

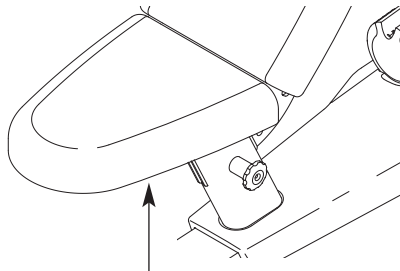
# NordicTrack®

## E 200

Model No. NTBE1506.0

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 a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

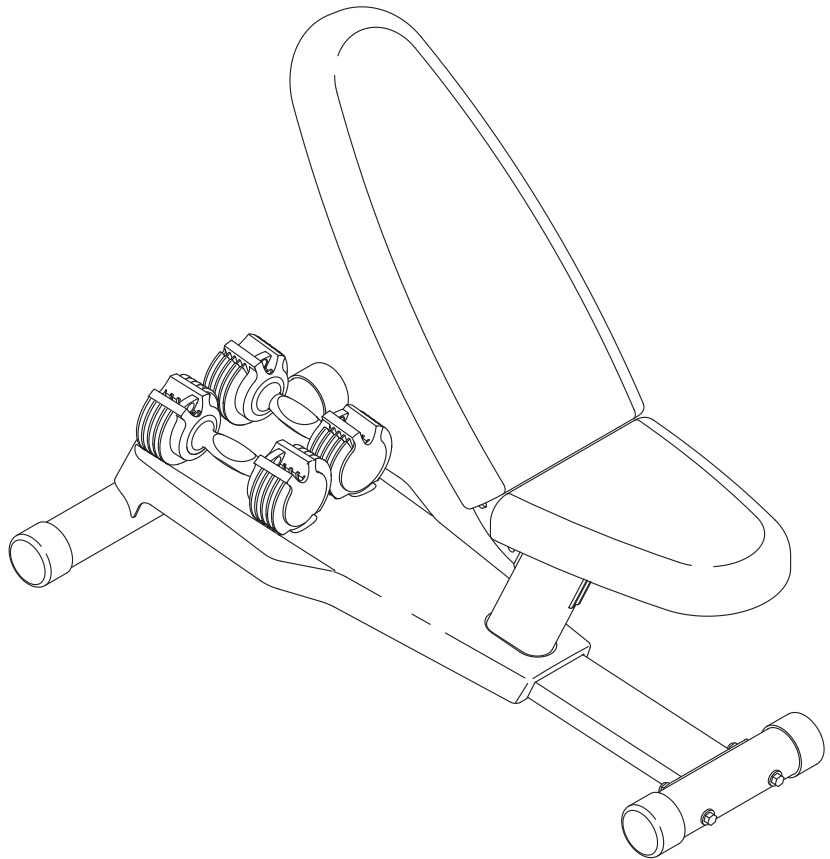
CALL TOLL-FREE:

**1-888-825-2588**

Mon.–Fri., 6 a.m.–6 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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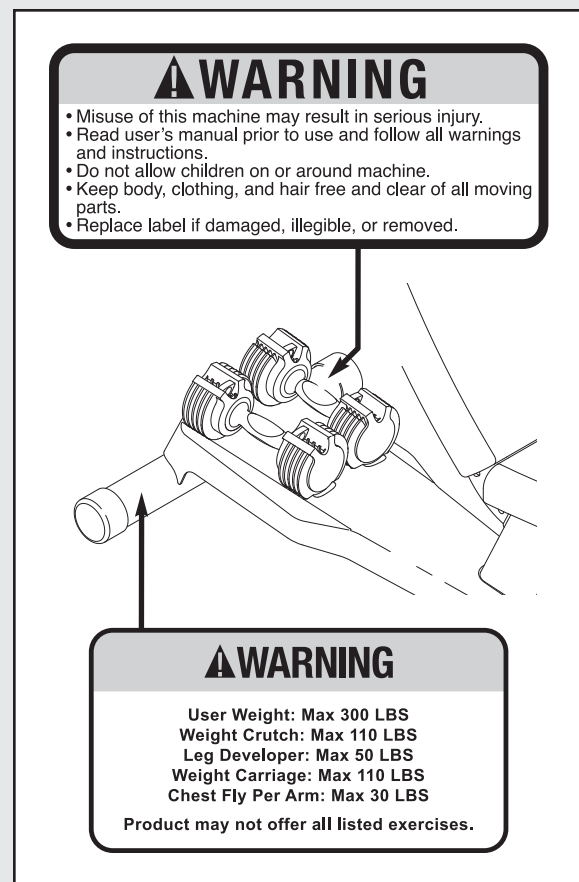
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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the dumbbell bench before using the dumbbell bench. Use the dumbbell bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the dumbbell bench are adequately informed of all precautions.
3. The dumbbell bench is intended for home use only. Do not use the dumbbell bench in a commercial, rental, or institutional setting.
4. Keep the dumbbell bench indoors, away from moisture and dust. Place the dumbbell bench on a level surface, with a mat beneath it to protect the floor or carpet.
5. Make sure that there is enough clearance around the dumbbell bench to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep hands and feet away from moving parts.
8. Keep children under 12 and pets away from the dumbbell bench at all times.
9. Always wear athletic shoes for foot protection while exercising.
10. The dumbbell bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 410 pounds. Do not use the dumbbell bench with more than 110 pounds of weight.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. The decals shown below have been placed on the dumbbell bench. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.



