

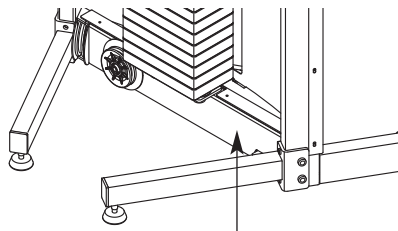
NordicTrack®

COMPETITION
SERIES
E 8500

Model No. NTEVSY9978.0

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 there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

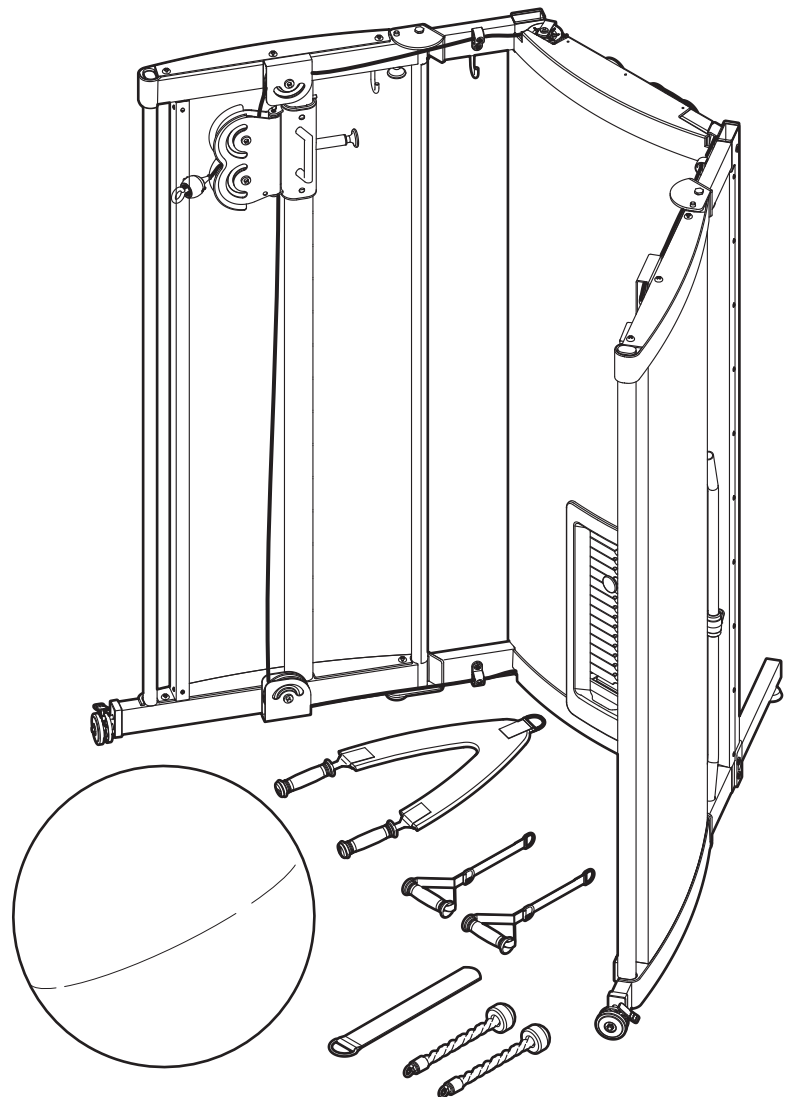
Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

Leeds, LS11 8JG

UK



⚠ CAUTION

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



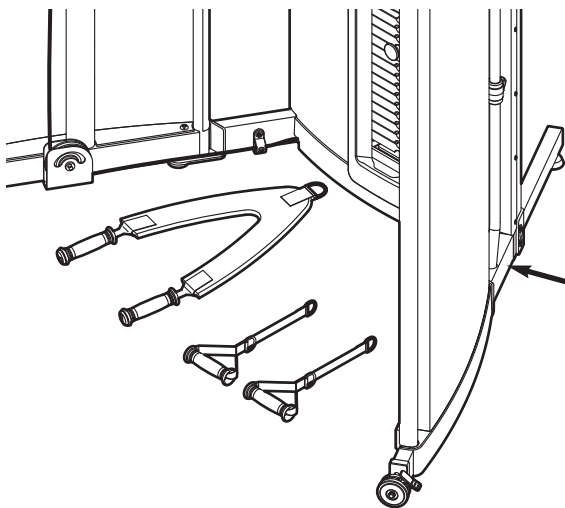
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WARNING DECAL PLACEMENT



This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

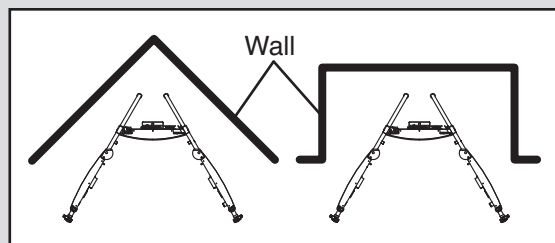
- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight system before using the weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the weight system at all times.
7. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts.
9. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 6).
10. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
11. Make sure that the wheels, frame feet, and leveling feet are all level with the floor (see **LEVELING THE WEIGHT SYSTEM** on page 6).
12. Never release the handles, triceps ropes, ankle strap, ab strap, or lat bar while weights are raised; the weights will fall with great force.
13. This weight system has an open weight stack; the weight stack must not be accessible from any point outside of the user's field of view. To prevent access to the weight stack, place the weight system in a corner or bay of a room, as shown in the drawing below. There must be no more than 3 ft. (1 m) of clearance between the weight system and the adjacent walls.
14. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
15. Use the weight system only as described in this manual.



