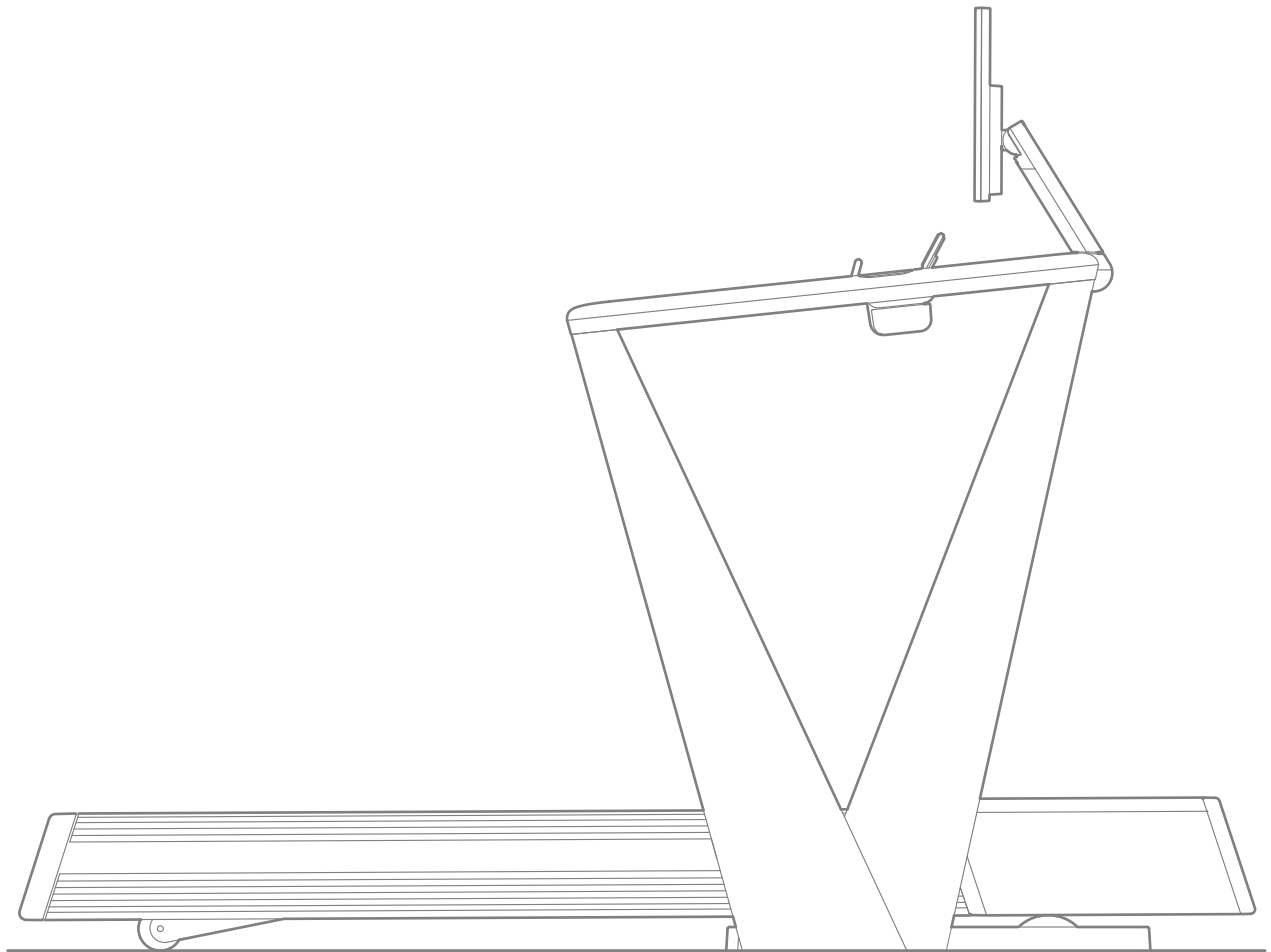


NordicTrack *Ultra 3*



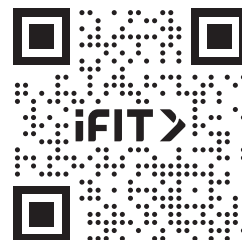
ASSEMBLY GUIDE

USER'S MANUAL

NordicTrack Ultra3

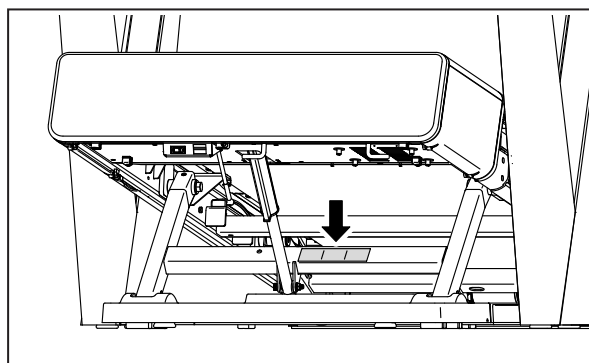
HOW TO CONTACT MEMBER CARE

Thank you for purchasing the advanced NordicTrack® Ultra 3 treadmill. If you need service at any time, **go to my.iFIT.com or scan the QR code at the right. PLEASE DO NOT CONTACT THE STORE.**



Before contacting us, please note the model number and serial number of your treadmill. The model number is **NTL49926-1.0**. The serial number can be found on a decal on the treadmill. First, adjust the incline of the treadmill to 15% (see pages 26 to 30). Then, **unplug the power cord** and locate the serial number on the decal on the front leg.

For reference, write the serial number here:



CAUTION

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

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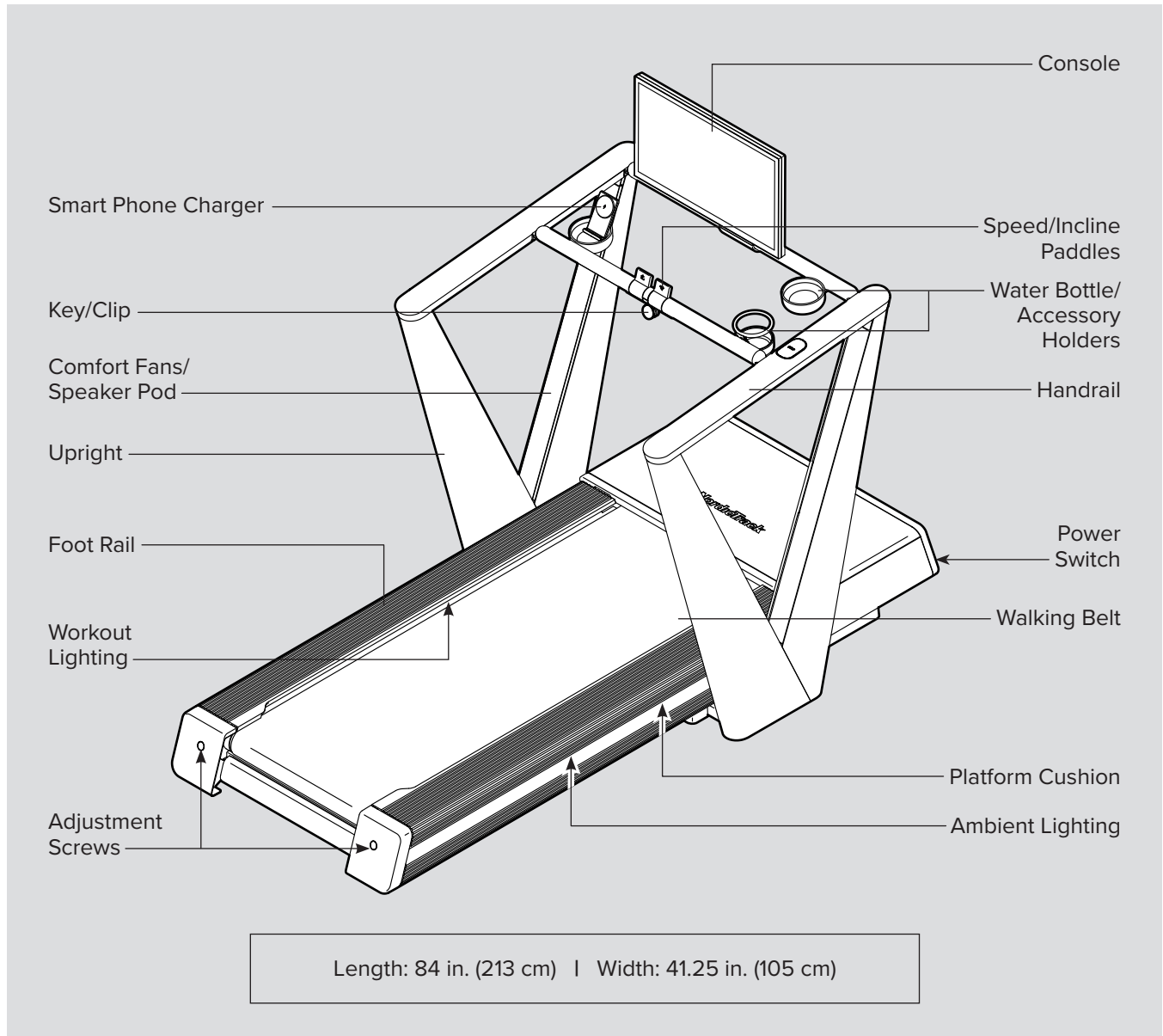
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BEFORE YOU BEGIN

For the past 50 years, NordicTrack has repeatedly proved itself to be a leading innovator in the fitness industry. To celebrate this incredible heritage, we welcome you to a new era of fitness with the advanced NordicTrack Ultra 3 treadmill.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see page 2.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. 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 treadmill are adequately informed of all warnings and precautions.
2. Keep children under age 16 and pets away from the treadmill 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 treadmill only as authorized by your health care provider.
5. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the treadmill by someone responsible for their safety.
6. Use the treadmill only as described in this manual.
7. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
9. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
10. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
11. The treadmill should be used only by persons weighing 400 lbs. (182 kg) or less.
12. Never allow more than one person on the treadmill at a time.
13. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught. Athletic support clothes are recommended for both men and women.
14. Always wear athletic shoes while using the treadmill. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
15. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 26). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices, into the surge suppressor or into an outlet on the same circuit.
16. Use only a surge suppressor that meets all of the specifications described on page 26. To purchase a surge suppressor, see page 2 or see your local electronics store.
17. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
18. Keep the power cord away from heated surfaces.
19. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **MAINTENANCE AND TROUBLESHOOTING** on page 37 if the treadmill is not working properly.)

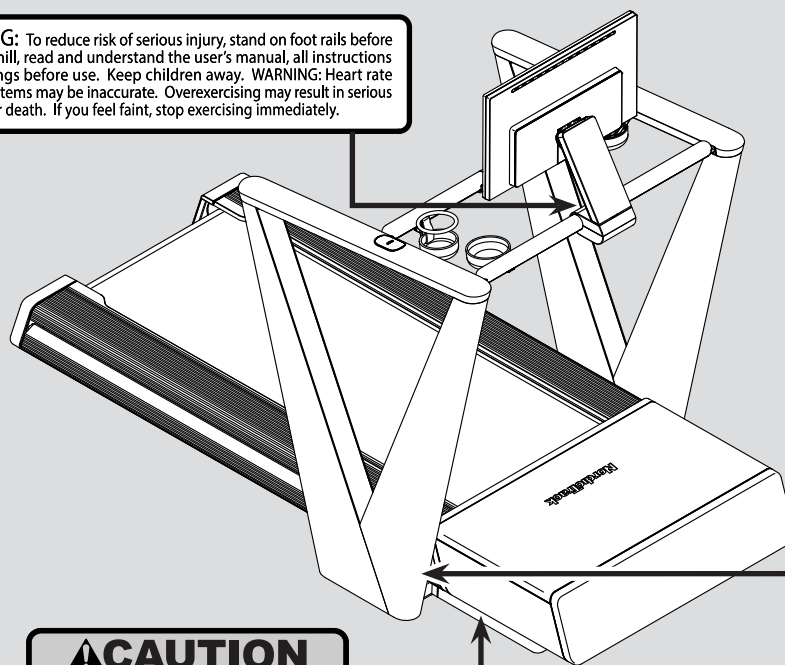
-
20. Read, understand, and test the emergency stop procedure before using the treadmill (see **HOW TO TURN ON THE CONSOLE** on page 29). Always wear the clip while using the treadmill.
 21. Be careful when mounting and dismounting the treadmill. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
 22. When a person is walking on the treadmill, the noise level of the treadmill will increase.
 23. Keep fingers, hair, and clothing away from the moving walking belt.
 24. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
 25. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 4 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
 26. Due to the size and weight of the treadmill, moving it requires an adequate number of people capable of safely lifting and maneuvering it. Do not attempt to move the treadmill on the rear wheels and do not move it over an uneven surface.
 27. Never insert any object into any opening on the treadmill.
 28. Inspect and properly tighten all parts regularly. Replace any worn parts immediately. Use only manufacturer-supplied parts.
 29. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed only by an authorized service representative.
 30. 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.

SAVE THESE INSTRUCTIONS

WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. If a decal is missing or illegible, see page 2 and request a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.

⚠ WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions and the warnings before use. Keep children away. **WARNING:** Heart rate monitoring systems may be inaccurate. Overexercising may result in serious injury or death. If you feel faint, stop exercising immediately.



⚠ CAUTION

Keep hands and feet away from this area while the treadmill is in operation. ⓘ

(On both sides)

⚠ WARNING

To reduce the risk of serious injury, read user's manual and:

- Stand only on foot rails when starting or stopping. ⓘ
- Never allow children on or around. ⓘ
- Keep clothing, fingers, and hair away from moving parts. ⓘ
- Change speed in small increments.
- Hold handrails to reduce risk of falling.
- Always wear clip while operating.
- Stop if you feel faint, dizzy, or short of breath.
- Always remove key when not in use.
- Never adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating. ⓘ

ASSEMBLY

- For assistance with assembly, scan the QR code at the right and watch the assembly video.



- Due to the size and weight of the treadmill, assemble the treadmill in the location where it will be used.
- **CAUTION:** Assembly requires three persons each capable of safely lifting 150 lbs. (68 kg).
- **IMPORTANT:** Do not remove packing materials from parts until you need to remove them to do an assembly step.
- Do not dispose of any packing materials until the treadmill is fully assembled.
- Assembly can be completed using the included tools. Keep the included tools; the

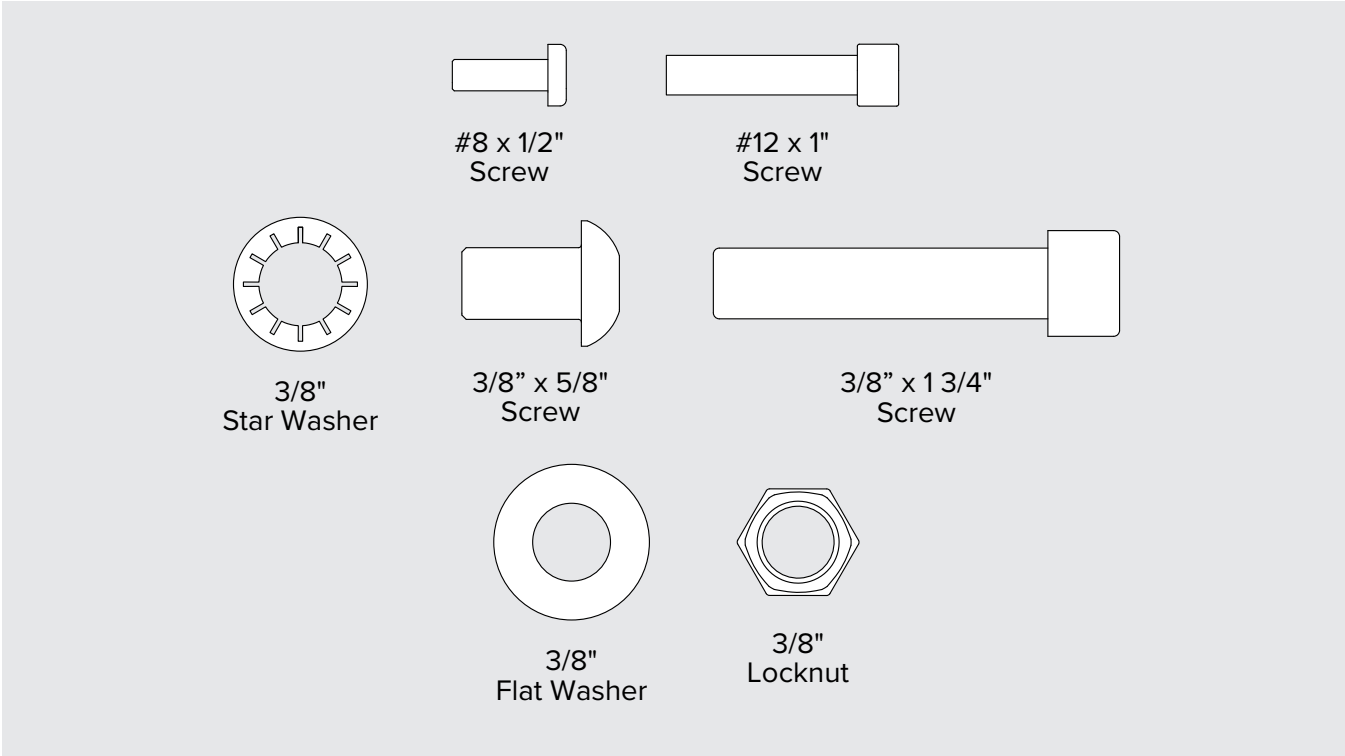
tools may be needed to make adjustments to the treadmill in the future.