**⚠ 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.

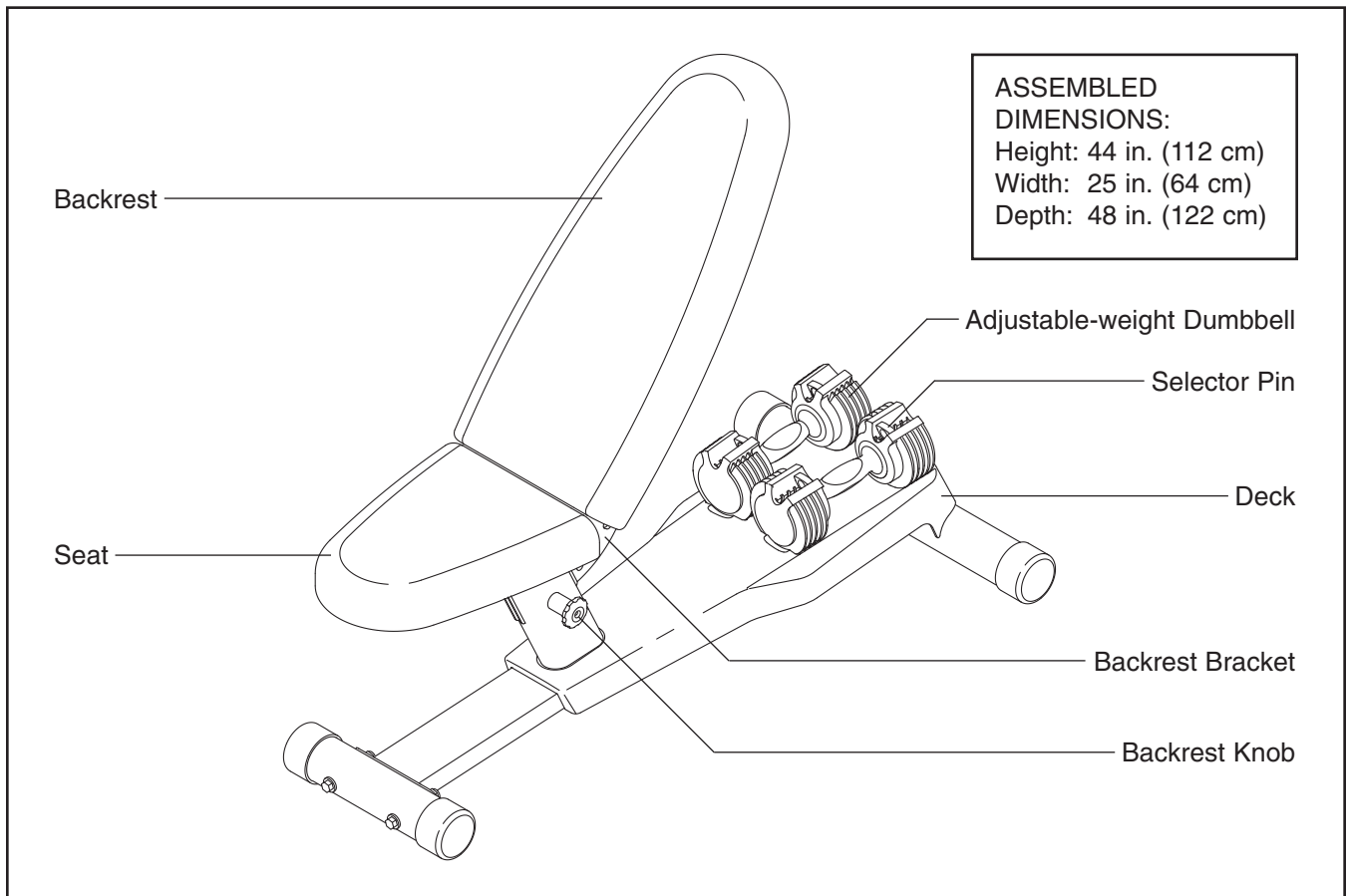
# BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® E 200 dumbbell bench. The dumbbell bench is designed to help you develop the major muscles of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the dumbbell bench will help you to achieve the specific results you want.

