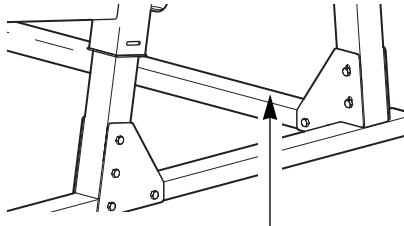


# NordicTrack® *GRT 360*

Model No. NTBE04900

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

Write the serial number in the space above for reference.



Serial Number Decal

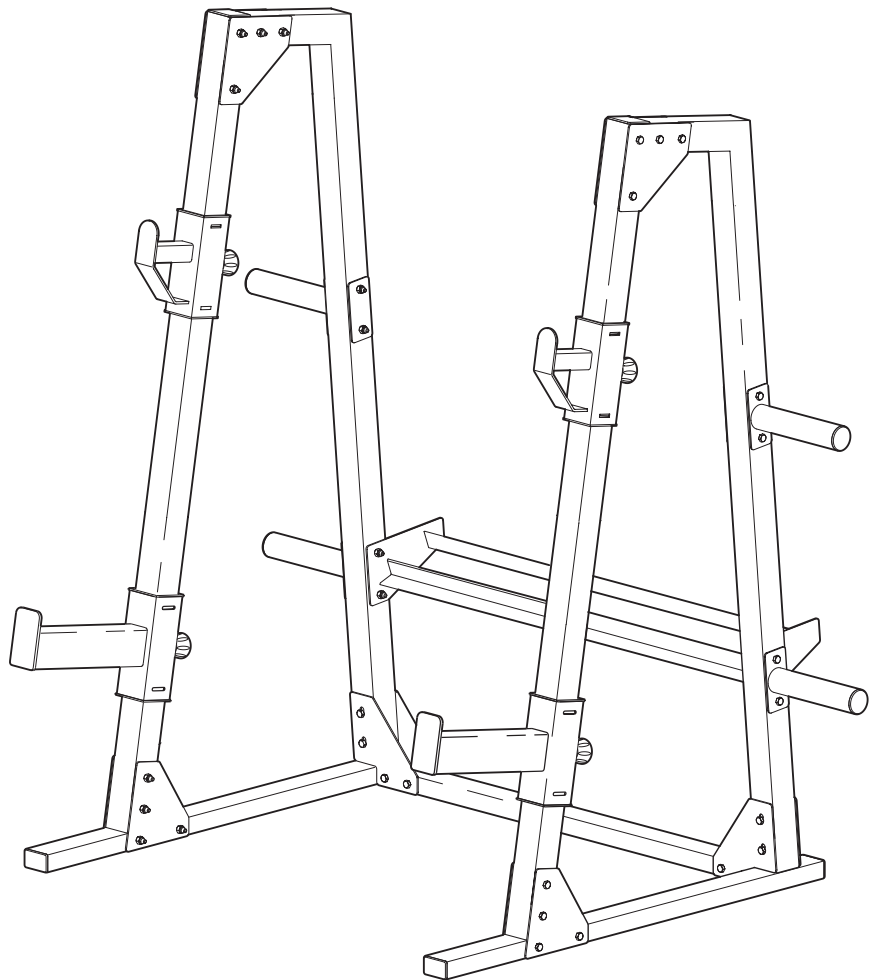
## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, 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.



Visit our website at

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

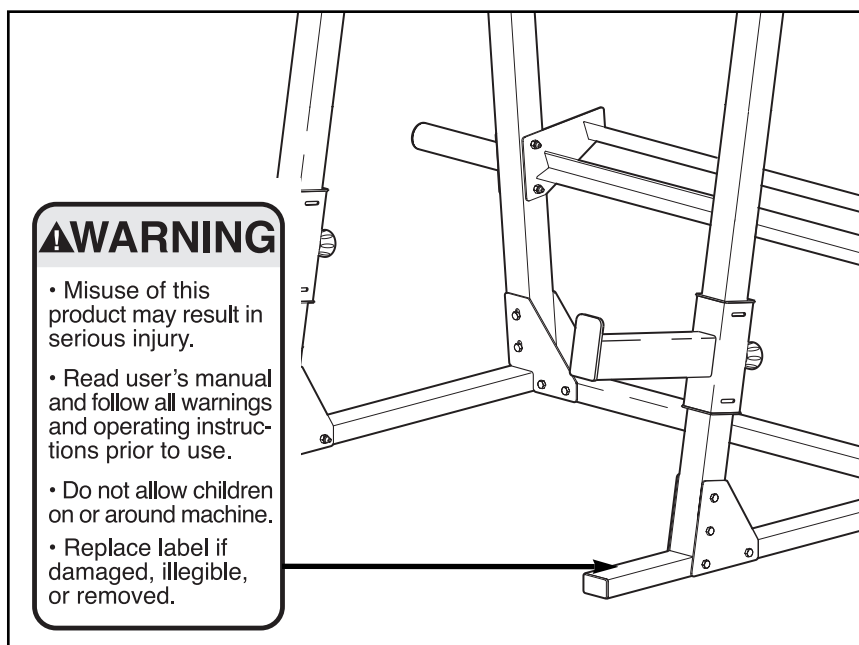
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## Warning Decal Placement

