



[Manuals.plus](#) /

› [NordicTrack](#) /

› NordicTrack C 990 Treadmill User Manual

## NordicTrack C990

# NordicTrack C 990 Treadmill User Manual

Model: C990 | Brand: NordicTrack

## INTRODUCTION

---

The NordicTrack C 990 Treadmill is designed to help you achieve your fitness goals with advanced features and a robust build. This manual provides essential information for the setup, operation, and maintenance of your treadmill, ensuring a safe and effective workout experience.



Figure 1: NordicTrack C 990 Treadmill, a full view of the treadmill with its console and running deck.

## SAFETY INFORMATION

---

Please read all instructions carefully before using this treadmill. Keep this manual for future reference. Adhere to the following safety guidelines:

- Ensure the treadmill is placed on a level surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear.
- Use the safety key clip during workouts. In case of emergency, pulling the safety key will immediately stop the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before beginning any exercise program.

## SETUP

---

While the NordicTrack C 990 Treadmill is designed for ease of use, proper setup is crucial for safety and performance. Although assembly is generally straightforward, professional assembly services may be available.

### Unpacking and Placement

- Carefully remove all components from the packaging.
- Place the treadmill on a stable, level surface. Ensure there is at least 6 feet of clear space behind the treadmill and 2 feet on each side.

### Power Connection

- Connect the power cord to a grounded outlet. The treadmill requires a dedicated circuit.
- Insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.



Figure 2: Treadmill dimensions showing 79.5" L x 35.5" W x 60.3" H, important for placement.

## OPERATING INSTRUCTIONS

---

The NordicTrack C 990 Treadmill offers a variety of features to enhance your workout.

### Console and Display

The treadmill features a 7-inch web-enabled touchscreen display. This allows you to browse the internet, access iFit workouts, track your stats, and utilize Google Maps training routes.



Figure 3: Close-up view of the treadmill console with its 7-inch touchscreen and control buttons.



Figure 4: A user's hand interacting with the touchscreen display on the NordicTrack C 990 Treadmill console.

### **iFit Integration**

With iFit, you can access professionally designed workouts, automatic stats tracking, and Google Maps training routes. The treadmill can automatically adjust its incline to simulate the terrain of your chosen route. The console provides access to 32 preloaded workouts designed by certified personal trainers. These include calorie, heart rate control, incline, and speed workout programs.

### **FlexSelect Cushioning**

The FlexSelect Cushioning system allows you to choose between a cushioned deck for joint comfort or a firmer deck to simulate road running. This feature helps reduce impact on your joints during workouts.



Figure 5: A hand adjusting the FlexSelect cushioning mechanism located on the side of the treadmill deck.



Figure 6: A detailed view of the orange FlexSelect cushioning components beneath the treadmill deck.

## Motor and Performance

The C 990 is equipped with a 3.0 CHP (Continuous Horsepower) drive system. This motor is designed for quieter operation and reduced vibration, supporting users up to 350 pounds.

The treadmill offers a speed range of 0 to 12 MPH and an incline range of 0 to 12%. Quick One-Touch controls allow for easy adjustment of both speed and incline.



Figure 7: A person running on the NordicTrack C 990 Treadmill, demonstrating its use.

## Running Deck

The treadmill features a spacious 20 x 60 inch tread belt. This belt is engineered to reduce noise and friction, contributing to a quieter workout and longer product lifespan. It is also stretch-resistant and designed to stay centered on the deck.



Figure 8: A close-up view of the textured running surface and side rails of the treadmill deck.

## Comfort Features

- **AutoBreeze Workout Fan:** The integrated fan automatically adjusts its speed to keep you cool during your workout.
- **Dual 2" Speakers:** Play your favorite music through the built-in sound system.
- **Integrated Tablet Holder:** Securely hold your tablet for entertainment or productivity during your exercise.

## Heart Rate Monitoring

Monitor your heart rate with the included Bluetooth-enabled wireless chest strap for a constant readout, or use the EKG grips on the handlebars for a quick reading.

## SpaceSaver Design

The SpaceSaver design with EasyLift Assist allows you to easily fold the treadmill deck vertically for convenient storage, saving space in your home.



Figure 9: A person folding the treadmill deck upwards, demonstrating the SpaceSaver feature for compact storage.

## MAINTENANCE

---

Regular maintenance ensures the longevity and optimal performance of your NordicTrack C 990 Treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically check and lubricate the running belt according to the instructions in the full user guide (PDF link provided in product details).
- **Belt Alignment:** If the running belt shifts to one side, adjust it using the rear roller bolts as described in the full user guide.
- **Motor Cover:** Keep the motor cover clean and free of debris to ensure proper ventilation.

## TROUBLESHOOTING

---

If you encounter issues with your treadmill, refer to the following common troubleshooting tips:

Problem	Possible Solution
Treadmill does not power on.	Ensure the power cord is securely plugged into a grounded outlet. Check the circuit breaker. Verify the safety key is fully inserted.

Problem	Possible Solution
Running belt slips or hesitates.	Check belt tension and adjust if necessary. Ensure the belt is properly lubricated.
Unusual noises during operation.	Inspect for loose parts. Ensure the treadmill is on a level surface. If noise persists, consult customer support.
Console display is unresponsive.	Restart the treadmill by unplugging it for 30 seconds and plugging it back in. Ensure all connections are secure.

For more detailed troubleshooting or persistent issues, please contact NordicTrack Customer Support.

## SPECIFICATIONS

Feature	Detail
Brand	NordicTrack
Model Name	C990
Product Dimensions (L x W x H)	79.5"D x 35.5"W x 60.3"H
Folded Size	42.6" L x 70.9" H (approx. 22" W)
Item Weight	215 Pounds
Maximum Weight Recommendation	350 Pounds
Motor Horsepower	3.0 CHP
Maximum Speed	12 Miles per Hour
Maximum Incline Percentage	12%
Deck Length	60 Inches
Deck Width	20 Inches
Display Type	7-Inch Web-enabled Touchscreen LCD
Number of Programs	32 Preloaded Workouts
Special Features	iFit Enabled, FlexSelect Cushioning, AutoBreeze Fan, Dual 2" Speakers, Integrated Tablet Holder, Bluetooth Enabled Heart Rate

## WARRANTY

The NordicTrack C 990 Treadmill motor is backed by a lifetime warranty. For specific details regarding the full warranty coverage for all components, please refer to the warranty information included with your product documentation or contact NordicTrack customer support.

## SUPPORT

---

For further assistance, technical support, or to order replacement parts, please contact NordicTrack Customer Support. You can find contact information on the official NordicTrack website or in the documentation provided with your treadmill. An official User Guide (PDF) is also available for download: [NordicTrack C 990 User Guide](#)

## PRODUCT VIDEO

---

Your browser does not support the video tag.

Video 1: An official product video showcasing the key features and benefits of the NordicTrack C 990 Treadmill, including its interactive display, cushioning, and space-saving design.