



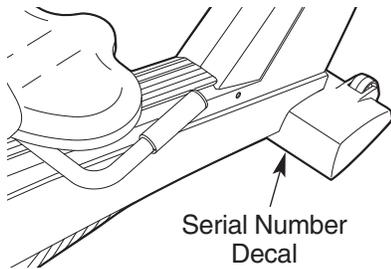
# NordicTrack<sup>®</sup>

## SL 760

Patent Pending

Model No. NTC89021

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



## USER'S MANUAL

### QUESTIONS?

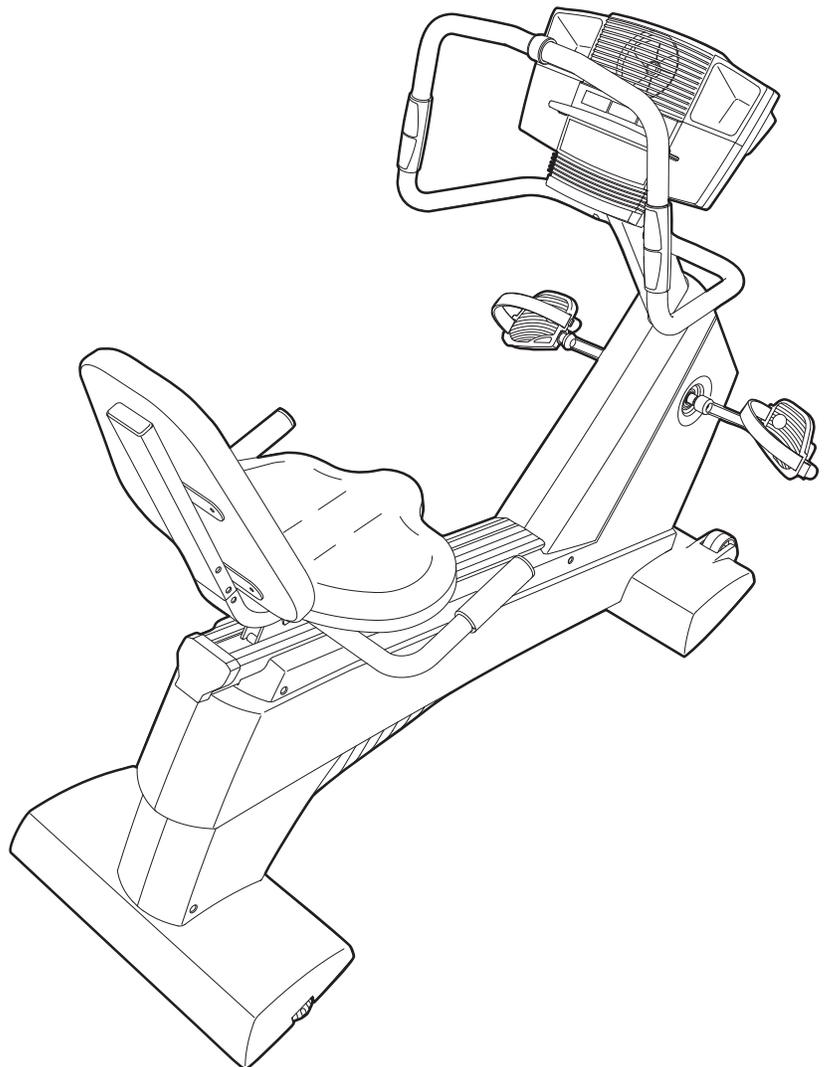
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-888-825-2588**

Mon.-Fri., 6 a.m.-6 p.m. MST



### **⚠ CAUTION**

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



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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 250 pounds.
7. Wear suitable clothing when using the exercise cycle; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes.
8. Always keep your back straight when using the exercise cycle. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. 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.
11. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.

**⚠ 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.

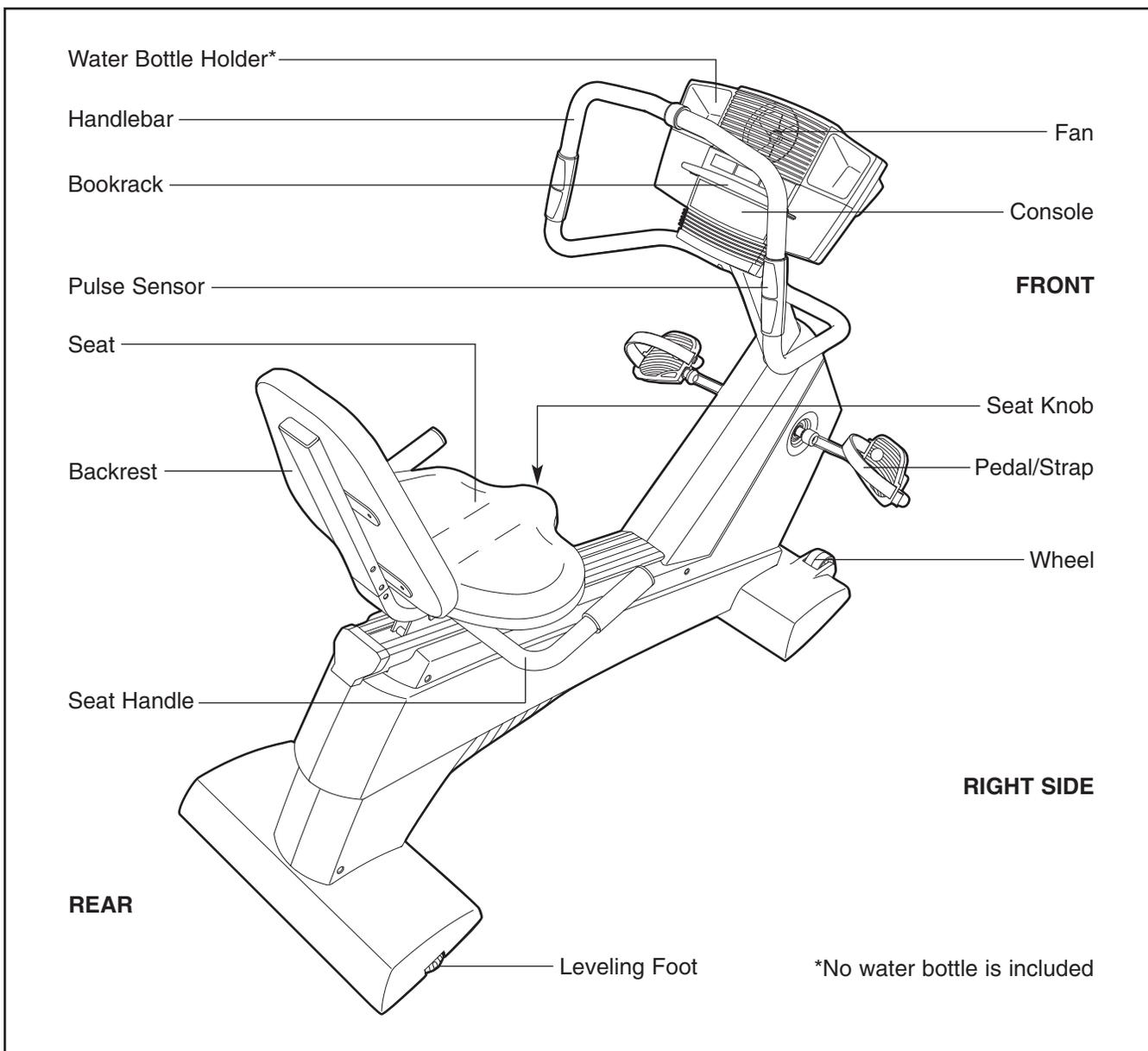
# BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® SL 760 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The NordicTrack® SL 760 offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort 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, call our Customer Service

Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, mention the product model number and serial number when calling. The model number is NTC89021. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

