

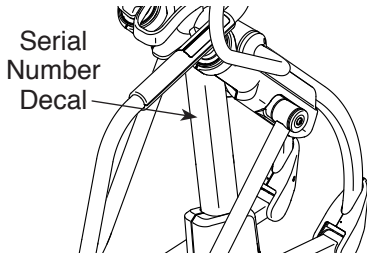
# NordicTrack® A.C.T.

## COMMERCIAL 7

Model No. NTEVEL15016.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### CUSTOMER SERVICE

#### UNITED KINGDOM

Call: 0330 123 1045

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.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

#### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

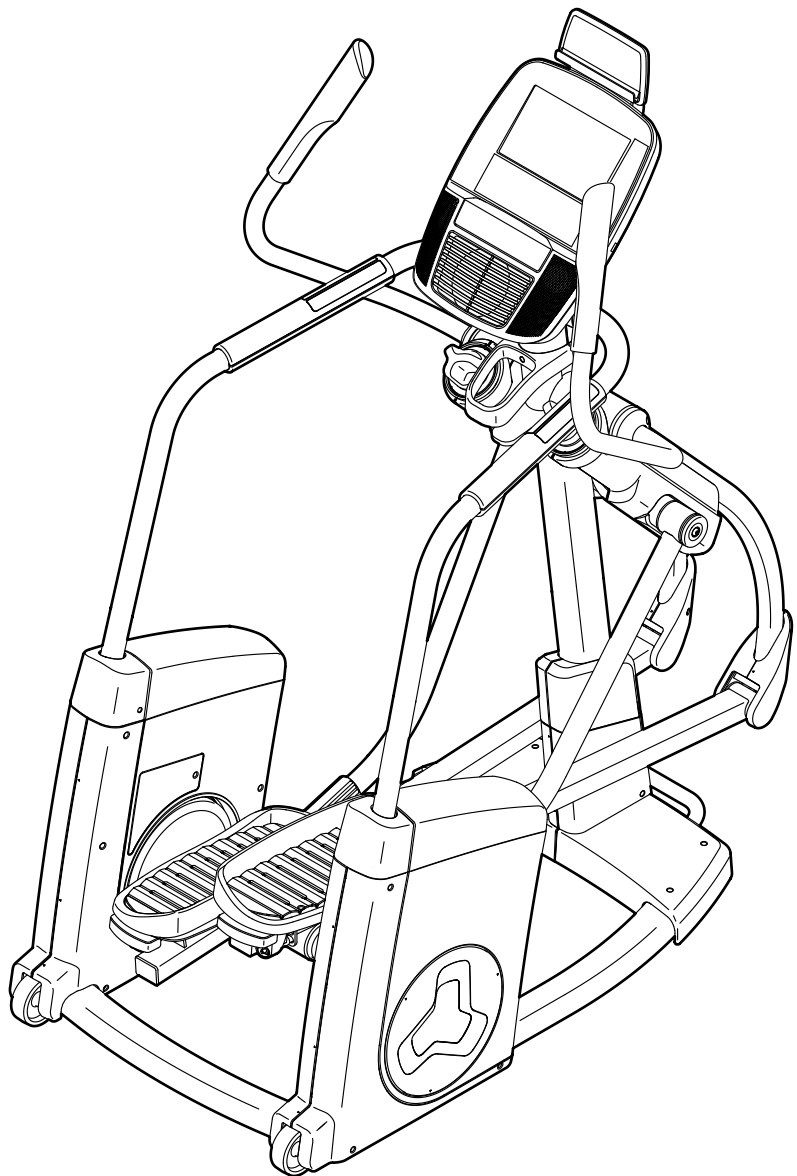
**Write:**

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

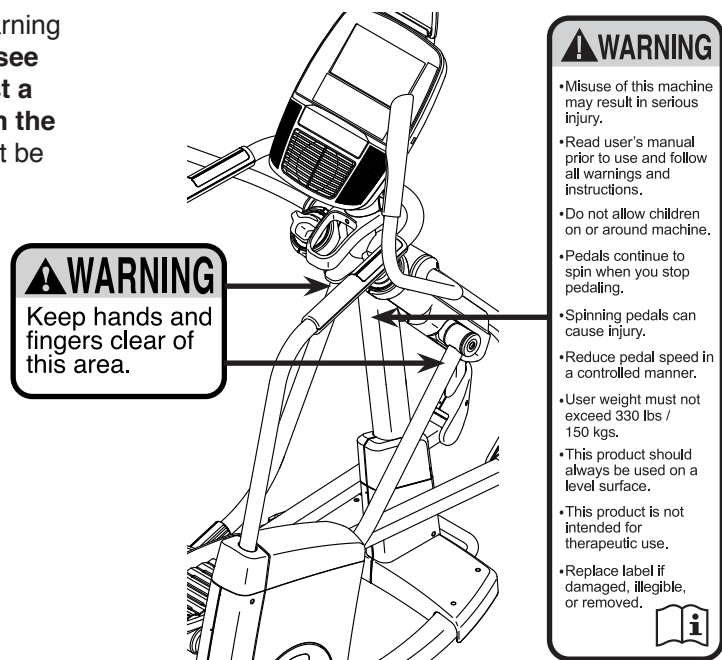
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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# IMPORTANT PRECAUTIONS

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

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

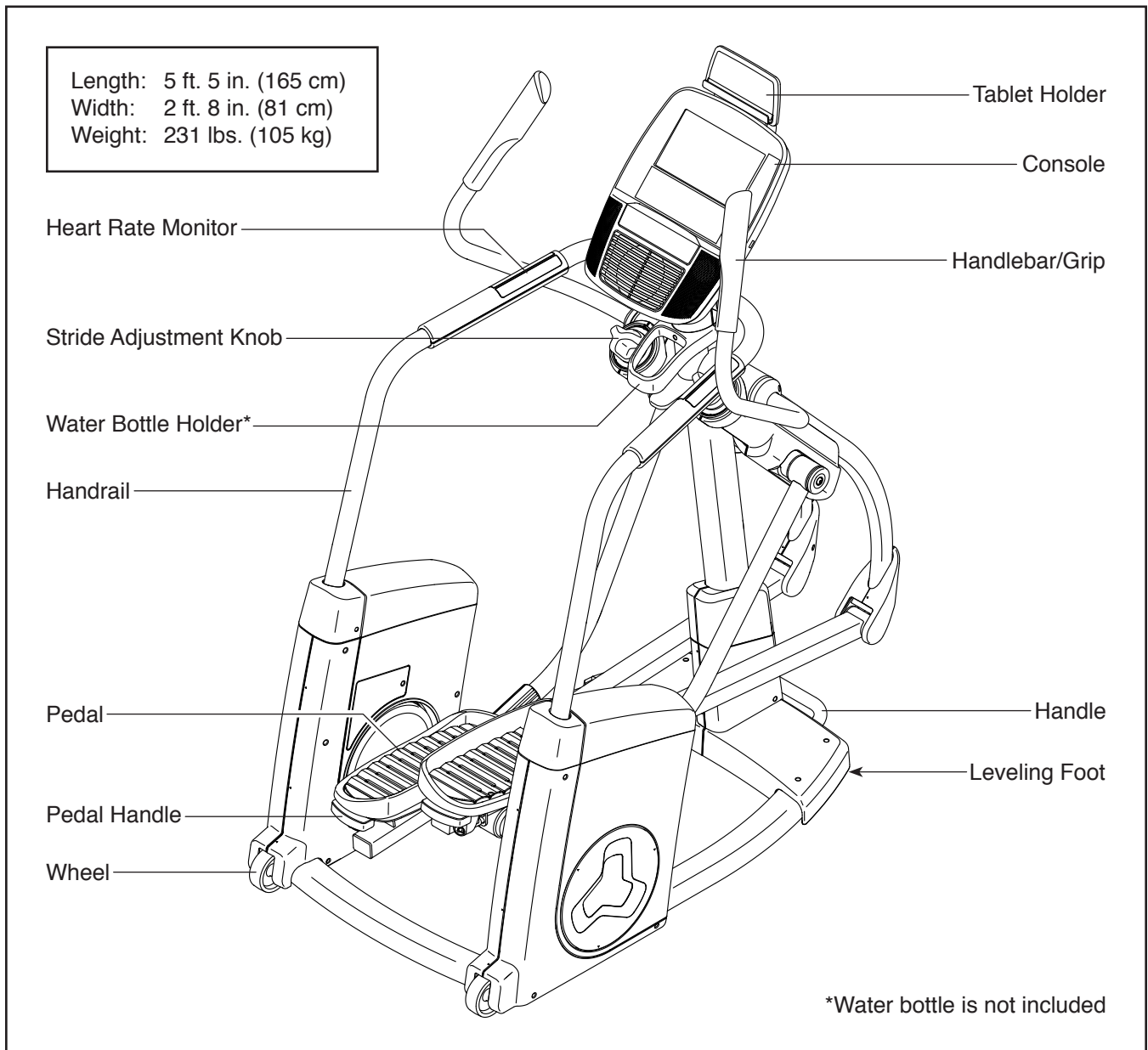
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ACT COMMERCIAL 7 elliptical. The ACT COMMERCIAL 7 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after

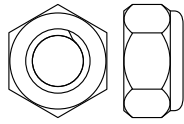
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

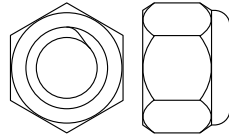


# PART IDENTIFICATION CHART

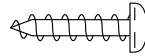
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



