

NordicTrack®

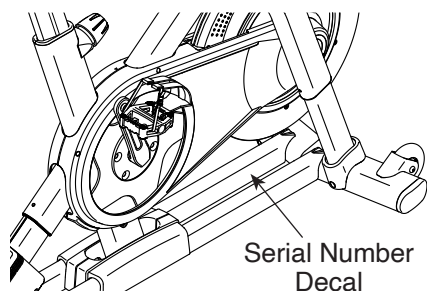
nordictrack.com

X24 BIKE

Model No. NTEX02425.0

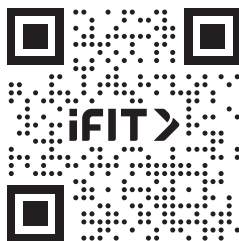
Serial No. _____

Write the serial number in the space above for reference.



MEMBER CARE

For service at any time, go to my.iFIT.com or scan the QR code below. PLEASE DO NOT CONTACT THE STORE.



⚠ CAUTION

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

USER'S MANUAL

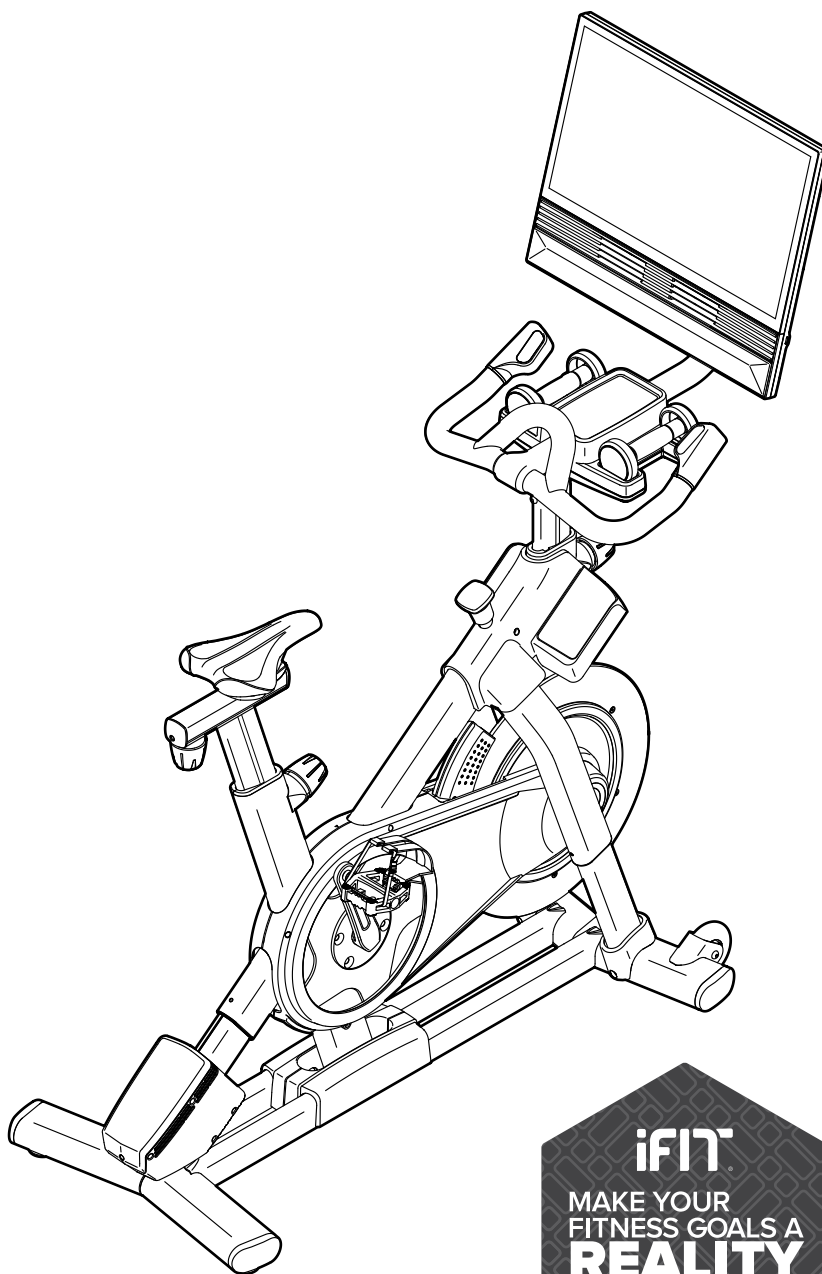
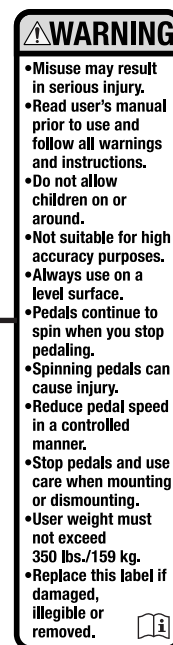


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
HOW TO USE THE STUDIO CYCLE	13
HOW TO USE THE CONSOLE	16
FCC INFORMATION	25
MAINTENANCE AND TROUBLESHOOTING	26
EXERCISE GUIDELINES	30
PART LIST	31
EXPLODED DRAWING	33
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

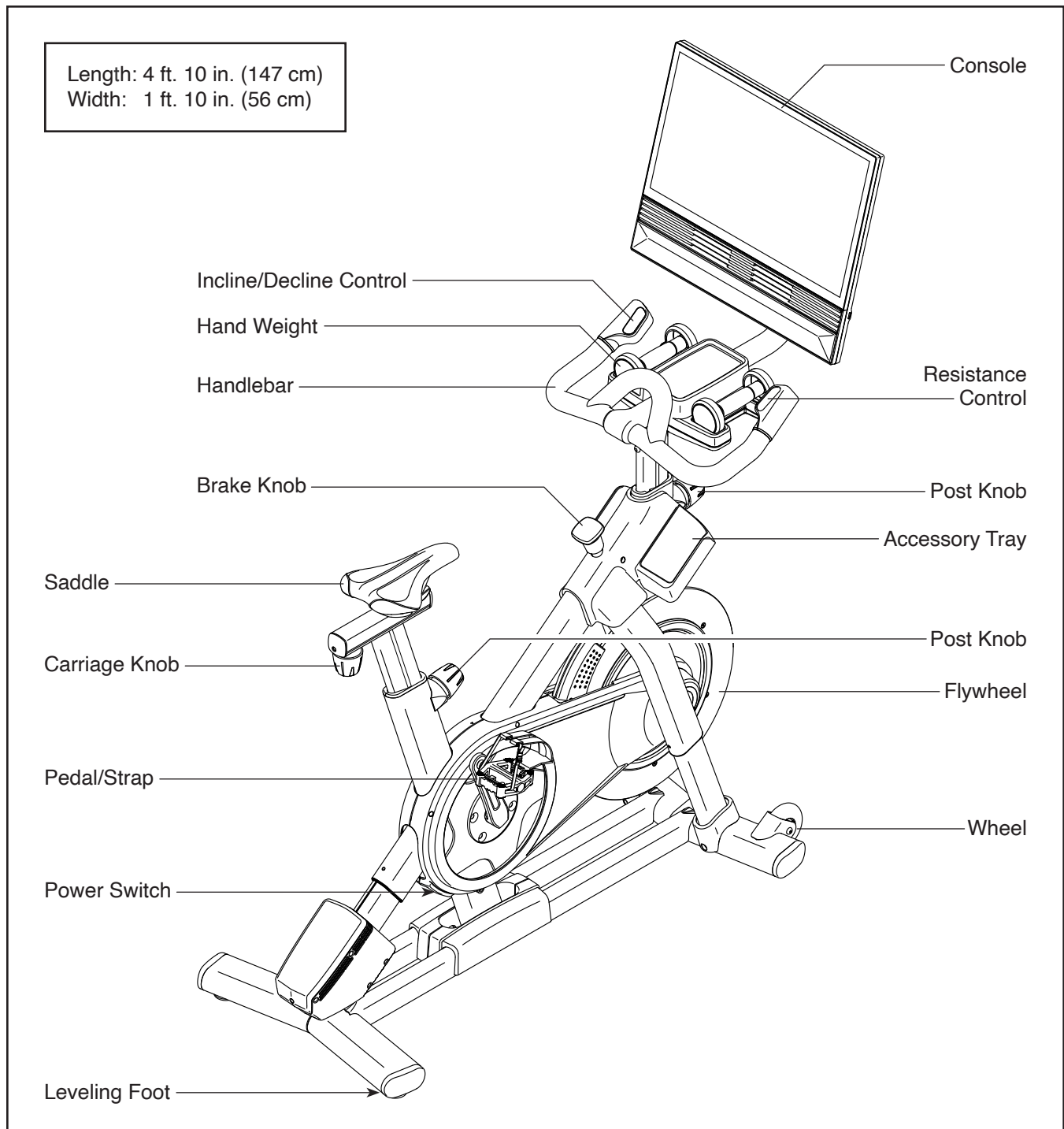
⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your studio cycle before using your studio cycle. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the studio cycle are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the studio cycle at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the studio cycle only as authorized by your health care provider.
5. The studio cycle is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the studio cycle by someone responsible for their safety.
6. Use the studio cycle only as described in this manual.
7. The studio cycle is intended for home use only. Do not use the studio cycle in a commercial, rental, or institutional setting.
8. Keep the studio cycle indoors, away from moisture and dust. Do not put the studio cycle in a garage or covered patio, or near water.
9. Place the studio cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the studio cycle.
10. Inspect and properly tighten all parts each time the studio cycle is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Always plug the power adapter into the studio cycle before you plug it into an outlet.
12. The studio cycle should not be used by persons weighing more than 350 lbs. (159 kg).
13. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the studio cycle. Always wear athletic shoes for foot protection.
14. Be careful when mounting and dismounting the studio cycle.
15. Always keep your back straight while using the studio cycle; do not arch your back.
16. The studio cycle does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
17. To stop the flywheel quickly, press the brake knob downward.
18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

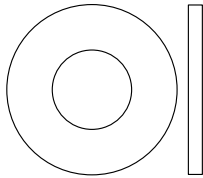
Thank you for selecting the revolutionary NORDICTRACK® X24 BIKE. The X24 BIKE is unlike any ordinary exercise bike. With full adjustability, an interactive wireless touchscreen console, an incline system that simulates real-world terrain, and an array of other features, the X24 BIKE provides an immersive in-home studio cycling experience.

