

# NordicTrack®

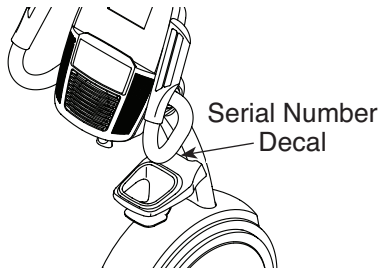
# ELITE 5.4

www.nordictrack.com

Model No. 831.21975.0

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

Write the serial number in the space above for reference.



## ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [www.nordictrackservice.com/registration](http://www.nordictrackservice.com/registration).

## CUSTOMER CARE

For service at any time, go to [www.nordictrackservice.com](http://www.nordictrackservice.com).

Or call 1-800-TO-BE-FIT  
(1-800-862-3348)

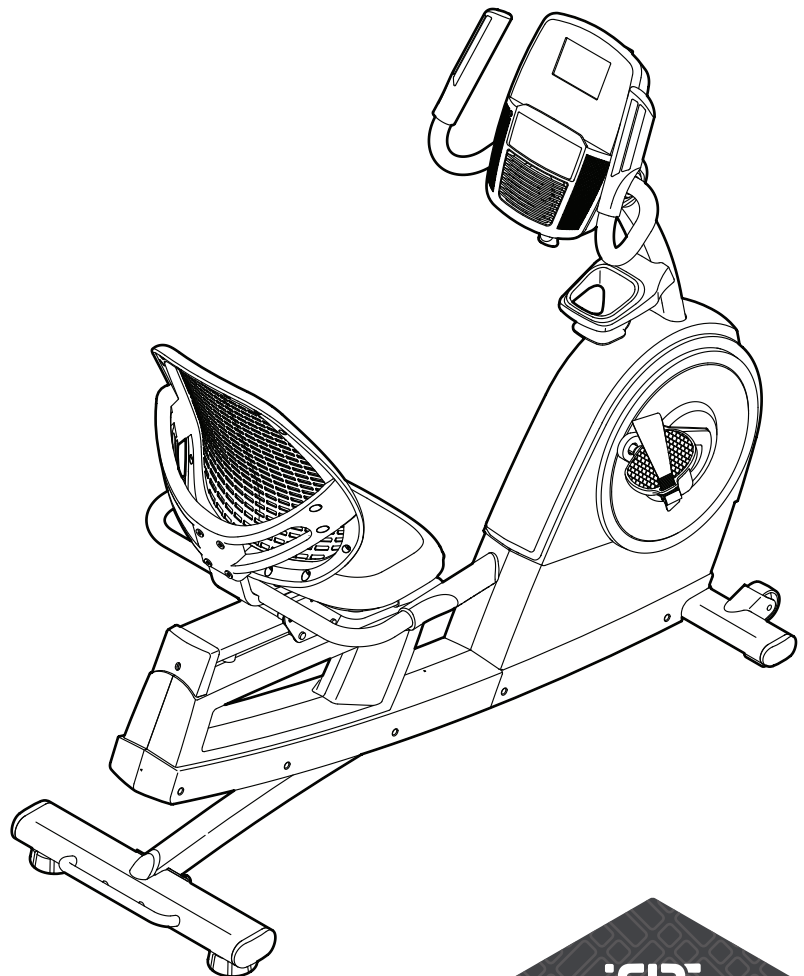
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

## ⚠ CAUTION

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

## USER'S MANUAL

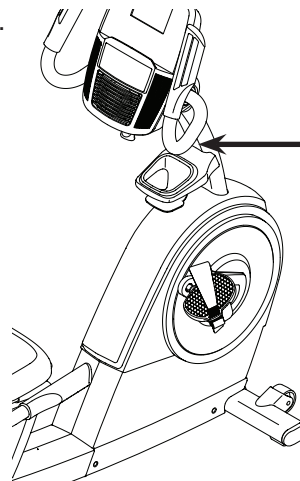


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## WARNING DECAL PLACEMENT

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



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.

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# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. 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.

# MAKE YOUR FITNESS GOALS A **REALITY**

**iFIT**<sup>®</sup>

Congratulations on the purchase of your new iFit<sup>®</sup> compatible fitness equipment. You're just one click away from making your fitness goals a reality.

**GO TO IFIT.COM TO GET STARTED**

## **DO MORE THAN JUST WORK OUT**

iFit<sup>®</sup> is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit<sup>®</sup> is the key to getting more out of everything you do. Some features require paid subscription.



### **LOSE WEIGHT**

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



### **COMPETE WITH OTHERS**

Push yourself to new limits with real-time virtual races.



### **PERSONALIZED EVENT TRAINING**

5k, 10k, half or full marathon training will help you prepare for your event.



### **GO MOBILE**

Track your workout anywhere you go with iFit<sup>®</sup> mobile apps.



### **MAP YOUR ROUTE**

With Google Maps<sup>™</sup>, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



### **SHARE YOUR PROGRESS**

Inspire others, motivate yourself and share routes, workouts and more.

GO TO  
**IFIT.COM**

OR CALL  
**877-236-1009**

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**



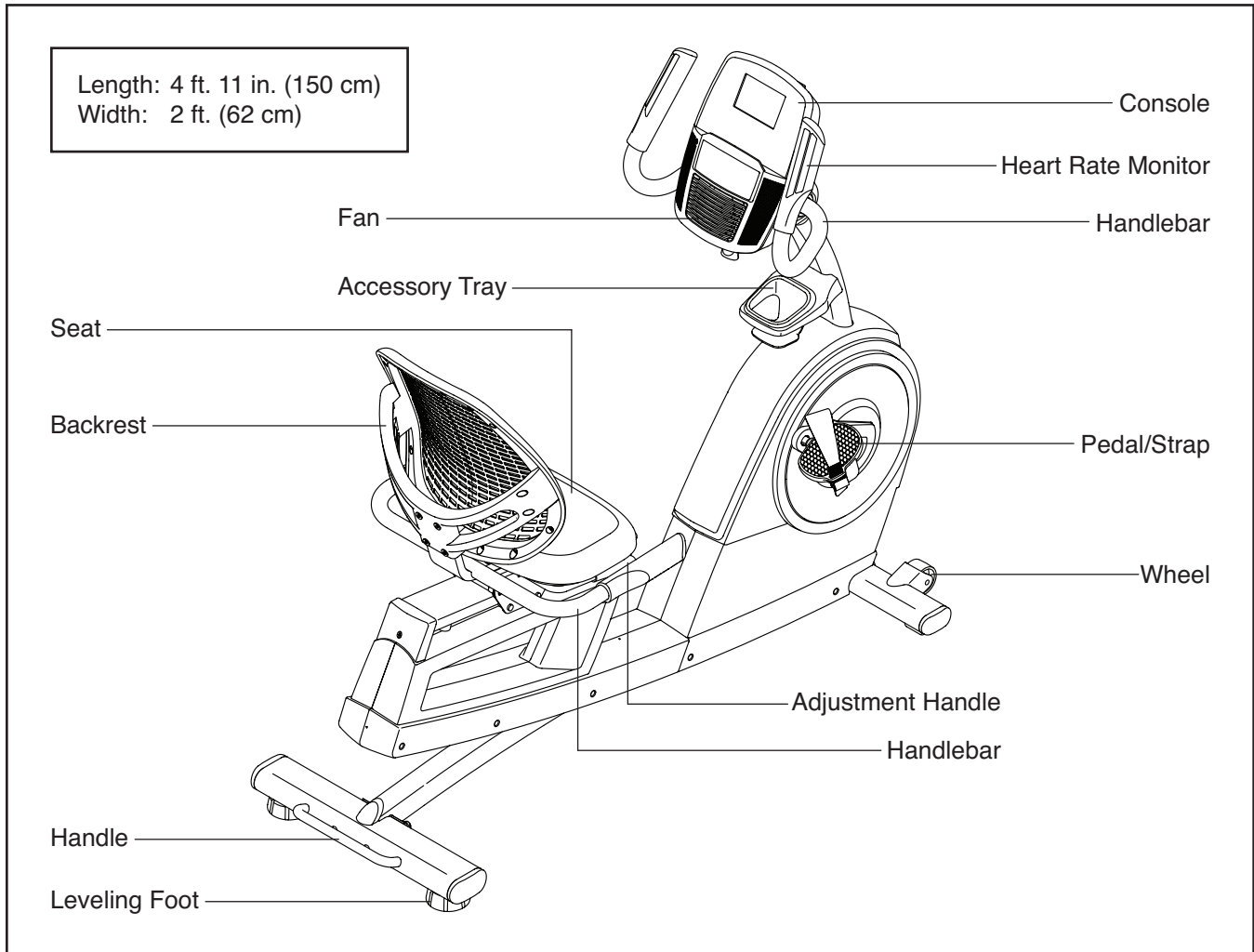
# BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® ELITE 5.4 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The ELITE 5.4 exercise bike provides a 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 exercise bike.** If you have questions after

