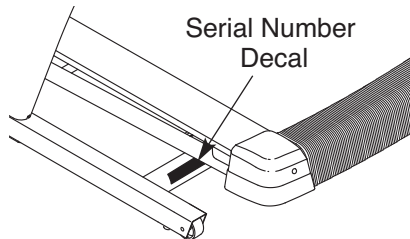


# **NordicTrack**<sup>®</sup> **X7<sup>i</sup> INCLINE TRAINER**

**Model No. NETL24810.0**

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

Write the serial number in the space above for reference.



## **USER'S MANUAL**

### **QUESTIONS?**

If you have questions, or if there are missing parts, please contact us:

**UK**

Call: 08457 089 009

From Ireland: 053 92 36102

Website: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

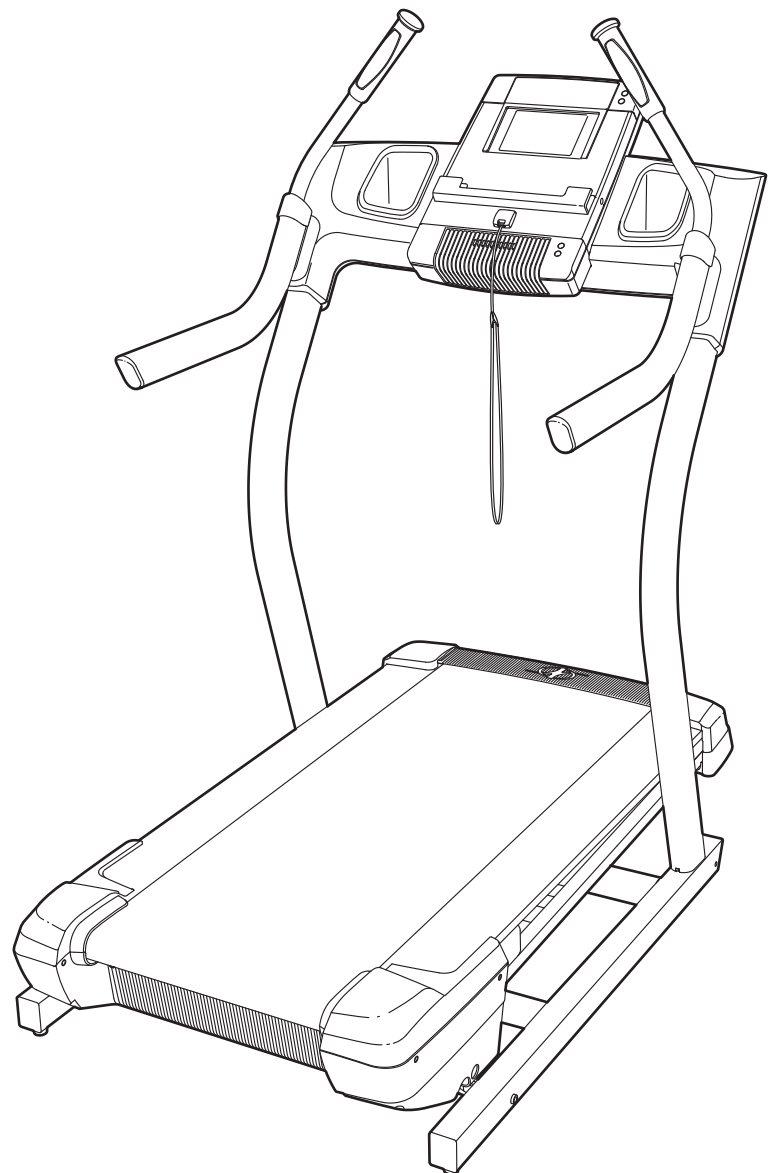
**ICON Health & Fitness, Ltd.**  
c/o HI Group PLC, Express Way  
Whitwood, West Yorkshire  
WF10 5QJ, UK

**AUSTRALIA**

Call: 1-800-237-173

**E-mail:**

[australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)



### **⚠ CAUTION**

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

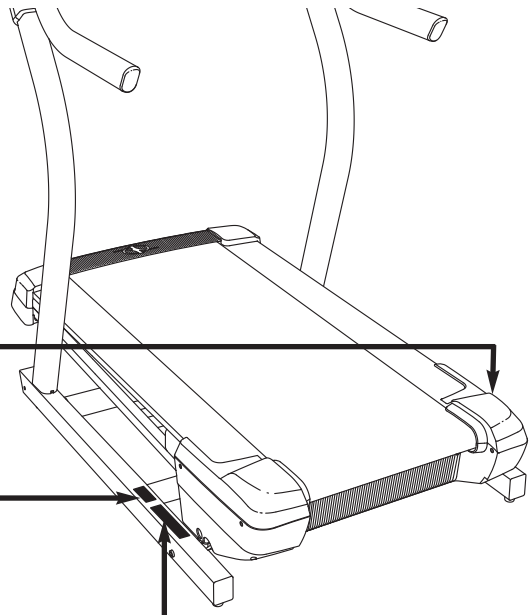
[www.iconeurope.com](http://www.iconeurope.com)

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## WARNING DECAL PLACEMENT

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



**⚠ CAUTION**  
 KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

**⚠ WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:

- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

# IMPORTANT PRECAUTIONS

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

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this incline trainer are adequately informed of all warnings and precautions.
3. Use the incline trainer only as described.
4. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.
5. Place the incline trainer on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
6. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the incline trainer at all times.
8. The incline trainer should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the incline trainer at a time.
10. Wear appropriate exercise clothes when using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See TROUBLESHOOTING on page 26 if the incline trainer is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 15).
16. Never start the incline trainer while you are standing on the walking belt. Always hold the handrails while using the incline trainer.

17. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the incline trainer unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the incline trainer is not in use. (See the drawing on page 5 for the location of the power switch.)
20. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO MOVE THE INCLINE TRAINER on page 28.) You must be able to safely lift 45 lbs. (20 kg) to move the incline trainer.
21. Do not change the incline of the incline trainer by placing objects under the incline trainer.
22. Inspect and properly tighten all parts of the incline trainer regularly.
23. Never insert or drop any object into any opening on the incline trainer.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the incline trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. The incline trainer is intended for home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.
26. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

**SAVE THESE INSTRUCTIONS**

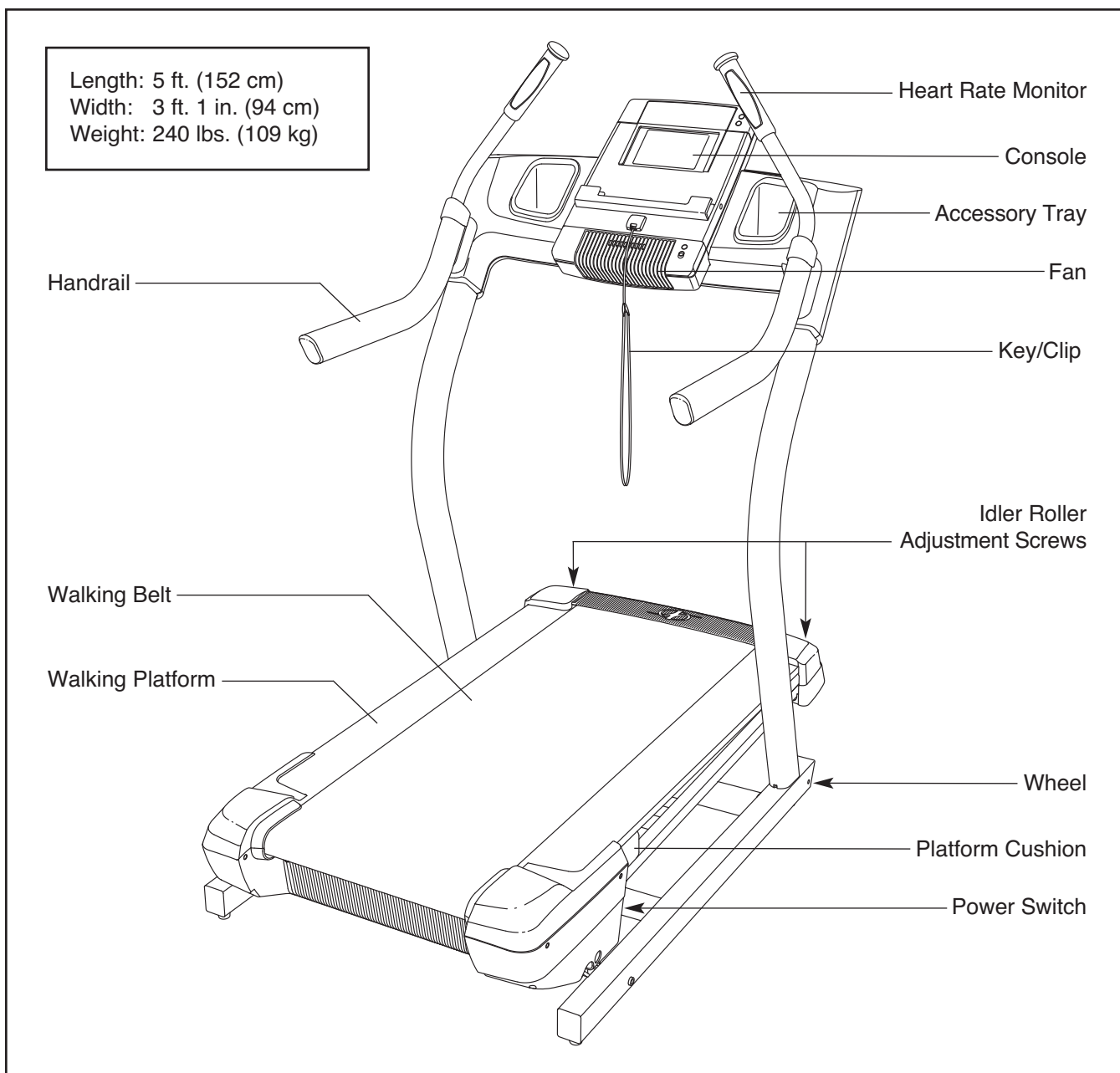
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDIC-TRACK® INCLINE TRAINER X7i INTERACTIVE. The INCLINE TRAINER X7i INTERACTIVE offers a selection of features designed to make your workouts at home more enjoyable and effective.

