

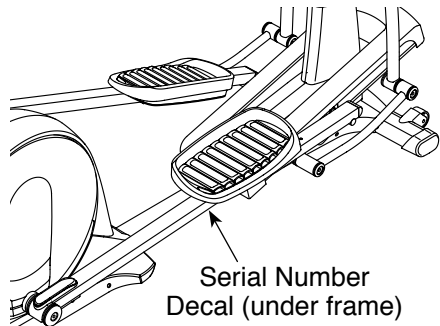
NordicTrack® E7.5

www.nordictrack.com

Model No. 831.23897.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

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

CALL TOLL-FREE:

1-800-TO-BE-FIT

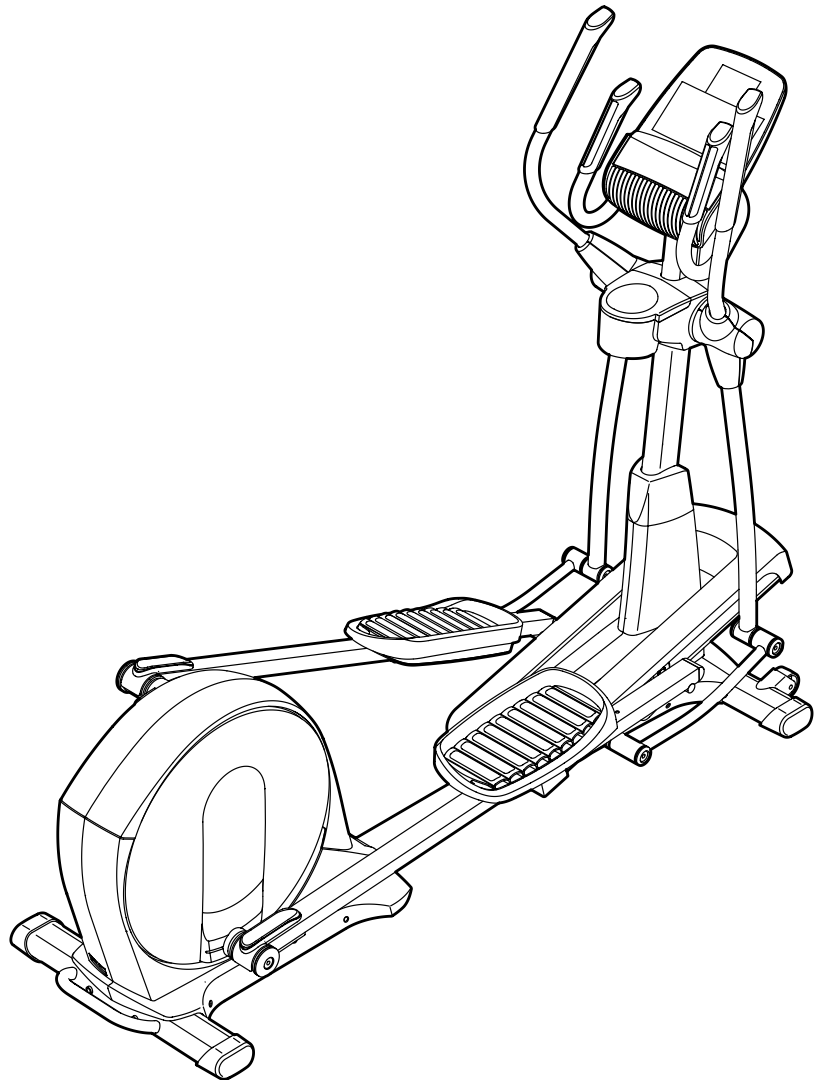
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



CAUTION

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



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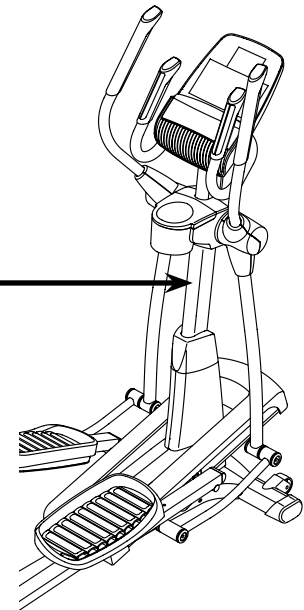
WARNING DECAL PLACEMENT

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

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 325 lbs / 147 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.





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. 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 elliptical 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 elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. 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.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. When connecting the power cord, plug the power cord into a grounded circuit. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into an outlet on the same circuit.
10. 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.
11. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
12. Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use.
13. **DANGER:** Always unplug the power cord 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.
14. The elliptical should not be used by persons weighing more than 325 lbs. (147 kg).
15. 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.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
17. 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.
18. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
19. Keep your back straight while using the elliptical; do not arch your back.
20. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

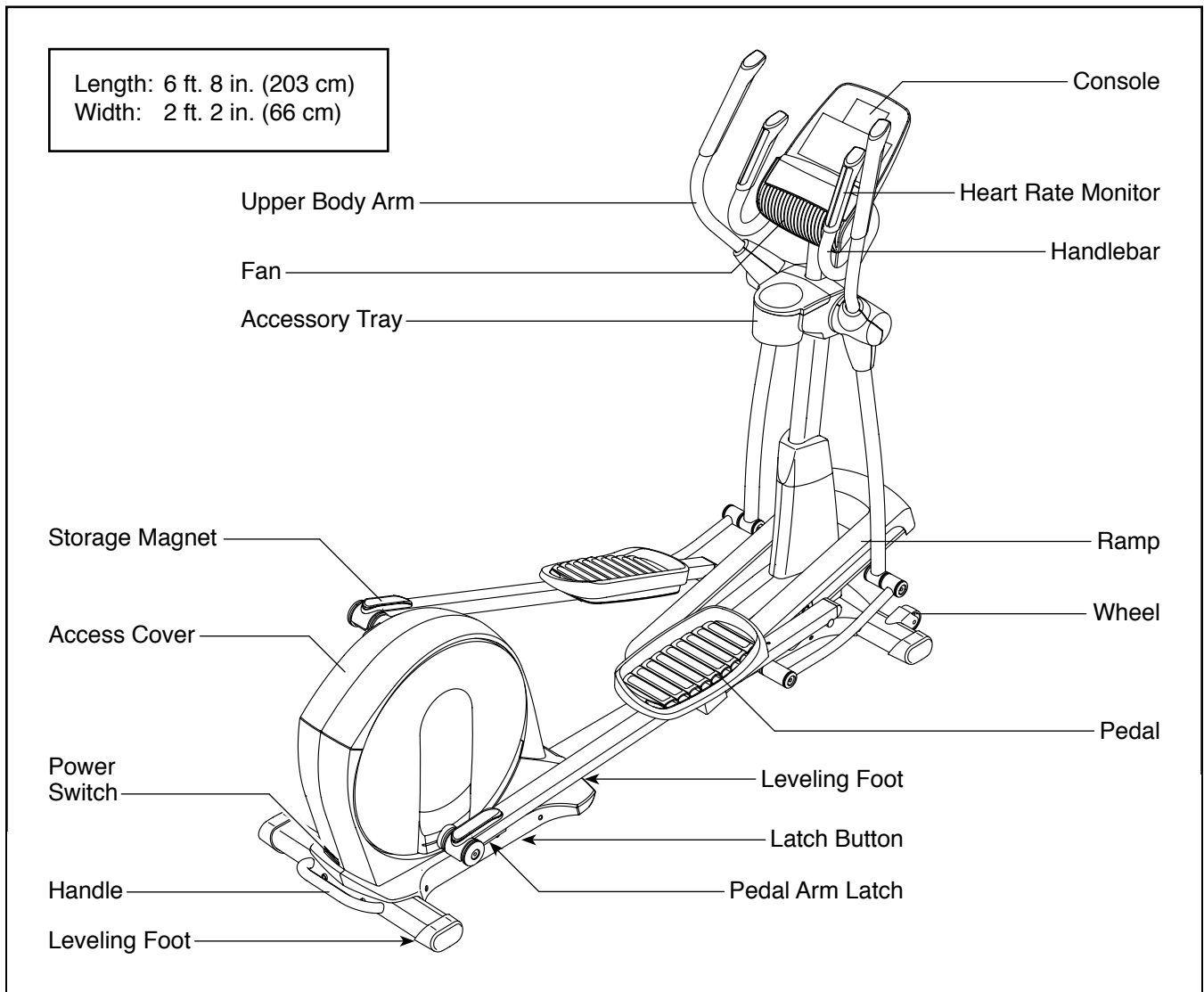
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 7.5 elliptical. The E 7.5 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

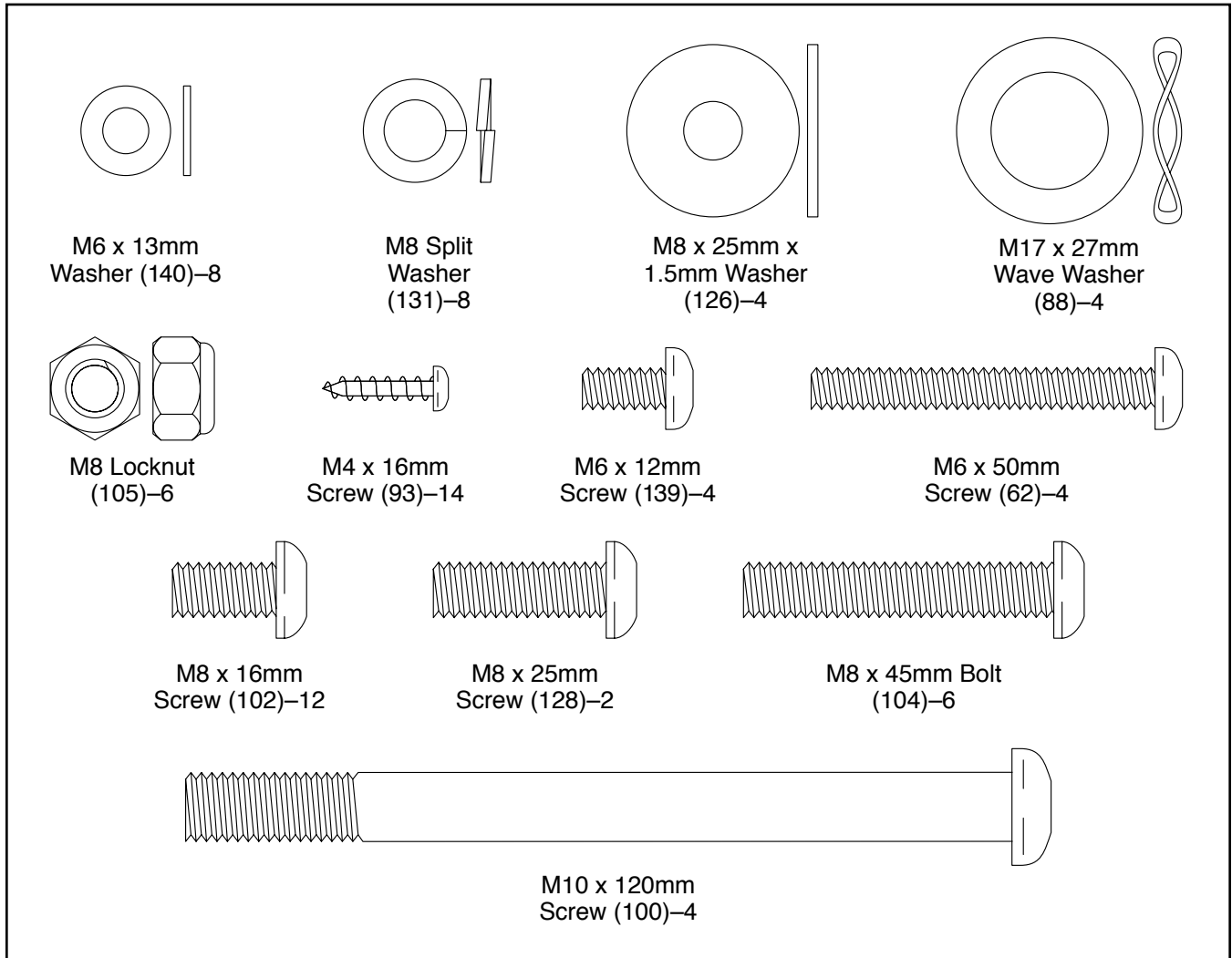
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



ASSEMBLY

- To watch an assembly video, go to <http://productvideo.co/assembly/sears/nordic-track> or use your mobile phone or smartphone to read the QR code at the right.



