

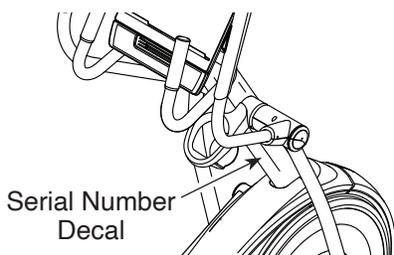
# NordicTrack®

## AIRGLIDE LE

Model No. NTEL89824-INT.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### MEMBER CARE

#### UNITED KINGDOM

Website: [iFITsupport.eu](http://iFITsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

iFIT Health & Fitness Limited

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

#### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iFIT.com](mailto:australiacc@iFIT.com)

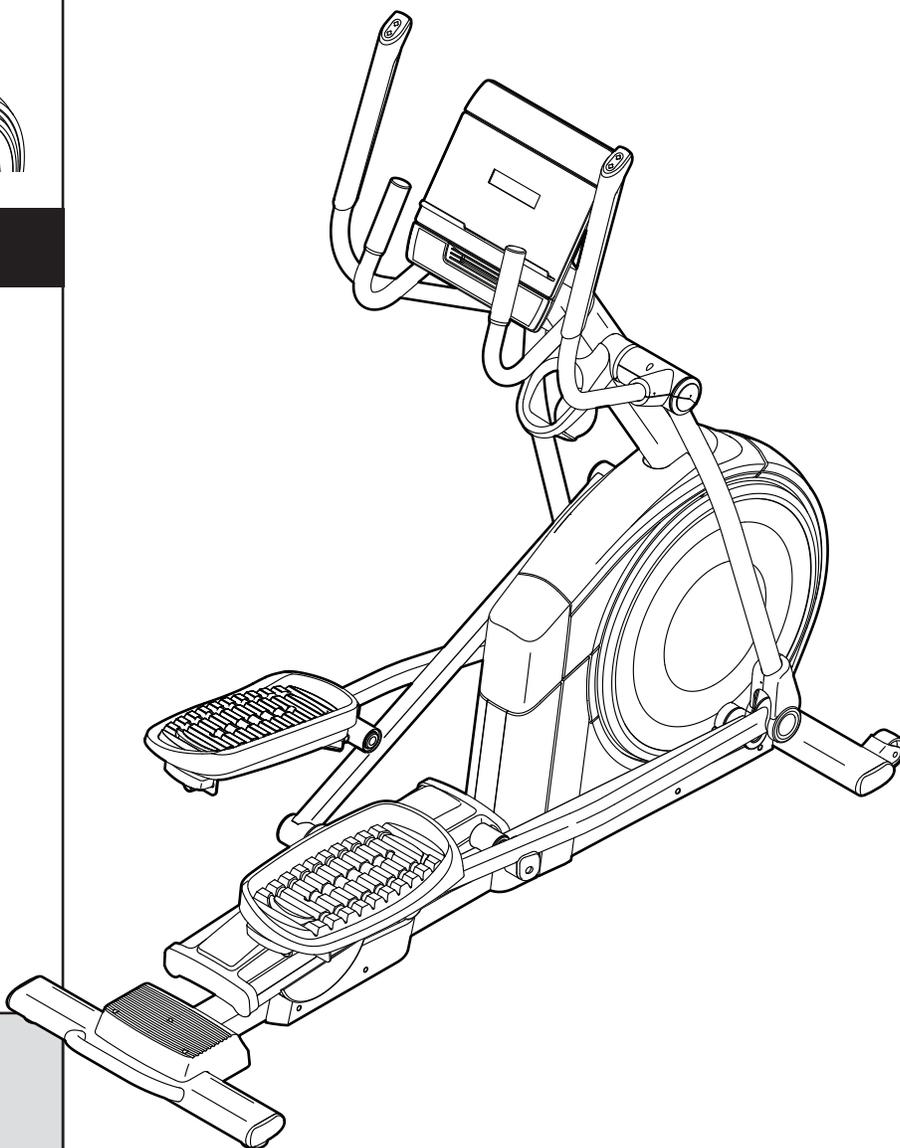
**Write:**

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

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

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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. (136 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 fly-wheel stops. Reduce your pedaling speed in a controlled way.**

**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.**

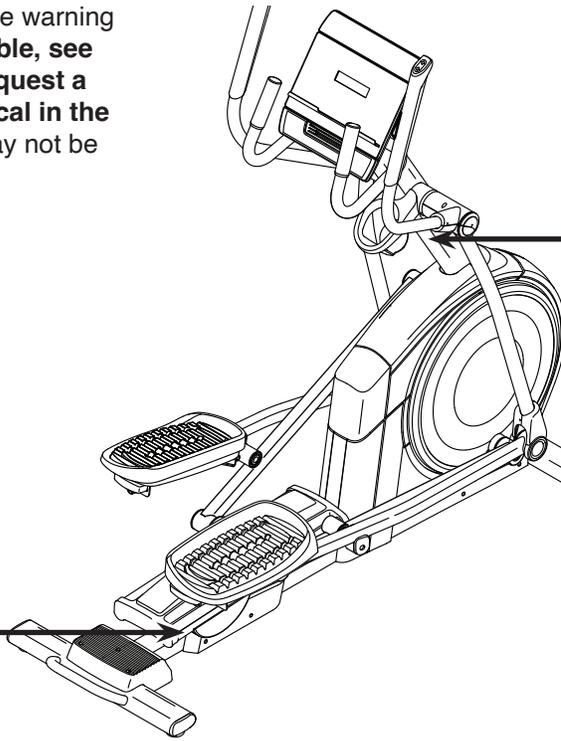
**19. Keep your back straight while using the elliptical; do not arch your back.**

