

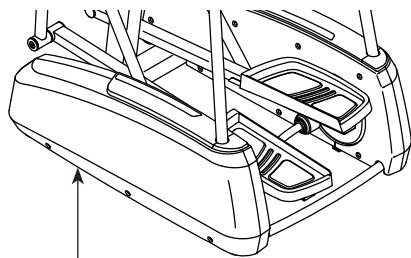
NordicTrack® A.C.T.

www.nordictrack.com

Model No. NTEL08911.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-800-TO-BE-FIT

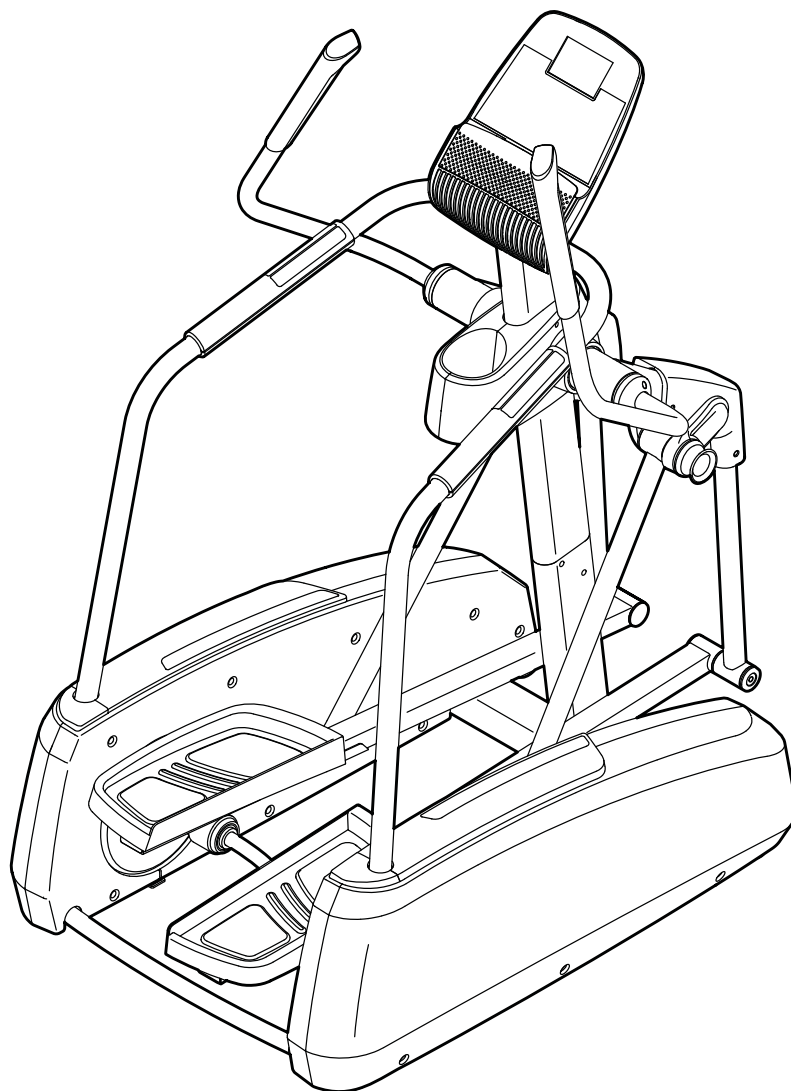
(1-800-862-3348)

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



⚠ CAUTION

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

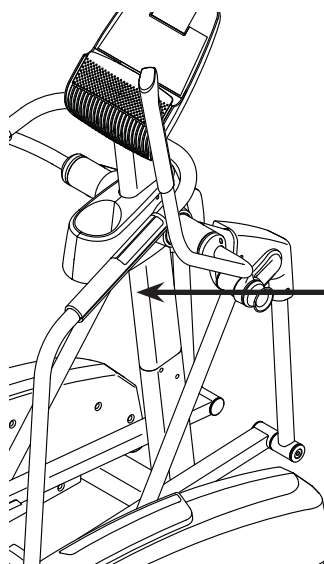


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WARNING DECAL PLACEMENT

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 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, 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. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. 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.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
10. 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.
11. Hold the handlebars or the handrails when mounting, dismounting, or using the elliptical.
12. 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.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

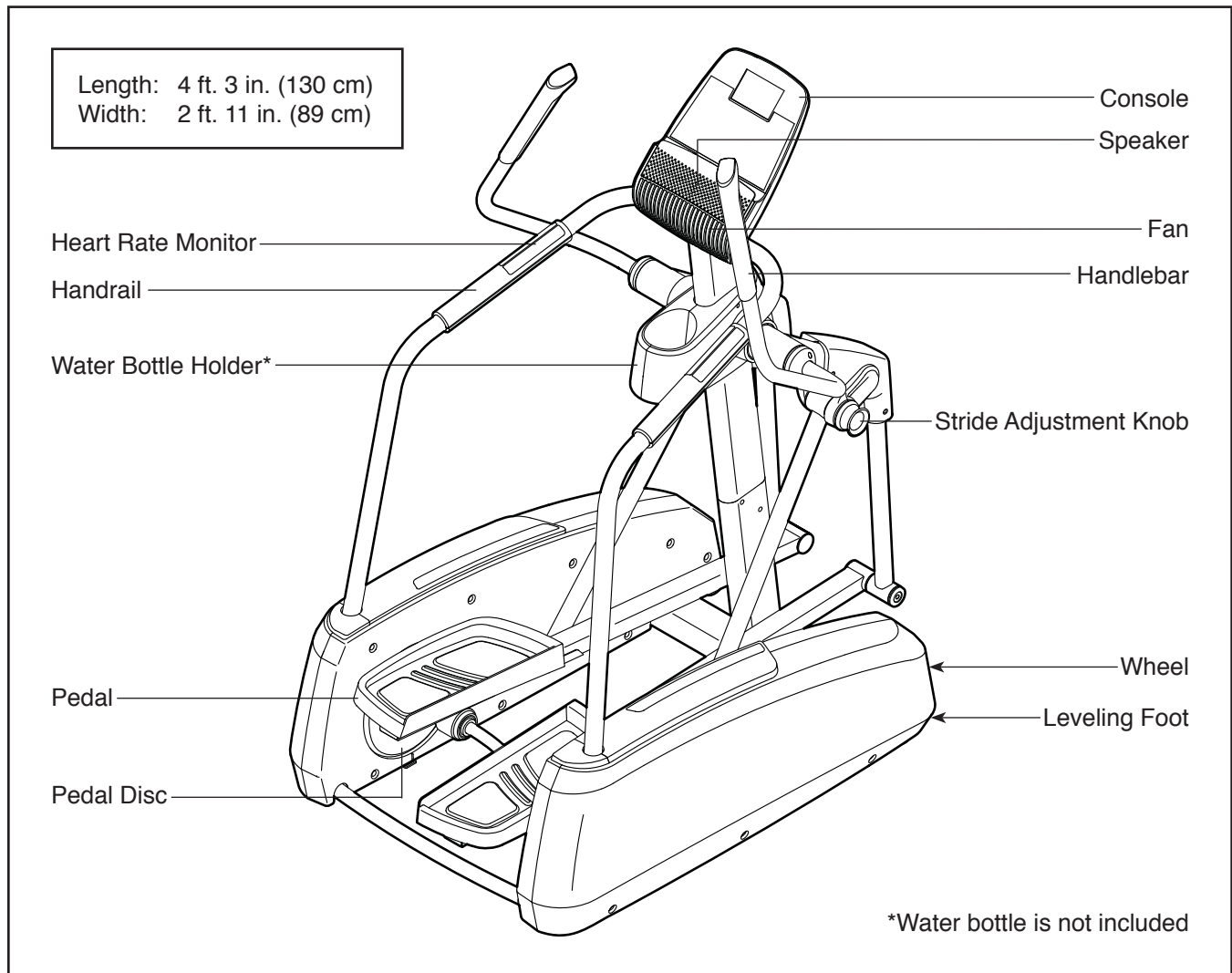
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ACT elliptical. The ACT 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

