

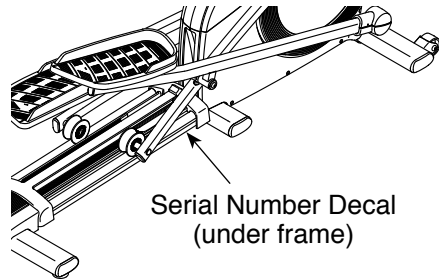
NordicTrack® E6.3

www.nordictrack.com

Model No. 831.23946.0

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.

CUSTOMER CARE

For service at any time, go to 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

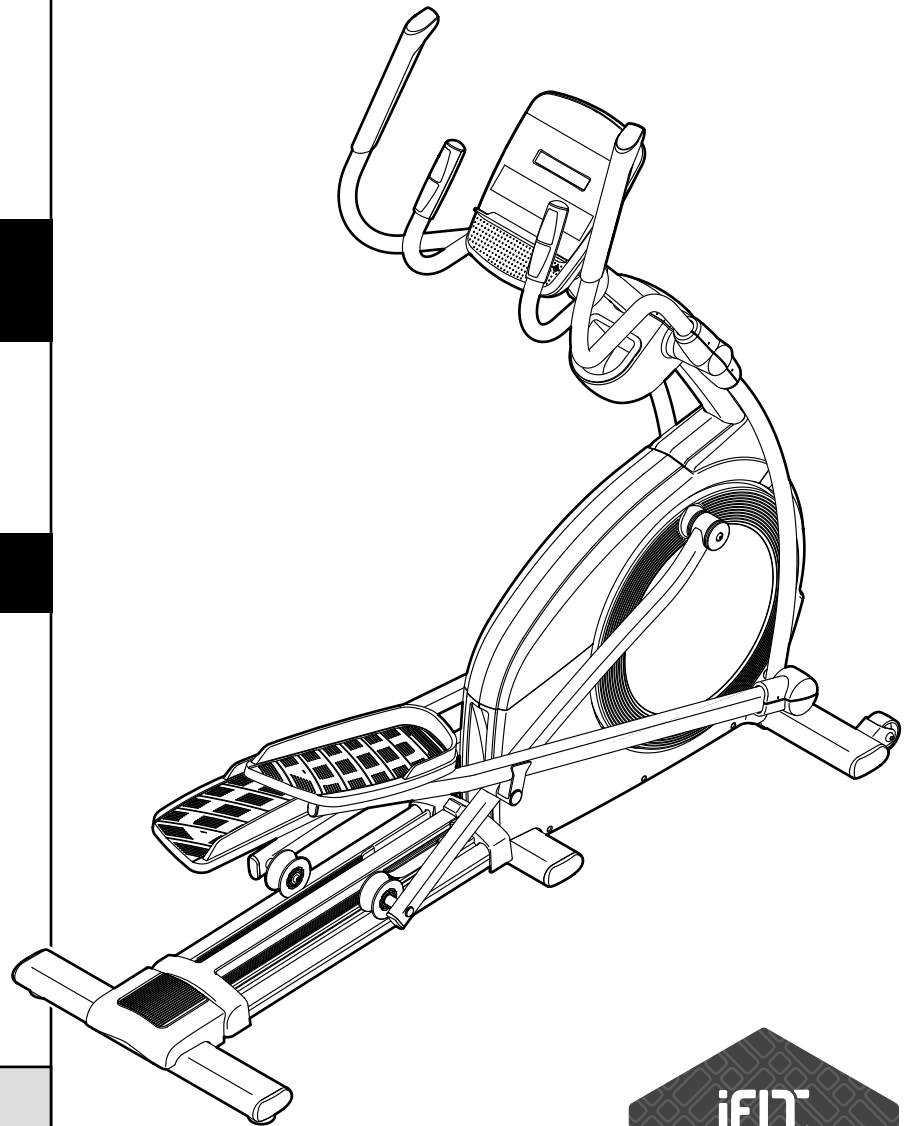
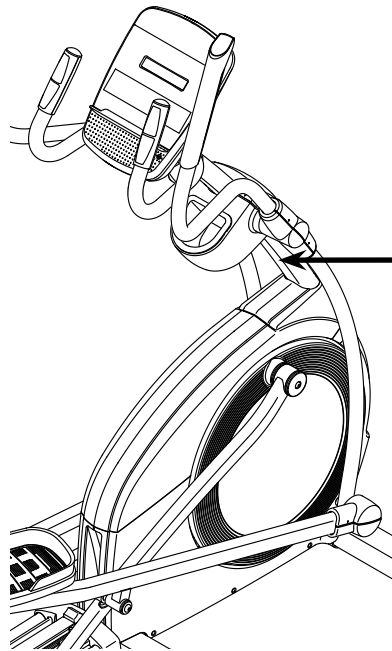


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WARNING DECAL PLACEMENT

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.
- 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 300 lbs / 136 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 serious injury, 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. The elliptical should not be used by persons weighing more than 300 lbs. (136 kg).
10. 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.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. 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.

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.**



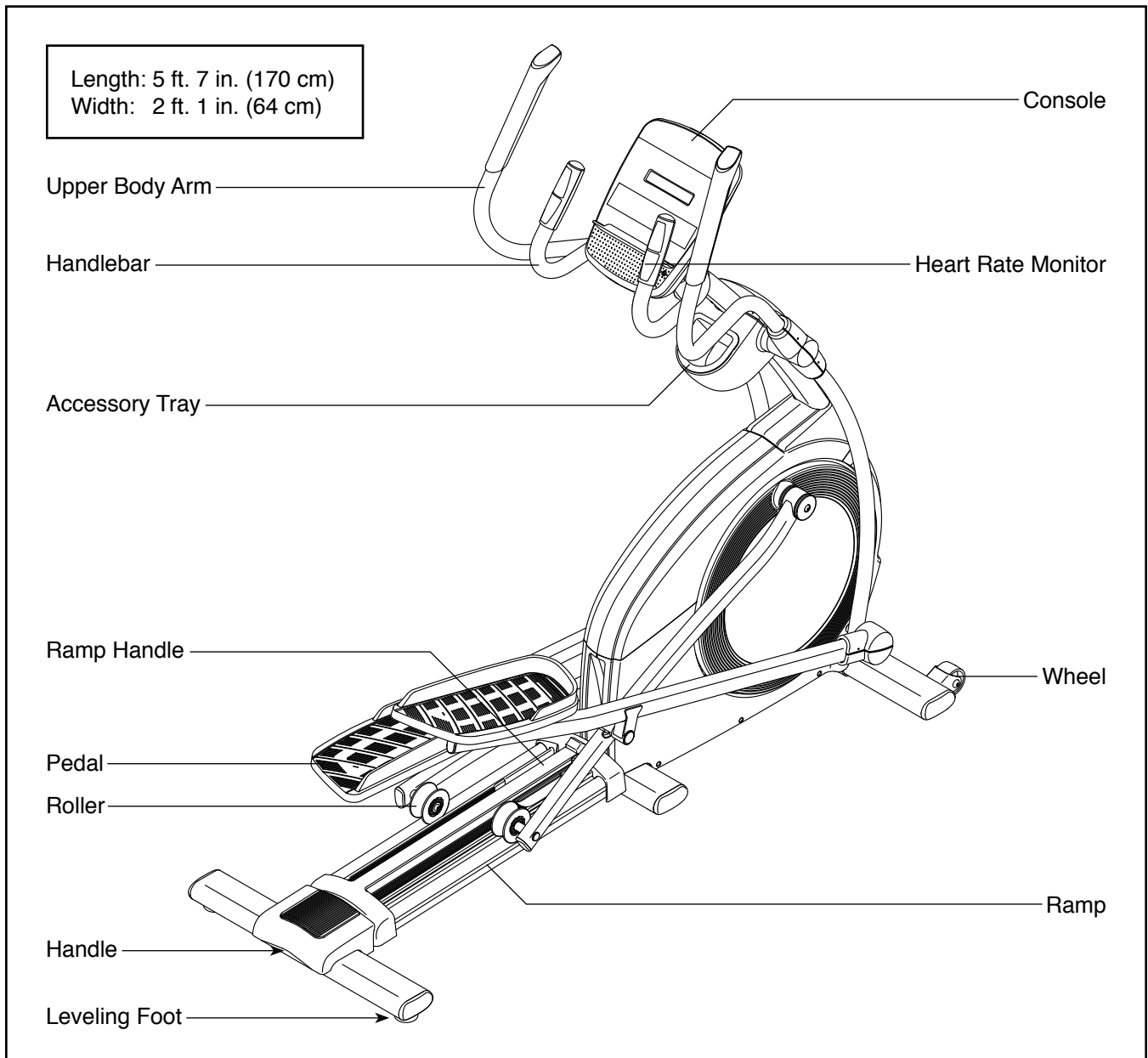
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 6.3 elliptical. The E 6.3 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