**SAVE THESE INSTRUCTIONS**

# 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



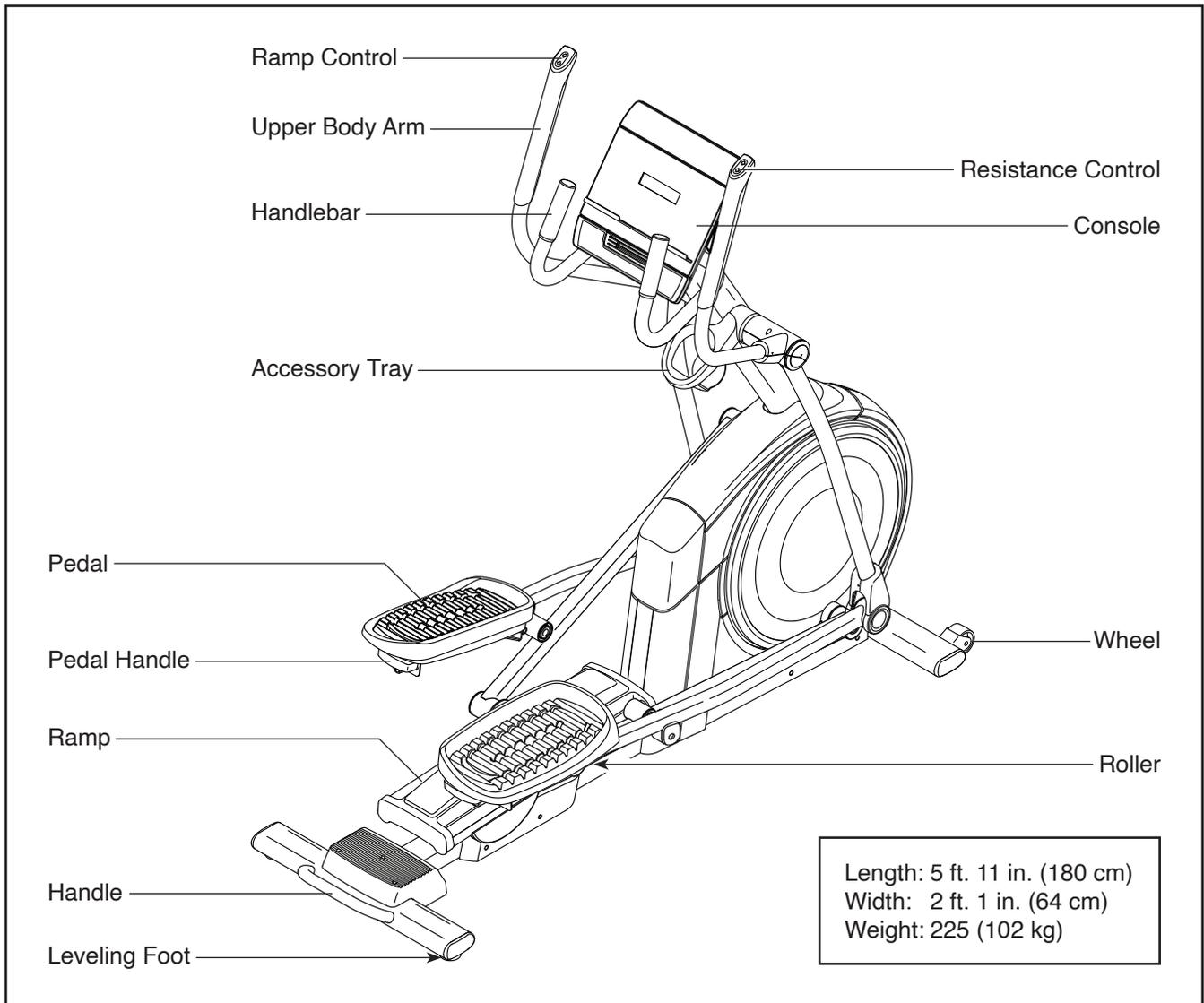
# BEFORE YOU BEGIN

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

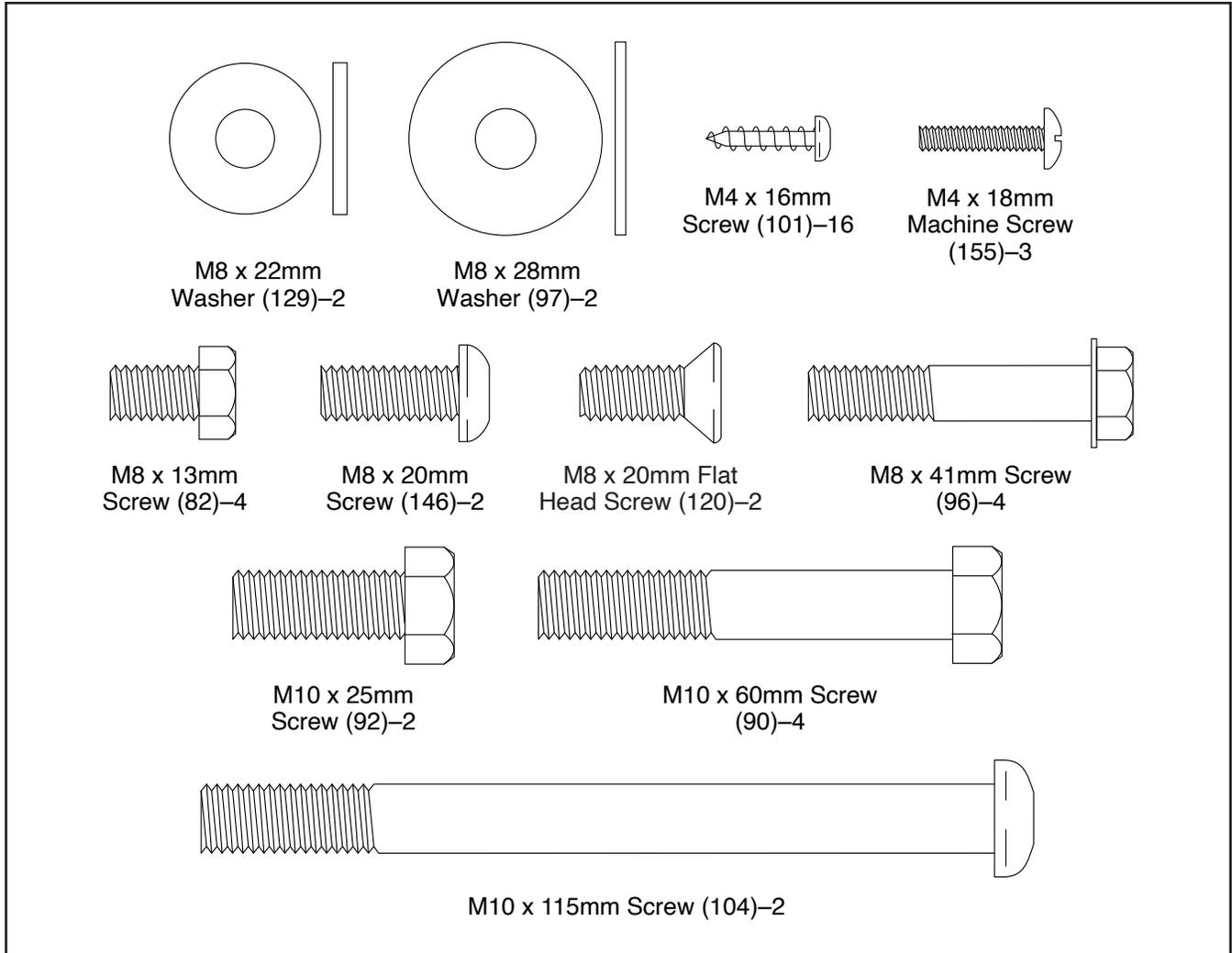
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# 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.**



# 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 7.
- 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 [iFITsupport.eu](http://iFITsupport.eu). If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

**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.

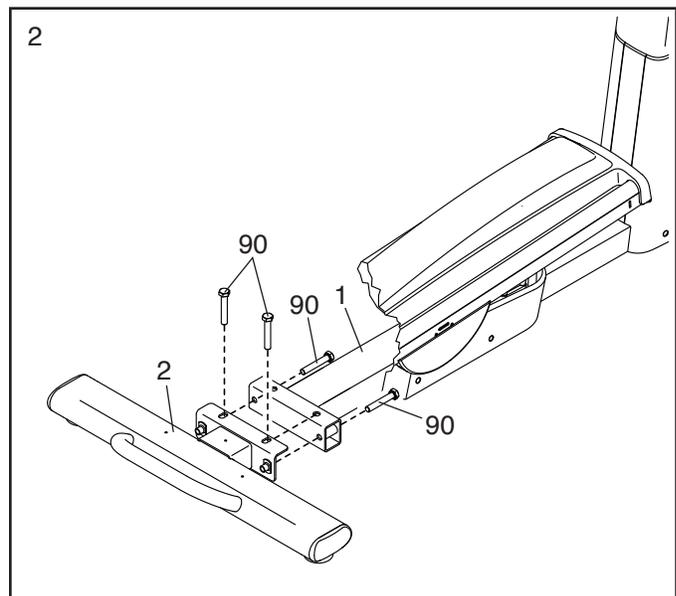
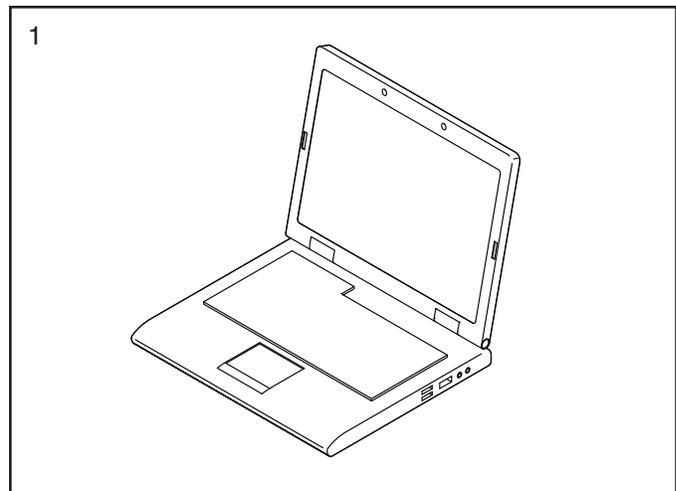
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

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.**

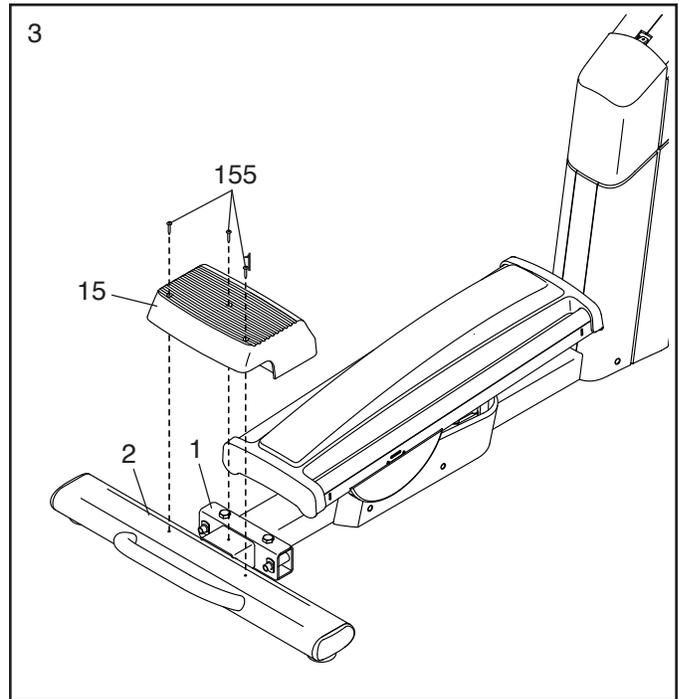
If there are shipping supports attached to the rear of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

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.**

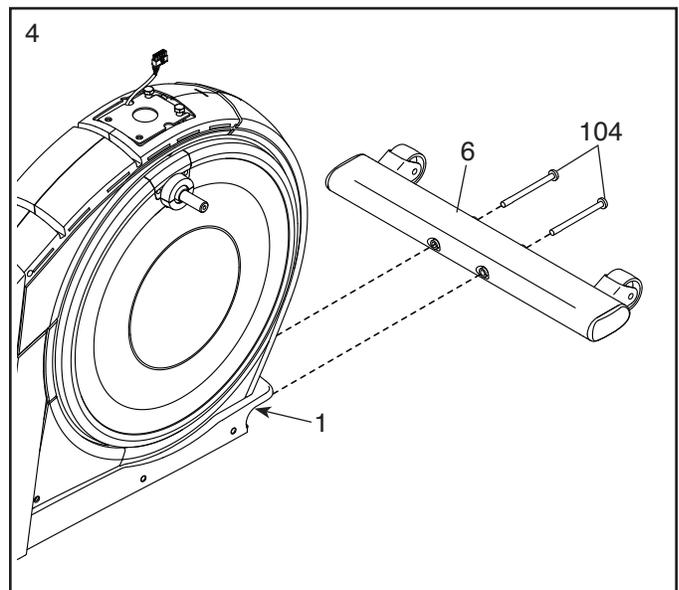


4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping until you complete this step.**

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).

