NordicTrack® r 8.9b

USER'S MANUAL

CUSTOMER SERVICE

⚠ CAUTION

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

iconeurope.com
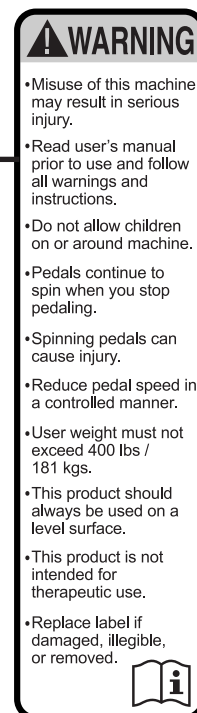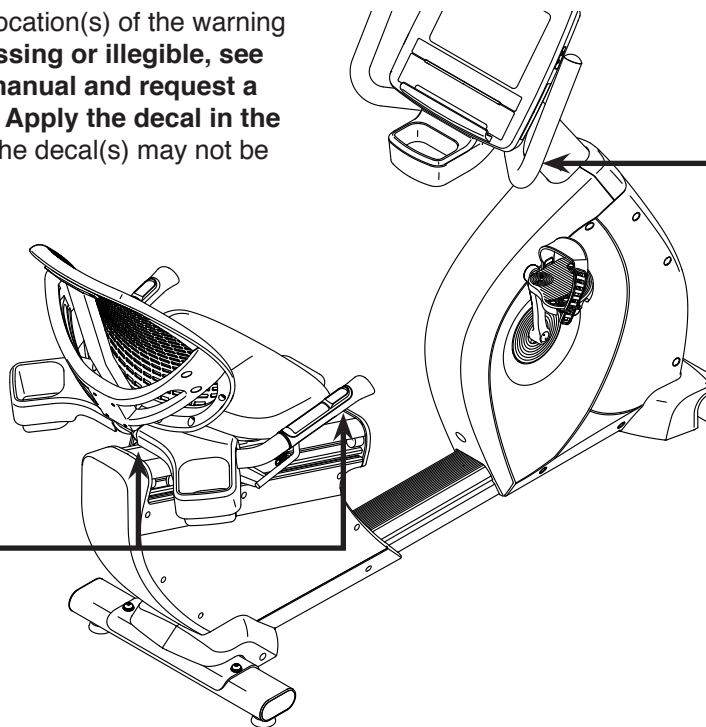
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WARNING DECAL PLACEMENT

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.

⚠ **WARNING**
Squeezing point.
Keep hands and
fingers clear of
this area.

⚠ **WARNING**

• Misuse of this machine may result in serious injury.

• Read user's manual prior to use and follow all warnings and instructions.

• Do not allow children on or around machine.

• Pedals continue to spin when you stop pedaling.

• Spinning pedals can cause injury.

• Reduce pedal speed in a controlled manner.

• User weight must not exceed 400 lbs / 181 kgs.

• This product should always be used on a level surface.

• This product is not intended for therapeutic use.

• Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, 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. 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.

5. 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.

6. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

7. Keep children under age 16 and pets away from the exercise bike at all times.

8. 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.

9. The exercise bike should not be used by persons weighing more than 400 lbs. (181 kg).

10. Be careful when mounting and dismounting the exercise bike.

11. 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.

12. Always keep your back straight while using the exercise bike; do not arch your back.

13. 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.
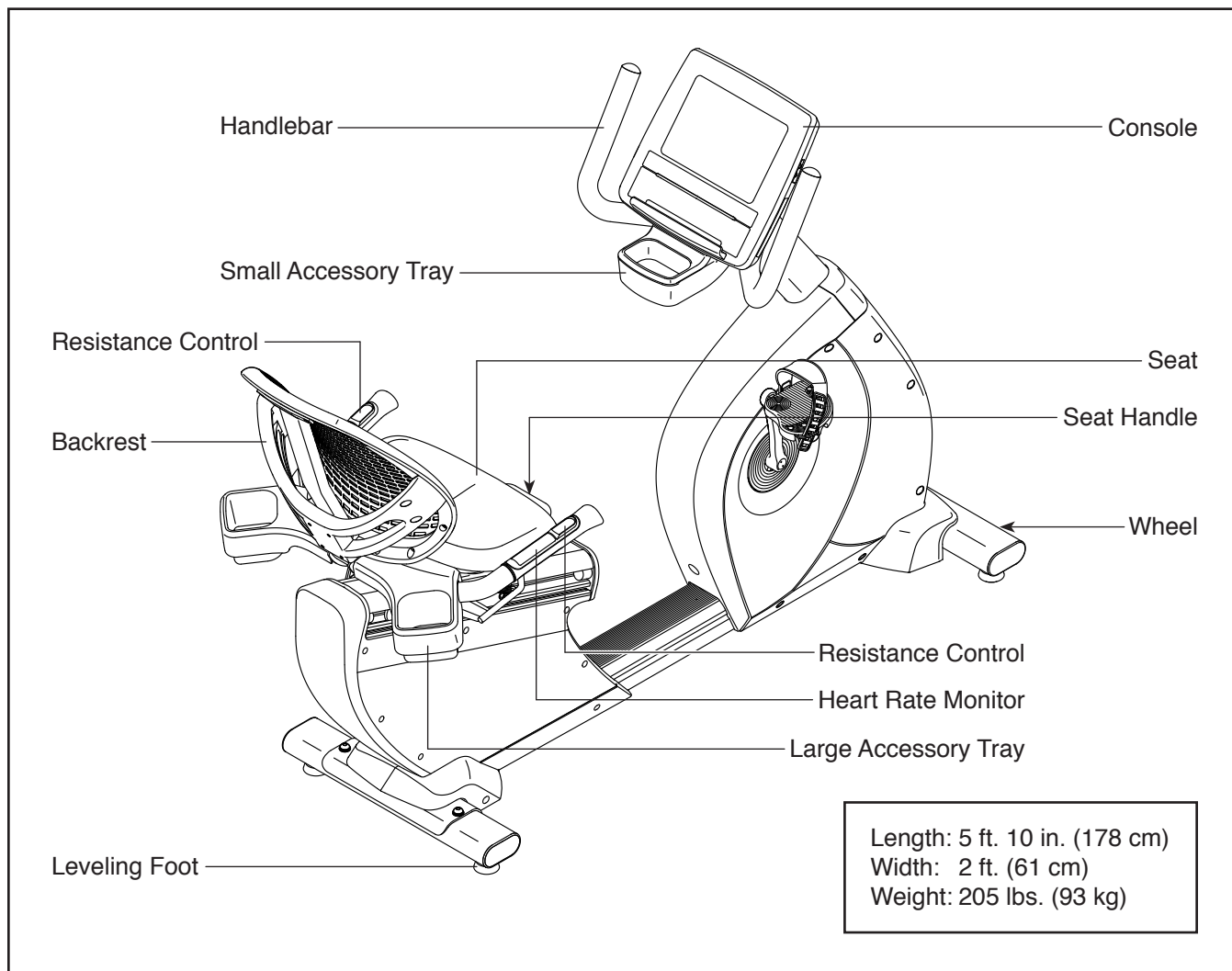
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® R8.9B exercise bike. The R8.9B exercise bike provides an impressive selection of features designed to make your workouts 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.

Handlebar

Console

Small Accessory Tray

Resistance Control

Seat

Backrest

Seat Handle

Wheel

Resistance Control

Heart Rate Monitor

Large Accessory Tray

Leveling Foot

Length: 5 ft. 10 in. (178 cm)
Width: 2 ft. (61 cm)
Weight: 205 lbs. (93 kg)

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 t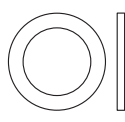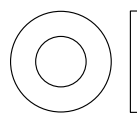he part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**
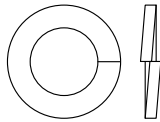
M8 Split Washer (77)–10

M8 x 12mm x 1mm Washer (92)–4

M6 x 1mm Washer (97)–4
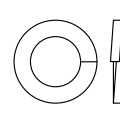
M6 Split Washer (96)–4

M4 Washer (114)–2
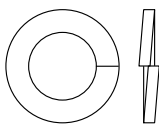
M8 Bright Split Washer (148)–1
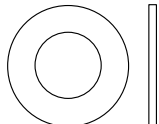
M8 x 16mm x 1mm Washer (80)–4
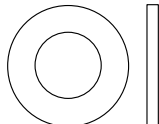
M8 x 16mm x 1.5mm Washer (110)–4
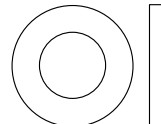
M8 x 16mm x 2mm Washer (143)–2
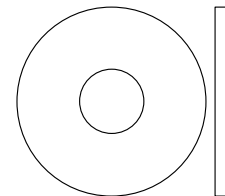
M8 x 25mm x 1.5mm Washer (142)–1
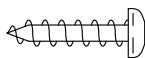
M4 x 16mm Self-tapping Screw (101)–4
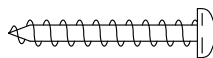
M4 x 25mm Screw (94)–2
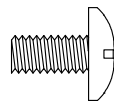
M5 x 10mm Truss Screw (81)–4
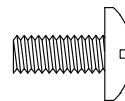
M5 x 12mm Screw (78)–5
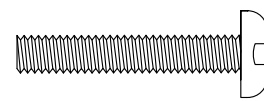
M5 x 30mm Screw (88)–2
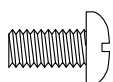
M5 x 10mm Screw (89)–6
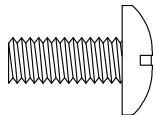
M6 x 15mm Screw (128)–4
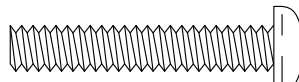
M6 x 35mm Screw (95)–4
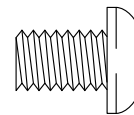
M8 x 12mm Seat Screw (125)–4
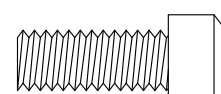
M8 x 20mm Screw (93)–4
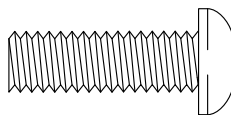
M8 x 25mm Screw (138)–4
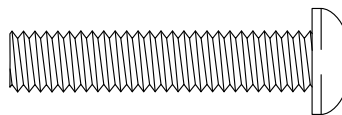
M8 x 40mm Screw (105)–1
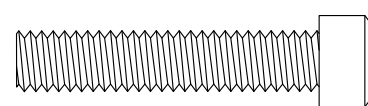
M8 x 40mm Cap Screw (145)–2

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.

