NordicTrack®
AudioStrider 900

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

Email: csuk@iconeurope.com
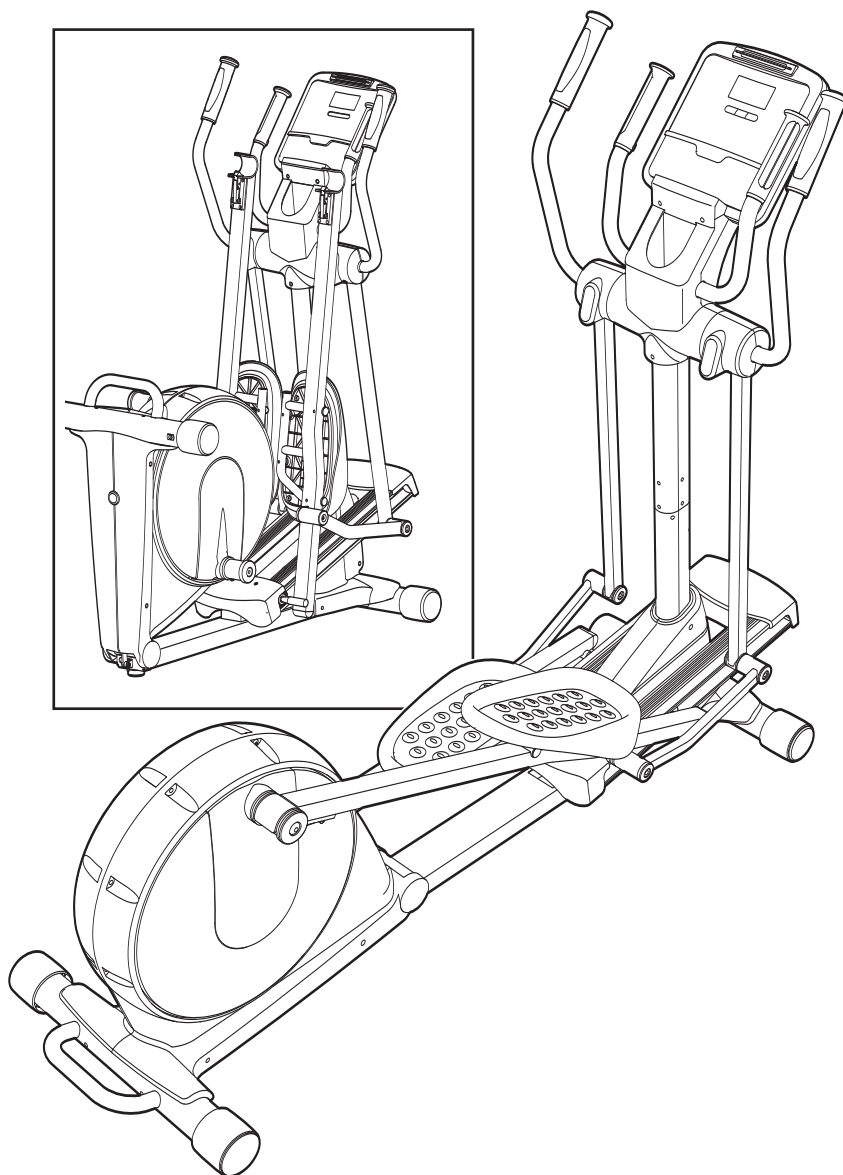
Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG,
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.
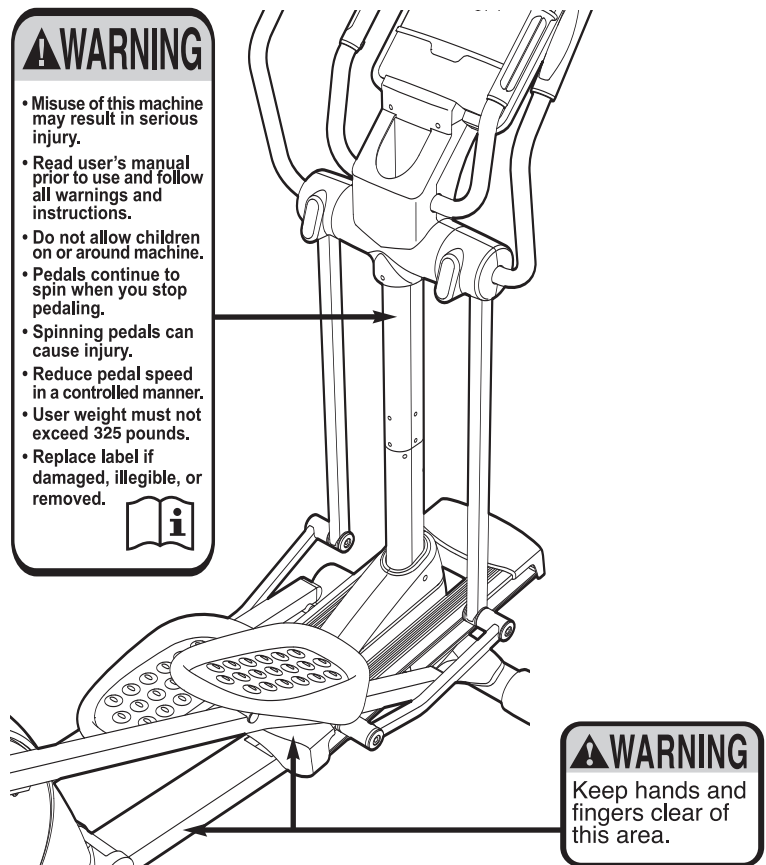
Visit our website at
www.iconeurope.com

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WARNING DECAL PLACEMENT

The warning decalS shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal 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 325 pounds.
• Replace label if damaged, illegible, or removed.

⚠WARNING
Keep hands and fingers clear of this area.

NordicTrack is a registered trademark of ICON IP, Inc.

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 exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from your elliptical exerciser at all times.

7. Your elliptical exerciser should not be used by persons weighing more than 325 lbs. (147 kg).

8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.

9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.

10. Keep your back straight while using your elliptical exerciser; do not arch your back.

11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

12. When you stop exercising, allow the pedals to slowly come to a stop.

13. If you feel pain or dizziness while exercising, stop immediately and cool down.

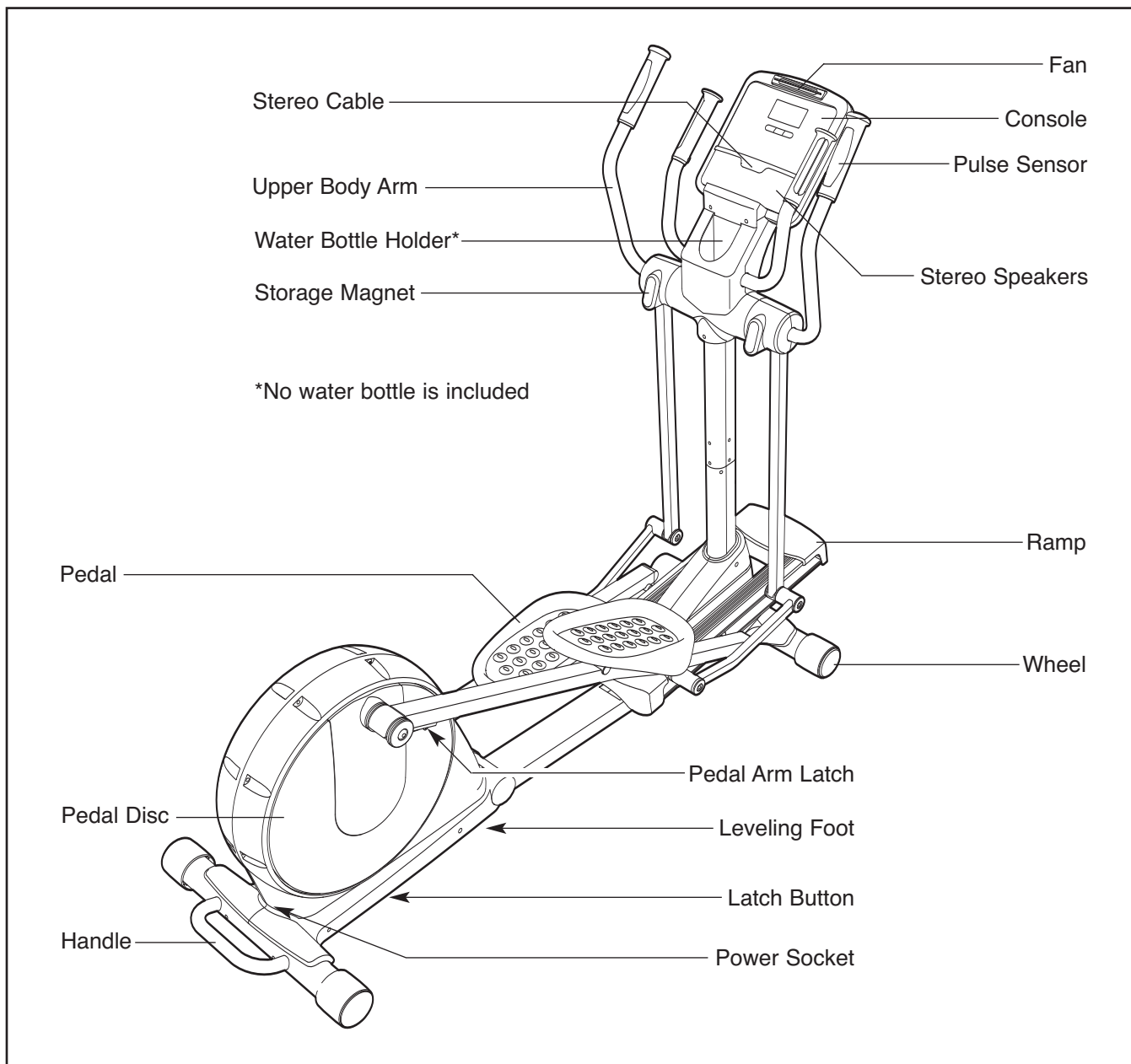14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

Thank you for purchasing the revolutionary NordicTrack® AUDIOSTRIDER 900 elliptical exerciser. The AUDIOSTRIDER 900 elliptical exerciser provides an array of features designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique elliptical exerciser can be folded out of the way.

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

tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before 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.