- To avoid damaging parts, do not use power tools for assembly or adjustment.
- To identify the hardware used for assembly, see page 9.
- Left parts are marked with “L” or “Left” stickers, and right parts are marked “R” or “Right” stickers. You may have to partially remove the packing materials from some parts to see the stickers.
- You will connect wires during several assembly steps. You must connect the wires properly and fully for your treadmill to function correctly.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

Hardware Identification Chart

IMPORTANT: As you unpack the shipping box, you will find the hardware kit and the included tools beneath the console.

Use the drawings below to identify the hardware used for assembly. **If a part is not in the hardware kit, check to see whether it is pre-attached. Extra hardware may be included.**

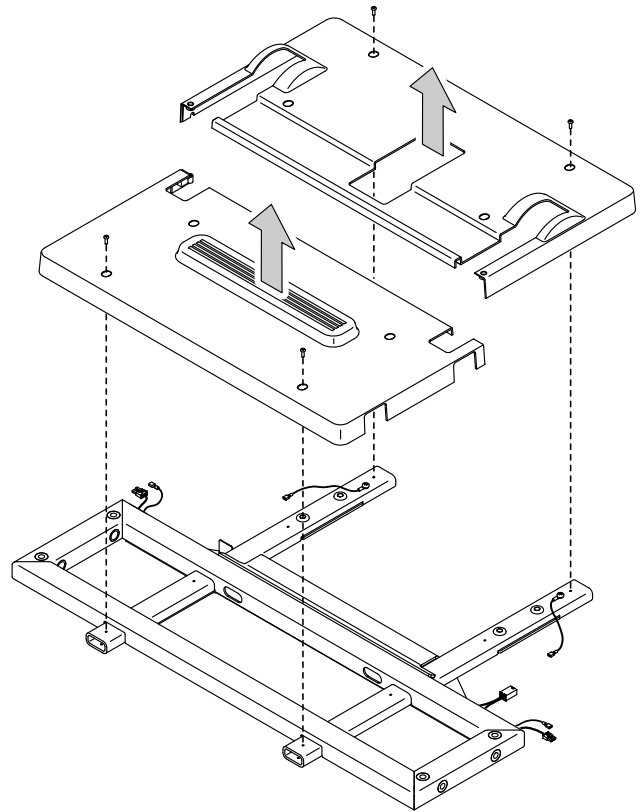


IMPORTANT: Before you begin assembling the treadmill, make sure to read the important assembly information on page 8. In addition, review all assembly steps before you begin step 1. Do not remove packing materials from parts until you need to remove them to do an assembly step.

Step 1

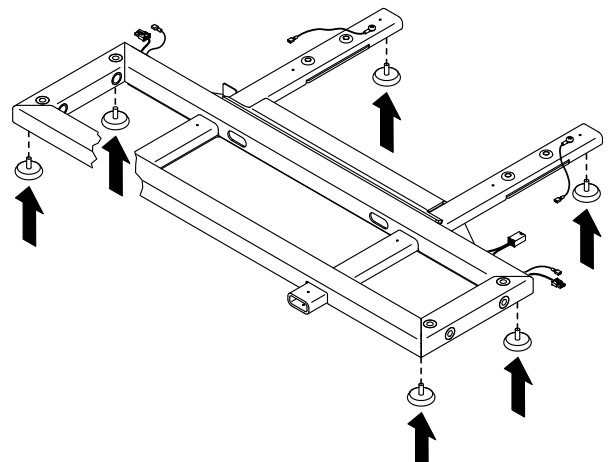
Remove the top of the shipping box (not shown). Next, remove all internal boxes and parts until you see the upright base and the two base covers (shown at the right) attached to the bottom pallet. Cut the plastic straps securing the upright base and the base covers to the pallet, and set the upright base and the base covers on the floor.

Next, remove the **four #8 x 1/2" screws** and the two base covers from the upright base. **Keep the base covers, but discard the screws.**



Step 2

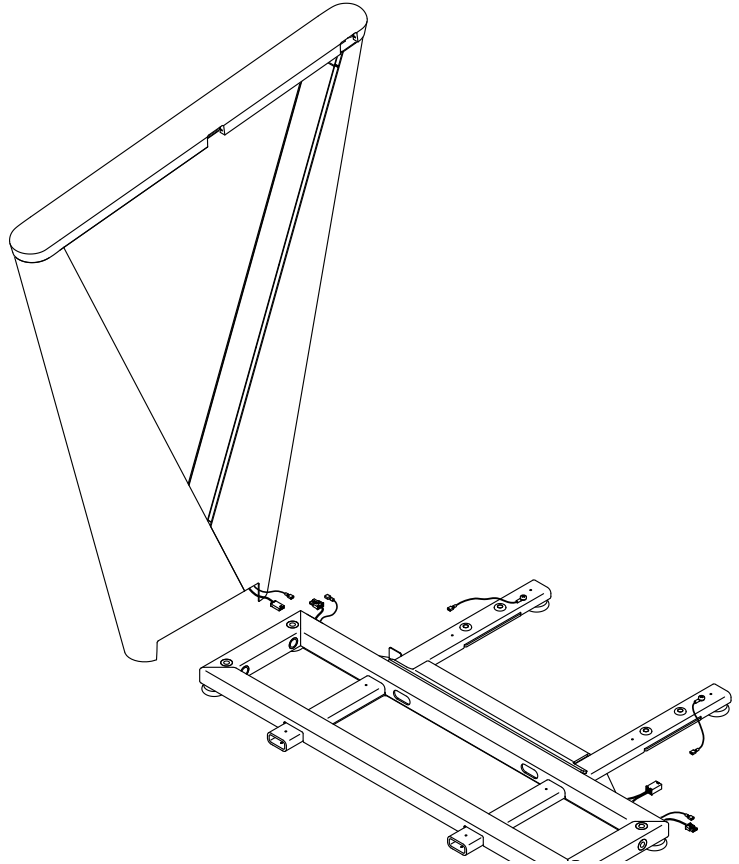
Locate the six leveling feet, and turn them one to two turns into the underside of the upright base. **Leave the leveling feet extended;** this will raise the upright base and make later steps easier to do.



Step 3

Identify the left upright. Note: You may have to partially remove the protective plastic from the lower end of the left upright to see the "L" or "Left" sticker.

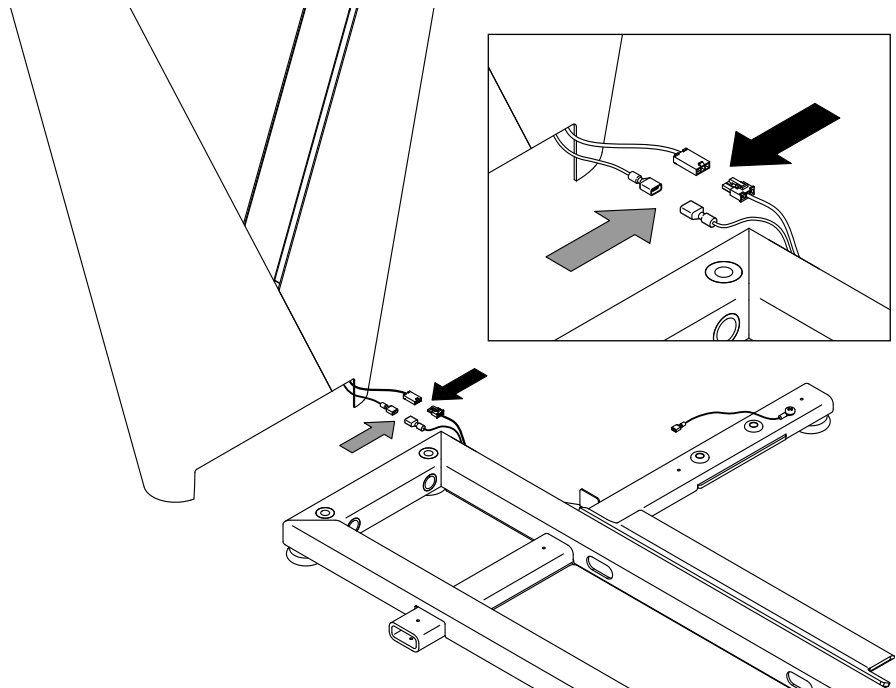
Then, orient the left upright as shown and have another person hold it near the left side of the upright base.



Step 4

Locate the indicated fan wires and ground wires in the left upright and the upright base.

Fully connect the fan wires and the ground wires.

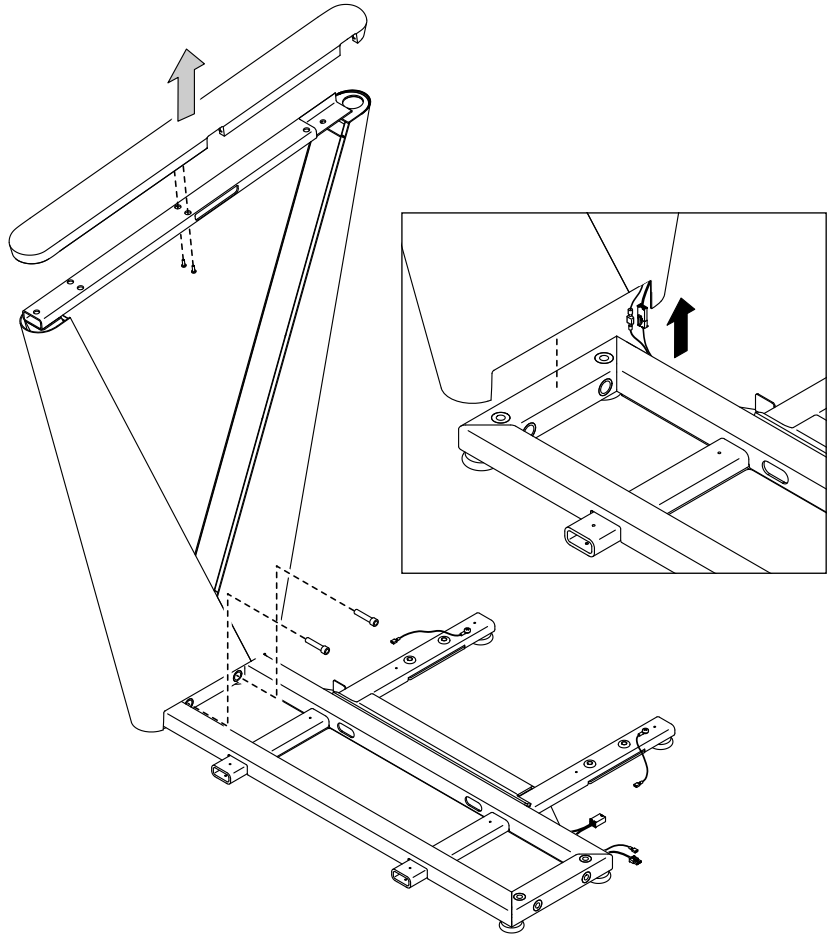


Step 5

See the small drawing. While another person sets the left upright on the upright base, **carefully insert the wires that you connected in step 4 upward into the left upright; make sure that the wires are not pinched.**

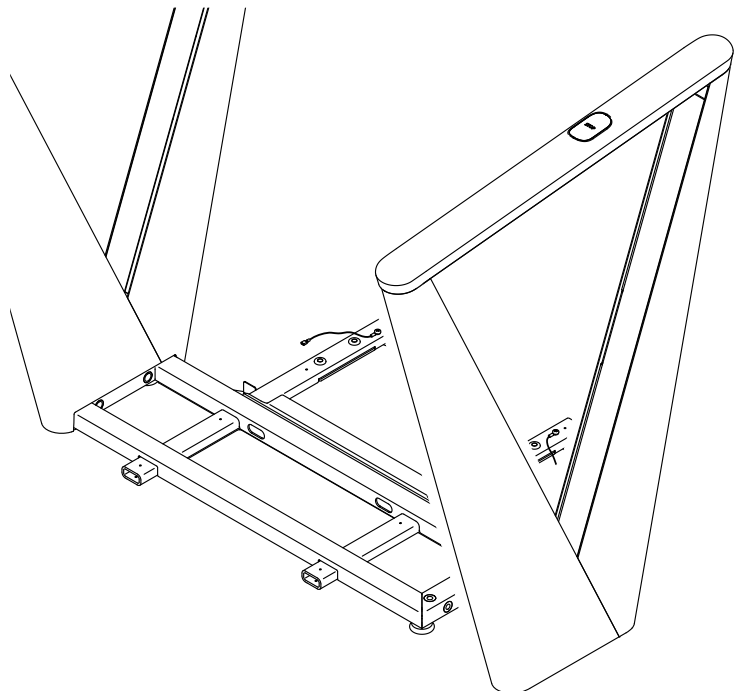
While the other person holds the left upright on the upright base, attach the lower end of the left upright with **two 3/8" x 1 3/4" screws; do not fully tighten the screws yet.** Note: Have the other person tip the left upright to the side slightly to help you align the screw holes, if necessary.

Then, remove the two **#8 x 1/2" screws** and the left handrail cover from the left upright. **Keep the left handrail cover, but discard the screws.**



Step 6

Identify the right upright. Orient the right upright as shown and have another person hold it near the right side of the upright base.



Step 7

Note: This step shows the right upright from the front.

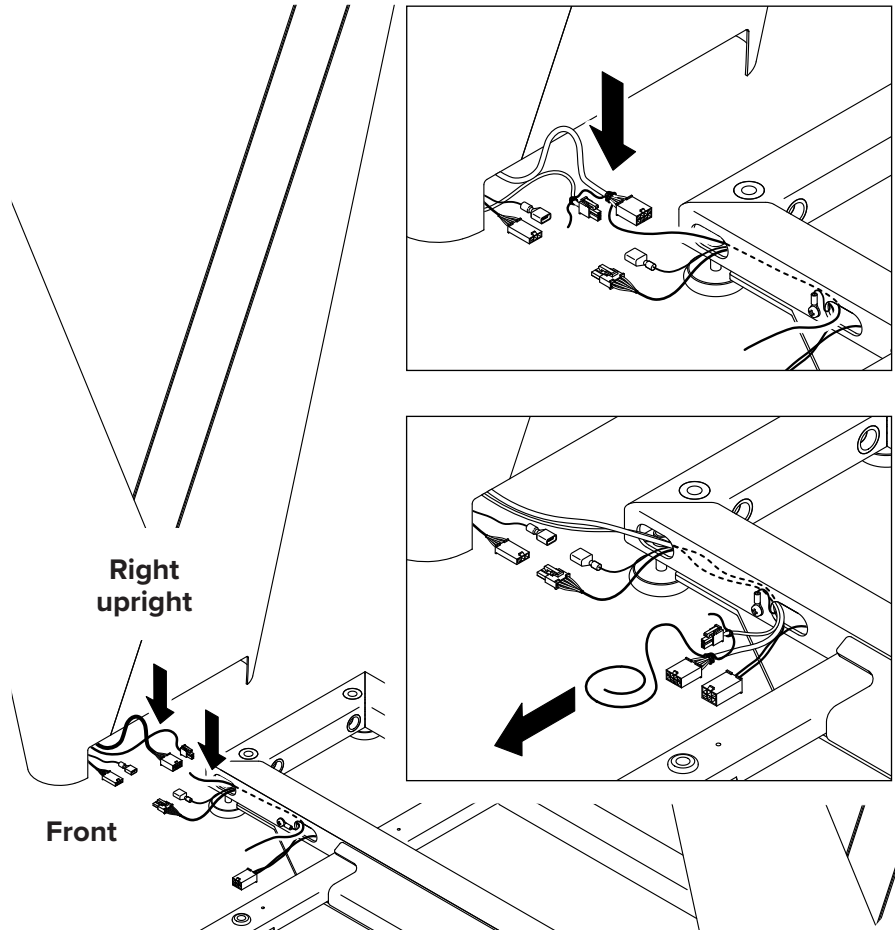
Locate **the two longest wires** in the right upright. Next, locate the twist tie in the upright base.

See the upper small drawing.

Tie the indicated end of the twist tie to the two longest wires in the right upright. **The larger connector should be in front of the smaller connector as shown.**

See the lower small drawing.