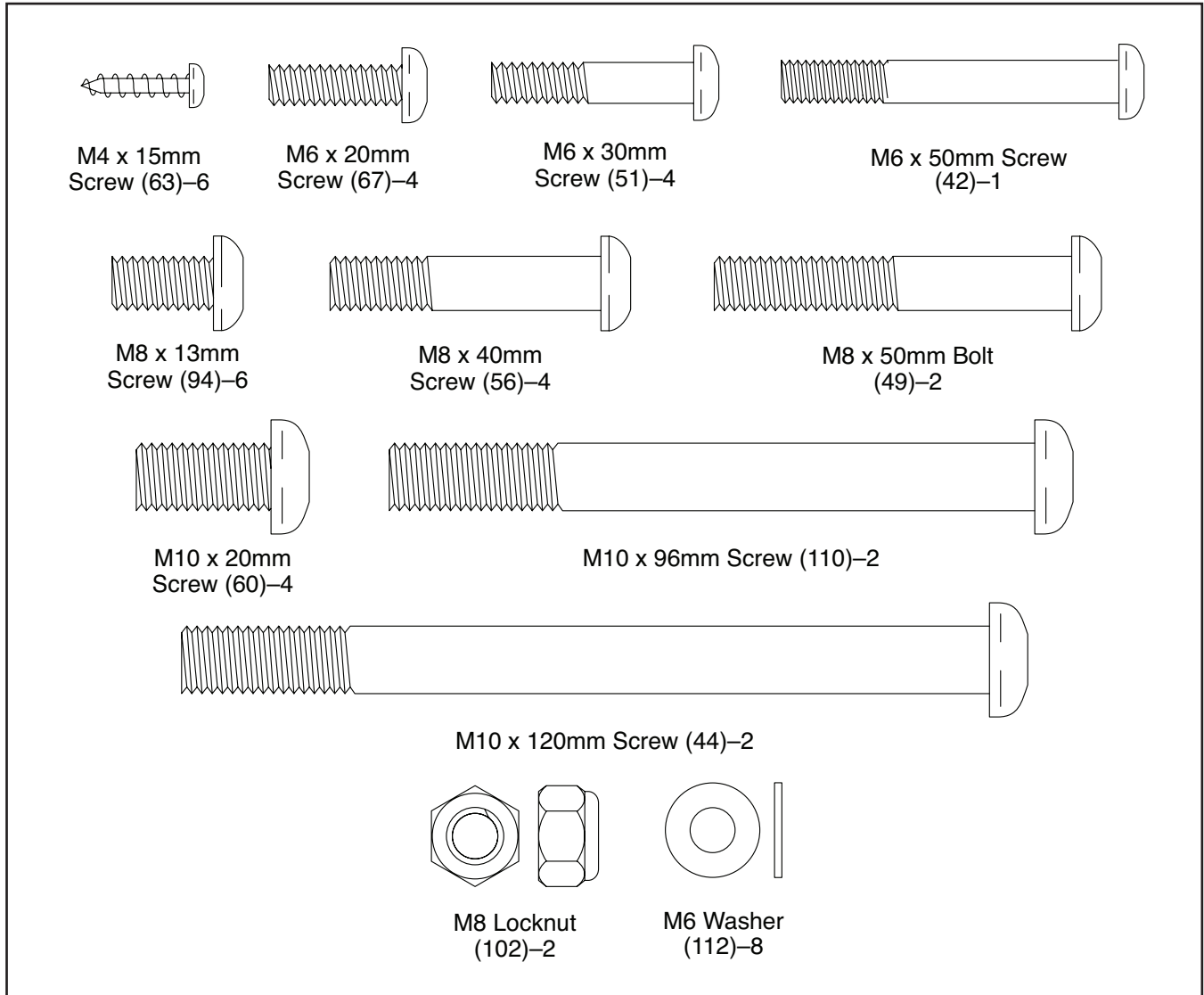
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

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




# ASSEMBLY

- 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.

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

one Phillips screwdriver 

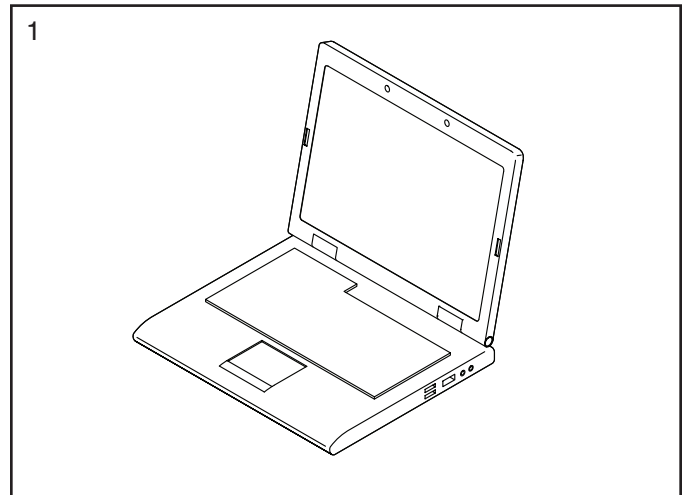
one adjustable wrench 

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

1. **Go to [www.nordictrackservice.com/](http://www.nordictrackservice.com/) registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

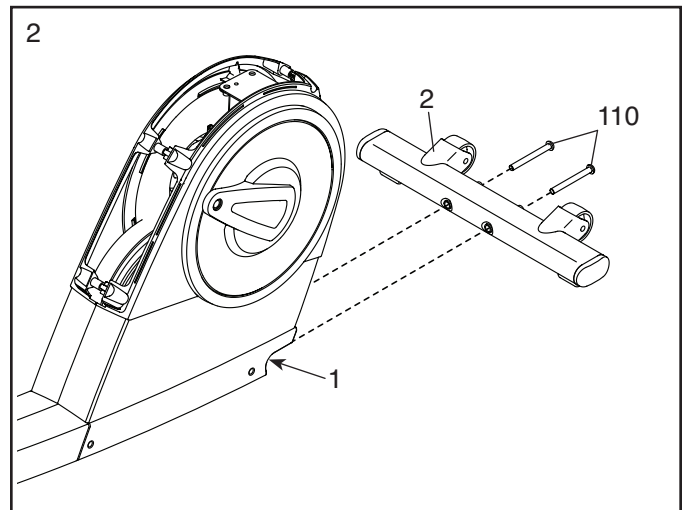


2. If there is a shipping bracket on the front of the Frame (1), remove and discard the screws and the shipping bracket

With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1).

Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 96mm Screws (110); **start both Screws, and then tighten them.**

Then, remove the packing material from under the Frame (1).

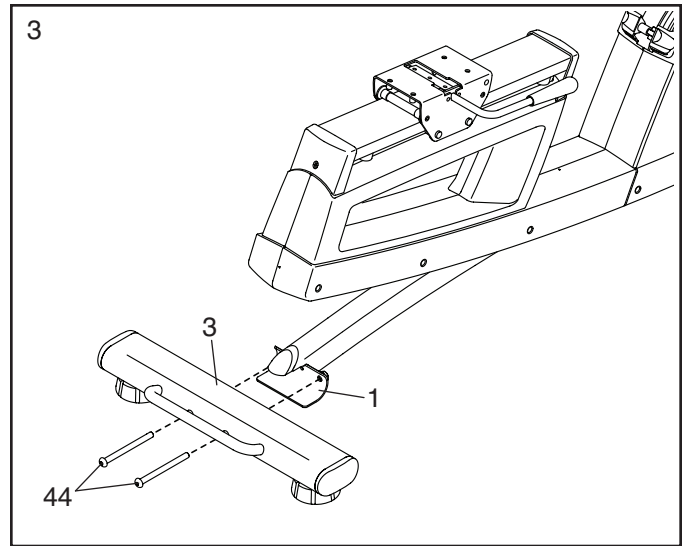


3. If there is a shipping bracket on the rear of the Frame (1), remove and discard the screws and the shipping bracket.

With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1).

