

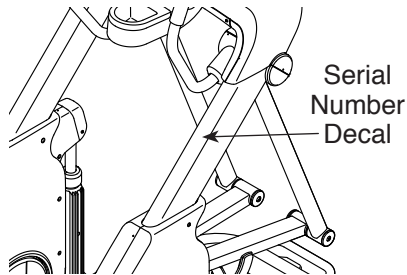
# NordicTrack®

## FREESTRIDE TRAINER FS7i

Model No. NTEVEL19016.0

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)

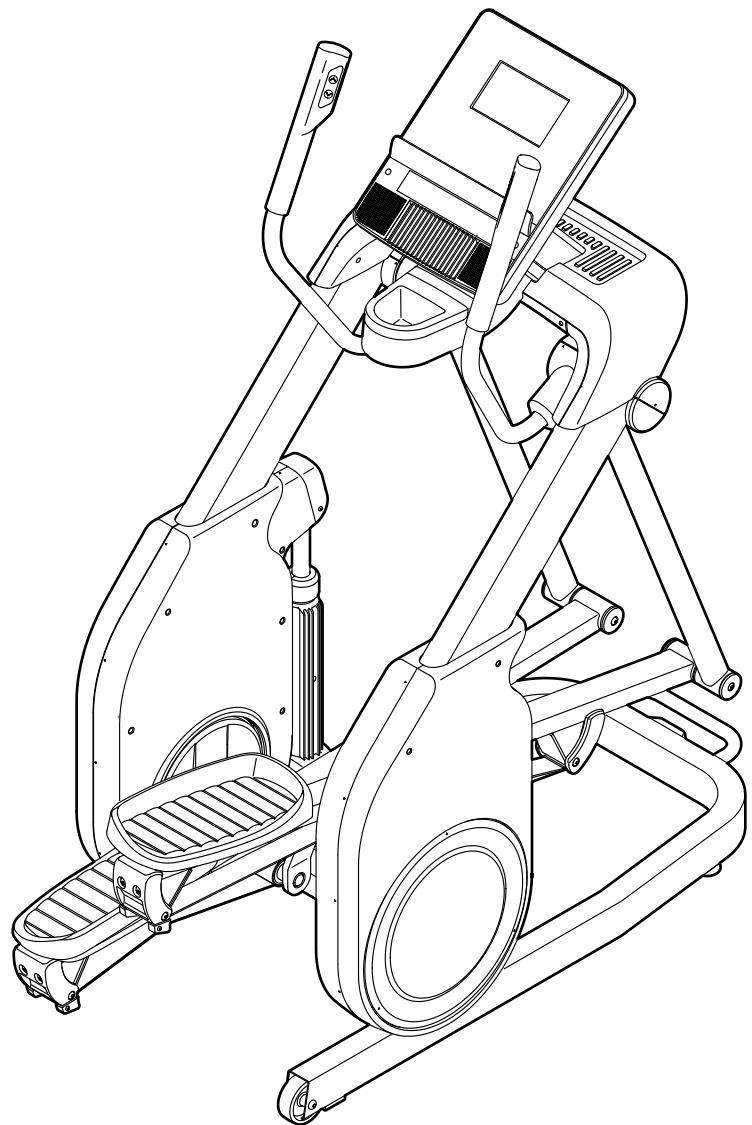
#### Write:

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.

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

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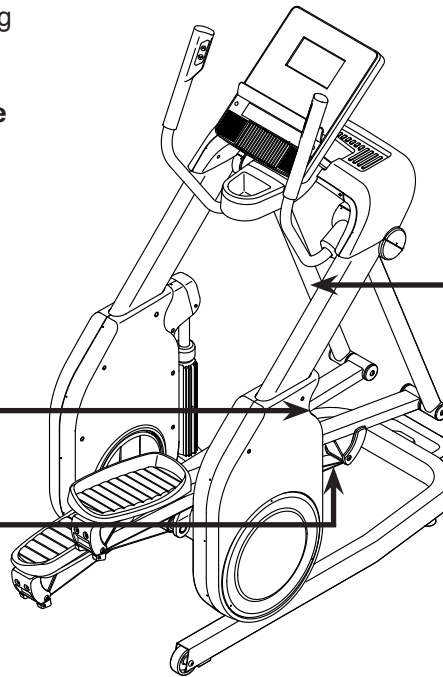
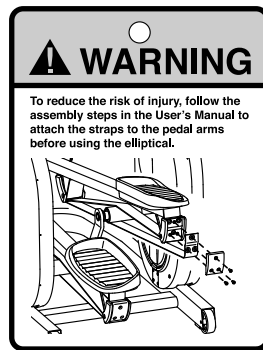
EXPLODED DRAWING..... 30

ORDERING REPLACEMENT PARTS ..... Back Cover

RECYCLING INFORMATION ..... Back Cover

## 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.



**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 330 lbs / 150 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

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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 4 ft. (1.2 m) of clearance in the front of the elliptical, 6 ft. (1.8 m) in the rear, 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.

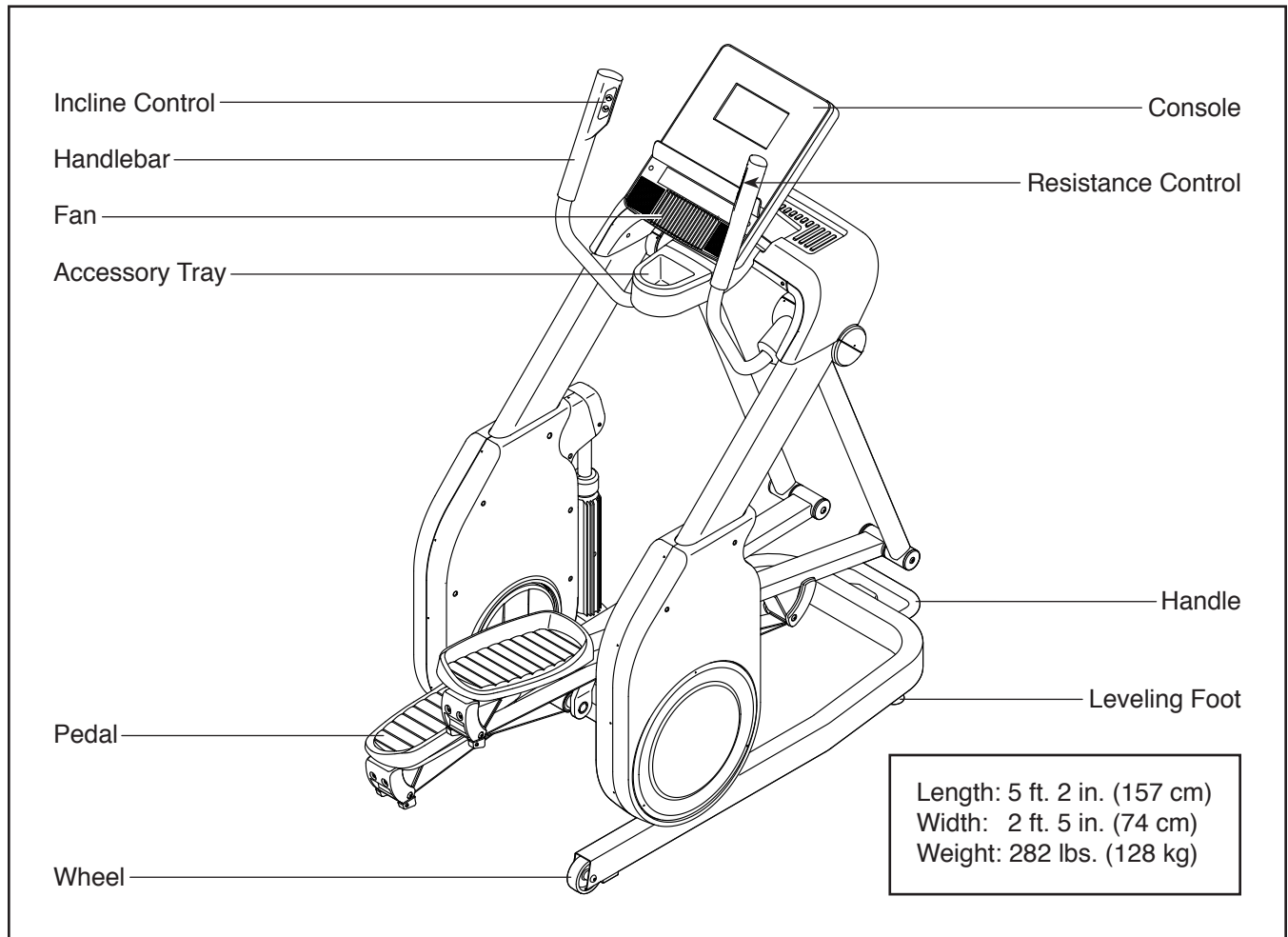
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® FREESTRIDE TRAINER FS7I elliptical. The FREESTRIDE TRAINER FS7I 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

