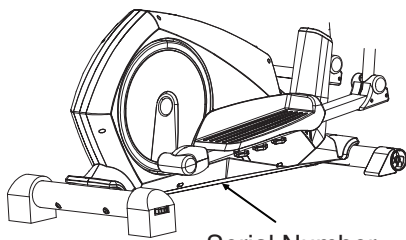


NordicTrack® E 300

Model No. NTIVEL 40016.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number
Decal

USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

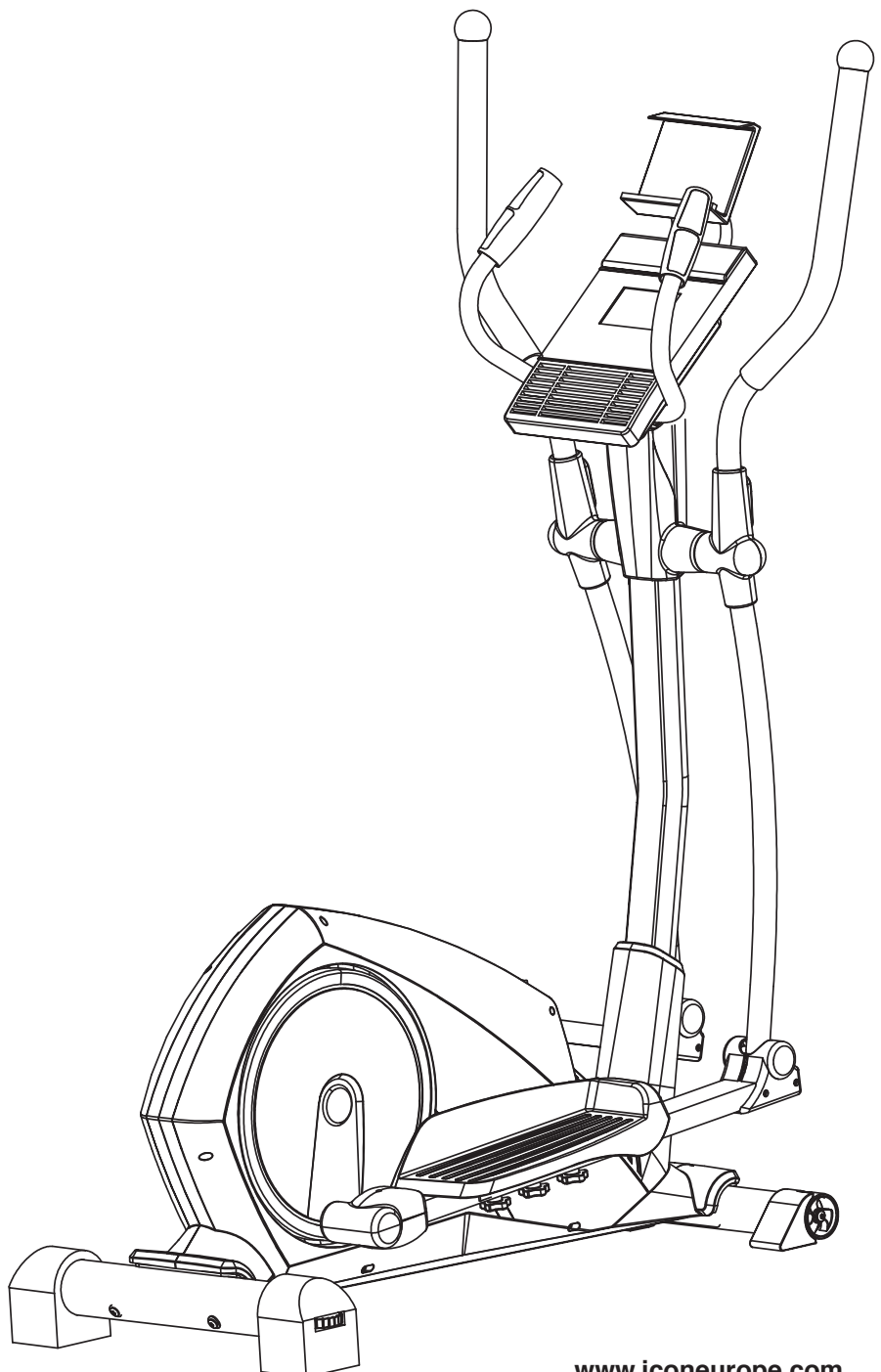
Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM



www.iconsupport.eu

CAUTION

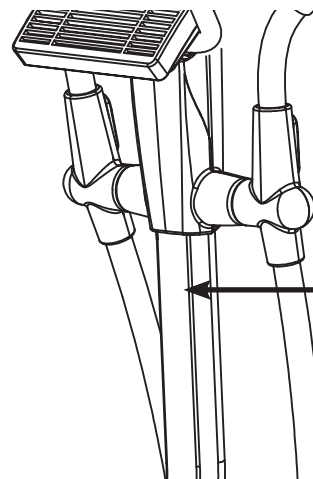
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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WARNING DECAL PLACEMENT

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



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.
- User weight must not exceed 115 Kg.
- This product should always be used on a level surface.
- Replace label if damaged, illegible, or removed.

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. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Place the elliptical on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical at all times.
8. The elliptical should not be used by persons weighing more than 253 lbs. (115 kg).
9. 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.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
11. 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.
12. 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.
13. Keep your back straight while using the elliptical; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

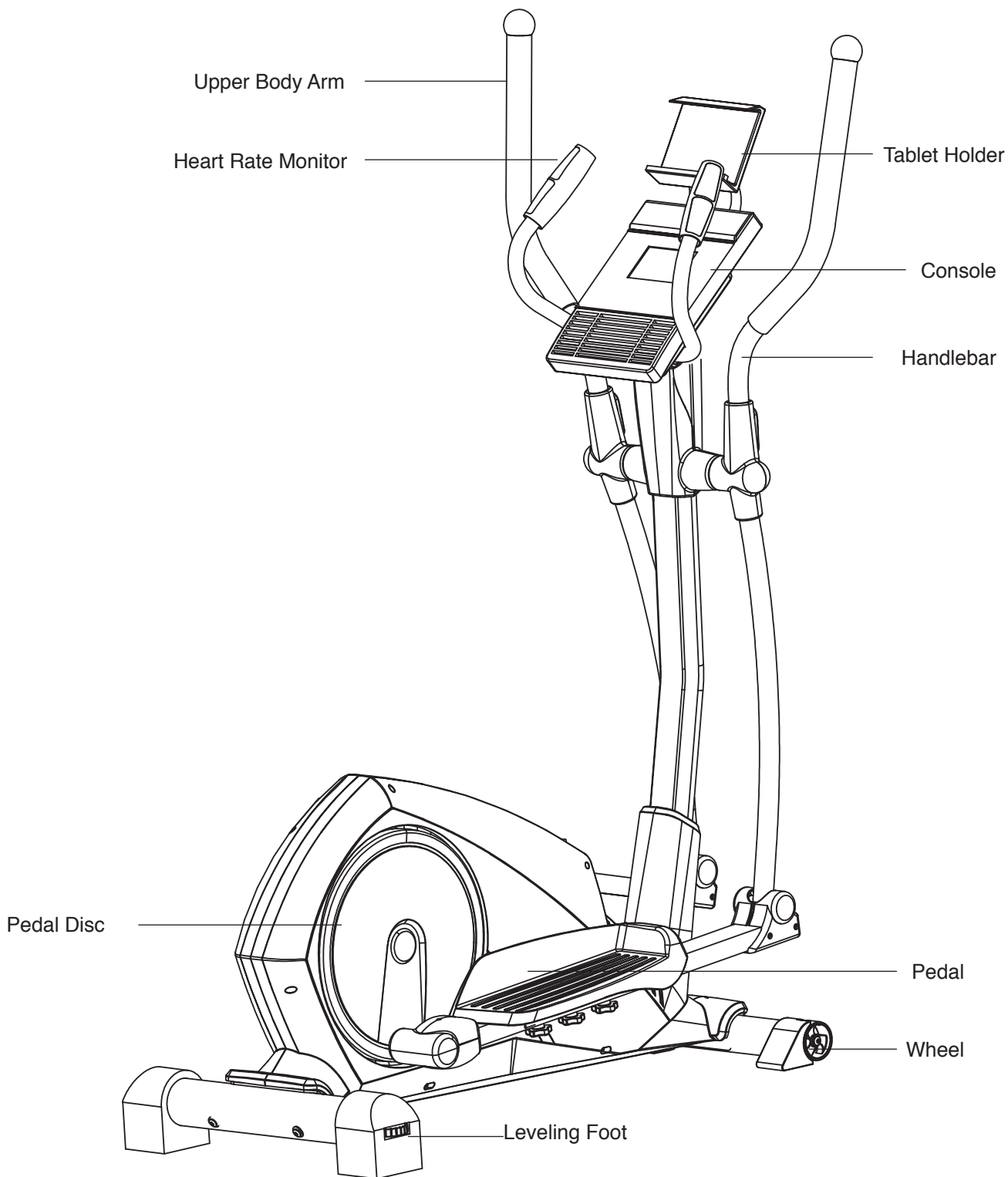
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK E300 elliptical. The E300 elliptical provides a 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

