Nordictrack NTL39221

Nordictrack Commercial X32i Incline Treadmill

Model: NTL39221

User Manual

1. Important Safety Instructions

Read all instructions before using this appliance. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Always keep children and pets away from the treadmill.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could become caught in the treadmill.
- Consult a physician before beginning any exercise program.
- Use the safety key clip. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Do not attempt to service the treadmill yourself. Refer all servicing to qualified service personnel.

2. Product Overview

The Nordictrack Commercial X32i Incline Treadmill is designed to provide an immersive and effective home fitness experience. It features a large interactive touchscreen, advanced cushioning, and integration with the iFIT platform for guided workouts.



Front view of the Nordictrack Commercial X32i Incline Treadmill, showcasing its large 32-inch touchscreen display and sturdy frame.



A user running on the Nordictrack Commercial X32i Incline Treadmill, demonstrating its incline capability and spacious running deck.



The Nordictrack Commercial X32i Incline Treadmill shown at its maximum incline setting, highlighting the robust elevation mechanism.



The Nordictrack Commercial X32i Incline Treadmill shown at its maximum decline setting, illustrating its versatility for varied training.

Key Features:

- **32-inch Smart HD Touchscreen:** Provides crystal clear graphics and enhanced WiFi connectivity for an immersive training experience.
- **Reflex Cushioning:** The 22" x 65" non-stretch tread belt is equipped with Reflex Cushioning to reduce impact on joints.
- **AutoBreeze Workout Fans:** Dual fans keep you cool during intense workouts.
- **iFIT Integration:** Access to a vast library of on-demand workouts with Automatic Trainer Control for incline (-6% to 40%) and speed (0-12 MPH) adjustments.
- **ActivePulse Technology:** Allows the treadmill to auto-adjust to keep you in your target heart rate zone (Bluetooth

pulse reader sold separately).