**For your benefit, read this manual carefully before using the incline trainer.** If you have questions after

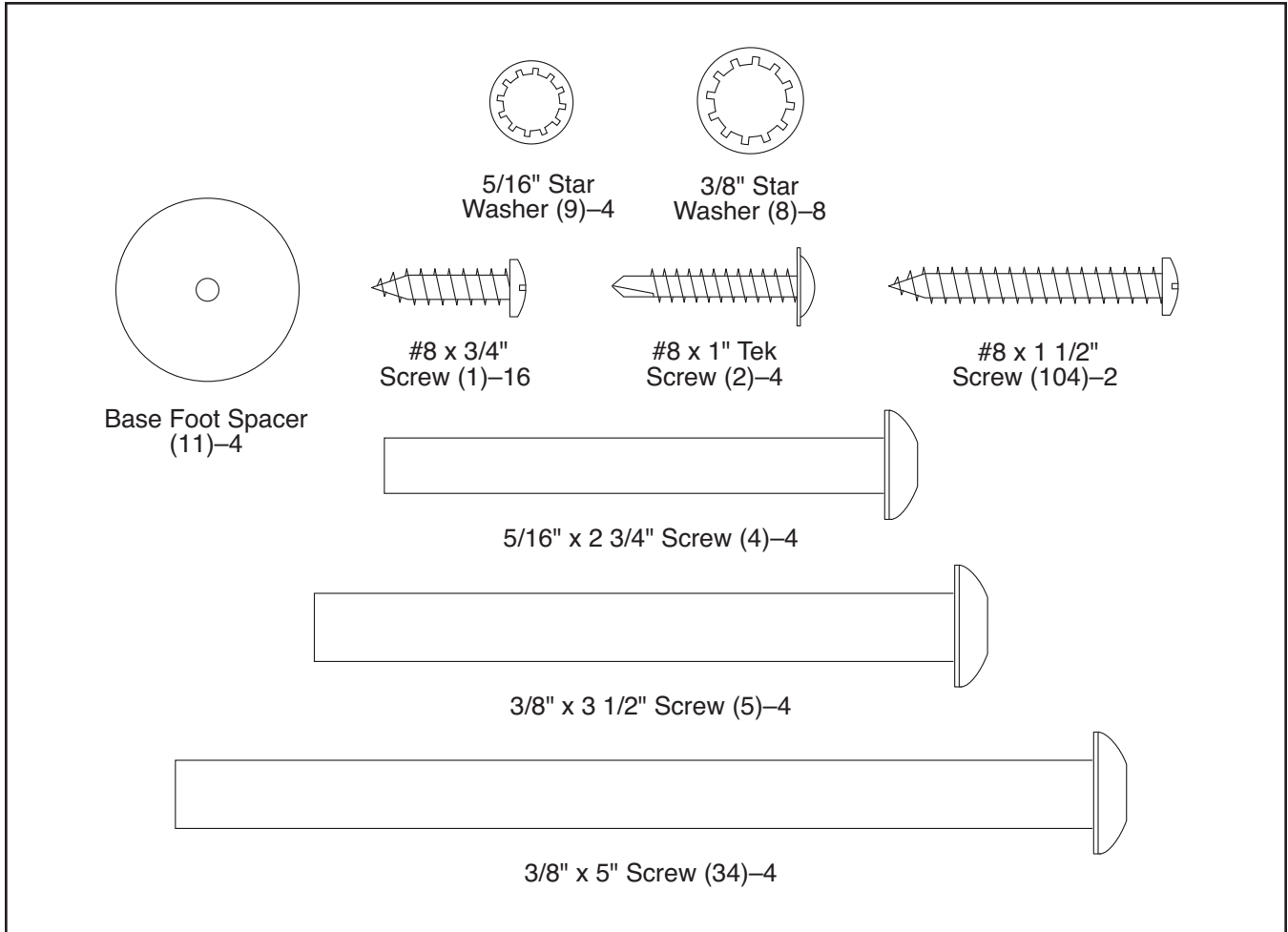
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

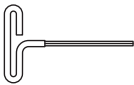
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- The underside of the walking belt is coated with high-performance lubricant. After shipping, there may be some lubricant on top of the walking belt or on the shipping carton. This is normal. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- To identify small parts, see page 6.
- Assembly requires the following tools:

the included hex keys 

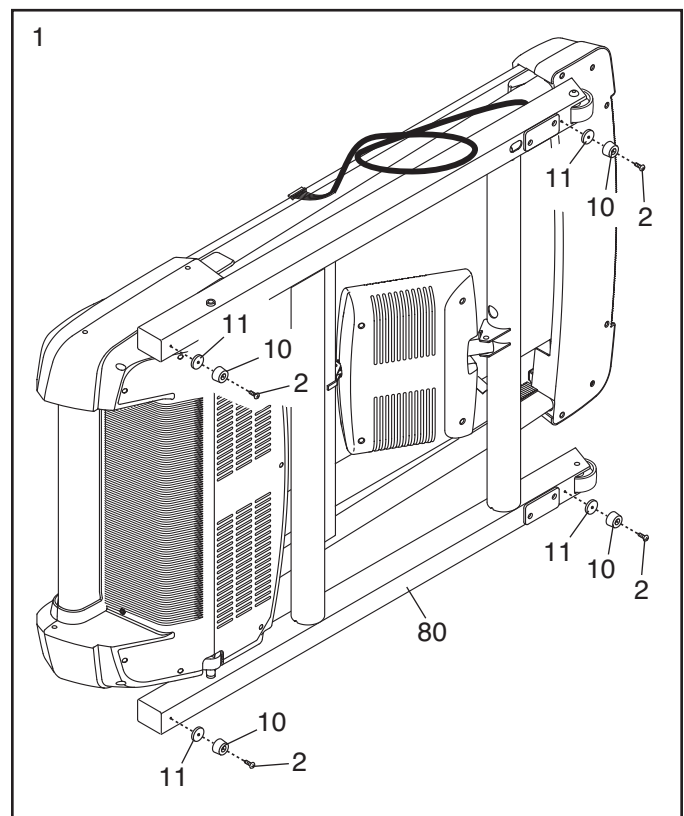
one Phillips screwdriver 

To avoid damaging parts, do not use power tools.

## 1. Make sure that the power cord is unplugged.

With the help of a second person, tip the incline trainer onto its left side. **Have the second person hold the incline trainer to prevent it from falling.**

Attach four Base Feet (10) and four Base Foot Spacers (11) to the Base (80) with four #8 x 1" Tek Screws (2) in the locations shown. **Do not overtighten the Tek Screws.**



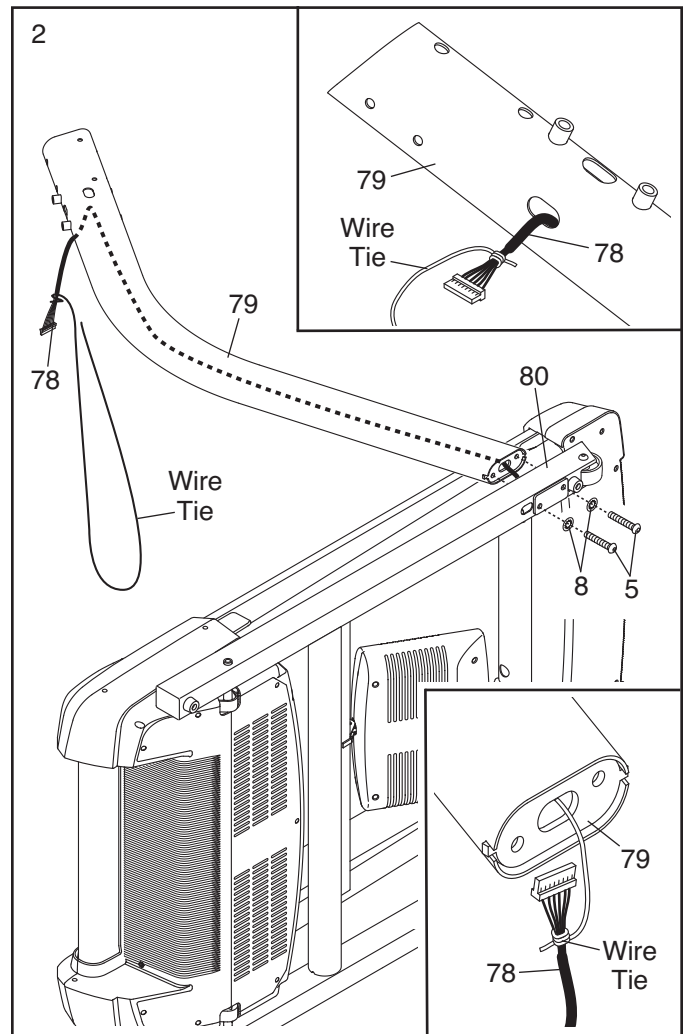
- Identify the Right Upright (79), which is marked "Right." Hold the Right Upright near the incline trainer.

**See the lower inset drawing.** Tie the wire tie in the Right Upright (79) around the end of the Upright Wire (78). **See the upper inset drawing.** Then, pull the other end of the wire tie until the Upright Wire is routed out of the side hole near the top of the Right Upright.

