

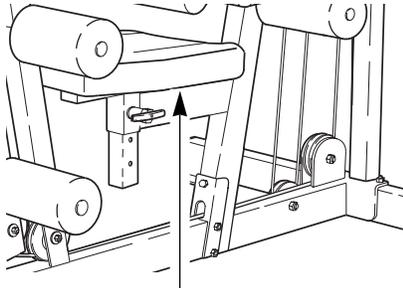
NordicTrack[®] *GRT440*

Patent Pending

Model No. NTSY06990

Serial No. _____

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



Serial Number Decal

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 UNNECESSARY 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 to you.

CUSTOMER HOT LINE:

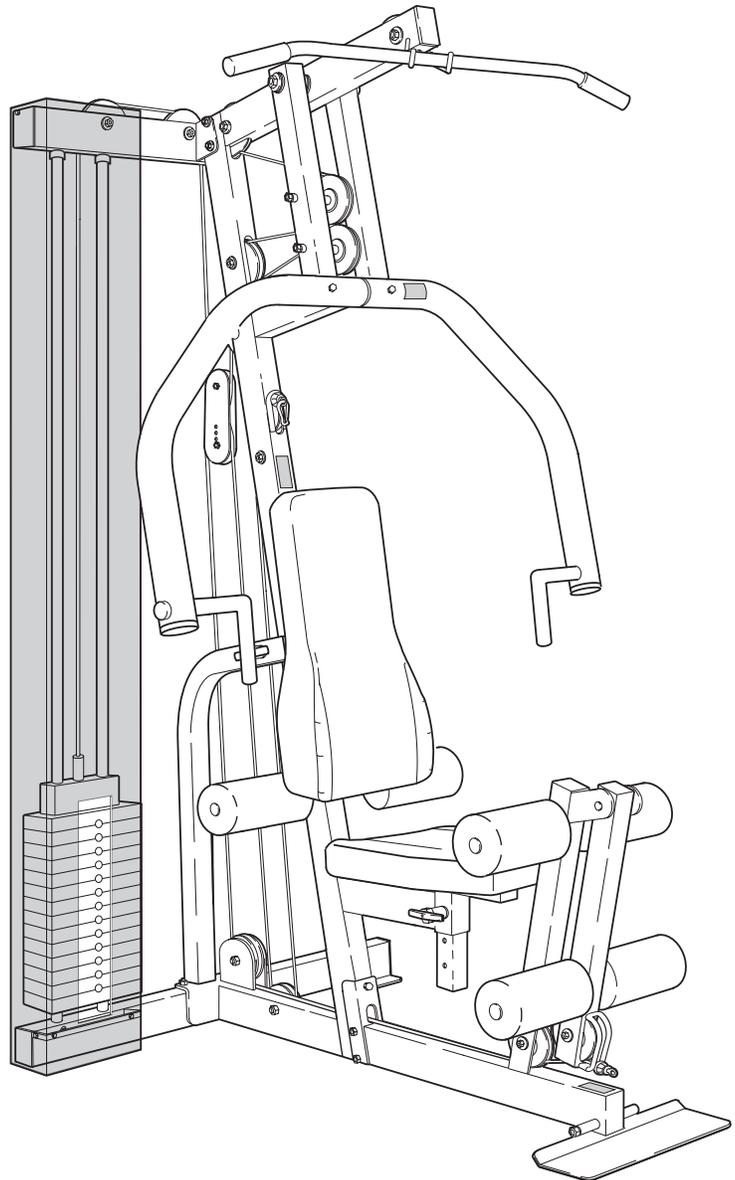
1-888-825-2588

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.

USER'S MANUAL



Visit our website at

www.nordictrack.com

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

Table of Contents

Limited Warranty	2
Important Precautions	3
Before You Begin	4
Assembly	5
Cable Diagram	16
Adjustment	17
Trouble-shooting and Maintenance	19
Ordering Replacement Parts	Back Cover
Weight Resistance Chart	Back Cover

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

Limited Warranty

WHAT IS COVERED—The entire NordicTrack® GRT440 Training 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 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.

Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the training system only on a level surface. Cover the floor or carpet beneath the training system for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. The training system is designed to be used by only one person at a time.
7. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
8. Keep children under the age of 12 and pets away from the training system at all times.
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 wear athletic shoes for foot protection when exercising.
12. Never release the press arm, leg lever, lat bar, row bar, ab strap or ankle strap while weights are raised. The weights will fall with great force.
13. Always disconnect the lat bar or row bar from the training system when performing an exercise that does not use them.
14. The training system is intended for home use only. Do not use the training system in a commercial, rental or institutional setting.

⚠ 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.

The warning decals shown at the right have been pre-attached to the training system in the locations shown on the next page. Note that decal number 1 has been placed in two locations. If a decal is missing, or if it is not legible, please call our customer hot line at the number on the front cover for a free replacement decal. Place the new decal on the training system in the appropriate location.

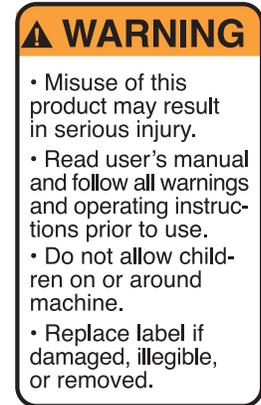
Warning Decal No. 1



Warning Decal No. 3



Warning Decal No. 2



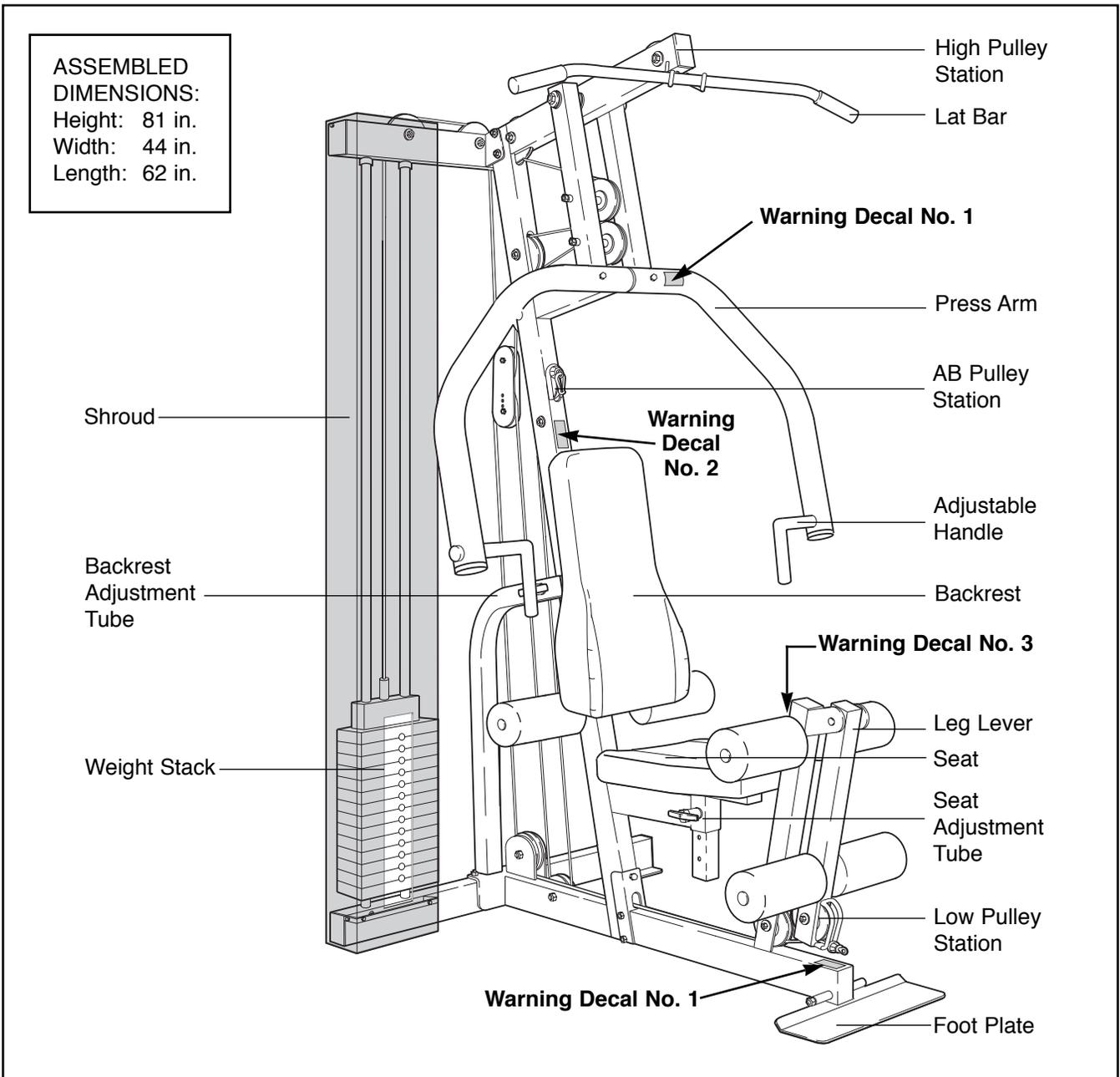
Before You Begin

Thank you for selecting the versatile NordicTrack® GRT440 Training System. The GRT440 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® GRT440 will help you to achieve the results you want.

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 NTSY06990. The serial number can be found on a decal attached to the NordicTrack® GRT440 Training System (see the front cover of this manual).

For your benefit, read this manual carefully before using the NordicTrack® GRT440 Training System. If you have additional questions, please call our

Please use the drawing below to familiarize yourself with the major parts and how they fit together.



Assembly

Make Assembly Easier for Yourself!

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

Set Aside Enough Time

Due to the many features of the training system, the assembly process will require about six 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 training system over a couple of evenings.

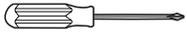
Select a Location for the Training System

Because of its weight and size, the training system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the training 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 training 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 (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) 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 training system, make sure that all parts are oriented 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 Customer Service Department toll-free at 1-888-825-2588 Monday through Friday, 6 a.m. until 6 p.m. Mountain 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 training system.

Arm Assembly—During the second stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms with each other and with the weights.

Seat Assembly—This completes the seat and backrest that support your body while you are exercising.

Frame Assembly

1.

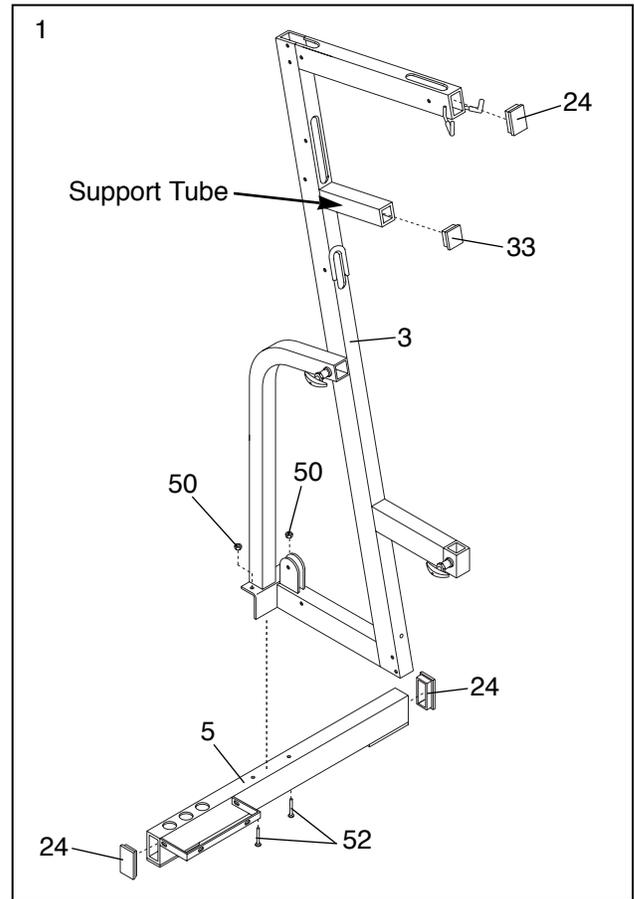
Before beginning assembly, make sure you have read and understood the information on page 5. This brief introduction will save you much more time than it takes to read it!