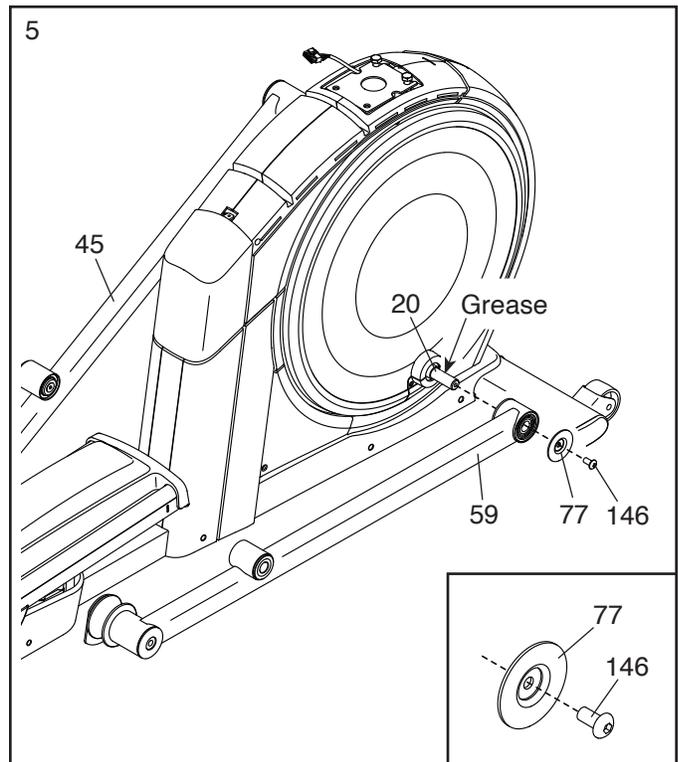


5. Apply a small amount of the included grease to the axle on the right Crank Arm (20).

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 (146) and a Crank Cover (77); **make sure that the Crank Cover is oriented as shown in the inset drawing.**

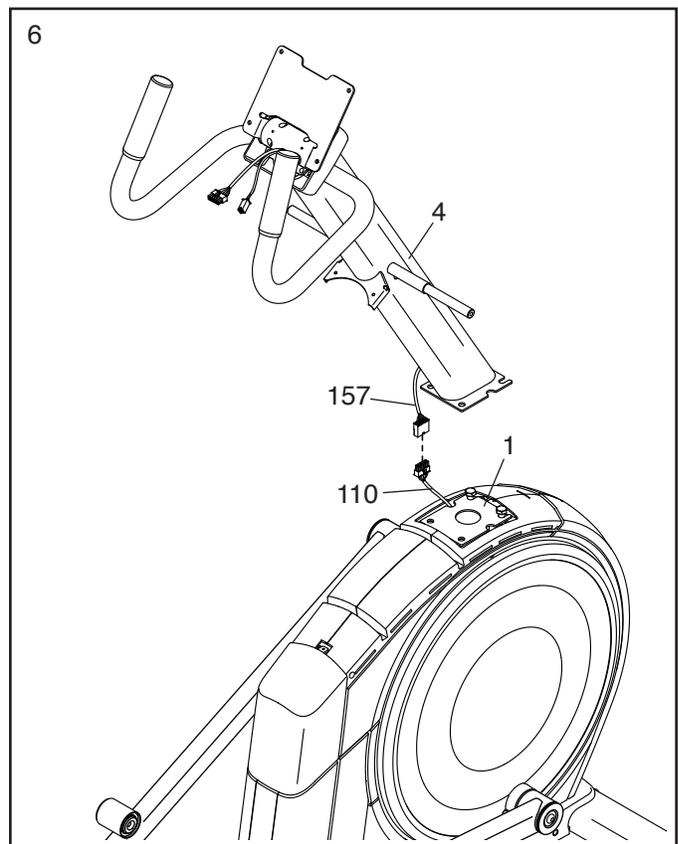
**Repeat this step for the Left Roller Arm (45).**



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.**

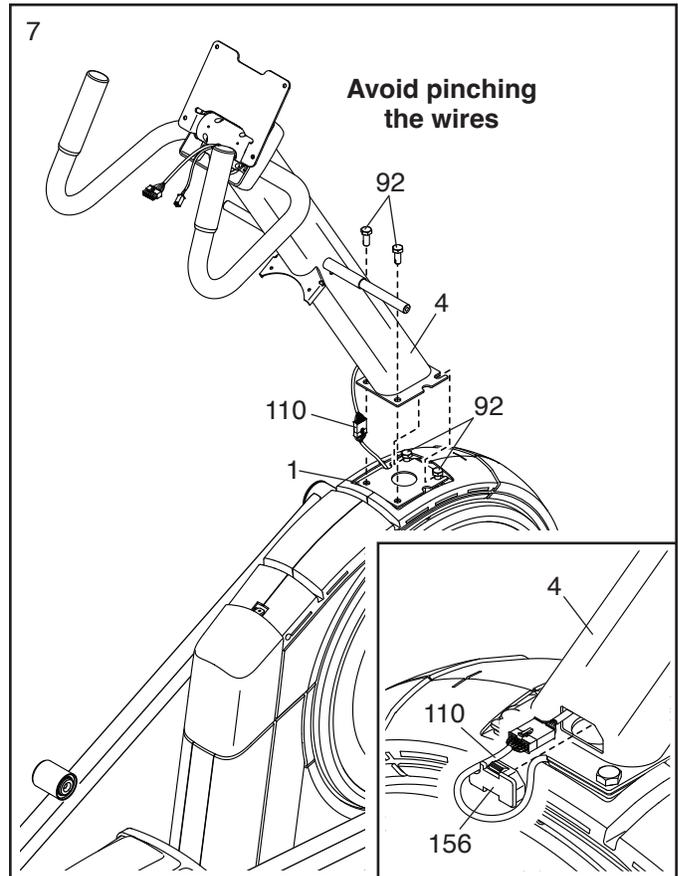


7. **Avoid pinching the wires.** Have a second person hold the Upright (4) on the Frame (1).

**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.



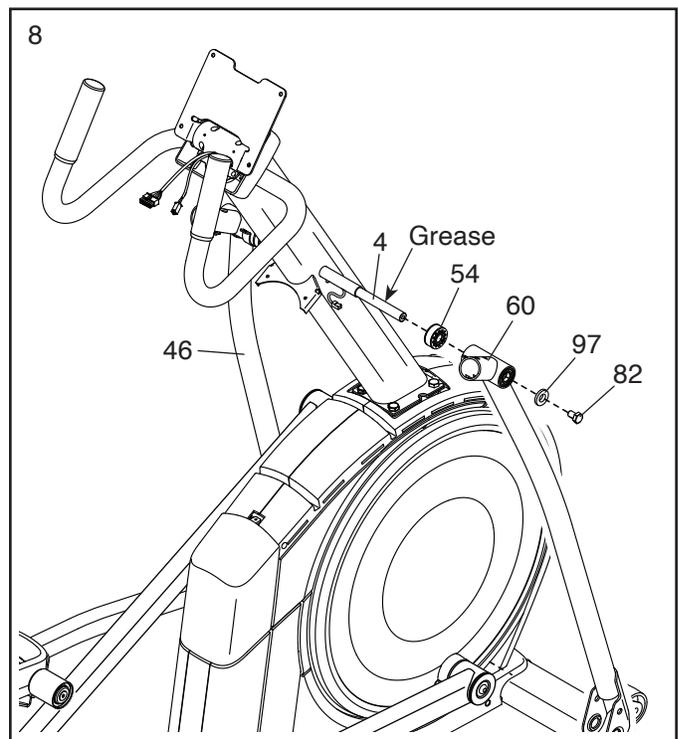
8. Apply grease to the axle on the right side of the Upright (4).

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).**

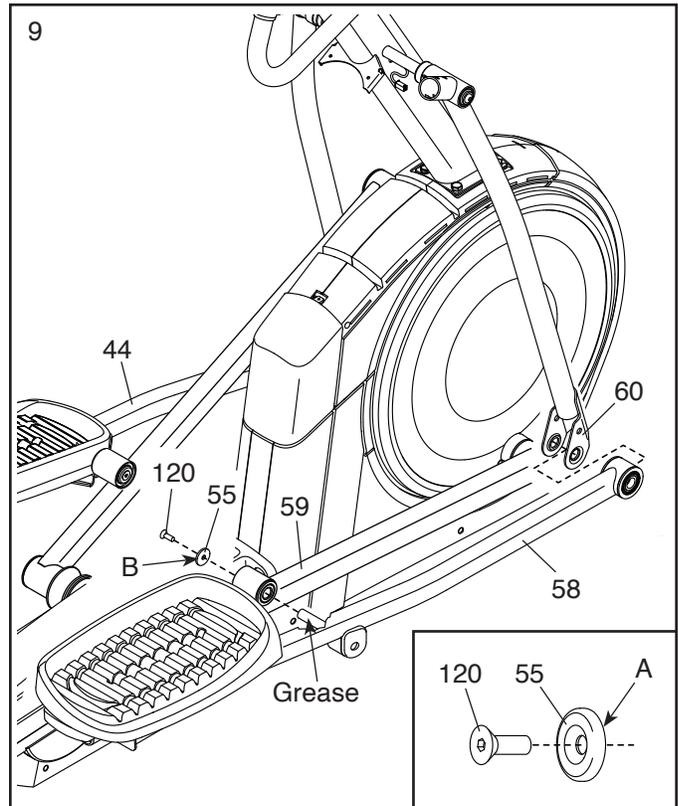


9. Orient the Right Pedal Arm (58) as shown, and apply grease to the axle.

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).**



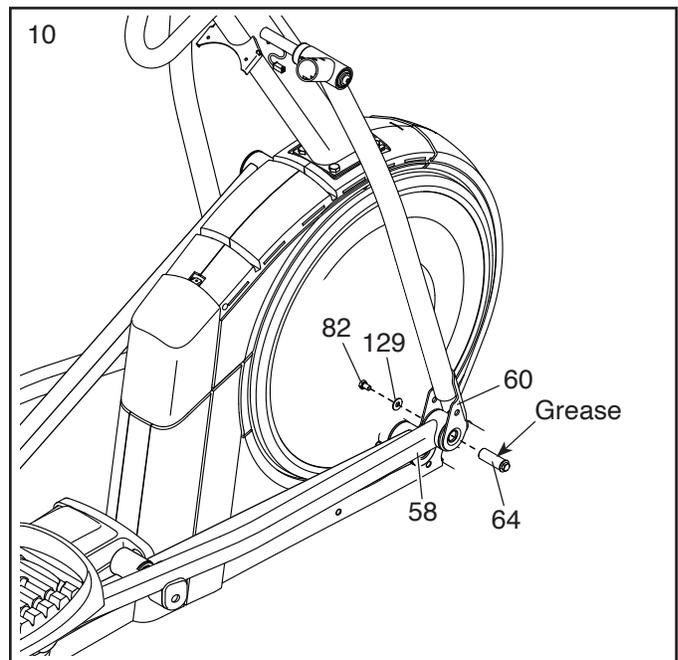
10. Apply grease to one of the Pedal Arm Axles (64).

