

# NordicTrack COMMERCIAL™

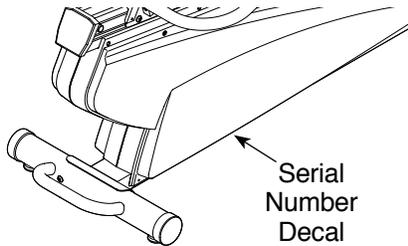


www.nordictrack.com

Model No. NTEX08011.0

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

Write the serial number in the space above for 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:

**1-800-TO-BE-FIT**

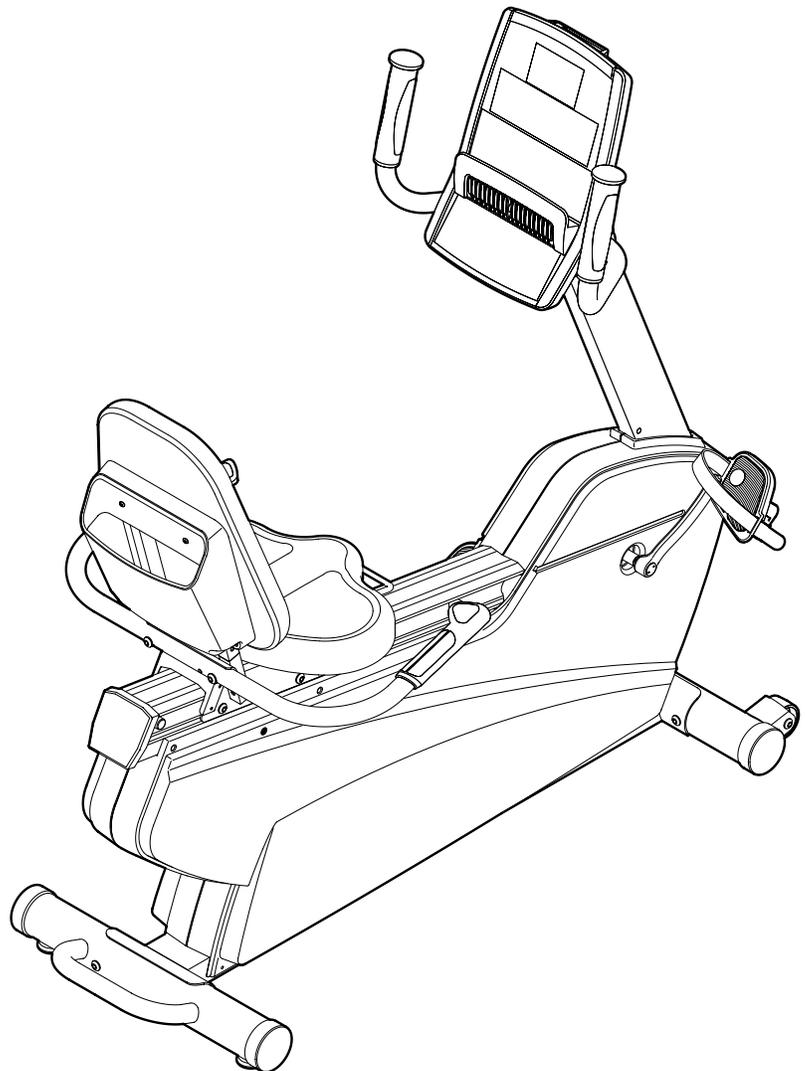
(1-800-862-3348)

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.

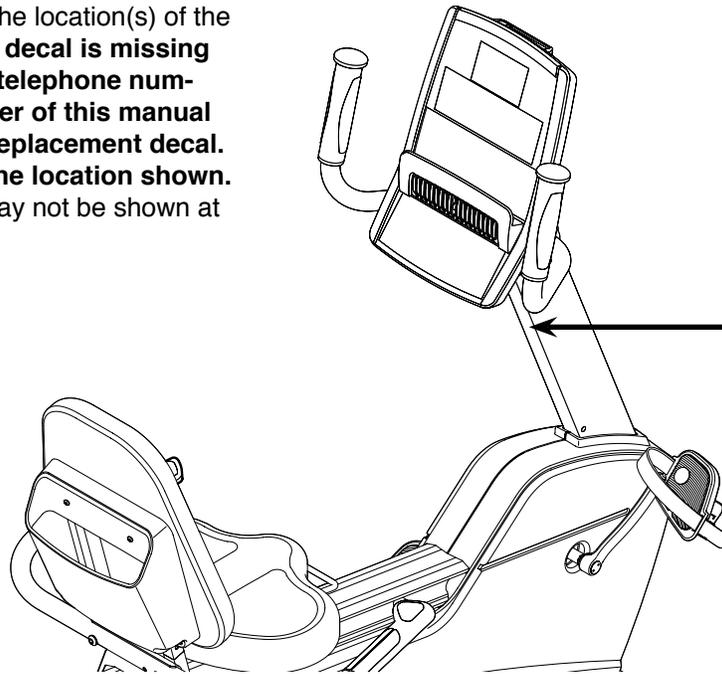


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on 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.
- User weight must not exceed 375 lbs / 170 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

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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 exercise bike before using your exercise bike. 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 exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike 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 exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 375 lbs. (170 kg).
11. Always keep your back straight while using the exercise bike; do not arch your back.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. 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.