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

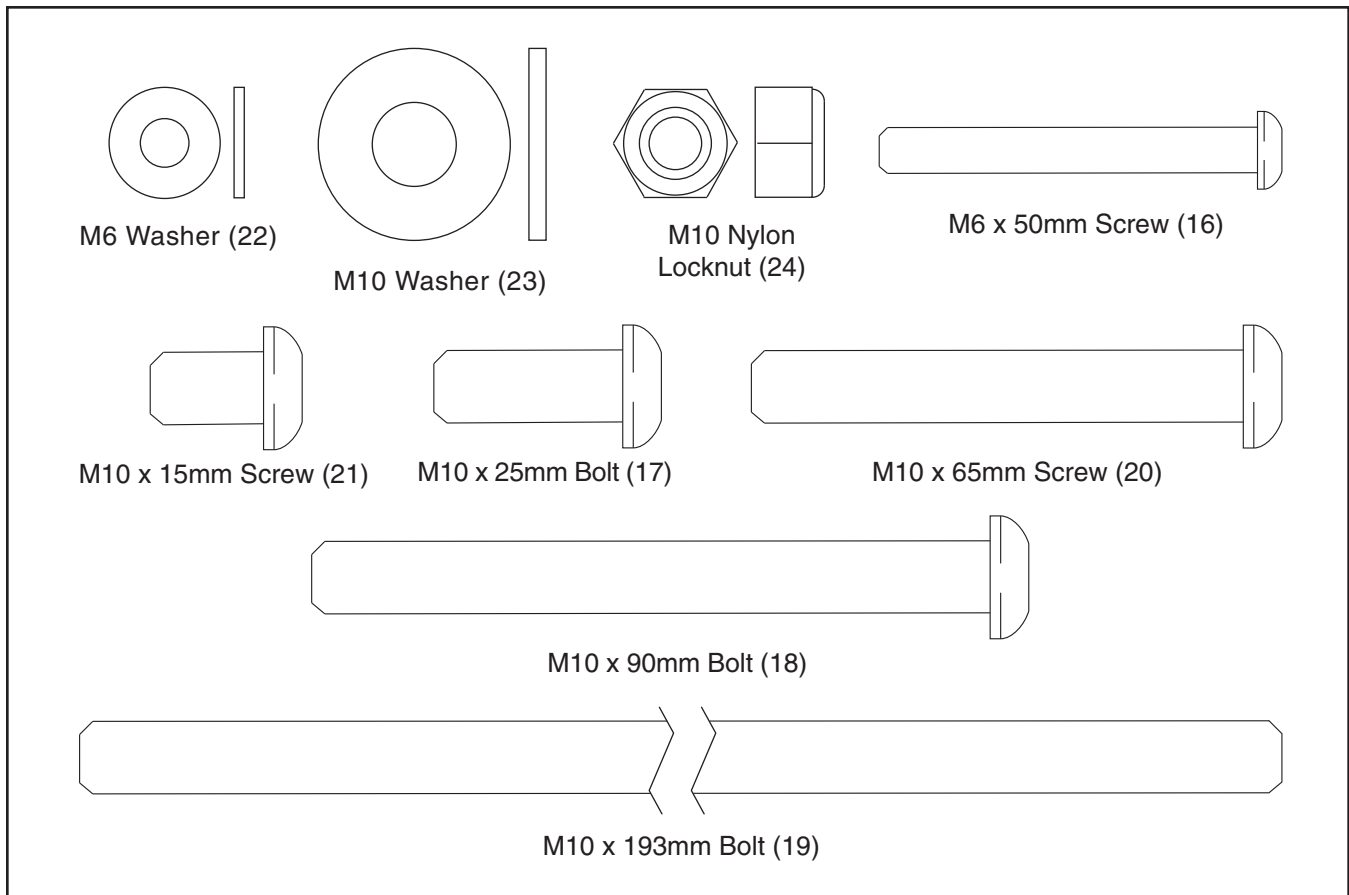
after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is NTBE1506.0. The serial number can be found on a decal attached to the dumbbell bench (see the front cover of this manual).