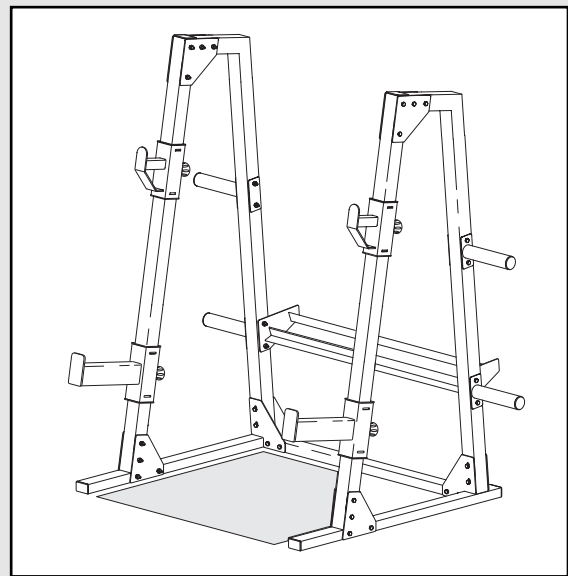
The decal shown at the right has been placed on the weight rack in the indicated location. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



# Important Precautions

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor or carpet.
5. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
6. Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately.
7. Always exercise with a partner. When you are performing bench press exercises or squat exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
8. Always make sure there is an equal amount of weight on each side of your barbell (not included).
9. Do not place more than 310 pounds, including the barbell, on the weight rests.
10. Always set both short weight rests and both long weight rests at the same height.
11. Always secure your weights with weight collars or clips when they are mounted on your barbell (not included).
12. When performing standing exercises, stand inside the area that is shaded in the drawing below.
13. Keep children under 12 and pets away from the weight rack at all times.
14. Always wear athletic shoes for foot protection while exercising.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

