NordicTrack®
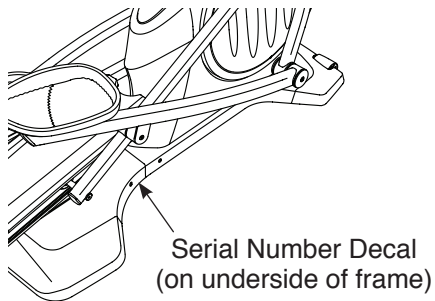## SMART TERRAIN 12.0

Model No. NTEL01310.4
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal
(on underside of frame)

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.
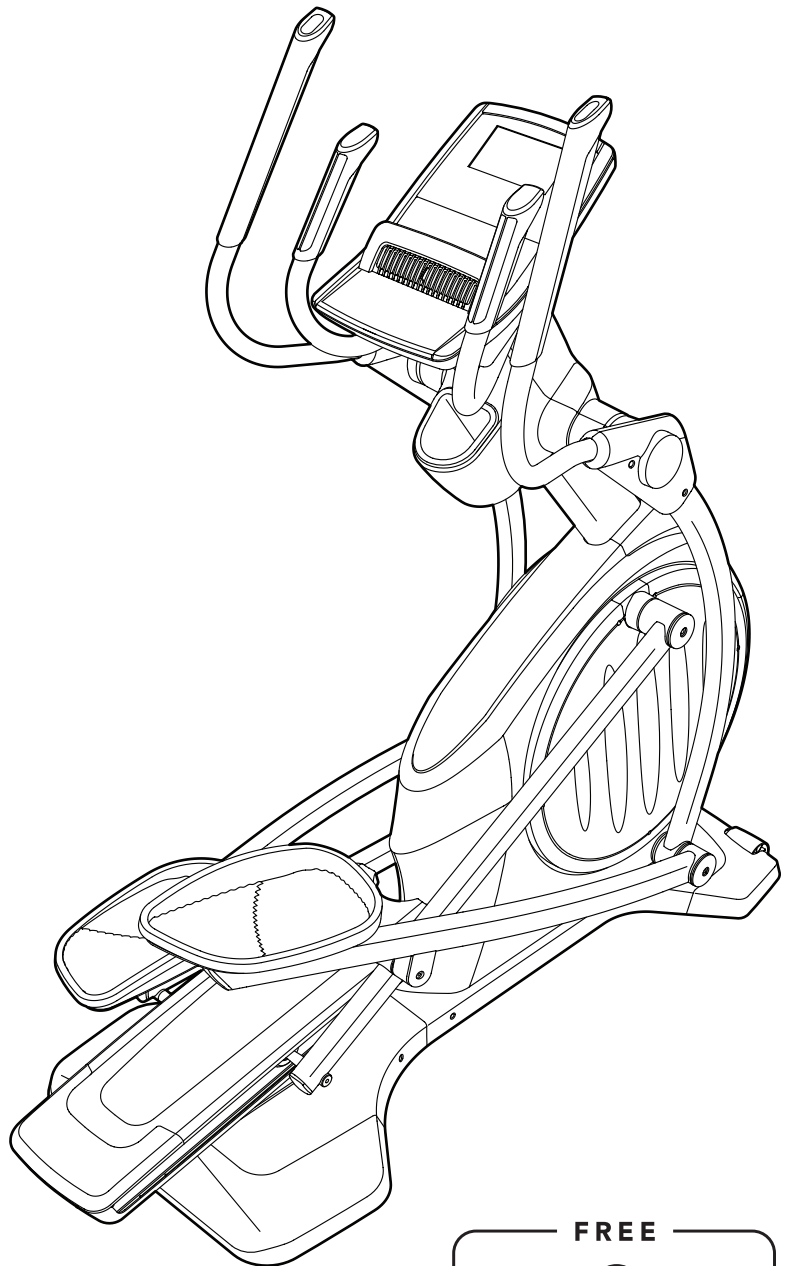
CALL TOLL-FREE:

1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

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

FREE
*i*fit. ▶ HOW-TO VIDEOS
www.iFit.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

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

⚠ **WARNING**

• Misuse of this machine may result in serious injury.

• Read user's manual prior to use and follow all warnings and instructions.

• Do not allow children on or around machine.

• Pedals continue to spin when you stop pedaling.

• Spinning pedals can cause injury.

• Reduce pedal speed in a controlled manner.

• User weight must not exceed 375 lbs / 170 kgs.

• This product should always be used on a level surface.

• This product is not intended for therapeutic use.

• Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON IP, Inc.
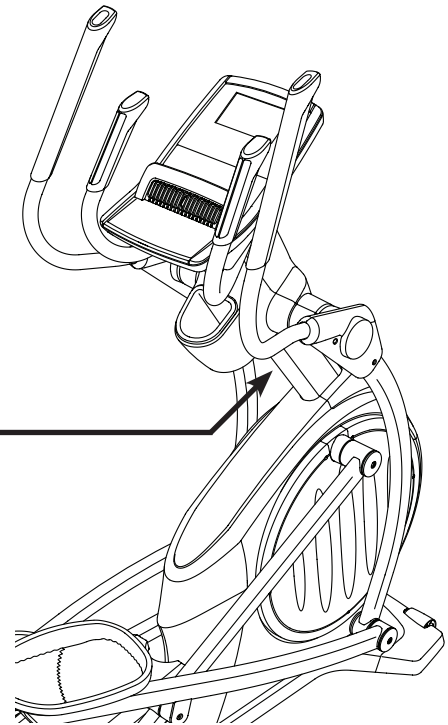
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical 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. Do not put the elliptical in a garage or covered patio, or near water.

6. 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.

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

8. Keep children under age 12 and pets away from the elliptical at all times.

9. The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).

10. 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.

11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.

12. 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.

13. 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.

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

15. 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.
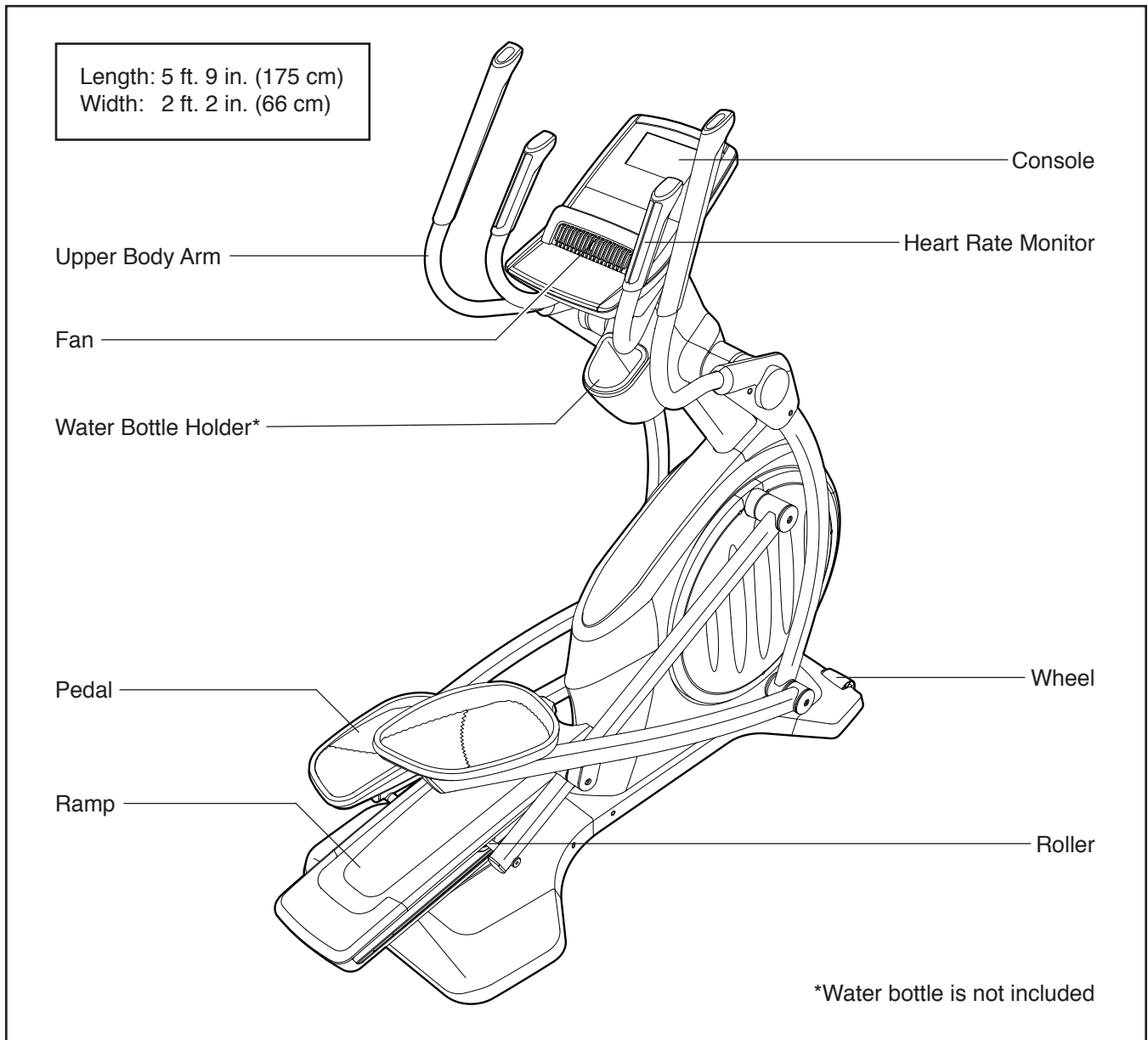
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® SMART TERRAIN 12.0 elliptical. The SMART TERRAIN 12.0 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.

Length: 5 ft. 9 in. (175 cm)
Width:　2 ft. 2 in. (66 cm)

Console

Upper Body Arm

Heart Rate Monitor

Fan

Water Bottle Holder*

Pedal

Wheel

Ramp

Roller

*Water bottle is not included

PART IDENTIFICATION CHART

Use the drawings below to identify small parts used in 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 preattached.**
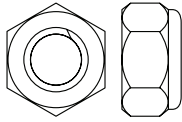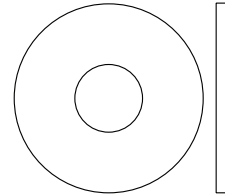
M8 Locknut
(102)–4
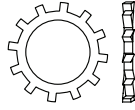
M8 Star
Washer (122)–4
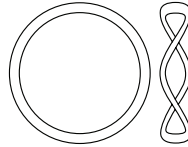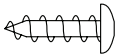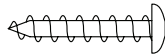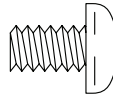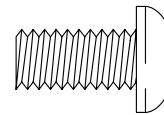
Wave Washer
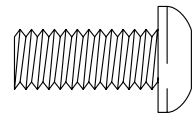(95)–4

M8 x 25mm
Washer (98)–6

#8 x 1/2"
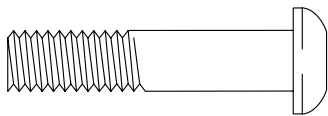Screw (124)–4

#8 x 3/4"
Screw (123)–11

M6 x 10mm
Screw (121)–8

M8 x 16mm
Screw (120)–6

M8 x 19mm
Screw (82)–4

M8 x 35mm
Bolt (96)–4
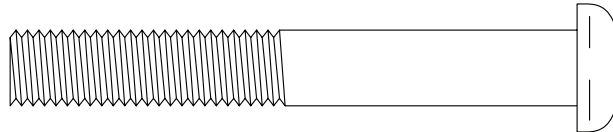
M10 x 75mm
Screw (119)–2
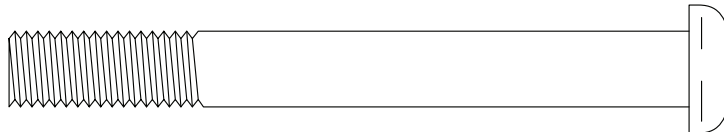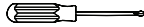
M10 x 90mm
Screw (84)–2

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.