- 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 5.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one rubber mallet

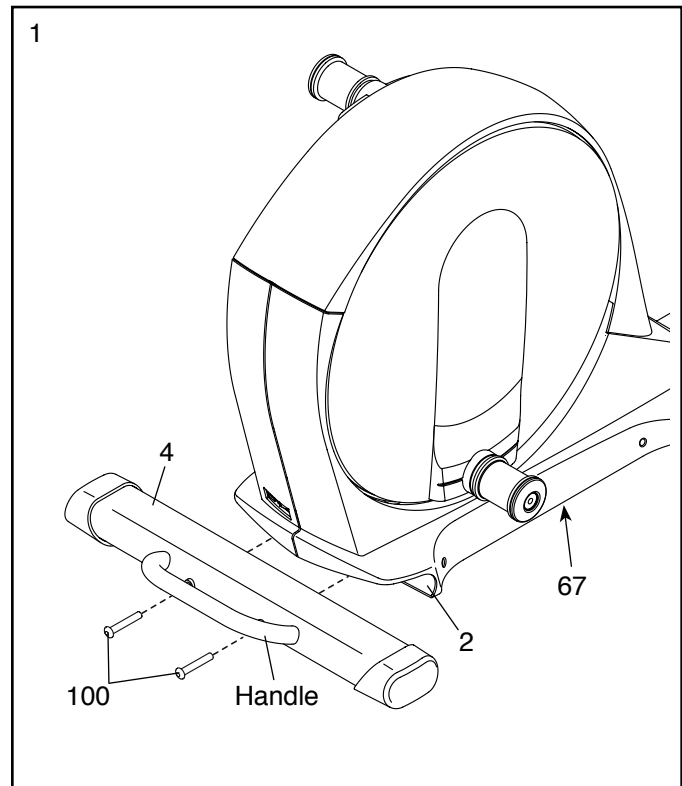


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Rear Stabilizer (4) as shown.

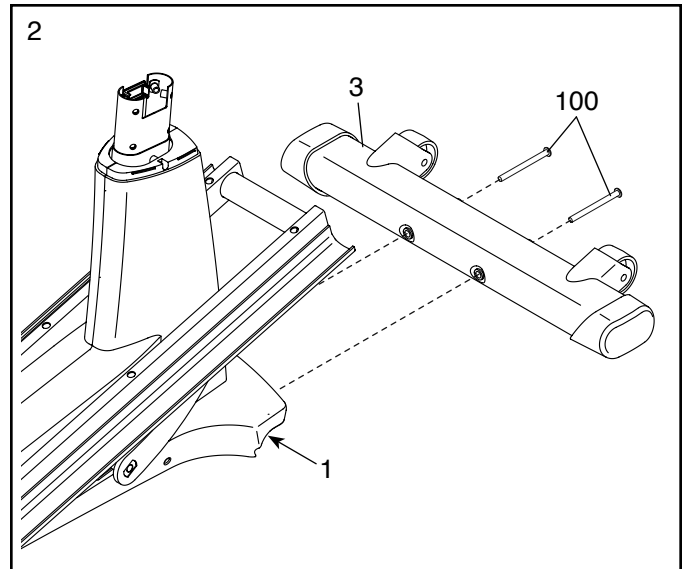
While a second person lifts the Folding Frame (2), attach the Rear Stabilizer (4) to the Folding Frame with two M10 x 120mm Screws (100).
Note: The Folding Frame may be in the folded position.

Note: If the elliptical is in the folded position, unfold it after completing this step. To unfold the elliptical, hold the handle on the Rear Stabilizer (4), press the Latch Button (67), and lower the Rear Stabilizer and the Folding Frame (2) to the floor.



2. Orient the Front Stabilizer (3) as shown.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (3) with two M10 x 120mm Screws (100).



3. Identify and orient the Upright (5) and the Top Cover (23) as shown.

Slide the Top Cover (23) upward onto the Upright (5).

Have a second person hold the Upright (5) and the Top Cover (23) near the Frame (1).

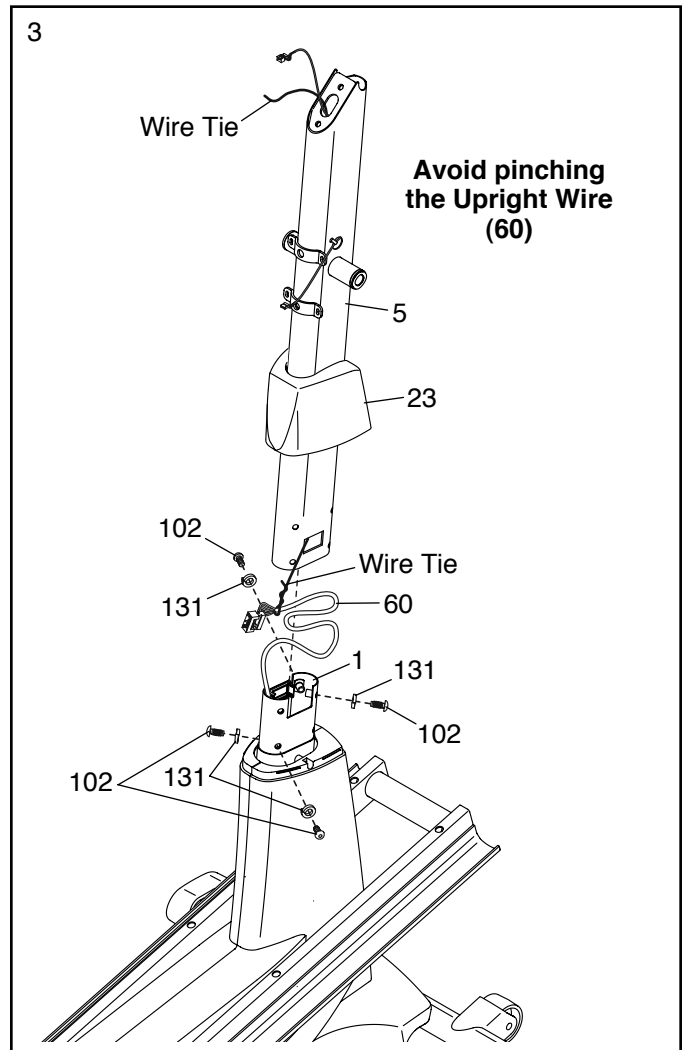
Locate the wire tie in the Upright (5). Tie the lower end of the wire tie to the Upright Wire (60). Next, pull the upper end of the wire tie until the Upright Wire is routed through the Upright.

Tip: To prevent the Upright Wire (60) from falling into the Upright (5), secure the Upright Wire with the wire tie.

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

Attach the Upright (5) with eight M8 x 16mm Screws (102) and eight M8 Split Washers (131) (only four of each are shown); **do not tighten the Screws yet.**

Do not press the Top Cover (23) into place yet.

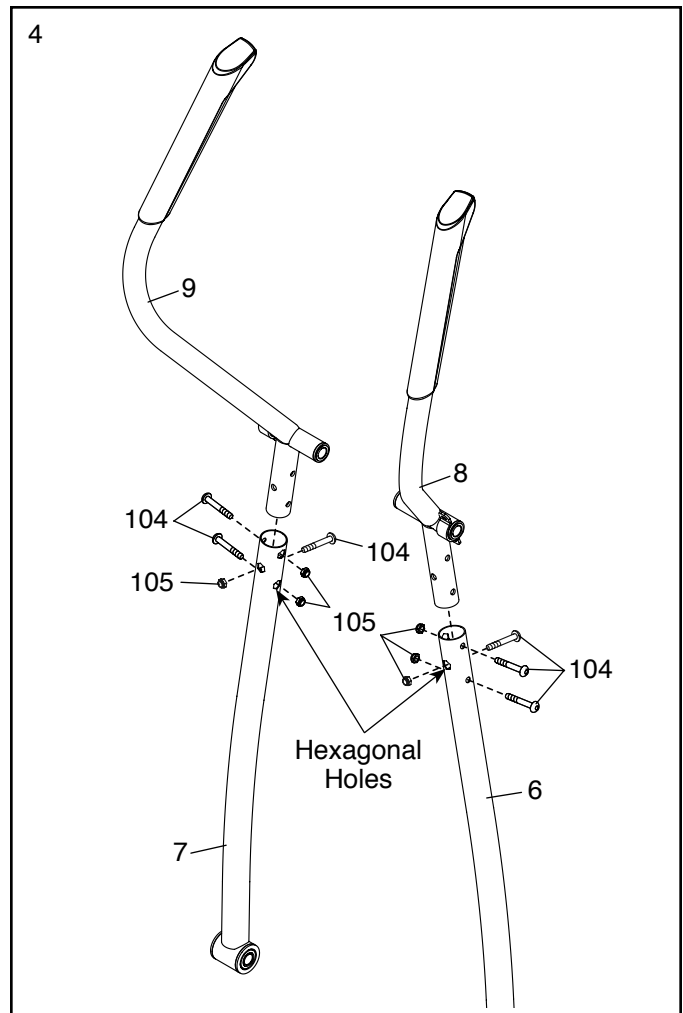


- Identify the Right Upper Body Arm (8) and the Right Upper Body Leg (6) and orient them as shown.

Insert the Right Upper Body Arm (8) into the Right Upper Body Leg (6).

Attach the Right Upper Body Arm (8) with three M8 x 45mm Bolts (104) and three M8 Locknuts (105). **Make sure that the Locknuts are inside the hexagonal holes. Do not fully tighten the Bolts yet.**

Assemble the Left Upper Body Arm (9) and the Left Upper Body Leg (7) in the same way.

