

# **NordicTrack**<sup>®</sup>

Patent Pending

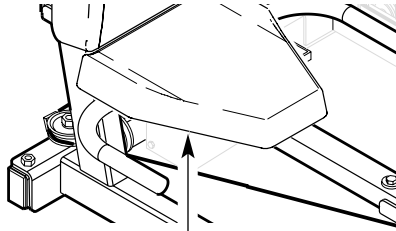
## Leg Press Accessory

### USER'S MANUAL

Model No. NTSA03990

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

The serial number is found in the location shown below. Write the serial number in the space above.



Serial Number Decal

### QUESTIONS?

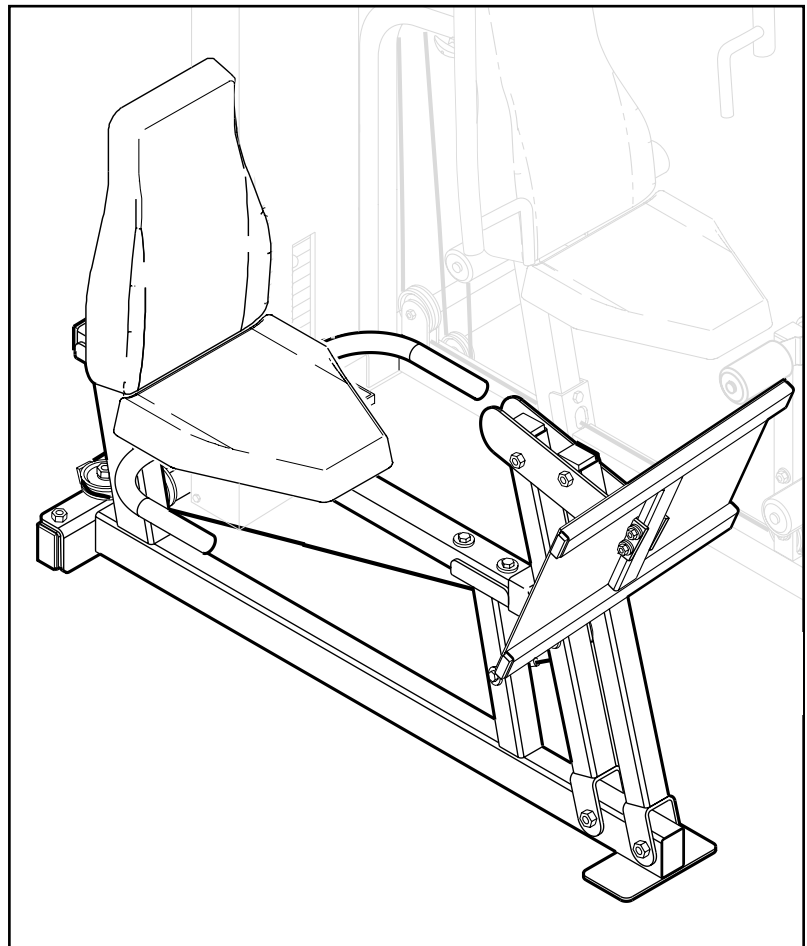
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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



### CAUTION

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



Visit our website at

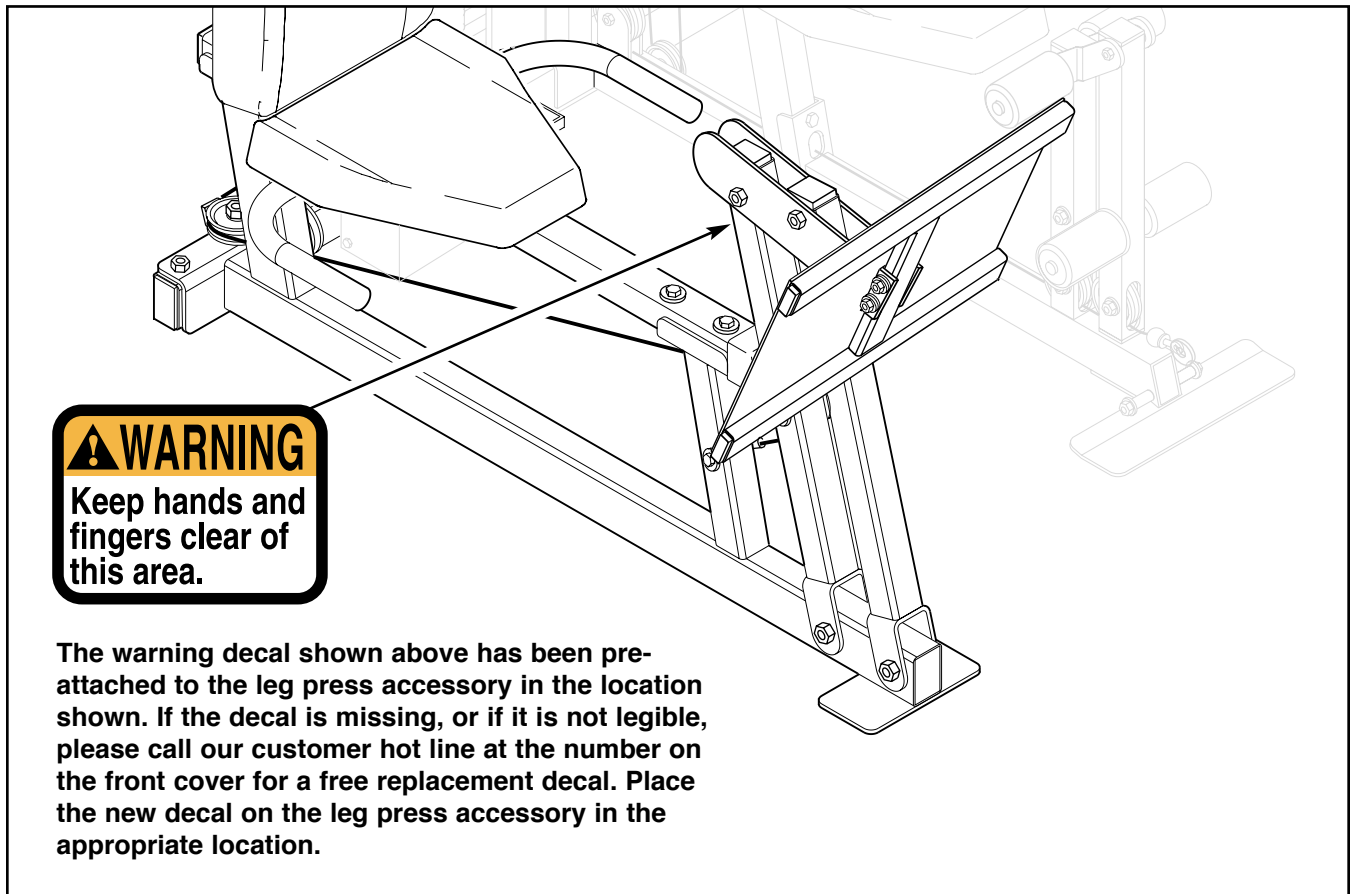
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## Warning Decal Placement

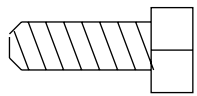


# Important Precautions

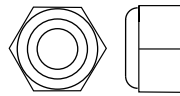
**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the leg press accessory.

