

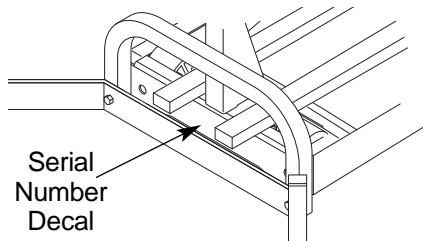
NordicTrack[®]

Classic Pro

Model No. NTXC80182

Serial No. _____

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



QUESTIONS?

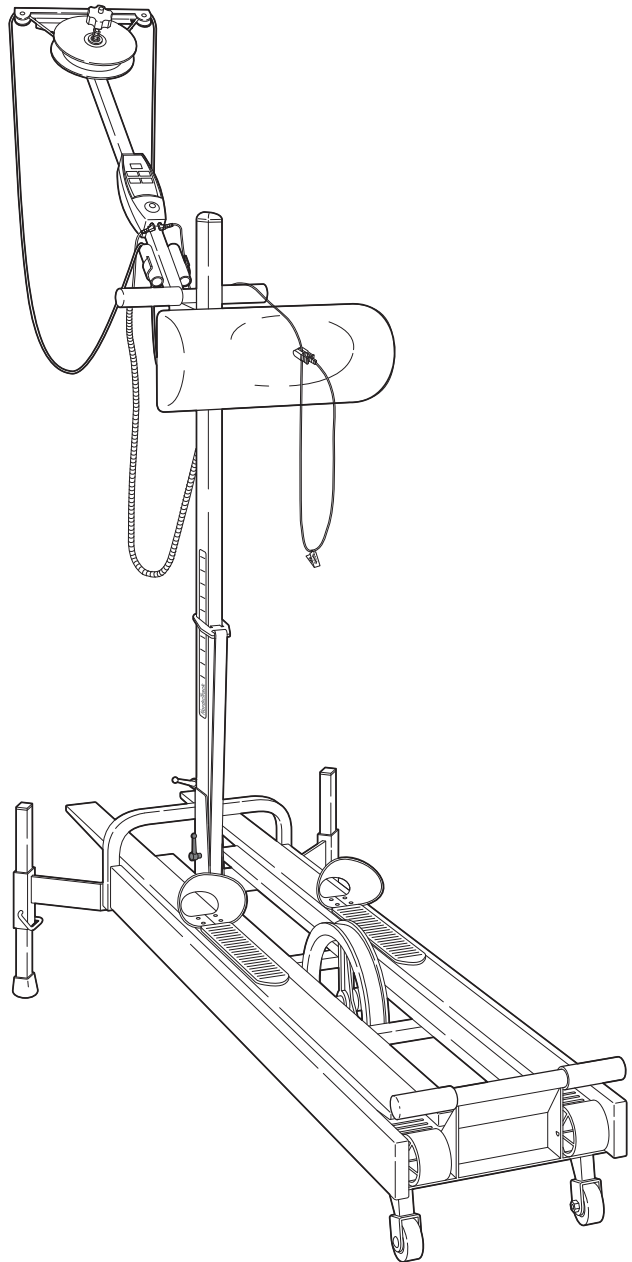
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing or damaged, we will guarantee complete satisfaction through direct assistance from our factory.

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

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IMPORTANT PRECAUTIONS



WARNING: To reduce the risk of serious injury, read all precautions and instructions in this manual before using the ski exerciser.

1. Read all instructions in this manual before using the ski exerciser. Use the ski exerciser only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the ski exerciser are adequately informed of all precautions.
3. Use the ski exerciser indoors, away from moisture and dust. Place the ski exerciser on a level surface, with a mat beneath it to protect the floor or carpet from damage.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the ski exerciser at all times.
6. The ski exerciser should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the ski exerciser. Always wear athletic shoes for foot protection.
8. The pulse monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse monitor is intended only as an exercise aid in determining heart rate trends in general.
9. Keep hands and feet away from moving parts.
10. Always dismount the ski exerciser before adjusting the resistance of the skis.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The ski exerciser is intended for in-home use only. Do not use the ski exerciser 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 this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

