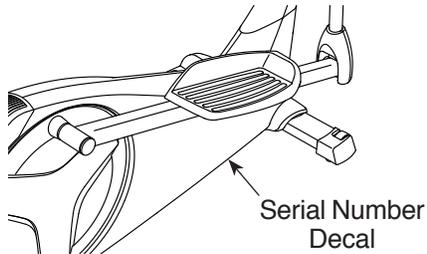


# NordicTrack® E 9.2

**Model No. NTEVEL99812.0**

**Serial No.** \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### CUSTOMER SERVICE

#### UNITED KINGDOM

**Call:** 08457 089 009

**From Ireland:** 053 92 36102

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

**E-mail:** [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

CASTLEFORD

WF10 5QJ

UNITED KINGDOM

#### AUSTRALIA

**Call:** 1800 993 770

**E-mail:** [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

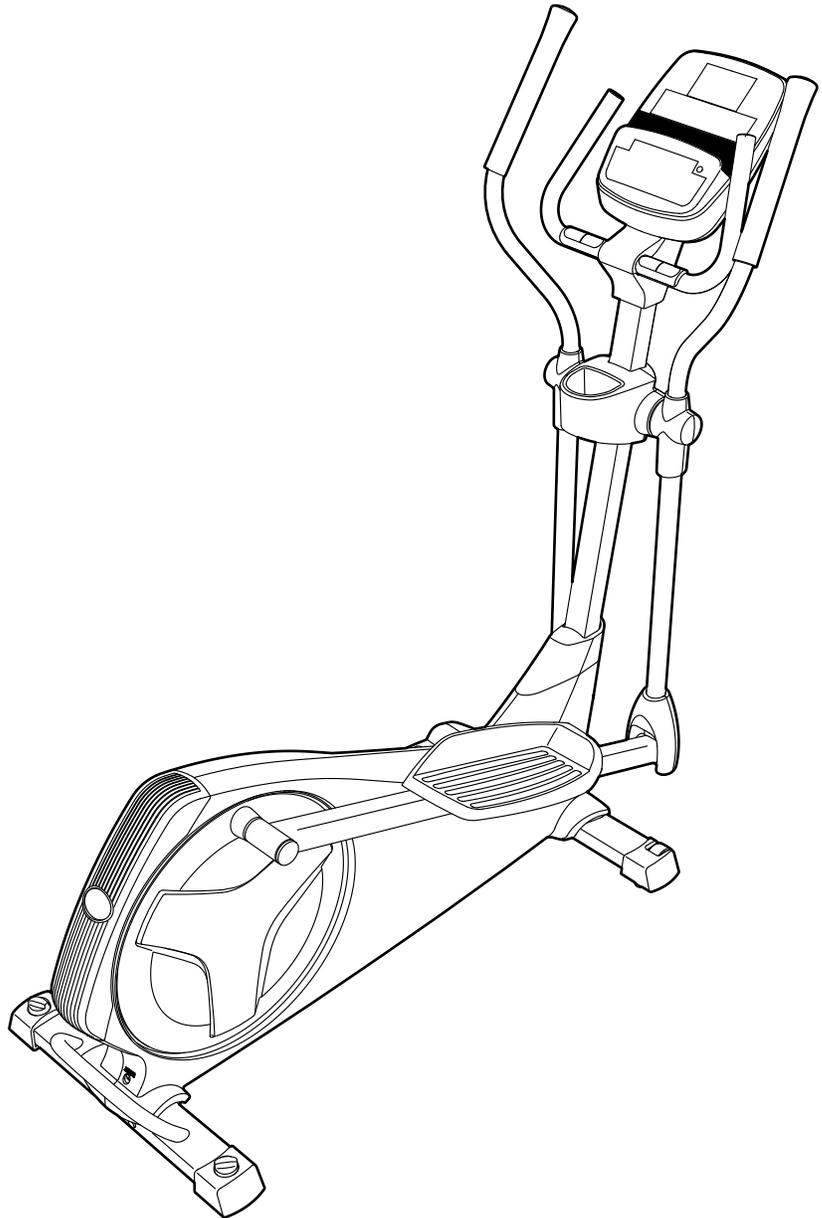
**Write:**

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

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

[www.iconeurope.com](http://www.iconeurope.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
THE CHEST HEART RATE MONITOR .....	15
HOW TO USE THE ELLIPTICAL .....	16
MAINTENANCE AND TROUBLESHOOTING .....	28
EXERCISE GUIDELINES .....	30
PART LIST .....	32
EXPLODED DRAWING .....	34
ORDERING REPLACEMENT PARTS .....	Back Cover
RECYCLING INFORMATION .....	Back Cover

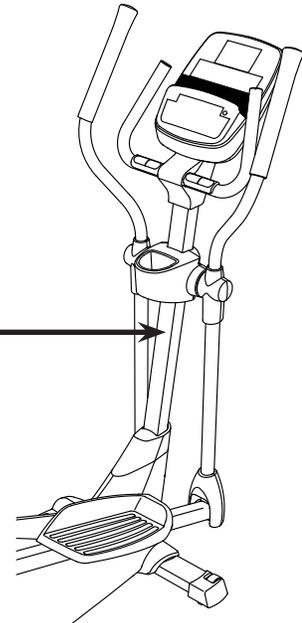
## WARNING DECAL PLACEMENT

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

**⚠ WARNING**

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





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# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the elliptical only as described in this manual.
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 330 lbs. (150 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.

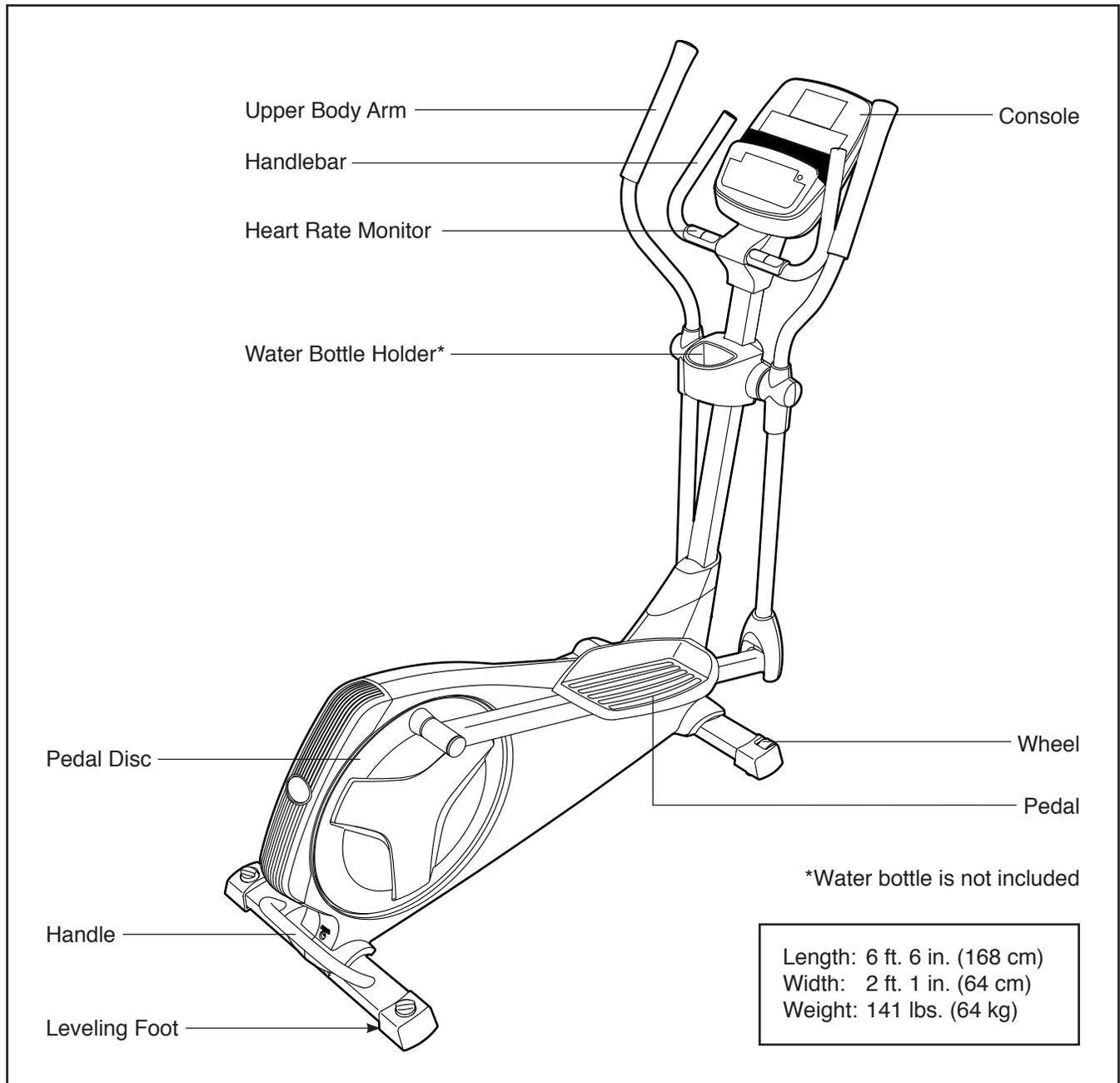
# BEFORE YOU BEGIN

Thank you for purchasing the NORDICTRACK® E 9.2 elliptical. The E 9.2 elliptical provides an array of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after reading this manual, please see the front cover of this