1. It is the responsibility of the owner to ensure that all users of the leg press accessory are adequately informed of all precautions.
2. The leg press accessory is designed to be used only when the other stations of the weight system are not in use.
3. Always wear athletic shoes for foot protection when exercising.
4. Use the leg press accessory only on a level surface. Cover the floor or carpet beneath the leg press accessory for protection of the floor or carpet.
5. Keep hands and feet away from moving parts.
6. Read all instructions in this manual before using the leg press accessory.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
8. Inspect and tighten all parts often. Replace any worn parts immediately.
9. Keep children under the age of 12 and pets away from the leg press accessory at all times.
10. Make sure the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure the cables are on all of the pulleys.

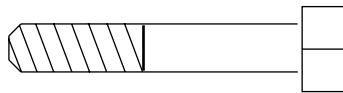
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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



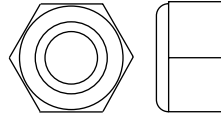
1/4" x 3/4" Bolt (130)



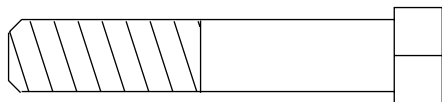
1/4" Nylon Locknut (128)



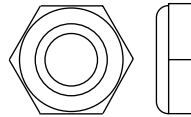
1/4" x 1 1/2" Bolt (131)



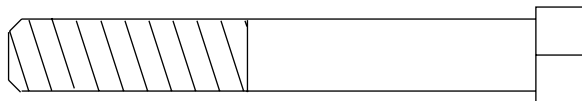
3/8" Nylon Locknut (118)



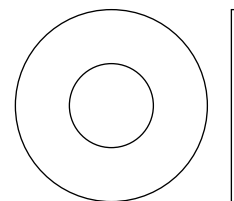
3/8" x 2" Bolt (121)



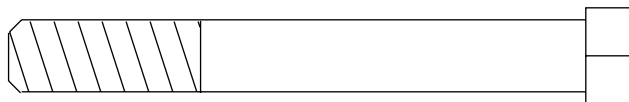
3/8" Nylon Jam Nut (122)



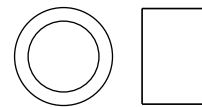
3/8" x 2 3/4" Bolt (125)



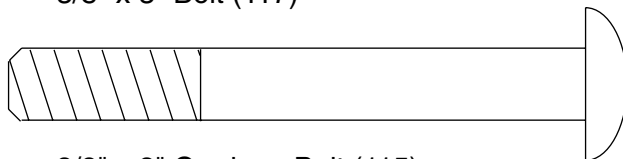
3/8" Flat Washer (120)



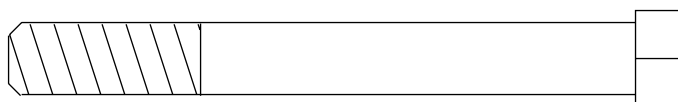
3/8" x 3" Bolt (117)



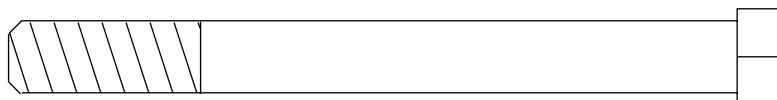
5/8" x 1/4" Spacer (127)



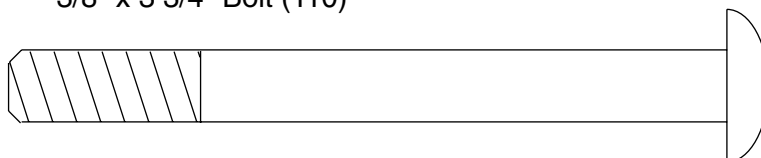
3/8" x 3" Carriage Bolt (115)



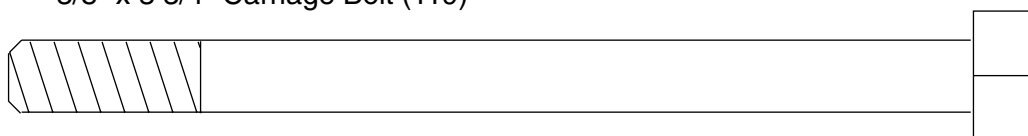
3/8" x 3 1/4" Bolt (124)



3/8" x 3 3/4" Bolt (110)



3/8" x 3 3/4" Carriage Bolt (119)



3/8" x 5" Bolt (123)

## Make Assembly Easier for Yourself!

Everything in this manual is designed to ensure that the leg press accessory can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it!**

## Assembly Requires Two Persons

For your convenience and safety, assemble the leg press accessory with the help of another person.

## Set Aside Enough Time

Due to the many features of the leg press accessory, the assembly process will require a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly.



## How to Orient Parts

As you assemble the leg press accessory, make sure that all parts are oriented exactly as shown in the drawings.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into three stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the leg press accessory in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART on page 4. Use the chart to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## Select a Location

Because of its weight and size, the leg press accessory should be assembled in the location where it will be used. Make sure that there is enough room to walk around the training system as you assemble it.

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading the assembly instructions, 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.

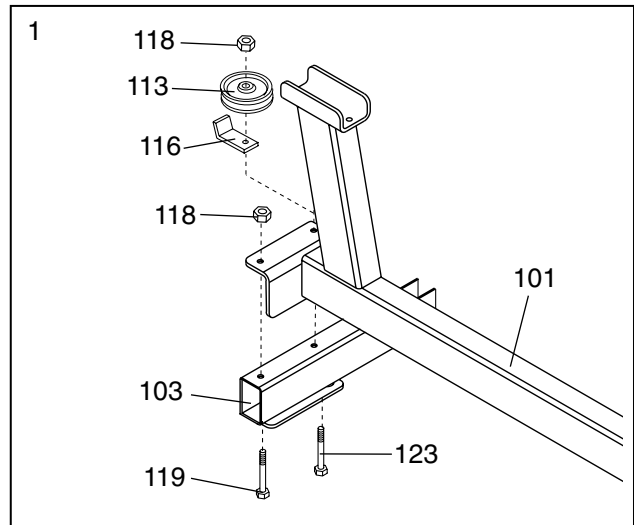
# Frame Assembly

1. Before beginning assembly, make sure you have read and understood the information on page 5.

Open the parts bags labeled “FRAME ASSEMBLY” and “PULLEY”.

Attach the Press Frame (101) to the Base Support (103) with the 3/8" x 3 3/4" Carriage Bolt (119) and a 3/8" Nylon Locknut (118).