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

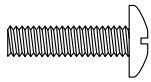


PART IDENTIFICATION CHART

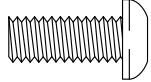
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



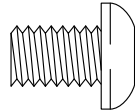
M10 Washer
(105)–1



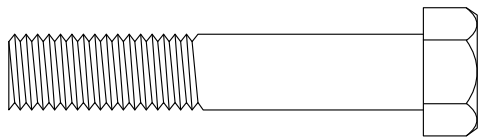
M4 x 16mm
Screw (17)–8



M6 x 15mm
Machine
Screw (102)–4



M8 x 12mm
Patch Screw
(93)–4



M10 x 55mm Screw (94)–1

ASSEMBLY

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

1.

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

1

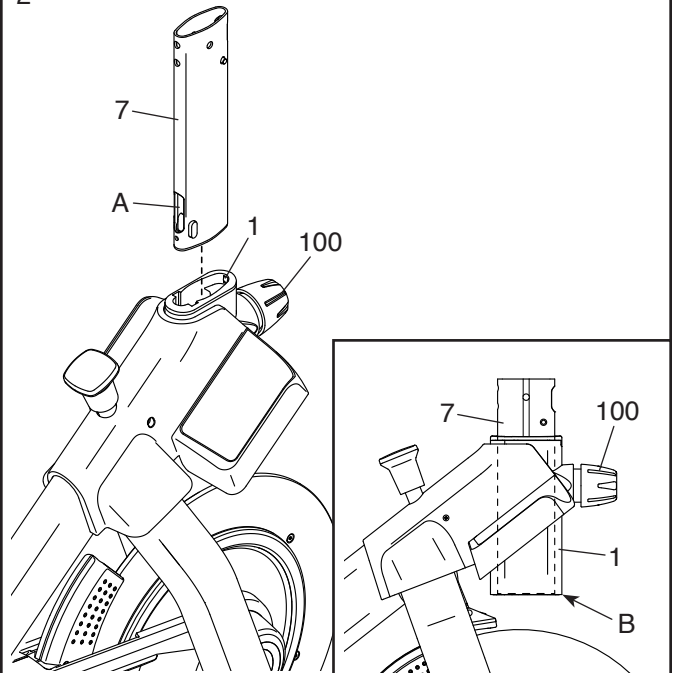


2. Orient the Handlebar Post (7) so that the lower slot (A) is on the side shown.

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

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

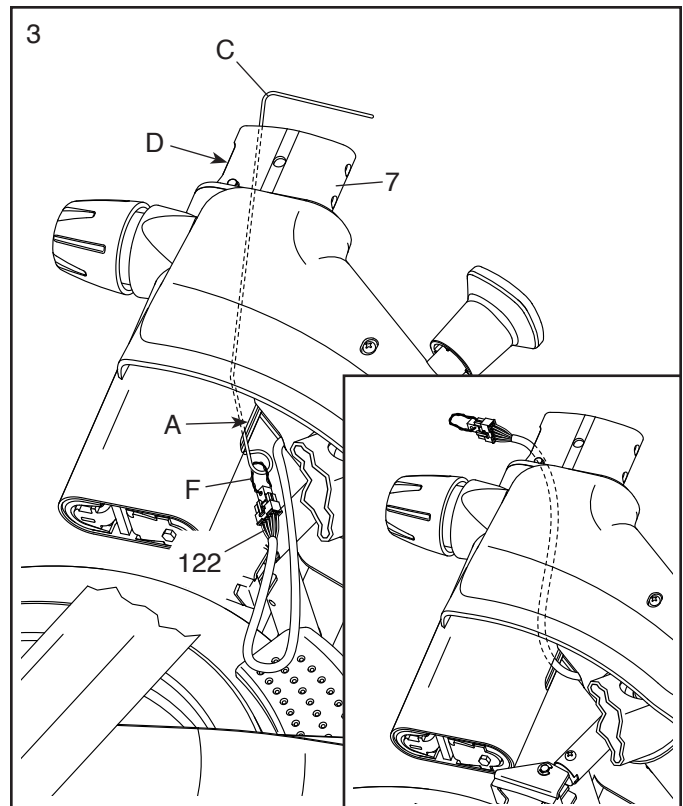
2



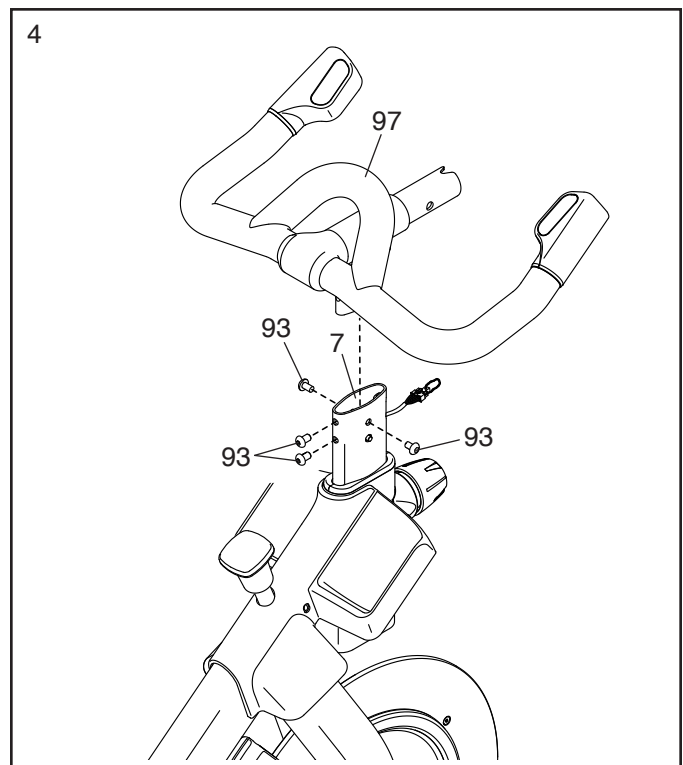
3. Identify the included wire tool (C) and insert it downward into the Handlebar Post (7) so that the loop on the wire tool is extending from the lower slot (A).

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

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

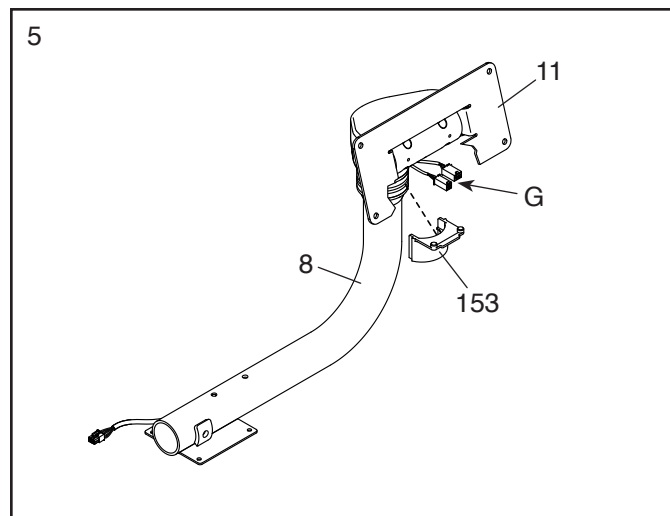


4. Insert the Handlebar (97) into the Handlebar Post (7). Attach the Handlebar with four M8 x 12mm Patch Screws (93); **start all four Patch Screws, and then firmly tighten them.**



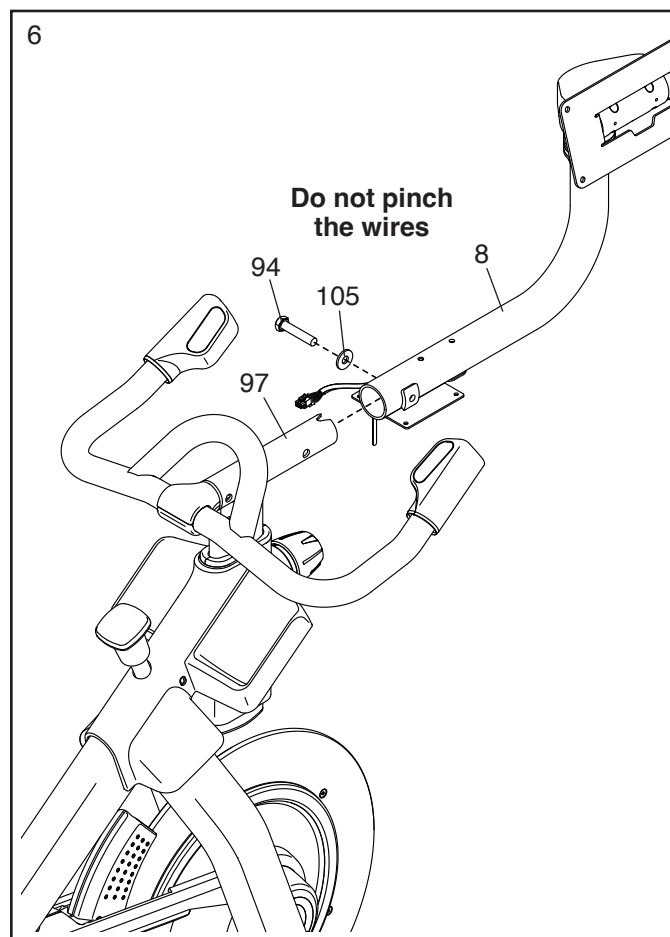
5. If the Mount Cover (153) is preattached to the Console Support (8), remove the Mount Cover. Next, pull the wires (G) out of the Console Support. **Make sure that the wires are under the Console Bracket (11).**

Then, press the Mount Cover (153) onto the Console Support (8).



