NordicTrack®
AIRGLIDE 14i

USER'S MANUAL

⚠ CAUTION

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

iconeurope.com

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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.

This decal is on both sides

⚠**WARNING**

Keep hands and fingers clear of this area. 📖
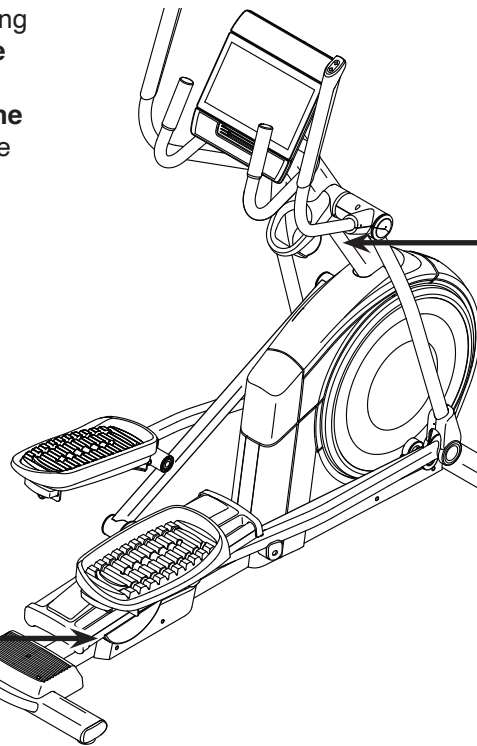
⚠**WARNING**

- •Misuse 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.
- •Not suitable for high accuracy purposes.
- •Always use on a level surface.
- •Pedals continue to spin when you stop pedaling.
- •Spinning pedals can cause injury.
- •Reduce pedal speed in a controlled manner.
- •Stop pedals and use care when mounting or dismounting machine.
- •User weight must not exceed 300 lbs./135 kg.
- •Replace this label if damaged, illegible or removed. 📖

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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.

2. Keep children under age 16 and pets away from the elliptical at all times.

3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.

4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.

5. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.

6. Use the elliptical only as described in this manual.

7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.

8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.

9. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.

10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

11. When connecting the power cord, plug the power cord into an earthed circuit.

12. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

13. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.

14. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

15. The elliptical should not be used by persons weighing more than 300 lbs. (135 kg).

16. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.

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

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

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

20. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
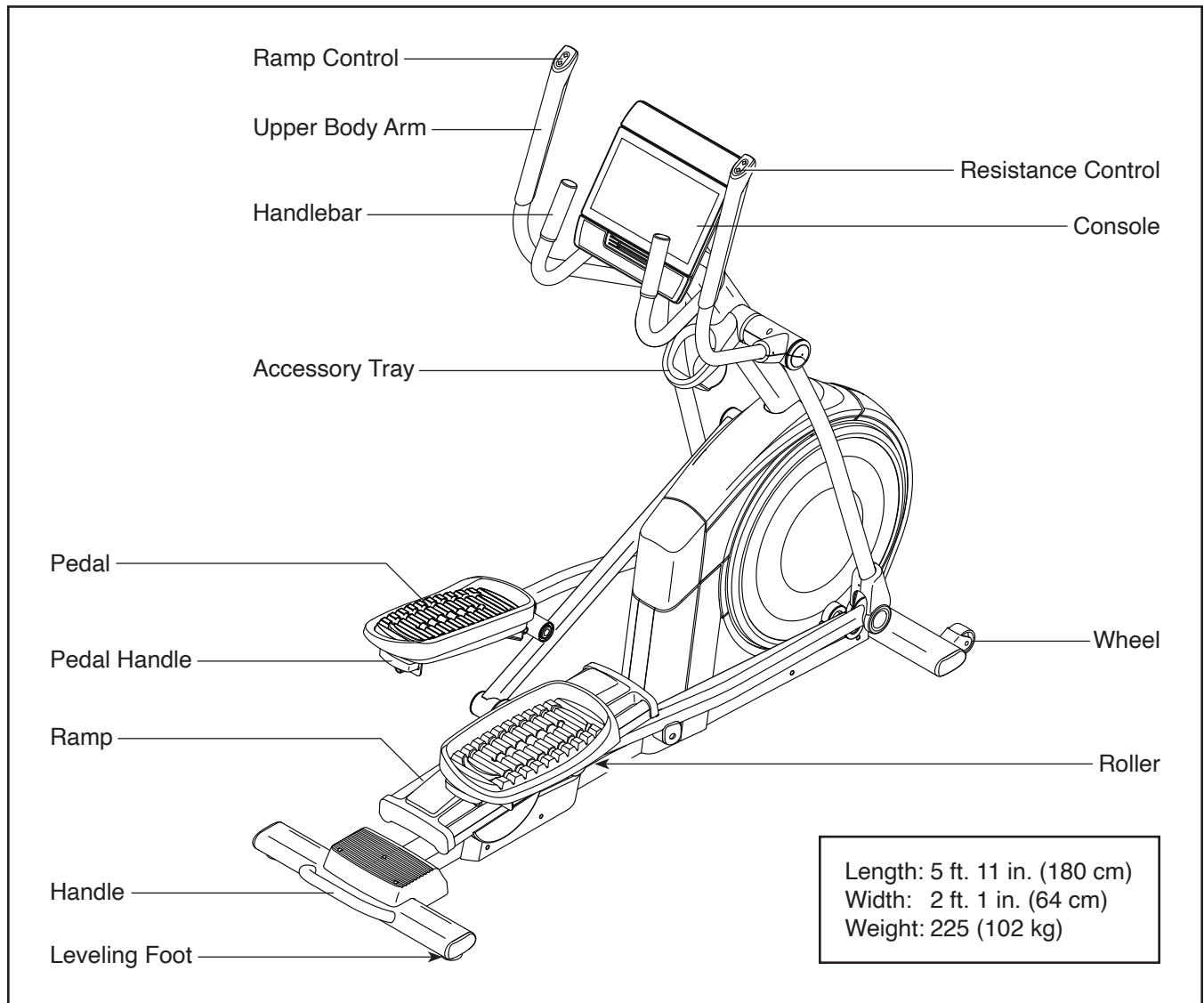
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® AIRGLIDE 14I elliptical. The AIRGLIDE 14I elliptical 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. 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.

Ramp Control

Upper Body Arm

Handlebar

Resistance Control

Console

Accessory Tray

Pedal

Pedal Handle

Wheel

Ramp

Roller

Handle

Length: 5 ft. 11 in. (180 cm)
Width: 2 ft. 1 in. (64 cm)
Weight: 225 (102 kg)

Leveling Foot

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 whether it has been preassembled. Extra parts may be included.**

M8 x 22mm
Washer (129)–2

M8 x 28mm
Washer (97)–2

M4 x 16mm
Screw (101)–16

M4 x 18mm
Machine Screw
(155)–3

M8 x 13mm
Screw (82)–4

M8 x 20mm
Screw (95)–2

M8 x 20mm Flat
Head Screw (120)–2

M8 x 41mm Screw
(96)–4

M10 x 25mm
Screw (92)–2

M10 x 60mm Screw
(90)–4

M10 x 115mm Screw (104)–2
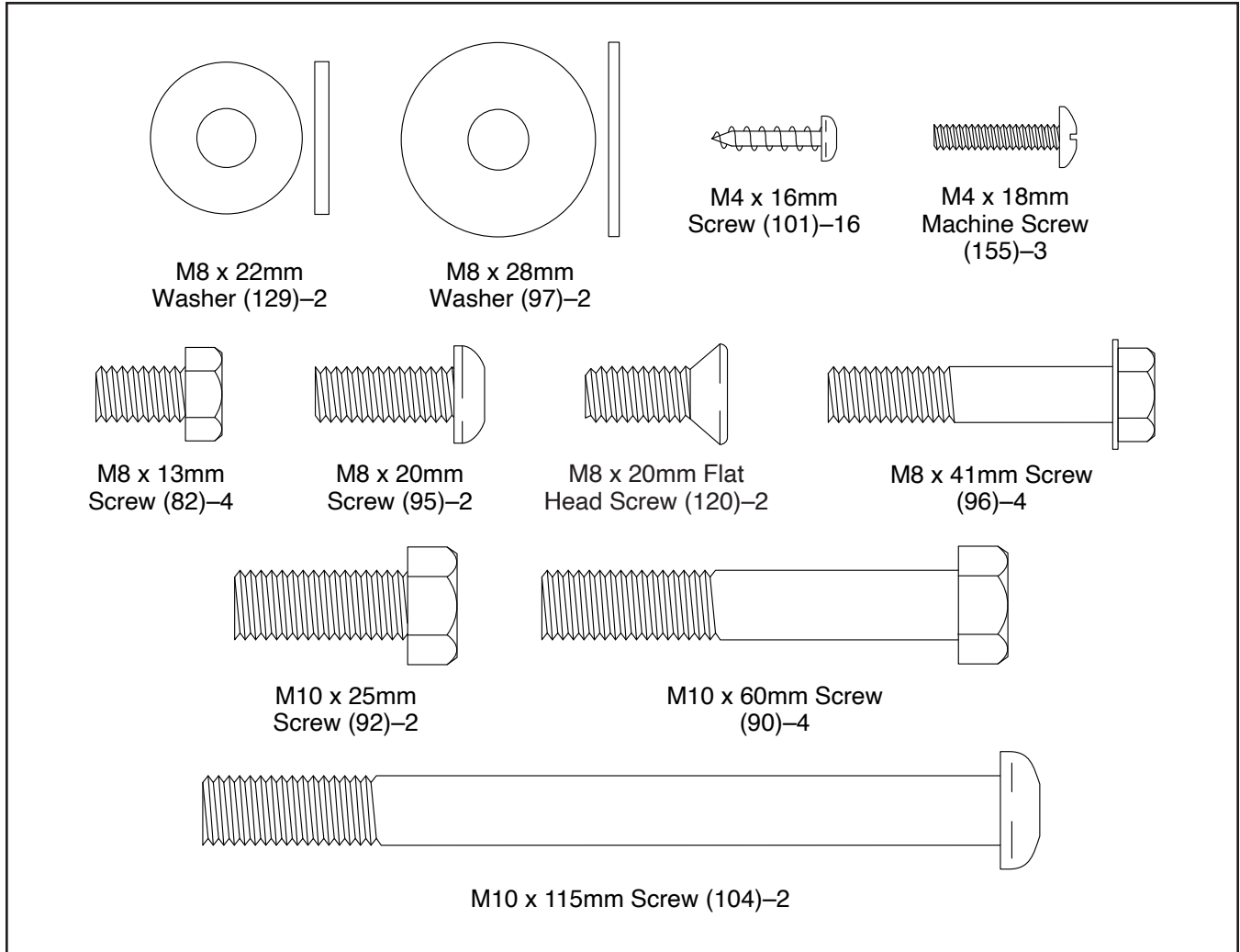
ASSEMBLY

- Assembly requires two persons.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 6.

