

NordicTrack®

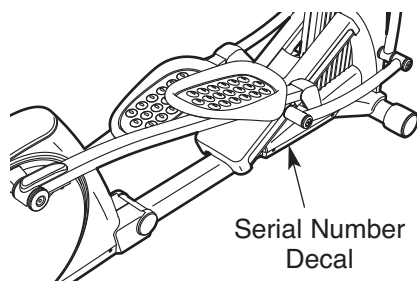
AUDIOSTRIDER 990 PRO

www.nordictrack.com

Model No. NTEL09109.0

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

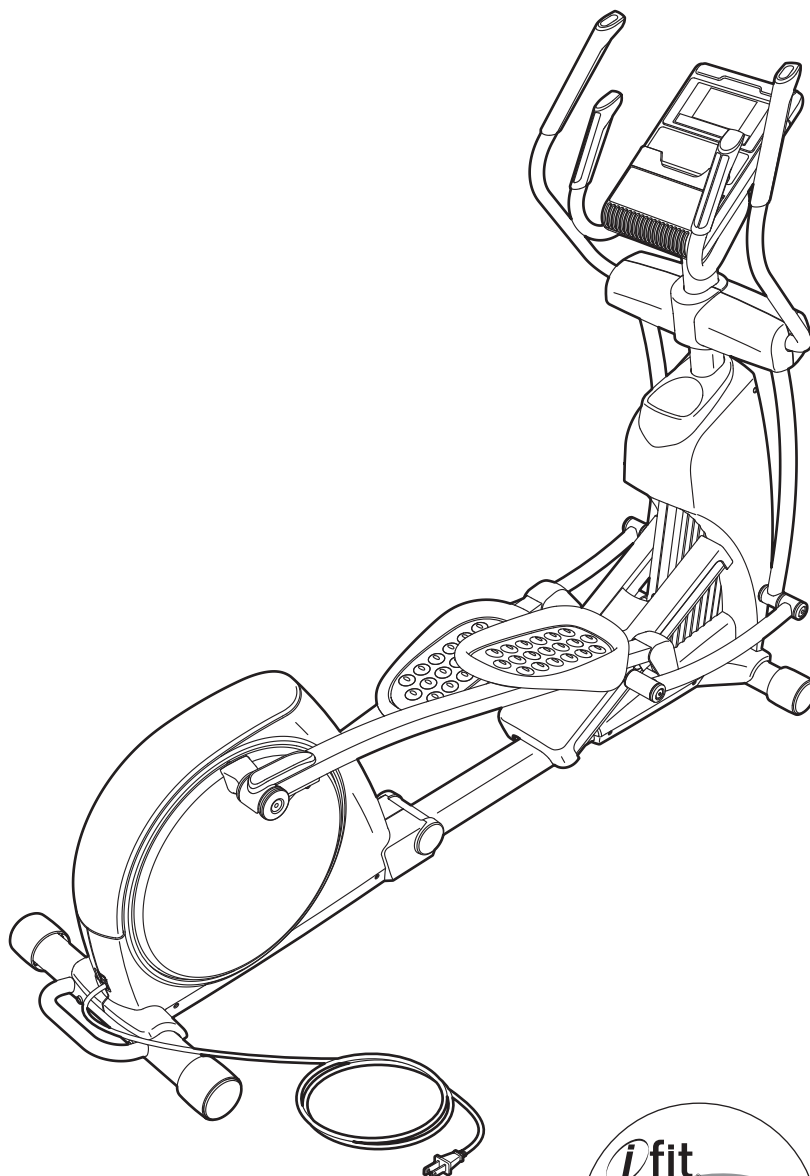
1-888-825-2588

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



CAUTION

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




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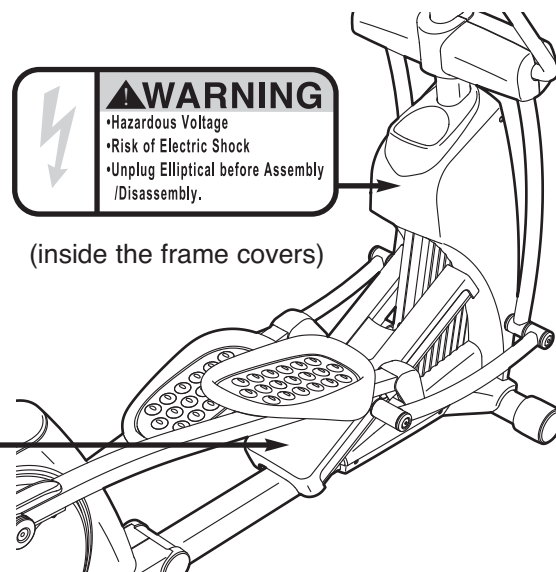
WARNING DECAL PLACEMENT

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.


WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.





IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical exerciser only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
4. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical exerciser at all times.
8. The elliptical exerciser should not be used by persons weighing more than 350 lbs. (159 kg).
9. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Keep your back straight while using the elliptical exerciser; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. When you stop exercising, allow the pedals to slowly come to a stop.

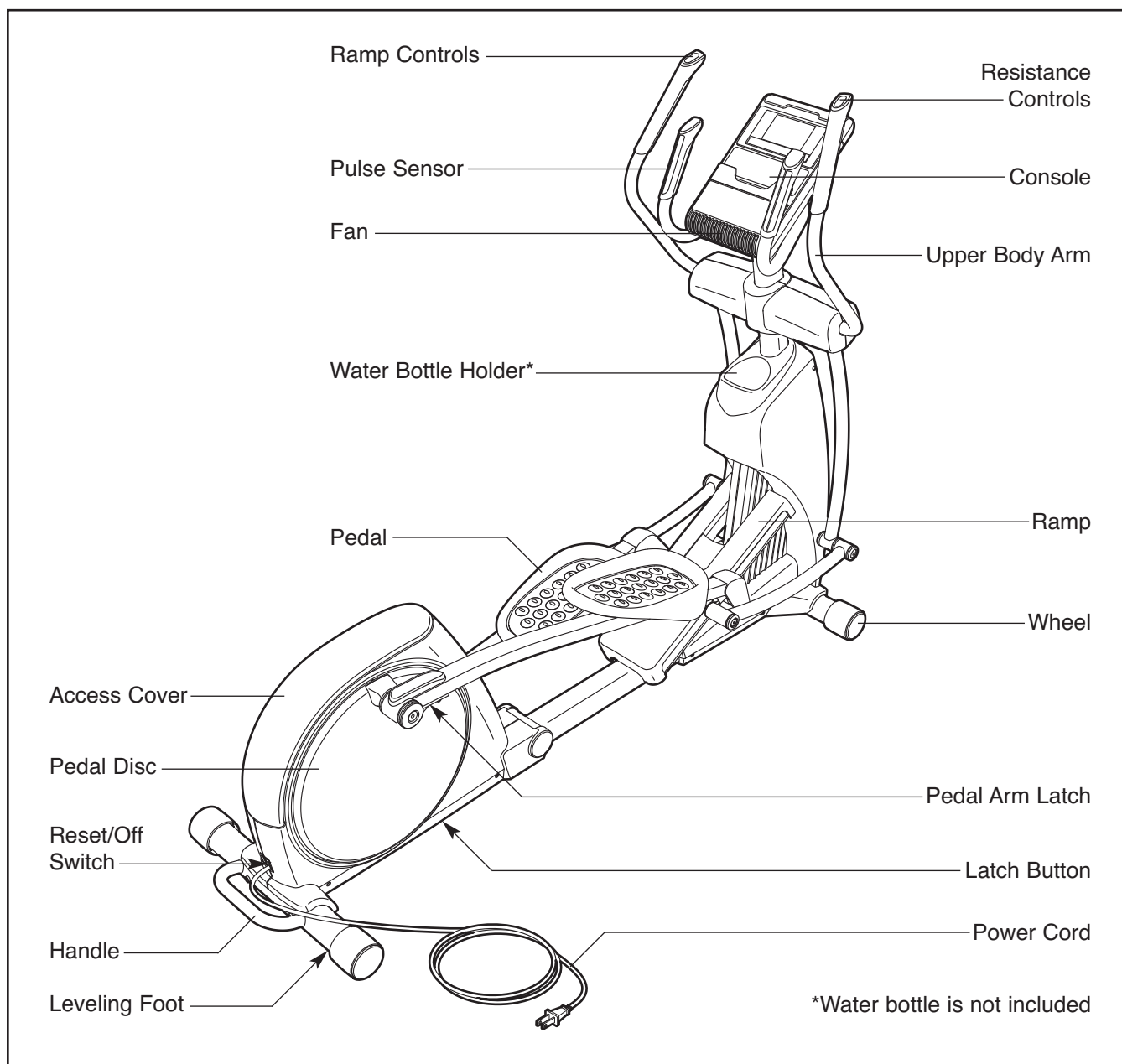
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® AUDIOSTRIDER 990 PRO elliptical exerciser. The NordicTrack AUDIOSTRIDER 990 PRO elliptical exerciser provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-

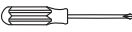


tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver , **an adjustable wrench** , and **a rubber mallet** .