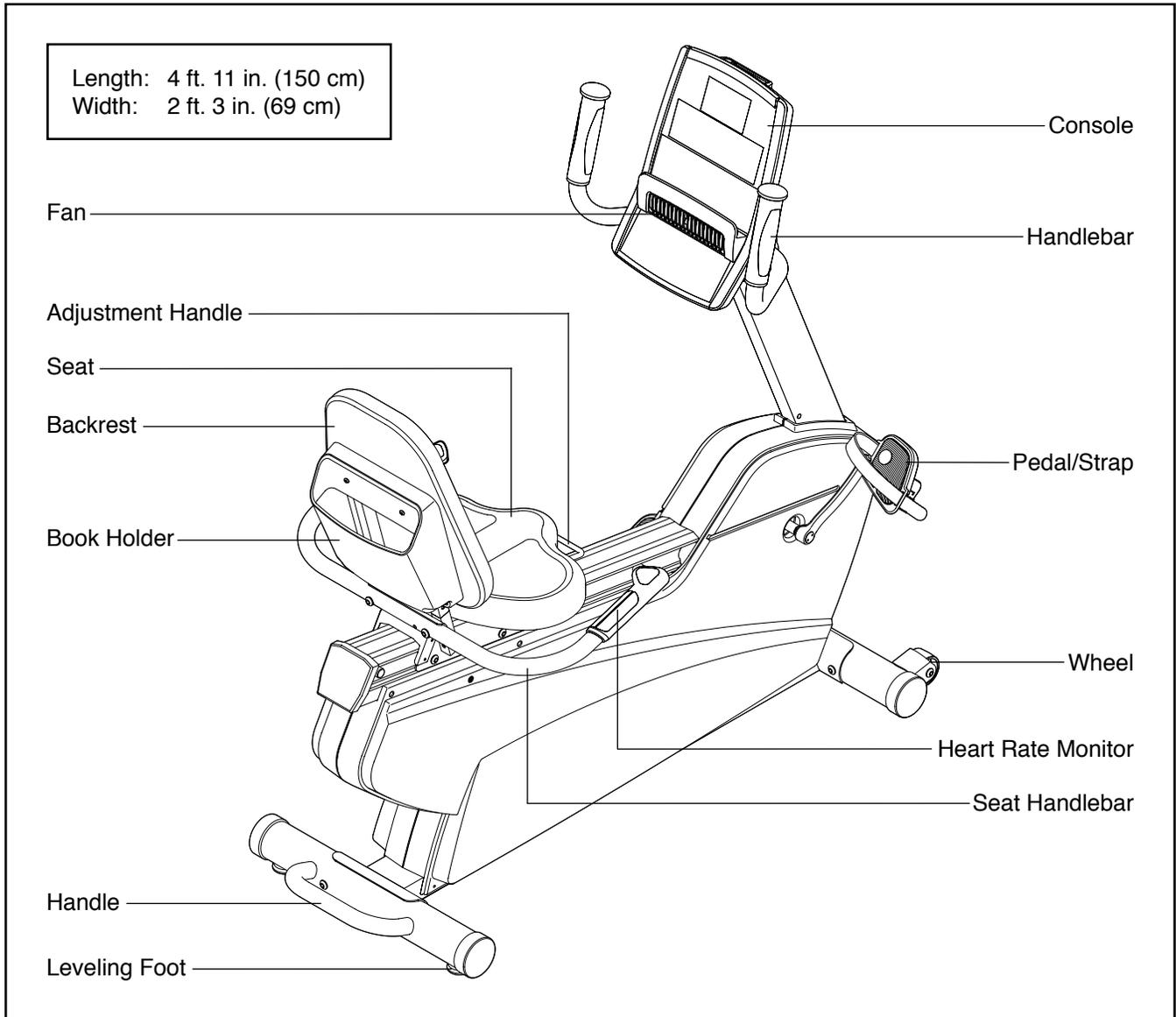
# BEFORE YOU BEGIN

Congratulations for selecting the new NORDICTRACK COMMERCIAL™ VR exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The VR exercise bike offers an array of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise bike.** If you have questions after

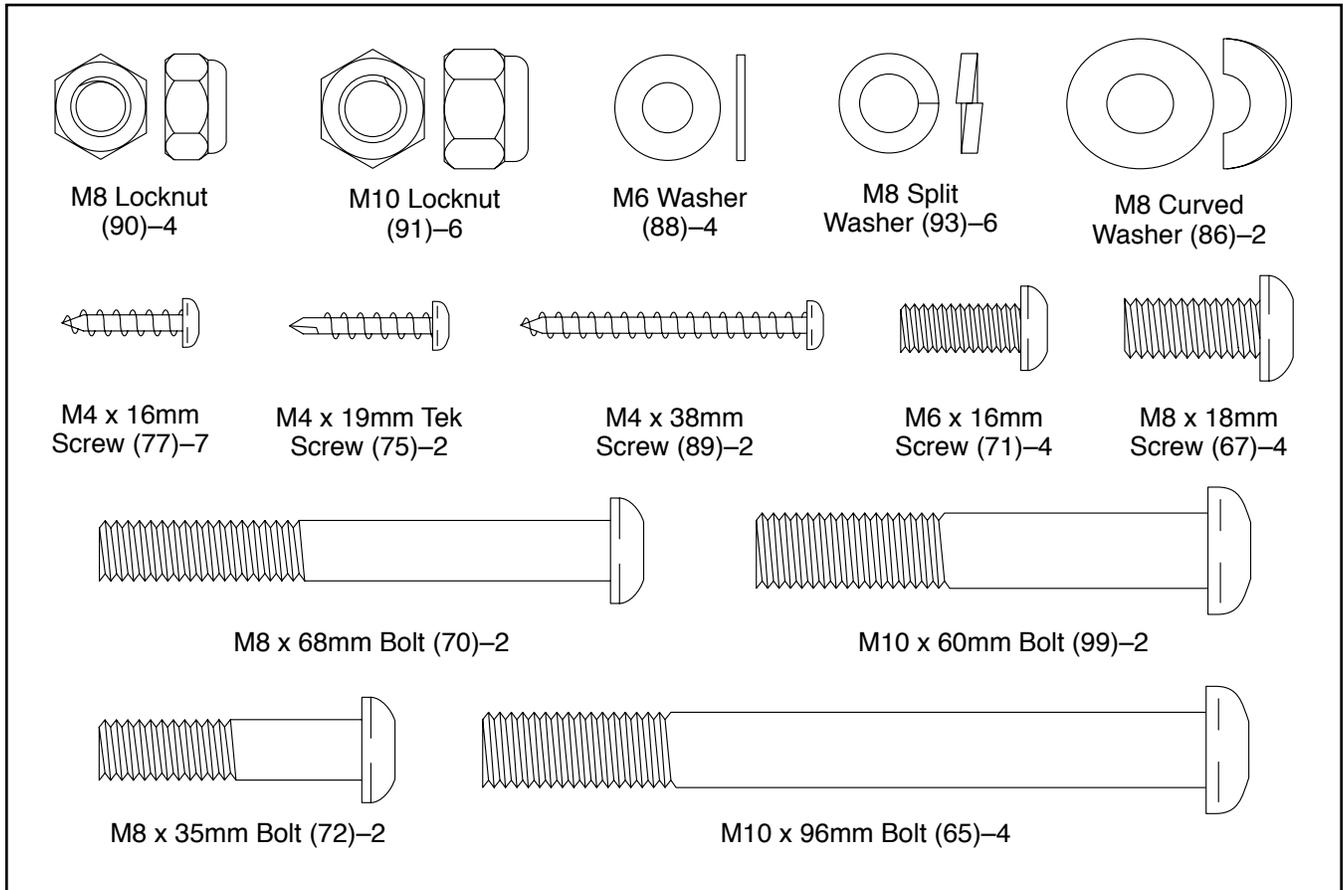
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

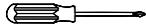
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



# ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- 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.

- In addition to the included tool(s), assembly requires the following tools:

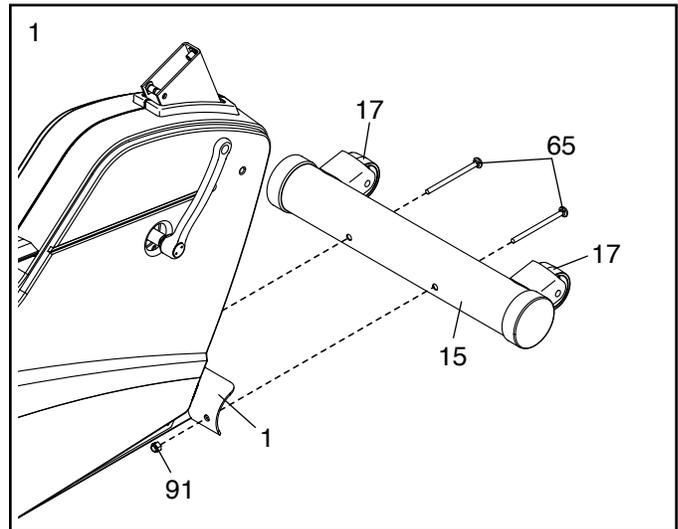
one Phillips screwdriver 

one adjustable wrench 

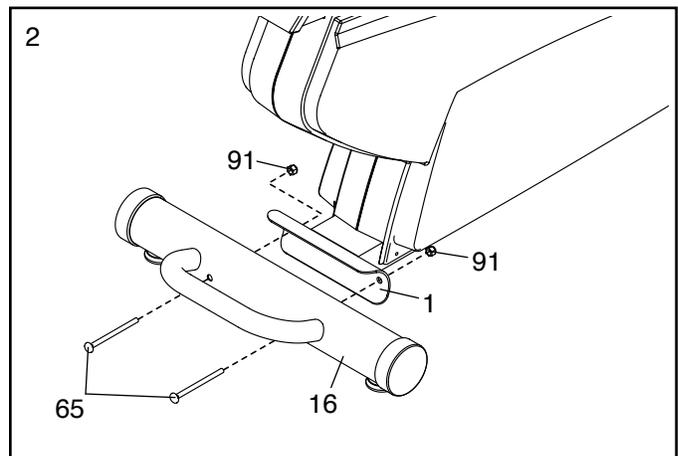
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Front Stabilizer (15) with the Wheels (17) in the position shown.

Attach the Front Stabilizer (15) to the Frame (1) with two M10 x 96mm Bolts (65) and two M10 Locknuts (91) (only one is shown).



