



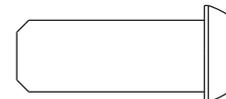
M6 x 16mm Screw (72)



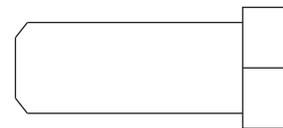
M4 x 20mm Self-tapping Screw (94)



M10 x 20mm Button Screw (83)



M10 x 25mm Button Bolt (99)



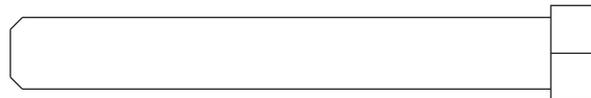
M12 x 30mm Bolt (109)



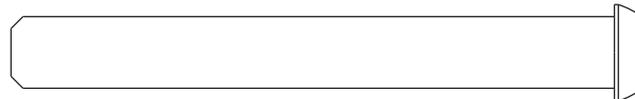
M10 x 60mm Bolt (80)



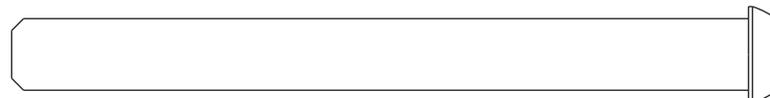
M6 Bolt Set (79)



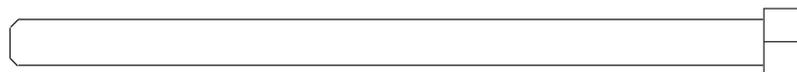
M10 x 72mm Bolt (101)



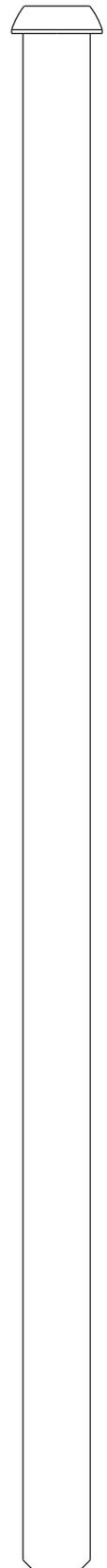
M10 x 80mm Button Screw (77)



M10 x 98mm Button Bolt (98)



M6 x 100mm Screw (71)



M10 x 217mm Button Bolt (73)

