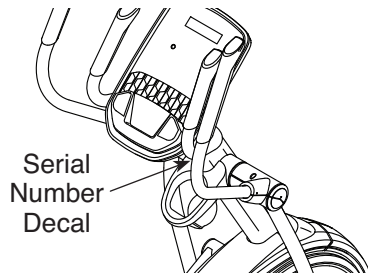


NordicTrack® E 9.5 Z

Model No. NTEL89820-INT.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

UNITED KINGDOM

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

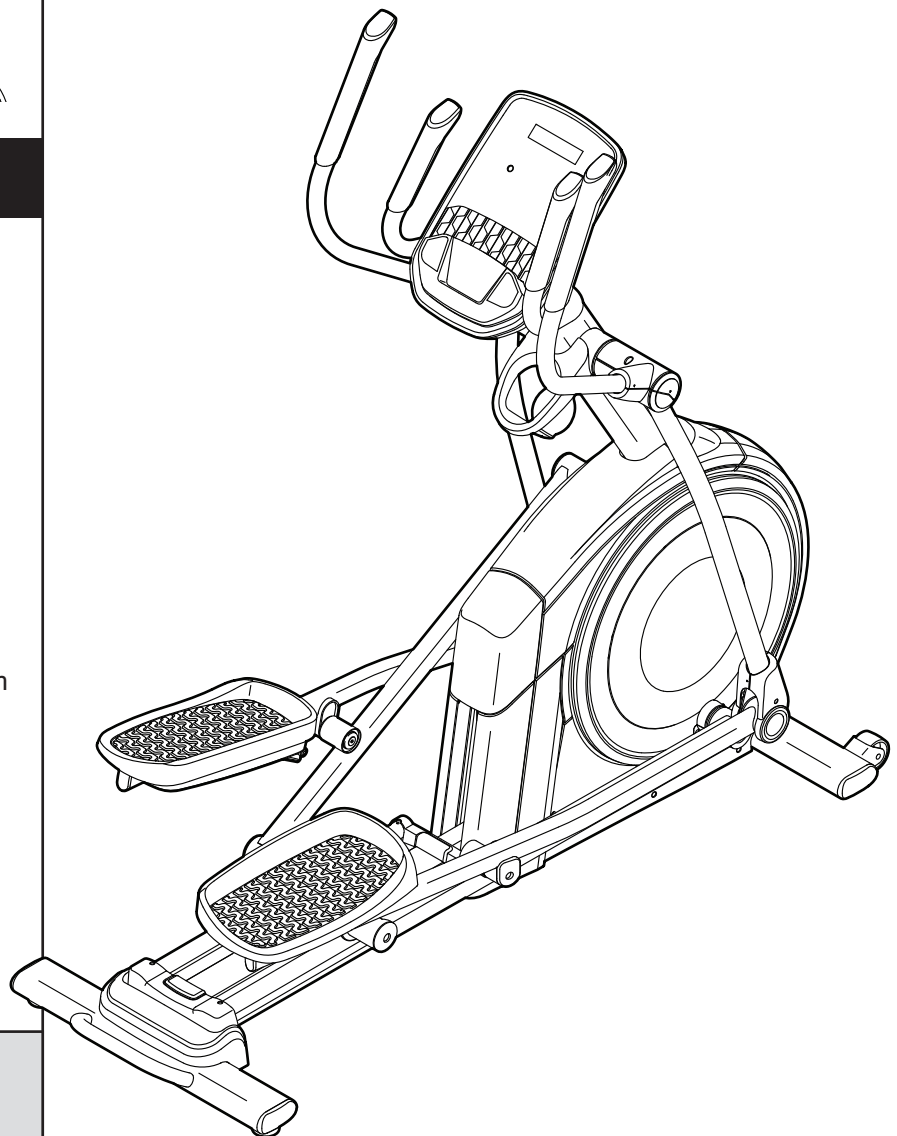
AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

Write:

iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA



⚠ CAUTION

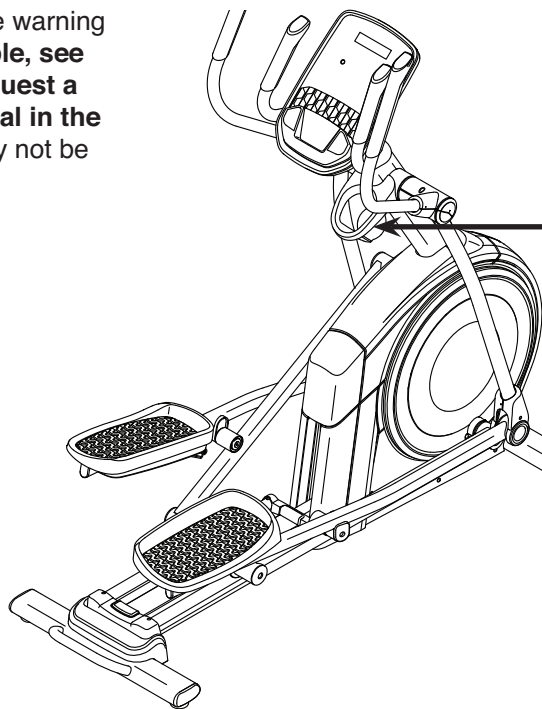
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
HOW TO PLUG IN THE POWER CORD	16
HOW TO USE THE ELLIPTICAL	17
HOW TO USE THE CONSOLE	19
MAINTENANCE AND TROUBLESHOOTING	27
EXERCISE GUIDELINES	29
PART LIST	31
EXPLODED DRAWING	33
ORDERING REPLACEMENT PARTS	Back Cover
RECYCLING INFORMATION	Back Cover


WARNING DECAL PLACEMENT

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



⚠ WARNING

- Misuse 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.
- Not suitable for high accuracy purposes.
- Always use on a level surface.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- Stop pedals and use care when mounting or dismounting.
- User weight must not exceed 275 lbs./125 kg.
- Replace this label if damaged, illegible or removed.



NORDICTRACK and IFIT are registered trademarks of iFIT Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.
5. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. When connecting the power cord (see page 16), plug the power cord into a grounded circuit.
12. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
13. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
14. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
15. The elliptical should not be used by persons weighing more than 275 lbs. (125 kg).
16. 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.

17. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.

18. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.

19. Keep your back straight while using the elliptical; do not arch your back.

20. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

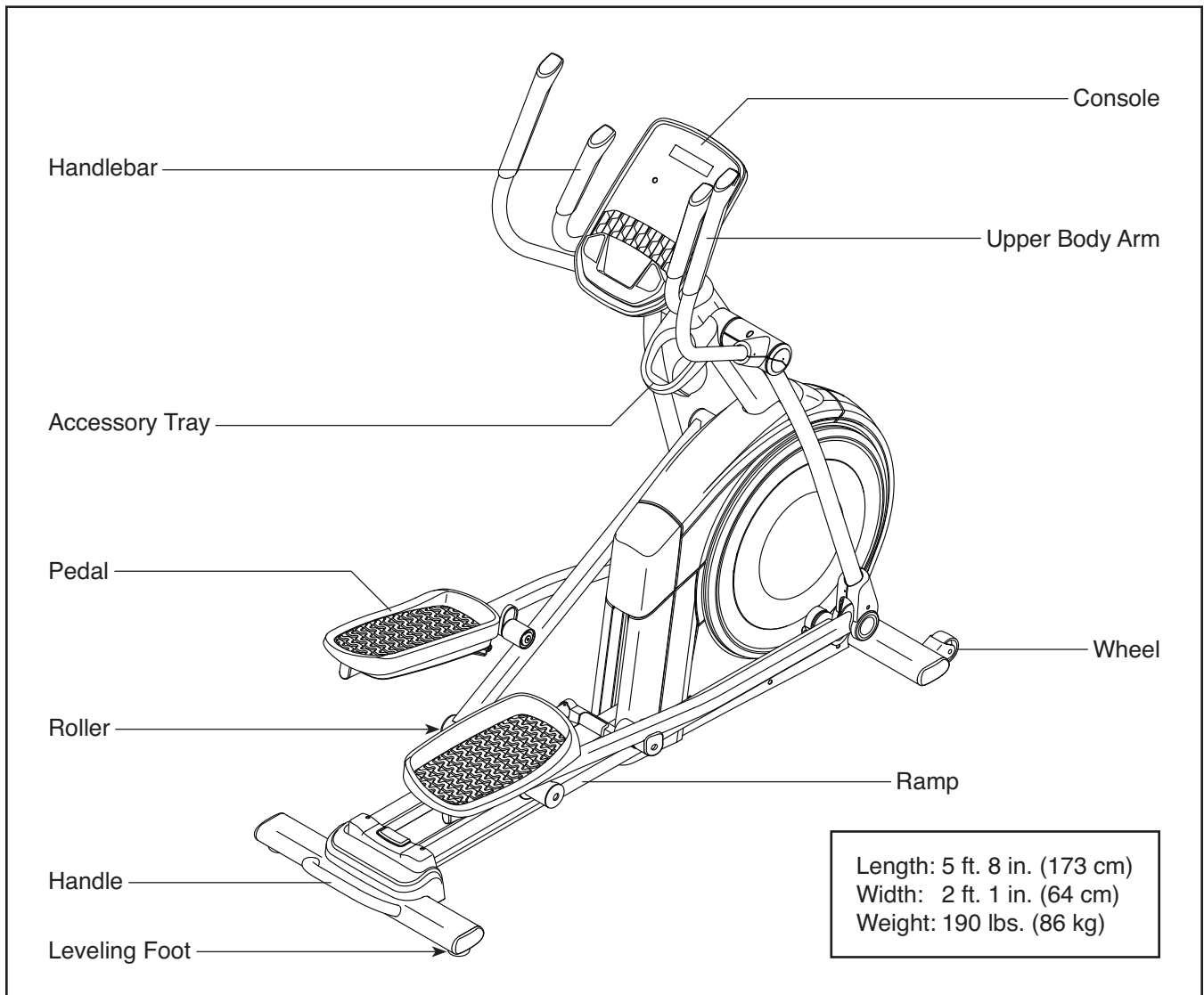
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 9.5 Z elliptical. The E 9.5 Z elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