3. Setup

3.1 Unpacking and Placement

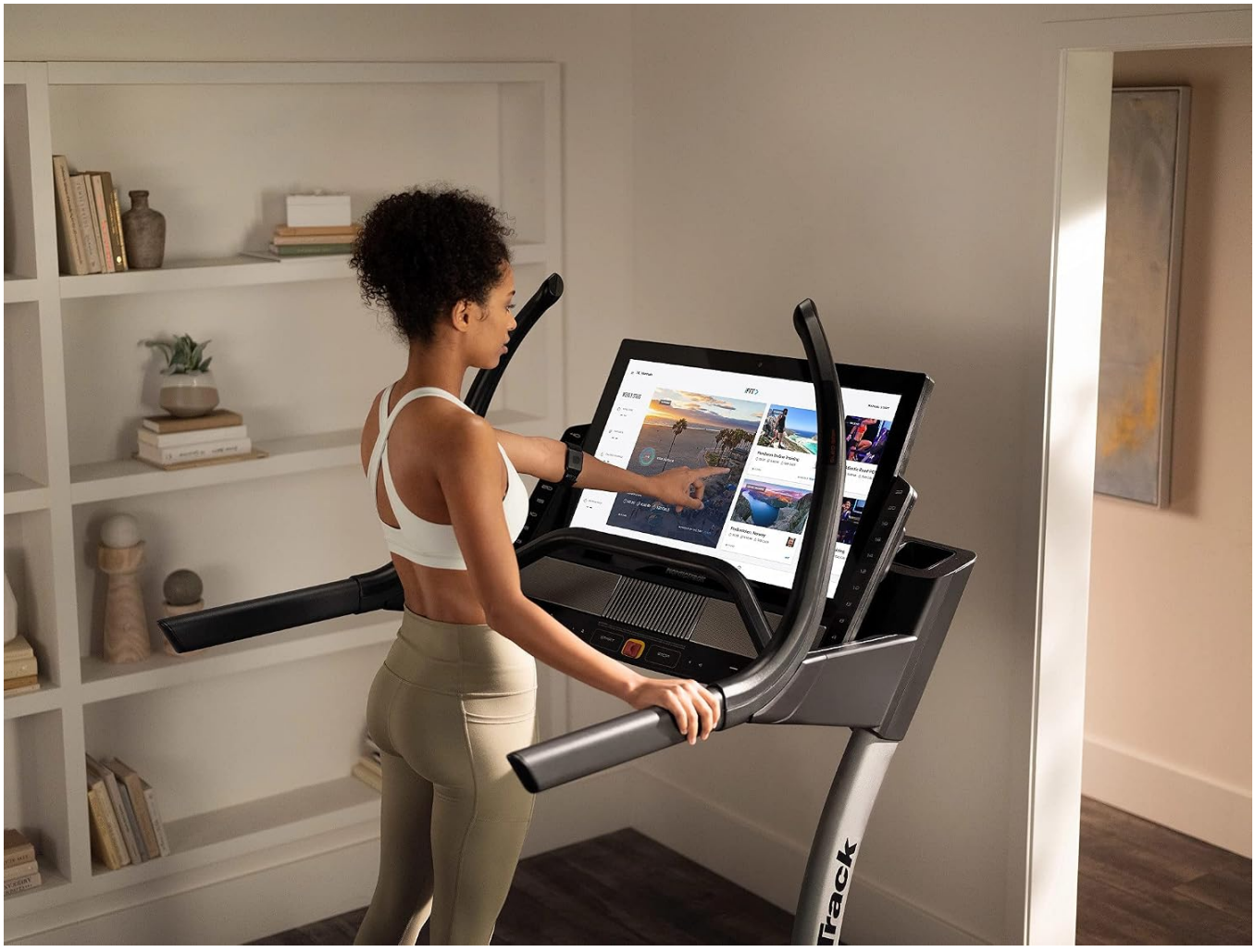
Carefully remove all components from the packaging. Ensure all parts are present before beginning assembly. Place the treadmill on a firm, level surface, ensuring adequate clearance around the unit as specified in the safety instructions.

3.2 Assembly

Assembly typically involves attaching the uprights, console, and other smaller components. Refer to the detailed assembly guide included in your product packaging for step-by-step instructions, including diagrams and hardware identification. Ensure all bolts and fasteners are securely tightened before use.

3.3 Initial Power-Up and iFIT Activation

Once assembled, connect the power cord to a grounded outlet. The touchscreen will power on. Follow the on-screen prompts to connect to your Wi-Fi network and activate your iFIT family membership. This process typically involves creating an iFIT account or logging into an existing one.



A user interacting with the 32-inch Smart HD Touchscreen, demonstrating the iFIT interface for workout selection and settings.

4. Operating Instructions

4.1 Powering On/Off

To power on the treadmill, ensure the power cord is plugged in and the main power switch (usually located near the front base) is in the 'ON' position. The console will illuminate. To power off, turn the main power switch to 'OFF' and unplug the power cord from the outlet.

4.2 Using the Touchscreen Interface

The 32-inch Smart HD Touchscreen is your primary interface for controlling the treadmill and accessing iFIT content. Navigate through menus by tapping icons and swiping. The home screen typically displays quick start options, iFIT workout recommendations, and settings.

4.3 Adjusting Incline and Speed

The treadmill offers a wide range of incline (-6% to 40%) and speed (0-12 MPH) adjustments. Use the dedicated 'OneTouch' buttons on the console for quick adjustments or the '+' and '-' buttons for fine-tuning. During iFIT workouts, the trainer may automatically adjust these settings.

