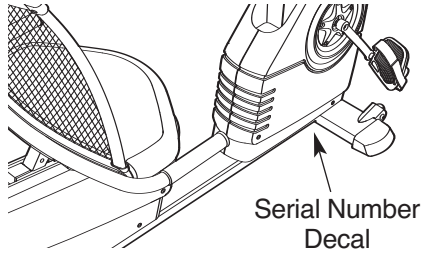


# **NordicTrack**<sup>®</sup> **AUDIORIDER R400**

Model No. 30707.0

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



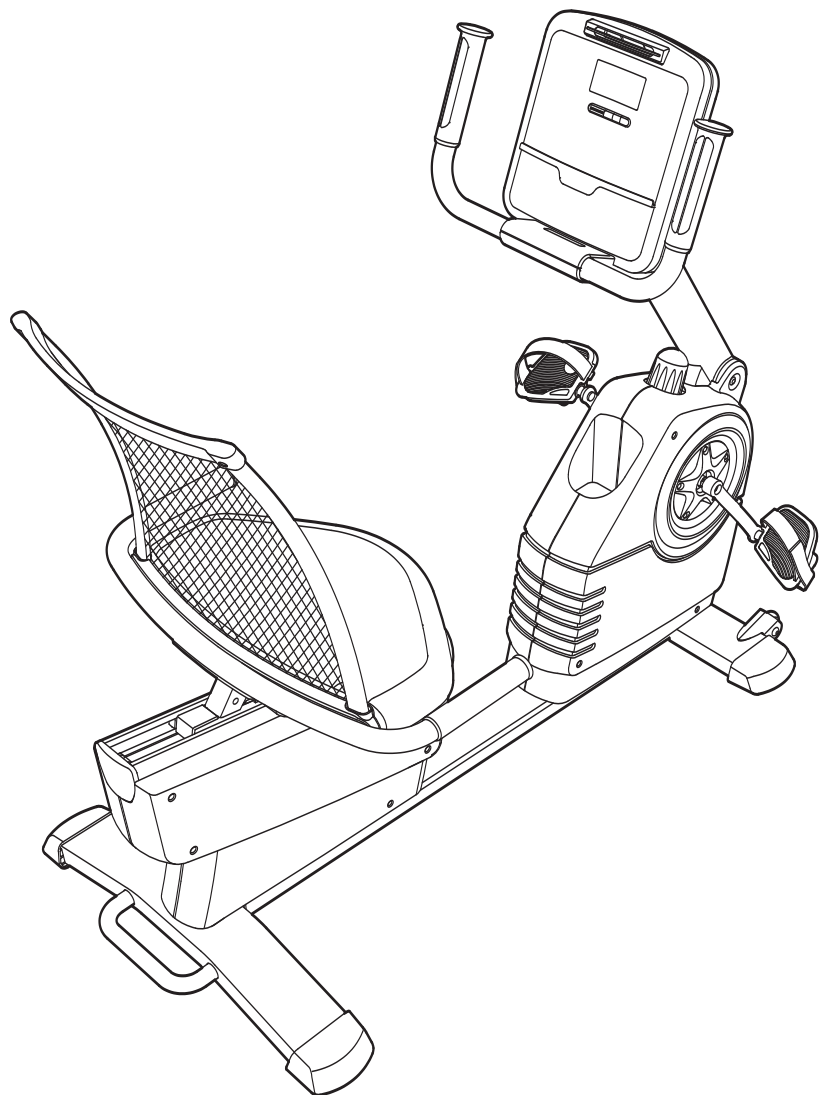
## **BIKE EXERCISER** **User's Manual**

### **QUESTIONS?**

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

**1-888-936-4266**

Mon.–Fri. 8h00 until 17h00 EST  
(excluding holidays).



### **⚠ CAUTION**

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



Visit our website at

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

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use the exercise cycle.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
8. The exercise cycle should not be used by persons weighing more than 300 lbs. (136 kg).
9. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
10. Always keep your back straight when using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The warning decal shown on page 3 has been placed on the exercise cycle. If the decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

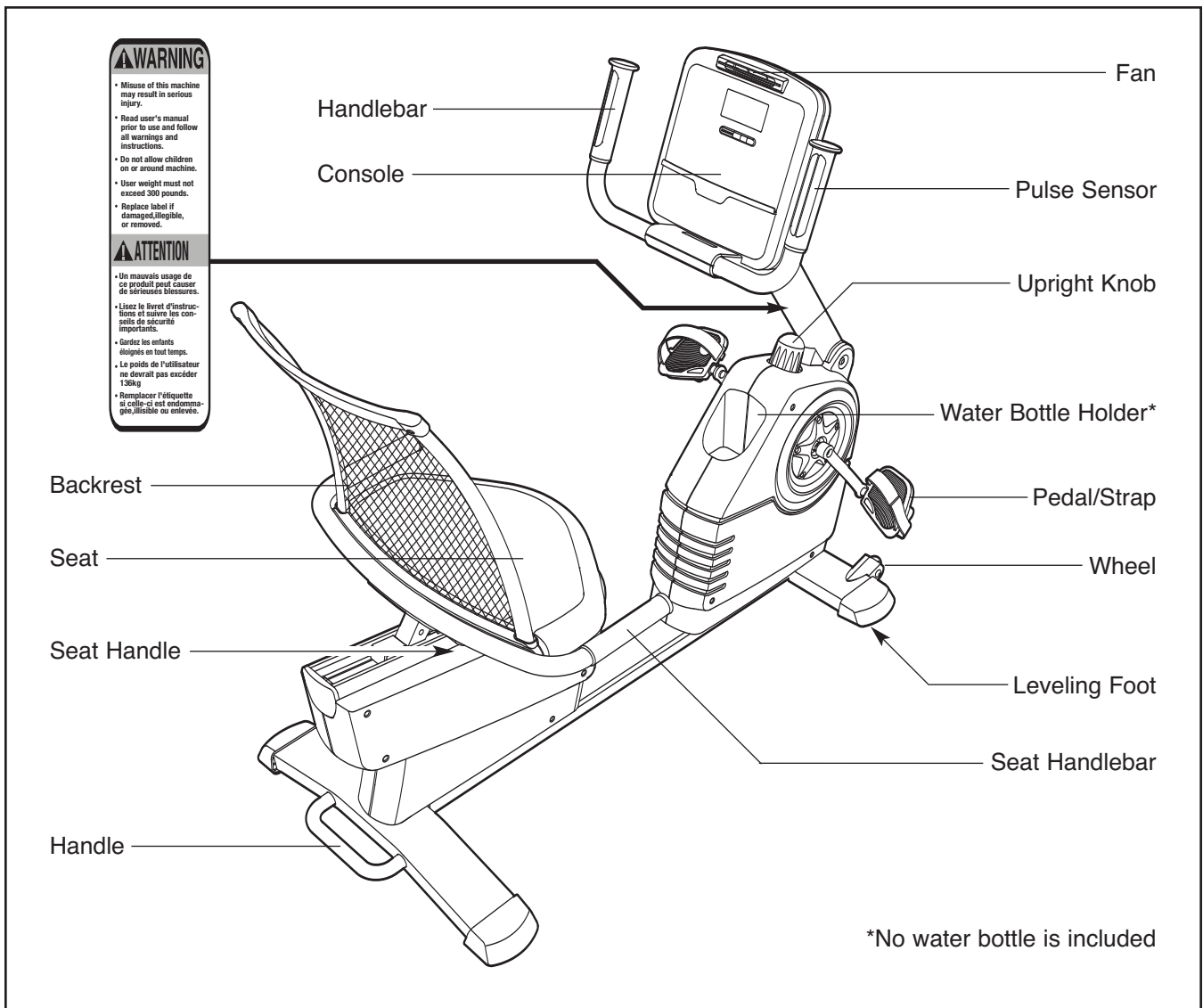
# BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® AUDIORIDER R400 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The AUDIORIDER R400 exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** 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 is 30707.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