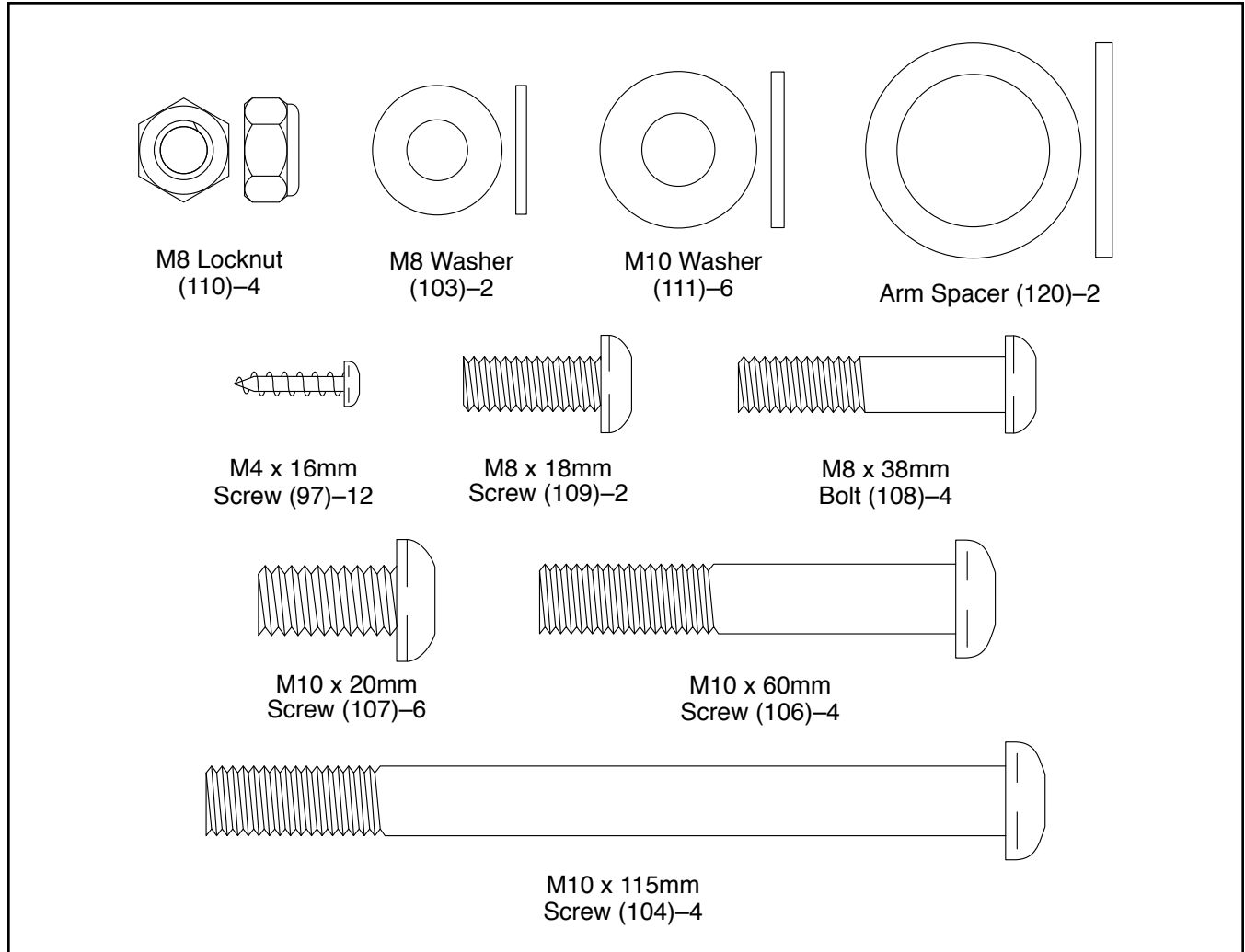
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**

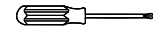


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

- 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 a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.nordictrackservice.com/ registration on your computer and register your product.**

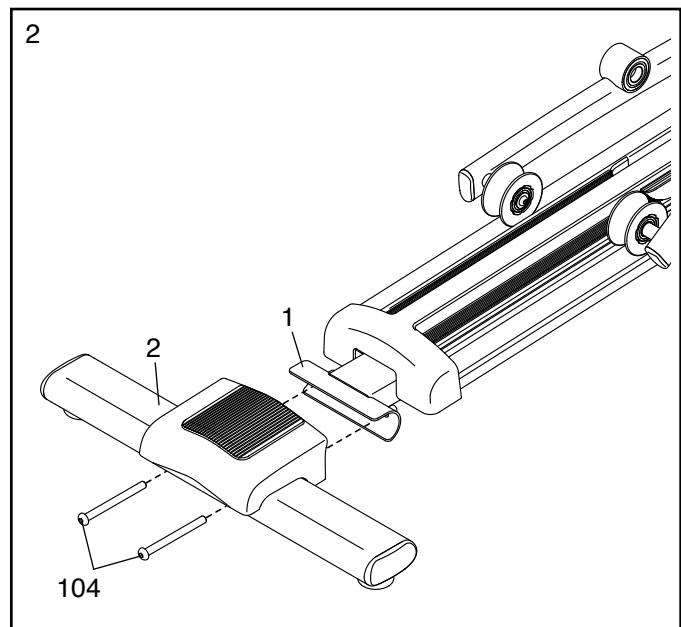
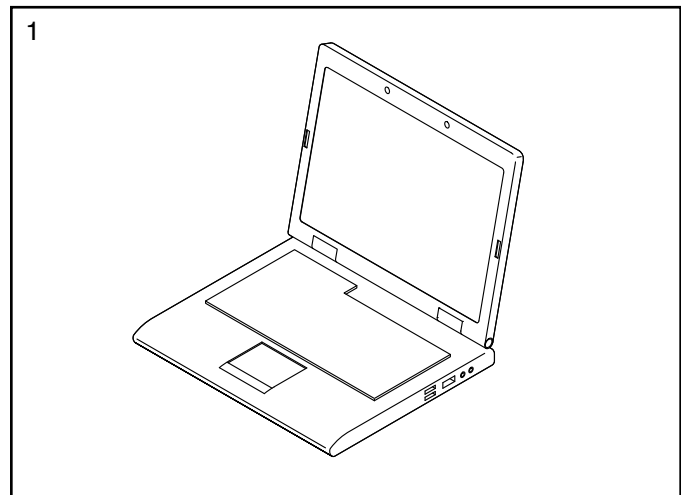
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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

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

Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 115mm Screws (104).

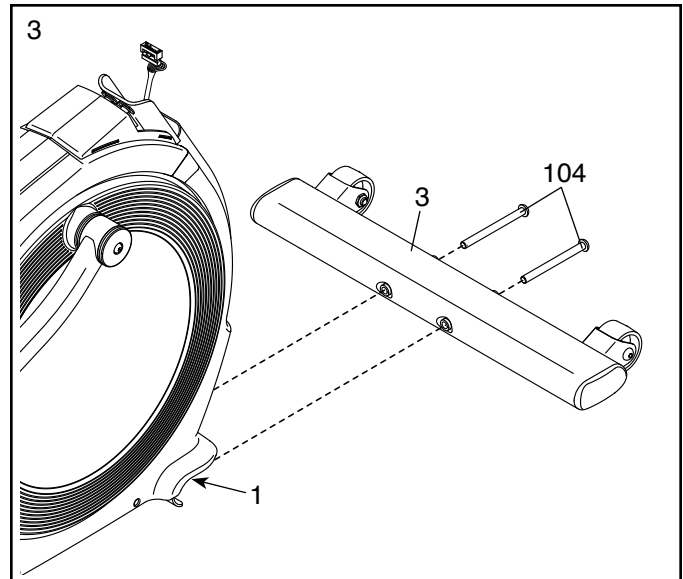
Remove the packing materials from under the rear of the Frame (1).



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

Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 115mm Screws (104).

