NordicTrack®

With Universal Dock for iPod® **ASR 1000**
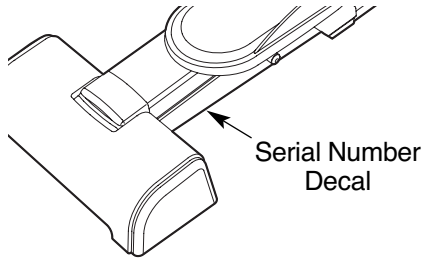
USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:
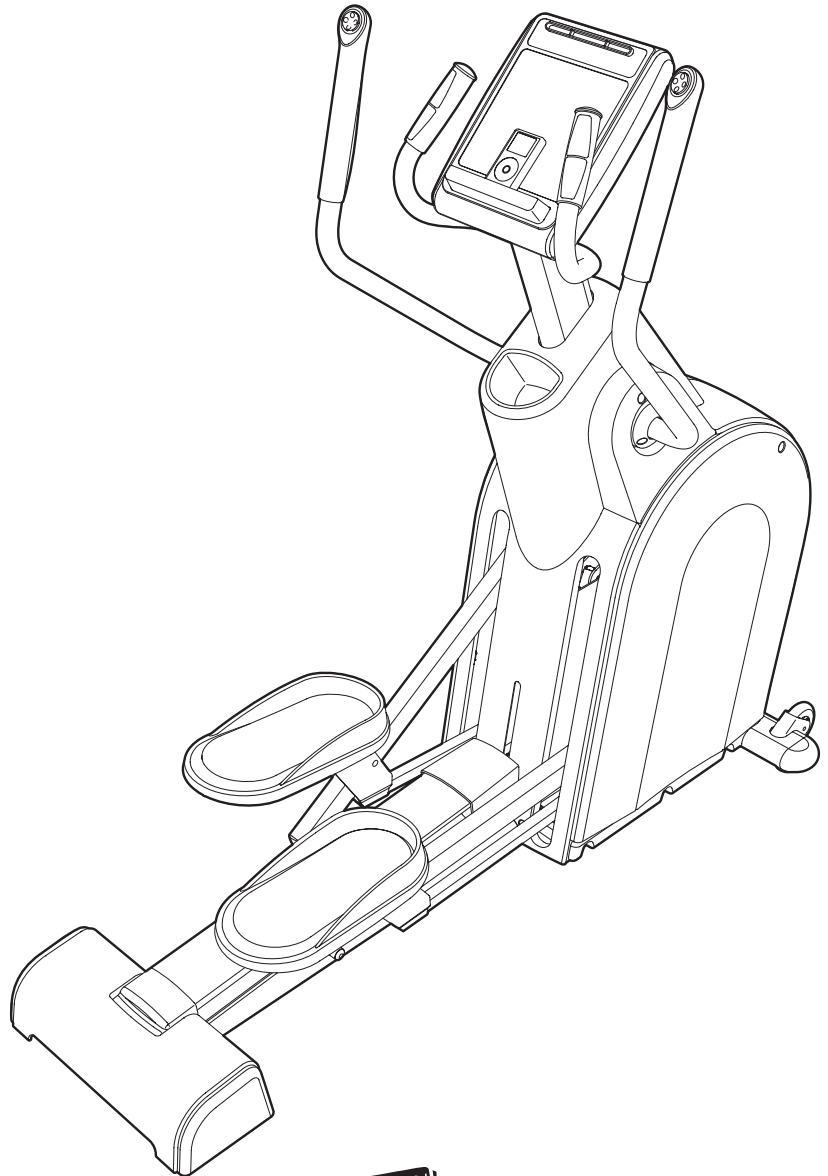
CALL TOLL-FREE:

1-888-825-2588
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

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

Made for iPod

Visit our website at

www.nordictrack.com
new products, prizes, fitness tips, and much more!
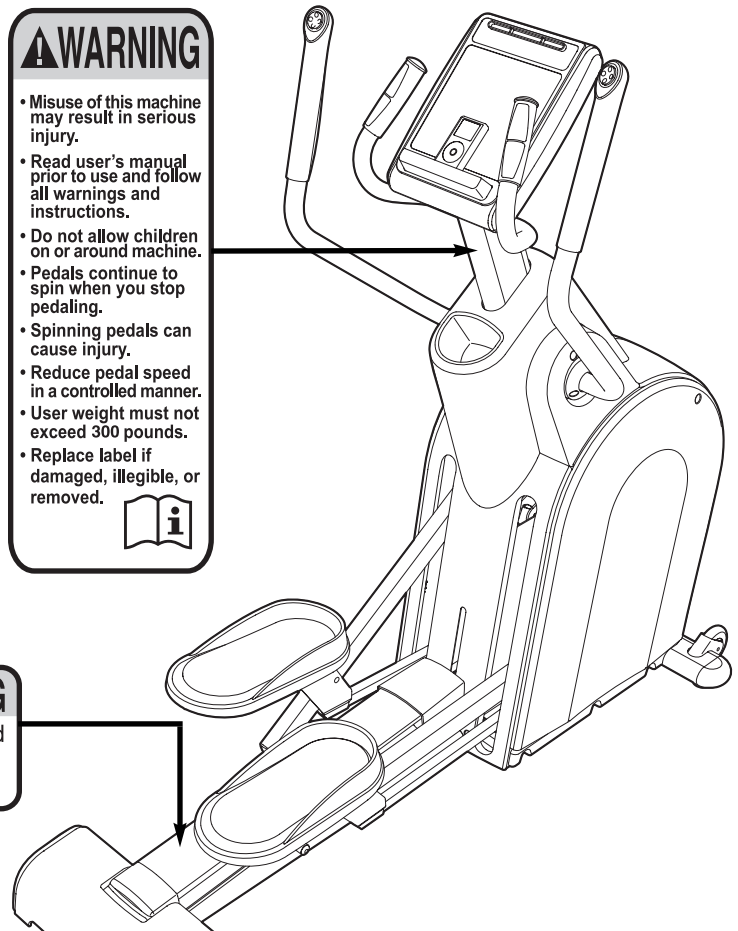
TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The warning decals shown here have
been applied in the locations shown. **If a
decal is missing or illegible, call the
telephone number on the front cover
of this manual and request a free
replacement decal. Apply the decal in
the location shown.** Note: The decal
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 300 pounds.

• Replace label if
  damaged, illegible, or
  removed.

⚠**WARNING**
Keep hands and
fingers clear of
this area.

NordicTrack is a registered trademark of ICON IP, Inc.
iPod is a trademark of Apple Computer, Inc., registered in the U.S. and other countries.

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 exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from your elliptical exerciser at all times.

7. Your elliptical exerciser should not be used by persons weighing more than 300 lbs. (136 kg).

8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.

9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.

10. Keep your back straight while using your elliptical exerciser; do not arch your back.

11. 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.

12. When you stop exercising, allow the pedals to slowly come to a stop.

13. If you feel pain or dizziness while exercising, stop immediately and cool down.

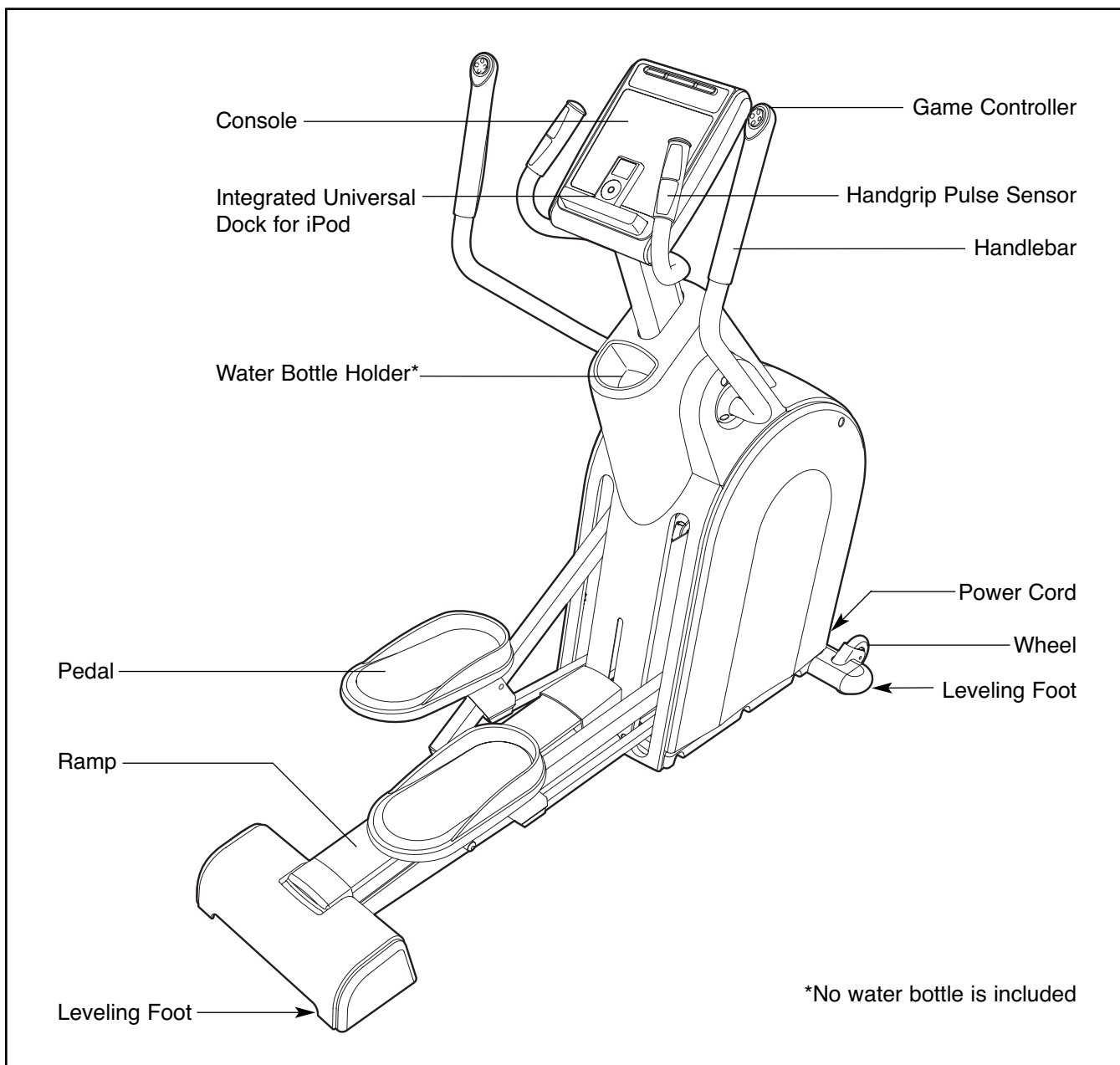14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® ASR 1000 elliptical exerciser with Universal Dock for iPod®. The ASR 1000 elliptical exerciser provides a wide array 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 exerciser. 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.

