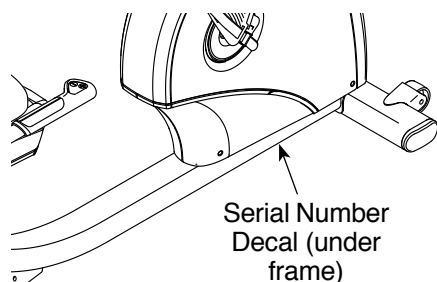


# NordicTrack® ELITE R110

**Model No. NTEVEX89915.0**

**Serial No.** \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### CUSTOMER SERVICE

#### UNITED KINGDOM

**Call:** 0330 123 1045

**From Ireland:** 053 92 36102

**Website:** [www.iconsupport.eu](http://www.iconsupport.eu)

**E-mail:** [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

ICON Health & Fitness, Ltd.  
Unit 1D, The Gateway  
Fryers Way, Silkwood Park  
OSSETT  
WF5 9TJ  
UNITED KINGDOM

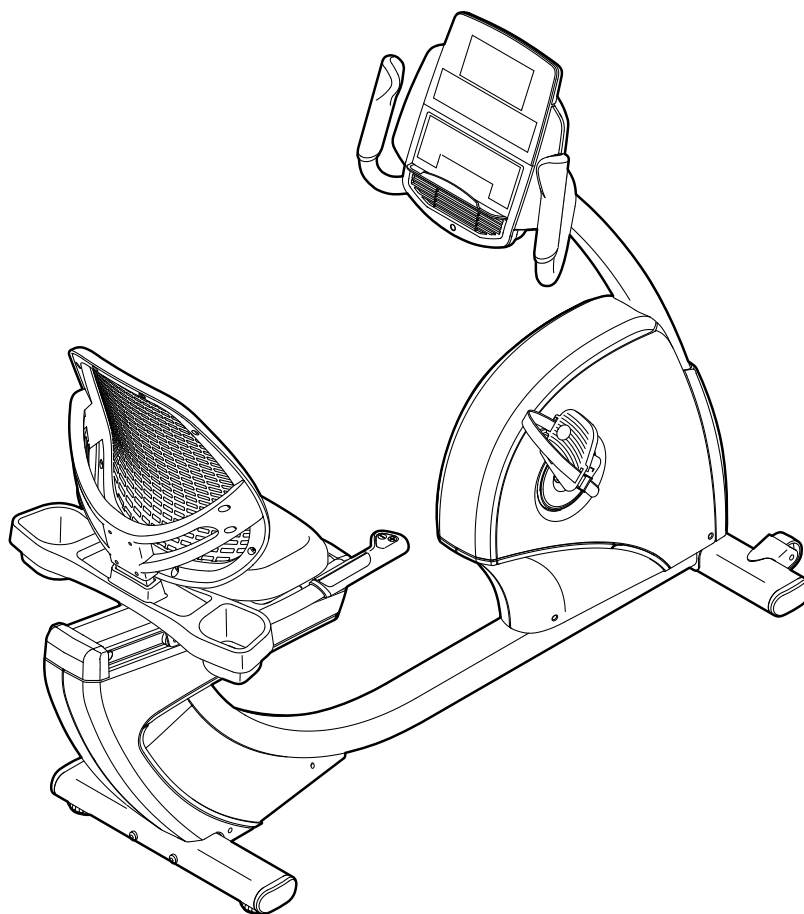
#### AUSTRALIA

**Call:** 1800 993 770

**E-mail:** [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

**Write:**

ICON Health & Fitness  
PO Box 635  
WINSTON HILLS NSW 2153  
AUSTRALIA



### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

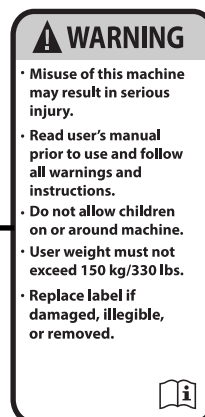
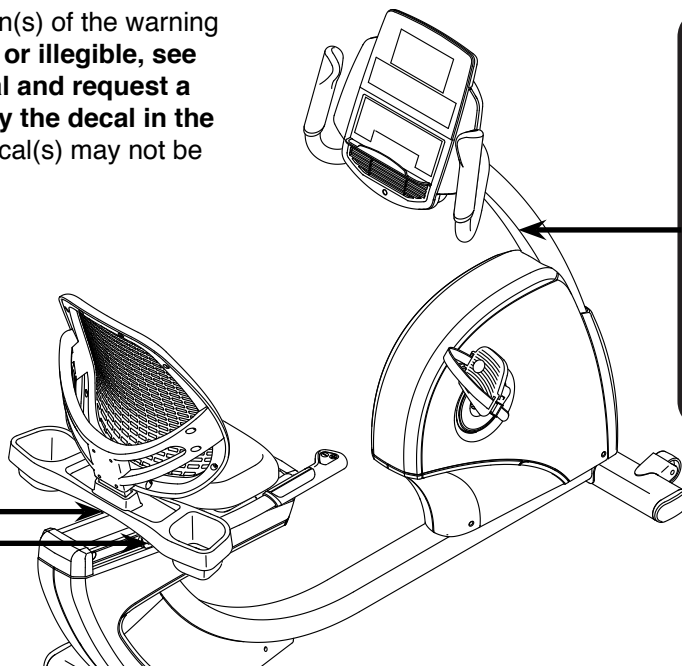
[www.iconeurope.com](http://www.iconeurope.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
THE CHEST HEART RATE MONITOR .....	14
HOW TO USE THE EXERCISE BIKE .....	15
MAINTENANCE AND TROUBLESHOOTING .....	24
EXERCISE GUIDELINES .....	26
PART LIST .....	28
EXPLODED DRAWING .....	30
ORDERING REPLACEMENT PARTS .....	Back Cover
RECYCLING INFORMATION .....	Back Cover

## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 330 lbs. (150 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

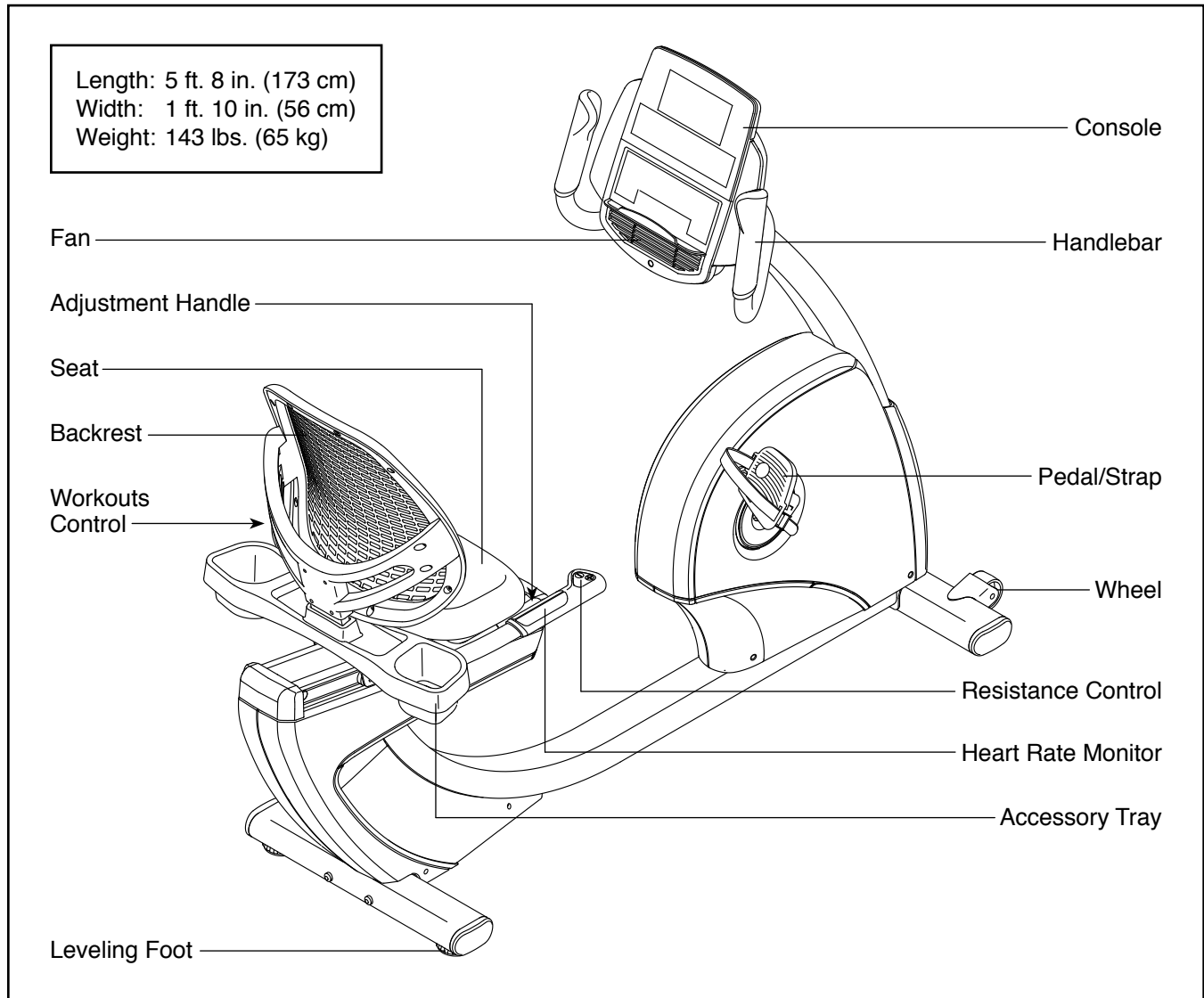
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ELITE R110 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The ELITE R110 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the exercise bike.** If you have questions after

reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

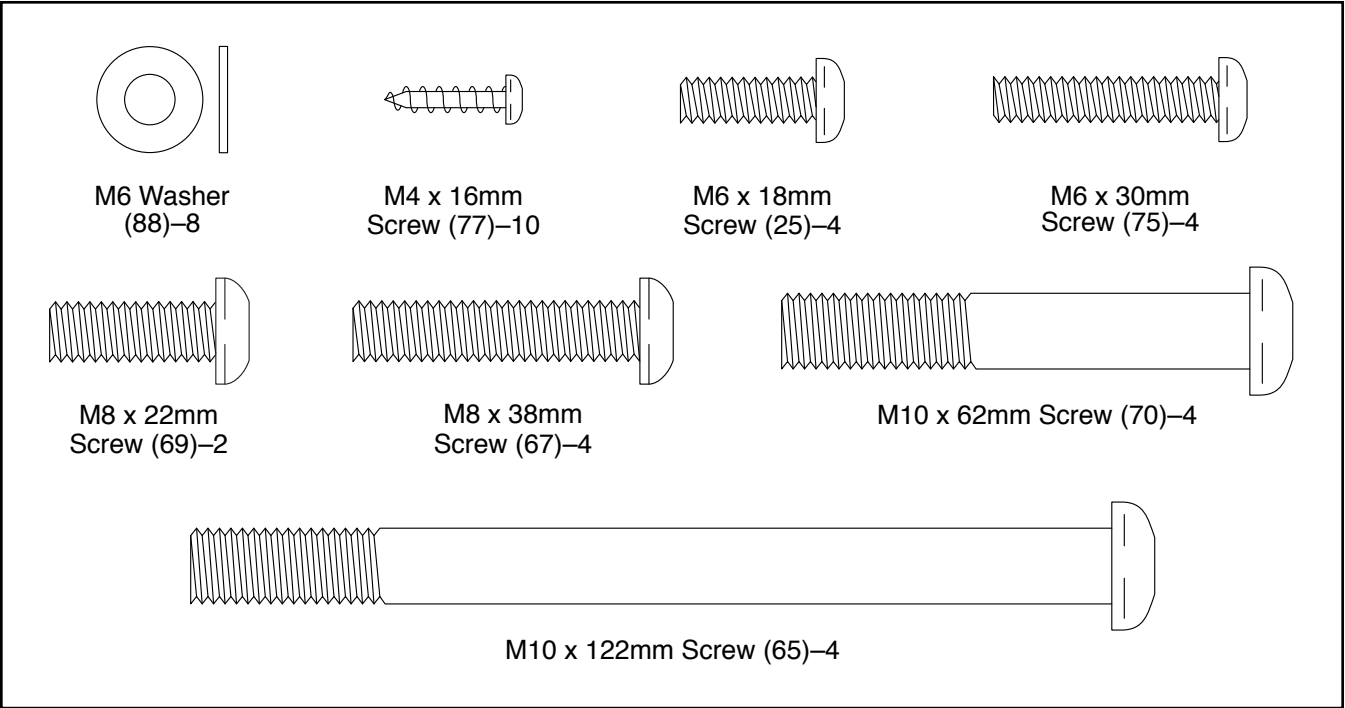
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.





# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench

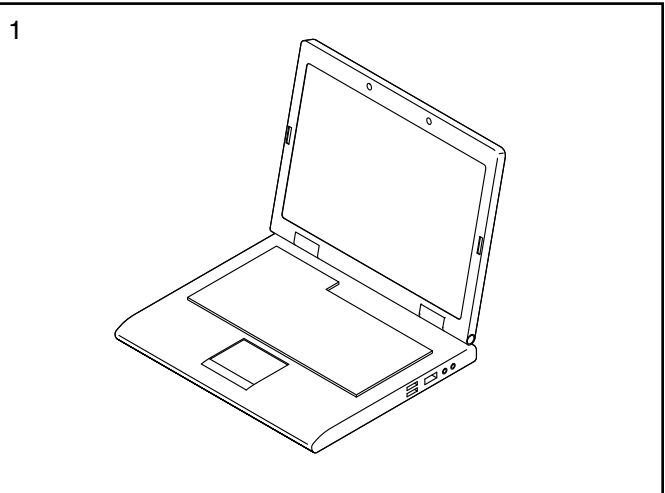


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [www.iconsupport.eu](http://www.iconsupport.eu) on your computer and register your product.

- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

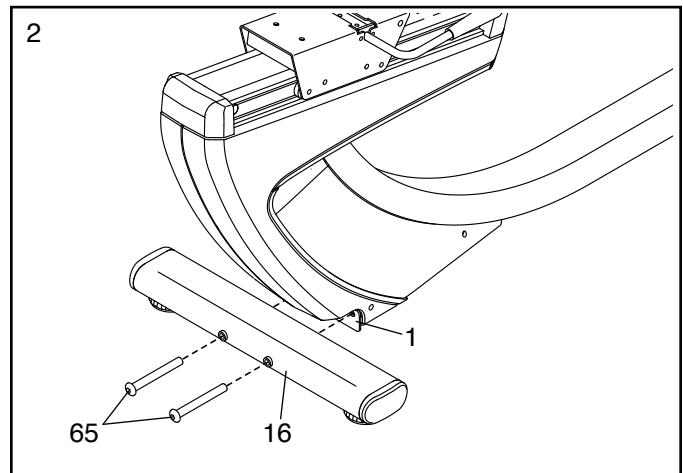
Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.



## 2. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Rear Stabilizer (16) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

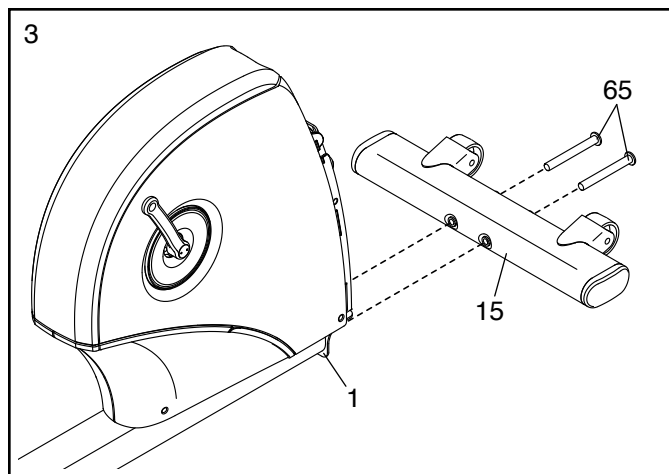
Then, remove the packing material.



3. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Front Stabilizer (15) as shown. Attach the Front Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

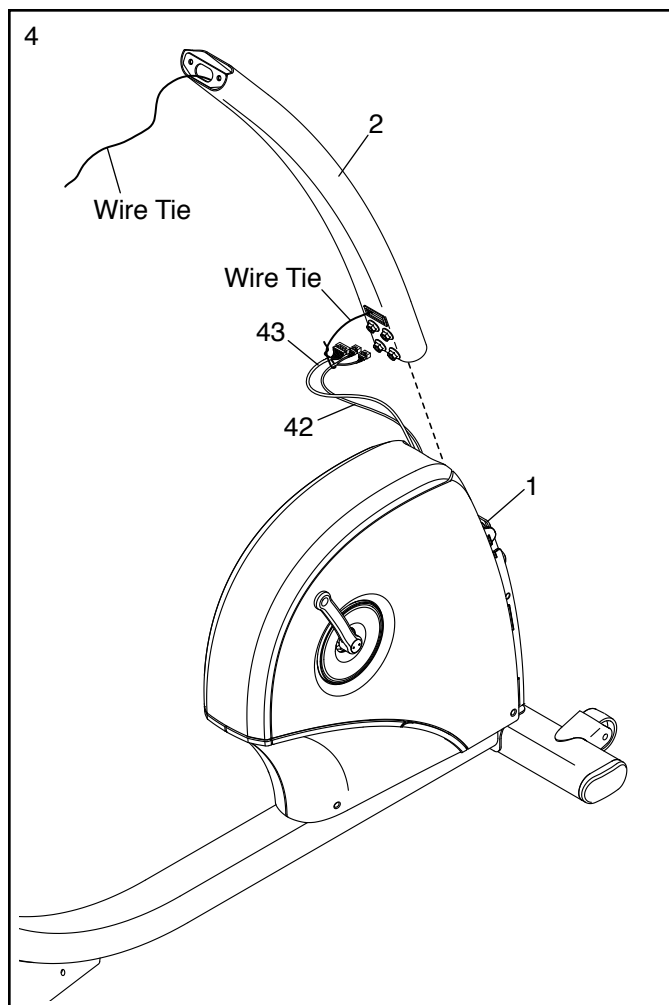
Then, remove the packing material.



