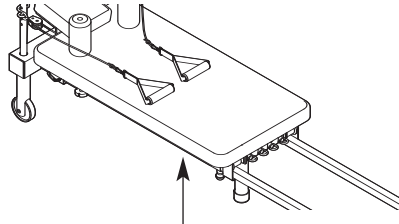


# Pilates by **NordicTrack**<sup>®</sup>

Model No. NTCCBE19520

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

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



Serial Number Decal (under seat)

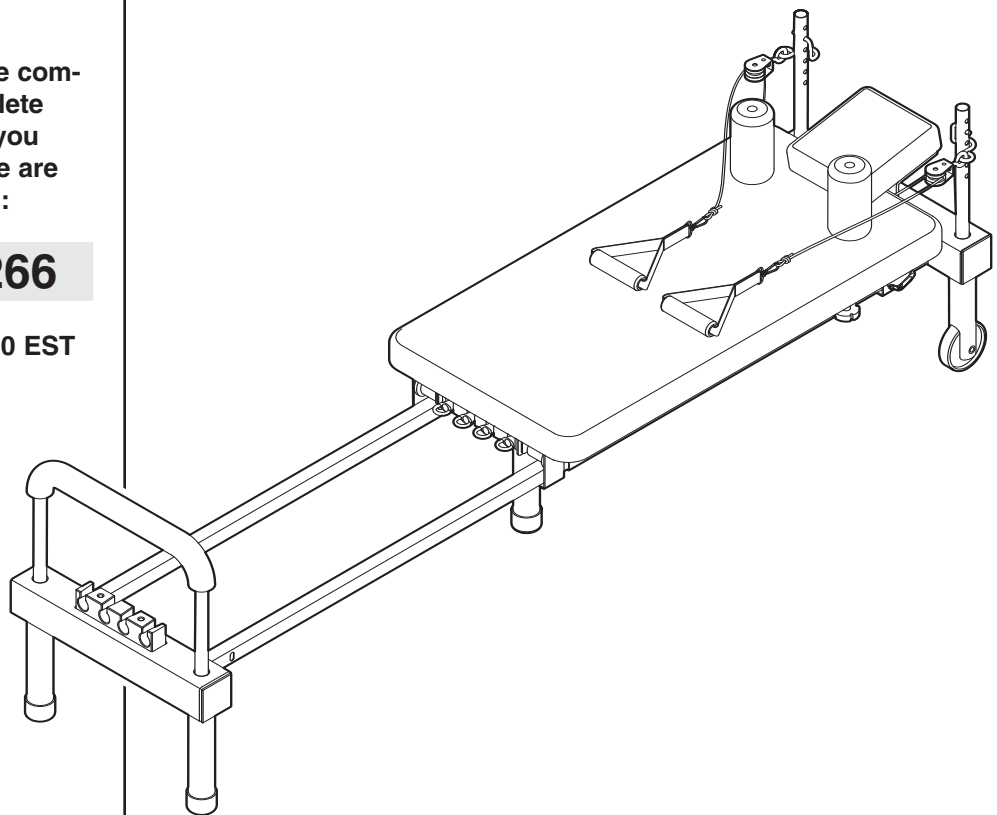
## USER'S MANUAL

### QUESTIONS?

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

**1-888-936-4266**

Mon.–Fri. 8h00 until 18h30 EST  
(excluding holidays).



### **⚠ CAUTION**

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



Visit our website at

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

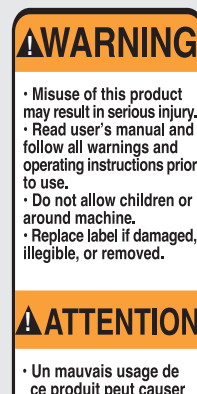
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## IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise bench. Use the exercise bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise bench are adequately informed of all precautions.
3. The exercise bench is intended for home use only. Do not use the exercise bench in any commercial, rental, or institutional setting.
4. Use the exercise bench only on a level surface. Cover the floor beneath the exercise bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the exercise bench. Replace any worn parts immediately.
6. Keep hands and feet away from moving parts.
7. Keep children under 12 and pets away from the exercise bench at all times.
8. Always tie back long hair to prevent it from becoming caught in moving parts or pulleys.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. The exercise bench is designed to support a maximum user weight of 115 kg (250 lbs.).
11. The exercise bench is not designed to be used with weights.
12. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
13. The decal shown here has been placed on the exercise bench in the location shown on page 3. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-888-936-4266 to order a free replacement decal. Apply the replacement 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.