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 120mm Screws (44); **start both Screws, and then tighten them.**

Remove the packing material from under the Frame (1).



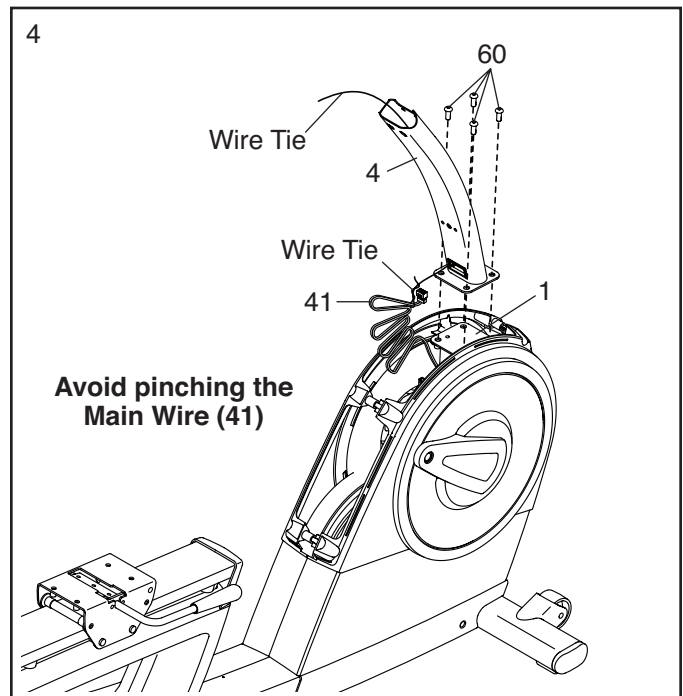
4. If there is a shipping bracket on top of the Frame (1), remove and discard the screws and the shipping bracket.

Have a second person hold the Upright (4) on the Frame (1).

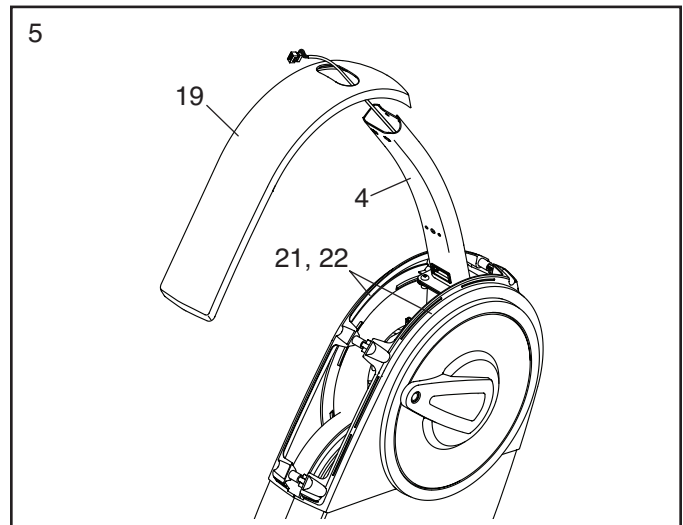
**Tip: Avoid pinching the Main Wire (41).** Attach the Upright (4) with four M10 x 20mm Screws (60); **start all the Screws, and then tighten them.**

Locate the wire tie inside the Upright (4). Tie the lower end of the wire tie to the Main Wire (41). Then, pull the other end of the wire tie upward until the Main Wire is routed through the Upright.

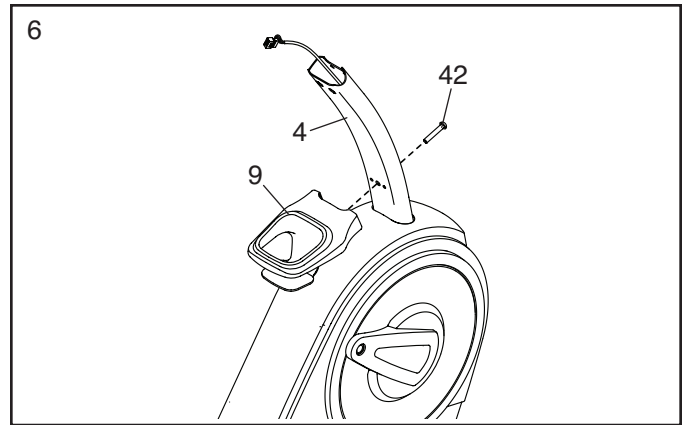
**Tip: To prevent the Main Wire (41) from falling into the Upright (4), secure it to the Upright with the wire tie.**



5. Slide the Upright Cover (19) onto the Upright (4) and press it onto the Left and Right Shields (21, 22).



- Attach the Accessory Tray (9) to the Upright (4) with an M6 x 50mm Screw (42).

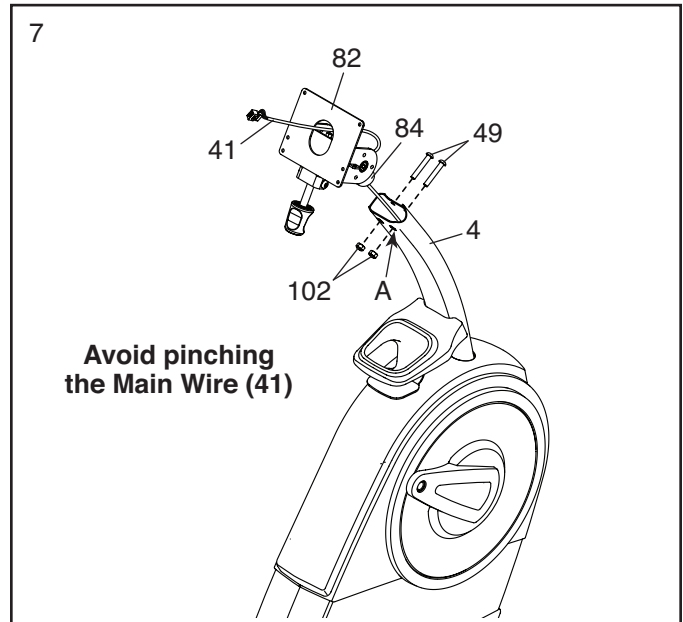


- Untie and discard the wire tie on the Main Wire (41).

While a second person holds the Console Bracket (82) assembly near the Upright (4), route the Main Wire (41) through the notch in the Upright, through the Upright Bracket (84), and through the hole in the center of the Console Bracket.

**Tip: Avoid pinching the Main Wire (41).** Insert the Upright Bracket (84) into the Upright (4).

Attach the Upright Bracket (84) with two M8 x 50mm Bolts (49) and two M8 Locknuts (102); **start both Bolts, and then tighten them. Make sure that the Locknuts are in the hexagonal holes (A).**

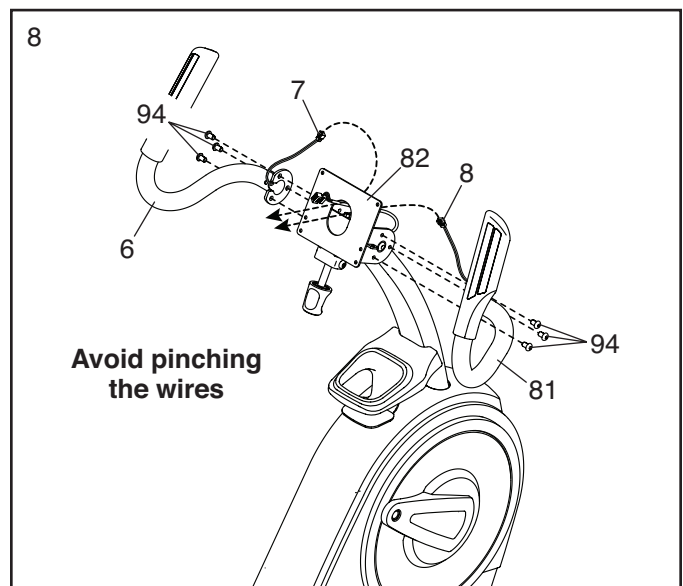


- Identify the Right Handlebar (81) and orient it as shown.