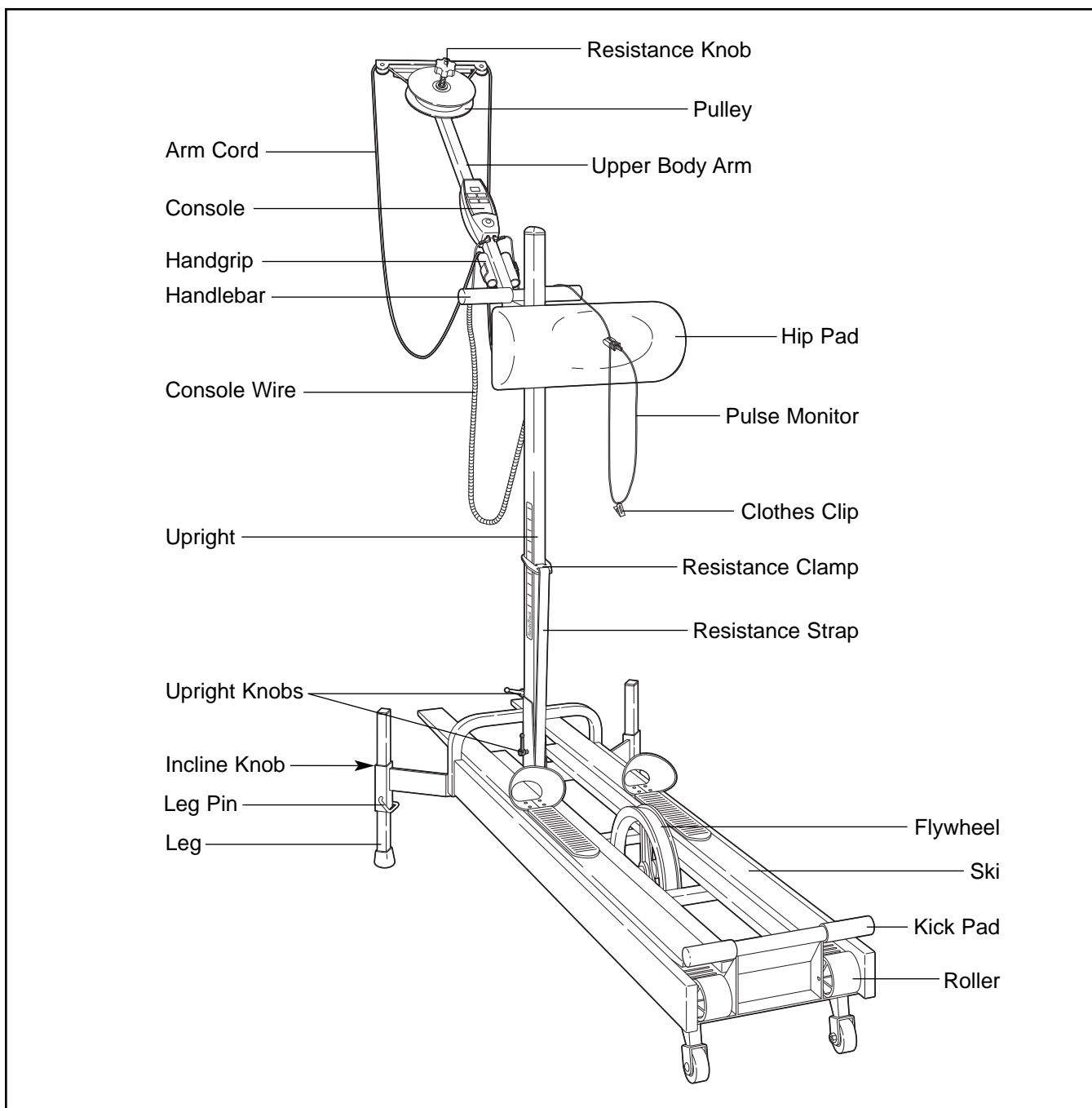
BEFORE YOU BEGIN

Thank you for selecting the innovative NordicTrack® CLASSIC PRO cross-country ski exerciser. Cross-country skiing is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the muscles. The CLASSIC PRO cross-country ski exerciser features ultra-smooth skis, upper-body arm cords, and adjustable resistance to let you enjoy this dynamic exercise in the convenience of your home.

For your benefit, read this manual carefully before you use the ski exerciser. If you have questions after

reading this manual, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTXC80182. The serial number can be found on a decal attached to the ski exerciser (see the front cover of this manual).

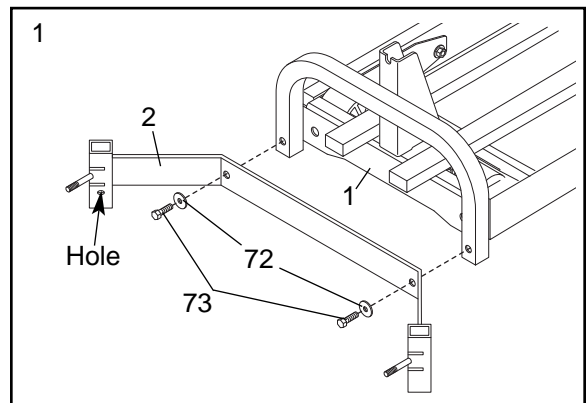
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



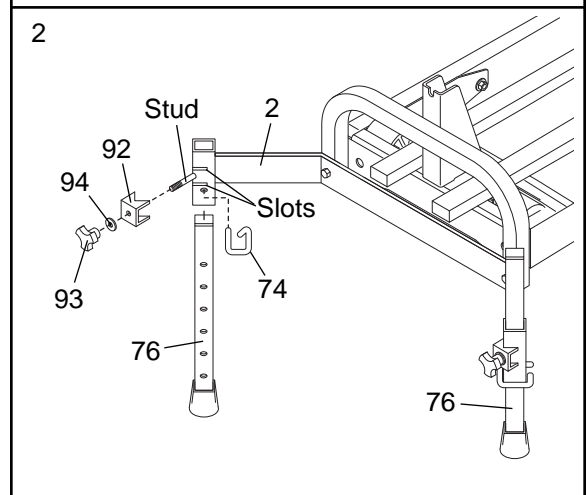
ASSEMBLY

Place all parts of the ski exerciser in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. **Assembly requires only the included flat wrench tool.**

1. Attach the Leg Bracket (2) to the Front Frame (1) with two M10 x 16mm Hex Screws (73) and two M10 Washers (72) as shown. Make sure that the ends of the Leg Bracket angle away from the Front Frame and that the indicated hole is in the position shown.



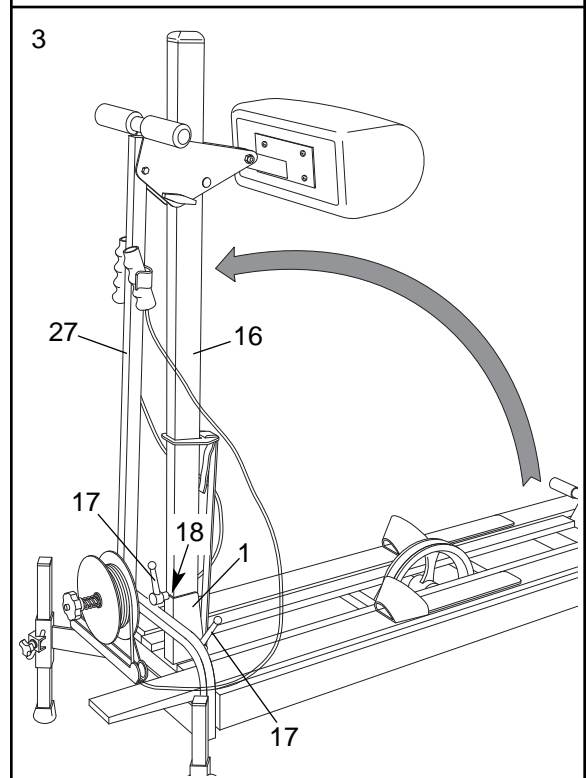
2. Insert a Leg (76) up into the square opening in either end of the Leg Bracket (2). Align the second hole from the bottom of the Leg with the hole in the Leg Bracket, and insert the straight end of a Leg Pin (74) into the holes. **Make sure that the Leg Pin goes completely through the holes and that the bent end of the Leg Pin points toward the floor.** Rotate the Leg Pin to secure it around the Leg.



