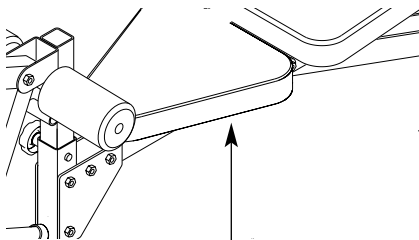


# NordicTrack® *GRT 340*

Model No. NTBE01700

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

Write the serial number in the space above for reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

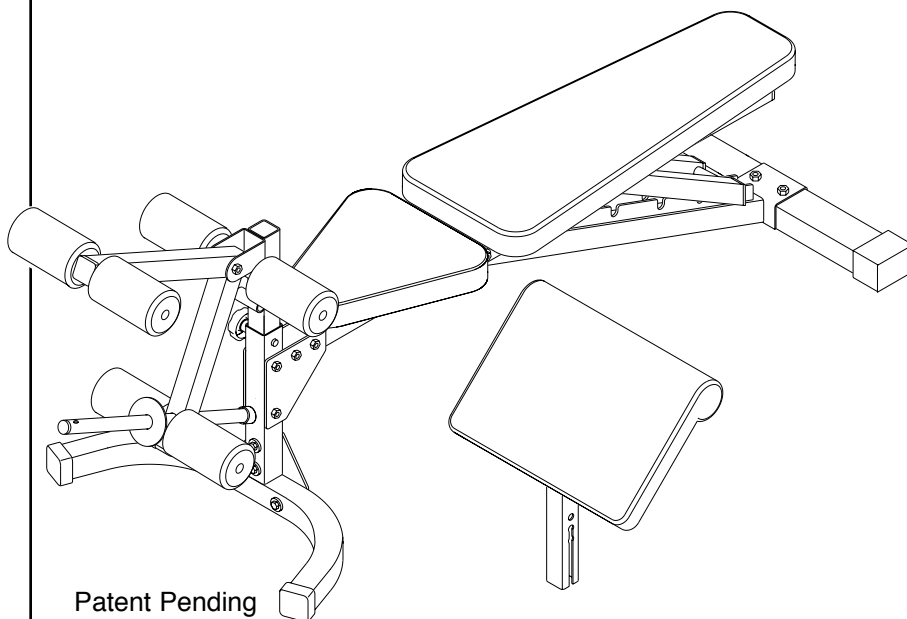
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

**CUSTOMER HOT LINE:**

**1-888-825-2588**

Mon.-Fri., 6 a.m.-6 p.m. MST



Patent Pending

### 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)

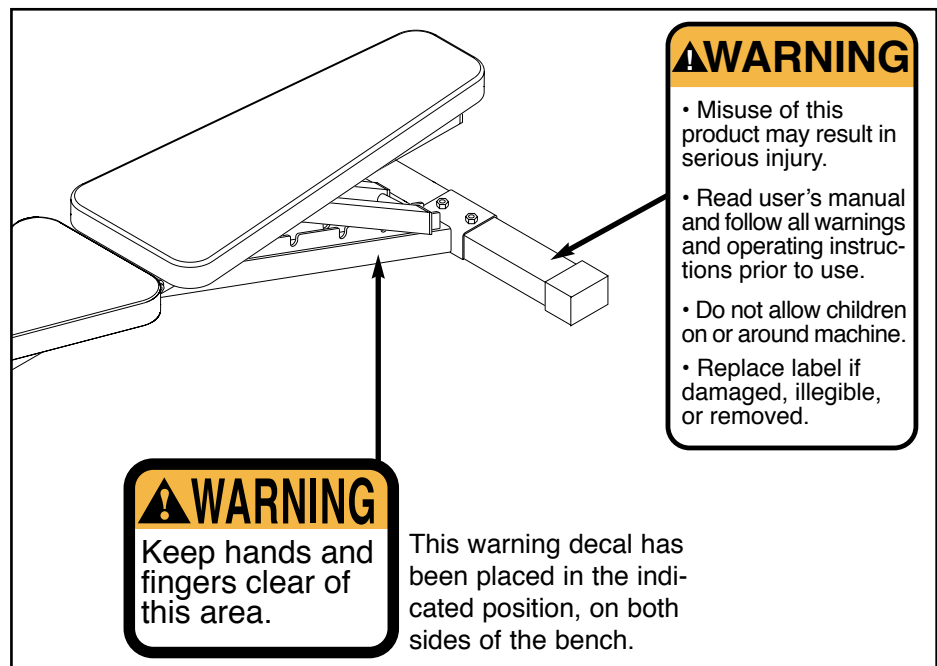
new products, prizes,  
fitness tips, and much more!

# Table of Contents

Warning Decal Placement	2
Important Precautions	3
Before You Begin	4
Part Identification Chart	5
Assembly	6
Exercise Guidelines	10
Adjusting the Weight Bench	13
Part List	14
Exploded Drawing	15
Ordering Replacement Parts	Back Cover
Limited Warranty	Back Cover

## Warning Decal Placement

The decals shown at right have been placed on the weight bench. If a decal is missing or illegible, 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 bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection of the floor or carpet.
5. Keep hands and feet away from moving parts.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum of 560 pounds, including the user and weights (not included). Do not place more than 150 pounds on the leg lever.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠️ 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.