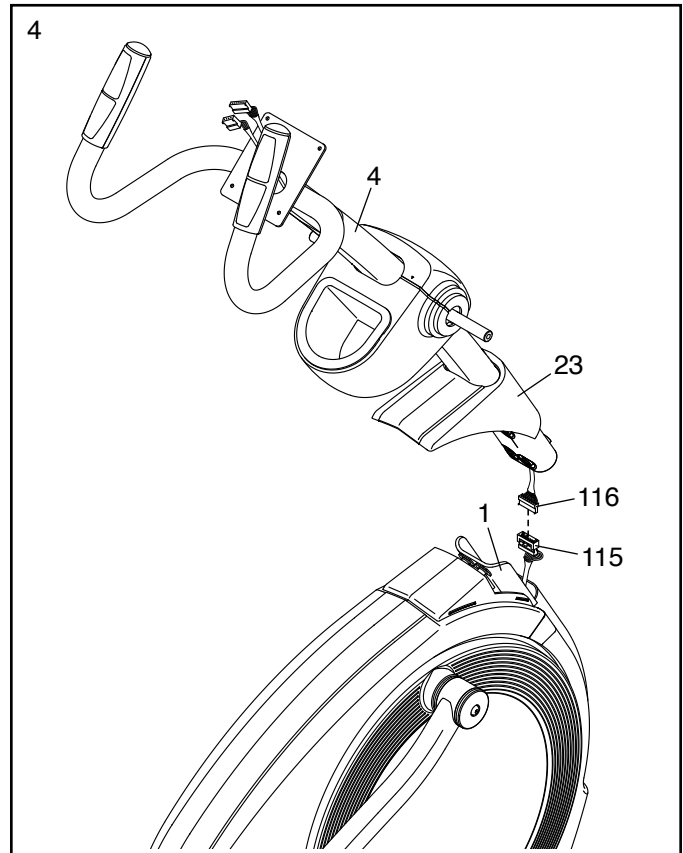
Remove the packing materials from under the front of the Frame (1).



4. Orient the Upright (4) and the Upright Cover (23) as shown. Slide the Upright Cover upward onto the Upright.

While a second person holds the Upright (4) near the Frame (1), connect the Upper Wire (116) to the Lower Wire (115).

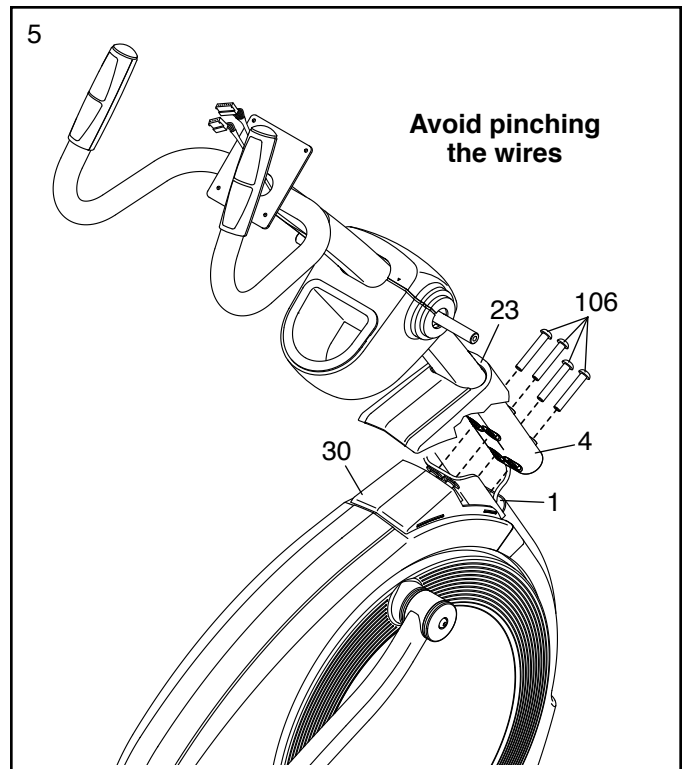
Insert the excess wire into the Frame (1).



5. **Tip: Avoid pinching the wires.** Have a second person hold the Upright (4) against the Frame (1).

Attach the Upright (4) with four M10 x 60mm Screws (106).

Then, press the Upright Cover (23) onto the Shield Cover (30).

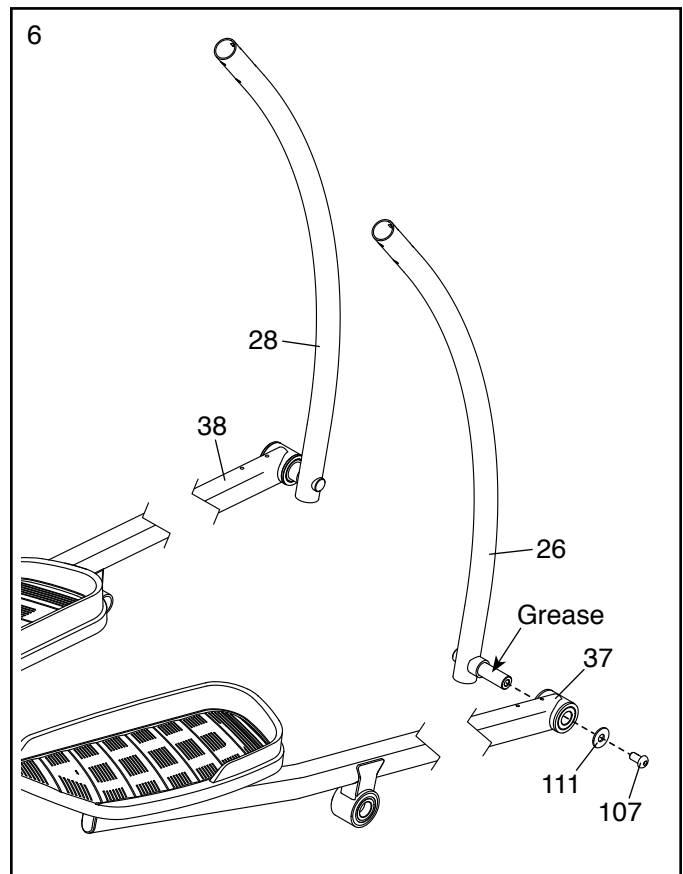


6. Identify the Right Upper Body Leg (26) and the Right Pedal Arm (37) and orient them as shown.

Using a plastic bag to keep your fingers clean, apply some of the included grease to the axle on the Right Upper Body Leg (26).

Slide the Right Pedal Arm (37) onto the Right Upper Body Leg (26). Attach the Right Pedal Arm with an M10 x 20mm Screw (107) and an M10 Washer (111).

Repeat this step to attach the Left Pedal Arm (38) to the Left Upper Body Leg (28).

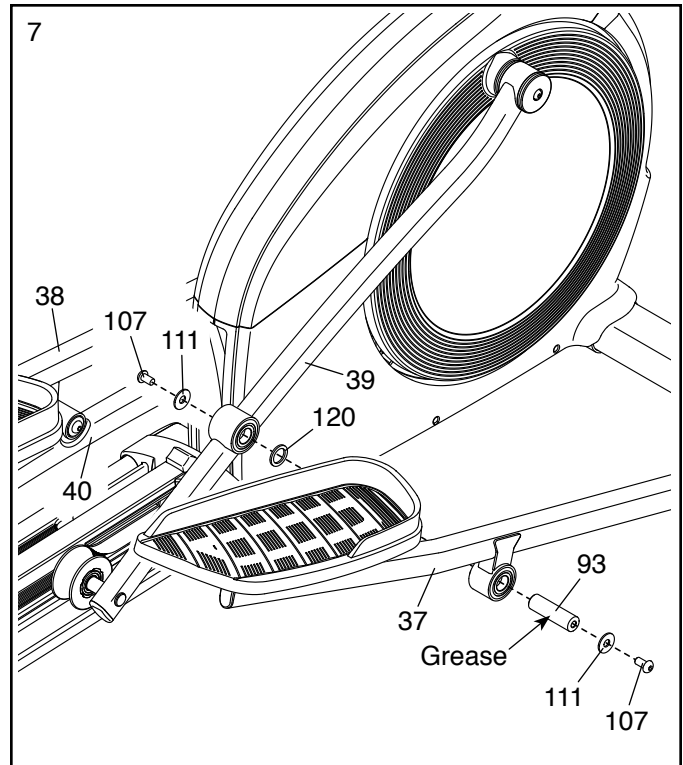


7. Apply some of the included grease to an Arm Axle (93).

Insert the Arm Axle (93) into the Right Pedal Arm (37), through an Arm Spacer (120), and into the Right Roller Arm (39).

Then, tighten an M10 x 20mm Screw (107) with an M10 Washer (111) into each end of the Arm Axle (93) **at the same time**.

Repeat this step to attach the Left Pedal Arm (38) to the Left Roller Arm (40).

