

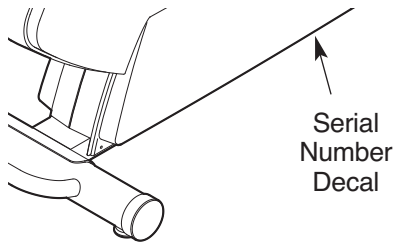
# NordicTrack

## COMMERCIAL™ 400

Model No. NTEX14807.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

**CALL TOLL-FREE:**

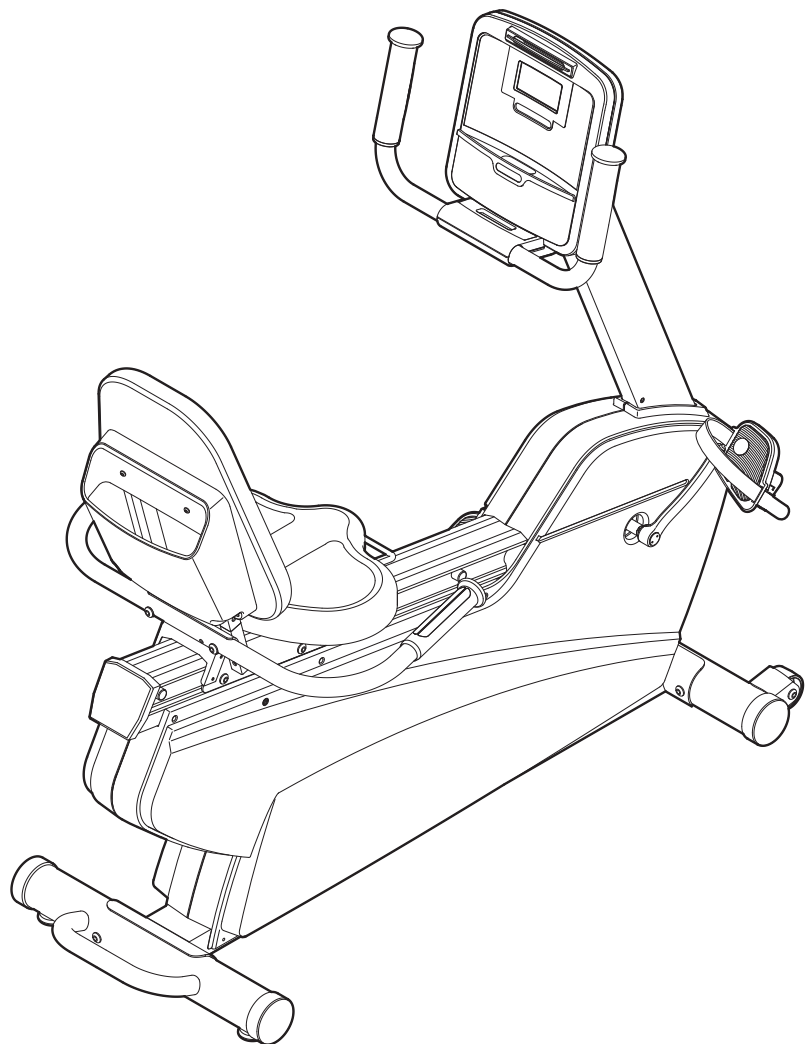
**1-866-362-4490**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

**ON THE WEB:**

[www.nordictrackservice.com](http://www.nordictrackservice.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.nordictrack.com](http://www.nordictrack.com)

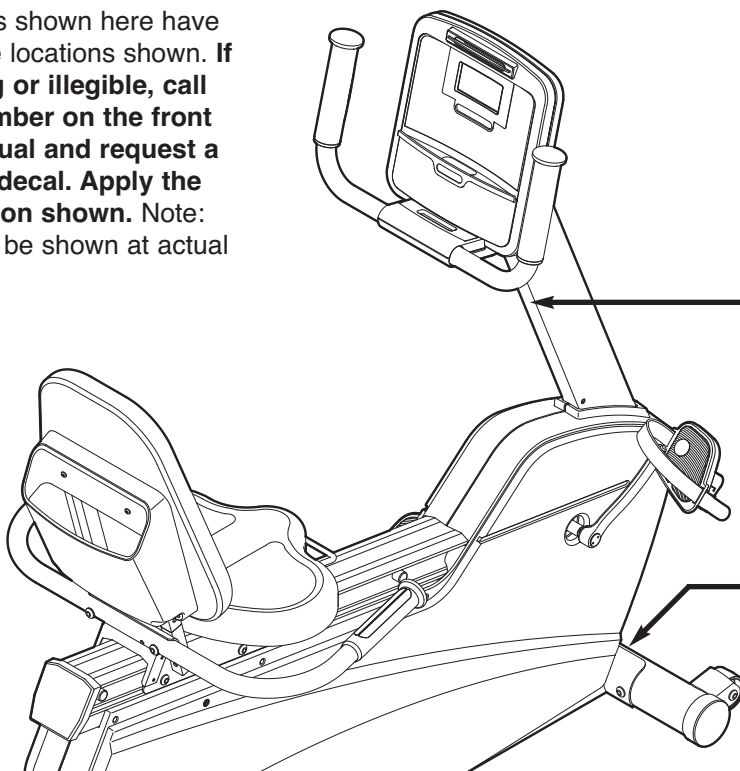
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## WARNING DECAL PLACEMENT

The warning decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.



**Important:**

To avoid damaging the console, use only a regulated 6 volt DC 2-amp power supply.

# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 350 lbs. (159 kg).
8. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

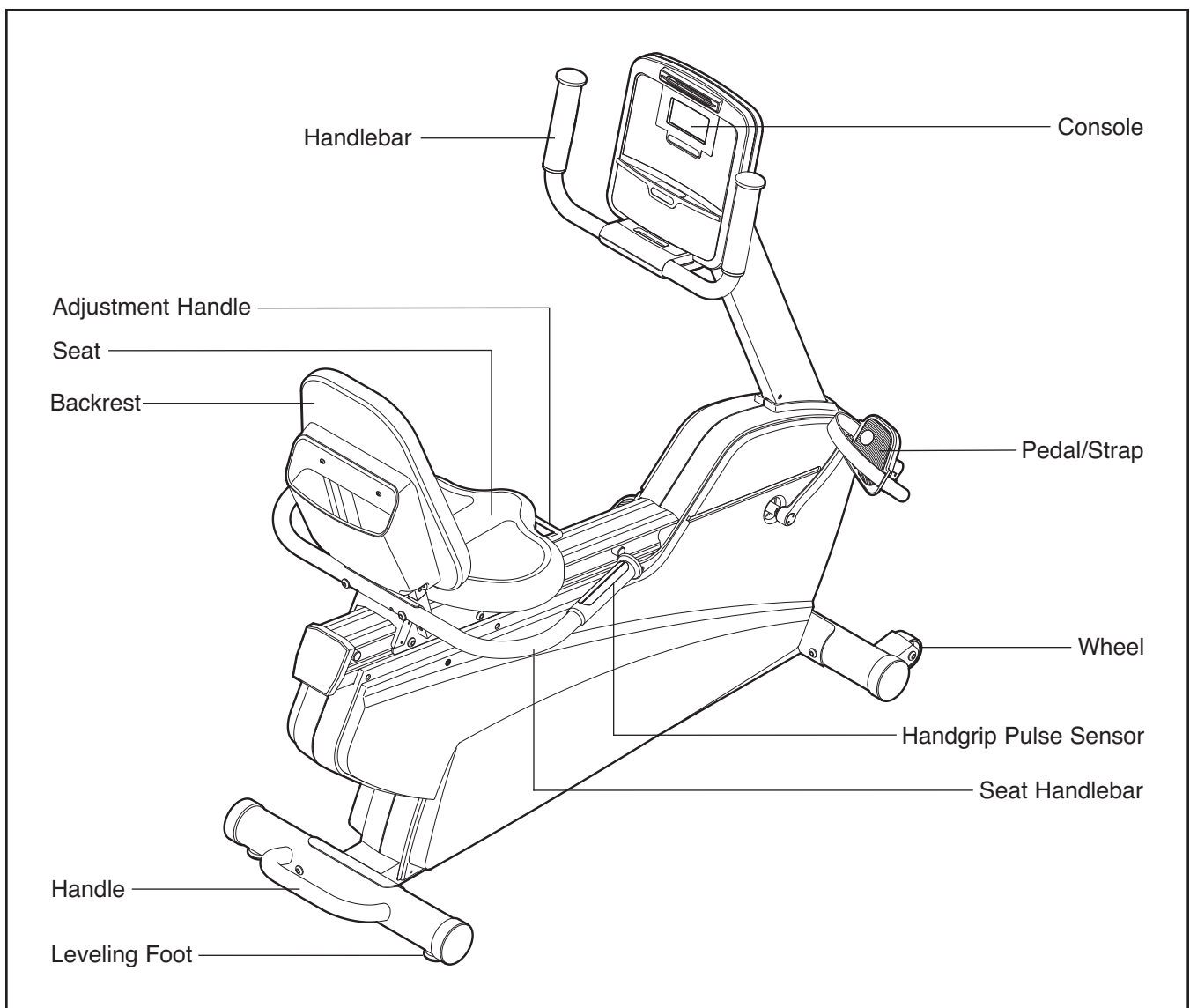
# BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack Commercial™ 400 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The NordicTrack Commercial 400 exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** 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.