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.**

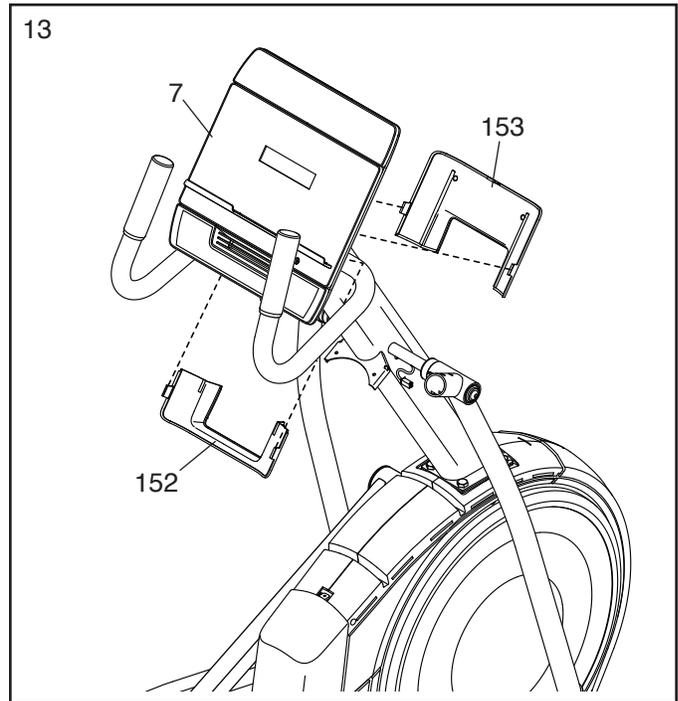
**Repeat this step on the other side of the elliptical.**



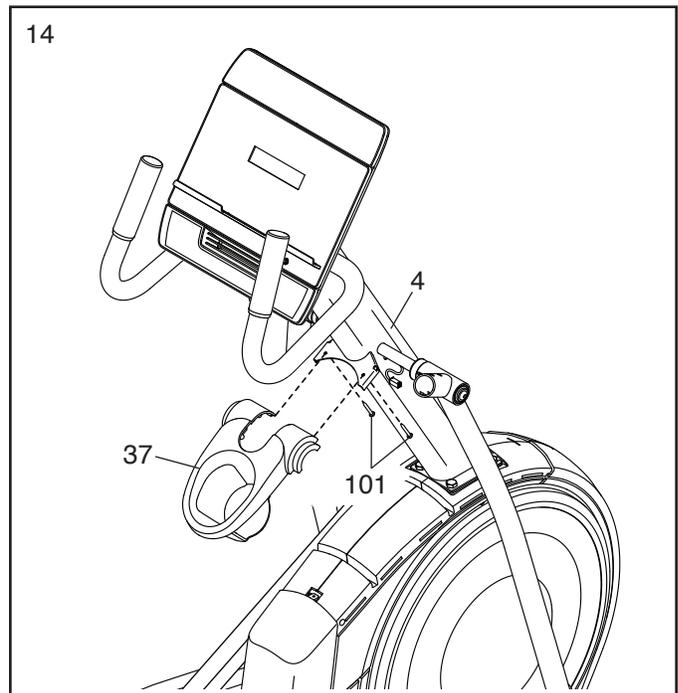


13. Orient the Lower Console Cover (152) as shown, and snap it into the back of the Console (7).  
Note: It may be helpful to pivot the Console downward.

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).



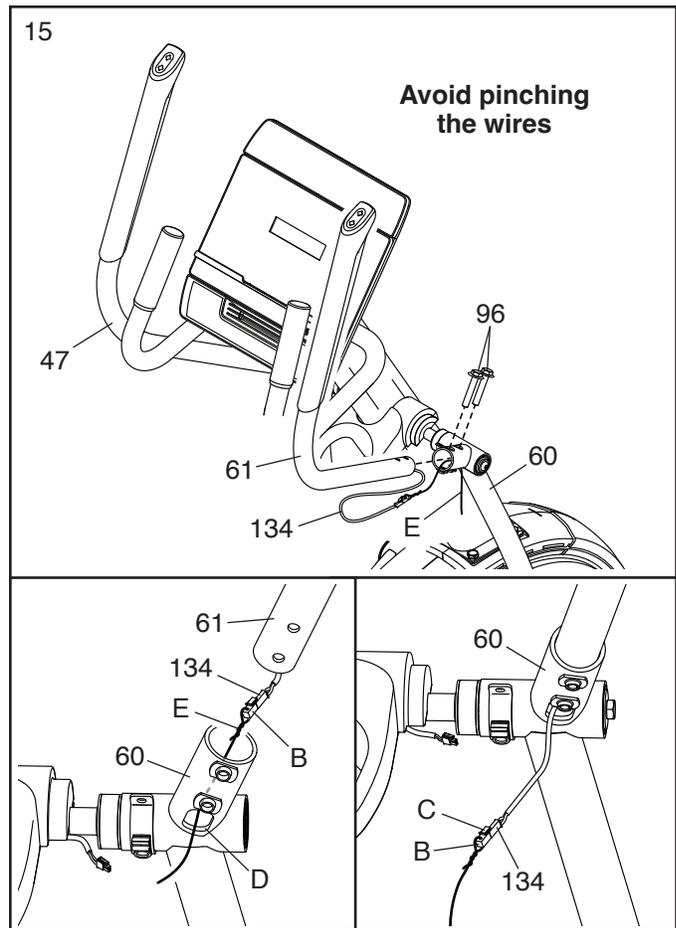
15. Identify the Right Upper Body Arm (61) and have a second person hold it near the Right Upper Body Leg (60).

**See the left inset drawing.** Locate the wire tie (E) and the wire pull (B) attached to the Right Control Wire (134). Feed the wire tie into the Upper Body Leg (60) and out of the indicated hole (D), and then pull the Right Control Wire through the Upper Body Leg and out of the hole.

**Avoid pinching the Right Control Wire (134).** 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).

**See the right inset drawing.** Grip the connector on the end of the Right Control Wire (134). Then, press the small latch (C) on the wire pull (B), and remove and discard the wire pull.

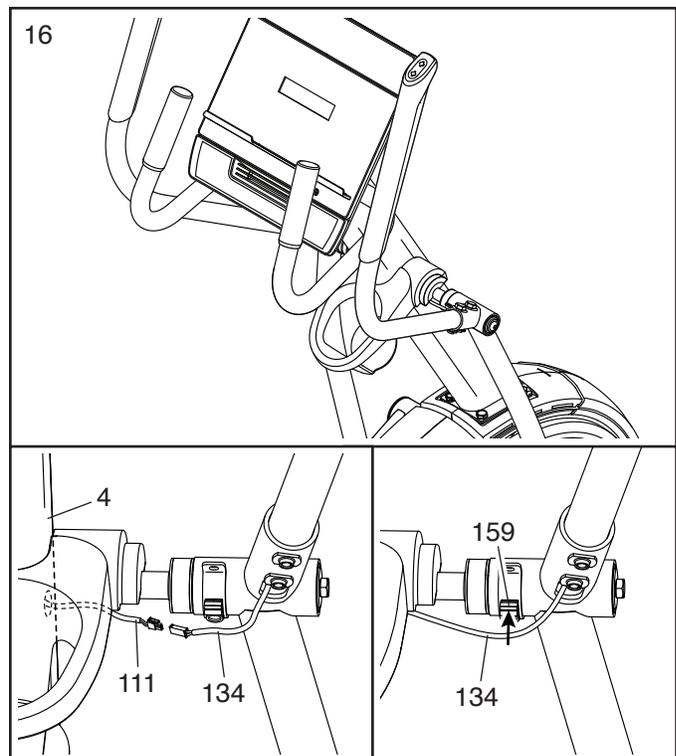
**Repeat this step with the Left Upper Body Arm (47).**



16. **See the left inset drawing.** Connect the right Extension Wire (111) to the Right Control Wire (134). **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.** Then, insert the connectors and the excess wire into the Upright (4).

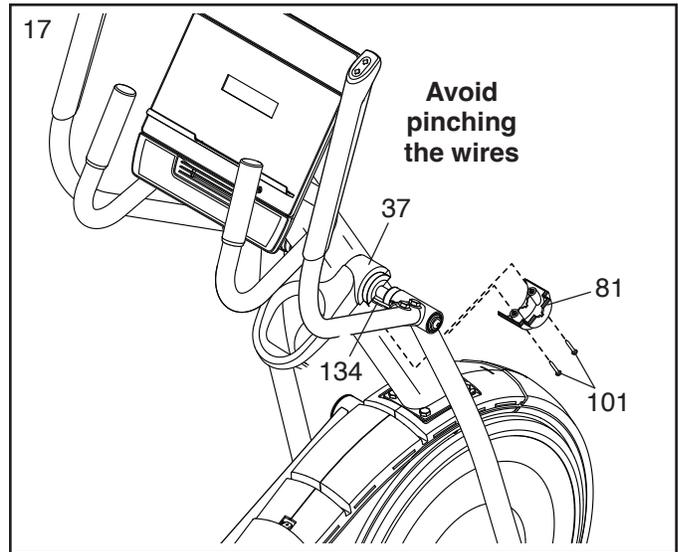
**See the right inset drawing.** Press the Right Control Wire (134) into the slot in the Wire Clip (159).

