

# NordicTrack®

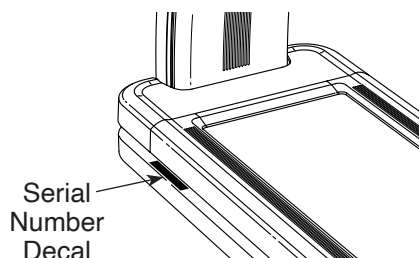
ELITE TREADMILL (22-inch)

nordictrack.com

Model No. NTL29222.2

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

Write the serial number in the space above for reference.

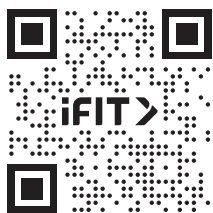


## REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to [my.nordictrack.com](http://my.nordictrack.com).

## MEMBER CARE

For service at any time, go to [my.iFIT.com](http://my.iFIT.com) or scan the QR code.

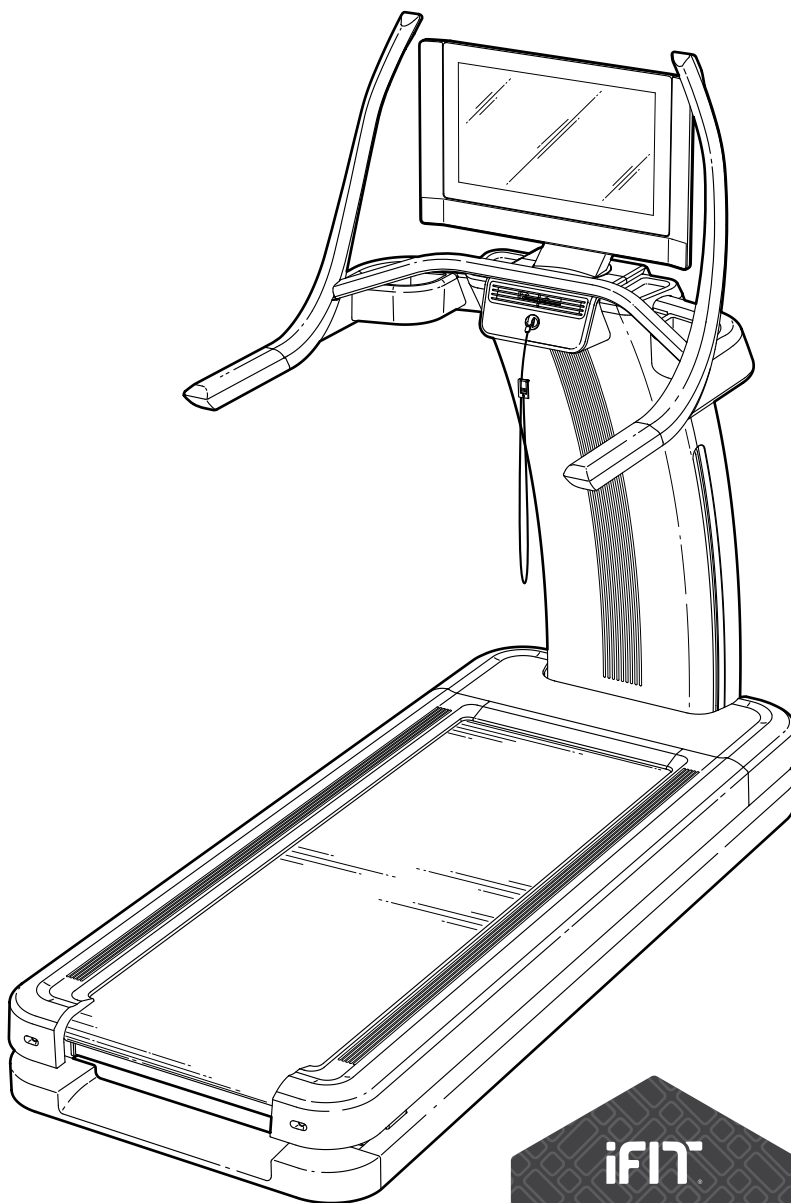


Please do not contact the store.

## CAUTION

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

## USER'S MANUAL



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## WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **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 decals may not be shown at actual size. The decals are attached to both sides of the treadmill.



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# 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 treadmill before using your treadmill. iFIT 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 treadmill are adequately informed of all warnings and precautions.
2. Keep children under age 16 and pets away from the treadmill at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the treadmill only as authorized by your health care provider.
5. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
6. Use the treadmill only as described in this manual.
7. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
9. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
10. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
11. The treadmill should be used only by persons weighing 300 lbs. (135 kg) or less.
12. Never allow more than one person on the treadmill at a time.
13. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
14. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 19). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
15. Use only a surge suppressor that meets all of the specifications described on page 19. To purchase a surge suppressor, see your local NORDICTRACK dealer, see the front cover of this manual, or see your local electronics store.
16. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
17. Keep the power cord and the surge suppressor away from heated surfaces.
18. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 32 if the treadmill is not working properly.)

19. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 21). Always wear the clip while using the treadmill.
20. Be careful when mounting and dismounting the treadmill. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
21. When a person is walking on the treadmill, the noise level of the treadmill will increase.
22. Keep fingers, hair, and clothing away from the moving walking belt.
23. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
24. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
25. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8 and HOW TO MOVE THE TREADMILL on page 31.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.
26. Do not change the incline of the treadmill by placing objects under the treadmill.
27. Never insert any object into any opening on the treadmill.
28. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
29. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
30. 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.

**SAVE THESE INSTRUCTIONS**

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

### Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

### Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**



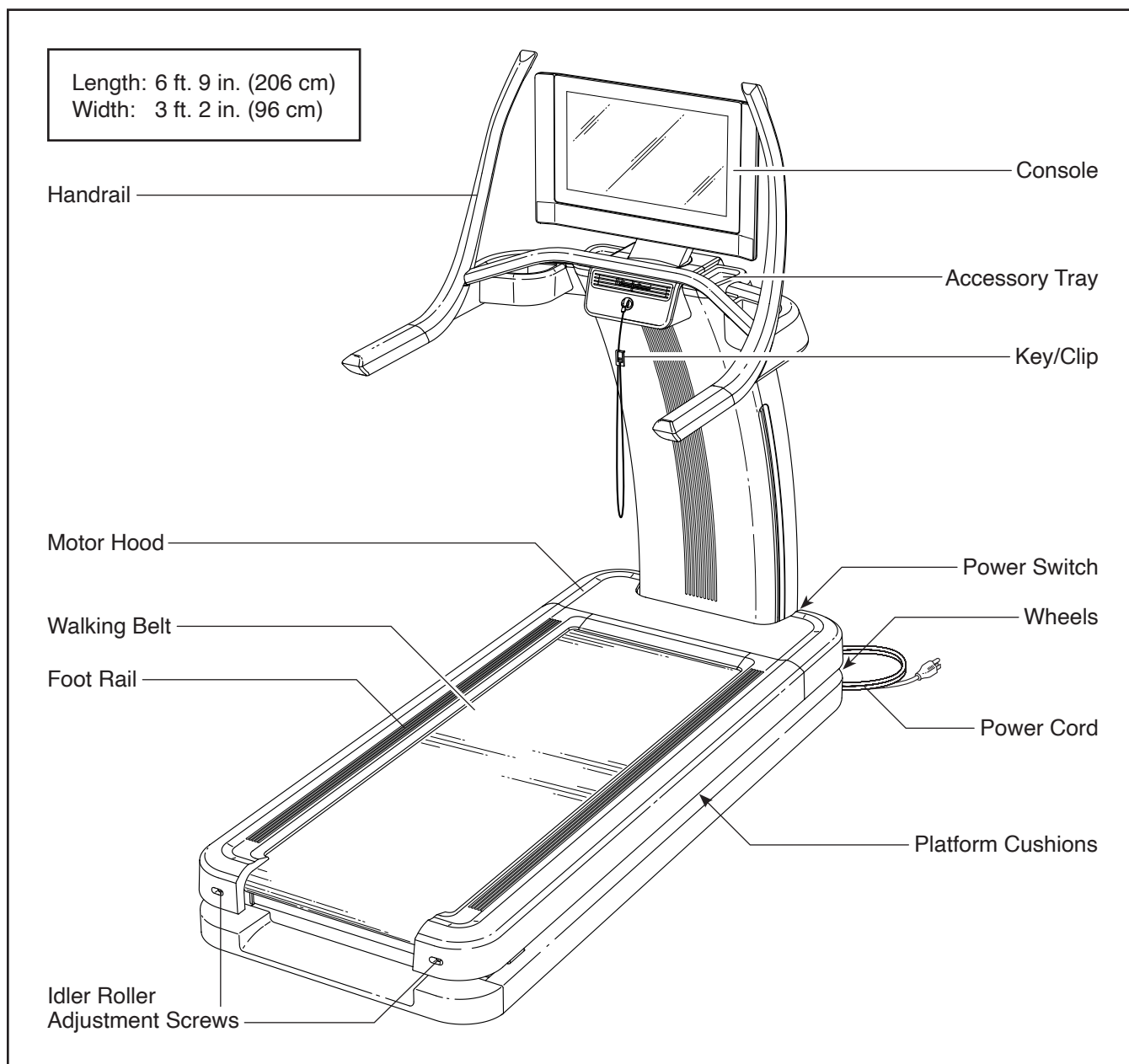
# BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® ELITE TREADMILL (22-inch). The ELITE TREADMILL (22-inch) 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 treadmill.** If you have questions after

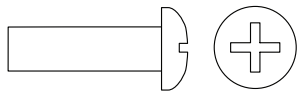
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

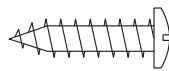


# PART IDENTIFICATION CHART

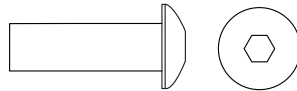
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



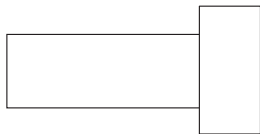
M6 x 20mm  
Screw (4)–6



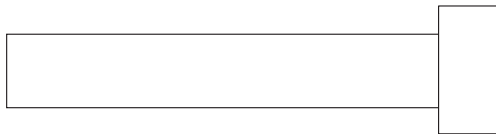
#8 x 3/4"  
Screw (2)–14



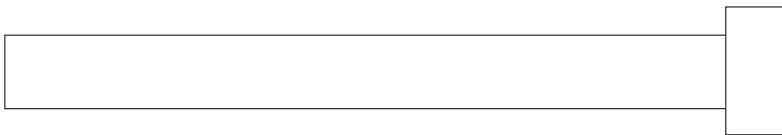
1/4" x 3/4"  
Screw (5)–4



3/8" x 1" Screw (6)–4



3/8" x 2 1/4" Screw (1)–6



3/8" x 3 3/4" Screw (3)–6

# ASSEMBLY

Easy step-by-step interactive  
3D assembly instructions for  
this product can be found on

**BILT.**<sup>®</sup>

Download the **FREE** App



Scan here  
and search  
by your  
model number



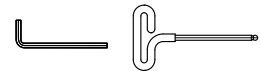
## 1. To use the assembly steps in this manual, first see the helpful tips below.

- 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.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

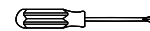
- To identify small parts, see page 7.

- Assembly requires the following tools:

the included hex keys



one Phillips screwdriver



one adjustable wrench



one pair of scissors



To avoid damaging parts, do not use power tools. Save all of the included tools in case adjustments are needed in the future.



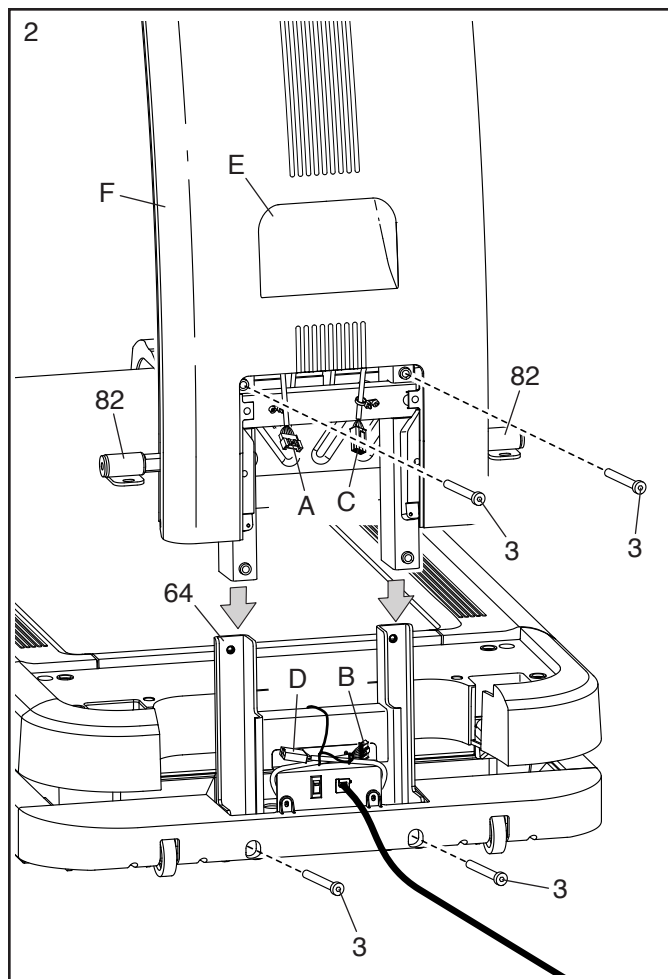
2. **Make sure that the power cord is unplugged.**

**Be careful not to pinch the wires (A–D) during this step. Use the built-in handle (E) as you lift the upright assembly (F).**

Make sure that the Carriage Brackets (82) on the upright assembly (F) are in the positions shown.

