



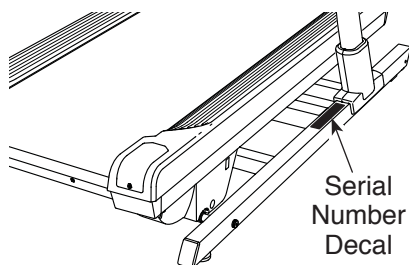
NordicTrack®

X11i INCLINE TRAINER

Model No. NETL21718.1

Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA

⚠ CAUTION

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

USER'S MANUAL

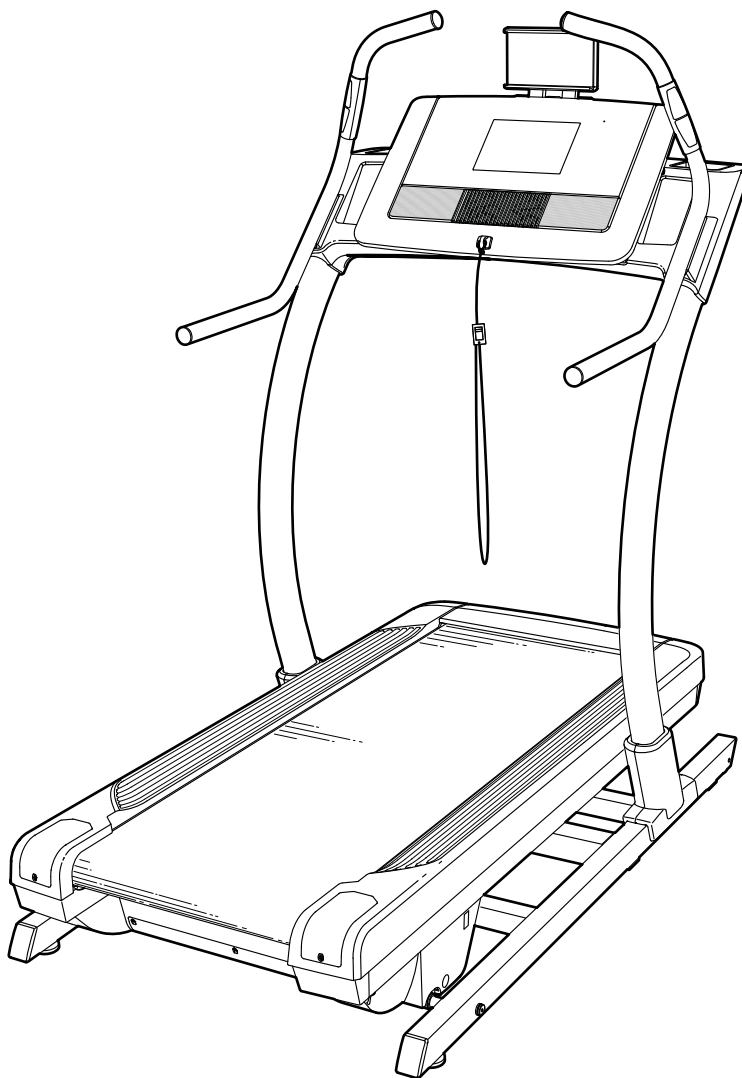


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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



⚠ WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:		
	• Stand only on side rails when starting or stopping treadmill. • Change speed in small increments. • Hold handrails to prevent falling, and always wear the safety clip while operating treadmill. • Stop if you feel faint, dizzy, or short of breath.	• Never allow children on or around treadmill. • Remove key when not in use. • Keep clothing, fingers, and hair away from moving belt. • Never try to adjust or fix the belt while it is moving. • Always wear athletic shoes while operating treadmill.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your incline trainer. 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 this incline trainer are adequately informed of all warnings and 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. The incline trainer is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the incline trainer by someone responsible for their safety.
4. Use the incline trainer only as described in this manual.
5. The incline trainer is intended for home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.
6. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.
7. Place the incline trainer on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
8. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
9. Keep children under age 13 and pets away from the incline trainer at all times.
10. The incline trainer should be used only by persons weighing 297 lbs. (135 kg) or less.
11. Never allow more than one person on the incline trainer at a time.
12. Wear appropriate exercise clothes while using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
13. When connecting the power cord (see page 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
14. If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm²) cord that is no longer than 5 ft. (1.5 m).
15. Keep the power cord away from heated surfaces.
16. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 24 if the incline trainer is not working properly.)
17. Read, understand, and test the emergency stop procedure before using the incline trainer. (See HOW TO TURN ON THE POWER on page 14.) Always wear the clip while using the incline trainer.
18. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the incline trainer.
19. When a person is walking on the incline trainer, the noise level of the incline trainer will increase.

20. Keep fingers, hair, and clothing away from the moving walking belt.
21. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
22. The heart rate monitor is not a medical device. Various factors, including the user's movement, 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.
23. Never leave the incline trainer unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the incline trainer is not in use.
24. Do not attempt to move the incline trainer until it is properly assembled. (See **ASSEMBLY** on page 7, and **HOW TO MOVE THE INCLINE TRAINER** on page 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the incline trainer.
25. Never insert any object into any opening on the incline trainer.
26. Inspect and properly tighten all parts each time the incline trainer is used.
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the incline trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
28. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
29. **IMPORTANT:** To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter. The incline trainer console contains FCC ID OMCIABR12.

SAVE THESE INSTRUCTIONS

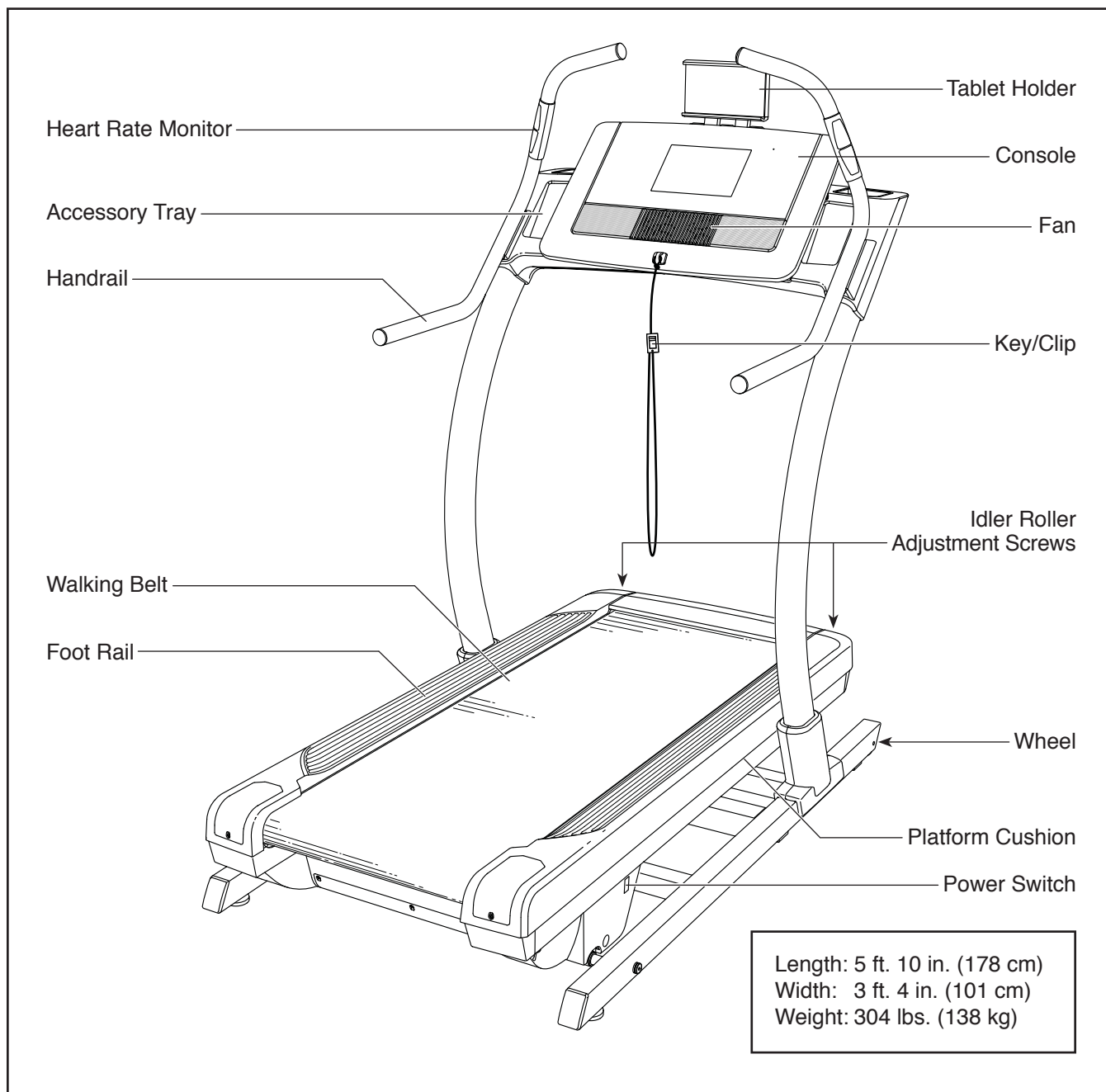
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® X11I INCLINE TRAINER. The X11I INCLINE TRAINER offers a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before using the incline trainer. If you have questions after

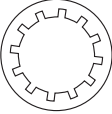
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

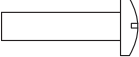


PART IDENTIFICATION CHART

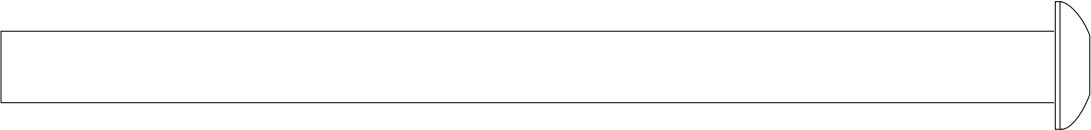
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



3/8" Star Washer (3)—12



M4 x 16mm Screw (8)—6



3/8" x 5 1/2" Screw (1)—4

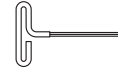
ASSEMBLY

- 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.
- After shipping, there may be an oily substance on the exterior of the incline trainer. This is normal. If there is an oily substance on the incline trainer, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- To identify small parts, see page 6.

