

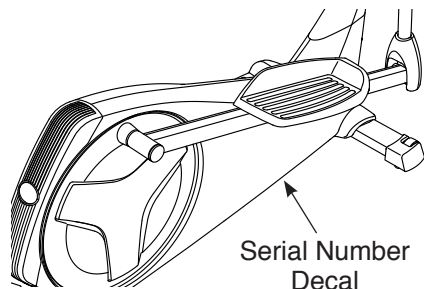
NordicTrack® E4.0

USER'S MANUAL

Model No. NTEVEL75910.3

Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

UNITED KINGDOM

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

CASTLEFORD

WF10 5QJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

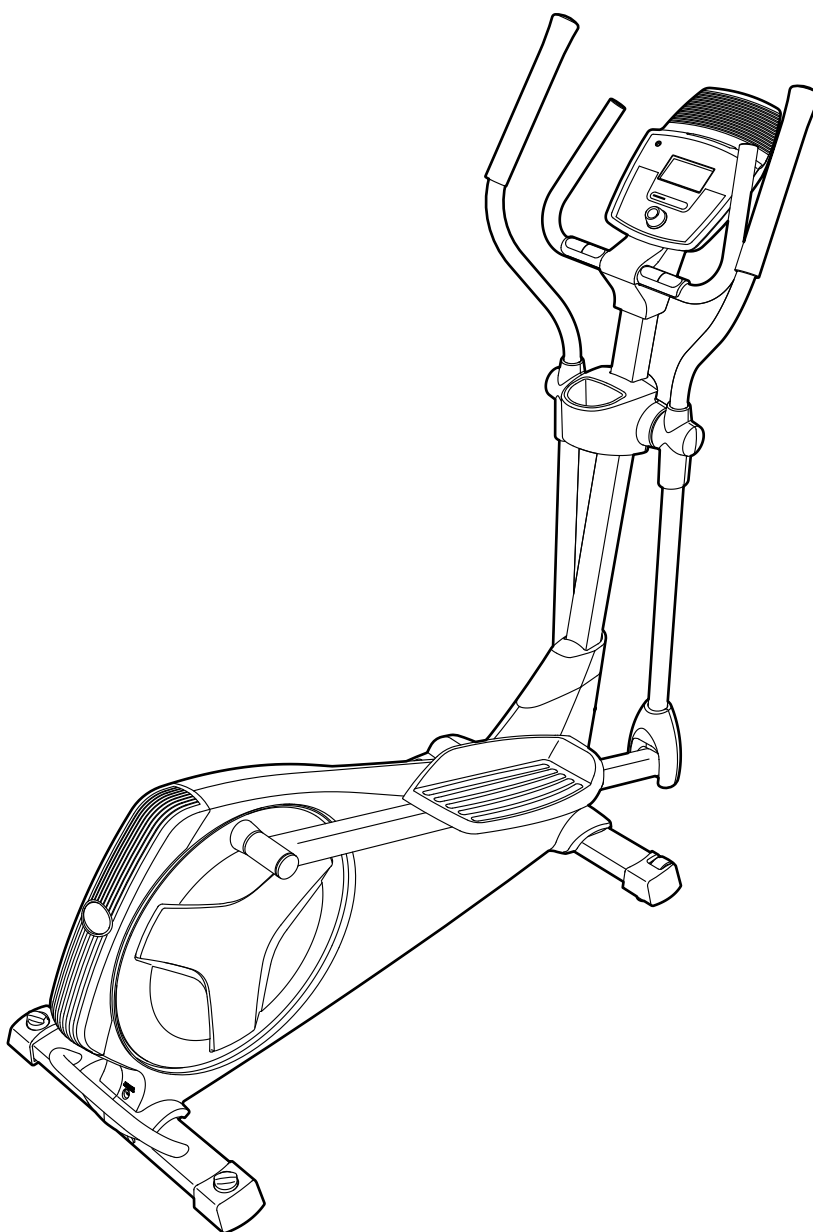
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



CAUTION

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

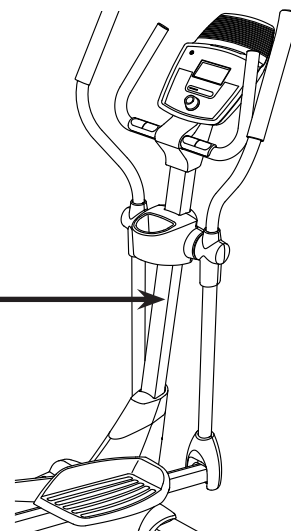
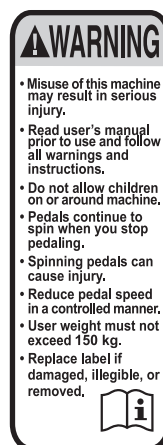
www.iconeurope.com

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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.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

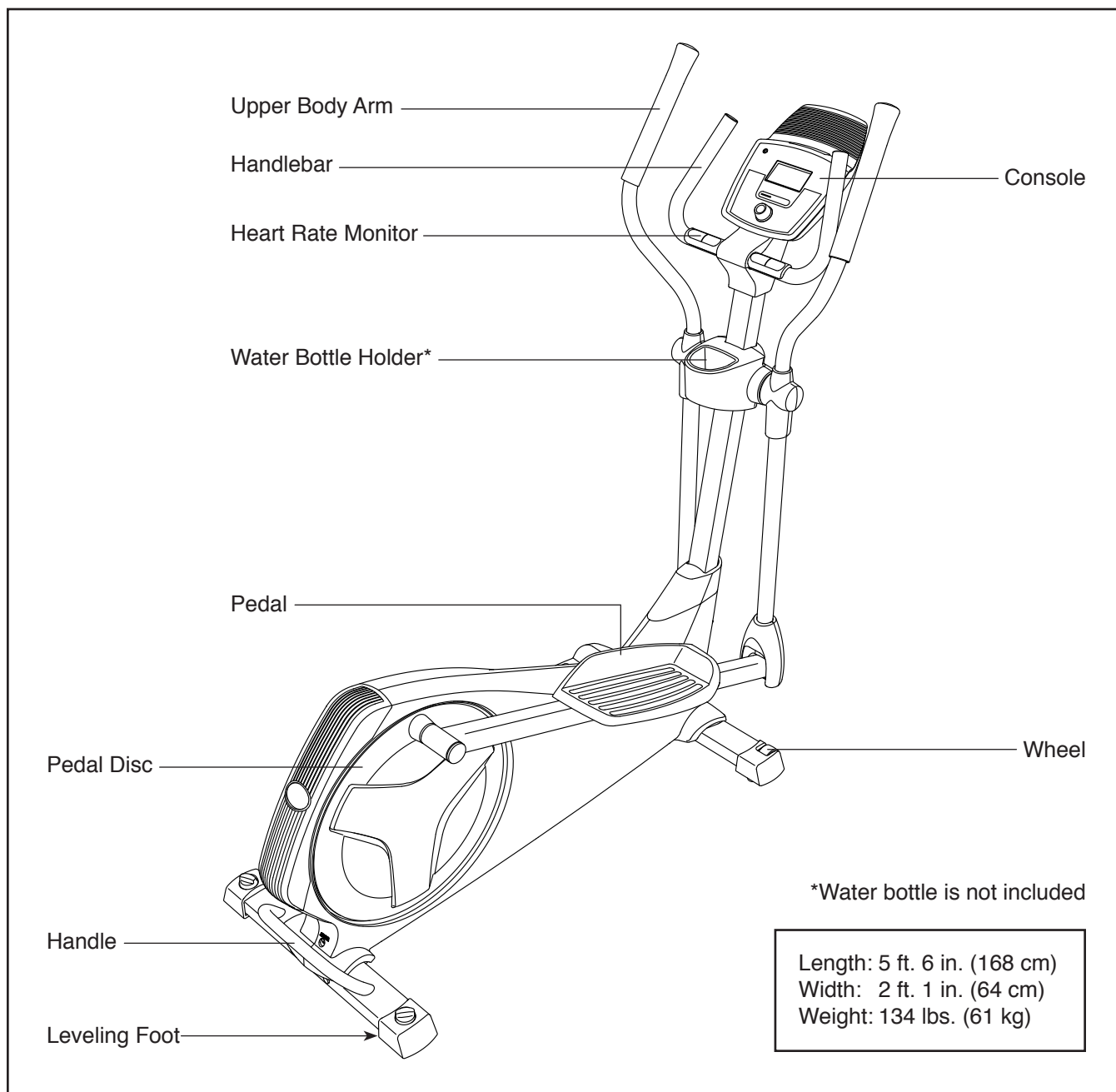
BEFORE YOU BEGIN

Thank you for purchasing the NORDICTRACK® E 4.0 elliptical. The E 4.0 elliptical provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this