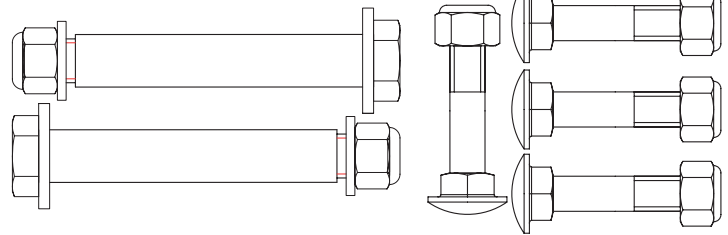
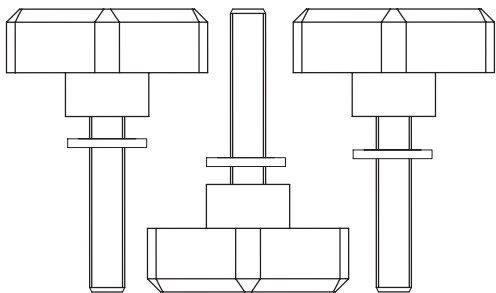
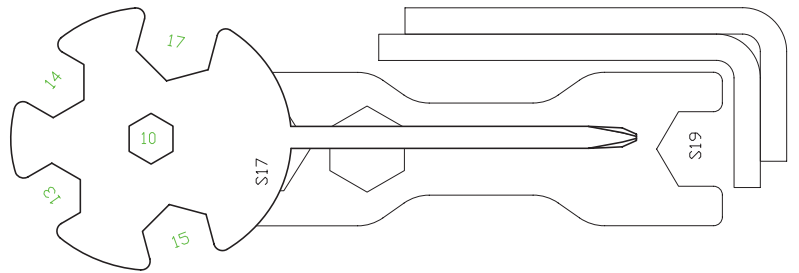
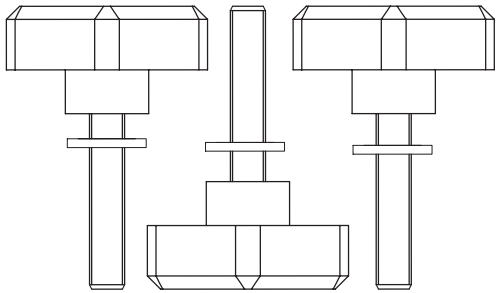
number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 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 whether it has been preassembled.**



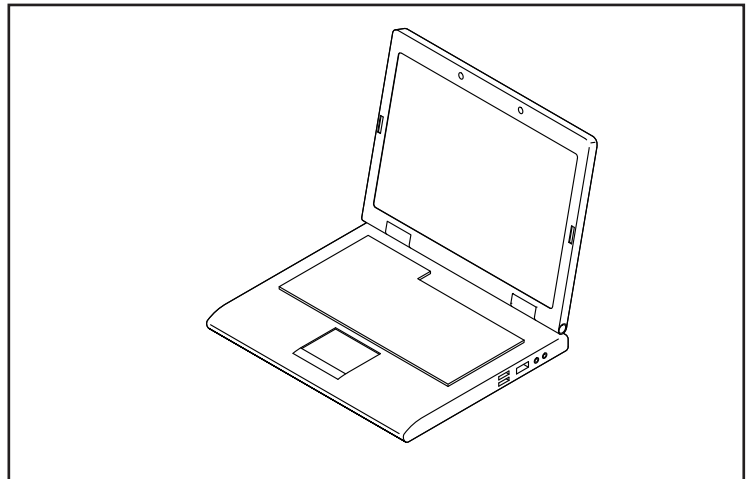
ASSEMBLY

- 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 and right parts are marked “L” or “Left” and “R” or “Right.”
- To identify small parts, see page 19.
- As you assemble the exercise bike, 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.
- In addition to the included tool(s), assembly requires the following tools:
 - one adjustable wrench
 - one Phillips screwdriver
- Note: If a part is not in the hardware kit, check to see if it has been preassembled.

Go to www.iconservice.ca/CustomerService/ registration 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

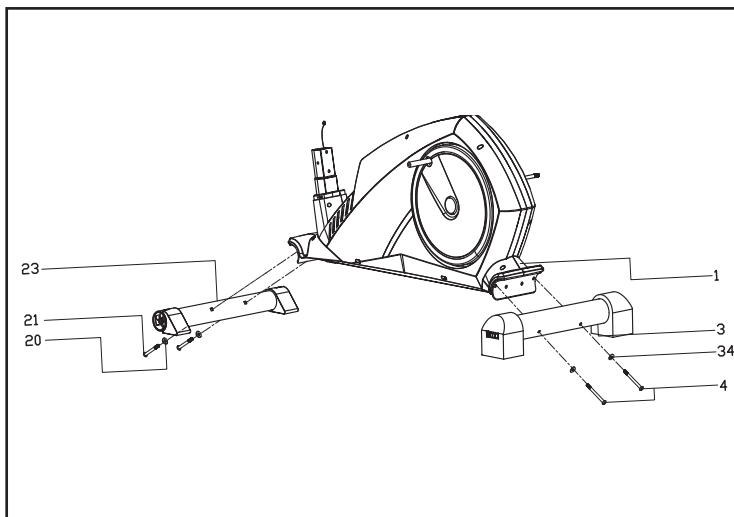
Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.



STEP 1

Before assembly the Stabilizer, remove the Cylinder fixed on the bottom tube and keep the bolts and washers.

Tighten the Front bottom tube (23) to the Mainframe (1) with Allen bolts (21) and Arc washer (20); and then attach the Rear bottom tube (3) to the Mainframe (1) with Allen bolts (4) and Arc washers (34) as show.