**Tip: Avoid pinching the Right Pulse Wire (8).** Attach the Right Handlebar (81) to the right side of the Console Bracket (82) with three M8 x 13mm Screws (94); **start all the Screws, and then tighten them.**

Then, route the Right Pulse Wire (8) in the Right Handlebar (81) through the Console Bracket (82) as shown.

**Repeat this step to attach the Left Handlebar (6).**

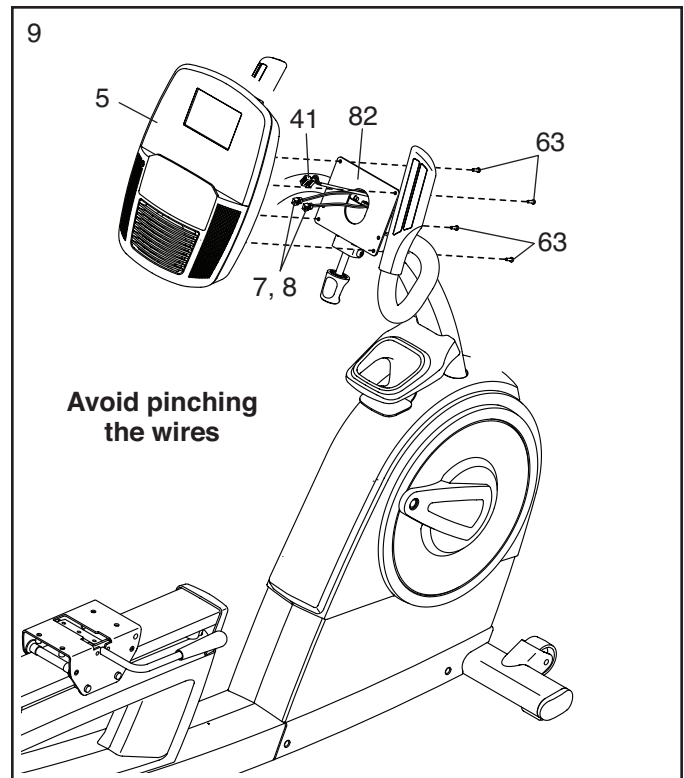


9. While a second person holds the Console (5) near the Console Bracket (82), plug the Main Wire (41) and the Left and Right Pulse Wires (7, 8) into the receptacles on the Console.

**The connectors on the Main Wire (41) and the Pulse Wires (7, 8) should slide easily into the receptacles and snap into place.** If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the Console (5) may become damaged when you use the exercise bike.**

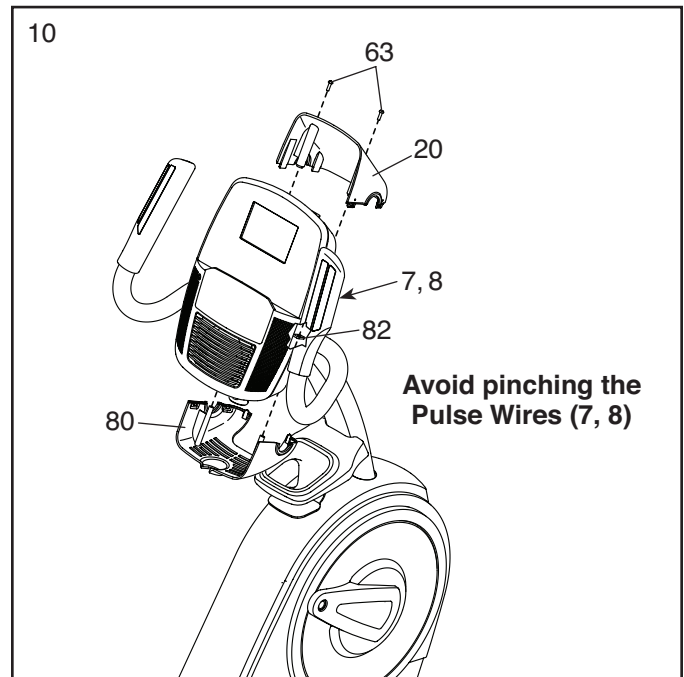
Insert the excess wire into the Console Bracket (82).

**Tip: Avoid pinching the wires.** Attach the Console (5) to the Console Bracket (82) with four M4 x 15mm Screws (63); **start all the Screws, and then tighten them.**

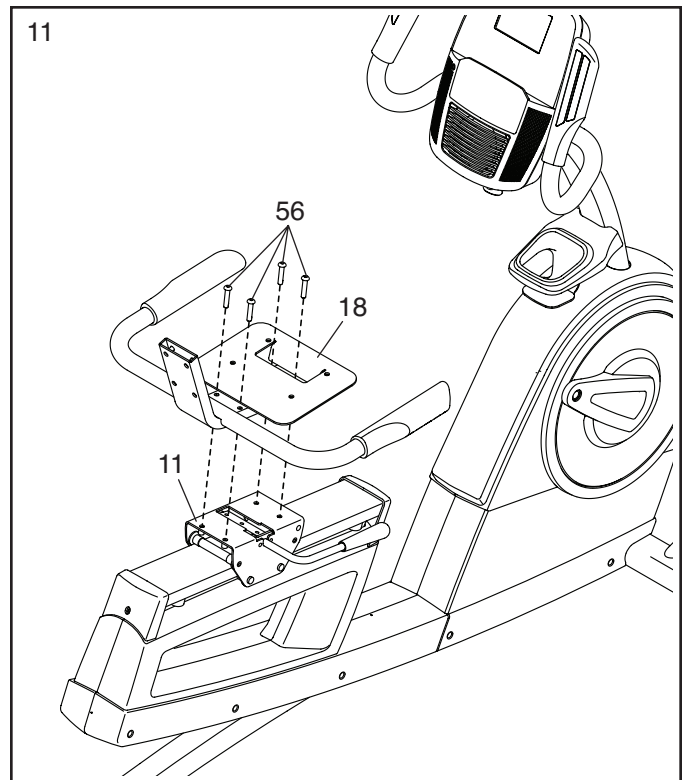


10. Identify the Upper and Lower Bracket Covers (20, 80), orient them as shown, and press them together around the Console Bracket (82).

**Tip: Avoid pinching the Left and Right Pulse Wires (7, 8).** Attach the Upper and Lower Bracket Covers (20, 80) to the Console Bracket (82) with two M4 x 15mm Screws (63).

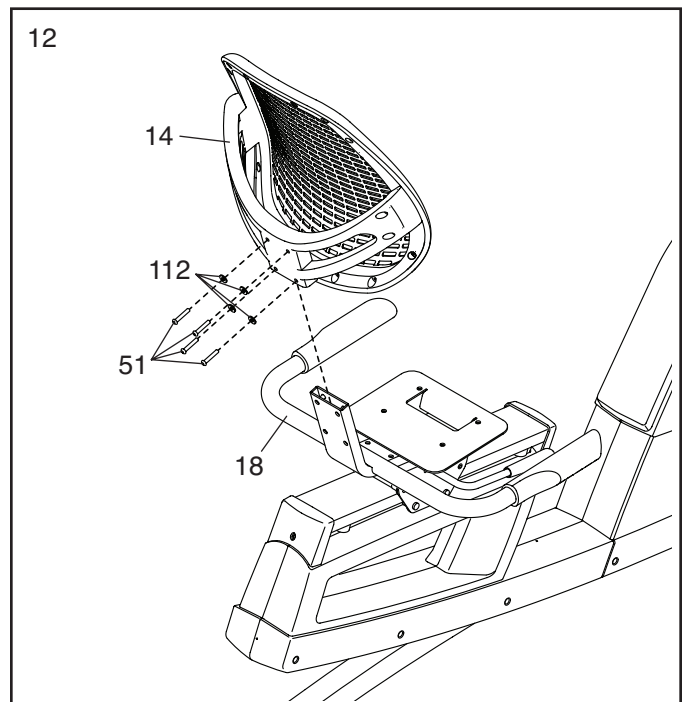


11. Attach the Seat Handlebar (18) to the Seat Carriage (11) with four M8 x 40mm Screws (56); **start all the Screws, and then tighten them.**