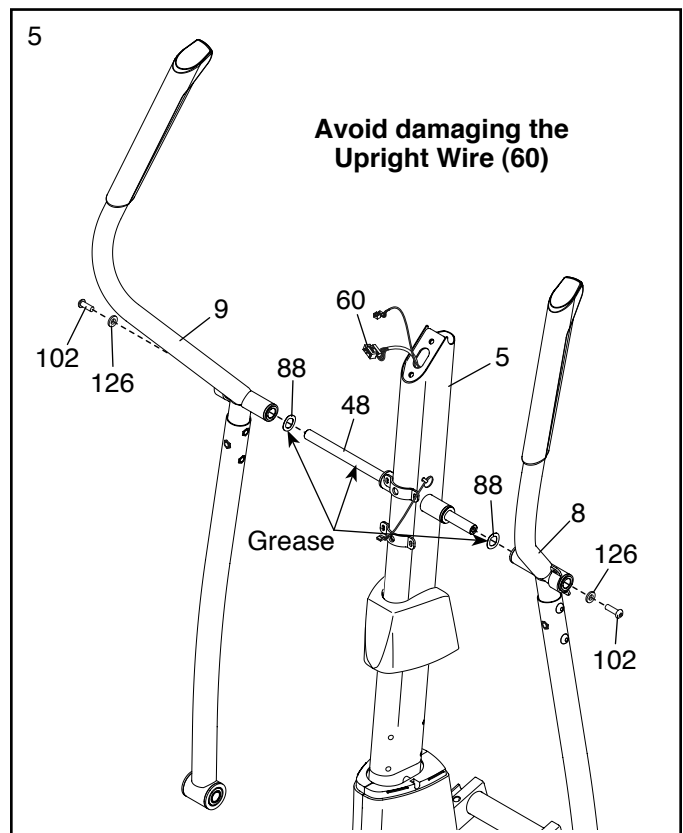


- Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Upright Axle (48) and to two M17 x 27mm Wave Washers (88).

Tip: Avoid damaging the Upright Wire (60). Insert the Upright Axle (48) through the Upright (5) and center it. Slide an M17 x 27mm Wave Washer (88) onto each side of the Upright Axle.

Slide the Right and Left Upper Body Arms (8, 9) onto the right and left sides of the Upright Axle (48).

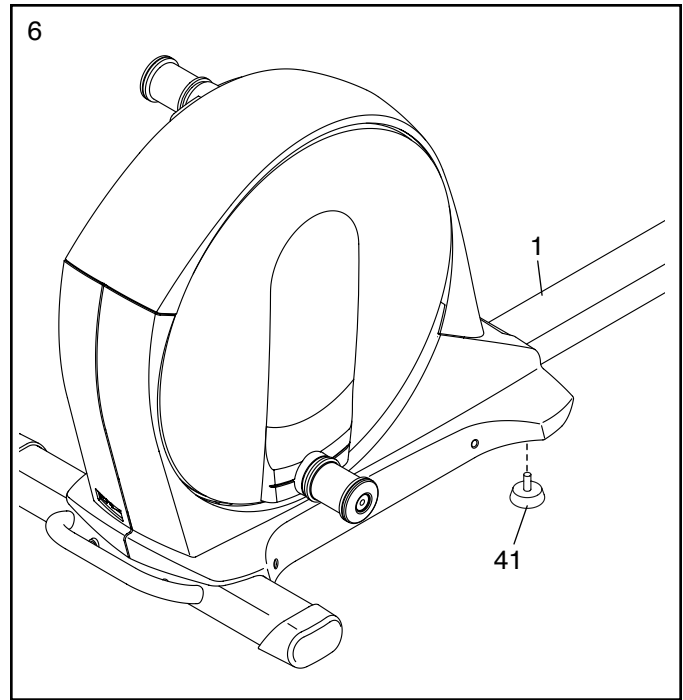
Tighten an M8 x 16mm Screw (102) and an M8 x 25mm x 1.5mm Washer (126) into each end of the Upright Axle (48) **at the same time.**



6. Note: The Leveling Foot (41) may be preattached.

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

Tighten the Leveling Foot (41) into the underside of the Frame (1).

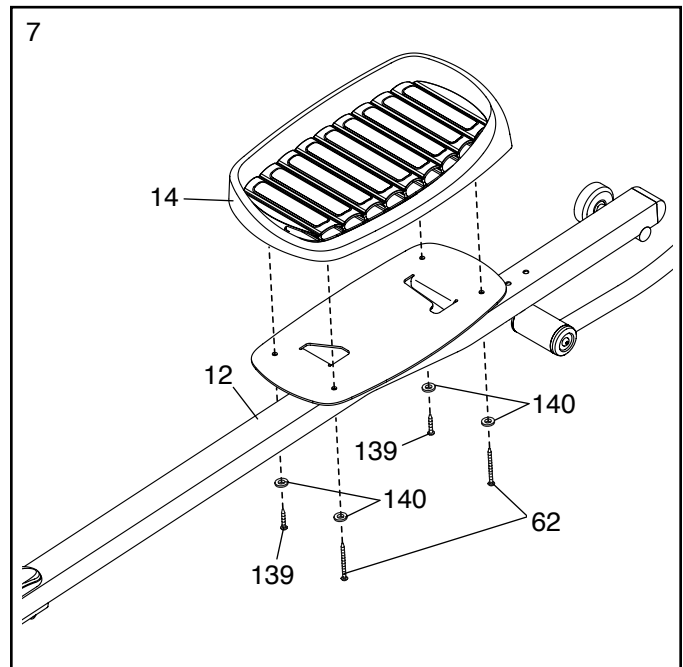


7. Identify the Right Pedal (14) and the Right Pedal Arm (12) assembly and orient them as shown.

Attach the Right Pedal (14) to the Right Pedal Arm (12) with two M6 x 12mm Screws (139) and two M6 x 13mm Washers (140); **do not tighten the Screws yet.**

Next, tighten two M6 x 50mm Screws (62) with two M6 x 13mm Washers (140) into the Right Pedal Arm (12) and the Right Pedal (14). **Then, tighten the two M6 x 12mm Screws (139).**

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



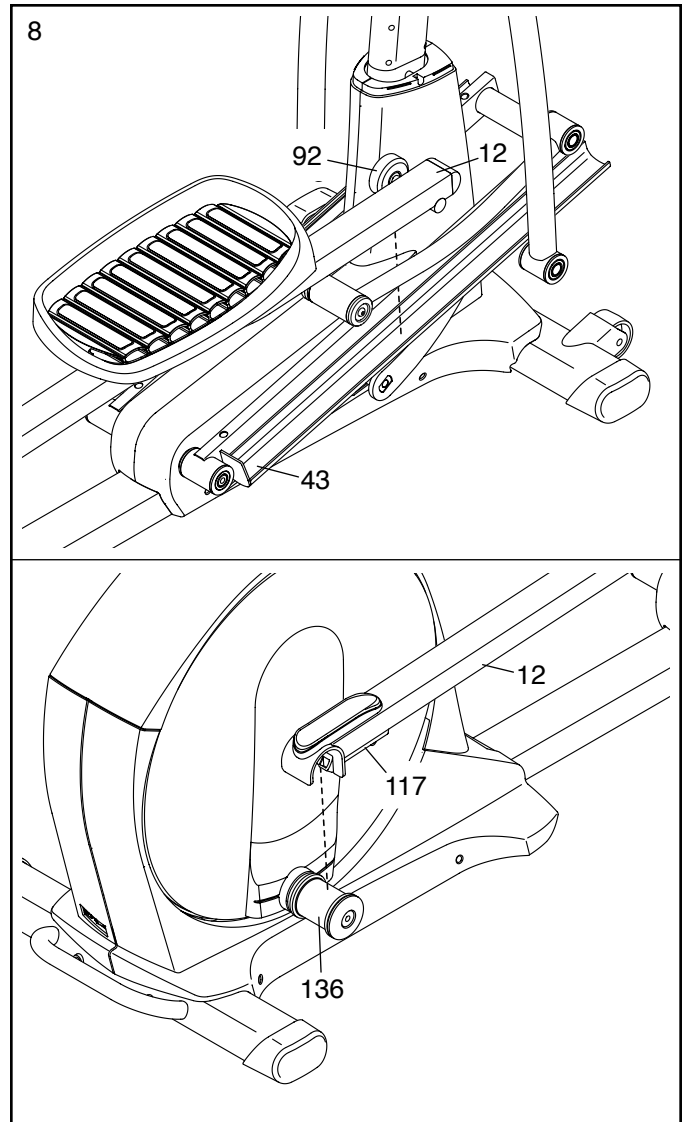
8. **See the upper drawing.** Locate the Ramp Roller (92) on the Right Pedal Arm (12).

Set the Ramp Roller (92) on the right side of the Ramp (43).

See the lower drawing. Pull upward on the Latch (117) on the Right Pedal Arm (12).

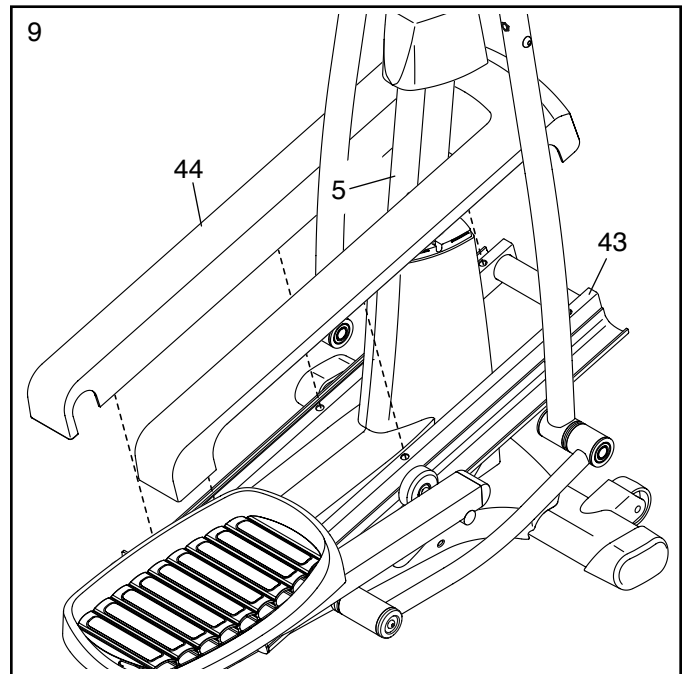
Press the Right Pedal Arm (12) onto the right Sleeve (136). **Make sure that the Right Pedal Arm latches into place.**

Repeat this step on the other side of the elliptical.



9. Orient the Ramp Cover (44) around the Upright (5) as shown.

Press the mounts on the underside of the Ramp Cover (44) into the Ramp (43).



10. Apply grease to a Link Arm Axle (94) and to an M17 x 27mm Wave Washer (88).

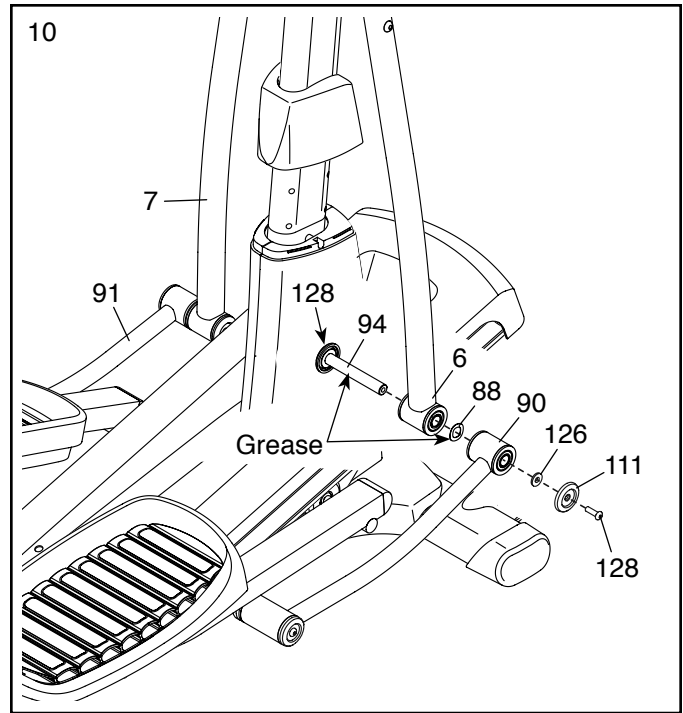
First, insert the Link Arm Axle (94) into the Right Upper Body Leg (6) from the side shown. Next, slide the M17 x 27mm Wave Washer (88) onto the Link Arm Axle. Then, insert the Link Arm Axle into the Right Link Arm (90).