M8 Locknut  
(111)-4



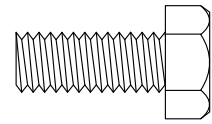
M10 Locknut  
(105)-4



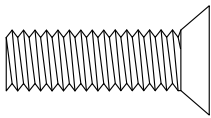
M4 x 16mm  
Screw (67)-18



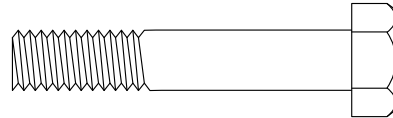
#8 x 12mm  
Screw (146)-4



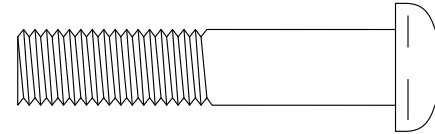
M8 x 20mm  
Screw (61)-12



M8 x 25mm Flat  
Head Screw (68)-6



M8 x 45mm Bolt  
(130)-4



M10 x 50mm Bolt  
(100)-4

# ASSEMBLY

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

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

one Phillips screwdriver 

one rubber mallet 

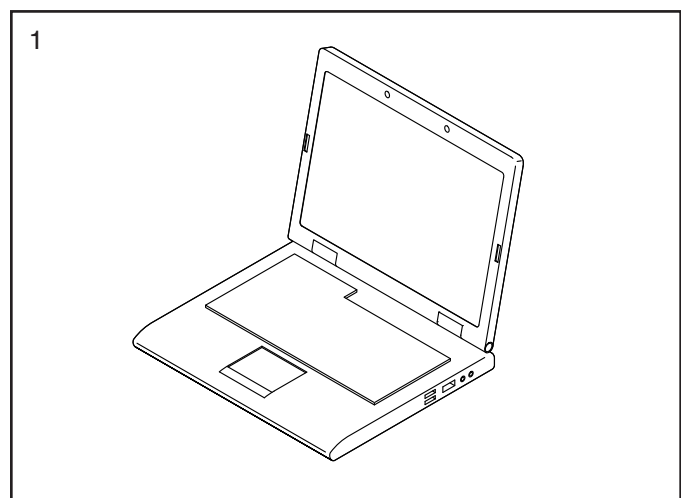
one adjustable wrench 

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

## 1. Go to [www.iconsupport.eu](http://www.iconsupport.eu) on your computer and register your product.

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

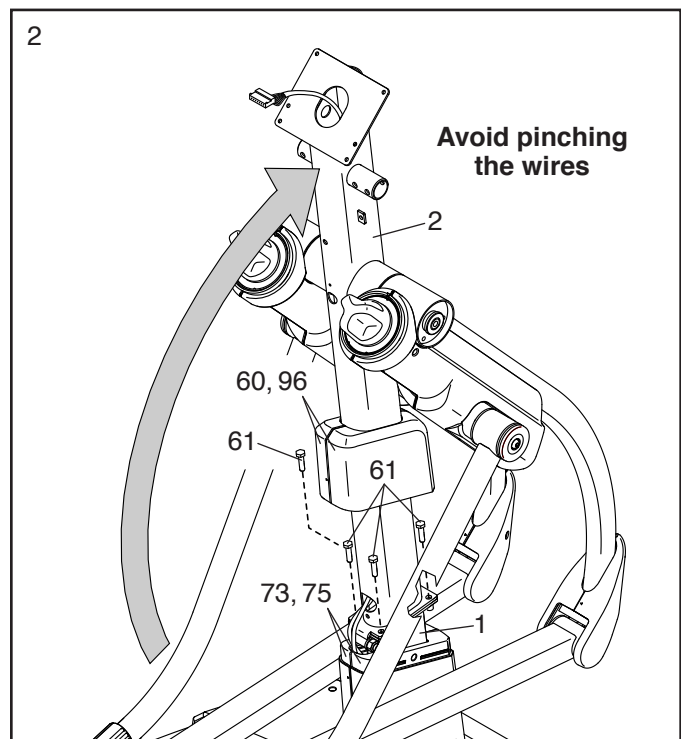
Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.



## 2. Have a second person raise the Upright (2) and hold it in the position shown.

Slide the Right and Left Upright Covers (60, 96) upward as shown.

Secure the Upright (2) to the Frame (1) with four M8 x 20mm Screws (61); **do not tighten the Screws yet.**



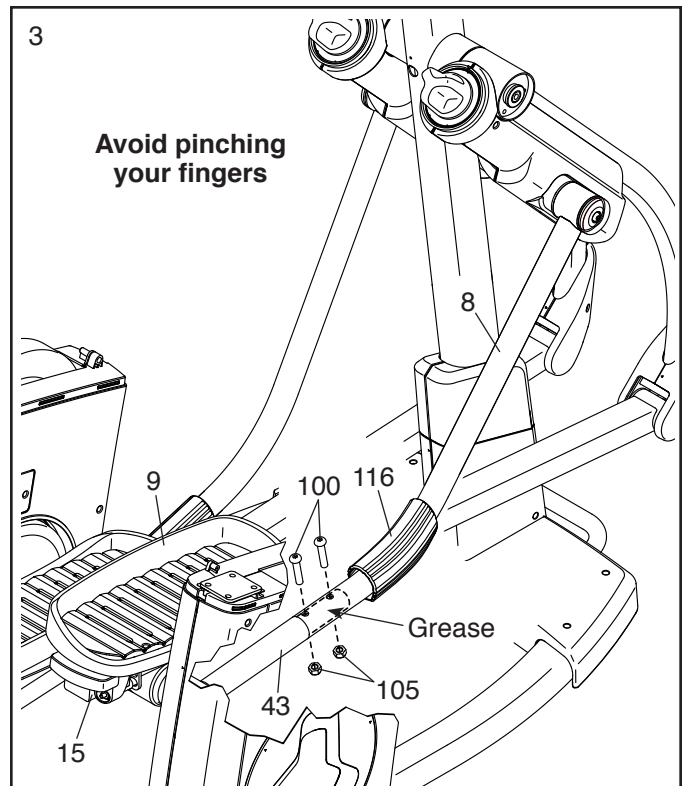
3. Have a second person lift the Right Pedal (9) and the Right Pedal Arm (15).

Using a plastic bag to keep your fingers clean, apply some of the included grease to the right Link Arm Bracket (43) in the location shown.

**Tip: Avoid pinching your fingers.** Slide the right Link Arm (8) onto the right Link Arm Bracket (43). Attach the right Link Arm with two M10 x 50mm Bolts (100) and two M10 Locknuts (105).

Then, slide the right Link Arm Cover (116) over the M10 x 50mm Bolts (100) and the M10 Locknuts (105).

**Repeat this step on the left side of the elliptical.**



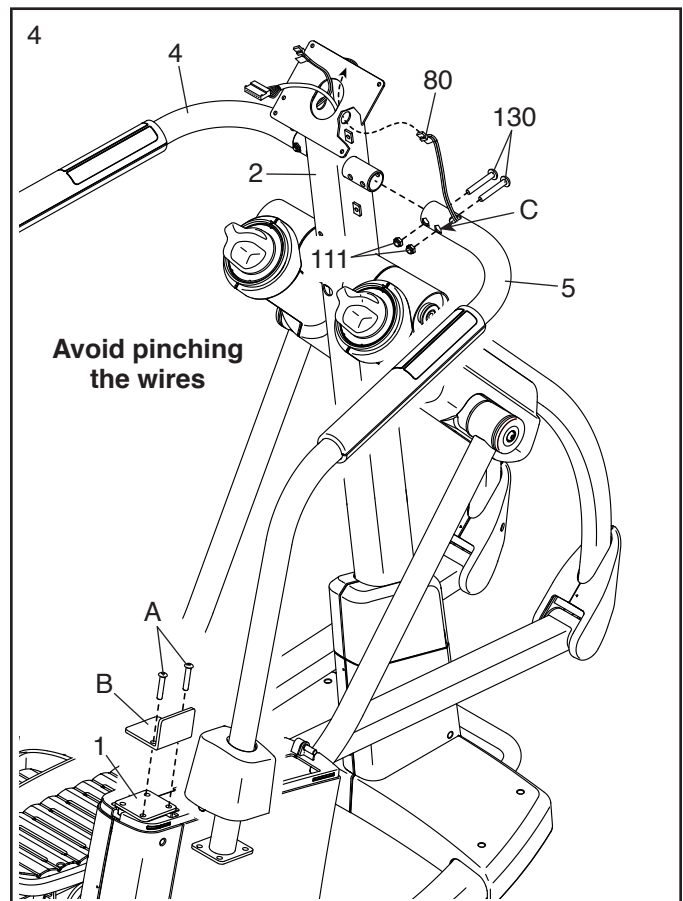
4. Remove the two screws (A) and the shipping bracket (B) from the right side of the Frame (1). Discard the screws and the shipping bracket.

**Tip: Avoid pinching the wires.** Slide the upper end of the Right Handrail (5) onto the right side of the Upright (2).

Attach the Right Handrail (5) with two M8 x 45mm Bolts (130) and two M8 Locknuts (111); **make sure that the Locknuts are inside the hexagonal holes (C), but do not tighten the Bolts yet.**

Then, insert the end of the Right Pulse Wire (80) into the hole in the right side of the Upright (2) and route it out of the top of the Upright.

**Repeat this step on the left side of the elliptical.**



5. Attach the lower end of the Right Handrail (5) to the Frame (1) with four M8 x 20mm Screws (61); **do not tighten the Screws yet.**

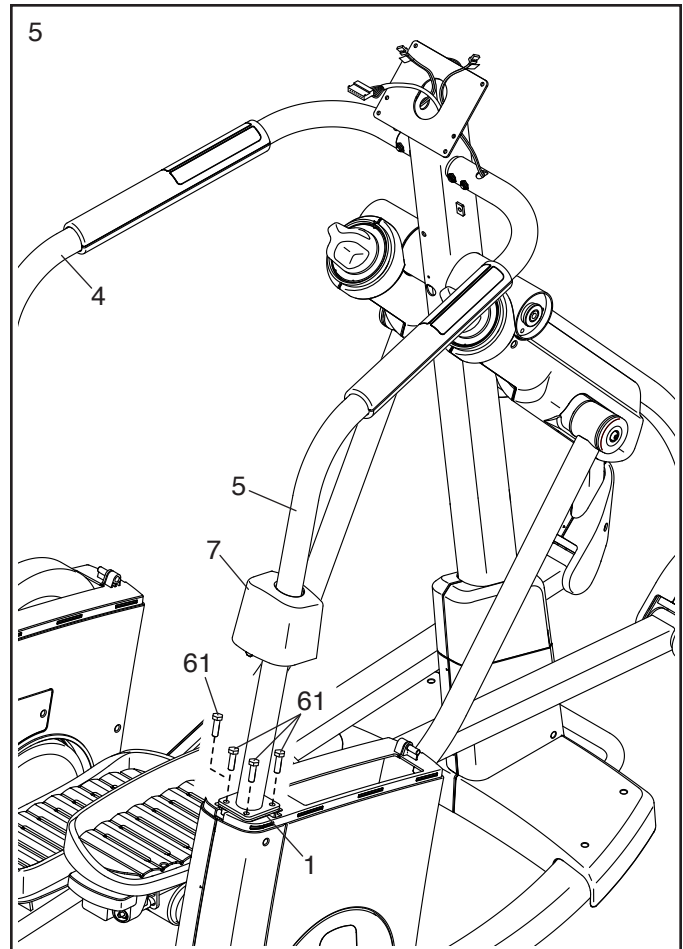
**Attach the lower end of the Left Handrail (4) in the same way.**