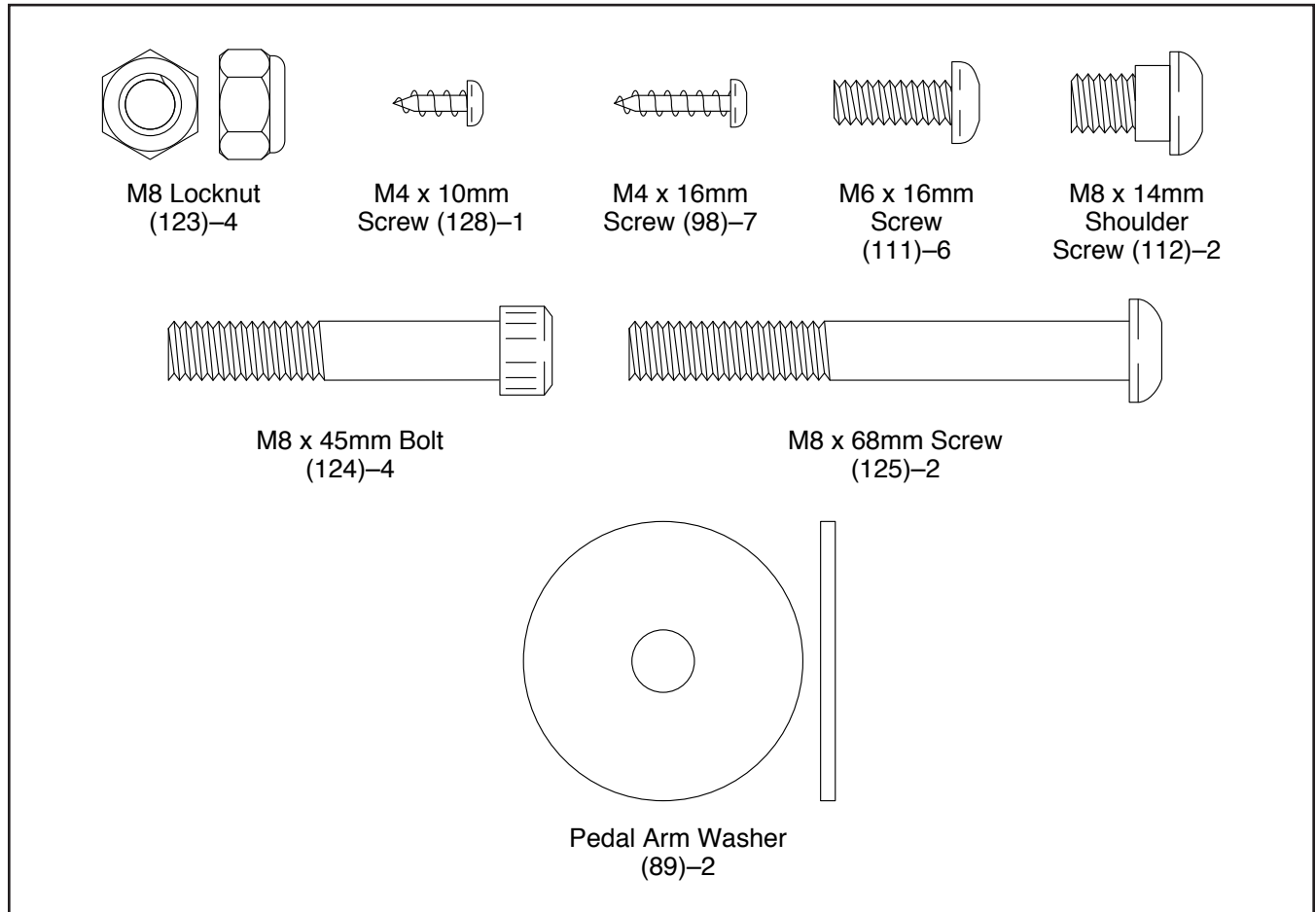
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**



# 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 

two adjustable wrenches 

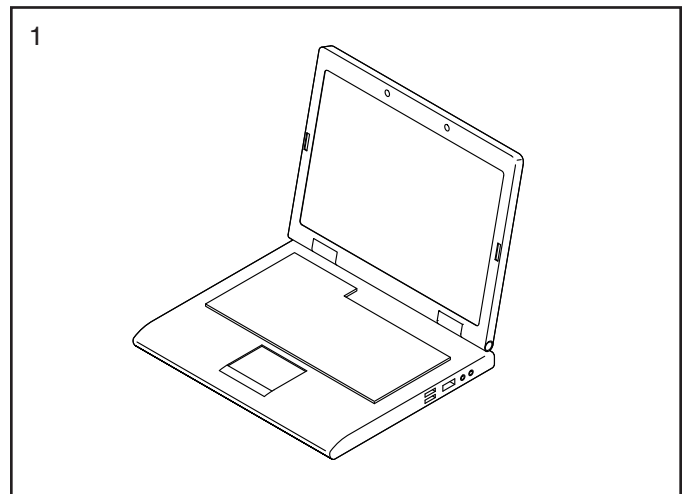
one rubber mallet 

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.