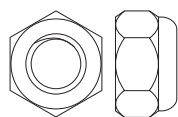


# ASSEMBLY

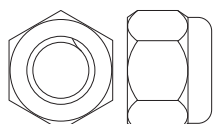
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable wrench  and Phillips screwdriver .**

Use the part drawings below to identify the small parts used in 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 parentheses is the quantity needed for assembly. **Note: Some small parts may have been preattached.** If a part is not in the hardware kit, check to see if it has been preattached.



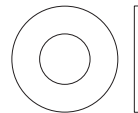
M8 Nylon  
Locknut (99)–4



M10 Nylon  
Locknut (91)–4



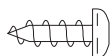
M8 Split  
Washer (93)–6



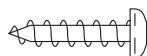
M6 Washer  
(88)–8



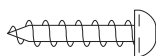
M8 Curved  
Washer (86)–2



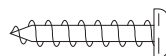
M4 x 12mm  
Screw (101)–2



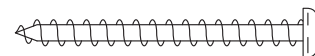
M4 x 16mm  
Screw (77)–1



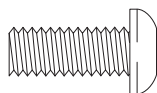
M4 x 16mm  
Round Head  
Screw (68)–4



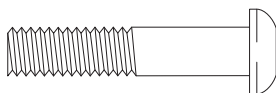
M4 x 19mm  
Screw (75)–2



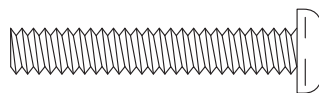
M4 x 38mm  
Screw (89)–2



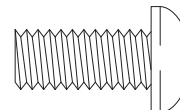
M6 x 16mm  
Screw (71)–4



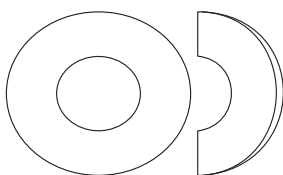
M6 x 32mm Button  
Screw (69)–4



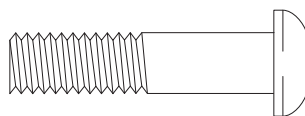
M6 x 38mm Button  
Screw (25)–4



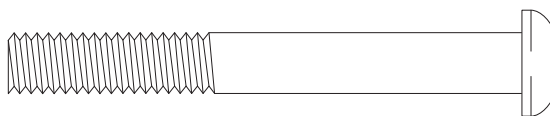
M8 x 18mm Button  
Screw (67)–4



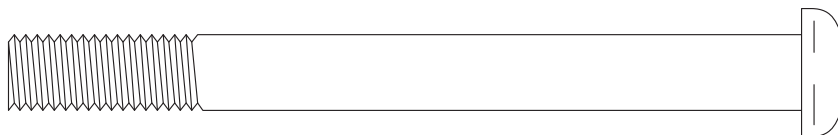
M10 Curved  
Washer (94)–4



M8 x 35mm Button  
Bolt (72)–2



M8 x 68mm Button  
Bolt (70)–2

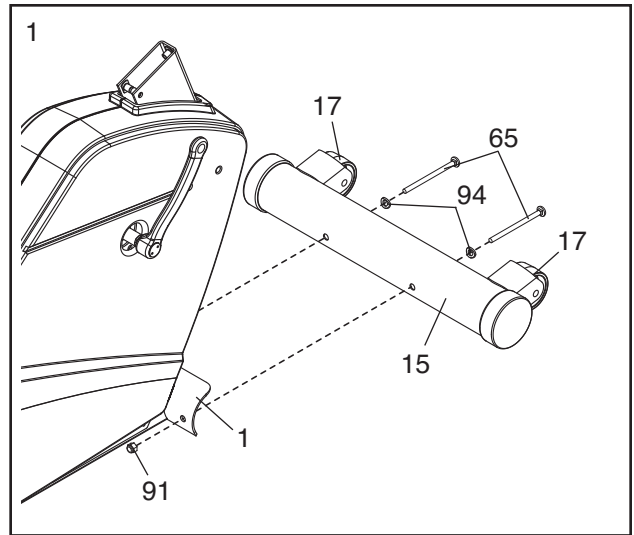


M10 x 94mm Button Bolt (65)–4

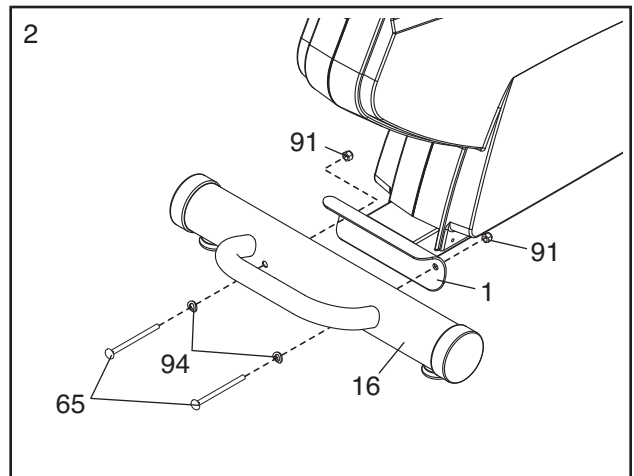
1.

To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.

Orient the Front Stabilizer (15) with the Wheels (17) positioned as shown. Attach the Front Stabilizer to the Frame (1) with two M10 x 94mm Button Bolts (65), two M10 Curved Washers (94), and two M10 Nylon Locknuts (91).

