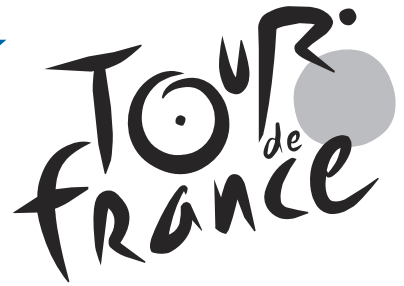


# NordicTrack

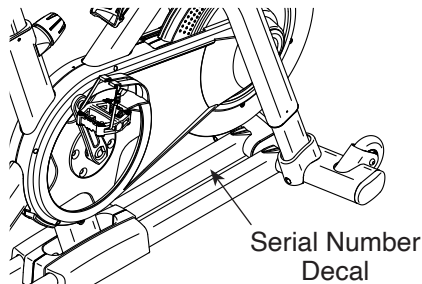
nordictrack.com



Model No. NTEXTDF25.0

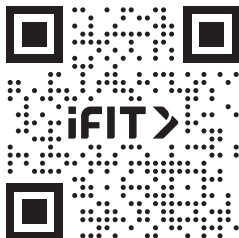
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## MEMBER CARE

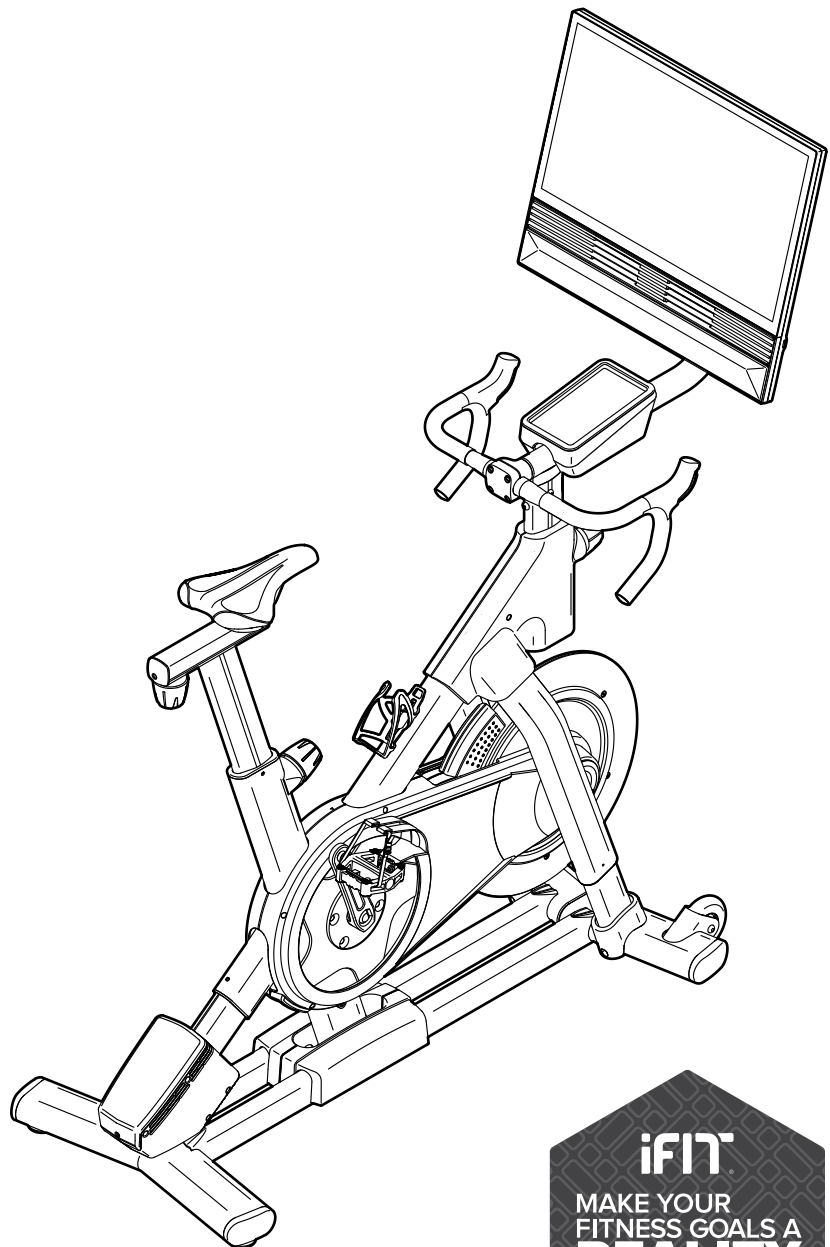
For service at any time, go to [my.iFIT.com](http://my.iFIT.com) or scan the QR code below. PLEASE DO NOT CONTACT THE STORE.



## ⚠ CAUTION

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

## USER'S MANUAL

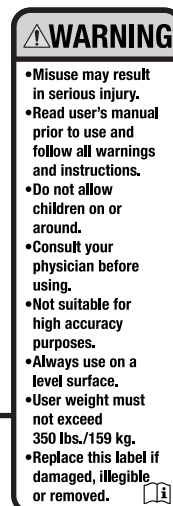
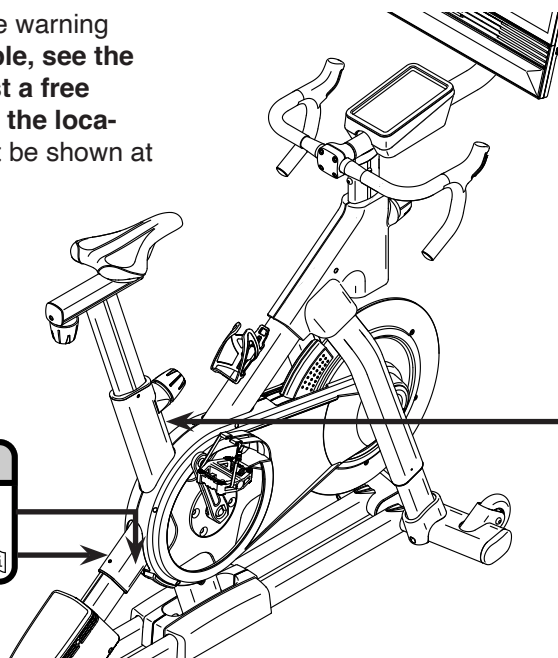


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## WARNING DECAL PLACEMENT

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 studio cycle before using your studio cycle. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

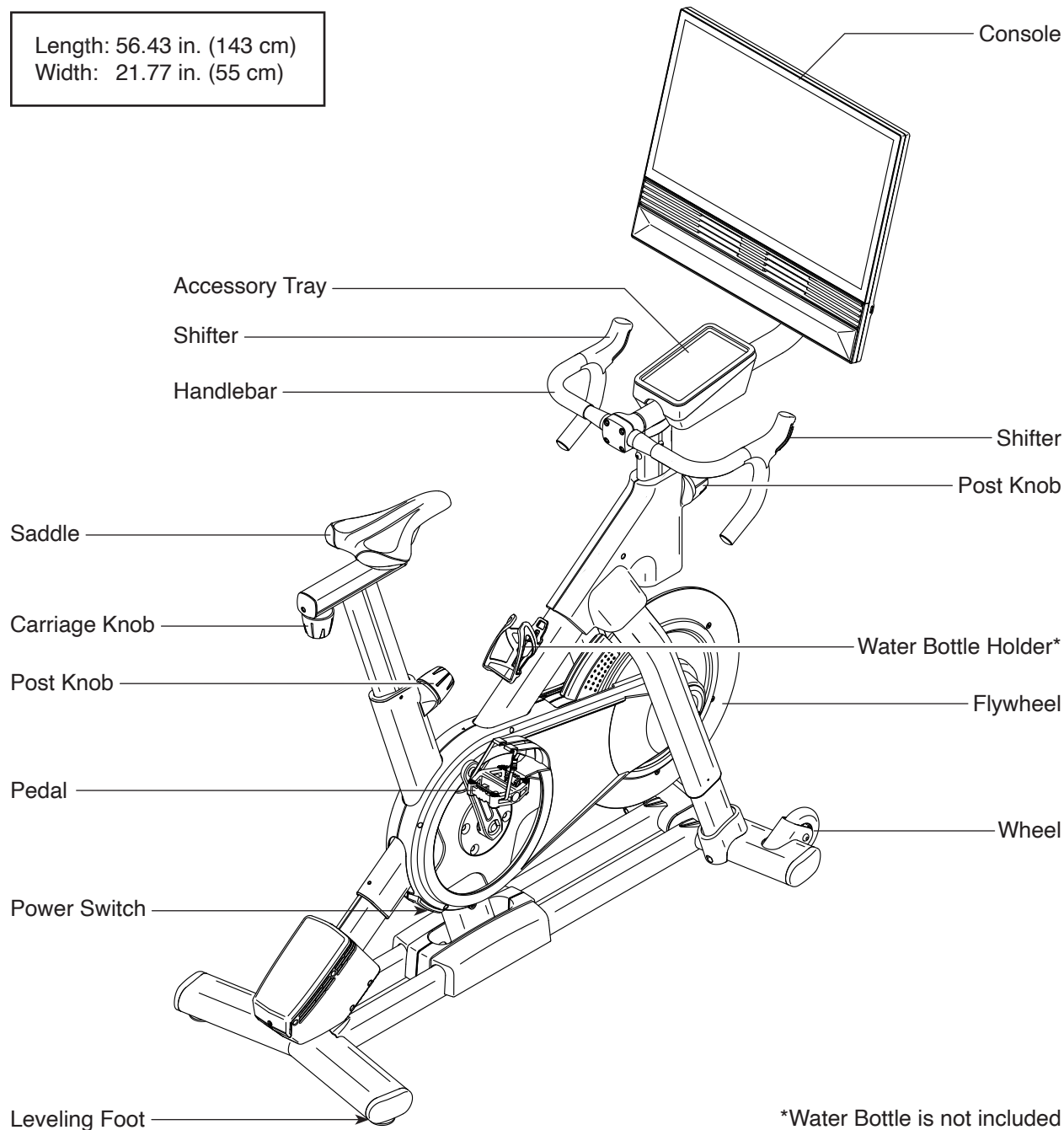
1. It is the responsibility of the owner to ensure that all users of the studio cycle are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the studio cycle at all times.
3. Consult your health care provider before beginning any exercise program. This is especially 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 studio cycle only as authorized by your health care provider.
5. The studio cycle 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 the use of the studio cycle by someone responsible for their safety.
6. Use the studio cycle only as described in this manual.
7. The studio cycle is intended for home use only. Do not use the studio cycle in a commercial, rental, or institutional setting.
8. Keep the studio cycle indoors, away from moisture and dust. Do not put the studio cycle in a garage or covered patio, or near water.
9. Place the studio cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the studio cycle.
10. Inspect and properly tighten all parts each time the studio cycle is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Always plug the power adapter into the studio cycle before you plug it into an outlet.
12. The studio cycle should not be used by persons weighing more than 350 lbs. (159 kg).
13. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the studio cycle. Always wear athletic shoes for foot protection.
14. Be careful when mounting and dismounting the studio cycle.
15. Always keep your back straight while using the studio cycle; do not arch your back.
16. 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® TOUR DE FRANCE studio cycle. The studio cycle is unlike any ordinary exercise bike. With full adjustability, an interactive wireless touch-screen console, an incline system that simulates real-world terrain, and an array of other features, the TOUR DE FRANCE studio cycle provides an immersive in-home studio cycling experience.