# PART LIST—Model No. NTS5925.0

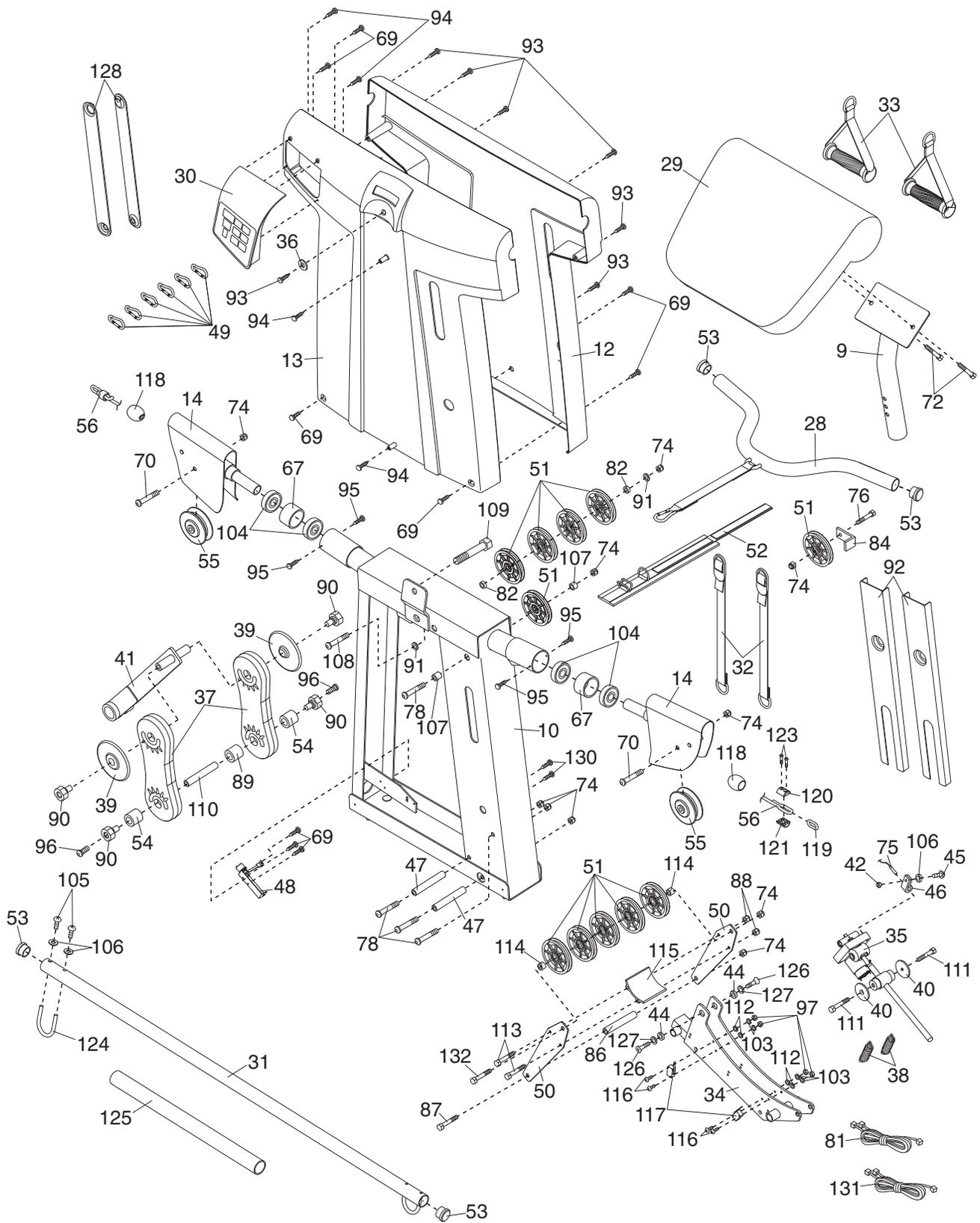
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| Key No. | Qty. | Description          | Key No. | Qty. | Description                  | Key No. | Qty. | Description                  |
|---------|------|----------------------|---------|------|------------------------------|---------|------|------------------------------|
| 1       | 1    | Base                 | 52      | 1    | Ankle Strap                  | 96      | 2    | M12 x 12mm Screw             |
| 2       | 1    | Upright Base         | 53      | 8    | 32mm Round Inner Cap         | 97      | 4    | M3 Nut                       |
| 3       | 1    | Upright              | 54      | 2    | Band Spacer                  | 98      | 2    | M10 x 98mm Button Bolt       |
| 4       | 1    | Top Frame            | 55      | 2    | Pulley                       | 99      | 5    | M10 x 25mm Button Bolt       |
| 5       | 1    | Dip Arm              | 56      | 1    | Mech Rope                    | 100     | 8    | 19mm Round Inner Cap         |
| 6       | 1    | Seat Frame           | 57      | 4    | Endcap                       | 101     | 1    | M10 x 72mm Bolt              |
| 7       | 1    | Base Plate           | 58      | 1    | Pin                          | 102     | 4    | M4 x 38mm Self-tapping Screw |
| 8       | 1    | Leg Lever            | 59      | 1    | Center Cover                 | 103     | 4    | M3 Lock Washer               |
| 9       | 1    | Curl Post            | 60      | 2    | Wheel                        | 104     | 4    | 6205 Bearing                 |
| 10      | 1    | Mech Frame           | 61      | 2    | Wheel Endcap                 | 105     | 2    | M5 x 15mm Bolt               |
| 11      | 2    | Dip Handle           | 62      | 2    | Base Cap                     | 106     | 3    | M5 Washer                    |
| 12      | 1    | Back Mech Cover      | 63      | 2    | 50mm Round Inner Cap         | 107     | 2    | 46mm Spacer                  |
| 13      | 1    | Front Mech Cover     | 64      | 1    | Curl Knob                    | 108     | 1    | M10 x 125mm Bolt             |
| 14      | 2    | Swivel Arm           | 65      | 2    | Dip Arm Cap                  | 109     | 1    | M12 x 30mm Bolt              |
| 15      | 1    | Seat                 | 66      | 1    | 50mm Round Slanted Inner Cap | 110     | 1    | Link Shaft                   |
| 16      | 1    | Backrest             | 67      | 2    | Bearing Bushing              | 111     | 2    | M6 x 16mm Button Screw       |
| 17      | 1    | Headrest             | 68      | 2    | Base Foot                    | 112     | 4    | M3 Washer                    |
| 18      | 2    | Pull-up Handle       | 69      | 9    | M4 x 16mm Self-tapping Screw | 113     | 2    | M6 x 90mm Bolt               |
| 19      | 2    | Housing Cable        | 70      | 2    | M10 x 55mm Button Bolt       | 114     | 2    | 6mm Spacer                   |
| 20      | 2    | Top Arm Cap          | 71      | 4    | M6 x 100mm Screw             | 115     | 1    | Rope Retainer Extension      |
| 21      | 1    | Upright Cap          | 72      | 6    | M6 x 16mm Screw              | 116     | 4    | M3 x 25mm Bolt               |
| 22      | 2    | 32mm Round Outer Cap | 73      | 1    | M10 x 217mm Bolt             | 117     | 2    | Limit Switch                 |
| 23      | 2    | Eyebolt              | 74      | 24   | M10 Nylon Locknut            | 118     | 2    | Rope Cover                   |
| 24      | 2    | Large Foam Pad       | 75      | 1    | Inductor                     | 119     | 1    | Link                         |