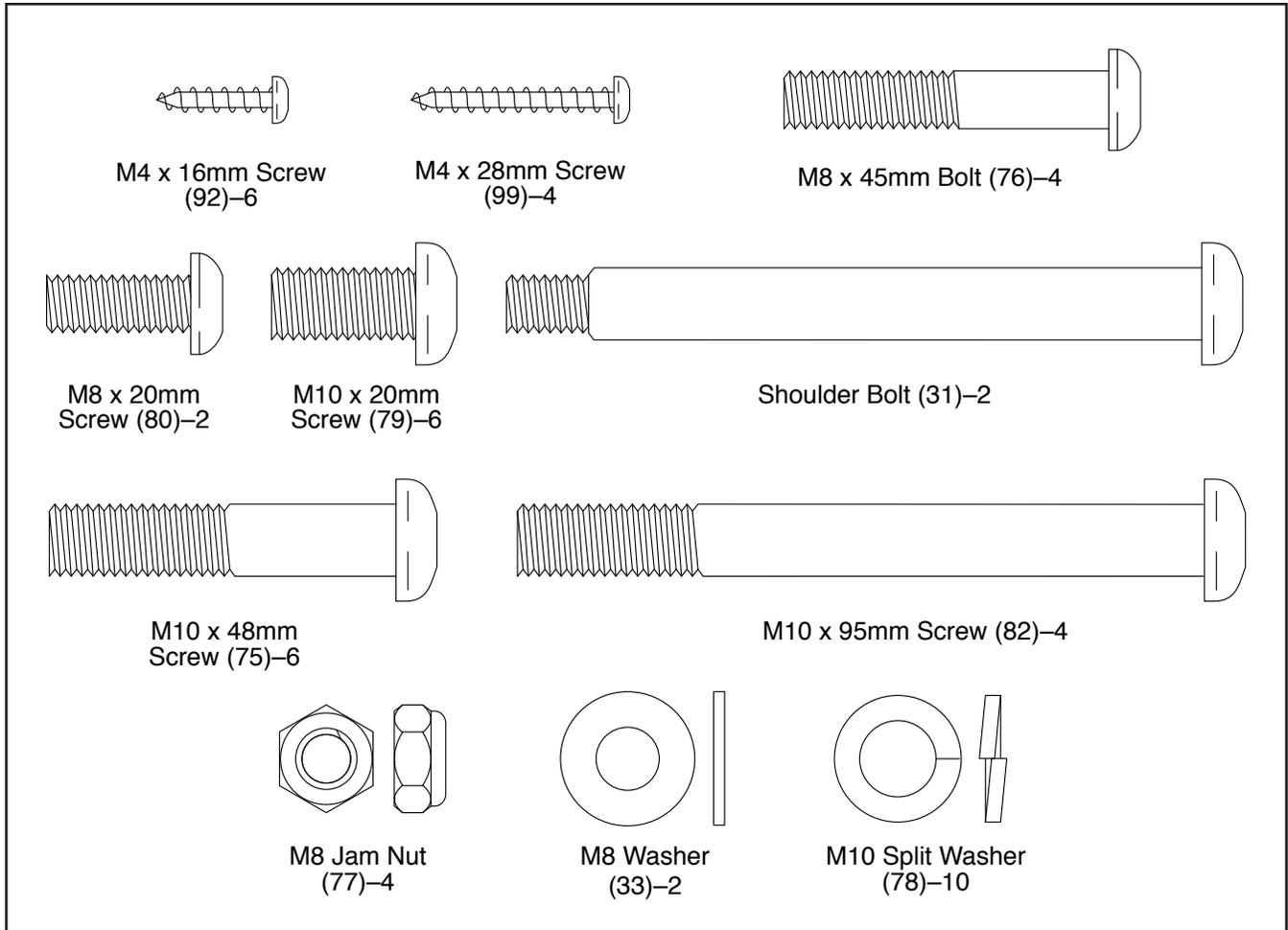
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

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



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

one Phillips screwdriver



one rubber mallet



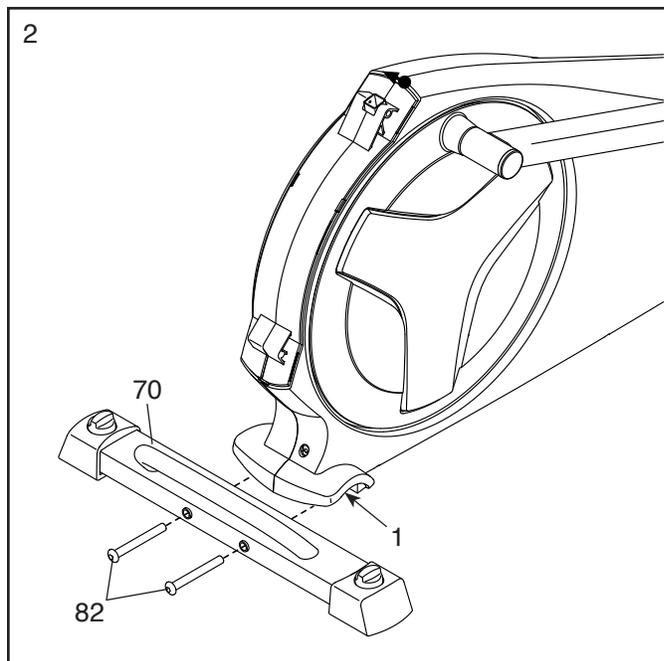
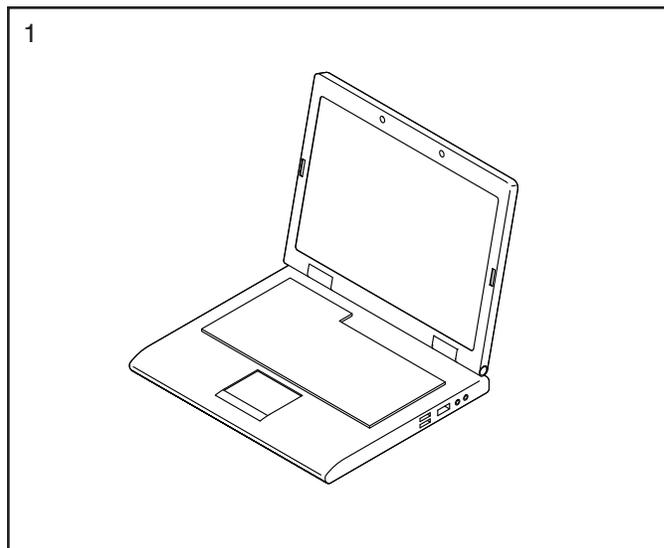
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [www.iconsupport.eu](http://www.iconsupport.eu) on your computer and register your product.

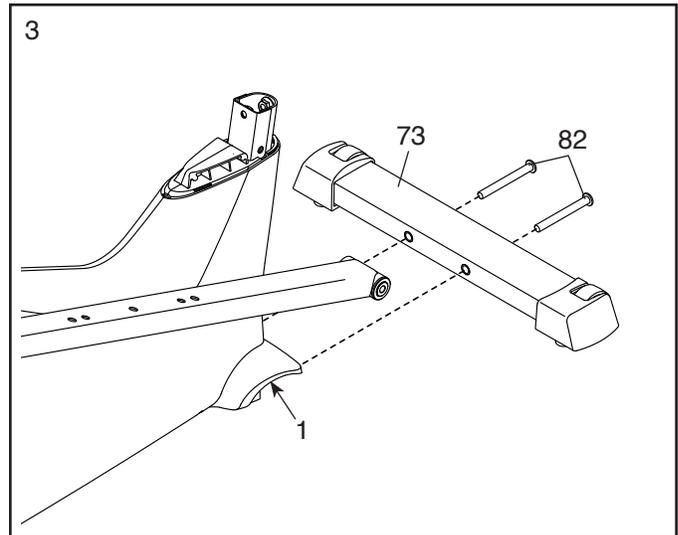
- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

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

## 2. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (70) to the Frame with two M10 x 95mm Screws (82).



3. While a second person lifts the front of the Frame (1), attach the Front Stabilizer (73) to the Frame with two M10 x 95mm Screws (82).