Open the parts bag labeled “FRAME ASSEMBLY.”

Press a 2” Square Inner Cap (33) into the support tube on the Main Upright (3).

Press a 2” x 3” Inner Cap (24) into the open end of the Main Upright (3) and into each end of the Stabilizer (5).

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



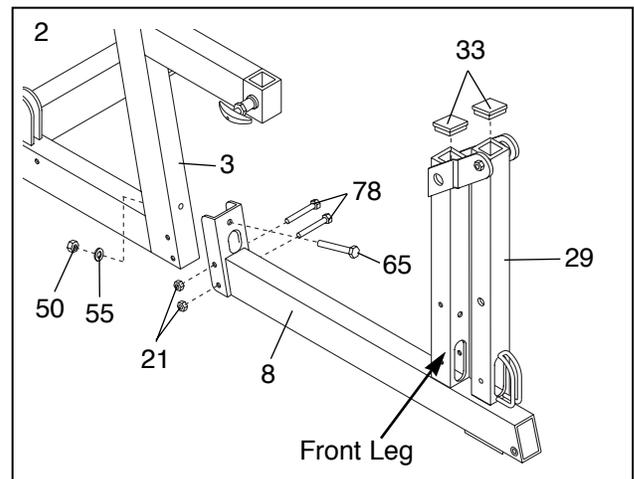
2. Press a 2” Square Inner Cap (33) into the upper end of the front leg on the Base (8) and into the upper end of the Leg Lever (29).

Line up the bracket on the Base (8) with the holes in the Main Upright (3). Insert a 3/8” x 4” Bolt (65) through the bracket and the Main Upright from the front. Secure the Bolt with a 3/8” Flat Washer (55) and a 3/8” Nylon Locknut (50).

Do not tighten the Nylon Locknut yet.

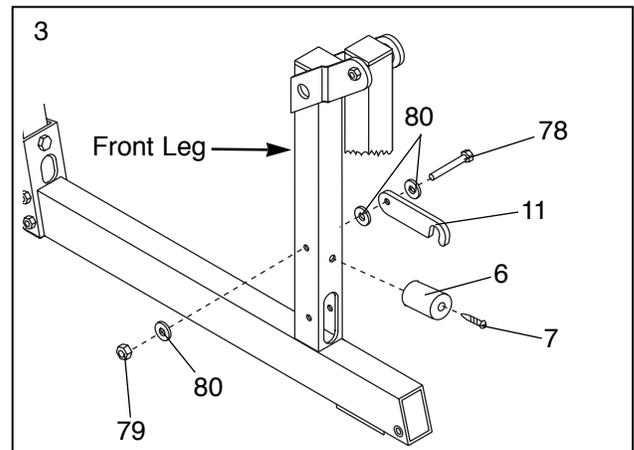
Insert two 5/16” x 3” Bolts (78) through the bracket and the Main Upright (3) from the side. Hand-tighten two 5/16” Nylon Locknuts (21) onto the Bolts.

Do not tighten the Nylon Locknuts yet.

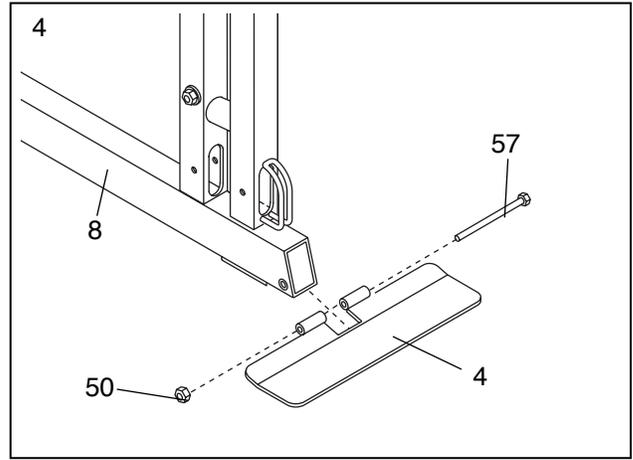


3. Attach the Leg Lever Lock (11) to the front leg with a 5/16” x 3” Bolt (78), three 5/16” Flat Washers (80) and a 5/16” Nylon Jamnut (79). **Do not overtighten the Nylon Jamnut; it must be easy to turn the Leg Lever Lock.**

Attach the Leg Lever Bumper (6) to the front leg with a #10 x 1” Tap Screw (7).



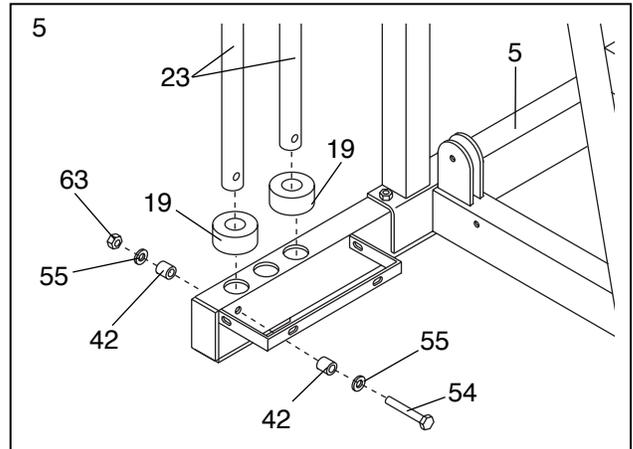
- Attach the Foot Plate (4) to the Base (8) with a 3/8" x 5 1/2" Bolt (57) and a 3/8" Nylon Locknut (50).



- Place two Weight Bumpers (19) over the indicated holes in the Stabilizer (5).

Insert the two Weight Guides (23) through the Weight Bumpers (19) and the holes in the Stabilizer (5).

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).



- IMPORTANT NOTE: If you purchased the optional weight expansion set, please refer to the user's manual accompanying the set to assemble the weights. After you have assembled the weights, refer back to this manual and continue with "Arm Assembly" found on the next page.**

See the inset drawing. Press two Weight Inserts (77) into the indicated holes in each Weight (26). **Make sure the large pin groove is oriented as shown.**

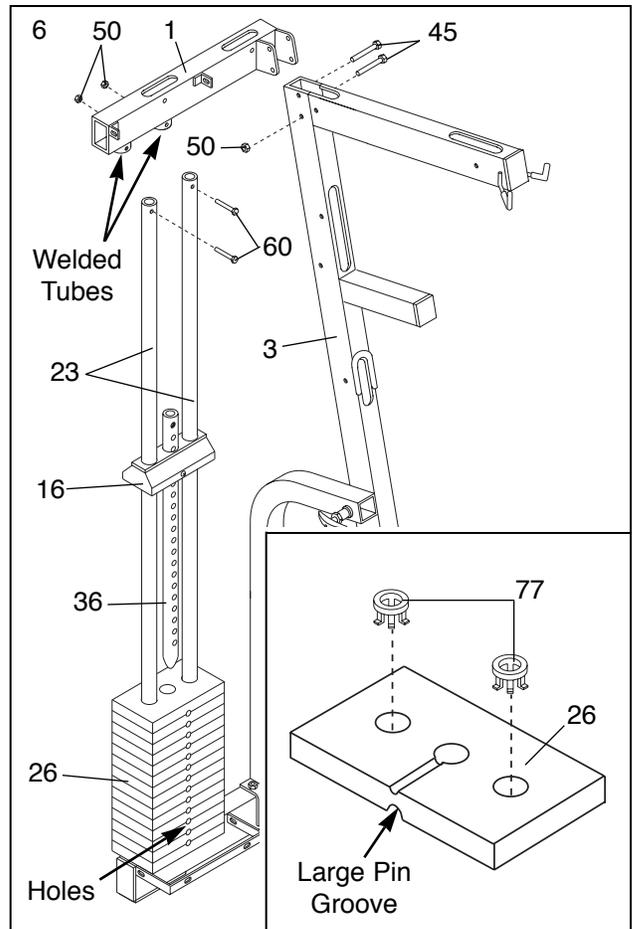
Slide all of the included Weights (26) onto the two Weight Guides (23). **Make sure the Weights are oriented correctly. The holes must be turned towards the front of the unit, as shown.**

Slide the Top Weight (16) with the pre-attached Weight Tube (36) onto the Weight Guides (23). The Weight Tube slides into the hole in the center of the Weights (26).

Place the Top Frame (1) over the Weight Guides (23), so the Weight Guides fit into the welded tubes on the Top Frame.

Align the bracket on the Top Frame (1) with the holes in the Main Upright (3). Insert two 3/8" x 3" Bolts (45) through the holes. Tighten a 3/8" Nylon Locknut (50) onto the lower of the two Bolts. **Do not mount a Locknut on 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). **Go back and fully tighten all of the Nylon Locknuts used in steps 1, 2 and 6.**



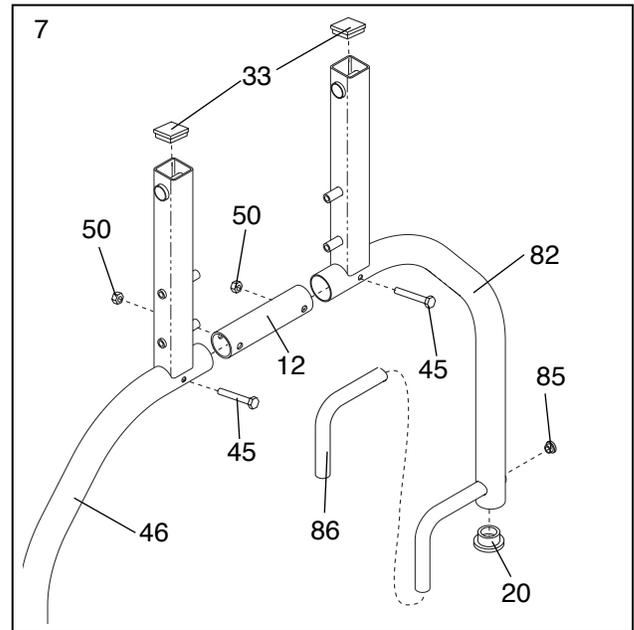
Arm Assembly

7. **Note: Some of the parts used in arm assembly are located in the parts bag labeled “Seat Assembly.”**

With the help of a second person, join the Right and Left Press Arms (46, 82) with the Connector Tube (12). Secure the Arms with two 3/8" x 3" Bolts (45) and two 3/8" Nylon Locknuts (50).