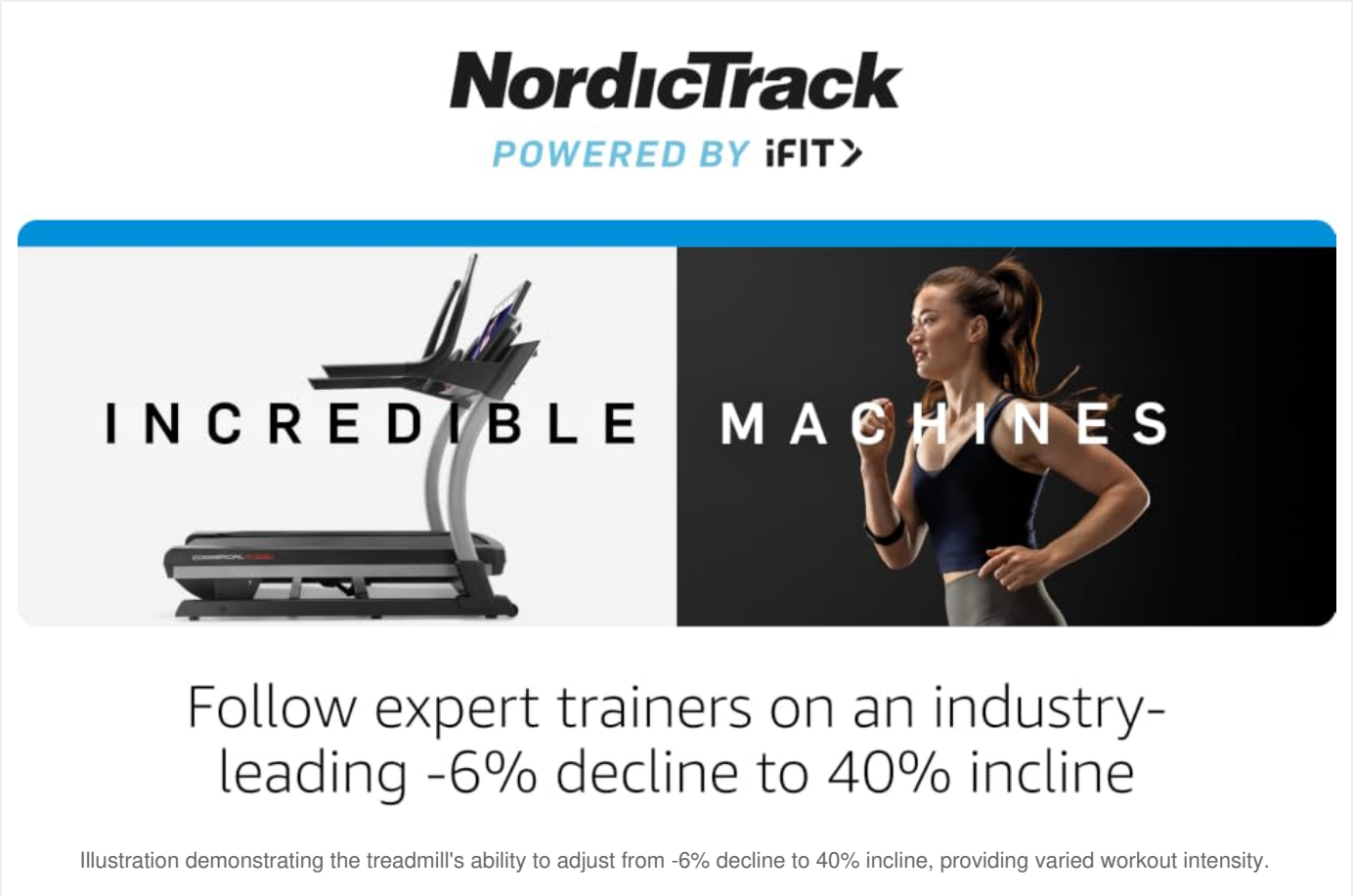