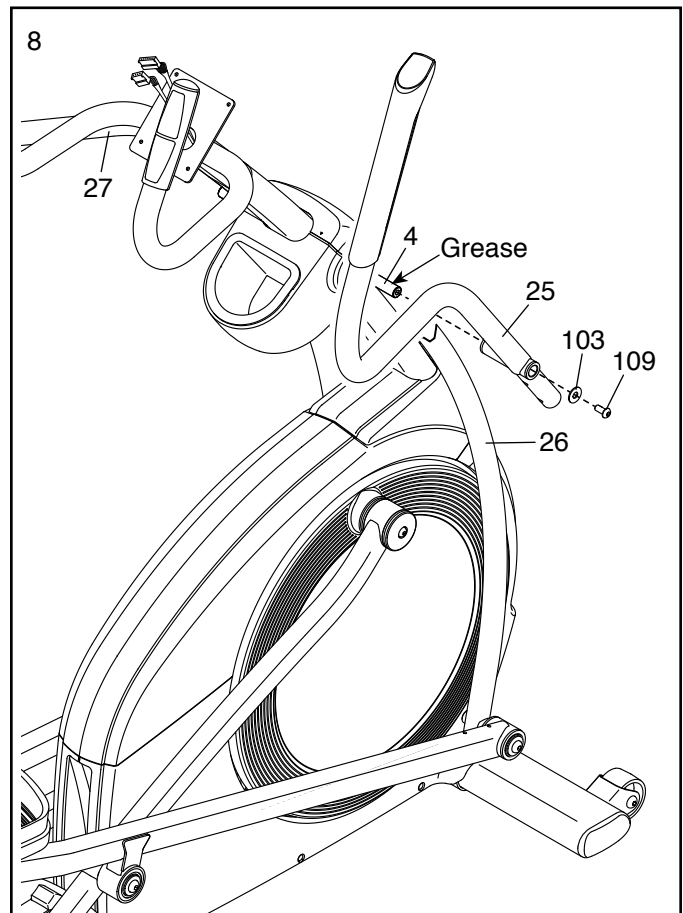


8. Identify the Right Upper Body Arm (25) and orient it as shown. **Do not insert the Right Upper Body Arm into the Right Upper Body Leg (26) yet.**

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

Slide the Right Upper Body Arm (25) onto the right side of the Upright (4). Attach the Right Upper Body Arm with an M8 x 18mm Screw (109) and an M8 Washer (103).

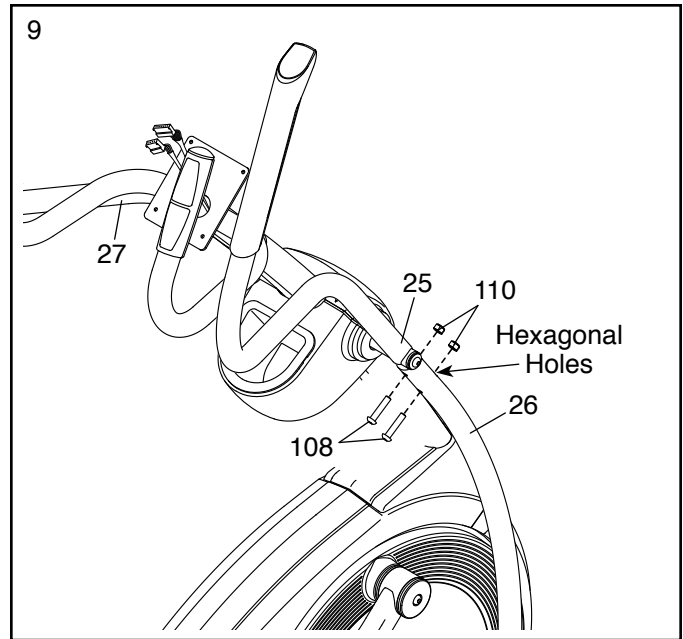
Repeat this step to attach the Left Upper Body Arm (27) to the Upright (4).



9. Insert the Right Upper Body Arm (25) into the Right Upper Body Leg (26).

Attach the Right Upper Body Arm (25) with two M8 x 38mm Bolts (108) and two M8 Locknuts (110). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step to attach the Left Upper Body Arm (27) to the Left Upper Body Leg (not shown).

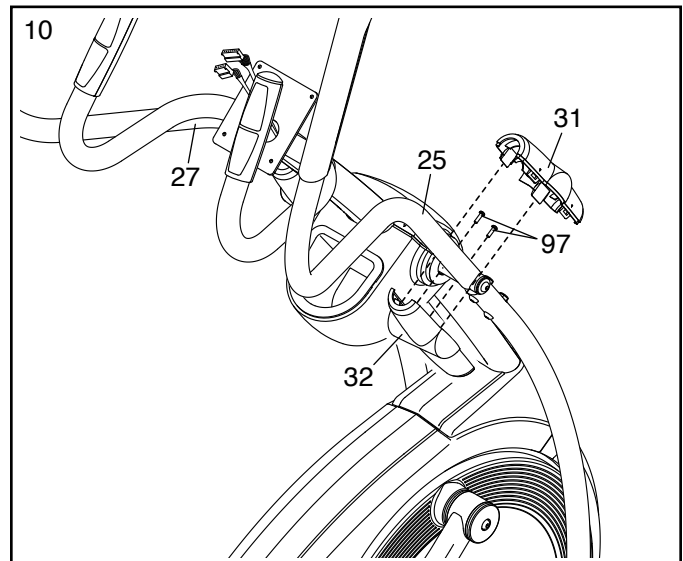


10. Identify an Upper Body Cover A (31) and an Upper Body Cover B (32) and orient them as shown.

Attach the Upper Body Cover B (32) to the Right Upper Body Arm (25) with two M4 x 16mm Screws (97).

Then, press the Upper Body Cover A (31) onto the Upper Body Cover B (32).

Repeat this step on the other side of the elliptical.

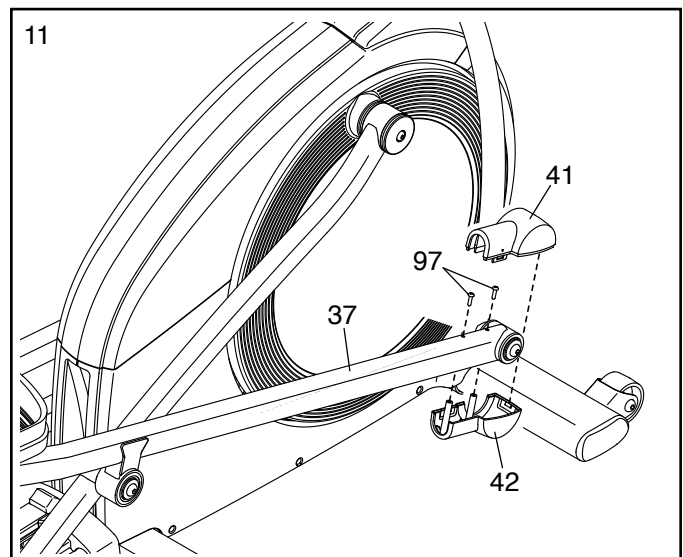


11. Identify the Right Pedal Arm Cover A (41) and the Right Pedal Arm Cover B (42) and orient them as shown.

Attach the Right Pedal Arm Cover B (42) to the Right Pedal Arm (37) with two M4 x 16mm Screws (97).

Then, press the Right Pedal Arm Cover A (41) onto the Right Pedal Arm Cover B (42).

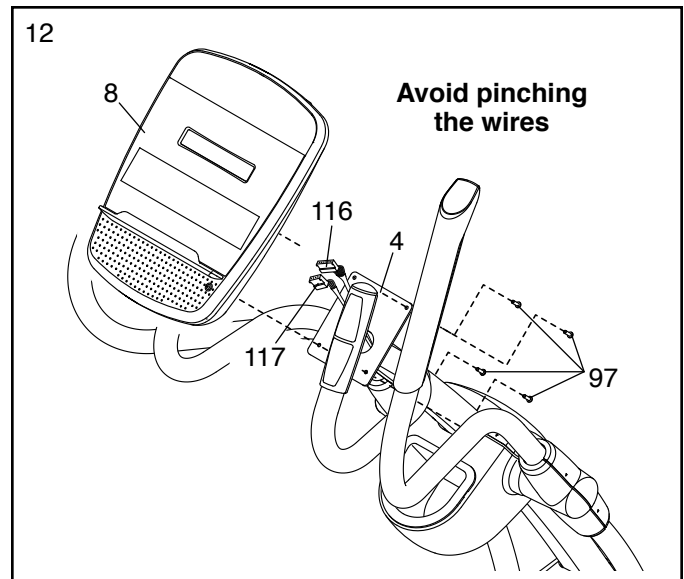
Repeat this step on the other side of the elliptical.



