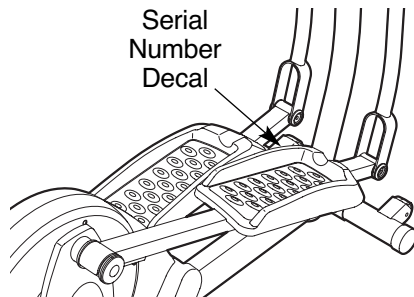


NordicTrack[®]

CXT 1400

Model No. NTEVEL1285.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

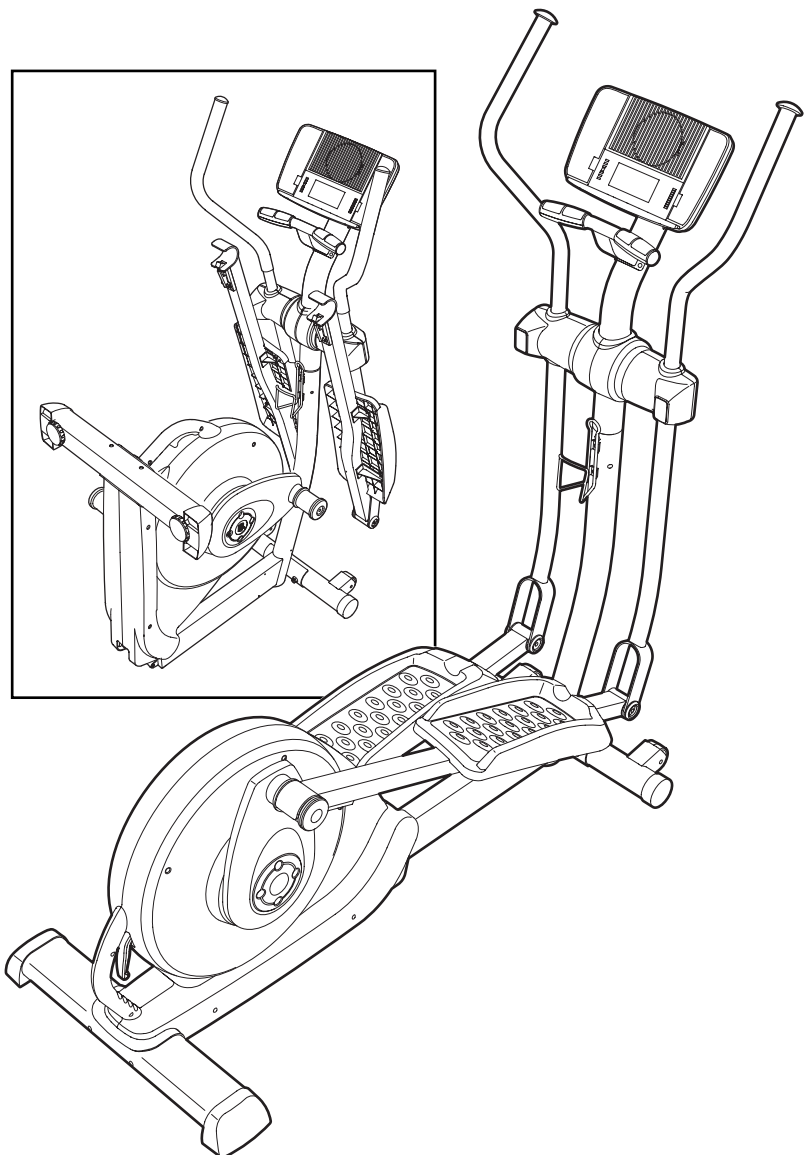
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

Or write:

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

email: csuk@iconeurope.com



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



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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 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs.).
9. Wear appropriate exercise clothes and athletic shoes while using the elliptical exerciser.
10. When unfolding the elliptical exerciser (see page 12), hold the handle firmly with both hands, pull and hold the latch lever, lower the frame slowly to the floor, and then release the latch lever. If the frame is lowered quickly, or if the latch lever is released early, the elliptical exerciser may tip over, resulting in damage or serious injury.
11. Hold the handlebars or the handgrip pulse sensor when mounting, dismounting, or using the elliptical exerciser.
12. The pulse sensors are not medical devices. Various factors may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.
13. Keep your back straight while using the elliptical exerciser; do not arch your back.
14. If you feel pain or dizziness while exercising, stop immediately and cool down.
15. When you stop exercising, allow the pedals to slowly come to a stop.
16. The decals shown on page 4 are found on the elliptical exerciser. If one of the decals is missing or illegible, call the toll-free 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.

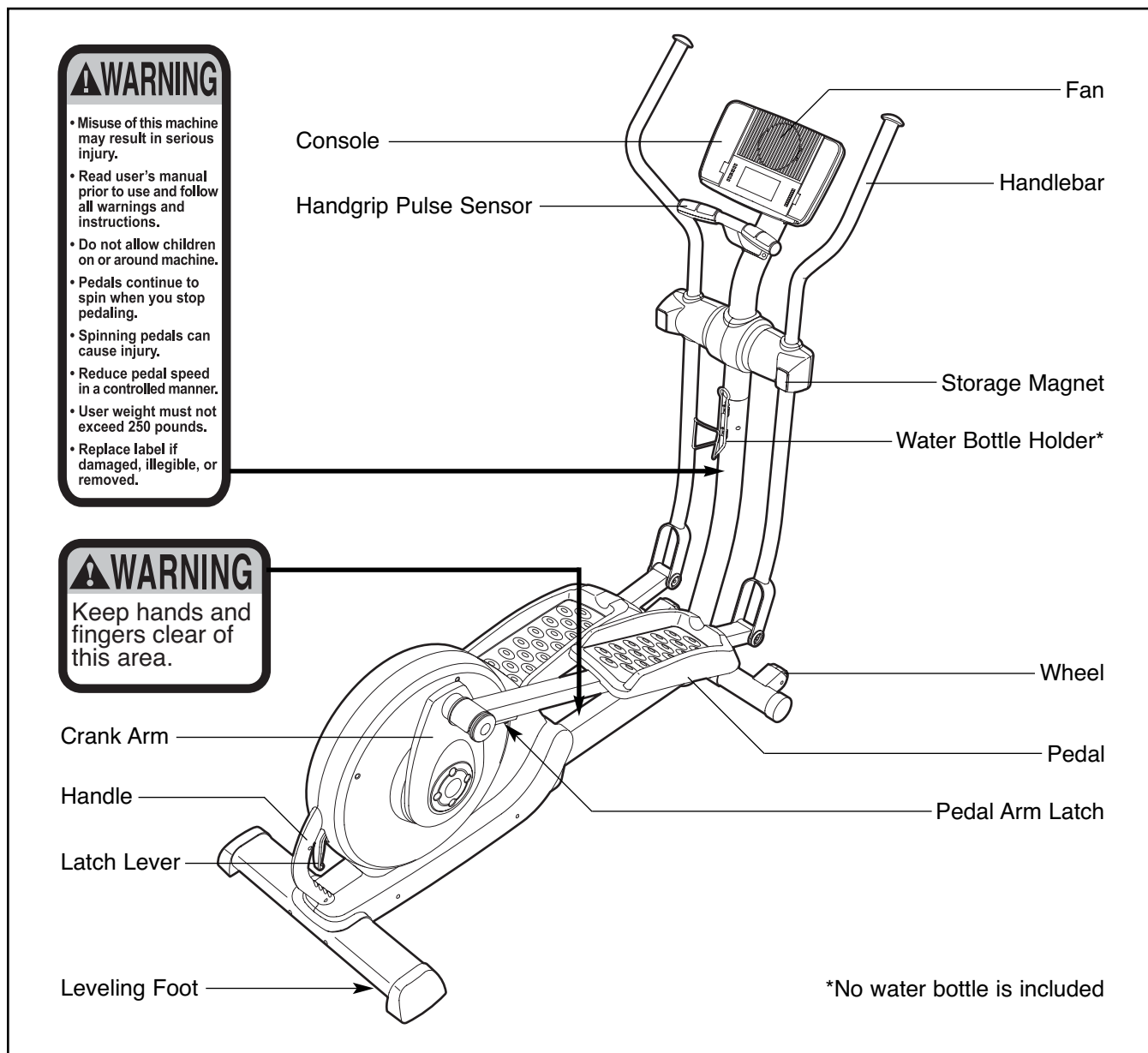
BEFORE YOU BEGIN

Thank you for selecting the revolutionary Nordictrack® CXT 1400 elliptical exerciser. The CXT 1400 elliptical exerciser offers a wide array of features designed to make your workouts at home more effective and enjoyable; and when you're not exercising, the unique CXT 1400 elliptical exerciser can be folded out of the way.




