

# NordicTrack®

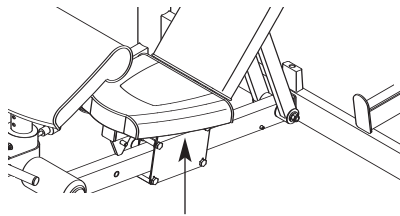
## E6900

*Competition Series*

Model No. 831.15718.0

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

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



Serial Number Decal (under seat)

## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

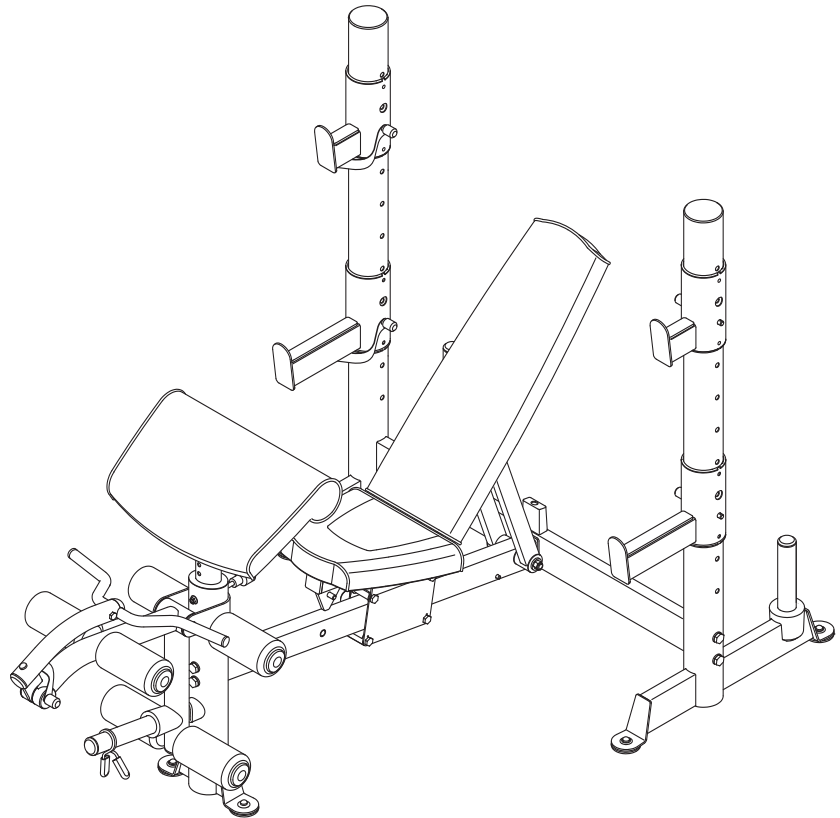
**1-888-825-2588**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

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



### ⚠ CAUTION

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



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## WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

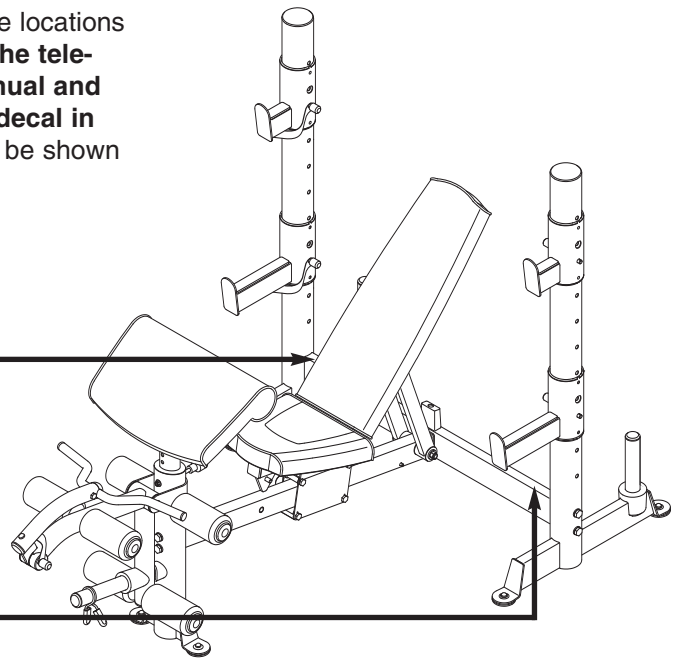
**⚠ WARNING**

User Weight: Max 300 LBS  
Weight Crutch: Max 310 LBS  
Leg Developer: Max 150 LBS  
Weight Carriage: Max 150 LBS  
Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

**⚠ 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 your weight bench before using your weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight bench.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever. Note: The weight bench does not include a barbell or weights. The weight bench is designed to be used only with Olympic weights.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

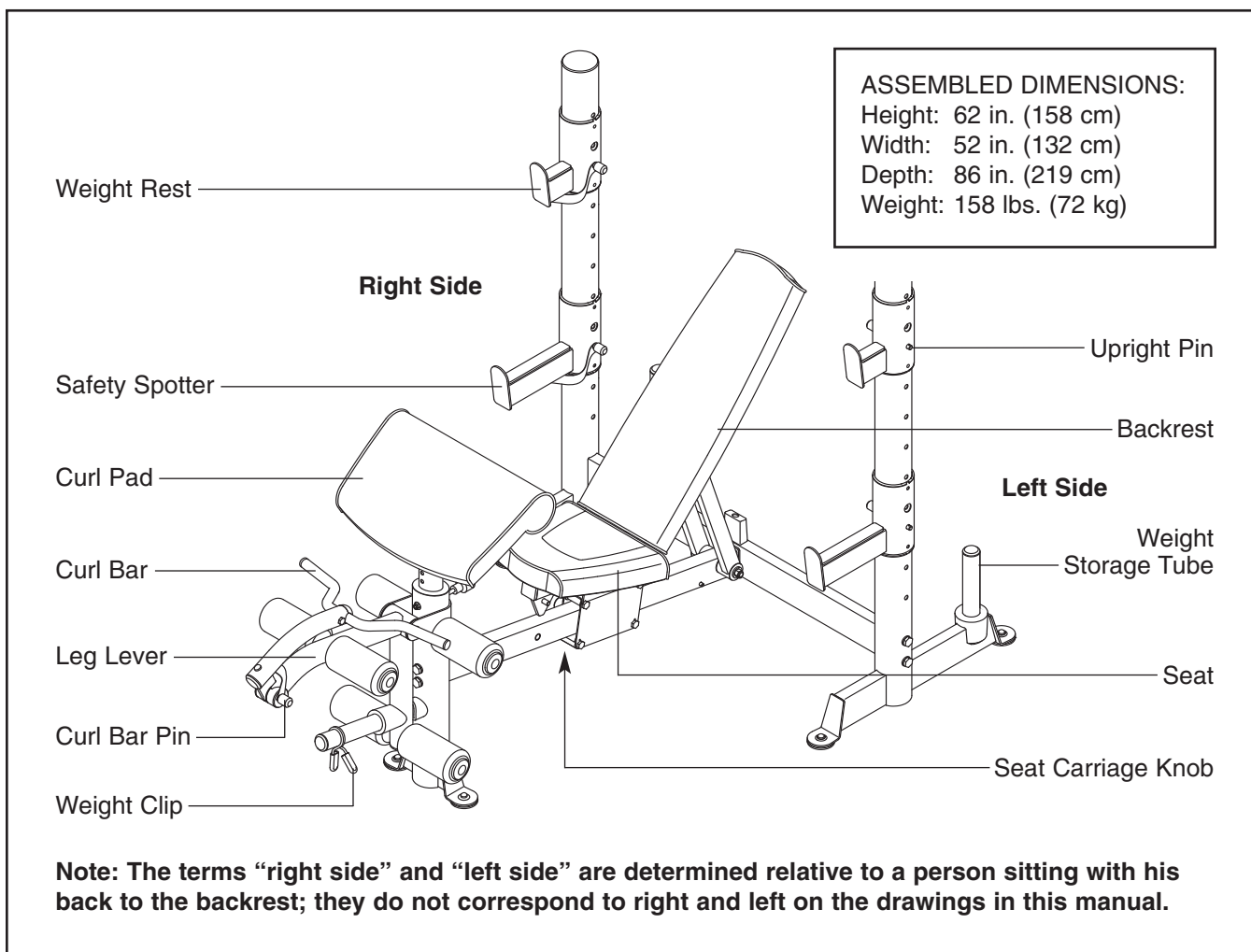
# BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® E6900 COMPETITION SERIES weight bench. The weight bench offers a selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after