6. **Do not pinch the wires.** Slide the Console Support (8) onto the Handlebar (97).

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

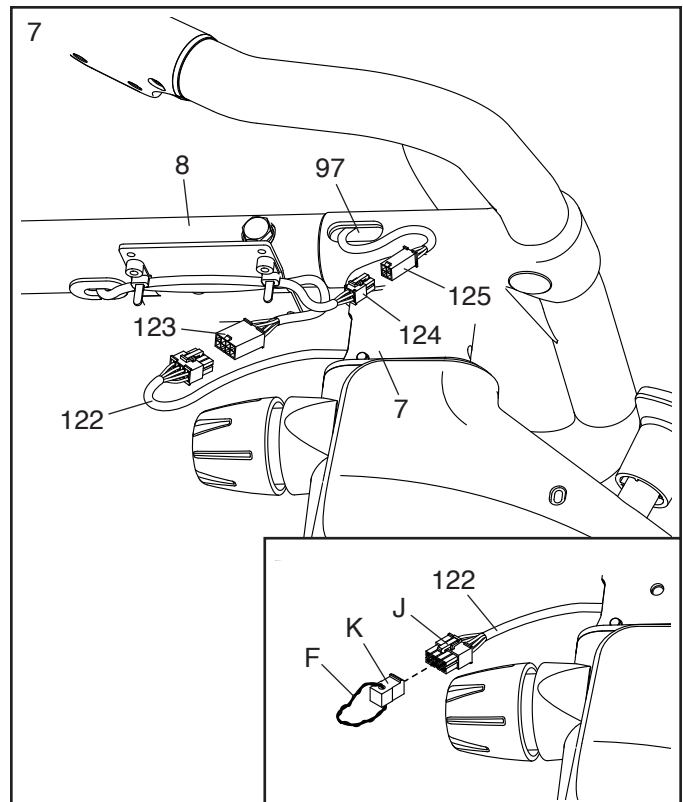


7. **See the inset drawing.** Press the small latch (J) on the connector on the Lower Wire (122), and remove and discard the wire pull (K) and the tie (F).

Next, identify the Upper Wire (123) under the Console Support (8). Connect the Upper Wire to the Lower Wire (122).

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

Then, connect the Extension Wire (124) to the Control Wire (125) extending from the Handlebar (97) in the same way.

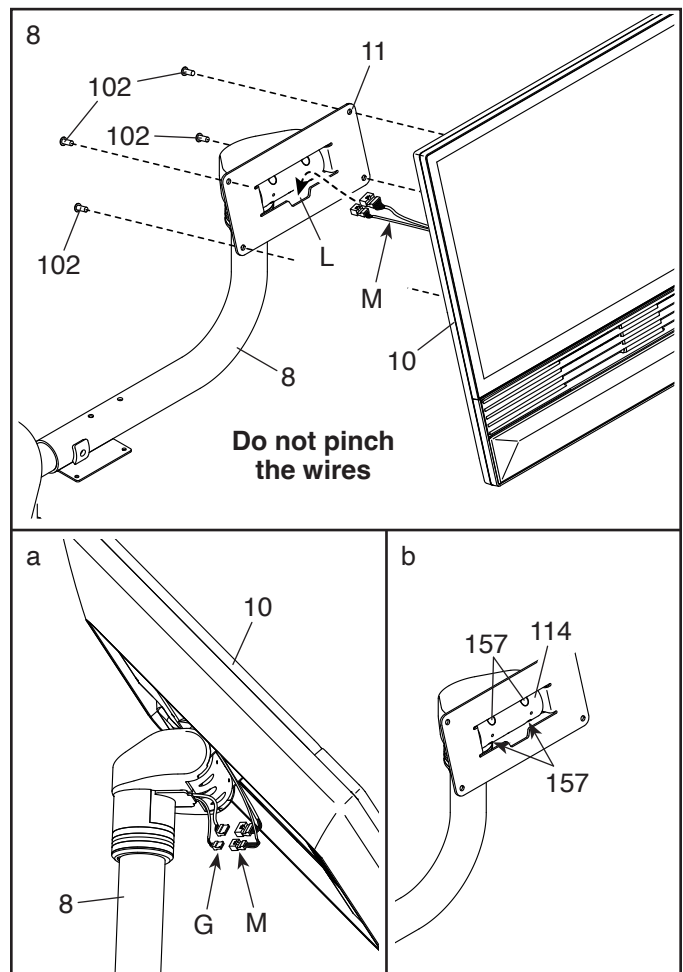


8. Have a second person hold the Console (10) near the Console Bracket (11), and route the console wires (M) downward through the opening (L) in the Console Bracket.

See the left inset drawing. Connect the wires (G) from the Console Support (8) to the console wires (M). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click.**

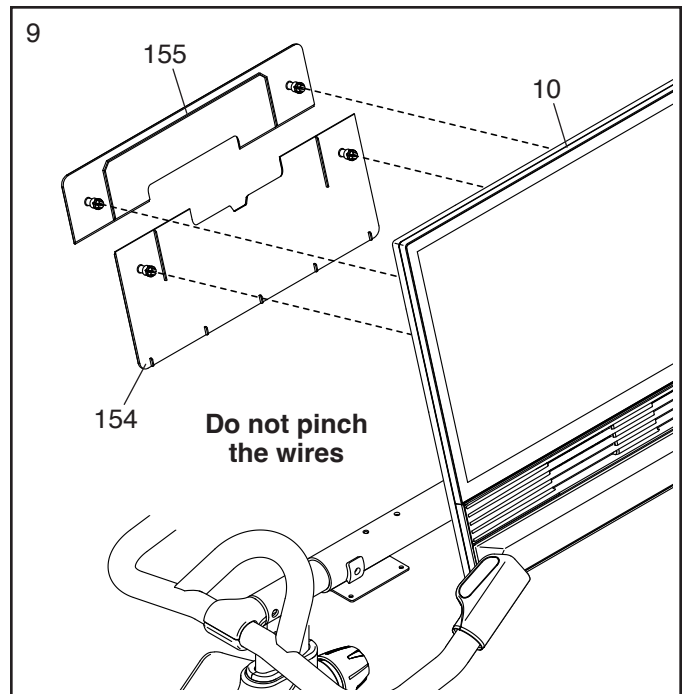
Do not pinch the wires. Attach the Console (10) to the Console Bracket (11) with four M6 x 15mm Machine Screws (102); **start all four Machine Screws, and then tighten them.**

Then, tilt the Console (10) upward and downward a few times. **If the movement feels loose, see the right inset drawing (for clarity, the Console is not shown).** Tighten the four M6 x 15mm Cap Screws (157) in the Rear Bracket Mount (114) until the movement no longer feels loose. Note: Tilt the Console upward and downward to access the Cap Screws.



9. Identify the **Lower Console Cover (154)**, and press it onto the back of the Console (10).

Do not pinch the wires. Press the **Upper Console Cover (155)** onto the back of the Console (10).

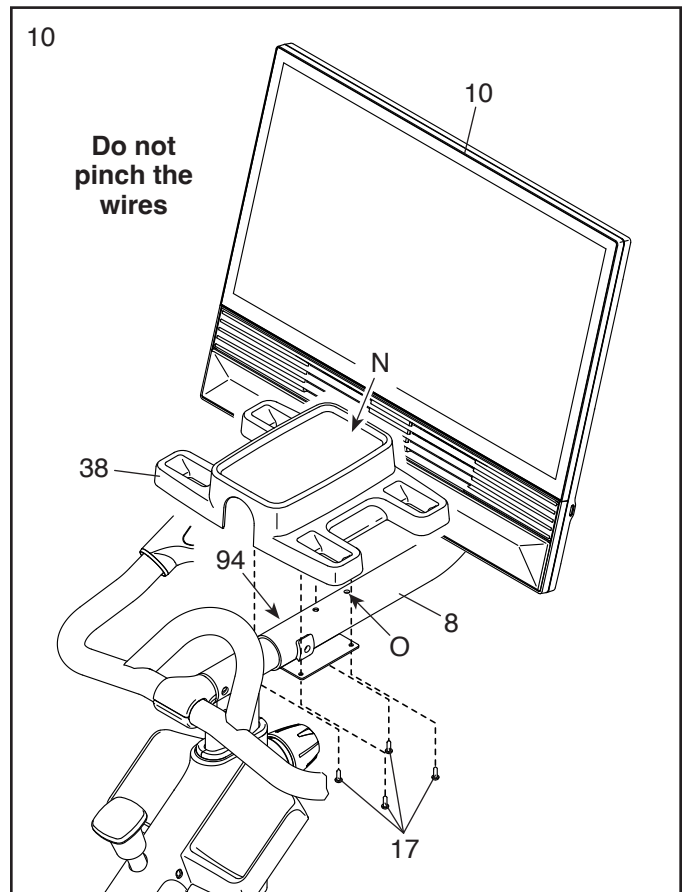


10. Hold the sides of the Console (10) and rotate it to the position shown.

IMPORTANT: If the Console (10) is not level, have a second person tip it slightly from side to side until it is level. While the second person holds the Console still, firmly tighten the M10 x 55mm Screw (94).