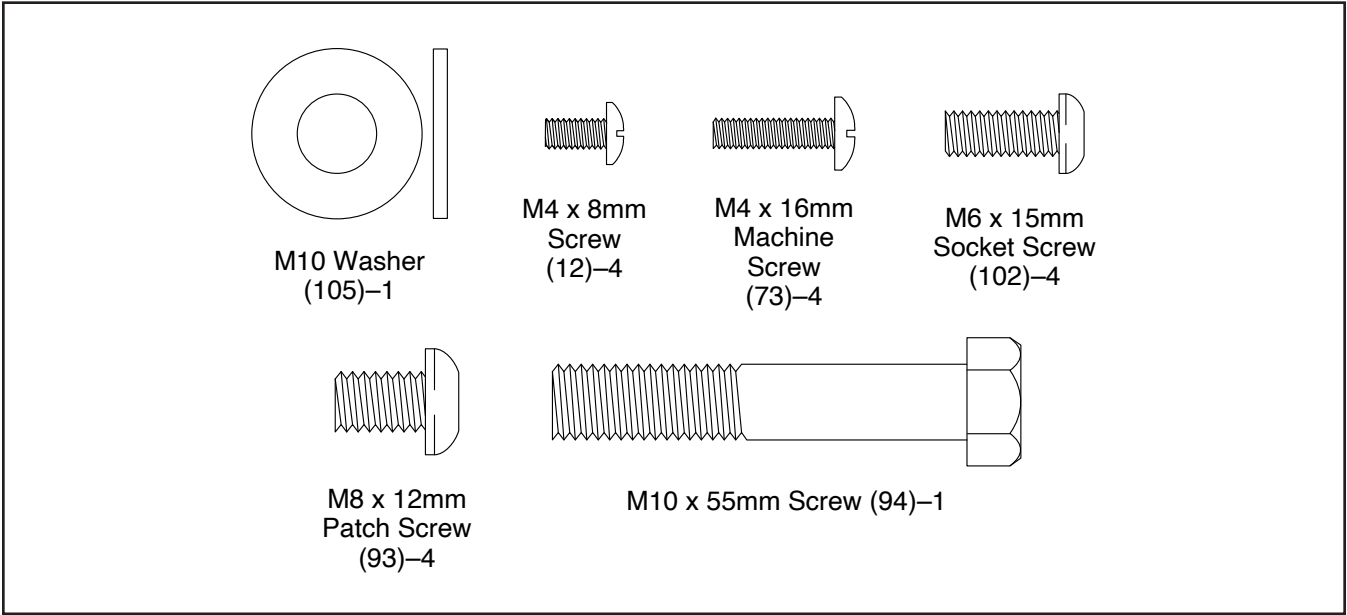
**For your benefit, read this manual carefully before you use the studio cycle.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

Length: 56.43 in. (143 cm)  
Width: 21.77 in. (55 cm)



# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**

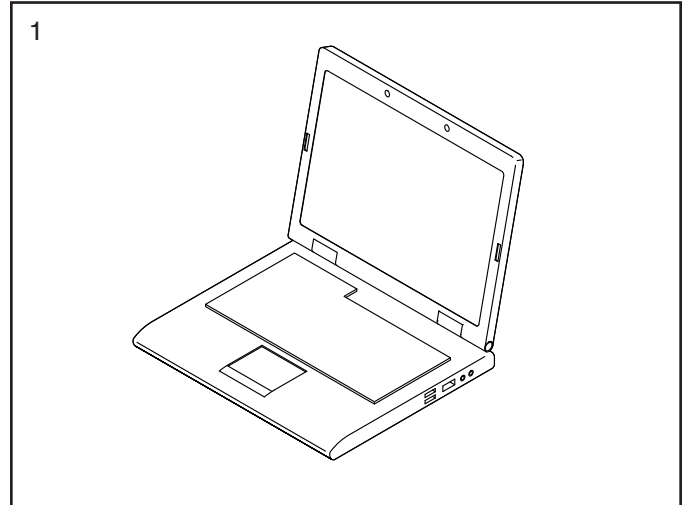


# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 5.
- Assembly can be completed using the included tools. To avoid damaging parts, do not use power tools.
- **Save the included tools.** One or more of the tools may be needed to make adjustments in the future.

1. **Go to [my.nordictrack.com](http://my.nordictrack.com) on your computer and register your product.**

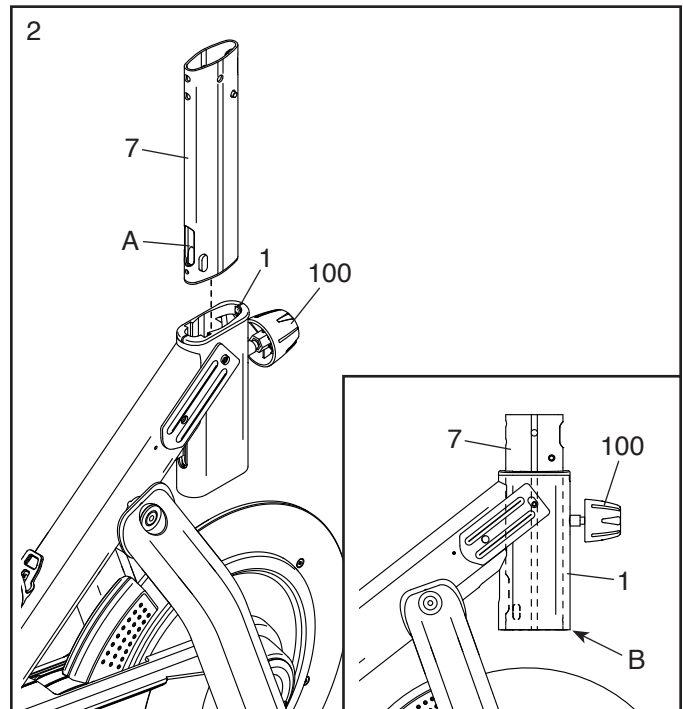
- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed



2. Orient the Handlebar Post (7) so that the lower slot (A) is on the side shown.

Next, loosen the indicated Post Knob (100) and insert the Handlebar Post (7) into the Frame (1).

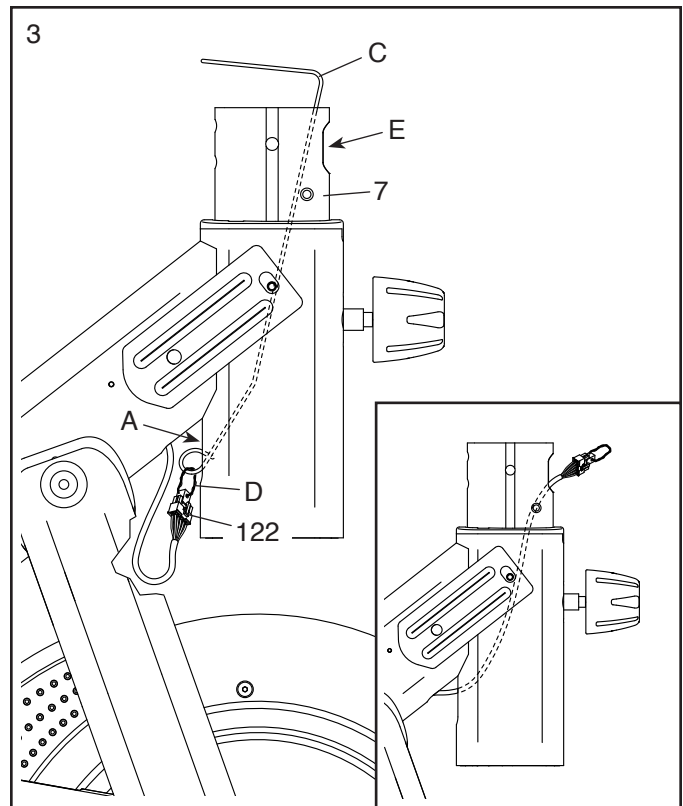
**See the inset drawing.** Position the Handlebar Post (7) so that the bottom of the Handlebar Post is even with the bottom of the post tube (B) on the Frame (1). Then, tighten the Post Knob (100).



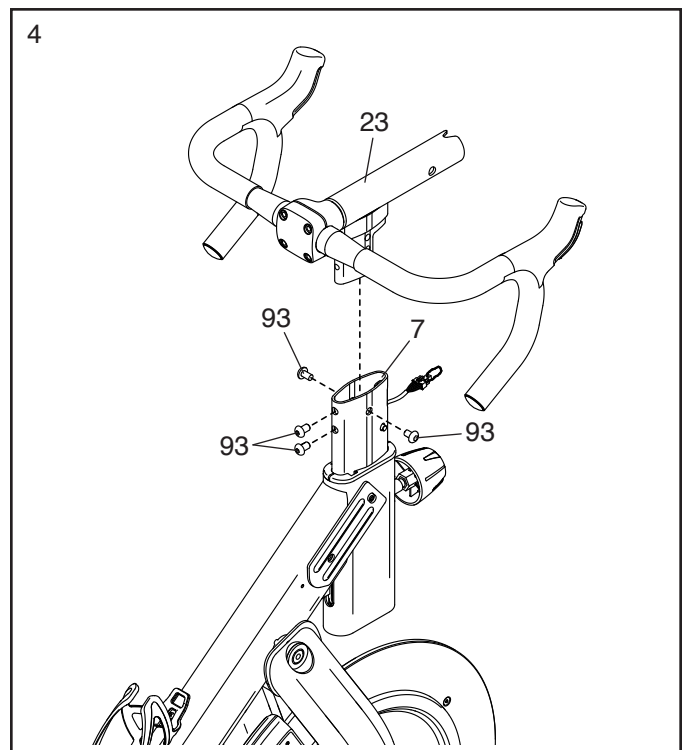
3. Identify the included wire tool (C) and insert it downward into the Handlebar Post (7) so that the loop on the wire tool is extending from the lower slot (A).

Next, hook the tie (D) on the Lower Wire (122) onto the loop on the wire tool (C). Then, pull the wire tool upward until the end of the Lower Wire is at the top of the Handlebar Post (7).

Then, unhook the tie (D) from the wire tool (C), and push the end of the Lower Wire (122) out of the upper slot (E) in the Handlebar Post (7) as shown in the inset drawing.

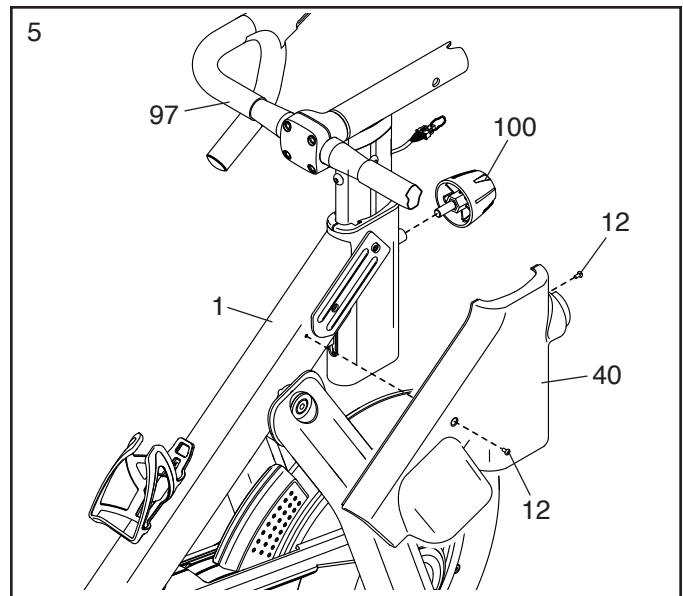


4. Insert the Handlebar Bracket (23) into the Handlebar Post (7). Attach the Handlebar Bracket with four M8 x 12mm Patch Screws (93); **start all four Patch Screws, and then firmly tighten them.**



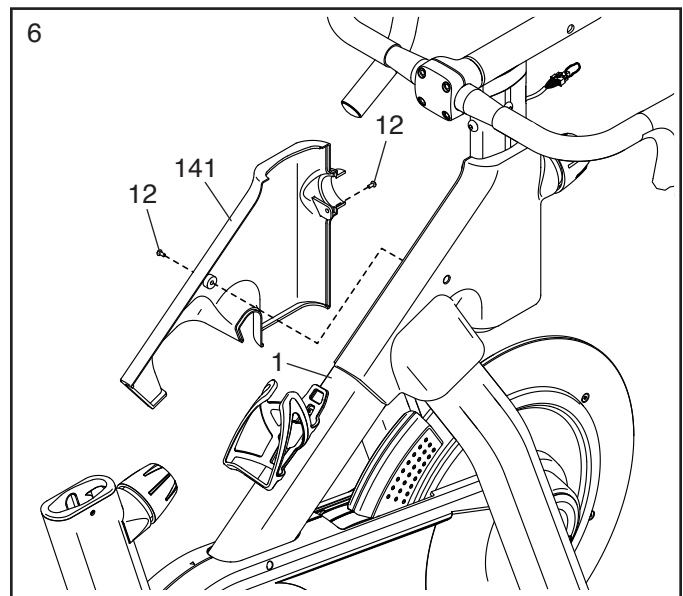
5. **Hold the Handlebar (97) with one hand** and remove the indicated Post Knob (100).