Console

Game Controller

Integrated Universal Dock for iPod

Handgrip Pulse Sensor

Handlebar

Water Bottle Holder*

Power Cord

Wheel

Pedal

Leveling Foot

Ramp

*No water bottle is included

Leveling Foot

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
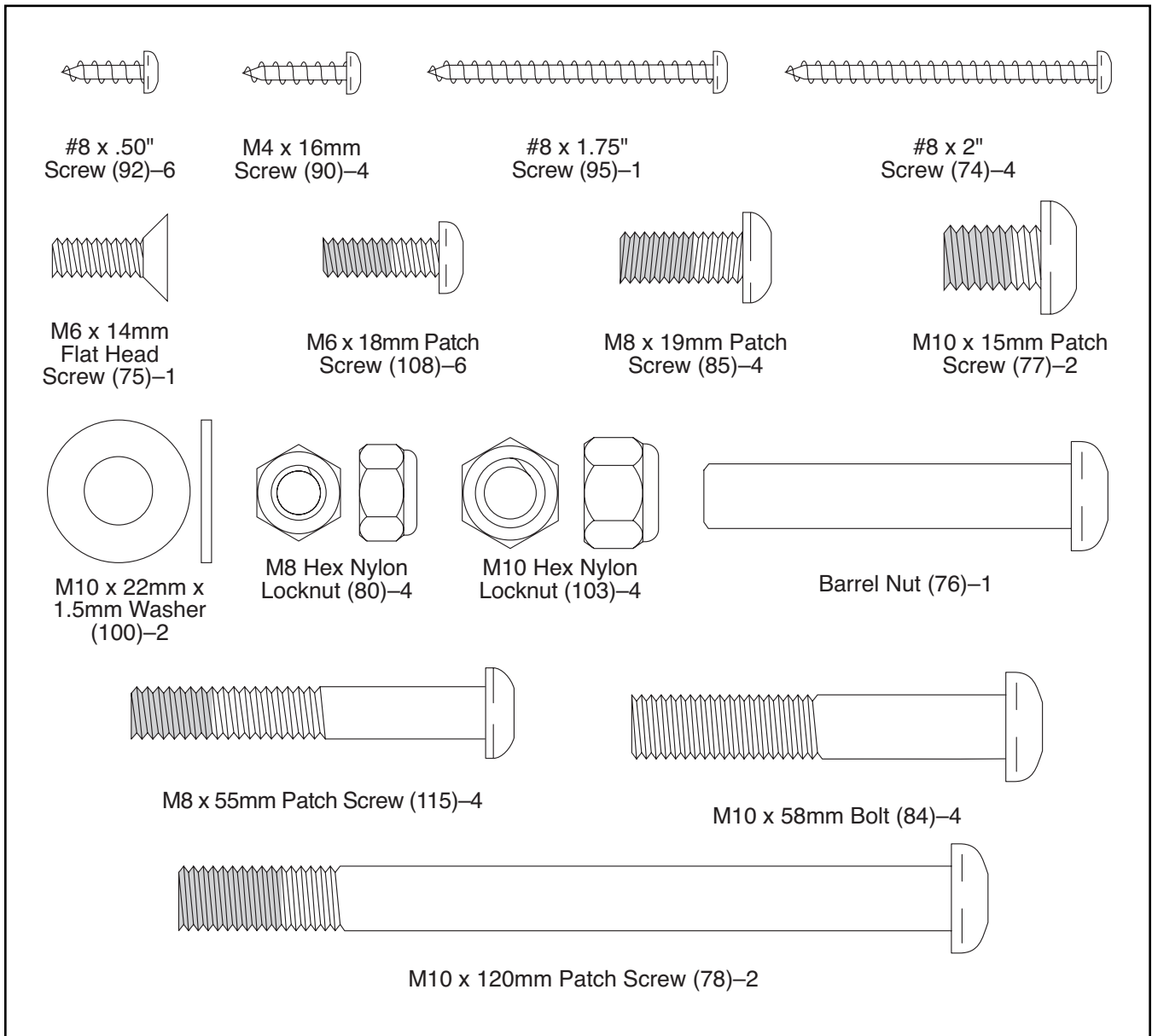
Assembly requires the included hex keys and your own Phillips screwdriver ▤▭▭▸ , adjustable wrench ◠▭▭◁ , and rubber mallet ▭▭▭◻ .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

#8 x .50"
Screw (92)–6

M4 x 16mm
Screw (90)–4

#8 x 1.75"
Screw (95)–1

#8 x 2"
Screw (74)–4

M6 x 14mm
Flat Head
Screw (75)–1

M6 x 18mm Patch
Screw (108)–6

M8 x 19mm Patch
Screw (85)–4

M10 x 15mm Patch
Screw (77)–2

M10 x 22mm x
1.5mm Washer
(100)–2

M8 Hex Nylon
Locknut (80)–4

M10 Hex Nylon
Locknut (103)–4

Barrel Nut (76)–1

M8 x 55mm Patch Screw (115)–4

M10 x 58mm Bolt (84)–4

M10 x 120mm Patch Screw (78)–2

1.

To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Remove the two M10 x 120mm Patch Screws (78) and the shipping bracket (not shown) attached to the front of the Frame (1). Discard the shipping bracket. **Do not discard the two M10 x 120mm Patch Screws.**

Orient the Front Stabilizer (49) with the Wheels (8) in the position shown. While a second person tips the Frame (1) backward, attach the Front Stabilizer to the Frame with the two M10 x 120mm Patch Screws (78).
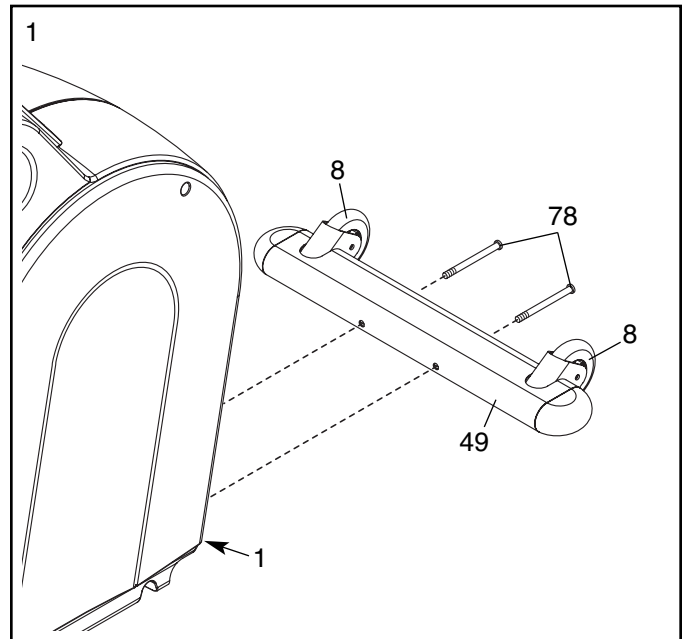
2. Identify the Right Handlebar (36), which is marked with an "R" sticker. While a second person holds the Right Handlebar near the Frame (1), connect the Right Handlebar Wire (88) to the Right Extension Wire (111). Insert the excess wire into the Right Handlebar.

Attach the Right Handlebar (36) to the Frame (1) with the Upper Body Endcap (34) and three M6 x 18mm Patch Screws (108).

**Repeat this step for the other side of the elliptical exerciser.**
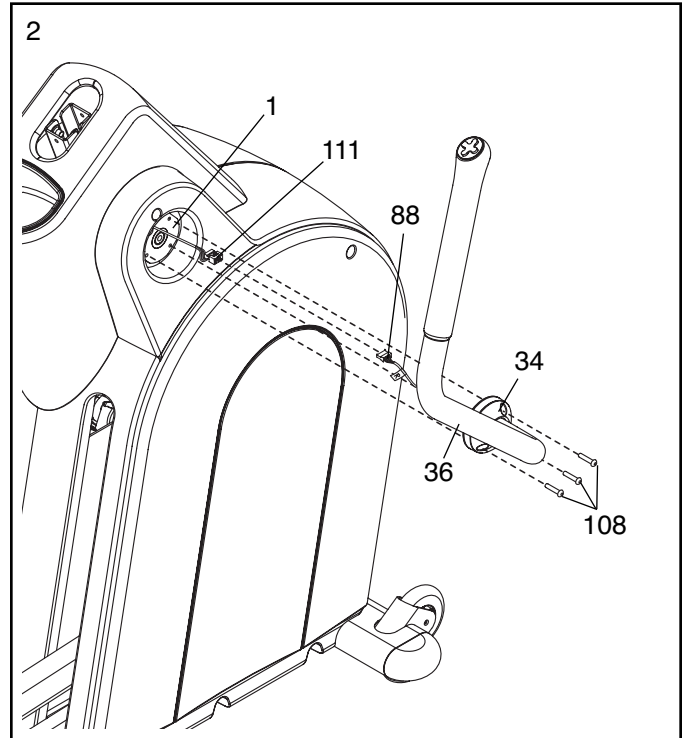
3. Identify the Upright (3) and orient it as shown. Then, pull the Pulse Wire (64) out of the top of the Upright.