- To identify small parts, see page 5.

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

  one Phillips screwdriver

  one adjustable wrench

  one rubber mallet

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

1. Remove the screws (not shown) and the shipping bracket (not shown) from the front of the Frame (1). Discard the screws.

   With the help of a second person, place the shipping bracket (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.**

   Attach the Front Stabilizer (6) to the Frame with two M10 x 90mm Screws (84). Then, remove and discard the shipping bracket (not shown).
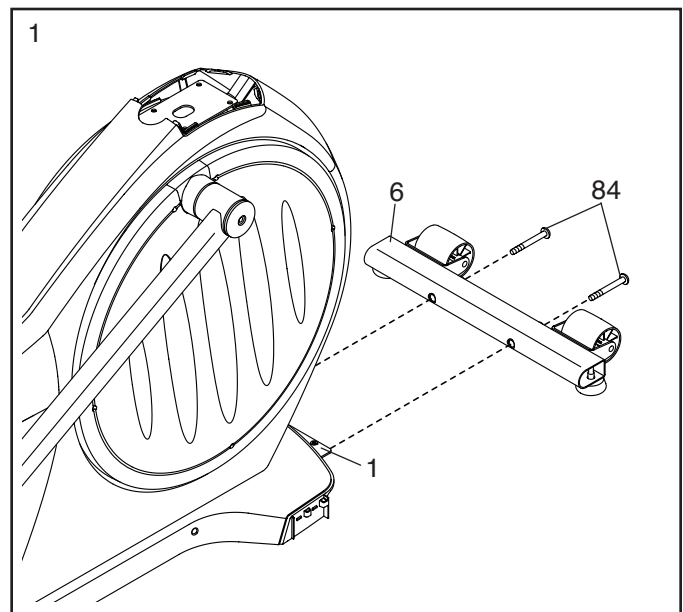
2. Orient the Front Stabilizer Cover (8) as shown.

   Press the Mounts (117) on the Front Stabilizer Cover (8) into the Frame (1). Then, press the Front Stabilizer Cover into place.
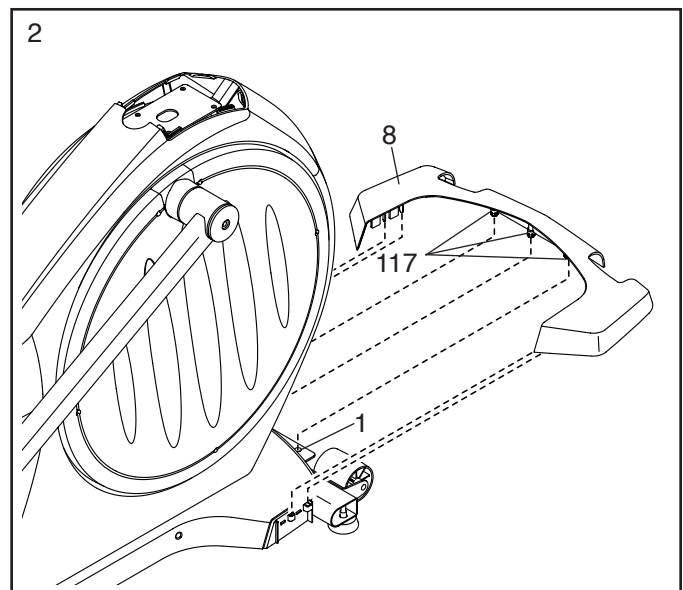
3. Remove the screws (not shown) and the shipping bracket (not shown) from the rear of the Frame (1). Discard the screws.

   With the help of a second person, place the shipping bracket (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.**

   Orient the Rear Stabilizer (5) so that the welded tubes are in the locations shown.

   Attach the Rear Stabilizer (5) to the Frame (1) with two M10 x 75mm Screws (119).

   Then, remove and discard the shipping bracket (not shown).
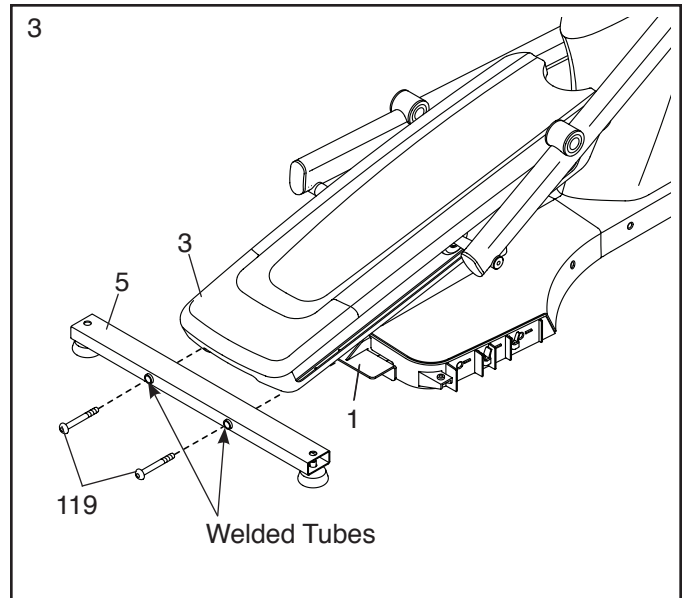
4. Orient the Rear Stabilizer Cover (2) as shown.

   Press the Mounts (117) on the Rear Stabilizer Cover (2) into the Frame (1). Then, press the Rear Stabilizer Cover into place.
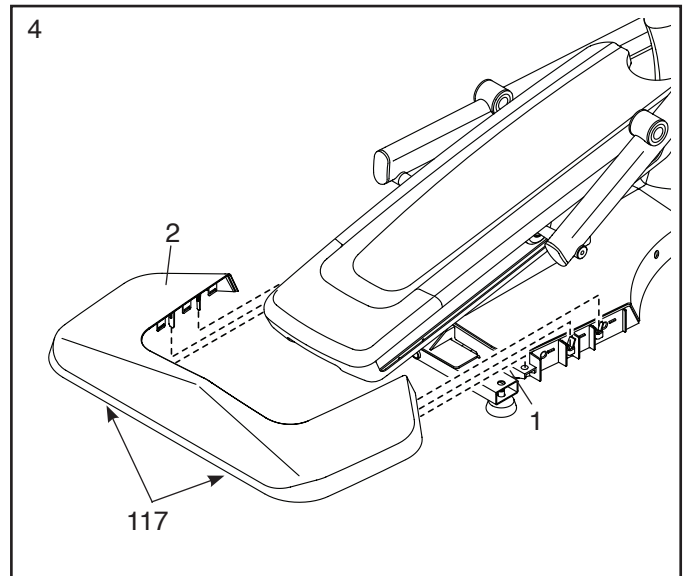
5. Have a second person hold the Upright (4) near the Frame (1).

   See the inset drawing. Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Main Wire (110). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

   Tip: To prevent the Main Wire (110) from falling into the Upright (4), secure the Main Wire with the wire tie.
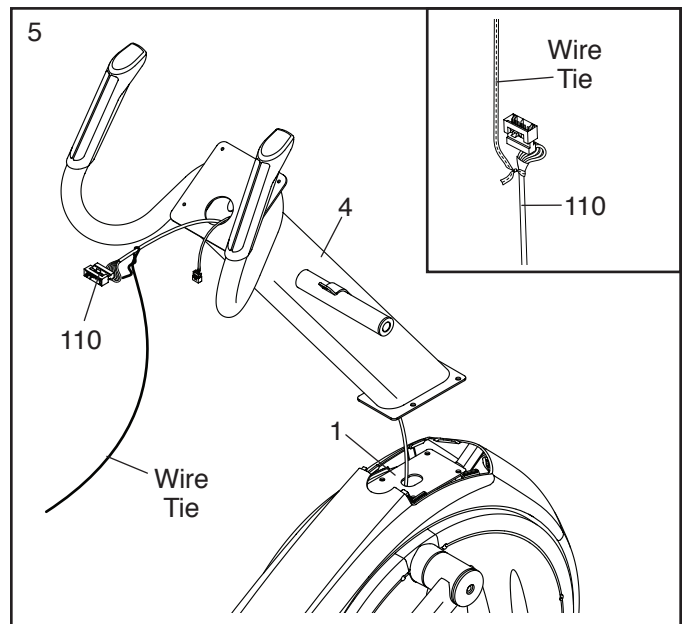
6. **Tip: Avoid pinching the Main Wire (110).** Set the Upright (4) on the Frame (1).

   Attach the Upright (4) with four M8 x 19mm Screws (82) and four M8 Star Washers (122).
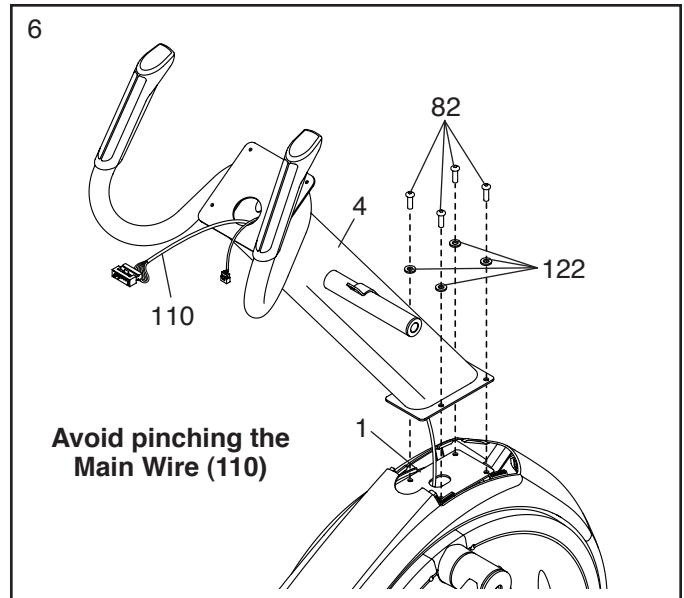
7. Orient the Lower Upright Cover (56) as shown.

   Press the Lower Upright Cover (56) into the Shield Cover (75).
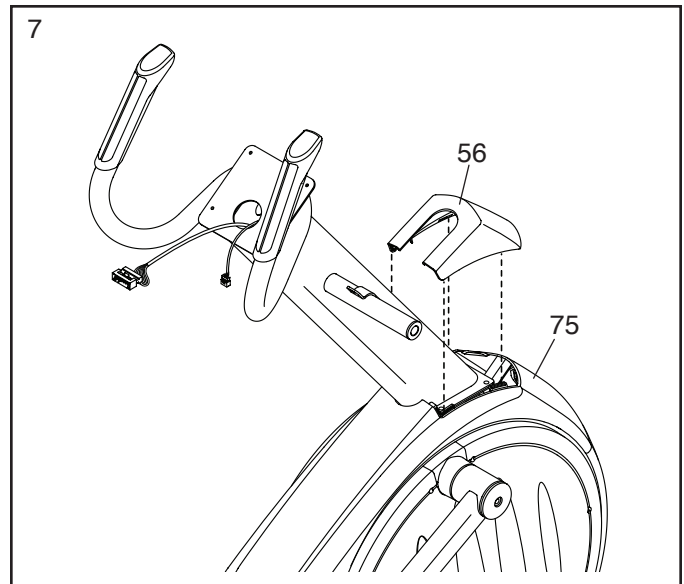
8. Identify the Left and Right Inner Covers (55, 68), which are marked with "Left" and "Right" stickers, and orient them as shown.