**See step 2.** Tighten the four M8 x 20mm Screws (61). Then, slide the Right and Left Upright Covers (60, 96) downward and press them onto the Right and Left Frame Post Covers (73, 75); **avoid pinching the wires.**

**See step 4.** Tighten the four M8 x 45mm Bolts (130).

**Then, tighten the eight M8 x 20mm Screws (61).**

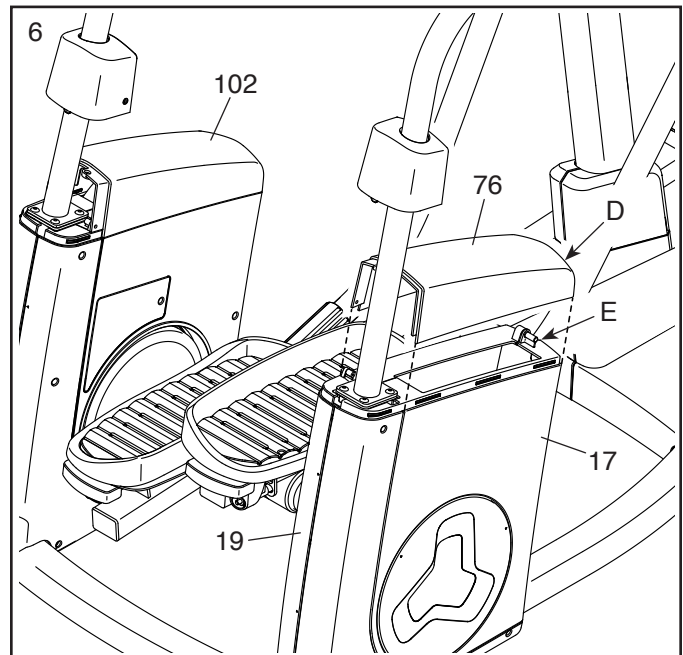
**Do not press the Right and Left Handrail Covers (7, not shown) into place yet.**



6. Align the tab (D) on the Right Shield Cover (76) with the indicated hole (E) in the Right Outer and Inner Shields (17, 19).

Press the Right Shield Cover (76) onto the Right Outer and Inner Shields (17, 19).

**Attach the Left Shield Cover (102) in the same way.**

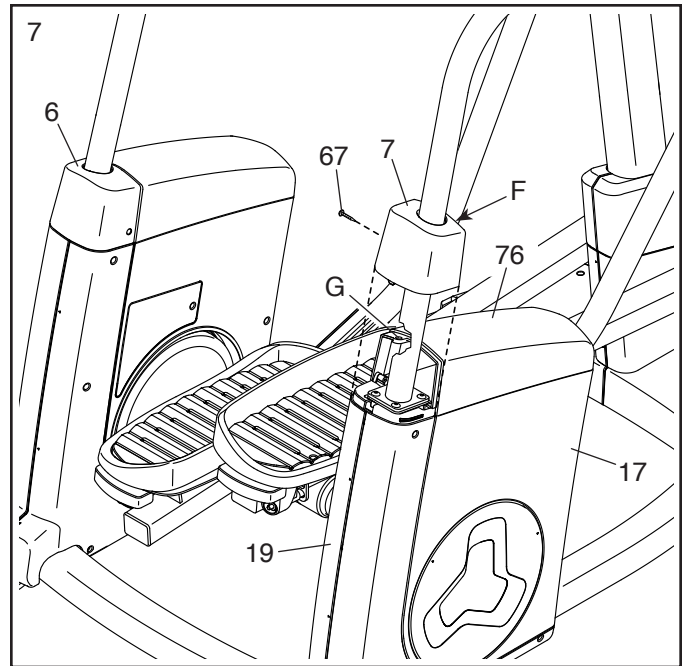


- Align the plastic post (F) inside the Right Handrail Cover (7) with the indicated hole (G) in the Right Shield Cover (76).

Press the Right Handrail Cover (7) onto the Right Shield Cover (76) and onto the Right Outer and Inner Shields (17, 19).

Attach the Right Handrail Cover (7) with an M4 x 16mm Screw (67).

**Attach the Left Handrail Cover (6) in the same way.**

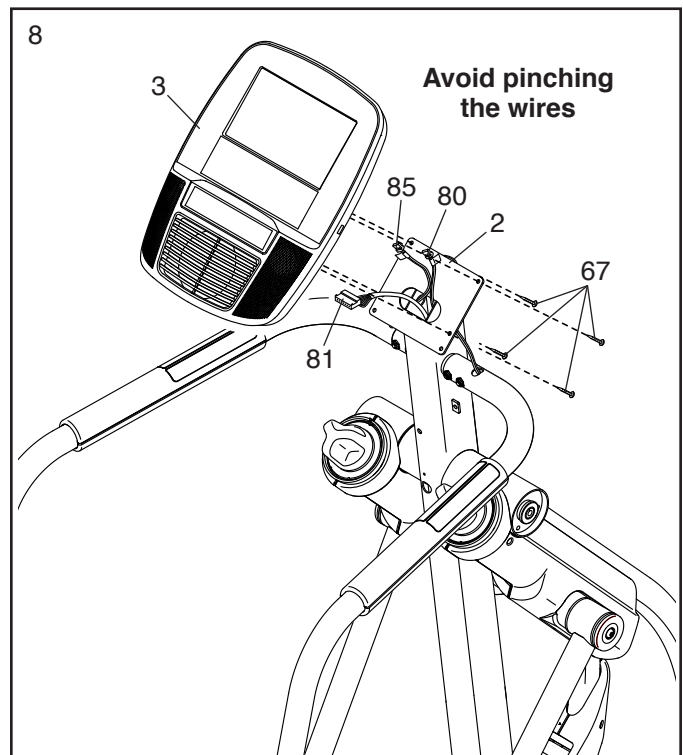


- Have a second person hold the Console (3) near the Upright (2).

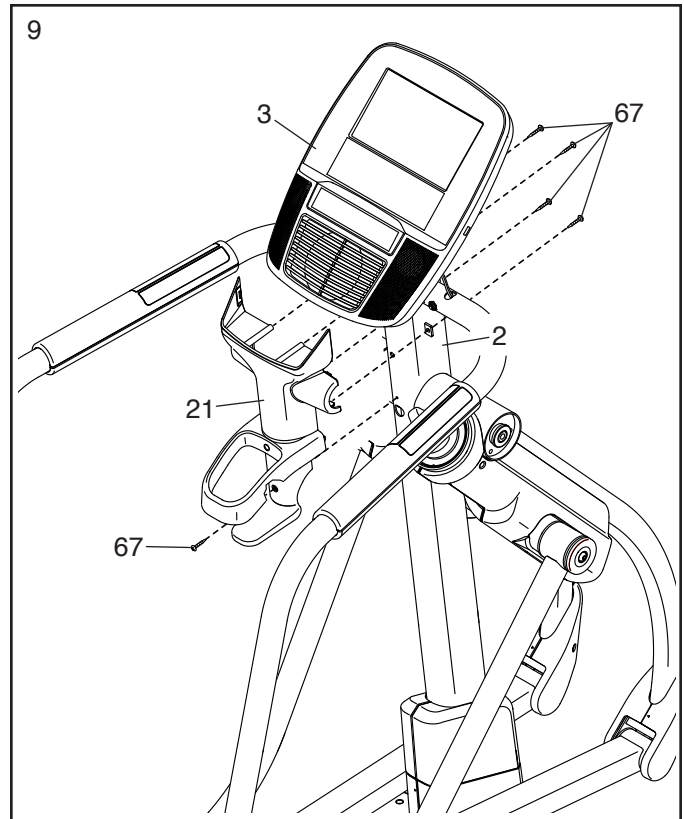
Plug the Upper Wire (81) into the large receptacle on the back of the Console (3). Next, plug the Right and Left Pulse Wires (80, 85) into the right and left receptacles. **The connectors on the Wires should slide easily into the receptacles and snap into place.** If a connector does not slide easily, turn it and try again. **If you do not insert the connectors properly, the Console may become damaged.**

Next, insert the excess wire into the Upright (2).

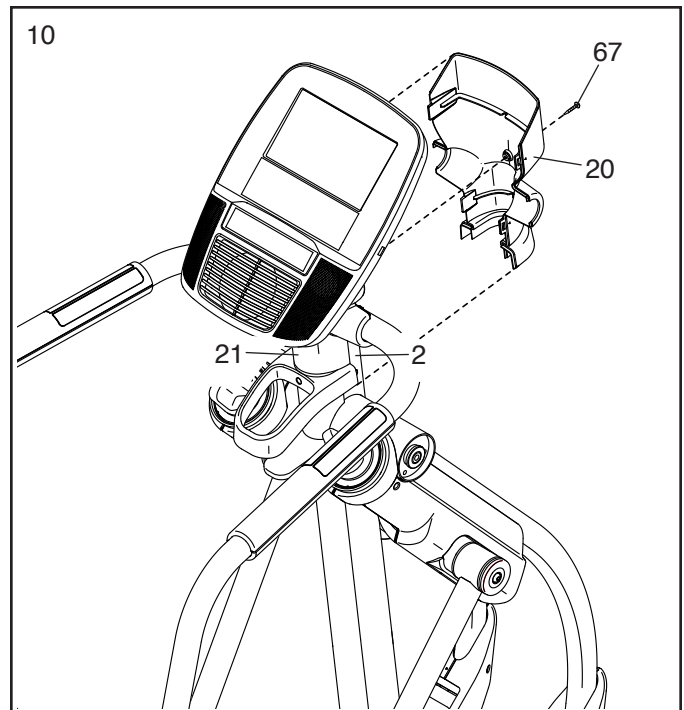
**Tip: Avoid pinching the wires.** Attach the Console (3) to the Upright (2) with four M4 x 16mm Screws (67); **start all the Screws, and then tighten them.**



9. Hold the Rear Upright Cover (21) against the Upright (2) and against the Console (3). Attach the Rear Upright Cover to the Upright with five M4 x 16mm Screws (67); **start all the Screws, and then tighten them.**