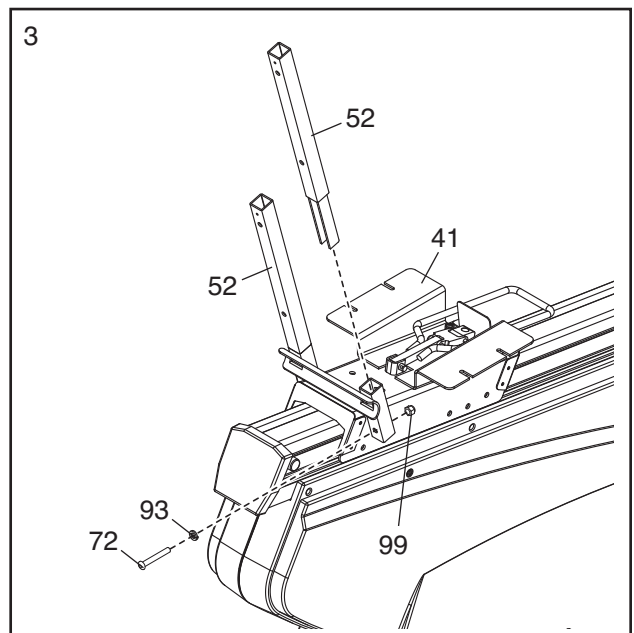


2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with two M10 x 94mm Button Bolts (65), two M10 Curved Washers (94), and two M10 Nylon Locknuts (91).

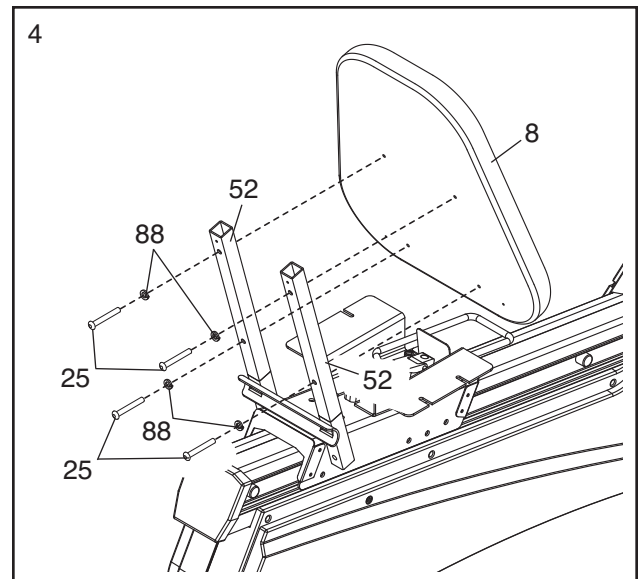


3. Orient a Backrest Tube (52) as shown. Insert the Backrest Tube into a bracket on the Seat Carriage (41). Attach the Backrest Tube with an M8 x 35mm Button Bolt (72), an M8 Split Washer (93), and an M8 Nylon Locknut (99). **Make sure that the Nylon Locknuts are in the hexagonal holes in the Seat Carriage. Do not tighten the Button Bolt yet.**

Repeat this step to attach the other Backrest Tube (52).



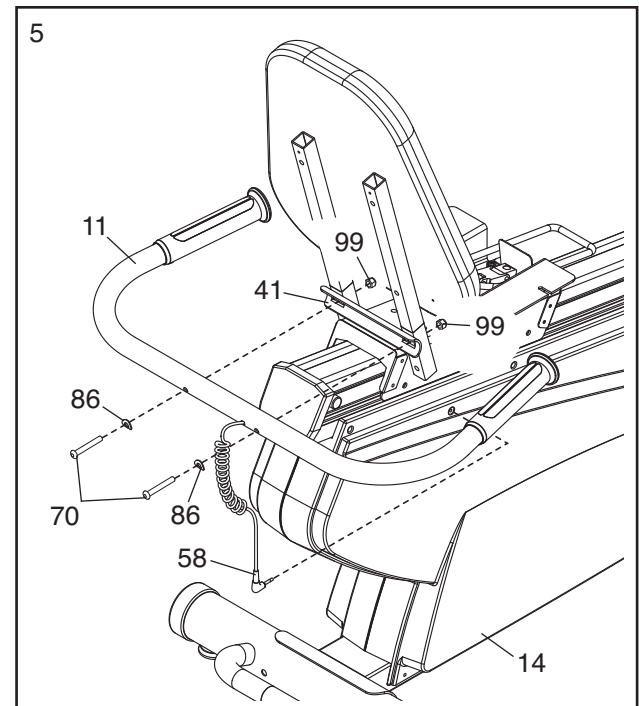
4. Orient the Backrest (8) as shown. Attach the Backrest to the Backrest Tubes (52) with four M6 x 38mm Button Screws (25) and four M6 Washers (88).



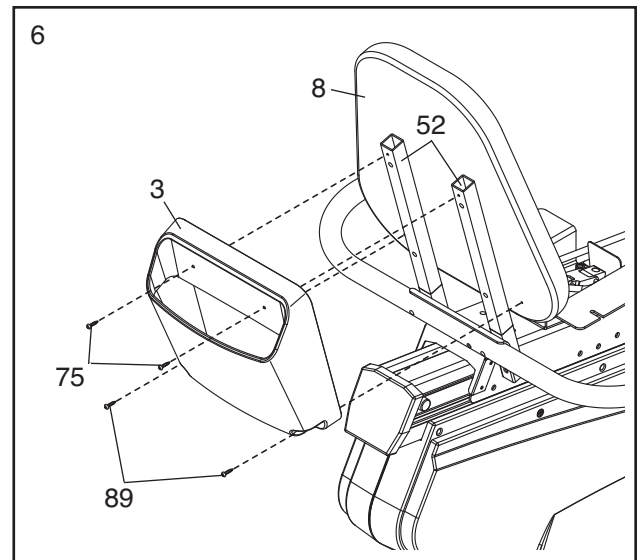
5. **Tip: Avoid damaging the wires inside the Seat Handlebar (11) during this step.**

Attach the Seat Handlebar (11) to the Seat Carriage (41) with two M8 x 68mm Button Bolts (70), two M8 Curved Washers (86), and two M8 Nylon Locknuts (99). **Make sure that the Nylon Locknuts are in the hexagonal holes in the Seat Carriage.** Then, plug the Lower Pulse Wire (58) into the receptacle in the Right Side Shield (14).

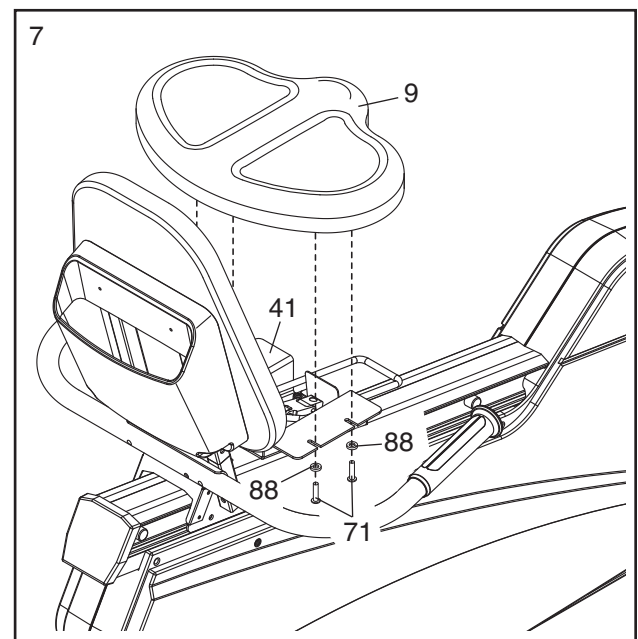
**See step 3. Tighten the two M8 x 35mm Button Bolts (72).**



6. Attach the Book Holder (3) to the Backrest Tubes (52) with two M4 x 19mm Screws (75). Then, attach the Book Holder to the Backrest (8) with two M4 x 38mm Screws (89).



