

NordicTrack®

nordictrack.ca

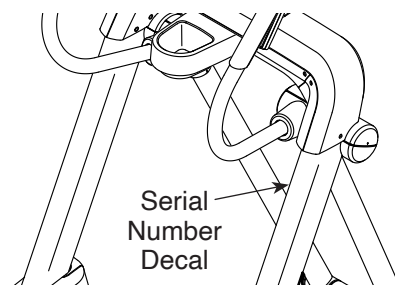
X16 ELLIPTICAL

USER'S MANUAL

Model No. NTEL71625C.0

Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to iconservice.ca.

MEMBER CARE

Call toll-free 1-888-936-4266
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET
(excluding holidays)

or email us at
service.ca@iFIT.com

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.

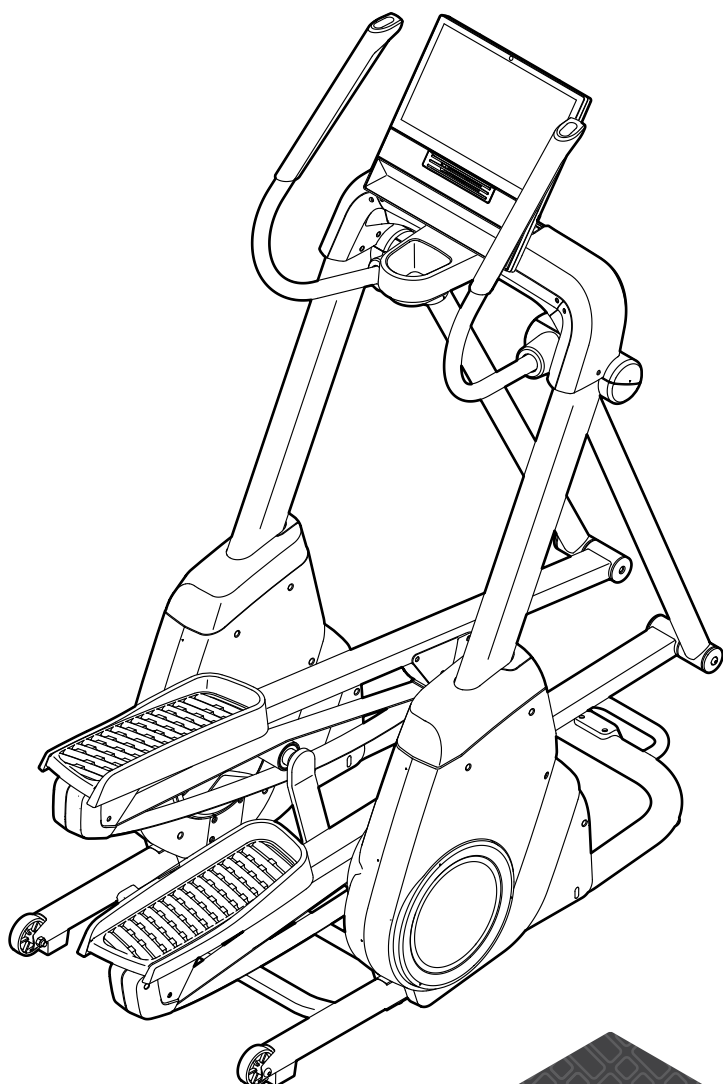
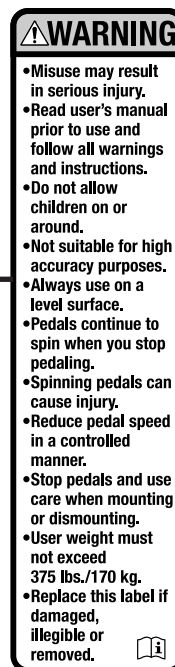
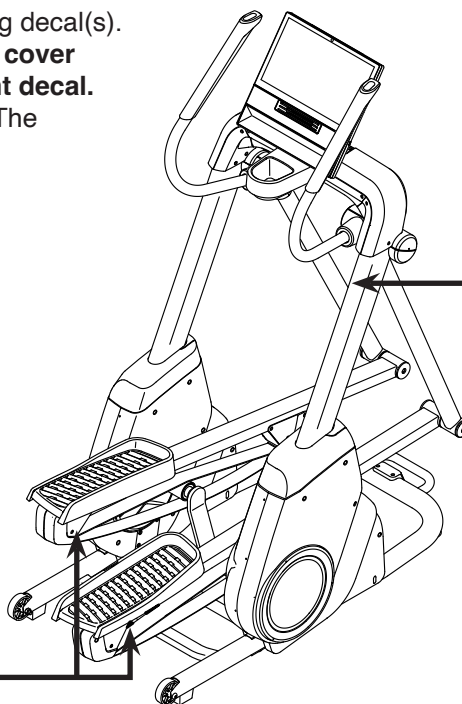
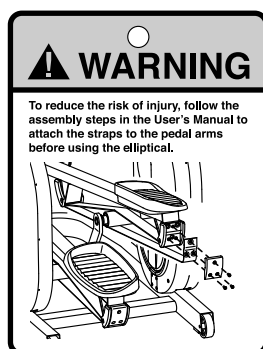


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WARNING DECAL PLACEMENT

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 burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.
5. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. Place the elliptical on a level surface, with at least 4 ft. (1.2 m) of clearance in the front of the elliptical, 6 ft. (1.8 m) in the rear, and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. When connecting the power cord (see page 14), plug the power cord into a grounded circuit.
12. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
13. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
14. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
15. The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).
16. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.

17. Hold the handlebars when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.

18. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.

19. Keep your back straight while using the elliptical; do not arch your back.

20. 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

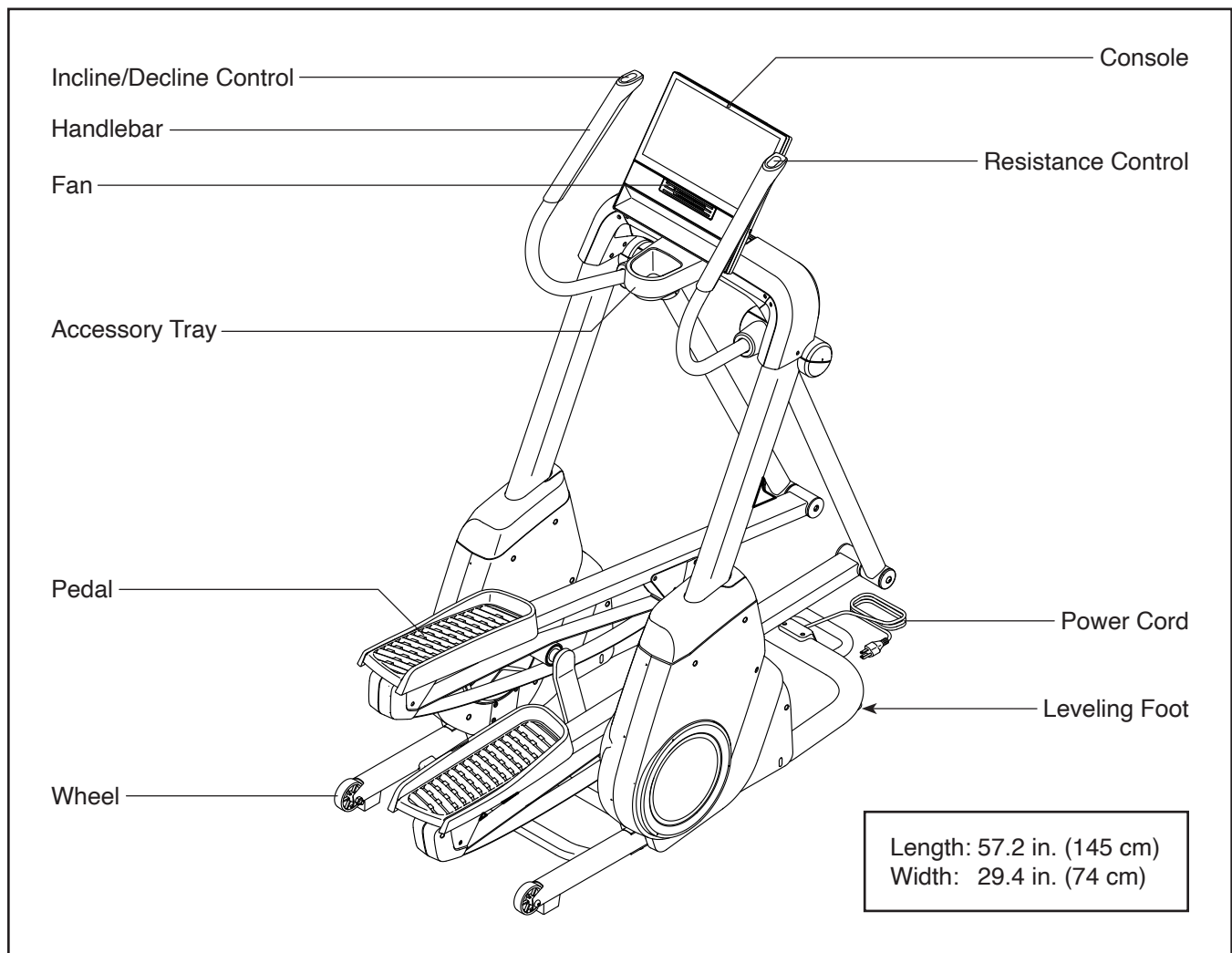
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® X16 elliptical. The X16 elliptical provides a large selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this

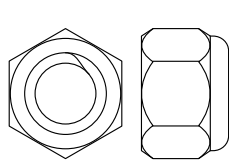
manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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

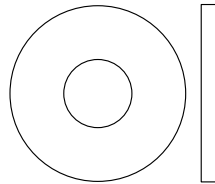


PART IDENTIFICATION CHART

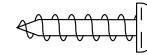
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



