

ellipse™



Assembly and Care Guide
for e7 and e9 Models

NordicTrack

▲ IMPORTANT

Read the entire owner's manual and all accompanying information provided BEFORE assembling or using the fitness equipment.

Introducing Ellipse™ – The One Machine That Does it All

In 1975 NordicTrack started the low-impact fitness revolution with our famous cross-country ski machine. Today, the revolution comes full circle with the Ellipse™ exerciser by NordicTrack. The elliptical motion on the Ellipse™ machine is so advanced, it could make this **one** machine the **only** aerobic machine you'll ever need. Built with our legendary attention to quality and detail, the Ellipse™ machine features:

- Ellipta-Glide™ design with a floating crank mechanism
- High-quality belt for long life and reliability
- Wide pedals for stability to make your workout smooth and whisper-quiet
- Low-profile design that makes it easy to get on and off the Ellipse™ machine
- Easy-to-adjust resistance to match your fitness level
- Quick-release design for easy folding and tripod storage

Made to Last, Designed To Grow

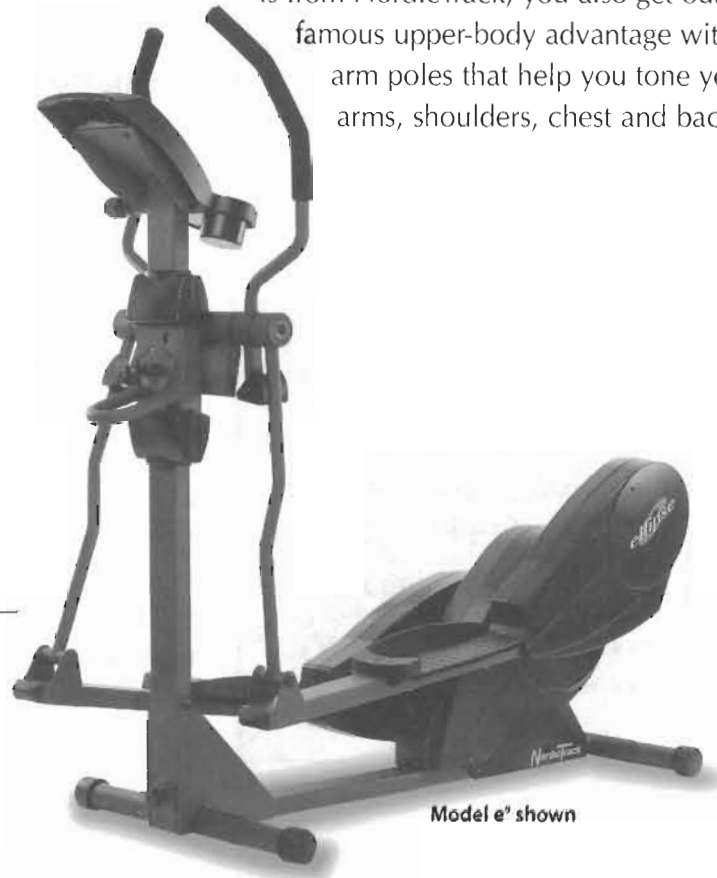
Like all NordicTrack machines, the Ellipse™ machine is constructed from only the highest quality materials and ergonomically engineered for comfort, safety and efficiency. Thanks to its adjustable resistance system, the Ellipse machine is designed to grow as you grow.

A Total-Body Workout

The Ellipse™ machine's breakthrough elliptical motion matches your natural stride and places virtually **no** impact on joints, so you can enjoy a lifetime of safe, comfortable exercise.

The Ellipse™ machine by NordicTrack effectively works all your major muscle groups at one time. Stair climbers, treadmills, bikes and other lower-body aerobics machines can only do half the job because they ignore your body above the waist. With the Ellipse™ machine you get a terrific lower-body workout for your calves, thighs and buttocks. Plus, the Ellipse™ machine gives you an advantage that ordinary lower-body exercisers just can't match – the Ellipse™ machine offers both forward motion to target quads and hip flexors, and backward motion for glutes and hamstrings! Because the Ellipse™ machine

is from NordicTrack, you also get our famous upper-body advantage with arm poles that help you tone your arms, shoulders, chest and back.



Model e⁹ shown

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Questions?

Please call our Customer Service Department at:
1-800-441-2358

Customer Service Hours:

Monday – Friday 7 a.m. to 9 p.m.
Saturday 8 a.m. to 4:30 p.m.
Central time

Before you start...

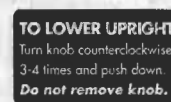
We know that you are ready to get started on your new Ellipse™ machine. In this guide you will find useful information about how to assemble and care for your exerciser. It is very important that you follow these instructions carefully and in order. Failure to follow these instructions may result in complications with your machine. In *A Guide to Healthy Living* you will learn how to use the Ellipse™ machine and how to get the most from your fitness routine.

Important Safety Information

Verify the guides you've received in the information packet. You should have both the *Assembly and Care Guide* and *A Guide to Healthy Living*. Please read each manual thoroughly for important safety information on the assembly and care of your Ellipse™ machine as well as helpful fitness information. Please use the Ellipse™ machine only as described in the owner's manuals.