   While a second person holds the Upright (3) near the top of the Frame (1), slide the Upright Cover (6) upward onto the Upright. **Have the second person hold the Upright Cover around the Upright until step 5.**
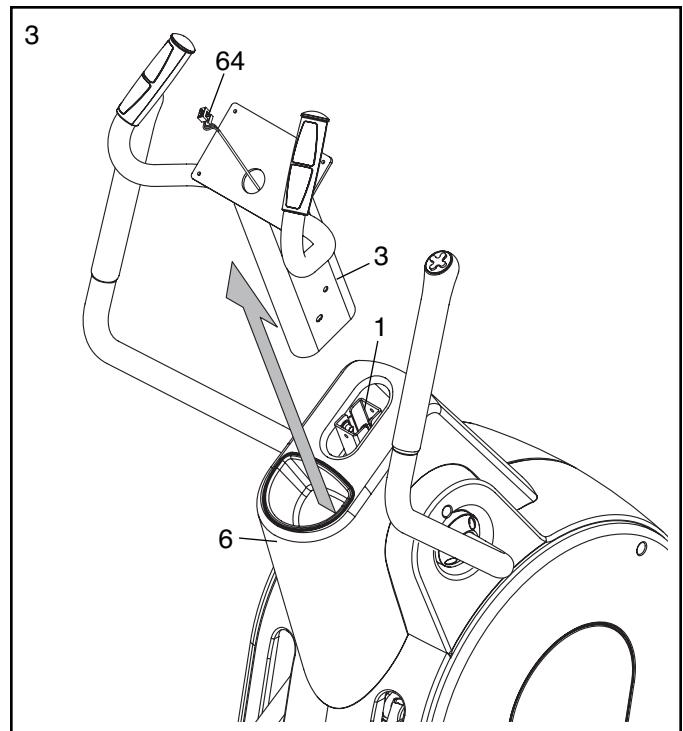

4. **Note: For clarity, the Upright Cover (6) is not shown in the drawing.** Have the second person hold the Upright (3) and the Upright Cover near the top of the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the Wire Harness (46) and the Left and Right Extension Wires (110, 111). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Do not allow the ends of the wires to fall into the Upright. Use a piece of tape or an elastic band to hold the wires in place until step 6.**

   Slide the Upright (3) onto the Frame (1). Attach the Upright with four M8 x 19mm Patch Screws (85). **Tip: Avoid pinching the Wire Harness (46) and the Extension Wires (110, 111) during this step.**
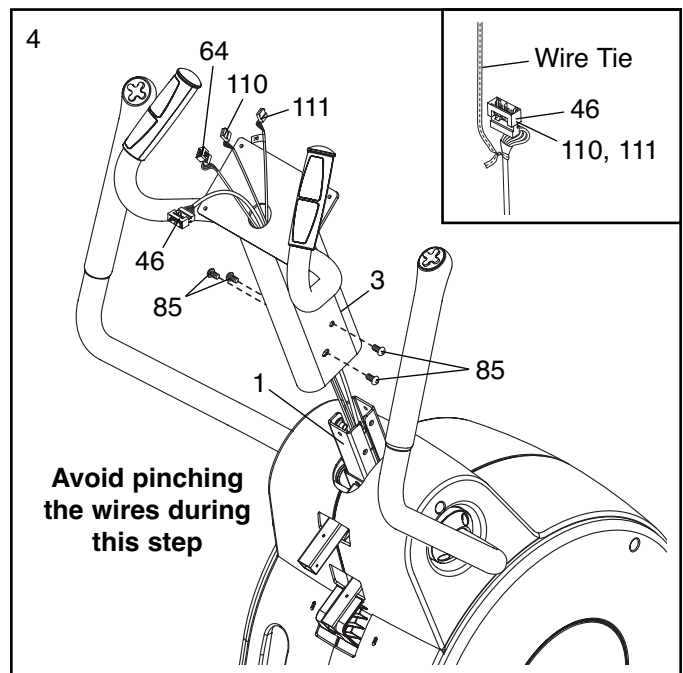
5. Slide the Upright Cover (6) downward to the bottom of the Upright (3). Reattach the Upright Cover with a #8 x 1.75" Screw (95).
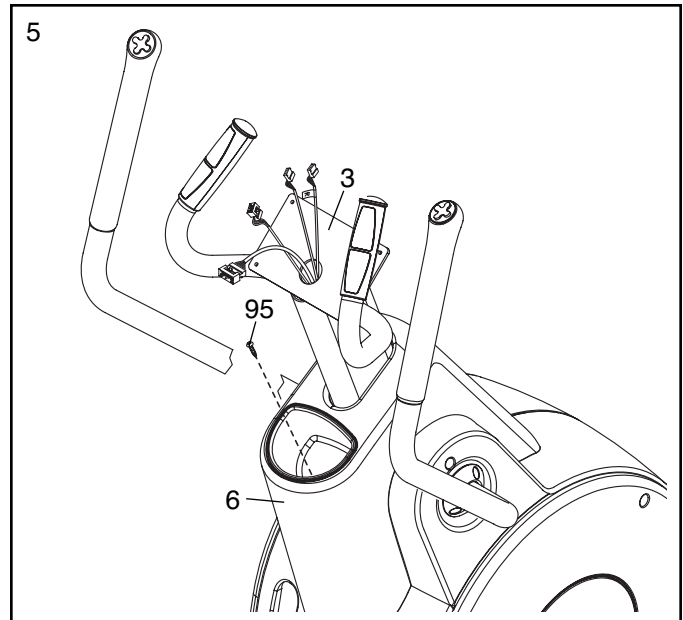
6. While a second person holds the Console (4) near the Upright (3), connect the console wire to the Wire Harness (46). Next, connect the console pulse wire to the Pulse Wire (64). Then, connect the game wire marked with an "R" tag to the Right Extension Wire (111), which is also marked with an "R" tag. Connect the other game wire to the Left Extension Wire (110). Insert the excess wire downward into the Upright.

   Tip: Avoid pinching the wires during this step. Attach the Console (4) to the Upright (3) with four M4 x 16mm Screws (90).

8
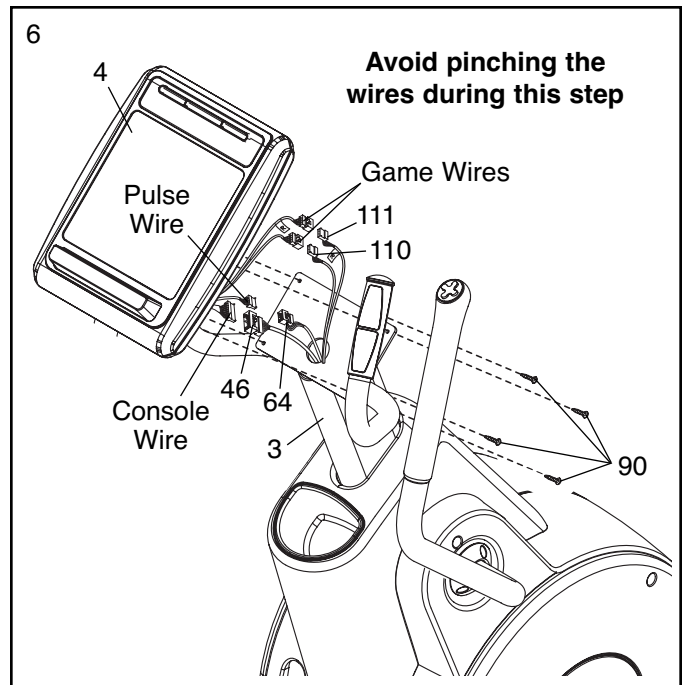
7. Identify and orient the Rear Stabilizer (2) as shown. **Tip: Remove the Ramp Cover (not shown) and set it aside until step 11.**

   Lift the Ramp (55) and slide the Rear Stabilizer (2) onto the Frame (1). **Make sure to place the Ramp on the indicated Rollers (27).**

   While a second person tips the Frame (1) forward, attach the Rear Stabilizer (2) with four M10 x 58mm Bolts (84) and four M10 Hex Nylon Locknuts (103). **Tip: To prevent squeaking, do not overtighten the Bolts.**
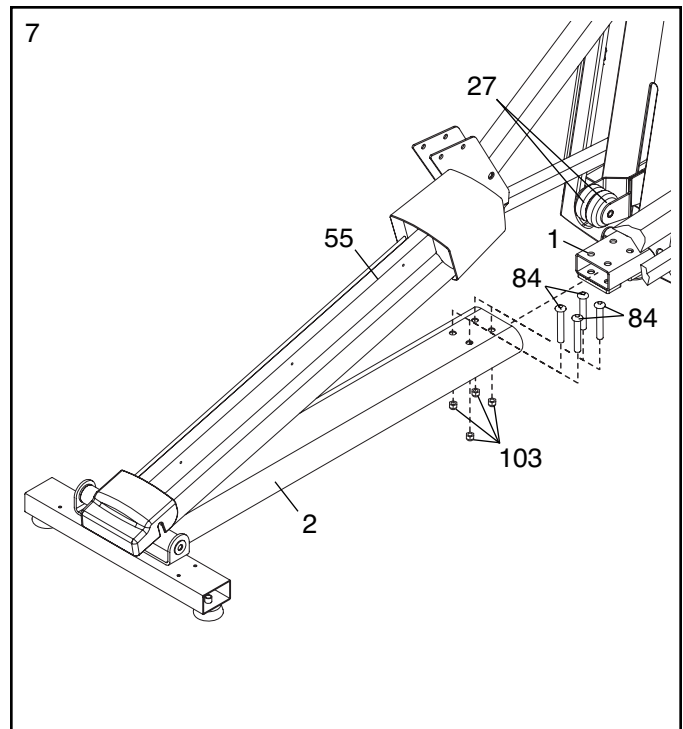
8. Cut and remove the wire tie that holds the Link Tube (30) inside the left Link Arm (25). Leave the Link Tube inside the left Link Arm and then position the Left Pedal Leg (24) and the left Link Arm as shown.