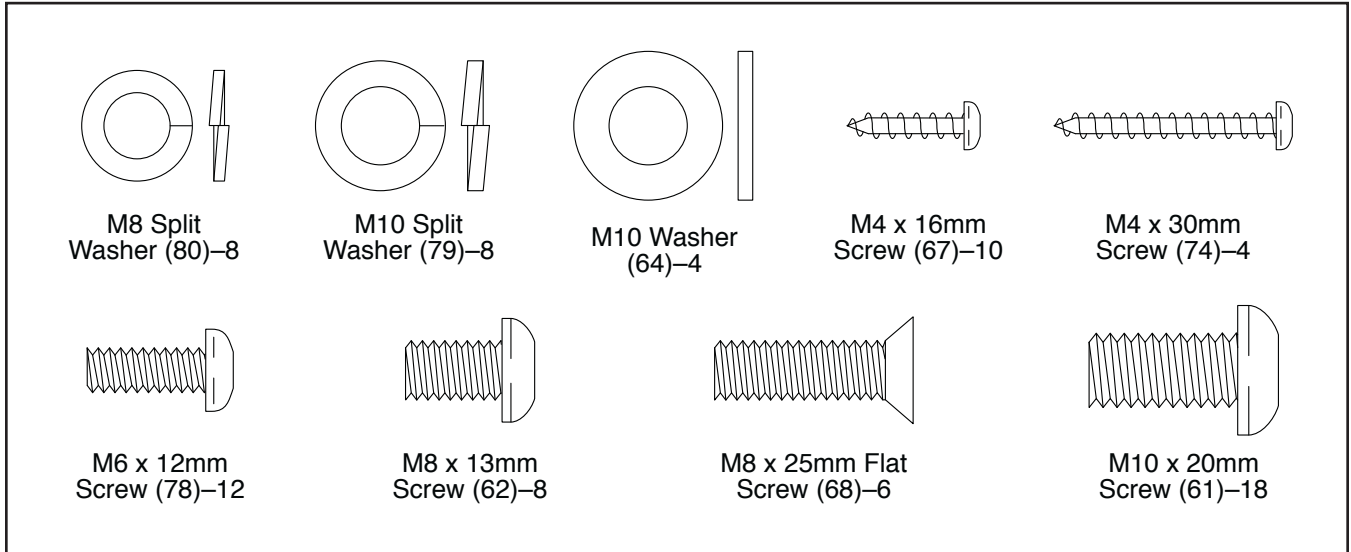
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 complete all assembly steps.
- To identify small parts, see page 5

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

one Phillips screwdriver



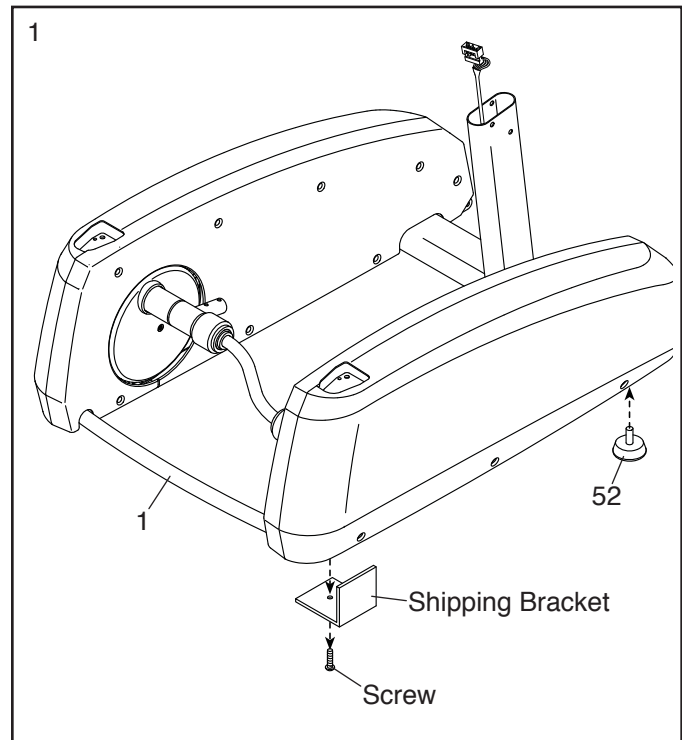
one rubber mallet



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

1. Remove the four screws and the four shipping brackets (only one of each is shown) from the Frame (1). Discard the screws and the shipping brackets.

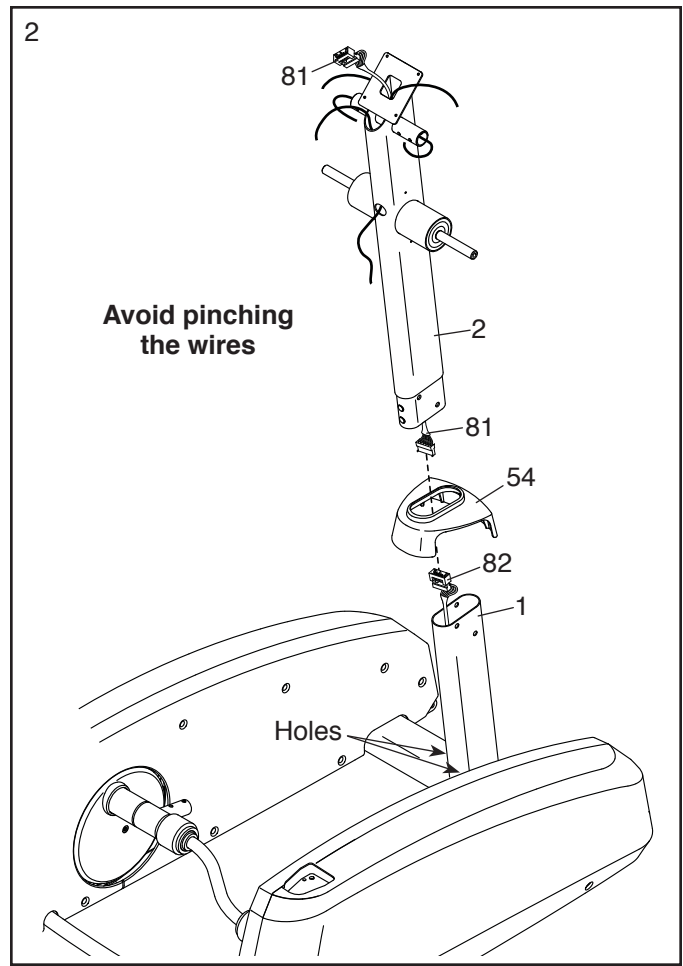
Then, tighten the four Leveling Feet (52) (only one is shown) into the underside of the Frame (1).



- Identify the Frame Cover (54), and orient it as shown. Slide the Frame Cover onto the Frame (1), and press the posts on the Frame Cover into the indicated holes in the Frame.

Next, orient the Upright (2) as shown. While a second person holds the Upright near the Frame (1), connect the Upper Wire Harness (81) to the Lower Wire Harness (82).

Tip: Avoid pinching the Wire Harnesses (81, 82). Gently pull the upper end of the Upper Wire Harness (81) to remove any slack while you insert the Upright (2) into the Frame (1).

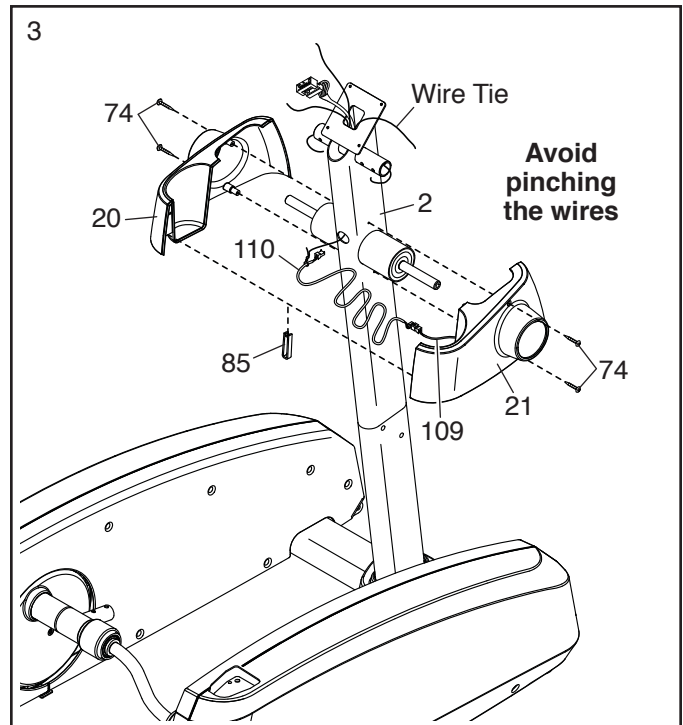


- Identify the Right Upright Cover (21), which is marked with an "R" sticker, and orient it as shown.

While a second person holds the Right Upright Cover (21) near the Upright (2), tie the indicated wire tie to the Extension Wire (110). Then, pull the other end of the wire tie upward out of the top of the Upright.

Tip: Avoid pinching the Wires (109, 110). Attach the Left and Right Upright Covers (20, 21) around the Upright (2) with four M4 x 30mm Screws (74).

Then, insert the Clip (85) onto the underside of the Left and Right Upright Covers (20, 21).