- Assembly requires the following tools:

the included hex keys



a standard screwdriver



To avoid damaging parts, do not use power tools.

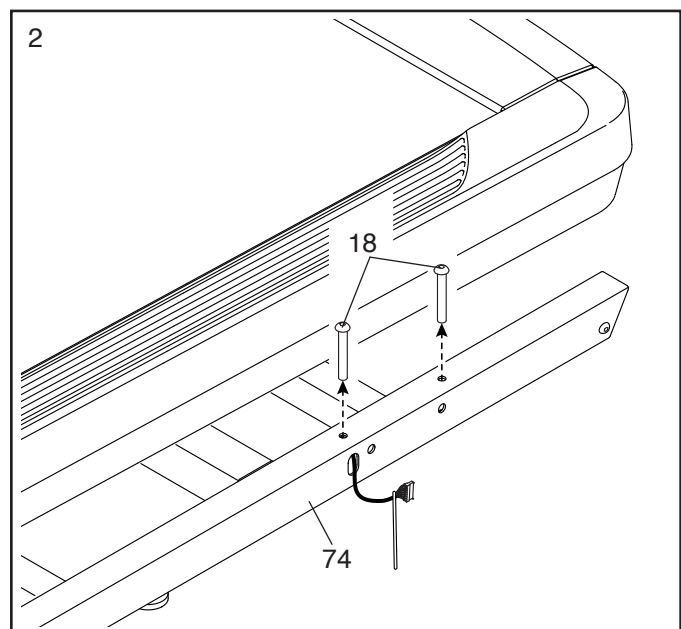
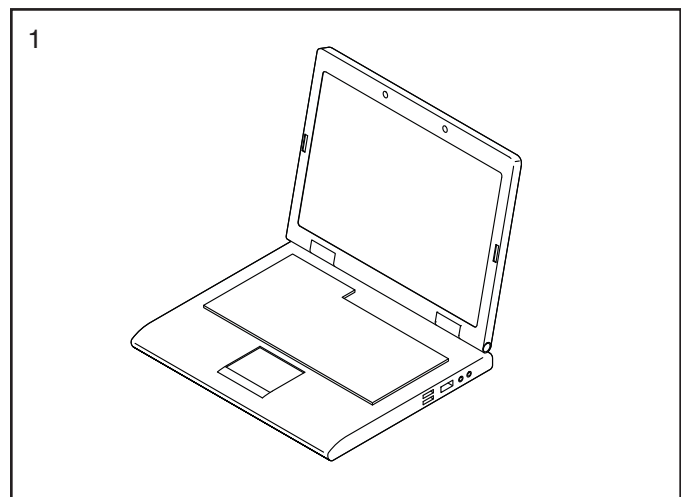
1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

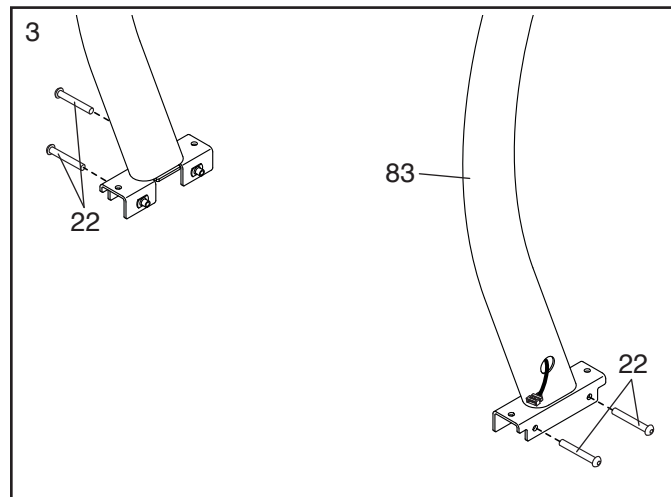
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. **Make sure that the power cord is unplugged.**

Remove the four 3/8" x 3 1/4" Screws (18) from the Base (74) (only one side is shown). **Save the Screws.**



3. Remove the four 3/8" x 2 3/4" Screws (22) from the Uprights (83). **Save the Screws.**

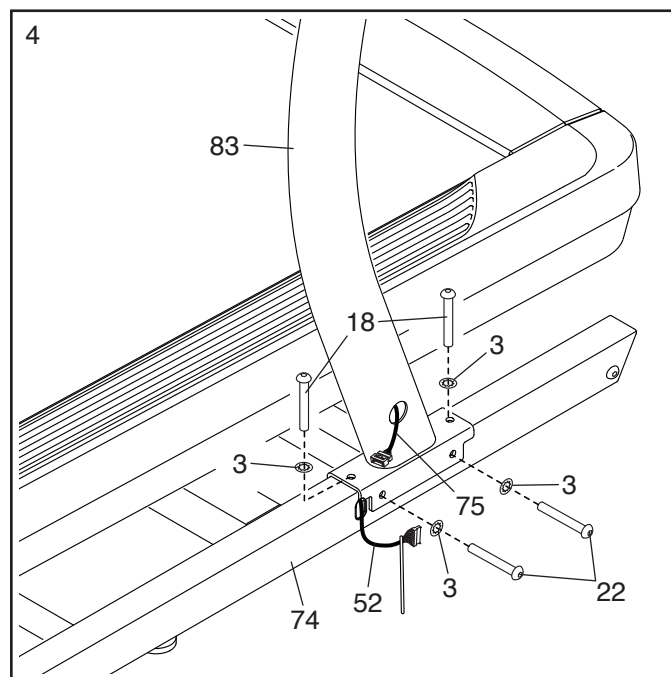


4. Set the Uprights (83) on the Base (74). **Make sure that the hole with the Upright Wire (75) is on the right side.**

Attach the right Upright (83) to the Base (74) with two of the 3/8" x 3 1/4" Screws (18) and two of the 3/8" x 2 3/4" Screws (22) that you just removed and four 3/8" Star Washers (3); **do not fully tighten the Screws yet. Make sure that the Base Wire (52) is not pinched.**

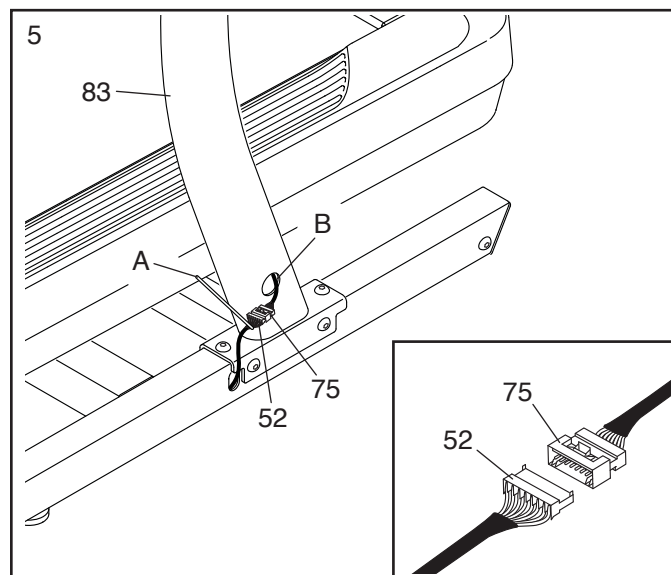
Attach the left Upright (not shown) as described above. Note: There is not a wire on the left side.

Then, fully tighten the 3/8" x 3 1/4" Screws (18) and the 3/8" x 2 3/4" Screws (22).



5. **See the inset drawing.** Connect the Base Wire (52) to the Upright Wire (75). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

Then, remove the tie (A) from the Base Wire (52), and insert the connectors into the hole (B) in the right Upright (83).

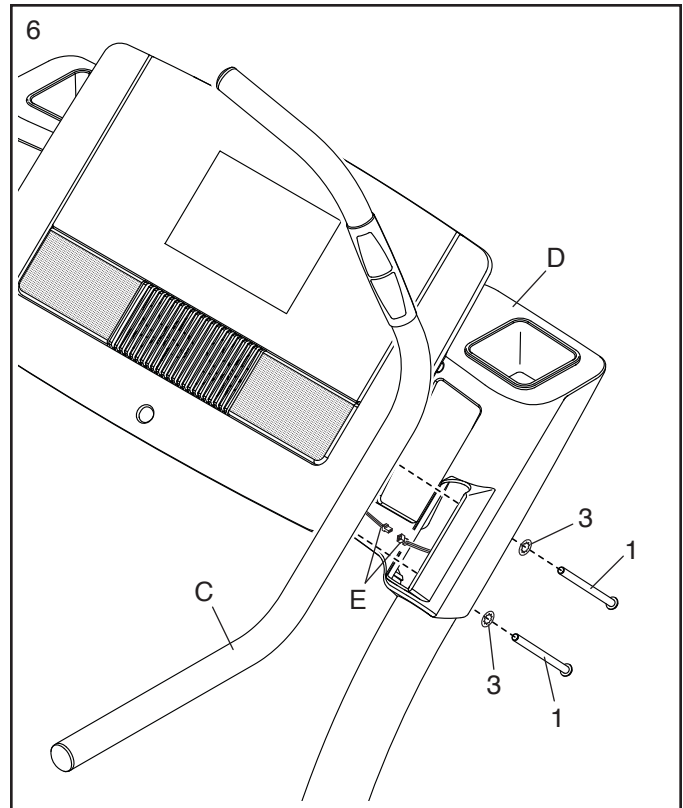


6. Identify the right handrail assembly (C). Hold the right handrail assembly near the right side of the console assembly (D), and connect the two pulse wires (E).