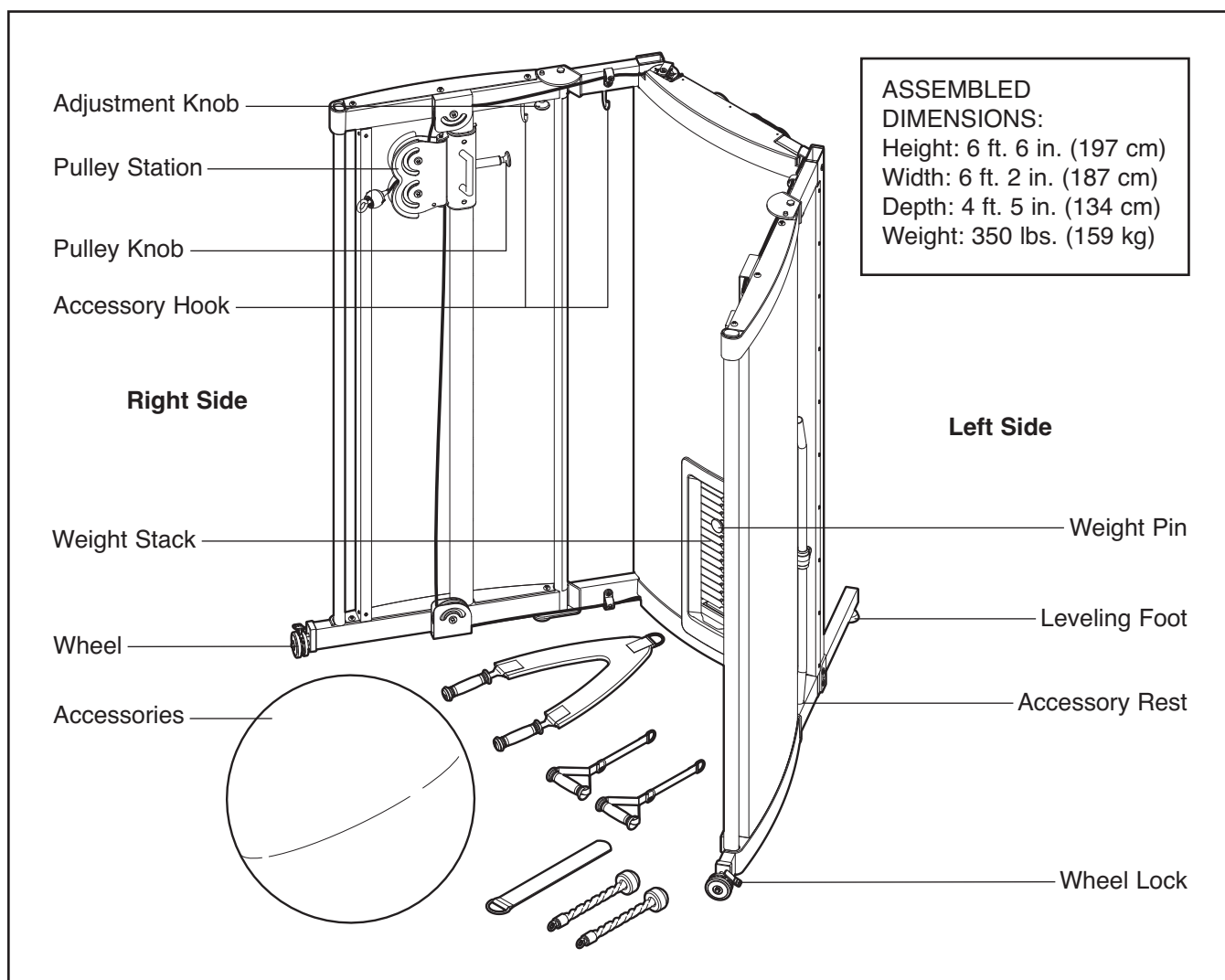
BEFORE YOU BEGIN

Thank you for selecting the versatile NORDICTRACK® COMPETITION SERIES E8500 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

For your benefit, read this manual carefully before you use the weight system. If you have questions

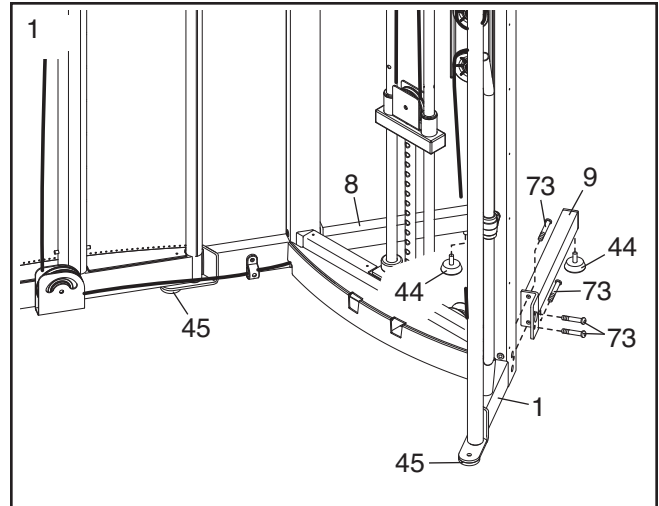


ASSEMBLY

1. **Note: Assembly requires two persons. For clarity, some parts are not shown.**

Place all parts in a cleared area and remove the packing materials; **do not dispose of the packing materials until assembly is completed.**