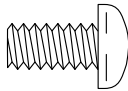
M10 Locknut
(133)–2



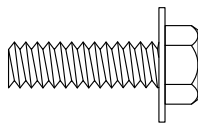
Axle Washer
(31)–2



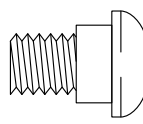
M4 x 16mm
Screw
(141)–20



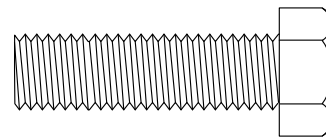
M6 x 12mm
Pan Head Screw
(138)–4



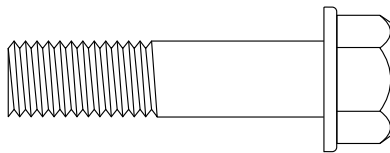
M6 x 20mm
Screw
(118)–6



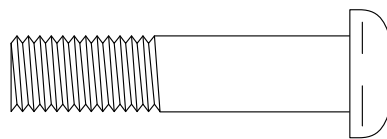
M8 x 14mm
Shoulder Screw
(122)–2



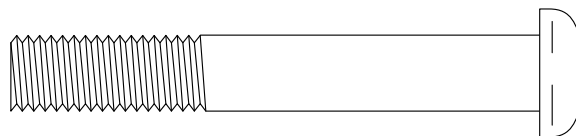
M10 x 35mm Screw
(123)–8



M10 x 42mm Bolt
(119)–4



M10 x 45mm Screw
(124)–4



M10 x 70mm Bolt (130)–2

ASSEMBLY

- Assembly requires two or three persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- Assembly can be completed using the included tools. Note: Your own rubber mallet may also be helpful; however, be careful to not break plastic parts with the rubber mallet.

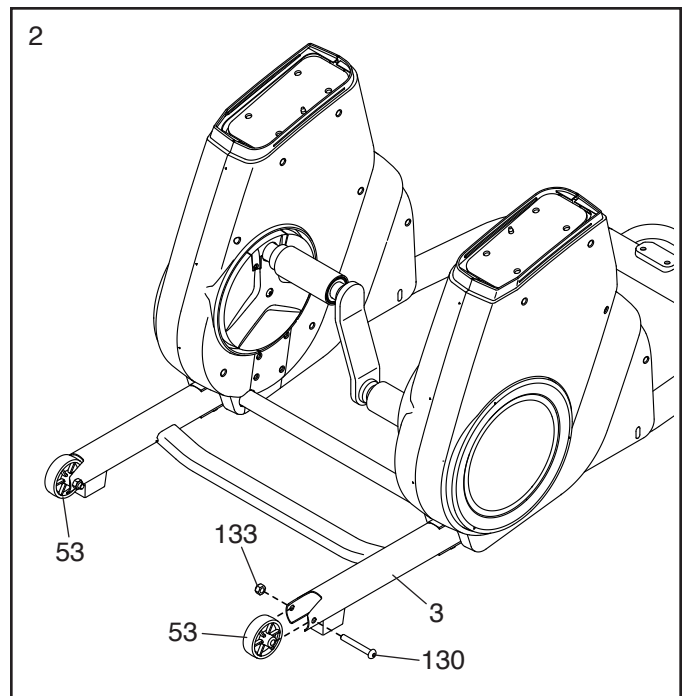
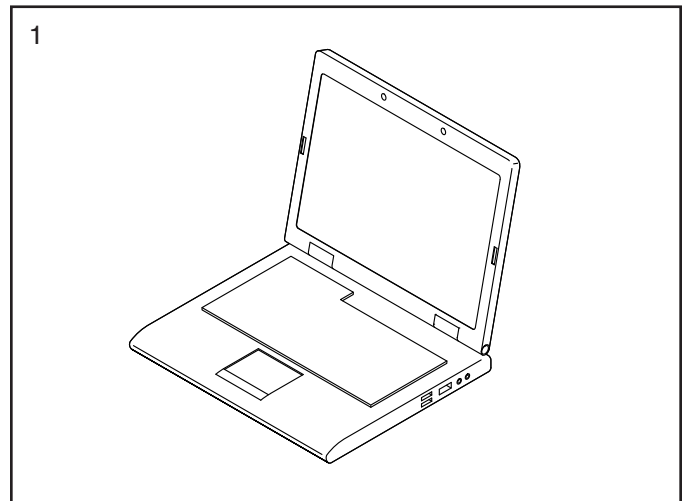
1. **Go to iconservice.ca/CustomerService/registration and register your product.**

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

Note: If you do not have internet access, contact Member Care (see the front cover of this manual) and register your product.

2. **Attach a Wheel (53) to the Stabilizer (3) with an M10 x 70mm Bolt (130) and an M10 Locknut (133); **do not overtighten the Locknut; the Wheel should turn freely.****

Attach the other Wheel (53) in the same way.

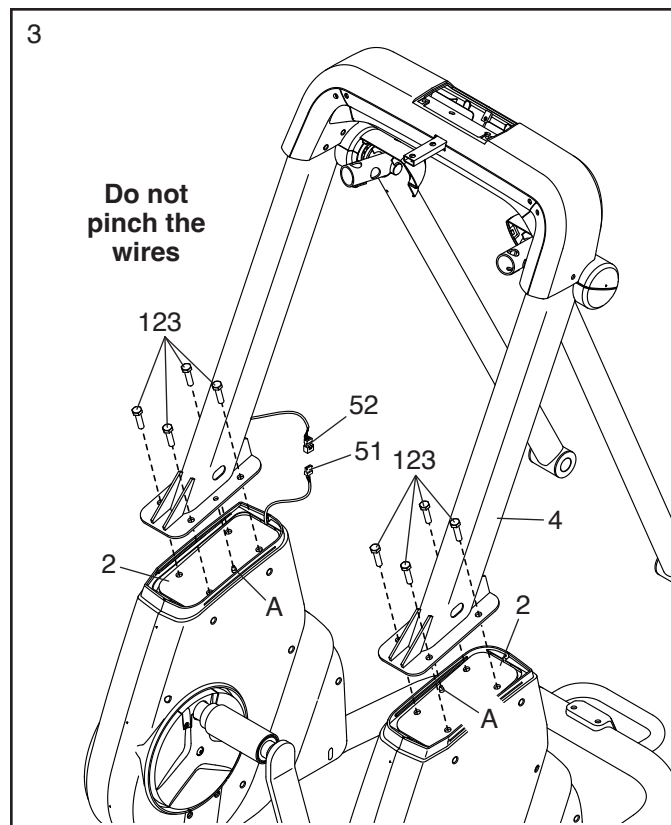


3. **Do not pinch the wires.** With the help of one or two other people, set the Upright (4) on the pins (A) on the Frame (2).

Attach the Upright (4) with eight M10 x 35mm Screws (123); **start all eight Screws, and then tighten them.**

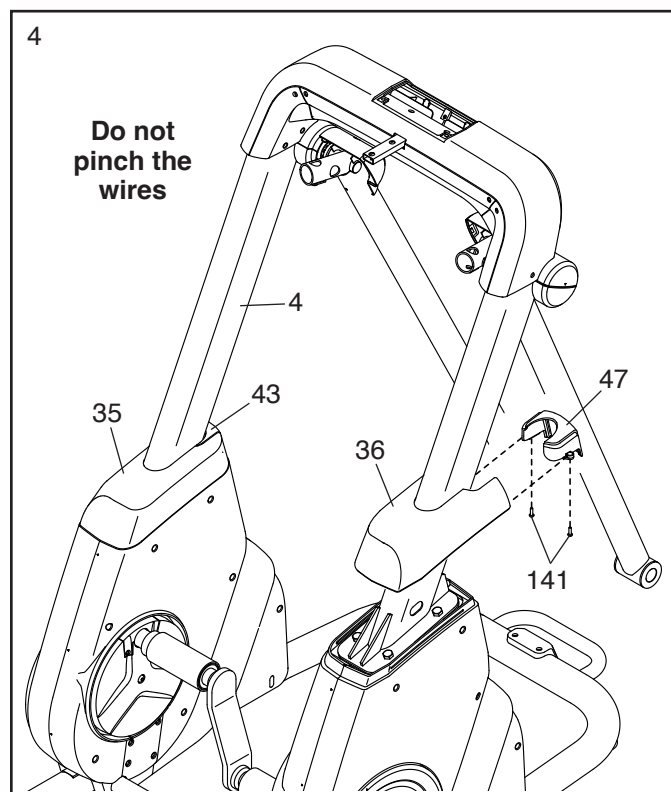
Then, connect the 41" Wire (52) in the Upright (4) to the 17" Wire (51) in the Frame (2).

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



4. Identify the Right Shield Cover (36) and the Right Front Shield Cover (47). Attach them around the right side of the Upright (4) with two M4 x 16mm Screws (141). Then, press the Shield Covers into place.

Do not pinch the wires. Attach the Left Shield Cover (35) and the Left Front Shield Cover (43) around the left side of the Upright (4) in the same way.

