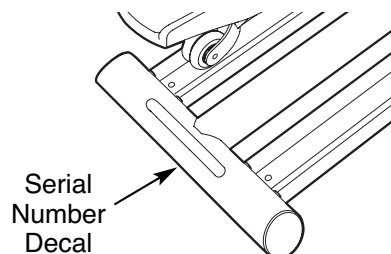


NordicTrack[®] **XLT 1200**

Model No. NTEVEL2086.0

Serial No. _____

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



QUESTIONS?

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

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4

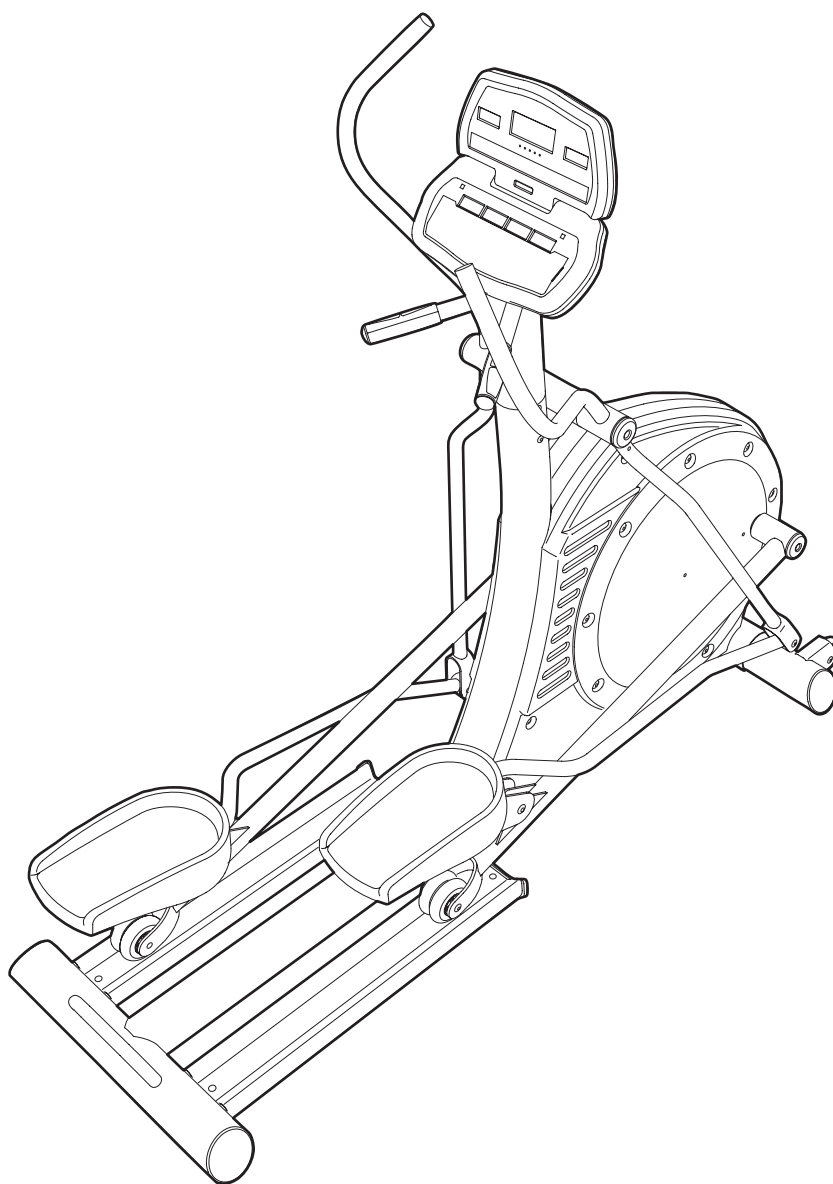
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

CAUTION

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

USER'S MANUAL



Visit our website at

www.iconeurope.com



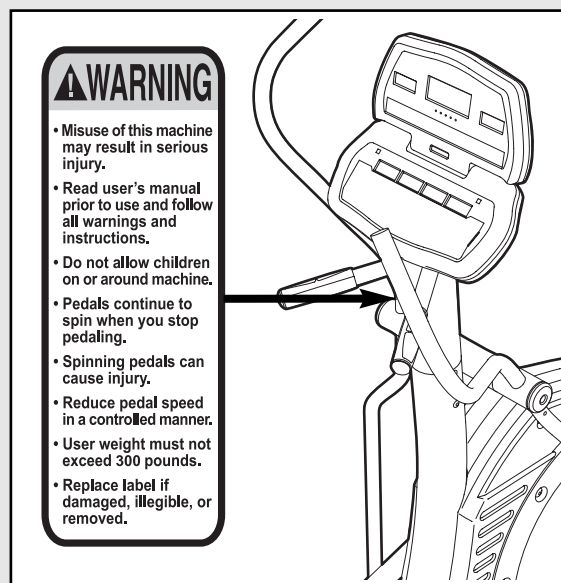
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Use the elliptical exerciser only as described in this manual.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 136 kg (300 lbs).
9. Always hold the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. Wear appropriate exercise clothes and athletic shoes while using the elliptical exerciser.
13. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
14. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a freewheel; the pedals will continue to move until the fly-wheel stops.
15. The battery pack contains materials that are considered hazardous to the environment. Dispose of the battery pack properly, in accordance with local codes and ordinances.
16. The decals shown below and on page 4 have been placed on the elliptical exerciser. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the 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.

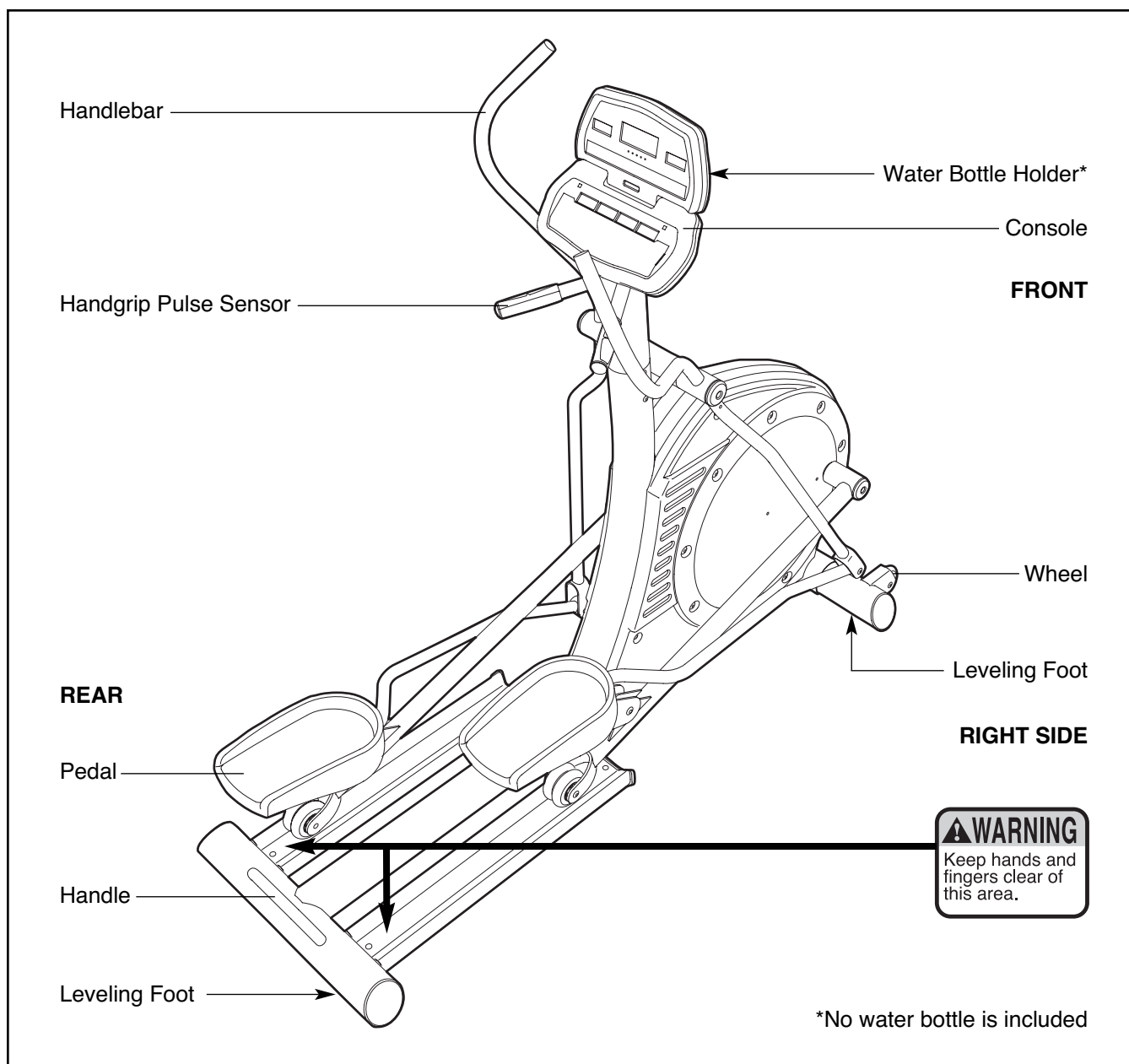
BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack XLT 1200 elliptical exerciser. The XLT 1200 elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the XLT 1200 elliptical exerciser offers an array of features designed to help you achieve your fitness goals in the convenience and privacy of your home.