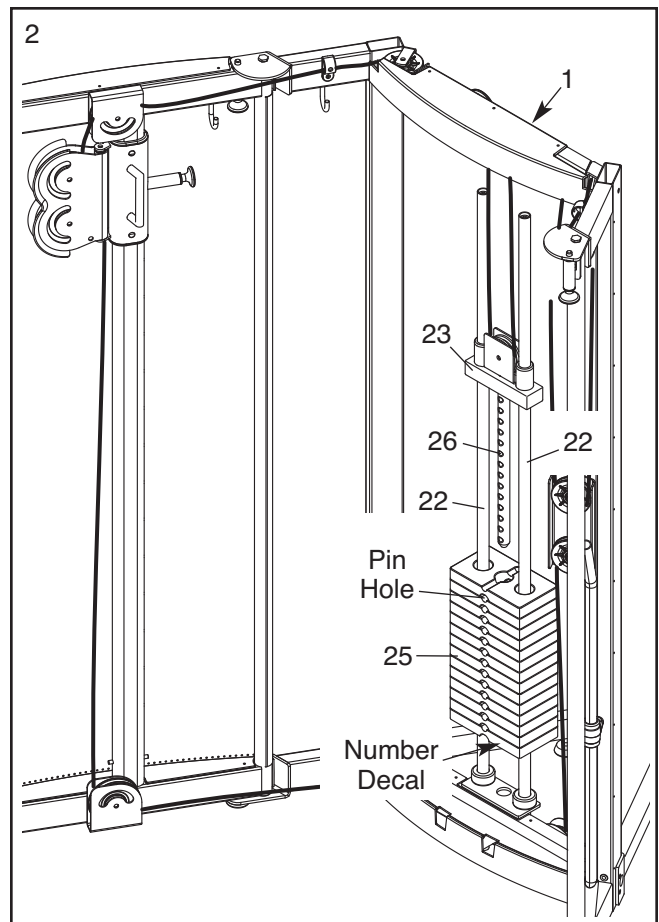
Attach the Left Rear Frame (9) to the Center Frame (1) with four M10 x 25mm Screws (73). Next, tighten a Leveling Foot (44) into the Left Rear Frame. **Attach the Right Rear Frame (8) and the other Leveling Foot (44) in the same way. Make sure that the Leveling Feet, the Frame Feet (45), and the Wheels (not shown) are all level with the floor (see page 6).**



2. Loosen the two Weight Guides (22) from the top of the Center Frame (1). Then, remove the Header Plate (23) from the Weight Guides.

Next, locate the Weight (25) with the highest number decal. Orient the Weight so that the number decal is right-side-up. Then, slide the Weight onto the Weight Guides (22). **Slide the remaining Weights (25) onto the Weight Guides in the same way.**

Slide the Header Plate (23) onto the Weight Guides (22). Next, insert the Weight Selector (26) into the Weights (25). Then, tighten the Weight Guides into the top of the Center Frame (1).



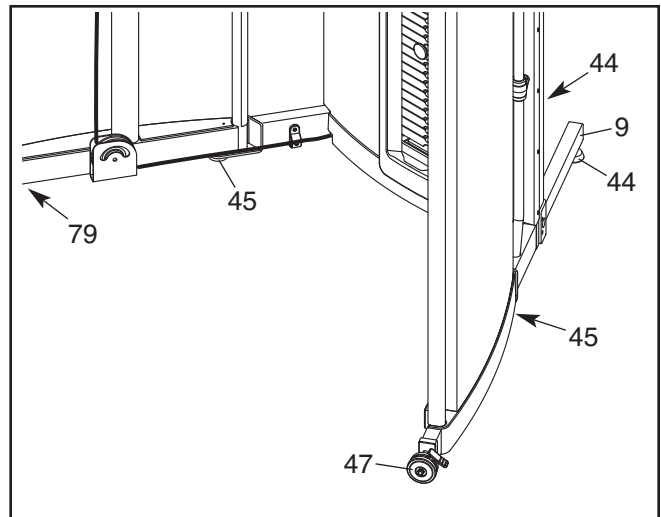
3. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 6. Before using the weight system, pull each cable a few times to make sure that the cables move smoothly. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See page 9 for proper cable routing. If there is slack in the cables, you will need to tighten the cables. See MAINTENANCE on page 10.**

ADJUSTMENT

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 11 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 several exercises.

LEVELING THE WEIGHT SYSTEM

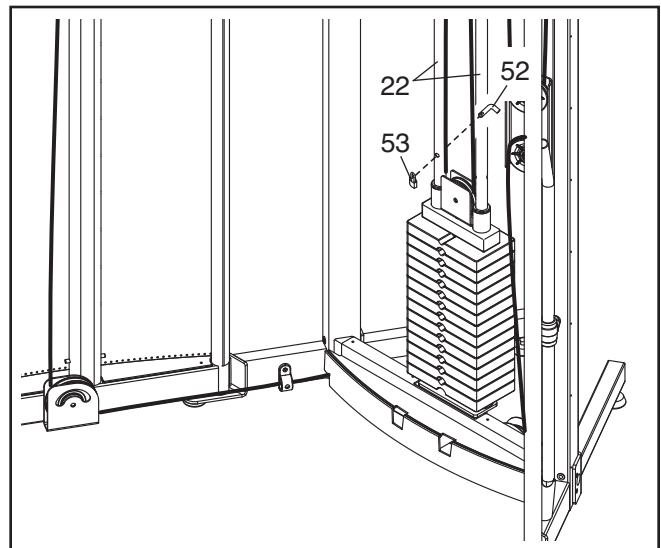
To level the weight system, turn the Leveling Foot (44) in the Left Rear Frame (9) or the Right Rear Frame (not shown) until the weight system is level with the floor. **Make sure that the Leveling Feet, the Frame Feet (45), and the Left and Right Wheels (47, 79) are all level with the floor.**



LOCKING THE WEIGHT STACK

Note: For clarity, the left side of the weight system and the center shroud are not shown.