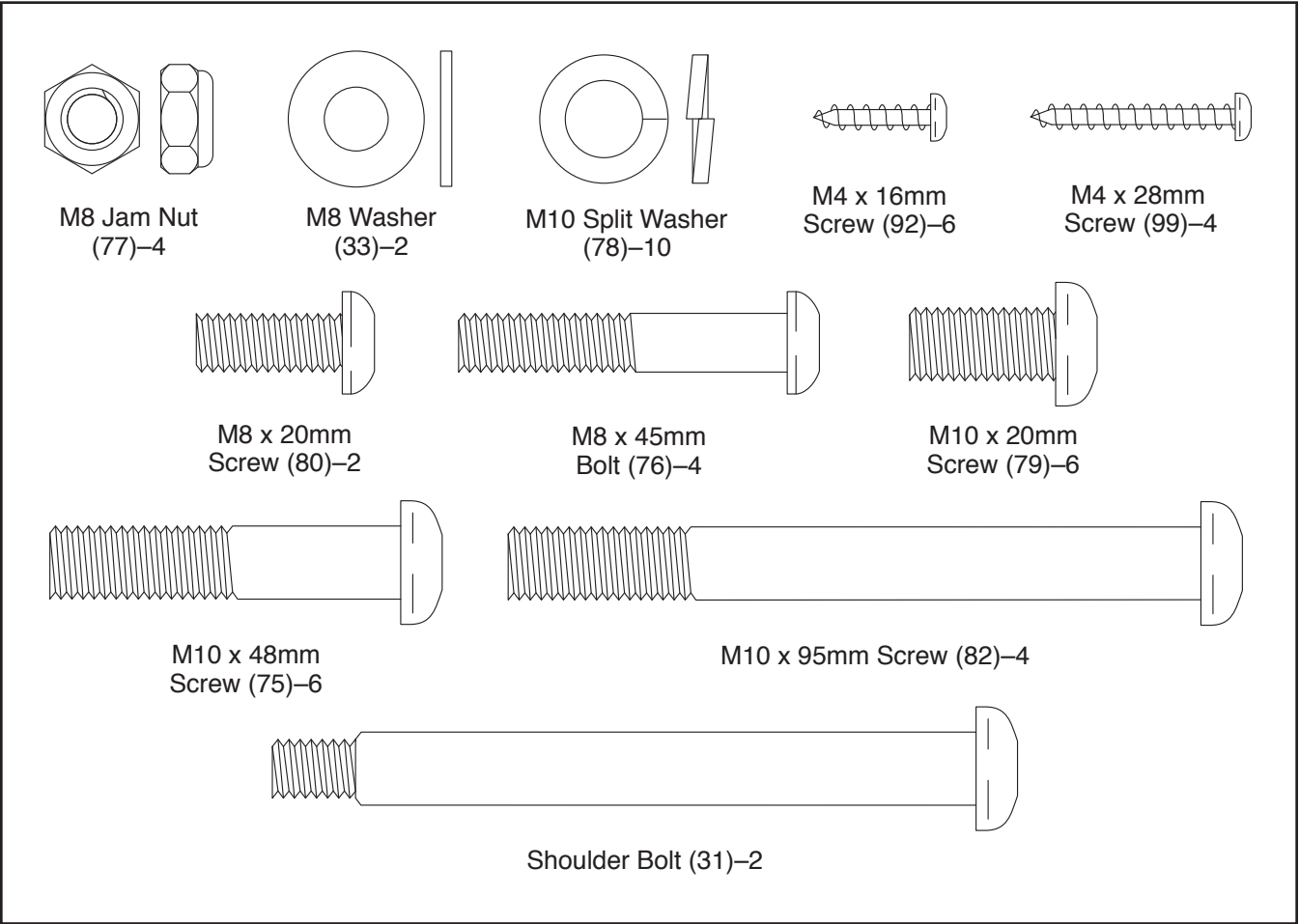
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

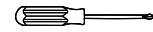


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



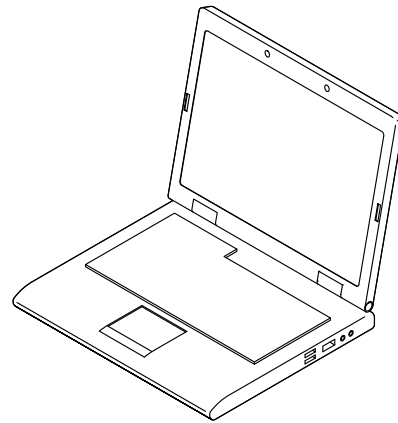
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

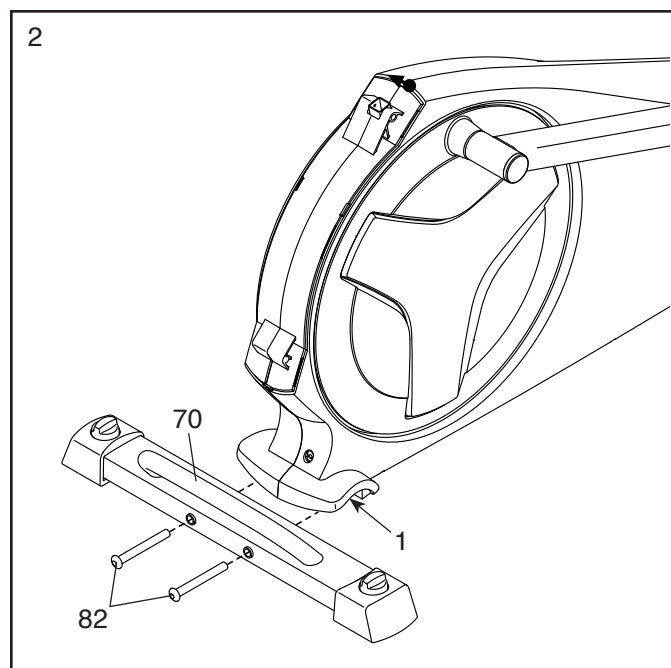
- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call CUSTOMER SERVICE (see the front cover of this manual) and register your product.

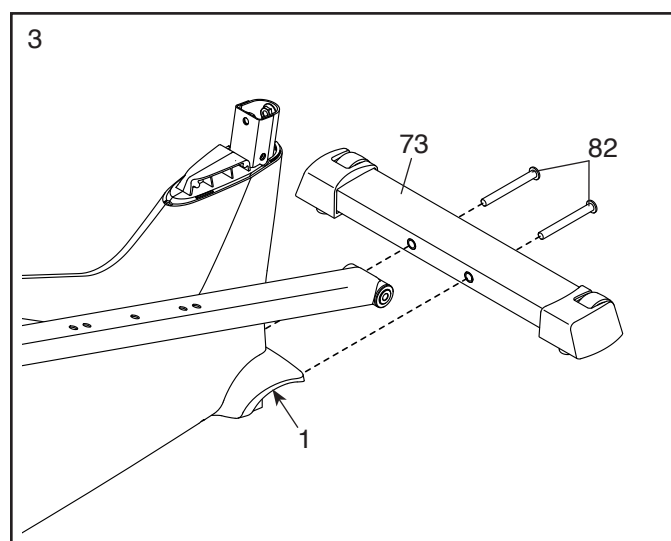
1



2. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (70) to the Frame with two M10 x 95mm Screws (82).



3. While a second person lifts the front of the Frame (1), attach the Front Stabilizer (73) to the Frame with two M10 x 95mm Screws (82).

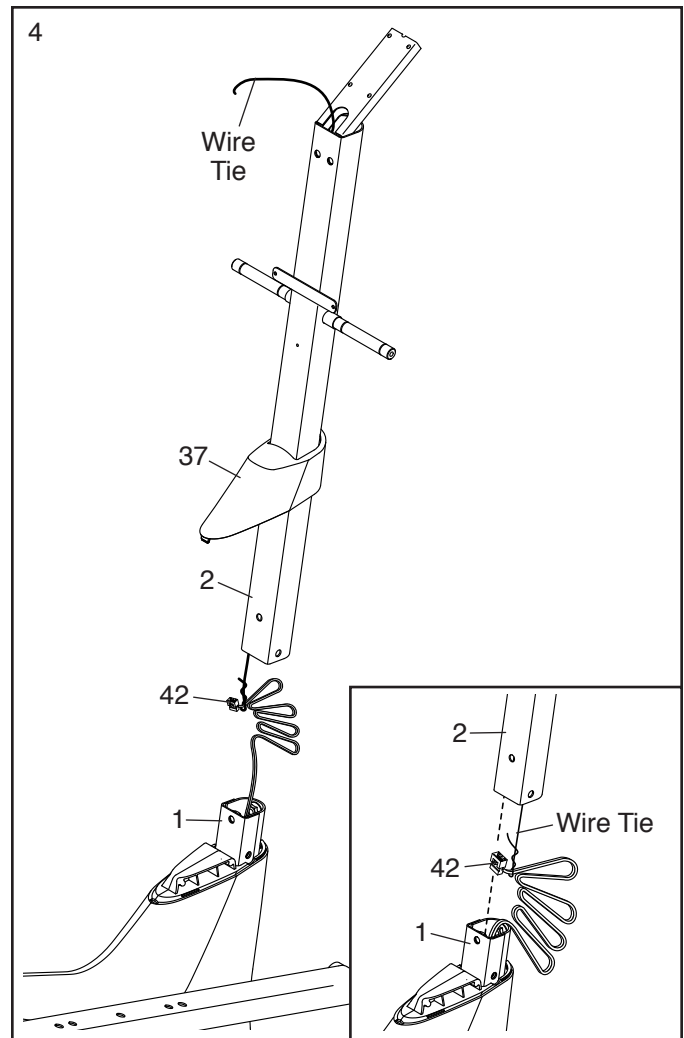


4. Orient the Upright (2) and the Top Shield Cover (37) as shown. Slide the Top Shield Cover upward onto the Upright.

Have a second person hold the Upright (2) near the Frame (1).

