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## NordicTrack NordicTrack Pro

# NordicTrack Classic Pro Skier Ski Machine

MODEL: NORDICTRACK PRO

## INTRODUCTION

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Welcome to the user manual for your NordicTrack Classic Pro Skier Ski Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. The Classic Pro Skier is designed to provide a smooth, natural motion, mimicking Nordic skiing, offering an effective full-body workout with low impact. Please read this manual thoroughly before assembly or operation to ensure proper use and maintenance.

## IMPORTANT SAFETY INFORMATION

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**WARNING: To reduce the risk of serious injury, read and understand all instructions and warnings in this manual before using this machine. Keep children and pets away from moving components.**

- Always consult with a physician before beginning any exercise program.
- Ensure all parts are securely fastened and properly assembled before each use.
- Keep hands, feet, and clothing clear of all moving parts.
- Do not allow children or pets on or near the machine.
- Place the machine on a level surface with adequate clearance around it.
- Do not exceed the maximum user weight capacity of 250 lbs (113 kg).
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- Perform regular maintenance as described in this manual to ensure safe operation.

## SETUP AND ASSEMBLY

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The NordicTrack Classic Pro Skier requires some assembly. Follow these steps carefully.

### Unpacking and Preparation

- Remove all components from the packaging.
- Verify all parts are present against the included parts list (not provided in this manual, refer to original packaging).
- Place all components on a clean, flat surface.

## Assembly Steps

1. **Attach the Front Stabilizer:** Secure the front stabilizer bar to the main frame using the provided bolts and nuts. Ensure it is firmly attached.



Image: Side view of the NordicTrack Classic Pro Skier, illustrating the overall structure including the front stabilizer.

2. **Install the Upright Post:** Insert the upright post into the designated slot on the main frame. Secure it with the locking pin or bolt.
3. **Attach the Arm Mechanism:** Connect the arm mechanism to the top of the upright post. Ensure all cables and pulleys are correctly routed and secured.



Image: Front-side view of the assembled NordicTrack Classic Pro Skier, showing the arm mechanism and console.

4. **Mount the Console:** Attach the LCD console to the console bracket on the arm mechanism. Connect

any necessary sensor cables.

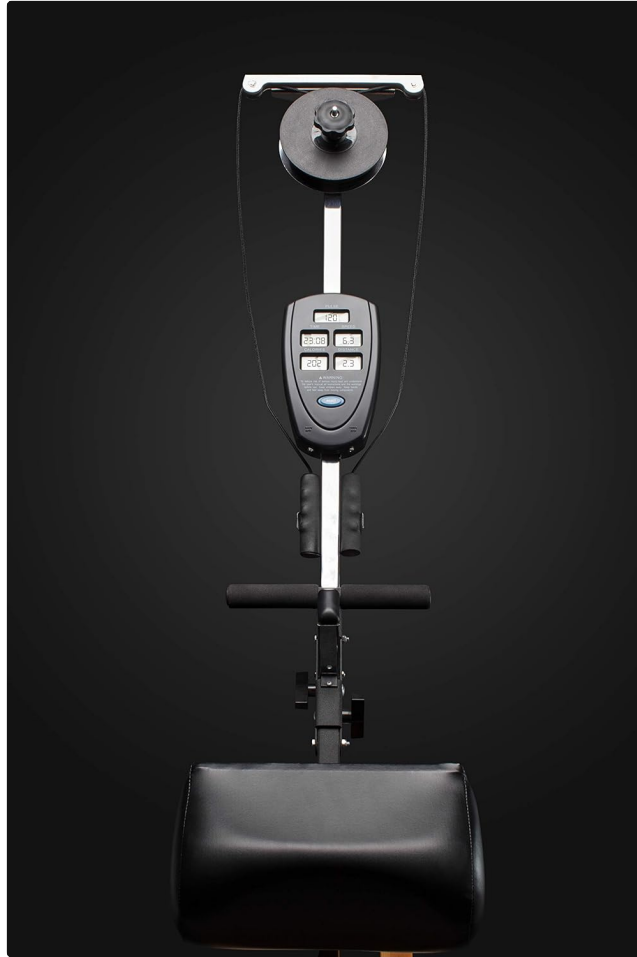


Image: Top-down view of the NordicTrack Classic Pro Skier console and handles, showing the display and controls.