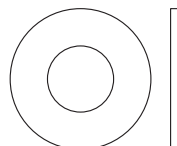
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



M6 Washer
(112)–4



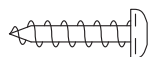
M8 Split
Washer (103)–4



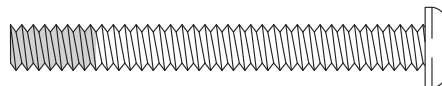
M8 Washer
(95)–14



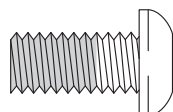
Wave Washer
(118)–2



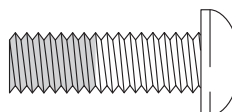
M4 x 16mm
Screw (106)–8



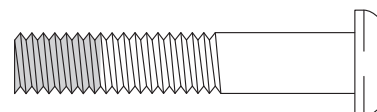
M6 x 50mm
Patch Screw (62)–4



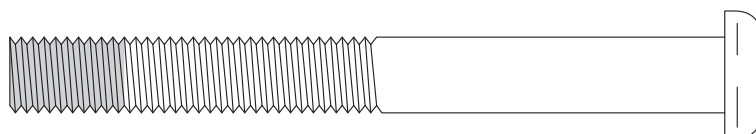
M8 x 16mm Patch
Screw (102)–16



M8 x 25mm Patch
Screw (121)–2



M8 x 44mm Patch
Screw (55)–6



M10 x 95mm Patch Screw (100)–4

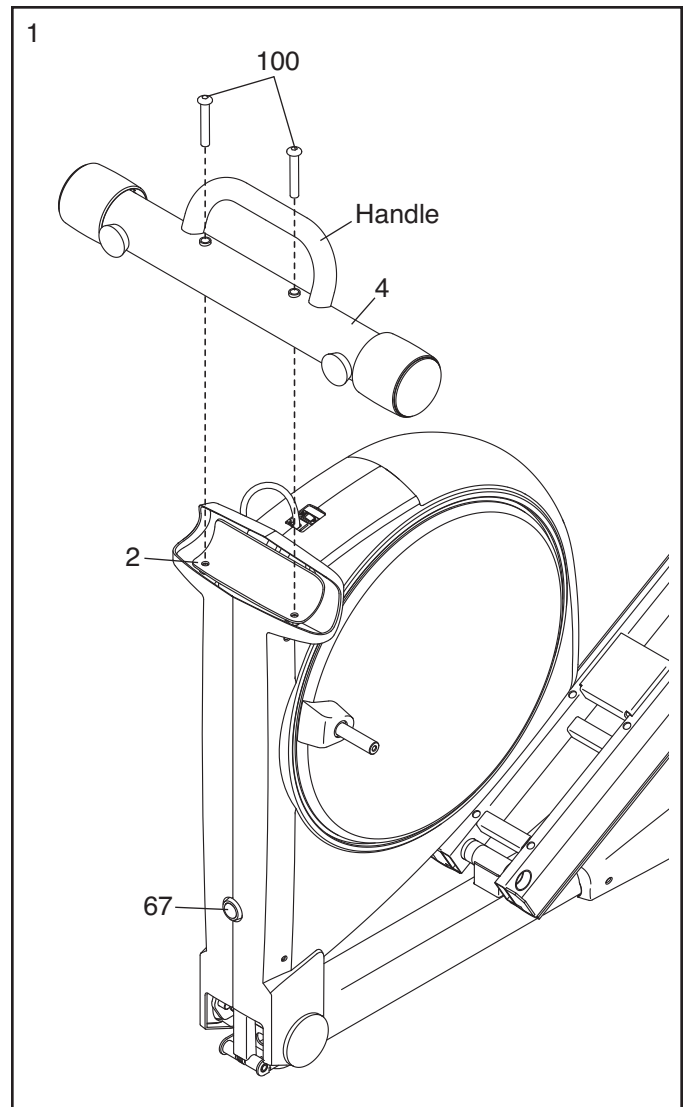
1.

To make assembly easier, read the information on page 5 before you begin.

Have a second person hold the Folding Frame (2) to prevent the elliptical exerciser from tipping until this step is completed.

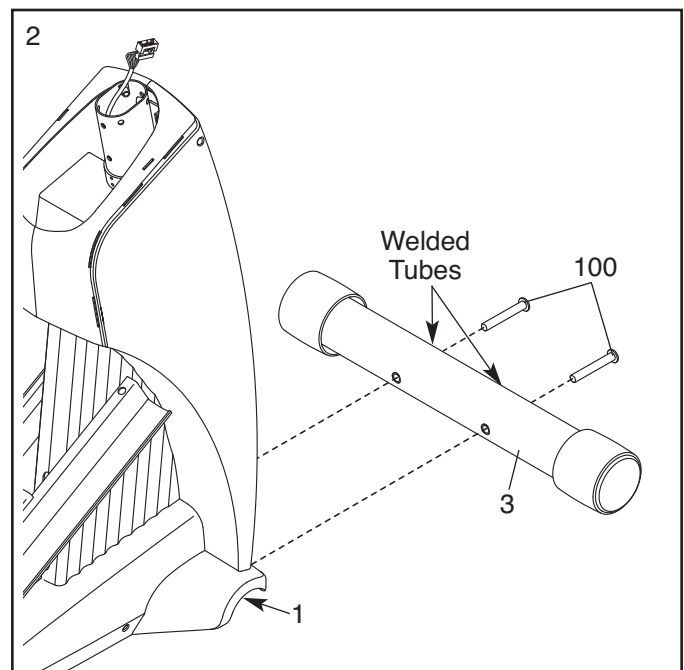
Attach the Rear Stabilizer (4) to the Folding Frame (2) with two M10 x 95mm Patch Screws (100).

Next, hold the handle on the Rear Stabilizer (4), press the Latch Button (67), and unfold the elliptical exerciser so that the Rear Stabilizer is resting on the floor.



2. Orient the Front Stabilizer (3) so that the small welded tubes are facing away from the Main Frame (1).

Attach the Front Stabilizer (3) to the Main Frame (1) with two M10 x 95mm Patch Screws (100).



3. Orient the Upright (5) and the Top Cover (27) as shown, and slide the Top Cover upward onto the Upright.

Have a second person hold the Upright (5) and the Top Cover (27) near the Main Frame (1).

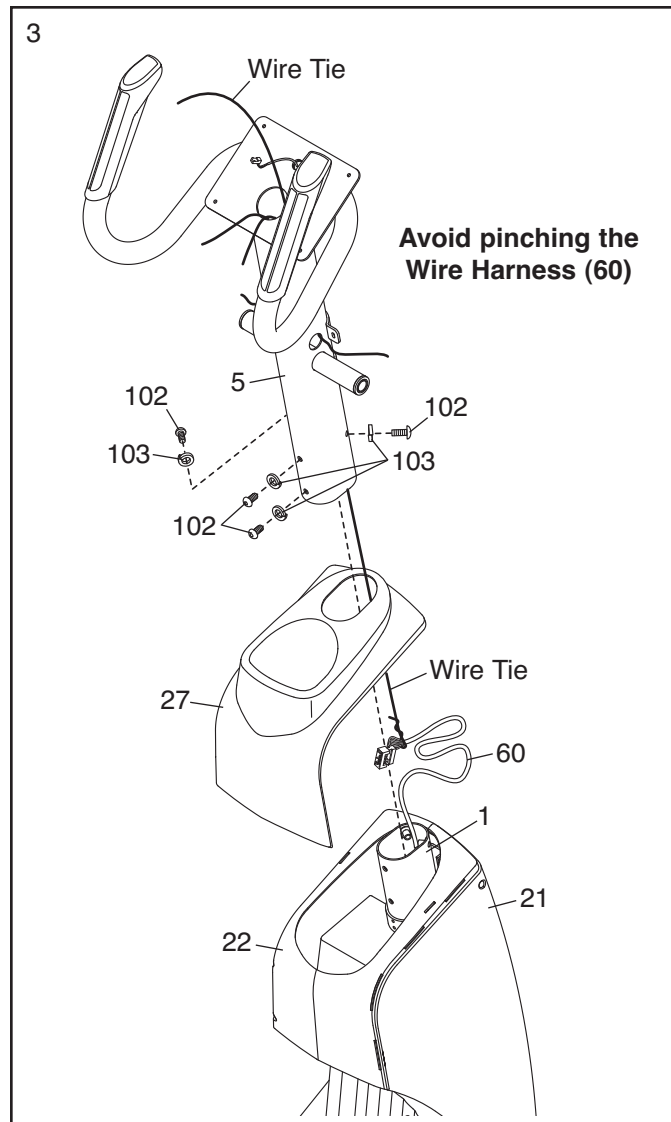
Locate the wire tie in the Upright (5). Tie the lower end of the wire tie to the Wire Harness (60). Next, pull the upper end of the wire tie until the Wire Harness is routed completely through the Upright. Then, untie and discard the wire tie.

Tip: To prevent the Wire Harness (60) from falling into the Upright (5), secure the Wire Harness with a rubber band or tape.

Tip: Avoid pinching the Wire Harness (60). Slide the Upright (5) onto the Main Frame (1).

Attach the Upright (5) with four M8 x 16mm Patch Screws (102) and four M8 Split Washers (103); **do not tighten the Patch Screws yet.**

Slide the Top Cover (27) downward; **do not press the Top Cover onto the Frame Covers (21, 22) yet.**



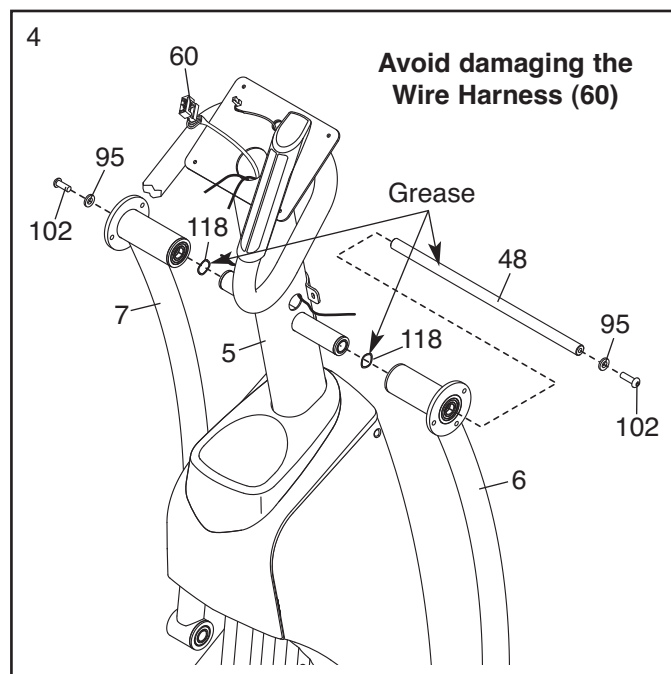
4. Apply a generous amount of the included grease to the Upright Axle (48) and to two Wave Washers (118).

Tip: Avoid damaging the Wire Harness (60). Insert the Upright Axle (48) through the Upright (5) and center it. Slide a Wave Washer (118) onto each side of the Upright Axle.

Next, identify the Right and Left Upper Body Legs (6, 7), which are marked with "Right" and "Left" stickers, and orient them as shown.

Slide the Right and Left Upper Body Legs (6, 7) onto the right and left sides of the Upright Axle (48).

Tighten an M8 x 16mm Patch Screw (102) and an M8 Washer (95) into each end of the Upright Axle (48).