- Assembly can be completed using the included tools. Note: Keep the included tools. One or more of the tools may be needed to make adjustments in the future. To avoid damaging parts, do not use power tools for assembly or adjustment.

1. **To register your product and activate your warranty in the UK,** go to iconsupport.eu. If you do not have internet access, call Member Care (see the front cover of this manual).

   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial number, and name of your product (see the front cover of this manual)

2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping until you complete this step.**

   If there are shipping supports attached to the rear of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

   Next, attach the Rear Stabilizer (2) to the Frame (1) with four M10 x 60mm Screws (90).

   Then, remove the packing materials from under the Frame (1).
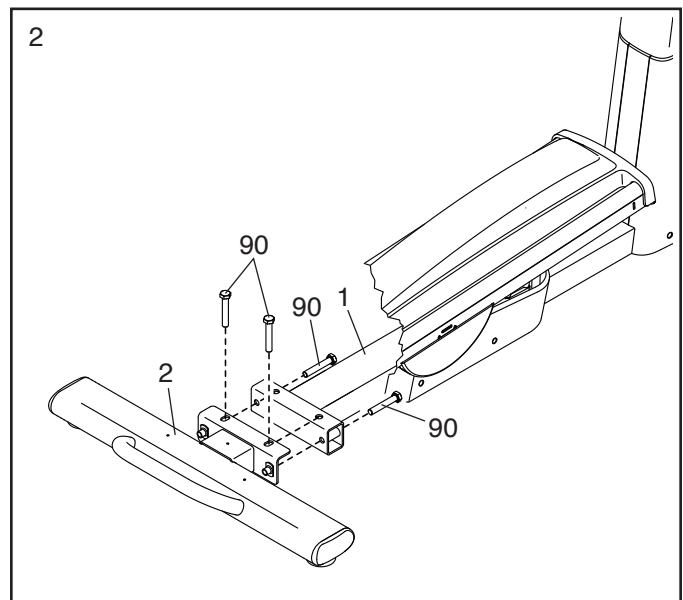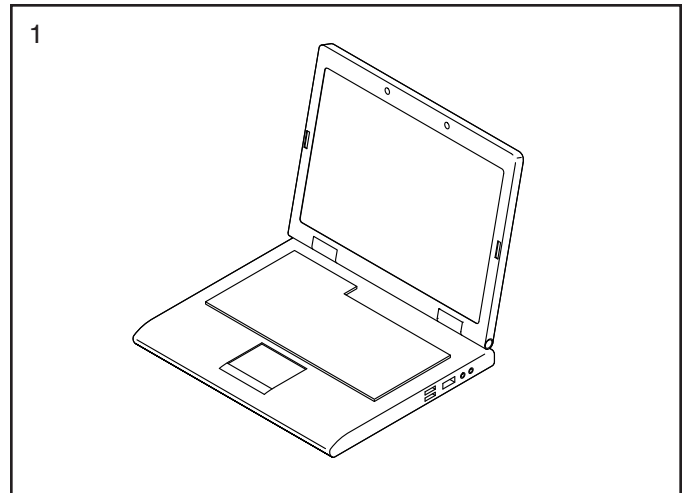
3. Attach the Rear Stabilizer Cover (15) to the Rear Stabilizer (2) with three M4 x 18mm Machine Screws (155); **start all three Machine Screws, and then tighten them.**

4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping until you complete this step.**
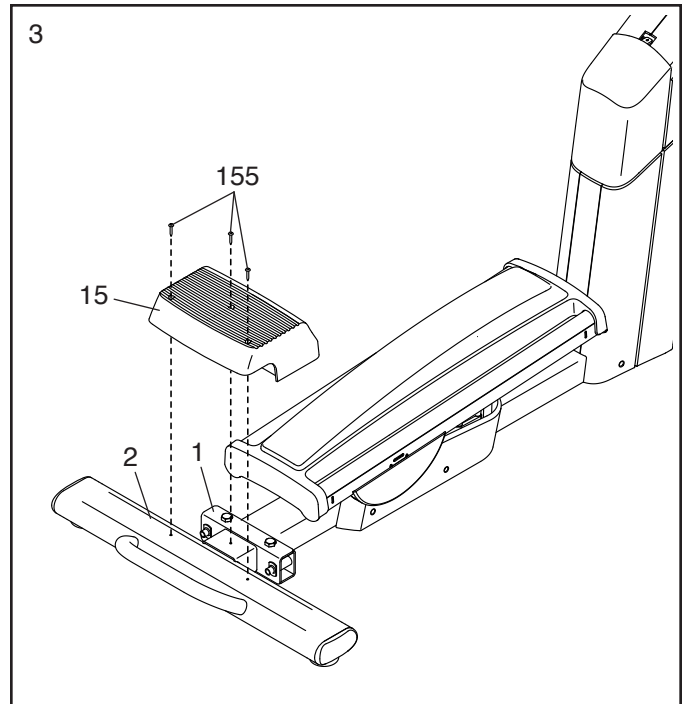
   If there are shipping supports attached to the front of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

   Next, attach the Front Stabilizer (6) to the Frame (1) with two M10 x 115mm Screws (104).

   Then, remove the packing materials from under the Frame (1).
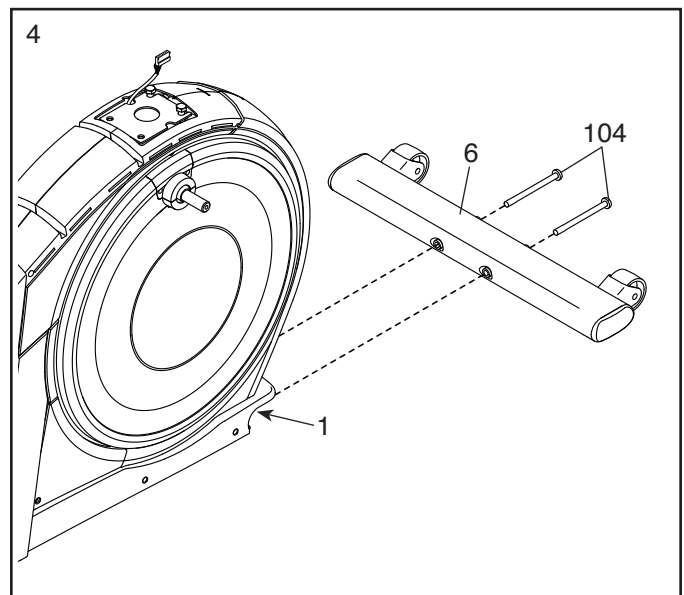
5. Apply a small amount of the included grease to the axle on the right Crank Arm (20).

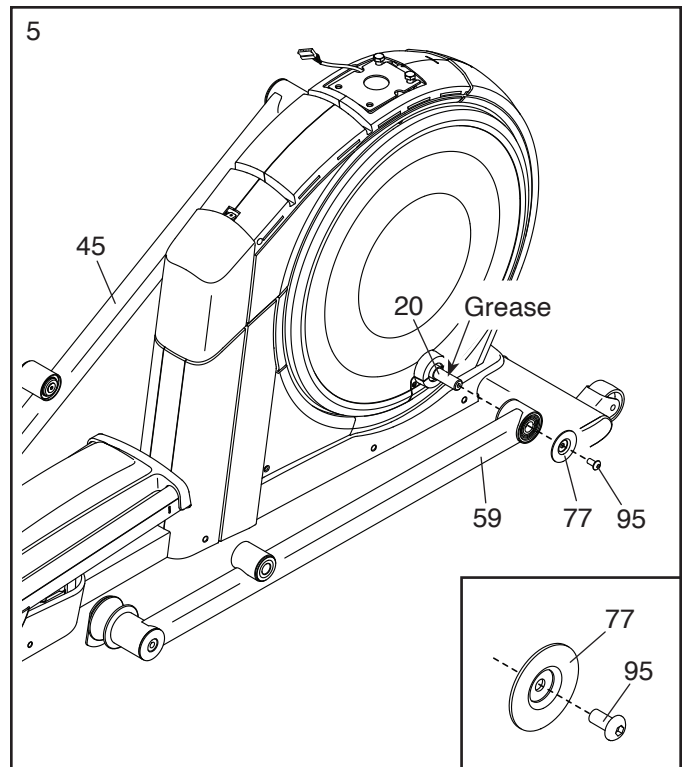Next, identify the Right Roller Arm (59), orient it as shown, and slide it onto the right Crank Arm (20).

Attach the Right Roller Arm (59) with an M8 x 20mm Screw (95) and a Crank Cover (77); **make sure that the Crank Cover is oriented as shown in the inset drawing.**

Repeat this step for the Left Roller Arm (45).

6. Have a second person hold the Upright (4) near the Frame (1) as shown.

Next, connect the Upright Wire (157) to the Main Wire (110).

IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again. You must connect the wires properly for your elliptical to function properly. To see a short video about how to connect wires, scan the QR code or go to my.iFIT.com.
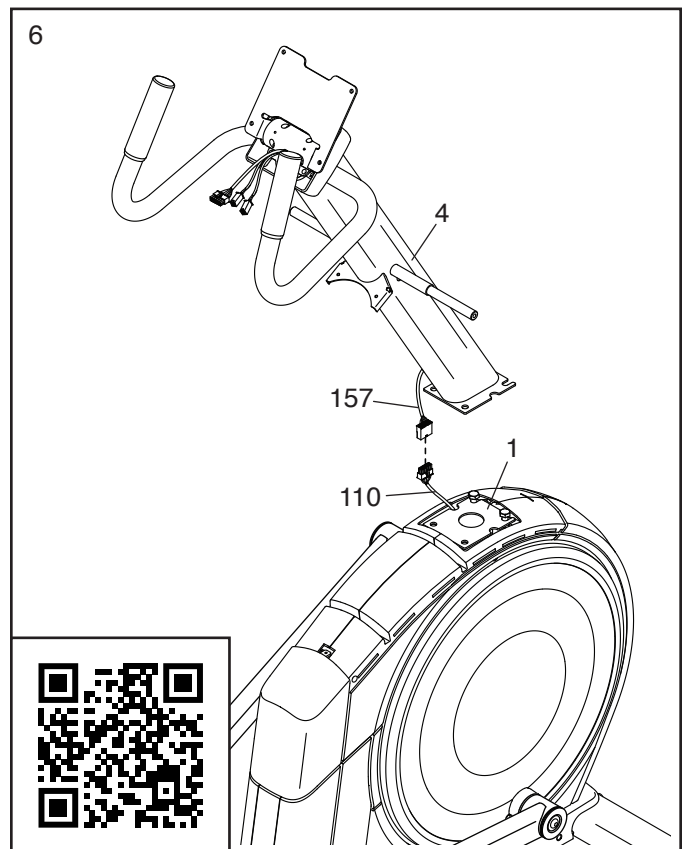
7. **Avoid pinching the wires.** Have a second person hold the Upright (4) on the Frame (1).