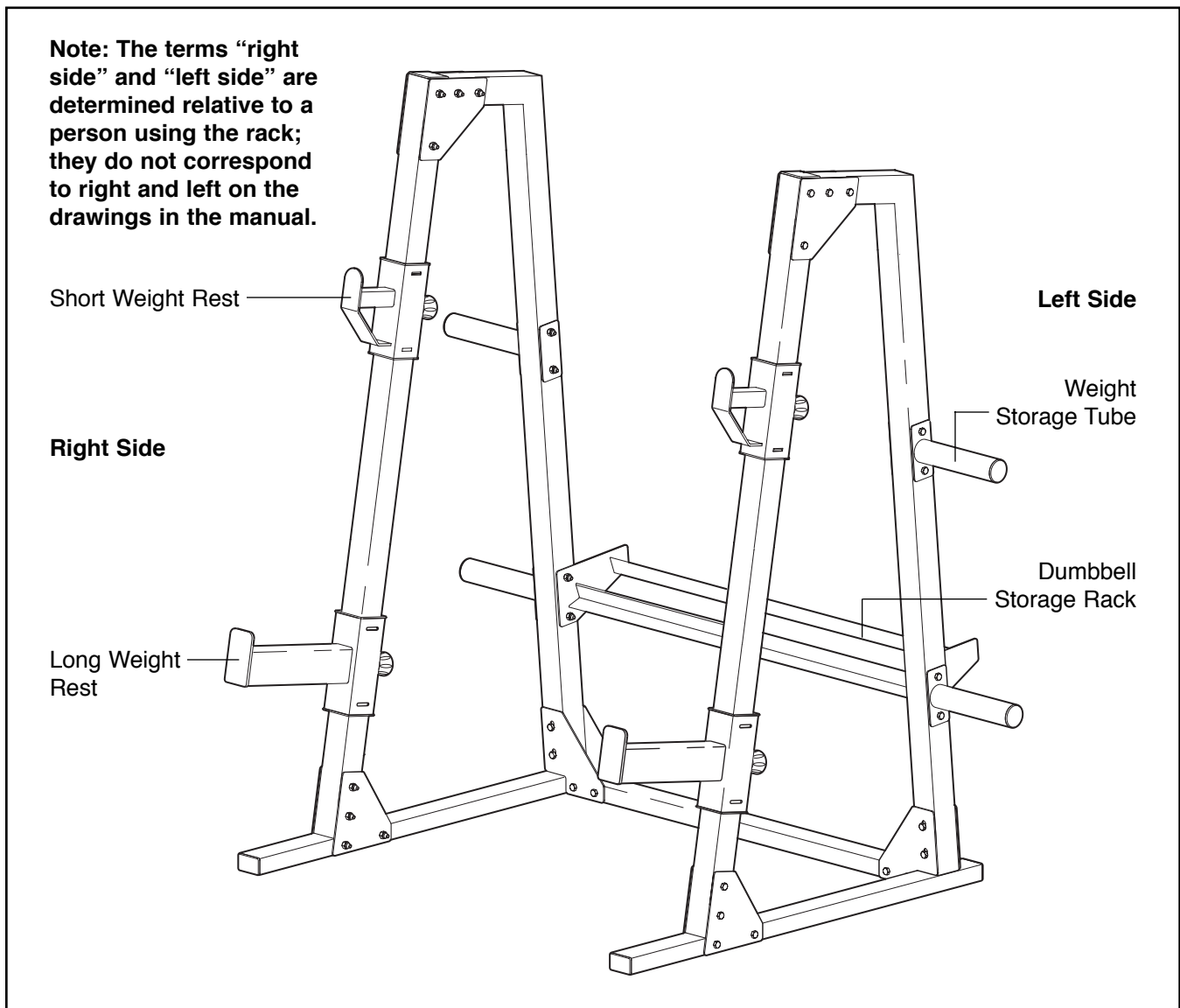
# Before You Begin

Thank you for selecting the versatile NordicTrack® GRT360 weight rack. The NordicTrack® GRT360 is designed to be used with your weight set (not included) to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the NordicTrack® GRT360 will help you achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight rack.** If you have additional questions, 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 NTBE04900. The serial number can be found on a decal attached to the weight rack (see the front cover of this manual).

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



# Assembly



## Make Things Easier

Everything in this manual is designed to ensure that the weight rack can be assembled successfully by anyone. However, the weight rack has many parts, and the assembly process will take time. Setting aside plenty of time will make the process go more smoothly.

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

- As you assemble the weight rack, make sure all parts are oriented as shown in the drawings.

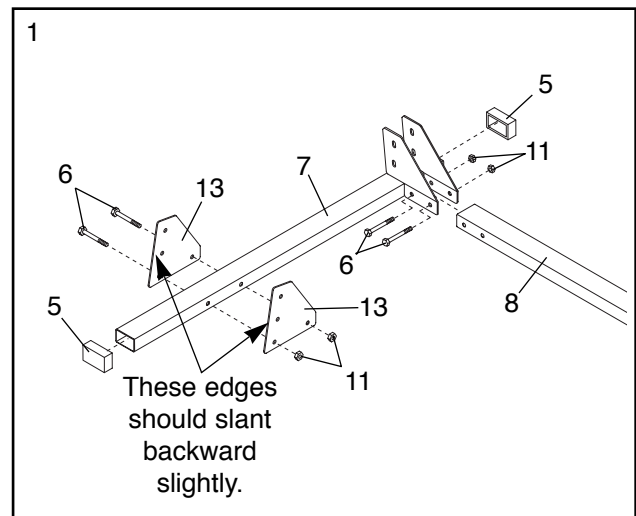
**The following tools (not included) are required for assembly:**

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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