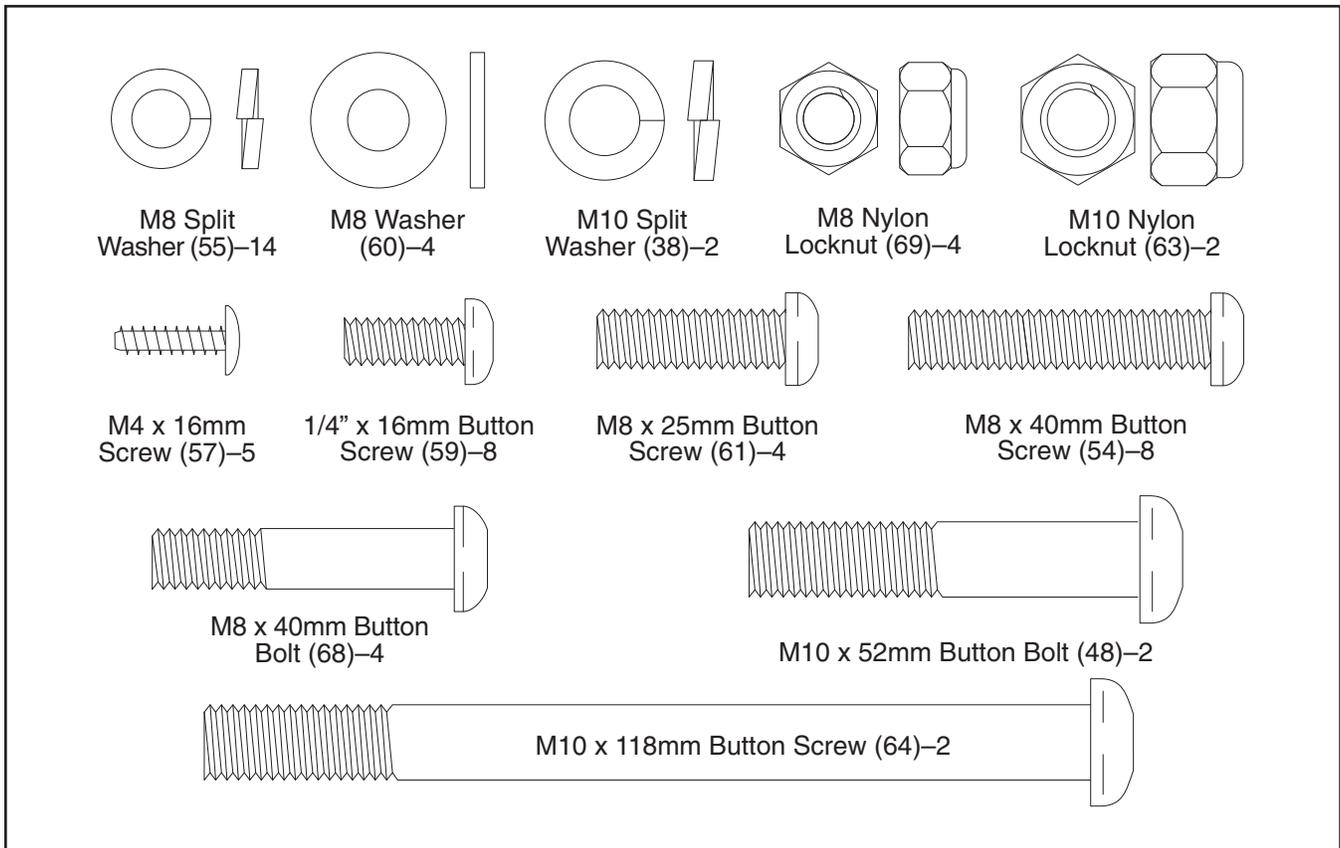


# ASSEMBLY

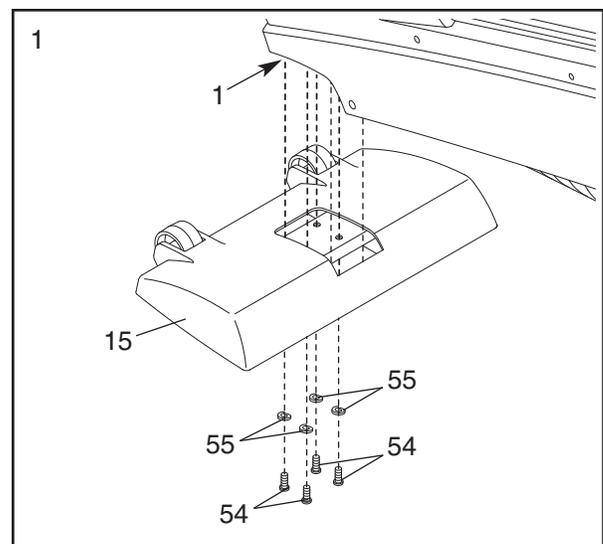
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

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

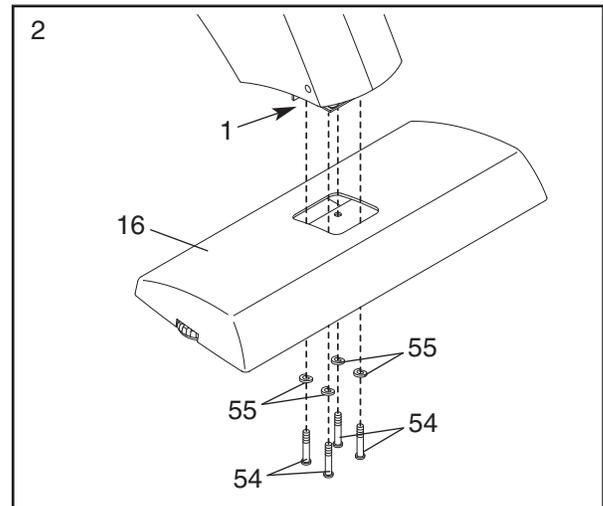
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 29. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Front Stabilizer (15). While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with four M8 x 40mm Button Screws (54) and four M8 Split Washers (55).

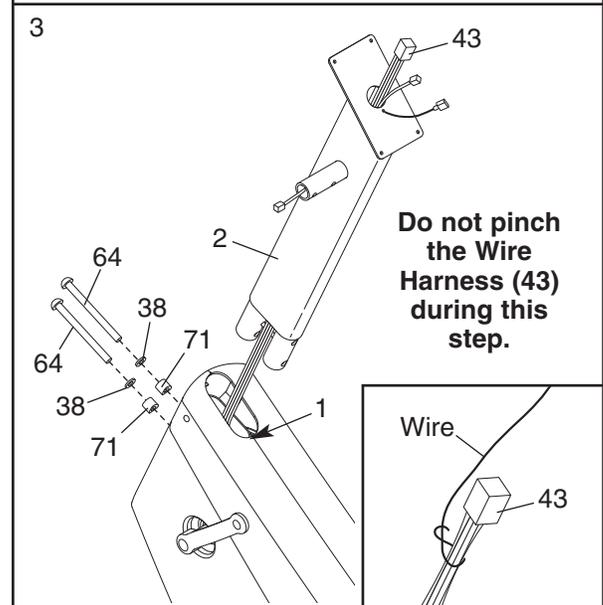


2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with four M8 x 40mm Button Screws (54) and four M8 Split Washers (55).



3. Have another person hold the Upright (2) in the position shown. See the inset drawing. Locate the wire extending from the bottom of the Upright. Tie the wire around the end of the Wire Harness (43) as shown. Carefully pull the wire up through the Upright until the Wire Harness is extending from the top of the Upright. Then, untie the wire and discard it.

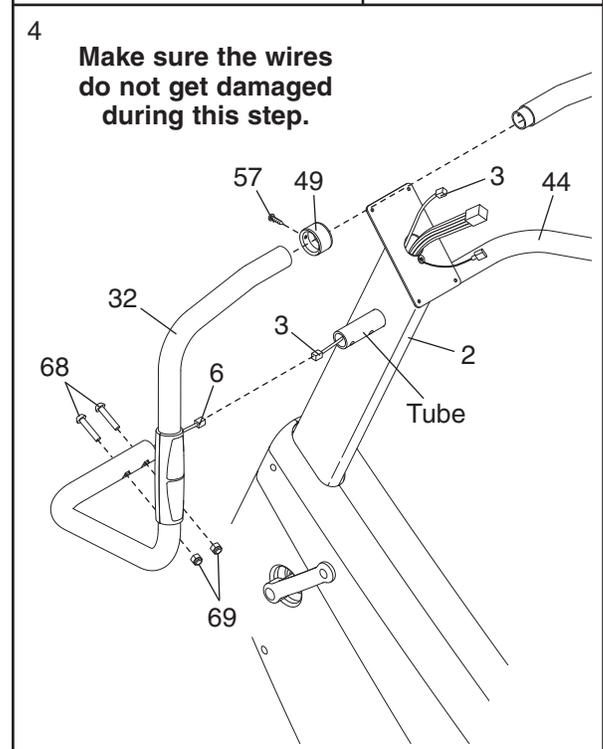
**Carefully pull the end of the Wire Harness (43) to remove any slack.** Insert the Upright (2) into the Frame (1); **be careful to avoid pinching the Wire Harness.** Attach the Upright with two M10 x 118mm Button Screws (64), two M10 Split Washers (38), and two Upright Spacers (71). **Make sure the concave end of each Upright Spacer is turned toward the Upright.**



4. Identify the Left Handlebar (32), which is marked with a sticker. While another person holds the Left Handlebar near the Upright (2), connect the left Pulse Sensor Wire (6) to the Pulse Wire (3). **Carefully pull the upper end of the Pulse Wire to remove any slack**, and slide the Left Handlebar onto the left tube on the Upright; **be careful to avoid pinching the Wires.** Next, insert two M8 x 40mm Button Bolts (68) into the Left Handlebar and the tube on the Upright; **be careful not to damage the Wires with the Button Bolts.** Finger tighten two M8 Nylon Locknuts (69) onto the Button Bolts. Then, slide the Handlebar Collar (49) onto the upper end of the Left Handlebar.

Attach the Right Handlebar (44) as described above. Note: As you slide the Right Handlebar onto the right post on the Upright (2), insert the upper end of the Right Handlebar into the Left Handlebar (32).

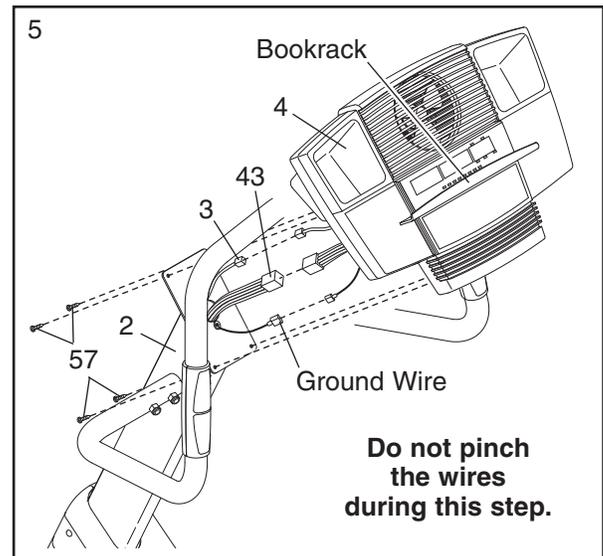
Connect the Handlebars (32, 44) with the Handlebar Collar (49) and an M4 x 16mm Screw (57). Then, tighten the four M8 x 40mm Button Bolts (68); **make sure the M8 Nylon Locknuts (69) are seated in the hexagonal holes in the Handlebars.**



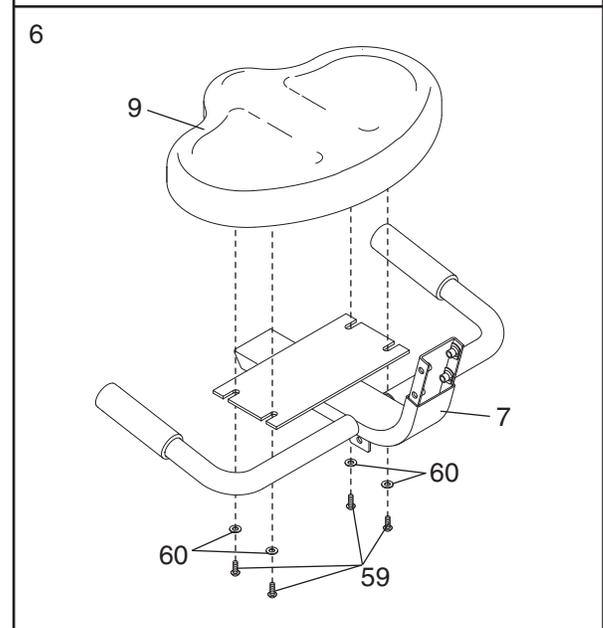
5. Have another person hold the Console (4) near the Upright (2).