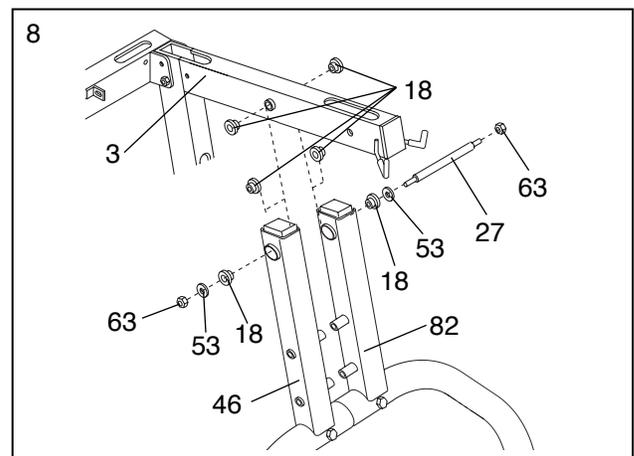
Press a 2" Square Inner Cap (33) into the ends of the Right and Left Press Arms (46, 82). Press a 1/2" Round Inner Cap (20) and a 1/2" Round Inner Cap (85) into each end of the Right and Left Press Arms (46, 82).

Slide a Long Grip (86) onto the indicated ends of the Right and Left Press Arms (46, 82).



8. Attach the Right and Left Press Arms (46, 82) to the Main Upright (3) with the Pivot Rod (27), two Large Washers (53), six 1 1/8" x 1/2" Flange Bushings (18), and two 3/8" Nylon Jamnuts (63).

Make sure that the Arms (46, 82) are attached exactly as shown.



Cable Assembly

9. **Open the parts bag labeled “CABLE ASSEMBLY.” Refer to the Cable Diagram on page 16 as you assemble the Cables.**

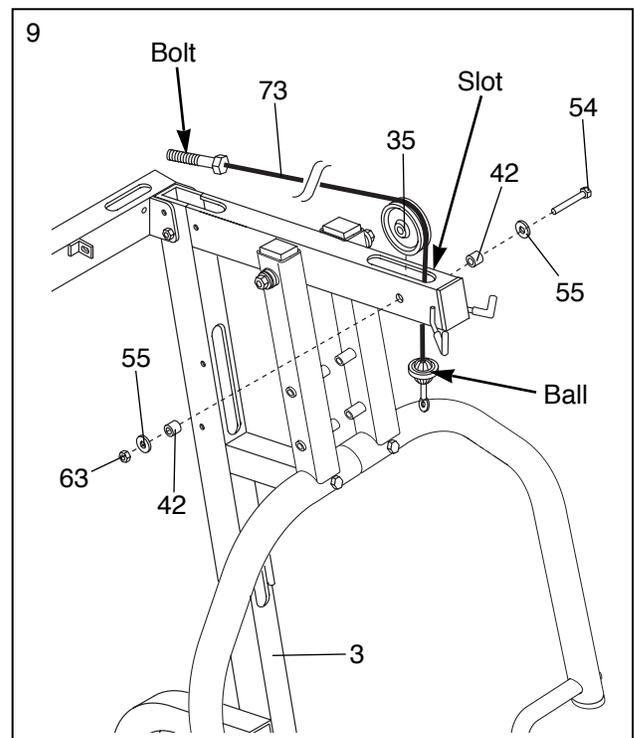
Identify the High Cable (73). It is approximately 188" long (the shortest Cable), and it has a ball on one end and a bolt on the other.

Locate the end of the High Cable (73) with the bolt. Feed this end through the indicated slot in the Main Upright (3) from below. 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) and slide both the Pulley and Cable into the slot in the Main Upright (3). While holding the Pulley with one hand, insert the 3/8" x 2 1/2" Bolt (54) through the hole in the Main Upright, through the Pulley and through the other side of the Upright.

Slide a 5/8" x 1/2" Pulley Bushing (42) and a 3/8" Flat Washer (55) onto the 3/8" x 2 1/2" Bolt (54). Then tighten a 3/8" Nylon Jamnut (63) onto the Bolt.



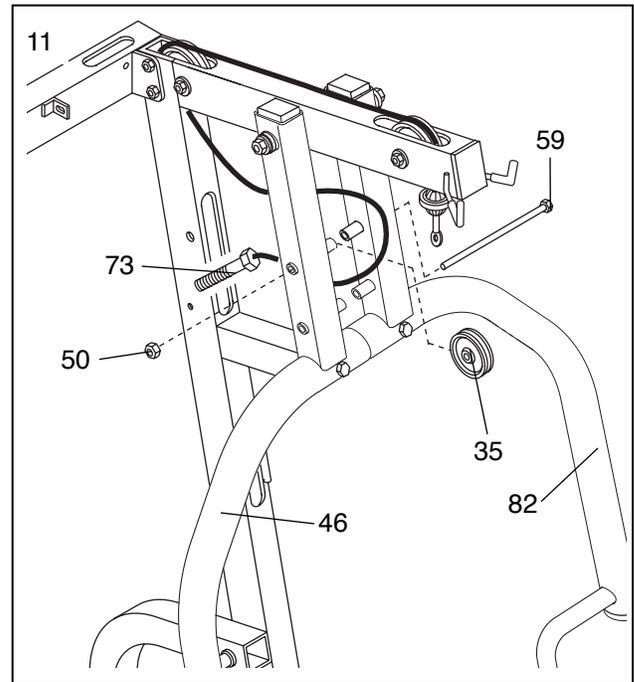
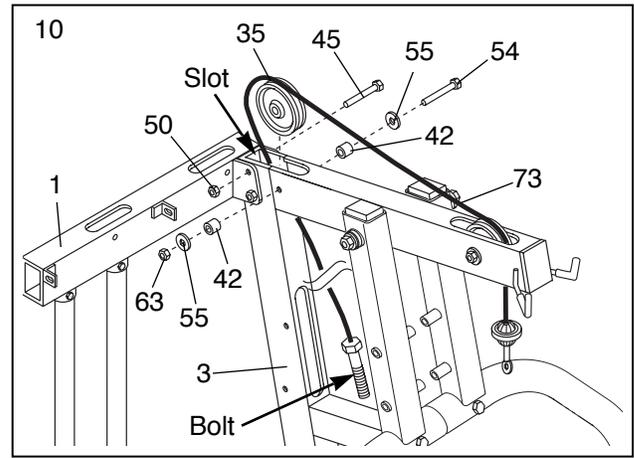
- Remove the upper of the two 3/8" x 3" Bolts (45) attaching the Top Frame (1) to the Main Upright (3).

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

Note: Follow the procedure described in step 9 for attaching all Pulleys. Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown. Attach the Pulley to 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 must be seated in the groove of the Pulley before the Bolt is attached.**

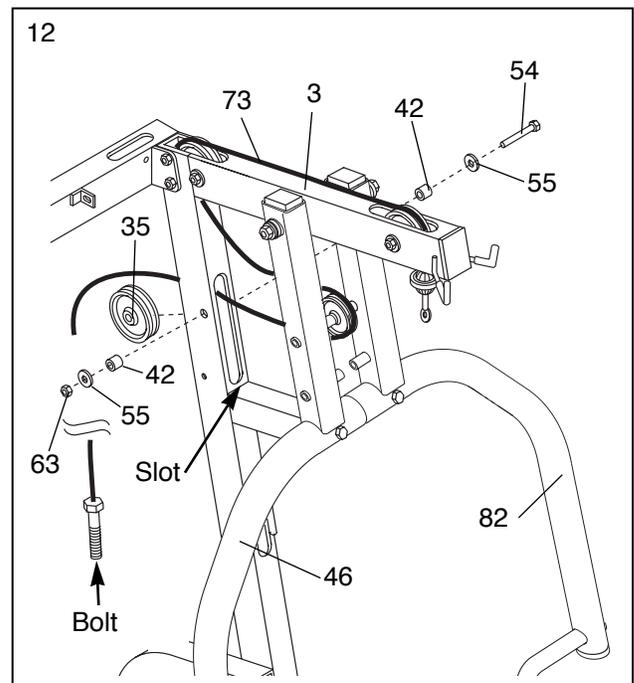
- Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Left and Right Press Arms (46, 82) with a 3/8" x 8 1/2" Bolt (59), and a 3/8" Nylon Locknut (50).



- Wrap the High Cable (73) around the remaining of the two 4" Pulleys (35) in the direction shown.

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

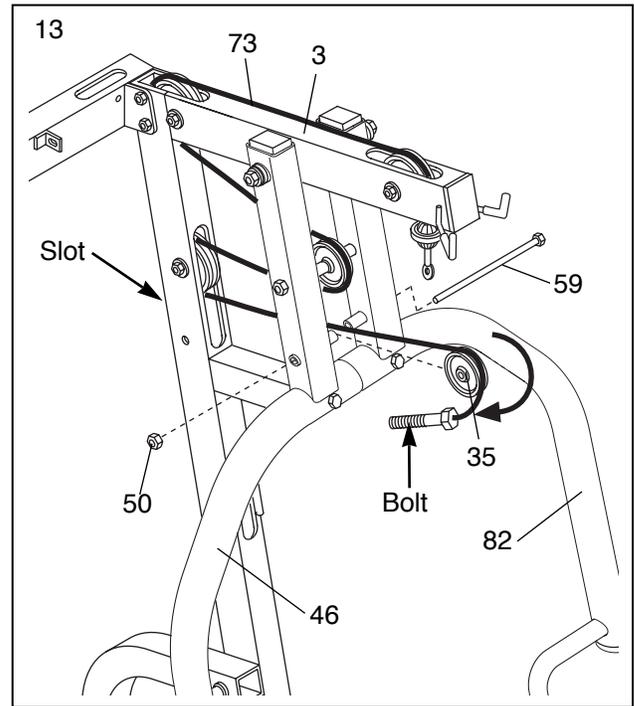
Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



13. Feed the bolt on the High Cable (73) through the indicated slot in the Main Upright (3) in the direction shown. The Cable should wrap around the Pulley that was attached in step 11.

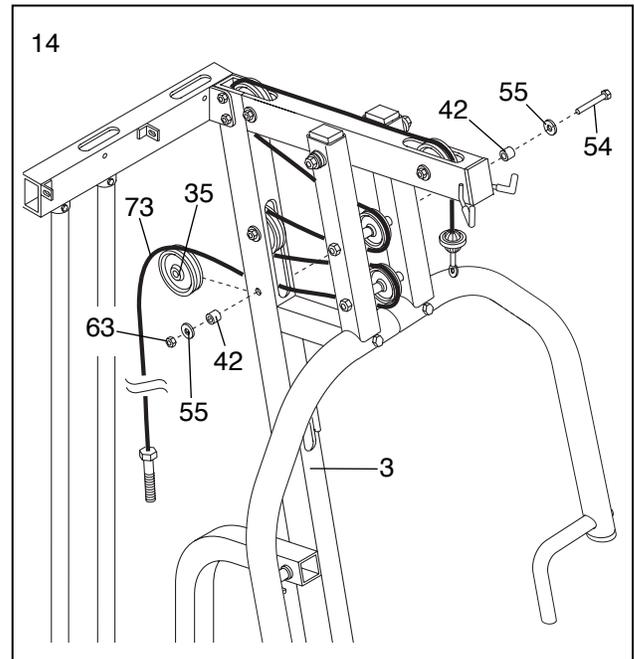
Wrap the High Cable around a 4" Pulley (35). The Cable must wrap around the Pulley in the direction shown.

Attach the 4" Pulley (35) to the Right and Left Press Arms (46, 82) with the 3/8" x 8 1/2" Bolt (59) and the 3/8" Nylon Locknut (50).