Next, orient the Hand Weight Tray (38) so that the orientation sticker (N) is in the location shown. Then, set the Hand Weight Tray on the Console Support (8), and insert the small post (not shown) on the underside of the Hand Weight Tray into the indicated hole (O).

Do not pinch the wires. Attach the Hand Weight Tray (38) with four M4 x 16mm Screws (17); **start all four Screws, and then tighten them.**

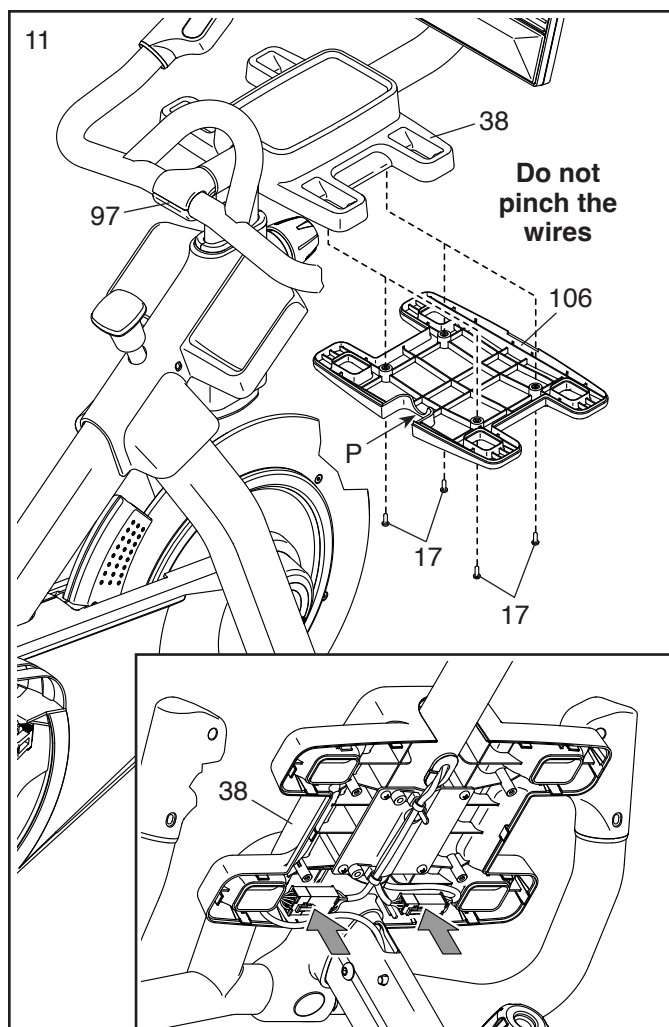


11. **Note:** It may be helpful to raise the Handlebar (97) before you do this step (see How to Adjust the Height of the Handlebars on page 14).

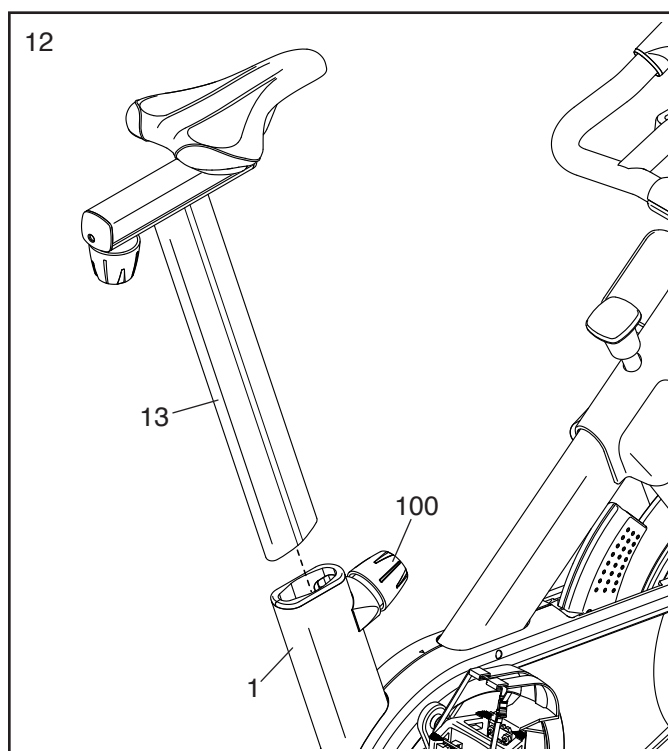
See the inset drawing. Look under the Hand Weight Tray (38), and insert the wires that you connected in step 7 into the indicated recesses in the Hand Weight Tray.

Next, orient the Tray Cover (106) so that the curved opening (P) is in the position shown, and align the Tray Cover with the Hand Weight Tray (38).

Do not pinch the wires. Attach the Tray Cover (106) with four M4 x 16mm Screws (17); **start all four Screws, and then tighten them.**

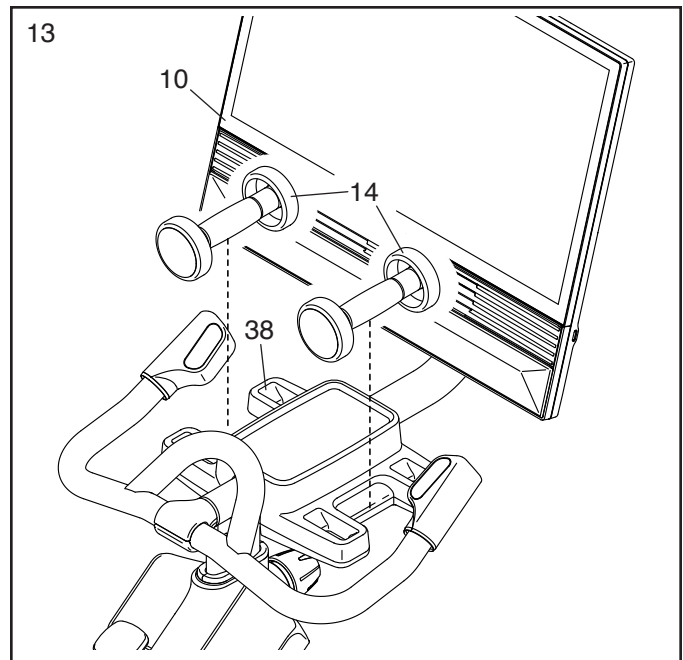


12. Loosen the indicated Post Knob (100). Next, insert the Saddle Post (13) into the Frame (1), and slide the Saddle Post to the desired height. Then, tighten the Post Knob.



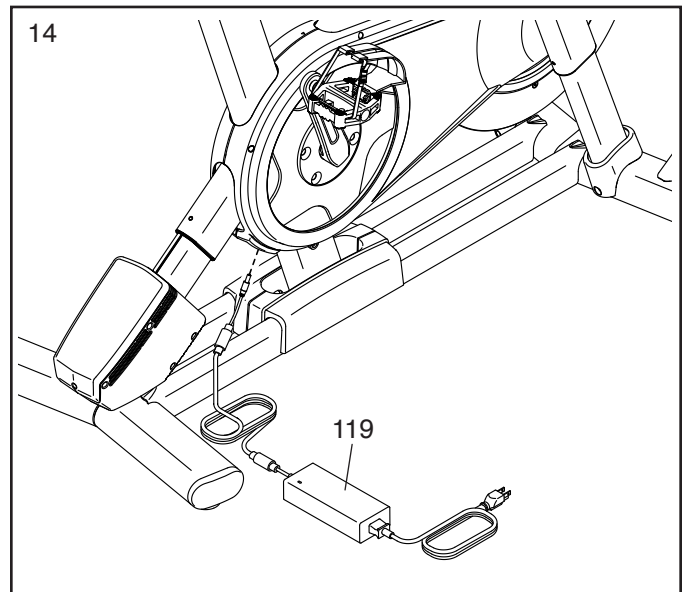
13. Set the two Hand Weights (14) in the Hand Weight Tray (38).

IMPORTANT: Make sure not to hit the Console (10) with the Hand Weights (14) when you set the Hand Weights in the Hand Weight Tray (38) after each use.



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

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



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

Note: The use of the remaining parts will be explained on page 14.

HOW TO USE THE STUDIO CYCLE

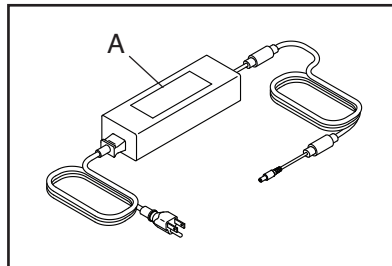
HOW TO PLUG IN THE POWER ADAPTER

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

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

Make sure that the power adapter (A) is plugged into the receptacle on the studio cycle.

Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



FEATURES OF THE STUDIO CYCLE

Measuring Watts

Each studio cycle is calibrated to measure your power output and to allow you to monitor your watts and RPMs directly on the console.

By monitoring your watts and RPMs, you can see how hard you are training and make sure that you are challenging yourself and improving.

The Incline System

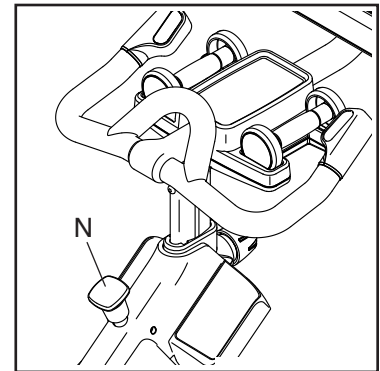
The studio cycle can incline and decline to realistically simulate outdoor terrain. When you use or create map workouts of training routes with iFIT® (see the console instructions beginning on page 19 for more information), the studio cycle will automatically incline and decline to match the real-world terrain.