With the help of a second person, slide the lower end of the upright assembly (F) into the Base (64). If necessary, tip the upright assembly forward or backward to align the holes in the upright assembly with the holes in the Base. It may also be helpful to tip the upright assembly from side to side or to lift it slightly.

When the holes are aligned, attach the upright assembly (F) with four 3/8" x 3 3/4" Screws (3); **do not fully tighten the Screws yet.**

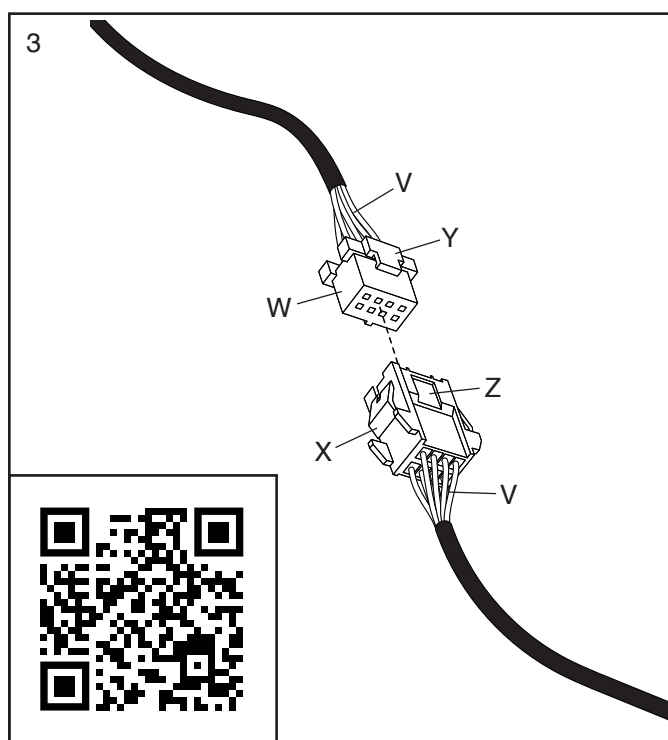


3. **IMPORTANT: You will connect wires in one or more of the following steps. For your treadmill to function properly, connect the wires as described below.** Note: The actual wires may look different from the wires shown.

First, firmly push the wires (V) into each connector (W, X) to make sure that the wires are fully seated.

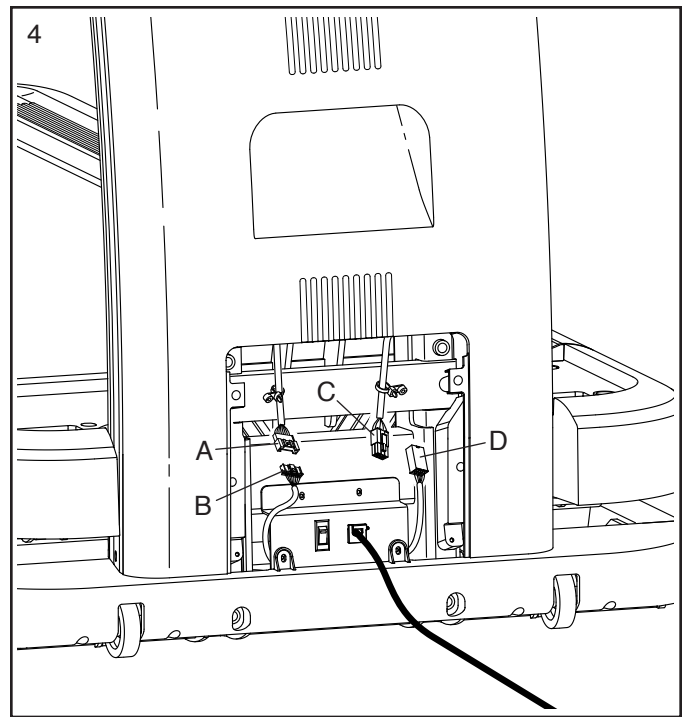
Next, turn the wires so that the latch (Y) on one connector (W) is on the **same side** as the catch (Z) on the other connector (X). Then, slide the connectors together; **the connectors should slide together easily and snap into place with an audible click.**

Then, pull on the connectors (W, X) to make sure that they are connected; **do not pull on the wires (V).** To see a video about connecting wires, scan the QR code or go to [my.iFIT.com](http://my.iFIT.com).

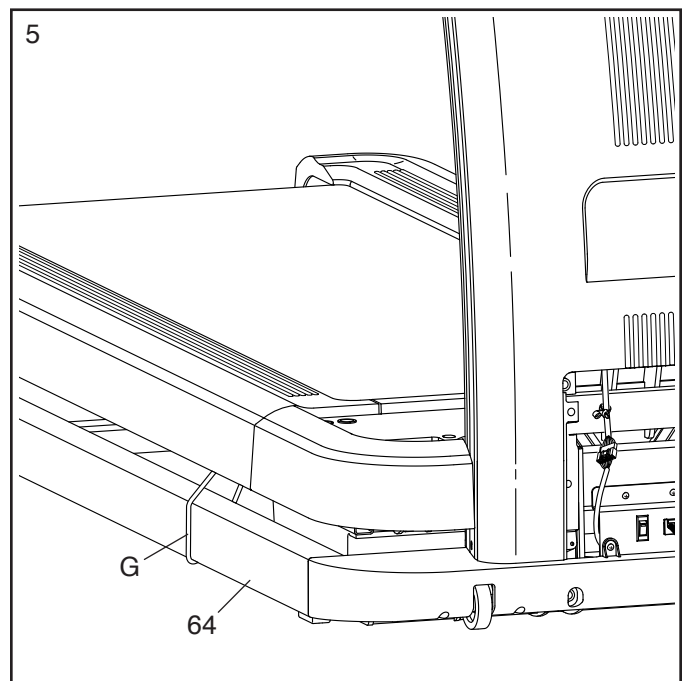


4. Remove the packing materials from the two lower wires (B, D).

Then, connect the wires (A, B, C, D). **For your treadmill to function properly, make sure to connect the wires as described in step 3.**

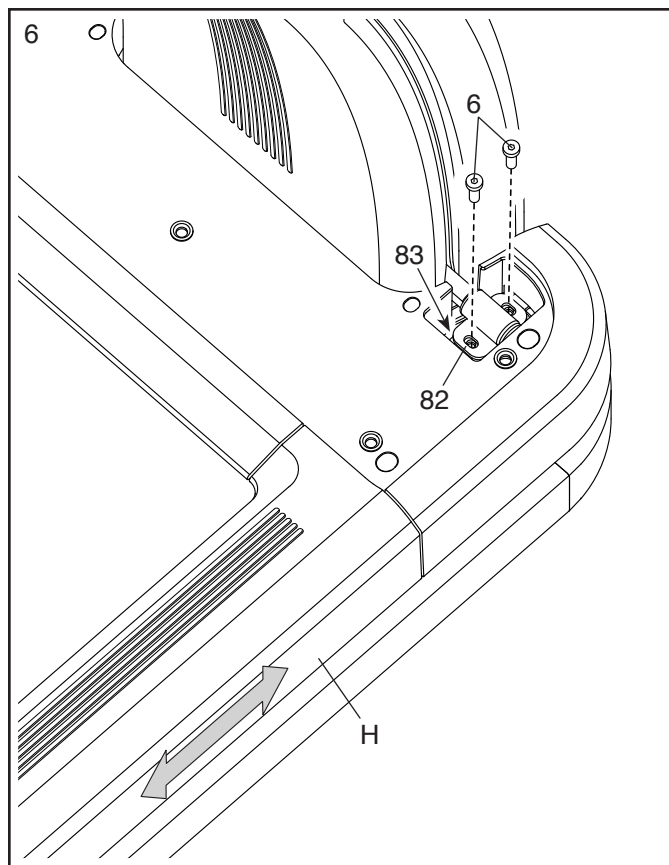


5. Cut and remove the shipping tie (G) from each side of the Base (64) (only one side is shown).



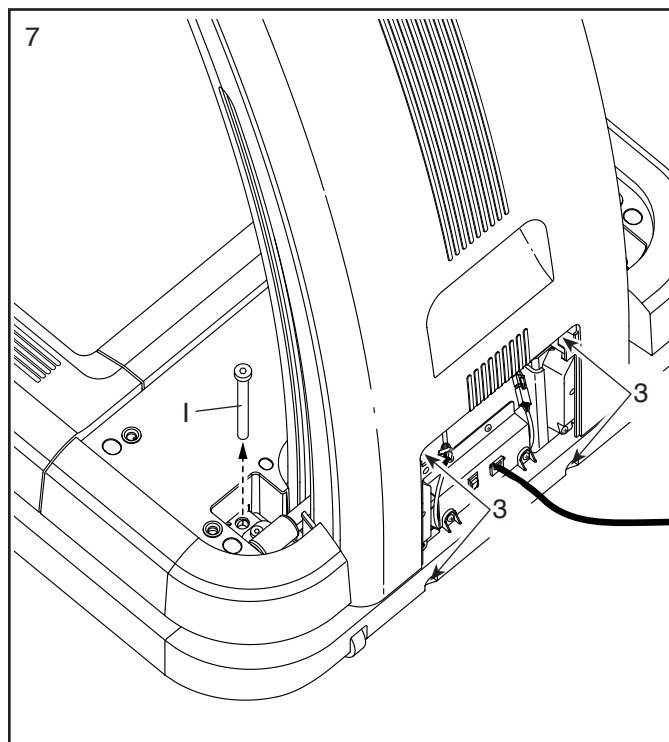
6. Make sure that the holes in the Carriage Brackets (82) are aligned with the holes in the Frame (83). If necessary, grip both sides of the frame assembly (H) near the rear and push forward or pull backward to align the holes. It may also be helpful to move the frame assembly from side to side or to lift the frame assembly slightly.

Attach each Carriage Bracket (82) with two 3/8" x 1" Screws (6) (only one side is shown); **start all four Screws, and then tighten them as firmly as possible.**

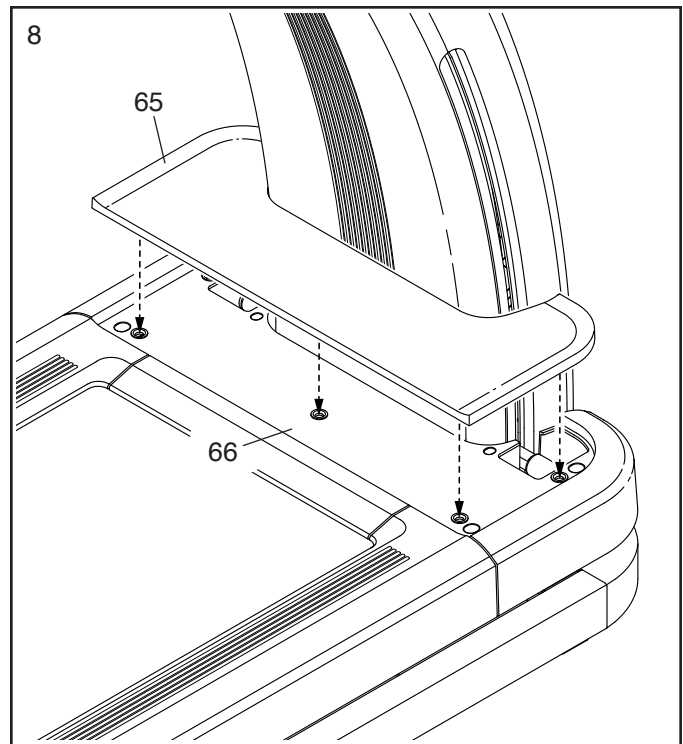


7. **Firmly tighten the four indicated 3/8" x 3 3/4" Screws (3).**

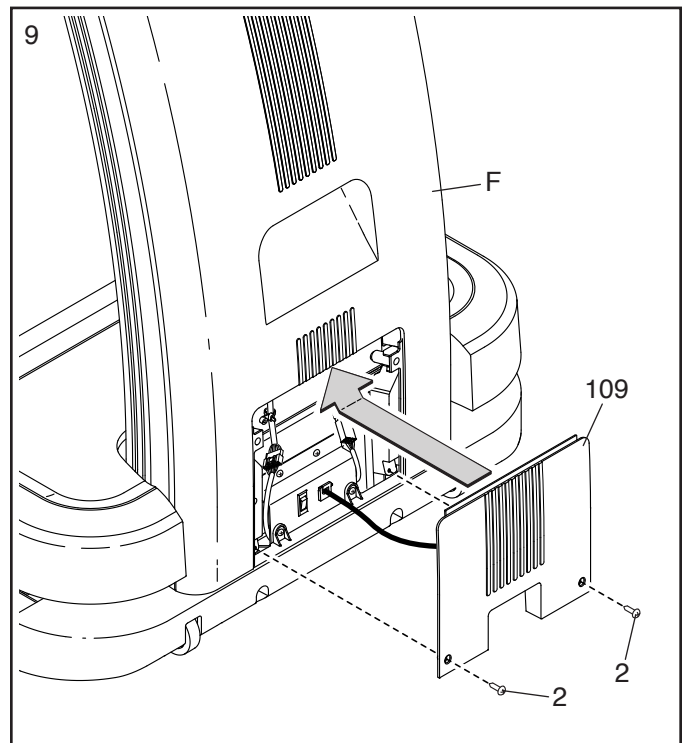
Then, remove the yellow shipping screw (I) from each side of the treadmill (only one side is shown). Discard the shipping screws.