Note: This product has been integrity tested at 250 lbs. For best results, follow the usage guidelines in this manual and the manual entitled *A Guide to Healthy Living*.

1. Consult your physician before beginning any exercise program to determine if you have any physical limitations that would create a safety or health risk or prevent you from properly using this machine. A physician's advice is essential if you are taking any medication that affects your heart rate, blood pressure or cholesterol level.
2. Be very aware of your body's signals and react to them accordingly. Stop exercising and consult your physician immediately if you experience any of the following symptoms: pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, or dizziness.
3. Keep small children and pets away from the exerciser at all times – the machine may tip over. This product is designed for adult use only; it is not intended for use by children.
4. Be sure there is enough clearance for the safe operation of your Ellipse™ machine. Place your exerciser on a flat surface with a protective covering for your floor or carpet.
5. Use caution when getting on and off of the exerciser – the machine may tip over. Always hold onto the arms and step onto the lowest pedal first.
6. Make sure the upright tube knob is tight and the upright tube is secure. There may be slight movement of the upright tube during use. Inspect and tighten all parts of the exerciser every three months.
7. Always wear exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise.
8. Do not remove the shrouds from your Ellipse™ machine. If the shrouds on your exerciser are damaged or missing, do not operate the machine. Please call our Customer Service Department at 1-800-441-2358.
9. The decals shown below have been placed on your exerciser. If the decals are missing, or if they are not legible, please call our Customer Service Department at 1-800-441-2358.



Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. It is the responsibility of the owner to ensure that all users of the Ellipse machine are adequately informed of all warnings and precautions. The following symbols, found throughout your owner's manuals, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.

WARNING This symbol refers to a hazard or unsafe practice which can result in severe personal injury or death.

CAUTION This symbol refers to a hazard or unsafe practice which can result in personal injury, product, or property damage.

IMPORTANT This symbol refers to an unsafe practice which can result in product or property damage.

Your Ellipse™ Machine

Unpack Your Ellipse™ Machine

Unpack your Ellipse™ machine where you intend to use it. Please retain all packing materials.



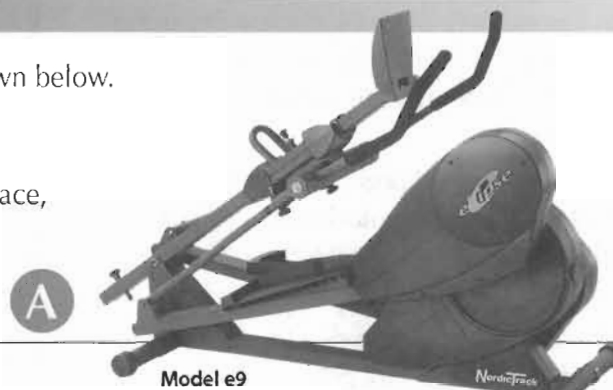
Know Your Ellipse™ Machine

Take a moment to familiarize yourself with your new Ellipse™ machine.

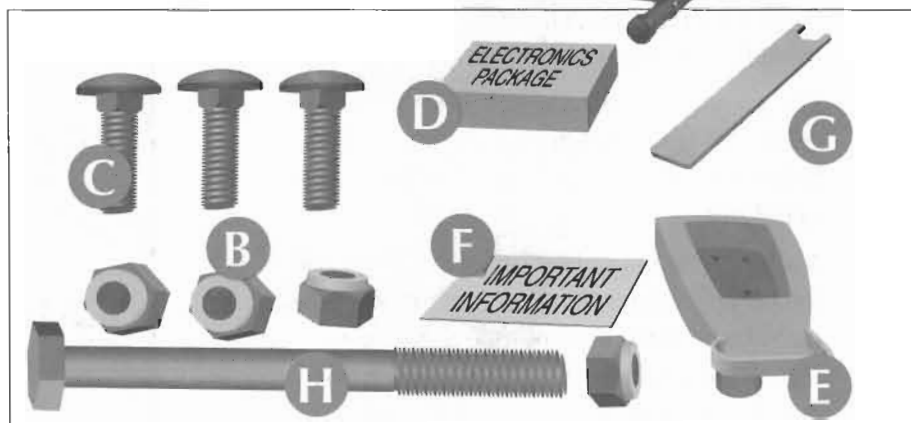


Parts

- Verify the parts you received with those shown below.
- Please retain all packing materials.
- Place your assembled exerciser on a flat surface, with a protective covering for your floor.



- A Base Assembly
- B 1/4-20" Hex Nuts (3)
- C 1/4-20" Carriage Bolts (3)
- D Electronics Package
- E Electronics Console
- F Important Information
- G Wrench
- H Stop Bolt Assembly



Before You Assemble

You must unfold and secure your machine before you assemble the console.