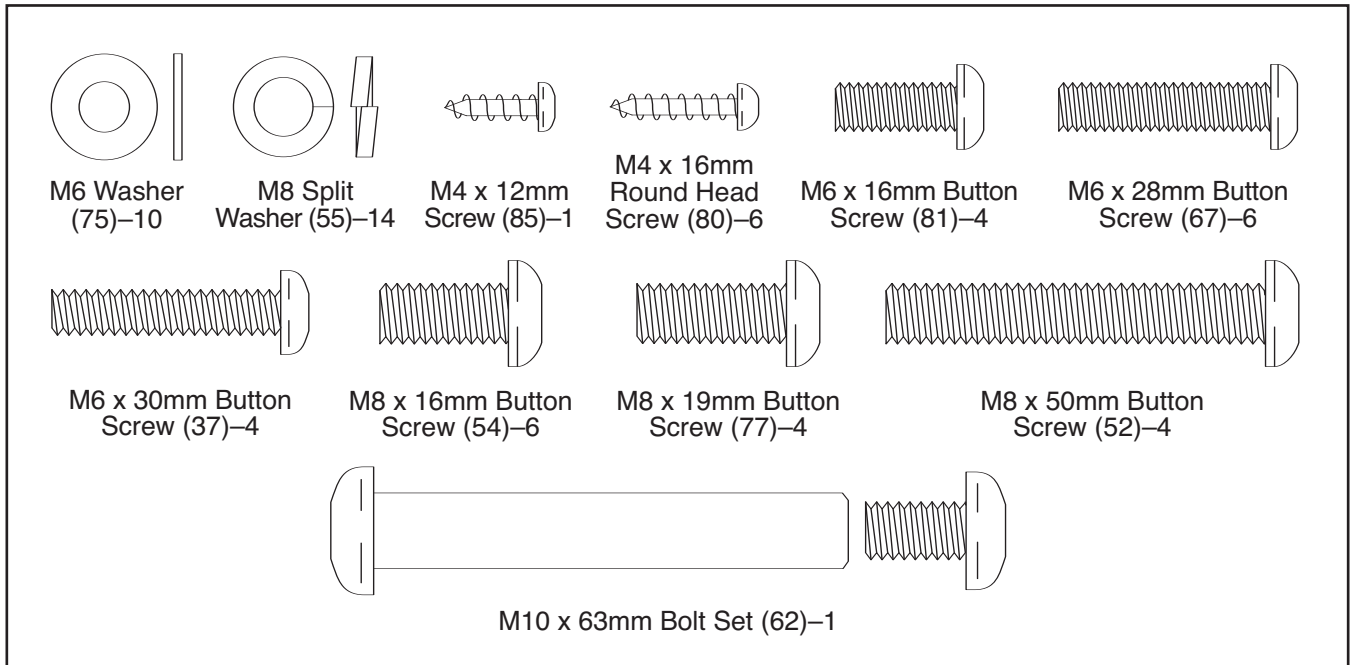


# ASSEMBLY

**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

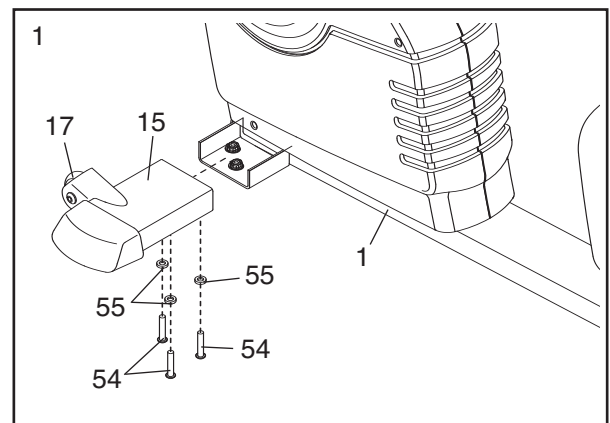
**Assembly requires the included tools and your own adjustable wrench  and Phillips screwdriver .**

Use the part drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 21. The second number is the quantity needed for assembly. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

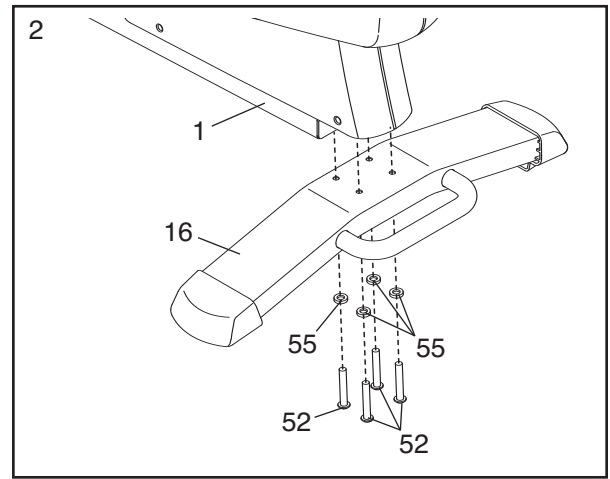


1. Orient the Left Front Stabilizer (15) with the Wheel (17) positioned as shown. Attach the Left Front Stabilizer to the left side of the Frame (1) with three M8 x 16mm Button Screws (54) and three M8 Split Washers (55).

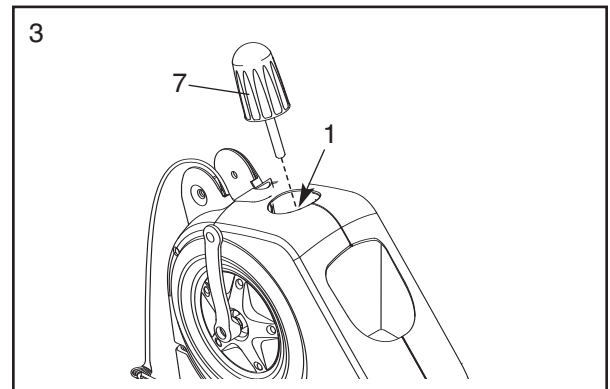
**Attach the Right Front Stabilizer (not shown) to the right side of the Frame (1) in the same way.**



2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with four M8 x 50mm Button Screws (52) and four M8 Split Washers (55).