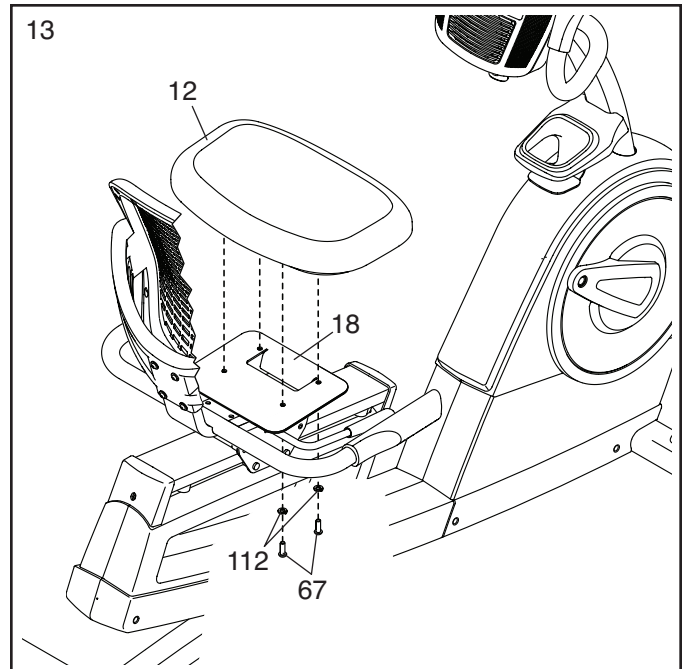


12. Slide the Backrest Frame (14) onto the Seat Handlebar (18).

Attach the Backrest Frame (14) with four M6 x 30mm Screws (51) and four M6 Washers (112); **start all the Screws, and then tighten them.**



13. Attach the Seat (12) to the Seat Handlebar (18) with four M6 x 20mm Screws (67) and four M6 Washers (112) (only two of each are shown); **start all the Screws, and then tighten them.**

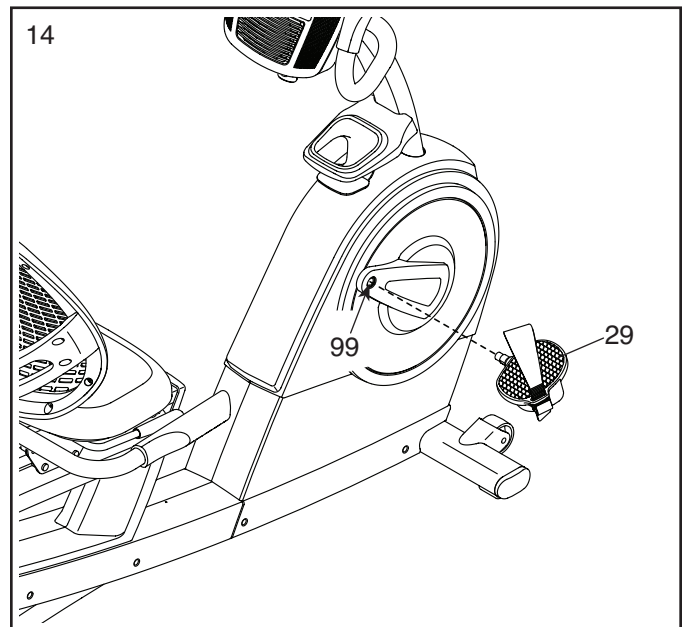


14. Identify the Right Pedal (29).

Using an adjustable wrench, **firmly tighten** the Right Pedal (29) **clockwise** into the Right Crank Arm (99).

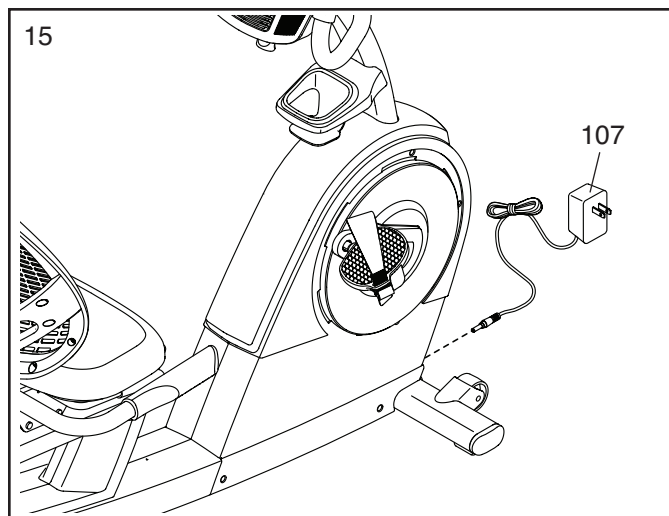
**Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

Attach the right pedal strap to the Right Pedal (29) as shown. **Attach the left pedal strap in the same way.**



15. Plug the Power Adapter (107) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (107) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



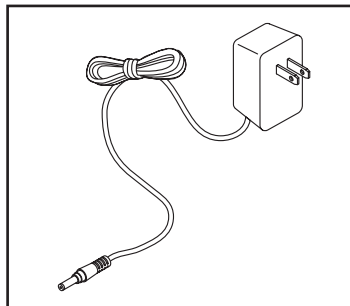
16. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**  
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

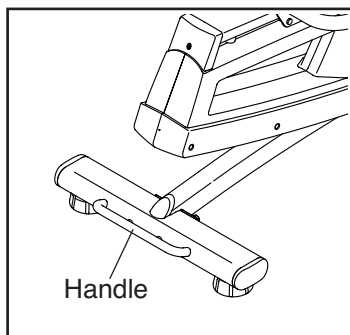
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



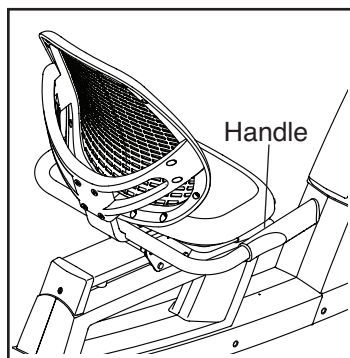
## HOW TO MOVE THE EXERCISE BIKE

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



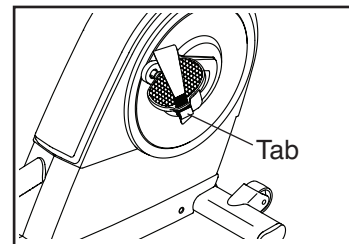
## HOW TO ADJUST THE SEAT

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



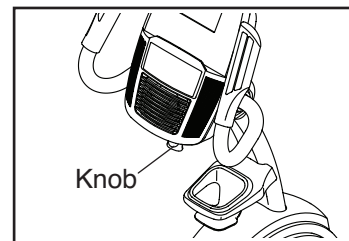
## HOW TO ADJUST THE PEDAL STRAPS

To tighten a pedal strap, pull downward on the end of the strap. To loosen a strap, press the tab and pull upward on the strap.



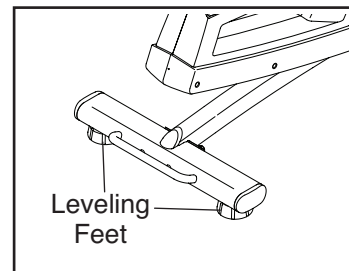
## HOW TO ADJUST THE ANGLE OF THE CONSOLE

The console can be adjusted to several angles. To adjust the console, turn the console knob until the console is at the desired angle.

