

# NordicTrack<sup>®</sup>

## EX 1000

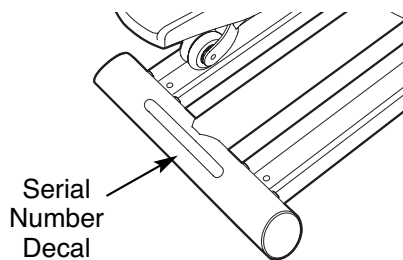
### COMMERCIAL PRO

## USER'S MANUAL

Model No. NTEL4255.2

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

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



### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

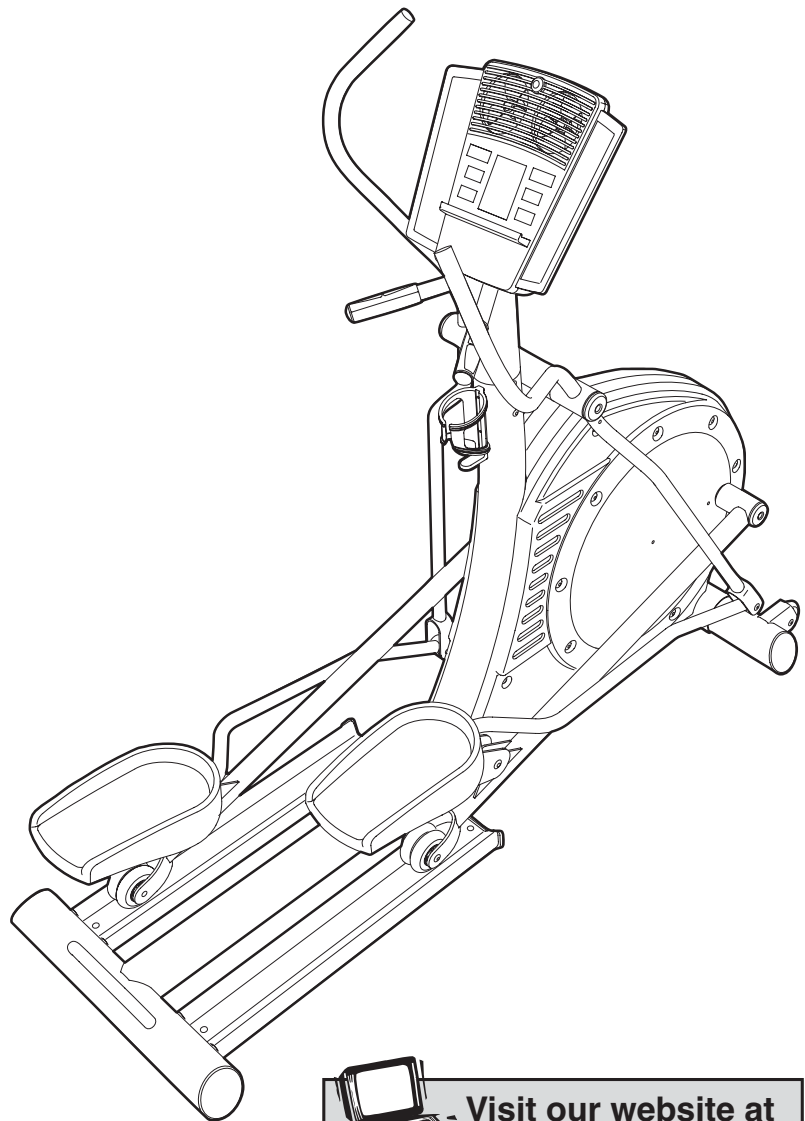
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### ⚠ CAUTION

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



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# NordicTrack®

## EX 1000

### COMMERCIAL PRO

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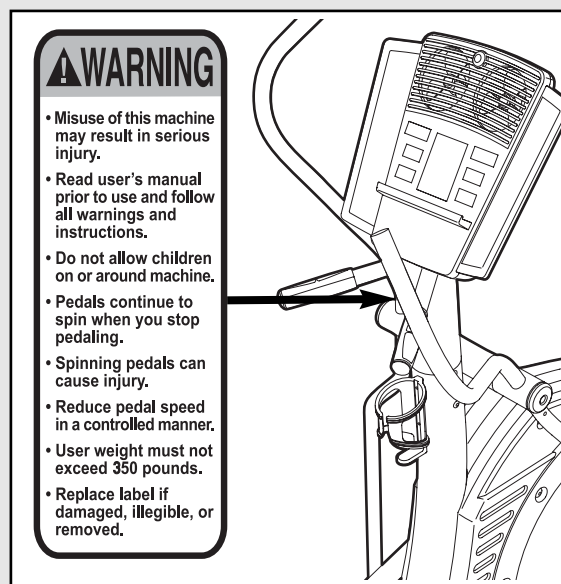
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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Use the elliptical exerciser only as described in this manual.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 350 pounds.
9. Always hold the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. Wear appropriate exercise clothes and athletic shoes while using the elliptical exerciser.
13. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
14. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the fly-wheel stops.
15. The battery pack contains materials that are considered hazardous to the environment. Proper disposal of the battery is required by federal law.
16. The decal shown below has been placed on the elliptical exerciser. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

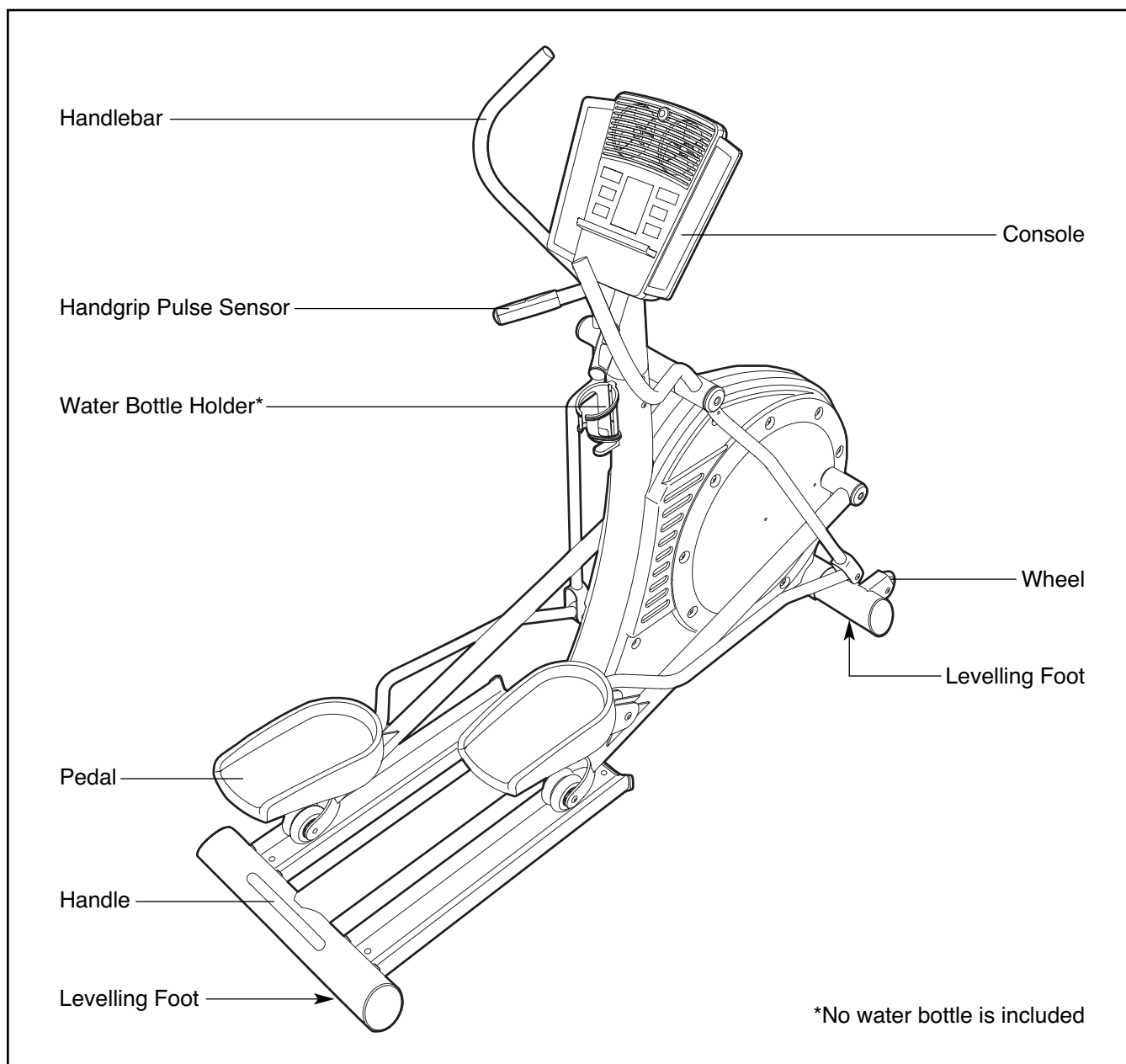
# BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® EX 1000 COMMERCIAL PRO elliptical exerciser. The EX 1000 COMMERCIAL PRO elliptical exerciser is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the EX 1000 elliptical exerciser offers an array of features designed to help you achieve your fitness goals in the convenience and privacy of your home.