   Note: Two M10 x 25mm Screws (92) are preattached to the Frame (1).

   Attach the Upright (4) with two additional M10 x 25mm Screws (92); **do not fully tighten the Screws yet.**

   See the inset drawing. Insert the connectors on the wires into the left side of the Upright (4). Next, route the Main Wire (110) through the notch in the Grommet (156) as shown, and then press the Grommet into the Upright.
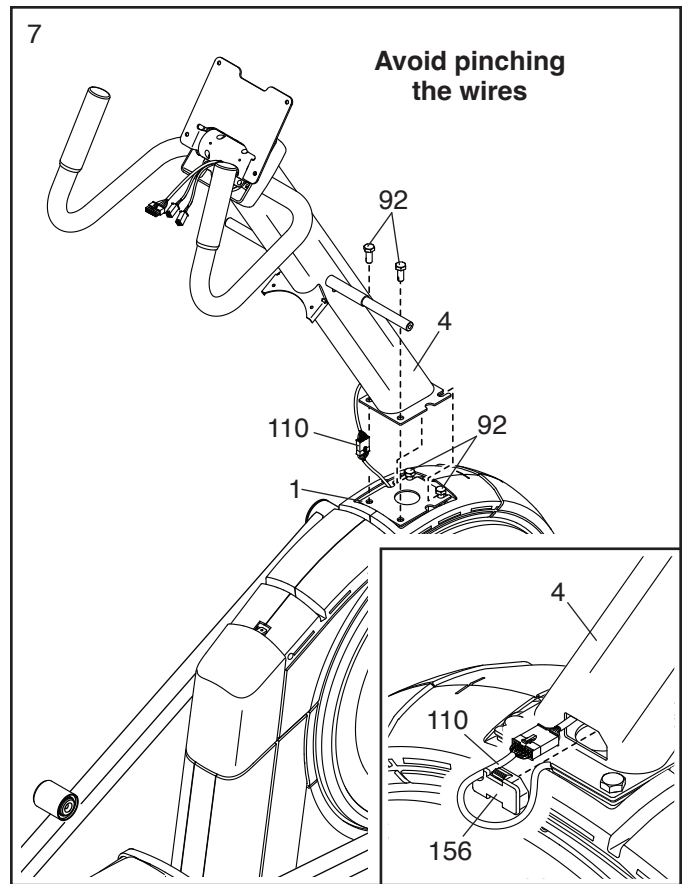
8. Apply grease to the axle on the right side of the Upright (4).

   Next, slide a Pivot Spacer (54) onto the right side of the Upright (4).

   Then, identify the Right Upper Body Leg (60), orient it as shown, and slide it onto the right side of the Upright (4).

   Attach the Right Upper Body Leg (60) with an M8 x 13mm Screw (82) and an M8 x 28mm Washer (97).

   Repeat this step to attach the Left Upper Body Leg (46).

9. Orient the Right Pedal Arm (58) as shown, and apply grease to the axle.

Insert the Right Pedal Arm (58) into the Right Upper Body Leg (60) and into the Right Roller Arm (59).

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 20mm Flat Head Screw (120) and a Retainer (55); **make sure that the flat side (A) of the Retainer is facing the Right Roller Arm as shown in the inset drawing.**
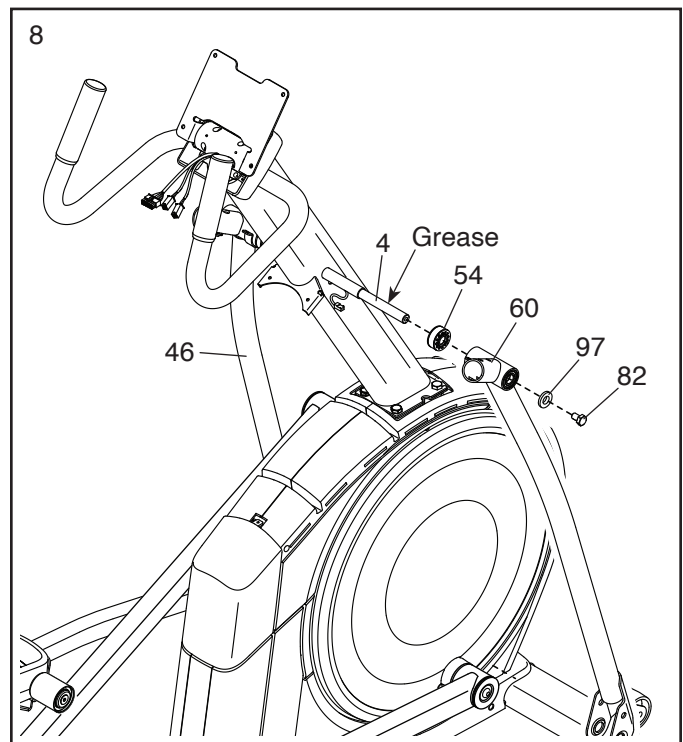
Repeat this step for the Left Pedal Arm (44).
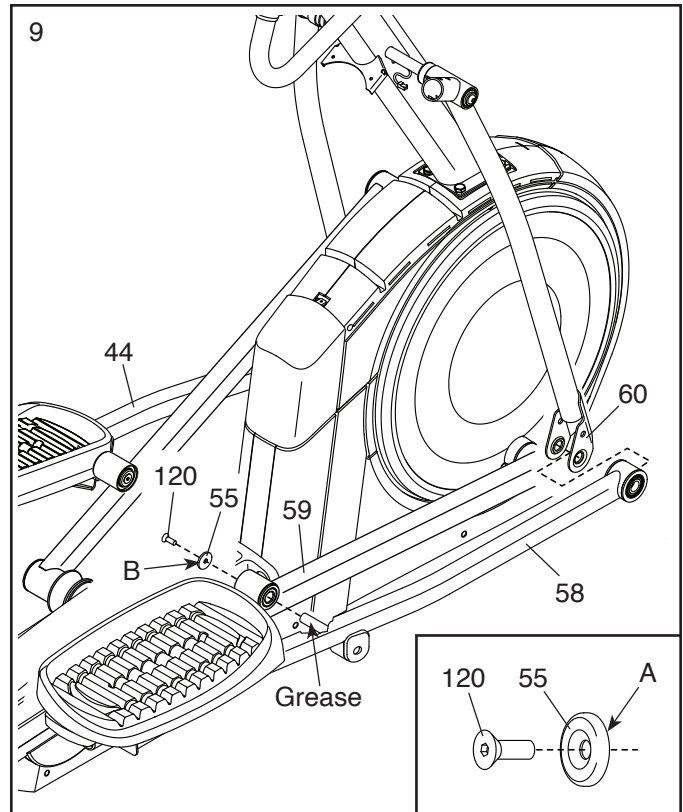
10. Apply grease to one of the Pedal Arm Axles (64).

Insert the Pedal Arm Axle (64) into the Right Upper Body Leg (60) and the Right Pedal Arm (58) from the direction shown.

Next, slide an M8 x 22mm Washer (129) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

Then, tighten the Pedal Arm Axle (64) and the M8 x 13mm Screw (82) at the same time.

Repeat this step on the other side of the elliptical.

11
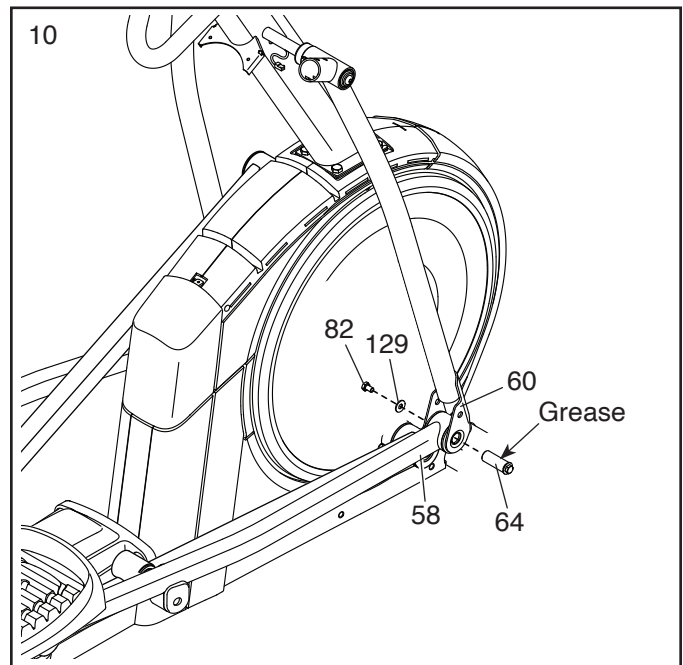
11. **See step 7. Tighten the four M10 x 25mm Screws (92).**

Next, have a second person hold the Console (7) near the Upright (4). Connect the wires on the Console to the Main Wire (110) and to the Left and Right Extension Wires (111, 146).

IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again. You must connect the wires properly for your elliptical to function properly.

Then, insert the connectors and the excess wire into the Console (7).
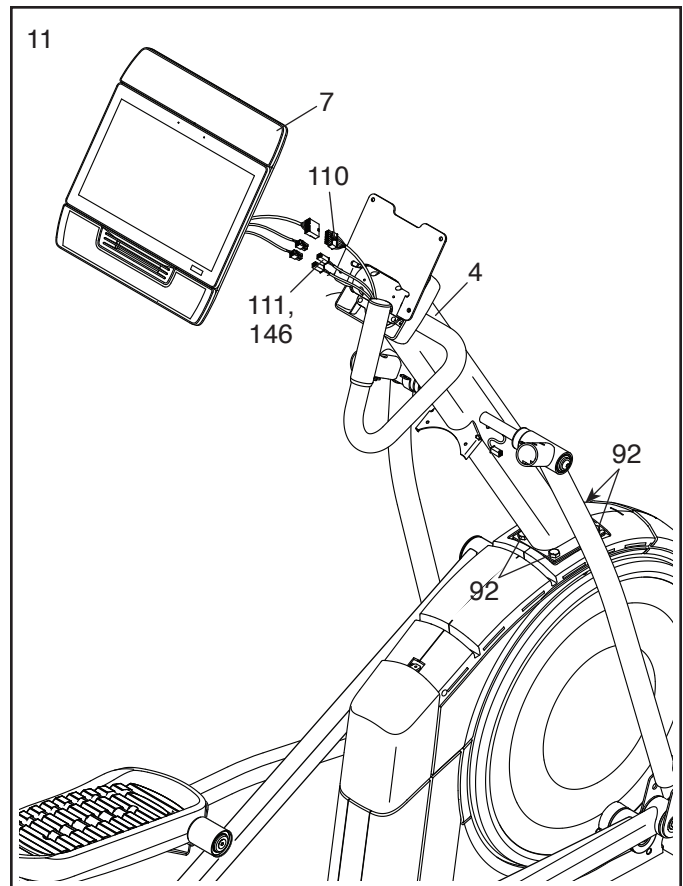
12. If there is a hang tag (not shown) attached to the Console Bracket (128), discard the hang tag.

