

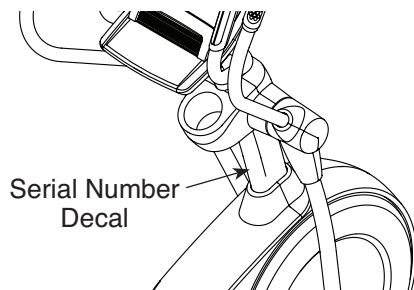
NordicTrack[®] ELITE 10.9

www.nordictrack.com

Model No. 23909.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–12 p.m. MT

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

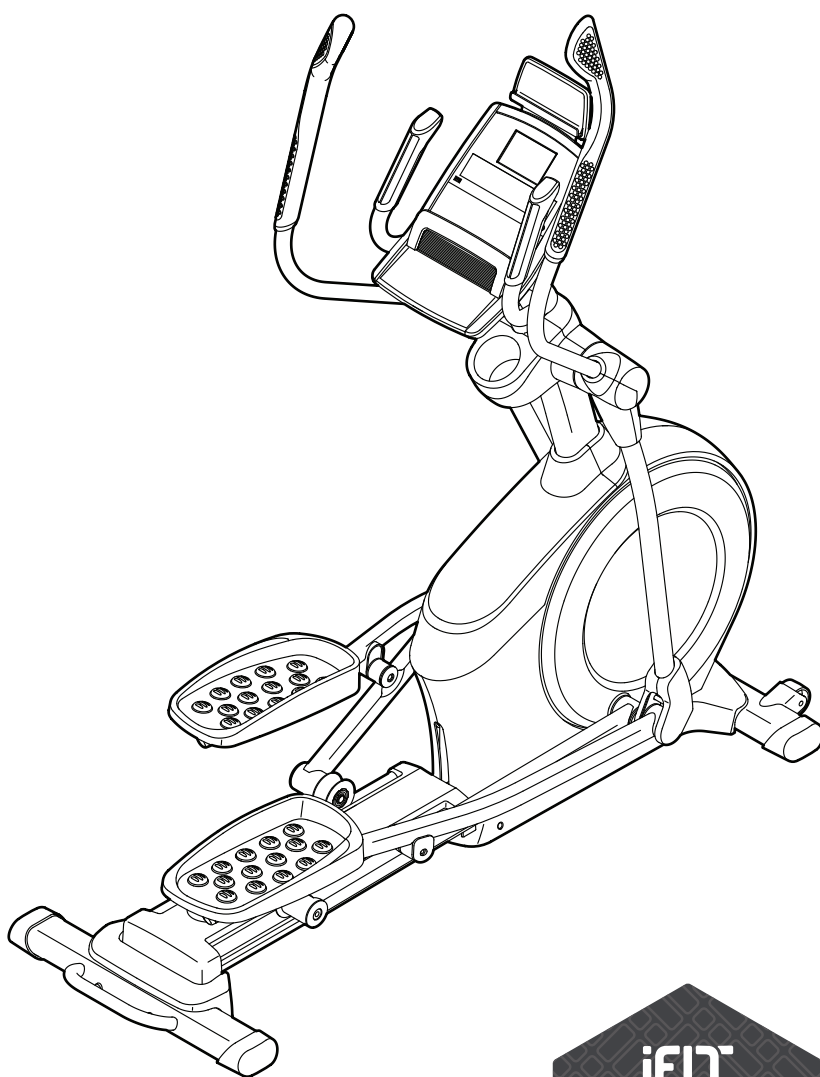
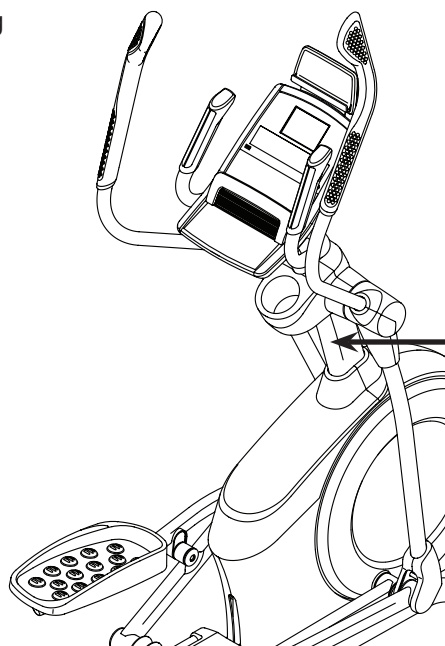


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WARNING DECAL PLACEMENT

This drawing shows the 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

- 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 350 lbs / 159 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.

The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. Google Maps is a trademark of Google Inc.
IFIT is a registered trademark of ICON Health & Fitness, Inc
NORDICTRACK is a registered trademark of ICON Health & Fitness, Inc.

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 elliptical before using your elliptical. 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 elliptical 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. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. When connecting the power cord, plug the power cord into a grounded circuit.
10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
12. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
13. Keep children under age 13 and pets away from the elliptical at all times.
14. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
15. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
17. 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.

18. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.

20. 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.

19. Keep your back straight while using the elliptical; do not arch your back.

SAVE THESE INSTRUCTIONS

MAKE YOUR FITNESS GOALS A **REALITY**



Congratulations on the purchase of your new iFit® compatible fitness equipment. You're just one click away from making your fitness goals a reality.

GO TO IFIT.COM TO GET STARTED

DO MORE THAN JUST WORK OUT

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.



LOSE WEIGHT

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



COMPETE WITH OTHERS

Push yourself to new limits with real-time virtual races.



PERSONALIZED EVENT TRAINING

5k, 10k, half or full marathon training will help you prepare for your event.



GO MOBILE

Track your workout anywhere you go with iFit® mobile apps.



MAP YOUR ROUTE

With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



SHARE YOUR PROGRESS

Inspire others, motivate yourself and share routes, workouts and more.

GO TO
IFIT.COM

OR CALL
877-236-1009

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.**



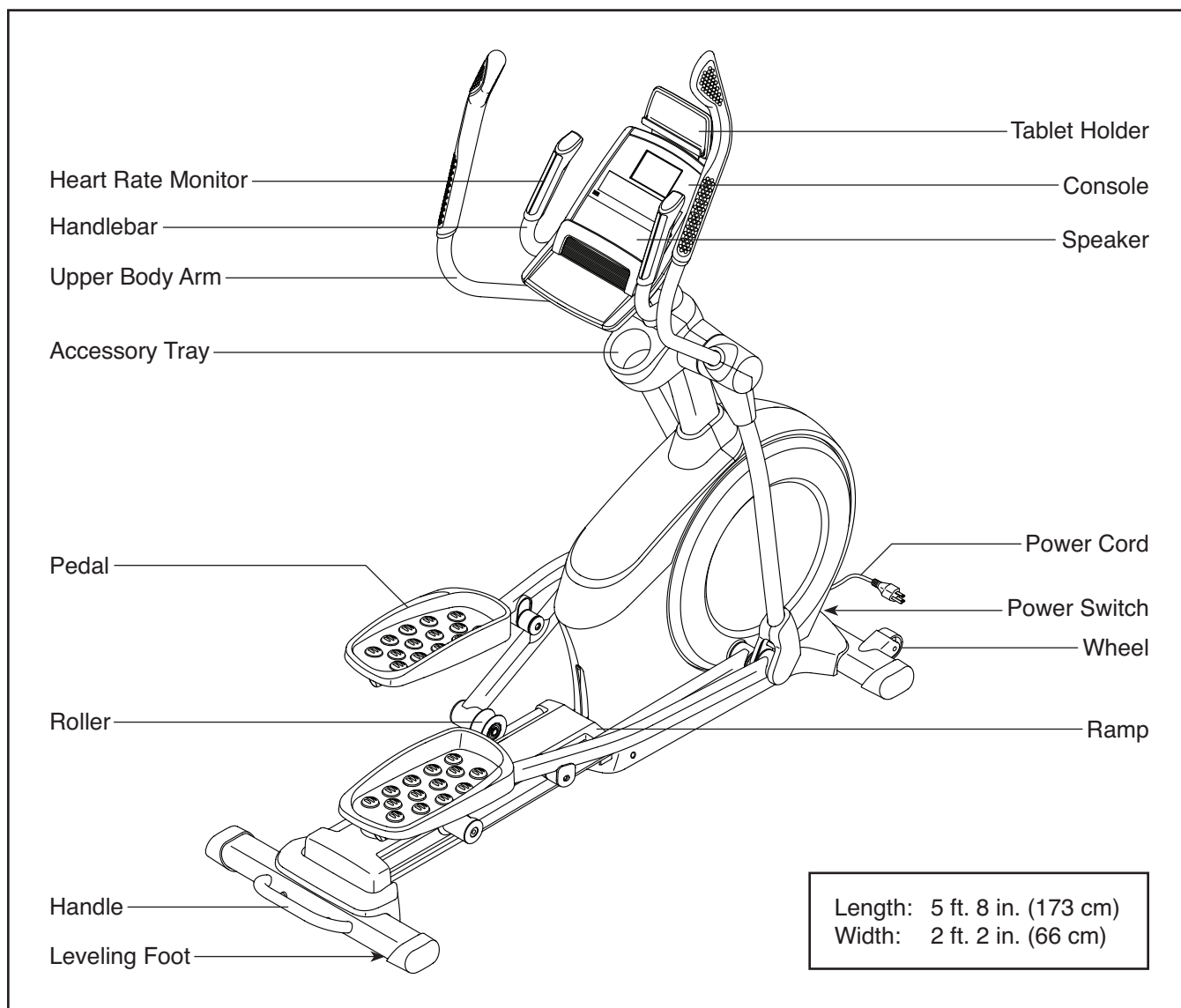
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ELITE 10.9 elliptical. The ELITE 10.9 elliptical 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 elliptical. If you have questions after

