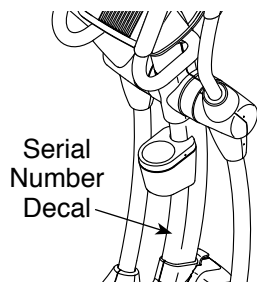


NordicTrack® SPACESAVER SE7i

Model No. NTEL99421-INT.2

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

UNITED KINGDOM

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

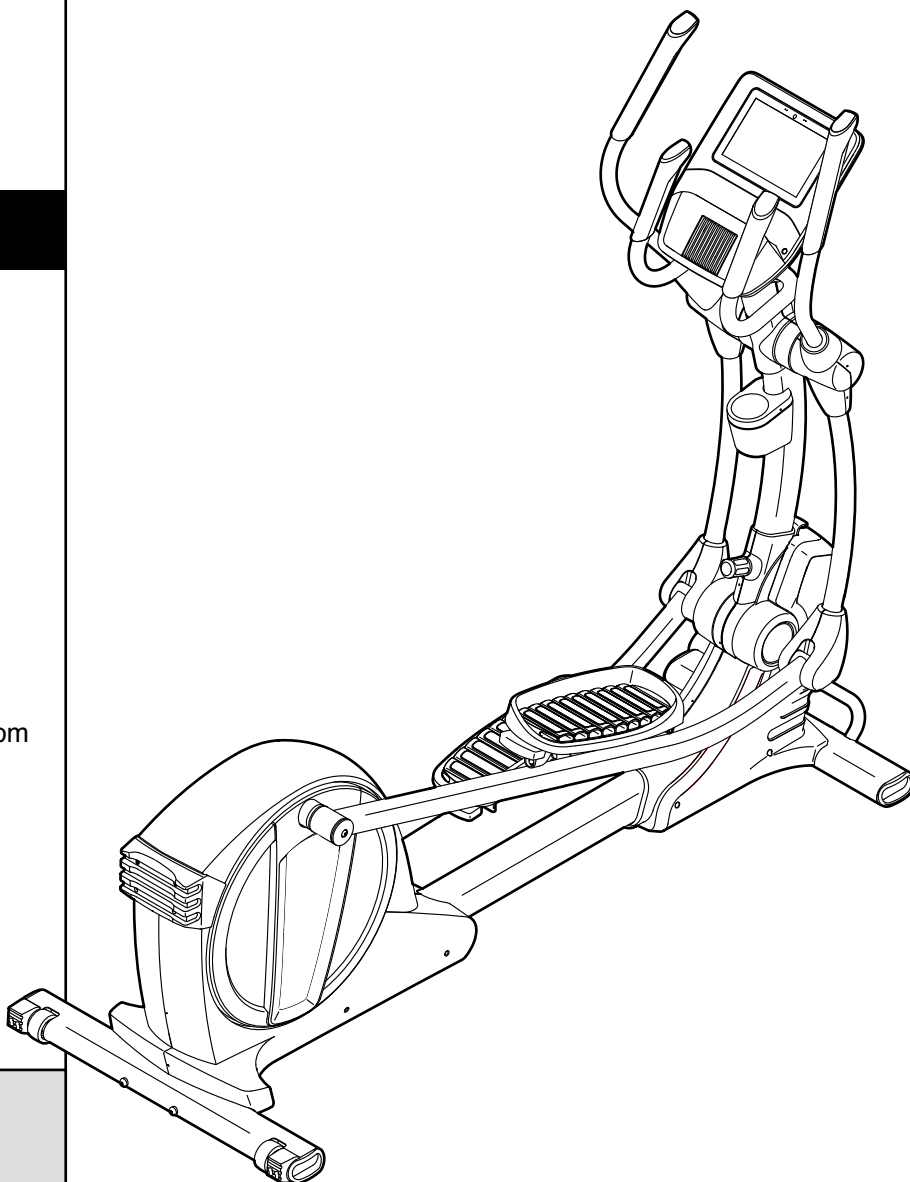
Write:

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

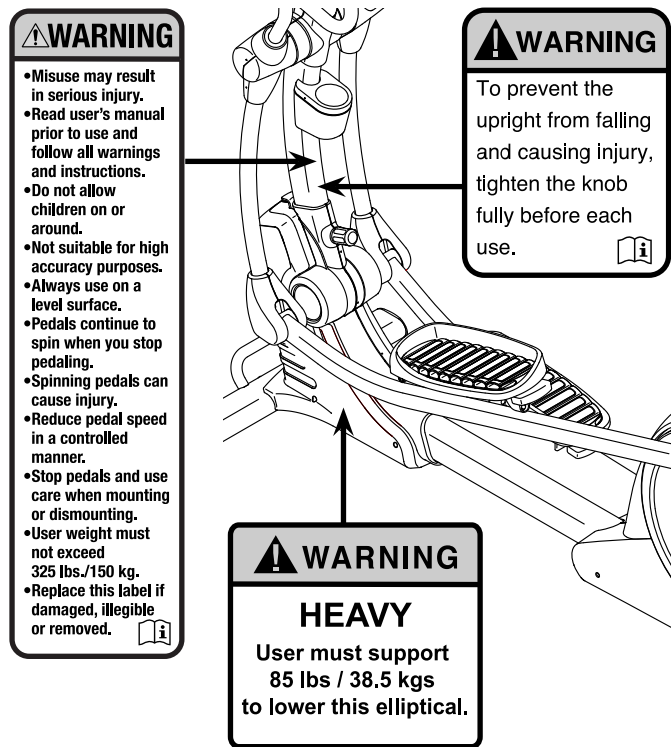
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.
5. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Always plug the power adapter into the elliptical before you plug it into an outlet.
12. Do not attempt to place the elliptical in the storage position until it is properly assembled and the upright is folded. You must be able to safely support 100 lbs. (45 kg) to place the elliptical in the storage position.
13. The elliptical should not be used by persons weighing more than 325 lbs. (150 kg).
14. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
15. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.
16. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
17. Keep your back straight while using the elliptical; do not arch your back.
18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

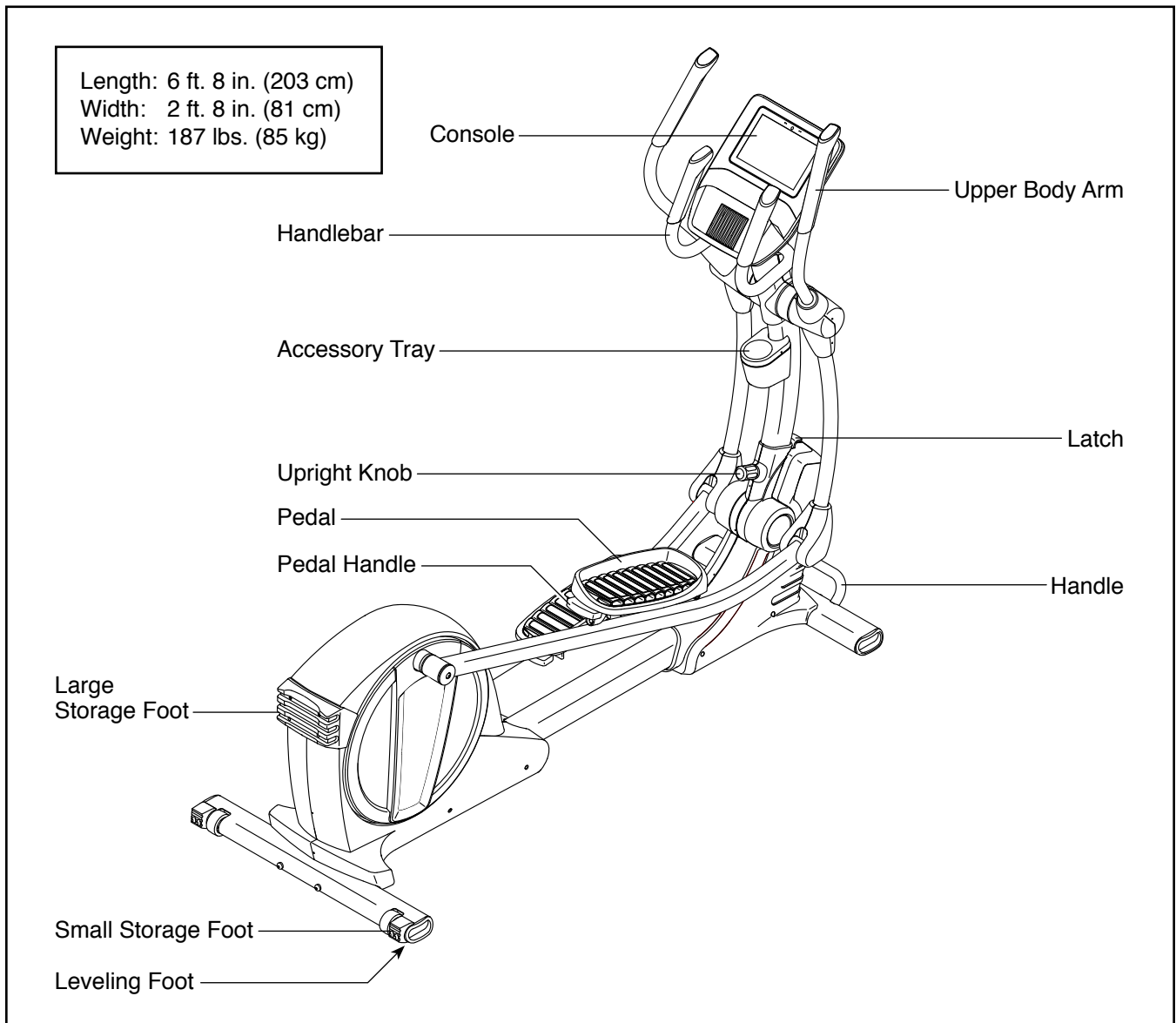
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® SPACESAVER SE 71 elliptical. The SPACESAVER SE 71 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after

