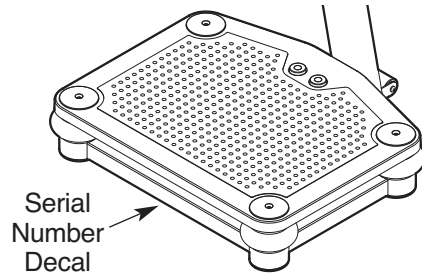


# NordicTrack<sup>®</sup> v7

Model No. NTEVVB14808.0

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

Write the serial number in the space above for reference.



## 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 contact us:

Call: 08457 089 009

Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

Email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

Write:

ICON Health & Fitness, Ltd.

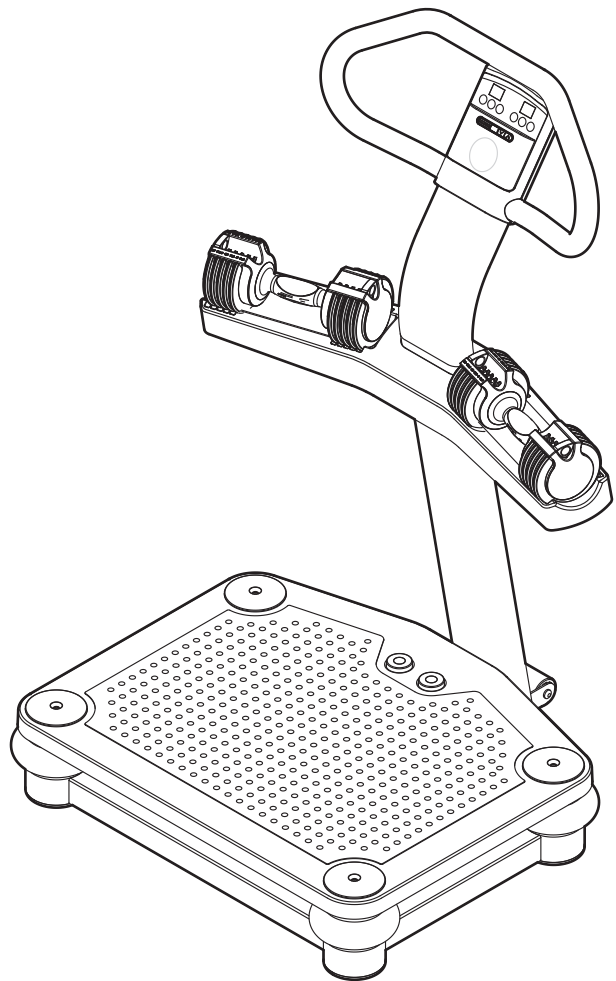
Unit 4

Revie Road Industrial Estate

Revie Road, Beeston

Leeds, LS11 8JG

UK



### CAUTION

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



Visit our website at

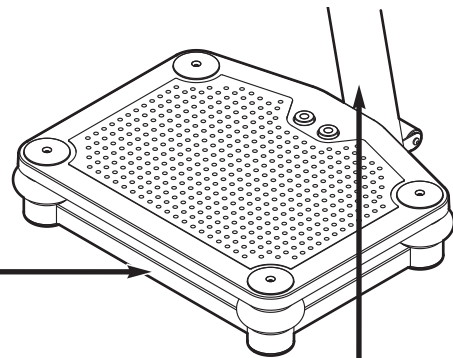
[www.iconeurope.com](http://www.iconeurope.com)

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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



**▲ WARNING**

User Weight: Max 300 LBS  
 Weight Crutch: Max 310 LBS  
 Leg Developer: Max 150 LBS  
 Weight Carriage: Max 150 LBS  
 Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

**▲ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the vibration platform before using the vibration platform. 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 the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all precautions.
3. The vibration platform is intended for home use only. Do not use the vibration platform in a commercial, rental, or institutional setting.
4. Keep the vibration platform indoors, away from moisture and dust. Place the vibration platform on a level surface, with a mat beneath it to protect the floor or carpet. Do not place the vibration platform in a garage or covered patio, or near water.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the vibration platform at all times.
7. The vibration platform should not be used by persons weighing more than 300 lbs. (136 kg).
8. Never allow more than one person on the vibration platform at a time.
9. Keep your back straight while using the vibration platform; do not arch your back. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.
10. It is recommended that you use the vibration platform no more than 15 minutes per day and no more than 3 times per week.
11. Be careful when stepping down from the vibration platform; your muscles will feel different after you exercise on the vibration platform.
12. The following is a list of factors and conditions that may make exercising on the vibration platform inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the vibration platform.
  - Knee or hip implant
  - Pacemaker
  - Recently placed screws, pins, bolts, or spirals
  - Acute hernia, discopathy, or spondylitis
  - Serious heart or vascular disease
  - Acute thrombosis
  - Tumor
  - Serious migraine
  - Epilepsy
  - Serious diabetes
  - Recent wound due to operation
  - Fresh inflammation
  - Pregnancy
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Make sure that the dumbbells are secure in the weight rests when they are not in use.
15. Always remove the dumbbells from the vibration platform before moving the vibration platform.

16. Use the vibration platform and the included dumbbells only as described in this manual.
17. When connecting the power cord (see page 14), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
18. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
19. Keep the power cord away from heated surfaces.
20. Never leave the vibration platform unattended while it is running. Always unplug the power cord and switch the reset/off circuit breaker to the off position when the vibration platform is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. **DANGER:** Always unplug the power cord when the vibration platform is not in use and before cleaning the vibration platform. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