Then, attach the Right Upper Shield (40) to the Frame (1) with two M4 x 8mm Screws (12); **do not fully tighten the Screws yet.**



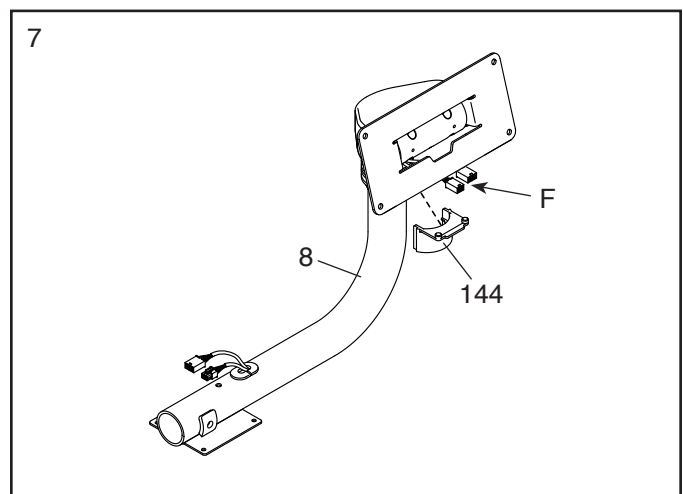
6. Attach the Left Upper Shield (141) to the Frame (1) with two M4 x 8mm Screws (12).

**See step 5.** Tighten the two M4 x 8mm Screws (12) in the Right Upper Shield (40). Then, reattach and tighten the Post Knob (100).

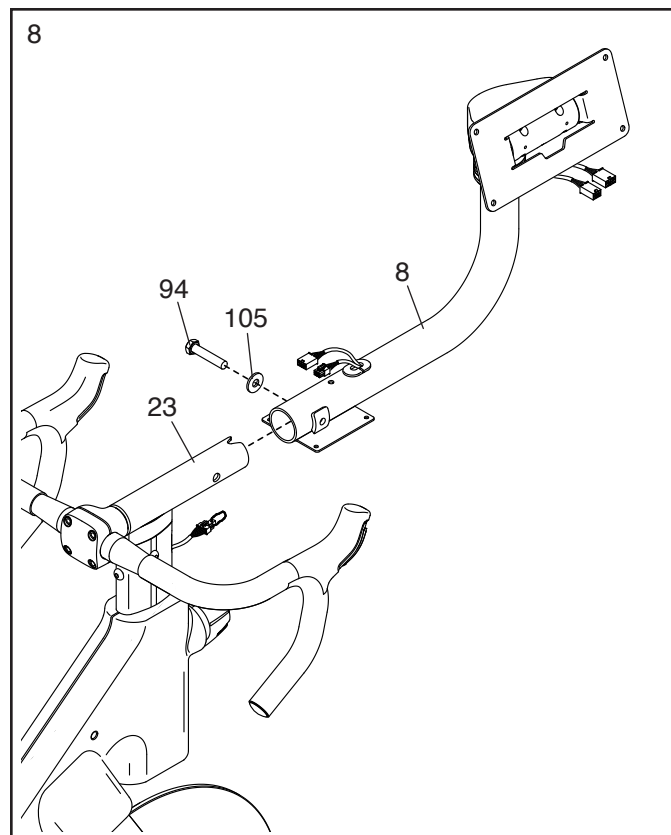


7. Pull the wires (F) out of the Console Support (8).

Then, press the Mount Cover (144) onto the Console Support (8).



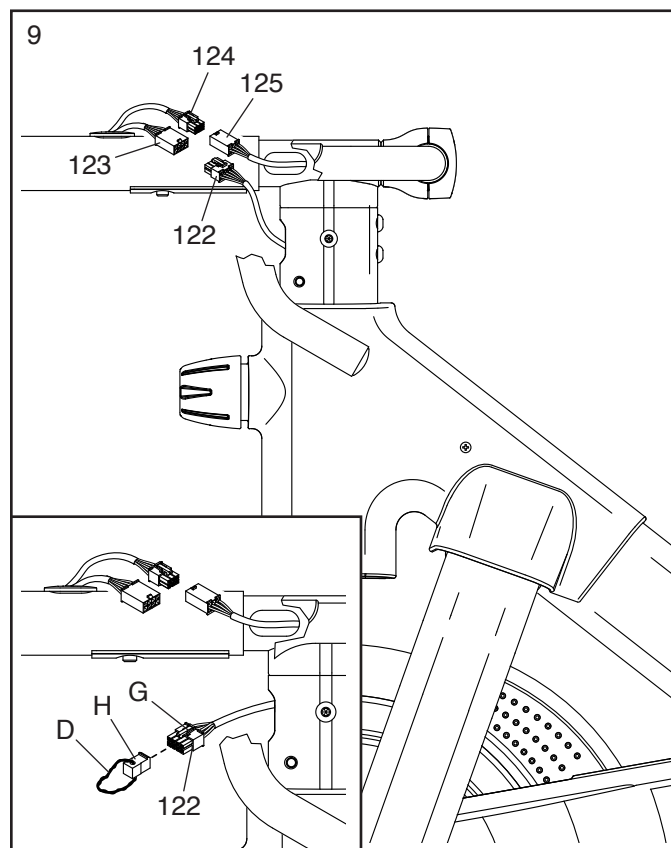
8. Slide the Console Support (8) onto the Handlebar Bracket (23). Attach the Console Support with an M10 x 55mm Screw (94) and an M10 Washer (105); **do not fully tighten the Screw yet.**



9. **See the inset drawing.** Press the small latch (G) on the connector on the Lower Wire (122), and remove and discard the wire pull (H) and the tie (D).

Next, connect the Lower Wire (122) to the Upper Wire (123), and connect the Control Wire (125) to the Extension Wire (124).

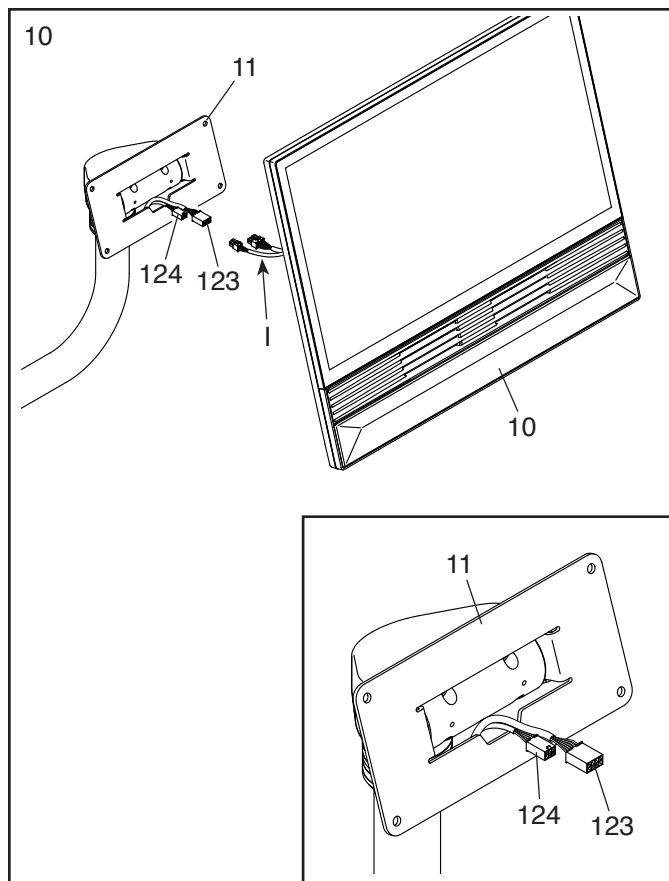
**IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the connectors properly for your studio cycle to function properly.**



10. **See the inset drawing.** Route the Upper Wire (123) and the Extension Wire (124) upward through the Console Bracket (11).

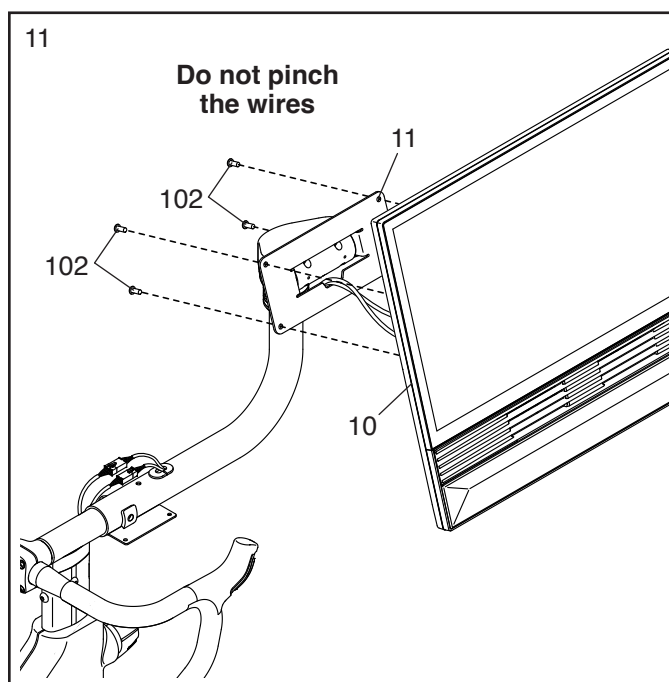
Next, have a second person hold the Console (10) near the Console Bracket (11). Connect the two console wires (I) to the Upper Wire (123) and the Extension Wire (124).

**IMPORTANT:** The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your studio bike to function properly.



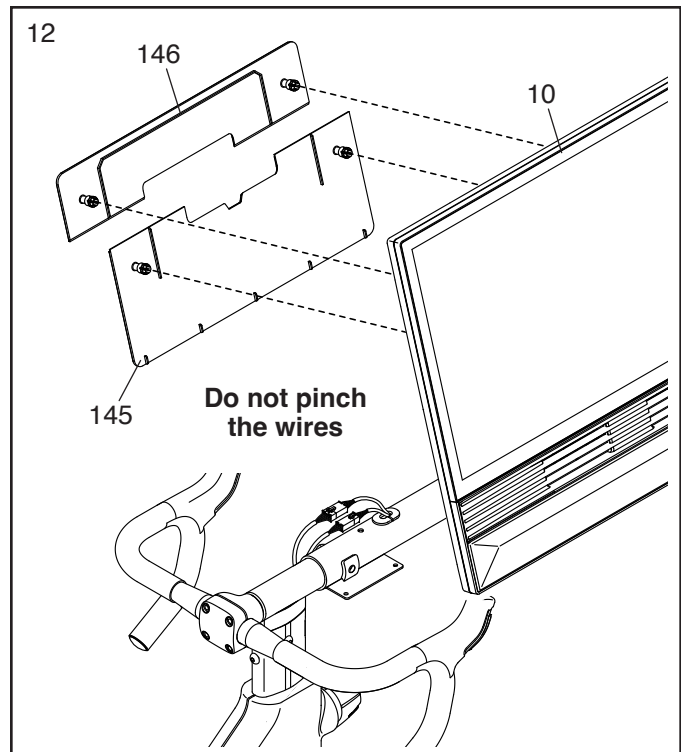
11. **Insert the wire connectors and the excess wire into the Console (10).**

**Do not pinch the wires.** Attach the Console (10) to the Console Bracket (11) with four M6 x 15mm Socket Screws (102); **start all four Socket Screws, and then tighten them.**



12. Identify the **Lower Console Cover (145)**, and press it onto the back of the Console (10).

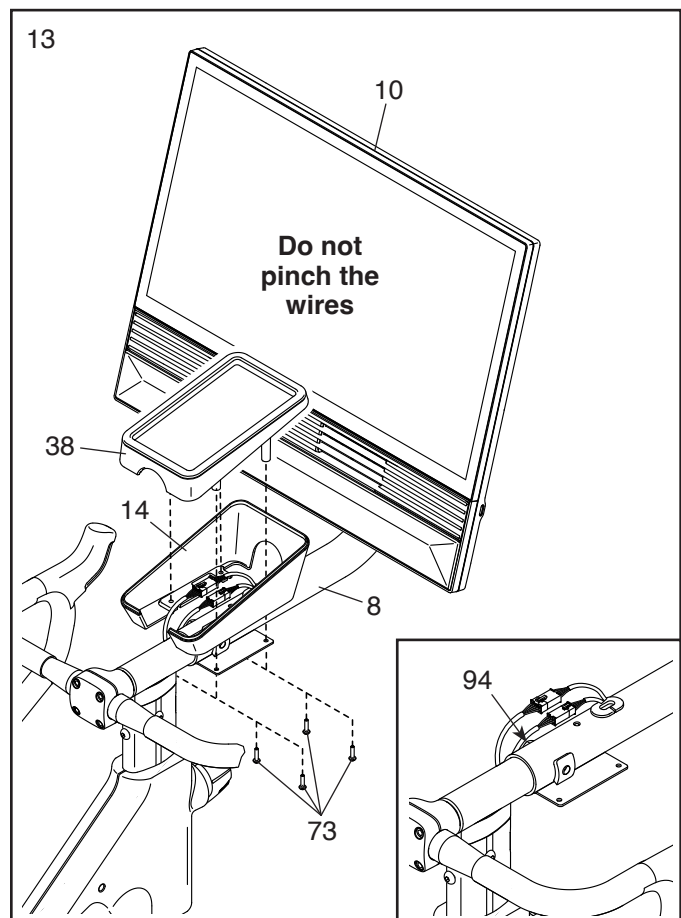
**Do not pinch the wires.** Press the **Upper Console Cover (146)** onto the back of the Console (10).