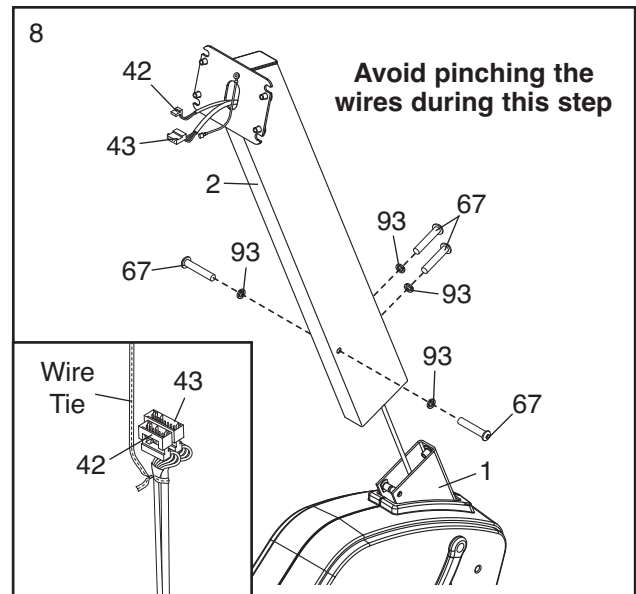
7. Orient the Seat (9) as shown. Attach the Seat to the Seat Carriage (41) with four M6 x 16mm Button Screws (71) and four M6 Washers (88). Note: Only two Screws and two Washers are shown.



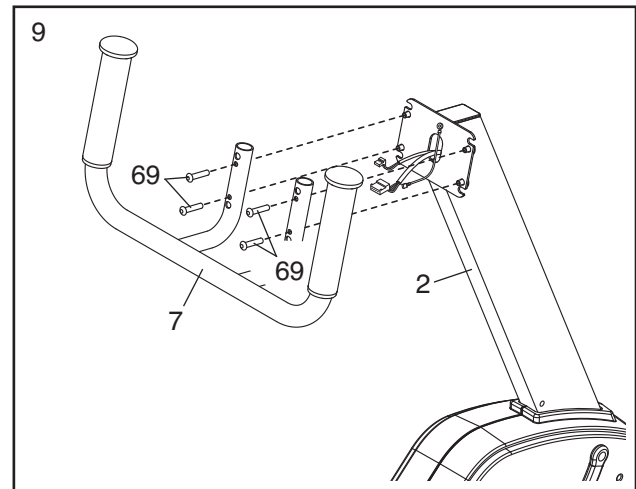


8. Have another person hold the Upright (2) near the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Main Wire Harness (43) and to the Upper Pulse Wire (42). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Do not allow the ends of the wires to fall into the Upright. Use a piece of tape or an elastic band to hold the wires in place until step 10.**

**Tip: Avoid pinching the Main Wire Harness (43) and the Upper Pulse Wire (42) during this step.** Attach the Upright (2) to the Frame (1) with four M8 x 18mm Button Screws (67) and four M8 Split Washers (93). **Tip: Tighten the two Button Screws on the front of the Upright before tightening the other two Button Screws.**

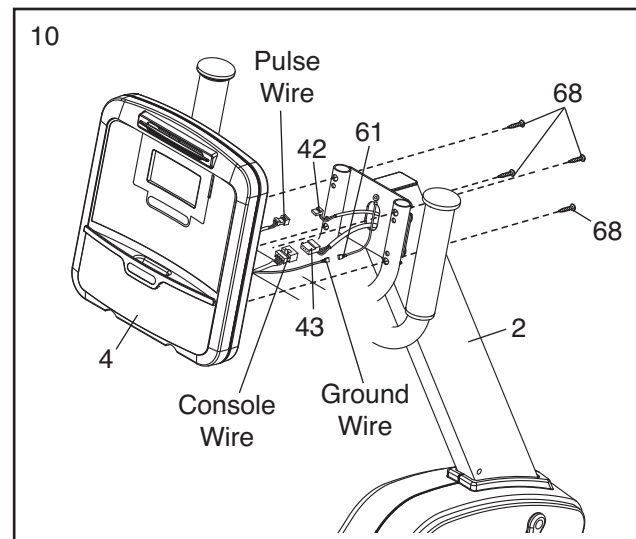


9. Attach the Handlebar (7) to the Upright (2) with four M6 x 32mm Button Screws (69).

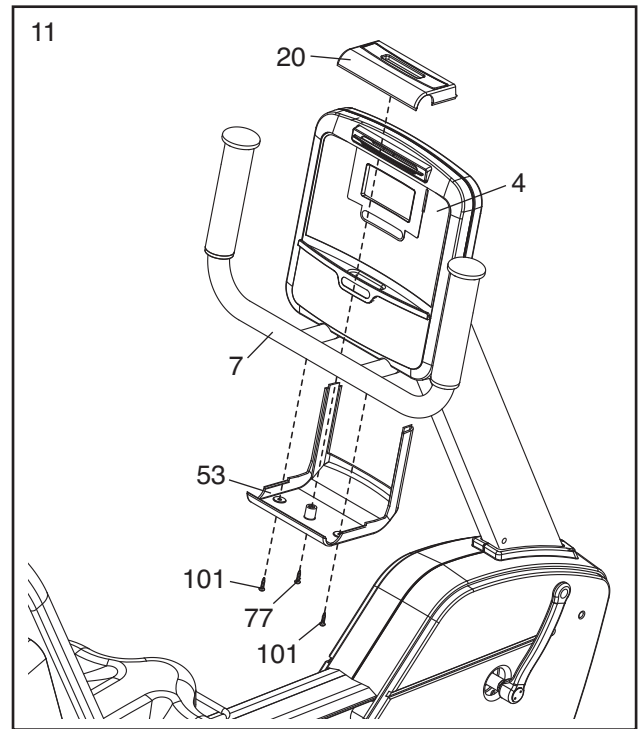


10. While another person holds the Console (4) near the Upright (2), connect the console wire to the Main Wire Harness (43). Next, connect the console pulse wire to the Upper Pulse Wire (42). Then, connect the console ground wire to the Ground Wire (61).

**Tip: Start all screws before tightening any of them. Also, avoid pinching the wires during this step.** Insert the excess wires downward into the Upright (2). Attach the Console (4) to the Upright (2) with four M4 x 16mm Round Head Screws (68).

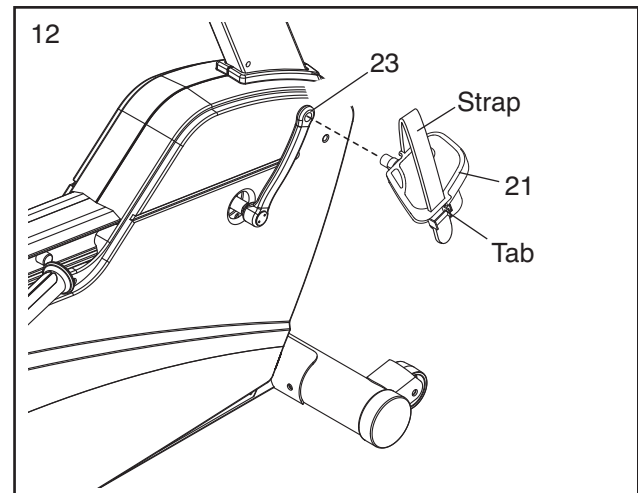


11. Slide the Bottom Handlebar Cover (53) into the slots on the underside of the Console (4). Attach the Bottom Handlebar Cover to the Handlebar (7) with two M4 x 12mm Screws (101). Then, attach the Bottom Handlebar Cover and the Top Handlebar Cover (20) to the Handlebar with an M4 x 16mm Screw (77).