   Slide the Left Inner Cover (55) onto the left side of the Upright (4). Then, slide the Right Inner Cover (68) onto the right side of the Upright.
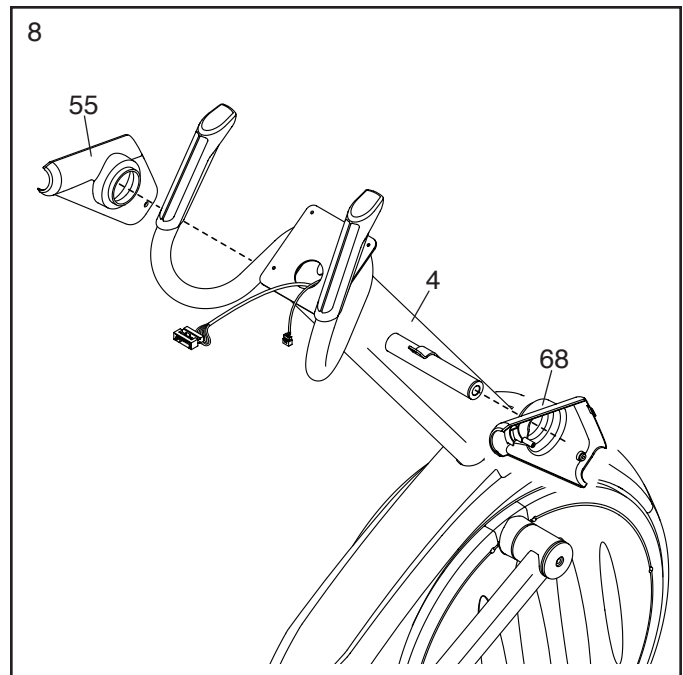
9. Using a small plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two Wave Washers (95).

   Insert the Pivot Axle (35) through the Upright (4) and then center it. **Tip: It may be helpful to use a rubber mallet.**

   Identify the Right Upper Body Arm (61), which is marked with a "Right" sticker, and orient it as shown.

   Tip: Avoid pinching the Right Control Wire (41). Slide a Wave Washer (95) and the Right Upper Body Arm (61) onto the right side of the Pivot Axle (35).

   Insert the Right Control Wire (41) through the Right Inner Cover (68) as shown.

   Repeat this step for the Left Upper Body Arm (not shown).

Avoid pinching the wires
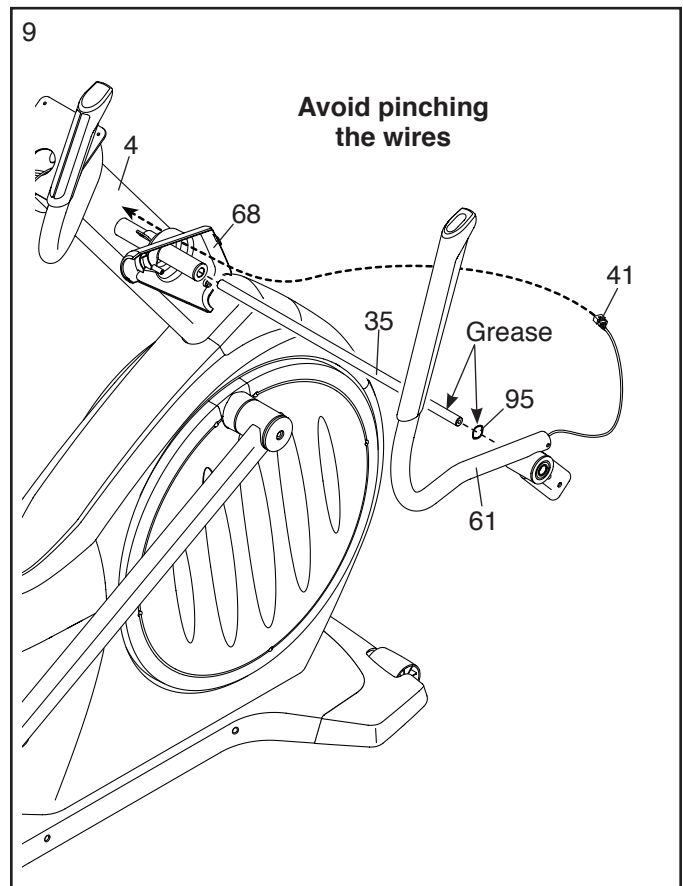
10. **Tip: Avoid pinching the wires.** Tighten an M8 x 16mm Screw (120) and an M8 x 25mm Washer (98) into each end of the Pivot Axle (35) **at the same time.**

Avoid pinching the wires
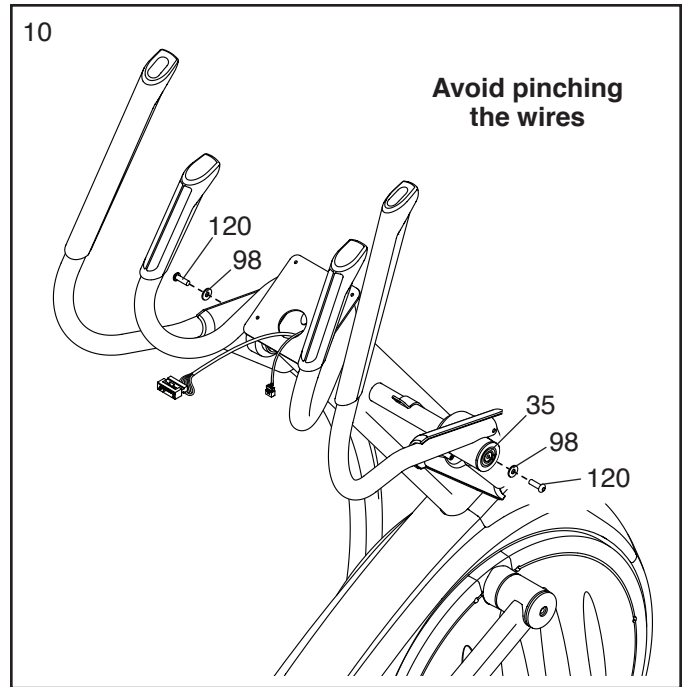
11. Identify the Right Pedal (49) and the Right Pedal Arm (58), which are marked with "Right" stickers, and orient them as shown.

    Attach the Right Pedal (49) to the Right Pedal Arm (58) with four M6 x 10mm Screws (121).

    Repeat this step for the Left Pedal (not shown) and the Left Pedal Arm (not shown).
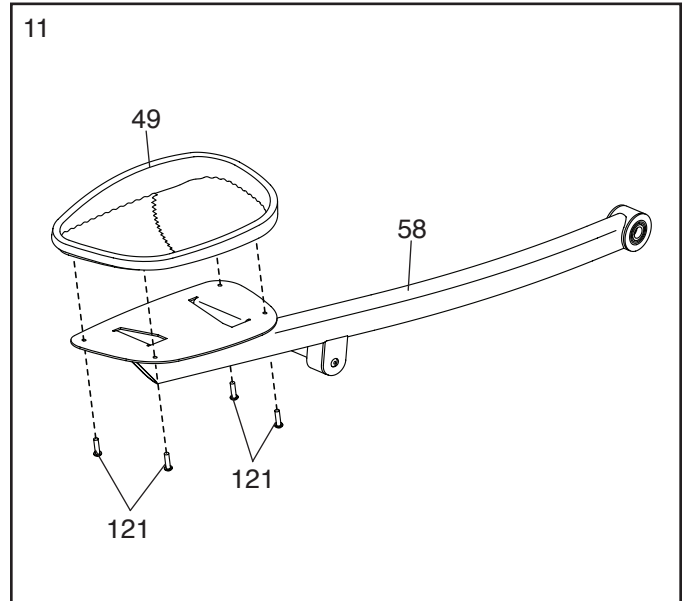
12. Orient the Left Pedal Arm (44) as shown.

Apply grease to the axle on the Left Pedal Arm (44).

Attach the Left Pedal Arm (44) to the Left Roller Arm (12) with an M8 x 16mm Screw (120), a Roller Arm Cover (81), and an M8 x 25mm Washer (98).

Repeat this step for the Right Pedal Arm (not shown).
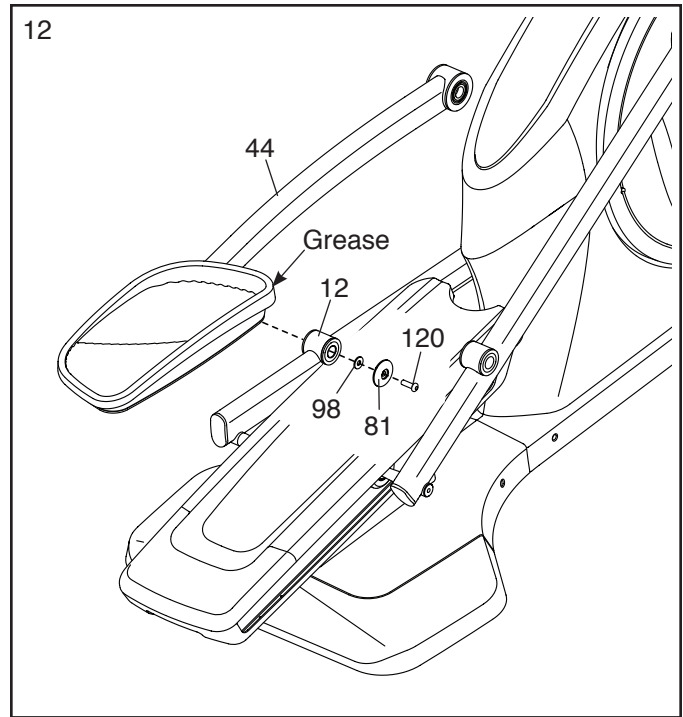
13. Apply grease to a Pedal Arm Axle (36) and to a Wave Washer (95).

Orient an Upper Body Leg (46) as shown.
Note: For clarity, the Right Upper Body Arm (61) is not shown in this step.

Insert the Pedal Arm Axle (36) through the Right Pedal Arm (58), the Wave Washer (95), and the Upper Body Leg (46).

Next, insert a hex key into the M8 x 16mm Screw (120) in the Pedal Arm Axle (36).

Using a second hex key, tighten another M8 x 16mm Screw (120), an Axle Cover (53), and an M8 x 25mm Washer (98) into the other end of the Pedal Arm Axle (36).