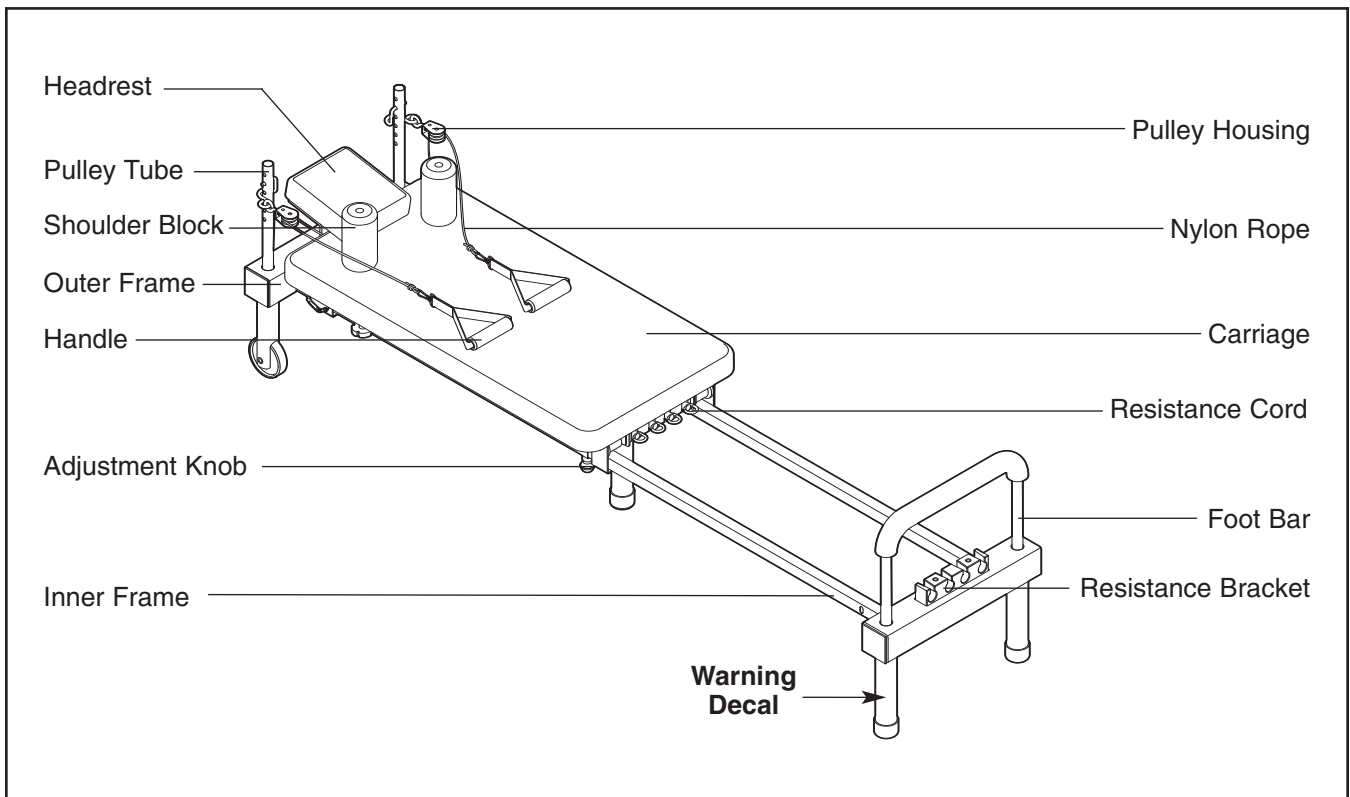
# BEFORE YOU BEGIN

Thank you for selecting the versatile PILATES by NordicTrack® exercise bench. The PILATES exercise bench features more than 500 exercises to develop every major muscle group of the body. Whether your goal is to tone your body, increase muscle size and strength, or improve your cardiovascular system, the PILATES exercise bench will help you to achieve the specific results you want.

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

reading this manual, please call our Customer Service Department toll-free at **1-888-936-4266**, Monday through Friday, 8h00 until 18h00 Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTCCBE19520. The serial number can be found on a decal attached to the exercise 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.



# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the exercise bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.


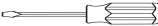


### Before beginning assembly, carefully read the following information and instructions:

- 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 exercise bench, make sure all parts are oriented as shown in the drawings.

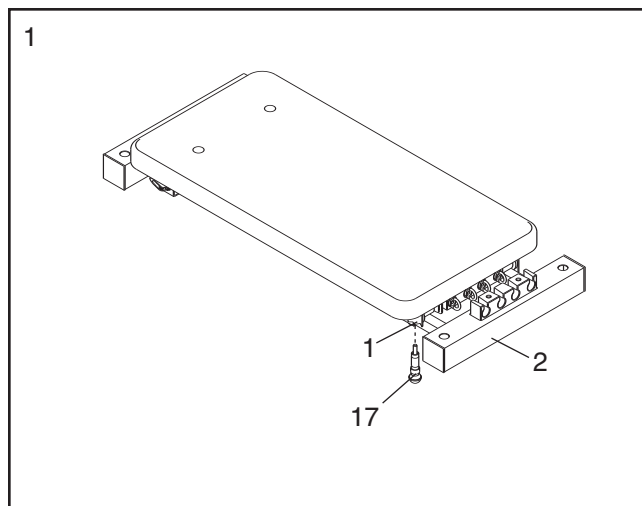
- Assembly requires two people.