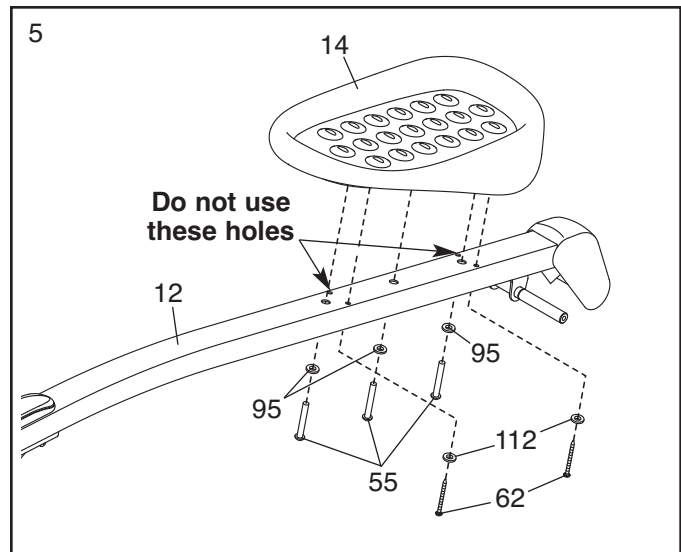


5. Identify the Right Pedal (14) and the Right Pedal Arm (12), which are marked with “Right” stickers, and orient them as shown.

Attach the Right Pedal (14) to the Right Pedal Arm (12) with three M8 x 44mm Patch Screws (55) and three M8 Washers (95); **do not tighten the Patch Screws yet.**

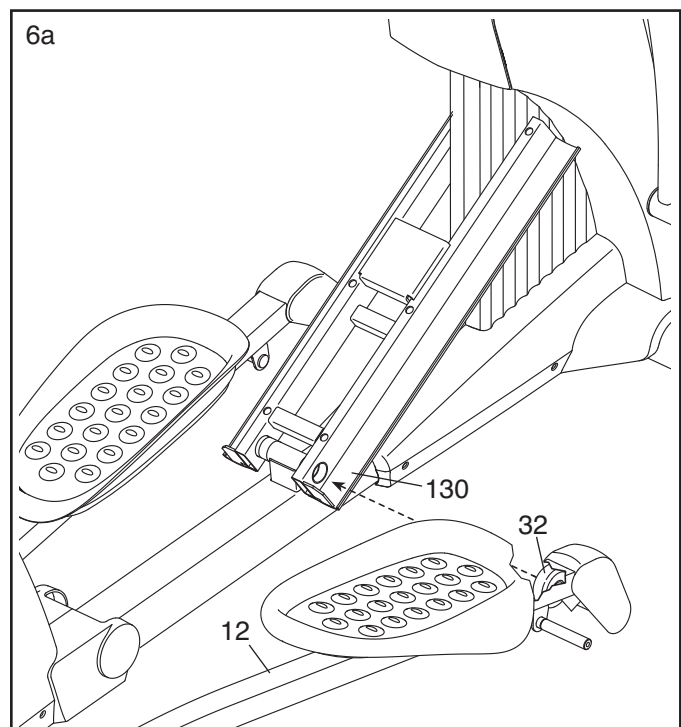
Next, tighten two M6 x 50mm Patch Screws (62) and two M6 Washers (112) into the Right Pedal Arm (12) and the Right Pedal (14). **Then, tighten the three M8 x 44mm Patch Screws (55).**

Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.



6. **See drawing 6a.** Locate the Pedal Arm Roller (32) on the Right Pedal Arm (12). Set the Pedal Arm Roller on the Ramp (130).

Repeat this step on the other side of the elliptical exerciser.

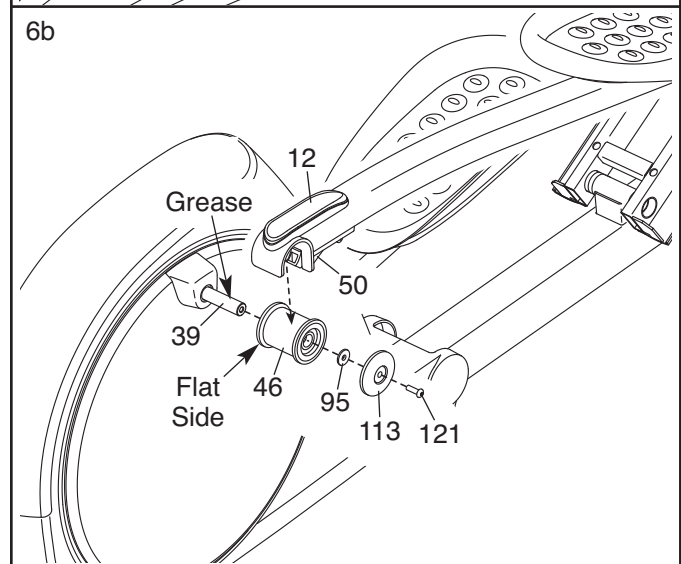


See drawing 6b. Apply grease to the axle on the right Crank Arm (39).

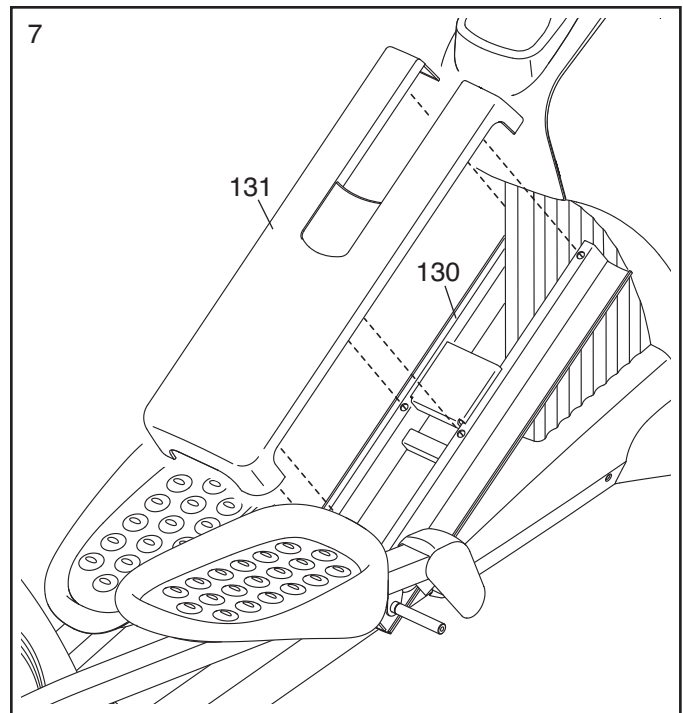
Orient a Pedal Arm Sleeve (46) so that the flat side is facing the elliptical exerciser. Slide the Pedal Arm Sleeve onto the axle on the right Crank Arm (39). Attach the Pedal Arm Sleeve with an M8 x 25mm Patch Screw (121), a Large Axle Cover (113), and an M8 Washer (95).

Next, pull upward on the Latch (50) on the Right Pedal Arm (12). Press the Right Pedal Arm onto the Pedal Arm Sleeve (46). **Make sure that the Right Pedal Arm latches into place.**

Repeat this step on the other side of the elliptical exerciser.



7. Press the Ramp Cover (131) downward onto the Ramp (130).



8. Identify the Right Link Arm (43), which is marked with an “R” sticker. Orient the Right Link Arm as shown.

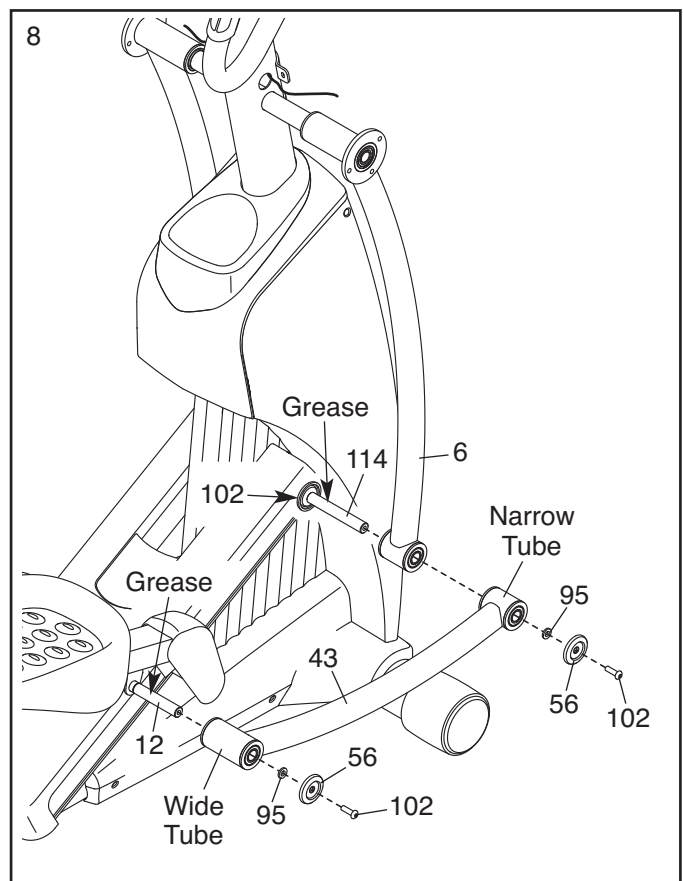
Apply grease to the axle on the Right Pedal Arm (12). Slide the Right Link Arm (43) onto the axle.

Attach the Right Link Arm (43) with an M8 x 16mm Patch Screw (102), a Small Axle Cover (56), and an M8 Washer (95).

Next, apply grease to a Link Arm Axle (114). Insert the Link Arm Axle into the Right Upper Body Leg (6) and the Right Link Arm (43) from the side shown.

Insert a hex key into the M8 x 16mm Patch Screw (102) in the Link Arm Axle (114). Using a second hex key, tighten another M8 x 16mm Patch Screw (102), a Small Axle Cover (56), and an M8 Washer (95) into the other end of the Link Arm Axle.

Repeat this step on the other side of the elliptical exerciser.