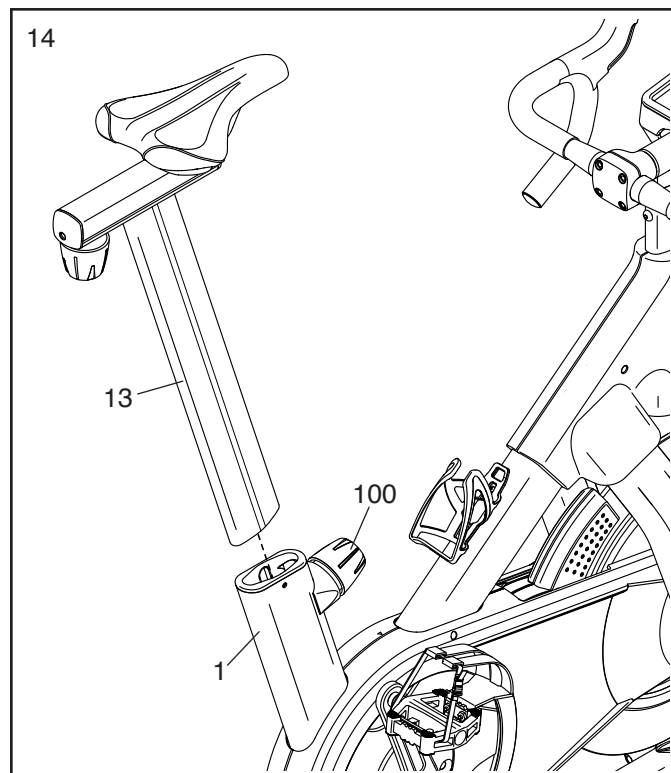
13. Hold the sides of the Console (10) and rotate it to the position shown.

**See the inset drawing.** If the Console (10) is not level from side to side, have a second person tip it slightly until it is level. While the second person holds the Console, firmly tighten the M10 x 55mm Screw (94) that you started in step 8.

**Do not pinch the wires.** Set the Tray Base (14) on the Console Support (8). Next, set the Accessory Tray (38) on the Tray Base. Then, attach both parts with four M4 x 16mm Machine Screws (73); **start all four Machine Screws, and then tighten them.**

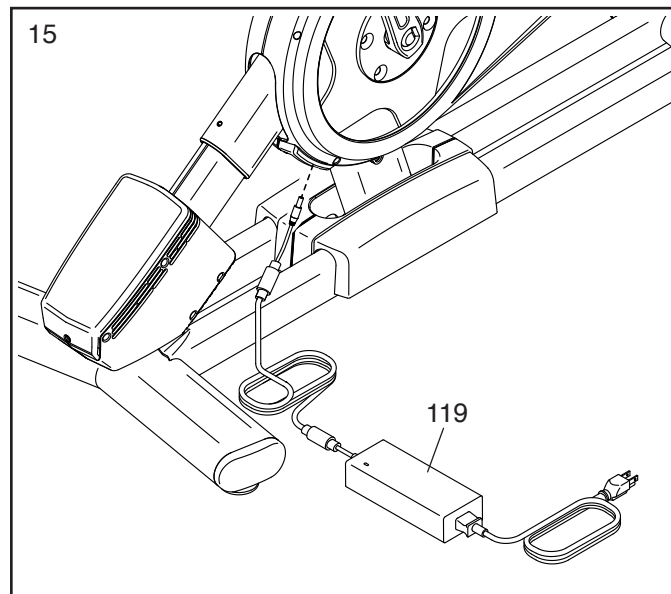


14. Loosen the indicated Post Knob (100), and insert the Saddle Post (13) into the Frame (1). Then, slide the Saddle Post to the desired height, and tighten the Post Knob.



15. **IMPORTANT: Always plug the Power Adapter (119) into the studio cycle before you plug it into an outlet.** Plug the Power Adapter into the receptacle on the rear of the studio cycle.

Note: To plug the Power Adapter (119) into an outlet, see page 13.



16. **Make sure that all parts are properly tightened before the studio cycle is used.** Place a mat beneath the studio cycle to protect the floor. **IMPORTANT: Keep the included tools. You may need them for future adjustment and maintenance of your studio cycle.**

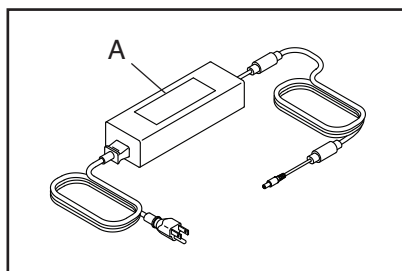
# HOW TO USE THE STUDIO CYCLE

## HOW TO PLUG IN THE POWER ADAPTER

**IMPORTANT:** If the studio cycle 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.

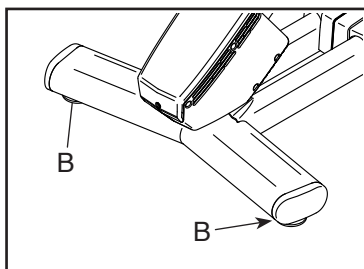
**IMPORTANT:** Always plug the power adapter (A) into the studio cycle before you plug it into an outlet.

Make sure that the power adapter (A) is plugged into the receptacle on the studio cycle. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



## HOW TO LEVEL THE STUDIO CYCLE

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



## FEATURES OF THE STUDIO CYCLE

### Measuring Watts

Each studio cycle is calibrated to measure your power output and to allow you to monitor your watts and RPMs directly on the console. By monitoring your watts and RPMs, you can see how hard you are training and make sure that you are challenging yourself and improving.

The studio cycle also features a watts program that automatically changes gears to keep your watts level within a preset range.

### The Incline System

The studio cycle can incline and decline to realistically simulate outdoor terrain. When you use map workouts of training routes with iFIT® (see the console instructions beginning on page 16 for more information), the studio cycle will automatically incline and decline to match the real-world terrain.

### Interactive Wireless Touchscreen Console

The wireless touchscreen console works with iFIT to provide an interactive and immersive in-home studio experience that allows you to participate virtually in group studio classes led by personal trainers and to experience workouts around the world.

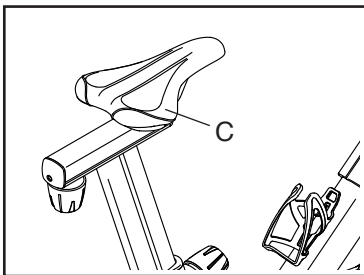
## HOW TO ADJUST THE GEOMETRY OF THE STUDIO CYCLE

The studio cycle can be adjusted to match the geometry of your road bike to promote correct form and to ensure proper training of the muscles. **Make adjustments in small increments, and then pedal the studio cycle to test the adjustments.**

### How to Adjust the Angle of the Saddle

You can adjust the angle of the saddle to the position that is most comfortable.

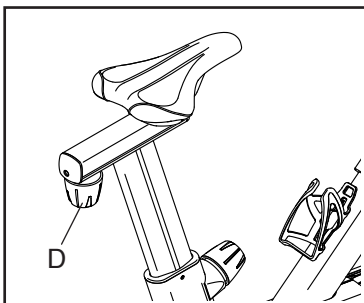
To adjust the angle of the saddle, loosen the indicated screw (C) beneath the saddle, tilt the saddle upward or downward slightly, and then tighten the screw.



**Note:** You can remove the saddle and attach your own saddle to the studio cycle if desired.

### How to Adjust the Horizontal Position of the Saddle

To adjust the position of the saddle, loosen the carriage knob (D), move the carriage forward or backward to the desired position, and then firmly tighten the carriage knob.

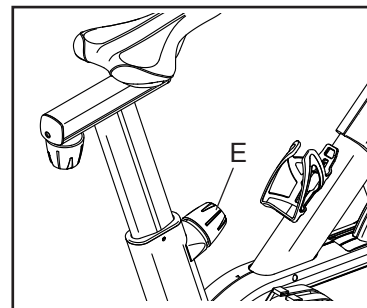


### How to Adjust the Height of the Saddle

For effective training, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

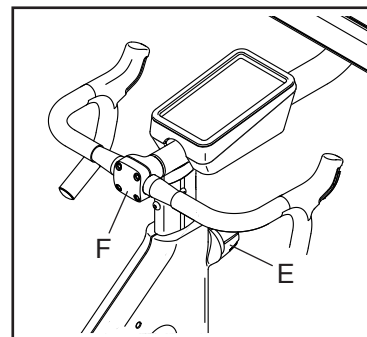
To adjust the height of the saddle, loosen the post knob (E), slide the saddle post upward or downward, and then **firmly tighten** the post knob.

**IMPORTANT:** Do not raise the saddle post beyond the “MAX” mark on the saddle post.



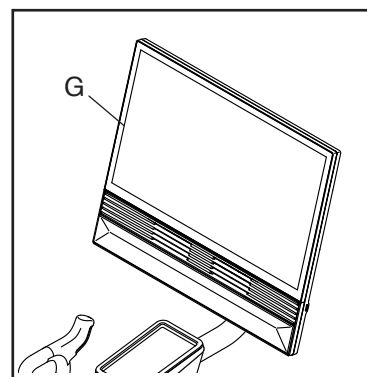
### How to Adjust the Height of the Handlebar

To adjust the handlebar (F), **hold the handlebar firmly with one hand**, and loosen the post knob (E). Then, slide the handlebar post upward or downward, and **firmly tighten** the post knob. **IMPORTANT:** Do not raise the handlebar post beyond the “MAX” mark on the handlebar post.



### How to Adjust the Position of the Console

The console (G) can be tilted upward and downward and can also be pivoted to the side so that you can view it while standing and performing floor exercises. To adjust the position of the console, hold the sides of the console and press it to the desired position. Note: If the console does not stay in place when it is adjusted, see page 27.

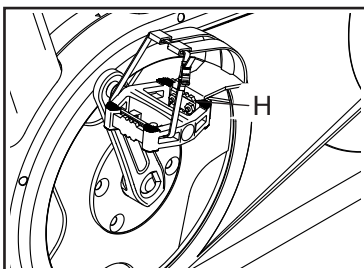


## HOW TO USE THE PEDALS

**Note:** You can remove the pedals and attach your own pedals to the studio cycle if desired.

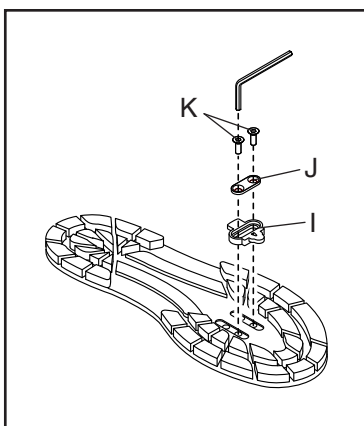
### How to Use the Toe Cage Side of the Pedals

To use the toe cage side of the pedals, insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs (H) on the buckles, adjust the toe straps to the desired position, and then release the tabs.