Next, set the right handrail assembly (C) on the console assembly (D). **Make sure that no wires are pinched.**

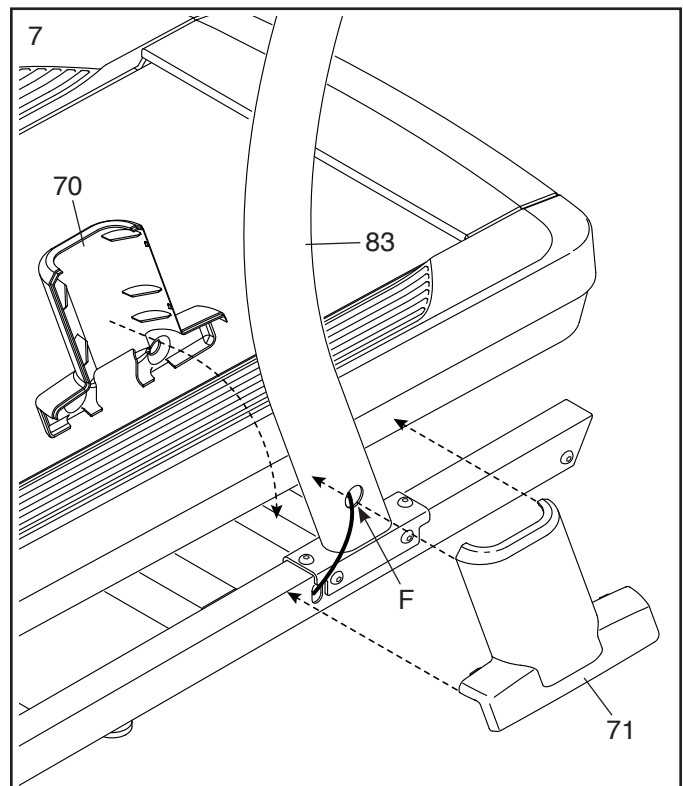
Attach the right handrail assembly (C) with two 3/8" x 5 1/2" Screws (1) and two 3/8" Star Washers (3); **start both Screws, and then tighten them.**

Attach the left handrail assembly (not shown) as described above.



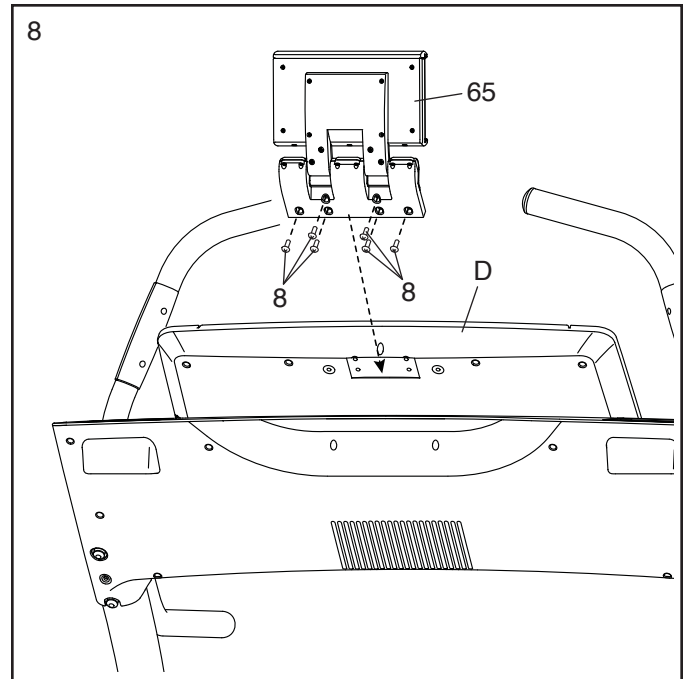
7. Slide the Right Inside Upright Cover (70) against the lower end of the right Upright (83). Press the Right Outside Upright Cover (71) against the Right Inside Upright Cover until it snaps into place. **Make sure that the wires (F) are not pinched.**

Attach the Left Inside Upright Cover (not shown) and the Left Outside Upright Cover (not shown) as described above. Note: There is not a wire on the left side.



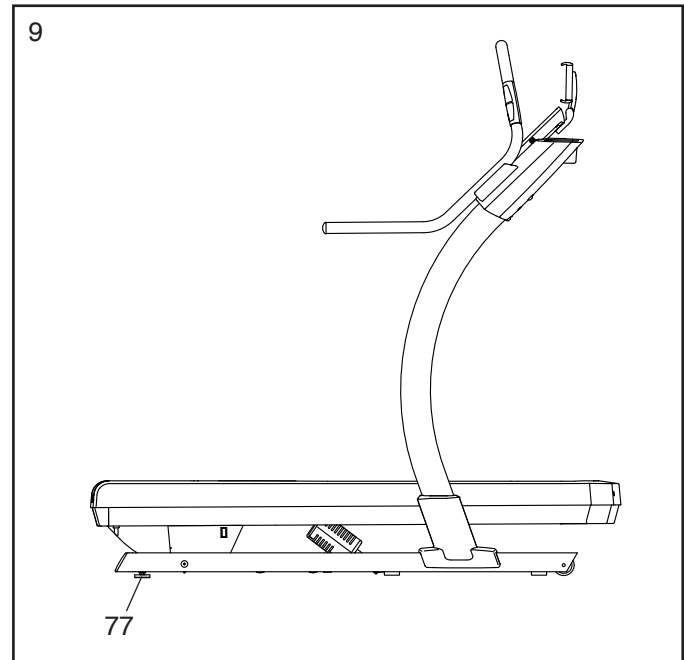
8. Attach the Tablet Holder (65) to the console assembly (D) with six M4 x 16mm Screws (8); **start all six Screws, and then tighten them. Be careful not to overtighten the Screws.**

IMPORTANT: The Tablet Holder (65) is designed for use with most full-size tablets. Do not place any other electronic device or object in the Tablet Holder.



9. If necessary, move the incline trainer to the desired location (see HOW TO MOVE THE INCLINE TRAINER on page 23).

After the incline trainer is placed in the location where it will be used, make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn a Leveling Foot (77) as needed until the rocking motion is eliminated.

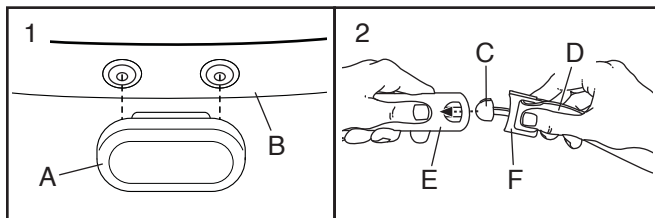


10. **Make sure that all parts are properly tightened before you use the incline trainer.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 25 and 26). To protect the floor or carpet from damage, place a mat under the incline trainer. To avoid damage to the console, keep the incline trainer out of direct sunlight.

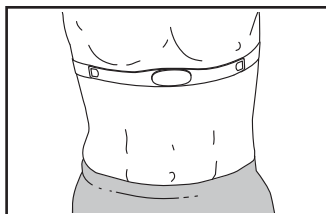
THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

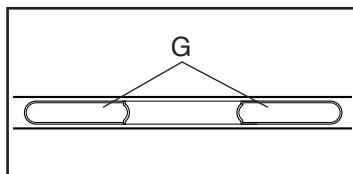
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

TROUBLESHOOTING

- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE INCLINE TRAINER

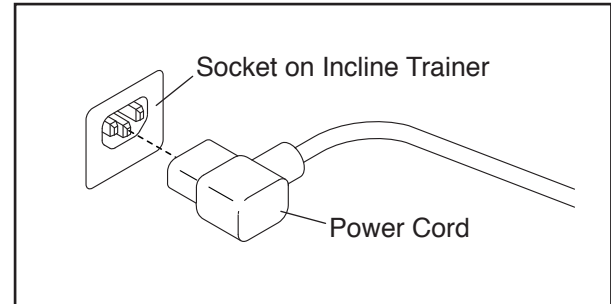
HOW TO PLUG IN THE POWER CORD

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

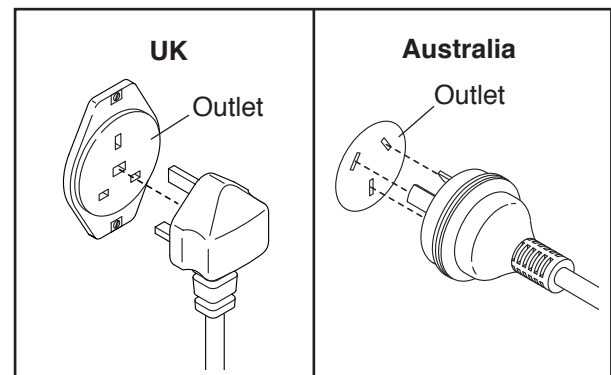
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Follow the steps below to plug in the power cord.

