

Nordictrack NTL 89121

NordicTrack Elite 900 Treadmill User Manual

Model: NTL 89121

1. IMPORTANT SAFETY INFORMATION

Read all instructions before using this appliance. Save these instructions for future reference.

- Always consult with a physician before beginning any exercise program.
- Keep children and pets away from the treadmill at all times.
- 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.
- Use the safety key clip. If you feel faint, dizzy, or experience pain, stop exercising immediately.

2. SETUP AND ASSEMBLY

The NordicTrack Elite 900 Treadmill requires assembly. It is recommended that two people assemble this product.

2.1 Unpacking

Carefully remove all components from the packaging. Ensure all parts listed in the assembly guide are present. Keep packaging materials until assembly is complete in case of missing parts.

2.2 Assembly Steps

1. Attach the uprights to the base frame.
2. Secure the console mast to the uprights.
3. Connect the console wiring harness.
4. Attach the console to the console mast.
5. Install the handrails and other accessories.

Refer to the detailed assembly diagrams provided in the separate assembly manual for precise instructions and hardware identification.



Figure 2.2.1: Fully assembled NordicTrack Elite 900 Treadmill. This image displays the complete treadmill unit, highlighting its robust frame, running deck, and integrated console.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the console and controls before starting your workout.

3.1 Console Overview



Figure 3.1.1: NordicTrack Elite 900 Console. This image provides a detailed view of the treadmill's control panel, including the 7-inch touchscreen, speed and incline quick-select buttons, and safety key receptacle.

- **7-inch HD Touchscreen:** Displays workout metrics, iFIT programs, and entertainment.
- **Speed Controls:** Buttons to adjust running speed (0-20 km/h).
- **Incline Controls:** Buttons to adjust deck incline (0-12%).
- **Start/Stop Buttons:** Initiate and end workouts.
- **Safety Key:** Must be inserted for the treadmill to operate. Clip to clothing for emergency stop.

3.2 Starting a Workout

1. Ensure the safety key is inserted into the console and clipped to your clothing.
2. Step onto the treadmill belt.
3. Press the **START** button or select a workout program from the touchscreen.
4. Adjust speed and incline as desired using the console controls or through iFIT interactive training.



Figure 3.2.1: User interacting with the console. This image shows a user adjusting settings on the touchscreen display while exercising on the treadmill, demonstrating the interactive capabilities.

3.3 iFIT Integration

The NordicTrack Elite 900 Treadmill is designed for interactive training with iFIT. A 30-day iFIT subscription is included.

- Access a library of coached workouts led by professional trainers.
- Experience automatic speed and incline synchronization with Google Maps Street View workouts.
- Create personalized training programs and track your progress.

4. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

4.1 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 and debris buildup.

4.2 Belt Lubrication

The running belt is pre-lubricated. Refer to the separate maintenance guide for instructions on when and how to re-lubricate the belt, if necessary.

4.3 Belt Alignment and Tension

If the running belt shifts to one side or slips, it may require adjustment. Consult the maintenance section of the full manual for detailed instructions on adjusting belt alignment and tension.

4.4 Storage

The NordicTrack Elite 900 features a SpaceSaver® design for convenient storage.



Figure 4.4.1: Folding the treadmill for storage. This image illustrates the SpaceSaver® design, showing a user easily folding the running deck into an upright position for compact storage.

1. Ensure the treadmill is powered off and unplugged.
2. Lift the running deck until it locks into the upright position.
3. To unfold, gently push the deck release lever and lower the deck to the floor.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your NordicTrack Elite 900 Treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; circuit breaker tripped; safety key not inserted.	Ensure power cord is securely plugged into a grounded outlet. Check household circuit breaker. Insert safety key fully into the console.
Running belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension according to the maintenance section. Lubricate the belt if necessary.
Loud noises during operation.	Loose components; motor cover rubbing; worn belt.	Check all bolts and screws for tightness. Ensure motor cover is secure. Contact customer support if noise persists.
Console display is blank or unresponsive.	Loose cable connection; software issue.	Check all console cable connections. Try restarting the treadmill by unplugging and re-plugging. If issue persists, contact customer support.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact NordicTrack Customer Support.

6. SPECIFICATIONS

Detailed technical specifications for the NordicTrack Elite 900 Treadmill.

- **Model Number:** NTL 89121
- **Motor:** Continuous 3.0 HP
- **Speed Range:** 0-20 km/h (0-12 mph)
- **Incline Range:** 0-12% Digital Incline
- **Running Surface:** 51 cm x 152 cm (20" x 60")
- **Display:** 7-inch HD Smart Touchscreen
- **Cushioning:** Cushioned Deck
- **Product Dimensions (L x W x H):** 188 cm x 89 cm x 137.16 cm (approx. 74" x 35" x 54")
- **Product Weight:** 101 kg (222.6 lbs)
- **Power Source:** Corded Electric
- **Included Components:** Product and User Manual



Figure 6.1.1: NordicTrack Elite 900 Dimensions. This image provides a visual representation of the treadmill's key dimensions, including length, width, and height, for space planning.

7. WARRANTY INFORMATION

NordicTrack products are built with quality and durability in mind. Your NordicTrack Elite 900 Treadmill is covered by a limited warranty.

For specific warranty details, including coverage period for frame, motor, parts, and labor, please refer to the warranty card included with your product or visit the official NordicTrack website.


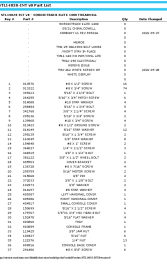



Note: Warranty coverage typically requires product registration within a specified period after purchase.

8. CUSTOMER SUPPORT

If you have questions, require assistance with assembly, operation, or maintenance, or need to report a problem, please contact NordicTrack Customer Support.

- **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 numbers in your region.
- **Serial Number:** Have your treadmill's serial number ready when contacting support. The serial number is typically located on a decal near the front of the treadmill base.

Related Documents - NTL 89121

	<p>NordicTrack Elite 900 Treadmill User Manual</p> <p>User manual for the NordicTrack Elite 900 treadmill, providing assembly instructions, operating guidelines, maintenance tips, and safety precautions for optimal use and longevity.</p>
	<p>NordicTrack Elite 1400 Treadmill NTL14020-INT Parts List</p> <p>Official parts list for the NordicTrack Elite 1400 Treadmill (Model NTL14020-INT). Find detailed information on components, part numbers, quantities, and assembly notes for maintenance and repair.</p>
	<p>NordicTrack ELITE 900 Treadmill User's Manual and Assembly Guide</p> <p>Comprehensive user's manual for the NordicTrack ELITE 900 treadmill, covering assembly instructions, safe operation, maintenance, troubleshooting, and important safety precautions. Includes information on product registration and extended service plans.</p>
	<p>NordicTrack ELITE 900 Treadmill User's Manual</p> <p>Comprehensive user's manual for the NordicTrack ELITE 900 treadmill, covering assembly, operation, maintenance, troubleshooting, and exercise guidelines.</p>
	<p>NordicTrack ELITE 7750 Treadmill User Manual</p> <p>This comprehensive user manual for the NordicTrack ELITE 7750 treadmill provides essential guidance on assembly, safe operation, maintenance, troubleshooting, and iFit integration. Ensure optimal performance and safety by following the detailed instructions.</p>



[NordicTrack Elite Treadmill \(22-inch\) User's Manual](#)

Comprehensive user's manual for the NordicTrack Elite Treadmill (22-inch), model NTL29222.2. Includes assembly instructions, safety precautions, operating guides, maintenance tips, and troubleshooting for your home fitness equipment.