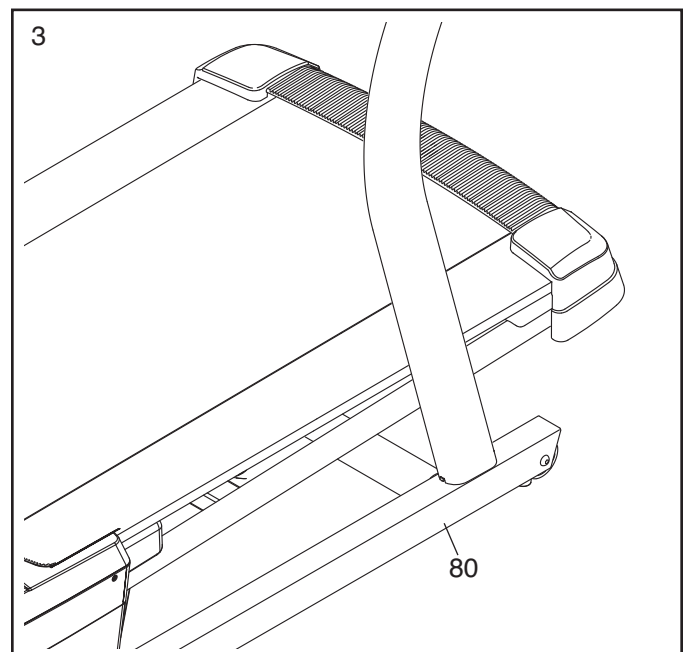
Orient the Right Upright (79) as shown. Attach the Right Upright to the Base (80) with two 3/8" x 3 1/2" Screws (5) and two 3/8" Star Washers (8). **Start both Screws, and then tighten them. Be careful not to pinch the Upright Wire (78).**

With the help of a second person, tip the incline trainer onto its right side. **Have the second person hold the incline trainer to prevent it from falling.**

**Attach the Left Upright (not shown) as described above.** Note: There are no wires on the left side.

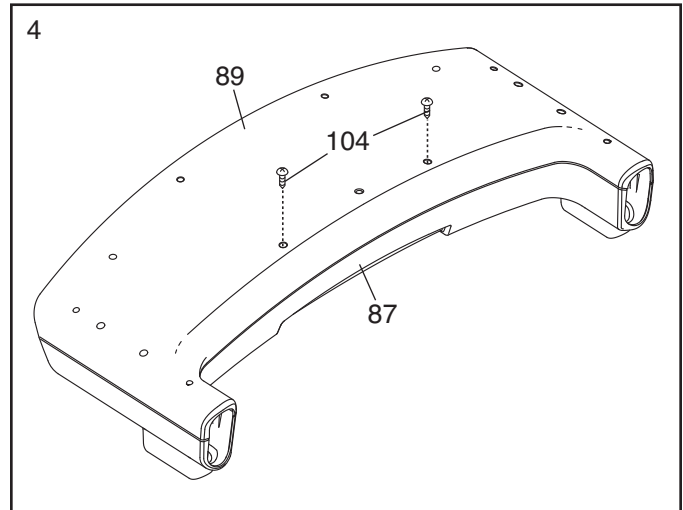


- With the help of a second person, carefully tip the incline trainer downward so that the Base (80) is flat on the floor.



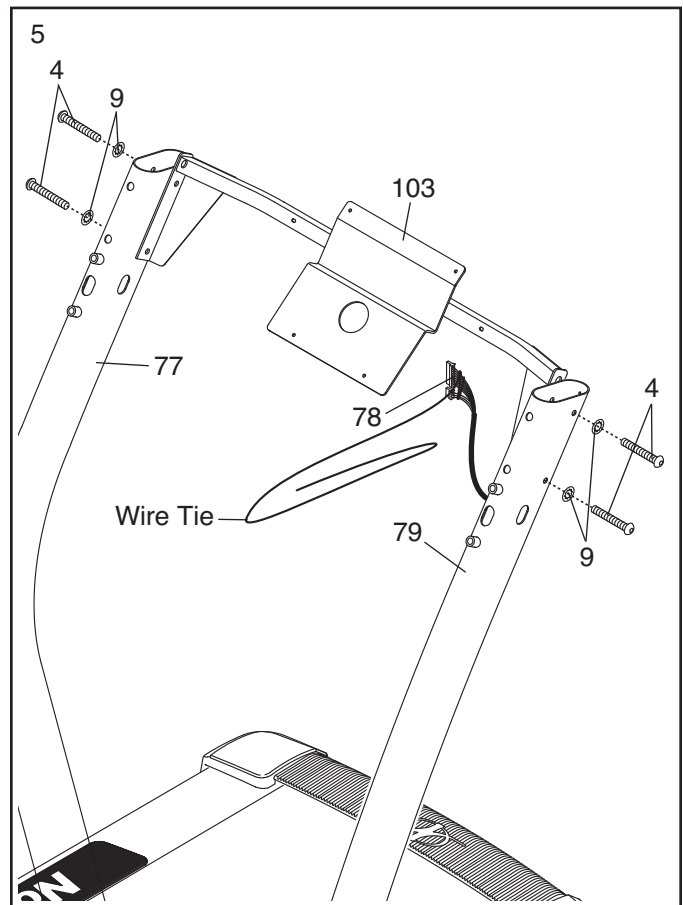
4. Set the Console Cover (87) face down on a soft surface.

Remove the two #8 x 1 1/2" Screws (104) from the Console Back (89). **The Screws will be used in another step.** Separate the Console Back from the Console Cover (87), and remove the Console Crossbar (not shown) from inside.



5. Position the Console Crossbar (103) between the Uprights (77, 79) as shown. Attach the Console Crossbar with four 5/16" x 2 3/4" Screws (4) and four 5/16" Star Washers (9). **Do not fully tighten the Screws yet.**

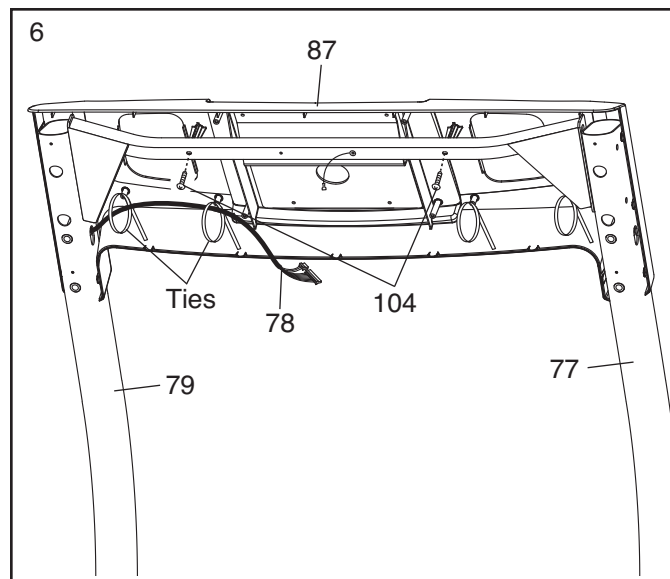
Remove the wire tie from the Upright Wire (78).



6. Set the Console Cover (87) on the Uprights (77, 79). Make sure that the Console Cover is oriented so that the ties are toward the bottom.

Attach the Console Cover (87) with the two #8 x 1 1/2" Screws (104) that you removed in step 4. **Start both Screws, and then tighten them. Do not overtighten the Screws.**

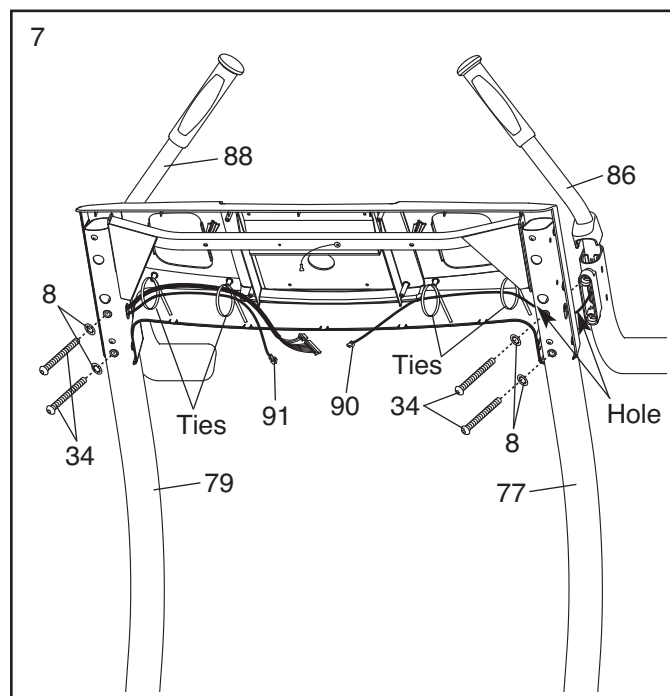
Insert the Upright Wire (78) through the loops in the ties.



7. Have a second person hold the Left Handrail (86) near the Left Upright (77). Insert the Left Pulse Wire (90) from the Left Handrail through the hole in the Left Upright, and pull it out of the hole in the side of the Left Upright. Then, insert the Left Pulse Wire through the loops in the ties.

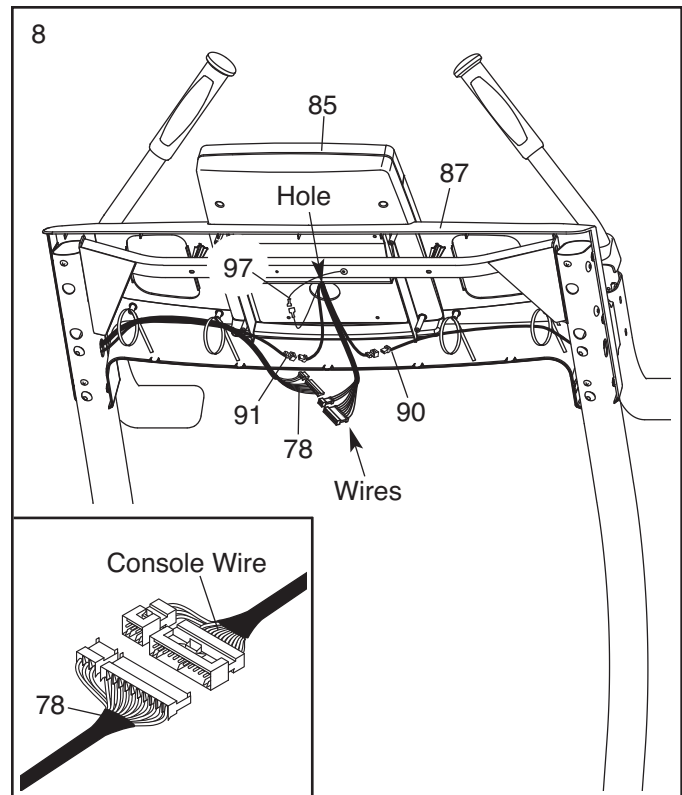
Attach the Left Handrail (86) to the Left Upright (77) with two 3/8" x 5" Screws (34) and two 3/8" Star Washers (8). **Do not fully tighten the Screws yet.**

Attach the Right Handrail (88) to the Right Upright (79) as described above. **Then, tighten all four 3/8" x 5" Screws (34).**



8. Have a second person hold the Console (85) near the Console Cover (87). Insert the wires from the Console through the indicated hole.