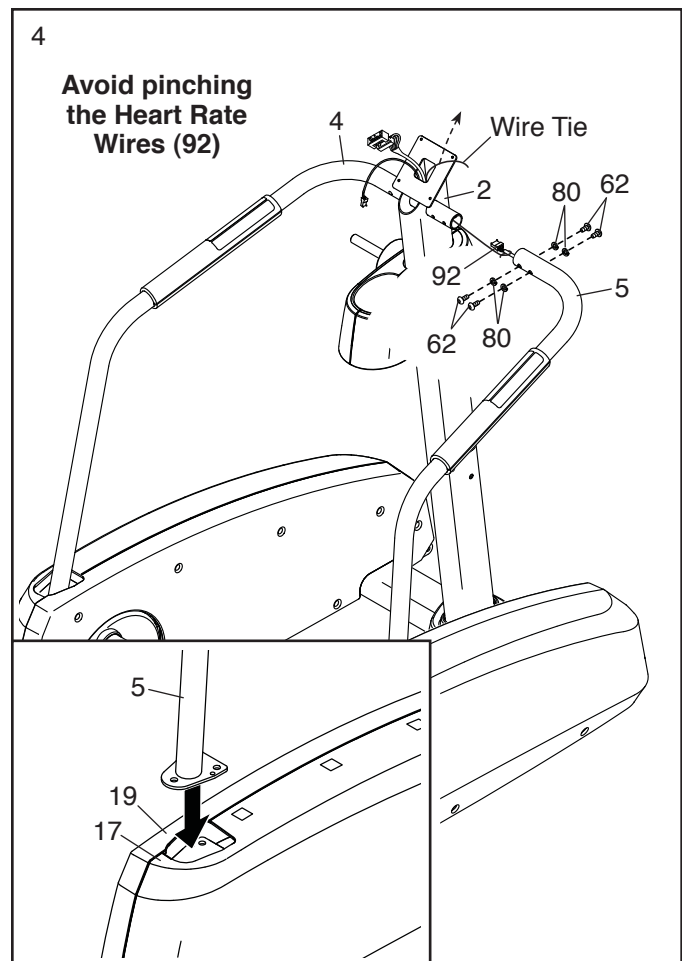
4. Identify the Right Handrail (5), which is marked with an "R" on the underside. Orient the Right Handrail as shown.

While a second person holds the Right Handrail (5) near the Upright (2), tie the indicated wire tie to the Right Heart Rate Wire (92). Then, pull the other end of the wire tie upward out of the top of the Upright.

See the inset drawing. Insert the lower end of the Right Handrail (5) into the opening between the Right Outer Shield (17) and the Right Inner Shield (19).

Tip: Avoid pinching the Heart Rate Wire (92). Attach the Right Handrail (5) to the Upright (2) with four M8 x 13mm Screws (62) and four M8 Split Washers (80). **Do not tighten the Screws yet.**

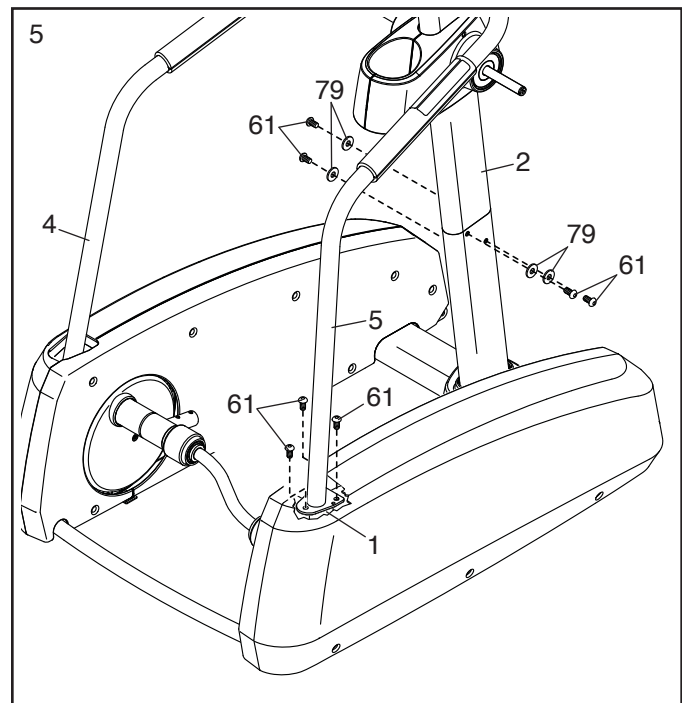
Attach the Left Handrail (4) in the same way.



5. Attach the Right Handrail (5) to the Frame (1) with three M10 x 20mm Screws (61). **Do not tighten the Screws yet.**

Attach the Left Handrail (4) in the same way.

Next, attach the Upright (2) with four M10 x 20mm Screws (61) and four M10 Split Washers (79). **Do not tighten the Screws yet.**

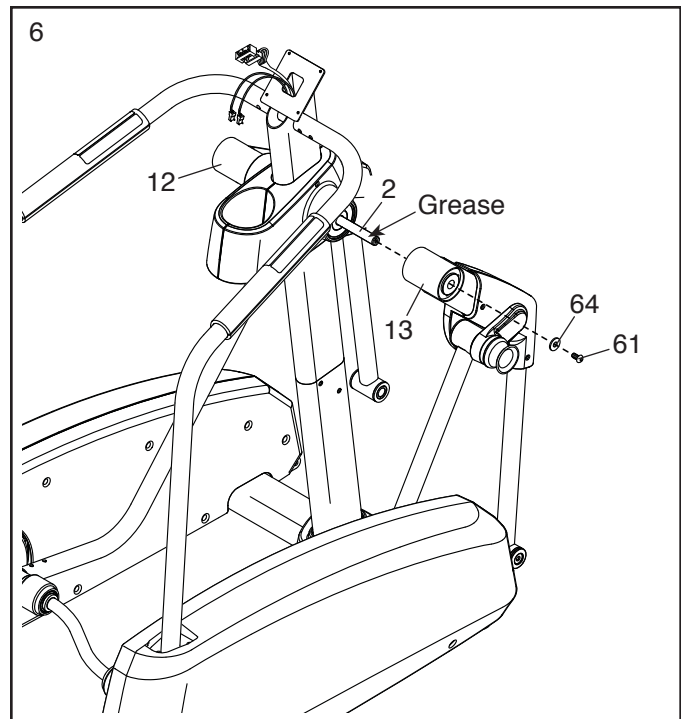


6. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the right axle on the Upright (2).

Next, identify the Right Handlebar Leg (13), which is marked with an "R" sticker, and orient it as shown.

Slide the Right Handlebar Leg (13) onto the axle on the Upright (2). Attach the Right Handlebar Leg with an M10 x 20mm Screw (61) and an M10 Washer (64).

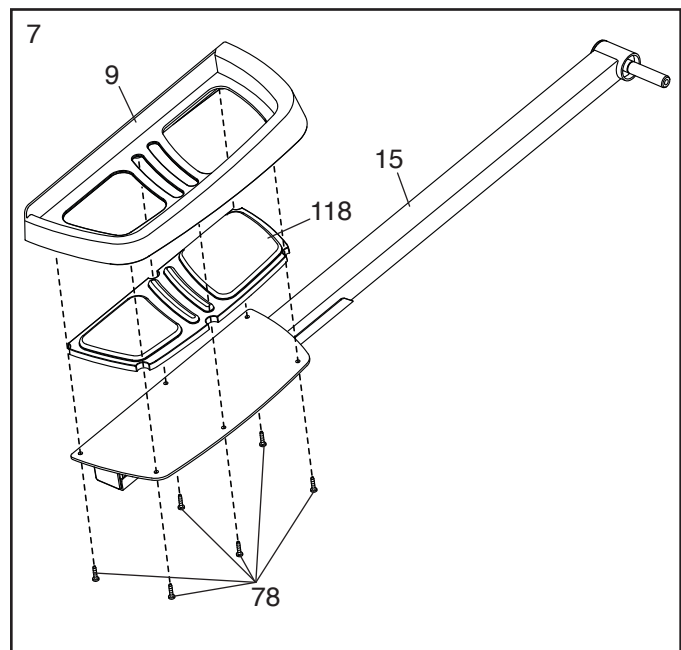
Attach the Left Handlebar Leg (12) in the same way.



7. Identify the Right Pedal Arm (15), the Right Pedal (9), and the Right Pedal Insert (118), which are marked with "R" stickers.

Attach the Right Pedal (9) and the Right Pedal Insert (118) to the Right Pedal Arm (15) with six M6 x 12mm Screws (78).

