

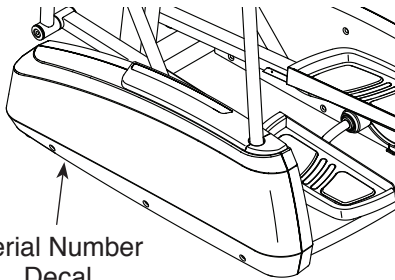
# NordicTrack<sup>®</sup> A.C.T. COMMERCIAL PRO

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

Model No. NTEL71312.0

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](http://www.nordictrackservice.com/registration).

## CUSTOMER CARE

For service at any time, go to [www.nordictrackservice.com](http://www.nordictrackservice.com).

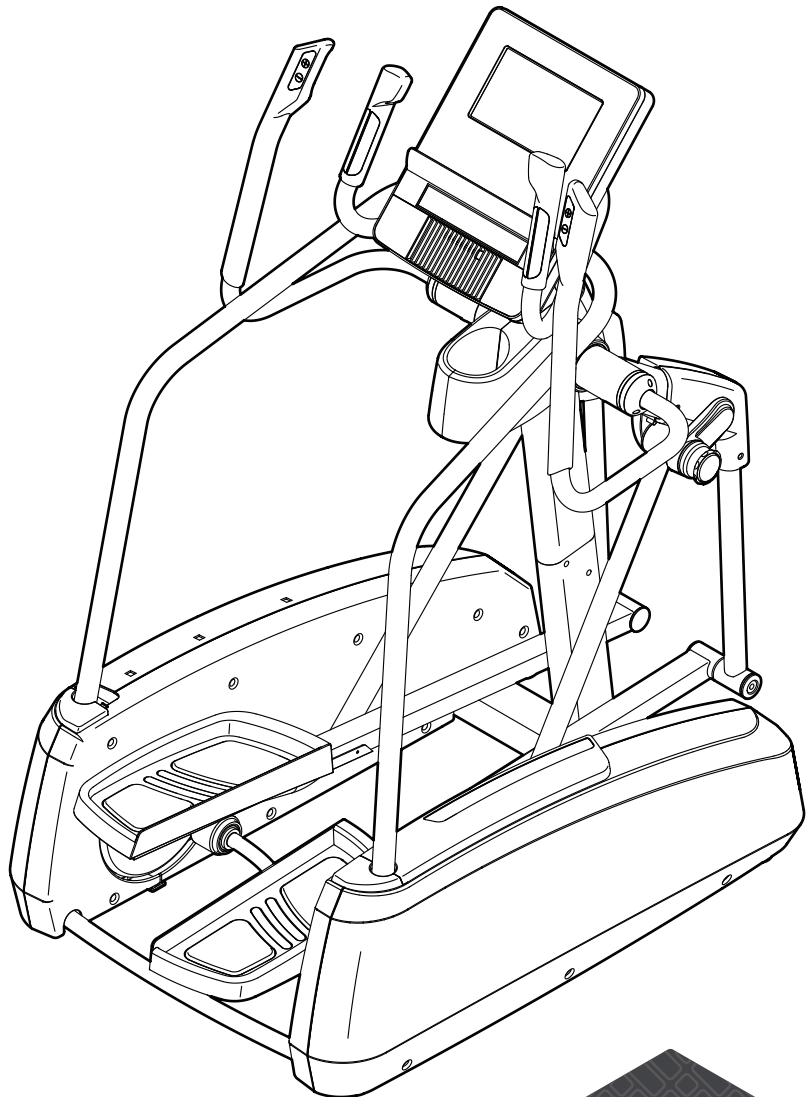
Or call 1-800-TO-BE-FIT  
(1-800-862-3348)  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–4 p.m. MT

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

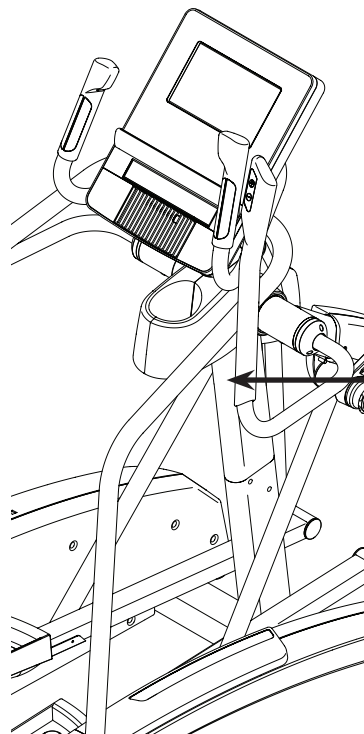


# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	6
PART IDENTIFICATION CHART .....	7
ASSEMBLY .....	8
THE CHEST HEART RATE MONITOR .....	15
HOW TO USE THE ELLIPTICAL .....	16
FCC INFORMATION .....	28
MAINTENANCE AND TROUBLESHOOTING .....	29
EXERCISE GUIDELINES .....	30
PART LIST .....	31
EXPLODED DRAWING .....	33
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover


## WARNING DECAL PLACEMENT

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



**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 375 lbs / 170 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



---

# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of 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. 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. Use the elliptical only as described in this manual.
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 375 lbs. (170 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 upper body arms 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.

# MAKE YOUR FITNESS GOALS A **REALITY**

**iFIT**<sup>®</sup>

Congratulations on the purchase of your new iFit<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> mobile apps.



### **MAP YOUR ROUTE**

With Google Maps<sup>™</sup>, 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