   Apply a small amount of the included grease to a Barrel Nut (76). Insert the Barrel Nut through the indicated holes in the Left Pedal Leg (24) and the left Link Arm (25). Then, insert the Barrel Nut through the Link Tube (30) inside the left Link Arm.

   Tighten an M6 x 14mm Flat Head Screw (75) into the Barrel Nut (76).
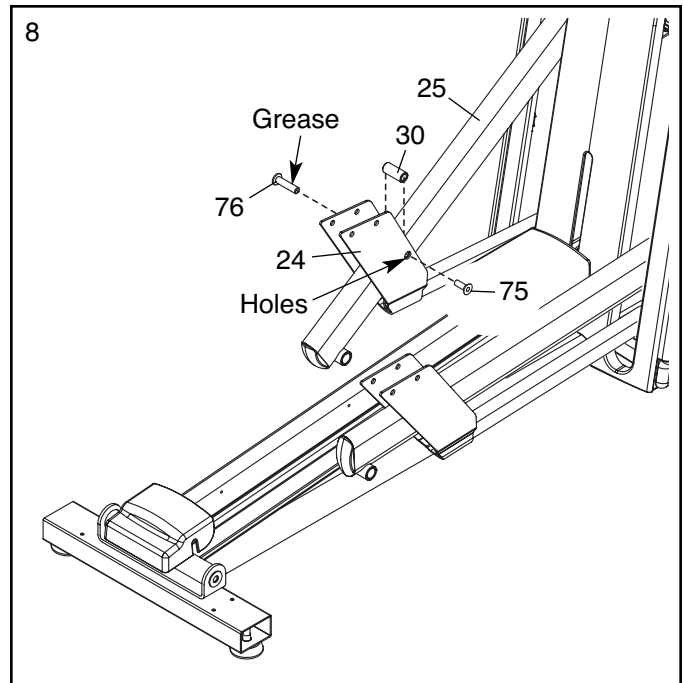
9. Insert the axle of the Roller (27) through the right Link Arm (25); **make sure that the Roller is on the inner side of the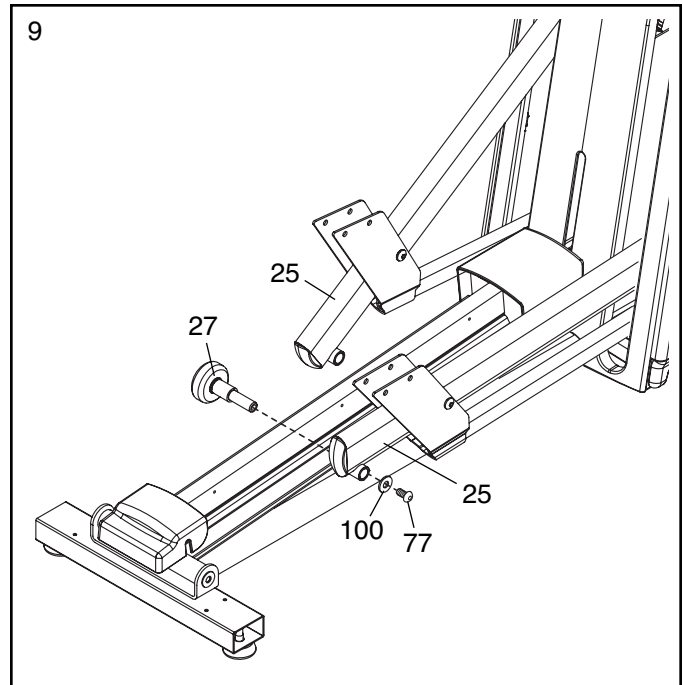 Link Arm.** Attach the Roller with an M10 x 15mm Patch Screw (77) and an M10 x 22mm x 1.5mm Washer (100). **Tip: Use a wrench to hold the axle of the Roller firmly in place while you tighten the Patch Screw into the axle.**

   Repeat this step to attach the other Roller (not shown) to the left Link Arm (25).

10. Orient a Pedal (26) as shown. Attach the Pedal to the bracket on the Left Pedal Leg (24) with two M8 x 55mm Patch Screws (115) and two M8 Hex Nylon Locknuts (80).

    Repeat this step to attach the other Pedal (26).
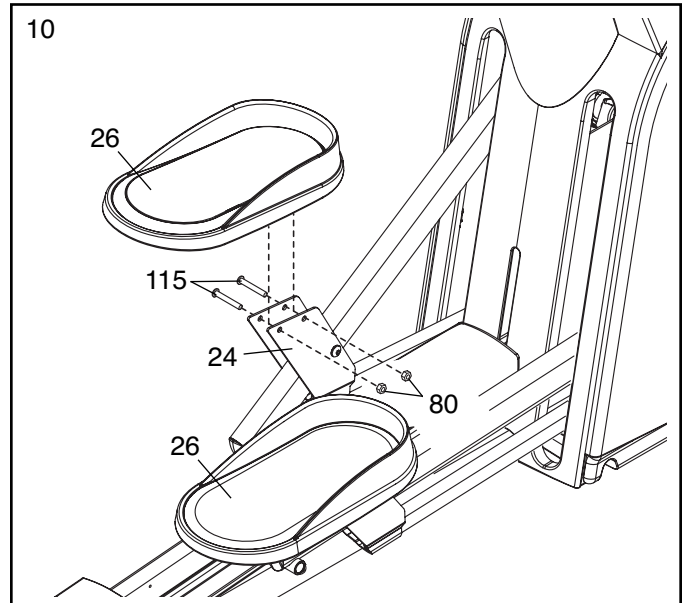
11. Orient the Ramp Cover (7) as shown. Insert the front edge of the Ramp Cover under the edge of the Front Ramp Cover (66) and then press the Ramp Cover onto the Ramp (55). Attach the Ramp Cover with six #8 x .50" Screws (92).
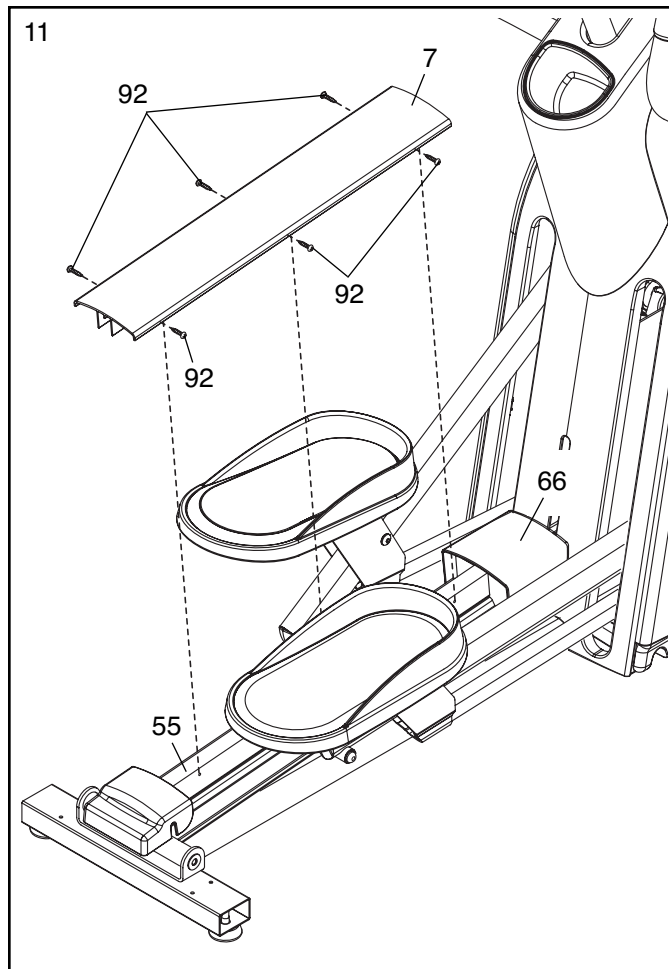
12. Remove the shipping bracket (not shown) inserted into the underside of the Frame (1). Discard the shipping bracket.

While a second person tips the Frame (1) forward, tighten a Leveling Foot (9) into the underside of the Frame.
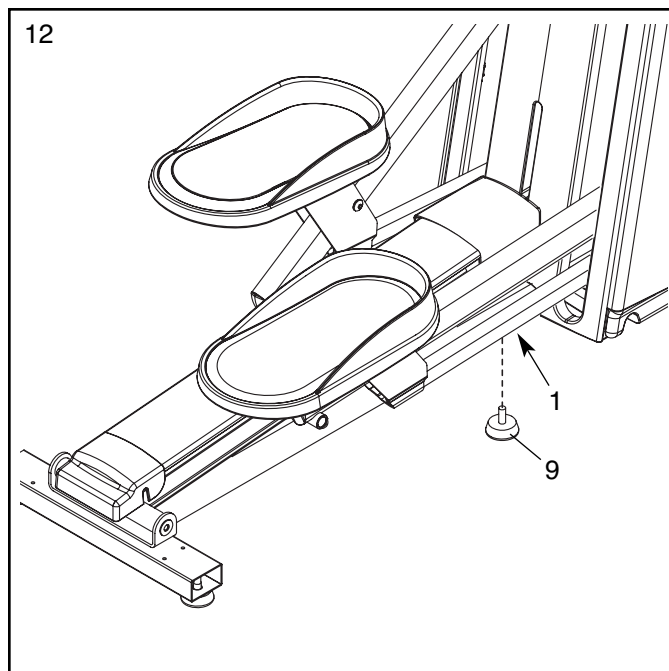
13. While a second person tips the elliptical exerciser forward, attach the Rear Stabilizer Cover (17) to the Rear Stabilizer (2) with four #8 x 2" Screws (74).
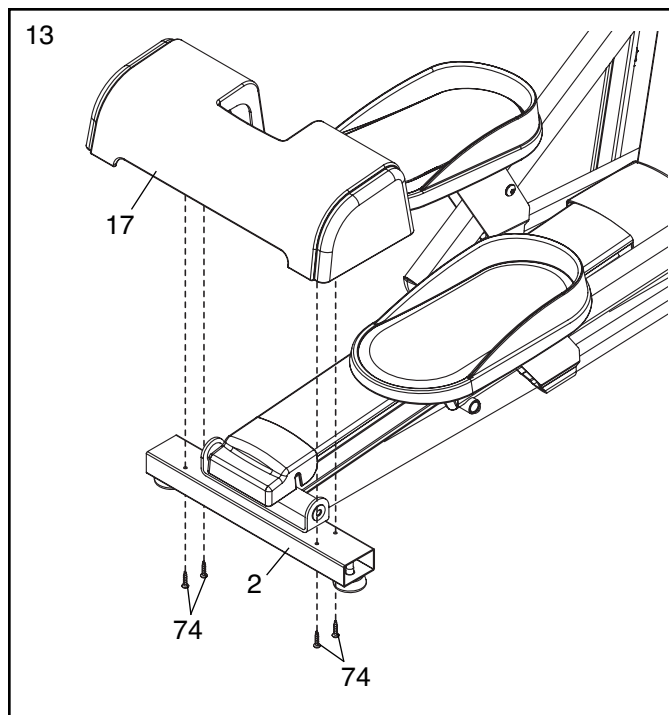
14. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