Repeat this step on the other side of the elliptical.
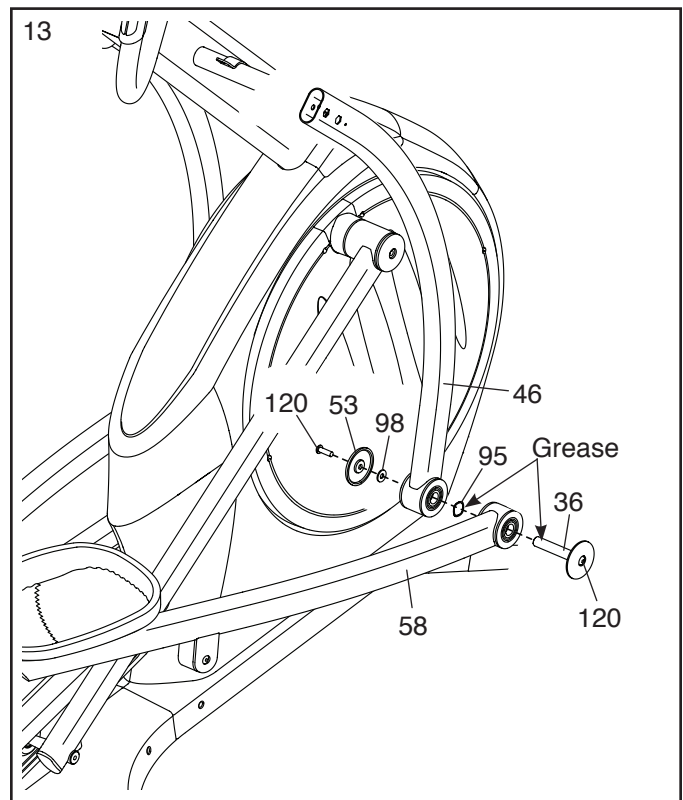
14. Insert the Right Upper Body Arm (61) into the right Upper Body Leg (46).

   Attach the Right Upper Body Arm (61) with two M8 x 35mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

   Repeat this step for the Left Upper Body Arm (47) and the other Upper Body Leg (46).
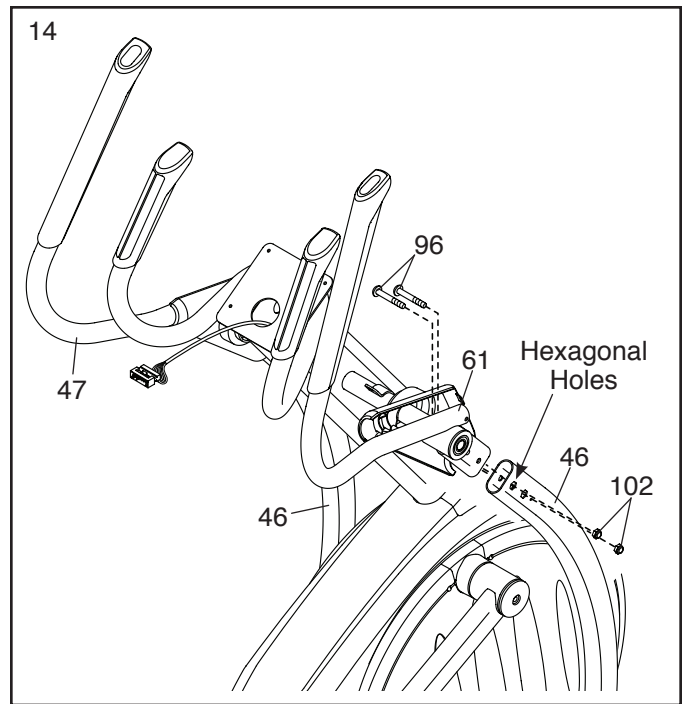
15. **Tip: Avoid pinching the wires.** Attach the Right Inner Cover (68) to the Right Upper Body Arm (61) with a #8 x 3/4" Screw (123).

   Attach the Left Inner Cover (55) to the Left Upper Body Arm (47) in the same way.
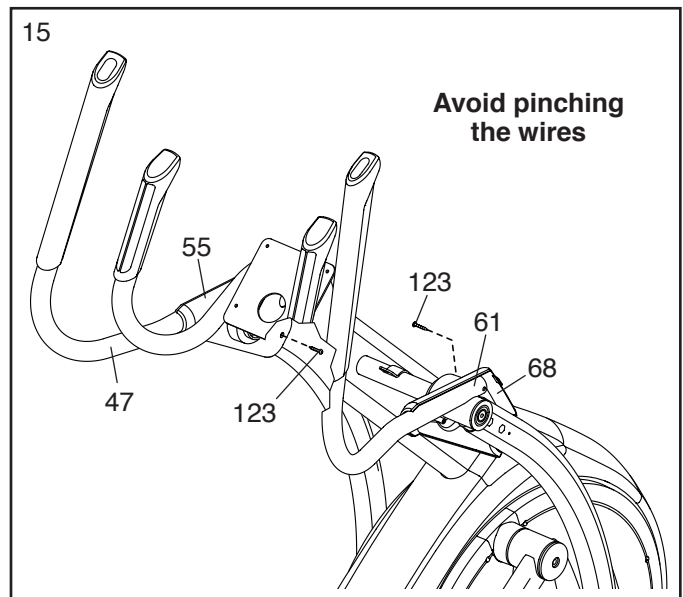
16. Insert the Right Control Wire (41) into the hole in the right side of the Upright (4) and pull it upward out of the top of the Upright.

    Repeat this step for the Left Control Wire (48).
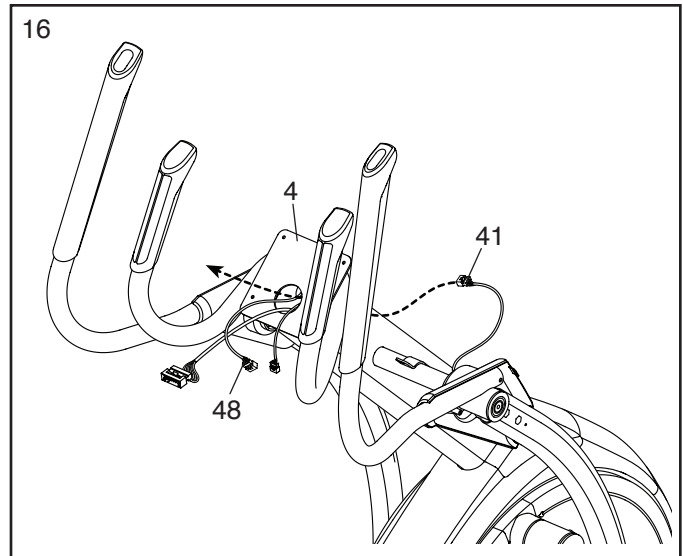
17. Untie and discard the wire tie on the Main Wire (110).

    While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Main Wire (110), to the Pulse Wire (134), and to the Right and Left Control Wires (41, 48).

    Insert the excess wire into the Upright (4) or into the Console (7).
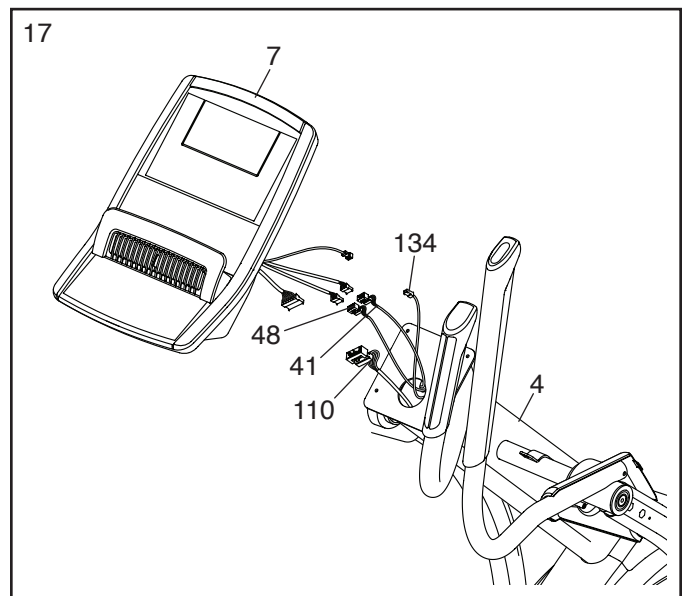
18. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four #8 x 1/2" Screws (124).

Avoid pinching the wires
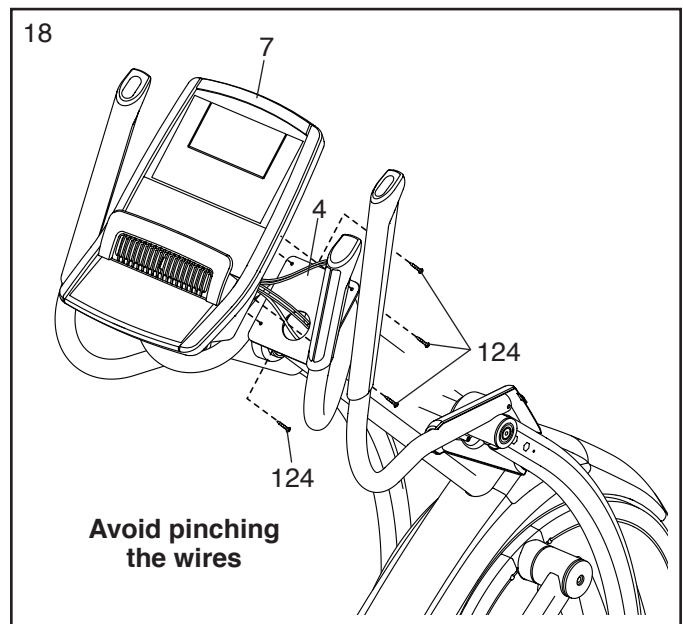
19. Identify the Right Outer Cover (67), which is marked with a "Right" sticker, and orient it as shown.

Attach the Right Outer Cover (67) to the Right Inner Cover (68) and the right Upper Body Leg (46) with two #8 x 3/4" Screws (123).

Repeat this step on the other side of the elliptical.
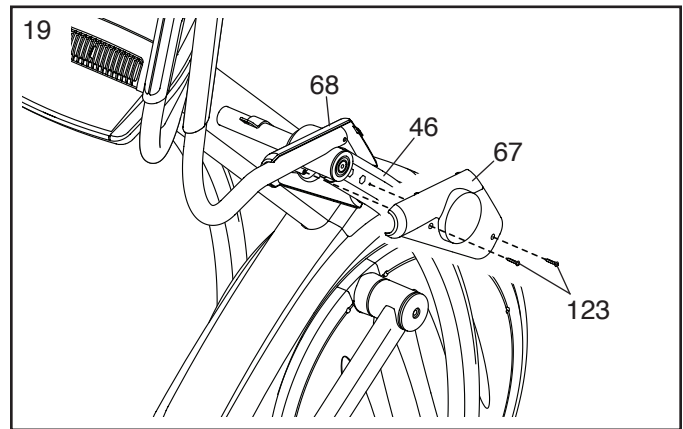
20. Orient the Rear Upright Cover (80) as shown.

Attach the Rear Upright Cover (80) to the Upright (4) with four #8 x 3/4" Screws (123).
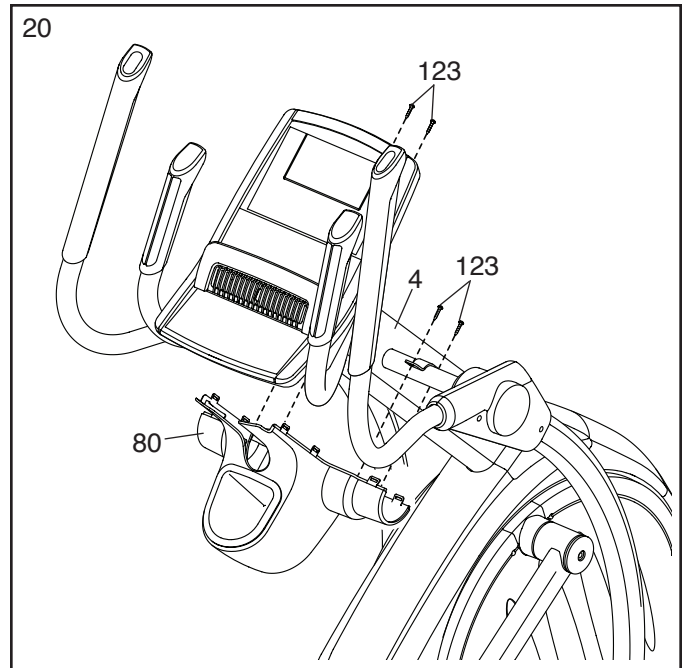
21. Orient the Front Upright Cover (91) as shown.