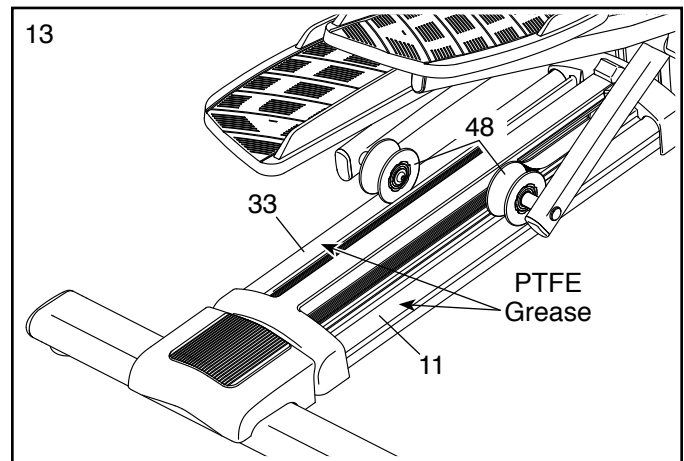
12. While a second person holds the Console (8) near the Upright (4), plug the Upper Wire (116) and the Pulse Wire (117) into the matching receptacles on the back of the Console.

The connectors on the Upper Wire (116) and the Pulse Wire (117) 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 may become damaged.**

Tip: Avoid pinching the wires. Attach the Console (8) to the Upright (4) with four M4 x 16mm Screws (97).

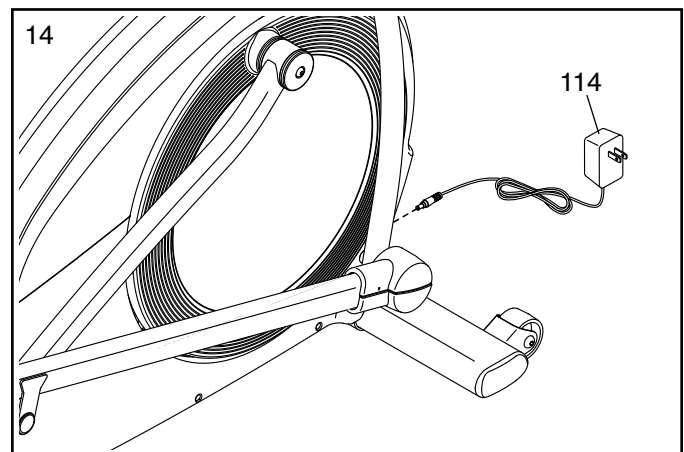


13. Apply a small amount of the included PTFE grease to a paper towel. Spread a thin layer of the PTFE grease evenly along the Right and Left Tracks (11, 33) where the Rollers (48) move. Then, wipe off any excess grease.



14. Plug the Power Adapter (114) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (114) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



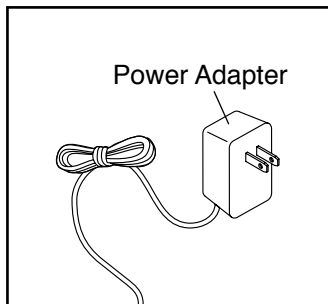
15. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

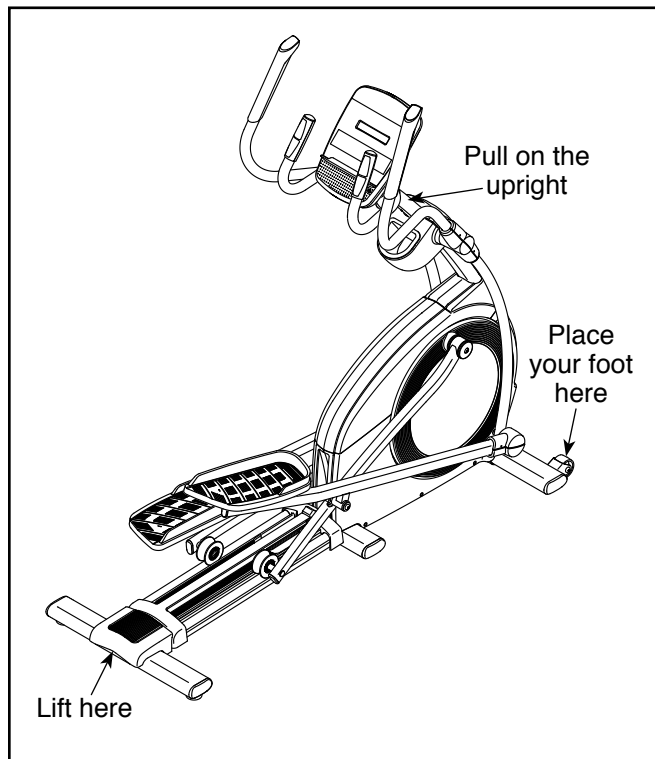
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



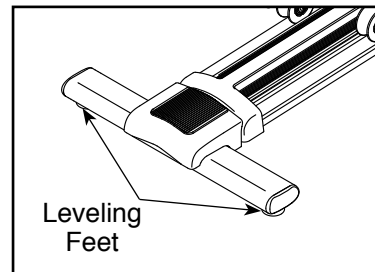
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



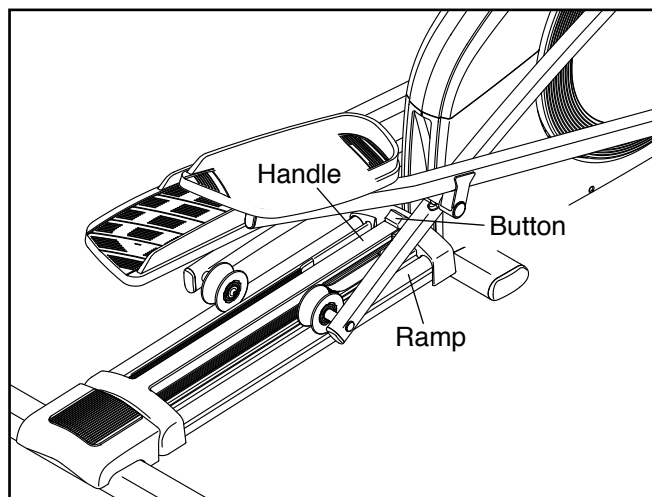
HOW TO LEVEL THE ELLIPTICAL

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



HOW TO CHANGE THE INCLINE OF THE RAMP

To vary the motion of the pedals, you can change the incline of the ramp. To raise the ramp, press the latch button and pull the ramp handle upward to the desired incline level. Then, release the latch button and engage the latch pin into one of the adjustment holes in the frame. **Make sure that the latch pin is firmly engaged in one of the adjustment holes in the frame.**

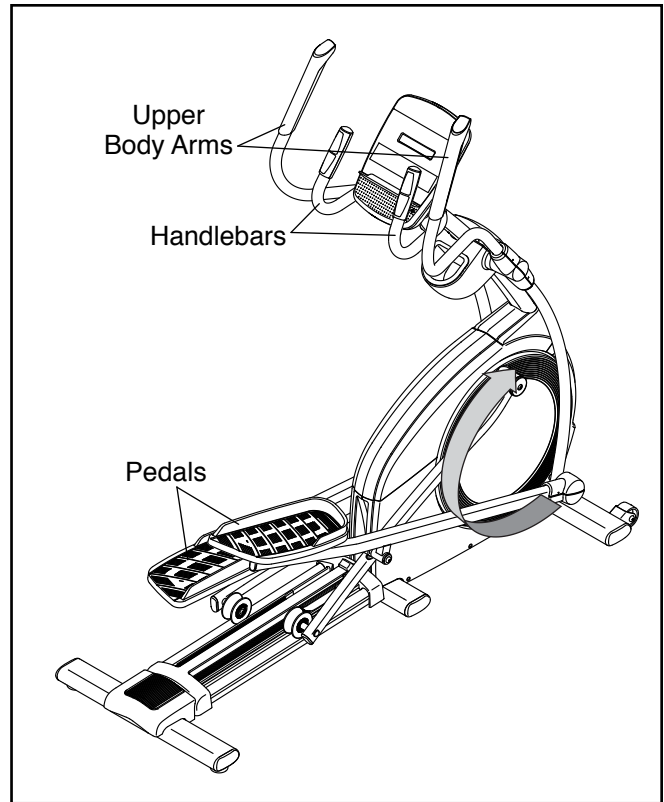


To lower the ramp, press the latch button, pull the ramp handle, and lower the ramp to the desired incline level. Then, release the latch button and engage the latch pin into one of the adjustment holes in the frame. **Make sure that the latch pin is firmly engaged in one of the adjustment holes in the frame.**