9. Identify the Right Upper Body Arm (8), which is marked with a “Right” sticker, and orient it as shown.

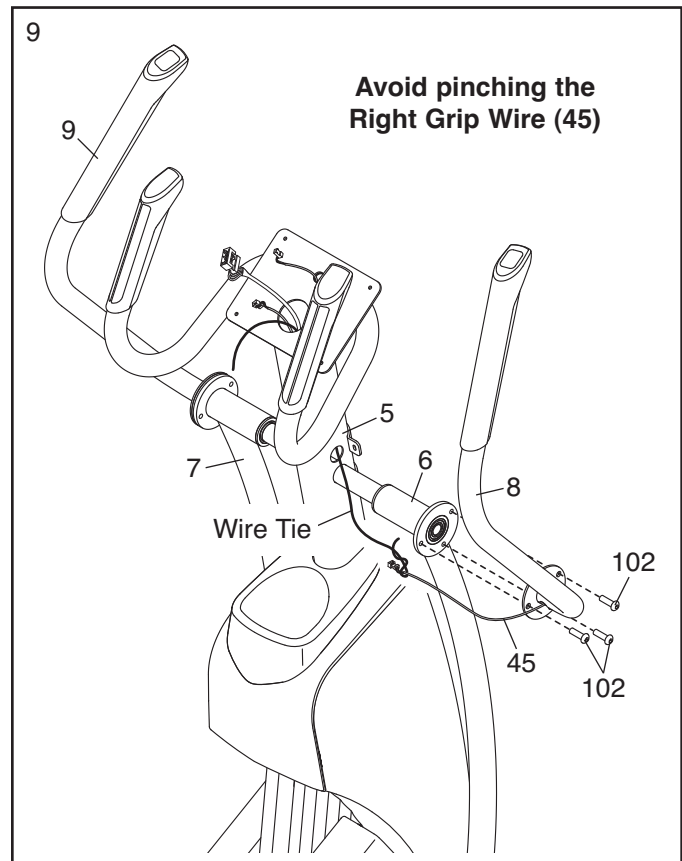
Have a second person hold the Right Upper Body Arm (8) near the Right Upper Body Leg (6).

Locate the wire tie in the right side of the Upright (5). Tie the wire tie to the Right Grip Wire (45). Pull the upper end of the wire tie until the Right Grip Wire is routed through the Upright. Then, untie and discard the wire tie.

Tip: To prevent the Right Grip Wire (45) from falling into the Upright (5), secure the Right Grip Wire with a rubber band or tape.

Tip: Avoid pinching Right Grip Wire (45). Attach the Right Upper Body Arm (8) to the Right Upper Body Leg (6) with three M8 x 16mm Patch Screws (102).

Attach the Left Upper Body Arm (9) to the Left Upper Body Leg (7) in the same way.



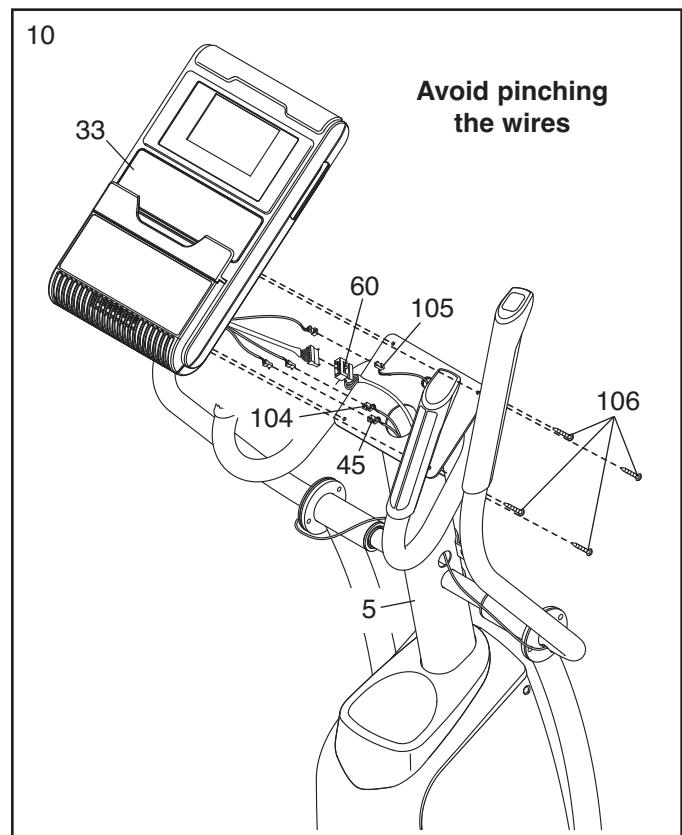
10. Have a second person hold the Console (33) near the Upright (5).

Connect the wires on the Console (33) to the Pulse Wire (105), the Wire Harness (60), and the Grip Wires (45, 104). **Make sure to connect the console wire that has a tag to the Grip Wire that has a tag.**

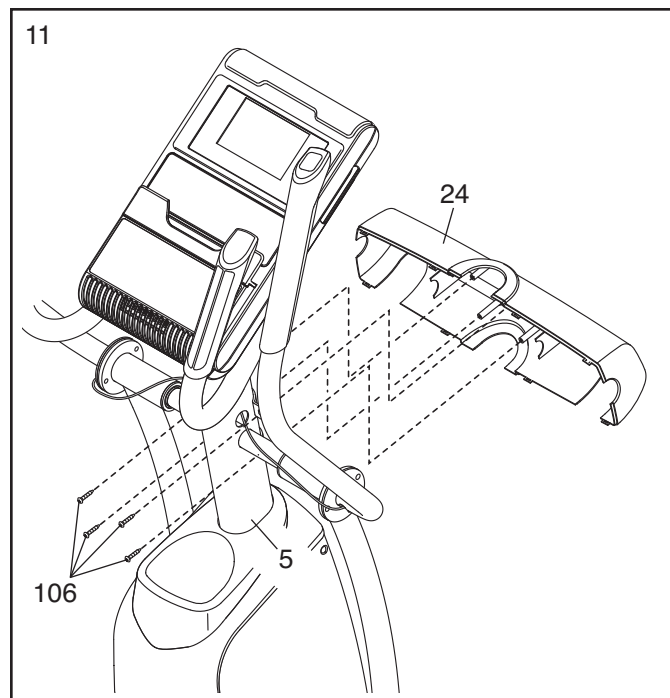
Insert the Pulse Wire (105) upward into the Console (33). Insert the other wires downward into the Upright (5).

Tip: Avoid pinching the wires. Attach the Console (33) to the Upright (5) with four M4 x 16mm Screws (106).

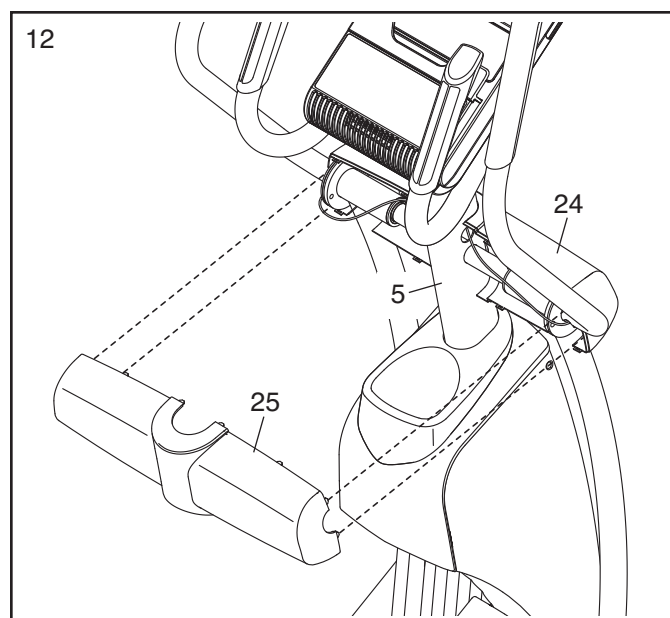
See step 3. Tighten the four M8 x 16mm Patch Screws (102). Then, slide the Top Cover (27) downward and press it onto the Frame Covers (21, 22).



11. Attach the Front Upright Cover (24) to the Upright (5) with four M4 x 16mm Screws (106).



12. Attach the Rear Upright Cover (25) around the Upright (5) by pressing the tabs on the Rear Upright Cover into the Front Upright Cover (24).



13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

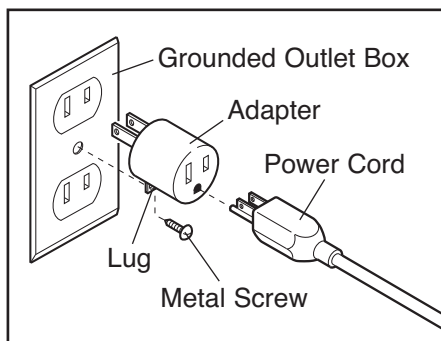
HOW TO USE THE ELLIPTICAL EXERCISER

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. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

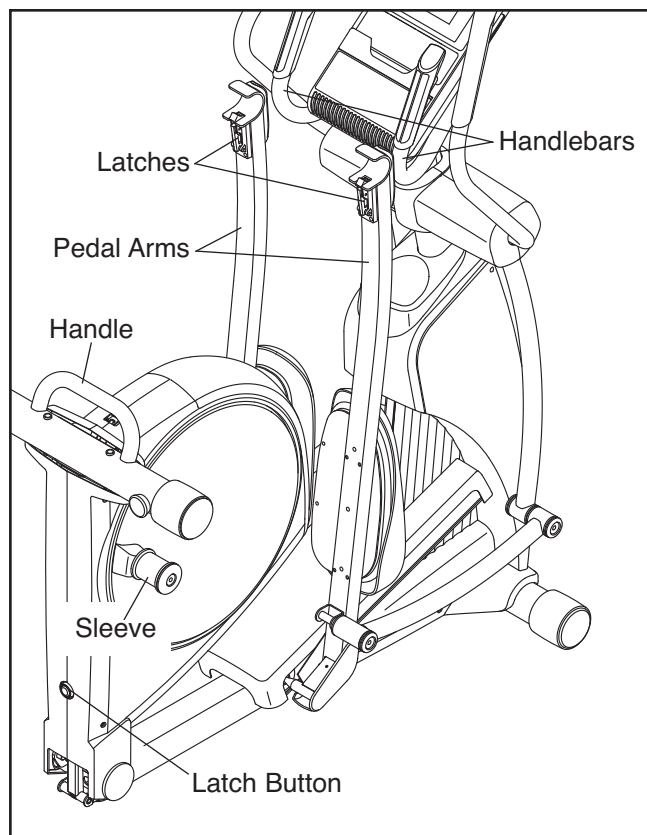
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.