For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is NTEVEL2086.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

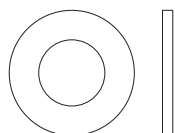
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two persons. Set the elliptical exerciser in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included tools and your own adjustable wrench** .

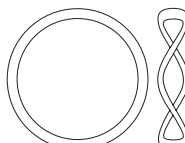
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 24. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



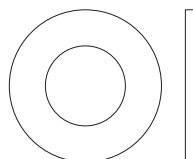
M8 Small Washer (18)–4



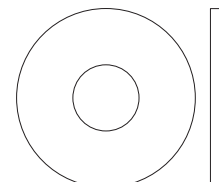
M10 Split Washer (85)–20



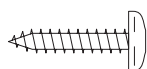
Wave Washer (88)–4



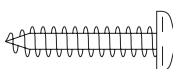
M10 Washer (67)–14



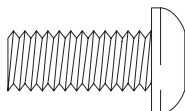
M8 Washer (69)–4



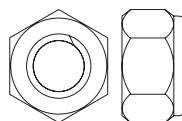
M4 x 16mm Screw (47)–6



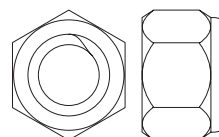
M4 x 19mm Screw (57)–2



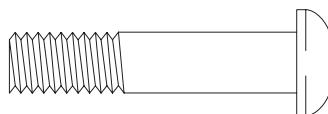
M8 x 19mm Button Screw (56)–4



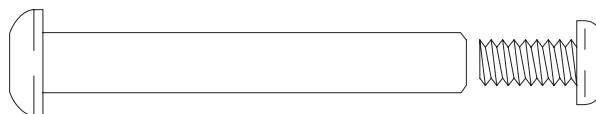
M8 Nylon Locknut (72)–4



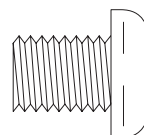
M10 Nylon Locknut (70)–2



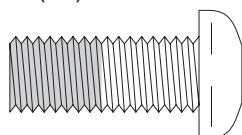
M8 x 38mm Button Screw (58)–4



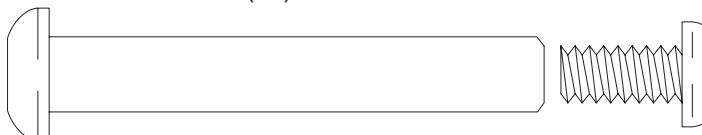
M8 x 55mm Bolt Set (92)–2



M10 x 13mm Button Screw (54)–14



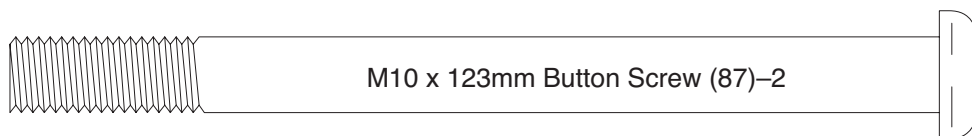
M10 x 25mm Patch Screw (48)–4



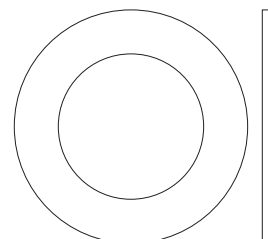
M10 x 65mm Bolt Set (94)–2



M10 x 116mm Carriage Bolt (38)–2



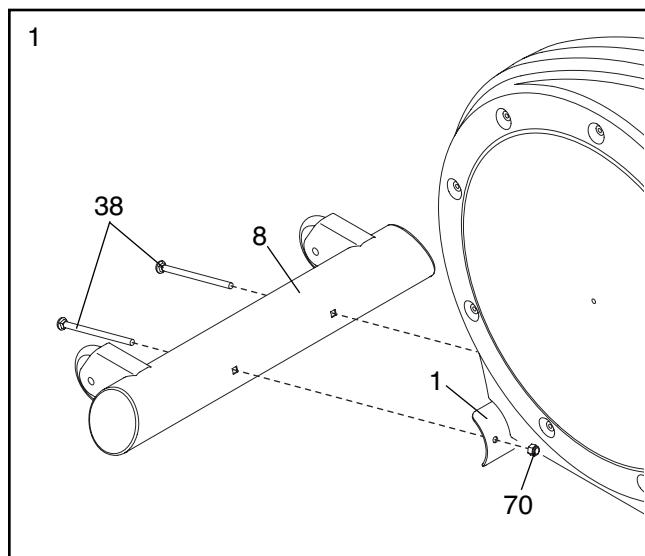
M10 x 123mm Button Screw (87)–2



Thrust Washer (66)–4

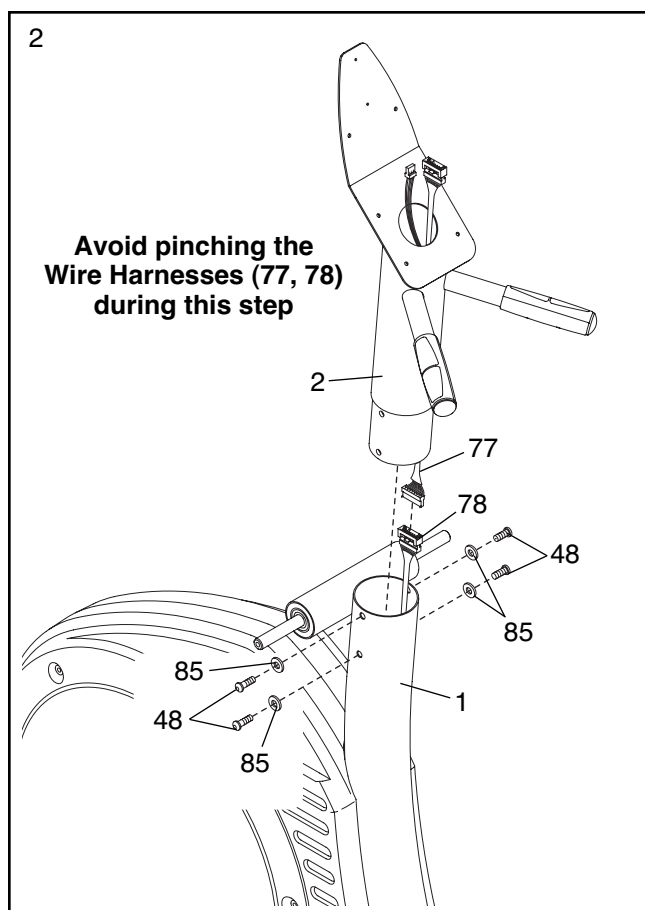
1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Attach the Stabilizer (8) to the Frame (1) with two M10 x 116mm Carriage Bolts (38) and two M10 Nylon Locknuts (70).

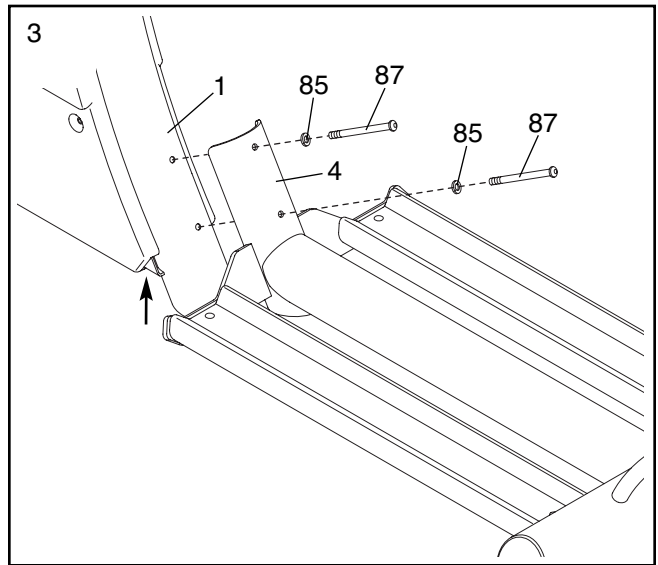


2. Have another person hold the Upright (2) in the position shown. Connect the Upper Wire Harness (77) to the Lower Wire Harness (78).