See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (42). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

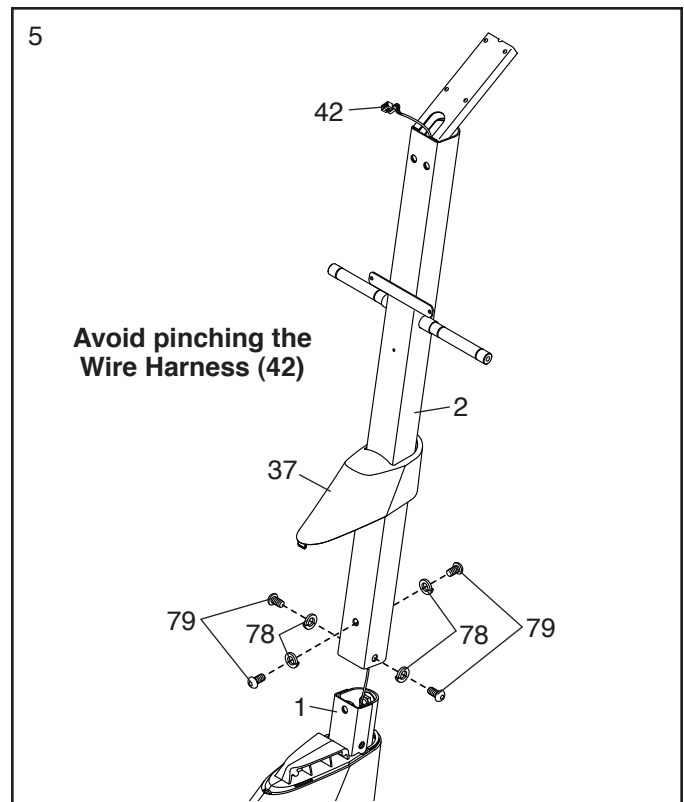
Tip: To prevent the Wire Harness (42) from falling into the Upright (2), secure the Wire Harness with a rubber band or a piece of tape.



5. Slide the Upright (2) onto the Frame (1).
Tip: Have a second person hold the Top Shield Cover (37) out of the way.

Tip: Avoid pinching the Wire Harness (42). Attach the Upright (2) with four M10 x 20mm Screws (79) and four M10 Split Washers (78).

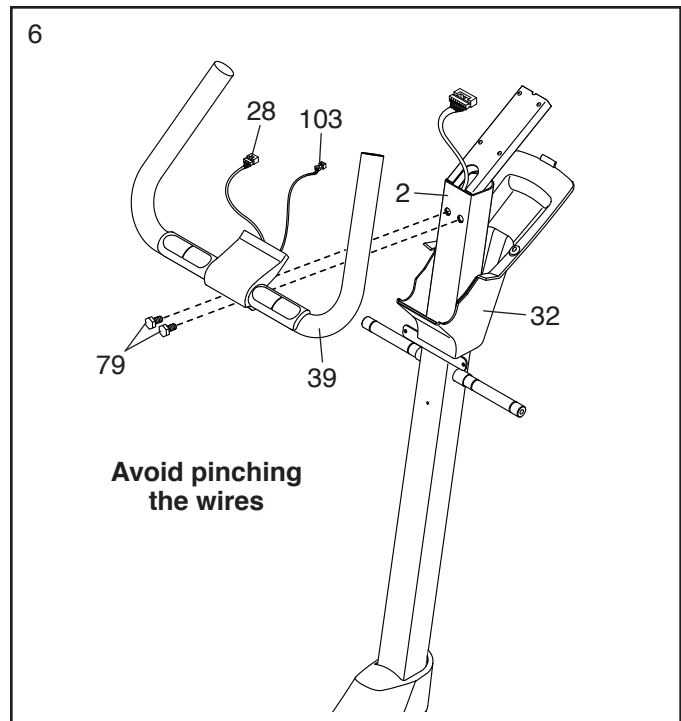
Slide the Top Shield Cover (37) downward and press it into the Frame (1).



6. Orient the Console Cover (32) as shown. Then, slide the Console Cover onto the Upright (2).

Orient the Handlebar (39) as shown. **Make sure to pull the Pulse Wire (28) and the Chest Pulse Wire (103) out of the Handlebar.**

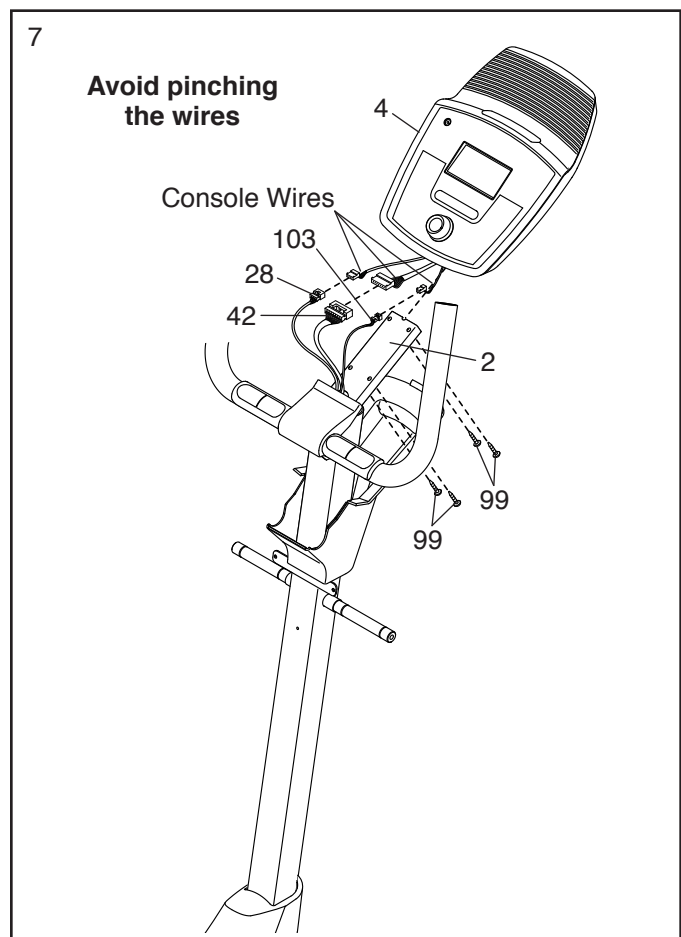
Tip: Avoid pinching the wires. Attach the Handlebar (39) to the Upright (2) with two M10 x 20mm Screws (79).



7. While a second person holds the Console (4) near the Upright (2), connect the console wires to the Wire Harness (42), the Pulse Wire (28), and the Chest Pulse Wire (103).

Insert the excess wires into the Upright (2) or into the Console (4).

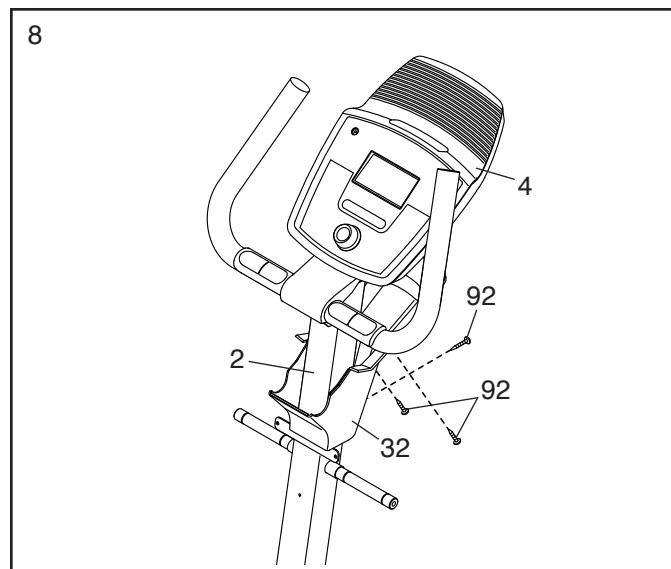
Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 28mm Screws (99).



8. Slide the Console Cover (32) upward to the Console (4).

Attach the Console Cover (32) to the Upright (2) with an M4 x 16mm Screw (92).

Then, attach the Console Cover (32) to the Console (4) with two M4 x 16mm Screws (92).



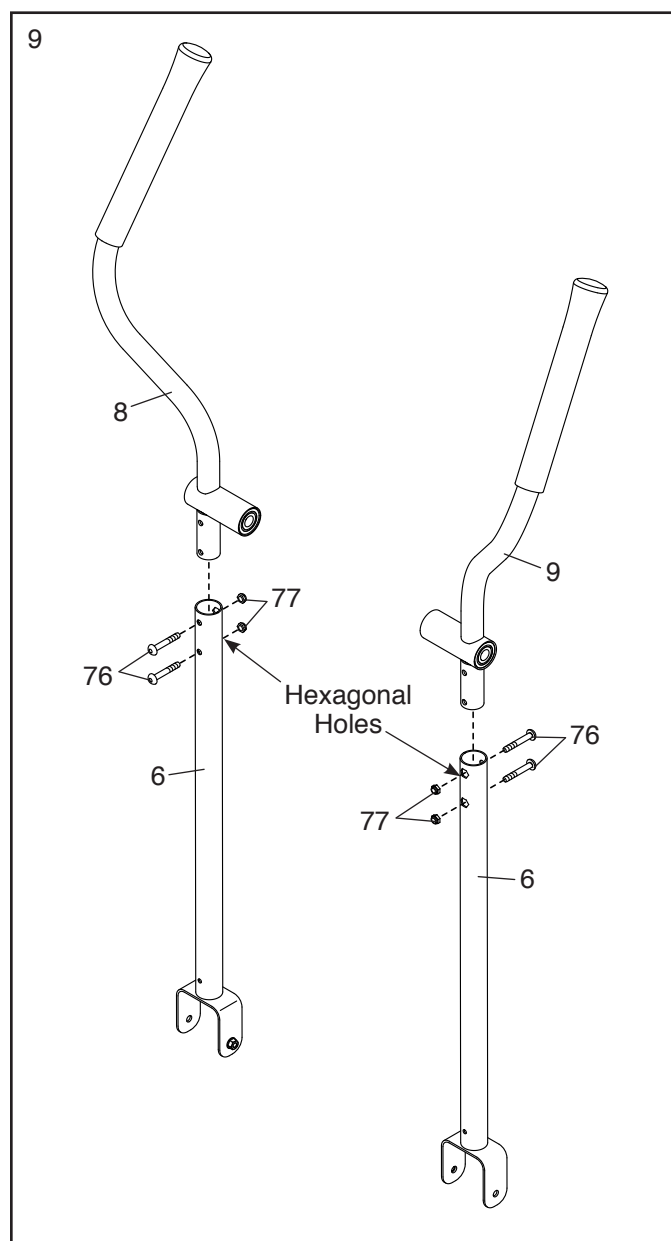
9. Identify the Left and Right Upper Body Arms (8, 9).