4. Orient the Upright (2) as shown. Have a second person hold the Upright near the front of the Frame (1).

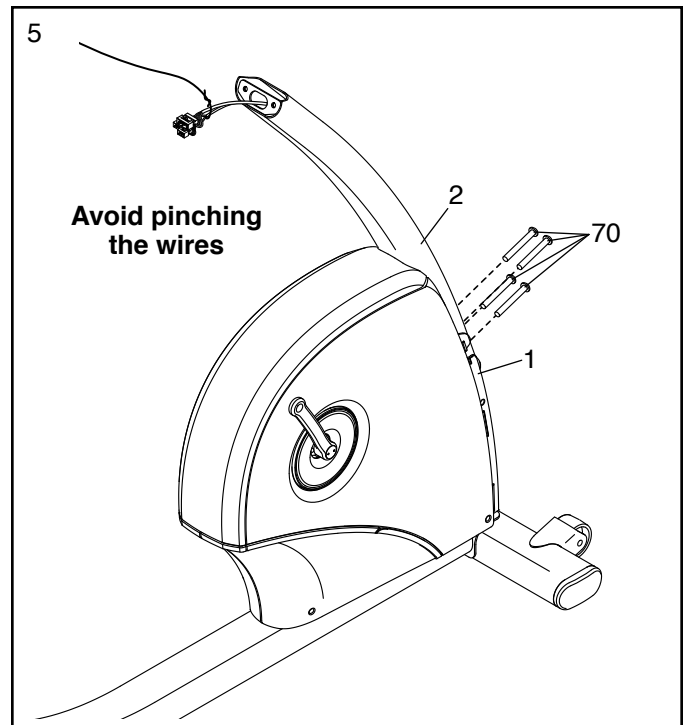
Tie the lower end of the wire tie in the Upright (2) to the Main Wire (43) and to the Frame Pulse Wire (42) in the Frame (1).

Then, pull the upper end of the wire tie until the Wires (42, 43) are routed through the Upright (2).

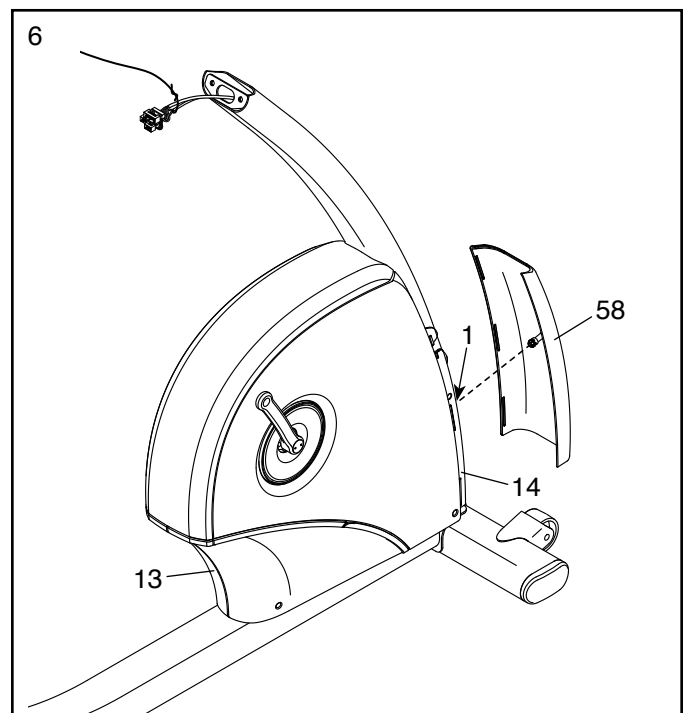


5. **Tip: Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

Attach the Upright (2) with four M10 x 62mm Screws (70); **start all the Screws, and then tighten them.**

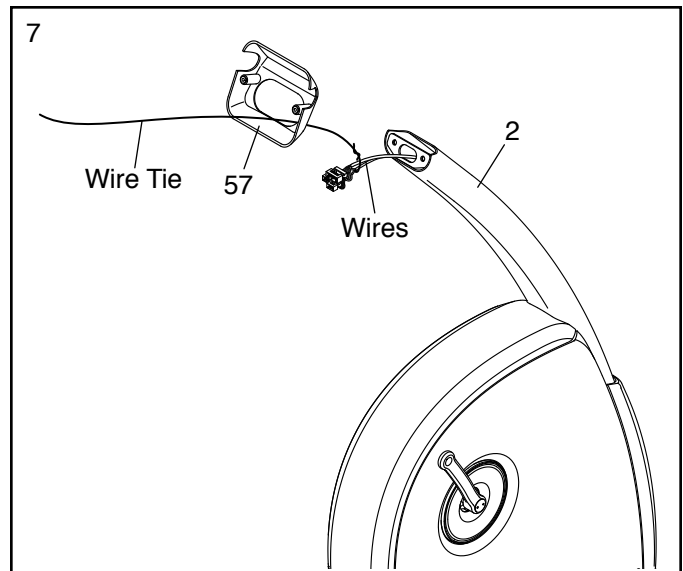


6. Press the mount on the Front Shield (58) into the Frame (1). Then, press the Front Shield into the Left and Right Front Shields (13, 14).



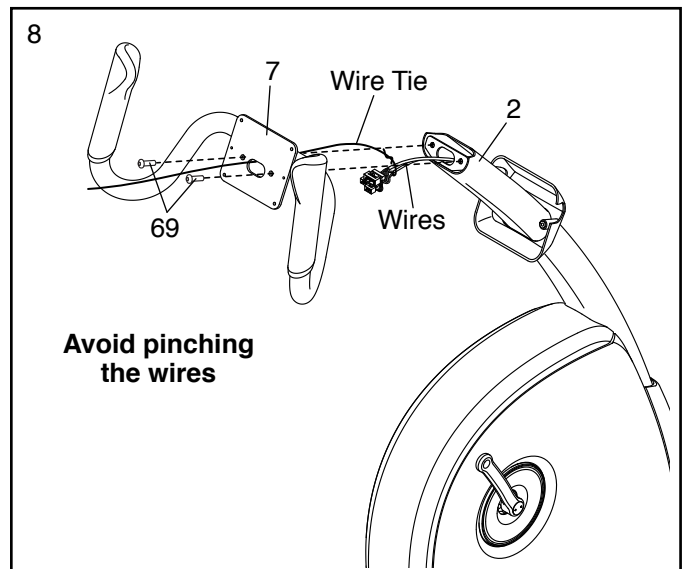
7. Orient the Upright Cover (57) as shown. Hold the Upright Cover near the Upright (2), and insert the wires upward through the Upright Cover.

Then, slide the Upright Cover (57) onto the Upright (2).



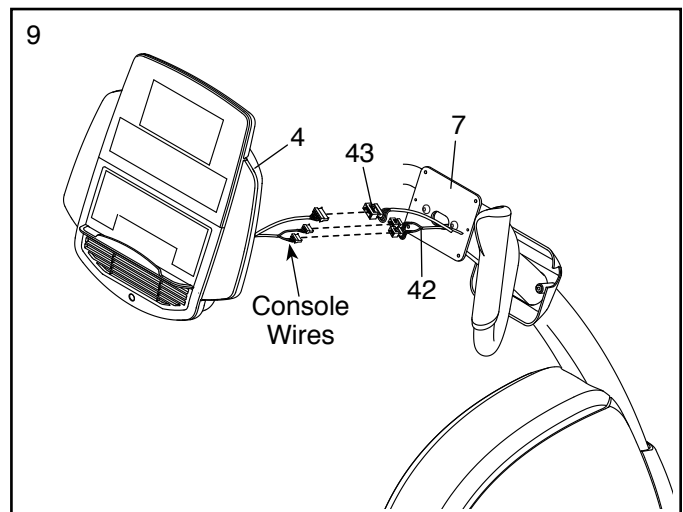
8. Orient the Handlebar (7) as shown. While a second person holds the Handlebar near the Upright (2), insert the wires upward through the Handlebar.