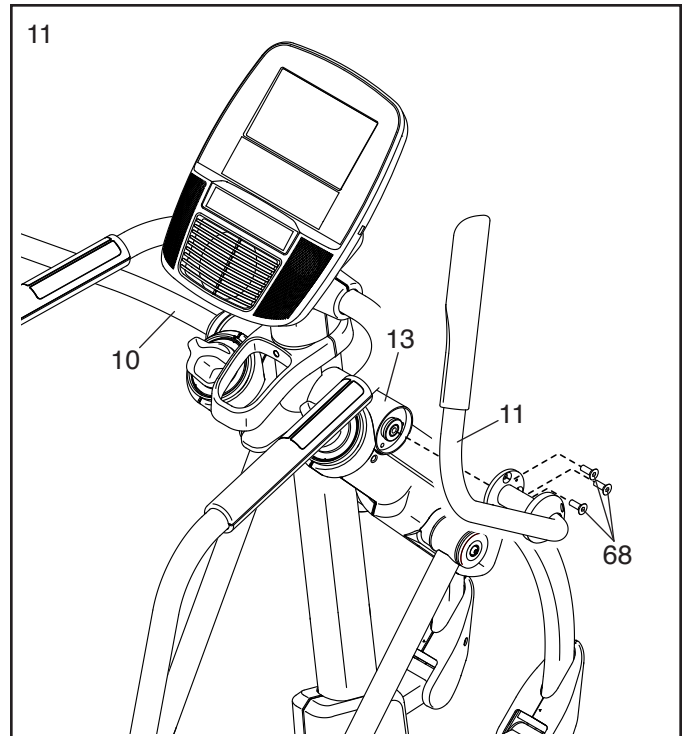
10. Press the tabs on the Front Upright Cover (20) into the Rear Upright Cover (21). Then, attach the Front Upright Cover to the Upright (2) with an M4 x 16mm Screw (67).



11. Identify the Right Handlebar (11).

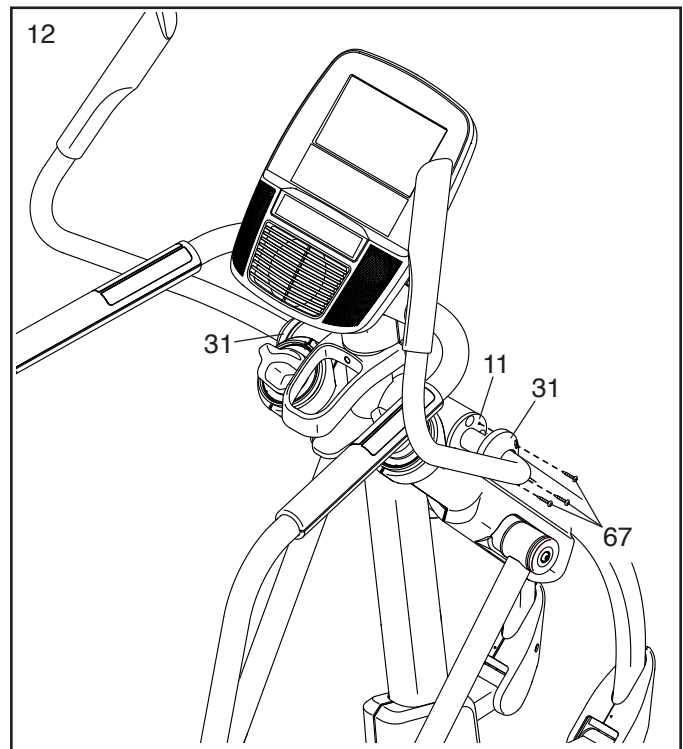
Attach the Right Handlebar (11) to the Right Handlebar Arm (13) with three M8 x 25mm Flat Head Screws (68).

**Attach the Left Handlebar (10) in the same way.**

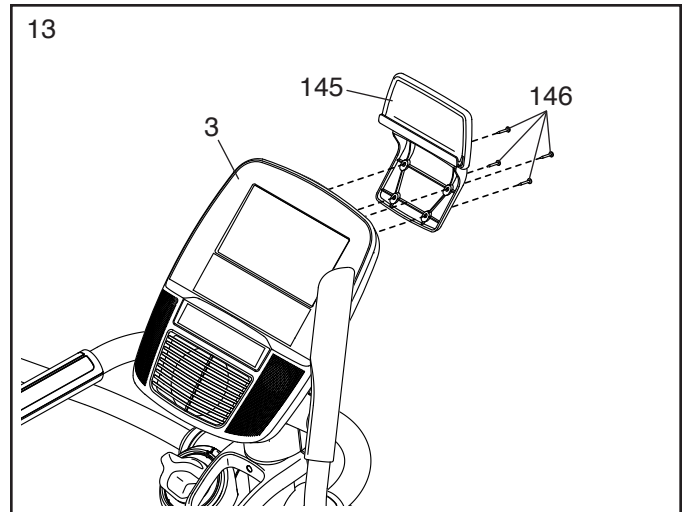


12. Attach the right Handlebar Cover (31) to the Right Handlebar (11) with three M4 x 16mm Screws (67).

**Attach the left Handlebar Cover (31) in the same way.**

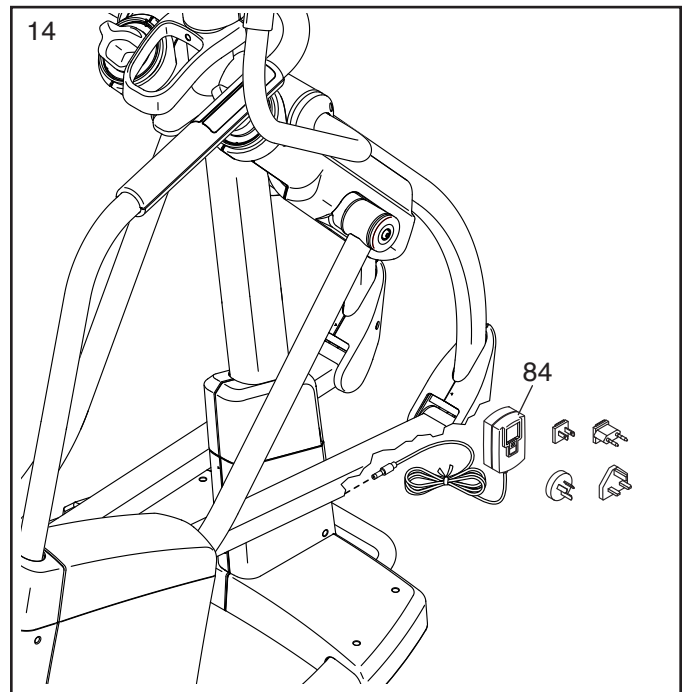


13. Attach the Tablet Holder (145) to the Console (3) with four #8 x 12mm Screws (146); **start all the Screws, and then tighten them.**



14. Plug the Power Adapter (84) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (84) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.

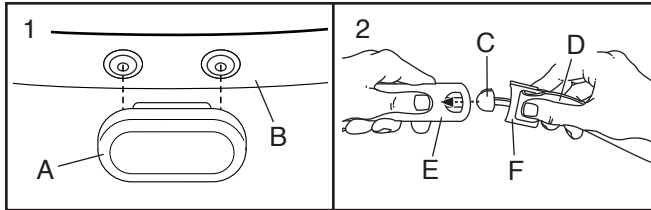


15. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

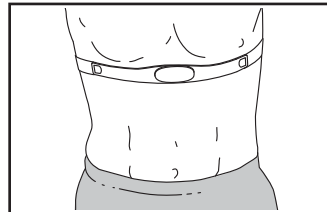
# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

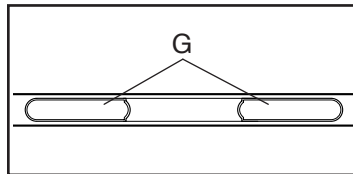
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



## CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

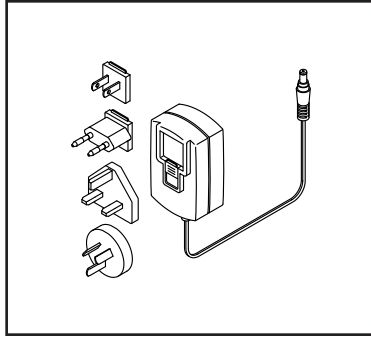
- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor 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 heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER ADAPTER

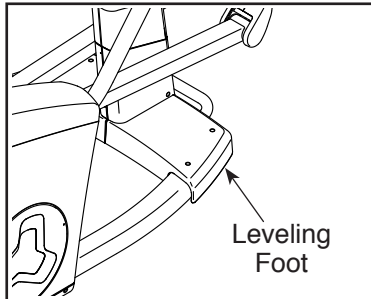
**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



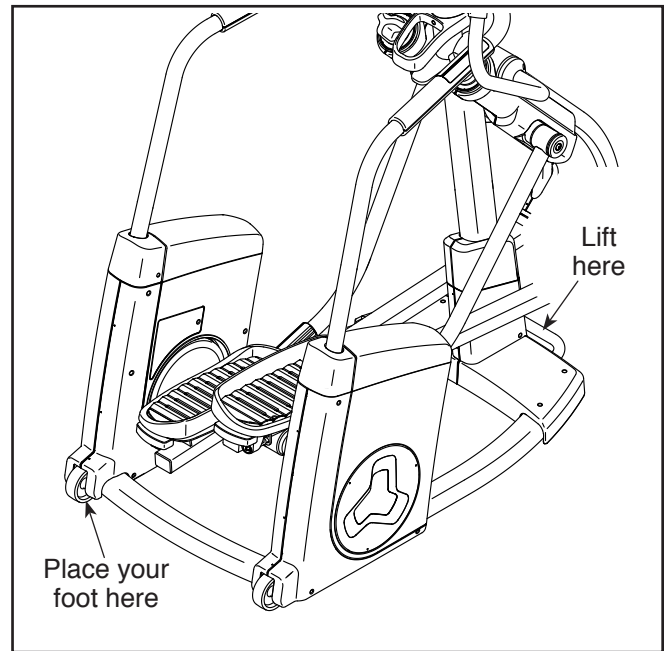
## HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front of the frame until the rocking motion is eliminated.