**Repeat this step on the left side of the elliptical.**



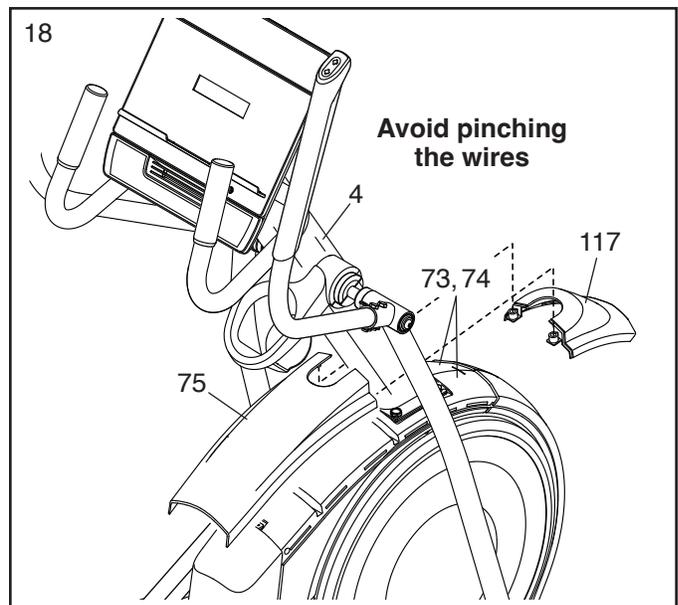
17. **Avoid pinching the wires.** Orient a Lower Tray Cover (81) as shown, and hold it near the Right Control Wire (134). Attach the Lower Tray Cover to the right side of the Accessory Tray (37) with two M4 x 16mm Screws (101).

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



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).

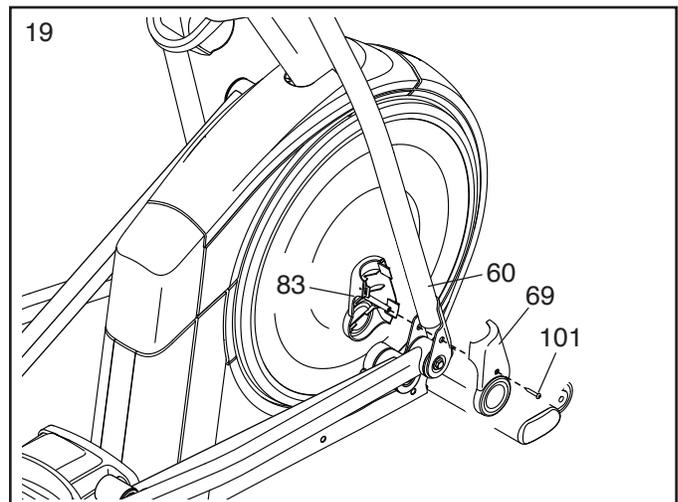


19. Identify the Right Leg Inner Cover (83), orient it as shown, and insert it through the Right Upper Body Leg (60).

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

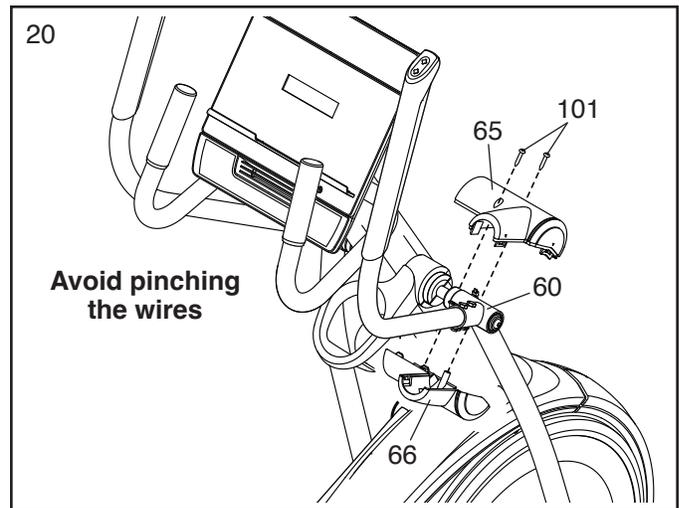
Attach the Right Leg Outer and Inner Covers (69, 83) to each other with an M4 x 16mm Screw (101).

**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

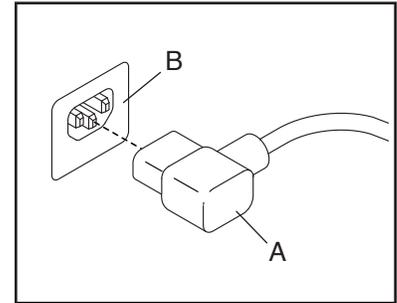
## HOW TO PLUG IN THE POWER CORD

**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.**

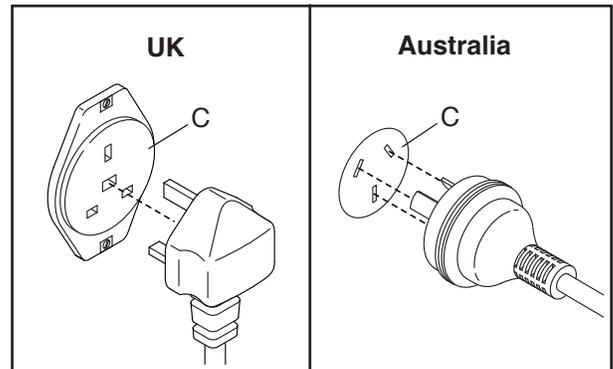
**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not 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 receptacle (B) on the frame.

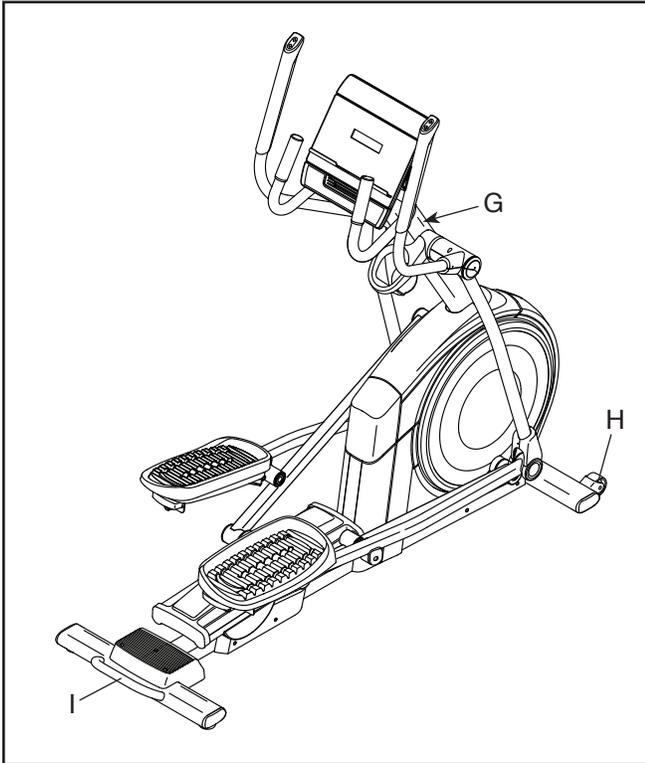


2. Plug the power cord into an appropriate outlet (C) that is properly installed and earthed in accordance with all local codes and ordinances.



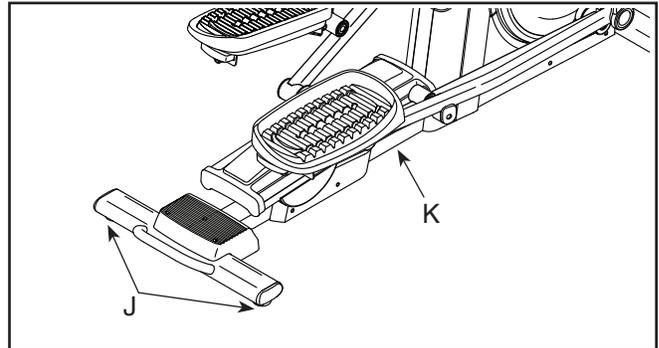
## HOW TO MOVE THE ELLIPTICAL

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.



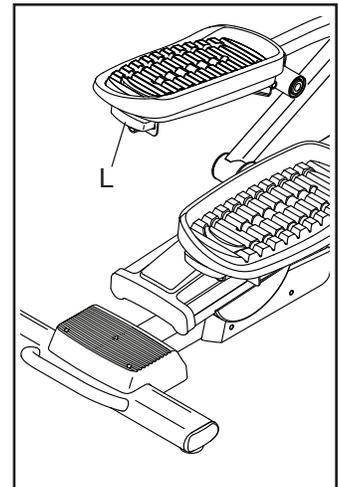
## HOW TO LEVEL THE ELLIPTICAL

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

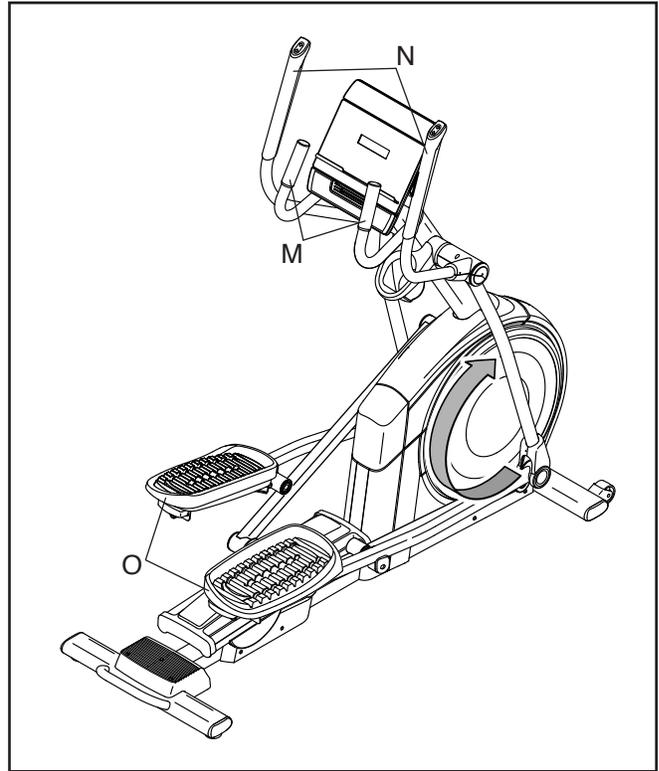
Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (L) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.