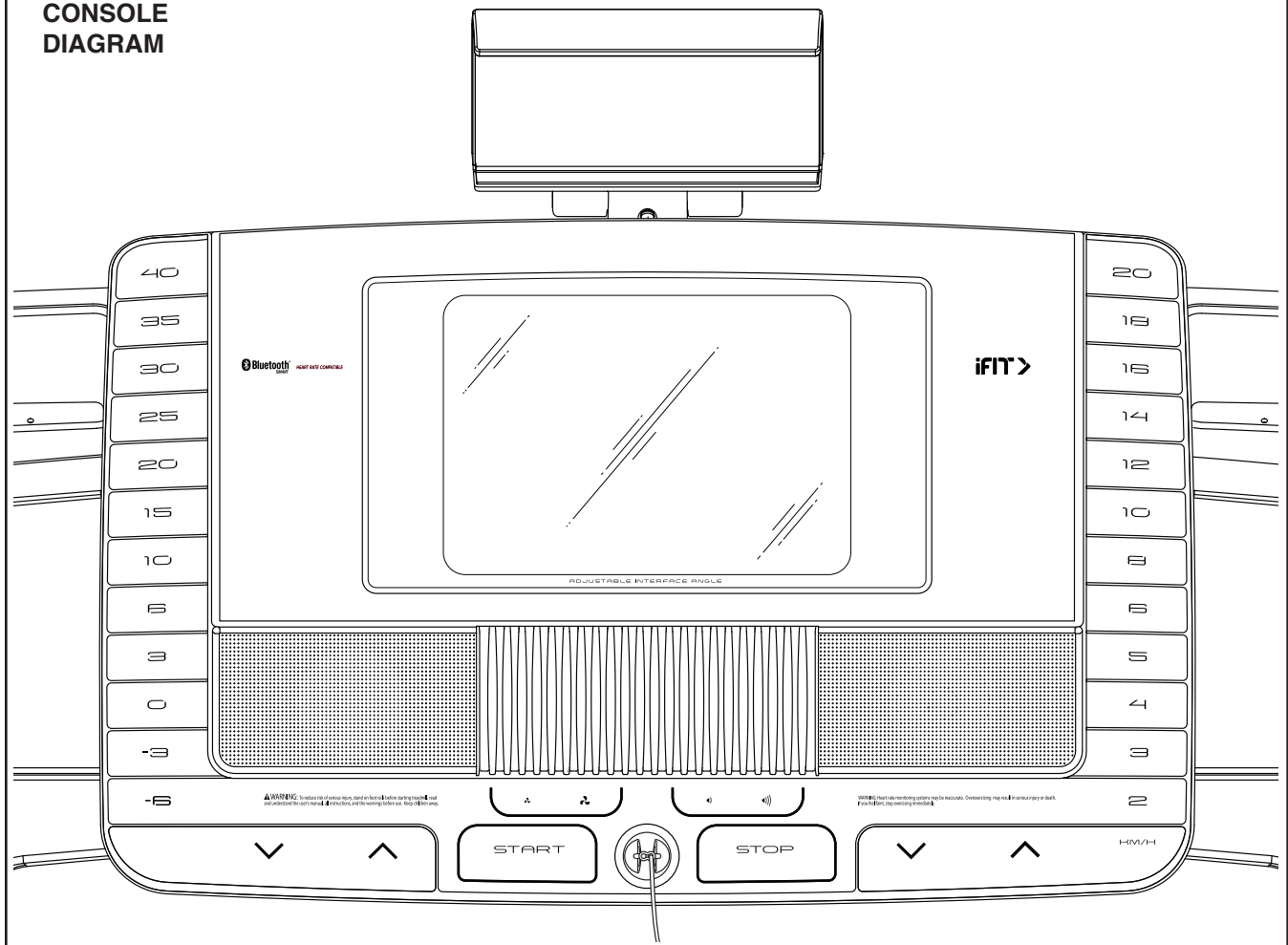
1. Plug the indicated end of the power cord into the socket on the incline trainer.



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



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced incline trainer console offers a selection of features designed to make your workouts more effective and enjoyable.

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

When you use the manual mode, you can change the speed and incline of the incline trainer with the touch of a button. As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session.

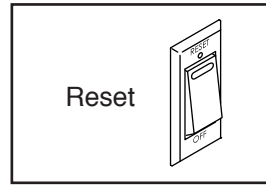
You can even listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 14. **To learn how to use the touch screen**, see page 14. **To set up the console**, see page 15.

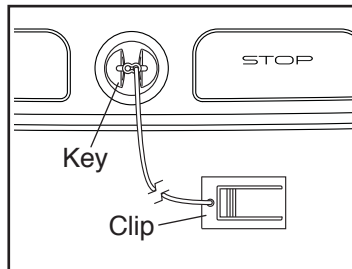
HOW TO TURN ON THE POWER

IMPORTANT: If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before you turn 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 page 12). Next, locate the power switch on the incline trainer frame near the power cord. Press the power switch into the reset position.



Next, stand on the foot rails of the incline trainer. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **Note:** It may take some time for the console to be ready for use. **IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO USE THE EQUIPMENT SETTINGS SECTION on page 20. For simplicity, all instructions in this section refer to kilometers.

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time you use the incline trainer, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 16). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

Before using the incline trainer for the first time, set up the console.

1. Connect to your wireless network.

In order to access the internet, download iFit workouts, and use several other features of the console, you must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. Customize settings.

Fill in the form on the screen to set the console to display the desired unit of measurement and your time zone. Note: If you need to change these settings later, see HOW TO USE THE EQUIPMENT SETTINGS SECTION on page 20.

3. Log into or create an iFit account.

Provide your email address, and follow the prompts on the screen to sign up for or log into your iFit account.

4. Tour the console.

The first time you turn on the incline trainer, dialogue boxes on the screen will guide you through the features of the console. Note: To access the tour again at any time, touch the profile button in the lower-right corner, then touch the Settings button, and then scroll to the How It Works section.

5. Check for firmware updates.

First, touch the profile button in the lower-right corner to select the settings main menu. Next, select the maintenance section. Then, touch the Update button to check for firmware updates using your wireless network. See step 3 on page 20 for more information.

6. Calibrate the incline system.

First, touch the profile button. Next, select the settings main menu. Then, select the maintenance section, touch the Calibrate Incline button, and then touch the Begin button to calibrate the incline system. See step 4 on page 21 for more information.

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

To use the manual mode, see page 15. **To use a map workout**, see page 17. **To use a draw your own map workout**, see page 18. **To use a distance or time workout**, see page 19.

To use the workout settings section, see page 20. **To use the equipment settings section**, see page 20. **To use the maintenance section**, see page 20. **To use the wireless network mode**, see page 21. **To use the sound system**, see page 22. **To connect an HDMI cable**, see page 22. **To use the tablet holder**, see page 23.

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14. **Note: It may take some time for the console to be ready for use.**

2. Select the main menu.

When you turn on the power, the main menu will appear after the console boots up. If you are in a workout or the settings menu, touch the back arrow or the x on the screen to return to the main menu.

3. Start the walking belt and adjust the speed.

Touch the Manual Start button in the upper-right corner of the screen or press the Start button on the console to start the walking belt. The walking belt will begin to move at a low speed. As you exercise, change the speed of the walking belt as desired by pressing the speed increase and decrease buttons or the speed slider on the screen. Each time you press one of the buttons, the speed setting will change in small increments; if you hold down the button, the speed setting will change more quickly.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

Note: When the incline setting is below 0% or above 15.5%, you will not be able to select the highest speed settings.

To stop the walking belt, press the Stop button or tap the middle of the screen. To restart the walking belt, press the Start button.

4. Change the incline of the incline trainer as desired.

To change the incline of the incline trainer, press the Incline increase and decrease buttons or one of the numbered incline buttons. You can also touch the incline slider on the screen. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: If the walking belt is moving at a high speed and you adjust the incline below 0% or above 15.5%, the speed of the walking belt may automatically decrease.

Note: The first time you use the incline trainer, you must calibrate the incline system (see step 4 on page 21).

5. Monitor your progress with the display modes.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode or view stats and charts, drag down on the screen. You can also touch the + button in the lower-right corner of the screen to view stats or charts.

As you walk or run on the incline trainer, the screen can show the following workout information:

- The incline level of the incline trainer
- Your vertical gain
- Your vertical loss
- The elapsed time
- The approximate number of calories you have burned

- The approximate number of calories you are burning per hour
- Your heart rate (see step 6)
- Your average heart rate
- The distance that you have walked or run
- Your pace
- The speed of the walking belt
- The average speed of the walking belt
- A track representing 400 m (1/4 mile)

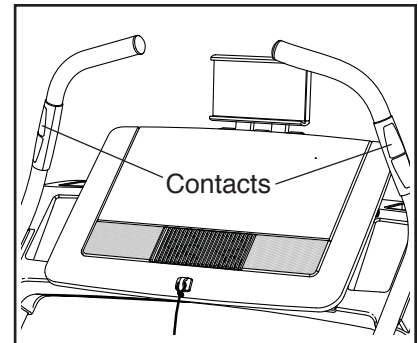
If desired, adjust the volume by pressing the volume buttons on the console.

To pause the workout, tap the screen or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout session, touch the Finish button.

6. Measure your heart rate if desired.

Note: If you use the handgrip heart rate monitor and the chest heart rate monitor at the same time, the chest heart rate monitor will have priority. For information about the chest heart rate monitor, see page 11. Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

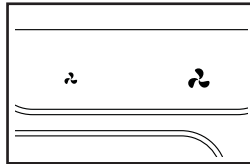
Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms for approximately ten seconds; **avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.



8. When you are finished exercising, remove the key from the console.

Step onto the walking platform and press the Stop button on the console or tap on the screen. Next, touch the Finish button. A workout summary will appear on the screen. If you wish to save your workout for future use, you can add it as a favorite by touching the heart button in the upper-right corner of the screen. You may also be able to either save or publish your results using one of the options on the screen. Then, remove the key from the console and put it in a secure place.