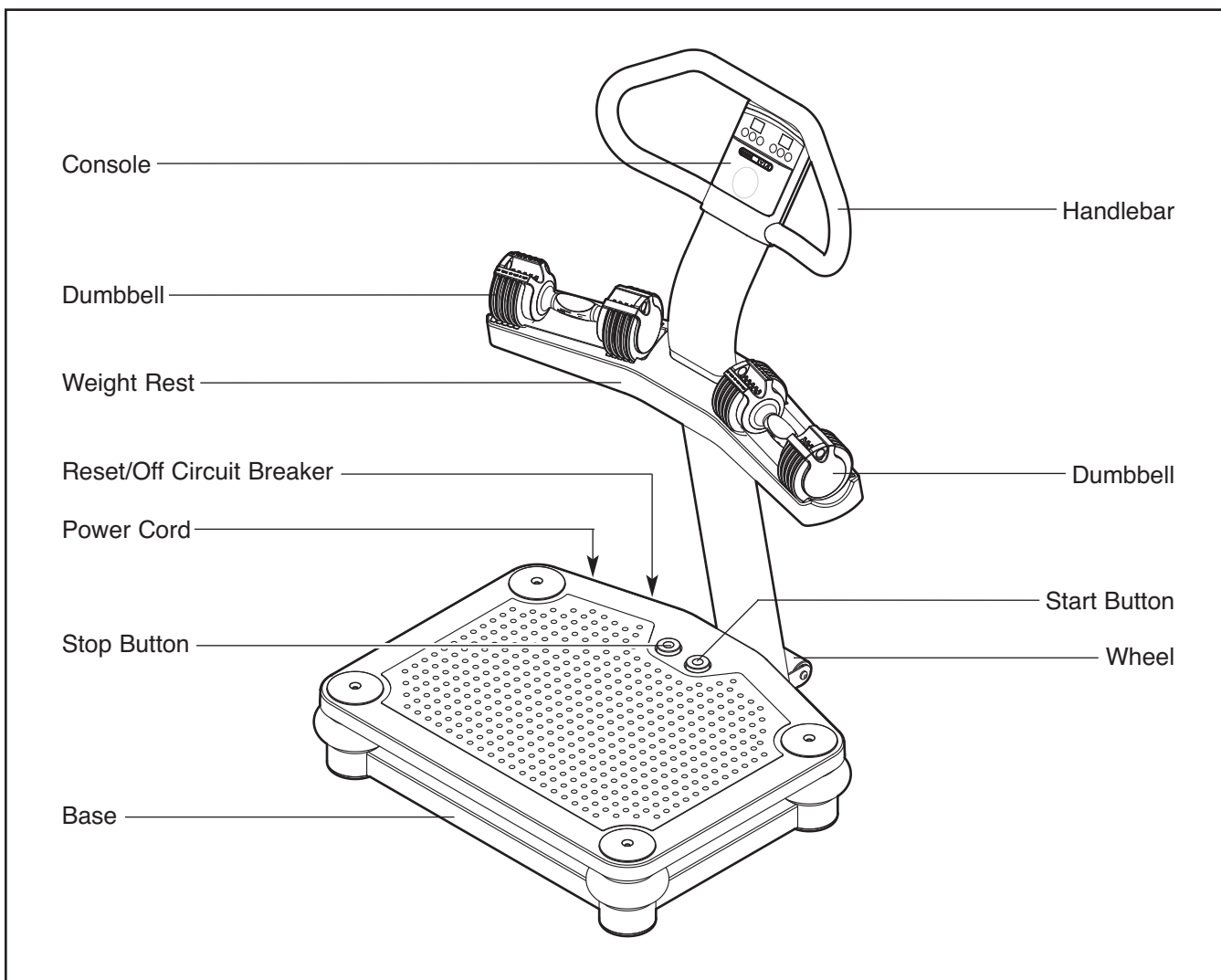
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDIC-TRACK® V7 vibration platform. The V7 vibration platform offers whole body vibration options designed to make your workouts effective and enjoyable.

**For your benefit, read this manual carefully before you use the vibration platform.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the

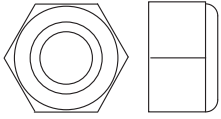
product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

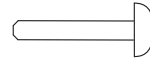
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**



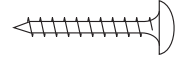
M10 Locknut (32)



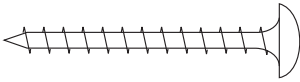
M10 Split Washer (38)



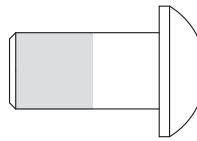
M4 x 16mm Round Screw (26)



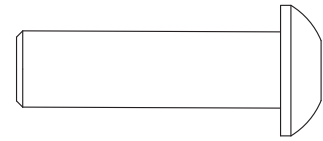
M4 x 19mm Screw (45)



M5 x 38mm Screw (40)



M10 x 20mm Patch Screw (28)



M10 x 35mm Screw (34)



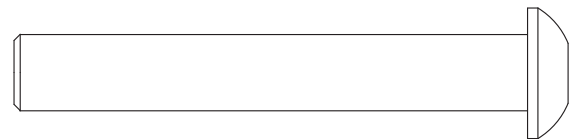
M10 x 50mm Patch Screw (51)



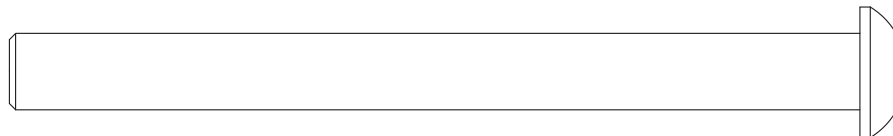
M10 x 55mm Patch Screw (20)



M10 x 62mm Patch Screw (37)



M10 x 68mm Bolt (55)



M10 x 114mm Bolt (33)

# ASSEMBLY


## Make Assembly Easier

This manual is designed to ensure that the vibration platform can be assembled successfully by almost anyone. Most people find that if they set aside plenty of time, assembly goes smoothly.

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

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, see the PART IDENTIFICATION CHART on page 6.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly may require the following tools (not included):

one adjustable wrench 

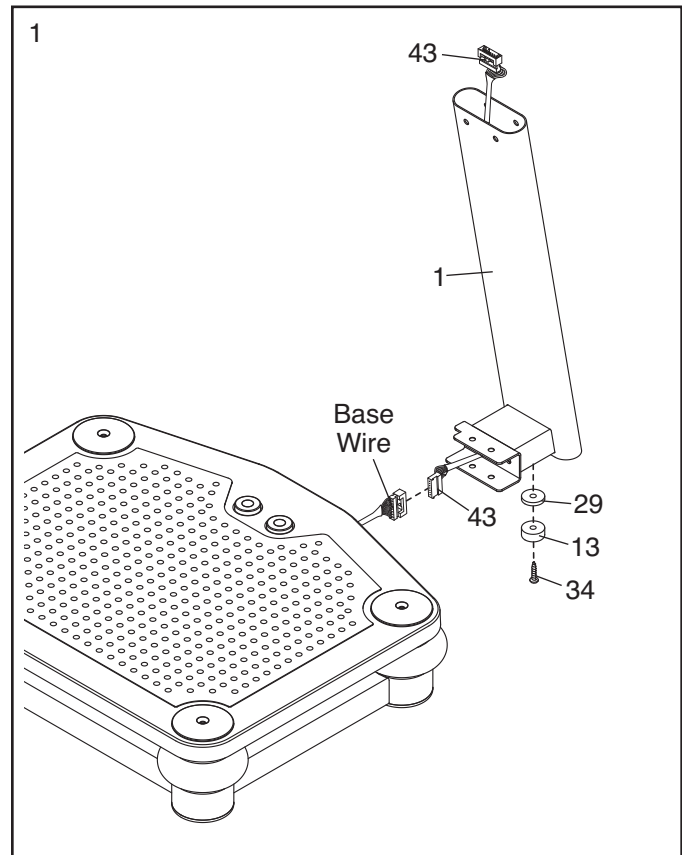
one rubber mallet 

one Phillips screwdriver 

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. Attach a Rubber Spacer (29) and a Foot (13) to the Lower Upright (1) with an M10 x 35mm Screw (34).

Next, locate the Wire Harness (43) inside the Lower Upright (1). Connect the Wire Harness to the base wire as shown. Then, pull the Wire Harness out of the top of the Lower Upright.