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

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number is NTEL4255.2. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

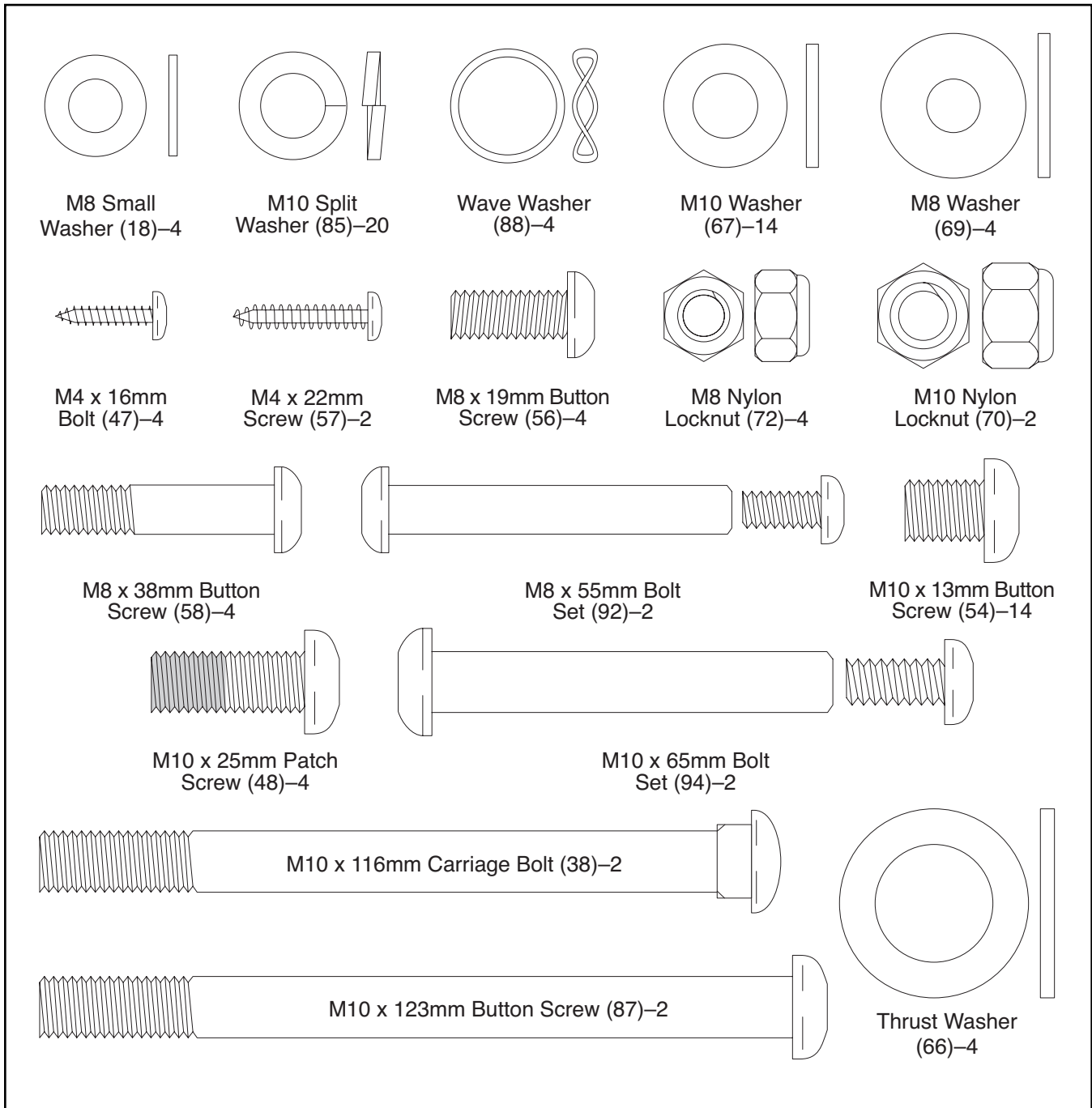
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

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

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



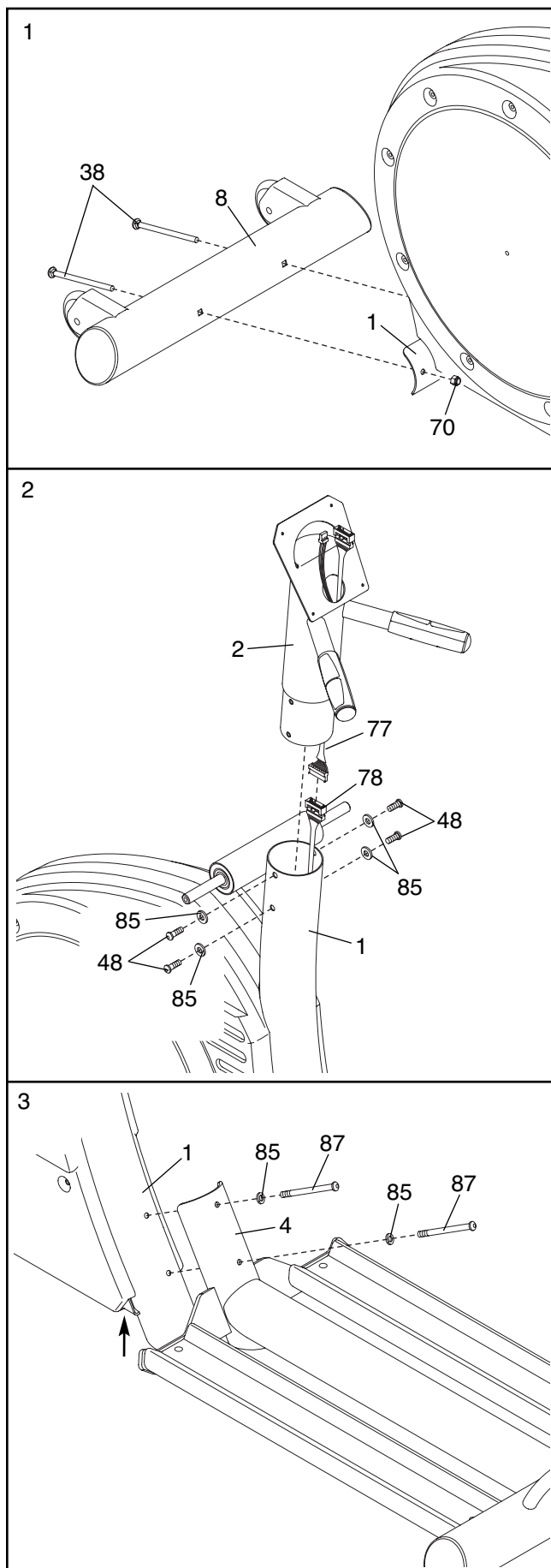
1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

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

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

Attach the Upright (2) to the Frame (1) with four M10 x 25mm Patch Screws (48) and four M10 Split Washers (85). **Make sure that no wires are pinched between the Upright and the Frame.**