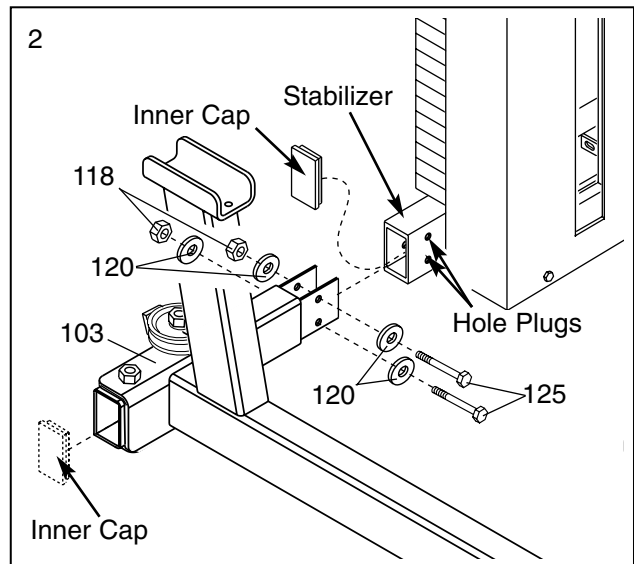
Attach a 4" Pulley (113) and a Cable Trap (116) to the Base Support (103) with the 3/8" x 5" Bolt (123) and a 3/8" Nylon Locknut (118).



2. Remove the inner cap and the four hole plugs from the end of the stabilizer.

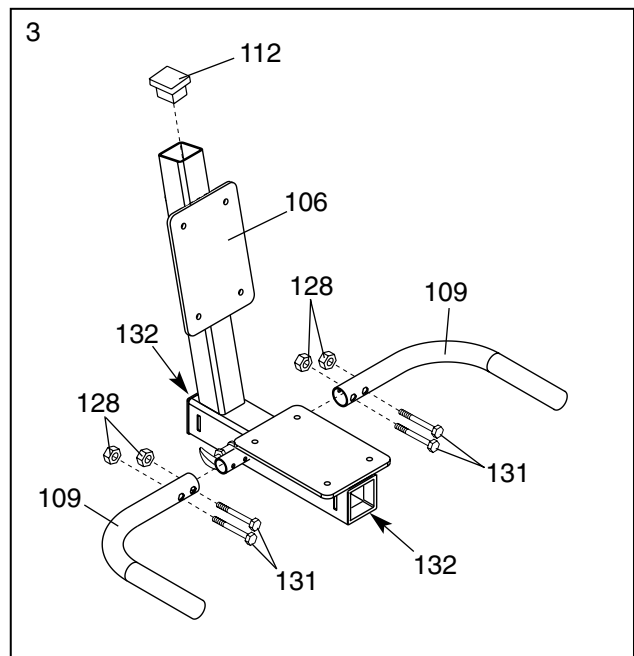
Secure the Base Support (103) to the stabilizer with two 3/8" x 2 3/4" Bolts (125), four 3/8" Washers (120), and two 3/8" Nylon Locknuts (118).

Press the inner cap into the indicated end of the Base Support (103).



3. Attach the Handles (109) to the Seat Frame (106) with four 1/4" x 1 1/2" Bolts (131) and four 1/4" Nylon Locknuts (128). **Note: Be sure that the heads on the 1/4" x 1 1/2" Bolts fit inside the hexagonal holes in the Handles.**

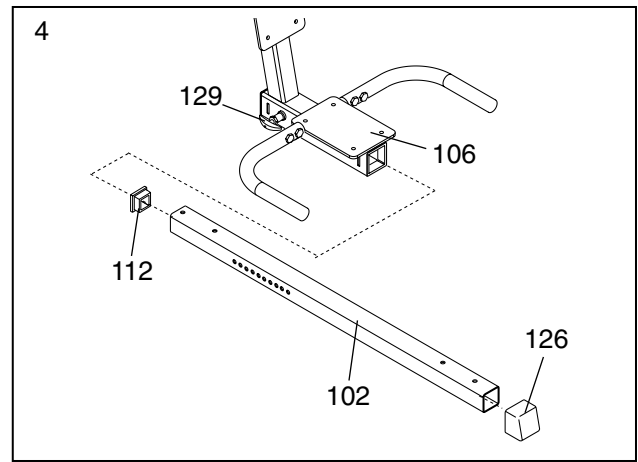
Press a 2" Square Inner Cap (112) into the top of the Seat Frame (106). Make sure there are two Seat Frame Bushings (132) into the indicated ends of the Seat Frame.



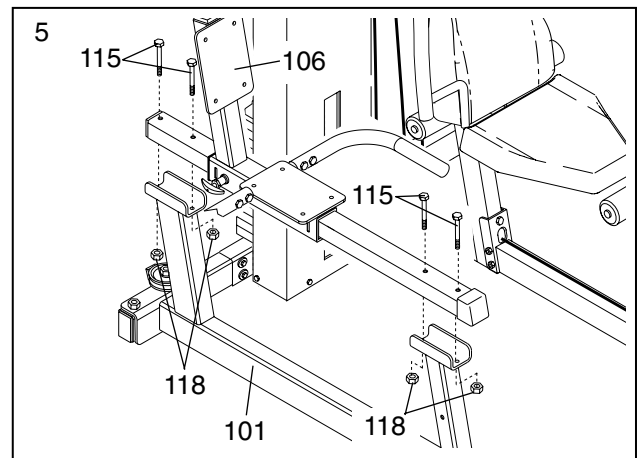
- Slide the Press Frame (102) into the Seat Frame (106).

Press a 2" Square Inner Cap (112) into the indicated end of the Press Frame (102). Press a 2" Square Angled Cap (126) onto the other end of the Press Frame.

**Note: Make sure the Support Plate (135 [not shown]) is inside the 2" Square Angled Cap (126).**



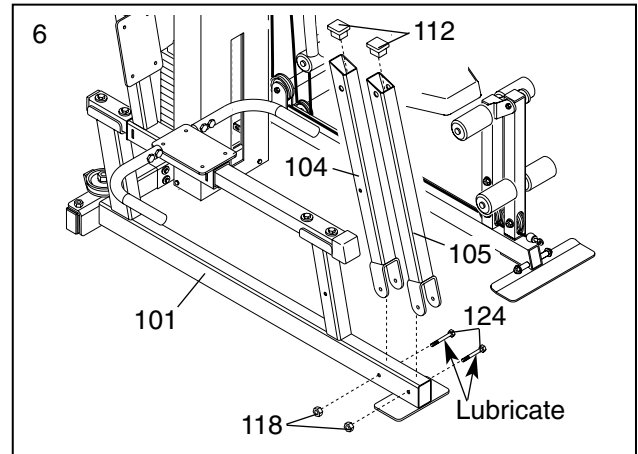
- Attach the Seat Frame (106) to the Press Base (101) with four 3/8" x 3" Carriage Bolts (115) and four 3/8" Nylon Locknuts (118).