Avoid pinching the wires. Attach the Console (7) to the Console Bracket (128) with four M4 x 16mm Screws (101); **start all four Screws, and then tighten them.**

Avoid pinching the wires
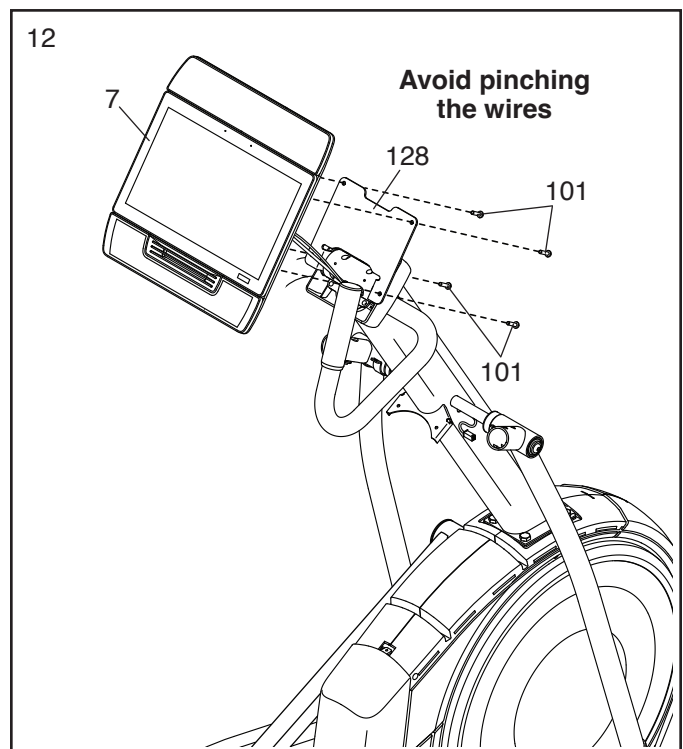
13. Orient the Lower Console Cover (152) as shown, and snap it into the back of the Console (7). Note: It may be helpful to pivot the Console downward.

Then, orient the Upper Console Cover (153) as shown, and snap it into the back of the Console (7). Note: It may be helpful to pivot the Console upward.
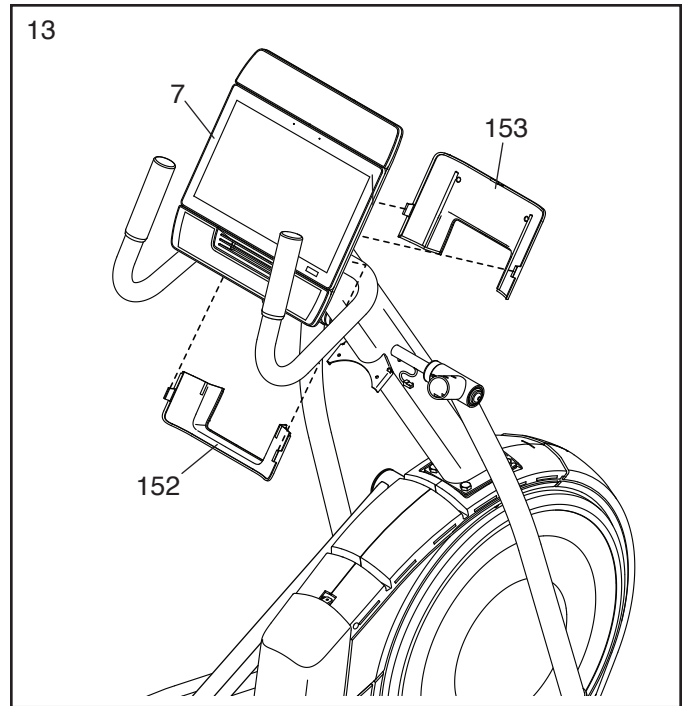
14. Orient the Accessory Tray (37) as shown, and attach it to the Upright (4) with two M4 x 16mm Screws (101).
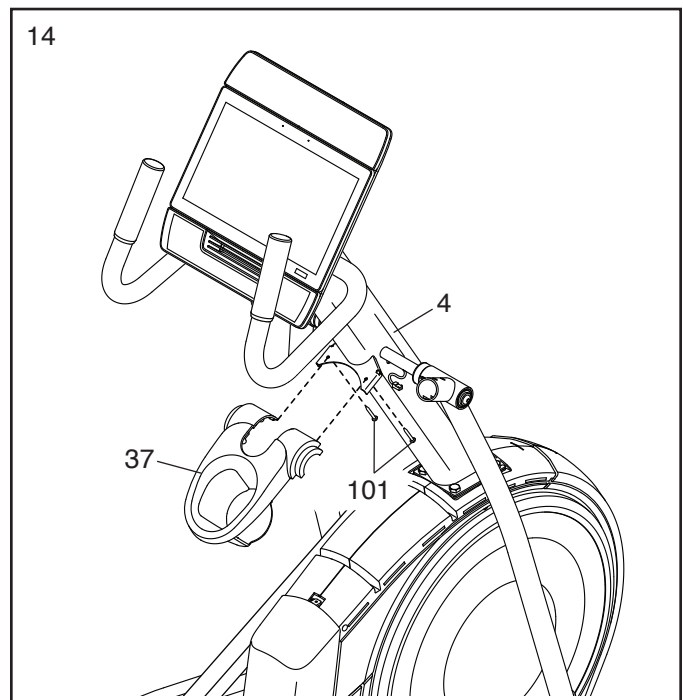
15. Identify the Right Upper Body Arm (61) and have a second person hold it near the Right Upper Body Leg (60).

See the inset drawing. Locate the Right Control Wire (134) in the Right Upper Body Arm (61). Feed the Right Control Wire into the Upper Body Leg (60) and out of the indicated hole (D).

Avoid pinching the Right Control Wire (146). Insert the Right Upper Body Arm (61) into the Right Upper Body Leg (60). Attach the Right Upper Body Arm with two M8 x 41mm Screws (96).

Repeat this step with the Left Upper Body Arm (47).

15

Avoid pinching the wires

96

47

61

60

134

61

134

60

D
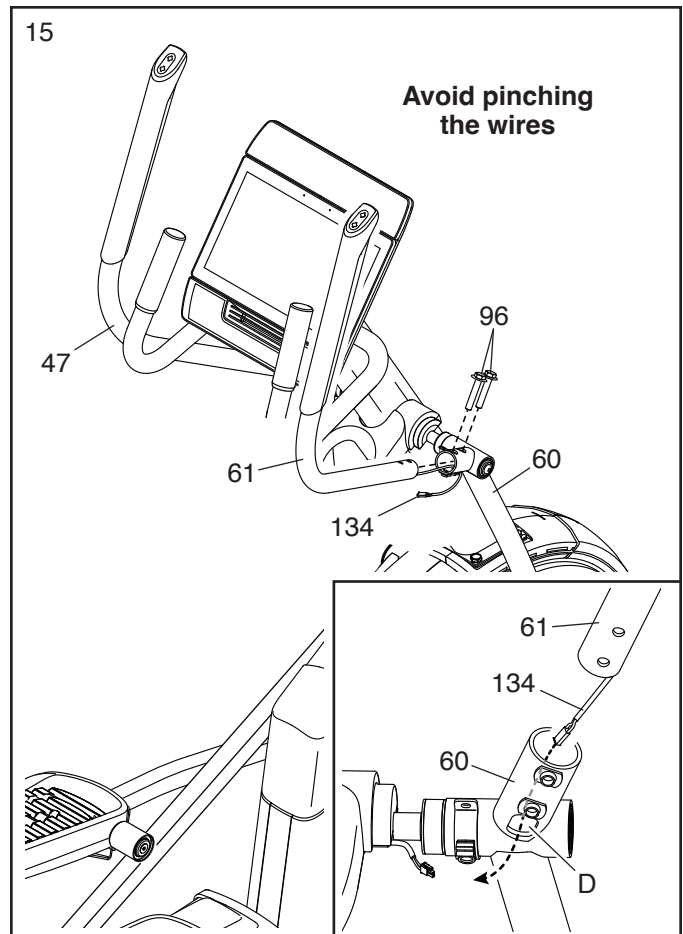
16. **See the left inset drawing.** Connect the Right Control Wire (134) to the right Extension Wire (111).

IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again. You must connect the wires properly for your elliptical to function properly.

Then, insert the connectors and the excess wire into the Upright (4).

See the right inset drawing. Press the Right Control Wire (134) into the slot in the Wire Clip (159).

Repeat this step on the left side of the elliptical.

16

4

111   134

159

134
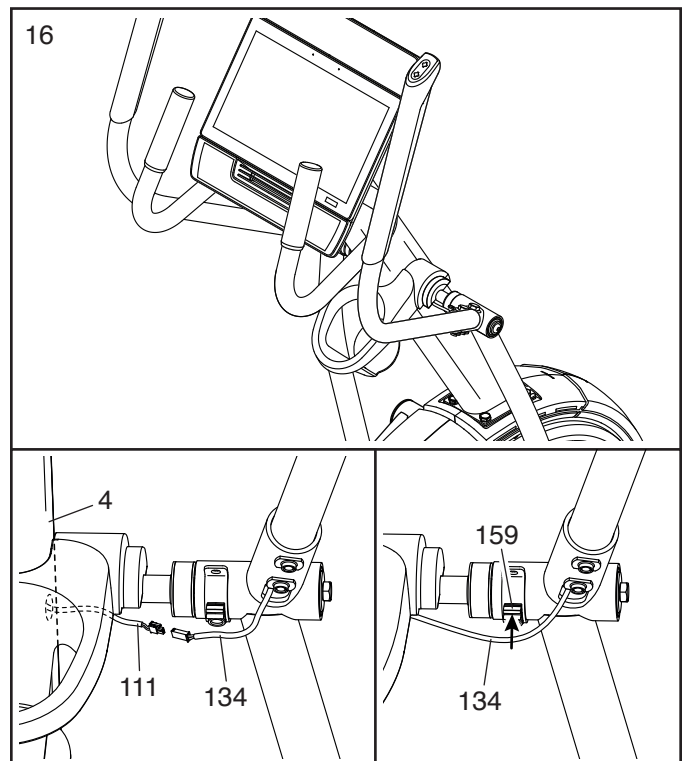
17. **Avoid pinching the wires.** Orient a Lower Tray Cover (81) as shown, and hold it near the Right Control Wire (134). Attach the Lower Tray Cover to the right side of the Accessory Tray (37) with two M4 x 16mm Screws (101).