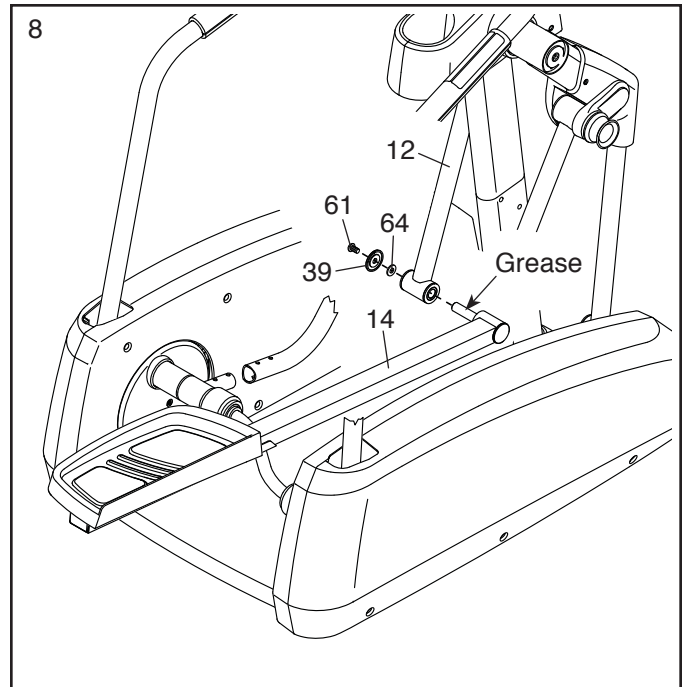
Attach the Left Pedal (not shown) and the Left Pedal Insert (not shown) to the Left Pedal Arm (not shown) in the same way.



8. Apply a small amount of grease to the axle on the Left Pedal Arm (14).

Position the Left Handlebar Leg (12) as shown. Then, insert the Left Pedal Arm (14) into the Left Handlebar Leg. Attach the Left Pedal Arm with an M10 x 20mm Screw (61), a Pedal Axle Cover (39), and an M10 Washer (64). **Do not over-tighten the Screw; the Left Pedal Arm must pivot easily.**

Attach the Right Pedal Arm (not shown) in the same way.



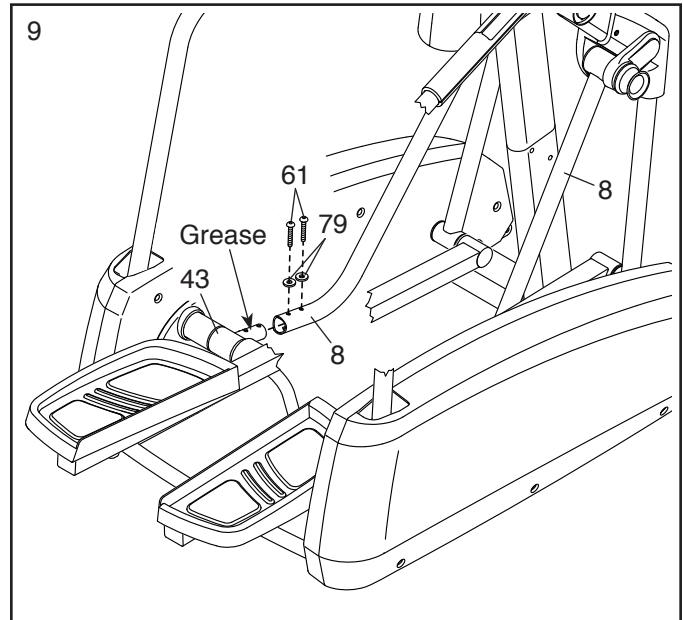
9. Apply a small amount of grease to the axle on the Left Pedal Arm Bracket (43).

Attach the left Pedal Leg (8) to the Left Pedal Arm Bracket (43) with two M10 x 20mm Screws (61) and two M10 Split Washers (79).

Attach the right Pedal Leg (8) in the same way.

See step 5. Tighten the M10 x 20mm Screws (61).

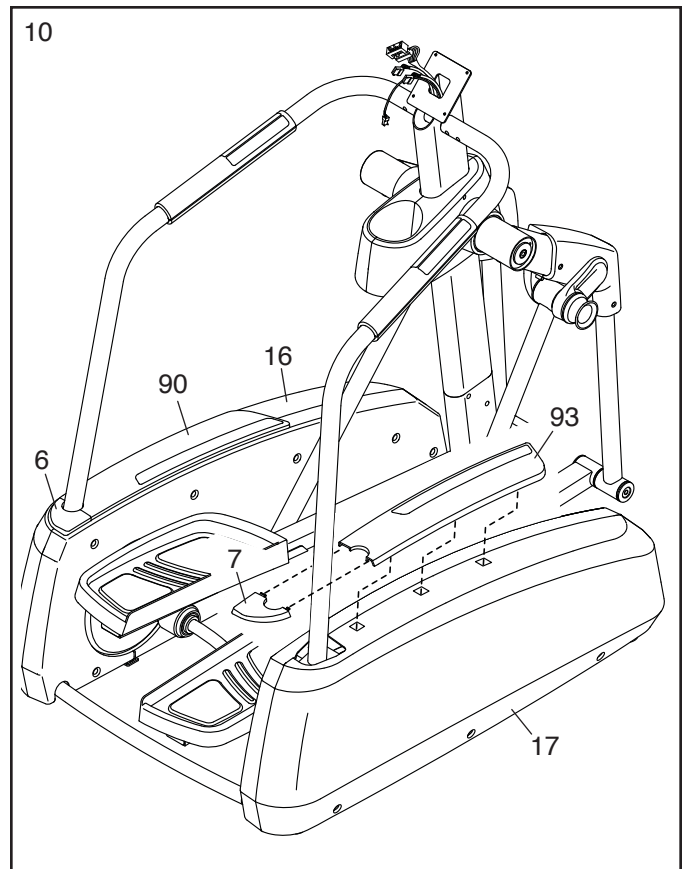
See step 4. Tighten the M8 x 13mm Screws (62).



10. Identify the Right Large Rail Cover (93), and orient it as shown. Press the Right Large Rail Cover into the Right Outer Shield (17).

Next, identify the Right Small Rail Cover (7), and orient it as shown. Press the Right Small Rail Cover into the Right Large Rail Cover (93) and into the Right Outer Shield (17).

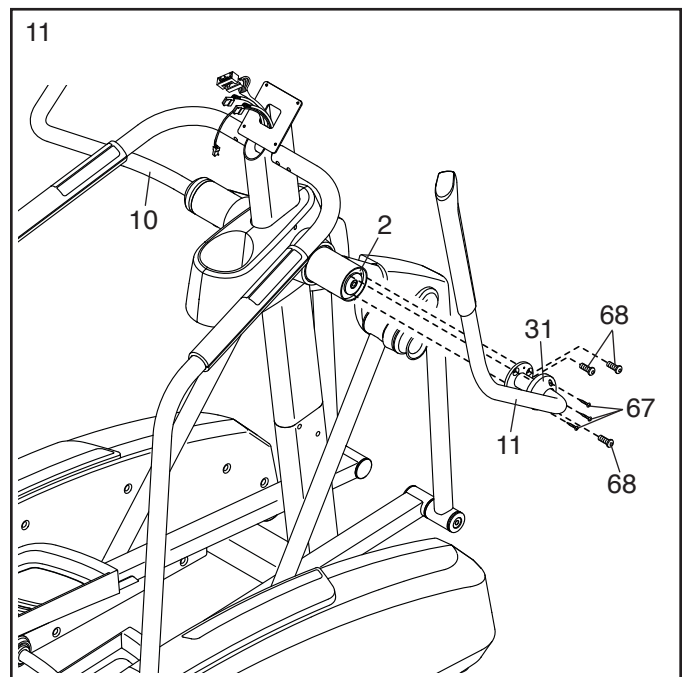
Attach the Left Large and Small Rail Covers (90, 6) in the same way.



11. Identify the Right Handlebar (11), which is marked with an “R” sticker. Orient the Right Handlebar as shown.

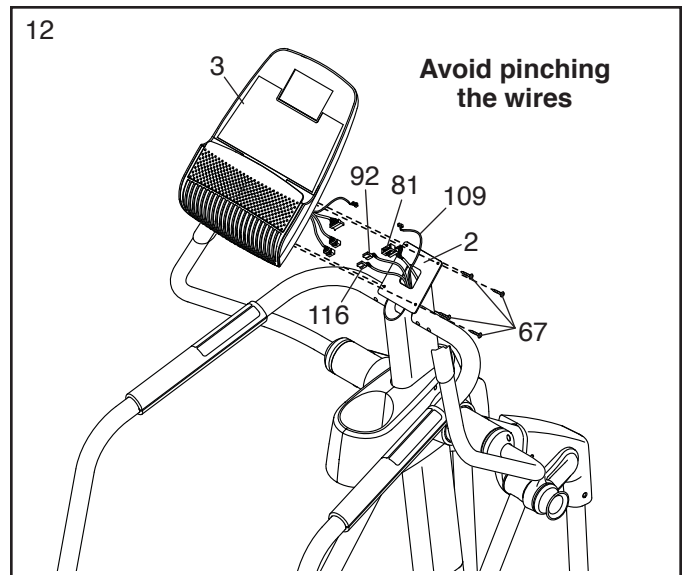
Attach the Right Handlebar (11) to the Upright (2) with three M8 x 25mm Flat Screws (68). Then, slide a Handlebar Cover (31) onto the Right Handlebar and attach it with three M4 x 16mm Screws (67).

Attach the Left Handlebar (10) in the same way.