14. Feed the bolt on the High Cable (73) back through the slot in the Main Upright (3) in the direction shown.

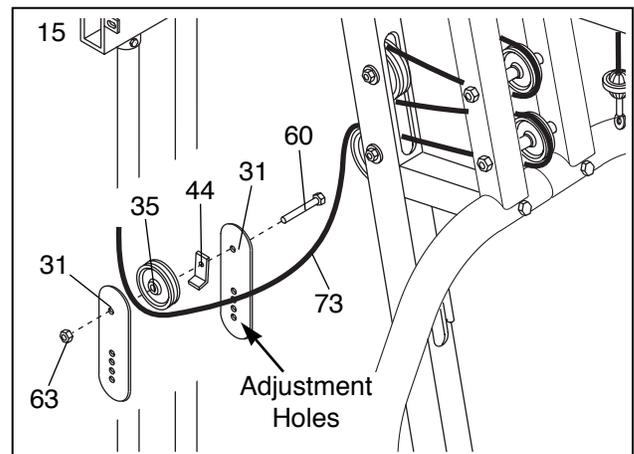
Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Jamnut (63).



15. Dis-assemble the pre-assembled Pulley Plates (31). Note that on one end, the Pulley Plates have several adjustment holes. These holes must be closest to the floor.

Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the upper end of the Pulley Plates (31) with a 3/8" x 1 3/4" Bolt (60), a Cable Trap (44), 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 as shown, so it will hold the Cable in place.**

Put the remaining Pulley, Cable Trap, Jamnut and Bolt aside. They will be used in step 19.



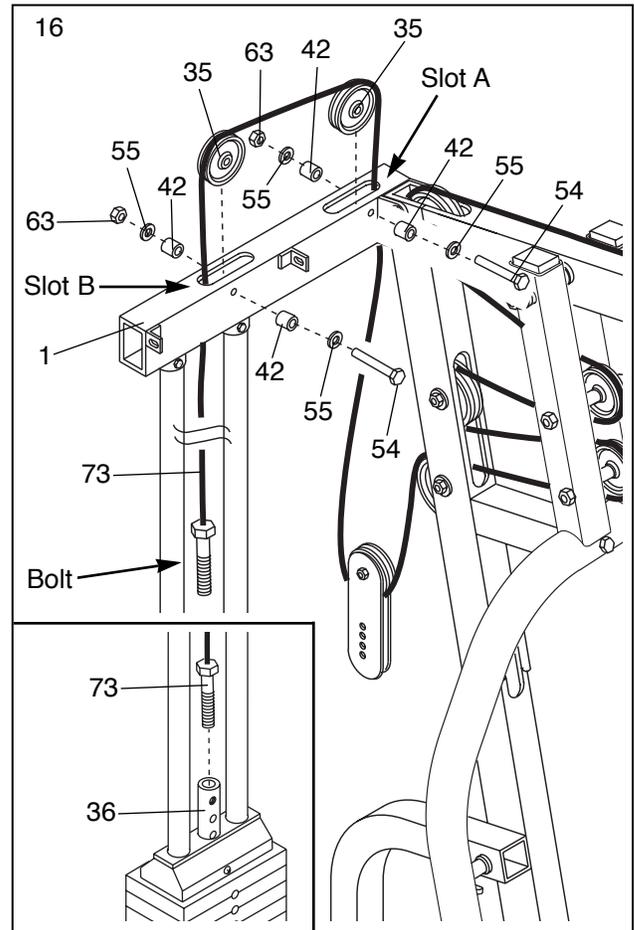
16. Feed the bolt on the High Cable (73) through slot A in the Top Frame (1) from below.

Attach a 4" Pulley (35) to the Top Frame (1) inside slot A 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).

Fold the High Cable (73) over the 4" Pulley (35) you just installed. Feed the bolt on the High Cable through slot B in the Top Frame (1) from above.

Wrap the High Cable (73) around a 4" Pulley (35). Attach the Pulley to the Top Frame (1) inside slot B 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).

Thread the bolt on the High Cable (73) a couple of turns into the top of the Weight Tube (36) as shown in the inset drawing.



17. The Low Cable (72) is the only remaining Cable. It is approximately 206" long. Note that it has a large ball on one end and a small ball on the other.

Route the smaller ball on the Low Cable (72) through the indicated slot 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 on 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).

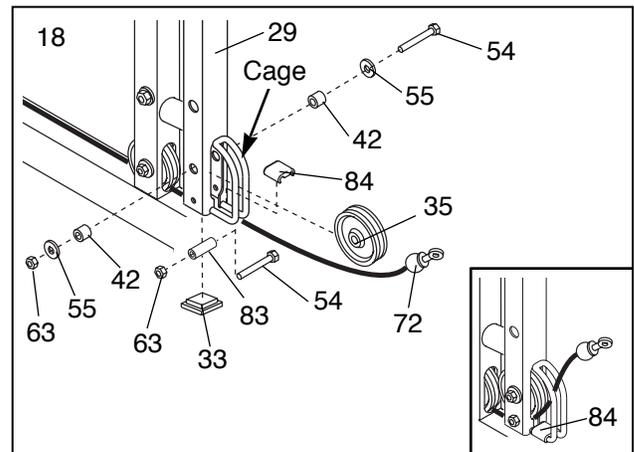
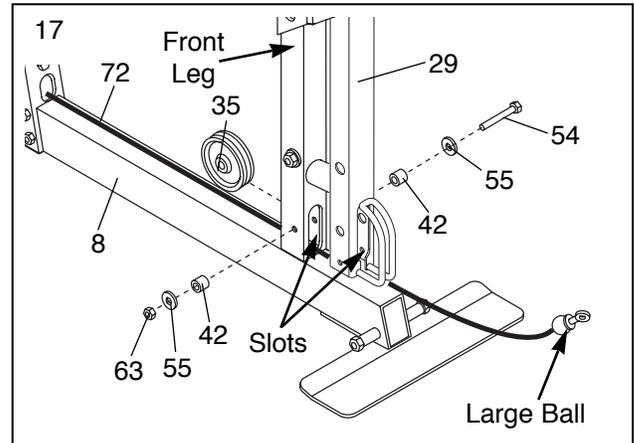
18. Attach a 4" Pulley (35) inside the slot in the Leg Lever (29) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

Attach the Spacer (83) to the bottom of the Leg Lever (29) with a 3/8" x 2 1/2" Bolt (54) and a 3/8" Nylon Jamnut (63).

Press a Tab (84) over the cable cage as shown in the inset drawing. **Note: The Cable (72) must be positioned as shown.**

Press a 2" Square Inner Cap (33) into the bottom of the Leg Lever (29).

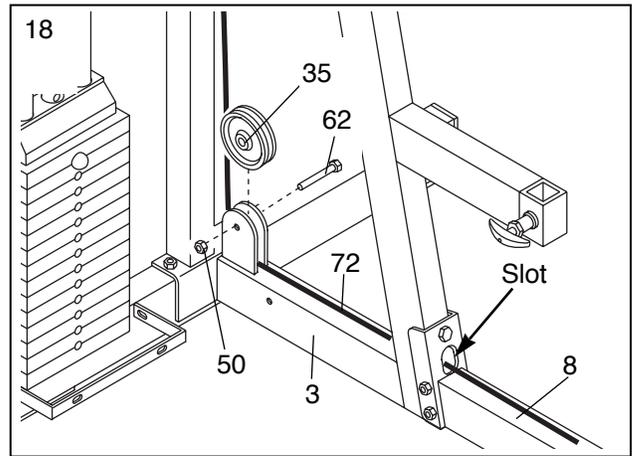
Note: It may be easier to attach the Spacer (83) assembly and the 2" Square Inner Cap (33) if you pull the Leg Lever (29) forward and turn it so that it is upside down.



18. 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.

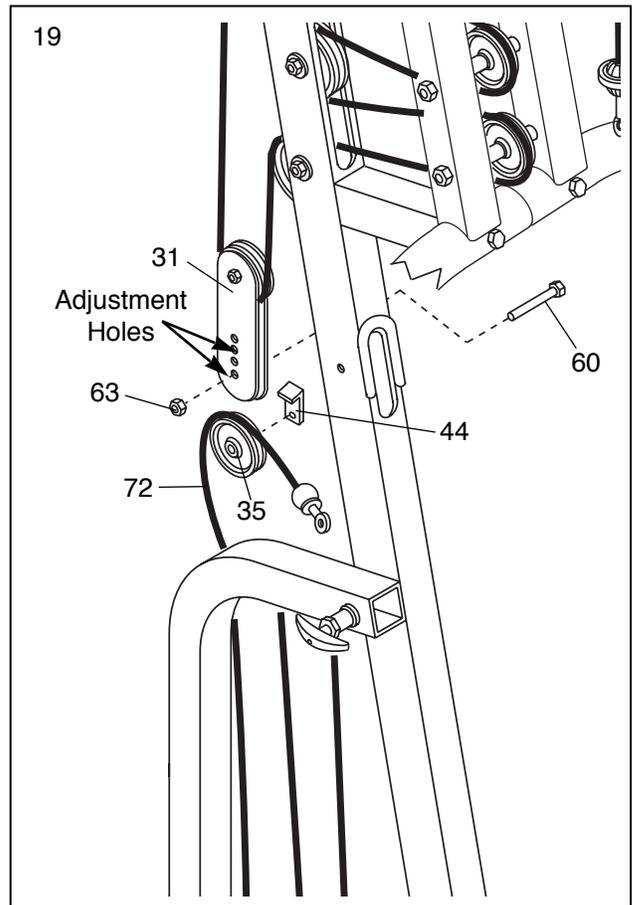
Attach the 4" Pulley (35) to the welded bracket on the Main Upright (3) with a 3/8" x 2" Bolt (62) and a 3/8" Nylon Locknut (50).



19. Wrap the Low Cable (72) around a 4" Pulley (35).

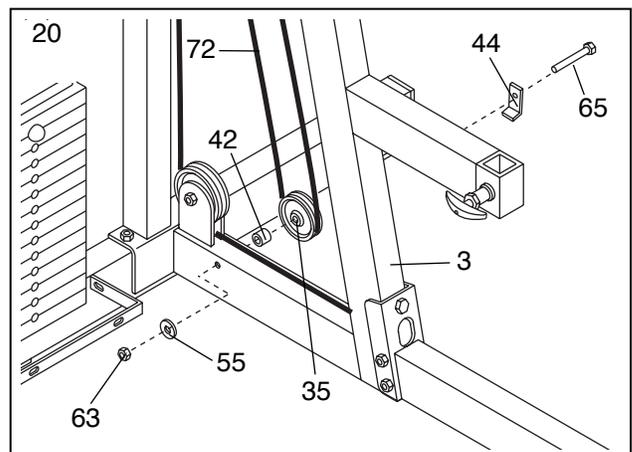
Slide the 4" Pulley (35) and a Cable Trap (44) in between the two Pulley Plates (31).