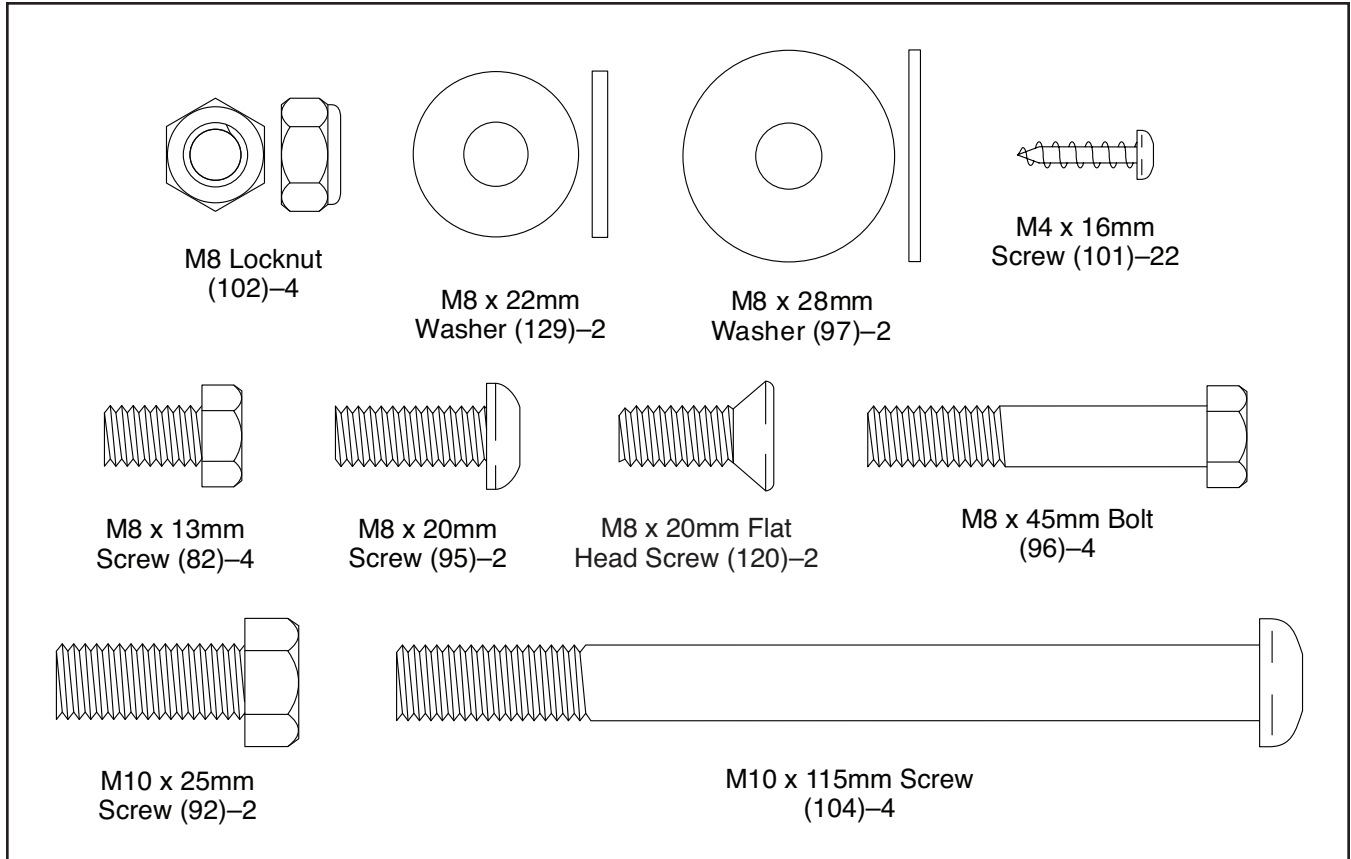
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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

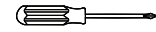


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

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

one Phillips screwdriver



two adjustable wrenches



one rubber mallet

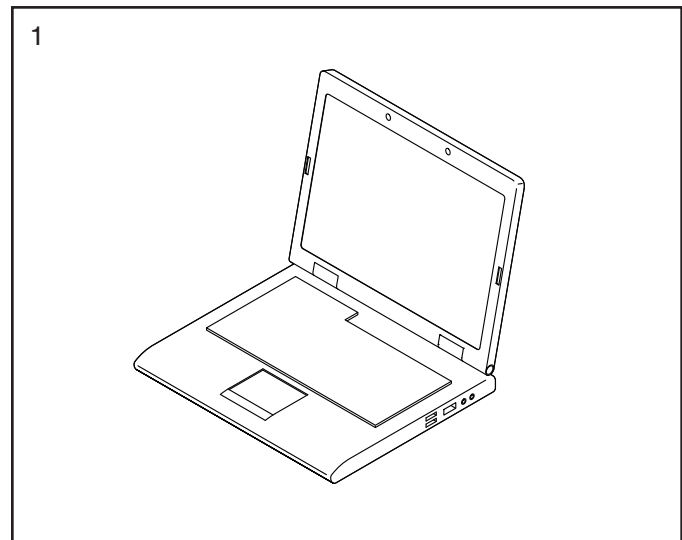


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, complete the warranty registration card in the accompanying warranty booklet and send it by registered post to the address on the back of the warranty booklet.

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

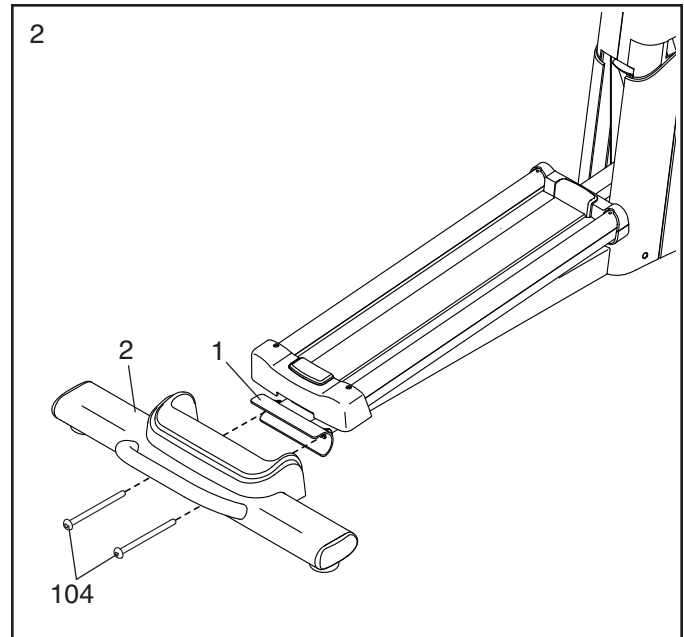


2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

If there are shipping supports attached to the rear of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 115mm Screws (104).

Then, remove the packing materials from under the rear of the Frame (1).

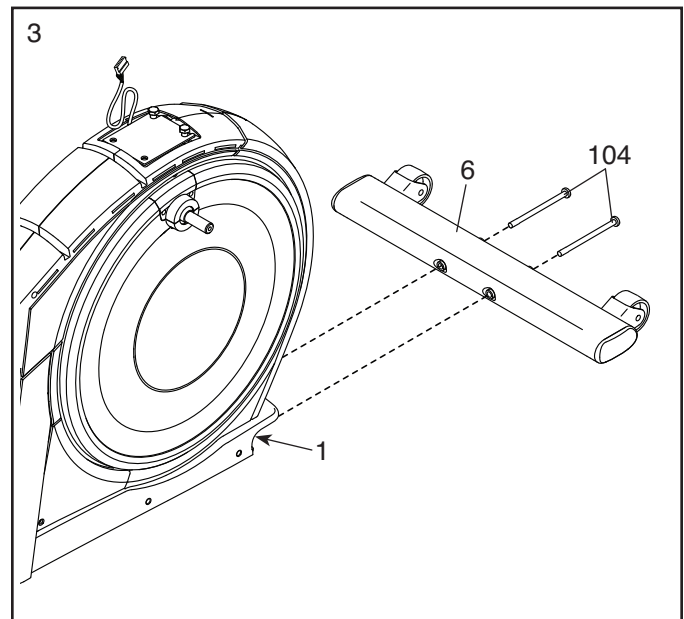


3. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

If there are shipping supports attached to the front of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 115mm Screws (104).

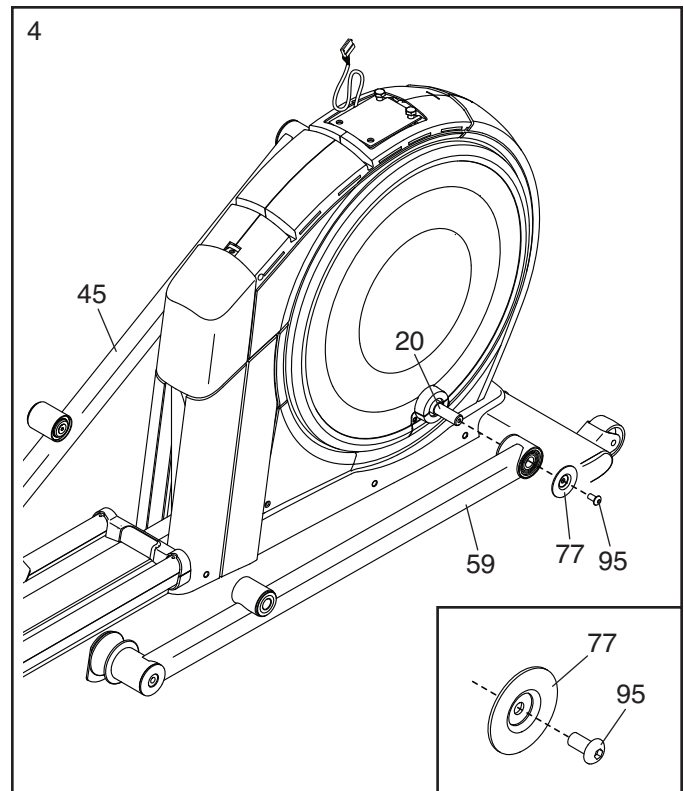
Then, remove the packing materials from under the front of the Frame (1).