Insert a hex key into the M8 x 25mm Screw (128) in the Link Arm Axle (94).

Using a second hex key, tighten another M8 x 25mm Screw (128), a Pivot Axle Cover (111), and an M8 x 25mm x 1.5mm Washer (126) into the other end of the Link Arm Axle (94).

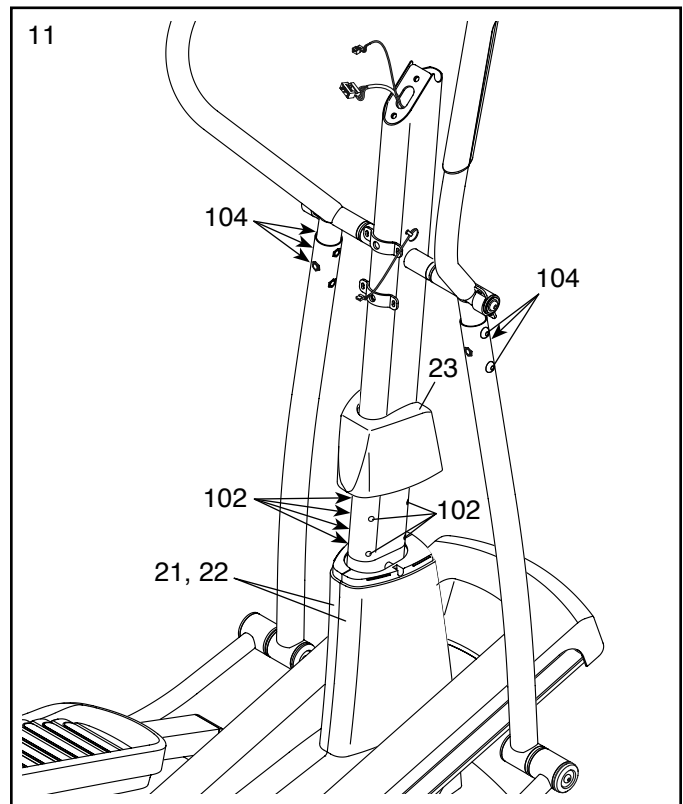
Tip: Avoid damaging the Pivot Axle Cover when tightening the Screw.

Repeat this step on the other side of the elliptical.



11. **Tighten the six M8 x 45mm Bolts (104) and the eight M8 x 16mm Screws (102).**

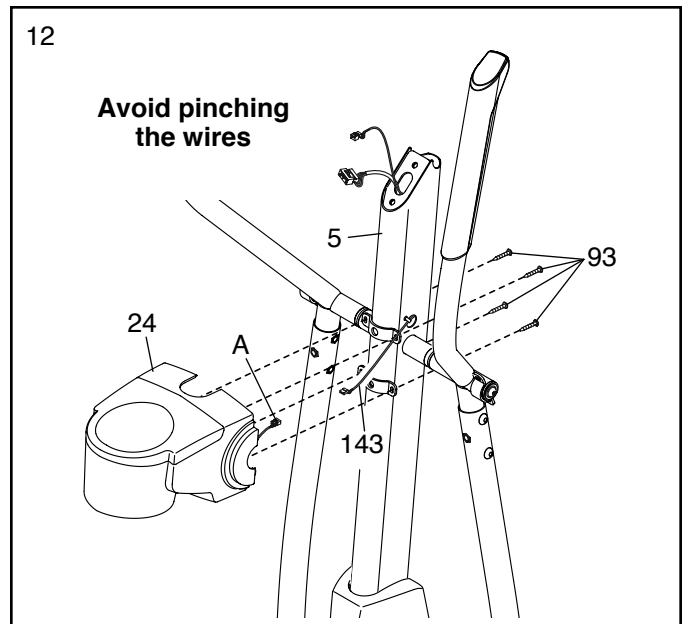
Press the Top Cover (23) into the Right and Left Frame Covers (21, 22).



12. Orient the Rear Upright Cover (24) as shown.

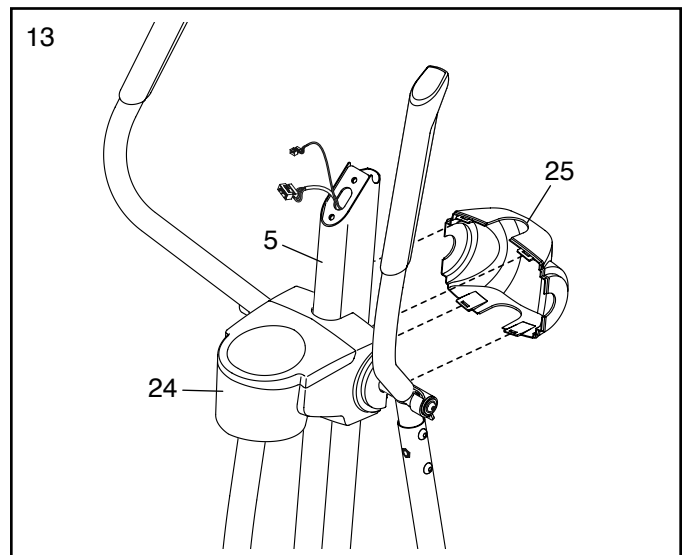
While a second person holds the Rear Upright Cover (24) near the Upright (5), connect the receiver wire (A) to the Receiver Extension Wire (143).

Tip: Avoid pinching the wires. Attach the Rear Upright Cover (24) to the Upright (5) with four M4 x 16mm Screws (93). **Tip: It may be necessary to bend the upper end of the Rear Upright Cover gently into place around the Upright.**



13. Orient the Front Upright Cover (25) as shown.

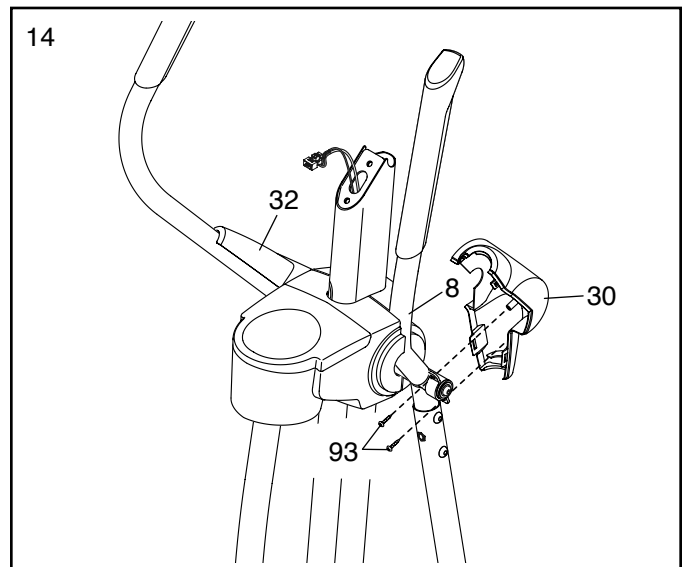
Attach the Front Upright Cover (25) around the Upright (5) by pressing it into the Rear Upright Cover (24).



14. Identify the Right Front Leg Cover (30).

Attach the Right Front Leg Cover (30) to the Right Upper Body Arm (8) with two M4 x 16mm Screws (93).

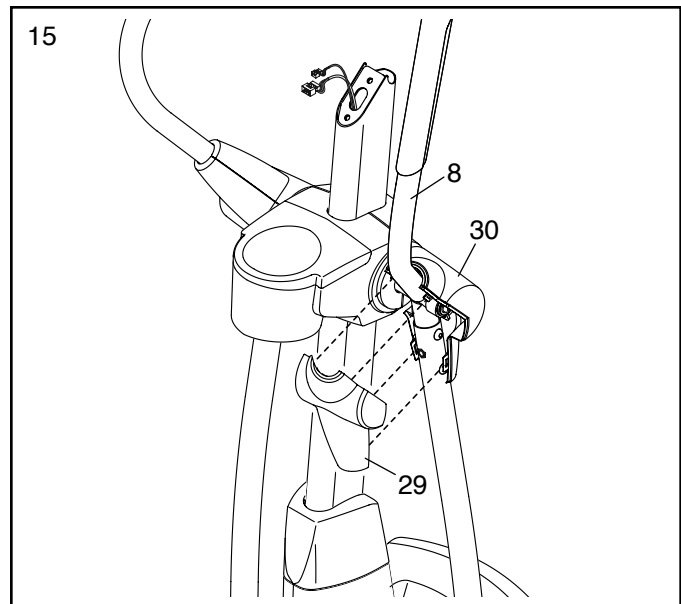
Repeat this step on the other side of the elliptical.



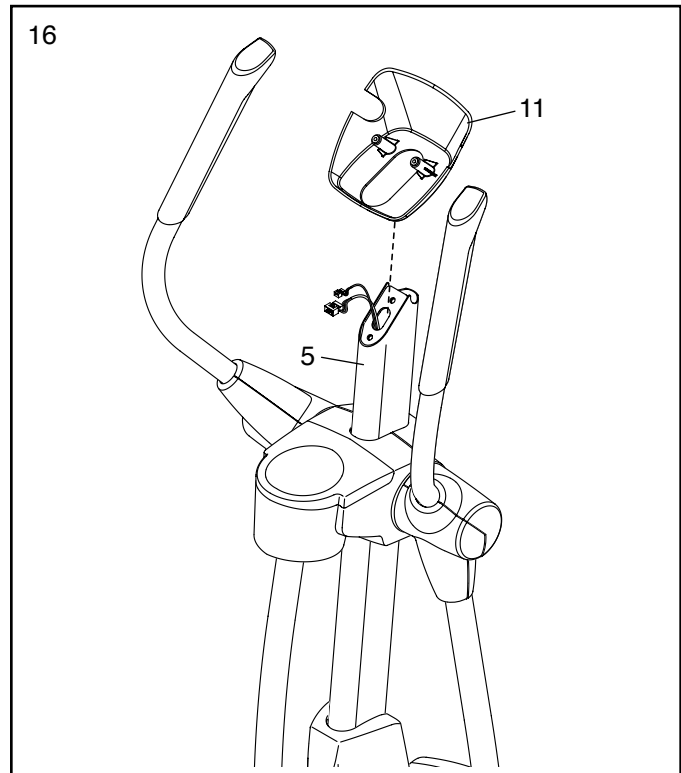
15. Identify the Right Rear Leg Cover (29).

Attach the Right Rear Leg Cover (29) around the Right Upper Body Arm (8) by pressing it into the Right Front Leg Cover (30).

Repeat this step on the other side of the elliptical.