- If a part is not in the hardware kit, check to see if it has been preassembled.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 5.

- The following tools (not included) are required for assembly:

  one adjustable wrench

  one Phillips screwdriver
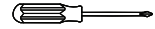
  a set of metric hex keys

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

1. Identify the Rear Stabilizer (37), which does not have wheels, and orient it as shown.

   Attach the Rear Stabilizer (37) to the Frame (1) with two M8 x 25mm Cap Screws (138), two M8 Split Washers (77), and two M8 x 16mm x 1.5mm Washers (110).
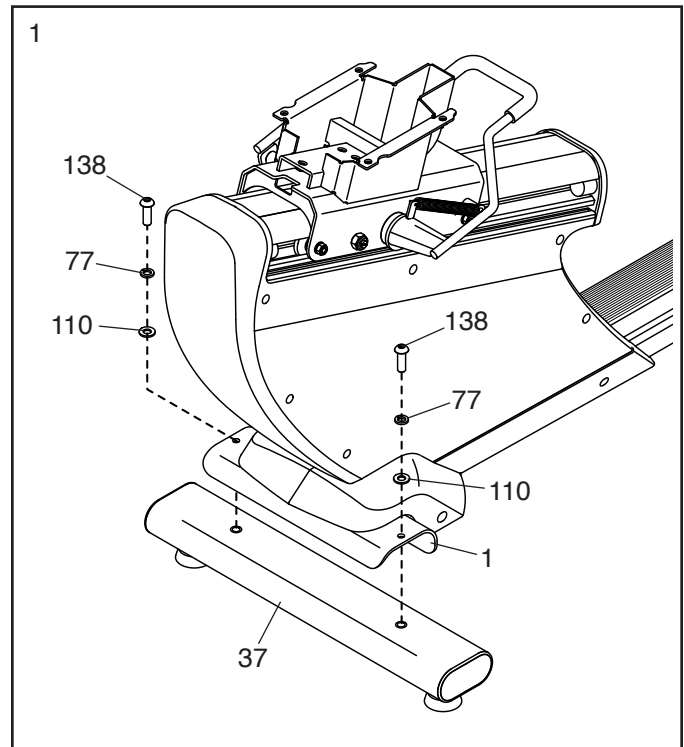
2. Attach the Front Stabilizer (50) to the Frame (1) with two M8 x 25mm Cap Screws (138), two M8 Split Washers (77), and two M8 x 16mm x 1.5mm Washers (110) (only one side is shown).
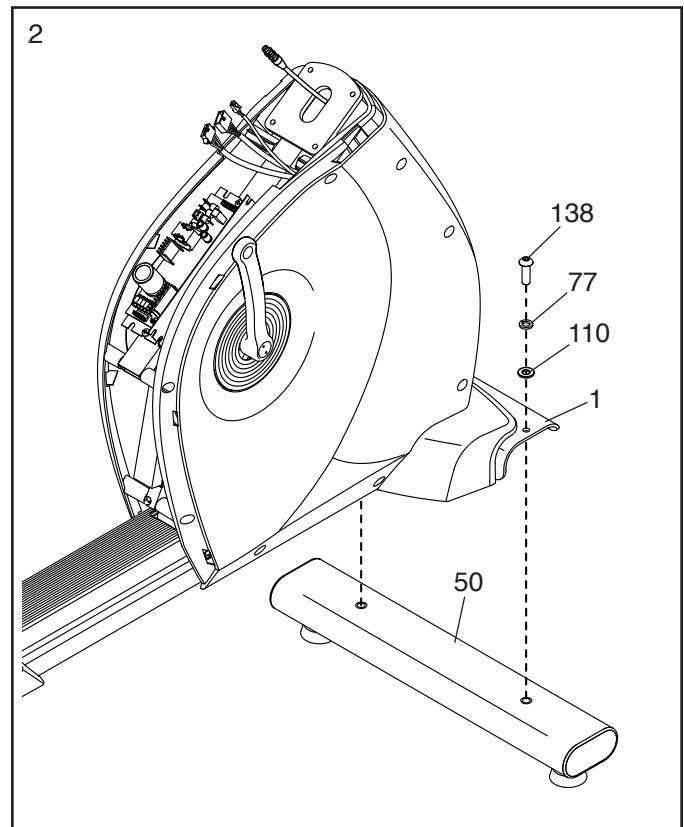
3. Orient the Large Accessory Tray (52) and the Seat Frame (18) as shown.

   Tip: Avoid pinching the wires. Attach the Large Accessory Tray (52) to the Seat Frame (18) with four M4 x 16mm Self-tapping Screws (101); **start all the Self-tapping Screws, and then tighten them.**

Avoid pinching the wires
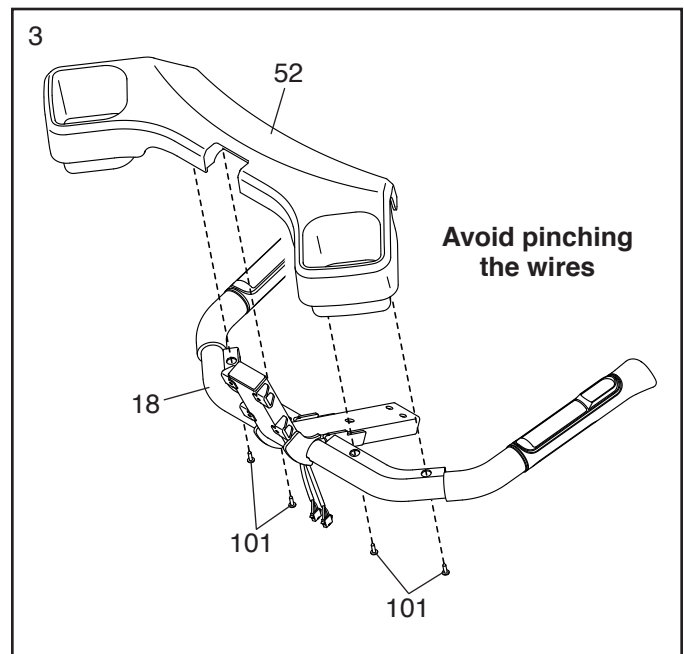
4. While a second person holds the Seat Frame (18) near the Seat Carriage (11), connect the wires (A) in the Seat Frame to the wires (B) in the Seat Carriage. Insert the excess wire into the Seat Carriage.

Tip: Avoid pinching the wires. Attach the Seat Frame (18) to the Seat Carriage (11) with an M8 x 40mm Screw (105), an M8 Bright Split Washer (148), and an M8 x 25mm x 1.5mm Washer (142); **do not fully tighten the Screw yet.**

Finish attaching the Seat Frame (18) with two M8 x 40mm Cap Screws (145), two M8 Split Washers (77), and two M8 x 16mm x 2mm Washers (143); **fully tighten the M8 x 40mm Cap Screws (145) and the M8 x 40mm Screw (105).**