Stereo Cable

Upper Body Arm

Water Bottle Holder*

Storage Magnet

*No water bottle is included

Fan

Console

Pulse Sensor

Stereo Speakers

Pedal

Pedal Disc

Handle

Ramp

Wheel

Pedal Arm Latch

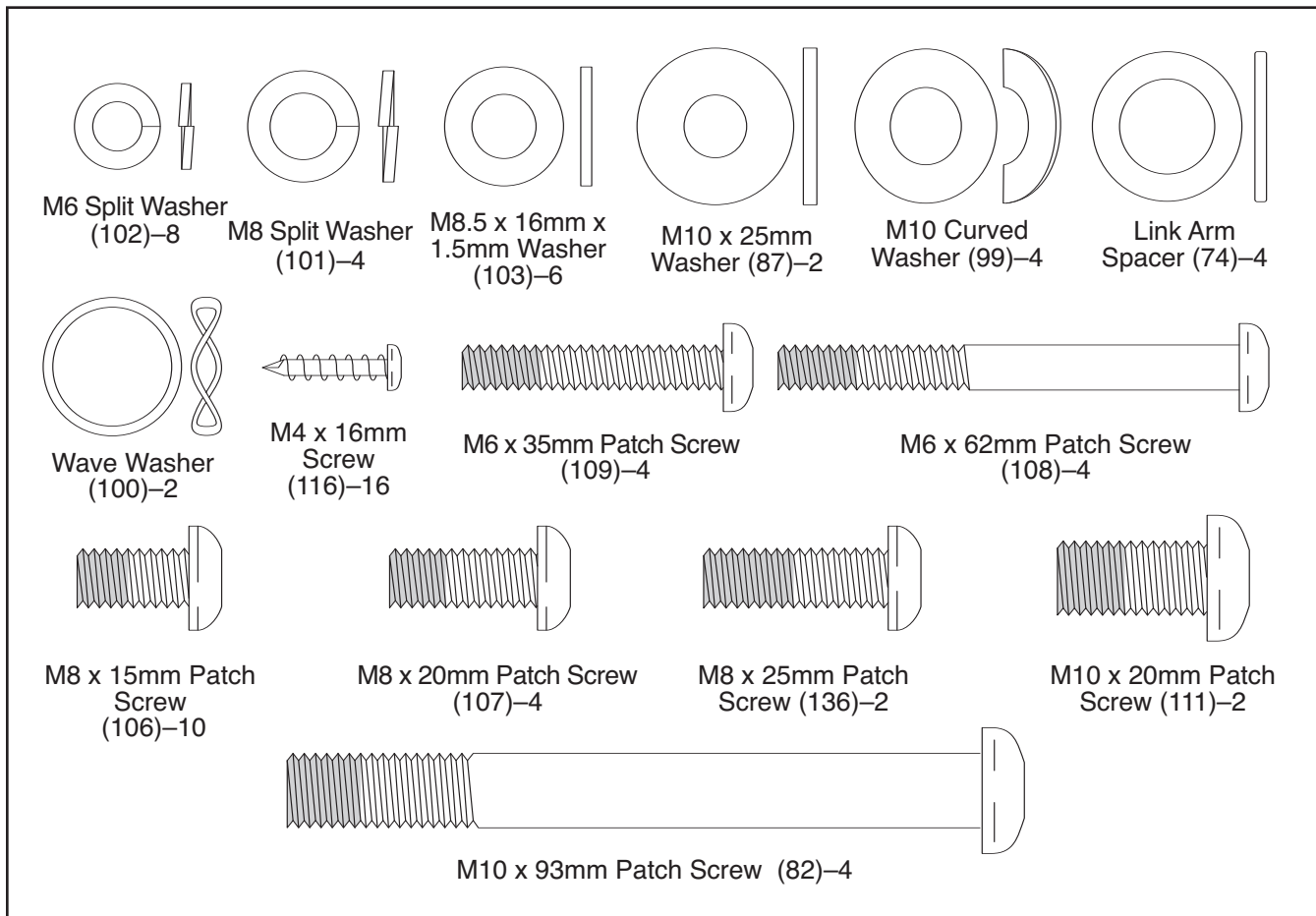Leveling Foot

Latch Button

Power Socket

ASSEMBLY

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

Assembly requires the included hex keys and your own Phillips screwdriver ⊏══⊐═⊶ **and rubber mallet** ⊏══⊐ **.**

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

M6 Split Washer (102)–8

M8 Split Washer (101)–4

M8.5 x 16mm x 1.5mm Washer (103)–6

M10 x 25mm Washer (87)–2

M10 Curved Washer (99)–4

Link Arm Spacer (74)–4

Wave Washer (100)–2

M4 x 16mm Screw (116)–16

M6 x 35mm Patch Screw (109)–4

M6 x 62mm Patch Screw (108)–4

M8 x 15mm Patch Screw (106)–10

M8 x 20mm Patch Screw (107)–4

M8 x 25mm Patch Screw (136)–2

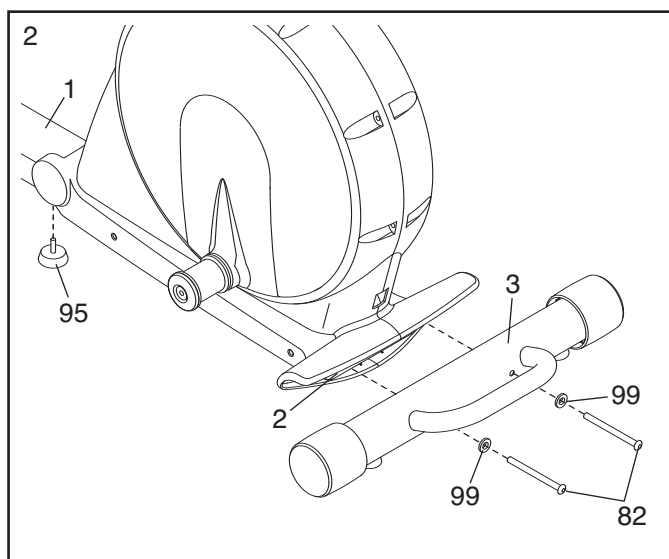M10 x 20mm Patch Screw (111)–2

M10 x 93mm Patch Screw (82)–4

1. If there is a shipping bracket attached to the rear of the Folding Frame (not shown), remove the screw and the shipping bracket from the Folding Frame. Discard the screw and the shipping bracket.

   See HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER on page 13 and unfold the elliptical exerciser.

   While another person lifts the front of the Frame (1), attach the Front Stabilizer (4) to the Frame with two M10 x 93mm Patch Screws (82) and two M10 Curved Washers (99).
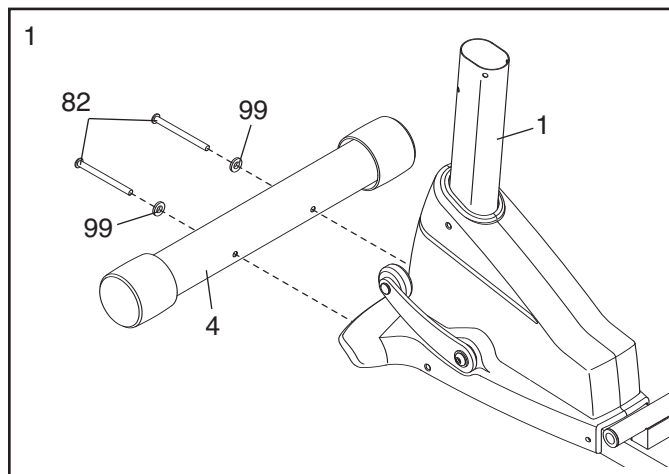
2. While another person lifts the Folding Frame (2), attach the Rear Stabilizer (3) to the Folding Frame with two M10 x 93mm Patch Screws (82) and two M10 Curved Washers (99). Next, tighten the Center Foot (95) into the Frame (1).

3. Attach the Front Ramp Cover (6) to the
   Ramp (5) with four M4 x 16mm Screws (116).

   Slide an M10 x 25mm Washer (87) onto an
   M10 x 20mm Patch Screw (111). Tighten the
   Button Screw into one end of the Ramp
   Axle (72). Apply a small amount of the included
   grease to the Ramp Axle.

   Orient the Ramp (5) as shown. Align the lower
   end of the Ramp with the welded tube on the
   Frame (1). Insert the Ramp Axle (72) into the
   Ramp and the welded tube.

   Slide an M10 x 25mm Washer (87) onto an
   M10 x 20mm Patch Screw (111). Tighten the
   Button Screw into the open end of the Ramp
   Axle (72).
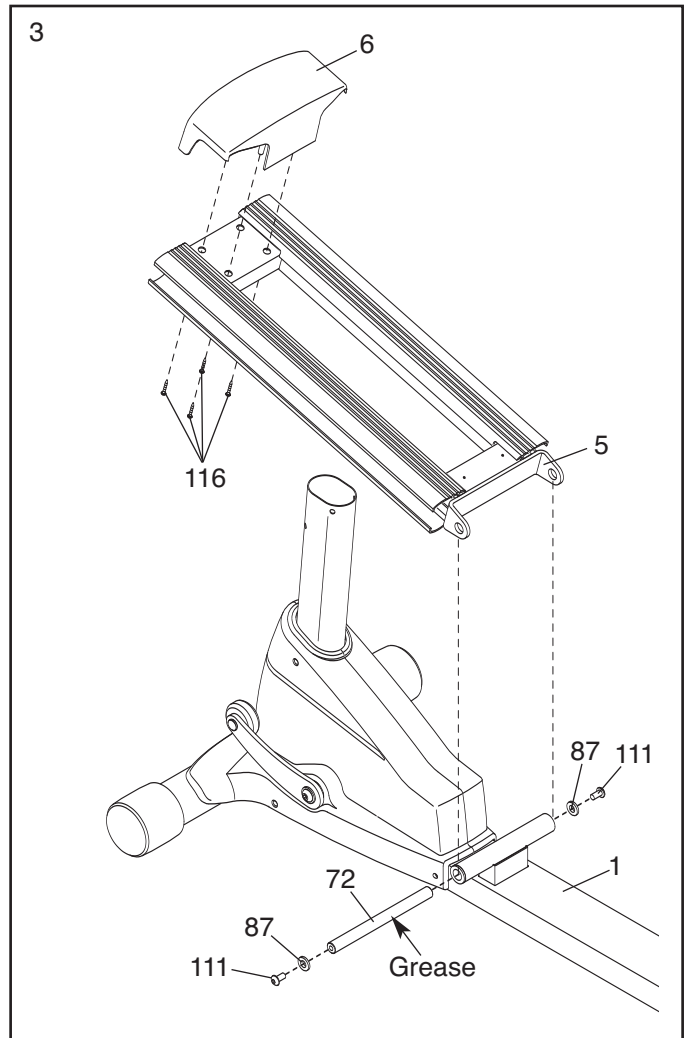
4. Identify the Left Pedal (34) and the Left Pedal
   Arm (32), which are marked with stickers.