**Tip: Avoid pinching the wires.** Attach the Handlebar (7) to the Upright (2) with two M8 x 22mm Screws (69).

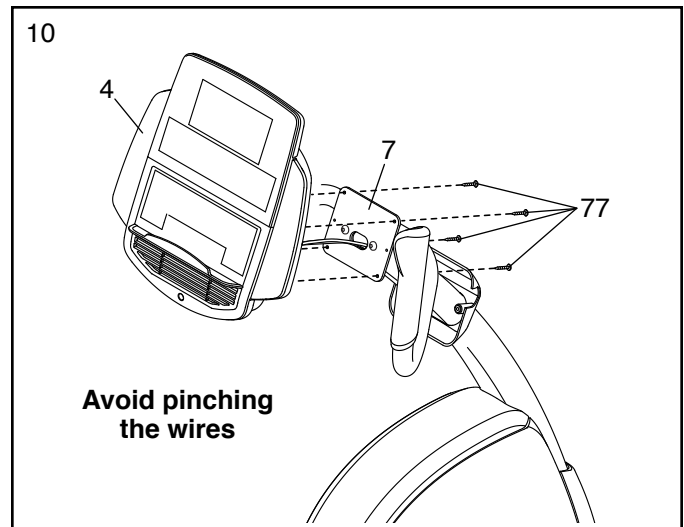


9. Untie and discard the wire tie. While a second person holds the Console (4) near the Handlebar (7), connect the wires on the Console to the Main Wire (43) and to the Frame Pulse Wires (42).

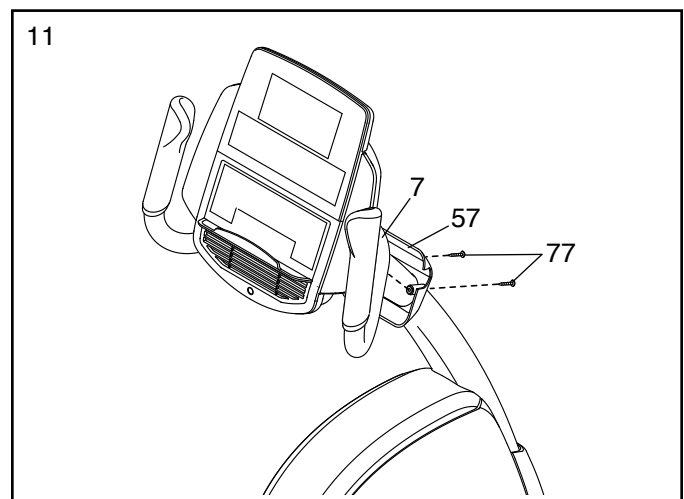
Insert the excess wire into the Handlebar (7).



10. **Tip: Avoid pinching the wires.** Attach the Console (4) to the Handlebar (7) with four M4 x 16mm Screws (77); **start all the Screws, and then tighten them.**

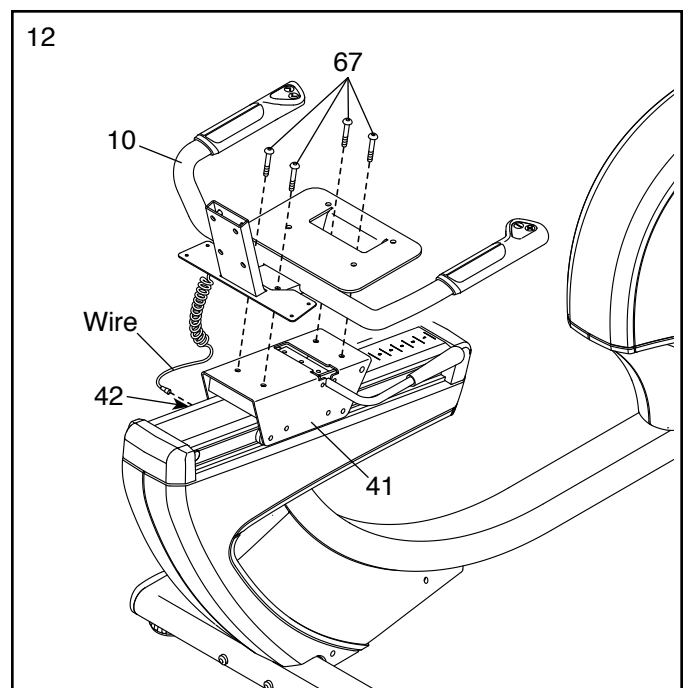


11. Attach the Upright Cover (57) to the Handlebar (7) with two M4 x 16mm Screws (77).



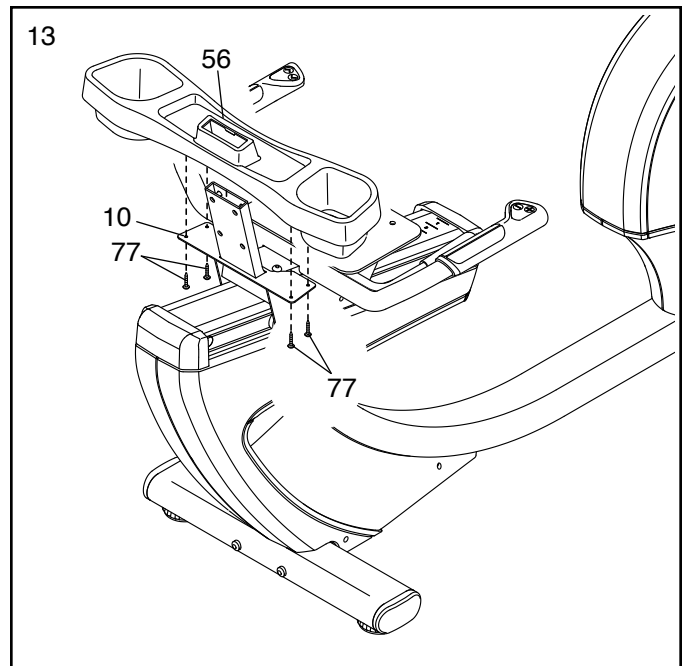
12. Attach the Seat Handlebar (10) to the Seat Carriage (41) with four M8 x 38mm Screws (67); **start all the Screws, and then tighten them.**

Then, plug the wire on the Seat Handlebar (10) fully into the Frame Pulse Receptacle (42) on the left side of the exercise bike.



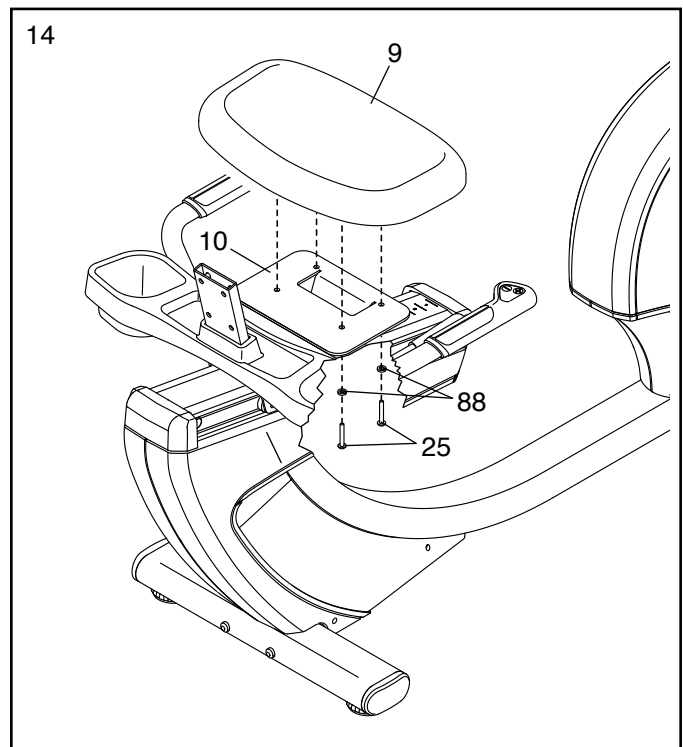
13. Slide the Accessory Tray (56) onto the Seat Handlebar (10).

Attach the Accessory Tray (56) to the Seat Handlebar (10) with four M4 x 16mm Screws (77); **start all the Screws, and then tighten them.**



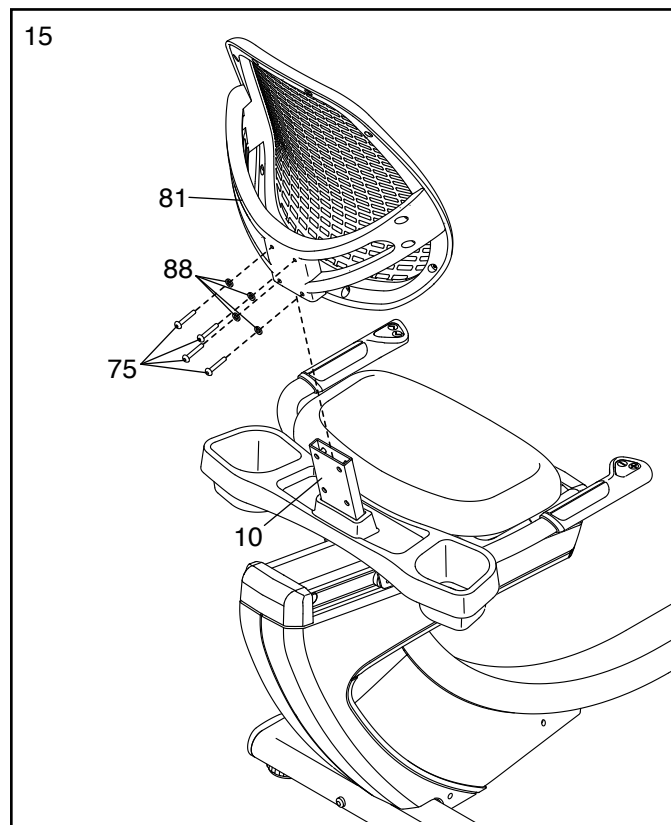
14. Orient the Seat (9) as indicated by the sticker.