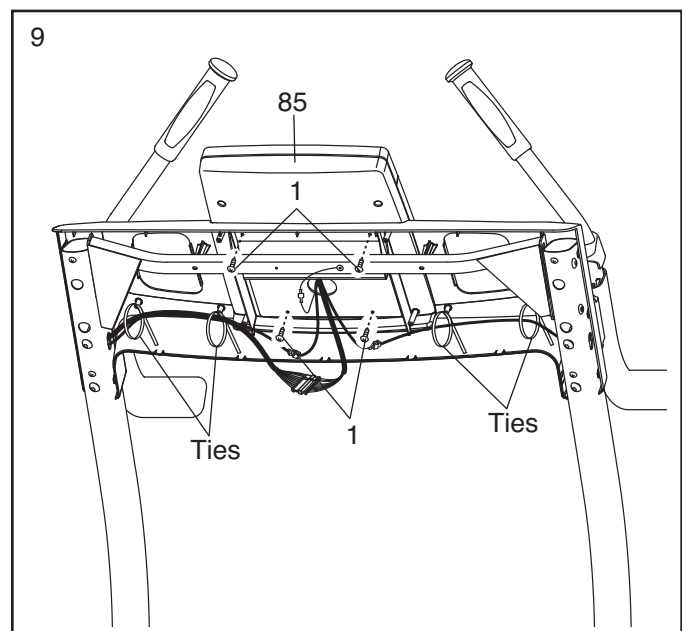
Connect the Upright Wire (78), the Left and Right Pulse Wires (90, 91), and the Ground Wire (97) to the wires extending from the Console (85). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



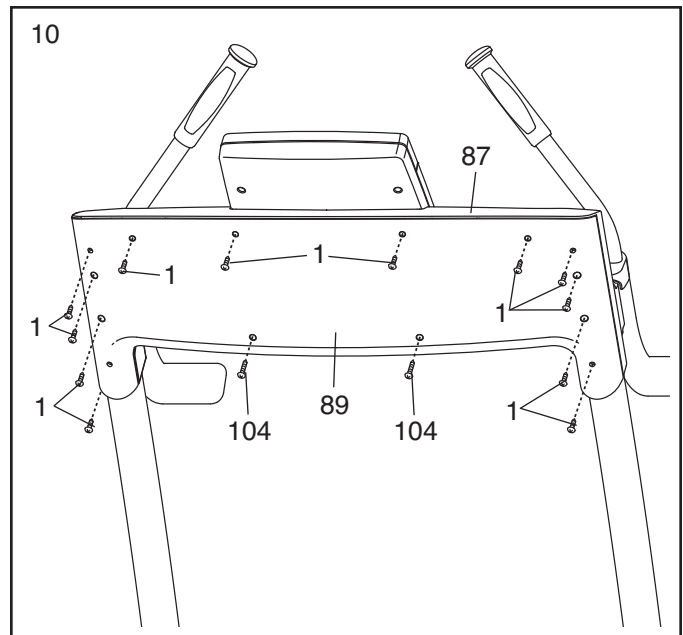
9. Attach the Console (85) with four #8 x 3/4" Screws (1). **Start all four Screws, and then tighten them. Do not overtighten the Screws.**

Tighten the four loops around the wires by pulling on the ends of the ties.

**See step 5.** Tighten the 5/16" x 2 3/4" Screws (4).

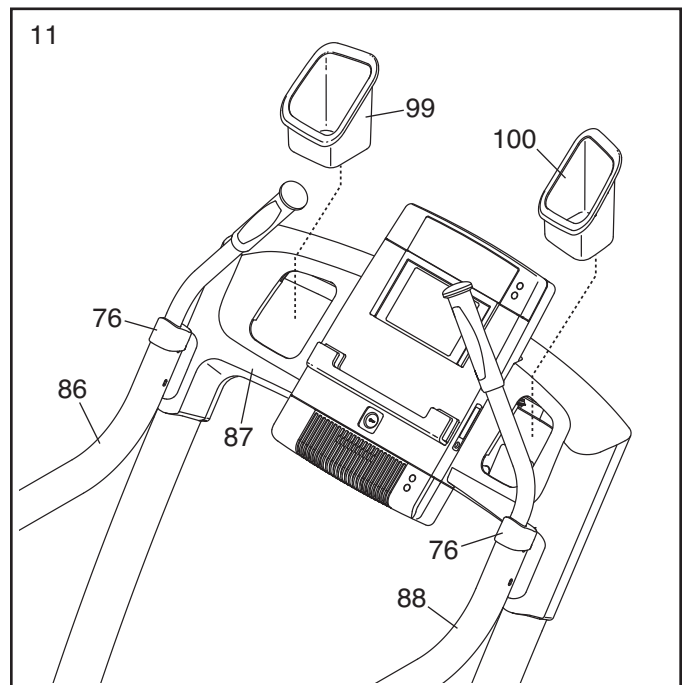


10. Attach the Console Back (89) to the Console Cover (87) with two #8 x 1 1/2" Screws (104) and twelve #8 x 3/4" Screws (1). **Start all fourteen Screws, and then tighten them. Do not overtighten the Screws. Make sure that no wires are pinched.**



11. Press the Left and Right Accessory Trays (99, 100) into the Console Cover (87).

Slide the two Handrail Covers (76) downward against the Left and Right Handrails (86, 88).



12. **Make sure that all parts are properly tightened before you use the incline trainer.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 27 and 28). **To protect the floor or carpet from damage, place a mat under the incline trainer.**

# OPERATION AND ADJUSTMENT

## HOW TO PLUG IN THE POWER CORD

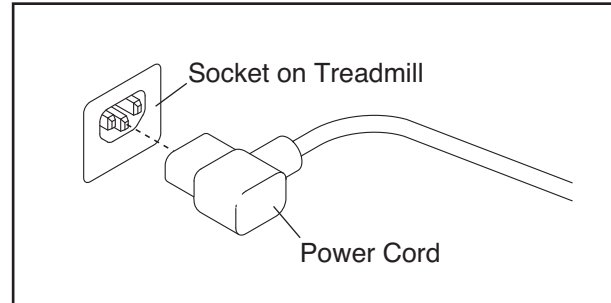
**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug.

**IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

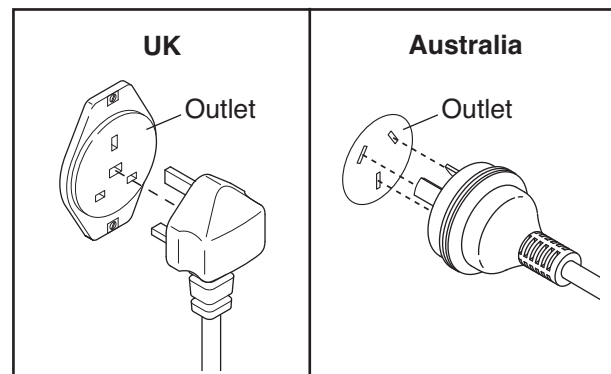
**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

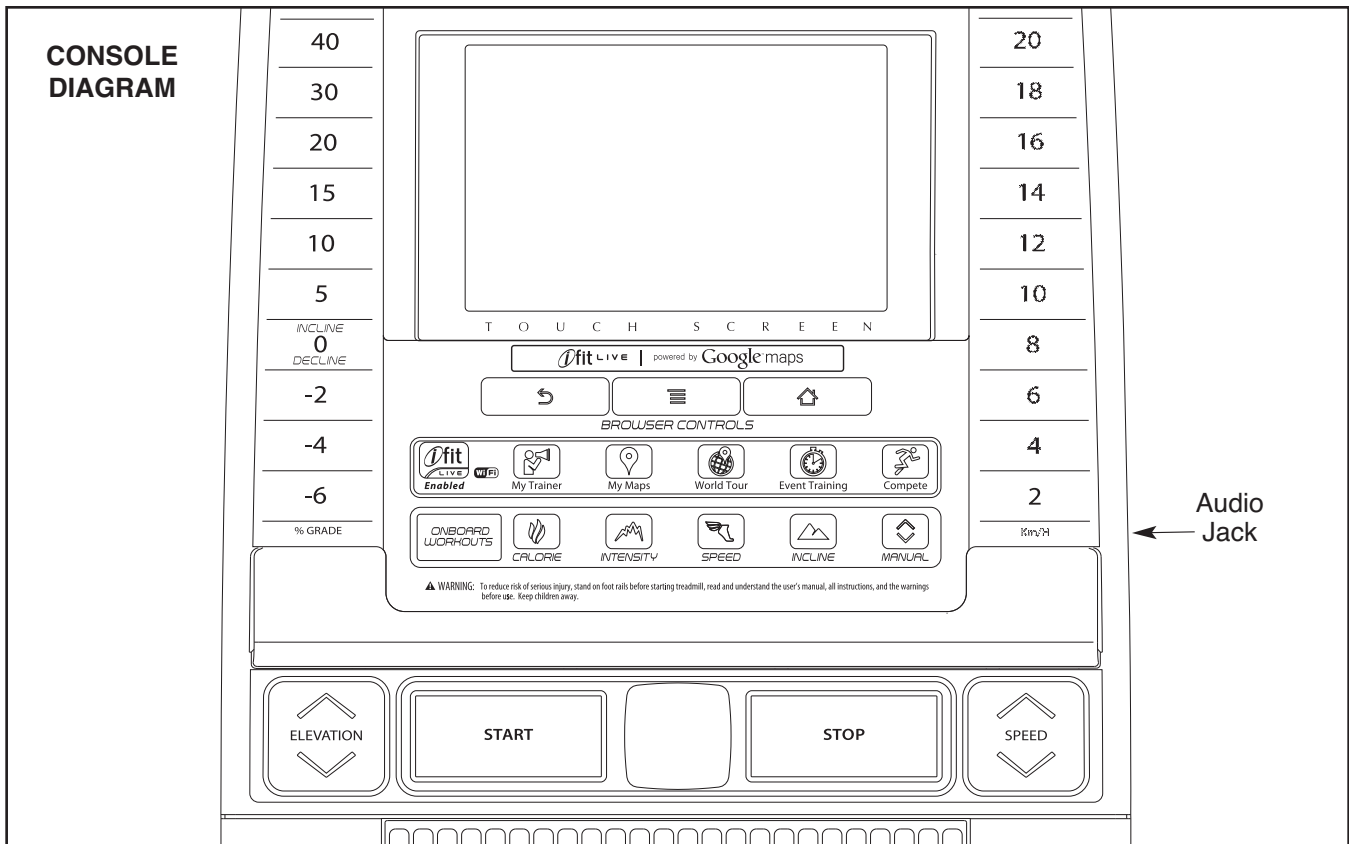
Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the treadmill.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.





## FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit Live technology that enables the incline trainer to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See [www.iFit.com](http://www.iFit.com) for complete information.**

In addition, the console features a selection of onboard workouts, including eight calorie workouts, eight intensity workouts, eight speed workouts, eight incline workouts, and six iFit Live demo workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session. In addition, you can set a time, distance, calorie, or pace goal.

When you use the manual mode, you can change the speed and incline of the incline trainer with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

You can even browse the Internet or listen to your favorite workout music or audio books with the console's stereo sound system while you exercise.

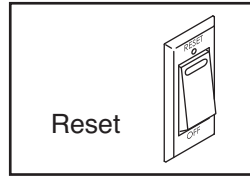
**To turn on the power**, see page 15. **To learn how to use the touch screen**, see page 15. **To set up the console**, see page 16.

**Note:** The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 22. For simplicity, all instructions in this section refer to kilometers.

## HOW TO TURN ON THE POWER

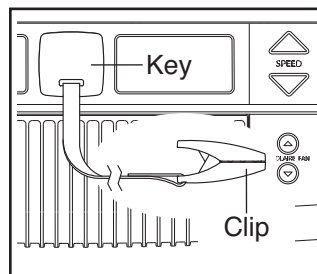
**IMPORTANT:** If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console display or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the incline trainer frame near the power cord. Make sure that the switch is in the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the demo mode is turned on, the screen will show a demo presentation after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 5 on page 22.

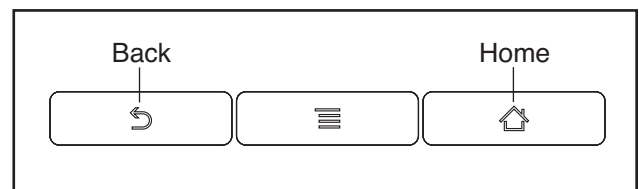
Next, stand on the foot rails of the incline trainer. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **Note:** It may take a minute for the console to be ready for use. **IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.



## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 17). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.
- Use the buttons on the console shown below to navigate the tablet. Press the back button to return to the previous screen. Press the home button to return to the main menu. Note: The center button does not function.



## HOW TO SET UP THE CONSOLE

Before using the incline trainer for the first time, set up the console.

### 1. Connect to your wireless network.

Note: To access the Internet, download iFit Live workouts, and use several other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 24 to connect the console to your wireless network.

### 2. Check for firmware updates.

First, see step 1 on page 22 and step 2 on page 23 and select the maintenance mode. Then, see step 3 on page 23 and check for firmware updates.

### 3. Calibrate the incline system.

See step 4 on page 23 and calibrate the incline system of the incline trainer.

### 4. Create an iFit Live account.

Touch the globe button near the lower-left corner of the screen and then touch the iFit Live button.

Note: For information about navigating in the browser, see page 25. The browser will open to the iFit.com home page. Touch the Register button in the upper-right corner of the screen.

The browser will open to the iFit.com registration page. Touch an entry box to view the keyboard. Slide your finger up or down the screen to scroll up or down the page.

Next, enter a username and password and your e-mail address. Enter the activation code from the iFit Live flier that came with the incline trainer. Touch the Place of Purchase drop-down menu for a list of options; then, touch the location where you purchased your product. Touch the words MEDICAL DISCLAIMER, read the medical disclaimer, touch the I Accept button, and check the medical disclaimer checkbox. Then, touch the Confirm Activation Code button.

Enter the requested personal information. When you have entered all of the information, touch the Finish button. Then, touch the home button on the console to exit the browser.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

**To use the manual mode**, see page 17. **To use an onboard workout**, see page 19. **To use a set-a-goal workout**, see page 20. **To use an iFit Live workout**, see page 21.

**To use the equipment settings mode**, see page 22. **To use the maintenance mode**, see page 23. **To use the wireless network mode**, see page 24. **To use the stereo sound system**, see page 25. **To use the Internet browser**, see page 25.

**IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time you use the incline trainer, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).**

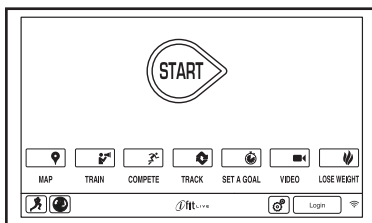
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. **Note: It may take a minute for the console to be ready for use.**

### 2. Select the main menu.

When you turn on the power, the main menu should appear after the console boots up. Touch the home button in the lower-left corner of the screen to return to the main menu at any time.



### 3. Start the walking belt and adjust the speed.

Touch the Start button on the screen or press the Start button on the console to start the walking belt. You can also press the Manual button on the console, and then touch the Resume button on the screen. The walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

If you press one of the numbered Km/H buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

### 4. Change the incline of the incline trainer as desired.

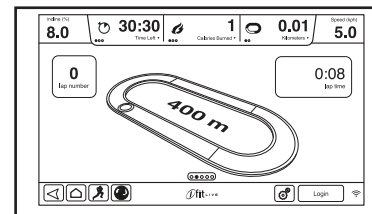
To change the incline of the incline trainer, press the Elevation increase and decrease buttons or one of the numbered % Grade Incline/Decline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

**Note:** For your safety, as you adjust the incline setting to negative levels or to levels above 15%, the maximum speed of the incline trainer will decrease at set intervals.

**Note:** The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 23).

### 5. Monitor your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen (see page 16). You can also view additional information by touching the red boxes on the screen.



As you walk or run on the incline trainer, the screen can show the following workout information:

- The incline level of the incline trainer
- The elapsed time
- The time left (**Note:** The manual mode does not have a time left countdown.)
- The approximate number of calories you have burned
- The approximate number of calories you are burning per hour
- The distance that you have walked or run
- The number of vertical meters you have climbed
- The speed of the walking belt
- A track representing 400 m (1/4 mile)
- Your pace in minutes per mile
- Your current lap number
- Your heart rate (see step 6)

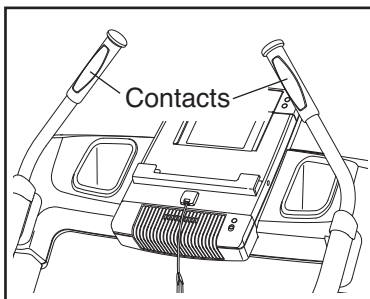
The displays at the top of the screen can show two types of information. Touch each display until the display shows the desired information.

If desired, adjust the volume by pressing the Volume increase and decrease buttons on the console.

To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout session, touch the End Workout button.

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

Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms for approximately ten seconds; **avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

The fan features multiple speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

Press the Coolaire Fan increase button to increase the fan speed. Note: If you press the increase button once while the fan is on its maximum speed setting, the auto fan mode will be selected. Press the Coolaire Fan decrease button repeatedly to decrease the fan speed or to turn off the fan.

#### 8. When you are finished exercising, remove the key from the console.

Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. Then, remove the key from the console and put it in a secure place.

When you are finished using the incline trainer, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the incline trainer's electrical components may wear prematurely.**

## HOW TO USE AN ONBOARD WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select an onboard workout.

To select an onboard workout, press the Calorie button, the Intensity button, the Speed button, or the Incline button on the console. Note: You can also touch the runner icon on the screen to select the Workouts menu.

Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

### 3. Start the workout.

Touch the Start Workout button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each workout is divided into several segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting of the current segment. The top profile represents the speed setting of the current segment.

At the end of the first segment of the workout, the incline trainer will automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

If the speed or incline setting is too high or too low at any time during the workout, you can override the setting by pressing the Speed or Elevation buttons; **however, when the next segment begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

To pause the workout, touch either the back button or the home button in the lower-left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Start button on the console. To end the workout, touch the End Workout button.

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your metabolic rate. In addition, if you manually change the speed or incline of the incline trainer during the workout, the number of calories that you burn will be affected.**

### 4. Monitor your progress.

See step 5 on page 17. The screen can also show a profile of the speed and incline settings of the workout.

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

See step 6 on page 18.

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

See step 7 on page 18.

### 7. When you are finished exercising, remove the key from the console.

See step 8 on page 18.

## HOW TO USE A SET-A-GOAL WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

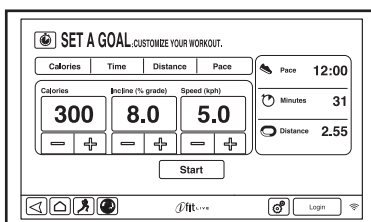
### 2. Select the main menu.

See step 2 on page 17.

### 3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a time, distance, calorie, or pace goal, touch the Time, Distance, Calories, or Pace button.



Then, touch the increase and decrease buttons on the screen to select a time, distance, calorie, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

### 4. Start the workout.

Touch the Start button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

The workout will function in the same way as the manual mode (see pages 17 and 18).

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your metabolic rate.**

### 5. Monitor your progress.

See step 5 on page 17.

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

See step 6 on page 18.

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

See step 7 on page 18.

### 8. When you are finished exercising, remove the key from the console.

See step 8 on page 18.

## HOW TO USE AN iFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 24). An iFit Live account is also required.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select the main menu.

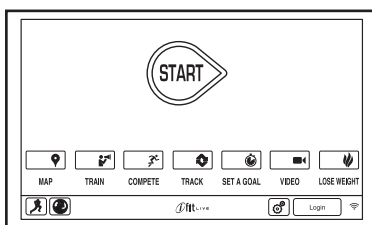
See step 2 on page 17.