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



4. Apply a small amount of the included grease to the sides of two Wave Washers (88) and two Thrust Washers (66).

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

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

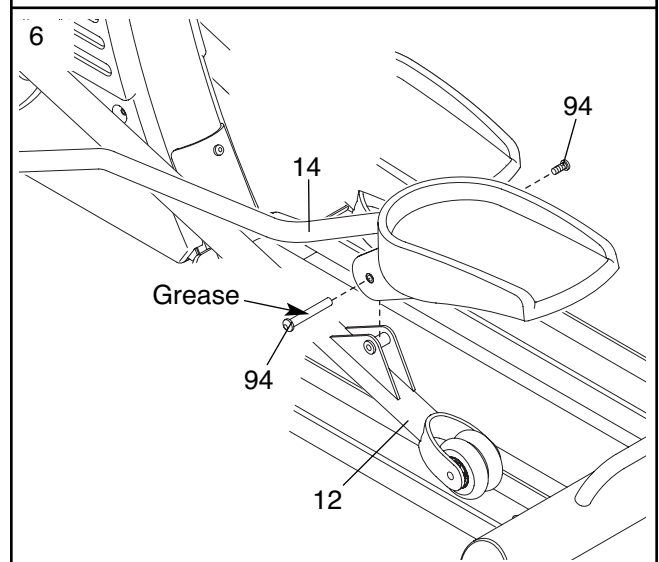
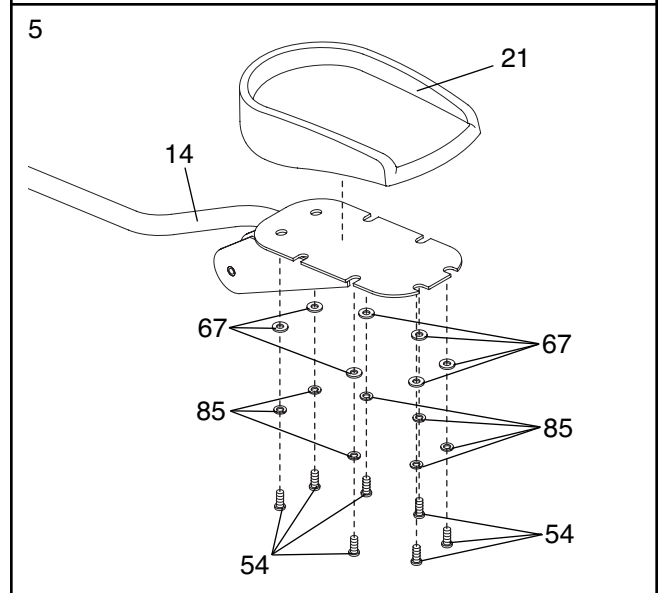
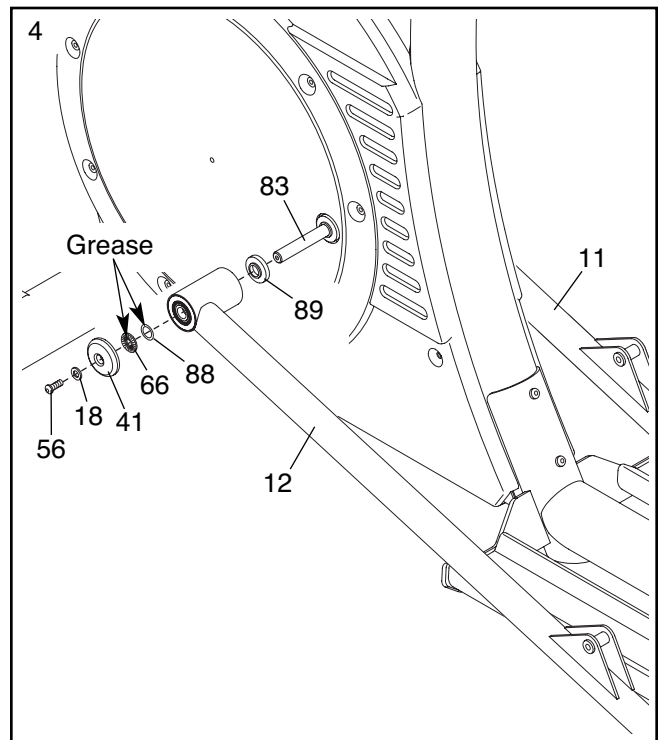
Repeat this step to attach the Right Track Arm (11) to the right side of the elliptical exerciser.

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

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

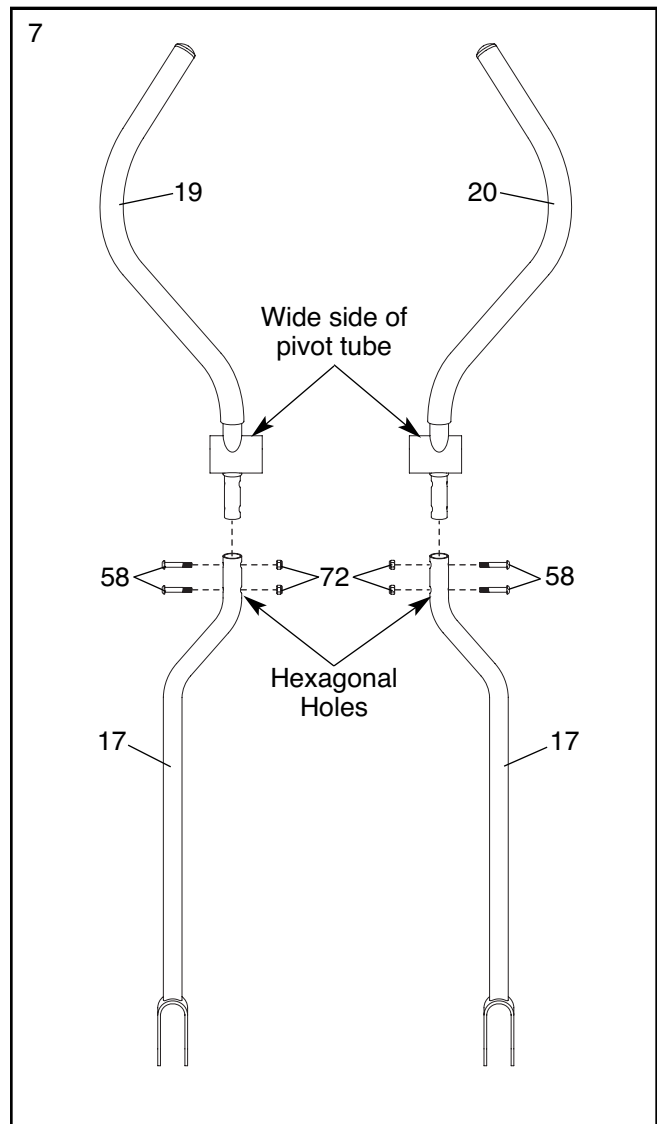
6. Apply a thin film of grease to the barrel of an M10 x 65mm Bolt Set (94). Next, fit the bracket on the Left Pedal Leg (14) onto the bracket on the Left Track Arm (12). Attach the Left Pedal Leg to the Left Track Arm with the Bolt Set.

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



7. Identify the Left Handlebar (19), which is marked with an "L." Insert the Left Handlebar into one of the Handlebar Legs (17). **Next, turn the Left Handlebar and the Handlebar Leg so that the wide side of the pivot tube on the Left Handlebar is above the hexagonal holes in the Handlebar Leg.** Attach the Left Handlebar with two M8 x 38mm Button Bolts (58) and two M8 Nylon Locknuts (72). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not tighten the Button Bolts yet.**

Assemble the Right Handlebar (20) and the other Handlebar Leg (17) in the same way.