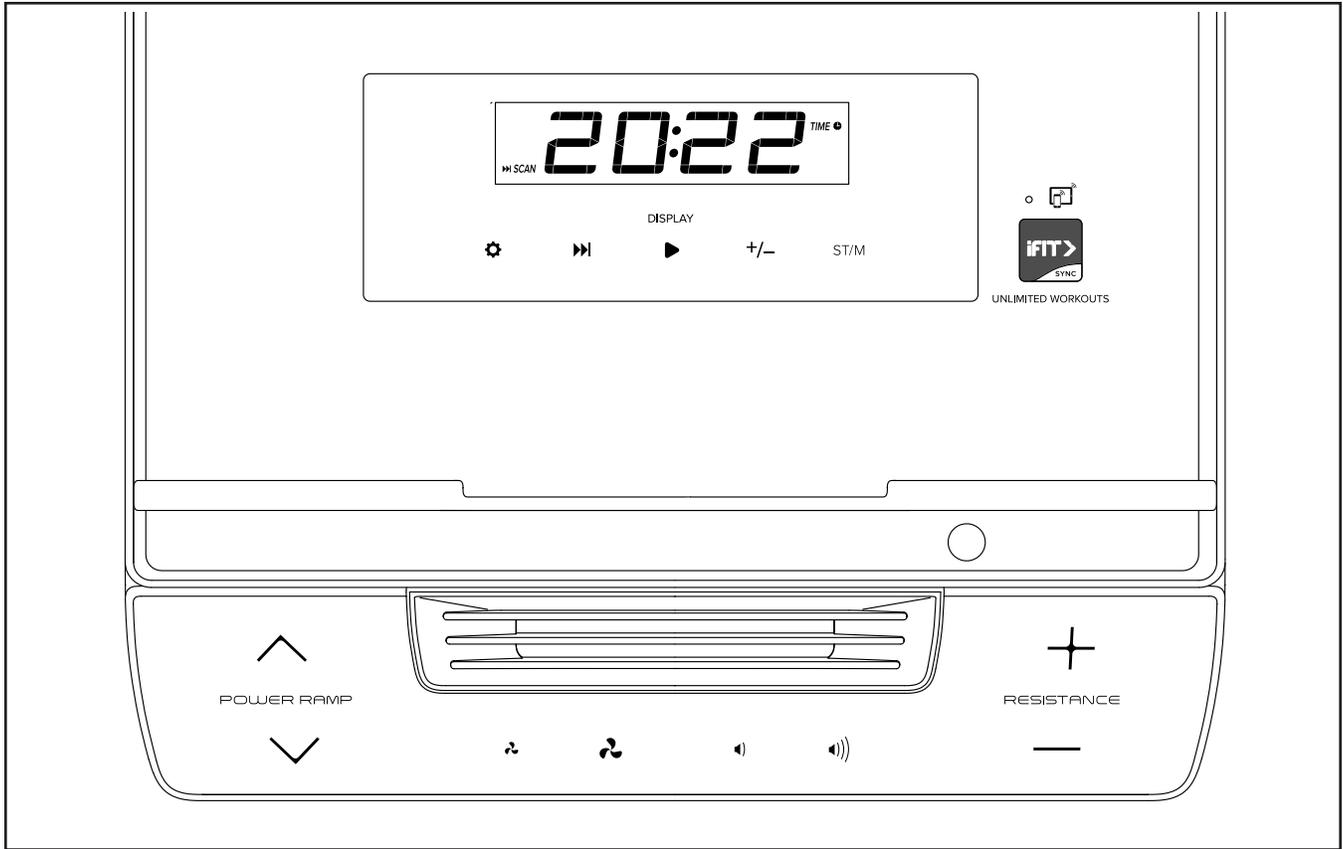
## HOW TO EXERCISE ON THE ELLIPTICAL

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. As you exercise, the console will provide continuous exercise feedback.

You can even monitor your heart rate using a compatible heart rate monitor. **To purchase a compatible heart rate monitor, see page 29.**

The console also features wireless technology that enables the console to connect to iFIT®. With the iFIT

app, you can choose from a rotating selection of featured workouts that automatically control the resistance of the pedals as iFIT trainers guide you through immersive exercise sessions.

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.

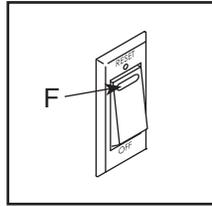
**To turn on the console, see page 22. To use the manual mode, see page 23. To use an iFIT workout, see page 25. To change console settings, see page 26.**

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

## 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 18). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (F).



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 HOW TO CHANGE CONSOLE SETTINGS on page 26 and manually calibrate the incline system.

**IMPORTANT:** The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 26.

## HOW TO USE THE MANUAL MODE

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

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

### 2. Get ready for the workout.

**To use the fan,** see HOW TO USE THE FAN on page 28.

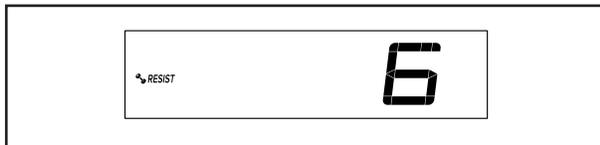
**To use the sound system,** see HOW TO USE THE SOUND SYSTEM on page 28.

**To use a heart rate monitor,** see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 29.

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

Begin pedaling to start the manual mode.

To change the resistance of the pedals as you exercise, press the Resistance increase and decrease buttons on the console or on the right upper body arm.



To change the incline of the ramp and vary the motion of the pedals, press the Power Ramp increase and decrease buttons on the console or on the left upper body arm.

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.

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

The display can show the following workout information:

**Calories (CALs)**—The approximate number of calories you have burned.

**Calories per Hour (CALs/HR)**—The approximate number of calories you are burning per hour.

**Resistance (RESIST)**—The resistance level of the pedals.

**RPM**—Your pedaling speed in revolutions per minute (RPM).

**Time**—The elapsed time.

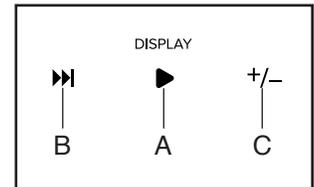
**Pace**—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/M button.

**Distance (MI or KM)**—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/M button.

**Speed (MPH or KPH)**—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

**Pulse (BPM and heart symbol)**—Your heart rate when you use a compatible heart rate monitor (see page 29).

Press the Display button (A) repeatedly to view the desired workout information in the display.



**Scan mode**—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the scan button (B); the scan indicator (D) and the word SCAN will turn on in the display.

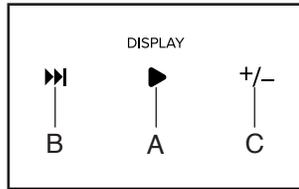


**To manually advance the scan cycle,** press the scan button (B) repeatedly.

**To turn off the scan mode,** press the Display button (A); the scan indicator (D) and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

**To customize the scan mode**, first press the Display button (A) repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.



Next, press the add/remove button (C) to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the scan button (B) to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the volume increase and decrease buttons.



To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

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

If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To continue 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.

Note: The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 26.

## 6. When you are finished exercising, unplug the power cord.

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 AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth® connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

### 1. Download and install the iFIT app on your smart device.

On your iOS® or Android™ smart device, open the App Store<sup>SM</sup> or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

**Take time to explore the iFIT app and learn about its features and settings.**

### 2. Get ready for the workout.

**To use the fan,** see HOW TO USE THE FAN on page 28.

**To use the sound system,** see HOW TO USE THE SOUND SYSTEM on page 28.

**To use a heart rate monitor,** see HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 29.

Note: If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.**

### 3. Connect your smart device to the console.

Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console.

When a connection is established, the LED on the console will turn solid blue or the Bluetooth symbol will appear in the display.

### 4. Select an iFIT workout.

In the iFIT app, 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 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.

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.

### 5. Start the workout.

Touch *Start Workout* 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.

If the resistance setting or the ramp setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Power Ramp buttons.

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

**Note: 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 during the workout, the number of calories that you burn will be affected.**

## 6. Pause or end the workout.

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

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

## 7. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green or the Bluetooth symbol disappears from the display.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

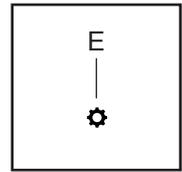
## 8. When you are finished exercising, unplug the power cord.

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 CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press the settings button (E). The first settings screen will appear in the display. Note: If you are using the manual mode or an iFIT workout, end your workout before you press the settings button.



### 2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Display button repeatedly to select the desired settings screen.

### 3. Change settings as desired.

**Software Version Number**—The software version number will appear in the display.

**Calibration**—If the incline system needs to be calibrated, press the Power Ramp increase or decrease button. The ramp will automatically rise to the maximum incline level and then return to the starting position. This will calibrate the incline system.



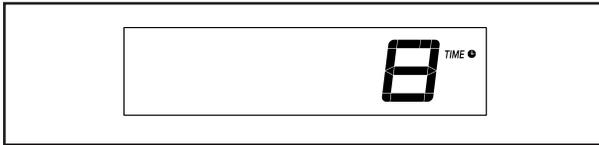
**Unit of Measurement**—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



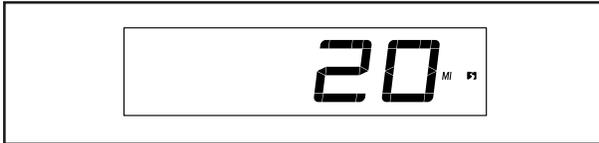
**Display Test**—This screen is intended to be used by service technicians to identify whether the display is working correctly.

**Button Test**—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

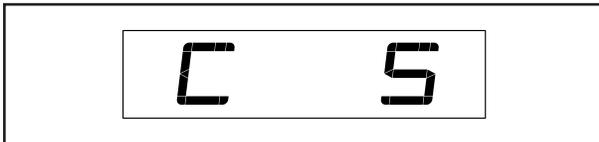
**Total Time**—The word TIME will appear in the display. The display will show the total number of hours that the elliptical has been used.