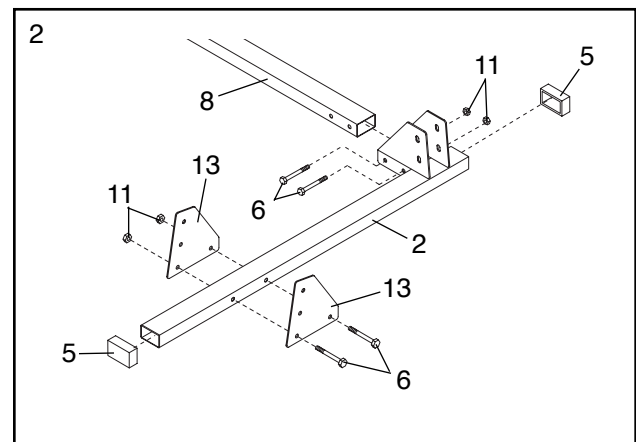
1. Press a 1 1/2" x 2 1/2" Outer Cap (5) onto each end of the Right Base (7). Attach the Rear Base (8) to the Right Base with two 3/8" x 3 1/2" Bolts (6) and two 3/8" Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach two Lower Support Plates (13) to the Right Base (7) with two 3/8" x 3 1/2" Bolts (6) and two 3/8" Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet. Note: Do not confuse the Lower Support Plates with the Upper Support Plates (not shown); when the Lower Support Plates are attached to the Right Base, the edges with three holes will slant backward slightly.**



2. Press a 1 1/2" x 2 1/2" Outer Cap (5) onto each end of the Left Base (2). Attach the Rear Base (8) to the Left Base with two 3/8" x 3 1/2" Bolts (6) and two 3/8" Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

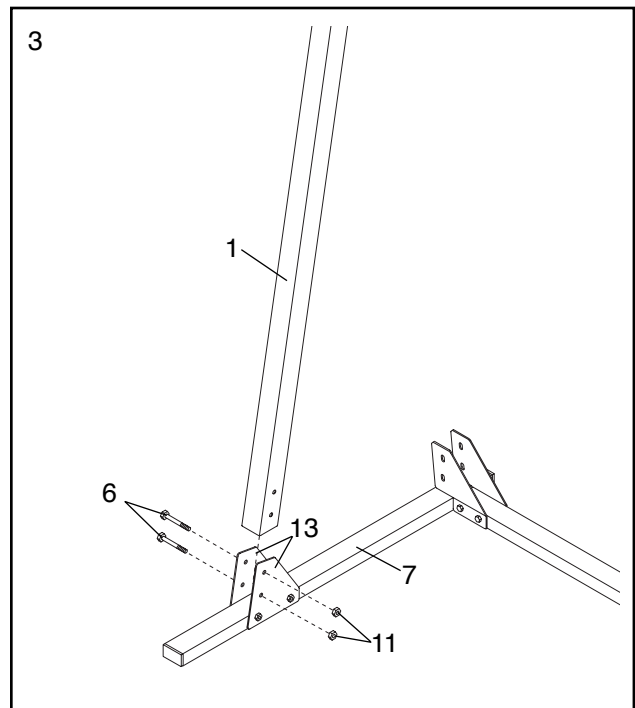
Attach two Lower Support Plates (13) to the Left Base (2) with two 3/8" x 3 1/2" Bolts (6) and two 3/8" Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



- Attach one of the Front Uprights (1) to the Lower Support Plates (13) on the Right Base (7) with two  $\frac{3}{8}$ " x 3  $\frac{1}{2}$ " Bolts (6) and two  $\frac{3}{8}$ " Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.** **Note: The Front Upright will slant backward slightly.**

**Be sure that the holes in the Front Upright (1) line up with the holes in the Support Plates (13). If they do not line up, turn the Front Upright over.**

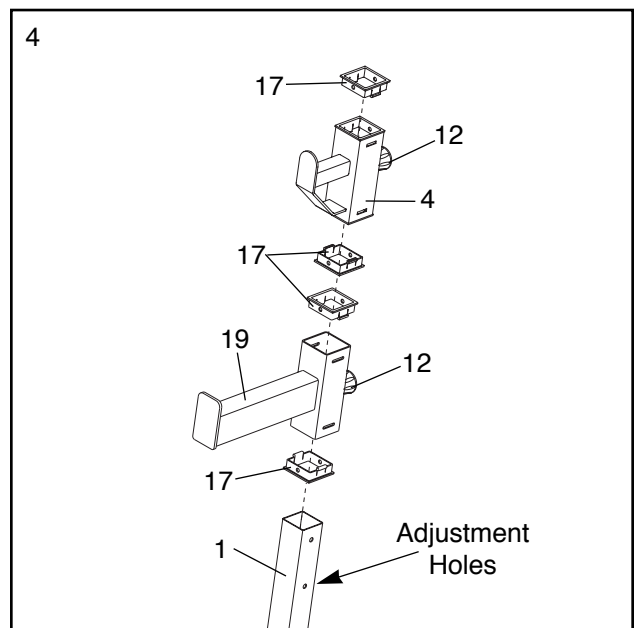
Attach the other Front Upright (1) to the Left Base (2, not shown) in the same manner.