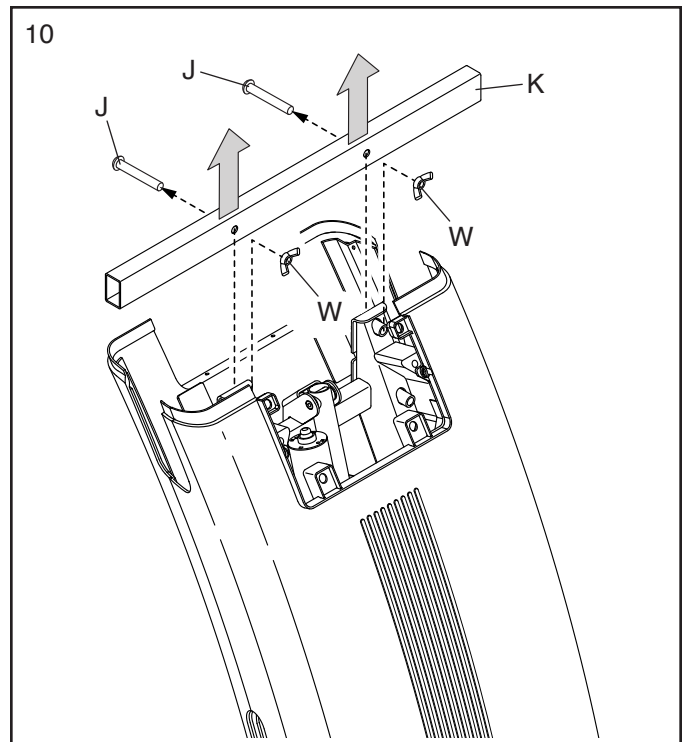
8. Press the Motor Hood Cover (65) down onto the Motor Hood (66) until all four corners and the center snap into place.



9. Insert the top edge of the Upright Panel (109) into the opening in the upright assembly (F). Attach the Upright Panel with two #8 x 3/4" Screws (2). **Be careful not to overtighten the Screws.**



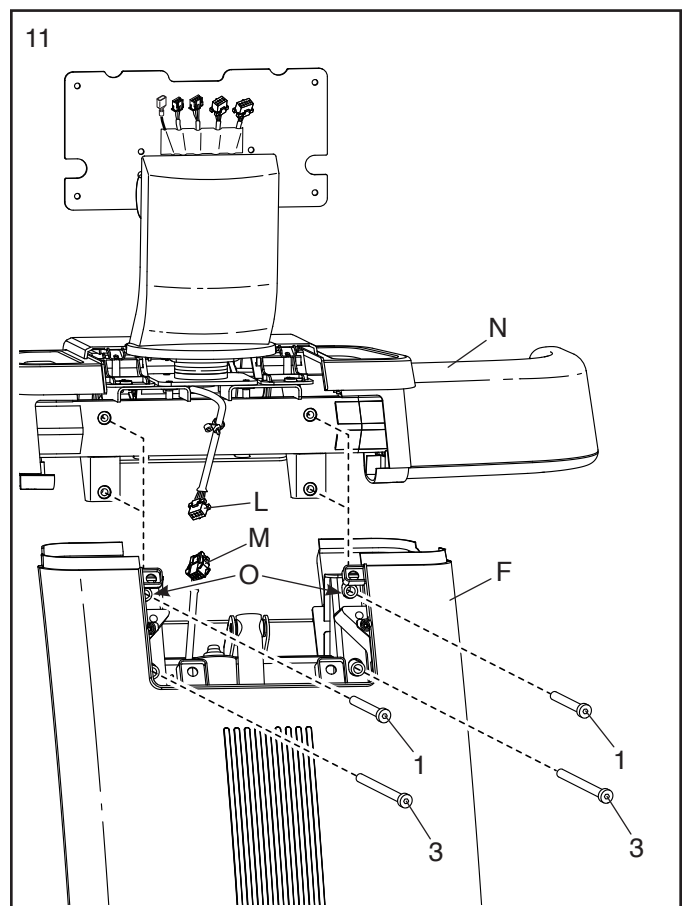
10. Remove the two indicated wingnuts (W) and bolts (J), and lift out the shipping tube (K). Discard these parts.



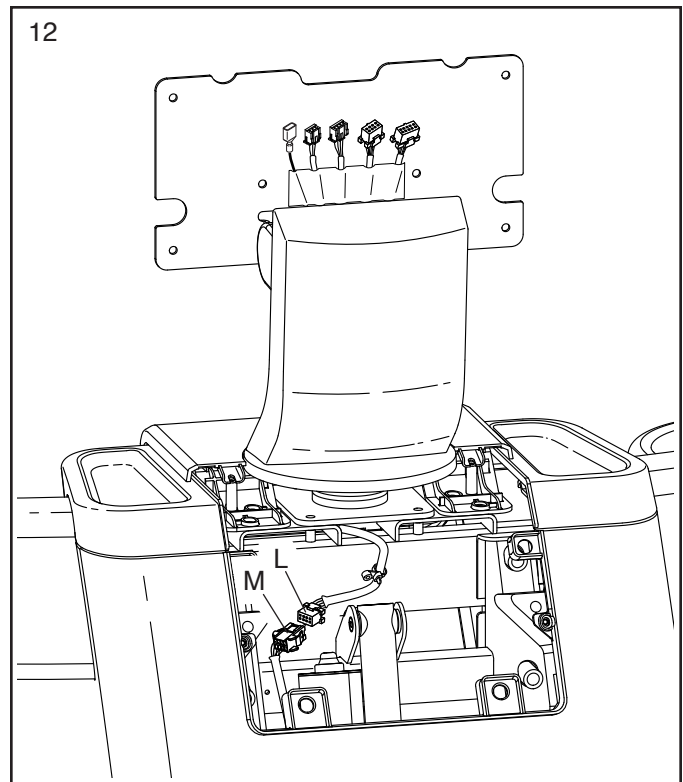
- 11. Be careful not to pinch the wires (L, M) during this step.**

With the help of a second person, set the console base assembly (N) on the upright assembly (F).

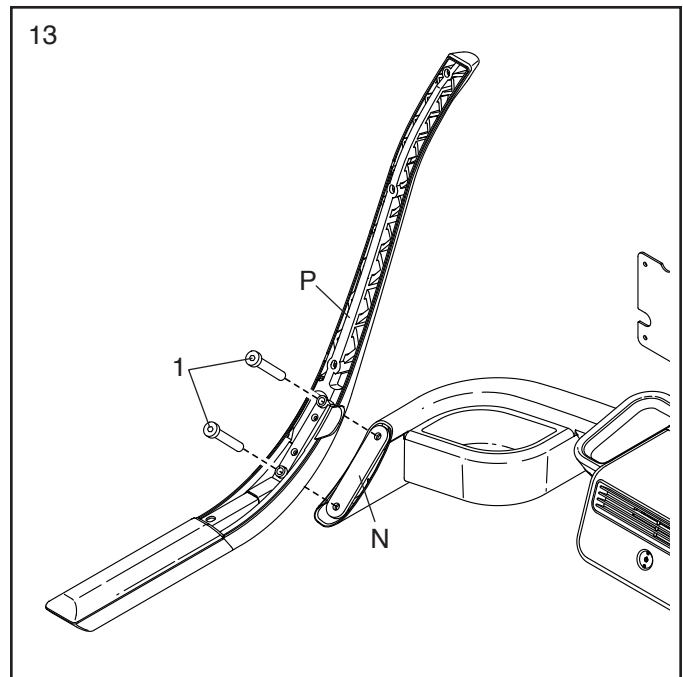
Attach the console base assembly (N) with two 3/8" x 2 1/4" Screws (1) and two 3/8" x 3 3/4" Screws (3). **IMPORTANT: Insert the Screws horizontally—not at an angle—into the upper holes (O). Start all four Screws, and then tighten them.**



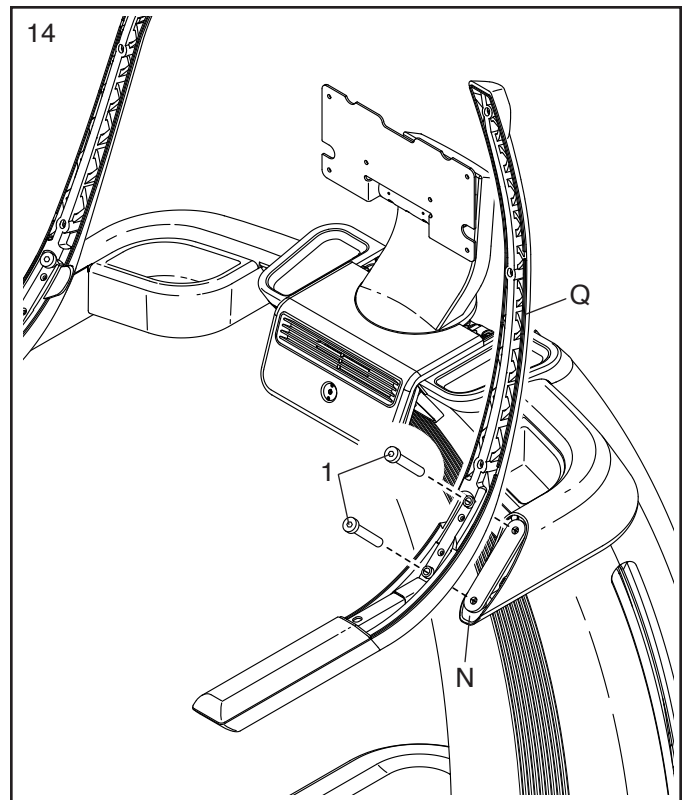
12. Connect the two indicated wires (L, M). **For your treadmill to function properly, make sure to connect the wires as described in step 3.**



13. Identify the left handrail assembly (P). Attach the left handrail assembly to the left side of the console base assembly (N) with two 3/8" x 2 1/4" Screws (1); **do not fully tighten the Screws yet.**

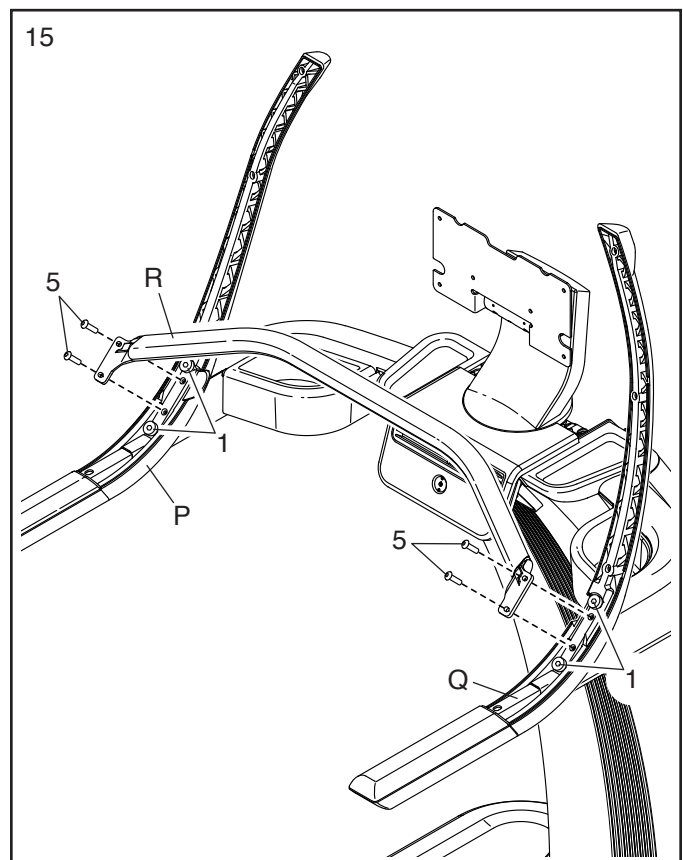


14. Attach the right handrail assembly (Q) to the right side of the console base assembly (N) with two  $\frac{3}{8}$ " x  $2\frac{1}{4}$ " Screws (1); **do not fully tighten the Screws yet.**



15. Orient the crossbar assembly (R) as shown. Attach the crossbar assembly to the left and right handrail assemblies (P, Q) with four  $\frac{1}{4}$ " x  $\frac{3}{4}$ " Screws (5); **start all four Screws, and then tighten them.**

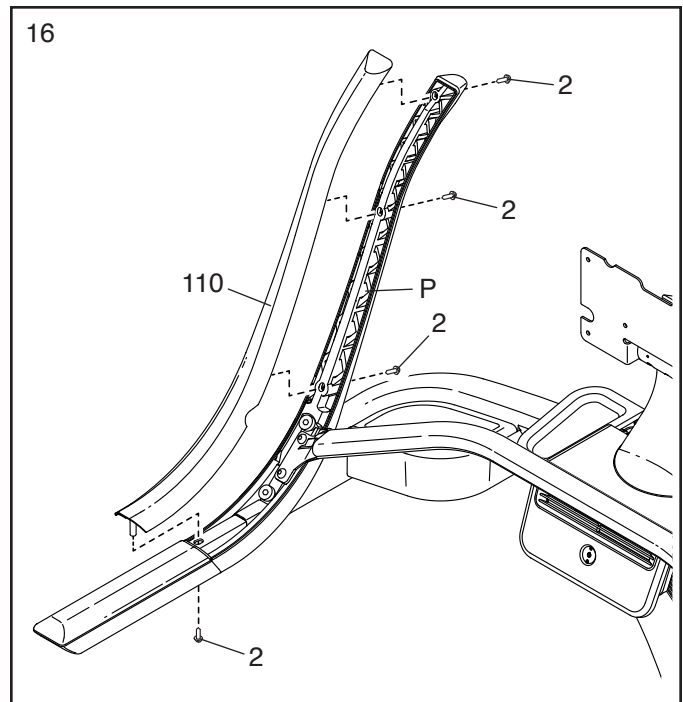
**Then, tighten the four indicated  $\frac{3}{8}$ " x  $2\frac{1}{4}$ " Screws (1).**