When you are finished using the incline trainer, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the incline trainer's electrical components may wear prematurely.**

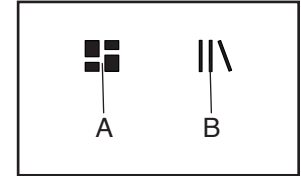
HOW TO USE A MAP WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select the main menu or the workout library.

Touch the icons in the lower-left corner of the screen to select either the main menu (A) or the workout library (B).



3. Select a map workout.

To select a map workout, touch the desired button on the screen. Note: The featured map workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the heart button in the upper-right corner of the screen. To draw your own map workout, see page 18.

The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch the Start button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

During the workout, a map on the screen will show your progress.

The workout will function in the same way as the manual mode (see pages 15 to 17).

When you reach the end of the workout, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. Monitor your progress with the display modes.

See step 5 on page 16.

6. Measure your heart rate if desired.

See step 6 on page 16.

7. Turn on the fan if desired.

See step 7 on page 17.

8. When you are finished exercising, remove the key from the console.

See step 8 on page 17.

HOW TO USE A DRAW YOUR OWN MAP WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a draw your own map workout.

To select a draw your own map workout, touch the Draw Your Own Map button on the screen.

3. Draw your map.

Navigate to the area on the map where you want to draw your workout by sliding your fingers on the screen. Tap the screen to add the start point for your workout. Then, tap the screen to add the end point for your workout. Note: If you want to start and end the workout at the same point, use the Loop or Out & Back buttons on the left side of the screen. You can also select whether you want your workout to snap to the road.

If you make a mistake, you can use the Undo button on the left side of the screen.

The screen will display the elevation and distance stats for your workout. If desired, you can change the default speed.

4. Save your workout.

Touch the Save New Workout button in the lower-left corner of the screen. If desired, change the title of the workout or add a description, and then press the > symbol on the screen.

5. Start the workout.

Touch the Start button on the screen to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

6. Monitor your progress with the display modes.

See step 5 on page 16.

7. Measure your heart rate if desired.

See step 6 on page 16.

8. Turn on the fan if desired.

See step 7 on page 17.

9. When you are finished exercising, remove the key from the console.

See step 8 on page 17.

HOW TO USE A DISTANCE OR TIME WORKOUT

Note: To use a distance or time workout, the console must be connected to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 21). An iFit account is also required.

1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and sign in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

3. Select the main menu.

See step 2 on page 15.

4. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Submit button. Touch the Cancel button to exit the login screen.

5. Select a distance or time workout that you have previously added to your schedule on iFit.com.

Touch the calendar icon to download a distance or time workout from your schedule.

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

When you select a distance or time workout, the screen will show the name, the estimated duration, and the distance of the workout.

6. Start the workout.

See step 4 on page 17. Note: During a distance or time workout, the display will not show a map.

7. Monitor your progress with the display modes.

See step 5 on page 16. The screen will show the elapsed distance or time, and the remaining distance or time.

8. Measure your heart rate if desired.

See step 6 on page 16.

9. Turn on the fan if desired.

See step 7 on page 17.

10. When you are finished exercising, remove the key from the console.

See step 8 on page 17.

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

HOW TO USE THE WORKOUT SETTINGS SECTION

1. Select the settings main menu.

Insert the key into the console (see HOW TO TURN ON THE POWER on page 14). Next, select the main menu (see step 2 on page 15). Then, touch the gears button to select the settings main menu.

2. Select the workout section.

In the settings main menu, scroll to the Workout section.

3. Customize settings.

To customize settings, touch the desired category, and then use the toggles to the side of the category name.

4. Exit the workout section.

To exit the workout section, touch the back button on the screen.

HOW TO USE THE EQUIPMENT SETTINGS SECTION

1. Select the settings main menu.

See step 1 above.

2. Select the equipment settings section.

In the settings main menu, scroll to the Equipment Settings section. Note: Slide or flick the screen to scroll up or down through the options if necessary.

3. Customize the unit of measurement and other settings.

To customize the unit of measurement, timezone, or other settings, touch the desired category, and then use the toggles to the side of the category name.

4. View machine information.

Touch the Machine Info button to view information about your incline trainer. After you view the information, touch the back button on the screen.

5. Exit the equipment settings section.

To exit the equipment settings section, touch the back button on the screen.

HOW TO USE THE MAINTENANCE SECTION

1. Select the settings main menu.

See step 1 at the left.

2. Select the maintenance section.

In the settings main menu, scroll to the Maintenance section.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the incline trainer, do not turn off the power or remove the key while the firmware is being updated.

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

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

4. Calibrate the incline system of the incline trainer.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The incline trainer will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Touch the Cancel button to return to the maintenance section. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep pets, feet, and other objects away from the incline trainer while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. Exit the maintenance section.

To exit the maintenance section, touch the back button on the screen.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

1. Select the main menu.

See step 2 on page 15.

2. Select the wireless network mode.

Touch the Wi-Fi® symbol in the lower-right corner of the screen to enter the wireless network mode.

3. Enable Wi-Fi.

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

4. Set up and manage a wireless network connection.

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

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

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

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 14.

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name. Then, touch the back button on the screen to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

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

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

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

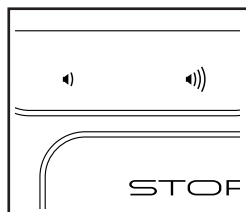
5. Exit the wireless network mode.

To exit the wireless network mode, touch the back button on the screen.

HOW TO USE THE SOUND SYSTEM

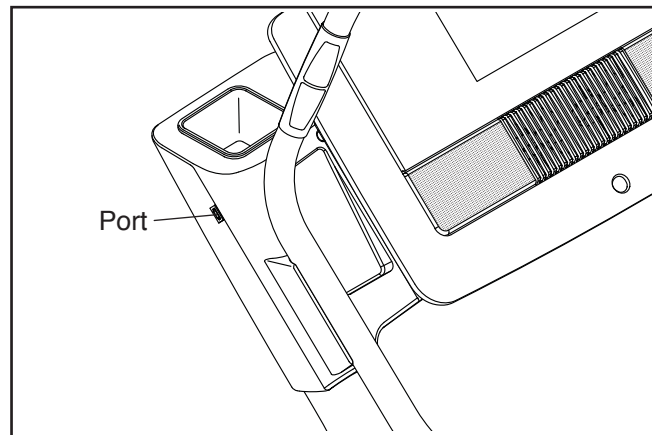
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** **Note:** To purchase an audio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

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



HOW TO CONNECT AN HDMI CABLE

To show your console screen on a TV or monitor, plug an HDMI cable (not included) into the port on the console and into a port on your TV or monitor; **make sure that the HDMI cable is fully plugged in.** **Note:** To purchase an HDMI cable, see your local electronics store.

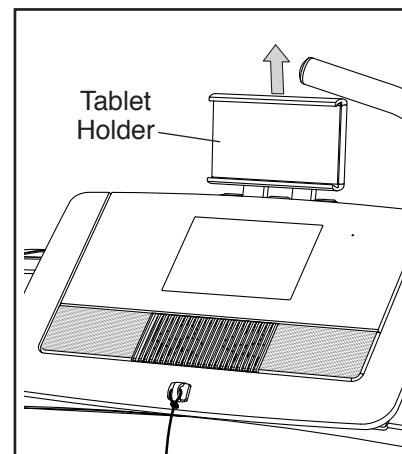


HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet.

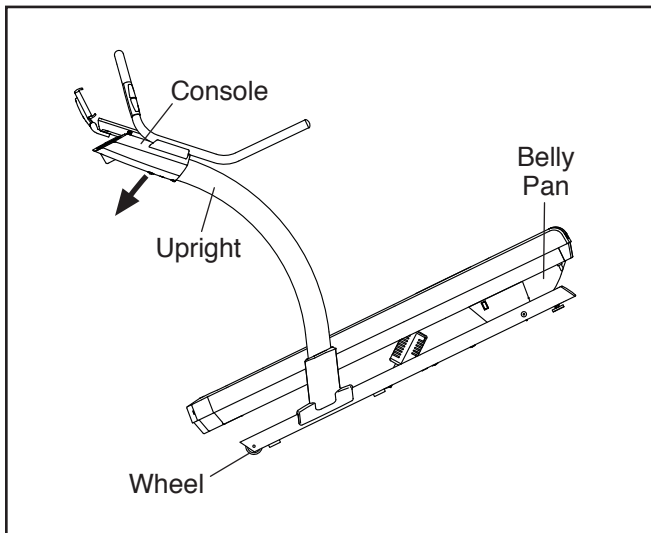
Make sure that the tablet is firmly secured in the tablet holder. Reverse these actions to remove the tablet from the tablet holder.



HOW TO MOVE THE INCLINE TRAINER

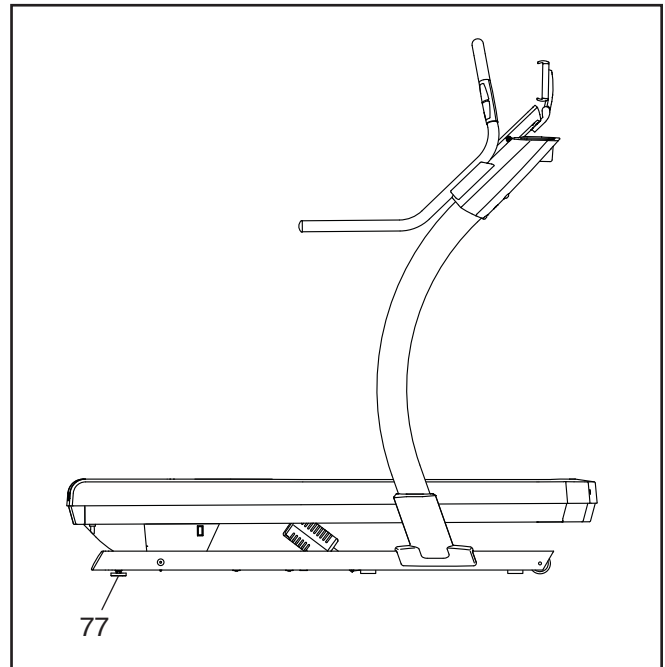
Before moving the incline trainer, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the uprights firmly near the console. Tip the incline trainer back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the incline trainer, do not lift the incline trainer by the plastic belly pan. Do not pull on the console.**



Carefully roll the incline trainer on the wheels to the desired location, and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**

Make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn a Leveling Foot (77) as needed until the rocking motion is eliminated.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the incline trainer is used. Replace any worn parts immediately.