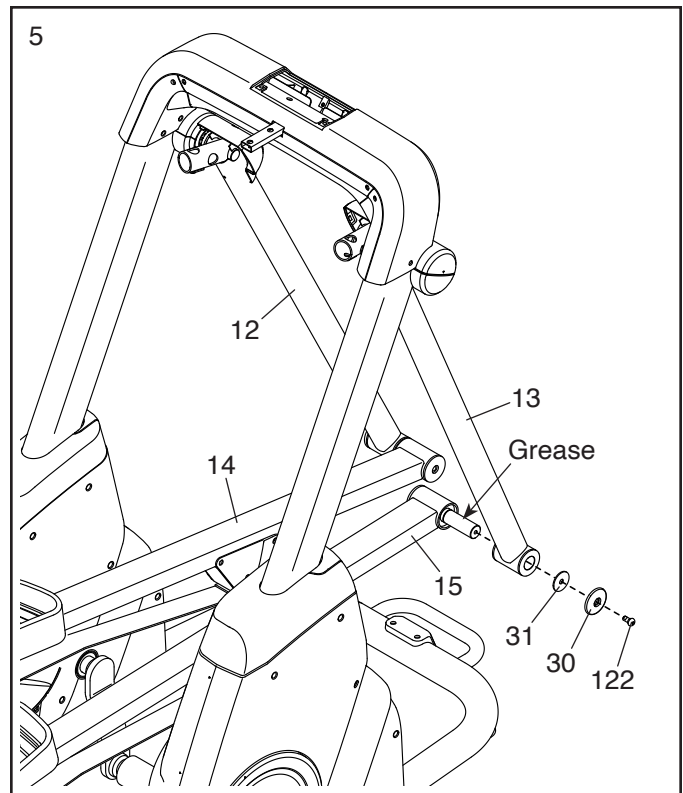


5. Identify the Right Pedal Arm (15). Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the Right Pedal Arm.

Next, insert the axle on the Right Pedal Arm (15) into the Right Pivot Leg (13) from the direction shown.

Attach the Right Pedal Arm (15) with an M8 x 14mm Shoulder Screw (122), an Axle Cover (30), and an Axle Washer (31).

Attach the Left Pedal Arm (14) to the Left Pivot Leg (12) in the same way.



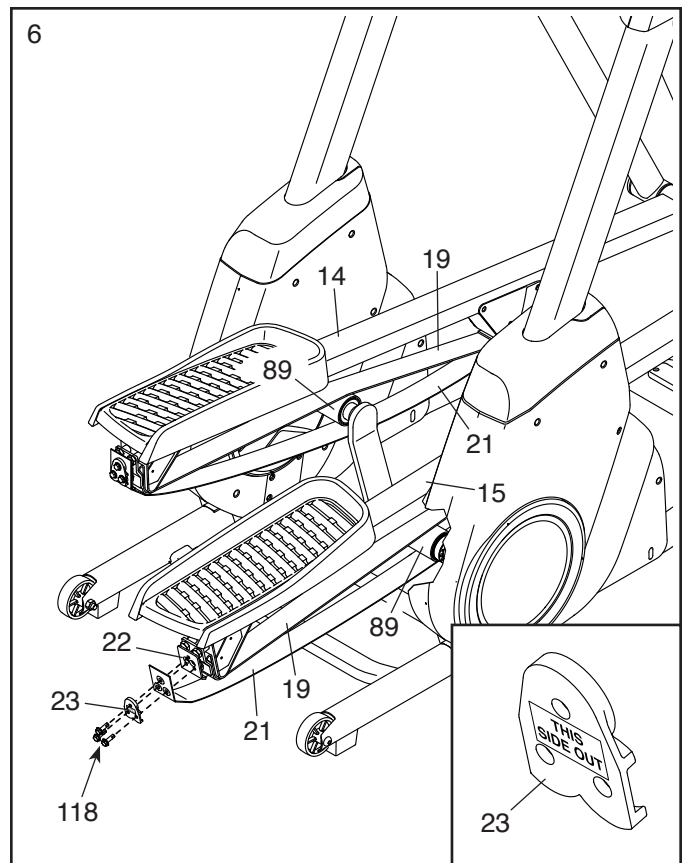
6. Identify the Strap (21) on the Right Pedal Arm (15). Route the Strap under the Roller (89); **make sure that the Strap is not twisted.**

Make sure that the Glide Belt (19) on the Right Pedal Arm (15) is resting on top of the Roller (89) and that the Strap (21) is routed under the Roller.

Note: It may be helpful to have a second person press downward on the Right Pedal Arm (15) while you perform the following action.

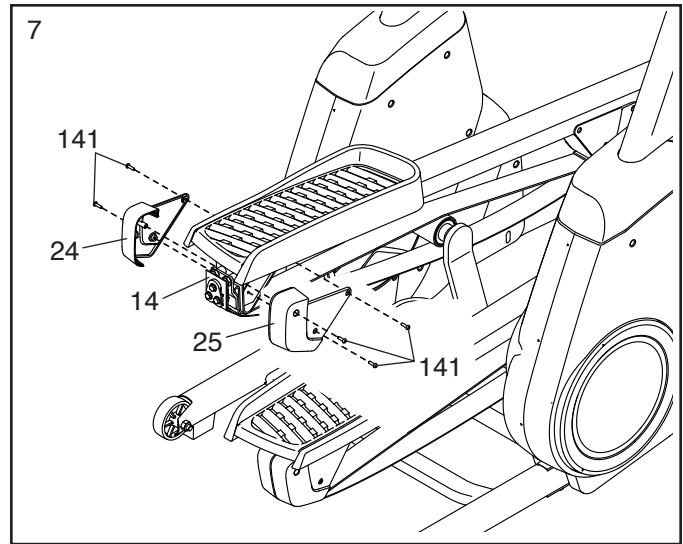
Orient a Strap Clamp (23) as shown in the inset drawing. Attach the Strap (21) to the Strap Bracket (22) on the Right Pedal Arm (15) with three M6 x 20mm Screws (118) and the Strap Clamp; **start all three Screws, and then tighten them.**

Repeat this step for the Left Pedal Arm (14).



7. Identify a Left Rear Belt Cover (24) and a Right Rear Belt Cover (25). Attach these parts to the Left Pedal Arm (14) with five M4 x 16mm Screws (141); **start all five Screws, and then tighten them.**

Repeat this step on the right side of the elliptical.



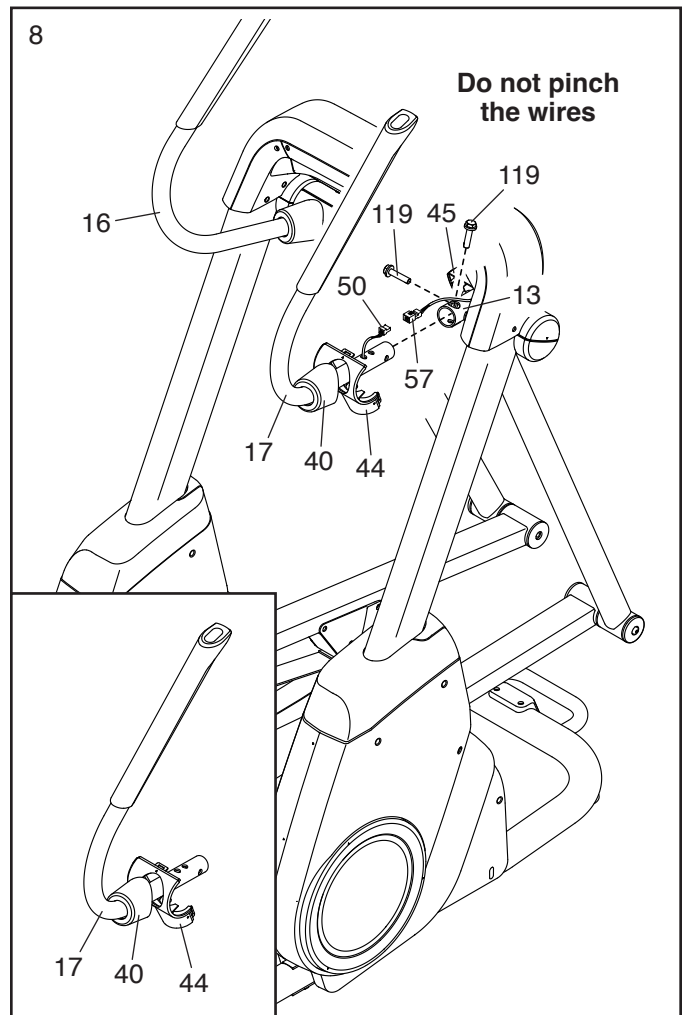
8. **See the inset drawing.** Identify the Right Handlebar (17), a Handlebar Cover (40), and the Right Rear Leg Cover (44). Slide the Handlebar Cover and the Right Rear Leg Cover onto the Right Handlebar.

While a second person holds the Right Handlebar (17) in the position shown, connect the Right Control Wire (50) to the Control Extension Wire (57). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.**

Avoid pinching the wires. Insert the Right Handlebar (17) into the Right Pivot Leg (13), and attach it with two M10 x 42mm Bolts (119); **firmly tighten the Bolts.**

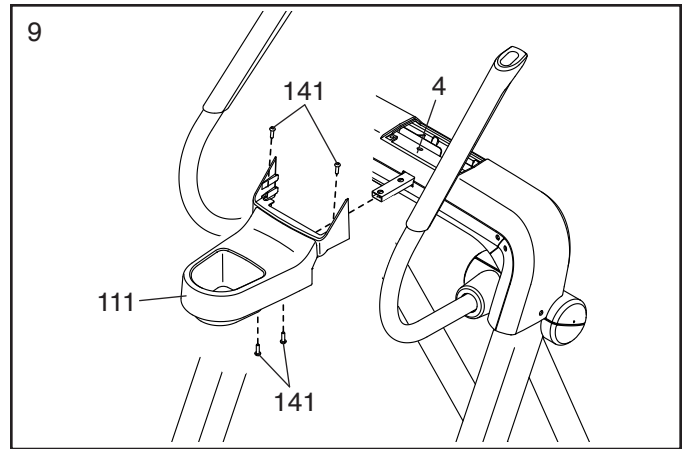
Then, press the Right Rear Leg Cover (44) onto the Right Front Leg Cover (45), and **insert the connectors on the Wires (50, 57) into the Covers.** Then, slide the Handlebar Cover (40) into place.

Repeat this step for the Left Handlebar (16).