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

tions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is NTEVEL1285.0. 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. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

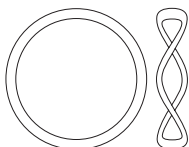
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 28 and 29. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



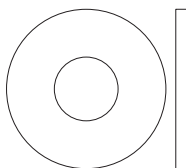
Star Washer
(112)–8



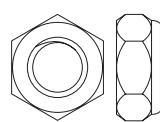
M8 Split
Washer (90)–6



Wave Washer
(111)–2



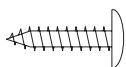
M8 Washer
(88)–6



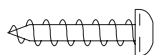
M8 Jamnut
(79)–7



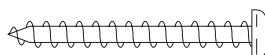
M10 Nylon
Locknut (81)–2



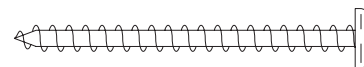
M4 x 14mm
Screw (104)–8



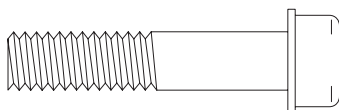
M4 x 16mm
Round Head
Screw (101)–8



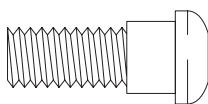
M4 x 32mm
Round Head
Screw (105)–6



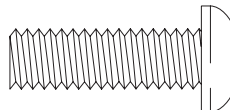
M4 x 45mm
Screw (108)–2



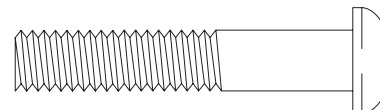
Hub Screw (87)–8



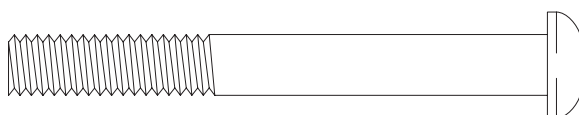
M8 x 23mm Shoulder
Screw (115)–4



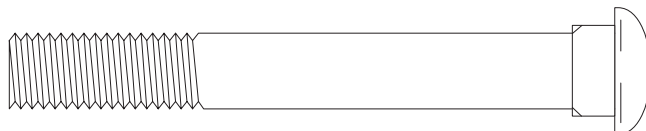
M8 x 23mm Button
Screw (84)–7



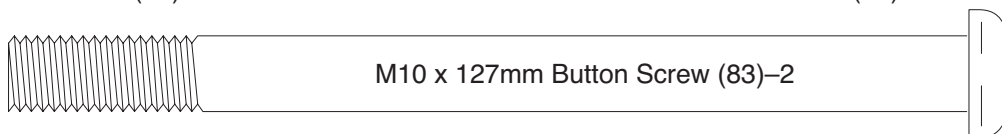
M8 x 43mm Button
Bolt (78)–4



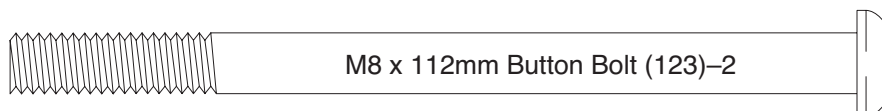
M8 x 69mm Button
Bolt (80)–1



M10 x 80mm Carriage
Bolt (82)–2

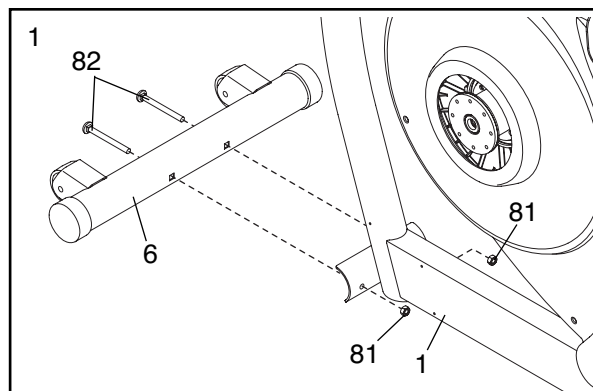


M10 x 127mm Button Screw (83)–2



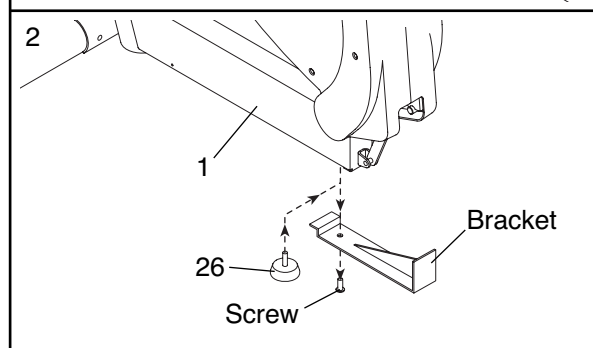
M8 x 112mm Button Bolt (123)–2

1. While another person lifts the Base (1), attach the Front Stabiliser (6) to the Base with two M10 x 80mm Carriage Bolts (82) and two M10 Nylon Locknuts (81).



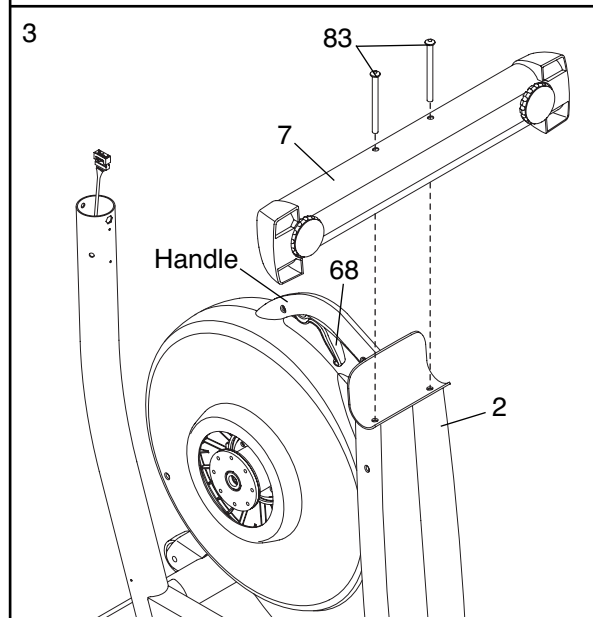
2. Remove the indicated screw and bracket from the Base (1). Discard the screw and the bracket.

Next, turn the Base Foot (26) into the Base (1) as far as possible.



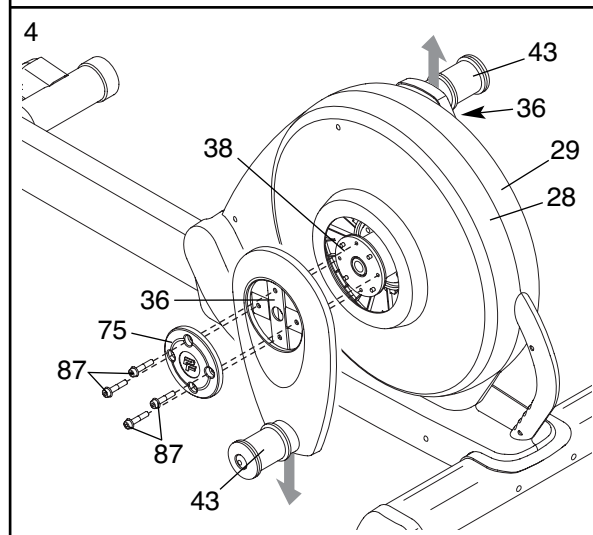
3. Attach the Rear Stabiliser (7) to the Frame (2) with two M10 x 127mm Button Screws (83).

Next, **hold the handle on the Frame (2) firmly with both hands, pull and hold the Latch Lever (68), lower the Frame slowly until the Rear Stabiliser (7) is resting on the floor, and then release the Latch Lever.**



4. Hold a Hub Cover (75) and a Crank Arm (36) against the left Crank Hub (38). Align the holes in the Hub Cover and the Crank Arm with the unused holes in the left Crank Hub. Next, insert four Hub Screws (87) into the Hub Cover and the Crank Arm, and finger tighten the Hub Screws into the left Crank Hub. Tighten one of the Hub Screws, and then tighten the Hub Screw farthest from the first Hub Screw. Then, tighten the remaining two Hub Screws.

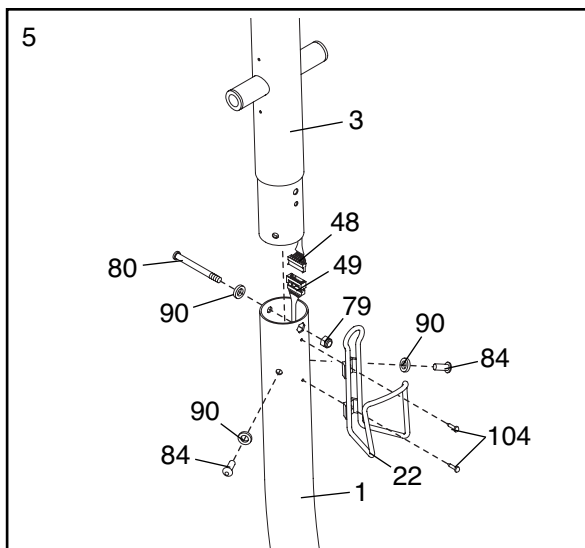
Repeat this step on the other side of the elliptical exerciser. **Make sure that the Crank Arms (36) are attached so that one Crank Bushing Sleeve (43) is at the top of the Side Shields (28, 29) when the other Crank Bushing Sleeve is at the bottom of the Side Shields.**



5. While another person holds the Upright (3), connect the Upper Wire Harness (48) to the Lower Wire Harness (49). **Gently pull the upper end of the Upper Wire Harness to remove any slack**, and insert the Upright into the Base (1). Attach the Upright with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jamnut (79). **Do not tighten the Button Bolt yet; make sure that the Jamnut is in the hexagonal hole in the Base.**

Next, finger tighten two M8 x 23mm Button Screws (84) with M8 Split Washers (90) into the Base (1). **Do not tighten the Button Screws yet.**

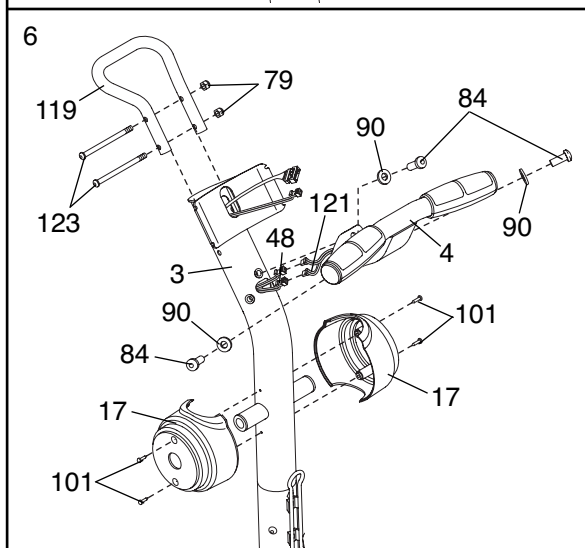
Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 14mm Screws (104).