4. Identify the Right Roller Arm (59), orient it as shown, and slide it onto the right Crank Arm (20).

Attach the Right Roller Arm (59) with an M8 x 20mm Screw (95) and a Crank Cover (77); **make sure that the Crank Cover is oriented as shown in the inset drawing.**

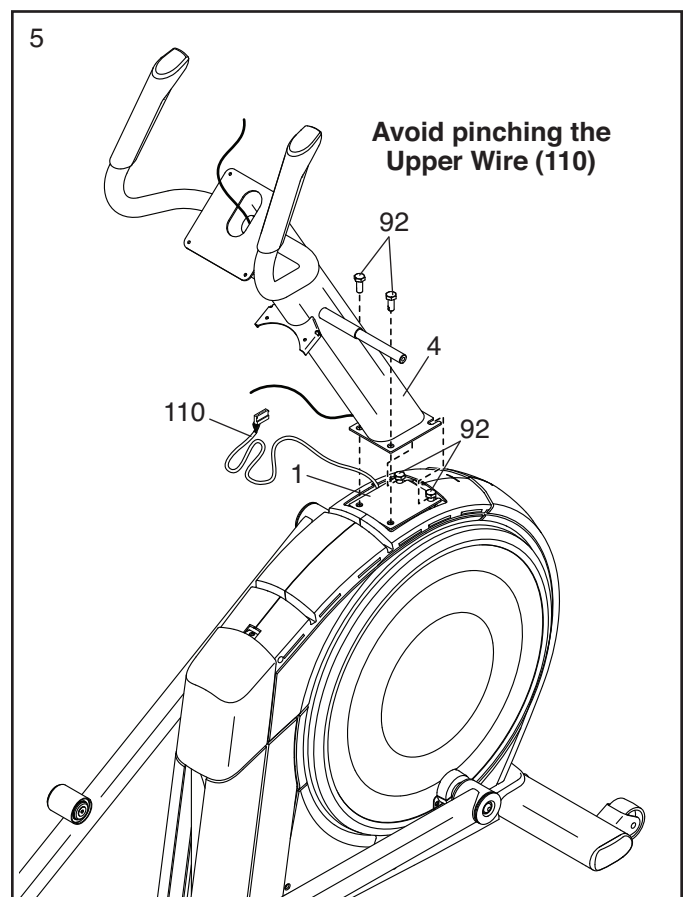
Repeat this step for the Left Roller Arm (45).



5. **Tip: Avoid pinching the Upper Wire (110).** Have a second person hold the Upright (4) on the Frame (1).

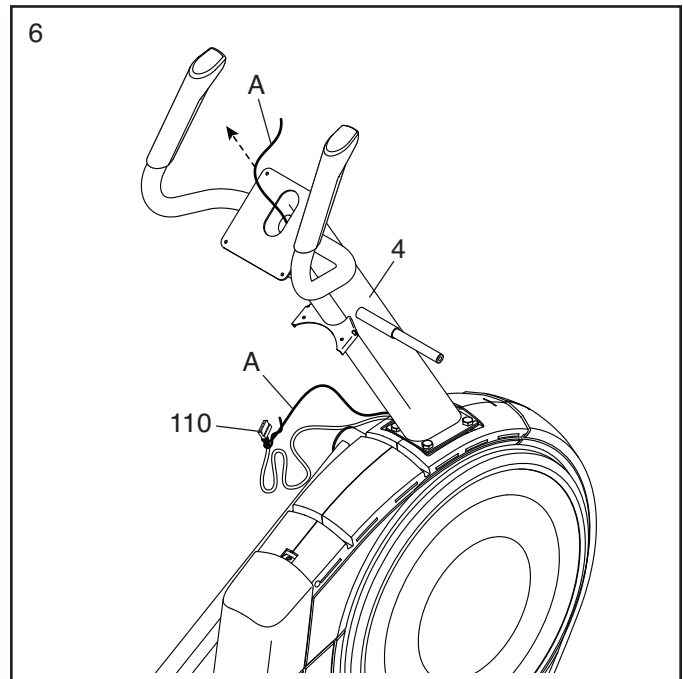
Tip: Two M10 x 25mm Screws (92) are preattached to the Frame (1).

Attach the Upright (4) to the Frame (1) with two additional M10 x 25mm Screws (92); **do not fully tighten the Screws yet.**



6. Locate the wire tie (A) in the lower end of the Upright (4). Tie the wire tie to the Upper Wire (110) as shown. Then, pull the upper end of the wire tie until the Upper Wire is routed through the Upright.

Tip: To prevent the Upper Wire (110) from falling into the Upright (4), secure the Upper Wire with the wire tie (A).



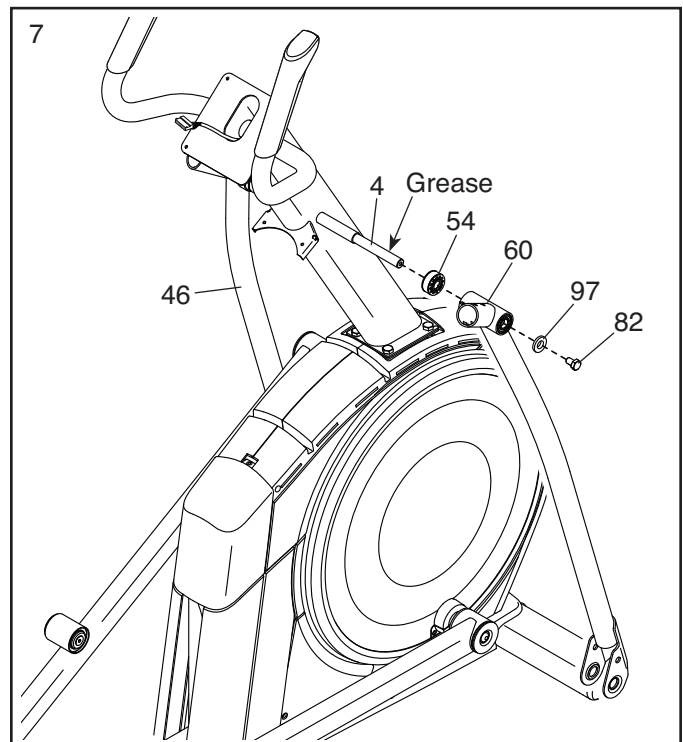
7. Apply grease to the axle on the right side of the Upright (4).

Next, slide a Pivot Spacer (54) onto the right side of the Upright (4).

Then, identify the Right Upper Body Leg (60), orient it as shown, and slide it onto the right side of the Upright (4).

Attach the Right Upper Body Leg (60) with an M8 x 13mm Screw (82) and an M8 x 28mm Washer (97).

Repeat this step for the Left Upper Body Leg (46).

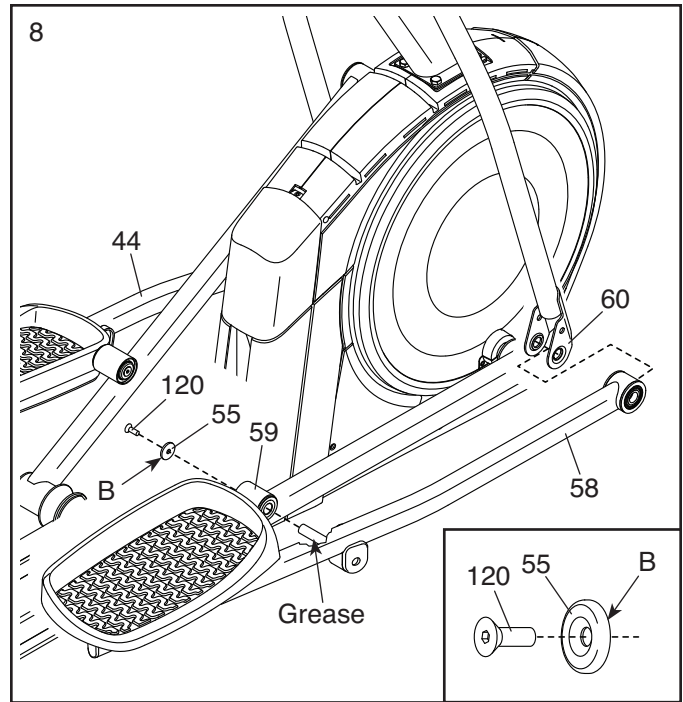


8. Orient the Right Pedal Arm (58) as shown, and apply grease to the axle.

Next, insert the Right Pedal Arm (58) into the Right Upper Body Leg (60) and into the Right Roller Arm (59).

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 20mm Flat Head Screw (120) and a Retainer (55); **make sure that the flat side (B) of the Retainer is facing the Right Roller Arm as shown in the inset drawing.**

Repeat this step for the Left Pedal Arm (44).



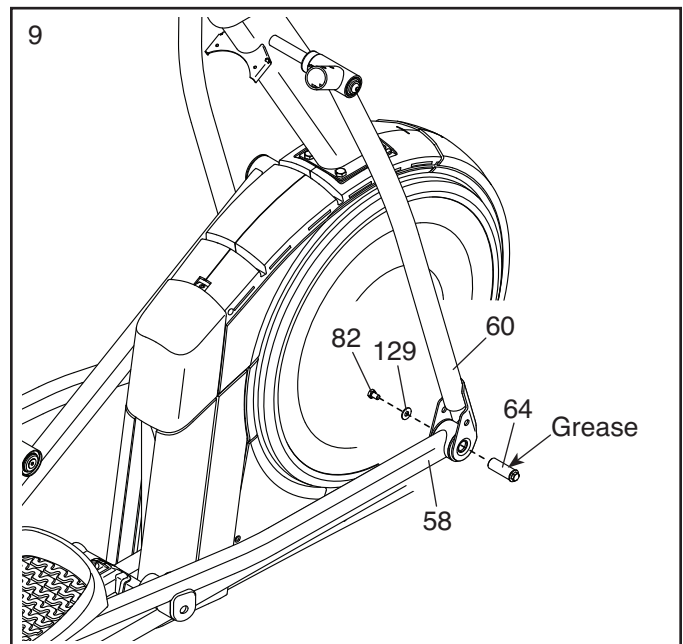
9. Apply grease to a Pedal Arm Axle (64).

Insert the Pedal Arm Axle (64) into the Right Upper Body Leg (60) and the Right Pedal Arm (58) from the direction shown.

Next, slide an M8 x 22mm Washer (129) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

Then, tighten the Pedal Arm Axle (64) and the M8 x 13mm Screw (82) at the same time.

Repeat this step on the other side of the elliptical.