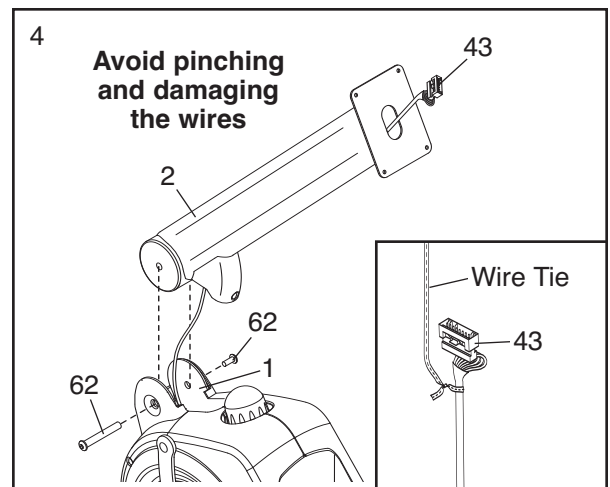


3. Tighten the Upright Knob (7) into the Frame (1).



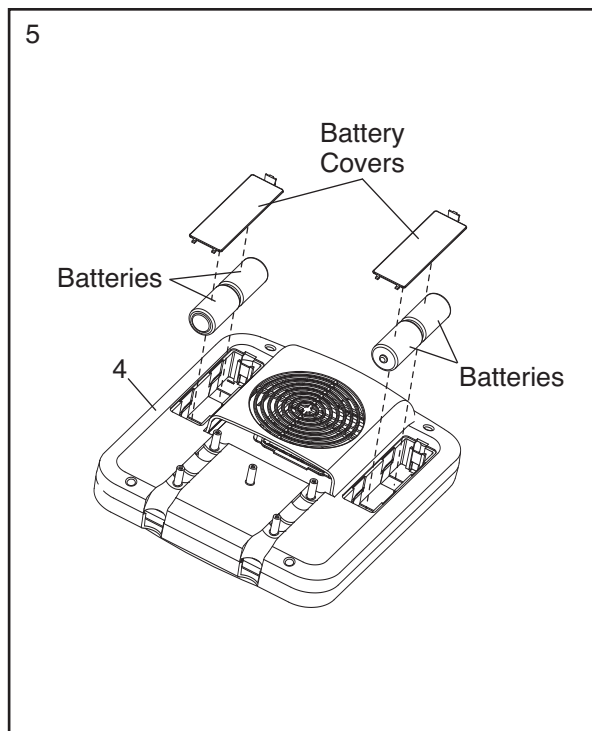
4. Have another person hold the Upright (2) near the front of the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Main Wire Harness (43). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

Attach the Upright (2) to the Frame (1) with an M10 x 63mm Bolt Set (62). **Be careful to avoid pinching the Main Wire Harness (43).**

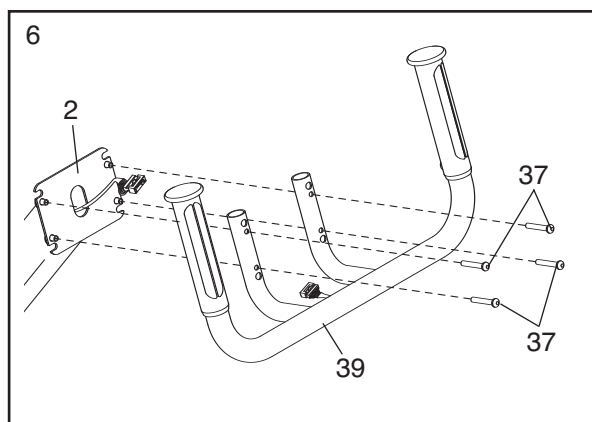


- The Console (4) requires four “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery covers from the back of the Console. Next, insert four batteries into the battery compartments; **make sure that the batteries are oriented as shown by the diagrams inside the battery compartments.** Then, reattach the battery covers.

Note: The Console (4) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the toll-free telephone number on the front cover of this manual.** Plug one end of the power supply into the jack at the front of the exercise cycle. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

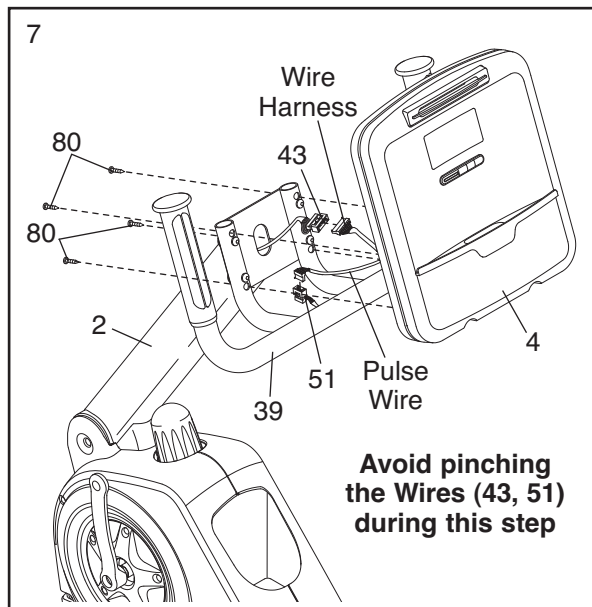


- Attach the Handlebar (39) to the Upright (2) with four M6 x 30mm Button Screws (37).

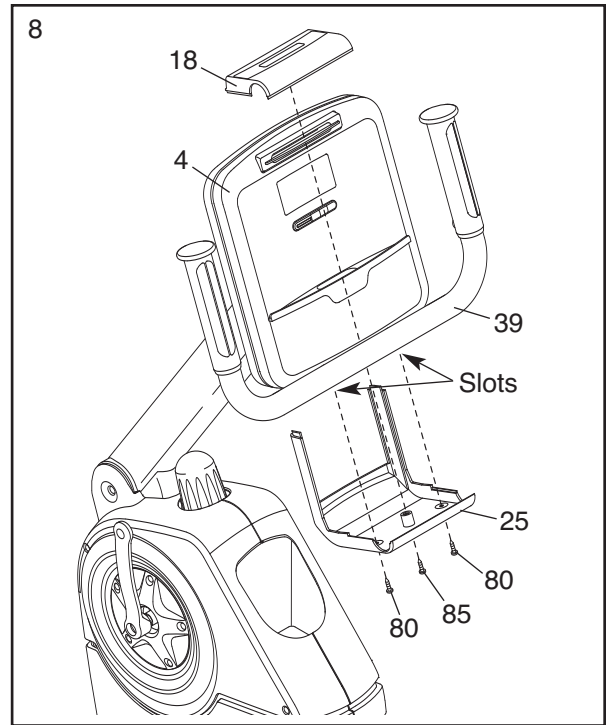


- While another person holds the Console (4) near the Handlebar (39), connect the wire harness on the Console to the Main Wire Harness (43). Next, connect the pulse wire on the Console to the Pulse Wire (51) in the Handlebar (39). Note: The remaining wire on the Console is used during the manufacturing process; disregard this wire.