- Press four Weight Rest Bushings (17) into the top and bottom of a Short Weight Rest (4) and a Long Weight Rest (19), as shown. Pull the Adjustment Knob (12) on the Long Weight Rest and slide the Long Weight Rest onto one of the Front Uprights (1). Hold the Long Weight Rest at the desired height and turn the Adjustment Knob clockwise to tighten it into one of the adjustment holes in the Front Upright.

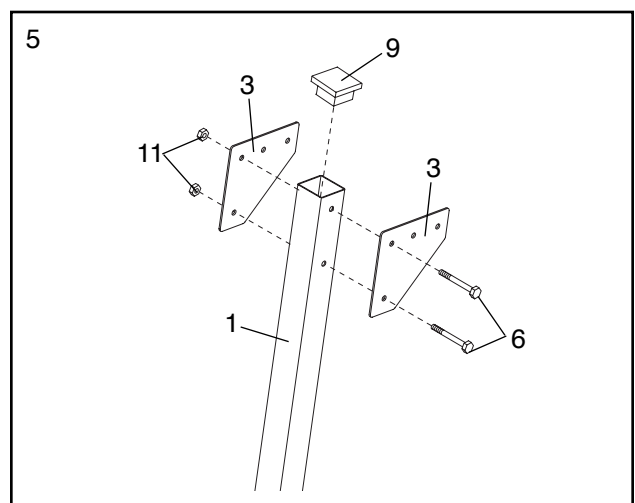
Pull the Adjustment Knob (12) on the Short Weight Rest (4) and slide the Short Weight Rest onto the Front Upright (1). Hold the Short Weight Rest at the desired height and turn the Adjustment Knob clockwise to tighten it into one of the adjustment holes in the Front Upright.

Attach the other Short Weight Rest (4) and Long Weight Rest (19) to the other Front Upright (1) in the same way. **Make sure that both Short Weight Rests and both Long Weight Rests are at the same height.**



- Press a 2  $\frac{1}{2}$ " Square Inner Cap (9) into one of the Front Uprights (1). Attach two Upper Support Plates (3) to the Front Upright with two  $\frac{3}{8}$ " x 3  $\frac{1}{2}$ " Bolts (6) and two  $\frac{3}{8}$ " Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

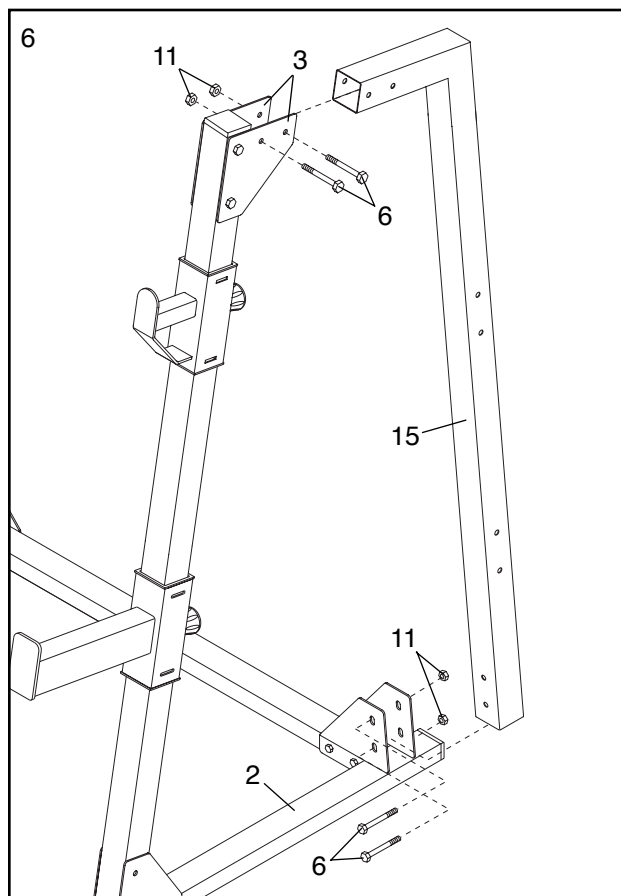
Repeat this step with the other Front Upright (1, not shown).



- Attach a Rear Upright (15) to the Left Base (2) and the indicated Upper Support Plates (3) with four  $\frac{3}{8}$ " x  $3\frac{1}{2}$ " Bolts (6) and four  $\frac{3}{8}$ " Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach the other Rear Upright (15) to the Right Base (7 [not shown]) and the other Upper Support Plates (3) in the same manner.