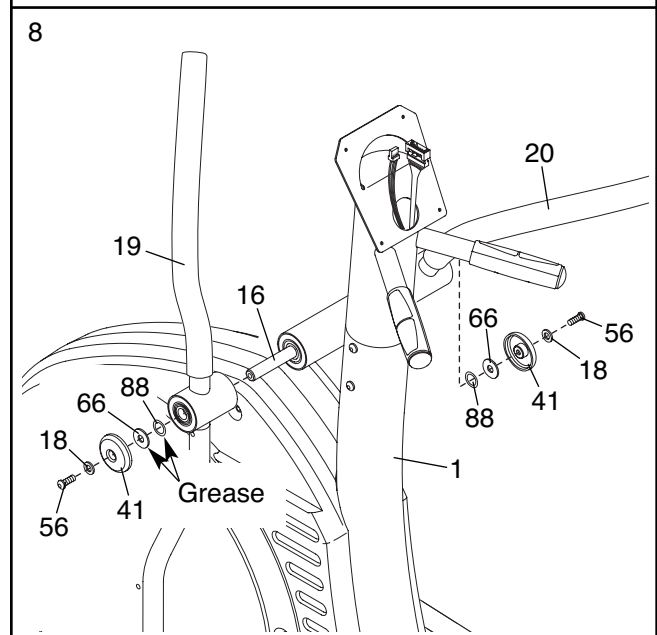


8. Apply a small amount of grease to the sides of two Wave Washers (88) and two Thrust Washers (66).

Slide the Left Handlebar (19) onto the Handlebar Axle (16) as shown. Next, slide a Wave Washer (88) onto the end of the Handlebar Axle.

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

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



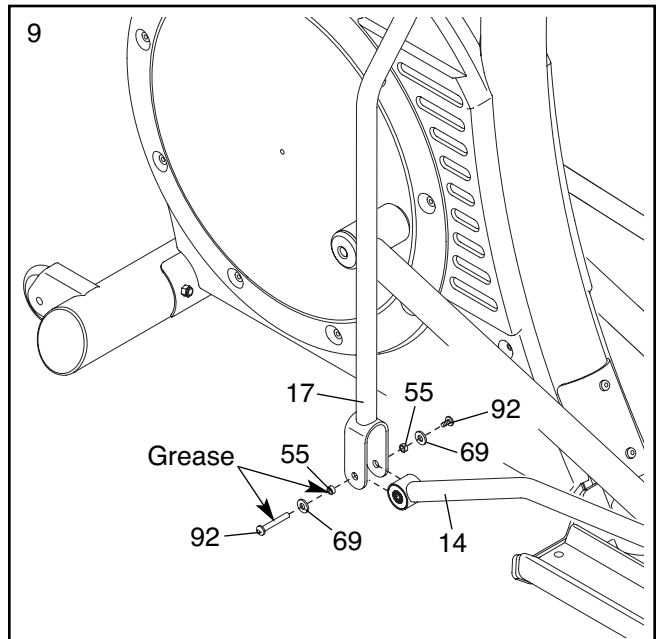


9. Apply a film of grease to the barrel of an M8 x 55mm Bolt Set (92) and to a 7mm Spacer (55). Slide an M8 Washer (69) and the Spacer onto the barrel.

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

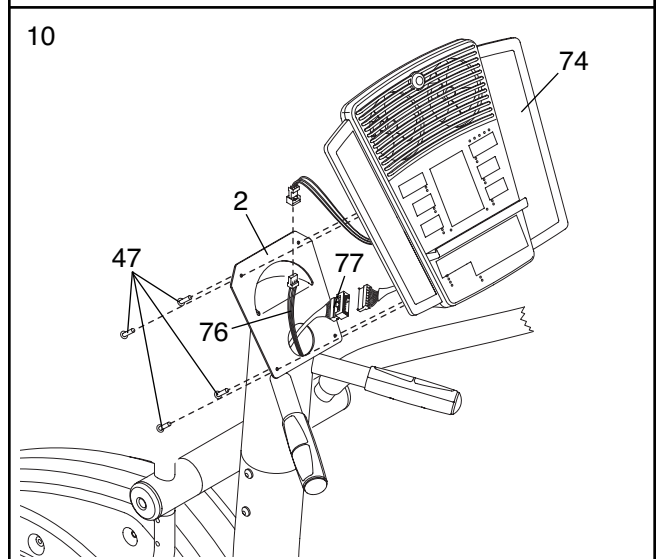
Attach the right Handlebar Leg (not shown) to the Right Pedal Leg (not shown) in the same way.

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

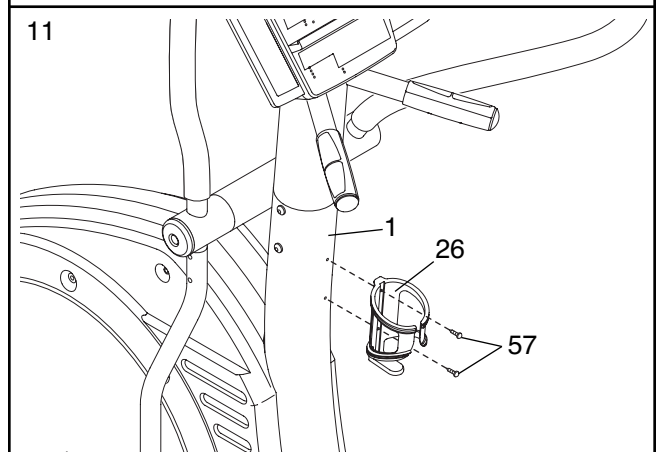


10. While another person holds the Console (74) near the Upright (2), connect the Pulse Jumper Wire (76) to the console pulse wire, and connect the Upper Wire Harness (77) to the console wire harness. Insert the excess wires into the Upright.

Hold the Console (74) against the Upright (2). **Make sure that no wires are pinched.** Attach the Console with four M4 x 16mm Screws (47).



11. Attach the Water Bottle Holder (26) to the Frame (1) with two M4 x 22mm Screws (57).



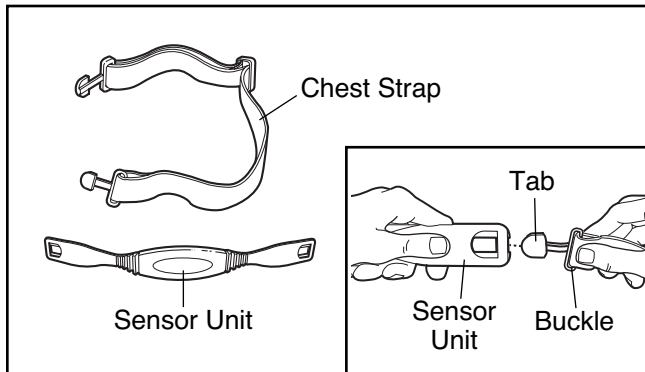
12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

# HOW TO USE THE CHEST PULSE SENSOR

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

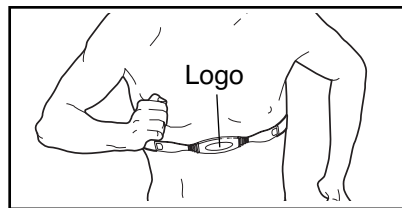
## HOW TO PUT ON THE CHEST PULSE SENSOR

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



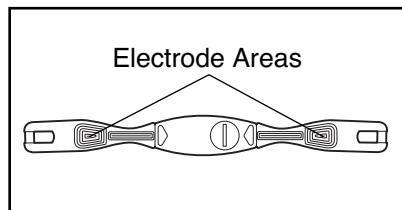
See the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the sensor unit as shown. Make sure that the tab is flush with the sensor unit.

Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above.



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

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



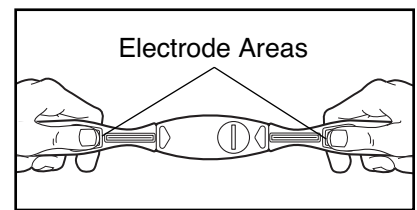
side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Then, return the sensor unit to a position against your chest.

## CHEST PULSE SENSOR TROUBLESHOOTING

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

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

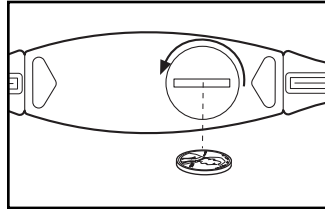
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown.