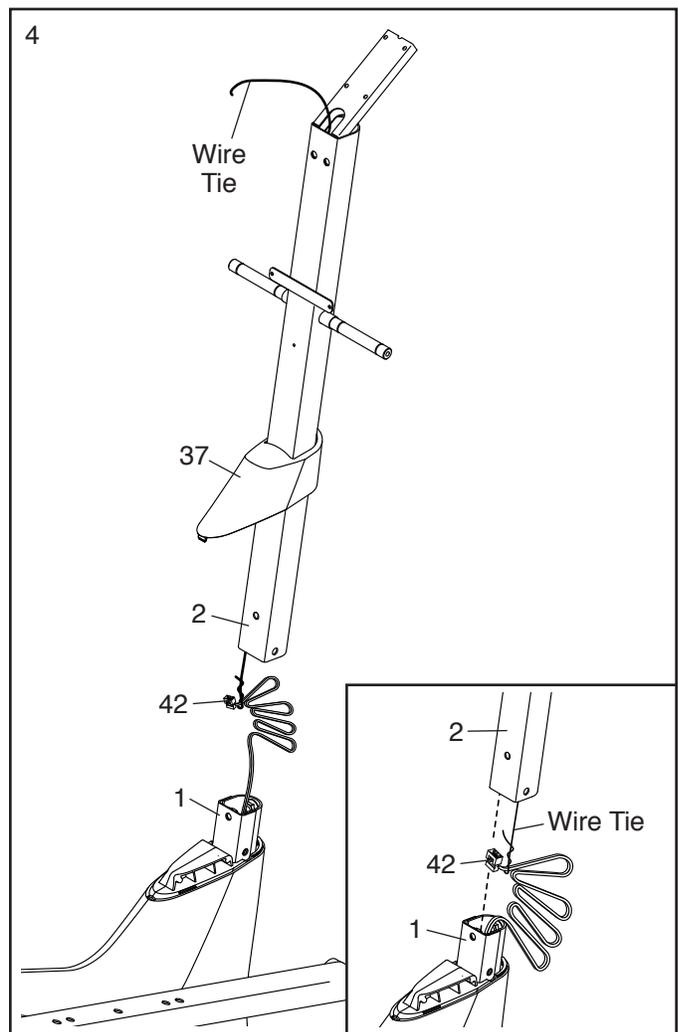


4. Orient the Upright (2) and the Top Shield Cover (37) as shown. Slide the Top Shield Cover upward onto the Upright.

Have a second person hold the Upright (2) near the Frame (1).

**See the inset drawing.** Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (42). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

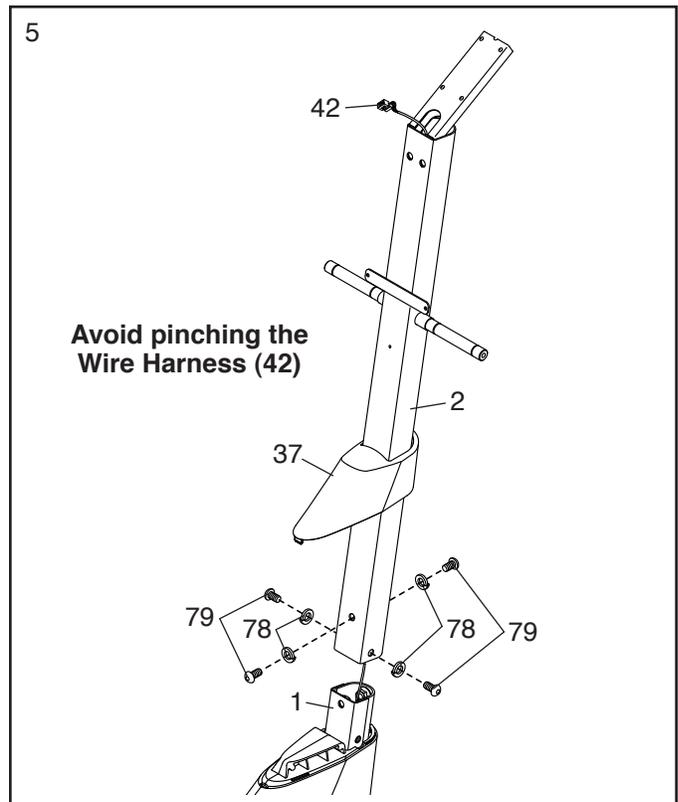
**Tip: To prevent the Wire Harness (42) from falling into the Upright (2), secure the Wire Harness with a rubber band or a piece of tape.**



5. Slide the Upright (2) onto the Frame (1). **Tip: Have a second person hold the Top Shield Cover (37) out of the way.**

**Tip: Avoid pinching the Wire Harness (42).** Attach the Upright (2) with four M10 x 20mm Screws (79) and four M10 Split Washers (78).

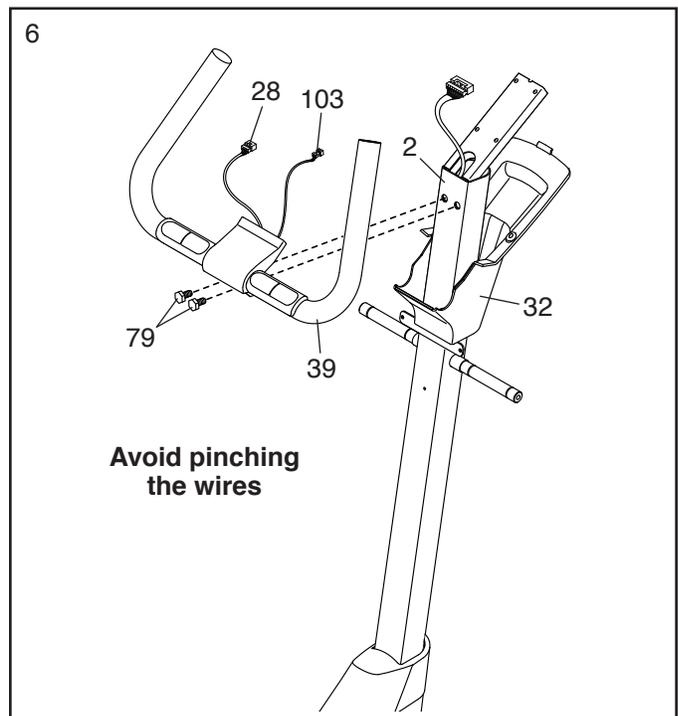
Slide the Top Shield Cover (37) downward and press it into the Frame (1).



6. Orient the Console Cover (32) as shown. Then, slide the Console Cover onto the Upright (2).

Orient the Handlebar (39) as shown. **Make sure to pull the Pulse Wire (28) and the Monitor Wire (103) out of the Handlebar.**

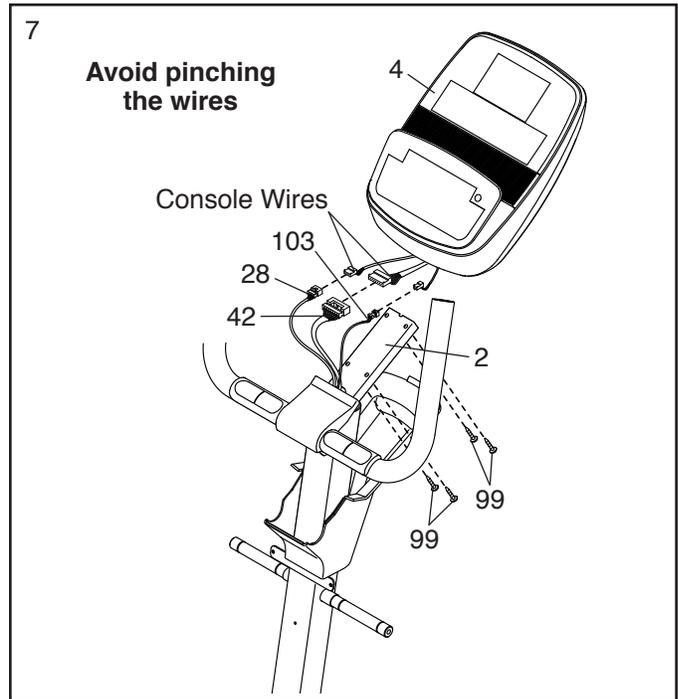
**Tip: Avoid pinching the wires.** Attach the Handlebar (39) to the Upright (2) with two M10 x 20mm Screws (79).



7. While a second person holds the Console (4) near the Upright (2), connect the console wires to the Wire Harness (42), the Pulse Wire (28), and the Monitor Wire (103).

Insert the excess wires into the Upright (2) or into the Console (4).

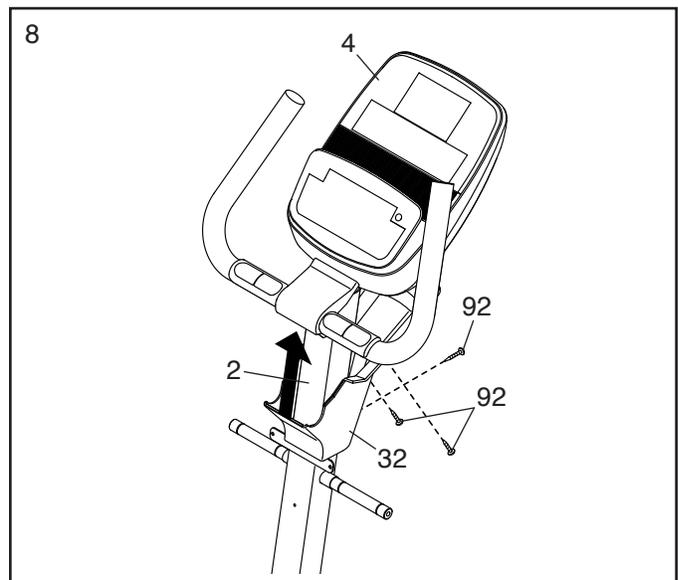
**Tip: Avoid pinching the wires.** Attach the Console (4) to the Upright (2) with four M4 x 28mm Screws (99).