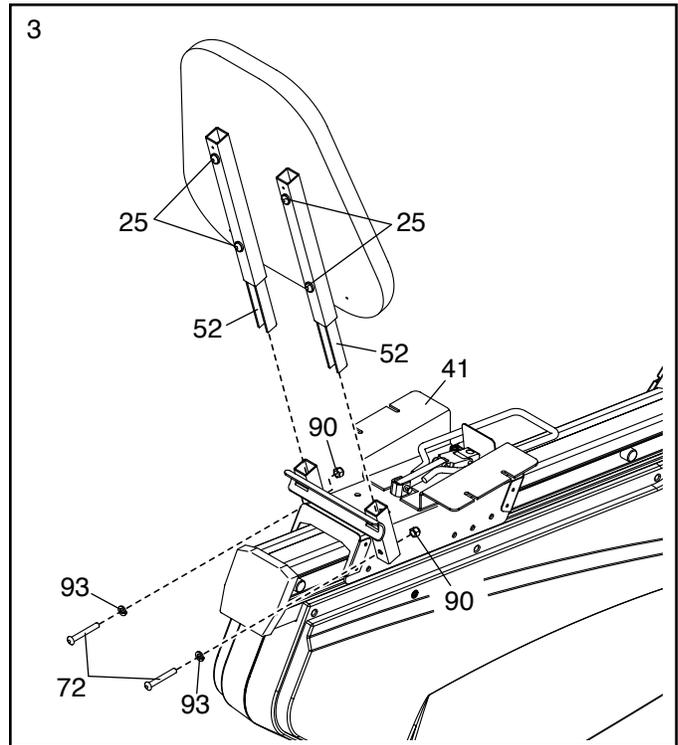
2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with two M10 x 96mm Bolts (65) and two M10 Locknuts (91).



3. **Tip: Loosen the four M6 x 38mm Screws (25) if the Backrest Tubes (52) do not slide into the Seat Carriage (41).**

Insert the Backrest Tubes (52) into the Seat Carriage (41).

Attach each Backrest Tube (52) with an M8 x 35mm Bolt (72), an M8 Split Washer (93), and an M8 Locknut (90). **Make sure that the Locknuts are in the hexagonal holes in the Seat Carriage.** Do not tighten the Bolts yet.

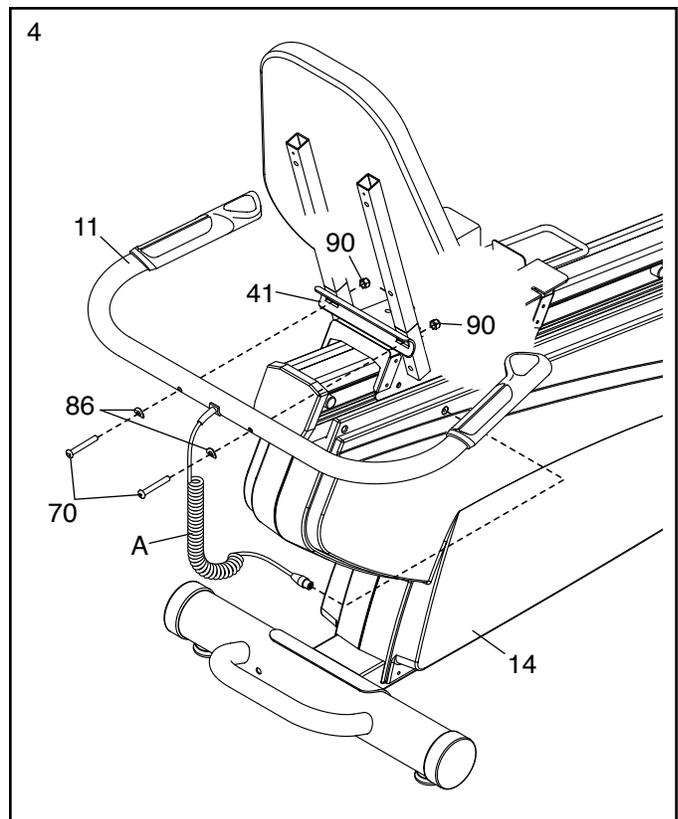


4. **Tip: Avoid damaging the wires inside the Seat Handlebar (11) during this step.**

Attach the Seat Handlebar (11) to the Seat Carriage (41) with two M8 x 68mm Bolts (70), two M8 Curved Washers (86), and two M8 Locknuts (90). **Make sure that the Locknuts are in the hexagonal holes in the Seat Carriage.**

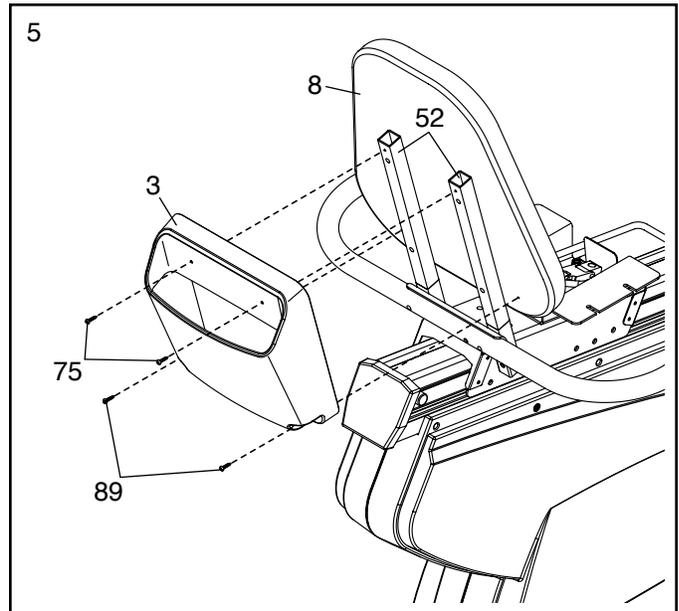
Then, plug the pulse wire (A) into the receptacle in the Right Shield (14).

**See step 3. Tighten the two M8 x 35mm Bolts (72).**

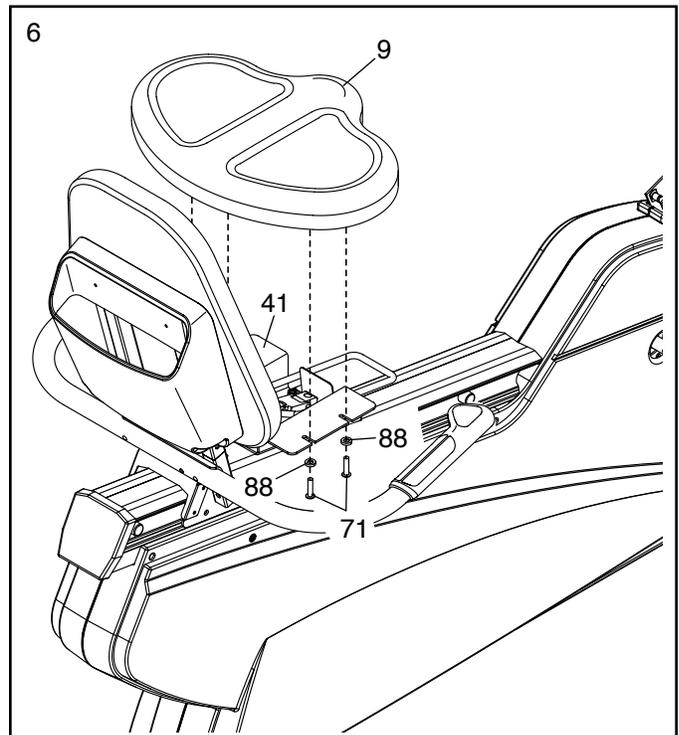


5. Attach the Book Holder (3) to the Backrest Tubes (52) with two M4 x 19mm Tek Screws (75).

Then, attach the Book Holder (3) to the Backrest (8) with two M4 x 38mm Screws (89).



6. Attach the Seat (9) to the Seat Carriage (41) with four M6 x 16mm Screws (71) and four M6 Washers (88) (only two Screws and two Washers are shown).