The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the pedal arm sleeves.



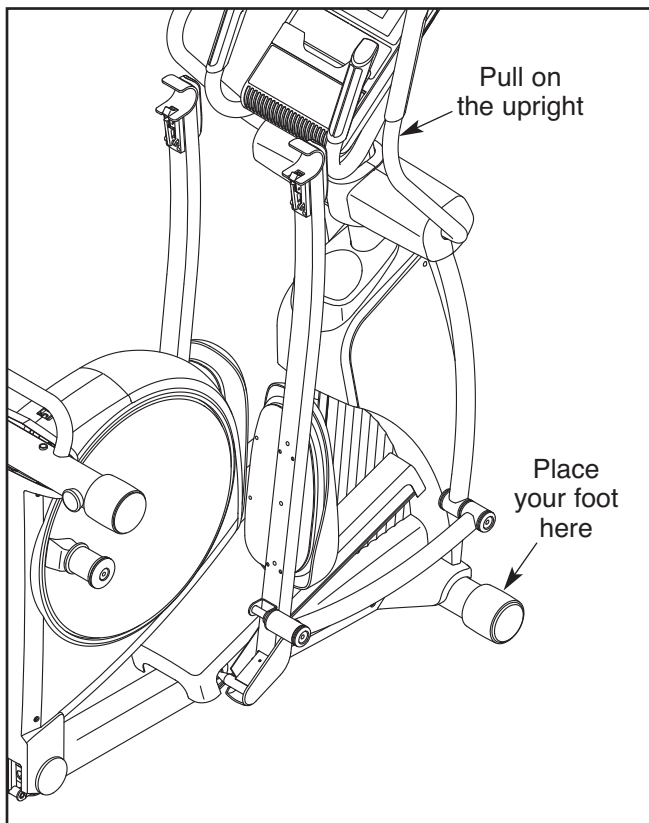
Next, raise the pedal arms until they touch the handlebars; magnets on the pedal arms will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks into a vertical position.

To unfold the elliptical exerciser, first hold the handle, press the latch button, and lower the frame. Next, pull the pedal arms away from the handlebars.

Then, **lift the latches under the pedal arms**, and set the pedal arms on the pedal arm sleeves. Release the latches, and make sure that the pedal arms are securely connected to the pedal arm sleeves.

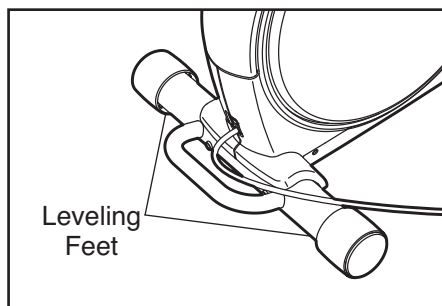
HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described on page 12. Next, stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the wheels. Pull the upright until the elliptical exerciser rolls on the wheels. Carefully move the elliptical exerciser to the desired position, and then lower it to the floor.



HOW TO LEVEL THE ELLIPTICAL EXERCISER

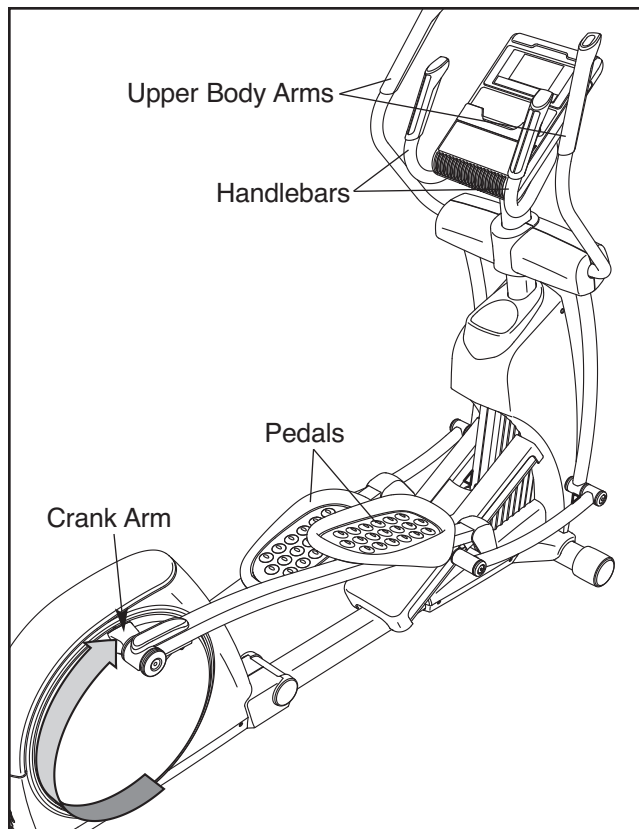
If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



If the frame of the elliptical exerciser flexes during use, turn the center leveling foot until the flexing motion is eliminated.

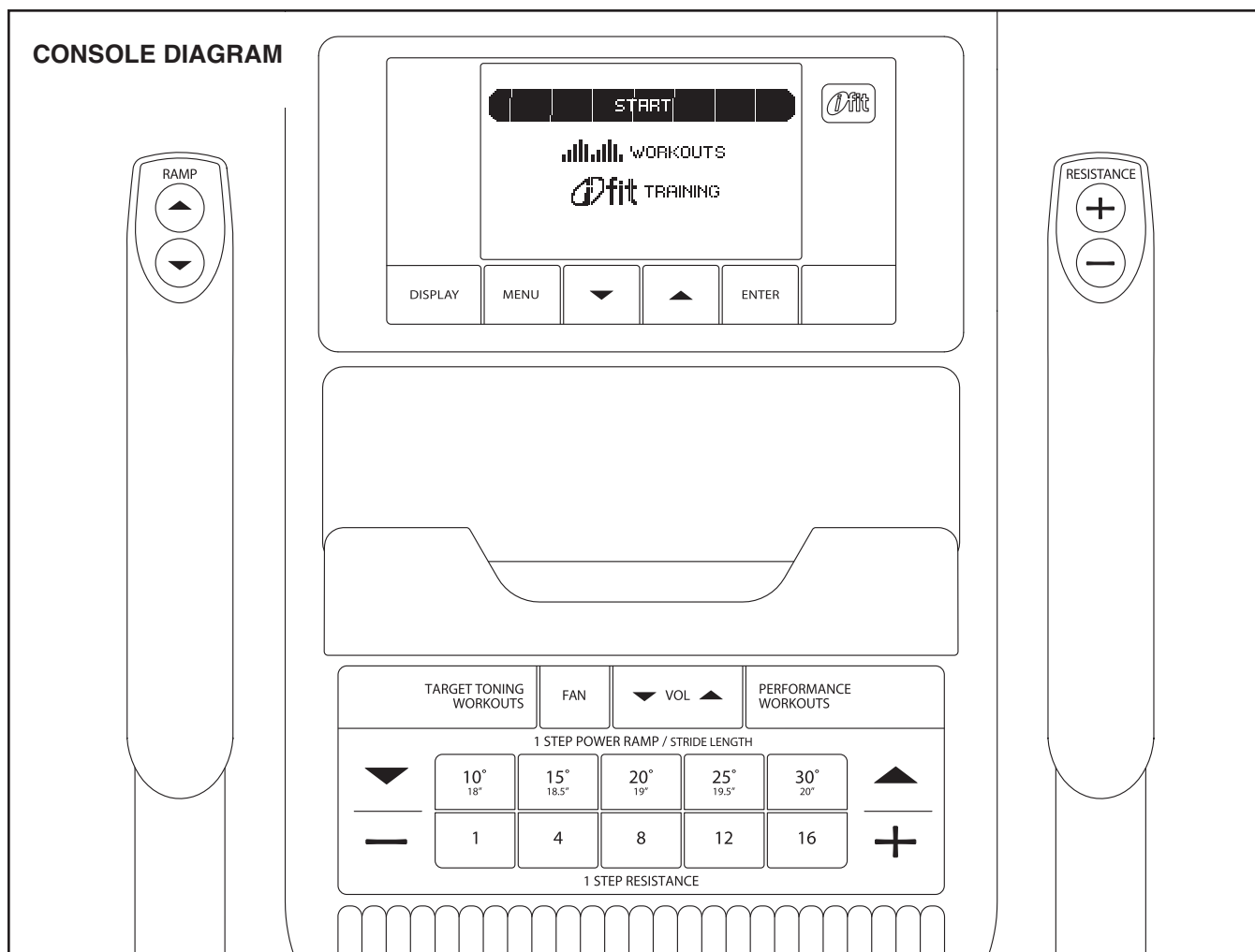
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.

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



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console also offers twenty-five preset workouts—fifteen target toning workouts and ten performance workouts. Each workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features an iFit training mode that allows you to connect to your wireless network

through an iFit Live module. The optional iFit Live module allows you to download personalized workouts and to track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

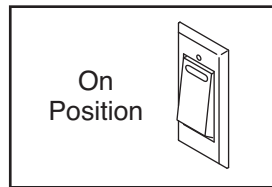
To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a preset workout,** see page 17. **To use the iFit training mode,** see page 18. **To use the sound system,** see page 18. **To use the information mode,** see page 18.

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

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 12). Next, locate the reset/off switch on the frame near the power cord. Make sure that the reset/off switch is in the “on” position.



The display will then light and the console will be ready for use.

Note: When you turn on the power for the first time, the ramp will calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 19 and manually calibrate the ramp.

HOW TO USE THE MANUAL MODE

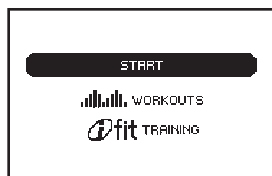
1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

Each time you turn on the console, the main menu will appear.

To select the manual mode, press the Increase and Decrease buttons next to the Enter button and highlight START. Then, press the Enter button.



If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

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

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons or by pressing the 1 Step Resistance Increase and Decrease buttons located on the console or on the right upper body arm.

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

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered 1 Step Power Ramp buttons or press the 1 Step Power Ramp Increase and Decrease buttons located on the console or on the left upper body arm.

Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show the following workout information:

Calories—This display mode will show the approximate number of calories you have burned.

Profile—When a workout is selected, this display mode will show a profile of the resistance levels for the workout.

Pulse—This display mode will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).

Ramp—This display mode will show the incline level of the ramp for a few seconds each time the ramp incline changes.

Resistance—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling pace, in revolutions per minute (rpm).

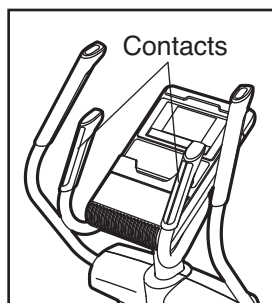
Strides—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, the display mode will show the time remaining in the workout instead of the elapsed time.

Change the volume level of the console by pressing the Volume Increase and Decrease buttons.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will appear in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

7. When you are finished exercising, unplug the power cord.

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, switch the reset/off switch to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical exerciser may wear prematurely.**

HOW TO USE A PRESET WORKOUT

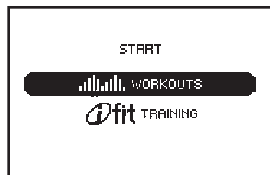
1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select a preset workout.

If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

To select a preset workout, first press the Increase and Decrease buttons next to the Enter button and highlight WORKOUTS. Then, press the Enter button.



Next, press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

You can also press the Target Toning Workouts button or the Performance Workouts button.

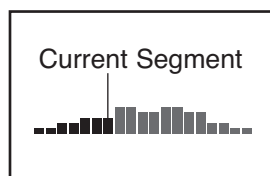
Press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

Press the Increase and Decrease buttons to highlight the name of the desired workout. The duration, the maximum rpm (pedaling pace), the maximum resistance level, the maximum ramp level, and a profile of the resistance levels of the workout will appear in the right side of the display. Then, press the Enter button.

3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level, one ramp incline, and one target rpm (pedaling pace) are programmed for each segment. Note: The same resistance level, ramp incline, and/or target rpm may be programmed for consecutive segments.

The workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.



When the first segment of the workout ends, the resistance level, ramp incline, and the target rpm for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level and the ramp incline for the next segment.

As you exercise, you will be prompted to keep your pedaling pace (rpm) near the target rpm for the current segment. When the word FASTER appears in the display, increase your pedaling pace. When the word SLOWER appears, decrease your pedaling pace. When no words appear, maintain your current pedaling pace.

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

If the resistance level or the ramp incline for the current segment is too high or too low, you can manually override the setting by pressing the 1 Step Resistance buttons and the 1 Step Power Ramp buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level or the ramp incline for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 16.

6. Turn on the fan if desired.

See step 6 on page 16.

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

See step 7 on page 16.

HOW TO USE THE iFIT TRAINING MODE

The optional iFit Live module allows you to connect to your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

To select the iFit training mode, press the Menu button and then press the Increase and Decrease buttons next to the Enter button and highlight IFIT TRAINING. Then, press the Enter button. For more information about the iFit training mode, go to www.ifit.com. Note: To use an iFit Live module, you must have your own wireless network and access to a computer with an internet connection.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the side of the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume Increase and Decrease buttons on the console.

HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view usage information and to adjust the contrast level of the displays.

To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

The display will show the total number (in thousands) of strides that have been pedaled on the elliptical exerciser. The display will also show the total number of hours that the elliptical exerciser has been used.

| INFORMATION MODE | |
|---------------------|----|
| TOTAL KSTRADES: | 1 |
| TOTAL HOURS: | 1 |
| CONTRAST LEVEL: | 13 |
| DISPLAY KEY TO EXIT | |

The currently selected contrast level will also appear in the display. Press the Increase and Decrease buttons next to the Enter button repeatedly to select the desired contrast level.

Press the Display button to save the contrast level setting and exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damaging 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.

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Target Toning Workouts button for several seconds until the calibration mode appears in the display.

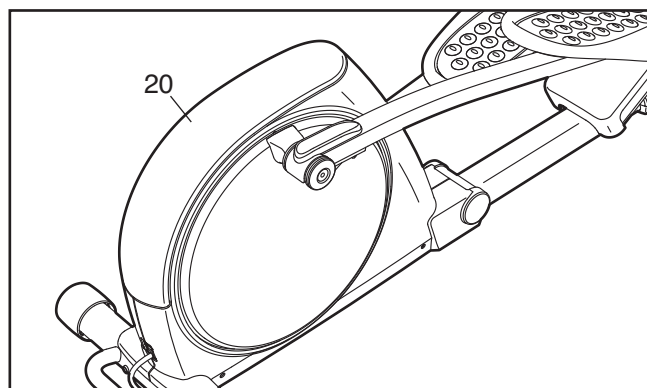
Press the Target Toning Workouts once. The ramp calibration instructions will appear in the display. Press the One Step Power Ramp Increase or Decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Target Toning Workouts button repeatedly to exit the calibration mode.

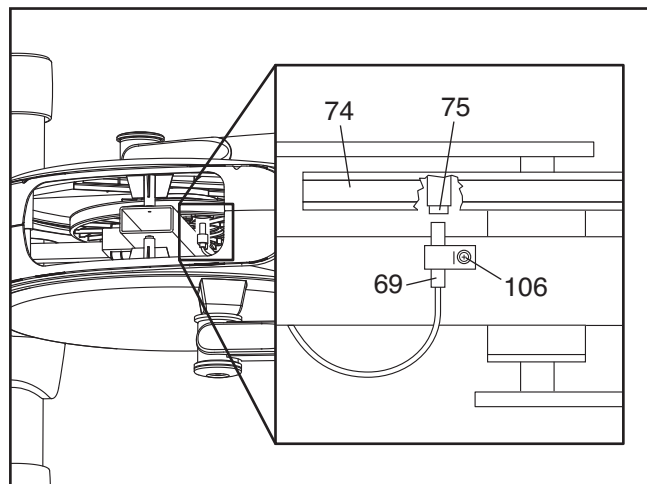
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first unplug the power cord. Using a flat screwdriver, release the tabs on the Access Cover (20) and pull the Access Cover upward off the elliptical exerciser.



Next, look into the access opening and locate the Reed Switch (69). Rotate the Large Pulley (74) until a Pulley Magnet (75) is aligned with the Reed Switch.



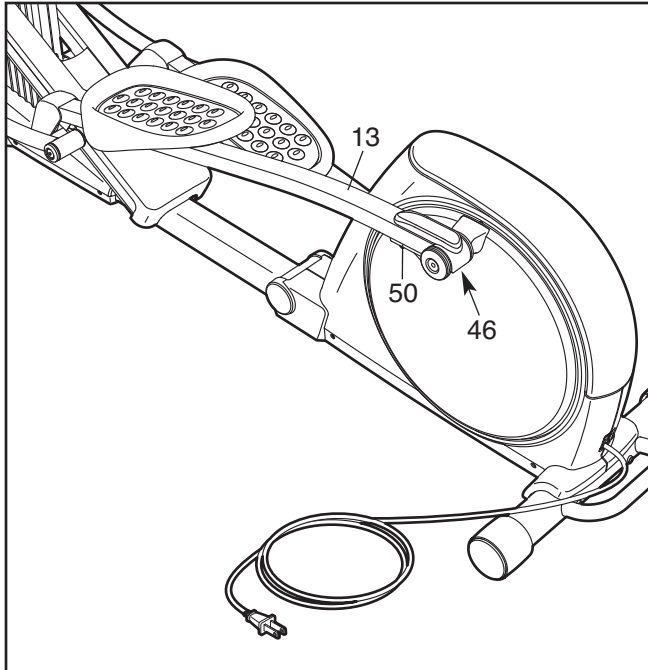
Next, loosen, but do not remove, the indicated M4 x 16mm Screw (106). Slide the Reed Switch (69) slightly toward or away from the Pulley Magnet (75). Then, retighten the M4 x 16mm Screw.

Plug in the power cord and rotate the large pulley for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the access cover.

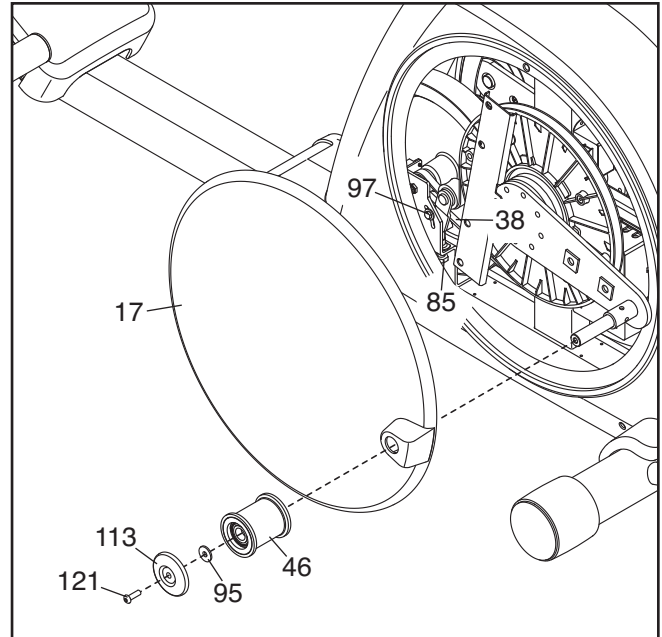
HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, unplug the power cord. Lift the Latch (50) on the underside of the Left Pedal Arm (13), and then lift the Left Pedal Arm off the left Pedal Arm Sleeve (46).



Next, remove the indicated M8 x 25mm Patch Screw (121), Large Axle Cover (113), M8 Washer (95), and Pedal Arm Sleeve (46). Using a flat screwdriver, carefully pry the left Disc (17) off the elliptical exerciser.



Next, loosen the Pivot Screw (97). Tighten the Belt Adjustment Screw (85) until the Drive Belt (38) is tight. When the Drive Belt is tight, tighten the Pivot Screw.

When you are finished, reattach the left disc 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.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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.