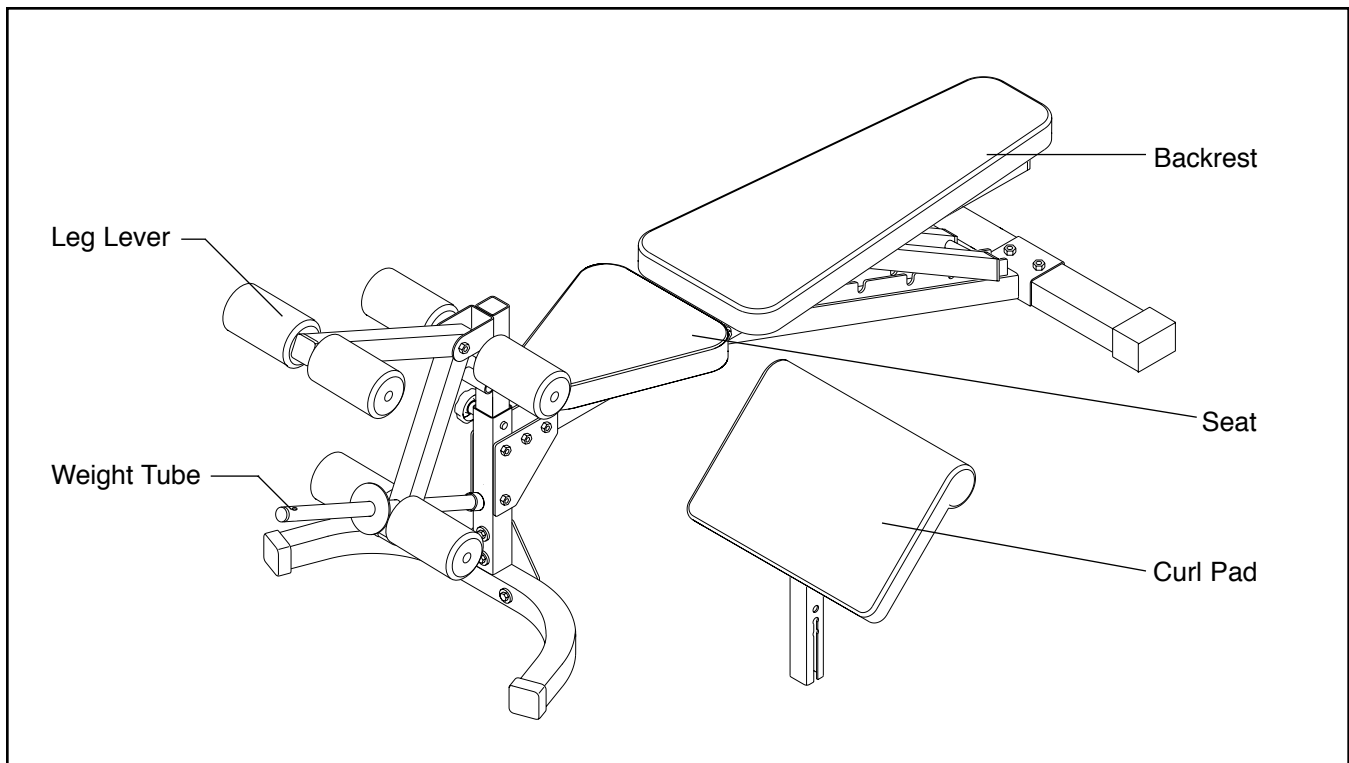
## Before You Begin

Thank you for selecting the versatile NordicTrack® GRT340 weight bench. The GRT340 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the NordicTrack® GRT340 will help you achieve the specific results you want.

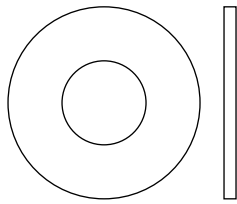
**For your benefit, read this manual carefully before using the weight bench.** If you have additional questions, please call our Customer Service Department

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 NTBE01700. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

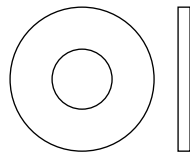
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



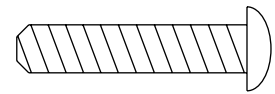
# Part Identification Chart—Model No. NTBE01700



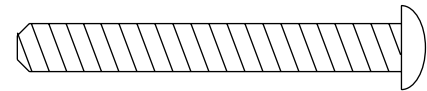
3/8" Washer (6)



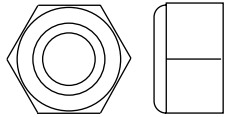
1/4" Washer (30)



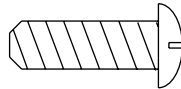
1/4" x 1 1/4" Screw (34)



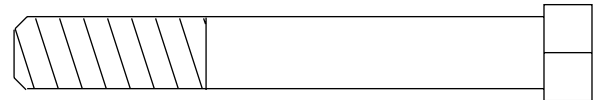
1/4" x 2" Screw (4)



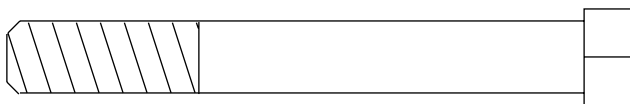
3/8" Nylon Locknut (11)



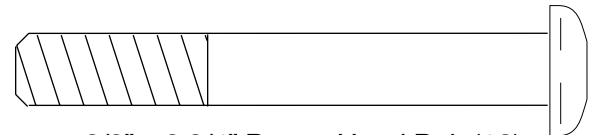
1/4" x 3/4" Screw (3)



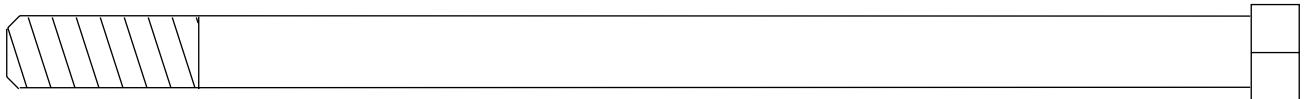
3/8" x 2 3/4" Bolt (41)



3/8" x 3" Bolt (21)



3/8" x 2 3/4" Button Head Bolt (12)



3/8" x 7 1/2" Bolt (22)

# Assembly

## Make Things Easier for Yourself!




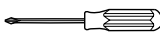
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- 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 bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