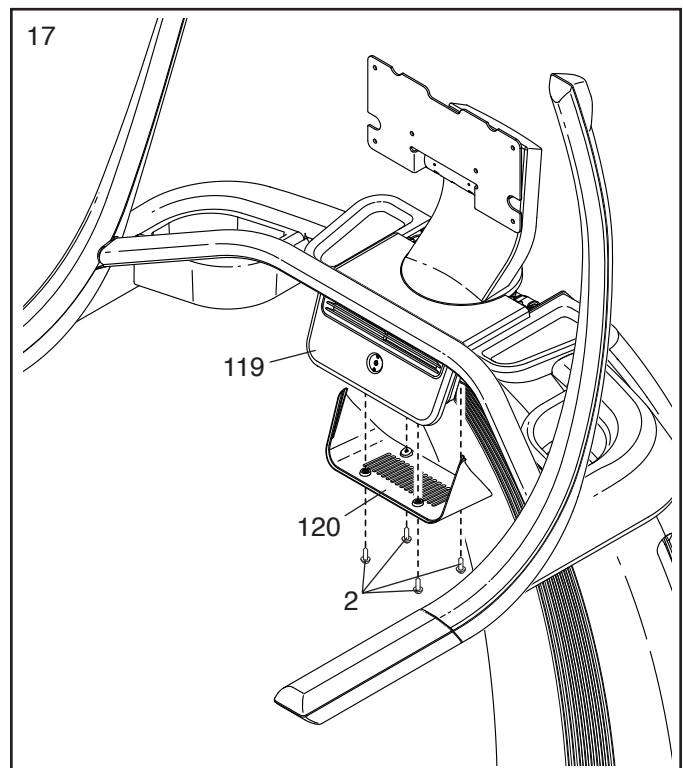
16. **Tip: It may be helpful to use a short Phillips screwdriver for this step.**

Identify the Left Handrail Cover (110). Attach the Left Handrail Cover to the left handrail assembly (P) with four #8 x 3/4" Screws (2); **start all four Screws, and then tighten them. Be careful not to overtighten the Screws.**

**Attach the Right Handrail Cover (not shown) to the right side in the same way.**



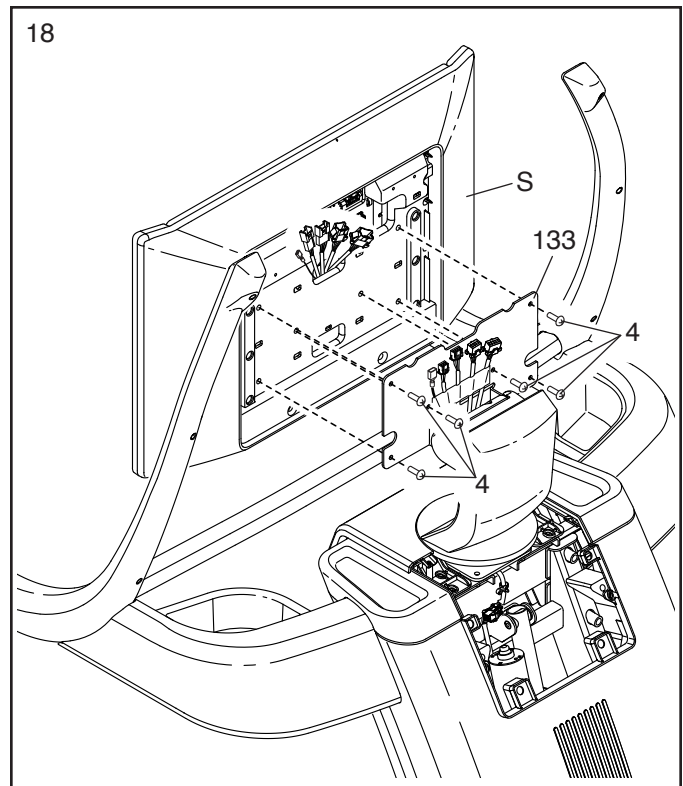
17. Attach the Console Cover (120) to the bottom of the Primary Console (119) with four #8 x 3/4" Screws (2); **start all four Screws, and then tighten them. Be careful not to overtighten the Screws.**



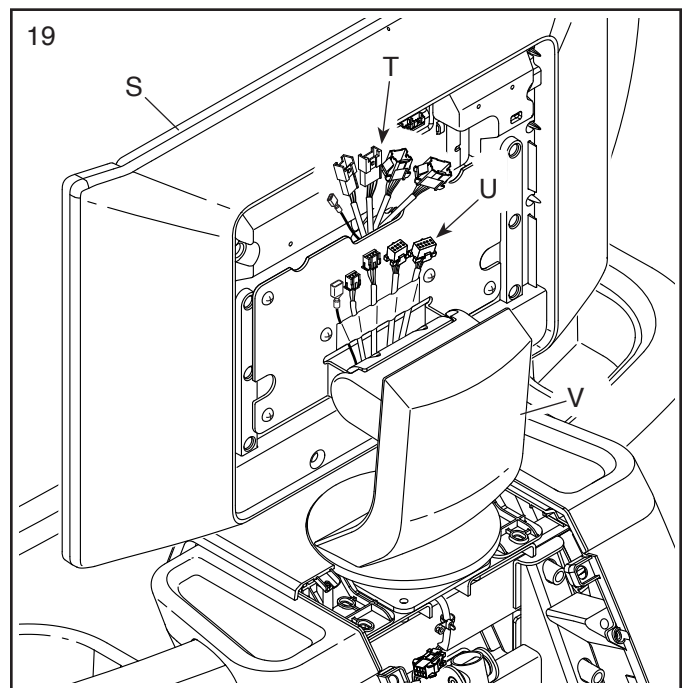


18. **Be careful not to pinch any wires during this step.**

With the help of a second person, attach the console assembly (S) to the Console Plate (133) with six M6 x 20mm Screws (4); **start all six Screws, and then tighten them.**



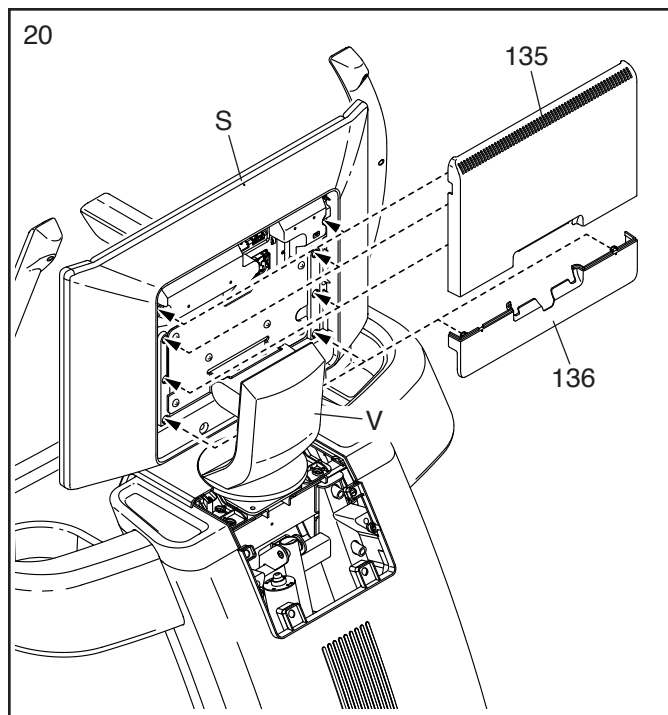
19. Connect the wires (T) from the console assembly (S) to the corresponding wires (U) from the console upright assembly (V). **For your treadmill to function properly, make sure to connect the wires as described in step 3.**



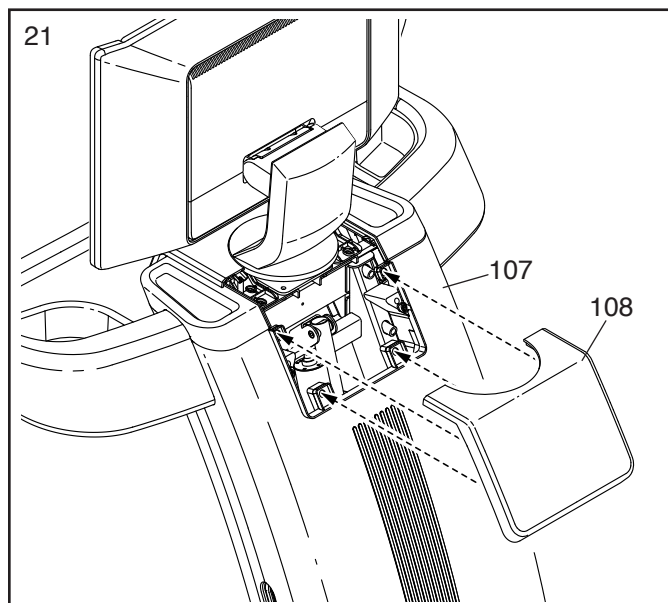
20. Slide the Console Lower Cover (136) between the back of the console assembly (S) and the console upright assembly (V). Note: Tilt the console assembly forward or backward, if necessary.

Next, press the Console Lower Cover (136) onto the console assembly (S) until it snaps into place. Note: If necessary, hit the left and right sides of the Console Lower Cover with the base of your palm to fully seat the Console Lower Cover.

Then, press the Console Upper Cover (135) onto the console assembly (S) until it snaps into place. Note: If necessary, hit the left and right sides of the Console Upper Cover with the base of your palm to fully seat the Console Upper Cover.



21. Press the Upright Top Cover (108) onto the Upright Cover (107) until all four corners snap into place. Note: If necessary, hit the left and right sides of the Upright Top Cover with the base of your palm to fully seat the Upright Top Cover.



22. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. **Save all of the included tools in case adjustments are needed in the future.** Note: Extra hardware may be included.

**To register your product and activate your warranty today, go to [my.nordictrack.com](http://my.nordictrack.com).**

# HOW TO USE THE TREADMILL

## HOW TO CONNECT THE POWER CORD

### Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor (A) with the treadmill. To purchase a surge suppressor, see precaution 15 on page 3.**

Use only a surge suppressor (A) that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

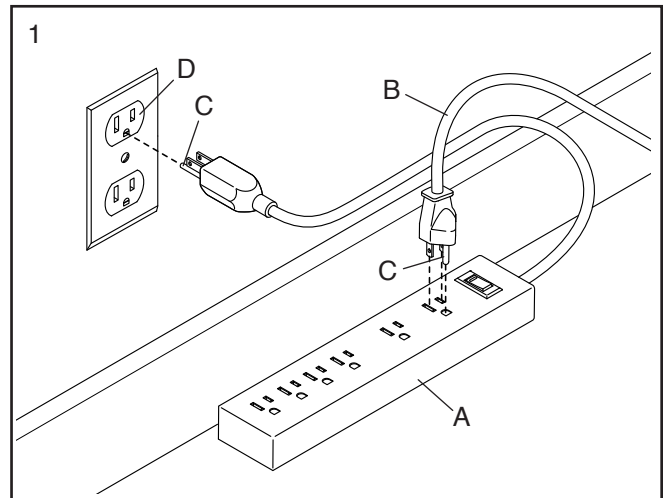
### Plug in the Power Cord

**The treadmill must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord (B) has a plug with a grounding pin (C) (see drawing 1 on this page).

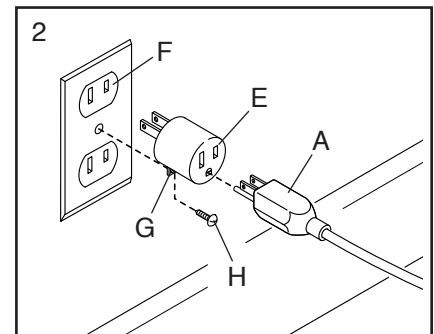
**⚠ DANGER:** Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

Plug the power cord (B) into a surge suppressor (A), and plug the surge suppressor into an appropriate outlet (D) that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit**

capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT:** If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.