Attach the Seat (9) to the Seat Handlebar (10) with four M6 x 18mm Screws (25) and four M6 Washers (88) (only two of each are shown); **start all the Screws, and then tighten them.**



15. Slide the Backrest Back (81) onto the Seat Handlebar (10).

Attach the Backrest Back (81) with four M6 x 30mm Screws (75) and four M6 Washers (88); **start all the Screws, and then tighten them.**

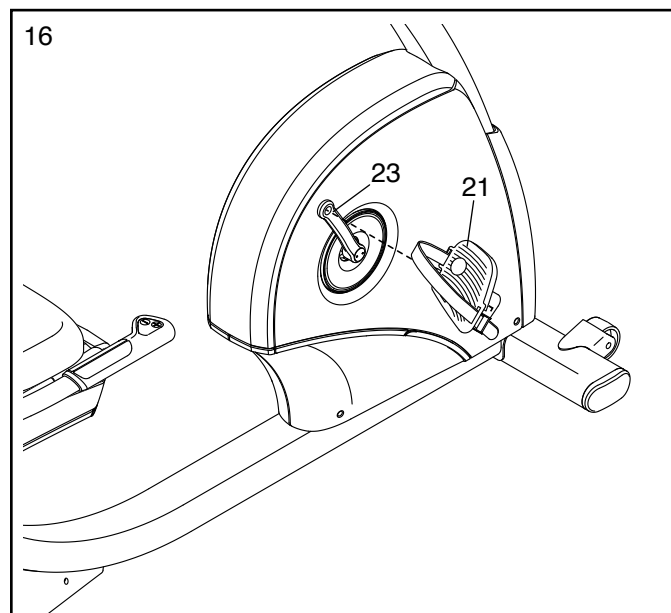


16. Identify the Right Pedal (21).

Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (23).

**Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

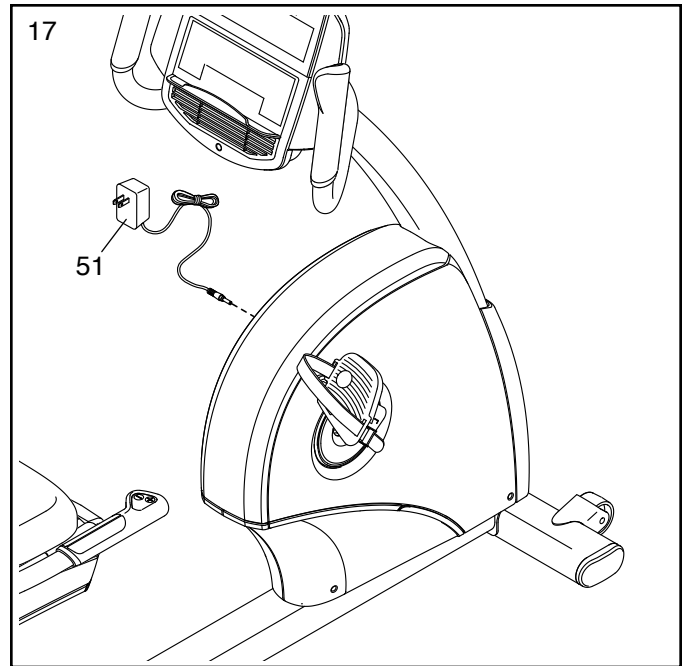
Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the strap onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**





17. Plug the Power Adapter (51) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.

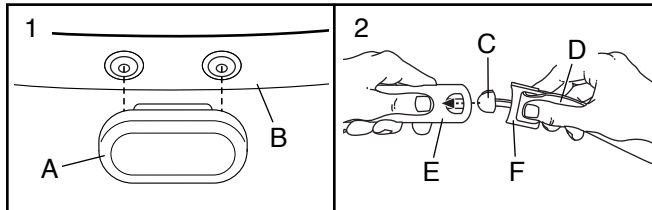


18. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**  
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

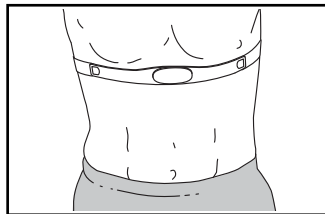
# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

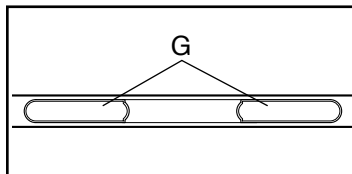
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



## CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

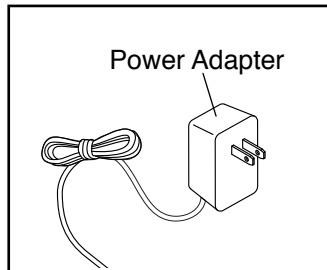
- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

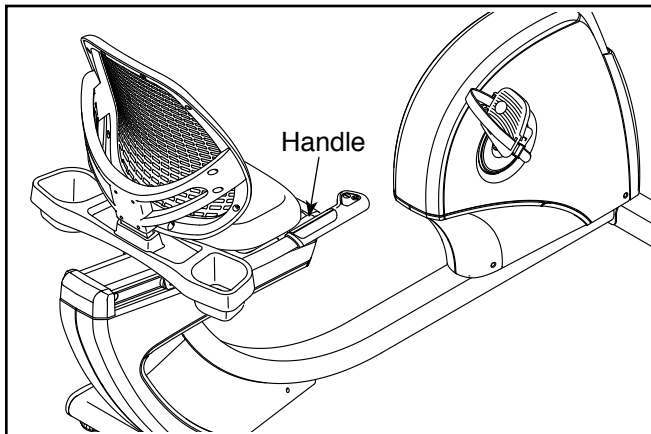
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



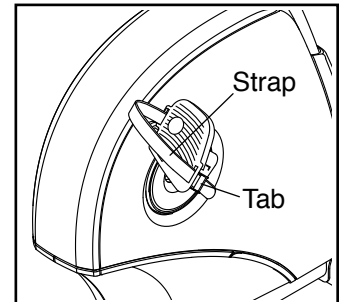
## HOW TO ADJUST THE SEAT

To adjust the seat, push downward on the seat handle, slide the seat forward or backward to the desired position, and then pull upward on the seat handle to lock the seat in place.



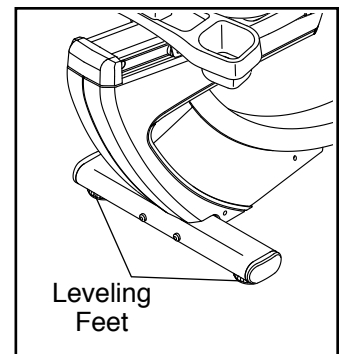
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