Attach the Upright (2) to the Frame (1) with four M10 x 25mm Patch Screws (48) and four M10 Split Washers (85). **Avoid pinching the Wire Harnesses (77, 78).**



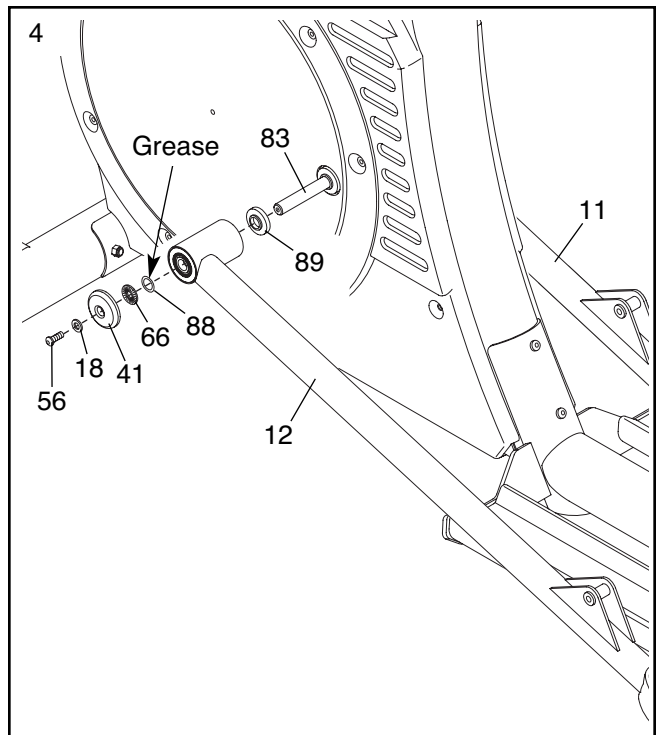
3. Attach the Track Frame (4) to the Frame (1) with two M10 x 123mm Button Screws (87) and two M10 Split Washers (85). Finger tighten a Button Screw into the lower hole first, and then finger tighten a Button Screw into the upper hole. Then, tighten both Button Screws. Note: This step may be easier if you raise the Frame a few inches in the location shown by the arrow at the right while you attach the Track Frame.



4. Slide a Weld Spacer (89) onto the Left Crank Arm (83). Next, identify the Left Track Arm (12), which is marked with an "L." Orient the Left Track Arm as shown, and slide it onto the Left Crank Arm. Then, apply a small amount of the included grease to a Wave Washer (88). Slide the Wave Washer onto the end of the Left Crank Arm.

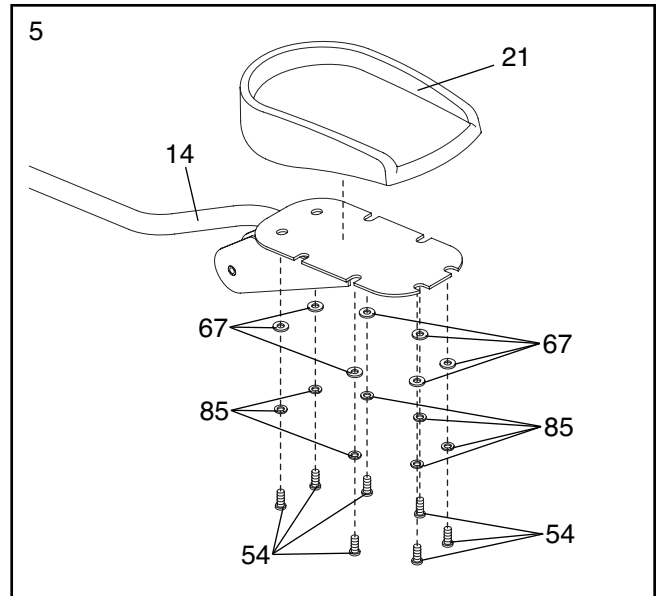
Slide an M8 Small Washer (18) and an Axle Cap (41) onto an M8 x 19mm Button Screw (56). Next, fit a Thrust Washer (66) onto the shoulder of the Axle Cap. Then, tighten the Button Screw into the end of the Left Crank Arm (83). **Make sure that the Thrust Washer remains on the shoulder of the Axle Cap, and that the Wave Washer (88) remains on the end of the Left Crank Arm.**

Repeat this step to attach the Right Track Arm (11) to the right side of the elliptical exerciser.



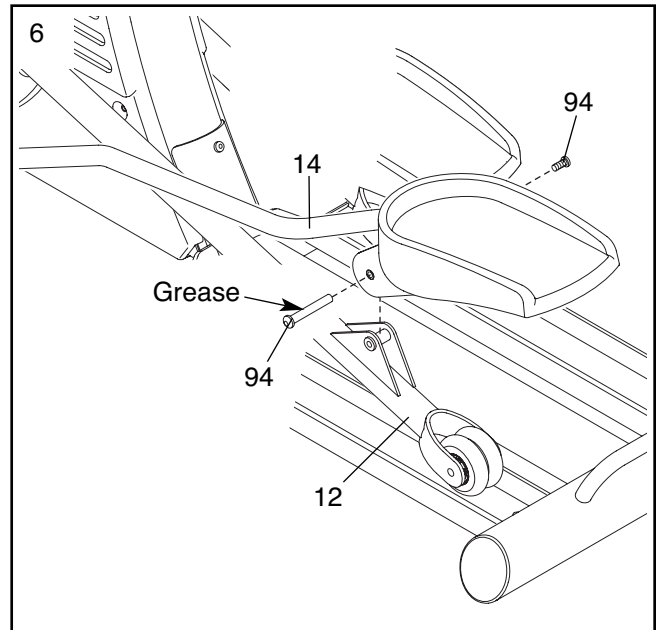
5. Attach a Pedal (21) to the Left Pedal Leg (14) with seven M10 x 13mm Button Screws (54), seven M10 Split Washers (85), and seven M10 Washers (67).

Attach the other Pedal (not shown) to the Right Pedal Leg (not shown) in the same way.



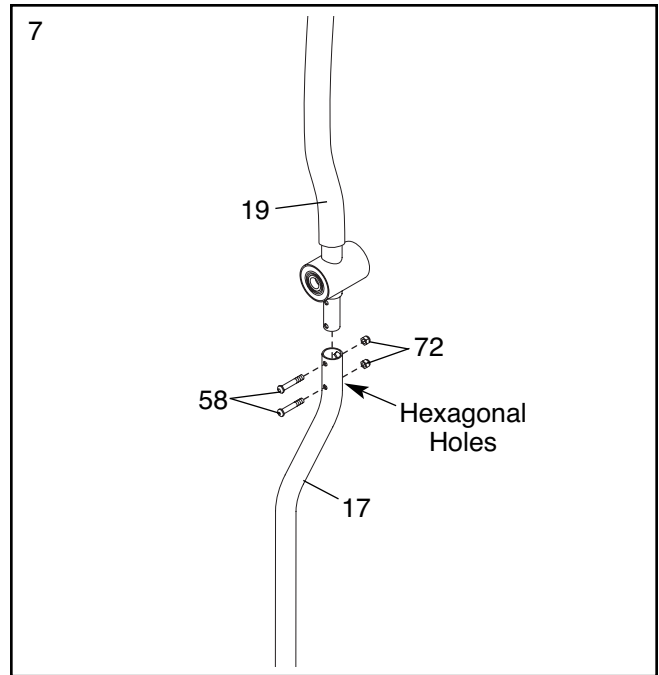
6. Apply a thin film of grease to the barrel of an M10 x 65mm Bolt Set (94). Next, fit the bracket on the Left Pedal Leg (14) onto the bracket on the Left Track Arm (12). Attach the Left Pedal Leg to the Left Track Arm with the Bolt Set.

Attach the Right Pedal Leg (not shown) to the Right Track Arm (not shown) in the same way.



7. Identify the Left Handlebar (19), which is marked with an "L." Insert the Left Handlebar into one of the Handlebar Legs (17); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar with two M8 x 38mm Button Screws (58) and two M8 Nylon Locknuts (72). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not tighten the Button Screws yet.**

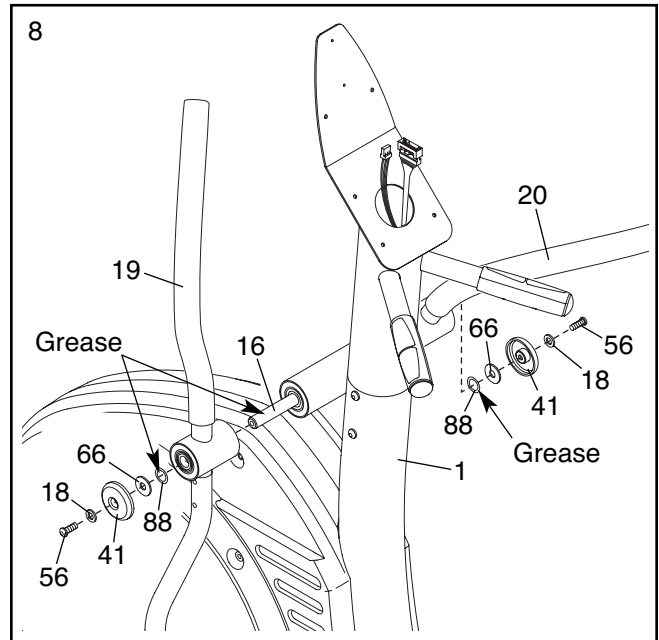
Assemble the Right Handlebar (not shown) and the other Handlebar Leg (not shown) in the same way.



8. Apply generous amount of grease to the Handlebar Axle (16). Slide the Left Handlebar (19) onto the Handlebar Axle as shown. Then, apply a small amount of grease to a Wave Washer (88). Slide the Wave Washer onto the end of the Handlebar Axle.

Slide an M8 Small Washer (18) and an Axle Cap (41) onto an M8 x 19mm Button Screw (56). Next, fit a Thrust Washer (66) onto the shoulder of the Axle Cap. Then, tighten the Button Screw into the end of the Handlebar Axle (16). **Make sure that the Thrust Washer remains on the shoulder of the Axle Cap, and that the Wave Washer (88) remains on the end of the Handlebar Axle.**

Assemble the Right Handlebar (20) in the same way. Then, tighten both M8 x 19mm Button Screws (56) at the same time.