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

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



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

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

one Phillips screwdriver



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

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

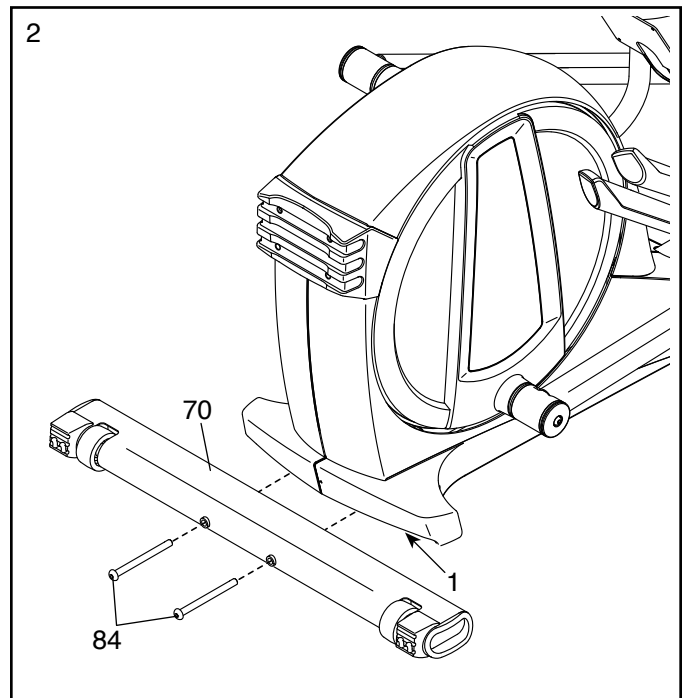
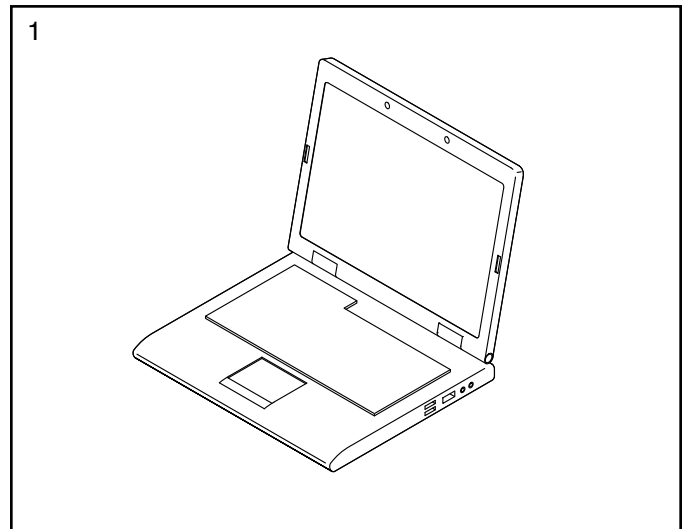
To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. With the help of another person, place some packing inserts from the packing material under the rear of the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical to prevent it from moving from side to side until this step is completed.**

If there are shipping supports attached to the rear of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

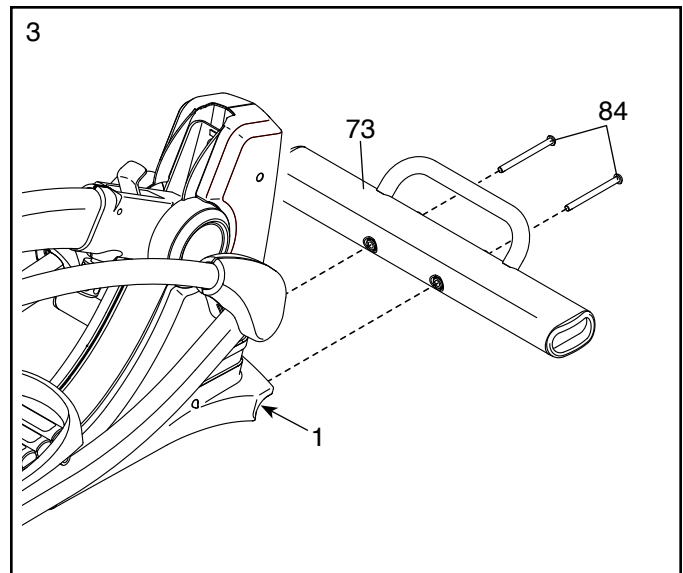
Next, attach the Rear Stabilizer (70) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Rear Stabilizer.



3. With the help of another person, place some packing inserts from the packing material under the front of the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical to prevent it from moving until this step is completed.**

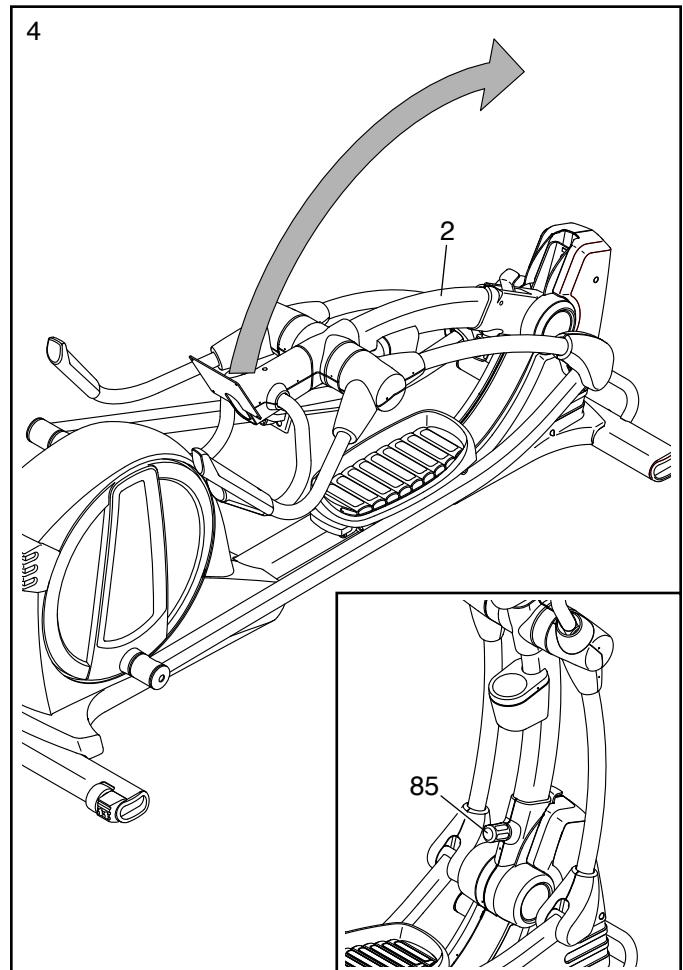
If there are shipping supports attached to the front of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

Next, attach the Front Stabilizer (73) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Front Stabilizer.



