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NordicTrack NTEX02121

NordicTrack Commercial S22i Studio Cycle User Manual

Model: NTEX02121

1. Introduction

The NordicTrack Commercial S22i Studio Cycle is designed to provide an immersive and effective at-home cycling experience. This manual provides essential information for the safe assembly, operation, and maintenance of your studio cycle. Please read this manual thoroughly before using the equipment and retain it for future reference.
Key features of your S22i Studio Cycle include:

- **iFIT Integration:** Access a vast library of live and on-demand workouts with expert trainers.
- **22" Smart HD Touchscreen:** A rotating high-definition display for an engaging workout experience.
- **Automatic Trainer Control:** Resistance and incline/decline adjust automatically during iFIT workouts.
- **SMR Silent Magnetic Resistance:** Provides a smooth and quiet workout.
- **Adjustable Seating:** Vertical and horizontal seat adjustments for optimal comfort.
- **Dual 3-lb Dumbbells:** Included for upper body workouts.



Figure 1.1: User engaging with the NordicTrack Commercial S22i Studio Cycle.

2. Safety Information

Before using this equipment, please observe the following safety precautions:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the studio cycle on a level surface with adequate clearance around it.
- Ensure all parts are properly assembled and tightened before each use.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 350 pounds.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Unplug the power cord when the equipment is not in use or during cleaning.

3. Setup

The NordicTrack Commercial S22i Studio Cycle requires assembly. Refer to the separate assembly guide included with your product for detailed, step-by-step instructions. Ensure all components are present and undamaged before beginning assembly.

3.1 Unpacking and Placement

1. Carefully remove all components from the packaging.

2. Place the studio cycle on a stable, level surface. Ensure there is at least 2 feet of clearance around the equipment for safe operation and maintenance.
3. Connect the power cord to a grounded outlet.



Figure 3.1: Product dimensions for placement planning.

4. Operating the Studio Cycle

4.1 Powering On and Initial Setup

Plug the power cord into a wall outlet. The touchscreen 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 to access the full range of interactive workouts.

4.2 Adjusting the Seat

For optimal comfort and performance, adjust the seat both vertically and horizontally to match your body. The seat height can be adjusted from 34.93 inches to 47.65 inches from the floor to the seat top.

1. To adjust the vertical position, loosen the adjustment knob below the seat post, slide the seat to the desired height, and tighten the knob securely.
2. To adjust the horizontal position, loosen the adjustment knob beneath the seat, slide the seat forward or backward, and tighten the knob securely.



Figure 4.1: Seat and handlebar adjustment points.

4.3 Using the 22" Smart HD Touchscreen

The 22-inch Smart HD touchscreen provides access to iFIT workouts, manual mode, and various settings. Navigate through menus by tapping and swiping. The screen can rotate for off-bike workouts.



Figure 4.2: Interactive 22" Smart HD Touchscreen.

4.4 iFIT Workouts and Automatic Trainer Control

With an iFIT membership, you can choose from thousands of global workouts and studio classes. During iFIT workouts, the trainer can automatically adjust your bike's resistance and incline/decline to match the terrain or intensity of the session. This feature is known as Automatic Trainer Control.

▶ **Watch video online**
NordicTrack Commercial S22i Studio Cycle

Video 4.1: Official overview of the NordicTrack Commercial S22i Studio Cycle, demonstrating its features and iFIT integration.

4.5 Resistance Levels

The S22i Studio Cycle offers 24 digital resistance levels. In manual mode, you can adjust the resistance using the

controls on the handlebars or touchscreen. During iFIT workouts, resistance is often adjusted automatically by the trainer.

4.6 Dual 3-lb Dumbbells

The included dual 3-lb dumbbells are stored conveniently on the bike and can be used for upper body exercises during or after your cycling workout, especially during iFIT strength training sessions.



Figure 4.3: Using the dual 3-lb dumbbells for off-bike workouts.

4.7 AutoBreeze Workout Fan

The integrated AutoBreeze workout fan automatically adjusts its speed to match the intensity of your workout, helping to keep you cool and comfortable.

4.8 Bluetooth Headphone Connectivity

Connect your Bluetooth headphones to the studio cycle to listen to your iFIT trainer and workout audio without distractions. Refer to the touchscreen settings for Bluetooth pairing instructions.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your NordicTrack Commercial S22i Studio Cycle.

- **Cleaning:** Wipe down the equipment after each use with a damp cloth to remove sweat and dust. Avoid abrasive

cleaners or solvents.

- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are securely tightened. Inspect the pedals, seat, and handlebars for any signs of wear or damage.
- **Storage:** Store the studio cycle in a dry, climate-controlled environment away from direct sunlight and extreme temperatures.
- **Power Cord:** Inspect the power cord regularly for damage. If damaged, contact customer service for a replacement.

6. Troubleshooting

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

Problem	Solution
No Power to Touchscreen	Ensure the power cord is securely plugged into both the cycle and a working wall outlet. Check the circuit breaker.
Resistance Not Changing	Verify the power cord is connected. If in iFIT mode, ensure Automatic Trainer Control is enabled. If in manual mode, try adjusting resistance via the touchscreen or handlebar controls.
Unstable or Noisy Operation	Ensure the cycle is on a level surface. Check and tighten all assembly bolts and nuts.
iFIT Connectivity Issues	Check your Wi-Fi connection and signal strength. Restart the studio cycle by unplugging and replugging the power cord.

For further assistance, please contact NordicTrack Customer Support.

7. Specifications

Feature	Detail
Brand	NordicTrack
Model Name	Commercial S22i Studio Cycle
Model Number	NTEX02121
Resistance Mechanism	Magnetic (SMR Silent Magnetic Resistance)
Number of Resistance Levels	24 Digital Levels
Console Display	22" Smart HD Touchscreen (Rotating)
Power Source	Corded Electric
Product Dimensions (D x W x H)	60" x 22" x 63"

Feature	Detail
Item Weight	3 pounds (Note: This likely refers to a component, not the full bike. Full bike weight is significantly higher.)
Maximum User Weight	350 pounds
Seat Adjustment Range (Floor to Seat Top)	34.93" - 47.65"
Included Components	Dual 3-lb Dumbbells
Material	Aluminum (Frame components)
UPC	043619387049

8. Warranty

The NordicTrack Commercial S22i Studio Cycle comes with a**1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. For specific terms, conditions, and to register your product, please refer to the warranty card included with your purchase or visit the official NordicTrack website.

9. Support

If you have any questions, require technical assistance, or need to order replacement parts, please contact NordicTrack Customer Service:

- **Website:** Visit the official NordicTrack support page for FAQs, troubleshooting guides, and contact options.
- **Phone:** Refer to your product registration card or the NordicTrack website for the most current customer service phone number.
- **Serial Number:** Please have your product's serial number ready when contacting support. The serial number is typically located on a decal near the main frame or under the console.

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