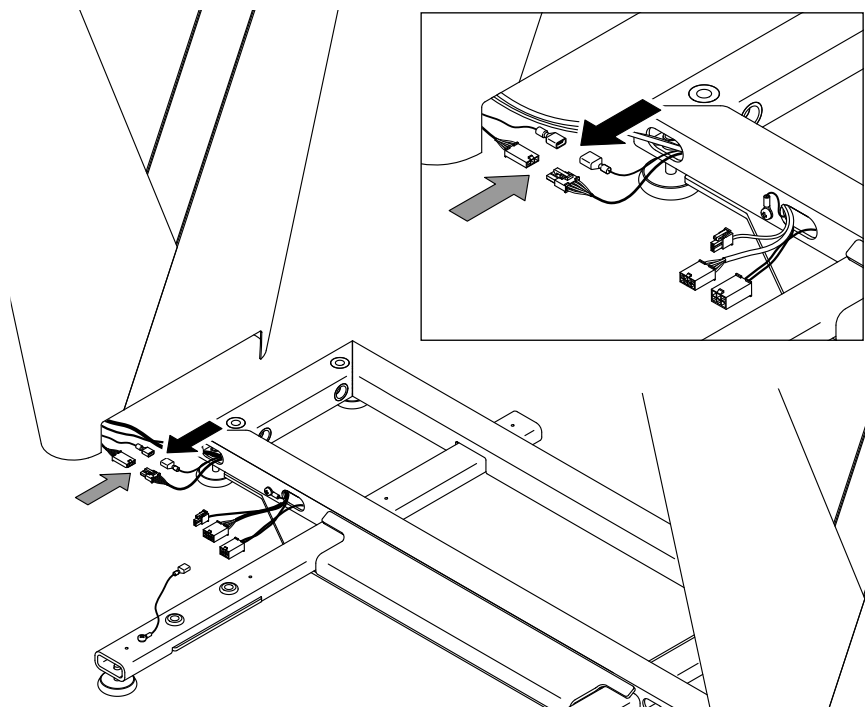
Carefully pull the other end of the twist tie until the two longest wires are routed through the upright base as shown. Then, discard the twist tie.



Step 8

Locate the indicated fan wires and ground wires in the right upright and the upright base.

Fully connect the fan wires and the ground wires.

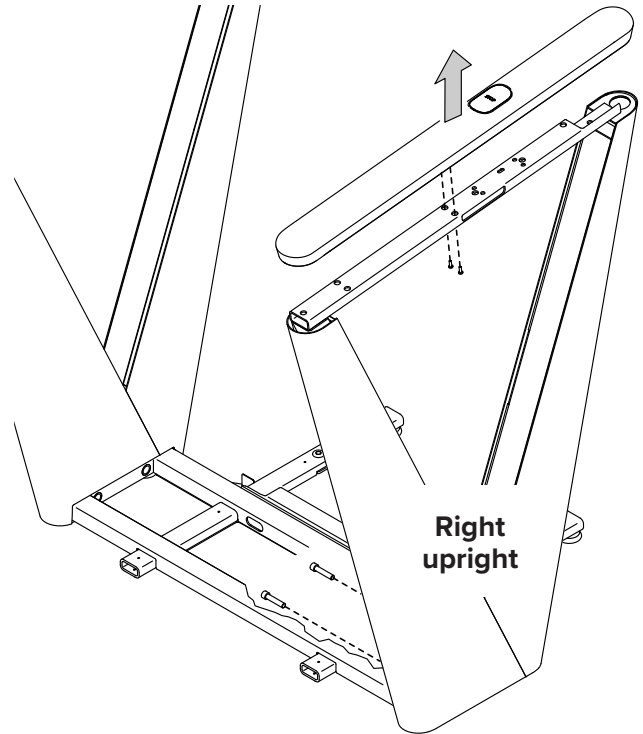


Step 9

While another person sets the right upright on the upright base, **carefully insert the wires that you connected in steps 7 and 8 upward into the right upright; make sure that the wires are not pinched.**

While the other person holds the right upright on the upright base, attach the lower end of the right upright with **two 3/8" x 1 3/4" screws; do not fully tighten the screws yet.** Note: Have the other person tip the right upright to the side slightly to help you align the screw holes, if necessary.

Then, remove the two **#8 x 1/2" screws** and the right handrail cover from the right upright. **Keep the right handrail cover, but discard the screws.**

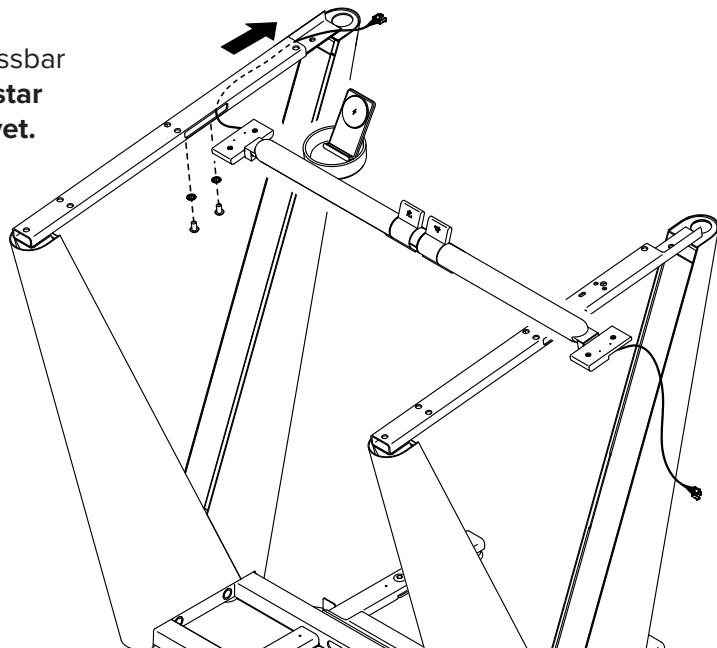
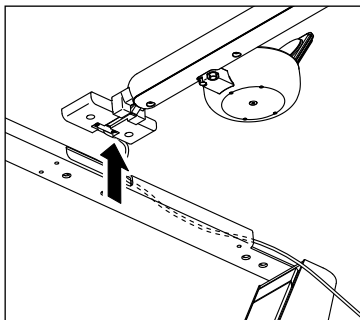


Step 10

Orient the paddle crossbar as shown, and have another person hold it near the uprights. Next, route the wire on the left side of the paddle crossbar into the slot in the left upright and out of the front as shown.

See the small drawing. Locate the channel in the bracket on the left side of the paddle crossbar. **Route the wire into the channel so it will not get pinched,** and carefully insert the bracket into the slot in the left upright.

Then, attach the left side of the paddle crossbar with two **3/8" x 5/8" screws** and two **3/8" star washers; do not fully tighten the screws yet.**

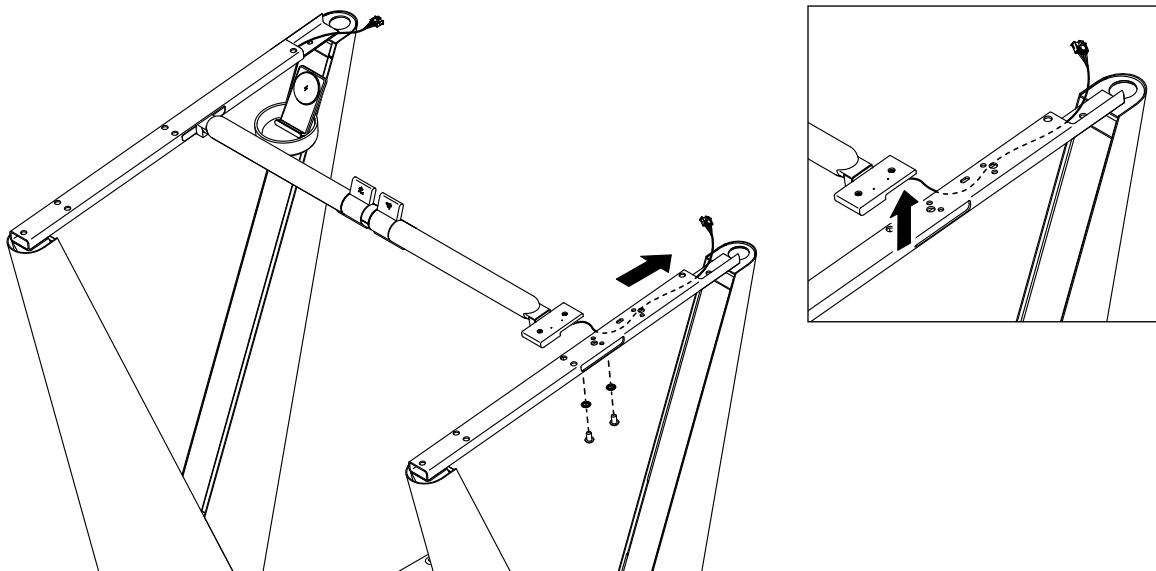


Step 11

Route the wire on the right side of the paddle crossbar into the slot in the right upright and out of the front as shown.

See the small drawing. Route the wire into the channel in the bracket on the right side of the paddle crossbar so it will not get pinched, and carefully insert the bracket into the slot in the right upright.

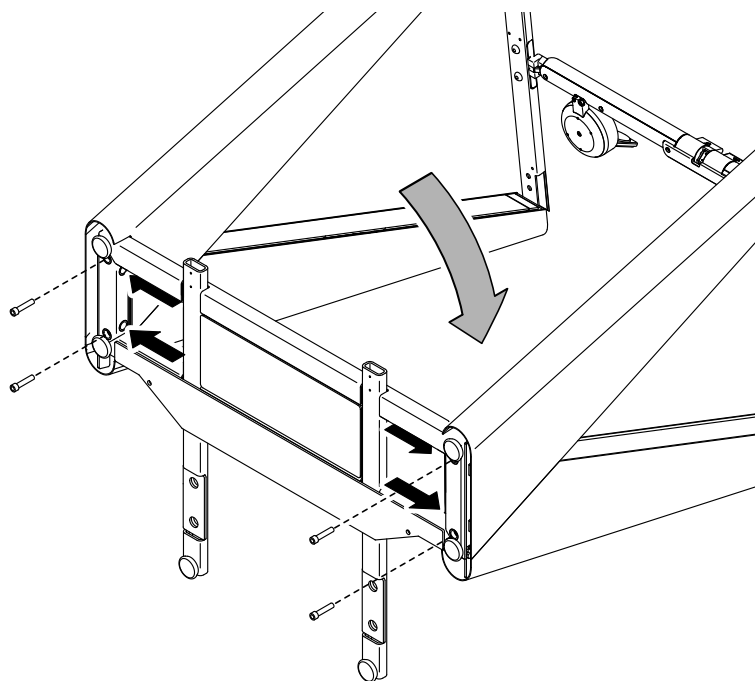
Then, attach the right side of the paddle crossbar with two **3/8" x 5/8" screws** and two **3/8" star washers**; **do not fully tighten the screws yet.**



Step 12

Carefully tip the uprights forward and down as shown. Next, start **four 3/8" x 1 3/4" screws** into the upright base and the uprights. Then, **fully tighten the screws.**

Then, **fully tighten the four 3/8" x 1 3/4" screws** that you started in steps 5 and 9.

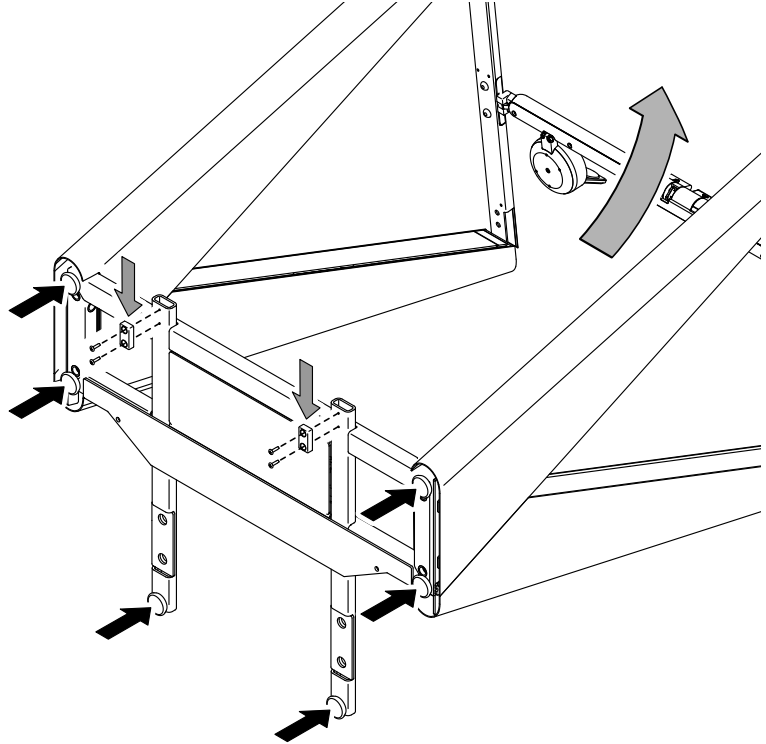


Step 13

Turn the six leveling feet fully into the upright base.

Next, attach the two stationary feet to the upright base with **four #8 x 1/2" screws**.

Then, raise the uprights back to the vertical position so the upright base is flat on the floor.



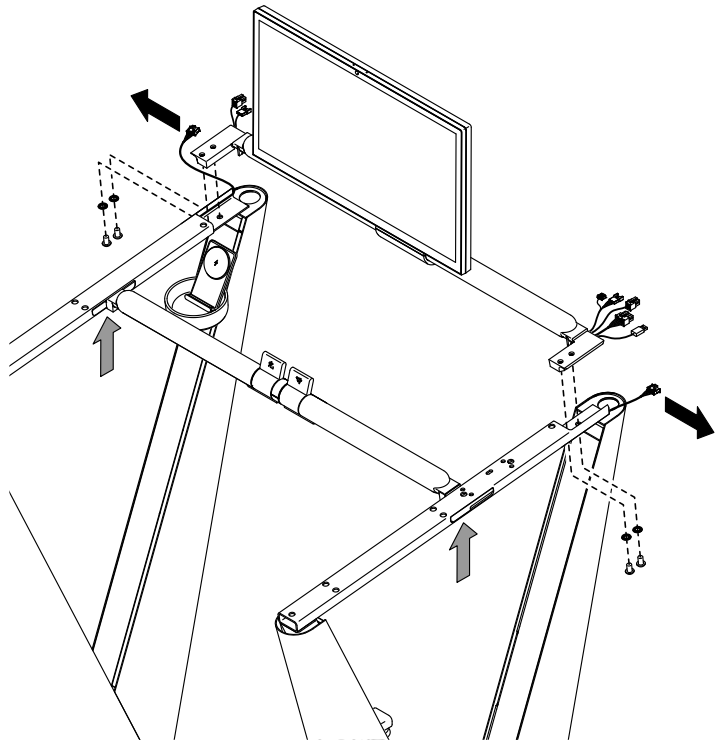
Step 14

Do not pinch any wires during this step.

Move the wires indicated by the black arrows out of the way as shown so they will not get pinched.

Next, have another person hold the console crossbar on the uprights. Attach the console crossbar with **four 3/8" x 5/8" screws** and **four 3/8" star washers**; **start all four screws, and then firmly tighten them.**

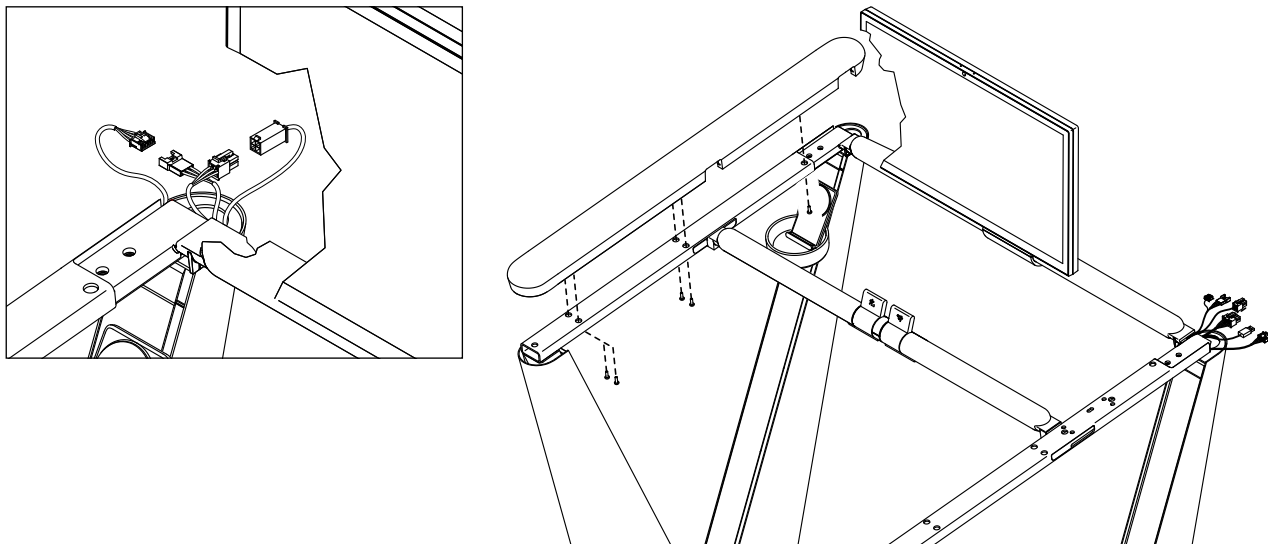
Then, **fully tighten the four 3/8" x 5/8" screws**, indicated by the gray arrows, that you started in steps 10 and 11.