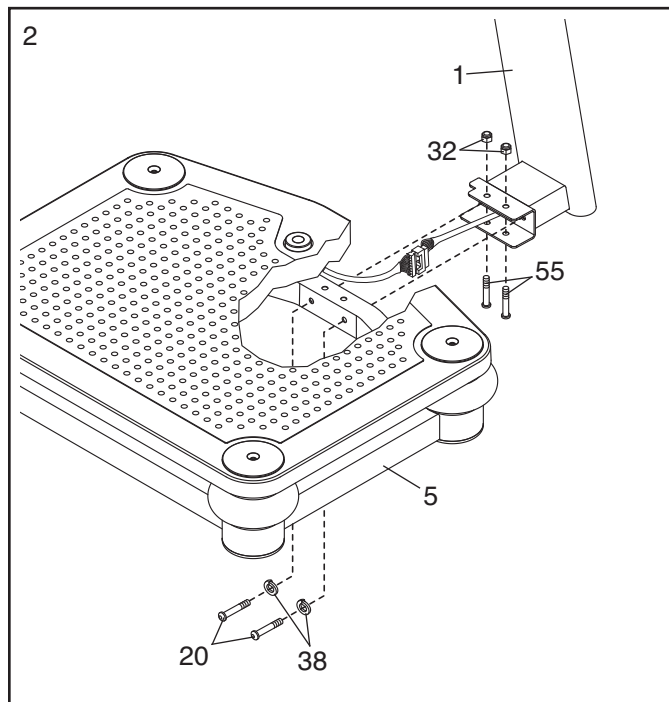


2. **Note: For clarity some parts are not shown.**

**Tip: Be careful not to pinch the wires during this step.**

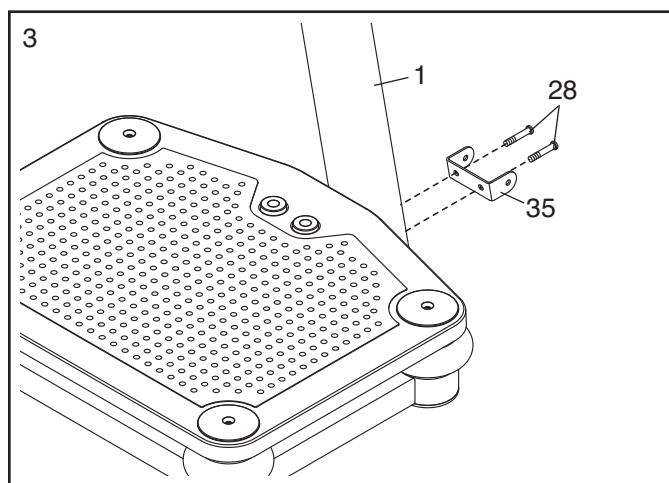
With the help of a second person, carefully tip the Base (5) onto its side.

Attach the Lower Upright (1) to the Base (5) with two M10 x 55mm Patch Screws (20), two M10 Split Washers (38), two M10 x 68mm Bolts (55), and two M10 Locknuts (32).



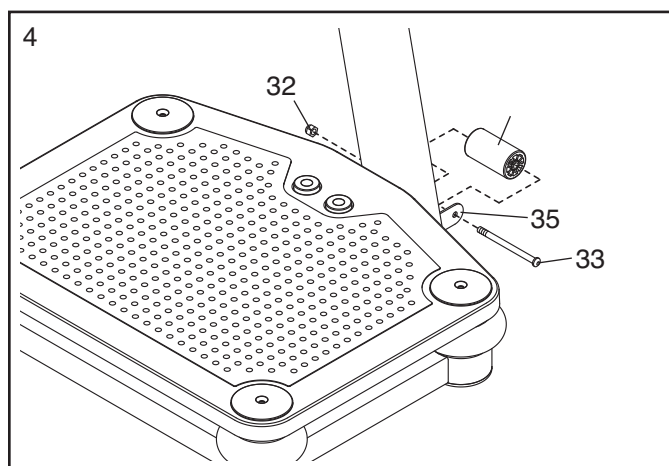
3. **Tip: Orient the Wheel Bracket (35) so that the arrow sticker is pointing upward.**

Attach the Wheel Bracket (35) to the Lower Upright (1) with two M10 x 20mm Patch Screws (28).



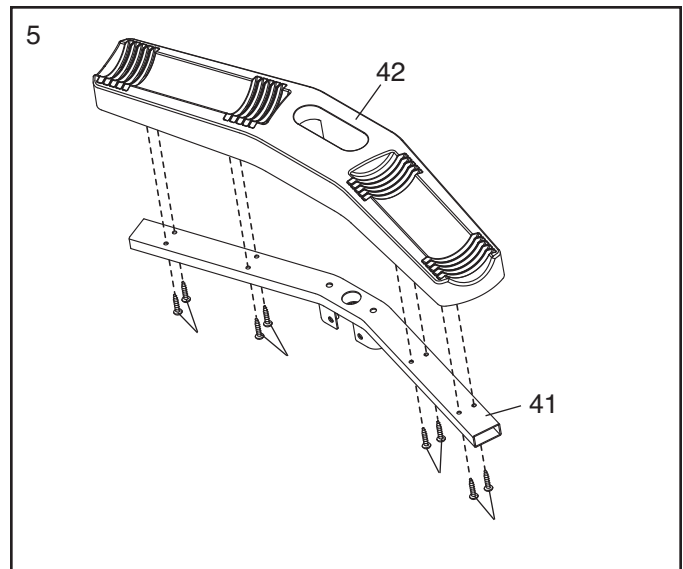
4. Attach the Wheel (30) to the Wheel Bracket (35) with an M10 x 114mm Bolt (33) and an M10 Locknut (32). **Do not overtighten the Locknut; the Wheel must rotate freely.**

**Note: If the Wheel (30) rattles when the vibration platform is in use, tighten the M10 Locknut (32) until the rattling stops.**



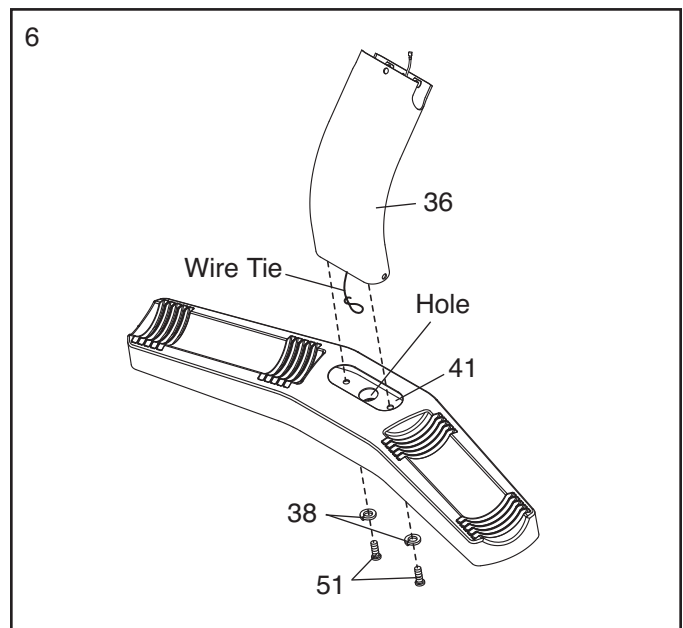


5. Attach the Weight Rest (42) to the Weight Rest Frame (41) with eight M5 x 38mm Screws (40). **Do not tighten the Screws yet.**