Connect the Wire Harness (43) to the wire harness on the Console (4). Connect the Pulse Wire (3) to the pulse wire on the Console. Next, locate the ground wire that is connected with a screw to the Upright (2). Connect the ground wire to the smallest wire on the Console.

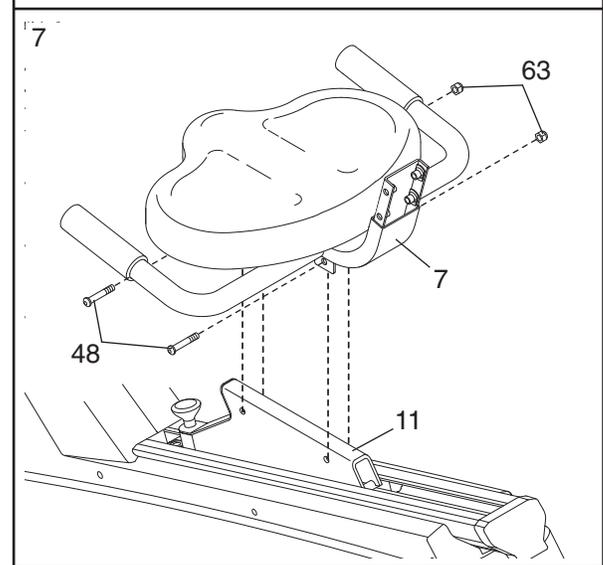
Carefully insert all excess wiring down into the Upright (2). Attach the Console (4) to the Upright with four M4 x 16mm Screws (57). **Be careful to avoid pinching the wires.** Next, press the bookrack onto the Console in the indicated location.



6. Attach the Seat (9) to the Seat Frame (7) with four 1/4" x 16mm Button Screws (59) and four M8 Washers (60).

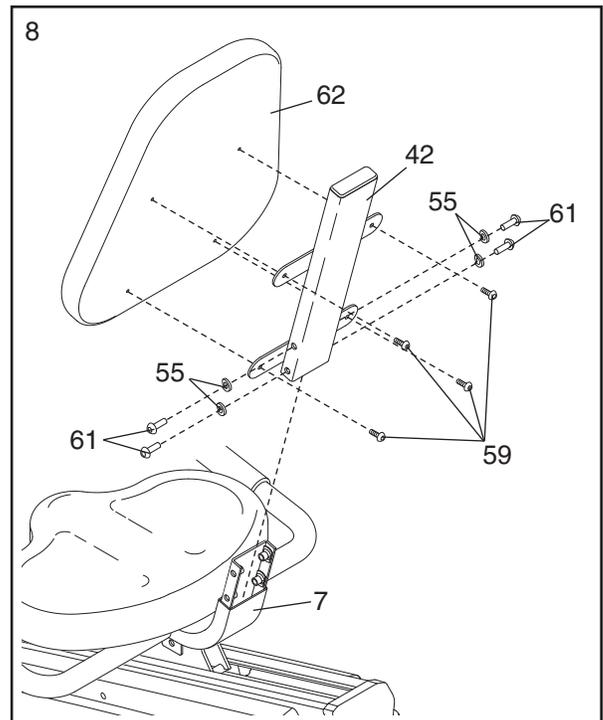


7. Attach the Seat Frame (7) to the Seat Carriage (11) with two M10 x 52mm Button Bolts (48) and two M10 Nylon Locknuts (63).



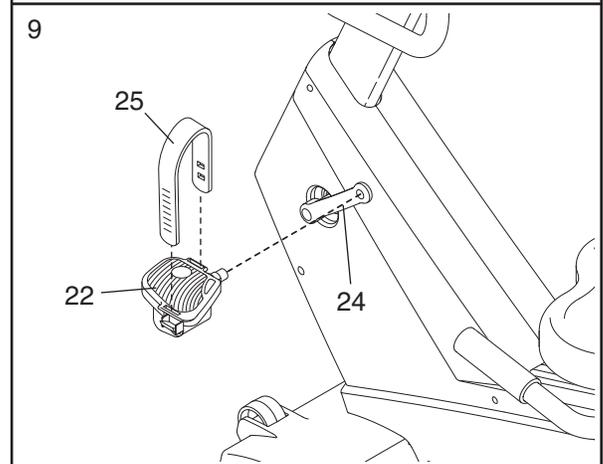
8. Attach the Backrest (62) to the Backrest Frame (42) with four 1/4" x 16mm Button Screws (59).

Slide the Backrest Frame (42) onto the Seat Frame (7). Attach the Backrest Frame with four M8 x 25mm Button Screws (61) and four M8 Split Washers (55).



9. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Identify the Left Pedal Strap (25), which is marked with an "L." Attach the Left Pedal Strap to the Left Pedal (22), and adjust it to the desired position. Attach and adjust the Right Pedal Strap (not shown) in the same way.



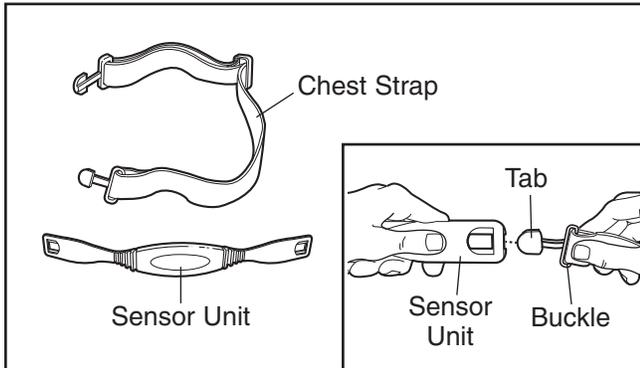
10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO USE THE CHEST PULSE SENSOR

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

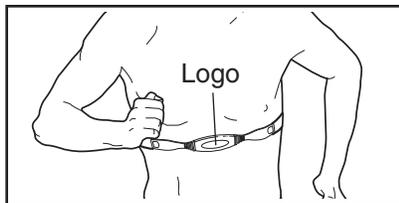
## HOW TO PUT ON THE CHEST PULSE SENSOR

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.

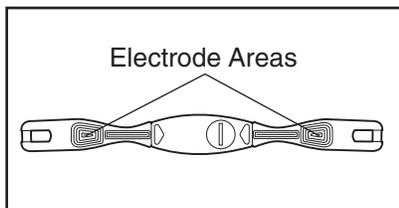


**1** See the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Then, press the end of the sensor unit under the buckle on the chest strap.

**2** 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.



**3** Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution,



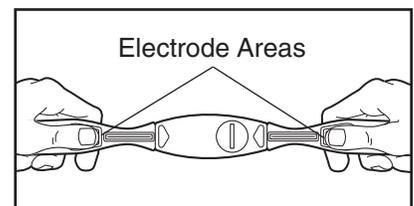
wet both electrode areas. Return the sensor unit to a position against your chest.

## CHEST PULSE SENSOR TROUBLESHOOTING

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

- Make sure that the chest pulse sensor is worn exactly as described in step 2 at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing in step 3 at the left). 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:

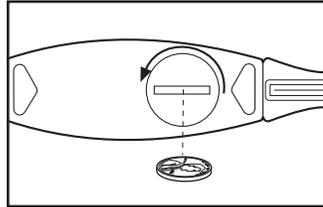
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown.



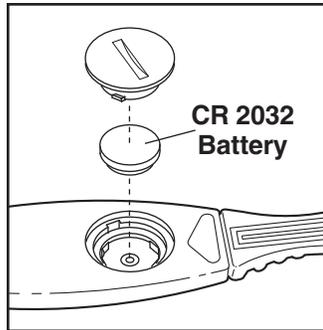
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

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

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



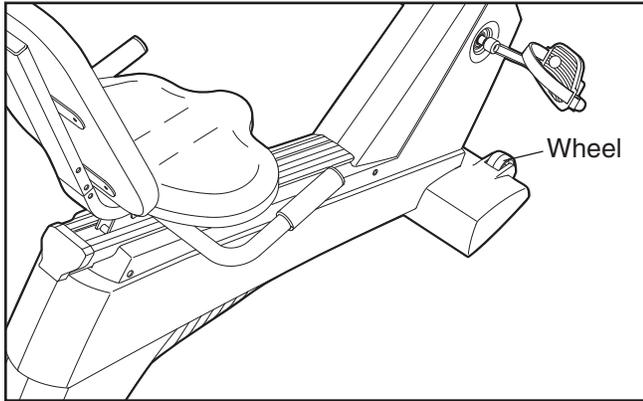
## CHEST PULSE SENSOR CARE

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

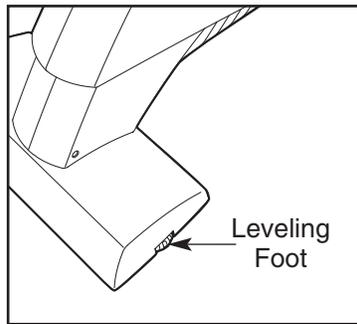
# HOW TO OPERATE THE EXERCISE CYCLE

## HOW TO MOVE AND LEVEL THE EXERCISE CYCLE

Stand in back of the exercise cycle, and lift the exercise cycle until it can be moved on the front wheels. Move the exercise cycle to the desired location and carefully lower it. **Due to the weight of the exercise cycle, use extreme caution while moving it.**

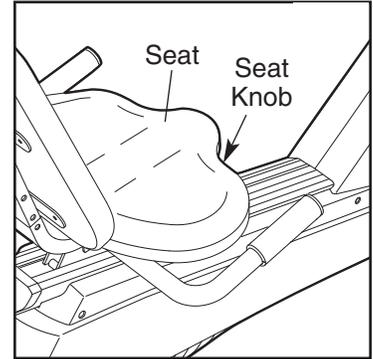


If the exercise cycle rocks slightly during use, turn the leveling feet under the rear stabilizer until the rocking motion is eliminated.