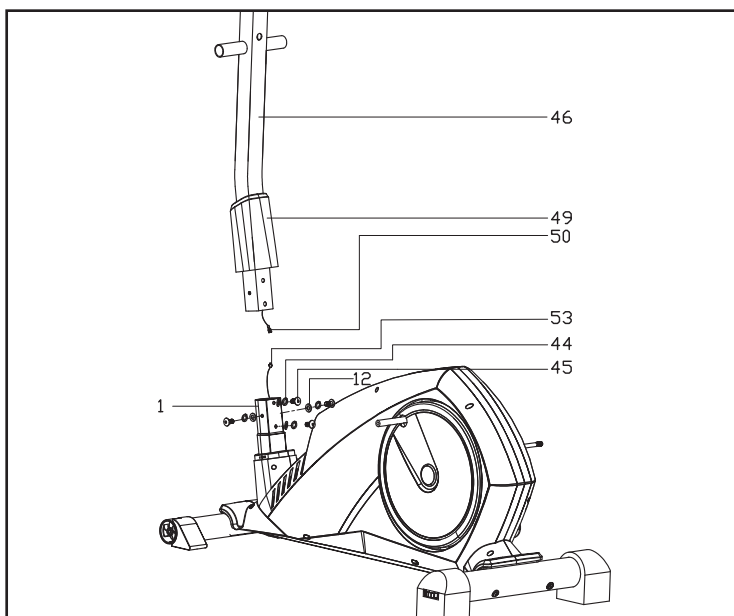


STEP 2

First, slide the Mast cover (49) onto the Handlebar post (46),

Then connect the Connection wire (50) and sensor wire (53)

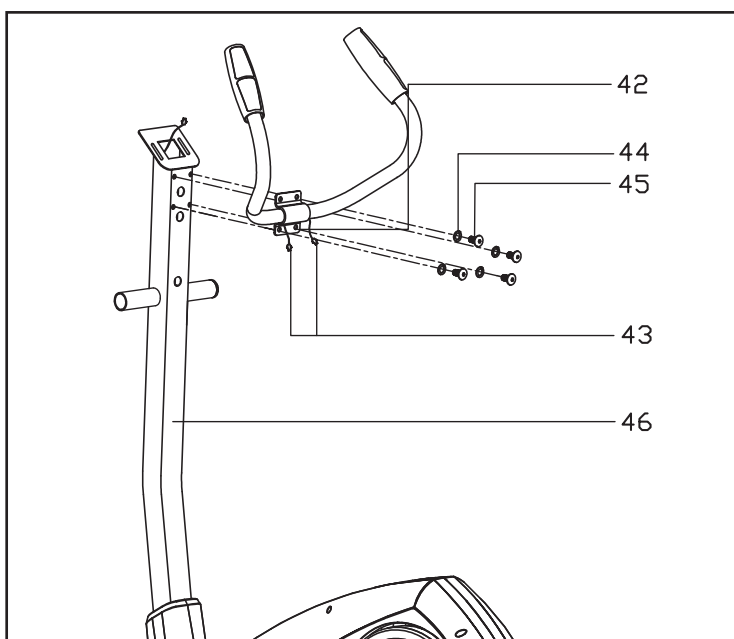
Tighten the Handlebar post (46) to the Mainframe (1) with Allen bolts (45) , Spring washer (44), and Flat washer (12) ; Then slide down the Mast cover (49) in position.

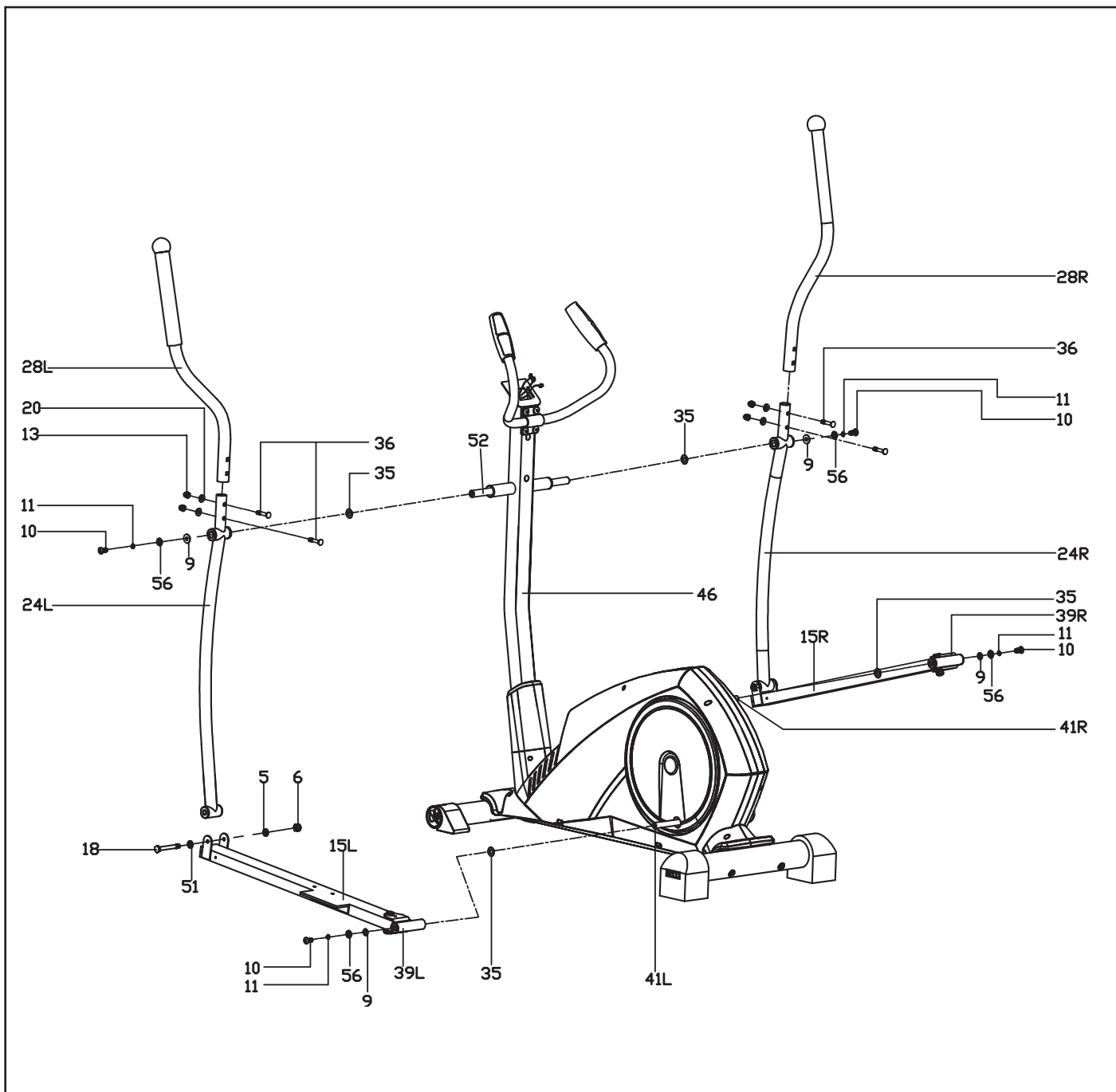


STEP 3

Pass the pulse wire (43) through out of the console bracket on top of Handlebar post (46) as show;

Tighten the Fixed handlebar (42) to the Handlebar post (46) with Allen bolts (45) and Spring washers (44)





STEP 4

I. Fit the L/R Swing tube (24 L/R) to the Long axle (52) on the Handlebar post (46) with Allen bolt (10), Spring washer (11), Flat washer (56), D-shape washer (9), and Waved washers (35);

II. Attach the L/R Pedal tube Joint (39 L/R) to the L/R Crank (41L/R) with Allen bolt (10), Spring washer (11) , Flat washer (56), D-shape washer (9), and Waved washers (35);

Note: Don't tighten the above Bolts till complete this assembly.