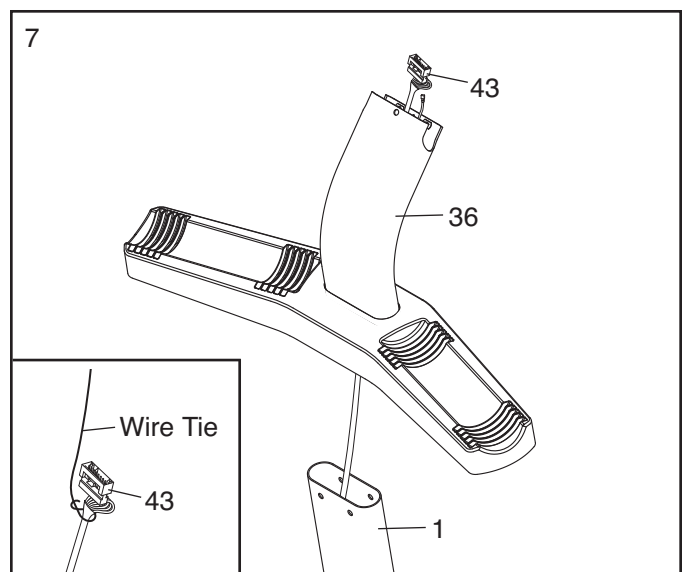
6. Locate the wire tie inside the Upper Upright (36). Insert the wire tie through the hole in the Weight Rest Frame (41).

Next, attach the Upper Upright (36) to the Weight Rest Frame (41) with two M10 x 50mm Patch Screws (51) and two M10 Split Washers (38).



7. Have a second person hold the Upper Upright (36) near the Lower Upright (1).

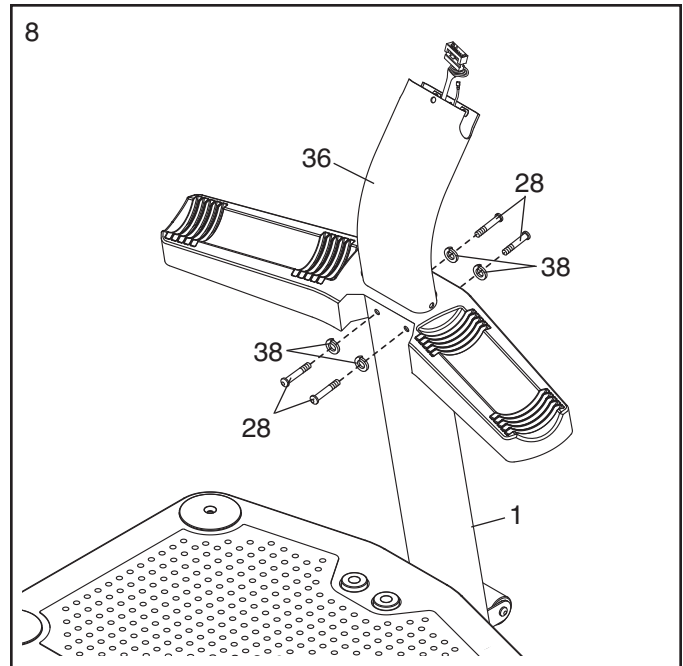
**See the inset drawing.** Tie the lower end of the wire tie to the Wire Harness (43) as shown. Then, pull the upper end of the wire tie until the Wire Harness is routed through the Upper Upright (36).



8. **Tip: Be careful not to pinch the wires during this step.**

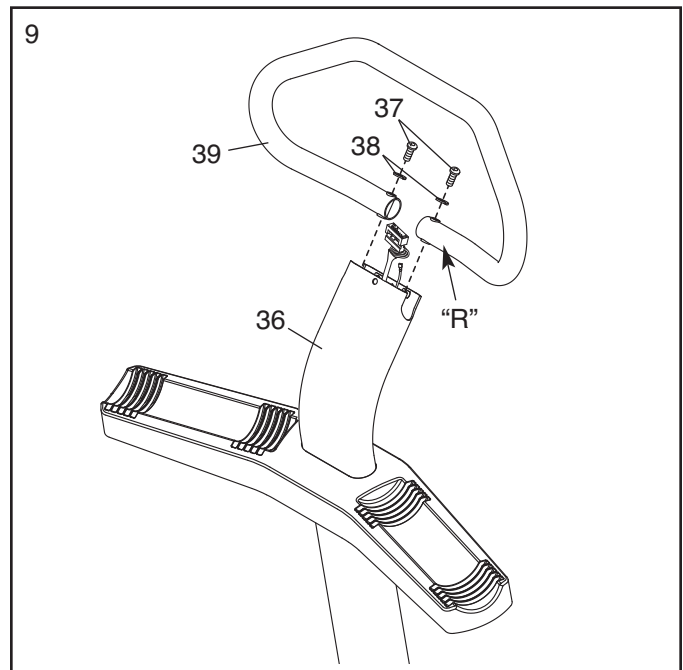
Attach the Upper Upright (36) to the Lower Upright (1) with four M10 x 20mm Patch Screws (28) and four M10 Split Washers (38).

**See step 5. Tighten the eight M5 x 38mm Screws (40).**

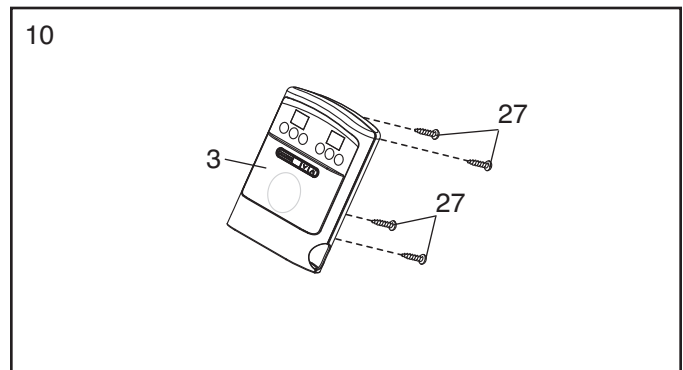


9. **Tip: Orient the Handlebar (39) so that the sticker marked with an "R" is in the location shown.**

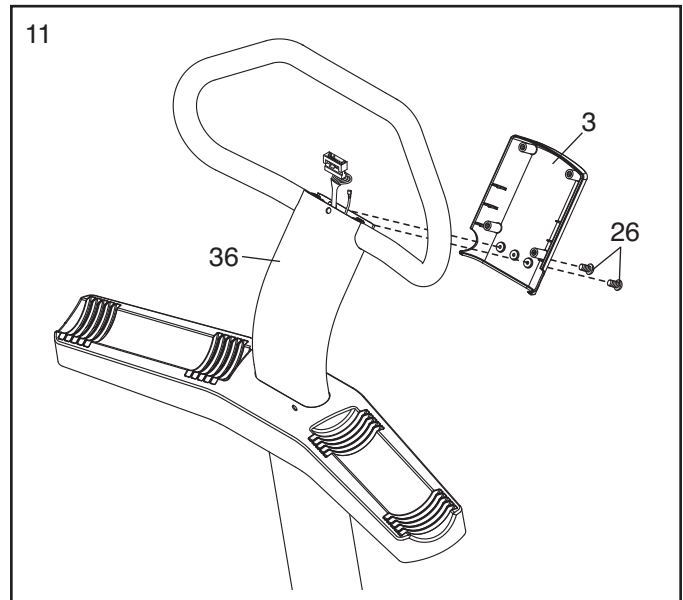
Attach the Handlebar (39) to the Upper Upright (36) with two M10 x 62mm Patch Screws (37) and two M10 Split Washers (38).