   Attach the Left Pedal (34) to the Left Pedal
   Arm (32) with two M6 x 62mm Patch Screws
   (108), two M6 x 35mm Patch Screws (109), and
   four M6 Split Washers (102).

   **Attach the Right Pedal (not shown) to the
   Right Pedal Arm (not shown) in the same
   way.**
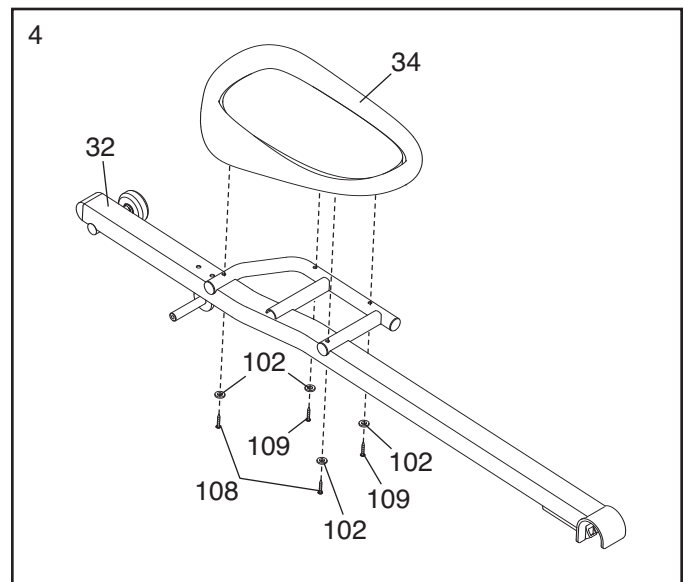
5. Insert the Roller (38) on the Left Pedal Arm (32) and the Roller on the Right Pedal Arm (33) into the sides of the Ramp (5).

Attach the Rear Ramp Cover (7) to the Ramp (5) with two M4 x 16mm Screws (116).

See the inset drawing. Lift the Pedal Arm Latch (41) on the Left Pedal Arm (32) and set the end of the Left Pedal Arm on the left Crank Bushing Sleeve (54). Release the Pedal Arm Latch; make sure that the Left Pedal Arm is securely connected to the Crank Bushing Sleeve.

Connect the Right Pedal Arm (33) to the right Crank Bushing Sleeve (not shown) in the same way.
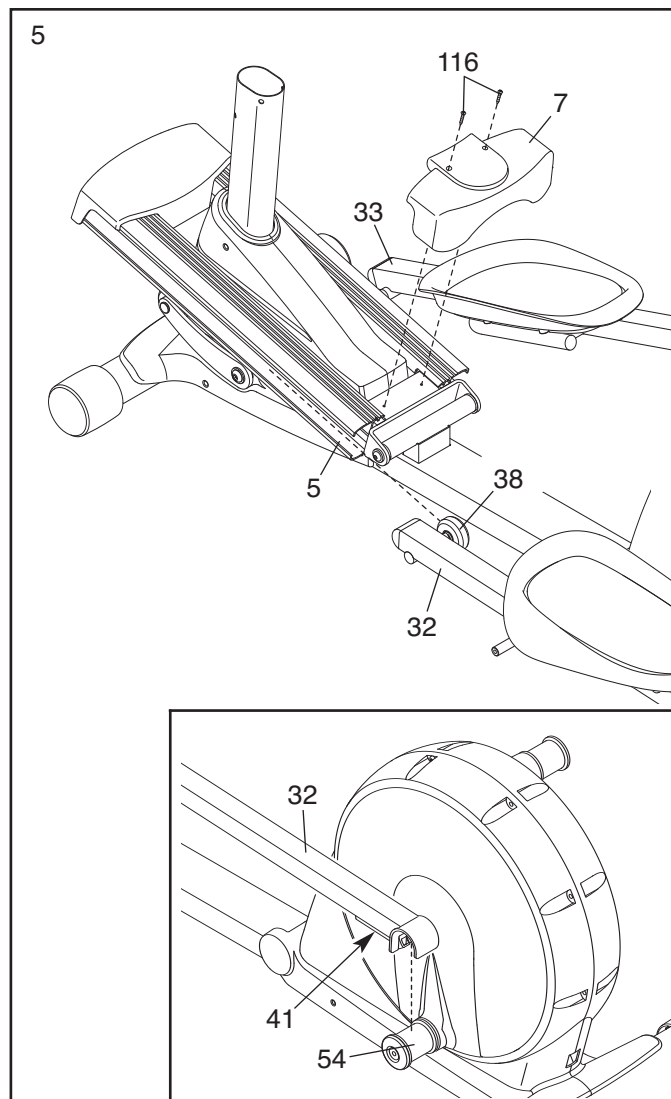
6. While another person holds the Upright (10) near the Frame (1), connect the Upper Wire Harness (65) to the Lower Wire Harness (64).

Carefully insert the Upright (10) into the Frame (1); **be careful not to damage the Wire Harnesses (64, 65).** Attach the Upright with four M8 x 20mm Patch Screws (107) and four M8 Split Washers (101).

Be careful not to damage the Wire Harnesses (64, 65) during this step
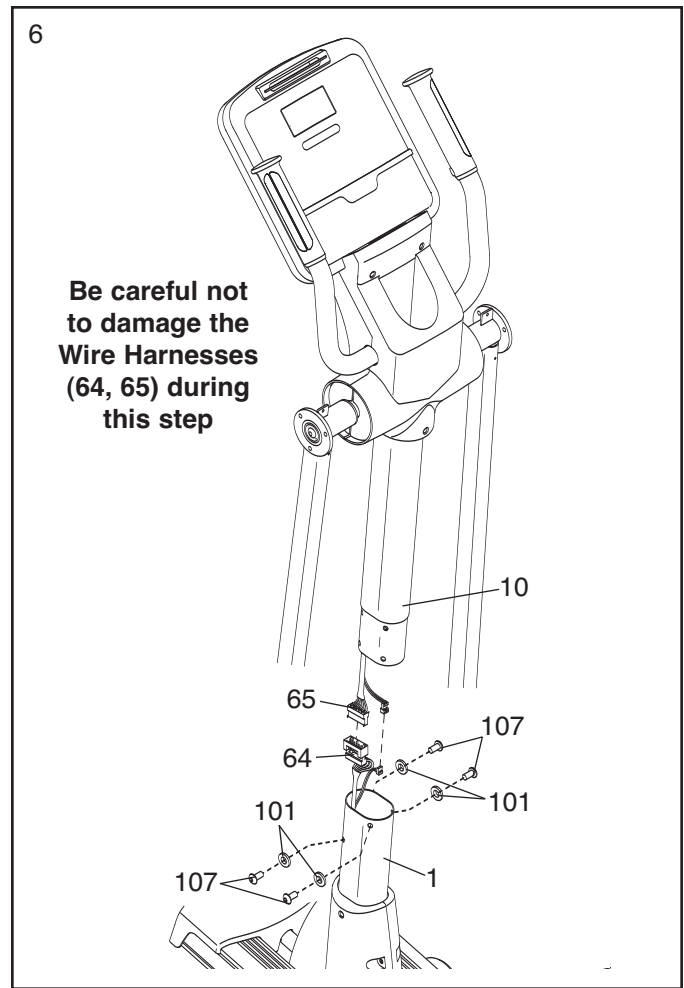
7. Attach the Left Upper Body Arm (22) to the left Upper Body Leg (24) with three M8 x 15mm Patch Screws (106).

Attach the Right Upper Body Arm (23) in the same way.
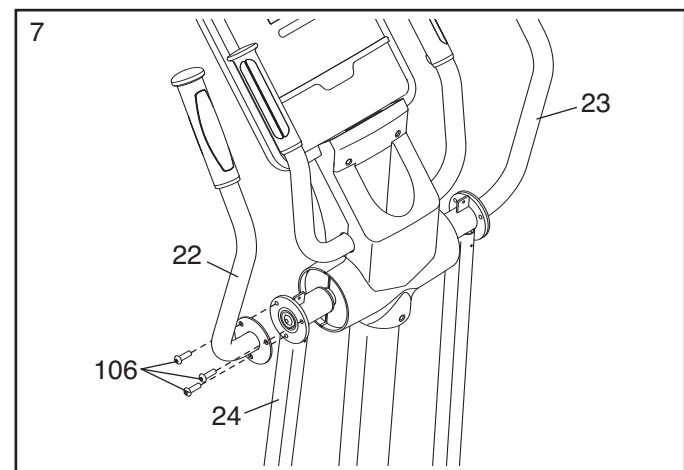
8. Hold the Left Rear Upper Body Cover (26) and the Left Front Upper Body Cover (27) around the left Upper Body Leg (24). Attach the Upper Body Covers with five M4 x 16mm Screws (116).

Attach the Right Rear Upper Body Cover (28) and the Right Front Upper Body Cover (29) in the same way.
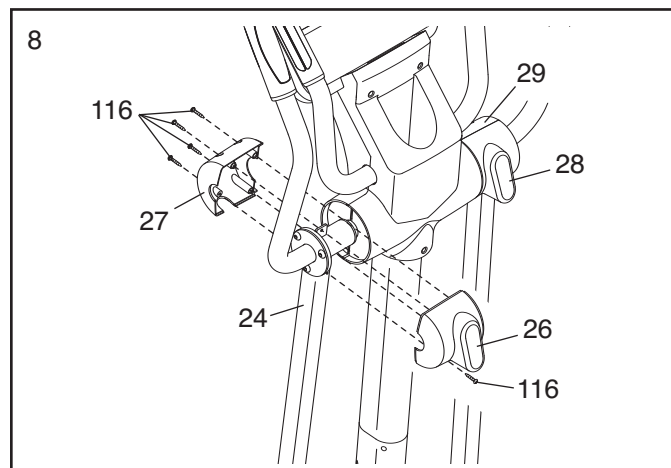
9. Apply a small amount of grease to the axle on the Left Link Arm (30), to the axle on the Left Pedal Arm (32), and to a Wave Washer (100).