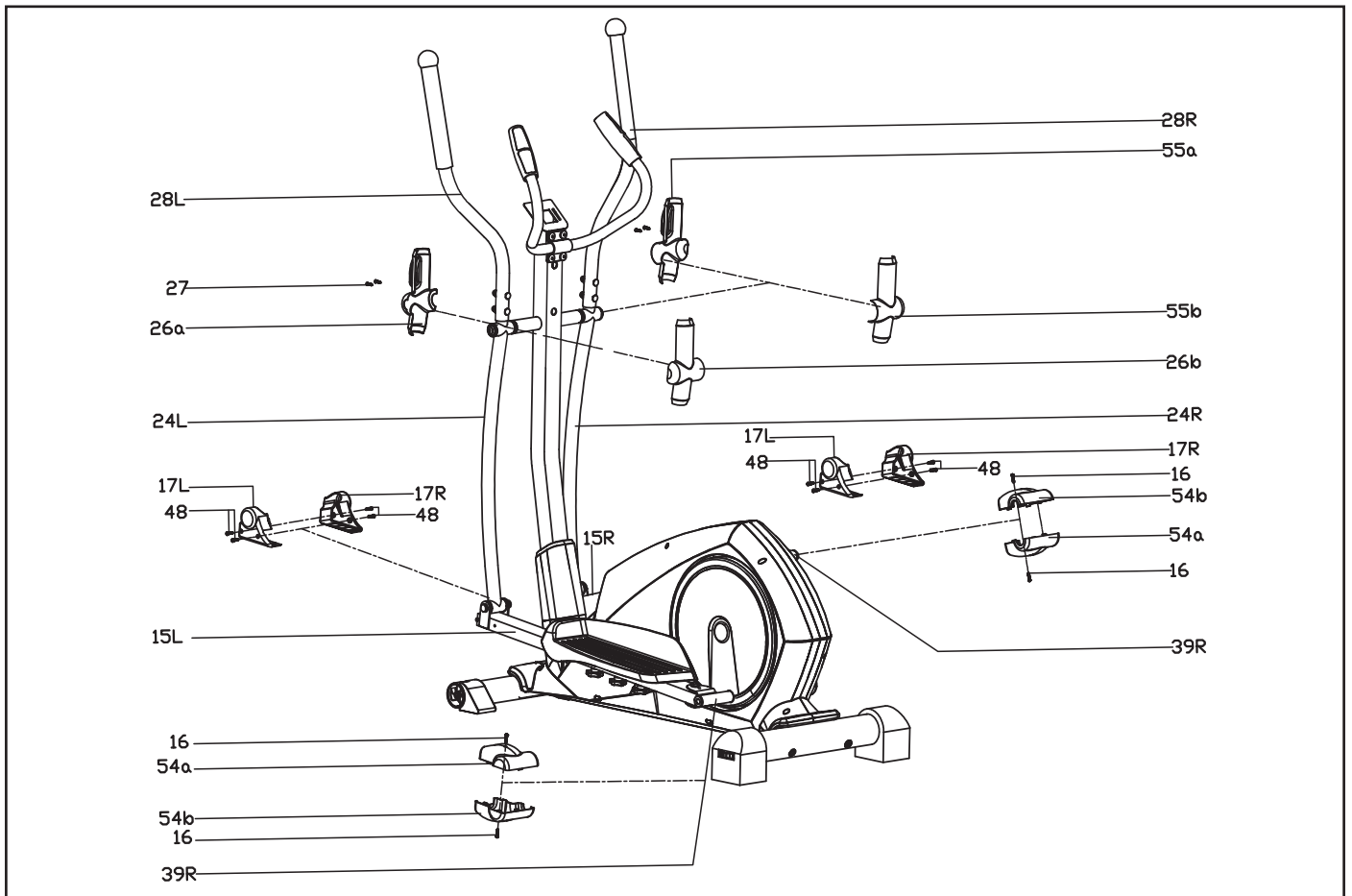
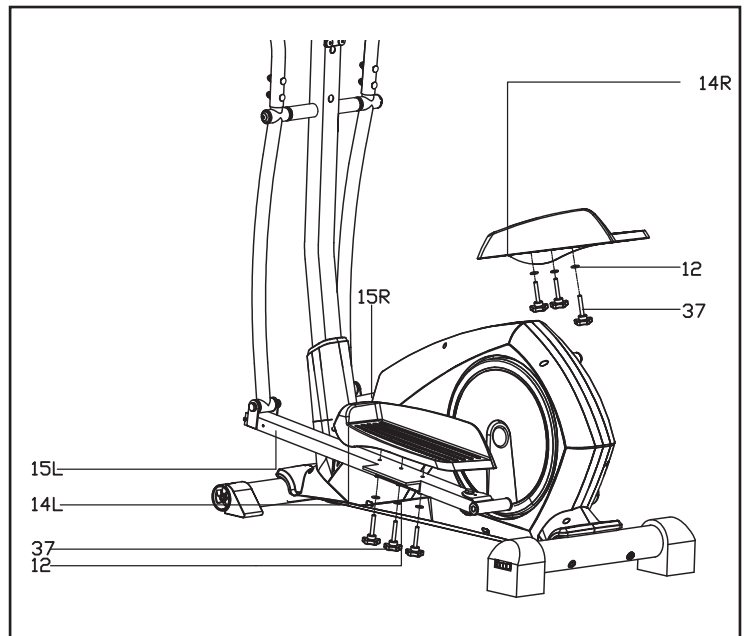
III. Joint L/R swing tube (24 L/R) & Pedal support (15L/R) with the Hex bolt (18), Flat washer (5) ,Flat washer (51) and Nylon nut (6) .Secured the above Bolts (10), Hex bolt (18) and Nylon nut (6);

IV. Fit the L/R Handlebar (28L/R) to the L/R Swing tube (24L/R) with the Carriage bolt (36), Arc washer (20) and Nylon nut (13) as show.

STEP 5

Tighten the L/R Pedal (14L/R) to the L/R Pedal support (15 L/R) with Bolts(37), Flat washer (12) as shown.