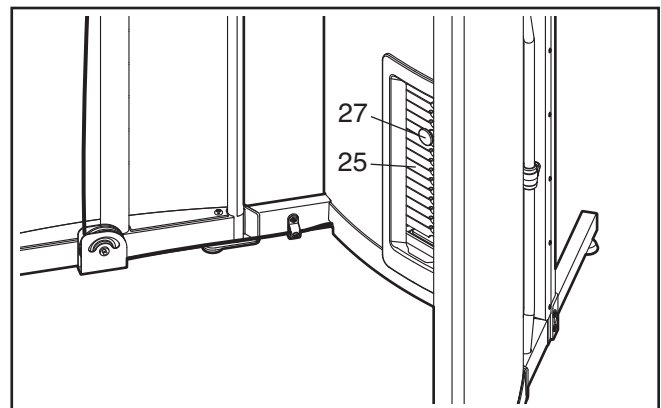
To lock the weight stack, insert the Lock Pin (52) through a Weight Guide (22), and secure the Lock (53) on the Lock Pin.



CHANGING THE WEIGHT SETTING

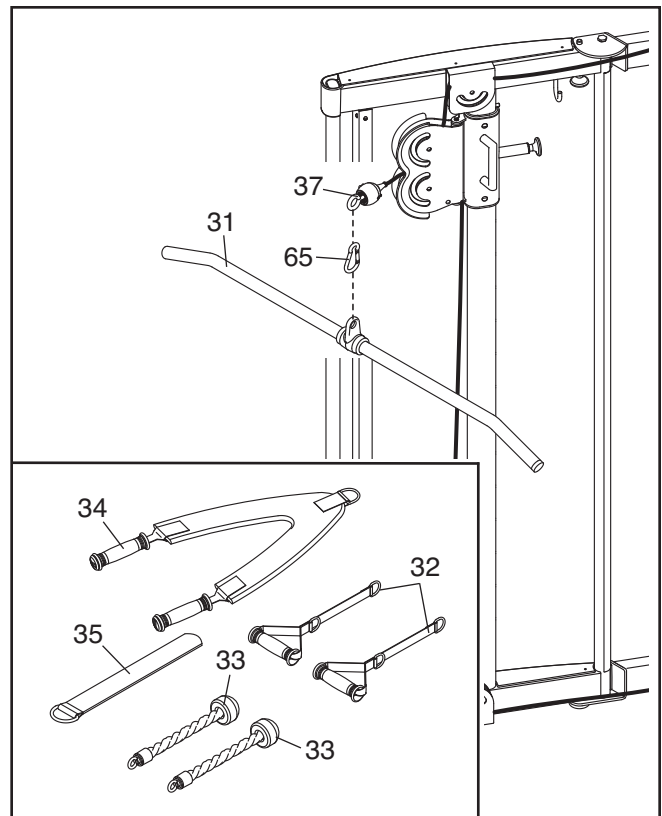
To change the setting of the weight stack, insert the Weight Pin (27) under the desired Weight (25).

Note: Each Weight (25) contains two number decals. The larger number represents the amount of resistance when you use both pulley stations; the smaller number represents the amount of resistance when you use a single pulley station.



ATTACHING THE ACCESSORIES TO A PULLEY STATION

Attach the Lat Bar (31) to either Cable Stop (37) with a Cable Clip (65). **The two Handles (32), the two Triceps Ropes (33), the Ab Strap (34), or the Ankle Strap (35) can be attached at either pulley station in the same way.**

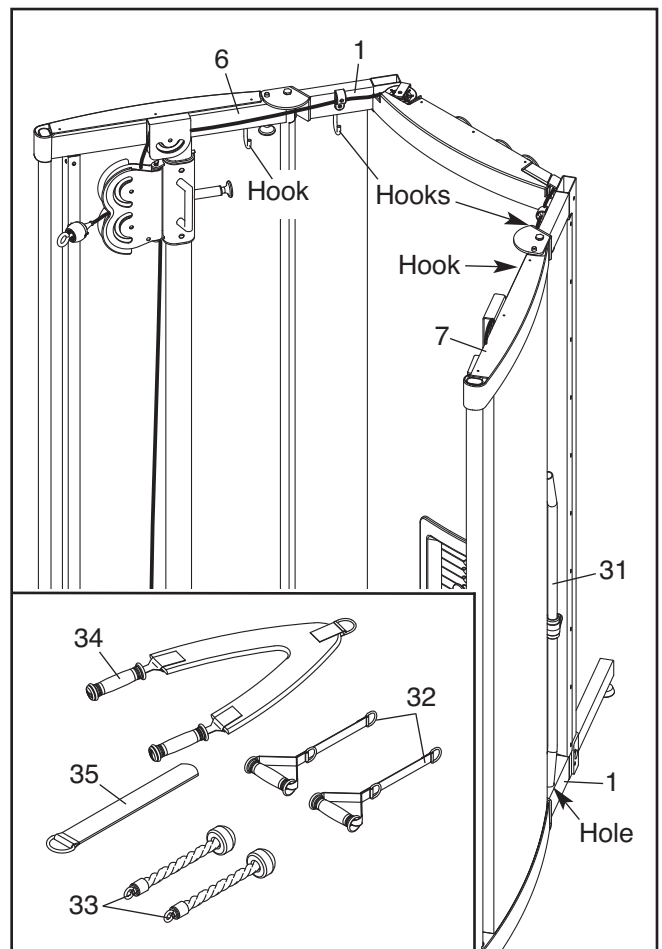


STORING THE ACCESSORIES

You can store the Lat Bar (31) in the indicated hole in the base of the Center Frame (1).