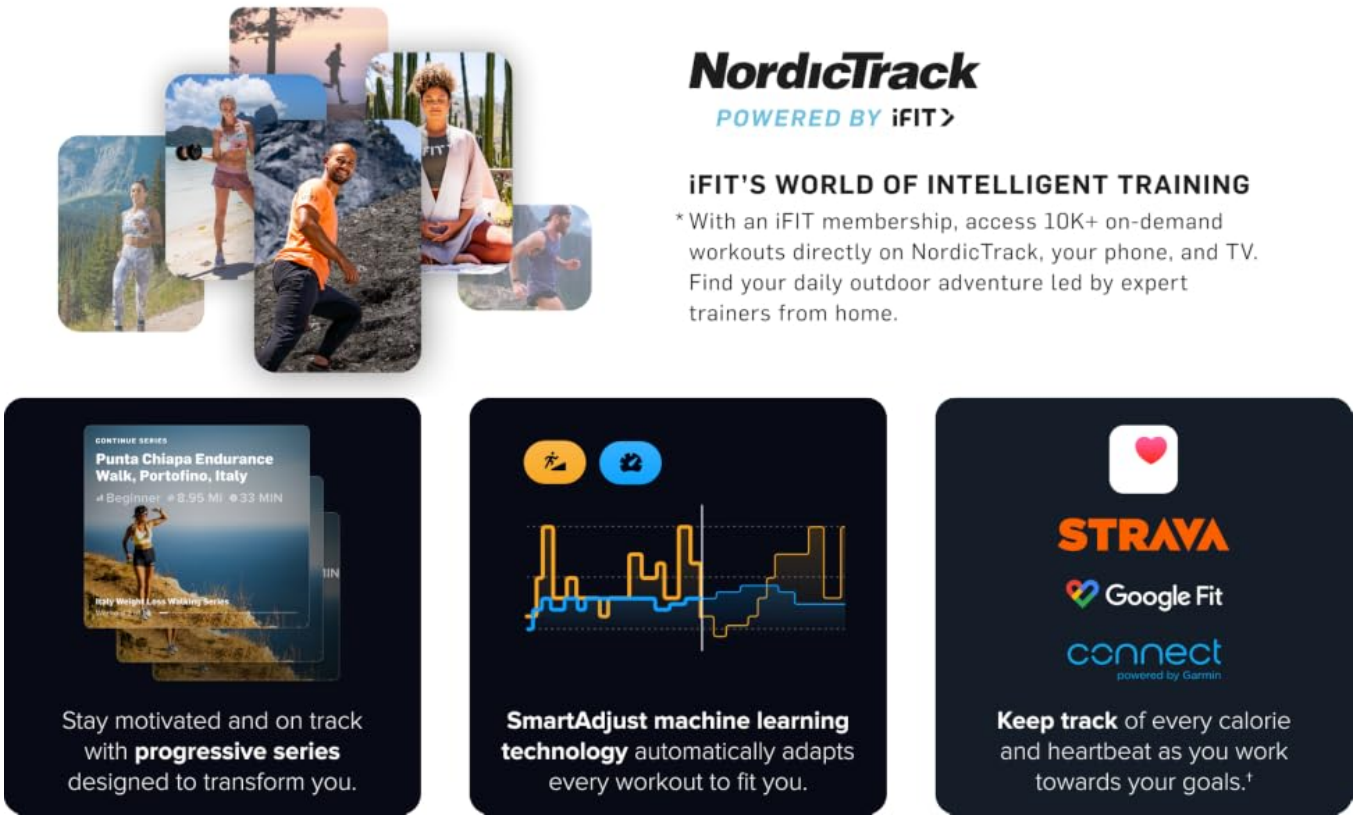


