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Nordictrack RW500

NordicTrack RW500 Rower Instruction Manual

MODEL: RW500

Brand: Nordictrack

Product Overview

The NordicTrack RW500 Rower provides an efficient full-body workout. This machine is designed to offer a comprehensive exercise experience, focusing on core strength and cardiovascular fitness. It includes an integrated tablet holder for accessing iFit Coach workouts and tracking performance metrics such as strokes, time, watts, and calories burned. The rower features a SpaceSaver design for compact storage and Silent Magnetic Resistance for quiet operation.



Image: The NordicTrack RW500 Rower in active use, demonstrating the full machine and user during a rowing stroke.

Key Features:

- **Interactive Personal Training:** Features an integrated tablet holder for accessing iFit Coach workouts and tracking stats.
- **Silent Flywheel:** Utilizes SMR Silent Magnetic Resistance for quiet and smooth exercise.
- **SpaceSaver Design:** Allows the rower to fold vertically for convenient storage.
- **Designed for Comfort:** Equipped with a soft ergonomic handle and pivoting pedals with adjustable foot straps.

Setup Instructions

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the assembly guide are present.
2. **Frame Assembly:** Follow the detailed instructions in the included assembly manual to connect the main frame components. This typically involves attaching the front and rear stabilizers to the main rail.
3. **Seat Installation:** Slide the seat onto the rail, ensuring it moves smoothly.
4. **Console/Tablet Holder Attachment:** Secure the console and tablet holder to the designated arm. Connect any necessary cables as per the assembly guide.
5. **Foot Pedal Adjustment:** Adjust the foot pedals to fit your shoe size using the adjustable straps. Ensure your feet are securely fastened before use.



Image: Close-up view of the rower's foot pedals, highlighting the adjustable straps for secure foot placement.

6. **Power Connection:** Connect the power adapter to the rower and a suitable electrical outlet.



Image: The NordicTrack RW500 Rower folded into its SpaceSaver configuration for compact storage.

Operating Instructions

1. **Power On:** Ensure the rower is plugged in. The console should power on automatically or by pressing a button.
2. **Foot Placement:** Sit on the seat and place your feet on the foot pedals. Secure them with the adjustable straps.
3. **Grip the Handle:** Grasp the ergonomic handle with both hands, palms down.
4. **Adjust Resistance:** The RW500 uses Silent Magnetic Resistance. Adjust the resistance level using the controls on the console or as guided by your iFit workout.
5. **Rowing Technique:**
 - **Catch:** Start with knees bent, shins vertical, and arms extended forward.
 - **Drive:** Push off with your legs, then lean back slightly, and finally pull the handle towards your abdomen.
 - **Finish:** Legs extended, body leaned back, handle at abdomen.
 - **Recovery:** Extend arms forward, then lean forward, and finally bend knees to return to the catch position.
6. **Using the Console/iFit:**



Image: Close-up view of the NordicTrack RW500 Rower's console, displaying various workout metrics such as time, distance, pace, watts, and calories burned.

Place your tablet or smartphone in the integrated holder. Connect to the iFit app to access trainer-led workouts and track your progress. The console displays real-time metrics such as time, distance, pace, watts, and calories burned.

7. **Folding for Storage:** To save space, the rower can be folded vertically. Consult the assembly manual for specific folding instructions.

Maintenance

- **Cleaning:** Regularly wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Keep the seat rail clean and free of debris to ensure smooth seat movement.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose fasteners.
- **Lubrication:** Refer to the full user manual for specific lubrication requirements, if any, for moving parts.

Troubleshooting

Console Not Displaying Data:

Ensure the rower is properly plugged into a power source and that any internal connections to the console are secure. Check if batteries (if applicable) need replacement.

Unusual Noises During Operation:

Inspect the seat rollers and rail for debris. Check all bolts and connections for tightness. If the noise persists, consult the full user manual or contact customer support.

iFit Connectivity Issues:

Ensure your tablet or smartphone has a stable internet connection. Verify that the iFit app is updated to the latest

version. Restart both the rower and your device. If problems persist, refer to iFit support resources.

Specifications

Model Name	RW500
Item Model Number	NTRW99147
Brand	Nordictrack
Colour	Black
Resistance Mechanism	Magnetic
Display Type	LCD
Frame Material	Metal
Item Weight	52.2 kg
Maximum Weight Recommendation	250 Pounds
Parcel Dimensions	116.84 x 63.5 x 55.88 cm
Power Source	Battery Powered
Special Features	Adjustable, Compact

Warranty Information

For detailed warranty information regarding your NordicTrack RW500 Rower, please refer to the warranty card included with your product or visit the official NordicTrack website. Warranty terms and conditions may vary by region and purchase date. It is recommended to register your product upon purchase to activate your warranty.

Customer Support

Should you require assistance with assembly, operation, maintenance, or troubleshooting, please contact NordicTrack customer support. Have your model number (RW500) and serial number ready when contacting support for faster service.

For iFit-related inquiries, including account setup, workout access, or technical issues with the iFit platform, please refer to the iFit support resources or their dedicated customer service channels.

You can often find contact information and FAQs on the official NordicTrack website: www.nordictrack.ca