8. Slide the Console Cover (32) upward to the Console (4).

Attach the Console Cover (32) to the Upright (2) with an M4 x 16mm Screw (92).

Then, attach the Console Cover (32) to the Console (4) with two M4 x 16mm Screws (92).



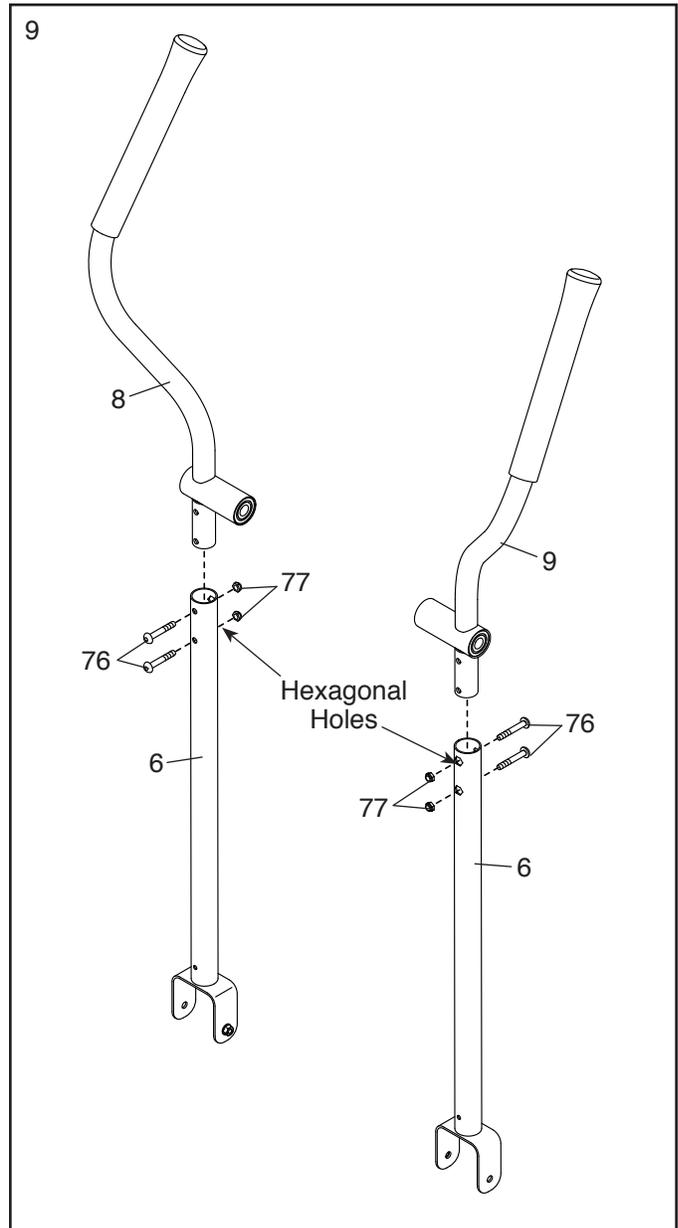
9. Identify the Left and Right Upper Body Arms (8, 9).

Orient the Left Upper Body Arm (8) and an Upper Body Leg (6) as shown. **Make sure that the hexagonal holes are in the indicated location.**

Insert the Left Upper Body Arm (8) into the Upper Body Leg (6).

Attach the Left Upper Body Arm (8) with two M8 x 45mm Bolts (76) and two M8 Jam Nuts (77). **Make sure that the Jam Nuts are in the hexagonal holes. Do not tighten the Bolts yet.**

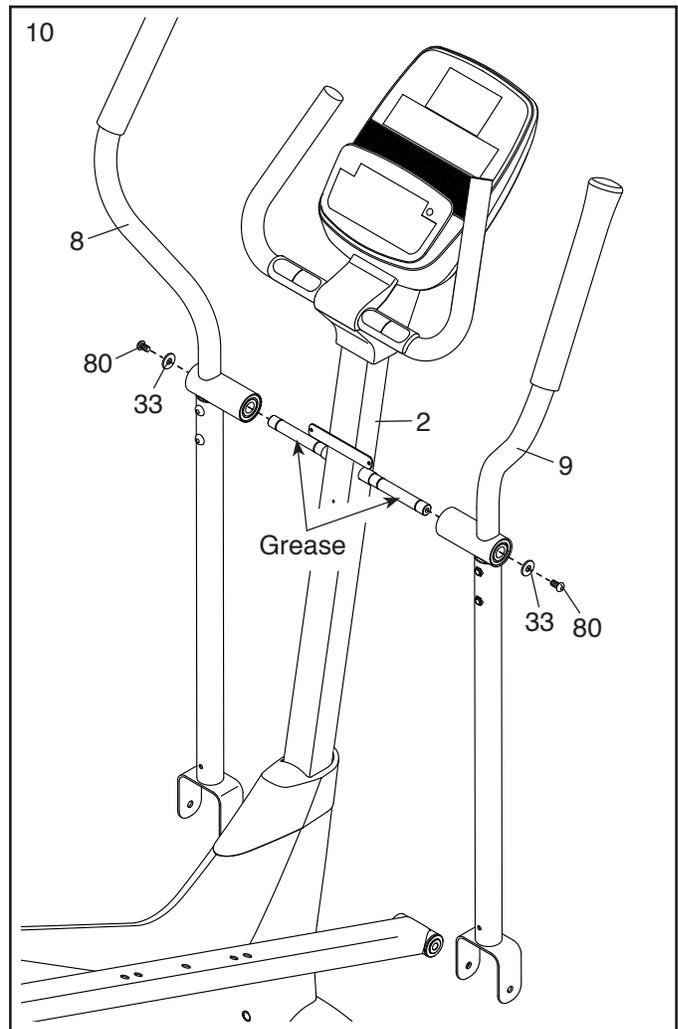
**Attach the Right Upper Body Arm (9) to the other Upper Body Leg (6) in the same way.**



10. Apply a generous amount of the included grease to the axles on the Upright (2).

Orient the Left and Right Upper Body Arms (8, 9) as shown, and slide them onto the left and right sides of the Upright (2).

Attach each Upper Body Arm (8, 9) with an M8 x 20mm Screw (80) and an M8 Washer (33).



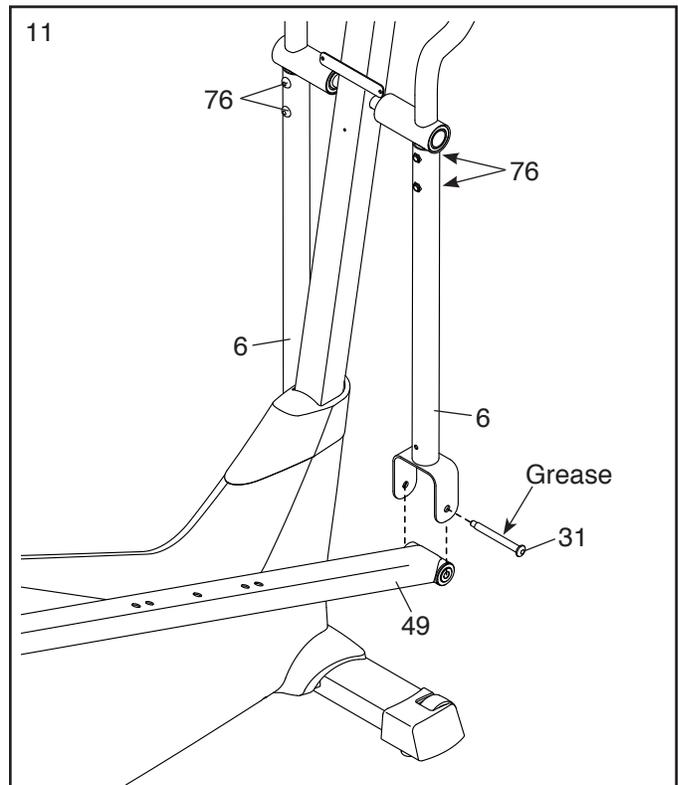
11. Apply a small amount of grease to a Shoulder Bolt (31).

While a second person holds the front end of the Right Pedal Arm (49) inside the bracket on the right Upper Body Leg (6), insert the Shoulder Bolt (31) through the right Upper Body Leg and the Right Pedal Arm.

Tighten the Shoulder Bolt (31) into the welded nut on the right Upper Body Leg (6).