Slide the Wave Washer (100) onto the axle on the Left Pedal Arm (32). Next, slide a Link Arm Spacer (74) onto the axle on the Left Link Arm (30).

Then, insert the axle on the Left Link Arm (30) into the left Upper Body Leg (24) while sliding the Left Link Arm onto the axle on the Left Pedal Arm (32).

Repeat this step with the Right Link Arm (31).
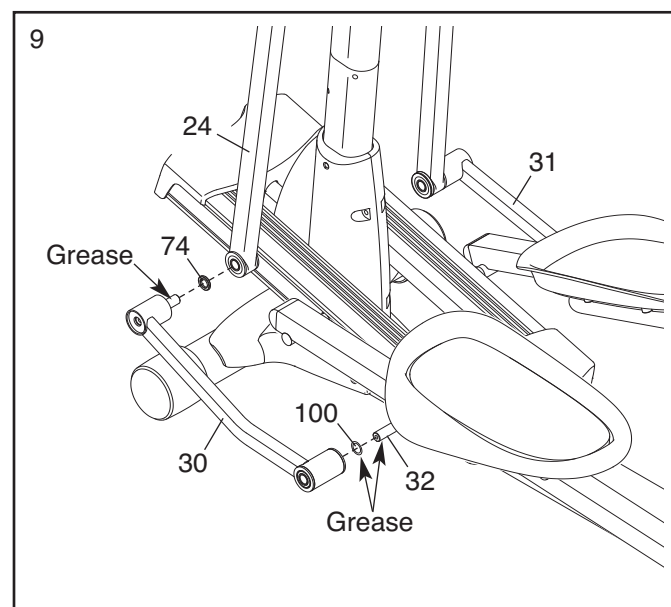
10. Attach the Left Link Arm (30) to the Left Pedal Arm (32) with an M8 x 15mm Patch Screw (106), an M8.5 x 16mm x 1.5mm Washer (103), and an Axle Cover (66).

Attach the Left Link Arm (30) to the left Upper Body Leg (24) with an M8 x 25mm Patch Screw (136), two M8.5 x 16mm x 1.5mm Washers (103), two Axle Covers (66), a Link Arm Spacer (74), and an M8 x 15mm Patch Screw (106) as shown.

**Attach the Right Link Arm (31) in the same way.**
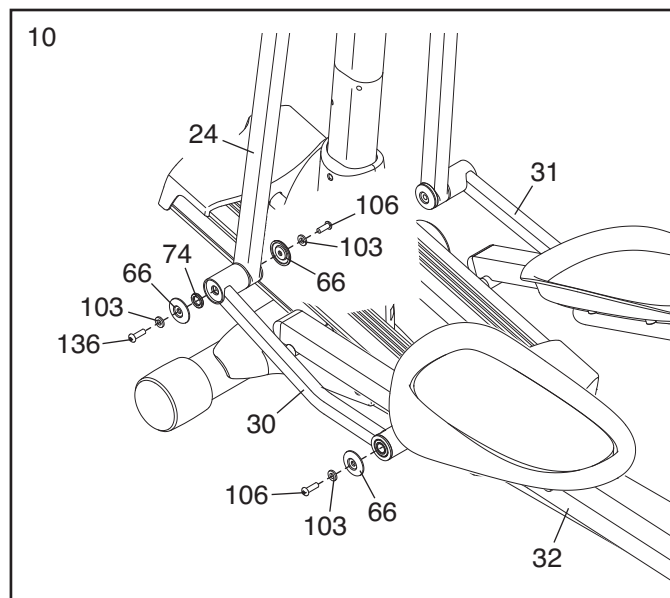
11. Plug the power cord into the power socket at the rear of the elliptical exerciser (see HOW TO PLUG IN THE POWER CORD on page 13). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

Make sure that all parts of the elliptical exerciser are properly tightened. Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.

Chest Strap

Sensor Unit

Tab

Sensor Unit

Buckle

Logo
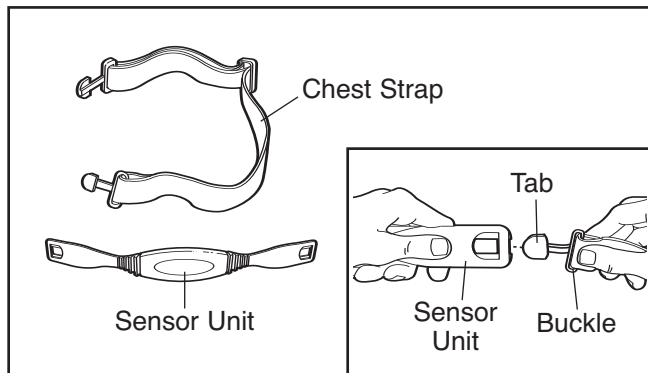
Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.
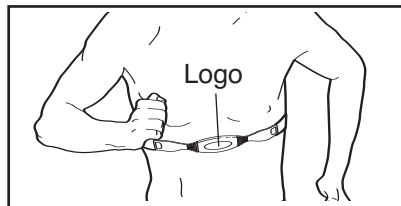
Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE

• Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

• Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.

• Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).

• Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

• Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions below explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

• Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.

• Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

• Make sure to position yourself near the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**

• The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the exercise cycle.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE 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.

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 is equipped with a cord having an equipment-earthing conductor and an earthing plug. **If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket at the back of the elliptical exerciser.


1

Socket on Elliptical Exerciser
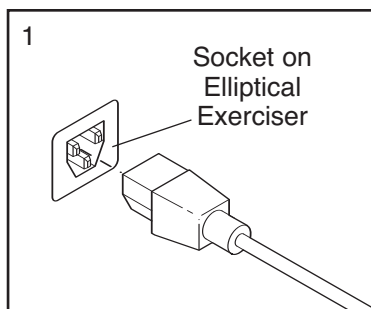
Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**


2

Outlet
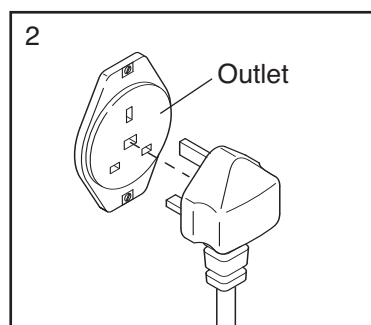
HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.

Sleeve
Pedal Arm
Latch
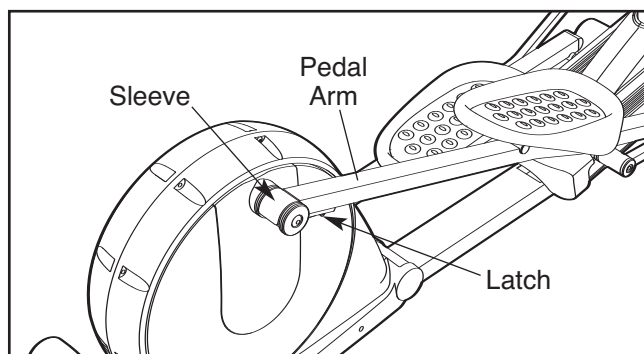
Next, raise the pedal arms until they touch the magnets on the upper body legs; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.


Handle
Magnet
Pedal Arm
Latch Button
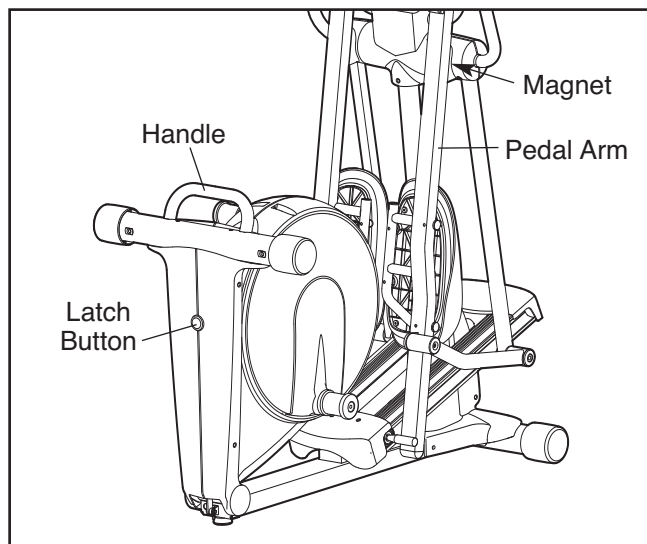
To use the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal arms off the magnets on the upper body legs. Then, **lift the latches under the pedal arms,** and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.
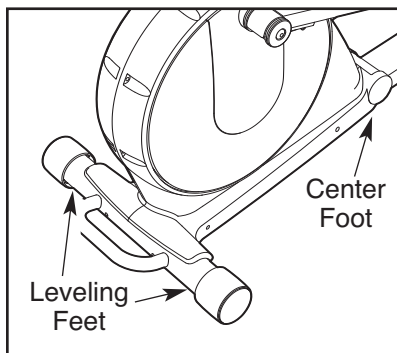
HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described on page 13. Next, stand in front of the elliptical exerciser, hold the handgrip pulse sensors, and place one foot against the center of the front stabilizer. Pull the pulse sensors until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.