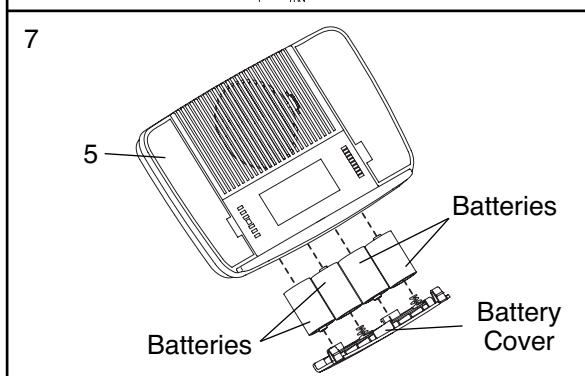
6. Orient the Transport Handle (119) as shown, and attach it to the Upright (3) with two M8 x 112mm Button Bolts (123) and two M8 Jamnuts (79).

While another person holds the Pulse Bar (4) near the Upright (3), connect the two connectors on the Upper Wire Harness (48) to the corresponding connectors on the Pulse Wire (121). Insert the Wire Harnesses into the Upright, and attach the Pulse Bar to the Upright with three M8 x 23mm Button Screws (84) and three M8 Split Washers (90).

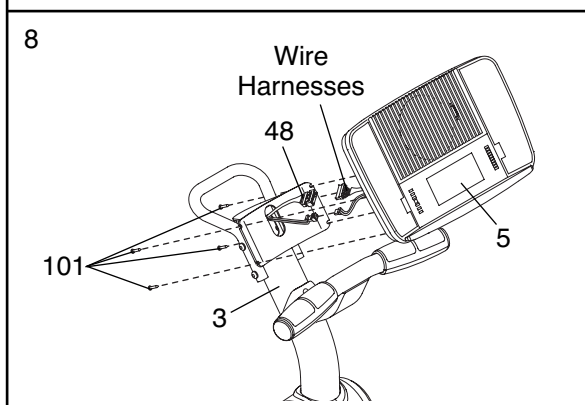
Orient one of the Upright Covers (17) as shown, and hold it against the Upright (3). Attach the Upright Cover with two M4 x 16mm Round Head Screws (101). Attach the other Upright Cover in the same way.



7. The Console (5) requires four "D" batteries; alkaline batteries are recommended. Remove the battery cover from the bottom of the Console. Next, insert four batteries into the battery compartment; **make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.



8. While another person holds the Console (5) near the Upright (3), connect the two wire harnesses on the Console to the corresponding connectors on the Upper Wire Harness (48). Insert the excess wire harness into the Upright (3). Next, attach the Console to the Upright with four M4 x 16mm Round Head Screws (101). **Be careful to avoid pinching the wire harnesses.**

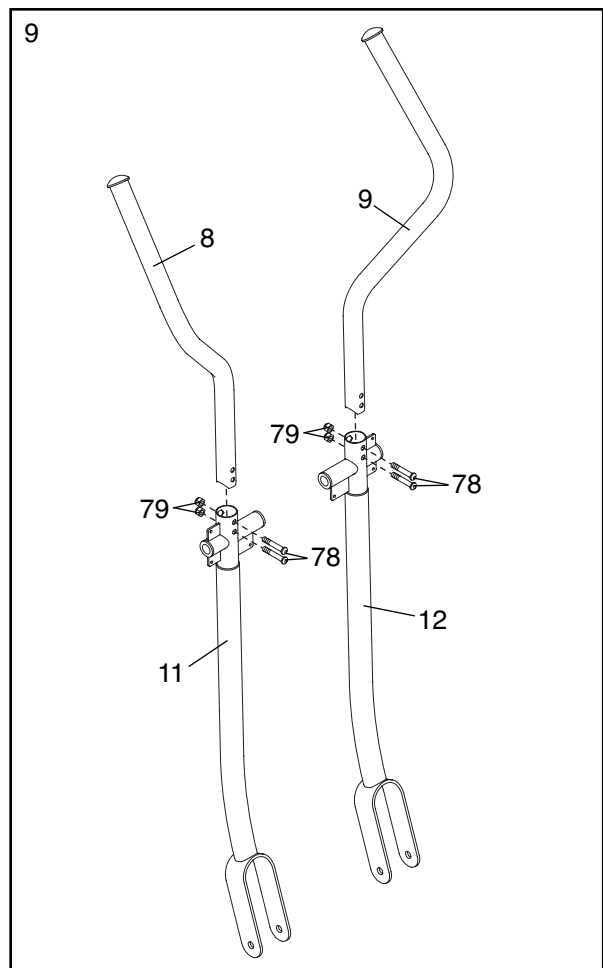


9. Identify the Left Handlebar (8) and the Left Upper Body Arm (11), which are marked with stickers.

Orient the Left Handlebar (8) and the Left Upper Body Arm (11) as shown. Insert the Left Handlebar into the Left Upper Body Arm. Attach the Left Handlebar with two M8 x 43mm Button Bolts (78) and two M8 Jamnuts (79).

Make sure that the Jamnuts are in the hexagonal holes in the Left Upper Body Arm.

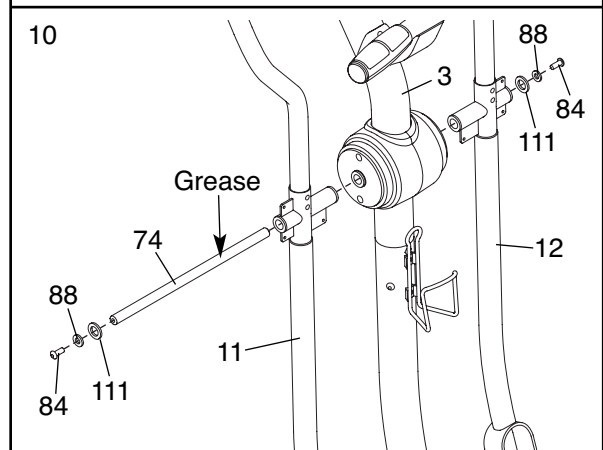
Attach the Right Handlebar (9) to the Right Upper Body Arm (12) in the same way.



10. Insert the Pivot Axle (74) into the Upright (3) and center it. Apply a generous amount of the included grease to the Pivot Axle.

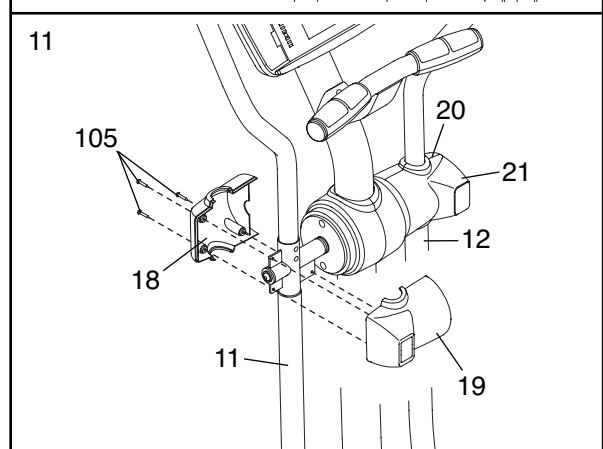
Orient the Left Upper Body Arm (11) as shown, and slide it onto the left end of the Pivot Axle (74). Slide the Right Upper Body Arm (12) onto the right end of the Pivot Axle.

Tighten an M8 x 23mm Button Screw (84) with an M8 Washer (88) and a Wave Washer (111) into each end of the Pivot Axle (74). **Make sure that the Wave Washers are on the ends of the Pivot Axle.**



11. Hold the Left Front Handlebar Cover (18) and the Left Rear Handlebar Cover (19) around the Left Upper Body Arm (11). Attach the Handlebar Covers with three M4 x 32mm Round Head Screws (105).

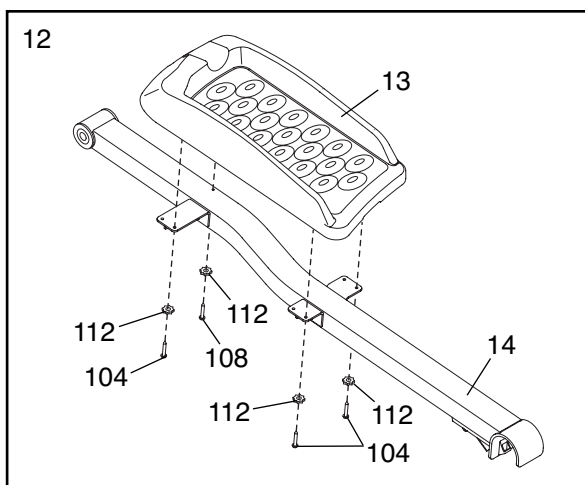
Attach the Right Front Handlebar Cover (20) and the Right Rear Handlebar Cover (21) to the Right Upper Body Arm (12) in the same way.



12. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with stickers.

Attach the Left Pedal (13) to the Left Pedal Leg (14) with an M4 x 45mm Screw (108), three M4 x 14mm Screws (104), and four Star Washers (112).

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

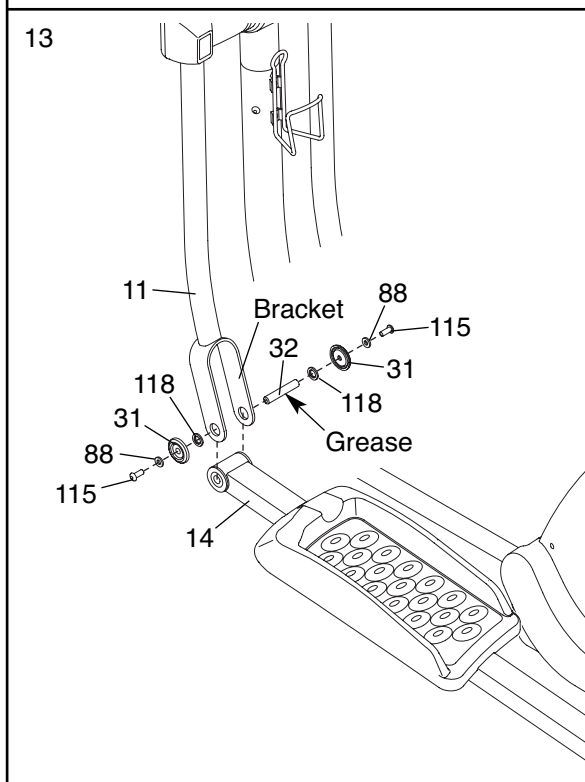


13. Apply a light film of grease to a Pedal Leg Axle (32). Next, slide a 5mm Spacer (118) onto the Pedal Leg Axle. Then, slide an M8 Washer (88) and a Pedal Leg Cover (31) onto an M8 x 23mm Shoulder Screw (115), and finger tighten the Shoulder Screw into one end of the Pedal Leg Axle.

Have another person hold the front end of the Left Pedal Leg (14) inside of the bracket on the Left Upper Body Arm (11). Insert the Pedal Leg Axle (32) into both parts; **make sure that the 5mm Spacer (118) is inside of the bracket on the Left Upper Body Arm.**

Slide a 5mm Spacer (118) onto the other end of the Pedal Leg Axle (32). Next, slide an M8 Washer (88) and a Pedal Leg Cover (31) onto an M8 x 23mm Shoulder Screw (115), and finger tighten the Shoulder Screw into the Pedal Leg Axle. Then, tighten both Shoulder Screws.

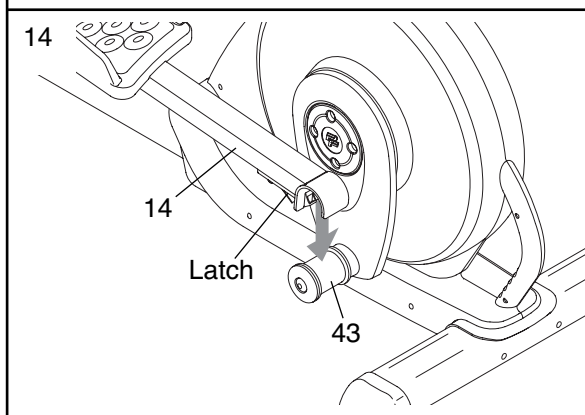
Repeat this step on the right side of the elliptical exerciser.



14. Lift the latch on the underside of the Left Pedal Leg (14), and set the Left Pedal Leg on the left Crank Bushing Sleeve (43). Release the lever, and make sure that the Left Pedal Leg is securely connected to the Crank Bushing Sleeve.

Connect the Right Pedal Leg (not shown) in the same way.

See step 5. Tighten the M8 x 69mm Button Bolt (80) and the two M8 x 23mm Button Screws (84).

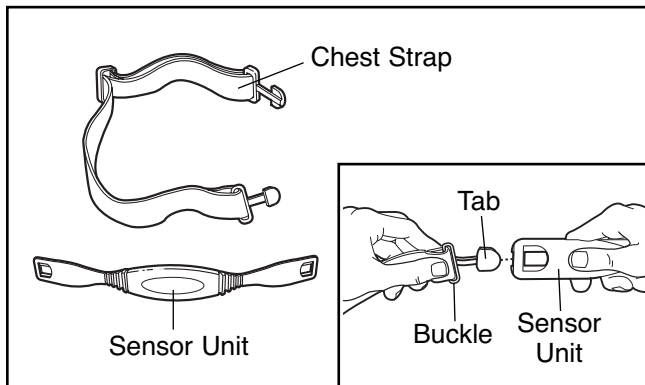


15. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE CHEST PULSE SENSOR

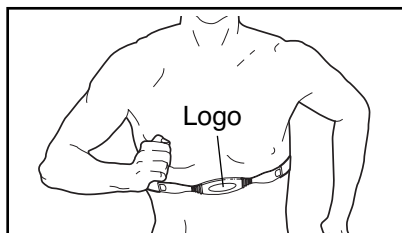
HOW TO PUT ON THE CHEST PULSE SENSOR

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



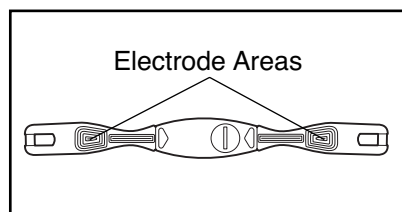
See the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the sensor unit. Then, press the end of the sensor unit under the buckle on the chest strap.

Wrap the chest pulse sensor around your chest, and 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 right-side-up and facing forward.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side.



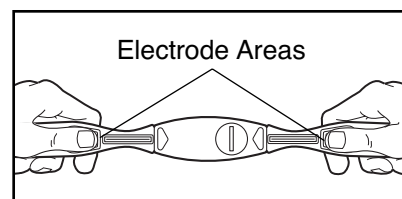
Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

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 troubleshooting steps below.

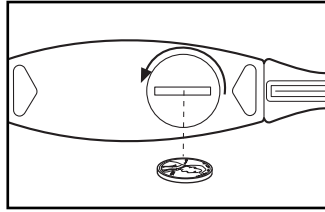
- Make sure that you are wearing the chest pulse sensor as described at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing below). 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.
- 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.
- 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.

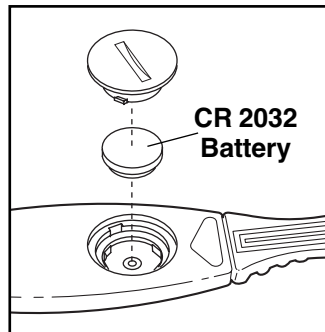


- If the chest pulse sensor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counter-clockwise, 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.** Replace the battery cover and turn it clockwise to close it.



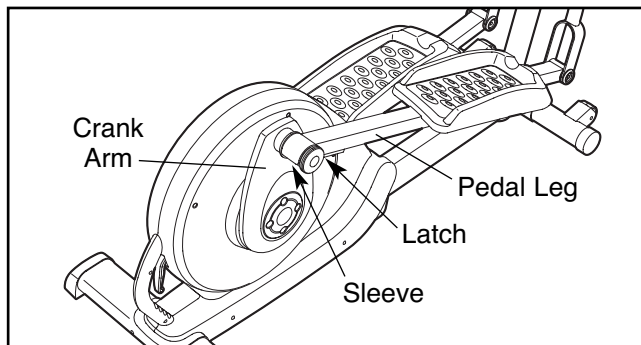
CHEST PULSE SENSOR CARE

- 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 put on; 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 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- 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.

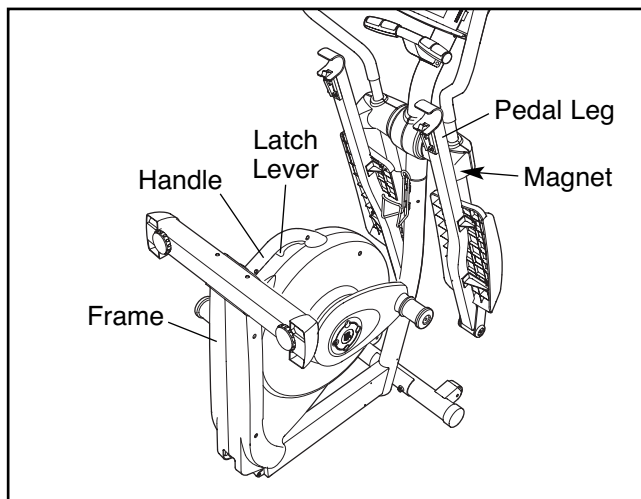
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

While the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal leg, and lift the pedal legs off the sleeves on the crank arms.