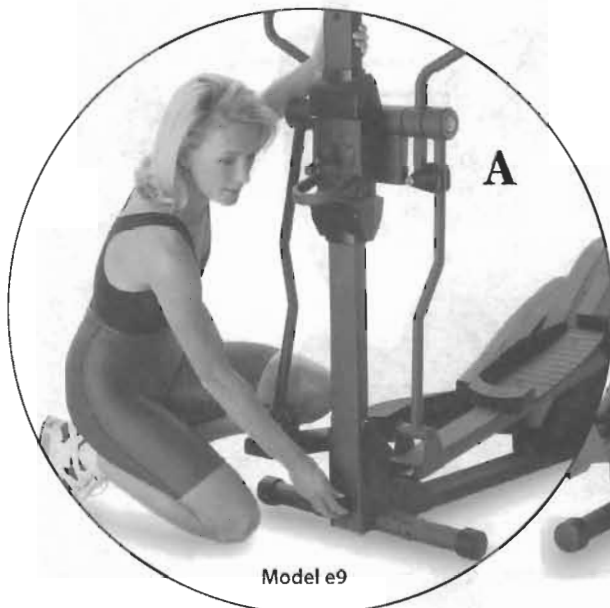
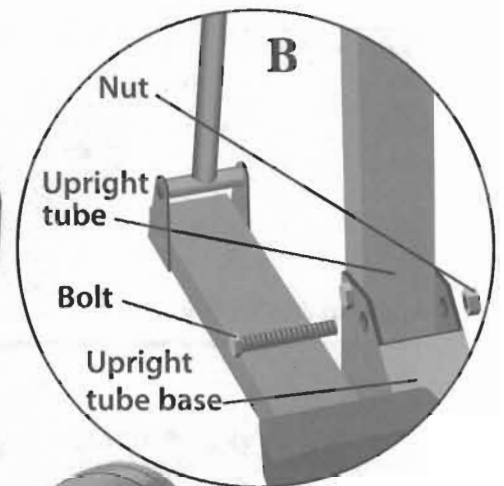
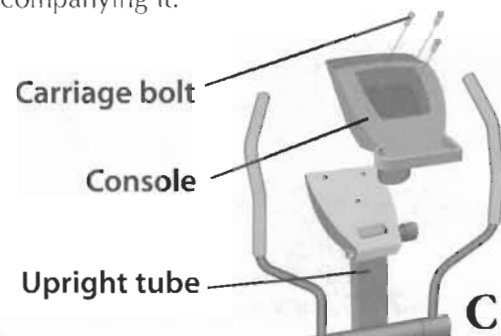
IMPORTANT Do not rotate the upright tube knob more than four turns; the knob could become disengaged and can release into the tube.

IMPORTANT To avoid injury, keep fingers clear of the bottom of the upright tube while securing the upright tube.

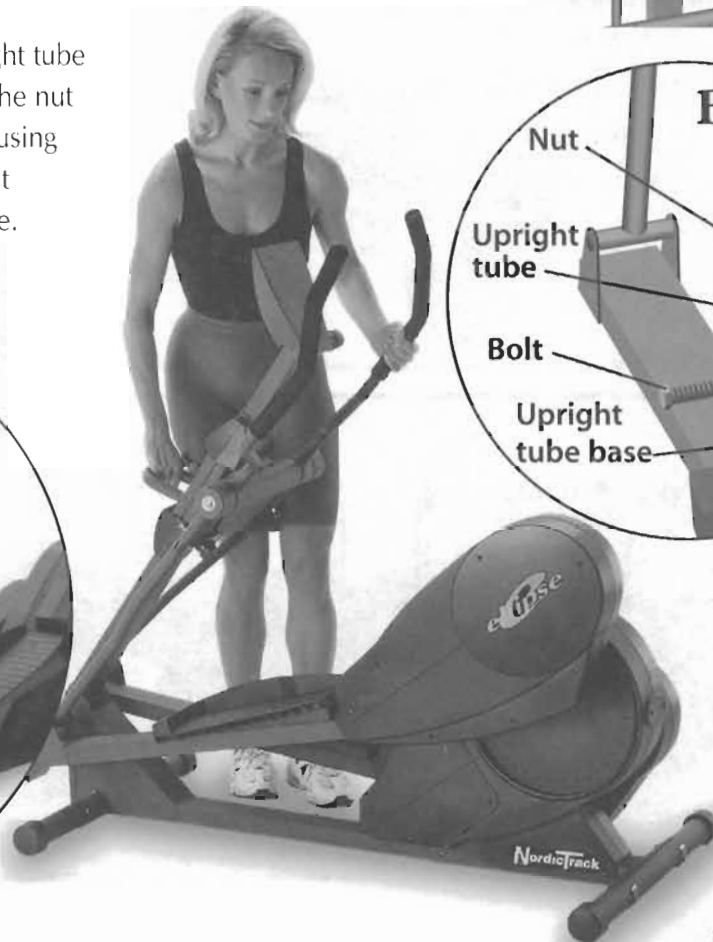
- Position the upright tube to the upright position as shown below (see A). Secure the upright tube by turning the upright tube knob four rotations clockwise. For more information on folding and unfolding your machine, please see page 10.
- Insert the stop bolt through the upright tube base clearance holes (see B). Place the nut onto the end of the bolt and secure using the wrench provided. Tighten the nut until it contacts the upright tube base. **Do not over-tighten this nut.**

Assemble the Console

- Holding the console above the upright tube, slide the electronic cable (at the top of the upright tube) through the hole in the console.
- Lower the console onto the upright tube. Secure the console with the three carriage bolts and nuts (see C).
- Attach the computer as described in the instructions accompanying it.