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



# PART IDENTIFICATION CHART

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 on page 10. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been preassembled.**








## ASSEMBLY

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

- Assembly requires two persons.
- 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 dumbbell bench, make sure that all parts are oriented as shown in the drawings.

- For help identifying small parts, use the PART IDENTIFICATION CHART.

In addition to the included hex key  and grease packet, assembly may require the following tools (not included):

- **one standard screwdriver** 
- **one Phillips screwdriver** 
- **one adjustable wrench** 
- **one rubber mallet** 

1. **Before beginning assembly, make sure that you understand all the information on page 5.**

Attach the Small Stabilizer (2) to the Frame (1) with two M10 x 90mm Bolts (18), two M10 Washers (23), and two M10 Nylon Locknuts (24).

2. Orient the Large Stabilizer (3) so that the high side of the mounting bracket is on the side shown. Attach the Large Stabilizer to the Frame (1) with two M10 x 15mm Screws (21) and two M10 Washers (23).

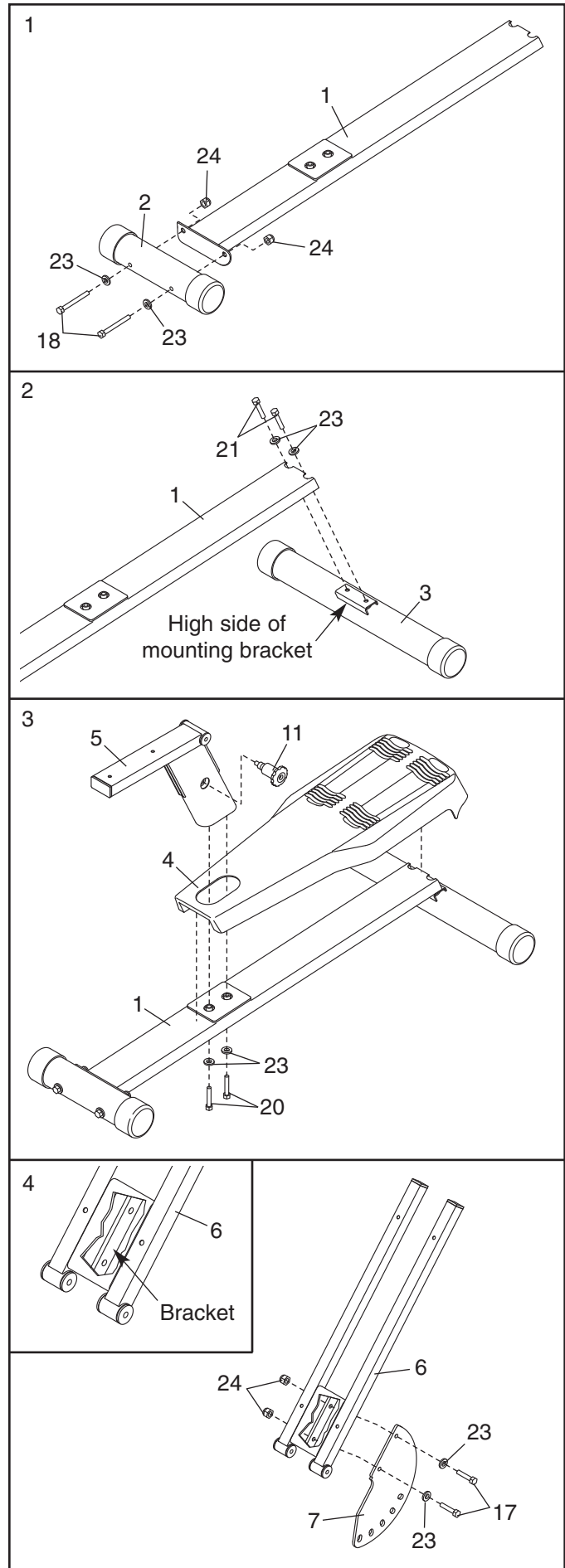
3. Orient the Deck (4) as shown, and press it onto the Frame (1).