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

- **two adjustable wrenches** 
- **one standard screwdriver** 
- **one Phillips screwdriver** 
- **one Rubber Mallet** 

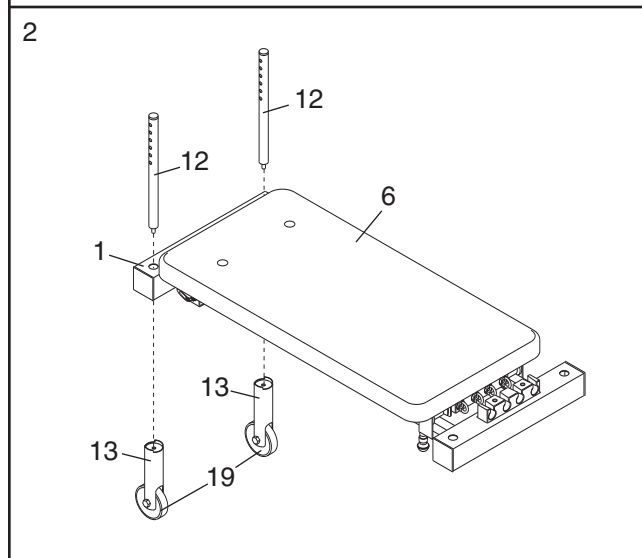
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Tighten the Adjustment Knob (17) into the hole in the bottom of Outer Frame (1), and engage the adjustment hole in the Inner Frame (2).

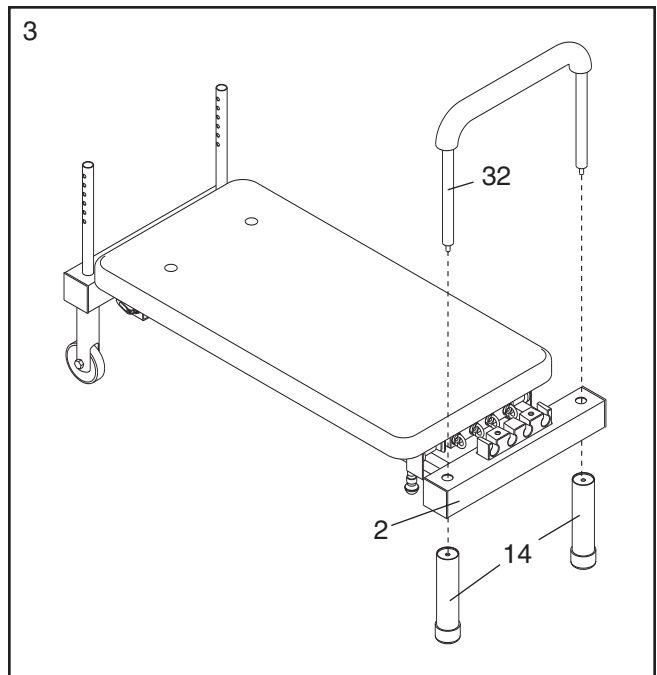


2. Insert a Pulley Tube (12) into the end of the Outer Frame (1). Tighten the Pulley Tube into the top of a Wheel Leg (13). **Note: Be sure that the Wheel (19) attached to the Wheel Leg is parallel to the Carriage (6), and that the holes in the Pulley Tube are parallel to the end of the Outer Frame, as shown.**

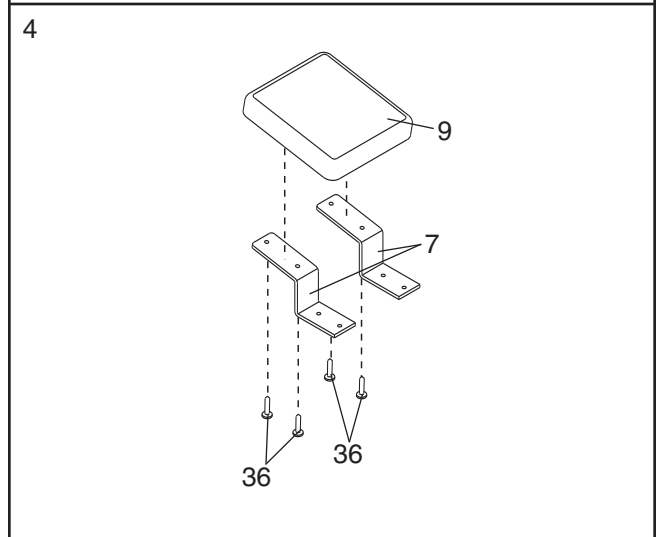
Attach the other Pulley Tube (12) and Wheel Leg (13) in the same manner.