Repeat this step on the other side of the elliptical.

17

Avoid pinching the wires

37

81

134

101
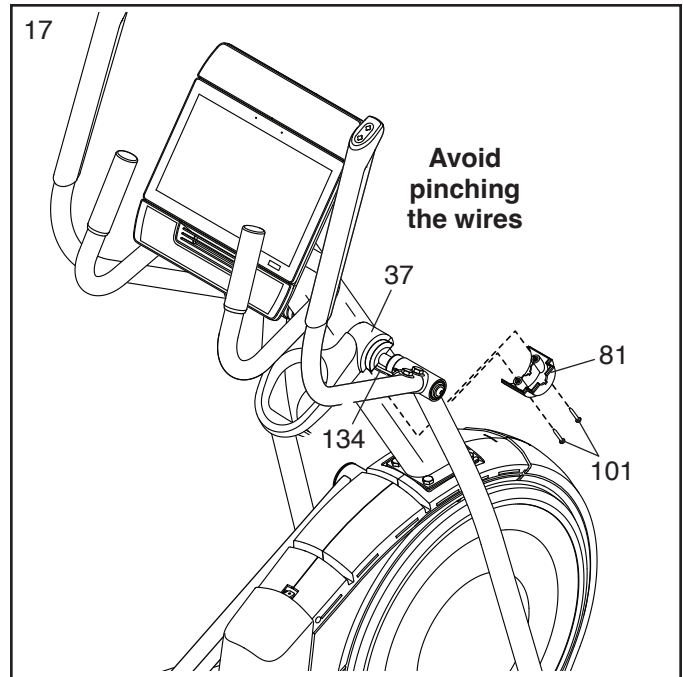
18. **Avoid pinching the wires.** Press the Front Shield Cover (117) onto the Left and Right Shields (73, 74).

Then, press the Center Shield Cover (75) onto the Left and Right Shields (73, 74).

18

Avoid pinching the wires

4

73, 74

117

75
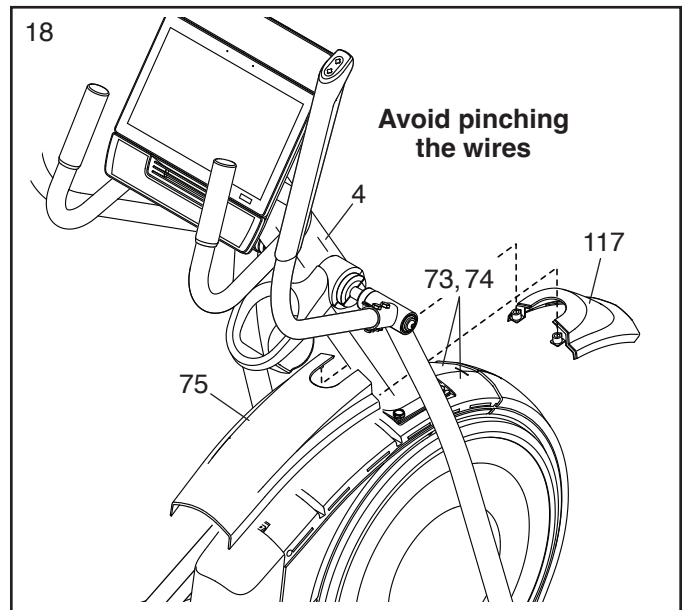
19. Identify the Right Leg Inner Cover (83), orient it as shown, and insert it through the Right Upper Body Leg (60).

Next, identify the Right Leg Outer Cover (69), orient it as shown, and press it onto the Right Leg Inner Cover (83).

Attach the Right Leg Outer and Inner Covers (69, 83) to each other with an M4 x 16mm Screw (101).

Repeat this step on the other side of the elliptical.
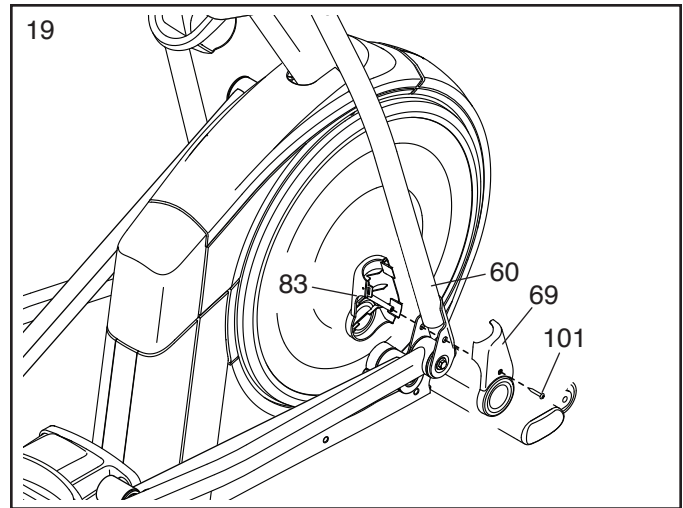
20. **Avoid pinching the wires.** Orient the Right Arm Front and Rear Covers (65, 66) around the Right Upper Body Leg (60) as shown, and attach them with two M4 x 16mm Screws (101).

Repeat this step on the other side of the elliptical.
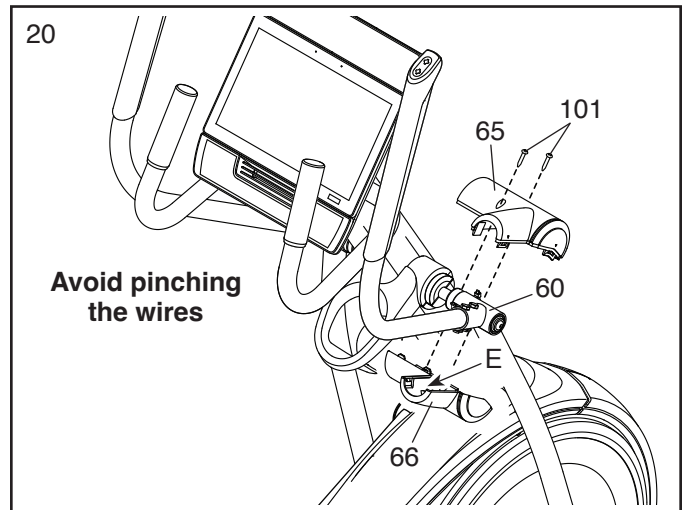
21. **Make sure that all parts are properly tightened.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor. Note: Keep the included tools. One or more of the tools may be needed to make adjustments in the future. To avoid damaging parts, do not use power tools for assembly or adjustment.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

⚠DANGER: Improper connection of the equipment-earthing 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 earthed. 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.

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord (A) into the socket (B) on the frame.
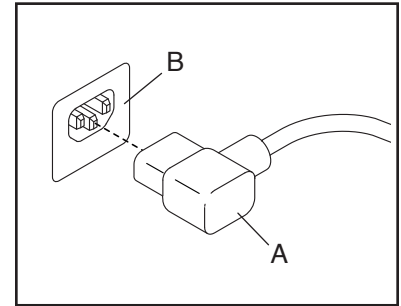
2. Plug the power cord into an appropriate outlet (C) that is properly installed and earthed in accordance with all local codes and ordinances.

17
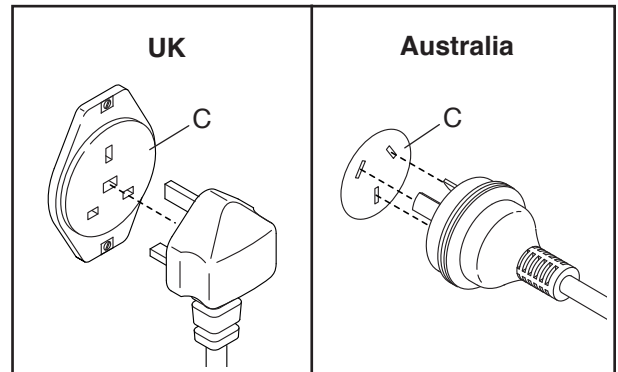
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical, hold the upright (G), and place one foot against one of the wheels (H). Next, pull on the upright and have a second person lift the handle (I) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.
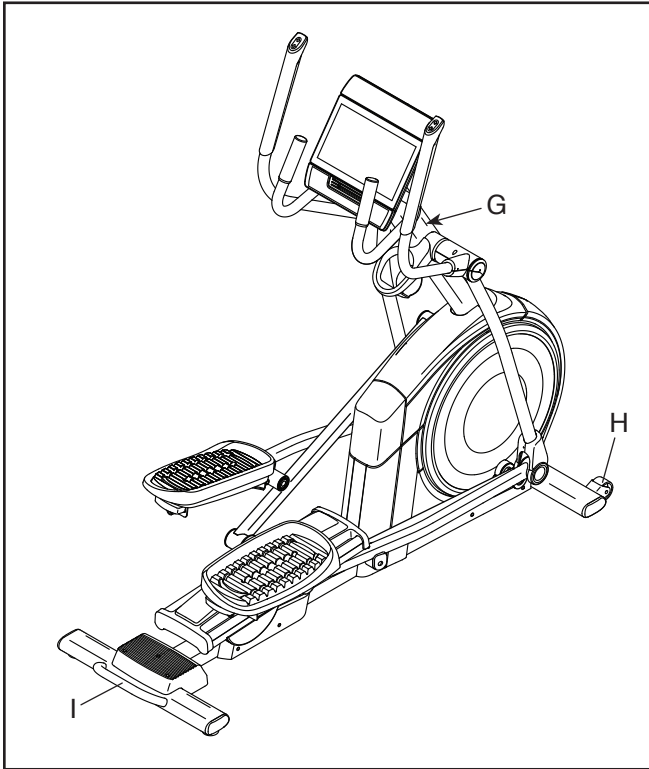
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (J) beneath the rear stabilizer or turn the leveling foot (K) under the center of the frame until the rocking motion is eliminated.
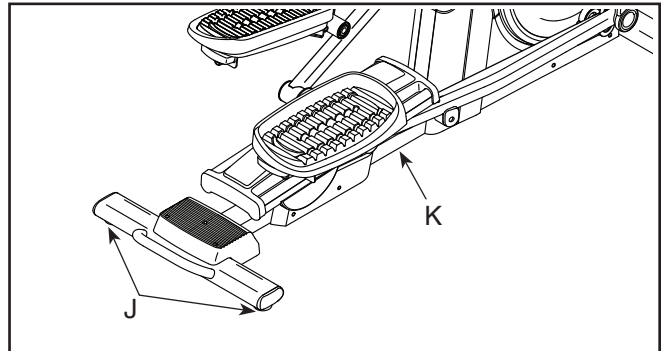
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (L) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.
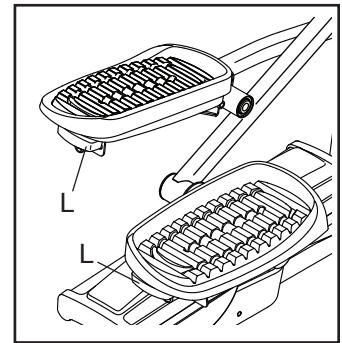
HOW TO EXERCISE ON THE ELLIPTICAL