Slide an Incline Clamp (92) onto the indicated stud and into the slots in the Leg Bracket (2). Tighten an Incline Knob (93) with an Incline Washer (94) onto the stud.

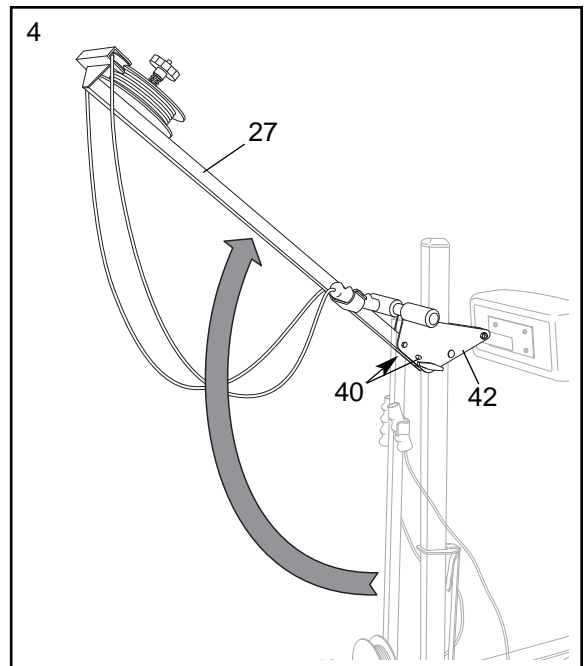
Attach the other Leg (76) in the same way.

3. Lift the Upper Body Arm (27) slightly so it will not catch on the Front Frame (1), and raise the Upright (16) to the position shown. The Upright will snap into place when it is positioned correctly. Make sure that the M8 Push Nut (18) is **between** the Upright and the Front Frame.



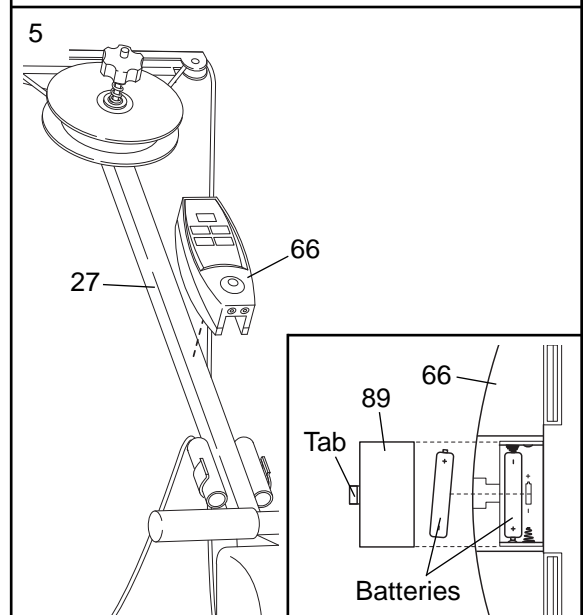
Tighten the two Upright Knobs (17). Note: Each Upright Knob functions like a wrench. Turn the Upright Knob clockwise, pull it away from the Upright (16), turn it counterclockwise, push it toward the Upright, and then turn it clockwise again. Repeat this procedure until the Upright Knob is tight.

4. Raise the Upper Body Arm (27) to position as shown. **Make sure that the Snap Buttons (40) are fully extended and locked into position on both sides of the Hip Pad Slide (42).**



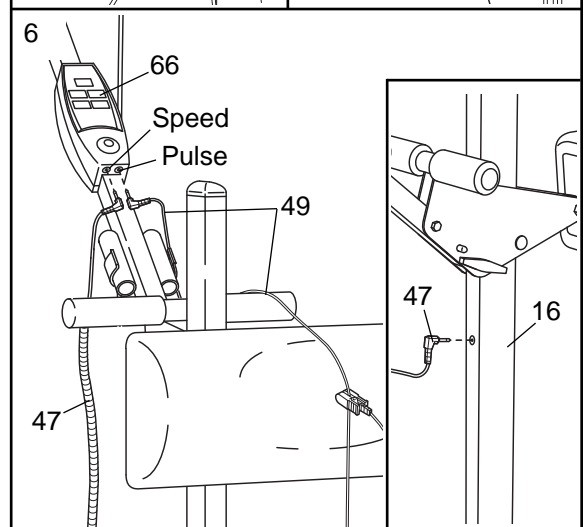
5. The Console (66) requires two “AA” batteries. Alkaline batteries are recommended. See the inset drawing. Locate the Battery Door (89) on the back of the Console. Press the indicated tab on the Battery Door and remove the Battery Door. Press two batteries into the battery compartment, **with the negative ends of the batteries touching the springs**. Then, reattach the Battery Door.

Attach the Console (66) to the Upper Body Arm (27) by firmly pressing it into place in the desired location.



6. Plug the Console Wire (47) and the Pulse Monitor (49) into the indicated jacks on the Console (66).

See the inset drawing. Plug the other end of the Console Wire (47) into the jack on the Upright (16).



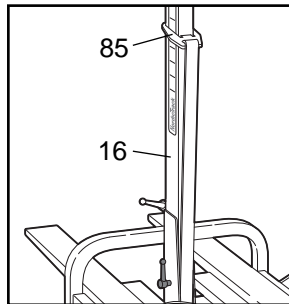
7. Make sure that all parts are tightened before you use the ski exerciser. To protect the floor from damage, place a mat beneath the ski exerciser.