3. Insert the Foot Bar (32) into the end of the Inner Frame (2). Attach two Cap Legs (14) to the ends of the Foot Bar.

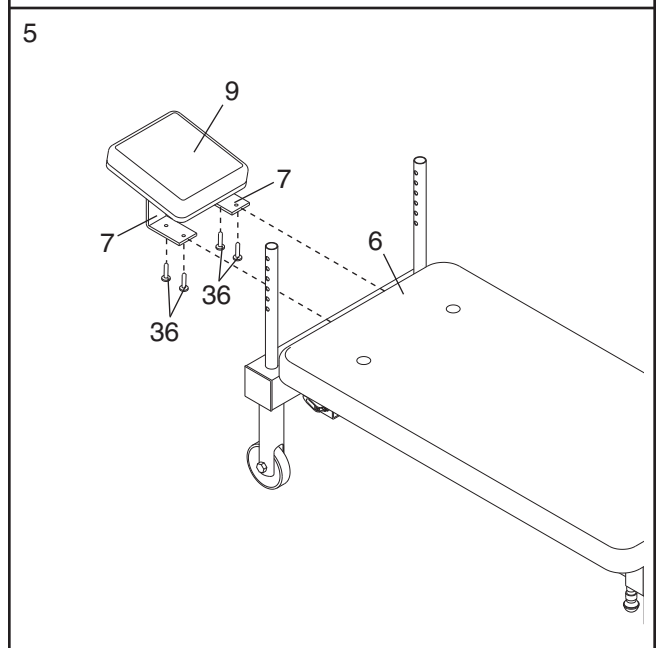


4. Attach the Headrest (9) to the long ends of the pair of Headrest Frames (7) with four M6 x 18mm Screws (36).



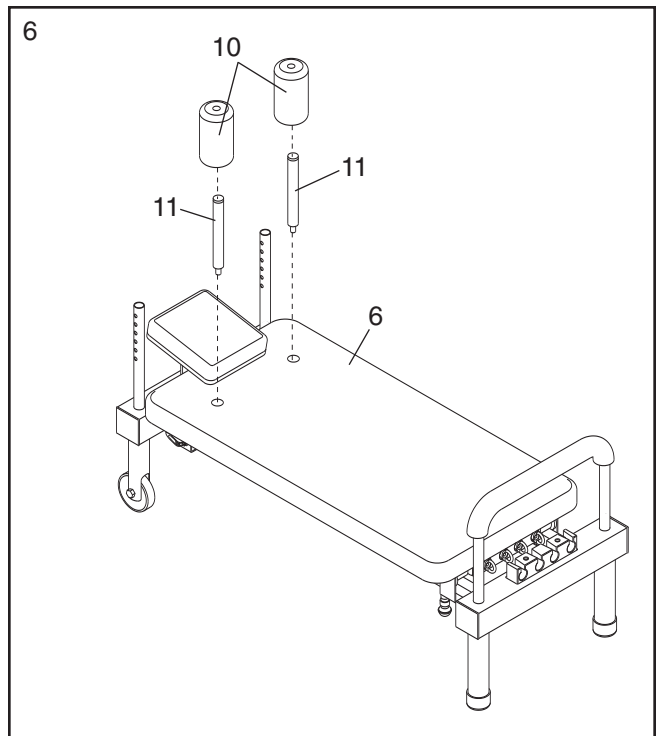
5. Rest the exercise bench on its side for this step.

Attach the pair of Headrest Frames (7) to the bottom of the Carriage (6) with four M6 x 18mm Screws (36). **Be sure that the Headrest (9) is above the Carriage, as shown in step 6.**



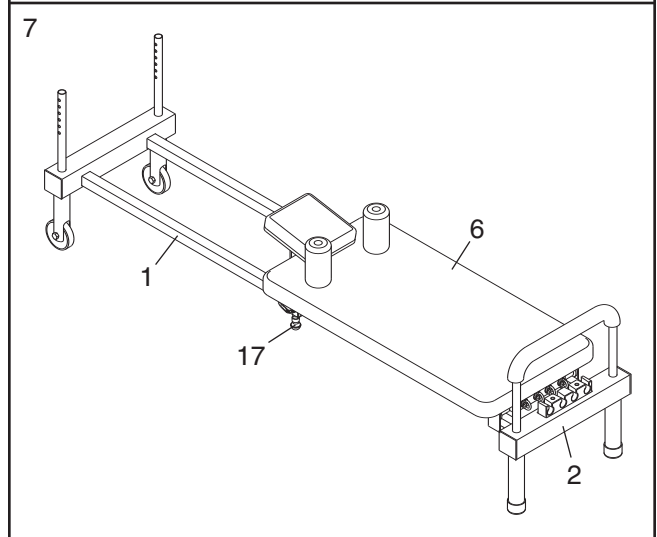
6. Tighten the two Carriage Tubes (11) into the holes in the Carriage (6).