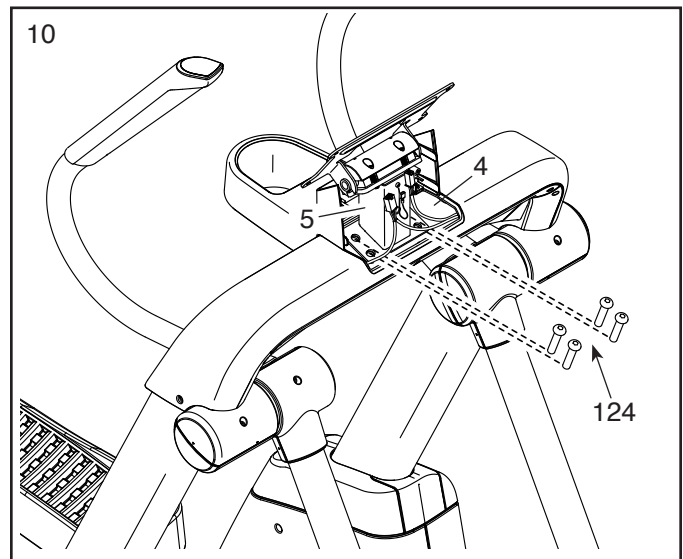


9. Attach the Accessory Tray (111) to the Upright (4) with two M4 x 16mm Screws (141) from below.

Then, finish attaching the Accessory Tray (111) with two more M4 x 16mm Screws (141).

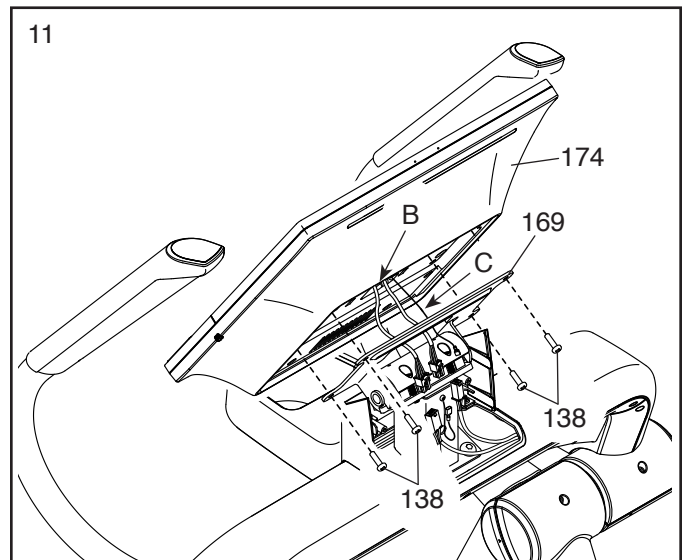


10. **Do not pinch the wires.** Orient the Console Mount (5) as shown, and set it on the Upright (4). Attach the Console Mount with four M10 x 45mm Screws (124); **start all four Screws, and then tighten them.**



11. Hold the Console (174) near the Console Bracket (169). Insert the two console wires (B) and the console ground wire (C) through the opening in the Console Bracket.

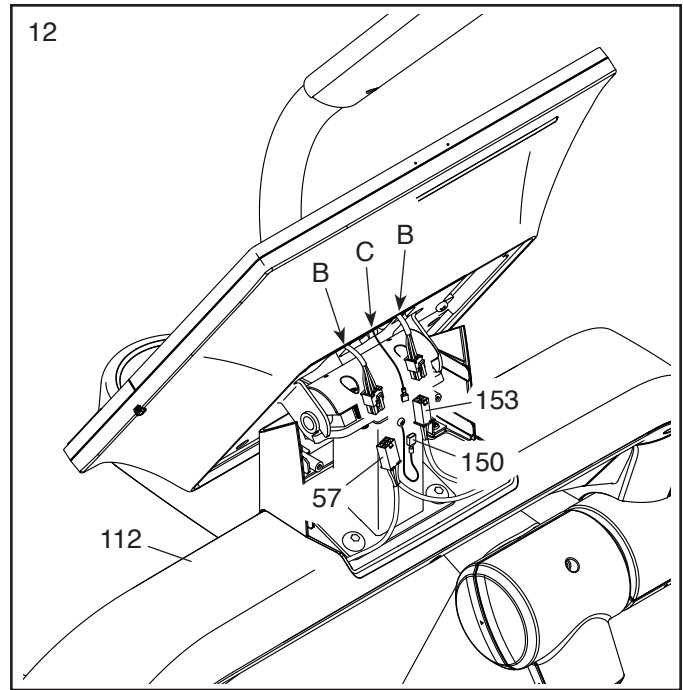
Do not pinch the wires. Attach the Console (174) to the Console Bracket (169) with four M6 x 12mm Pan Head Screws (138); **start all four Pan Head Screws, and then tighten them.**



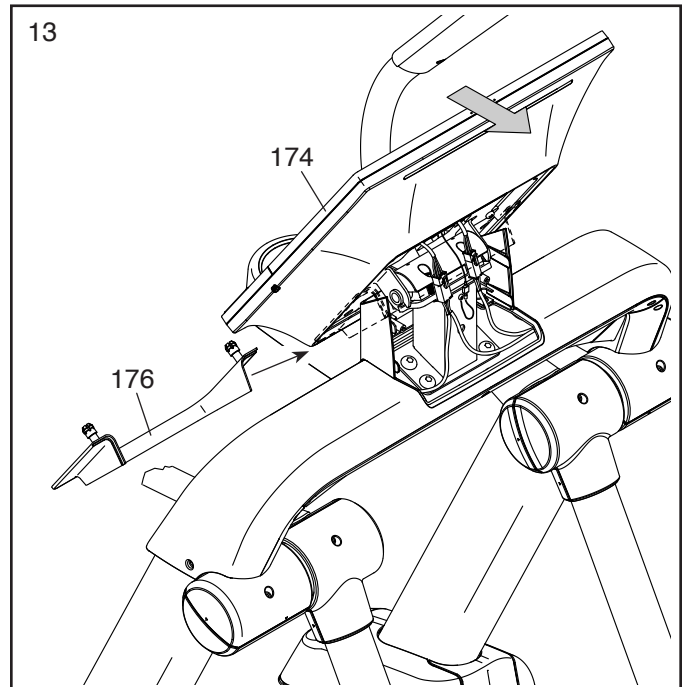
12. Connect the console ground wire (C) to the Ground Wire (150).

Next, connect the two console wires (B) to the Control Extension Wire (57) and the Upright Wire (153). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.**

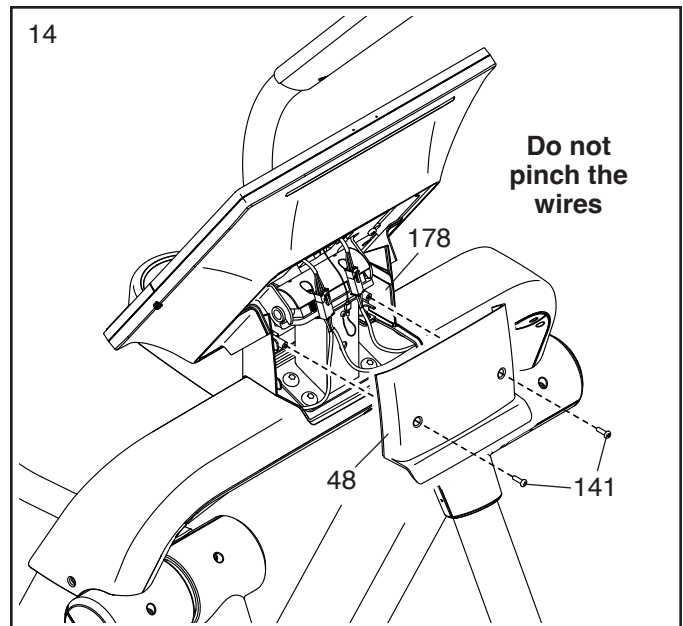
Then, insert the excess wire into the Upper Upright Cover (112).



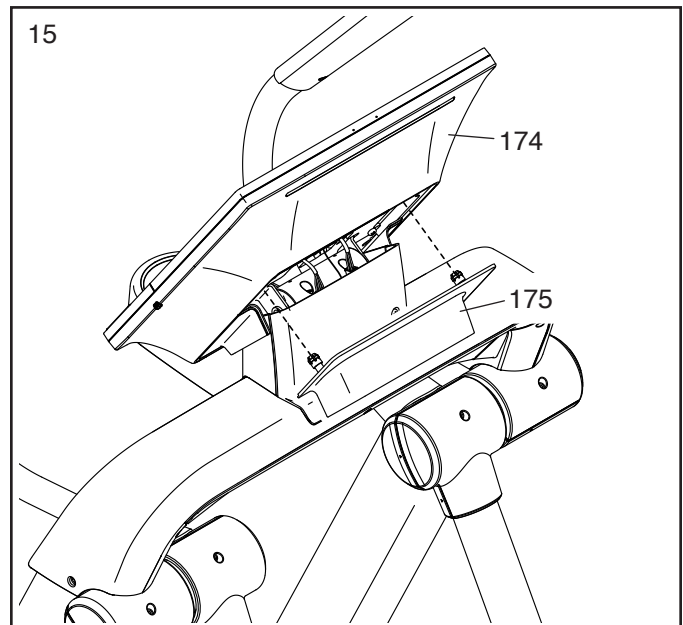
13. Tilt the top of the Console (174) forward, and then press the Lower Console Cover (176) onto the back of the Console (174).



14. **Do not pinch the wires.** Attach the Large Mount Cover (48) to the Small Mount Cover (178) with two M4 x 16mm Screws (141).



15. Press the Upper Console Cover (175) onto the back of the Console (174).



16. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor. To avoid damage to the console, keep the console out of direct sunlight. Keep the included tools in a secure place; one or more of the tools may be needed to make adjustments in the future.