HOW TO ADJUST THE SKI EXERCISER

HOW TO ADJUST THE RESISTANCE OF THE SKIS

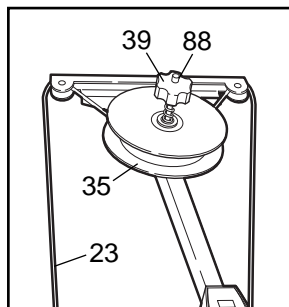
To vary the intensity of your exercise, you can change your exercise pace, use the arm cord (see the section below), or adjust the resistance of the skis. **CAUTION: Always dismount the ski exerciser before adjusting the resistance of the skis.**

To increase the resistance of the skis, slide the Resistance Clamp (85) to a higher position on the Upright (16). To decrease the resistance, slide the Resistance Clamp to a lower position.



HOW TO ADJUST THE RESISTANCE OF THE ARM CORD

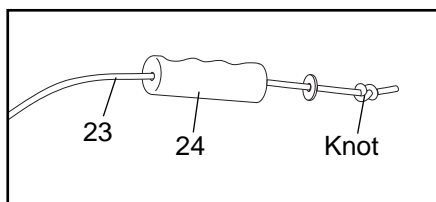
The resistance of the Arm Cord (23) can be adjusted with the Resistance Knob (39) above the Pulley (35). Turn the Knob clockwise to increase the resistance, or counterclockwise to decrease the resistance. Note: As you turn the Resistance Knob, the numbered Resistance Scale Decal (88) will protrude through the Knob to show the resistance setting.



⚠ WARNING: The Pulley (35) will get hot during use. Avoid touching the Pulley immediately after use.

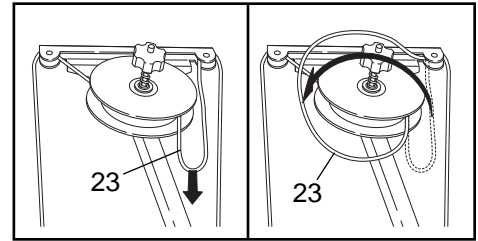
HOW TO ADJUST THE LENGTH OF THE ARM CORD

When the Arm Cord (23) is adjusted to the proper length, your arms should extend just behind your hips when you



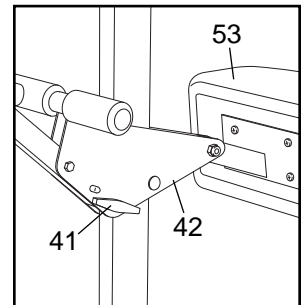
use the Arm Cord. To adjust the length of the Arm Cord, retie the knot inside each Handgrip (24).

For greater adjustments in the length of the Arm Cord (23), add one loop of the Arm Cord around the pulley as shown, or remove one loop from the pulley.



HOW TO ADJUST THE POSITION OF THE HIP PAD

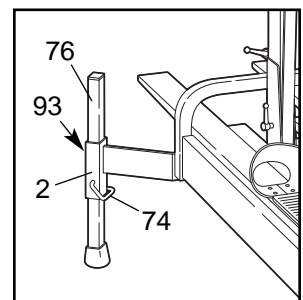
Loosen the Adjustment Knob (41) on each side of the Hip Pad Slide (42), and slide the Hip Pad Slide to the desired position. The Hip Pad (53) should be at hip level, about one inch below your navel. The Hip Pad should be high enough that it does not restrict leg movement, and low enough that it does not press against your abdomen. Firmly retighten both Adjustment Knobs.



HOW TO ADJUST THE ELEVATION OF THE SKI EXERCISER

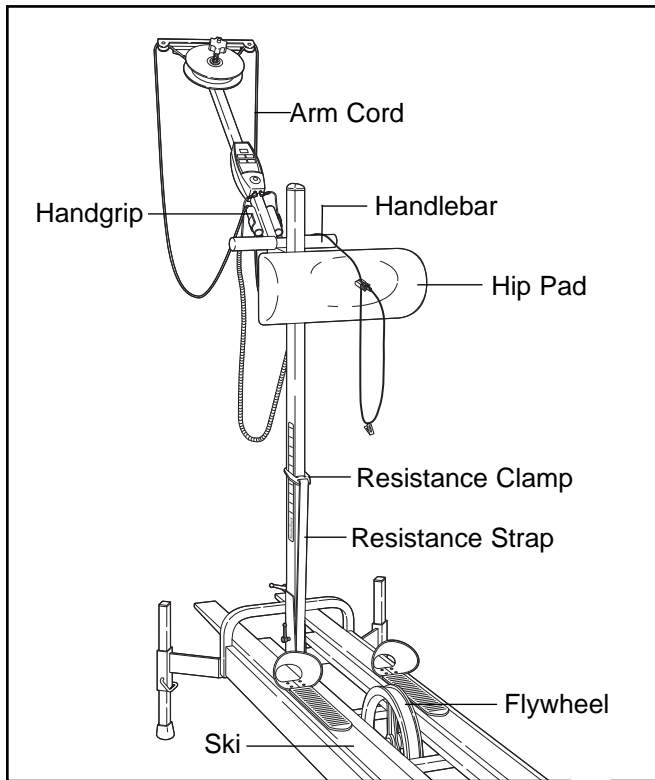
Increasing the elevation of the ski exerciser will simulate uphill skiing. This will further develop the quadriceps muscles on the fronts of your thighs, elevate your heart rate more quickly, and provide a more intense workout.

To adjust the elevation, first loosen the Incline Knob (93) in front of one of the Legs (76). Insert the straight end of a Leg Pin (74) into the hole in the Leg Bracket (2) and one of the holes in the Leg. **Make sure that the Leg Pin goes completely through the holes and that the bent end of the Leg Pin points toward the floor.** Rotate the Leg Pin to secure it around the Leg. Retighten the Incline Knob.



Repeat this process with the other Leg (not shown). **Make sure that both Legs are at the same height.**

HOW TO USE THE SKI EXERCISER



START WITH LEG MOTION ONLY

Note: See page 6 for steps 1, 2, and 3.