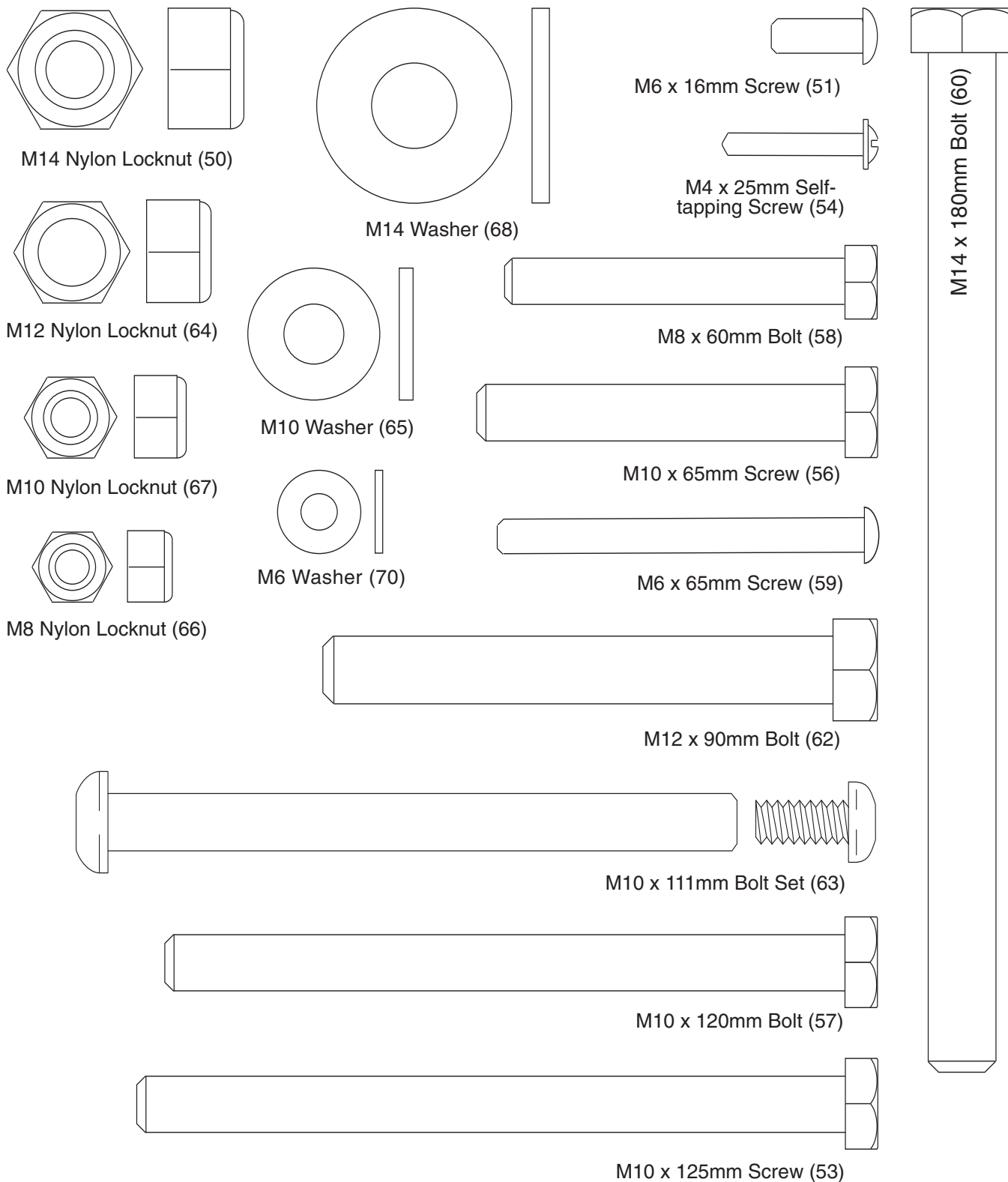
reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

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




# ASSEMBLY

## Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key(s)  and the following tools (not included):

two adjustable wrenches 

one rubber mallet 

one standard screwdriver 

one Phillips screwdriver 

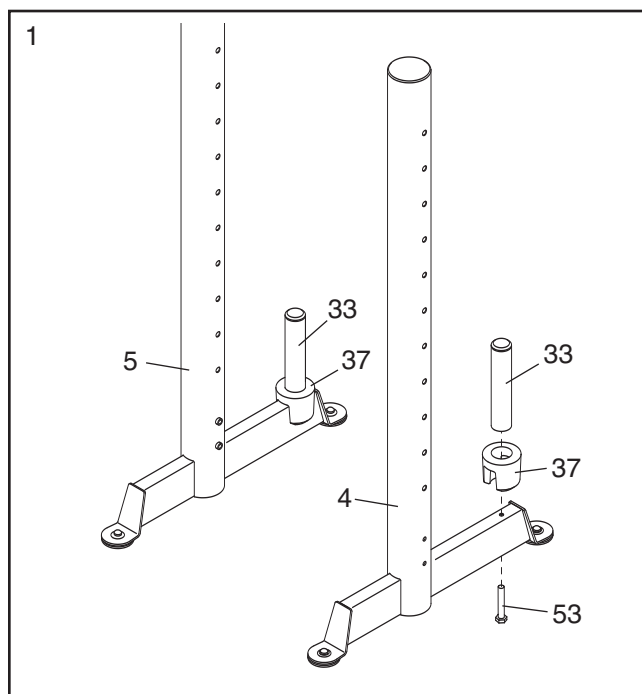
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