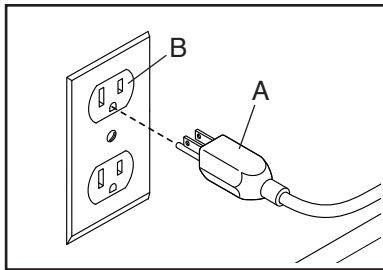
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

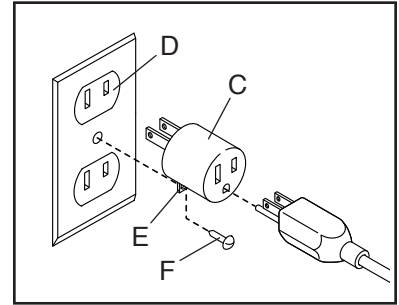
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ 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 product is properly grounded, contact a qualified electrician.

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



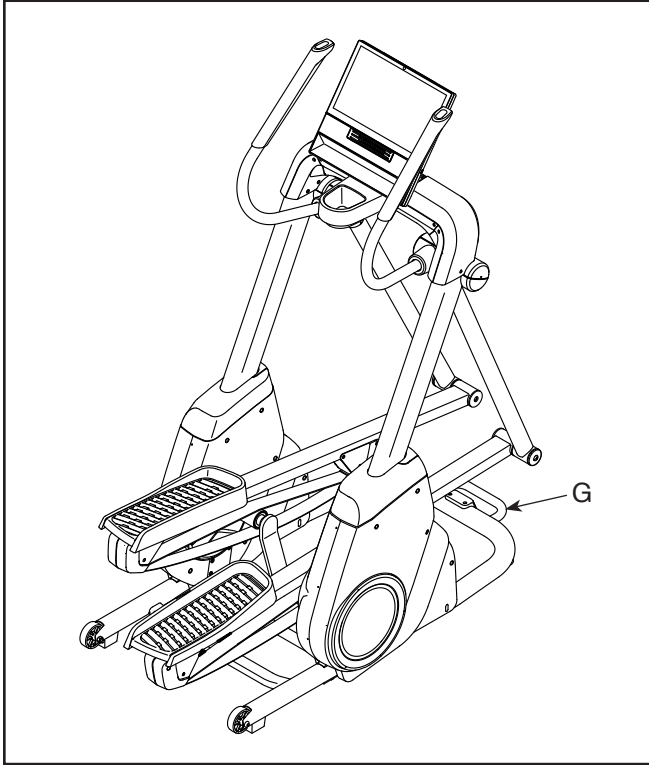
A temporary adapter (C) may be used to connect the power cord to a 2-pole receptacle (D) as shown at the right if a properly grounded outlet is not available.



The lug (E) or wire extending from the adapter must be connected with a metal screw (F) 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 before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

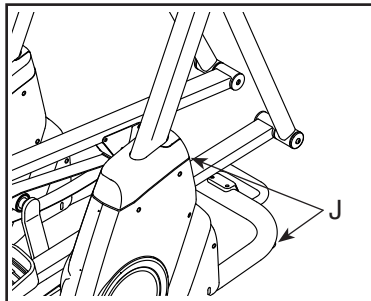
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical and lift the handle (G) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



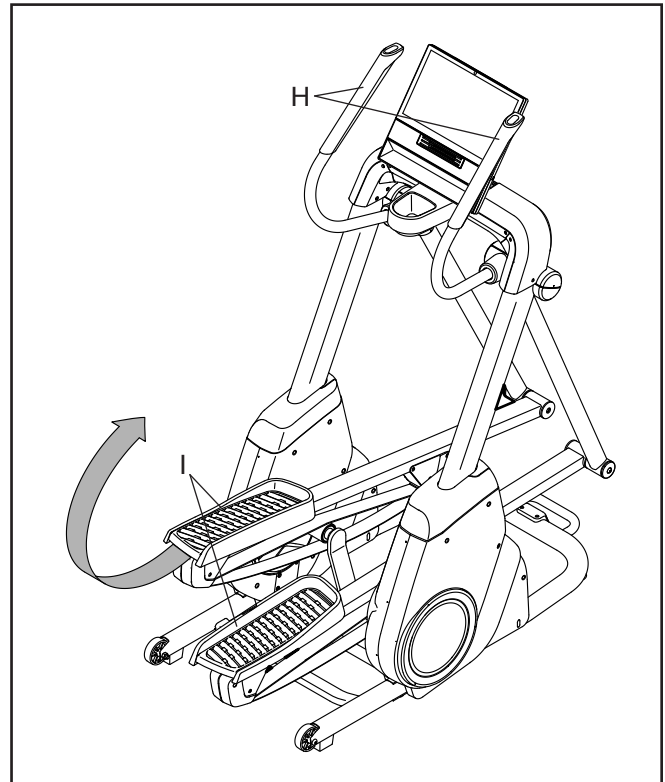
HOW TO LEVEL THE ELLIPTICAL

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



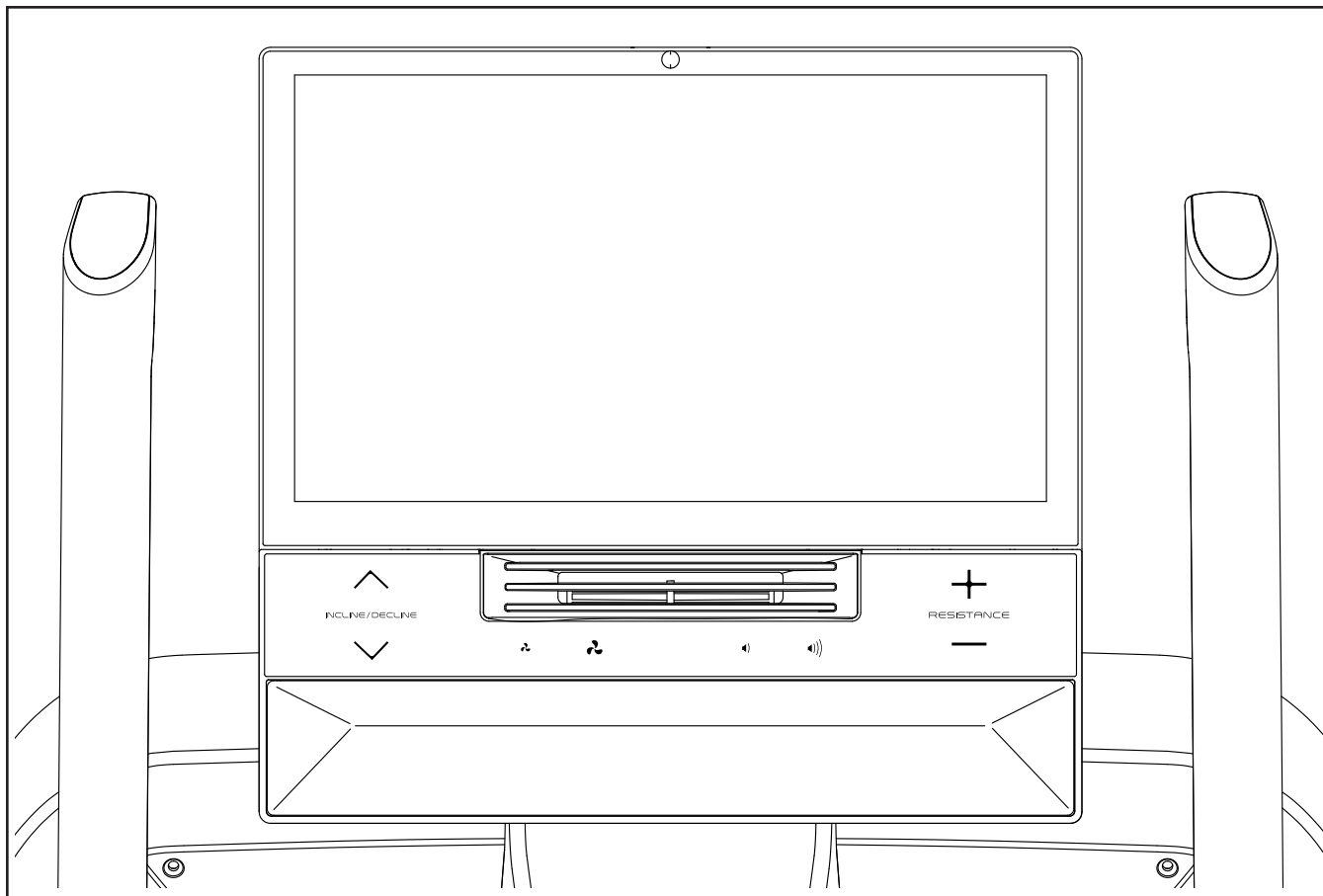
HOW TO EXERCISE ON THE ELLIPTICAL

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



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

HOW TO 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 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 the resistance of the pedals and the incline

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

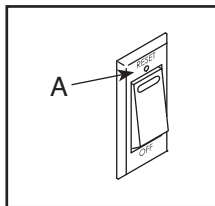
The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the resistance of the pedals and the incline of the ramp as iFIT trainers guide you through immersive exercise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

HOW TO TURN ON THE CONSOLE

IMPORTANT: If the elliptical 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 the console or other electrical components.

Plug in the power cord (see page 14). Next, locate the power switch on the elliptical near the power cord. Press the power switch to the reset position (A).



The console will then turn on and be ready for use. **Note:**

When you turn on the console for the first time, the incline system may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp 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

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.**

HOW TO USE THE TOUCH SCREEN

The console features a full-color touch screen. You can slide or flick your fingers 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 elliptical 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 27 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*. Software updates will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not press the power switch or unplug the power cord while the software is being updated.** See page 22 for detailed instructions.