| 25      | 4    | Small Foam Pad       | 76      | 1    | M10 x 32mm Bolt              | 120     | 1    | Top Rope Clamp               |
| 26      | 2    | Pulley Housing       | 77      | 2    | M10 x 80mm Button Screw      | 121     | 1    | Bottom Rope Clamp            |
| 27      | 4    | Finger Guard         | 78      | 4    | M10 x 116mm Bolt             | 122     | 1    | Transformer                  |
| 28      | 1    | Curl Bar             | 79      | 2    | M6 Bolt Set                  | 123     | 2    | M5 x 16mm Button Screw       |
| 29      | 1    | Curl Pad             | 80      | 4    | M10 x 60mm Bolt              | 124     | 1    | Bar Hook                     |
| 30      | 1    | Console              | 81      | 1    | Lower Wire Harness           | 125     | 1    | Bar Grip                     |
| 31      | 1    | Squat Bar            | 82      | 2    | 30mm Steel Spacer            | 126     | 2    | M10 x 16mm Button Bolt       |
| 32      | 2    | Extension Strap      | 83      | 8    | M10 x 20mm Button Screw      | 127     | 2    | M10 Lock Washer              |
| 33      | 2    | Handle               | 84      | 1    | Cable Trap                   | 128     | 2    | Cover Panel                  |
| 34      | 1    | Mech Arm             | 85      | 4    | M6 Washer                    | 129     | 2    | M10 x 52mm Button Bolt       |
| 35      | 1    | Motor Assembly       | 86      | 1    | 76mm Spacer                  | 130     | 2    | M3 x 10mm Self-tapping Screw |
| 36      | 2    | M4 Washer            | 87      | 1    | M10 x 95mm Bolt              | 131     | 1    | Upper Wire Harness           |
| 37      | 2    | Resistance Band      | 88      | 2    | M6 Locknut                   | 132     | 1    | M10 x 95mm Grade 8.8 Bolt    |
| 38      | 2    | Spring               | 89      | 1    | 13mm Spacer                  | #       | 1    | User's Manual                |
| 39      | 2    | Wheel                | 90      | 4    | Band Stop Spacer             | #       | 1    | Exercise Guide               |
| 40      | 2    | Brass Washer         | 91      | 29   | M10 Washer                   | #       | 2    | Grease Packet                |
| 41      | 1    | Push Link            | 92      | 2    | Slot Guard                   | #       | 3    | Allen Wrench                 |
| 42      | 1    | M5 Nut               | 93      | 7    | M4 x 25mm Self-tapping Screw |         |      |                              |
| 43      | 2    | 70mm Pulley          | 94      | 14   | M4 x 20mm Self-tapping Screw |         |      |                              |
| 44      | 2    | 6mm Spacer           | 95      | 4    | M4 x 10mm Self-tapping Screw |         |      |                              |
| 45      | 1    | M5 x 35mm Bolt       |         |      |                              |         |      |                              |
| 46      | 1    | Clip                 |         |      |                              |         |      |                              |
| 47      | 2    | Mech Pivot Axle      |         |      |                              |         |      |                              |
| 48      | 1    | Rep Counter          |         |      |                              |         |      |                              |
| 49      | 6    | Cable Clip           |         |      |                              |         |      |                              |
| 50      | 2    | Mech Pulley Plate    |         |      |                              |         |      |                              |
| 51      | 11   | 90mm Pulley          |         |      |                              |         |      |                              |