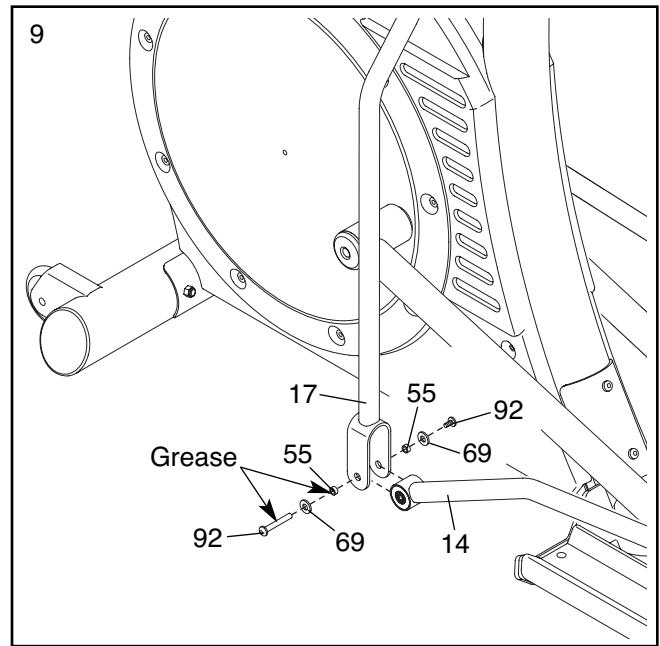


9. Apply a film of grease to the barrel of an M8 x 55mm Bolt Set (92) and to a 7mm Spacer (55). Slide an M8 Washer (69) and the Spacer onto the barrel.

While another person holds the front end of the Left Pedal Leg (14) inside the bracket on the left Handlebar Leg (17), insert the barrel of the Bolt Set (92) through both parts. Next, slide a 7mm Spacer (55) and an M8 Washer (69) onto the end of the barrel of the Bolt Set. Then, turn the screw of the Bolt Set a few turns into the barrel. **Do not overtighten the Bolt Set; the left Handlebar Leg must pivot freely.**

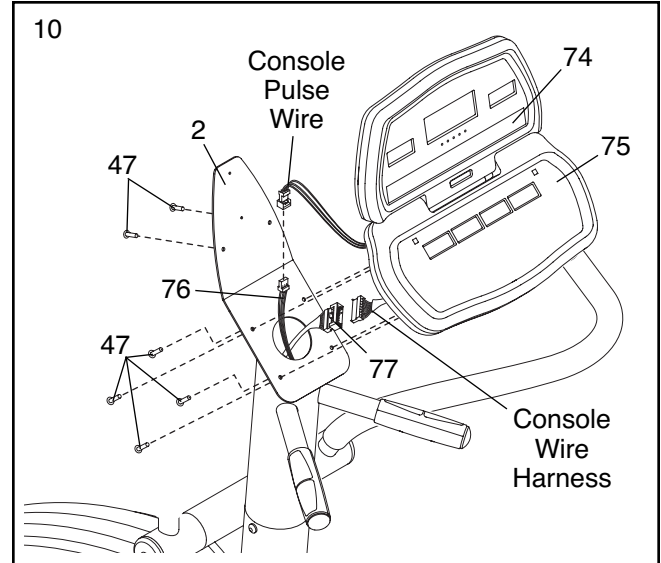
Attach the right Handlebar Leg (not shown) to the Right Pedal Leg (not shown) in the same way.

See step 7. Tighten the four M8 x 38mm Button Screws (58).



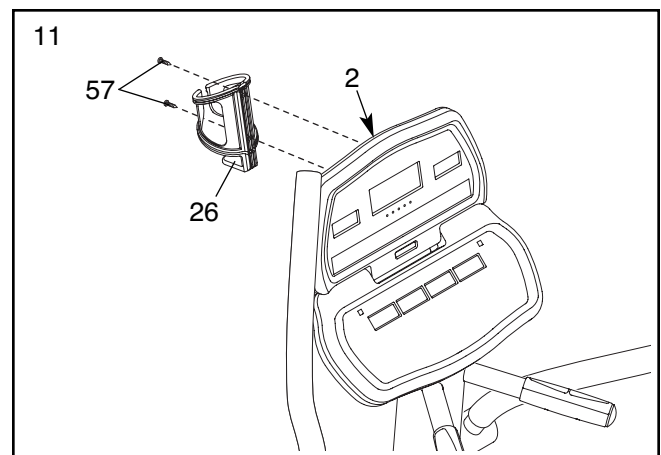
10. While another person holds the Display Console (74) and the Control Console (75) near the Upright (2), connect the Pulse Jumper Wire (76) to the console pulse wire. Then, connect the Upper Wire Harness (77) to the console wire harness. Insert the excess wires into the Upright.

Set the Consoles (74, 75) on the Upright (2). Attach the Consoles with six M4 x 16mm Screws (47). **Avoid pinching the wires. Do not tighten the Screws yet.**



11. Attach the Water Bottle Holder (26) to the Upright (2) with two M4 x 19mm Screws (57).

See step 10. Tighten the six M4 x 16mm Screws (47).



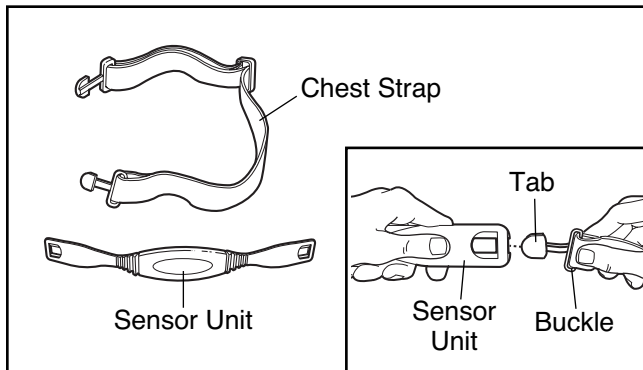
12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

HOW TO USE THE CHEST PULSE SENSOR

To get the best performance from the chest pulse sensor, please read the instructions below.

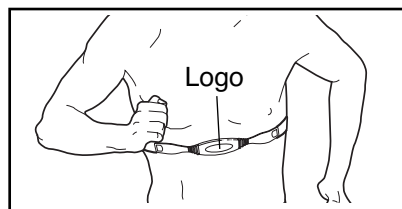
HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.

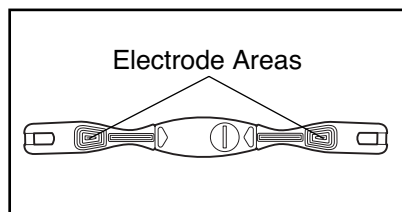


See the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the sensor unit as shown.

Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is facing forward and is right-side-up.



Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a



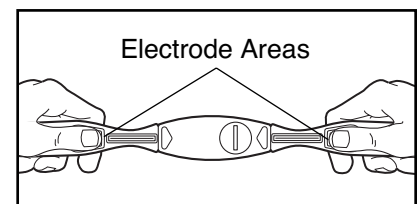
saline solution such as saliva or contact lens solution, wet both electrode areas. Then, return the sensor unit to a position against your chest.

CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, or if the displayed heart rate is excessively high or low, try the steps below.

- Make sure that the chest pulse sensor is worn exactly as described at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Make sure that you are within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating your exercise equipment.
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

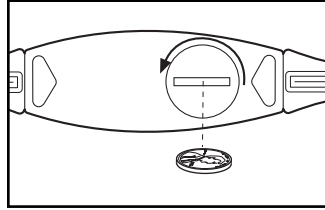
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown.



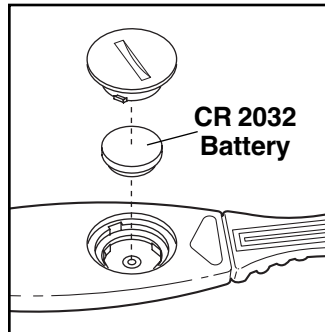
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

- If the chest pulse sensor does not function properly after you have followed all of the above instructions, replace the battery in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Reattach the battery cover and turn it clockwise to close it.