Next, raise the pedal legs until they touch the magnets on the upper body arms; the magnets will hold the pedal legs in place. Then, **hold the handle firmly with both hands, pull and hold the latch lever, lift the frame to the position shown below, and release the latch lever.**



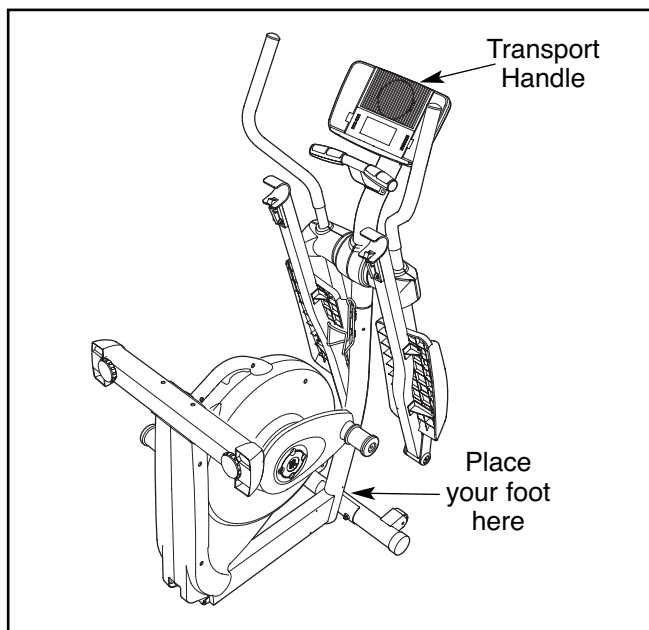
To use the elliptical exerciser, **hold the handle firmly with both hands, pull and hold the latch lever, lower the frame slowly to the floor, and then release the latch lever.**

⚠ WARNING: If the frame is lowered quickly, or if the latch lever is released early, the elliptical exerciser may tip over, resulting in damage or serious injury.

Next, pull the pedal legs off the magnets on the upper body arms. Then, **lift the latches under the pedal legs**, and set the pedal legs on the sleeves on the crank arms. Release the latches, and make sure that the pedal legs are securely connected to the crank arms.

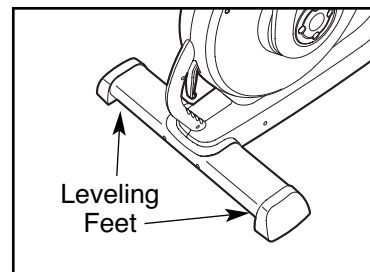
HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser, hold the transport handle, and place one foot against the center of the front stabiliser. Pull the transport handle until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.



HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabiliser until the rocking motion is eliminated.

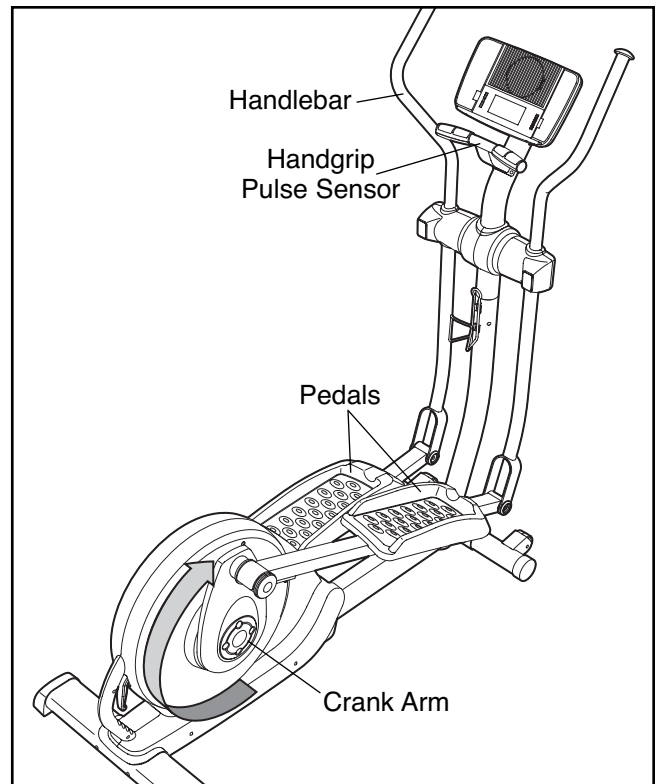


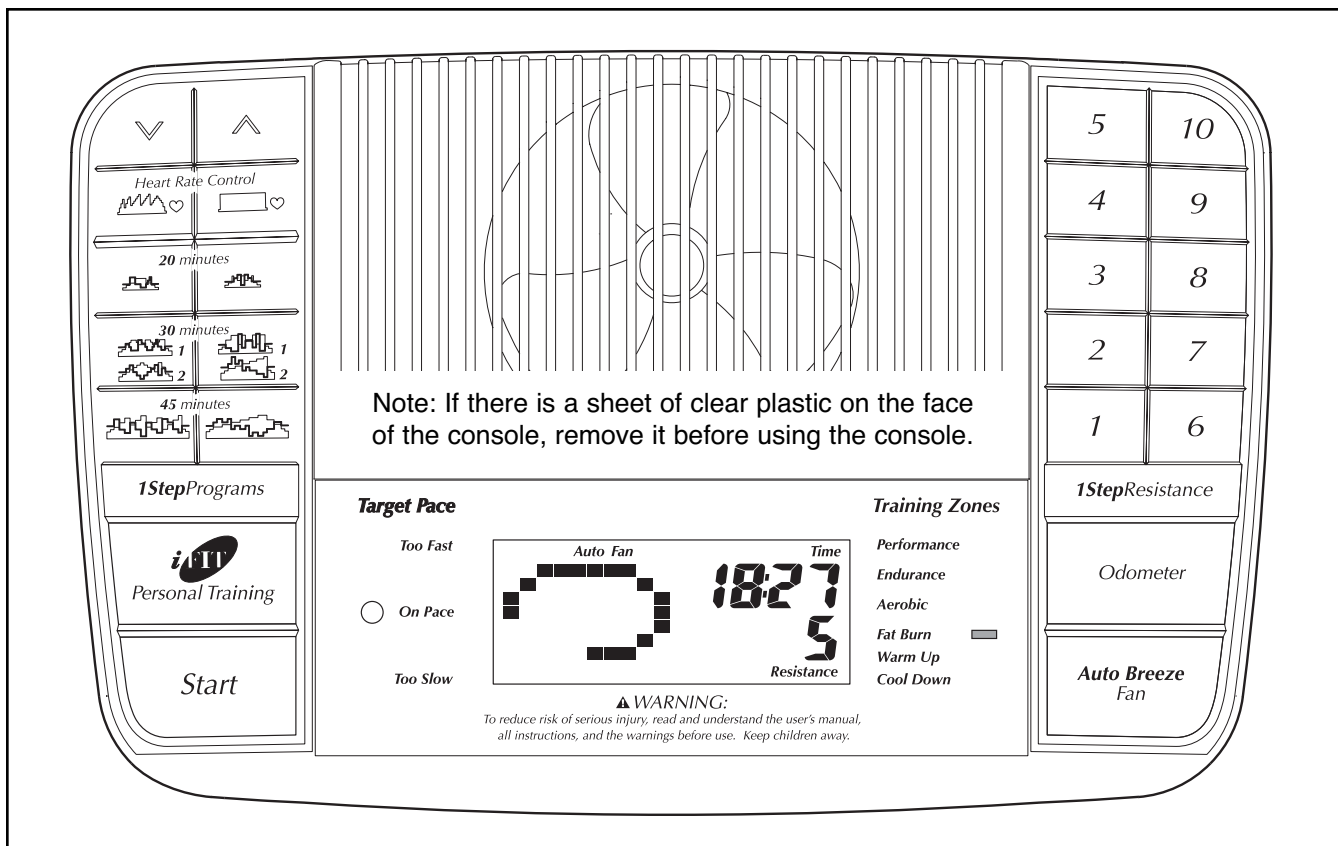
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars or the handgrip pulse sensor 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.

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow at the right; however, for variety you can turn the crank arms in the opposite direction.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **(Note: The elliptical exerciser does not have a free wheel; 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.





FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

The console also offers eight 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.

In addition, the console features two heart rate programs that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate while you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included stereo

audio cable, you can connect the elliptical exerciser to your portable stereo, home stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 15. **To use a preset program**, see page 17. **To use a heart rate program**, see page 18. **To use an iFIT.com CD or video program**, see page 23. **To use an iFIT.com program directly from our Web site**, see page 24.

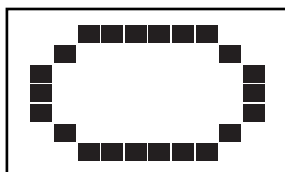
HOW TO USE THE MANUAL MODE

1 Press any button on the console or begin pedaling to turn on the console.

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

2 Select the manual mode.

If you have selected a program or the iFIT.com mode, reselect the manual mode by pressing the iFIT button once or twice until a track appears in the matrix but the letters “iFIT” do **not** appear above the matrix.



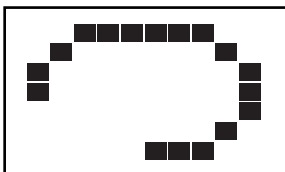
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the 1 Step Resistance buttons. Note: After the 1 Step Resistance buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.

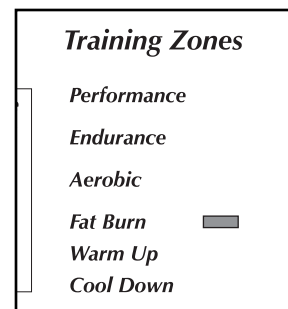


4 Monitor your progress with the matrix, the Training Zones bar, and the displays.

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then disappear and the indicators will again begin to light in succession.



The Training Zones bar—The Training Zones bar will show the approximate intensity level of your exercise.



The upper display—

The upper display will show the approximate number of grams of carbs you have burned, the approximate number of calories you have burned, the distance you have pedaled, and the elapsed time. The display will change from one number to the next every few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



To see the total distance pedaled since the elliptical exerciser was purchased, press the Odometer button twice; the words “Total Dist.” and the total number of miles will appear in the display. To again see the distance that you have pedaled during your workout, press the Odometer button again.