Next, attach the Seat Frame (5) to the Frame (1) with two M10 x 65mm Screws (20) and two M10 Washers (23).

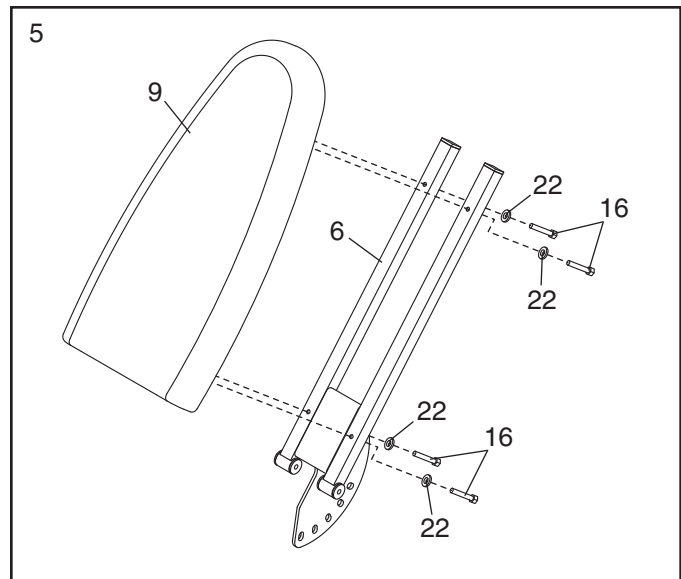
Hand tighten the Backrest Knob (11) into the Seat Frame (5). Next, pull the Backrest Knob and use an adjustable wrench to fully tighten the shaft of the Backrest Knob into the Seat Frame. Then, release the Backrest Knob.

4. See the inset drawing. Locate the bracket welded to the back of the Backrest Frame (6).

Attach the Backrest Bracket (7) to the bracket on the Backrest Frame (6) with two M10 x 25mm Bolts (17), two M10 Washers (23), and two M10 Nylon Locknuts (24).

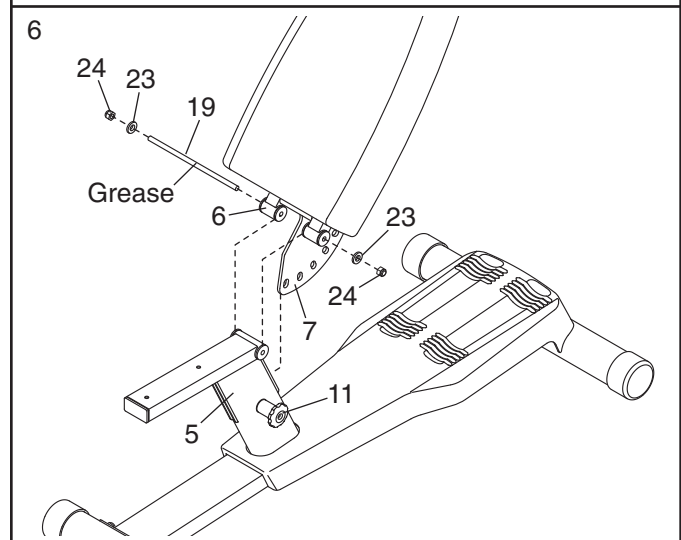


- Attach the Backrest (9) to the Backrest Frame (6) with four M6 x 50mm Screws (16) and four M6 Washers (22).