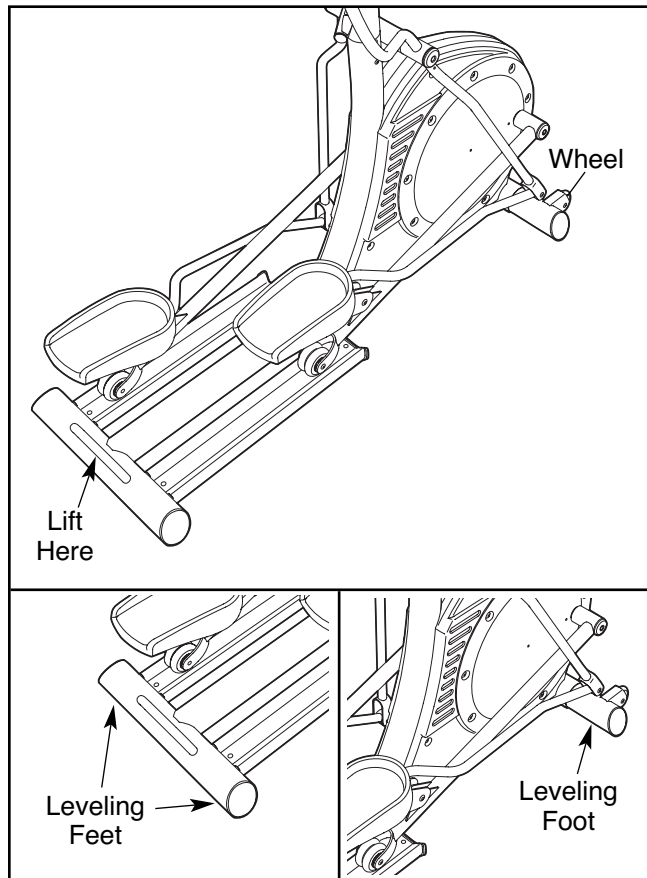
CHEST PULSE SENSOR CARE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is worn; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time. Do not expose the chest pulse sensor to temperatures above 50° Celsius (122° Fahrenheit) or below -10° Celsius (14° Fahrenheit).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—**never use alcohol, abrasives, or chemicals.** The chest strap may be hand washed and air dried.

HOW TO OPERATE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. With the help of another person, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it.



CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical exerciser. Do not attempt to move the elliptical exerciser over an uneven surface.

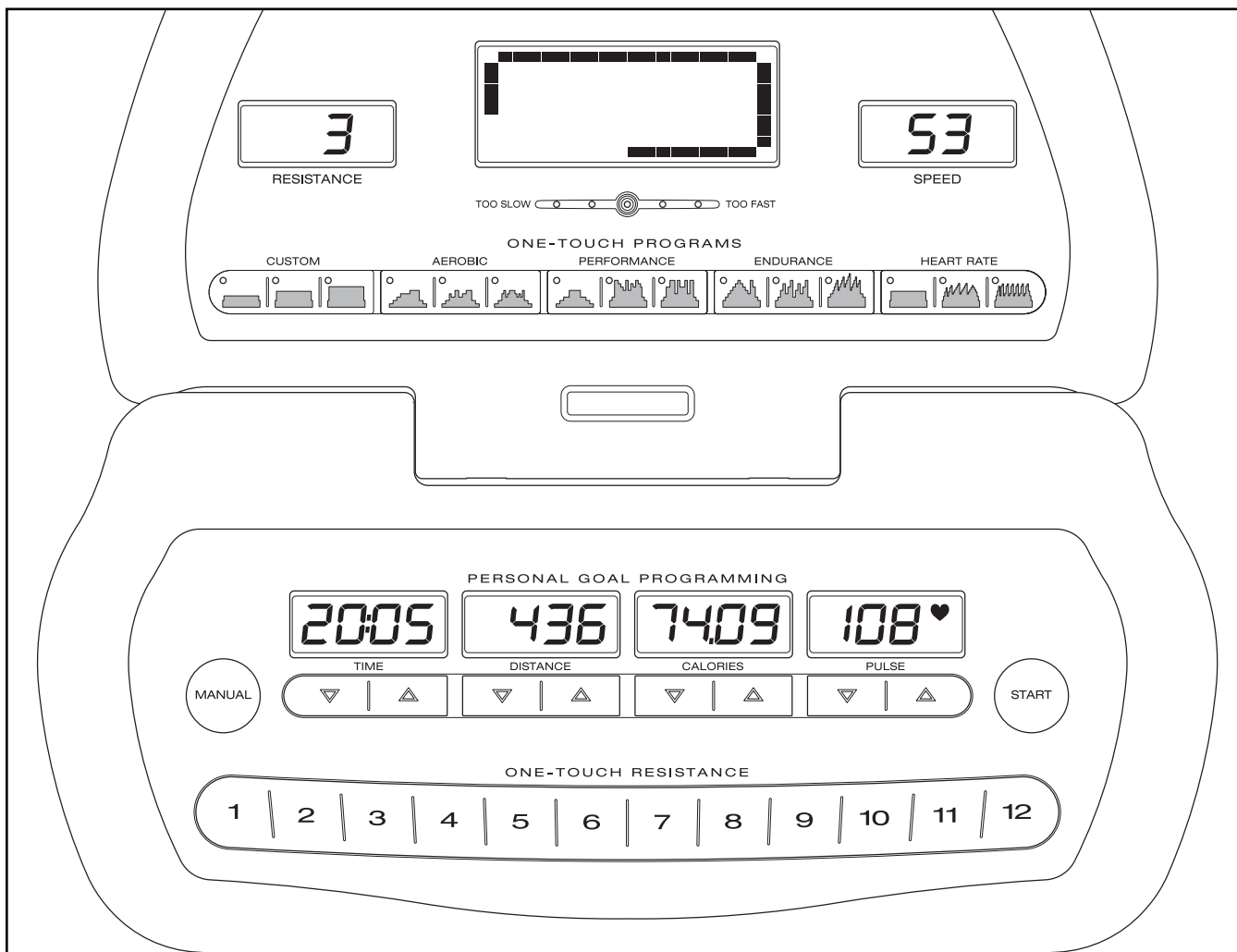
If the elliptical exerciser rocks slightly on your floor, see the inset drawings and turn the leveling feet under the front and rear of the elliptical exerciser until the rocking motion is eliminated.

EXERCISING ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

DIAGRAM OF THE CONSOLE



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the chest pulse sensor.

The console also features personal goal programming that allows you to choose a goal for your workout. As you exercise, the console will display feedback until the goal is reached.

In addition, the console offers nine preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

You can even create your own custom workout programs and save them in memory for future use.

The console also features three heart rate programs that automatically change the resistance of the pedals to keep your heart rate near a target heart rate as you exercise.

To use the manual mode of the console, see page 15. **To create and use a custom program**, see page 17. **To use a preset program**, see page 18. **To use a heart rate program**, see page 19.

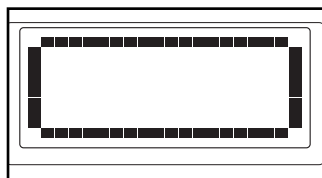
HOW TO USE THE MANUAL MODE

1 Begin pedaling to turn on the console.

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator while you are pedaling. To turn on the console, begin pedaling at a moderate pace. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2 Select the manual mode.

When the power is turned on, the manual mode will be selected and a track will appear in the display. If you have selected a program, reselect the manual mode by pressing the Manual button.



3 Set a workout goal if desired.

If you do not wish to set a workout goal, go to step 4.

To set a time, distance, or calorie goal for your workout, press the increase and decrease buttons below the Time, Distance, or Calories display. To set a goal quickly, hold down the increase and decrease buttons. **You can set one goal for each workout.**

For example, if you plan to exercise for 30 minutes, press the increase and decrease buttons below the Time display until the display shows a goal of "30:00."



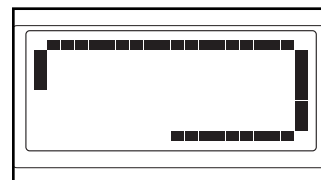
Note: To set a pulse goal, see HOW TO USE A HEART RATE PROGRAM on page 19.

4 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the One-touch Resistance buttons. Note: After you press the One-touch Resistance buttons, it will take a moment for the pedals to reach the selected resistance level.

5 Follow your progress with the displays.

The matrix—When the manual mode is selected, the matrix will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



The Resistance display—This display will show the resistance level of the pedals.



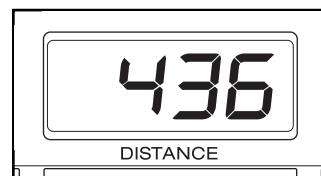
The Speed display—This display will show your pedaling speed, in revolutions per minute.



The Time display—If no time goal was set, this display will show the elapsed time. If a time goal was set, the display will show the time remaining in your workout. Note: When a program is selected (except for the first heart rate program), the display will show the time remaining in the program.

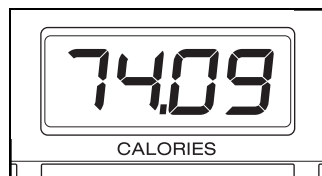


The Distance display—If no distance goal was set, this display will show the distance that you have pedaled, in total revolutions. If a distance goal was set, the display will show the distance still to be pedaled during your workout.

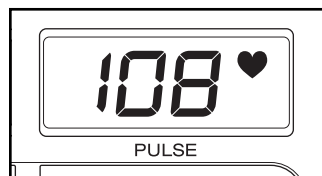


The Calories display—If no calorie goal was set, this display will show the approximate number of calories you have burned.

If a calories goal was set, the display will show the number of calories still to be burned during your workout.



The Pulse display—This display will show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor (see step 6 below).



Note: You can select any of three backlight modes for the displays. The “On” mode keeps the backlight on while the console is on. The “Off” mode turns the backlight off. The “Auto” mode keeps the backlight on only while you are exercising. To change the backlight mode, first hold down the Start button for a few seconds. The current backlight mode will appear in the Calories display. Next, press the One-touch Resistance 1 button to change the backlight mode. Then, press the Start button.