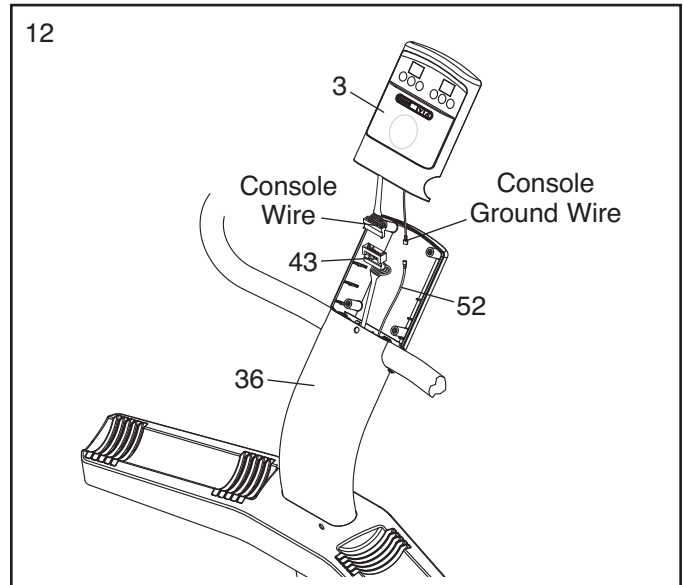
10. Remove the four M4 x 12mm Self-tapping Screws (27) from the back of the Console (3).  
**Set the Self-tapping Screws aside until step 13.**



11. Attach the back of the Console (3) to the Upper Upright (36) with two M4 x 16mm Round Screws (26). **Do not tighten the Round Screws yet.**



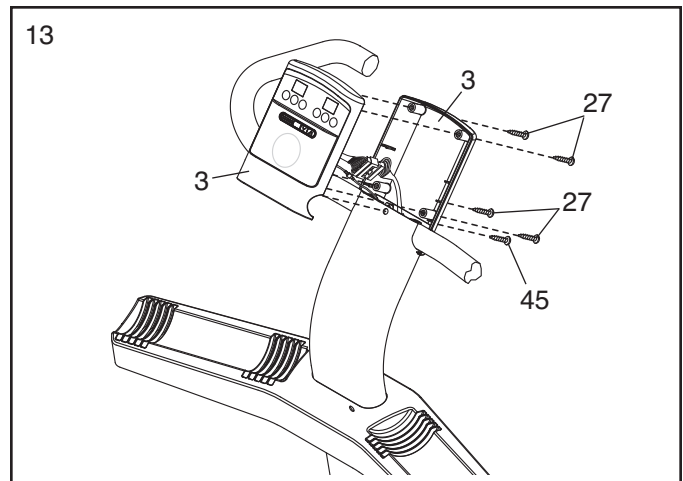
12. While a second person holds the front of the Console (3) near the Upper Upright (36), connect the console ground wire to the Ground Wire (52). Next, connect the console wire to the Wire Harness (43). Then, insert the wires into the Upper Upright.



13. **Tip: Be careful not to pinch the wires during this step.**

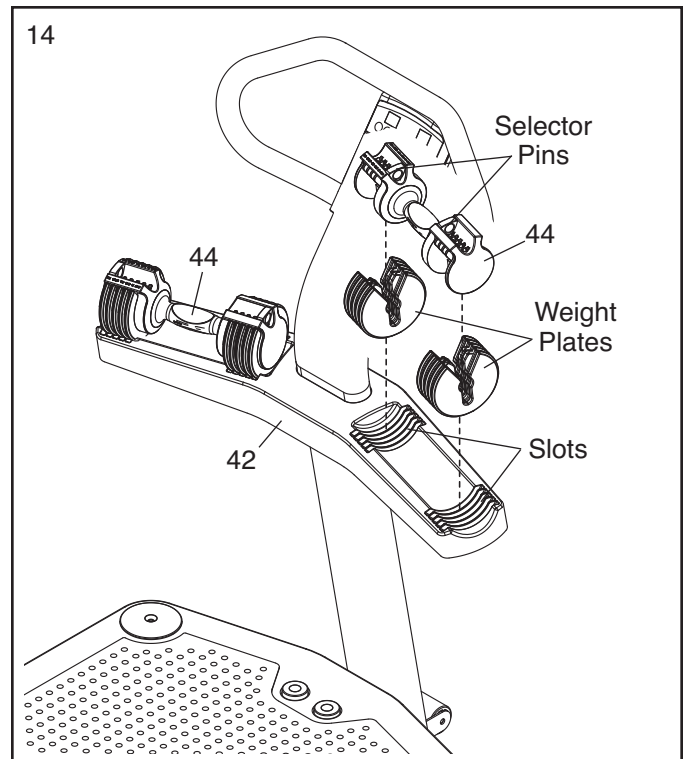
Attach the front of the Console (3) to the back of the Console with the four M4 x 12mm Self-tapping Screws (27) you removed in step 10 and an M4 x 19mm Screw (45).

**See step 11. Tighten the two M4 x 16mm Round Screws (26).**

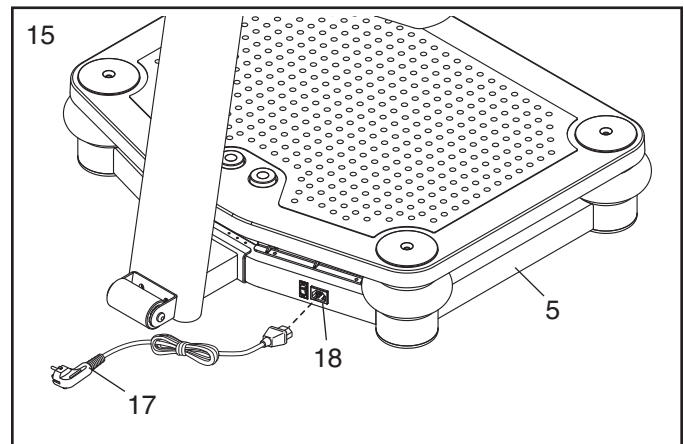


14. Set ten weight plates into the indicated slots in the right side of the Weight Rest (42). Next, lift the two selector pins on a Dumbbell (44), and slide the selector pins to the adjustment holes marked “1.1.” Place the Dumbbell on the weight plates. Then, lift the two selector pins and slide them to the adjustment holes marked “6.8.”