5. Calibrate the incline system.

Touch the console settings button (gear icon) on the screen, touch *Equipment*, touch *Calibrate*, and then touch *Calibrate*. The ramp will move upward and downward as it calibrates. For more information, see step 5 on page 22.

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

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. Change the resistance of the pedals and the incline of the ramp as desired.

You can change the resistance of the pedals in the following ways:

- Press the Resistance increase and decrease buttons on the console.
- Press the Resistance increase and decrease buttons on the right handlebar.
- Touch the numbered resistance buttons on the right side of the screen.

You can vary the motion of the pedals in the following ways.

- Press the Power Ramp increase and decrease buttons on the console.
- Press the Power Ramp increase and decrease buttons on the left handlebar.
- Touch the numbered Power Ramp buttons on the left side of the screen.

Note: After you touch a button, it will take a moment for the pedals to reach the selected resistance level or for the ramp to reach the selected incline level.

Note: To turn on and turn off the resistance buttons or the ramp buttons on the screen, touch *Resistance* or *Incline* at the bottom of the screen. You can also touch the workout settings icon in the lower-right corner of the screen and then touch *Controls*.

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 level, touch the workout settings icon in the lower-right corner of the screen and then touch *Audio*. You can also press the volume buttons on the console.



6. Pause or end the workout.

To pause the workout, stop pedaling or touch the pause symbol next to the word *Workout* at the bottom of the screen. To continue the workout, start pedaling or 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.

7. 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 27).

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, activity, 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. Note: The actual number of calories that you burn will depend on various factors such as your weight.

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 20.

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 resistance of the pedals and the incline of the ramp will change automatically according to the settings of the workout. **If the resistance of the pedals or the incline of the ramp is too high or too low**, you can manually override the setting (see step 4 on page 18). To return to the programmed resistance of the workout, touch *Follow Trainer*.

Note: If you manually change the resistance of the pedals or the incline of the ramp during the workout, the number of calories that you burn will be affected.

If the SmartAdjust feature is enabled, the console will scale the intensity of the workout automatically based on your manual overrides of the resistance setting. **To enable the SmartAdjust 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 18.

To pause or end the workout, see step 6 on page 18.

5. When you are finished using the elliptical, 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* at the bottom of the screen.

2. Draw a workout on the map.

First, touch the *Create* icon on the left side of the screen.

Next, 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 elliptical, 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

Equipment

- About
- 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 elliptical, 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, unplug the power cord, wait for several seconds, and then plug in the power cord. 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 the console settings button (gear icon) on the screen, touch *Equipment*, touch *Calibrate*, and then touch *Calibrate*. The ramp will move upward and downward and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

IMPORTANT: Keep pets, feet, and other objects away from the elliptical while the incline system is calibrating.

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

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) 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.

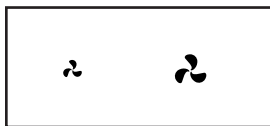
If you have problems connecting to an encrypted network, make sure that your password is correct. **If you have questions after following these instructions, please go to my.iFIT.com for assistance.**

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 increase or decrease as the pedaling speed increases or decreases. Press the fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn off the fan.



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

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.

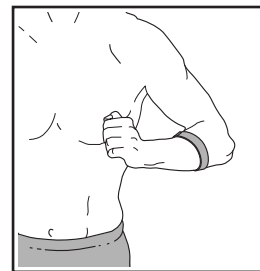
HOW TO CONNECT HEADPHONES

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.

IC INFORMATION

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device.

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.

CAN ICES-3 (B)/NMB-3(B)

Note: The console contains IC ID: 3673A-453084C (Compal) or 3673A-453584V (CVTE)

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

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

CONSOLE TROUBLESHOOTING

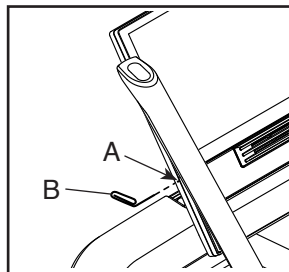
If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position. If there are exterior wires on the console, make sure that the connectors on the wires are oriented correctly and are connected firmly.

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

If 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 cord. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip (B), press and hold the reset button inside of the opening, and have a second person plug in the power cord 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 off and then on again. Once the console turns on, check for software updates (see page 22). Note: It may take a moment for the console to be ready for use.



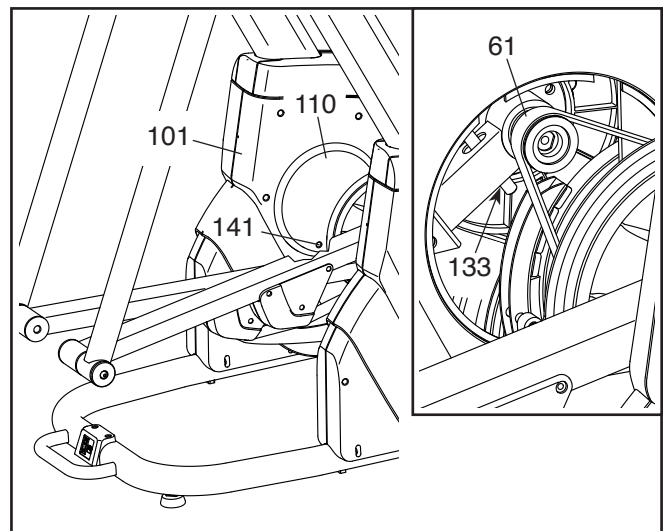
INCLINE SYSTEM TROUBLESHOOTING

If the frame does not adjust to the selected incline level, see page 22 and calibrate the incline system.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **press the power switch and unplug the power cord.**

Next, remove the M4 x 16mm Screw (141) and the Access Cover (110) from the Right Inner Shield (101). Then, tighten the M10 Locknut (133) until the Drive Belt A (61) is tight.

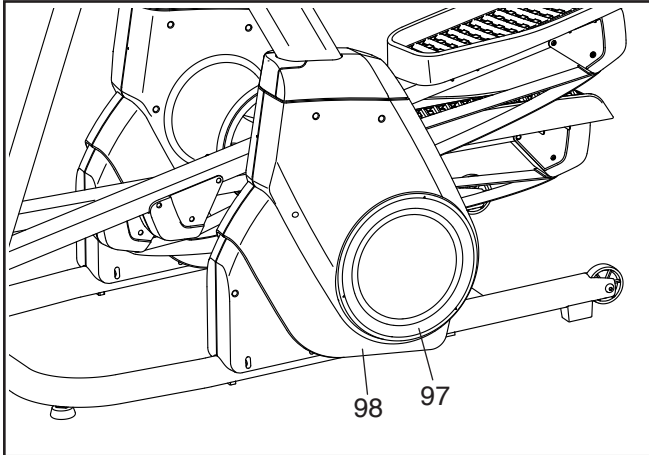


When you have properly adjusted the Drive Belt A (61), reattach the Access Cover (110) and plug in the power cord.

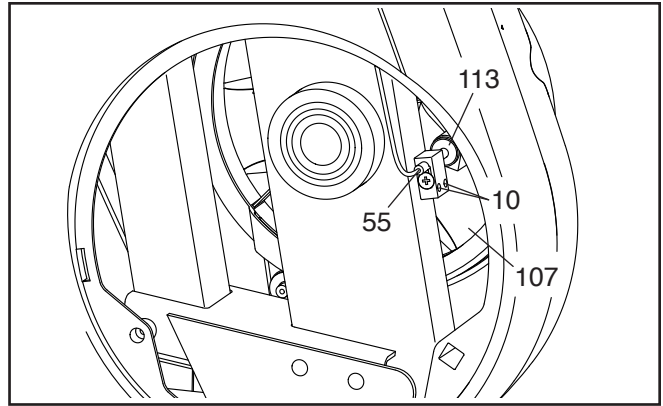
HOW TO ADJUST THE REED SWITCH

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 cord.**

Next, use a standard screwdriver and pry the Shield Disc (97) off the Left Outer Shield (98).



See the drawing at the right. Locate the Reed Switch (55). Turn the Right Inner Disc (107) until a Magnet (113) is aligned with the Reed Switch.



Then, slightly loosen the two M4 x 25mm Screws (10) and slide the Reed Switch (55) slightly closer to or away from the Magnet (113).

Plug in the power cord, press the power switch, and rock the Right Inner Disc (107) forward and backward so that the Magnet (113) passes the Reed Switch (55) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, retighten the two M4 x 25mm Screws (10), reattach the Shield Disc (97), and plug in the power cord.