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

To dismount the elliptical, wait until the pedals (O) come to a complete stop. **Note: The elliptical 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.
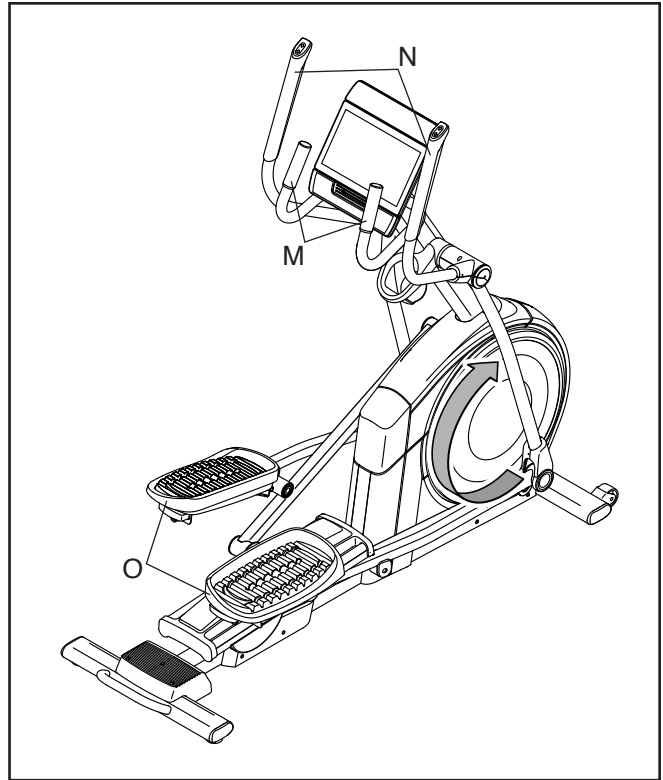
HOW TO USE THE CONSOLE
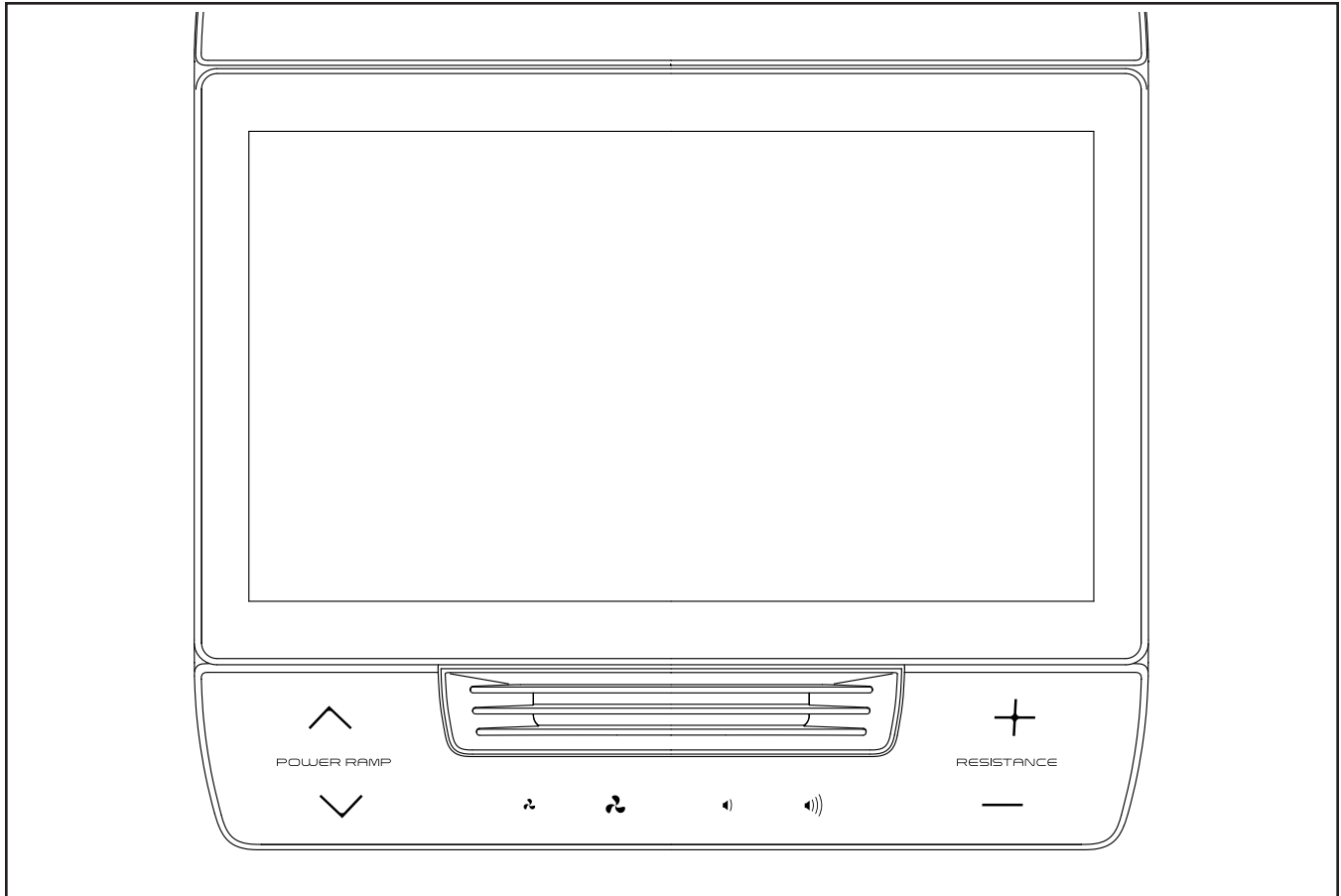
FEATURES OF THE CONSOLE

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 a touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even monitor your heart rate using a compatible heart rate monitor. **See page 31 for information about purchasing a compatible heart rate monitor.**

The console also features wireless technology that enables the console to connect to iFIT®. With an iFIT subscription, you can access a large and varied library of thousands of destination and studio workouts, create your own workouts, track your workout results, and access many other features.

In addition, the console offers a rotating selection of featured workouts. Each workout automatically controls the resistance of the pedals and the incline of the frame as an iFIT trainer guides you through an effective exercise session.

To turn on and turn off the console, see page 21. **To learn how to use the touch screen,** see page 21. **To set up the console,** see page 22.

HOW TO TURN ON THE CONSOLE

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 17). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).

A —
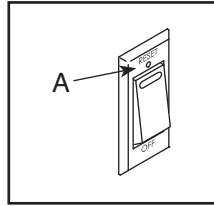
The console will then turn on and be ready for use. **Note: When you turn on the console for the first time, the incline system may calibrate automatically.** The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see step 7 on page 29 and manually calibrate the incline system.

HOW TO TURN OFF THE CONSOLE

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

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

• The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.

• To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~{<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

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

1. **Connect to your wireless network.**

   To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. **Customize settings.**

   Follow the prompts on the screen to set the desired unit of measurement and your time zone.

   Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 28.

3. **Log into or create an iFIT account.**

   Follow the prompts on the screen to log into your iFIT account or to create an iFIT account.

4. **Check for firmware updates.**

   Touch the menu button (three horizontal lines symbol), touch *Settings,* touch *Maintenance,* and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 28.

Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Also, some settings and features described in this manual may no longer be enabled. Take time to explore the console to learn how new settings and features work.

5. **Calibrate the incline system.**

   Touch the menu button (three horizontal lines symbol), touch *Settings,* touch *Maintenance,* and then touch *Calibrate Incline*. The ramp will rise and lower as it calibrates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 28.

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

To use the manual mode, see page 23. **To use a featured workout,** see page 24. **To create a draw-your-own-map workout,** see page 26. **To use an iFIT workout,** see page 27.

To change console settings, see page 28. **To connect to a wireless network,** see page 30.

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

HOW TO USE THE MANUAL MODE

1. **Touch the screen or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE CONSOLE on page 21. **Note: It may take up to a few minutes for the console to be ready for use.**

2. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up.

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

3. **Get ready for the workout.**

   Touch *Manual Start* and begin pedaling. A warm-up period will begin.

   To use the fan, see page 31.

   To use a heart rate monitor, see page 31.

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

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout.

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

   • Press the Resistance increase and decrease buttons on the console.
   • Press the Resistance increase and decrease buttons on the right handlebar.
   • Touch the resistance sliders on the screen.

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

   • Press the Ramp increase and decrease buttons on the console.
   • Press the Ramp increase and decrease buttons on the left handlebar.
   • Touch the incline sliders on the screen.

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

Note: To view the resistance or incline sliders on the screen, touch the screen in any open space and then touch the controls options to enable this feature.

5. **Follow your progress.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown.

   Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

   Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the screen in any open space to view even more display mode options.

   If desired, adjust the volume level by pressing the Vol increase and decrease buttons.
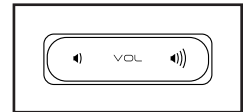
6. **Pause or end the workout.**

   To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

   To end the workout session, touch the screen, touch the pause option, and then follow the prompts on the screen to end the workout and return to the home screen.

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

   See HOW TO TURN OFF THE CONSOLE on page 21.

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 30).

1. **Touch the screen or press any button on the console to turn on the console.**

    See HOW TO TURN ON THE CONSOLE on page 21. **Note: It may take up to a few minutes for the console to be ready for use.**

2. **Select the home screen or the workout library.**

    When you turn on the console, the home screen will appear after the console boots up.