Slide a Shoulder Block (10) onto each Carriage Tube (11).



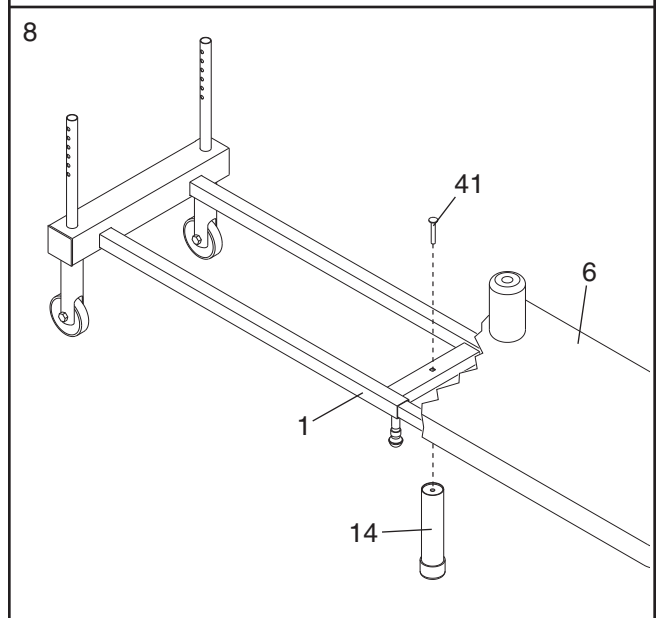
7. Pull the Adjustment Knob (17) out of the Inner Frame (2). Slide the Inner Frame out of the Outer Frame (1) and engage the Knob into the adjustment hole in the Inner Frame.

Slide the Carriage (6) to the indicated end of the exercise bench.



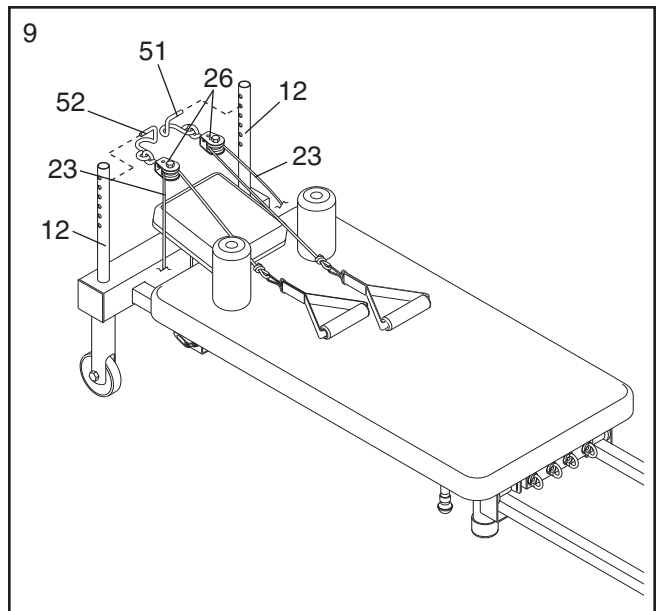
8. Reach under the Carriage (6) and insert an M10 x 50mm Carriage Bolt (41) through the indicated hole in the Outer Frame (1).

Tighten a Cap Leg (14) onto the M10 x 50mm Carriage Bolt (41).



9. Orient the two Pulley Housings (26) as shown. Slide the Eyebolt/Pins (51, 52) into a set of holes in the Pulley Tubes (12).

Route a Nylon Rope (23) through a Pulley Housing (26) in the direction shown. Route the other Nylon Rope through the other Pulley Housing as shown.