EXERCISE GUIDELINES

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

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

EXERCISE INTENSITY

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

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

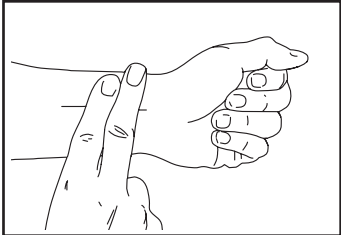
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

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

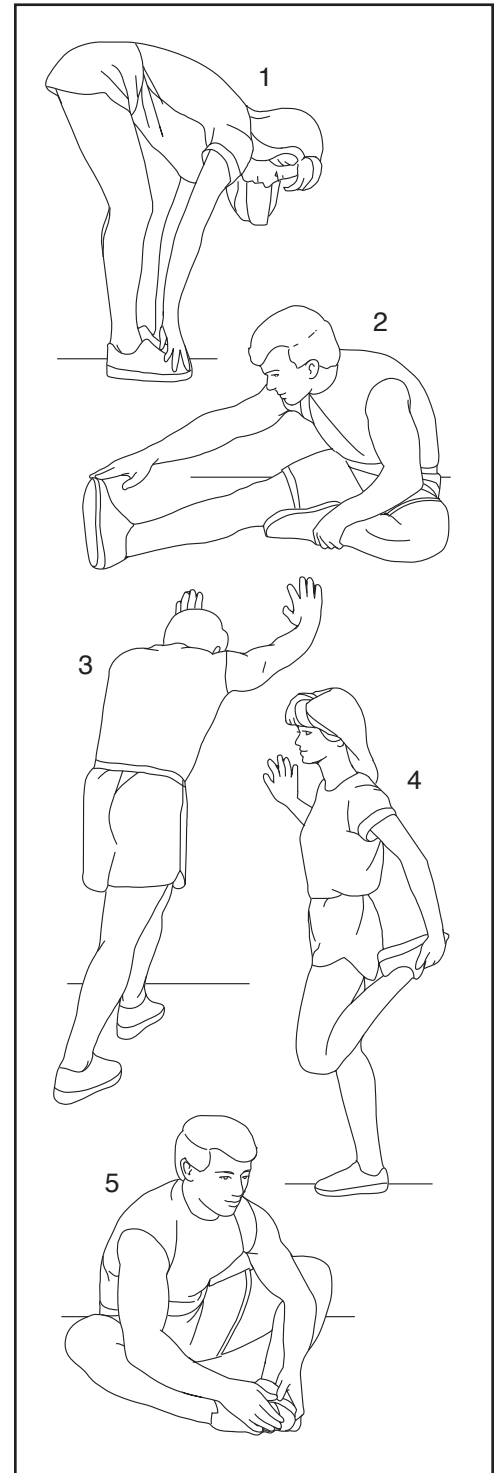
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. NTEL71625C.0 R1024B

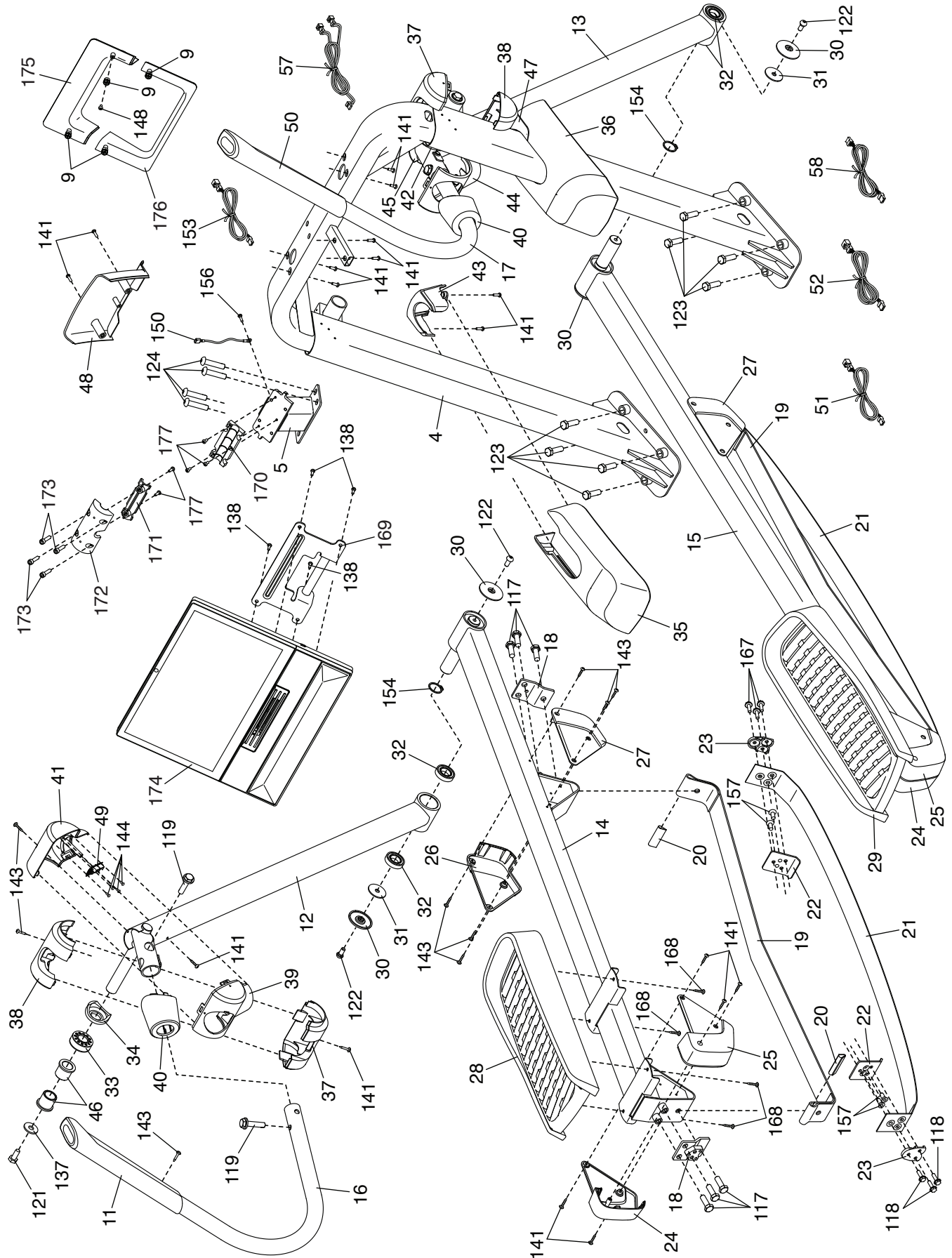
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	17" Wire
2	1	Frame	52	1	41" Wire
3	1	Stabilizer	53	2	Wheel
4	1	Upright	54	2	Foot
5	1	Console Mount	55	1	Reed Switch/Wire
6	1	Brace	56	1	Reed Switch Clamp/Screw
7	1	Control Bracket	57	1	Control Extension Wire
8	1	Control Board	58	1	32" Wire
9	4	Mushroom Fastener	59	1	Power Cord
10	2	M4 x 25mm Screw	60	2	Leveling Foot
11	1	Left Control Grip/Wire	61	1	Drive Belt A
12	1	Left Pivot Leg	62	1	Left Inner Disc
13	1	Right Pivot Leg	63	1	Crank
14	1	Left Pedal Arm	64	1	Flywheel
15	1	Right Pedal Arm	65	1	Large Crank Pulley
16	1	Left Handlebar	66	1	Large Idler Pulley
17	1	Right Handlebar	67	1	Crank Pulley Bracket
18	4	Belt Clamp	68	1	Crank Bracket
19	2	Glide Belt	69	1	Idler Hub
20	4	Wedge	70	1	Idler Bracket
21	2	Strap	71	1	Idler Adjustment Bolt
22	4	Strap Bracket	72	1	Lift Motor
23	4	Strap Clamp	73	1	Power Cover
24	2	Left Rear Belt Cover	74	1	Lower Lift Axle
25	2	Right Rear Belt Cover	75	1	Magnet Bracket
26	2	Left Front Belt Cover	76	1	Resistance Motor
27	2	Right Front Belt Cover	77	1	Resistance Rod
28	1	Left Pedal	78	1	Resistance Disc
29	1	Right Pedal	79	1	Resistance Block
30	4	Axle Cover	80	1	Crank Washer
31	3	Axle Washer	81	4	Crank Bearing
32	4	Leg Bearing	82	1	Small Crank Spacer
33	2	Flex Spacer	83	1	Large Crank Spacer
34	1	Left Pivot Spacer	84	1	Bracket Weld Spacer
35	1	Left Shield Cover	85	1	Large Spacer
36	1	Right Shield Cover	86	2	Roller Spacer
37	2	Pivot Cover A	87	2	Flex Spacer
38	2	Pivot Cover B	88	4	Roller Bearing
39	1	Left Rear Leg Cover	89	2	Roller
40	2	Handlebar Cover	90	2	Roller Weld Spacer
41	1	Left Front Leg Cover	91	1	Upper Lift Axle
42	1	Right Pivot Spacer	92	1	Small Idler Pulley
43	1	Left Front Shield Cover	93	1	Idler Flex Spacer
44	1	Right Rear Leg Cover	94	2	Idler Bearing
45	1	Right Front Leg Cover	95	2	Lift Bushing
46	4	Pivot Bushing	96	2	Accent Ring
47	1	Right Front Shield Cover	97	2	Shield Disc
48	1	Large Mount Cover	98	1	Left Outer Shield
49	1	Accelerometer Sensor	99	1	Left Inner Shield
50	1	Right Control Grip/Wire	100	1	Right Outer Shield

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Right Inner Shield	142	1	Drive Belt B
102	1	Left Outer Cover	143	59	M4 x 16mm Self-tapping Screw
103	1	Left Inner Cover	144	4	M3 x 6mm Screw
104	1	Right Outer Cover	145	8	M4 x 16mm Truss Screw
105	1	Right Inner Cover	146	1	M3.5 x 10mm Screw
106	2	Disc Cap	147	8	M4 x 12mm Screw
107	1	Right Inner Disc	148	10	M4 x 10mm Screw
108	1	Left Slot Cover	149	4	M8 Locknut
109	1	Right Slot Cover	150	1	Ground Wire
110	1	Access Cover	151	1	Power Switch
111	1	Accessory Tray	152	1	Strain Relief
112	1	Upper Upright Cover	153	1	Upright Wire
113	2	Magnet	154	2	Snap Ring
114	1	Left Upright Cover	155	1	M8 Snap Ring
115	1	Right Upright Cover	156	3	Ground Screw
116	1	Lower Upright Cover	157	8	M6 x 12mm Flat Head Screw
117	12	M10 x 30mm Screw	158	2	M12 x 60mm Bolt
118	6	M6 x 20mm Screw	159	2	M12 Locknut
119	4	M10 x 42mm Bolt	160	1	M5 Washer
120	2	M10 x 95mm Bolt	161	1	M8 x 16mm Flange Screw
121	2	M10 x 20mm Hex Screw	162	1	M8 x 19mm Washer
122	6	M8 x 14mm Shoulder Screw	163	2	Thrust Washer
123	8	M10 x 35mm Screw	164	1	M8 x 38mm Washer
124	4	M10 x 45mm Screw	165	1	M5 x 10mm Screw
125	2	M10 x 60mm Screw	166	1	Idler Spacer
126	2	M10 x 35mm Screw	167	6	M6 x 20mm Shoulder Screw
127	2	M10 x 100mm Bolt	168	8	M6 x 12mm Screw
128	6	M8 x 20mm Screw	169	1	Console Bracket
129	4	M6 x 12mm Hex Screw	170	1	Large Saddle Bracket
130	2	M10 x 70mm Bolt	171	1	Small Saddle Bracket
131	4	Standoff	172	1	Pivot Cover
132	1	M10 x 65mm Bolt	173	4	M6 x 25mm Screw
133	8	M10 Locknut	174	1	Console
134	4	M8 x 13mm Screw	175	1	Upper Console Cover
135	1	M6 x 10mm Screw	176	1	Lower Console Cover
136	2	M5 Locknut	177	5	M4 x 10mm Machine Screw
137	3	M10 Washer	178	1	Small Mount Cover
138	4	M6 x 12mm Pan Head Screw	*	—	Assembly/Adjustment Tool Kit
139	5	M6 Washer	*	—	Grease Packet
140	11	Clip	*	—	User's Manual
141	54	M4 x 16mm Screw			

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.