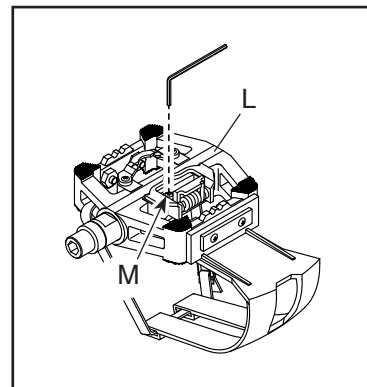


### How to Use the Clip-in Side of the Pedals

To use the clip-in side of the pedals, you must first attach the included cleats to your cycling shoes (not included). Using the included hex key, attach a cleat (I) to the bottom of a cycling shoe with a cleat bracket (J) and two cleat screws (K). **Attach the other cleat to your other cycling shoe in the same way.**

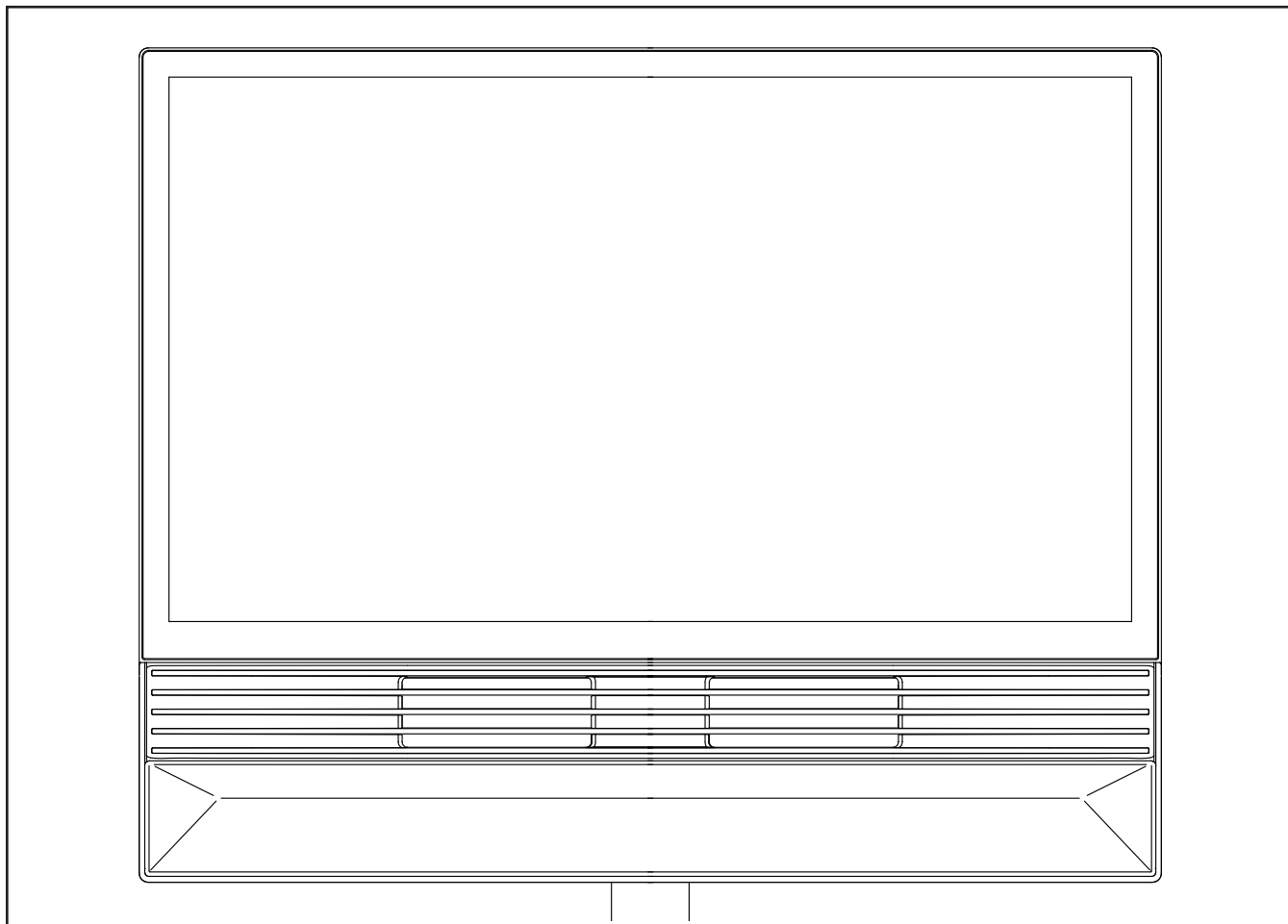


The spring tension affects how easy or difficult it is to clip in and unclip from the pedals. To adjust the spring tension of a pedal (L), use the included hex key and tighten or loosen the adjustment screw (M) as desired. **Adjust the spring tension of the other pedal in the same way.**



To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist the heels of your cycling shoes outward from the pedals.

# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

**IMPORTANT: iFIT will periodically update your console's software to improve your workout experience.** After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features. Take time to explore your console's settings and features. **If you have questions, please visit [my.iFIT.com](https://my.iFIT.com) or contact Member Care.**

The advanced console offers a selection of features designed to make your workouts more effective and exciting.

When you use the manual mode of the console, you can change gears and change the incline of the frame

with a touch of a button. As you exercise, the console will display instant exercise feedback.

The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the incline of the frame as iFIT trainers guide you through immersive exercise sessions.

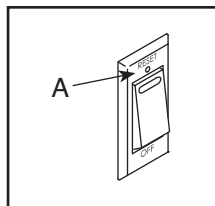
With an iFIT subscription, you can access a library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to [iFIT.com](https://iFIT.com) to learn more.

## HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the studio cycle. See HOW TO PLUG IN THE POWER ADAPTER on page 13.

When the power adapter is plugged in, press the power switch (A) located on the frame of the studio cycle to turn on the console. It will take a moment for the console to be ready for use.

**If the console is inactive, simply touch the screen to activate the console.**



**Note:** When you turn on the console for the first time, the incline system may calibrate automatically. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated. **IMPORTANT: If the incline system does not calibrate automatically, see step 5 on page 22 and manually calibrate the incline system.**

## 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 and the screen is not touched, the console will become inactive.

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

## HOW TO USE THE TOUCH SCREEN

The console features a full-color touch screen. You can slide or flick your finger against the screen to move some images on the screen. Note: The screen is not pressure sensitive; you do not need to press hard.

To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters, touch **?123**. To view more characters, touch **~<**. To return to the letter keyboard, touch **ABC**. To use a capital character, touch the shift button (upward-facing arrow symbol). To clear text, touch the clear button (backward-facing arrow with an X).

## HOW TO SET UP THE CONSOLE

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

### 1. Choose your time zone.

### 2. Connect to a wireless network.

To use iFIT workouts and several other features of the console, the console must be connected to a wireless network. If necessary, see page 23 for detailed instructions.

### 3. Create or sign in to your iFIT account.

Follow the prompts on the screen to create an iFIT account or to log in to your iFIT account. Available subscription options will be shown.

### 4. Check for software updates.

Touch the console settings button (gear icon) on the screen. Next, touch *Equipment* and then touch *Software update*. **IMPORTANT: To avoid damaging the studio cycle, do not press the power switch or unplug the power adapter while the software is being updated.** See page 22 for detailed instructions.

The console is now ready for you to begin working out. Take some time to explore the console.

## HOW TO USE THE MANUAL MODE

### 1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

### 2. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 24.

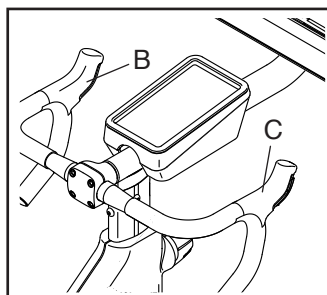
### 3. Start the workout.

Touch *Quick start* and begin pedaling.

### 4. Shift gears as desired.

The studio cycle is designed to simulate a road bike or a mountain bike. As you shift to a higher gear or increase the incline of the frame, the pedaling resistance will increase. As you shift to a lower gear or decrease the incline of the frame, the pedaling resistance will decrease.

To change the front gears, press the upper or lower button on the left shifter (B). To change the rear gears, press the upper or lower button on the right shifter (C). Note: After you press a button, it will take a moment for the gears to reach the selected setting.



Note: The default gear setting is 11–25T 11 Speed. You can customize the gear setting if desired. Touch the workout settings icon in the lower-right corner of the screen, touch *Features*, and then touch *Gears*. Then, select the desired options for the front gears and the rear gears.

### 5. Change the incline of the frame as desired.

To change the incline of the frame, touch the incline buttons on the left side of the screen. Note: After you touch a button, it will take a moment for the incline to change.

Note: To turn on and turn off the incline buttons, touch *incline* at the bottom of the screen or touch the workout settings icon in the lower-right corner of the screen and then touch *Controls*.

You can also change the incline with the left and right shifters. To decrease the incline, press and hold the upper button on the left shifter and then press the lower button. To increase the incline, press and hold the upper button on the right shifter and then press the lower button.

### 6. Use the Constant Watts feature if desired.

The Constant Watts feature enables you to set a target power output. This feature is available only while you are using the manual mode. Touch the workout settings icon in the lower-right corner of the screen, touch *Features*, and then touch *Constant Watts*. Then, touch the X in the lower-right corner of the screen. The Constant Watts widget will appear. Adjust the target power output if desired.

As you pedal, the pedaling resistance will automatically increase and decrease to keep your power output at the target level. If you manually change the gears, the Constant Watts feature will be paused. To restart the Constant Watts feature, touch *Resume*.

### 7. Follow your progress.

The console offers several display modes. Touch the workout settings icon in the lower-right corner of the screen to turn on and turn off options such as *Metrics* and *Charts*.

To adjust the volume level, touch the workout settings icon in the lower-right corner of the screen and then touch *Audio*.

## 8. Pause or end the workout.

To pause the workout, touch the pause symbol next to the word *Workout* at the bottom of the screen. To continue the workout, touch *Resume* on the screen.

To end the workout, touch the pause symbol next to the word *Workout* on the screen and then touch *End*. A workout summary will appear. Touch the X in the upper-left corner of the screen to return to the home screen.

## 9. When you are finished exercising, turn off the console (see page 17).

## HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 23).

### 1. Select the home screen or the workout library.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

### 2. Select a workout.

To select a workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, environment, trainers, and so forth. Then, touch the desired workout image on the screen.

The featured workouts on your console will change periodically. To save a featured workout for future use, add it as a favorite by touching the favorites button (heart symbol). Note: You must be logged in to your iFIT account to save a featured workout (see step 2 on page 21).

When you select a workout, the screen will show an overview of the workout with details such as the duration and distance of the workout and the estimated number of calories that you will burn during the workout. **IMPORTANT: The calorie goal shown in the workout description is only an estimate.** The actual number of calories that you burn will depend on various factors.

### 3. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 24.

### 4. Start the workout.

Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the workout settings icon in the lower-right corner of the screen and then touch *Audio* to 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 the workout, the incline of the frame will change automatically according to the settings of the workout. **If the incline is too high or too low**, you can manually override the setting (see step 5 on page 18). To return to the programmed settings of the workout, touch *Follow Trainer*.

If the SmartAdjust feature is enabled, the console will scale the intensity of the workout automatically based on your manual overrides of the incline setting. **To enable the SmartAdjust feature**, touch the workout settings icon in the lower-right corner of the screen, touch *Features*, and then touch *SmartAdjust*.

During the workout, you can use the shifters on the handlebar to change gears. The gears are changed only manually during featured workouts.

**To follow your progress**, see step 7 on page 18.

**To pause or end the workout**, see step 8 on page 19.

- 5. When you are finished exercising, turn off the console (see page 17).**

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

To use a draw-your-own-map workout, you must be logged in to your iFIT account (see step 2 on page 21) and the console must be connected to a wireless network (see page 23).

- 1. Select the home screen.**

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

To select a draw-your-own-map workout, touch *Create* on the left side of the screen and then touch *Create Map Workout*.

- 2. Draw a workout on the map.**

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

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

- 3. Save the workout.**

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

- 4. Get ready for the workout.**

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 24.

- 5. Start the workout.**

Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

The workout will function in the same way as a featured workout (see step 4 on page 19).

- 6. When you are finished exercising, turn off the console (see page 17).**

## HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, you must be logged in to your iFIT account and the console must be connected to a wireless network. **For more information about iFIT, go to [iFIT.com](https://www.ifit.com).**

### 1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

### 2. Log in to your iFIT account.

If you have not done so, touch the console settings button (gear icon) on the screen and then touch *Membership* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

Note: To switch users within your iFIT account, select the home screen and then touch the circular icon in the lower-left corner of the screen. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

### 3. Select an iFIT workout from the home screen or the workout library.

To select an iFIT workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, location, trainer, and so forth. Then, touch the desired workout image on the screen.