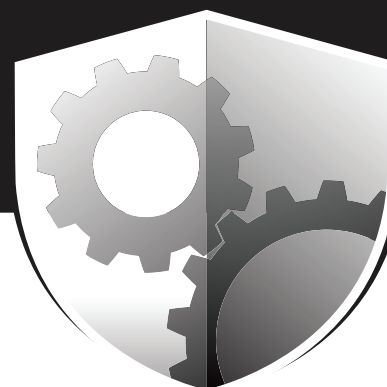
**IFIT.COM**

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.**



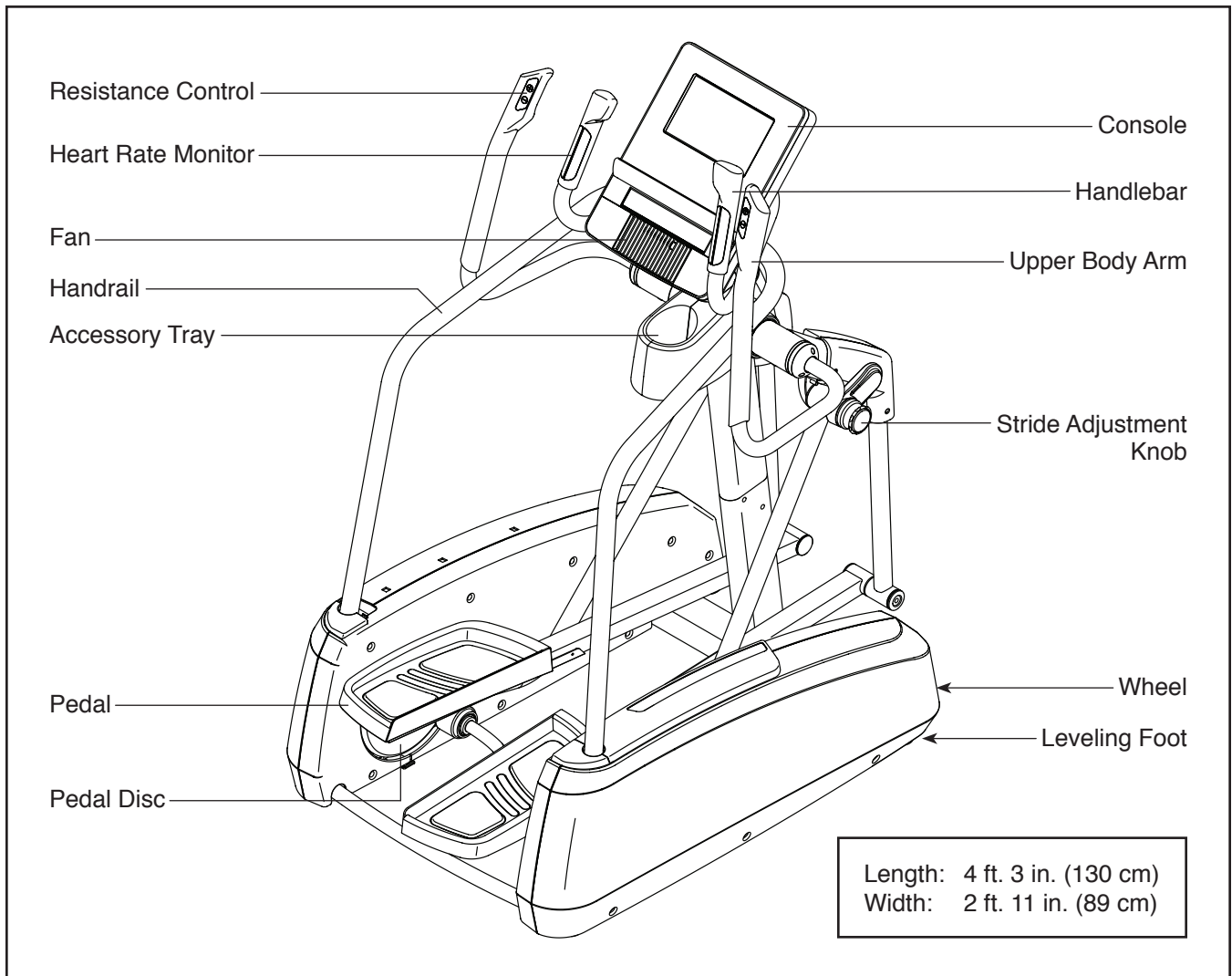
# BEFORE YOU BEGIN

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

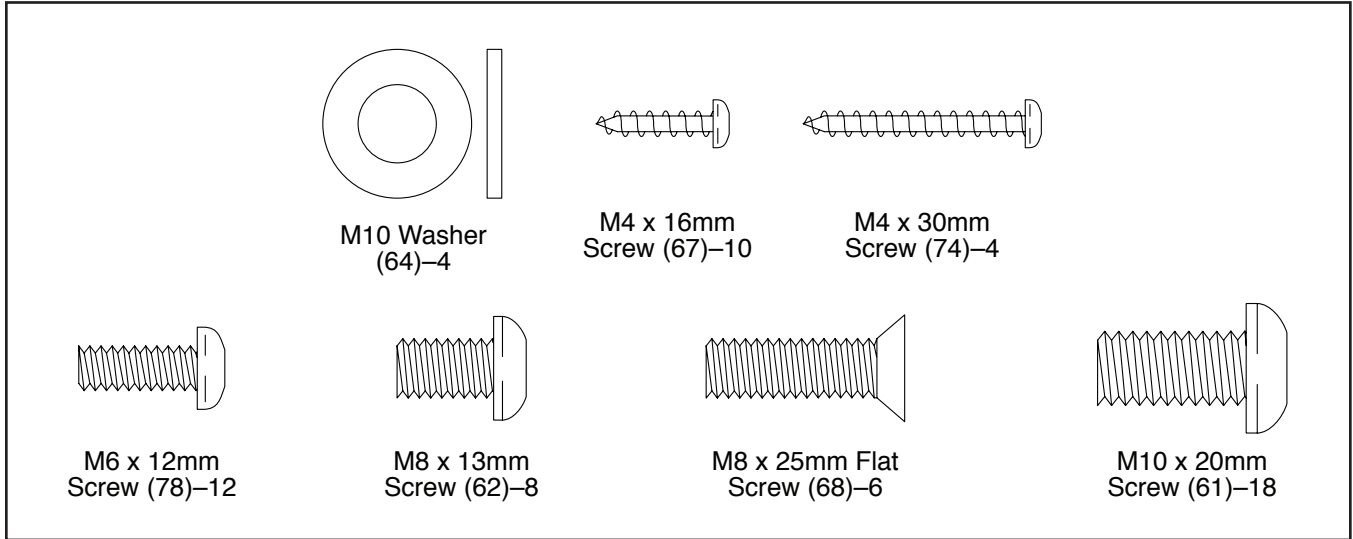
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

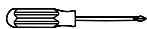
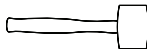


# PART IDENTIFICATION CHART

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.**



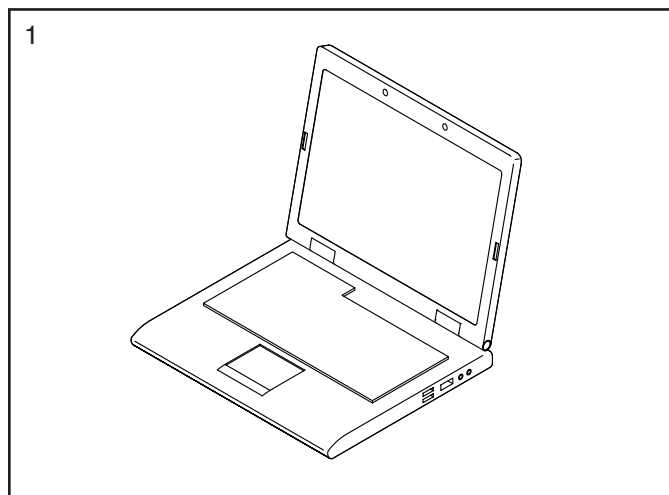
# ASSEMBLY

- 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 7.
- In addition to the included tool(s), assembly requires the following tool(s):
    - one Phillips screwdriver 
    - one rubber mallet 
- Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to [www.nordictrackservice.com/](http://www.nordictrackservice.com/) registration on your computer and register your product.**

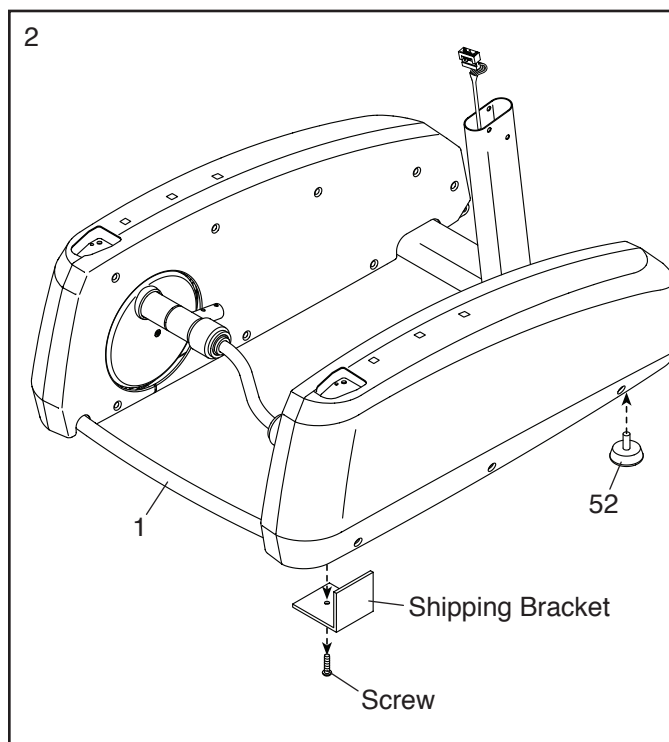
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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



2. 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).

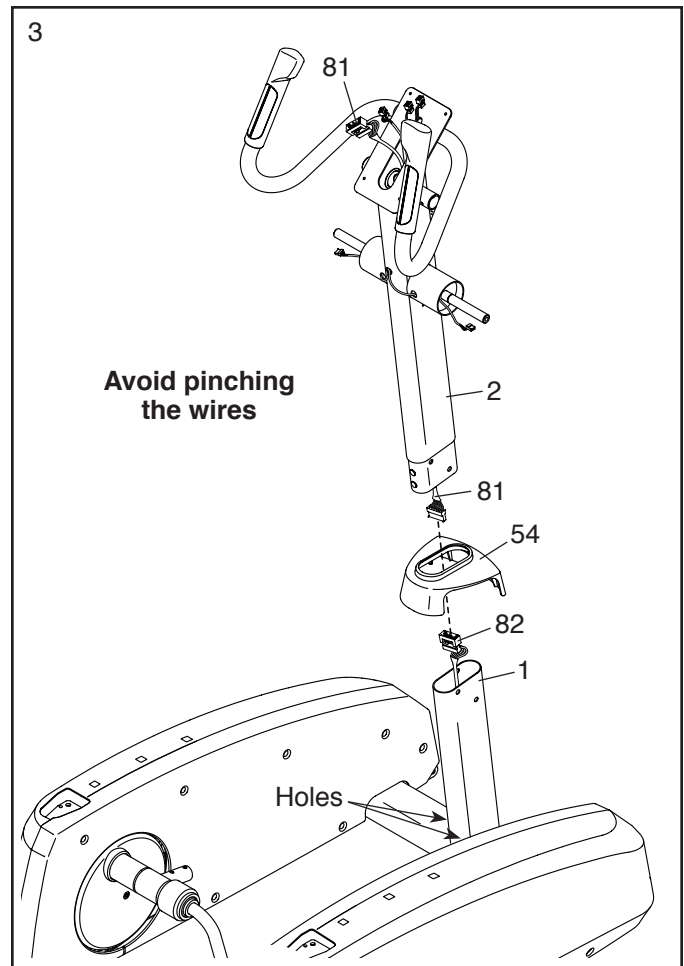




3. Identify the Frame Cover (54), and orient it as shown. Slide the Frame Cover onto the Frame (1), and press the posts on the Frame Cover into the indicated holes in the Frame.