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.

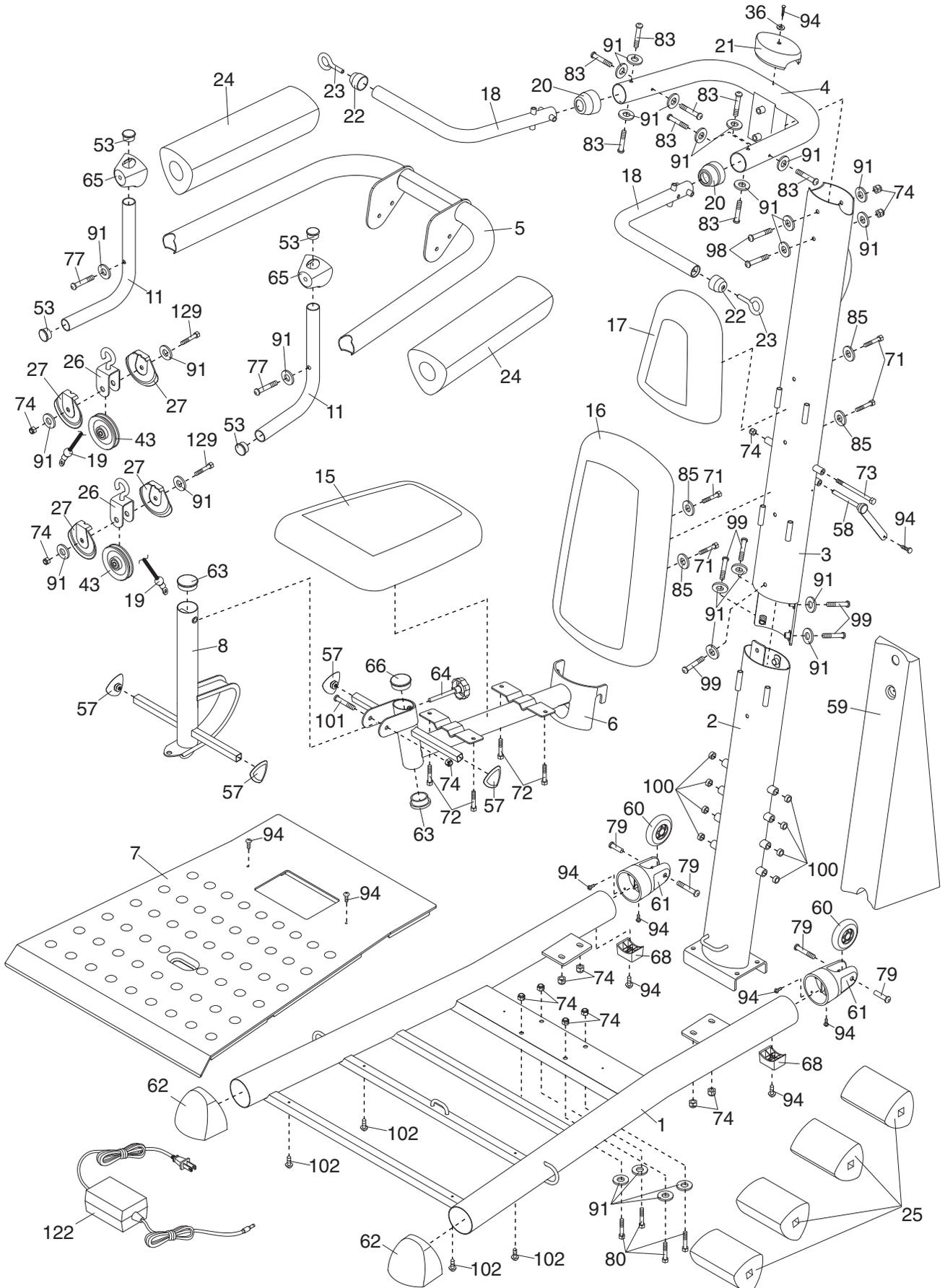
# EXPLODED DRAWING A—Model No. NTS5925.0

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# EXPLODED DRAWING B—Model No. NTS5925.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (NTS5925.0)
- the NAME of the product (NordicTrack E500 resistance system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

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## LIMITED WARRANTY

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

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

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

**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 the toll-free telephone number on the front cover of this manual 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**