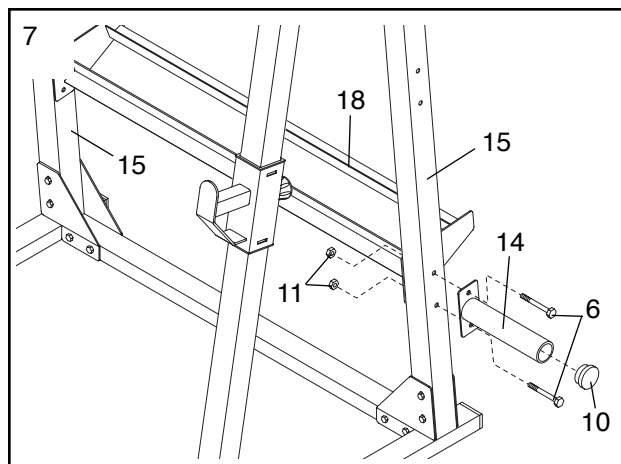
**Tighten all nylon locknuts used in steps 1 through 6.**



- Have another person hold the Crossbar (18) between the lower holes in the Rear Uprights (15), in the indicated position. **Make sure that the Crossbar is turned exactly as shown.**

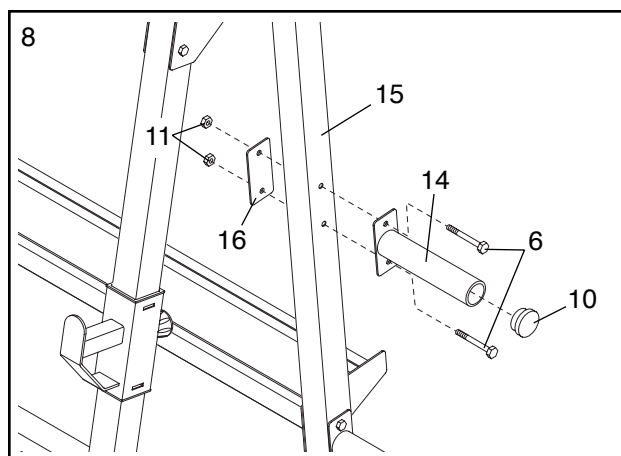
Press a 2" Round Inner Cap (10) into a Weight Storage Tube (14). Attach the Weight Storage Tube and one end of the Crossbar (18) to one of the Rear Uprights (15) using two  $\frac{3}{8}$ " x  $3\frac{1}{2}$ " Bolts (6) and two  $\frac{3}{8}$ " Nylon Locknuts (11).

Attach another Weight Storage Tube (14) and the other end of the Crossbar (18) to the other Rear Upright (15) in the same way.



- Press a 2" Round Inner Cap (10) into a Weight Storage Tube (14). Attach the Weight Storage Tube to one of the Rear Uprights (15) using two  $\frac{3}{8}$ " x  $3\frac{1}{2}$ " Bolts (6), a Small Support Plate (16), and two  $\frac{3}{8}$ " Nylon Locknuts (11).

Attach the remaining Weight Storage Tube (14) to the other Rear Upright (15) in the same way.



- Make sure all parts are properly tightened before you use the weight rack.**

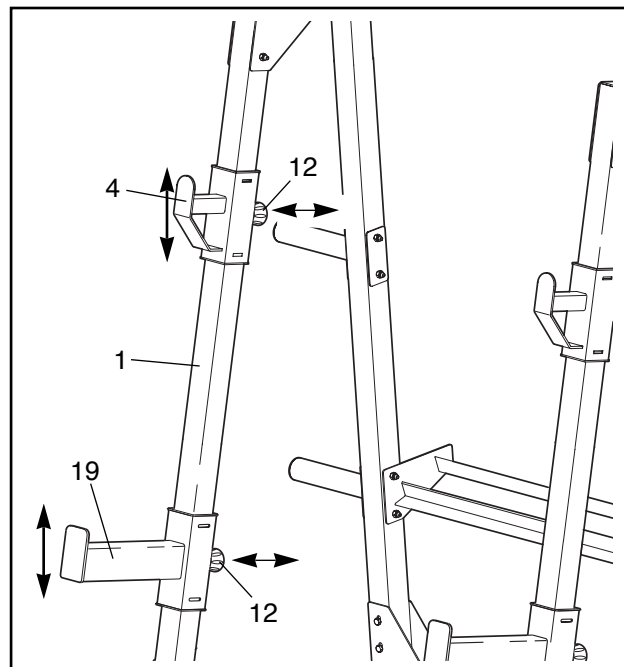
# Adjusting the Weight Rack

This section explains how to adjust the weight rack. See the EXERCISE GUIDELINES below, for important information on how to get the most benefit from your exercise program. Also, refer to the accompanying exercise poster to see the correct form for several exercises. Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## POSITIONING THE WEIGHT RESTS