You can store the two Handles (32) and the Ab Strap (34) on the hooks on the Center Frame (1).

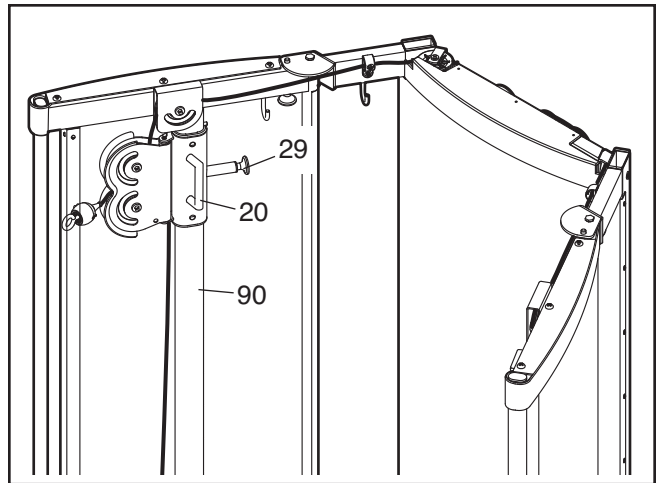
You can store the two Triceps Ropes (33) and the Ankle Strap (35) on the hooks on the Right and Left Top Frames (6, 7).



ADJUSTING THE PULLEY CARRIAGES

To adjust the height of the right Pulley Carriage (20), pull the indicated Adjustment Knob (29), slide the right Pulley Carriage to the desired height, and then engage the Adjustment Knob in one of the adjustment holes in the Right Pulley Carriage Guide (90). **Make sure that the Adjustment Knob is fully engaged in one of the holes in the Right Pulley Carriage Guide.**

Adjust the left Pulley Carriage (not shown) in the same way.



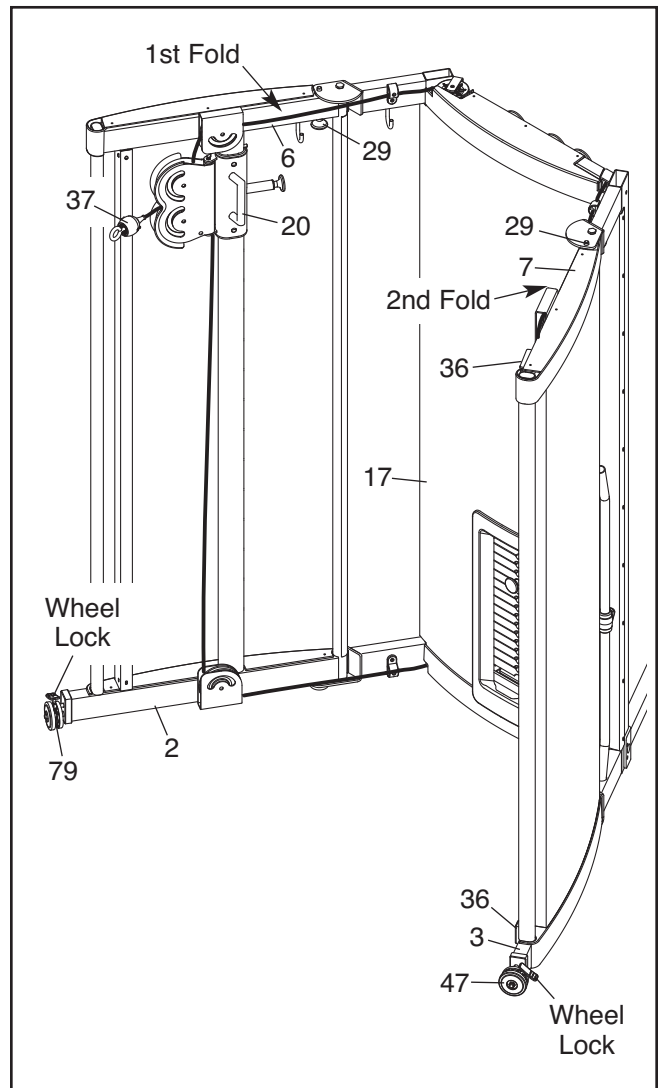
CLOSING AND OPENING THE WEIGHT SYSTEM

To close the weight system, first remove all accessories from the Cable Stops (37). Store the accessories if desired (see **STORING THE ACCESSORIES** on page 7). Then, adjust the Pulley Carriages (20) to the highest position (see **ADJUSTING THE PULLEY CARRIAGES** above).

Next, unlock the Right Wheel (79) by lifting upward on the right wheel lock. Then, locate the words **1st FOLD** on the Right Top Frame (6). Pull the Adjustment Knob (29) that is below the words **1st FOLD**. Rotate the Right Frame (2) towards the Center Shroud (17). Lock the Right Wheel by pressing downward on the right wheel lock.

Unlock the Left Wheel (47) by lifting upward on the left wheel lock. Next, locate the words **2nd FOLD** on the Left Top Frame (7). Pull the Adjustment Knob (29) that is below the words **2nd FOLD**. Then, rotate the Left Frame (3) towards the Center Shroud (17) until the Magnets (36) engage the Right Frame (2). Lock the Left Wheel by pressing downward on the left wheel lock.