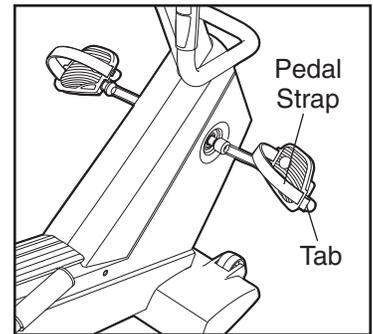
## HOW TO ADJUST THE SEAT

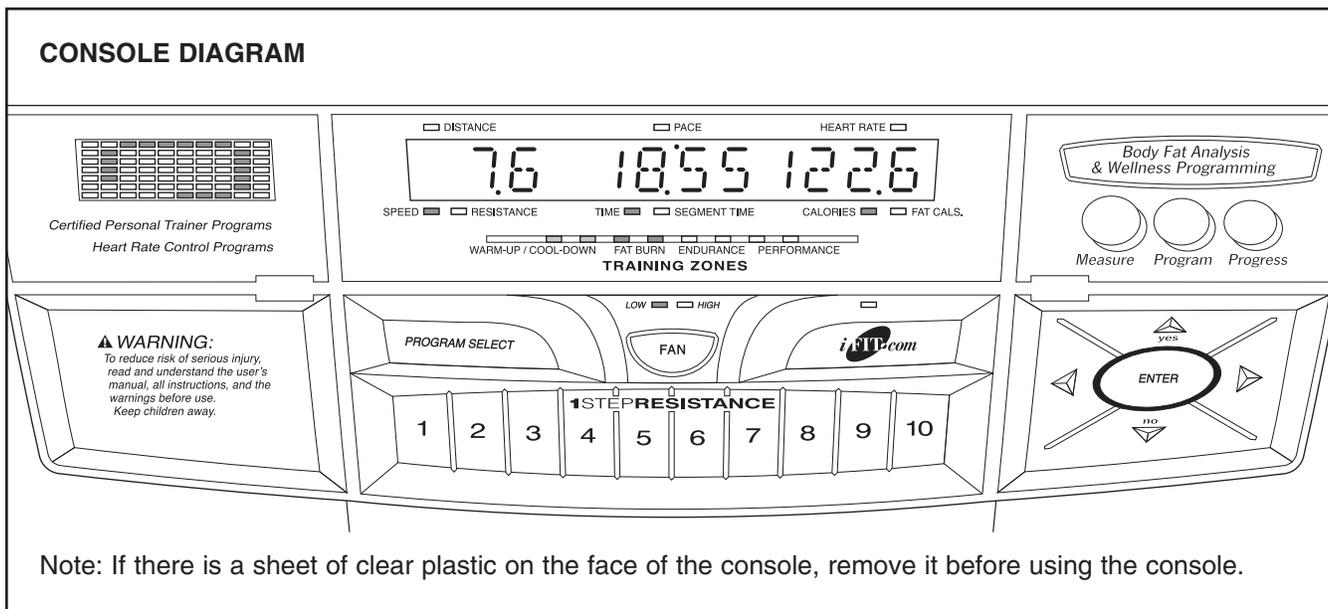
The seat can be adjusted to the position that is the most comfortable for you. To adjust the seat, pull the seat knob, slide the seat forward or backward, and then release the seat knob. Move the seat forward or backward slightly until the pin on the seat knob snaps into one of the holes in the seat rail.



## HOW TO ADJUST THE PEDAL STRAPS

The pedal straps can be adjusted to the position that is the most comfortable for you. Press the tabs on the pedals, adjust the straps to the desired position, and then release the tabs.





## FEATURES OF THE CONSOLE

The state-of-the-art console offers an impressive array of features. When the manual mode of the console is selected, the resistance of the pedals can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

The console also offers 15 certified personal trainer programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

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

The console even measures your body fat percentage, provides custom programs based on personal data that you enter, and displays your fat burning or weight loss progress.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the exercise cycle to your home stereo, portable stereo, or computer and play

special iFIT.com CD programs (CDs are available separately). iFIT.com CD programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the exercise cycle to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, and allow you to enjoy breathtaking scenery while you exercise. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-825-2588.**

With the exercise cycle connected to your computer, you can also go to [www.iFIT.com](http://www.iFIT.com) and use programs directly from our Web site. Explore [www.iFIT.com](http://www.iFIT.com) for details.

**To use the manual mode of the console, see page 13. To use a personal trainer program, see page 15. To use a heart rate program, see page 16. To use an iFIT.com CD or videocassette, see page 21. To use a program from our Web site, see page 22.**

**To measure your body fat percentage, see page 23. To use a custom program based on personal data that you enter, see page 24. To review your fat burning or weight loss progress, see page 25.**

## HOW TO USE THE MANUAL MODE

### 1 Begin pedaling to activate the console.

The exercise cycle 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 speed of about 3 miles per hour or faster. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

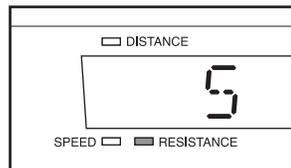
Note: While the console is activated, messages such as "PUSH 'MEASURE' TO DETERMINE YOUR BODY FAT PERCENTAGE" will scroll across the main display. If you wish to use these features, see pages 23 to 25.

### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have already selected a program or a different mode, select the manual mode again by repeatedly pressing the Program Select button until the words "MANUAL MODE" appear in the main display. Another way to select the manual mode is to press the iFIT.com button twice.

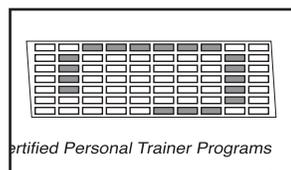
### 3 Change the resistance of the pedals as desired.

To change the resistance of the pedals, press the Resistance buttons. Resistance level 10 is the highest resistance level.

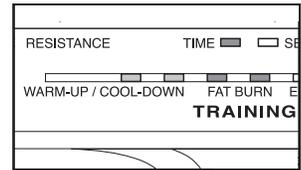


### 4 Monitor your progress with the matrix, the Training Zone bar, and the main display.

**The matrix**—When the manual mode or the iFIT.com mode is selected, the matrix will display a 1/4-mile track. As you pedal, the indicators around the track will light, one at a time, until the entire track is lit. The track will light once each time you pedal 1/4 mile.

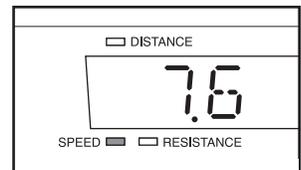


**The Training Zone bar**—The Training Zone bar will indicate the approximate intensity level of your exercise. For example, if three or four indicators in the bar are lit, the bar shows that your pace is ideal for fat burning. Note: During programs, the Training Zone bar will also prompt you to increase or decrease your pace.



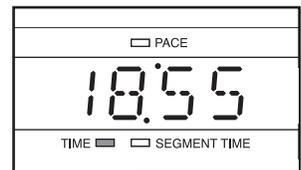
**The main display**—The main display will show the following information:

**The left side** of the main display will show the distance you have pedaled, your pedaling speed, and the resistance level of the pedals.



The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: Each time the resistance of the pedals changes, the display will show the resistance level.

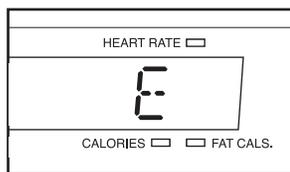
**The center** of the main display will show your pedaling pace (in *minutes per mile*) and the elapsed time. The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time *remaining* in the program and the time remaining in the current segment of the program instead of the elapsed time.



**The right side** of the main display will show the approximate numbers of *calories* and *fat calories* you have burned (see **FAT BURNING** on page 27). The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When you use the handgrip pulse sensor or the chest pulse sensor, the display will also show your heart rate.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, you must select the console's user mode. Hold down the Program Select button for about three seconds. The letter "E" for English miles or the letter "M" for metric kilometers will appear on the right side of the main display. To change the unit of measurement, press the Resistance 10 button.

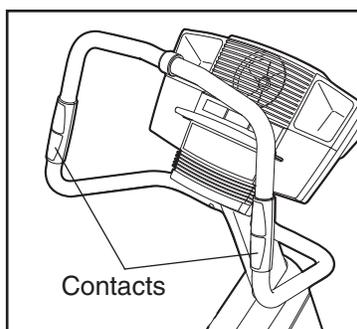


While the user mode is selected, press the iFIT.com button. The main display will then show the total number of hours that the exercise cycle has been used. Press the iFIT.com button again. The main display will then show the total number of miles pedaled. To exit the user mode, press the Program Select button again.

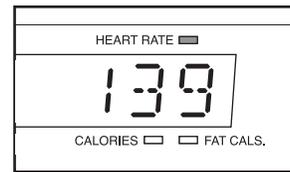
## 5 Measure your heart rate if desired.

To use the chest pulse sensor, see page 9. 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 may not display your heart rate accurately.**

**If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.** To measure your heart rate, hold the contacts; your palms must be resting on the contacts closest to you, and your fingers must be touching the contacts on the opposite side of the handlebar. **Avoid moving your hands.**



When your pulse is detected, the Heart Rate indicator above the right side of the main display will light, two dashes (--) will appear in the main display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



Note: If you continue to hold the contacts, the main display will show your heart rate for up to 30 seconds. The main display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

## 6 Turn on the fan if desired.

To turn on the fan, press the Fan button. Pivot the fan to the desired angle. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time.

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

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

If the pedals are not moved for about one minute, the console will turn off; however, the main display will not be reset. If the pedals are not moved for about five minutes, the main display will be reset.

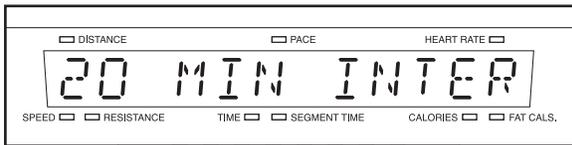
## HOW TO USE PERSONAL TRAINER PROGRAMS

### 1 Begin pedaling to activate the console.

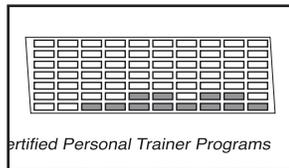
See step 1 on page 13.