Before beginning an exercise, loosen the Adjustment Knobs (12) and move the Short Weight Rests (4) and Long Weight Rests (19) to the appropriate height for the exercise. Tighten each Adjustment Knob by snapping it into a hole in an Upright (1) and turning it clockwise. The selected height should represent the lowest point to which you want your barbell to go during the exercise. Perform the exercise as shown on the accompanying exercise poster. **Note: Make sure the Adjustment Knobs are tightened into the adjustment holes in the uprights.**

**⚠ WARNING:** Always set both Short Weight Rests (4) and Long Weight Rests (19) at the same height. When you are performing standing exercises in the rack, stand inside the area that is shaded in the drawing on page 3.



# Exercise Guidelines

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

- by changing the amount of weight 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 weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight 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 weight.

### Toning

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

### Weight Loss

To lose weight, use a low amount of weight 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

Many people desire a complete and well-balanced fitness program, and cross training is a very efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.



- Plan 20 to 30 minutes of aerobic exercise, such as cycling, or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, and develop your heart and lungs.

## **PERSONALIZING YOUR EXERCISE PROGRAM**

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### **WARMING UP**

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### **WORKING OUT**

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the 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**

You will gain the greatest benefits from exercising by maintaining proper form. 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 poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 10 to find the locations 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 one minute after each set for a toning workout
- Rest 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 very effective for increasing flexibility.

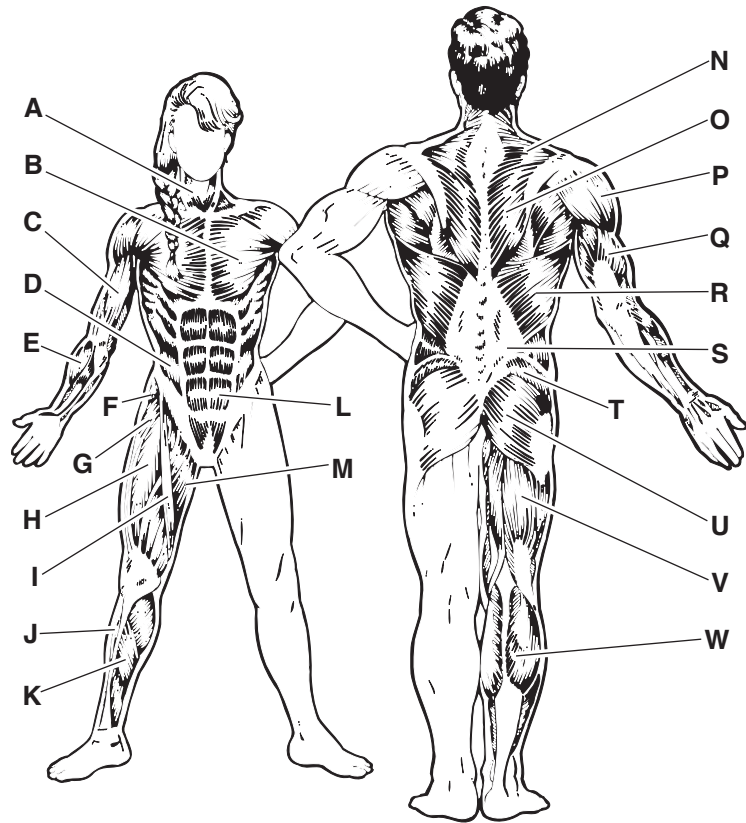
### **STAYING MOTIVATED**

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

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

## MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. 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. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