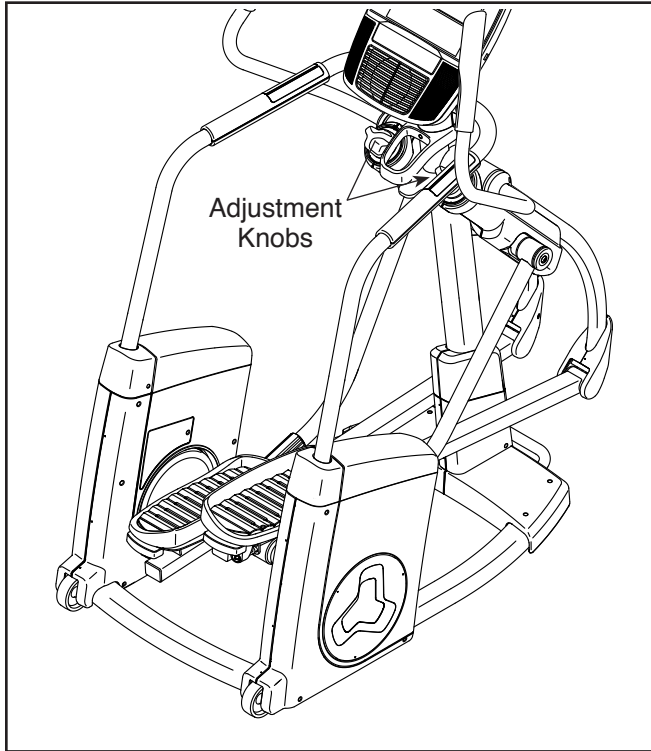
## HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Have a second person place one foot against one of the wheels. Grip the handle and lift the frame until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



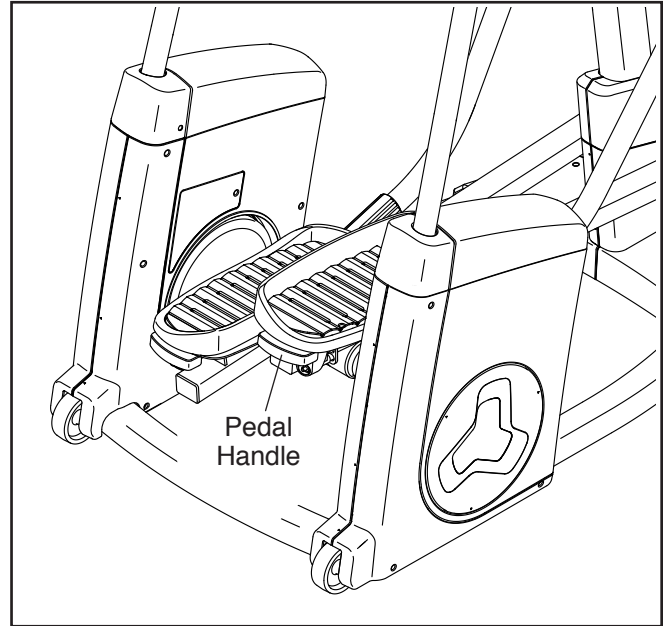
## HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL

To adjust the stride of the elliptical, turn the adjustment knobs clockwise or counterclockwise. **Make sure that both adjustment knobs are at the same setting.**



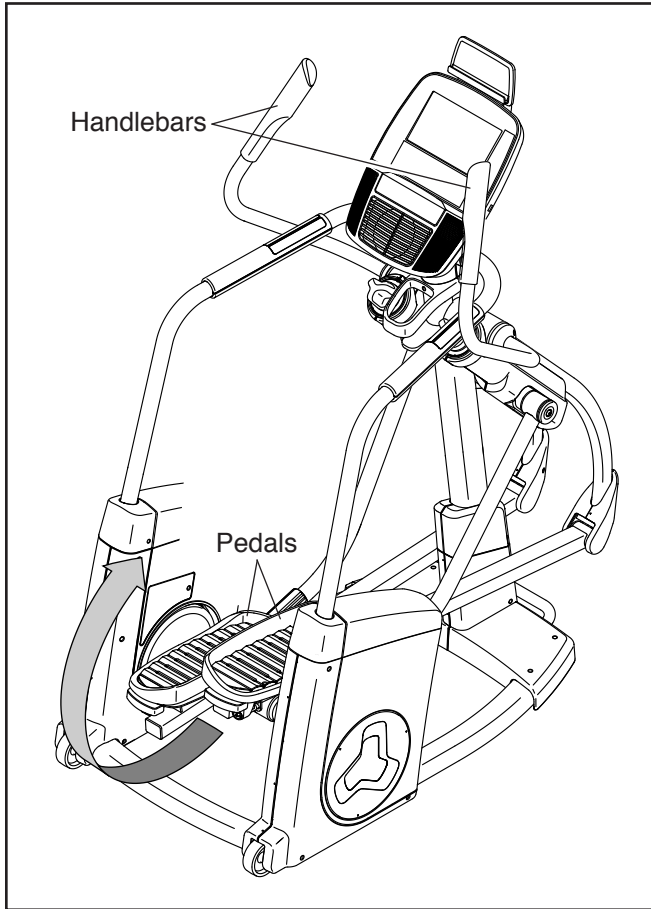
## HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.



## HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**

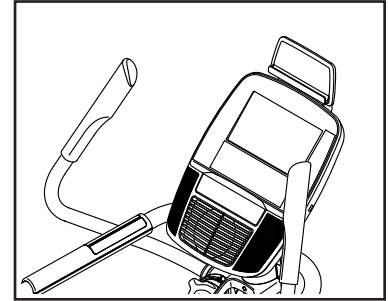


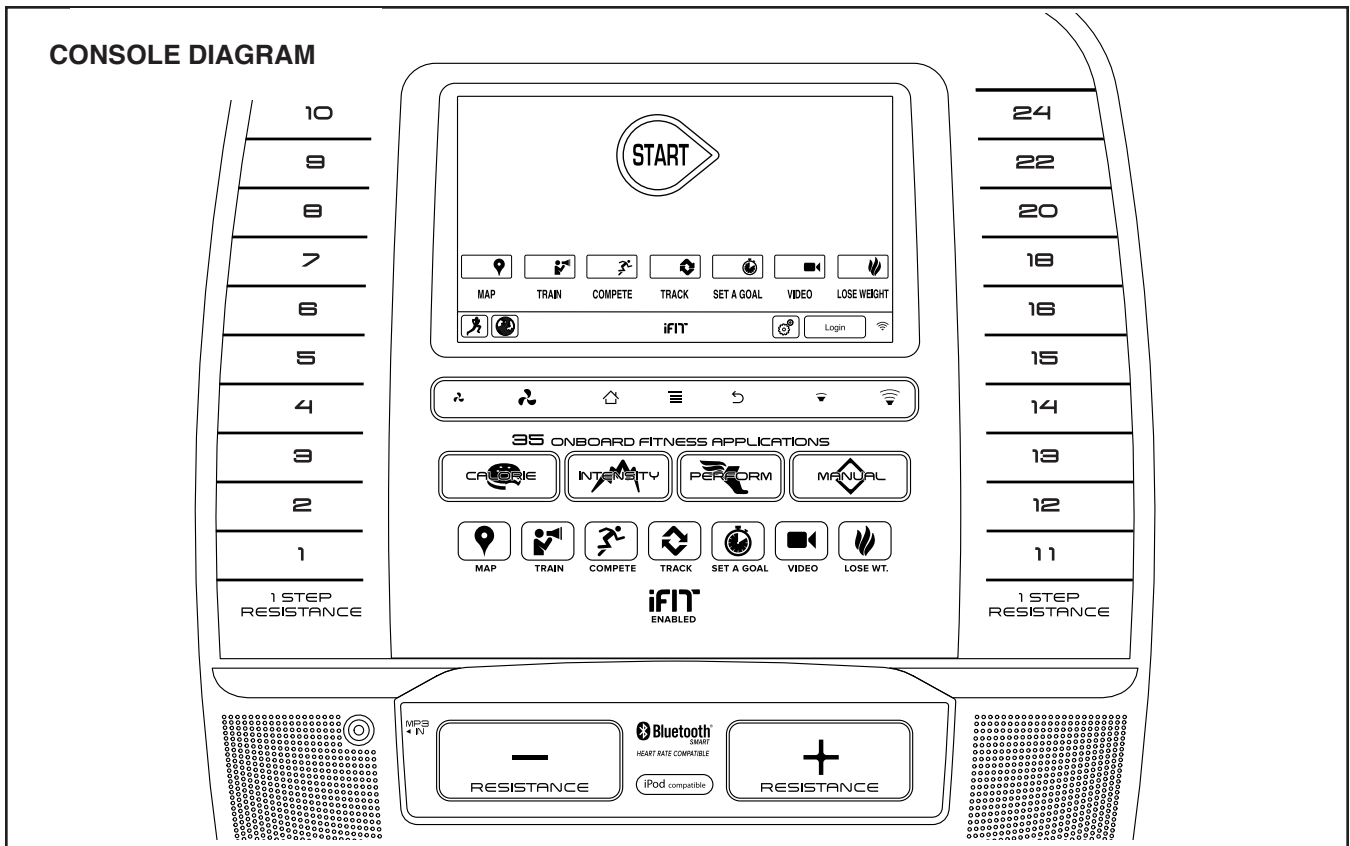
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

## HOW TO USE THE TABLET HOLDER

**IMPORTANT: The tablet holder was designed for use with most full-size tablets. Do not place any other electronic device or object into the tablet holder.**

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.





## MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Watch high-definition videos with simulated workouts.



Choose and download sets of weight-loss workouts.

**Go to [iFit.com](http://iFit.com) to learn more.**

## FEATURES OF THE CONSOLE

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

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit 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 and several iFit demo workouts. Each workout automatically controls the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective exercise session. You can also set a customized workout goal with the set-a-goal workout.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

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

You can also browse the internet or listen to your favorite workout music or audio books with the console sound system while you exercise.

**To activate the console**, see this page. **To turn off the console**, see this page. **To learn how to use the touch screen**, see page 19. **To set up the console**, see page 19.

## HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the elliptical. See **HOW TO PLUG IN THE POWER ADAPTER** on page 14. When the power adapter is plugged in, the display will turn on and the console will be ready for use.

## HOW TO TURN OFF THE CONSOLE

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

If the pedals do not move for several minutes and the buttons are not pressed, the display modes will be reset and a screen saver may appear on the screen.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

Note: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see step 7 on page 26.