**Repeat this step to attach the Left Pedal Arm (not shown) to the left Upper Body Leg (6).**

**Tighten the M8 x 45mm Bolts (76).**

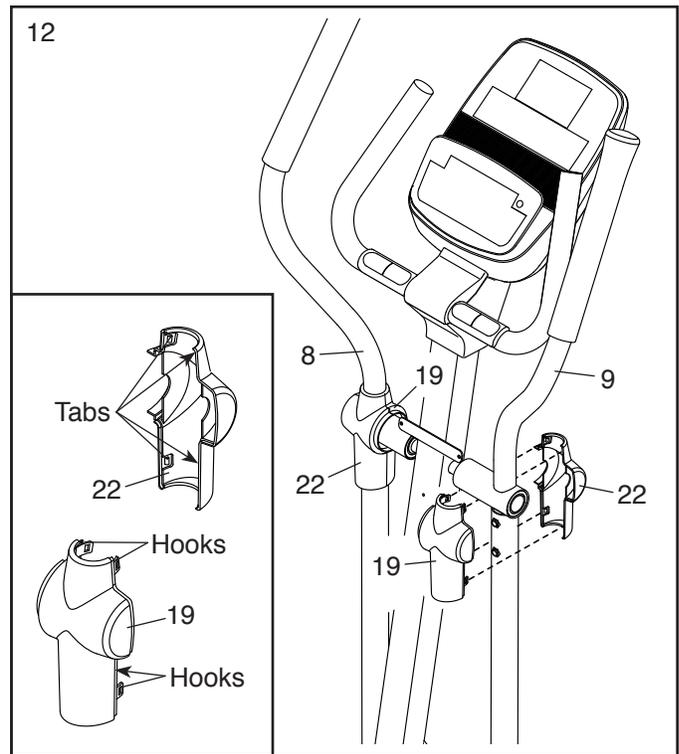


12. **See the inset drawing.** Identify a Pivot Cover A (19), which has hooks, and a Pivot Cover B (22), which has tabs.

Press a Pivot Cover A (19) and a Pivot Cover B (22) together around the Right Upper Body Arm (9).

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

**Tip: Make sure that the Pivot Covers (19, 22) are positioned as shown.**

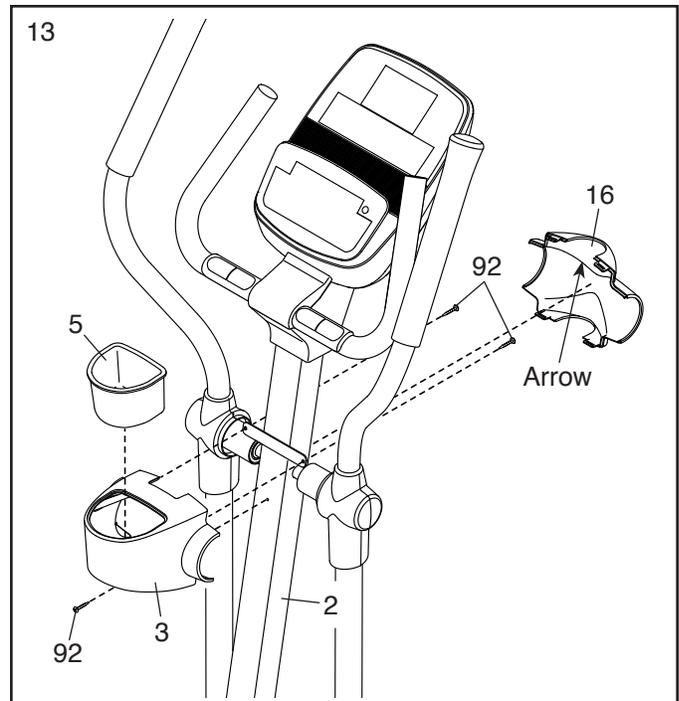


13. Attach the Rear Upright Cover (3) to the Upright (2) with three M4 x 16mm Screws (92).

Orient the Front Upright Cover (16) so that the indicated arrow is pointing upward.

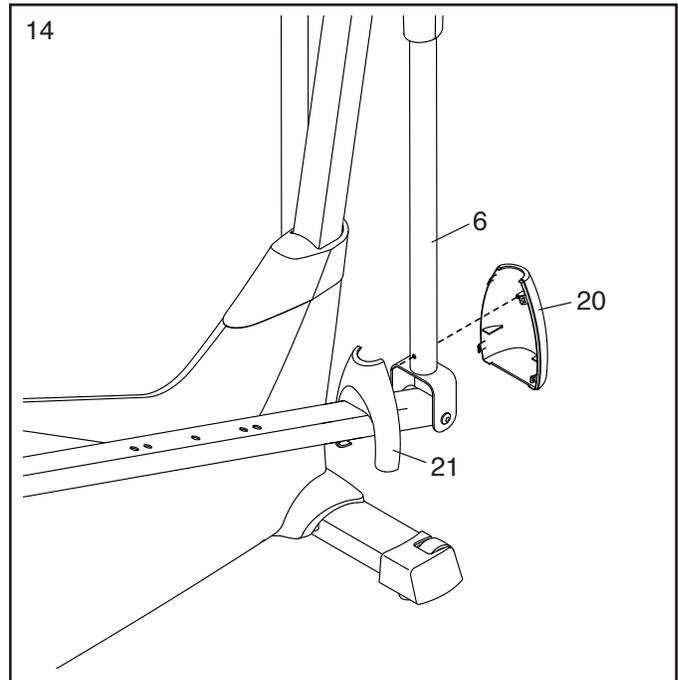
Press the Front Upright Cover (16) into the Rear Upright Cover (3).

Press the Water Bottle Holder (5) into the Rear Upright Cover (3).



14. Press a Front Leg Cover (20) and a Rear Leg Cover (21) together around the right Upper Body Leg (6).

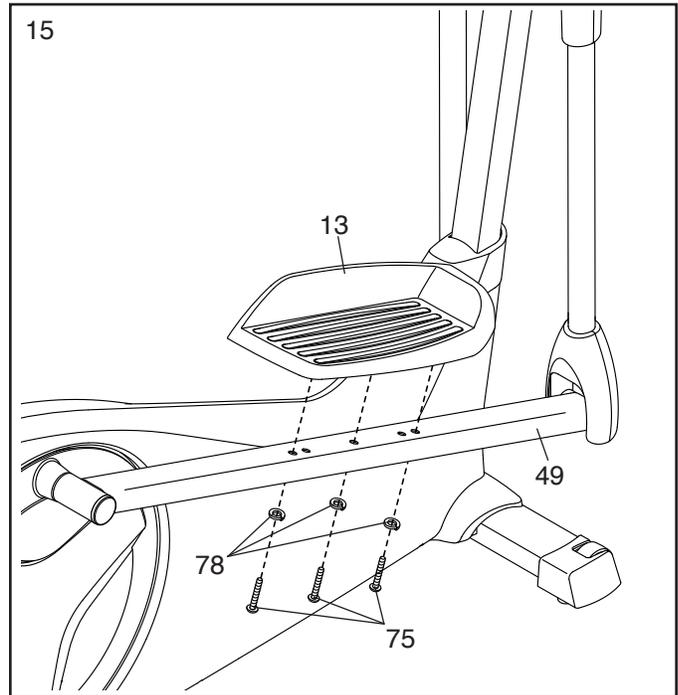
**Repeat this step for the other side of the elliptical.**



15. Identify the Right Pedal (13).

Attach the Right Pedal (13) to the Right Pedal Arm (49) with three M10 x 48mm Screws (75) and three M10 Split Washers (78). **Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

**Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.**

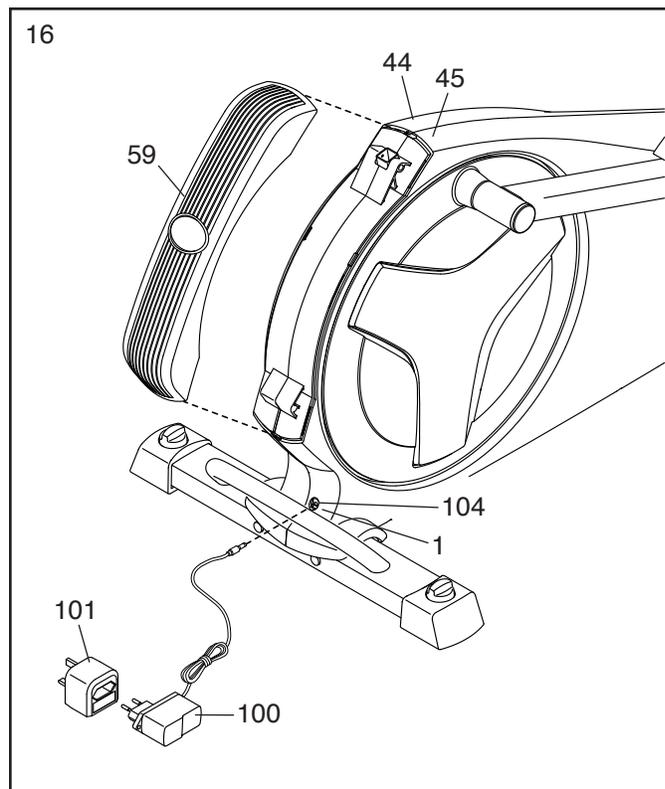


16. **See the upper drawing.** Press the Rear Shield Cover (59) onto the Left and Right Shields (44, 45).

Plug the Power Adapter (100) into the Power Receptacle (104) on the Frame (1).

If necessary, plug the Power Adapter (100) into the Plug Adapter (101).

To plug the Power Adapter (100) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 16.



17. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

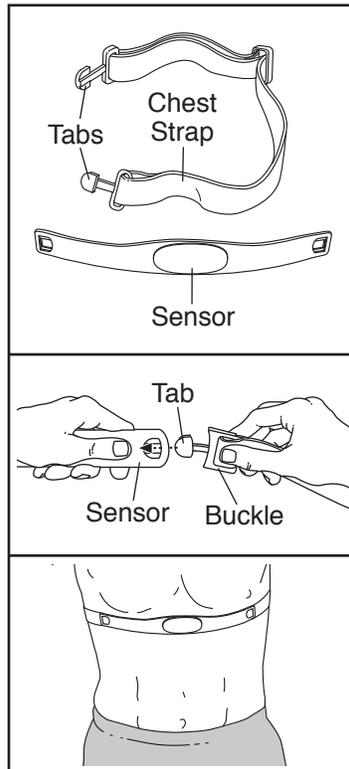
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

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.

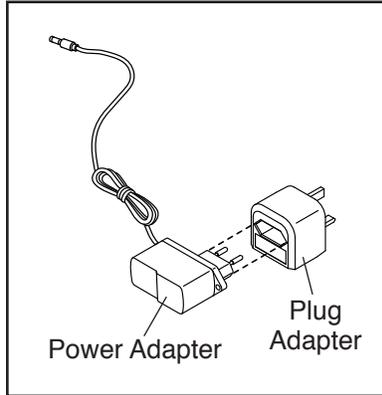
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- 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 (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER ADAPTER

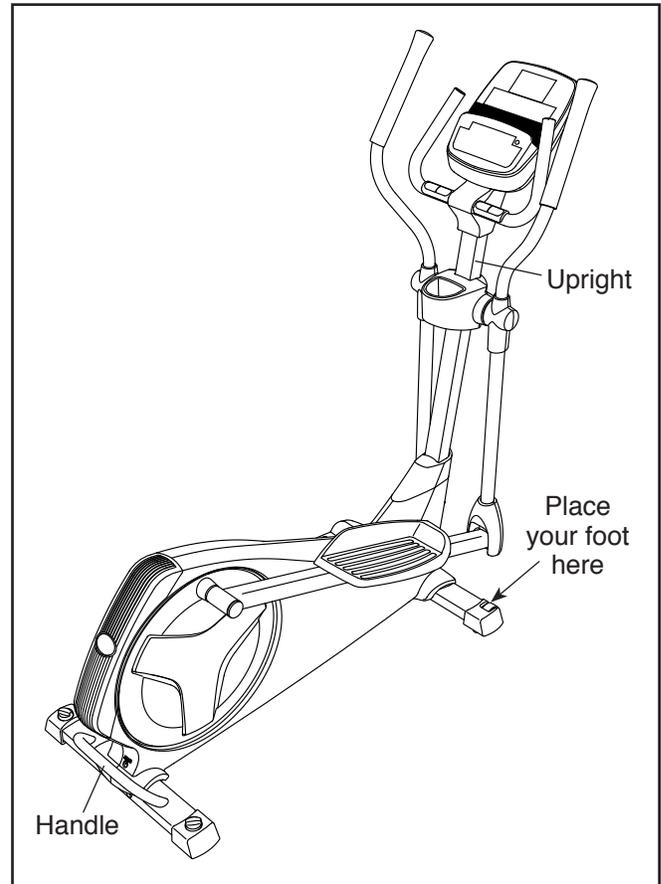
**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



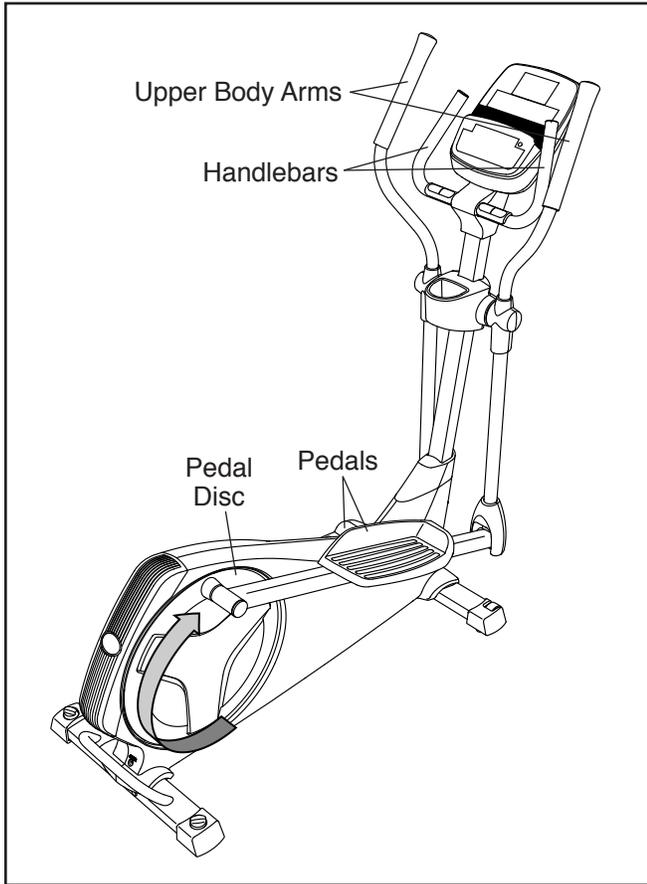
## HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two 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 until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



## HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.

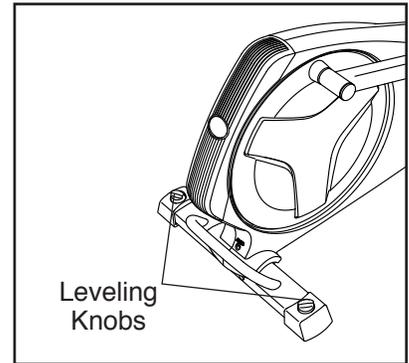


Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

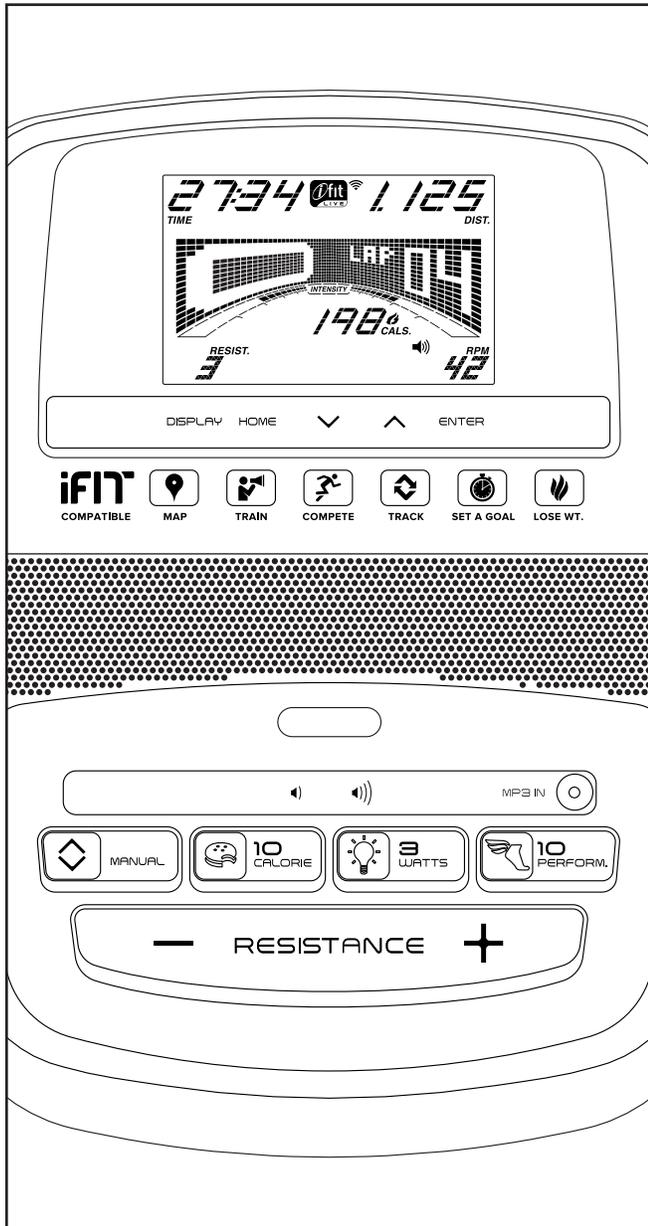
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

## HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.



## CONSOLE DIAGRAM



## MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Choose and download sets of weight-loss workouts.

**Go to [iFit.com](https://www.ifit.com) to learn more.**

## FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

The console offers twenty onboard workouts—ten calorie workouts and ten performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a calories, distance, or time goal.

The console also offers three watts workouts that change the resistance of the pedals to keep your power output near a watts goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features.

**To purchase an iFit module at any time, go to [www.iFit.com](http://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 use the manual mode**, see page 20. **To use an onboard workout**, see page 22. **To use a set-a-goal workout**, see page 23. **To use a watts workout**, see page 24. **To use an iFit workout**, see page 25. **To use the sound system**, see page 26. **To change console settings**, see page 27.

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

## HOW TO USE THE MANUAL MODE

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

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

### 2. Select the manual mode.

Press the Manual button on the console to select the manual mode.

