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› NordicTrack T-Series 9 Treadmill User Manual

NordicTrack T Series 9

NordicTrack T-Series 9 Treadmill User Manual

Model: T Series 9 (NTL15725CW-INT)

1. INTRODUCTION

Welcome to your new NordicTrack T-Series 9 Treadmill. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your equipment. Please read this manual thoroughly before using the treadmill to ensure proper function and to maximize your workout experience.



Image: The NordicTrack T-Series 9 Treadmill, ready for use.

2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure safe operation:

- Always consult your physician before starting any exercise program.
- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a level surface with adequate clearance around it.
- Ensure the safety key is properly inserted before starting the treadmill. In case of emergency, pull the safety key to stop the machine.
- Do not exceed the maximum user weight of 147 kg (325 lbs).
- Wear appropriate athletic footwear during use.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Before assembly, verify that all components are present in the box:

- User Manual
- Power Cord
- Tool Kit

- Safety Key

4. SETUP AND ASSEMBLY

The NordicTrack T-Series 9 Treadmill requires assembly. Follow the detailed instructions provided in the included user manual for step-by-step guidance. For visual assistance, an official NordicTrack assembly video may be available online.

Initial Power-Up and iFIT Activation

1. Once assembled, connect the power cord to a grounded electrical outlet.
2. Insert the safety key into its designated slot on the console.
3. The treadmill features a 10-inch inclinable touchscreen display. Follow the on-screen prompts to set up your profile and connect to Wi-Fi.
4. Your purchase includes a 30-day iFIT PRO subscription. To activate your iFIT code, send an email to amazon@nordictrack.es. This subscription unlocks a vast library of interactive workouts.

5. OPERATING INSTRUCTIONS

Console and Display



Image: The 10-inch inclinable touchscreen display.

The treadmill is equipped with a 10-inch HD touchscreen that can be tilted for optimal viewing. This display provides access to iFIT workouts, manual controls, and streaming services.

Speed and Incline Control

- **Speed Range:** The treadmill offers a speed range from 0 to 20 km/h (0 to 12.4 mph). Adjust speed using the on-screen controls or quick-select buttons.
- **Incline Range:** The incline can be adjusted from 0% to 12%. This feature allows for varied terrain simulation and increased workout intensity.

iFIT Experience



Con **Sigue al Entrenador**, tu cinta de correr seguirá automáticamente la inclinación, declinación y velocidad de tu entrenador iFIT.

Image: An iFIT trainer leading a workout session.

With an active iFIT subscription, you can access a wide range of interactive features:

- **Expert-Led Workouts:** Follow iFIT trainers through global workouts where speed and incline are automatically adjusted to match the terrain.
- **SmartAdjust Technology:** iFIT adapts workouts to your fitness level and goals.
- **Off-Treadmill Workouts:** Access strength, yoga, HIIT, and other training sessions directly from the console.
- **Streaming Services:** Enjoy your favorite shows and movies on the HD touchscreen during your workout.
- **Third-Party App Sync:** iFIT synchronizes with Strava, Garmin, and Apple Health to consolidate your fitness data.

SelectFlex Cushioning

La plataforma acolchada está diseñada para absorber el impacto y equilibrar la comodidad con la sensación de correr por carretera.



Image: Illustration of the SelectFlex cushioning system.

The SelectFlex cushioning system allows you to adjust the deck's firmness to your preference, providing impact absorption for a comfortable running or walking experience.

Folding and Storage



Image: The treadmill folded for compact storage.

The treadmill features a SpaceSaver design with EasyLift Assist, allowing it to be folded vertically for compact storage. To fold, lift the running deck until it locks into place. To unfold, gently push the black bar with your foot, and the deck will slowly lower to the floor.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Cleaning:** Periodically clean the running belt and deck area to prevent debris buildup.
- **Belt Lubrication:** Refer to the main user manual for instructions on how and when to lubricate the running belt. Proper lubrication is crucial for smooth operation.
- **Belt Adjustment:** If the running belt becomes off-center or slips, consult the main user manual for instructions on how to adjust its tension and alignment.
- **Power Cord Inspection:** Regularly inspect the power cord for any damage.

7. 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 connected, 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 or hesitates.	Belt tension too loose, belt requires lubrication.	Adjust belt tension as per manual. Lubricate belt if necessary.
Console display is unresponsive or freezes.	Software glitch, temporary error.	Restart the treadmill by unplugging and replugging the power cord. If issues persist, contact customer support.
No heart rate reading.	Treadmill does not have built-in pulse sensors; requires external monitor.	Use a compatible external heart rate monitor (not included).
iFIT app not syncing with Apple Health/Strava/Garmin.	Incorrect settings in iFIT app or third-party app.	Verify synchronization settings within the iFIT application and the respective third-party fitness apps.

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

8. SPECIFICATIONS

Feature	Specification
Model Number	NTL15725CW-INT
GTIN/UPC	043619123883
Unfolded Dimensions (L x W x H)	191 cm x 87 cm x 148 cm (75.2 in x 34.3 in x 58.3 in)
Folded Dimensions (L x W x H)	104 cm x 87 cm x 174 cm (40.9 in x 34.3 in x 68.5 in)

Feature	Specification
Product Weight	116 kg (255.7 lbs)
Maximum User Weight	147 kg (325 lbs)
Maximum Speed	20 km/h (12.4 mph)
Maximum Incline	12%
Motor Power	3.6 Horsepower (Peak)
Display Type	10-inch HD Touchscreen (LED)
Connectivity	Bluetooth, Wi-Fi
Material	Alloy Steel
Power Source	Electric Cord
Included Items	Power Cord, Safety Key, Tool Kit, User Manual

9. WARRANTY AND SUPPORT

Warranty Information

Your NordicTrack T-Series 9 Treadmill comes with the following warranty:

- **Motor:** 3-year contractual warranty (total 5 years).
- **Parts and Labor:** 2-year legal warranty.

Please retain your proof of purchase for warranty claims.

Customer Support

For technical assistance, warranty claims, or any questions regarding your treadmill, please contact NordicTrack Customer Support through their official website or the contact information provided in your product registration materials.

For iFIT subscription code requests, email amazon@nordictrack.es.