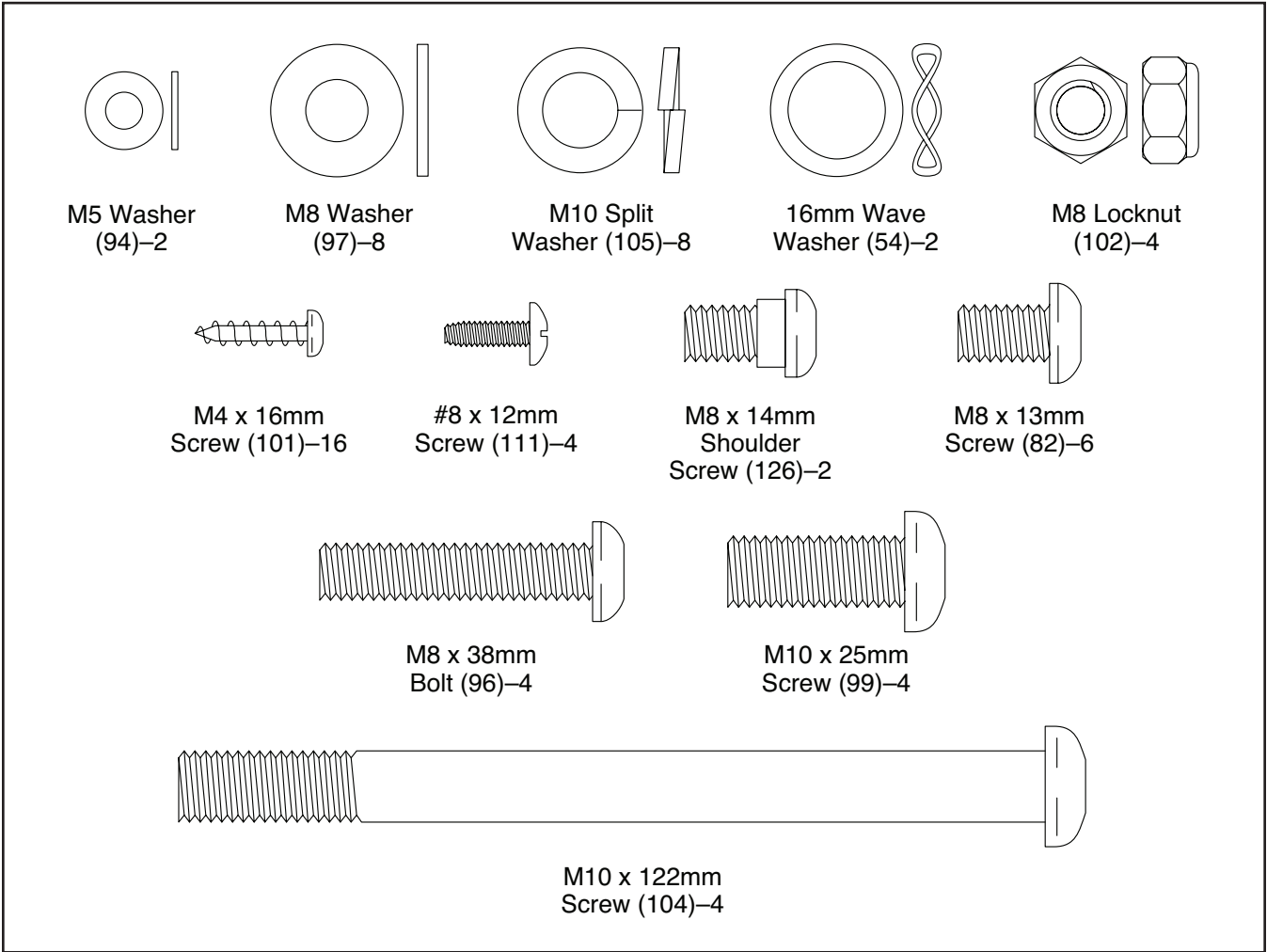
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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

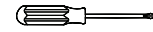


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 8.

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

one Phillips screwdriver



one rubber mallet

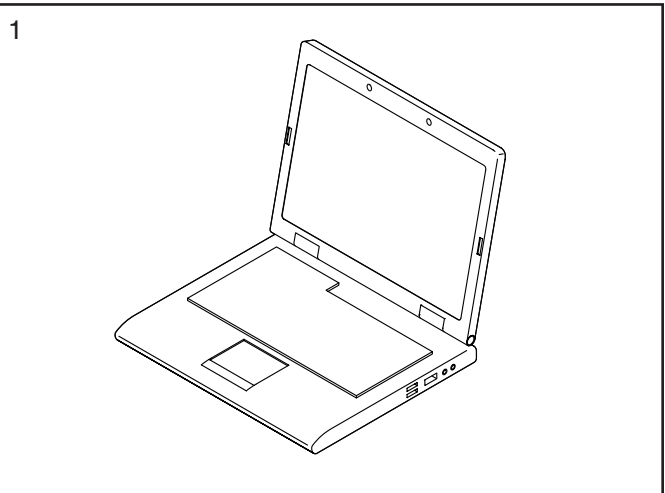


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.nordictrackservice.com/ registration on your computer and register your product.**

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

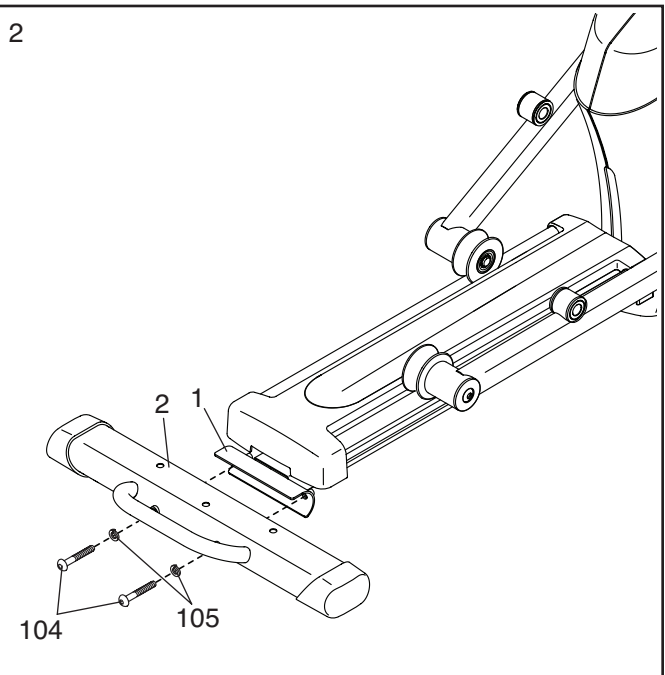
Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.



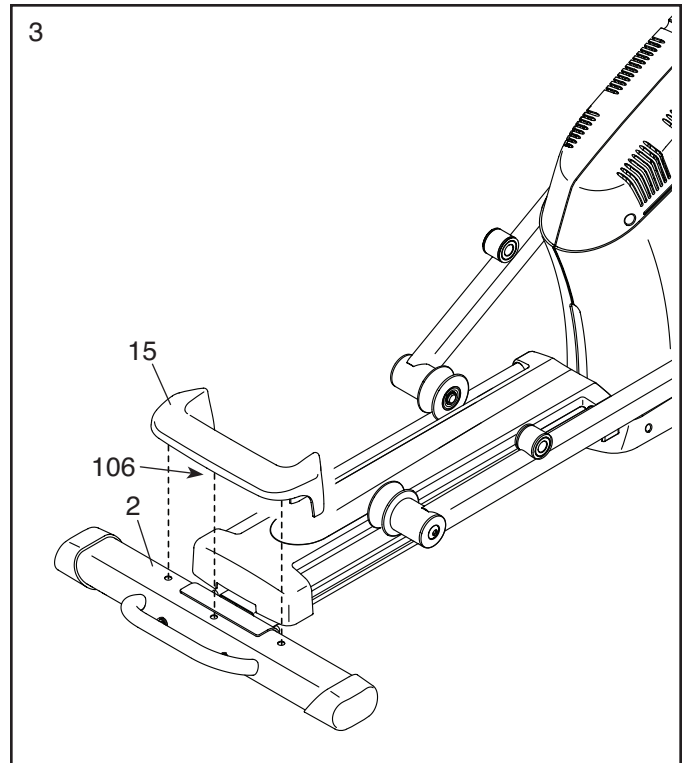
2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

Then, remove the packing materials from under the rear of the Frame (1).



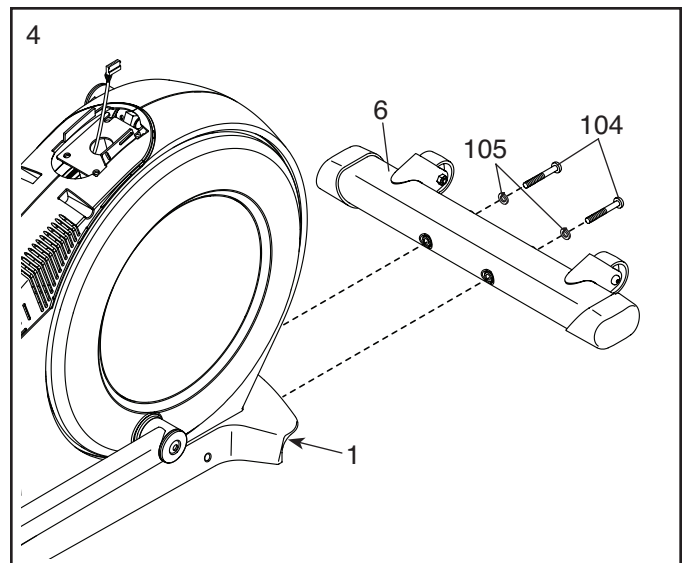
3. Press the Cover Mounts (106) on the underside of the Rear Stabilizer Cover (15) into the Rear Stabilizer (2).



4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

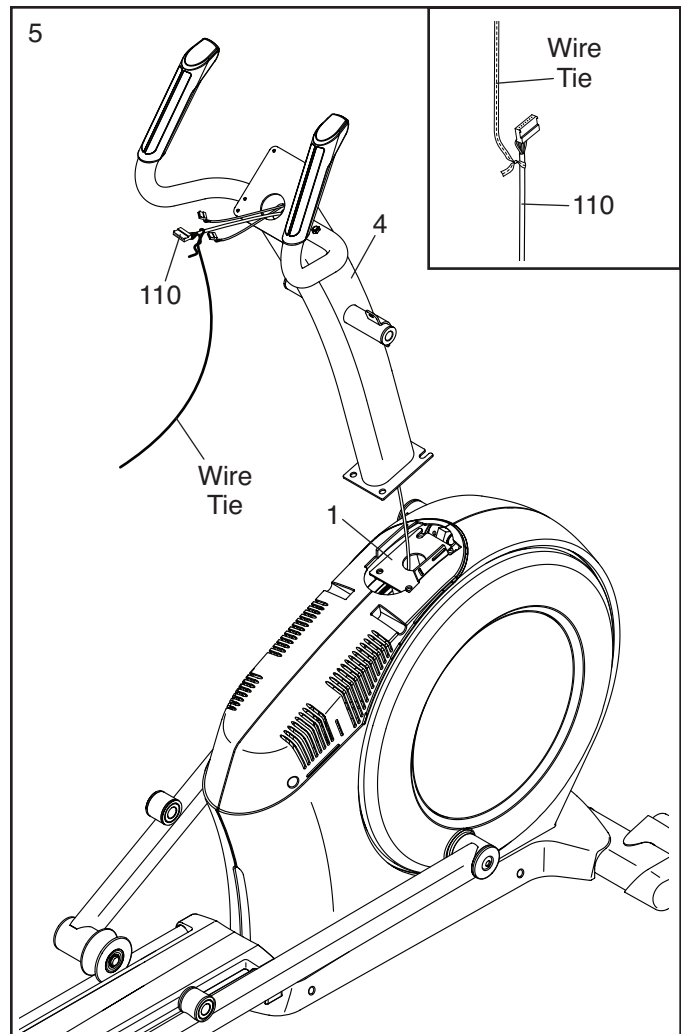
Then, remove the packing materials from under the front of the Frame (1).



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

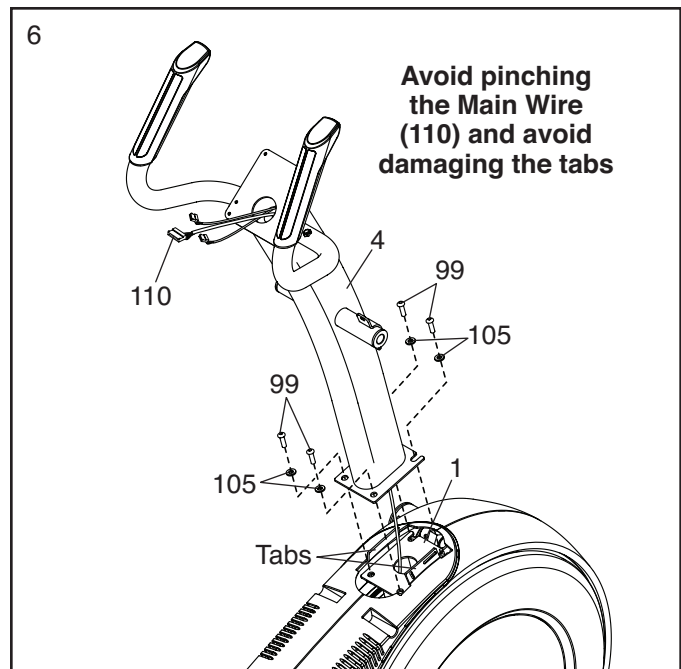
See the inset drawing. Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Main Wire (110). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

Tip: To prevent the Main Wire (110) from falling into the Upright (4), secure the Main Wire with the wire tie.