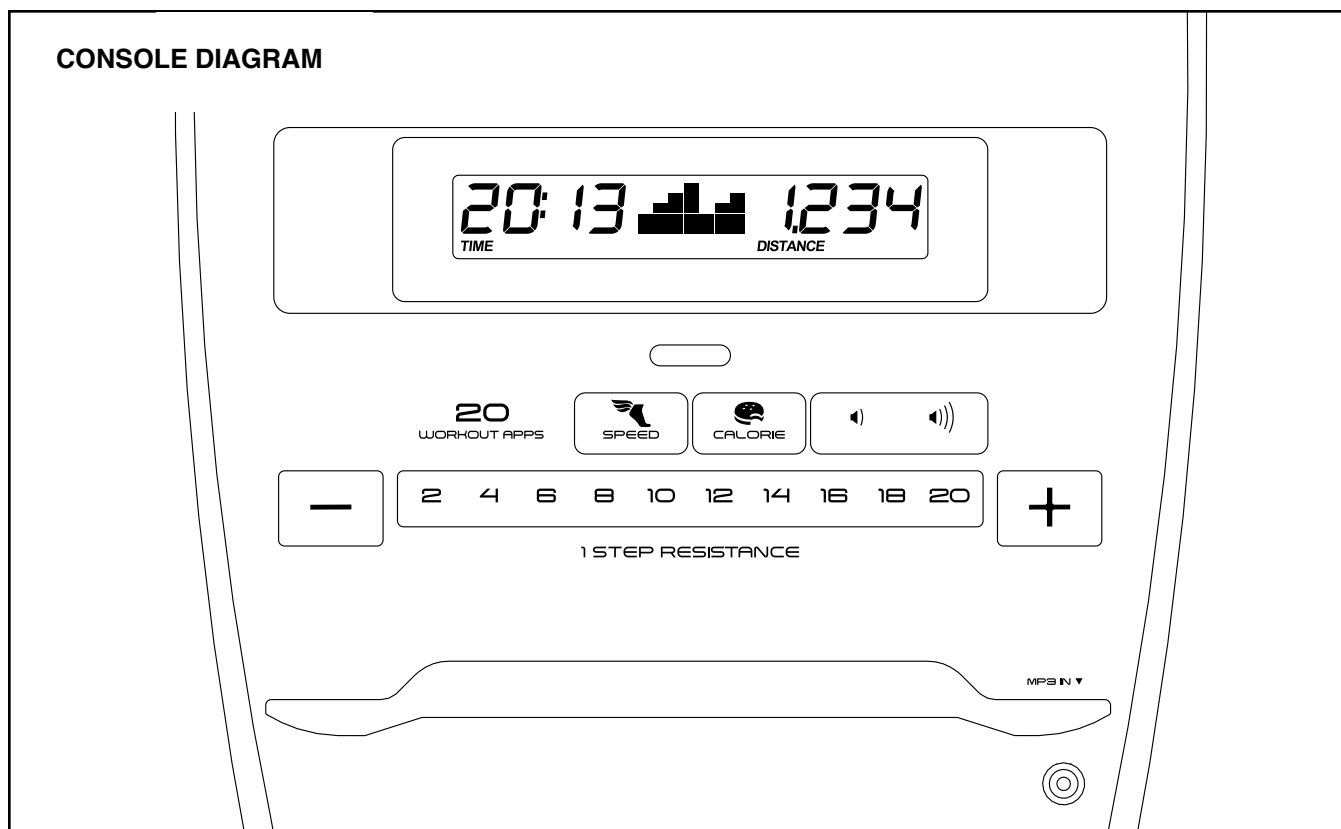
HOW TO EXERCISE ON THE ELLIPTICAL

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

To dismount the elliptical, wait until the pedals 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.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console also offers a selection of preset workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

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

To use the manual mode, see page 16. **To use a preset workout**, see page 18. **To use the sound system**, see page 19. **To use the settings mode**, see page 19.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

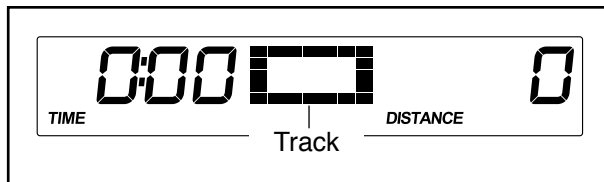
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will then sound and the console will be ready for use.

2. Select the manual mode.

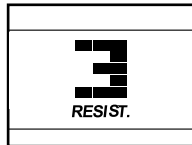
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Speed button or the Calorie button repeatedly until a track appears in the center display.



3. Begin pedaling and change the resistance of the pedals as desired.

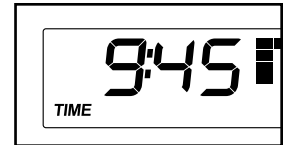
As you pedal, change the resistance of the pedals by pressing the 1 Step Resistance increase and decrease buttons or by pressing one of the numbered 1 Step Resistance buttons.



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

4. Follow your progress with the display.

The left display—This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.

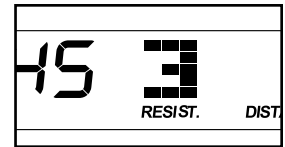


Note: During a preset workout, the display will show the time remaining in the workout.

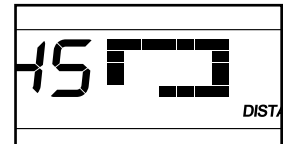
The left display will also show your heart rate when you use the handgrip heart rate monitor (see step 5).

The center display—

This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

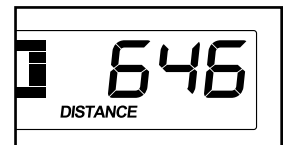


This display will also show a track representing 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The right display—

This display can show the distance you have pedaled in total revolutions and your pedaling speed in revolutions per minute (rpm). The display will change modes every few seconds.

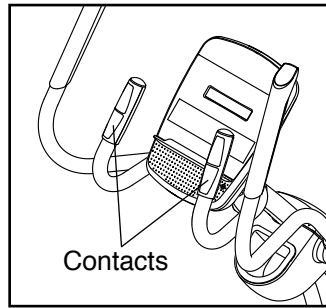


5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. 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-shaped symbol will flash in the display and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**



If your heart rate is not shown, 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. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, 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 elliptical 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 THE SETTINGS MODE on page 19.

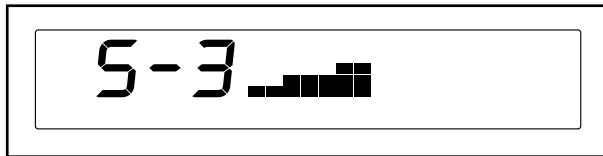
HOW TO USE A PRESET WORKOUT

1. Turn on the console.

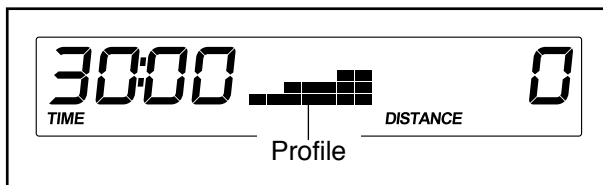
Press any button or begin pedaling to turn on the console.

2. Select a preset workout.

To select a preset workout, press the Speed button or the Calorie button repeatedly until the number of the desired workout appears in the left display.



When you select a preset workout, the duration of the workout will appear in the left display and a profile of the resistance levels of the workout will scroll across the center display.



3. Begin pedaling to start the workout.

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

During the workout, the workout profile 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 resistance 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.

The resistance level for the next segment will appear in the center display for a few seconds to alert you. The resistance of the pedals will then change.

The target speed for the next segment will appear in the right display for a few seconds to alert you.

As you exercise, keep your pedaling speed near the target speed for the current segment. **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 1 Step 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.**

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the display.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 5 on page 17.

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

See step 6 on page 17.

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 SETTINGS MODE

The console features a settings mode that allows you to view console usage information and turn on or turn off the demo mode.

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



The left display will show the total number of hours that the console has been used since the elliptical was purchased. The right display will show the total distance that the elliptical has been pedaled.

The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the console will show a preset presentation when it is not in use. If the demo mode is turned on, a “d” will appear in the right display. To turn on or turn off the demo mode, press the volume decrease button.

To exit the settings mode, press the Speed button.

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.**

HOW TO GREASE THE TRACKS

For optimal performance, apply a small amount of PTFE grease to the tracks on the ramp every three months. See assembly step 13 on page 12 for instructions.

CONSOLE TROUBLESHOOTING

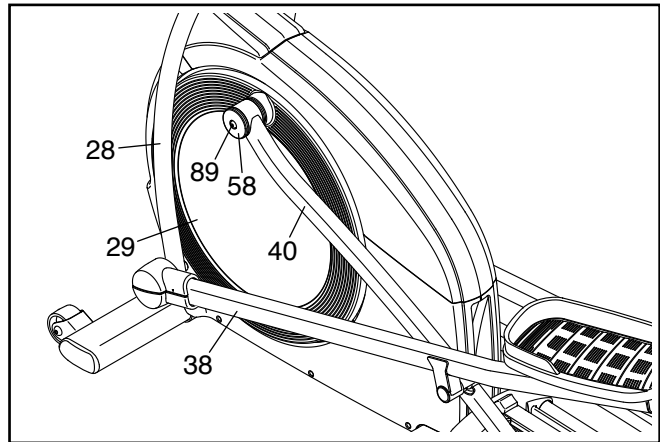
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

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 REED SWITCH

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

See the drawing below. Remove the M8 x 14mm Shoulder Screw (89), the Roller Arm Cover (58), and the M8 Washer (not shown) from the Left Roller Arm (40).