Orient the Left Upper Body Arm (8) and an Upper Body Leg (6) as shown. **Make sure that the hexagonal holes are in the indicated location.**

Insert the Left Upper Body Arm (8) into the Upper Body Leg (6).

Attach the Left Upper Body Arm (8) with two M8 x 45mm Bolts (76) and two M8 Jam Nuts (77). **Make sure that the Jam Nuts are in the hexagonal holes. Do not tighten the Bolts yet.**

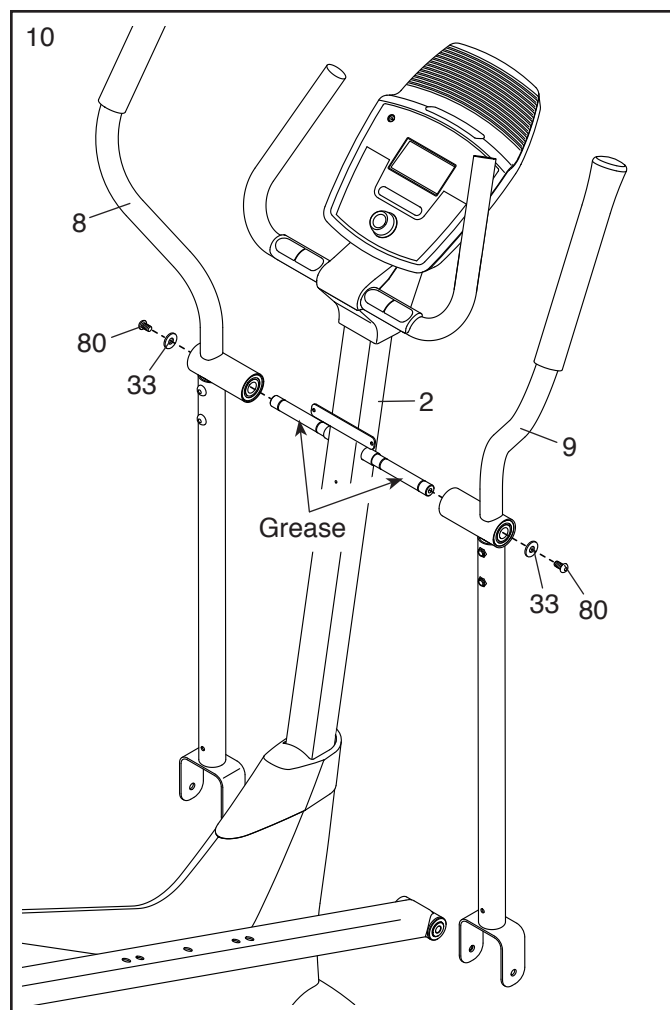
Attach the Right Upper Body Arm (9) to the other Upper Body Leg (6) in the same way.



10. Apply a generous amount of the included grease to the axles on the Upright (2).

Orient the Left and Right Upper Body Arms (8, 9) as shown, and slide them onto the left and right sides of the Upright (2).

Attach each Upper Body Arm (8, 9) with an M8 x 20mm Screw (80) and an M8 Washer (33).



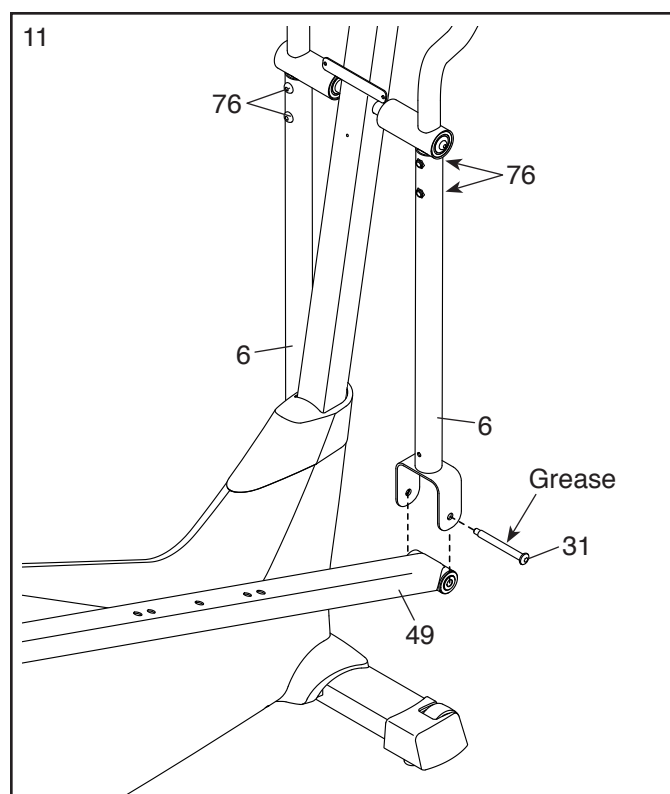
11. Apply a small amount of grease to a Shoulder Bolt (31).

While a second person holds the front end of the Right Pedal Arm (49) inside the bracket on the right Upper Body Leg (6), insert the Shoulder Bolt (31) through the right Upper Body Leg and the Right Pedal Arm.

Tighten the Shoulder Bolt (31) into the welded nut on the right Upper Body Leg (6).

Repeat this step to attach the Left Pedal Arm (not shown) to the left Upper Body Leg (6).

Tighten the M8 x 45mm Bolts (76).

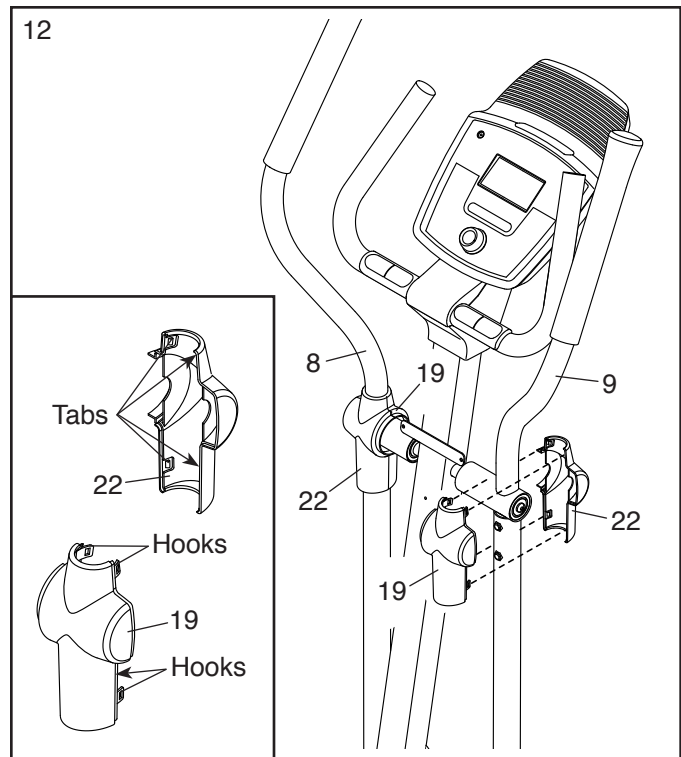


12. **See the inset drawing.** Identify a Pivot Cover A (19), which has hooks, and a Pivot Cover B (22), which has tabs.

Press a Pivot Cover A (19) and a Pivot Cover B (22) together around the Right Upper Body Arm (9).

Repeat this step for the other side of the elliptical.

Tip: Make sure that the Pivot Covers (19, 22) are positioned as shown.

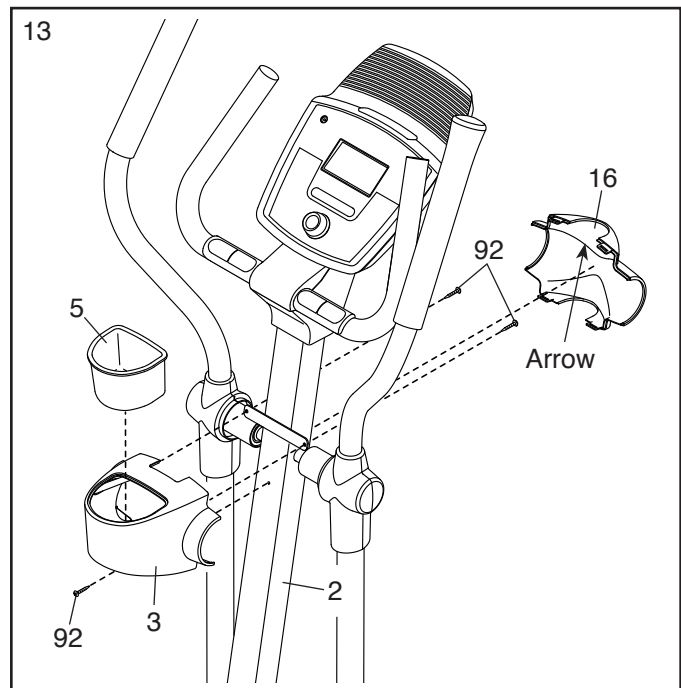


13. Attach the Rear Upright Cover (3) to the Upright (2) with three M4 x 16mm Screws (92).

Orient the Front Upright Cover (16) so that the indicated arrow is pointing upward.