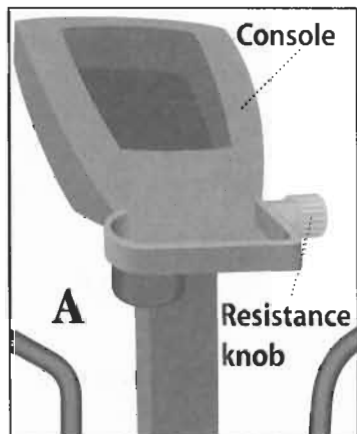
Model e9



Adjustments

A. Adjust the Resistance (Both models)

Set the resistance to a comfortable level by turning the resistance knob clockwise (forward) to increase the resistance, and counterclockwise (backward) to decrease it. This setting will vary depending on your fitness level and strength. Do not force the knob.



IMPORTANT Only adjust leg tension while in motion.

CAUTION Do not use the console as an upper body support.

CAUTION When using your Ellipse™ machine, only utilize the foot pedals - do not place your feet on the side shrouds.

B. Adjust the Arms (e9 model only)

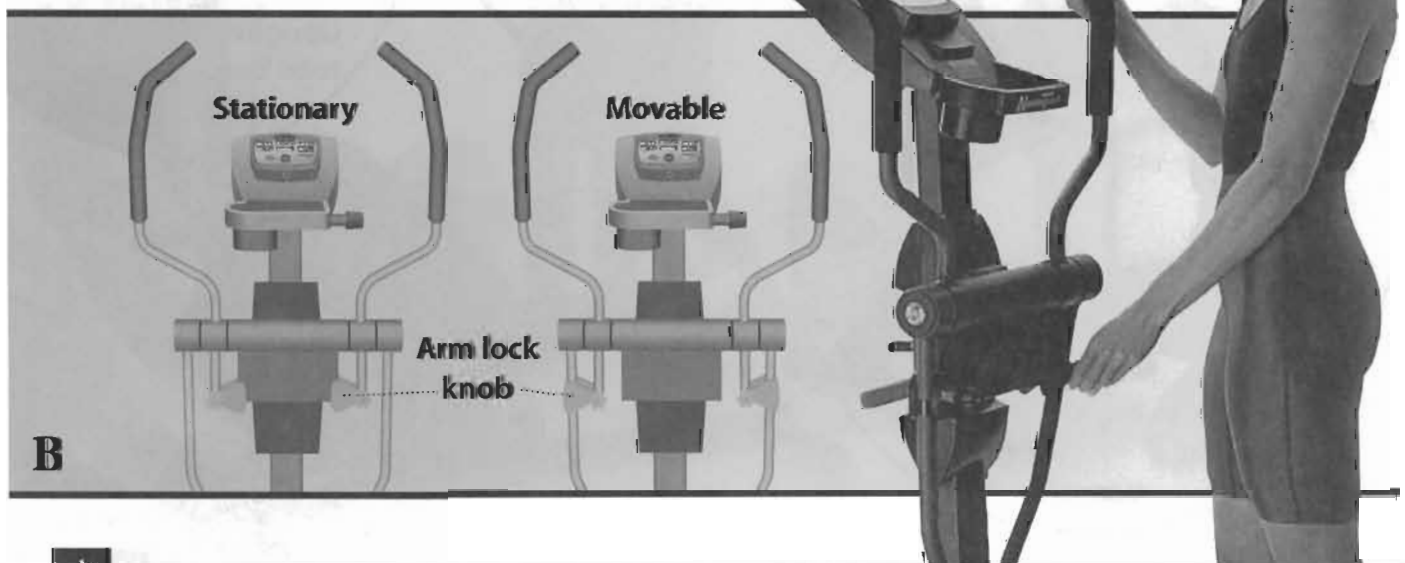
If you have an Ellipse e9 machine you can adjust the multi-grip arms to give you an upper- and lower-body workout, or a lower-body workout only.

IMPORTANT To avoid injury, hold the multi-grip arm in a stationary position with one hand and release the multi-grip arm lock with the other hand.

To adjust the multi-grip arms you must turn the multi-grip arm lock knobs counterclockwise. Once the multi-grip arm locks are free, adjust them accordingly:

- Turn the multi-grip arm locks toward the center of the machine and secure the multi-grip arms in a stationary position. This will place the focus of your exercise onto your lower body.
- Turn the arm locks outward and secure to allow the multi-grip arms to move with your strides. This will work both your upper and lower body.