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

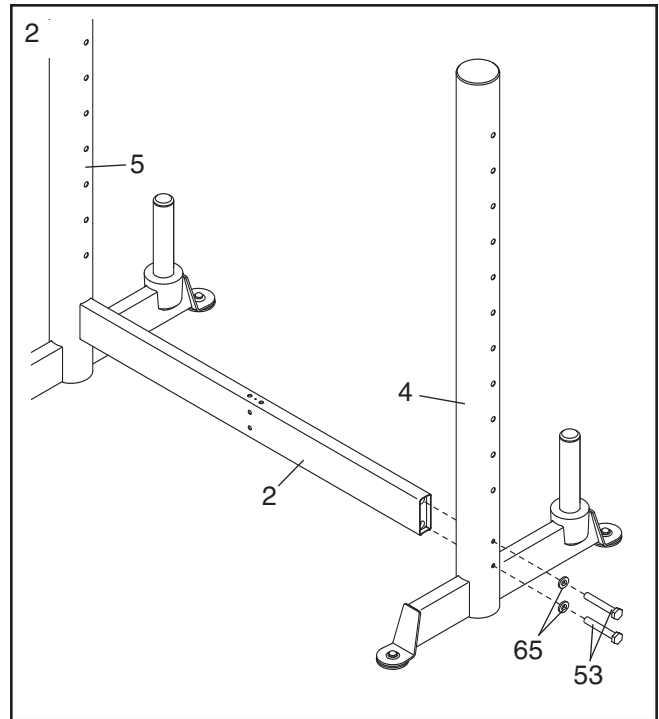
Identify the Left Upright (4), which is marked with an "L" sticker. Attach a Weight Tube Sleeve (37) and a Weight Tube (33) to the Left Upright with an M10 x 125mm Screw (53).

**Attach the other Weight Tube Sleeve (37) and Weight Tube (33) to the Right Upright (5) in the same way.**



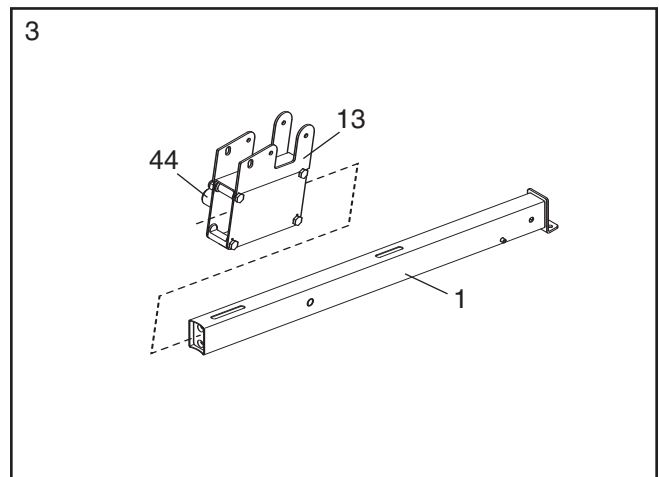
- Orient the Left Upright (4) as shown. Attach the Left Upright to the Cross Frame (2) with two M10 x 125mm Screws (53) and two M10 Washers (65).

**Attach the Right Upright (5) to the Cross Frame (2) in the same way.**

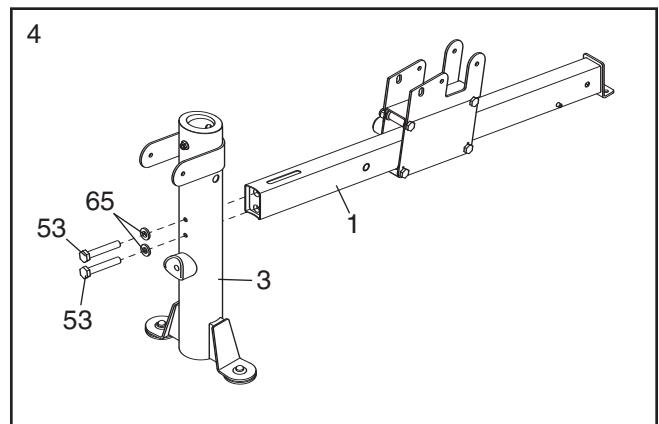


- Orient the Seat Carriage (13) and the Frame (1) as shown, and slide the Seat Carriage onto the Frame.

Next, pull the Seat Carriage Knob (44), slide the Seat Carriage (13) to the desired position, and engage the Seat Carriage Knob into one of the adjustment holes in the Frame (1).

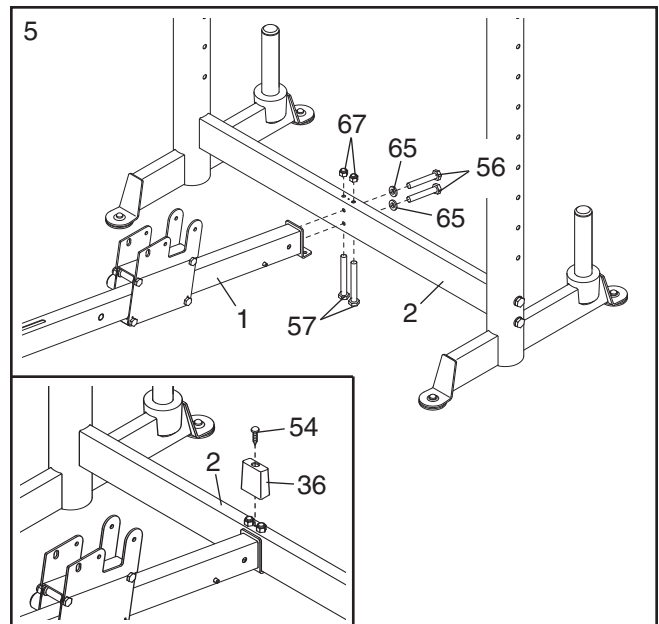


- Attach the Front Leg (3) to the Frame (1) with two M10 x 125mm Screws (53) and two M10 Washers (65).

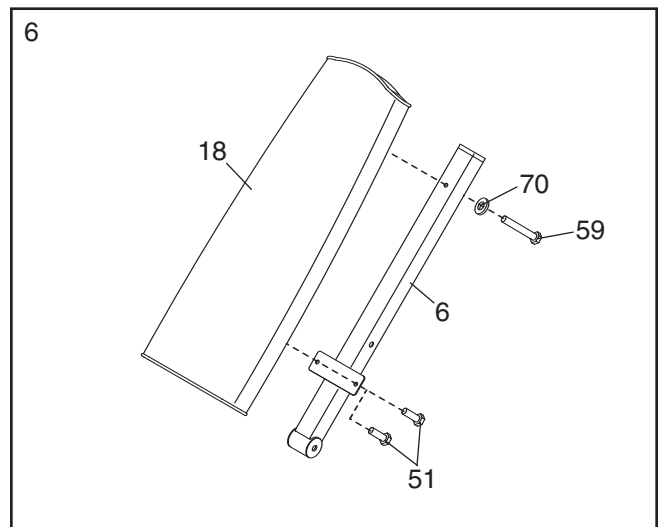


- Attach the Frame (1) to the Cross Frame (2) with two M10 x 65mm Screws (56), two M10 Washers (65), two M10 x 120mm Bolts (57), and two M10 Nylon Locknuts (67).