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

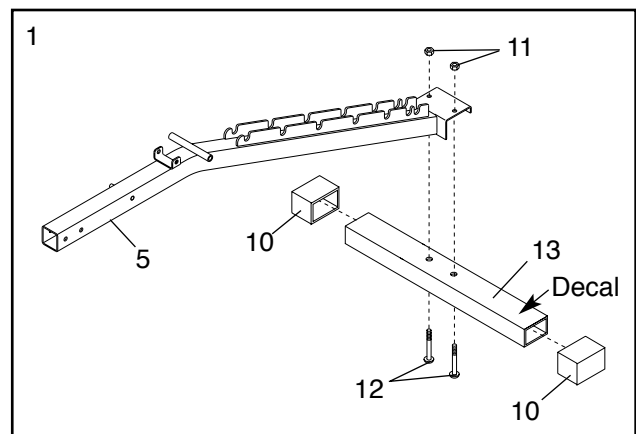
- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

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 3" x 2" Outer Cap (10) onto each end of the Stabilizer (13).

Attach the Stabilizer (13) to the Bench Frame (5) with two 3/8" x 2 3/4" Button Head Bolts (12) and two 3/8" Nylon Locknuts (11). **Note: There is an indentation around the holes on one side of the Stabilizer. This side must be facing the floor so that the warning decal is in the position shown.**

**Note: Do not tighten the Nylon Locknuts yet.**



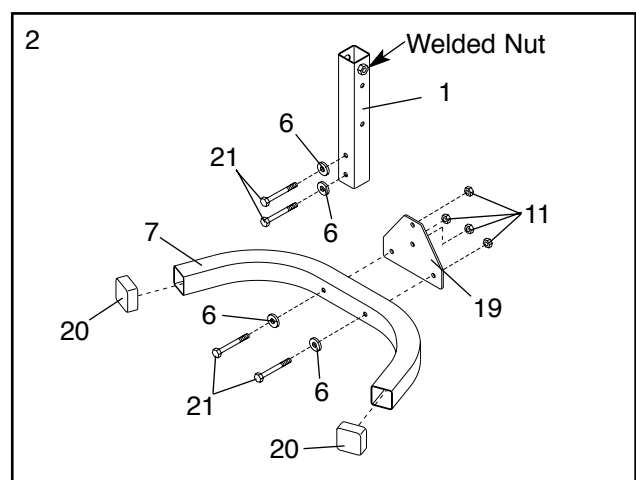
2. Press a 2" Square Outer Cap (20) onto each end of the Bench Base (7).

Attach the Bench Base Joint Plate (19) to the Bench Base (7) with two 3/8" x 3" Bolts (21), two 3/8" Washers (6), and two 3/8" Nylon Locknuts (11).

Attach the Bench Leg (1) to the Bench Base Joint Plate (19) with two 3/8" x 3" Bolts (21), two 3/8" Washers (6), and two 3/8" Nylon Locknuts (11).

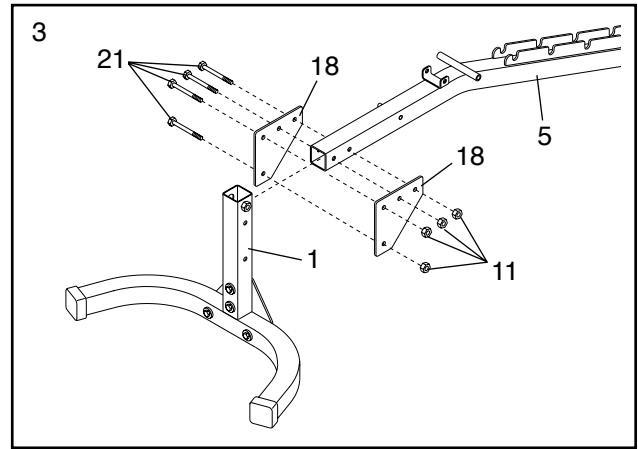
**Be sure the welded nut is in the position shown.**

**Note: Do not tighten the Nylon Locknuts yet.**



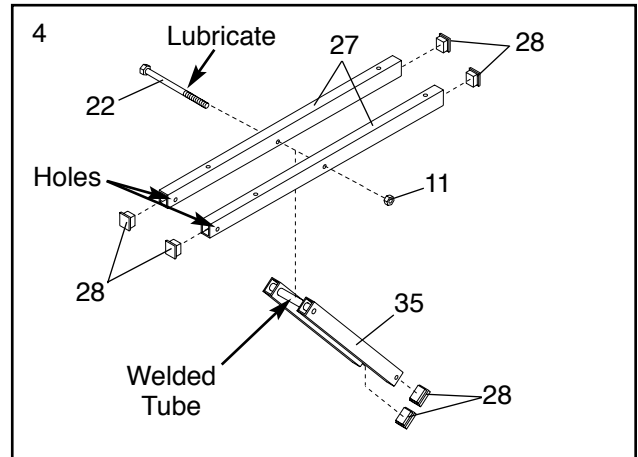
- Attach the Bench Leg (1) to the Bench Frame (5) with two Bench Joint Plates (18), four 3/8" x 3" Bolts (21), and four 3/8" Nylon Locknuts (11).

**Note: Tighten all the M10 Nylon Locknuts (11) used in steps 1-3.**

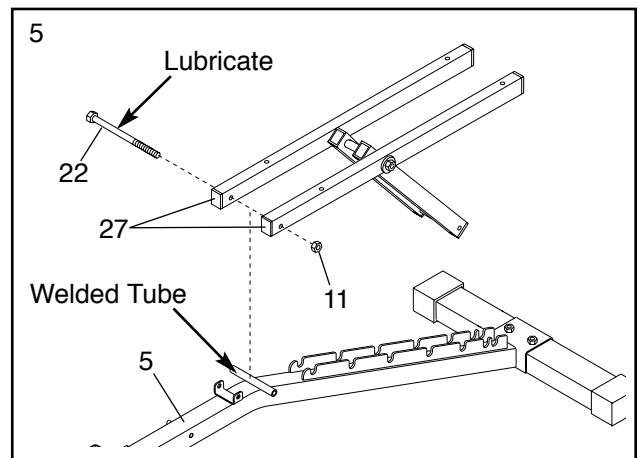


- Press two 1" x 1 1/2" Inner Caps (28) into each Backrest Tube (27). Press two 1" x 1 1/2" Inner Caps (28) into the Backrest Adjustment Bracket (35).