Interactive Wireless Touchscreen Console

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

HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, see step 4 on page 18. **To stop the flywheel, push the brake knob (N).** The flywheel will quickly come to a complete stop.



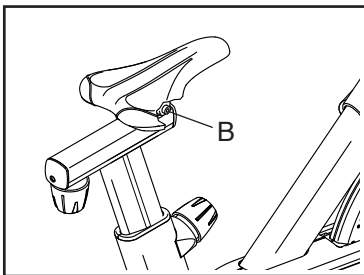
HOW TO ADJUST THE GEOMETRY OF THE STUDIO CYCLE

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

How to Adjust the Angle of the Saddle

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

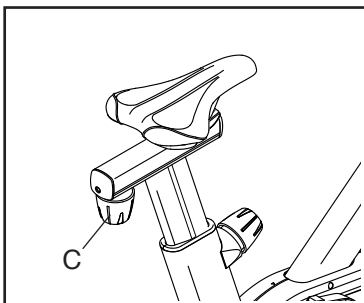
To adjust the angle of the saddle, loosen the indicated screw (B) beneath the saddle, tilt the saddle upward or downward slightly, and then tighten the screw.



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

How to Adjust the Horizontal Position of the Saddle

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

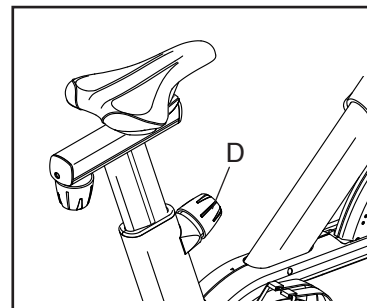


How to Adjust the Height of the Saddle

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

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

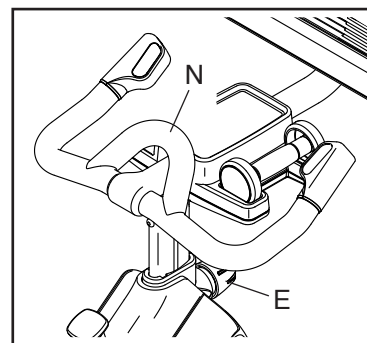
IMPORTANT: Do not raise the saddle post beyond the “MAX” mark on the saddle post.



How to Adjust the Height of the Handlebars

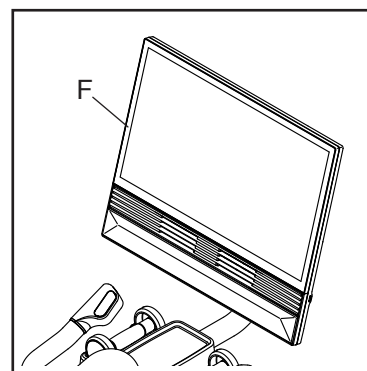
To adjust the handlebars, **hold the handlebar firmly in the indicated location (N) with one hand**, and loosen the post knob (E). Then, slide the handlebar post upward or downward, and **firmly tighten** the post knob.

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



How to Adjust the Position of the Console

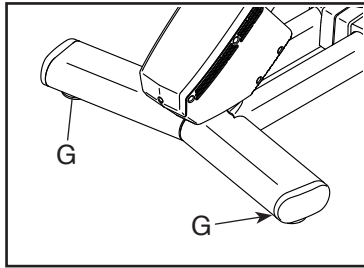
The console (F) can be tilted upward and downward and pivoted from side to side. To adjust the position of the console, hold the sides of the console and press it to the desired position. You can pivot the console all of the way to the side so that you can view it while standing next to the studio cycle to perform floor exercises.



If the console does not stay in place, see page 27.

HOW TO LEVEL THE STUDIO CYCLE

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

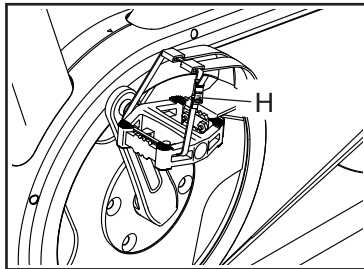


HOW TO USE THE PEDALS

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

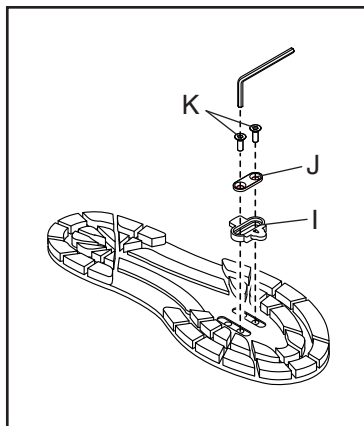
How to Use the Toe Cage Side of the Pedals

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

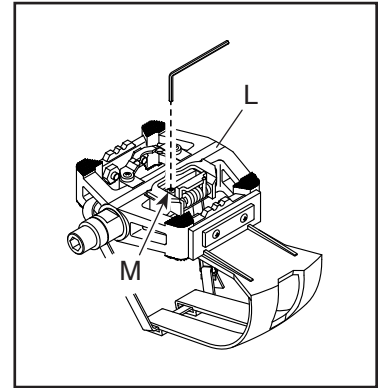


How to Use the Clip-in Side of the Pedals

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

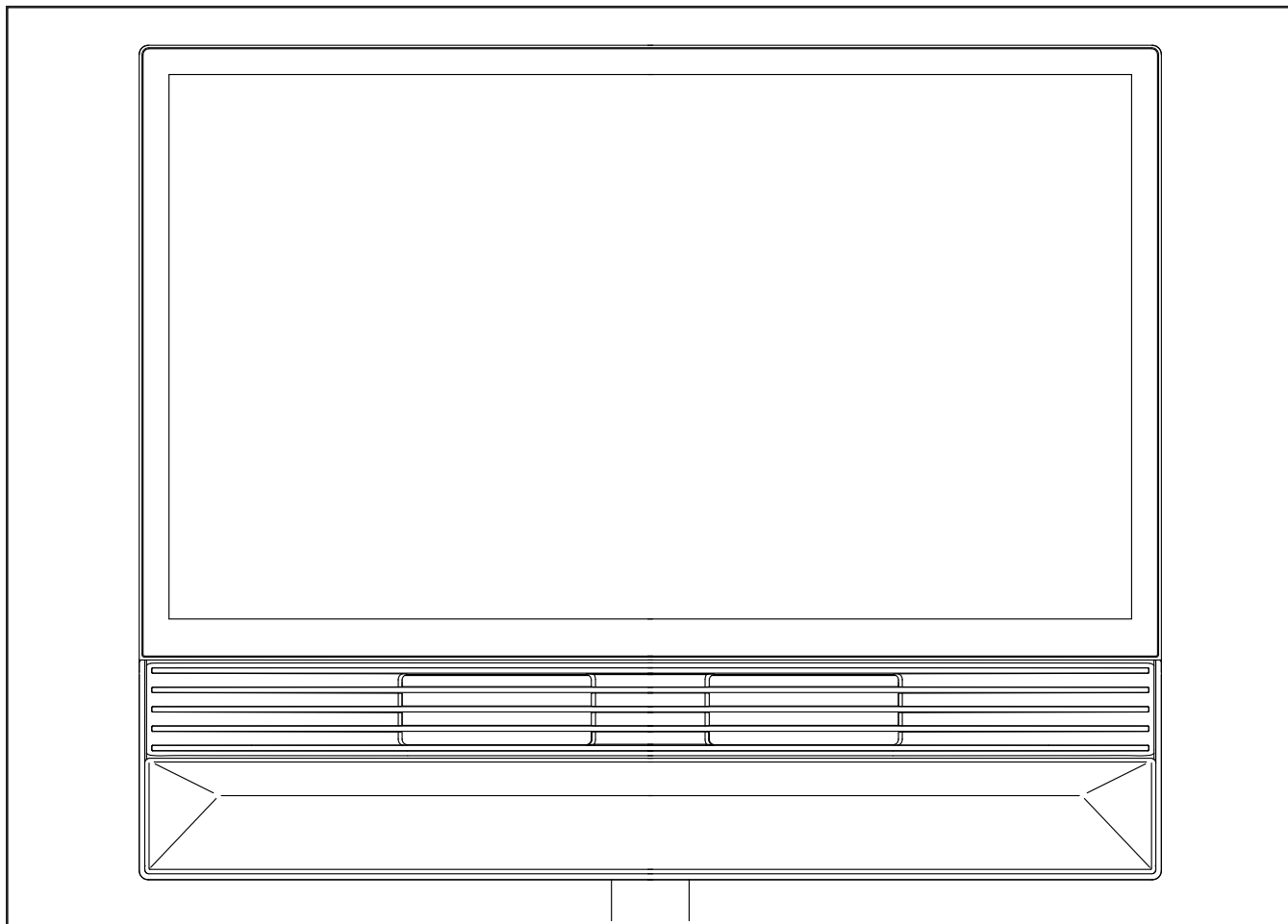


The spring tension affects how easy or difficult it is to clip in and unclip from the pedals. To adjust the spring tension of a pedal (L), use the included hex key and tighten or loosen the adjustment screw (M) as desired. **Adjust the spring tension of the other pedal in the same way.**



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

HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

IMPORTANT: iFIT will periodically update your console's software to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features. Take time to explore your console's settings and features. **If you have questions, please visit my.iFit.com 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 frame with a touch of a button. As you exercise, the console will display instant exercise feedback.