If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

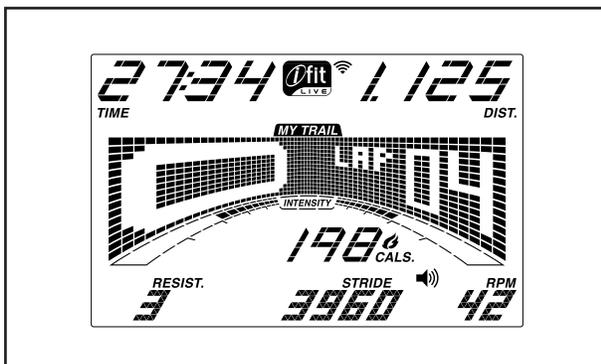
### 3. Change the resistance of the pedals as desired.

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

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

### 4. Follow your progress with the 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 kilometers.

**Pulse**—This display mode will show your heart rate when you use the handgrip heart rate monitor or the chest heart rate monitor (see step 5).

**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.

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

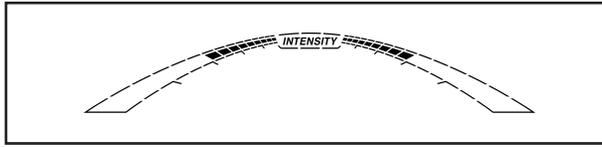
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

**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 complete.

**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 27 to set the default menu). If necessary, press the Home button again.

When a wireless iFit 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.

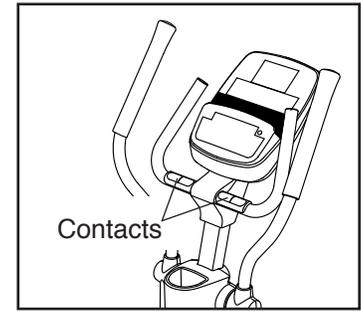
Change the volume level of the console by pressing the volume increase and decrease buttons.



## 5. Measure your heart rate if desired.

To use the included chest heart rate monitor, see page 15. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors 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 contacts. **Avoid moving your hands or gripping the contacts tightly.**



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

If 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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

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

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

## HOW TO USE AN ONBOARD WORKOUT

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

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

### 2. Select an onboard workout.

To select an onboard workout, press the 10 Calorie button or the 10 Perform. button repeatedly until the desired workout appears in the display.

When you select an onboard 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 maximum resistance level and the maximum speed for the workout will also appear in the display.

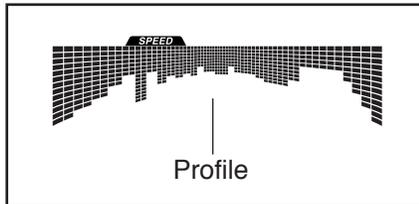
### 3. Begin pedaling to start the workout.

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

During the workout, the profile on the speed tab will show your progress.

The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed 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 and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

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

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

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

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

The workout will continue in this way until the last segment ends. To 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 20.

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

See step 5 on page 21.

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

See step 6 on page 21.

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

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

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

2. **Set a calories, distance, or time goal.**

To set a calories, distance, or time goal, first press the Set A Goal button.

Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

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

As you exercise, a target speed may appear in the display to help you reach your goal. Keep your pedaling speed near the target speed.

**IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed.**

Make sure to pedal at a speed that is comfortable for you.

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

The workout will continue in this way until the calories, distance, or time goal is reached. 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 20.

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

See step 5 on page 21.

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

See step 6 on page 21.

## HOW TO USE A WATTS WORKOUT

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

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

### 2. **Select a watts workout.**

To select a watts workout, first press the 3 Watts button repeatedly until the desired workout appears in the display.

**If you select watts workout 1**, the words SET WATT GOAL will appear in the display.

**If you select watts workout 2 or 3**, the workout time and a profile for the workout will appear in the display.

### 3. **If you selected watts workout 1, enter a watts goal setting.**

During watts workout 1, the same watts goal will be programmed for all segments of the workout. Press the increase and decrease buttons next to the Enter button to enter the desired watts goal.

### 4. **Begin pedaling to start the workout.**

**Watts workout 1** is divided into one-minute segments. During the workout, the console will regularly compare your watts output to the watts goal you entered for the workout.

If your watts output is too far below or above the watts goal, the resistance of the pedals will automatically increase or decrease to bring your watts output closer to the watts goal. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

If the watts goal is too high or too low, you can manually override the setting by pressing the increase and decrease buttons next to the Enter button.

**Watts workout 2 or 3** is divided into one-minute segments. One resistance level and one watts goal are programmed for each segment. Note: The same resistance level and/or watts goal may be programmed for consecutive segments.

The workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

As you exercise, pedal at the appropriate speed to keep your watts output near the watts goal for the segment.

When the first segment of the workout ends, the resistance level and the watts goal for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

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

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

### 5. **Follow your progress with the display.**

See step 4 on page 20.

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

See step 5 on page 21.

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

See step 6 on page 21.

## HOW TO USE AN iFIT WORKOUT

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

**To purchase an iFit module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

Note: To use an iFit 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 module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

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

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

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

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

### 3. Select a user.

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

### 4. Select an iFit workout.

To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button. Note: You may be able to access demo workouts through these options, even if you do not insert an iFit module.

To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

To use a set-a-goal workout, press the Set Goal button (see page 23).

Note: Before some workouts will download, you must add them to your schedule on iFit.com.

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

When you select an iFit 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.

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

**5. Start the workout.**

See step 3 on page 22.

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 27).

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

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

See step 4 on page 20.

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

See step 5 on page 21.

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

See step 6 on page 21.

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

**HOW TO USE THE SOUND SYSTEM**

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your 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 allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

### 1. Select the information mode.

To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

### 2. View usage information.

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

### 3. Select a unit of measurement if desired.

The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

### 4. Adjust the contrast level of the display if desired.

Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

### 5. Determine if an iFit module is connected to the console.

If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

### 6. Select an audio setting for the voice of the personal trainer if desired.

Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

### 7. Set the default menu if desired.

Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode menu or the iFit menu as the default menu.

### 8. Check the status of the iFit module if desired.

Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

### 9. Check for downloads if desired.

Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

### 10. Exit the information mode.

Press the Display button to exit the information mode.

# 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 lines appear in the console display, see step 4 on page 27 and adjust the contrast level of the display.

If the handgrip heart rate monitor does not function properly, see step 5 on page 21.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 15.

## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

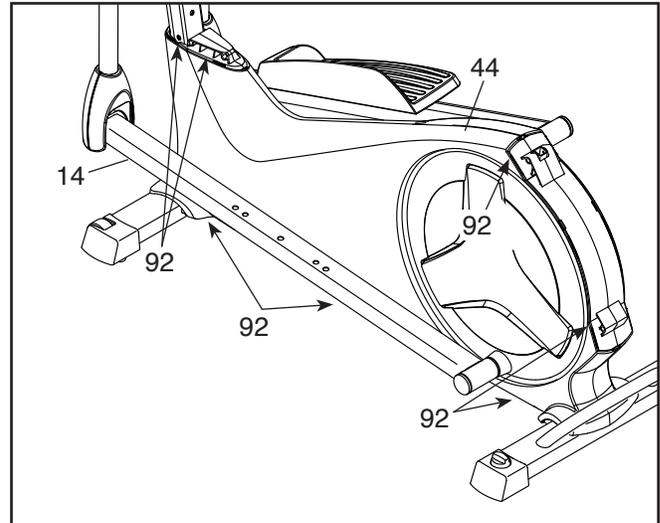
To adjust the drive belt, you must remove the left pedal, the top shield cover, the rear shield cover, and the left shield.

First, unplug the power adapter. Then, see step 15 on page 13 and remove the left pedal.

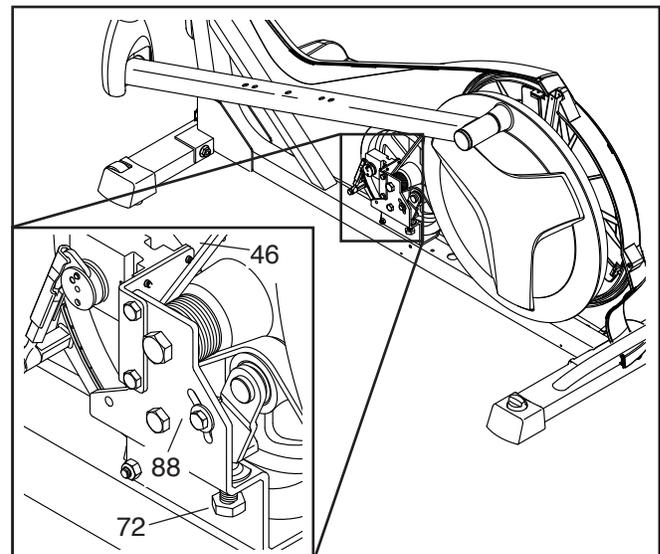
Next, see step 16 on page 14 and remove the rear shield cover.

Then, see step 5 on page 8 and release the top shield cover from the left shield. Slide the top shield cover upward.

Remove the M4 x 16mm Screws (92) from the Left Shield (44) and then gently move the Left Shield outward over the Left Pedal Arm (14).



Next, loosen the Pivot Screw (88). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.



When the Drive Belt (46) is tight, tighten the Pivot Screw (88).