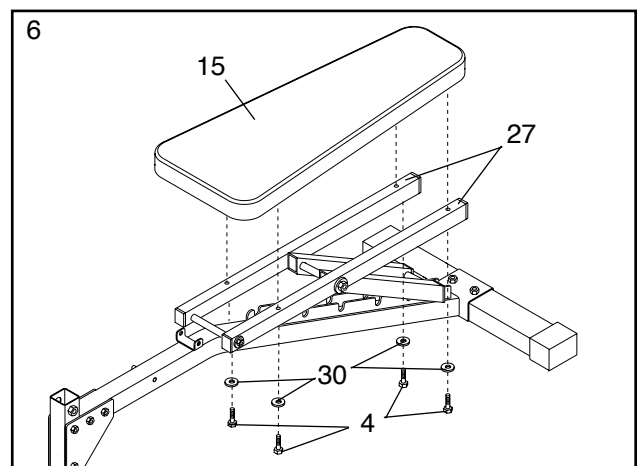
Lubricate a 3/8" x 7 1/2" Bolt (22). Attach the Backrest Tubes (27) to the welded tube on the Backrest Adjustment Bracket (35) with the Bolt and a 3/8" Nylon Locknut (11). **Make sure that the Backrest Tubes are turned as shown. The indicated holes are not centered in the Backrest Tubes but are closer to one side. Turn the Backrest Tubes so the holes are closer to the floor. Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**



- Lubricate a 3/8" x 7 1/2" Bolt (22). Attach the Backrest Tubes (27) to the welded tube on the Bench Frame (5) with the Bolt and a 3/8" Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

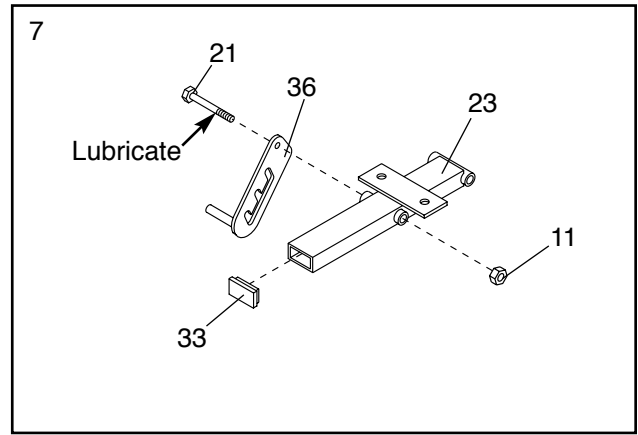


- Attach the Backrest (15) to the Backrest Tubes (27) with four 1/4" x 2" Screws (4) and four 1/4" Washers (30).



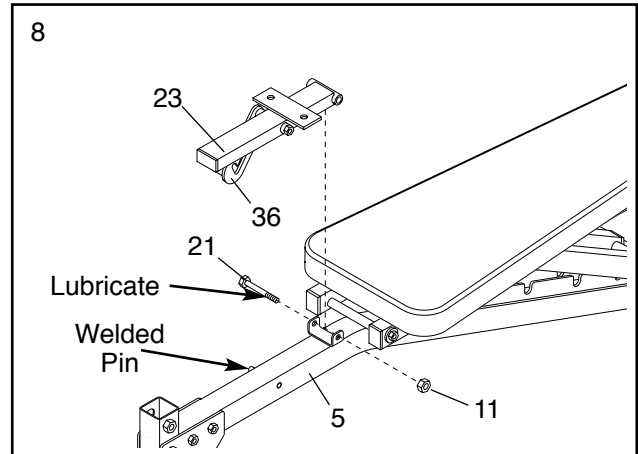
- Press the 3/4" x 2" Inner Cap (33) into the open end of the Seat Mounting Bracket (23).

Lubricate a 3/8" x 3" Bolt (21). Attach the Seat Adjustment Bracket (36) to the indicated side of the Seat Mounting Bracket (23) with the Bolt and a 3/8" Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Seat Adjustment Bracket must pivot easily.**



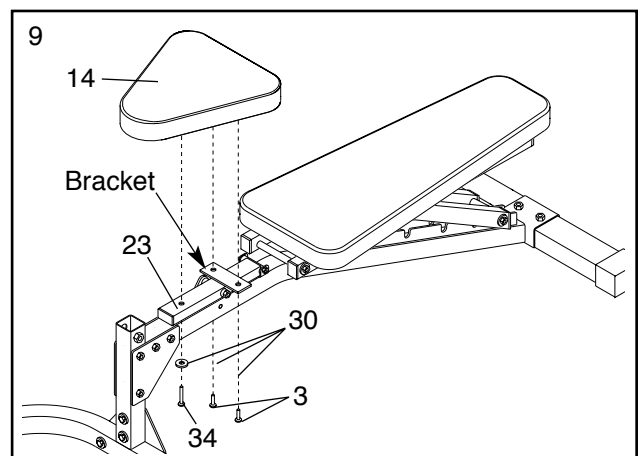
- Place the Seat Mounting Bracket (23) on the Bench Frame (5) so that the Seat Adjustment Bracket (36) fits over the welded pin on the side of the Bench Frame.