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

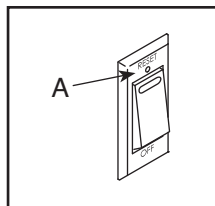
With an iFIT subscription, you can access a library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to iFit.com to learn more.

HOW TO TURN ON THE CONSOLE

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

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

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



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

HOW TO TURN OFF THE CONSOLE

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

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

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

HOW TO USE THE TOUCH SCREEN

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

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

HOW TO SET UP THE CONSOLE

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

1. Choose your time zone.

2. Connect to a wireless network.

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

3. Create or sign in to your iFIT account.

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

4. Check for software updates.

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

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

HOW TO USE THE MANUAL MODE

1. Select the home screen.

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

2. Get ready for the workout.

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

3. Start the workout.

Touch *Quick start* and begin pedaling.

4. Change the resistance of the pedals and the incline of the frame as desired.

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

- Press the Resistance buttons on the right handlebar.
- Touch the numbered resistance buttons on the right side of the screen.

You can change the incline of the frame in the following ways.

- Press the Incline/Decline buttons on the left handlebar.
- Touch the numbered incline buttons on the left side of the screen.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level or for the frame to reach the selected incline level. When the studio cycle is declined or extremely inclined, the range of resistance levels may decrease.

Note: To turn on and turn off the resistance buttons or the incline 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*.

6. Pause or end the workout.

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

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

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 23).

1. Select the home screen or the workout library.

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

2. Select a workout.

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

The featured workouts on your console will change periodically. To save a featured workout for future use, add it as a favorite by touching the favorites button (heart icon). 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.

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

If the SmartAdjust feature is enabled, the console will scale the intensity of the workout automatically based on your manual overrides of the resistance or incline. **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. If you manually change the resistance of the pedals during the workout, the number of calories that you burn will be affected.

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 studio cycle, 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 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.

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

7. Start the workout.

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

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

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

HOW TO CHANGE CONSOLE SETTINGS

1. Select the console settings menu.

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

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

2. Navigate the console settings menu.

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

Your account

- Account info, password
- Health details

Preferences

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

Equipment

- About
- Update Software
- 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*. If an update is available, the update will begin automatically. **IMPORTANT: To avoid damaging the studio cycle, do not press the power switch or unplug the power adapter while the software is being updated.**

When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter. Note: Software updates are always designed to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features.

5. Calibrate the incline system.

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

6. Exit the console settings menu.

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

HOW TO CHANGE WORKOUT SETTINGS

1. Select the workout settings menu.

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

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

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

Audio

- App volume
- Speaker volume

Fan

Bluetooth

Features

- SmartAdjust

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 change as the pedaling speed changes. To control the fan, touch the workout settings icon in the lower-right corner of the screen and then touch *Fan*.

Note: If the pedals are not moved for a while 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.

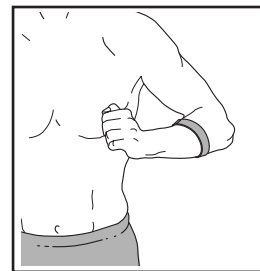
HOW TO CONNECT HEADPHONES

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.

FCC INFORMATION

This equipment 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) and OMC453584V (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 studio cycle is used.

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

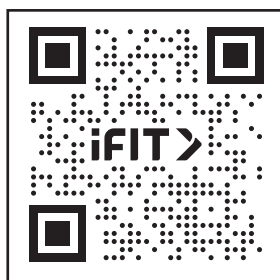
To clean the studio cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PEDAL MAINTENANCE

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

TROUBLESHOOTING

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



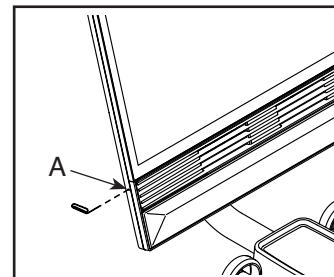
CONSOLE TROUBLESHOOTING

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

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

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 adapter. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power adapter and press the power switch. **Continue holding the reset button until the console turns on.** When the reset operation is complete, the console will turn off and then turn back on. If it does not, press the power switch and unplug the power adapter, and then plug it in again and press the power switch. Once the console turns on, check for software updates (see HOW TO CHANGE CONSOLE SETTINGS on page 22). Note: It may take a few minutes for the console to be ready for use.

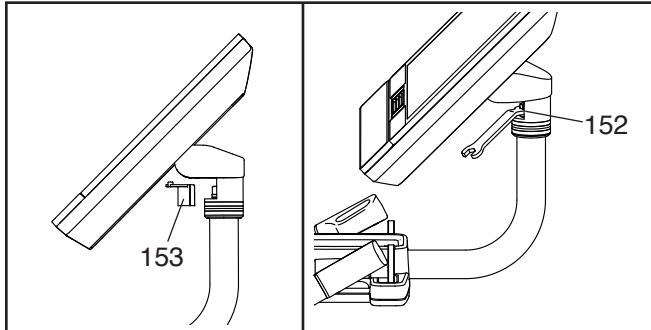
INCLINE SYSTEM TROUBLESHOOTING

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

Note: When the studio cycle is declined or extremely inclined, the range of resistance levels may decrease.

HOW TO ADJUST THE CONSOLE PIVOT AND TILT

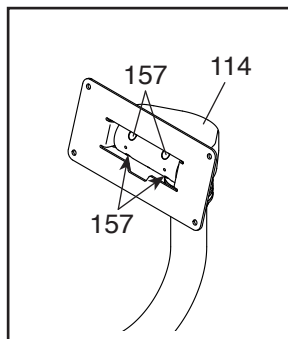
If the console does not stay in place when it is moved from side to side, first remove the Mount Cover (153). Next, use the included studio cycle tool to tighten the Pivot Nut (152) slightly until the console stays in place when moved from side to side. Then, press the Mount Cover back into place.



If the console does not stay in place when it is tilted upward and downward, **first see assembly step 9 on page 10**. Use a standard screwdriver to carefully pry off the Console Covers (154, 155).

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

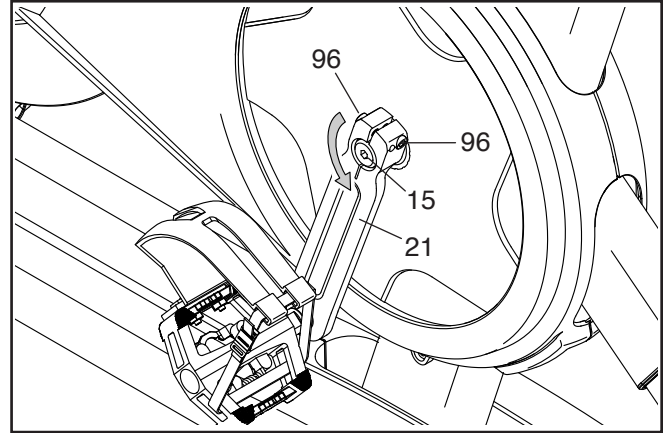
Next, tighten the four M6 x 15mm Cap Screws (157) in the Rear Bracket Mount (114) until the upward and downward movement no longer feels loose. If necessary, tilt the console upward and downward to access the Cap Screws.



Then, see assembly step 9 on page 10 and reattach the Console Covers (154, 155).

HOW TO ADJUST THE LEFT CRANK ARM

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



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

HOW TO ADJUST THE REED SWITCH

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

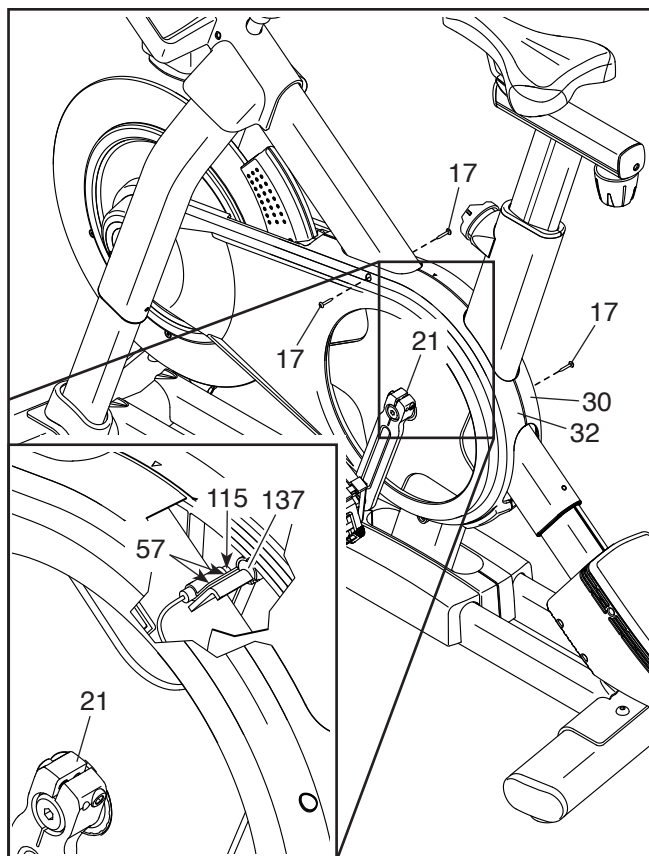
To adjust the reed switch, **first press the power switch and unplug the power adapter.** Next, remove the three indicated M4 x 16mm Screws (17) from the Right and Left Shields (30, 32).