Press the Front Upright Cover (91) into the Rear Upright Cover (80).

Attach the Front Upright Cover (91) to the Upright (4) with a #8 x 3/4" Screw (123).
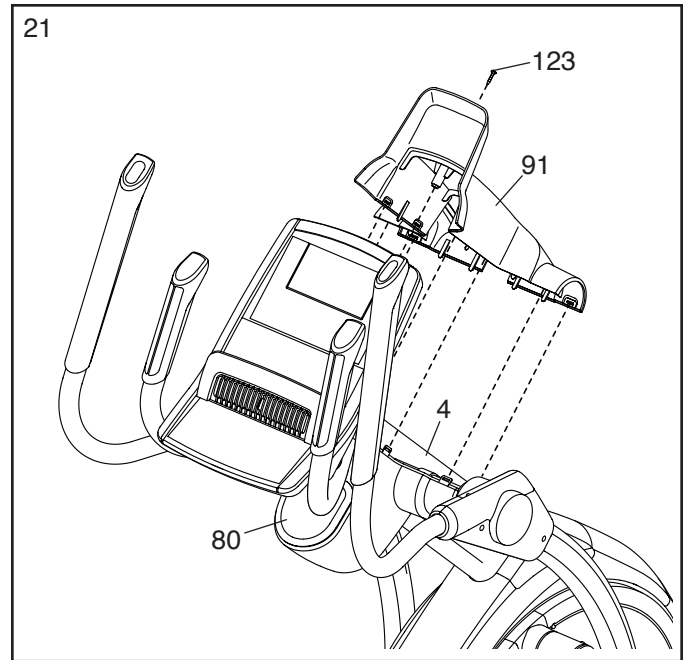
22. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be left over. Place a mat beneath the elliptical to protect the floor.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

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

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

• Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.

• Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
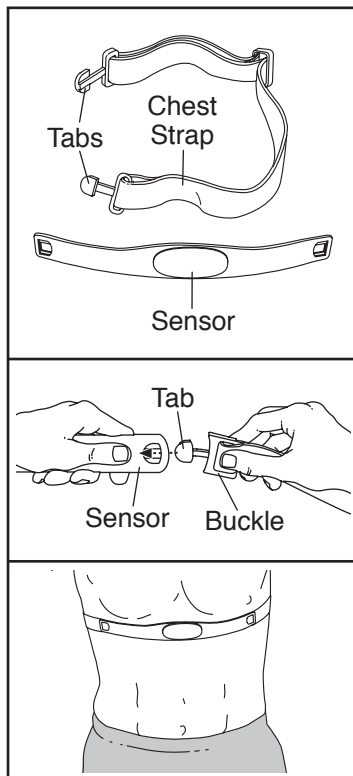
• Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).

• Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.

• To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

• Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.

• If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.

• For the console to display heart rate readings, you must be within arm's length of the console.

• If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.

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

• The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

16

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit.**

Grounded Outlet

Grounding Pin
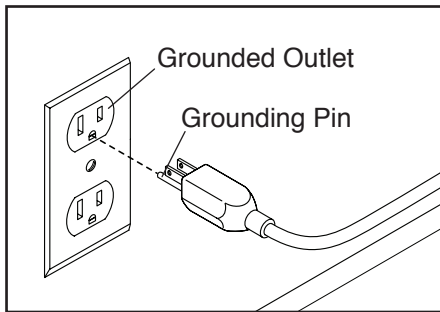
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.

2-pole Receptacle

Adapter

Lug
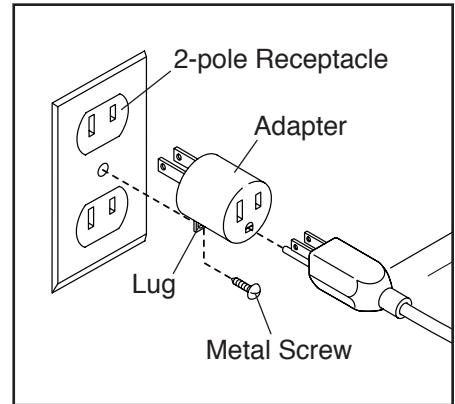
Metal Screw

The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle on the ramp until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.

Pull on the upright

Place your foot here

Lift here
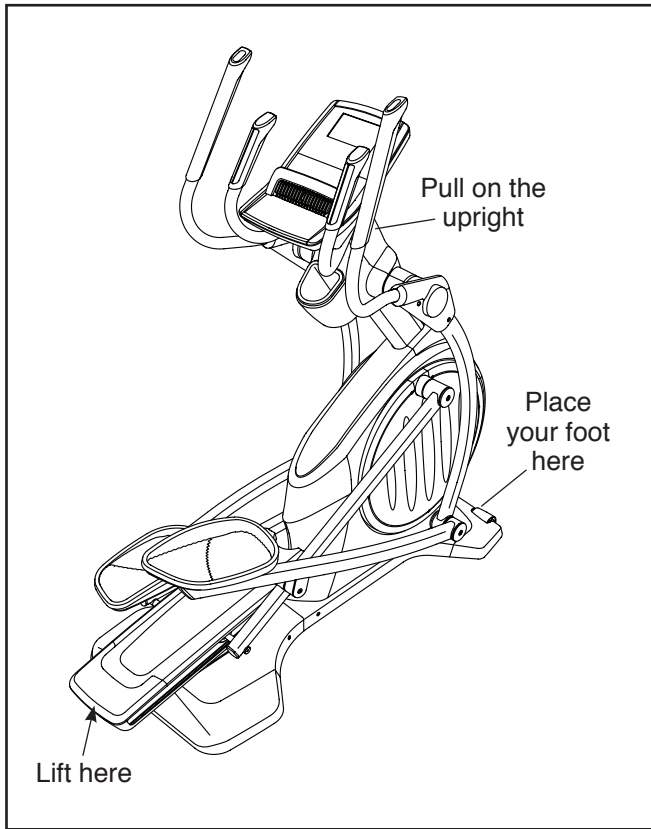
HOW TO EXERCISE ON THE ELLIPTICAL

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

Upper Body Arms

Handlebars

Crank Arm
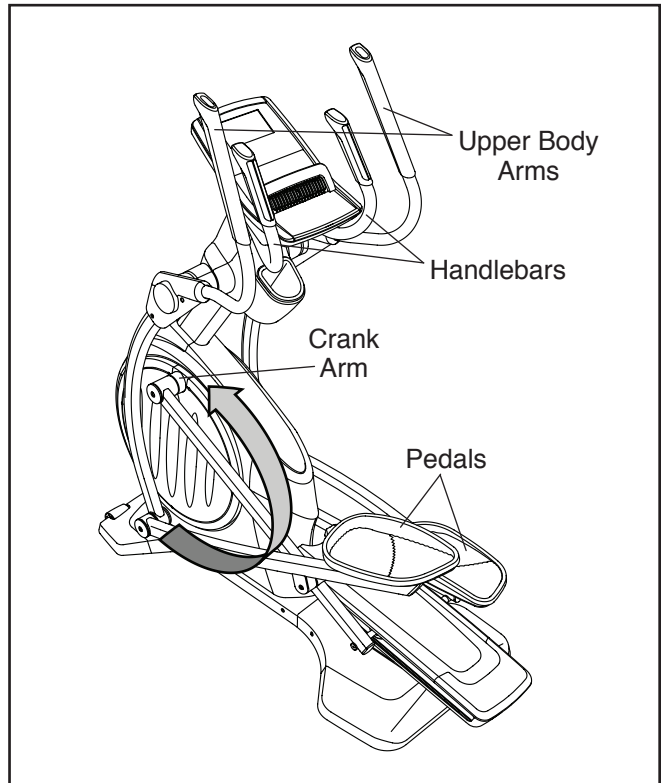
Pedals

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

CONSOLE DIAGRAM
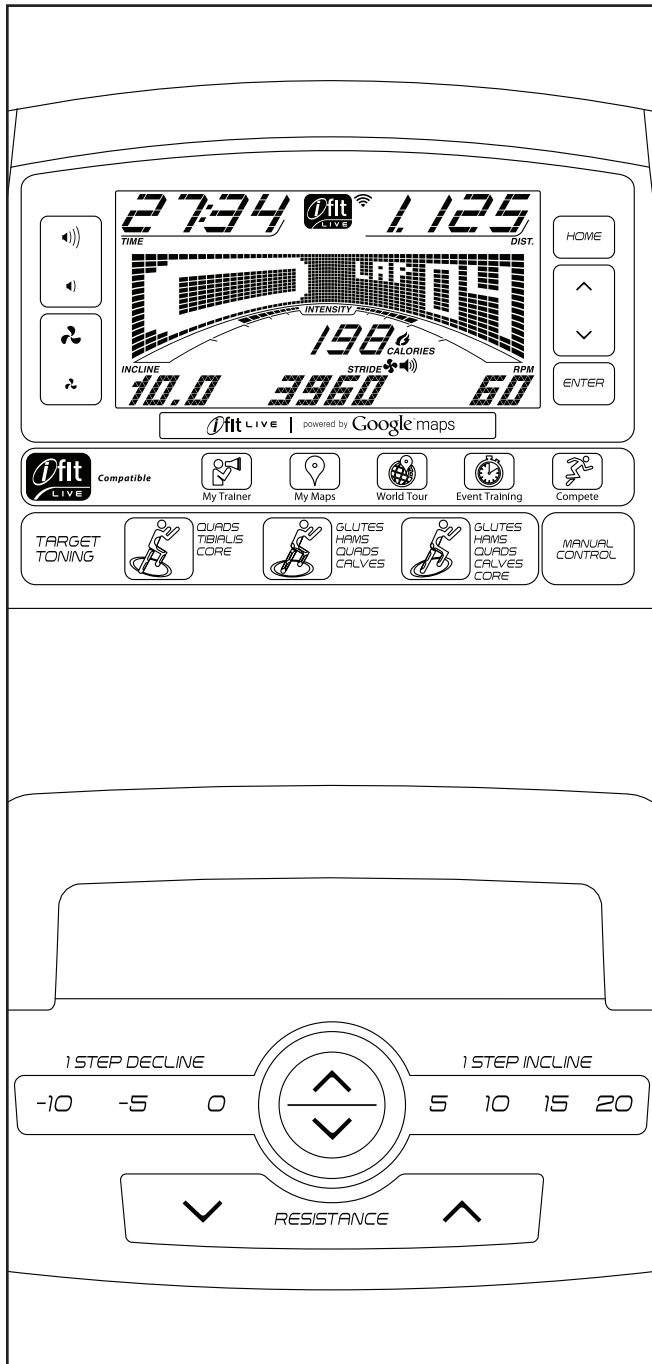
FEATURES OF THE CONSOLE

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

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

In addition, the console offers twenty-four target toning workouts designed to work different muscle groups. Each workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console features revolutionary iFit Live technology that enables the console to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, race against other runners, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

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

To turn on the power, see page 20. **To use the manual mode,** see page 20. **To use a target toning workout,** see page 23. **To use an iFit Live workout,** see page 24. **To use the sound system,** see page 25. **To change console settings,** see page 25.