7. Have another person hold the Upright (2) near the Frame (1).

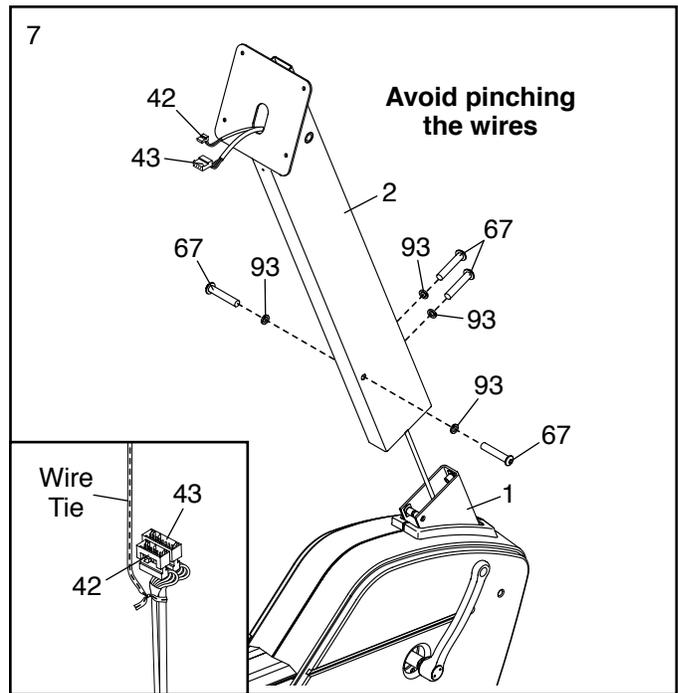
**See the inset drawing.** Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Main Wire (43) and to the Pulse Wire (42). Next, pull the upper end of the wire tie upward out of the top of the Upright.

**Tip: To prevent the wires from falling into the Upright (2), secure the wires with the wire tie.**

Slide the Upright (2) onto the Frame (1).

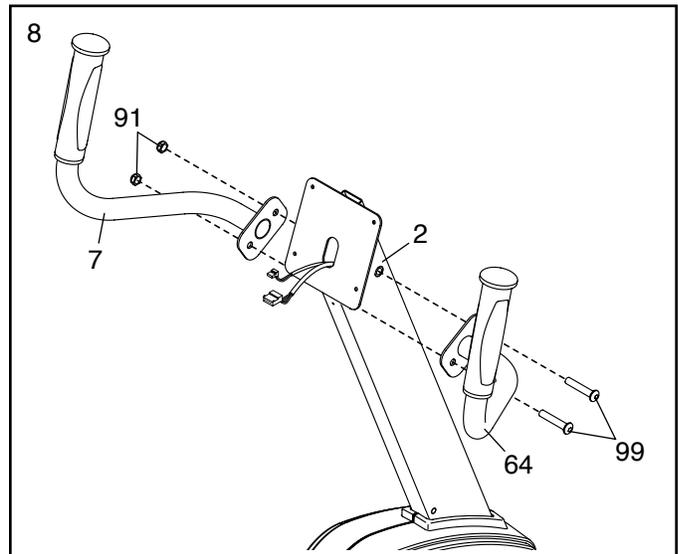
**Tip: Avoid pinching the wires.** Attach the Upright (2) to the Frame (1) with four M8 x 18mm Screws (67) and four M8 Split Washers (93).

**Tip: Tighten the two Screws in the front of the Upright and then tighten the other two Screws.**



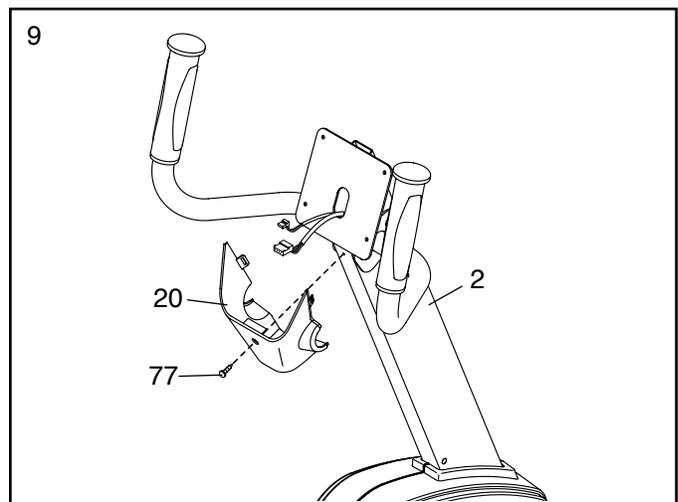
8. Identify the Left and Right Handlebars (7, 64), which are marked with "Left" and "Right" stickers, and orient them as shown.

Attach the Left and Right Handlebars (7, 64) to the Upright (2) with two M10 x 60mm Bolts (99) and two M10 Locknuts (91).



9. Orient the Rear Handlebar Cover (20) as shown.

Attach the Rear Handlebar Cover (20) to the Upright (2) with an M4 x 16mm Screw (77).

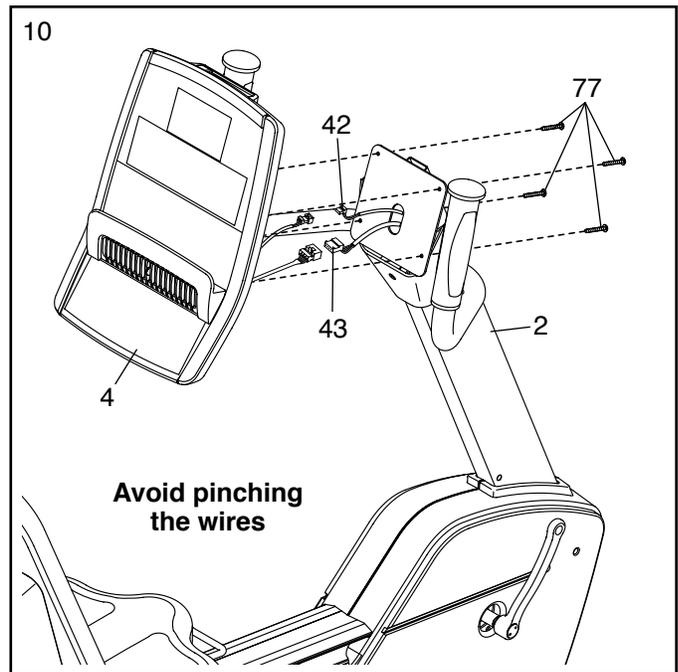


10. Untie and discard the wire tie on the Main Wire (43) and the Pulse Wire (42).

While another person holds the Console (4) near the Upright (2), connect the wires on the Console to the Main Wire (43) and to the Pulse Wire (42).

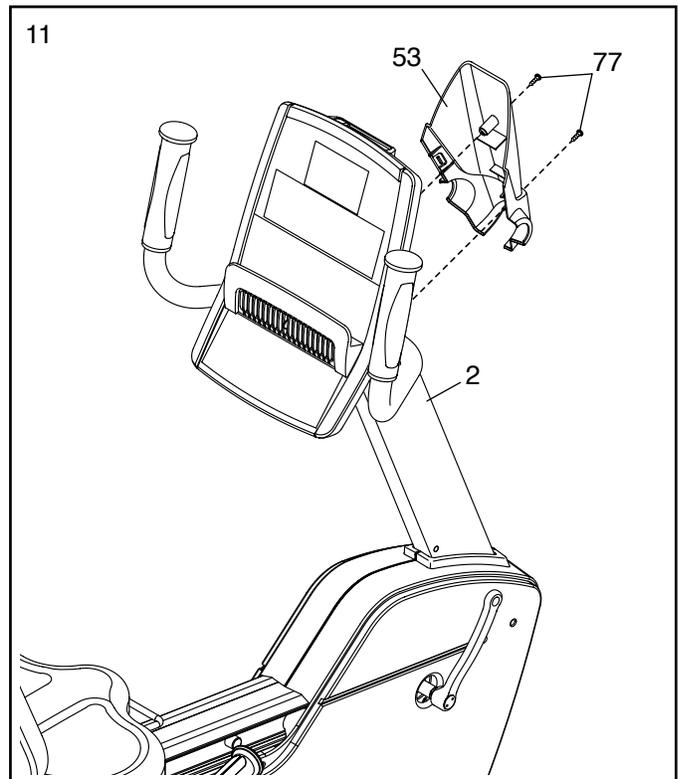
Insert the excess wire into the Upright (2) or into the Console (4).