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

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

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

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



HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

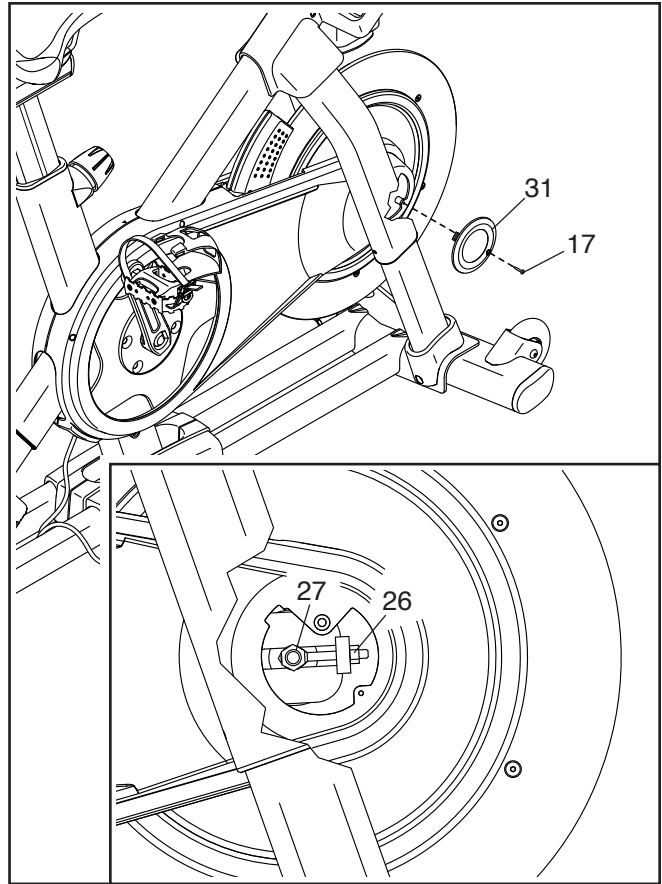
To adjust the drive belt, **first press the power switch and unplug the power adapter.** Then, follow the instructions below. Note: The drawings show only the right side of the studio cycle.

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

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

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

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



EXERCISE GUIDELINES

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

These guidelines will help you to plan your exercise program. For detailed exercise information, 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	

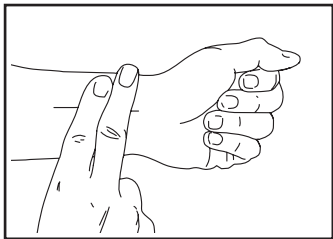
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

PART LIST

Model No. NTEX02425.0 R0225A

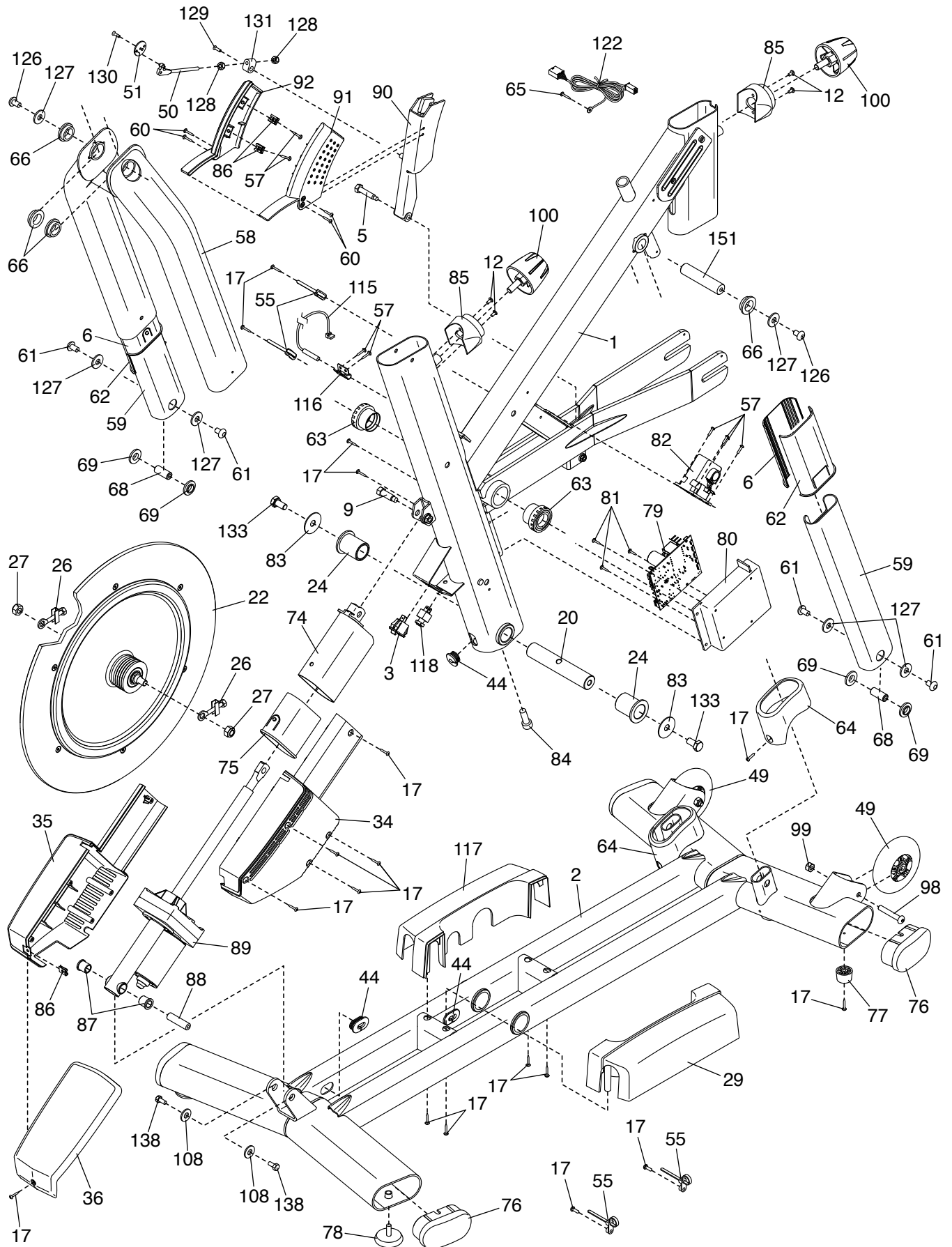
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Resistance Disc
2	1	Base	52	1	Saddle Bracket
3	1	Power Switch	53	1	Saddle Axle
4	1	Roller Axle	54	1	Saddle
5	1	M6 Shoulder Screw	55	6	Anchored Zip Tie
6	2	Inner Leg Sleeve	56	2	Cleat Assembly
7	1	Handlebar Post	57	18	#8 x 1/2" Screw
8	1	Console Support	58	1	Upper Leg
9	1	M8 x 32mm Screw	59	2	Lower Leg
10	1	Console	60	4	#8 x 1/3" Screw
11	1	Console Bracket	61	4	M8 x 15mm Screw
12	4	M4 x 8mm Machine Screw	62	2	Outer Leg Sleeve
13	1	Saddle Post	63	1	Frame Bearing Set
14	2	Hand Weight	64	2	Leg Cover
15	1	M12 Crank Screw	65	1	Ground Screw
16	1	Pulley	66	4	Large Leg Bushing
17	41	M4 x 16mm Screw	67	1	Carriage
18	4	M10 x 20mm Flat Head Bolt	68	2	Leg Spacer
19	1	Crank/Right Crank Arm	69	4	Small Leg Bushing
20	1	Pivot Axle	70	1	Right Grip
21	1	Left Crank Arm	71	1	Left Grip
22	1	Flywheel Assembly	72	1	Right Control
23	1	Handlebar Cap	73	1	Left Control
24	2	Pivot Bushing	74	1	Shaft Cover
25	1	Drive Belt	75	1	Shaft Cover Sleeve
26	2	Adjustment Assembly	76	4	Stabilizer Cap
27	2	M10 Axle Nut	77	2	Foot
28	2	Post Clamp	78	2	Leveling Foot
29	1	Right Base Cover	79	1	Controller
30	1	Right Shield	80	1	Controller Cover
31	2	Shield Cover	81	3	M3 x 6mm Machine Screw
32	1	Left Shield	82	1	Resistance Motor
33	1	Right Disc	83	2	M10 x 38mm Washer
34	1	Right Incline Motor Cover	84	1	M12 x 25mm Cap Screw
35	1	Left Incline Motor Cover	85	2	Post Knob Cap
36	1	Upper Incline Motor Cover	86	3	Clip Nut
37	1	Left Disc	87	2	Incline Motor Bushing
38	1	Hand Weight Tray	88	1	Incline Motor Spacer
39	1	Handlebar Post Cap	89	1	Incline Motor
40	1	Accessory Tray	90	1	Magnet Bracket
41	1	M8 Saddle Screw	91	1	Right Magnet Bracket Cover
42	2	Inner Clamp	92	1	Left Magnet Bracket Cover
43	2	Carriage Cap	93	4	M8 x 12mm Patch Screw
44	3	One-wire Grommet	94	1	M10 x 55mm Screw
45	1	Right Saddle Post Sleeve	95	1	O-ring
46	1	Left Saddle Post Sleeve	96	2	M6 x 25mm Screw
47	1	Right Handlebar Post Sleeve	97	1	Handlebar
48	1	Left Handlebar Post Sleeve	98	2	M8 x 50mm Bolt
49	2	Wheel	99	2	M8 Locknut
50	1	Adjustment Arm	100	2	Post Knob