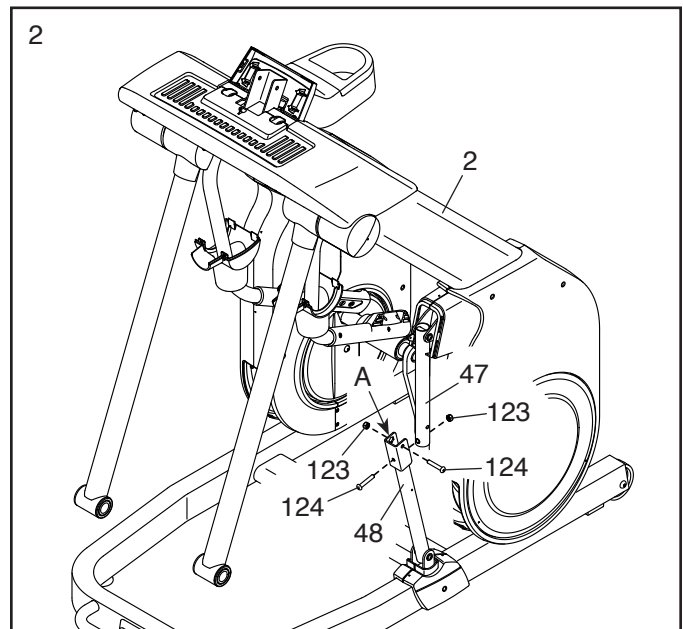
- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

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



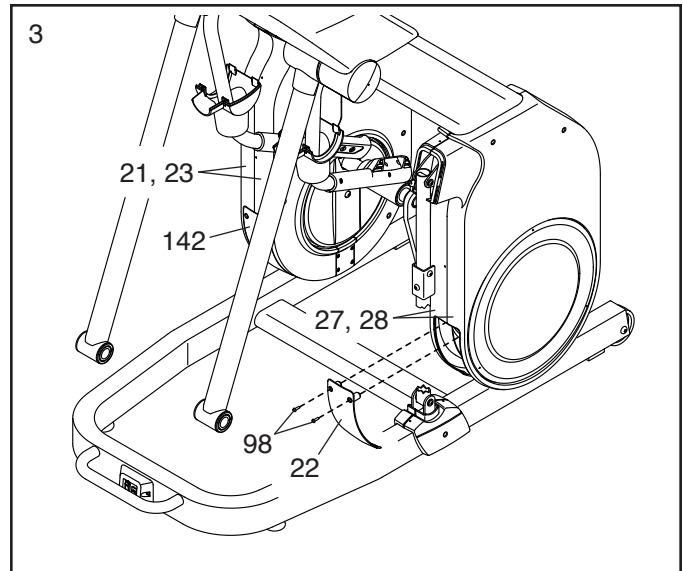
## 2. With the help of a second person, raise the Upright (2) to the vertical position.

While a second person holds the Upright (2), attach the Upper Pillar (47) to the Lower Pillar (48) with two M8 x 45mm Bolts (124) and two M8 Locknuts (123); **start both Bolts, and then tighten them. Make sure that the indicated Locknut is in the hexagonal hole (A).**

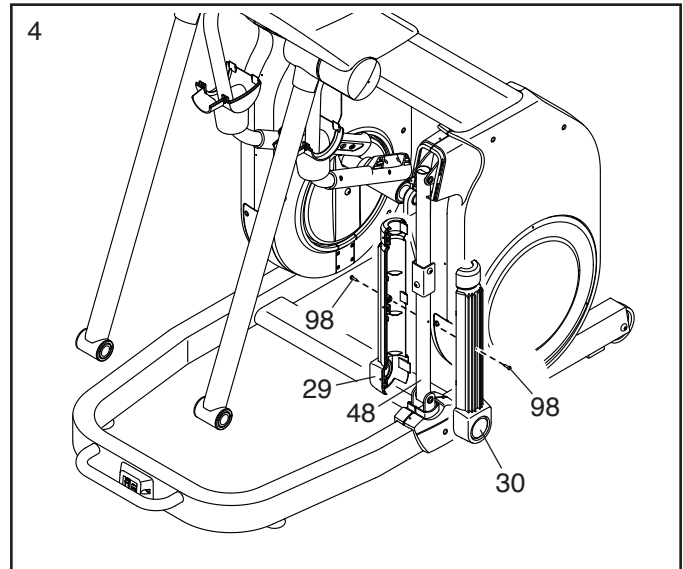


3. Attach the Left Large Slot Cover (22) to the Left Inner and Outer Shields (27, 28) with two M4 x 16mm Screws (98).

Attach the Right Large Slot Cover (142) to the Right Inner and Outer Shields (21, 23) in the same way.

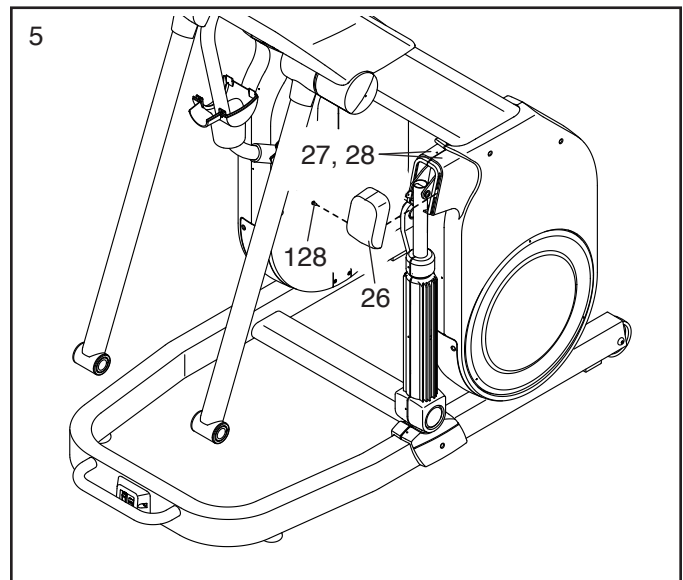


4. Attach Pillar Covers A and B (29, 30) around the Lower Pillar (48) with two M4 x 16mm Screws (98).



5. Press the Upper Pillar Cover (26) onto the Left Inner and Outer Shields (27, 28).

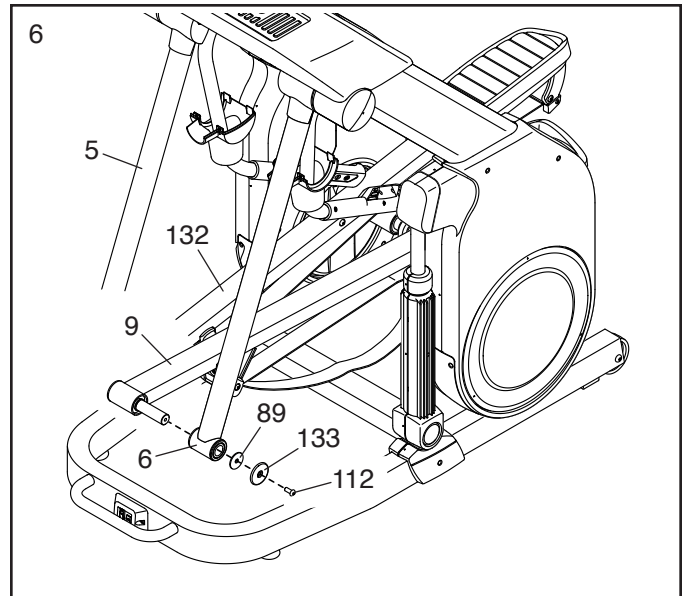
Attach the Upper Pillar Cover (26) with an M4 x 10mm Screw (128).