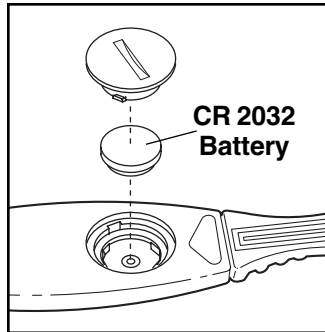
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

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

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



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



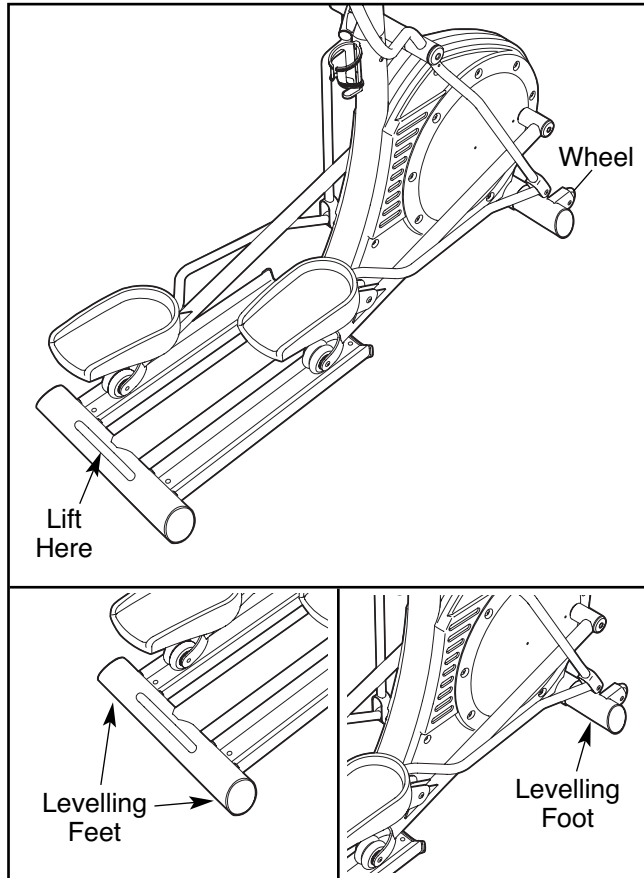
## CHEST PULSE SENSOR CARE

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

# HOW TO OPERATE THE ELLIPTICAL EXERCISER

## HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

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



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

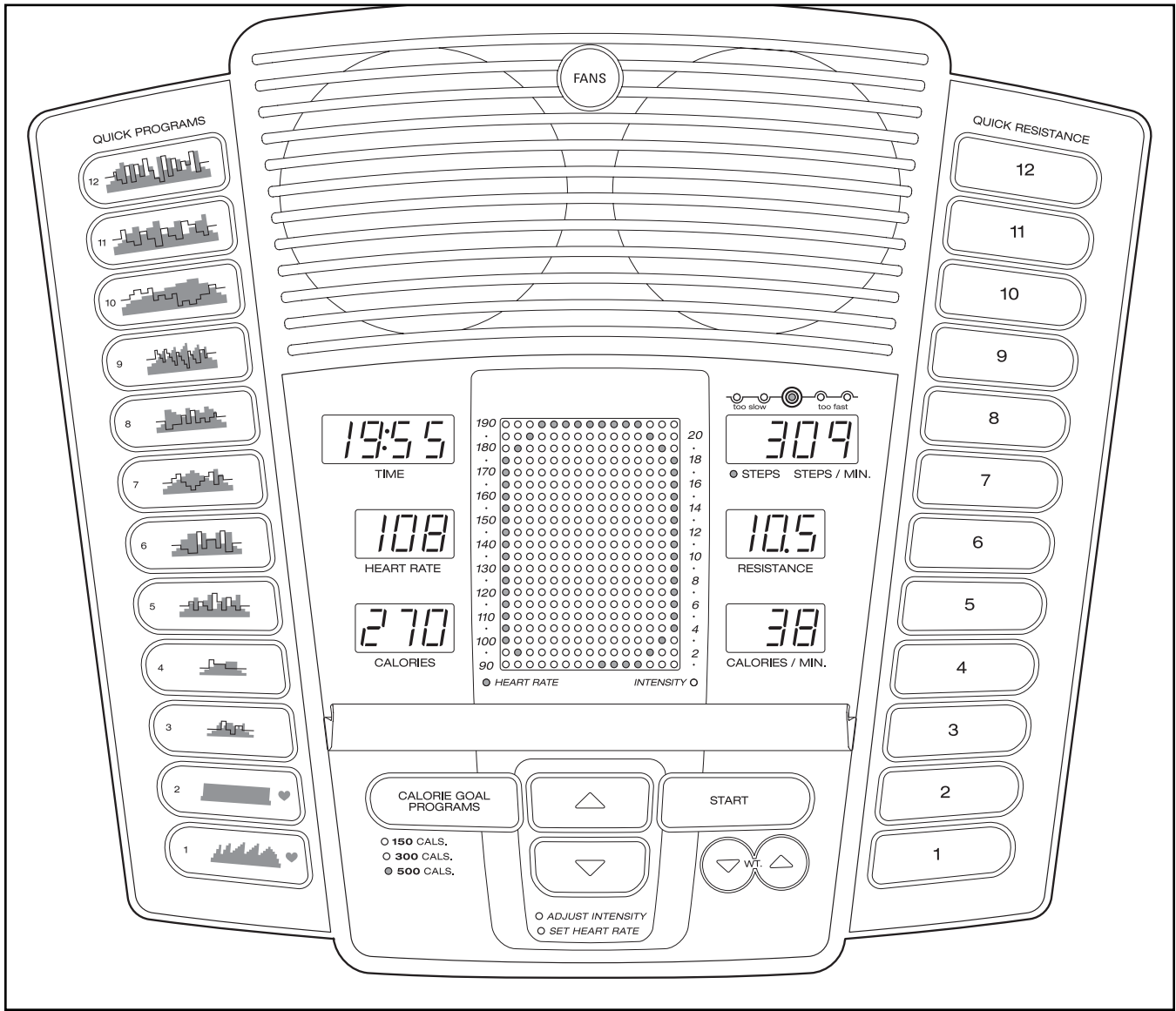
If the elliptical exerciser rocks slightly on your floor, see the inset drawings and turn the levelling feet under the front and rear of the elliptical exerciser until the rocking motion is eliminated.

## EXERCISING ON THE ELLIPTICAL EXERCISER

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

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

## DIAGRAM OF THE CONSOLE



### FEATURES OF THE CONSOLE

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

The console also features three calorie goal programs that allow you to choose a calorie-burning goal for your workout. As you exercise, the console will count the calories that you burn until the goal is reached.

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

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

**To use the manual mode of the console,** see page 14. **To use a calorie goal program,** see page 15. **To use a preset program,** see page 16. **To use a heart rate program,** see page 17.

## HOW TO USE THE MANUAL MODE

### 1 Begin pedaling to activate the console.

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

### 2 Select the manual mode.

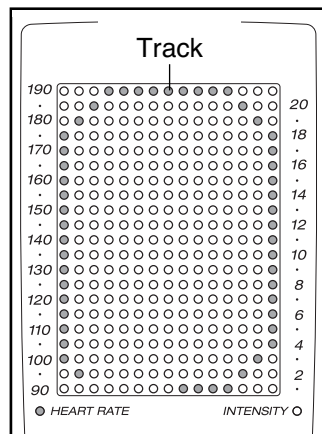
When the power is turned on, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing any of the Quick Programs buttons repeatedly until a track appears in the matrix (see the drawing below).

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

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

### 4 Monitor your progress with the displays.

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



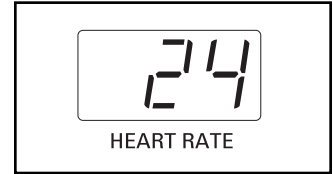
#### The Time display

will show the elapsed time. Note: When a program is selected (except for heart rate program 2), the display will show the time remaining in the program instead of the elapsed time.



#### The Heart Rate display

will show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



#### The Calories display

will show the approximate number of calories you have burned. Note: For a more accurate reading, enter

your weight by pressing the Weight (WT.) increase and decrease buttons until your weight is shown in the Calories/Min. display. Your weight will then be saved in memory.



#### The Steps-Steps/Min. display

will show the total number of steps you have pedaled and your pedaling pace, in steps per minute. The display will change from one number to the other every few seconds.



**The Resistance display** will show the resistance level of the pedals.



#### The Calories/Min. display

will show the approximate number of calories you are burning per minute. Note: For a more accurate reading, enter your weight.