**Repeat this step with the other Dumbbell (44).**



15. Plug the Power Cord (17) into the Receptacle (18) located on the Base (5).



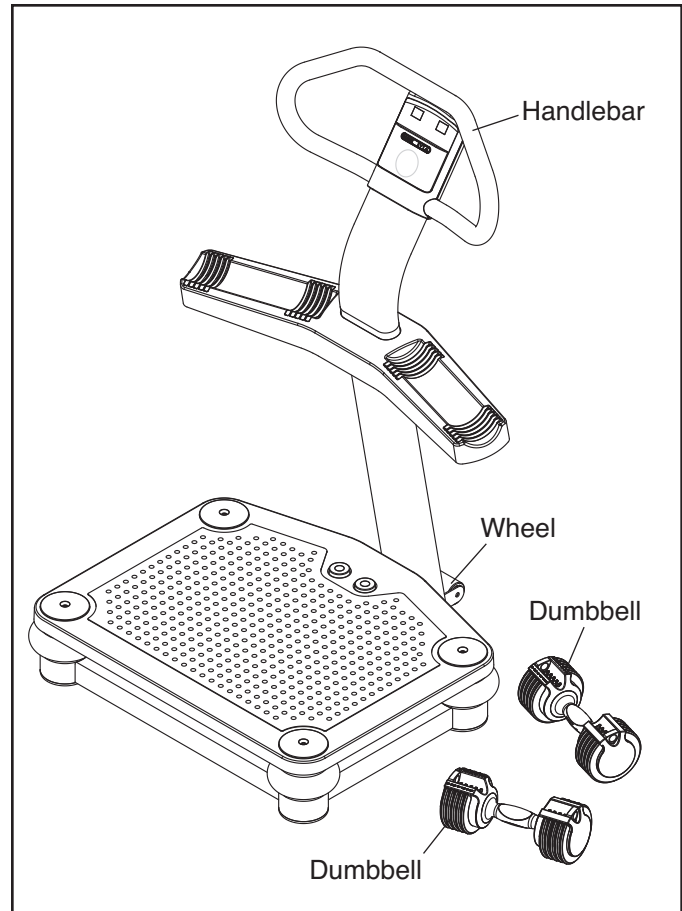
16. **Make sure that all parts are properly tightened before you use the vibration platform.**

# HOW TO USE THE VIBRATION PLATFORM

## HOW TO MOVE THE VIBRATION PLATFORM

Before moving the vibration platform, unplug the power cord and remove the dumbbells from the weight rest.

Hold the handlebar and place one foot against the wheel. Tilt the vibration platform until it rolls freely on the wheel. Carefully move the vibration platform to the desired location. **To reduce the risk of injury, use extreme caution while moving the vibration platform. Do not move the vibration platform over an uneven surface.**

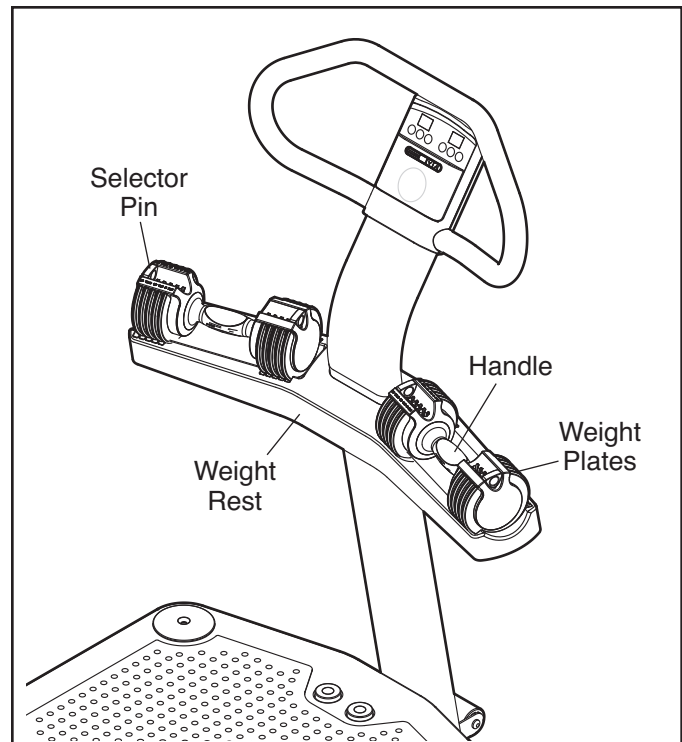


## HOW TO USE THE ADJUSTABLE-WEIGHT DUMBBELLS

Each dumbbell handle can be used with two, four, six, eight, or ten weight plates; each dumbbell handle can also be used without weight plates.

To select the desired number of weight plates, first set a dumbbell on the weight rest as shown. Next, lift one of the selector pins, slide the selector pin to one of the adjustment holes, and then release the selector pin. Rock the selector pin from side to side to make sure that it is fully inserted into one of the adjustment holes. Adjust the other selector pin on the dumbbell in the same way. **Always attach the same number of weight plates to both sides of each dumbbell handle.**

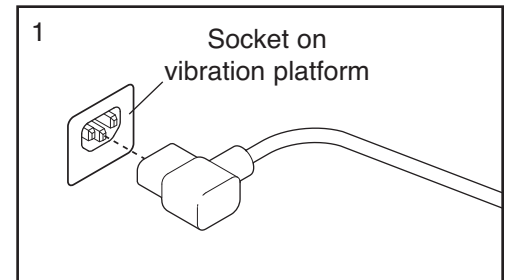
To use the dumbbell, lift it straight upward off the weight rest, making sure that the unattached weight plates remain on the weight rest.



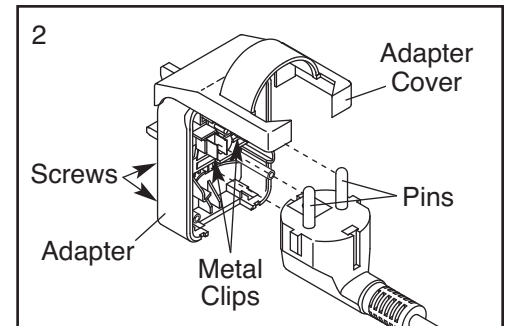
## HOW TO PLUG IN THE POWER CORD

**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

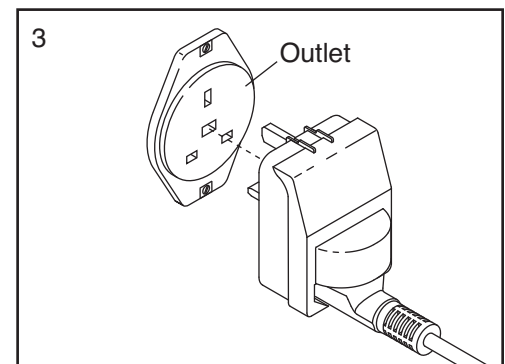
1. Plug the indicated end of the power cord into the socket on the vibration platform.