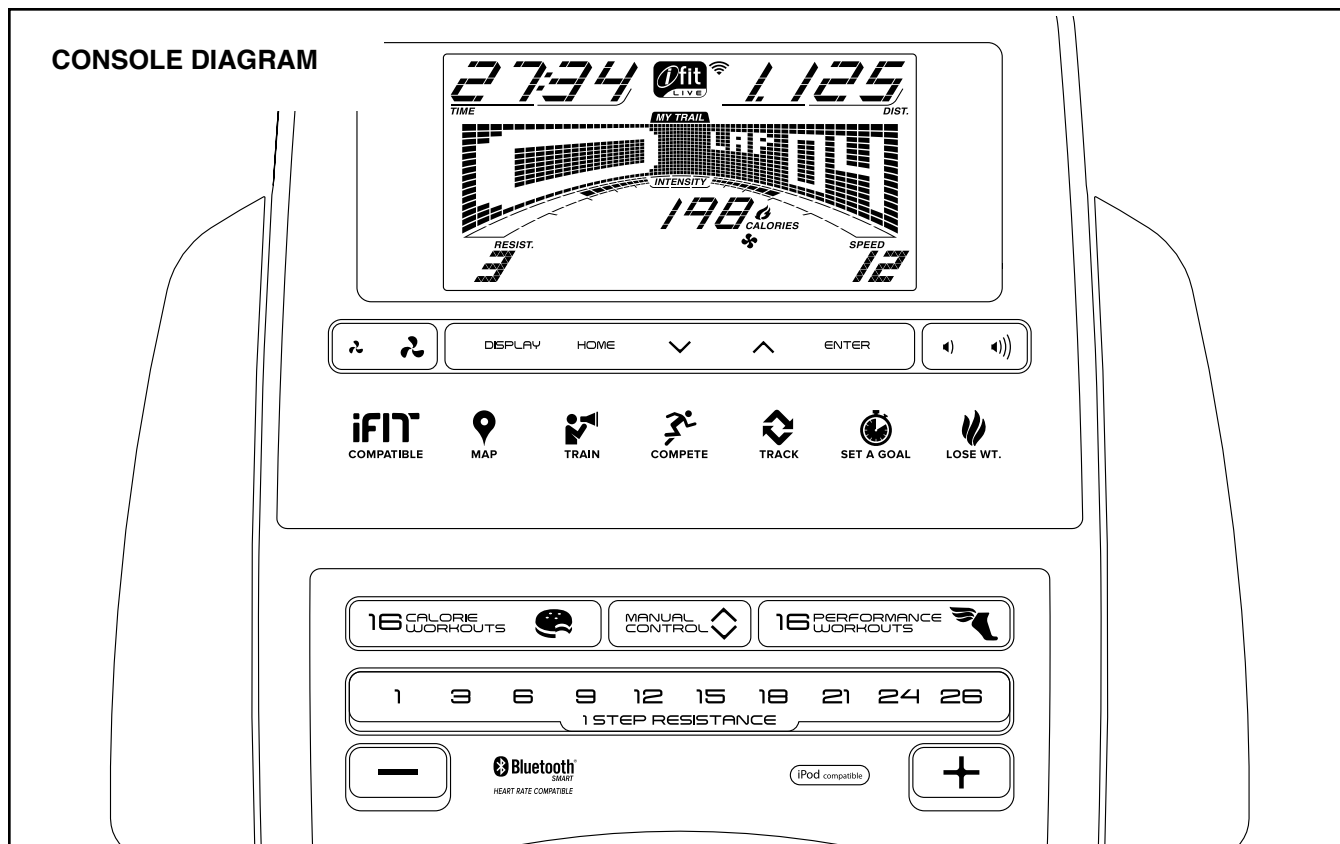


## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the included chest heart rate monitor.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a customized workout goal with the set-a-goal workout.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features.

**To purchase an iFit module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode, see page 17. To use an onboard workout, see page 19. To use a set-a-goal workout, see page 20. To use an iFit workout, see page 21. To use the sound system, see page 22. To change console settings, see page 23.**

Note: If there is a sheet of plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Select the manual mode.

Press the Manual Control button on the console to select the manual mode.

If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

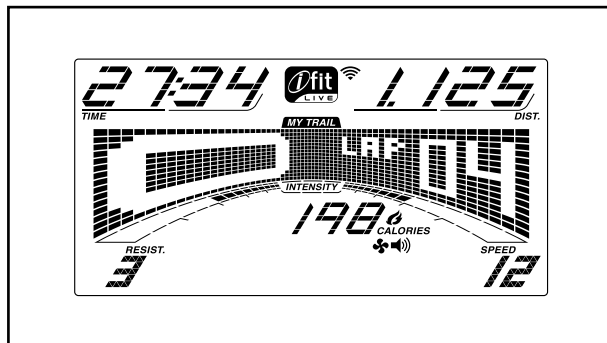
### 3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the 1 Step Resistance increase and decrease buttons on the console or on the right handlebar or by pressing one of the numbered 1 Step Resistance buttons on the console.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

### 4. Follow your progress with the display.

The display can show the following workout information:



**Calories**—This display mode will show the approximate number of calories you have burned.

**Calories per Hour (Calories/Hr)**—This display mode will show the approximate number of calories you are burning per hour.

**Distance (Dist.)**—This display mode will show the distance that you have pedaled in miles or kilometers.

**Pulse**—This display mode will show your heart rate when you use the handgrip heart rate monitor or the included chest heart rate monitor (see step 5).

**Resistance (Resist.)**—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

**Speed**—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

**Time**—When the manual mode is selected, this display mode will show the elapsed time. When an onboard workout is selected, this display mode will show the time remaining in the workout.

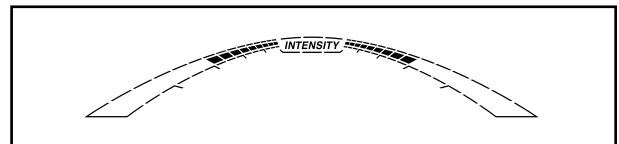
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

**Speed**—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

**My Trail**—This tab will show a track that represents 400 m (1/4 mile). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

**Calorie**—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 23 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



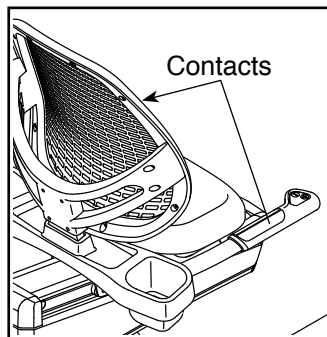
Change the volume level of the console by pressing the volume increase and decrease buttons.



#### 5. Measure your heart rate if desired.

To use the included chest heart rate monitor, see page 14. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

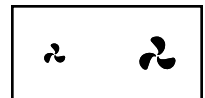


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

#### 6. Turn on the fan if desired.

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

#### 7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

Note: The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

## HOW TO USE AN ONBOARD WORKOUT

### 1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Select an onboard workout.

To select an onboard workout, press the Calorie Workouts button or the Performance Workouts button repeatedly until the desired workout appears in the display.

You can also press the Workouts increase and decrease buttons on the left handlebar.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

The maximum resistance level and the maximum speed for the workout will also appear in the display.

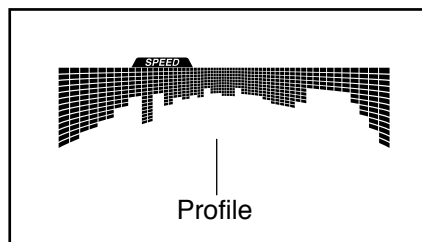
### 3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the profile on the speed tab will show your progress. The flashing

segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different



resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display**, increase your pedaling speed. **When a downward-pointing arrow appears**, decrease your pedaling speed. **When no arrow appears**, maintain your current pedaling speed.

**IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

**IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

See step 4 on page 17.

### 5. Measure your heart rate if desired.

See step 5 on page 18.

### 6. Turn on the fan if desired.

See step 6 on page 18.

### 7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 18.

## HOW TO USE A SET-A-GOAL WORKOUT

### 1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Set a calorie, distance, or time goal.

To set a calorie, distance, or time goal, first press the Set A Goal button.

Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

### 3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments.

You can manually change the resistance of the pedals as desired during the workout by pressing the 1 Step Resistance buttons.

**Note:** If you manually change the resistance during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

**Note:** The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance during the workout, the number of calories you burn will be affected.

The workout will continue in this way until the goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

See step 4 on page 17.

### 5. Measure your heart rate if desired.

See step 5 on page 18.

### 6. Turn on the fan if desired.

See step 6 on page 18.

### 7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 18.



## HOW TO USE AN iFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

### 1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Insert the iFit module into the console.

To use an iFit workout, make sure that the iFit module is inserted in the console.

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

### 3. Select a user.

If more than one user is registered, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

### 4. Select an iFit workout.

To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on [www.iFit.com](http://www.iFit.com).

Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

Press the Compete button to compete in a race that you have previously scheduled.

Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

**For more information on the iFit workouts, please see [www.iFit.com](http://www.iFit.com).**

When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

### 5. Start the workout.

See step 3 on page 19.

During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 23).

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

**6. Follow your progress with the display.**

See step 4 on page 17.

The My Trail tab will show a map of the trail or it will show a track and the number of laps you complete.

During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

**7. Measure your heart rate if desired.**

See step 5 on page 18.

**8. Turn on the fan if desired.**

See step 6 on page 18.

**9. When you are finished exercising, the console will turn off automatically.**

See step 7 on page 18.

**For more information about iFit, go to [www.iFit.com](http://www.iFit.com).**

**HOW TO USE THE SOUND SYSTEM**

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press and hold down the Display button for a few seconds until the settings mode appears in the display.

The display will show the total number of hours that the exercise bike has been used and the total distance (in miles or kilometers) that has been pedaled on the exercise bike.

If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

### 2. Navigate the settings mode.

While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

### 3. Change settings as desired.

**Demo**—The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

**Units**—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

**Contrast Level**—The currently selected contrast level will appear in the display. Press the Incline increase and decrease buttons to adjust the contrast level.

**Trainer Voice**—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

**Default Menu**—The default menu will appear when you press the Home button. Press the Enter button repeatedly to select the manual mode or the iFit menu as the default menu.