### 2 Select one of the 15 personal trainer programs.

When the power is turned on, the manual mode will be selected. To select a personal trainer program, repeatedly press the Program Select button until the name of the desired program appears in the main display.



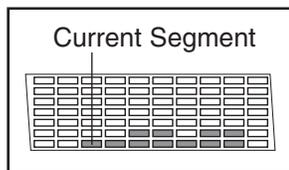
The matrix will show the first seven resistance settings of the program you have selected.



### 3 Begin pedaling to start the program.

Each program is divided into several time segments of different lengths. (The main display will show both the time remaining in the program and the time remaining in the current segment of the program.) One resistance setting and one pace setting are programmed for each segment. (The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.)

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.) The resistance settings for the next several segments will be shown in the columns to the right.

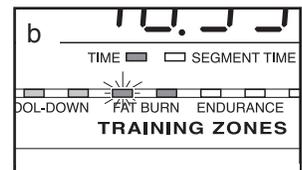
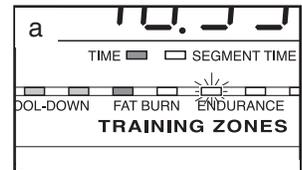


When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in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

As you exercise, the Training Zone bar will help you to keep your pedaling pace near the pace setting for the current segment. The lit indicators in the bar will show your actual pace.

If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your pace matches the pace setting for the current segment. **Important:**

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



The program will continue in this way until the main display shows that no time remains in the program.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

#### **4** Monitor your progress with the main display.

See step 4 on page 13.

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

See step 7 on page 14.

### HOW TO USE HEART RATE PROGRAMS

Each heart rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your maximum heart rate is 190 ( $220 - 30 = 190$ ).

Heart rate program 1 will keep your heart rate between 50% and 80% of your maximum heart rate; heart rate program 2 will keep your heart rate between 55% and 85%; heart rate program 3 will keep your heart rate between 60% and 85%; heart rate program 4 will keep your heart rate between 50% and 85%.

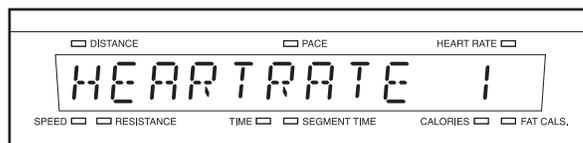
Follow the steps below to use a heart rate program.

#### **1** Begin pedaling to activate the console.

See step 1 on page 13.

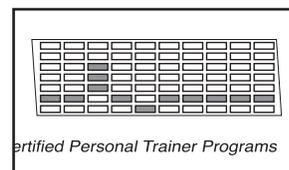
#### **2** Select one of the four heart rate programs.

When the power is turned on, the manual mode will be selected. To select a heart rate program, press the Program Select button repeatedly until the words “HEARTRATE 1,” “HEARTRATE 2,” “HEARTRATE 3,” or “HEARTRATE 4” appear in the main display.



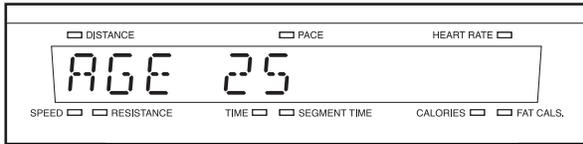
Three seconds after a program is selected, the name of the selected program and the total program time will scroll across the main display. The current age setting will then begin to flash in the main display.

During heart rate programs, the matrix will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.



### 3 Enter your age.

You must enter your age to use a heart rate program. If you have already entered your age, press the Enter button and go to step 4. If you have not entered your age, press the Up Arrow or Down Arrow button repeatedly to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory.



### 4 Wear the chest pulse sensor or hold the handgrip pulse sensor.

To use the chest pulse sensor, see page 9.

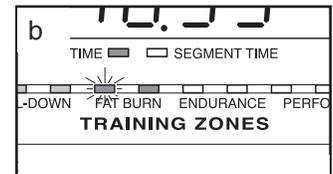
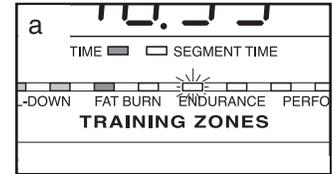
To use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the right side of the display instead of your heart rate.

### 5 Begin pedaling to start the program.

Each heart rate program consists of 20 one-minute segments. (The main display will show both the time remaining in the program and the time remaining in the current segment of the program.) One resistance setting is programmed for each segment. (The same resistance setting may be programmed for two or more consecutive segments.)

At the end of each segment, a series of tones will sound. The resistance of the pedals will then change if a different resistance setting is programmed for the next segment. Note: If the resistance is too high or too low, you can adjust the resistance by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment.

As you exercise, the Training Zone bar will help you to keep your heart rate near the current target heart rate for the program. The lit indicators in the bar will show your actual pace. When you wear the chest pulse sensor or hold the handgrip pulse sensor, the console will periodically compare your heart rate to the current target heart rate; if necessary, an indicator in the bar will then flash to prompt you to increase or decrease your pace to bring your heart rate closer to the current target heart rate. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your



pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your heart rate is near the current target heart rate. **Important: The target heart rates are intended only to provide motivation. Your actual heart rate may be slower than the current target heart rate. Make sure to exercise at a pace that is comfortable for you.**

The program will continue in this way until the main display shows that no time remains in the program.

Note: If you stop pedaling for several seconds, a tone will sound and the program will end. Heart rate programs cannot be stopped temporarily and then restarted.

### 6 Monitor your progress with the main display.

See step 4 on page 13.

### 7 Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

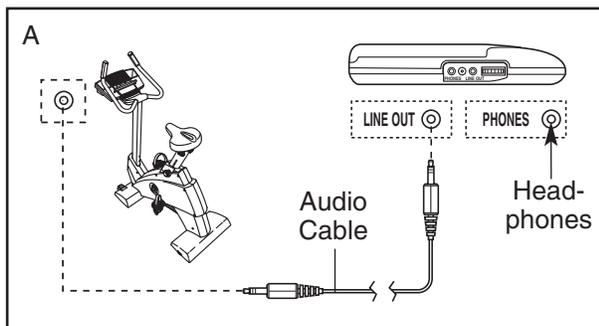
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 18 and 19 for connecting instructions. To use **iFIT.com videocassettes**, the exercise cycle must be connected to your VCR. See page 20 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the exercise cycle must be connected to your home computer. See page 19 for connecting instructions.

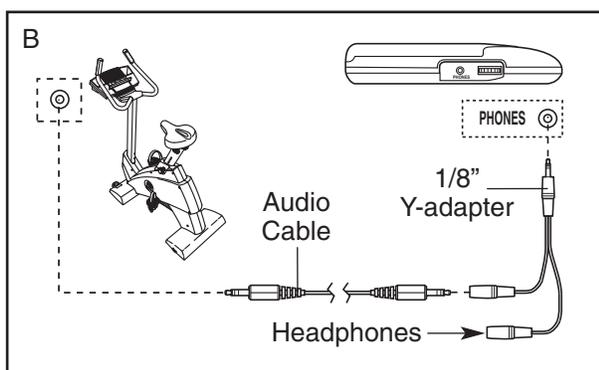
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

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



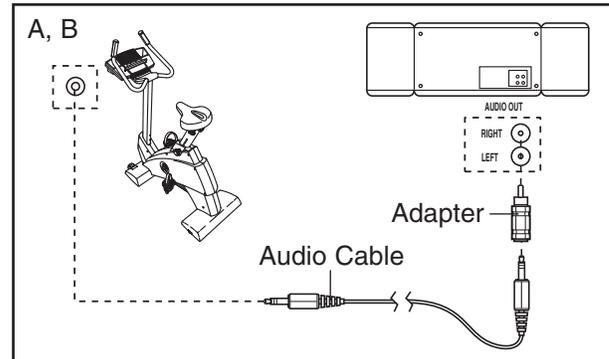
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



## HOW TO CONNECT YOUR PORTABLE STEREO

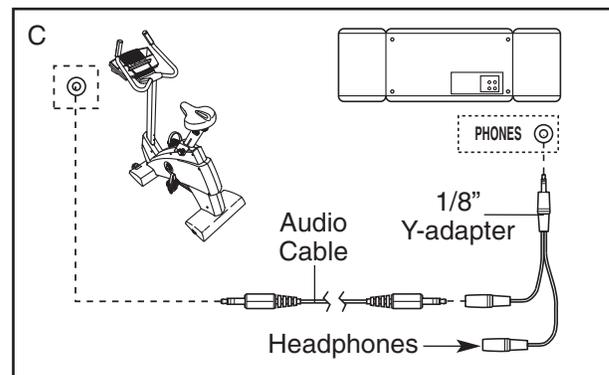
**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a 1/8" **LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

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



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

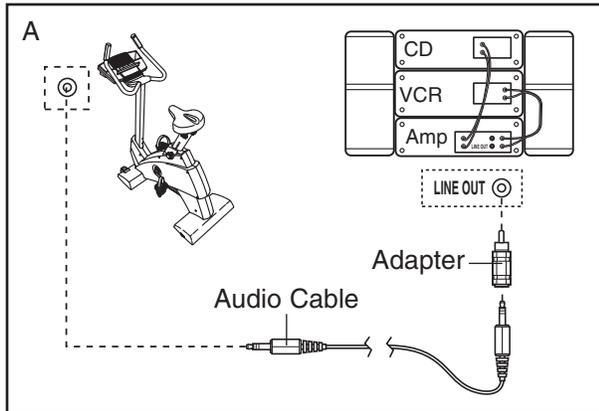
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