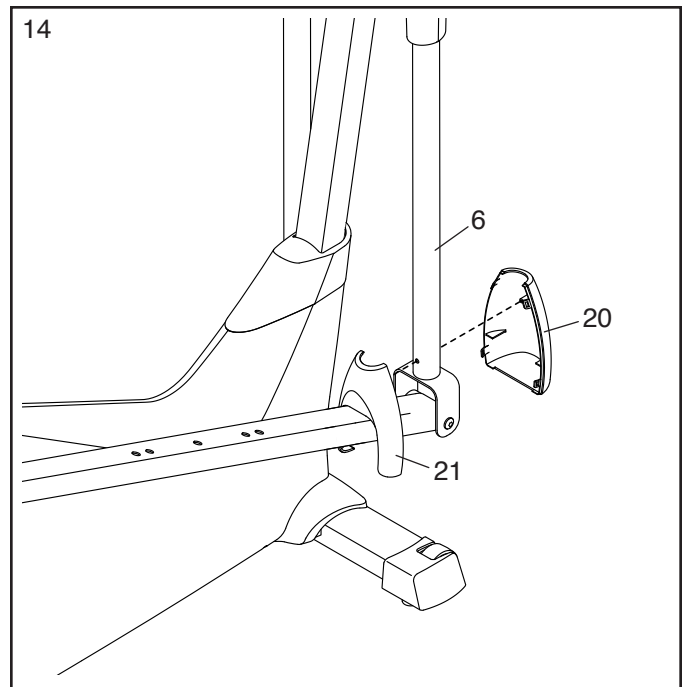
Press the Front Upright Cover (16) into the Rear Upright Cover (3).

Press the Water Bottle Holder (5) into the Rear Upright Cover (3).



14. Press a Front Leg Cover (20) and a Rear Leg Cover (21) together around the right Upper Body Leg (6).

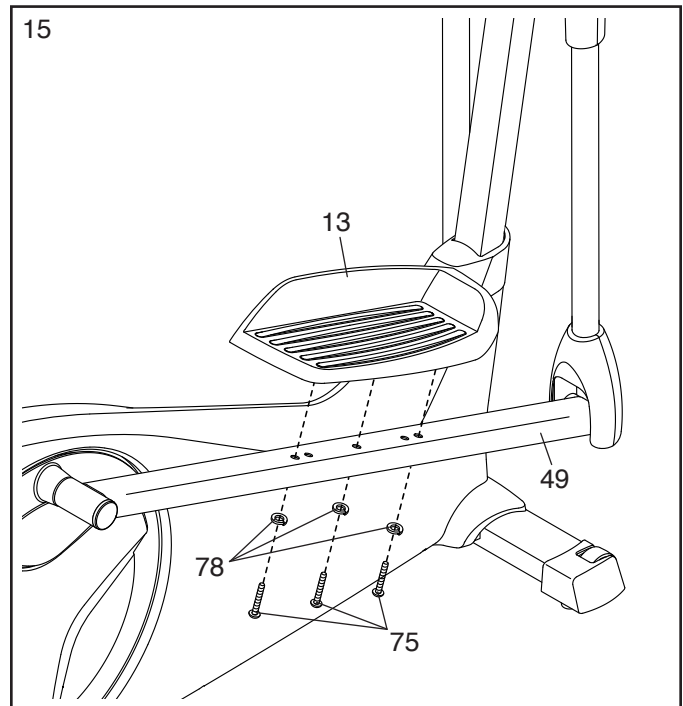
Repeat this step for the other side of the elliptical.



15. Identify the Right Pedal (13).

Attach the Right Pedal (13) to the Right Pedal Arm (49) with three M10 x 48mm Screws (75) and three M10 Split Washers (78). **Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.



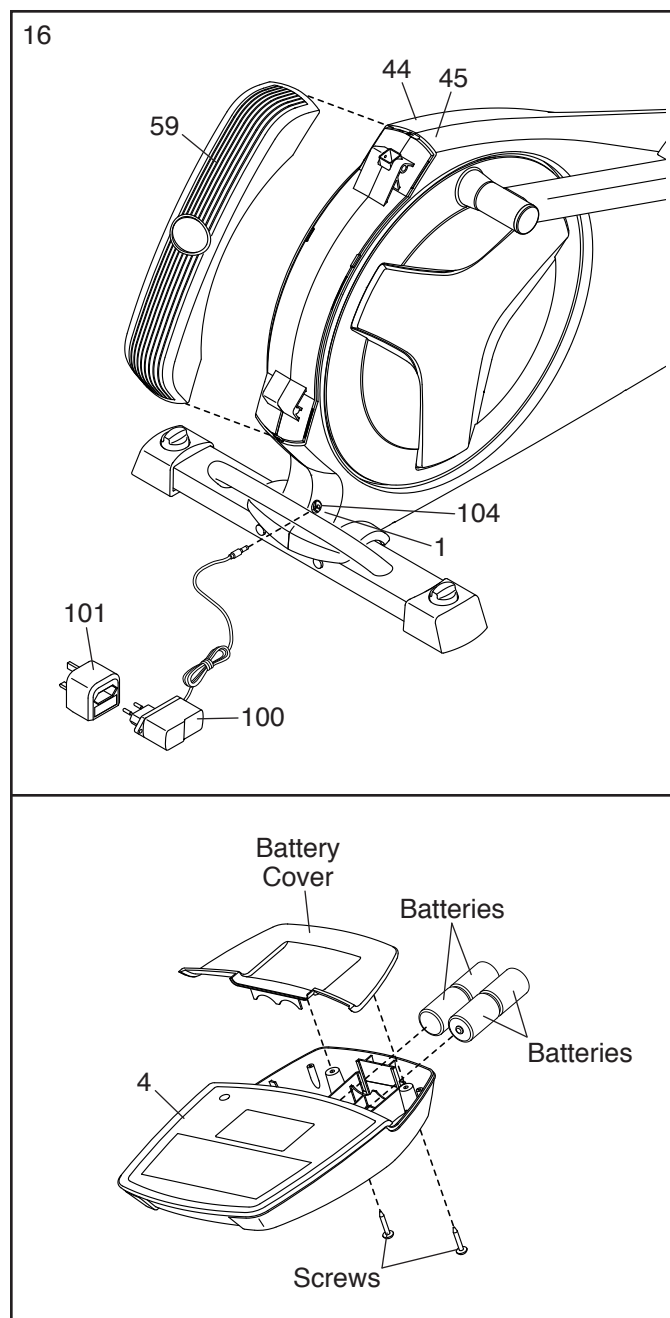
16. **See the upper drawing.** Press the Rear Shield Cover (59) onto the Left and Right Shields (44, 45).

Plug the Power Adapter (100) into the Power Receptacle (104) on the Frame (1).

If necessary, plug the Power Adapter (100) into the Plug Adapter (101).

To plug the Power Adapter (100) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.

See the lower drawing. Note: The Console (4) can also be operated with four D batteries (not included); alkaline batteries are recommended. Remove the screws, remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**



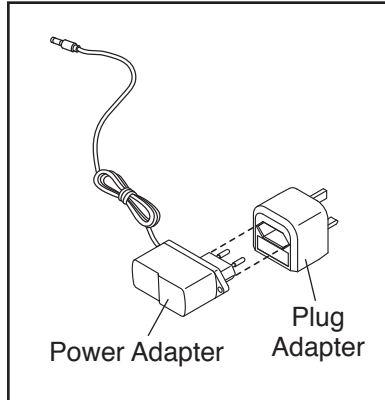
17. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

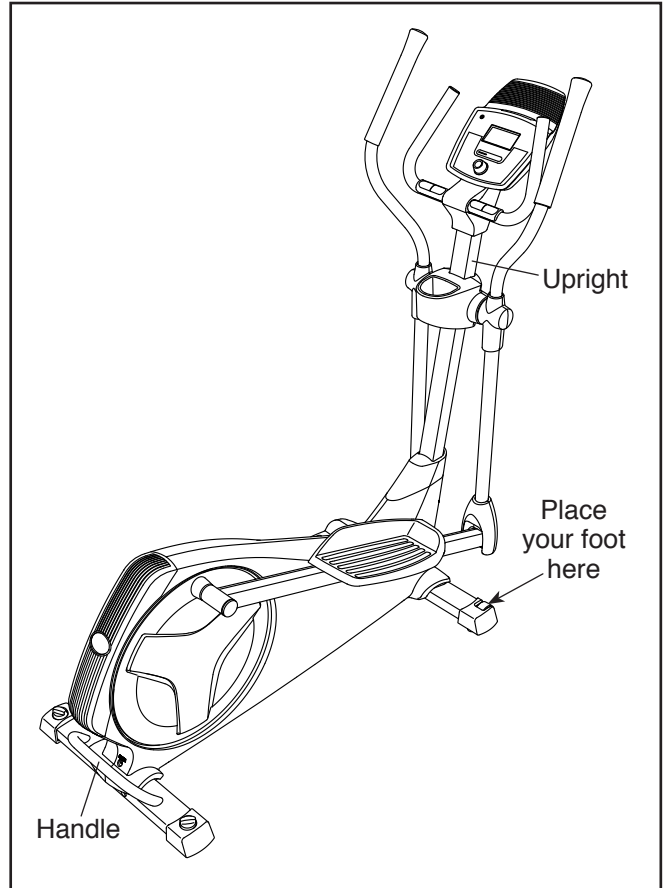
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the jack on the frame of the elliptical. Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



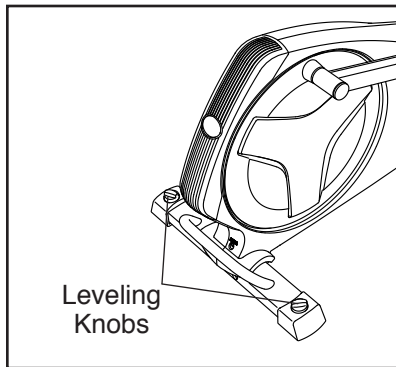
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.