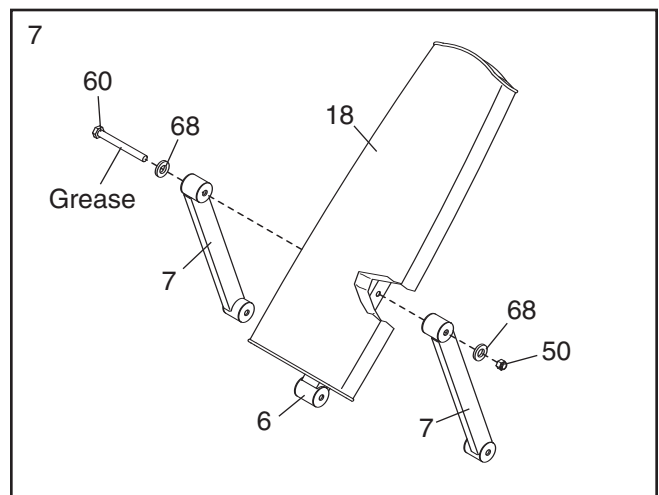
**See the inset drawing.** Attach the Backrest Bumper (36) to the Cross Frame (2) with an M4 x 25mm Self-tapping Screw (54).



- Attach the Backrest (18) to the Backrest Frame (6) with two M6 x 16mm Screws (51), an M6 x 65mm Screw (59), and an M6 Washer (70).



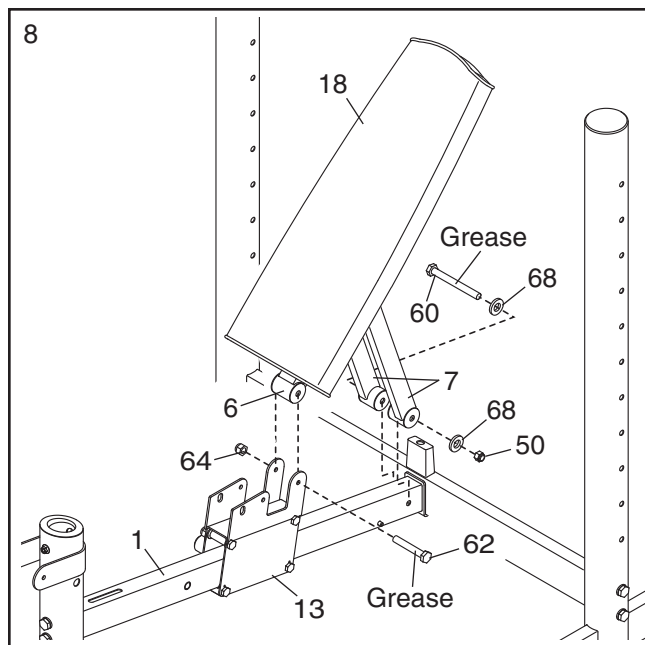
- Apply some of the included grease to an M14 x 180mm Bolt (60). Orient the two Pivot Tubes (7) as shown. Attach the Pivot Tubes to the Backrest Frame (6) with the Bolt, two M14 Washers (68), and an M14 Nylon Locknut (50). **Do not overtighten the Nylon Locknut; the Pivot Tubes must pivot easily.**



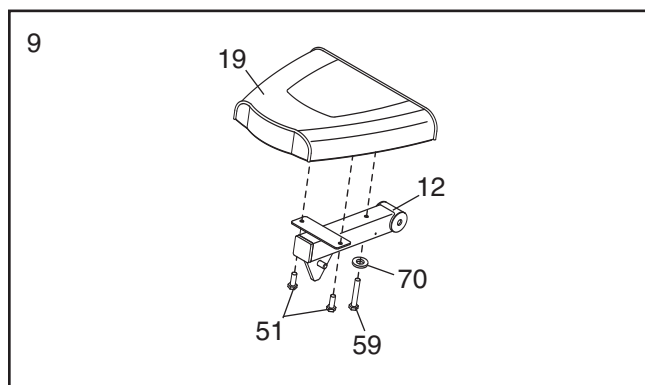


8. Grease an M14 x 180mm Bolt (60). Attach the Pivot Tubes (7) to the Frame (1) with the Bolt, two M14 Washers (68), and an M14 Nylon Locknut (50). **Do not overtighten the Nylon Locknut; the Pivot Tubes must pivot easily.**

Grease an M12 x 90mm Bolt (62). Attach the Backrest Frame (6) to the Seat Carriage (13) with the Bolt and an M12 Nylon Locknut (64). **Do not overtighten the Nylon Locknut; the Backrest Frame must pivot easily.**

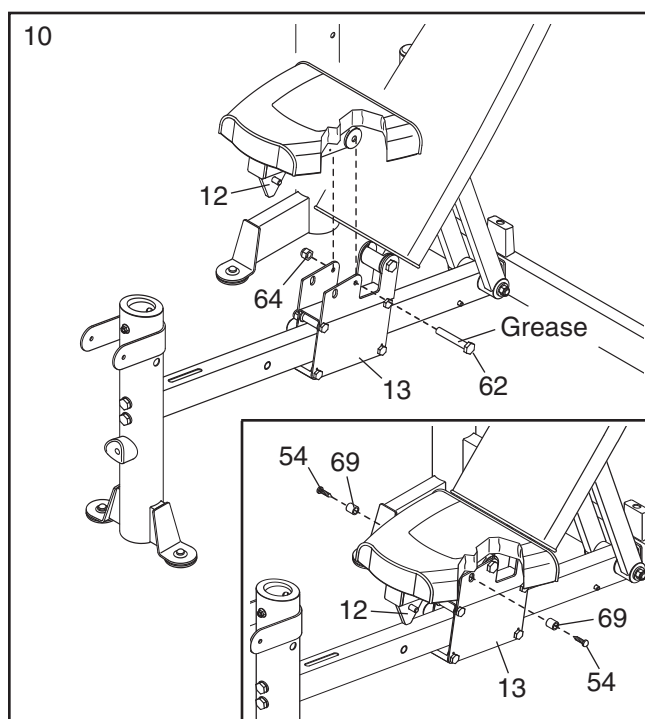


9. Attach the Seat (19) to the Seat Frame (12) with two M6 x 16mm Screws (51), an M6 x 65mm Screw (59), and an M6 Washer (70).