- Lubricate two 3/8" x 3 1/4" Bolts (124). Attach the Rear and Forward Press Uprights (104, 105) to the Press Base (101) with the Bolts and two 3/8" Nylon Locknuts (118). **Note: the Rear Press Upright has an extra hole halfway down the side.**

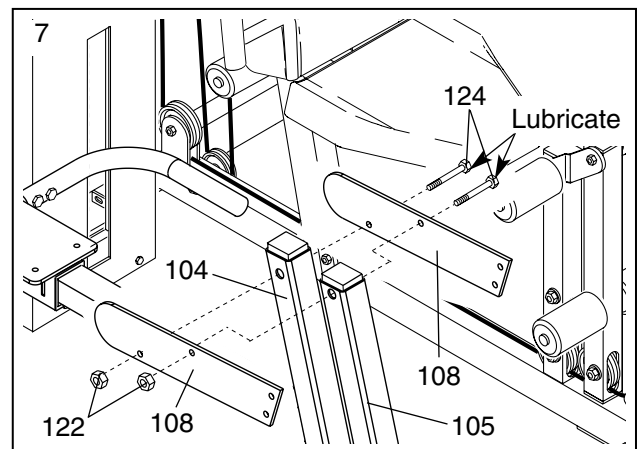
Press two 2" Square Inner Caps (112) into the Rear and Forward Press Uprights (104, 105).

**Do not over tighten the Bolts; the Press Uprights must be able to pivot freely.**



- Lubricate two 3/8" x 3 1/4" Bolts (124). Attach the Press Plates (108) to the Rear and Forward Press Uprights (104, 105) with the Bolts and two 3/8" Jam Nuts (122).

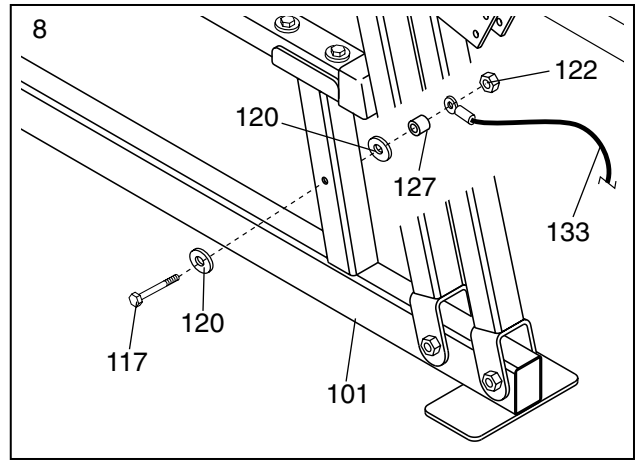
**Do not over tighten the Bolts; the Press Uprights must be able to pivot freely.**



# Cable Assembly

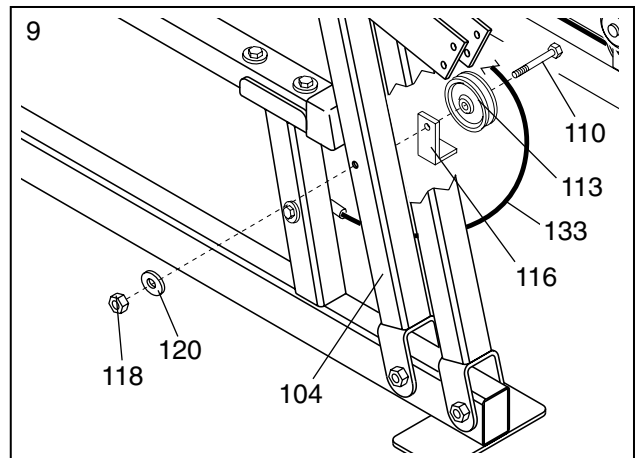
## 8. Open the parts bag labeled "CABLE ASSEMBLY."

Attach the Cable (133) to the indicated hole in the Press Base (101) with a 3/8" x 3" Bolt (117), two 3/8" Washers (120), a 5/8" x 1/4" Spacer (127), and a 3/8" Nylon Jam Nut (122). **Note: Do not over tighten the Jam Nut; the Cable must be able to pivot easily.**



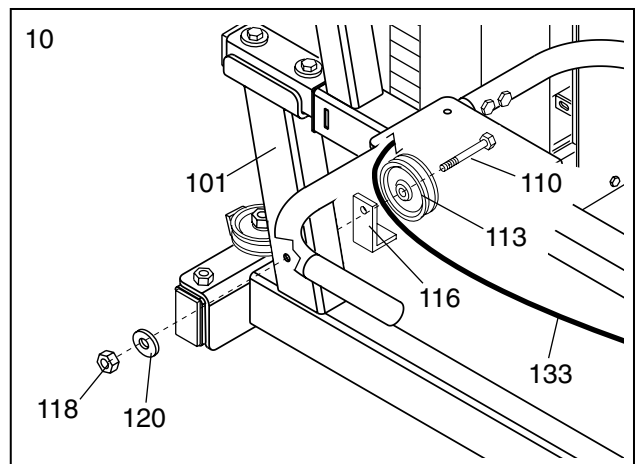
## 9. Wrap the Cable (133) around a 4" Pulley (113) and attach the Pulley and a Cable Trap (116) to the Rear Press Upright (104) with a 3/8" x 3 3/4" Bolt (110), a 3/8" Washer (120), and a 3/8" Nylon Locknut (118).

**Make sure that the Cable (133) is routed in the direction shown.**

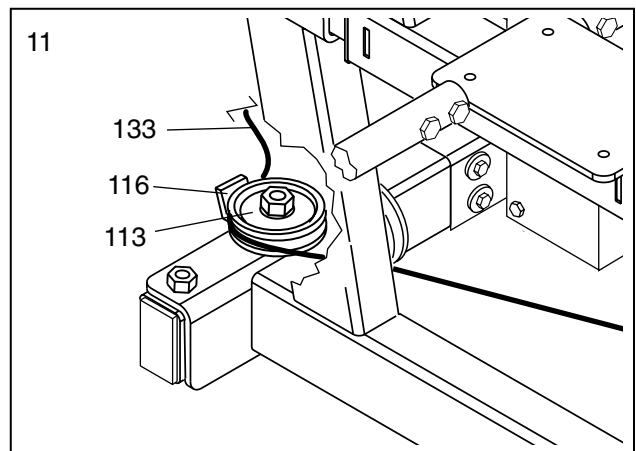


## 10. Wrap the Cable (133) around a 4" Pulley (113) and attach the Pulley and a Cable Trap (116) to the Press Frame (101) with a 3/8" x 3 3/4" Bolt (110), a 3/8" Washer (120), and a 3/8" Nylon Locknut (118).

**Make sure that the Cable (133) is routed in the direction shown.**



## 11. Slide the end of the Cable (133) between the 4" Pulley (113) and the Cable Trap (116) assembled in step one.





12. Wrap the Cable (133) around a 4" Pulley (113) and attach the Pulley and a Cable Trap (116) to the welded bracket on the stabilizer with a 3/8" x 2" Bolt (121) and a 3/8" Nylon Locknut (118).