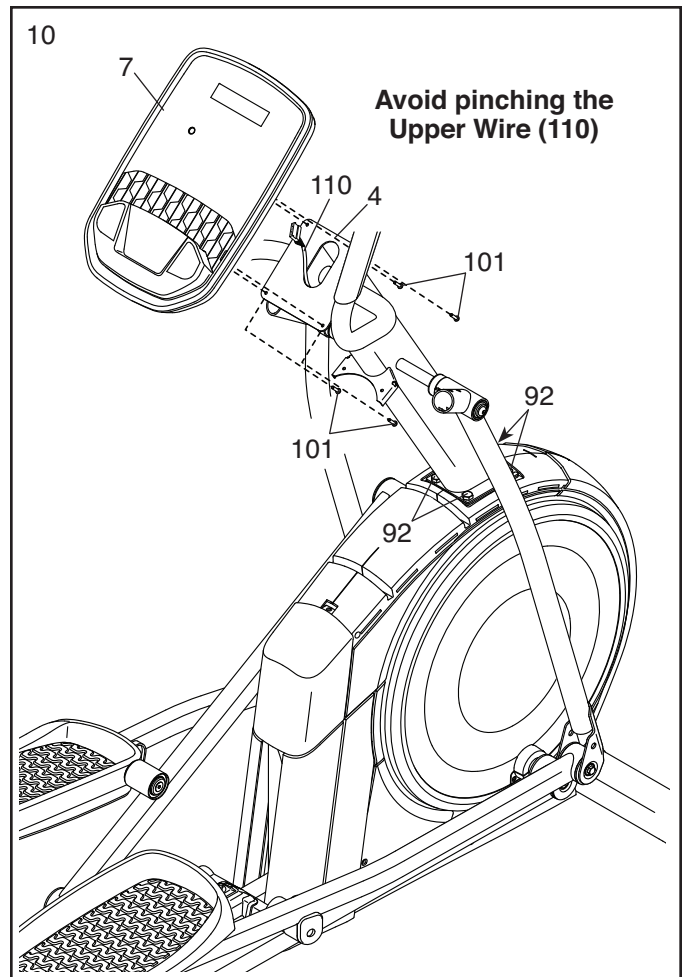
10. **See step 5.** Tighten the four M10 x 25mm Screws (92).

Next, untie and discard the wire tie on the Upper Wire (110).

While a second person holds the Console (7) near the Upright (4), plug the Upper Wire (110) into the receptacle on the Console. **Tip: The wire connector should slide in easily and snap into place with an audible click. If it does not, turn the connector and try again.**

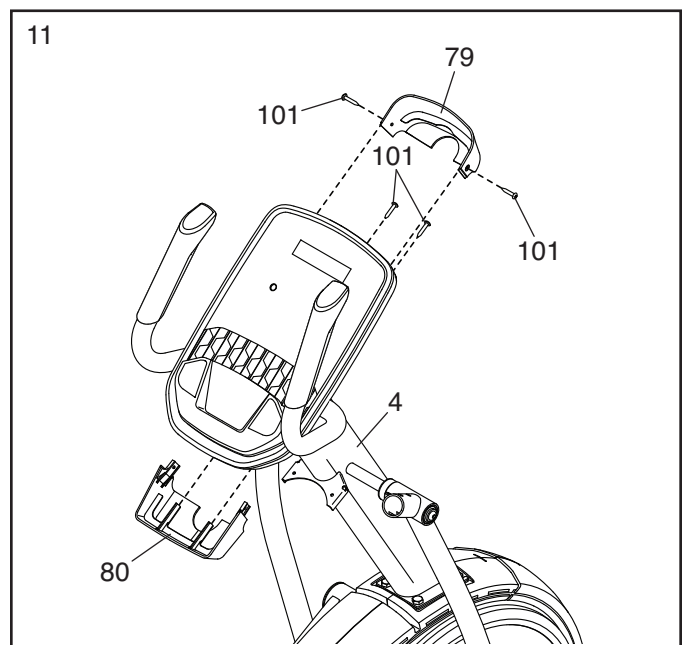
Insert the excess wire into the Upright (4) or into the Console (7).

Tip: Avoid pinching the wires. Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101); **start all the Screws, and then tighten them.**

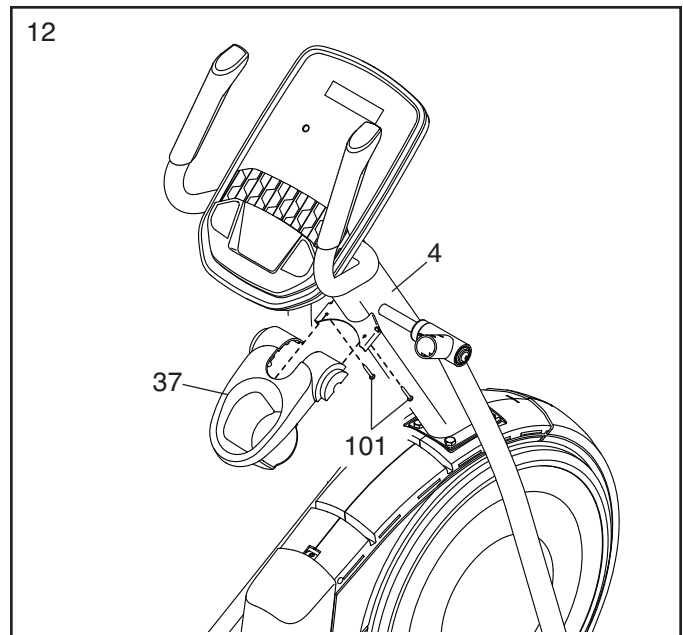


11. Orient the Rear Console Cover (80) as shown, and attach it to the Upright (4) with two M4 x 16mm Screws (101).

Then, orient the Front Console Cover (79) as shown, and attach it to the Rear Console Cover (80) with two M4 x 16mm Screws (101).

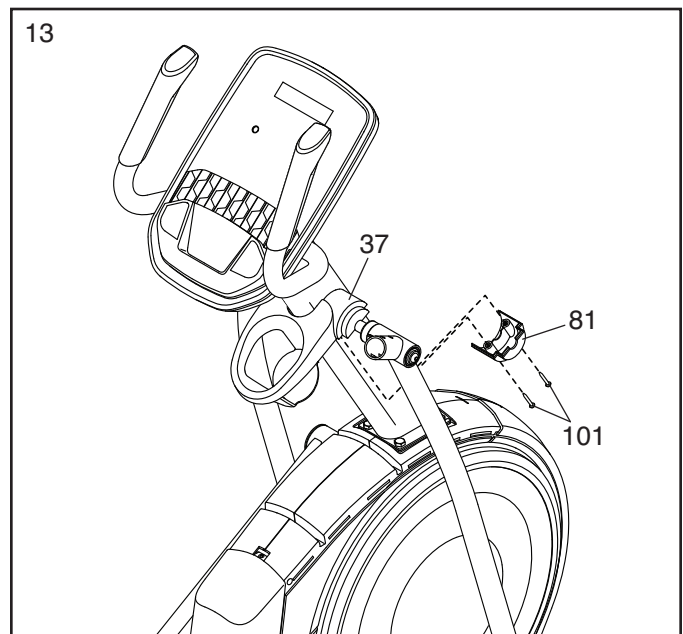


12. Orient the Accessory Tray (37) as shown, and attach it to the Upright (4) with two M4 x 16mm Screws (101).



13. Orient a Lower Tray Cover (81) as shown, and attach it to the right side of the Accessory Tray (37) with two M4 x 16mm Screws (101).

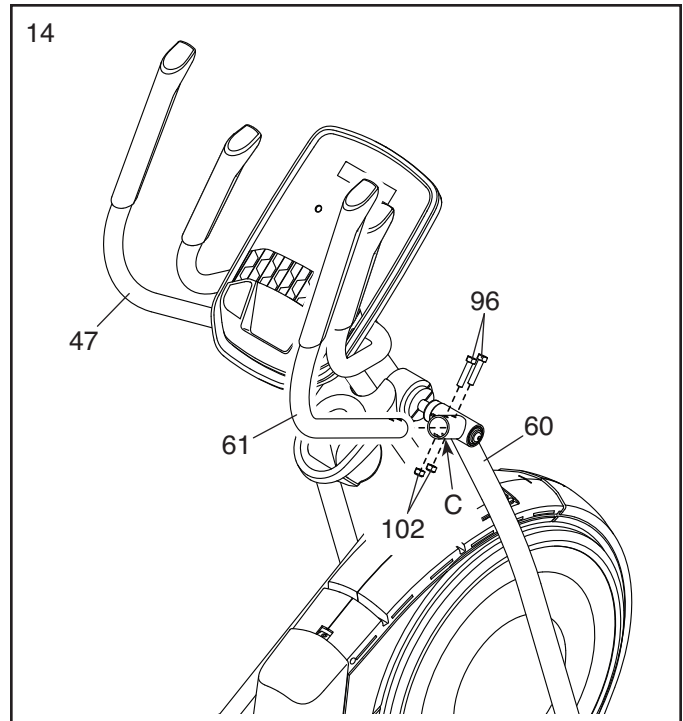
Repeat this step on the other side of the elliptical.



14. Identify the Right Upper Body Arm (61), orient it as shown, and insert it into the Right Upper Body Leg (60).

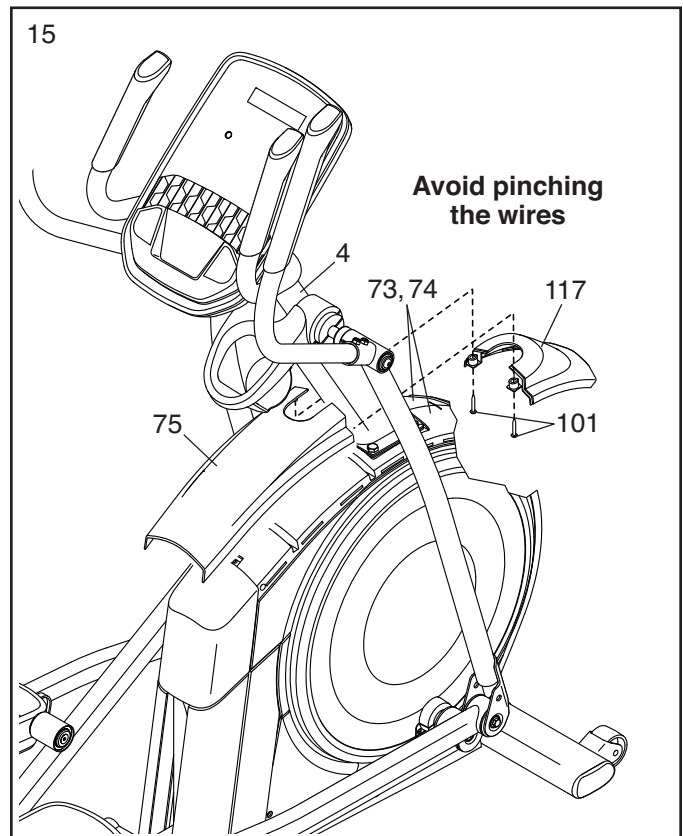
Attach the Right Upper Body Arm (61) with two M8 x 45mm Bolts (96) and two M8 Locknuts (102); **make sure that the Locknuts are in the hexagonal holes (C).**

Repeat this step for the Left Upper Body Arm (47).



15. Orient the Front Shield Cover (117) and the Center Shield Cover (75) around the Upright (4). Then, attach them to each other with two M4 x 16mm Screws (101).