Illustration demonstrating the treadmill's ability to adjust from -6% decline to 40% incline, providing varied workout intensity.

4.4 iFIT Membership and Workouts

Your treadmill includes a 30-day iFIT family membership. This allows access to a vast library of global workouts, studio classes, and progressive series led by elite trainers. With Automatic Trainer Control, your trainer can digitally adjust your treadmill's speed and incline/decline to match the workout terrain or intensity.

- **Browse Workouts:** Use the touchscreen to explore the iFIT library by workout type, trainer, location, or intensity.
- **Start a Workout:** Select a workout and press 'Start'. The treadmill will begin to move, and adjustments will be made automatically.
- **Manual Mode:** You can override automatic adjustments at any time by manually changing speed or incline.
- **ActivePulse:** If you have a compatible Bluetooth pulse reader (sold separately), enable ActivePulse in settings to allow the treadmill to adjust intensity based on your heart rate.



An overview of iFIT's intelligent training features, including progressive series, SmartAdjust technology, and integration with fitness apps like Strava and Google Fit.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Nordictrack Commercial X32i Treadmill.

5.1 Cleaning

- **Console and Screen:** Wipe the touchscreen and console with a soft, damp cloth. Avoid abrasive cleaners or excessive moisture.
- **Running Deck and Belt:** Periodically wipe down the running deck and belt edges with a damp cloth to remove dust and debris.
- **General Cleaning:** Keep the area around the treadmill clean and free of dust.

5.2 Belt Maintenance

- **Belt Alignment:** If the running belt drifts to one side, consult your product manual for instructions on how to adjust the belt alignment using the rear roller bolts.
- **Belt Lubrication:** The treadmill belt is pre-lubricated. Refer to your specific product manual for guidance on when and how to re-lubricate the belt, as over-lubrication can cause issues.
- **Belt Tension:** Ensure the belt has proper tension. If it slips during use, consult the manual for adjustment procedures.

5.3 General Inspection

Regularly inspect the treadmill for any signs of wear or damage. Check all bolts and nuts for tightness. If you notice any unusual noises, vibrations, or performance issues, discontinue use and consult the troubleshooting section or contact customer support.

6. Troubleshooting

This section addresses common issues you might encounter with your Nordictrack Commercial X32i Treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; main power switch off; circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Check main power switch. Reset household circuit breaker if tripped.
Running belt slips or hesitates.	Belt tension too loose; belt worn; motor issues.	Adjust belt tension according to the manual. If problem persists, contact customer support.
Console display is blank or unresponsive.	Loose cable connection; software issue; power interruption.	Check all cable connections to the console. Try powering off and on the treadmill. If issue persists, contact customer support.
iFIT workouts are not loading or buffering.	Poor Wi-Fi connection; iFIT server issues.	Check your Wi-Fi signal strength. Restart your router. Verify iFIT service status online.

For issues not listed here, or if the suggested solutions do not resolve the problem, please contact Nordictrack Customer Support.

7. Specifications

Feature	Detail
Model Number	NTL39221
Product Dimensions (L x W x H)	194.31 x 101.6 x 185.42 cm (76.5" H x 40" W x 73" L)
Item Weight	209.56 kg (462 lbs)
User Capacity	300 pounds
Display	32-inch Smart HD Touchscreen
Incline Range	-6% Decline to 40% Incline
Speed Range	0-12 MPH (miles per hour)
Tread Belt Size	22" x 65"
Cushioning	Reflex Cushioning
Motor Horsepower	2 Horsepower (Note: Product description mentions 4.25 CHP, using the specification table value)
Connectivity	Wi-Fi, Bluetooth
Power Source	Corded Electric
Material	Alloy Steel

8. Warranty and Support

8.1 Product Warranty

The Nordictrack Commercial X32i Incline Treadmill is protected by the following warranty:

- **Frame:** 10-year warranty
- **Parts:** 2-year warranty
- **Labor:** 1-year warranty

Please retain your proof of purchase for warranty claims. The warranty covers defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, accident, or unauthorized modifications.

8.2 Customer Support

For technical assistance, warranty inquiries, or to order replacement parts, please visit the official Nordictrack support website or contact their customer service department. Contact information can typically be found on the Nordictrack website or in your product's original documentation.

For more information, visit the Nordictrack Store on Amazon.

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