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 Upper and Lower Wires (81, 82).** Gently pull the upper end of the Upper Wire (81) to remove any slack while you insert the Upright (2) into the Frame (1).

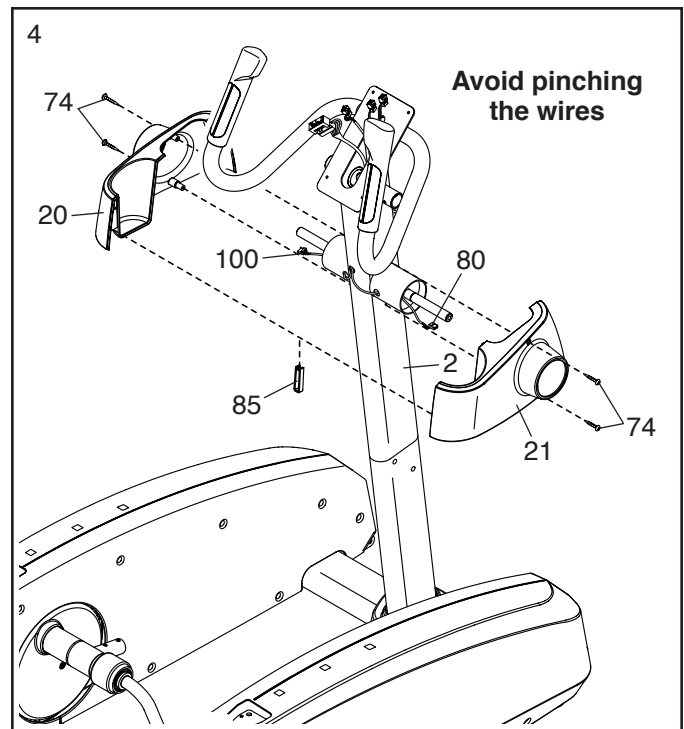


4. Identify the Left and Right Upright Covers (20, 21) and orient them as shown.

While a second person holds the Left and Right Upright Covers (20, 21) near the Upright (2), route the Right Extension Wire (80) through the Right Upright Cover, and route the Left Extension Wire (100) through the Left Upright Cover.

**Tip: Avoid pinching the Right and Left Extension Wires (80, 100).** 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).

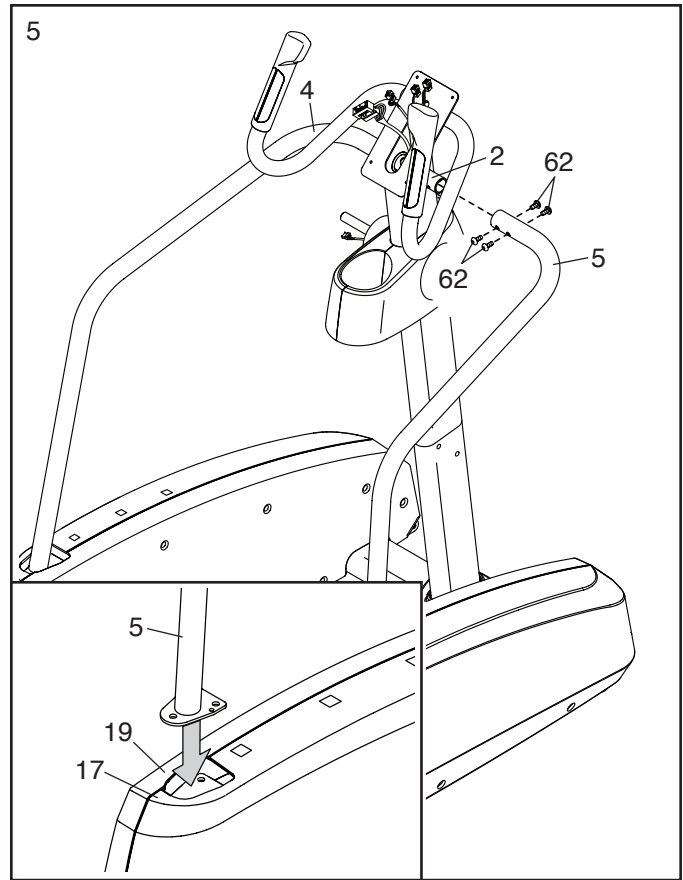


5. Identify the Right Handrail (5) and orient it as shown.

**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).

Attach the Right Handrail (5) to the Upright (2) with four M8 x 13mm Screws (62). **Do not tighten the Screws yet.**

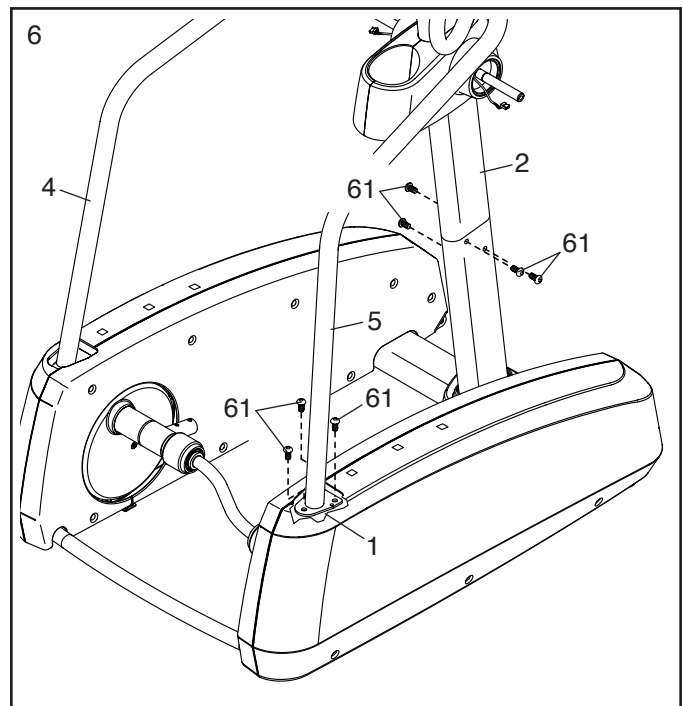
**Attach the Left Handrail (4) in the same way.**



6. 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). **Do not tighten the Screws yet.**



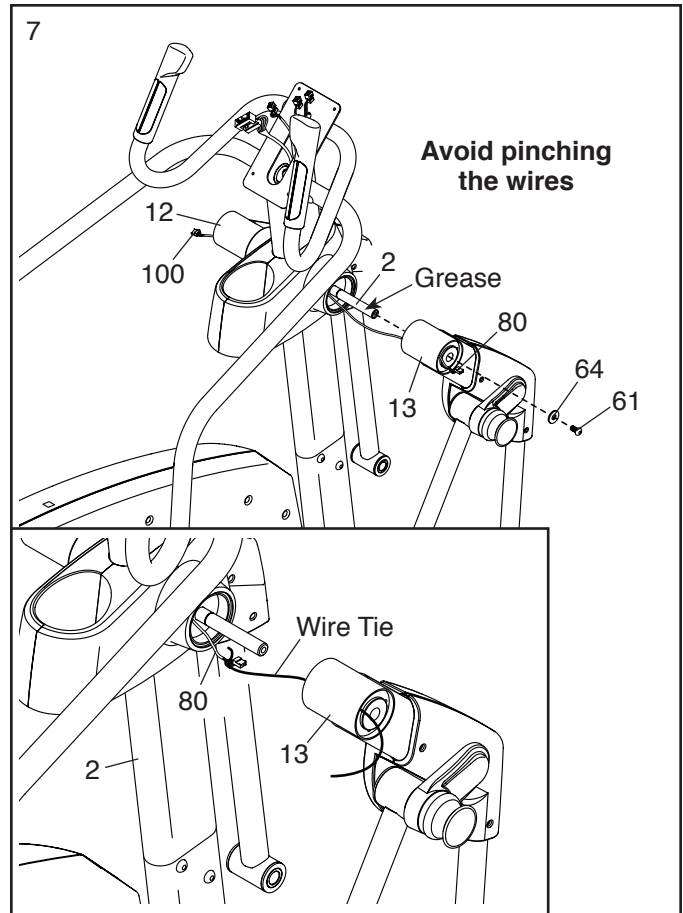
7. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the right axle on the Upright (2).

Next, identify the Right Handlebar Leg (13) and orient it as shown.

**See the inset drawing.** While a second person holds the Right Handlebar Leg (13) near the Upright (2), tie the indicated wire tie to the Right Extension Wire (80). Then, pull the other end of the wire tie through the Right Handlebar Leg.