**Tip: Start all screws before tightening any of them. Also, avoid pinching the wires during this step.** Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (77).



11. Orient the Front Handlebar Cover (53) as shown.

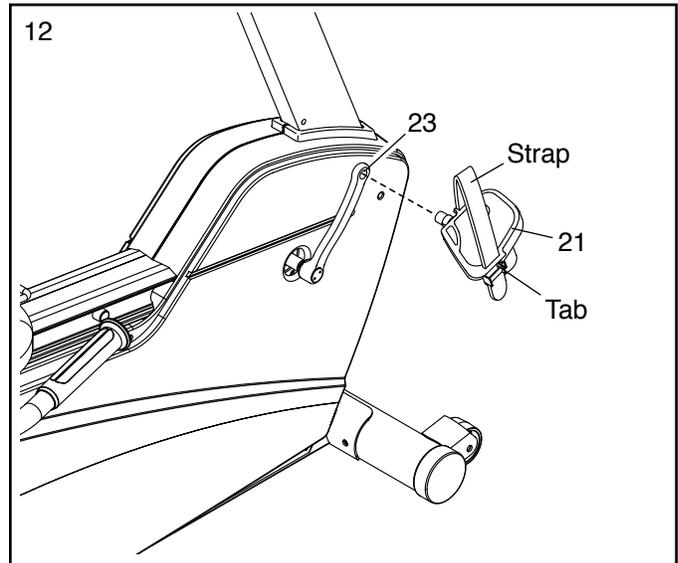
Attach the Front Handlebar Cover (53) to the Upright (2) with two M4 x 16mm Screws (77).



12. Identify the Right Pedal (21), which is marked with a “Right” sticker.

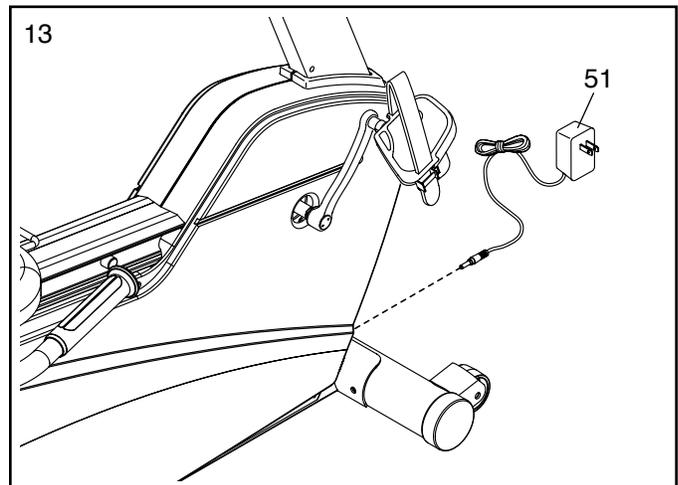
Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (23). Tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

Adjust the strap on the Right Pedal (21) to the desired position, and then press the end of the strap onto the tab on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



13. Plug the Power Adapter (51) into the receptacle on the frame of the exercise bike.

To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



14. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

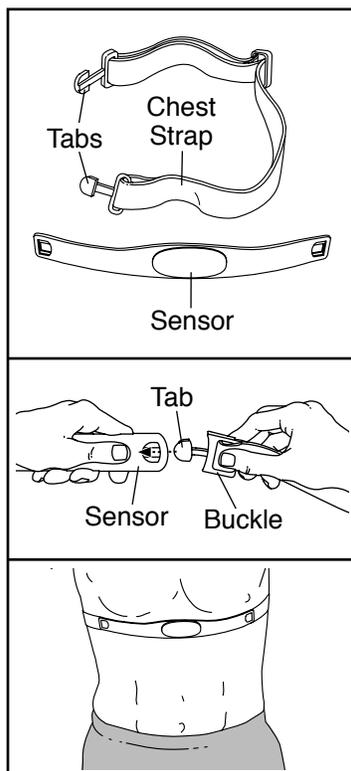
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

## CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.



- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

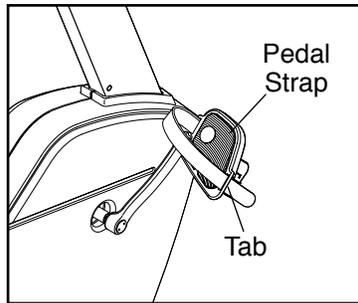
# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

Plug one end of the included power adapter into the receptacle on the front of the exercise bike. Plug the other end of the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

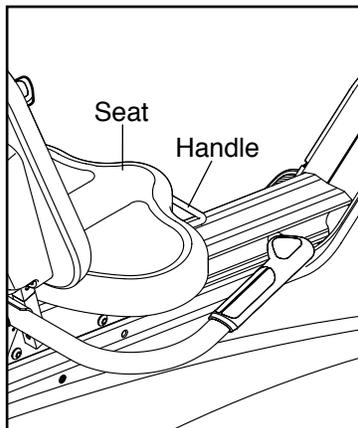
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



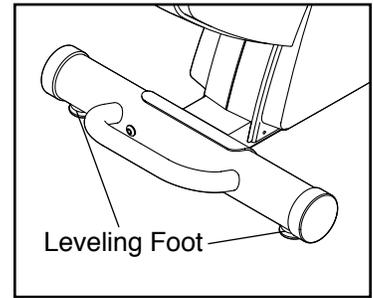
## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable for you. To adjust the seat, pull upward on the seat adjustment handle, slide the seat to the desired position, and then push downward on the handle to lock the seat in place.