**IMPORTANT:** If you are assembling the leg press accessory at the same time as your weight system, continue with Assembly Option A, below. If your weight system is already assembled, continue with Assembly Option B, on page 11.

**Note:** At this point you will begin using parts from both the leg press accessory and your weight system. Pay attention to key numbers as they will correspond to two different part lists.

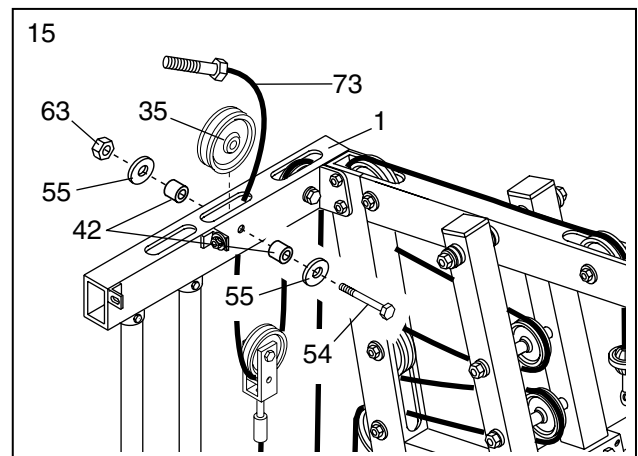
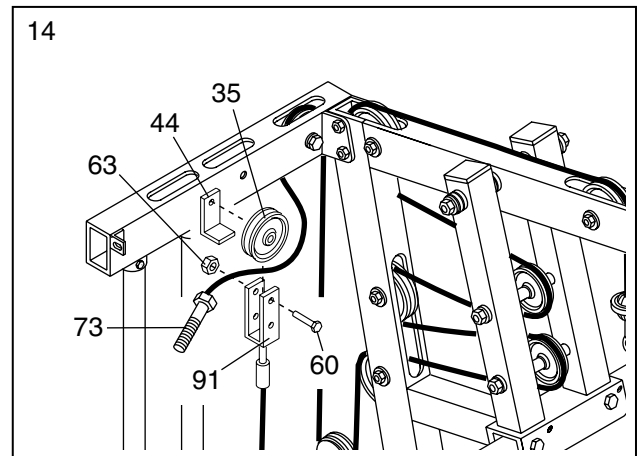
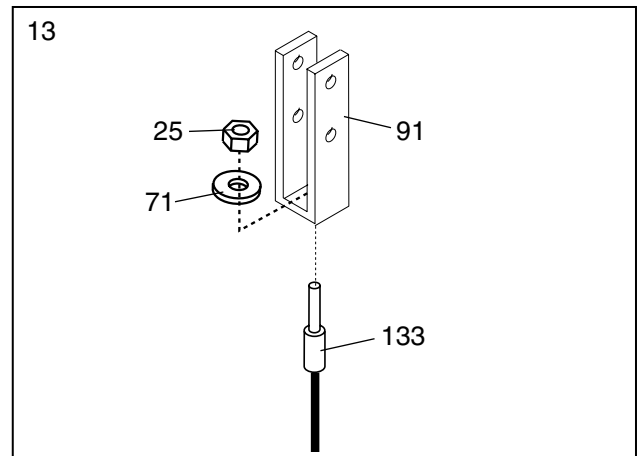
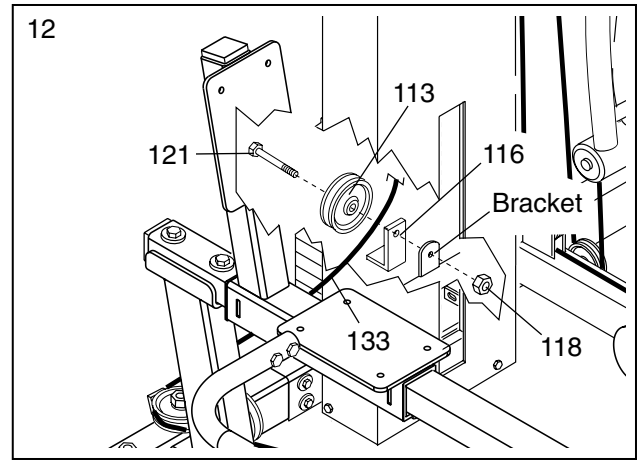
## Assembly Option A

13. Locate the Pulley Bracket (91), one 1/4" Flat Washer (71), and one 1/4" Nylon Locknut (25) that came with your weight system. Attach the end of the Cable (133) to the Pulley Bracket with the Flat Washer and the Nylon Locknut.

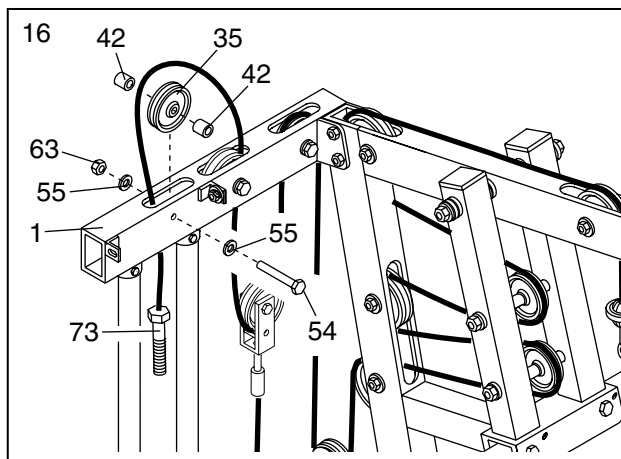
14. Install the High Cable (73) to the point indicated as instructed in your weight system manual. Substitute the following steps for those in the manual to complete the installation of the High Cable.

Wrap the High Cable (73) around a 4" Pulley (35) and attach the Pulley and a Cable Trap (44) to the top hole in the Pulley Bracket (91) with a 3/8" x 1 3/4" Bolt (60) and a 3/8" Nylon Locknut (63).

15. Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown and attach the Pulley to the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Locknut (63).



16. Wrap the High Cable (73) around a 4" Pulley (35) in the direction shown and attach the Pulley to the Top Frame (1) with a 3/8" x 2 1/2" Bolt (54), two 3/8" Flat Washers (55), two 5/8" x 1/2" Pulley Bushings (42), and a 3/8" Nylon Locknut (63).