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

You can also select options such as adding the workout to your schedule (see step 4) or marking the workout as a favorite (see step 5).

### 4. Schedule an iFIT workout on the calendar if desired.

To schedule an iFIT workout for a future date, simply view the overview or workout summary of the desired iFIT workout, touch the calendar icon, 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.

### 5. 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 favorites, touch the heart icon at the top of the home screen.

### 6. Get ready for the workout.

To use the fan, your Bluetooth headphones, or an optional heart rate monitor, see page 24.

### 7. Start the workout.

Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

The workout will function in the same way as a featured workout (see step 4 on page 19).

### 8. When you are finished using the studio cycle, turn off the console (see page 17).

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the console settings menu.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

Then, touch the console settings button (gear icon) on the screen.

### 2. Navigate the console settings menu.

You may be able to view and change settings in the following settings menus:

Your account

- Account info, password
- Health details

Preferences

- Wi-Fi
- Units of measurement
- Time zone
- Language
- iFIT AI Coach

Workout

- Heart Rate

Equipment

- About
- Software Update
- Calibrate

Membership

- Manage membership
- Plan profiles

Support

- Help
- How To
- Legal

### 3. Customize settings.

The console can display speed and distance in either Imperial (standard) or metric units of measurement. To change the unit of measurement or to change other settings, touch *Preferences* or *Equipment* and then touch the desired settings.

### 4. Update the console software.

**For the best results, regularly check for software updates.** Touch *Equipment* and then touch *Software update*. Software updates will begin automatically. **IMPORTANT: To avoid damaging the studio cycle, do not press the power switch or unplug the power adapter while the software is being updated.**

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. Note: Software updates are always designed to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features.

### 5. Calibrate the incline system.

To calibrate the incline system, touch *Equipment*, touch *Calibrate*, and then touch *Calibrate*. The frame will automatically rise to the maximum incline level, descend to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

### 6. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

## HOW TO CHANGE WORKOUT SETTINGS

### 1. Select the workout settings menu.

Touch the workout settings icon in the lower-right corner of the screen.

### 2. Navigate the workout settings menu and customize workout settings.

You may be able to view and change settings in the following menus:

Audio

- App volume
- Speaker volume

Fan

Bluetooth

Features

- SmartAdjust
- Constant Watts

Display

- iFIT Closed Captions
- Screen brightness

Gears

Note: Some workout controls are disabled when no workout is running.

### 3. Exit the workout settings menu.

To exit the workout settings menu, touch the X in the lower-right corner of the screen.

## HOW TO CONNECT TO A WIRELESS NETWORK

### 1. Select the console settings menu.

With the home screen selected, touch the console settings button (gear icon) on the screen and then touch *Preferences*.

### 2. Set up and manage a wireless network connection.

Touch *Wi-Fi* to select the wireless network menu. If *Wi-Fi* is not enabled, touch the *Wi-Fi* toggle to enable it. When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a moment 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). The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

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. Passwords are case-sensitive.

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

If you have problems connecting to an encrypted network, make sure that your password is correct. **If you have questions after following these instructions, please go to [my.iFIT.com](http://my.iFIT.com) for assistance.**

### 3. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

## HOW TO USE THE FAN

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically change as the pedaling speed changes. To control the fan, touch the workout settings icon in the lower-right corner of the screen and then touch *Fan*.

**Note:** If the pedals are not moved for a while, the fan will turn off automatically.

## HOW TO USE THE CHARGING PORT

The console features a charging port to charge USB-C compatible devices, such as smartphones and tablets, while you exercise.

To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C charging cable is fully plugged in.** **Note:** The charging port cannot be used to view or transfer data or to play music through the console sound system.

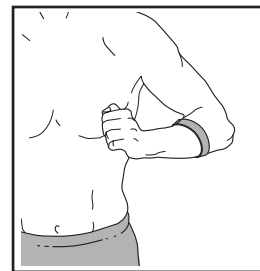
## HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, put them in pairing mode, and place them near the console. Next, start a workout. Then, touch the workout settings icon in the lower-right corner of the screen, touch *Bluetooth*, 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.

## HOW TO USE AN 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. The console is compatible with all Bluetooth® Smart heart rate monitors. **To purchase an optional heart rate monitor, please see the front cover of this manual.**



When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the studio cycle is used.

**Replace any worn parts immediately.** Use only manufacturer-supplied parts.

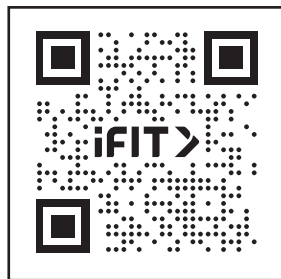
To clean the studio cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

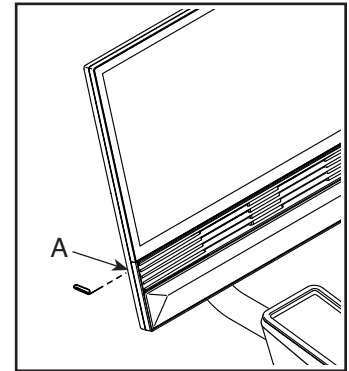
## TROUBLESHOOTING

Some problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, go to [my.iFIT.com](http://my.iFIT.com), scan the QR code at the right, or call 1-833-680-IFIT (1-833-680-4348).



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](http://support.iFIT.com).

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, press the power switch and unplug the power adapter. Next,



locate the small reset opening (A) on the left side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power adapter and press the power switch. **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, press the power switch and unplug the power adapter, and then plug it in again and press the power switch. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 22). Note: It may take a moment for the console to be ready for use.

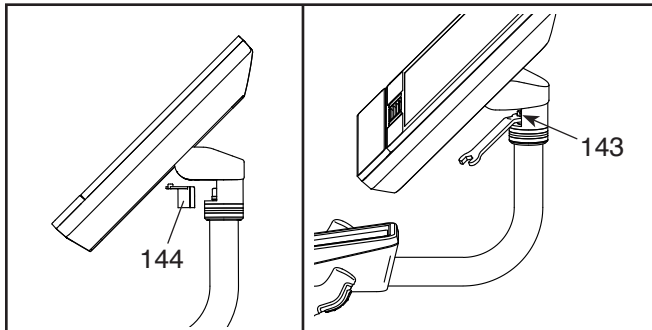
## CONSOLE TROUBLESHOOTING

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

If a replacement power adapter is needed, see TROUBLESHOOTING above to order one. **IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

## HOW TO ADJUST THE CONSOLE PIVOT AND TILT

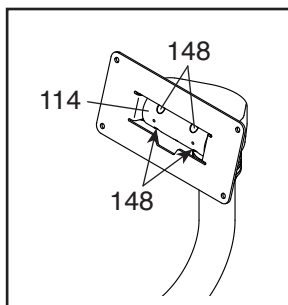
If the console does not stay in place when it is moved from side to side, first remove the Mount Cover (144). Next, use the included studio cycle tool to tighten the Pivot Nut (143) slightly until the console stays in place when moved from side to side. Then, press the Mount Cover back into place.



If the console does not stay in place when it is tilted upward and downward, **first see assembly step 12 on page 11**. Use a standard screwdriver to carefully pry off the Upper Console Cover (146) and then the Lower Console Cover (145).

**Note: For clarity, the console is not shown in the drawing at the right.**

Next, tighten the four M6 x 15mm Cap Screws (148) in the Rear Bracket Mount (114) until the upward and downward movement no longer feels loose. If necessary, tilt the console upward and downward to access the Cap Screws.



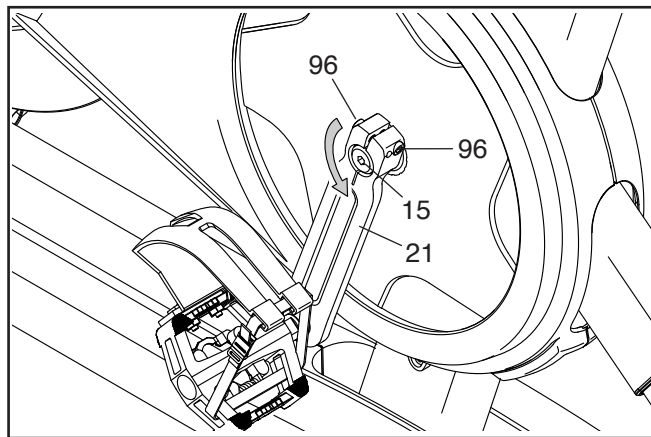
Then, see assembly step 12 on page 11 and reattach the Console Covers (145, 146).

## INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see **HOW TO CHANGE CONSOLE SETTINGS** on page 22 and calibrate the incline system.

## HOW TO ADJUST THE LEFT CRANK ARM

If the Left Crank Arm (21) feels loose while you are pedaling, first loosen the two M6 x 25mm Screws (96). Then, follow the steps below. Note: If you have a torque wrench, tighten the Screws (15, 96) to the listed torque specs. If you do not have a torque wrench, tighten the Screws as firmly as you can.



1. Tighten the M12 Crank Screw (15) **counter-clockwise** to 7 Nm (5 ft-lbs).
2. Tighten each M6 x 25mm Screw (96) to 20 Nm (15 ft-lbs). Then, tighten each M6 x 25mm Screw a second time to 20 Nm (15 ft-lbs) in the same order.
3. Finally, tighten the M12 Crank Screw (15) **counter-clockwise** to 50 Nm (37 ft-lbs).

## HOW TO ADJUST THE REED SWITCH

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

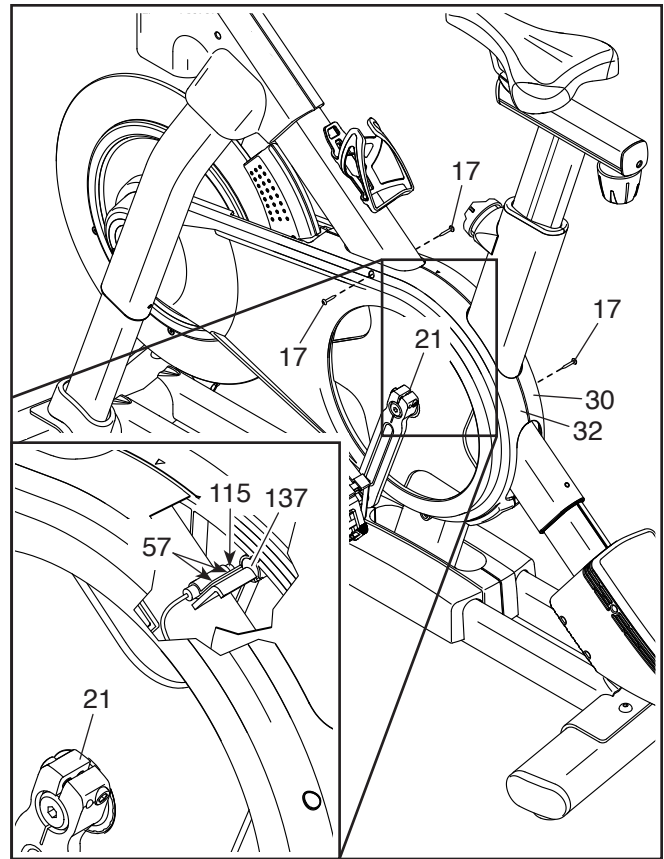
To adjust the reed switch, **first press the power switch and unplug the power adapter.** Next, remove the three indicated M4 x 16mm Screws (17) from the Right and Left Shields (30, 32).

Then, carefully pull the tops of the Right and Left Shields (30, 32) apart a few inches.

**See the inset drawing.** Slightly loosen the two indicated #8 x 1/2" Screws (57). Next, rotate the Left Crank Arm (21) until a Pulley Magnet (137) is aligned with the Reed Switch (115). Slide the Reed Switch slightly toward or away from the Pulley Magnet. Then, retighten the Screws.

Plug in the power adapter, press the power switch, and rotate the Left Crank Arm (21) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the Right and Left Shields (30, 32).



## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling the drive belt may need to be adjusted.