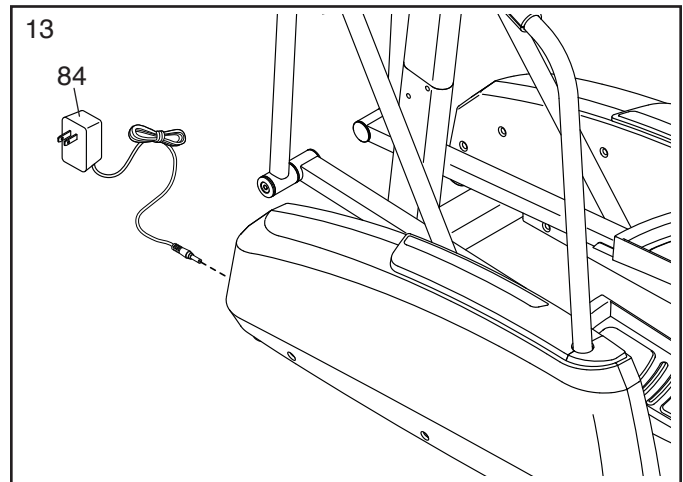


12. While a second person holds the Console (3) near the Upright (2), connect the four wires on the Console to the Upper Wire Harness (81), the two Heart Rate Wires (92, 116), and the Receiver Wire (109). Insert the excess wire into the Upright.

Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with four M4 x 16mm Screws (67).



13. Plug the Power Adapter (84) into the receptacle on the front of the elliptical. To plug the Power Adapter into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



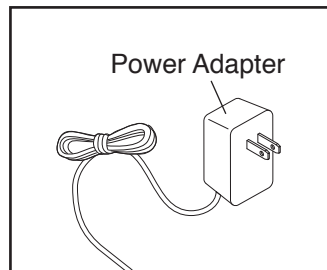
14. **Make sure that all parts are properly tightened before you use the elliptical.** Note: After assembly is completed, extra parts may be left over. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

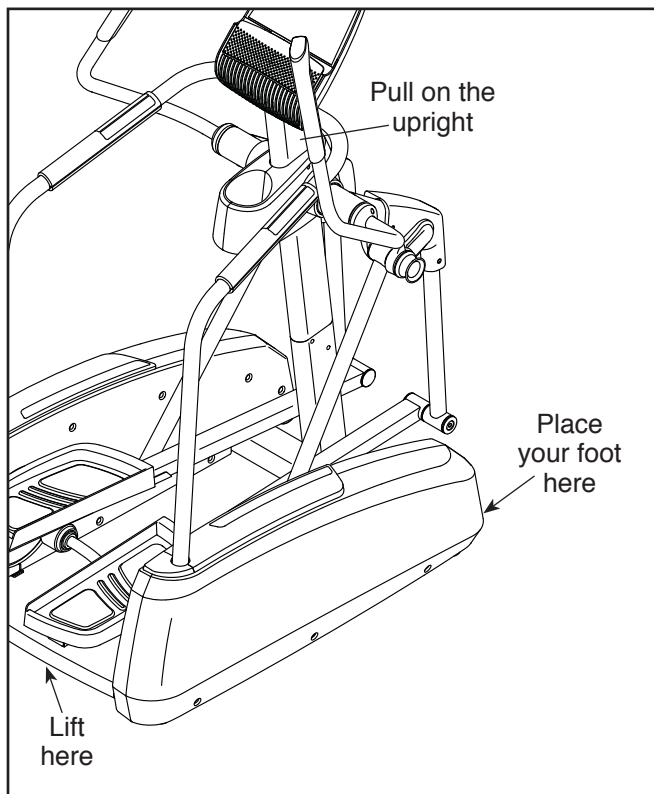
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



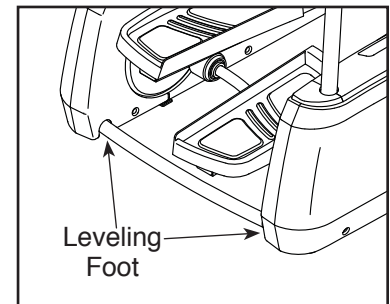
HOW TO MOVE THE ELLIPTICAL

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 front wheels. Pull on the upright and have a second person lift the frame until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



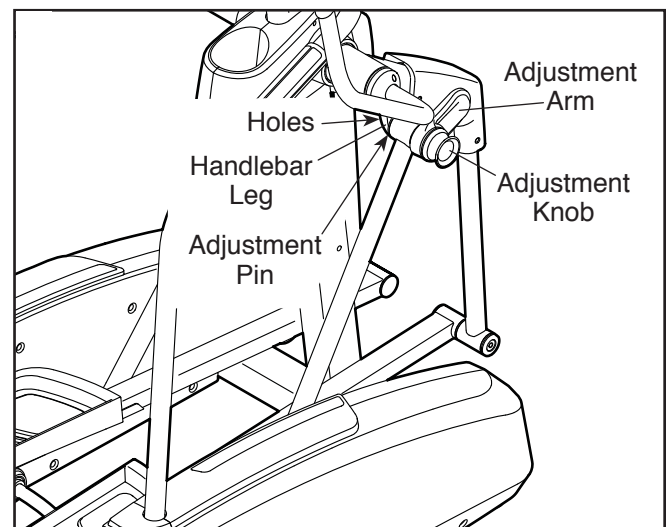
HOW TO LEVEL THE ELLIPTICAL

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 ADJUST THE STRIDE OF THE ELLIPTICAL

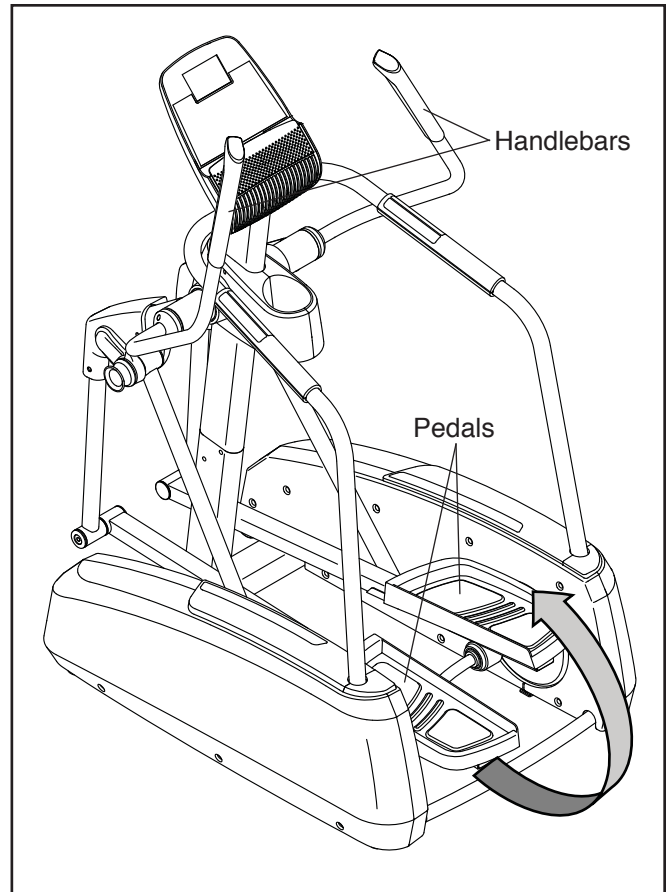
To adjust the stride of the elliptical, first loosen one of the adjustment knobs and pull it outward until the adjustment arm pivots freely. Next, pivot the adjustment arm until the adjustment knob is aligned with one of the holes in the handlebar leg, and release the adjustment knob. Pivot the adjustment arm back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the handlebar leg. Then, tighten the adjustment knob. **Adjust the other adjustment knob in the same way. Make sure that both adjustment knobs are in the same position.**

