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NordicTrack FS14i

NordicTrack FS14i FreeStride Elliptical User Manual

Model: FS14i

1. INTRODUCTION

Thank you for choosing the NordicTrack FS14i FreeStride Elliptical. This manual provides essential information for the safe and effective use of your new fitness equipment. The FS14i is designed to offer a comprehensive cardio workout experience, featuring an immersive 14-inch HD touchscreen and integration with iFIT interactive personal training.

Key features include:

- Integrated 14-inch interactive HD touchscreen for iFIT workouts.
- SMR Silent Magnetic Resistance for quiet operation.
- 26 Digital Levels of Resistance with Automatic Trainer Control.
- Adjustable stride from 0" to 32" for versatile workouts (running, hiking, walking).
- -10% to 10% Incline and Decline capabilities.
- 375-pound weight capacity.



Figure 1.1: Front view of the NordicTrack FS14i FreeStride Elliptical.

2. SAFETY INFORMATION

Before using this equipment, please read all instructions carefully. Keep this manual for future reference. Adhere to all warnings and instructions on the machine and in this manual.

- **Consult a Physician:** Before beginning any exercise program, consult your physician. This is especially important for individuals over age 35 or those with pre-existing health problems.
- **Weight Capacity:** The maximum user weight for this elliptical is 375 pounds (170 kg). Do not exceed this weight.
- **Children and Pets:** Keep children and pets away from the equipment at all times. The elliptical is not a toy.
- **Proper Attire:** Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could become caught in the machine.
- **Stable Surface:** Place the elliptical on a level surface with adequate clearance around it. Ensure at least 2 feet (0.6 meters) of clear space behind and on each side of the machine.
- **Inspection:** Before each use, inspect the elliptical for loose parts or signs of wear. Do not use the machine if it is damaged.
- **Electrical Safety:** Ensure the power cord is not pinched or damaged. Do not use extension cords.
- **Hydration:** Stay hydrated during your workout.

3. SETUP

3.1 Assembly

The NordicTrack FS14i FreeStride Elliptical requires assembly. Please refer to the separate assembly guide included with your product for detailed, step-by-step instructions. Ensure all parts are accounted for and assembled correctly before proceeding.

3.2 Initial Power-Up and iFIT Activation

1. Connect the power cord to the elliptical and then to a grounded electrical outlet.
2. The 14-inch HD touchscreen will power on. Follow the on-screen prompts to connect to your home Wi-Fi network. A stable Wi-Fi connection is required for iFIT functionality.
3. Activate your iFIT Family Membership. A credit card is required for activation, and the membership auto-renews unless canceled. This membership provides access to a vast library of interactive workouts.
4. Create up to five individual exercise profiles for your family members.



Figure 3.1: Side view of the NordicTrack FS14i FreeStride Elliptical, showing its compact design.

4. OPERATING INSTRUCTIONS

4.1 Using the 14-inch HD Touchscreen

The touchscreen is your primary interface for controlling the elliptical and accessing iFIT content. Navigate through menus by tapping and swiping. Adjust volume and other settings directly on the screen.