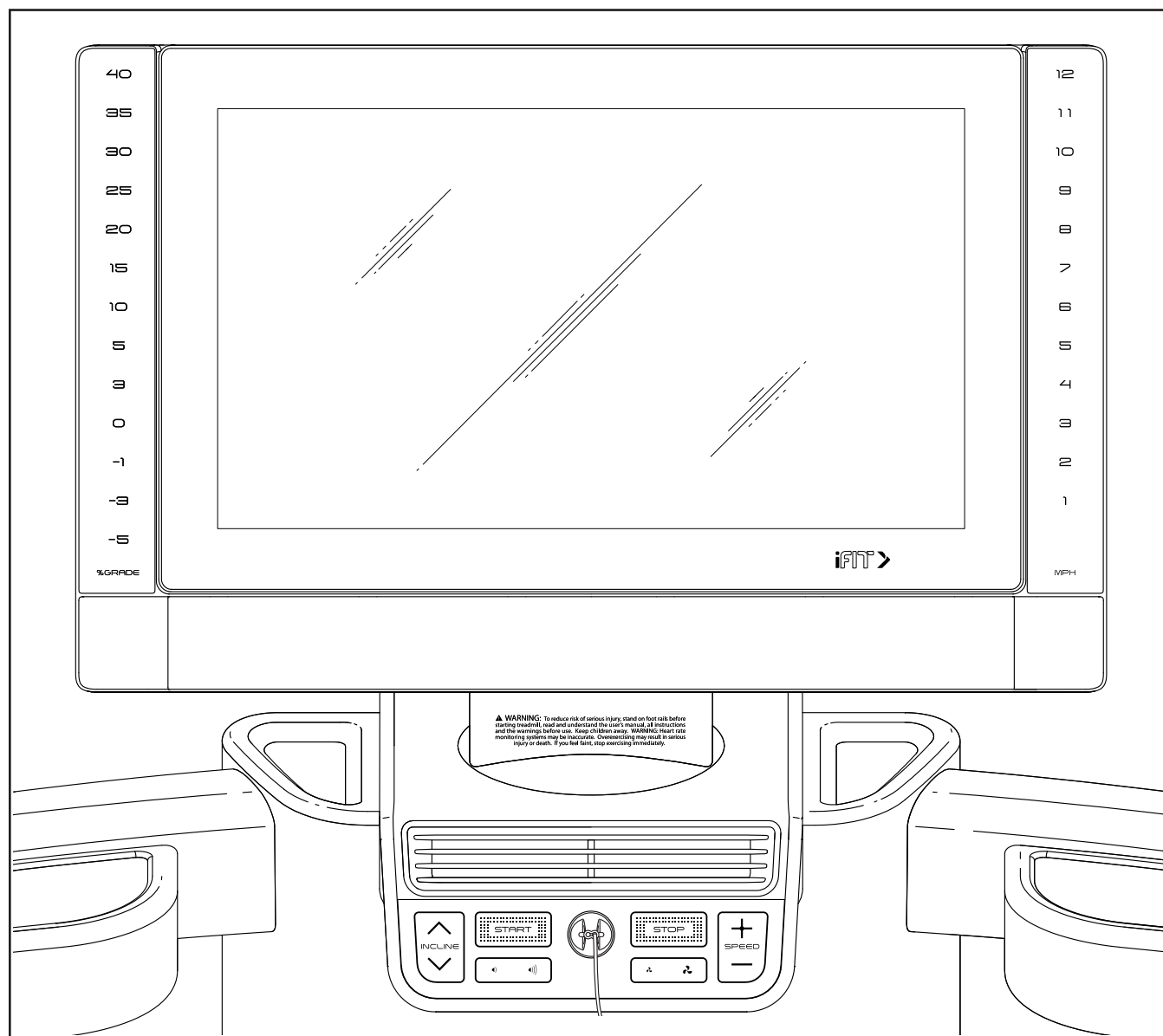


A temporary adapter (E) may be used to connect the surge suppressor (A) to a 2-pole receptacle (F) if a properly grounded outlet is not available.



The lug (G) or wire extending from the adapter must be connected with a metal screw (H) to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The advanced treadmill console offers a selection of features designed to make your workouts more effective and enjoyable.

The console features wireless technology that enables the console to connect to iFIT and provide you with a rotating selection of featured iFIT workouts. Each workout automatically changes the speed and incline of the treadmill as an iFIT coach guides you through the workout.

With an iFIT subscription, you can enjoy unlimited access to iFIT's library of thousands of studio and destination workouts. You can even create your own

workouts, record your workout results, set and track fitness goals, and access many other features.

When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback.

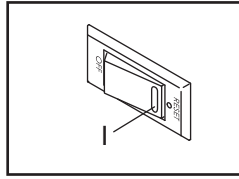
You can also measure your heart rate when you use a compatible heart rate monitor. **See page 30 to purchase a heart rate monitor.**

**To turn on the power**, see page 21. **To learn how to use the touch screen**, see page 21. **To set up the console**, see page 22.

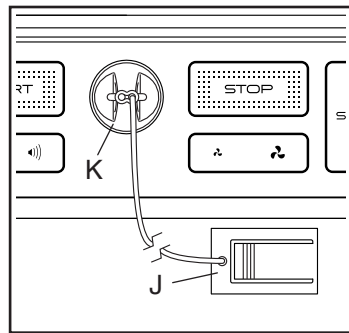
## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 19). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position (I).



Next, stand on the foot rails of the treadmill. Locate the clip (J) attached to the key (K), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **Note: It may take some time for the console to**



**be ready for use. IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 28. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 23). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch ?123. To view more characters, touch ~[<. Touch ?123 again to return to the number keyboard. To return to the letter keyboard, touch ABC. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

## HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

### 1. Connect to your wireless network.

To access the internet, download iFIT workouts, and use several other features of the console, you must connect the console to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

### 2. Customize settings.

Fill in the form on the screen to set the console to display the desired unit of measurement and your time zone. Note: If you need to change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 28.

### 3. Log into or create an iFIT account.

Provide your email address, and follow the prompts on the screen to sign up for or log into your iFIT account.

### 4. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. See step 5 on page 29 for more information.

### 5. Calibrate the incline system.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, touch *Calibrate Incline*, and then touch *Begin* to calibrate the incline system. See step 6 on page 29 for more information.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

**To use the manual mode**, see page 23. **To use the sled push feature**, see page 24. **To use a featured workout**, see page 25. **To create a draw-your-own-map workout**, see page 26. **To use an iFIT workout**, see page 27.

**To view or change console settings**, see page 28. **To connect to a wireless network**, see page 29.

**IMPORTANT:** If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 33).

## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21.

**Note: It may take some time for the console to be ready for use.**

### 2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

**Note:** If you plan to use a wearable heart rate monitor with the console, you must put on the heart rate monitor **before you start the walking belt**. The console will automatically search for the heart rate monitor for 30 seconds when you start the walking belt at the beginning of each workout. **See page 30 for information about purchasing a wearable heart rate monitor.**

### 3. Start the walking belt and adjust the speed.

Touch *Manual Start* on the screen or press the Start button on the console to start the walking belt. The walking belt will begin to move at a low speed. As you exercise, change the speed of the walking belt as desired by pressing the speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal, press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. **Note:** This feature will not function when the console is set to metric units.

### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the incline increase and decrease buttons or one of the numbered incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

**Note: If the walking belt is moving at a high speed and you adjust the incline below 0% or above 15.5%, the speed of the walking belt may automatically decrease.**

**IMPORTANT: The first time you use the treadmill, you must calibrate the incline system (see step 6 on page 29).**

### 5. Monitor your progress with the display modes.

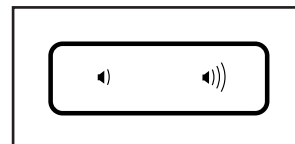
While you walk or run on the treadmill, a selection of workout information will be displayed:

- The incline level of the treadmill
- The elapsed time
- The approximate number of calories you have burned
- The distance that you have walked or run
- The speed of the walking belt

Additional information is also available. To view or browse additional statistics and charts, swipe down from the top of the screen. You can also touch the + button on the screen to view stats or charts.

**Note: If you wear a compatible heart rate monitor (see page 30), your heart rate will also be displayed.**

If desired, adjust the volume by pressing the volume buttons on the console.

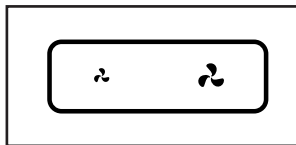


To stop the walking belt, press the Stop button or tap the screen and touch the pause symbol. To restart the walking belt, press the Start button or touch the play symbol on the screen.



## 6. Turn on the fan if desired.

The fan features several speed settings, as well as an auto speed mode. Press the fan buttons repeatedly to select the desired speed or mode, or to turn on or turn off the fan.



## 7. When you are finished exercising, remove the key from the console.

Step onto the foot rails and press the Stop button on the console or tap the screen and touch the pause symbol. Then, touch the stop symbol on the screen or press the Stop button again. A workout summary will appear on the screen. If you wish to save your workout for future use, you can add it as a favorite by touching the heart icon on the screen. You may also be able to either save or publish your results using one of the options on the screen. Touch *Finish* to exit to the home screen. Then, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

## HOW TO USE THE SLED PUSH FEATURE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21.

### 2. Select the home screen.

See step 2 on page 23.

### 3. Start the walking belt and adjust the speed to 1 mph. Then, adjust the incline to 0%.

See steps 3 and 4 on page 23. **IMPORTANT: Do not use the sled push feature when the treadmill is off, when the speed setting is higher than 1 mph, or when the incline setting is higher or lower than 0%.**

### 4. Grip the handrails with both hands.

### 5. Use your body to manually move the walking belt at the desired speed.

### 6. When you are finished exercising, remove the key from the console.

See step 7 at the left.



## HOW TO USE A FEATURED WORKOUT

Note: To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 30).

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21.

Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen or the workout library.

When you turn on the console, the home screen will appear after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

### 3. Select a workout.

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll as necessary.

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 27).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 26.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

### 4. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through a video workout. Tap the screen to select separate music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

If the speed or incline is too high or too low, you can press the increase or decrease buttons to activate Smart Adjust and scale the intensity of the workout. **To return to the programmed settings of the workout**, touch the screen, and then turn off Smart Adjust.

**Note: The calorie goal shown in the workout description 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 speed or incline during the workout, the number of calories you burn will be affected.**

To pause the workout, simply touch the screen and touch the pause symbol. To continue the workout, touch the play symbol.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 27) or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

### 5. Use headphones if desired.

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

### 6. Follow your progress.

See step 5 on page 23.

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

See step 6 on page 24.

### 8. When you are finished exercising, remove the key from the console.

See step 7 on page 24.

## HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

Note: To create a draw-your-own-map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 30). An iFIT account is also required.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21.

### 2. Select a draw your own map workout.

To select a draw your own map workout, touch *Create* on the screen.

### 3. Draw your map.

Navigate to the area on the map where you want to draw your workout by sliding your fingers on the screen. Tap the screen to add the start point for your workout. Then, tap the screen to add the end point for your workout. Note: If you want to start and end the workout at the same point, use the *Close Loop* or *Out & Back* options. You can also select whether you want your workout to snap to the road.

If you make a mistake, you can touch *Undo*.

The screen will display the elevation and distance for your workout. If desired, you can change the default speed.

### 4. Save your workout.

Touch *Save New Workout* on the screen. If desired, change the title of the workout or add a description.

### 5. Start the workout.

Touch *Start Workout* on the screen to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking. See step 4 on page 25 for more information.

### 6. Follow your progress.

See step 5 on page 23.

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

See step 6 on page 24.

### 8. When you are finished exercising, remove the key from the console.

See step 7 on page 24.

## HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 30). An iFIT account is also required.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21.

### 2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

### 3. Log in to your iFIT account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFIT account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

### 4. Select an iFIT workout from the home screen or the workout library.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select an iFIT workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

The featured iFIT workouts shown on the home screen will change periodically.

The workout library contains all of the iFIT workouts available for the treadmill, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

When you select an iFIT workout, the screen will show an overview of the workout that includes details such as the duration of the workout and the approximate number of calories you will burn during the workout.

You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

### 5. Schedule an iFIT workout on the calendar if desired.

If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

## 6. Create a list of favorite iFIT workouts if desired.

To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

## 7. Start the workout.

Touch *Start Workout* on the screen to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking. See step 4 on page 25 for more information.

## 8. Use headphones if desired.

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

## 9. Follow your progress.

See step 5 on page 23.

## 10. Turn on the fan if desired.

See step 6 on page 24.

## 11. When you are finished exercising, remove the key from the console.

See step 7 on page 24.

**For more information about iFIT, go to [iFIT.com](https://www.ifit.com).**

## HOW TO CHANGE CONSOLE SETTINGS

**IMPORTANT: Some of the settings and features described may not be enabled.** Occasionally, a firmware update may cause your console to function slightly differently.

### 1. Select the settings menu.

First, turn on the power and insert the key into the console (see HOW TO TURN ON THE POWER on page 21). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen. When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, tap the screen, touch the pause symbol, touch the stop symbol, and then touch *Finish* to return to the home screen.

Next, touch the menu button (three horizontal lines symbol), and then touch *Settings*. The settings menu will appear on the screen.

### 2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

About

- Legal

### 3. Customize the time zone and other settings.

To customize the time zone or other settings, touch *Equipment Settings* and then touch the desired settings.

### 4. View machine information.

Touch *Equipment Info* to view app or machine info or to change the unit of measurement.

The console can display speed and distance in either standard or metric units of measurement.

### 5. Update the console firmware.

**For the best results, regularly check for firmware updates.** Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the console, do not turn off or unplug the treadmill while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the treadmill will turn off and then turn back on. If it does not, use the power switch (see HOW TO TURN ON THE POWER on page 21) to turn the treadmill off, wait for a few seconds, and then turn it back on again. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

### 6. Calibrate the incline system of the treadmill.

Touch *Calibrate Incline*, and then touch *Begin* to calibrate the incline system. The treadmill will automatically rise to the maximum incline level, descend to the lowest incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*. **Note: Occasionally, the incline calibration may run automatically when you turn on the treadmill. Wait for the calibration to be completed before attempting to use the treadmill.**

**IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.**

### 7. Exit the settings menu.

If you are in a settings menu, touch the back button (arrow symbol) to exit.

## HOW TO CONNECT TO A WIRELESS NETWORK

The console is Wi-Fi enabled, allowing you to set up a wireless network connection.

### 1. Select the home screen.

See step 2 on page 23.

### 2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol), and then touch the Wi-Fi® symbol to enter the wireless network menu.

### 3. Enable Wi-Fi.

Make sure that Wi-Fi is enabled. If it is not, touch the Wi-Fi toggle to enable a wireless connection.

### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch *Join* to connect to the network or touch *Cancel* to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the *Show Password* checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 21.

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

To disconnect from a wireless network, touch and hold the name of the wireless network and then touch *Forget*.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

**Note: If you have questions after following these instructions, go to my.iFIT.com for assistance.**

### 5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol) on the screen.

## THE OPTIONAL HEART RATE MONITOR

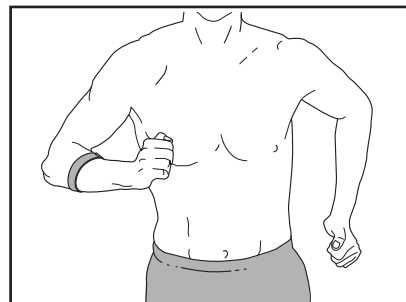
Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your

workouts. A wearable heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals.