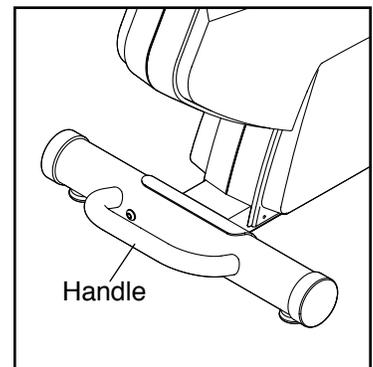
## HOW TO LEVEL THE EXERCISE BIKE

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

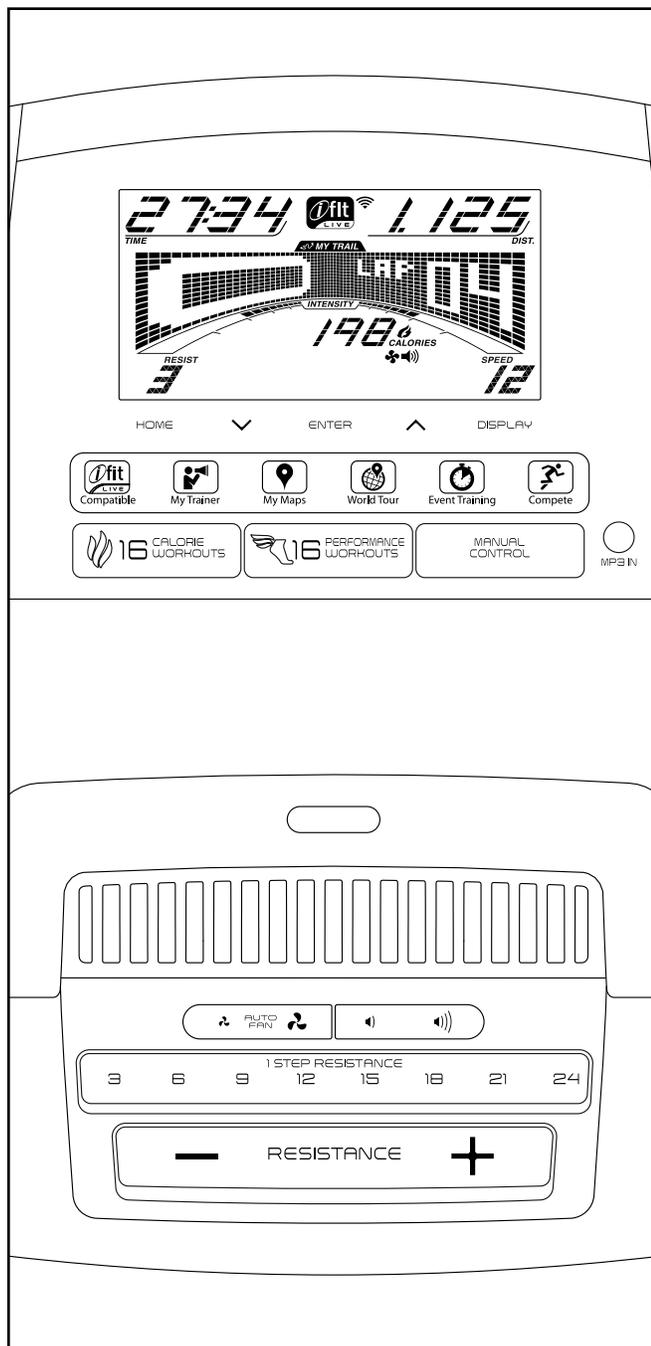


## HOW TO MOVE THE exercise bike

To move the exercise bike, hold the handle on the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



## CONSOLE DIAGRAM



## 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 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 heart rate monitor or the included chest heart rate monitor.

In addition, the console offers thirty-two preset workouts—sixteen calorie workouts and sixteen performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features revolutionary iFit Live technology that enables the console to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit Live users, and access many other features. **To purchase an iFit Live module at any time, go to [www.iFit.com](http://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 use the manual mode**, see page 15. **To use a preset workout**, see page 17. **To use an iFit Live workout**, see page 18. **To use the sound system**, see page 19. **To change console settings**, see page 19.

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

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 19. Note: For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

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

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Select the manual mode.

Press the Manual Control button on the console to select the manual mode.

If a wireless iFit Live module is not inserted into the console and connected to iFit Live, the manual mode will be selected automatically.

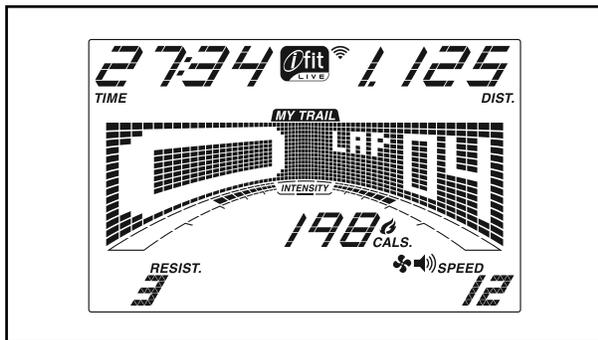
### 3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons or by pressing the Resistance increase and decrease buttons located on the console or on the handlebars.

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

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

The display can show the following workout information:



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

**Calories per Hour (Cals./Hr)**—This display mode will show the approximate number of calories you are burning per hour.

**Distance (Dist.)**—This display mode will show the distance that you have pedaled in miles or kilometers.

**Pulse**—This display mode will show your heart rate when you use the handgrip heart rate monitor or the included chest heart rate monitor (see step 5).

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

**Speed**—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

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

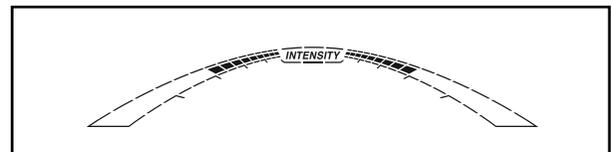
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

**Speed**—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

**My Trail**—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

**Calorie**—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



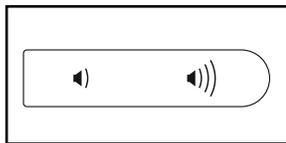
Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 19 to set the default menu). If necessary, press the Home button again.

When a wireless iFit Live module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

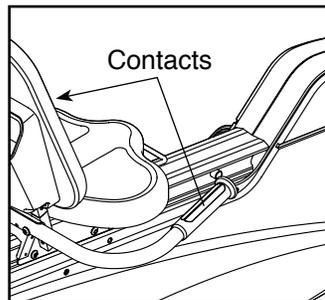
Change the volume level of the console by pressing the Volume increase and decrease buttons.



#### 5. Measure your heart rate if desired.

To use the included chest heart rate monitor, see page 12. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

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

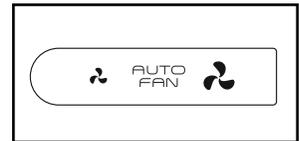


When your pulse is detected, a heart symbol in the display will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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 to squeeze the contacts tightly. For optimal performance, clean the 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 low, high, and auto speed settings. While the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for a while, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

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.

## HOW TO USE A PRESET WORKOUT

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

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Select a preset workout.

To select a preset workout, press the 16 Calorie Workouts or the 16 Performance button repeatedly until the desired workout appears in the display.

When you select a preset workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

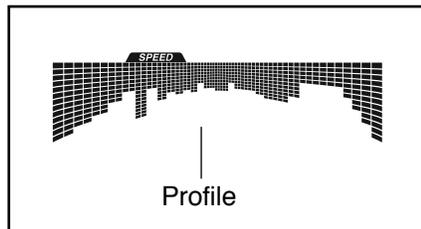
The display will also show the maximum pedaling speed and the maximum resistance level.

### 3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

The resistance level and the target speed for the first segment will appear in the matrix.

During the workout, the profile on the speed tab 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 target speed for the current segment.



At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your speed. When a downward-pointing arrow appears, decrease your speed. When no arrow appears, maintain your current speed.

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed 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. The time will flash in the display. To resume 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 AN iFIT LIVE WORKOUT

You must have an iFit Live module to use an iFit Live workout.

**To purchase an iFit Live module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit Live module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

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

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

When you turn on the console, the display will turn on. The console will then be ready for use.

### 2. Make sure that the iFit Live module is inserted in the console.

To use an iFit Live workout, make sure that the iFit Live module is inserted in the console.

### 3. Select the iFit Live mode.

To select the iFit Live mode, press the iFit Live button.

### 4. Select a user.

If more than one user is registered with your iFit.com membership, you can switch users in the iFit Live main screen. Press the increase and decrease buttons next to the Enter button to select a user.

### 5. Select an iFit Live workout.

To select an iFit Live workout, press one of the iFit Live buttons. Note: Before some workouts will download, you must go to [www.iFit.com](http://www.iFit.com) and add them to your schedule.

Press the iFit Live button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. **For more information about the iFit Live workouts, please see [www.iFit.com](http://www.iFit.com).**

When you select an iFit Live workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

### 6. Start the workout.

See step 3 on page 17.

During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 19).

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

### 7. Follow your progress with the display.

See step 4 on page 15.

The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

**8. Measure your heart rate if desired.**

See step 5 on page 16.

**9. Turn on the fan if desired.**

See step 6 on page 16.

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

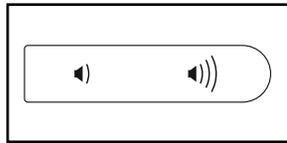
See step 7 on page 16.

**For more information about the iFit Live mode, go to [www.iFit.com](http://www.iFit.com).**

**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 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 increase and decrease buttons on the console or the volume control on your MP3 player or CD player.