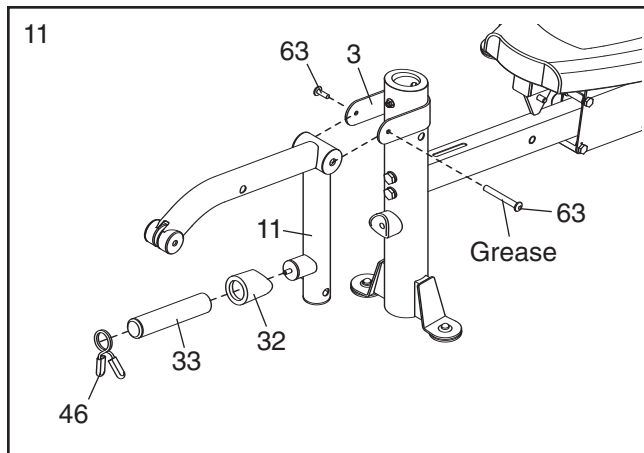
10. Grease an M12 x 90mm Bolt (62). Attach the Seat Frame (12) to the Seat Carriage (13) with the Bolt and an M12 Nylon Locknut (64). **Do not tighten the Nylon Locknut yet.**

**See the inset drawing.** Attach two 12.7mm x 4.5mm Spacers (69) to the Seat Carriage (13) and the Seat Frame (12) with two M4 x 25mm Self-tapping Screws (54). Then, **tighten the M12 Nylon Locknut (64) used in this step. Do not overtighten the Nylon Locknut; the Seat Frame must pivot easily.**

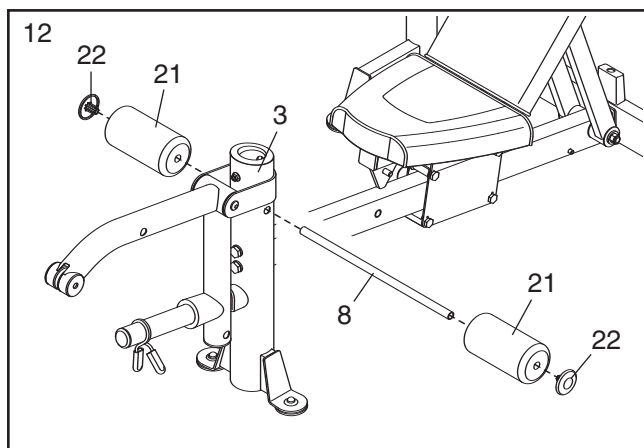


- Slide the Weight Stop (32) onto the post on the Leg Lever (11). Next, tighten the Weight Tube (33) onto the post. Then, attach the Weight Clip (46) to the Weight Tube.

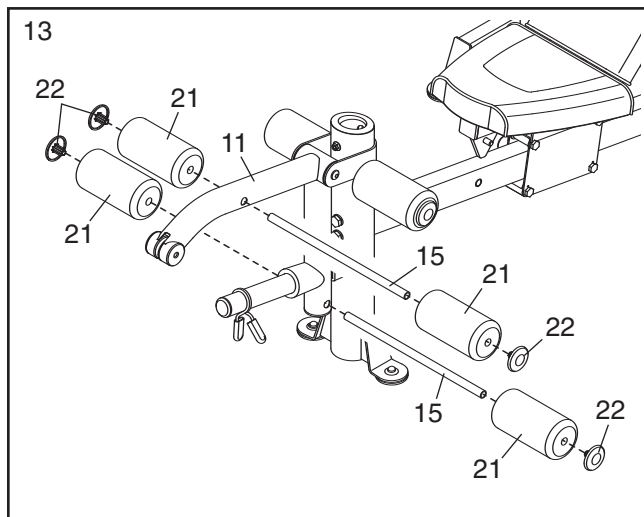
Next, grease the outside of the barrel of an M10 x 111mm Bolt Set (63). Attach the Leg Lever (11) to the Front Leg (3) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



- Insert the Long Pad Tube (8) into the Front Leg (3). Slide two Foam Pads (21) onto the Long Pad Tube. Then, press a Pad Cap (22) into each Foam Pad.

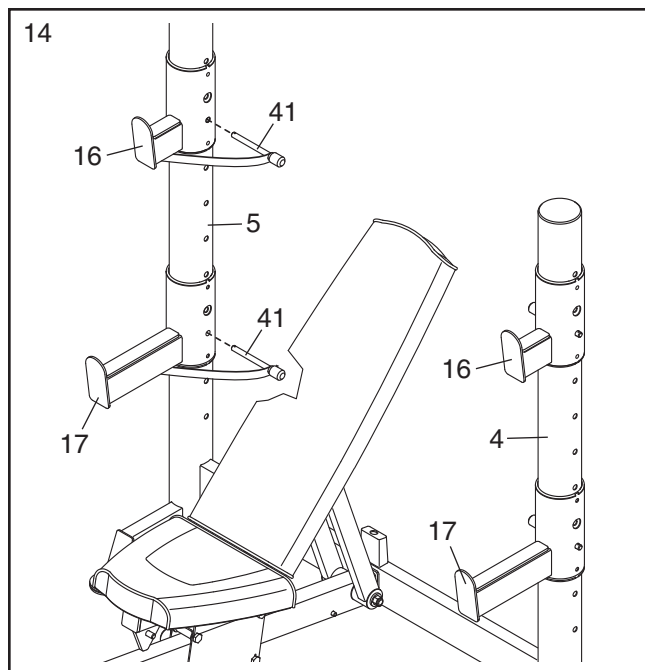


- Insert the two Short Pad Tubes (15) into the Leg Lever (11). Slide two Foam Pads (21) onto each Short Pad Tube. Then, press a Pad Cap (22) into each Foam Pad.

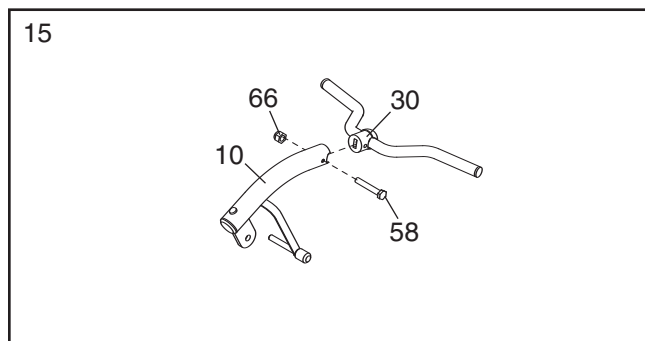


14. Slide a Safety Spotter (17) onto the Right Upright (5) as shown. Insert the attached Upright Pin (41) into the Safety Spotter and one of the adjustment holes in the Right Upright. Next, slide a Weight Rest (16) onto the Right Upright. Insert the attached Upright Pin (41) into the Weight Rest and one of the adjustment holes in the Right Upright.