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Carriage Knob	133	2	M10 x 20mm Hex Screw
102	4	M6 x 15mm Machine Screw	134	1	Plastic Spacer
103	4	M4 x 10mm Machine Screw	135	4	M10 Locknut
104	1	Roller	136	1	Shoe Pin
105	1	M10 Washer	137	2	Pulley Magnet
106	1	Tray Cover	138	2	M6 x 15mm Screw
107	2	M4 x 15mm Machine Screw	139	1	Thrust Washer
108	3	M6 Washer	140	1	Brake Knob Cap
109	1	Front Bracket Mount	141	1	M6 Locknut
110	1	Wire Protector	142	1	Lower Brake Knob
111	2	Upper/Lower Pivot Disc	143	1	Lower Brake Bushing
112	1	Center Pivot Disc	144	1	Spring Stop
113	2	Inner Pivot Bushing	145	1	Brake Spring
114	1	Rear Bracket Mount	146	2	M4 x 6mm Screw
115	1	Reed Switch/Wire	147	1	Brake Shaft
116	1	Reed Switch Clip	148	1	Roll Pin
117	1	Left Base Cover	149	1	E-ring
118	1	Power Receptacle	150	1	Brake Shoe
119	1	Power Adapter	151	1	Upper Leg Axle
120	1	Power Cord	152	1	Pivot Nut
121	1	Upper Brake Bushing	153	1	Mount Cover
122	1	Lower Wire	154	1	Lower Console Cover
123	1	Upper Wire	155	1	Upper Console Cover
124	1	Extension Wire	156	4	Crown Fastener/Screw
125	1	Control Wire	157	4	M6 x 15mm Cap Screw
126	2	M8 x 12mm Screw	158	2	Outer Clamp
127	6	M8 Large Washer	159	2	M6 x 25mm Screw
128	2	M5 Nut	160	—	(Not Used)
129	1	M5 x 8mm Screw	161	—	(Not Used)
130	1	#6 x 5/8" Screw	*	—	Assembly/Adjustment Tool Kit
131	1	Adjustment Block	*	—	User's Manual
132	2	M4 x 10mm Blunt 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.

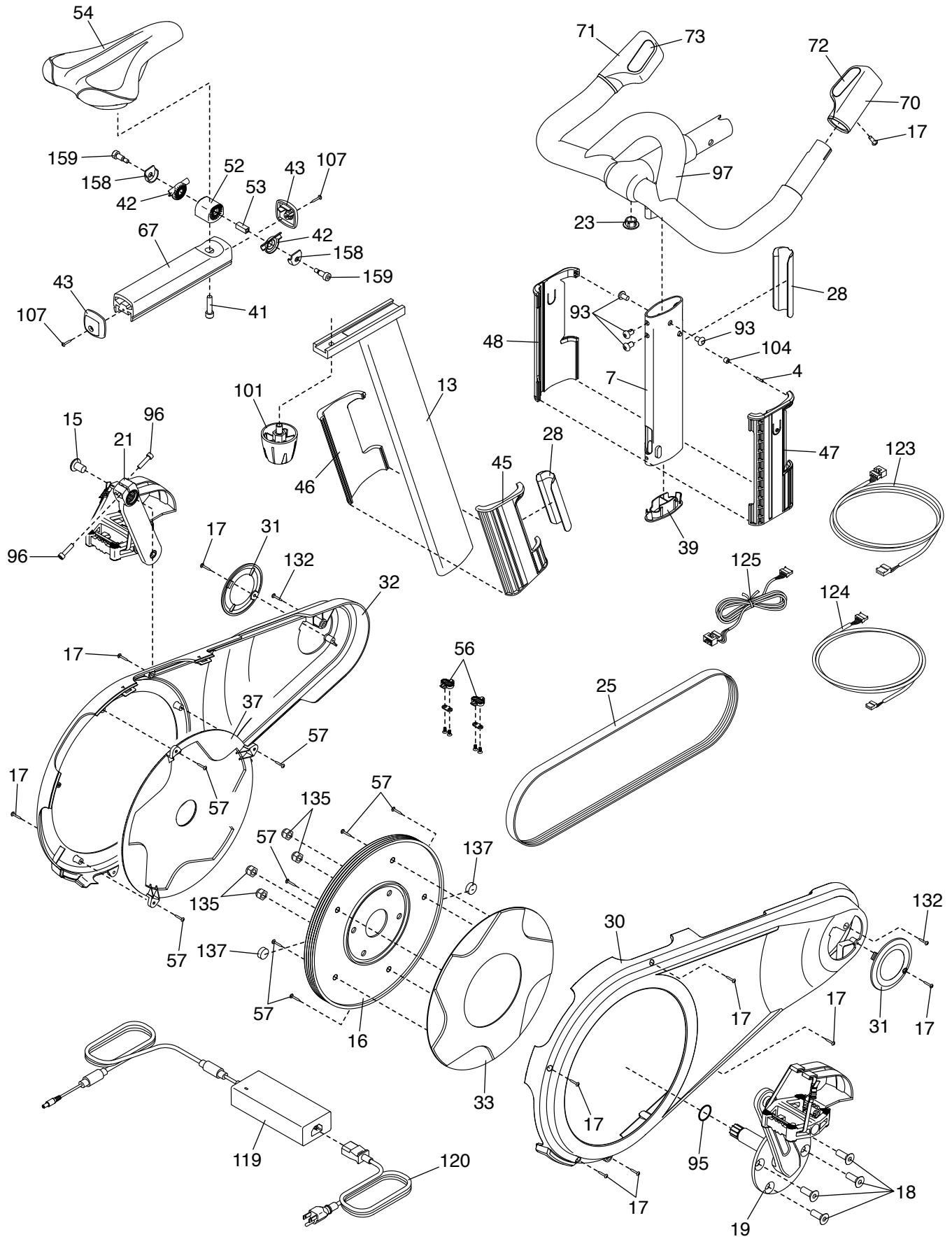
EXPLODED DRAWING A

Model No. NTEX02425.0 R0225A



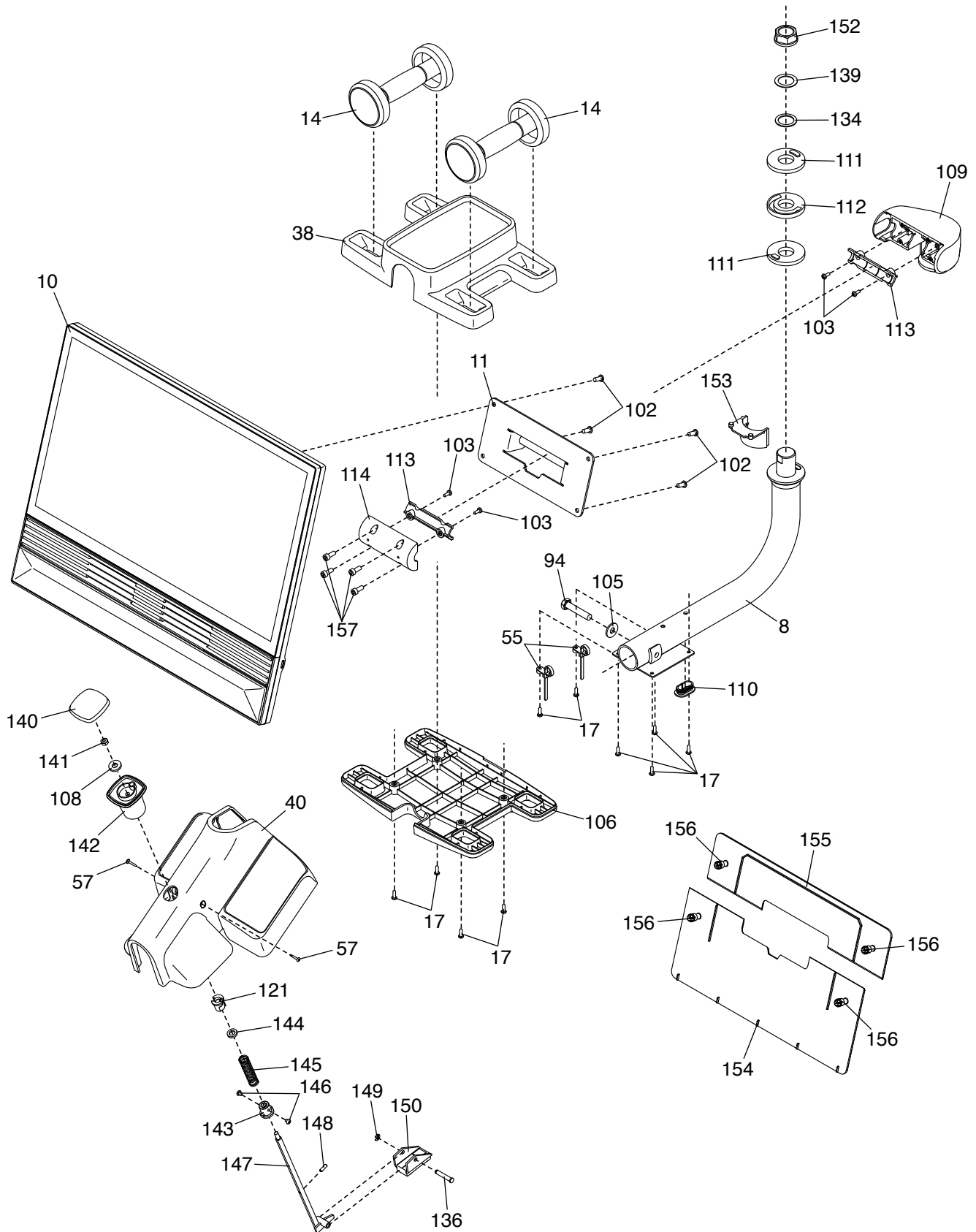
EXPLODED DRAWING B

Model No. NTEX02425.0 R0225A



EXPLODED DRAWING C

Model No. NTEX02425.0 R0225A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

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

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

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

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

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