**HOW TO CHANGE CONSOLE SETTINGS**

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit Live module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit Live module, and check for downloads.

**1. Select the information mode.**

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

**2. View usage information.**

The display will show the total number of hours that the exercise bike has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the exercise bike.

**3. Select a unit of measurement if desired.**

The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

**4. Determine if an iFit Live module is connected to the console.**

If an iFit Live module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, steps 6 to 9 are not applicable.

**5. Adjust the contrast level of the display if desired.**

Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

**6. Select an audio setting for the voice of the personal trainer if desired.**

Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

**7. Set the default menu if desired.**

Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode main menu or the iFit Live menu as the default menu.

**8 Check the status of the iFit Live module if desired.**

Press the decrease button to view the iFit Live status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

Then, press the Enter button. After a few seconds, the status of the iFit Live module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

**9. Check for downloads if desired.**

Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

Then, press the Enter button. The console will then check for iFit Live workouts and firmware downloads.

**10. Exit the information mode.**

Press the Display button to exit the information mode.

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## **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.**

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

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

## CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in. If lines appear in the console display, see **HOW TO CHANGE CONSOLE SETTINGS** on page 19 and adjust the contrast level of the display.

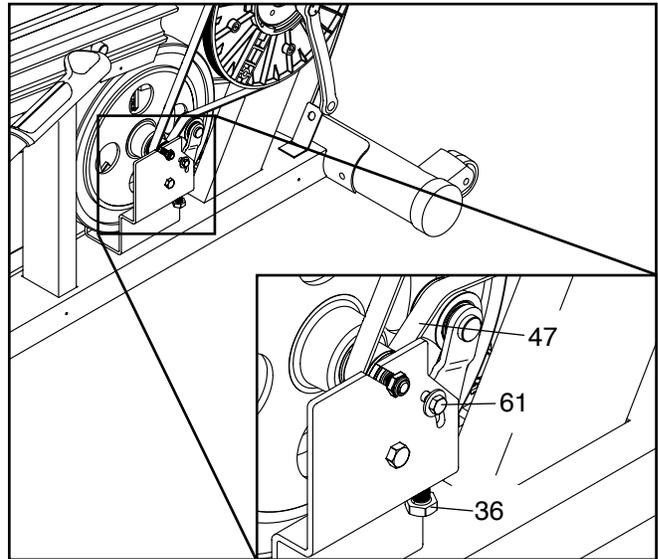
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

If the console does not display your heart rate when you use the chest heart rate monitor, see **TROUBLESHOOTING** on page 12.

## HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first remove the screws from the left and right shields. Note: There are two different sizes of screws in the shields. Be sure to note the location of each screw. Then, carefully remove the shields.



Locate and loosen the M6 x 20mm Screw (61). Next, tighten the M10 x 50mm Screw (36) until the Drive Belt (47) is tight. Then, retighten the M6 x 20mm Screw.

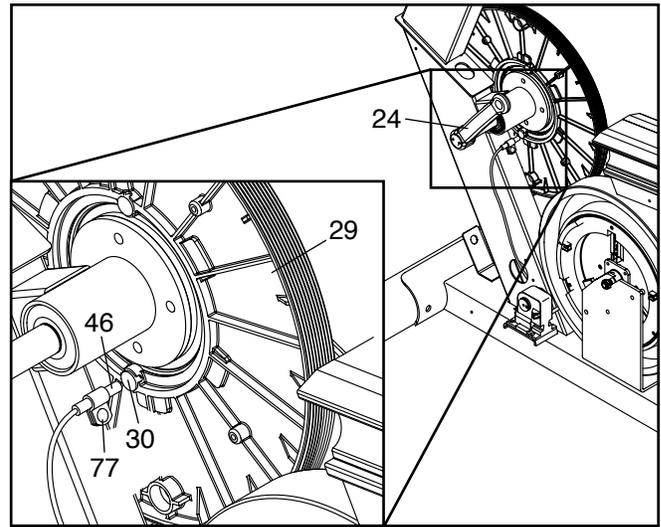
When the drive belt is correctly adjusted, reattach the left and right shields.

## 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 remove the screws from the left and right shields. Note: There are two different sizes of screws in the shields. Be sure to note the location of each screw. Then, carefully remove the shields.

Next, locate the Reed Switch (46). Loosen, but do not remove, the indicated M4 x 16mm Screw (77). Slide the Reed Switch slightly toward or away from a Magnet (30) on the Pulley (29).



Then, retighten the M4 x 16mm Screw (77). Turn the Left Crank Arm (24) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the left and right shields.

# 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 heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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	♥
<hr/>							
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.