Plug the power cord into the power socket at the front of the elliptical exerciser (see HOW TO PLUG IN THE POWER CORD on page 13). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**

⚠ **DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly

Grounded Outlet Box
Adapter
Lug
Metal Screw

grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**
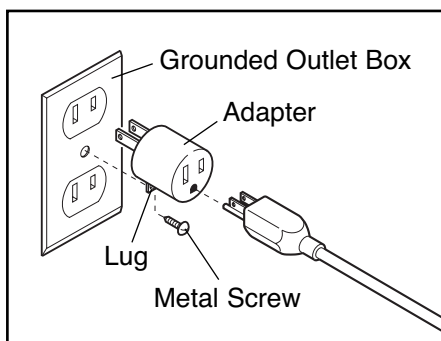
HOW TO MOVE THE ELLIPTICAL EXERCISER

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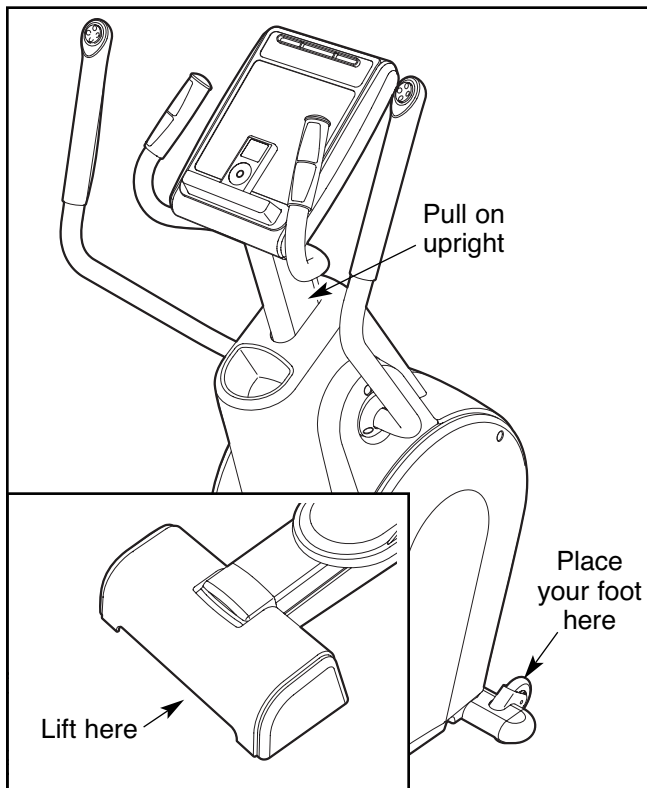
Pull on upright

Place your foot here

Lift here

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base or beneath the

Leveling Feet

front stabilizer until the rocking motion is eliminated. If the elliptical exerciser flexes during use, turn the leveling foot beneath the center of the frame.
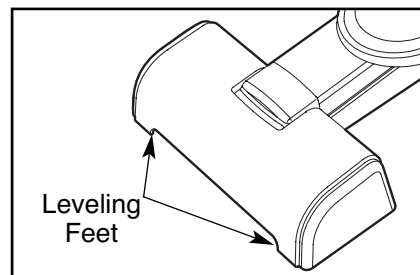
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, 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 crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow below; however, for variety, you can turn the crank arms in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser 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.

Handlebars

Pedals

Crank Arm

CONSOLE DIAGRAM

TOUCH-SCREEN *Game&Train* FITNESS GAMES

FAT BLOCKERS

TIME   GAME 1   CALORIES
4:08   65
SCORE   LEV 1
128   30
RPM

CAL DESTROYERS

BLACK JACK

TEXAS HOLD'EM

VOLUME   *i*fit   DISPLAY MODE

*i*fit WEIGHT LOSS WORKOUTS   ENTER   *i*fit CLASSIC WORKOUTS

RAMP
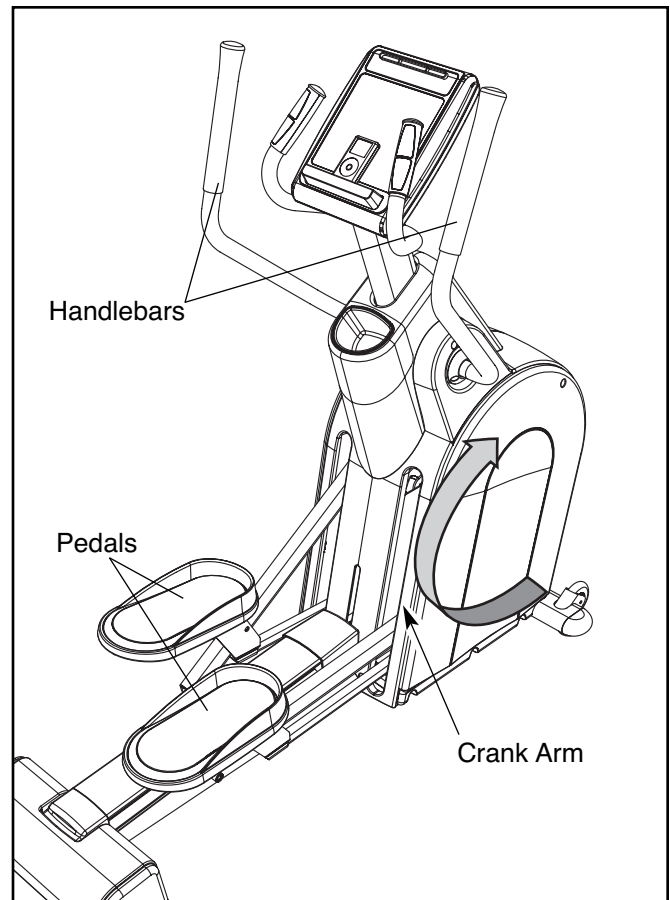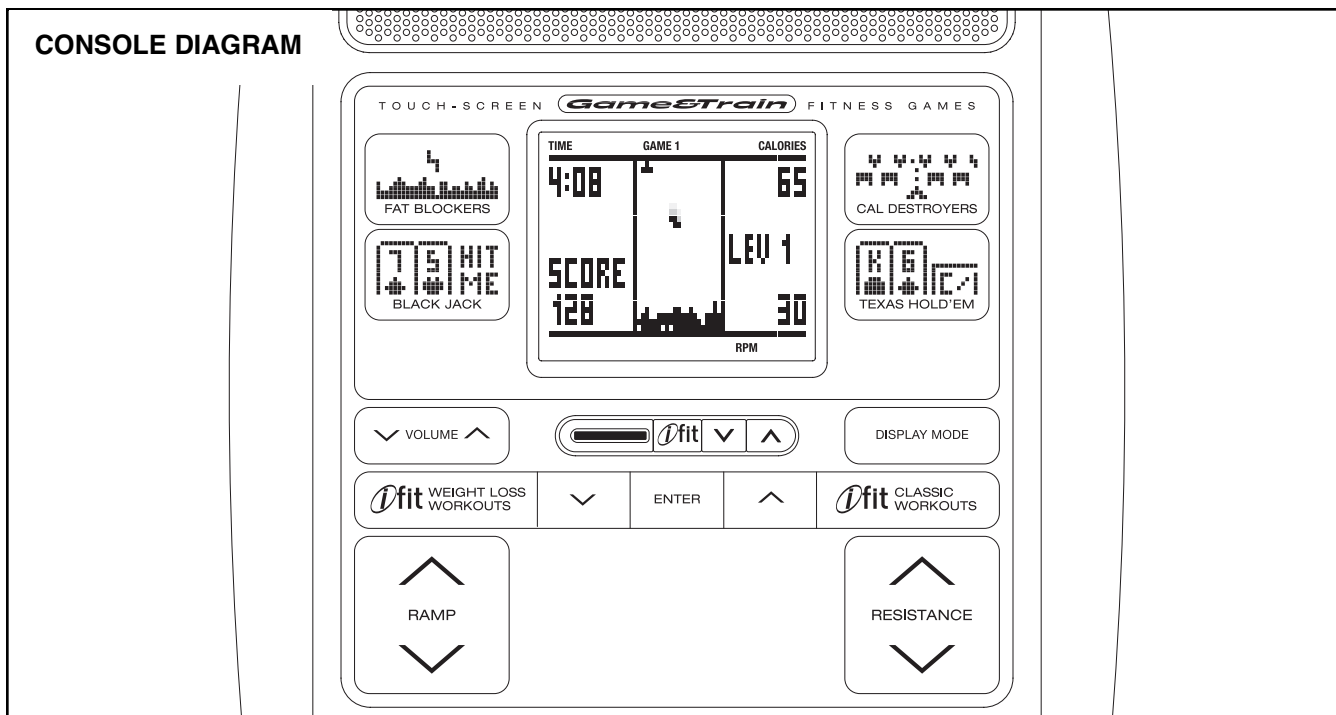
RESISTANCE

FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console offers four weight loss workouts designed to help you lose unwanted pounds. The weight loss workouts automatically control the resistance of the pedals and prompt you to vary your pace while counting the calories you burn.