### 3. Log in to your iFit Live account.

If you have not already done so, touch the Login button to log in to your iFit Live account. The screen will ask for your iFit.com username and password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

### 4. Select an iFit Live workout.

To download an iFit Live workout in your schedule, touch the Map, Train, Video, or Lose Weight button to



download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit Live account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 20). Note: You can also press one of the iFit Live buttons on the console.

To switch users within the account, touch the user button near the lower right corner of the screen.

Before some workouts will download, you must add them to your schedule on iFit.com.

**For more information about the iFit Live workouts, please see [www.iFit.com](http://www.iFit.com).**

When you select an iFit Live workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

### 5. Start the workout.

See step 3 on page 19.

During some workouts, the voice of a personal trainer will guide you through your workout.

### 6. Monitor your progress.

See step 5 on pages 17 and 18. The screen may also show a map of the trail that you are walking or running.

During a competition workout, the screen will show the speeds of the runners and the distances they have run. The screen will also show the numbers of seconds that the other runners are ahead of you or behind you.

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

See step 6 on page 18.

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

See step 7 on page 18.

### 9. When you are finished exercising, remove the key from the console.

See step 8 on page 18.

**For more information about the iFit Live mode, go to [www.iFit.com](http://www.iFit.com).**

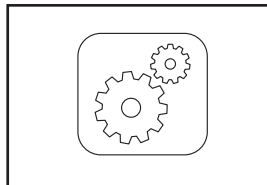
## HOW TO USE THE EQUIPMENT SETTINGS MODE

The equipment settings mode allows you to select a language and the unit of measurement, to turn on and turn off the display demo mode, and to enable or disable the key.

### 1. Select the settings main menu.

Insert the key into the console (see HOW TO TURN ON THE POWER on page 15). Next, select the main menu (see step 2 on page 17). Then, touch

the gears button near the lower right corner of the screen to select the settings main menu.



### 2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

### 3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

### 4. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

### 5. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset

position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

### 6. Enable or disable the key.

Note: This feature may not be enabled on your incline trainer.

You can disable the key so that the incline trainer does not require the use of the key if desired. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox.

### 7. Enable or disable a passcode.

The console features a child safety passcode, designed to prevent unauthorized users from using the incline trainer.

Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

### 8. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the screen.

## HOW TO USE THE MAINTENANCE MODE

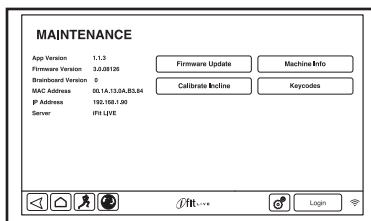
The maintenance mode allows you to update the console firmware, calibrate the incline of the incline trainer, calibrate the screen, view technical information, and view a button's keycode.

### 1. Select the settings main menu.

See step 1 on page 22.

### 2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the incline trainer.

### 3. Update the console firmware.

**For the best results, regularly check for firmware updates.**

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

**To avoid damaging the incline trainer, do not turn off the power or remove the key while the firmware is being updated.**

Note: If you cannot update the console firmware over your wireless network, you can update the firmware using a USB drive. Go to [www.iFit.com](http://www.iFit.com) and download the latest firmware update onto your USB drive. Safely remove the USB drive from your computer and plug it into the USB port on the side of the console. The update should begin automatically.

The screen will show the progress of the update. When the update is complete, the incline trainer will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

### 4. Calibrate the incline system of the incline trainer.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The incline trainer will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

**IMPORTANT: Keep pets, feet, and other objects away from the incline trainer while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.**

### 5. View machine information.

Touch the Machine Info button to view information about your incline trainer. After you view the information, touch the back button on the screen.

### 6. Find Keycodes.

This option is intended to be used by service technicians to identify whether a certain button is working correctly.

### 7. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console.

## HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

### 1. Select the settings main menu.

See step 1 on page 22.

### 2. Select the wireless network mode.

In the settings main menu, touch the Wireless Network button to enter the wireless network mode.

### 3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

Note: You must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, press the back button on the console to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

**Note: If you have questions after following these instructions, go to [www.iFit.com/support](http://www.iFit.com/support) for assistance.**

### 5. Exit the wireless network mode.

To exit the wireless network mode, press the back button on the console.

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Plug one end of your audio wire into the audio jack on the side of the console. Plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the Volume increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

Note: The USB port on the side of the console is for firmware updates only.

## HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website.

To return to the previous web page, press the back button on the console or touch the Browser Back button on the screen. To exit the browser, press the home button on the console or touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.

To enter a different web address in the URL bar, first slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

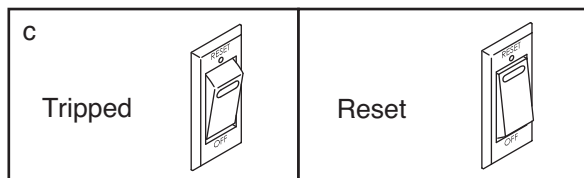
**Note: If you have questions after following these instructions, go to [www.iFit.com/support](http://www.iFit.com/support) for assistance.**

# TROUBLESHOOTING

Most incline trainer 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, see the front cover of this manual.

## SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly earthed outlet (see page 13). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



## SYMPTOM: The power turns off during use

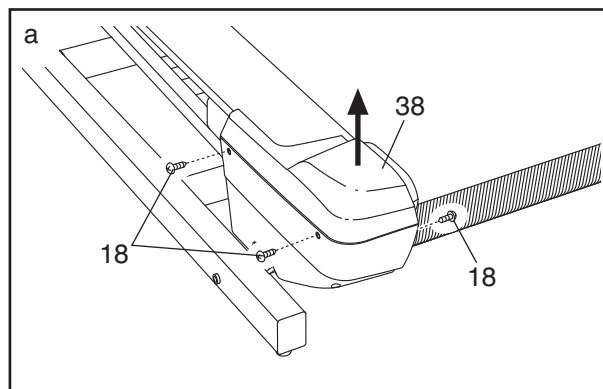
- Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- If the incline trainer still will not run, please see the front cover of this manual.

## SYMPTOM: The console displays remain lit when you remove the key from the console

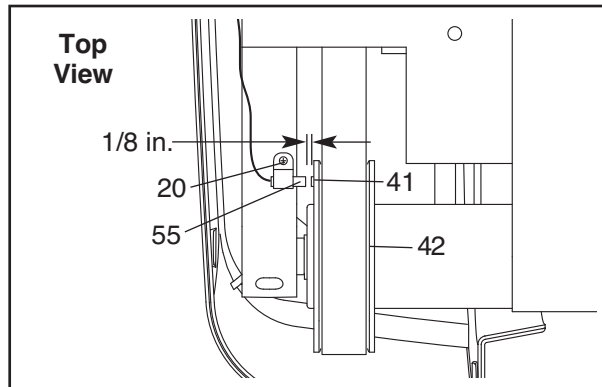
- The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the screen remains lit when you remove the key, the demo mode is turned on. To turn off the demo mode, see step 5 on page 22.

## SYMPTOM: The console does not display speed and distance correctly

- Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the three indicated #8 x 1/2" Cover Screws (18). Lift off the Left Roller Cover (38).



Locate the Reed Switch (55) and the Magnet (41) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Clamp Screw (20), move the Reed Switch slightly, and then retighten the Screw. Reattach the Left Roller Cover (not shown) and run the incline trainer for a few minutes to check for a correct speed reading.



**SYMPTOM: The incline of the incline trainer does not change correctly**

- a. Recalibrate the incline system. See step 4 on page 23.

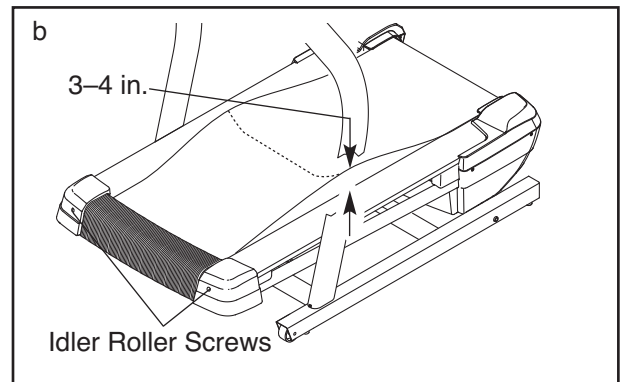
**SYMPTOM: The iFit Live mode is not functioning correctly**

- a. If the iFit Live mode is not functioning correctly, make sure that the incline trainer has the most current firmware available (see step 3 on page 23).

**SYMPTOM: The walking belt slows when walked on**

- a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).

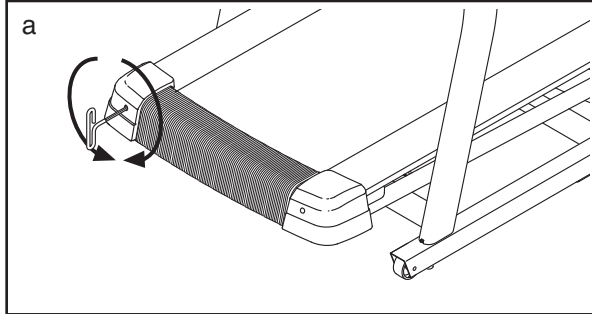
- b. If the walking belt is overtightened, incline trainer performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



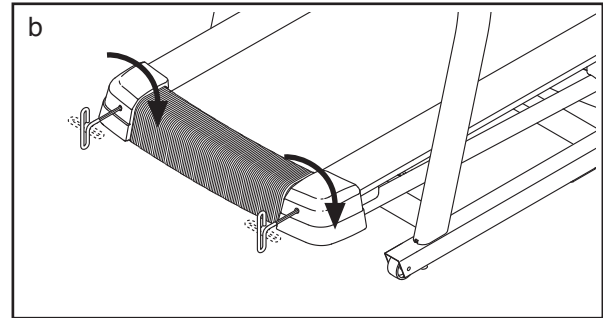
- c. Your incline trainer features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

**SYMPTOM: The walking belt is off-center or slips when walked on**

- a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is centered.