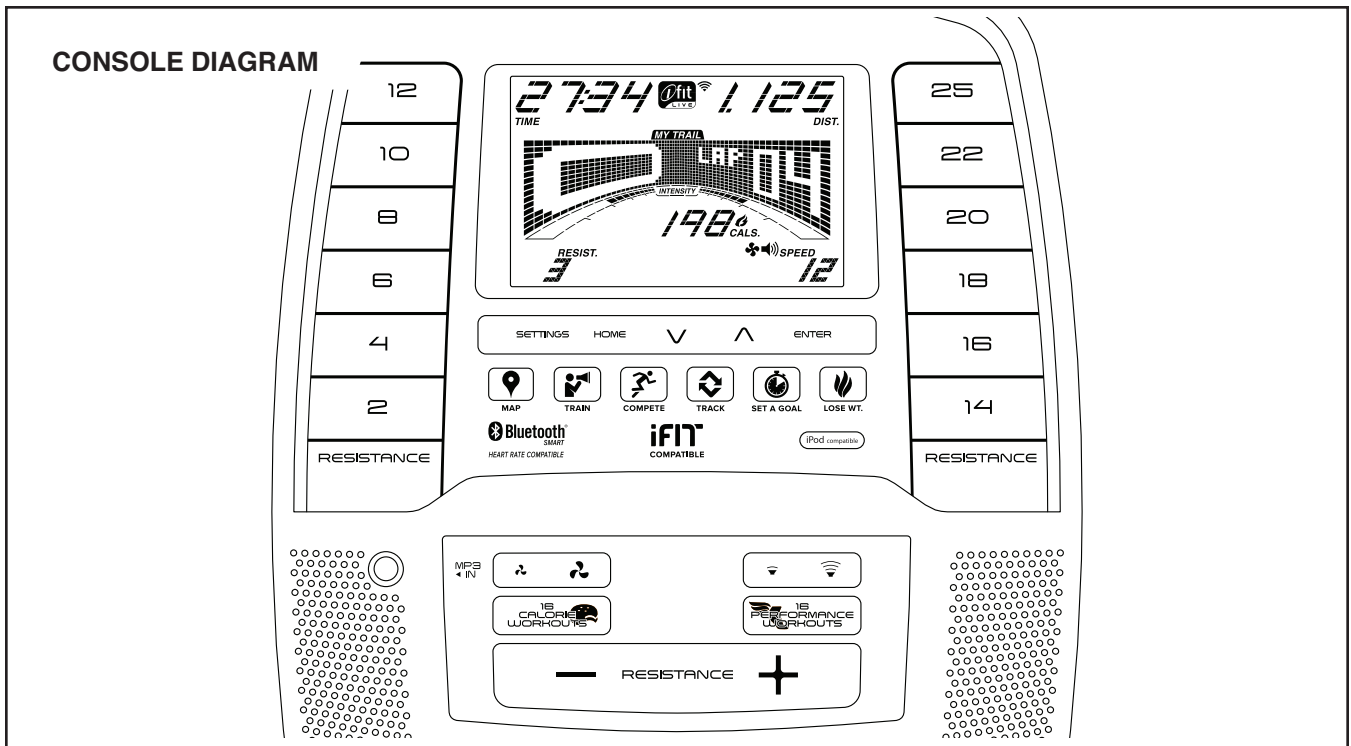


## HOW TO LEVEL THE EXERCISE BIKE

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



## CONSOLE DIAGRAM



### MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Choose and download sets of weight-loss workouts

**Go to iFit.com to learn more.**

## FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or **an optional chest heart rate monitor (see page 22 for more information)**.

The console offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a calorie, distance, or time goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

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

**To use the manual mode**, see this page. **To use an onboard workout**, see page 19. **To use a set-a-goal workout**, see page 20. **To use an iFit workout**, see page 21. **To use the sound system**, see page 22. **To change console settings**, see page 23.

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

## HOW TO USE THE MANUAL MODE

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

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

### 2. Select the manual mode.

Press the Home button or press either the Calorie Workouts button or the Performance Workouts button repeatedly to select the manual mode.

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

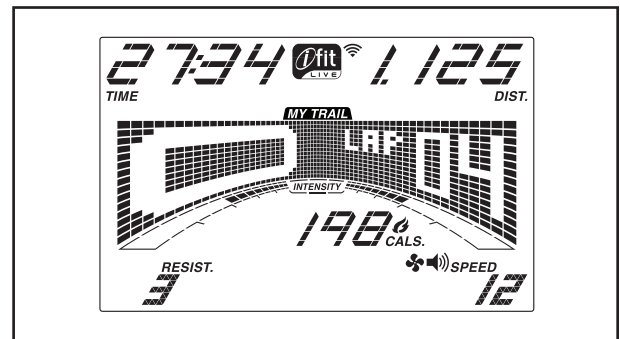
### 3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

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

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

The display can show the following workout information:



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

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

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

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

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

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

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

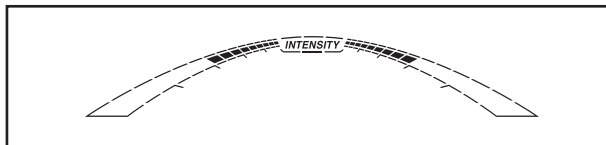
The matrix offers several display tabs. Press the increase and decrease buttons next to the Enter button until the desired tab is shown.

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

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

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

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



Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 23 to set the default menu). If necessary, press the Home button again.

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



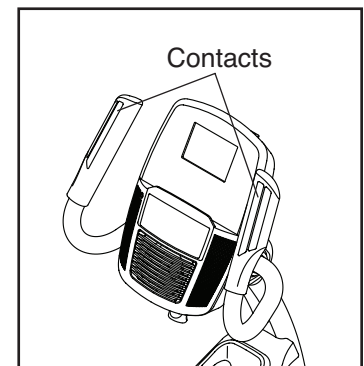
Change the volume level of the console by pressing the volume increase and decrease buttons.

## 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 22 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

**Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

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



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

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

## 6. Turn on the fan if desired.

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



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

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

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

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

Note: The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

## HOW TO USE AN ONBOARD WORKOUT

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

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

### 2. Select an onboard workout.

To select an onboard workout, press the Calorie Workouts button or the Performance Workouts button repeatedly until the desired workout appears in the display.

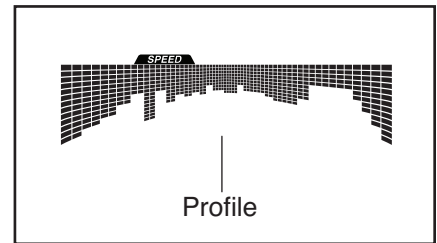
When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

The maximum resistance level and the maximum speed for the workout will also appear in the display.

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

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

During the workout, the profile on the speed tab will show your progress.



The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

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

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

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

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

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

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

See step 4 on page 17.

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

See step 5 on page 18.

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

See step 6 on page 19.

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

See step 7 on page 19.

**HOW TO USE A SET-A-GOAL WORKOUT**

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

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

**2. Set a calorie, distance, or time goal.**

To set a calorie, distance, or time goal, first press the Set A Goal button.

Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

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

Each workout is divided into one-minute segments.

You can manually change the resistance of the pedals as desired during the workout by pressing the Resistance buttons.

Note: If you manually change the resistance level during a calorie goal workout, the length of the workout may adjust automatically to ensure that you meet your calorie goal.

**Note: The calorie goal 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 you burn will be affected.**

The workout will continue in this way until the calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

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

As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

See step 4 on page 17.

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

See step 5 on page 18.

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

See step 6 on page 19.

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

See step 7 on page 19.

## HOW TO USE AN iFIT WORKOUT

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

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

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

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

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

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

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

### 3. Select a user.

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

### 4. Select an iFit workout.

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

Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

Press the Compete button to compete in a race that you have previously scheduled.

Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

To use a set-a-goal workout, press the Set A Goal button (see page 20).

**For more information on the iFit workouts, please see [www.iFit.com](http://www.iFit.com).**

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

Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

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

See step 3 on page 19.

During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 23).

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

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

See step 4 on page 17.

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

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

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

See step 5 on page 18.

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

See step 6 on page 19.

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

See step 7 on page 19.

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

**HOW TO USE THE SOUND SYSTEM**

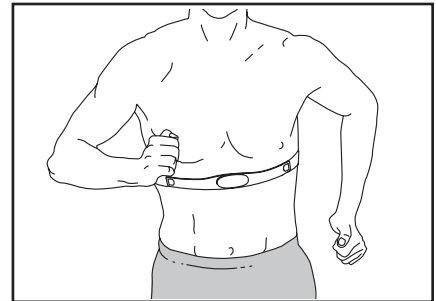
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged 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.



**THE OPTIONAL CHEST 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 chest 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 a chest heart rate monitor, please see the front cover of this manual.**

Note: The console is compatible with all BLUETOOTH® Smart heart rate monitors.

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press the Settings button.