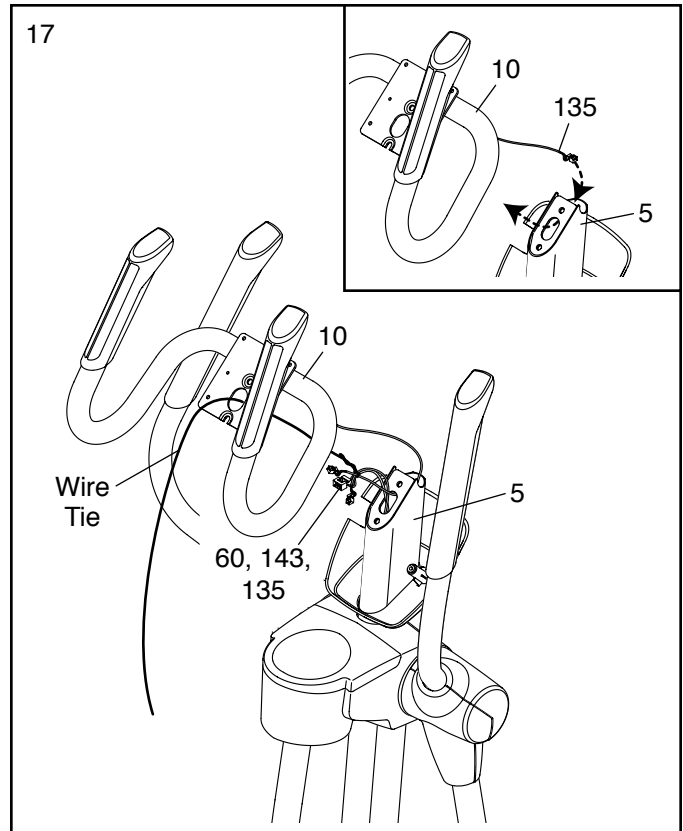
16. Orient the Console Cover (11) as shown. Slide the Console Cover onto the Upright (5).



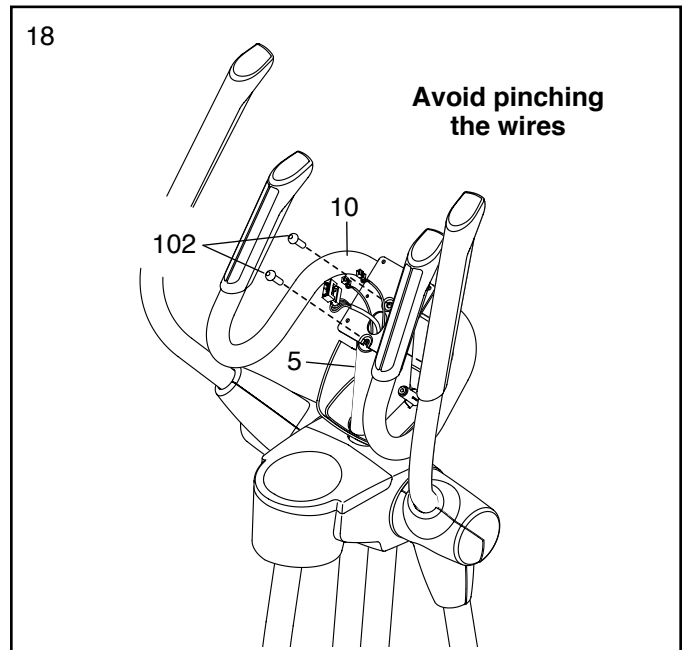
17. Have a second person hold the Handlebar (10) near the Upright (5).

See the inset drawing. Locate the Pulse Wire (135) in the Handlebar (10). Insert the Pulse Wire into the front of the Upright (5) and pull it out of the hole in the Upright as shown.

Tie the end of the wire tie to the Upright Wire (60), the Receiver Extension Wire (143), and the Pulse Wire (135). Then, insert the other end of the wire tie upward through the Handlebar (10). Next, pull the upper end of the wire tie until the Upright Wire, the Receiver Extension Wire, and the Pulse Wire are routed through the Upright.



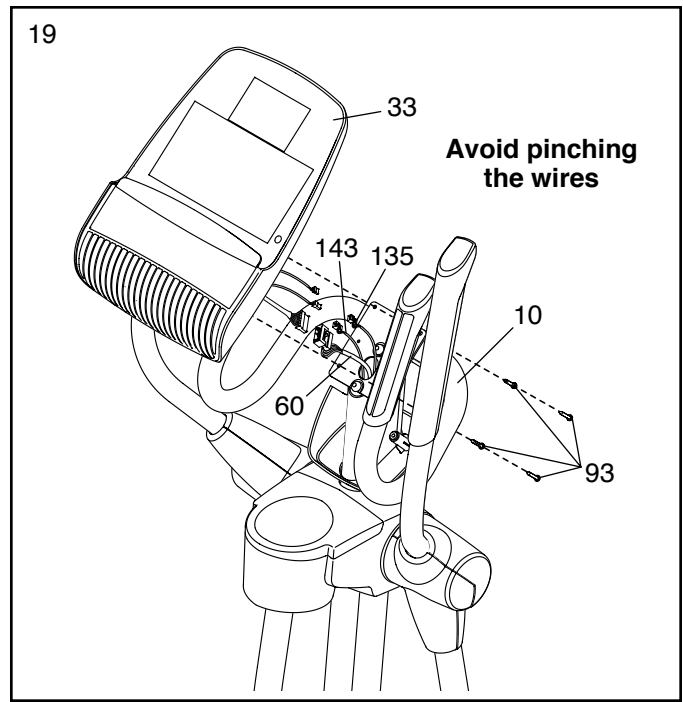
18. **Tip: Avoid pinching the wires.** Attach the Handlebar (10) to the Upright (5) with two M8 x 16mm Screws (102).



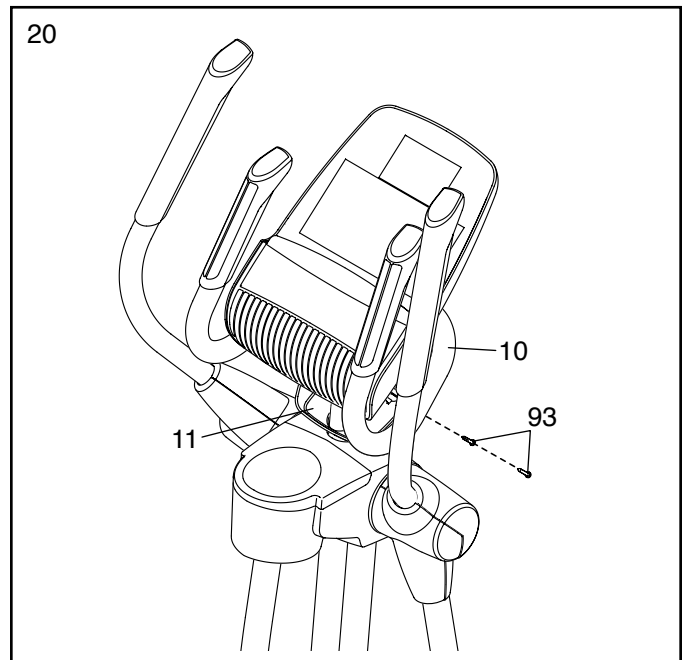
19. While a second person holds the Console (33) near the Handlebar (10), connect the wires on the Console to the Upright Wire (60), to the Receiver Extension Wire (143), and to the Pulse Wire (135).

Insert the excess wire into the Handlebar (10) or into the Console (33).

Tip: Avoid pinching the wires. Attach the Console (33) to the Handlebar (10) with four M4 x 16mm Screws (93).



20. Attach the Console Cover (11) to the Handlebar (10) with two M4 x 16mm Screws (93).



21. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat under the elliptical to protect the floor or carpet.

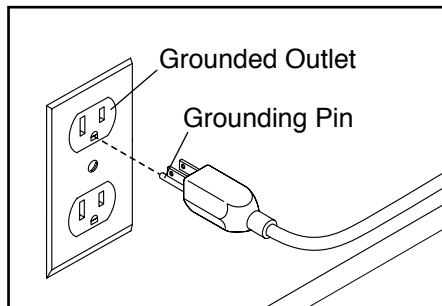
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

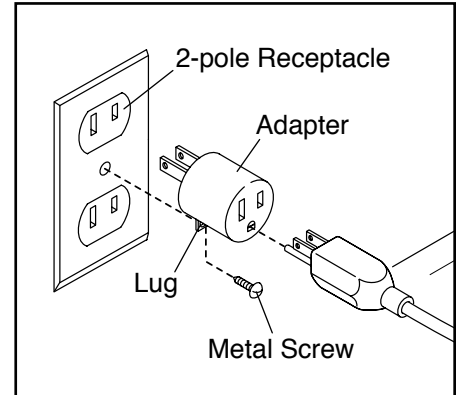
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



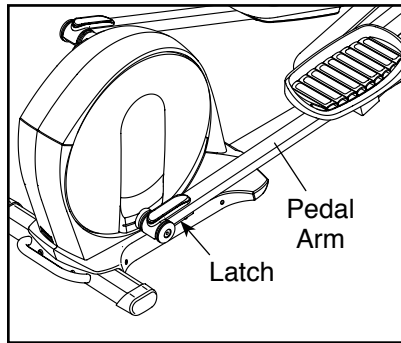
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



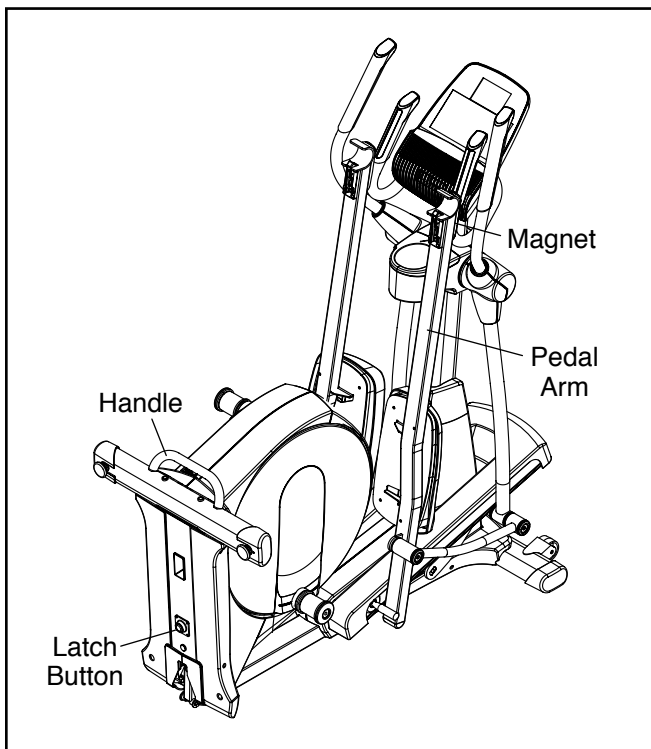
The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

HOW TO FOLD AND UNFOLD THE ELLIPTICAL

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



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

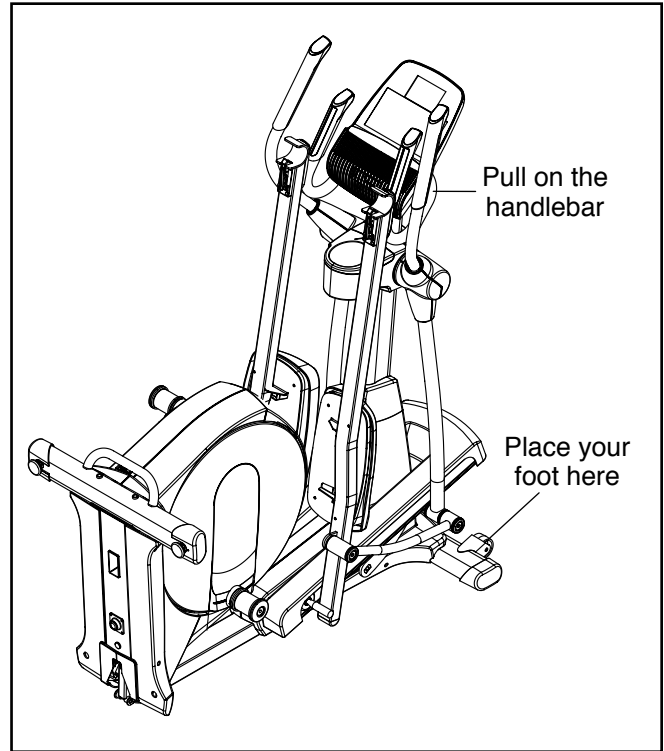


To use the elliptical, first hold the handle, press the latch button, and lower the frame.