Step 15

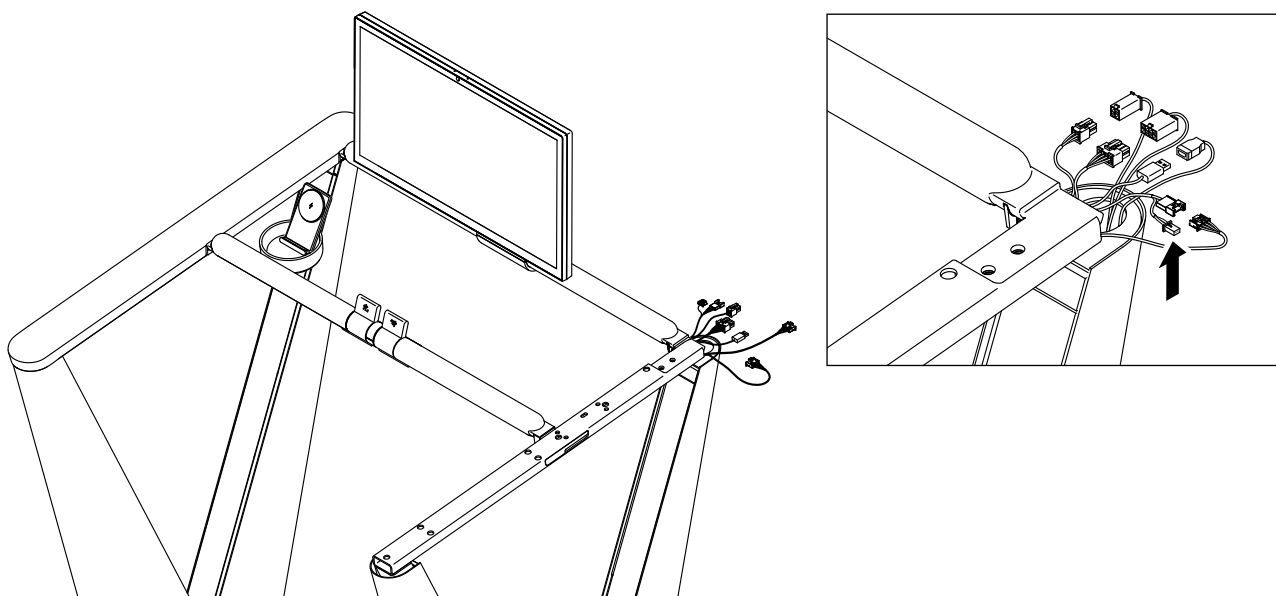
See the small drawing. Fully connect the two pairs of wires on the left side of the treadmill. Then, insert the connectors and the excess wire downward into the left upright.

Do not pinch the wires. Attach the left handrail cover to the left upright with five **#8 x 1/2"** screws; **start all five screws, and then tighten them.**



Step 16

See the small drawing. Fully connect four of the wires on the right side of the console crossbar to the wires in the right upright. Then, insert the connectors and the excess wire downward into the right upright. Note: You will connect the wire indicated by the arrow in step 17.

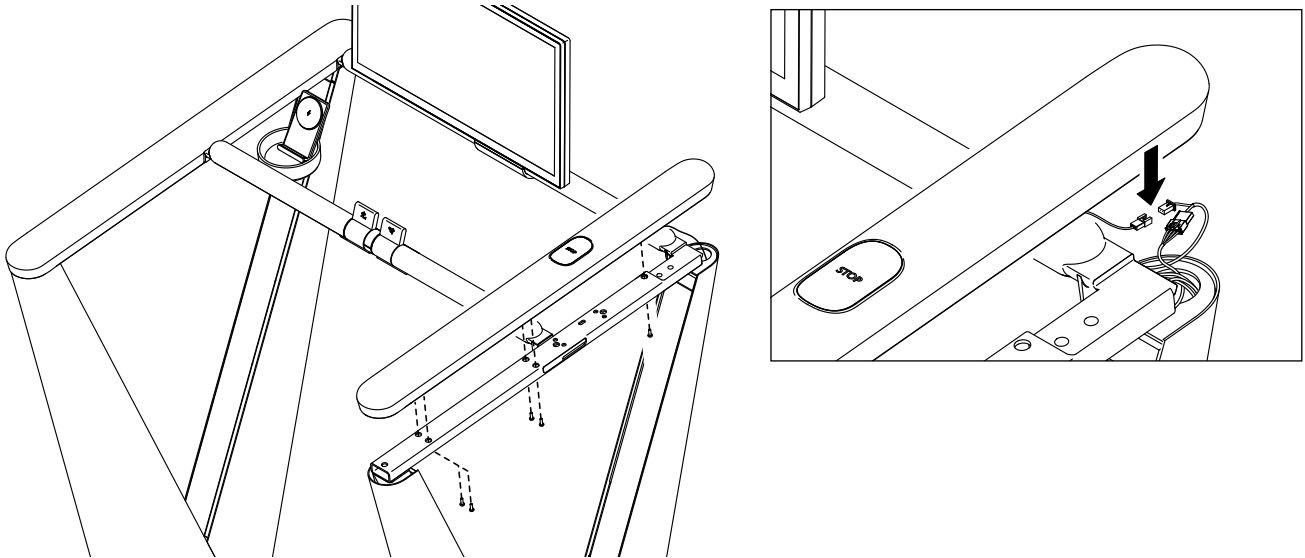


Step 17

Have another person hold the right handrail cover above the right upright.

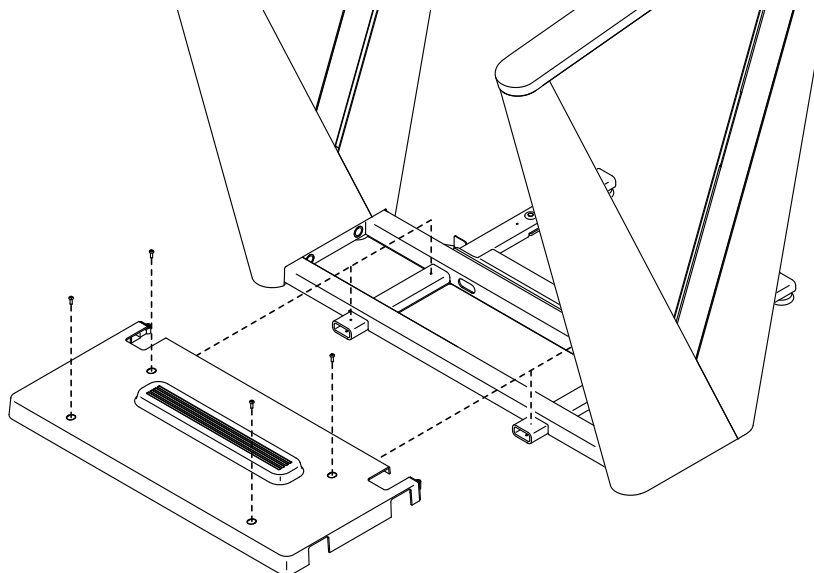
See the small drawing. Locate the wire extending from the right handrail cover. Connect the wire to the remaining wire on the right side of the console crossbar.

Do not pinch the wires. Attach the right handrail cover to the right upright with **five #8 x 1/2" screws**; **start all five screws, and then tighten them.**



Step 18

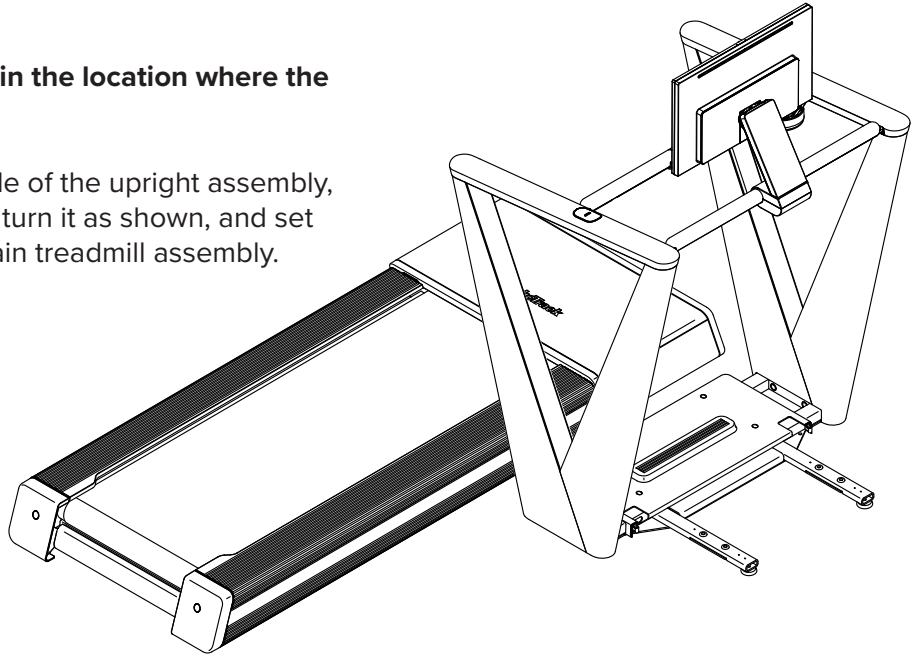
Attach the rear base cover to the upright base with **four #8 x 1/2" screws**. **Do not overtighten the screws.**



Step 19

Set the main treadmill assembly in the location where the treadmill will be used.

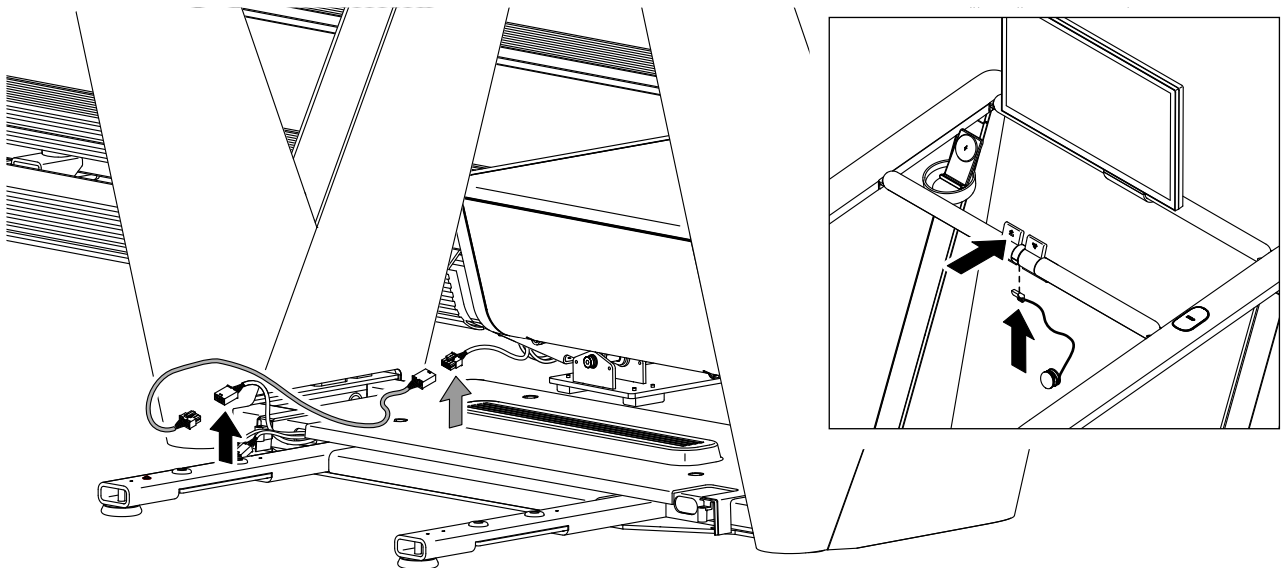
Next, with one person on each side of the upright assembly, carefully lift the upright assembly, turn it as shown, and set it down by the right side of the main treadmill assembly.



Step 20

Look at the wires extending from the upright base and locate the wire with the largest connector, shown by the black arrow. Next, look at the wires extending from the right front leg of the treadmill and locate the wire with the largest connector, shown by the gray arrow. **Fully connect the included jumper wire to both wires.**

See the small drawing. Plug in the treadmill power cord (not shown), and make sure that the "Reset/Off" switch beside the power cord is in the "Reset" position. Next, insert the key into the paddle crossbar. When the console boots up, push the left paddle on the paddle crossbar until the treadmill reaches the highest incline level. **Then, remove the key, unplug the power cord, and disconnect the jumper wire. You will not need the jumper wire again.**

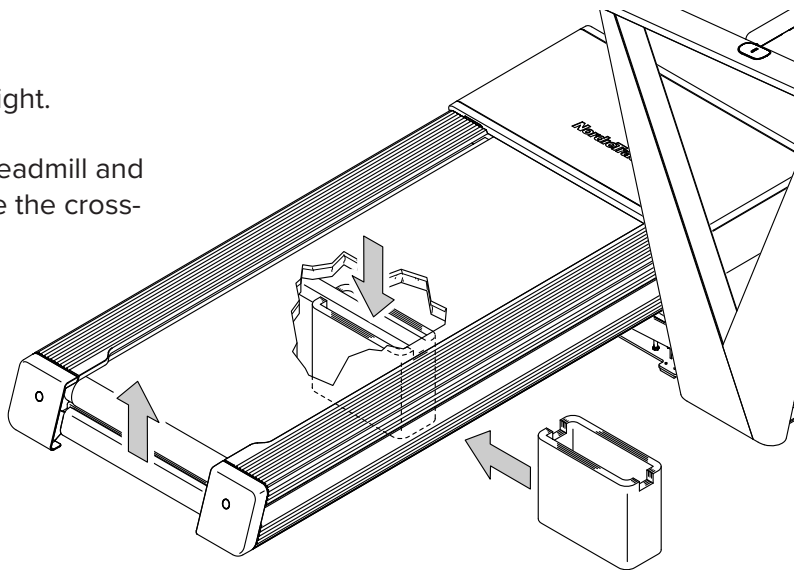


Step 21

Locate the cardboard stand shown at the right.

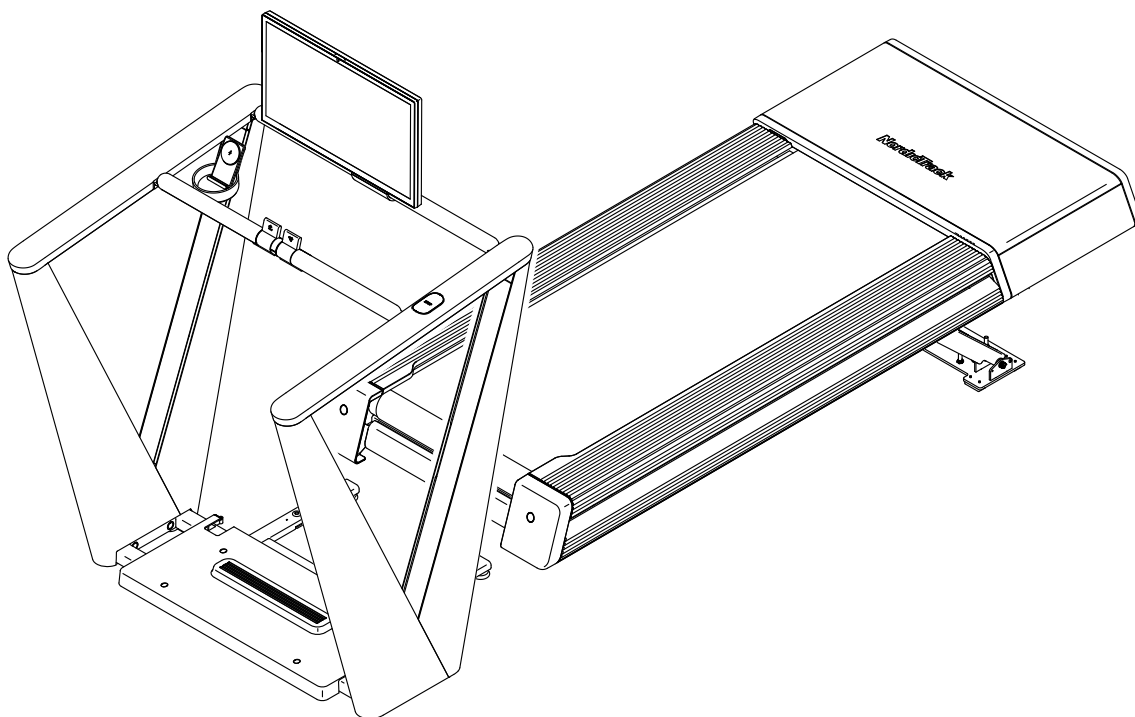
While another person lifts the rear of the treadmill and holds it, look under the treadmill and locate the crossbar in the center of the treadmill frame.

Set the cardboard stand under the crossbar and center it. Then, have the other person lower the rear of the treadmill so the crossbar is in the two cutouts in the top of the cardboard stand. **Make sure that the crossbar is in the cutouts.**



Step 22

With one person on each side of the upright assembly, carefully lift the upright assembly, turn it as shown, and set it down at the rear of the treadmill.

