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› NordicTrack Commercial Series R35 Recumbent Exercise Bike User Manual

## Nordictrack NTEX14921

# NordicTrack Commercial Series R35 Recumbent Exercise Bike User Manual

Model: NTEX14921 | Brand: NordicTrack

## 1. INTRODUCTION

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This manual provides comprehensive instructions for the assembly, operation, and maintenance of your NordicTrack Commercial Series R35 Recumbent Exercise Bike. Please read this manual thoroughly before using the equipment to ensure safe and efficient operation. Keep this manual for future reference.

## 2. SAFETY INFORMATION

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Before beginning any exercise program, consult with your physician. It is important to understand all safety precautions. Failure to follow these instructions may result in injury or damage to the equipment.

- Always place the exercise bike on a level surface.
- Ensure adequate clearance around the bike during use.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight recommendation of 350 pounds.
- Wear appropriate exercise attire and footwear.
- Inspect the bike for loose or worn parts before each use.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

## 3. PRODUCT OVERVIEW

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The NordicTrack Commercial Series R35 Recumbent Exercise Bike is designed for comfortable and effective indoor cardio training. Key features include:

- **14-inch HD Touchscreen:** Provides live stat readouts and access to iFIT workouts.
- **26 Digital Resistance Levels:** Offers a wide range of intensity for various workouts.
- **SMR Silent Magnetic Resistance:** Ensures smooth, quiet, and natural resistance changes.
- **Ergonomic Pedals with Adjustable Straps:** Designed for comfort and security for various foot sizes.

- **Adjustable Seat with Lumbar Support:** Cushioned seat and backrest for extended comfort.
- **AutoBreeze Fan:** Automatically adjusts airflow based on workout intensity.
- **25 lb. Inertia-Enhanced Flywheel:** Maintains smooth and balanced movement.
- **SmartAdjust Technology (with iFIT membership):** Automatically adjusts resistance to your fitness level.



Figure 3.1: Side view of the NordicTrack Commercial Series R35 Recumbent Exercise Bike.



Figure 3.2: Console and seat area of the exercise bike, highlighting the touchscreen and comfortable seating.

## 4. SETUP

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### 4.1 What's in the Box

Upon unboxing, ensure all components are present:

- NordicTrack Commercial Series R35 Exercise Bike
- 30-Day iFIT Membership (included with purchase)
- Power Cord
- Assembly Hardware (if applicable)
- User Manual (this document)

### 4.2 Assembly

Follow the detailed assembly instructions provided in the separate assembly guide that came with your product. Ensure all bolts and screws are tightened securely before use. It is recommended to have two people for assembly.

### 4.3 Power Connection

The R35 Recumbent Exercise Bike requires a corded electric power source. Connect the power adapter to the bike and then plug it into a standard wall outlet. Ensure the outlet is easily accessible and the power cord is not a tripping hazard.

## 5. OPERATING INSTRUCTIONS

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## 5.1 Adjusting the Seat

The seat can be adjusted forward and backward to accommodate different user heights. Locate the adjustment lever beneath the seat. Pull the lever to release the seat, slide it to the desired position, and then release the lever to lock it in place. Ensure the seat is securely locked before beginning your workout.