Next, pull the magnets on the pedal arms off the handlebars. Then, **lift the latches under the pedal arms**, and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

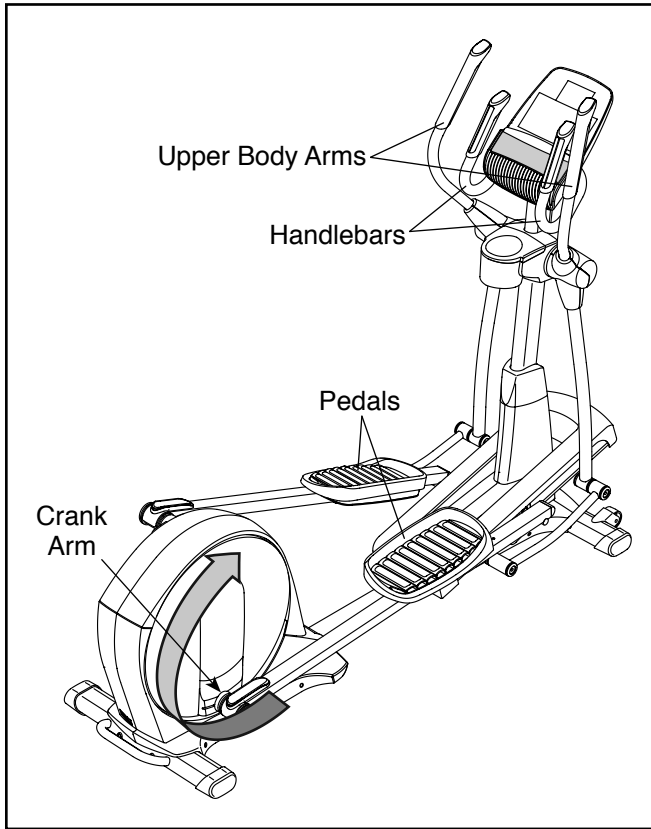
HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described at the left. Next, stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull the upright until the elliptical rolls on the wheels. With the help of a second person, carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE ELLIPTICAL

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

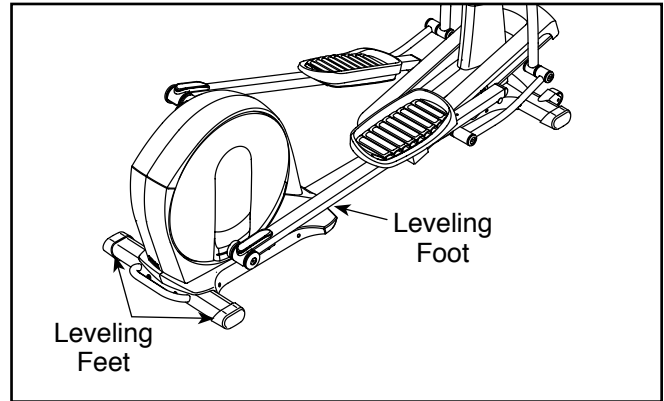


Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety you can turn the crank arms in the opposite direction.

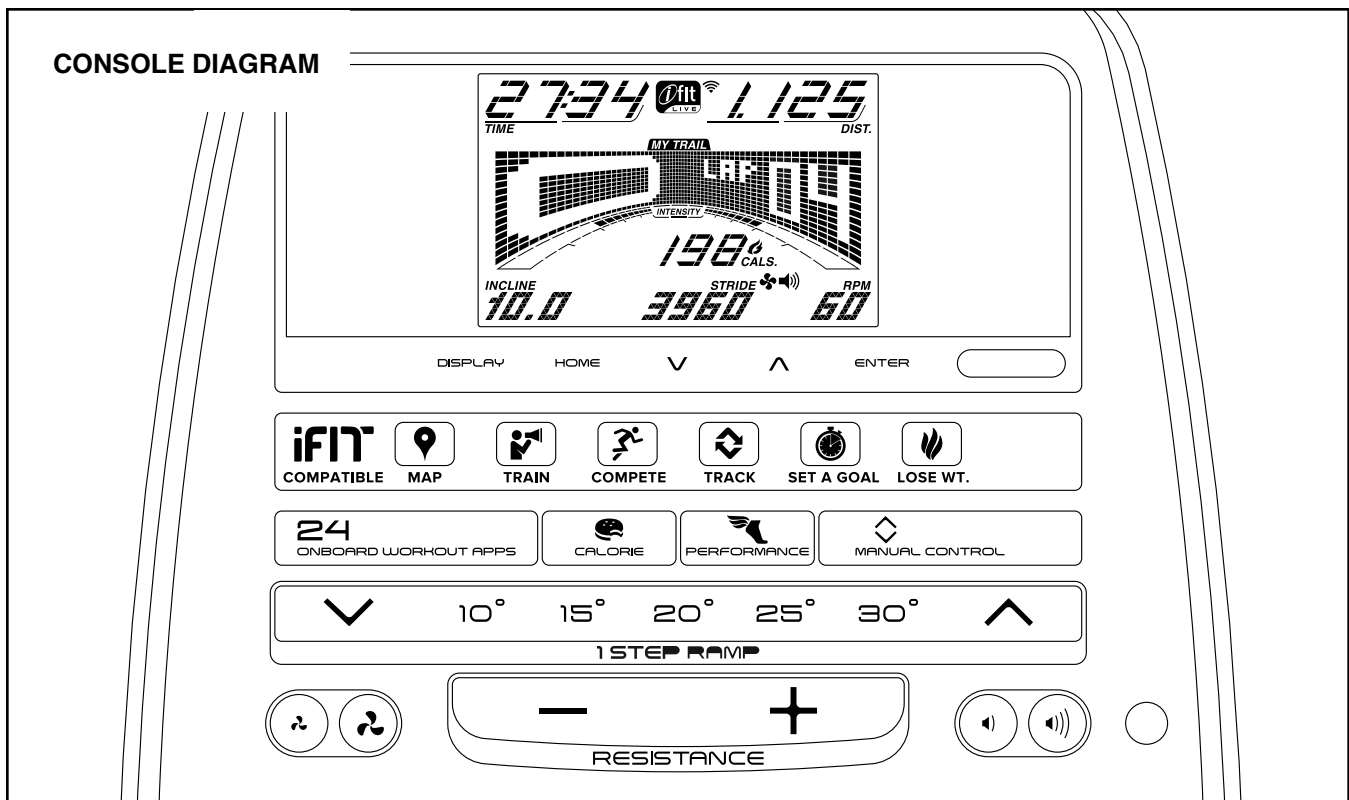
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE ELLIPTICAL

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



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



FEATURES OF THE CONSOLE

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

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or an optional chest heart rate monitor.

The console offers twenty-four onboard workouts. Each workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling pace as it guides you through an effective workout. You can also set a calories, 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 or call the telephone number on the front cover of this manual.**

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

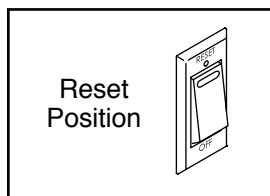
To turn on the power, see page 20. To use the manual mode, see page 20. To use an onboard workout, see page 23. To use a set-a-goal workout, see page 24. To use an iFit workout, see page 25. To use the sound system, see page 26. To change console settings, see page 27.

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

HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



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

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

IMPORTANT: If the incline of the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 29 and manually calibrate the ramp.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

Press the Manual Control button on the console 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 and the incline of the ramp as desired.**

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

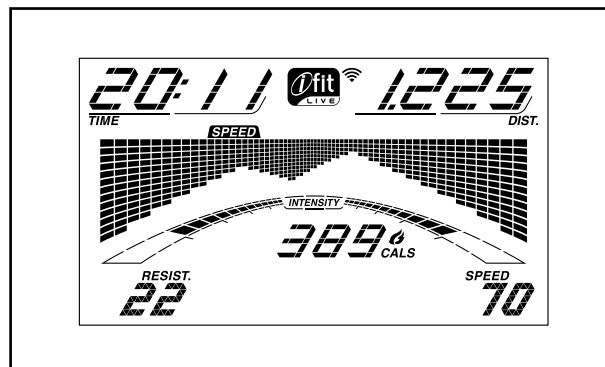
Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered 1 Step Ramp buttons or press the 1 Step Ramp increase and decrease buttons.

Note: After you press a button, it will take a moment 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.)—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.

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

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or an 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.

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

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

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

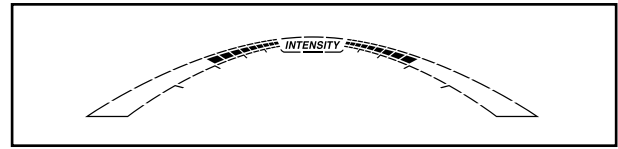
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

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

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

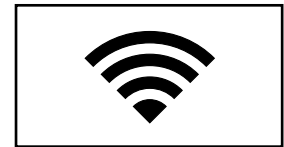
Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

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



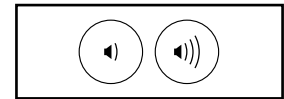
Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 27 to set the default menu). If necessary, press the Home button again.

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.



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

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

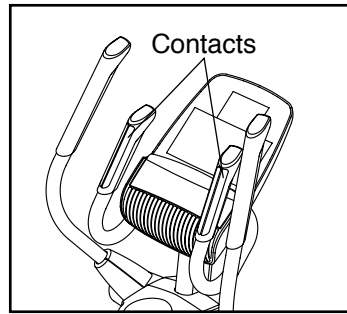


5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 26 for information about the optional chest heart rate monitor**).

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.**

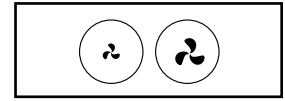


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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, unplug the power cord.

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

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

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

HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 20.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button or the Performance 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 display will also show the maximum speed (rpm), the maximum resistance level, and the maximum ramp level.

3. Begin pedaling to start the workout.

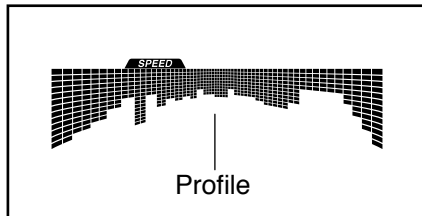
Each workout is divided into one-minute segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

During the workout, the profiles on the speed and incline tabs 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 or the incline level 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, ramp incline level, and/or target rpm is programmed for the next segment, the resistance level, ramp incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the ramp will then change.

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

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

If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the 1 Step Ramp buttons.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline 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 20.

5. Measure your heart rate if desired.

See step 5 on page 21.

6. Turn on the fan if desired.

See step 6 on page 22.

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

See step 7 on page 22.

HOW TO USE A SET-A-GOAL WORKOUT

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

See HOW TO TURN ON THE POWER on page 20.

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

To set a calories, 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.**

As you exercise, a target rpm (speed) may appear in the display to help you reach your goal. Keep your pedaling speed near the target rpm.