Handgrip Pulse Sensors

Place your foot here
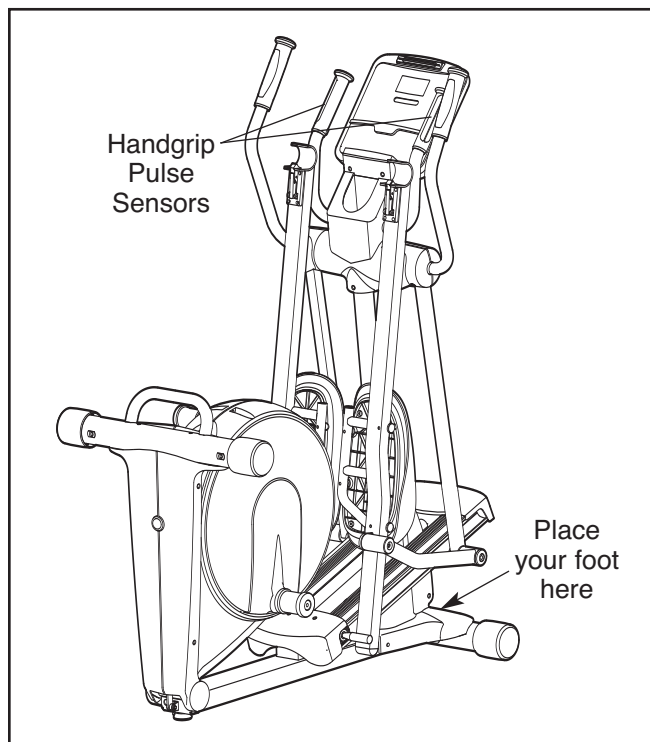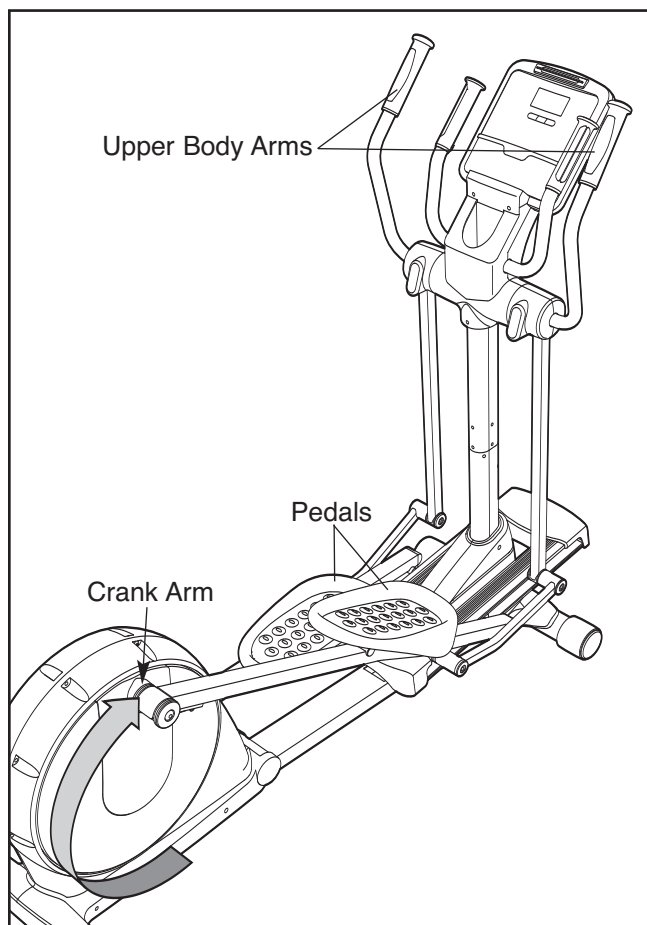
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated. If the elliptical exerciser flexes in the center during use, turn the center foot beneath the frame until the flexing is eliminated.


Center Foot

Leveling Feet

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

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

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow below; however, for variety you can turn the crank arms in the opposite direction.

Upper Body Arms

Pedals

Crank Arm

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

14

CONSOLE DIAGRAM
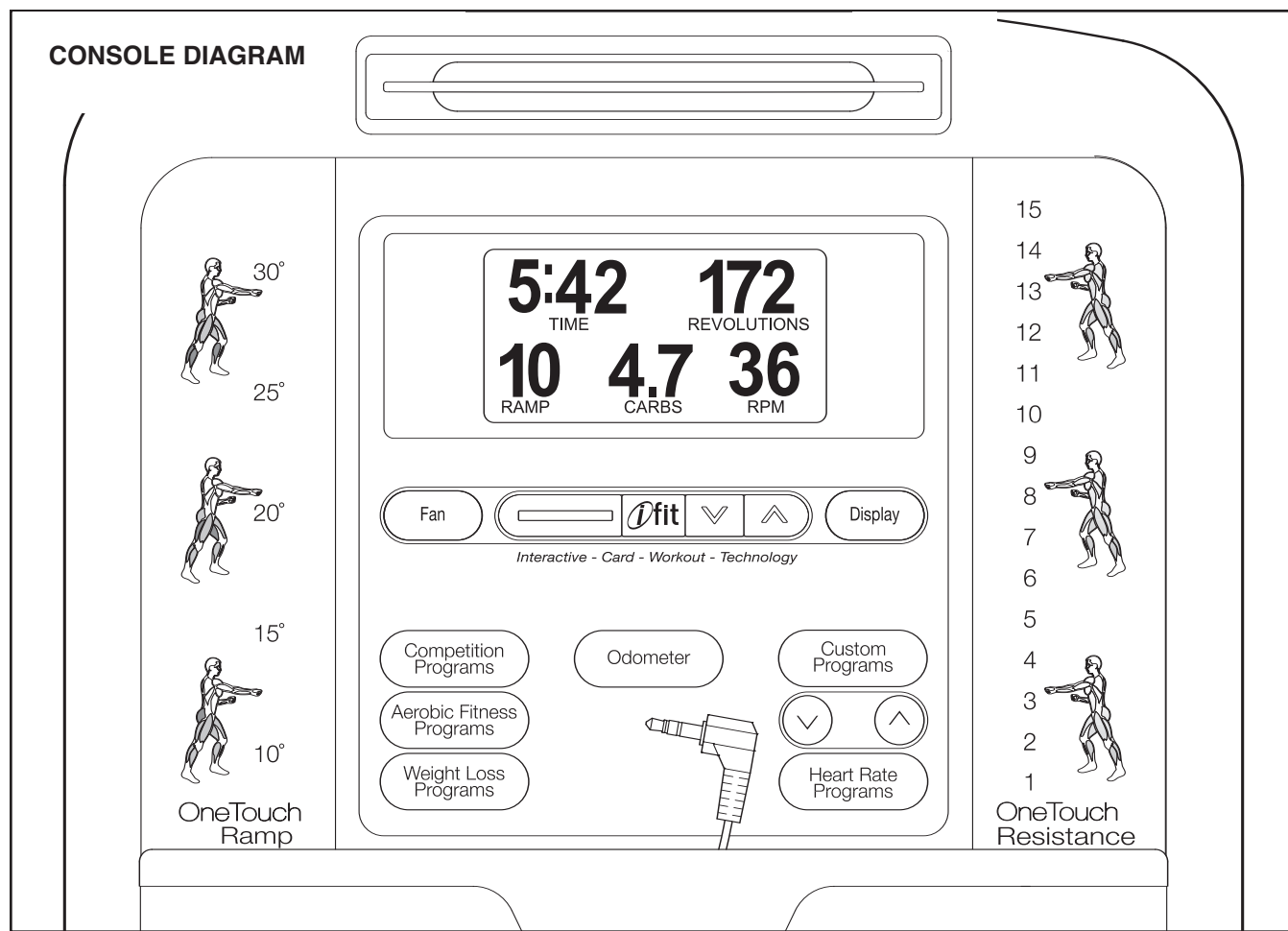
FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the included chest pulse sensor.

The console also offers twenty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

The console also offers two custom workouts that allow you to create your own workouts and store them in memory for future use.

In addition, the console features two heart rate workouts that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System enables the console to accept iFIT cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFIT workouts control the resistance of the pedals while the voice of a personal trainer coaches and motivates you through your workouts. **To purchase iFIT cards, go to www.iFIT.com or call the telephone number on the front cover of this manual. iFIT cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's stereo sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode of the console, follow the steps beginning on page 16. **To use a preset workout**, see page 18. **To create a custom workout**, see page 19. **To use a custom workout**, see page 20. **To use a heart rate workout**, see page 21. **To use an iFIT workout**, see page 23. **To use the stereo sound system**, see page 23.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Programs buttons repeatedly until zeros appear in the display.

   ```
   0:00          0
   TIME      REVOLUTIONS
   10    0.0      0
   RAMP    CARBS     RPM
   ```
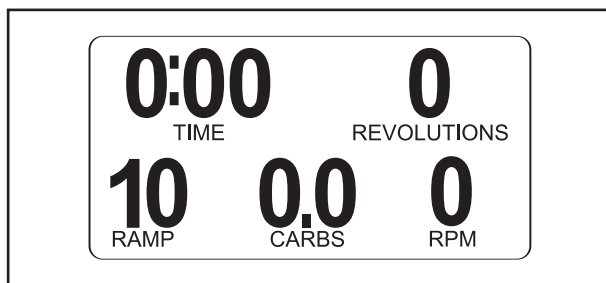
3. **Begin pedaling and change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing the OneTouch Resistance buttons. There are fifteen resistance levels. Note: After you press the buttons, 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 ramp. To change the incline, press the OneTouch Ramp buttons. There are five incline levels. Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

   While you pedal, the upper left corner of the display will show the elapsed time. Note: During a workout, except for heart rate workout 1, the display will show the time remaining in the workout.

```
5:42      172
TIME      REVOLUTIONS
10    4.7     36
RAMP    CARBS     RPM
```
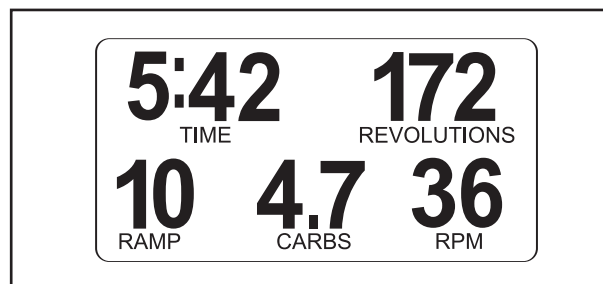
The upper right corner of the display will show the distance you have pedaled, in total revolutions. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).

The lower left corner of the display will show the ramp incline level.

The lower center of the display will show the approximate number of grams of carbs you have burned.

The lower right corner of the display will show your pedaling pace, in revolutions per minute.

The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time and the distance you have pedaled, the elapsed time and the approximate number of calories you have burned, the elapsed time, or the approximate number of calories you have burned. Press the Display button again to view a workout history of resistance levels and pedaling pace.

To again view the time, distance, ramp incline, number of grams of carbs burned, and pedaling pace, press the Display button again.

To view the total distance pedaled since the elliptical exerciser was purchased and the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds.