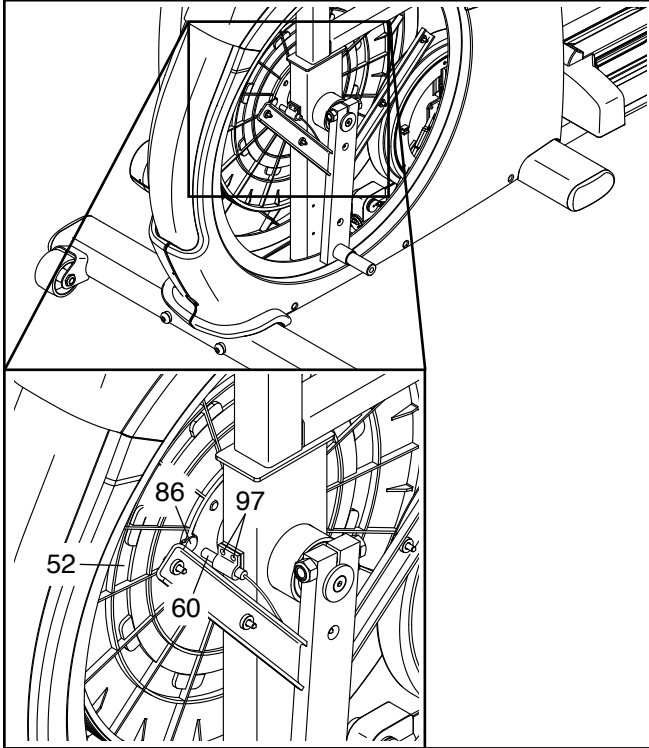


See assembly step 10 on page 11. Remove the Upper Body Covers A and B (31, 32) from the Left Upper Body Arm (27).

See assembly step 9 on page 11. Remove the Left Upper Body Arm (27) from the Left Upper Body Leg (28).

See the drawing above. Remove the Left Roller Arm (40), the Left Pedal Arm (38), and the Left Upper Body Leg (28) from the elliptical. Then, using a flat screwdriver, gently pry off the left Disc (29).

Next, locate the Reed Switch (60). Turn the Pulley (52) until a Magnet (86) is aligned with the Reed Switch.



Loosen, but do not remove, the two indicated M4 x 16mm Screws (97). Next, slide the Reed Switch (60) slightly closer to or away from the Magnet (86), and then retighten the Screws. Then, plug in the power adapter and rock the Pulley (52) forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter. Reverse the steps above and reattach the left disc, the left pedal arm, the left upper body leg, and the left roller arm. Then, plug in the 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 level, the drive belt may need to be adjusted.

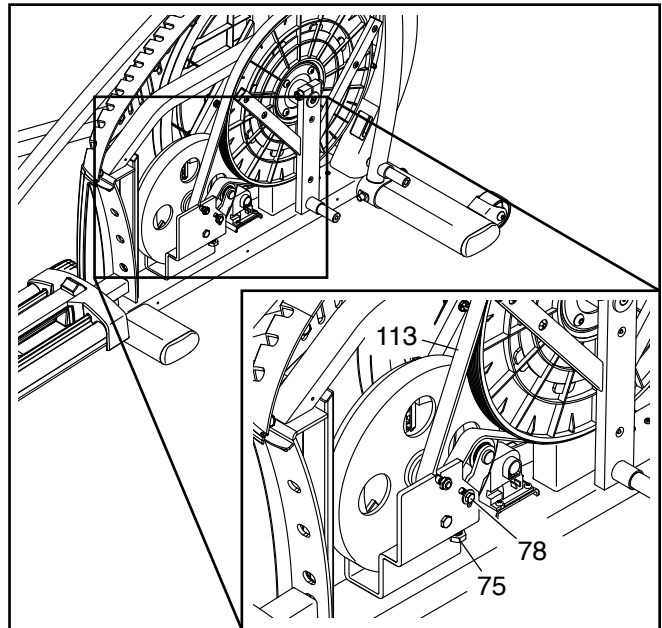
First, unplug the power adapter. See EXPLODED DRAWING C on page 27. Remove the M8 x 14mm Shoulder Screw (89), the Roller Arm Cover (58), and the M8 Washer (103) from the Right Roller Arm (39).

See assembly step 10 on page 11. Remove the Upper Body Covers A and B (31, 32) from the Right Upper Body Arm (25).

See assembly step 9 on page 11. Remove the Right Upper Body Arm (25) from the Right Upper Body Leg (26).

See EXPLODED DRAWING C on page 27 and EXPLODED DRAWING B on page 26. First, remove the Right Roller Arm (39), the Right Pedal Arm (37), and the Right Upper Body Leg (26) from the elliptical.

Next, using a flat screwdriver, gently pry off the right Disc (29). Then, remove all the Screws (97, 98) from the Right and Left Shields (35, 36); **make sure to note the location of each size of Screw.** Gently remove the Right Shield.



Locate and loosen the Pivot Screw (78). Next, tighten the Adjustment Screw (75) until the Drive Belt (113) is tight. Then, retighten the Pivot Screw.

When the drive belt is tight, reverse the steps above and reattach the right shield, the right disc, the right pedal arm, the right upper body leg, and the right roller arm. Then, plug in the power adapter.