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

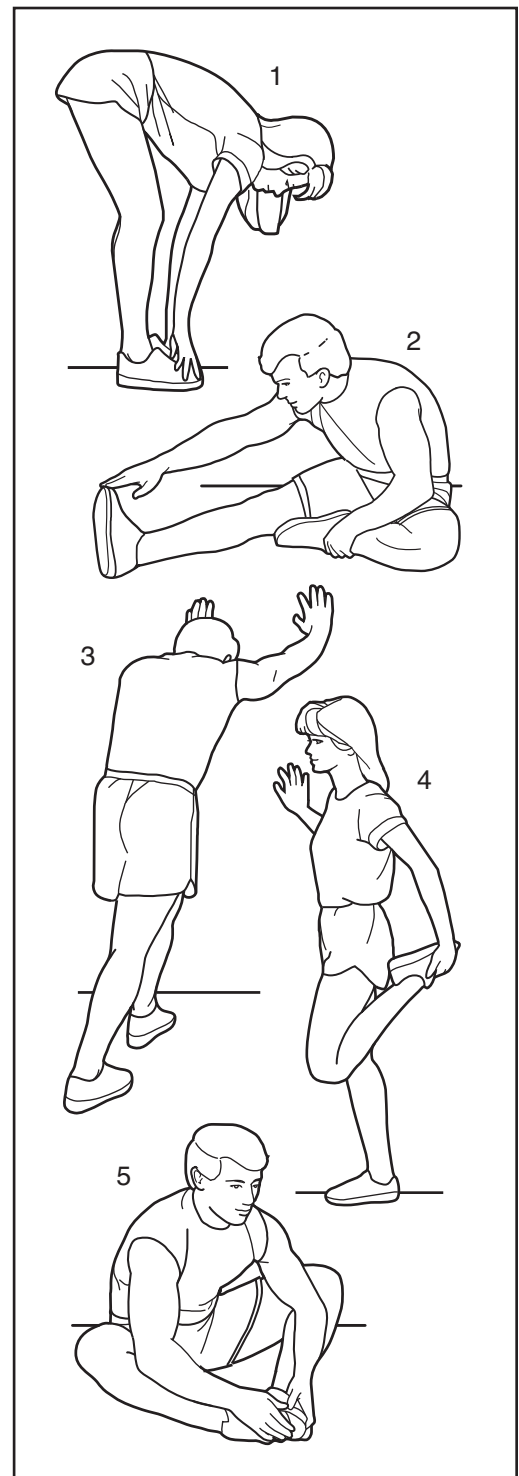
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST—Model No. NTEL09109.0

R1109A

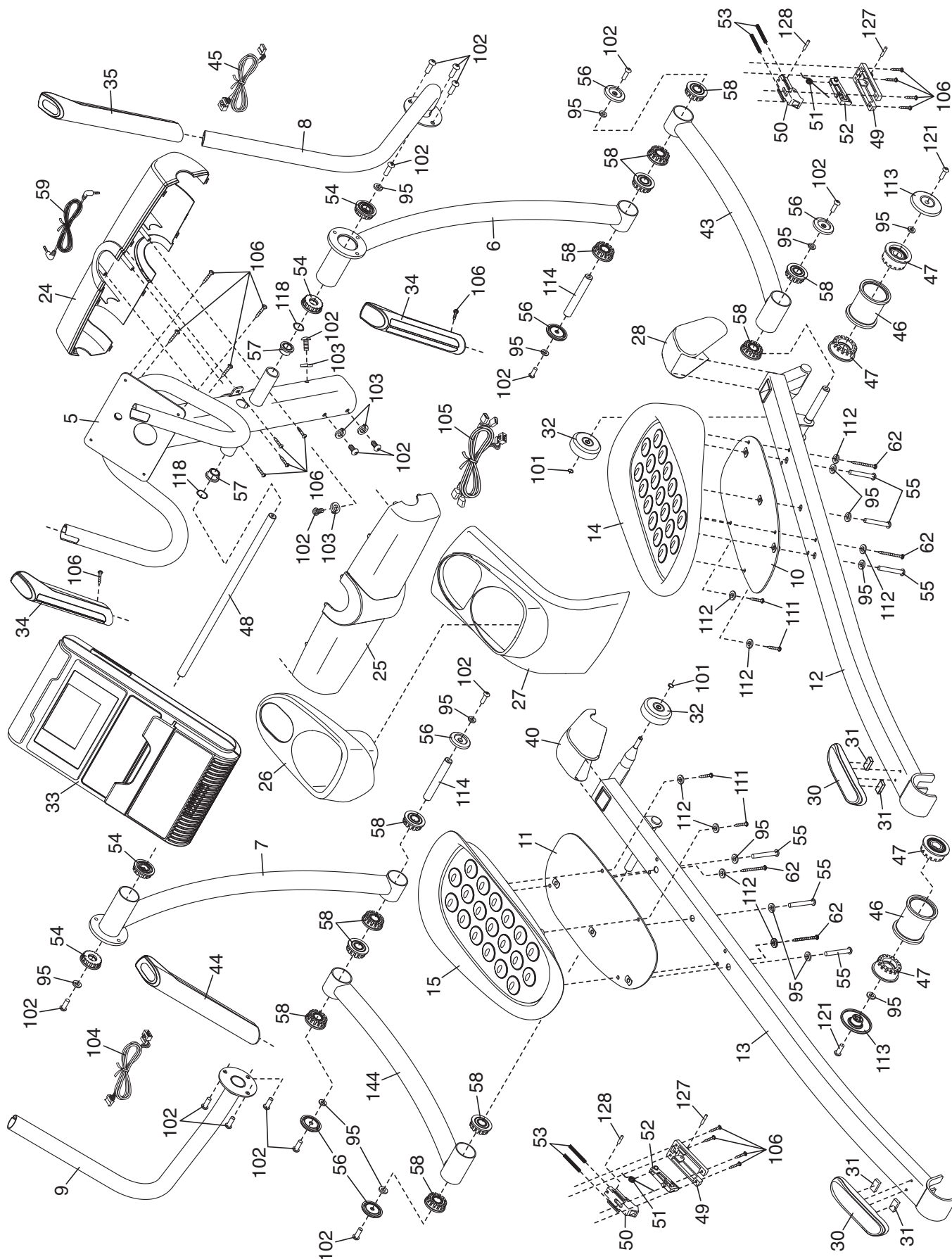
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------|---------|------|------------------------|
| 1 | 1 | Main Frame | 51 | 2 | Large Latch Spring |
| 2 | 1 | Folding Frame | 52 | 2 | Latch Insert |
| 3 | 1 | Front Stabilizer | 53 | 4 | Long Latch Spring |
| 4 | 1 | Rear Stabilizer | 54 | 4 | Leg Bearing Assembly |
| 5 | 1 | Upright | 55 | 6 | M8 x 44mm Patch Screw |
| 6 | 1 | Right Upper Body Leg | 56 | 6 | Small Axle Cover |
| 7 | 1 | Left Upper Body Leg | 57 | 2 | Upright Bushing |
| 8 | 1 | Right Upper Body Arm | 58 | 12 | Small Bushing |
| 9 | 1 | Left Upper Body Arm | 59 | 1 | Audio Cable |
| 10 | 1 | Right Pedal Plate | 60 | 1 | Wire Harness |
| 11 | 1 | Left Pedal Plate | 61 | 1 | Flywheel |
| 12 | 1 | Right Pedal Arm | 62 | 4 | M6 x 50mm Patch Screw |
| 13 | 1 | Left Pedal Arm | 63 | 1 | Frame Axle |
| 14 | 1 | Right Pedal | 64 | 4 | Front Frame Bushing |
| 15 | 1 | Left Pedal | 65 | 1 | Latch Bracket Axle |
| 16 | 2 | Wheel Cap | 66 | 1 | Latch Bracket Spring |
| 17 | 2 | Disc | 67 | 1 | Latch Button |
| 18 | 1 | Right Shield | 68 | 1 | Button Housing |
| 19 | 1 | Left Shield | 69 | 1 | Reed Switch/Wire |
| 20 | 1 | Access Cover | 70 | 1 | Clamp |
| 21 | 1 | Right Frame Cover | 71 | 1 | Crank Hub |
| 22 | 1 | Left Frame Cover | 72 | 1 | Crank |
| 23 | 1 | Lift Motor Cover | 73 | 1 | Crank Spacer |
| 24 | 1 | Front Upright Cover | 74 | 1 | Large Pulley |
| 25 | 1 | Rear Upright Cover | 75 | 2 | Pulley Magnet |
| 26 | 1 | Water Bottle Holder | 76 | 2 | Folding Frame Bearing |
| 27 | 1 | Top Cover | 77 | 1 | Idler |
| 28 | 1 | Right Pedal Arm Cover | 78 | 1 | Resistance Motor |
| 29 | 18 | Mount | 79 | 1 | Adjustment Assembly |
| 30 | 2 | Latch Cover | 80 | 1 | Resistance Wheel |
| 31 | 4 | Pedal Arm Magnet | 81 | 1 | Adjustment Lock |
| 32 | 2 | Pedal Arm Roller | 82 | 1 | Motor Bracket |
| 33 | 1 | Console | 83 | 1 | C-magnet Bracket |
| 34 | 2 | Pulse Sensor/Wire | 84 | 1 | Flywheel Axle |
| 35 | 1 | Right Grip/Controls | 85 | 1 | Belt Adjustment Screw |
| 36 | 2 | Wheel | 86 | 12 | M8 x 28mm Patch Screw |
| 37 | 2 | Stabilizer Cap | 87 | 2 | Large Snap Ring |
| 38 | 1 | Drive Belt | 88 | 1 | C-magnet Bracket Bolt |
| 39 | 2 | Crank Arm | 89 | 4 | Resistance Motor Screw |
| 40 | 1 | Left Pedal Arm Cover | 90 | 1 | M5 x 7mm Screw |
| 41 | 3 | Leveling Foot | 91 | 1 | M3.5 x 12mm Screw |
| 42 | 1 | Latch Bracket | 92 | 1 | M6 Locknut |
| 43 | 1 | Right Link Arm | 93 | 2 | Lift Motor Link Arm |
| 44 | 1 | Left Grip/Controls | 94 | 2 | M8 Jam Nut |
| 45 | 1 | Right Grip Wire | 95 | 16 | M8 Washer |
| 46 | 2 | Pedal Arm Sleeve | 96 | 1 | M6 Washer |
| 47 | 4 | Large Bushing | 97 | 1 | Pivot Screw |
| 48 | 1 | Upright Axle | 98 | 2 | Motor Bracket Screw |
| 49 | 2 | Latch Housing | 99 | 1 | Idler Bolt |
| 50 | 2 | Latch | 100 | 4 | M10 x 95mm Patch Screw |