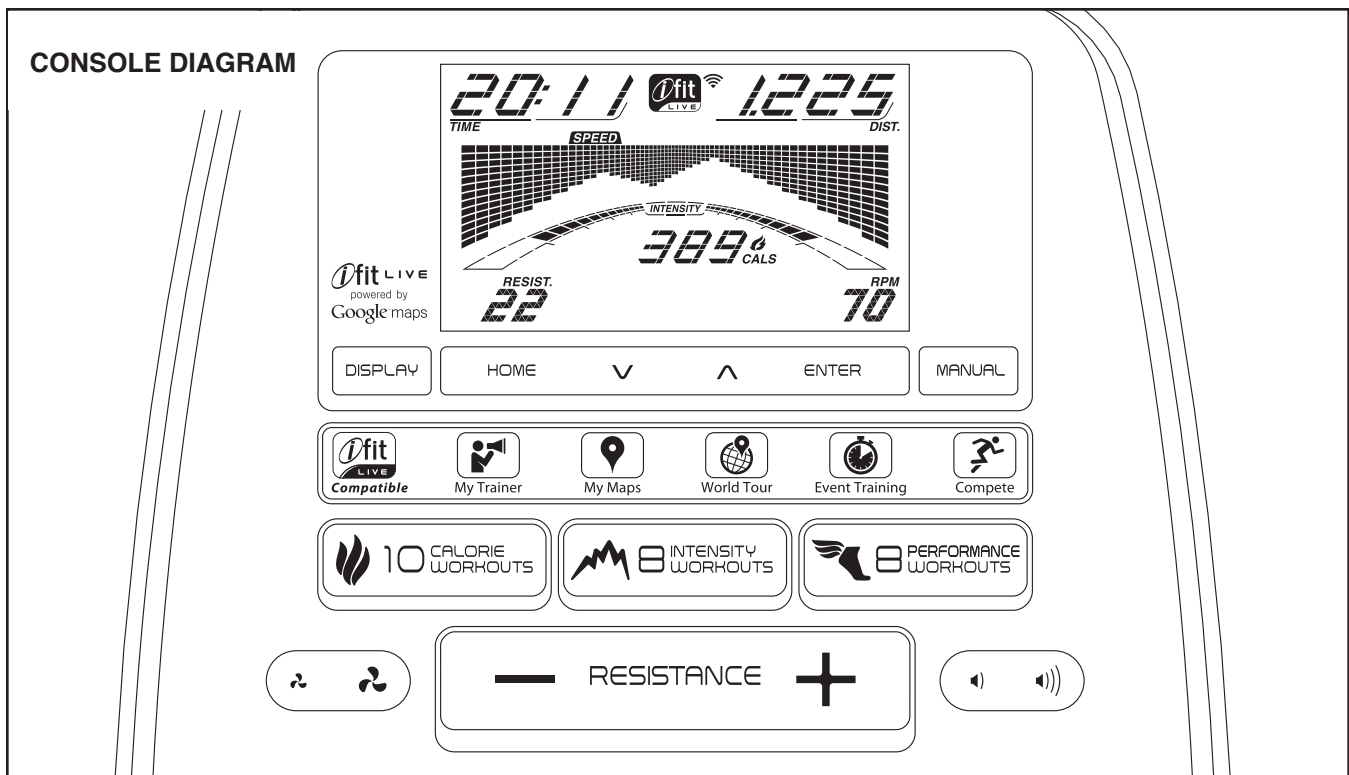


HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars 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.





FEATURES OF THE CONSOLE

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

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor (**see page 21 for information about the optional chest heart rate monitor**).

In addition, the console offers twenty-six onboard workouts—ten calories workouts, eight intensity workouts, and eight performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features an iFit Live mode that enables the console to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, race against other runners, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

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

To activate the console, see page 16. **To turn off the console**, see page 16. **To use the manual mode**, see page 16. **To use an onboard workout**, see page 18. **To use an iFit Live workout**, see page 20. **To use the sound system**, see page 21. **To change console settings**, see page 21.

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

HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the elliptical. See HOW TO PLUG IN THE POWER ADAPTER on page 13. When the power adapter is plugged in, the display will light and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE THE MANUAL MODE

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

See HOW TO ACTIVATE THE CONSOLE above.

2. Select the manual mode.

If you are not using the iFit Live module, the manual mode will be selected automatically each time you turn on the console.

You can also press the Manual button to select the manual mode.

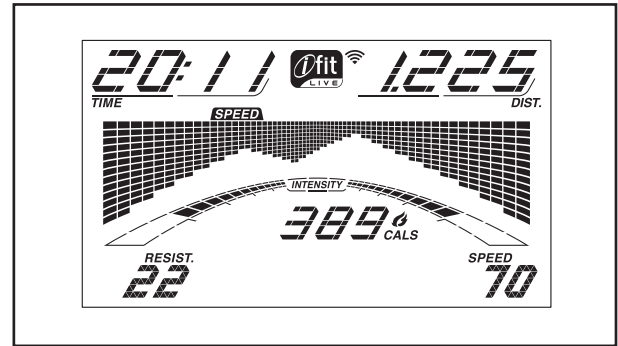
3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

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

4. Follow your progress with the display.

The display can show the following workout information:



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

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

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

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

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

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

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

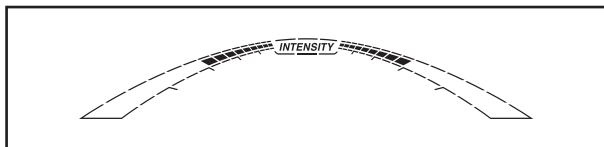
The matrix offers several display tabs. Press the Display button or press the increase and decrease buttons next to the Enter button until the desired tab is shown.

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

My Trail—This tab will show a track that represents 640 revolutions (1/4 mile or 400 meters). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you are completing.

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

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

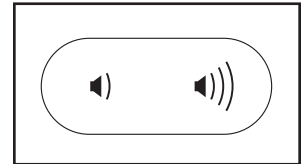


Press the Home button to exit the manual mode or a workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 21 to set the default menu). If necessary, press the Home button again.

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



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

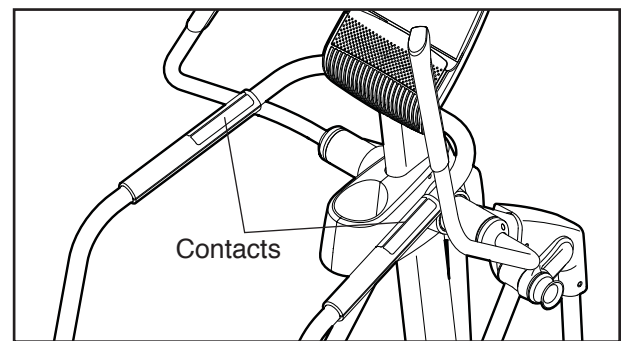


5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 21 for information about the optional chest heart rate monitor**).

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

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

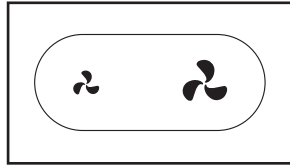


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan increase button repeatedly to turn on or increase the speed of the fan. Press the Fan decrease button repeatedly to decrease the speed or turn off the fan.



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

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

2. Select an onboard workout.

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

When you select an onboard workout, the display will show the duration of the workout, the name of the workout, the maximum speed (rpm) of the workout, and the maximum resistance level. A profile of the speed settings of the workout will also appear in the matrix.

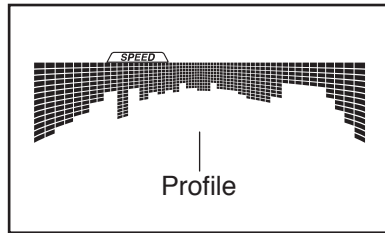
If you select a calorie workout, the approximate number of calories you will burn will appear in the name of the workout.

3. Begin pedaling to start the workout.

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

The resistance level and the target rpm for the first segment will appear in the matrix.

During the workout, the profiles on the speed tab will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.



At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

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

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

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 your weight. In addition, if you manually change the resistance level or if your pedaling speed does not match the target rpm during the workout, the number of calories you burn will be affected.

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

4. Follow your progress with the display.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 5 on page 17.

6. Turn on the fan if desired.

See step 6 on page 18.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE AN iFIT LIVE WORKOUT

You must have an iFit Live module to use an iFit Live workout. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

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

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

2. **Make sure that the iFit Live module is inserted in the console.**

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

3. **Select the iFit Live mode.**

To select the iFit Live mode, press the iFit Live button.

4. **Select a user.**

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

5. **Select an iFit Live workout.**

To select an iFit Live workout, press one of the iFit Live buttons. Note: Before a workout will download, you must go to www.iFit.com and add the workout to your schedule.

Press the iFit Live button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. For more information about the iFit Live workouts, please see www.iFit.com.

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

6. **Start the workout.**

See step 3 on page 18.

During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 21).

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

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

See step 4 on page 16.

The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you are completing.

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

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

See step 5 on page 17.

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

See step 6 on page 18.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

For more information about the iFit Live mode, go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the Volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that keeps track of elliptical information and allows you to personalize console settings.

To select the user mode, hold down the Display button until the user mode information appears in the display.

The time display will show the total number of hours the elliptical has been used.

The distance display will show the total distance (in miles or kilometers) that the pedals have moved.

The lower section of the display will show the status of an iFit Live module. If a wireless iFit Live module is connected, the display will show the words WIFI MODULE. If a USB module is connected, the display will show the words USB/SD MODULE. If no module is connected, the display will show the words NO IFIT MODULE.

The matrix will show the selected unit of measurement. To change the unit of measurement, press the Enter button repeatedly. To view distance in kilometers, select METRIC. To view distance in miles, select ENGLISH.

Press the decrease button next to the Enter button. The display will show the contrast level of the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

The following settings can be viewed and changed when an iFit Live module is connected:

Press the decrease button next to the Enter button to view the status of the personal trainer voice. To turn on or turn off the voice, press the Enter button.

Press the decrease button next to the Enter button to view the default menu. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual main screen or the iFit Live main screen as the default menu.