6. Identify the Left Pedal Arm (9). Insert the axle on the Left Pedal Arm into the Left Leg (6).

Attach the Left Pedal Arm (9) with an M8 x 14mm Shoulder Screw (112), an Outer Pedal Cover (133), and a Pedal Arm Washer (89).

Attach the Right Pedal Arm (132) to the Right Leg (5) in the same way.



7. **See the inset drawing.** Loosen the indicated M8 x 45mm Bolt (124).

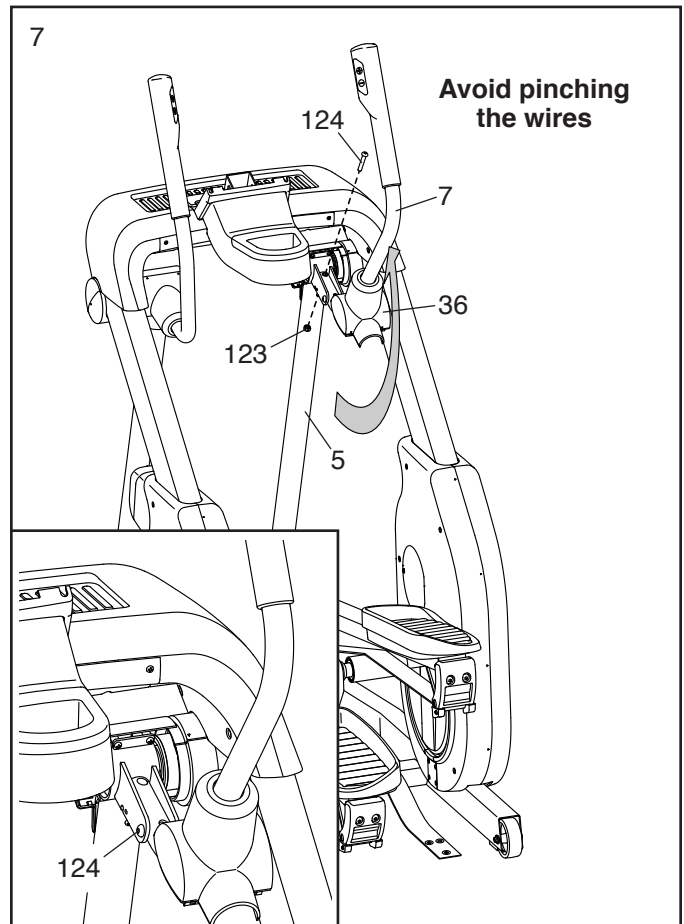
Next, rotate the Right Upper Body Arm (7) into the vertical position.

Secure the Right Upper Body Arm (7) to the Right Leg (5) with an M8 x 45mm Bolt (124) and an M8 Locknut (123).

**IMPORTANT:** See the inset drawing. Tighten the indicated M8 x 45mm Bolt (124).

**Tip: Avoid pinching the wires (not shown).** Slide the Right Leg Cover B (36) downward and press it into place.

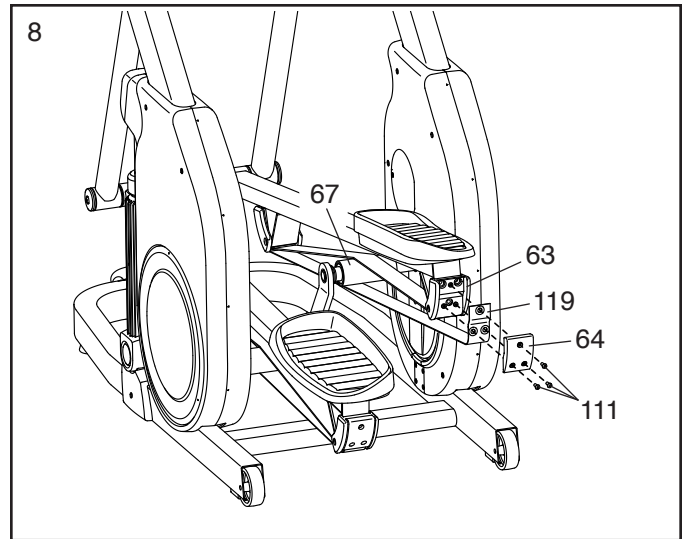
**Repeat this step on the other side of the elliptical.**



8. Route the right Strap (119) under the right Roller (67); **make sure that the Strap is not twisted and that it is routed under the Roller.**

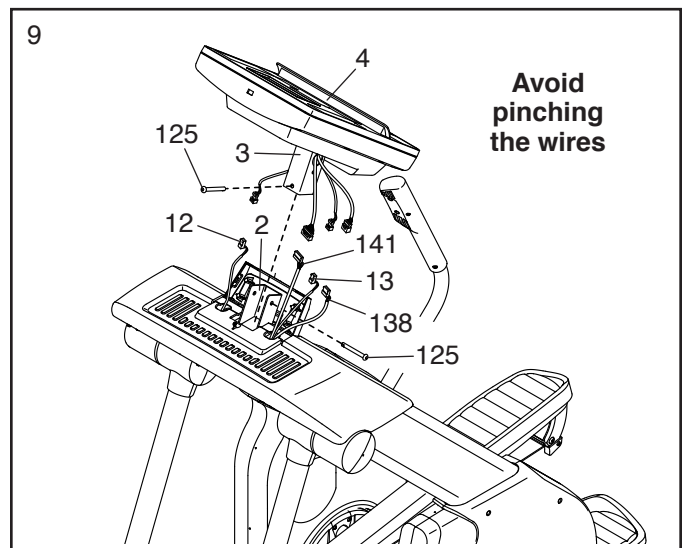
Attach the right Strap (119) to the right rear Glide Belt Cover (63) with three M6 x 16mm Screws (111) and a Strap Clamp (64); **start all the Screws, and then tighten them.**

Repeat this step on the other side of the elliptical.

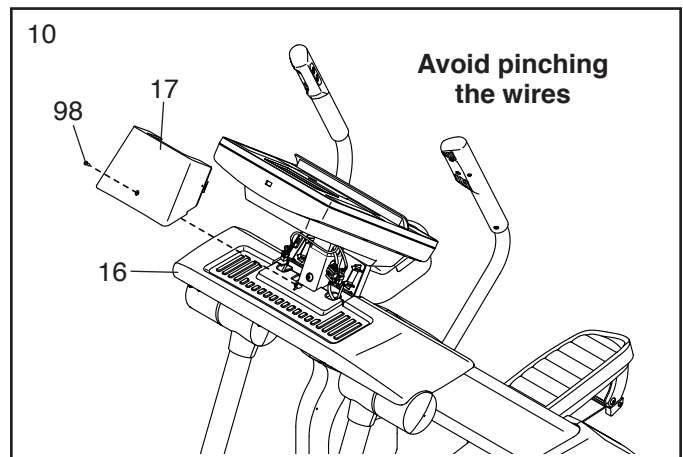


9. **Tip: Avoid pinching the wires.** Insert the Console Bracket (3) into the Upright (2). Attach the Console Bracket with two M8 x 68mm Screws (125).

Then, connect the wires from the Console (4) to the Main Wire (141), the Right and Left Control Wires (12, 13), and the Accelerometer Wire (138).