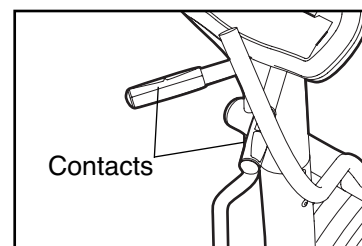


6 Measure your heart rate if desired.

To use the chest pulse sensor, see page 11. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse**

sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. Place



your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, one or two dashes will appear in the Pulse display and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

7 When you are finished exercising, the console will turn off automatically.

If the pedals have not moved for a few seconds, a series of tones will sound, the Time display will begin to flash, and the console will pause.

If the pedals have not moved for a few minutes, the console will turn off and the displays will be reset.

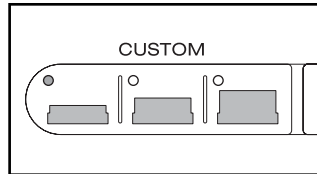
HOW TO CREATE AND USE A CUSTOM PROGRAM

1 Turn on the console.

See step 1 on page 15.

2 Select a custom program.

To select a custom program, press one of the three Custom buttons. When a Custom button is pressed, the indicator on the button will light.

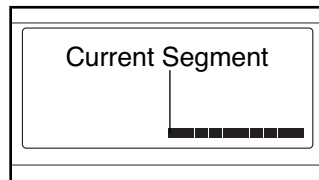


Note: If the custom program has not yet been defined, see step 3 to create the program. If the program is already defined, see step 4 to use the program.

3 Press the Start button or begin pedaling to start the program.

Refer to the matrix. Each custom program is divided into 40 one-minute segments. One resistance level and one pace setting can be programmed for each segment. The resistance level for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.)

To program a resistance level and a pace setting for the first segment, simply adjust the resistance of the pedals as desired by pressing the One-touch Resistance buttons and pedal at the desired pace.



When the first segment of the program ends, a series of tones will sound and the current resistance level and the current pace setting will be saved in memory. *The columns of indicators will then move one column to the left*, and the resistance level for the second segment will be shown in the flashing Current Segment column. Program a resistance level and a pace setting for the second segment as described above.

Continue programming resistance levels and pace settings for as many segments as desired; custom programs can have up to 40 segments.

4 Press the Start button or begin pedaling to start the program.

The custom program will function in the same way as a preset program (see steps 3 and 4 on page 18).

If desired, you can redefine the program while using it. **To change the resistance level or pace setting for the current segment**, simply press the One-touch Resistance buttons or change your pedaling pace. When the current segment ends, the new setting will be saved in memory.

5 Follow your progress with the displays.

See step 5 on page 15.

6 Measure your heart rate if desired.

See step 6 on page 16.

7 When you are finished exercising, the console will turn off automatically.

See step 7 on page 16.

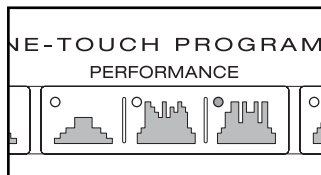
HOW TO USE A PRESET PROGRAM

1 Turn on the console.

See step 1 on page 15.

2 Select a preset program.

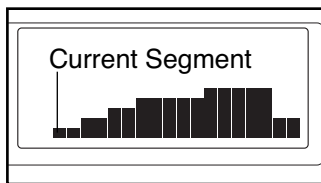
To select a preset program, press one of the Aerobic, Performance, or Endurance buttons. When an Aerobic, Performance, or Endurance button is pressed, the indicator on the button will light. Then, a profile of the first several resistance levels of the program will appear in the matrix, the program time will appear in the Time display, the maximum resistance level of the program will flash in the Resistance display, and the maximum speed setting of the program will flash in the Speed display for a few seconds.



3 Press the Start button or begin pedaling to start the program.

Each program is divided into either 20 or 30 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or target pace may be programmed for two or more consecutive segments.

When you start the program, the resistance level for the first segment will be shown in the flashing Current Segment column of the matrix. The resistance levels for the next several segments will be shown in the columns to the right.



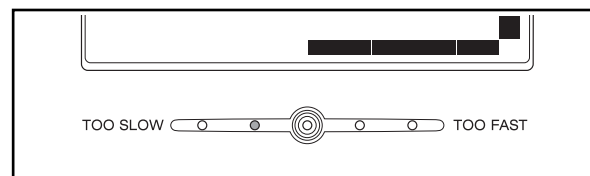
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and the time will flash in

the Time display. When the first segment ends, *all resistance levels will move one column to the left*. The resistance level for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically change to the resistance level for the second segment.

The program will continue until no time remains in the Time display.

4 Use the pace guide to pace your exercise.

Throughout the program, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the "Too Slow" indicators lights, increase your pace; when one of the "Too Fast" indicators lights, decrease your pace. When the center indicator lights, maintain your current pace.



Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

5 Follow your progress with the displays.

See step 5 on page 15.

6 Measure your heart rate if desired.

See step 6 on page 16.

7 When you are finished exercising, the console will automatically turn off.

See step 7 on page 16.

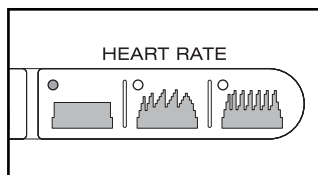
HOW TO USE A HEART RATE PROGRAM

1 Turn on the console.

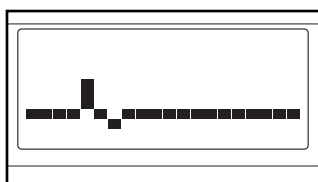
See step 1 on page 15.

2 Select a heart rate program.

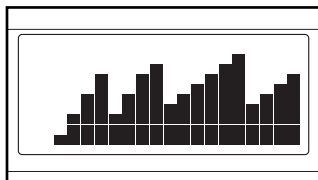
To select a heart rate program, press one of the three Heart Rate buttons. When a Heart Rate button is pressed, the indicator on the button will light.



If the you select the first heart rate program, a pulse symbol will appear in the matrix.



If you select the second or third heart rate program, a profile of the first several target heart rate settings of the program will appear in the matrix.



3 Enter a target heart rate setting.

If the first heart rate program is selected, the target heart rate setting for the program will flash in the Pulse display. If desired, press the increase and decrease buttons below the Pulse display to change the target heart rate setting (**see EXERCISE INTENSITY on page 22**). Note: The same target heart rate setting will be programmed for all segments.

If the second or third heart rate program is selected, the maximum target heart rate setting of the program will flash in the Pulse display. If desired, press the increase and decrease buttons below the Pulse display to change the maximum target heart rate setting (**see EXERCISE INTENSITY on page 22**). Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

4 Put on the chest pulse sensor or hold the handgrip pulse sensor.

To use a heart rate program, you must wear the chest pulse sensor (see page 11) or use the handgrip pulse sensor. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**

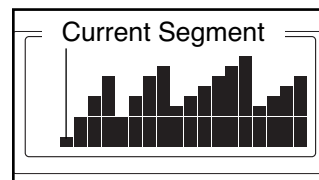
If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program; however, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will flash in the Pulse display instead of your heart rate.

5 Press the Start button to start the program.

The first heart rate program—This program is divided into 100 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

The second and third heart rate programs—These programs are divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

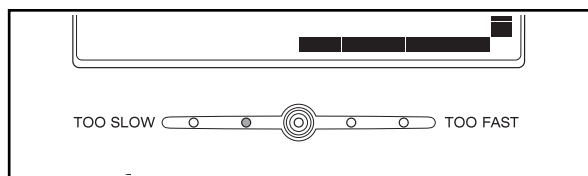
The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

Both heart rate programs—As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

After the first segment ends, the pace guide will prompt you to maintain a constant pedaling pace. When one of the “Too Slow” indicators lights, increase your pace; when one of the “Too Fast” indicators lights, decrease your pace. When the center indicator lights, maintain your current pace.



Important: The target heart rate settings are intended only to provide motivation. Make sure to exercise at a pace that is comfortable for you.

Note: During the program, you can manually override the resistance level for the current segment, if desired, with the One-touch Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

6 Follow your progress with the displays.

See step 5 on page 15.

7 When the program is finished, the console will automatically turn off.

See step 7 on page 16.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the rollers and the track on which the rollers ride. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PULSE SENSOR TROUBLESHOOTING

Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.

If the chest pulse sensor does not function properly, or if the displayed heart rate appears to be too high or too low, see CHEST PULSE SENSOR TROUBLESHOOTING on page 11.

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 6 on page 15.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

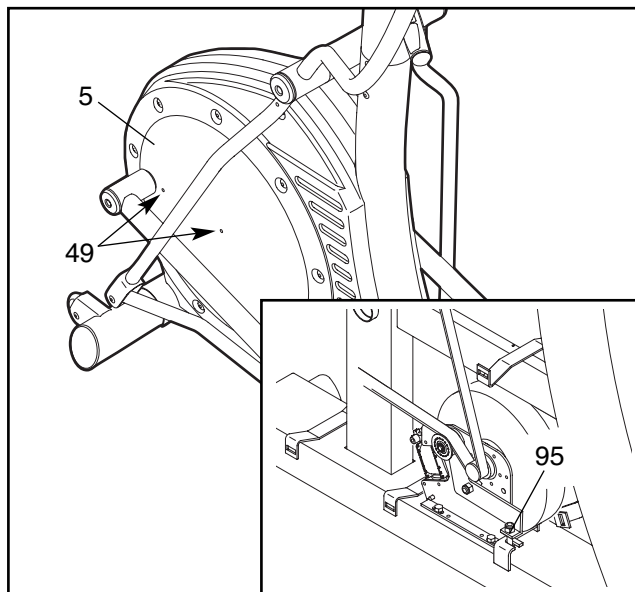
If the elliptical exerciser rocks slightly on your floor during use, see HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER on page 13.