6. **Tip: Avoid pinching the Main Wire (110). Avoid damaging the indicated plastic tabs.** Have a second person hold the Upright (4) on the Frame (1).

Attach the Upright (4) with four M10 x 25mm Screws (99) and four M10 Split Washers (105); **start all the Screws, and then tighten them.**



7. Using a plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two 16mm Wave Washers (54).

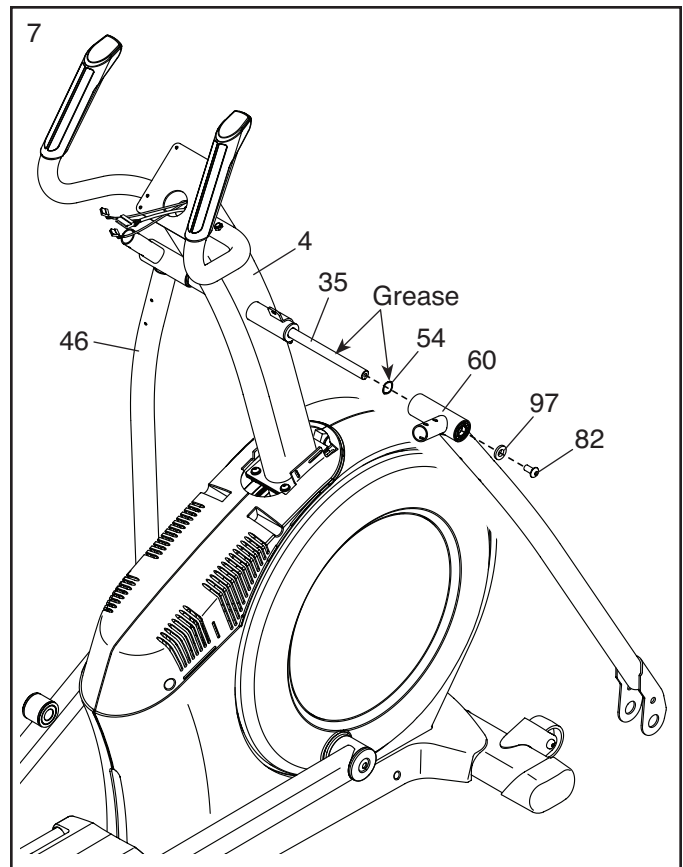
Insert the Pivot Axle (35) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

Identify the Right Upper Body Leg (60) and orient it as shown.

Slide a 16mm Wave Washer (54) and the Right Upper Body Leg (60) onto the right side of the Pivot Axle (35).

Repeat these actions for the Left Upper Body Leg (46).

Tighten an M8 x 13mm Screw (82) and an M8 Washer (97) into each end of the Pivot Axle (35) **at the same time.**

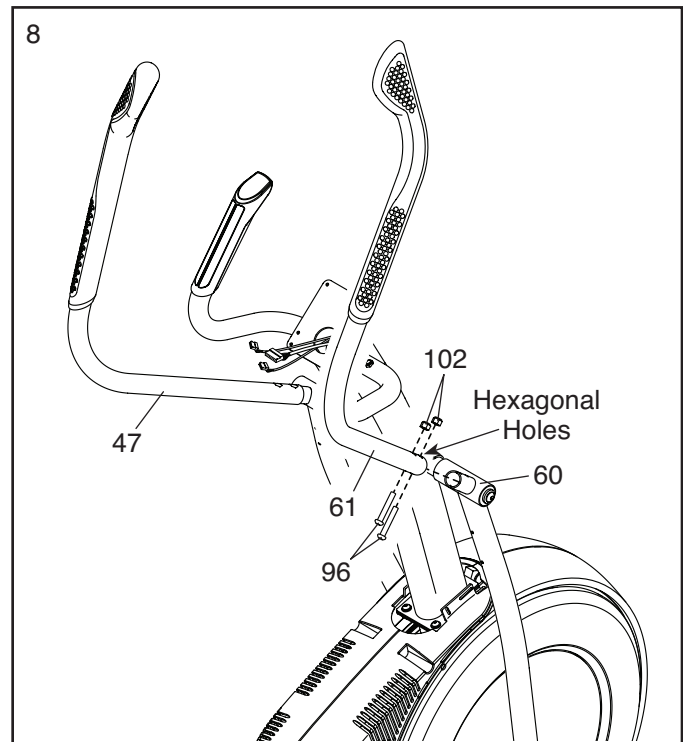


8. Identify the Right Upper Body Arm (61) and orient it as shown.

Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (60).

Attach the Right Upper Body Arm (61) with two M8 x 38mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

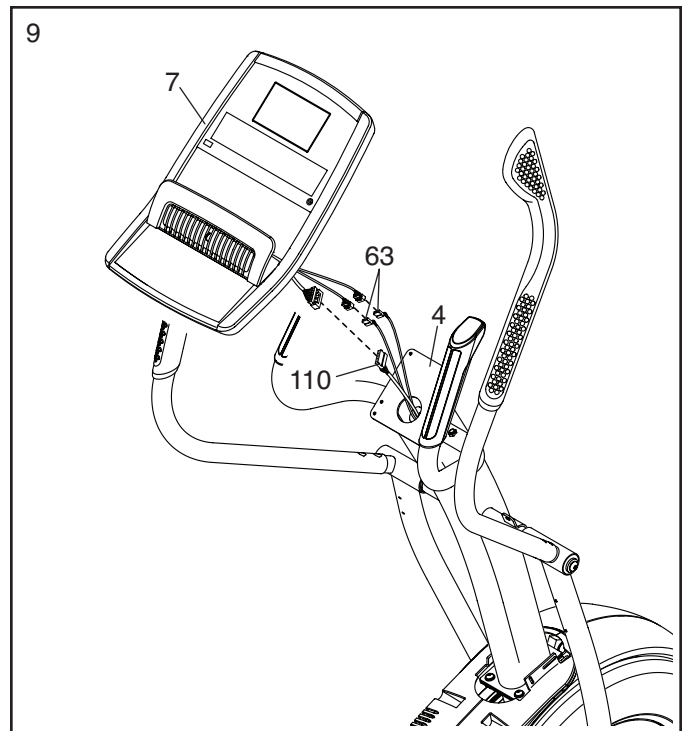
Repeat this step for the Left Upper Body Arm (47).



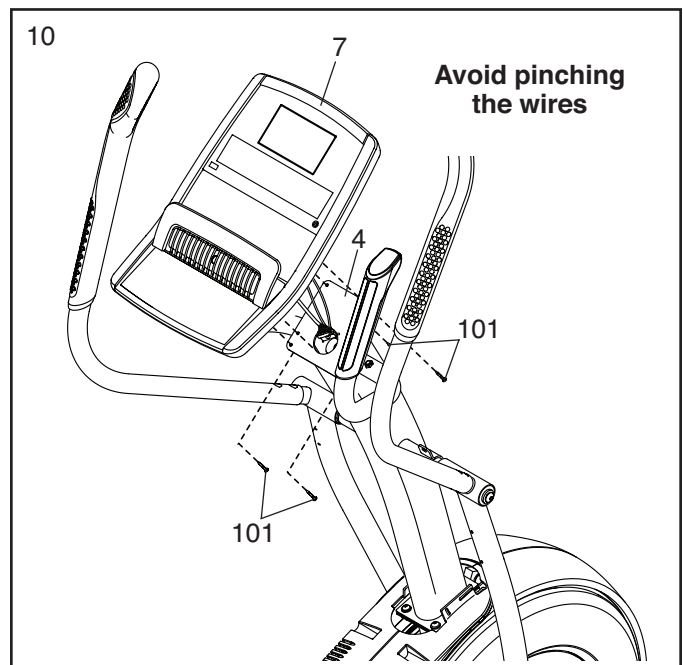
9. Untie and discard the wire tie on the Main Wire (110).

While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Main Wire (110) and to the Sensor Wires (63).

Insert the excess wire into the Upright (4).



10. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101); **start all the Screws, and then tighten them.**

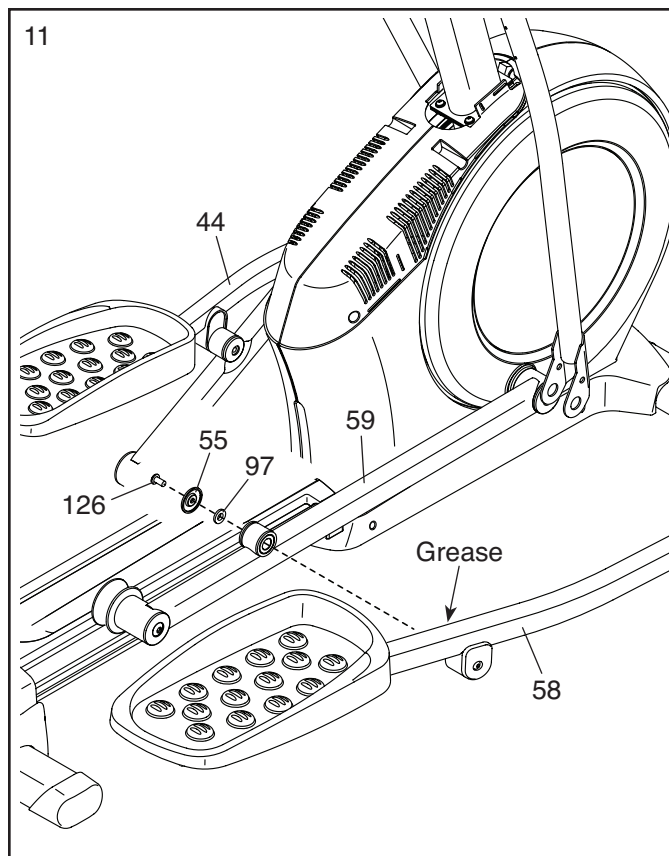


11. Orient the Right Pedal Arm (58) as shown.

Apply grease to the axle on the Right Pedal Arm (58).

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 14mm Shoulder Screw (126), a Small Axle Cover (55), and an M8 Washer (97).

Repeat this step for the Left Pedal Arm (44).



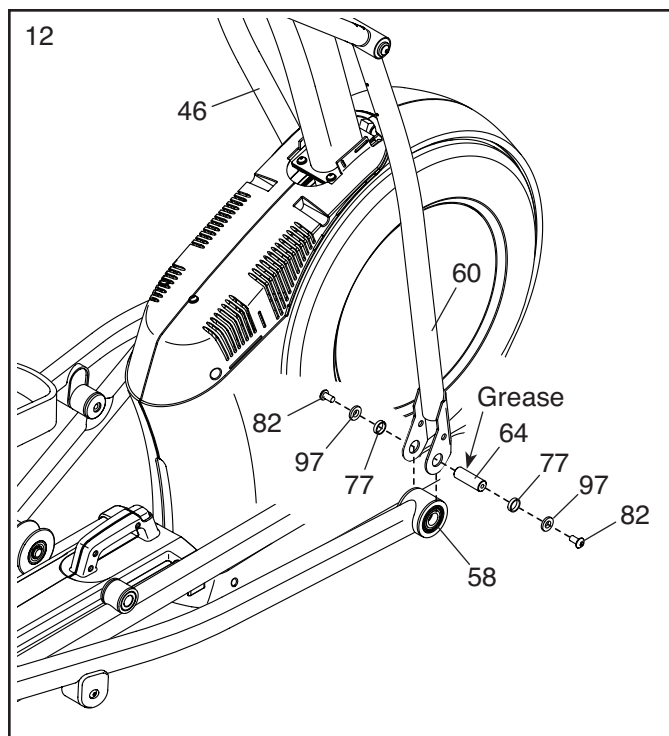
12. Apply grease to one of the Pedal Arm Axles (64).