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

HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 17). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.

Reset Position
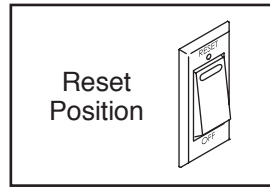
The display will then light and the console will be ready for use.

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

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 27 and manually calibrate the ramp.

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.

2. **Select the manual mode.**

   Press the Manual Control button on the console. Note: If you are not connected to iFit Live, the manual mode will be selected automatically.

3. **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 Resistance increase and decrease buttons located on the console or on the right upper body arm.

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

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered 1 Step Incline/Decline buttons or press the Incline/Decline increase and decrease buttons located on the console or on the left upper body arm.

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

4. Follow your progress with the display.

The display can show the following workout information:
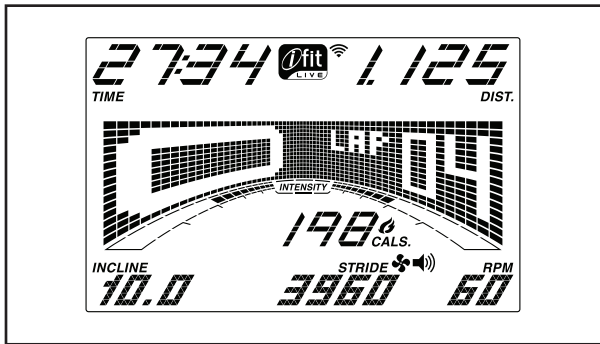
Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

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

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilo-meters.

Incline—This display mode will show the incline level of the ramp for a few seconds each time the incline level changes.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the included heart rate monitor (see step 5 on page 22).

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

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

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the increase and decrease buttons above the Enter button until the desired tab is shown.

Incline—This tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you are completing.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.
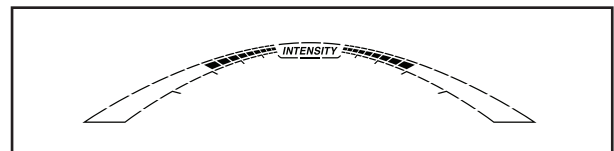
Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 25 to set the default menu). If necessary, press the Home button again.

When a wireless iFit Live module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.
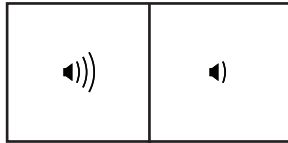
5. Measure your heart rate if desired.

To use the included heart rate monitor, see page 16. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you wear the heart rate monitor and hold the handgrip heart rate monitor at the same time, the console will not display your heart rate accurately.**

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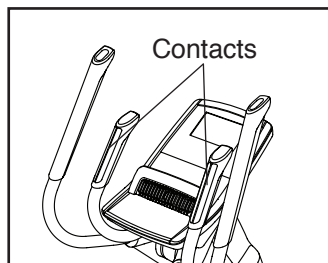
Contacts

When your pulse is detected, a heart symbol in will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the 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.

The fan has high and low speed settings. Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.
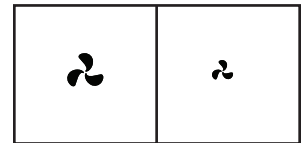
Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. When you are finished exercising, unplug the power cord.

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

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

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 on the elliptical may wear prematurely.**

HOW TO USE A TARGET TONING WORKOUT

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

   See HOW TO TURN ON THE POWER on page 20.

2. **Select a target toning workout.**

   To select a target toning workout, press the Quads/Tibialis/Core button, the Glutes/Hams/Quads/Calves button, or the Glutes/Hams/Quads/Calves/Core button repeatedly until the desired workout appears in the display.

   When you select a target toning workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum ramp level.

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

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

   The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

During the workout, the profiles on the speed and incline tabs will show your progress.

Profile

The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed or the incline level for the current segment.
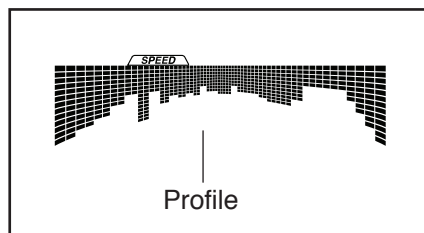
At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level, ramp incline level, and/or target rpm is programmed for the next segment, the resistance level, ramp incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the ramp will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

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

If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the 1 Step Incline/Decline buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline level programmed for the next segment.**

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

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

   See step 4 on page 21.

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

   See step 5 on page 22.

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

   See step 6 on page 22.

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

   See step 7 on page 22.

HOW TO USE AN IFIT LIVE WORKOUT

You must have an iFit Live module to use an iFit Live workout.

To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit Live module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

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

   See HOW TO TURN ON THE POWER on page 20.

2. **Make sure that the iFit Live module is inserted in the console.**

   To use an iFit Live workout, make sure that the iFit Live module is inserted in the console.

3. **Select the iFit Live mode.**

   To select the iFit Live mode, press the iFit Live button.

4. **Select a user.**

   If more than one user is registered with your iFit. com membership, you can switch users in the iFit Live main screen. Press the increase and decrease buttons above the Enter button to select a user.

5. **Select an iFit Live workout.**

   To select an iFit Live workout, press one of the iFit Live buttons. Note: Before a workout will download, you must go to www.iFit.com and add the workout to your schedule.

   Press the iFit Live button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. **For more information about the iFit Live workouts, please see www.iFit.com.**

When you select an iFit Live workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

6. **Start the workout.**

   See step 3 on page 23.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 25).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

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

   See step 4 on page 21.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you are completing.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

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

   See step 5 on page 22.

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

   See step 6 on page 22.

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

    See step 7 on page 22.

For more information about the iFit Live mode, go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and 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 level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.
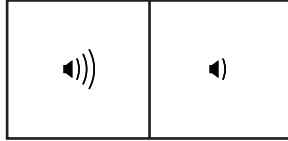
HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that keeps track of elliptical information and allows you to personalize console settings.

To select the user mode, hold down the Fan increase button until the user mode information appears in the display.

The time display will show the total number of hours that the elliptical has been used.

The distance display will show the total distance (in thousands of strides) that the pedals have moved.

The lower section of the display will show the status of an iFit Live module. If a wireless iFit Live module is connected, the display will show the words WIFI MODULE. If a USB module is connected, the display will show the words USB/SD MODULE. If no module is connected, the display will show the words NO IFIT MODULE.

The matrix will show the selected unit of measurement. To change the unit of measurement, press the Enter button repeatedly. To view distance in kilometers, select METRIC. To view distance in miles, select ENGLISH.

Press the decrease button above the Enter button. The display will show the contrast level of the display. Press the Incline/Decline increase and decrease buttons to adjust the contrast level.

The following settings can be viewed and changed when an iFit Live module is connected:

Press the decrease button next to the Enter button to view the status of the personal trainer voice. To turn on or turn off the voice, press the Enter button.

Press the decrease button next to the Enter button to view the default menu. The default menu will appear when you turn on the power. Press the Enter button repeatedly to select the manual main screen or the iFit Live main screen as the default menu.

Press the decrease button next to the Enter button to view the next setting. Then, press the Enter button to check the connection status of an iFit Live module.

If a wireless iFit Live module is connected, the display will show the words WIFI STATUS and the signal strength. If a USB module is connected, the display will show the words USB STATUS. If the module is not detected, the display will show the words NO MODULE DETECTED.

Press the decrease button next to the Enter button to view the next setting. To send and receive workouts, workout logs, and updates using a wireless iFit Live module, press the Enter button. When the process is finished, the words TRANSFERS DONE will appear in the display.

To exit the user mode, press the Fan increase button.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

· Reorient or relocate the receiving antenna.
· Increase the separation between the equipment and the receiver.
· Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
· Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. 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 22.

If the console does not display your heart rate when you use the heart rate monitor, see TROUBLESHOOTING on page 16.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Quads/Tibialis/Core button for several seconds until the test mode appears in the display.

Press the Quads/Tibialis/Core button again. Then, press the Incline/Decline increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Quads/Tibialis/Core button repeatedly to exit the calibration mode.

HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (51) squeak when moving on the Tracks (11), apply a small amount of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical until a thin film of grease is distributed along the Tracks; then, wipe off any excess grease.

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 use a flat screwdriver to remove the Lower Upright Cover (56).
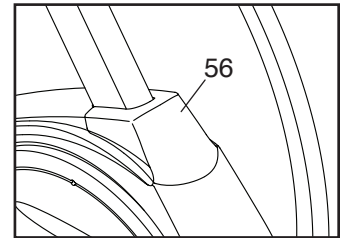
Next, remove the M4 x 16mm Screw (104), and then use a flat screwdriver to remove the Shield Cover (75).
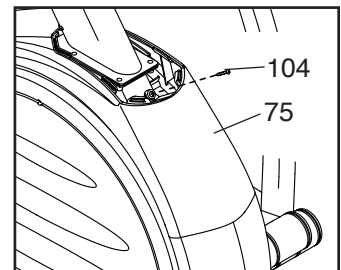
Then, use a flat screwdriver to remove the Front Stabilizer Cover (8).
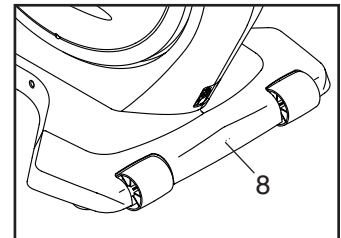
Remove all the M4 x 16mm Screws (104) from the right Disc (71). Then, gently remove the right Disc.
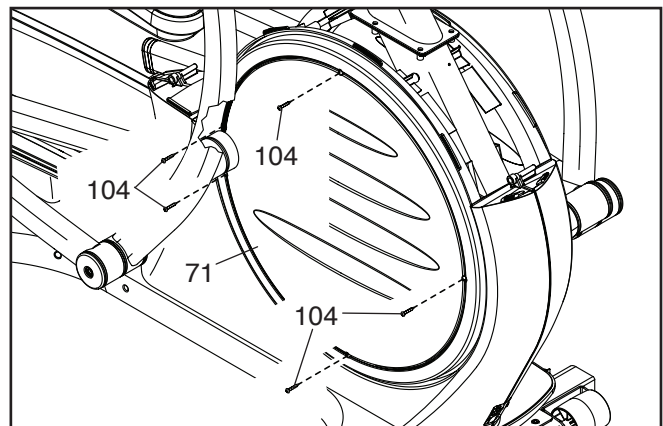
Loosen the M6 x 12mm Hex Screw (85) and the M10 x 58mm Hex Bolt (86). Then, remove the right Crank Arm (20). Gently move the right Crank Arm and the Right Roller Arm (45) out of the way. Do not misplace the Key (78) while removing the Crank Arm.
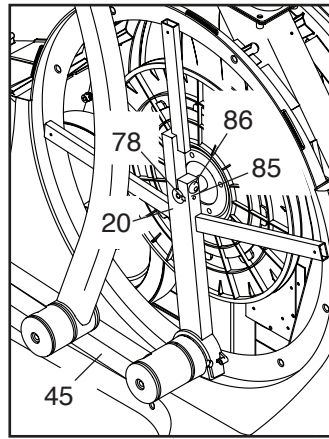
Next, remove all the M4 x 16mm Screws (104) and all the M4 x 22mm Screws (127) from the Right Front Shield (74); note which size of screw you remove from each hole. Then, gently remove the Right Front Shield.
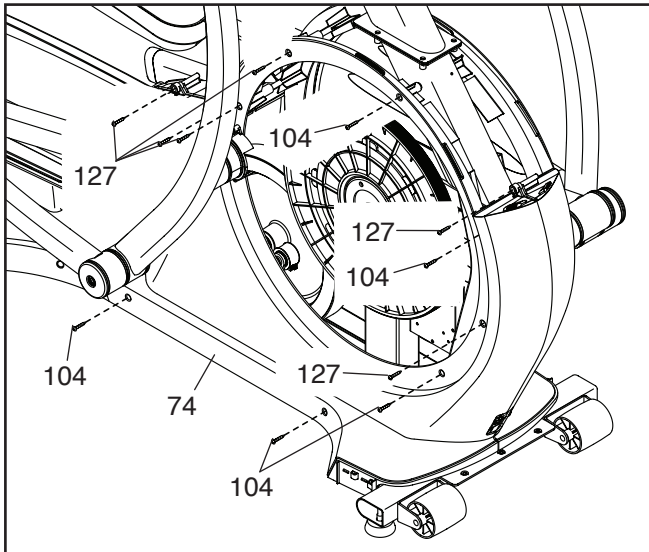
Locate and loosen the Idler Screw (101). Next, tighten the Belt Adjustment Screw (88) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.
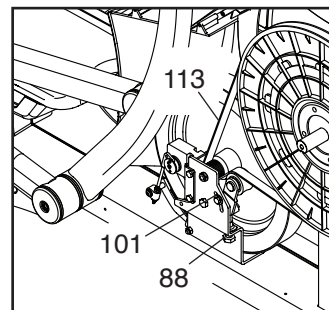
Reattach the right front shield, the right crank arm, the right disc, the front stabilizer cover, the shield cover, and the lower upright cover.