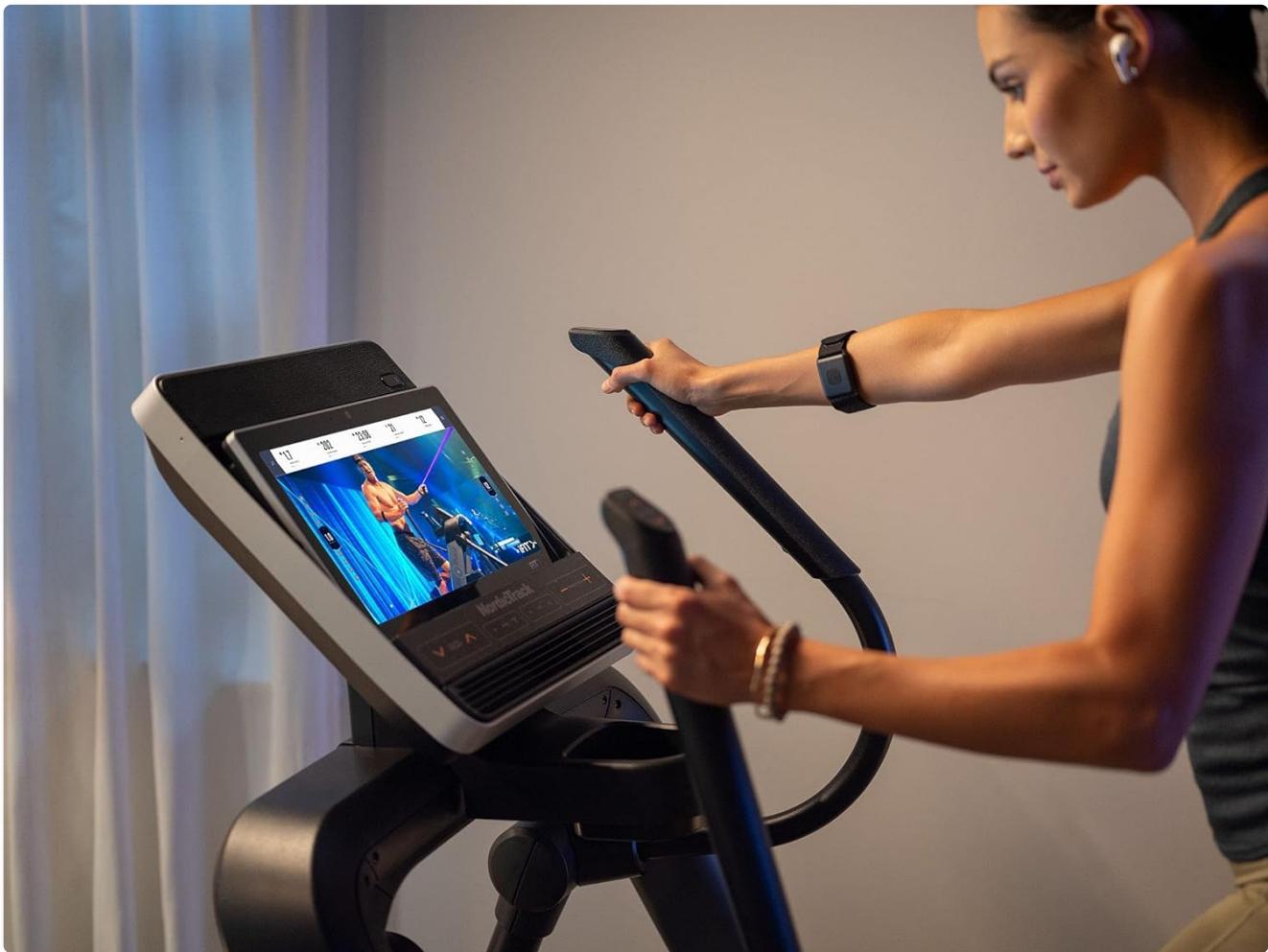


Figure 4.1: A user interacting with the 14-inch HD touchscreen during a workout.

4.2 iFIT Workouts

Your iFIT membership unlocks a vast library of on-demand workouts, including studio sessions, global workouts, strength training, and yoga. Select a workout from the main menu. Workouts are led by world-class trainers.

- **Automatic Trainer Control:** During iFIT workouts, your trainer can automatically adjust the elliptical's resistance, incline, and decline in real-time, providing a hands-free, immersive experience that matches the terrain or intensity of the session.
- **Global Workouts:** Experience virtual runs and rides through scenic locations worldwide using Google Maps™ technology.
- **Daily Recommended Workouts:** iFIT provides personalized workout recommendations daily based on your preferences and progress.

4.3 Adjusting Stride, Resistance, and Incline/Decline

The FS14i features an auto-adjusting stride from 0" to 32". The machine intuitively follows your movements, allowing you to transition between a stepper, elliptical, and treadmill-like motion without pressing buttons. You can also manually adjust resistance and incline/decline if not using Automatic Trainer Control.

- **Resistance:** The elliptical offers 26 digital resistance levels. Increase resistance for a more challenging workout, or decrease it for easier movement.
- **Incline/Decline:** The machine can adjust from -10% decline to 10% incline. Adjusting the incline changes the muscle groups targeted and increases workout intensity.

4.4 Tracking Your Stats

The touchscreen displays real-time workout statistics, including time, distance, calories burned, and resistance level.

iFIT also tracks your progress over time, helping you stay motivated.



Figure 4.2: A user engaging in a workout on the NordicTrack FS14i in a typical home environment.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your NordicTrack FS14i Elliptical.

- **Cleaning:** After each use, wipe down the machine with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and screws to ensure they are tightened. Loose components can affect performance and safety.
- **Lubrication:** The FS14i is largely maintenance-free due to its magnetic resistance system. However, if you notice any squeaking or friction in moving parts, consult the NordicTrack support website for specific lubrication guidelines.
- **Power Cord:** Inspect the power cord regularly for any damage. If damaged, discontinue use and contact customer support.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your NordicTrack FS14i Elliptical.