**To purchase a wearable heart rate monitor, please see the front cover of this manual.**

Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

To connect a wearable heart rate monitor to the console, first put it on as directed in its included instructions. Then, when you begin a workout or start the walking belt in the manual mode, the console will search for the wearable heart rate monitor for 30 seconds and connect automatically.



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## FCC INFORMATION

This console 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.

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

**Note:** The console contains FCC ID: OMC415325.

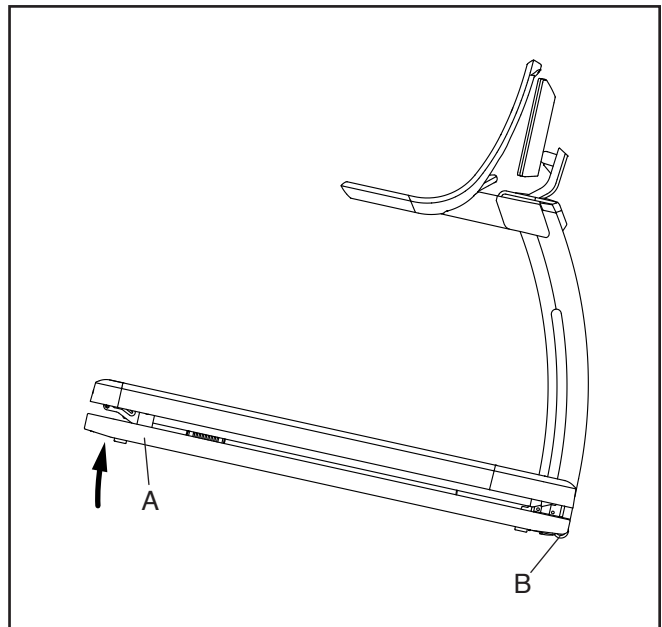
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## HOW TO MOVE THE TREADMILL

**IMPORTANT:** Due to the size and weight of the treadmill, moving it requires two or three persons. To avoid damaging the feet, do not move the treadmill by sliding it. Take any necessary measures to protect your floor.

Before moving the treadmill, make sure the incline level is at 0% (see page 23). Next, **remove the key and unplug the power cord.**

Grasp the end of the frame on each side at the location shown (A). **CAUTION: To decrease the possibility of injury or of damage to the treadmill, do not lift the treadmill by the handrail.** Raise the frame until the treadmill will roll on the wheels (B). Then, carefully roll the treadmill to the desired location and lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**





# MAINTENANCE AND TROUBLESHOOTING

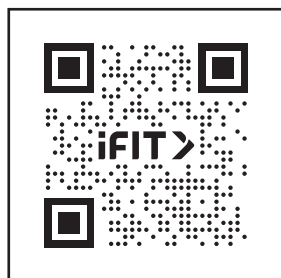
## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord**. Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

## TROUBLESHOOTING

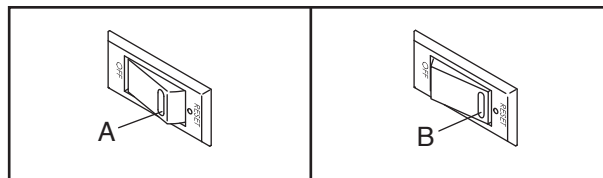
Many problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, go to [my.iFIT.com](http://my.iFIT.com), scan the QR code at the right, or call 1-833-680-IFIT (1-833-680-4348).



### SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a surge suppressor and that the surge suppressor is plugged into a properly grounded outlet (see page 19). Use only a surge suppressor that meets all of the specifications described on page 19. **IMPORTANT: If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, please see the Member Care contact information above to purchase an arc filter.**
- After the power cord has been plugged in, make sure that the key is inserted into the console.

- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown (A), the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in (B).



### SYMPTOM: The power turns off during use

- Check the power switch (see drawing c above). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the Member Care contact information at the left.

### SYMPTOM: The incline of the treadmill does not change correctly

- See step 6 on page 29 to calibrate the incline system.

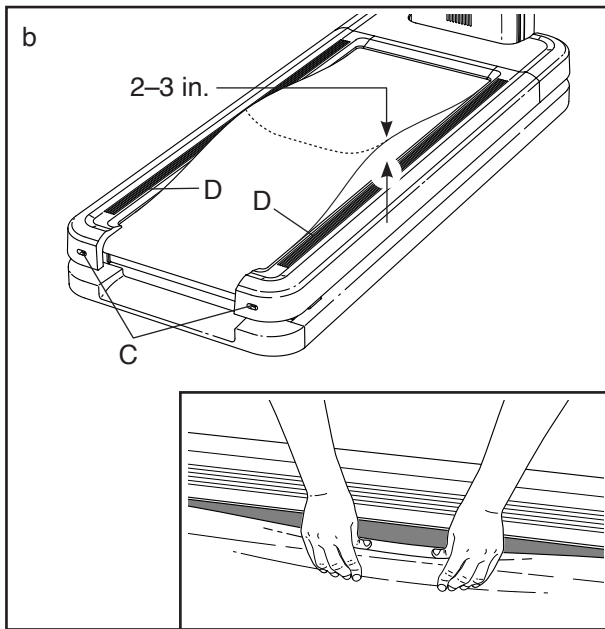
### SYMPTOM: The treadmill will not connect to the wireless network

- Make sure that the wireless settings on the console are correct (see page 30).
- Make sure that the settings for your wireless network are correct.
- If you still have questions, go to [my.iFIT.com](http://my.iFIT.com).



**SYMPTOM: The walking belt slows when walked on**

- a. Use only a surge suppressor that meets all of the specifications described on page 19.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws (C) counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Pinch near the foot rail (D) to expose and lift the edge of the walking belt (see the inset drawing). Make sure to tuck the edge of the walking belt back under the foot rail after checking the tension. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

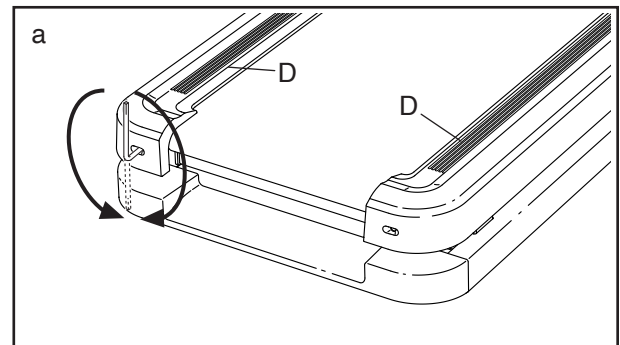


- c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

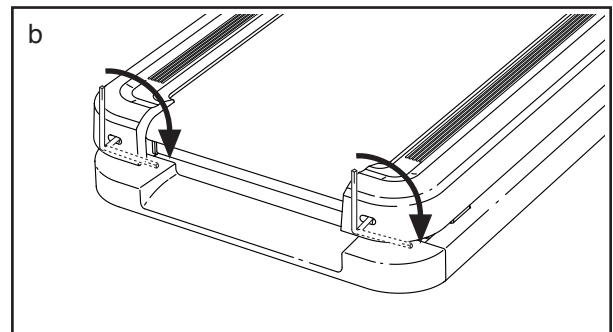
- d. If the walking belt still slows when walked on, please see the Member Care contact information on page 32.

**SYMPTOM: The walking belt is off-center or slips when walked on**

- a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is centered. The walking belt is centered when both edges are covered by the foot rails (D).

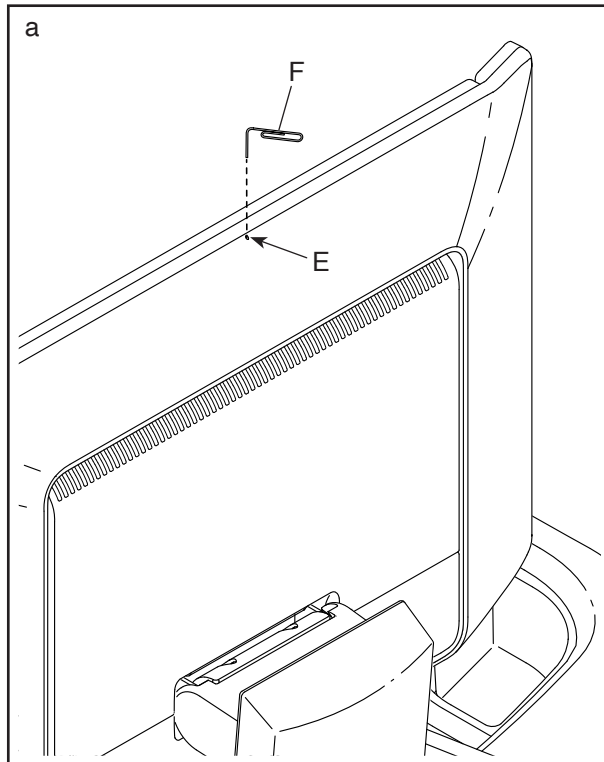


- b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform (see drawing b at the left). Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**SYMPTOM: The displays of the console do not function properly**

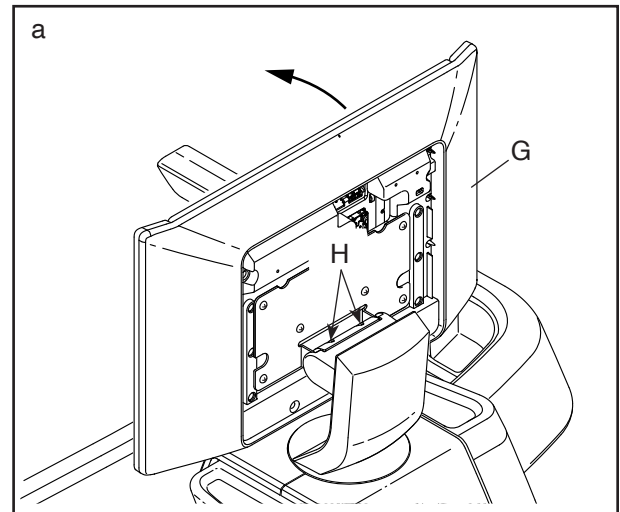
- a. If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all of the custom settings you have made to the console.** Resetting the console requires two people. First, press the power switch into the off position. Next, locate the small reset opening (E) on the top of the console. Using a bent paper clip (F), press and hold the reset button inside the opening, and have a second person press the power switch into the on (reset) position. Continue holding the reset button (E) until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, use the power switch to turn the treadmill off and then on again. Once the console turns on, check for firmware updates (see step 5 on page 29). Note: It may take a few minutes for the console to be ready for use.



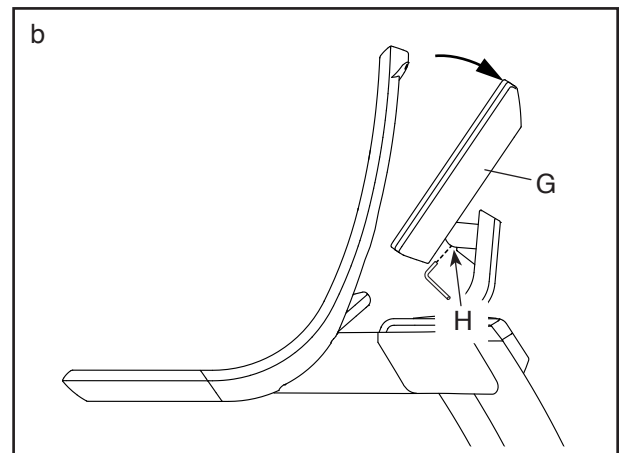
**SYMPTOM: The console does not stay in place when it is pivoted upward and downward**

- a. **See assembly step 20 on page 18.** Using a standard screwdriver, carefully pry the Console Upper Cover (135) and then the Console Lower Cover (136) off the console assembly. **Be careful to avoid damaging the Console Covers.**

Then, pivot the console (G) to the vertical position. Using the included hex key, tighten the two indicated 1/4" x 5/8" Screws (H) a small amount.



- b. Pivot the console (G) as far as possible to the position shown, and locate the two indicated 1/4" x 5/8" Screws (H). Tighten the Screws a small amount until the upward and downward movement no longer feels loose. Then, **see assembly step 20 on page 18** and reattach the Console Lower Cover (136) and the Console Upper Cover (135).