12. Identify the Right Pedal (21), which is marked with an “R”. Using an adjustable wrench, **firmly tighten** the Right Pedal *clockwise* into the Right Crank Arm (23). Tighten the Left Pedal (not shown) *counterclockwise* into the Left Crank Arm (not shown). **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals.**

Adjust the strap on the Right Pedal (21) to the desired position, and then press the end of the strap onto the tab on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



13. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

Plug the power supply into the socket at the front of the exercise cycle (see HOW TO PLUG IN THE POWER SUPPLY on page 11). **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

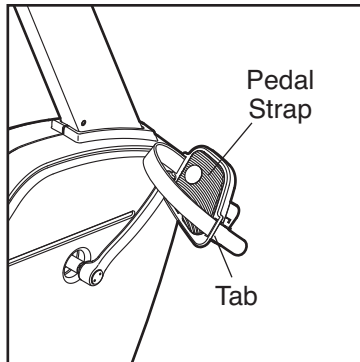
# HOW TO OPERATE THE EXERCISE CYCLE

## HOW TO PLUG IN THE POWER SUPPLY

Plug one end of the included power supply into the jack on the front of the exercise cycle. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

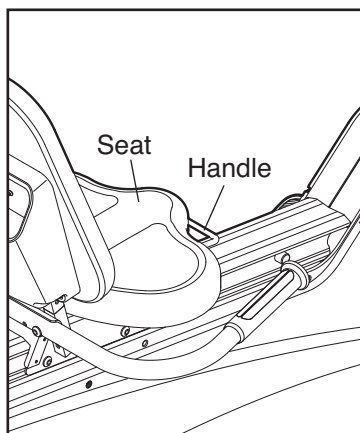
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



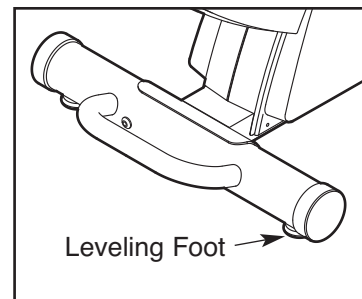
## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable for you. To adjust the seat, pull upward on the seat adjustment handle, slide the seat to the desired position, and then push downward on the handle to lock the seat in place.



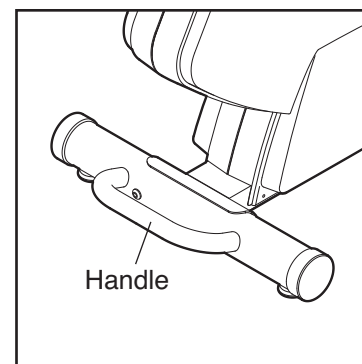
## HOW TO LEVEL THE EXERCISE CYCLE

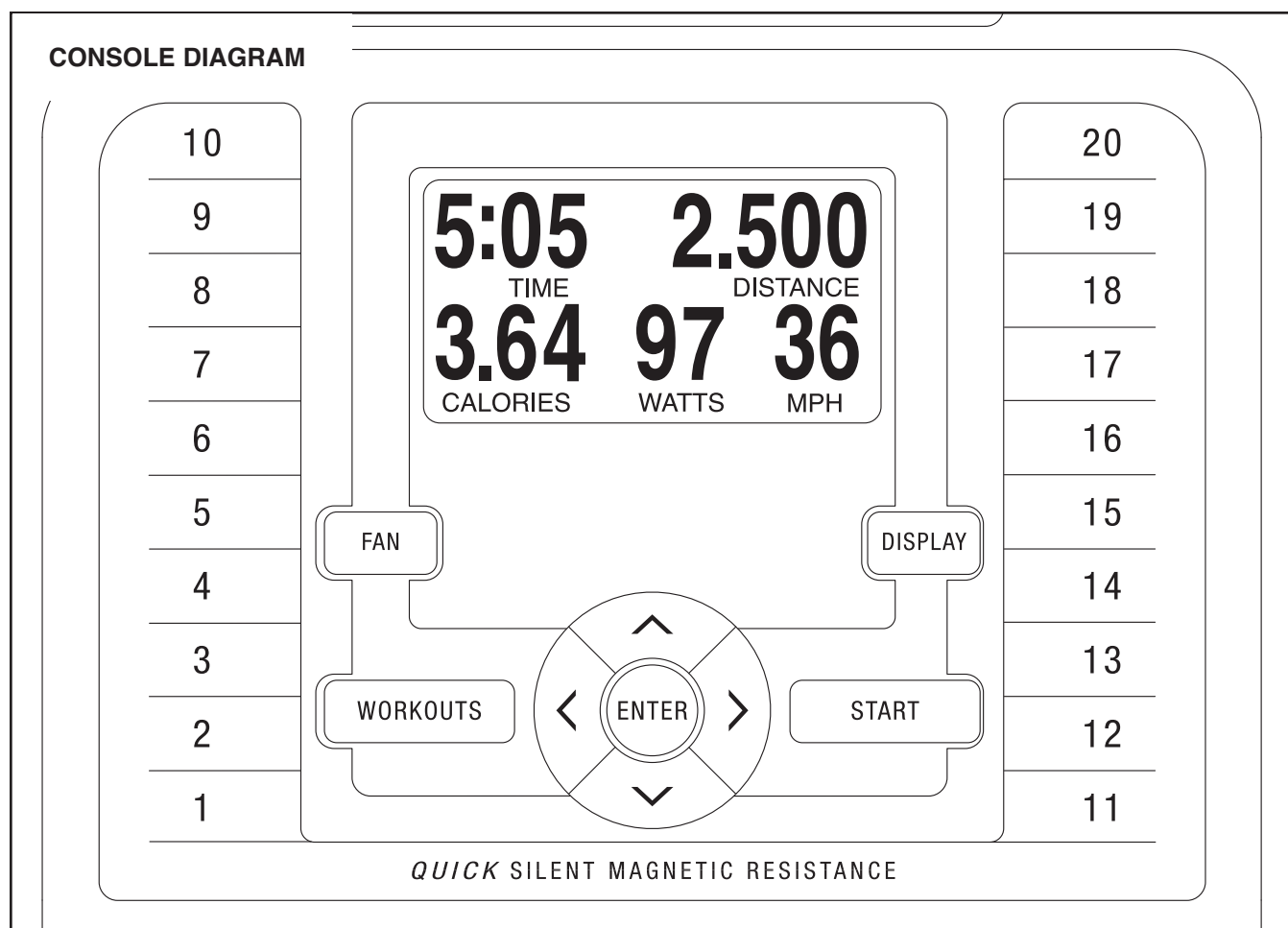
If the exercise cycle rocks slightly on your floor during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



## HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, hold the handle on the rear stabilizer and carefully lift it until the exercise cycle can be moved on the front wheels. Carefully move the exercise cycle to the desired location and then lower it.





## 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 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.

The console also offers thirty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your

pedaling pace as it guides you through an effective workout.

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

**To use the manual mode of the console**, follow the steps beginning on page 13. **To use a preset workout**, see page 15. **To use the stereo sound system**, see page 16.

**Note:** If there is a sheet of clear plastic on the face of the console, remove the plastic.

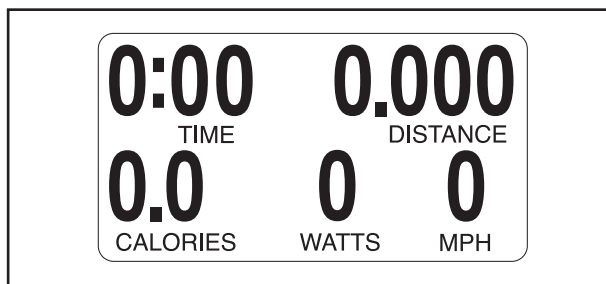
## HOW TO USE THE MANUAL MODE

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

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until zeros appear in the display.