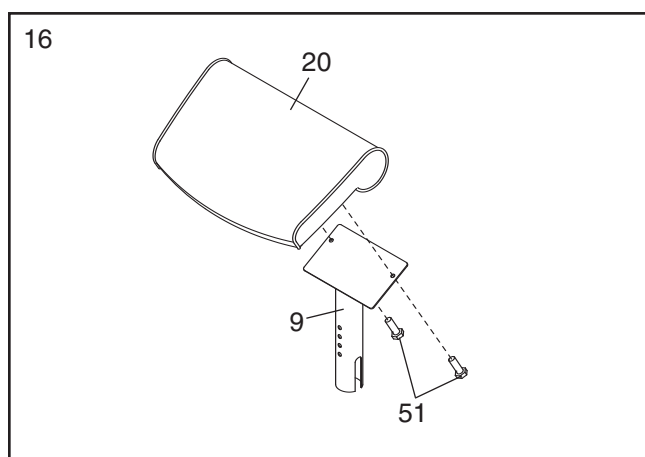
**Attach the other Safety Spotter (17) and the other Weight Rest (16) to the Left Upright (4) in the same way. Always set both Safety Spotters at the same height and both Weight Rests at the same height.**



15. Attach the Curl Bar Cap (30) to the Curl Frame (10) with an M8 x 60mm Bolt (58) and an M8 Nylon Locknut (66).



16. Attach the Curl Pad (20) to the Curl Post (9) with two M6 x 16mm Screws (51).



17. **Make sure all parts are properly tightened before you use the weight bench.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 12.

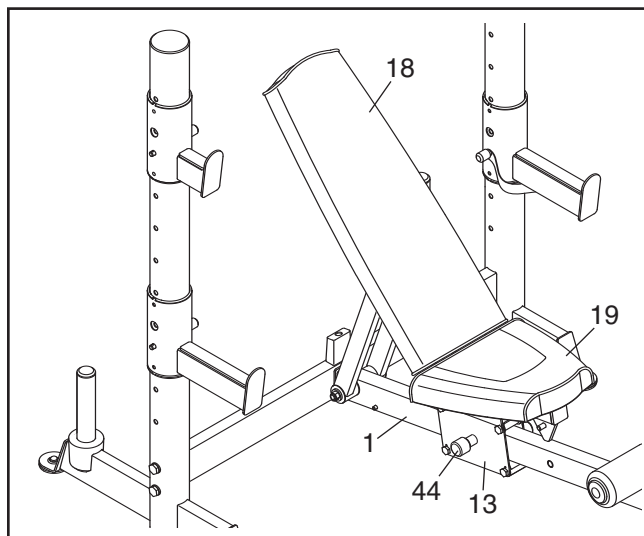
# ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 15 for important information about how to get the most benefit from your exercise program. Also, see the accompanying exercise guide to see the correct form for several exercises.

Properly tighten all parts each time you use the weight bench. Replace any worn parts immediately. To clean the weight bench, use a damp cloth and a mild, non-abrasive detergent; **do not use solvents**.

## ADJUSTING THE SEAT AND THE BACKREST

To adjust the position of the Seat (19) and the Backrest (18), pull the Seat Carriage Knob (44), slide the Seat Carriage (13) to the desired position, and then release the Seat Carriage Knob. **Move the Seat Carriage back and forth slightly to make sure that it is engaged in one of the adjustment holes in the Frame (1).**

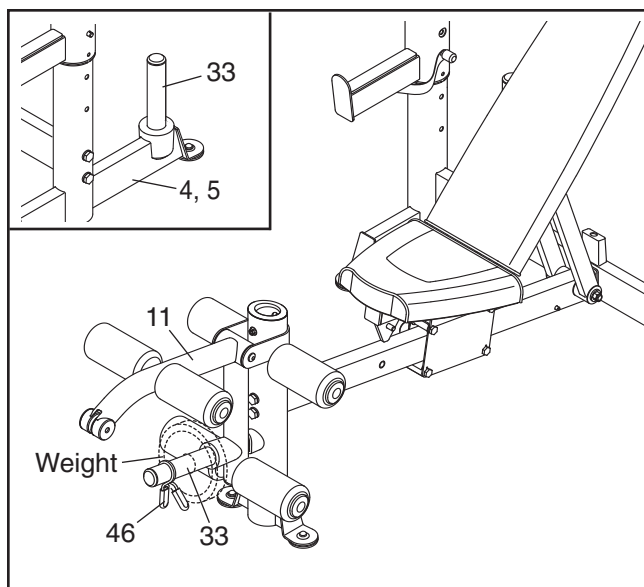


## USING YOUR WEIGHTS

To use the Leg Lever (11), slide the desired weights (not included) onto the Weight Tube (33). Secure the weights with the Weight Clip (46). Note: The weight bench is designed to be used only with Olympic weights.

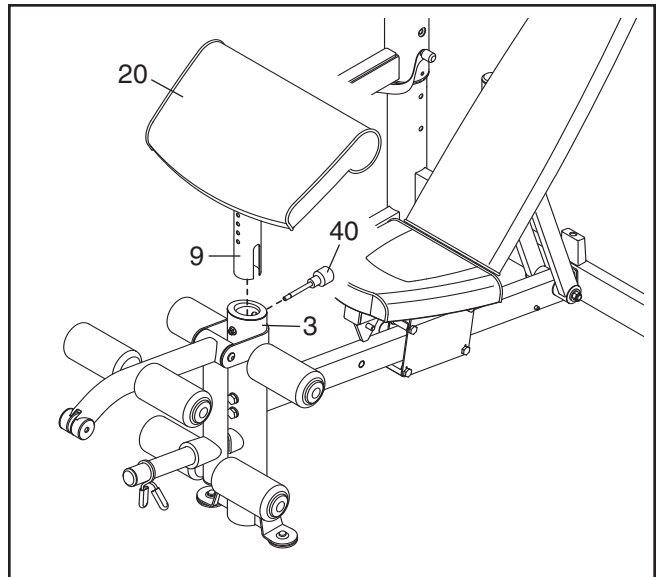
**⚠ WARNING:** Do not put more than 150 lbs. (68 kg) on the Leg Lever (11). Always secure weights with the Weight Clip (46).

See the inset drawing. Unused weights can be stored on the Weight Tubes (33) on the bases of the Uprights (4, 5).