To open the weight system, lift upward on the left wheel lock to unlock the Left Wheel (47). Rotate the Left Frame (3) away from the Center Shroud (17) until the Adjustment Knob (29) engages the hole in the Left Top Frame (7). Press downward on the left wheel lock to lock the Left Wheel. **Open the Right Frame (2) in the same way.**



MAINTENANCE

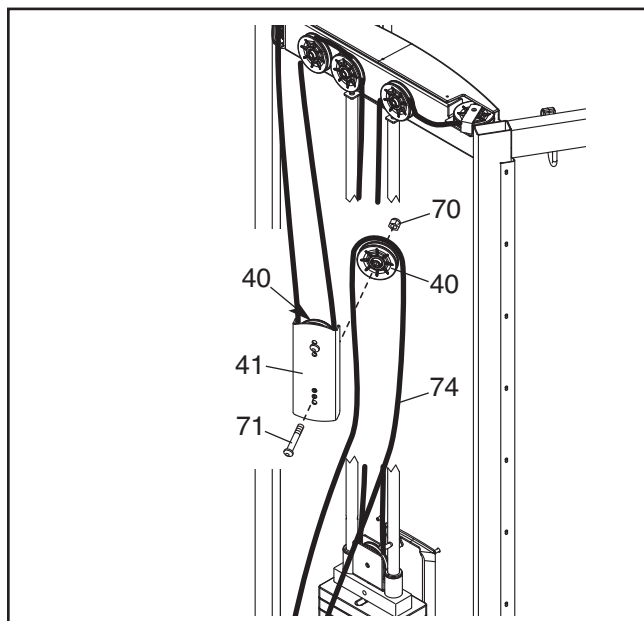
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

Remove the M10 Locknut (70) and the M10 x 40mm Bolt (71) from the Small Pulley (40) near the lower end of the Pulley Plate (41). Reattach the Small Pulley and the Cable Trap to the hole closer to the center of the Pulley Plate. **Make sure that the Low Cable (74) and the Small Pulley move smoothly.**

If necessary, adjust the position of the Small Pulley (40) near the upper end of the Pulley Plate (41) in the same way.



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of 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 follows:

- 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 elliptical exerciser or exercise cycle, 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 appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool 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 workout to workout.

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 way 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. See 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 stroke of each repetition should last about half as long as the return stroke. Proper breathing is important. Exhale during the exertion stroke of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

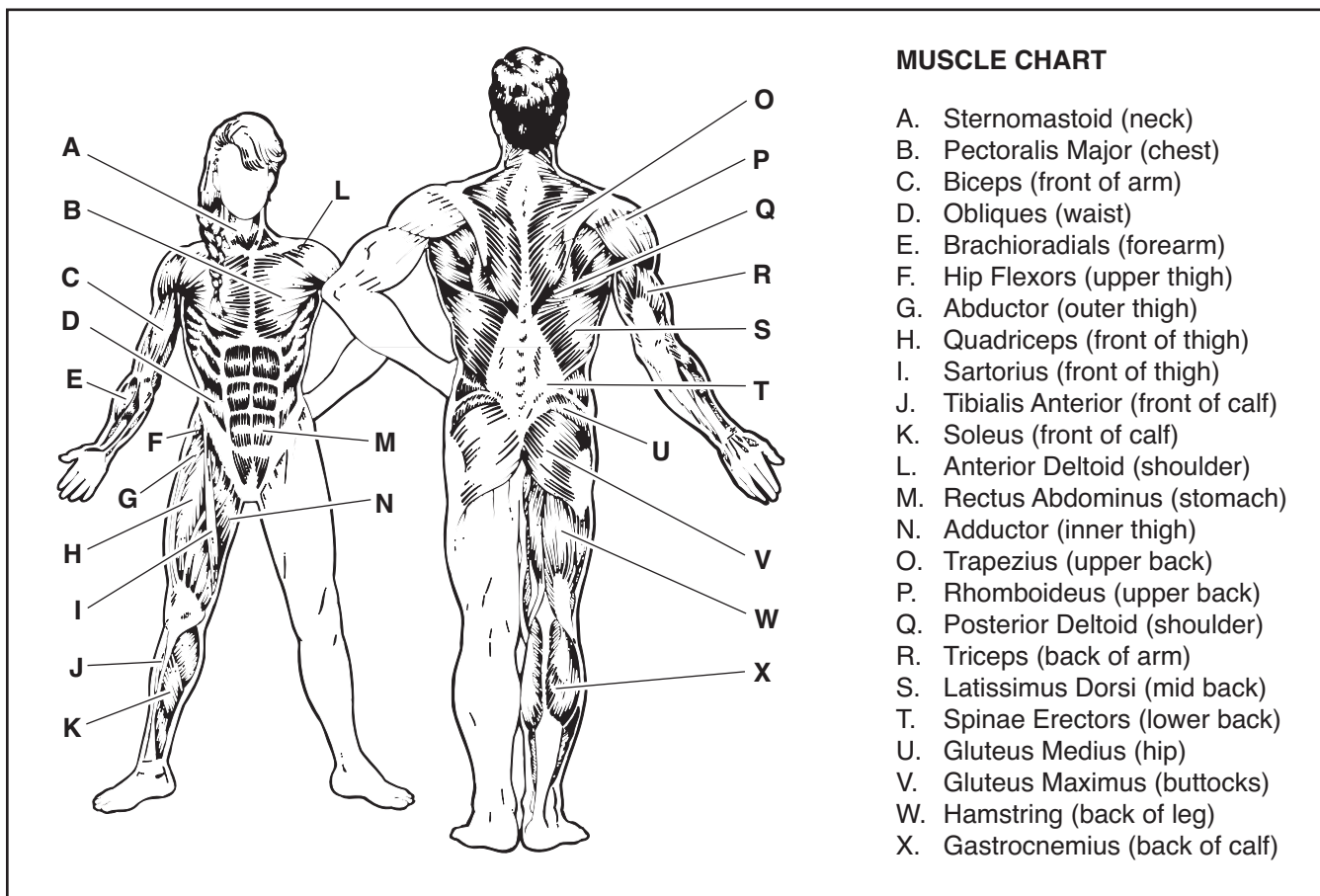
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write 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. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



