

BEFORE YOU BEGIN

Thank you for purchasing the NORDICTRACK® Vault Accessory Kit. The Vault Accessory Kit includes the following items designed to make your workouts with the Vault fitness mirror more effective.

- 5-pound dumbbell pair
- 10-pound dumbbell pair
- 15-pound dumbbell pair
- 20-pound dumbbell pair
- 25-pound dumbbell pair
- 30-pound dumbbell pair
- 20-pound kettlebell
- 30-pound kettlebell
- Light-resistance loop band
- Medium-resistance loop band
- Heavy-resistance loop band
- 20-pound heavy band
- 30-pound heavy band
- 50-pound heavy band
- Exercise mat
- 2 yoga blocks
- Microfiber cleaning towel

Read all precautions and instructions in this manual before you use the Vault Accessory Kit. If you have questions after reading this manual, please see HOW TO CONTACT CUSTOMER CARE on the back of this manual.

USING THE DUMBBELLS AND KETTLEBELLS

Consult a qualified trainer or another reputable source to learn correct handling stances, techniques, and exercises for dumbbells and kettlebells.

USING THE LOOP AND HEAVY BANDS

The included loop bands and heavy bands each offer three different resistance levels. Consult a qualified trainer or another reputable source for exercises that can be performed using loop bands and heavy bands.

CARING FOR THE EXERCISE MAT

To clean the exercise mat, wipe it with a damp, soapy cloth, rinse it thoroughly, and then let it air dry completely. Do not put the exercise mat in a washing machine or a clothes dryer.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
3. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
4. Use this product indoors, away from moisture, direct sunlight, heated surfaces, and sharp objects.
5. Keep children under age 16 and pets away from this product at all times.
6. Wear protective footwear while using the dumbbells and kettlebells.
7. Maintain a clear space on all sides of your body while using the kettlebells. To prevent serious injury or damage, do not drop the kettlebell and do not allow it to hit your body, other people, or other objects.
8. Inspect the loop bands and heavy bands for abrasions, cracks, and cuts before each use. Do not use them or attempt to repair them if they are worn or damaged.
9. The loop bands and heavy bands should be held and used by one person at a time.
10. Always wear eye protection while using the loop bands and heavy bands.
11. Do not use the exercise mat as bedding.
12. Do not place more than 90 lbs. (41 kg) of weight on each flat shelf.
13. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

USING THE SHELVES AND STORING THE ACCESSORIES

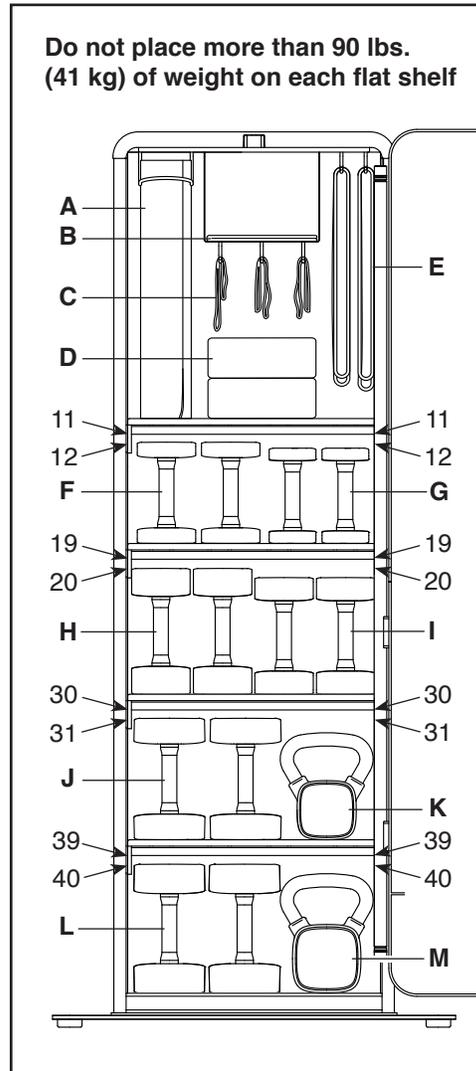
To store the accessories included in this kit in your Vault fitness mirror, first open the door and remove the flat shelves or the slotted racks, and the hangers that were included with the fitness mirror from the cabinet; it may be helpful to use a rubber mallet to remove the hangers. Store the slotted racks in a secure location for future use, if necessary.

Counting from the top of the cabinet, insert the four left hangers and the four right hangers into the indicated adjustment holes. **Make sure that each set of left and right hangers is set at the same height.**

Orient each flat shelf so that the tabs face downward and the lip faces upward at the front. Press each flat shelf firmly into place over a set of hangers; it may be helpful to use a rubber mallet. **Make sure that each flat shelf is level.**

Place the accessories in the locations shown:

- A exercise mat
- B cleaning towel
- C loop bands
- D yoga blocks
- E heavy bands
- F 10-pound dumbbells
- G 5-pound dumbbells
- H 20-pound dumbbells
- I 15-pound dumbbells
- J 25-pound dumbbells
- K 20-pound kettlebell
- L 30-pound dumbbells
- M 30-pound kettlebell



HOW TO CONTACT CUSTOMER CARE

For service at any time, go to support.nordictrack.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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