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Nordictrack NTIVEL74014

Nordictrack NTIVEL74014 ELLIPTICAL E 5.0 User Manual

Comprehensive instructions for assembly, operation, and maintenance.

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Nordictrack NTIVEL74014 ELLIPTICAL E 5.0. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.



Figure 1: The Nordictrack NTIVEL74014 ELLIPTICAL E 5.0. This image displays the full elliptical machine from a side angle, highlighting its compact design and main components.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, read the following important precautions before using the elliptical.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the elliptical at all times.
- Place the elliptical on a level surface with at least 0.6 m (2 ft.) of clearance around it.
- Inspect the elliptical for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes.

- The maximum user weight for this elliptical is 115 kg (253 lbs).

3. SETUP AND ASSEMBLY

The Nordictrack NTIVEL74014 ELLIPTICAL E 5.0 requires assembly. It is recommended to have two people for assembly, though it can be done by one person with proper tools and care. Assembly typically takes approximately 2 hours.

3.1 Unpacking

Carefully remove all components from the packaging. Place all parts on a clear, open area. Ensure all parts listed in the assembly guide (not included in this manual) are present before proceeding.

3.2 Assembly Considerations

- Use solid tools for assembly. Some bolts may require careful handling.
- Apply grease to moving parts as indicated in the assembly instructions to ensure smooth operation and prevent wear.
- Ensure all connections are secure before use.

3.3 Placement

Place the elliptical on a stable, level surface. Ensure adequate space around the machine for safe operation and maintenance. The elliptical is designed to be space-saving, allowing for easier storage when not in use.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the console and controls before starting your workout.



Figure 2: The control console of the Nordictrack NTIVEL74014 ELLIPTICAL E 5.0. This image shows the digital display, control buttons for settings, home, map, train, compete, track, set a goal, lose weight, and the iFIT compatibility logo.

4.1 Console Overview

The console features a 5-inch display that shows workout metrics such as time, distance, speed, calories, and incline. Buttons are provided for navigation, program selection, and iFIT integration.

- **Display:** Shows workout data and program information.
- **Control Buttons:** Navigate menus, select programs (e.g., 20 pre-set workouts), and adjust settings.
- **iFIT Compatibility:** The elliptical is iFIT compatible, allowing access to interactive training programs and global workouts (subscription may be required).

4.2 Starting a Workout

1. Step onto the elliptical, placing your feet firmly on the pedals.
2. Begin pedaling. The console will activate.
3. Select a pre-set workout program or start a manual workout.
4. Adjust the incline as desired using the console controls. The elliptical features an adjustable incline for varied intensity.

4.3 Adjusting Incline

The elliptical features an adjustable incline mechanism. Use the dedicated incline buttons on the console to increase or decrease the ramp angle, targeting different muscle groups and increasing workout intensity.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical.

- **Cleaning:** Wipe down the elliptical after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts and apply lubricant as specified in the assembly guide to maintain smooth operation and prevent squeaks.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners and replace worn components immediately.
- **Storage:** The elliptical is designed to be space-saving. When not in use, ensure it is stored in a dry, clean environment.

6. TROUBLESHOOTING

If you encounter issues with your elliptical, refer to the following common solutions.

Problem	Possible Cause	Solution
Elliptical does not power on.	Power cord not connected; power outlet issue.	Ensure power cord is securely plugged into the elliptical and a functional wall outlet.
Squeaking or grinding noise during operation.	Loose bolts; lack of lubrication on moving parts.	Check and tighten all assembly bolts. Apply lubricant to pivot points as per maintenance instructions.

Problem	Possible Cause	Solution
Display not showing correct data.	Sensor issue; console connection problem.	Check all cable connections to the console. Ensure sensors are clean and unobstructed.

For issues not covered here, please contact Nordictrack customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Nordictrack
Model Number	NTIVEL74014
Maximum User Weight	115 kg (253 lbs)
Product Dimensions (L x W x H)	168 cm x 60 cm x 170 cm (66.1 in x 23.6 in x 66.9 in)
Product Weight	57 kg (125.7 lbs)
Material Type	Alloy Steel
Display Size	5 Inches
Adjustable Incline	Yes
Space Saving Design	Yes

8. WARRANTY AND SUPPORT

Nordictrack products are manufactured to high standards and are backed by a manufacturer's warranty. For specific warranty details, please refer to the warranty card included with your purchase or visit the official Nordictrack website. For technical assistance, replacement parts, or any other inquiries, please contact Nordictrack customer support through their official channels. Have your model number (NTIVEL74014) and serial number ready when contacting support. You can find more information and support resources on the official [Nordictrack website](#).

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Related Documents - NTIVEL74014

	<p>NordicTrack SpaceSaver SE 5i Elliptical User Manual</p> <p>Comprehensive user manual for the NordicTrack SpaceSaver SE 5i elliptical (Model No. 23888.0), covering assembly, operation, maintenance, safety precautions, exercise guidelines, and warranty information.</p>
	<p>NordicTrack SE 3i Elliptical User Manual - Model NTEVEL57019.0</p> <p>Comprehensive user manual for the NordicTrack SE 3i elliptical (Model NTEVEL57019.0), detailing assembly, operation, maintenance, troubleshooting, and exercise guidelines. Includes textual descriptions of diagrams and part lists for easy reference.</p>
	<p>NordicTrack ACT ELITE Elliptical User Manual</p> <p>Comprehensive user manual for the NordicTrack ACT ELITE elliptical, covering assembly, operation, maintenance, safety precautions, and warranty information. Includes detailed instructions, part lists, and troubleshooting.</p>
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	<p>NordicTrack E 7.5 Z Elliptical User's Manual</p> <p>User's manual for the NordicTrack E 7.5 Z elliptical, covering assembly instructions, operating procedures, maintenance, troubleshooting, safety precautions, and warranty information.</p>
	<p>NordicTrack ACT Commercial Elliptical User Manual</p> <p>User manual for the NordicTrack ACT Commercial elliptical (Model NTEVEL13016.0), covering assembly, operation, maintenance, troubleshooting, and exercise guidelines. Features include console operation, iFit connectivity, and heart rate monitoring.</p>