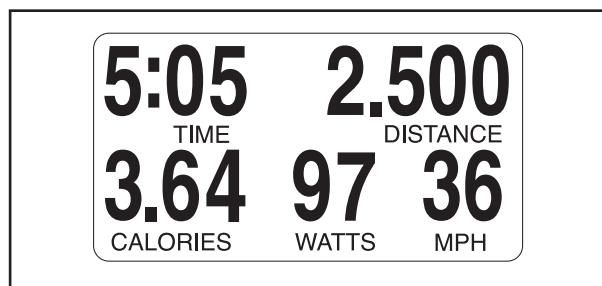
3. **Press Start or begin pedaling and change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing one of the numbered Quick Silent Magnetic Resistance buttons. There are twenty resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

While you pedal, the upper left corner of the display will show the elapsed time. Note: During a preset workout, the display will show the time remaining in the workout.

The upper right corner of the display will show the distance you have pedaled in miles or kilometers. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).



The lower left corner of the display will show the approximate number of calories you have burned.

The lower center of the display will show your power output in watts.

The lower right corner of the display will show your pedaling speed, in miles or kilometers per hour.

The resistance level of the pedals will appear in the display for a few seconds each time the resistance level changes.

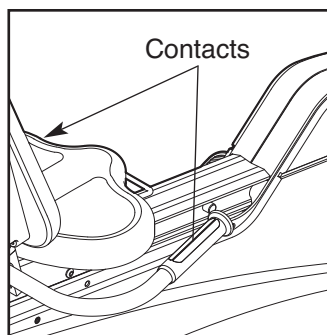
You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time and the distance you have pedaled, the elapsed time and the approximate number of calories you have burned, the elapsed time, or the approximate number of calories you have burned. Press the Display button again to view a workout history of resistance levels and pedaling pace.

To again view the time, distance, approximate number of calories burned, and pedaling speed, press the Display button again.

You can also adjust the contrast of the display. First, press and hold down the Display button for several seconds until the display is blank. Then, release the Display button and follow the instructions in the display to adjust the contrast.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. 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 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 metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button again; when the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

To turn off the fan, press the Fan button again.

Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off.

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

If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

If the pedals are not moved for about five minutes, the console will turn off and the display will be reset.

When you are finished exercising, unplug the power supply. **IMPORTANT: If you do not do this, the electrical components of the exercise cycle may wear prematurely.**

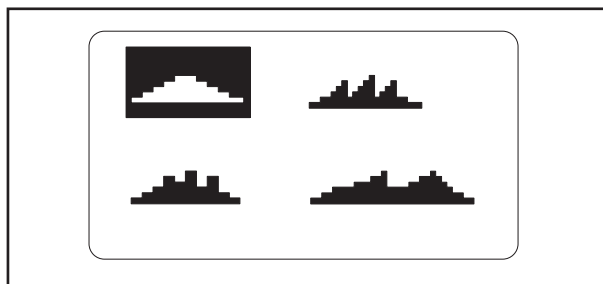
## HOW TO USE A PRESET WORKOUT

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

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

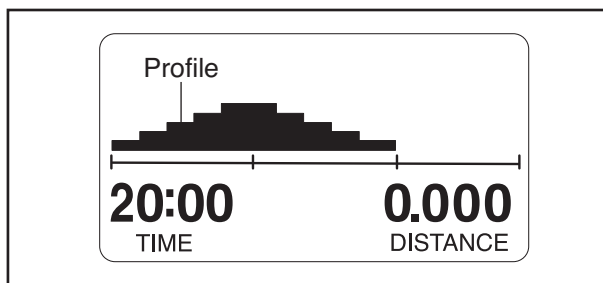
### 2. Select a preset workout.

To select one of the thirty preset workouts, first press the Workouts button. A menu of workout profiles will then appear in the display. Press the left, right, up, and down arrows to highlight the desired workout profile.



When a workout profile is highlighted, the workout time and the maximum resistance level of the workout will appear in the display. To select a highlighted workout, press the Enter button.

When you select a preset workout, the workout time and a profile of the resistance levels of the workout will appear in the display.



### 3. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing to the lower 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. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

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



words SPEED UP appear in the display, increase your pace. When the words SLOW DOWN appear, decrease your pace. When the words SPEED OKAY appear, maintain your current pace.

**IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace 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 pressing the Quick Silent Magnetic Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, press Start or simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

#### 4. Follow your progress with the display.

During the workout, the display will show the workout profile, the time remaining in the workout, and the distance you have pedaled.

To view the profile, your pedaling pace, and the distance you have pedaled, press the Display button.

To view the time remaining in the workout and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

To view the time remaining, distance pedaled, approximate number of calories burned, your power output in watts, and pedaling pace, press the Display button again.

To view the first display again, press the Display button again.

#### 5. Measure your heart rate if desired.

See step 5 on page 14.

#### 6. Turn on the fan if desired.

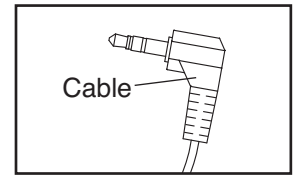
See step 6 on page 14.

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

See step 7 on page 14.

### HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, first locate the stereo audio cable in the center of the console above the speakers. Plug the cable into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**



Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

When not in use, insert the stereo audio cable into the storage recess on the console.



# MAINTENANCE AND TROUBLESHOOTING

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

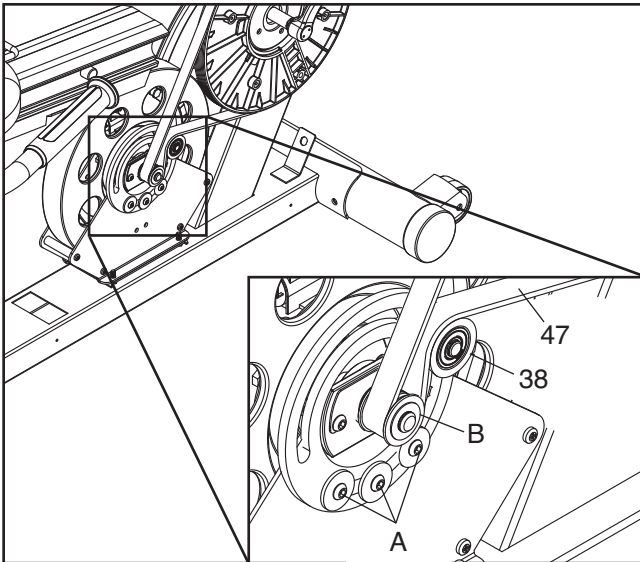
To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 14.

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first remove the screws from the left and right side shields (not shown). Note: There are two different sizes of screws in the side shields. Be sure to note the location of each screw. Then, carefully remove the side shields.

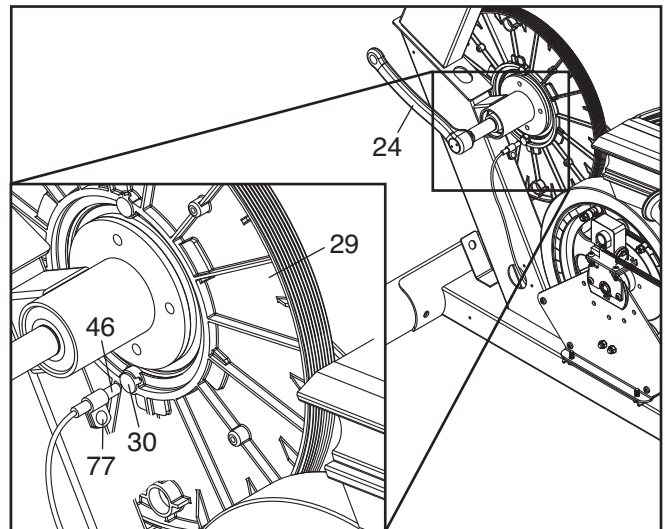


Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler Pulley (38) and the pulley on the eddy mechanism (B). Pull the top of the screwdriver toward the rear of the exercise cycle until the Drive Belt (47) is tight. Then, tighten the three screws and reattach the left and right side shields.