# 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.

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	

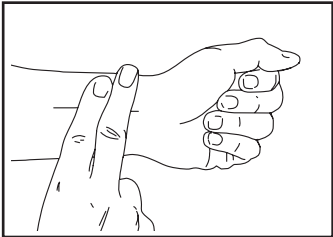
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



## 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

Model No. NTL29222.2 R0922A

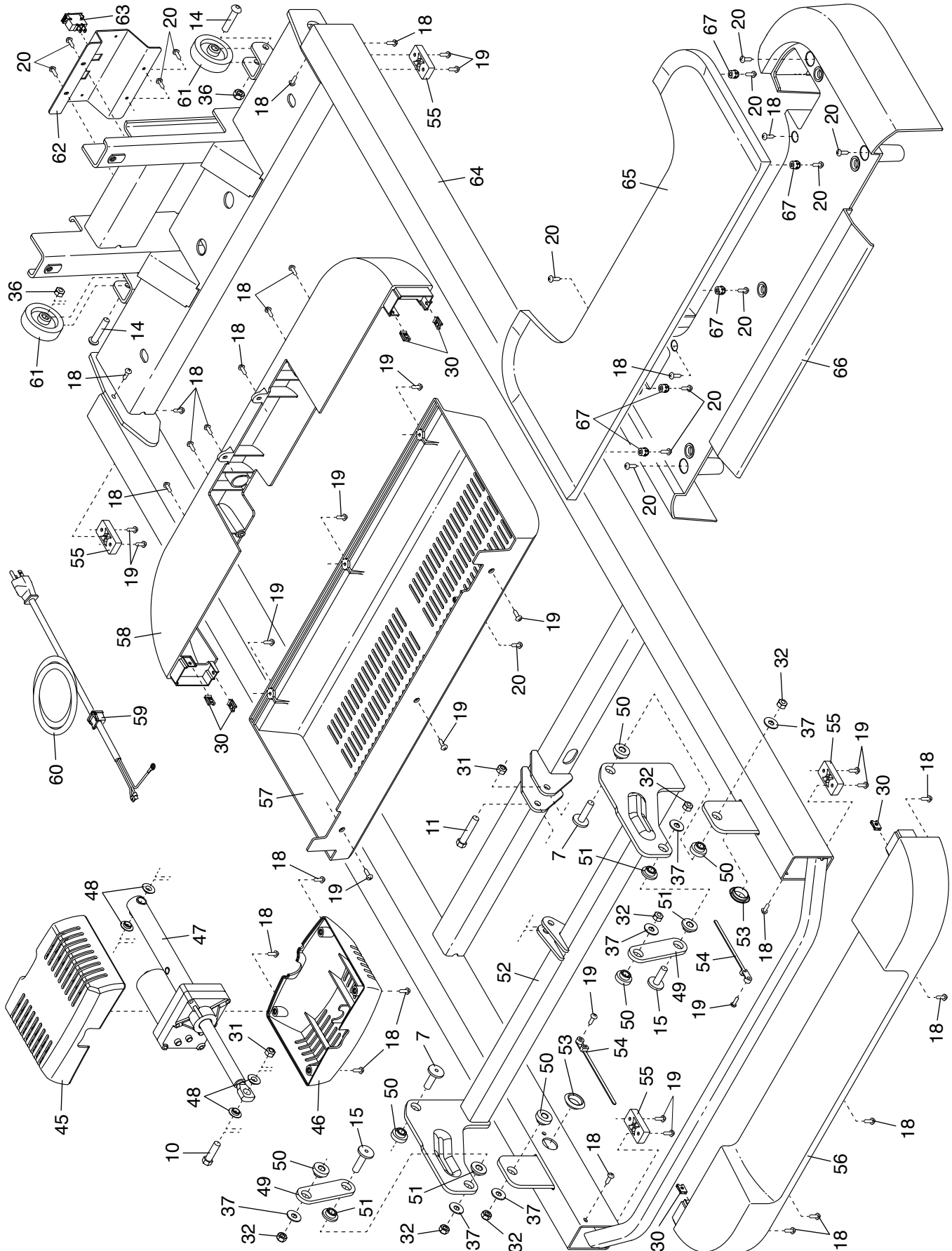
Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	3/8" x 2 1/4" Screw	51	4	Thin Lift Frame Pivot Bushing
2	14	#8 x 3/4" Screw	52	1	Lift Frame
3	6	3/8" x 3 3/4" Screw	53	4	1" Grommet
4	6	M6 x 20mm Screw	54	19	Cable Tie
5	4	1/4" x 3/4" Screw	55	4	Base Foot
6	4	3/8" x 1" Screw	56	1	Rear Frame Cover
7	4	5/16" x 1 1/2" Bolt	57	1	Belly Pan
8	2	1/2" x 3/4" Screw	58	1	Front Frame Cover
9	2	1/4" x 3/4" Screw	59	1	Power Cord Grommet
10	1	M8 x 32mm Bolt	60	1	Power Cord
11	1	M8 x 50mm Bolt	61	2	Wheel
12	2	5/16" Drive Motor Screw	62	1	Power Switch Bracket
13	3	1/4" x 2 1/2" Screw	63	1	Power Switch
14	2	3/8" x 2" Bolt	64	1	Base
15	2	5/16" x 1 1/4" Bolt	65	1	Motor Hood Cover
16	4	5/16" x 1 1/2" Screw	66	1	Motor Hood
17	6	1/4" x 1" Screw	67	31	Mushroom Fastener
18	78	#8 x 3/4" Screw	68	1	Drive Motor
19	67	#8 x 3/4" Truss Head Screw	69	1	Resistor
20	70	#8 x 1/2" Screw	70	1	Resistor Bracket
21	28	#6 x 1/2" Screw	71	1	Left Foot Rail
22	2	Belt Guide	72	1	Right Foot Rail
23	12	#8 x 3/4" Flat Head Screw	73	4	Rubber Cushion
24	13	#8 x 1/2" Washer Head Screw	74	1	Walking Belt
25	4	#8 Belt Guide Screw	75	1	Walking Platform
26	4	M4 x 10mm Screw	76	6	Platform Cushion
27	4	M6 x 15mm Screw	77	1	Drive Roller/Pulley
28	4	M6 x 20mm Screw	78	1	Motor Belt
29	4	1/4" x 5/8" Screw	79	1	Left Frame Cover
30	20	#8 Clip	80	1	Right Frame Cover
31	2	M8 Nut	81	4	Plastic Bushing
32	6	5/16" Nut	82	2	Carriage Bracket
33	1	1/4" Nut	83	1	Frame
34	1	M25 Nut	84	2	Incline Motor Controller
35	4	5/16" Nut	85	1	Power Supply
36	2	3/8" Jam Nut	86	1	Controller
37	10	5/16" Flat Washer	87	1	Electronics Bracket
38	1	1" Plastic Washer	88	1	Idler Roller
39	1	1" Thrust Washer	89	1	Track Left Cover
40	2	3/8" Washer	90	1	Track Right Cover
41	4	M3 x 12mm Screw	91	2	Track Cover Rear Plate
42	2	Metal Spacer	92	2	Track Cover Front Plate
43	1	Plastic Spacer	93	1	Bottom Upright Left Cover
44	2	Saddle Bracket	94	1	Bottom Upright Right Cover
45	1	Incline Motor Top Cover	95	1	Upright Left Cover
46	1	Incline Motor Bottom Cover	96	1	Upright Right Cover
47	1	Rear Incline Motor	97	1	Front Upright Left Cover
48	4	Rear Incline Motor Bushing	98	1	Front Upright Right Cover
49	2	Lift Frame Link	99	1	Upright Left Track
50	8	Thick Lift Frame Bushing	100	1	Upright Right Track

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Upright	130	1	Crossbar Top
102	2	Incline Motor Spacer	131	1	Console
103	1	Incline Motor Pin	132	1	Pivot Cover
104	1	Front Incline Motor	133	1	Console Plate
105	1	Carriage	134	1	Pivot Back Cover
106	1	Rear Upright Cover	135	1	Console Upper Cover
107	1	Upright Cover	136	1	Console Lower Cover
108	1	Upright Top Cover	137	1	Console Upright Front Cover
109	1	Upright Panel	138	1	Console Upright
110	1	Left Handrail Cover	139	1	Console Upright Rear Cover
111	1	Right Handrail Cover	140	1	Pivot Bracket Cover
112	1	Left Handrail Top Cover	141	1	Console Pivot Bracket
113	1	Right Handrail Top Cover	142	8	Stand-off
114	2	Handrail	143	2	3/8" x 1/2" Screw
115	1	Handrail Bottom Left Cover	144	1	Key/Clip
116	1	Handrail Bottom Right Cover	145	13	Cable Tie
117	1	Left Handrail Bottom	146	2	Console Ground Wire
118	1	Right Handrail Bottom	147	4	M4.2 Star Washer
119	1	Primary Console	148	1	Limit Switch Plate
120	1	Console Cover	149	4	#4 x 5/8" Screw
121	1	Right Tray	150	1	Upper Limit Switch
122	1	Left Tray	151	1	Lower Limit Switch
123	1	Console Base	152	1	#8 x 3/4" Bolt
124	1	Console Bracket	153	1	#8 Nut
125	1	Console Base Top Right Cover	154	1	Filter
126	1	Console Base Bottom Right Cover	155	4	#8 x 5/8" Screw
127	1	Console Base Top Left Cover	156	6	M4 x 12mm Screw
128	1	Console Base Bottom Left Cover	*	—	User's Manual
129	1	Crossbar Frame			