The lower display—

The lower display will show your pedaling pace, in revolutions per minute (RPM), your pedaling speed, and the resistance level of the pedals. The display will change from one number to the next every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



Note: The console can show speed and distance in either miles or kilometers.

The letters “MPH” or “Km/H” will appear in the lower display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Start button for a few seconds. An “E” (for English) or an “M” (for metric) will appear in the lower display. Press the 1 Step Resistance 10 button to change the unit of measurement. **Note:** When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



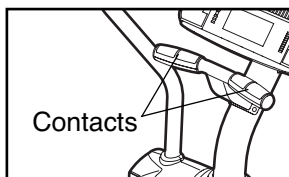
While you are selecting a unit of measurement, you can also select a back-light mode. The “On” mode keeps the backlight on while the console is on. The “Off” mode turns the backlight off. To conserve the batteries, the “Auto” mode keeps the backlight on only while you are exercising. Press the 1 Step Resistance 1 button to change the backlight mode if desired. Then, press the Start button.



5 Measure your heart rate if desired.

To use the chest pulse sensor, see page 10. 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, peel off the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

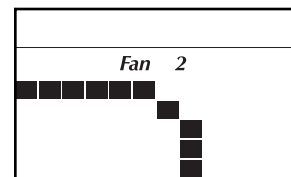


When your pulse is detected, your heart rate will be shown in the lower display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. **Note:** If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly.

6 Turn on the fan if desired.

To turn on the fan at low speed, press the Auto Breeze Fan button; the number 1 will appear next to the word “Fan” in the display. To turn on the fan at medium speed, press the button a second time; the number 2 will appear. To turn on the fan at high speed, press the button a third time; the number 3 will appear. To select the Auto mode, press the button again; the words “Auto Fan” will appear. While the Auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.



To turn off the fan, press the Auto Breeze Fan button again. **Note:** If the pedals are not turned for a few minutes, the fan will automatically turn off.

Slide the thumb tab on the right side of the fan to pivot the fan to the desired angle.

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

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the upper display.

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

HOW TO USE A PRESET PROGRAM

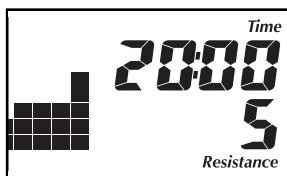
1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 15.

2 Select one of the eight preset programs.

To select a preset program, press one of the buttons labeled “20 minutes,” “30 minutes,” or “45 minutes.” Note: Each “30 minutes” button can be used to select two programs.

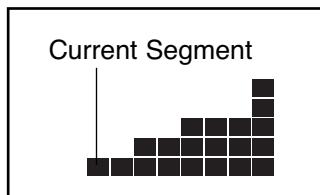
When a preset program is selected, a profile of the resistance settings of the program will scroll across the matrix. In addition, the program time will appear in the upper display, and the maximum resistance setting of the program will flash in the lower display for a moment.



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

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

The resistance setting 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.) The resistance settings for the next several segments will be shown in the columns to the right.



As you exercise, the Target Pace guide will help you to keep your pedaling pace near the pace setting for the current segment. When one of the “Too Slow” indicators lights, increase your pace;

when the one of the “Too Fast” indicators lights, decrease your pace; when the “On Pace” indicator lights, maintain your current pace.

Target Pace	Target Pace	Target Pace
Too Fast	Too Fast	Too Fast
○ On Pace	○ On Pace	● On Pace
▲ Too Slow	Too Slow	Too Slow

Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to exercise at a pace that is comfortable for you.

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 resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column, and the resistance of the elliptical exerciser will change to the resistance setting for the second segment. Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings may move downward* so only the highest indicators appear in the matrix.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column and the last segment ends.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the 1 Step Resistance buttons. However, when the next segment begins, the resistance will change if a different resistance setting is programmed for the next segment.

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

4 Monitor your progress with the matrix, the Training Zones bar, and the displays.

See step 4 on page 15.

5 Measure your heart rate if desired.

See step 5 on page 16.

6 Turn on the fan 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

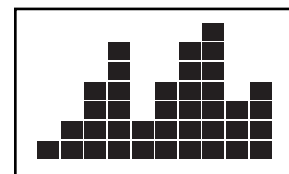
1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 15.

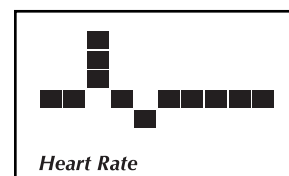
2 Select one of the two heart rate programs.

To select a heart rate program, press either of the Heart Rate Control buttons.

If the first heart rate program is selected (if the left Heart Rate Control button is pressed), a profile of the target heart rate settings of the program will scroll across the matrix and the program time will appear in the upper display.

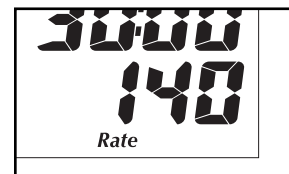


If the second heart rate program is selected (if the right Heart Rate Control button is pressed), a pulse symbol will appear in the matrix.



3 Enter a target heart rate setting.

If the first heart rate program is selected, the maximum target heart rate setting of the program will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the maximum target heart rate setting (see **EXERCISE INTENSITY** on page 26). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.



If the second heart rate program is selected, the target heart rate setting for the program will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the display to change the target heart rate setting (see **EXERCISE INTENSITY** on page 26). Note: The same target heart rate setting will be programmed for all segments.

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

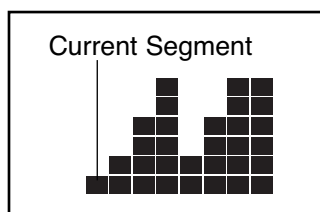
To put on the chest pulse sensor, see page 10.

To 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 function properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5 Press the Start button to start the program.

The first heart rate program—This program is 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.

The second heart rate program—This program is divided into 40 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

Both heart rate programs—As you pedal, the console will regularly compare your heart rate to the target heart rate setting for the current segment. 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.

The Target Pace guide will prompt you to increase or decrease your pedaling pace during the program. When one of the “Too Slow” indicators lights, increase your pace; when the one of the “Too Fast” indicators lights, decrease your pace; when the “On Pace” indicator lights, maintain your current pace.

Important: The target heart rate settings are intended only to provide motivation. Your actual heart rate may be slower than the target heart rate settings. Make sure to exercise at a pace that is comfortable for you.

Note: During the program, you can manually override the resistance setting for the current segment, if desired, with the 1 Step 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 Monitor your progress with the matrix, the Training Zones bar, and the displays.

See step 4 on page 15.

7 Turn on the fan if desired.

See step 6 on page 16.

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

See step 7 on page 16.

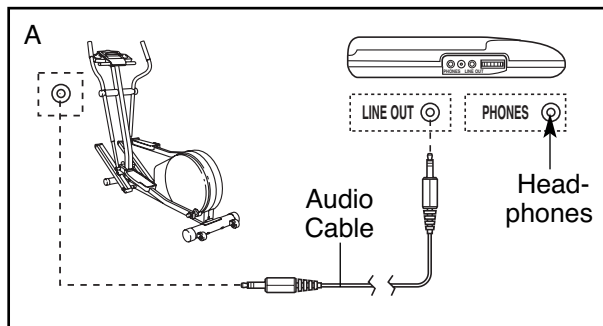
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 20 and 21 for connecting instructions. To use **iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 22 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 21 for connecting instructions.

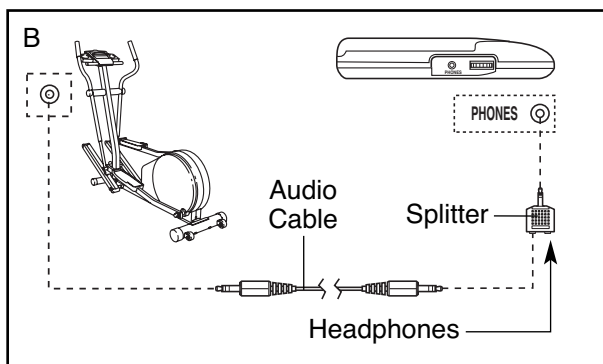
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



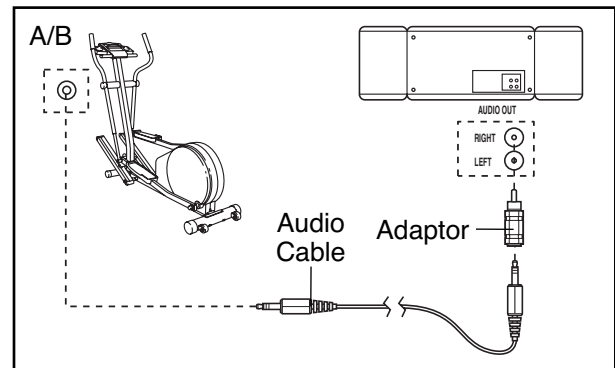
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the splitter.