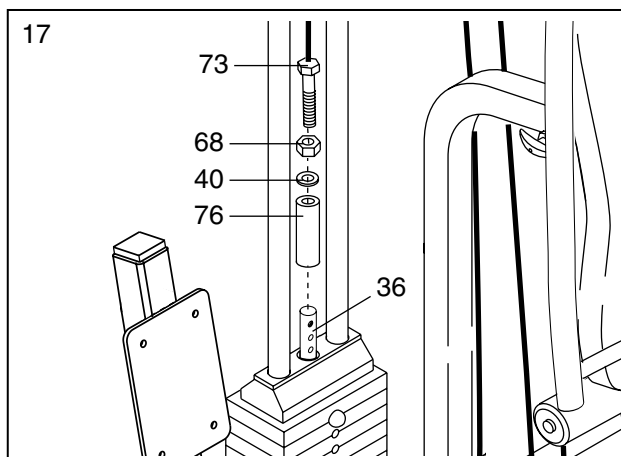


17. Thread the 1/2" Plain Nut (68) part way onto the bolt at the end of the High Cable (73).

Place the 1 1/2" Flat Washer (40) on top of the Weight Tube (36) and the Long Bushing (76).

Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube (36).

When all Cables (73, 72 [not shown], 133 [not shown]) are tight, tighten the 1/2" Plain Nut (68) onto the 1 1/2" Flat Washer (40).

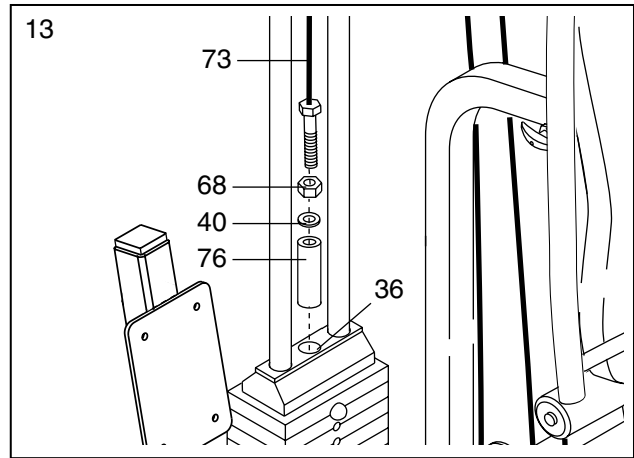


**Go to the Seat And Plate Assembly section on page 12 and continue with step 18.**

## Assembly Option B

13. Loosen the 1/2" Plain Nut (68) on the bolt at the end of the High Cable (73). Detach the bolt from the top of the Weight Tube (36) and the Long Bushing (76).

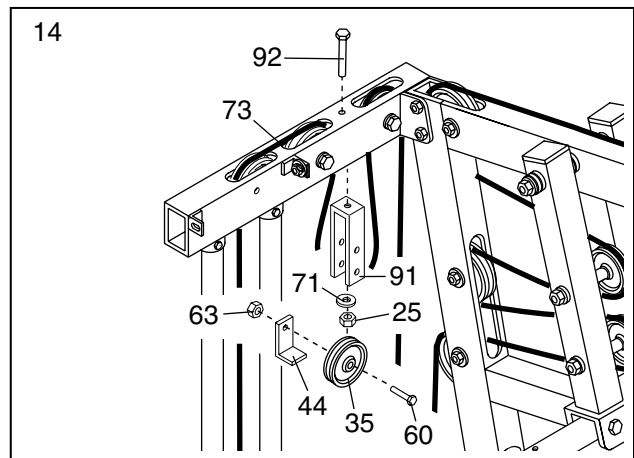
Remove the 1 1/2" Flat Washer (40) and the Long Bushing (76). Put them where you can easily find them later.



14. Locate the Pulley Bracket (91) on your weight system. Detach the Pulley Bracket from the Top Frame (1) and discard the 1/4" x 3 3/4" Bolt (92). Save the 1/4" Flat Washer (71) and the 1/4" Nylon Locknut (25).

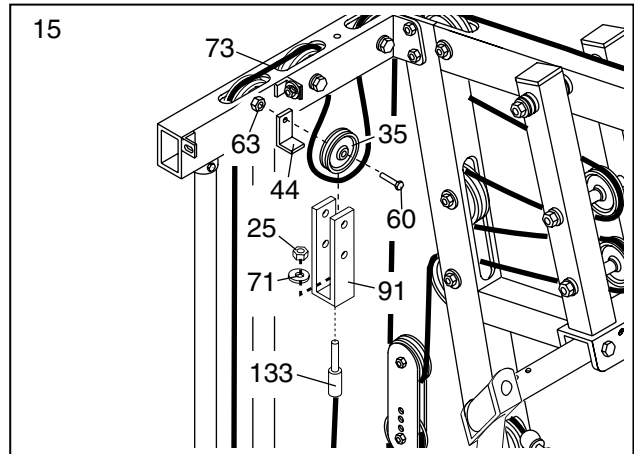
Remove the 4" Pulley (35), the Cable Trap (44), the 3/8" x 1 3/4" Bolt (60), and the 3/8" Nylon Locknut (63) from the Pulley Bracket. Put them where you can easily find them later.

Note: This step will leave a loop of High Cable (73) hanging from the Top Frame. This is required for the next step.



15. Turn the Pulley Bracket (91) over and attach the end of the Cable (133) to the Pulley Bracket with the 1/4" Washer (71) and the 1/4" Nylon Locknut (25) removed in step 14.

Wrap the loop of High Cable (73) around the 4" Pulley (35) that was removed in step 14. Attach the Pulley and the Cable Trap (44) to the top hole in the Pulley Bracket (91) with the 3/8" x 1 3/4" Bolt (60) and the 3/8" Nylon Locknut (63) removed in step 14.

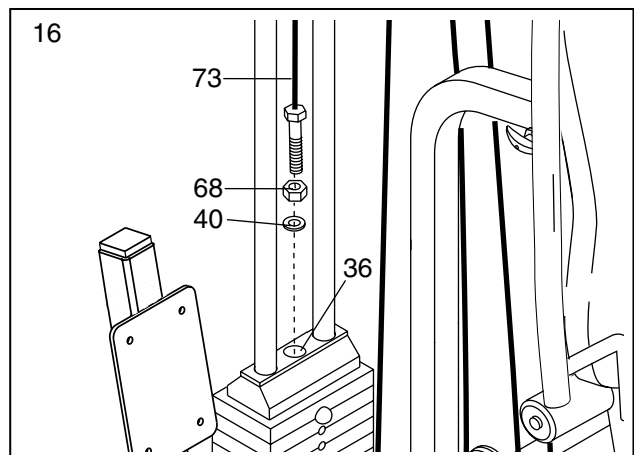


16. Replace the 1 1/2" Flat Washer (40) on top of the Weight Tube (36).

Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube (36).

When all Cables (73, 72 [not shown], 133 [not shown]) are tight, tighten the 1/2" Plain Nut (68) onto the 1 1/2" Flat Washer (40).