2. Remove the two screws from the adapter, and open the adapter cover. Next, press the pins on the power cord into the metal clips in the adapter as shown. Then, close the adapter cover over the end of the power cord, and tighten the screws into the adapter. **IMPORTANT: Make sure that the adapter cover is secure and that the screws have been tightened before you use the power cord.**

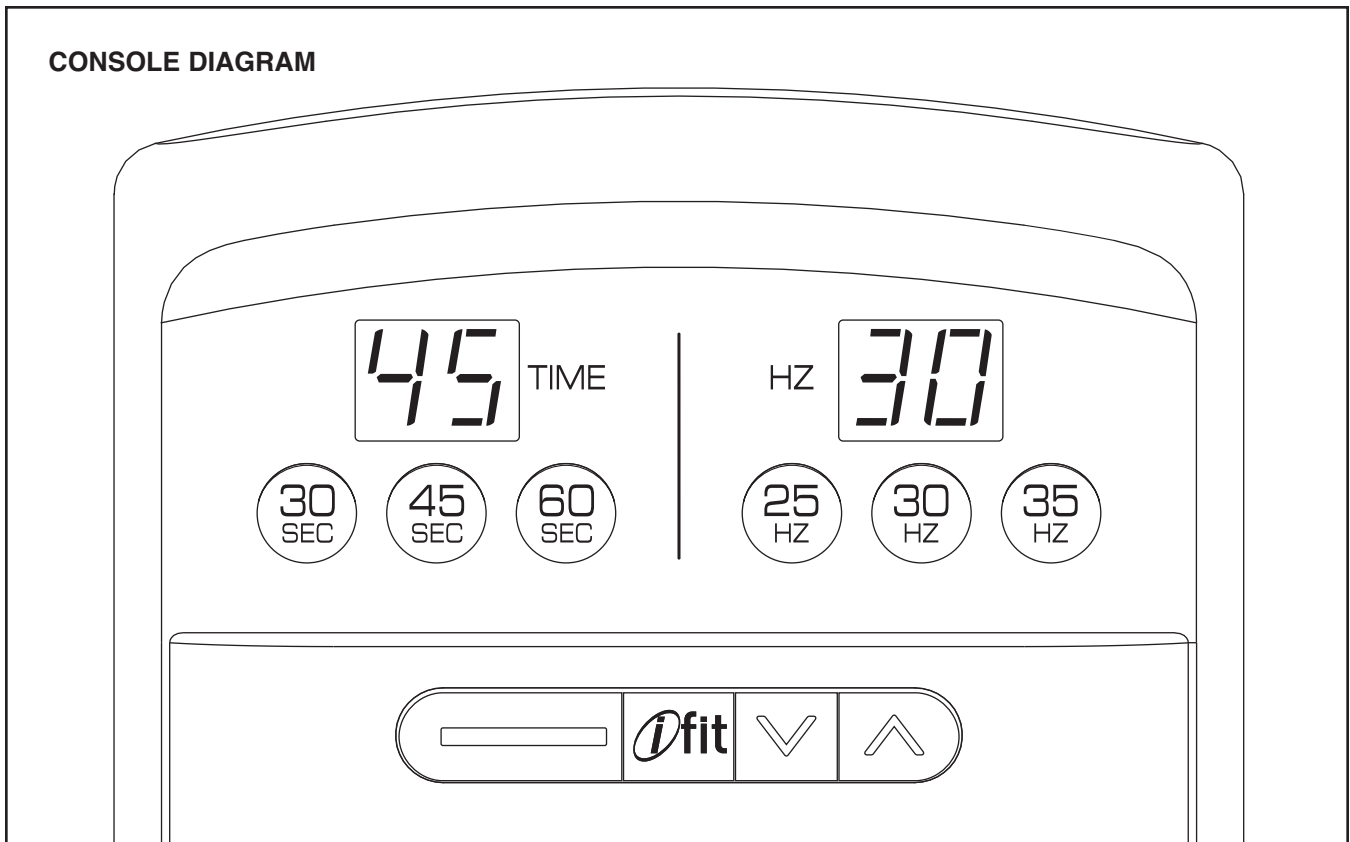


3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The vibration platform is not compatible with RCD-equipped outlets.**



**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

## CONSOLE DIAGRAM



## CONSOLE FEATURES

The console offers a selection of features designed to make your workouts more effective and enjoyable. You can change the time and frequency of your vibration sessions with the touch of a button.

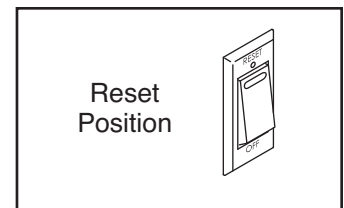
The console also features the new iFit Interactive Workout System. The iFit Interactive Workout System is compatible with iFit cards containing workout programs designed to help you achieve specific fitness goals. iFit programs control the time and frequency of the vibration platform while the voice of a personal trainer coaches you and motivates you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or see the front cover of this manual. iFit cards are also available at select stores.**

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the vibration platform has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If

**you do not do this, the console or other electronic components may become damaged.**

Plug in the power cord (see page 14). Next, locate the reset/off circuit breaker on the vibration platform near the power cord. Make sure that the circuit breaker is in the reset position.



## EXERCISE FORM

See the accompanying exercise DVD to learn the correct form for several exercises that can be performed on the vibration platform. When standing on the vibration platform, bend your knees slightly and balance your weight on the balls of your feet.

## HOW TO USE THE MANUAL MODE

### 1. Turn on the power.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select the desired vibration time.

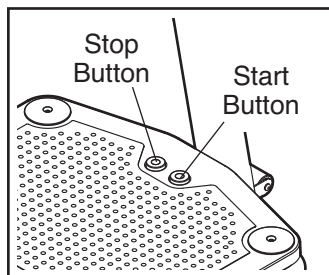
Press the desired time button to select a vibration time of 30, 45, or 60 seconds. The display will show which length of time you have selected.

### 3. Select the desired vibration frequency.

Press the desired frequency button to select a vibration frequency of 25, 30, or 35 hertz. The display will show which frequency you have selected.

### 4. Start a vibration session.

Press the start button on the platform to start a vibration session.



### 5. Stop or pause a vibration session.

Press the stop button (see the drawing above) on the platform to stop or pause a vibration session. Press the start button to continue the vibration session if desired.

Note: When the session ends, a tone will sound to alert you, and the vibration platform will automatically stop.

### 6. Start additional vibration sessions as desired.

Repeat steps 2–5 for as many additional vibration sessions as desired. **IMPORTANT: It is recommended that you use the vibration platform for no more than 15 minutes per day and no more than 3 times per week.**

### 7. When you are finished, switch the reset/off switch to the “off” position and unplug the power cord.

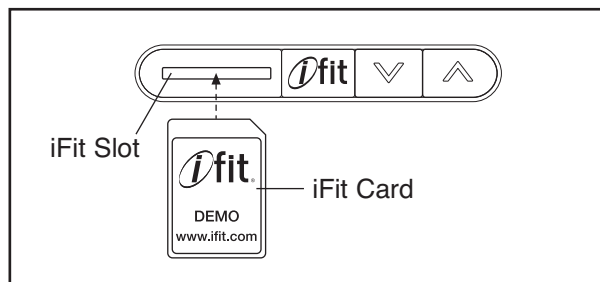
## HOW TO USE AN IFIT PROGRAM

### 1. Turn on the power.

See HOW TO TURN ON THE POWER on page 15.