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; outlet issue.	Ensure power cord is securely plugged into the machine and a working electrical outlet. Check circuit breaker.

Problem	Possible Cause	Solution
Loud knocking or squeaking noises during use.	Loose bolts or components; lack of lubrication.	Inspect and tighten all assembly bolts. Refer to maintenance section for lubrication if necessary. If noise persists, contact customer support.
iFIT workouts not loading or buffering.	Weak Wi-Fi signal; iFIT server issues.	Check your Wi-Fi connection strength. Restart your router. Ensure your iFIT membership is active. If issues persist, contact iFIT support.
Resistance or incline/decline not adjusting.	Motor or sensor issue; software glitch.	Restart the machine. Ensure no obstructions. If using iFIT, check if Automatic Trainer Control is active. If problem continues, contact NordicTrack customer support.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact NordicTrack Customer Support for assistance.

7. SPECIFICATIONS

Detailed specifications for the NordicTrack FS14i FreeStride Elliptical:

- **Model Name:** FS14i
- **Brand:** NordicTrack
- **Color:** Black
- **Product Dimensions (D x W x H):** 58.5" x 29.5" x 74" (148.6 cm x 74.9 cm x 188 cm)
- **Material:** Alloy Steel, Plastic, Rubber
- **Resistance Mechanism:** Magnetic
- **Maximum Weight Recommendation:** 375 Pounds (170 kg)
- **Adjustable Stride Length:** 0" to 32" (0 cm to 81.3 cm)
- **Screen Size:** 14 Inches HD Touchscreen
- **Number of Resistance Levels:** 26 Digital Levels
- **Incline/Decline Range:** -10% to 10%
- **Manufacturer:** NordicTrack
- **UPC:** 043619616514
- **Part Number:** NTEL71620
- **Date First Available:** April 21, 2021