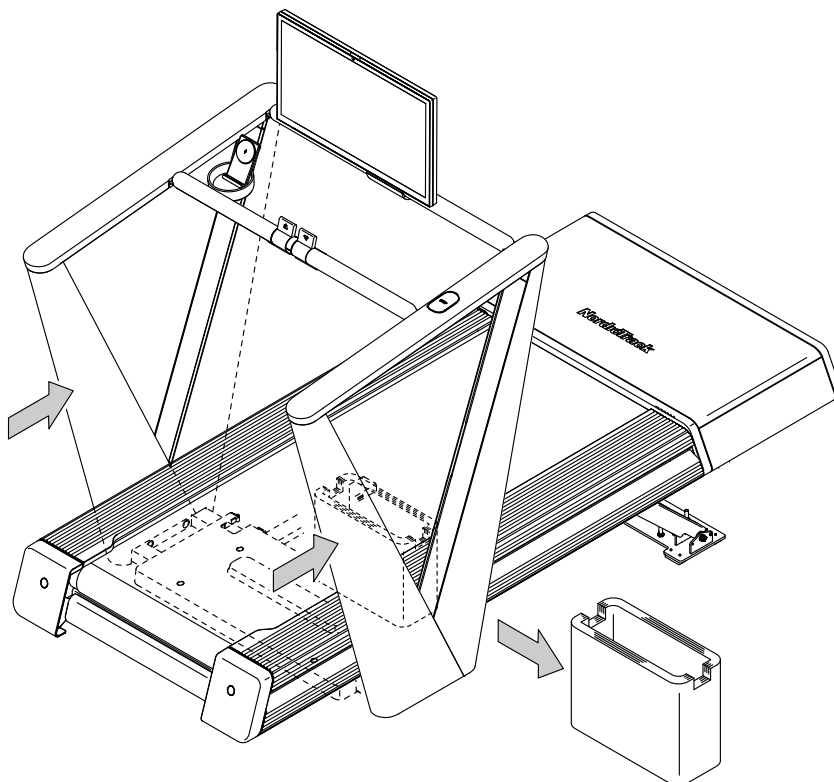


Step 23

Be careful to avoid scratching the upright assembly against the sides of the treadmill or against the floor during this step and step 24.

With one person on each side of the upright assembly, carefully lift the upright assembly a few inches, move it forward until it touches the cardboard stand that you placed under the treadmill in step 21, and then set it down.

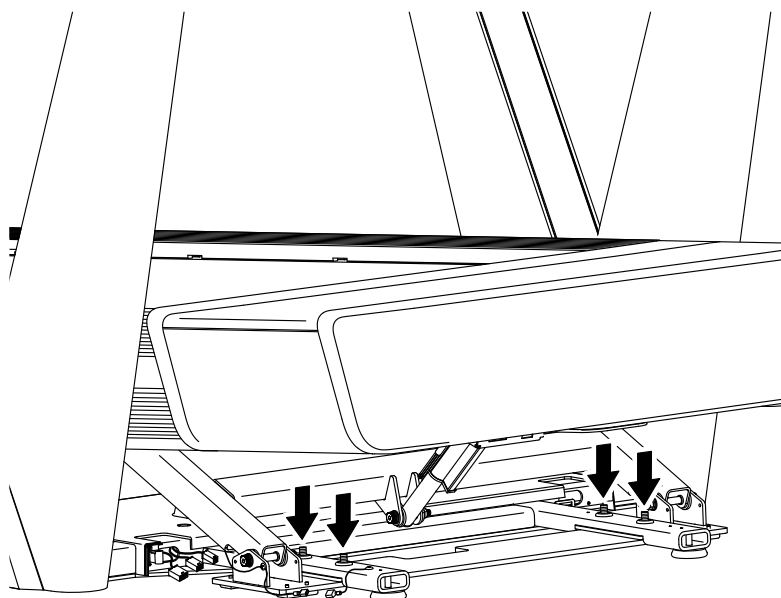
Next, have another person lift the rear of the treadmill. **Remove the cardboard stand.** Then, have the other person lower the rear of the treadmill.



Step 24

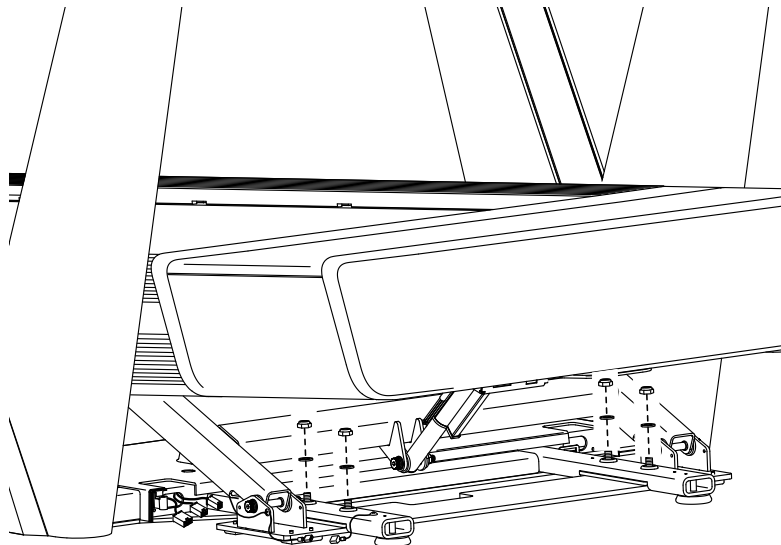
Have a third person kneel in front of the treadmill and guide you during this step. With one person on each side of the upright assembly, carefully lift the upright assembly a few inches, **tip the front upwards slightly**, and move it forward **until the four indicated holes in the upright base are exactly above the four studs on the foot plate.**

Then, lower the upright assembly so the holes in the upright base slide onto the studs on the foot plate.



Step 25

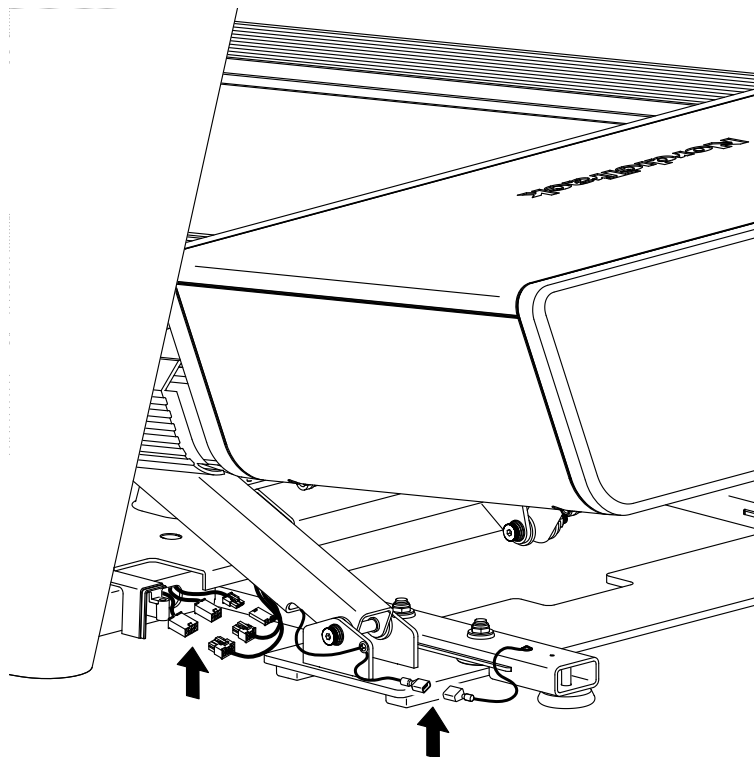
Attach the upright base to the foot plate with **four 3/8" locknuts** and **four 3/8" flat washers**. Do not overtighten the locknuts; the locknuts should touch the flat washers, but you should be able to rotate the flat washers with your fingers.



Step 26

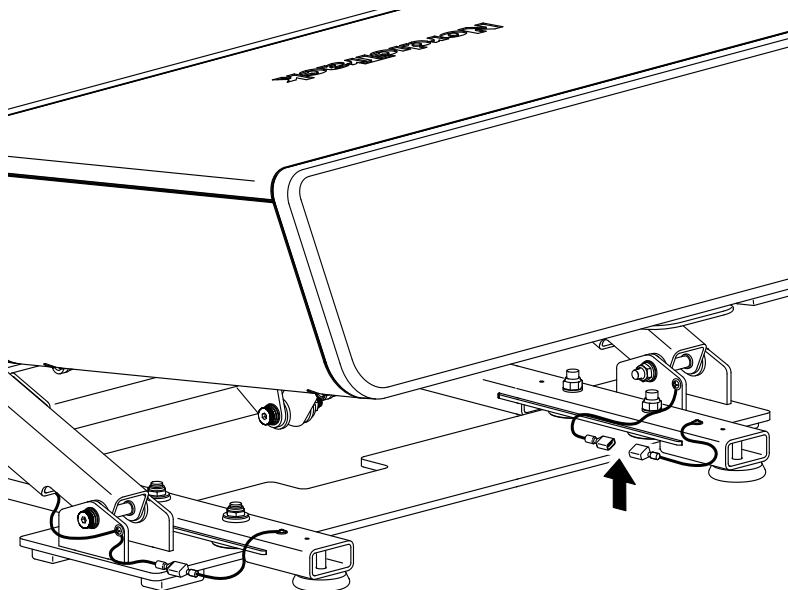
Fully connect the three wires in the front of the upright base to the three wires in the right front leg of the treadmill.

Then, connect the ground wire on the right side of the upright base to the ground wire on the right side of the foot plate.



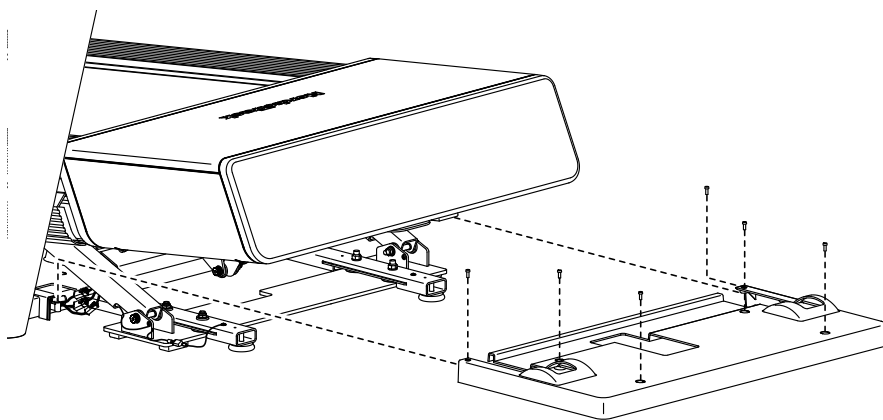
Step 27

Connect the ground wire on the left side of the upright base to the ground wire on left side of the foot plate.



Step 28

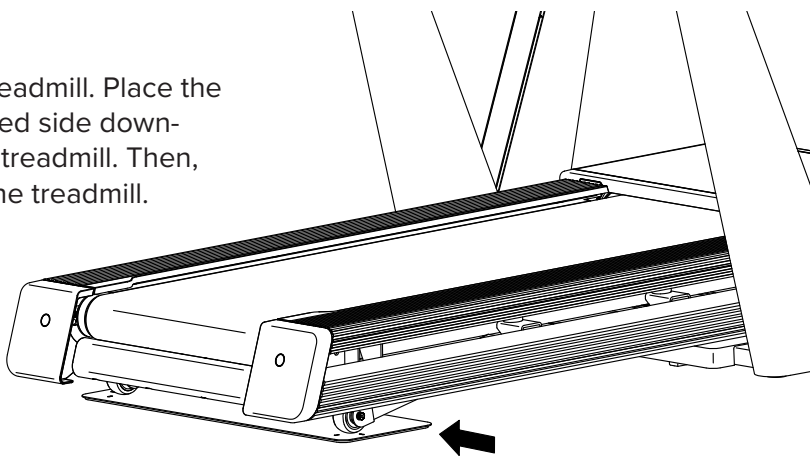
Attach the front base cover to the upright base with six **#8 x 1/2"** screws; **start all six screws, and then tighten them. Do not over-tighten the screws.**



Step 29

Have another person lift the rear of the treadmill. Place the wheel plate on the floor, with the cushioned side downward, under the wheels at the rear of the treadmill. Then, have the other person lower the rear of the treadmill.

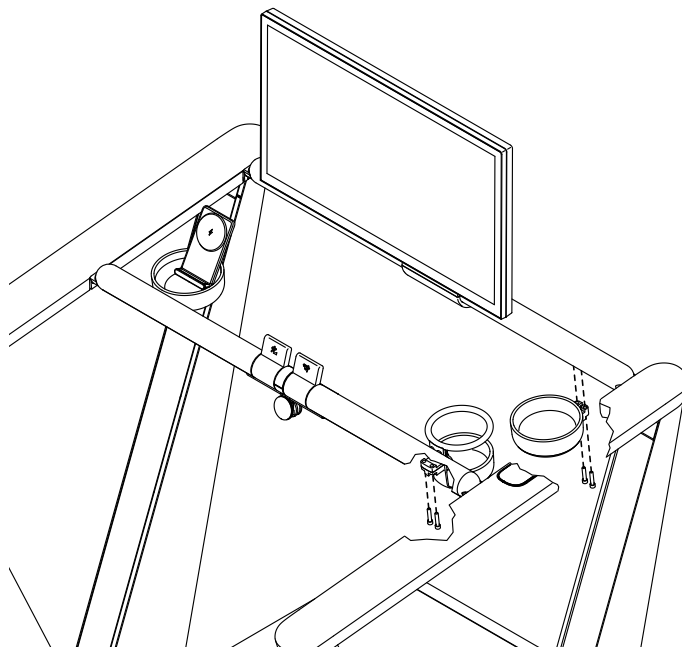
As you change the incline of the treadmill during use, the wheels will roll forward and backward a few inches. Position the wheel plate so the wheels will remain on the wheel plate at all times.



Step 30

Attach the two-piece water bottle holder to the paddle crossbar with **two #12 x 1" screws**.

Then, attach the accessory tray to the console crossbar with **two #12 x 1" screws**.

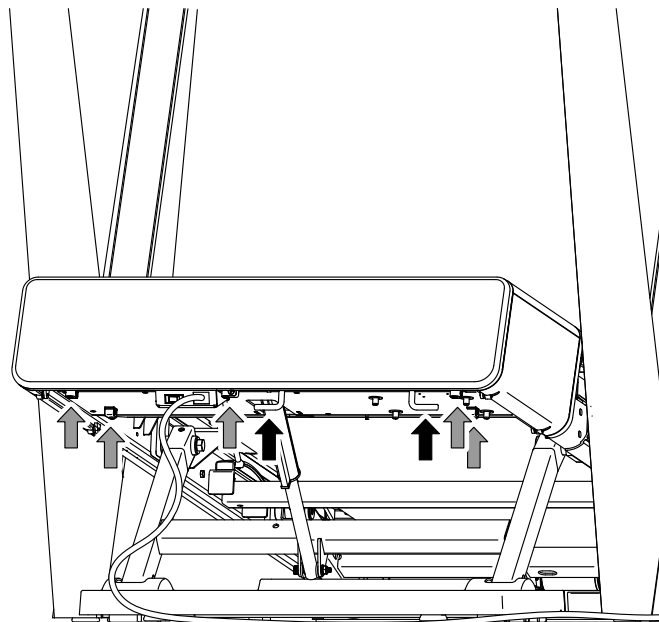


Step 31

Make sure that all parts are properly tightened before you use the treadmill. Keep the included tools; the tools may be needed to make adjustments to the treadmill in the future. To protect the floor from damage, place a mat under the front of the treadmill. To avoid damage to the console, keep the console out of direct sunlight.

When you plug in the power cord (see page 26), wrap any excess cord around the two hooks shown by the black arrows and/or through the clips shown by the gray arrows to keep the excess cord out of the way.

IMPORTANT: Make sure to leave enough slack in the cord for the treadmill to rise to the maximum incline level without pulling the power cord out of the outlet.



DELIVERY CHECKLIST FOR INSTALLERS

- ☐ Take photos of all wire connections properly connected. Upload photos to the carrier delivery portal.
- ☐ Refer to assembly step 13. Confirm that the leveling feet are fully tightened into the upright base. Upload a photo to the carrier delivery portal.
- ☐ Refer to assembly step 25. Confirm that the locknuts that connect the upright base to the foot plate are not overtightened. Upload a photo to the carrier delivery portal.
- ☐ Refer to page 26. Confirm that the power cord is plugged into an appropriate outlet.
- ☐ Power on the treadmill.
- ☐ Run on the walking belt, and test the treadmill at various speeds.
- ☐ Test the incline/decline function.
- ☐ Confirm that the fans and speakers are working.
- ☐ Connect the treadmill to Wi-Fi.
- ☐ Confirm that the lights along the sides of the treadmill are lit.
- ☐ Help the Customer log in to their iFIT account.
- ☐ Verify that all controls are working properly.
- ☐ Show the Customer the stop button and the emergency key stop function.
- ☐ Leave the user's manual and tool kit with the Customer.
- ☐ Take a final photo showing the treadmill fully assembled and powered on. Upload the photo to the carrier delivery portal.
- ☐ Have the Customer sign the Delivery acknowledgment form below. Upload a photo of the signed form to the carrier delivery portal.

DELIVERY ACKNOWLEDGMENT

Customer acknowledges that the Ultra 3 treadmill was placed in the home at the location specified by Customer, and that the location was determined solely by Customer in accordance with the applicable building code as it pertains to the load-bearing capacity of floors and all other issues related to the chosen location, of which iFIT has no knowledge and for which Customer shall be solely responsible.