Avoid pinching the wires
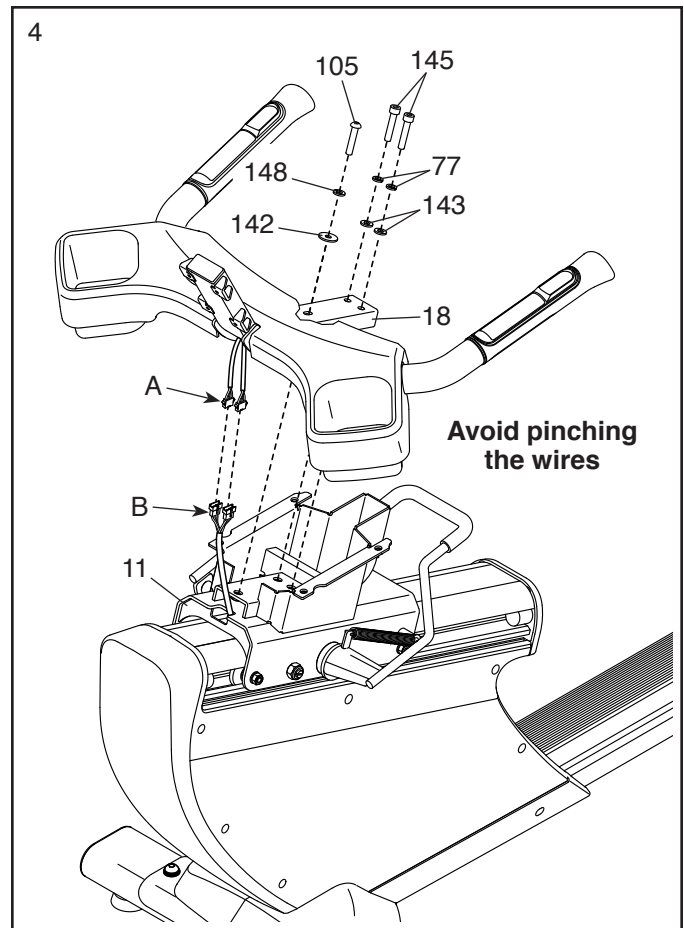
5. Attach the Seat Frame Plate (35) to the Seat Carriage (11) with four M8 x 12mm Seat Screws (125), four M8 Split Washers (77), and four M8 x 16mm x 1mm Washers (80) (only one side is shown); **start all the Seat Screws, and then tighten them.**
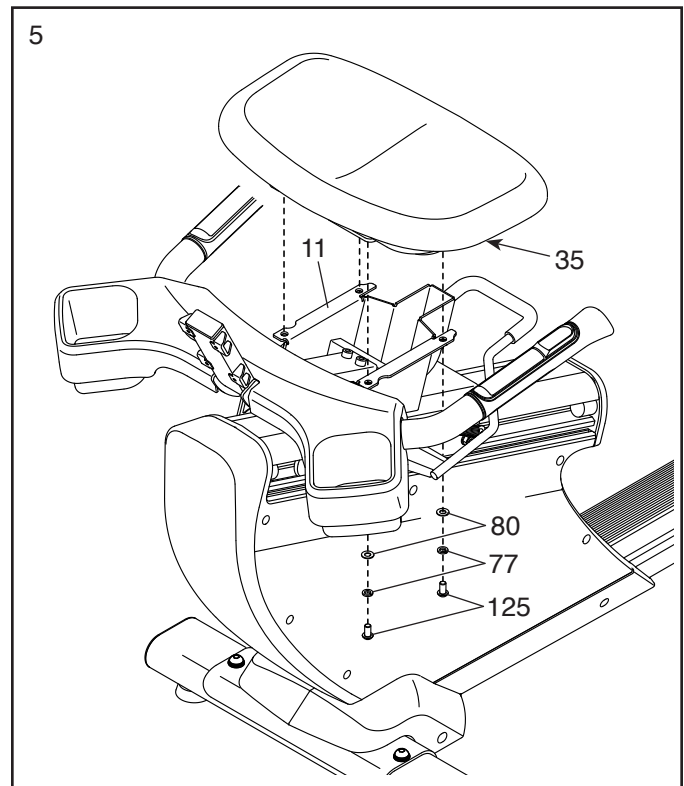
6. Attach the Backrest Frame (14) to the Seat Frame (18) with four M6 x 35mm Screws (95); **do not fully tighten the Screws yet.**
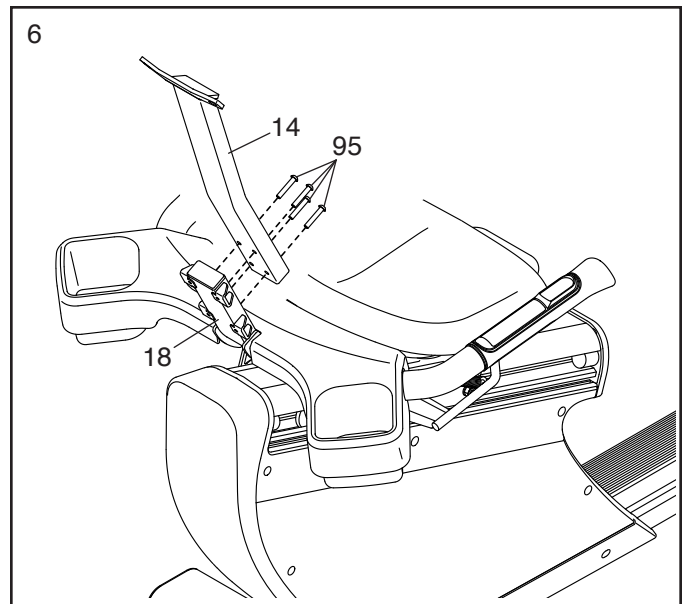
7. Slide the Backrest (13) onto the Backrest Frame (14).

   Attach the Backrest (13) to the Backrest Frame (14) with four M6 x 15mm Screws (128), four M6 Split Washers (96), and four M6 x 1mm Washers (97); **start all the Screws, and then tighten them.**

   See step 6. Tighten the M6 x 35mm Screws (95).
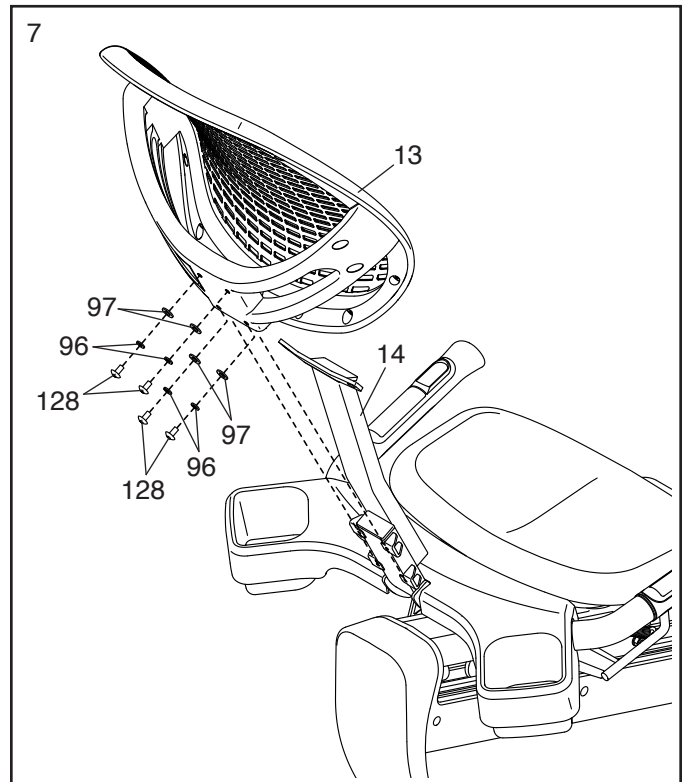
8. Attach the top of the Backrest (13) to the Backrest Frame (14) with two M4 x 25mm Screws (94), two M4 Washers (114), and two Backrest Spacers (39).
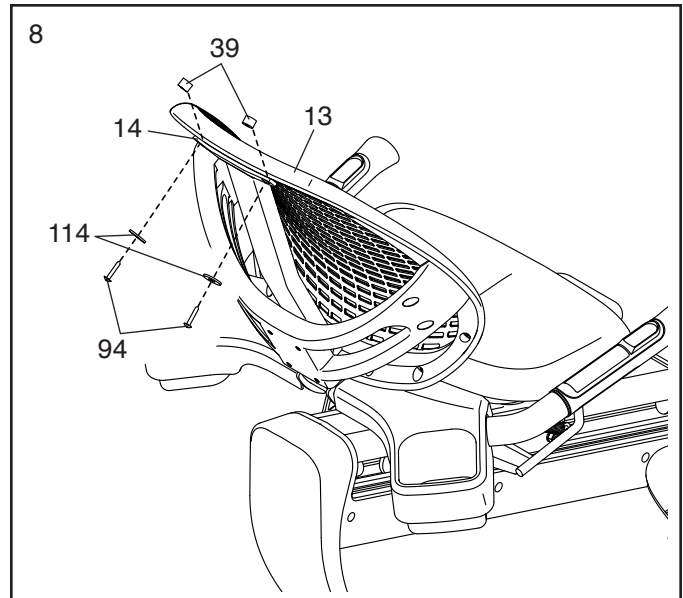
9. Have a second person hold the Upright (4) near the Frame (1).

See the lower drawing. Connect the Upper Main Wire (79) to the Lower Main Wire (123), connect the Upper Power Wire (115) to the Lower Power Wire (122), connect the Upper Pulse Wire (99) to the Lower Pulse Wire (124), and connect the Upper TV Coaxial Cable (100) to the Lower TV Coaxial Cable (121).

See the lower drawing. Locate the covers (C, D) on the Lower TV Coaxial Cable (121) and on the Upper TV Coaxial Cable (100). Slide the covers together and **push the small cover (C) into the large cover (D).**

Then, insert the excess wire into the Upright (4).
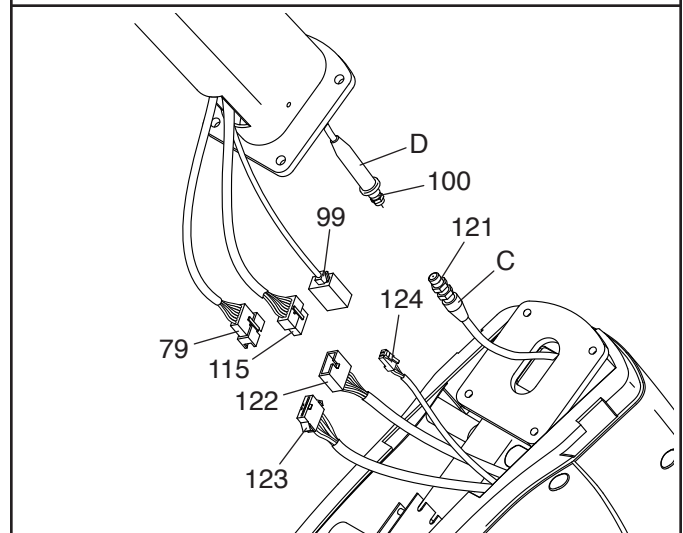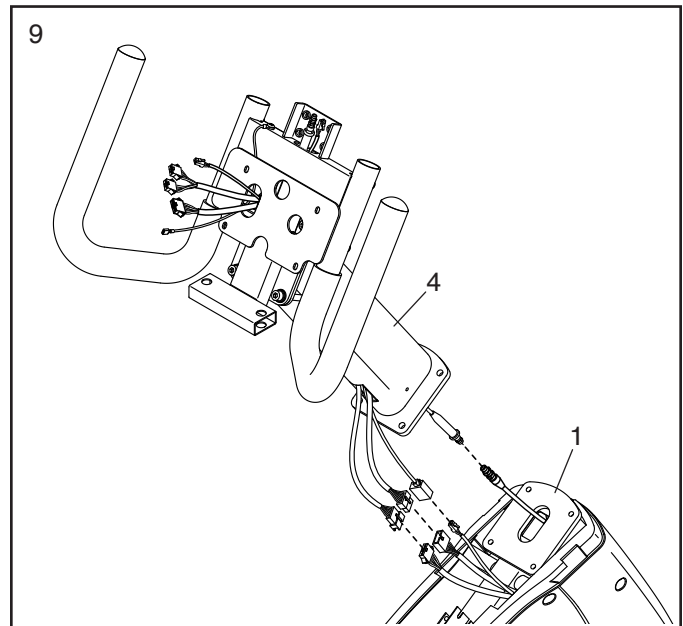
10. **Tip: Avoid pinching the wires.** Attach the Upright (4) to the Frame (1) with four M8 x 20mm Screws (93) and four M8 x 12mm x 1mm Washers (92); **start all the Screws, and then tighten them.**
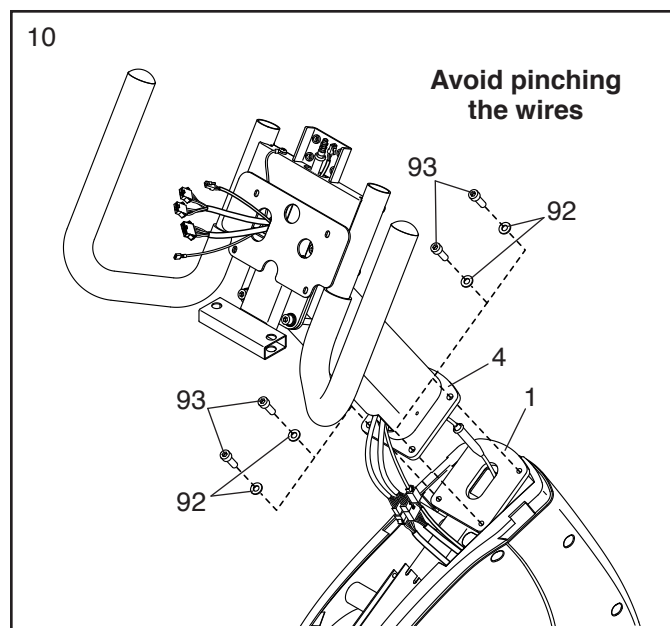
11. Attach the Front Shield Cap (19) to the Upright (4) with two M5 x 12mm Screws (78); **start both Screws, and then tighten them.**