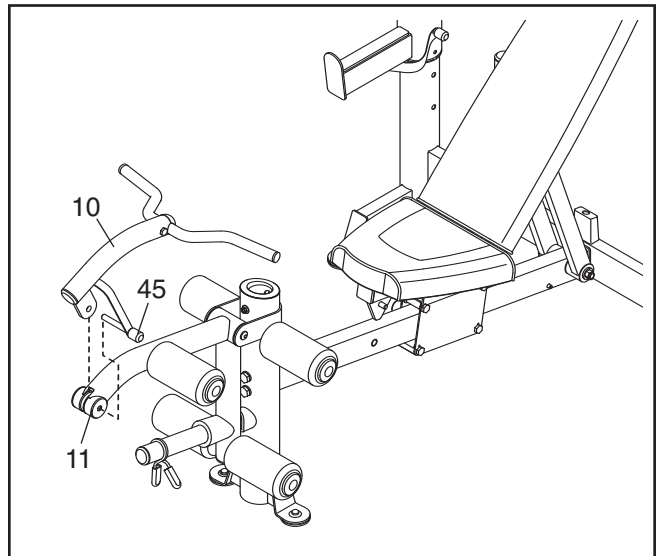
## ATTACHING THE CURL PAD

To use the Curl Pad (20), insert the Curl Post (9) into the Front Leg (3). Secure the Curl Post with the Curl Knob (40). **Firmly tighten the Curl Knob.**



## ATTACHING THE CURL BAR

Attach the Curl Frame (10) to the Leg Lever (11) with the Curl Bar Pin (45).



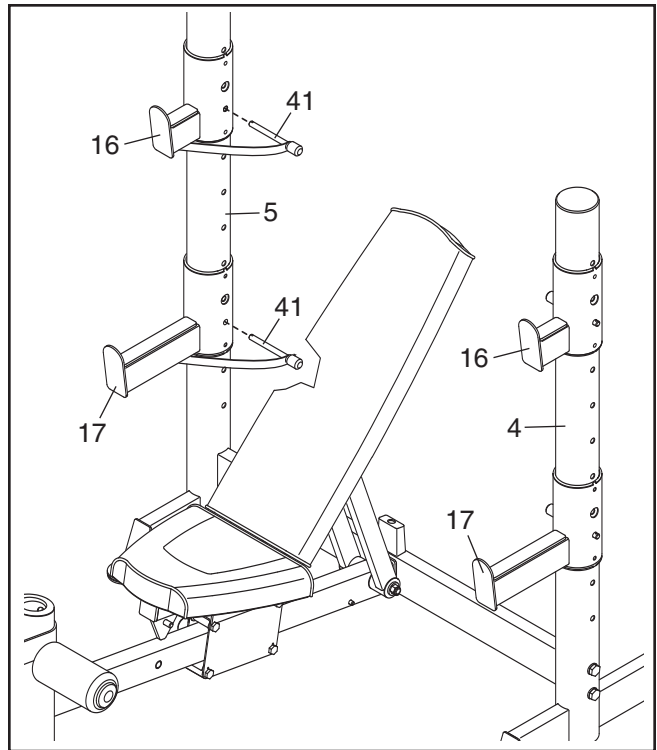
## ADJUSTING THE SAFETY SPOTTERS AND THE WEIGHT RESTS

Before using your barbell (not included), set the Safety Spotters (17) at the lowest point to which you want your barbell to move. Note: The weight bench is designed to be used only with Olympic weights.

To adjust each Safety Spotter (17), hold the Safety Spotter and pull out the attached Upright Pin (41). Move the Safety Spotter to the desired height, and insert the Upright Pin into the Safety Spotter and one of the adjustment holes in the Upright (4 or 5).

**Adjust the two Weight Rests (16) in the same way.**

**⚠ WARNING:** Always adjust both Safety Spotters (17) to the same height and both Weight Rests (16) to the same height. Do not put more than 310 lbs. (141 kg) on the Weight Rests or the Safety Spotters.



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# 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 is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle, 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 and 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 session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on page 16 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

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.

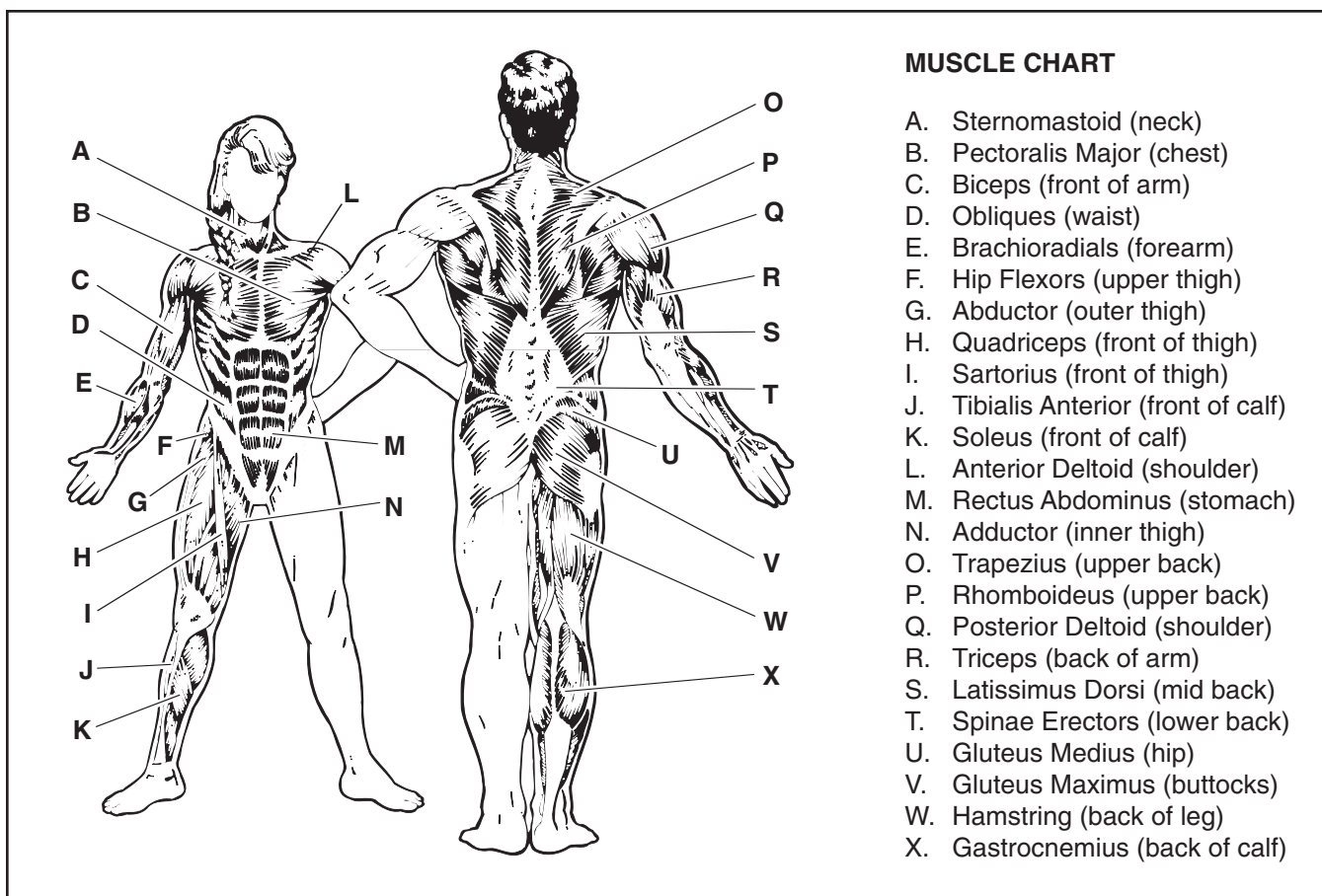
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