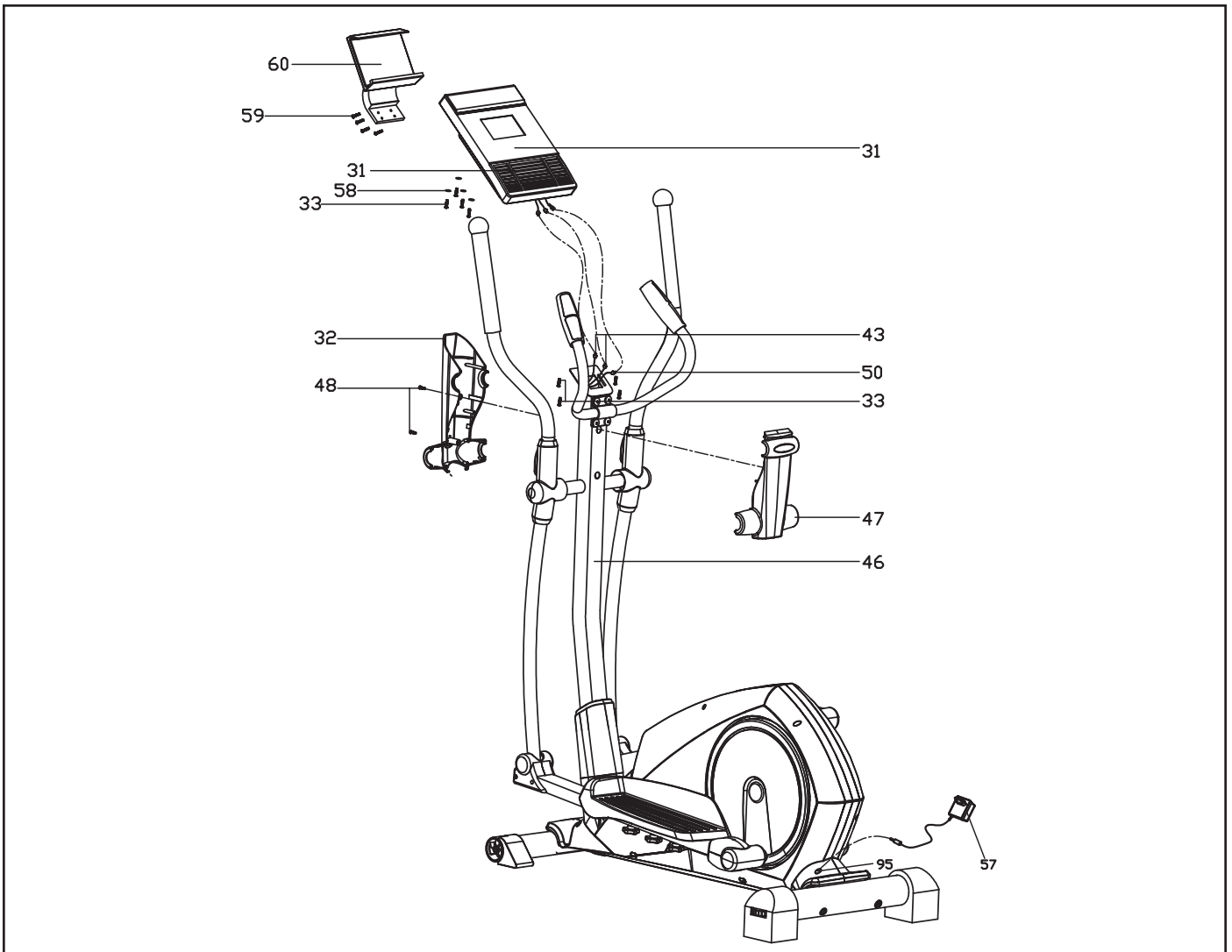
Note: The pedal has been labeled L for Left & R for Right.



STEP 6

Cover the Joint part of L/R Handlebar (28L/R) and L/R Swing tube (24 L/R) with Protective guard (26a/b) & (55a/b), then fix them with Tapping screws (27)

Fix the Protective guard (17L/R) & (54a/b) to the L/R Pedal support (15L/R) & L/R Pedal tube joint (39L/R) respectively with Tapping screws (48) & Pan head screws (16) as shown.



STEP 7

Tighten the Ipad support (60) on the console (31) with screw (59) , then cover the rear handlebar cover (47) on the Handlebar post (46);

Connect the Connection wire (50), Pulse wires (43) to the Console wires, then fix the Console (31) onto the Console bracket on the Handlebar post (46) , tighten the Console (31) with Screws(33) and flat washer (58);

Fit the front handlebar cove and rear handlebar cover (32 &47) to the Handlebar post (46) with Tapping screws (48) as shown.

Insert the adapter (57) wire to the DC line (95) back of chain cover, Insert the plug into the power supply ,

Note:Before using the machine, make sure all the screws are fasten tightly

Now your machine is ready for use.

HOW TO USE THE ELLIPTICAL

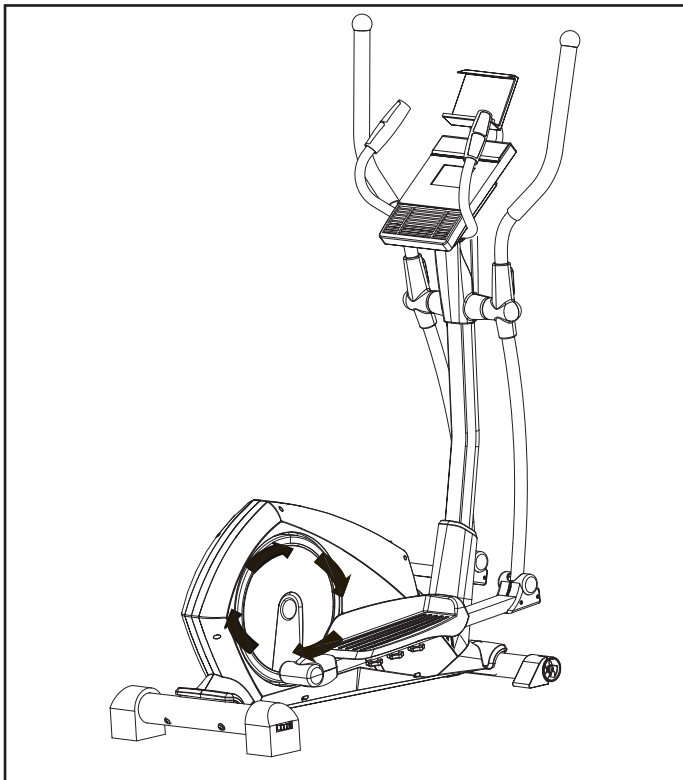
HOW TO EXERCISE ON THE ELLIPTICAL

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

Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you may turn the pedal discs in the opposite direction.

The upper body arms are designed to add upper-body exercise to your workouts. As you exercise, push and pull the upper body arms to work your arms, shoulders, and back. To focus on lower-body exercise, hold the upper body arms but do not push or pull them as you exercise.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop.



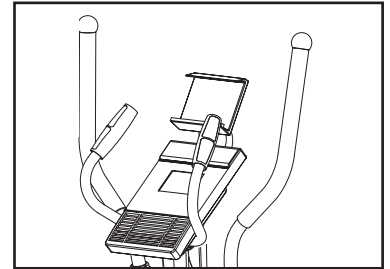
Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops. When the pedals are stationary, step off the highest pedal first. Then, step off the lower pedal.

WHEN YOU ARE FINISHED EXERCISING

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE THE TABLET HOLDER

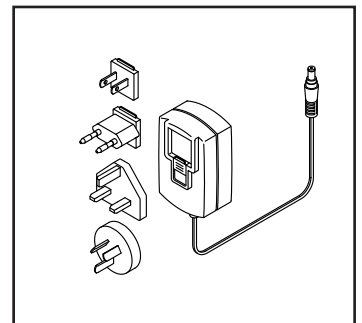
IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.