    Tip: Avoid pinching the wires. Press the Front Shield Cover (20) onto the Left and Right Front Shields (21, 22); **make sure that the forks on the underside of the Front Shield Cover are inserted into the indicated slots (E) on the exercise bike.**

    Next, remove the Screw Cap (73) from the Front Shield Cover (20).

    Attach the Front Shield Cover (20) with three M5 x 12mm Screws (78); **start all the Screws, and then tighten them.**

    Then, press the Screw Cap (73) back into the Front Shield Cover (20).
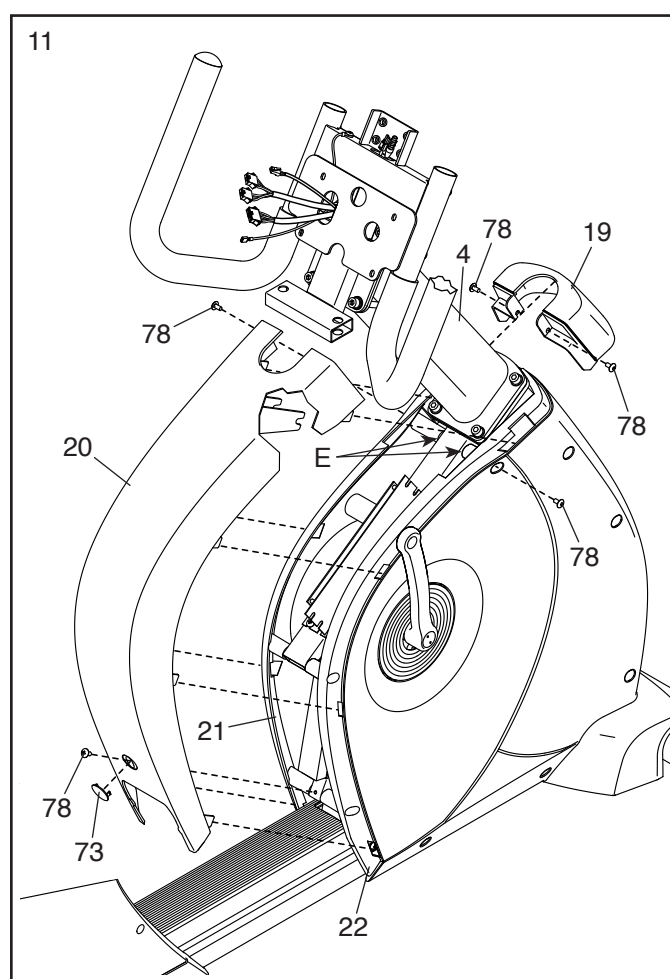
12. Attach the Small Accessory Tray (9) and the Accessory Tray Cover (42) to the Handlebar (47) with two M5 x 30mm Screws (88) and two M5 x 10mm Screws (89); **start all the Screws, and then tighten them.**
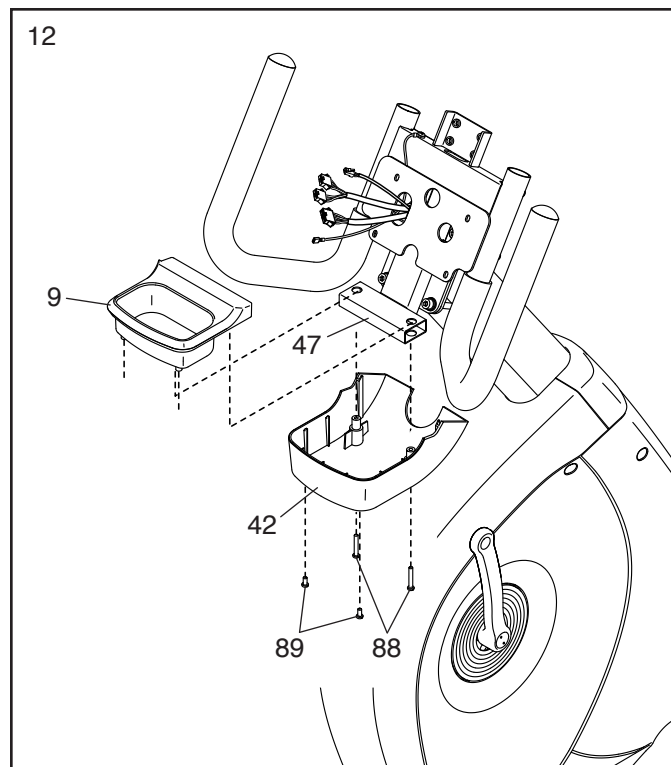
13. While a second person holds the Console (5) near the Handlebar (47), connect the wires (F) on the Console to the matching wires (G) in the Handlebar.

Insert the excess wire downward through the Handlebar (47).

Note: The indicated wires (H) will not be used unless you purchase the optional digital TV (see HOW TO UPGRADE THE CONSOLE on page 14).
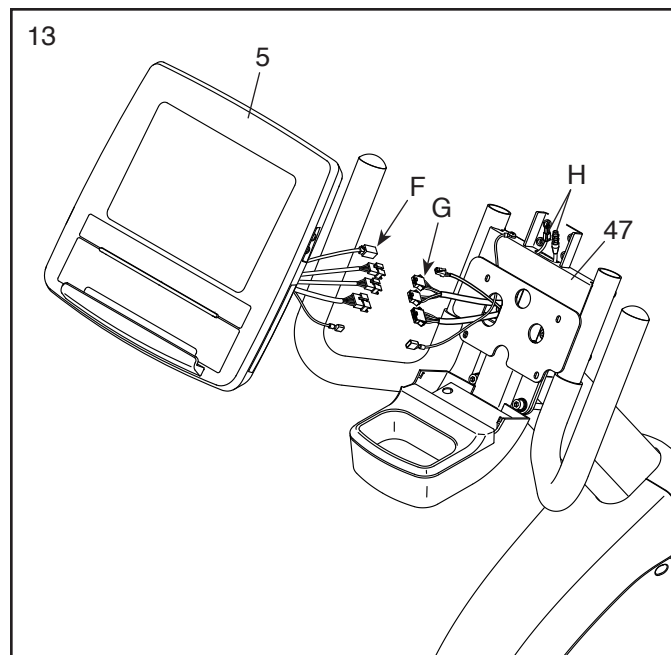
14. **Tip: Avoid pinching the wires.** Attach the Console (5) to the Handlebar (47) with four M5 x 10mm Truss Screws (81); **start all the Truss Screws, and then tighten them.**
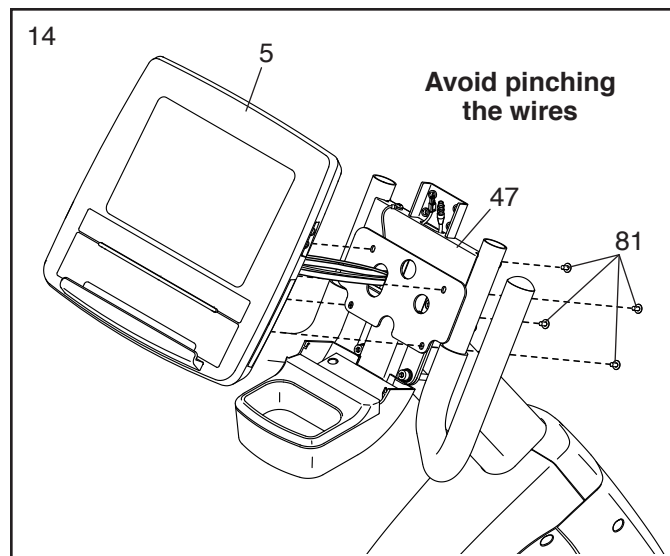
If you purchased the optional MYE receiver to set up a wall of TVs, go to step 15 to install the receiver.

If you did not purchase the optional MYE receiver, go to step 16. To order the optional MYE receiver, see the front cover of this manual.

15. Look at the back of the Console (5) and locate the coupler (I) that has a wire labeled "In" (J) and a wire labeled "Out" (K).

