

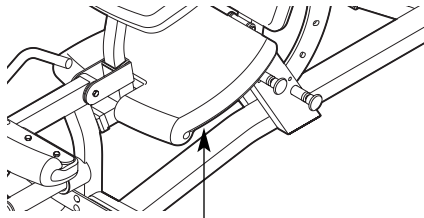
NordicTrack®

STRENGTH COMBINATION BENCH

Model No. NTB14921

Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

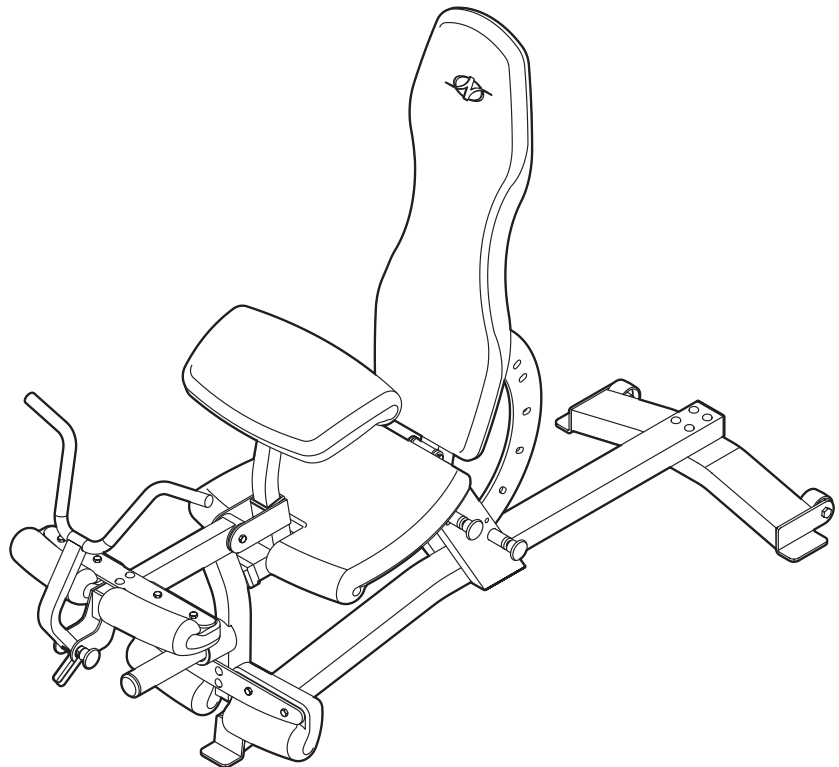
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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.

CUSTOMER HOT LINE:

1-888-825-2588

Mon.–Fri., 6 a.m.–6 p.m. MST



USER'S MANUAL

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

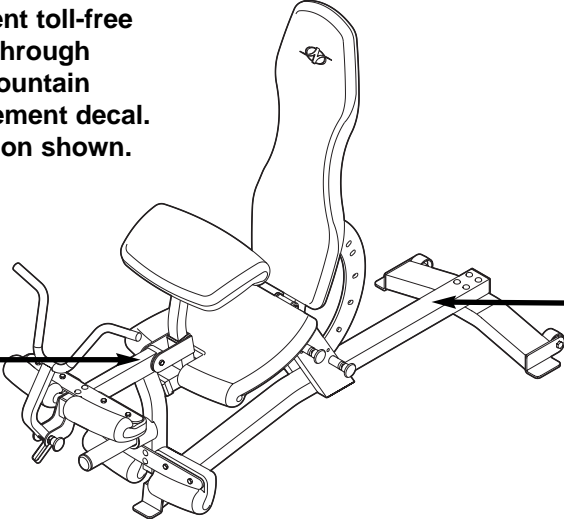
*new products, prizes,
fitness tips, and much more!*

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WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench. If a 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 decal in the location shown.



WARNING
Keep hands and fingers clear of this area.

WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

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 any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The weight bench is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 610 pounds. Do not use the weight bench with more than 310 pounds of weight. Do not place more than 150 pounds on the leg lever. Note: The weight bench does not include weights.
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.