**Total Distance**—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the elliptical has been pedaled.



**Contrast Level**—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.



**Demo Mode**—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



#### 4. Exit the settings mode.

Press the settings button to exit the settings mode.

## 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.



Note: If the pedals do not move for about 30 seconds, the fan will turn off automatically.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

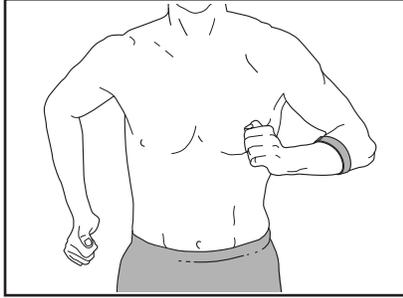
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



## 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.

**To connect your Bluetooth Smart heart rate monitor to the console,** press the iFIT Sync button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the Bluetooth symbol will appear in the display.

**Note:** If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

**To disconnect your heart rate monitor from the console,** press and hold the iFIT Sync button on the console. **Note:** All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

# 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, please see the front cover of this manual.

### INCLINE SYSTEM TROUBLESHOOTING

If the ramp does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 26 and calibrate the incline system.

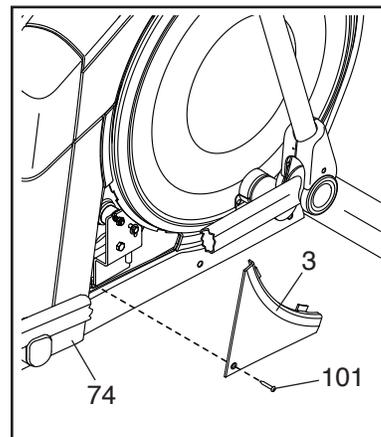
### CONSOLE TROUBLESHOOTING

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.

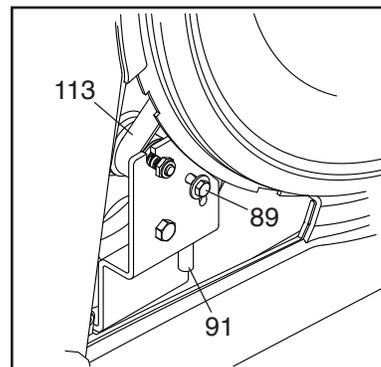
## HOW TO ADJUST THE DRIVE BELT

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.

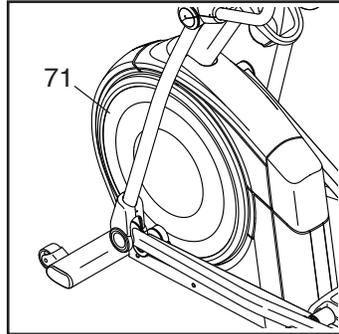


Reattach the parts that you removed. Then, plug in the power cord and press the power switch.

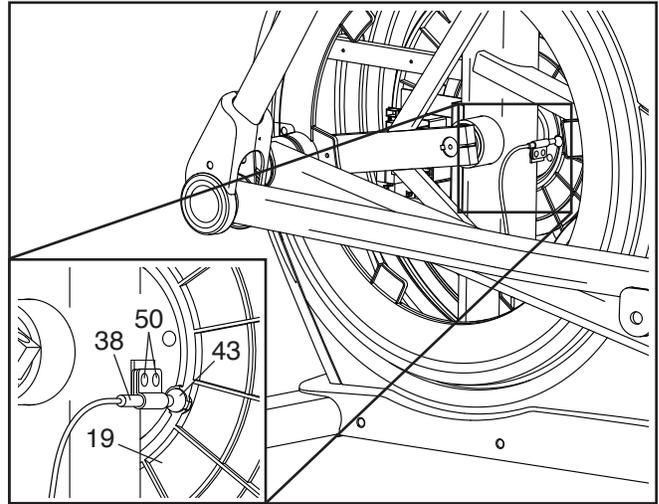
## HOW TO ADJUST THE REED SWITCH

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.

# 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	♥
<hr/>							
20	30	40	50	60	70	80	

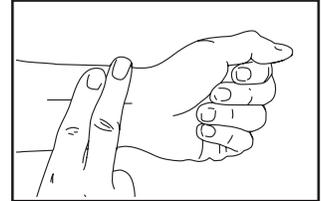
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

## HOW TO MEASURE YOUR HEART RATE

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



## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

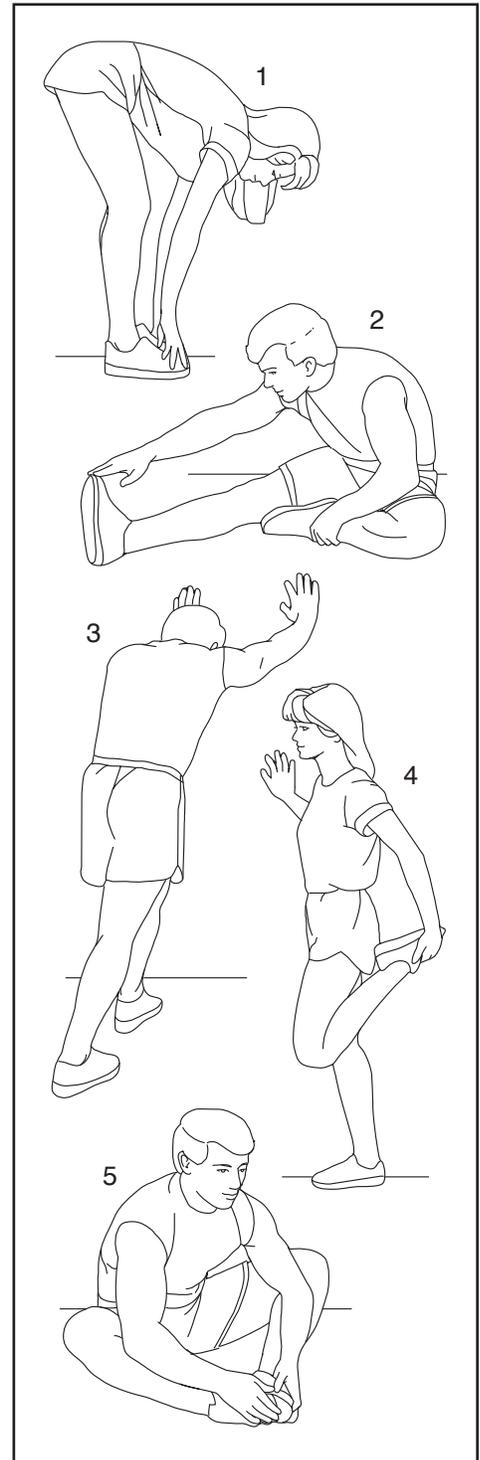
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



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# NOTES

# PART LIST

Model No. NTEL89824-INT.0 R1023A

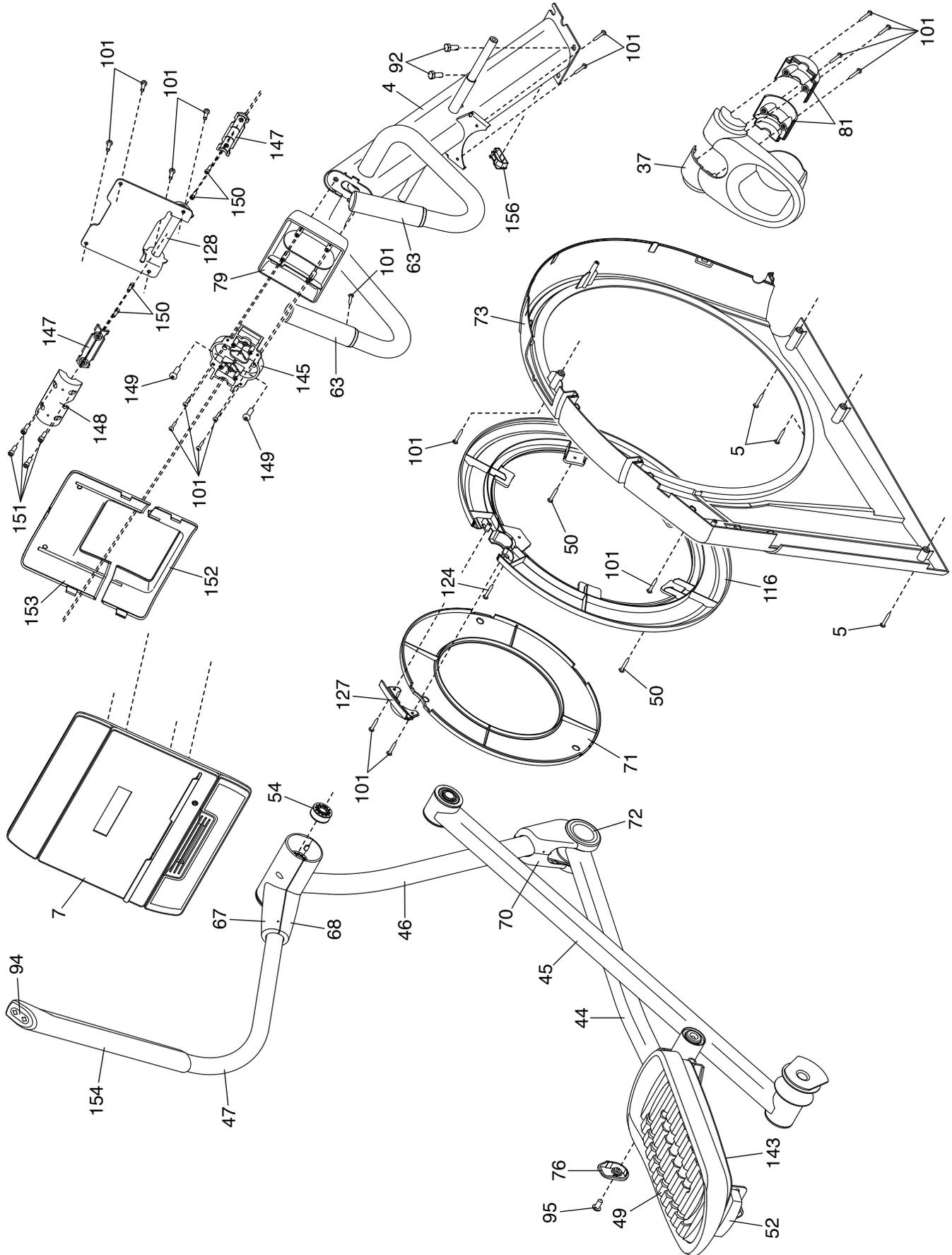
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer	52	1	Left Pedal Handle
3	1	Access Cover	53	2	Axle Cover
4	1	Upright	54	2	Pivot Spacer
5	10	M4 x 19mm Screw	55	2	Retainer
6	1	Front Stabilizer	56	4	Roller Arm Bushing
7	1	Console	57	4	Pedal Arm Bearing Assembly
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	4	M8 x 16mm 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	54	M4 x 16mm Screw	133	2	Zip Tie
102	2	M8 Locknut	134	1	Right Hand Grip/Control Wire
103	2	M8 x 20mm 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	4	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	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	4	M8 x 20mm Screw
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	8	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	4	M4 x 12mm Screw	*	–	Assembly/Adjustment Tool Kit
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.