    See the inset drawing. Unplug the wire labeled "In" (J) and the wire labeled "Out" (K) from the coupler (I), and discard the coupler.

    Then, plug the wire labeled "In" (J) into the "In" port on the receiver (L), and plug the wire labeled "Out" (K) into the "Out" port on the receiver.

    Next, peel the backing (M) off the receiver (L), and press the receiver onto the Handlebar (47) in the location shown.

    Follow the instructions included with the MYE programmer to program the receiver.
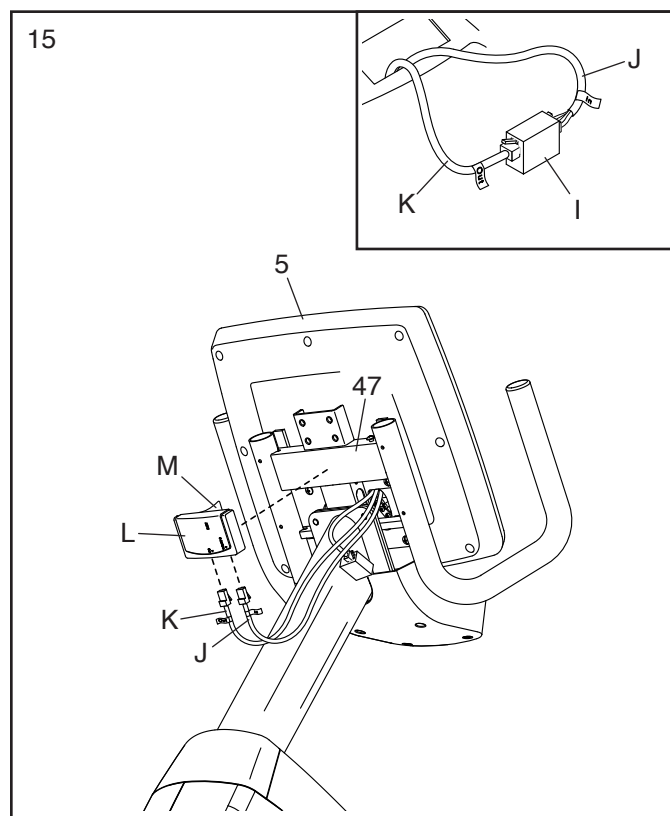
16. **Tip: Avoid pinching the wires.** Attach the Handlebar Cover (46) to the Handlebar (47) with four M5 x 10mm Screws (89); **start all the Screws, and then tighten them.**

16

Avoid pinching the wires

47
46
89
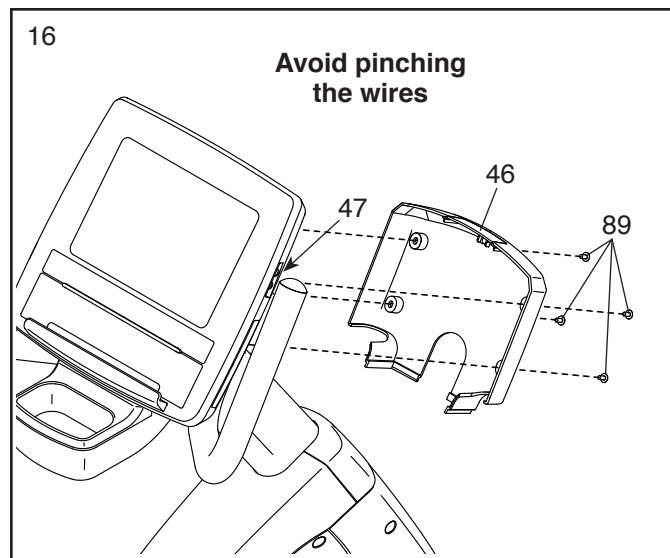
17. Identify the right Pedal (29). Using an adjustable wrench, **firmly tighten** the right Pedal **clockwise** into the Right Crank Arm (16).

   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.

17

16
29
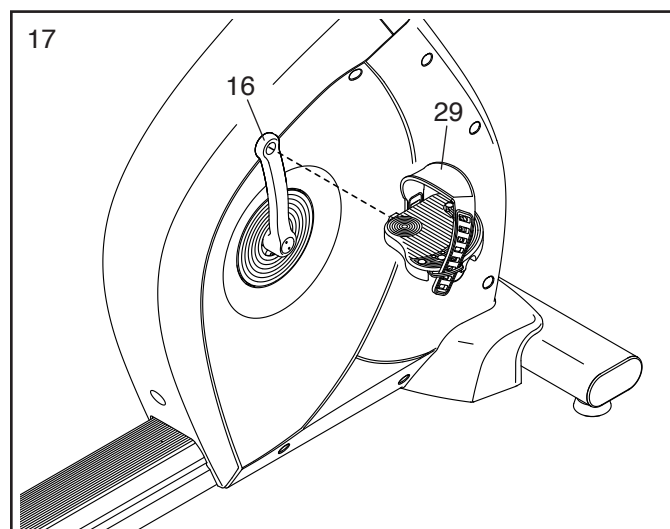
18. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO UPGRADE THE CONSOLE

Your console has been preconfigured to operate with an optional digital TV.

To learn about the features of the basic console, see page 16. **To learn about the features of the digital TV,** see the user's manual included with the digital TV. The basic console has no television capabilities.

To upgrade your console to include a digital TV whenever you choose, please see the front cover of this manual.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE INCLUDED POWER ADAPTER

The exercise bike can be used with or without the included power adapter. When the exercise bike is used without the power adapter, power will be supplied by an internal generator.

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 **lower** power receptacle (A) 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.
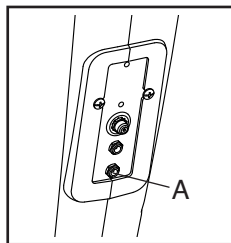
HOW TO PLUG IN THE DIGITAL TV POWER ADAPTER

If the exercise bike has an optional digital TV, the power adapter included with the digital TV must be used for the digital TV to operate.

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 for the optional digital TV into the **upper** digital TV power receptacle (B) 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.
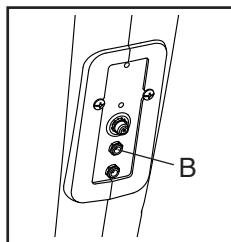
HOW TO CONNECT A COAXIAL CABLE TO THE EXERCISE BIKE

If the exercise bike has an optional digital TV, a coaxial cable must be connected to the exercise bike for cable or over-the-air TV stations to be viewed.

Locate the coaxial cable terminal (C) on the frame of the exercise bike. Connect the coaxial cable to the coaxial cable terminal. Route the coaxial cable so that it will not be pinched or crushed by the exercise bike.
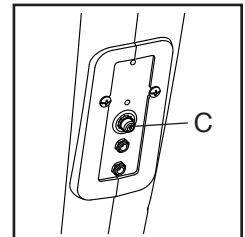
A satellite receiver, VCR, or DVD player can also be connected to the exercise bike. Connect a coaxial cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the coaxial cable terminal (C) on the frame of the exercise bike.

Note: Audio/video equipment without coaxial outputs may be able to be connected directly to the optional digital TV; the optional digital TV has a variety of input receptacles.

CONSOLE DIAGRAM
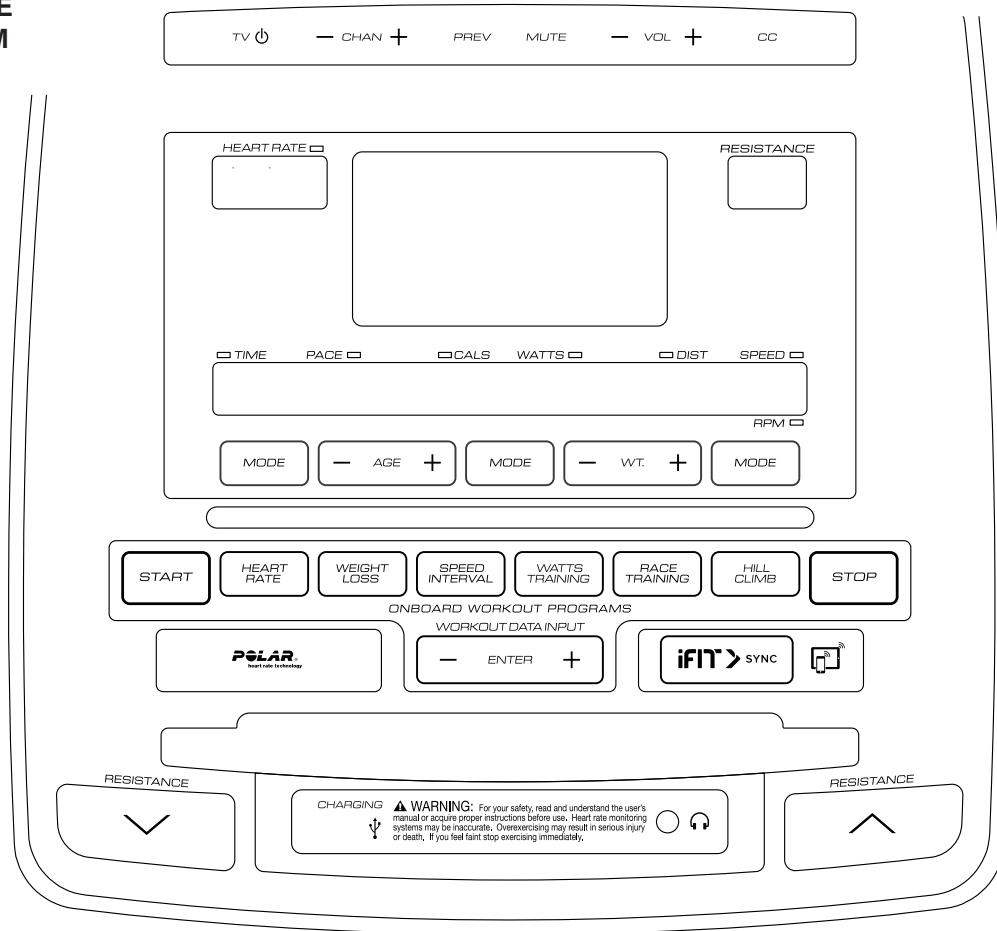
FEATURES OF THE CONSOLE

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

The console features a selection of onboard programs that automatically control the resistance of the pedals while guiding you through an effective exercise session.