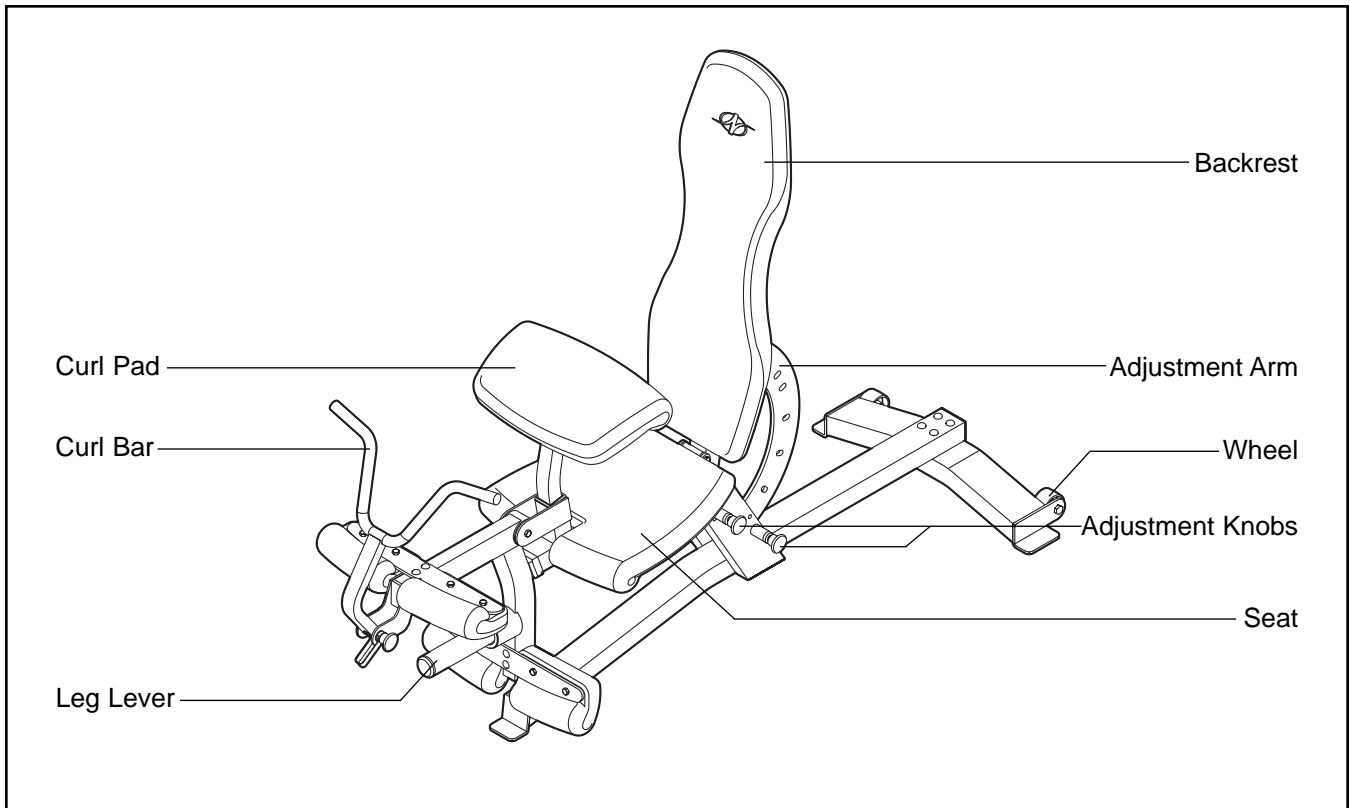
BEFORE YOU BEGIN

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

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

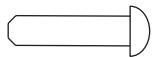
toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTB14921. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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

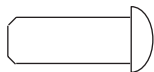


PART IDENTIFICATION CHART

Refer to 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 14 of this manual. **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.**



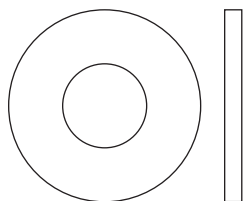
M4 x 16mm Screw (41)



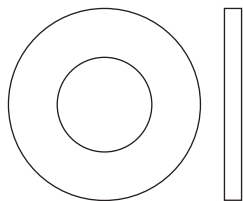
M6 x 16mm Screw (38)



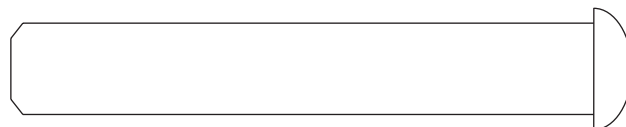
M10 x 63mm Button Head Bolt (37)



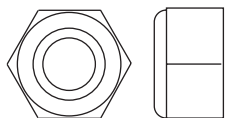
M10 Washer (33)



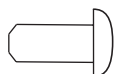
M12 Washer (40)



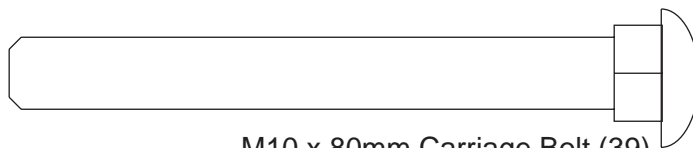
M12 x 77mm Button Head Bolt (36)



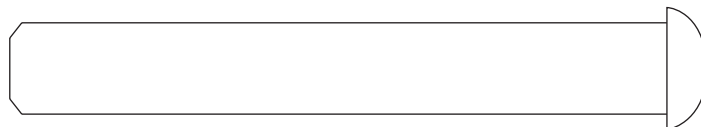
M10 Nylon Locknut (32)



M5 x 11mm
Screw (51)



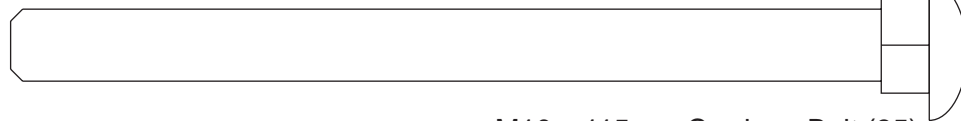
M10 x 80mm Carriage Bolt (39)



M12 x 87mm Button Head Bolt (34)



M12 Nylon Locknut (47)



M10 x 115mm Carriage Bolt (35)

ASSEMBLY

Make Things Easier for Yourself





This manual is designed to ensure that the weight bench can be assembled successfully by anyone. 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.
- For help identifying small parts, use the **PART IDENTIFICATION CHART** on page 5.
- 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.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The included Allen wrenches and 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.