1. Adjust the ski resistance and the elevation. (Beginners may prefer to start with the ski exerciser in the lowest elevated position.) **Make sure that the flywheel is not touching the floor.**
2. Adjust the hip pad to the proper height. Make sure that the hip pad adjustment knobs are tight. The hip pad is designed for you to push against; however, do not lean over it. There may be some movement to the upright.
3. Hold the handlebar or the hip pad for balance. Do not lean forward. Keep your weight on your feet and your back straight. **Increase the ski resistance if you slide away from the hip pad.**
4. Begin to ski. Push your right foot back, and then your left. Do not pull your right foot forward until the left is pushing back. **Do not bring either foot in front of your body.** Continue to move both feet with a smooth walking motion. Start with short strides. You will feel the ski resistance as you move your foot backward. Let your heel rise naturally at the back of your stride. Keep the balls of your feet

on the skis at all times. Note: There is no defined range of motion for your stride. Increase the ski resistance if you slide away from the hip pad. As you exercise, you may want to increase or decrease your stride depending on your comfort level. Once this motion feels comfortable, move on.

ADD ARM SWINGS TO THE LEG MOTION

1. Continue your leg motion. Keep one hand on the handlebar or the hip pad for balance. Swing your other arm at your side. When your left leg is forward, your left arm should be back. Repeat this process with your other arm.
2. When you are comfortable swinging each arm separately, try swinging both arms. Swing your arms naturally. Practice this motion until it feels comfortable.

COMBINE THE ARM AND LEG MOTIONS

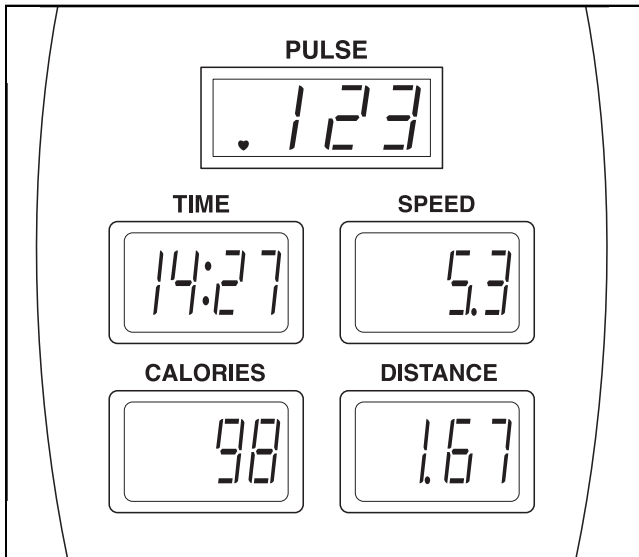
1. Set the arm cord resistance at a comfortable level. Grasp the handgrips. Continue your leg motion.
2. Pull the handgrips through your natural arm swing. When your right leg is forward, your right hand should be back; when your left leg is forward, your left hand should be back. Practice this motion until it feels comfortable.

Use the tips below to coordinate the arm and leg motions:

1. If combining the arm and leg motions is difficult, keep practicing the leg motion. Incorporate the arm motion only when you feel comfortable with the leg motion.
2. When you incorporate the arm motion, try to swing your arms naturally. Allow one arm to pull the other arm forward. Keep the arm cord taught.
3. Keep your waist in contact with the hip pad at all times to hold back your forward motion. If you feel that you are sliding away from the hip pad, increase the ski resistance.
4. Resistance is felt only when you push your feet backward. Always keep your weight on the ski you are pushing backward. Avoid leaning forward. Keep your weight over your feet, your shoulders back, and your head up. Find a focal point; this will help you keep your head up and your back straight.

DESCRIPTION OF THE CONSOLE

The console has five independent displays that provide continuous exercise feedback. The displays are described below.



- Pulse—This mode displays your pulse in beats per minute when the pulse monitor is worn.
- Time—This mode displays the length of time that you have exercised.
- Speed—This mode displays your approximate pace, in miles per hour.
- Calories—This mode displays the approximate number of calories you have burned.
- Distance—This mode displays the approximate distance you have skied, in miles.

BATTERY INSTALLATION

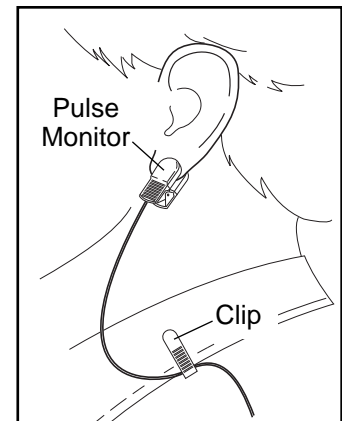
Before the console can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 5 on page 5.

HOW TO OPERATE THE CONSOLE

If there is a thin sheet of clear plastic on the face of the console, remove it.

1. To turn on the power, press the reset button or begin skiing.

2. To use the pulse mode, you must wear the pulse monitor. Plug the pulse monitor into the jack on the bottom of the console. Rub your left ear lobe several times with your thumb and index finger and then clip the pulse monitor onto your left ear lobe. Slide the metal clothes clip onto your collar to prevent excessive movement of the wire.

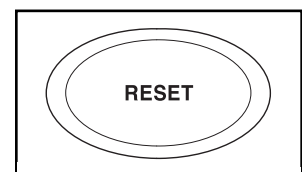


When your pulse is detected, the small heart-shaped indicator in the pulse display will flash and your pulse will be displayed.

⚠ WARNING: The pulse monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse monitor is intended only as an exercise aid in determining heart rate trends in general.

If your pulse is not displayed after a few seconds, make sure that the pulse monitor is plugged into the console. In addition, make sure that the pulse monitor is properly attached to your left ear lobe. It may be necessary to reposition the pulse monitor a few times to find the best position. The pulse monitor is more accurate when used on your left ear lobe and when you are standing still.

3. To reset the display, press the reset button.



4. To turn off the power, simply wait for a few minutes. If the ski exerciser is not used and the console button is not pressed, the power will turn off automatically.

MAINTENANCE AND STORAGE

Inspect and tighten all parts each time you use the ski exerciser.