In addition, the console offers twenty classic workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features four motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater your advantage! Or, use your wits and the interactive touch screen to win credits while playing the classic card game of Blackjack or Texas Hold 'Em.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System is compatible with iFIT cards containing workouts designed to help you achieve specific fitness goals. iFIT workouts control the resistance of the pedals while the voice of a personal trainer coaches you and motivates you through your workout. One demo iFIT card is included. Additional iFIT cards are available separately. **To purchase iFIT cards, go to www.iFIT.com or call the telephone number on the front cover of this manual. iFIT cards are also available at select stores.**

You can even listen to your favorite music or audio books with the console's stereo sound system while you exercise. This product has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

To use the manual mode of the console, follow the steps beginning on page 16. **To use a weight loss workout,** see page 18. **To use a classic workout,** see page 19. **To play the Fat Blocker game,** see page 20. **To play the Calorie Destroyer game,** see page 21. **To play the Blackjack game,** see page 22. **To play the Texas Hold 'Em game,** see page 23. **To use an iFIT workout**, see page 24. **To use the stereo sound system**, see page 24.

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

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode

   by pressing either of the Workouts buttons repeatedly until the word MANUAL appears in the lower left corner of the display.

3. **Begin pedaling and change the resistance of the pedals and the incline of the ramp as desired.**

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

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

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the Ramp increase and decrease buttons. Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

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

   The upper left corner of the display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.
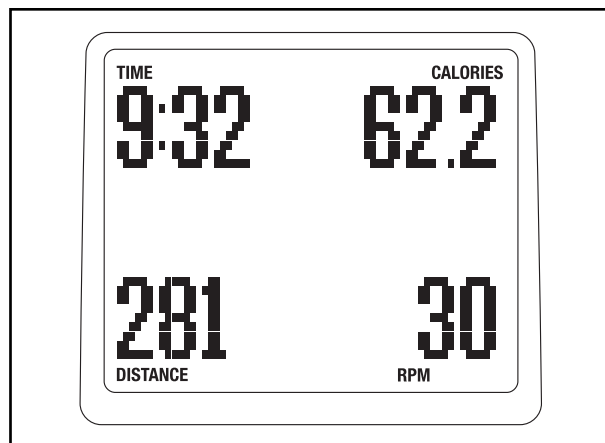
The lower left corner of the display will show the distance, in total revolutions, you have pedaled.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).

The lower right corner of the display will show your pedaling pace in revolutions per minute (rpm).

The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes. This display will also show the ramp incline level for a few seconds each time the ramp incline level changes.

You can also view selected information at a larger size. Press the Display Mode button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display Mode button again to view all information.

To adjust the volume level of the console, press the increase and decrease buttons located next to the Enter button.

The console has two backlight options. The "On" option keeps the backlight on while the console is on. The "Off" option turns the backlight off. To select a backlight option, first press and hold down the Display Mode button for several seconds. Next, press the increase button located next to the Enter button to select the desired backlight option. Then, press the Display Mode button to save your selection.

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. 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 too tightly.**
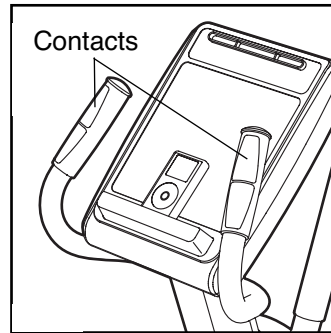
Contacts

When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 sec-onds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 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 metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

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.

HOW TO USE A WEIGHT LOSS WORKOUT

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

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a weight loss workout.**

   To select one of the four weight loss workouts, press the Weight Loss Workouts button repeatedly until the name of the desired workout

   appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.

3. **Begin pedaling or press the Start button to start the workout.**

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

   The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or the target rpm will flash 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 rpm setting for the current segment. When an

upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

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

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

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

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

   See step 4 on page 16.

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

   See step 5 on page 17.

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

   See step 6 on page 17.

HOW TO USE A CLASSIC WORKOUT

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

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a classic workout.**

   To select one of the twenty classic workouts, press the Classic Workouts button repeatedly until the name of the desired workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.
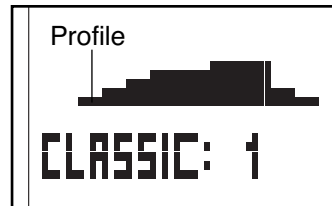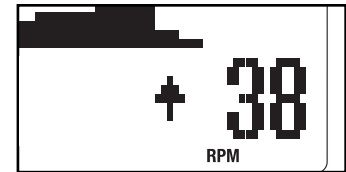
3. **Begin pedaling to start the workout.**

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

   The resistance level and the target rpm for the first segment will appear in the center of the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will flash 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 rpm setting for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

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

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

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

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

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

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

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebars to play the game. Follow the steps below to play the Fat Blocker game.

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

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Fat Blocker game.**

   To select the Fat Blocker game, press the Fat Blockers button. The words FAT BLOCKER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Fat Blocker game, a game arena will appear in the center of the display.
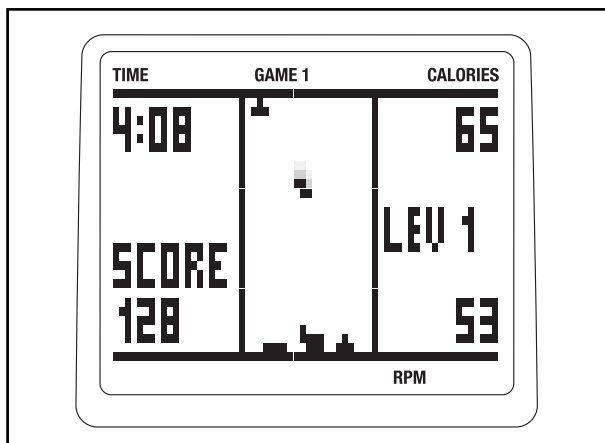
A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each

Complete Row

time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.
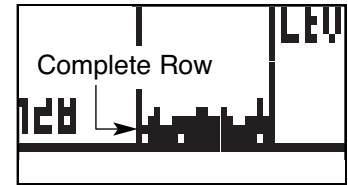
As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores.

If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset. Note: You can also use the increase, decrease, and Enter buttons on the console to enter a high score name.

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

   While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

   To pause the game, press the Display Mode button. To resume the game, press the Display Mode button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling.

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

   See step 6 on page 17.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebars to play the game. Follow the steps below to play the Calorie Destroyer game.

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

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Calorie Destroyer game.**

   To select the Calorie Destroyer game, press the Cal Destroyers button. The word DESTROYER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.
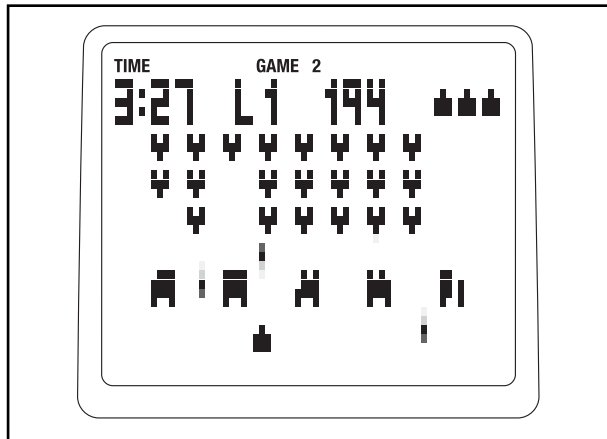
At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores.

If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset. Note: You can also use the increase, decrease, and Enter buttons on the console to enter a high score name.

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

   While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

   To pause the game, press the Display Mode button. To resume the game, press the Display Mode button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling.

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

   See step 6 on page 17.

HOW TO PLAY THE BLACKJACK GAME

Blackjack is a casino-style card game in which you compete against the dealer to win credits. Your goal during each hand of the game is to have the highest point total that does not exceed 21 points. You will use the interactive touch screen on the display to play the game. Follow the steps below to play Blackjack. **Note: For detailed instructions on how to play Blackjack, consult a card game rule book or other card game resource.**

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

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Blackjack game.**

   To select the Blackjack game, press the Black Jack button. The word BLACKJACK will appear at the top of the display.

3. **Tap the screen to start the game.**

   As you pedal, tap the screen to begin the Blackjack game. After a moment, the words PLACE YOUR BET will appear in the display. Tap the screen to select the amount you want to bet on this hand. Note: You begin each game with 500 credits. As you win or lose credits during the game, your current total will be shown in the upper right corner of the display.

   After you place a bet, a representation of a game table will appear in the display. The dealer's cards will appear in the upper left corner of the display. Your cards will appear in the lower left corner of the display. The game options will appear in three boxes on the right side of the display.
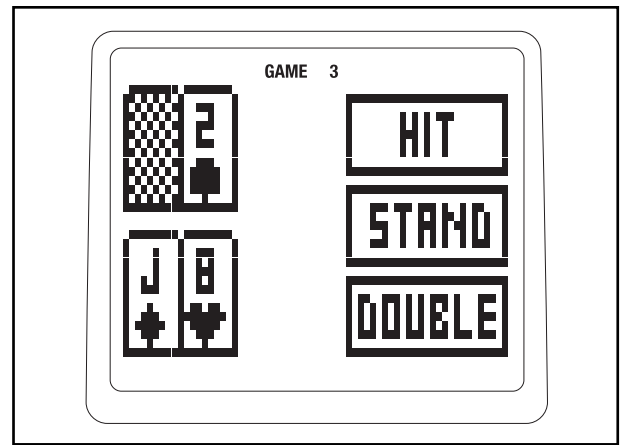
Count the point total of your cards and tap the screen to select a game option. You can choose to HIT, STAND, or DOUBLE. Repeat this action as necessary until the hand ends.