Attach the 4" Pulley (35) and the Cable Trap (44) to the lowest adjustment hole in 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 as shown, so it will hold the Cable in place.**



20. Slide a Cable Trap (44) onto a 3/8" x 4" Bolt (65).

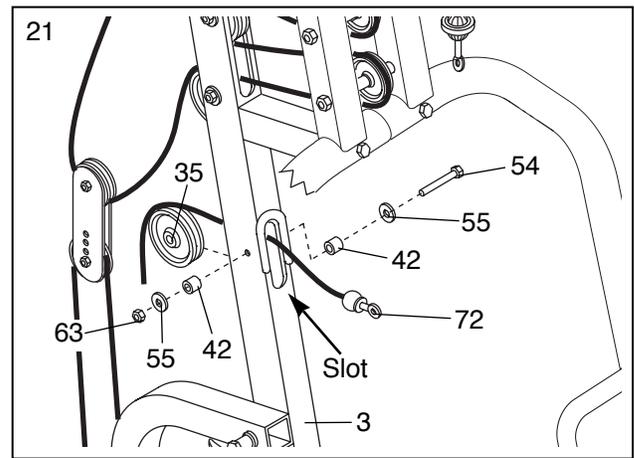
Wrap the Low Cable (72) around a 4" Pulley (35). Attach the Pulley to the indicated hole in the Main Upright (3) with the 3/8" x 4" Bolt (65), the Cable Trap (44), a 5/8" x 1/2" Pulley Bushing (42), a 3/8" Flat Washer (55), and a 3/8" Nylon Jamnut (63). **Make sure the Cable Trap is oriented as shown, so it will hold the Cable in place.**



21. 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 to the Main Upright (3) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two Pulley Bushings (42) and a 3/8" Nylon Jamnut (63).

Note: It will be necessary to pull on the High Cable to complete this step. Doing so will lift the Top Weight off the Weight Stack, and it will be helpful to have a second person hold the High Cable in position while the Pulley is attached.



22. **Important: Follow both Cables from end to end and make sure they rest in the grooves of all Pulleys and that both the Cables and the Pulleys move smoothly.**

Unscrew the bolt at the end of the High Cable (73) from the Weight Tube (36). Slide the 5 7/8" Long Bushing (76) over the top of the Weight Tube.

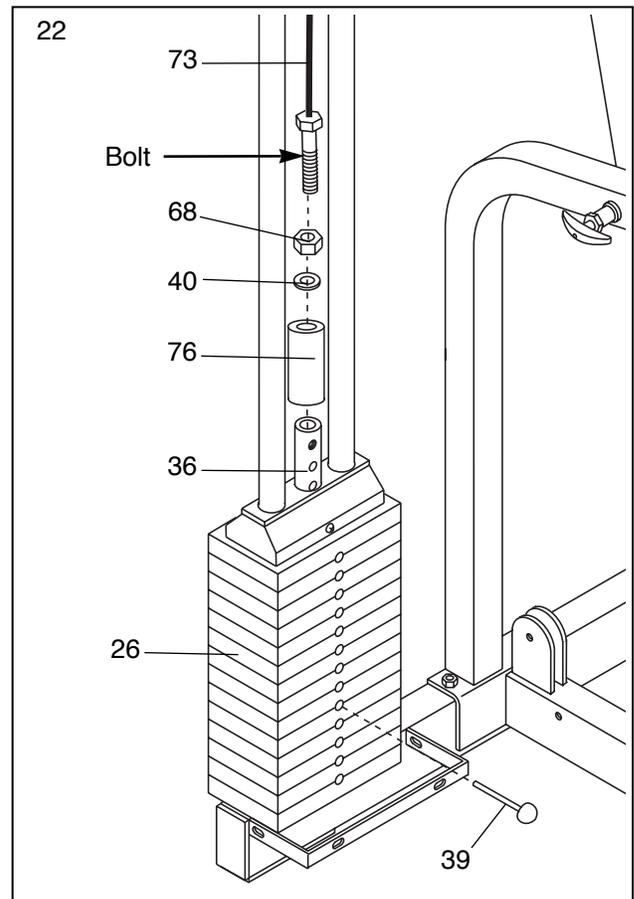
Thread the 1/2" Plain Nut (68) partway onto the bolt at the end of the High Cable (73).

Place the 1 1/2" Flat Washer (40) on top of the Weight Tube (36) and the 5 7/8" Long Bushing (76).

Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube (36). **Note: The bolt at the end of the High Cable is the primary means for tightening both Cables (73 and 72 [not shown]). Thread the bolt into the Weight Tube until both Cables are tight and rest firmly in the grooves of all Pulleys.**

When both Cables (73, 72 [not shown]) are tight, tighten the 1/2" Plain Nut (68) onto the 1 1/2" Flat Washer (40).

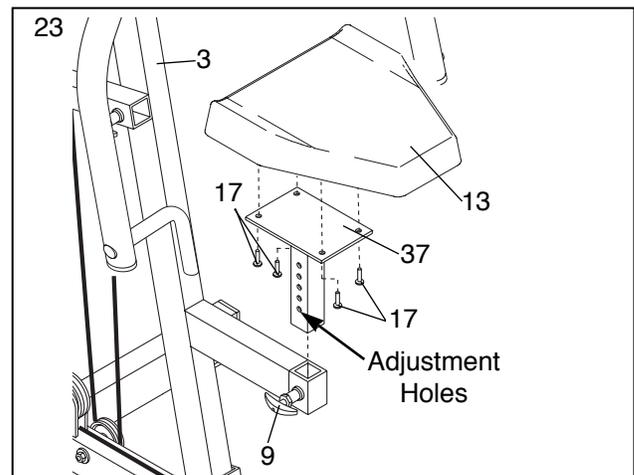
Insert the Weight Pin (39) into one of the holes between the Weights (26).



Seat Assembly

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

Unscrew the handle on the Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Seat Upright (37) into the seat frame on the Main Upright (3). Release the handle and let the Knob snap into one of the adjustment holes on the Seat Upright. Tighten the handle fully.

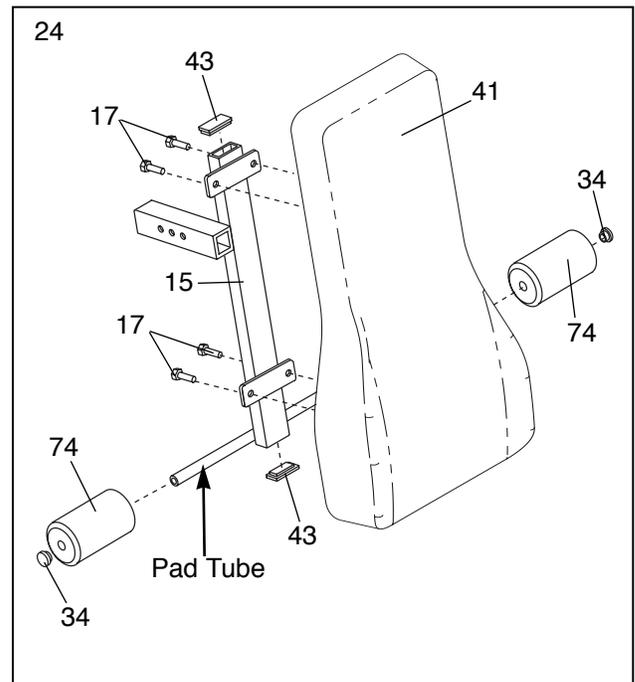


24. Press a 1" x 2" Inner Cap (43) into each end of the Backrest Frame (15).

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

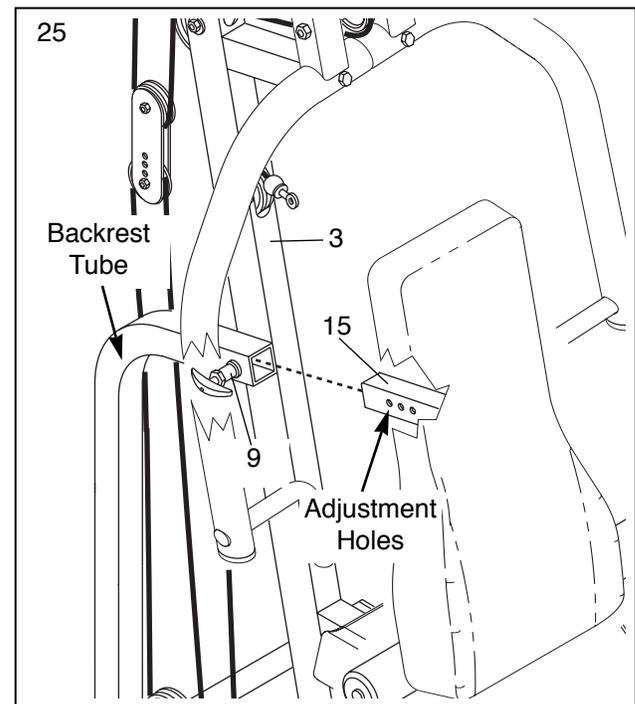
Press a 3/4" Round Inner Cap (34) into each end of the pad tube on the Backrest Frame (15).

Slide a Leg Foam Roller (74) onto each end of the pad tube on the Backrest Frame (15). Note: The Leg Foam Rollers are thinner than the four Foam Rollers (30) used in step 26.



25. Locate the Adjustment Knob (9) on the backrest tube of the Main Upright (3). Unscrew the handle on the Adjustment Knob until it is loose. Pull out the handle as far as it will go and slide the adjustment tube on the Backrest Frame (15) into the backrest tube.

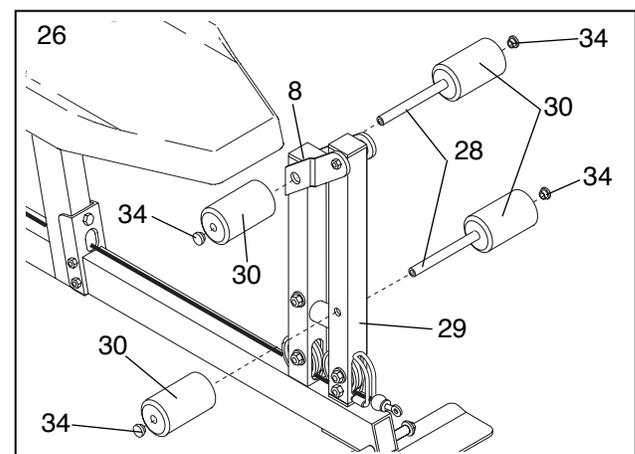
Release the handle on the Adjustment Knob (9) and let the Knob snap into one of the adjustment holes on the Backrest Frame (15). Tighten the handle fully.



26. Press a 3/4" Round Inner Cap (34) into each end of the two Pad Tubes (28).

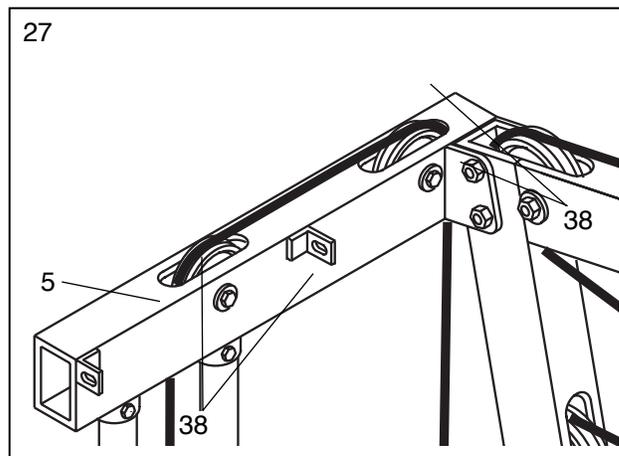
Slide a Pad Tube (28) into the hole in the front leg on the Base (8). Slide a Foam Roller (30) onto each end of the Pad Tube.

Slide a Pad Tube (28) into the hole in the Leg Lever (29). Slide a Foam Roller (30) onto each end of the Pad Tube.