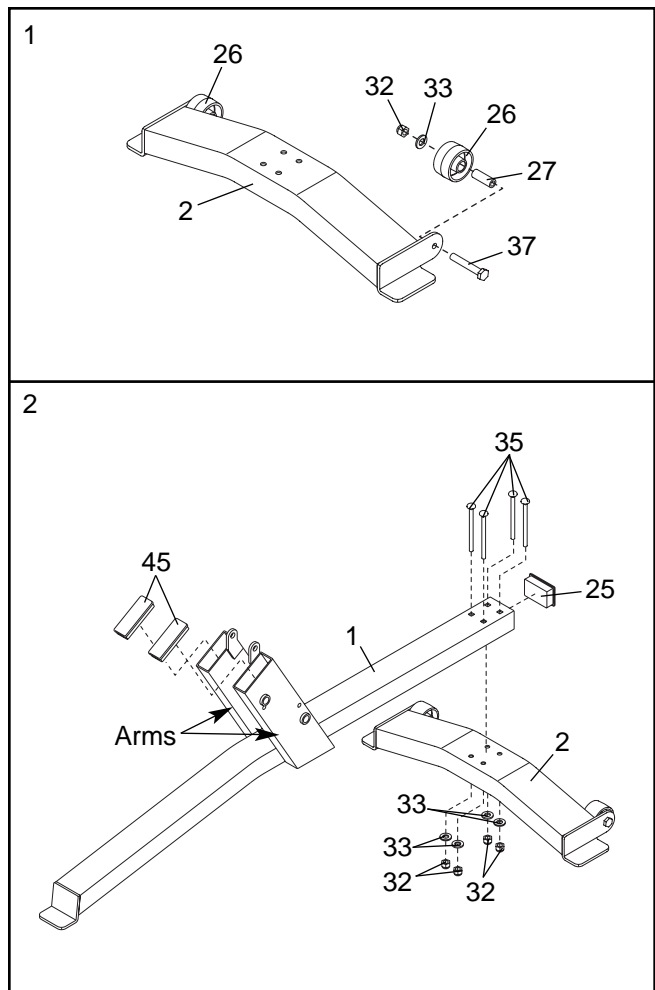
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

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

Attach a Wheel (26) to the Stabilizer (2) with an M10 x 63mm Button Head Bolt (37), an 15mm x 43mm Axle (27), an M10 Washer (33), and an M10 Nylon Locknut (32). **Repeat this step with the other Wheel.**

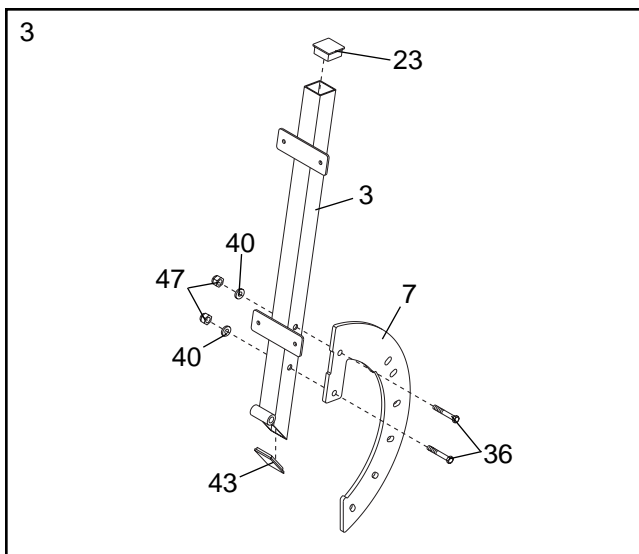
2. Press a 50mm x 75mm Inner Cap (25) into the Frame (1). Press two 38mm x 100mm Inner Caps (45) into the top of the arms on the Frame.

Attach the Frame (1) to the Stabilizer (2) with four M10 x 115mm Carriage Bolts (35), four M10 Washers (33), and four M10 Nylon Locknuts (32).



3. Press a 50mm Square Inner Cap (23) into the top of the Backrest Frame (3). Press a 50mm Square Angled Inner Cap (43) into the bottom of the Backrest Frame.

Attach the Adjustment Arm (7) to the Backrest Frame (3) with two M12 x 77mm Button Head Bolts (36), two M12 Washers (40), and two M12 Nylon Locknuts (47). **Do not tighten the Locknuts yet.**



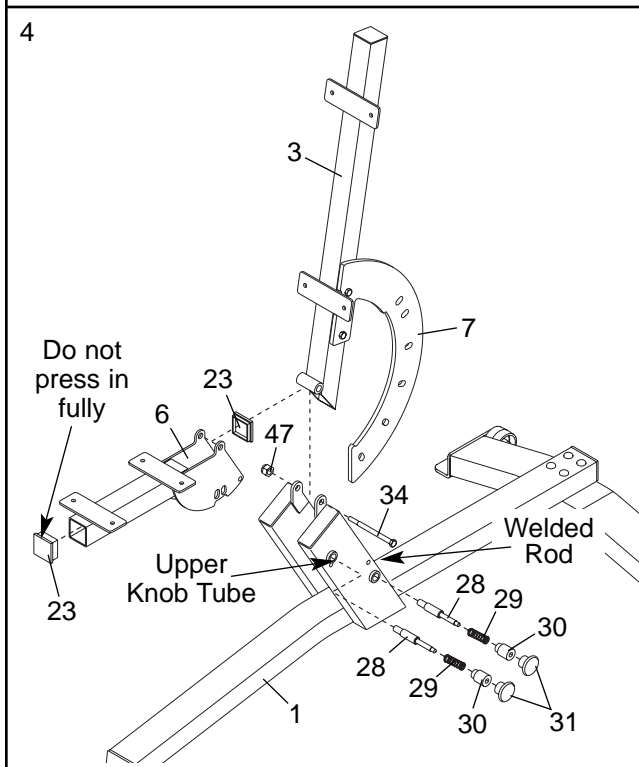
4. Attach the two Pop Pins (28), two Springs (29), two Threaded Collars (30), and two Adjustment Knobs (31) to the Frame (1).