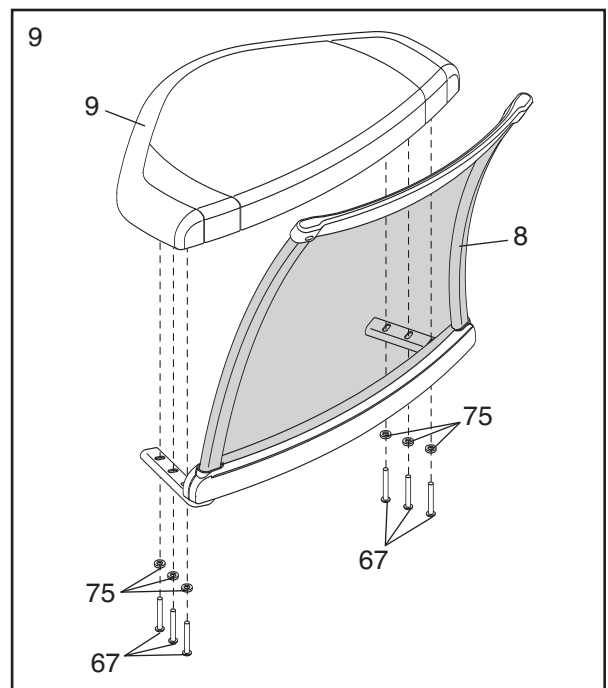
Insert the excess wiring downward into the Upright (2). Attach the Console (4) to the Handlebar (39) and the Upright with four M4 x 16mm Round Head Screws (80). **Be careful to avoid pinching the Wires (43, 51).**



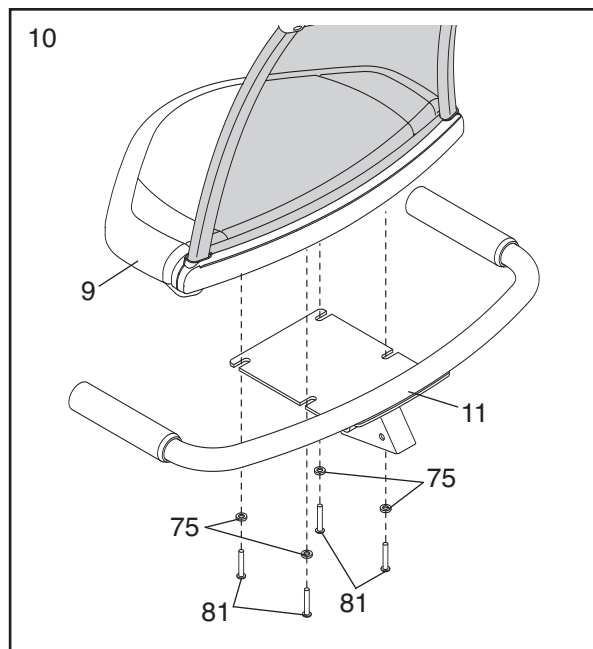
8. Slide the Bottom Handlebar Cover (25) into the slots in the bottom of the Console (4). Attach the Bottom Handlebar Cover to the Handlebar (39) and the Top Handlebar Cover (18) with two M4 x 16mm Round Head Screws (80) and one M4 x 12mm Screw (85).



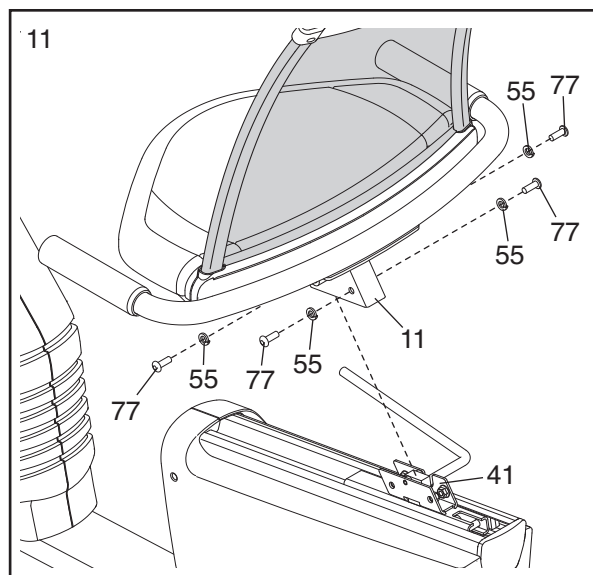
9. Attach the Seat (9) to the Backrest (8) with six M6 x 28mm Button Screws (67) and six M6 Washers (75). **Start all six Button Screws before tightening any of them.**



10. Attach the Seat (9) to the Seat Bracket (11) with four M6 x 16mm Button Screws (81) and four M6 Washers (75). **Start all four Button Screws before tightening any of them.**

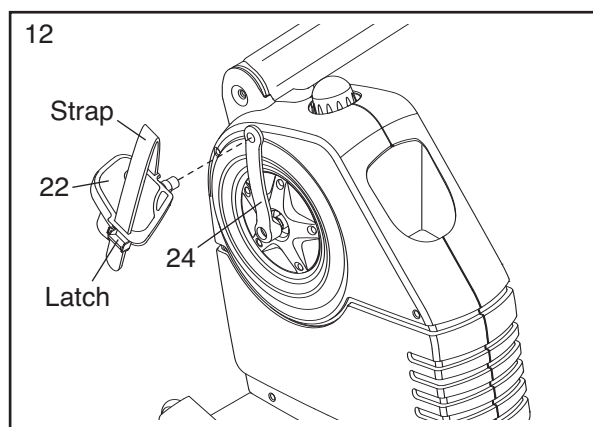


11. Attach the Seat Bracket (11) to the Seat Carriage (41) with four M8 x 19mm Button Screws (77) and four M8 Split Washers (55). **Start all four Button Screws before tightening any of them.**



12. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (not shown). **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals.**

Adjust the strap on the Left Pedal (22) to the desired position, and insert the end of the strap into the latch on the Left Pedal. **Adjust the strap on the Right Pedal (not shown) in the same way.**



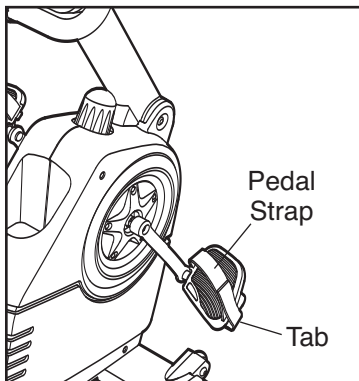
13. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.



# HOW TO OPERATE THE EXERCISE CYCLE

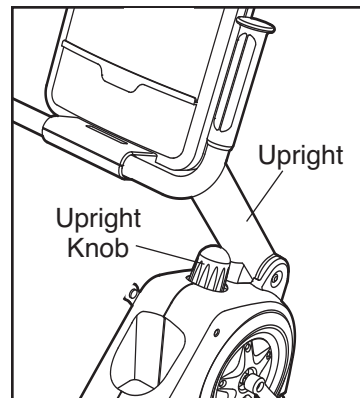
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.