**Check Status**—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press the Settings button.

**Send/Receive**—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

### 4. Exit the settings mode.

Press the Display button to exit the settings mode.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## CONSOLE TROUBLESHOOTING

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 23 and adjust the contrast level of the display.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 18.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 14.

**If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

## HOW TO ADJUST THE REED SWITCH

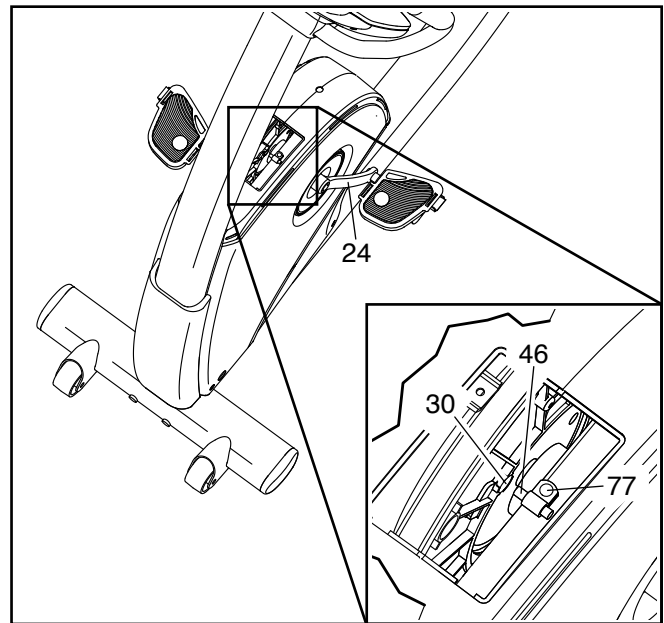
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **unplug the power adapter (not shown).**

See **EXPLODED DRAWING A** on page 30. Using a standard screwdriver, gently release the tabs on the Top Shield (44). Slide the Top Shield upward.

Next, remove the M4 x 16mm Screw (77) from the Access Cover (40). Then, remove the Access Cover.

Locate the Reed Switch (46). Turn the Left Crank Arm (24) until a Pulley Magnet (30) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (77). Slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screw.



Plug in the power adapter, and turn the Left Crank Arm (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter and reattach the access cover and the top shield. Then, plug in the power adapter.

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, first **unplug the power adapter (not shown)**.

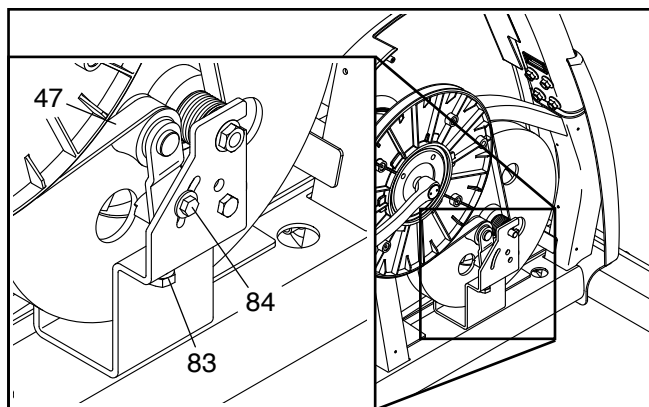
**See EXPLODED DRAWING B on page 31.** Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it.

**See EXPLODED DRAWING A on page 30.** Using a standard screwdriver, gently release the tabs on the Front Shield (58) and the Top Shield (44). Remove the Front Shield and slide the Top Shield upward.

Remove all the Screws (77, 85) from the Left and Right Front Shields (13, 14); **make sure to note the location of each size of Screw.**

Using a standard screwdriver, gently release the tabs on the right Shield Disc (52). Rotate the Shield Disc and remove it. Then, gently remove the Right Front Shield (14).

Next, loosen the M6 x 20mm Hex Screw (84). Tighten the M10 x 50mm Hex Screw (83) until the Drive Belt (47) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.



When the drive belt is correctly adjusted, reattach the left and right shields, the top shield, the front shield, the right pedal disc, and the right pedal. Then, plug in the power adapter.

# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

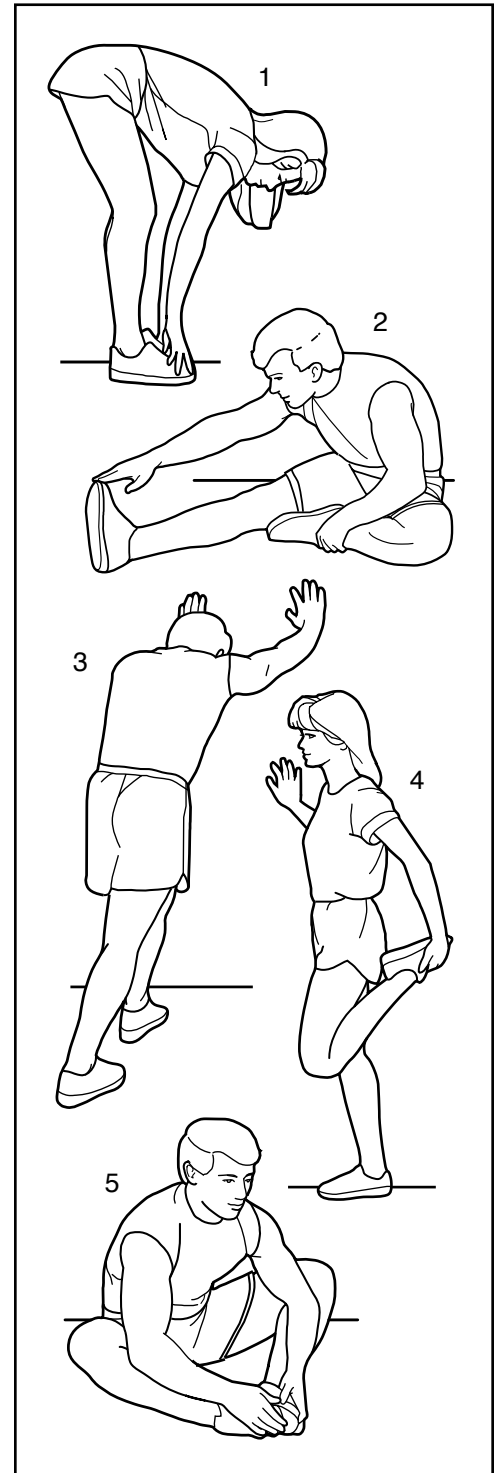
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST

Model No. NTEVEX89915.0 R0615A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Reed Switch/Wire
2	1	Upright	47	1	Drive Belt
3	2	Foot	48	4	Stabilizer Cap
4	1	Console	49	1	Left Handlebar Grip
5	1	Rail	50	2	Flange Screw
6	1	Adjustment Bar	51	1	Power Adapter
7	1	Handlebar	52	2	Shield Disc
8	1	Backrest	53	1	Heart Rate Monitor
9	1	Seat	54	1	Chest Strap
10	1	Seat Handlebar/Wire	55	8	Carriage Bearing
11	1	Seat Handlebar Cap	56	1	Accessory Tray
12	1	Brake Block	57	1	Upright Cover
13	1	Left Front Shield	58	1	Front Shield
14	1	Right Front Shield	59	8	Carriage Bushing
15	1	Front Stabilizer	60	2	Rail Rod
16	1	Rear Stabilizer	61	1	M6 x 20mm Shoulder Screw
17	2	Wheel	62	4	Rod Cap
18	1	Brake	63	2	Brake Spacer
19	2	Leveling Foot	64	5	M6 x 15mm Screw
20	1	Right Handlebar Grip	65	4	M10 x 122mm Screw
21	1	Right Pedal/Strap	66	2	Wheel Bolt
22	1	Left Pedal/Strap	67	4	M8 x 38mm Screw
23	1	Right Crank Arm	68	1	M6 Large Washer
24	1	Left Crank Arm	69	2	M8 x 22mm Screw
25	4	M6 x 18mm Screw	70	4	M10 x 62mm Screw
26	1	Adjustment Bar Handle	71	2	M6 x 65mm Bolt
27	1	Handle Bracket	72	1	Grommet
28	2	Large Snap Ring	73	2	M6 x 14mm Screw
29	1	Pulley	74	8	M8 x 30mm Bolt
30	2	Pulley Magnet	75	8	M6 x 30mm Screw
31	1	Crank	76	—	(Not Used)
32	1	Brake Axle	77	40	M4 x 16mm Screw
33	2	Crank Bearing	78	4	M8 x 18mm Screw
34	1	Eddy Mechanism	79	1	M4 x 16mm Bright Screw
35	2	Mechanism Spacer	80	4	Rail Screw
36	1	Front Rail Cover	81	1	Backrest Back
37	1	Resistance Motor	82	4	M4 x 12mm Flange Screw
38	11	Mushroom Fastener/Screw	83	1	M10 x 50mm Hex Screw
39	1	Idler	84	1	M6 x 20mm Hex Screw
40	1	Access Cover	85	8	M4 x 25mm Screw
41	1	Seat Carriage	86	—	(Not Used)
42	1	Frame Pulse Wire/Receptacle	87	2	M10 Locknut
43	1	Main Wire	88	8	M6 Washer
44	1	Top Shield	89	12	M8 Jam Nut
45	1	Clamp	90	1	Rear Rail Cover