Next, slide an M8 Washer (97) and an Axle Spacer (77) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

While a second person holds the front end of the Right Pedal Arm (58) inside the bracket on the Right Upper Body Leg (60), insert the Pedal Arm Axle (64) into both parts.

Slide an M8 Washer (97) and an Axle Spacer (77) onto another M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64). **Then, tighten both Screws at the same time.**

Repeat this step on the other side of the elliptical.

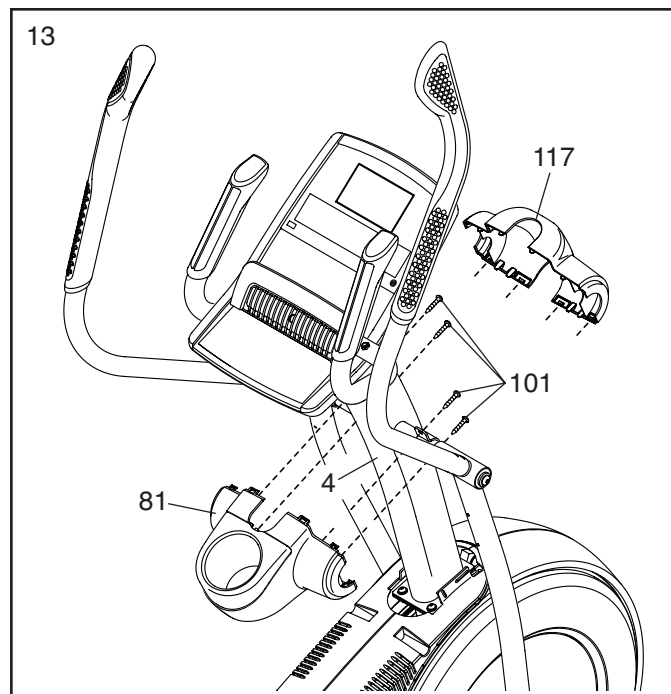


13. Orient the Rear Upright Cover (81) as shown.

Attach the Rear Upright Cover (81) to the Upright (4) with four M4 x 16mm Screws (101); **start all the Screws, and then tighten them.**

Orient the Front Upright Cover (117) as shown.

Attach the Front Upright Cover (117) around the Upright (4) by pressing it onto the Rear Upright Cover (81).



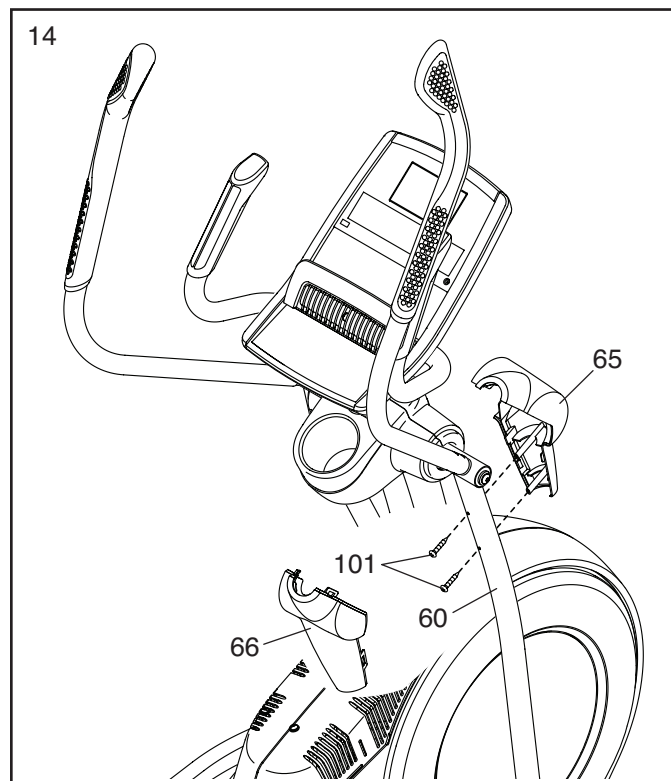
14. Identify the Right Arm Front Cover (65) and orient it as shown.

Attach the Right Arm Front Cover (65) to the Right Upper Body Leg (60) with two M4 x 16mm Screws (101).

Identify the Right Rear Cover (66) and orient it as shown.

Attach the Right Rear Cover (66) around the Right Upper Body Leg (60) by pressing it onto the Right Arm Front Cover (65).

Repeat this step on the other side of the elliptical.



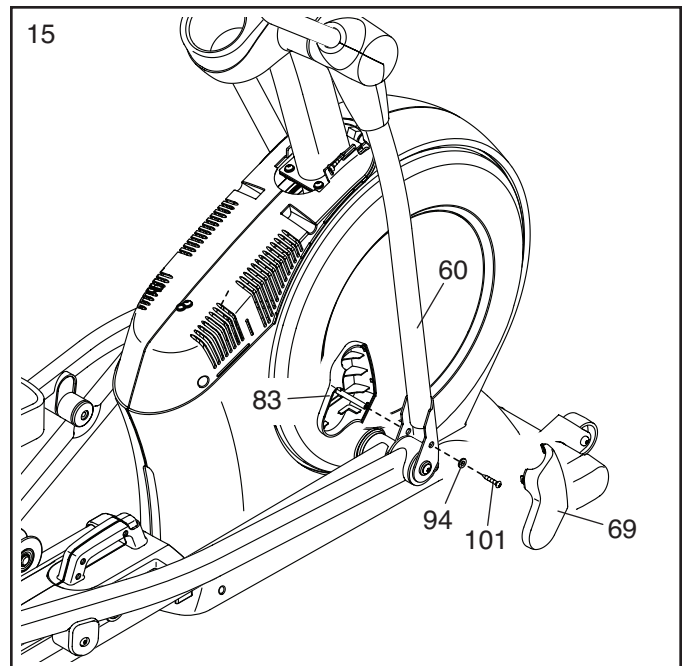
15. Identify the Right Leg Inner Cover (83) and orient it as shown.

Attach the Right Leg Inner Cover (83) to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101) and an M5 Washer (94).

Identify the Right Leg Outer Cover (69) and orient it as shown.

Attach the Right Leg Outer Cover (69) around the Right Upper Body Leg (60) by pressing it onto the Right Leg Inner Cover (83).

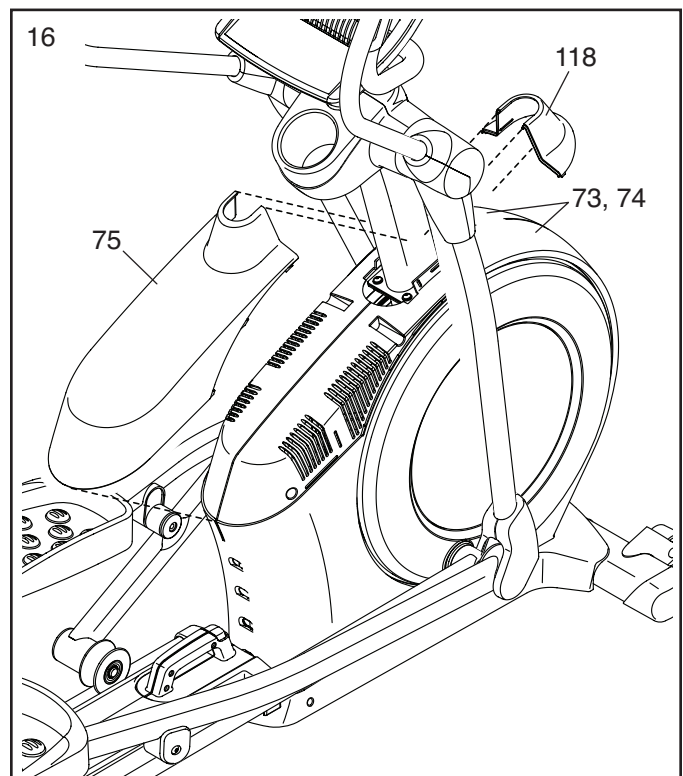
Repeat this step on the other side of the elliptical.



16. Orient the Shield Cover Cap (118) and the Shield Cover (75) as shown.

First, press the tabs on the Shield Cover Cap (118) into the Left and Right Shields (73, 74).

Then, press the tabs on the Shield Cover (75) into the Left and Right Shields (73, 74).

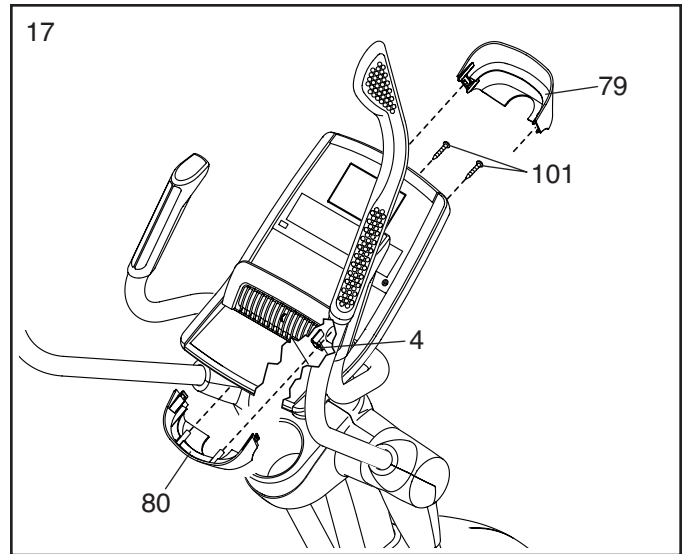


17. Orient the Rear Console Cover (80) as shown.

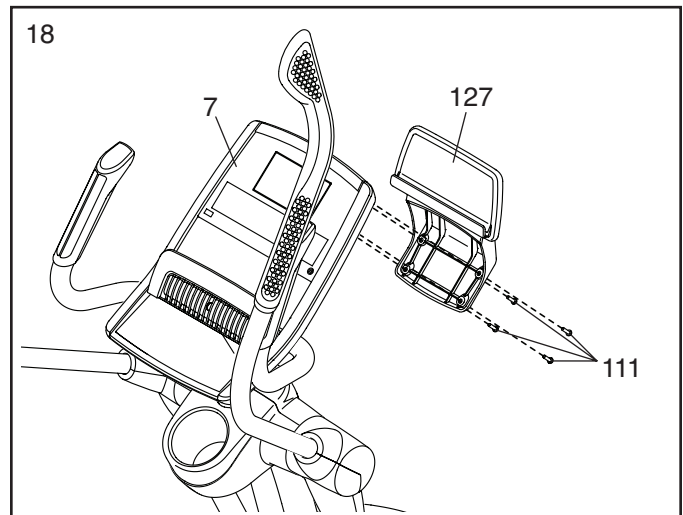
Attach the Rear Console Cover (80) to the Upright (4) with two M4 x 16mm Screws (101).

Orient the Front Console Cover (79) as shown.

Attach the Front Console Cover (79) around the Upright (4) by pressing it onto the Rear Console Cover (80).