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

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

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

### 2. Navigate the settings mode.

While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

### 3. Change settings as desired.

**Units**—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly.

To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

**Demo**—The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

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

**Trainer Voice**—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

**Default Menu**—The default menu will appear when you press the Home button. Press the Enter button repeatedly to select the manual mode or the iFit menu as the default menu.

**Check Status**—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press the Settings button.

**Send/Receive**—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

### 4. Exit the settings mode.

Press the Settings button to exit the settings mode.

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## FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

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

**Note: The console contains FCC ID: OMCIABR12.**

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

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

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

## CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 18.

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 23 and adjust the contrast level of the display.

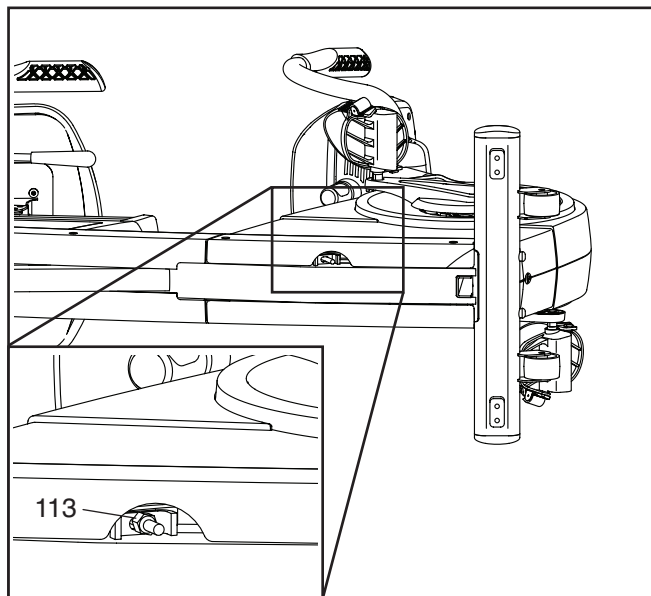
**If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. **Before you adjust the drive belt, unplug the power adapter.**

With the help of a second person, first place some sturdy packing materials under the frame so that the front of the frame is lifted off the floor. Have the second person hold the exercise bike to prevent it from tipping.

Next, tighten the indicated M8 Hex Nut (113) slightly to tighten the Drive Belt (not shown). Then, remove the packing material from under the frame and plug in the power adapter.



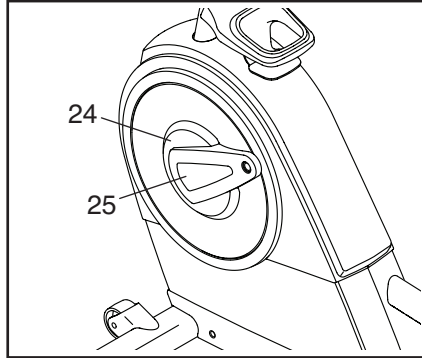
Repeat this process, if necessary, until the pedals no longer slip.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **Before you adjust the reed switch, unplug the power adapter.**

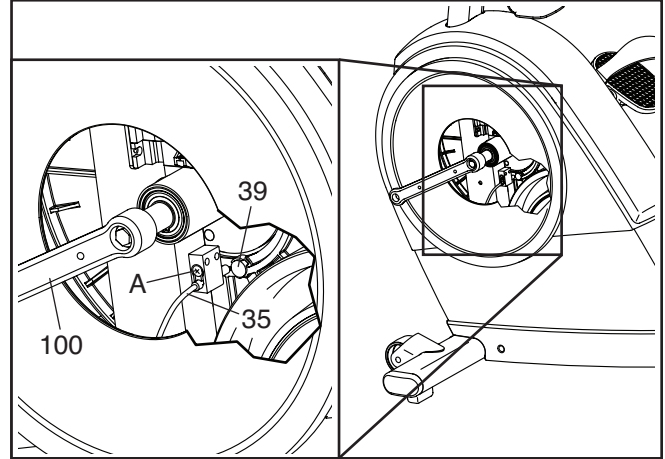
**Note: For clarity, the left pedal is shown removed in the drawing below.**

Using a small standard (flat) screwdriver, carefully pry the left Crank Cover (25) off the left Shield Cover (24). Next, remove the two M5 x 20mm Screws (not shown). Then, rotate the left Shield Cover out of the way.



**Note: For clarity, the left shield cover is shown removed in the drawing below.**

Locate the Reed Switch (35). Rotate the Left Crank Arm (100) until a Magnet (39) is aligned with the Reed Switch. Next, loosen the Clamp Screw (A), slide the Reed Switch slightly toward or away from the Magnet, and then retighten the Clamp Screw.



Plug in the power adapter and rotate the Left Crank Arm (100) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

165	155	145	140	130	125	115	❤️
145	138	130	125	118	110	103	❤️
125	120	115	110	105	95	90	❤️
<hr/>							
20	30	40	50	60	70	80	