## 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. However, you cannot zoom in and out by sliding your fingers on the screen.
- To type information into a text box, first 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 these buttons on the console to navigate the tablet. Press the home button to return to the main menu. Press the center button to access the settings menu (see page 25). Press the back button to return to the previous screen.



## HOW TO SET UP THE CONSOLE

Before using the elliptical for the first time, set up the console.

### 1. Connect to your wireless network.

Note: In order to access the internet, download iFit workouts, and use some other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 29 to connect the console to your wireless network.

### 2. Check for firmware updates.

First, see step 1 on page 25 and step 2 on page 28 and select the maintenance mode. Then, see step 3 on page 28 and check for firmware updates.

### 3. Create an iFit account.

Touch the globe button at the bottom of the screen and then touch the iFit button.

Note: For information about navigating in the internet browser, see page 30.

The internet browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership. If you have an activation code, select the code activation option.

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 20. **To use an onboard workout**, see page 21. **To use a set-a-goal workout**, see page 23. **To use an iFit workout**, see page 24.

**To use the equipment settings mode**, see page 25. **To use the maintenance mode**, see page 28. **To use the wireless network mode**, see page 29. **To use the sound system**, see page 30. **To use the internet browser**, see page 30.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 15 on page 27. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

1. **Touch the screen, press any button on the console, or begin pedaling to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE on page 18.

2. **Select the main menu.**

When you turn on the console, the main menu will appear on the screen after the console boots up.

Touch the home button at the bottom of the screen to return to the main menu at any time.

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

Touch the Start button, press the Manual button, or begin pedaling.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered 1 Step Resistance buttons or press the Resistance increase and decrease buttons.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow 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. You can also view additional workout information by touching the red boxes on the screen.

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

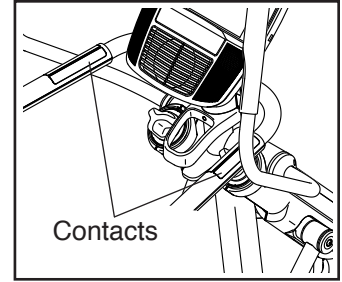


To pause the workout, touch one of the menu buttons on the screen. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

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

To use the chest heart rate monitor, see page 13. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

**If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic.** To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



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

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

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

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

**HOW TO USE AN ONBOARD WORKOUT**

**1. Touch the screen, press any button on the console, or begin pedaling to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE on page 18.

**2. Select the main menu.**

See step 2 on page 20.

**3. Select an onboard workout.**

To select an onboard workout, touch the runner button at the bottom of the screen. The workouts menu will appear on the screen.

Note: You can also press the Calorie, Intensity, or Perform buttons on the console.

Select the desired workout category from the workouts menu and then select the desired workout.

Note: It may be necessary to scroll the screen to view all the menu options.

The screen will show the name and duration of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

#### 4. Start the workout.

Touch the Start Workout button to start the workout.

Each workout is divided into segments. One resistance level and one target cadence (speed) are programmed for each segment.

During the workout, the profiles will show your progress. To view the profiles, flick or slide the screen.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

As you exercise, keep your pedaling speed near the target cadence for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen. Note: The target cadence is displayed in revolutions per minute (rpm).

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 20). **To return to the programmed resistance settings of the workout**, touch the Follow 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 various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.**

To pause the workout, touch either the back button or the home button at the bottom of the screen. To continue the workout, touch the Resume button. To end the workout, touch the End Workout button.

The workout will continue in this way until the last segment ends. 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.

#### 5. Follow your progress.

See step 4 on page 20.

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

See step 5 on page 20.

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

See step 6 on page 21.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

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

1. **Touch the screen, press any button on the console, or begin pedaling to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE on page 18.

2. **Select the main menu.**

See step 2 on page 20.

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 customized goal for your workout, touch the button for the desired goal. Then, touch the increase and decrease buttons on the screen to enter your goal and to select other variables 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.

The workout will function in the same way as the manual mode (see page 20).

As you exercise, keep your pedaling speed near the target cadence for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen. Note: The target cadence is displayed in revolutions per minute (rpm).

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 20). **To return to the programmed resistance settings of the workout**, touch the Follow Workout button.

Note: If you manually change the resistance level during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

**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 various factors such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.**

The workout will continue until you reach the goal that you set. 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.

5. **Follow your progress.**

See step 4 on page 20.

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

See step 5 on page 20.

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

See step 6 on page 21.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

## HOW TO USE AN IFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 29). An iFit account is also required.

### 1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to [www.iFit.com](http://www.iFit.com), and sign in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

### 2. Touch the screen, press any button on the console, or begin pedaling to turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 18.

### 3. Select the main menu.

See step 2 on page 20.

### 4. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. Enter your iFit.com username and password and touch the Login button.

To switch users within your iFit account, touch the user button at the bottom of the screen. If more than one user is associated with your iFit account, a list of users will appear. Touch the name of the desired user.

### 5. Select an iFit workout.

**IMPORTANT: Before iFit workouts will download, you must add them to your schedule on iFit.com (see step 1).**

**To download an iFit workout from iFit.com to the console**, touch the Map, Train, Video, or Lose Wt. button. The next workout of that type in your schedule will then download. Note: You may be able to access demo workouts through these buttons, even if you do not log in to your iFit account.

**To compete in a race or challenge that you have previously joined on iFit.com**, 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 23).

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

When you select an iFit workout, the screen will show the name and estimated duration of the workout. The screen will also show the approximate number of calories you will burn during the workout.

If the iFit workout is a race or challenge, the display will count down to the beginning of the race.

### 6. Start the workout.

See step 4 on page 23. During some workouts, an audio coach will guide you through your workout.

## 7. Follow your progress.

See step 4 on page 20. The screen may also show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During a race or challenge, the screen will show your position in the race relative to other competitors.

## 8. Measure your heart rate if desired.

See step 5 on page 20.

## 9. Turn on the fan if desired.

See step 6 on page 21.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

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

## HOW TO USE THE EQUIPMENT SETTINGS MODE

**IMPORTANT: Some of the features described may not be enabled. Occasionally, a firmware update may add new features or cause your console to function slightly differently.**

### 1. Select the settings main menu.

Turn on the console and select the main menu (see steps 1 and 2 on page 20). Then, touch the gears button at the bottom of the screen to select the settings main menu.

Note: You can also press the center button on the console to select the settings main menu.

### 2. Select the equipment settings mode.

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

Note: It may be necessary to scroll the screen to view all the menu options.

### 3. Enable or disable the auto relogin feature.

Enable this feature to have the console automatically log in to your iFit account when you turn on the power. Note: This feature is recommended for private owners of the elliptical only.

To enable or disable the auto relogin feature, first touch the Auto Relogin button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

### 4. Enable or disable automatic console updates.

To enable or disable automatic console updates, first touch the Auto Update button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

Note: To select a time for automatic console updates, see step 14.



## 12. Enable or disable street view.

During some workouts, the screen may show a map. To enable or disable the street view feature of the maps, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

## 13. Select a time zone.

To select a time zone, touch the Timezone button and select the desired time zone. Then, touch the back button on the screen.

## 14. Select an update time.

To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button on the screen.

**When you select an update time, you must also enable automatic console updates (see step 4).**

**IMPORTANT: You must still unplug the power adapter after using your elliptical. Set the update time for a time when you normally use your elliptical and will be available to unplug the power adapter after an update.**

## 15. Select the unit of measurement.

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

## 16. Select a warm-up segment option.

When you select a workout, there may be a warm-up segment before the workout begins. To select a time for the warm-up segment or to disable the warm-up segment, touch the Warm Up Time button and select the desired option. Then, touch the back button on the screen.

## 17. Exit the equipment settings mode.

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

## HOW TO USE THE MAINTENANCE MODE

**IMPORTANT:** Some of the features described may not be enabled. Occasionally, a firmware update may add new features or cause your console to function slightly differently.

### 1. Select the settings main menu.

See step 1 on page 25.

### 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 console and the wireless network.

### 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.

**IMPORTANT:** To avoid damaging the elliptical, do not unplug the power adapter while the firmware is being updated.

The screen will show the progress of the update. When the update is complete, the elliptical will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

### 4. View machine information.

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

### 5. Find keycodes.

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

### 6. Enter a custom IP address.

If your network does not automatically generate IP addresses, touch the Custom IP button to enter a custom IP address.

### 7. Reset the console to the factory default settings.

Touch the Factory Reset button and follow the instructions on the screen to reset the console to the factory default settings. **IMPORTANT:** If you reset the console, you will lose all of your custom console settings.

### 8. Exit the maintenance mode.

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

## HOW TO USE THE WIRELESS NETWORK MODE

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

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

### 1. Select the settings main menu.

See step 1 on page 25.

### 2. Select the wireless network mode.

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

Note: You can also touch the wireless symbol 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.

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 19.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED.

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 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 [support.iFit.com](http://support.iFit.com) for assistance.**

### 5. Exit the wireless network mode.

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

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

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



## HOW TO USE THE INTERNET BROWSER

Note: To use the internet browser, you must have access to a wireless network including a wireless router (802.11b/g/n) with SSID broadcast enabled (hidden networks are not supported).

To open the internet browser, touch the globe button at the bottom of the screen. Then, select a website.

To navigate the internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 19.

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 internet browser, the resistance, 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 [support.iFit.com](http://support.iFit.com) for assistance.**

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.

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

## CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 20.

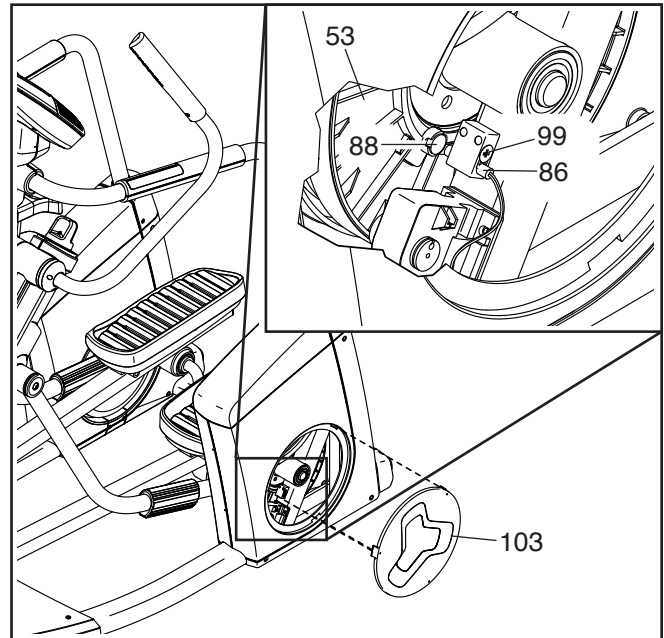
If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 13.