HOW TO CONNECT YOUR PORTABLE STEREO

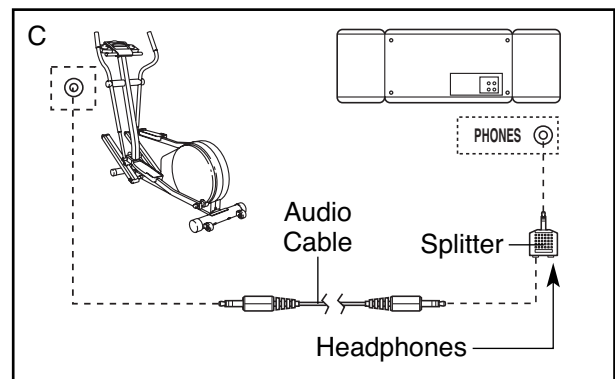
Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. See the drawing above. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the **LINE OUT** jack on your stereo. Do not use the adaptor.

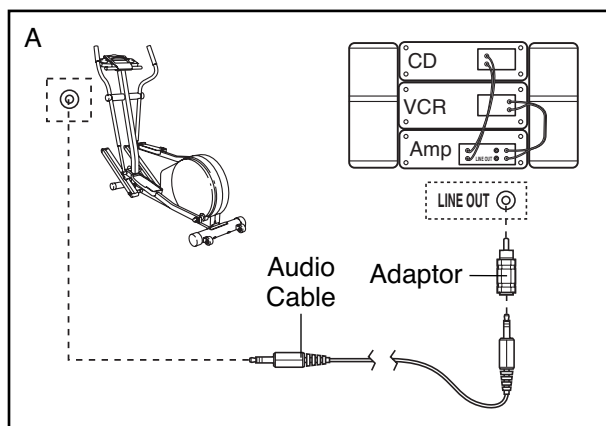
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the splitter.



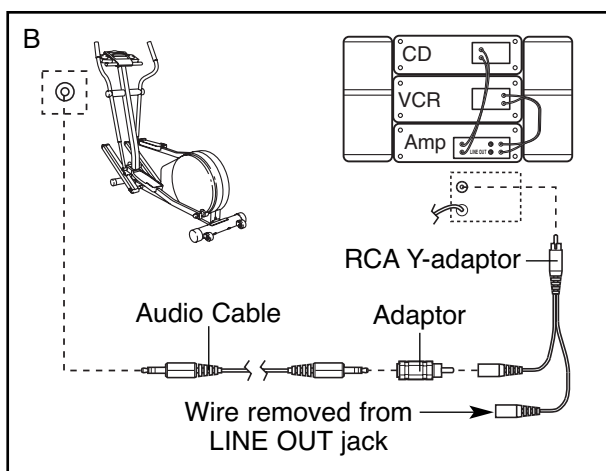
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction A below. If the **LINE OUT** jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into the **LINE OUT** jack on your stereo.



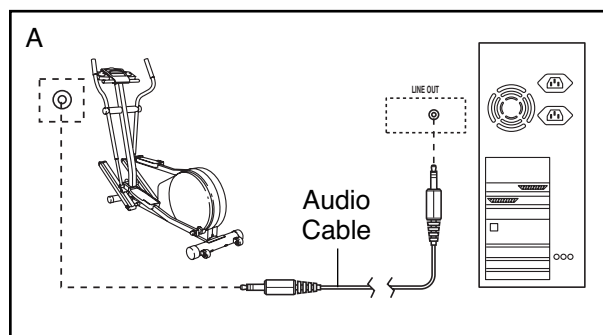
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the **LINE OUT** jack on your stereo.



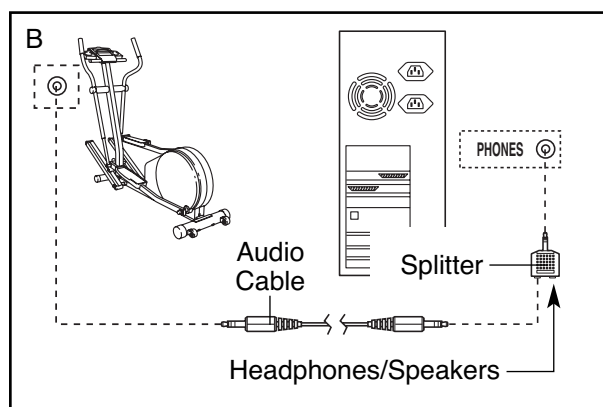
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm **LINE OUT** jack, see instruction A. If your computer has only a **PHONES** jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the **LINE OUT** jack on your computer.



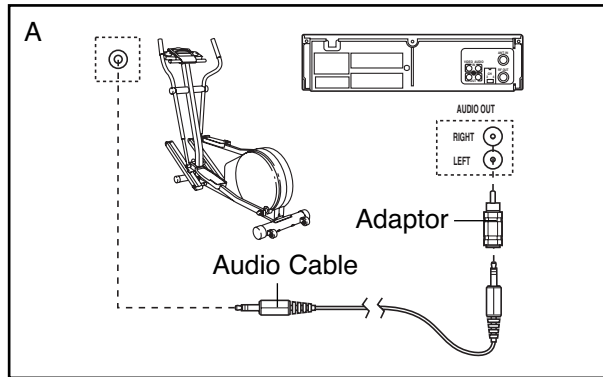
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the splitter.



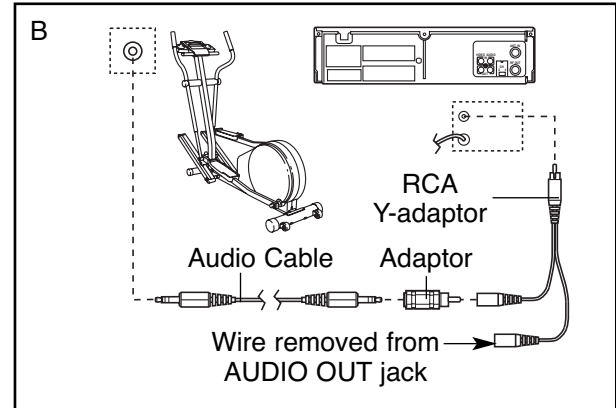
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 21.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE AN iFIT.COM CD OR VIDEO PROGRAM

To use an iFIT.com CD or video program, the elliptical exerciser must be connected to your CD player or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on pages 20 to 22. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

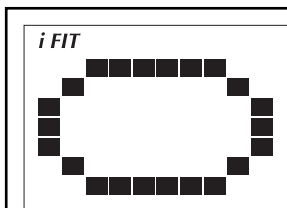
Follow the steps below to use an iFIT.com CD or video program.

- 1 Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 15.

- 2 Select the iFIT.com mode.**

To select the iFIT.com mode, press the iFIT button. A track will appear in the matrix and the letters "iFIT" will appear above the matrix.



- 3 Press the Play button on your CD player or VCR.**

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see step 3 on page 17). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

Note: If the resistance of the pedals and/or the pace setting does not change when a "chirp" is heard:

- Make sure that the letters "iFIT" appear above the matrix.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

- 4 Monitor your progress with the matrix, the Training Zones bar, and the displays.**

See step 4 on page 15.

- 5 Measure your heart rate as desired.**

See step 5 on page 16.

- 6 Turn on the fan 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 PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 21. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 15.

2 Select the iFIT.com mode.

See step 2 on page 23.

3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical exerciser and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see step 3 on page 17). However, an electronic “chirping” sound will alert you when the resistance setting and/or pace setting is about to change.

8 Monitor your progress with the matrix, the Training Zones bar, and the displays.

See step 4 on page 15.

9 Measure your heart rate if desired.

See step 5 on page 16.

10 Turn on the fan if desired.

See step 6 on page 16.

11 When you are finished exercising, 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. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 7 on page 7 for replacement instructions.

PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 10.

If the handgrip pulse sensor does not function properly, see the instructions below.

- Avoid moving your hands while using the handgrip pulse sensor; excessive movement may interfere with heart rate readings.

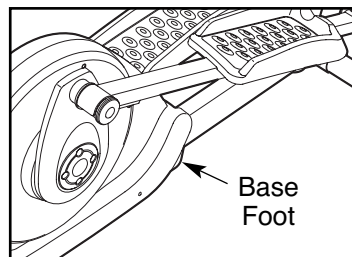
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—**never use alcohol, abrasives, or chemicals.**

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL EXERCISER

If the elliptical exerciser flexes in the center during use, turn the base foot until the flexing is eliminated.



CONDITIONING 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 may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid 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 at 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. Note: 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

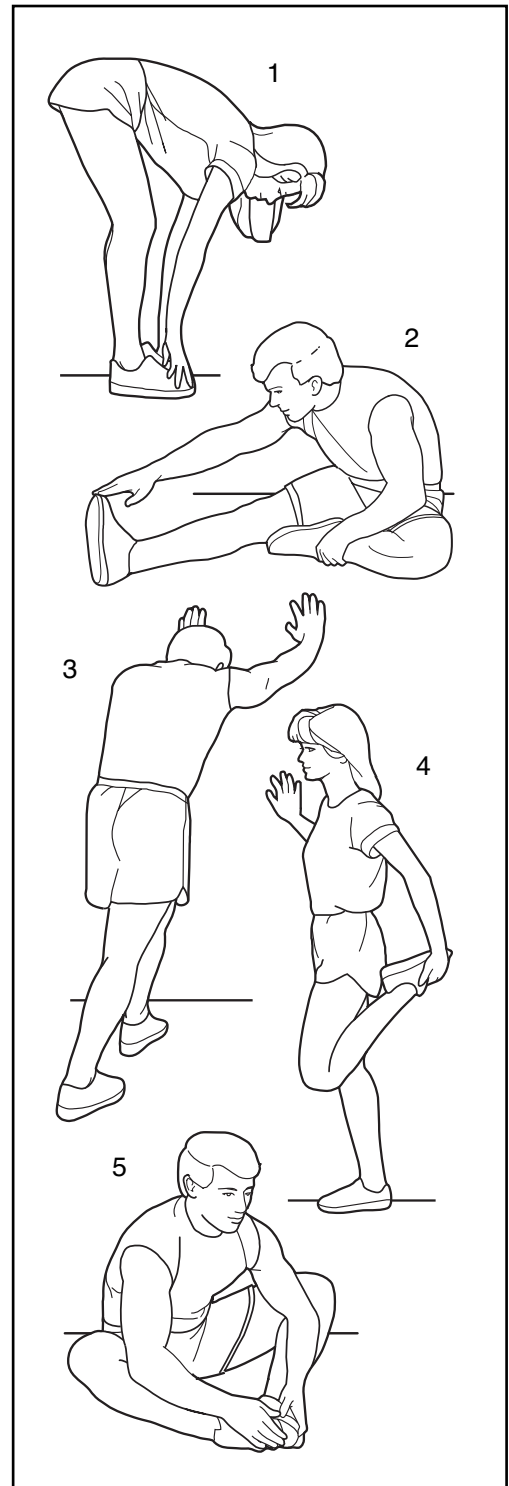
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEVEL1285.0

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To locate the parts shown below, see the EXPLODED DRAWING on pages 30 and 31.