Press two 50mm Square Inner Caps (23) into the Seat Frame (6). **Do not press the indicated Cap all the way into the Frame; this Cap will be removed later.**

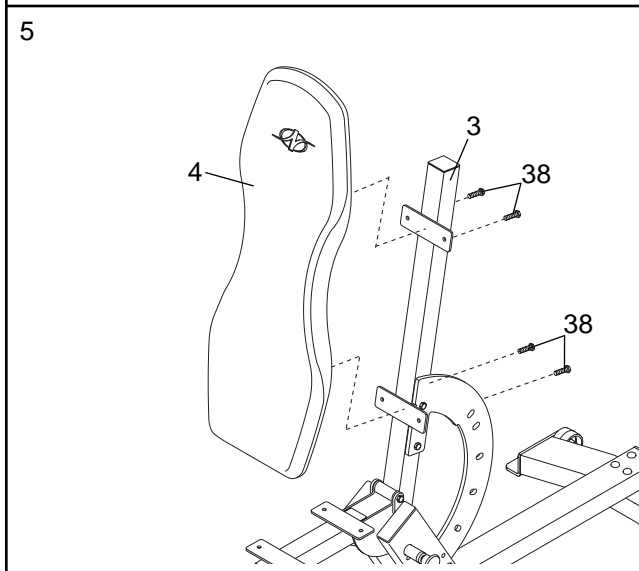
Have a second person pull the upper Adjustment Knob (31) out as far as it will go. Engage the Pop Pin (28) into a hole in the Seat Frame (6).

Lubricate the M12 x 87mm Button Head Bolt (34) with grease. With the Adjustment Arm (7) under the welded rod, attach the Backrest Frame (3) and the Seat Frame (6) to the Frame (1) with the Bolt and an M12 Nylon Locknut (47). **Do not overtighten the Locknut; the Backrest and Seat Frames must be able to pivot easily.**

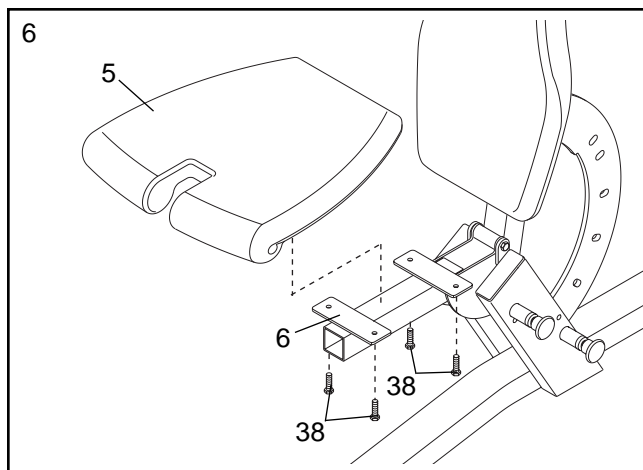
Pull the lower Adjustment Knob (31) out as far as it will go. Engage the Pop Pin (28) into the Adjustment Arm (7). **Make sure the Pin is in the center of the hole in the Adjustment Arm. Tighten the two M12 Nylon Locknuts (not shown) used in step 3.**



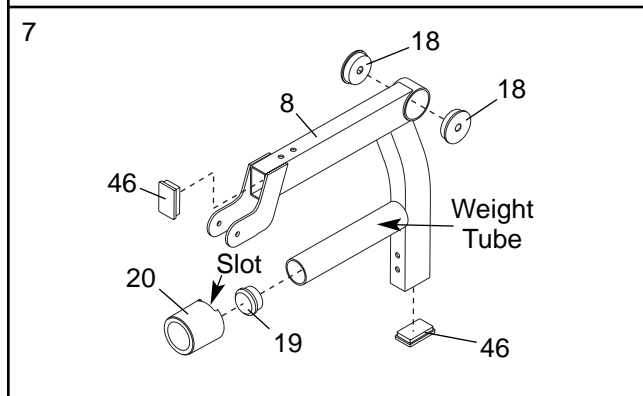
5. Attach the Backrest (4) to the Backrest Frame (3) with four M6 x 16mm Screws (38).



- Attach the Seat (5) to the Seat Frame (6) with four M6 x 16mm Screws (38).

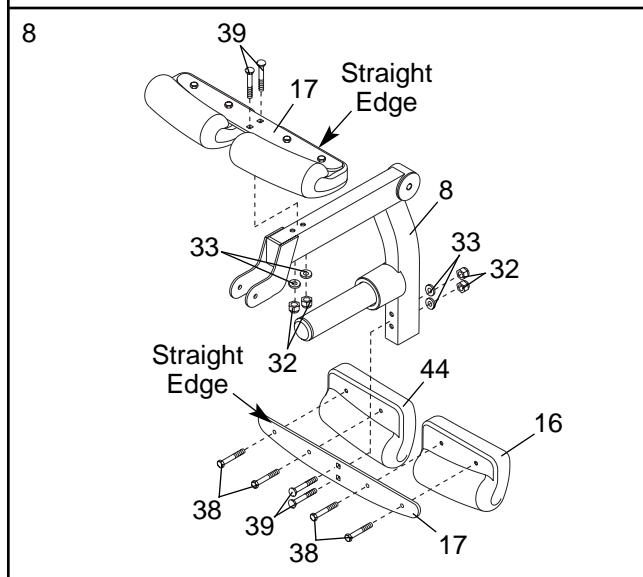


- Press two 40mm x 60mm Inner Caps (46) into the Leg Lever (8). Press two 60mm Round Bushings (18) into the Leg Lever. Press a 48mm Round Inner Cap (19) into the weight tube. Slide the Weight Tube Spacer (20) onto the weight tube. **Make sure the slot fits around the Leg Lever.**