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

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a Polar®-compatible chest heart rate monitor.

You can even connect your tablet to the console and use the iFit®–Smart Cardio Equipment app to record and track your workout information.

You can also use the charging port on the console to charge your USB-compatible device while you exercise.

To activate the console, see page 17. **To turn off the console,** see page 17. **To use the charging port,** see page 17.

To use the quick start mode, see page 18. **To use an onboard program,** see page 20. **To connect your tablet to the console,** see page 22. **To change console settings,** see page 22.

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

Note: The console can display speed and distance in either miles and miles per hour or kilometers and kilometers per hour. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

HOW TO ACTIVATE THE CONSOLE

If the exercise bike has a basic console, it can be used with or without the power adapter.

To use the exercise bike without the power adapter, simply begin pedaling. The displays and indicators will light and the words SELECT WORKOUT OR PRESS START TO BEGIN will scroll across the message banner.

While you pedal, power will be supplied by an internal generator; remember to continue pedaling while you use the exercise bike.

If the exercise bike has an optional digital TV, the power adapter must be used for the digital TV to be operated. See HOW PLUG IN THE DIGITAL TV POWER ADAPTER on page 15.

When the power adapter is plugged in, the displays and indicators will light and the words SELECT WORKOUT OR PRESS START TO BEGIN will scroll across the message banner.

HOW TO TURN OFF THE CONSOLE

If the pedals are not moved and no buttons are pressed for a short while, the console will turn off automatically.

If the exercise bike is being used with the power adapter, unplug the power adapter when you are finished exercising. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

HOW TO USE THE CHARGING PORT

The console features a charging port that you can use to charge USB-compatible devices, such as tablets and smartphones, while you exercise.

To use the charging port, plug a USB charging cable (not included) into the charging port on the front of the console and into the receptacle on your device; **make sure that the USB charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play music through the console sound system.

HOW TO USE THE QUICK START MODE

1. **Turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 17.

2. **Select the quick start mode.**

   To select the quick start mode, press the Start button.

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

   As you pedal, you can change the resistance of the pedals. To change the resistance, press the Resistance increase and decrease buttons on the console or on the handlebars.

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

4. **Follow your progress.**

   The displays can show the following workout information:

   Matrix—This display will show a profile of the resistance levels of the workout or program.

   Message Banner—This display will show a variety of workout information and scrolling text messages.

   Heart Rate—This display will show your heart rate when you use the handgrip heart rate monitor or a Polar-compatible chest heart rate monitor (see step 5).

   Resistance—This display will show the resistance level of the pedals.

   Time/Pace—This display will show the workout time and your pedaling pace in minutes per mile or minutes per kilometer in a repeating cycle (scan mode).

To select either the time display or the pace display for continuous display (priority mode), press the left Mode button repeatedly until a solid light appears next to the desired display. To return to the scan mode, press the left Mode button until a flashing light appears next to the displays in a repeating cycle.

When the quick start mode is selected, the time display will show the elapsed time. When a program is selected, the time display will show the time remaining in the program.

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

Cals/Watts—This display will show the approximate number of calories you have burned and your power output in watts in a repeating cycle (scan mode).

To select either the calories display or the watts display for continuous display (priority mode), press the center Mode button repeatedly until a solid light appears next to the desired display. To return to the scan mode, press the center Mode button until a flashing light appears next to the displays in a repeating cycle.

Dist/Speed/RPM—This display will show the distance that you have pedaled in miles or kilometers, your pedaling speed in miles or kilometers per hour, and your pedaling speed in revolutions per minute (RPM) in a repeating cycle (scan mode).

To select the distance, speed, or RPM display for continuous display (priority mode), press the right Mode button repeatedly until a solid light appears next to the desired display. To return to the scan mode, press the right Mode button until a flashing light appears next to the displays in a repeating cycle.

Note: The console can display speed in either miles per hour or kilometers per hour. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

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

You can use the handgrip heart rate monitor or you can wear a Polar-compatible chest heart rate monitor (not included) to measure your heart rate.

IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

To use the handgrip heart rate monitor, follow the instructions below.

If there are sheets of plastic on the metal contacts (A) 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 on the upper body arms or the contacts on the handlebars. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.
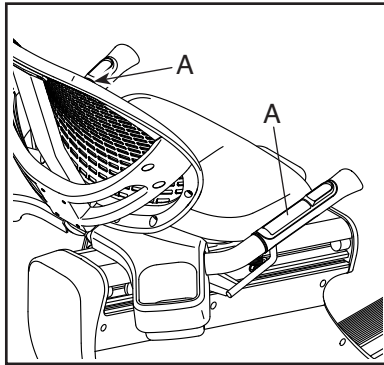
If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Pause the workout if desired.**

To pause the workout, press the Stop button. Note: If the pedals are not moved and no buttons are pressed for a short while, the console will exit the quick start mode or the program.

To resume the workout, press the Start button.

7. **End the workout and view the workout summary.**

When you are finished exercising, press the Stop button.

A workout summary will appear in the message banner.

8. **Exit the workout summary.**

To exit the workout summary, press the Stop button twice.

Note: After a short while, the console will exit the workout summary automatically.

9. **Turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE AN ONBOARD PROGRAM

1. **Turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 17.

2. **Select an onboard program.**

   To select an onboard program, press the Heart Rate, Weight Loss, Speed Interval, Watts Training, Race Training, or Hill Climb button repeatedly until the desired program appears in the displays.

   The message banner will show the name of the program and other details about the program. The matrix will show the profile of the program.

3. **Enter your weight.**

   To enter your weight, press the Weight increase and decrease buttons.

4. **Enter your age.**

   To enter your age, press the Age increase and decrease buttons.

5. **Begin exercising.**

   Press the Start button and begin pedaling to begin the program.

   Heart Rate Program—Each heart rate program is divided into segments. A target heart rate is programmed for each segment. During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

   During the program, the console will regularly compare your actual heart rate with the target heart rate. To keep your actual heart rate near the target heart rate, the console will automatically adjust the resistance of the pedals and prompt you to increase or decrease your pedaling speed. **Keep your pedaling speed near the target speed shown in the message banner.**

Note: The target heart rates are percentages of your maximum heart rate. Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 − 30 = 190). Therefore, if you are 30 years old, a target heart rate setting of 60 percent is equal to 114 beats per minute (60 percent of 190 is 114). To determine a target heart rate that is suitable for you, consult your physician or a physician-recommended source.

For the most accurate heart rate readings, it is recommended that you wear a Polar-compatible chest heart rate monitor while using the heart rate program. You can also hold the handgrip heart rate monitor during the heart rate program (see step 5 on page 19).

IMPORTANT: The target heart rate is intended only to provide motivation. Make sure to exercise at an intensity level that is comfortable for you.

The program will continue in this way until the last segment ends.

Weight Loss, Speed Interval, and Hill Climb Programs—Each program is divided into 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 program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

If the resistance level is too high or too low, you can manually override the resistance level by pressing the Resistance increase and decrease buttons.

The console will prompt you to increase or decrease your pedaling speed. **Keep your pedaling speed near the target speed shown in the message banner.**

IMPORTANT: The target speed is intended only to provide motivation. Make sure to exercise at an intensity level that is comfortable for you.

If the resistance level is too high or too low, you can manually override the resistance level by pressing the Resistance increase and decrease buttons. **IMPORTANT: The resistance level will automatically adjust at the end of each segment.**

The program will continue in this way until the last segment ends.

Watts Training Program—Each program is divided into segments. A watts target is programmed for each segment. During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

To keep your actual watts output near the watts target, the console will automatically adjust the resistance of the pedals and prompt you to increase or decrease your pedaling speed. **Increase or decrease your pedaling speed to keep your actual watts output near the watts target shown in the message banner.**

IMPORTANT: The watts target is intended only to provide motivation. Make sure to exercise at an intensity level that is comfortable for you.

If the resistance level is too high or too low, you can manually override the resistance level by pressing the Resistance increase and decrease buttons. **IMPORTANT: The resistance level will automatically adjust at the end of each segment.**

The program will continue in this way until the last segment ends.

Race Training Program—Each program is divided into segments. During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

As you exercise, change the resistance of the pedals as desired (see step 3 on page 18). The display will count down the distance you have pedaled.

The program will continue in this way until the last segment ends.

6. **Follow your progress.**

   See step 4 on page 18.

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

   See step 5 on page 19.

8. **Pause the program if desired.**

   See step 6 on page 19.

9. **End the program and view the workout summary.**

   See step 7 on page 19.

10. **Exit the workout summary.**

    See step 8 on page 19.

11. **Turn off the console.**

    See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app. Note: Other Bluetooth connections are not supported.

1. **Download and install the iFit–Smart Cardio Equipment app on your tablet.**

   On your iOS® or Android™ tablet, open the App Store℠ or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

   Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

2. **Connect your tablet to the console.**

   Press the iFit Sync button on the console. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

3. **Record and track your workout information.**

   Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

4. **Disconnect your tablet from the console if desired.**

   To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console.

HOW TO CHANGE CONSOLE SETTINGS

1. **Turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 17.

2. **Select the settings mode.**

   To select the settings mode, press and hold the left Mode button.

3. **Navigate the settings mode.**

   While the settings mode is selected, the display will show several optional screens. Press the Stop button repeatedly to select the desired optional screen.

   The message banner will show instructions for the selected screen. **Make sure to follow the instructions shown in the message banner.**

4. **Change settings as desired.**

   Units—The currently selected unit of measurement will appear in the message banner. To change the unit of measurement, press the center Mode button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

   Display Test—This option is intended to be used by service technicians.