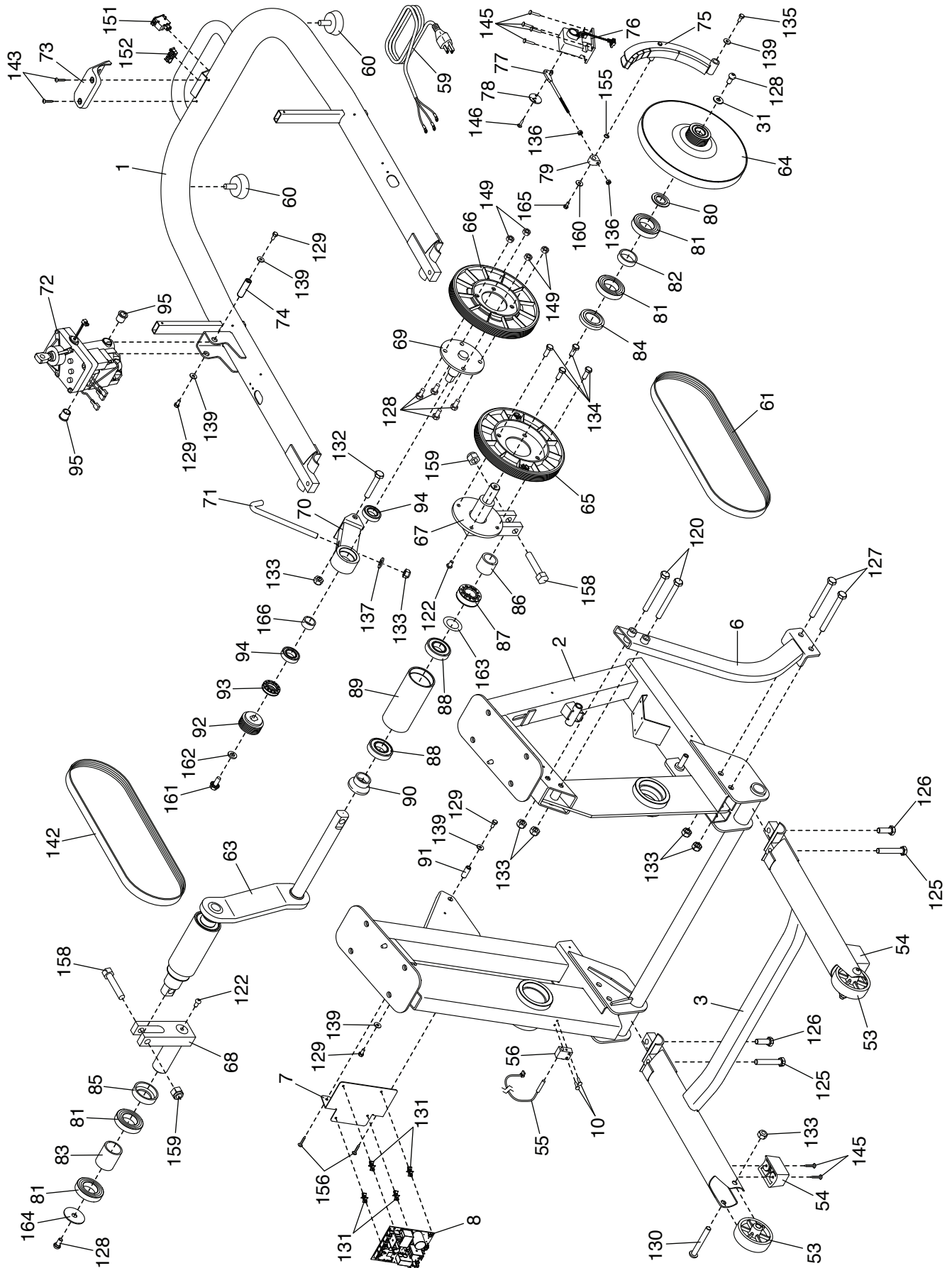
EXPLODED DRAWING A

Model No. NTEL71625C.0 R1024B



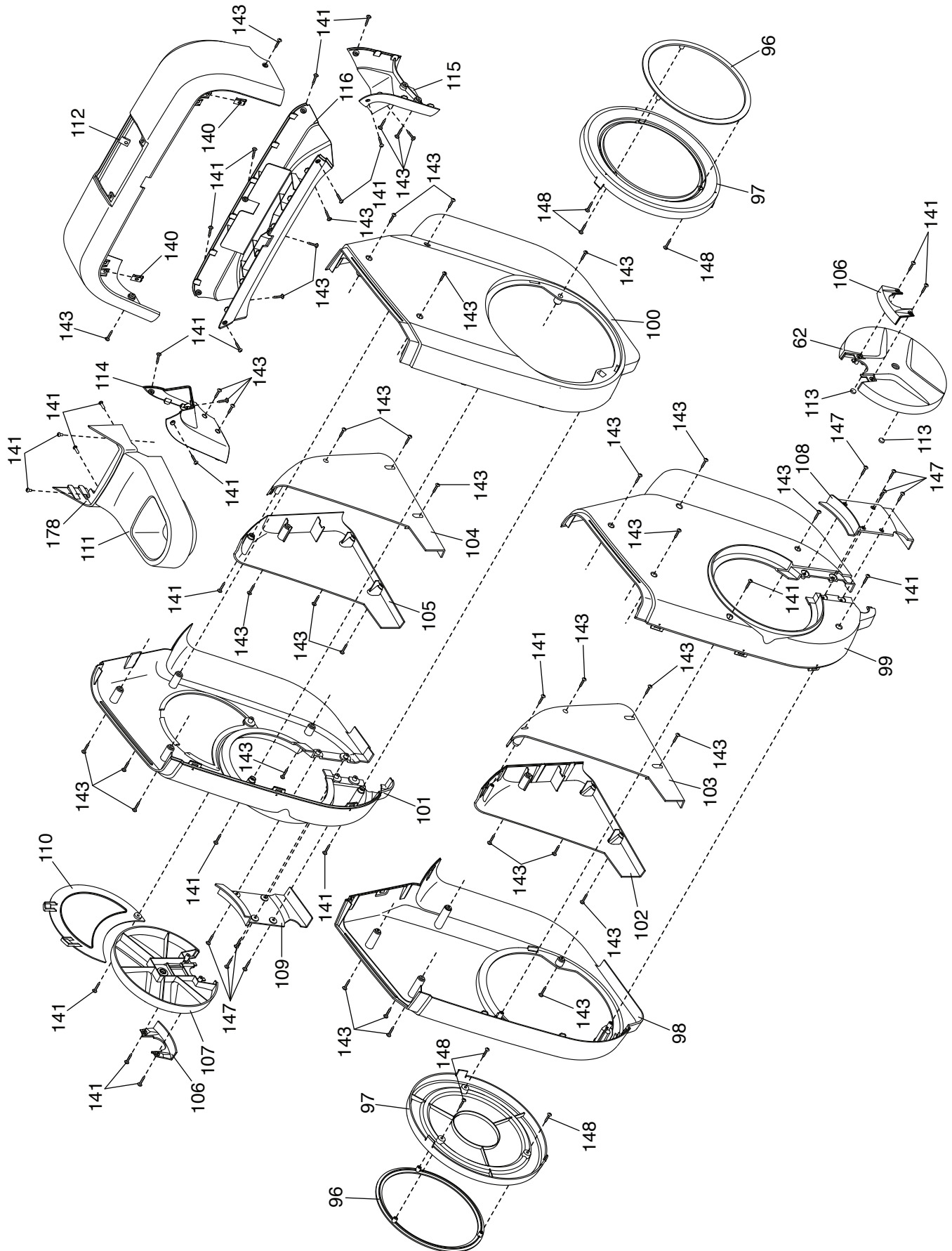
EXPLODED DRAWING B

Model No. NTEL71625C.0 R1024B



EXPLODED DRAWING C

Model No. NTEL71625C.0 R1024B



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 Health & Fitness 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 of Canada, (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 provinces 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. iFIT makes no other warranty and hereby disclaims and excludes all warranties of any kind, express or implied, arising from or relating to the product, including but not limited to the implied warranties of merchantability, of fitness of the product for a particular purpose and of noninfringement, whether arising from the statute, the Civil Code of Quebec, common law, custom or otherwise. Some provinces 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 province to province.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

iFIT Health & Fitness Inc., 950 de l'Industrie, St. Jérôme, QC J7Y 4B8