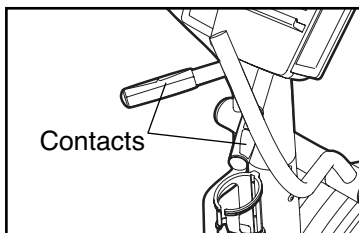


## 5 Measure your heart rate if desired.

To use the chest pulse sensor, see page 10. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**

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

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



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

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

## 6 Turn on the fans if desired.

To turn on the fans at low speed, press the Fans button. To turn on the fans at medium speed, press the button again. To turn on the fans at high speed, press the button a third time. To turn off the fans, press the button a fourth time. Note: If the fans are turned on but the pedals are not moved for thirty seconds, the fans will automatically turn off.

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

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

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

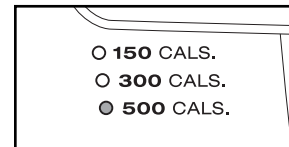
## HOW TO USE A CALORIE GOAL PROGRAM

### 1 Turn on the console.

See step 1 on page 14.

### 2 Select a calorie goal program.

Press the Calorie Goal Programs button repeatedly until one of the three calorie goal indicators lights.



### 3 Enter your weight.

When a calorie goal program is selected, the current user weight setting will flash in the Calories/Min. display. If you have already entered your weight, press the Start button. If you have not entered your weight, press the Weight (WT.) increase and decrease buttons until your weight is shown in the Calories/Min. display. Then, press the Start button.

### 4 Change your calorie goal if desired.

After the Start button is pressed, a calorie goal will flash in the Calories/Min. display for a few seconds. If desired, press the Weight (WT.) increase and decrease buttons to change the calorie goal in increments of 50 calories.

### 5 Begin pedaling to start the program.

When a calorie goal program is used, the console will function in the same way as when the manual mode is selected, except that the Calories display will show the number of calories still to be burned instead of the approximate number of calories you have burned. When the calorie goal is reached, a tone will sound and the time will stop incrementing in the display.

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

See step 7 on page this page.

## HOW TO USE A PRESET PROGRAM

### 1 Turn on the console.

See step 1 on page 14.

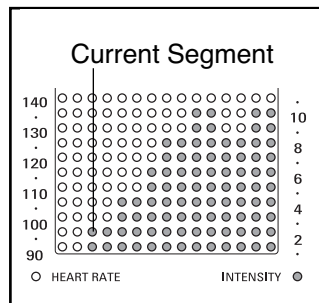
### 2 Select a preset program.

To select a preset program, press one of the Quick Programs buttons numbered 3 through 12. When a preset program is selected, a profile of the resistance settings of the program will scroll across the matrix, the program time will appear in the Time display, the maximum pace setting of the program will flash in the Steps-Step/Min. display for a few seconds, and the maximum resistance setting of the program will flash in the Resistance display.

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

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

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



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. When the first segment ends, *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the pedals will automatically change if a different resistance setting is programmed for the second segment.

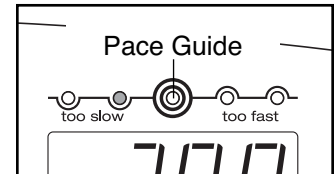
The program will continue until no time remains in the Time display.

### 4 Adjust the intensity level of the program if desired.

To increase or decrease the intensity level of the program, press the increase and decrease buttons above the Adjust Intensity indicator. If you change the intensity level, the profile in the matrix will show the new resistance settings.

### 5 Use the pace guide to pace your exercise.

Throughout the program, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the indicators on the left side of the pace guide lights, increase your pace; when one of the indicators on the right side lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



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

### 6 Monitor your progress with the displays.

See step 4 on page 14.

### 7 Measure your heart rate if desired.

See step 5 on page 15.

### 8 Turn on the fans if desired.

See step 6 on page 15.

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

See step 7 on page 15.



## HOW TO USE A HEART RATE PROGRAM

Each heart rate program helps you to keep your heart rate near target heart rate settings during your workout.

Follow the steps below to use a heart rate program.

### 1 Turn on the console.

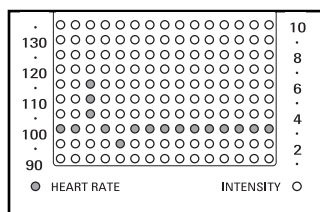
See step 1 on page 14.

### 2 Select a heart rate program.

To select a heart rate program, press the Quick Programs button numbered 1 or 2.

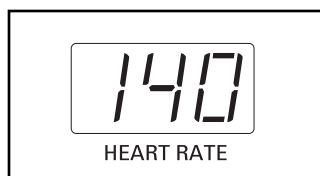
If heart rate program 1 is selected, a profile of the target heart rate settings of the program will scroll across the matrix.

If heart rate program 2 is selected, a pulse graphic will appear in the matrix. Each time a heartbeat is detected while you are using the chest pulse sensor or the handgrip pulse sensor, a peak will appear in the pulse graphic.



### 3 Enter a target heart rate setting.

If heart rate program 1 is selected, the maximum target heart rate setting of the program will flash in the Heart Rate display. If desired, press the increase and decrease buttons above the Set Heart Rate indicator to change the maximum target heart rate setting (see **EXERCISE INTENSITY** on page 20). If you change the maximum target heart rate setting, the profile in the matrix will change to show the new target heart rate settings.



If heart rate program 2 is selected, the target heart rate setting for the entire program will flash in the Heart Rate display. If desired, press the increase and decrease buttons above the Set Heart Rate indicator to change the target heart rate setting (see **EXERCISE INTENSITY** on page 20).

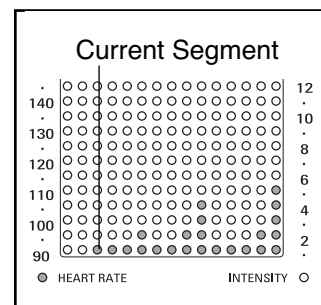
### 4 Put on the chest pulse sensor or hold the handgrip pulse sensor.

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

### 5 Press the Start button to start the program.

Heart rate program 1 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

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

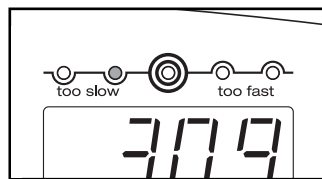


When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then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

Heart rate program 2 is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

**During both heart rate programs**, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

After the first minute of the program, the pace guide will prompt you to increase or decrease your pedaling pace.



When one of the indicators on the left side of the pace guide lights, increase your pace; when one of the indicators on the right side lights, decrease your pace. When the center indicator lights, maintain your current pace.

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

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

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

## **6** Monitor your progress with the displays.

See step 4 on page 14.

## **7** Turn on the fans if desired.

See step 6 on page 15.

## **8** When the program is finished, the console will automatically turn off.

See step 7 on page 15.

# MAINTENANCE AND TROUBLESHOOTING

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

## WEEKLY MAINTENANCE

Inspect and properly tighten all external parts of the elliptical exerciser. Clean the elliptical exerciser with a small amount of mild multi-purpose cleaner applied to a 100% cotton cloth. When cleaning the elliptical exerciser, pay special attention to the track and the wheels. Remove all debris from the track. Clean the pedal covers with a soft nylon brush. **Do not use acidic cleaners. Never spray any cleaner directly onto the elliptical exerciser.**

## TROUBLESHOOTING

### 1. SYMPTOM: THE ELLIPTICAL EXERCISER IS NOT LEVEL

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

### 2. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on pages 10 and 11.

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

### 3. SYMPTOM: THE PEDAL DISKS RUB AGAINST THE SIDE SHIELDS

If a pedal disk rubs against a side shield, loosen the side shield mounting screws and move the side shield slightly until the pedal disk stops rubbing. Then, retighten the side shield mounting screws.

### 4. SYMPTOM: THE PEDAL WHEELS SQUEAK

If the pedal wheels squeak, use a 100% cotton cloth to remove debris from the track and the wheels. If the pedal wheels continue to squeak, apply a light coat of silicone-based lubricant to the track.