   Button Test—This option is intended to be used by service technicians to identify whether a certain button is working correctly.

   Software Version Number—The software version number will appear in the message banner.

   Total Time and Total Distance—The total number of hours that the exercise bike has been used and the total distance that the exercise bike has been pedaled will appear in the message banner.

   CSAFE Login—Press the center Mode button repeatedly to enable or disable the CSAFE login functionality.

Pause Timeout—The selected pause time will appear in the message banner. When the console is paused, it will exit the workout or program after the entered number of seconds if the pedals do not move and no buttons are pressed. To change the pause timeout, press the Age increase and decrease buttons.

Idle Timeout—The selected idle time will appear in the message banner. When the console is idle, it will turn off after the entered number of seconds if the pedals do not move and no buttons are pressed. To change the idle timeout, press the Age increase and decrease buttons.

TV Setup—This option is used to set up an optional digital TV (see HOW TO UPGRADE the console on page 14). When this option is selected, the buttons on the console are programmed to access various menus and options on the optional digital TV as described below.

> **Center Mode button**—Press this button to select the digital TV setup menu.

> **Chan increase and decrease buttons**—Press these buttons to navigate up and down in the digital TV menus.

> **Vol increase and decrease buttons**—Press these buttons to navigate right and left in the digital TV menus.

> **Enter button/right Mode button**—Press these buttons to make a selection.

> **Left Mode button**—Press this button to select a TV source.

> **Start button**—Press this button to select the digit 0.

> **Heart Rate button**—Press this button to select the digit 1.

Weight Loss button—Press this button to select the digit 2.

Speed Interval button—Press this button to select the digit 3.

Watts Training button—Press this button to select the digit 4.

Race Training button—Press this button to select the digit 5.

Hill Climb button—Press this button to select the digit 6.

Decrease button next to Enter button—Press this button to select the digit 7.

Increase button next to Enter button—Press this button to select the digit 8.

iFit Sync button—Press this button to select the digit 9.

For more information, see the user's manual included with the optional digital TV.

Language—The selected language will appear in the message banner. The console will display text messages in the selected language. To select a language, press the center Mode button repeatedly.

Bluetooth Low Energy—Press the center Mode button repeatedly to enable or disable the Bluetooth Low Energy functionality.

5. **Exit the settings mode.**

Press the Stop button to exit the settings mode.

COMPLIANCE INFORMATION

UNITED STATES

FCC Statement. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

CANADA

IC Statement. This Class B digital device complies with Canadian ICES-003. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Inspect and tighten all parts of the exercise bike regularly. 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 the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 19.

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.

CHARGING THE GENERATOR

See EXPLODED DRAWING A on page 29. For best results, charge the internal Battery (2) that powers the Generator (31) once per week. To charge the Battery, plug the Power Adapter (130) into the receptacle on the frame of the exercise bike.

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	♥
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.

PART LIST

Key No.	Qty.	Description
1	1	Frame
2	1	Battery
3	1	Hook and Loop Fastener
4	1	Upright
5	1	Console
6	4	M8 Nut
7	1	Wear Cover
8	2	Idler Bearing
9	1	Small Accessory Tray
10	1	Rail
11	1	Seat Carriage
12	1	Seat
13	1	Backrest
14	1	Backrest Frame
15	1	Seat Handle
16	1	Right Crank Arm
17	1	Idler Spacer
18	1	Seat Frame
19	1	Front Shield Cap
20	1	Front Shield Cover
21	1	Left Front Shield
22	1	Right Front Shield
23	1	Left Rear Shield
24	1	Right Rear Shield
25	1	Left Crank Arm
26	4	Stabilizer Cap
27	1	Rear Shield Cover
28	4	Leveling Foot
29	1	Pedal/Strap Set
30	4	Rail Plate
31	1	Generator
32	1	Idler Bracket
33	1	Rail Cover
34	1	Eyebolt
35	1	Seat Frame Plate
36	3	M4 x 15mm Flat Head Screw
37	1	Rear Stabilizer
38	1	Crank
39	2	Backrest Spacer
40	1	Pulley
41	1	Control Board
42	1	Accessory Tray Cover
43	2	Long Grip
44	1	Wiring Plate
45	2	Grip Cap
46	1	Handlebar Cover
47	1	Handlebar
48	1	Idler Spring
49	1	20mm Snap Ring
50	1	Front Stabilizer
51	2	Receptacle Plug
52	1	Large Accessory Tray
53	2	Short Grip
54	1	Seat Handle Spring
55	1	Handle Bushing
56	1	Ground Wire
57	2	Wheel
58	2	Coupler
59	1	Drive Belt
60	2	Rail Plate
61	6	Clip Nut
62	2	Rear Rail Bumper
63	1	Wire Clamp
64	1	Seat Frame Cap
65	2	Control Grip
66	8	M8 x 15mm Truss Screw
67	8	M8 x 15mm Flat Head Screw
68	2	M8 x 25mm x 2mm Washer
69	2	Control Plate
70	2	Grip Plate
71	2	Control Switch
72	2	Keypad
73	1	Screw Cap
74	1	M6 x 15mm Hex Screw
75	2	M8 x 25mm Flange Screw
76	4	M8 x 15mm Screw
77	19	M8 Split Washer
78	21	M5 x 12mm Screw
79	1	Upper Main Wire
80	8	M8 x 16mm x 1mm Washer
81	7	M5 x 10mm Truss Screw
82	4	M6 x 12mm Truss Screw
83	2	M6 Nut
84	2	M8 x 40mm Bolt
85	8	M8 Locknut
86	4	M8 x 10mm Screw
87	4	M6 x 15mm Flange Screw
88	2	M5 x 30mm Screw
89	6	M5 x 10mm Screw
90	1	M4 x 10mm Wire Clip Screw
91	1	M6 x 19mm x 1.5mm Washer
92	4	M8 x 12mm x 1mm Washer
93	4	M8 x 20mm Screw
94	2	M4 x 25mm Screw
95	4	M6 x 35mm Screw
96	4	M6 Split Washer
97	4	M6 x 1mm Washer
98	1	M8 x 25mm Button Screw
99	1	Upper Pulse Wire
100	1	Upper TV Coaxial Cable

Key No.	Qty.	Description	Key No.	Qty.	Description
101	11	M4 x 16mm Self-tapping Screw	131	1	Handlebar Cover Cap
102	8	M5 x 16mm Screw	132	2	Crank Bearing
103	4	M8 x 20mm Hex Screw	133	1	Crank Spacer
104	4	Roller Sleeve	134	1	Bearing Spacer
105	1	M8 x 40mm Screw	135	1	M4 x 10mm Screw
106	6	Roller	136	1	M5 x 12mm x 1mm Washer
107	2	Roller Axle	137	1	M4 x 8mm Screw
108	3	M12 Locknut	138	4	M8 x 25mm Cap Screw
109	4	M8 x 35mm Hex Bolt	139	1	USB/Earphone Board
110	12	M8 x 16mm x 1.5mm Washer	140	1	Ground Bar
111	4	M3 x 25mm Screw	141	1	Console Shelf
112	2	M2 x 5mm Screw	142	2	M8 x 25mm x 1.5mm Washer
113	2	M4 x 8mm Flat Head Screw	143	2	M8 x 16mm x 2mm Washer
114	2	M4 Washer	144	1	Tablet Shelf
115	1	Upper Power Wire	145	2	M8 x 40mm Cap Screw
116	1	Brake Axle	146	6	C-SAFE/USB Host Board Screw
117	1	Brake Spacer	147	1	Pulse board
118	1	USB Host Board	148	1	M8 Bright Split Washer
119	4	M8 x 2mm Washer	149	4	Pulse Board Screw
120	1	M8 x 20mm x 1.5mm Washer	150	2	USB/Earphone Screw
121	1	Lower TV Coaxial Cable	151	1	20" Board Wire
122	1	Lower Power Wire	152	1	In 12" Board Wire
123	1	Lower Main Wire	153	1	Out 12" Board Wire
124	1	Lower Pulse Wire	154	2	Crank Cap
125	4	M8 x 12mm Seat Screw	155	2	M8 Arc Washer
126	1	M8 x 15mm Button Screw	156	1	Crank Nut
127	1	Brake Block	157	2	Front Rail Bumper
128	4	M6 x 15mm Screw	*	–	User's Manual
129	1	C-SAFE Board	*	–	Assembly Tool
130	1	Power Adapter/Wire			