## 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, first remove the screws from the left and right side shields (not shown). Note: There are two different sizes of screws in the side shields. Be sure to note the location of each screw. Then, carefully remove the side shields.

Next, see the drawing below and locate the Reed Switch (46). Loosen, but do not remove, the indicated M4 x 16mm Screw (77). Slide the Reed Switch slightly toward or away from a Magnet (30) on the Pulley (29).



Then, retighten the M4 x 16mm Screw (77). Turn the Left Crank Arm (24) for a moment. Repeat until the console displays correct feedback. When the Reed Switch (46) is correctly adjusted, reattach the left and right side shields.

# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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.

## 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

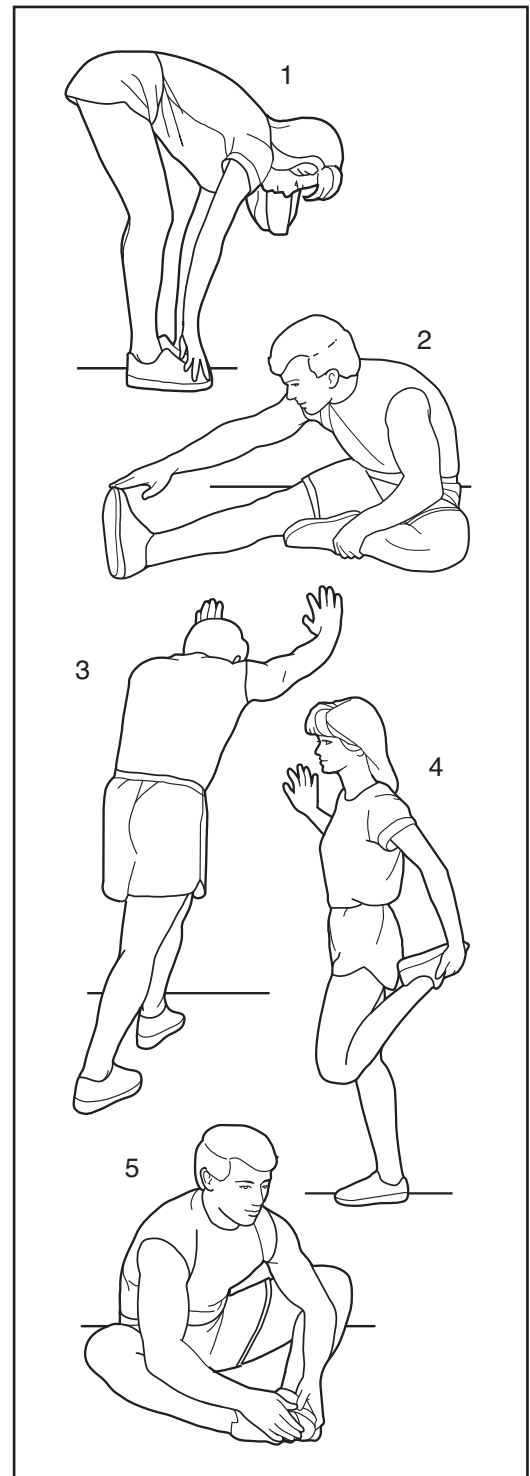
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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## NOTES

# PART LIST—Model No. NTEX14807.0

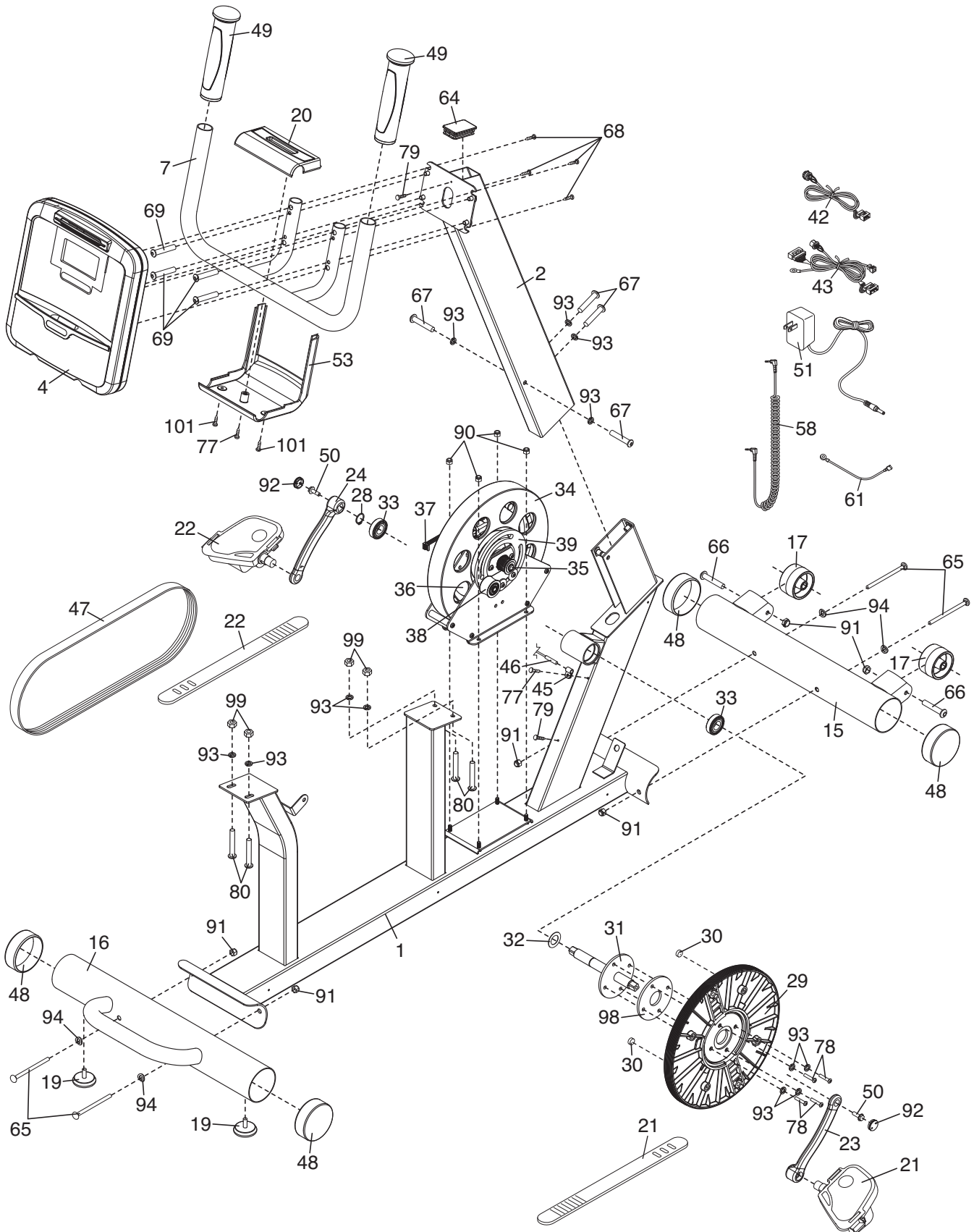
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	53	1	Bottom Handlebar Cover
2	1	Upright	54	2	Small Spring
3	1	Book Holder	55	6	Carriage Bearing
4	1	Console	56	1	Seat Rail Endcap
5	1	Rail	57	4	Plastic Wheel
6	1	Adjustment Handle	58	1	Lower Pulse Wire
7	1	Handlebar	59	6	Carriage Spacer
8	1	Backrest	60	2	Rail Rod
9	1	Seat	61	1	Ground Wire
10	2	Seat Pulse Grip/Wire	62	4	Rod Cap
11	1	Seat Handlebar	63	1	6.35mm x 34mm Clevis Pin
12	1	Spring Block	64	1	Upright Cap
13	1	Left Side Shield	65	4	M10 x 94mm Button Bolt
14	1	Right Side Shield	66	2	Wheel Bolt
15	1	Front Stabilizer	67	4	M8 x 18mm Button Screw
16	1	Rear Stabilizer	68	9	M4 x 16mm Round Head Screw
17	2	Wheel	69	4	M6 x 32mm Button Screw
18	2	Plastic Pad	70	2	M8 x 68mm Button Bolt
19	2	Leveling Foot	71	4	M6 x 16mm Button Screw
20	1	Top Handlebar Cover	72	2	M8 x 35mm Button Bolt
21	1	Right Pedal/Strap	73	8	M4 x 10mm Self-tapping Screw
22	1	Left Pedal/Strap	74	10	M8 x 30mm Button Bolt
23	1	Right Crank Arm	75	2	M4 x 19mm Screw
24	1	Left Crank Arm	76	6	M8 x 16mm x 1.5mm Washer
25	4	M6 x 38mm Button Screw	77	14	M4 x 16mm Screw
26	1	Pivot Block	78	4	M8 x 16mm Button Bolt
27	1	Handle Bracket	79	2	Bright M4 x 16mm Button Screw
28	1	Large Snap Ring	80	4	Rail Bolt
29	1	Pulley	81	1	6.35mm x 38mm Clevis Pin
30	2	Magnet	82	1	M12 x 52mm Button Screw
31	1	Crank	83	1	9.5mm x 28.5mm Clevis Pin
32	1	Steel Washer	84	1	6.35mm x 27mm Clevis Pin
33	2	Crank Bearing	85	2	Spring Screw
34	1	Eddy Mechanism	86	2	M8 Curved Washer
35	1	Eddy Axle Assembly	87	4	M4 x 12mm Round Head Screw
36	1	Pillow Block	88	8	M6 Washer
37	1	Resistance Motor	89	2	M4 x 38mm Screw
38	1	Idler Pulley	90	4	M6 Nylon Locknut
39	1	Idler	91	6	M10 Nylon Locknut
40	1	Front Rail Bracket	92	2	Crank Cap
41	1	Seat Carriage	93	24	M8 Split Washer
42	1	Upper Pulse Wire	94	4	M10 Curved Washer
43	1	Main Wire Harness	95	10	M8 Jamnut
44	1	Rear Rail Bracket	96	2	Spring Washer
45	1	Clamp	97	4	Cotter Pin
46	1	Reed Switch/Wire	98	1	Pulley Spacer
47	1	Drive Belt	99	8	M8 Nylon Locknut
48	4	Stabilizer Endcap	100	1	M12 Nut
49	2	Upright Grip	101	2	M4 x 12mm Screw
50	2	Flange Screw	*	—	Hex Key
51	1	Power Supply/Wire	*	—	User's Manual
52	2	Backrest Tube			