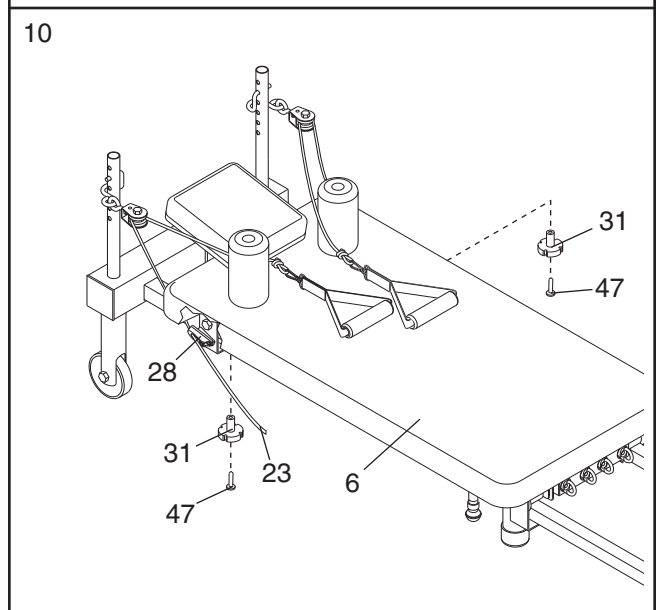


10. Insert the ends of the two Rope Storage Knobs (31) into the square holes in the Carriage Plates (49, not shown). Attach the Rope Storage Knobs to the Carriage (6) with two M6 x 61mm Screws (47).

Route the Nylon Ropes (23) through the Rope Grips (28). Pull on the Ropes so that they are secure in the teeth on the Rope Grips.

Wrap the ends of the Nylon Ropes (23) around the Rope Storage Knobs (31).

11. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.



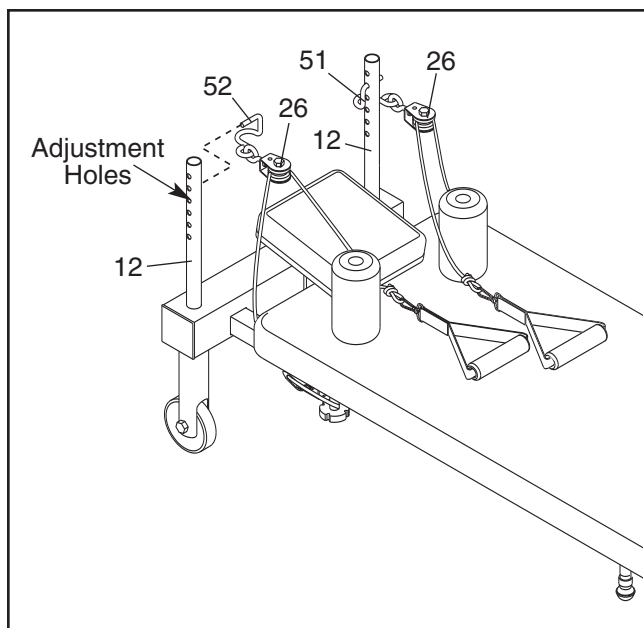
# ADJUSTMENTS

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

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

## ADJUSTING THE PULLEY HEIGHT

To adjust the height of the Pulley Housings (26), pull the Eyebolt/Pins (51, 52) out of the Pulley Tubes (12). Reinsert the Eyebolt/Pins into another set of adjustment holes in the Pulley Tubes.

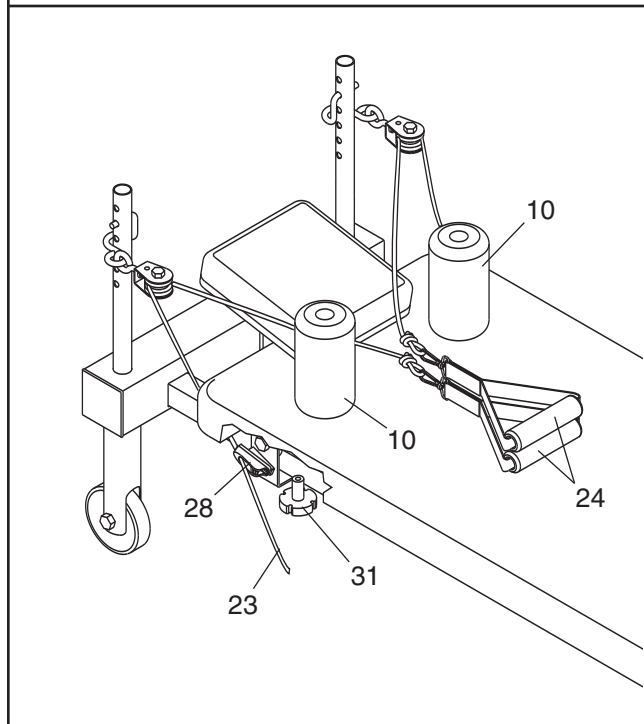


## ADJUSTING THE NYLON ROPE LENGTH

To adjust the length of the Nylon Ropes (23), hold the Handles (24) together between the Shoulder Blocks (10). Pull the Ropes free from the Rope Grip (28) teeth.

Pull a Nylon Rope (23) tight and resecure it in the teeth of the Rope Grip (28). Wrap the end of the Rope around the Rope Storage Knob (31).