### 2. Insert an iFit card and select a program.

To use an iFit program, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and the number of the iFit program will appear in the display.



Next, select the desired program on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a program, the voice of a personal trainer will begin guiding you through your workout.

### 3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.



# TROUBLESHOOTING

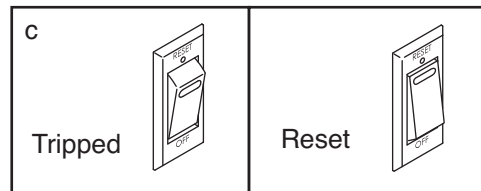
Inspect all parts of the vibration platform regularly. Replace any worn parts immediately. Outer surfaces of the vibration platform can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the vibration platform.**

**Most vibration platform problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.**

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 14.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The vibration platform is not compatible with RCD-equipped outlets.**

b. Check the reset/off circuit breaker located on the vibration platform base near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. If the vibration platform still will not run, please see the front cover of this manual.

# PART LIST—Model No. NTEVVB14808.0

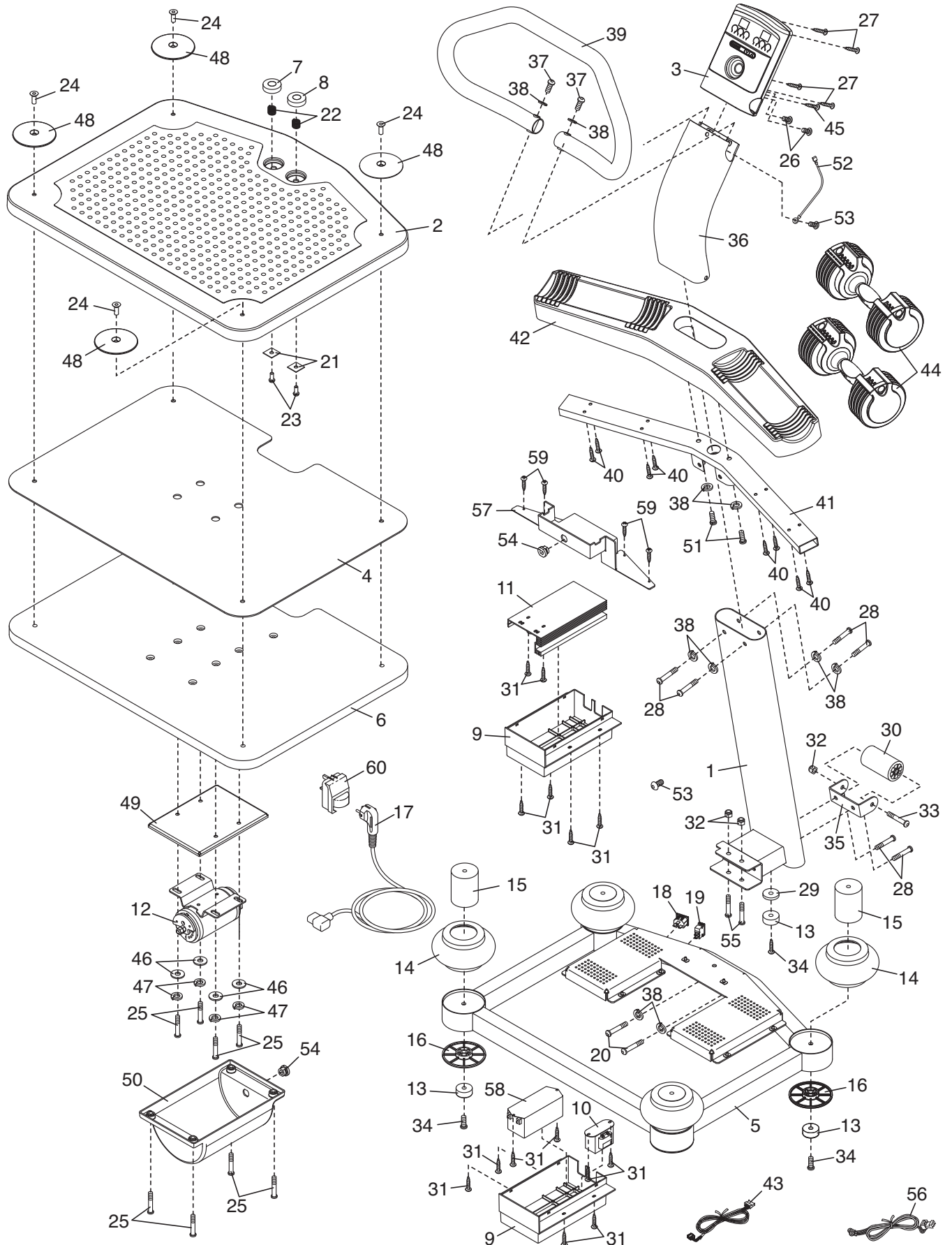
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Lower Upright	34	5	M10 x 35mm Screw
2	1	Platform Cover	35	1	Wheel Bracket
3	1	Console	36	1	Upper Upright
4	1	Platform Plate	37	2	M10 x 62mm Patch Screw
5	1	Base	38	10	M10 Split Washer
6	1	Vibration Platform	39	1	Handlebar
7	1	Stop Button	40	8	M5 x 38mm Screw
8	1	Start Button	41	1	Weight Rest Frame
9	2	Controller Box	42	1	Weight Rest
10	1	Transformer	43	1	Wire Harness
11	1	Controller	44	1	Dumbbell (Pair)
12	1	Motor	45	1	M4 x 19mm Screw
13	5	Foot	46	4	M8 Washer
14	4	Shock Absorber Cover	47	4	M8 Split Washer
15	4	Shock Absorber	48	4	Frame Cover
16	4	Platform Cap	49	1	Motor Mounting Bracket
17	1	Power Cord	50	1	Motor Cover
18	1	Receptacle	51	2	M10 x 50mm Patch Screw
19	1	Reset/Off Circuit Breaker	52	1	Ground Wire
20	2	M10 x 55mm Patch Screw	53	2	M4 x 12mm Screw
21	2	Copper Plate	54	2	Grommet
22	2	Spring	55	2	M10 x 68mm Bolt
23	2	M8 x 16mm Screw	56	1	Switch Wire Harness
24	4	M10 x 46mm Flat Head Screw	57	1	Base Bracket
25	8	M8 x 30mm Screw	58	1	Filter
26	2	M4 x 16mm Round Screw	59	4	M4 x 16mm Screw
27	4	M4 x 12mm Self-tapping Screw	60	1	Power Cord Adapter
28	6	M10 x 20mm Patch Screw	*	—	Wiring Tie
29	1	Rubber Spacer	*	—	Hex Key
30	1	Wheel	*	—	User's Manual
31	14	M4 x 12mm Screw	*	—	DVD
32	3	M10 Locknut	*	—	iFit Demo Card
33	1	M10 x 114mm Bolt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

# EXPLODED DRAWING—Model No. NTEVVB14808.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)