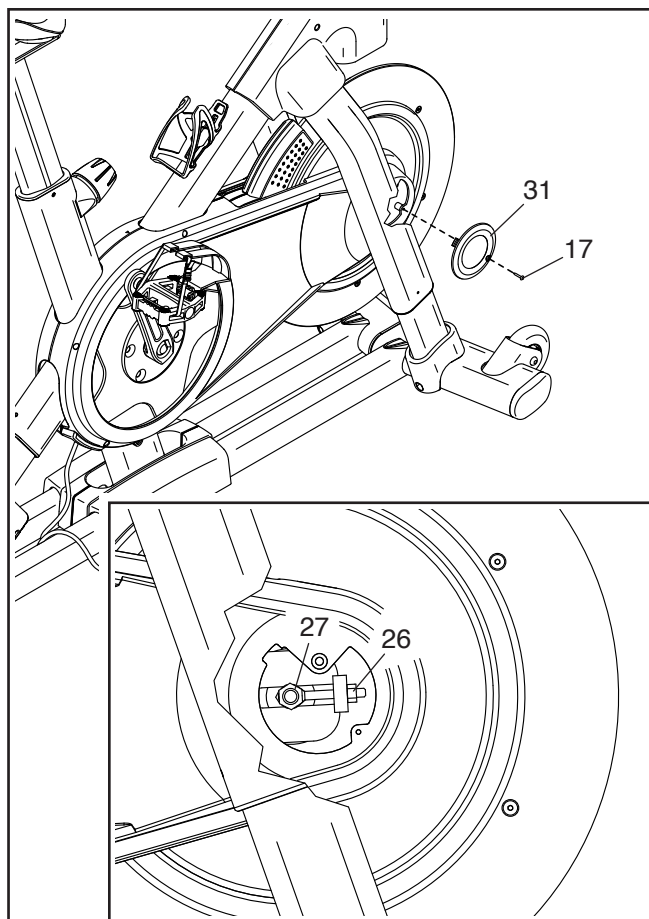
To adjust the drive belt, **first press the power switch and unplug the power adapter.** Then, follow the instructions below. Note: The drawings show only the right side of the studio cycle.

Remove the indicated M4 x 16mm Screw (17) and the Shield Cover (31) from each side of the studio cycle.

Next, loosen the M10 Axle Nut (27) on each side of the studio cycle, and tighten the Adjustment Nut (26) on each side of the studio cycle **one half turn**. Then, firmly retighten the M10 Axle Nuts.

Plug in the power adapter, press the power switch, and pedal the studio cycle to test the adjustment. If necessary, repeat the above actions until the pedals no longer slip.

When the drive belt is properly adjusted, reattach the shield covers.



# 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, consult a reputable resource or consult your physician. Remember that proper nutrition and 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 level is key to achieving the desired results. You can use your heart rate to find the proper intensity level. The chart below shows recommended heart rates.

|     |     |     |     |     |     |     |   |
|-----|-----|-----|-----|-----|-----|-----|---|
| 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  |   |

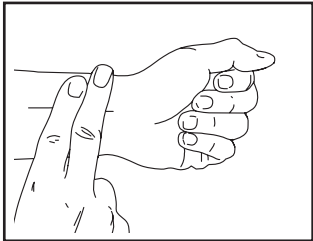
To find the recommended heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers above your age define your “training zone.”

**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 sustained 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. 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

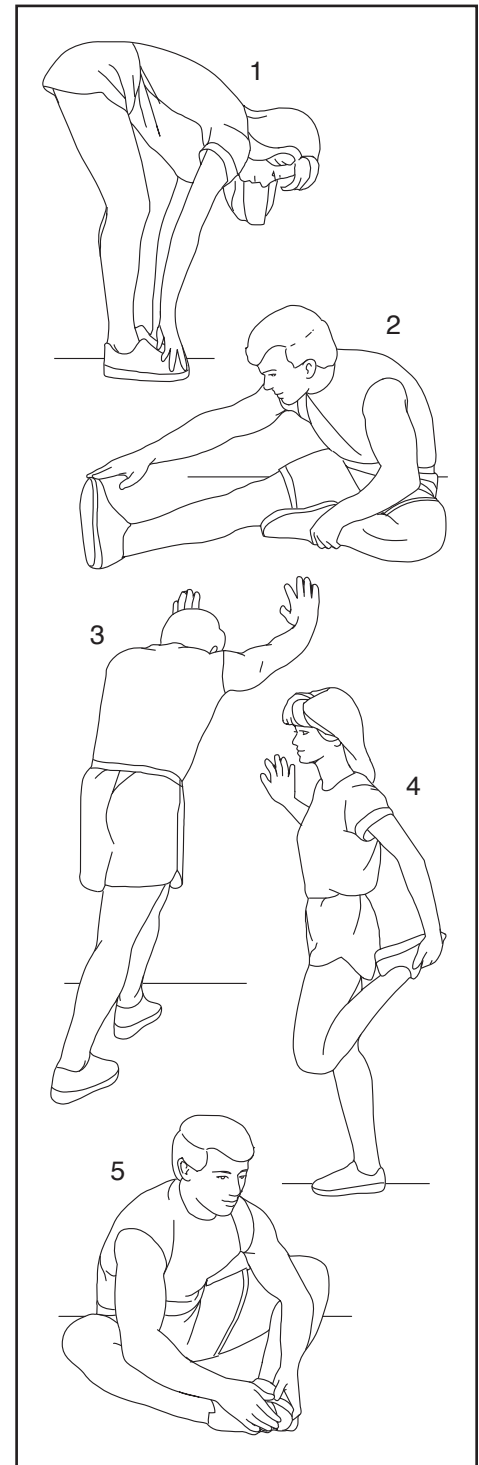
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEXTDF25.0 R0725A

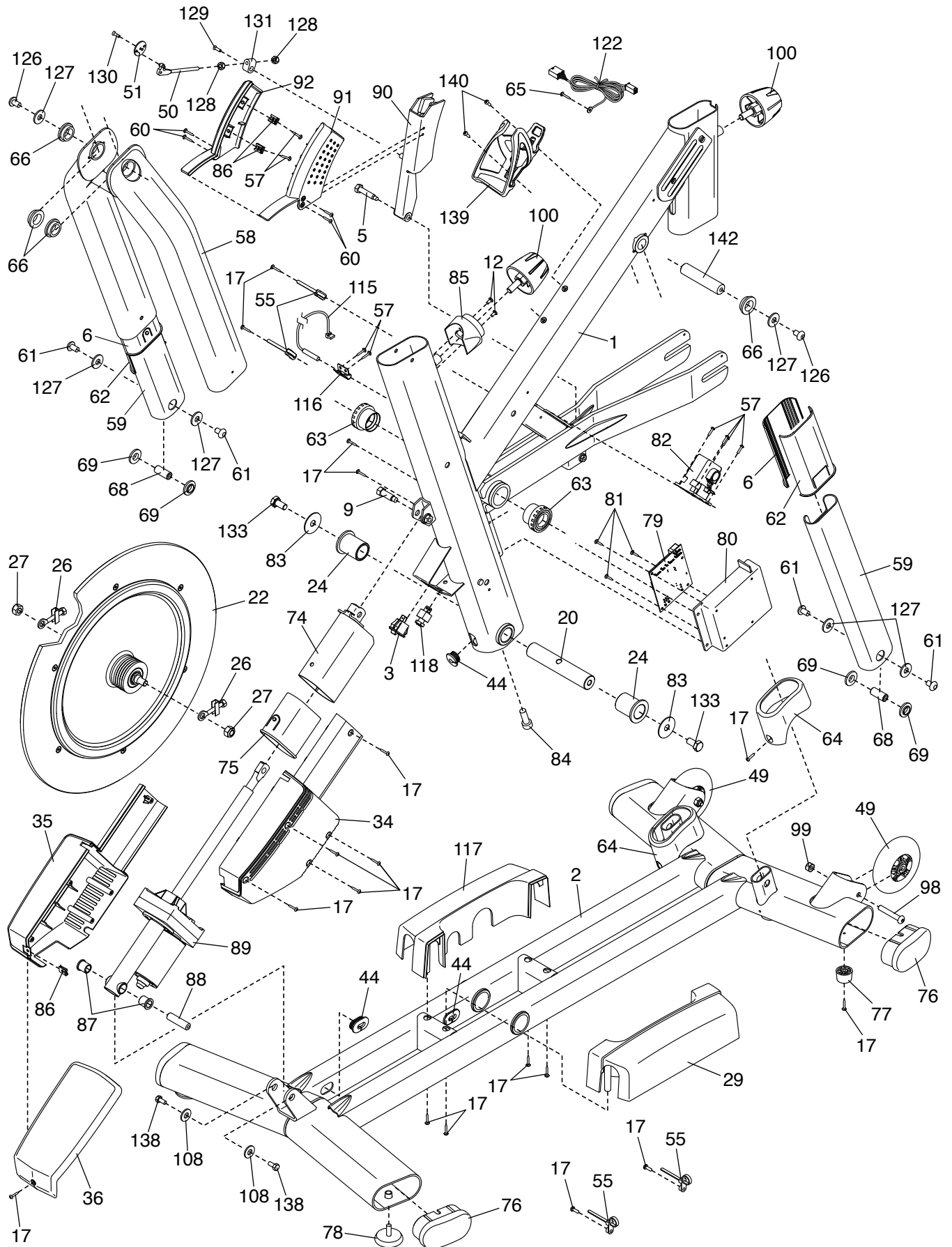
| Key No. | Qty. | Description                 | Key No. | Qty. | Description                |
|---------|------|-----------------------------|---------|------|----------------------------|
| 1       | 1    | Frame                       | 51      | 1    | Resistance Disc            |
| 2       | 1    | Base                        | 52      | 1    | Saddle Bracket             |
| 3       | 1    | Power Switch                | 53      | 1    | Saddle Axle                |
| 4       | 1    | Roller Axle                 | 54      | 1    | Saddle                     |
| 5       | 1    | M6 Shoulder Screw           | 55      | 4    | Anchored Zip Tie           |
| 6       | 2    | Inner Leg Sleeve            | 56      | 1    | Handlebar Tape Kit         |
| 7       | 1    | Handlebar Post              | 57      | 16   | #8 x 1/2" Screw            |
| 8       | 1    | Console Support             | 58      | 1    | Upper Leg                  |
| 9       | 1    | M8 x 32mm Screw             | 59      | 2    | Lower Leg                  |
| 10      | 1    | Console                     | 60      | 4    | #8 x 1/3" Screw            |
| 11      | 1    | Console Bracket             | 61      | 4    | M8 x 15mm Screw            |
| 12      | 6    | M4 x 8mm Screw              | 62      | 2    | Outer Leg Sleeve           |
| 13      | 1    | Saddle Post                 | 63      | 1    | Frame Bearing Set          |
| 14      | 1    | Tray Base                   | 64      | 2    | Leg Cover                  |
| 15      | 1    | M12 Crank Screw             | 65      | 1    | Ground Screw               |
| 16      | 1    | Pulley                      | 66      | 4    | Large Leg Bushing          |
| 17      | 29   | M4 x 16mm Screw             | 67      | 1    | Carriage                   |
| 18      | 4    | M10 x 20mm Flat Head Bolt   | 68      | 2    | Leg Spacer                 |
| 19      | 1    | Crank/Right Crank Arm       | 69      | 4    | Small Leg Bushing          |
| 20      | 1    | Pivot Axle                  | 70      | 1    | Shifter                    |
| 21      | 1    | Left Crank Arm              | 71      | 2    | Cleat Assembly             |
| 22      | 1    | Flywheel Assembly           | 72      | —    | (Not Used)                 |
| 23      | 1    | Handlebar Bracket           | 73      | 4    | M4 x 16mm Machine Screw    |
| 24      | 2    | Pivot Bushing               | 74      | 1    | Shaft Cover                |
| 25      | 1    | Drive Belt                  | 75      | 1    | Shaft Cover Sleeve         |
| 26      | 2    | Adjustment Assembly         | 76      | 4    | Stabilizer Cap             |
| 27      | 2    | M10 Axle Nut                | 77      | 2    | Foot                       |
| 28      | 2    | Post Clamp                  | 78      | 2    | Leveling Foot              |
| 29      | 1    | Right Base Cover            | 79      | 1    | Controller                 |
| 30      | 1    | Right Lower Shield          | 80      | 1    | Controller Cover           |
| 31      | 2    | Shield Cover                | 81      | 3    | M3 x 6mm Machine Screw     |
| 32      | 1    | Left Lower Shield           | 82      | 1    | Resistance Motor           |
| 33      | 1    | Right Disc                  | 83      | 2    | M10 x 38mm Washer          |
| 34      | 1    | Right Incline Motor Cover   | 84      | 1    | M12 x 25mm Cap Screw       |
| 35      | 1    | Left Incline Motor Cover    | 85      | 1    | Post Knob Cap              |
| 36      | 1    | Upper Incline Motor Cover   | 86      | 3    | Clip Nut                   |
| 37      | 1    | Left Disc                   | 87      | 2    | Incline Motor Bushing      |
| 38      | 1    | Accessory Tray              | 88      | 1    | Incline Motor Spacer       |
| 39      | 1    | Handlebar Post Cap          | 89      | 1    | Incline Motor              |
| 40      | 1    | Right Upper Shield          | 90      | 1    | Magnet Bracket             |
| 41      | 1    | M8 Saddle Screw             | 91      | 1    | Right Magnet Bracket Cover |
| 42      | 2    | Inner Clamp                 | 92      | 1    | Left Magnet Bracket Cover  |
| 43      | 2    | Carriage Cap                | 93      | 4    | M8 x 12mm Patch Screw      |
| 44      | 3    | One-wire Grommet            | 94      | 1    | M10 x 55mm Screw           |
| 45      | 1    | Right Saddle Post Sleeve    | 95      | 1    | O-ring                     |
| 46      | 1    | Left Saddle Post Sleeve     | 96      | 2    | M6 x 25mm Screw            |
| 47      | 1    | Right Handlebar Post Sleeve | 97      | 1    | Handlebar                  |
| 48      | 1    | Left Handlebar Post Sleeve  | 98      | 2    | M8 x 50mm Bolt             |
| 49      | 2    | Wheel                       | 99      | 2    | M8 Locknut                 |
| 50      | 1    | Adjustment Arm              | 100     | 2    | Post Knob                  |