Lubricate a 3/8" x 3" Bolt (21). Attach the Seat Mounting Bracket (22) to the indicated bracket on the Bench Frame (5) with the Bolt and a 3/8" Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Seat Mounting Bracket must pivot easily.**



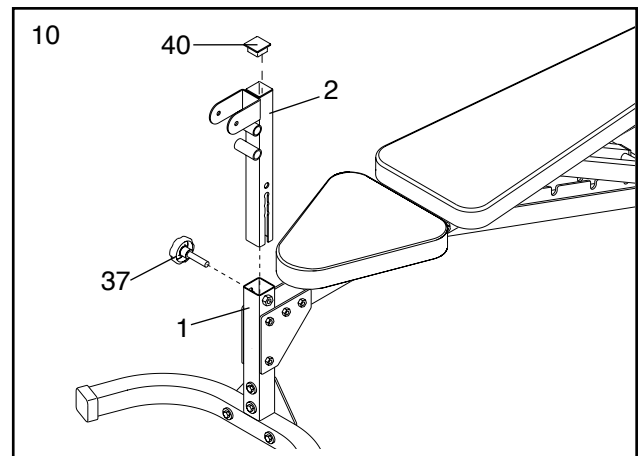
- Turn the Seat (14) as shown. Attach the wide end of the Seat to the bracket on the Seat Mounting Bracket (23) with two 1/4" x 3/4" Screws (3) and two 1/4" Washers (30).

Tilt the Seat Mounting Bracket (23) upwards and attach the narrow end of the Seat (14) to the Seat Mounting Bracket with a 1/4" x 1 1/4" Screw (34) and a 1/4" Washer (30).



- Attach the Adjustable Bench Leg (2) to the Bench Leg (1) with the Adjustment Knob (37).

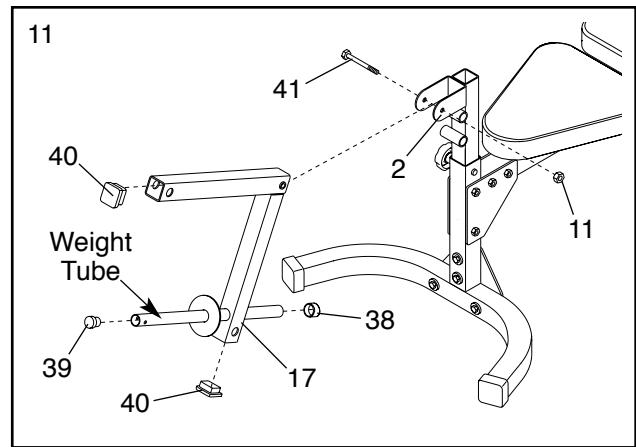
Insert a 1 1/2" Square Inner Cap (40) into the top of the Adjustable Bench Leg (2).





11. Insert two 1 1/2" Square Inner Caps (40) into the ends of the Leg Lever (17). Insert a 1" Round Inner Cap (39) into the weight tube on the Leg Lever. Press a 1" Angled Outer Cap (38) onto the other end of the weight tube.

Attach the Leg Lever (17) to the Adjustable Bench Leg (2) with a 3/8" x 2 3/4" Bolt (41) and a 3/8" Nylon Locknut (11).

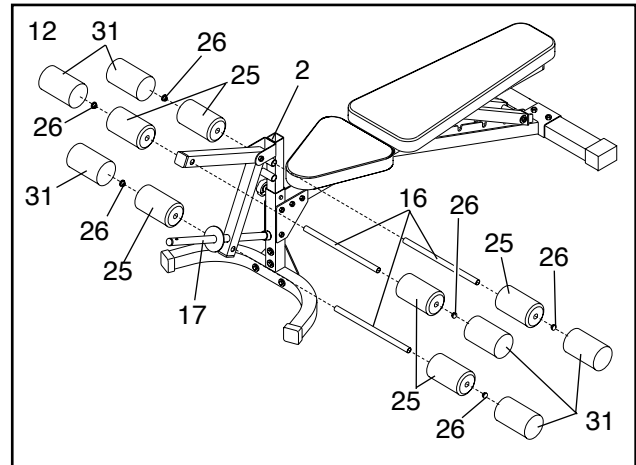


12. Insert 3/4" Round Inner Caps (26) into the ends of the three Pad Tubes (16).

Insert two Pad Tubes (16) through the holes in the Leg Lever (17). Slide a Foam Pad (25) onto each side of the Pad Tubes.

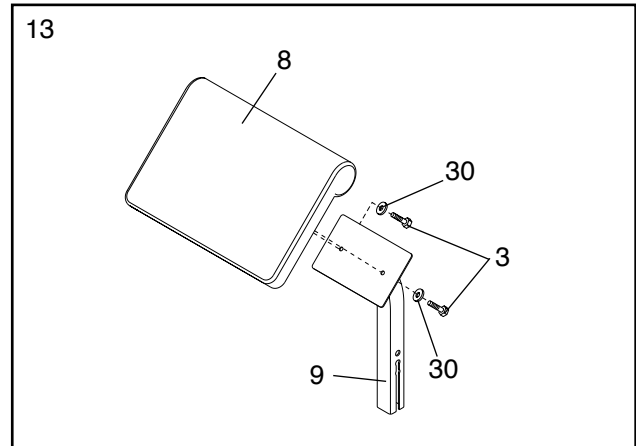
Insert a Pad Tube (16) through the upper tube on the Adjustable Bench Leg (2). Slide a Foam Pad (25) onto each side of the Pad Tube.

Slide the six Pad Sleeves (31) onto the Foam Pads (25).



13. Attach the Curl Pad (8) to the Curl Upright (9) with two 1/4" x 3/4" Screws (3) and two 1/4" Washers (30).

14. **Make sure all parts are properly tightened before you use the weight bench.** The use of the remaining parts will be explained in ADJUSTING THE WEIGHT BENCH on pages 13 and 14 of this manual.