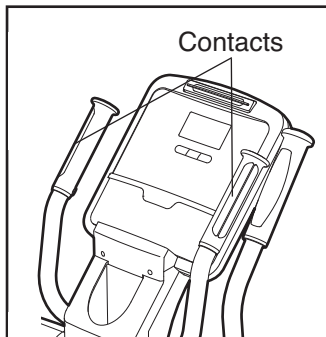5. **Measure your heart rate if desired.**

   To use the included chest pulse sensor, see page 12. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**

   If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

Contacts

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

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

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

   To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button again; when the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

   Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

   To turn off the fan, press the Fan button again. Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off.

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

   If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

   If the pedals are not moved for about five minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

1. **Turn on the console.**

   See step 1 on page 16.

2. **Select a preset workout.**

   To select a weight loss workout, press the Weight Loss Programs button repeatedly; to select an aerobic fitness workout, press the Aerobic Fitness Programs button; to select a competition workout, press the Competition Programs button.

   When you select a preset workout, the name of the workout, the workout time, and the maximum pace and resistance level for the workout will appear in the display for a few seconds. A profile of the resistance levels of the workout will then appear in the display.
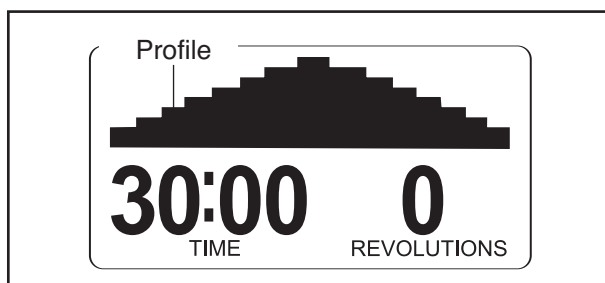
3. **Begin pedaling to start the workout.**

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

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

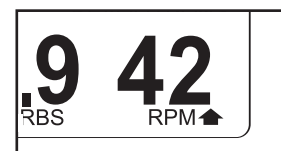As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an upward-pointing arrow or the prompt SPEED UP appears next to the pace information in the display (see step 4 on page 16), increase your pace. When a downward-pointing arrow or the prompt SLOW DOWN appears, decrease your pace. When no arrow or prompt appears, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace 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 OneTouch Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. **Follow your progress with the display.**

During the workout, the display will show the workout profile, the time remaining in the workout, and the distance you have pedaled.

To view the profile, your pedaling pace, and the distance you have pedaled, press the Display button. Note: The words SPEED UP or SLOW DOWN may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

To view the time remaining in the workout and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

To view the time remaining, distance pedaled, ramp incline, number of grams of carbs burned, and pedaling pace, press the Display button again. Note: An upward- or downward-pointing arrow may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

To view the first display again, press the Display button again.

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

See step 5 on page 17.

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

See step 6 on page 17.

7. **When you are finished exercising, the console will turn off automatically.**
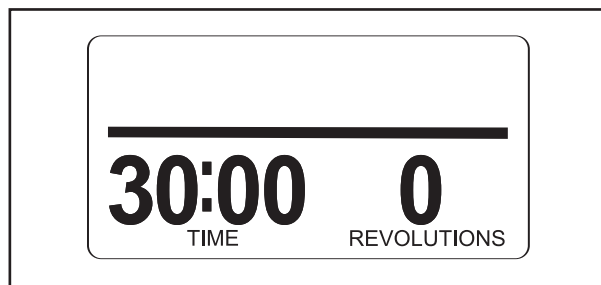
See step 7 on page 17.

HOW TO CREATE A CUSTOM WORKOUT

1. **Turn on the console.**

See step 1 on page 16.

2. **Select a custom workout.**

To select a custom workout, press the Custom Programs button once or twice. When you select a custom workout, the name of the workout and the settings for the workout will appear in the display for a few seconds.

3. **Begin pedaling to start the workout, and program the desired settings.**

Each custom workout is divided into 30 one-minute segments. You can program one resistance level and one target pace setting for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the OneTouch Resistance buttons. To program a target pace for the first segment, simply pedal at the desired pace.

At the end of the first segment, the workout will store the current resistance level and your current pace in memory. Program a resistance level and a target pace for the second segment as described above.

Continue exercising for up to forty minutes. Stop pedaling when you are finished with your workout. The workout you created will then be stored in memory. Note: If your workout is less than thirty minutes long, any remaining segments in the workout will be stored with the last resistance level and target pace setting you programmed.

4. **When the workout is finished, the console will turn off automatically.**

See step 7 on page 17.

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HOW TO USE A CUSTOM WORKOUT

1. **Turn on the console.**

   See step 1 on page 16.

2. **Select a custom workout.**

   To select a custom workout, press the Custom Programs button repeatedly until the words CUSTOM 1 or CUSTOM 2 appear in the display.

   When you select a custom workout, the name of the workout, the workout time, and the maximum pace and resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will then appear in the display.

   Profile

   30:00   0

   TIME   REVOLUTIONS
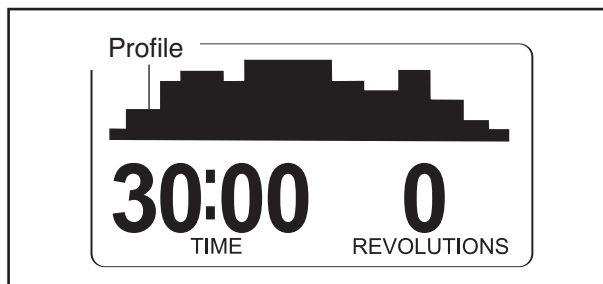
3. **Begin pedaling to start the workout.**

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

   During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an

.9 42

RBS   RPM▲

upward-pointing arrow or the prompt SPEED UP appears next to the pace information in the display (see step 4 on page 15), increase your pace. When a downward-pointing arrow or the prompt SLOW DOWN appears, decrease your pace. When no arrow or prompt appears, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace 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 OneTouch Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. **Change the workout if desired.**

   If desired, you can change the workout while using it. **To change the resistance level for the current segment,** simply press the OneTouch Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory. **To change the target pace for the current segment,** simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory. You can continue exercising and changing the workout for up to thirty minutes.

5. Follow your progress with the display.

See step 4 on page 16.

6. Measure your heart rate if desired.

See step 5 on page 17.

7. Turn on the fan if desired.

See step 6 on page 17.

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

See step 7 on page 17.

HOW TO USE A HEART RATE WORKOUT

1. Turn on the console.

See step 1 on page 16.

2. Select a heart rate workout.

To select one of the heart rate workouts, press the Heart Rate Programs button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display.

3. Enter a target heart rate setting.

A few seconds after you select a heart rate workout, the words ENTER MAX TARGET HEART RATE FOR THIS WORKOUT will appear in the display and the number 110 will begin to flash.

During heart rate workout 1, the same target heart rate setting will be programmed for all segments of the workout. If you have selected heart rate workout 1, press the increase and decrease buttons above the Heart Rate Programs button to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 26).

During heart rate workout 2, different target heart rate settings will be programmed for different segments of the workout. If you have selected heart rate workout 2, press the increase and decrease buttons above the Heart Rate Programs button to enter the desired maximum target heart rate setting for the workout (see EXERCISE INTENSITY on page 26).

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

To use a heart rate program, you must wear the chest pulse sensor or use the handgrip pulse sensor. Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during heart rate programs; however, you should hold the handgrip pulse sensor frequently for the programs to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the workout.**

   Heart rate workout 1 is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

   Heart rate workout 2 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

   During the workout, the workout profile in the display will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.
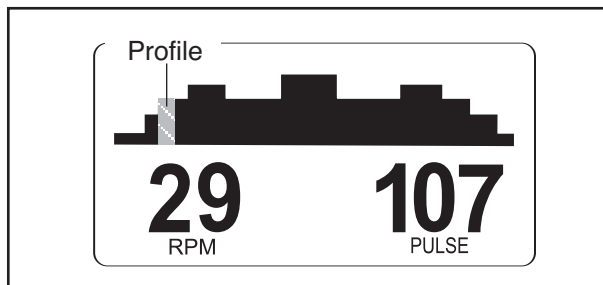
   During both workouts, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

   While you exercise, you will be prompted to maintain a constant pedaling pace. When an upward-pointing arrow or the prompt

   SPEED UP appears next to the pace information in the display (see step 6 on this page), increase your pace. When a downward-pointing arrow or the prompt SLOW DOWN appears, decrease your pace. When no arrow or prompt appears, maintain your current pace.
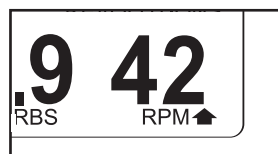
   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

   If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

6. **Follow your progress with the display.**

   During heart rate workout 1, the display will show a graphic that represents a heartbeat each time your heartbeat is detected, the elapsed time, and the distance that you have pedaled. **During heart rate workout 2,** the display will show the workout profile, the time remaining in the workout, and the distance that you have pedaled.

   To view the profile, your pedaling pace, and the distance you have pedaled, press the Display button. Note: The words SPEED UP or SLOW DOWN may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

   To view the time remaining in the workout and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

   To view the time remaining, distance pedaled, ramp incline, number of grams of carbs burned, and pedaling pace, press the Display button again. Note: An upward- or downward-pointing arrow may appear in the display to prompt you to keep your pedaling pace near the target pace setting for the current segment.

   To view the first display again, press the Display button again.

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

   See step 6 on page 17.

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

   See step 7 on page 17.

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HOW TO USE AN IFIT WORKOUT

1. Turn on the console.

See step 1 on page 16.

2. Insert an iFIT card and select a workout.

To use an iFIT workout, insert an iFIT card into the iFIT slot; make sure that the iFIT card is oriented so the metal contacts are face-down and are facing the slot. When the iFIT card is properly inserted, the indicator next to the slot will light and the words IFIT 1 will appear in the display.
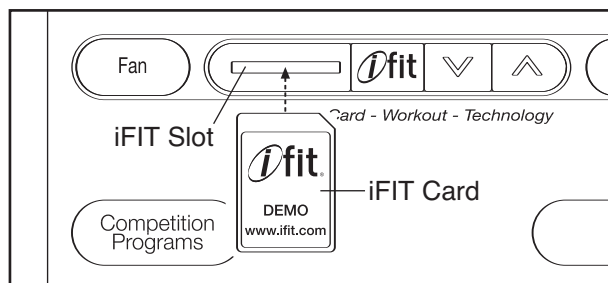

Next, select the desired workout on the iFIT card by pressing the up and down buttons next to the iFIT slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFIT workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on pages 18 and 19.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, first locate the stereo audio cable in the center of the console above the speak-

ers. Plug the cable into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**
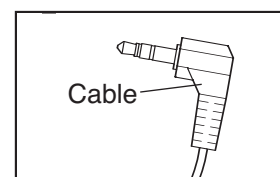
Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

When not in use, insert the stereo audio cable into the storage recess on the console.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, 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.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted.