HOW TO ADJUST THE DRIVE BELT

First, remove the two M6 x 16mm Button Screws (49) attaching the left Pedal Disc (5). Without removing the Pedal Disc, pivot it out of the way.

Next, locate the M10 Flange Nut (95). Turn the Flange Nut clockwise until the pedals no longer slip.

Reattach the Pedal Disc (5).



EXERCISE GUIDELINES

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.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

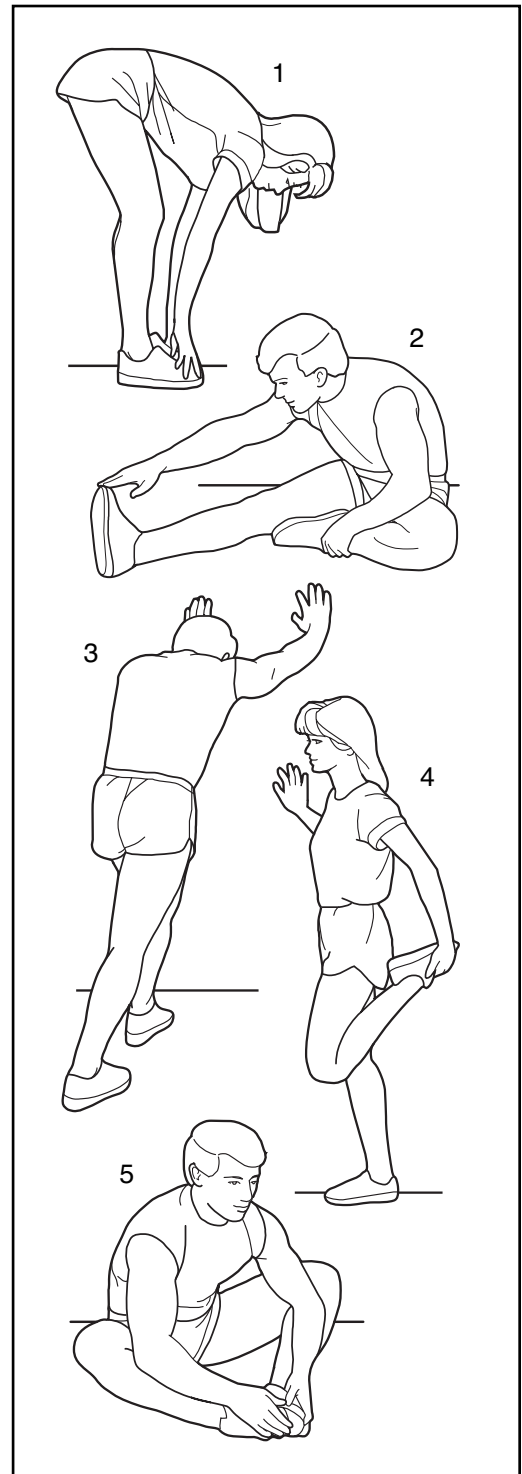
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. NTEVEL2086.0

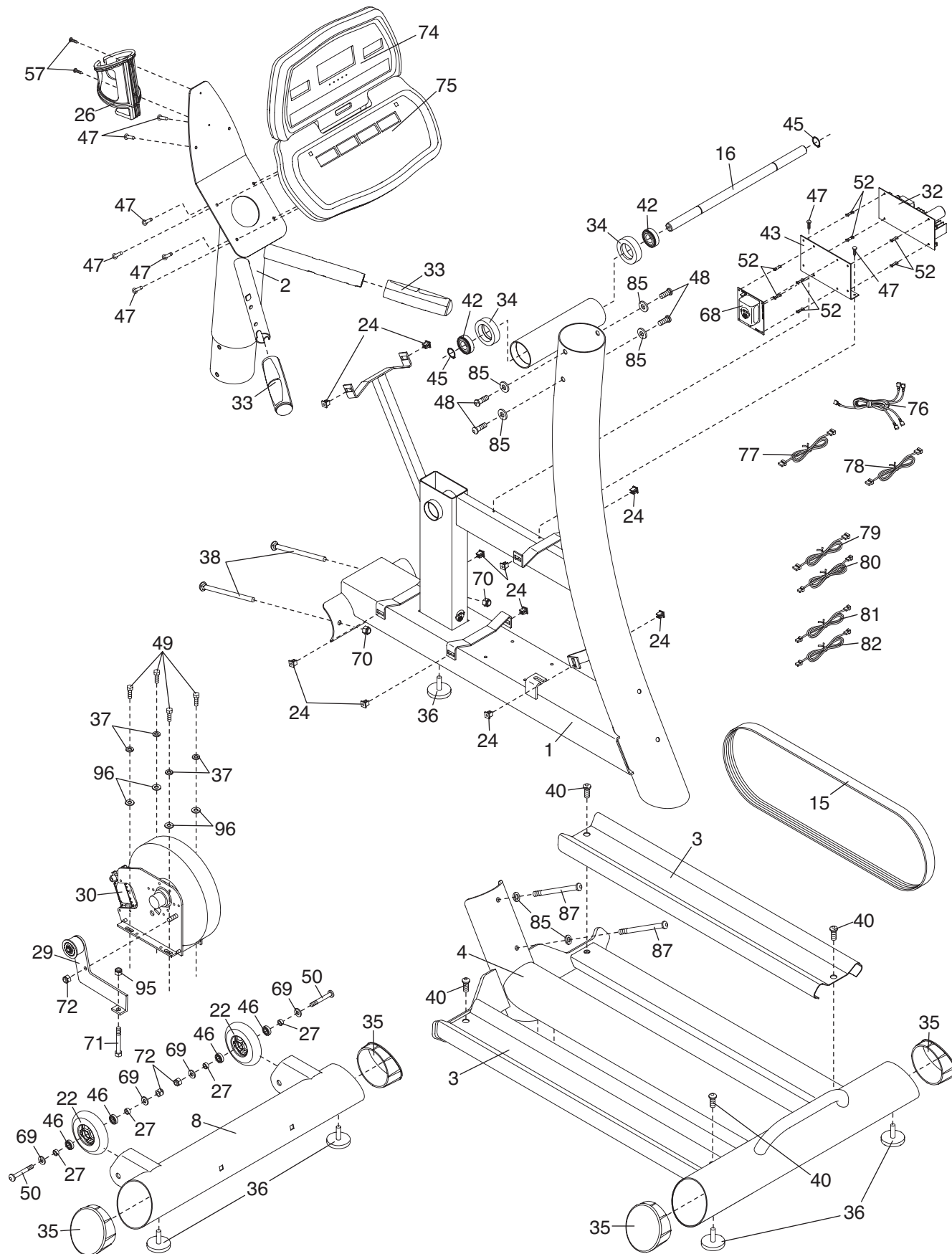
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Crank Screw
2	1	Upright	52	8	Stand Off
3	2	Track	53	2	M6 x 12mm Button Screw
4	1	Track Frame	54	14	M10 x 13mm Button Screw
5	2	Pedal Disc	55	4	7mm Spacer
6	1	Left Side Shield	56	4	M8 x 19mm Button Screw
7	1	Right Side Shield	57	2	M4 x 19mm Screw
8	1	Stabilizer	58	4	M8 x 38mm Button Screw
9	1	Crank	59	20	M5 x 16mm Screw
10	1	Crank Spacer	60	8	16mm Spacer
11	1	Right Track Arm	61	2	M8 x 48mm Bolt
12	1	Left Track Arm	62	2	3mm Spacer
13	1	Right Pedal Leg	63	8	Pedal Bushing
14	1	Left Pedal Leg	64	4	Long Side Shield Spacer
15	1	Drive Belt	65	2	Key
16	1	Handlebar Axle	66	4	Thrust Washer
17	2	Handlebar Leg	67	14	M10 Washer
18	4	M8 Small Washer	68	1	Battery Pack
19	1	Left Handlebar	69	12	M8 Washer
20	1	Right Handlebar	70	2	M10 Nylon Locknut
21	2	Pedal	71	1	Tension Bolt
22	2	Transport Wheel	72	11	M8 Nylon Locknut
23	2	Handlebar Foam	73	1	Short Side Shield Spacer
24	10	Plastic Insert	74	1	Display Console
25	1	Pulley	75	1	Control Console
26	1	Water Bottle Holder	76	1	Pulse Jumper Wire
27	4	6mm Spacer	77	1	Upper Wire Harness
28	2	Set Screw	78	1	Lower Wire Harness
29	1	Idler	79	1	Controller Wire Harness
30	1	Generator	80	1	Ground Wire
31	4	Wheel	81	1	Generator Coil Wire
32	1	Control Board	82	1	Electromagnet Wire
33	2	Pulse Grip	83	1	Left Crank Arm
34	10	Bearing Cradle	84	1	Right Crank Arm
35	4	Endcap	85	20	M10 Split Washer
36	5	Leveling Foot	86	4	M8 Split Washer
37	4	M6 Split Washer	87	2	M10 x 123mm Button Screw
38	2	M10 x 116mm Carriage Bolt	88	4	Wave Washer
39	2	Handlebar Cap	89	3	Weld Spacer
40	4	Ramp Screw	90	4	Small Bearing Cradle
41	4	Axle Cap	91	12	Small Bearing
42	12	Bearing	92	2	M8 x 55mm Bolt Set
43	1	Controller Bracket	93	2	Wheel Bolt
44	1	Short Crank Spacer	94	2	M10 x 65mm Bolt Set
45	2	Snap Ring	95	1	M10 Flange Nut
46	4	Wheel Bushing	96	4	M6 Washer
47	8	M4 x 16mm Screw	#	1	User's Manual
48	4	M10 x 25mm Patch Screw	#	3	Hex Key
49	8	M6 x 16mm Button Screw	#	2	Grease
50	2	M8 x 56mm Button Screw			

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.