# 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 balanced fitness program. Cross training is an 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, running, 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 11 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!

Make sure to rest for a short period of time after each set. The ideal resting periods are:

- Rest 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

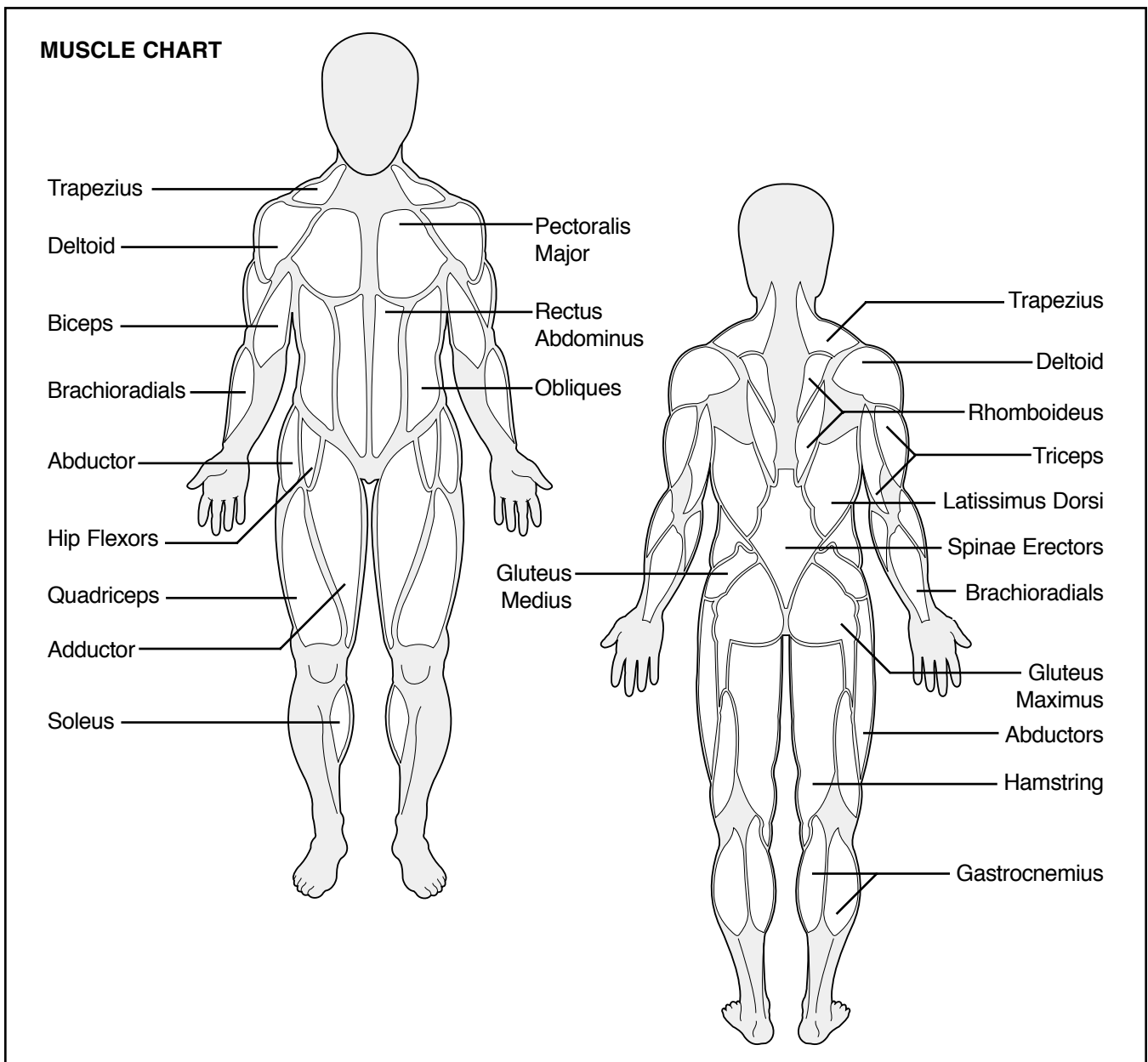
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into

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. The chart on page 12 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight plus 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.



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**TUESDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

---

**THURSDAY      AEROBIC EXERCISE**

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _____ / _____ / _____				

Make photocopies of this page for scheduling and recording your workouts.

# Adjusting the Weight Bench

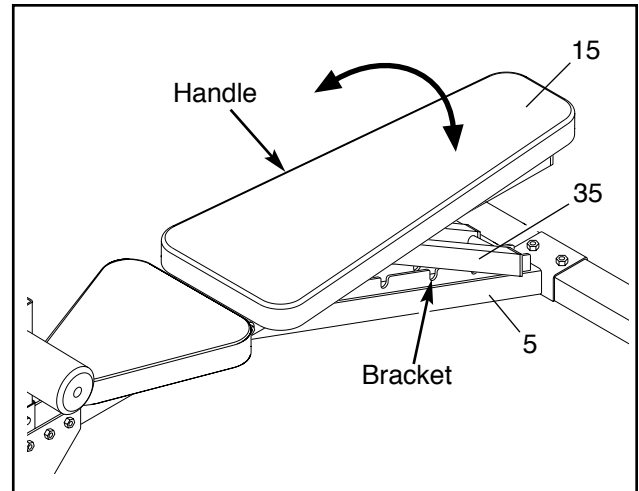
This section explains how the weight bench is adjusted. See the Exercise Guidelines on page 10 for information about how to get the most benefit from your exercise program. See the included exercise chart for information about how to perform a variety of exercises and how to get the greatest benefit from your exercise program.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

To raise the Backrest (15), grip the end of the Backrest with one hand and pull it upward until the Backrest Adjustment Bracket (35) locks into the appropriate tab on the bracket on the Bench Frame (5).