Regularly clean the incline trainer and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord**. Wipe exterior parts of the incline trainer with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the incline trainer. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the incline trainer with a soft towel.

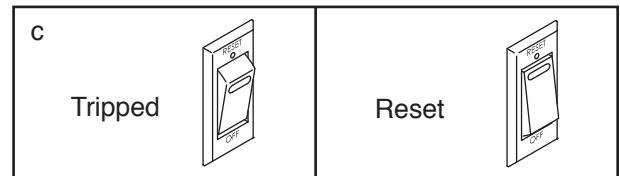
TROUBLESHOOTING

Most incline trainer problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly earthed outlet (see page 12). If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm²) cord that is no longer than 5 ft. (1.5 m).

- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the incline trainer frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.

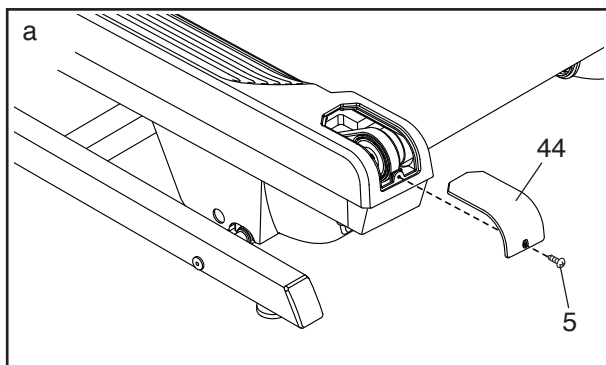


SYMPTOM: The power turns off during use

- Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- If the incline trainer still will not run, please see the front cover of this manual.

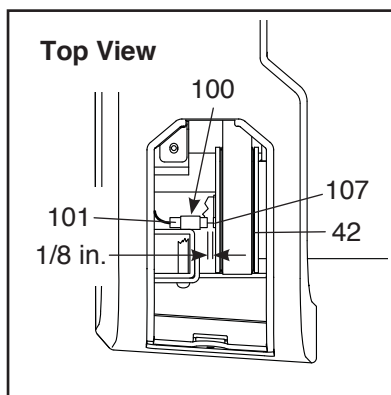
SYMPTOM: The console does not display speed and distance correctly

- a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the indicated #8 x 3/4" Screw (5), and lift off the Left Foot Rail Cover (44).



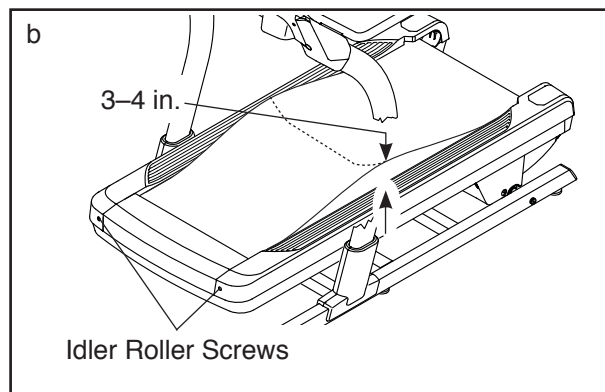
Next, locate the Reed Switch (101) and the Magnet (107) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch.

The gap between the Magnet and the Reed Switch must be about 1/8 in. (3 mm). If necessary, loosen the #8 x 3/4" Clip Screw (100), move the Reed Switch slightly, and then retighten the Clip Screw. Then, reattach the Left Foot Rail Cover with the #8 x 3/4" Screw, and run the incline trainer for a few minutes to check for a correct speed reading.



SYMPTOM: The walking belt slows when walked on

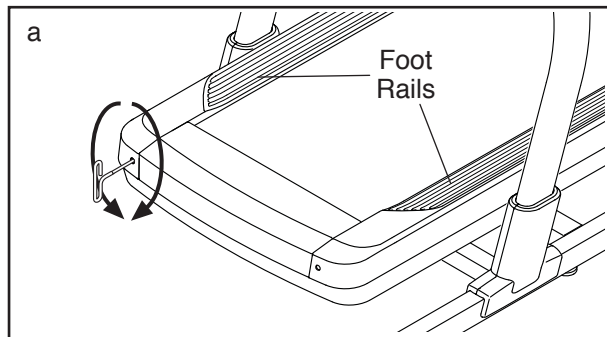
- a. If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm²) cord that is no longer than 5 ft. (1.5 m).
- b. If the walking belt is overtightened, incline trainer performance may decrease and the walking belt may become damaged. First, adjust the incline to 40 percent. Then, remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



- c. Your incline trainer features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

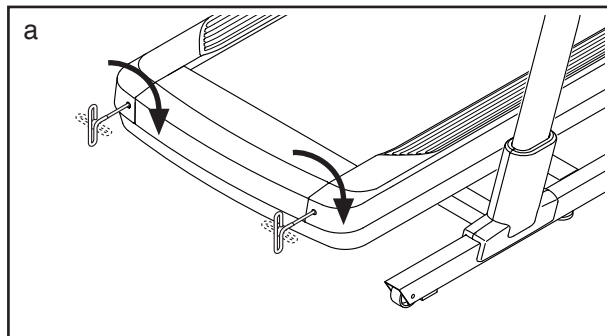
SYMPTOM: The walking belt is not centered between the foot rails

- a. **IMPORTANT: If the walking belt rubs against the foot rails, the walking belt may become damaged.** First, remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and walk on the incline trainer for a few minutes. Repeat until the walking belt is centered.



SYMPTOM: The walking belt slips when walked on

- a. First, remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The incline of the incline trainer does not change correctly

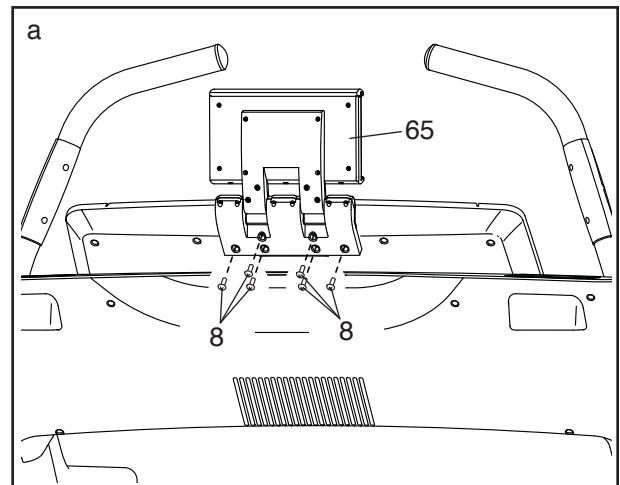
- a. Calibrate the incline system (see step 4 on page 24).

SYMPTOM: The incline trainer will not connect to the wireless network

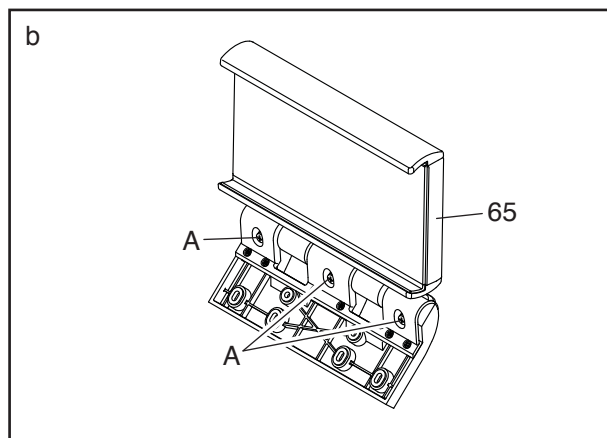
- a. Make sure that the wireless settings on the console are correct (see page 21).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, go to support.iFit.com.

SYMPTOM: The tablet holder does not stay in place

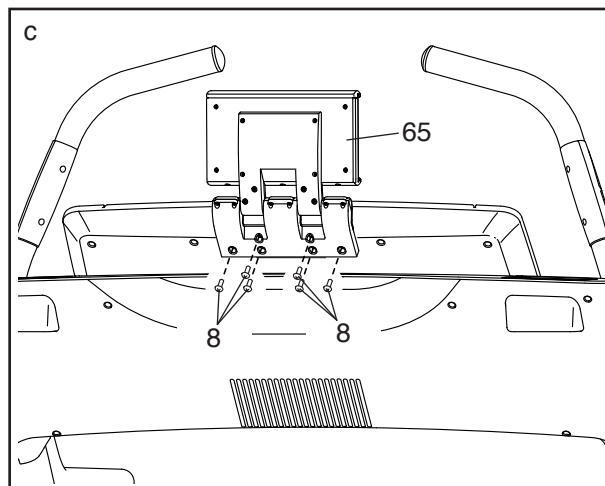
- a. Remove the six M4 x 16mm Screws (8) from the back of the Tablet Holder (65).



- b. Tighten the three indicated screws (A) slightly (1/4 turn or less) until the Tablet Holder (65) stays in place when it is rotated to the desired position.