Customer's Name _____

Customer's Signature _____

Date _____

HOW TO PLUG IN THE POWER CORD

USE A SURGE SUPPRESSOR

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor (A) with the treadmill. To purchase a surge suppressor, see precaution 16 on page 5.**

Use only a surge suppressor (A) that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

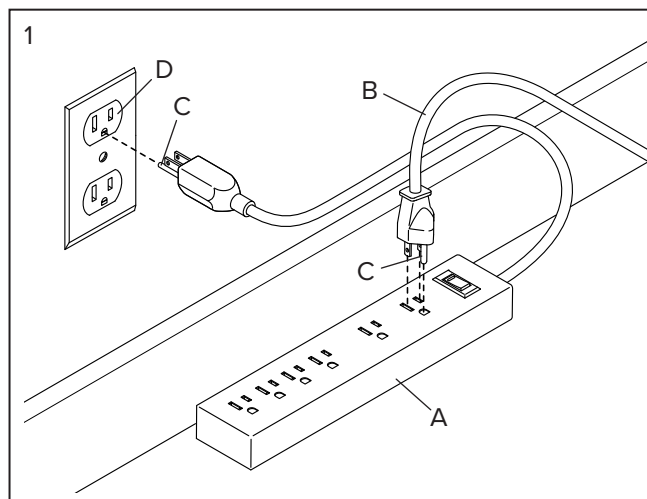
PLUG IN THE POWER CORD

The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord (B) has a plug with a grounding pin (C) (see drawing 1 on this page).

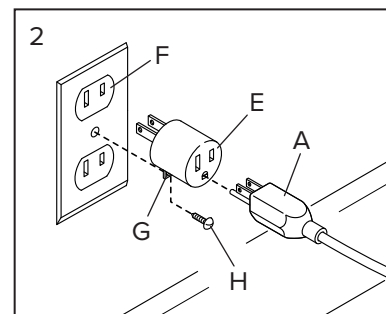
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

Plug the power cord (B) into a surge suppressor (A), and plug the surge suppressor into an appropriate outlet (D) that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying**

15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: If the treadmill is connected to an AFCI- or GFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see page 2 to purchase an arc filter.

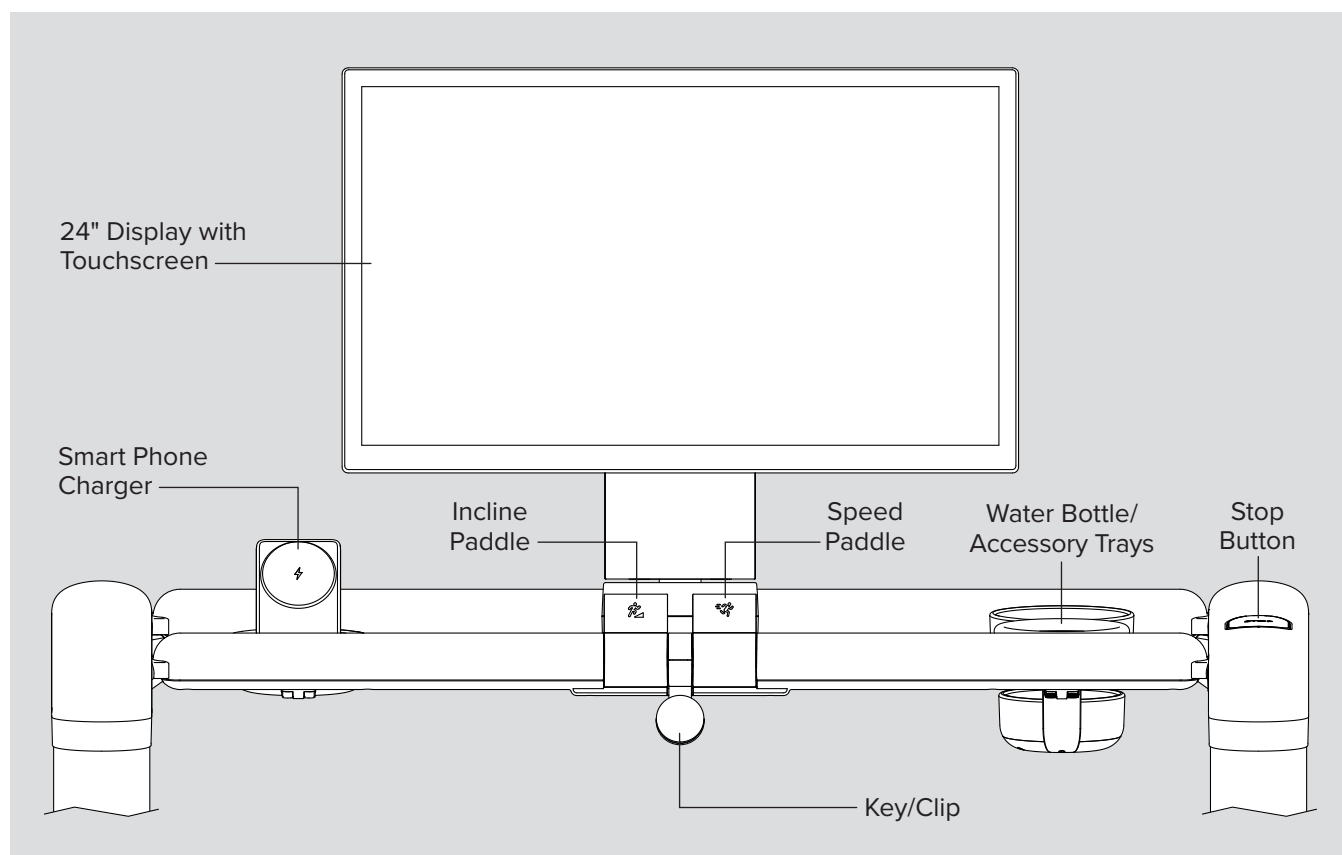


A temporary adapter (E) may be used to connect the surge suppressor (A) to a 2-pole receptacle (F) if a properly grounded outlet is not available. The lug (G) or wire extending from the adapter must be connected with a metal screw (H) to a permanent ground such as a properly grounded outlet box cover.



The lug (G) or wire extending from the adapter must be connected with a metal screw (H) to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

HOW TO USE THE TREADMILL



IMPORTANT: If you have questions after reading these instructions, please see page 2.

IMPORTANT: iFIT will periodically update your console's software to improve your workout experience. After a software update, some instructions in this manual may no longer apply. After a software update, take a moment to explore the console.

IMPORTANT: To prevent damage to the treadmill, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center it if necessary (see page 39).

FEATURES OF YOUR TREADMILL

The Ultra 3 treadmill boasts an array of state-of-the-art features designed to give you a workout experience unlike any other. Following is an overview of some of these features.

iFIT® Compatibility

The Ultra 3 treadmill 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 speed and incline of the treadmill as iFIT trainers guide you through immersive exercise sessions.

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

Speed/Incline paddles

You can control the speed and incline of the treadmill by pushing and pulling the paddles on the crossbar. You can also control the speed and incline by touching speed and incline controls on the console screen.

Sound System

The integrated four-speaker sound system gives you an impressive sound experience. The speakers are Bluetooth compatible, allowing you to also play music of your choice. Sound settings can be adjusted using controls on the console screen.

Comfort Fans

Each upright has a built-in comfort fan to keep you cool during your workouts. You can adjust the speed of the fans or select an auto mode using controls on the console screen.

Wireless Charging Station

The Ultra 3 is equipped with a wireless charging station for your smart phone.

Adjustable Console

The console with its 24" touchscreen tablet can be rotated fully to the right or to the left, enabling you to do floor exercises at the sides of the treadmill during some workouts.

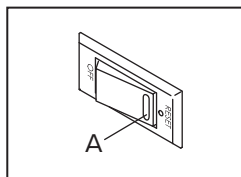
Stability Frame

The right and left uprights are anchored to a stability frame that is not connected to the treadmill frame, so the uprights and the console stay still while you walk or run.

HOW TO TURN ON THE CONSOLE

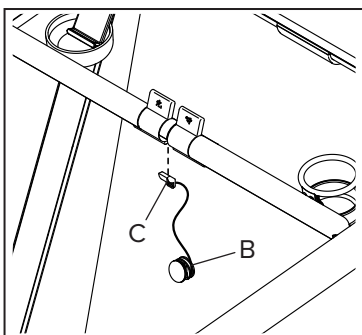
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the console. If you do not do this, you may damage electrical components.

Plug in the power cord. Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position (A).



Next, **stand on the foot rails of the treadmill.**

Locate the clip (B) attached to the key (C), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the paddle crossbar. **IMPORTANT:** In an emergency, the key can be pulled from the paddle crossbar, causing the walking belt to slow to a stop. Test the clip by taking a few steps backward; if the key is not pulled from the paddle crossbar, adjust the position of the clip.



HOW TO TURN OFF THE CONSOLE

When you finish using the treadmill, remove the key from the paddle crossbar and put it in a secure place. Then, press the power switch into the off position and unplug the power cord.

HOW TO USE THE TOUCHSCREEN

The console features a full-color touchscreen. 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). To clear text, touch the clear button (backward-facing arrow with an X).

HOW TO SET UP THE CONSOLE

Before you use the treadmill 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 35 for 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) in the upper-left corner of the screen. Next, touch *Equipment* and then touch *Software update*. Software updates will begin automatically.

IMPORTANT: To avoid damaging the treadmill, do not press the power switch or unplug the power cord while the software is being updated. See step 4 on page 34 for detailed instructions.

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.

2. Get ready for the workout.

Stand on the foot rails and touch *Quick start* on the screen. The walking belt will start to move at a slow speed.

To use the fans, your Bluetooth headphones, or an optional heart rate monitor, see pages 35 and 36.

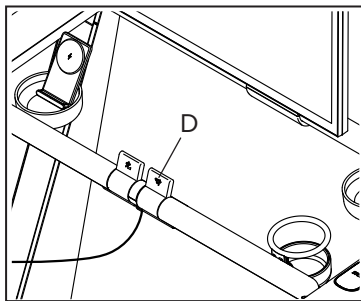
3. Change the speed of the walking belt as desired.

As you walk or run on the treadmill, you can change the speed of the walking belt in the following ways:

Speed paddle—

Each time you push the right paddle (D) partway forward, or pull the paddle partway toward you, the speed setting will change in small increments; if

you push the paddle fully forward, or pull the paddle fully toward you, the speed setting will change more quickly.

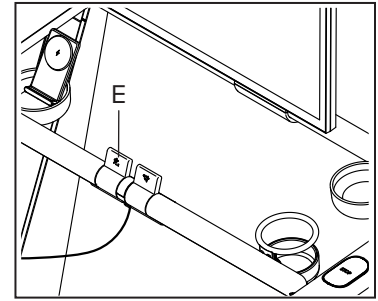


Numbered speed buttons on the right side of the screen—Each time you touch a button, the walking belt will gradually change speed until it reaches the selected speed setting.

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

4. Change the incline of the treadmill as desired.

You can change the incline of the treadmill in the same way as the speed, using the left paddle (E) or the numbered incline buttons on the left side of the screen.



5. 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, touch the workout settings icon in the lower-right corner of the screen and then touch *Audio*.

6. Pause or end the workout.

To pause the workout, first **step onto the foot rails**. Next, touch the pause symbol next to the word *Workout* at the bottom of the screen or press the Stop button on the right handrail. To continue the workout, touch *Resume* on the screen.

To end the workout, first **step onto the foot rails**. Next, touch the pause symbol next to the word *Workout* on the screen and then touch *End*, or press the Stop button on the right handrail. A workout summary will appear. Touch the X in the upper-left corner of the screen to return to the home screen.

7. When you are finished using the treadmill, turn off the console (see page 29).

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network.

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. 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, intensity, trainer, 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 icon). Note: You must be logged in to your iFIT account to save a featured workout (see step 2 on page 33).

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.

3. Get ready for the workout.

Stand on the foot rails and touch *Start workout*. The walking belt will start to move at a slow speed and a warm-up period will begin.

To use the fans, your Bluetooth headphones, or an optional heart rate monitor, see pages 35 and 36.

4. Start the workout.

Walk 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 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 speed and incline of the treadmill will change automatically according to the settings of the workout. **If the speed and/or incline level is too high or too low**, you can manually override the setting (see steps 3 and 4 on page 30). To return to the programmed speed and incline 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 speed and incline settings. **To enable the SmartAdjust feature**, touch the workout settings icon in the lower-right corner of the screen and then touch *Features*.

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 such as your weight. In addition, if you manually change the speed or incline level during the workout, the number of calories that you burn will be affected.

If the ActivePulse feature is enabled, the console will scale the intensity of the workout automatically based on your heart rate when you wear a compatible heart rate monitor. **To enable the ActivePulse feature**, touch the workout settings icon in the lower-right corner of the screen and then touch *Features*.

To follow your progress, see step 5 on page 30.

To pause or end the workout, see step 6 on page 30.

5. When you are finished using the treadmill, turn off the console (see page 29).

HOW TO CREATE AND USE A CUSTOM WORKOUT

To create and use a custom workout, you must be logged in to your iFIT account and the console must be connected to a wireless network.

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. Create a custom workout.

First, touch the *Create* symbol on the left side of the screen. Next, touch *Create custom workout*, *Create map workout*, or *Set a speed/distance/calorie goal*.

Next, follow the prompts on the screen to create a workout. To name the workout, touch the small pencil icon next to *My Workout*. Then, touch *Save*.

3. Get ready for the workout.

Stand on the foot rails and touch *Start Workout*. The walking belt will start to move at a slow speed and a warm-up period will begin.

To use the fans, your Bluetooth headphones, or an optional heart rate monitor, see pages 35 and 36.

4. Start the workout.

Walk 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 31).

5. When you are finished using the treadmill, turn off the console (see page 29).

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.

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) in the upper-left corner of 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 symbol 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, intensity, 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 approximate 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 icon). 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.

Stand on the foot rails and touch *Start Workout*. The walking belt will start to move at a slow speed and a warm-up period will begin.

To use the fans, your Bluetooth headphones, or an optional heart rate monitor, see pages 35 and 36.

7. Start the workout.

Walk 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 31).

8. When you are finished using the treadmill, turn off the console (see page 29).

HOW TO CHANGE CONSOLE SETTINGS

1. Select the console settings menu.

With the home screen selected, touch the console settings button (gear icon) in the upper-left corner of the screen.

2. Navigate the console settings menu.

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

Your account

- Account info, password
- Health details

Preferences

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

Workout

- Heart Rate and ActivePulse
- Max speed

Equipment

- About
- Software Update
- Calibrate

Membership

- Manage membership
- Plan profiles

Support

- Report an issue
- Help
- 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 treadmill, do not press the power switch or unplug the power cord 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, press the power switch into the off position, wait for several seconds, and then press the power switch into the reset position. Note: Software updates are always designed to improve your workout experience. After a software update, some instructions in this manual may no longer apply. After a software update, take a moment to explore the console.

5. Calibrate the incline system.

To calibrate the incline system, touch *Equipment*, touch *Calibrate*, and then touch *Calibrate*. The frame will rise to the maximum incline level, descend to the minimum incline level, and then return to the starting position. When the incline system is calibrated, touch *Finish*. **IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline system is calibrating. In an emergency, remove the key from the crossbar to stop the incline calibration.** Note: The incline system may occasionally calibrate automatically when you turn on the treadmill. Wait for the frame to stop moving before you attempt to use the treadmill.

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.

With the home screen selected, 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
- ActivePulse

Display

- iFIT Closed Captions
- Screen brightness

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) in the upper-left corner of 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. After a moment, the screen will show a list of available networks.

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 see page 2.**

3. Exit the console settings menu.

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

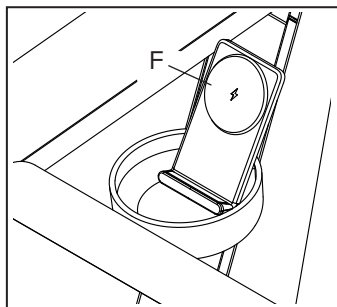
HOW TO USE THE FANS

The fans in the uprights have multiple speed settings and an auto mode. While the auto mode is selected, the speed of the fans will automatically change as the speed of the walking belt changes. To control the fans, touch the workout settings icon in the lower-right corner of the screen, touch *Fan*, and then select the desired setting.

HOW TO USE THE CHARGING STATION

To charge your smart phone, set your smart phone on the phone rest (F) on the charging station.

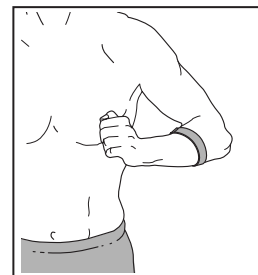
Note: The wireless phone charger contains an integrated magnet for phones equipped with the latest wireless charging technology using a magnet. Charging performance is optimized when the phone magnet (or the phone case magnet) and the charger magnet are aligned and secured. Smaller phones may not be compatible with the charging station due to their height.



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, a 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 page 2.**



HOW TO CONNECT YOUR HEADPHONES

To pair your Bluetooth headphones with 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 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.