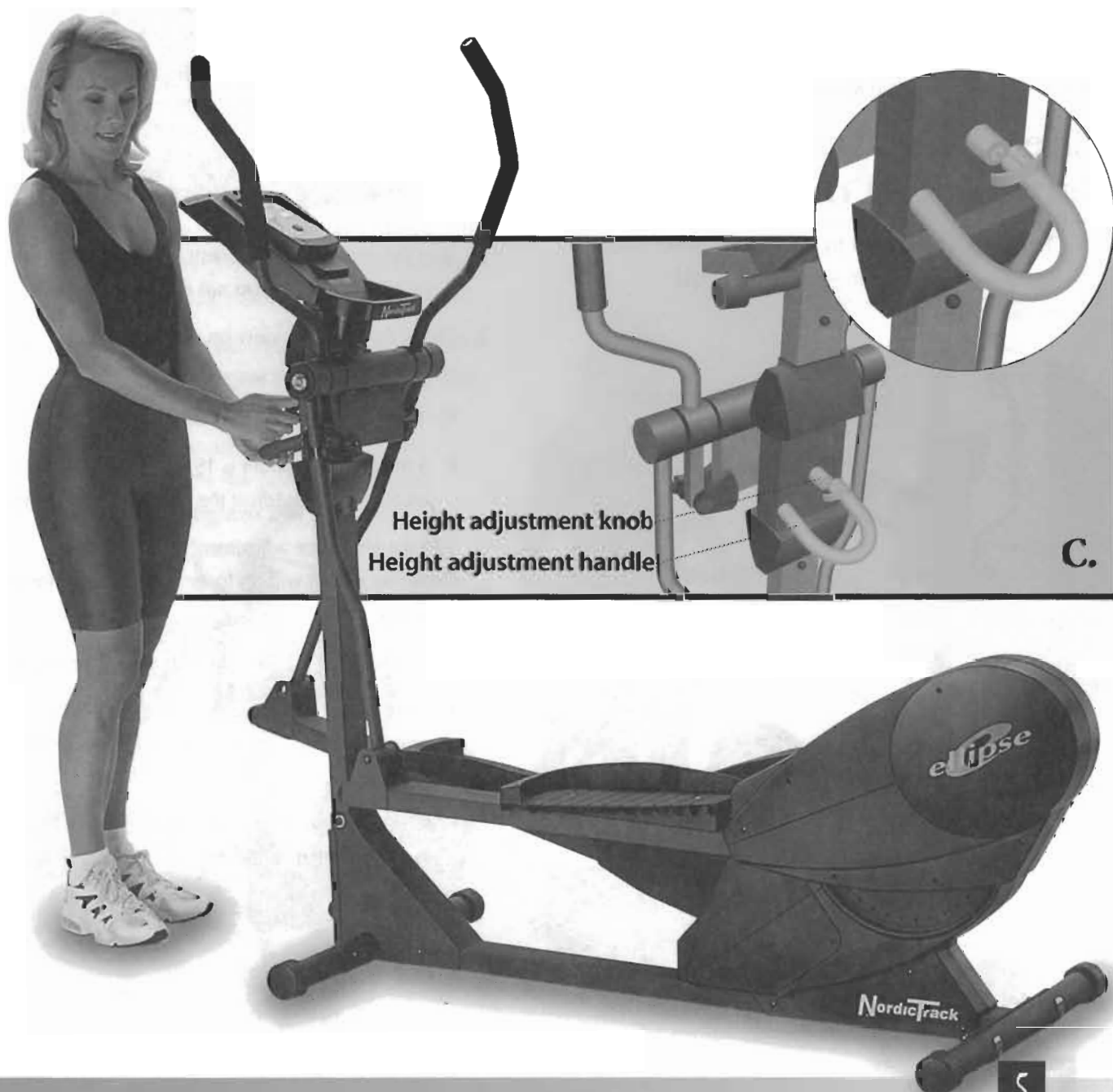
e9 Arm Assembly



C. Adjust the Height (e9 model only)

If you have an Ellipse™ e9 machine, the height of your machine is adjustable to fit your fitness program. To adjust the height, turn the height adjustment knob four turns counterclockwise. Then support the height adjustment handle and pull out the knob.

Slide the assembly vertically until you find the desired height. Once you determine the desired height, let the knob lock snap into position and secure by turning the height adjustment knob clockwise.



Tension Level Adjustment

Before you begin

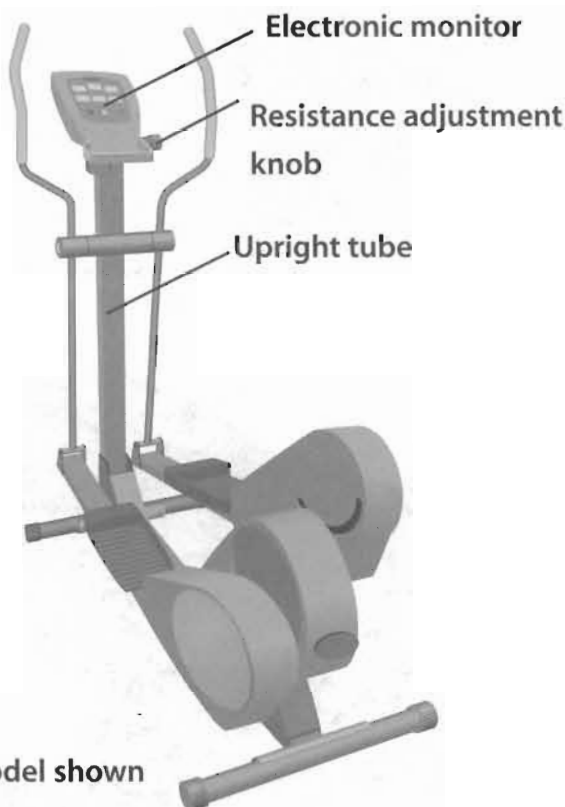
Please read through this section to ensure that the tension resistance will be properly configured.