**Tip: Avoid pinching the Right Extension Wire (80).** 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).

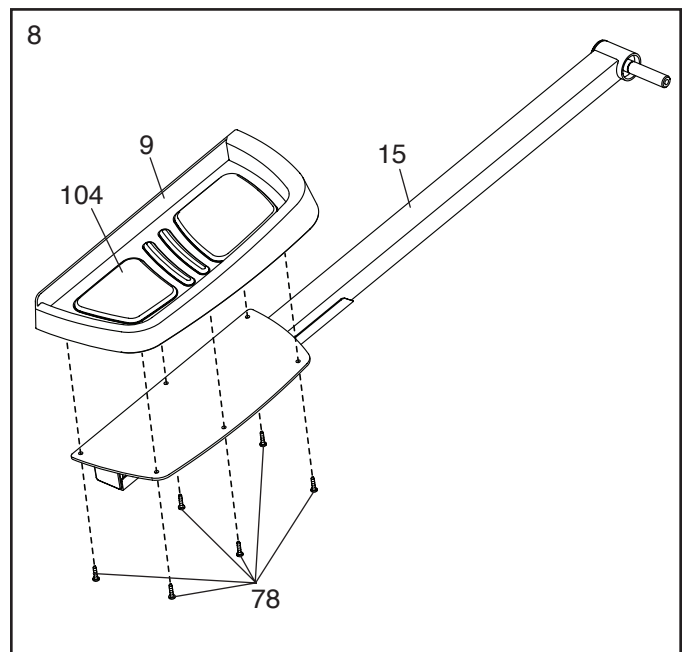
**Attach the Left Handlebar Leg (12) in the same way.**



8. Identify the Right Pedal Arm (15), the Right Pedal (9), and the Right Pedal Insert (104), and orient them as shown.

Attach the Right Pedal (9) and the Right Pedal Insert (104) to the Right Pedal Arm (15) with six M6 x 12mm Screws (78).

**Attach the Left Pedal (not shown) and the Left Pedal Insert (105) to the Left Pedal Arm (not shown) in the same way.**

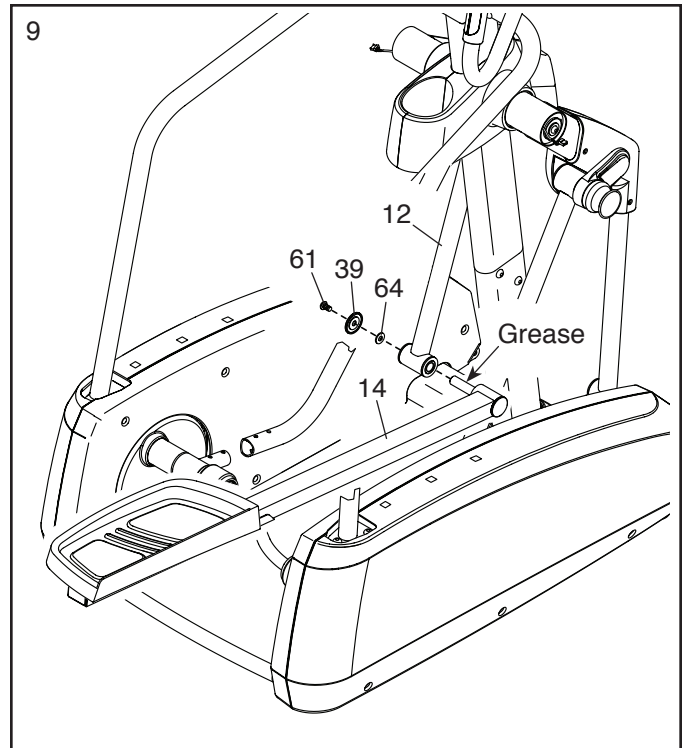


9. Apply a small amount of grease to the axle on the Left Pedal Arm (14).

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 (14) with an M10 x 20mm Screw (61), a Pedal Axle Cover (39), and an M10 Washer (64). **Tip: Avoid damaging the Pedal Axle Cover when tightening the Screw.**

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



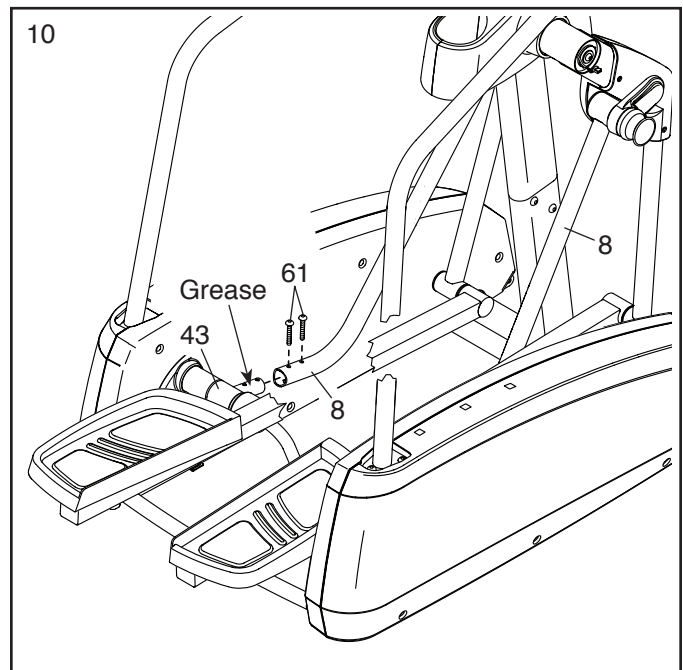
10. Apply a small amount of grease to the axle on the Left Pedal Arm Bracket (43).

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

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

**See step 6.** Tighten the M10 x 20mm Screws (61).

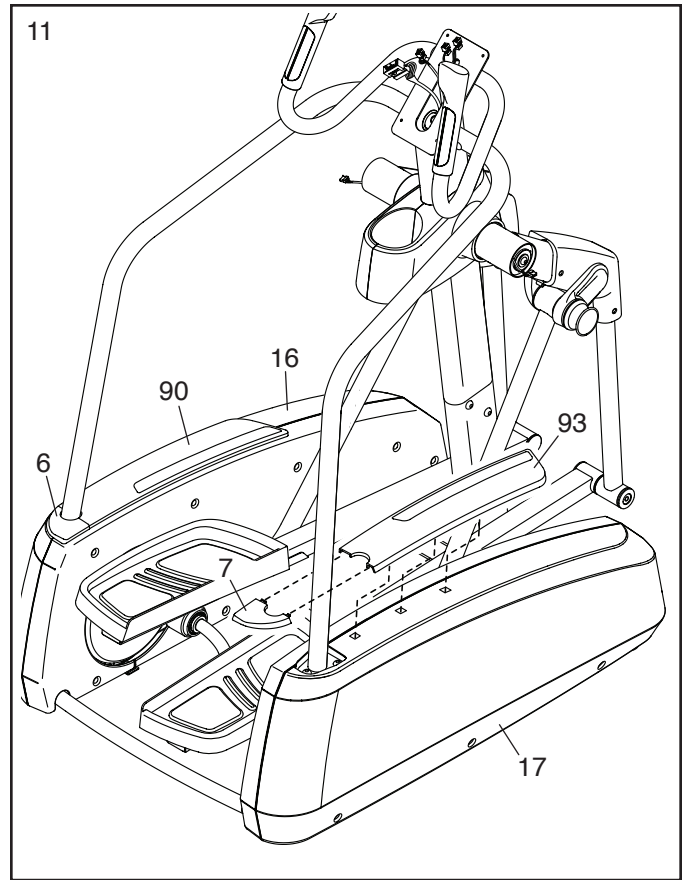
**See step 5.** Tighten the M8 x 13mm Screws (62).



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

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

**Attach the Left Rail Cover (90) and the Left Rail Cover Cap (6) in the same way.**

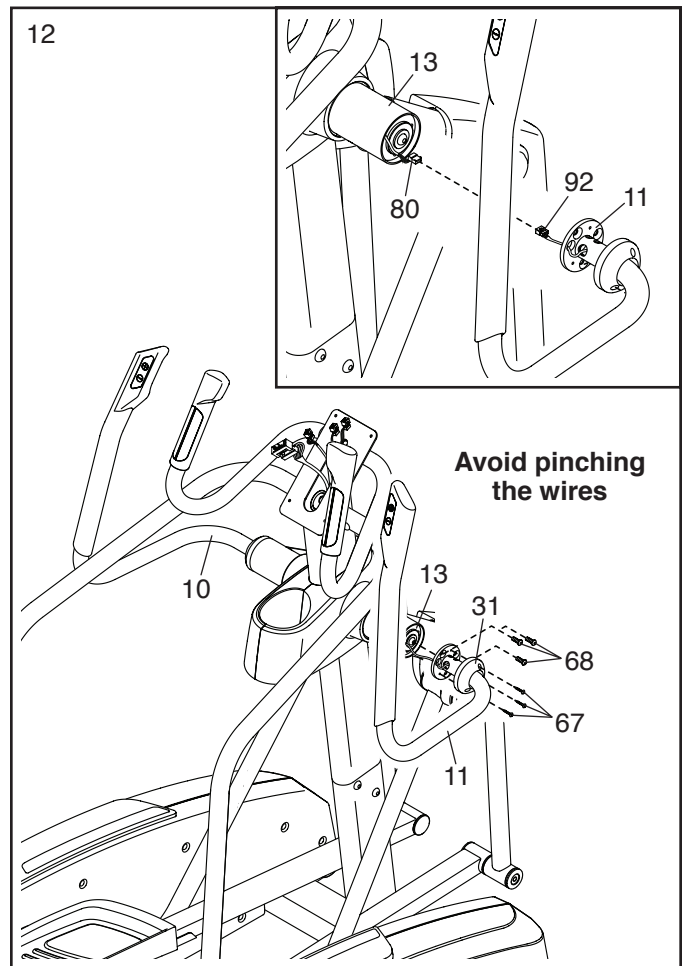


12. Identify the Right Handlebar (11) and orient it as shown.

**See the inset drawing.** While a second person holds the Right Handlebar (11) near the Right Handlebar Leg (13), connect the Right Extension Wire (80) to the Right Control Grip Wire (92). Insert the excess wire into the Right Handlebar Leg.