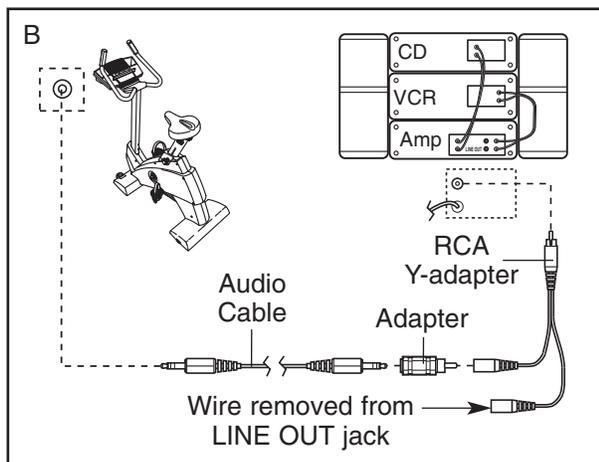
## HOW TO CONNECT YOUR HOME STEREO

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

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



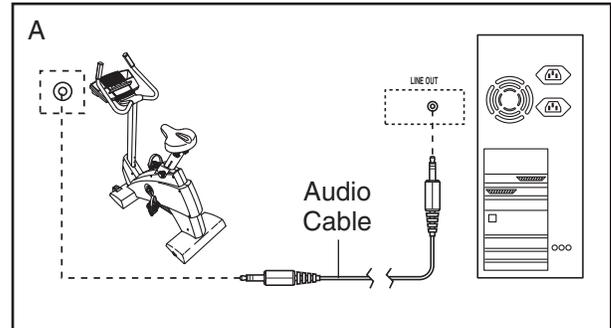
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the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



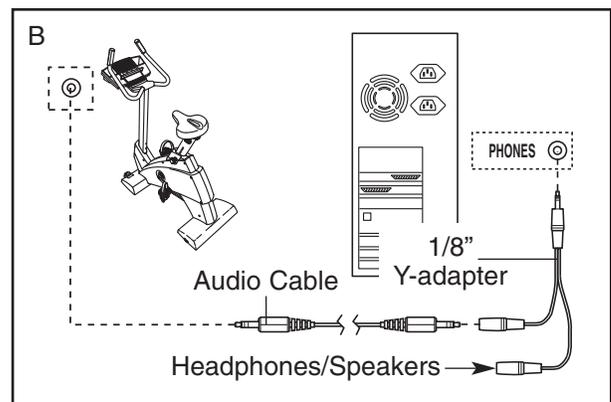
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **1/8" LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

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



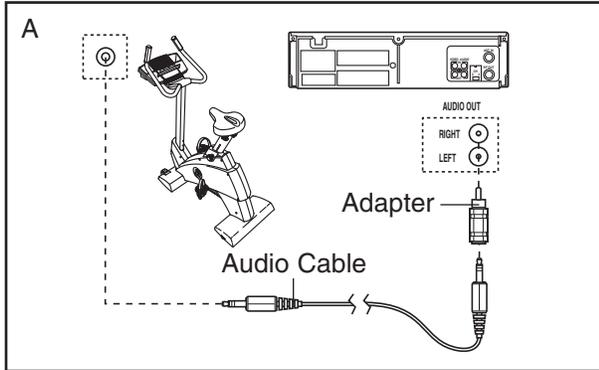
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a **1/8" Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



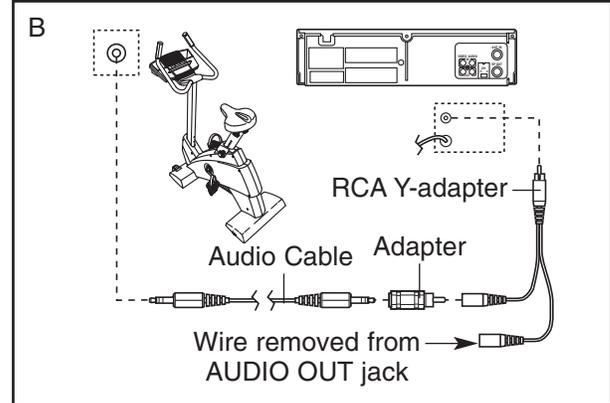
## HOW TO CONNECT YOUR VCR

**Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 19.**

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



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



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 18. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-825-2588.**

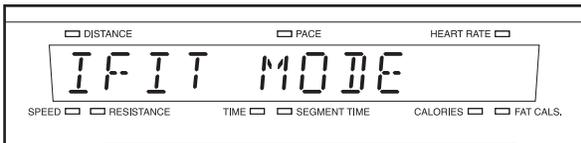
Follow the steps below to use an iFIT.com CD or video program.

### 1 Begin pedaling to activate the console.

See step 1 on page 13.

### 2 Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light and the words "iFIT MODE" will appear in the main display.



### 3 Insert the iFIT.com CD or videocassette.

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

### 4 Press the play button on your CD player or VCR.

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

The program will function in almost the same way as a personal trainer program (see step 3 on page 15). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

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

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

### 5 Monitor your progress with the main display.

See step 4 on page 13.

### 6 Measure your heart rate if desired.

See step 5 on page 14.

### 7 Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

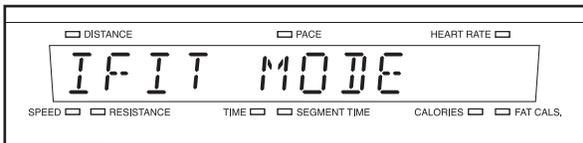
Follow the steps below to use a program from our Web site.

### 1 Begin pedaling to activate the console.

See step 1 on page 13.

### 2 Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light and the words "iFIT MODE" will appear in the main display.



### 3 Go to your computer and start an internet connection.

### 4 Start your Web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

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

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

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

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

### 7 Return to the exercise cycle and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a personal trainer program (see step 3 on page 15). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

### 8 Monitor your progress with the main display.

See step 4 on page 13.

### 9 Measure your heart rate if desired.

See step 5 on page 14.

### 10 Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO MEASURE YOUR BODY FAT PERCENTAGE

**⚠ CAUTION:** The console uses a bioelectrical impedance analysis method to determine body fat percentage, sending a harmless signal through the body. Do not measure your body fat percentage if you have an internal medical device such as a pacemaker. Consult your physician if you have questions.

Follow the steps below to measure your body fat percentage.

### **1** Begin pedaling to activate the console.

See step 1 on page 13.

### **2** Press the Measure button.

When the Measure button is pressed, the words “THIS PROGRAM MEASURES YOUR BODY FAT PERCENT” and “USE UP/DOWN ARROWS TO SCROLL AND ‘ENTER’ TO SELECT” will scroll across the main display.

Before the console measures your body fat percentage, it will prompt you to enter personal data such as your age and weight. Use the Up Arrow, Down Arrow, and Enter buttons to enter information. Note: The information that appears in the main display will flash until it is modified.

### **3** Enter your user number.

The console can save personal data for three different users. The words “USER 1” will appear in the main display. To designate yourself as user 1, press the Enter button. To designate yourself as user 2 or user 3, press the Up Arrow button until the words “USER 2” or “USER 3” appear in the main display. Then, press the Enter button.

### **4** Enter your age.

If you have already entered your age, simply press the Enter button. If you have not entered your age, press the Up Arrow or Down Arrow button to enter your age, and then press the Enter button.

### **5** Enter your height.

If you have already entered your height, press the Enter button. If you have not entered your height, press the Up Arrow or Down Arrow button to enter your height, and then press the Enter button.

### **6** Enter your weight.

If you have already entered your weight, press the Enter button. If you have not entered your weight, press the Up Arrow or Down Arrow button to enter your weight, and then press the Enter button.

### **7** Enter your gender.

If you have already entered your gender (“F” for female or “M” for male), press the Enter button. If you have not entered your gender, press the Up Arrow or Down Arrow button, and then press the Enter button.

### **8** Enter the number of times that you exercise per week.

If you have already entered the number of times that you exercise per week, press the Enter button. If you have not entered the number, press the Up Arrow or Down Arrow button to enter the number, and then press the Enter button.

Note: If you wish to change any of the information that you have entered, press the Left Arrow or Right Arrow button until the desired information appears in the main display. Then, change the information by pressing the Up Arrow, Down Arrow, and Enter buttons.

### **9** Hold the handgrip pulse sensor.

When you hold the handgrip pulse sensor, the main display will begin a 10-second countdown. When the countdown ends, your body fat percentage will appear in the main display.

If you wish to receive a custom workout based on the personal data that you have entered, see HOW TO USE A CUSTOM PROGRAM on page 24.

If you wish to view your progress during recent workouts, see HOW TO CHART YOUR PROGRESS on page 25.

## HOW TO USE A CUSTOM PROGRAM

In addition to offering personal trainer programs, the console can provide custom fat burn, weight loss, or cardio programs based on the personal data that you have entered. Follow the steps below to use a custom program.

### 1 Begin pedaling to activate the console.

See step 1 on page 13.

### 2 Press the Program button.

When the Program button is pressed, the words "TO RECEIVE A CUSTOM WORKOUT BASED ON YOUR PERSONAL INFO, USE UP/DOWN ARROWS TO SCROLL AND 'ENTER' TO SELECT" will scroll across the main display.

### 3 Select a custom Fat Burn, Weight Loss, or Cardio program.

To receive a custom Fat Burn program, press the Enter button. To receive a custom Weight Loss program or Cardio program, press the Up Arrow button and then press the Enter button.

### 4 Enter your user number.

See step 3 on page 23.

**If you selected a Fat Burn program,** the main display will show the latest measurement of your body fat percentage.

**If you selected a Weight Loss program,** the main display will show the latest body weight that you have entered.

If there has been a change in any of the personal data that you have entered, such as your weight, press the Measure button while the words "IF YOU WISH TO CHANGE USER INFO PRESS 'MEASURE' NOW" appear in the main display. Then, make the necessary changes. (See HOW TO MEASURE YOUR BODY FAT PERCENTAGE on page 23.)

### 5 Enter a goal.

**If you selected a Fat Burn program,** the main display will show a body fat goal. If you have already entered a body fat goal, press the Enter button. To change the body fat goal, press the Up Arrow or Down Arrow button, and then press the Enter button. Note: The body fat goal must be at least 5%.

**If you selected a Weight Loss program,** the main display will show a body weight goal. If you have already entered a body weight goal, press the Enter button. To change the body weight goal, press the Up Arrow or Down Arrow button, and then press the Enter button.

**If you selected a Cardio program,** it is not necessary to enter a goal.

### 6 Select an intensity level for the program.

To select an intensity level for the program, first press the Up Arrow or Down Arrow button until the words "EASY," "MODERATE," "HARD," or "INTENSE" appear in the main display. Then, press the Enter button.