If you are adjusting the tension on an e9 model because your electronic monitor does not show a 1 or a 20 in the *Level* window, please read the section entitled *Check the Tension Settings (e9 only)*.

If your electronic monitor functions properly (on any model) but the tension needs adjustment, please read the section entitled *Adjust the Resistance (All Models)*.

Check The Tension Settings (e9 only)

1. Turn on your computer by pressing the select button (see illustration at right).



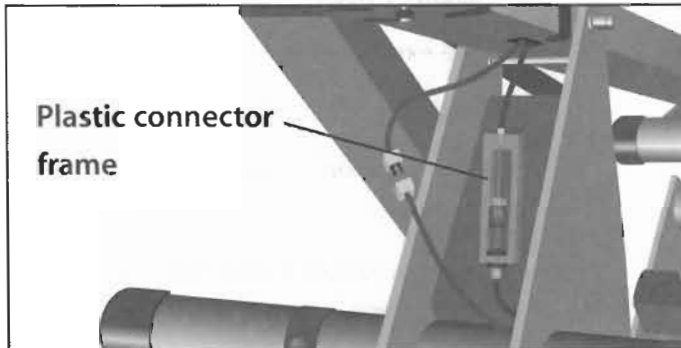
e9 model shown



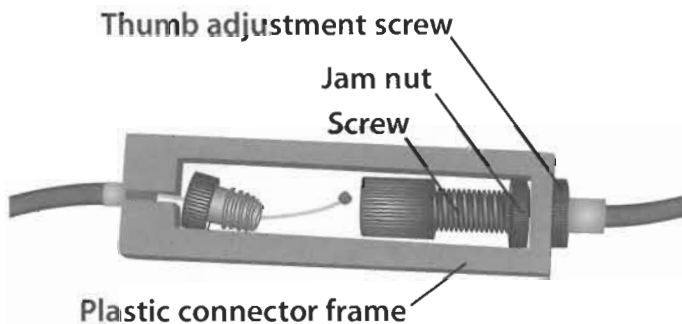
2. Turn the resistance adjustment knob clockwise until it will no longer turn. **Do not force the knob.**
3. Check the *Level* window on your electronic monitor:
 - If the highest readout is 20, skip to step four.
 - If the highest readout is 19, skip to the next section entitled *Adjust the Resistance (e9 only)*.
4. Turn the resistance adjustment knob counter-clockwise until it will no longer turn. **Do not force the knob.**
5. Check the *Level* window on your electronic monitor:
 - If the lowest readout is 1, your exerciser is properly configured and your machine is ready for exercise.
 - If the lowest readout is 2, continue to the next section entitled *Adjust the Resistance (e9 only)*.

Adjust the resistance (e9 only)

1. Place the upright tube in the folded position.
2. Place your machine in the tripod position.



3. Locate the plastic connector frame.

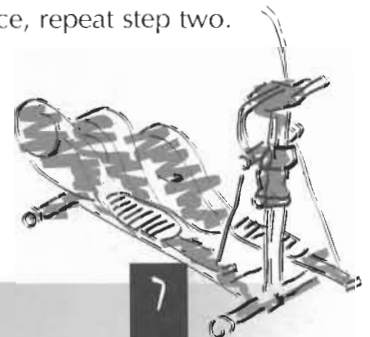


4. Locate the jam nut and the thumb adjustment screw.
5. If the Level window did not register a 20:
 - Turn the thumb adjustment screw one complete rotation counter-clockwise.
 - Secure the position by turning the jam nut counter-clockwise until it rests against the side of the plastic connector frame.
 - Check the Level window to be sure that it registers a 20; if it does not, repeat step five.

6. If the Level window did not register a 1:
 - Turn the jam nut one complete rotation clockwise.
 - Secure the position by turning the thumb adjustment screw clockwise until it rests against the side of the plastic connector frame.
 - Check the Level window to make sure that it registers a 1; if it does not, repeat step six.

Adjust the resistance (All Models)

1. If your machine requires less resistance:
 - Turn the thumb adjustment screw one complete rotation counter-clockwise.
 - Secure the position by turning the jam nut counter-clockwise until it rests against the side of the plastic connector frame.
 - Test the changes; if your machine requires even less resistance, repeat step one.
2. If your machine requires more resistance:
 - Turn the jam nut one complete rotation clockwise.
 - Secure the position by turning the thumb adjustment screw clockwise until it rests against the side of the plastic connector frame.
 - Test the changes; if your machine requires even more resistance, repeat step two.



Upright Tube Knob Replacement

BEFORE YOU BEGIN

This section has been provided in the event that you may have accidentally removed the upright tube knob. Please follow this section carefully to replace the knob.