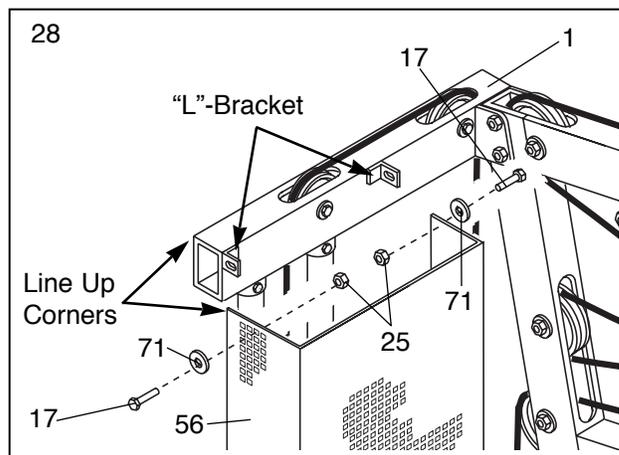
27. **Note: Some of the parts used in the following miscellaneous assembly are located in the parts bag labeled “Seat Assembly.”**

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



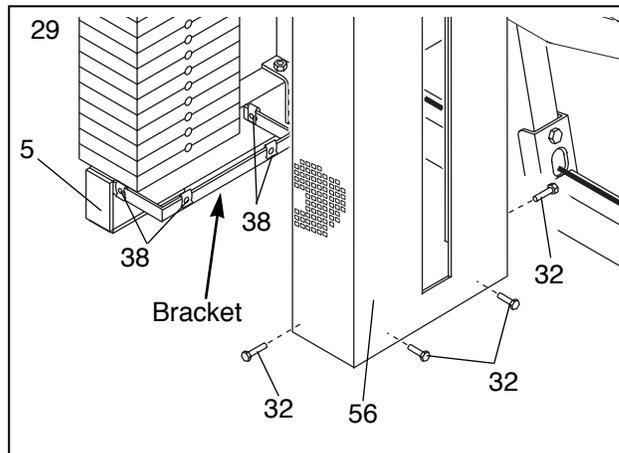
28. Attach the upper end of the Shroud (56) to the two “L”-brackets on the Top Frame (1) with two 1/4” x 3/4” Bolts (17), two 1/4” Flat Washers (71) and two 1/4” Nylon Locknuts (25).

Note: Line up the indicated corner of the Shroud (56) with the indicated corner of the Top Frame (1). The Bolts (17) go through the square holes in the Shroud. Do not tighten the Bolts yet.



29. 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 go through the square holes in the Shroud and into the Tinnerman Clips (38).

Note: For the sake of clarity, this step shows the Shroud as if step 27 had not yet been performed.

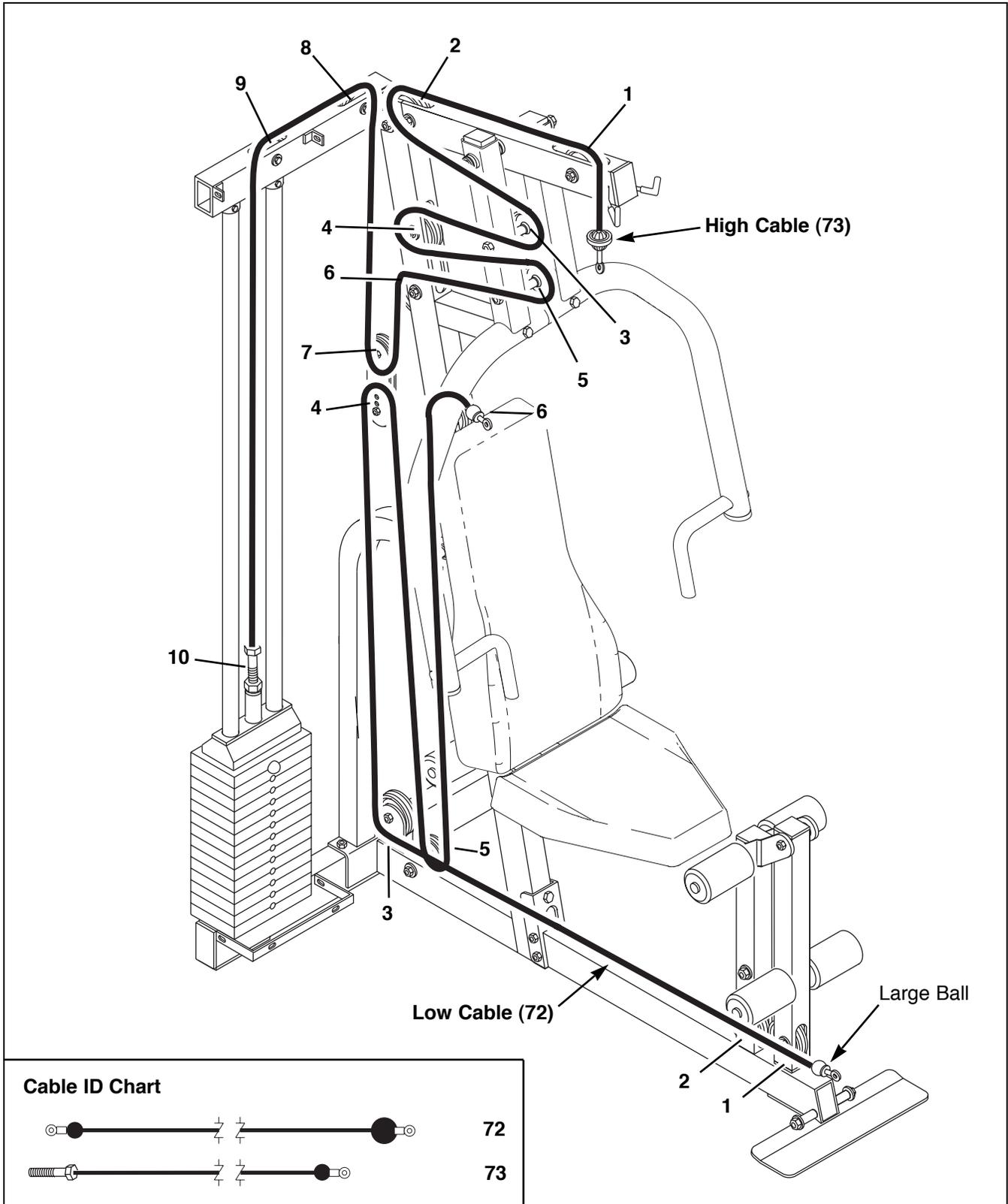


30. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17 of this manual.

Before using the training system, pull each cable a few times to be 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 19.**

Cable Diagram

The Cable Diagram below shows the proper routing of the Low Cable (72) and the High Cable (73). The numbers show the correct route for each Cable. **Make sure 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.**

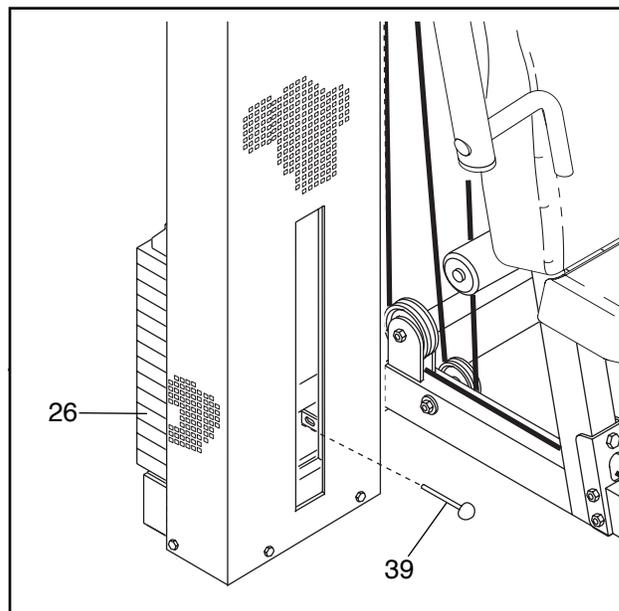


Adjustment

The instructions below describe how each part of the training system can be adjusted. Refer to the exercise guide accompanying this manual to see how the training system should be set up for each exercise. **IMPORTANT: When attaching the lat bar, row bar, ankle strap or ab strap, make sure that the attachments 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.**

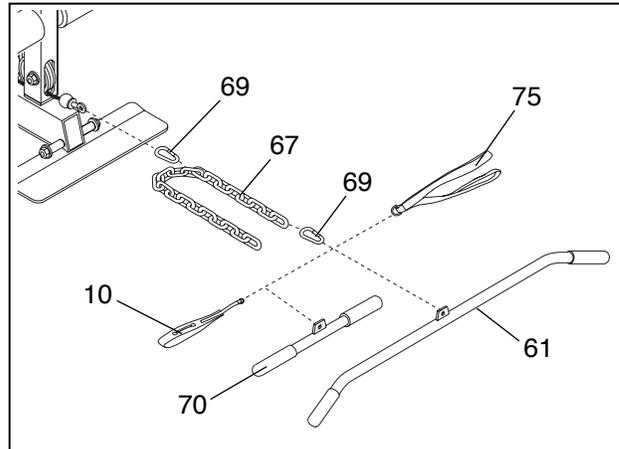
Changing the Weight Setting

To change the setting of the weight stack, insert a Weight Pin (39) under the desired Weight (26). Be sure to insert the Weight Pin until the ball at the end of the Weight Pin is touching the Weights. The setting of the weight stack can be changed from 10 pounds to 150 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 the back cover of this manual to find the approximate amount of resistance at each weight station.**



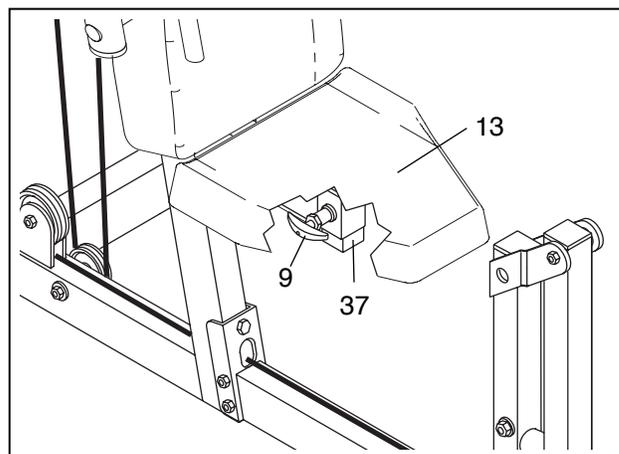
Attaching the Lat Bar, Row Bar, Ankle Strap or Ab Strap to a Pulley Station

The Lat Bar (61), Row Bar (70), Ankle Strap (10) and Ab Strap (75) can be attached to the Cable at the appropriate pulley station with a Cable Clip (69). For some exercises, the Chain (67) should be attached between the tool and the Cable with two Cable Clips. **Adjust the length of the Chain between the accessory you are using and the Cable so the accessory is in the correct starting position for the exercise to be performed.**



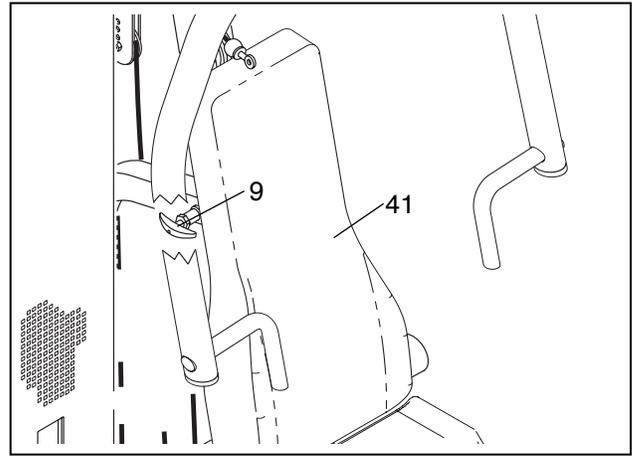
Adjusting the Position of the Seat

To adjust the height of the Seat (13), unscrew the handle of the Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Seat Upright (37) to the desired position. Release the handle until the Knob snaps into one of the adjustment holes in the Seat Upright. Then tighten the handle again.