Tip: Avoid pinching the wires. Press the Front Shield Cover (117) and the Center Shield Cover (75) into the Left and Right Shields (73, 74).

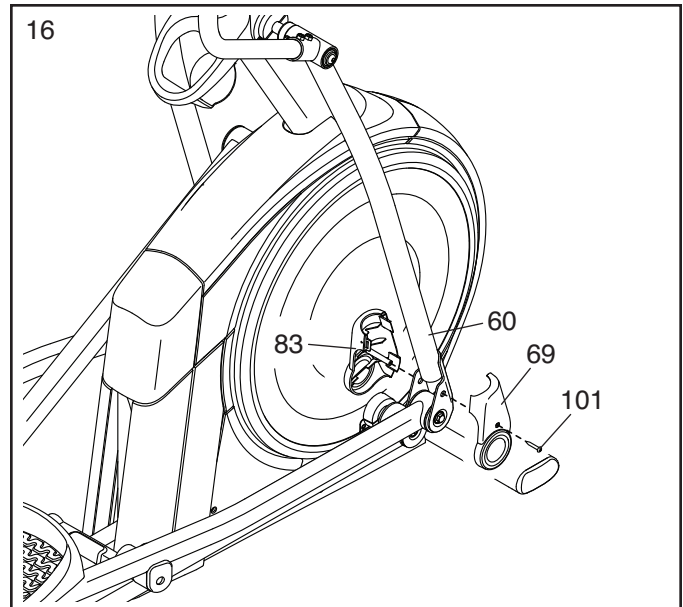


16. Identify the Right Leg Inner Cover (83), orient it as shown, and insert it through the Right Upper Body Leg (60).

Next, identify the Right Leg Outer Cover (69), orient it as shown, and press it onto the Right Leg Inner Cover (83).

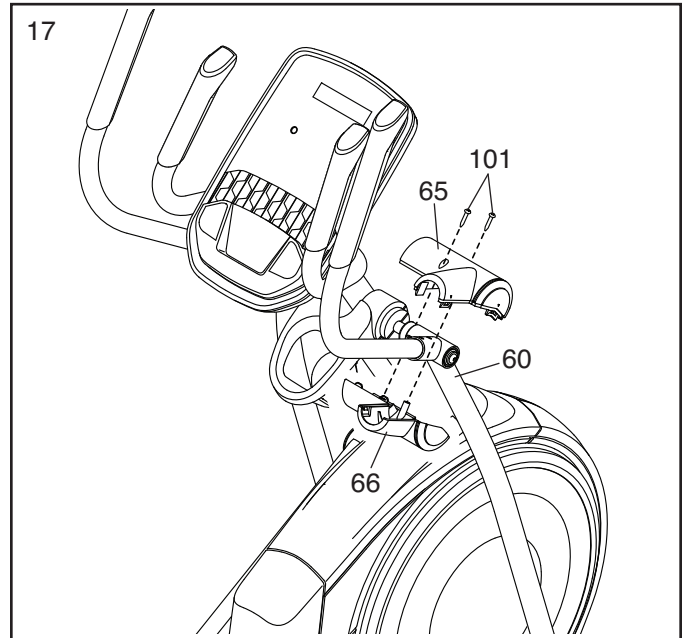
Attach the Right Leg Outer and Inner Covers (69, 83) to each other with an M4 x 16mm Screw (101).

Repeat this step on the other side of the elliptical.



17. Orient the Right Arm Front and Rear Covers (65, 66) around the Right Upper Body Leg (60) as shown, and then attach them with two M4 x 16mm Screws (101).

Repeat this step on the other side of the elliptical.



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

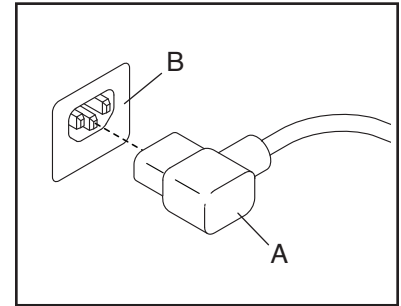
HOW TO PLUG IN THE POWER CORD

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

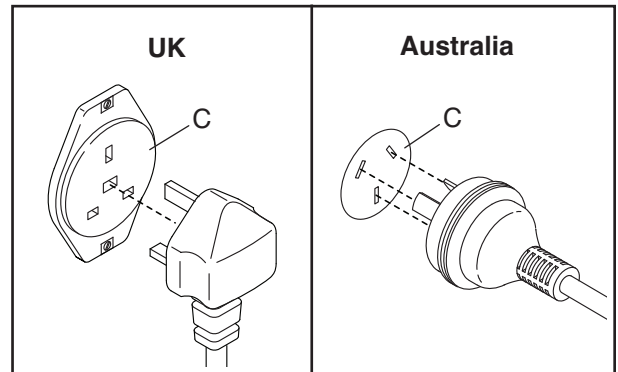
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit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

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord (A) into the socket (B) on the frame.



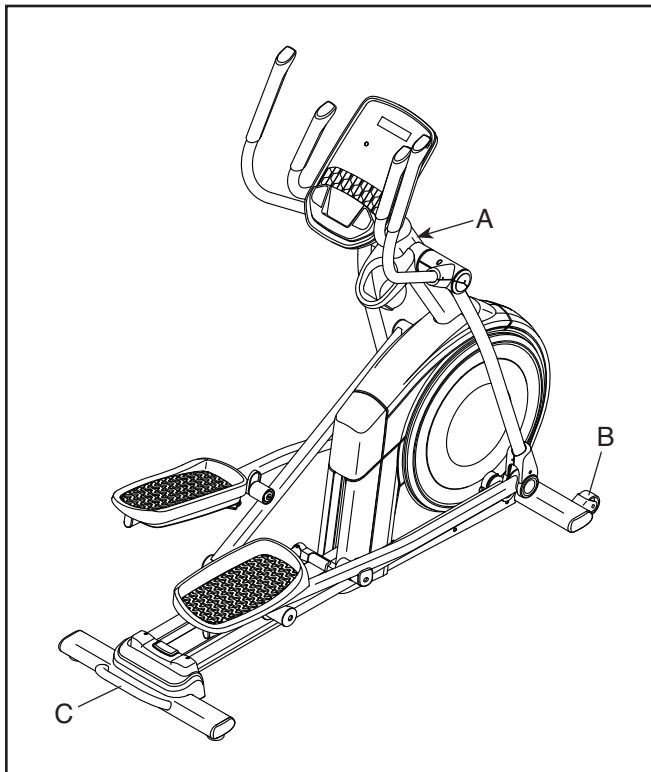
2. Plug the power cord into an appropriate outlet (C) that is properly installed and earthed in accordance with all local codes and ordinances.



HOW TO USE THE ELLIPTICAL

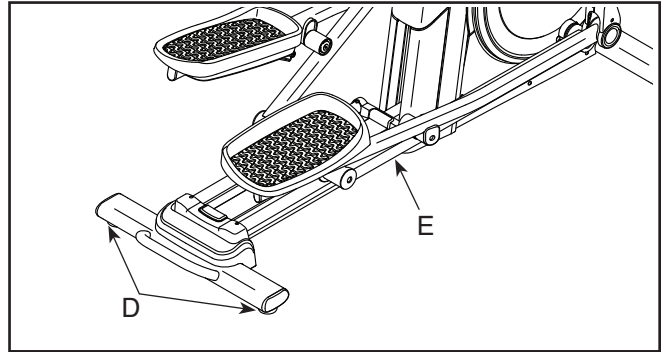
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to protect your floor. Stand in front of the elliptical, hold the upright (A), and place one foot against one of the wheels (B). Next, pull on the upright and have a second person lift the handle (C) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



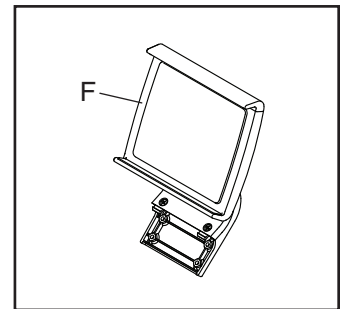
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (D) beneath the rear stabilizer or turn the leveling foot (E) under the center of the frame until the rocking motion is eliminated.



THE OPTIONAL TABLET HOLDER

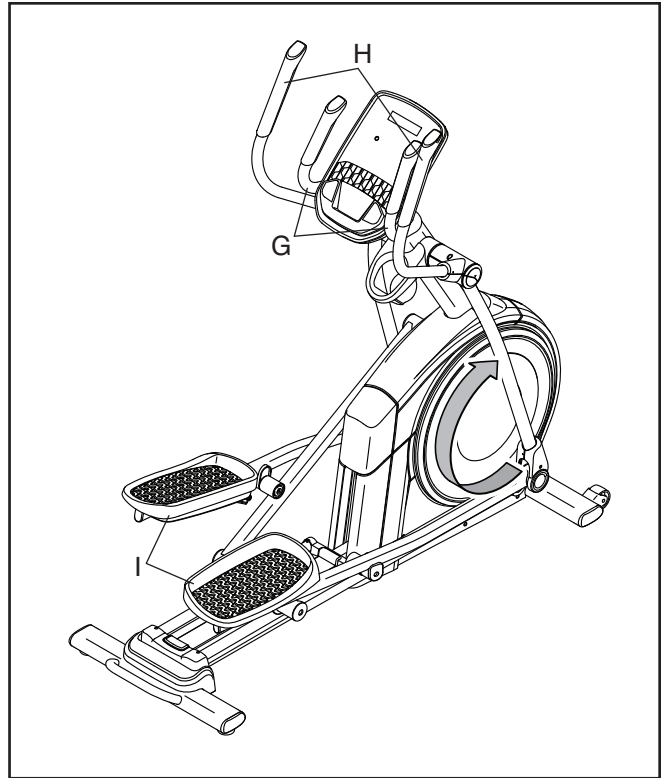
The optional tablet holder (F) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**