To lower the Backrest (15), grip the end of the Backrest with one hand and pull it slightly upwards. Grip the handle (not shown) on the right side of the Backrest Adjustment Bracket (35) with your other hand and pull the Backrest Adjustment Bracket free of the tabs on the bracket on the Bench Frame (5). Lower the Backrest to the desired position and lock the Backrest Adjustment Bracket into the desired tab on the Bench Frame bracket.

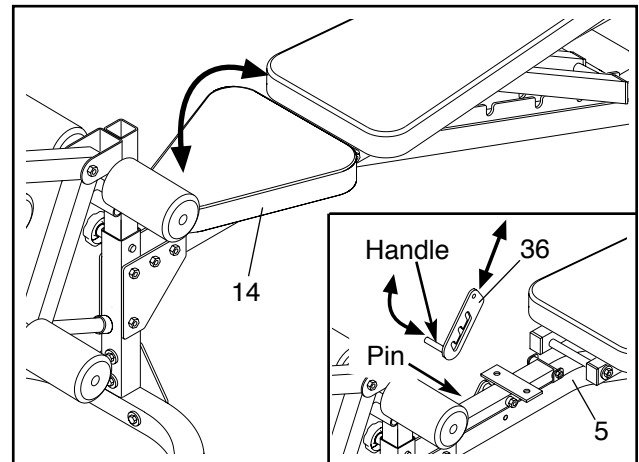


**⚠ WARNING:** Be sure the Backrest Adjustment Bracket is securely locked to the Bench Frame before using the weight bench.

## ADJUSTING THE SEAT

To raise the Seat (14), lift the narrow end of the Seat until the appropriate tab on the Seat Adjustment Bracket (36) engages the welded pin (not shown) on the right side of the Bench Frame (5).

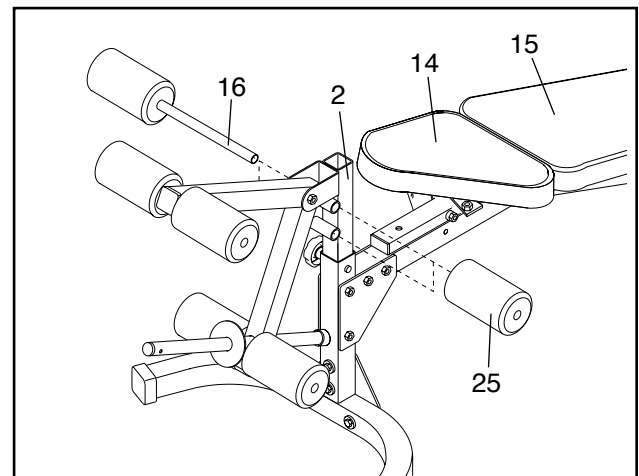
To lower the Seat (14), use the handle on the Seat Adjustment Bracket (36) to disengage the Seat Adjustment Bracket from the pin on the right side of the Bench Frame (5). Lower the Seat to the desired position and engage the appropriate tab on the Seat Adjustment Bracket to the pin.



## ADJUSTING THE PAD TUBES

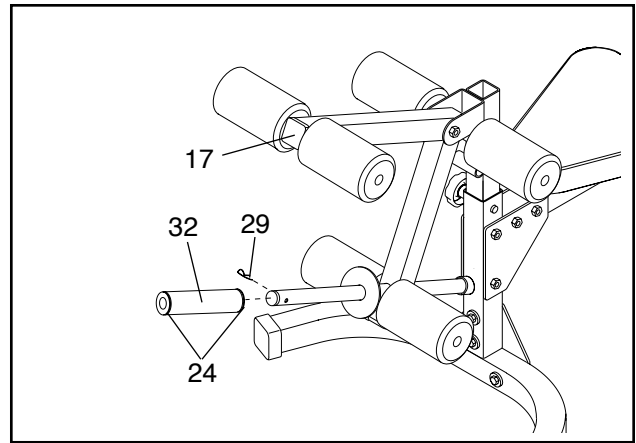
For some exercises, it may be necessary to move the Pad Tube (16) in the Adjustable Bench Leg (2). To do this, remove a Foam Pad (25) from one side of the Pad Tube. Slide the Pad Tube out of the Adjustable Bench Leg. Reinsert the Pad Tube into the lower welded tube on the Adjustable Bench Leg. Replace the Foam Pad on the Pad Tube.

To do leg raise exercises, the Pad Tube (16) must be moved to the lower welded tube, the narrow end of the Seat (14) must be raised, and the Backrest (15) must be declined as shown.



## USING OLYMPIC WEIGHTS ON THE LEG LEVER

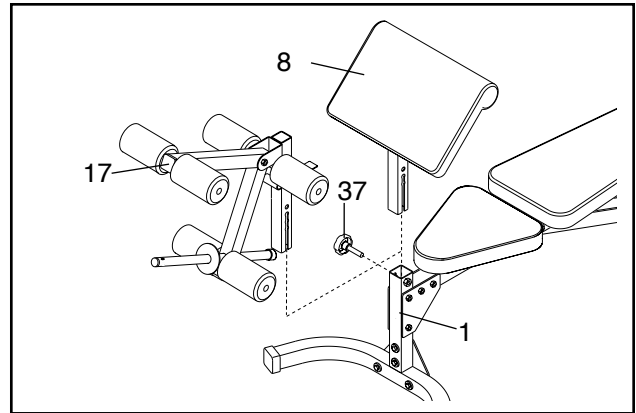
To use Olympic weights on the Leg Lever (17), insert the Weight Adapter Bushings (24) into the ends of the Weight Adapter (32). Slide the Weight Adapter over the weight tube on the Leg Lever. Insert the Weight Adapter Pin (29) into the weight tube.



## USING THE CURL PAD

To use the Curl Pad (8), unscrew the Adjustment Knob (37) and lift the Leg Lever (17) out of the Bench Leg (1). Insert the Curl Pad into the Bench Leg, and secure it with the Adjustment Knob.