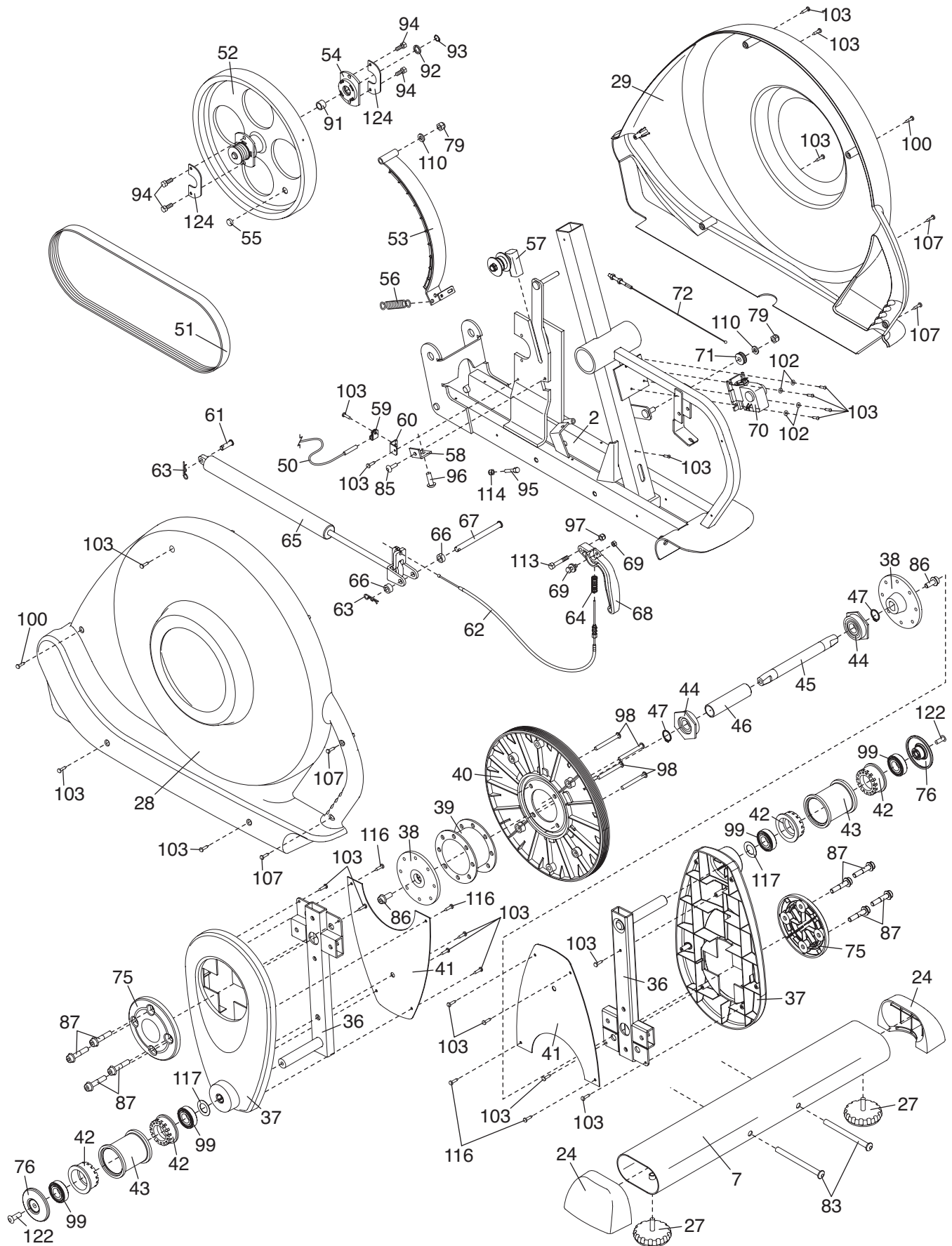
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	47	2	Crank Snap Ring
2	1	Frame	48	1	Upper Wire Harness
3	1	Upright	49	1	Lower Wire Harness
4	1	Pulse Bar	50	1	Reed Switch/Wire
5	1	Console	51	1	Belt
6	1	Front Stabiliser	52	1	Flywheel
7	1	Rear Stabiliser	53	1	“C” Magnet
8	1	Left Handlebar	54	1	Pillow Block
9	1	Right Handlebar	55	1	Magnet
10	2	Handlebar Endcap	56	1	Spring
11	1	Left Upper Body Arm	57	1	Idler
12	1	Right Upper Body Arm	58	1	Idler Bracket
13	1	Left Pedal	59	1	Clamp
14	1	Left Pedal Leg	60	1	Reed Switch Bracket
15	1	Right Pedal	61	1	Base Pin
16	1	Right Pedal Leg	62	1	Assist Cable
17	2	Upright Cover	63	2	Hair Pin
18	1	Left Front Handlebar Cover	64	1	Resistance Spring
19	1	Left Rear Handlebar Cover	65	1	Assist Cylinder
20	1	Right Front Handlebar Cover	66	2	Pivot Bracket Spacer
21	1	Right Rear Handlebar Cover	67	1	Frame Pin
22	1	Water Bottle Holder	68	1	Latch Lever
23	2	Front Stabiliser Endcap	69	1	Cable Clamp
24	2	Rear Stabiliser Endcap	70	1	Motor
25	2	Wheel	71	1	Resistance Cable Pulley
26	1	Base Foot	72	1	Resistance Cable Set
27	2	Leveling Foot	73	2	Foam Grip
28	1	Left Side Shield	74	1	Pivot Axle
29	1	Right Side Shield	75	2	Hub Cover
30	2	Upright Bushing	76	2	Sleeve Cover
31	4	Pedal Leg Cover	77	2	43mm Spacer
32	2	Pedal Leg Axle	78	4	M8 x 43mm Button Bolt
33	4	Pedal Leg Bushing	79	9	M8 Jamnut
34	1	Base Axle	80	1	M8 x 69mm Button Bolt
35	2	Base Bushing	81	4	M10 Nylon Locknut
36	2	Crank Arm	82	2	M10 x 80mm Carriage Bolt
37	2	Front Crank Cover	83	2	M10 x 127mm Button Screw
38	2	Crank Hub	84	9	M8 x 23mm Button Screw
39	1	Pulley Spacer	85	1	M6 x 10mm Button Screw
40	1	Pulley	86	2	Crank Screw
41	2	Rear Crank Cover	87	8	Hub Screw
42	4	Crank Bushing	88	8	M8 Washer
43	2	Crank Bushing Sleeve	89	2	M10 x 60mm Button Screw
44	2	Crank Bearing Set	90	6	M8 Split Washer
45	1	Crank	91	1	Flywheel Spacer
46	1	Crank Spacer	92	1	Flywheel Washer

Key			Key		
No.	Qty.	Description	No.	Qty.	Description
93	1	Flywheel Snap Ring	111	2	Wave Washer
94	4	Pillow Block Screw	112	8	Star Washer
95	1	Stop Screw	113	1	M6 x 33mm Button Bolt
96	1	M8 x 35mm Screw	114	1	M6 Nut
97	1	M6 Nylon Locknut	115	4	M8 x 23mm Shoulder Screw
98	4	Pulley Screw	116	4	M4 x 16mm Flat Head Screw
99	4	Crank Arm Bearing	117	2	Large Wave Washer
100	2	M4 x 25mm Screw	118	4	5mm Spacer
101	8	M4 x 16mm Round Head Screw	119	1	Transport Handle
102	4	Motor Washer	120	2	Handgrip Pulse Sensor
103	23	M4 x 16mm Screw	121	1	Pulse Wire
104	8	M4 x 14mm Screw	122	2	M8 x 31mm Shoulder Screw
105	6	M4 x 32mm Round Head Screw	123	2	M8 x 112mm Button Bolt
106	4	Upper Body Bushing	124	2	Flywheel Bracket
107	4	M4 x 12mm Screw	#	3	Allen Wrench
108	2	M4 x 45mm Screw	#	1	Grease
109	8	Pivot Bearing	#	1	User's Manual
110	2	M8 Small Washer			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING B—Model No. NTEVEL1285.0

R0206A



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 provide the following information:

- the MODEL NUMBER of the product (NTEVEL1285.0)
- the NAME of the product (NordicTrack CXT 1400 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 28 and 29)