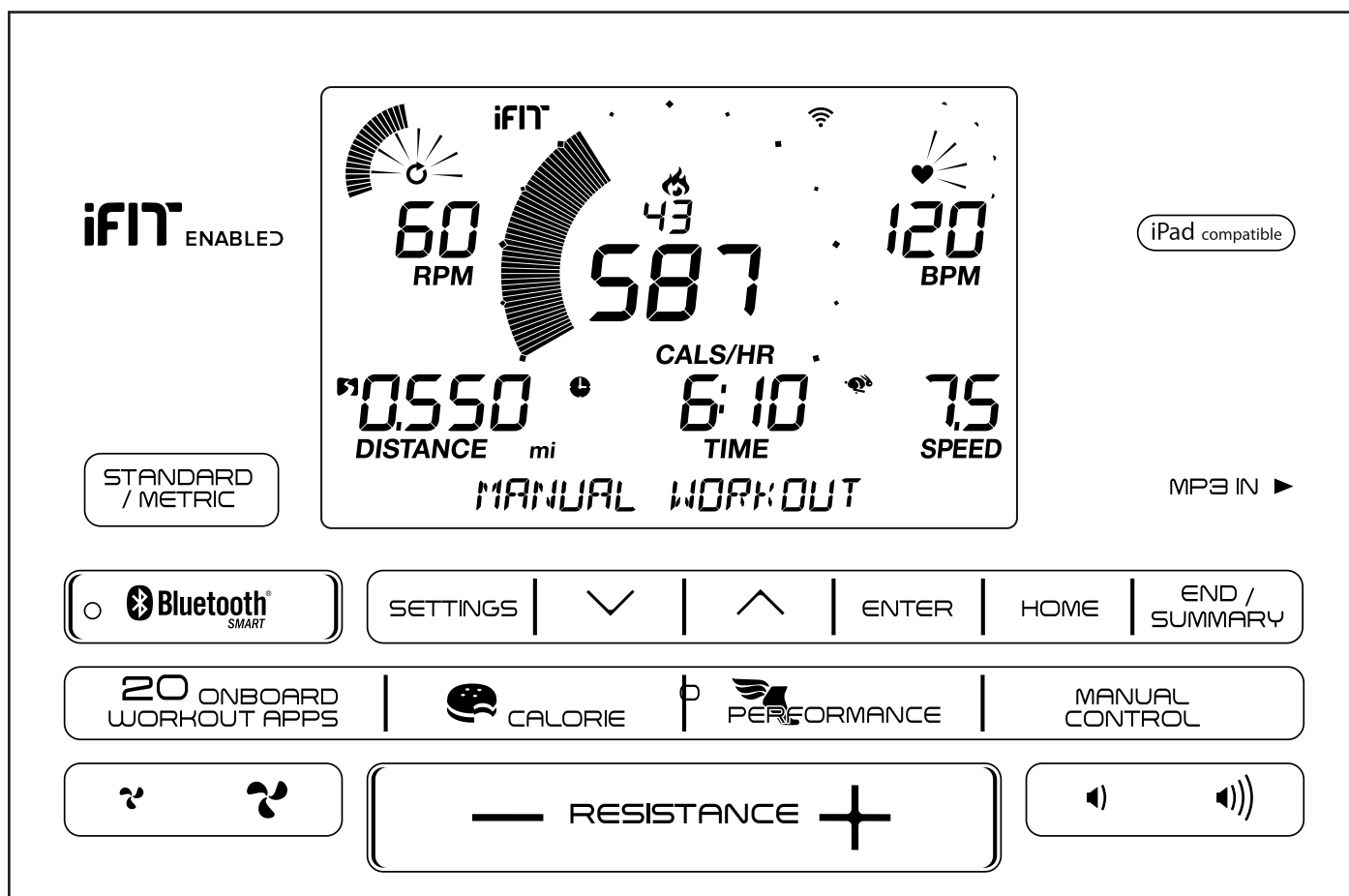
To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. Make sure that the tablet is firmly secured in the tablet holder. Rotate the tablet holder to the desired angle. Reverse these actions to remove the tablet from the tablet holder.

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

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



CONSOLE FEATURES



FEATURES OF THE CONSOLE

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

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using a compatible heart rate monitor. **See page Front Pge for information about purchasing an optional chest heart rate monitor.**

You can also connect your smart device to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 13. **To use an onboard workout**, see page 14. **To connect your smart device to the console**, see page 15. **To connect your heart rate monitor to the console**, see page 16. **To use the sound system**, see page 16. **To change console settings**, see page 16.

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

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the Standard/Metric button repeatedly. For simplicity, all instructions in this section refer to miles.

HOW TO USE THE MANUAL MODE

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

Press the Manual Control button to select the manual mode.

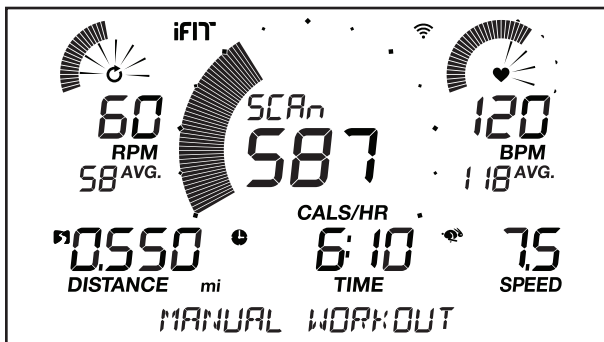
3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

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

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

The display can show the following workout information:



Calories (flame icon)—This display will show the approximate number of calories you have burned. When some onboard workouts are selected, this display will show the number of calories remaining to be burned for the workout.

Calories per Hour (Cals/Hr)—This display will show the approximate number of calories you are burning per hour.

Distance—This display will show the distance that you have pedaled in miles (mi) or kilometers (km).

Pulse (BPM)—This display will show your heart rate in beats per minute (bpm) when you use an optional heart rate monitor (see step 5).

Pulse Average (BPM AVG)—This display will show your average heart rate in beats per minute (bpm) when you use an optional heart rate monitor (see step 5).

Resistance—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display will show your pedaling speed in revolutions per minute (rpm).

RPM Average (RPM AVG)—This display will show your average pedaling speed in revolutions per minute (rpm).

Speed—This display will show your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the Standard/Metric button repeatedly.

Time—When the manual mode is selected, this display will show the elapsed time. When some onboard workouts are selected, this display will show the time remaining in the workout.

Watts—This display will show your approximate power output in watts.

Average Watts (AVG.)—This display will show your approximate average power output in watts for the workout.

Scan Mode and Priority Mode—The calories and watts displays will appear in an alternating cycle (scan mode). To select either the calories display or the watts display for continuous display (priority mode), press the increase or decrease button next to the Enter button repeatedly until the desired display appears. To return to the scan mode, press the increase button repeatedly until the word SCAN appears.

Press the Home button to exit the workout and return to the main menu. If necessary, press the Home button again.

Press the End/Summary button to end the workout and view a workout summary. The workout summary will appear in the displays for several seconds.

Change the volume level of the console by pressing the volume increase and decrease buttons.



5. Wear a heart rate monitor and measure your heart rate if desired.

You can measure your heart rate using an optional chest heart rate monitor (see page <?> for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

To connect a heart rate monitor to the console, see HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page <?>.

When a heart rate monitor is connected to the console, your heart rate will be shown in the display.