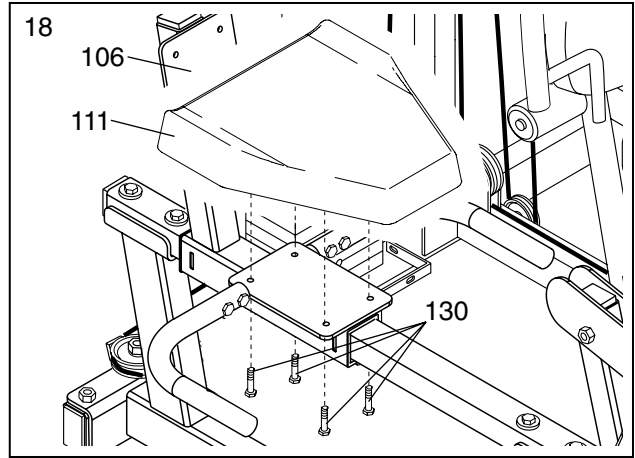
**Go to the Seat And Plate Assembly section on page 12 and continue with step 18.**



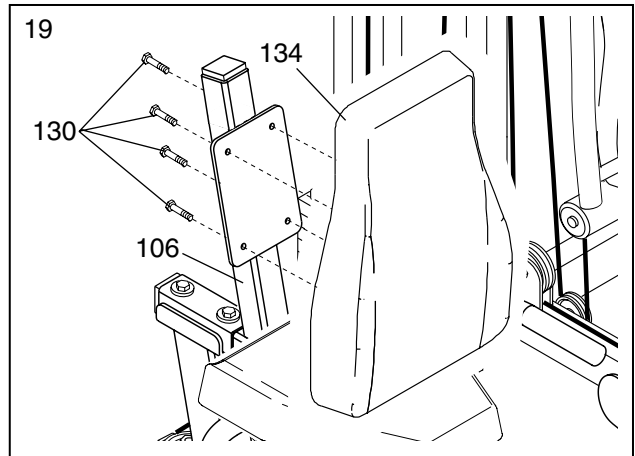
## Seat and Plate Assembly

18. Open the parts bag labeled "SEAT ASSEMBLY."

Attach the Seat (111) to the Seat Frame (106) with four 1/4" x 3/4" Bolts (130).

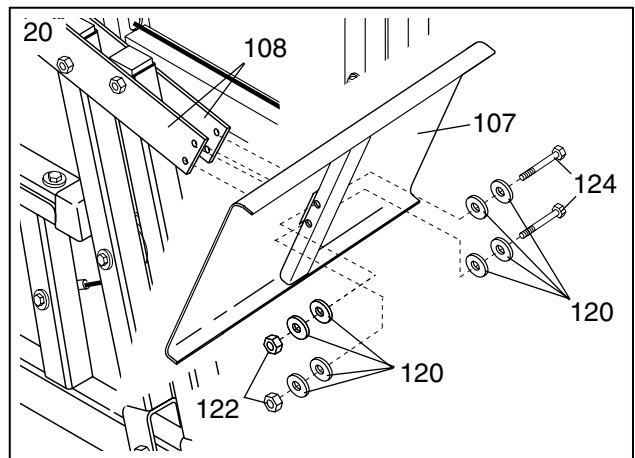


19. Attach the Backrest (134) to the Seat Frame (106) with four 1/4" x 3/4" Bolts (130).



20. Attach the Foot Press (107) to the Press Plates (108) with two 3/8" x 3 1/4" Bolts (124), four 3/8" Washers (120), and two 3/8" Jam Nuts (122).

**Note: All eight of the 3/8" Flat Washers (120) must be between the Press Plates (108) and the welded tube on the Foot Press (107).**

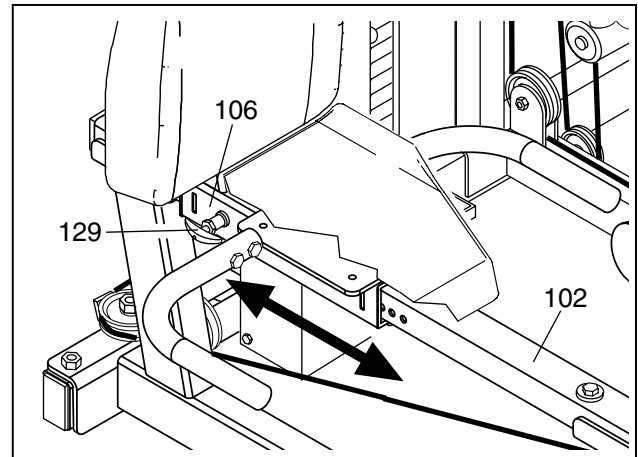


# Adjustment

The instructions below describe how the leg press accessory can be adjusted. **IMPORTANT: If there is any slack in the cables as an exercise is performed, the effectiveness of the exercise will be reduced.**

## Adjusting the Seat

To adjust the position of the Seat Frame (106), unscrew the handle of the Adjustment Knob (129) until it is loose. Pull out the handle as far as it will go and slide the Seat Frame to the desired position. Release the handle and snap the Adjustment Knob into one of the adjustment holes in the Press Frame (102). Retighten the handle.



# Using the Leg Press Accessory

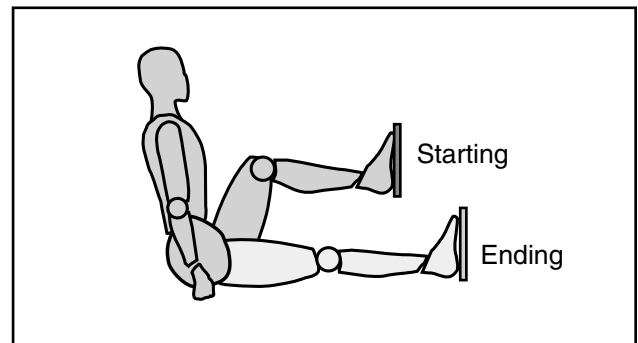
To exercise with the leg press accessory, select the appropriate amount of weight from the weight stack and follow the directions below.

**For the approximate weight resistance of each weight plate, see the chart on page 14.**

## LEG PRESS

Sit on the bench and place your feet on the plate as shown. Press forward until your legs are fully extended. Do not lock your knees. Return to the starting position.

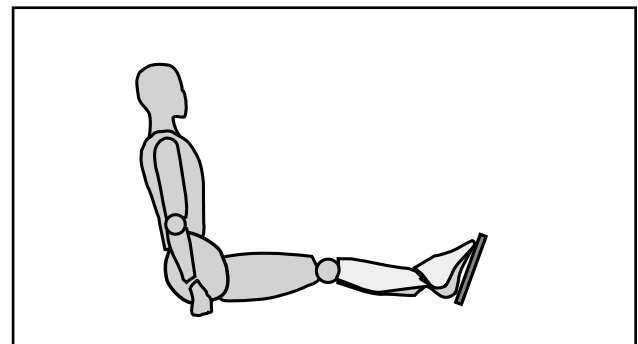
**Muscles affected: quadriceps, gastrocnemius**



## CALF PRESS

Sit on the bench and place your feet on the plate. Keep your arms at your sides and push the plate as far as possible with your toes, pushing up your heels. Return to the starting position.

**Muscles affected: gastrocnemius**



# Weight Resistance Chart

This chart shows the approximate weight resistance for the leg press accessory. "Top" refers to the 10 lb. top weight. The other numbers refer to the 10 lb. weight plates. Note: The actual resistance may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.