- c. Reattach the Tablet Holder (65) with the six M4 x 16mm Screws (8); **start all six Screws, and then tighten them. Do not overtighten the Screws.**



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	♥
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. NETL21718.1 R0618A

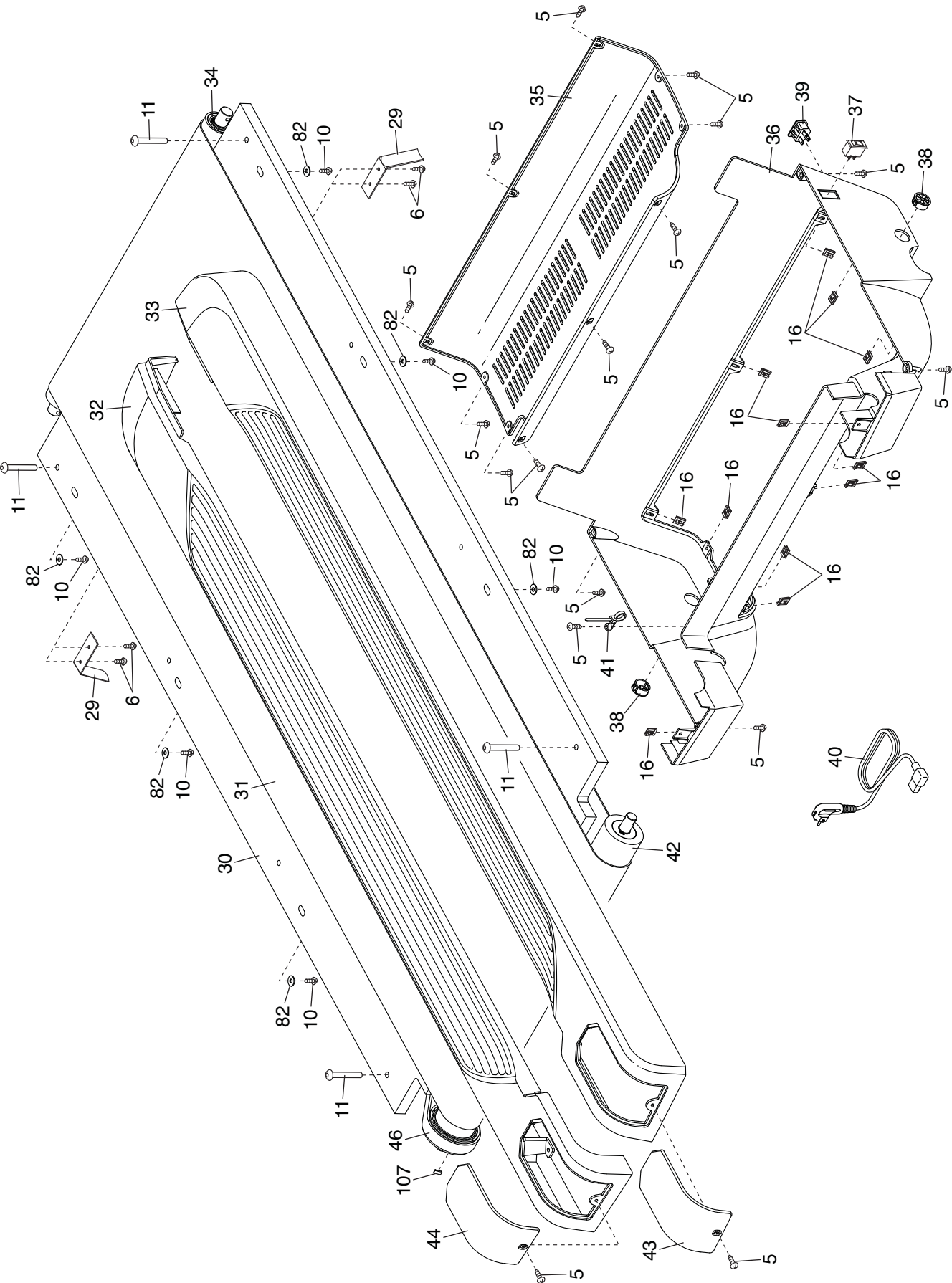
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 5 1/2" Screw	51	4	Cushion
2	1	#8 x 3/4" Machine Screw	52	1	Base Wire
3	12	3/8" Star Washer	53	4	Rubber Cushion
4	2	#8 x 3/4" Tek Screw	54	2	Large Pivot Bushing
5	59	#8 x 3/4" Screw	55	1	Electronics Cover
6	4	3/8" Belt Guide Screw	56	1	Incline Motor Top Cover
7	6	#8 x 1/2" Screw	57	1	Incline Stop Bracket
8	6	M4 x 16mm Screw	58	1	Incline Motor Bottom Bracket
9	8	#8 x 3/4" Washer Head Screw	59	4	Incline Motor Bushing
10	8	#8 x 5/8" Screw	60	1	Incline Motor
11	4	5/16" x 1 1/2" Screw	61	1	Electronics Bracket
12	2	1/4" x 1/2" Screw	62	1	Controller
13	4	1/4" x 2 1/2" Screw	63	1	Resistor
14	1	3/8" x 1 1/2" Bolt	64	1	Drive Motor
15	1	3/8" x 2 3/8" Bolt	65	1	Tablet Holder
16	12	Hood Clip	66	1	Frame
17	15	#8 x 1/2" Washer Head Screw	67	1	Chest Heart Rate Monitor
18	4	3/8" x 3 1/4" Screw	68	1	Left Outside Upright Cover
19	6	3/8" Washer	69	1	Left Inside Upright Cover
20	2	5/16" Motor Bolt	70	1	Right Inside Upright Cover
21	2	3/8" x 2 3/8" Screw	71	1	Right Outside Upright Cover
22	4	3/8" x 2 3/4" Screw	72	2	Wheel
23	2	#8 Star Washer	73	4	Base Pad
24	1	Console Back	74	1	Base
25	4	5/16" Flat Washer	75	1	Upright Wire
26	4	3/8" Nut	76	3	Round Grommet
27	4	5/16" Nut	77	2	Leveling Foot
28	1	1/4" Nut	78	2	Axle
29	2	Belt Guide	79	2	Base Cap
30	1	Walking Platform	80	1	Warning Decal
31	1	Walking Belt	81	2	Caution Decal
32	1	Left Foot Rail	82	6	1/4" Flat Washers
33	1	Right Foot Rail	83	1	Upright
34	1	Idler Roller	84	4	Console Ground Wire
35	1	Belly Pan Cover	85	2	Short Handrail Grip
36	1	Belly Pan	86	4	Handrail Cap
37	1	Power Switch	87	2	Top Pulse Plate
38	2	Belly Pan Grommet	88	2	Long Handrail Grip
39	1	Receptacle	89	1	Right Handrail
40	1	Power Cord	90	1	Left Handrail
41	8	Tie	91	1	Left Tray
42	1	Drive Roller/Pulley	92	1	Console Base
43	1	Right Foot Rail Cover	93	1	Console
44	1	Left Foot Rail Cover	94	1	Right Tray
45	4	Small Pivot Bushing	95	1	Key
46	1	Belt	96	1	HDMI Cable
47	1	Front Hood Cover	97	2	#3 x 3/8" Screw
48	1	Front Hood	98	4	#8 x 1" Screw
49	8	Cushion Cap	99	6	#8 x 5/8" Pan Head Screw
50	4	Spring	100	1	#8 x 3/4" Clip Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Reed Switch	106	1	#8 Nut
102	1	Reed Switch Clip	107	1	Magnet
103	1	Motor Isolator	108	2	Bottom Pulse Plate
104	2	Motor Bushing	109	2	5/16" Washer
105	1	Filter	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING A