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

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 or incline of the ramp during the workout, the number of calories you burn will be affected.

The workout will continue in this way until the calories, 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.**

See step 4 on page 20.

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

See step 5 on page 21.

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

See step 6 on page 22.

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

See step 7 on page 22.

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 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 router with SSID broadcast enabled (hidden networks are not supported).

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.

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

See HOW TO TURN ON THE POWER on page 20.

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.

3. Select a user.

If more than one user is registered with your iFit.com membership, 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 download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button. Note: You may be able to access demo workouts through these options, even if you do not insert an iFit module.

To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. 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 Goal button (see page 24).

Note: Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please go to www.iFit.com.

When you select an iFit workout, the display will show the name, duration, maximum ramp incline level, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

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 or incline of the ramp during the workout, the number of calories you burn will be affected.

5. Start the workout.

See step 3 on page 23.

During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 27).

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 20.

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

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

7. Measure your heart rate if desired.

See step 5 on page 21.

8. Turn on the fan if desired.

See step 6 on page 22.

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

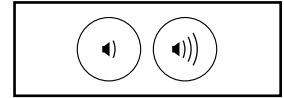
See step 7 on page 22.

For more information about iFit, please go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

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

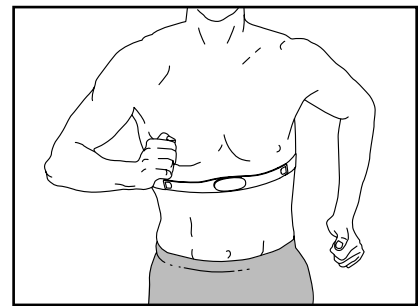
Next, press the play button on your MP3 player or CD player. Adjust the volume



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

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.**

HOW TO CHANGE CONSOLE SETTINGS

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

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

1. Select the information mode.

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

2. View usage information.

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

3. Select a unit of measurement if desired.

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

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

4. Adjust the contrast level of the display if desired.

Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the 1 Step Ramp increase and decrease buttons to adjust the contrast level.

5. Determine if an iFit module is connected to the console.

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, go to step 10.

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

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

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

7. Set the default menu if desired.

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

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

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

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

9. Check for downloads if desired.

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

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

10. Exit the information mode.

Press the Display button to exit the information mode.

FCC INFORMATION

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

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

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

MAINTENANCE AND TROUBLESHOOTING

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

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.**

HEART RATE MONITOR TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in. If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 27 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

HOW TO CALIBRATE THE RAMP

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

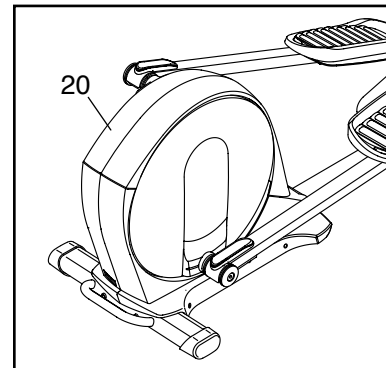
Press the Calorie button again. Press the 1 Step Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Calorie button repeatedly to exit the test mode.

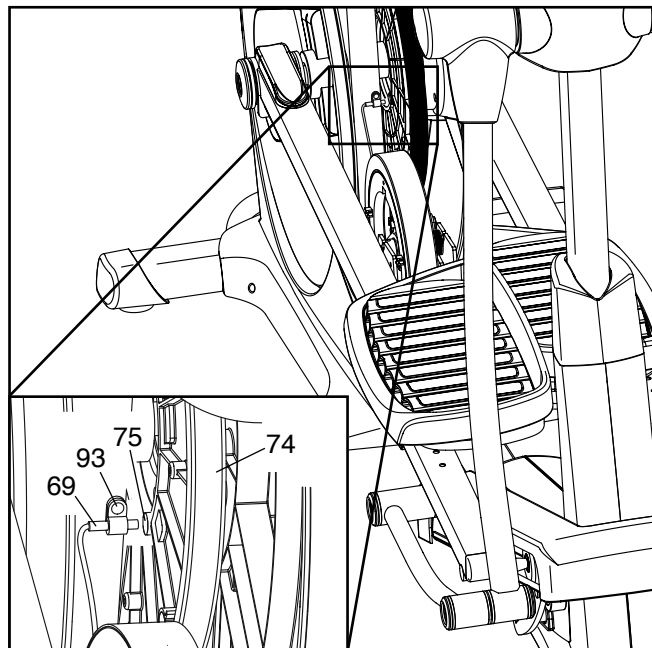
HOW TO ADJUST THE REED SWITCH

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

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



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



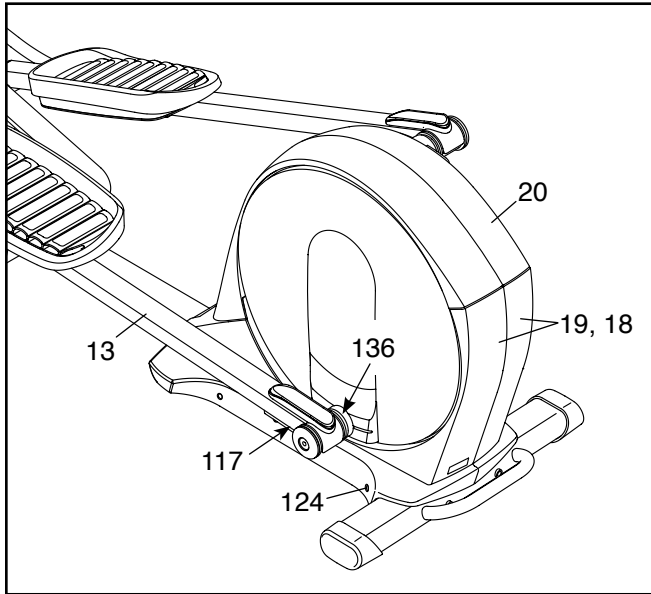
Next, loosen, but do not remove, the indicated M4 x 16mm Screw (93). Slide the Reed Switch (69) slightly toward or away from the Magnet (75). Then, retighten the M4 x 16mm Screw.

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

HOW TO ADJUST THE DRIVE BELT

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

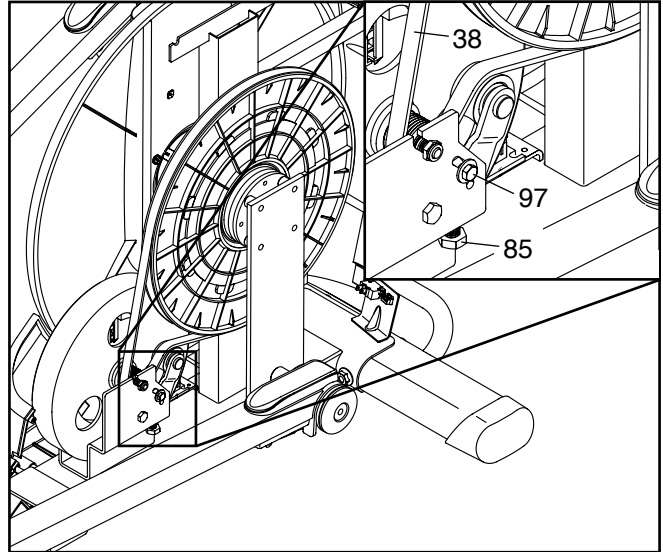
To adjust the drive belt, first **unplug the power cord**. Using a flat screwdriver, release the tabs on the Top Cover (20) and pry the Top Cover upward off the elliptical.



Next, lift the Latch (117) on the underside of the Left Pedal Arm (13), and then lift the Left Pedal Arm off the left Sleeve (136).

See EXPLODED DRAWING B on page 37. Remove the M4 x 16mm Screws (93) and the M4 x 42mm Screws (124) from the Right and Left Shields (18, 19). **Make sure to note which size Screws come from which holes.** Then, carefully remove the Left Shield.

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



When you are finished, reattach the left shield, replace the left pedal arm, and reattach the access cover. Then, plug in the power cord.

EXERCISE GUIDELINES

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

The 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.

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

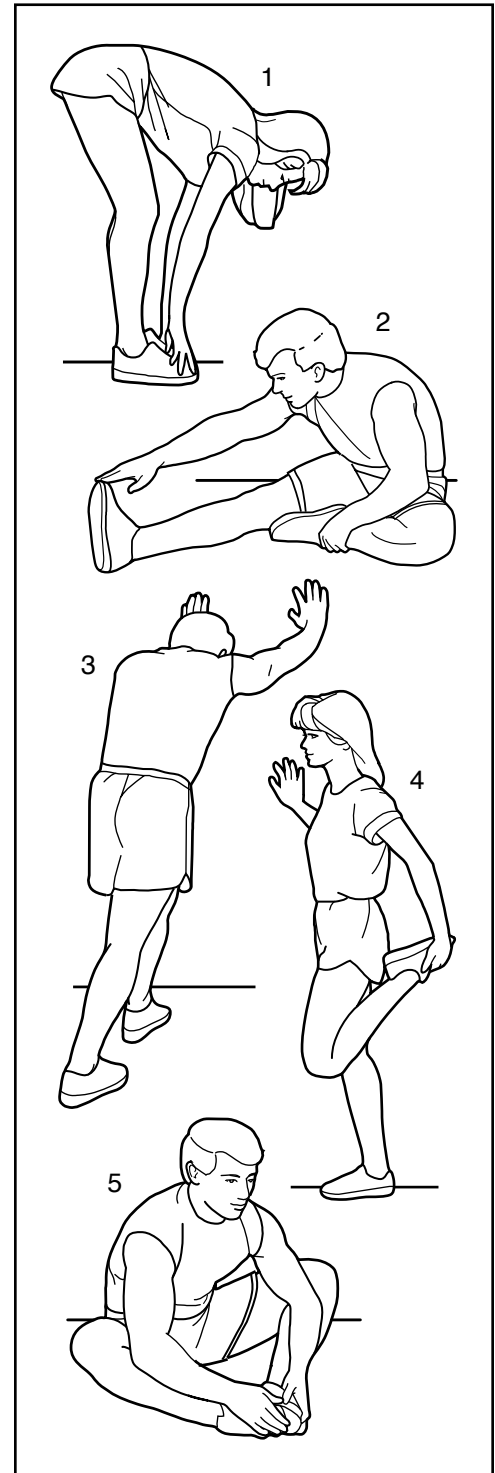
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. 831.23897.0 R1012B