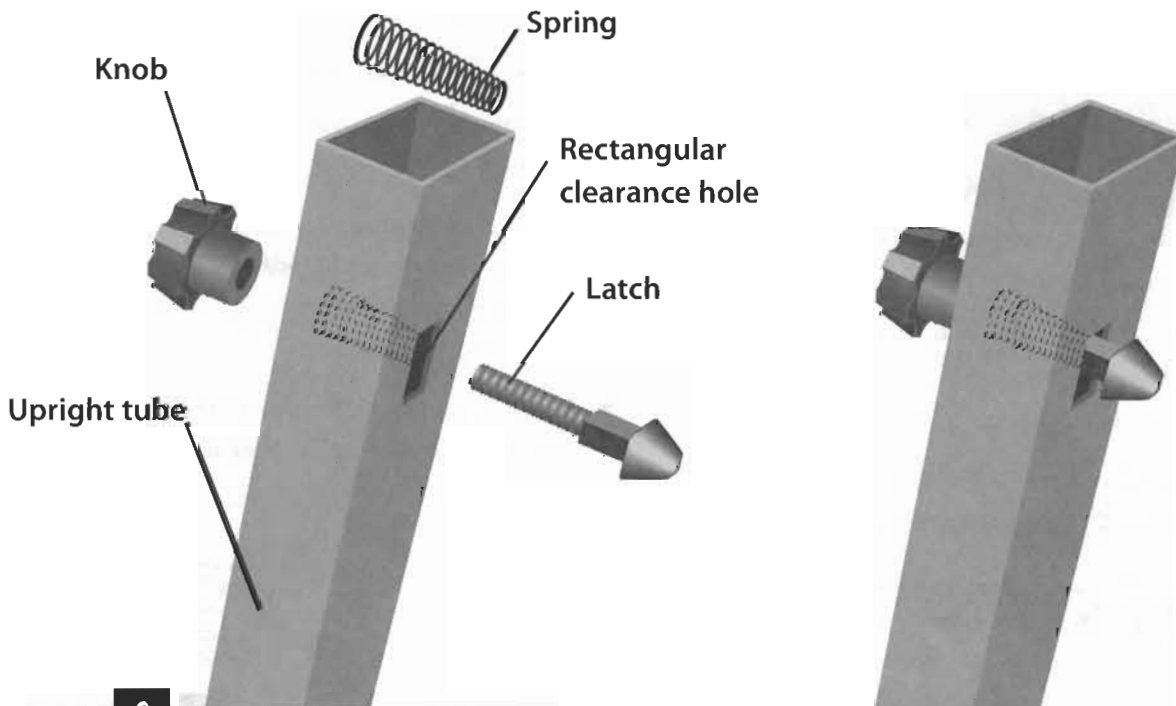
REPLACE THE UPRIGHT TUBE KNOB

1. Place your exerciser in the tripod position.
2. Locate the upright tube knob, the spring and the latch.
3. Insert the threaded end of the latch through the rectangular clearance hole in the upright tube.
4. Place the spring onto the latch with the narrower end of the spring facing the rectangular clearance hole, and the wider end towards the circular clearance hole in the upright tube.
5. Compress the spring onto the latch and insert the threaded end of the latch through the circular clearance hole in the upright tube.

6. Attach the knob and tighten all the way down by turning the knob clockwise. Once the knob has been completely tightened, turn the knob **four complete rotations** in the opposite direction (counterclockwise).

7. Place the exerciser on the floor.
8. Position the upright tube in the upright position.
9. Secure the position by turning the upright tube knob clockwise.

IMPORTANT To ensure that the upright tube knob does not release again, never turn the upright tube knob more than four complete rotations counterclockwise.



Fold For Storage

The quick-release design of the Ellipse™ machine makes it easy to fold down your machine and store or move it out of the way.

Note: If you own the e9 model, you must lower the height to the lowest position before folding.

- Rotate the pedals so that both of them are even in the front, with the right-leg shroud higher than the left-leg shroud.
- Support the upright tube. Turn the upright tube knob four rotations counterclockwise to loosen it. Never remove the knob completely. Push the knob down to release the latch from the notch on the upright tube support.

IMPORTANT Do not rotate the upright tube knob more than four turns; the knob could become disengaged and can release into the tube.

WARNING Keep your hands and feet free of the upright tube pivot point.

- Rest the upright tube on the base.
- Bend at the knees and lift the front end of the Ellipse™ machine. The rollers at the rear of the base allow you to pull your Ellipse™ machine in and out of your workout space.

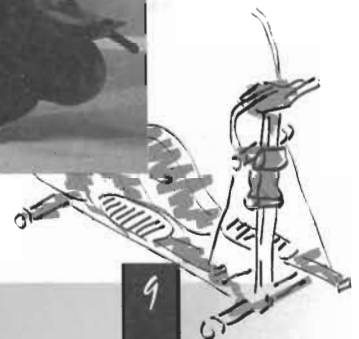
WARNING To avoid injury, keep fingers clear of the bottom of the upright tube while latching the upright tube knob.

- Bend at the knees and lift the front end of the Ellipse™ machine to tripod it for storage. The rear bumper on the shroud was designed to allow it to be tipped into a tripod position. Be sure to store the Ellipse™ machine in a corner or against a wall.

CAUTION Keep children and pets clear of the unit when it is stored in the tripod position.