1. See HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER on page 13 and lift the Left and Right Pedal Arms (32, 33) to the storage position.
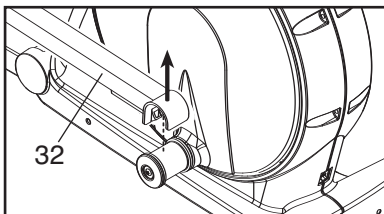
2. Next, remove the M8 x 30mm Button Screw (113), the M8.5 x 16mm x 1.5mm Washer (103), the Large Axle Cover (52), the Crank Bushing Sleeve (54), and the Crank Arm Washer (84) from the left Crank Arm (55).
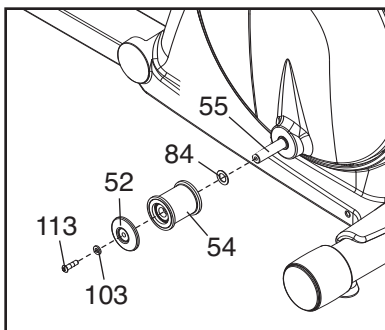
3. Carefully pry off the left Disc Cover (13) using a flat screwdriver.
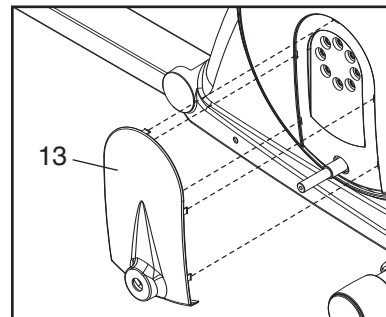
4. Next, remove the four M8 x 25mm Shoulder Screws (112) from the center of the left Crank Arm (55). Then, gently remove the left Disc (12) from the elliptical exerciser.
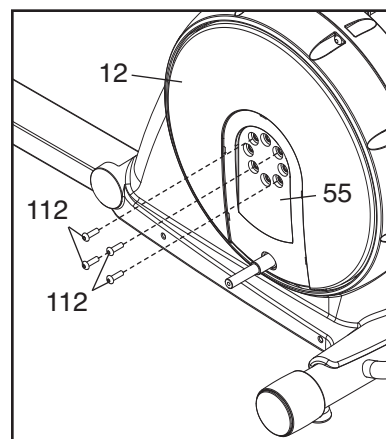
5. Next, tighten the M8 x 30mm Button Screw (113) until the Belt (96) is tight.
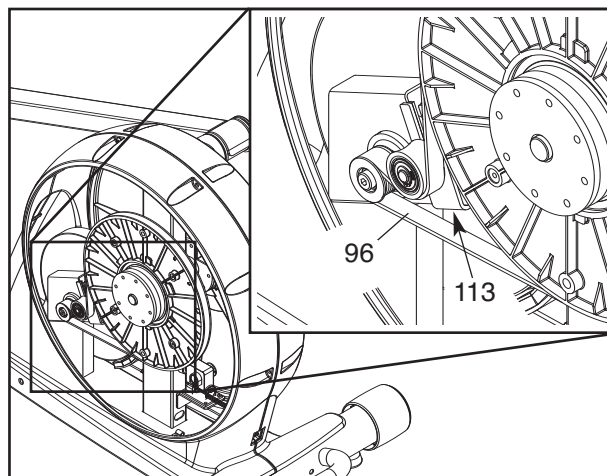
6. Reverse steps 5 to 1 and reassemble the elliptical exerciser.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

1. See HOW TO ADJUST THE BELT on page 24 and follow steps 1 to 4.

2. See EXPLODED DRAWING B near the end of this manual and remove the bolt sets and screws from the Left Side Shield (14). Then, carefully remove the Left Side Shield.

3. Note: For clarity, the right side shield is not shown in the drawing. Locate the Reed Switch (50). Loosen, but do not remove, the indicated M4 x 16mm Screw (116). Slide the Reed Switch slightly closer to or away from a Magnet (134) on the Large Pulley (57).
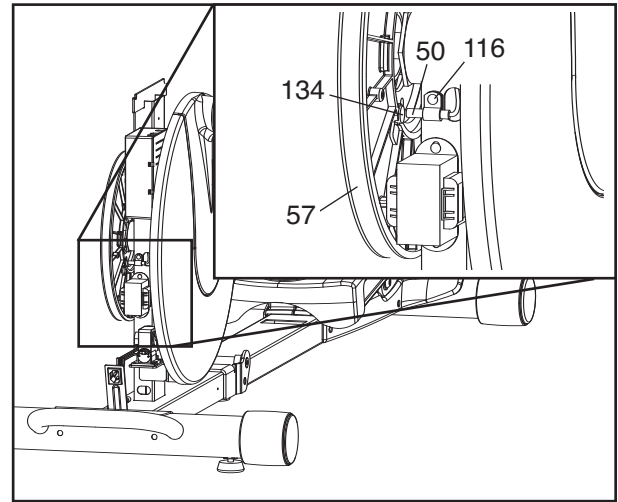
Then, retighten the M4 x 16mm Screw (116). Turn the Large Pulley (57) for a moment. Repeat this step until the console displays correct feedback.