    If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

    Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

3. **Select a workout.**

    To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll as necessary.

    The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 27).

    To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 26.

    When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

4. **Get ready for the workout.**

    Touch *Start Workout* and begin pedaling. A warm-up period will begin.

    To use the fan, see page 31.

    To use Bluetooth headphones, see page 31.

    To use a heart rate monitor, see page 31.

5. **Start the workout.**

    Touch *End Warmup* or pedal until the warm-up period ends to start the workout.

    During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

    During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

    During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target 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 is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Ramp buttons (see step 4 on page 23).

    To return to the programmed resistance settings of the workout, touch *Follow Workout*.

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance settings.

To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

IMPORTANT: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level or incline level of the ramp during the workout, the number of calories you burn will be affected.

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you wear a compatible heart rate monitor (see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 31).

To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 28.

To follow your progress with the display modes, see step 5 on page 23.

To pause or end the workout, see step 6 on page 23.

6. **When you are finished exercising, turn off the console.**

   See HOW TO TURN OFF THE CONSOLE on page 21.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

To use a draw-your-own-map workout, you must be logged into your iFIT account (see step 3 on page 27) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 30).

1. **Touch the screen or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE CONSOLE on page 21. **Note: It may take up to a few minutes for the console to be ready for use.**

2. **Select a draw-your-own-map workout.**

   When you turn on the console, the home screen will appear after the console boots up.

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

   To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

3. **Draw a workout on the map.**

   Navigate to the area on the map where you want to draw a workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for the workout. Then, touch the screen to add the end point for the workout.

   If you want to start and end the workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want the workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for the workout.

4. **Save the workout.**

   Touch the options on the screen to save the workout. If desired, enter a title and description for the workout.

5. **Get ready for the workout.**

   Touch *Start Workout* and begin pedaling. A warm-up period will begin.

   To use the fan, see page 31.

   To use Bluetooth headphones, see page 31.

   To use a heart rate monitor, see page 31.

6. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 5 on page 24).

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

   See HOW TO TURN OFF THE CONSOLE on page 21.

HOW TO USE AN IFIT WORKOUT

To use an iFIT workout, you must be logged into your iFIT account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 30).

1. **Touch the screen or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE CONSOLE on page 22. **Note: It may take up to a few minutes for the console to be ready for use.**

2. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up.

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

3. **Log in to your iFIT account.**

   If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

   To switch users within your iFIT account, touch the menu button, touch *Settings,* and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. **Select an iFIT workout from the home screen or the workout library.**

   Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

To select an iFIT workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll as necessary.

The featured iFIT workouts shown on the home screen will change periodically.

The workout library contains all of the iFIT workouts available for the elliptical, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

When you select an iFIT workout, the screen will show an overview of the workout that includes details such as the duration of the workout and the approximate number of calories you will burn during the workout.

You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

5. **Schedule an iFIT workout on the calendar if desired.**

   If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule,* and then select the desired date on the calendar.

   When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

6. **Create a list of favorite iFIT workouts if desired.**

   To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

   To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

7. Get ready for the workout.

Touch *Start Workout* and begin pedaling. A warm-up period will begin.

To use the fan, see page 31.

To use Bluetooth headphones, see page 31.

To use a heart rate monitor, see page 31.

8. Start the workout.

Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 5 on page 24).

9. When you are finished exercising, turn off the console.

See HOW TO TURN OFF THE CONSOLE on page 21.

For more information about iFIT, go to iFIT.com.

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Firmware updates (see step 6) are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Also, some settings and features described in this manual may no longer be enabled. Take time to explore the console to learn how new settings and features work.

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 21). **Note: It may take up to a few minutes for the console to be ready for use.**

Next, select the home screen (Home button). When you turn on the console, the home screen will appear after the console boots up. If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll as necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account
• My Profile
• In Workout
• Manage Accounts

Equipment
• Equipment Info
• Equipment Settings
• Maintenance
• Wi-Fi

About
• Legal

3. **Customize workout settings.**

   To customize workout settings and enable workout features, touch *In Workout* and then touch the desired settings.

   When the active pulse feature is enabled, the console will scale the intensity level of workouts based on your heart rate when you wear a compatible heart rate monitor. To enable the active pulse feature, touch the active pulse toggle. Then, select your resting and maximum heart rates and adjust related settings as desired.

4. **Customize the unit of measurement and other settings.**

   To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings* and then touch the desired settings.

   The console can display speed and distance in either standard or metric units of measurement.

5. **View machine information or console app information.**

   Touch *Equipment Info* and then touch *Machine Info* or *App Info* to view information about your elliptical or about the console app.

6. **Update the console firmware.**

   For the best results, regularly check for firmware updates. Touch *Maintenance* and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not turn off the console while the firmware is being updated.**

   The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take up to a few minutes for the console to be ready for use.

   Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

7. **Calibrate the incline system.**

   To calibrate the incline system, touch *Maintenance,* touch *Calibrate Incline,* and then touch *Begin*. The ramp will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

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

8. **Exit the settings main menu.**

   To exit the settings main menu, touch the back button (arrow symbol).

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network.

1. **Select the home screen.**

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 21). **Note: It may take up to a few minutes for the console to be ready for use.**

   Next, select the home screen (Home button). When you turn on the console, the home screen will appear after the console boots up. If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

2. **Select the wireless network menu.**

   Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. **Enable Wi-Fi®.**

   Make sure that Wi-Fi is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. **Set up and manage a wireless network connection.**

   When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 21.)

When the console is connected to your wireless network, a confirmation message will appear on the screen.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to my.iFIT.com for assistance.

5. **Exit the wireless network menu.**

   To exit the wireless network menu, touch the back button (arrow symbol).

HOW TO USE THE FAN

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn off the fan.
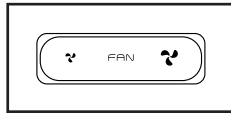
HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, start a workout. Next, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

HOW TO USE AN OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**
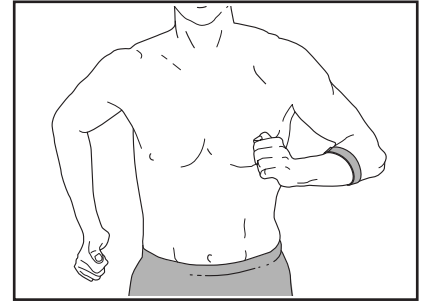
The console is compatible with all Bluetooth® Smart heart rate monitors.

When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

TROUBLESHOOTING

Many problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

INCLINE SYSTEM TROUBLESHOOTING

If the ramp does not move to the correct incline level, see step HOW TO CHANGE CONSOLE SETTINGS on page 28 and calibrate the incline system.

CONSOLE TROUBLESHOOTING

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

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

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, press the power switch and unplug the power cord. Next, locate the small reset opening (A) on the top of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power cord and press the power switch. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, press the power switch off and then on again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS page 28). **Note: It may take up to a few minutes for the console to be ready for use.**
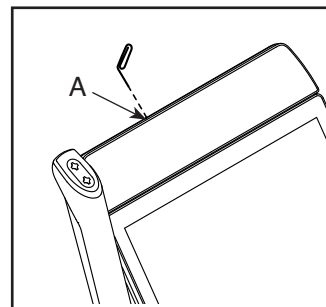
HOW TO ADJUST THE DRIVE BELT

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

Next, locate the Access Cover (3) on the Right Shield (74). Remove the M4 x 16mm Screw (101), and then remove the Access Cover.
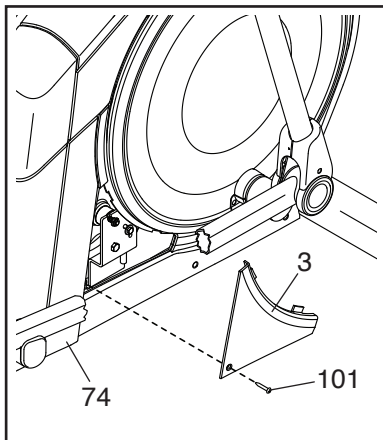
Next, locate and loosen the Idler Screw (89). Tighten the Drive Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.
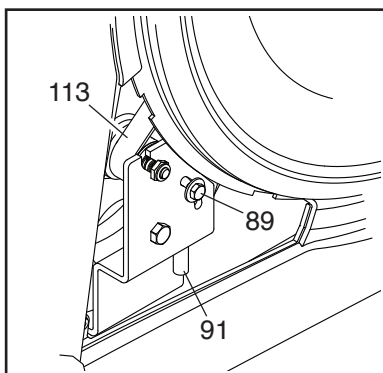
Reattach the parts that you removed. Then, plug in the power cord and press the power switch.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch to the off position and unplug the power cord.**

Next, using a standard screwdriver, carefully pry off the left Disc (71).
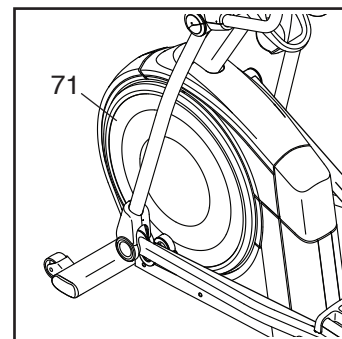
See the drawing below. Locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.
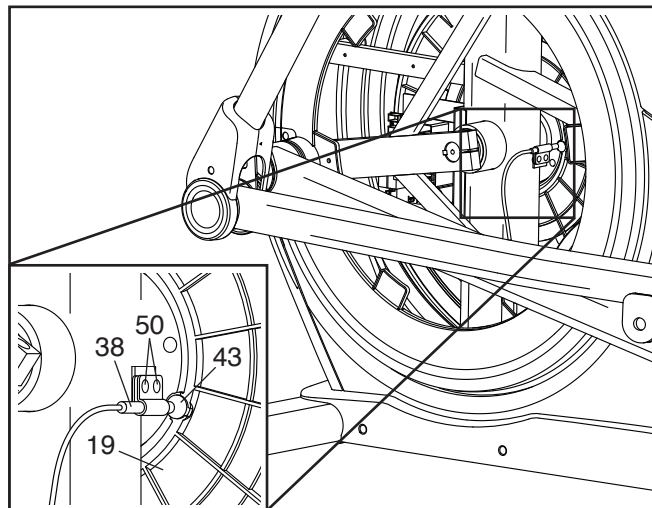
Next, slightly loosen the indicated two M4 x 12mm Self-tapping Screws (50). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Self-tapping Screws.

Then, plug in the power cord, press the power switch, and rock the Pulley (19) forward and backward just enough that the Magnet (43) passes the Reed Switch (38) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left disc, plug in the power cord, and press the power switch.