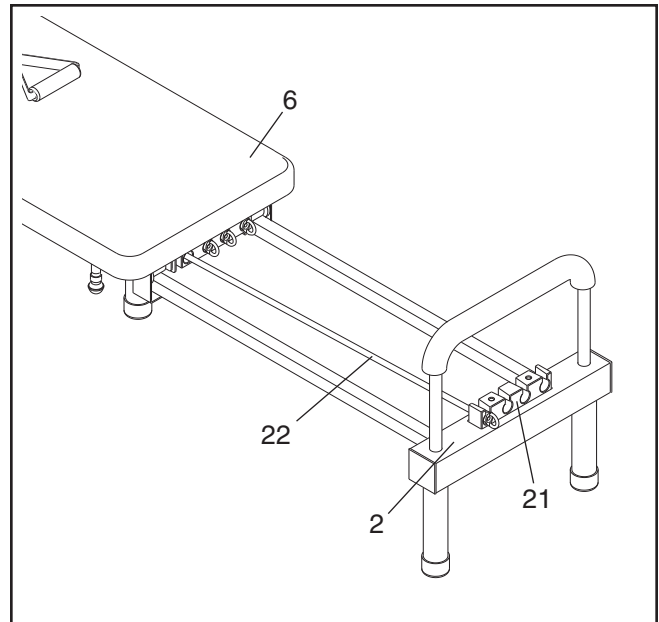
**Repeat with the other Nylon Rope (23).**





## ADDING RESISTANCE

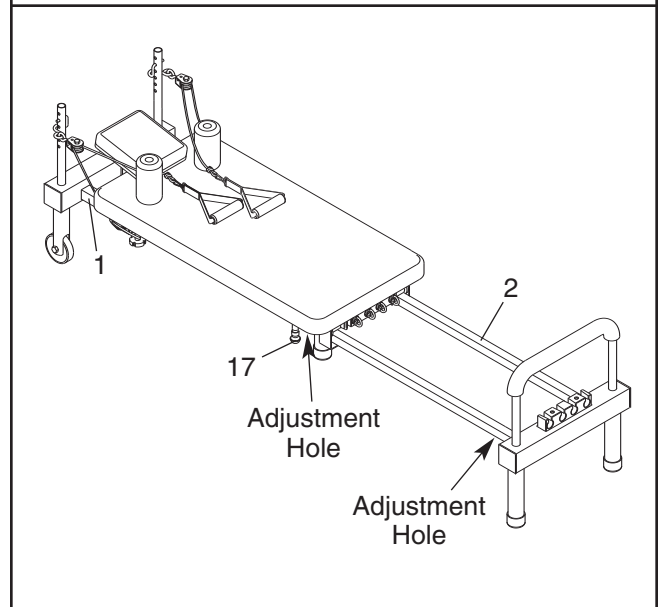
To add resistance to the movement of the Carriage (6), engage a Resistance Cord (22) to the Resistance Bracket (21) on the Inner Frame (2). To add more resistance, engage more Resistance Cords to the Bracket.



## STORING THE EXERCISE BENCH

The exercise bench can be shortened when not in use.

To change the length of the bench, pull the Adjustment Knob (17) out of the Inner Frame (2). Slide the Inner Frame into, or out of, the Outer Frame (1). Engage the Knob into one of the adjustment holes in the Inner Frame (2).