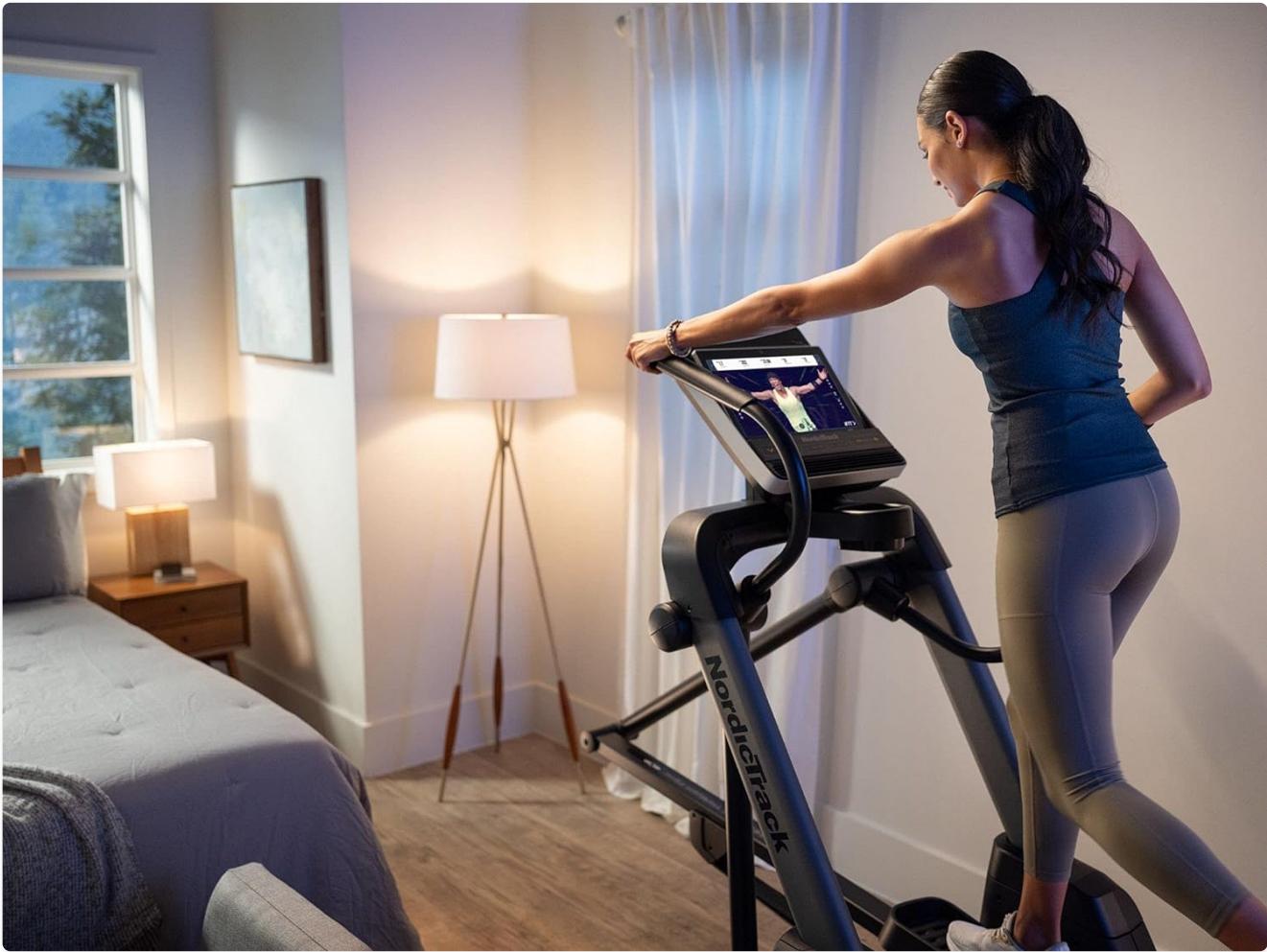


Figure 7.1: Close-up view of the handlebars and touchscreen during use.

8. WARRANTY AND SUPPORT

8.1 Product Warranty

The NordicTrack FS14i FreeStride Elliptical is protected by the following limited warranties:

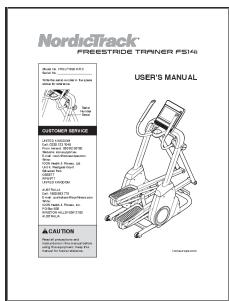
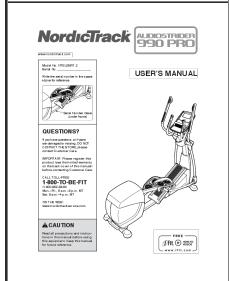
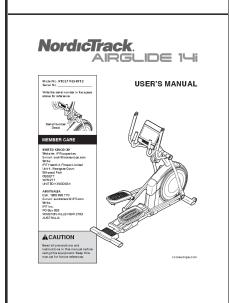
- **Frame:** 10-year warranty
- **Parts:** 2-year warranty
- **Labor:** 1-year warranty

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 claims, or any questions regarding your NordicTrack FS14i Elliptical, please contact NordicTrack Customer Support. Contact information can typically be found on the official NordicTrack website or in your product packaging.

When contacting support, please have your model number (FS14i) and serial number (located on the product frame) readily available.

	<p>NordicTrack Freestrider Trainer FS14i User's Manual</p> <p>User's manual for the NordicTrack Freestrider Trainer FS14i elliptical, covering assembly, operation, console features, maintenance, and exercise guidelines.</p>
	<p>Manual del Usuario NordicTrack Freestrider Trainer FS14i</p> <p>Este manual del usuario proporciona instrucciones detalladas para el montaje, uso, mantenimiento y solución de problemas del entrenador elíptico NordicTrack Freestrider Trainer FS14i.</p>
	<p>NordicTrack X16 Elliptical User's Manual</p> <p>Comprehensive user's manual for the NordicTrack X16 Elliptical (Model NTEL71625.0), covering assembly, operation, maintenance, and safety precautions.</p>
	<p>NordicTrack AudioStrider 990 PRO User's Manual - Assembly & Operation Guide</p> <p>Get started with your NordicTrack AudioStrider 990 PRO elliptical. This user's manual provides detailed instructions for assembly, operation, maintenance, and troubleshooting, helping you achieve your fitness goals at home.</p>
	<p>NordicTrack AirGlide 14i Elliptical User Manual</p> <p>User manual for the NordicTrack AirGlide 14i elliptical (Model No. NTEL71423-INT.2), covering assembly, operation, console usage, maintenance, troubleshooting, and safety precautions.</p>
	<p>NordicTrack Commercial 14.9 Elliptical User Manual</p> <p>Comprehensive user manual for the NordicTrack Commercial 14.9 elliptical, covering assembly, operation, maintenance, and troubleshooting.</p>