Adjusting the Position of the Backrest

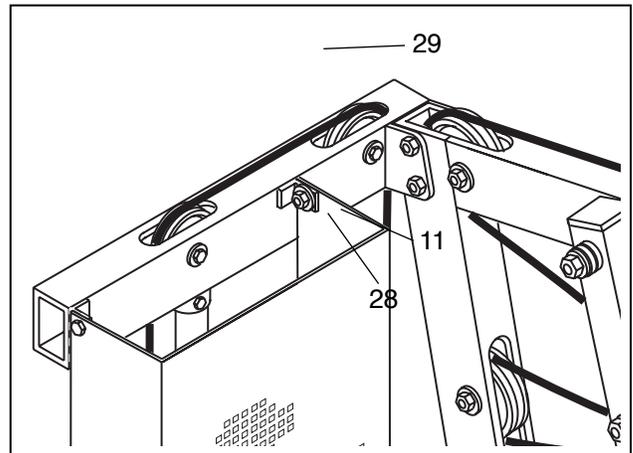
To adjust the position of the Backrest (41), unscrew the handle of the Adjustment Knob (9) until it is loose. Pull out the handle as far as it will go and slide the Backrest Frame (15, not shown) to the desired position. Release the handle until the Knob snaps into one of the adjustment holes on the Backrest Frame. Then tighten the handle again.



Using the Leg Lever Lock

Some exercises, such as sit-ups, 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.



Trouble-shooting and Maintenance

Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately. The training 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 training 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, not shown) between the third and the fourth Weight, counting from the top. See “Changing the Weight Setting” on page 17 for instructions on moving the Weight Pin.

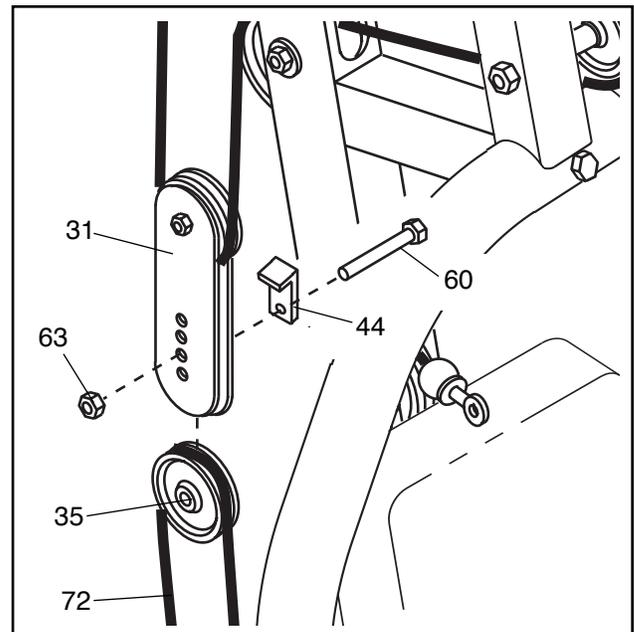
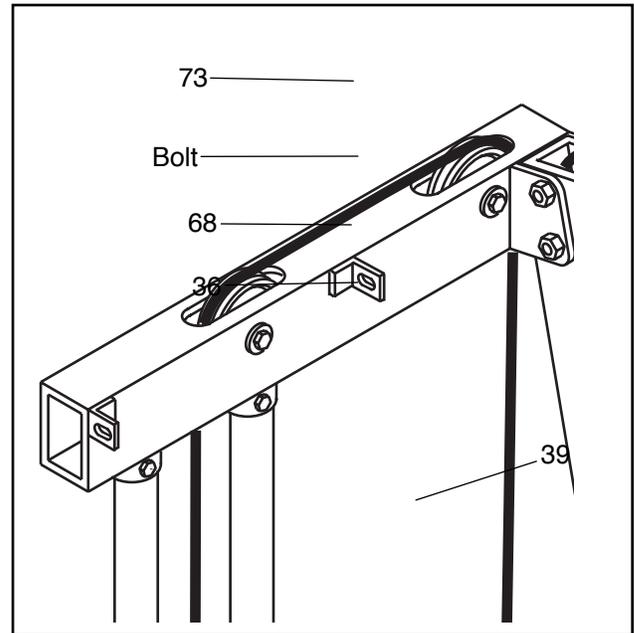
Loosen the 1/2" Plain Nut (68) securing the bolt at the end of the High Cable (73). Tighten the bolt a couple of turns into the Weight Tube (36) until the Cables feel tighter. Tighten the Plain Nut to prevent the bolt from turning.

Note: This drawing shows the Shroud removed for clarity. The Shroud does not have to be removed to tighten the Cables.

Additional slack can be removed by moving the lower of the two 4" Pulleys (35) attached to the Pulley Plates (31) to one of the other adjustment holes in the Pulley Plates. To do this, remove the 3/8" x 1 3/4" Bolt (60), Cable Trap (44) and 3/8" Nylon Jamnut (63). Move the Pulley and re-attach it with the Bolt, Cable Trap and Locknut. **Make sure the Low Cable (72) is in the groove of the Pulley and that the Cable Trap is positioned as shown.**

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

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

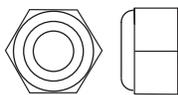


Part Identification Chart—NTSY06990

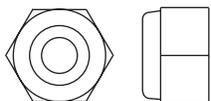
R0200A



1/4" Nylon Jamnut (51)



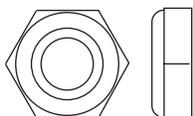
1/4" Nylon Locknut (25)



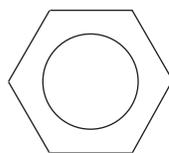
5/16" Nylon Locknut (21)



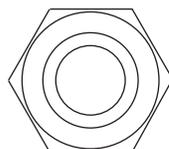
5/16" Nylon Jam Nut (93)



3/8" Nylon Jam Nut (63)



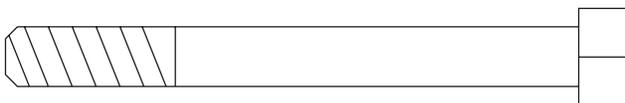
1/2" Plain Nut (68)



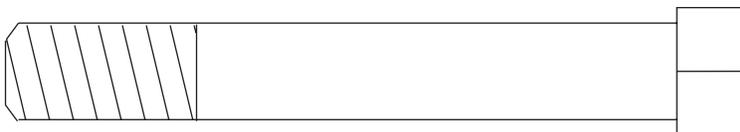
1/2" Nylon Jamnut (48)



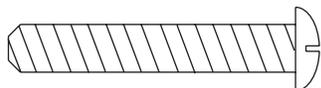
3/8" Nylon Locknut (50)



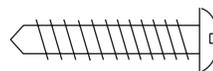
5/16" x 3" Bolt (78)



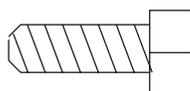
1/2" x 3 1/2" Bolt (22)



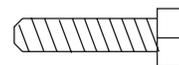
1/4" x 1 1/2" Screw (49)



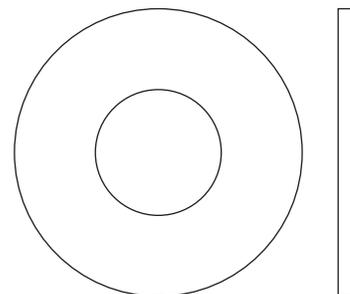
#10 x 1" Tap Screw (7)



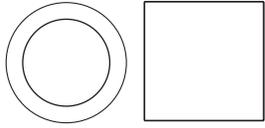
1/4" x 3/4" Bolt (17)



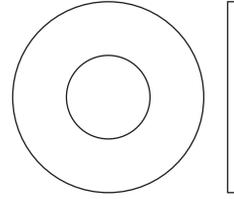
#8 x 3/4" Screw (32)



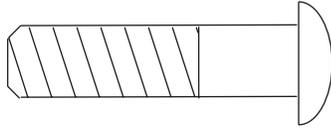
1 1/2" Flat Washer (40)



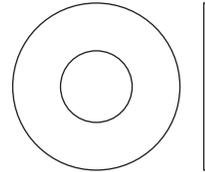
Pulley Bushing (42)



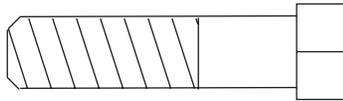
3/8" Flat Washer (55)



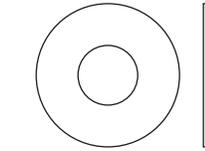
3/8" x 1 1/2" Button Cap Screw (2)



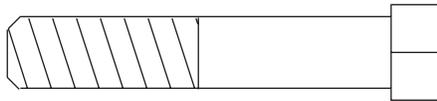
5/16" Flat Washer (8)



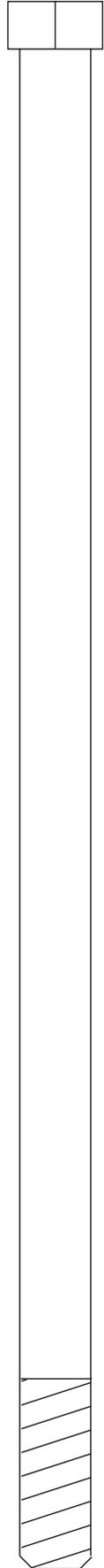
3/8" x 1 3/4" Bolt (60)



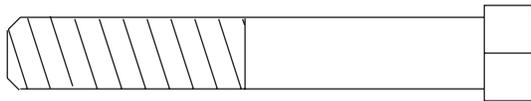
1/4" Flat Washer (71)



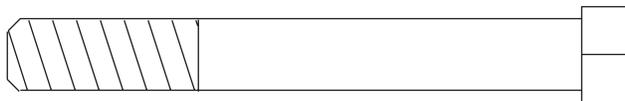
3/8" x 2" Bolt (62)



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



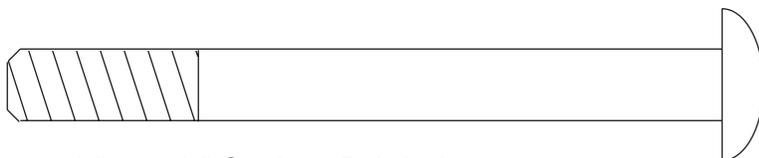
3/8" x 2 1/2" Bolt (54)



3/8" x 3" Bolt (45)



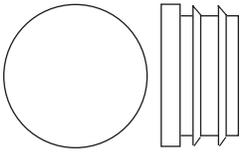
3/8" x 4" Bolt (65)



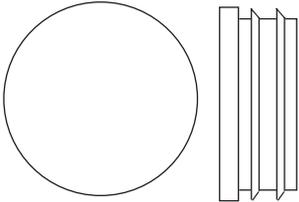
3/8" x 3 3/4" Carriage Bolt (52)



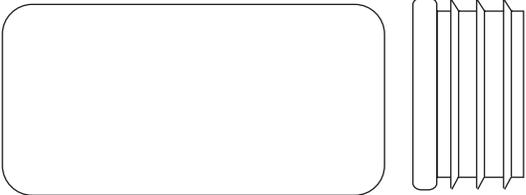
3/8" x 5 1/2" Bolt (57)