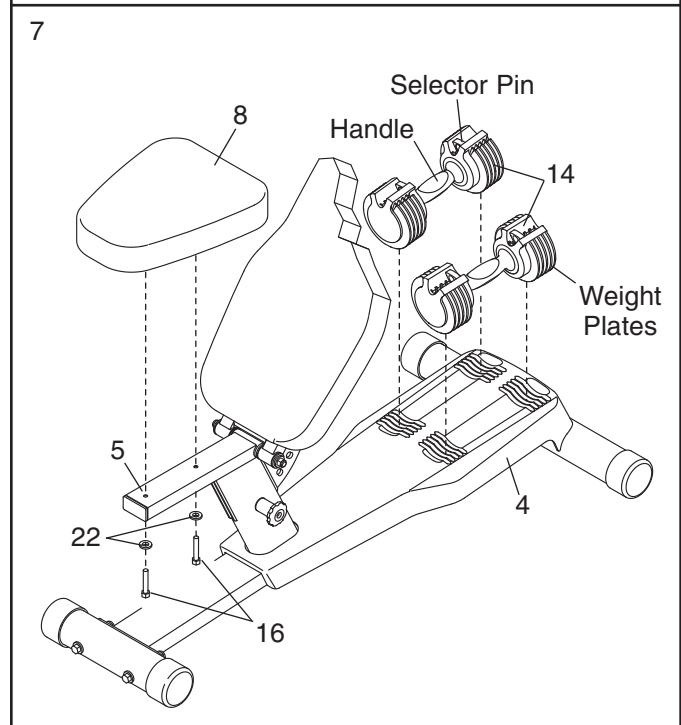
- Pull the Backrest Knob (11), insert the Backrest Bracket (7) into the slot in the Seat Frame (5), and then slowly release the Backrest Knob. Make sure that the Backrest Knob is engaged in one of the holes in the Backrest Bracket.

Apply a portion of the included grease to an M10 x 193mm Bolt (19). Insert the Bolt through the Backrest Frame (6) and the Seat Frame (5). Then, tighten an M10 Nylon Locknut (24) and an M10 Washer (23) onto each end of the Bolt. **Do not overtighten the Nylon Locknuts; the Backrest Frame must pivot freely.**



- Attach the Seat (8) to the Seat Frame (5) with two M6 x 50mm Screws (16) and two M6 Washers (22).

Place the twenty weight plates from the two Adjustable-weight Dumbbells (14) in the slots in the rear of the Deck (4). Next, lift the selector pins on the handles, and slide the selector pins to the positions closest to the centers of the handles. Then, insert the handles into the weight plates.



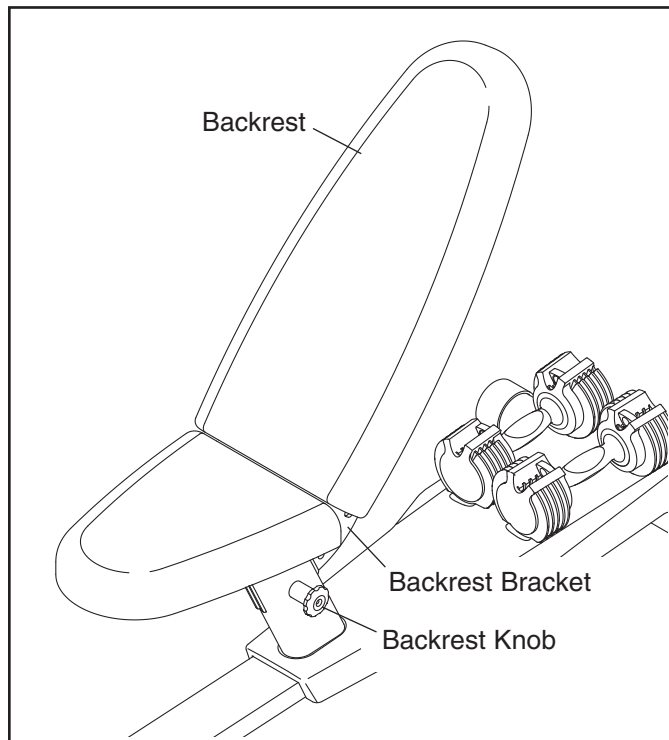
- Make sure that all parts are properly tightened before you use the dumbbell bench. Place a mat under the dumbbell bench to protect the floor or carpet.**