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 remove all the M4 x 16mm Screws (104) from the left Disc (71). Then, gently remove the left Disc.
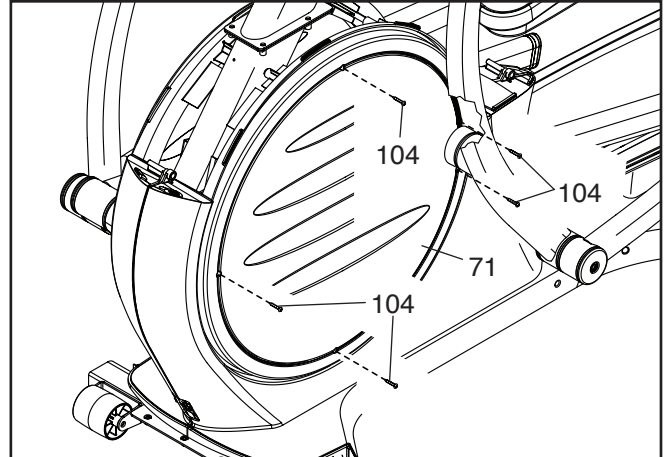

Next, locate the Reed Switch (38). Turn the left Crank Arm (20) until one of the Magnets (43) on the Pulley (19) is aligned with the Reed Switch.
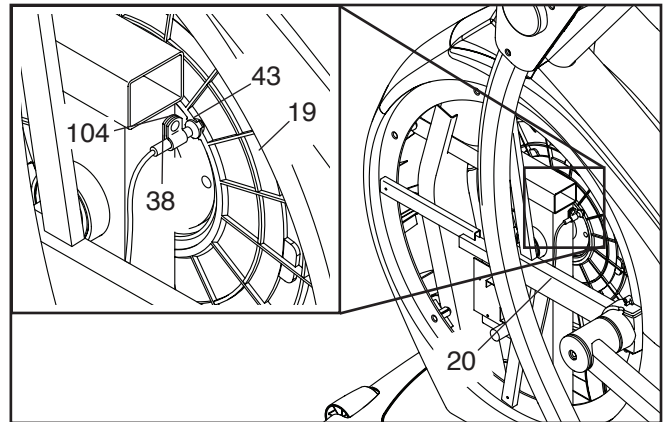
Loosen, but do not remove, the M4 x 16mm Screw (104). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43). Then, retighten the Screw. Turn the left Crank Arm (20) for a moment.

Repeat these actions until the console displays correct feedback. Then, reattach the left disc.

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	♥
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.
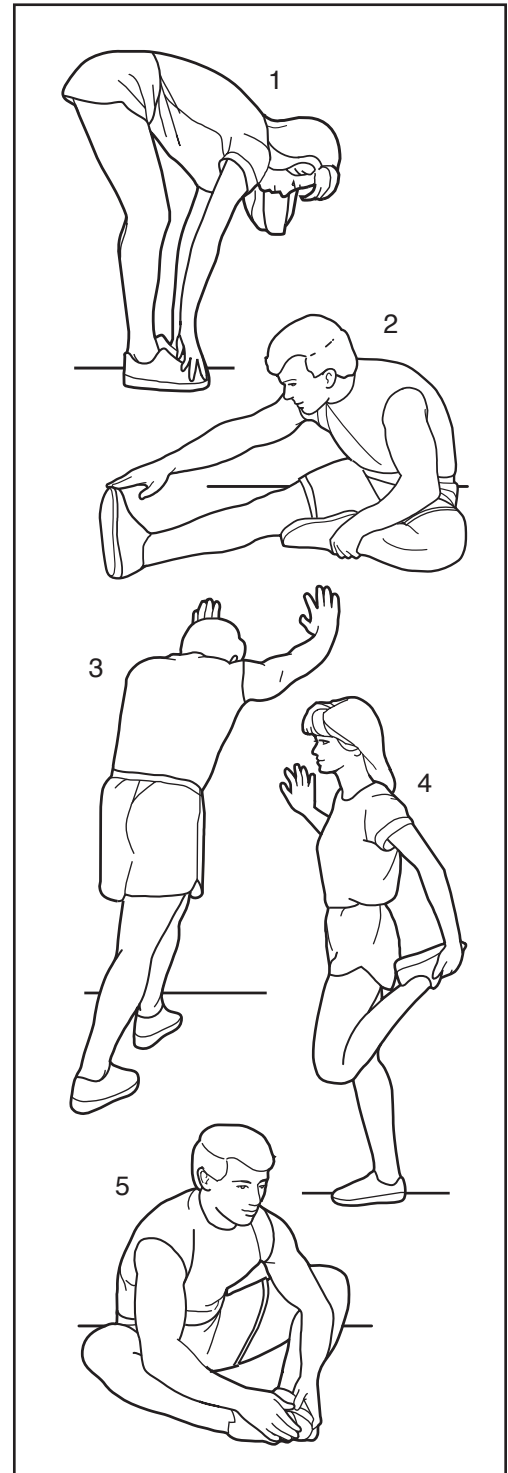
PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer Cover	52	2	Pedal Arm Cap
3	1	Ramp	53	6	Axle Cover
4	1	Upright	54	1	Left Outer Cover
5	1	Rear Stabilizer	55	1	Left Inner Cover
6	1	Front Stabilizer	56	1	Lower Upright Cover
7	1	Console	57	4	Roller Arm Bushing
8	1	Front Stabilizer Cover	58	1	Right Pedal Arm
9	1	Bottom Ramp Cover	59	8	Axle Bushing
10	1	Top Ramp Cover	60	2	Crank Arm Cover
11	2	Track	61	1	Right Upper Body Arm
12	1	Left Roller Arm	62	1	Resistance Bracket
13	1	Lift Motor	63	1	Right Pulse Sensor
14	1	Left Pedal	64	1	M5 x 7mm Screw
15	1	Control Board	65	1	Ramp Axle
16	1	Power Switch	66	1	Left Pedal Arm Cover
17	1	Power Cord Grommet	67	1	Right Outer Cover
18	1	Crank	68	1	Right Inner Cover
19	1	Pulley	69	1	Left Pulse Sensor
20	2	Crank Arm	70	4	Pivot Arm Bushing
21	2	Roller Arm Cap	71	2	Disc
22	1	Idler	72	2	Ramp Bushing
23	1	C-magnet	73	1	Left Front Shield
24	1	Motor Bracket	74	1	Right Front Shield
25	1	Resistance Motor	75	1	Shield Cover
26	1	Resistance Rod	76	1	Left Rear Shield
27	1	Resistance Disc	77	1	Right Rear Shield
28	1	Flywheel	78	2	Key
29	1	Flywheel Axle	79	5	M6 Locknut
30	6	Pivot Bushing	80	1	Rear Upright Cover
31	1	Lift Axle	81	2	Roller Arm Cover
32	2	Lift Spacer	82	4	M8 x 19mm Screw
33	2	Medium Snap Ring	83	1	Spacer
34	2	Wheel	84	2	M10 x 90mm Screw
35	1	Pivot Axle	85	2	M6 x 12mm Hex Screw
36	2	Pedal Arm Axle	86	2	M10 x 58mm Hex Bolt
37	1	Water Bottle Holder	87	1	Right Pedal Arm Cover
38	1	Reed Switch	88	1	Belt Adjustment Screw
39	1	Clamp	89	1	Pivot Screw
40	2	R14 Bearing	90	1	M6 x 65mm Bolt
41	1	Right Control Grip/Wire	91	1	Front Upright Cover
42	1	Large Snap Ring	92	4	Leveling Foot
43	2	Magnet	93	4	M4 x 12mm Screw
44	1	Left Pedal Arm	94	2	Motor Bracket Screw
45	1	Right Roller Arm	95	4	Wave Washer
46	2	Upper Body Leg	96	4	M8 x 35mm Bolt
47	1	Left Upper Body Arm	97	1	Motor Axle
48	1	Left Control Grip/Wire	98	14	M8 x 25mm Washer
49	1	Right Pedal	99	4	M10 Locknut
50	1	Small Snap Ring	100	1	M5 Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Idler Screw	123	11	#8 x 3/4" Screw
102	10	M8 Locknut	124	6	#8 x 1/2" Screw
103	1	M3.5 x 12mm Flat Head Screw	125	2	M6 x 12mm Screw
104	32	M4 x 16mm Screw	126	4	M4 x 75mm Screw
105	2	M8 x 16mm Hex Screw	127	14	M4 x 22mm Screw
106	2	M4 x 13mm Bright Screw	128	2	M4 x 16mm Screw
107	4	Standoff	129	2	M8 x 23mm Washer
108	2	Small M6 Washer	130	1	Heart Rate Monitor
109	1	Large M6 Washer	131	1	Chest Strap
110	1	Main Wire	132	4	1" Grommet
111	2	M5 Nut	133	4	Crank Arm Bushing
112	1	Power Cord	134	1	Pulse Wire
113	1	Drive Belt	135	2	Nylon Insert
114	1	Audio Cable	136	2	Lift Motor Bushing
115	4	Track Screw	*	–	User's Manual
116	2	M10 x 105mm Button Bolt	*	–	Assembly Tool
117	11	Mount/Screw	*	–	Grease Packet
118	1	Control Board Bracket	*	–	Blue Wire
119	2	M10 x 75mm Screw	*	–	Green Wire
120	20	M8 x 16mm Screw	*	–	White Wire
121	8	M6 x 10mm Screw	*	–	Lift Motor Wire A
122	4	M8 Star Washer	*	–	Lift Motor Wire B