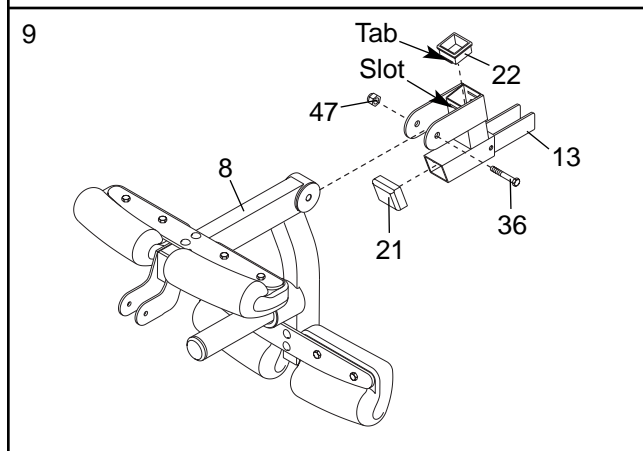
- Attach a set of Pads (16, 44) to a Pad Brace (17) with four M6 x 16mm Screws (38). **Make sure the Pads and the Pad Brace are oriented as shown. Repeat with the other set of Pads and the other Pad Brace.**

Attach a Pad Brace (17) to the Leg Lever (8) with two M10 x 80mm Carriage Bolts (39), two M10 Washers (33), and two M10 Nylon Locknuts (32). **Attach the other Pad Brace to the Leg Lever (8) in the same manner.**



- Press the 50mm Square Outer Cap (21) onto the Seat Extension (13). Press the 50mm Square Bushing (22) into the Seat Extension. **Make sure the tabs on the Bushing snap into the slots in the Extension.**

Lubricate an M12 x 77mm Button Head Bolt (36) with grease. Attach the Leg Lever (8) to the Seat Extension (13) with the Bolt and an M12 Nylon Locknut (47). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



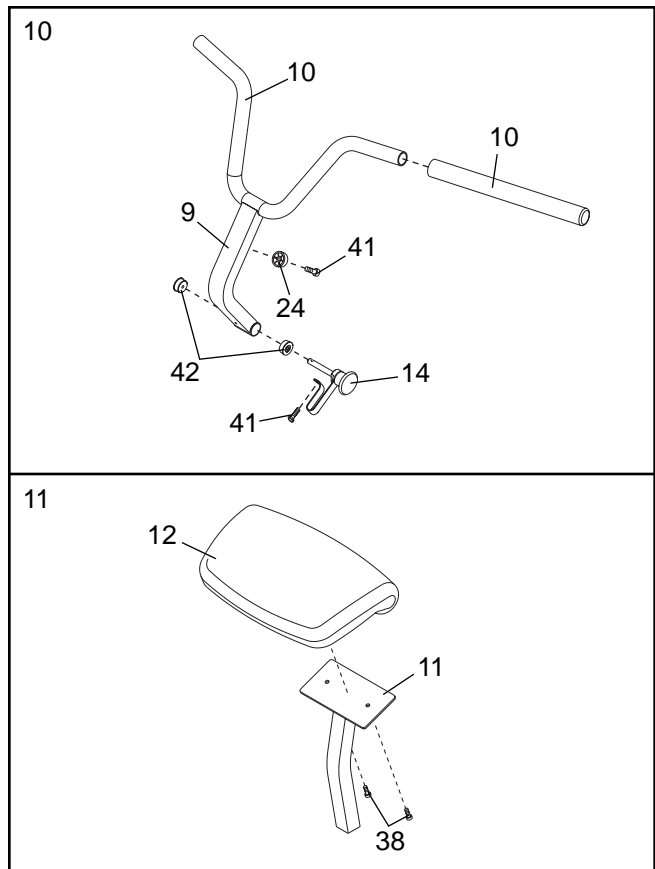
10. Wet the ends of the Curl Bar (9) with soapy water. Slide the two Long Foam Pads (10) onto the Curl Bar. Press two 50mm Round Bushings (42) into the Curl Bar.

Attach the Round Bumper (24) to the Curl Bar (9) with an M4 x 16mm Screw (41).

Insert the Curl Bar Pin (14) into the 50mm Round Bushings (42). Attach the Curl Bar Pin to the Curl Bar (9) with an M4 x 16mm Screw (41).

11. Attach the Curl Pad (12) to the Curl Post (11) with two M6 x 16mm Screws (38).

12. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on the next page.**



ADJUSTMENTS

This section explains how to adjust the weight bench. Refer to the accompanying exercise guide to see the correct form for each exercise.