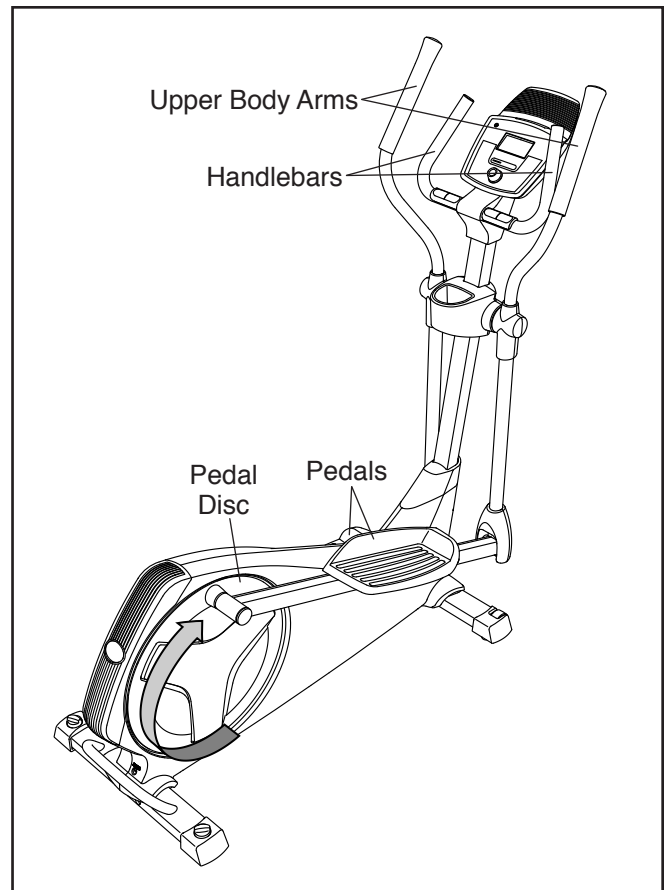


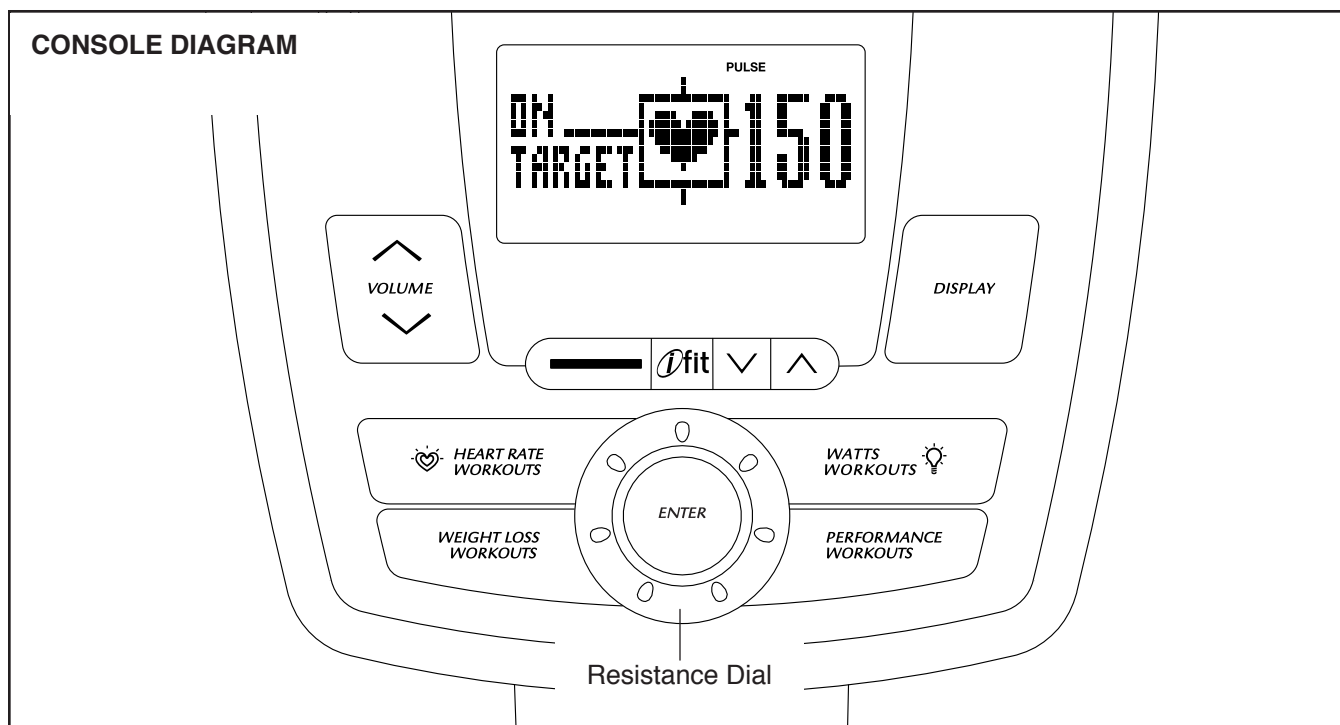
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.

Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the resistance of the pedals with a turn of the dial. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor.

The console offers twelve preset workouts—six weight loss workouts and six performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout.

In addition, the console offers two heart rate workouts that change the resistance of the pedals and prompt you to vary your pedaling speed to keep your heart rate near a target heart rate.

The console also offers three watts workouts that change the resistance of the pedals and prompt you to vary your pedaling speed to keep your power output near a target level.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To turn on the power, see page 18. **To use the manual mode**, see page 18. **To use a preset workout**, see page 20. **To use a heart rate workout**, see page 21. **To use a watts workout**, see page 22. **To use an iFit workout**, see page 24. **To use the sound system**, see page 24.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power adapter (see HOW TO PLUG IN THE POWER ADAPTER on page 15). When the power adapter is plugged in, the displays will turn on and the console will be ready for use.

HOW TO USE THE MANUAL MODE

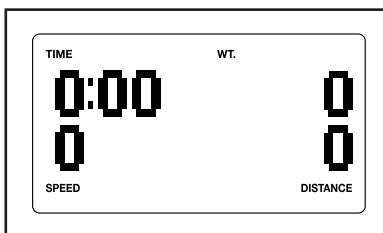
1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER above.

2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.



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

As you pedal, change the resistance of the pedals by turning the resistance dial.

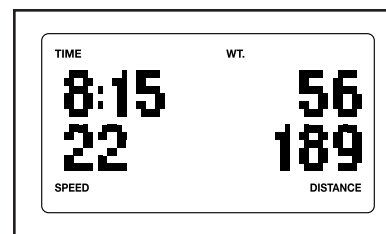
To increase the resistance, turn the resistance dial clockwise; to decrease the resistance, turn the resistance dial counterclockwise. Note: After you change the resistance, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the displays.

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The displays can show the following workout information:

Time—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



Speed—This display will show your pedaling speed in revolutions per minute (rpm).

Distance—This display will show the distance (total number of revolutions) you have pedaled.

Calories—This display will show the approximate number of calories you have burned.

Watts—This display will show your approximate power output in watts (Wt.).

Pulse—This display will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5 below).

Resistance—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

Profile—When a workout is selected, this display will show a profile of the resistance settings for the workout.

Change the volume level of the console by pressing the Volume increase and decrease buttons.

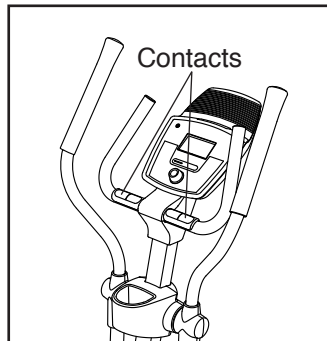
5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or the optional chest heart rate monitor (see page 24 for information about the optional chest heart rate monitor).

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

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To

measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. Avoid moving your hands or gripping the contacts tightly.



When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

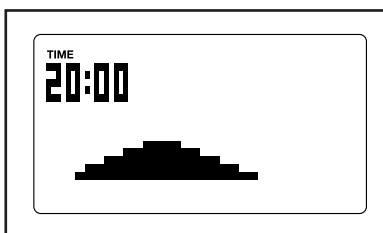
See HOW TO TURN ON THE POWER on page 18.

2. Select a preset workout.

To select a preset workout, first press the Weight Loss Workouts or the Performance Workouts button.

Next, turn the resistance dial until the number of the desired workout appears in the display.

Then, press the Enter button to select the workout. The workout time and a profile of the resistance levels for the workout will then appear in the display.



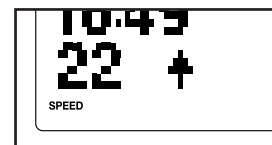
3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

The workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

When the first segment of the workout ends, the resistance level and the target speed for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment.



When an upward arrow or the word FASTER appears in the display, increase your speed. When a downward arrow or the word SLOWER appears, decrease your speed. When no arrow appears or the words ON TARGET appear, maintain your current speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the displays.

See step 4 on page 18.

5. Measure your heart rate if desired.

See step 5 on page 19.

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

See step 6 on page 19.

HOW TO USE A HEART RATE WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 18.

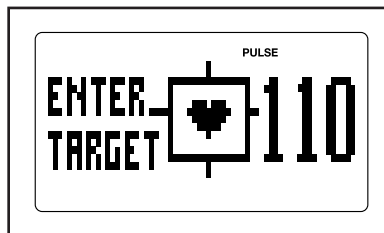
2. Select a heart rate workout.

To select a heart rate workout, first press the Heart Rate Workouts button.

Next, turn the resistance dial until the number of the desired workout appears in the display. Then, press the Enter button to select the workout.

3. Enter a target heart rate setting.

A few seconds after you select a heart rate workout, the workout time and the words ENTER TARGET will appear in the display.



A different target heart rate setting will be programmed for each segment of the heart rate workout. Turn the resistance dial to enter the desired **maximum** target heart rate for the workout (see EXERCISE INTENSITY on page 27). Then, press the Enter button.