CLEANING THE SKI EXERCISER

Wipe the ski exerciser with a clean, dry cloth after each workout to remove perspiration and dirt. A household window cleaner may be used to clean the chrome and black metal surfaces.

Wipe the wood with a clean, dry cloth to remove perspiration and dirt after each use. Use a wood furniture polish or wax to protect the wood finish and prevent drying.

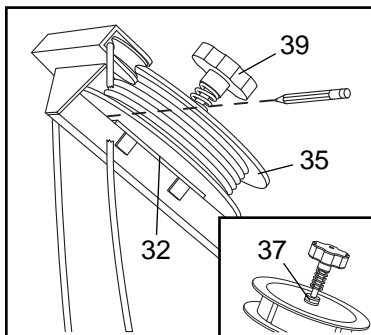
If the bottoms of the skis become marked from contact with the drive rollers, wipe them with a clean, dry cloth. Use mineral spirits to remove stubborn marks. For a smooth gliding action, carefully rub paraffin wax only on the **sides** of the skis. **NEVER polish or wax the bottoms of the skis.** The skid plates built into the sides of the skis are designed to wear down and leave a light coating on the sides of the skis. These plates do not need to be replaced.

LUBRICATING THE RESISTANCE PAD

The leather resistance pad beneath the pulley has been oiled for quiet, smooth braking action. However, the pad will require re-oiling if it dries due to its surroundings. We recommend inspecting the resistance pad every three months.

1. Place a cloth or a piece of plastic under the ski exerciser to protect your floor.

2. See the inset drawing. Inspect the Thrust Washer (37). Lightly oil the Thrust Washer if it is not greasy.



Fully loosen but do not remove the Resistance Knob (39). Lift the Pulley (35) and roughen the surface of the leather Resistance Pad (32) with 100-grit sandpaper or a file.

3. Spread one or two drops of light household oil on the resistance pad. **DO NOT OVER-OIL.** Excess oil may spray out when the pulley is spinning. Place a pencil between the pulley and the resistance pad and let the oil absorb overnight.

4. Wipe any excess oil away from the area around the resistance pad. Tighten the resistance knob.

Inspect the bottom of the pulley. If the resistance disk (located above the resistance pad) has grooves worn into it, it should be replaced. See the back of this manual for instructions on how to order replacement parts.

CARING FOR THE RESISTANCE STRAP AND FLYWHEEL

Resistance strap and flywheel maintenance should be performed once a month at the same time. Follow the steps below.

1. Place a cloth or a piece of plastic under the ski exerciser to protect your floor.

2. Set the ski resistance to the lowest setting.

3. Slide the resistance strap off the side of the flywheel.

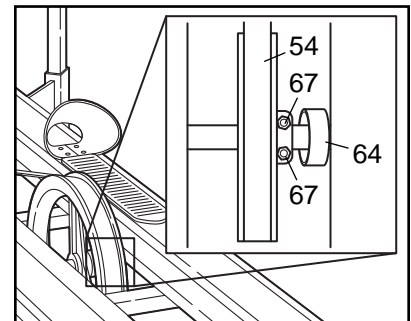
4. Wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol.

5. Check the groove of the flywheel for any rust or corrosion.

6. Use fine to very fine steel wool to spot rub any rust or corrosion. Clean the entire flywheel with steel wool if necessary.

7. Wipe the flywheel with a clean, dry cloth to remove any residue. **NEVER place oil between the resistance strap and the flywheel;** this will damage the resistance strap.

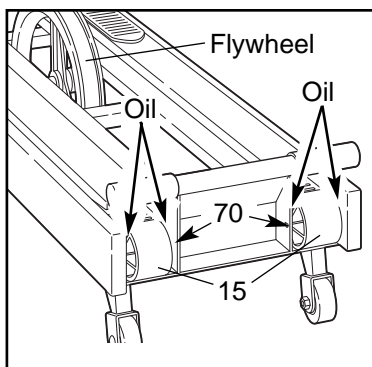
8. Slide the "U" Bolt Cover (64) to the right and check the tightness of the M6 Nuts (67) on the right side of the Flywheel (54). If necessary, tighten the Nuts evenly with a wrench. **CAUTION: Do not overtighten the Nuts; this can break the "U" Bolt.**



- Slide the resistance strap back onto the flywheel.
Note: If the resistance strap is frayed on both sides, it may be necessary to replace it. See the back cover of this manual for instructions on how to order replacement parts.

GENERAL LUBRICATION

If the front or rear Rollers (15) begin to squeak, a drop of light household oil may be needed on the Roller Axles (70). **Important: The drive rollers located near the flywheel are internally lubricated and should NOT be oiled.** Follow the instructions below to apply oil.



- Place a cloth or a piece of plastic under the ski exerciser to protect your floor.
- Put a drop of light household oil on each side of each roller, and then spin each roller.

STORAGE

Set the ski resistance to the lowest setting and remove any accessories before folding and storing your ski exerciser. When storing the ski exerciser for more than 30 days, we recommend the following:

- Remove the batteries from the console.
- Slide the resistance strap off the flywheel.
- Lightly coat the groove of the flywheel with light household oil to protect the metal from corrosion. **IMPORTANT: Never place oil on the resistance strap. Only the flywheel should be oiled and then cleaned before the resistance strap is reattached. Do not place the resistance strap on the oiled flywheel.**
- Loosen the two adjustment knobs on the hip pad slide.
- Move the hip pad slide so the top is about seven inches below the top of the upright. Retighten both of the adjustment knobs and pivot the hip pad upward.
- Support the upper body arm with one hand. Use the other hand to depress the two snap buttons on either side of the hip pad slide. Lower the upper body arm until it rests against the upright.
- Hold the upright with one hand. Loosen the two upright knobs. Lower the upright until it rests on the base. The hip pad should just touch the tops of the skis.

Upon removal from storage, clean the flywheel with rubbing alcohol. Slide the resistance strap back onto the flywheel.