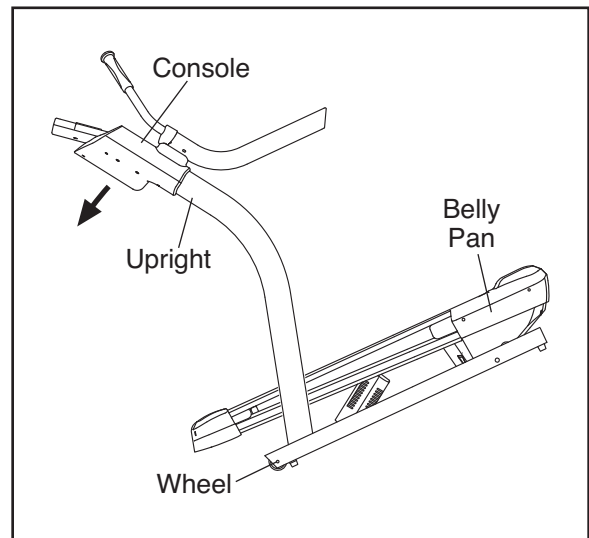
- b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



## HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the upright firmly near the console. Tip the incline trainer backward until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the incline trainer, do not lift the incline trainer by the plastic belly pan. Do not pull on the console.** Carefully roll the incline trainer on the wheels to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**



# EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

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

## WORKOUT GUIDELINES

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

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

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

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

# PART LIST

Model No. NETL24810.0 R0212A

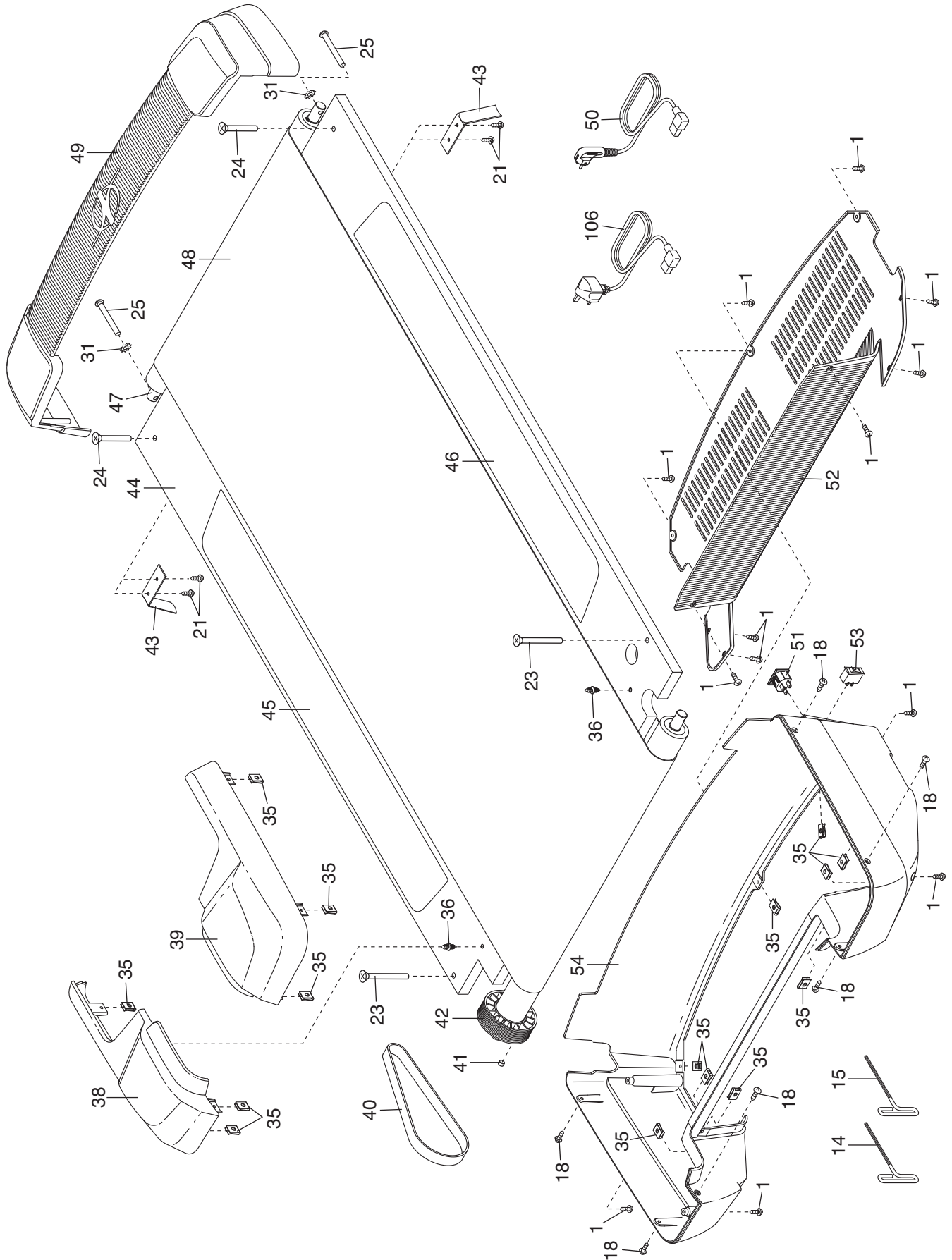
Key No.	Qty.	Description	Key No.	Qty.	Description
1	48	#8 x 3/4" Screw	51	1	Grommet
2	4	#8 x 1" Tek Screw	52	1	Belly Pan Cover
3	2	5/16" Flat Washer	53	1	Power Switch
4	4	5/16" x 2 3/4" Screw	54	1	Belly Pan
5	4	3/8" x 3 1/2" Screw	55	1	Reed Switch
6	2	3/8" x 2 1/2" Bolt	56	1	Reed Switch Clamp
7	2	3/8" Nut	57	1	Left Rear Cushion
8	10	3/8" Star Washer	58	1	Frame
9	4	5/16" Star Washer	59	1	Belly Pan Plate
10	4	Base Foot	60	1	Left Front Cushion
11	4	Base Foot Spacer	61	1	Front Belly Pan
12	2	Wheel	62	1	Right Front Cushion
13	9	#8 x 1/2" Screw	63	1	Top Incline Motor Cover
14	1	Hex Key	64	1	Incline Motor
15	1	5/32" Hex Key	65	1	Bottom Incline Motor Cover
16	4	#6 x 1" Screw	66	1	Incline Motor Wire
17	8	#8 x 3/4" Tek Screw	67	5	Wire Clamp
18	9	#8 x 1/2" Cover Screw	68	1	Right Rear Cushion
19	1	Key/Clip	69	1	Resistor
20	1	#8 x 3/4" Clamp Screw	70	1	Electronics Plate
21	4	#8 Belt Guide Screw	71	1	Controller
22	2	1/4" x 1 1/2" Screw	72	8	8" Wire Tie
23	2	5/16" x 1 3/4" Bolt	73	2	Releasable Tie
24	2	5/16" x 1 3/4" Shoulder Bolt	74	2	8" Cable Tie
25	2	1/4" x 2 1/2" Screw	75	1	Drive Motor
26	1	3/8" x 1 1/2" Bolt	76	2	Handrail Cover
27	1	3/8" x 2 1/4" Bolt	77	1	Left Upright
28	2	3/8" x 4 1/2" Screw	78	1	Upright Wire
29	2	1/4" Motor Screw	79	1	Right Upright
30	3	#8 Star Washer	80	1	Base
31	4	1/4" Star Washer	81	2	Round Grommet
32	4	3/8" Jam Nut	82	2	Caution Decal
33	4	5/16" Nut	83	1	Warning Decal
34	4	3/8" x 5" Screw	84	2	Base Cap
35	15	Clip	85	1	Console
36	2	Plastic Fastener	86	1	Left Handrail
37	1	Incline Stop Bracket	87	1	Console Cover
38	1	Left Roller Cover	88	1	Right Handrail
39	1	Right Roller Cover	89	1	Console Back
40	1	Motor Belt	90	1	Left Pulse Wire
41	1	Magnet	91	1	Right Pulse Wire
42	1	Drive Roller/Pulley	92	4	Pulse Plate
43	2	Belt Guide	93	4	Pulse Plate Housing
44	1	Walking Platform	94	2	Pulse Handle
45	1	Left Platform Decal	95	0	Not Used
46	1	Right Platform Decal	96	1	Console Fan
47	1	Idler Roller	97	1	Ground Wire
48	1	Walking Belt	98	2	Handrail Cap
49	1	Front Hood	99	1	Left Accessory Tray
50	1	Power Cord	100	1	Right Accessory Tray

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Incline Sensor Wire	105	1	Filter
102	2	Rubber Spacer	106	1	UK Power Cord
103	1	Console Crossbar	107	8	Frame Bushing
104	4	#8 x 1 1/2" Screw	*	–	User's Manual