10. **Tip: Avoid pinching the wires.** Attach the Upper Neck Cover (17) to the Upper Bridge Cover (16) with an M4 x 16mm Screw (98).

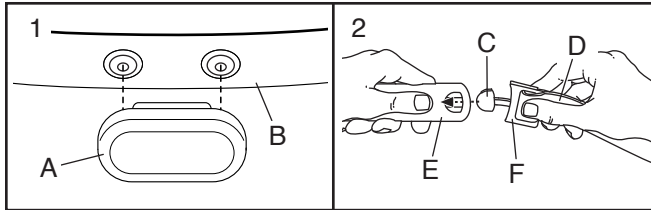


11. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

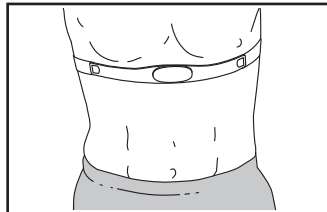
# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

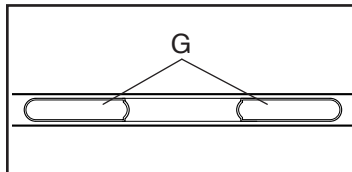
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press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

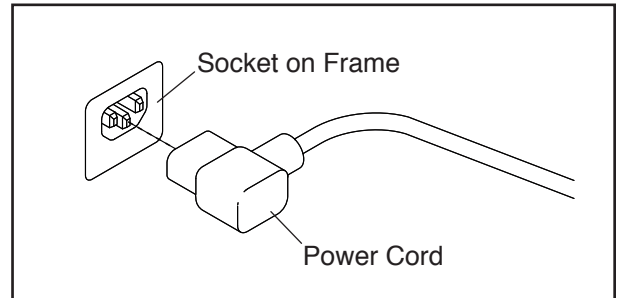
## HOW TO PLUG IN THE POWER CORD

**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.**

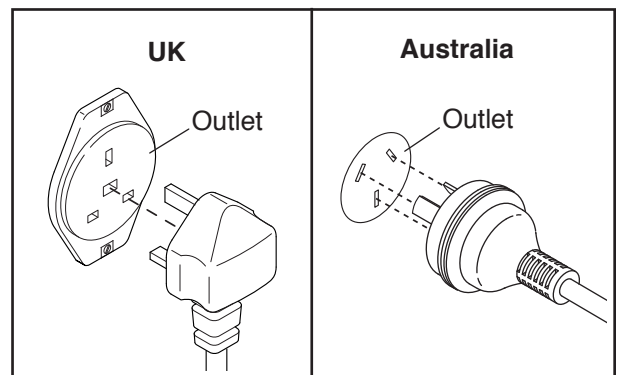
**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not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

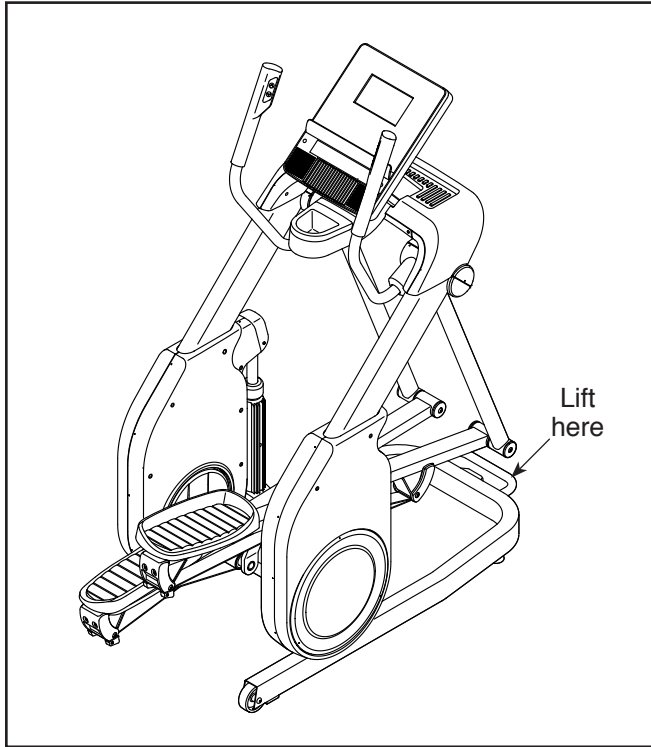


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



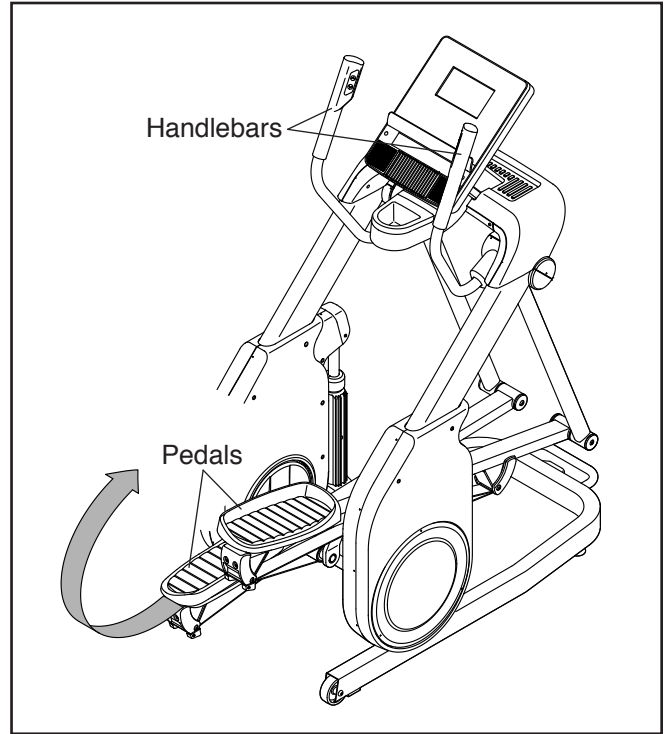
## HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two or three persons. Stand in front of the elliptical and lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