TROUBLESHOOTING

Most ski exerciser problems can be solved by following the steps below. Find the problem that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

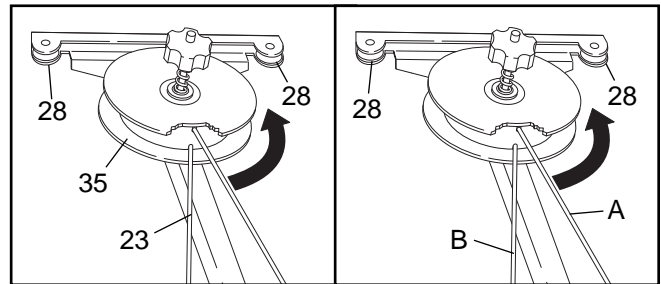
PROBLEM: The console does not function properly.

- SOLUTION:**
- Make sure that both ends of the console wire are fully plugged in (see assembly step 6 on page 5).
 - If the console does not function properly, or if the display becomes faint, the batteries should be replaced. See assembly step 5 on page 5 for installation instructions.

PROBLEM: The arm cords are tangled.

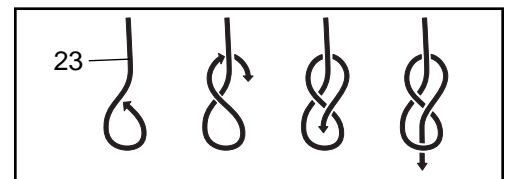
⚠ WARNING: The pulley will get hot during use. Avoid touching the pulley immediately after use.

- SOLUTION:**
- Detach the handgrips by untying the knots inside of the handgrips and removing the M6 washers (see HOW TO ADJUST THE LENGTH OF THE ARM CORD on page 6). Take the ends of the Arm Cord (23) out of the Small Pulleys (28) and unwind the Arm Cord from the Pulley (35). Notice how the Arm Cord goes into the Pulley. Drape both ends of the Arm Cord over the hip pad. Make sure that the ends of the Arm Cord are even.



- Locate cord "A." Wrap it counterclockwise around the Pulley (35) until there is no more cord to wind. Do not be concerned if it looks tangled; it will smooth out later.
- Pass the end of cord "A" from left to right through the right Small Pulley (28). Pull cord "A" to wrap cord "B" around the Pulley (35).
- Feed the end of cord "B" from right to left through the left Small Pulley (28). Pull cord "B" until the end of cord "B" is even with the end of cord "A." With a cord in each hand, work the Arm Cord (23) back and forth until it is wrapped evenly around the Pulley (35).

- To reattach each handgrip, thread the Arm Cord (23) into the small hole in the handgrip, slide an M6 washer onto the Arm Cord, and tie a figure-eight knot as shown at the right near the end of the Arm Cord. Note: To adjust the length of the Arm Cord, see HOW TO ADJUST THE LENGTH OF THE ARM CORD on page 6.



PROBLEM: The arm cord assembly makes a chattering or screeching sound or the resistance knob loosens.

- SOLUTION:**
- a. Check the order of the parts in the pulley assembly, and confirm that all parts are present. The parts from the pulley to the resistance knob should be as follows: M10 washer, thrust washer, M10 washer, and spring.
 - b. Roughen the surface of the resistance pad with 100-grit sandpaper. Oil the leather resistance pad with one or two drops of light household oil. Spread the oil over the resistance pad.
 - c. Oil the M10 washers and the thrust washer if needed.

PROBLEM: The flywheel and/or the resistance strap offers no resistance.

- SOLUTION:**
- a. Check the routing of the resistance strap.
 - b. Make sure that the flywheel is tight. Remove the “U” bolt cover from the flywheel (see step 8 on page 9). Evenly tighten the two M6 nuts located on the right side of the flywheel.

PROBLEM: The skis slip.

- SOLUTION:**
- a. Wipe off any excess oil.
 - b. Clean the bottoms of the skis with a dry cloth and a small amount of mineral spirits or paint thinner.
 - c. Make sure that the flywheel is tight. Remove the “U” bolt cover from the flywheel (see step 8 on page 9). Evenly tighten the two M6 nuts located on the right side of the flywheel.

PROBLEM: The rollers squeak or stick.

SOLUTION: See GENERAL LUBRICATION on page 10.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

20	30	40	50	60	70	80	AGE
165							
145	155						
125	138	145	140				
	120	130	125	130			
		115	110	118	125		
				105	110	115	AEROBIC
						105	MAX. FAT
						95	FAT BURN
							b.p.m.

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include three important parts: a warm-up, training zone exercise, and a cool-down.

Warming up—Begin each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training zone exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

Cooling down—Finish each workout with 5 to 10 minutes of stretching. This will increase your flexibility and will help to prevent post-exercise problems.