4. Hold the handgrip heart rate monitor.

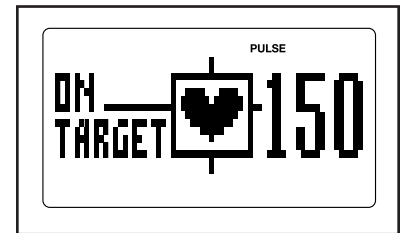
It is not necessary to hold the handgrip heart rate monitor continuously during a heart rate workout; however, you should hold the handgrip heart rate monitor frequently for the workout to operate properly. **Each time you hold the handgrip heart rate monitor, keep your hands on the metal contacts for at least 15 seconds.**

5. Begin pedaling to start the workout.

Each heart rate workout is divided into one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for consecutive segments.

During the workout, the console will regularly compare your heart rate to the target heart rate for the current segment of the workout. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

As you exercise, you will be prompted to pedal at a target speed. When an upward arrow or the word FASTER



appears in the display, increase your speed. When a downward arrow or the word SLOWER appears, decrease your speed. When no arrow appears or the words ON TARGET appear, maintain your current speed.

IMPORTANT: Make sure to pedal at a speed that is comfortable for you. If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial; however, if you change the resistance level, you might not maintain the target heart rate.

Also, when the console compares your heart rate to the target heart rate, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

6. Follow your progress with the displays.

See step 4 on page 18.

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

See step 6 on page 19.

HOW TO USE A WATTS WORKOUT

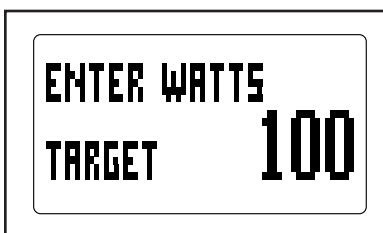
1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO TURN ON THE POWER on page 18.

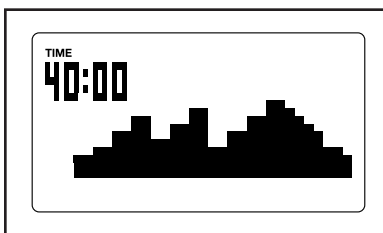
2. **Select a watts workout.**

To select a watts workout, first press the Watts Workouts button. Next, turn the resistance dial until the number of the desired workout appears in the display. Then, press the Enter button to select the workout.

If you select watts workout 1, the words ENTER WATTS TARGET will appear in the display.



If you select watts workout 2 or 3, the workout time and a profile of the resistance levels for the workout will appear in the display.



3. **If you selected watts workout 1, enter a target watts setting.**

During watts workout 1, the same target watts setting will be programmed for all segments of the workout. Turn the resistance dial to enter the desired target watts setting.

4. **Begin pedaling to start the workout.**

Watts workout 1 is divided into 40 one-minute segments. During the workout, the console will regularly compare your watts output to the target watts setting you entered for the workout.

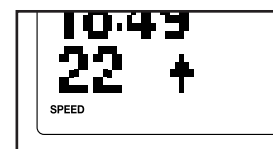
If your watts output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your watts output closer to the target watts setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

If the target watts setting is too high or too low, you can manually override the setting by turning the resistance dial.

Watts workout 2 or 3 is divided into 40 one-minute segments. One resistance level and one target watts level are programmed for each segment. Note: The same resistance level and/or target watts level may be programmed for consecutive segments.

The workout profile will show your progress (see the drawing at the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

As you exercise, you will be prompted to pedal at a target speed. When an upward arrow or the word FASTER appears in the display, increase your speed. When a downward arrow or the word SLOWER appears, decrease your speed. When no arrow appears or the words ON TARGET appear, maintain your current speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

When the first segment of the workout ends, the resistance level and the target speed for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

To stop a workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

5. Follow your progress with the displays.

See step 4 on page 18.

6. Measure your heart rate if desired.

See step 5 on page 19.

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

See step 6 on page 19.

HOW TO USE AN IFIT WORKOUT

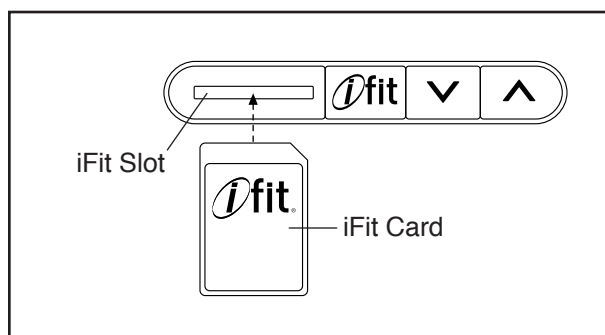
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 18.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that 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 turn on and text will appear in the display.



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

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

iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on page 20.

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.

HOW TO USE THE SOUND SYSTEM

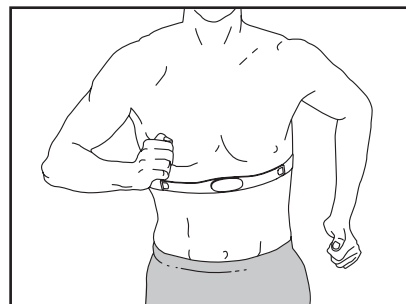
To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume increase and decrease buttons on the console.

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical, 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.**

CONSOLE TROUBLESHOOTING

If the handgrip heart rate monitor does not function properly, see step 5 on page 19.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

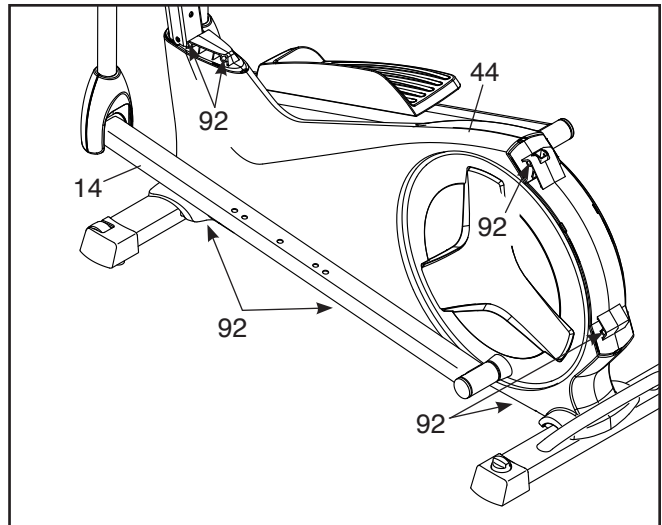
To adjust the drive belt, you must remove the left pedal, the top shield cover, the rear shield cover, and the left shield (see the instructions below).

First, unplug the power adapter. Then, see step 15 on page 13 and remove the left pedal.

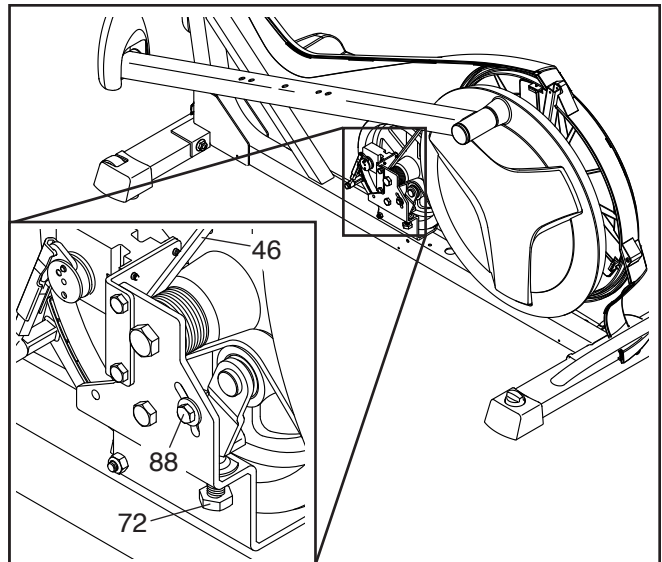
Next, see step 16 on page 14 and remove the rear shield cover.

Then, see step 5 on page 8 and release the top shield cover from the shields. Slide the top shield cover upward.

Remove the M4 x 16mm Screws (92) from the Left Shield (44) and then gently move the Left Shield outward over the Left Pedal Arm (14).



Next, loosen the Pivot Screw (88). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.



When the Drive Belt (46) is tight, tighten the Pivot Screw (88).

