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> [NordicTrack](#) /

> NordicTrack Commercial 14.9 Elliptical Training Machine User Manual

## NordicTrack Commercial 14.9

# NordicTrack Commercial 14.9 Elliptical Training Machine User Manual

Model: Commercial 14.9 | Brand: NordicTrack

## 1. INTRODUCTION

Welcome to the user manual for your NordicTrack Commercial 14.9 Elliptical Training Machine. This guide provides essential information for the safe and effective use, assembly, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before operating the machine.

The NordicTrack Commercial 14.9 Elliptical is designed to provide an interactive personal training experience with its 10-inch HD smart touchscreen display, adjustable stride, and power ramp. It features 26 digital resistance levels and SMR Silent Magnetic Resistance for a smooth and quiet workout.

## 2. IMPORTANT SAFETY INFORMATION

Before using this product, please read all warnings and instructions. Keep this manual for future reference.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the elliptical during operation.
- Place the elliptical on a level surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use.
- Do not exceed the maximum user weight of 350 pounds (158 kg).
- Wear appropriate exercise clothing and athletic shoes.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.

## 3. SETUP AND ASSEMBLY

The NordicTrack Commercial 14.9 Elliptical requires assembly. It is recommended that two people assemble the machine due to its size and weight. Refer to the detailed assembly instructions provided in the separate user guide PDF for step-by-step guidance.

**Key Assembly Steps (Summary):**

1. Unpack all components and verify against the parts list.
2. Attach the base stabilizers and levelers.
3. Mount the main frame and flywheel assembly.
4. Connect the pedal arms and upper body grips.
5. Install the console mast and attach the 10-inch HD touchscreen display.
6. Connect all electrical cables securely.

For detailed visual instructions, please refer to the official User Guide PDF available for download: [NordicTrack Commercial 14.9 User Guide \(PDF\)](#)



Image: The fully assembled NordicTrack Commercial 14.9 Elliptical Training Machine, showcasing its robust design and integrated console.

## 4. OPERATING INSTRUCTIONS

### 4.1 Powering On and Initial Setup

Connect the power cord to a grounded outlet. The console will power on automatically. Follow the on-screen prompts to connect to Wi-Fi and set up your iFit account. An iFit membership is required for full functionality and

interactive workouts.



Image: Close-up view of the 10-inch HD smart touchscreen display and control panel on the NordicTrack Commercial 14.9 Elliptical.

## 4.2 Starting a Workout

- **Manual Mode:** Select "Manual" on the console to begin a workout without a pre-programmed routine. You can manually adjust resistance and incline.
- **iFit Workouts:** Browse the extensive library of trainer-led workouts on the touchscreen. Select a program, and the elliptical will automatically adjust incline and resistance according to the trainer's instructions.
- **Stride and Incline:** The elliptical features a 19-inch adjustable stride and a 20-degree adjustable power ramp. Adjust these settings to target different muscle groups and vary your workout intensity.



Image: A user demonstrating the elliptical motion on the NordicTrack Commercial 14.9, highlighting the adjustable stride and power ramp.

### 4.3 Monitoring Your Workout

The 10-inch HD touchscreen displays key workout metrics including time, distance, calories burned, resistance level, incline, and heart rate (if using a compatible heart rate monitor). The AutoBreeze workout fan adjusts its speed to match your workout intensity, providing comfort.



Image: Close-up of the oversized cushioned pedals and the 20-degree targeting power ramp mechanism on the NordicTrack Commercial 14.9 Elliptical.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your NordicTrack Commercial 14.9 Elliptical.

- **Cleaning:** Wipe down the machine after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as specified in the detailed user guide.
- **Tighten Fasteners:** Regularly inspect all nuts, bolts, and screws to ensure they are securely tightened. Loose fasteners can cause noise and wear.
- **Leveling:** Ensure the elliptical remains level using the oversized levelers to prevent wobbling during workouts.

## 6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected; outlet not working.	Ensure power cord is fully plugged in; test outlet with another device.
Console display is blank or unresponsive.	Loose cable connection; software glitch.	Check all console cable connections; power cycle the machine (unplug for 30 seconds, then plug back in).
Unusual noises during operation.	Loose hardware; worn components.	Inspect and tighten all bolts and nuts. If noise persists, consult the full user guide or contact customer support.
Resistance or incline not changing.	Motor issue; console malfunction.	Ensure all connections to the motor are secure. Perform a factory reset if applicable (refer to full manual).

For more detailed troubleshooting or issues not listed here, please refer to the complete User Guide or contact NordicTrack Customer Support.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	Commercial 14.9
Brand	NordicTrack
Product Dimensions (D x W x H)	28.8"D x 68.3"W x 68.5"H
Material	Plastic, Metal
Resistance Mechanism	Magnetic (SMR Silent Magnetic Resistance)
Maximum Weight Recommendation	350 Pounds
Maximum Stride Length	19 Inches
Screen Size	10 Inches HD Smart Touchscreen
Item Weight	210 Pounds
Number of Resistance Levels	26 Digital Resistance Levels
Adjustable Power Ramp	20 Degrees
UPC	043619519167
Model Number	NTEL71418

## 8. WARRANTY AND SUPPORT

NordicTrack products are built with quality and durability in mind. For specific warranty details regarding your Commercial 14.9 Elliptical, please refer to the warranty information included with your purchase or visit the official NordicTrack website.

For customer support, technical assistance, or to order replacement parts, please contact NordicTrack directly. You can also refer to the comprehensive User Guide PDF for detailed information:

**Download Full User Guide  
(PDF)**

For additional information and resources, visit the official NordicTrack Store:[NordicTrack Store on Amazon](#)



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