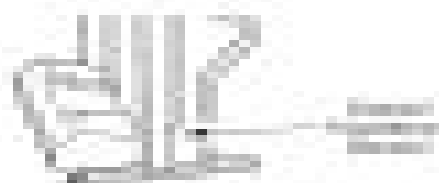


Read this book before
using the

exercise equipment. It contains
important information regarding safety and
proper use of the equipment.



CAUTIONS:

Do not use the equipment if you are
exhausted, dizzy, or have a headache.
Do not use the equipment if you
have a heart condition, or if you
are pregnant. Do not use the
equipment if you are taking
medication that affects your
heart rate.

The exercise equipment is not
intended to replace a doctor's
advice. If you have any health
problems, consult your doctor
before using the equipment.
Do not use the equipment if you
are feeling dizzy or lightheaded.

For more information, call
1-800-835-2548
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CAUTION

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equipment.

NordicTrack

2000



USER'S MANUAL

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