**Note: When not using the Curl Pad, store it away from the bench.**



## Part List—Model No. NTBE01700

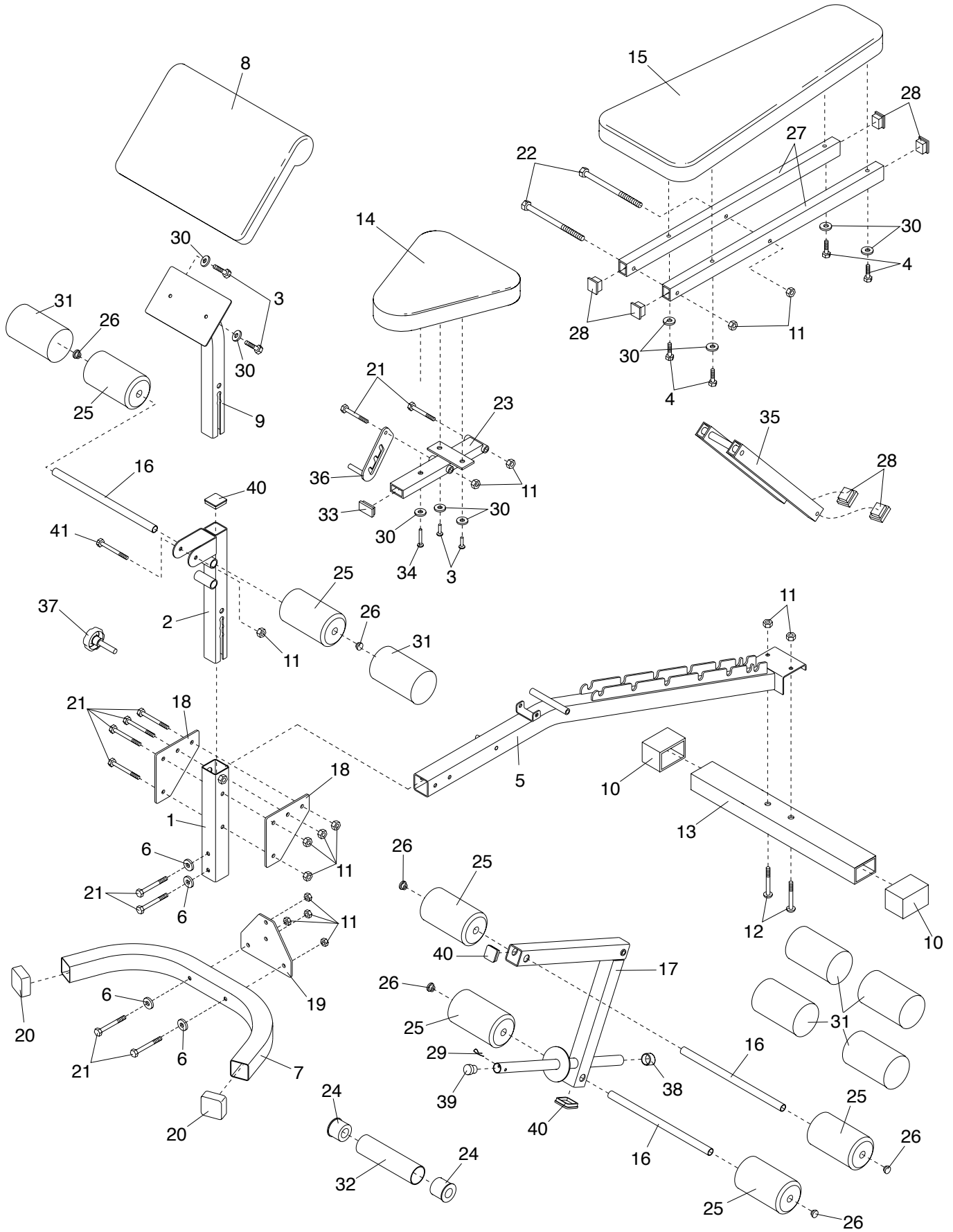
R1100A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Leg	23	1	Seat Mounting Bracket
2	1	Adjustable Bench Leg	24	2	Weight Adapter Bushing
3	4	1/4" x 3/4" Screw	25	6	Foam Pad
4	4	1/4" x 2" Screw	26	6	3/4" Round Inner Cap
5	1	Bench Frame	27	2	Backrest Tube
6	4	3/8" Washer	28	6	1" x 1 1/2" Inner Cap
7	1	Bench Base	29	1	Weight Adapter Pin
8	1	Curl Pad	30	9	1/4" Washer
9	1	Curl Upright	31	6	Pad Sleeves
10	2	3" x 2" Outer Cap	32	1	Weight Adapter
11	15	3/8" Nylon Locknut	33	1	3/4" x 2" Inner Cap
12	2	3/8" x 2 3/4" Button Head Bolt	34	1	1/4" x 1 1/4" Screw
13	1	Stabilizer	35	1	Backrest Adjustment Bracket
14	1	Seat	36	1	Seat Adjustment Bracket
15	1	Backrest	37	1	Adjustment Knob
16	3	Pad Tube	38	1	1" Angled Outer Cap
17	1	Leg Lever	39	1	1" Round Inner Cap
18	2	Bench Joint Plate	40	3	1 1/2" Square Inner Cap
19	1	Bench Base Joint Plate	41	1	3/8" x 2 3/4" Bolt
20	2	2" Square Outer Cap	#	1	Allen Wrench
21	11	3/8" x 3" Bolt	#	1	User's Manual
22	2	3/8" x 7 1/2" Bolt	#	1	Exercise Chart

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. NTBE01700

R1100A



# 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 (NTBE01700)
- The NAME of the product (NordicTrack® GRT340 weight bench)
- 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 14 and 15).

## 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.

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