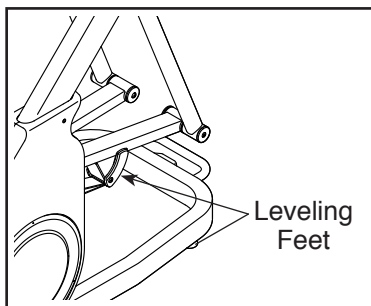
## HOW TO EXERCISE ON THE ELLIPTICAL

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.**

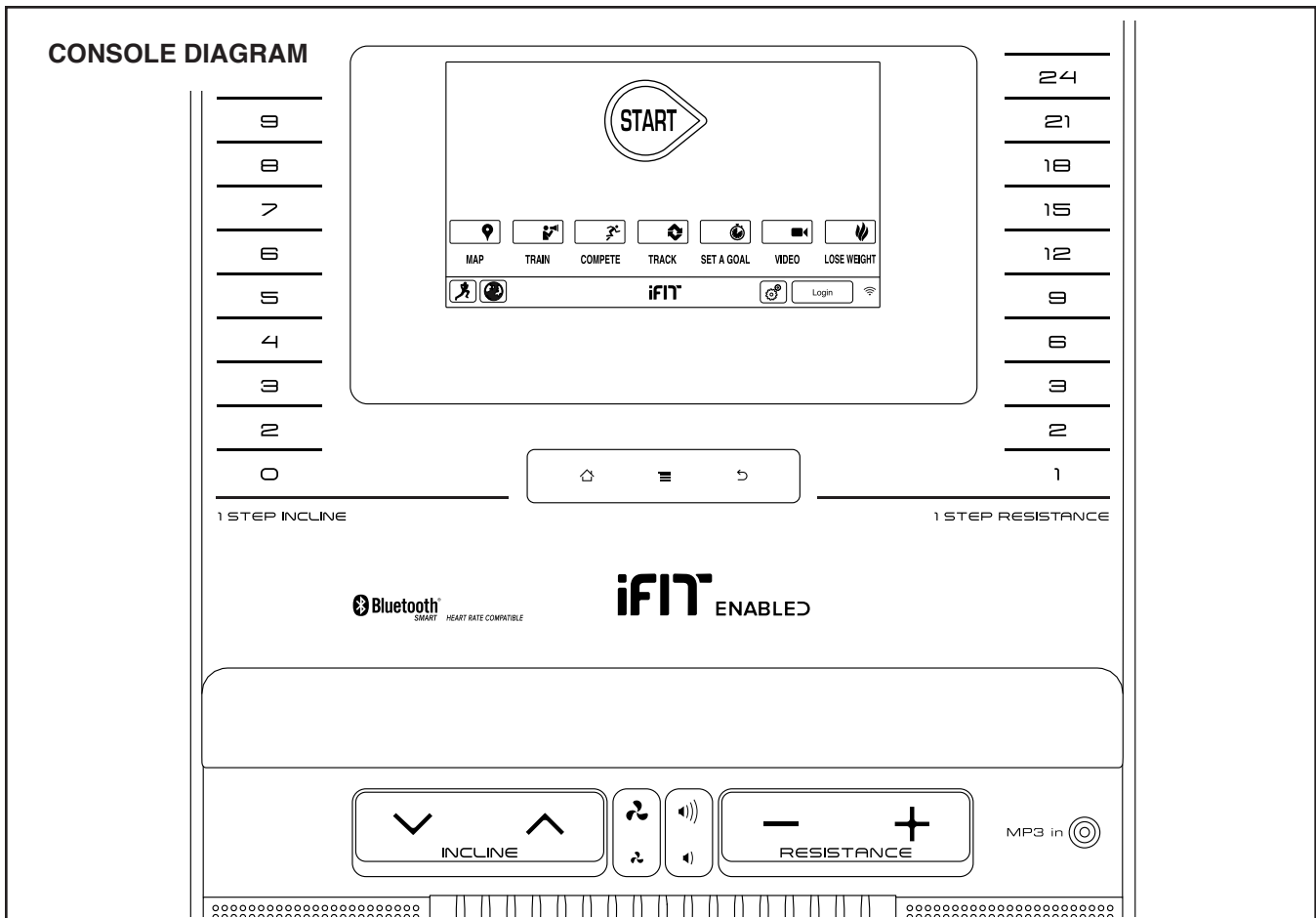


## HOW TO LEVEL THE ELLIPTICAL

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.



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.



**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 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 the incline of the frame 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 and the incline of the frame 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 chest heart rate monitor.

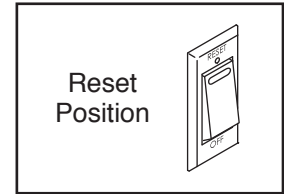
You can also browse the internet or listen to your favorite workout music or audio books with the console sound system while you exercise.

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

## HOW TO TURN ON THE POWER

**IMPORTANT: If the elliptical 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 displays or other electrical components.**

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 11). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

**Note: When you turn on the power for the first time, the incline system may calibrate automatically.** The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

**IMPORTANT: If the incline system does not calibrate automatically, see step 4 on page 23 and calibrate the incline system manually.**

**IMPORTANT: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will show a preset presentation when you finish exercising. To turn off the demo mode, see step 6 on page 21.**

## 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 21). 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 24 to connect the console to your wireless network.

### 2. Check for firmware updates.

First, see step 1 on page 21 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.

### 4. 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 21.

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 16. **To use an onboard workout**, see page 17. **To use a set-a-goal workout**, see page 18. **To use an iFit workout**, see page 19.

**To use the sound system**, see page 20. **To use the internet browser**, see page 21. **To use the equipment settings mode**, see page 21. **To use the maintenance mode**, see page 23. **To use the wireless network mode**, see page 24.

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 14 on page 22. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 14.

### 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 and the incline of the frame as desired.

Touch the Start button or begin pedaling.

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

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

To vary the motion of the pedals, you can change the incline of the frame. To change the incline level, press one of the numbered 1 Step Incline buttons on the console, press the Incline increase and decrease buttons on the console, or press the Incline increase and decrease buttons on the left handlebar.

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

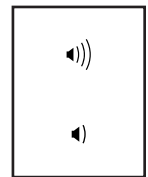
### 4. Follow your progress.

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, keep your pedaling speed near the target cadence. 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).

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



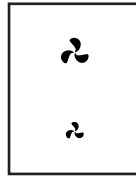
To pause the workout, touch one of the menu buttons on the screen. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

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

To use the chest heart rate monitor, see page 10. When your heart beat is detected, your heart rate will be shown in the display on the screen.

## 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 and/or your power output in watts 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, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.**

## HOW TO USE AN ONBOARD WORKOUT

### 1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 14.

### 2. Select the main menu.

See step 2 on page 16.

### 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.

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 and incline 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, one incline 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 and/or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 3 on page 16). **If you press an Incline button**, you can then manually control the incline level (see step 3 on page 16). **To return to the programmed resistance and/or incline 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 or incline 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 16.

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

See step 5 on page 16.

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

See step 6 on page 17.

**8. When you are finished exercising, unplug the power cord.**

See step 7 on page 17.

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

**1. Begin pedaling or press any button on the console to turn on the console.**

See HOW TO TURN ON THE POWER on page 14.

**2. Select the main menu.**

See step 2 on page 16.

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

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

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 16).

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 and/or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 3 on page 16). **If you press an Incline button**, you can then manually control the incline level (see step 3 on page 16). **To return to the programmed resistance and/or incline settings of the workout**, touch the Follow Workout button.

Note: If you manually change the resistance level or the incline 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 or the incline 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 16.

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

See step 5 on page 16.

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

See step 6 on page 17.

**8. When you are finished exercising, unplug the power cord.**

See step 7 on page 17.

## 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 24). 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. Begin pedaling or press any button on the console to turn on the console.**

See HOW TO TURN ON THE POWER on page 14.

**3. Select the main menu.**

See step 2 on page 16.

**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 Weight 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 18).

**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 17. During some workouts, an audio coach will guide you through your workout.

## 7. Follow your progress.

See step 4 on page 16. 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 16.

## 9. Turn on the fan if desired.

See step 6 on page 17.

## 10. When you are finished exercising, unplug the power cord.

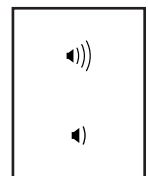
See step 7 on page 17.

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

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

## HOW TO USE THE EQUIPMENT SETTINGS MODE

**IMPORTANT: Some of the features described may not be enabled.** Occasionally, a firmware update may 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 16). 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 13.