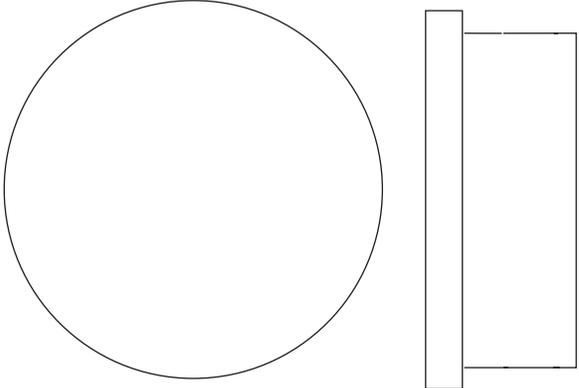
3/4" Round Inner Cap (34)



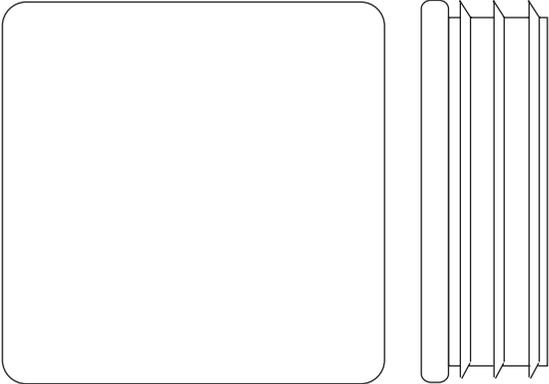
1" Round Inner Cap (85)



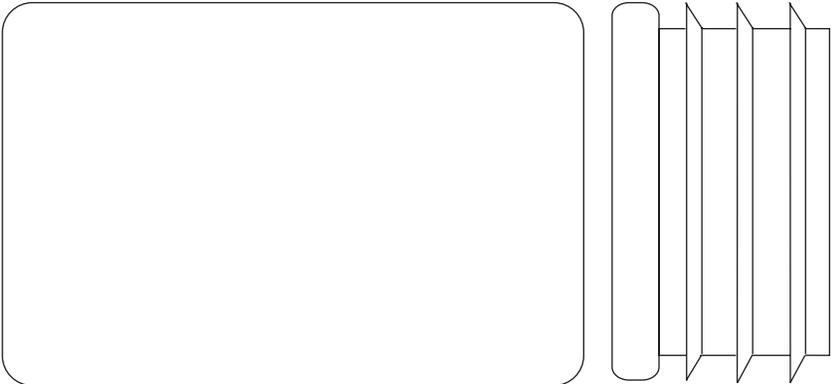
1" x 2" Inner Cap (43)



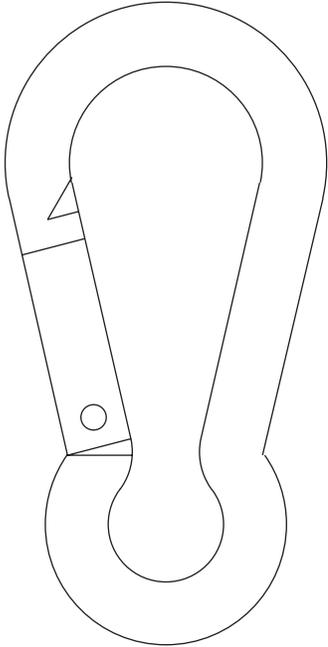
2" Round Inner Cap (20)



2" Square Inner Cap (33)



2" x 3" Inner Cap (24)



Cable Clip (69)

Part List—Model No. NTSY06990

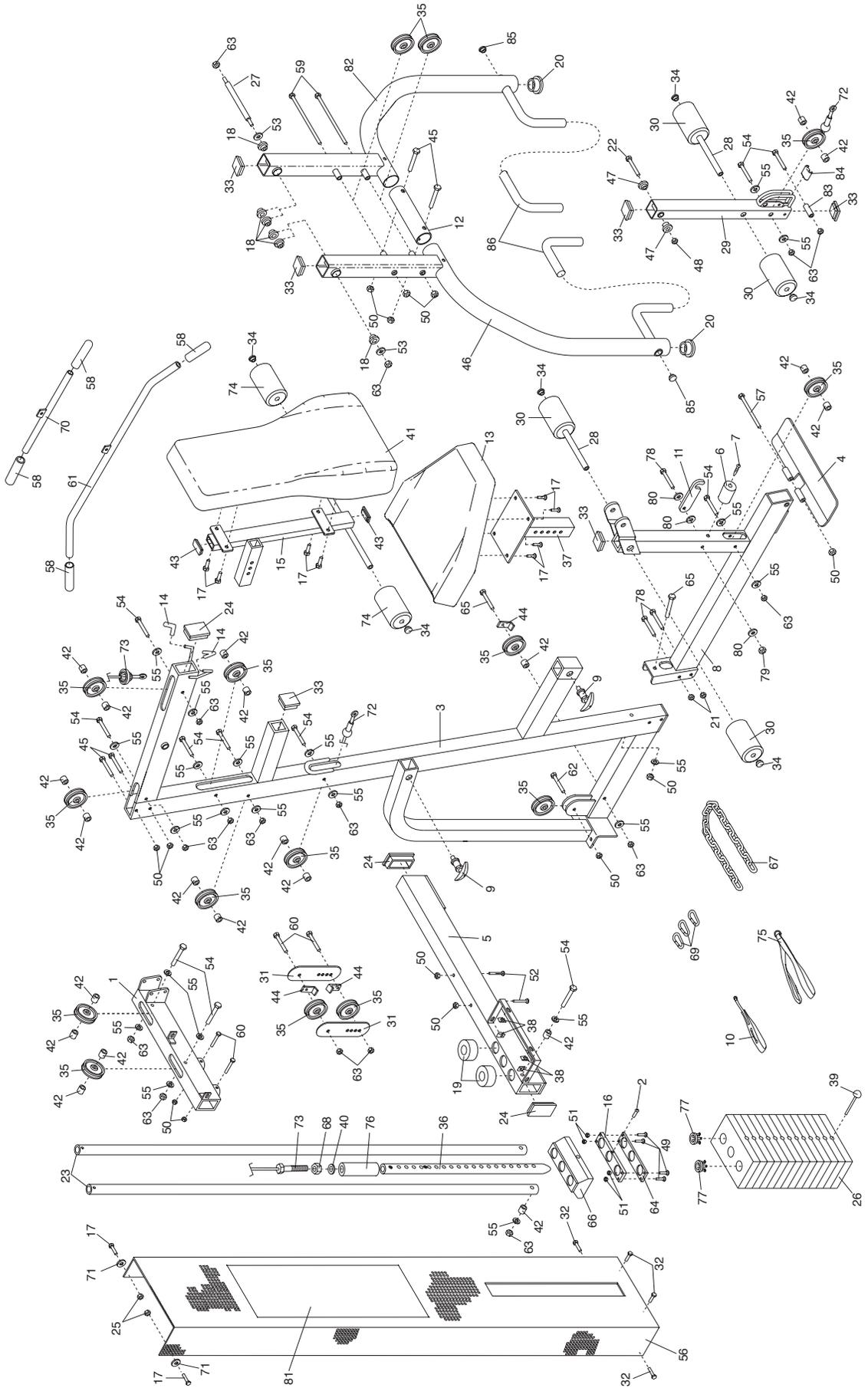
R0200A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	46	1	Right Press Arm
2	1	3/8" x 1 1/2" Button Cap Screw	47	2	1/2" x 1/8" Flange Bushing
3	1	Main Upright	48	1	1/2" Nylon Jamnut
4	1	Foot Plate	49	4	1/4" x 1 1/2" Screw
5	1	Stabilizer	50	13	3/8" Nylon Locknut
6	1	Leg Lever Bumper	51	4	1/4" Nylon Jamnut
7	1	#10 x 1" Tap Screw	52	2	3/8" x 3 3/4" Carriage Bolt
8	1	Base	53	2	Large Washer
9	2	Adjustment Knob	54	10	3/8" x 2 1/2" Bolt
10	1	Ankle Strap	55	22	3/8" Flat Washer
11	1	Leg Lever Lock	56	1	Shroud
12	1	Connector Tube	57	1	3/8" x 5 1/2" Bolt
13	1	Seat	58	4	Grip
14	2	Plastic Sleeve	59	2	3/8" x 8 1/2" Bolt
15	1	Backrest Frame	60	4	3/8" x 1 3/4" Bolt
16	1	Top Weight	61	1	Lat Bar
17	10	1/4" x 3/4" Bolt	62	1	3/8" x 2" Bolt
18	6	1 1/8" x 1/2" Flange Bushing	63	15	3/8" Nylon Jamnut
19	2	Weight Bumper	64	1	Weight Support
20	2	2" Round Inner Cap	65	2	3/8" x 4" Bolt
21	2	5/16" Nylon Locknut	66	1	Weight Cover
22	1	1/2" x 3 1/2" Bolt	67	1	Chain
23	2	Weight Guide	68	1	1/2" Plain Nut
24	3	2" x 3" Inner Cap	69	3	Cable Clip
25	2	1/4" Nylon Locknut	70	1	Row Bar
26	14	Weight	71	2	1/4" Flat Washer
27	1	Pivot Rod	72	1	Low Cable
28	2	Pad Tube	73	1	High Cable
29	1	Leg Lever	74	2	Leg Foam Roller
30	4	Foam Roller	75	1	Ab Strap
31	2	Pulley Plate	76	1	5 7/8" Long Bushing
32	4	#8 x 3/4" Screw	77	28	Weight Insert
33	6	2" Square Inner Cap	78	3	5/16" x 3" Bolt
34	6	3/4" Round Inner Cap	79	1	5/16" Nylon Jamnut
35	15	4" Pulley	80	3	5/16" Flat Washer
36	1	Weight Tube	81	1	Exercise Guide Decal
37	1	Seat Upright	82	1	Left Press Arm
38	4	Tinnerman Clip	83	1	Spacer
39	1	Weight Pin	84	1	Tab
40	1	1 1/2" Flat Washer	85	2	1" Round Inner Cap
41	1	Backrest	86	2	Long Grip
42	21	5/8" x 1/2" Pulley Bushing	#	1	User's Manual
43	2	1" x 2" Inner Cap	#	1	Exercise Guide
44	3	Cable Trap			
45	4	3/8" x 3" Bolt			

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

Exploded Drawing — Model No. NTSY06990

R0200A



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:

- The MODEL NUMBER of the product (NTSY06990)
- The NAME of the product (NordicTrack® GRT440 Training 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 attached at the center of this manual).

Weight Resistance Chart

This chart shows the approximate weight resistance at each station. “Top” refers to the 10 lbs. top weight. The other numbers refer to the 10 lbs. weight plates. Note: The actual resistance at each weight 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.)
Top	24	17	13	11	17
1	36	25	26	22	25
2	45	37	39	33	37
3	55	48	49	45	48
4	67	58	61	58	58
5	87	77	81	73	77
6	93	89	91	82	89
7	105	96	99	92	96
8	114	103	107	104	103
9	130	114	123	113	114
10	137	126	138	125	126
11	151	137	150	139	137
12	157	149	165	143	149
13	179	162	179	163	162
14	186	175	182	175	175

NordicTrack® is a registered trademark of ICON Health & Fitness, Inc.