PART LIST—Model No. NTEVSY9978.0

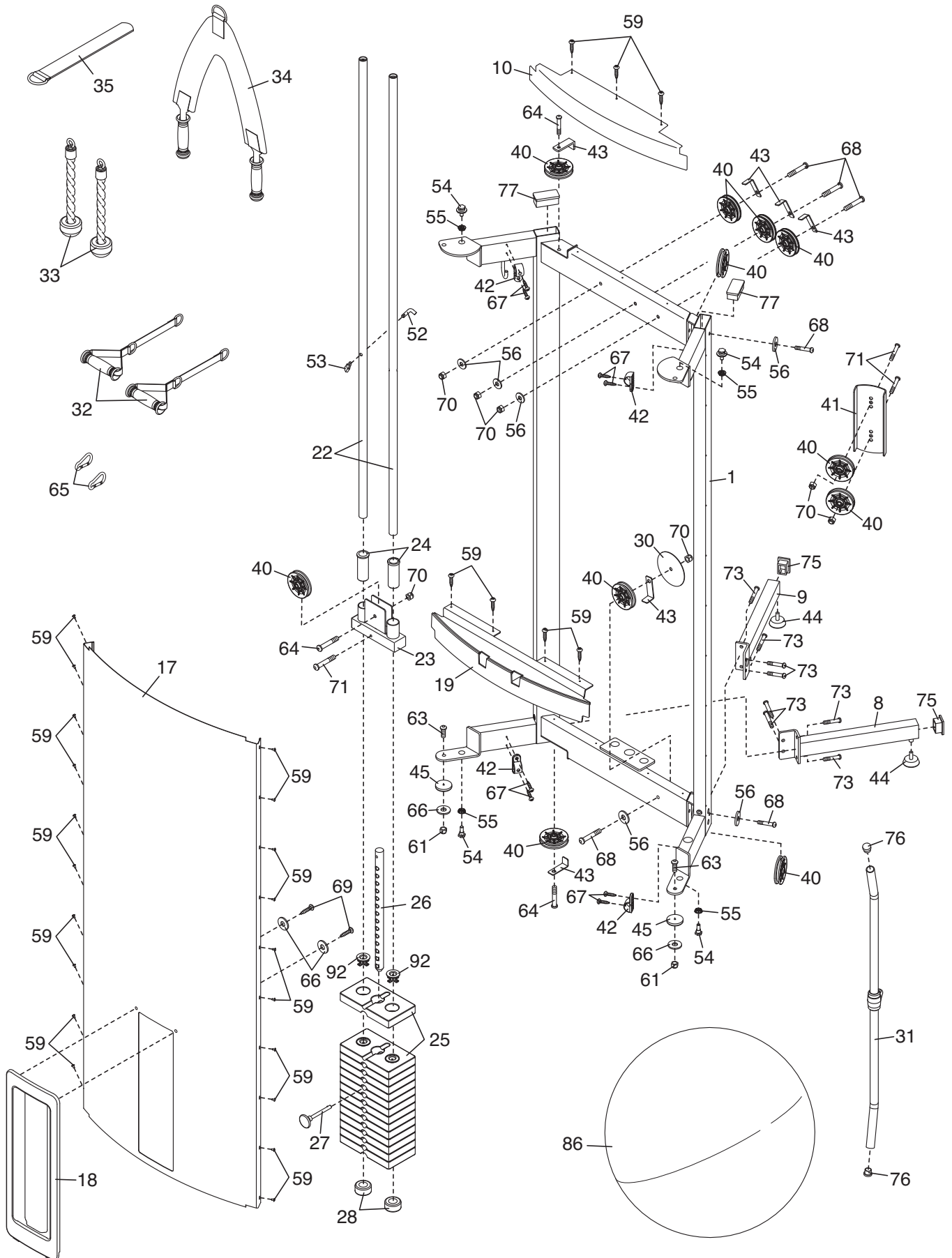
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Center Frame	50	2	Small Bracket Bushing
2	1	Right Frame	51	4	Carriage Bushing
3	1	Left Frame	52	1	Lock Pin
4	2	Upright	53	1	Lock
5	1	Left Pulley Carriage Guide	54	4	M10 x 20mm Shoulder Bolt
6	1	Right Top Frame	55	4	Bushing
7	1	Left Top Frame	56	24	M10 Washer
8	1	Right Rear Frame	57	2	M10 x 265mm Bolt
9	1	Left Rear Frame	58	1	Right Frame Cap
10	1	Center Upper Shroud	59	60	M4 x 19mm Self-tapping Screw
11	1	Right Upper Shroud	60	4	M10 x 85mm Bolt
12	1	Left Upper Shroud	61	2	M4 Nut
13	1	Right Lower Shroud	62	4	M10 x 60mm Bolt
14	1	Left Lower Shroud	63	2	M4 x 12mm Screw
15	1	Left Shroud	64	9	M10 x 45mm Bolt
16	1	Right Shroud	65	2	Cable Clip
17	1	Center Shroud	66	4	M4 Washer
18	1	Trim	67	8	M4 x 16mm Screw
19	1	Center Lower Shroud	68	6	M10 x 80mm Bolt
20	2	Pulley Carriage	69	2	M4 x 10mm Screw
21	1	Left Swivel Bracket	70	19	M10 Locknut
22	2	Weight Guide	71	3	M10 x 40mm Bolt
23	1	Header Plate	72	4	M4 x 50mm Screw
24	2	Header Plate Bushing	73	16	M10 x 25mm Screw
25	14	Weight	74	1	Low Cable
26	1	Weight Selector	75	2	38mm x 50mm Inner Cap
27	1	Weight Pin	76	2	25mm Round Cap
28	2	Weight Bumper	77	2	38mm x 76mm Inner Cap
29	4	Adjustment Knob	78	2	30mm x 48mm Inner Cap
30	1	Pulley Guard	79	1	Right Wheel
31	1	Lat Bar	80	1	Round Frame Bumper
32	2	Handle	81	2	Bolt Bumper
33	2	Triceps Rope	82	2	M8 Locknut
34	1	Ab Strap	83	8	M6 x 10mm Screw
35	1	Ankle Strap	84	2	Magnet Cover
36	2	Magnet Box	85	2	M4 x 4.5mm Screw
37	2	Cable Stop	86	1	Exercise Ball
38	1	High Cable	87	2	M10 x 95mm Screw
39	8	Large Pulley	88	1	Right Large Bracket Bushing
40	11	Small Pulley	89	1	Right Spring
41	1	Pulley Plate	90	1	Right Pulley Carriage Guide
42	4	Cable Clip	91	1	Right Swivel Bracket
43	6	Cable Trap	92	28	Weight Bushing
44	2	Leveling Foot	93	2	Magnet
45	2	Frame Foot	94	2	Magnet Spacer
46	1	Left Frame Cap	*	—	Hand Pump
47	1	Left Wheel	*	—	User's Manual
48	1	Left Large Bracket Bushing	*	—	Exercise Guide
49	1	Left Spring	*	—	DVD