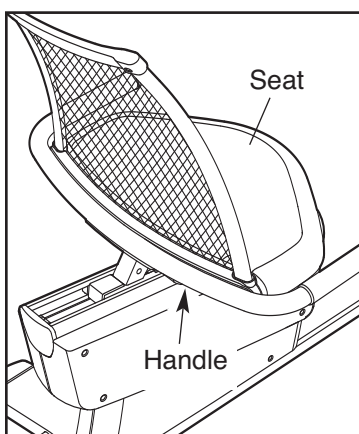
## HOW TO ADJUST THE UPRIGHT

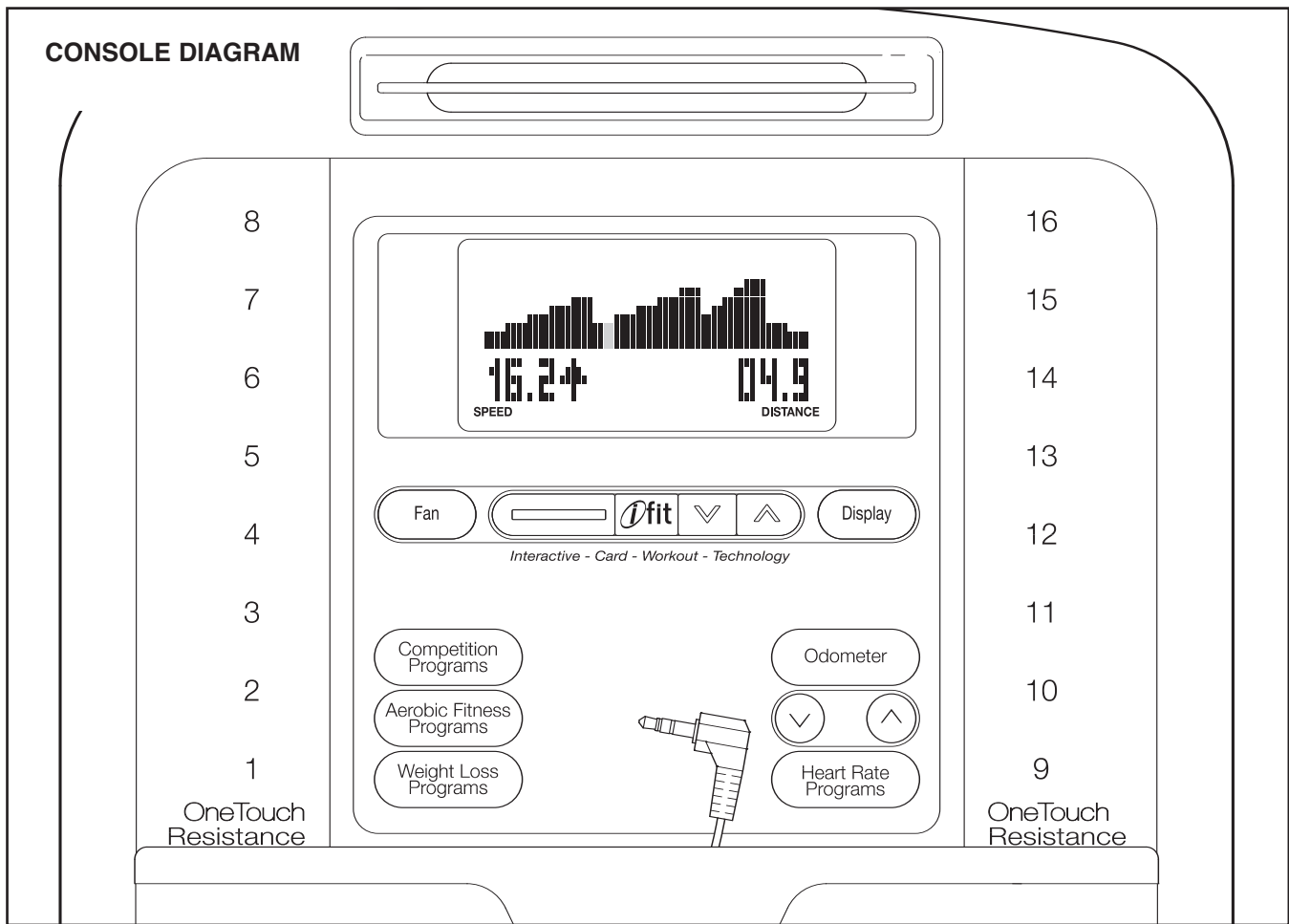
The upright can be adjusted to the position that is the most comfortable for you. To adjust the upright, first raise the upright so that it is not resting on the upright knob. Next, turn the upright knob clockwise or counterclockwise to raise or lower it. Then, rest the upright on the upright knob.



## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable for you. To adjust the seat, push down on the seat handle, slide the seat to the desired position, and then pull up on the seat handle to lock the seat in place.





## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers eighteen preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System

enables the console to accept iFIT Cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss program. iFIT programs control the resistance of the pedals while the voice of a personal trainer coaches you and motivates you through your workouts. One iFIT Card with three new programs is included. Additional iFIT Cards are available separately. **To purchase iFIT Cards, go to [www.iFIT.com](http://www.iFIT.com) or call the toll-free telephone number on the front cover of this manual. iFIT Cards are also available at select stores.**

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

**To use the manual mode of the console**, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To use a heart rate program**, see page 14. **To use an iFIT program**, see page 15. **To use the stereo sound system**, see page 15.

## HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

### 1 Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

### 2 Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Heart Rate Programs button repeatedly until zeros appear in the display.

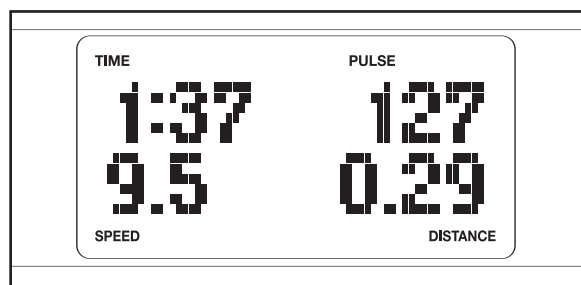


### 3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the OneTouch Resistance buttons. There are sixteen resistance levels. 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.

While you pedal, the upper left corner of the display will show the elapsed time.



The lower left corner of the display will show your pedaling speed, in miles or kilometers per hour.

The upper right corner of the display will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 12).

The lower right corner of the display will show the distance that you have pedaled, in miles or kilometers.

The center of the display will show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button.

You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time, the distance that you have pedaled, your pedaling speed, or the approximate number of calories that you have burned.

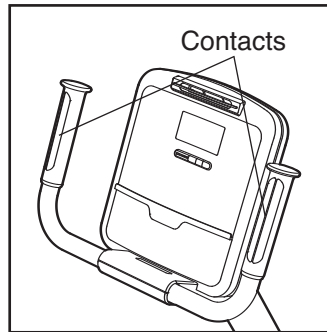
To again view the elapsed time, your pedaling speed, and the distance that you have pedaled, press the Display button again.

To view the total distance pedaled since the exercise cycle was purchased and the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds.

**Note: The console can show speed and distance in either miles or kilometers.** To determine which unit of measurement is selected, hold down the decrease button below the Odometer button for a few seconds. The words UNITS: ENGLISH or UNITS: METRIC will appear in the display. Press the increase button to change the unit of measurement if desired. Then, press the decrease button again. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

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

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



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

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

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

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button again; when the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

To turn off the fan, press the Fan button again. Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off to conserve the batteries.