33

EXERCISE GUIDELINES

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

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

EXERCISE INTENSITY

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

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

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

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

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.
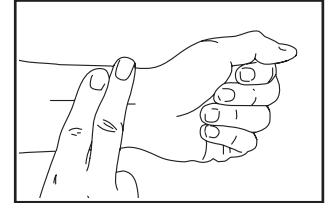
WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer	52	1	Left Pedal Handle
3	1	Access Cover	53	2	Axle Cover
4	1	Upright	54	2	Pivot Spacer
5	6	M4 x 19mm Screw	55	2	Retainer
6	1	Front Stabilizer	56	4	Roller Arm Bushing
7	1	Console	57	4	Pedal Arm Bearing Assembly
8	2	Roller Guide	58	1	Right Pedal Arm
9	2	Crank Bearing Sleeve	59	1	Right Roller Arm
10	1	Ramp Cover	60	1	Right Upper Body Leg
11	1	Incline Motor	61	1	Right Upper Body Arm
12	1	Left Motor Cover	62	2	Saddle Bracket
13	1	Right Motor Cover	63	2	Handlebar Grip
14	2	Motor Spacer	64	2	Pedal Arm Axle
15	1	Rear Stabilizer Cover	65	1	Right Arm Front Cover
16	2	Track	66	1	Right Arm Rear Cover
17	1	Power Switch	67	1	Left Arm Front Cover
18	1	Crank	68	1	Left Arm Rear Cover
19	1	Pulley	69	1	Right Leg Outer Cover
20	2	Crank Arm	70	1	Left Leg Outer Cover
21	1	Ramp Axle	71	2	Disc
22	1	Idler	72	1	Left Leg Inner Cover
23	2	Bumper	73	1	Left Shield
24	1	Small Leveling Foot	74	1	Right Shield
25	1	Resistance Motor	75	1	Center Shield Cover
26	6	M10 Locknut	76	1	Left Pedal Arm Side Cap
27	2	Ramp Bushing	77	2	Crank Arm Cover
28	1	Eddy Mechanism	78	2	Key
29	1	Right Pedal	79	1	Console Cover
30	4	Stabilizer Cap	80	4	M8 x 31mm Screw
31	1	Ramp	81	2	Lower Tray Cover
32	4	Roller Arm Bearing Sleeve	82	8	M8 x 13mm Screw
33	2	Large Leveling Foot	83	1	Right Leg Inner Cover
34	2	Wheel	84	1	M4 x 12mm Ground Screw
35	1	Lower Motor Axle	85	2	M10 Split Washer
36	1	Idler Washer	86	2	M10 x 58mm Hex Bolt
37	1	Accessory Tray	87	1	Right Pedal Arm Side Cap
38	1	Reed Switch/Wire	88	1	Idler Pivot Screw
39	1	Reed Switch Clamp	89	1	Idler Screw
40	2	Frame Bearing	90	4	M10 x 60mm Screw
41	2	Ramp Shield	91	1	Drive Belt Adjustment Screw
42	1	Sleeve	92	4	M10 x 25mm Screw
43	2	Magnet	93	4	M4 x 12mm Flange Screw
44	1	Left Pedal Arm	94	1	Left Control Pad
45	1	Left Roller Arm	95	8	M8 x 20mm Screw
46	1	Left Upper Body Leg	96	4	M8 x 41mm Screw
47	1	Left Upper Body Arm	97	2	M8 x 28mm Washer
48	1	Receptacle	98	2	M8 x 18mm Washer
49	1	Left Pedal	99	2	Inner Arm Bearing
50	6	M4 x 12mm Self-tapping Screw	100	4	Leg Bearing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	51	M4 x 16mm Screw	133	2	Zip Tie
102	2	M8 Locknut	134	1	Right Hand Grip/Control Wire
103	2	M8 x 23mm Washer	135	2	M6 x 26mm Washer
104	2	M10 x 115mm Screw	136	1	Lower Rear Shield
105	2	M8 x 16mm Screw	137	1	Right Pedal Handle
106	1	Lower Motor Cover	138	2	Pedal Pin
107	1	Crank Spacer	139	2	Pedal Spring
108	2	M6 x 13mm Screw	140	2	M6 Acorn Nut
109	2	M10 x 58mm Bolt	141	6	M6 Washer
110	1	Main Wire	142	1	Right Pedal Plate
111	1	Left Extension Wire	143	1	Left Pedal Plate
112	2	M4 x 19mm Self-tapping Screw	144	2	M10 x 158mm Bolt
113	1	Drive Belt	145	1	Pivot Bracket
114	1	Controller	146	1	Right Extension Wire
115	4	Standoff	147	2	Inner Pivot Bushing
116	2	Disc Ring	148	1	Bracket Mount
117	1	Front Shield Cover	149	2	M8 x 30mm Screw
118	1	Rear Shield Cover	150	4	M4 x 10mm Machine Screw
119	1	Power Cord	151	4	M6 x 15mm Cap Screw
120	2	M8 x 20mm Flat Head Screw	152	1	Lower Console Cover
121	2	Motor Bushing	153	1	Upper Console cover
122	1	Upper Motor Axle	154	1	Left Hand Grip/Control Wire
123	2	Outer Arm Bearing	155	3	M4 x 18mm Machine Screw
124	2	M4 x 16mm Machine Screw	156	1	Grommet
125	10	M6 x 12mm Screw	157	1	Upright Wire
126	2	M4 x 25mm Screw	158	2	Pivot Guide
127	2	Disc Bracket	159	2	Wire Clip
128	1	Console Bracket	160	2	M4 x 10mm Screw
129	2	M8 x 22mm Washer	161	1	Eddy Mechanism Screw
130	8	M4 x 12mm Screw	*	–	Assembly Tool
131	2	Adhesive Tape	*	–	Grease Packet
132	1	Right Control Pad	*	–	User's Manual

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.
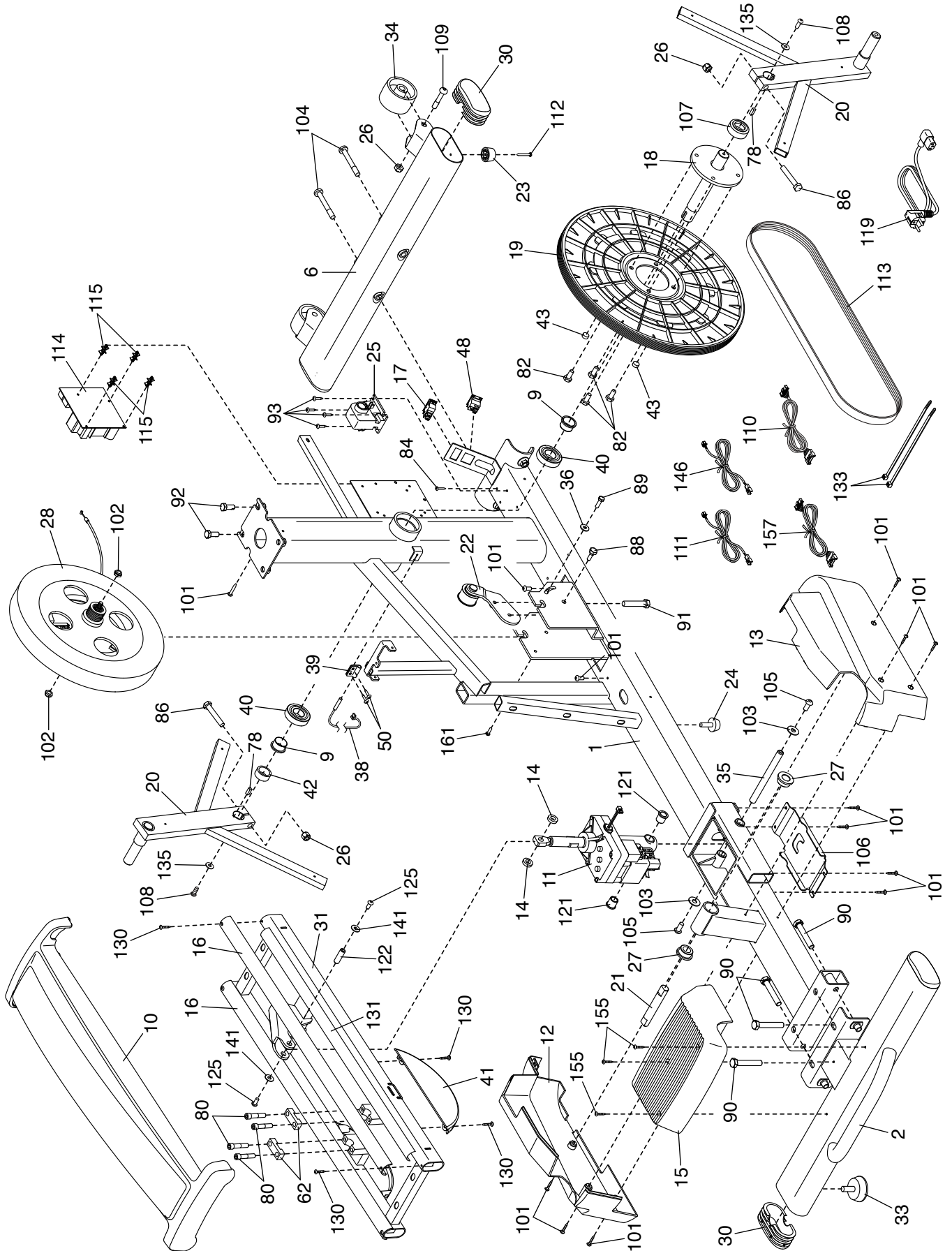
ORDERING REPLACEMENT PARTS

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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.
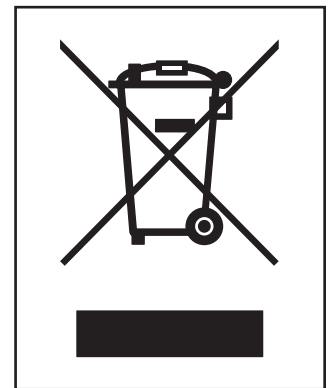
UK/EU DECLARATION OF CONFORMITY

NTEL71423-INT contains the MP14-ARGON2 Tablet.
Hereby, iFIT Health & Fitness declares that the radio equipment type MP14-ARGON2 is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMC415321 - Broadcast Frequency Bands and Maximum EIRP power: 2.4G WIFI:19.08dBm; 5G WIFI:18.42dBm; BT EDR:9.88dBm; BT BLE:9.59dBm.
Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2, EN 301 893 V2.1.1
UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom
iFIT Health & Fitness SAS Business Park, 5 Rue Alfred de Vigny 78112 Fourqueux, France

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