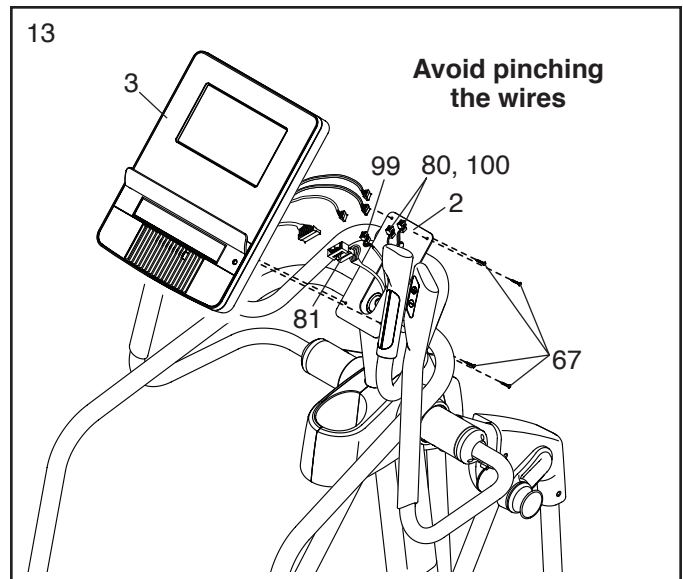
**Tip: Avoid pinching the wires.** Attach the Right Handlebar (11) to the Right Handlebar Leg (13) with three M8 x 25mm Flat Screws (68). Then, slide the Handlebar Cover (31) downward and attach it with three M4 x 16mm Screws (67).

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

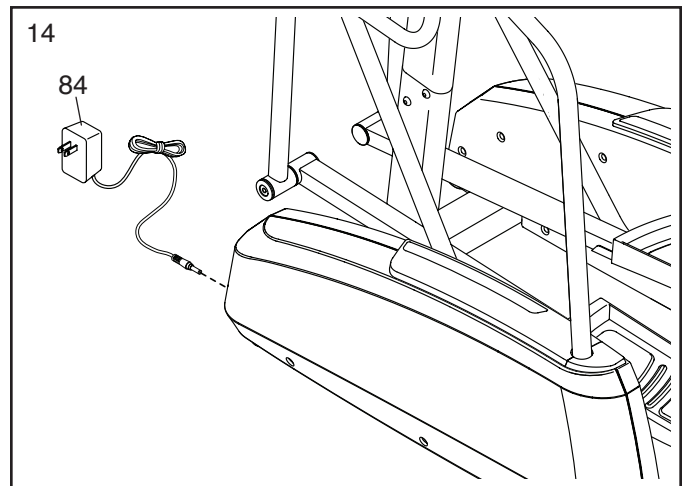


13. While a second person holds the Console (3) near the Upright (2), connect the wires on the Console to the Upper Wire Harness (81), the Pulse Grip Wire (99), and the Right and Left Extension Wires (80, 100). Insert the excess wires into the Upright.

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



14. Plug the Power Adapter (84) into the receptacle on the frame of the elliptical. To plug the Power Adapter into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 16.



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

# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

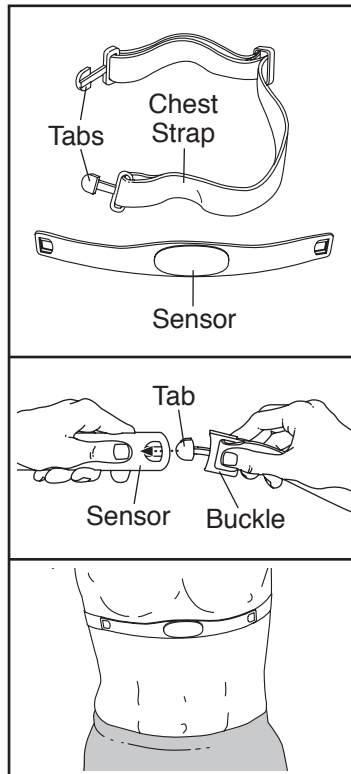
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

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

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

## CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.



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

## TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

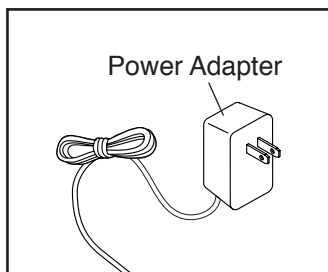
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.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

# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER ADAPTER

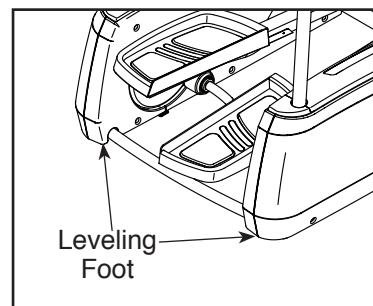
**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



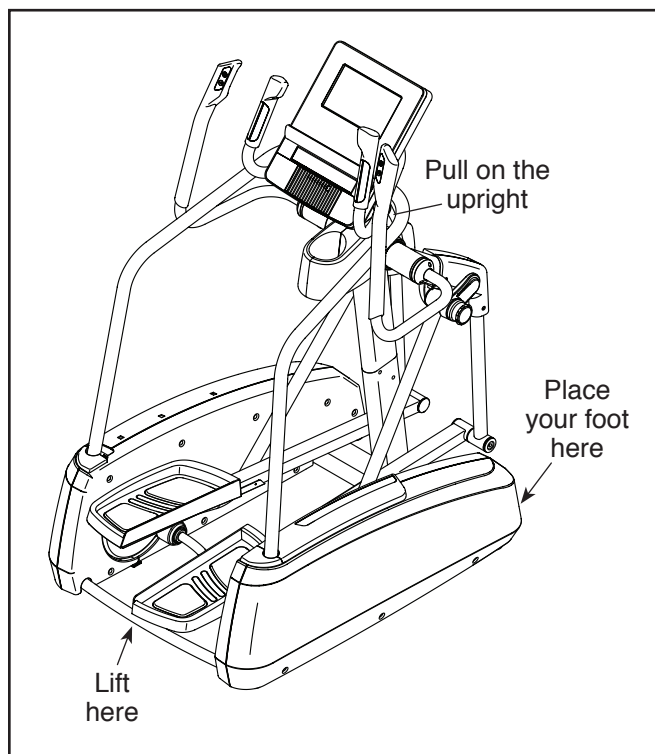
## HOW TO LEVEL THE ELLIPTICAL

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.