6. Turn on the fan if desired.

The fan has several speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



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

If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE AN ONBOARD WORKOUT

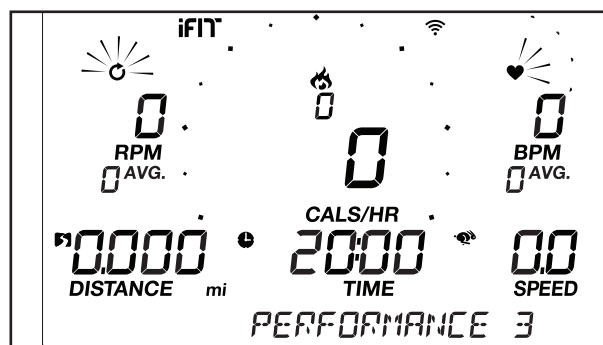
1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button or the Performance button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the name of the workout and the duration of the workout or the number of calories to be burned.



The maximum speed and the maximum resistance level for the workout will also appear in the display.

3. Begin pedaling to start the workout.

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

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 speed near the target speed for the current segment. **When the words GO FASTER appear in the display**, increase your pace. **When the words SLOW DOWN appear**, decrease your pace. **When the words IN RANGE TARGET appear**, maintain your current pace.

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To pause the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

To end the workout, press the End/Summary button. A summary of the workout will appear in the displays for several seconds.

4. Follow your progress with the displays.

See step 4 on page 13.

5. Wear a heart rate monitor and measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

HOW TO CONNECT YOUR SMART DEVICE TO THE CONSOLE

The console supports BLUETOOTH connections to smart devices via the iFit app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit app on your smart device.

On your iOS® or Android™ smart device, open the App Store™ or the Google Play™ store, search for the free iFit app, and then install the app on your smart device. **Make sure that the BLUETOOTH option is enabled on your smart device.**

Then, open the iFit app and follow the instructions to set up an iFit account and customize settings.

2. Connect your smart device to the console.

Follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will flash blue. Press the Bluetooth Smart button on the console to confirm the connection; the LED on the console will then turn solid blue.

3. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

4. Disconnect your smart device from the console if desired.

To disconnect your smart device from the console, press and hold the Bluetooth Smart button on the console for 5 seconds.

Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console for 5 seconds.

Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

HOW TO USE THE SOUND SYSTEM

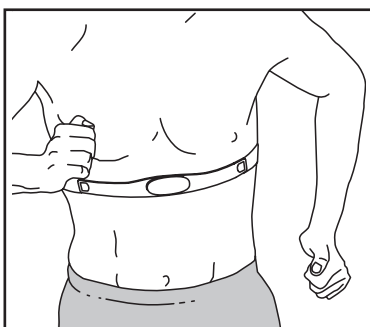
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** Note: **To purchase an audio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



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The settings information will appear in the display.

2. Navigate the settings mode.

While the settings mode is selected, the display will show several optional screens. Press the increase and decrease buttons near the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

Usage Information—The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

4. Exit the settings mode.

Press the Settings button to exit the settings mode.

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 display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 14.

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

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.