### 5. SYMPTOM: THE CONSOLE TURNS OFF AS SOON AS YOU STOP PEDALING

If the console turns off as soon as you stop pedaling, the battery pack may not be charged. The longer you pedal, the longer the battery pack will retain a charge. It may be necessary to pedal for a few minutes to charge the battery pack each time you exercise. If the console turns off as soon as you stop pedaling, even after you have pedaled for several minutes, call the toll-free telephone number on the front cover of this manual immediately.

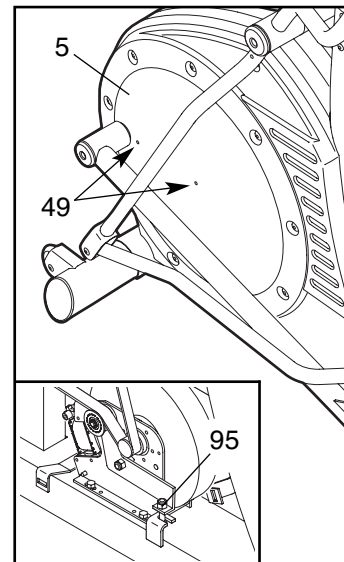
### 6. SYMPTOM: THE PEDALS SLIP DURING USE

If the pedals slip during use, the drive belt is slipping. Follow the instructions below to adjust the tension of the drive belt.

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

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

Reattach the Pedal Disk (5).



# EXERCISE GUIDELINES

## WARNING:




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

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

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

### EXERCISE INTENSITY

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

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

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

### Fat Burning

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

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

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

### Aerobic Exercise

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

### WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

### EXERCISE FREQUENCY

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

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

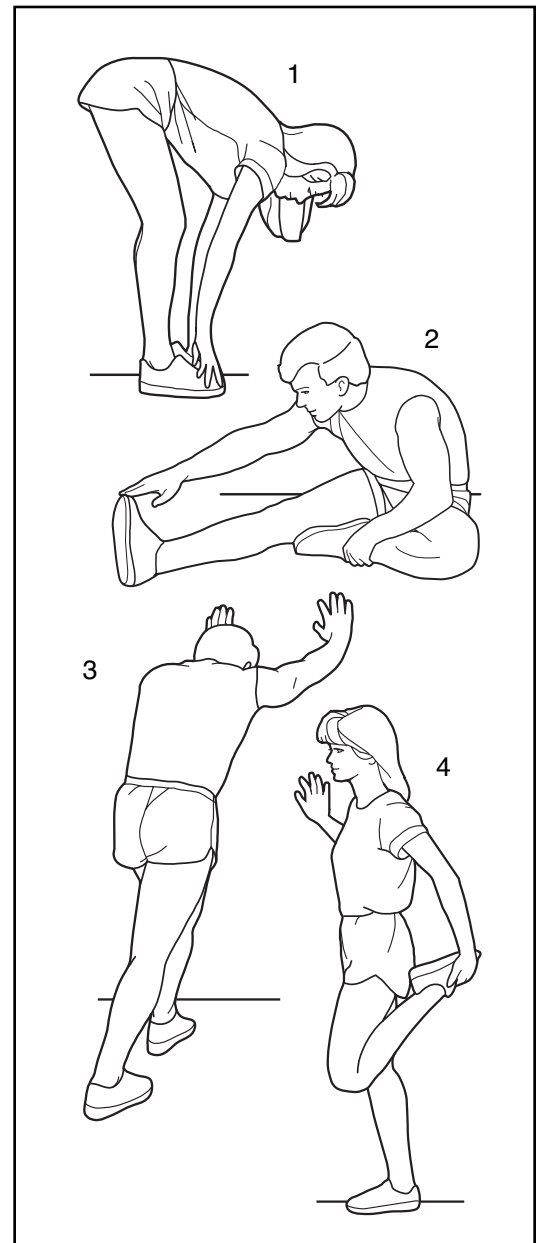
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

### 3. Calf/Achilles Stretch

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

### 4. Quadriceps Stretch

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



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# NOTES

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# NOTES

# PART LIST—Model No. NTEL4255.2

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To locate the parts listed below, see the EXPLODED DRAWING on pages 25, 26, and 27.

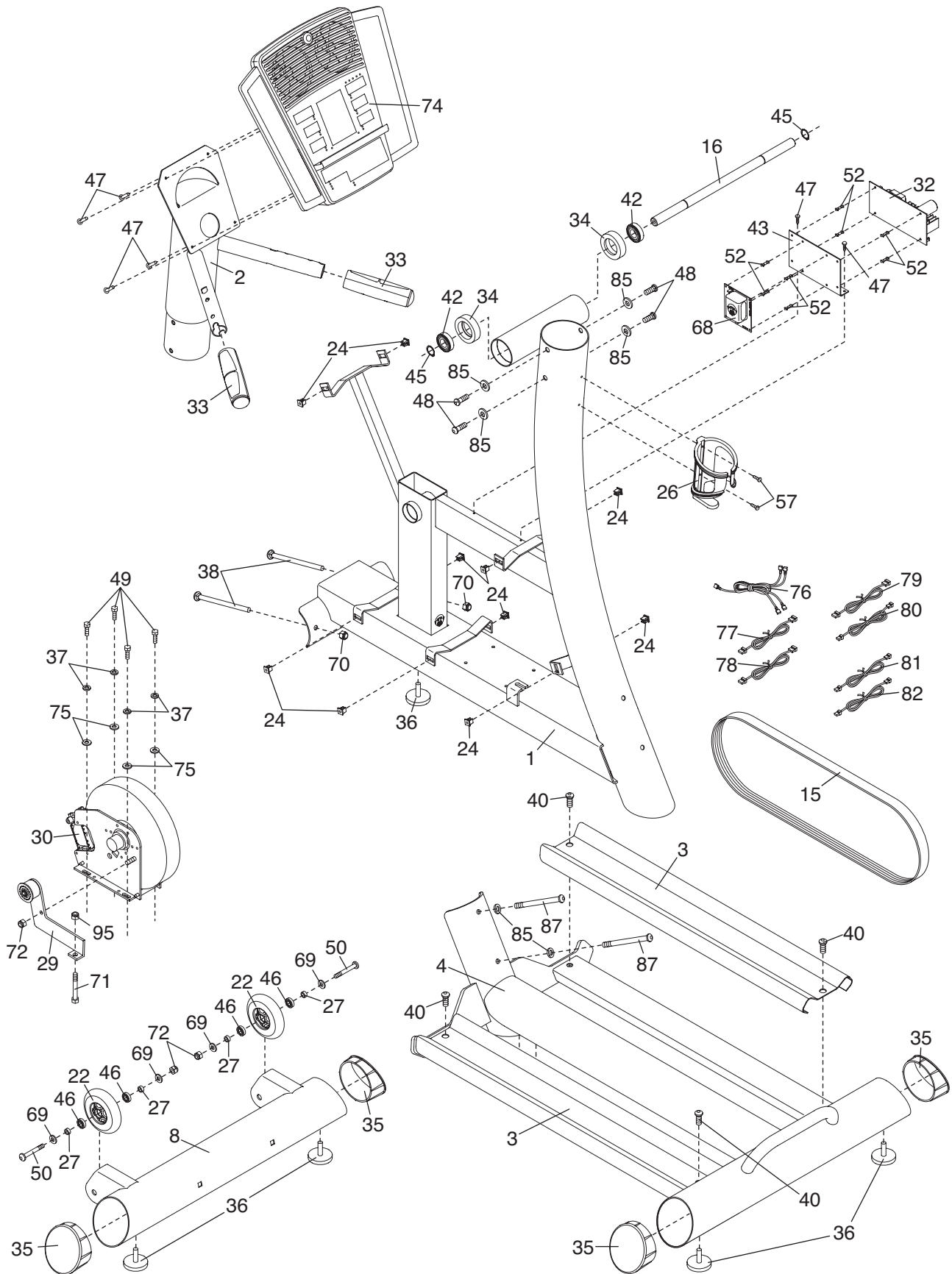
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	2	M8 x 56mm Button Screw
2	1	Upright	51	4	Crank Screw
3	2	Track	52	8	Stand Off
4	1	Track Frame	53	2	M6 x 12mm Button Screw
5	2	Pedal Disk	54	14	M10 x 13mm Button Screw
6	1	Left Side Shield	55	4	7mm Spacer
7	1	Right Side Shield	56	4	M8 x 19mm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