4. With the help of a second person, raise the Upright (2) to the vertical position.

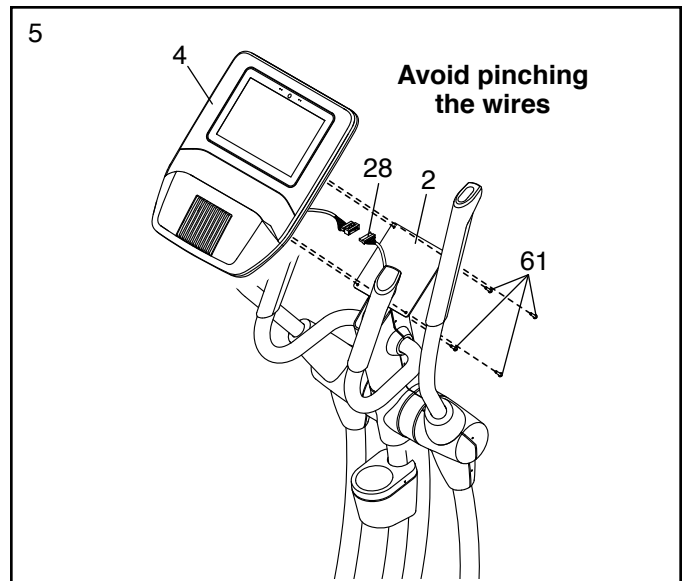
See the inset drawing. Tighten the Upright Knob (85).



5. While a second person holds the Console (4) near the Upright (2), connect the Main Wire (28) to the wire on the Console. **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

Insert the excess wire into the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (61); **start all the Screws, and then tighten them.**



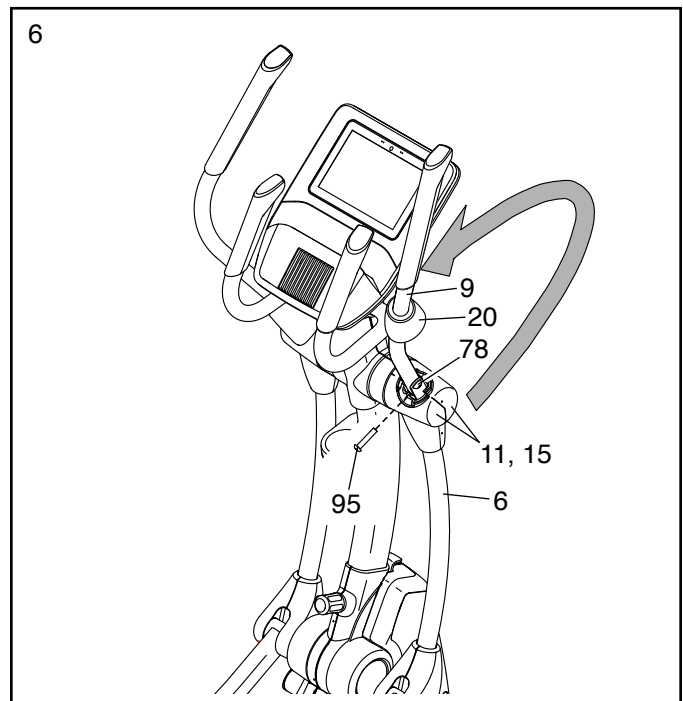
6. Rotate the Right Upper Body Arm (9) to the position shown.

Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (6) with an M10 x 50mm Screw (95).

Next, tighten the indicated M10 x 45mm Hex Screw (78).

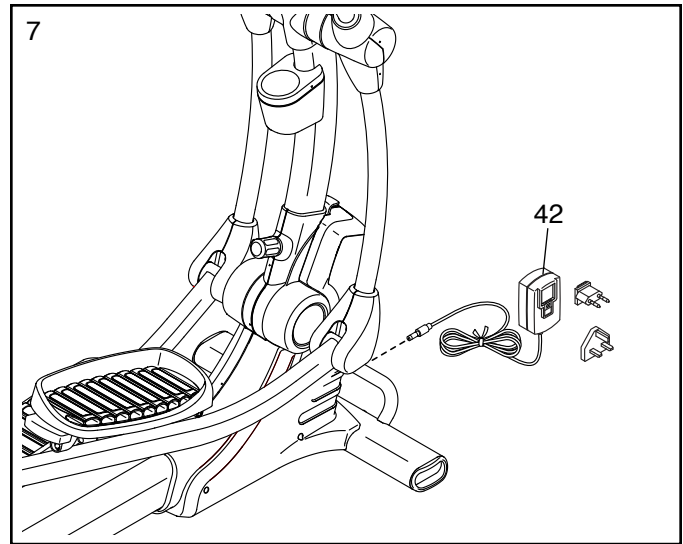
Then, press the Upper Body Arm Cover (20) downward and turn it so that it is flush with the Right Leg Front and Rear Covers (11, 15).

Repeat this step on the other side of the elliptical.



7. Plug the Power Adapter (42) into the receptacle on the front of the elliptical.

Note: To plug the Power Adapter (42) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 9.



8. **Make sure that all parts of the elliptical are properly tightened.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

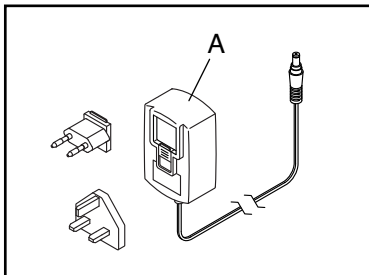
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

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

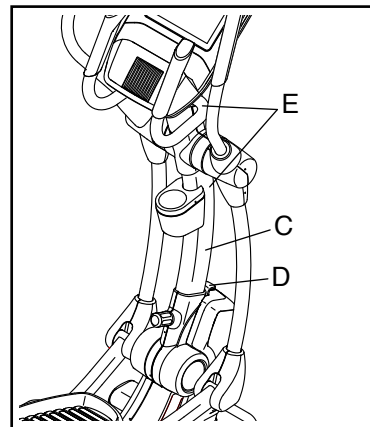
IMPORTANT: Always plug the power adapter (A) into the elliptical before you plug it into an outlet.

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

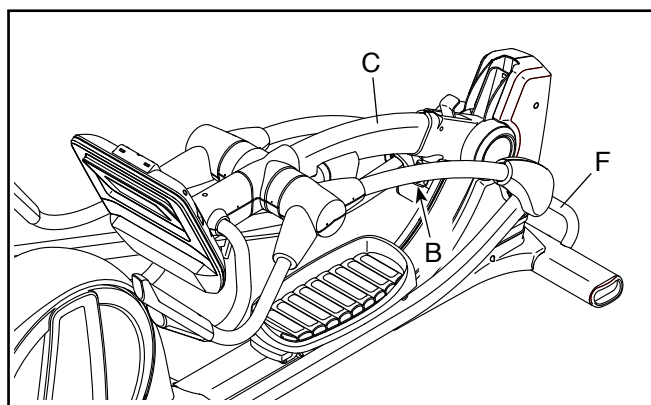


Next, push the upright (C) in the opposite direction slightly, lift the latch (D), and then lower the upright to the folded position.

Hold the upright in one of the indicated locations (E) while you lower the upright; do not hold the upper body arms.



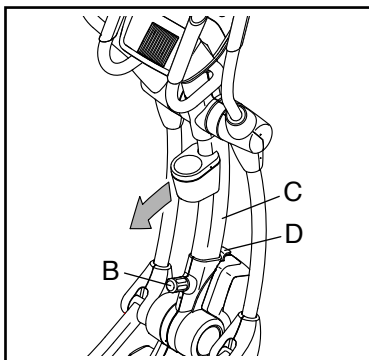
Next, hold the handle (F) on the front stabilizer and lift the elliptical until it will roll on the wheels (not shown) on the rear stabilizer. Then, carefully move the elliptical to the desired location, and lower it to the floor.



HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor.

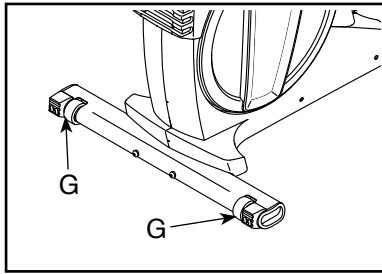
First, loosen the upright knob (B). Next, pull the upright knob, and pull the upright (C) in the direction shown by the arrow until the latch (D) stops the upright. Then, release the upright knob.



When you are finished moving the elliptical, lift the upright (C) to the vertical position and tighten the upright knob (B).

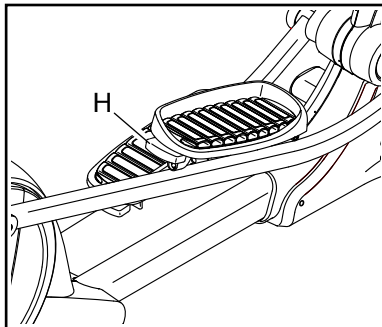
HOW TO LEVEL THE ELLIPTICAL

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



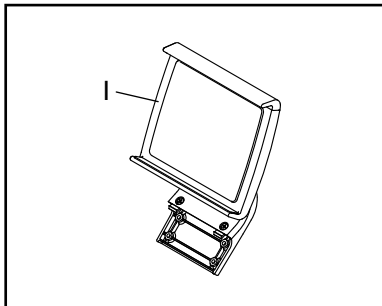
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (H) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**



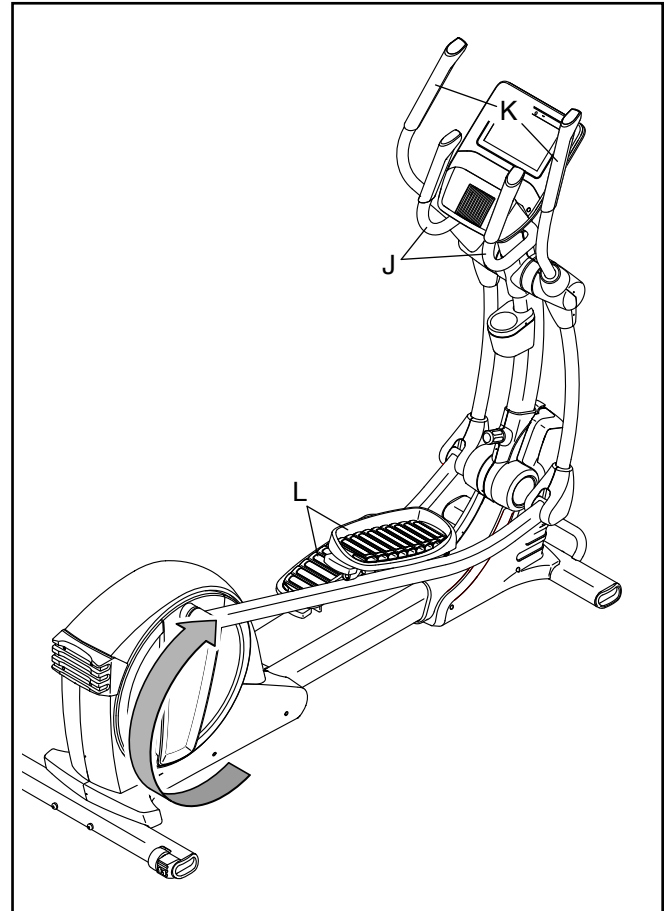
THE OPTIONAL TABLET HOLDER

The optional tablet holder (I) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**



HOW TO EXERCISE ON THE ELLIPTICAL

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



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

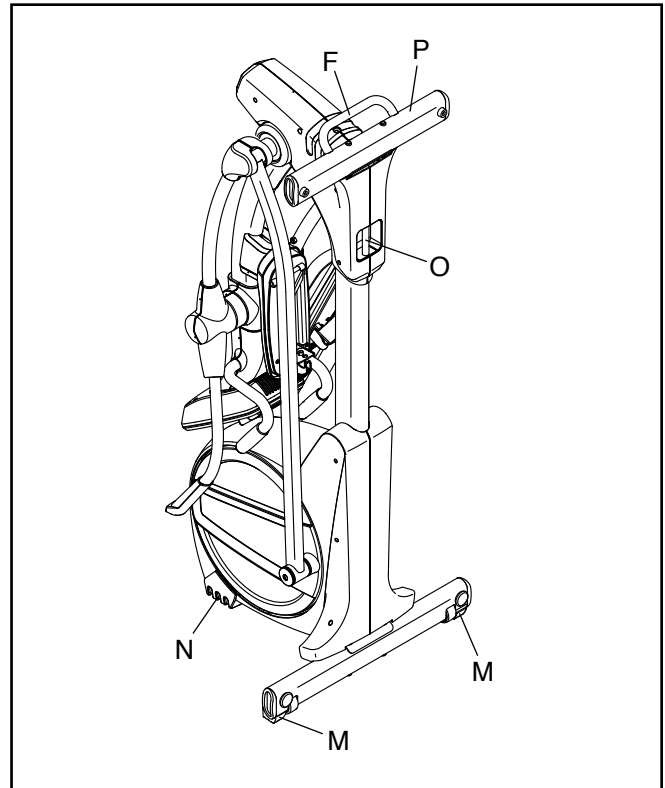
HOW TO STORE THE ELLIPTICAL

Due to the size and weight of the elliptical, storing it requires two persons. **CAUTION: You must be able to safely lift 85 lbs. (38.5 kg) to lift, store, and lower the elliptical.**

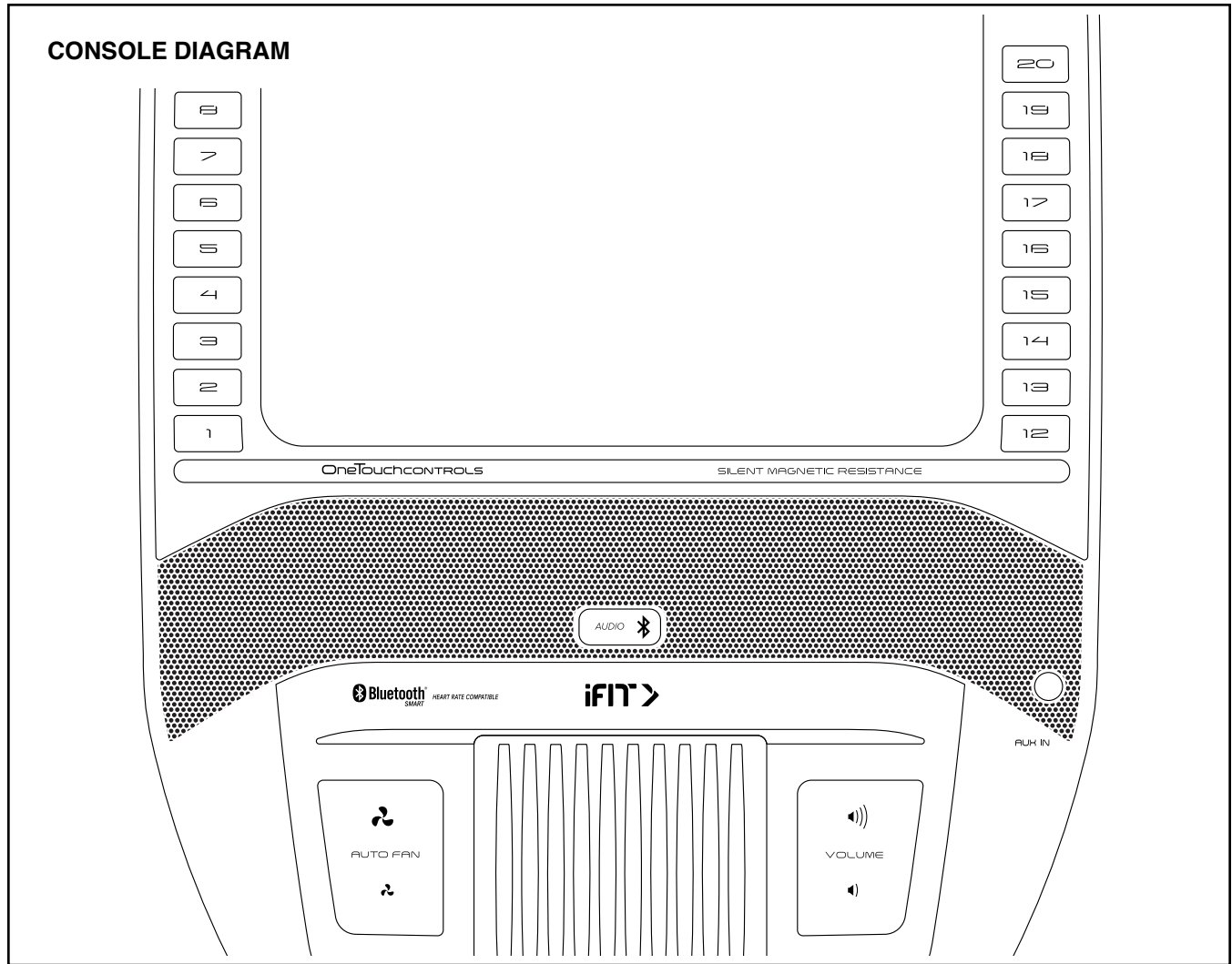
See HOW TO MOVE THE ELLIPTICAL on page 9 and lower the upright to the folded position.