**If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. Before you adjust the reed switch, **unplug the power adapter.**

Using a standard screwdriver, carefully pry off the Left Shield Disc (103).



Next, locate the Reed Switch (86). Move the pedals until one of the Magnets (88) on the Pulley (53) is aligned with the Reed Switch. Then, loosen the M5 x 16mm Flat Head Screw (99), slide the Reed Switch slightly toward or away from the Magnet, and retighten the Flat Head Screw.

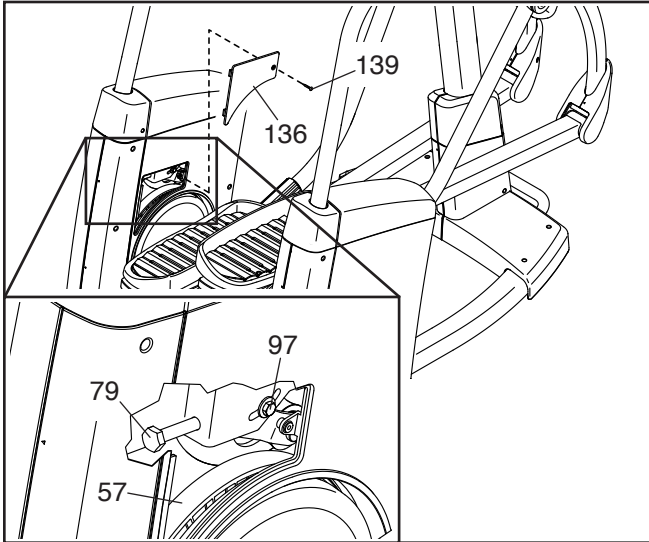
Plug in the power adapter and move the pedals forward and backward slightly so that the Magnet (88) passes the Reed Switch (86) repeatedly. Repeat these actions until the console displays correct feedback.

When the Reed Switch (86) is correctly adjusted, **unplug the power adapter.** Then, reattach the Left Shield Disc (103) and plug in the power adapter.

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. Before you adjust the drive belt, **unplug the power adapter**.

Remove the indicated M4 x 12mm Screw (139) and the Access Cover (136).



Next, loosen the Pivot Screw (97), tighten the Belt Adjustment Screw (79) until the Drive Belt (57) is tight, and then retighten the Pivot Screw.

When the Drive Belt (57) is tight, reattach the Access Cover (136). Then, plug in the power adapter.

# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

|       |     |     |     |     |     |     |    |
|-------|-----|-----|-----|-----|-----|-----|----|
| 165   | 155 | 145 | 140 | 130 | 125 | 115 | ♥♥ |
| 145   | 138 | 130 | 125 | 118 | 110 | 103 | ♥  |
| 125   | 120 | 115 | 110 | 105 | 95  | 90  | ♥  |
| <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.

## 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

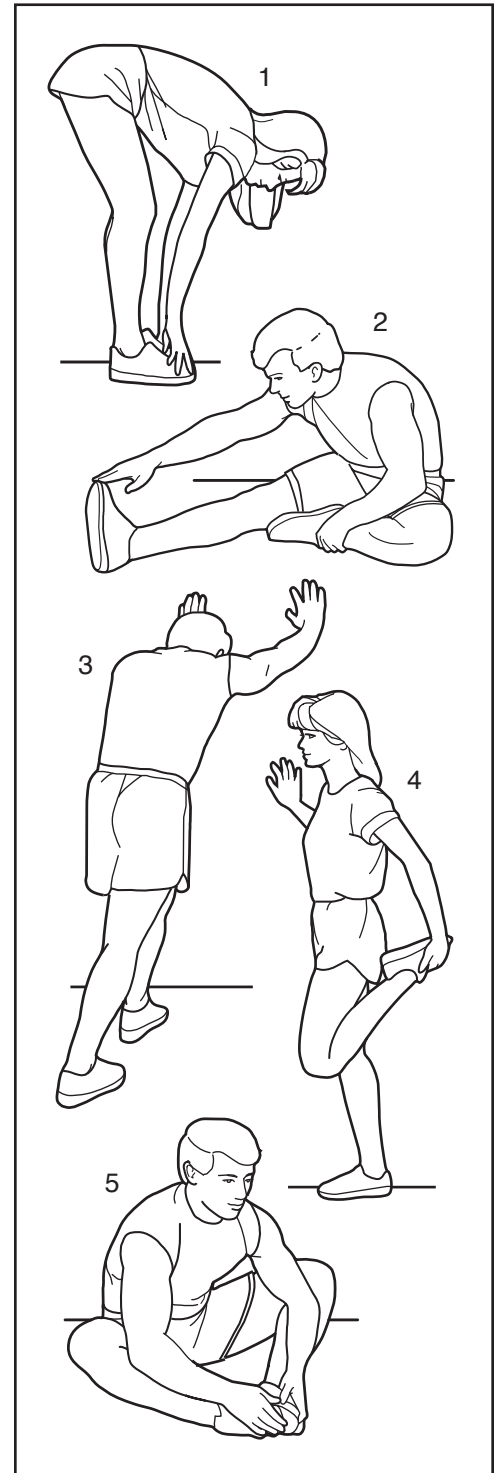
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEVEL15016.0 R0516A

| Key No. | Qty. | Description               | Key No. | Qty. | Description                |
|---------|------|---------------------------|---------|------|----------------------------|
| 1       | 1    | Frame                     | 51      | 2    | Wheel                      |
| 2       | 1    | Upright                   | 52      | 2    | Leveling Foot              |
| 3       | 1    | Console                   | 53      | 1    | Pulley                     |
| 4       | 1    | Left Handrail             | 54      | 1    | Right Frame Cover          |
| 5       | 1    | Right Handrail            | 55      | 1    | Eddy Mechanism             |
| 6       | 1    | Left Handrail Cover       | 56      | 1    | Left Frame Cover           |
| 7       | 1    | Right Handrail Cover      | 57      | 1    | Drive Belt                 |
| 8       | 2    | Link Arm                  | 58      | 2    | M8 Jam Nut                 |
| 9       | 1    | Right Pedal               | 59      | 2    | Large Snap Ring            |
| 10      | 1    | Left Handlebar            | 60      | 1    | Right Upright Cover        |
| 11      | 1    | Right Handlebar           | 61      | 12   | M8 x 20mm Screw            |
| 12      | 1    | Left Handlebar Arm        | 62      | 8    | M8 x 16mm Screw            |
| 13      | 1    | Right Handlebar Arm       | 63      | 1    | Right Shield Disc          |
| 14      | 1    | Left Pedal Arm            | 64      | 2    | M10 Washer                 |
| 15      | 1    | Right Pedal Arm           | 65      | 2    | M12 x 55mm Hex Bolt        |
| 16      | 1    | Left Outer Shield         | 66      | 2    | M12 Locknut                |
| 17      | 1    | Right Outer Shield        | 67      | 60   | M4 x 16mm Screw            |
| 18      | 1    | Left Inner Shield         | 68      | 6    | M8 x 25mm Flat Head Screw  |
| 19      | 1    | Right Inner Shield        | 69      | 2    | M10 x 65mm Screw           |
| 20      | 1    | Front Upright Cover       | 70      | 4    | M4 x 12mm Round Head Screw |
| 21      | 1    | Rear Upright Cover        | 71      | 4    | M8 x 14mm Shoulder Screw   |
| 22      | 1    | Left Outer Arm Cover      | 72      | 4    | Resistance Motor Screw     |
| 23      | 1    | Right Outer Arm Cover     | 73      | 1    | Right Frame Post Cover     |
| 24      | 1    | Left Inner Arm Cover      | 74      | 1    | Small Snap Ring            |
| 25      | 1    | Right Inner Arm Cover     | 75      | 1    | Left Frame Post Cover      |
| 26      | 1    | Water Bottle Holder       | 76      | 1    | Right Shield Cover         |
| 27      | 1    | Holder Cap                | 77      | 2    | Pedal Insert               |
| 28      | 2    | Adjustment Knob/Set Screw | 78      | 8    | M6 x 12mm Screw            |
| 29      | 1    | Right Grip                | 79      | 1    | Belt Adjustment Screw      |
| 30      | 1    | Resistance Motor          | 80      | 1    | Right Pulse Wire           |
| 31      | 2    | Handlebar Cover           | 81      | 1    | Upper Wire                 |
| 32      | 1    | Idler                     | 82      | 1    | Lower Wire                 |
| 33      | 2    | Frame Foot                | 83      | 1    | Power Receptacle/Wire      |
| 34      | 4    | Handlebar Arm Bushing     | 84      | 1    | Power Adapter              |
| 35      | 4    | Link Arm Bushing          | 85      | 1    | Left Pulse Wire            |
| 36      | 2    | Pedal Arm Cap             | 86      | 1    | Reed Switch/Wire           |
| 37      | 4    | Pedal Arm Bushing         | 87      | 1    | Clamp                      |
| 38      | 2    | Spring                    | 88      | 2    | Magnet                     |
| 39      | 2    | Link Arm Cap              | 89      | 2    | Upper Pulse Grip           |
| 40      | 1    | Crank                     | 90      | 2    | Lower Pulse Grip           |
| 41      | 1    | Left Crank Bracket        | 91      | 2    | Medium Snap Ring           |
| 42      | 2    | Crank Cover Insert        | 92      | 9    | M4 x 38mm Screw            |
| 43      | 2    | Link Arm Bracket          | 93      | 1    | Idler Screw                |
| 44      | 8    | Crank Bearing             | 94      | 12   | M6 Washer                  |
| 45      | 2    | Thrust Washer             | 95      | 1    | Left Pedal                 |
| 46      | 2    | Pedal Arm Roller          | 96      | 1    | Left Upright Cover         |
| 47      | 2    | Crank Spacer              | 97      | 1    | Pivot Screw                |
| 48      | 2    | Crank Cover               | 98      | 1    | Left Crank Bracket Spacer  |
| 49      | 2    | Adjustment Pin            | 99      | 1    | M5 x 16mm Flat Head Screw  |
| 50      | 4    | Frame Bearing             | 100     | 4    | M10 x 50mm Bolt            |