The maximum resistance setting of the custom program will then appear in the main display.

### 7 Press the Enter button to start the program.

The custom program will function in the same way as a personal trainer program. (See step 3 on page 15.)

When you have completed the program, the words "END OF PROGRAM" will appear in the main display.

If you wish to measure your body fat percentage, see HOW TO MEASURE YOUR BODY FAT PERCENTAGE on page 23.

If you wish to view your progress during recent workouts, see HOW TO CHART YOUR PROGRESS on page 25.

## HOW TO CHART YOUR PROGRESS

### 1 Begin pedaling to activate the console.

See step 1 on page 13.

### 2 Press the Progress button.

When the Progress button is pressed, the words "TO CHART YOUR PROGRESS USE UP/DOWN ARROWS TO SCROLL AND 'ENTER' TO SELECT" will scroll across the main display.

### 3 Enter your user number.

See step 3 on page 23.

### 4 Change your personal data if desired.

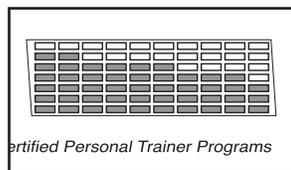
If there has been a change in any of the personal data that you have entered, such as your weight, press the Measure button while the words "IF YOU WISH TO CHANGE USER INFO PRESS 'MEASURE' NOW" appear in the main display. Then, make the necessary changes. (See HOW TO MEASURE YOUR BODY FAT PERCENTAGE on page 23.)

### 5 Select a fat burn chart or a weight loss chart.

For the console to display a chart showing your fat burning progress, press the Enter button. For the console to display a chart showing your weight loss progress, press the Up Arrow button and then press the Enter button.

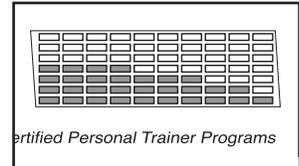
### 6 View your progress chart in the matrix.

If you selected a fat burn chart, the matrix will display a chart that shows your latest ten body fat measurements compared to your body fat goal. The bottom of the chart represents your body fat goal; when only one indicator is lit in a column, you have reached your goal. The chart above, for example, shows that your body fat percentage is decreasing but that you have not yet reached your goal.



The main display will show the latest measurement of your body fat percentage, your body fat goal, and the number of times that you should exercise per week. Note: If you have not measured your body fat percentage (see page 23), the console will automatically assign a body fat percentage of 0%. If you have not entered a body fat goal (see step 5 on page 24), the console will automatically assign a goal of 20% body fat.

If you selected a weight loss chart, the matrix will display a chart that shows your latest ten body weight measurements compared to your body weight goal. The bottom of the chart represents your body weight goal; when only one indicator is lit in a column, you have reached your goal. The chart above, for example, shows that your body weight has decreased and that you have reached your goal.



The main display will show the latest body weight that you have entered, your body weight goal, and the number of times that you should exercise per week. Note: If you have not entered your body weight (see step 6 on page 23), the console will automatically assign a body weight of 150 pounds. If you have not entered a body weight goal (see step 5 on page 24), the console will automatically assign a goal of 140 pounds.

### 7 Reset the chart if desired.

After you have viewed the chart, the words "GRAPH RESET YES/NO" will appear in the main display. To delete your last ten body fat or body weight measurements, press the Up Arrow (yes) button. If you do not wish to reset the chart, press the Down Arrow (no) button.

If you wish to measure your body fat percentage, see HOW TO MEASURE YOUR BODY FAT PERCENTAGE on page 23.

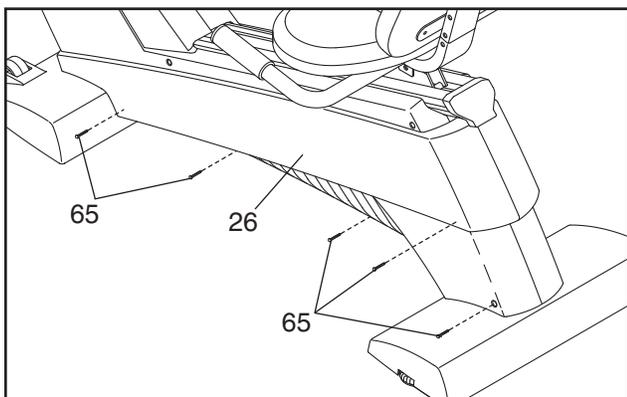
If you wish to receive a custom workout based on the personal data you have entered, see HOW TO USE A CUSTOM PROGRAM on page 24.

# MAINTENANCE AND TROUBLESHOOTING

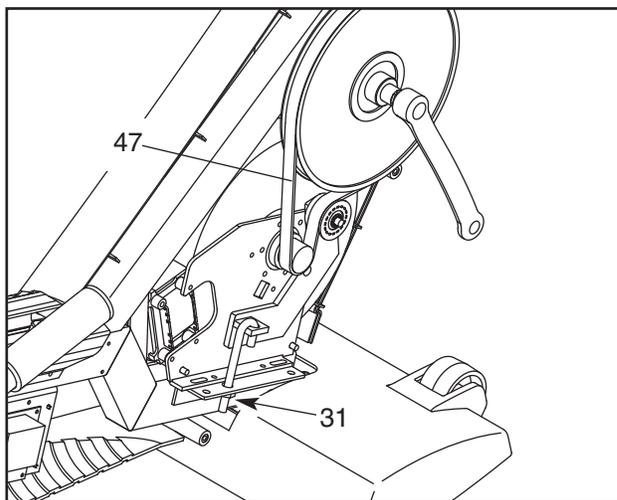
Inspect and properly tighten all parts of the exercise cycle regularly. To clean the exercise cycle, use a soft, damp cloth. Keep liquids away from the console and keep the console out of direct sunlight.

## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, you must first remove the right side shield. First, remove the indicated M4 x 25mm Screws (65) from the Left Side Shield (26).



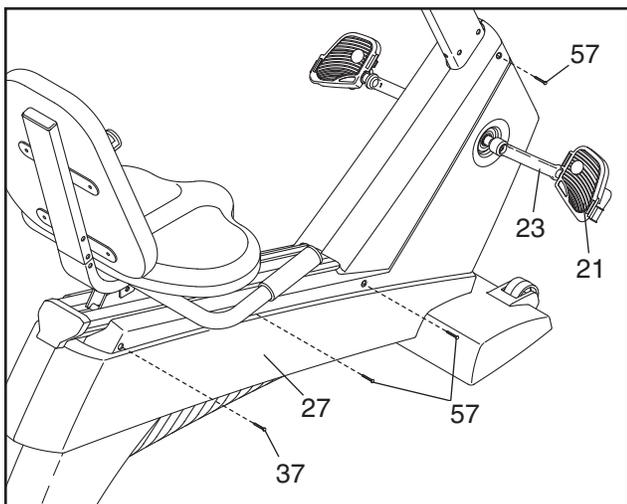
Next, turn the indicated M8 Nylon Locknut (31) until the Drive Belt (47) is properly tightened. Then, reattach the right side shield.



## PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on pages 9 and 10. If the handgrip pulse sensor does not function properly, see step 5 on page 14.

Next, remove the indicated M5 x 25mm Screw (37) and M4 x 16mm Screws (57) from the Right Side Shield (27). Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it. Turn the Right Crank Arm (23) so that it is pointing toward the front of the exercise cycle, and then slide off the Right Side Shield.



# EXERCISE GUIDELINES

## WARNING:

- Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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	
<hr/>							
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the 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 or 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.

### 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, plan 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 make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

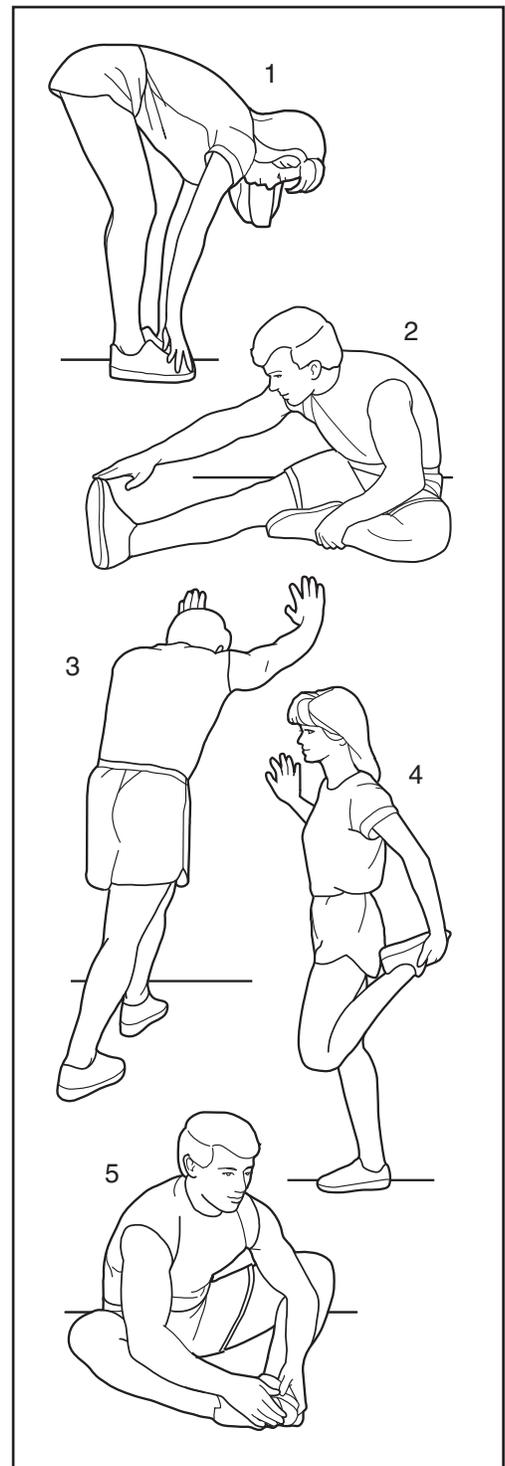
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. NTC89021