5. **Adjust the Foot Skis and Resistance:** Ensure the foot skis move freely. Adjust the leg and arm resistance mechanisms to their lowest settings for initial use.

## OPERATING INSTRUCTIONS

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The NordicTrack Classic Pro Skier offers adjustable resistance and elevation for a customized workout.

### Getting Started

- Step onto the foot skis, placing your feet securely in the foot bindings.
- Grasp the ski poles firmly.
- Begin a smooth, gliding motion, mimicking cross-country skiing. Coordinate arm and leg movements.
- The machine's motion is designed to be fluid and low-impact.



Image: Rear view of a person demonstrating proper form while using the NordicTrack Classic Pro Skier.

## Adjusting Resistance and Elevation

- **Arm Resistance:** Adjust the resistance knob located on the arm mechanism to increase or decrease the tension for your upper body workout.
- **Leg Resistance:** Adjust the resistance mechanism near the foot skis to control the tension for your lower body workout.
- **Elevation:** The machine features adjustable elevation. Refer to the markings on the upright post and adjust the front support legs to change the incline, simulating uphill skiing. The maximum incline percentage is 10%.

## Using the LCD Display

The integrated LCD display provides real-time feedback on your workout.



Image: Close-up view of the NordicTrack Classic Pro Skier LCD display, showing metrics such as Pulse, Time, Speed, Calories, and Distance.

- **Time:** Displays the duration of your workout.
- **Distance:** Shows the estimated distance covered.
- **Calories Burned:** Provides an estimate of calories expended.
- **Pulse:** If equipped with a pulse sensor, this displays your heart rate.
- **Speed:** Indicates your current workout speed.
- **RESET Button:** Press to clear all workout data and start a new session.

## MAINTENANCE

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Regular maintenance will ensure the longevity and optimal performance of your NordicTrack Classic Pro Skier.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts, such as the ski tracks and pulley systems, for smooth operation. Apply a silicone-based lubricant if any squeaking or friction is noted.
- **Hardware Check:** Regularly inspect all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners.
- **Cable Inspection:** Check the cables and pulleys for any signs of fraying or wear. If damage is observed, contact customer support for replacement parts.
- **Storage:** Store the machine in a dry, temperate environment away from direct sunlight or extreme temperatures.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your NordicTrack Classic Pro Skier.

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation.	Lack of lubrication on moving parts; loose fasteners.	Apply silicone lubricant to ski tracks and pulley axles. Check and tighten all assembly bolts.
LCD display not working or showing incorrect data.	Loose sensor cable connection; depleted batteries (if applicable); sensor malfunction.	Check all cable connections to the console. Replace batteries if the console uses them. If the issue persists, contact customer support.
Resistance feels too loose or too tight.	Resistance mechanism not properly adjusted.	Adjust the arm and leg resistance knobs according to your desired intensity. Ensure the mechanisms are clean and free of debris.
Machine wobbles during use.	Not on a level surface; loose stabilizer bolts.	Ensure the machine is placed on a firm, level surface. Check and tighten all bolts on the stabilizer bars and main frame.

## SPECIFICATIONS

Feature	Detail
Model	NordicTrack Pro
Dimensions (L x W x H)	75 x 23.5 x 76.7 inches (190.5 x 59.7 x 194.8 cm)
Item Weight	60 Pounds (27.2 kg)
Maximum User Weight Capacity	250 Pounds (113 kg)
Material	Quality Home Decor Solid Oak & Steel
Display Type	LCD
Controls Type	Push Button
Maximum Incline Percentage	10%
Power Source	Corded Electric (for console, if applicable)
UPC	043619680188

## WARRANTY AND SUPPORT

For warranty information, replacement parts, or technical assistance, please contact NordicTrack customer support. Keep your purchase receipt and model number readily available when contacting support.

You can find more information and support resources by visiting the official NordicTrack store or support channels.

Visit NordicTrack Store for  
Support

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