## Part List—Model No. NTBE04900

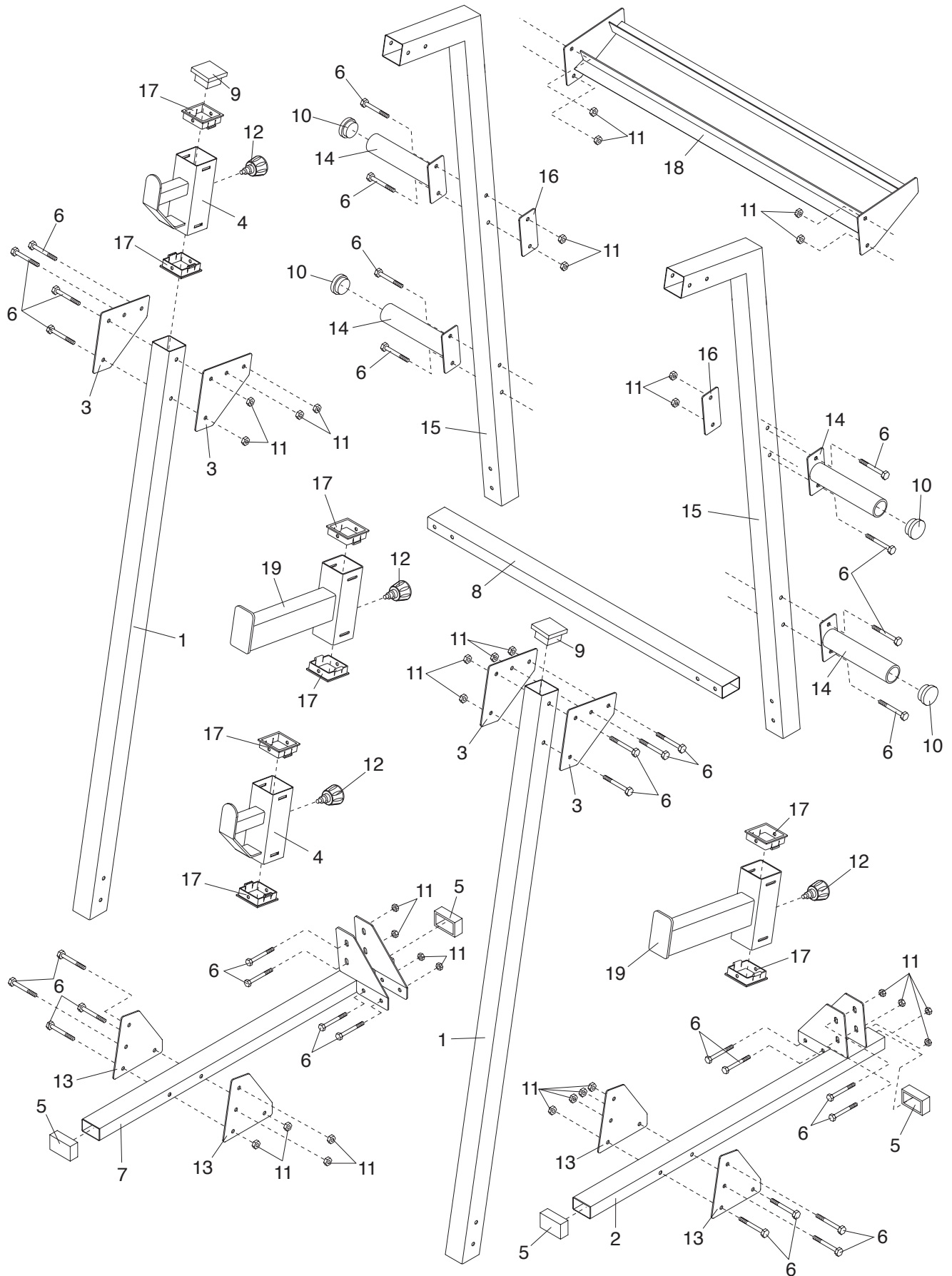
R1000A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Front Upright	12	4	Adjustment Knob
2	1	Left Base	13	4	Lower Support Plate
3	4	Upper Support Plate	14	4	Weight Storage Tube
4	2	Short Weight Rest	15	2	Rear Upright
5	4	1 1/2" x 2 1/2" Outer Cap	16	2	Small Support Plate
6	32	3/8" x 3 1/2" Bolt	17	8	Weight Rest Bushing
7	1	Right Base	18	1	Crossbar
8	1	Rear Base	19	2	Long Weight Rest
9	2	2 1/2" Square Inner Cap	#	1	User's Manual
10	4	2" Round Inner Cap	#	1	Exercise Guide
11	32	3/8" Nylon Locknut			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# Exploded Drawing—Model No. NTBE04900

R1000A



# 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 when calling:

- The MODEL NUMBER of the product (NTBE04900)
- The NAME of the product (NordicTrack® GRT360 weight rack)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11 of this manual).

## Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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