Next, hold the handle (F) on the front stabilizer and lift the elliptical to the upright position so that it is resting on the small and large storage feet (M, N).

To lower the elliptical for use, first hold the handle (O) on the frame with one hand and hold the front stabilizer (P) with your other hand. Next, pull the frame towards you and lower it until you can reach the handle (F) on the front stabilizer. Then, hold the handle on the front stabilizer with both hands and finish lowering the elliptical to the floor.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFIT. With iFIT, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console offers a selection of featured workouts. Each workout automatically controls the

resistance of the pedals as it guides you through an effective exercise session.

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

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

To turn on and turn off the console, see page 13. To learn how to use the touch screen, see page 13. To set up the console, see page 13.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the elliptical. See HOW TO PLUG IN THE POWER ADAPTER on page 9. When the power adapter is plugged in, simply touch the screen or press any button on the console to turn on the console.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause.

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

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

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before you use the elliptical for the first time, set up the console.

1. Connect to your wireless network.

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone. Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

3. Log into or create an iFIT account.

Follow the prompts on the screen to log into your iFIT account or to create an iFIT account.

4. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see page 14. **To use the sound system**, see page 15. **To use a featured workout**, see page 16. **To create a draw-your-own-map workout**, see page 18. **To use an iFIT workout**, see page 19. **To change console settings**, see page 21. **To connect to a wireless network**, see page 22.

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

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE CONSOLE on page 13. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen.

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

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

3. Change the resistance of the pedals as desired.

Touch *Manual Start* and begin pedaling.

To change the resistance of the pedals, press the numbered Resistance buttons on the console or touch the Resistance sliders on the screen.

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

Note: To view the resistance sliders on the screen, touch the screen in any open space and then touch the controls options to enable this feature.

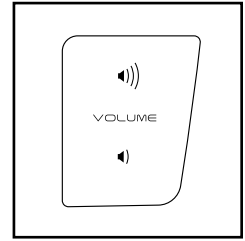
4. Follow your progress.

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

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the screen in any open space to view even more display mode options.

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



To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

To end the workout session, touch the screen, touch the pause option, and then follow the prompts on the screen to end the workout and return to the home screen.

5. Wear a compatible heart rate monitor and measure your heart rate if desired.

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

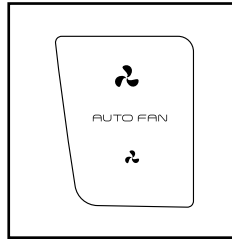
A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 15 for information about ordering one.

The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases.



Press the Auto Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

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

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

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE THE SOUND SYSTEM

Connect with an Audio Cable

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

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

Connect Your Device with Bluetooth

If the console has a Bluetooth Audio button, you can connect your Bluetooth-compatible device to play audio through the console sound system.

1. Place or hold your Bluetooth-compatible device near the console.

2. Enable the Bluetooth setting on your device.

3. Pair your device to the console.

Press and hold the Bluetooth Audio button on the console for 3 seconds. The Bluetooth Audio button will begin flashing and the console will enter pairing mode. When your device and the console pair successfully, the audio from your device will play through the console sound system.

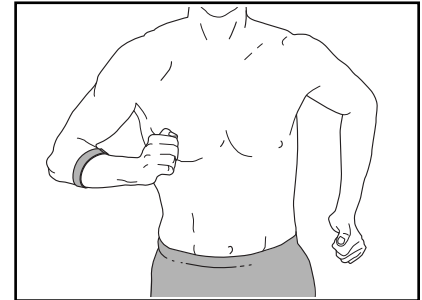
Note: The console can save 8 devices in its memory. If you have previously paired your device to the console, you can simply press the Bluetooth Audio button to connect your device to the console.

4. Erase the console device memory if necessary.

If you need to erase all the Bluetooth-compatible devices saved in the console memory, press and hold the Bluetooth Audio button for 10 seconds.

THE OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a heart rate monitor, please see the front cover of this manual.**



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

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 22).

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

See HOW TO TURN ON THE CONSOLE on page 13. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen or the workout library.

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

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

3. Select a workout.

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 19).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 18.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target speed.

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

If the resistance level is too high or too low, you can manually override the setting by pressing the Resistance buttons (see step 3 on page 14).

To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance. To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

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

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you wear a compatible heart rate monitor (see step 6). To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

To follow your progress with the display modes, see step 4 on page 14.

To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

To end the workout session, touch the screen, touch the pause option, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 19) or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

5. Wear headphones if desired.

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

6. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 5 on page 14.

7. Turn on the fan if desired.

See step 6 on page 15.

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

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

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

See HOW TO TURN ON THE CONSOLE on page 13. Note: It may take a few moments for the console to be ready for use.

2. Select a draw-your-own-map workout.

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

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

3. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

4. Save your workout.

Touch the options on the screen to save your workout. If desired, enter a title and description for your workout.

5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 16).

6. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 5 on page 14.

7. Turn on the fan if desired.

See step 6 on page 15.

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

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, you must be logged into your iFIT account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 22).

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

See HOW TO TURN ON THE CONSOLE on page 13. Note: It may take a few moments for the console to be ready for use.

2. Select the home screen.

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

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

3. Log in to your iFIT account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFIT account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. Select an iFIT workout from the home screen or the workout library.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select an iFIT workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

The featured iFIT workouts shown on the home screen will change periodically.

The workout library contains all of the iFIT workouts available for the elliptical, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

When you select an iFIT workout, the screen will show an overview of the workout that includes details such as the duration of the workout and the approximate number of calories you will burn during the workout.

You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

5. Schedule an iFIT workout on the calendar if desired.

If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

6. Create a list of favorite iFIT workouts if desired.

To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

7. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 16).

8. Wear headphones if desired.

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

9. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 5 on page 14.

10. Turn on the fan if desired.

See step 6 on page 15.

11. When you are finished exercising, turn off the console.

See HOW TO TURN OFF THE CONSOLE on page 13.

For more information about iFIT, go to [iFIT.com](https://www.ifit.com).

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 13). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout
- Manage Accounts

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

About

- Legal

3. Customize workout settings.

To customize workout settings and enable workout features, touch *In Workout*, and then touch the desired settings.

When the active pulse feature is enabled, the console will scale the intensity level of workouts based on your heart rate. To enable the active pulse feature, touch the active pulse toggle. Then, select your resting and maximum heart rates and adjust related settings as desired.

4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings*, and then touch the desired settings.

The console can display speed and distance in either standard or metric units of measurement.

5. View machine information or console app information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your elliptical or about the console app.

6. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not turn off the console while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

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

7. Exit the settings main menu.

If you are in a settings menu, touch the back button to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network.

1. Select the home screen.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 13.) Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

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

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 13.)

When the console is connected to your wireless network, a confirmation message will appear on the screen.

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

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

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

5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

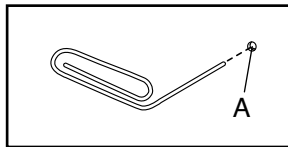
CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.

If a replacement power adapter is needed, see the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the side or the back of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for

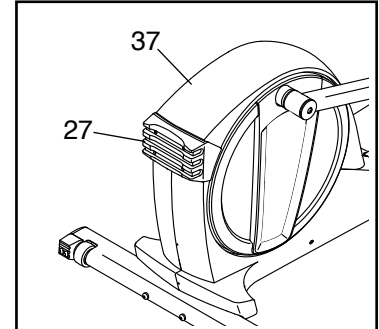


firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 21). Note: It may take a few minutes for the console to be ready for use.

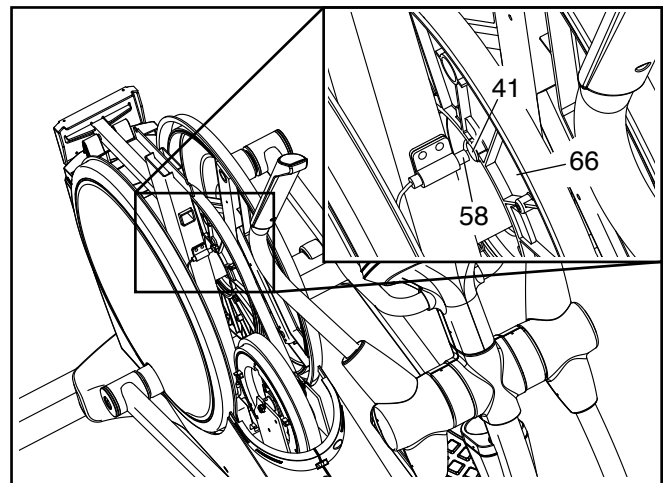
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power adapter.**

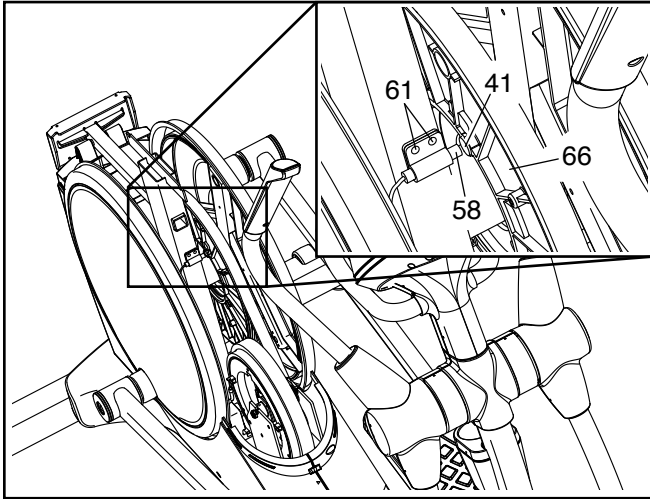
Next, remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Then, remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a standard screwdriver to pry the Top Shield upward off the elliptical.



Next, look into the access opening and locate the Reed Switch (58). Rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch.



Next, slightly loosen the two indicated M4 x 16mm Screws (61). Slide the Reed Switch (58) slightly toward or away from the Magnet (41). Then, retighten the Screws.



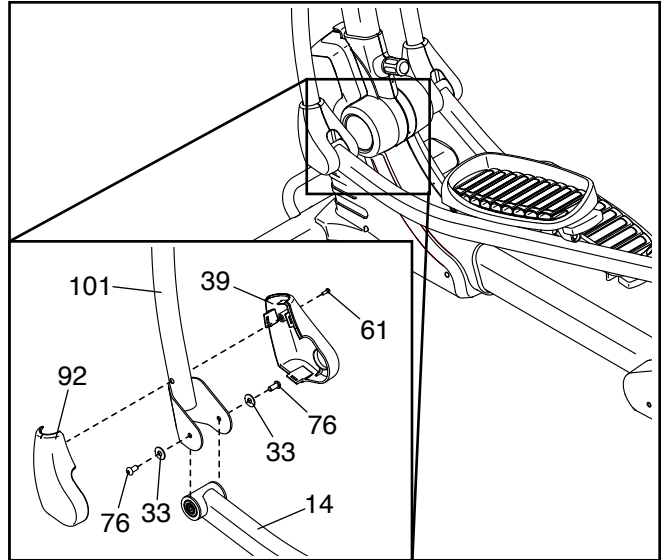
Plug in the power adapter, press the power switch to the reset position, and rotate the Pulley (66) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, press the power switch to the off position, unplug the power adapter, and reattach the top shield and the large storage foot. Then, plug in the power adapter.

HOW TO ADJUST THE DRIVE BELT

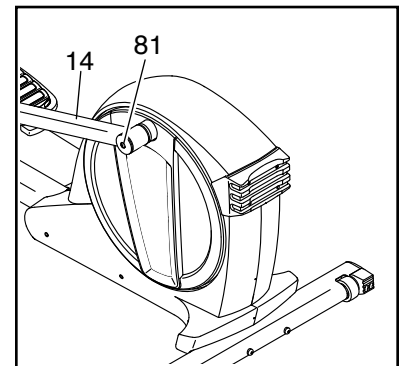
If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power adapter**.

Next, remove the indicated M4 x 16mm Screw (61), the Left Leg Inner Cover (39), and the Left Leg Outer Cover (92).

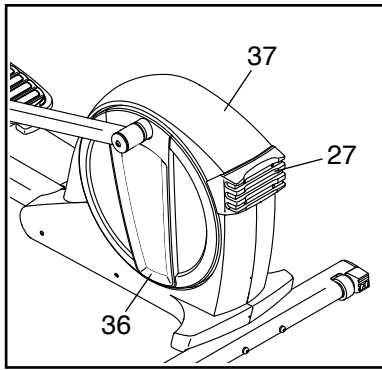


Then, remove the two M8 x 15mm Hex Screws (76) and the two M8 Washers (33) from the Left Upper Body Leg (101) and the Left Pedal Arm (14).

Next, remove the M8 x 17mm Shoulder Screw (81) from the Left Pedal Arm (14), and remove the Left Pedal Arm from the elliptical.

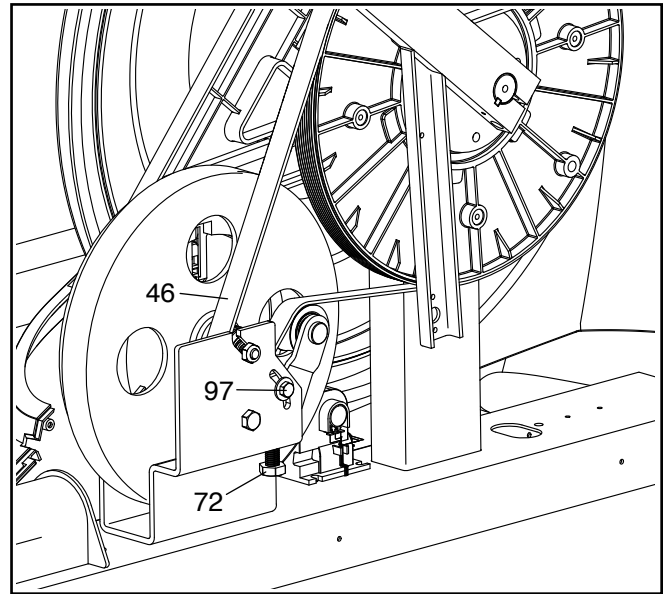


Next, remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and remove the Large Storage Foot. Next, remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a standard screwdriver to pry the Top Shield upward off the elliptical. Then, pry the left Pedal Disc (36) off the elliptical.