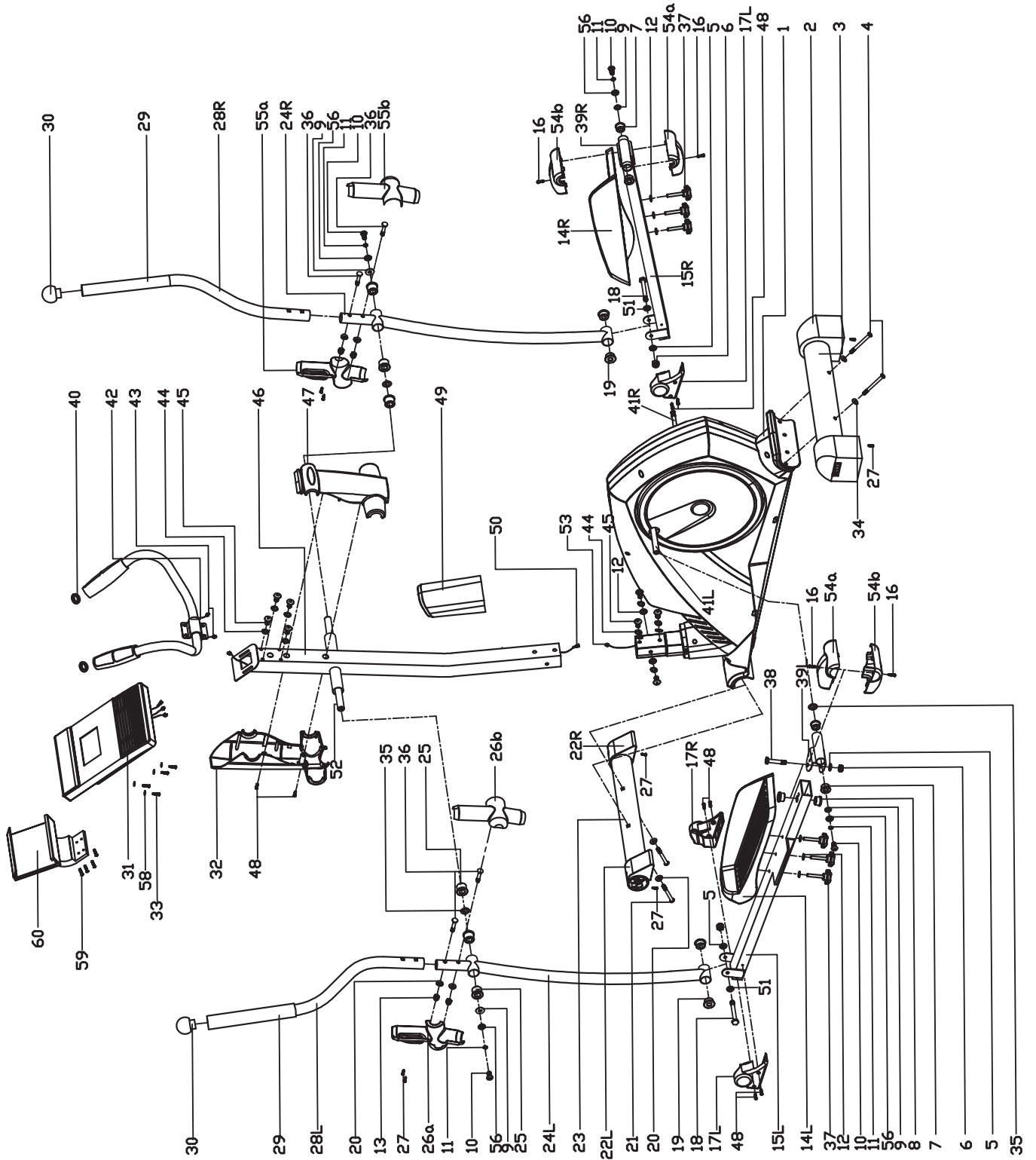
PART LIST

Model No. NTIVEL40016.0

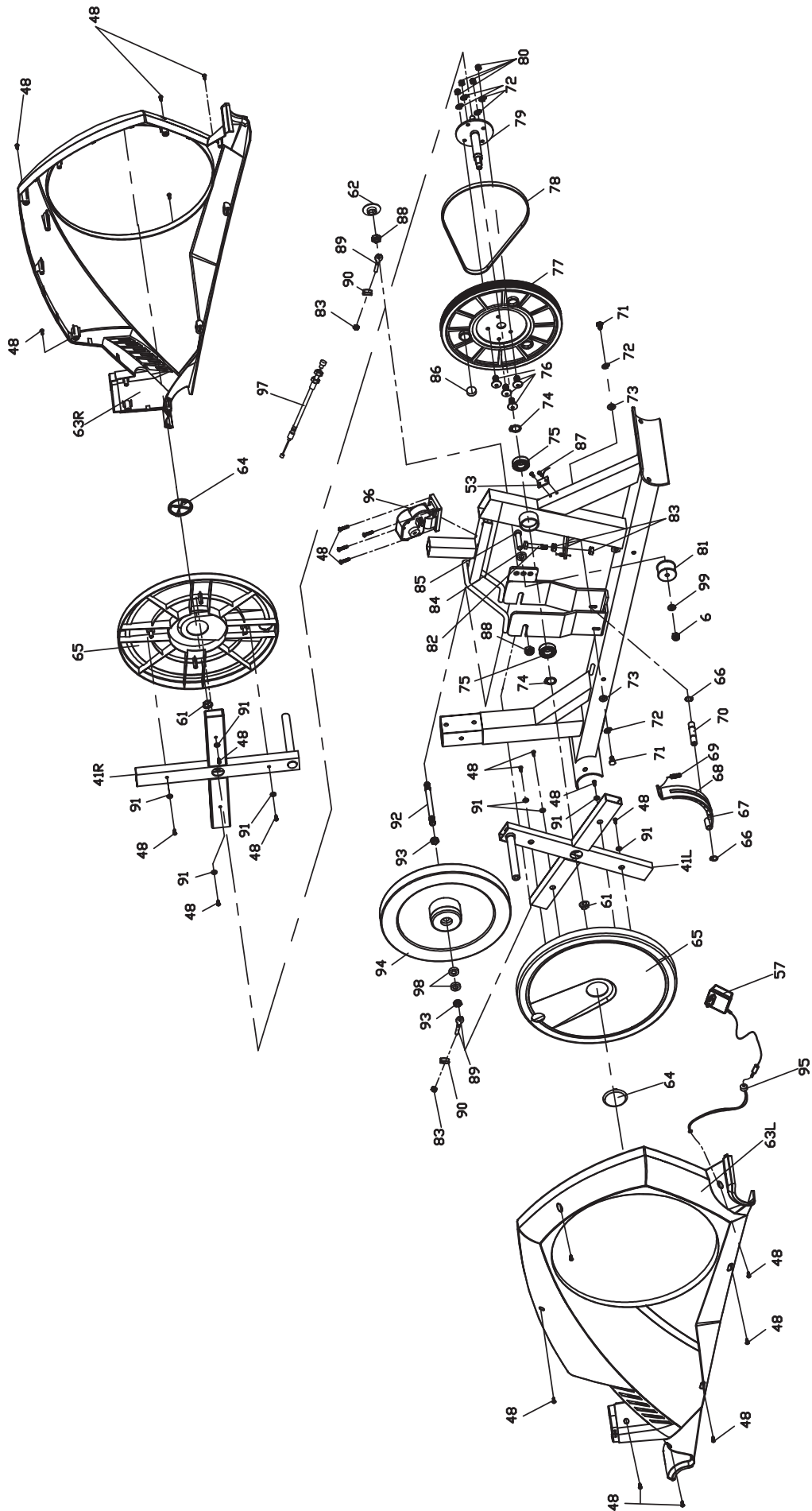
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Mainframe	51	2	Flat washer D12×Φ24×2
2	2	Rear end cap	52	1	Long axle
3	1	Rear bottom tube	53	1	Sensor wire
4	2	Allen bolt M8×90	54a/b	2	Protective guard
5	4	Flat washer D10×Φ20×2	55a/b	1	Protective guard
6	5	Nylon nut M10	56	4	Flat washer D10×Φ20×1.5
7	4	Plastic bushing Φ28×16×Φ16.1	57	1	Adapter
8	4	Alloy bushing Φ18×Φ10×11	58	4	Flat washer
9	4	D-shape washer	59	4	Screw
10	4	Allen bolt M10X20	60	1	lpad support
11	4	Spring washer d10	61	2	Flange nut M10X1.25
12	10	Flat washer D8×Φ16×1.5	62	1	Nut cover
13	4	Nylon nut M8	63L/R	2	Chain cover
14L/R	2	L/R Pedal	64	2	Disk cover
15L/R	2	L/R Pedal support	65	2	Disk
16	4	Phillips pan head screw M5X10	66	2	Spring washer D12
17L/R	4	Protective guard	67	12	Square magnet
18	2	Hex bolt Φ12×M10×80	68	1	Magnetic board
19	4	Axle bushing Φ12×Φ32×15	69	1	Tension spring
20	6	Arc washer D8×Φ19×1.5×R30	70	1	Magnetic board
21	2	Allen bolt M8×72	71	2	Hex bolt M6X15
22	2	Front end cap	72	6	Spring washer D6
23	1	Front bottom tube	73	2	Flat washer D6×Φ12×1.5
24L/R	2	Swing tube	74	2	Spring washer D20
25	6	Axle bushing Φ16×Φ31×23	75	2	Bearing
26a/b	2	Protective guard	76	4	Hex pan head screw M6X15
27	8	Phillips tapping screw ST3.5X13	77	1	Belt pulley
28L/R	2	L/R Handlebar	78	1	Belt
29	2	Foam grip	79	1	Middle axle
30	2	Mushroom end cap	80	4	Nylon nut M6
31	1	Console	81	1	Idle wheel
32	1	Front handlebar cover	82	1	Hex bolt M5X60
33	4	Phillips pan head screw	83	2	Hex nut M5
34	2	Arc washer d8×2×Φ25×R39	84	1	Spacer D10×Φ18×6
35	4	Waved washer Φ17×Φ23×0.3	85	1	Hex screw M10X40
36	4	Carriage bolt M8×45	86	1	Round magnet
37	6	Bolt	87	2	Cross pan head screw ST3X10
38	2	Hexagon bolt M10×55	88	2	Hex nut M10×1
39L/R	2	L/R Pedal tube join	89	2	Adjustable bolt M6×50
40	2	End cap	90	2	U shape washer
41L/R	2	Crank	91	8	Flat washer d5×Φ12×1.5
42	1	Fixed handlebar	92	1	Wheel axle
43	2	Pulse wire	93	2	Thin nut M10×1
44	8	Spring washer d8	94	1	Flywheel
45	8	Allen bolt M8X16	95	1	DC Line
46	1	Handlebar post	96	1	Motor
47	1	Protective guard	97	1	Tension cable
48	34	Phillips pan head screw ST4.2X18	98	2	Bushing D10*3
49	1	Mast cover	99	1	Flat washer
50	1	Connection wire			

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



EXPLODED DRAWING



ORDERING REPLACEMENT PARTS

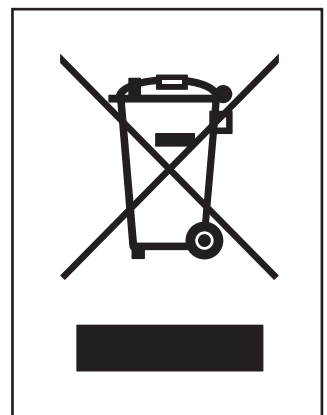
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

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.



TECHNICAL SPECIFICATIONS

Product dimensions : (L x W x H) : 135 x 67 x 167 cm
Product Weight: 48,7 KG