FCC INFORMATION

This console has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

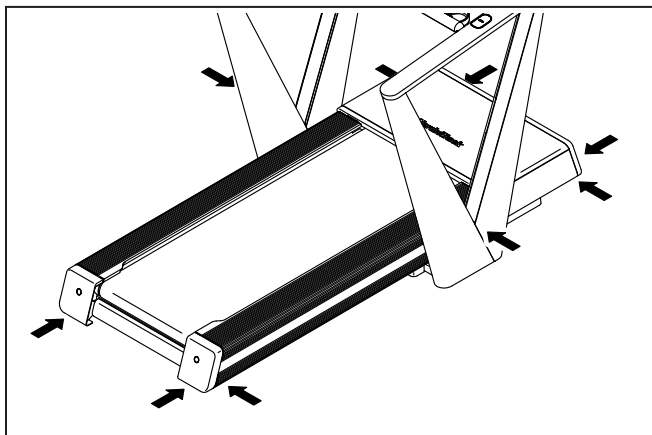
IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMC453085 (Compal), OMC453584V (CVTE), or OMC453085E (Eway).

MAINTENANCE AND TROUBLESHOOTING

HOW TO MOVE THE TREADMILL

The treadmill weighs approximately 500 lbs. (227 kg). Moving the treadmill requires six persons, each capable of safely lifting up to 100 lbs. (45 kg). Before moving the treadmill, **unplug the power cord and make sure that there are no obstacles in the direction that you will move the treadmill. Do not attempt to move the treadmill on the rear wheels or over an uneven surface.** With one person at each corner of the treadmill and one person at each upright, bend your legs and firmly hold the treadmill in the locations shown by the arrows below; **do not hold only plastic parts.** Then, **lift the treadmill using your legs and keeping your back straight**, and carefully walk the treadmill to the desired location. Then, lower the treadmill **using your legs and keeping your back straight.**



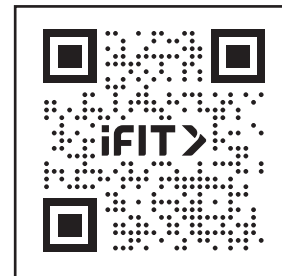
MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts regularly. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.

Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the treadmill with a clean, damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

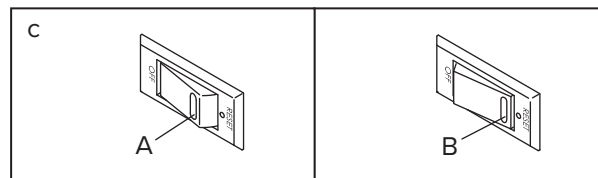
TROUBLESHOOTING

Many 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, scan the QR code at the right, or call 1-833-680-IFIT (1-833-680-4348).



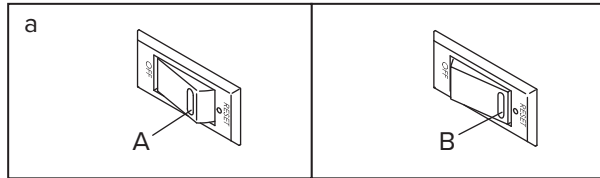
SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 26). Use only a surge suppressor that meets all of the specifications described on page 26.
IMPORTANT: If the treadmill is connected to an AFCI- or GFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, please see TROUBLESHOOTING above to purchase an arc filter.
- Make sure that the key is properly inserted into the paddle crossbar.
- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown (A), the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in (B).



SYMPTOM: The power turns off during use

- a. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown (A), the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in (B).



- b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- c. Remove the key from the paddle crossbar, and then reinsert it.
- d. If the treadmill still will not run, please see TROUBLESHOOTING on page 37.

SYMPTOM: The incline of the treadmill does not change correctly

- a. See step 5 on page 34 and calibrate the incline system.

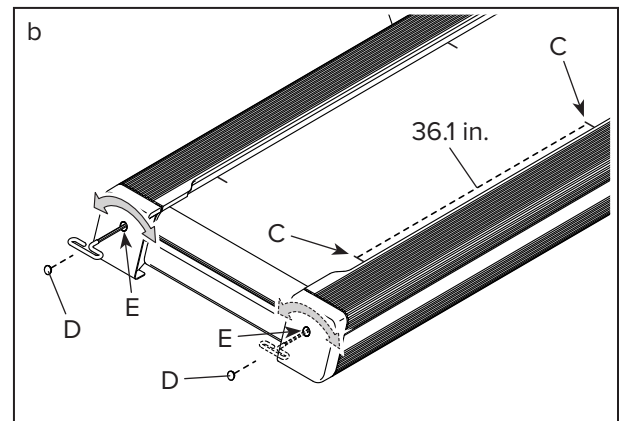
SYMPTOM: The treadmill will not connect to the wireless network

- a. Make sure that the wireless settings on the console are correct (see page 35).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, please see TROUBLESHOOTING on page 37.

SYMPTOM: The walking belt slows when walked on

- a. Use only a surge suppressor that meets all of the specifications described on page 26.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**.

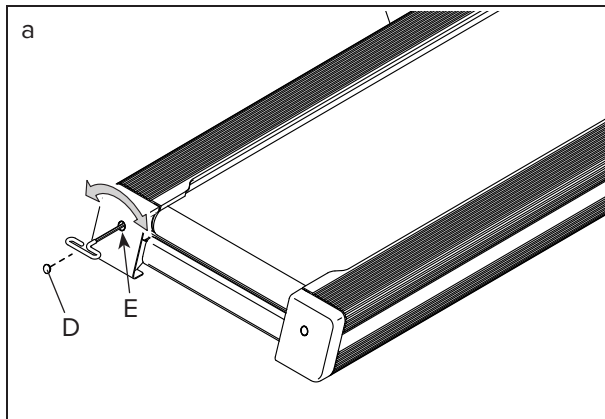
Next, locate the indicated marks (C) on the edges of the walking belt; if necessary, manually move the walking belt until the marks can be seen. Then, remove the indicated round caps (D). Using the hex key, turn both adjustment screws (E) counterclockwise until the inside edges of the indicated marks are exactly 36.1 in. (91.7 cm) apart. **Be careful to keep the walking belt centered.** Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat this step if necessary. Then, reinsert the round caps.



- c. If the walking belt still slows when walked on, please see TROUBLESHOOTING on page 37. **IMPORTANT: Never apply silicone spray or other substances to the walking platform; such substances will damage the walking platform.**

SYMPTOM: The walking belt is off-center

- a. First, remove the key and **UNPLUG THE POWER CORD**. Next, remove the left round cap (D). **If the walking belt has shifted to the left**, use the hex key to turn the left adjustment screw (E) clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left adjustment screw counterclockwise 1/2 of a turn. **Be careful not to overtighten the walking belt**. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat this step if necessary. Then, reinsert the round cap.

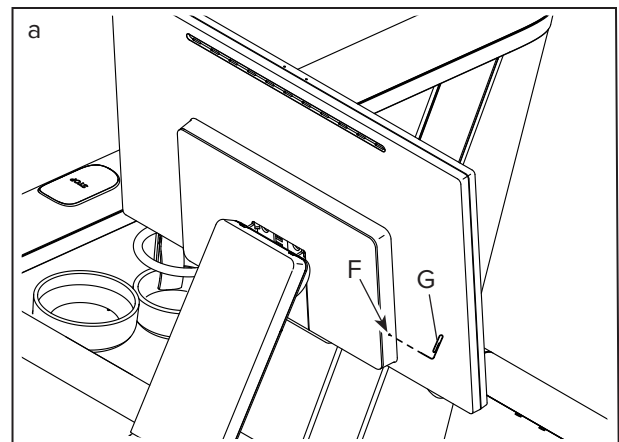


SYMPTOM: The walking belt slips when walked on

- a. First, remove the key and **UNPLUG THE POWER CORD**. Next, **see drawing b on page 38**. Remove the indicated round caps (D). Using the hex key, turn both adjustment screws (E) clockwise until the inside edges of the indicated marks (C) are exactly 36.1 in. (91.7 cm) apart. **Be careful to keep the walking belt centered**. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat this step, if necessary. Then, reinsert the round caps.

SYMPTOM: The console does not boot up properly or the console freezes and does not respond

- a. If possible, update the console software (see step 4 on page 34).
- b. Remove the key and unplug the power cord. Wait for five minutes, and then plug in the power cord and insert the key.
- c. After trying the previous steps, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all of the custom settings that you have made to the console. Resetting the console requires two people.** First, press the power switch into the off position. Next, locate the indicated small opening (F) on the left side of the console. Using a bent paper clip (G), press and hold the small button inside of the opening and have a second person press the power switch into the on/reset position. **Continue to hold the button inside of the opening 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, use the power switch to turn the treadmill off and then on again. Once the console turns on, check for software updates (see step 4 on page 34). Note: It may take a moment for the console to be ready for use.



- d. If the symptom persists, please see **TROUBLESHOOTING** on page 37.

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 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 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	

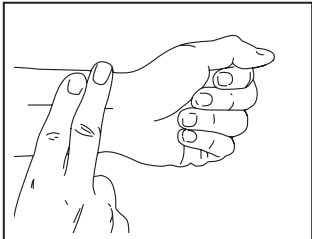
To find the recommended heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers above your age define your “training zone.”

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, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10. 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.

PART LIST

Model No. NTL49926-1.0 R1125A

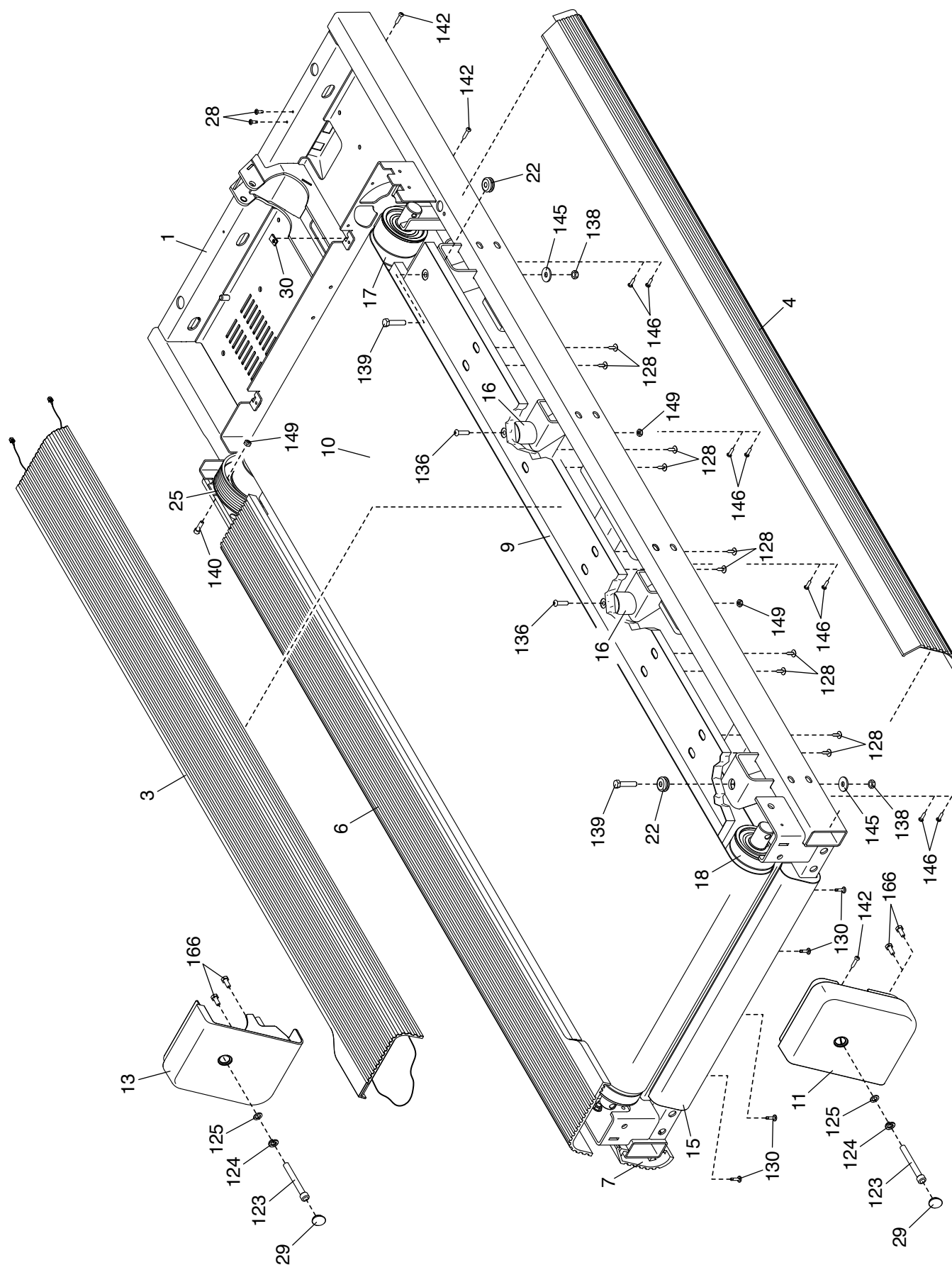
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Tortilla Circuit Board
2	1	Solenoid	52	1	24-volt Power Supply
3	1	Right Footrail/Lights	53	1	AC Power Bus
4	1	Right Side Rail	54	1	Right Motor Bracket
5	1	Spring Pin	55	1	Left Motor Bracket
6	1	Left Footrail/Lights	56	1	Hood Top
7	1	Left Side Rail	57	1	Brake Pad
8	1	Brake Arm	58	1	Upright Base
9	1	Walking Platform	59	1	Rear Leg
10	1	Walking Belt	60	1	Front Leg
11	1	Right Rear Cap	61	1	Foot Plate
12	1	Hood Trim	62	1	Wheel Plate
13	1	Left Rear Cap	63	1	Rear Base Cover
14	4	#8 Locknut	64	1	Front Base Cover
15	1	Rear Cover	65	6	Adjustment Foot
16	4	Large Platform Cushion	66	2	Wheel
17	1	Front Roller	67	1	Rear Incline Motor
18	1	Rear Roller	68	6	Base Foot
19	1	Front Hood Panel	69	10	Ground Wire
20	2	Anchored Wire Tie	70	8	Leg Bushing
21	2	Rubber Ring	71	1	Right Upright
22	4	Small Platform Cushion	72	1	Right Upright Cover
23	22	#8 x 1/2" Pan Head Screw	73	1	Right Handrail Cover
24	6	M3 Spacer	74	1	Left Upright
25	1	Motor Pulley	75	1	Left Upright Cover
26	1	Drive Belt	76	1	Left Handrail Cover
27	1	Fan Wire	77	1	Right Wood Trim
28	2	#8 x 1/2" Sheet Metal Screw	78	1	Left Wood Trim
29	2	Round Cap	79	2	Upright Plate
30	2	Clip Fastener	80	1	Holder Clip
31	1	Resistor Dump	81	2	Comfort Fan
32	1	Right Motor Mount	82	4	1/4" Grease Fitting
33	1	Left Motor Mount	83	1	M4 x 10mm Screw
34	1	Drive Motor	84	2	Audio Pod
35	1	Front Incline Motor	85	2	Trim Cap
36	1	Fan	86	1	Stop Button
37	1	Brake Circuit Board	87	1	Console
38	1	Left Fan Housing	88	1	Console Bracket
39	1	Right Fan Housing	89	1	Console Cover
40	1	Charging Tray Base	90	1	Paddle Crossbar
41	1	Audio Circuit Board	91	1	Console Access Cover
42	1	Power Cord	92	1	Key/Clip
43	5	Cord Clip	93	1	Long Crossbar Cover
44	5	Wire Tie	94	1	Accessory Tray
45	1	Electronics Bracket	95	1	Accessory Tray Base
46	4	Mushroom Fastener	96	1	Water Bottle Holder
47	1	Power Switch	97	1	Charging Tray
48	1	Motor Controller	98	4	#3 x 1/4" Screw
49	1	Left Hood Panel	99	1	Console Crossbar
50	1	Right Hood Panel	100	1	Left Crossbar Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Right Crossbar Cover	140	11	1/4" x 3/4" Socket Head Screw
102	1	Brake Spring	141	8	3/8" x 1 3/4" Screw
103	1	Water Bottle Ring	142	58	#8 x 1/2" Screw
104	1	Water Bottle Base	143	8	M4 x 8mm Screw
105	1	Paddle Assembly	144	4	M4 x 47mm Screw
106	1	Bracket Lower Cover	145	4	5/16" Washer
107	1	Bracket Upper Cover	146	16	#8 x 5/8" Pan Head Screw
108	1	Stop Button Circuit Board	147	1	Brake Bracket
109	1	Mica Circuit Board	148	2	Paddle Sensor/Screws
110	12	Wire Retainer	149	9	1/4" Jam Locknut
111	1	Plastic Spacer	150	12	#8 x 1/2" Washer Head Screw
112	1	Metal Spacer	151	4	#8 x 1 1/2" Screw
113	1	Pivot Nut	152	7	#8 x 3/4" Bright Screw
114	1	Pivot Plate	153	4	3/8" x 1 1/2" Flat Head Screw
115	1	Plastic Washer	154	4	5/16" x 1 1/4" Screw
116	1	Pivot Bracket	155	4	5/16" x 3/4" Screw
117	1	Saddle Bracket Cover	156	2	M8 x 48mm Screw
118	1	Large Saddle Bracket	157	2	#8 x 3/8" Machine Screw
119	1	Small Saddle Bracket	158	16	1/2" Plastic Bushing
120	1	Saddle Bracket Clamp	159	36	Mounting Grommet
121	1	Pivot Bracket Cover	160	6	#12 x 1" Screw
122	4	Wheel Bushing	161	2	#8 x 3/4" Fine Thread Screw
123	2	3/8" Adjustment Screw	162	8	3/8" x 5/8" Screw
124	2	3/8" Lock Washer	163	8	3/8" Star Washer
125	16	3/8" Washer	164	5	#3 x 1/4" Bright Screw
126	8	5/16" Jam Locknut	165	4	#8 x 5/8" Fine Thread Screw
127	1	1/4" x 1 3/4" Bolt	166	4	1/4" x 5/8" Screw
128	20	#8 Custom Screw	167	12	1/4" Spacer
129	8	3/8" Jam Locknut	168	4	3/8" Large Washer
130	9	#8 x 3/4" Self-tapping Screw	169	4	Thick Grommet
131	4	1/4" x 1" Flat Head Screw	170	8	Thin Grommet
132	5	#8 x 3/8" Fine Thread Screw	171	2	M6 Bright Locknut
133	4	1/2" x 3 1/2" Screw	172	2	M6 Socket Head Bolt
134	4	1/2" Washer	173	2	Motor Isolator
135	8	3/8" Shoulder Bolt	174	10	#8 x 1/4" Screw
136	4	1/4" x 1" Screw	175	15	#8 x 3/8" Screw
137	6	1/4" x 2 3/4" Screw	176	22	M3 Bright Screw
138	4	5/16" Locknut	•	—	Assembly/Adjustment Tool Kit
139	4	5/16" x 1 1/2" Bolt	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see page 2. *These parts are not illustrated.