When the hand ends, the result and the point totals for you and the dealer will appear in a box on the right side of the display. To continue the game, tap the center of the screen.

The game will continue in this way indefinitely or until you have no credits available to bet. If you have no credits to bet, the words GAME OVER and the game time will appear in the display. To play Blackjack again, tap the prompt box on the screen. To exit the game at any time, press the Black Jack button.

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

   While you pedal and play the Blackjack game, the upper left corner of the display will show the elapsed time. To view additional exercise information, press the Display Mode button repeatedly.

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

   See step 6 on page 17.

HOW TO PLAY THE TEXAS HOLD 'EM GAME

Texas Hold 'Em is a popular poker game in which you compete against other players to win credits. Your objective is to form the best five-card poker hand from your two hole cards and the five community cards shared by all the players. You will use the interactive touch screen on the display to play the game. Follow the steps below to play Texas Hold 'Em.
Note: For detailed instructions on how to play Texas Hold 'Em, consult a card game rule book or other card game resource.

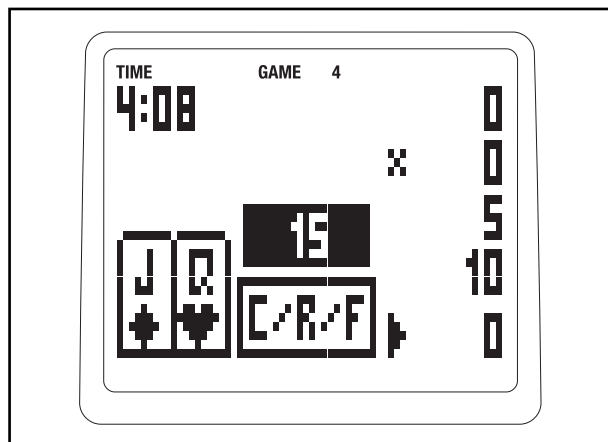1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Texas Hold 'Em game.**

   To select the Texas Hold 'Em game, press the Texas Hold'em button. The words TEXAS HOLD 'EM will appear at the top of the display.

3. **Tap the screen to start the game.**

   As you pedal, tap the screen to begin the Texas Hold 'Em game. After you start the game, a representation of a game table will appear in the display. Your hole cards will be shown in the lower left corner of the display. The number of credits in the pot will be shown in the black box in the center of the display. The amount bet by each player will be shown along the right side of the display. A game option box will be shown below the pot.

   TIME   GAME   4
   4:08   0

                         ✕   0

                    15   5

         J Q   **C/R/F** ▸   10

                                    0

   During the game, player information will appear along the right side of the display. Your player information is located in the lower right corner of the display. The black X in the display indicates the location of the dealer button. The black arrow indicates which player's turn it is.

When it is your turn, assess your cards and tap the C/R/F game option box to make a betting decision; you can choose to CALL, RAISE, or FOLD. You can also tap the CARDS box to view your cards and any community cards on the table before making a decision. Note: In some circumstances, you can choose to CHECK instead of CALL.

If you decide to RAISE, tap the upward and downward arrow boxes to select the desired number of credits, and then tap the OK box.

After you make your betting decision, play will continue with the other players. Continue to make betting decisions throughout the betting rounds and the deals. When the flop is dealt, three cards will appear in the upper left area of the display. Additional cards will appear in this area when the turn and river are dealt. Assess these cards and make betting decisions as before. During the game, the other players may fold, bust, or continue to a showdown.

The player with the best five-card hand in any combination of hole and community cards will win the showdown.

After the showdown, the word WINS: will appear in the center of the display. The number of credits won by each player will be shown along the right side of the display. To view the cards held by the other players, tap the number of credits won by each player.

The game will continue in this way until you win all the other players' credits or until you have no credits available to bet. To exit the game at any time, press the Texas Hold'em button.

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

   While you pedal and play the Texas Hold 'Em game, the upper left corner of the display will show the elapsed time. To view additional exercise information, press the Display Mode button repeatedly.

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

   See step 6 on page 17.

HOW TO USE AN IFIT WORKOUT

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

A moment after you begin pedaling or press a button, the display will light.

2. Insert an iFIT card and select a workout.

To use an iFIT workout, 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 words will appear in the display.
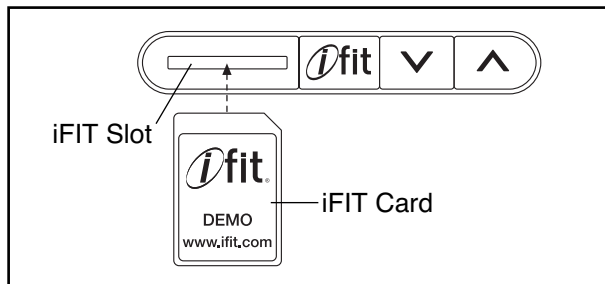
Next, select the desired workout on the iFIT card by pressing the increase and decrease buttons next to the iFIT slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFIT workouts function in the same way as classic workouts. To use the workout, see steps 3 to 6 on page 19.

3. When you are finished exercising, remove the iFIT card.

Remove the iFIT card when you are finished exercising. Store the iFIT card in a secure place.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, you must connect your iPod®, CD player, or personal audio player through the audio jack or through the Integrated Universal Dock for iPod®.

To use the audio jack, plug an audio cable (not included) into the jack on the console and into a jack on your iPod, MP3 player, or CD player. **Make sure that the audio cable is fully plugged in.**

This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards. To use the iFit® Universal iPod® Connector, plug one end into the Integrated Universal Dock for iPod and plug the other end into your iPod. **Make sure that the iFit Universal iPod Connector is fully plugged in.**

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

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, 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.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

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

EXERCISE GUIDELINES

⚠ 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.

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
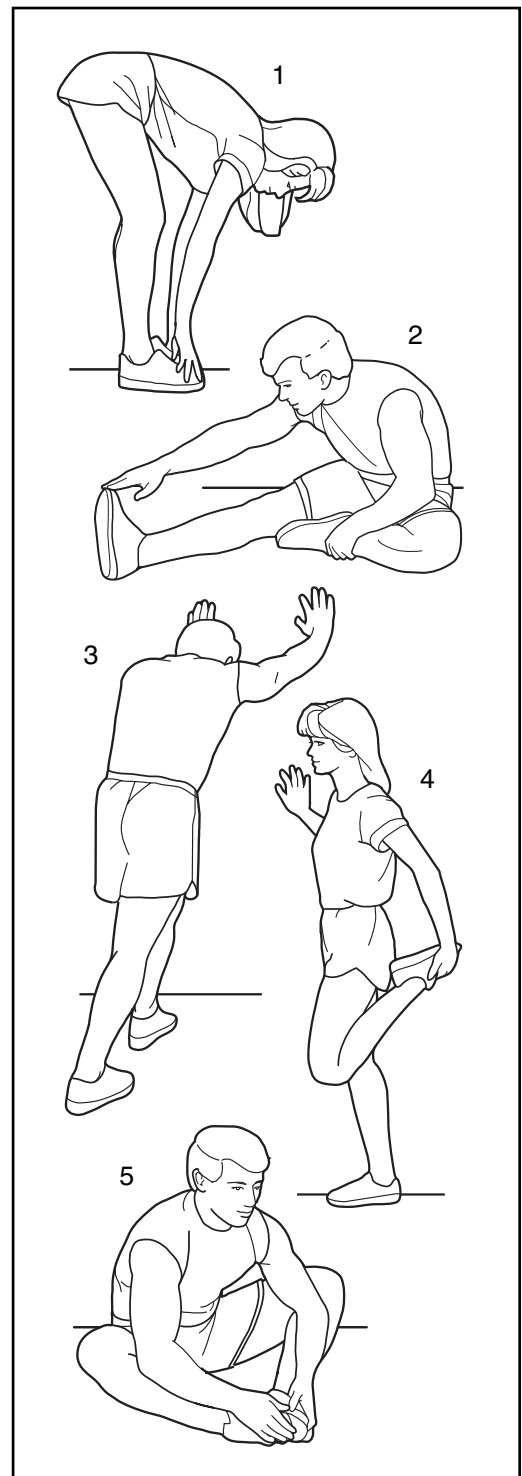
PART LIST—Model No. NTEL00907.0

| Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	1	Belt
2	1	Rear Stabilizer	44	2	Control Grip
3	1	Upright	45	2	Link Arm Endcap
4	1	Console	46	1	Wire Harness
5	1	Shield Cover	47	1	Power Harness
6	1	Upright Cover	48	1	Left Pedal Bracket
7	1	Ramp Cover	49	1	Front Stabilizer
8	2	Wheel	50	2	Stabilizer Endcap
9	5	Leveling Foot	51	1	Transformer
10	1	Eddy Mechanism	52	1	Control Board
11	2	Pedal Leg Tube	53	1	Control Box
12	1	Idler	54	1	Control Box Cover
13	1	Pulley	55	1	Ramp
14	1	Crank	56	1	Lift Bracket
15	6	Crank Bearing	57	1	Lift Motor
16	1	Resistance Motor	58	1	Tube Brace
17	1	Rear Stabilizer Cover	59	1	Lift Axle
18	2	Magnet	60	1	Pivot Pin
19	10	Pivot Bushing	61	1	Hairpin
20	1	Clamp	62	2	Roller Spacer
21	1	Reed Switch/Wire	63	1	Ramp Axle
22	1	Left Handlebar	64	2	Pulse Grip/Wire
23	1	Left Upper Body Arm	65	2	Cover Plate
24	1	Left Pedal Leg	66	1	Front Ramp Cover
25	2	Link Arm	67	1	Rear Ramp Cover
26	2	Pedal	68	1	Power Receptacle
27	4	Roller	69	5	Custom Clip
28	4	Weld Spacer	70	4	Hood Clip
29	2	Roller Axle	71	2	M6 x 9mm Patch Screw
30	2	Link Tube	72	2	M8 x 50mm Hex Screw
31	2	Crank Arm	73	2	Large Snap Ring
32	2	Key	74	4	#8 x 2" Screw
33	1	Left Side Shield	75	2	M6 x 14mm Flat Head Screw
34	2	Upper Body Endcap	76	2	Barrel Nut
35	1	Rear Handle Cover	77	2	M10 x 15mm Patch Screw
36	1	Right Handlebar	78	2	M10 x 120mm Patch Screw
37	1	Right Upper Body Arm	79	1	M10 x 50mm Button Screw
38	1	Right Pedal Leg	80	5	M8 Hex Nylon Locknut
39	1	Right Pedal Bracket	81	20	M6 x 12mm Patch Screw
40	1	Right Side Shield	82	2	M8 x 50mm Patch Screw
41	1	Pivot Axle	83	2	M8 x 16mm x 2mm Washer
42	1	Crank Arm Spacer	84	4	M10 x 58mm Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
85	4	M8 x 19mm Patch Screw	102	2	M10 x 89mm Hex Screw
86	16	#8 x .75" Screw	103	7	M10 Hex Nylon Locknut
87	1	Left Handlebar Wire	104	2	#8 x .313" Screw
88	1	Right Handlebar Wire	105	2	M8 Hex Nylon Locknut Cls10.9
89	2	Game Controller	106	1	M8 x 78mm Patch Screw
90	4	M4 x 16mm Screw	107	2	Pedal Insert
91	6	M4 x 10mm Screw	108	6	M6 x 18mm Patch Screw
92	14	#8 x .50" Screw	109	4	M6 Nylon Locknut
93	2	Small Snap Ring	110	1	Left Extension Wire
94	3	M4 x 16mm T Screw	111	1	Right Extension Wire
95	1	#8 x 1.75" Screw	112	2	Ground Wire
96	2	M8 Nylon Locknut	113	1	Lift Motor Wire
97	5	#8 x .50" Cupped Screw	114	1	Power Cord
98	6	M10 x 29mm x 2mm Washer	115	4	M8 x 55mm Patch Screw
99	4	Pedal Leg Bushing	*	–	Hex Key
100	2	M10 x 22mm x 1.5mm Washer	*	–	Grease Packet
101	6	M10 x 20mm Patch Screw	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
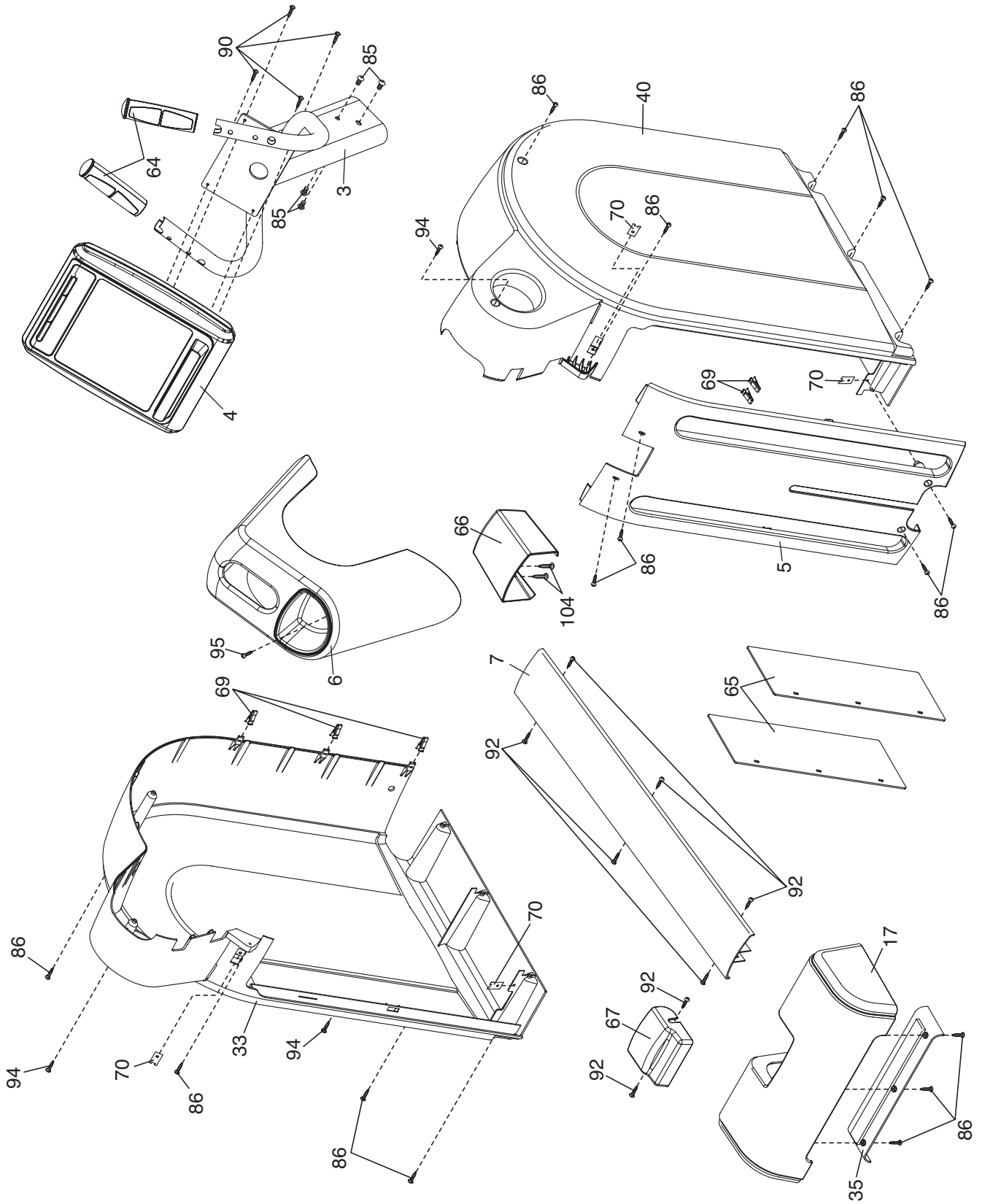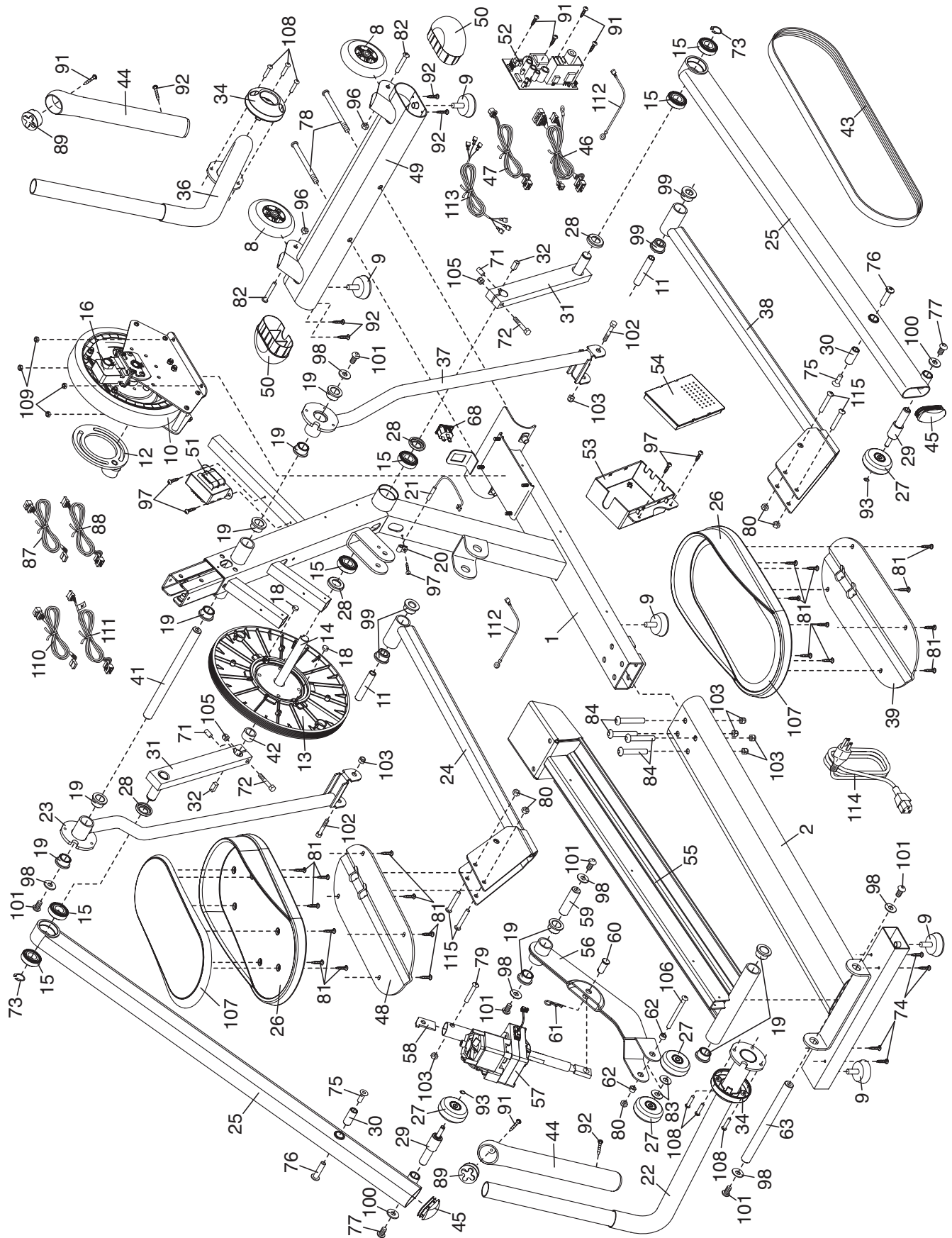
ORDERING REPLACEMENT PARTS

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)