# PART LIST

Model No. NTEX08011.0 R0112A

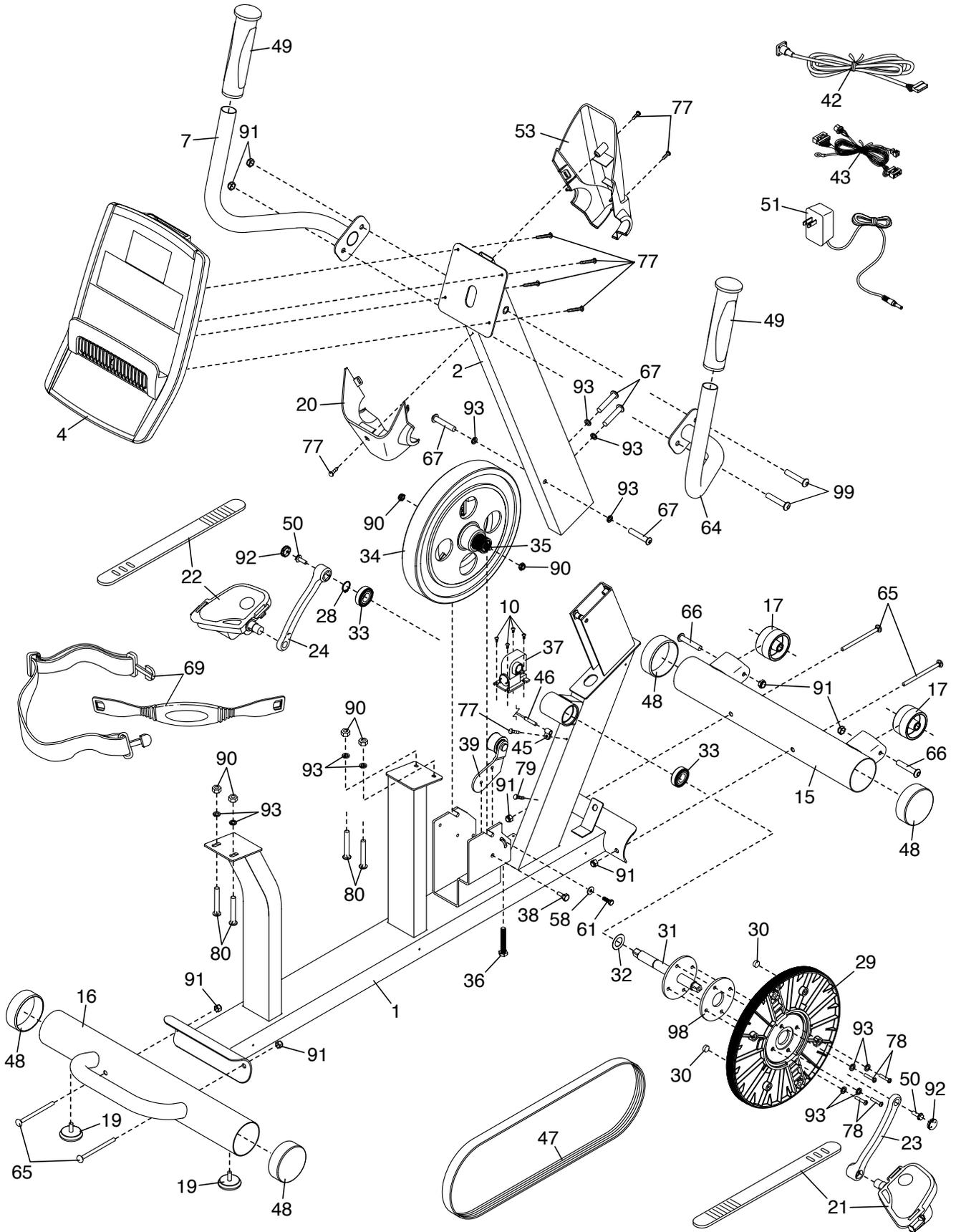
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Reed Switch/Wire
2	1	Upright	47	1	Drive Belt
3	1	Book Holder	48	4	Stabilizer Cap
4	1	Console	49	2	Upright Grip
5	1	Rail	50	2	Flange Screw
6	1	Adjustment Handle	51	1	Power Adapter
7	1	Left Handlebar	52	2	Backrest Tube
8	1	Backrest	53	1	Front Handlebar Cover
9	1	Seat	54	2	Carriage Spring
10	4	M4 x 12mm Flange Screw	55	6	Carriage Bearing
11	1	Seat Handlebar Assembly	56	1	Seat Rail Cap
12	1	Spring Block	57	4	Plastic Wheel
13	1	Left Shield	58	1	M6 x 18mm Washer
14	1	Right Shield	59	6	Carriage Spacer
15	1	Front Stabilizer	60	2	Rail Rod
16	1	Rear Stabilizer	61	1	M6 x 20mm Screw
17	2	Wheel	62	4	Rod Cap
18	2	Plastic Pad	63	1	6.35mm x 34mm Clevis Pin
19	2	Leveling Foot	64	1	Right Handlebar
20	1	Rear Handlebar Cover	65	4	M10 x 96mm Bolt
21	1	Right Pedal/Strap	66	2	Wheel Bolt
22	1	Left Pedal/Strap	67	4	M8 x 18mm Screw
23	1	Right Crank Arm	68	5	M4 x 16mm Round Head Screw
24	1	Left Crank Arm	69	1	Chest Pulse Transmitter/Strap
25	4	M6 x 38mm Screw	70	2	M8 x 68mm Bolt
26	1	Pivot Block	71	4	M6 x 16mm Screw
27	1	Handle Bracket	72	2	M8 x 35mm Bolt
28	1	Snap Ring	73	8	M4 x 10mm Self-tapping Screw
29	1	Pulley	74	10	M8 x 30mm Bolt
30	2	Magnet	75	2	M4 x 19mm Tek Screw
31	1	Crank	76	6	M8 Washer
32	1	Steel Washer	77	22	M4 x 16mm Screw
33	2	Crank Bearing	78	4	M8 x 16mm Bolt
34	1	Eddy Mechanism	79	1	Bright M4 x 16mm Screw
35	1	Eddy Axle Assembly	80	4	Rail Bolt
36	1	M10 x 50mm Screw	81	1	6.35mm x 38mm Clevis Pin
37	1	Resistance Motor	82	1	M12 x 52mm Screw
38	1	M6 x 15mm Shoulder Screw	83	1	9.5mm x 28.5mm Clevis Pin
39	1	Idler	84	1	6.35mm x 27mm Clevis Pin
40	1	Front Rail Bracket	85	2	Spring Screw
41	1	Seat Carriage	86	2	M8 Curved Washer
42	1	Pulse Wire	87	2	M4 x 12mm Round Head Screw
43	1	Main Wire	88	8	M6 Washer
44	1	Rear Rail Bracket	89	2	M4 x 38mm Screw
45	1	Clamp	90	10	M8 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
91	8	M10 Locknut	97	4	Cotter Pin
92	2	Crank Cap	98	1	Pulley Spacer
93	24	M8 Split Washer	99	2	M10 x 60mm Bolt
94	1	M12 Nut	*	–	Assembly Tool
95	10	M8 Jam Nut	*	–	User's Manual
96	2	Spring Washer			

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

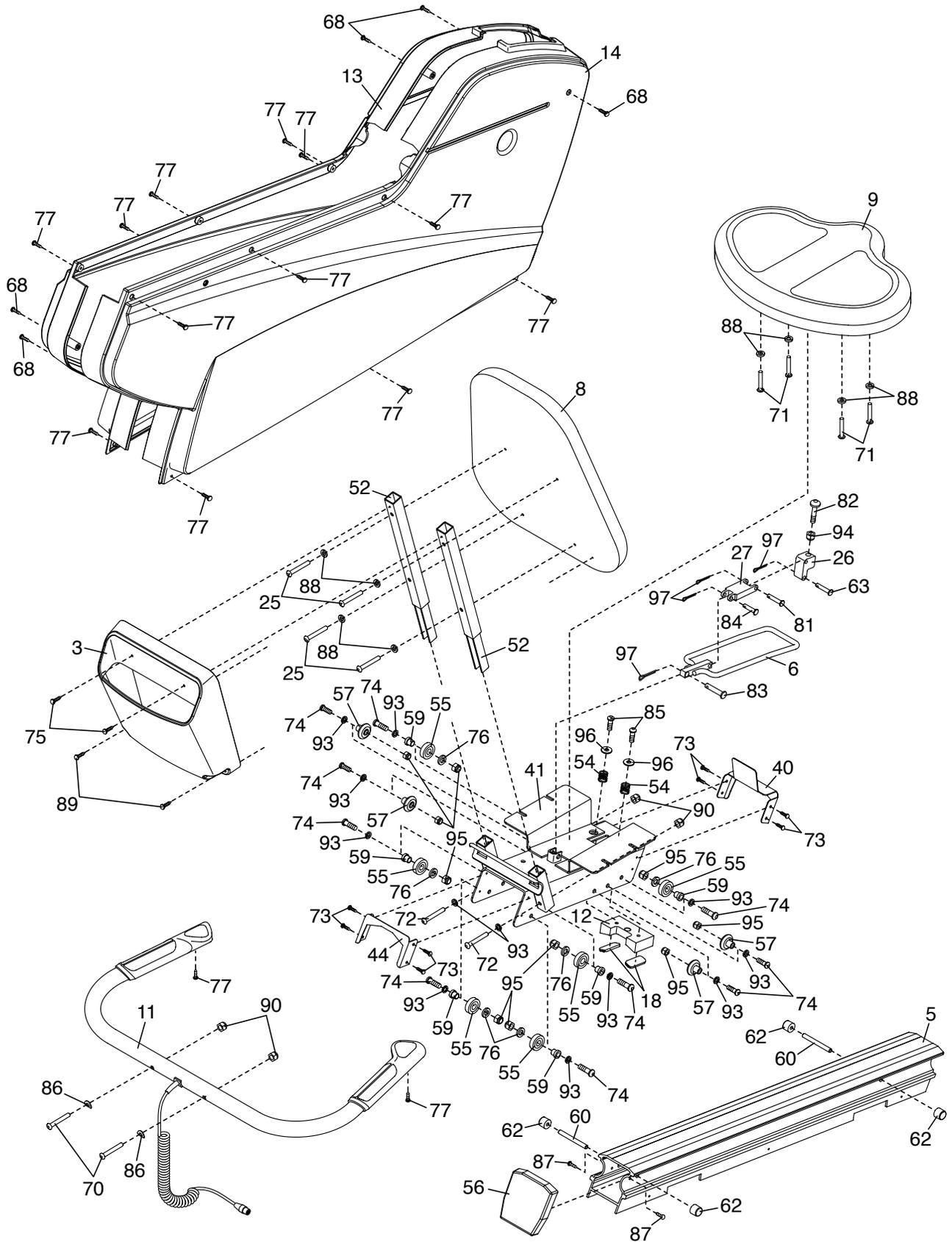
# EXPLODED DRAWING A

Model No. NTEX08011.0 R0112A



# EXPLODED DRAWING B

Model No. NTEX08011.0 R0112A



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# 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

**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](http://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 are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). 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. 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 will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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 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.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**