# ADJUSTMENT

This section explains how to adjust the dumbbell bench. See the accompanying exercise guide to see the correct form for several exercises. Make sure that all parts are properly tightened each time you use the dumbbell bench. Replace any worn parts immediately. The dumbbell bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the dumbbell bench.**

## HOW TO ADJUST THE ANGLE OF THE BACKREST

To adjust the angle of the backrest, pull the backrest knob, raise or lower the backrest, and slowly release the backrest knob. **Make sure that the backrest knob is engaged in one of the holes in the backrest bracket.**

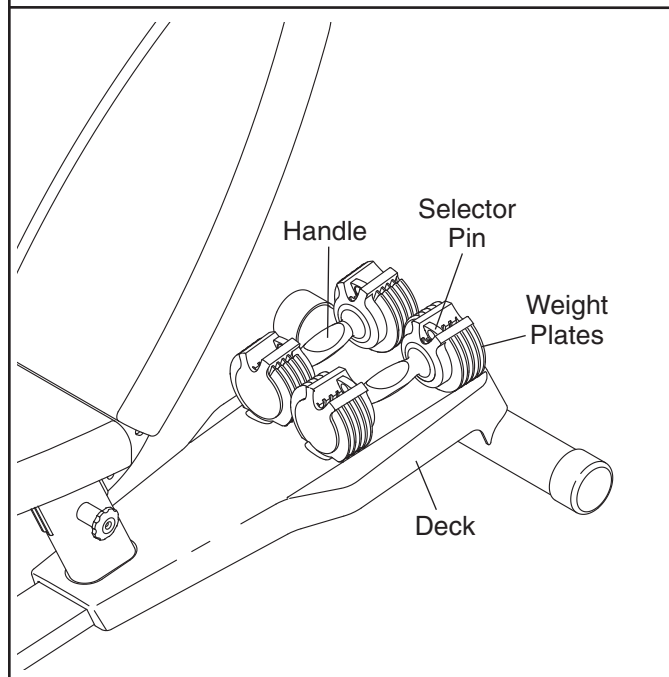


## HOW TO USE THE ADJUSTABLE-WEIGHT DUMBBELLS

Each handle can be used with two, four, six, eight, or ten weight plates; each handle can also be used without weight plates.

To select the desired number of weight plates, first set a dumbbell on the deck as shown. Next, lift one of the selector pins, slide the selector pin to one of the adjustment holes, and then release the selector pin. Rock the selector pin from side to side to make sure that it is fully inserted into one of the adjustment holes. Adjust the other selector pin on the dumbbell in the same way. **Always attach the same number of weight plates to both sides of each handle.**

To use the dumbbell, lift it straight up off the deck, making sure that the unattached weight plates remain on the deck.





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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 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 weight used
- by changing the numbers of repetitions and 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 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 that 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

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 exercise cycle or an elliptical exerciser, 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 and develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions or sets to complete, is an individual matter. It is important to 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 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, emphasizing areas that you want to develop the 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 manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises.

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 follow:

- 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

Finish each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs.

Move slowly as you stretch—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. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

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## PART LIST—Model No. NTBE1506.0