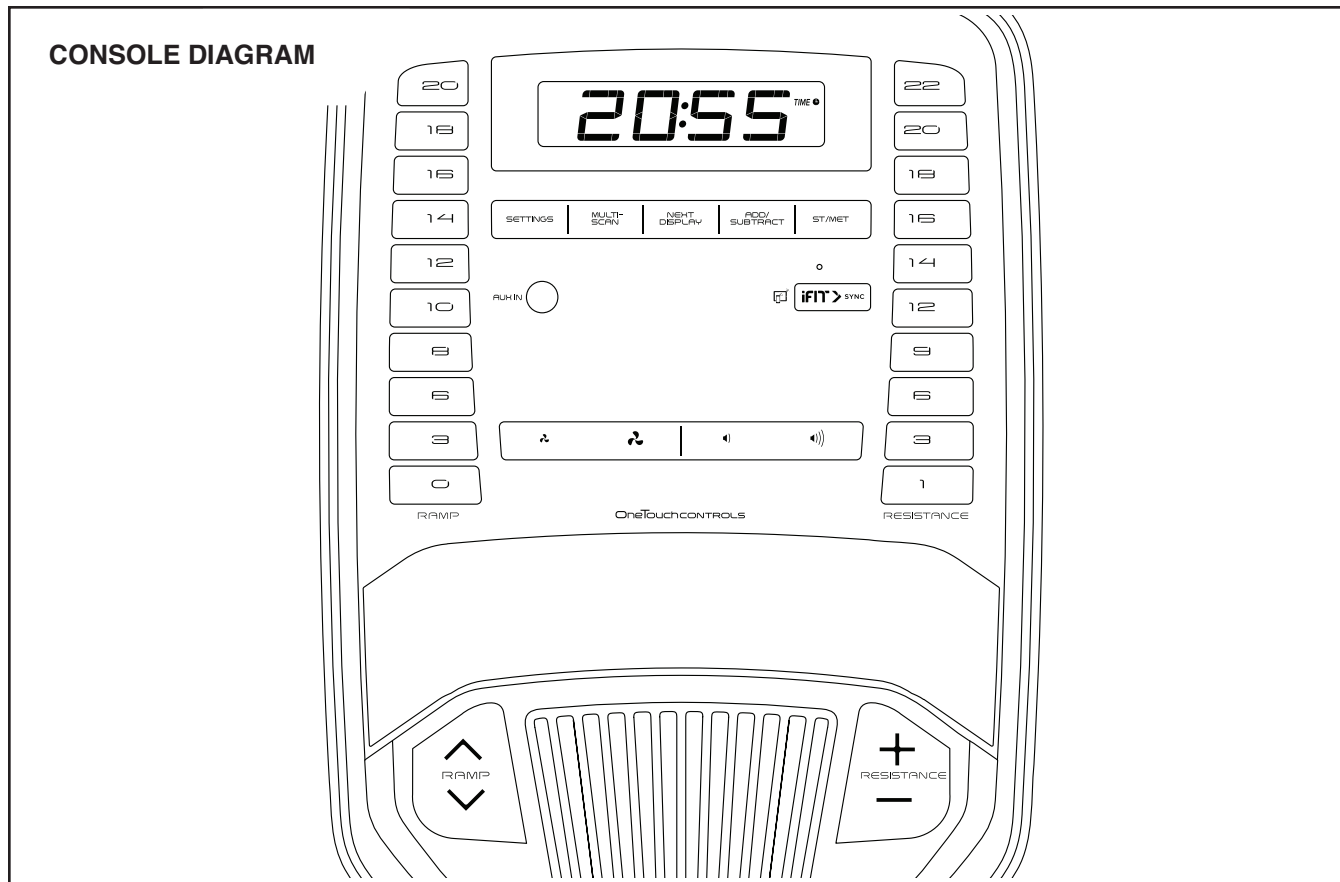
HOW TO EXERCISE ON THE ELLIPTICAL

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

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



HOW TO USE THE CONSOLE



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 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 a compatible heart rate monitor.

You can also use the console sound system while you exercise.

The console also offers unlimited iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

With the iFIT app, you can access a large and varied library of iFIT video workouts, create your own workouts, track your workout results, and access many other features.

Each iFIT workout automatically changes the resistance of the pedals as an iFIT coach guides you through an immersive and effective video workout.

To turn on and turn off the console, see page 20. **To use the manual mode**, see page 20. **To use an iFIT workout**, see page 23.

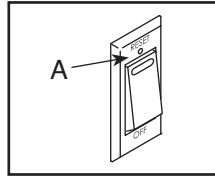
To connect your heart rate monitor to the console, see page 24. **To change console settings**, see page 25. **To use the sound system**, see page 26.

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

HOW TO TURN ON THE CONSOLE

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).



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

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

IMPORTANT: If the incline system does not calibrate automatically, see HOW TO CHANGE CONSOLE SETTINGS on page 25 and manually calibrate the incline system.

IMPORTANT: The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

HOW TO TURN OFF THE CONSOLE

When you are finished exercising, press the power switch to the off position and unplug the power cord.

IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER at the left.
Note: It may take a few moments for the console to be ready for use.

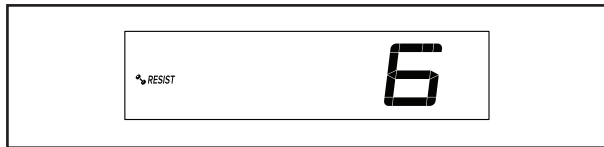
2. Select the manual mode.

When you turn on the console, the manual mode will be selected automatically.

3. Change the resistance of the pedals and the incline of the ramp as desired.

Begin pedaling to start the manual mode.

To change the resistance of the pedals, press one of the numbered Resistance buttons or press the Resistance increase and decrease buttons.



To vary the motion of the pedals, you can change the incline of the ramp by pressing one of the numbered Ramp buttons or by pressing the Ramp increase and decrease buttons.

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

4. Follow your progress with the displays.

The display can show the following workout information:

Calories (CAL)—The approximate number of calories you have burned.

Calories per Hour (CAL/HR)—The approximate number of calories you are burning per hour.

Resistance (RESIST)—The resistance level of the pedals.

Ramp—The incline level of the ramp.

RPM—Your pedaling speed in revolutions per minute (RPM).

Time—When the manual mode or a calorie workout is selected, the elapsed time. When an intensity workout is selected, the time remaining in the workout.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/Met button.

Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/Met button.

Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/Met button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

Press the Next Display button repeatedly to view the desired workout information in the display.

Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode**, press the Multi-scan button; the scan indicator (B) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Multi-scan button repeatedly.

To turn off the scan mode, press the Next Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

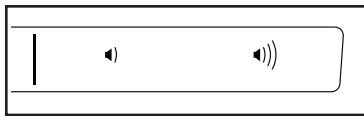
To customize the scan mode, first press the Next Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Subtract button to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.

Then, press the Multi-scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the volume increase and decrease buttons.



To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

Note: The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/Met button.

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

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

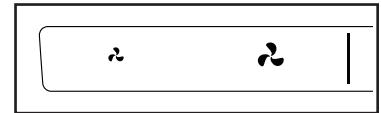
A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 26 for information about ordering one.

To connect a compatible heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heart-beat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 24 for more information.

6. Turn on the fan if desired.

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



Note: If the pedals are not moved for a while, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 20.

HOW TO USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFIT app and to compatible heart rate monitors. 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 StoreSM 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.

Take time to explore the iFIT app and learn about its features and settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 22.

3. Connect your smart device to the console.

Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, 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 turn solid blue.

4. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

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

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

To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green.

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

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

See HOW TO TURN OFF THE CONSOLE on page 20.

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 iFIT Sync button on the console; the console pairing number will appear in the display. 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 iFIT Sync button on the console until the LED on the console turns solid green.

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 CHANGE CONSOLE SETTINGS

1. Select the settings mode.

If you are using the manual mode or an iFIT workout, you must stop pedaling and exit the workout before you can select the settings mode.

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

2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Next Display button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

Calibration—If the incline system needs to be calibrated, press the Ramp increase or decrease button. The ramp will automatically rise to the maximum incline level and then return to the starting position. This will calibrate the incline system.



Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit

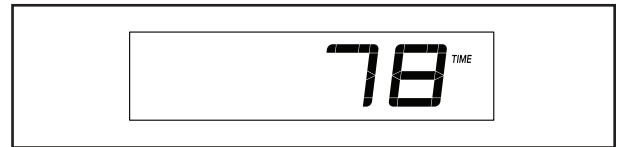
of measurement, press the St/Met button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

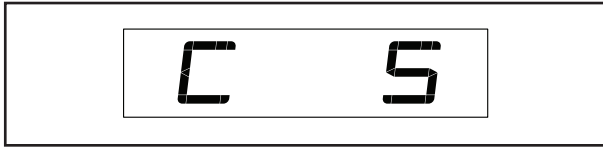
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the elliptical has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the elliptical has been pedaled.



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



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



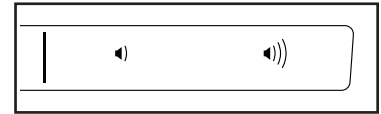
4. Exit the settings mode.

Press the Settings button to exit the settings mode.

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.**

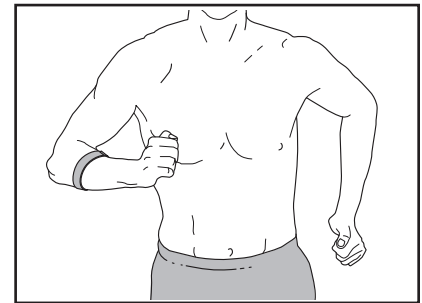
Next, press the play button on your personal audio player.



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 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 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 an optional heart rate monitor, please see the front cover of this manual.**

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

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. Use only manufacturer-supplied parts.

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

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position.

If lines appear in the console display, see step 3 on page 25 and adjust the contrast level of the display.

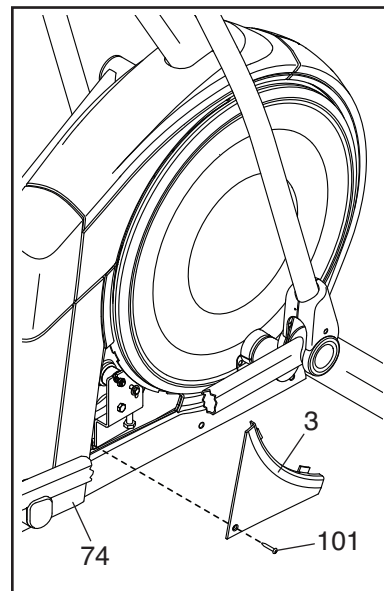
INCLINE SYSTEM TROUBLESHOOTING

If the ramp does not adjust to the selected incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 25 and calibrate the incline system.

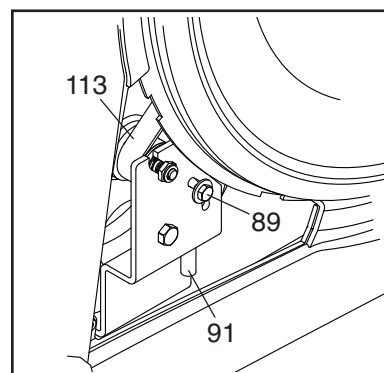
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **press the power switch and unplug the power cord.**

Next, locate the Access Cover (3) on the Right Shield (74). Remove the M4 x 16mm Screw (101) and then remove the Access Cover.



