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NordicTrack S 40

NordicTrack S 40 Treadmill User Manual

Model: S 40

IMPORTANT SAFETY INSTRUCTIONS

Before using this treadmill, please read all instructions carefully. Keep this manual for future reference.

- Always consult your physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- 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.
- Ensure the safety key is properly attached to your clothing during use.
- 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.
- Maximum user weight capacity is 125 kg (275 lbs).

SETUP AND ASSEMBLY

The NordicTrack S 40 Treadmill requires assembly. It is recommended that two people assemble this product. Refer to the separate assembly guide for detailed step-by-step instructions.

Unpacking

1. Carefully remove all components from the packaging.
2. Place all parts on a clear, level surface.
3. Verify all parts are present according to the parts list in the assembly guide.

Placement

Ensure the treadmill is placed on a stable, level surface. Maintain adequate clearance around the machine for safe operation and maintenance.



Image: The main console of the NordicTrack S 40 Treadmill, showing the touchscreen display, control buttons, and handlebars.

OPERATING INSTRUCTIONS

Powering On

1. Plug the power cord into a grounded outlet.
2. Attach the safety key to the console and clip the other end to your clothing.
3. The console display will illuminate.

Starting a Workout

- **Manual Mode:** Press the "Start" button to begin a workout. Adjust speed and incline manually using the console controls.
- **Pre-set Programs:** Select from 20 built-in workout programs via the 7-inch touchscreen.
- **iFit Integration:** Connect to the iFit app for unlimited interactive workouts.



Image: A detailed view of the 7-inch touchscreen display and the quick-access speed and incline buttons on the NordicTrack S 40 Treadmill console.

Adjusting Speed and Incline

- **Speed:** Use the "Speed +" and "Speed -" buttons, or the quick-speed buttons (0-22 km/h) on the console.
- **Incline:** Use the "Incline +" and "Incline -" buttons, or the quick-incline buttons (0-12%) on the console.

Stopping the Treadmill

- Press the "Stop" button to pause or end your workout.
- To stop immediately, pull the safety key from the console. The treadmill will come to a controlled stop.

MAINTENANCE

Regular maintenance ensures optimal performance and extends the life of your treadmill. Always unplug the treadmill before cleaning or performing any maintenance.

Cleaning

- Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- Periodically vacuum underneath the treadmill to prevent dust buildup.

Running Belt Maintenance

- **Lubrication:** The running belt is pre-lubricated. Check your assembly guide for specific lubrication intervals, typically every few months depending on usage. Use only approved silicone lubricant.
- **Tension:** The running belt should be properly tensioned. If it slips or feels loose, refer to the assembly guide for instructions on adjusting belt tension.
- **Alignment:** If the belt drifts to one side, it may need alignment. Consult the assembly guide for adjustment procedures.



Image: A close-up view of the running deck and the FlexSelect cushioning system of the NordicTrack S 40 Treadmill.

Motor Maintenance



SMART-Response Drive System

A 3.0 CHP DurX™ Commercial Plus Motor is built to move you through your toughest, fastest exercises so you never miss a beat.

-  3.0 CHP DURX™ MOTOR
-  REDUCED VIBRATION
-  SELF-COOLING

Image: Diagram illustrating the internal components of the 3.0 CHP DurX Commercial Plus Motor, highlighting its reduced vibration and self-cooling features.

The treadmill features a 3.0 CHP DurX Commercial Plus Motor designed for durability. Keep the motor area free of dust and debris. Do not

attempt to open the motor cover unless instructed by a qualified service technician.

TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; safety key not inserted; circuit breaker tripped.	Ensure power cord is securely plugged in. Insert safety key fully. Check household circuit breaker.
Running belt slips.	Belt tension too loose.	Adjust running belt tension according to the assembly guide.
Treadmill makes unusual noise.	Loose parts; belt misalignment; motor issue.	Check for and tighten any loose parts. Adjust belt alignment. If noise persists, contact customer support.
Console display is not working.	Loose cable connection; power issue.	Ensure all console cables are securely connected. Verify power supply.

For issues not listed here, or if solutions do not resolve the problem, please contact NordicTrack customer support.

SPECIFICATIONS

Feature	Detail
Brand	NordicTrack
Model	S 40
Motor	3.0 CHP DurX Commercial Plus Motor
Running Belt Size	51 cm x 152 cm (20 in x 60 in)
Speed Range	0 - 22 km/h (0 - 13.7 mph)
Incline Range	0% - 12% Digital Quick Incline
Cushioning	FlexSelect Cushioning
Display	7-inch Full Color Touchscreen
Workouts	20 On-board workouts, iFit compatible
Speakers	Dual 2-inch Speakers
Rollers	9-inch Precision Balanced Rollers
Heart Rate Monitoring	Pulse Grip Sensors
Weight Capacity	125 kg (275 lbs)
Product Weight	Approx. 110 kg (242 lbs)
Folded Dimensions (L x W x H)	103 cm x 90 cm x 180 cm (40.5 in x 35.4 in x 70.8 in)
Frame Material	Stainless Steel Alloy
Assembly Required	Yes
Power Source	Corded Electric

WARRANTY AND SUPPORT

The NordicTrack S 40 Treadmill comes with a **1-year warranty**. For warranty claims or technical support, please contact NordicTrack customer service.

Keep your proof of purchase and model number (S 40) readily available when contacting support.

Online Support: Visit the official NordicTrack website for FAQs, troubleshooting guides, and contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question