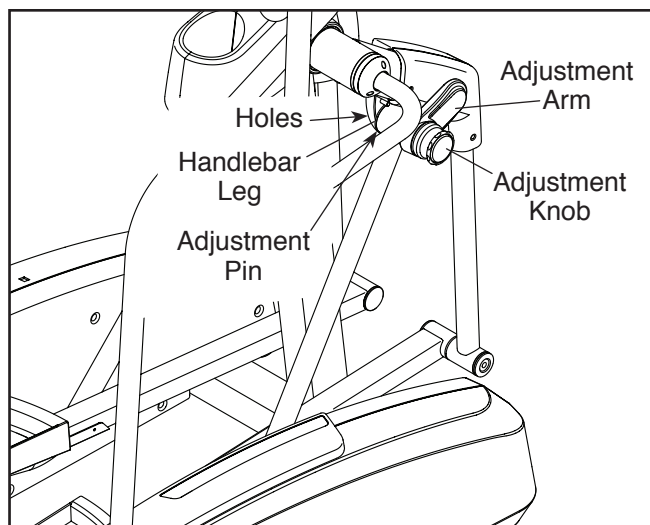
## HOW TO MOVE THE ELLIPTICAL

**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 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.**

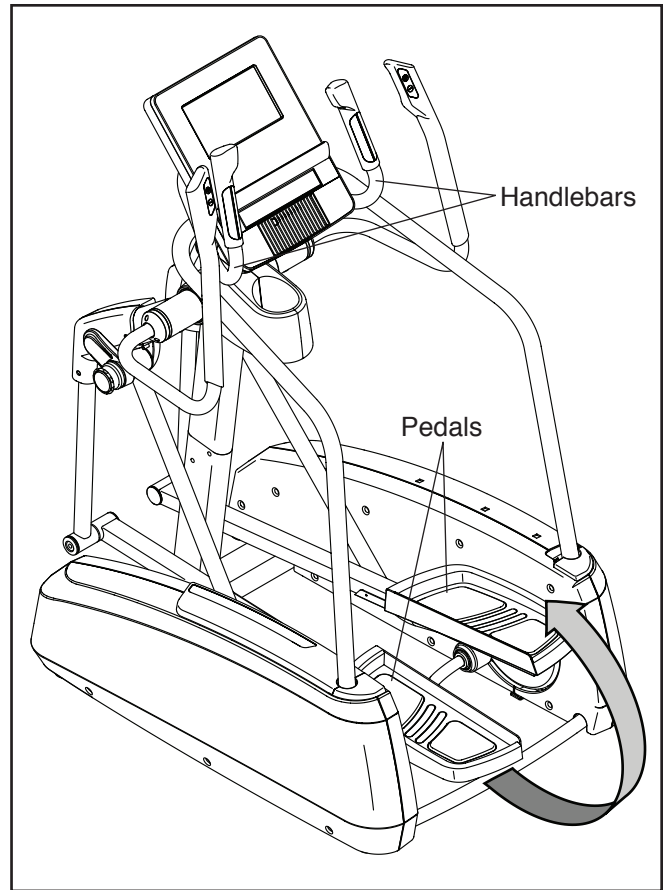


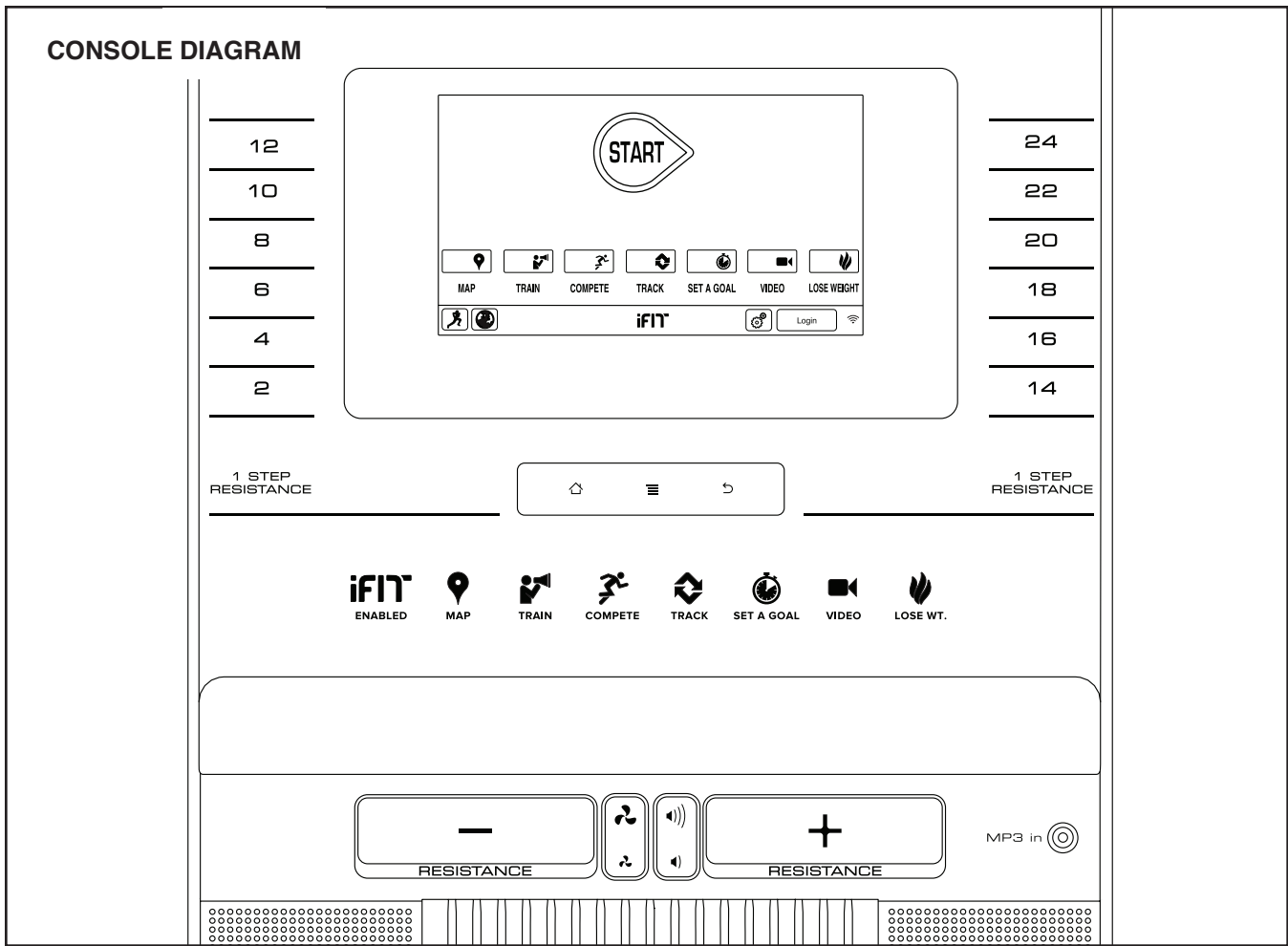


## HOW TO EXERCISE ON THE ELLIPTICAL

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.





### 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](http://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](http://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 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 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 chest heart rate monitor.

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

**To activate the console**, see this page. **To turn off the console**, see this page. **To learn how to use the touch screen**, see this page. **To set up the console**, see page 20.

## 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 16. When the power adapter is plugged in, the display will turn on 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 TOUCH SCREEN

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

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 4 on page 20). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, 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 center button to access the settings main menu. 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 27 to connect the console to your wireless network.

### 2. Check for firmware updates.

First, see step 1 on page 25 and step 2 on page 26 and select the maintenance mode. Then, see step 3 on page 26 and check for firmware updates.

### 3. Create an iFit account.

Touch the globe button near the lower left corner of the screen and then touch the iFit button.

Note: For information about navigating in the Internet browser, see page 28.

The browser will open to the iFit.com home page. Touch the Join iFit button in the upper-right corner of the screen.

The Internet browser will open to the iFit.com account creation page. Then, fill in the information fields on the screen to create your iFit account.

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 20. **To use an onboard workout**, see page 22. **To use a set-a-goal workout**, see page 23. **To use an iFit workout**, see page 24.

**To use the equipment settings mode**, see page 25. **To use the maintenance mode**, see page 26. **To use the wireless network mode**, see page 27. **To use the sound system**, see page 28. **To use the Internet browser**, see page 28.

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 8 on page 25. 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 ACTIVATE THE CONSOLE on page 19.

### 2. Select the main menu.

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

Touch the home button in the lower left corner of the screen to return to the main menu at any time.

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

Press the Start button or begin pedaling.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered 1 Step Resistance buttons on the console, press the Resistance increase and decrease buttons on the console, or press the Resistance increase and decrease buttons on the upper body arms.

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

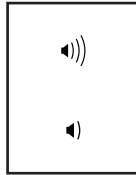
### 4. Follow your progress.

The 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 rpm. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed.

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

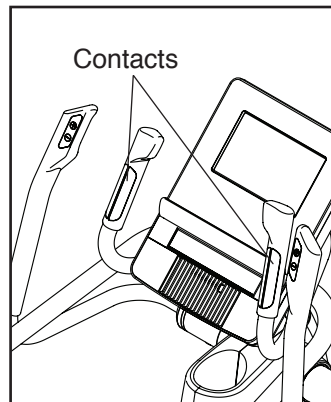


To pause the workout, touch one of the menu buttons on the screen. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

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

To use the chest heart rate monitor, see page 15. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

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

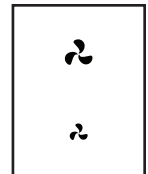


**When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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 power output in watts increases or decreases. Press the 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, the console will turn off automatically.

See HOW TO TURN OFF THE CONSOLE on page 19.

## 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 19.

### 2. Select the main menu.

See step 2 on page 20.

### 3. Select an onboard workout.

To select an onboard workout, touch the runner button in the lower left corner 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. The screen will show the name, duration, and distance 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 settings of the workout.

### 4. Start the workout.

Touch the Start Workout button to start the workout.

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

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

As you exercise, keep your pedaling speed near the target rpm 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.

**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. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 20). **To return to the programmed resistance levels 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 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. 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 20.

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

See step 5 on page 21.

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

See step 6 on page 21.

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

See HOW TO TURN OFF THE CONSOLE on page 19.

## 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 ACTIVATE THE CONSOLE on page 19.

2. **Select the main menu.**

See step 2 on page 20.