## 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. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)



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# NOTES

# PART LIST—Model No. 831.15718.0

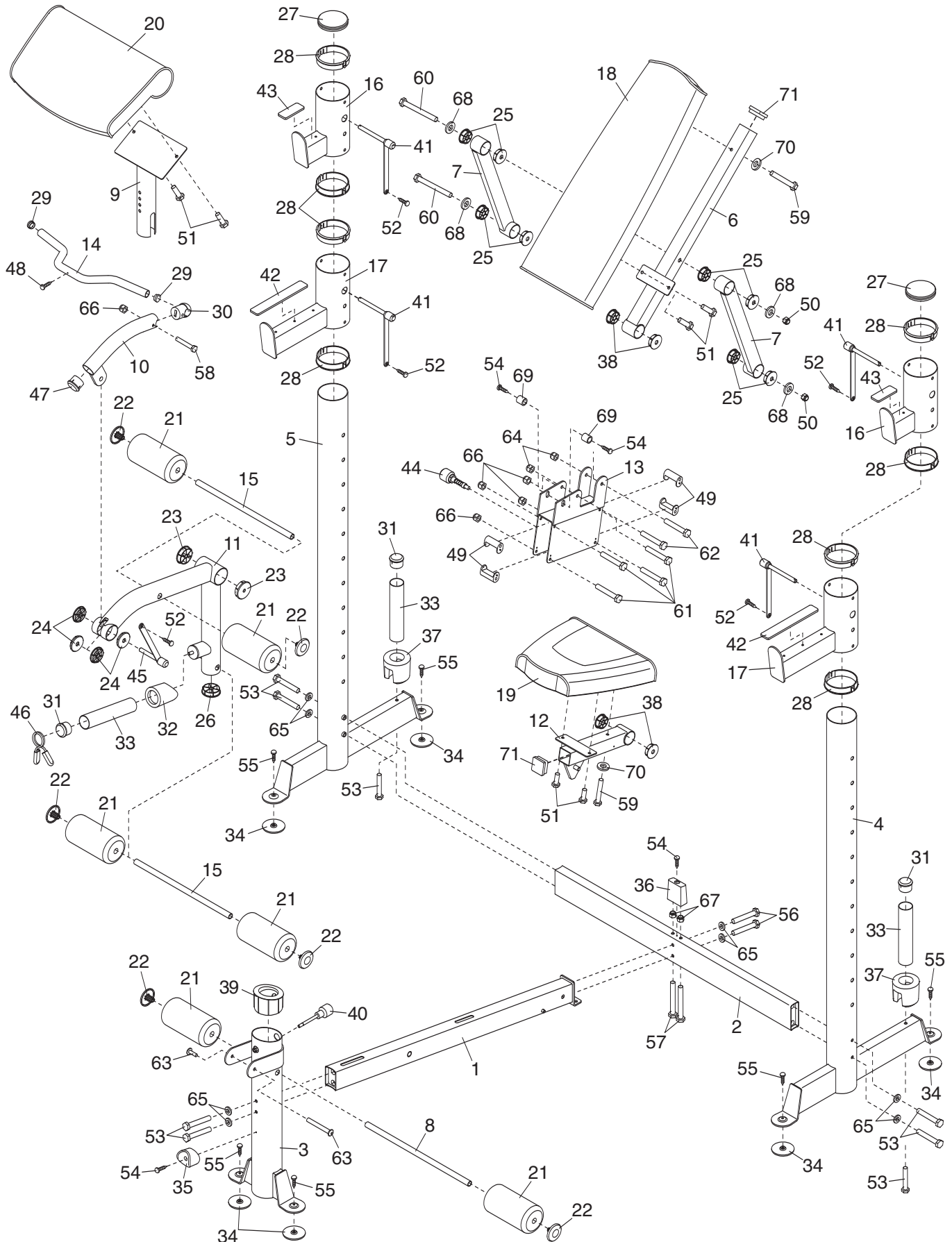
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	1	Curl Post Bushing
2	1	Cross Frame	40	1	Curl Knob
3	1	Front Leg	41	4	Upright Pin
4	1	Left Upright	42	2	Safety Spotter Pad
5	1	Right Upright	43	2	Weight Rest Pad
6	1	Backrest Frame	44	1	Seat Carriage Knob
7	2	Pivot Tube	45	1	Curl Bar Pin
8	1	Long Pad Tube	46	1	Weight Clip
9	1	Curl Post	47	1	48mm Round Inner Cap
10	1	Curl Frame	48	1	M5 x 10mm Screw
11	1	Leg Lever	49	4	Seat Carriage Bushing
12	1	Seat Frame	50	2	M14 Nylon Locknut
13	1	Seat Carriage	51	6	M6 x 16mm Screw
14	1	Curl Bar	52	5	M4 x 16mm Self-tapping Screw
15	2	Short Pad Tube	53	8	M10 x 125mm Screw
16	2	Weight Rest	54	4	M4 x 25mm Self-tapping Screw
17	2	Safety Spotter	55	6	M6 x 10mm Screw
18	1	Backrest	56	2	M10 x 65mm Screw
19	1	Seat	57	2	M10 x 120mm Bolt
20	1	Curl Pad	58	1	M8 x 60mm Bolt
21	6	Foam Pad	59	2	M6 x 65mm Screw
22	6	Pad Cap	60	2	M14 x 180mm Bolt
23	2	Large Leg Lever Bushing	61	4	M8 x 75mm Bolt
24	4	Small Leg Lever Bushing	62	2	M12 x 90mm Bolt
25	8	Pivot Tube Bushing	63	1	M10 x 111mm Bolt Set
26	1	63.5mm Round Inner Cap	64	2	M12 Nylon Locknut
27	2	102mm Round Inner Cap	65	8	M10 Washer
28	8	Weight Rest Bushing	66	5	M8 Nylon Locknut
29	2	25mm Round Inner Cap	67	2	M10 Nylon Locknut
30	1	Curl Bar Cap	68	4	M14 Washer
31	3	Thin 48mm Round Inner Cap	69	2	12.7mm x 4.5mm Spacer
32	1	Weight Stop	70	2	M6 Washer
33	3	Weight Tube	71	2	50mm Square Inner Cap
34	6	Foot	*	—	User's Manual
35	1	Leg Lever Bumper	*	—	Exercise Guide
36	1	Backrest Bumper	*	—	Grease Packet
37	2	Weight Tube Sleeve	*	—	Hex Key
38	4	Seat/Backrest Bushing			

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—Model No. 831.15718.0

R0807A



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

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