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.
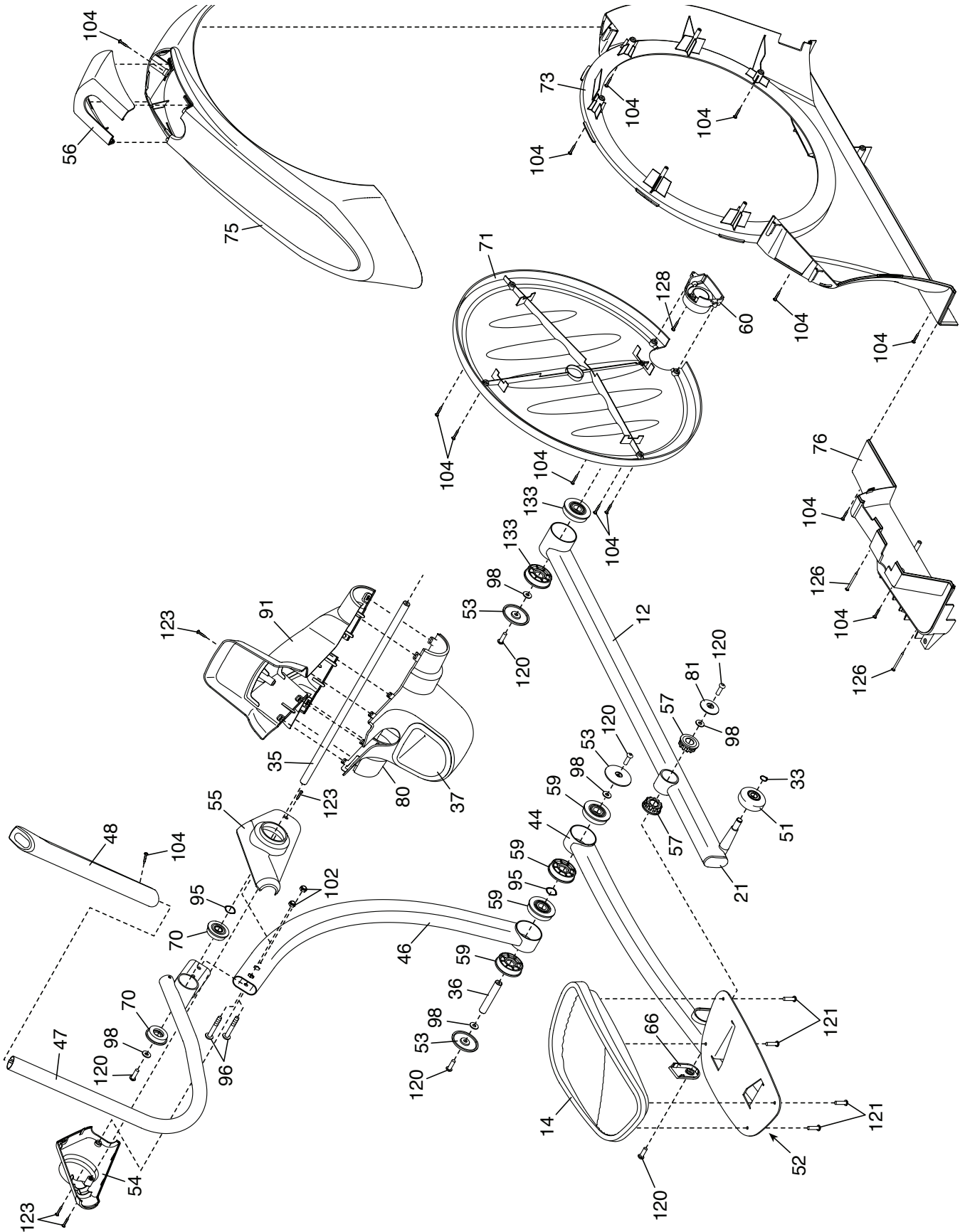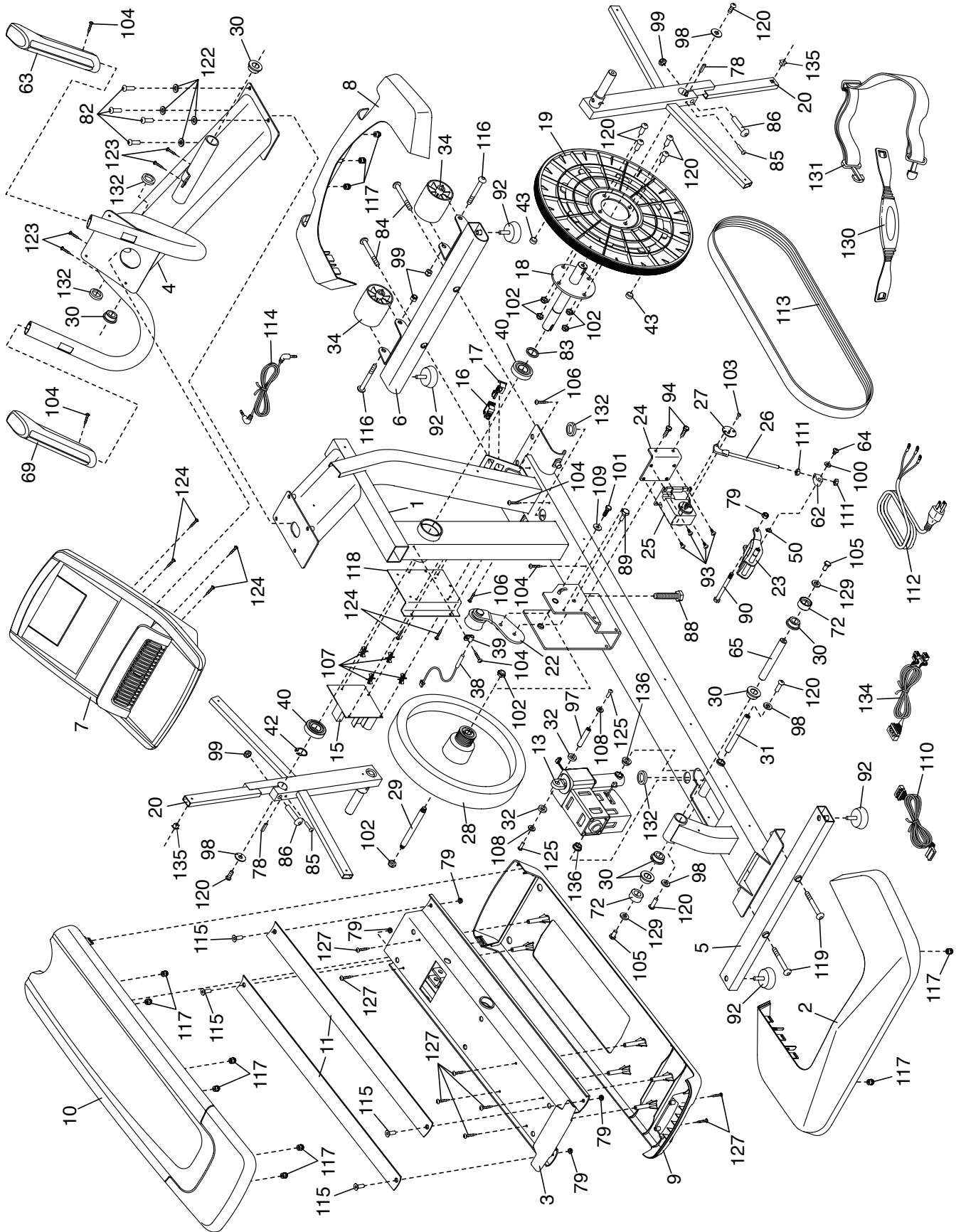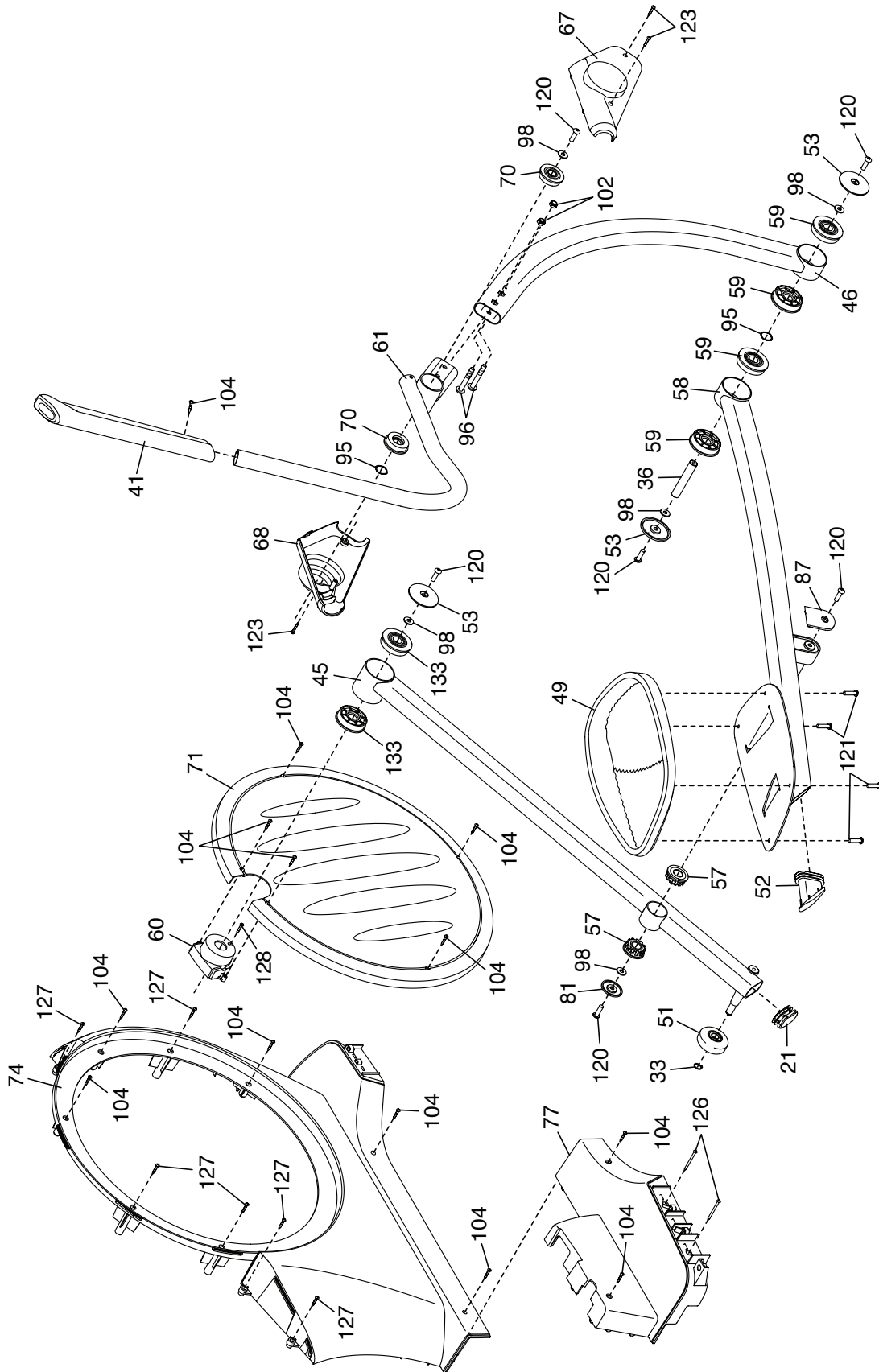
ORDERING REPLACEMENT PARTS

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)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813