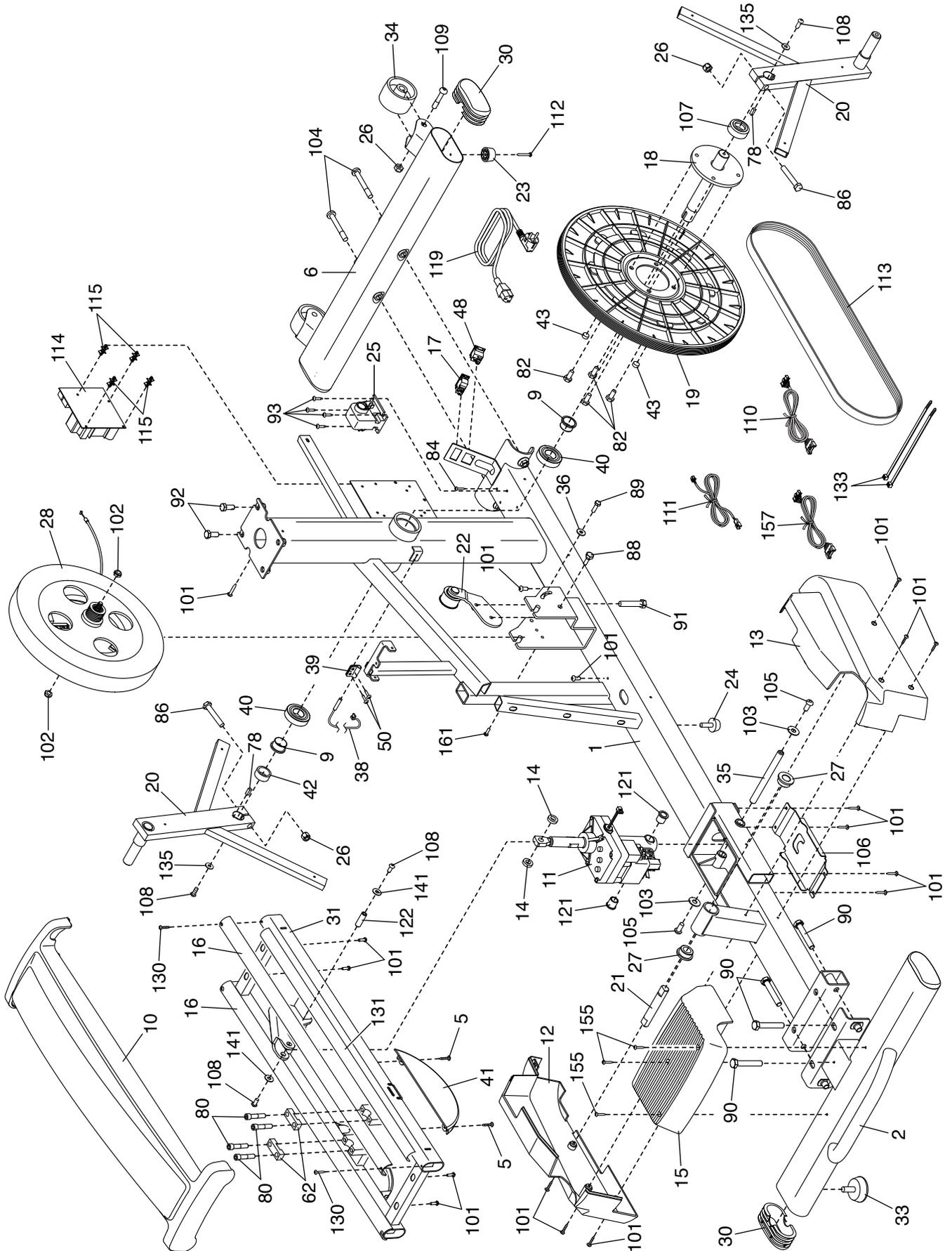
# EXPLODED DRAWING A

Model No. NTEL89824-INT.0 R1023A



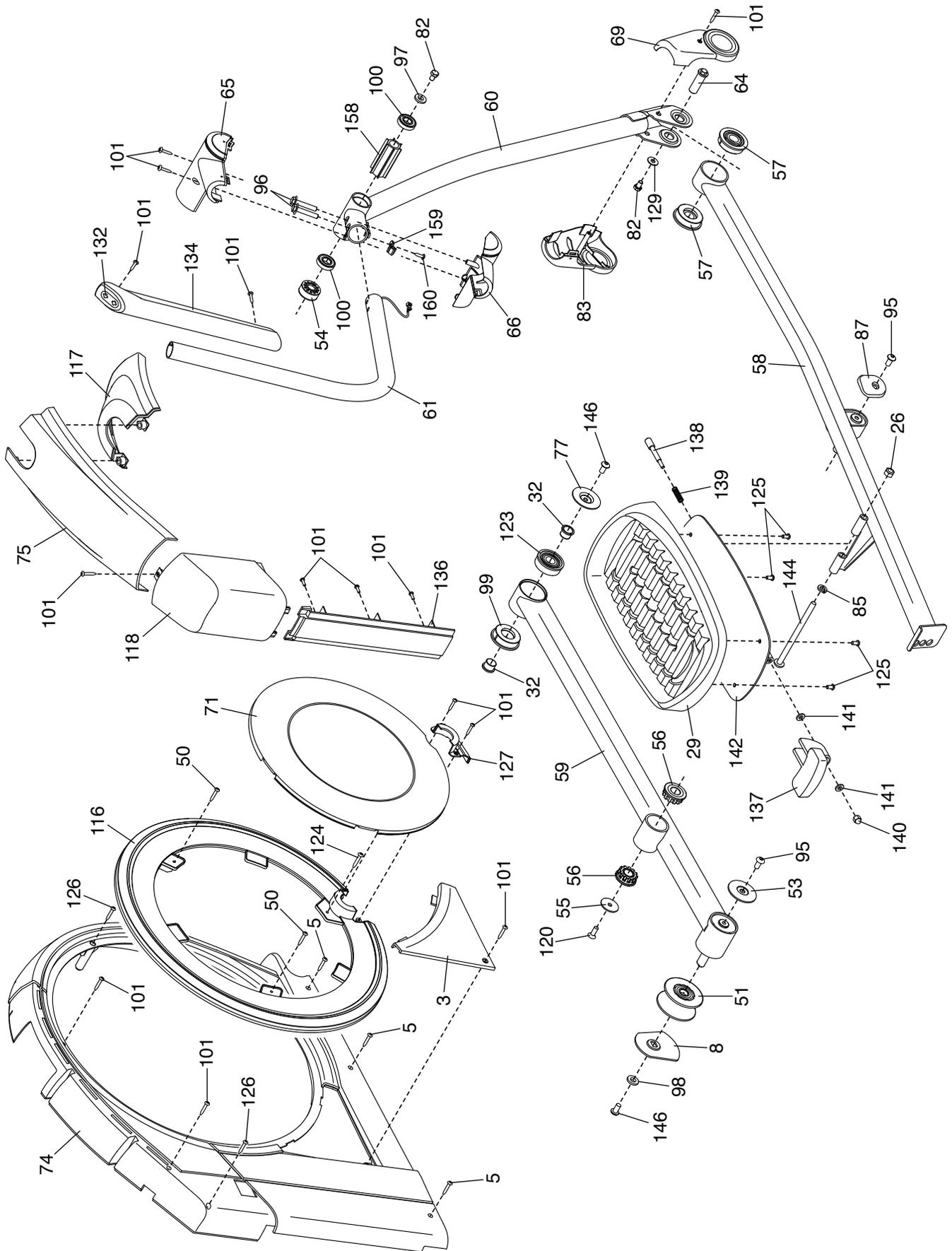
# EXPLODED DRAWING B

Model No. NTEL89824-INT.0 R1023A



# EXPLODED DRAWING C

Model No. NTEL89824-INT.0 R1023A



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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:

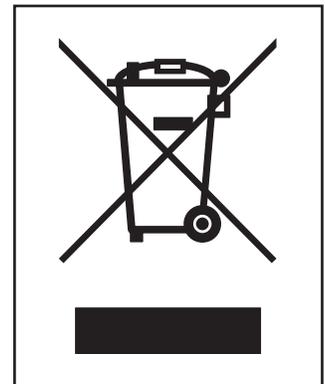
- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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## 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.



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## UK/EU DECLARATION OF CONFORMITY

NTEL89824-INT contains the BMD-ICN-1 Bluetooth module.

Hereby, iFIT Health & Fitness declares that the radio equipment type BMD-ICN-1 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 OMCBMD1 - Broadcast Frequency: 2.402GHz to 2.480GHz

Transmit Power: +4dBm

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2

UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom

EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France