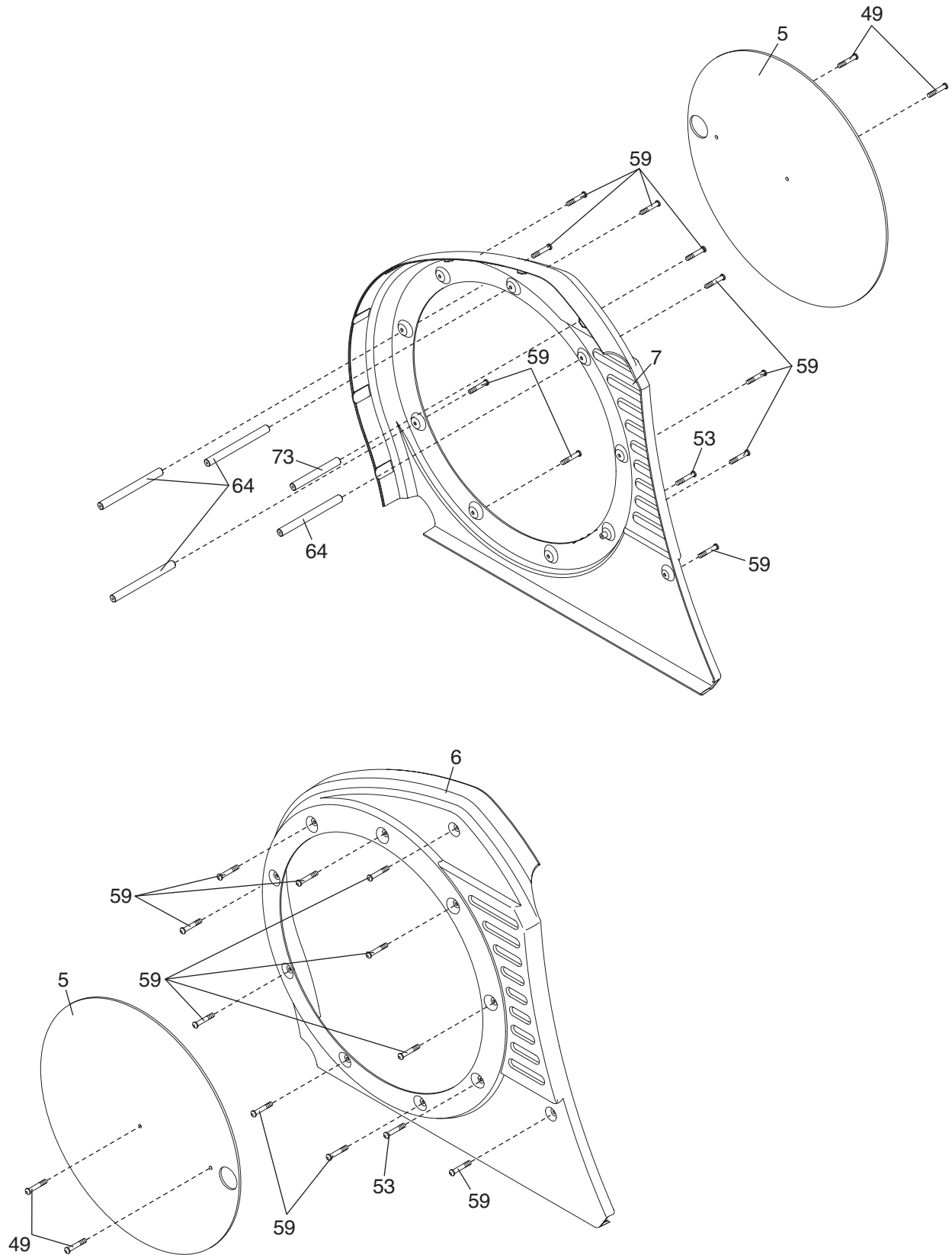
EXPLODED DRAWING A—Model No. NTEVEL2086.0

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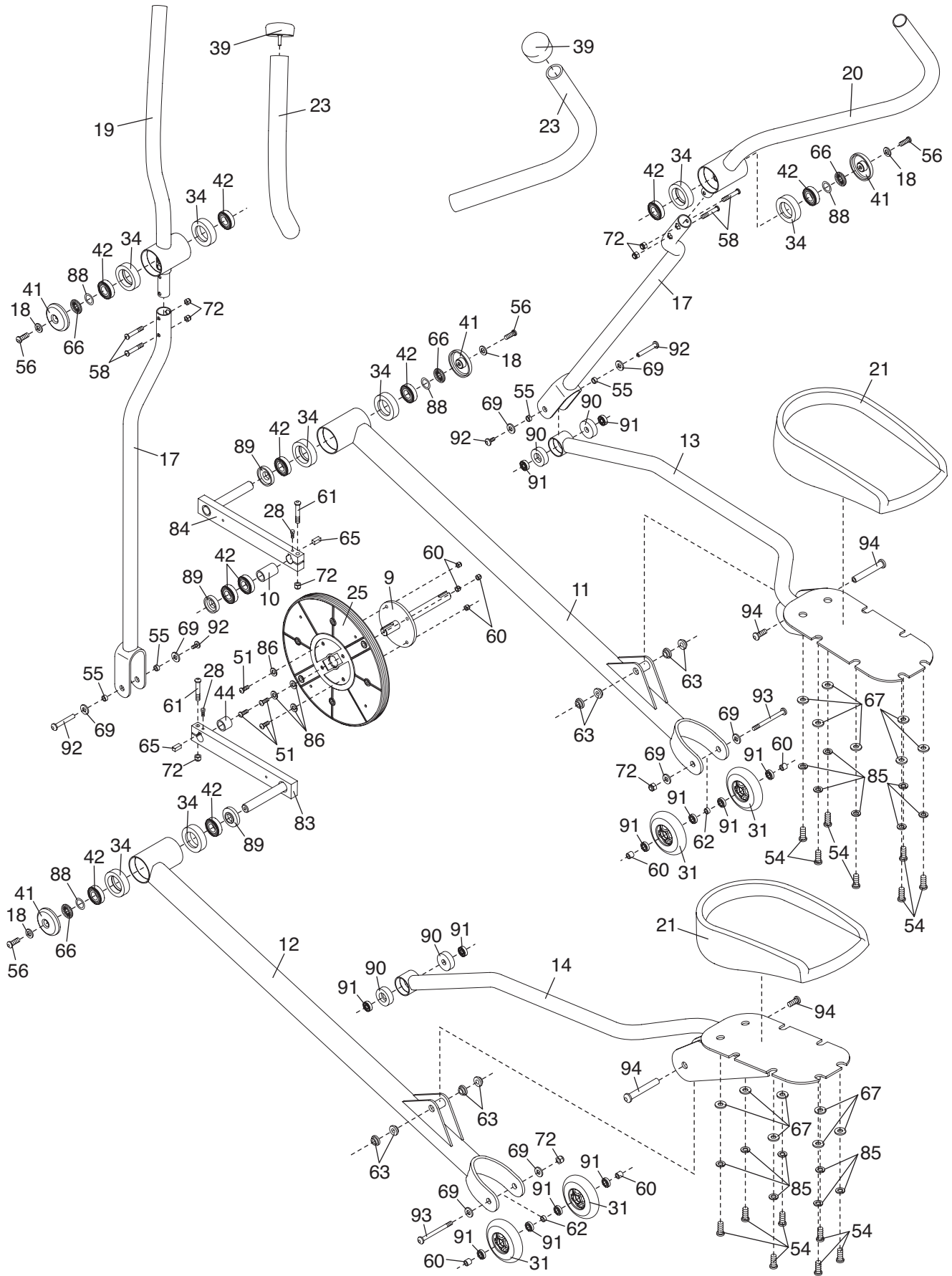


EXPLODED DRAWING B—Model No. NTEVEL2086.0

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R1206A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (NTEVEL2086.0)
- the NAME of the product (NordicTrack XLT 1200 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)