Next, locate and loosen the Idler Screw (89). Tighten the Drive Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.

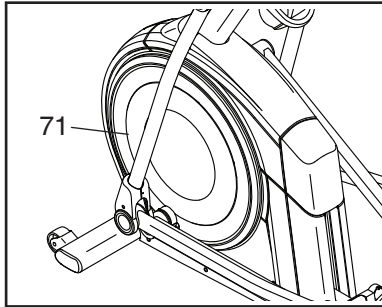


Reattach the parts that you removed. Then, plug in the power cord.

HOW TO ADJUST THE REED SWITCH

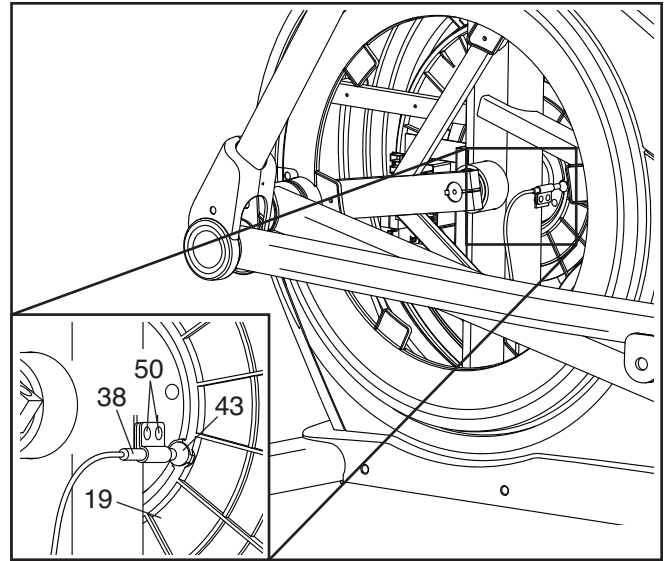
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch and unplug the power cord.**

Next, using a standard screwdriver, carefully pry off the left Disc (71).



See the drawing at the right. Locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.

See the drawing at the right. Slightly loosen the indicated two M4 x 12mm Self-tapping Screws (50). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Self-tapping Screws.



Then, plug in the power cord, press the power switch, and rock the Pulley (19) forward and backward just enough that the Magnet (43) passes the Reed Switch (38) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left disc and plug in the power cord.

EXERCISE GUIDELINES

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

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	

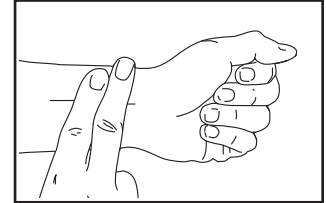
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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

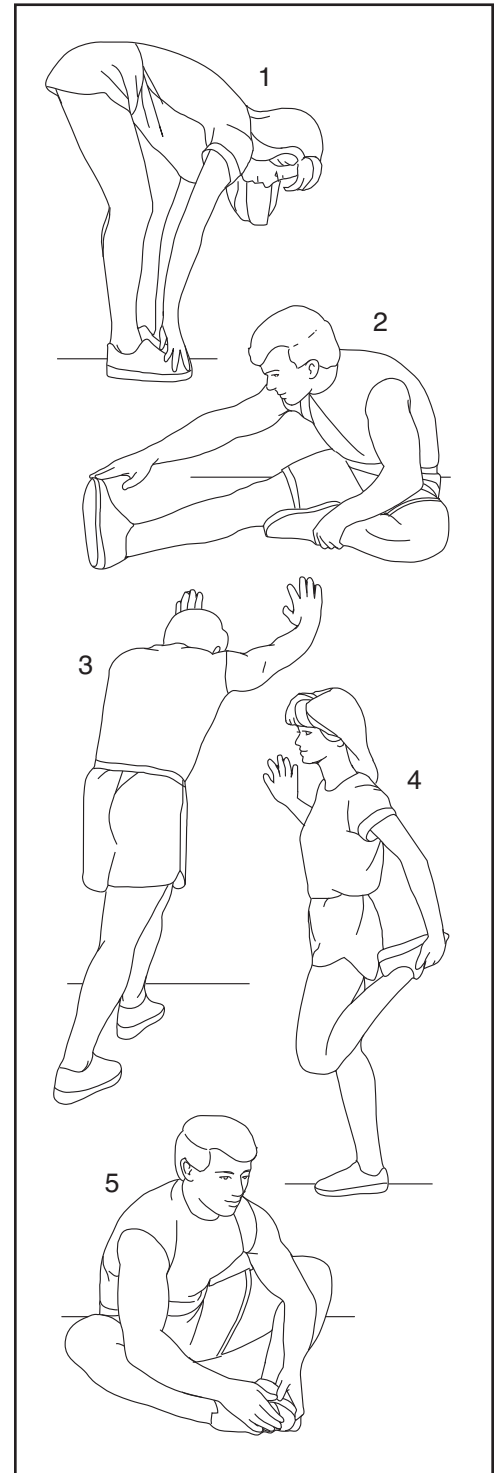
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEL89820-INT.0 R1121A

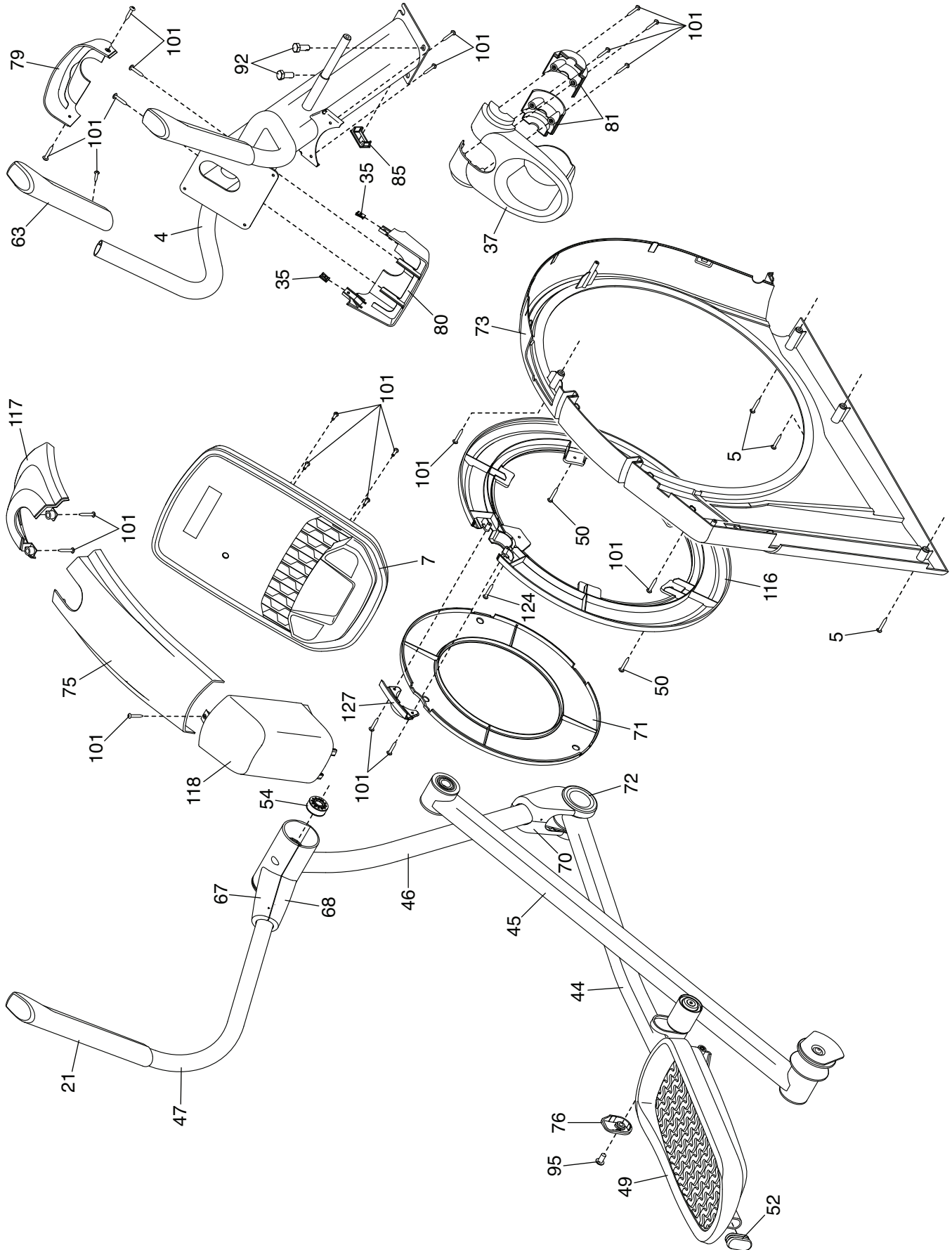
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame/Ramp	51	2	Roller
2	1	Rear Stabilizer	52	2	Pedal Arm Cap
3	1	Access Cover	53	2	Axle Cover
4	1	Upright	54	2	Pivot Spacer
5	6	M4 x 19mm Screw	55	2	Retainer
6	1	Front Stabilizer	56	4	Roller Arm Bushing
7	1	Console	57	4	Pedal Arm Bearing
8	2	Roller Guide	58	1	Right Pedal Arm
9	2	Crank Bearing Sleeve	59	1	Right Roller Arm
10	1	Rear Ramp Cover	60	1	Right Upper Body Leg
11	1	Incline Motor	61	1	Right Upper Body Arm
12	1	Incline Motor Arm	62	1	Right Grip
13	1	Ramp Arm	63	2	Handgrip
14	2	Ramp Arm Spacer	64	2	Pedal Arm Axle
15	1	Rear Stabilizer Cover	65	1	Right Arm Front Cover
16	2	Track	66	1	Right Arm Rear Cover
17	1	Power Switch	67	1	Left Arm Front Cover
18	1	Crank	68	1	Left Arm Rear Cover
19	1	Pulley	69	1	Right Leg Outer Cover
20	2	Crank Arm	70	1	Left Leg Outer Cover
21	1	Left Grip	71	2	Disc
22	1	Idler	72	1	Left Leg Inner Cover
23	2	Short Bumper	73	1	Left Shield
24	1	Small Leveling Foot	74	1	Right Shield
25	1	Resistance Motor	75	1	Center Shield Cover
26	5	M10 Locknut	76	1	Left Pedal Arm Side Cap
27	2	M10 Washer	77	2	Crank Cover
28	1	Eddy Mechanism	78	2	Key
29	1	Right Pedal	79	1	Front Console Cover
30	4	Stabilizer Cap	80	1	Rear Console Cover
31	3	M10 x 19mm Screw	81	2	Lower Tray Cover
32	4	Roller Arm Bearing Sleeve	82	8	M8 x 13mm Screw
33	2	Large Leveling Foot	83	1	Right Leg Inner Cover
34	2	Wheel	84	1	M4 x 12mm Ground Screw
35	2	Clip	85	1	Upright Grommet
36	1	Idler Washer	86	2	M10 x 58mm Hex Bolt
37	1	Accessory Tray	87	1	Right Pedal Arm Side Cap
38	1	Reed Switch/Wire	88	1	Idler Pivot Screw
39	1	Reed Switch Clamp	89	1	Idler Screw
40	2	Frame Bearing	90	3	M6 x 19mm Washer
41	1	Upper Ramp Cover	91	1	Drive Belt Adjustment Screw
42	1	Sleeve	92	4	M10 x 25mm Screw
43	2	Magnet	93	4	M4 x 12mm Flange Screw
44	1	Left Pedal Arm	94	1	Motor Arm Spacer
45	1	Left Roller Arm	95	8	M8 x 20mm Screw
46	1	Left Upper Body Leg	96	4	M8 x 45mm Bolt
47	1	Left Upper Body Arm	97	2	M8 x 28mm Washer
48	1	Power Receptacle	98	2	M8 x 18mm Washer
49	1	Left Pedal	99	2	Inner Arm Bearing
50	6	M4 x 12mm Self-tapping Screw	100	4	Leg Bearing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	43	M4 x 16mm Screw	119	1	Power Cord
102	6	M8 Locknut	120	2	M8 x 20mm Flat Head Screw
103	11	M6 x 12mm Screw	121	2	Frame Bushing
104	4	M10 x 115mm Screw	122	1	M10 x 47mm Bolt
105	1	M4 x 25mm Flange Screw	123	2	Outer Arm Bearing
106	1	Lower Ramp Cover	124	2	M4 x 16mm Machine Screw
107	1	Crank Spacer	125	1	M10 x 28mm Washer
108	2	M6 x 13mm Screw	126	2	M4 x 25mm Screw
109	2	M10 x 58mm Bolt	127	2	Disc Bracket
110	1	Upper Wire	128	1	Long Bumper
111	1	Lower Wire	129	2	M8 x 22mm Washer
112	2	M4 x 19mm Self-tapping Screw	130	4	M4 x 12mm Screw
113	1	Drive Belt	131	2	Adhesive Tape
114	1	Controller	132	2	M6 x 26mm Washer
115	4	Standoff	*	–	Assembly Tool
116	2	Disc Ring	*	–	Grease Packet
117	1	Front Shield Cover	*	–	User's Manual
118	1	Rear Shield Cover			