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

If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

## HOW TO USE A PRESET PROGRAM

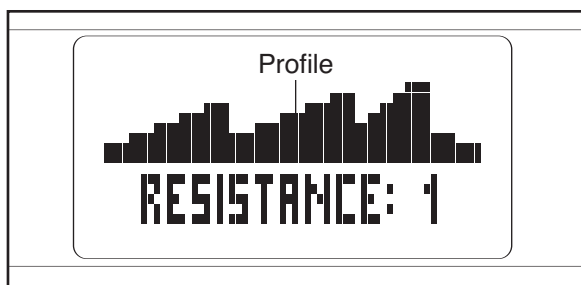
### 1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 11.

### 2 Select a preset program.

To select one of the six weight loss programs, press the Weight Loss Programs button repeatedly; to select one of the six aerobic fitness programs, press the Aerobic Fitness Programs button; to select one of the six competition programs, press the Competition Programs button.

When you select a preset program, the name of the program will appear in the display for a few seconds. A profile of the resistance settings of the program will then appear in the display. The display will also show the first resistance setting for the program for a few seconds.

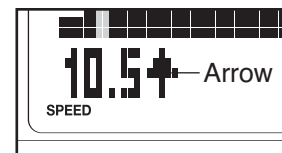


### 3 Begin pedaling to start the program.

Each program is divided into 20, 30, or 45 one-minute segments. One resistance setting and one target pace setting are programmed for each segment. Note: The same resistance setting and/or target pace setting may be programmed for two or more consecutive segments.

During the program, the program profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance setting is programmed for the next segment, the resistance setting 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 pace near the target pace setting for the current segment.



When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace.

When no arrow appears, maintain your current pace. **Important: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance setting for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the profile flashes and the last segment of the program ends.

### 4 Follow your progress with the display.

During the program, the display will show the program profile, your pedaling speed, and the distance that you have pedaled.

To view the time remaining in the program instead of the program profile, press the Display button.

To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button again.

To view the program profile again, press the Display button again.

### 5 Measure your heart rate if desired.

See step 5 on page 12.

### 6 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

## HOW TO USE A HEART RATE PROGRAM

### 1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 11.

### 2 Select a heart rate program.

To select one of the heart rate programs, press the Heart Rate Programs button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display.

### 3 Enter a target heart rate setting.

A few seconds after you select a heart rate program, the words ENTER HEART RATE will appear in the display and the number 110 will begin to flash.

**During heart rate program 1**, the same target heart rate setting will be programmed for all segments of the program. If you have selected heart rate program 1, press the increase and decrease buttons below the Odometer button to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 17).

**During heart rate program 2**, different target heart rate settings will be programmed for different segments of the program. If you have selected heart rate program 2, press the increase and decrease buttons below the Odometer button to enter the desired maximum target heart rate setting for the program (see EXERCISE INTENSITY on page 17).

### 4 Hold the handgrip pulse sensor.

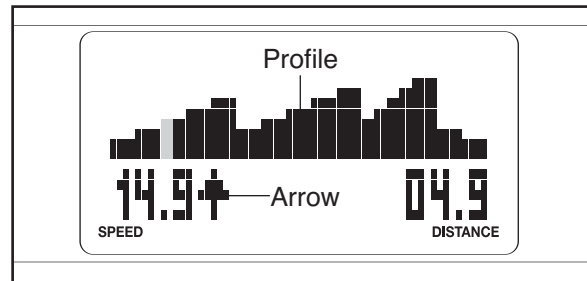
It is not necessary to hold the handgrip pulse sensor continuously during heart rate programs; however, you should hold the handgrip pulse sensor frequently for the programs to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

### 5 Begin pedaling to start the program.

**Heart rate program 1** is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

**Heart rate program 2** is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the program, the program profile in the display will show your progress. The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the target heart rate setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.



**During both programs**, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the program. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance setting will appear in the display for a few seconds to alert you.

While you exercise, you will be prompted to maintain a constant pedaling pace. If an upward-pointing arrow appears in the display (see the drawing above), increase your pace. If a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the program ends.

## 6 Follow your progress with the display.

During heart rate program 1, the display will show your heart rate, your pedaling speed, and the distance that you have pedaled. During heart rate program 2, the display will show the program profile, your pedaling speed, and the distance that you have pedaled.

To view the time remaining in the program instead of your heart rate or the program profile, press the Display button.

To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button again.

To view your heart rate or the program profile again, press the Display button again.

## 7 Turn on the fan if desired.

See step 6 on page 12.

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

See step 7 on page 12.

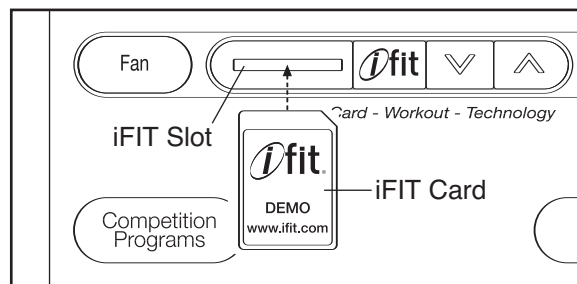
## HOW TO USE AN IFIT PROGRAM

### 1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 11.

### 2 Insert an iFIT Card and select a program.

To use an iFIT program, insert an iFIT Card into the iFIT slot; make sure that the iFIT Card is oriented so the metal contacts are face-down and are facing the slot. When the iFIT Card is properly inserted, the indicator next to the slot will light and the words IFIT 1 will appear in the display.

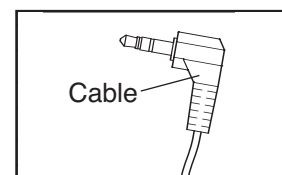


Next, select the desired program on the iFIT Card by pressing the up and down buttons next to the iFIT slot.

A moment after you select a program, the voice of a personal trainer will begin guiding you through your workout. iFIT programs work in the same way as preset programs. To use the program, see steps 3 to 6 on page 13.

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, first locate the stereo audio cable in the center of the console above the speakers. Plug the cable 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 of the speakers using the volume control on your MP3 player or CD player.

When not in use, insert the stereo audio cable into the storage recess on the console.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

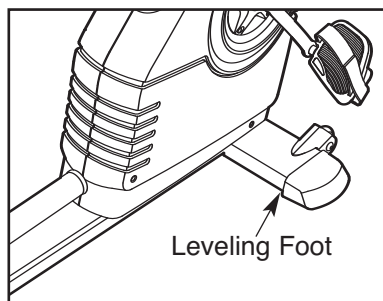
To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 6 for replacement instructions.

## HOW TO LEVEL THE EXERCISE CYCLE

After the exercise cycle has been moved to the location where it will be used, make sure that both ends of the front stabilizer are touching the floor. If the exercise cycle rocks slightly during use, turn one or both of the leveling feet under the front stabilizers until the rocking motion is eliminated.