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

# PART LIST

Model No. 831.21975.0 R0914A

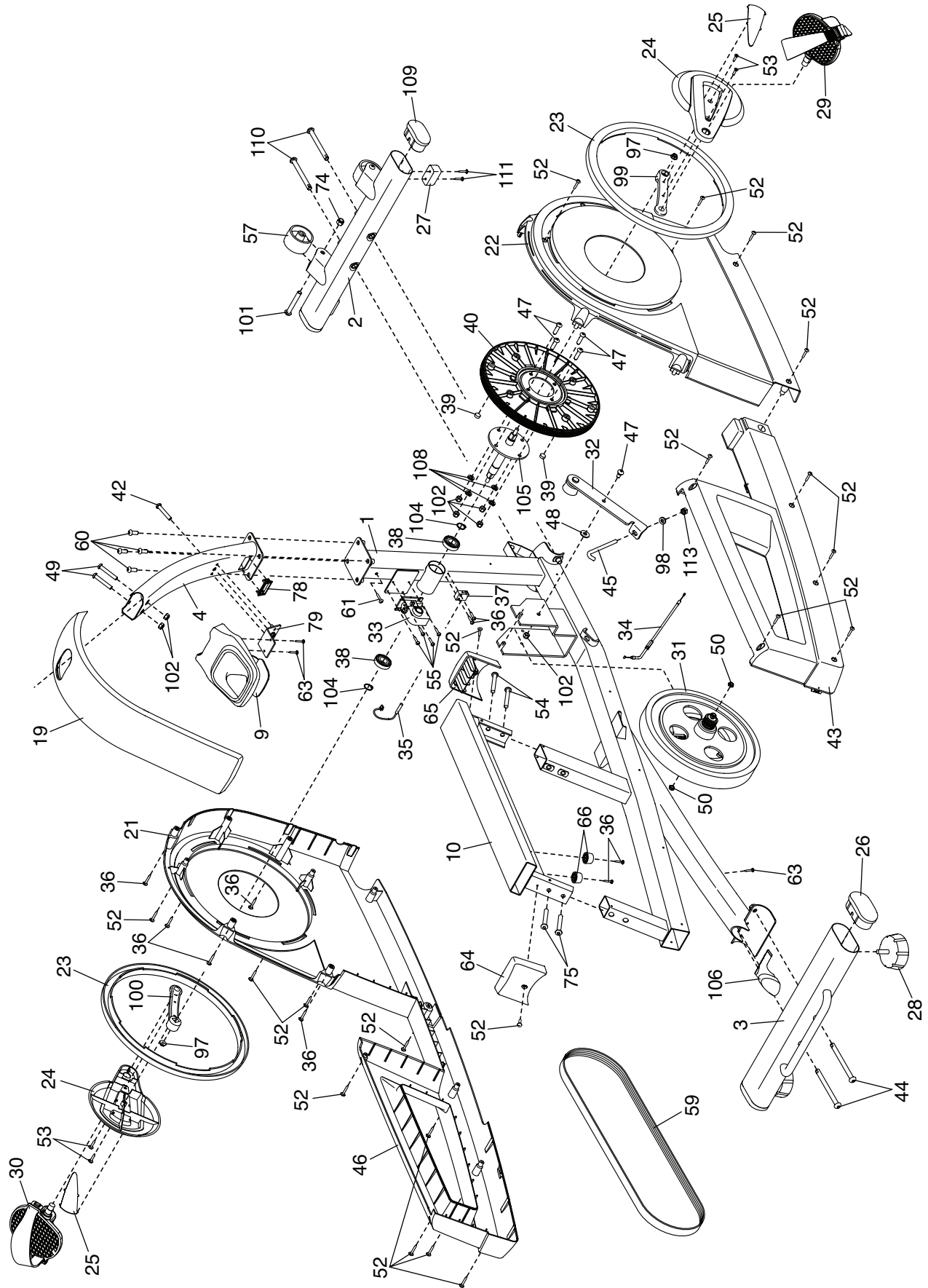
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	8	M6 x 30mm Screw
2	1	Front Stabilizer	52	20	M4 x 25mm Screw
3	1	Rear Stabilizer	53	4	M5 x 20mm Screw
4	1	Upright	54	2	M10 x 55mm Screw
5	1	Console	55	4	Resistance Motor Screw
6	1	Left Handlebar	56	4	M8 x 40mm Screw
7	1	Left Pulse Sensor/Wire	57	2	Wheel
8	1	Right Pulse Sensor/Wire	58	1	Power Wire
9	1	Accessory Tray	59	1	Drive Belt
10	1	Rail	60	4	M10 x 20mm Screw
11	1	Seat Carriage	61	1	M4 x 19mm Bright Screw
12	1	Seat	62	6	M6 x 10mm Screw
13	1	Backrest	63	25	M4 x 15mm Screw
14	1	Backrest Frame	64	1	Rear Rail Cover
15	1	Seat Handle	65	1	Front Rail Cover
16	1	Seat Lever	66	4	Bumper
17	1	Brake Bracket	67	8	M6 x 20mm Screw
18	1	Seat Handlebar	68	13	M6 Small Washer
19	1	Upright Cover	69	2	Upper Roller
20	1	Upper Bracket Cover	70	4	Lower Roller
21	1	Left Shield	71	2	Axle
22	1	Right Shield	72	1	Brake
23	2	Lock Ring	73	1	Brake Block
24	2	Shield Cover	74	3	M10 Locknut
25	2	Crank Cover	75	2	M10 x 45mm Screw
26	2	Rear Stabilizer Cap	76	5	M6 Split Washer
27	2	Stabilizer Foot	77	2	Brake Spacer
28	2	Leveling Foot	78	1	Grommet
29	1	Right Pedal/Strap	79	1	Accessory Tray Bracket
30	1	Left Pedal/Strap	80	1	Lower Bracket Cover
31	1	Eddy Mechanism	81	1	Right Handlebar
32	1	Idler	82	1	Console Bracket
33	1	Resistance Motor	83	1	Adjustment Knob
34	1	Resistance Cable	84	1	Upright Bracket
35	1	Reed Switch/Wire	85	1	Upper Block
36	11	M4 x 19mm Screw	86	1	Lower Block
37	1	Clamp	87	2	Console Bracket Bushing
38	2	Crank Bearing	88	2	Upright Bracket Bushing
39	2	Magnet	89	4	M8 x 14mm Screw
40	1	Pulley	90	1	Right Seat Handgrip
41	1	Main Wire	91	1	Pivot Axle
42	1	M6 x 50mm Screw	92	2	M8 Large Washer
43	1	Right Rear Shield	93	1	Left Seat Handgrip
44	2	M10 x 120mm Screw	94	6	M8 x 13mm Screw
45	1	Idler Screw	95	5	M8 Nut
46	1	Left Rear Shield	96	1	M10 x 130mm Bolt
47	7	M8 x 20mm Screw	97	2	M10-1.25 Flange Nut
48	1	M8 Thin Washer	98	1	M8 Washer
49	2	M8 x 50mm Bolt	99	1	Right Crank Arm
50	2	M10-1.0 Flange Nut	100	1	Left Crank Arm

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M10 x 60mm Bolt	109	2	Front Stabilizer Cap
102	8	M8 Locknut	110	2	M10 x 96mm Screw
103	3	M6 x 15mm Screw	111	4	M4 x 30mm Screw
104	2	Crank Snap Ring	112	8	M6 Washer
105	1	Crank	113	1	M8 Hex Nut
106	1	Frame Cap	*	–	User's Manual
107	1	Power Adapter	*	–	Assembly Tool
108	4	M8 Split Washer			

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.

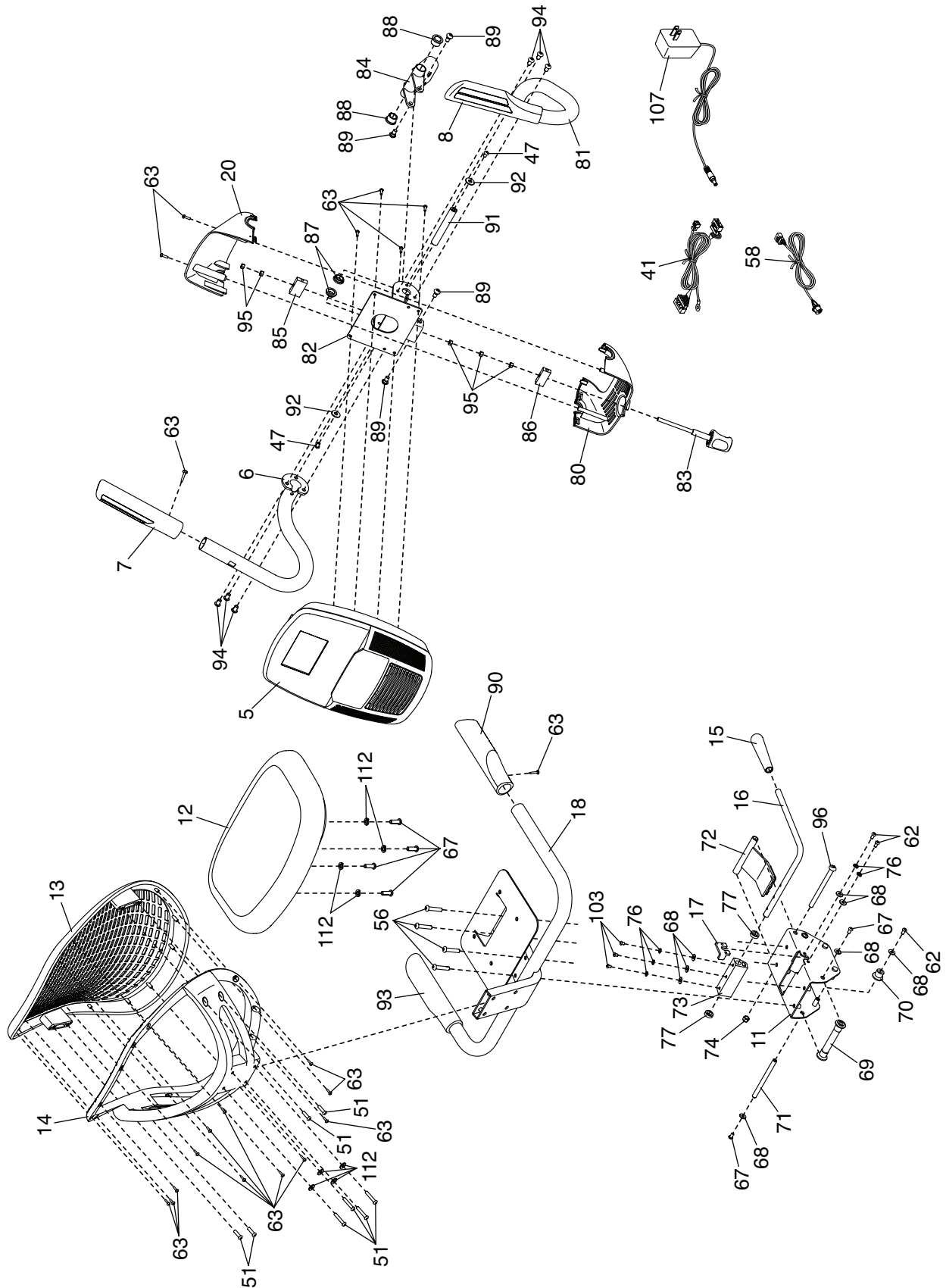
# EXPLODED DRAWING A

Model No. 831.21975.0 R0914A



# EXPLODED DRAWING B

Model No. 831.21975.0 R0914A



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# ORDERING REPLACEMENT PARTS

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

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

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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