Press the decrease button next to the Enter button to view the next setting. Press the Enter button to check the connection status of an iFit Live module.

If a wireless iFit Live module is connected, the display will show the words WIFI STATUS and the signal strength. If a USB module is connected, the display will show the words USB STATUS. If the module is not detected, the display will show the words NO MODULE DETECTED.

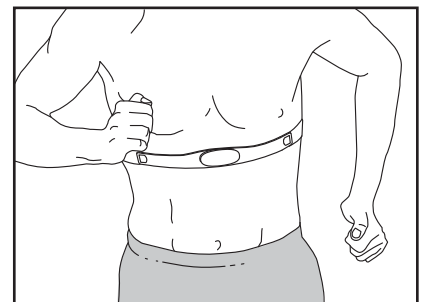
Press the decrease button next to the Enter button to view the next setting. To send and receive workouts, workout logs, and updates using a wireless iFit Live module, press the Enter button. When the process is finished, the words TRANSFERS DONE will appear in the display.

To exit the user mode, press the Display button.

THE OPTIONAL CHEST HEART RATE MONITOR

The optional chest heart rate monitor provides hands-free operation and continuously monitors your heart rate during your workouts.

To purchase the optional chest heart rate monitor, see the front cover of this manual.



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. 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 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 17.

HOW TO LEVEL THE ELLIPTICAL

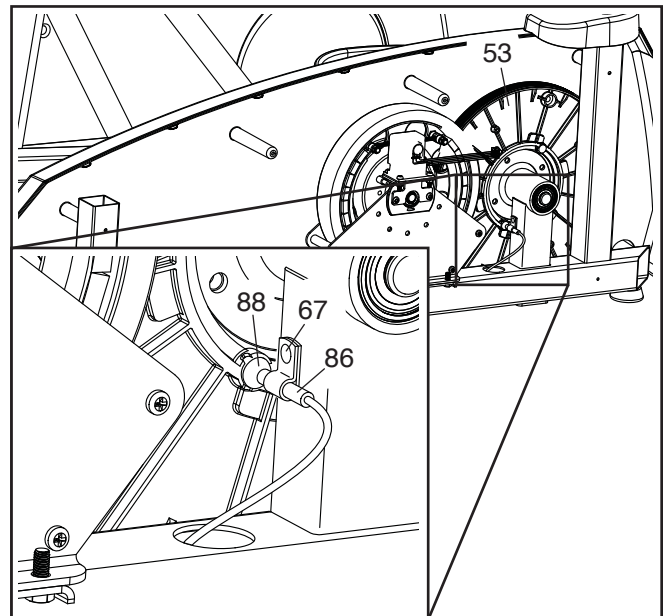
If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 13.

HOW TO ADJUST THE REED SWITCH

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

First, remove the left large and small rail covers. Then remove all of the screws from the left outer and inner shields; **there are two sizes of screws in the left outer and inner shields—note which size of screw you remove from each hole.** Then, gently remove the left outer shield.

Next, locate the Reed Switch (86). Turn the Pulley (53) until a Magnet (88) is aligned with the Reed Switch.



Loosen, but do not remove, the indicated M4 x 16mm Screw (67). Slide the Reed Switch (86) slightly closer to or away from the Magnet (88), and then retighten the Screw. Then, rock the Pulley (53) 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, reattach the left outer and inner shields and the left large and small rail covers. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING A on page 29 and the PART LIST on page 27.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

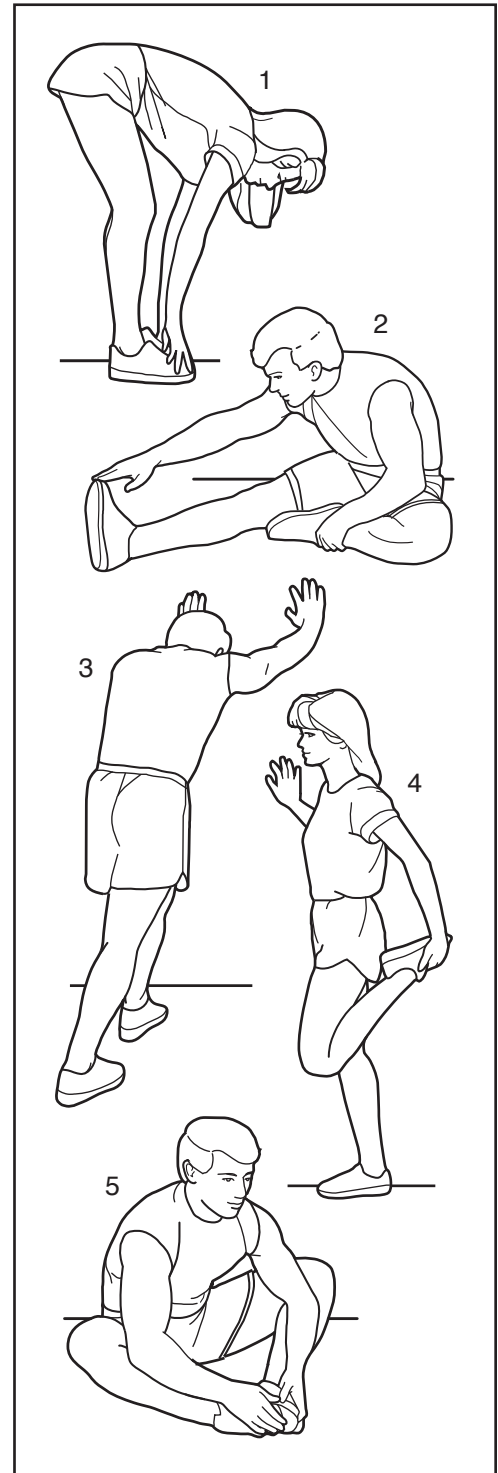
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