See **EXPLODED DRAWING C** on page 31. Identify the Left and Right Shields (44, 45). Remove all of the M4 x 16mm Screws (61) and M4 x 38mm Screws (64) from the Left and Right Shields. **Make sure to note which size Screw you remove from each hole.** Then, carefully remove the Left Shield.

Next, loosen the Idler Screw (97). Tighten the Idler Adjustment Screw (72) until the Drive Belt (46) is tight. Then, retighten the Idler Screw.



When you are finished, reattach all of the parts that you removed. Then, plug in the power adapter.

EXERCISE GUIDELINES

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

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

EXERCISE INTENSITY

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

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

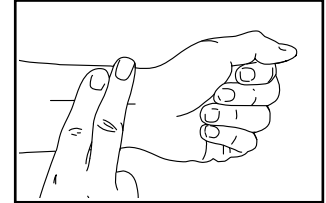
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

Model No. NTEL99421-INT.2 R1221A

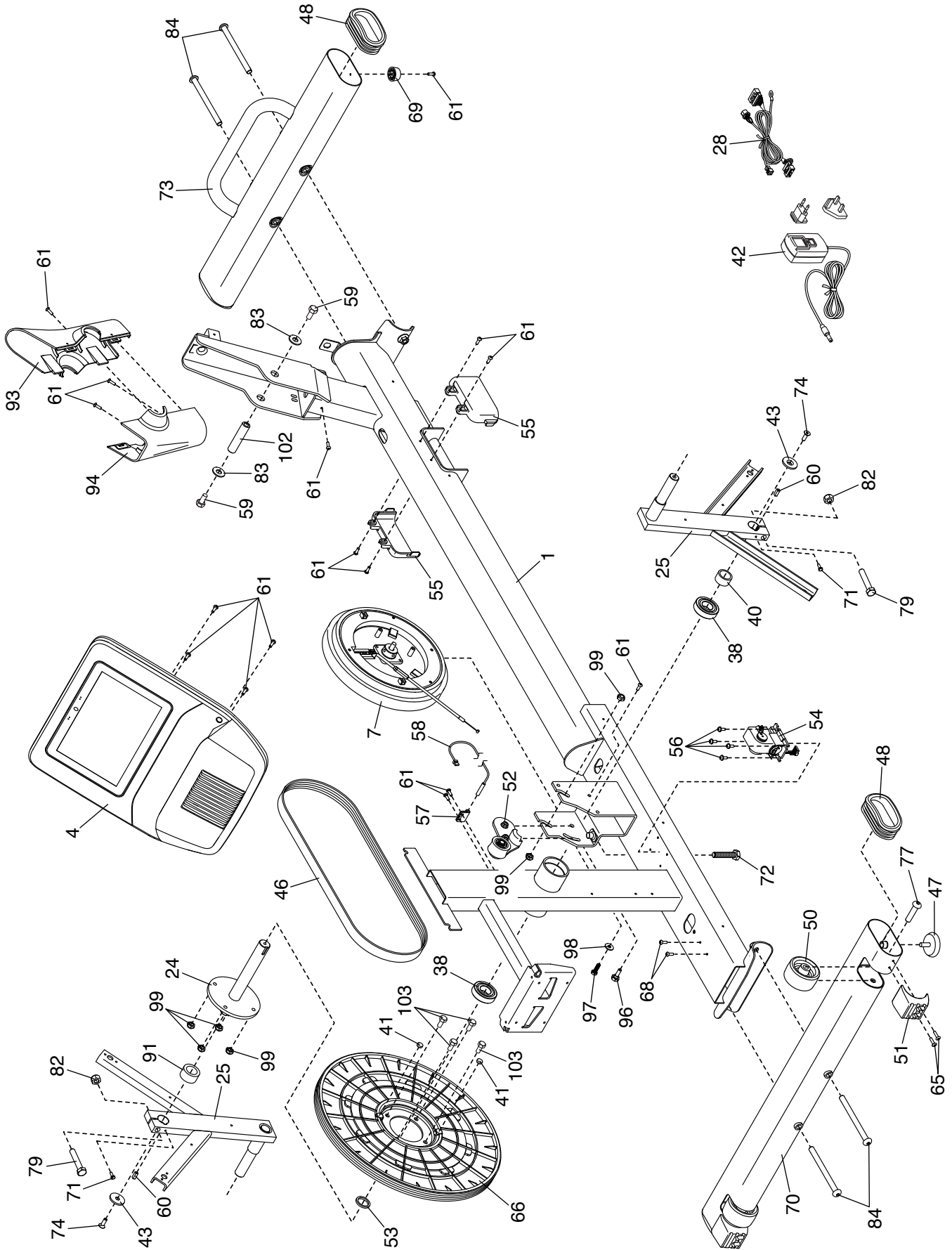
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Small Storage Foot
2	1	Upright	52	1	Idler
3	1	Rear Upright Cover	53	1	Small Spacer
4	1	Console	54	1	Resistance Motor
5	1	Accessory Tray	55	2	Axle Cover
6	1	Right Upper Body Leg	56	4	M4 x 12mm Washer Head Screw
7	1	Eddy Mechanism	57	1	Clamp
8	1	Left Upper Body Arm	58	1	Reed Switch/Wire
9	1	Right Upper Body Arm	59	2	M10 x 20mm Hex Screw
10	2	Grip	60	2	Key
11	1	Right Leg Front Cover	61	65	M4 x 16mm Screw
12	1	Left Pedal	62	2	M4 x 30mm Screw
13	1	Right Pedal	63	2	Grip
14	1	Left Pedal Arm	64	6	M4 x 38mm Screw
15	1	Right Leg Rear Cover	65	11	M4 x 19mm Screw
16	1	Front Upright Cover	66	1	Pulley
17	4	Pivot Bushing	67	2	M4 x 16mm Blunt Screw
18	1	Left Leg Front Cover	68	2	M4 x 16mm Ground Screw
19	1	Left Leg Rear Cover	69	2	Foot
20	2	Upper Body Arm Cover	70	1	Rear Stabilizer
21	1	Tray Housing	71	2	M4 x 12mm Screw
22	1	Right Leg Outer Cover	72	1	Idler Adjustment Screw
23	4	Pedal Arm Bushing	73	1	Front Stabilizer
24	1	Crank	74	2	M6 x 20mm Hex Screw
25	2	Crank Arm	75	8	M6 x 12mm Screw
26	2	Pedal Disc Insert	76	6	M8 x 15mm Hex Screw
27	1	Large Storage Foot	77	2	M10 x 60mm Screw
28	1	Main Wire	78	2	M10 x 45mm Hex Screw
29	4	Pedal Arm Bearing	79	2	Crank Arm Bolt
30	2	Pedal Arm Cap	80	1	M6 x 25mm Shoulder Screw
31	2	Pedal Arm Axle	81	2	M8 x 17mm Hex Shoulder Screw
32	1	Right Leg Inner Cover	82	2	Crank Arm Nut
33	8	M8 Washer	83	2	M10 Washer
34	1	Left Front Shield	84	4	M10 x 120mm Screw
35	1	Right Front Shield	85	1	Upright Knob
36	2	Pedal Disc	86	1	Right Upright Cover
37	1	Top Shield	87	1	Left Upright Cover
38	2	Frame Bearing	88	1	M5 x 6mm Screw
39	1	Left Leg Inner Cover	89	1	Latch Release
40	1	Large Spacer	90	1	Latch
41	2	Magnet	91	1	Crank Spacer
42	1	Power Adapter	92	1	Left Leg Outer Cover
43	2	Crank Arm Washer	93	1	Front Console Cover
44	1	Left Shield	94	1	Rear Console Cover
45	1	Right Shield	95	2	M10 x 50mm Screw
46	1	Drive Belt	96	1	Pivot Screw
47	2	Leveling Foot	97	1	Idler Screw
48	4	Stabilizer Cap	98	5	M6 Washer
49	1	Right Pedal Arm	99	6	M8 Locknut
50	2	Wheel	100	2	Pin

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Left Upper Body Leg	109	1	Right Pedal Handle
102	1	Upright Axle	110	2	Pedal Pad
103	4	M8 x 20mm Hex Bolt	111	2	M10 x 140mm Bolt
104	2	M6 Acorn Nut	112	2	M10 Locknut
105	2	Spring	113	14	Mount/Screw
106	1	Left Pedal Plate	*	–	User's Manual
107	1	Right Pedal Plate	*	–	Assembly Tool
108	1	Left Pedal Handle			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