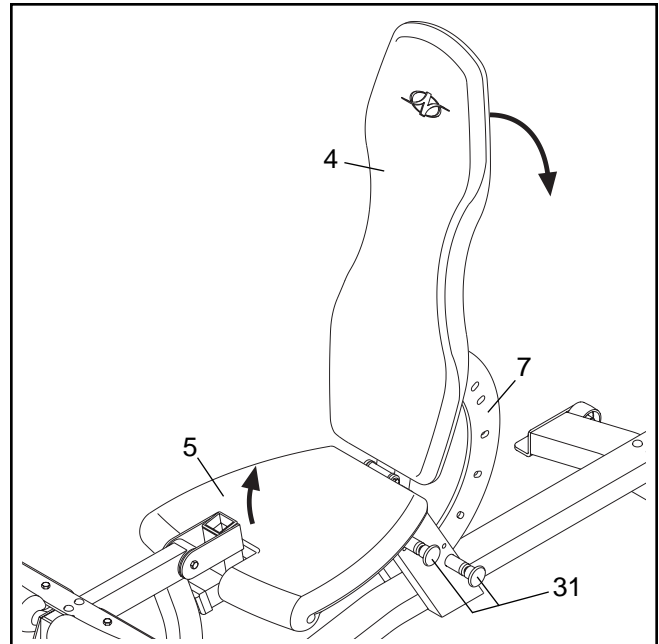
Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST AND SEAT

To adjust the angle of the Backrest (4), hold onto it with one hand and pull the lower Adjustment Knob (31) out. Move the Backrest to the desired position. Reengage the Knob into the Adjustment Arm (7).

Make sure that you hold the Knob, to keep your hands from being pinched.

Adjust the Seat (5) in the same manner, using the upper Adjustment Knob (31).

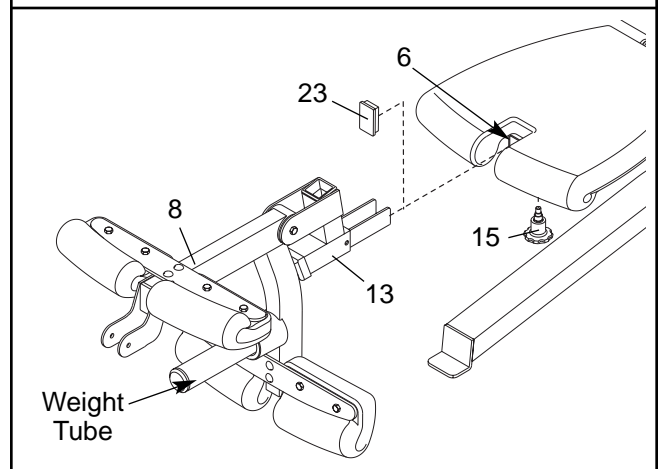


ATTACHING THE LEG LEVER

To use the Leg Lever (8), position the seat in the elevated position (see ADJUSTING THE BACKREST AND SEAT, above). Remove the 50mm Square Inner Cap (23) from the Seat Frame (6). Insert the Seat Extension (13) into the Seat Frame and secure it with a Large Knob (15).

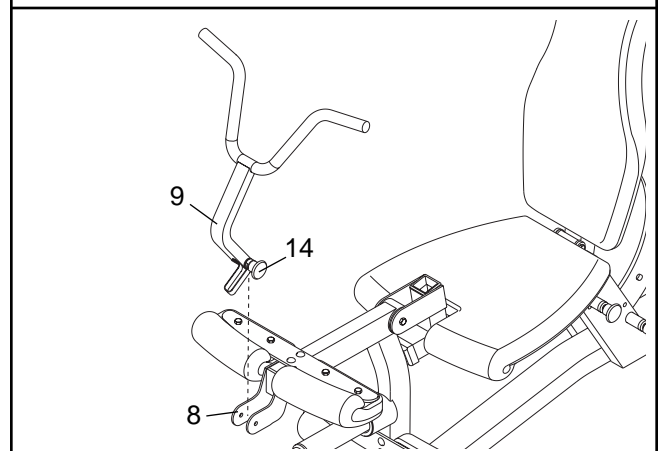
Slide the desired amount of weight (not included) onto the weight tube on the Leg Lever (8).

Replace the 50mm Square Inner Cap (23) into the Seat Frame (6) when the Seat Extension (13) is removed.



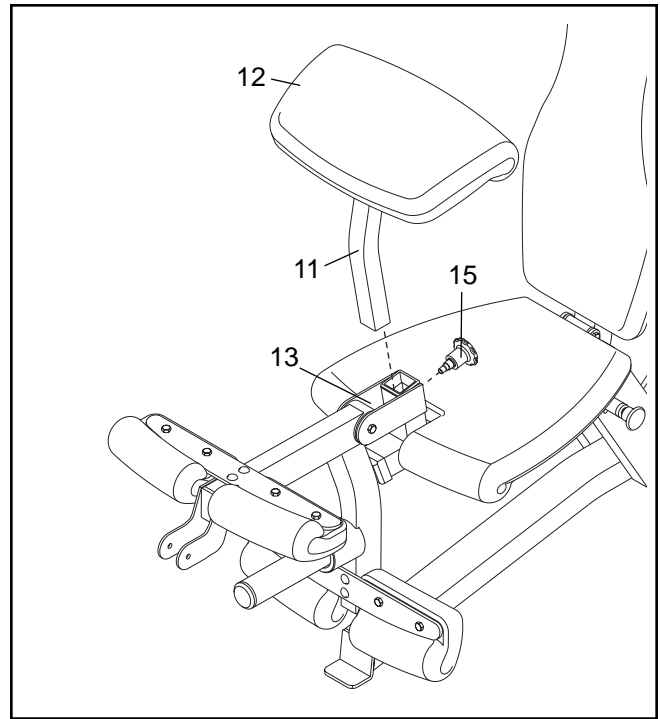
ATTACHING THE CURL BAR

To use the Curl Bar (9), first attach the leg lever to the seat frame (see ATTACHING THE LEG LEVER, above). Then, pull the Curl Bar Pin (14) out as far as it will go. Slide the Curl Bar between the brackets on the Leg Lever (8). Engage the Pin into the Leg Lever and the Curl Bar.