18. Attach the Tablet Holder (127) to the back of the Console (7) with four #8 x 12mm Screws (111); **start all the Screws, and then tighten them.**



19. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

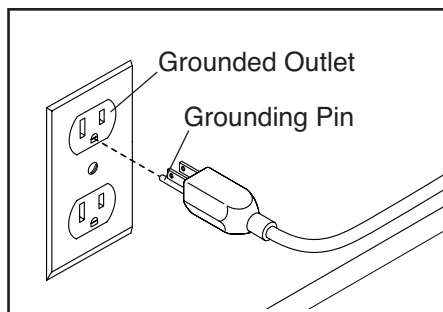
HOW TO PLUG IN THE POWER CORD

This product 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 power cord has a plug with a grounding pin.

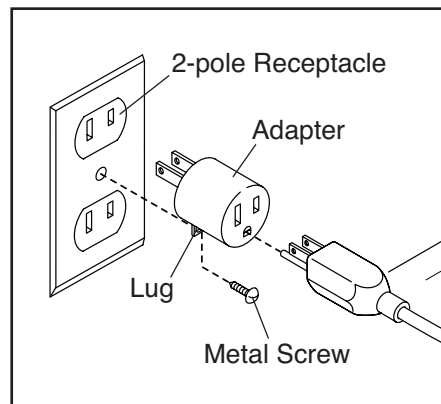
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

The outlet must be on a nominal 120-volt circuit.



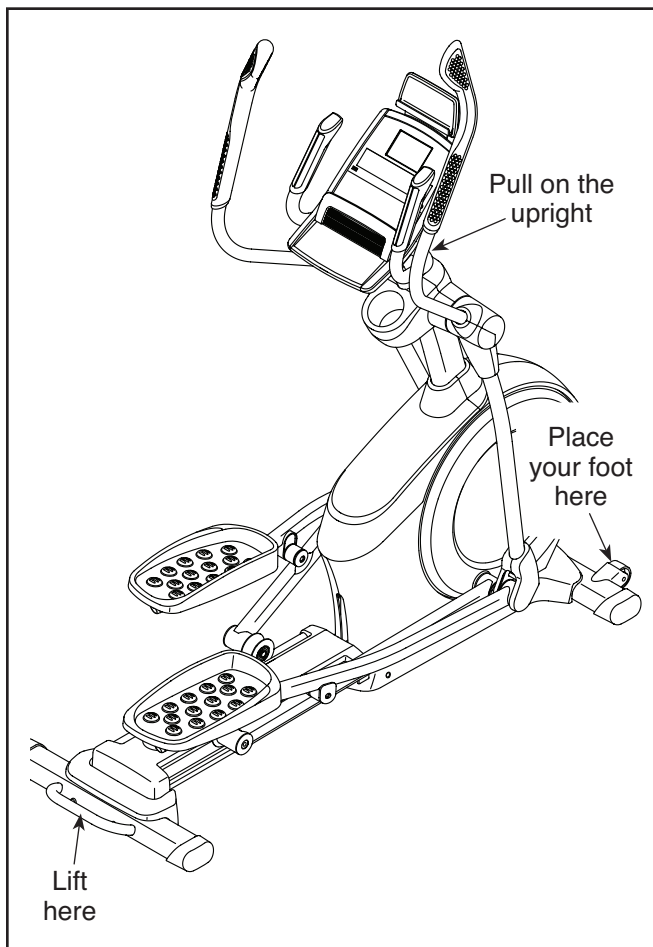
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw 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 before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

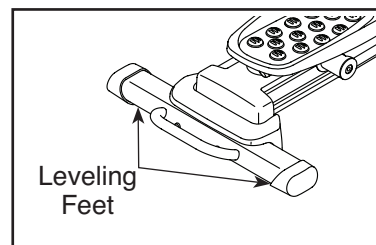
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO LEVEL THE ELLIPTICAL

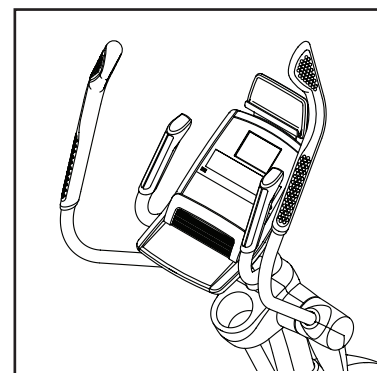
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.



HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object into the tablet holder.

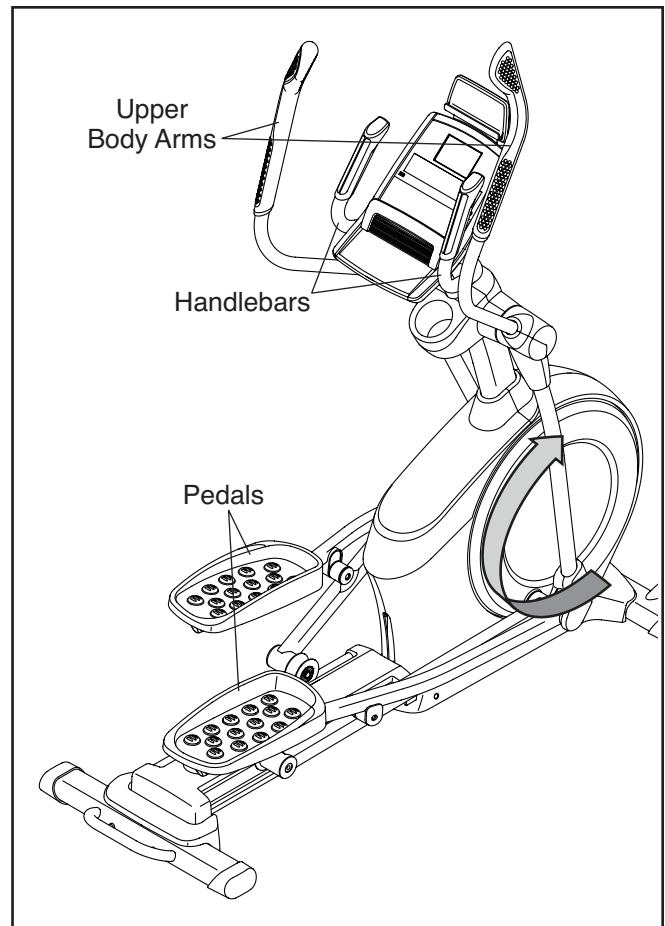
To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.



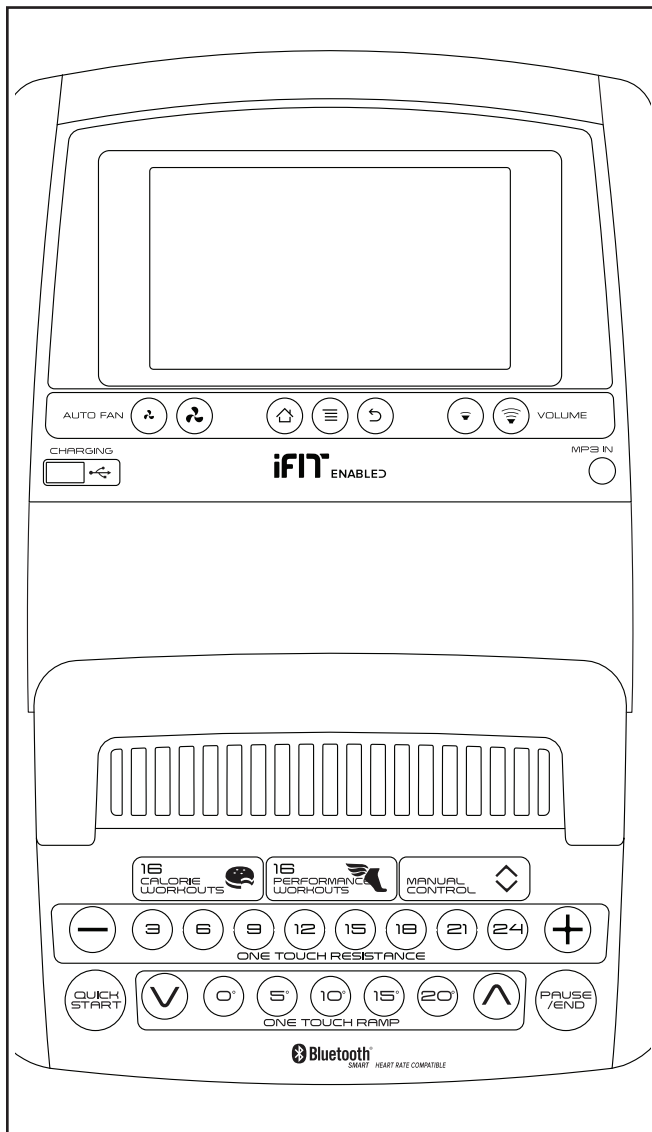
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



CONSOLE DIAGRAM



MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Watch high-definition videos with simulated workouts.



Choose and download sets of weight-loss workouts.

Go to [iFit.com](https://www.ifit.com) to learn more.

FEATURES OF THE CONSOLE

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

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts and several iFit demo workouts. Each workout automatically controls the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling speed as it guides you through an effective exercise session. You can also set a customized workout goal with the set-a-goal workout.

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or **an optional chest heart rate monitor (see page 33 for more information).**

You can also browse the Internet or listen to your favorite workout music or audio books with the console sound system while you exercise.

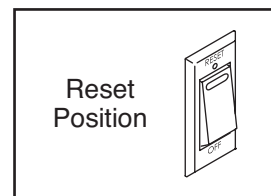
In addition, you can use the charging port on the console to charge your USB-compatible device while you exercise.

To turn on the power, see this page. **To learn how to use the touch screen**, see page 23. **To set up the console**, see page 23.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical 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 HOW TO PLUG IN THE POWER CORD on page 18). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the incline system may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

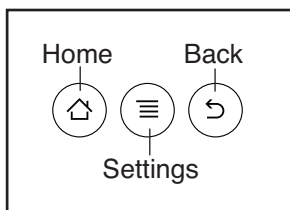
IMPORTANT: If the incline system does not calibrate automatically, see step 4 on page 31 and manually calibrate the incline system.

IMPORTANT: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will show a preset presentation when you finish exercising. To turn off the demo mode, see step 6 on page 29.

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. However, you cannot zoom in and out by sliding your fingers 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 the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.
- Use these buttons on the console to navigate the tablet. Press the home button to return to the main menu. Press the settings button to access the settings menu (see page 29). Press the back button to return to the previous screen.



HOW TO SET UP THE CONSOLE

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

1. Connect to your wireless network.

Note: In order to access the Internet, download iFit workouts, and use some other features of the console, you must be connected to a wireless network. See **HOW TO USE THE WIRELESS NETWORK MODE** on page 32 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 29 and step 2 on page 31 and select the maintenance mode. Then, see step 3 on page 31 and check for firmware updates.

3. Calibrate the incline system.

See step 4 on page 31 and calibrate the incline system.

4. Create an iFit account.

Touch the globe button at the bottom of the screen and then touch the iFit button.

Note: For information about navigating in the Internet browser, see page 33.

The Internet browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership. If you have an activation code, select the code activation option.

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 24. **To use an onboard workout**, see page 25. **To use a set-a-goal workout**, see page 27. **To use an iFit workout**, see page 28.

To use the equipment settings mode, see page 29. **To use the maintenance mode**, see page 31. **To use the wireless network mode**, see page 32. **To use the sound system**, see page 33. **To use the charging port**, see page 33. **To use the Internet browser**, see page 33.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 13 on page 30. For simplicity, all instructions in this section refer to miles.

HOW TO USE THE MANUAL MODE

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 22.

2. Select the main menu.

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

Touch the home button at the bottom of the screen or press the Manual Control button to return to the main menu at any time.

3. Change the resistance of the pedals and the incline of the ramp as desired.

Touch the Start button, press the Quick Start button, or begin pedaling.

As you pedal, change the resistance of the pedals by pressing the One Touch Resistance increase and decrease buttons or by pressing one of the numbered One Touch Resistance buttons.