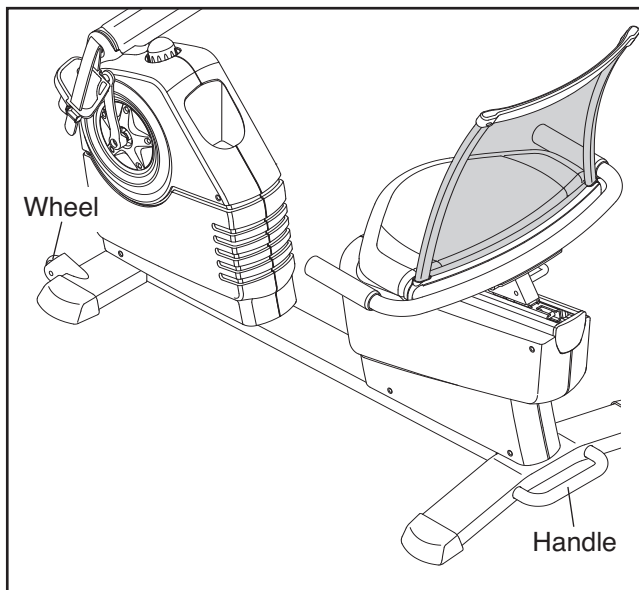


## HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 12.

## HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, hold the handle on the rear stabilizer and carefully lift it until the exercise cycle can be moved on the front wheels. Carefully move the exercise cycle to the desired location and then lower it.





# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

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

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

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

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 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

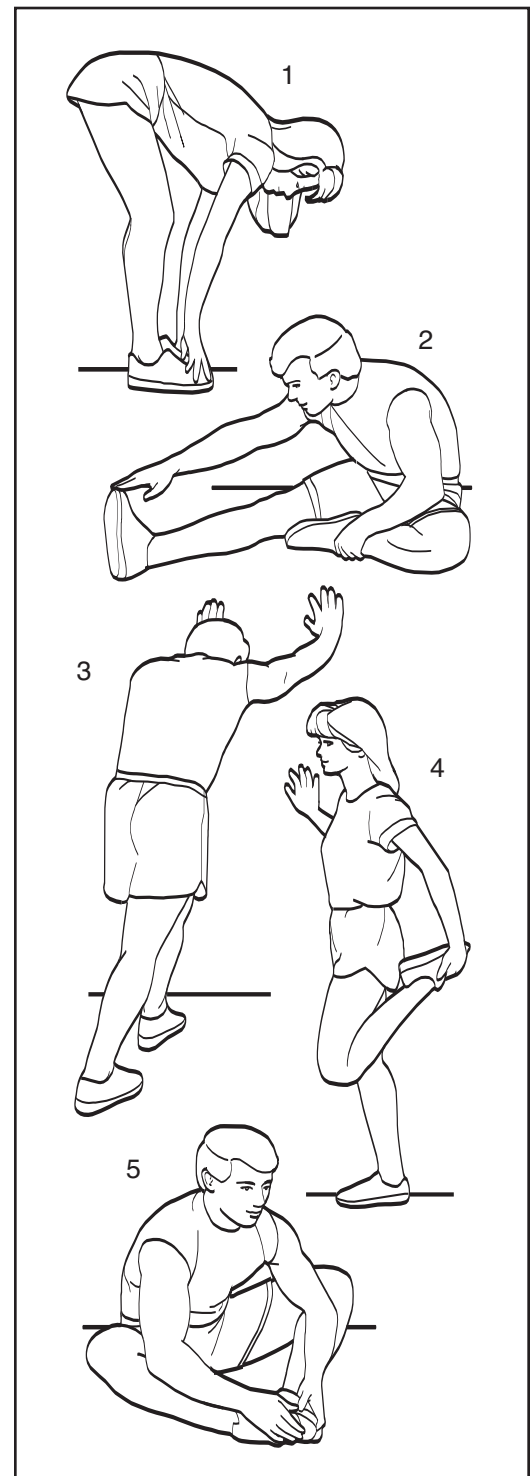
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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# NOTES

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# NOTES

# PART LIST—Model No. 30707.0

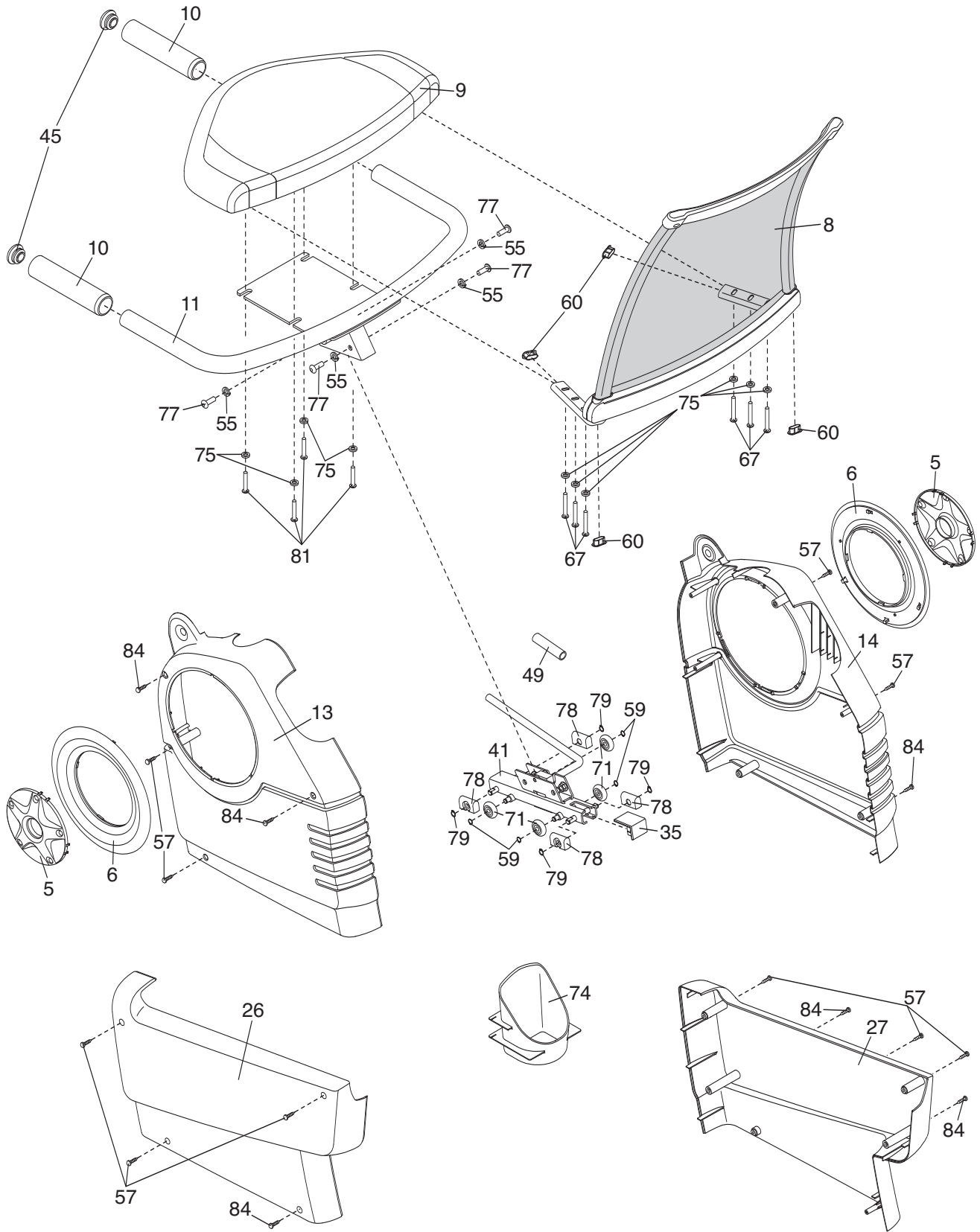
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	2	Seat Bracket Endcap
2	1	Upright	46	1	Reed Switch/Wire
3	1	Eddy Mechanism	47	1	Drive Belt
4	1	Console	48	2	Rear Stabilizer Endcap
5	2	Crank Cover	49	1	Foam Grip
6	2	Accent Ring	50	2	Flange Screw
7	1	Upright Knob	51	1	Pulse Wire
8	1	Backrest	52	4	M8 x 50mm Button Screw
9	1	Seat	53	1	Pillow Block
10	2	Hand Grip	54	6	M8 x 16mm Button Screw
11	1	Seat Bracket	55	14	M8 Split Washer
12	2	Pulse Sensor	56	1	Seat Rail Endcap
13	1	Left Front Side Shield	57	16	M4 x 16mm Screw
14	1	Right Front Side Shield	58	2	M8 Jamnut
15	1	Left Front Stabilizer	59	4	Small Snap Ring
16	1	Rear Stabilizer	60	4	Backrest Endcap
17	2	Wheel	61	1	Upright Cover
18	1	Top Handlebar Cover	62	1	M10 x 63mm Bolt Set
19	2	Leveling Foot	63	4	Wheel Bushing
20	2	Upright Bushing	64	1	M4 x 12mm Bright Screw
21	1	Right Pedal/Strap	65	1	Stop Block
22	1	Left Pedal/Strap	66	2	Front Stabilizer Endcap
23	1	Right Crank Arm	67	6	M6 x 28mm Button Screw
24	1	Left Crank Arm	68	1	Rail
25	1	Bottom Handlebar Cover	69	2	Wheel Bolt
26	1	Left Side Shield	70	3	M6 x 50mm Bolt
27	1	Right Side Shield	71	4	Seat Carriage Wheel
28	1	Large Snap Ring	72	11	M6 Nylon Locknut
29	1	Pulley	73	4	M6 x 20mm Button Bolt
30	1	Magnet	74	1	Water Bottle Holder
31	1	Crank	75	10	M6 Washer
32	1	Steel Washer	76	4	M5 x 16mm Button Screw
33	2	Crank Bearing	77	4	M8 x 19mm Button Screw
34	1	Eddy Axle Assembly	78	4	Seat Carriage Block
35	1	Rail Cap	79	4	Block Snap Ring
36	1	Power Jack Bracket	80	6	M4 x 16mm Round Head Screw
37	4	M6 x 30mm Button Screw	81	4	M6 x 16mm Button Screw
38	1	Resistance Motor	82	2	Crank Cover
39	1	Handlebar	83	1	Frame Endcap
40	1	Right Front Stabilizer	84	8	M4 x 19mm Screw
41	1	Seat Carriage	85	1	M4 x 12mm Screw
42	1	Clamp	*	1	Hex Key
43	1	Main Wire Harness	*	1	User's Manual
44	4	M6 Split Washer			