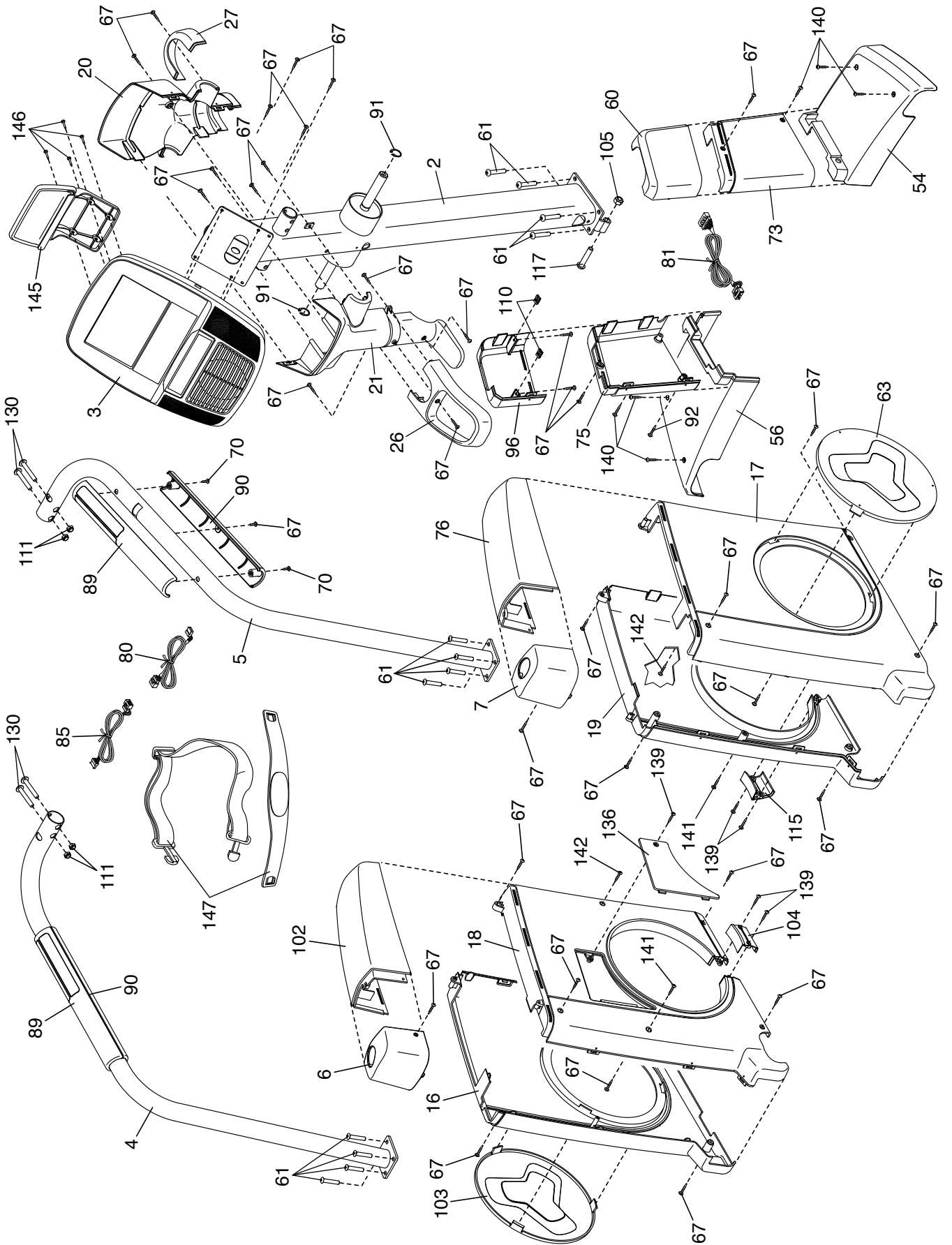
| Key No. | Qty. | Description                  | Key No. | Qty. | Description                |
|---------|------|------------------------------|---------|------|----------------------------|
| 101     | 2    | M10 Split Washer             | 126     | 4    | End Block Assembly         |
| 102     | 1    | Left Shield Cover            | 127     | 2    | Pedal Arm Axle             |
| 103     | 1    | Left Shield Disc             | 128     | 8    | M6 x 36mm Bolt             |
| 104     | 1    | Left Shield Insert           | 129     | 2    | Adjustment Assembly        |
| 105     | 7    | M10 Locknut                  | 130     | 4    | M8 x 45mm Bolt             |
| 106     | 10   | M4 x 19mm Screw              | 131     | 4    | Guide Rod                  |
| 107     | 1    | Right Pedal Handle           | 132     | 8    | M6 x 45mm Screw            |
| 108     | 1    | Left Pedal Handle            | 133     | 2    | M10 x 20mm Screw           |
| 109     | 2    | M6 Acorn Nut                 | 134     | 8    | M6 Locknut                 |
| 110     | 2    | Cover Clip                   | 135     | 6    | M8 Washer                  |
| 111     | 4    | M8 Locknut                   | 136     | 1    | Access Cover               |
| 112     | 2    | M10 x 123mm Screw            | 137     | 1    | M6 Large Washer            |
| 113     | 1    | Right Pedal Plate            | 138     | 4    | M8 Split Washer            |
| 114     | 1    | Left Pedal Plate             | 139     | 9    | M4 x 12mm Screw            |
| 115     | 1    | Right Shield Insert          | 140     | 6    | M4 x 30mm Screw            |
| 116     | 2    | Link Arm Cover               | 141     | 2    | M4 x 25mm Screw            |
| 117     | 1    | M10 x 46mm Bolt              | 142     | 4    | M4 x 48mm Screw            |
| 118     | 1    | Left Grip                    | 143     | 1    | Right Crank Bracket        |
| 119     | 1    | Right Outer Adjustment Cover | 144     | 1    | Right Crank Bracket Spacer |
| 120     | 1    | Right Inner Adjustment Cover | 145     | 1    | Tablet Holder              |
| 121     | 1    | Left Outer Adjustment Cover  | 146     | 4    | #8 x 12mm Screw            |
| 122     | 1    | Left Inner Adjustment Cover  | 147     | 1    | Heart Rate Monitor         |
| 123     | 2    | Link Arm Bracket             | *       | –    | Assembly Tool              |
| 124     | 2    | Link Arm Spacer              | *       | –    | User's Manual              |
| 125     | 2    | Sliding Block                | *       | –    | Grease Packet              |

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.



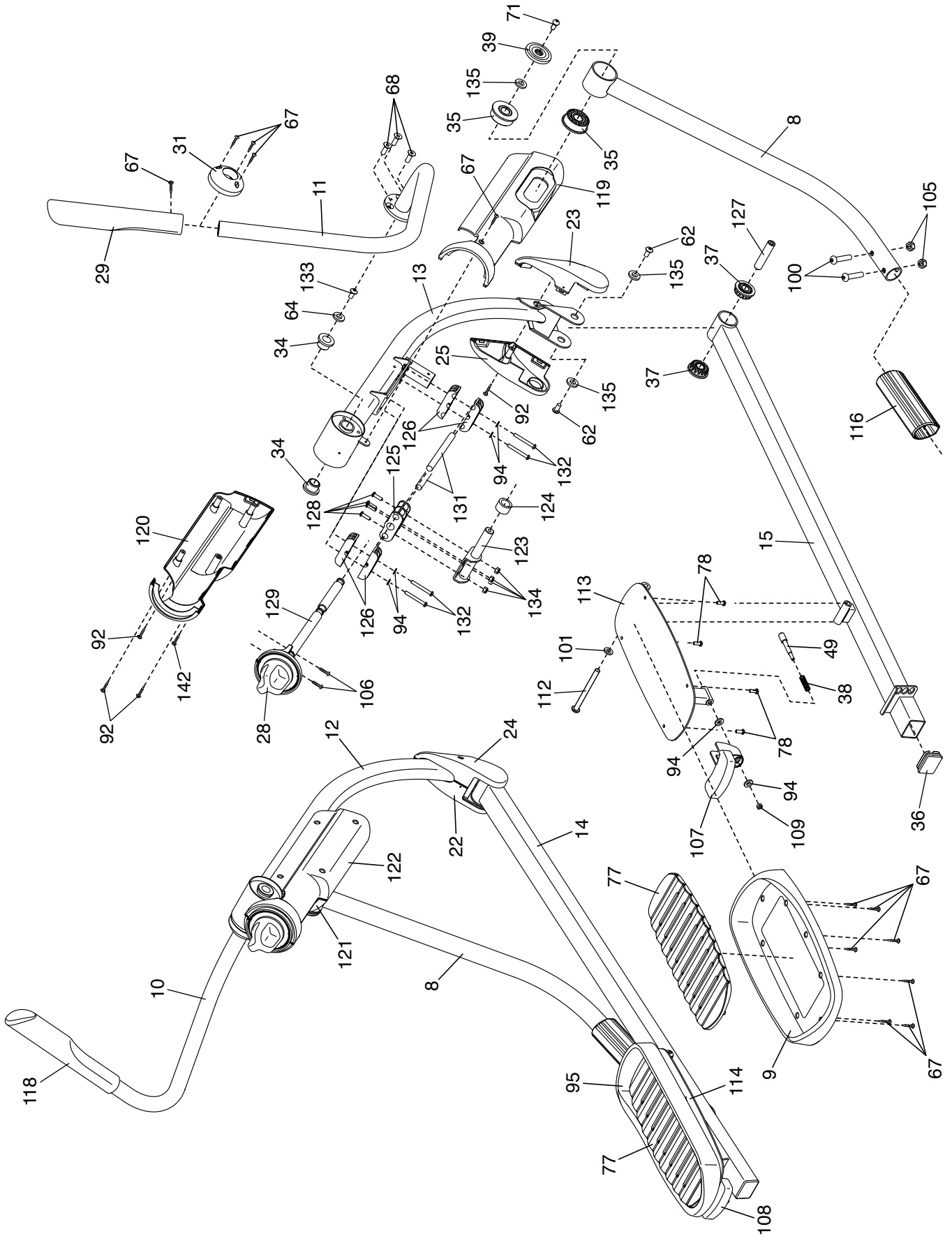
# EXPLODED DRAWING B

Model No. NTEVEL15016.0 R0516A



# EXPLODED DRAWING C

Model No. NTEVEL15016.0 R0516A



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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.