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 button to start the workout.

The workout will function in the same way as the manual mode (see page 20).

As you exercise, keep your pedaling speed near the target rpm. 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.

**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.**

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.

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

5. **Follow your progress.**

See step 4 on page 20.

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

See step 5 on page 21.

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

See step 6 on page 21.

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

See HOW TO TURN OFF THE CONSOLE on page 19.

## 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 27). An iFit account is also required.

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

See HOW TO ACTIVATE THE CONSOLE on page 19.

### 2. **Select the main menu.**

See step 2 on page 20.

### 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 23). 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](http://www.iFit.com).**

When you select an iFit workout, the screen will show the name, duration, and distance of the workout. 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 22.

During some workouts, the voice of a personal trainer will guide you through your workout (see HOW TO USE THE SOUND SYSTEM on page 28).

### 6. **Follow your progress.**

See step 4 on page 20. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the racers and the distances they have traveled. The screen will also show the numbers of seconds that the other racers are ahead of you or behind you.

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

See step 5 on page 21.

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

See step 6 on page 21.

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

See HOW TO TURN OFF THE CONSOLE on page 19.

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



## HOW TO USE THE EQUIPMENT SETTINGS MODE

### 1. Select the settings main menu.

Turn on the console and select the main menu (see steps 1 and 2 on page 20). Then, touch the gears button at the bottom of the screen to select the settings main menu.

Note: You can also press the center 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. Select a language.

To select a language, touch the Language button and select the desired language. Note: This feature may not be enabled.

### 4. 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.

### 5. 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 demo presentation.

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.

### 6. 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.**

### 7. 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.

### 8. 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.

### 9. 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.

**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.**

### 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. 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

### 1. Select the settings main menu.

See step 1 on page 25.

### 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, unplug the power adapter. Wait for several seconds, and then plug in the power adapter. Note: It may take a few minutes for the console to be ready for use.

### 4. Calibrate the screen.

If the screen is not properly calibrated, it will be difficult for you to touch the correct buttons on the screen. To calibrate the screen, touch the Calibrate Screen button. A small target will appear on the screen. Note: Touch the Cancel button to return to the maintenance mode.

Touch the center of the target. Then, touch the rest of the targets. After several seconds, the console will exit the calibration mode.

### 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. 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 25.

### 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 19.

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](http://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, you must connect your MP3 player, CD player, or other personal audio player to the console.

Plug one end of your audio wire into the audio jack on the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that your audio wire is fully plugged in.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the volume increase and decrease buttons on the console.



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 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 19.

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, 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.**

---

## 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: OMC310900.**

# 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 21.

## HOW TO LEVEL THE ELLIPTICAL

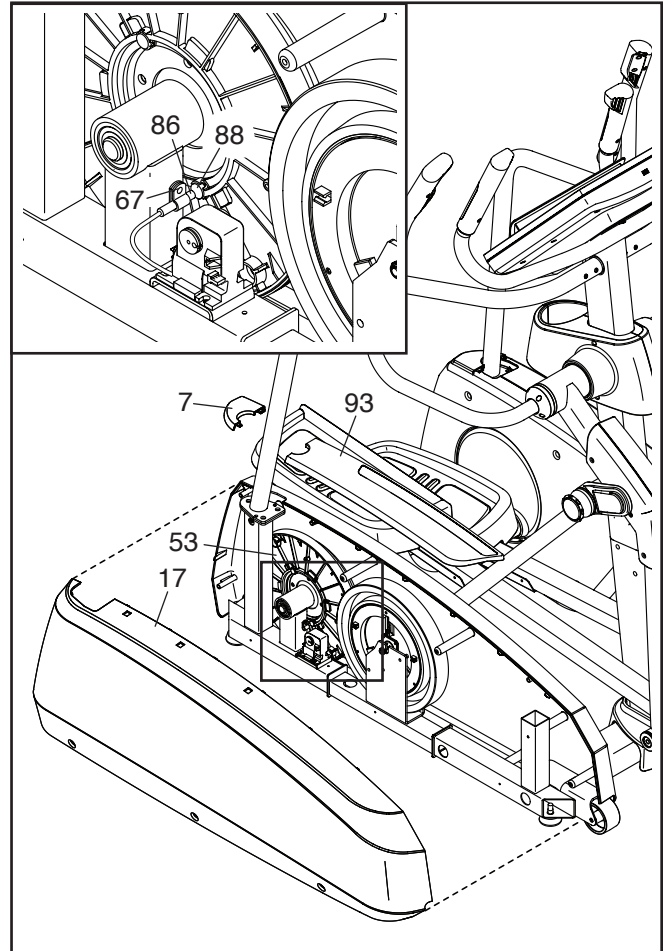
If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 16.

## HOW TO ADJUST THE REED SWITCH

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

See EXPLODED DRAWING C on page 35. First, remove the Right Rail Cover (93) and the Right Rail Cover Cap (7). Then, remove all of the Screws (67, 73) from the Right Outer and Inner Shields (17, 19); **there are two sizes of Screws in the Right Outer and Inner Shields—note which size of Screw you remove from each hole.** Then, gently remove the Right 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 so 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 right outer and inner shields and the right rail cover and the right rail cover cap.

# 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.

# PART LIST

Model No. NTEL71312.0 R0513A

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

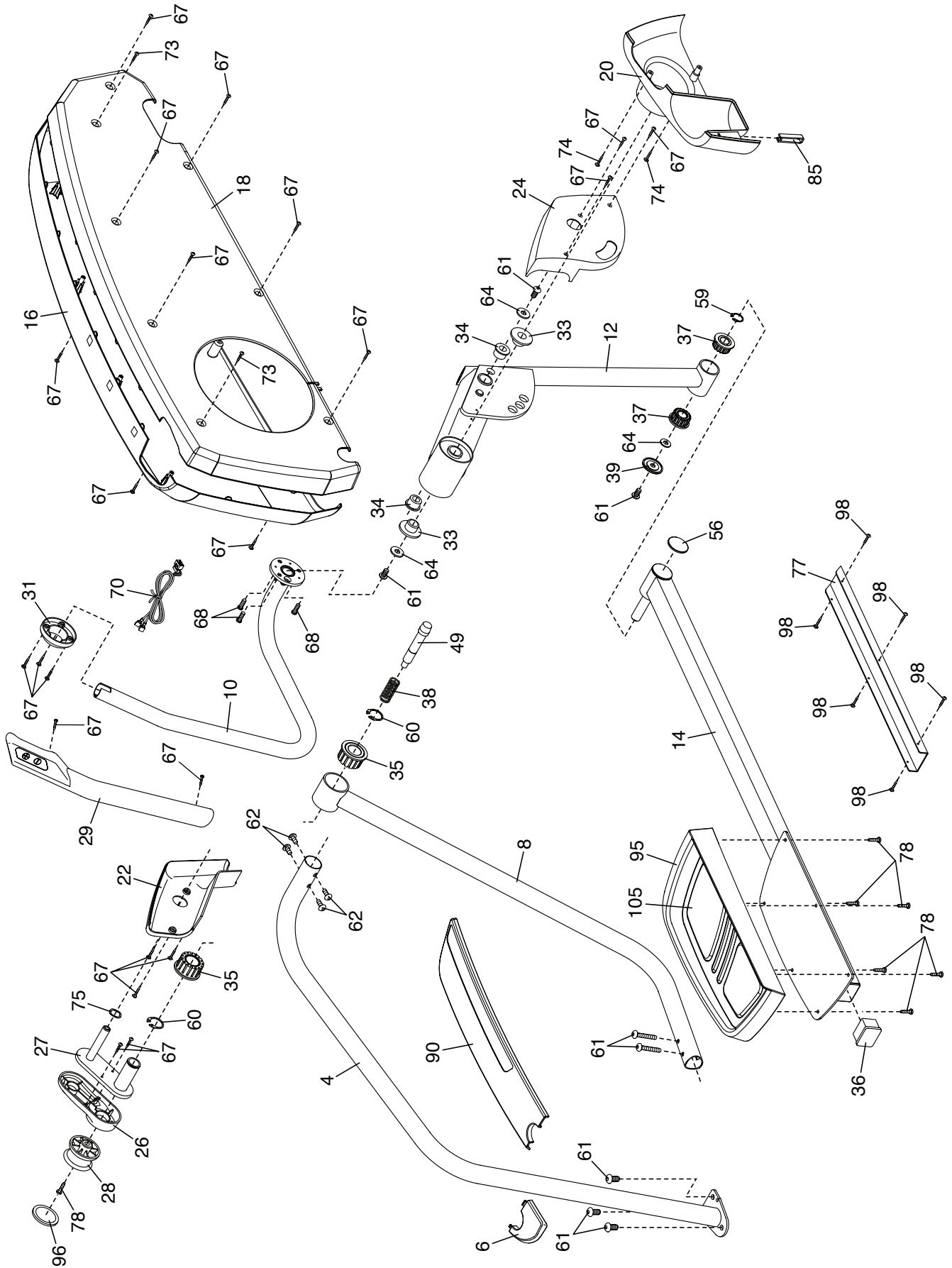
Key No.	Qty.	Description	Key No.	Qty.	Description
91	1	Right Control Grip	100	1	Left Extension Wire
92	1	Right Control Grip Wire	101	2	M8 Jam Nut
93	1	Right Rail Cover	102	1	M6 Washer
94	1	Left Pulse Grip	103	1	Idler Screw
95	1	Left Pedal/Insert	104	1	Right Pedal Insert
96	2	Knob Cover	105	1	Left Pedal Insert
97	1	Pivot Screw	*	–	Assembly Tool
98	13	M4 x 16mm Bright Screw	*	–	Grease Packet
99	1	Pulse Grip Wire	*	–	User's Manual

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.