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. 831.23946.0 R0913A

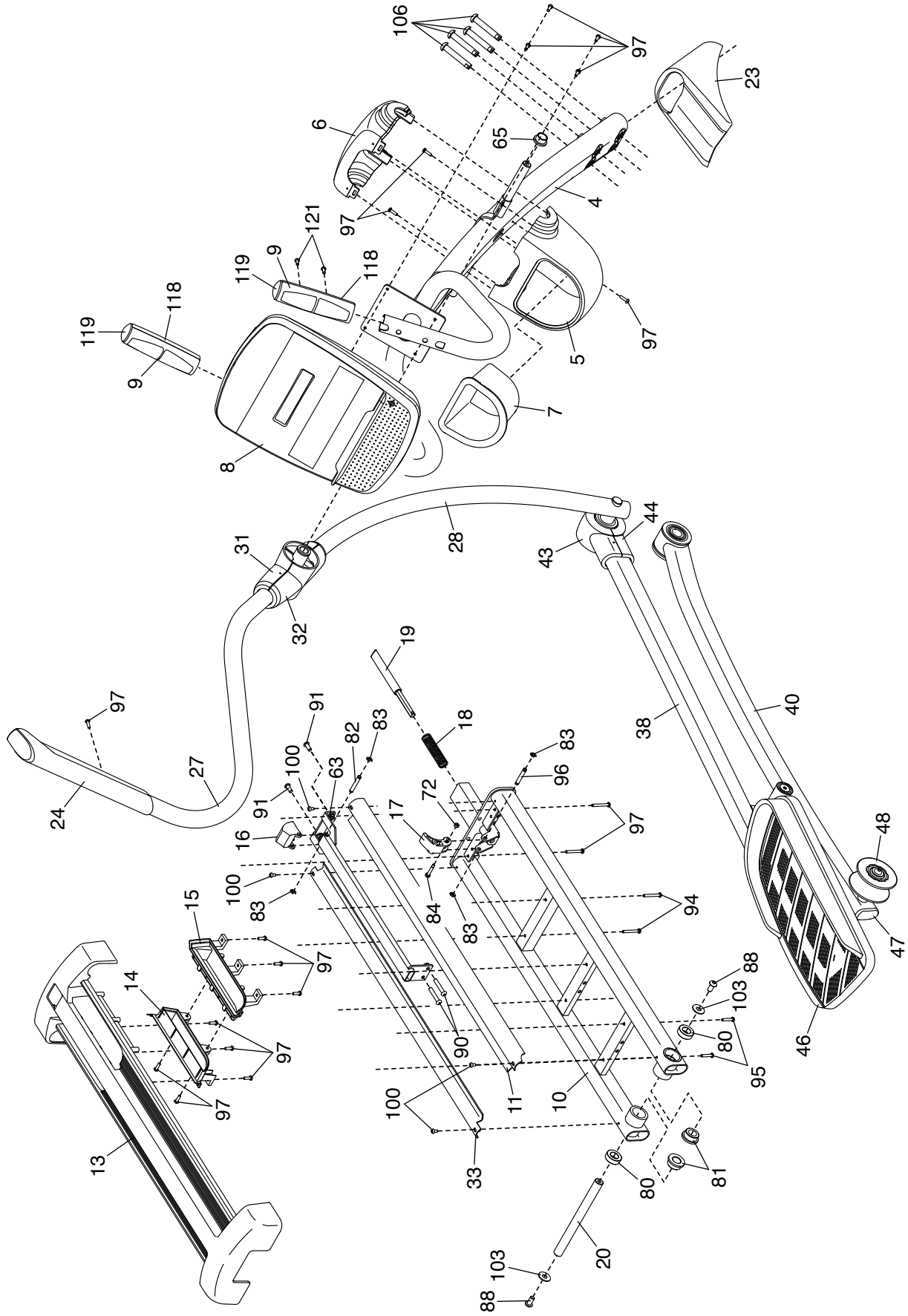
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Large Crank Arm Spacer
2	1	Rear Stabilizer	52	1	Pulley
3	1	Front Stabilizer	53	1	Crank
4	1	Upright	54	1	Crank Spacer
5	1	Accessory Tray	55	10	Large Bearing
6	1	Tray Cover	56	2	Leveling Foot
7	1	Tray Insert	57	4	Roller Arm Bushing
8	1	Console	58	2	Roller Arm Cover
9	2	Pulse Grip Front	59	5	Foot
10	1	Ramp	60	1	Reed Switch/Wire
11	1	Right Track	61	1	Resistance Motor
12	1	Rear Stabilizer Cover	62	1	Clamp
13	1	Ramp Cover	63	1	Ramp Handle
14	1	Left Ramp Handle Insert	64	4	Pedal Arm Bushing
15	1	Right Ramp Handle Insert	65	4	Upper Body Arm Bushing
16	1	Button	66	1	Idler
17	1	Lever	67	1	Eddy Mechanism
18	1	Spring	68	1	Mechanism Axle
19	1	Pin	69	2	Key
20	1	Ramp Axle	70	2	Flange Washer
21	6	Stabilizer Cap	71	2	Crank Screw
22	2	Wheel	72	1	M4 Locknut
23	1	Upright Cover	73	2	Key Screw
24	2	Grip	74	2	Crank Arm Bolt
25	1	Right Upper Body Arm	75	1	Adjustment Screw
26	1	Right Upper Body Leg	76	1	Idler Shoulder Screw
27	1	Left Upper Body Arm	77	1	M6 Washer
28	1	Left Upper Body Leg	78	1	Pivot Screw
29	2	Disc	79	4	M8 x 12mm Screw
30	1	Shield Cover	80	2	Small Bearing
31	2	Upper Body Cover A	81	4	Ramp Bushing
32	2	Upper Body Cover B	82	1	Button Axle
33	1	Left Track	83	4	E-clip
34	1	Small Crank Arm Spacer	84	1	M4 x 20mm Bolt
35	1	Right Shield	85	12	Friction Fastener/Screw
36	1	Left Shield	86	2	Magnet
37	1	Right Pedal Arm	87	2	Flange Washer
38	1	Left Pedal Arm	88	4	M8 x 16mm Screw
39	1	Right Roller Arm	89	2	M8 x 14mm Shoulder Screw
40	1	Left Roller Arm	90	2	M6 x 35mm Screw
41	1	Right Pedal Arm Cover A	91	2	M6 x 14mm Screw
42	1	Right Pedal Arm Cover B	92	8	M6 x 12mm Screw
43	1	Left Pedal Arm Cover A	93	2	Arm Axle
44	1	Left Pedal Arm Cover B	94	2	M4 x 38mm Screw
45	1	Right Pedal	95	8	M4 x 25mm Screw
46	1	Left Pedal	96	1	Lever Axle
47	4	Arm Cap	97	49	M4 x 16mm Screw
48	2	Roller	98	6	M4 x 12mm Screw
49	2	Leg Cap	99	1	Ground Screw
50	2	Crank Arm	100	4	M4 x 10mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Crank Arm Locknut	114	1	Power Adapter
102	2	M10 Locknut	115	1	Lower Wire
103	8	M8 Washer	116	1	Upper Wire
104	4	M10 x 115mm Screw	117	1	Pulse Wire
105	2	M10 x 58mm Bolt	118	2	Pulse Grip Back
106	4	M10 x 60mm Screw	119	2	Pulse Grip Cap
107	6	M10 x 20mm Screw	120	2	Arm Spacer
108	4	M8 x 38mm Bolt	121	4	M2.6 x 33mm Bolt Set
109	2	M8 x 18mm Screw	*	–	Assembly Tool
110	6	M8 Locknut	*	–	General White Grease Packet
111	6	M10 Washer	*	–	PTFE Grease Packet
112	1	Power Wire/Receptacle	*	–	User's Manual
113	1	Drive Belt			

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.

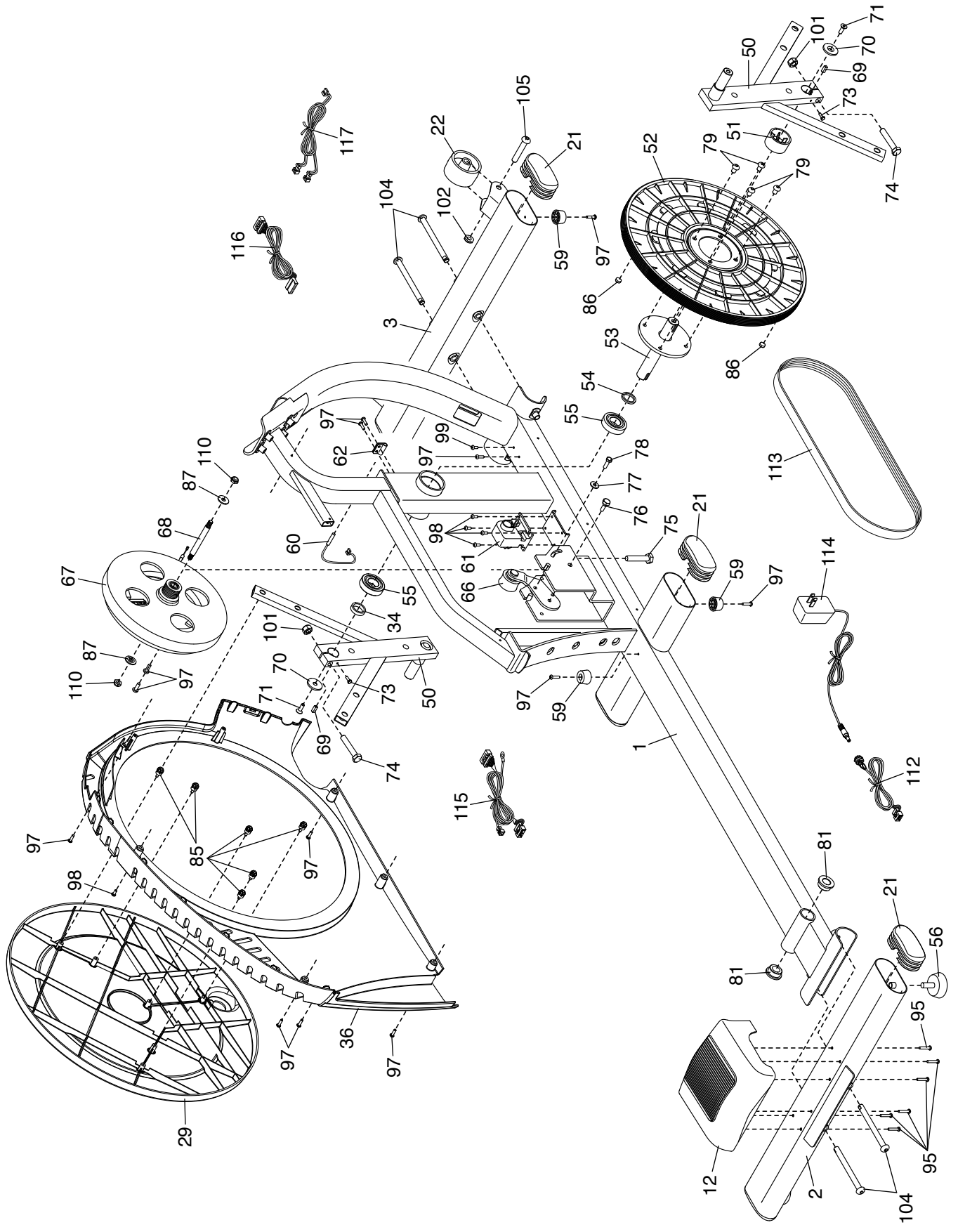
EXPLODED DRAWING A

Model No. 831.23946.0 R0913A



EXPLODED DRAWING B

Model No. 831.23946.0 R0913A



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 4.

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 and labor are 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