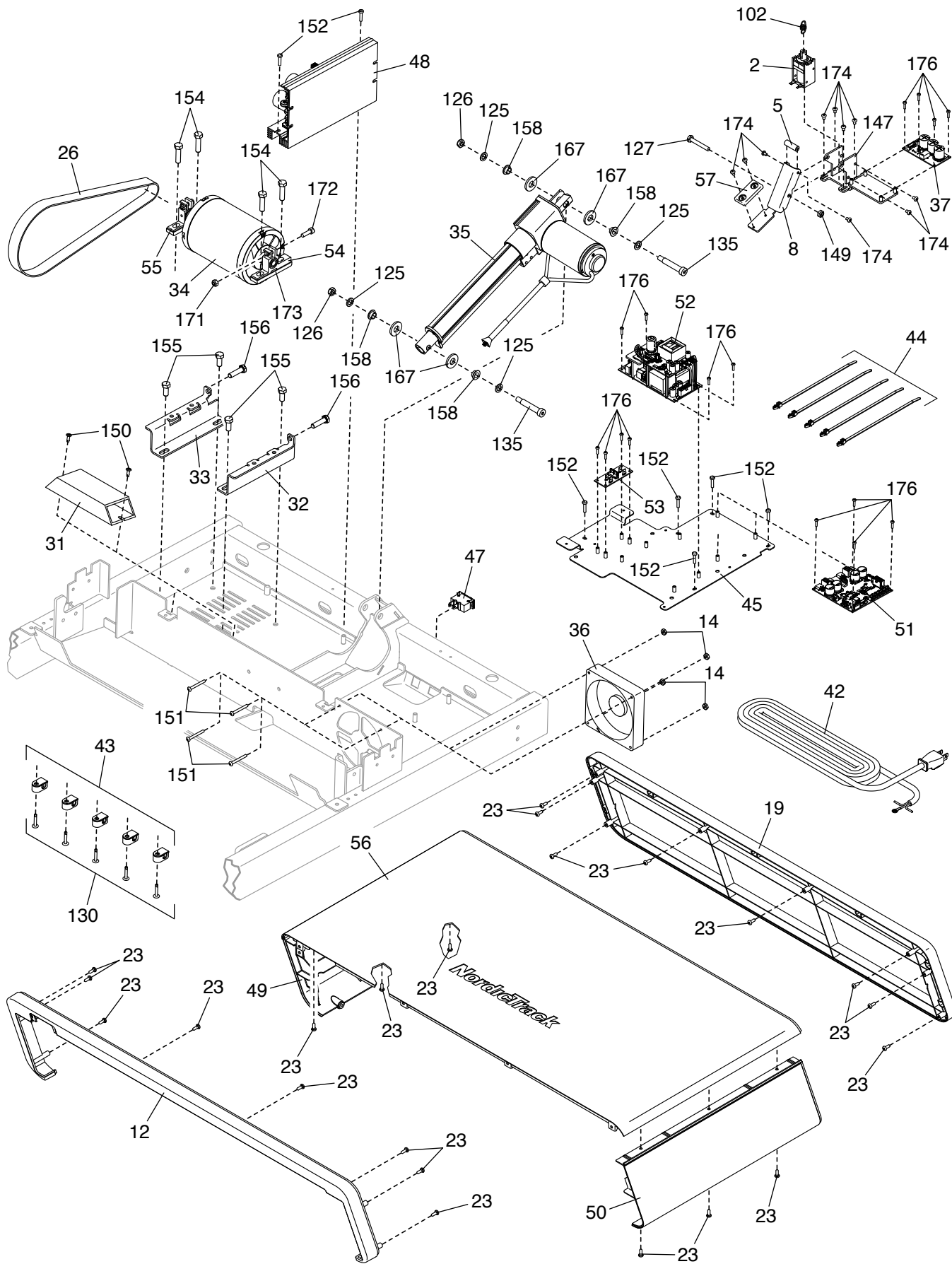
Model No. NTL49926-1.0 R1125A

Model No. NTL49926-1.0 R1125A



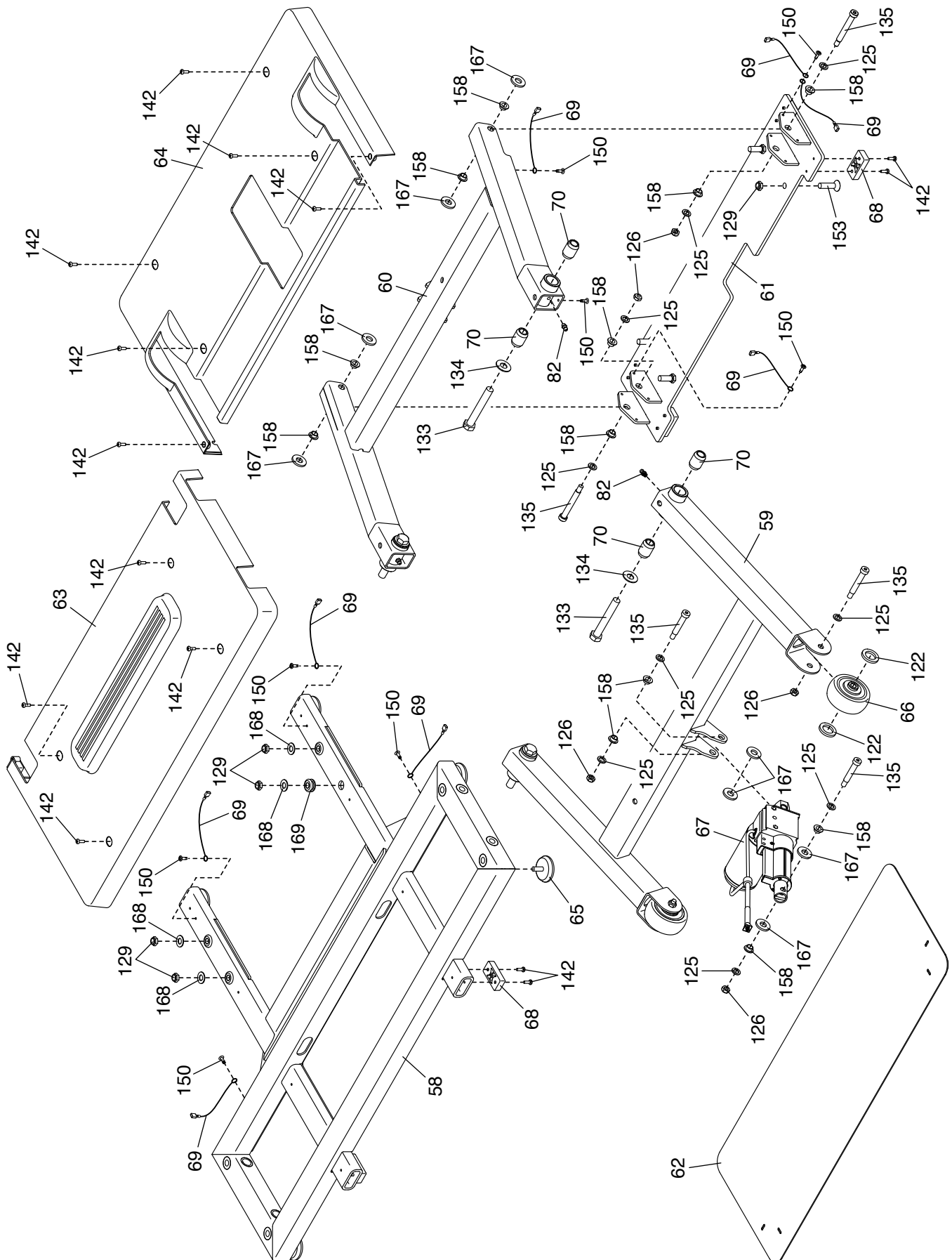
EXPLODED DRAWING B

Model No. NTL49926-1.0 R1125A



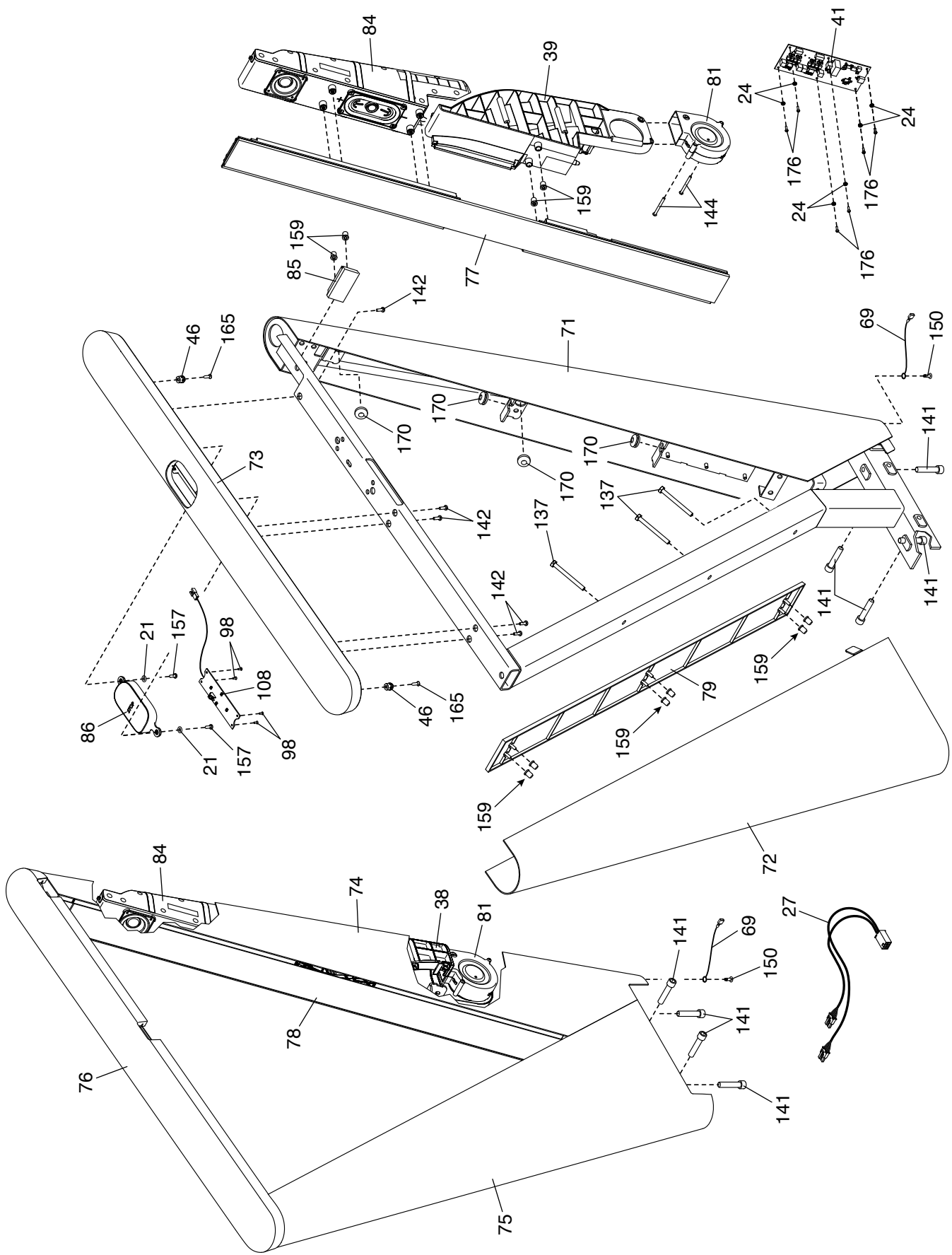
EXPLODED DRAWING C

Model No. NTL49926-1.0 R1125A



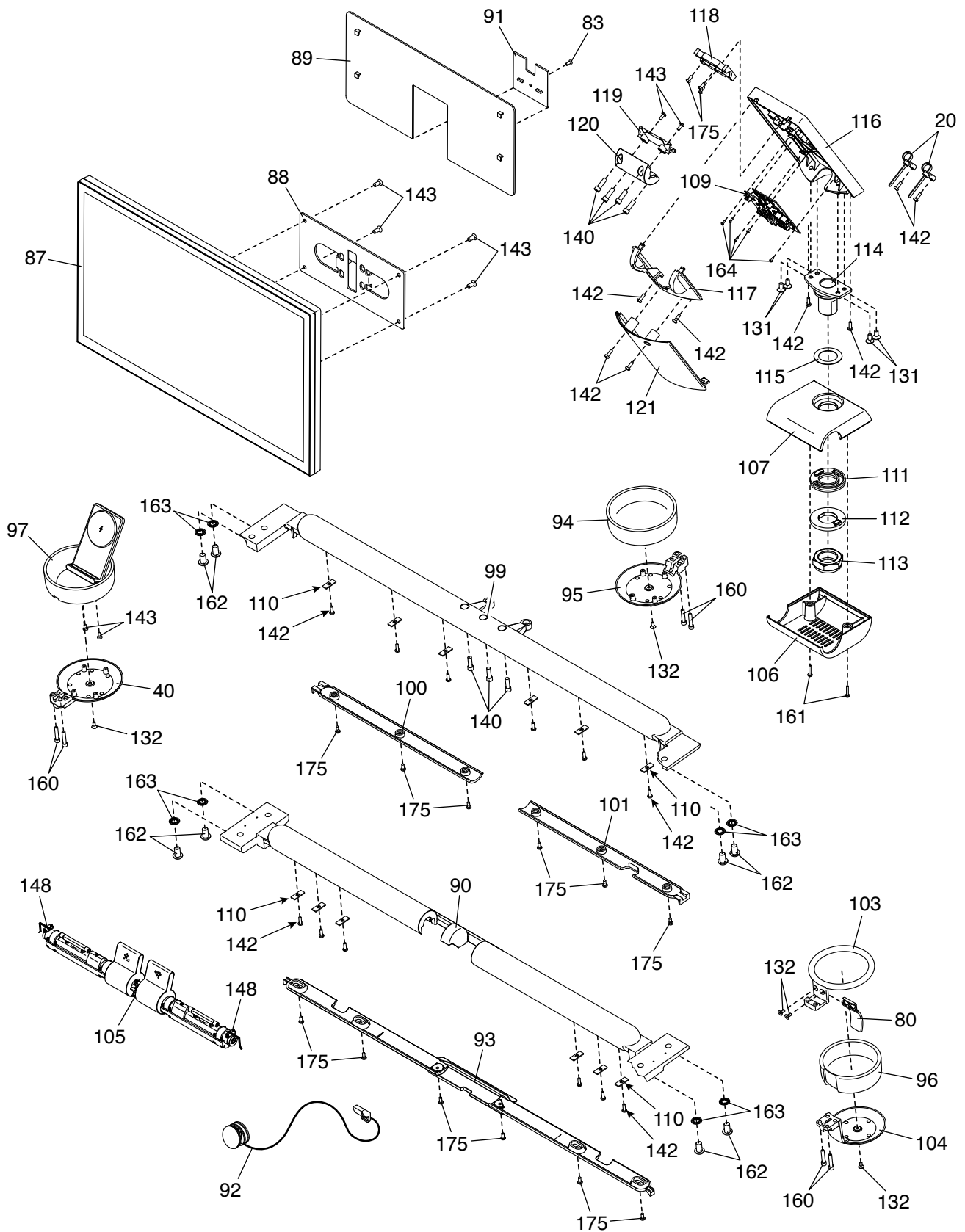
EXPLODED DRAWING D

Model No. NTL49926-1.0 R1125A



EXPLODED DRAWING E

Model No. NTL49926-1.0 R1125A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see page 2. 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 page 2)
- the name of the product (see page 2)

LIMITED WARRANTY

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for the lifetime of the original purchaser (customer). The frame is warranted for ten (10) years from the date that you receive this product. Parts are warranted for two (2) years. Labor and the tablet 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 see page 2. Please be prepared to provide the model number and serial number of the product.

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