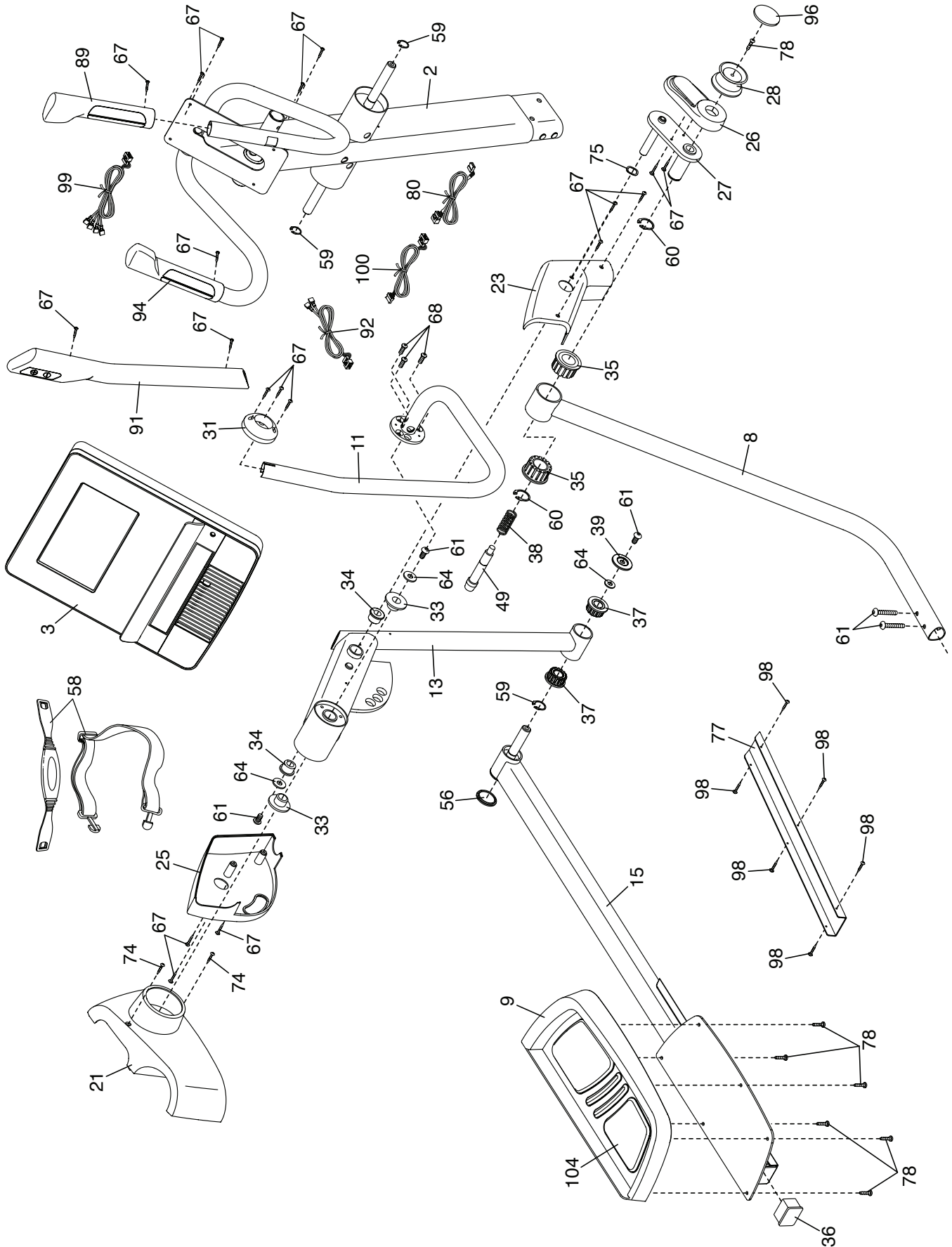
# EXPLODED DRAWING A

Model No. NTEL71312.0 R0513A



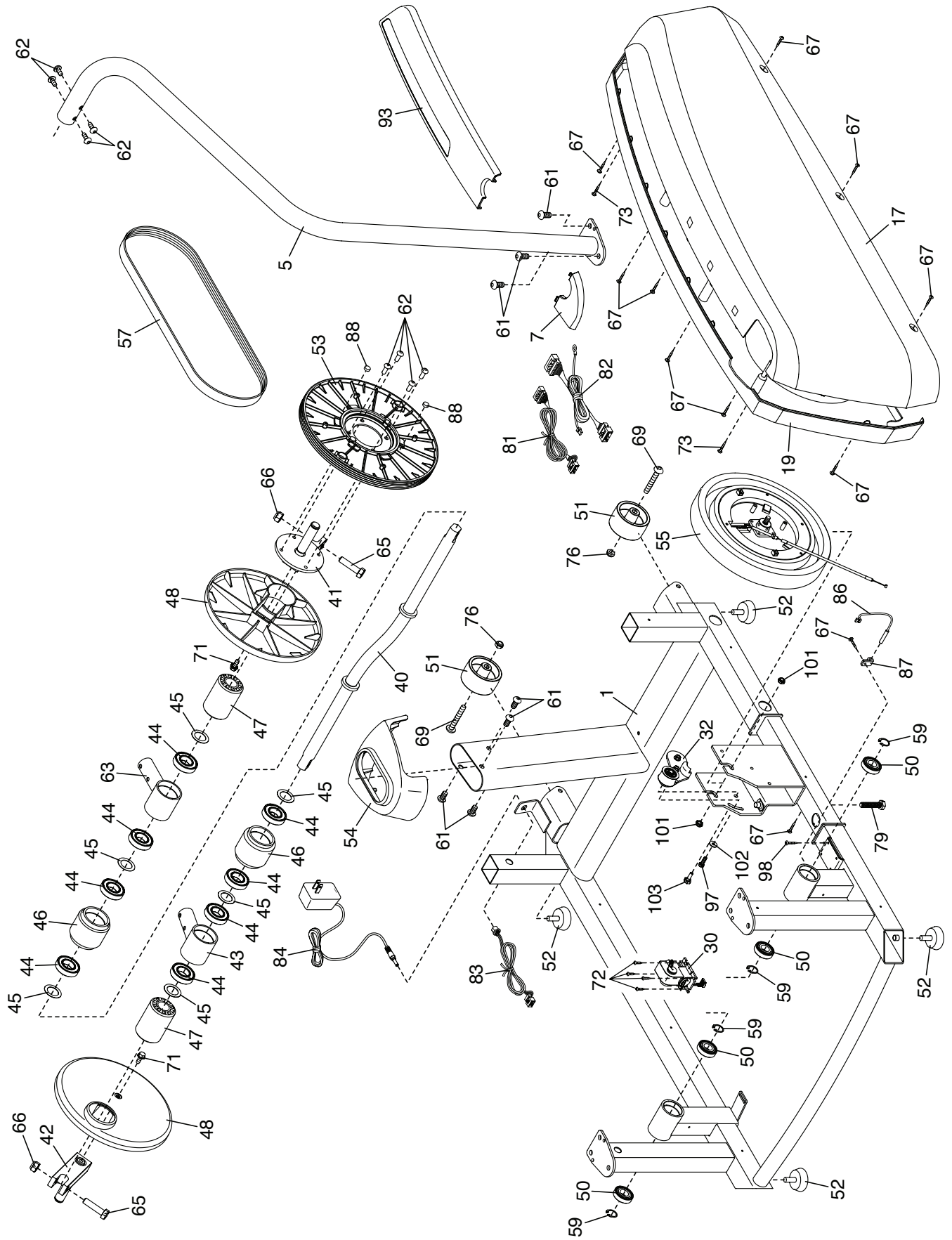
# EXPLODED DRAWING B

Model No. NTEL71312.0 R0513A



# EXPLODED DRAWING C

Model No. NTEL71312.0 R0513A



---

# ORDERING REPLACEMENT PARTS

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

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

## LIMITED WARRANTY

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

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 five (5) years from the date of purchase. Labor is warranted for two (2) years 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.

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