### 5. Enable or disable the internet browser.

To enable or disable the internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

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

The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the screen will show a preset presentation when the elliptical is not in use.

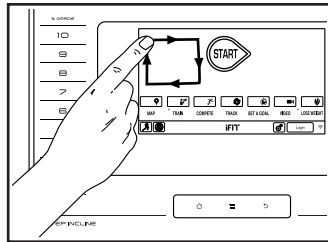
To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

## 7. Hide or display the gears button.

The console features an option to hide the gears button to prevent unauthorized users from accessing the settings main menu.

To hide or display the gears button, touch the Hide Settings button and select the desired checkbox. Then, follow the prompts on the screen.

**IMPORTANT: To access the settings main menu when the gears button is hidden, draw a square clockwise on the screen.**



## 8. Select a language.

To select a language, touch the Language button and select the desired language.

## 9. Enable or disable a passcode.

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

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.**

## 10. Start the introductory slideshow.

To view an introductory slideshow about the console displays, touch the Start Intro Slideshow button.

## 11. 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.

## 12. 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.

## 13. 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 cord 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 cord after an update.**

## 14. 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.

## 15. 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 cause your console to function slightly differently.

### 1. Select the settings main menu.

See step 1 on page 21.

### 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 turn off the power 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, 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.

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

### 4. Calibrate the incline system.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The frame 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 elliptical while the incline system is calibrating.**

### 5. 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.

### 6. Find keycodes.

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

### 7. 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.

### 8. 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.**

### 9. 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 21.

### 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 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.

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.

# 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 cord is fully plugged in.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 10.

## HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 12.

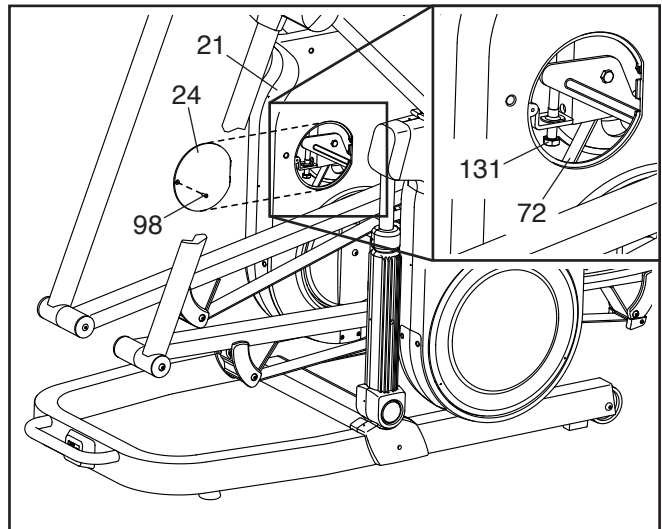
## INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see step 4 on page 23 and calibrate the incline system.

## 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. To adjust the drive belt, first **unplug the power cord**.

Next, remove the M4 x 16mm Screw (98) and the Access Cover (24) from the Right Inner Shield (21). Then, tighten the M10 x 80mm Screw (131) until the Drive Belt (72) is tight.

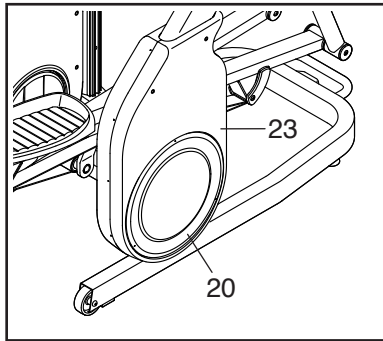


When you have properly adjusted the Drive Belt (72), reattach the Access Cover (24).

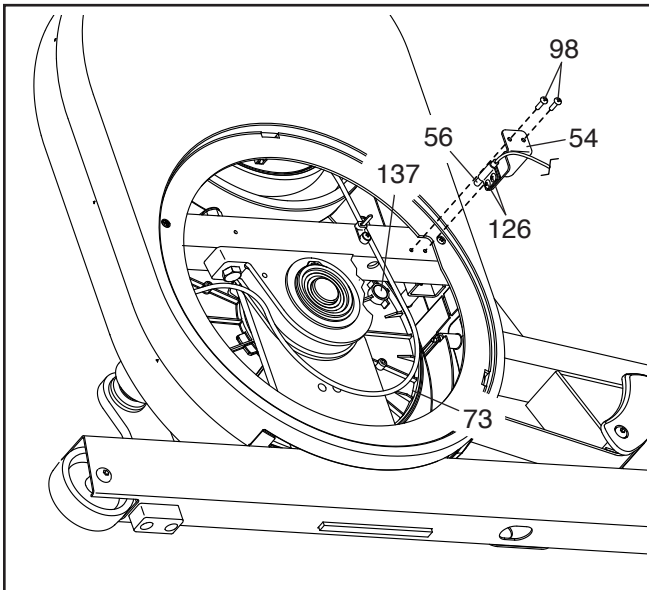
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power cord**.

Next, use a standard screwdriver and pry the Outer Disc (20) off the Right Outer Shield (23).



Locate the Reed Switch (56). Turn the Pulley (73) until a Magnet (137) is aligned with the Reed Switch.



Next, remove the two M4 x 16mm Screws (98), and then remove the Reed Switch Bracket (54). Then, slightly loosen the two M4 x 10mm Clamp Screws (126).

Then, reattach the Reed Switch Bracket (54) and slide the Reed Switch (56) slightly closer to or away from the Magnet (137). Plug in the power cord and rock the Pulley (73) forward and backward so that the Magnet passes the Reed Switch repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, remove the Reed Switch Bracket (54), retighten the two M4 x 10mm Clamp Screws (126), and reattach the Reed Switch Bracket.

Then, reattach the outer disc to the right outer shield and plug in the power cord.