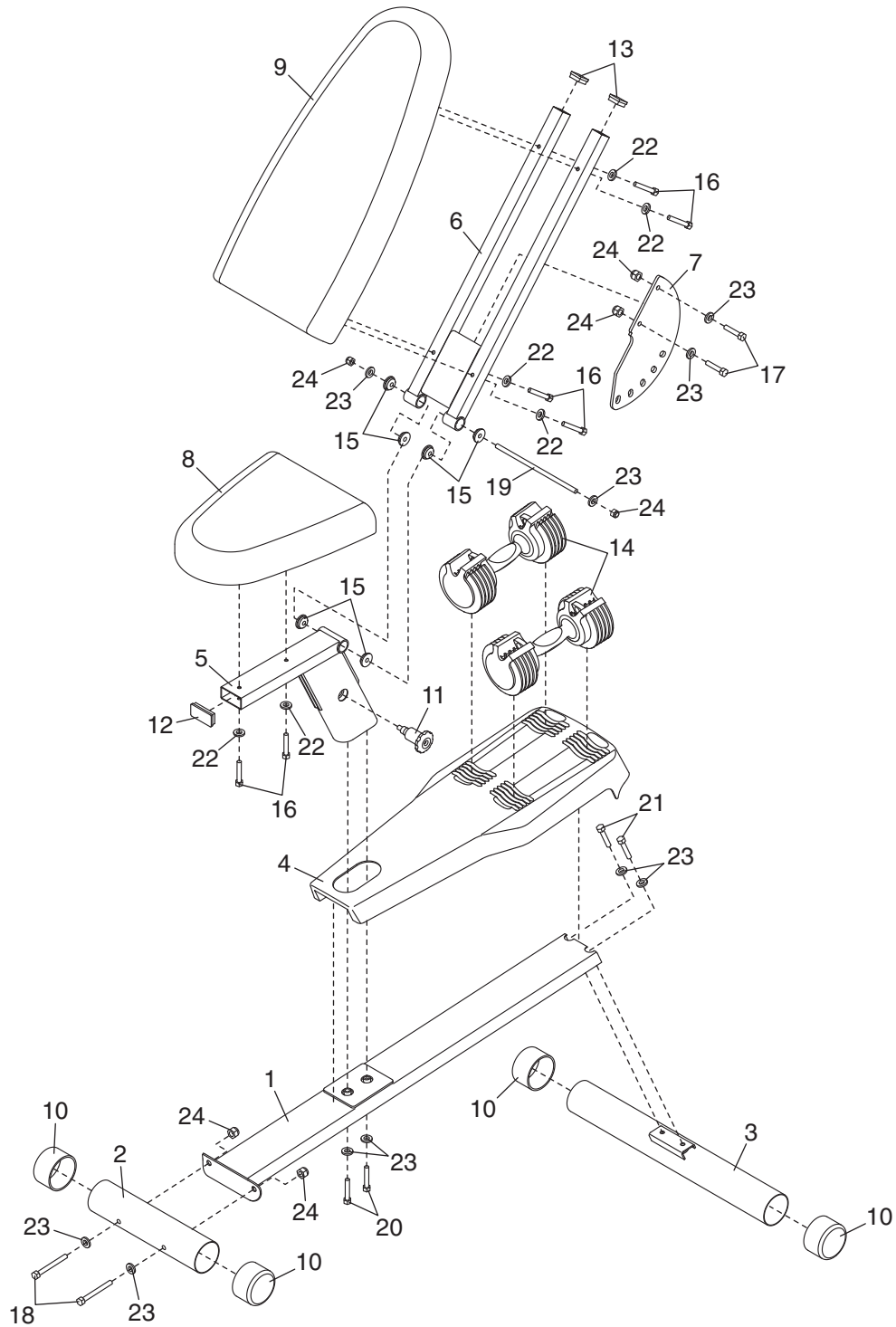
R1006A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	15	6	Bushing
2	1	Small Stabilizer	16	6	M6 x 50mm Screw
3	1	Large Stabilizer	17	2	M10 x 25mm Bolt
4	1	Deck	18	2	M10 x 90mm Bolt
5	1	Seat Frame	19	1	M10 x 193mm Bolt
6	1	Backrest Frame	20	2	M10 x 65mm Screw
7	1	Backrest Bracket	21	2	M10 x 15mm Screw
8	1	Seat	22	6	M6 Washer
9	1	Backrest	23	10	M10 Washer
10	4	Stabilizer Cap	24	6	M10 Nylon Locknut
11	1	Backrest Knob	#	—	User's Manual
12	1	30mm x 60mm Inner Cap	#	—	Hex Key
13	2	32mm Square Inner Cap	#	—	Grease Packet
14	2	Adjustable-weight Dumbbell	#	—	Exercise Guide

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

# EXPLODED DRAWING—Model No. NTBE1506.0

R1006A



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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:

- the MODEL NUMBER of the product (NTBE1506.0)
- the NAME of the product (NordicTrack E 200 dumbbell bench)
- the SERIAL NUMBER 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 on pages 10 and 11)

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## 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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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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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