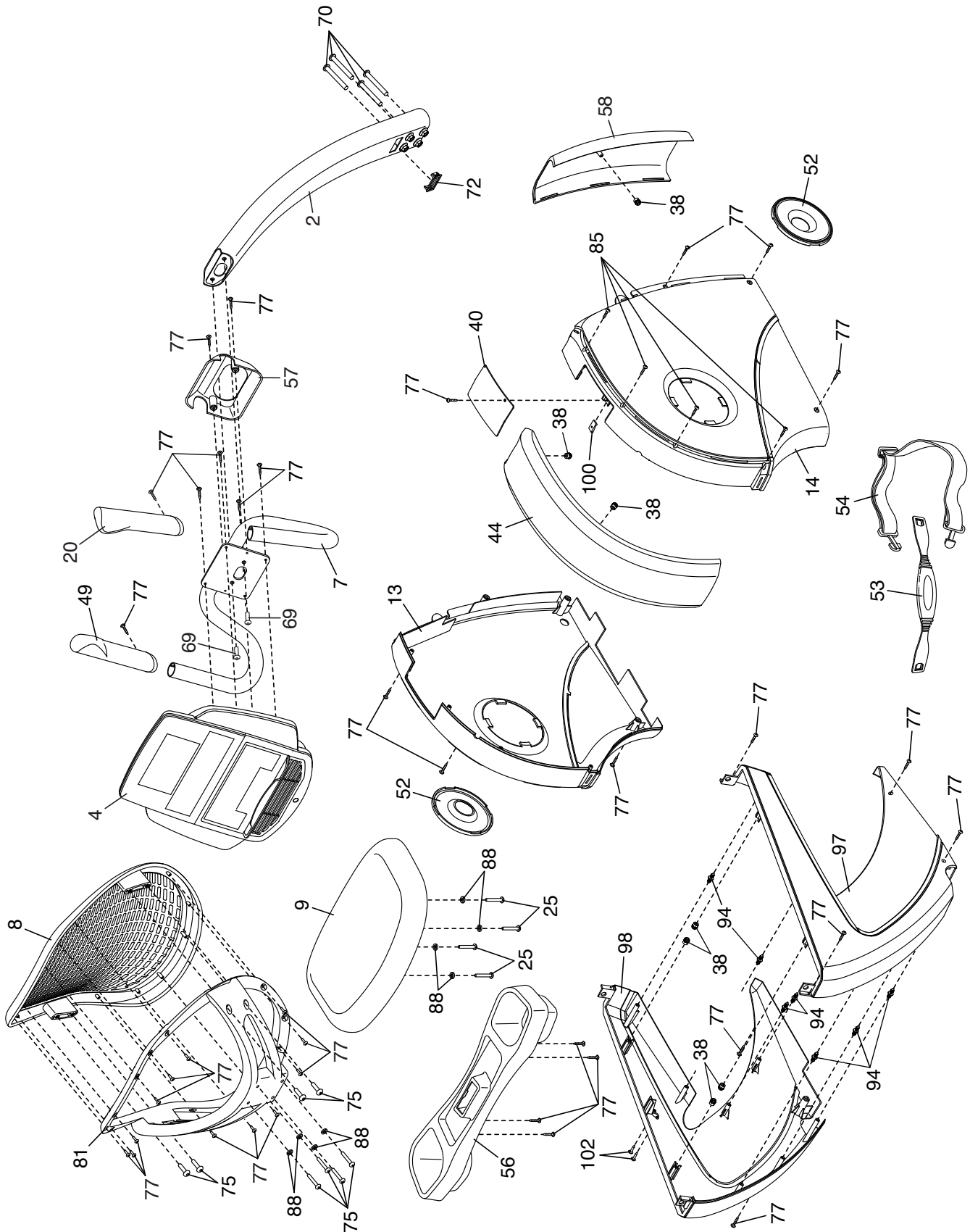


Key No.	Qty.	Description	Key No.	Qty.	Description
91	8	M8 Split Washer	99	4	M6 Small Washer
92	2	Crank Cap	100	1	Clip Nut
93	2	M6 Locknut	101	1	Power Receptacle/Wire
94	7	Tree Fastener	102	2	#6 x 12mm Screw
95	2	M10 Flange Nut	103	1	M8 x 28mm Hex Screw
96	2	M6 Split Washer	*	—	Assembly Tool
97	1	Right Rear Shield	*	—	User's Manual
98	1	Left Rear Shield			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

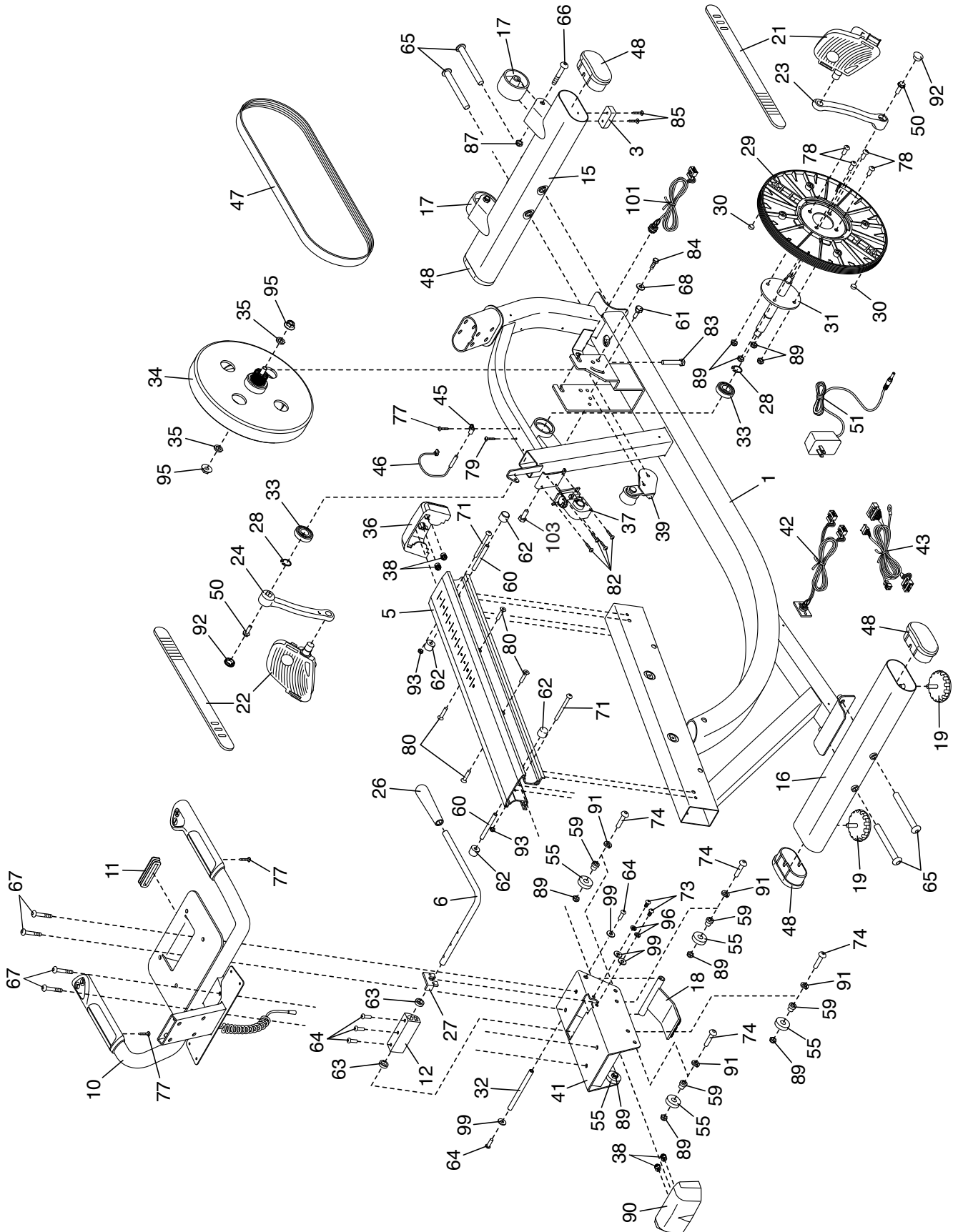
# EXPLODED DRAWING A

Model No. NTEVEX89915.0 R0615A



# EXPLODED DRAWING B

Model No. NTEVEX89915.0 R0615A



---

## ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

---

## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