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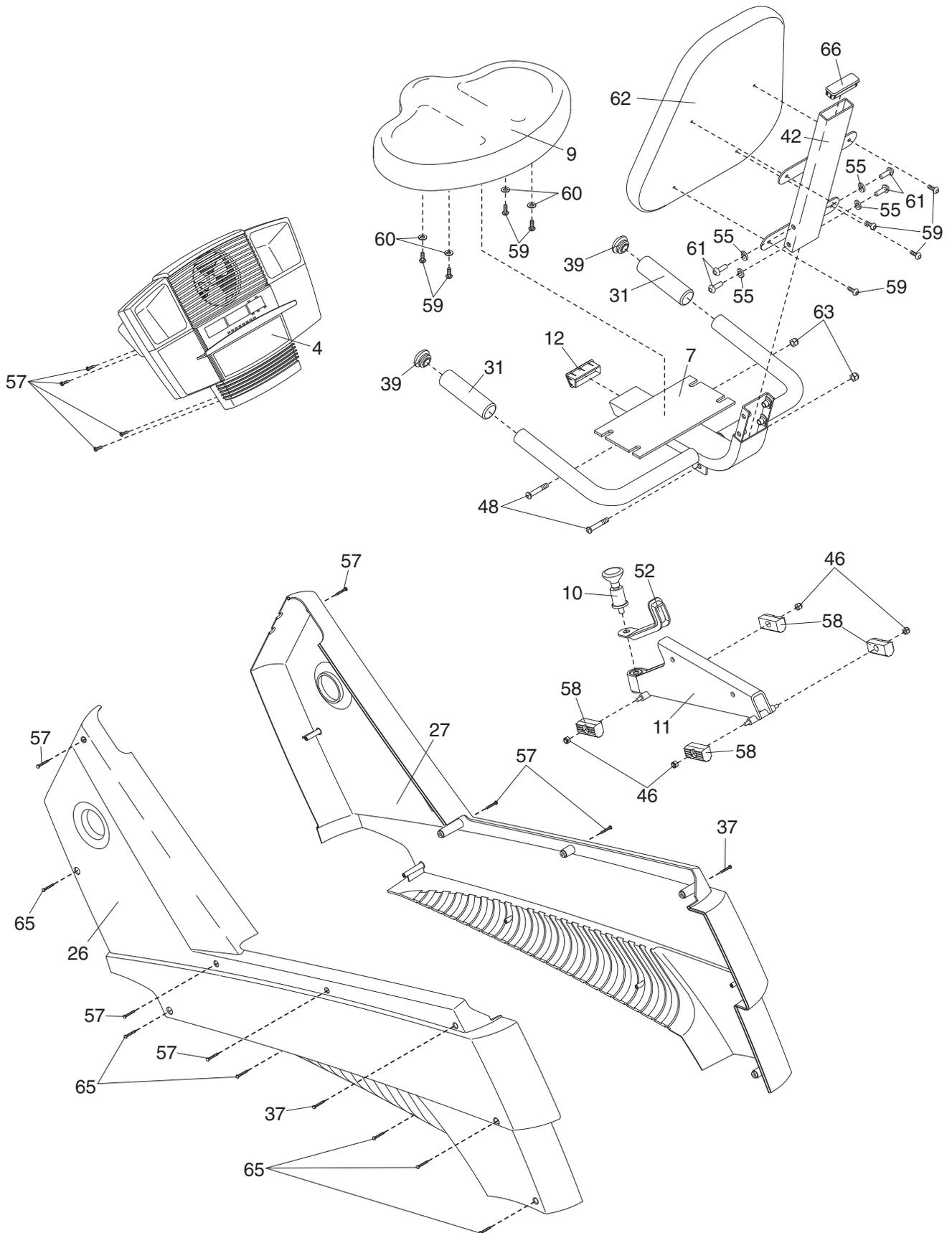
To locate the parts listed below, see the EXPLODED DRAWING on pages 30 and 31.

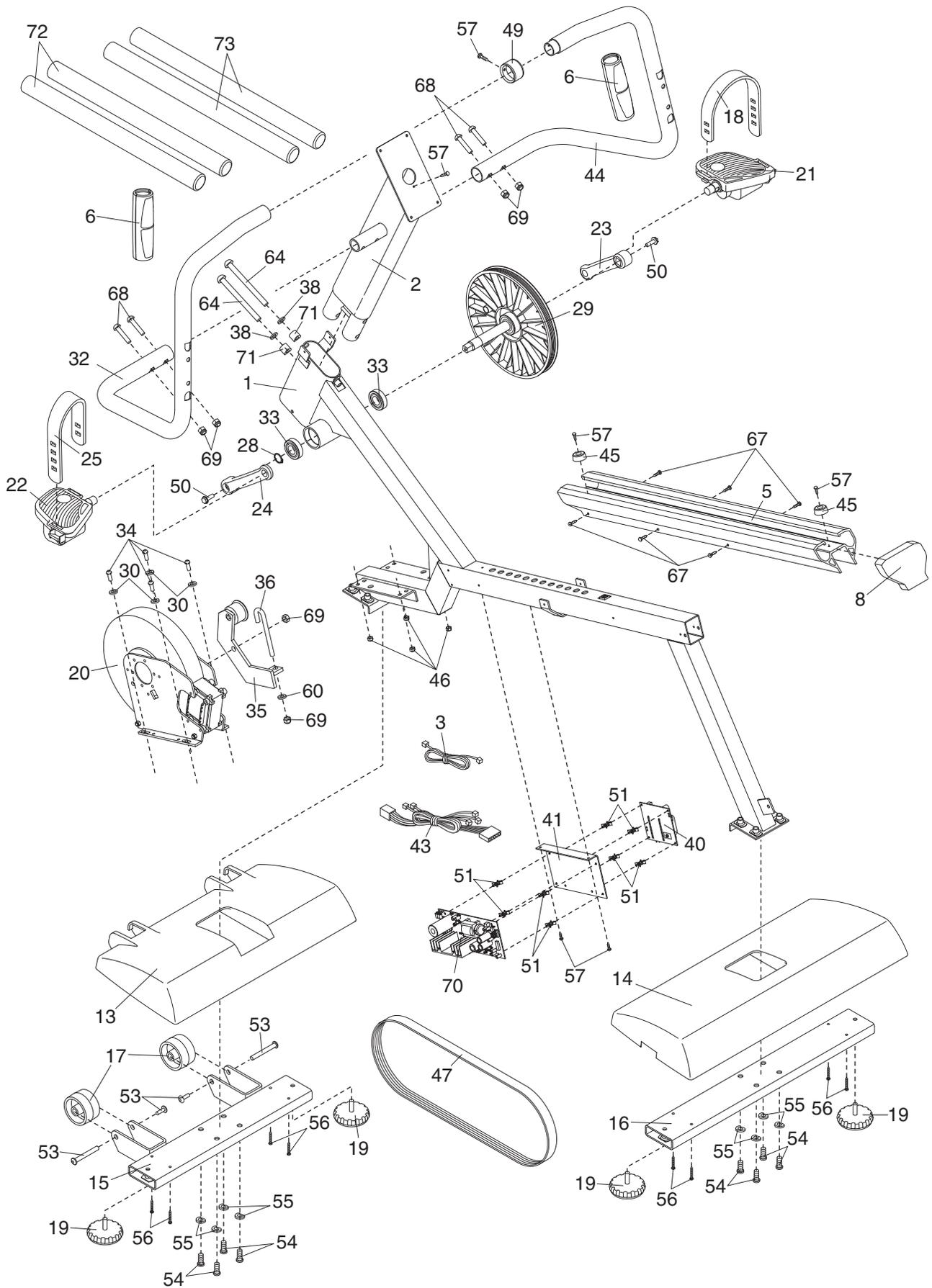
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	2	Handlebar Endcap
2	1	Upright	40	1	Control Board
3	1	Pulse Wire	41	1	Control Bracket
4	1	Console	42	1	Backrest Frame
5	1	Seat Rail	43	1	Wire Harness
6	2	Pulse Sensor	44	1	Right Handlebar
7	1	Seat Frame	45	2	Bumper
8	1	Seat Rail Endcap	46	8	M6 Nylon Locknut
9	1	Seat	47	1	Drive Belt
10	1	Seat Knob	48	2	M10 x 52mm Button Bolt
11	1	Seat Carriage	49	1	Handlebar Collar
12	1	Seat Frame Endcap	50	2	Flange Screw
13	1	Front Stabilizer Cover	51	8	Stand-off
14	1	Rear Stabilizer Cover	52	1	Seat Carriage Endcap
15	1	Front Stabilizer	53	2	Set Bolt
16	1	Rear Stabilizer	54	8	M8 x 40mm Button Screw
17	2	Wheel	55	12	M8 Split Washer
18	1	Right Pedal Strap	56	8	M4 x 38mm Screw
19	4	Leveling Foot	57	16	M4 x 16mm Screw
20	1	Generator Assembly	58	4	Carriage Bushing
21	1	Right Pedal	59	8	1/4" x 16mm Button Screw
22	1	Left Pedal	60	5	M8 Washer
23	1	Right Crank Arm	61	4	M8 x 25mm Button Screw
24	1	Left Crank Arm	62	1	Backrest
25	1	Left Pedal Strap	63	2	M10 Nylon Locknut
26	1	Left Side Shield	64	2	M10 x 118mm Button Screw
27	1	Right Side Shield	65	6	M4 x 25mm Screw
28	1	Snap Ring	66	1	Backrest Frame Endcap
29	1	Pulley/Crank	67	6	M5 x 16mm Screw
30	4	M6 Washer	68	4	M8 x 40mm Button Bolt
31	2	Foam Grip	69	6	M8 Nylon Locknut
32	1	Left Handlebar	70	1	Control Board
33	2	Crank Bearing	71	2	Upright Spacer
34	4	M6 x 16mm Bolt	72	2	14" Handlebar Foam
35	1	Idler Assembly	73	2	22" Handlebar Foam
36	1	"J" Bolt	#	3	Allen Wrench
37	2	M5 x 25mm Screw	#	1	User's Manual
38	2	M10 Split Washer			

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—Model No. NTC89021

R0704A





# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- the MODEL NUMBER of the product (NTC89021)
- the NAME of the product (NordicTrack® SL 760 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 29, 30, and 31)

## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack® SL 760 exercise cycle (“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.

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