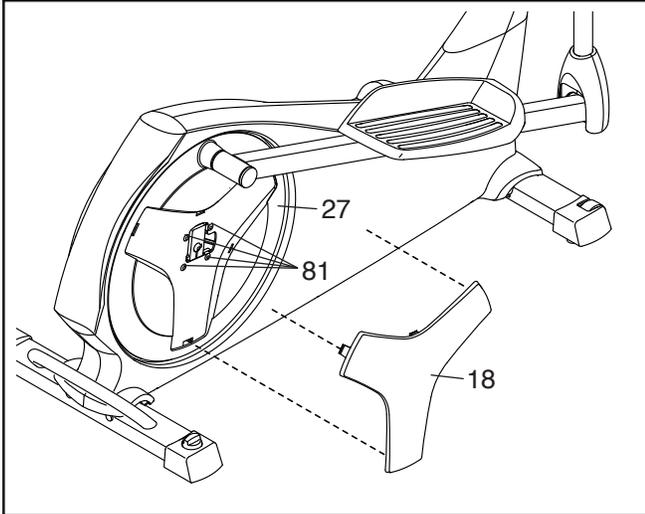
Then, reattach the left shield, the rear shield cover, the top shield cover, and the left pedal. Plug in the power adapter.

## HOW TO ADJUST THE REED SWITCH

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

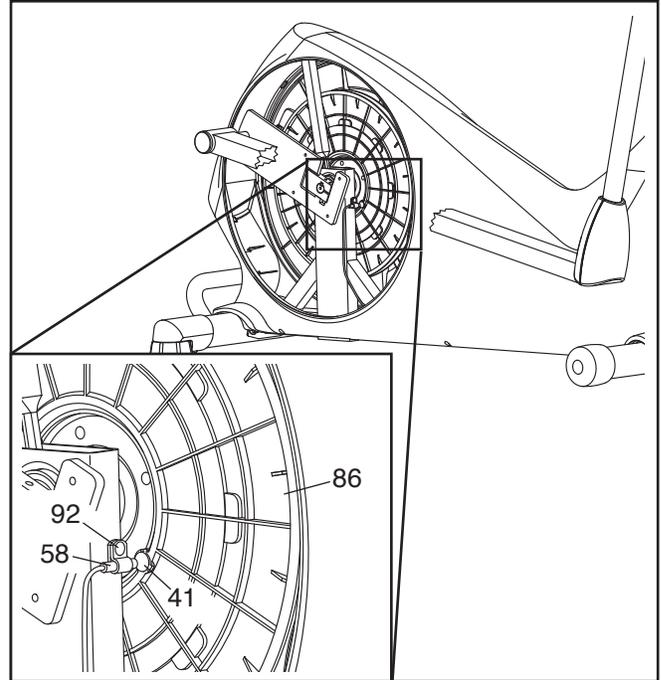
To adjust the reed switch, you must remove the right disc cover and the right pedal disc.

First, unplug the power adapter. Using a flat screwdriver, remove the right Disc Cover (18).



Then, remove the M8 x 12mm Screws (81) from the right Pedal Disc (27), and gently rotate the right Pedal Disc out of the way.

Locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (92).



Next, rotate the Pulley (86) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (92).

Plug in the power adapter and rotate the Pulley (86) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right pedal disc and the right disc cover.

# EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

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

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## 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

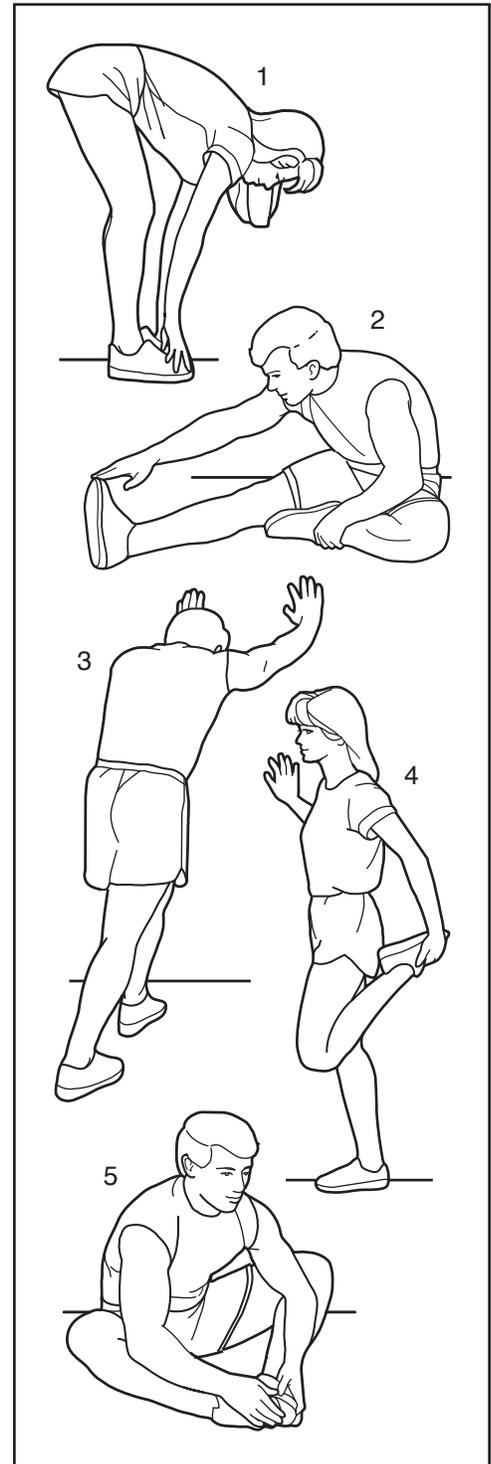
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEVEL99812.0 R0113A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	2	Leveling Foot
2	1	Upright	48	2	Rear Stabilizer Cap
3	1	Rear Upright Cover	49	1	Right Pedal Arm
4	1	Console	50	2	Wheel
5	1	Water Bottle Holder	51	1	Flywheel
6	2	Upper Body Leg	52	1	Idler
7	1	Resistance Wheel	53	1	C-magnet
8	1	Left Upper Body Arm	54	1	Resistance Motor
9	1	Right Upper Body Arm	55	1	Motor Bracket
10	2	Foam Grip	56	1	Resistance Arm
11	2	Upper Cap	57	1	Clamp
12	1	Left Pedal	58	1	Reed Switch/Wire
13	1	Right Pedal	59	1	Rear Shield Cover
14	1	Left Pedal Arm	60	1	Key
15	2	Pedal Bracket	61	1	M8 Locknut
16	1	Front Upright Cover	62	1	M6 x 16mm Screw
17	4	Pivot Bearing	63	2	Foot
18	2	Disc Cover	64	1	Flywheel Axle
19	2	Pivot Cover A	65	1	C-magnet Bolt
20	2	Front Leg Cover	66	1	Idler Bolt
21	2	Rear Leg Cover	67	1	Key Screw
22	2	Pivot Cover B	68	1	Crank Arm Screw
23	4	Swing Bearing	69	4	Resistance Motor Bolt
24	1	Crank Assembly	70	1	Rear Stabilizer
25	1	Right Crank Arm	71	2	Motor Bracket Screw
26	1	Left Crank Arm	72	1	Drive Belt Adjustment Screw
27	2	Pedal Disc	73	1	Front Stabilizer
28	1	Pulse Wire	74	1	M6 Locknut
29	4	Bearing	75	6	M10 x 48mm Screw
30	2	Pedal Arm Cap	76	4	M8 x 45mm Bolt
31	2	Shoulder Bolt	77	6	M8 Jam Nut
32	1	Console Cover	78	10	M10 Split Washer
33	4	M8 Washer	79	6	M10 x 20mm Screw
34	4	M8 x 10mm Screw	80	2	M8 x 20mm Screw
35	2	Adjustment Nut	81	8	M8 x 12mm Screw
36	1	Resistance Bracket	82	4	M10 x 95mm Screw
37	1	Top Shield Cover	83	1	M5 x 7mm Screw
38	2	Crank Bearing	84	10	#10 x 16mm Screw
39	1	Handlebar	85	2	M8 x 18mm Hex Screw
40	2	Large Snap Ring	86	1	Pulley
41	2	Magnet	87	1	M3.5 x 12mm Screw
42	1	Wire Harness	88	1	Pivot Screw
43	2	M6 Washer	89	2	M4 x 16mm Flat Head Screw
44	1	Left Shield	90	1	M4 x 16mm Ground Screw
45	1	Right Shield	91	1	Pulley Spacer
46	1	Drive Belt	92	23	M4 x 16mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
93	1	Pulse Sensor	103	1	Monitor Receiver/Wire
94	1	Flywheel Bearing	104	1	Power Receptacle/Wire
95	2	Leveling Knob	105	1	Sensor Unit
96	2	M4 x 19mm Screw	106	1	Chest Strap
97	1	Right Stabilizer Cap	107	4	M8 x 15mm Screw
98	1	Left Stabilizer Cap	108	1	Small Snap Ring
99	4	M4 x 28mm Screw	*	–	User's Manual
100	1	Power Adapter	*	–	Assembly Tool
101	1	Plug Adapter	*	–	Grease Packet
102	1	M5 Washer	*	–	Wire Tie

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.





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## ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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## RECYCLING INFORMATION

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

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