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

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the One Touch Ramp increase and decrease buttons or by pressing one of the numbered One Touch Ramp buttons.

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

4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

To select the desired display mode, simply flick or slide the screen. You can also view additional workout information by touching the red boxes on the screen.

If desired, keep your pedaling speed near the target cadence. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen. Note: The target cadence is displayed in revolutions per minute (rpm).

If desired, adjust the volume level by pressing the Volume increase and decrease buttons on the console.

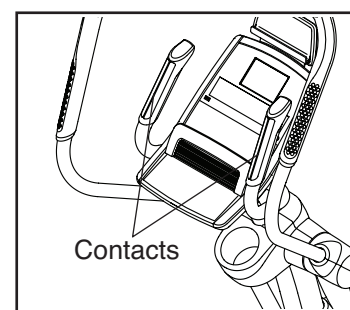


To pause the workout, touch one of the menu buttons on the screen or press the Pause/End button. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 33 for information about the optional chest heart rate monitor**). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors. **Note: If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.**

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor



with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode.

While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Auto Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

7. When you are finished exercising, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.**



HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 22.

2. Select the main menu.

See step 2 on page 24.

3. Select an onboard workout.

To select an onboard workout, touch the runner button at the bottom of the screen. The workouts menu will appear on the screen.

Select the desired workout category from the workouts menu and then select the desired workout.

Note: It may be necessary to scroll the screen to view all the menu options.

Note: You can also press the Calorie Workouts or Performance Workouts buttons on the console.

The screen will show the name and duration of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the resistance and incline settings of the workout.

4. Start the workout.

Touch the Start Workout button or press the Quick Start button to start the workout.

Each workout is divided into segments. One resistance level, one incline level, and one target cadence (speed) are programmed for each segment.

During the workout, the profiles will show your progress. To view the profiles, flick or slide the screen.

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.

As you exercise, keep your pedaling speed near the target cadence for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen. Note: The target cadence is displayed in revolutions per minute (rpm).

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

If the resistance level and/or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Ramp buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 24). **If you press a Ramp button**, you can then manually control the incline (see step 3 on page 24). **To return to the programmed resistance and/or incline settings of the workout**, touch the Follow Workout button.

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

To pause the workout, touch either the back button or the home button at the bottom of the screen or press the Pause/End button. To continue the workout, touch the Resume button. To end the workout, touch the End Workout button.

The workout will continue in this way until the last segment ends. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. Follow your progress.

See step 4 on page 24.

6. Measure your heart rate if desired.

See step 5 on page 24.

7. Turn on the fan if desired.

See step 6 on page 25.

8. When you are finished exercising, unplug the power cord.

See step 7 on page 25.

HOW TO USE A SET-A-GOAL WORKOUT

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

See HOW TO TURN ON THE POWER on page 22.

2. Select the main menu.

See step 2 on page 24.

3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a customized goal for your workout, touch the button for the desired goal. Then, touch the increase and decrease buttons on the screen to enter your goal and to select other variables for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch the Start Workout button or press the Quick Start button to start the workout.

The workout will function in the same way as the manual mode (see page 24).

As you exercise, keep your pedaling speed near the target cadence for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen. Note: The target cadence is displayed in revolutions per minute (rpm).

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

If the resistance level and/or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Ramp buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 24). **If you press a Ramp button**, you can then manually control the incline (see step 3 on page 24). **To return to the programmed resistance and/or incline settings of the workout**, touch the Follow Workout button.

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

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

The workout will continue until you reach the goal that you set. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. Follow your progress.

See step 4 on page 24.

6. Measure your heart rate if desired.

See step 5 on page 24.

7. Turn on the fan if desired.

See step 6 on page 25.

8. When you are finished exercising, unplug the power cord.

See step 7 on page 25.

HOW TO USE AN iFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 32). An iFit account is also required.

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

See HOW TO TURN ON THE POWER on page 22.

2. Select the main menu.

See step 2 on page 24.

3. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

To switch users within your iFit account, touch the user button at the bottom of the screen. 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.

To download an iFit workout in your schedule, touch the Map, Train, Video, or Lose Wt. button to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 27).

Note: You can also press one of the iFit buttons on the console.

Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please see www.iFit.com.

When you select an iFit workout, the screen will show the name of the workout and the estimated duration of the workout based on your pedaling cadence. The screen will also show the approximate number of calories you will burn during the workout.

If you select a competition workout, the display will count down to the beginning of the race.

5. Start the workout.

See step 4 on page 25.

During some workouts, an audio coach will guide you through your workout.

6. Follow your progress.

See step 4 on page 24. The screen may also show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During a competition workout, the screen will show your position in the race relative to other racers.

7. Measure your heart rate if desired.

See step 5 on page 24.

8. Turn on the fan if desired.

See step 6 on page 25.

9. When you are finished exercising, unplug the power cord.

See step 7 on page 25.

For more information about iFit features, go to www.iFit.com.

HOW TO USE THE EQUIPMENT SETTINGS MODE

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

1. Select the settings main menu.

Turn on the console and select the main menu (see steps 1 and 2 on page 24). Then, touch the gears button at the bottom of the screen to select the settings main menu.

Note: You can also press the settings button on the console to select the settings main menu.

2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

Note: It may be necessary to scroll the screen to view all the menu options.

3. Enable or disable the auto relogin feature.

Enable this feature to have the console automatically log in to your iFit account when you turn on the power. Note: This feature is recommended for private owners of the elliptical only.

To enable or disable the auto relogin feature, first touch the Auto Relogin button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

4. Enable or disable automatic console updates.

To enable or disable automatic console updates, first touch the Auto Update button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

Note: To select a time for automatic console updates, see step 12.

5. Enable or disable the Internet browser.

To enable or disable the Internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

6. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the screen will show a preset presentation when the elliptical is not in use.

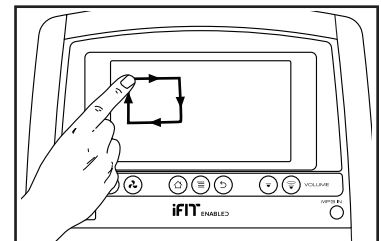
To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

7. Hide or display the gears button.

The console features an option to hide the gears button to prevent unauthorized users from accessing the settings main menu.

To hide or display the gears button, touch the Hide Settings button and select the desired checkbox. Then, follow the prompts on the screen.

IMPORTANT:
To access the settings main menu when the gears button is hidden, draw a square clockwise on the screen.



8. Select a language.

To select a language, touch the Language button and select the desired language.

9. Enable or disable a passcode.

The console features a child safety passcode, designed to prevent unauthorized users from using the elliptical.

Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

10. Enable or disable street view.

During some workouts, the screen may show a map. To enable or disable the street view feature of the maps, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

11. Select a time zone.

To select a time zone, touch the Timezone button and select the desired time zone. Then, touch the back button on the screen.

12. Select an update time.

To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button on the screen.

When you select an update time, you must also enable automatic console updates (see step 4).

IMPORTANT: You must still unplug the power cord after using your elliptical. Set the update time for a time when you normally use your elliptical and will be available to unplug the power cord after an update.

13. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Next, touch the checkbox for the desired unit of measurement. Then, touch the back button on the screen.

14. Exit the equipment settings mode.

To exit the equipment settings mode, press the back button on the console or touch the back button on the screen.

HOW TO USE THE MAINTENANCE MODE

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

1. Select the settings main menu.

See step 1 on page 29.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.

The maintenance mode main screen will show information about the console and the wireless network.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated.

The screen will show the progress of the update. When the update is complete, the elliptical will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

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

4. Calibrate the incline system.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The ramp will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep pets, feet, and other objects away from the elliptical while the incline system is calibrating.

5. View machine information.

Touch the Machine Info button to view information about your elliptical. After you view the information, touch the back button on the screen.

6. Find keycodes.

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

7. Enter a custom IP address.

If your network does not automatically generate IP addresses, touch the Custom IP button to enter a custom IP address.

8. Reset the console to the factory default settings.

Touch the Factory Reset button and follow the instructions on the screen to reset the console to the factory default settings. **IMPORTANT: If you reset the console, you will lose all of your custom console settings.**

9. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console or touch the back button on the screen.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

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

1. Select the settings main menu.

See step 1 on page 29.

2. Select the wireless network mode.

In the settings main menu, touch the Network Setup button to enter the wireless network mode.

Note: You can also touch the wireless symbol to enter the wireless network mode.

3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

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.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

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 the Connect button to connect to the network or touch the Cancel button 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 23.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

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

Note: The iFit mode 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 support.iFit.com for assistance.

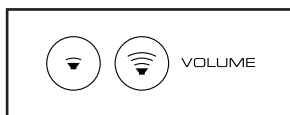
5. Exit the wireless network mode.

To exit the wireless network mode, press the back button on the console or touch the back button on the screen.

HOW TO USE THE SOUND SYSTEM

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

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



If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO USE THE CHARGING PORT

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

To use the charging port, plug a USB charging cable (not included) into the charging port on 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 INTERNET BROWSER

Note: To use the Internet browser, you must have access to a wireless network including a wireless router (802.11b/g/n) with SSID broadcast enabled (hidden networks are not supported).

To open the Internet browser, touch the globe button at the bottom of the screen. Then, select a website.

To navigate the Internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the Internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 23.

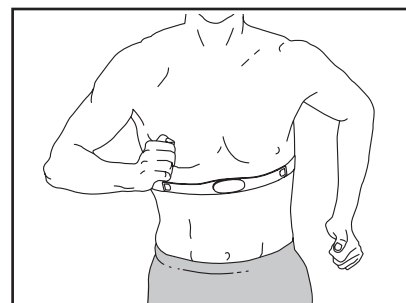
To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the Internet browser, the resistance, ramp, fan, and volume buttons will still function, but the workout buttons will not function.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

THE OPTIONAL CHEST 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. The optional chest 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 chest heart rate monitor, please see the front cover of this manual.**



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

FCC INFORMATION

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.

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: OMC349766 and FCC ID: OMCIABR12.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the elliptical, 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 turn on, make sure that the power cord is fully plugged in.

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 24.

INCLINE SYSTEM TROUBLESHOOTING

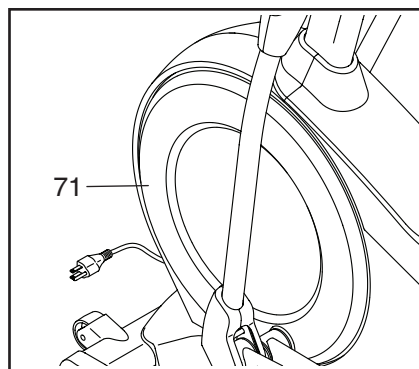
If the ramp does not move to the correct incline level, see step 4 on page 31 and calibrate the incline system.

HOW TO ADJUST THE REED SWITCH

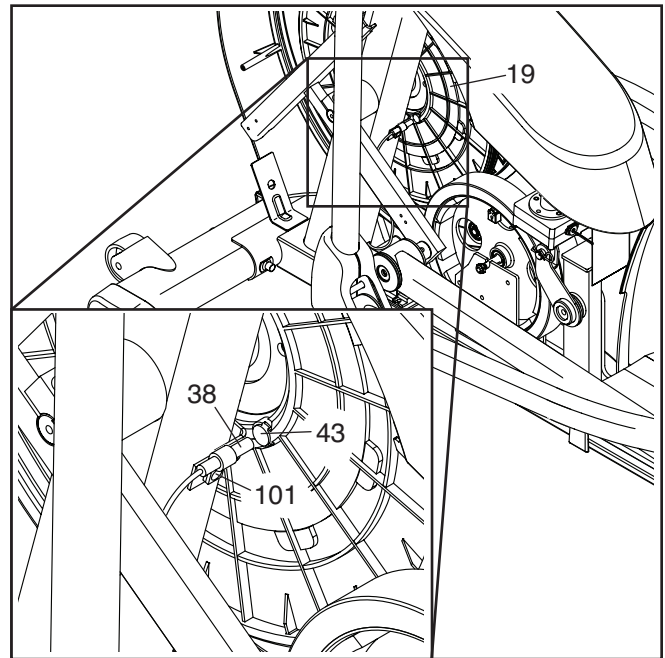
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch to the off position and unplug the power cord.**

Next, use a standard screwdriver to pry off the left Disc (71).