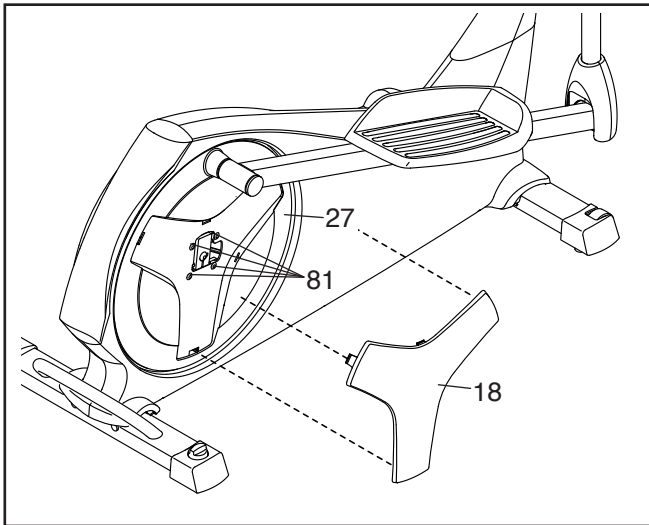
Then, reattach the left shield, the rear shield cover, the top shield cover, and the left pedal. Plug in the power adapter.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

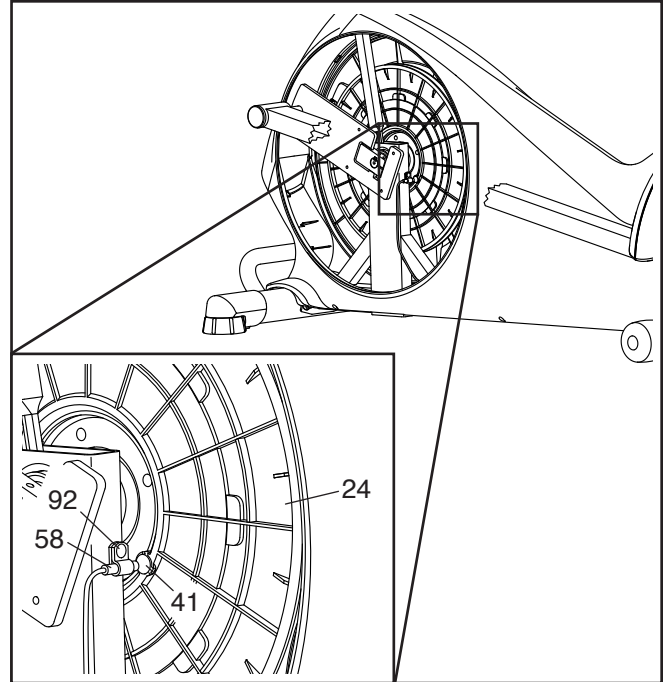
To adjust the reed switch, you must remove the right disc cover and the right pedal disc (see the instructions below).

First, unplug the power adapter. Then, using a flat screwdriver, remove the right Disc Cover (18).



Then, remove the M8 x 12mm Screws (81) from the right Pedal Disc (27), and gently rotate the right Pedal Disc out of the way.

Locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (92).



Next, rotate the Pulley (24) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (92).

Plug in the power adapter and rotate the Pulley (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right pedal disc and the right disc cover.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, 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, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and 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 intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses 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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

Model No. NTEVEL75910.3 R0113A

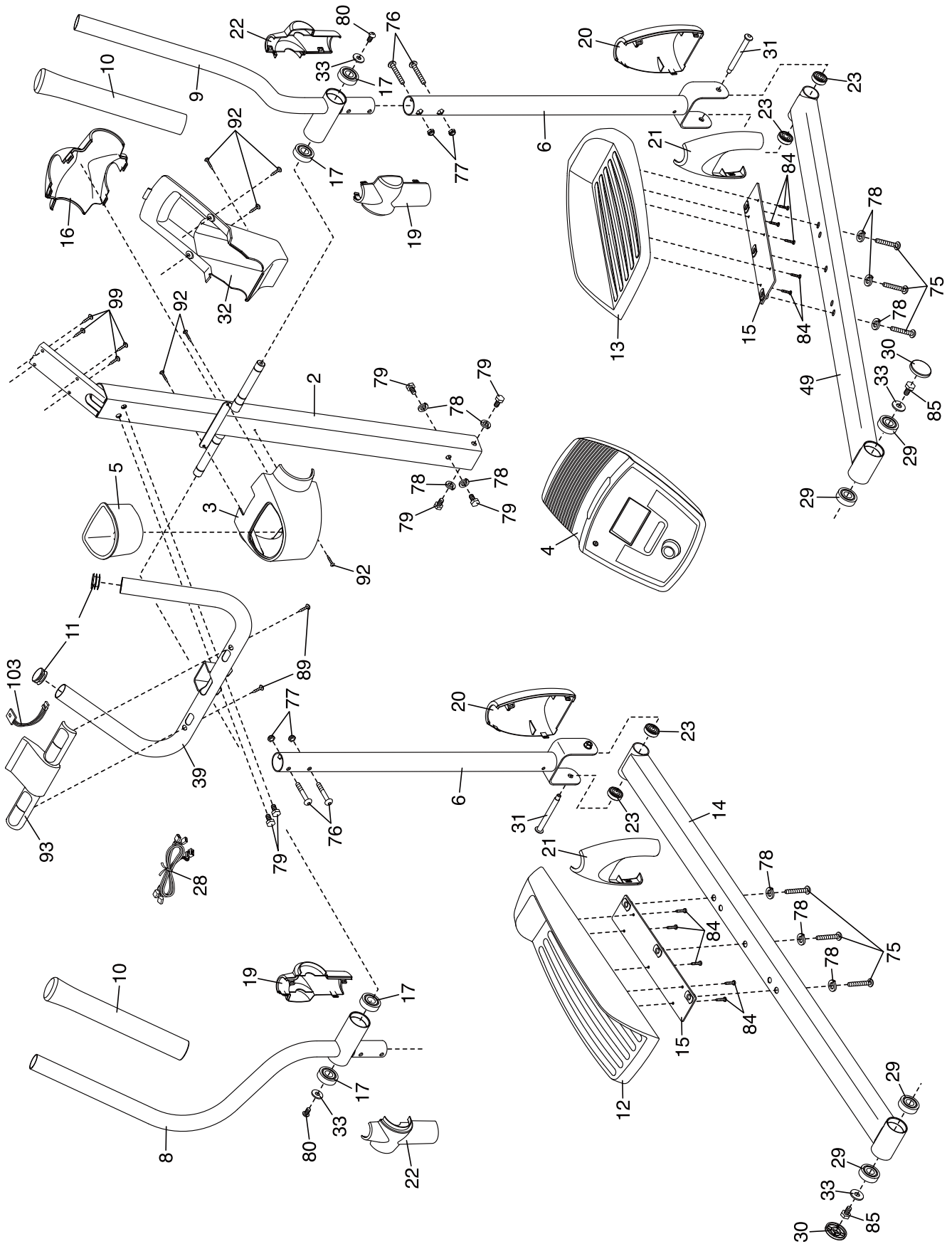
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	2	Leveling Foot
2	1	Upright	48	2	Rear Stabilizer Cap
3	1	Rear Upright Cover	49	1	Right Pedal Arm
4	1	Console	50	2	Wheel
5	1	Water Bottle Holder	51	1	Flywheel
6	2	Upper Body Leg	52	1	Idler
7	1	Resistance Wheel	53	1	C-magnet
8	1	Left Upper Body Arm	54	1	Resistance Motor
9	1	Right Upper Body Arm	55	1	Motor Bracket
10	2	Foam Grip	56	1	Resistance Arm
11	2	Upper Cap	57	1	Clamp
12	1	Left Pedal	58	1	Reed Switch/Wire
13	1	Right Pedal	59	1	Rear Shield Cover
14	1	Left Pedal Arm	60	1	Key
15	2	Pedal Bracket	61	1	M8 Locknut
16	1	Front Upright Cover	62	1	M6 x 16mm Screw
17	4	Pivot Bearing	63	2	Foot
18	2	Disc Cover	64	1	Flywheel Axle
19	2	Pivot Cover A	65	1	C-magnet Screw
20	2	Front Leg Cover	66	1	Idler Screw
21	2	Rear Leg Cover	67	1	Key Screw
22	2	Pivot Cover B	68	1	Crank Arm Screw
23	4	Swing Bearing	69	4	Resistance Motor Bolt
24	1	Pulley	70	1	Rear Stabilizer
25	1	Right Crank Arm	71	2	Motor Bracket Screw
26	1	Left Crank Arm	72	1	Drive Belt Adjustment Screw
27	2	Pedal Disc	73	1	Front Stabilizer
28	1	Pulse Wire	74	1	M6 Locknut
29	4	Bearing	75	6	M10 x 48mm Screw
30	2	Pedal Arm Cap	76	4	M8 x 45mm Bolt
31	2	Shoulder Bolt	77	6	M8 Jam Nut
32	1	Console Cover	78	10	M10 Split Washer
33	4	M8 Washer	79	6	M10 x 20mm Screw
34	2	Adjustment Nut	80	2	M8 x 20mm Screw
35	1	M5 Washer	81	8	M8 x 12mm Screw
36	1	Small Snap Ring	82	4	M10 x 95mm Screw
37	1	Top Shield Cover	83	1	M5 x 7mm Screw
38	2	Crank Bearing	84	10	#10 x 16mm Screw
39	1	Handlebar	85	2	M8 x 18mm Hex Screw
40	2	Large Snap Ring	86	1	Crank Arm Spacer
41	2	Magnet	87	1	M3.5 x 12mm Screw
42	1	Wire Harness	88	1	Pivot Screw
43	2	M6 Washer	89	2	M4 x 16mm Flat Head Screw
44	1	Left Shield	90	1	M4 x 16mm Ground Screw
45	1	Right Shield	91	1	Crank
46	1	Drive Belt	92	23	M4 x 16mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
93	1	Pulse Sensor	102	1	Resistance Bracket
94	1	Flywheel Bearing	103	1	Receiver/Wire
95	2	Leveling Knob	104	1	Power Receptacle/Wire
96	2	M4 x 19mm Screw	105	4	M8 x 10mm Screw
97	1	Right Stabilizer Cap	106	4	M8 x 15mm Screw
98	1	Left Stabilizer Cap	*	—	User's Manual
99	4	M4 x 28mm Screw	*	—	Assembly Tool
100	1	Power Adapter	*	—	Grease Packet
101	1	Plug Adapter	*	—	Wire Tie

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

EXPLODED DRAWING A

Model No. NTEVEL75910.3 R0113A



This exploded view diagram illustrates the assembly of a bicycle. The main frame (1) is the central component, with various parts shown in their relative positions. Key components include:

- Wheels:** Front wheel (24) and rear wheel (27) with spokes and tires.
- Handlebars and Stem:** Handlebars (18) connected to the stem (45) and front fork (73).
- Seat and Saddle:** Seat (46) mounted on the seat post (70) and saddle (59).
- Drivetrain:** Pedals (71), crankset (52), and rear cassette (54) with gears (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827,

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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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