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

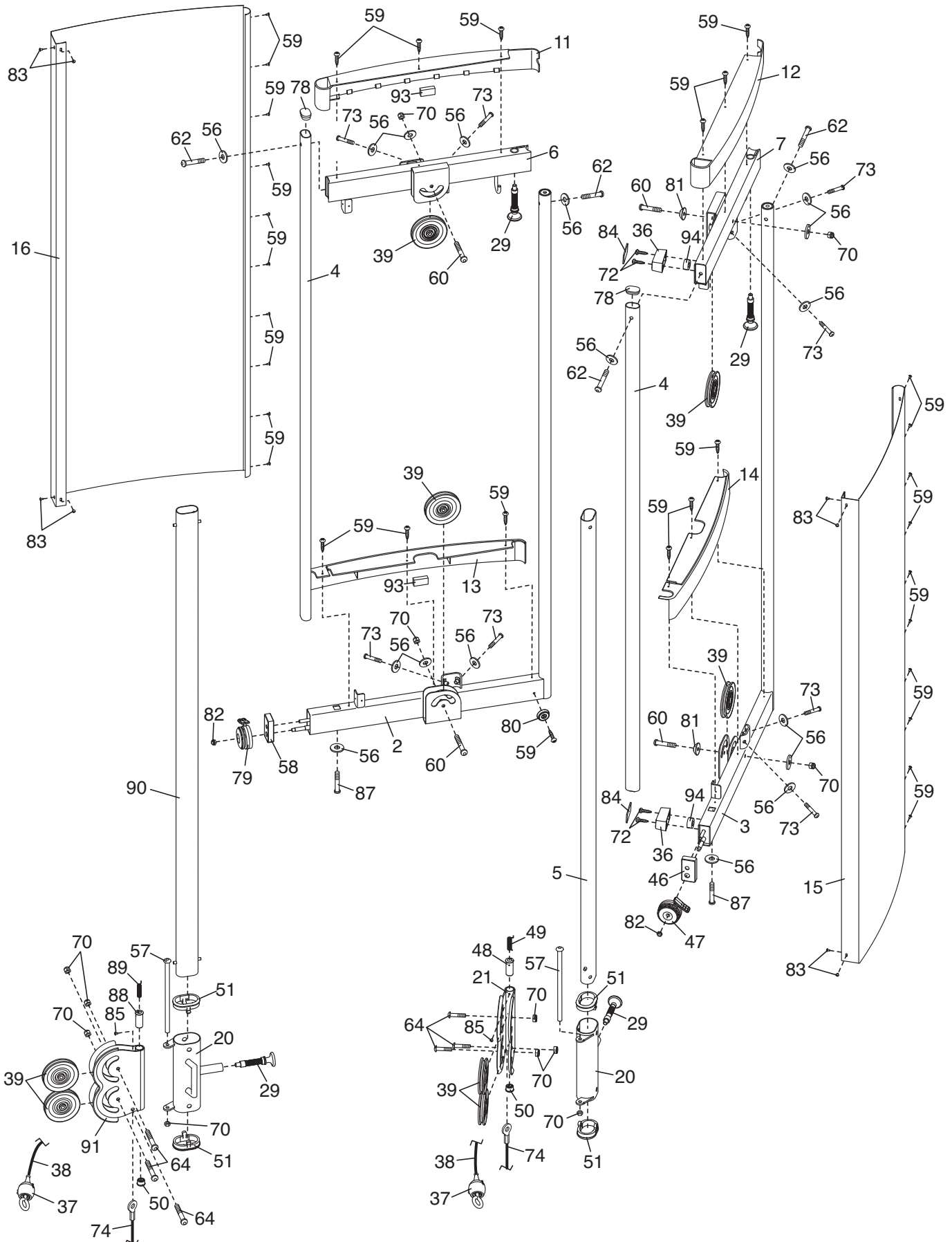
EXPLODED DRAWING A—Model No. NTEVSY9978.0

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EXPLODED DRAWING B—Model No. NTEVSY9978.0

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ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)