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

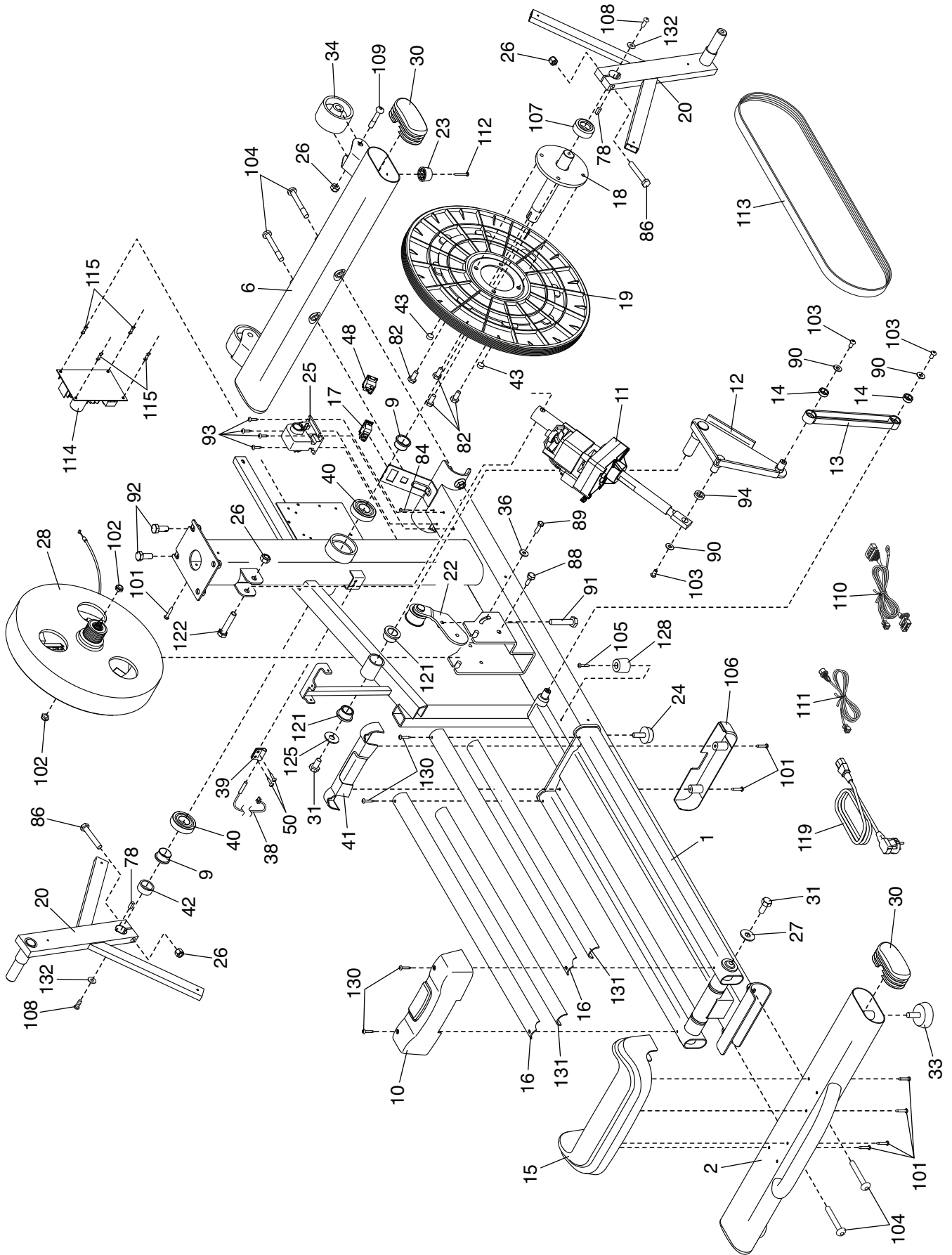
EXPLODED DRAWING A

Model No. NTEL89820-INT.0 R1121A



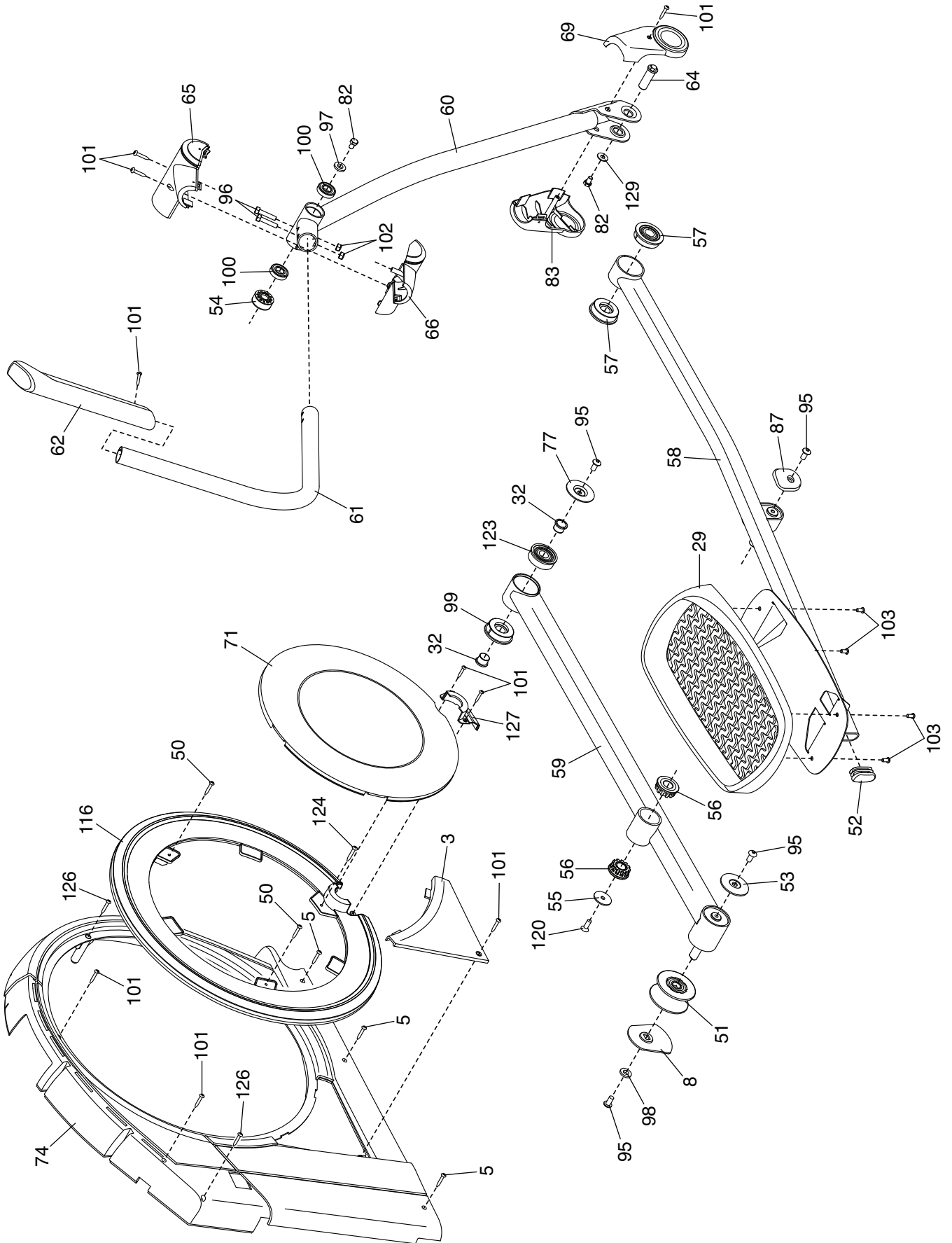
EXPLODED DRAWING B

Model No. NTEL89820-INT.0 R1121A



EXPLODED DRAWING C

Model No. NTEL89820-INT.0 R1121A



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)

RECYCLING INFORMATION

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

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