4. Reverse steps 2 to 1 and reassemble the elliptical exerciser.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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	❤
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.
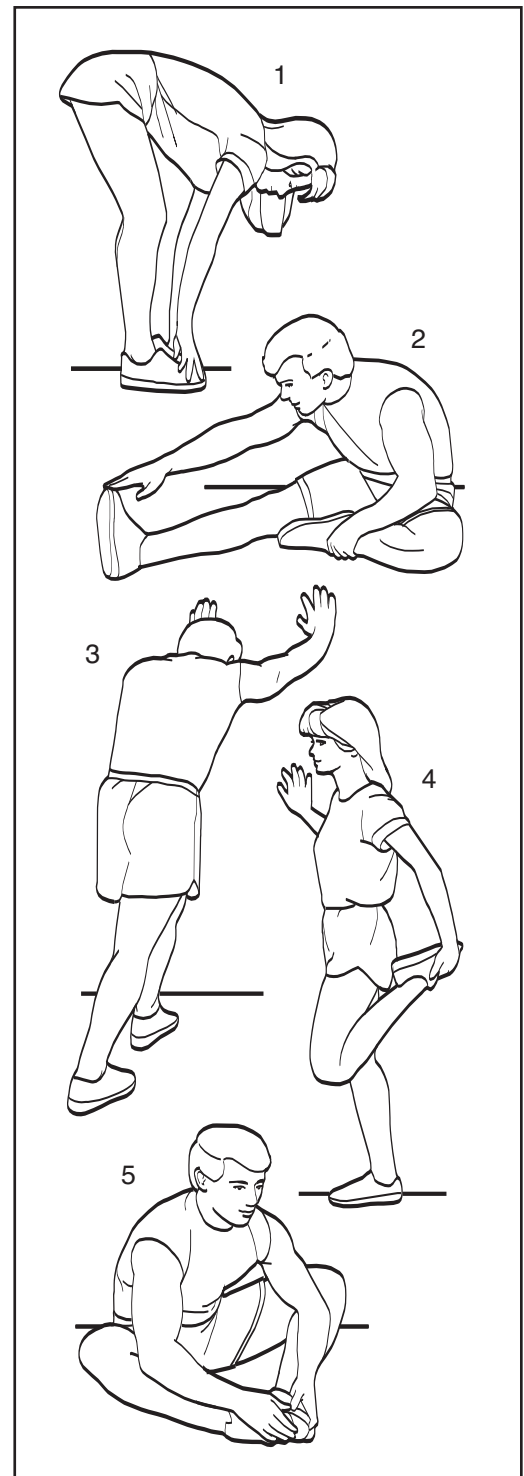
PART LIST—Model No. NTEVEL99007.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Clamp
2	1	Folding Frame	52	2	Large Axle Cover
3	1	Rear Stabilizer	53	2	Inner Crank Bearing Assembly
4	1	Front Stabilizer	54	2	Crank Bushing Sleeve
5	1	Ramp	55	2	Crank Arm
6	1	Front Ramp Cover	56	1	Crank Arm Spacer
7	1	Rear Ramp Cover	57	1	Large Pulley
8	1	Left Side Ramp Cover	58	1	Crank Flange
9	1	Lift Motor	59	2	Crank Bearing Assembly
10	1	Upright	60	1	Crank Spacer
11	1	Console	61	1	Crank
12	2	Disc	62	2	Lift Bracket
13	2	Disc Cover	63	1	Lift Axle
14	1	Left Side Shield	64	1	Lower Wire Harness
15	1	Right Side Shield	65	1	Upper Wire Harness
16	2	Rear Endcap	66	6	Axle Cover
17	2	Wheel	67	8	Link Arm Bearing Assembly
18	2	Wheel Cover	68	4	Brass Bushing
19	1	Rear Upright Cover	69	1	Latch Bracket
20	1	Front Upright Cover	70	1	Latch Button
21	2	Handgrip	71	1	Upper Body Axle
22	1	Left Upper Body Arm	72	1	Ramp Axle
23	1	Right Upper Body Arm	73	1	Pivot Axle
24	2	Upper Body Leg	74	4	Link Arm Spacer
25	2	Pulse Sensor/Wire	75	1	Latch Axle
26	1	Left Rear Upper Body Cover	76	1	Latch Spring
27	1	Left Front Upper Body Cover	77	2	Lift Axle Screw
28	1	Right Rear Upper Body Cover	78	1	Button Frame
29	1	Right Front Upper Body Cover	79	2	Hairpin Cotter
30	1	Left Link Arm	80	2	Lift Axle Washer
31	1	Right Link Arm	81	1	Control Board
32	1	Left Pedal Arm	82	4	M10 x 93mm Patch Screw
33	1	Right Pedal Arm	83	4	Crank Snap Ring
34	1	Left Pedal	84	2	Crank Arm Washer
35	1	Right Pedal	85	2	Outside Crank Bearing Assembly
36	1	Left Frame Cover	86	1	Flange Screw
37	1	Right Frame Cover	87	4	M10 x 25mm Washer
38	4	Roller	88	5	Bolt Set
39	2	Pedal Arm Endcap	89	4	Small Snap Ring
40	1	Tray	90	4	M4 x 12mm Flange Screw
41	2	Pedal Arm Latch	91	2	Resistance Axle Bearing
42	4	Pedal Arm Latch Spring	92	1	Pulley/Clutch
43	6	Pedal Arm Cap	93	2	M10 Nylon Locknut
44	1	Flywheel	94	1	M8 x 15mm Flange Screw
45	1	"C" Magnet	95	1	Center Foot
46	1	Resistance Link Arm	96	1	Belt
47	1	Idler	97	1	Control Box
48	1	Resistance Wheel	98	2	Leveling Foot
49	1	Resistance Motor	99	4	M10 Curved Washer
50	1	Reed Switch/Wire	100	4	Wave Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	M8 Split Washer	122	1	Right Lift Arm
102	8	M6 Split Washer	123	2	Lift Bushing
103	8	M8.5 x 16mm x 1.5mm Washer	124	1	Transformer
104	4	M8 x 20mm x 2mm Washer	125	1	Control Box Cover
105	4	M8 x 16mm Button Screw	126	1	Motor Clevis Pin
106	10	M8 x 15mm Patch Screw	127	1	Bracket Pin
107	8	M8 x 20mm Patch Screw	128	1	Lift Reed Switch
108	4	M6 x 62mm Patch Screw	129	1	Switch Cover
109	4	M6 x 35mm Patch Screw	130	1	Power Socket
110	4	M8 x 35mm Patch Screw	131	2	Motor Spacer
111	4	M10 x 20mm Patch Screw	132	4	M4 x 10mm Screw
112	8	M8 x 25mm Shoulder Screw	133	1	M8 Nylon Locknut
113	3	M8 x 30mm Button Screw	134	2	Magnet
114	1	Bumper	135	1	Right Side Ramp Cover
115	2	M4 x 12mm Screw	136	2	M8 x 25mm Patch Screw
116	58	M4 x 16mm Screw	*	–	User's Manual
117	8	M4 x 16mm Cupped Screw	*	–	Hex Key
118	1	"C" Magnet Spacer	*	–	Grease Packet
119	4	Pivot Bearing Assembly	*	–	Power Cord
120	2	Upright Brass Bushing	*	–	Lift Motor Wire
121	1	Left Lift Arm			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
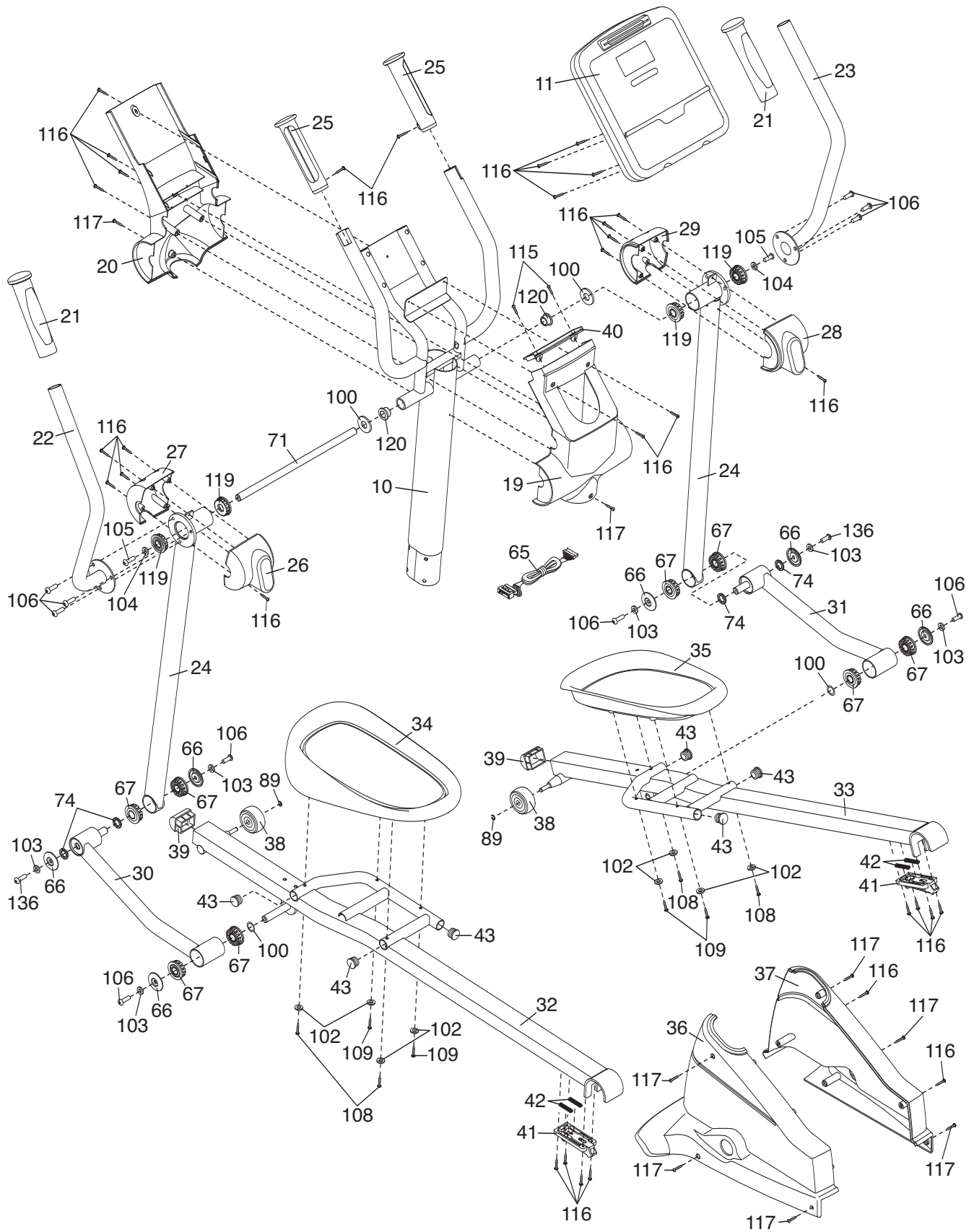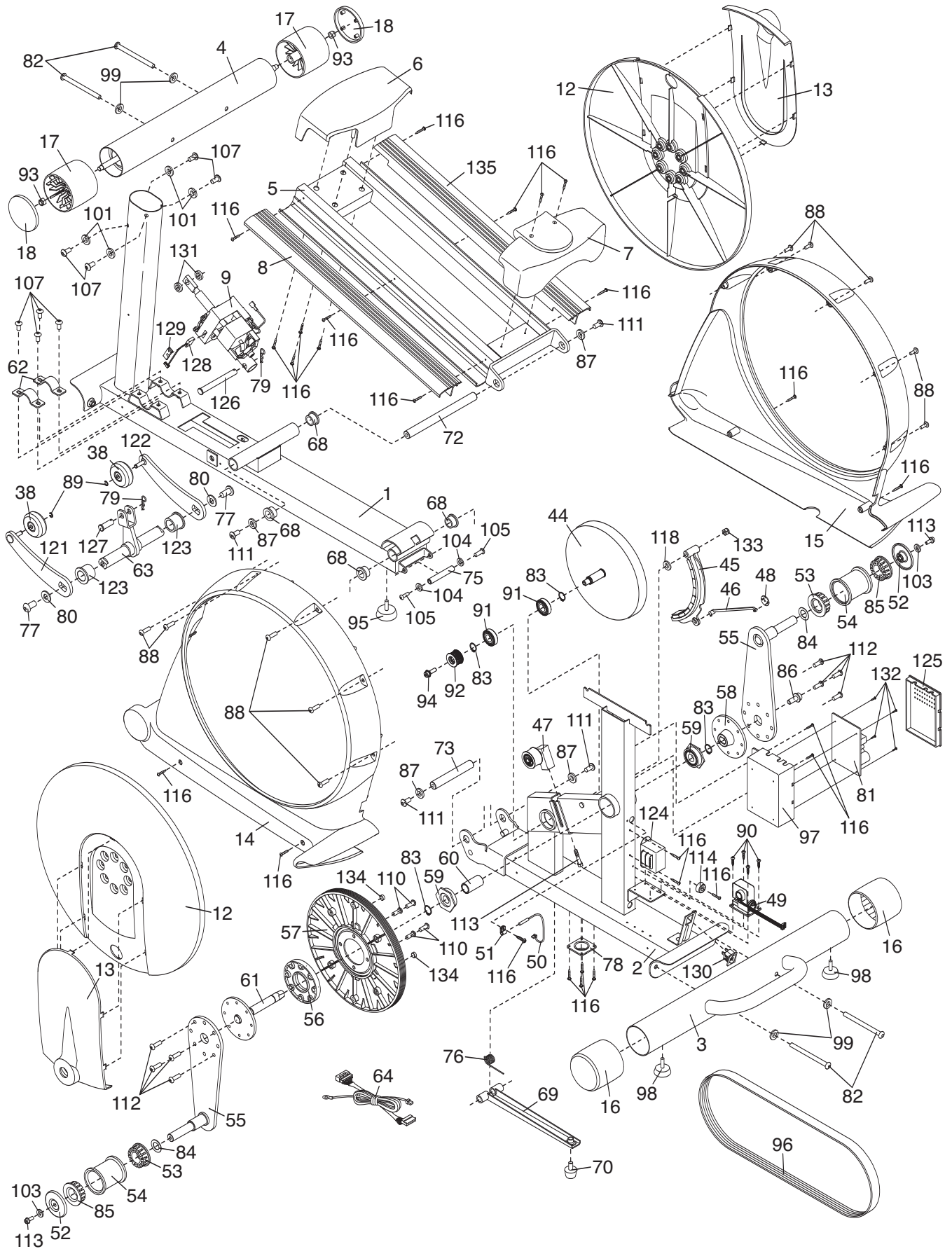
ORDERING REPLACEMENT PARTS

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)