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

# EXPLODED DRAWING A—Model No. NTEX14807.0

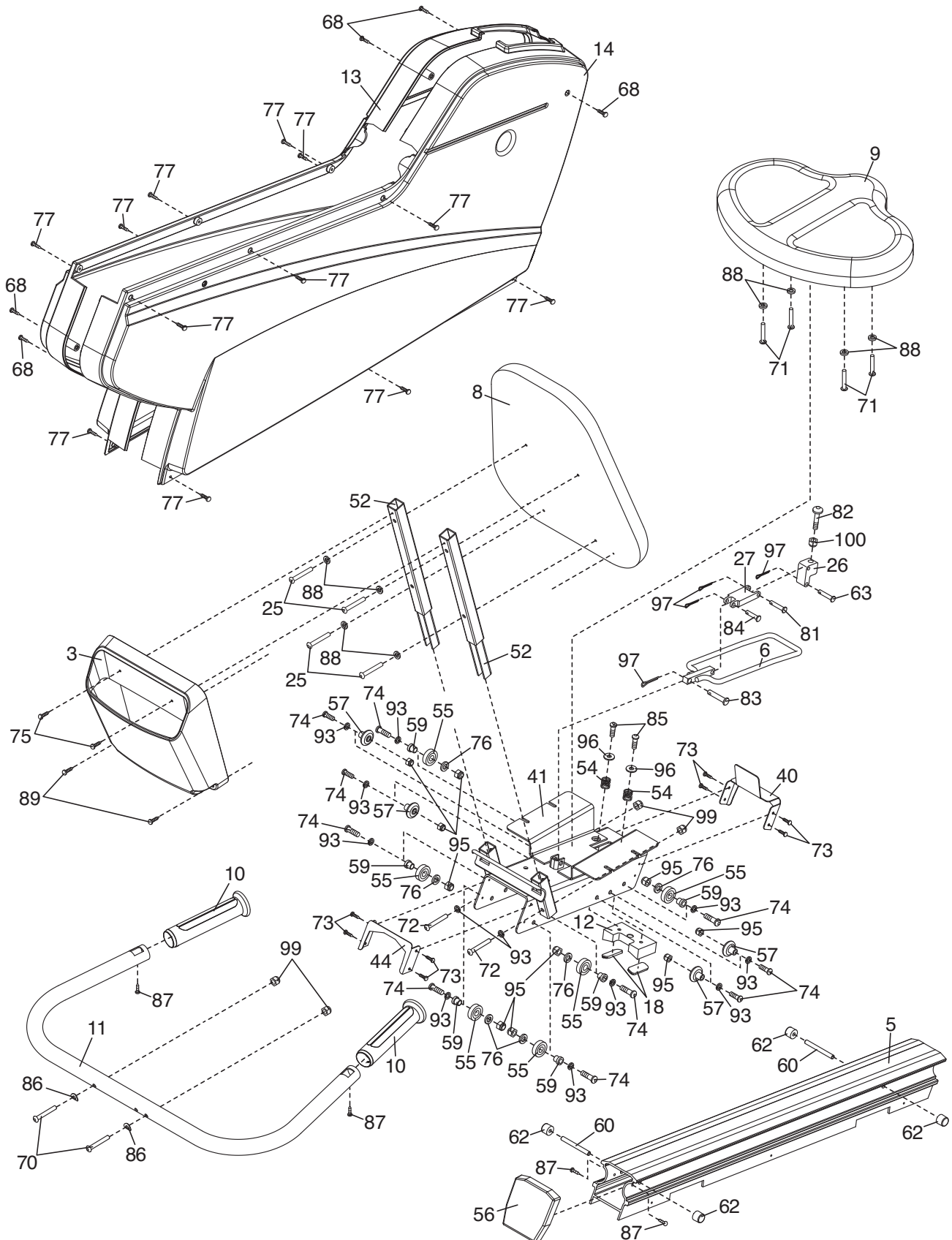
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# EXPLODED DRAWING B—Model No. NTEX14807.0

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## ORDERING REPLACEMENT PARTS

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

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

### LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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