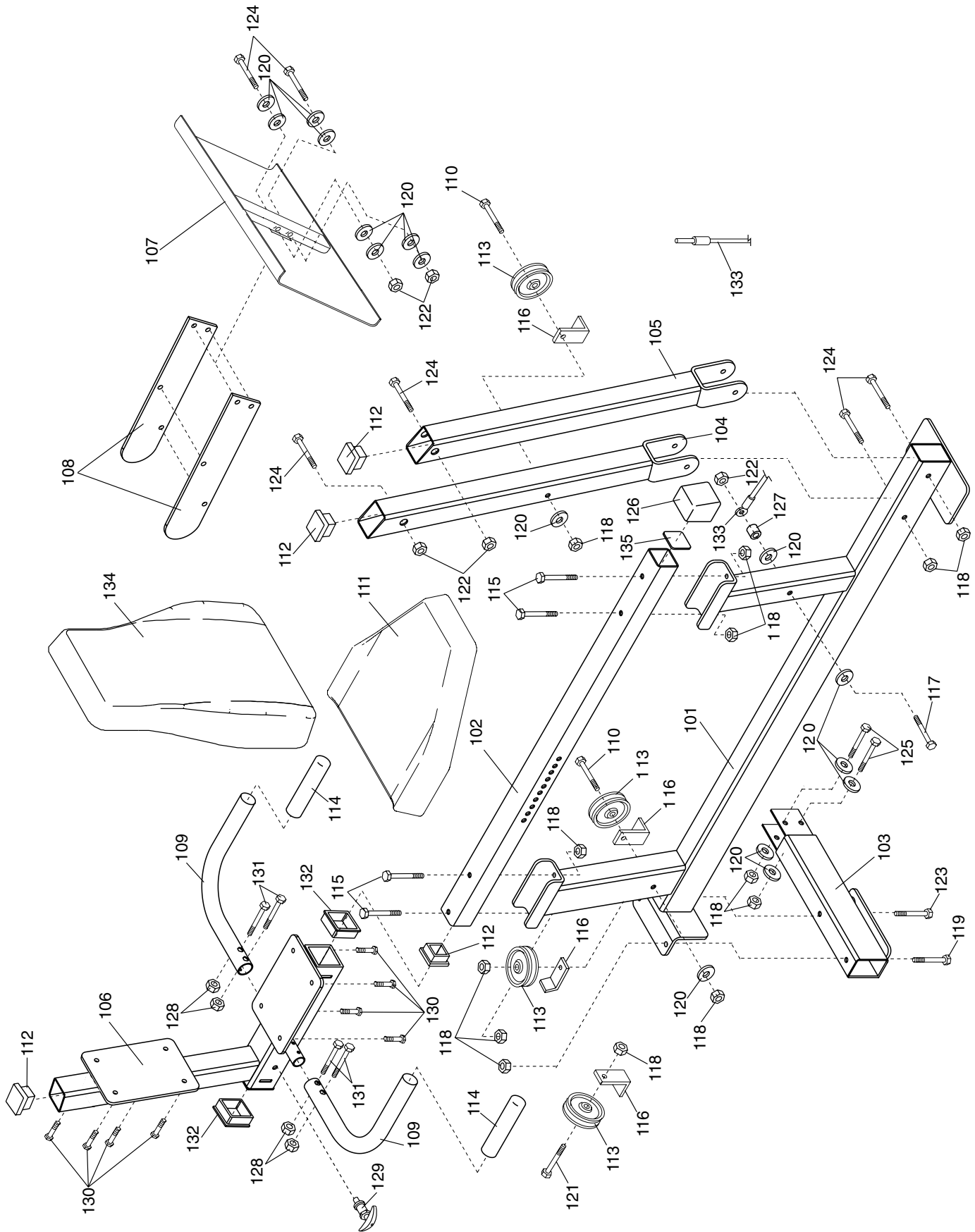
| Weight Plates | Leg Press (lbs.) | Weight Plates | Leg Press (lbs.) |
|---------------|------------------|---------------|------------------|
| Top           | 28               | 10            | 259              |
| 1             | 51               | 11            | 282              |
| 2             | 74               | 12            | 305              |
| 3             | 97               | 13            | 328              |
| 4             | 120              | 14            | 351              |
| 5             | 143              | 15            | 374              |
| 6             | 167              | 16            | 397              |
| 7             | 190              | 17            | 420              |
| 8             | 213              | 18            | 443              |
| 9             | 236              | 19            | 466              |

## Part List—Model No. NTSA03990

R0201A

| Key No. | Qty. | Description             | Key No. | Qty. | Description                 |
|---------|------|-------------------------|---------|------|-----------------------------|
| 101     | 1    | Press Base              | 119     | 1    | 3/8" x 3 3/4" Carriage Bolt |
| 102     | 1    | Press Frame             | 120     | 16   | 3/8" Washer                 |
| 103     | 1    | Base Support            | 121     | 1    | 3/8" x 2" Bolt              |
| 104     | 1    | Rear Press Upright      | 122     | 5    | 3/8" Nylon Jam Nut          |
| 105     | 1    | Forward Press Upright   | 123     | 1    | 3/8" x 5" Bolt              |
| 106     | 1    | Seat Frame              | 124     | 6    | 3/8" x 3 1/4" Bolt          |
| 107     | 1    | Foot Press              | 125     | 2    | 3/8" x 2 3/4" Bolt          |
| 108     | 2    | Press Plate             | 126     | 1    | 2" Angle Cap                |
| 109     | 2    | Handle                  | 127     | 1    | 5/8" x 1/4" Spacer          |
| 110     | 2    | 3/8" x 3 3/4" Bolt      | 128     | 4    | 1/4" Nylon Locknut          |
| 111     | 1    | Seat                    | 129     | 1    | Adjustment Knob             |
| 112     | 4    | 2" Square Inner Cap     | 130     | 8    | 1/4" x 3/4" Bolt            |
| 113     | 4    | 4" Pulley               | 131     | 4    | 1/4" x 1 1/2" Bolt          |
| 114     | 2    | Hand Grip               | 132     | 2    | Seat Frame Bushing          |
| 115     | 4    | 3/8" x 3" Carriage Bolt | 133     | 1    | Cable                       |
| 116     | 4    | Cable Trap              | 134     | 1    | Backrest                    |
| 117     | 1    | 3/8" x 3" Bolt          | 135     | 1    | Support Plate               |
| 118     | 13   | 3/8" Nylon Locknut      | #       | 1    | User's Manual               |

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.



# 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:

- The MODEL NUMBER of the product (NTSA03990)
- The NAME of the product (NordicTrack® Leg Press Accessory)
- 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 EXPLODED DRAWING on pages 14 and 15).

## Limited Warranty

**WHAT IS COVERED**—The entire NordicTrack® Leg Press Accessory (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the product for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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.

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No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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