# 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.

# PART LIST

Model No. NTEVEL19016.0 R0616A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	2	Wheel
2	1	Upright	52	2	Foot
3	1	Console Bracket	53	2	Leveling Foot
4	1	Console	54	1	Reed Switch Bracket
5	1	Right Leg	55	1	Clamp
6	1	Left Leg	56	1	Reed Switch/Wire
7	1	Right Upper Body Arm	57	1	Resistance Cable
8	1	Left Upper Body Arm	58	1	Resistance Motor
9	1	Left Pedal Arm	59	1	Left Leg Cover A
10	1	Left Pedal	60	1	Left Leg Cover B
11	1	Right Pedal	61	1	Crank
12	1	Right Control Grip/Wire	62	2	Glide Belt
13	1	Left Control Grip/Wire	63	4	Glide Belt Cover
14	1	Lower Bridge Cover	64	4	Strap Clamp
15	1	Left Lower Bridge Cover	65	8	M6 x 12mm Screw
16	1	Upper Bridge Cover	66	4	R20 Bearing
17	1	Upper Neck Cover	67	2	Roller
18	1	Tray Insert	68	2	Roller Spacer
19	1	Accessory Tray	69	2	Inner Disc Cover
20	2	Outer Disc	70	2	Inner Disc
21	1	Right Inner Shield	71	2	Crank Clamp
22	1	Left Large Slot Cover	72	1	Drive Belt
23	1	Right Outer Shield	73	1	Pulley
24	1	Access Cover	74	2	Weld Spacer
25	2	Small Slot Cover	75	2	Crank Hanger
26	1	Upper Pillar Cover	76	2	Crank Hanger Spacer
27	1	Left Inner Shield	77	2	Bearing Insert
28	1	Left Outer Shield	78	2	Snap Ring
29	1	Pillar Cover A	79	2	Pivot Insert
30	1	Pillar Cover B	80	2	Cone
31	1	Left Base Cover	81	4	Cone Key
32	1	Right Base Cover	82	2	Cone Spring
33	2	Pivot Cover A	83	2	Pivot Bearing
34	2	Pivot Cover B	84	2	Pivot Spacer
35	1	Right Leg Cover A	85	2	Pivot Bushing
36	1	Right Leg Cover B	86	2	Crank Spacer
37	1	Lower Neck Cover	87	2	Pedal Arm Snap Ring
38	1	Right Lower Bridge Cover	88	4	Outer Bushing
39	1	Lever Bracket	89	2	Pedal Arm Washer
40	1	Lift Motor	90	2	Inner Pedal Arm Cover
41	1	Control Bracket	91	3	Pillar Axle
42	1	Control Board	92	1	Lift Motor Axle
43	1	Power Bracket Cover	93	1	Lever Bracket Axle
44	1	Power Bracket	94	2	Lift Motor Spacer
45	1	Power Switch	95	2	Lift Motor Bushing
46	1	Receptacle	96	2	Lever Bracket Bushing
47	1	Upper Pillar	97	21	Clip Nut
48	1	Lower Pillar	98	105	M4 x 16mm Screw
49	1	Eddy Mechanism	99	2	Pivot Washer
50	1	Eddy Mechanism Bracket	100	2	M10 x 20mm Screw

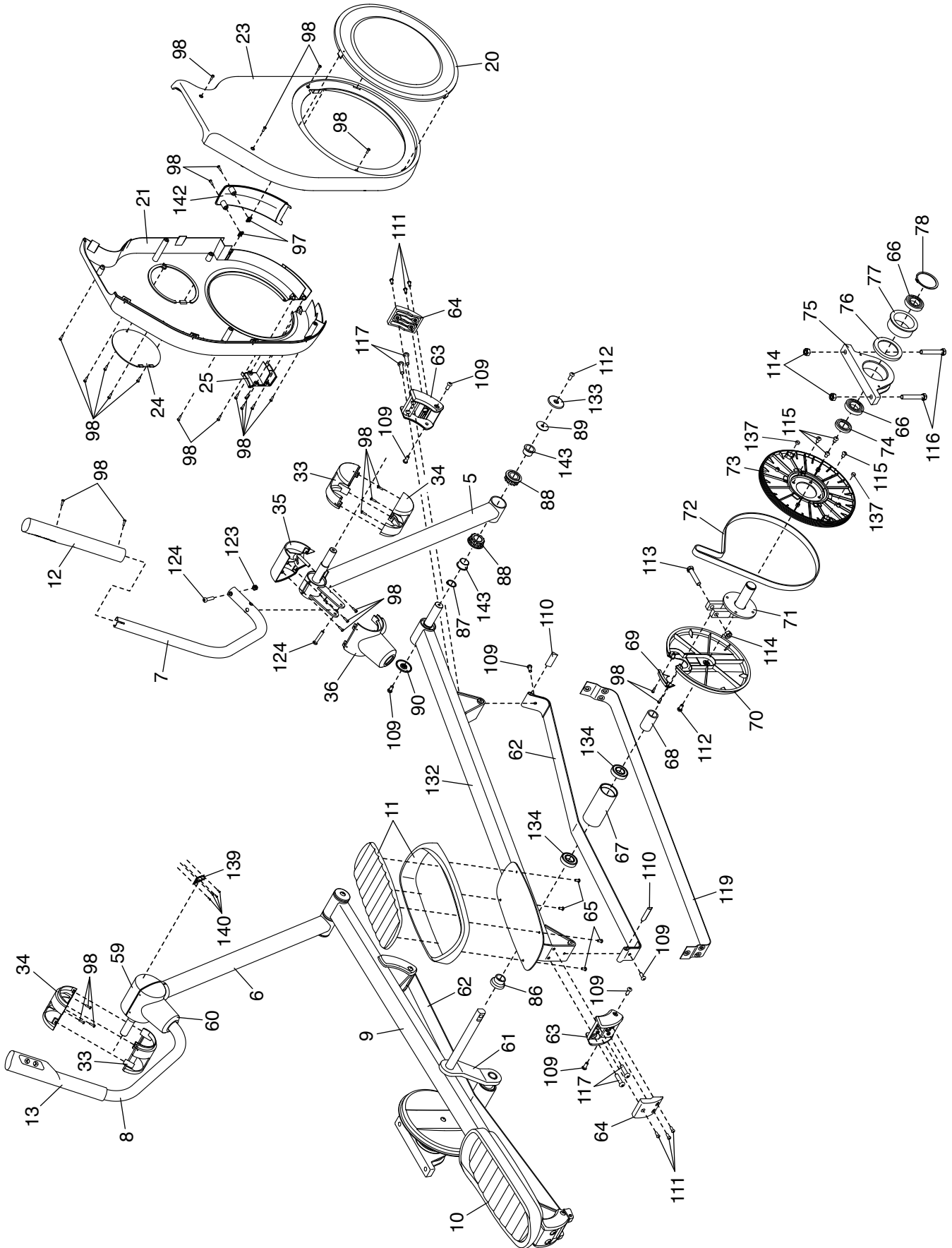
Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M8 x 15mm Screw	124	6	M8 x 45mm Bolt/Screw
102	2	M8 x 23mm x 2mm Washer	125	2	M8 x 68mm Screw
103	8	M6 x 15mm Screw	126	2	M4 x 10mm Clamp Screw
104	8	M6 x 12mm x 2mm Washer	127	1	Power Cord
105	4	Standoff	128	1	M4 x 10mm Screw
106	5	M4 Star Washer	129	1	Idler
107	6	#8 x 10mm Screw	130	1	M10 x 18mm Screw
108	2	M10 x 55mm Bolt	131	1	M10 x 80mm Screw
109	14	M8 x 20mm Screw	132	1	Right Pedal Arm
110	4	Glide Belt Wedge	133	2	Outer Pedal Cover
111	12	M6 x 16mm Screw	134	4	R16 Bearing
112	4	M8 x 14mm Shoulder Screw	135	1	Heart Rate Monitor
113	2	M12 x 60mm Bolt	136	2	Leg Spacer
114	6	M12 Locknut	137	2	Magnet
115	4	M8 x 12mm Screw	138	1	Accelerometer Wire
116	4	M12 x 78mm Bolt	139	1	Accelerometer
117	8	M10 x 40mm Screw	140	4	Accelerometer Screw
118	2	M10 x 60mm Bolt	141	1	Main Wire
119	2	Strap	142	1	Right Large Slot Cover
120	4	#8 x 25mm Screw	143	4	Inner Bushing
121	2	M10 x 85mm Bolt	*	–	User's Manual
122	6	M10 Locknut	*	–	Assembly Tool
123	4	M8 Locknut			

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. NTEVEL19016.0 R0616A



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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.