NOTES

PART LIST

Model No. NTEL08911.0 R0511A

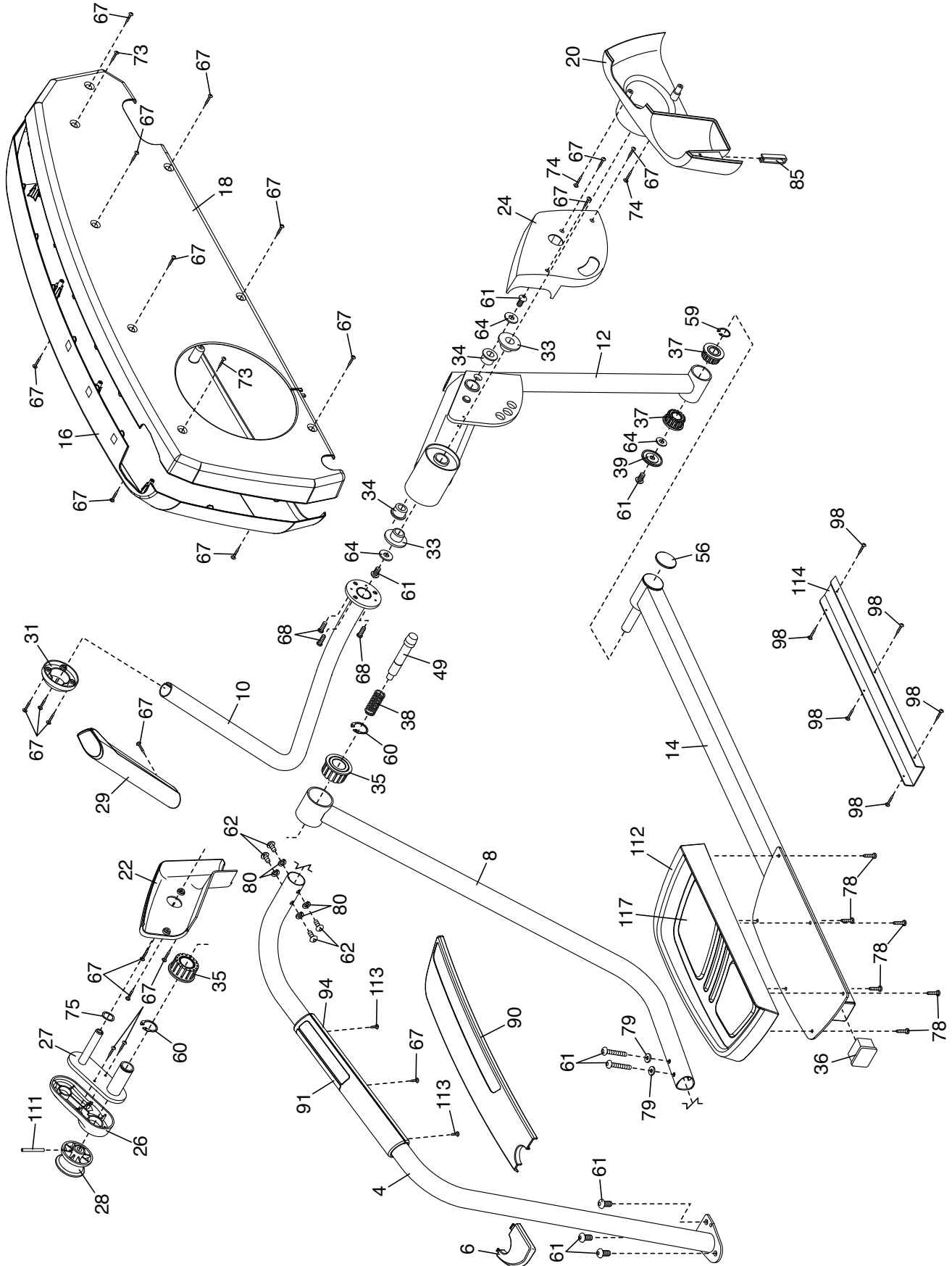
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	2	Crank Spacer
2	1	Upright	48	2	Crank Cover
3	1	Console	49	2	Adjustment Pin
4	1	Left Handrail	50	4	Crank Bracket Bearing
5	1	Right Handrail	51	2	Wheel
6	1	Left Small Rail Cover	52	4	Leveling Foot
7	1	Right Small Rail Cover	53	1	Pulley
8	2	Pedal Leg	54	1	Frame Cover
9	1	Right Pedal	55	1	Flywheel
10	1	Left Handlebar	56	2	Pedal Axle Cap
11	1	Right Handlebar	57	1	Drive Belt
12	1	Left Handlebar Leg	58	1	Motor Bracket
13	1	Right Handlebar Leg	59	8	Crank Bracket Snap Ring
14	1	Left Pedal Arm	60	4	Adjustment Bracket Snap Ring
15	1	Right Pedal Arm	61	20	M10 x 20mm Screw
16	1	Left Outer Shield	62	12	M8 x 13mm Screw
17	1	Right Outer Shield	63	1	Right Pedal Arm Bracket
18	1	Left Inner Shield	64	6	M10 Washer
19	1	Right Inner Shield	65	2	M12 x 55 Hex Bolt
20	1	Left Upright Cover	66	2	M12 Locknut
21	1	Right Upright Cover	67	50	M4 x 16mm Screw
22	1	Left Outer Leg Cover	68	6	M8 x 25mm Flat Screw
23	1	Right Outer Leg Cover	69	2	M10 x 73mm Button Bolt
24	1	Left Inner Leg Cover	70	1	Resistance Arm
25	1	Right Inner Leg Cover	71	2	M8 x 19mm Button Screw
26	2	Adjustment Arm Cover	72	4	Resistance Motor Screw
27	2	Adjustment Arm	73	4	M4 x 64mm Screw
28	2	Adjustment Knob	74	4	M4 x 30mm Screw
29	2	Handgrip	75	2	27mm x 16mm Wave Washer
30	1	Resistance Motor	76	1	Resistance Disc
31	2	Handlebar Cover	77	1	Resistance Block
32	1	Idler	78	12	M6 x 12mm Screw
33	4	Pivot Bushing	79	8	M10 Split Washer
34	4	Small Adjustment Bushing	80	8	M8 Split Washer
35	4	Large Adjustment Bushing	81	1	Upper Wire Harness
36	2	Pedal Arm Cap	82	1	Lower Wire Harness
37	4	Pedal Bushing	83	1	Power Jack Wire
38	2	Adjustment Spring	84	1	Power Adapter
39	2	Pedal Axle Cover	85	1	Clip
40	1	Crank	86	1	Reed Switch/Wire
41	1	Right Crank Bracket	87	1	Clamp
42	1	Left Crank Bracket	88	2	Magnet
43	1	Left Pedal Arm Bracket	89	1	Magnet Bracket
44	8	Crank Bearing	90	1	Left Large Rail Cover
45	6	Thrust Washer	91	2	Heart Rate Monitor Handle
46	2	Pedal Arm Roller	92	1	Right Heart Rate Wire

Key No.	Qty.	Description	Key No.	Qty.	Description
93	1	Right Large Rail Cover	108	1	M6 Washer
94	2	Handle Bottom	109	1	Receiver/Wire
95	1	M5 x 7mm Screw	110	1	Extension Wire
96	1	Magnet Bracket Bolt	111	2	Roll Pin
97	1	Pivot Screw	112	1	Left Pedal
98	13	M4 x 16mm Bright Screw	113	4	M4 x 12mm Round Head Screw
99	1	M3.5 x 12mm Screw	114	2	Aluminum Cover
100	1	M6 Locknut	115	2	M10 Locknut
101	2	M8 Jam Nut	116	1	Left Heart Rate Wire
102	2	Motor Bracket Screw	117	1	Left Pedal Insert
103	1	Idler Bolt	118	1	Right Pedal Insert
104	2	Adjustment Nut	*	–	Assembly Tool
105	1	Snap Ring	*	–	Grease Packet
106	1	Flywheel Axle	*	–	User's Manual
107	1	Belt Adjustment Screw			

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.

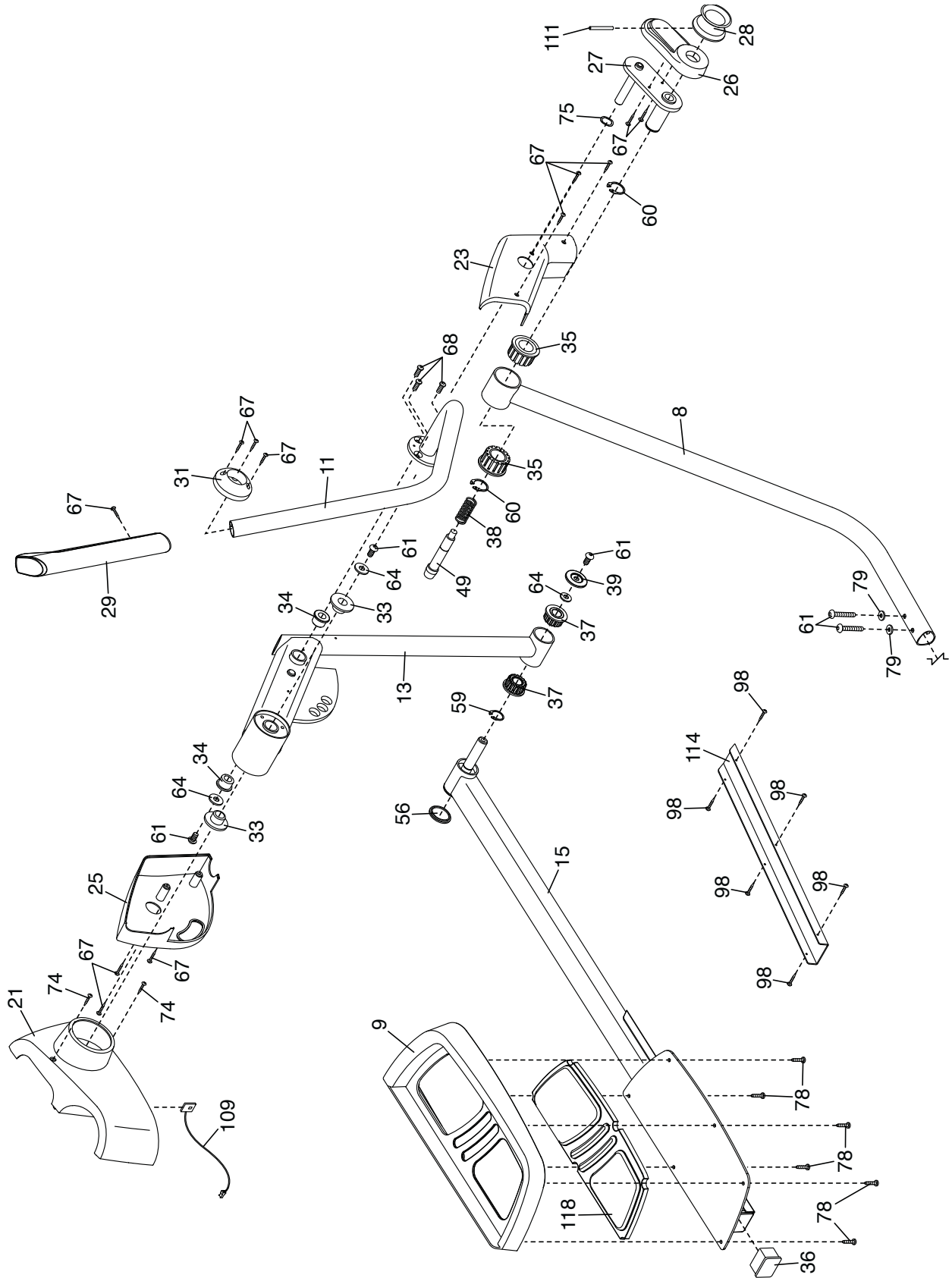
EXPLODED DRAWING A

Model No. NTEL08911.0 R0511A



EXPLODED DRAWING B

Model No. NTEL08911.0 R0511A



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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

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 a lifetime. 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). 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.

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