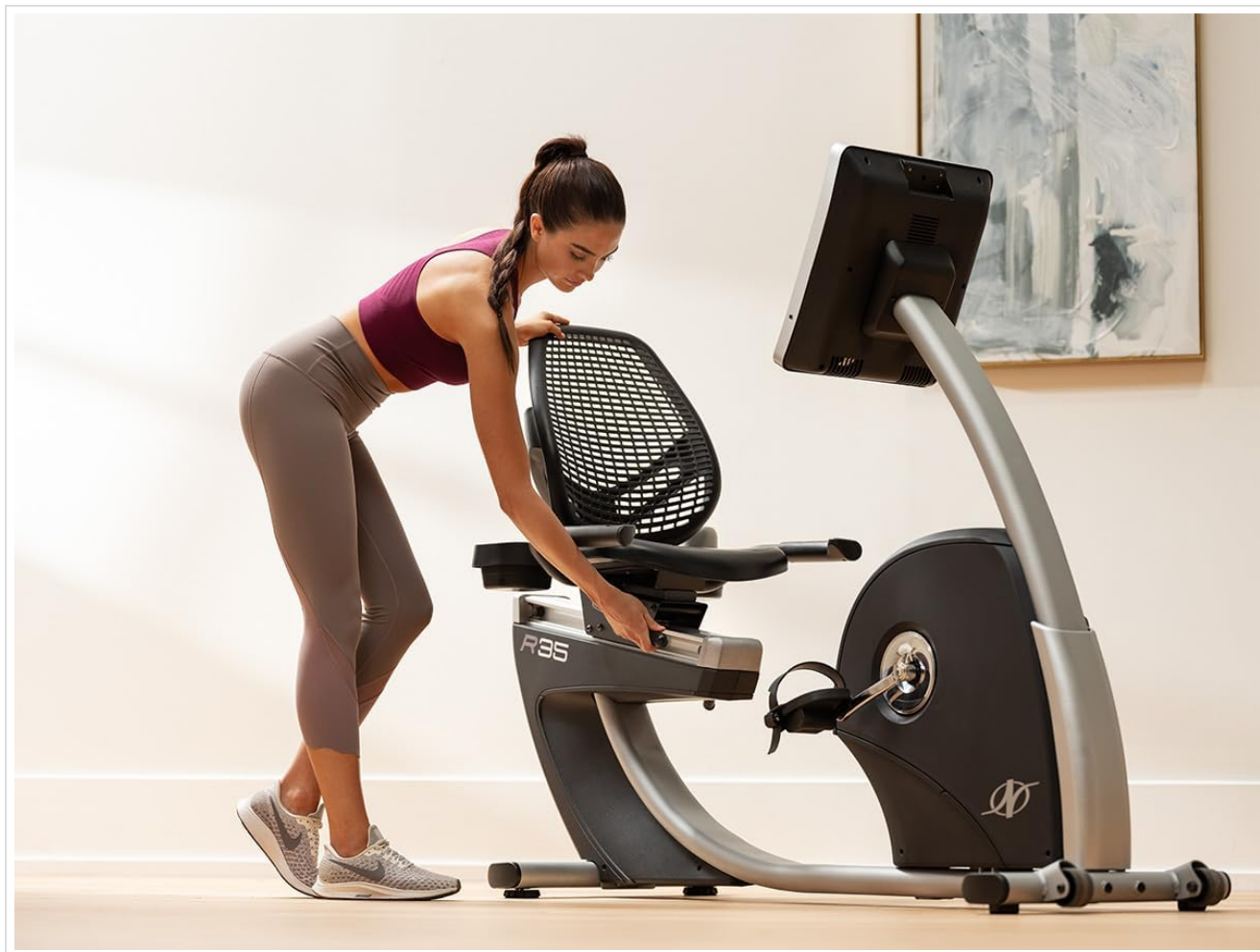


Figure 5.1: Proper technique for adjusting the seat position.

## 5.2 Using the Console and iFIT

The 14-inch HD touchscreen console is your interface for controlling the bike and accessing iFIT workouts. The console displays live workout statistics such as distance, resistance, and time.

- **Power On:** The console will typically activate when you begin pedaling or touch the screen.
- **iFIT Workouts:** With an active iFIT membership, you can access a library of trainer-led workouts. The SmartAdjust feature will automatically modify the bike's resistance to match the trainer's instructions and your fitness level.
- **Manual Mode:** If not using iFIT, you can manually adjust resistance levels using the controls on the console or handlebars.
- **Resistance Control:** Use the '+' and '-' buttons on the console or the handlebar controls to increase or decrease the 26 digital resistance levels.
- **AutoBreeze Fan:** The fan speed can be adjusted manually or set to AutoBreeze mode, which adapts to your workout intensity.
- **Heart Rate Monitoring:** Grip the pulse sensors on the handlebars to monitor your heart rate during your workout.



Figure 5.2: The 14-inch HD touchscreen console displaying iFIT workout information.



Figure 5.3: Handlebar controls for adjusting resistance and volume during a workout.

### 5.3 Pedals

The ergonomic pedals feature adjustable straps to secure your feet during exercise. Ensure your feet are properly positioned and the straps are snug before starting your workout.



Figure 5.4: Ergonomic pedals with adjustable straps for secure foot placement.

#### 5.4 Transporting the Bike

To move the exercise bike, lift the rear of the bike using the handle located at the back. The transport wheels at the front will allow you to roll the bike to your desired location. Exercise caution when moving the equipment.



Figure 5.5: Transport wheels located at the front base of the exercise bike for easy relocation.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the bike in a dry, climate-controlled environment away from direct sunlight.

## 7. TROUBLESHOOTING

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This section addresses common issues you might encounter with your NordicTrack R35 Recumbent Exercise Bike.

Problem	Possible Cause	Solution
Console does not power on.	Power cord not connected or outlet issue.	Ensure the power cord is securely plugged into the bike and a working electrical outlet. Check the circuit breaker.
Resistance is not changing.	Console malfunction or iFIT sync issue.	Restart the console. If using iFIT, ensure a stable internet connection. If the issue persists, contact customer support.
Seat feels loose or slides.	Seat adjustment lever not fully engaged or loose hardware.	Ensure the seat adjustment lever is fully released to lock the seat in position. Check and tighten any visible bolts securing the seat mechanism.
Unusual noises during operation.	Loose components or internal issue.	Stop using the bike immediately. Inspect for any loose parts and tighten them. If the noise continues, discontinue use and contact customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Nordictrack
Model Number	NTEX14921
Item Weight	191.8 Pounds
Product Dimensions (D x W x H)	68.22"D x 23.69"W x 53.42"H
Maximum Weight Recommendation	350 Pounds
Resistance Mechanism	Magnetic (SMR Silent Magnetic Resistance)
Number of Resistance Levels	26
Power Source	Corded Electric
Material	Alloy Steel
Special Feature	Adjustable Footstrap

## 9. WARRANTY AND SUPPORT

### 9.1 Warranty Information

The frame of your NordicTrack Commercial Series R35 Recumbent Exercise Bike is guaranteed for a period of ten (10) years following the initial date of purchase. All other machine parts are guaranteed for two (2) years after purchase. In addition, labor will be provided free-of-charge for one (1) year after purchase. Please retain your proof of purchase for warranty claims.

### 9.2 Customer Support

For technical assistance, parts, or warranty inquiries, please contact NordicTrack customer support. Refer to the contact information provided in your product packaging or visit the official NordicTrack website for the most up-to-date support details.