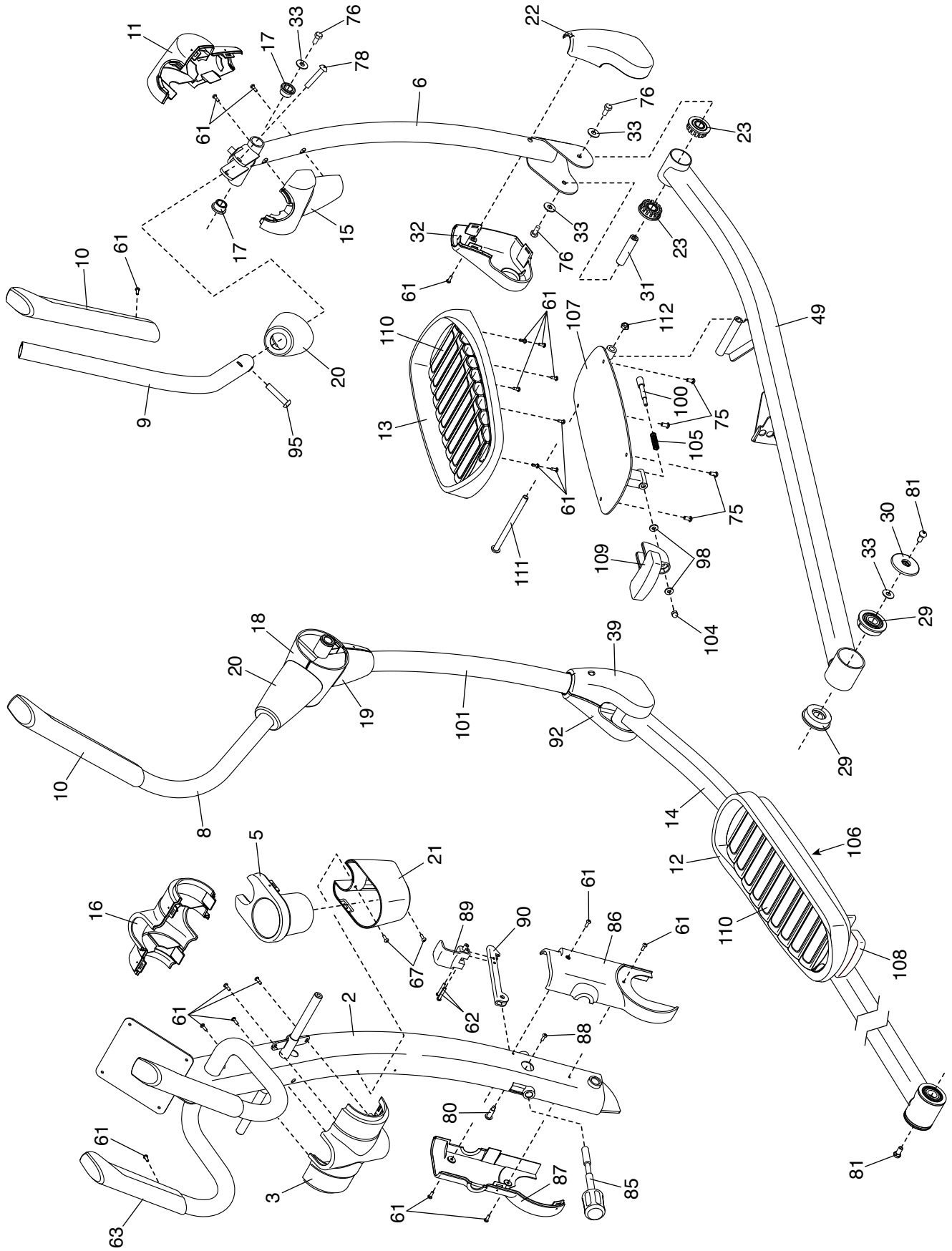
EXPLODED DRAWING A

Model No. NTEL99421-INT.2 R1221A



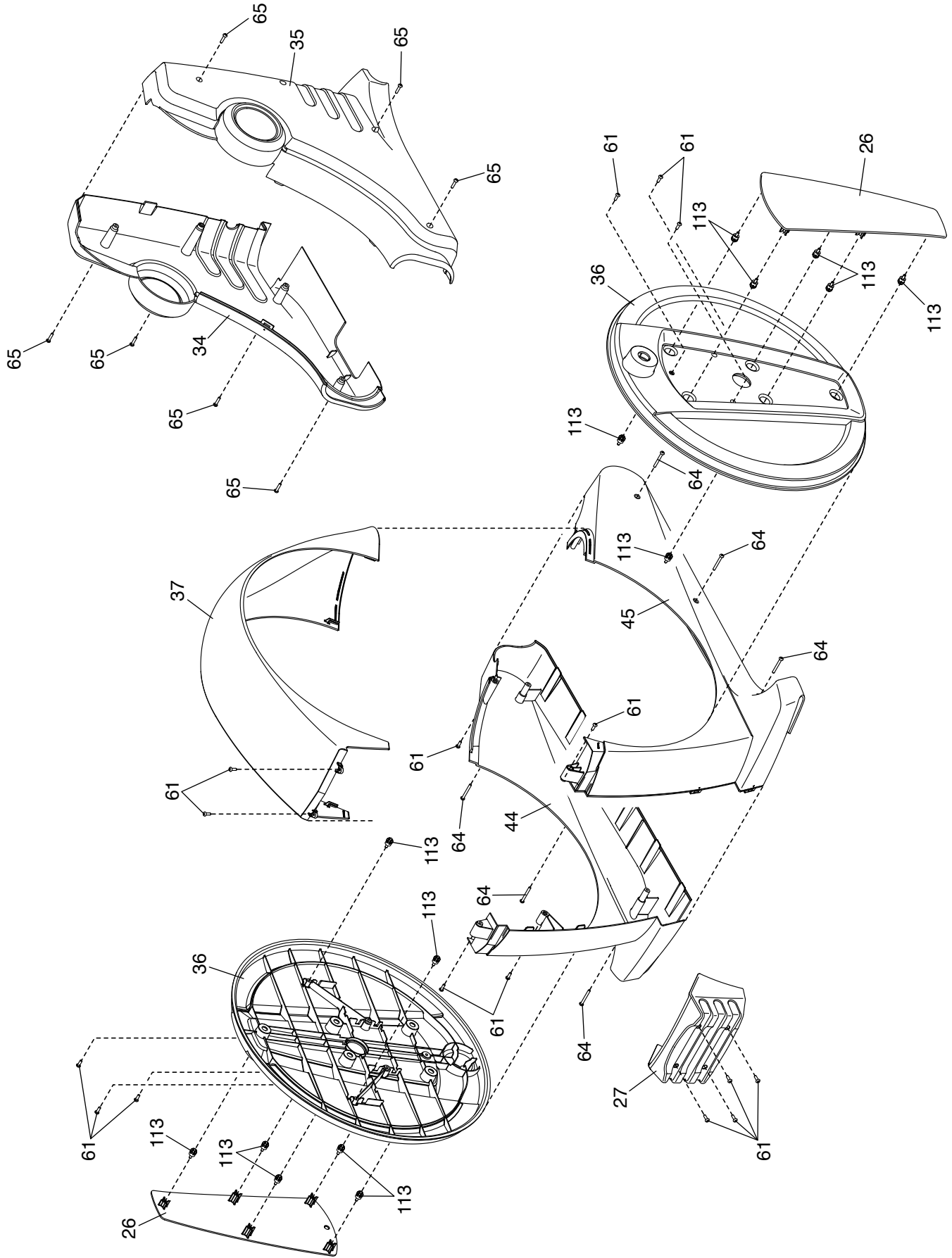
EXPLODED DRAWING B

Model No. Model No. NTEL99421-INT.2 R1221A



EXPLODED DRAWING C

Model No. NTEL99421-INT.2 R1221A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please 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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