Note: "\*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

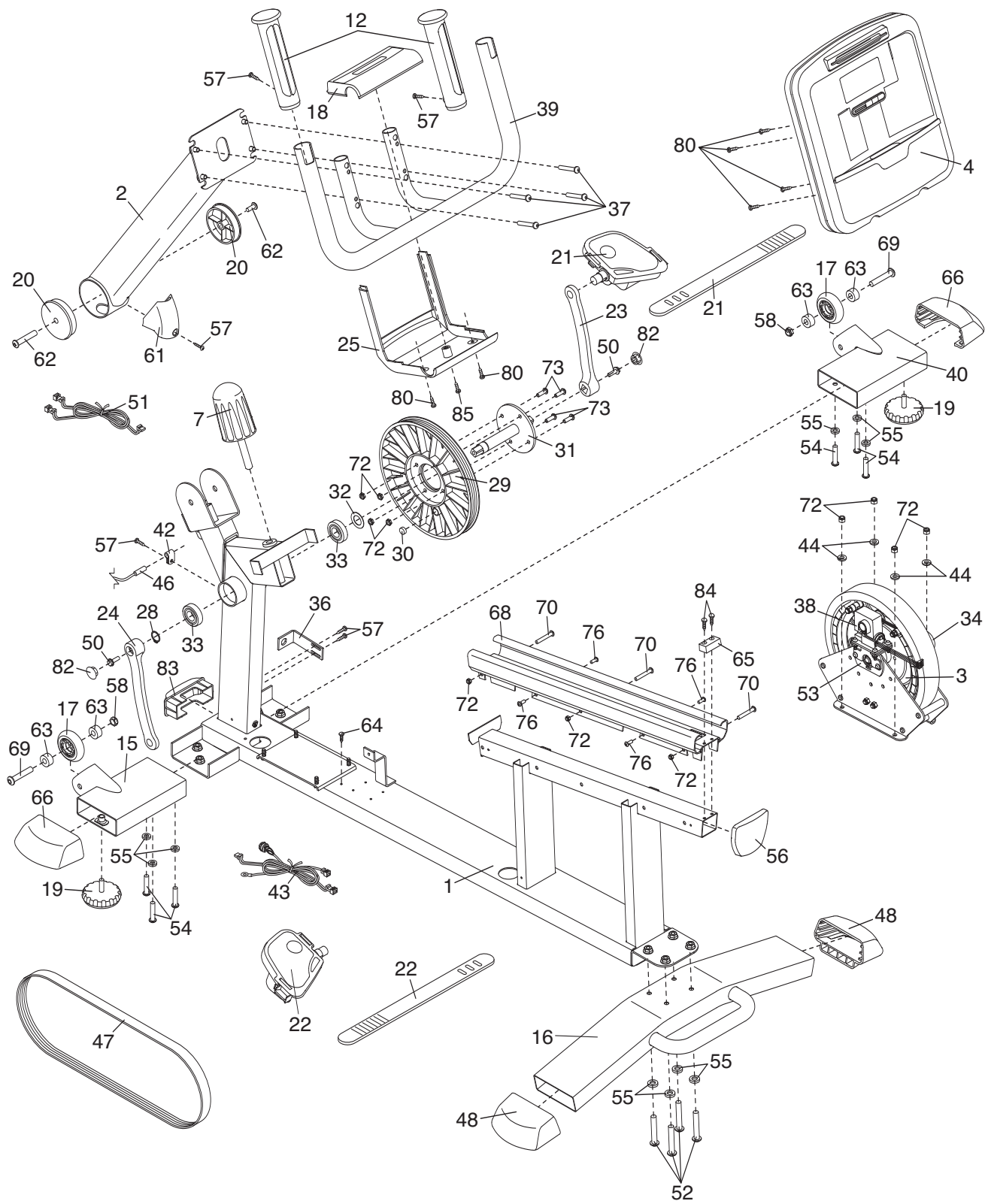
# EXPLODED DRAWING A—Model No. 30707.0

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# EXPLODED DRAWING B—Model No. 30707.0

R0407A



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## ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (30707.0)
- the NAME of the product (NordicTrack AUDIORIDER R400 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 21 to 23)

### LIMITED WARRANTY

ICON OF CANADA, INC., (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. 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 is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

**ICON OF CANADA, INC., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**