ATTACHING THE CURL PAD

To use the Curl Pad (12), first attach the leg lever to the seat frame (see ATTACHING THE LEG LEVER, on the previous page). Then, insert the Curl Post (11) into the Seat Extension (13) and line up one of the three holes with the hole in the Seat Extension. Secure the Curl Post at the desired height with a Large Knob (15).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

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

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is 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, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

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

EXERCISE FORM

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

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

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

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

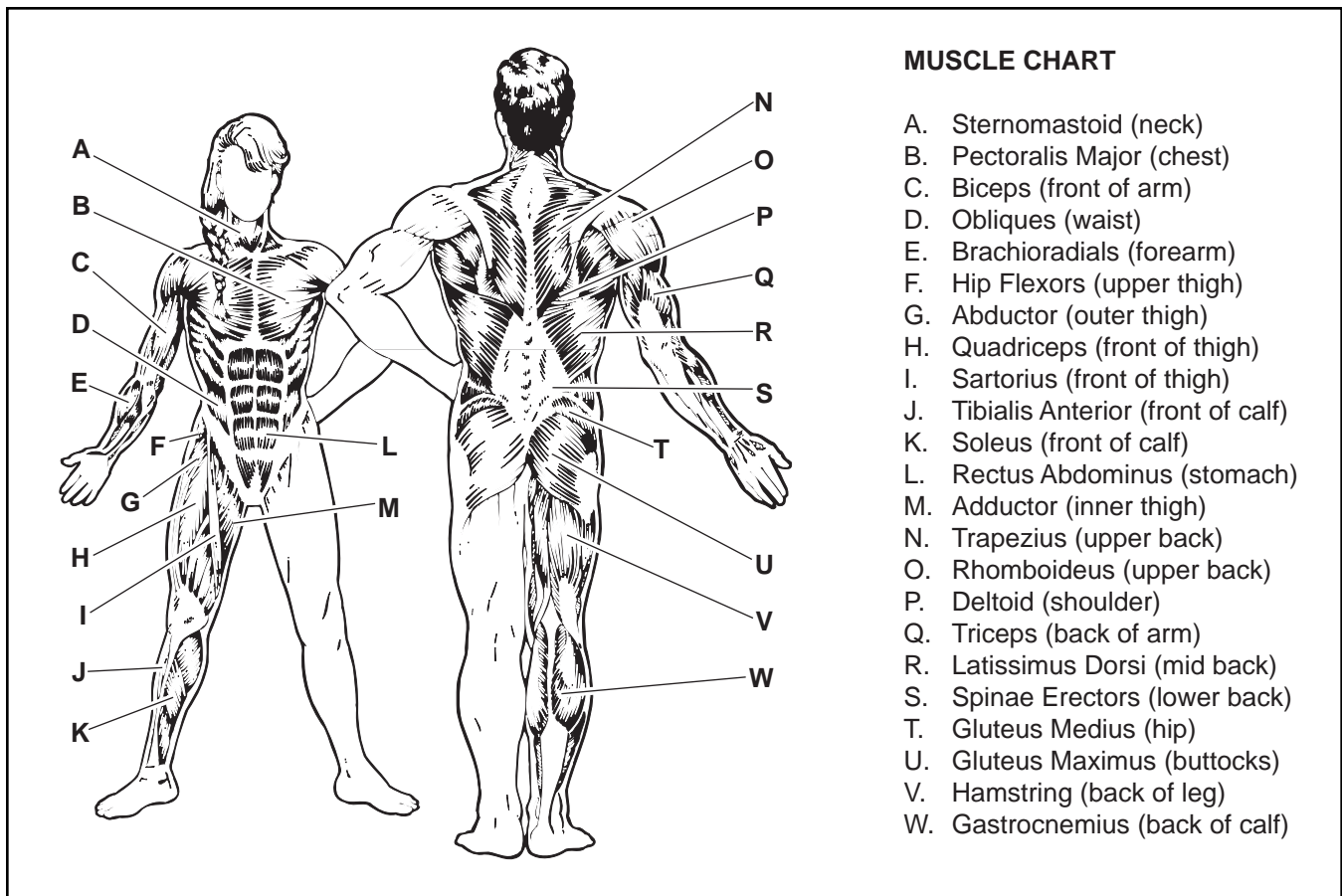
COOLING DOWN

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

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

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



PART LIST—Model No. NTB14921

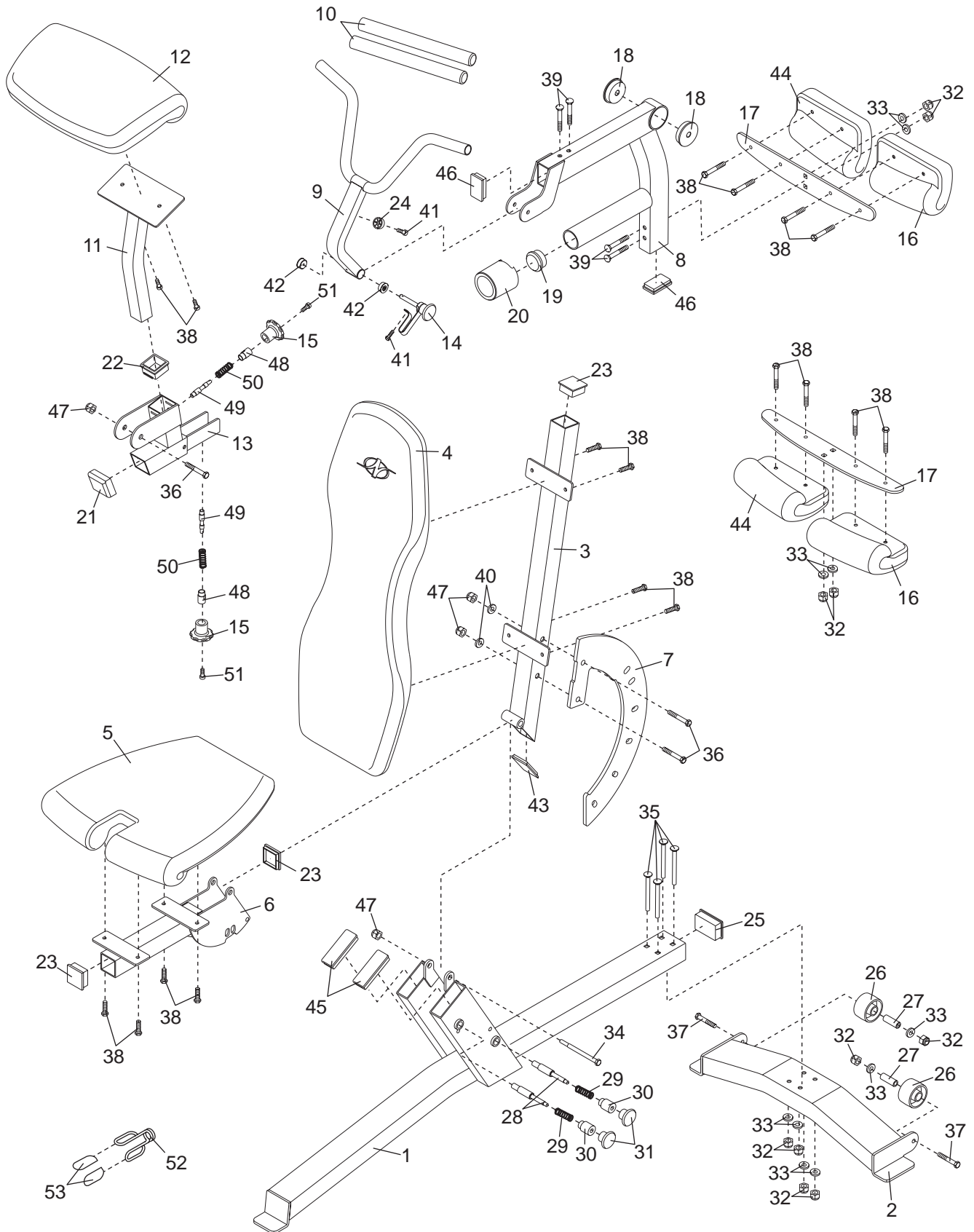
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	2	Threaded Collar
2	1	Stabilizer	31	2	Adjustment Knob
3	1	Backrest Frame	32	10	M10 Nylon Locknut
4	1	Backrest	33	10	M10 Washer
5	1	Seat	34	1	M12 x 87mm Button Head Bolt
6	1	Seat Frame	35	4	M10 x 115mm Carriage Bolt
7	1	Adjustment Arm	36	3	M12 x 77mm Button Head Bolt
8	1	Leg Lever	37	2	M10 x 63mm Button Head Bolt