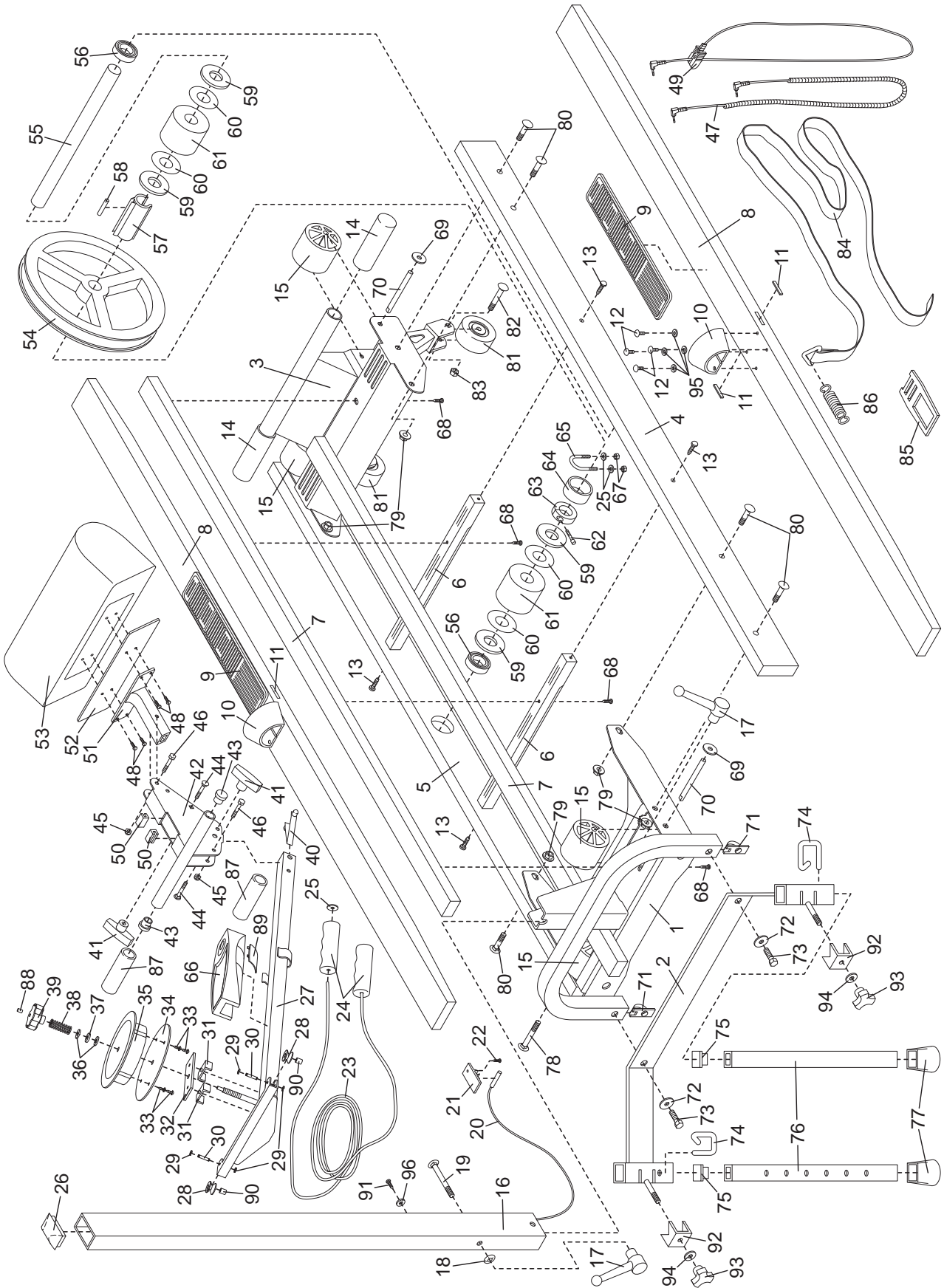
EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. Five minutes of exercise, four times a day, may be sufficient when you begin an exercise program. Slowly increase your workout time as your fitness level improves. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Find the best time of day for your workouts, and then stick with it.

Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Frame	33	4	M3.5 x 16mm Self-tapping Screw	66	1	Console
2	1	Leg Bracket	34	1	Resistance Disc	67	2	M6 Nut
3	1	Rear Frame	35	1	Pulley	68	8	M5 x 16mm Self-tapping Screw
4	1	Left Side Board	36	2	M10 Washer	69	4	Small Nylon Spacer
5	1	Right Side Board	37	1	Thrust Washer	70	4	Roller Axle
6	2	Cross Member	38	1	Spring	71	2	Self-Backing Nut
7	2	Top Board	39	1	Resistance Knob	72	2	M10 Black Washer
8	2	Ski	40	1	Snap Buttons	73	2	M10 x 16mm Hex Screw
9	2	Foot Plate	41	2	Adjustment Knob	74	2	Leg Pin
10	2	Toe Piece	42	1	Hip Pad Slide	75	2	Square Endcap
11	4	Skid Plate	43	2	Round Endcap	76	2	Leg
12	8	M5 x 16mm Screw	44	2	M8 x 40mm Carriage Bolt	77	2	Rubber Foot
13	4	M3.5 x 32mm Self-tapping Screw	45	2	M6 Jam Nut	78	1	M8 x 45mm Hex Head Bolt
14	2	Kick Pad	46	2	M6 x 40mm Bolt	79	9	M8 Flange Nut
15	4	Roller	47	1	Console Wire	80	8	M8 x 35mm Carriage Bolt
16	1	Upright	48	4	M6 x 20mm Screw	81	2	Wheel
17	2	Upright Knob	49	1	Pulse Monitor	82	2	M6 x 42mm Carriage Bolt
18	1	M8 Push Nut	50	2	Bumper	83	2	M6 Hex Nut
19	1	M8 x 70mm Carriage Bolt	51	1	Pad Bracket	84	1	Resistance Strap
20	1	Reed Switch/Wire	52	1	Pad Cover	85	1	Resistance Clamp
21	1	Reed Switch Bracket	53	1	Hip Pad	86	1	Resistance Spring
22	1	M3.5 x 16mm Self-tapping Screw	54	1	Flywheel	87	2	Foam Grip
23	1	Arm Cord	55	1	Flywheel Axle	88	1	Resistance Scale Decal
24	2	Handgrip	56	2	Flywheel Bearing	89	1	Battery Door
25	4	M6 Washer	57	1	Magnet Bracket	90	2	Bronze Bushing
26	1	Upright Endcap	58	1	Magnet	91	1	M5 x 12mm Screw
27	1	Upper Body Arm	59	4	M16 Washer	92	2	Incline Clamp
28	2	Small Pulley	60	4	Large Nylon Spacer	93	2	Incline Knob
29	4	"C" Clip	61	2	Drive Roller w/Bearing	94	2	Incline Washer
30	2	Pulley Axle	62	1	M5 Set Screw	95	8	M5 Black Washer
31	2	Resistance Bracket	63	1	Axle Clamp w/Set Screw	96	1	M5 Washer
32	1	Resistance Pad	64	1	"U" Bolt Cover	#	1	Flat Wrench Tool
			65	1	M6 "U" Bolt	#	1	User's Manual

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.



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, 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). Mention the following information when calling.

- The MODEL NUMBER of the product (NTXC80182)
- The NAME of the product (NordicTrack® CLASSIC PRO cross-country ski exerciser)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of each part (see page 14)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® CLASSIC PRO cross-country ski exerciser (“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.

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