| Key No. | Qty. | Description             | Key No. | Qty. | Description                  |
|---------|------|-------------------------|---------|------|------------------------------|
| 101     | 1    | Carriage Knob           | 127     | 6    | M8 Large Washer              |
| 102     | 4    | M6 x 15mm Socket Screw  | 128     | 2    | M5 Nut                       |
| 103     | 4    | M4 x 10mm Machine Screw | 129     | 1    | M5 x 8mm Screw               |
| 104     | 1    | Roller                  | 130     | 1    | #6 x 5/8" Screw              |
| 105     | 1    | M10 Washer              | 131     | 1    | Adjustment Block             |
| 106     | 1    | Handlebar Clamp         | 132     | 2    | M4 x 10mm Blunt Screw        |
| 107     | 2    | M4 x 15mm Machine Screw | 133     | 2    | M10 x 20mm Hex Screw         |
| 108     | 2    | M6 Washer               | 134     | 1    | Keyed Washer                 |
| 109     | 1    | Front Bracket Mount     | 135     | 4    | M10 Locknut                  |
| 110     | 1    | Wire Protector          | 136     | 2    | Handlebar Cap                |
| 111     | 2    | Upper/Lower Pivot Disc  | 137     | 2    | Pulley Magnet                |
| 112     | 1    | Center Pivot Disc       | 138     | 2    | M6 x 15mm Screw              |
| 113     | 2    | Inner Pivot Bushing     | 139     | 1    | Water Bottle Holder          |
| 114     | 1    | Rear Bracket Mount      | 140     | 2    | M5 x 15mm Socket Screw       |
| 115     | 1    | Reed Switch/Wire        | 141     | 1    | Left Upper Shield            |
| 116     | 1    | Reed Switch Clip        | 142     | 1    | Upper Leg Axle               |
| 117     | 1    | Left Base Cover         | 143     | 1    | Pivot Nut                    |
| 118     | 1    | Power Receptacle        | 144     | 1    | Mount Cover                  |
| 119     | 1    | Power Adapter           | 145     | 1    | Lower Console Cover          |
| 120     | 1    | Power Cord              | 146     | 1    | Upper Console Cover          |
| 121     | 1    | Tray Cover              | 147     | 4    | Crown Fastener/Screw         |
| 122     | 1    | Lower Wire              | 148     | 8    | M6 x 15mm Cap Screw          |
| 123     | 1    | Upper Wire              | 149     | 2    | Outer Clamp                  |
| 124     | 1    | Extension Wire          | 150     | 2    | M6 x 25mm Saddle Screw       |
| 125     | 1    | Control Wire            | *       | —    | Assembly/Adjustment Tool Kit |
| 126     | 2    | M8 x 12mm Screw         | *       | —    | User's Manual                |

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

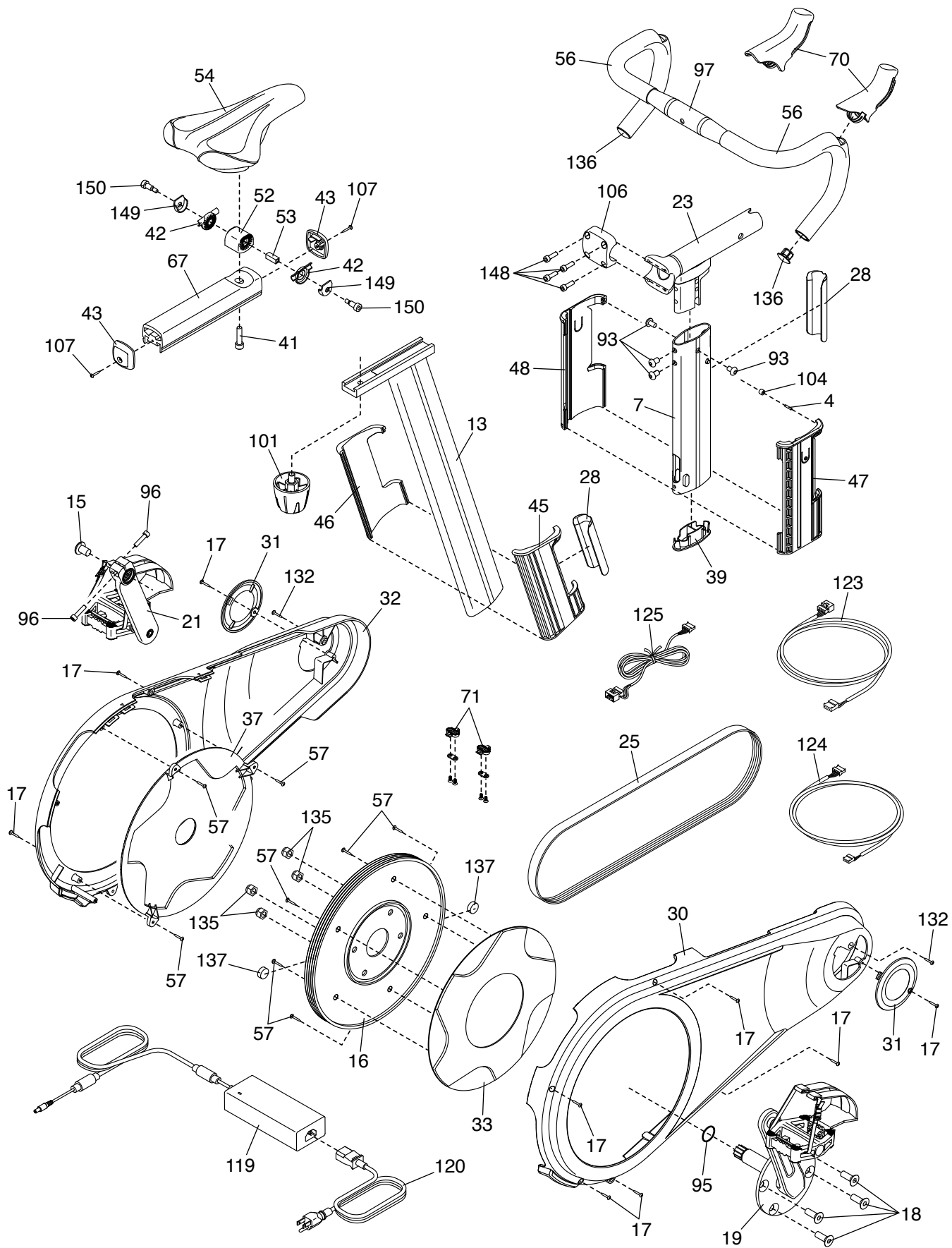
# EXPLODED DRAWING A

Model No. NTEXTDF25.0 R0725A



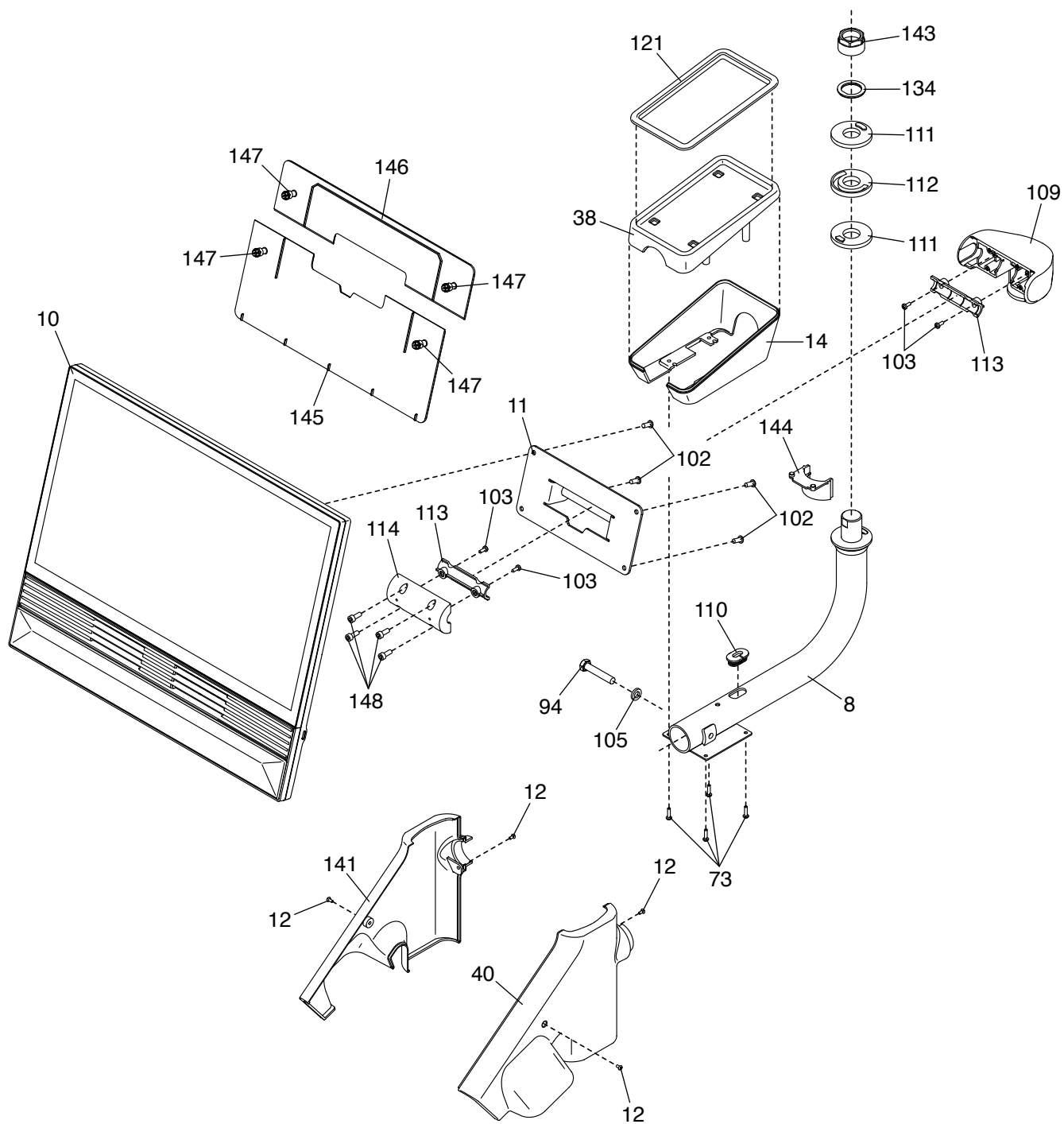
## EXPLODED DRAWING B

Model No. NTEXTDF25.0 R0725A



## EXPLODED DRAWING C

Model No. NTEXTDF25.0 R0725A



# ORDERING REPLACEMENT PARTS

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

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

## LIMITED WARRANTY

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years from the date that you receive this product. Parts are warranted for two (2) years. The tablet and labor are warranted for one (1) year.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please go to [my.iFIT.com](http://my.iFIT.com). Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**iFIT Inc., 1500 S. 1000 W., Logan, UT 84321-9813**