Note: For clarity, the left shield and the left disc ring are shown removed in the drawing at the right.



Locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.



Loosen, but do not remove, the indicated M4 x 16mm Screw (101). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Screw. Then, plug in the power cord, press the power switch to the reset position, and rock the Pulley (19) forward and backward just enough that the Magnet passes the Reed Switch repeatedly.

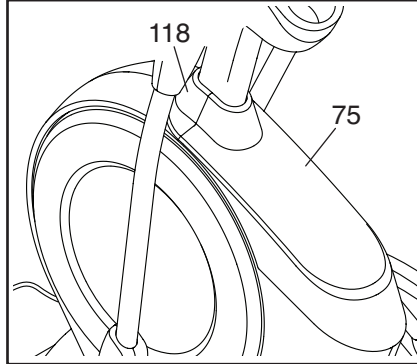
Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, press the power switch to the off position, unplug the power cord, and reattach the left disc. Then, plug in the power cord.

HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **press the power switch to the off position and unplug the power cord**.

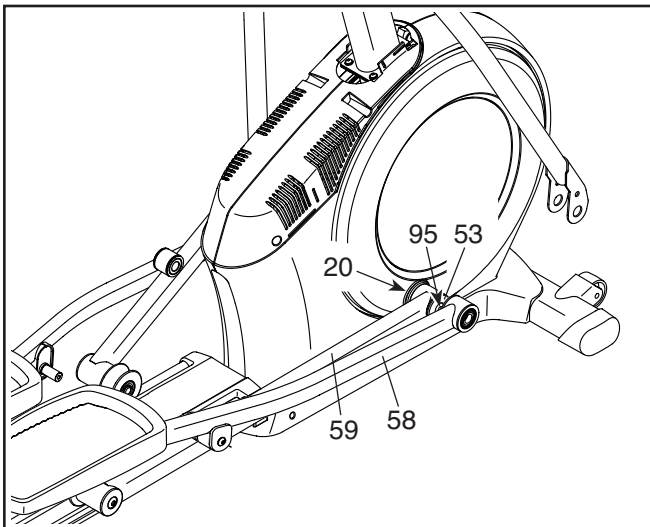
Next, use a standard screwdriver to remove the Shield Cover (75) and the Shield Cover Cap (118).



See assembly step 15 on page 16. Remove the Right Upper Body Leg Outer and Inner Covers (69, 83).

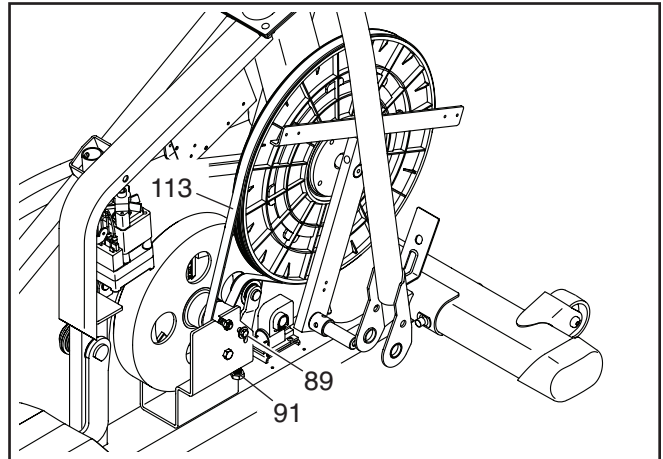
See assembly step 12 on page 14. Remove the Right Pedal Arm (58) from the Right Upper Body Leg (60).

Next, remove the M8 x 16mm Screw (95), the Large Axle Cover (53), and the M8 Washer (not shown) from the right Crank Arm (20). Then, carefully remove the Right Roller Arm (59) and the Right Pedal Arm (58) from the elliptical.



See EXPLODED DRAWING C on page 43. Identify the Left and Right Shields (73, 74). Remove the M4 x 19mm Screws (5) and the M4 x 48mm Screw (107) from the Left and Right Shields. Then, remove the Right Shield.

Next, locate and loosen the Idler Screw (89). Tighten the Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.



Reattach the right shield, the right roller arm, the right pedal arm, the shield cover cap, and the shield cover. Then, plug in the power cord.

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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

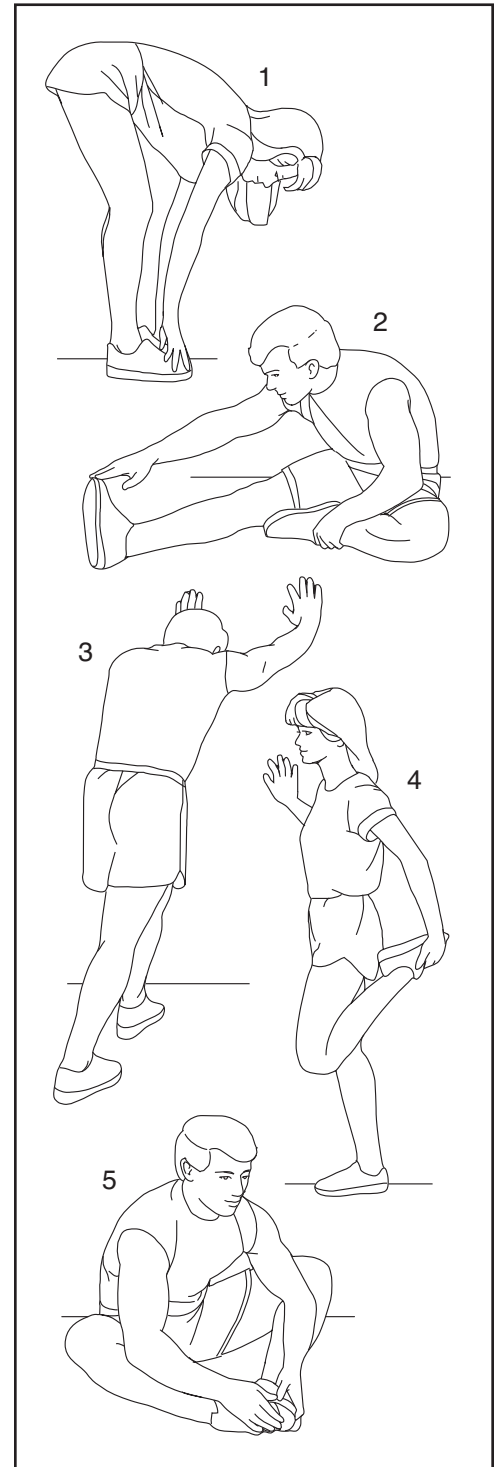
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. 23909.0 R1115A

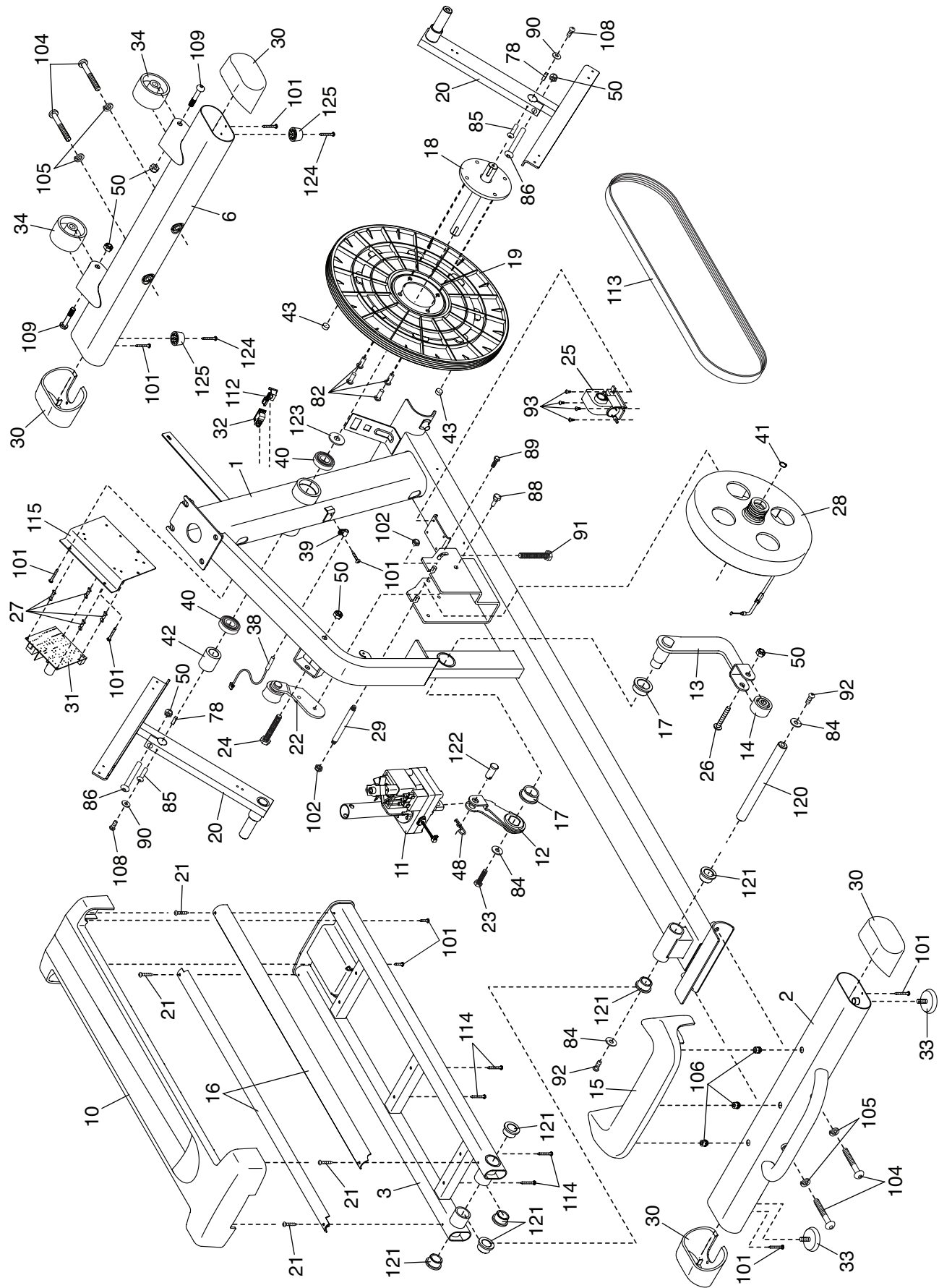
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer	52	2	Pedal Arm Cap
3	1	Ramp	53	4	Large Axle Cover
4	1	Upright	54	2	16mm Wave Washer
5	8	M4 x 19mm Screw	55	2	Small Axle Cover
6	1	Front Stabilizer	56	4	Roller Arm Bushing
7	1	Console	57	8	Arm Bearing
8	2	Roller Guide	58	1	Right Pedal Arm
9	1	Tablet Holder	59	1	Right Roller Arm
10	1	Ramp Cover	60	1	Right Upper Body Leg
11	1	Incline Motor	61	1	Right Upper Body Arm
12	1	Incline Motor Arm	62	2	Grip
13	1	Ramp Arm	63	2	Sensor Assembly/Wire
14	1	Ramp Roller	64	2	Pedal Arm Axle
15	1	Rear Stabilizer Cover	65	1	Right Arm Front Cover
16	2	Track	66	1	Right Rear Cover
17	2	Large Frame Bushing	67	1	Left Arm Front Cover
18	1	Crank	68	1	Left Rear Cover
19	1	Pulley	69	1	Right Leg Outer Cover
20	2	Crank Arm	70	1	Left Leg Outer Cover
21	4	M4 x 10mm Screw	71	2	Disc
22	1	Idler	72	1	Left Leg Inner Cover
23	1	M10 x 15mm Screw	73	1	Left Shield
24	1	M10 x 95mm Bolt	74	1	Right Shield
25	1	Resistance Motor	75	1	Shield Cover
26	1	M10 x 42mm Bolt	76	1	Left Pedal Arm Side Cap
27	4	Standoff	77	4	Axle Spacer
28	1	Eddy Mechanism	78	2	Key
29	1	Eddy Mechanism Axle	79	1	Front Console Cover
30	4	Stabilizer Cap	80	1	Rear Console Cover
31	1	Controller	81	1	Rear Upright Cover
32	1	Power Switch	82	10	M8 x 13mm Screw
33	2	Leveling Foot	83	1	Right Leg Inner Cover
34	2	Wheel	84	3	M10 Washer
35	1	Pivot Axle	85	2	M4 x 14mm Screw
36	2	Upright Bushing	86	2	M10 x 58mm Bolt
37	1	Accessory Tray	87	1	Right Pedal Arm Side Cap
38	1	Reed Switch/Wire	88	1	Pivot Screw
39	1	Clamp	89	1	Idler Screw
40	2	Bearing	90	2	M6 Washer
41	1	Small Snap Ring	91	1	Belt Adjustment Screw
42	1	Sleeve	92	2	M10 x 19mm Screw
43	2	Magnet	93	4	M4 x 12mm Screw
44	1	Left Pedal Arm	94	2	M5 Washer
45	1	Left Roller Arm	95	8	M8 x 16mm Screw
46	1	Left Upper Body Leg	96	4	M8 x 38mm Bolt
47	1	Left Upper Body Arm	97	10	M8 Washer
48	1	Hairpin Cotter Pin	98	2	M8 x 18mm Washer
49	2	Pedal	99	4	M10 x 25mm Screw
50	6	M10 Locknut	100	4	Leg Bearing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	37	M4 x 16mm Screw	118	1	Shield Cover Cap
102	6	M8 Locknut	119	1	Power Cord
103	10	M6 x 12mm Screw	120	1	Ramp Axle
104	4	M10 x 122mm Screw	121	6	Small Frame Bushing
105	8	M10 Split Washer	122	1	Clevis Pin
106	3	Cover Mount	123	1	Plastic Spacer
107	1	M4 x 48mm Screw	124	2	M4 x 19mm Self-tapping Screw
108	2	M6 x 13mm Screw	125	2	Bumper
109	2	M10 x 60mm Bolt	126	2	M8 x 14mm Shoulder Screw
110	1	Main Wire	*	—	Assembly Tool
111	4	#8 x 12mm Screw	*	—	Grease Packet
112	1	Receptacle	*	—	User's Manual
113	1	Drive Belt	*	—	Incline Motor Wire
114	4	M4 x 40mm Screw	*	—	Resistance Motor Wire
115	1	Controller Bracket	*	—	Blue Wire
116	2	Disc Ring	*	—	Green Wire
117	1	Front Upright Cover	*	—	White 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.