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



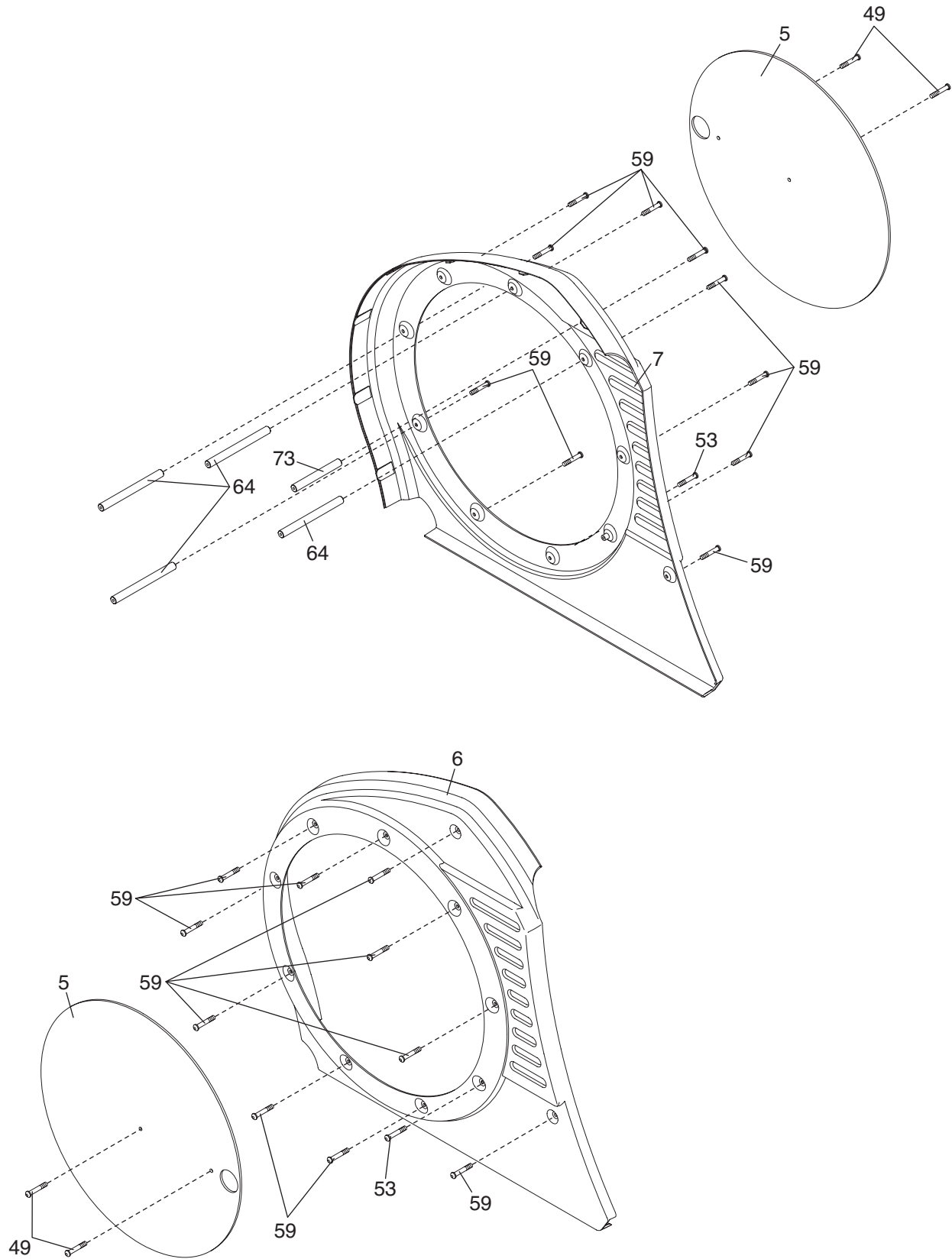
# EXPLODED DRAWING A—Model No. NTEL4255.2

R0207A



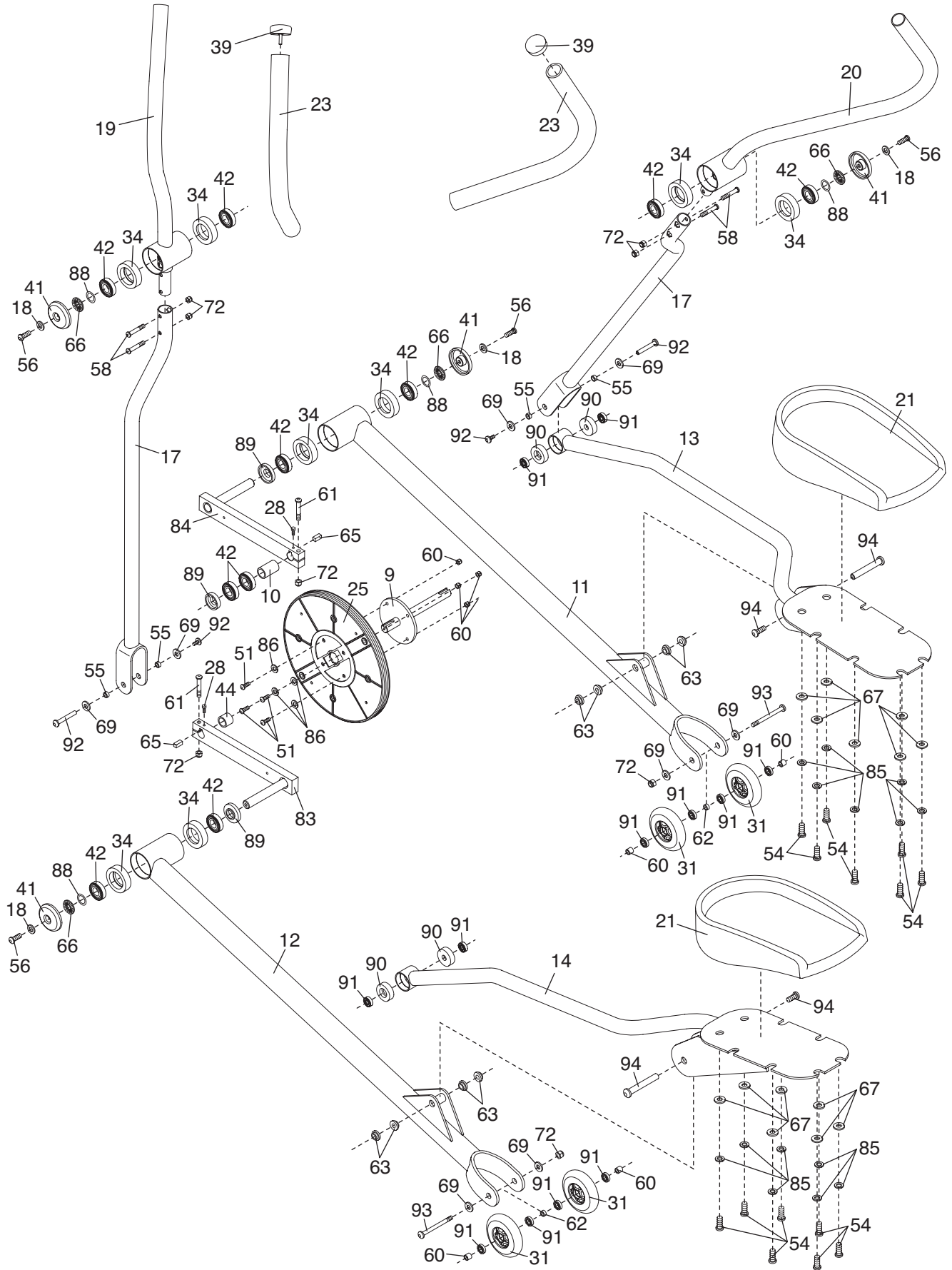
# EXPLODED DRAWING B—Model No. NTEL4255.2

R0207A



# EXPLODED DRAWING C—Model No. NTEL4255.2

R0207A



# HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (NTEL4255.2)
- the NAME of the product (NordicTrack EX 1000 COMMERCIAL PRO elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)

## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack elliptical exerciser (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the product for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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, 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.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**