9	1	Curl Bar	38	18	M6 x 16mm Screw
10	2	Long Foam Pad	39	4	M10 x 80mm Carriage Bolt
11	1	Curl Post	40	2	M12 Washer
12	1	Curl Pad	41	2	M4 x 16mm Screw
13	1	Seat Extension	42	2	50mm Round Bushing
14	1	Curl Bar Pin	43	1	50mm Square Angled Inner Cap
15	2	Large Knob	44	2	Right Leg Pad
16	2	Left Leg Pad	45	2	38mm x 100mm Inner Cap
17	2	Pad Brace	46	2	40mm x 60mm Inner Cap
18	2	60mm Round Bushing	47	4	M12 Nylon Locknut
19	1	48mm Round Inner Cap	48	2	Small Threaded Collar
20	1	Weight Tube Spacer	49	2	Adjustment Pin
21	1	50mm Square Outer Cap	50	2	Short Spring
22	1	50mm Square Bushing	51	2	M5 x 11mm Screw
23	3	50mm Square Inner Cap	52	1	Spring Clip
24	1	Round Bumper	53	2	Spring Clip Cap
25	1	50mm x 75mm Inner Cap	#	1	User's Manual
26	2	Wheel	#	1	Exercise Guide
27	2	15mm x 43mm Axle	#	1	Grease Packet
28	2	Pop Pin	#	1	M8 Allen Wrench
29	2	Spring	#	1	M6 Allen Wrench

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. NTB14921

R1203A



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:

1. The MODEL NUMBER of the product (NTB14921)
2. The NAME of the product (NordicTrack® STRENGTH COMBINATION BENCH weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see pages 14 and 15 of this manual)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® STRENGTH COMBINATION BENCH weight bench ("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 frame for five years after the date of purchase. ICON warrants all other parts 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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