Model No. NETL21718.1 R0618A

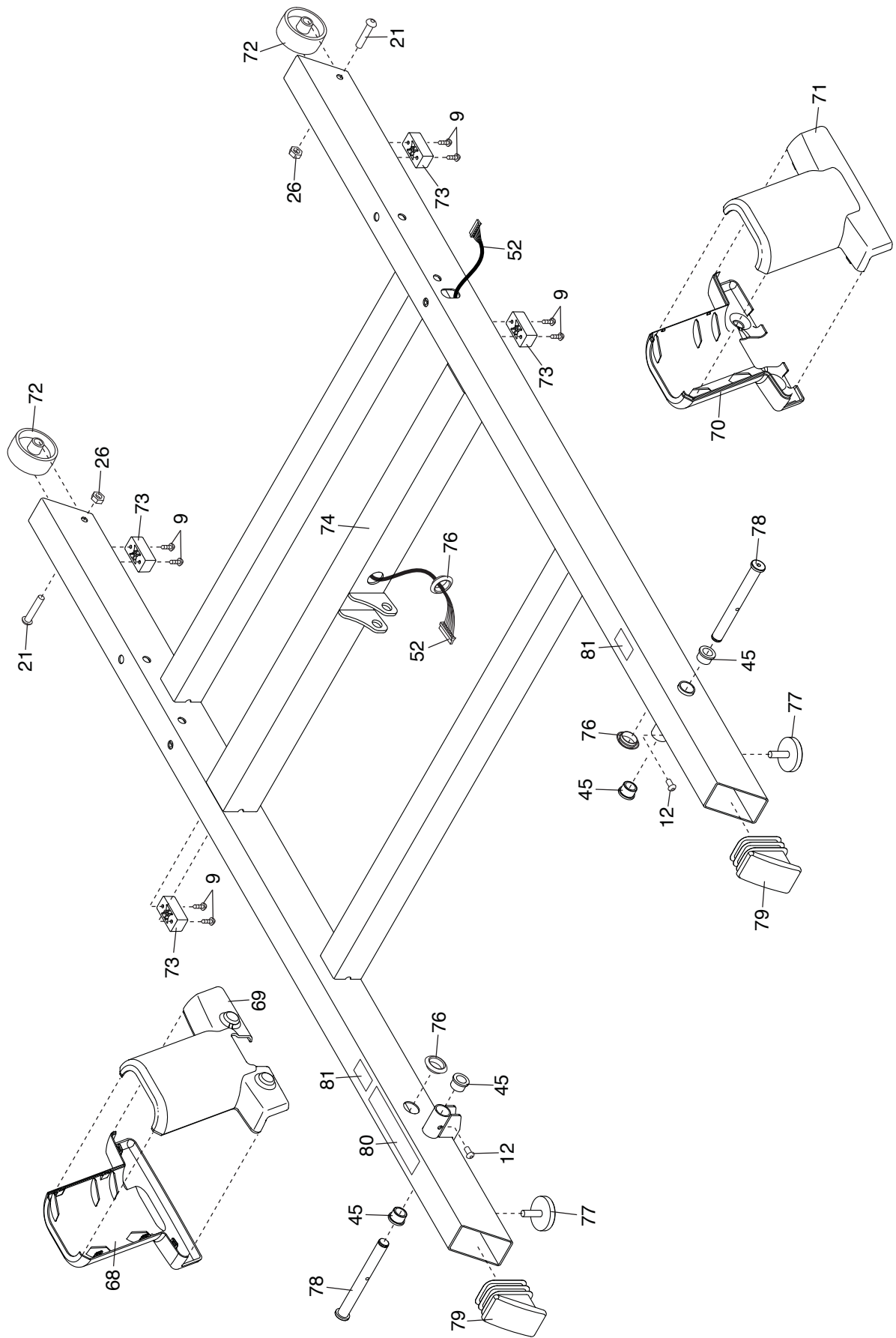


Model No. NETL21718.1 R0618A



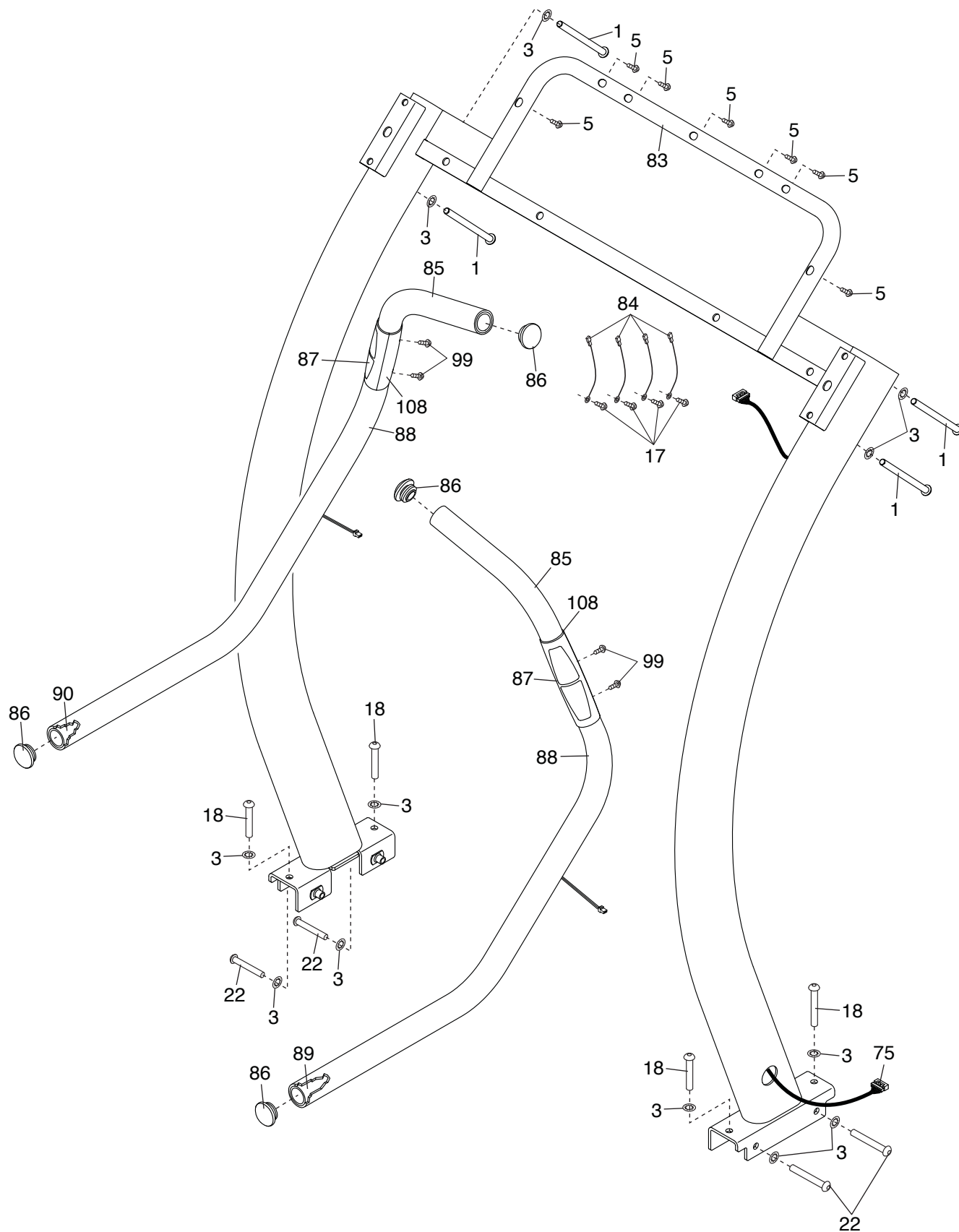
EXPLODED DRAWING C

Model No. NETL21718.1 R0618A



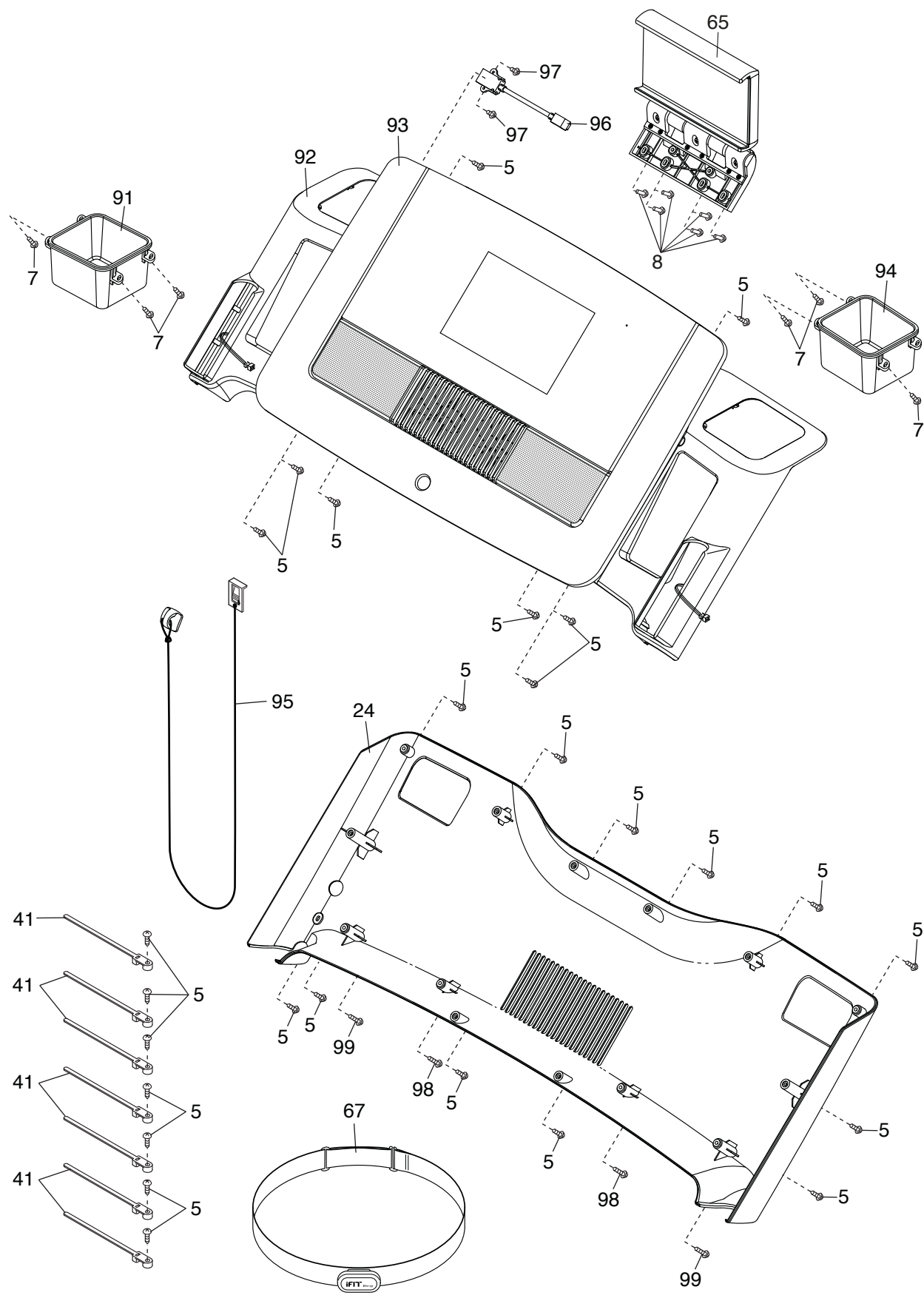
EXPLODED DRAWING D

Model No. NETL21718.1 R0618A



EXPLODED DRAWING E

Model No. NETL21718.1 R0618A



ORDERING REPLACEMENT PARTS

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

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

RECYCLING INFORMATION

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

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