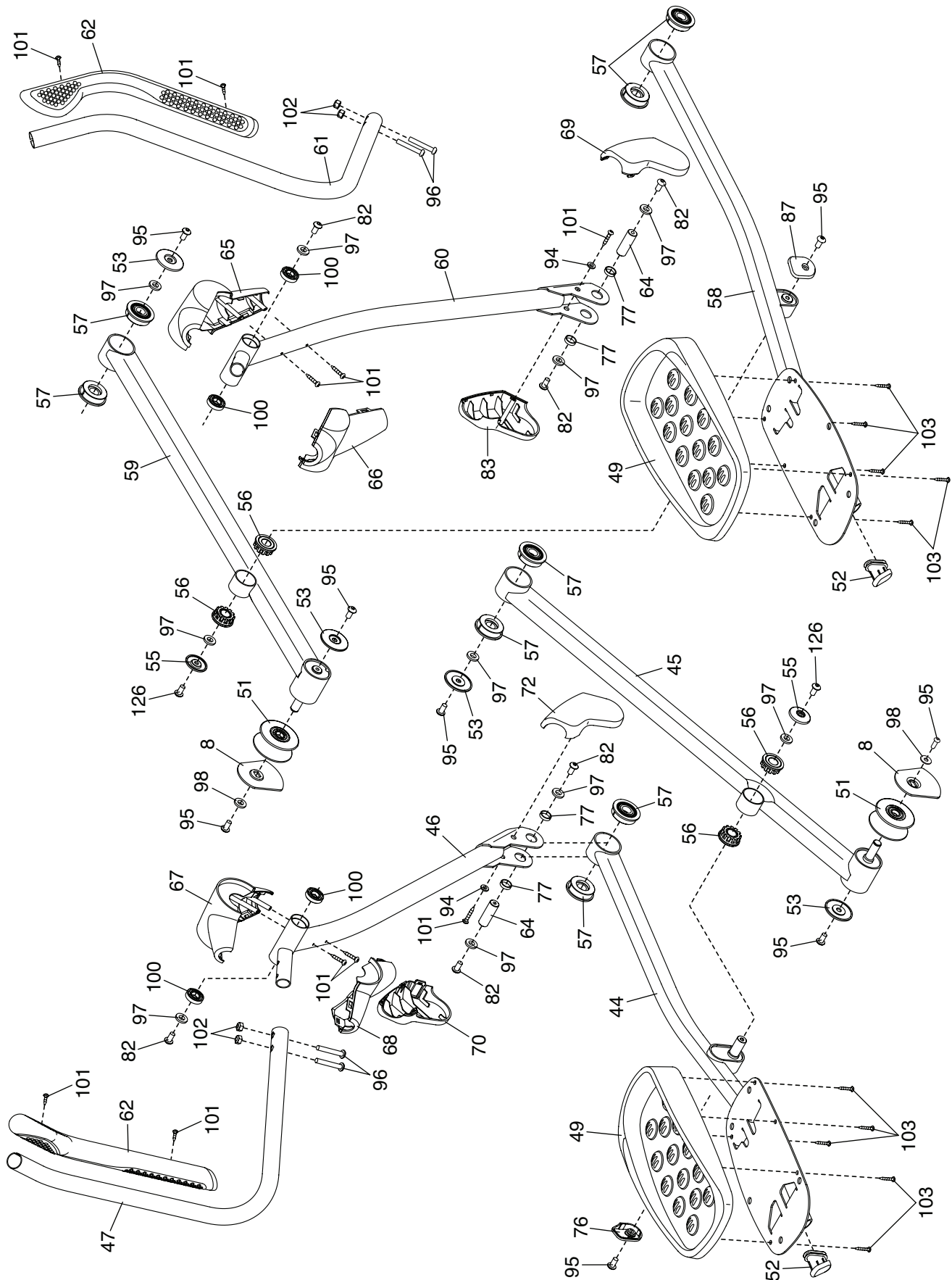
EXPLODED DRAWING A

Model No. 23909.0 R1115A



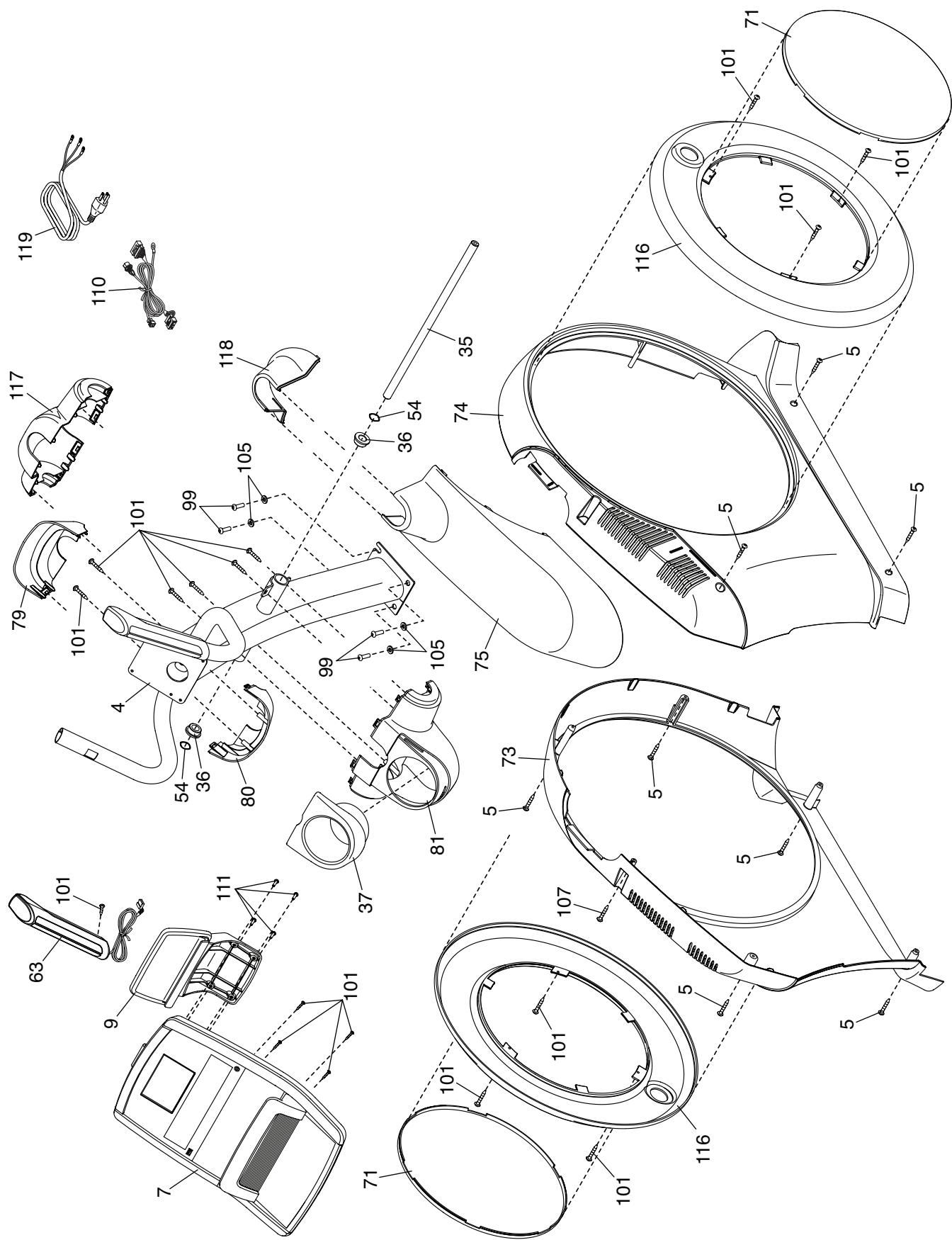
EXPLODED DRAWING B

Model No. 23909.0 R1115A



EXPLODED DRAWING C

Model No. 23909.0 R1115A



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 6.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for the lifetime of the original purchaser (customer). Parts are warranted for three (3) 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. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. 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 will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; 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 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.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813