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.
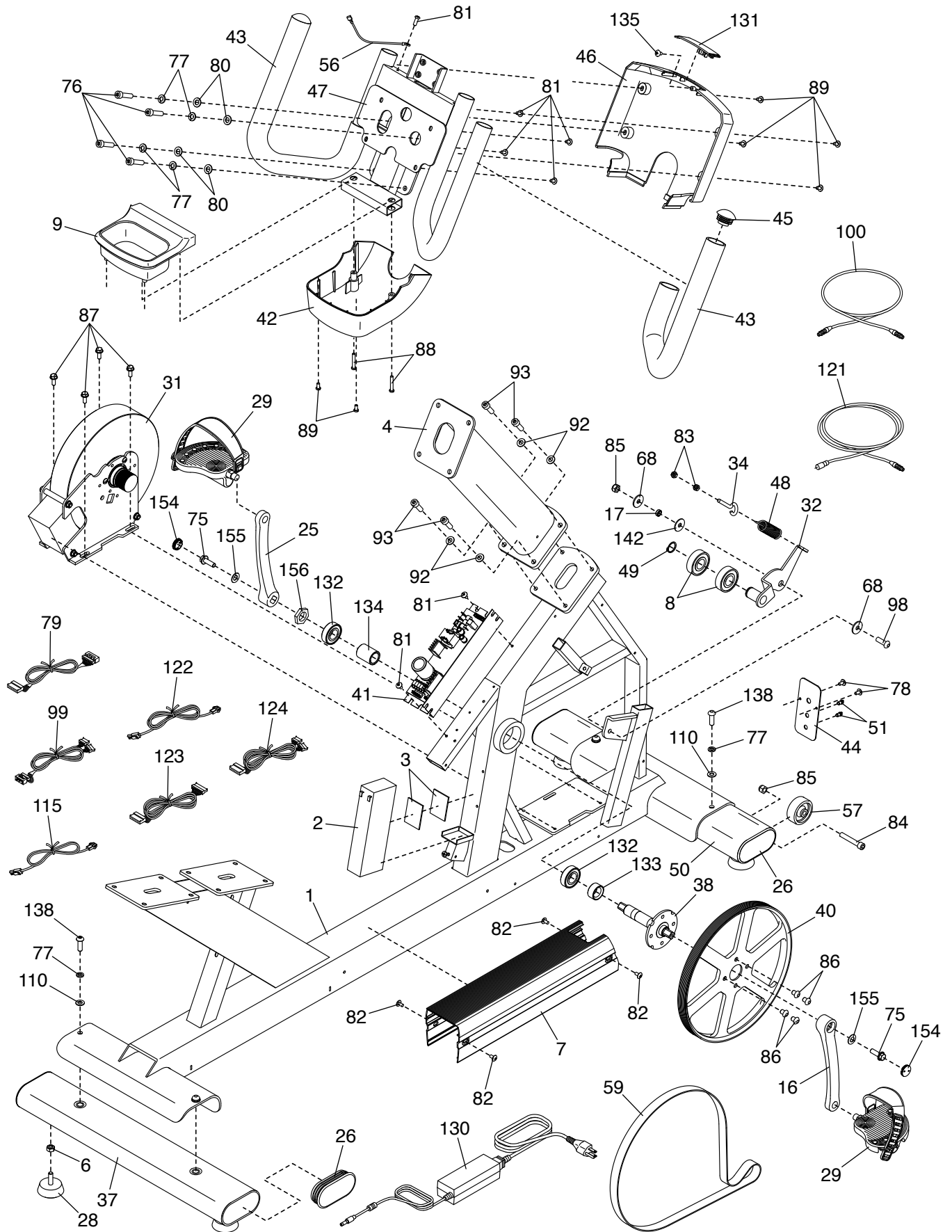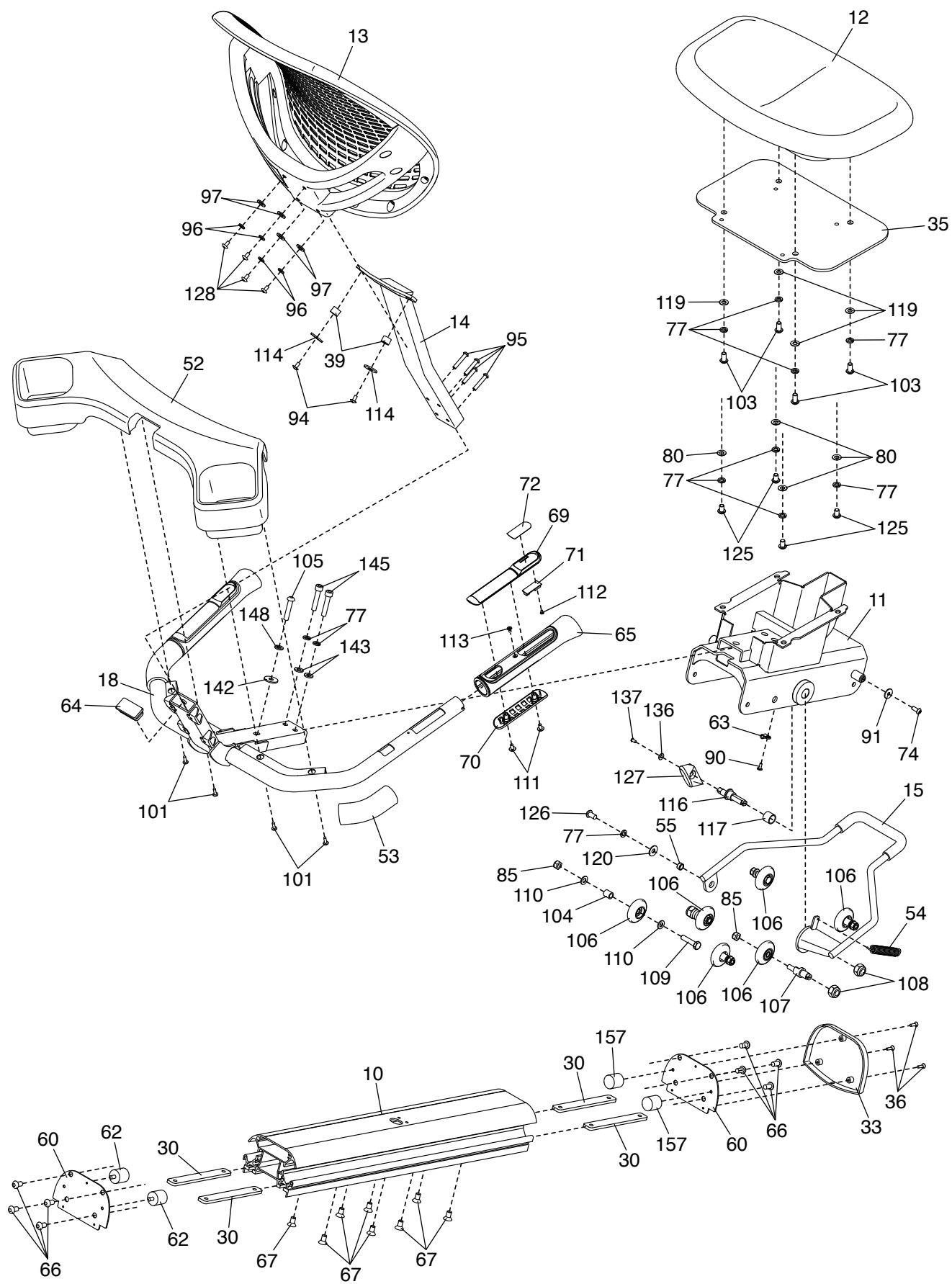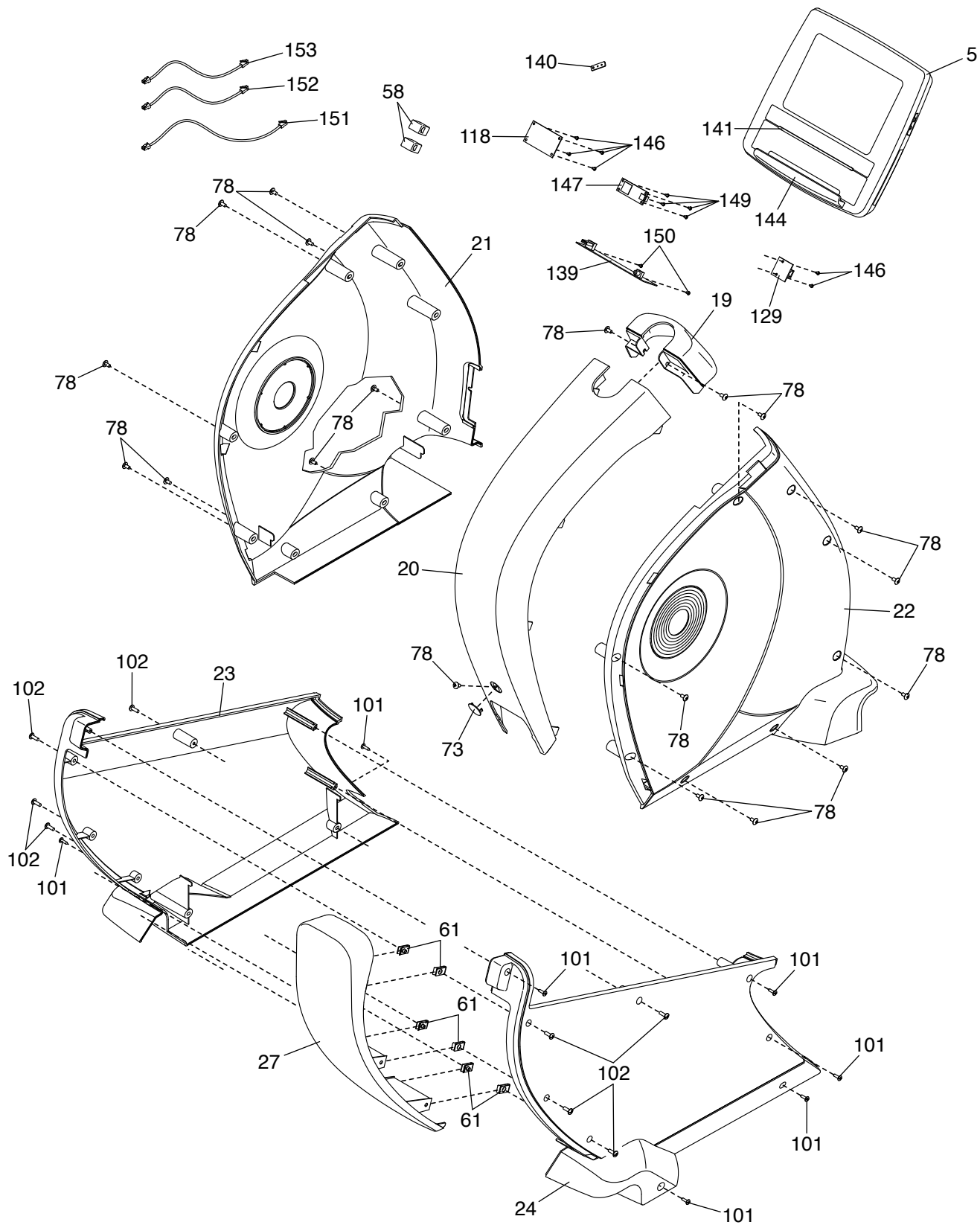
ORDERING REPLACEMENT PARTS

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.