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

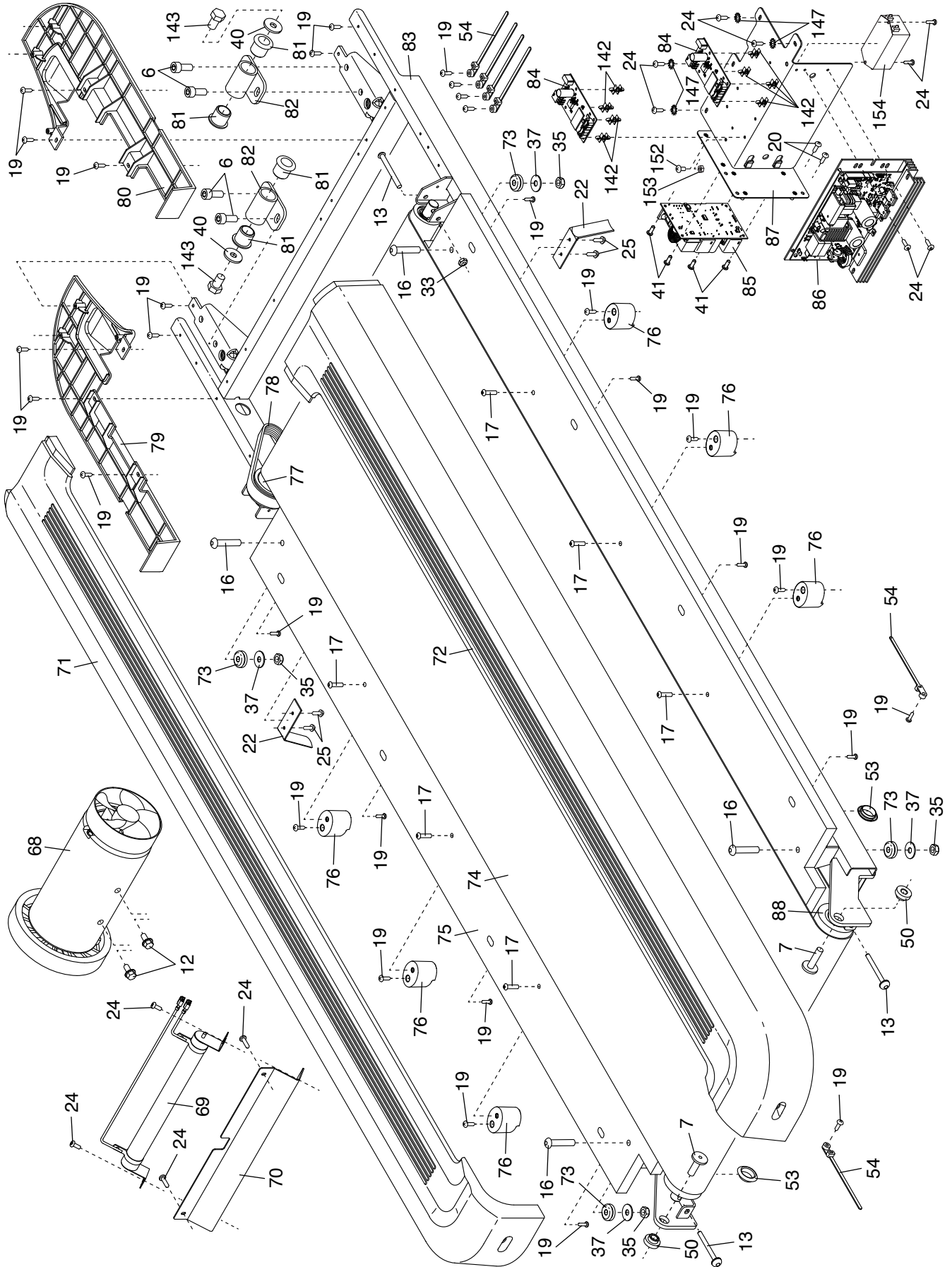
Model No. NTL29222.2 R0922A





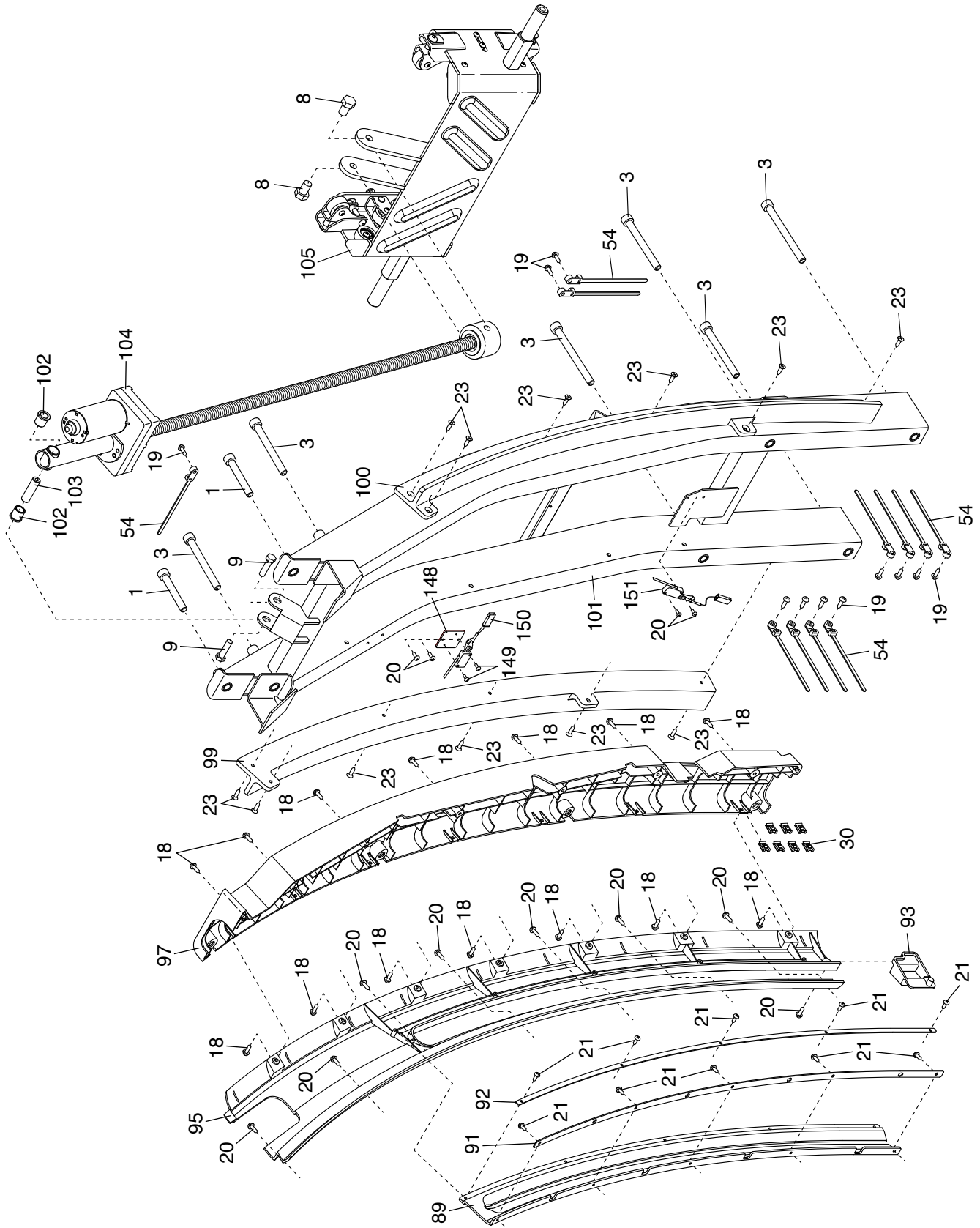
# EXPLODED DRAWING B

Model No. NTL29222.2 R0922A



# EXPLODED DRAWING C

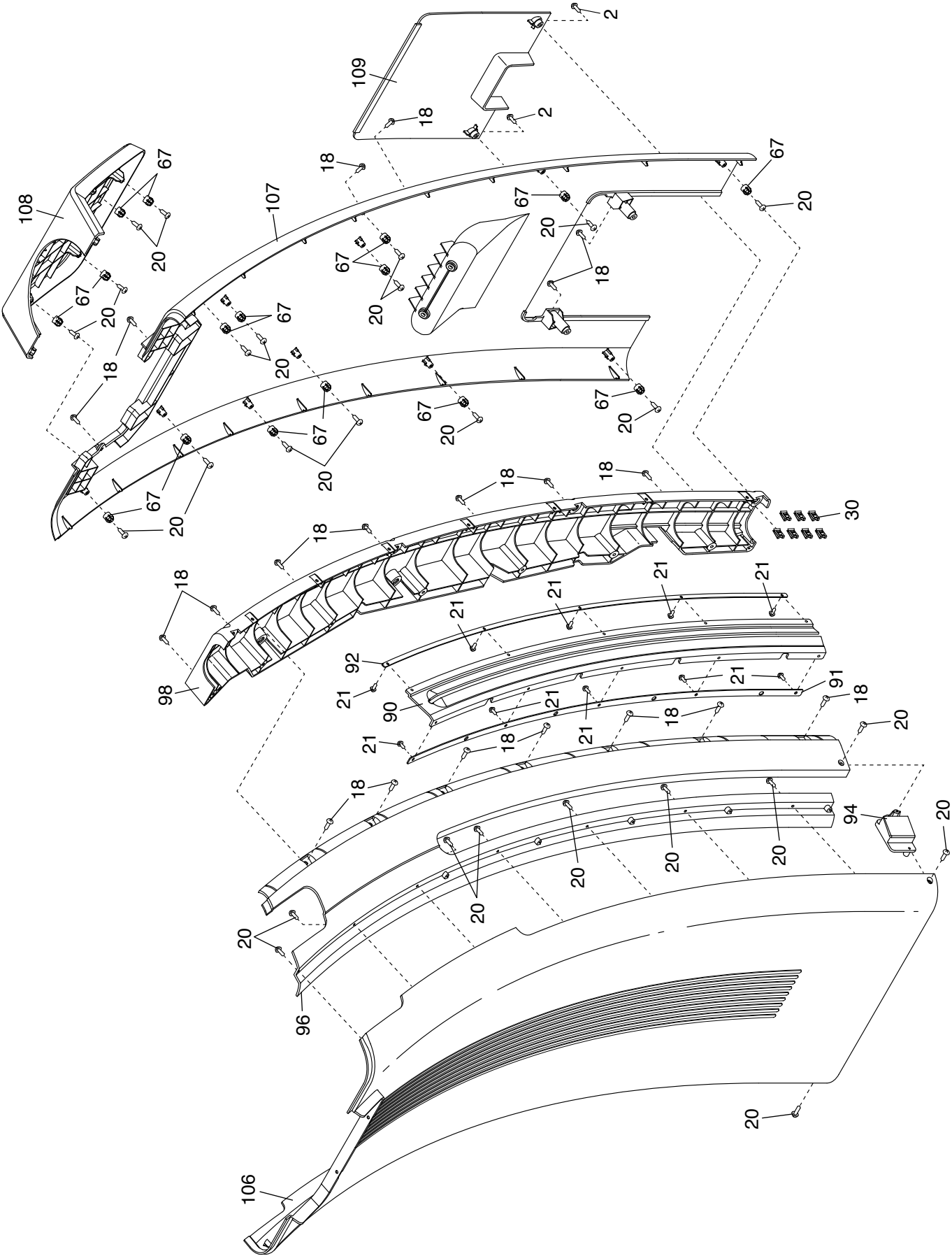
Model No. NTL29222.2 R0922A





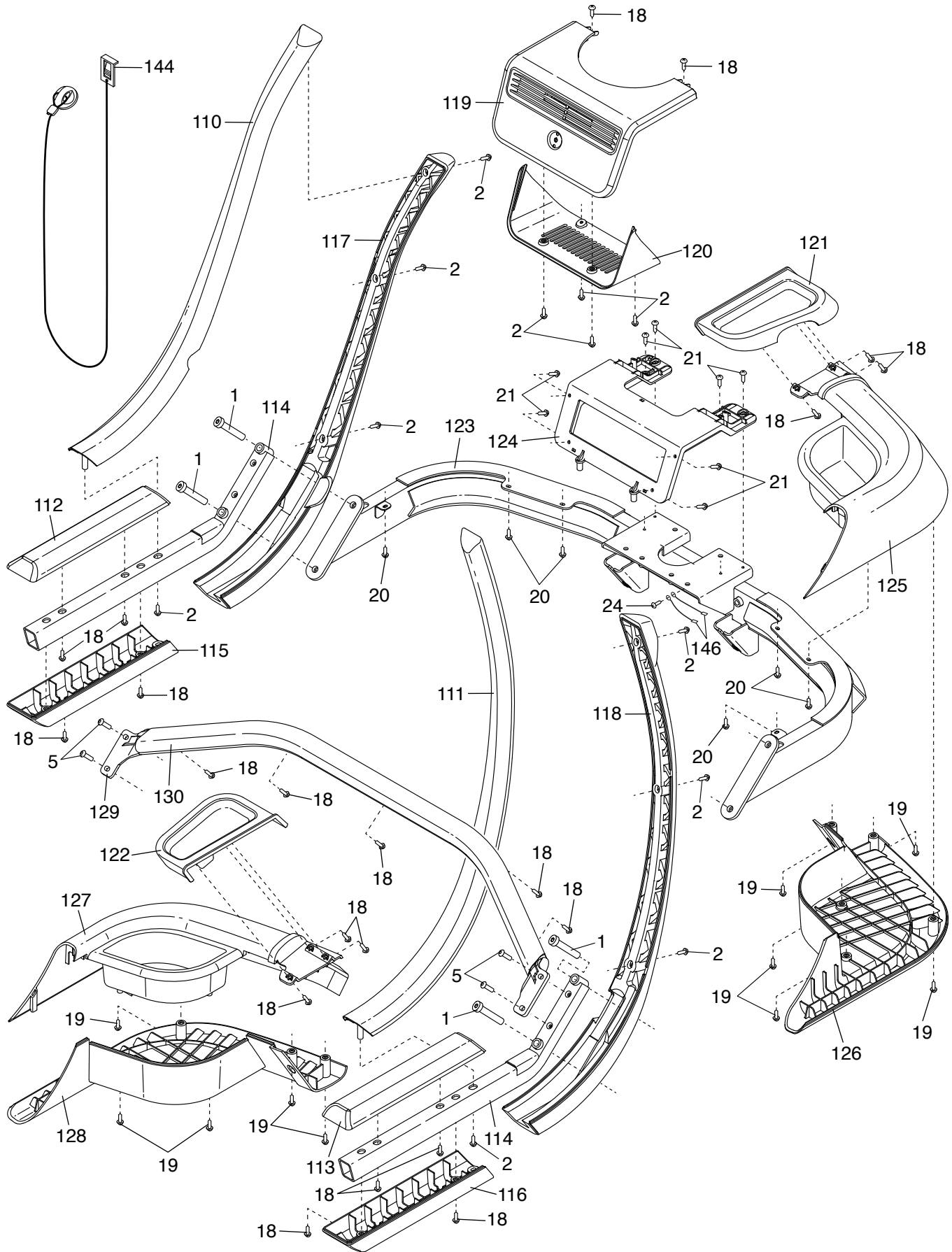
# EXPLODED DRAWING D

Model No. NTL29222.2 R0922A



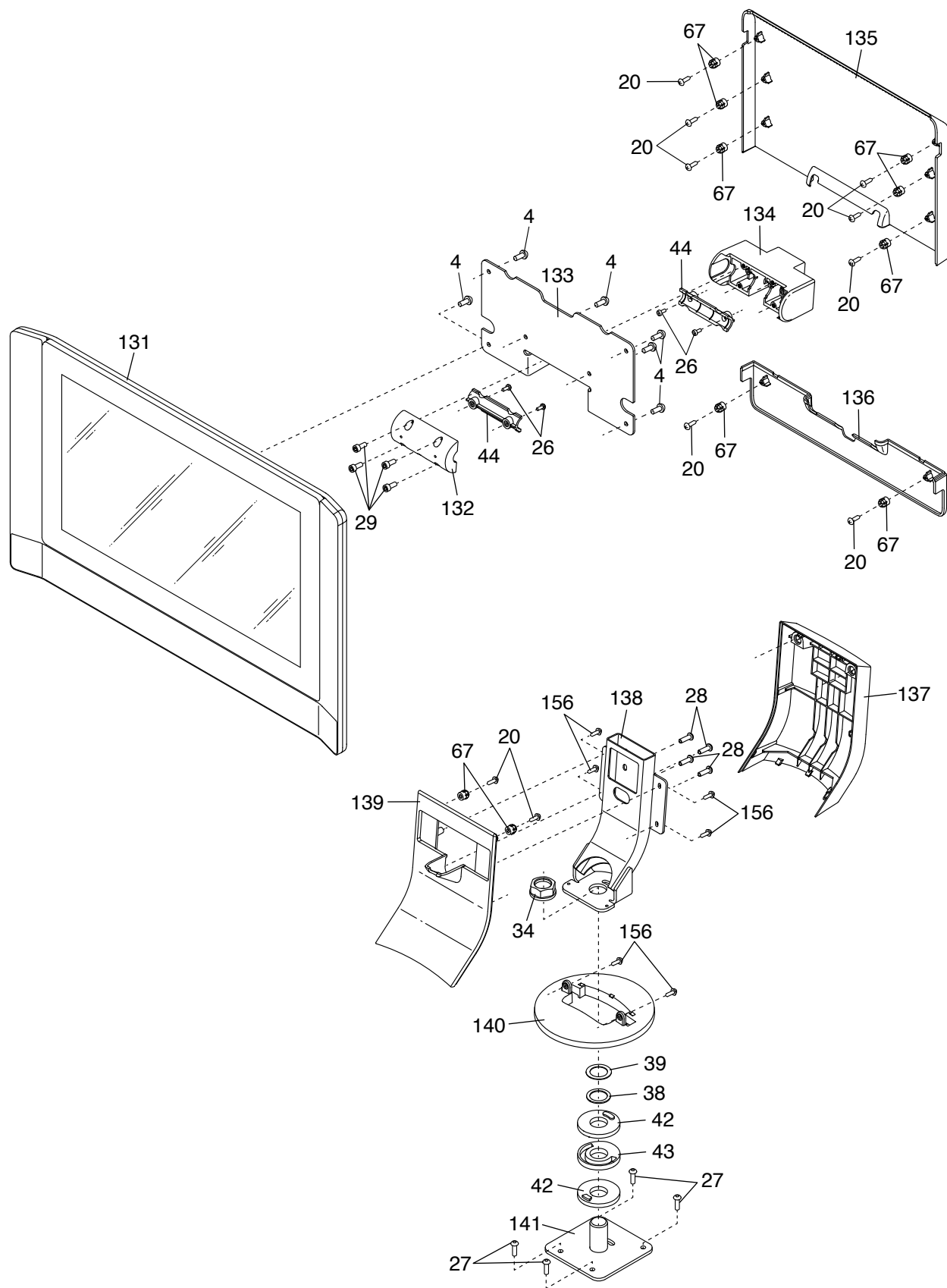
# EXPLODED DRAWING E

Model No. NTL29222.2 R0922A



# EXPLODED DRAWING F

Model No. NTL29222.2 R0922A



# 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)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.**

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years from the date of purchase. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please see the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**iFIT Inc., 1500 S. 1000 W., Logan, UT 84321-9813**