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## Nordictrack SpaceSaver SE9i

# NordicTrack Spacesaver SE9i Elliptical Trainer User Manual

Model: SpaceSaver SE9i

## 1. INTRODUCTION AND OVERVIEW

The NordicTrack Spacesaver SE9i Elliptical Trainer is designed to provide an effective cardiovascular workout. This manual provides essential information for the safe and efficient use of your elliptical trainer, including assembly, operation, maintenance, and troubleshooting.



*Image 1: Full view of the NordicTrack Spacesaver SE9i Elliptical Trainer.*

This elliptical features a 7-inch Smart HD touchscreen for interactive workouts, a 0 to 10-degree power adjustable incline for varied intensity, and an Auto Breeze fan for comfort. Its fluid movement is supported by an 18-pound flywheel, and adjustable pedals ensure user comfort and stability.

## 2. SAFETY INFORMATION

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Before using the NordicTrack Spacesaver SE9i Elliptical Trainer, please read all instructions carefully. Keep this manual for future reference. Adhere to the following safety guidelines:

- Consult a physician before starting any exercise program.
- Ensure the elliptical is placed on a level surface with adequate clearance around it.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight recommendation of 325 pounds.
- Regularly inspect the elliptical for any loose or damaged parts. Do not use if damaged.
- Always hold onto the handlebars for stability, especially when starting or stopping.

## 3. WHAT'S IN THE BOX

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Your NordicTrack Spacesaver SE9i Elliptical Trainer package includes:

- Elliptical main unit
- Assembly hardware kit
- Power adapter
- Wireless iFit Bluetooth chest strap
- User manual (this document)

## 4. SETUP AND ASSEMBLY

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Assembly of the NordicTrack Spacesaver SE9i Elliptical Trainer requires careful attention to detail. Follow the steps below. It is recommended to have two people for assembly.

### 4.1. Installation of Risers

Connect the main upright to the base of the elliptical. Ensure all wiring connections are secure before fastening the components with the provided bolts.

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*Video 1: Installation steps for the risers and main frame of an elliptical machine. This video demonstrates connecting the main upright and securing it with screws and covers.*

### 4.2. Installation of Front Bottom Tube Union

Attach the front bottom tube union, which provides stability and includes transport wheels. Remove any pre-installed screws, position the union, and secure it firmly.

### 4.3. Installation of Armrests

Install the moving armrests. Ensure the correct 'L' (left) and 'R' (right) armrests are used and securely fastened to the main frame. Align hex nuts with holes to prevent looseness.

### 4.4. Installation of Console

Connect the console to the main upright. Carefully connect all electrical wires, ensuring they are properly seated, then secure the console to the frame using the pre-installed screws.



*Image 2: Close-up view of the NordicTrack Spacesaver SE9i console with tablet holder.*

#### **4.5. Complete Installation and Power Connection**

Once all components are assembled, connect the elliptical to a power source. The elliptical is ready for use after power-up.

### **5. OPERATING INSTRUCTIONS**

The NordicTrack Spacesaver SE9i is designed for user-friendly operation. Familiarize yourself with the console and controls before beginning your workout.

#### **5.1. Powering On and Off**

- To power on, ensure the elliptical is plugged into a working outlet. The console should illuminate.
- To power off, simply unplug the unit. The console will automatically shut down after a period of inactivity.

## 5.2. Console Functions

The 7-inch Smart HD Touchscreen displays various workout metrics and allows access to different features:

- **Resistance Control:** Adjust resistance levels (24 available) using the quick touch controls on the console.
- **Incline Control:** Utilize the 0 to 10-degree power adjustable incline to target different muscle groups and increase calorie burn.
- **Workout Apps:** Access 30 pre-programmed workout apps designed by certified personal trainers.
- **iFit Coach Integration:** Connect to iFit Coach workouts (subscription may be required) to track progress and access global routes via Google Maps.
- **Heart Rate Monitoring:** Use the built-in heart rate sensors on the handlebars or the included iFit Bluetooth Smart chest strap for accurate heart rate tracking.
- **Auto Breeze Fan:** The integrated fan automatically adjusts its speed to match your workout intensity, keeping you cool.
- **MP3 Compatibility:** Connect your MP3 player to the console to listen to music through the dual 2-inch speakers.

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*Video 2: Overview of the NordicTrack Spacesaver SE9i Elliptical Trainer, highlighting its features such as the iFit display, adjustable incline, AutoBreeze fan, and MP3 compatibility.*

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your elliptical trainer.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as indicated in the detailed maintenance section of the full product manual (not included here).
- **Inspection:** Regularly inspect all bolts and nuts to ensure they are tightened. Check for any signs of wear or damage on cables, pedals, and frame.
- **Storage:** The Spacesaver SE9i is designed for compact storage. When not in use, fold the elliptical to save space.



*Image 3: Side view of the NordicTrack Spacesaver SE9i, demonstrating its compact design for storage.*

## 7. TROUBLESHOOTING

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

- **No Power:** Ensure the power cord is securely plugged into both the elliptical and a working wall outlet. Check the circuit breaker.
- **Console Not Responding:** Try restarting the elliptical by unplugging it for 30 seconds and then plugging it back in.
- **Unusual Noises:** Inspect all moving parts for obstructions or loose components. Tighten any loose bolts or screws. If the noise persists, contact customer support.
- **Heart Rate Monitor Inaccurate:** Ensure your hands are firmly gripping the sensors or that the chest strap is properly positioned and making good contact with your skin.
- **Resistance/Incline Not Changing:** Check for any error messages on the console. Ensure all cables are securely connected.

## 8. SPECIFICATIONS

Feature	Detail
Model Name	SpaceSaver SE9i
Brand	Nordictrack
Product Dimensions	31.9"D x 78.7"W x 66.4"H
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	325 Pounds
Maximum Stride Length	18 Inches
Screen Size	7 Inches
Number of Resistance Levels	24
Manufacturer	iFIT Health & Fitness
UPC	043619291049
Part Number	NTEL14416

## 9. WARRANTY AND SUPPORT

The NordicTrack Spacesaver SE9i Elliptical Trainer comes with the following warranty:

- **Frame:** 10-Year Warranty
- **Parts:** 2-Year Warranty
- **Labor:** 1-Year Warranty

For customer support, please refer to the contact information provided with your purchase or visit the official NordicTrack website.