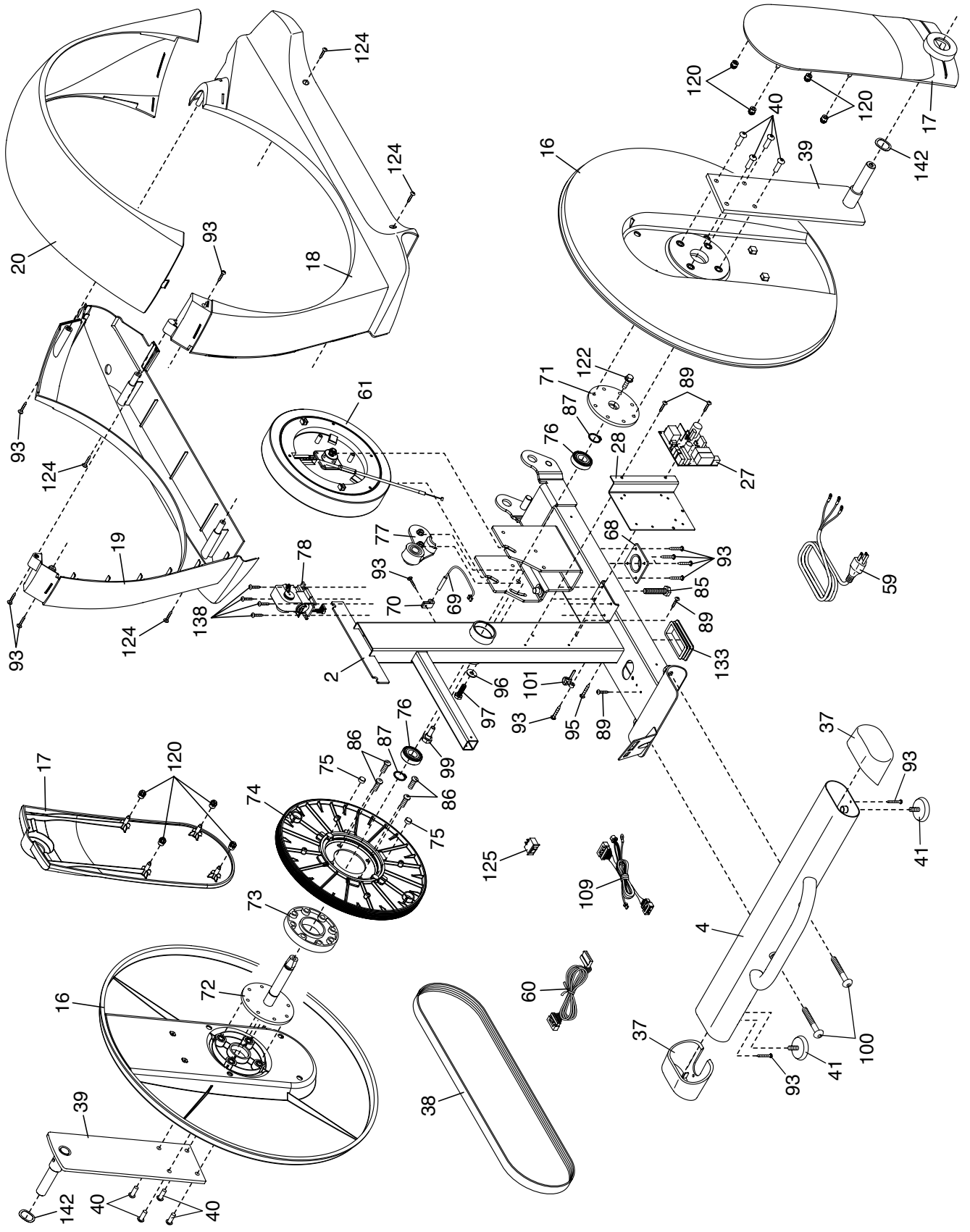
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Left Lift Arm
2	1	Folding Frame	52	2	Lift Axle Bushing
3	1	Front Stabilizer	53	1	Long Motor Axle
4	1	Rear Stabilizer	54	1	Short Motor Axle
5	1	Upright	55	2	Bumper
6	1	Right Upper Body Leg	56	2	#8 x 25mm Self-tapping Screw
7	1	Left Upper Body Leg	57	6	Upright Bushing
8	1	Right Upper Body Arm	58	2	M10 x 60mm Bolt
9	1	Left Upper Body Arm	59	1	Power Cord
10	1	Handlebar	60	1	Upright Wire
11	1	Console Cover	61	1	Eddy Mechanism
12	1	Right Pedal Arm	62	4	M6 x 50mm Screw
13	1	Left Pedal Arm	63	1	Frame Axle
14	1	Right Pedal	64	4	Frame Bushing
15	1	Left Pedal	65	1	Latch Bracket Axle
16	2	Disc	66	1	Latch Bracket Spring
17	2	Disc Cover	67	1	Latch Button
18	1	Right Shield	68	1	Button Housing
19	1	Left Shield	69	1	Reed Switch/Wire
20	1	Top Shield	70	1	Clamp
21	1	Right Frame Cover	71	1	Crank Hub
22	1	Left Frame Cover	72	1	Crank
23	1	Top Cover	73	1	Crank Spacer
24	1	Rear Upright Cover/Receiver	74	1	Large Pulley
25	1	Front Upright Cover	75	2	Magnet
26	1	Accessory Tray	76	2	Folding Frame Bearing
27	1	Control Board	77	1	Idler
28	1	Board Bracket	78	1	Resistance Motor
29	1	Right Rear Leg Cover	79	2	Lift Roller
30	1	Right Front Leg Cover	80	2	Lift Axle Washer
31	1	Left Rear Leg Cover	81	2	Hairpin Cotter Pin
32	1	Left Front Leg Cover	82	2	Lift Axle Screw
33	1	Console	83	2	Lift Axle Bracket
34	2	Pulse Sensor	84	2	Motor Spacer
35	2	Handgrip	85	1	Belt Adjustment Screw
36	2	Wheel	86	4	M8 x 25mm Screw
37	4	Stabilizer Cap	87	2	Large Snap Ring
38	1	Drive Belt	88	4	M17 x 27mm Wave Washer
39	2	Crank Arm	89	4	#8 x 13mm Screw
40	8	M8 Shoulder Screw	90	1	Right Link Arm
41	3	Leveling Foot	91	1	Left Link Arm
42	1	Latch Bracket	92	2	Ramp Roller
43	1	Ramp	93	38	M4 x 16mm Screw
44	1	Ramp Cover	94	2	Link Arm Axle
45	1	Ramp Axle	95	1	Ground Screw
46	4	Ramp Axle Bushing	96	1	M6 Washer
47	1	Lift Motor	97	1	Pivot Screw
48	1	Upright Axle	98	2	Pedal Arm Cap
49	1	Lift Axle	99	1	Idler Bolt
50	1	Right Lift Arm	100	4	M10 x 120mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Anchored Zip Tie	127	2	M8 x 30mm Screw
102	20	M8 x 16mm Screw	128	4	M8 x 25mm Screw
103	2	M10 Locknut	129	2	Outer Sleeve Bushing
104	6	M8 x 45mm Bolt	130	2	Small Snap Ring
105	6	M8 Locknut	131	8	M8 Split Washer
106	12	Link Arm Bushing	132	2	Short Spring Pin
107	4	M10 x 25mm Screw	133	1	Frame Cap
108	4	M10 Washer	134	2	Inner Sleeve Bushing
109	1	Frame Wire	135	2	Pulse Wire
110	2	M8 x 23.5mm x 1mm Washer	136	2	Sleeve
111	6	Pivot Axle Cover	137	2	Long Spring Pin
112	2	M8 Washer	138	16	M4 x 12mm Screw
113	2	Crank Axle Cover	139	4	M6 x 12mm Screw
114	2	Magnet Assembly	140	8	M6 x 13mm Washer
115	2	Pedal Arm Snap Ring	141	2	M4 x 25mm Screw
116	4	Long Latch Spring	142	2	M19 x 27mm Wave Washer
117	2	Latch	143	1	Receiver Extension Wire
118	2	Latch Spring	*	–	User's Manual
119	2	Medium Snap Ring	*	–	Assembly Tool
120	14	Mushroom Fastener/Screw	*	–	Resistance Motor Wire
121	2	Latch Insert	*	–	Lift Motor Wire A
122	1	3/8" x 1/2" Flange Screw	*	–	Lift Motor Wire B
123	2	Latch Housing	*	–	Blue Wire
124	4	M4 x 42mm Screw	*	–	Green Wire
125	1	Power Switch	*	–	White Wire
126	8	M8 x 25mm x 1.5mm 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.

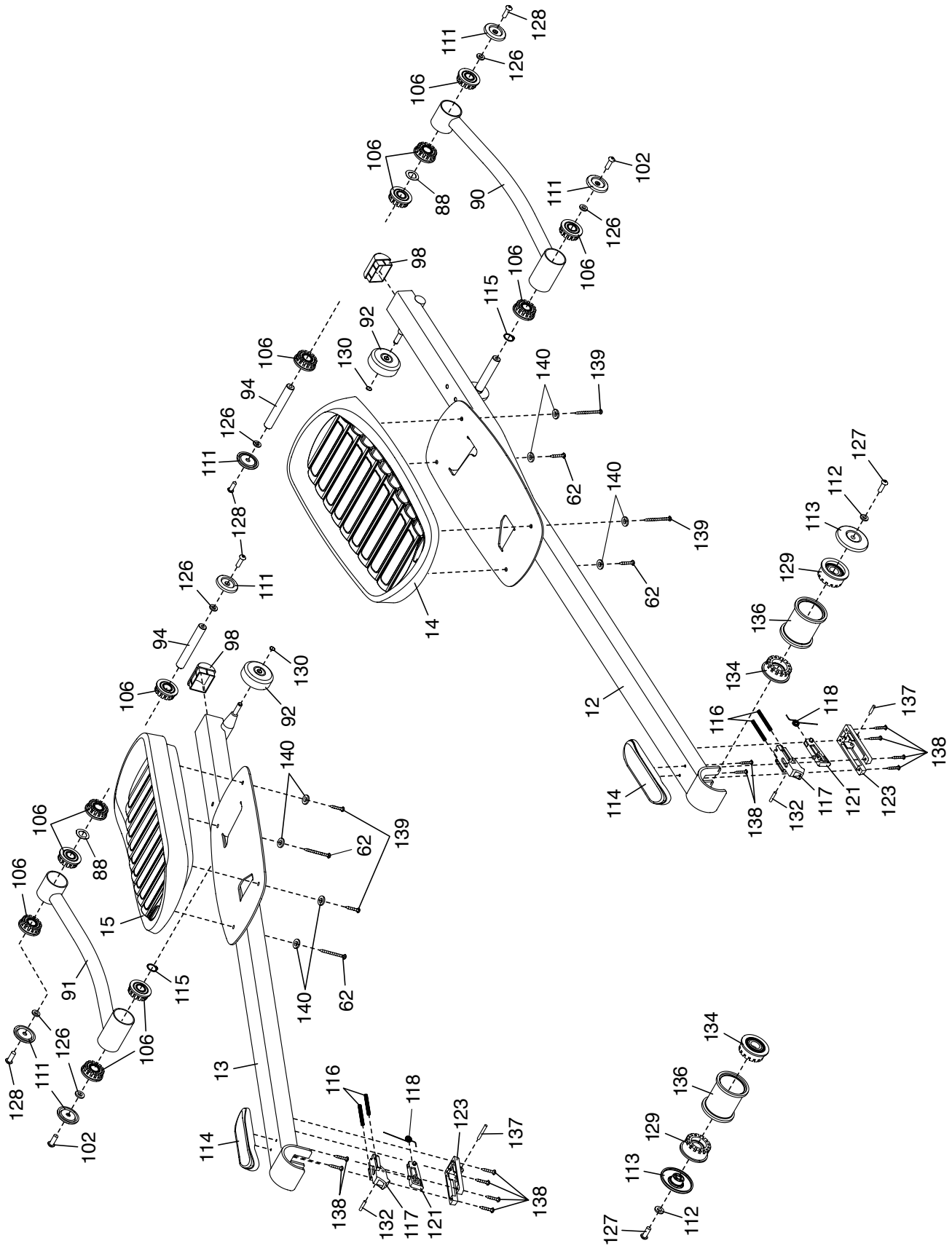
EXPLODED DRAWING B

Model No. 831.23897.0 R1012B



EXPLODED DRAWING D

Model No. 831.23897.0 R1012B



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

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