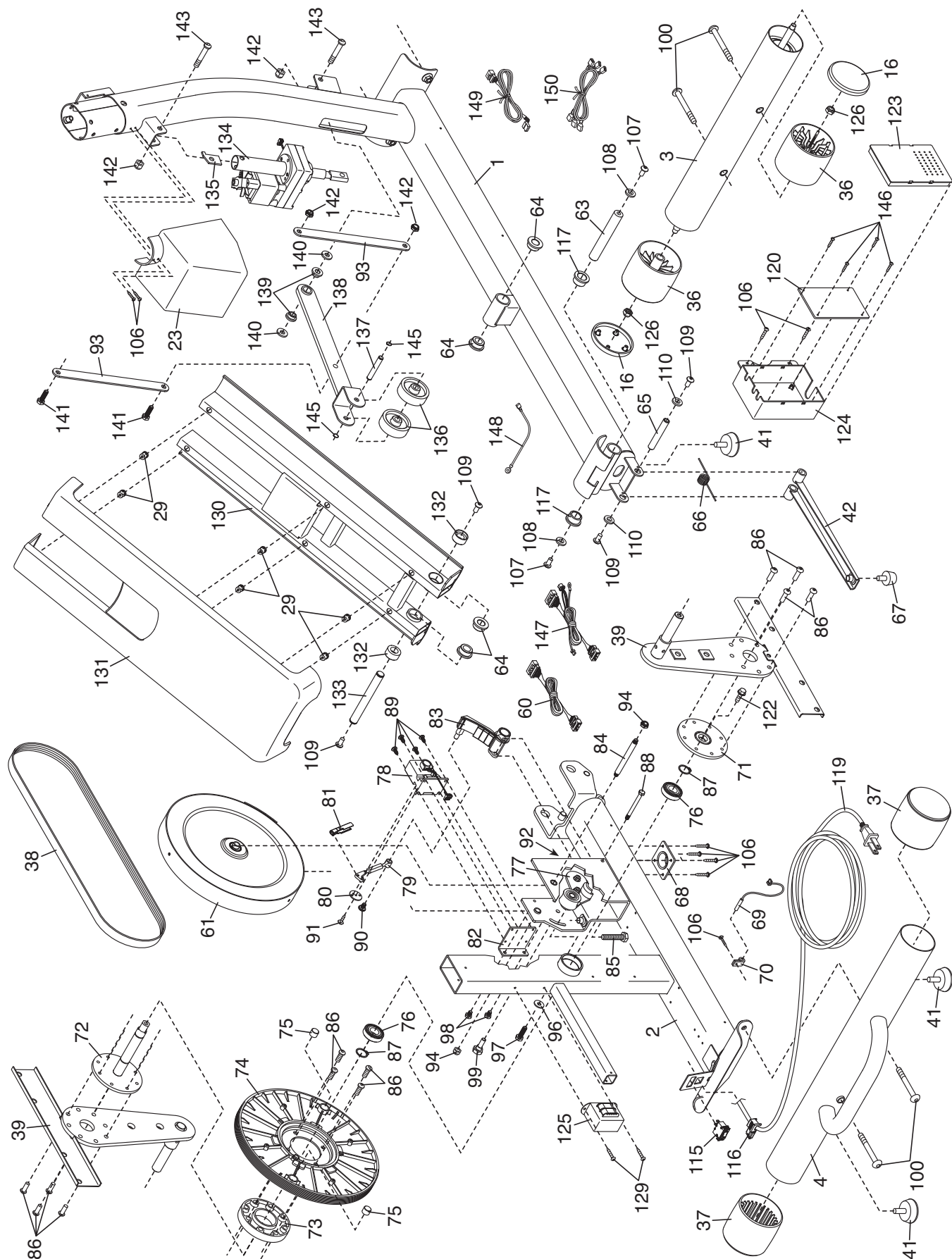
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|--------------------------|---------|------|--------------------------|
| 101 | 2 | Small Snap Ring | 128 | 2 | Short C-pin |
| 102 | 18 | M8 x 16mm Patch Screw | 129 | 2 | #8 x 1/2" Screw |
| 103 | 4 | M8 Split Washer | 130 | 1 | Ramp |
| 104 | 1 | Left Grip Wire | 131 | 1 | Ramp Cover |
| 105 | 1 | Pulse Wire | 132 | 2 | Ramp Bushing |
| 106 | 48 | M4 x 16mm Screw | 133 | 1 | Ramp Axle |
| 107 | 2 | M10 x 25mm Button Screw | 134 | 1 | Lift Motor |
| 108 | 2 | M10 x 32mm Washer | 135 | 1 | Lift Motor Stop |
| 109 | 4 | M8 x 16mm Button Screw | 136 | 2 | Ramp Roller |
| 110 | 2 | M8 x 23.5mm x 1mm Washer | 137 | 1 | Roller Axle |
| 111 | 4 | M6 x 12mm Patch Screw | 138 | 1 | Lift Arm |
| 112 | 8 | M6 Washer | 139 | 2 | Lift Arm Bushing |
| 113 | 2 | Large Axle Cover | 140 | 2 | Plastic Washer |
| 114 | 2 | Link Arm Axle | 141 | 2 | M8 x 27mm Bolt |
| 115 | 1 | Reset/Off Switch | 142 | 4 | M8 Locknut |
| 116 | 1 | Power Cord Plate | 143 | 2 | M8 x 47mm Bolt |
| 117 | 2 | Rear Frame Bushing | 144 | 1 | Left Link Arm |
| 118 | 2 | Wave Washer | 145 | 2 | Medium Snap Ring |
| 119 | 1 | Power Cord | 146 | 4 | #6 x 3/8" Screw |
| 120 | 1 | Control Board | 147 | 1 | Frame Wire Harness |
| 121 | 2 | M8 x 25mm Patch Screw | 148 | 1 | Ground Wire |
| 122 | 1 | 3/8" x 1" Flange Screw | 149 | 1 | Lift Motor Wire Harness |
| 123 | 1 | Control Box Cover | 150 | 1 | Motor Power Wire Harness |
| 124 | 1 | Control Box | * | — | Blue Wire |
| 125 | 1 | Transformer | * | — | White Wire |
| 126 | 2 | M10 Locknut | * | — | User's Manual |
| 127 | 2 | Long C-pin | * | — | Assembly Tool |

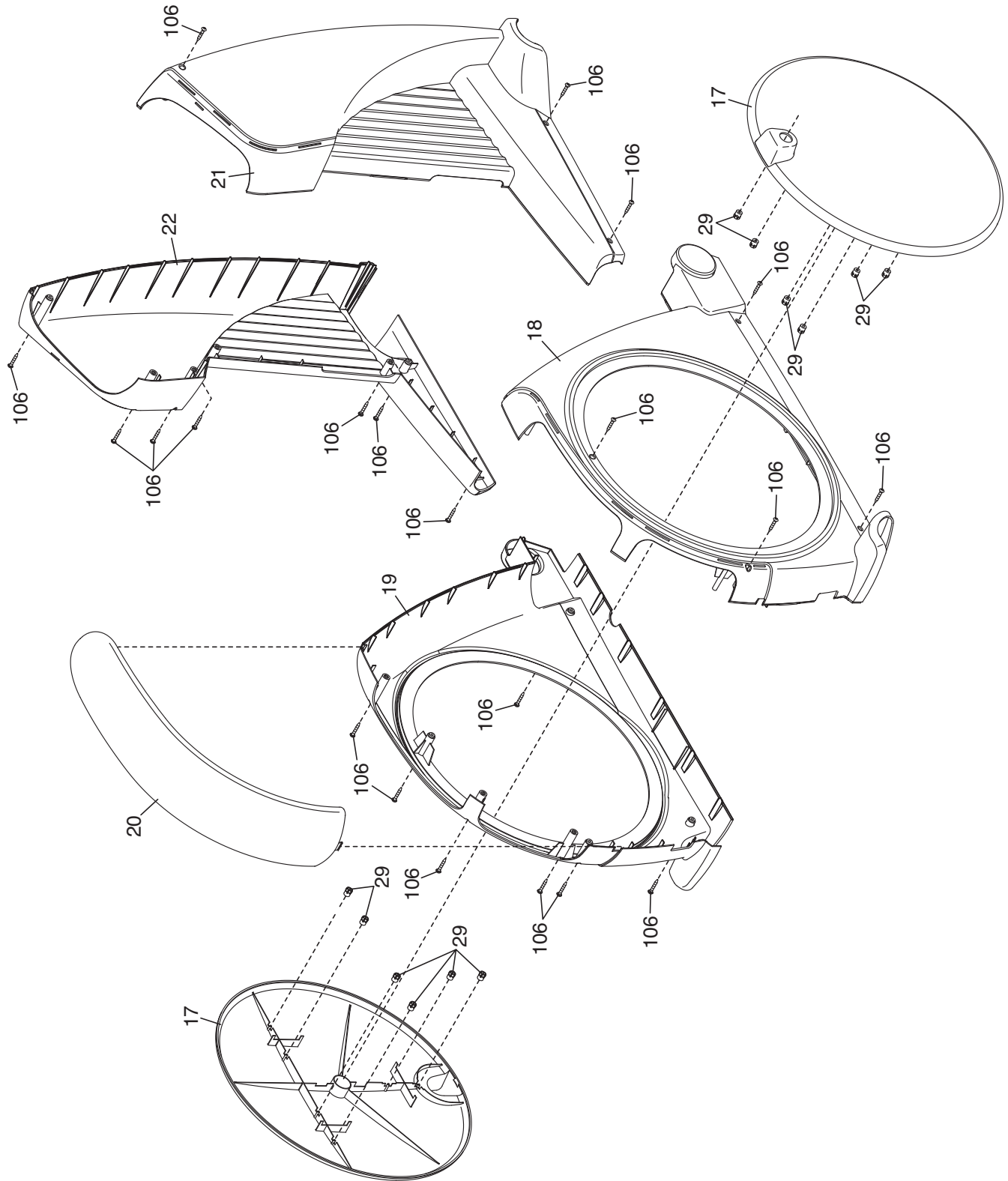
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. NTEL09109.0

R1109A







ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; 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 other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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