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

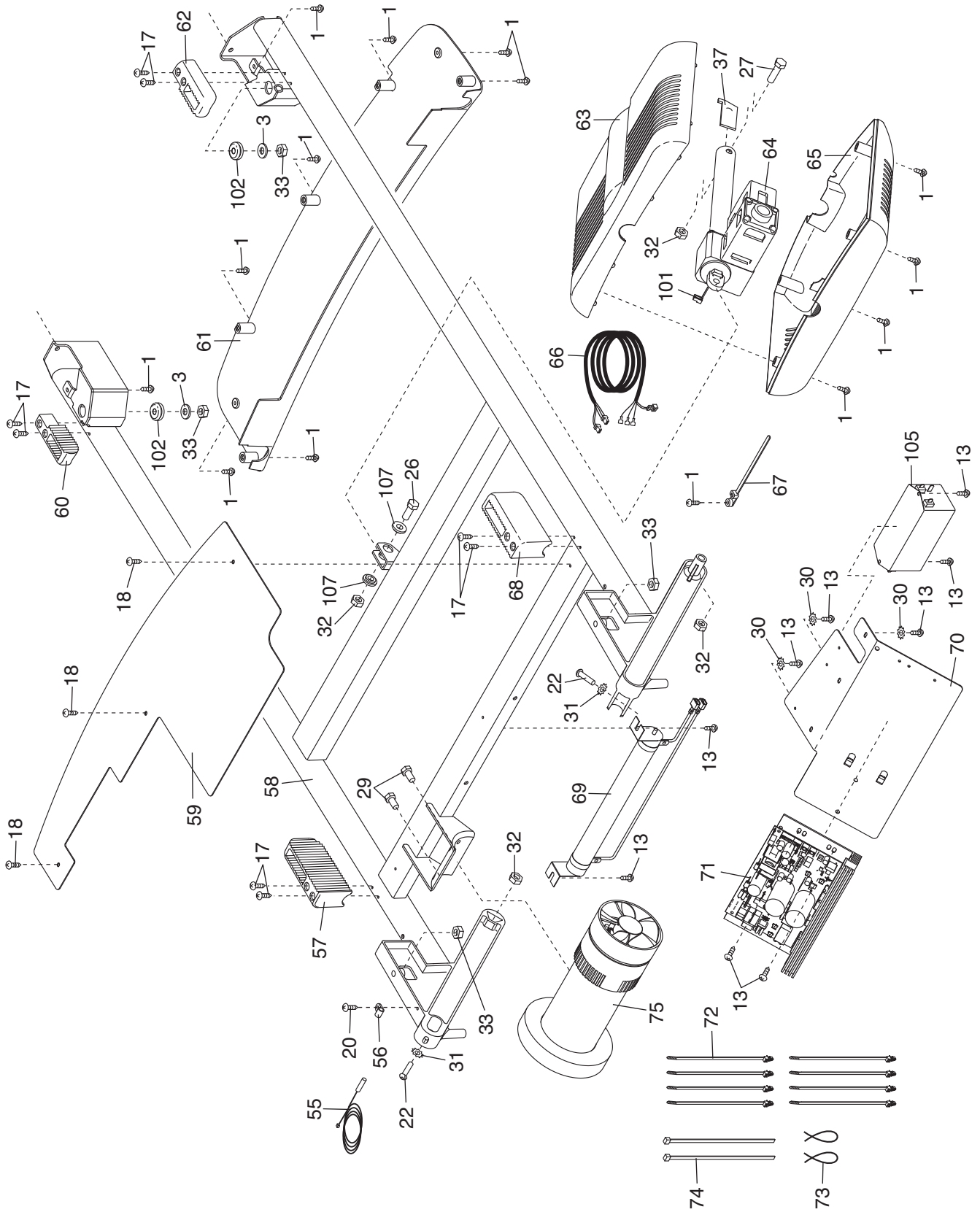
# EXPLODED DRAWING A

Model No. NETL24810.0 R0212A



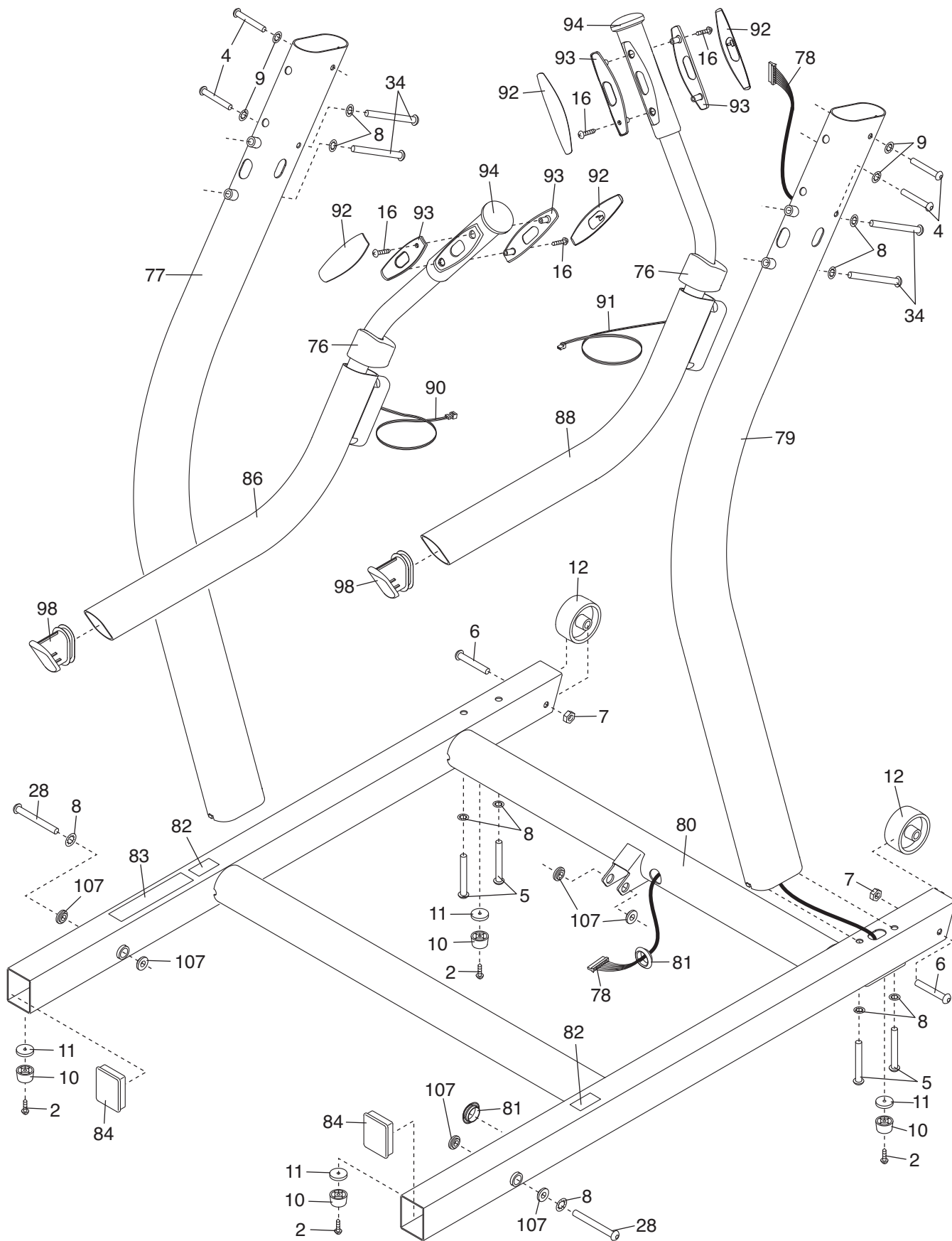
# EXPLODED DRAWING B

Model No. NETL24810.0 R0212A



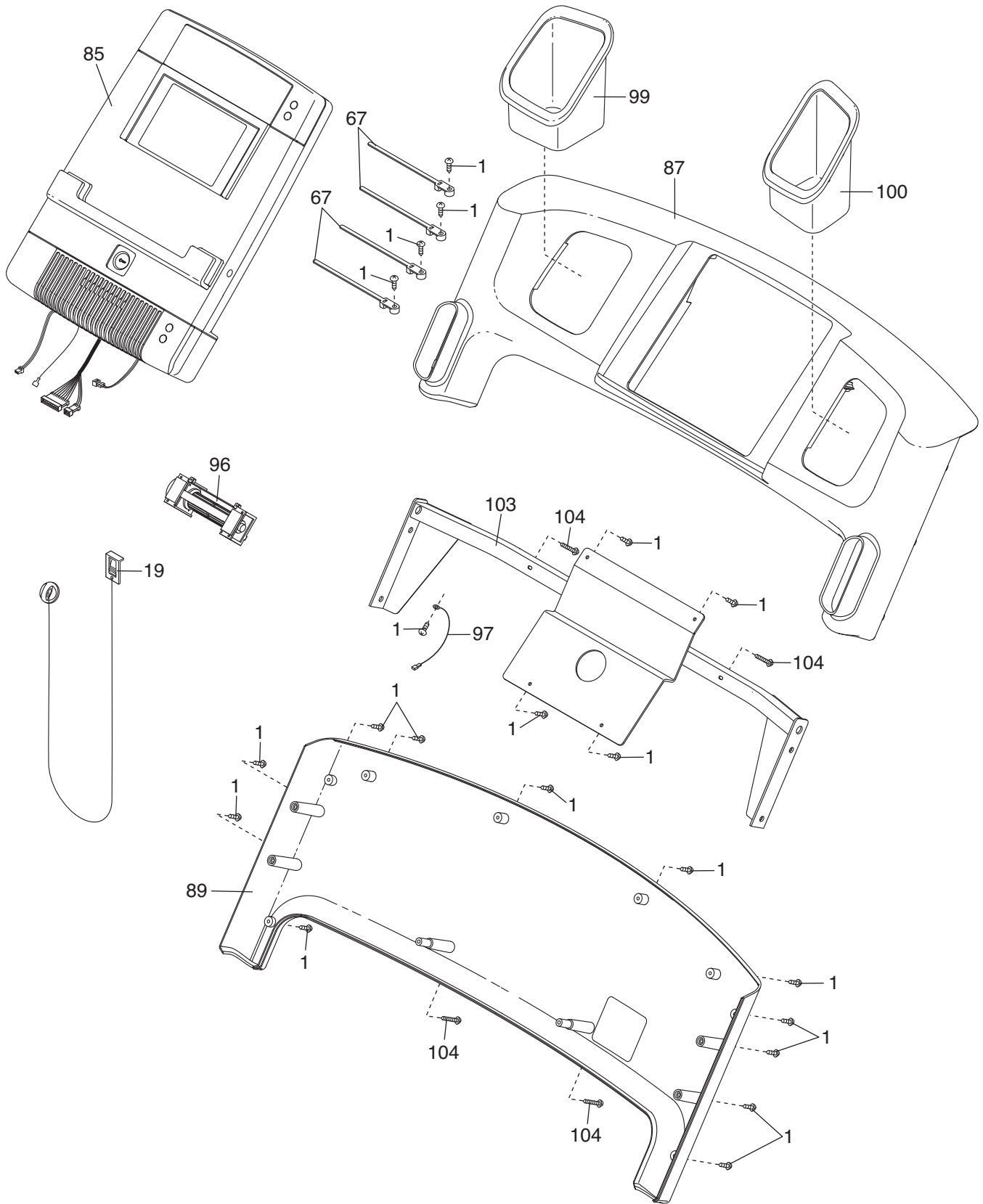
# EXPLODED DRAWING C

Model No. NETL24810.0 R0212A



# EXPLODED DRAWING D

Model No. NETL24810.0 R0212A



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## ORDERING REPLACEMENT PARTS

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

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

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## RECYCLING INFORMATION

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

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