# PART LIST—Model No. NTCCBE19520

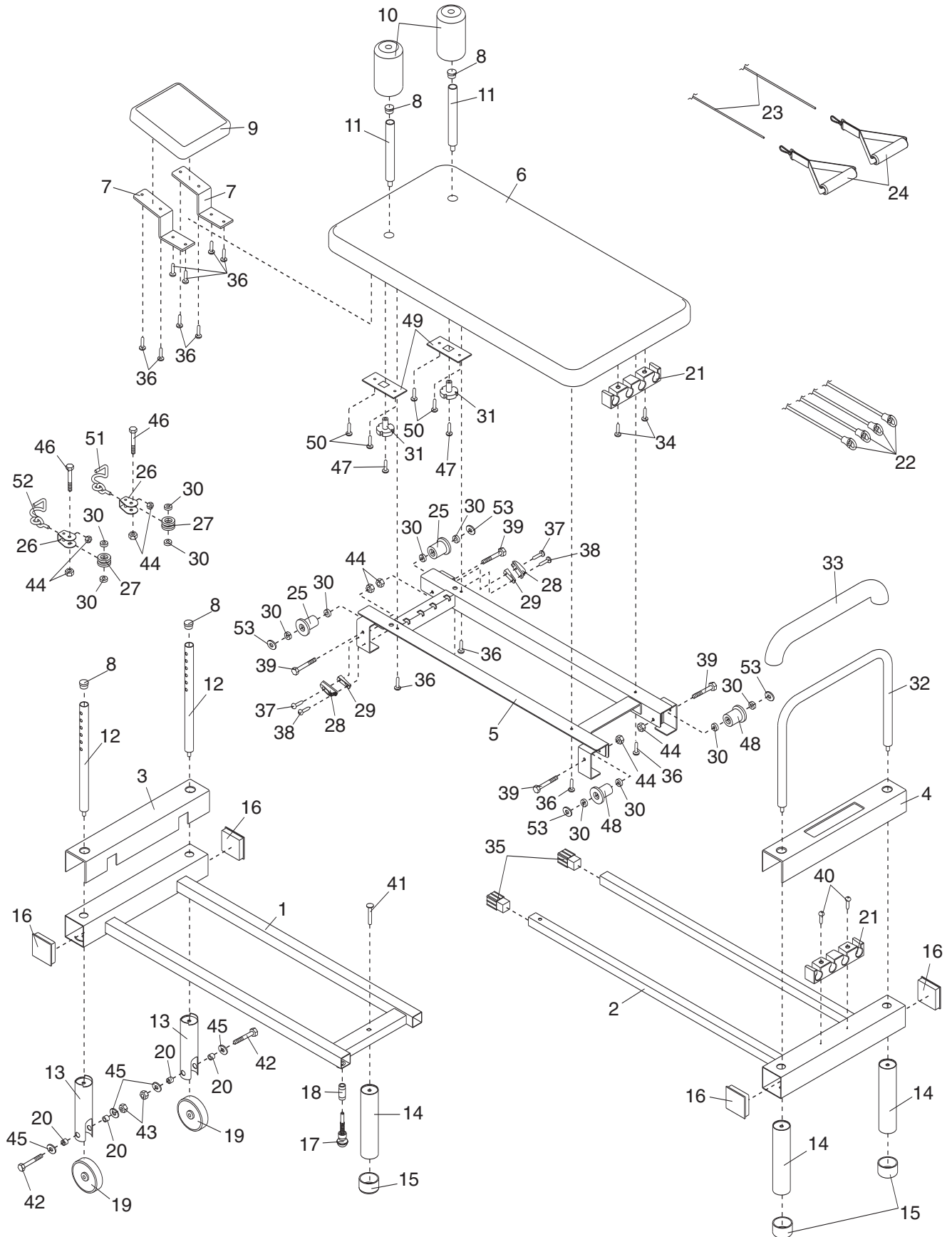
R0602B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Outer Frame	29	2	Grip Base
2	1	Inner Frame	30	12	Bearing
3	1	Outer Frame Cover	31	2	Rope Storage Knob
4	1	Inner Frame Cover	32	1	Foot Bar
5	1	Carriage Frame	33	1	Foot Bar Cover
6	1	Carriage	34	2	M6 x 45mm Screw
7	2	Headrest Frame	35	2	Inner Frame Cap
8	4	25mm Round Inner Cap	36	12	M6 x 18mm Screw
9	1	Headrest	37	2	M4 x 20mm Screw
10	2	Shoulder Block	38	2	M4 x 16mm Screw
11	2	Carriage Tube	39	4	M8 x 84mm Bolt
12	2	Pulley Tube	40	2	M4 x 40mm Screw
13	2	Wheel Leg	41	1	M10 x 50mm Carriage Bolt
14	3	Cap Leg	42	2	M10 x 65mm Bolt
15	3	50mm Round Outer Cap	43	2	M10 Nylon Locknut
16	4	75mm Square Inner Cap	44	8	M8 Nylon Locknut
17	1	Adjustment Knob	45	4	M10 Washer
18	1	Adjustment Spacer	46	2	M8 x 36mm Bolt
19	2	Wheel	47	2	M6 x 61mm Screw
20	4	Wheel Spacer	48	2	Large Carriage Wheel
21	2	Resistance Bracket	49	2	Carriage Plate
22	4	Resistance Cord	50	4	M6 x 15mm Screw
23	2	Nylon Rope	51	1	Left Eyebolt/Pin
24	2	Handle	52	1	Right Eyebolt/Pin
25	2	Small Carriage Wheel	53	4	M8 Washer
26	2	Pulley Housing	#	1	User's Manual
27	2	Pulley	#	1	Exercise Guide
28	2	Rope Grip	#	1	Video

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. NTCCBE19520

R0602B



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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. the MODEL NUMBER of the product (NTCCBE19520)
2. the NAME of the product (PILATES by NordicTrack® exercise 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 the PART LIST and the EXPLODED DRAWING on pages 10 and 11 of this manual).

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## LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year 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. 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, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

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