Model e7 shown



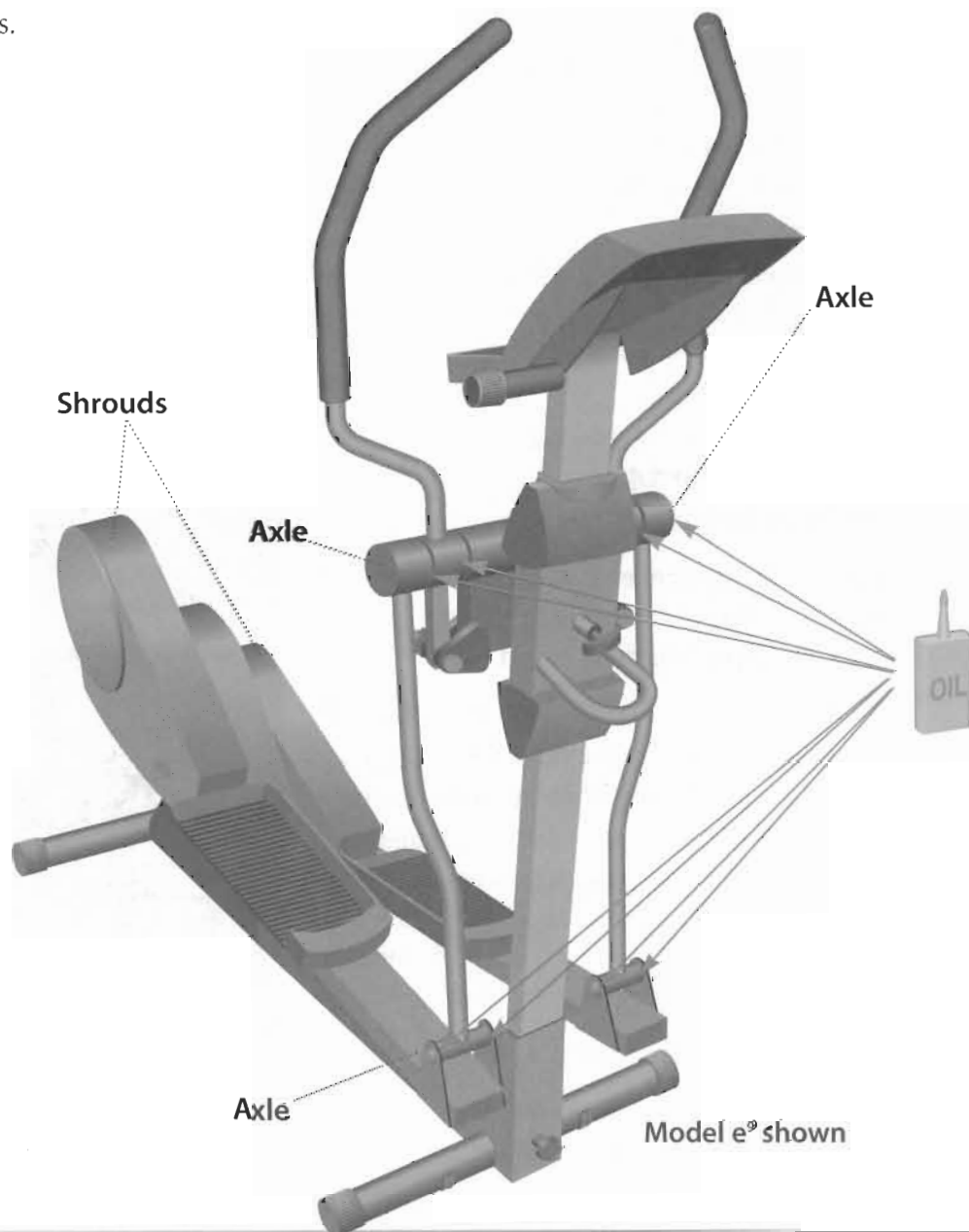
Your Ellipse™ machine by NordicTrack is built to last a lifetime. Periodic care will ensure a continued smooth motion and beautiful look. Remember to place a protective cover under the Ellipse™ machine to protect your floor.

Clean the Ellipse™ Machine

Clean your Ellipse™ machine with a clean, dry cloth to remove perspiration and dirt after every use. Inspect and tighten all parts of the exerciser every three months.

General Lubrication

A drop of household oil may occasionally be needed on the axles if they begin to squeak. Spray lubricant should not be used. Do not remove the shrouds from your Ellipse™ machine. If something is squeaking inside the shrouds please call our Customer Service Department at 1-800-441-2358. Do not attempt any repairs inside the shroud before contacting NordicTrack.



LIFETIME CUSTOMER SERVICE

For as long as you own your equipment, you receive unlimited 800 number access to trained NordicTrack fitness consultants. Consultants are available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. As your fitness needs and goals change, our knowledgeable customer service representatives will help you identify the exercisers and accessories that best suit your lifestyle and budget. Please call our Customer Service Department at 1-800-441-2358.

United Kingdom Customer Information

We're available to answer any of your questions regarding the assembly, use or maintenance of your equipment. Please call our Customer Service Department on our freephone number: 0800 616329.

Monday – Friday 8:00 a.m. to 8:30 p.m.
Saturday 10 a.m. to 4:30 p.m.

Germany / Deutschland Kundeninformationen

Wir sind immer nur einen Anruf weit entfernt. Falls Sie Fragen zu Ihrem Heimtrainer haben, wenden Sie sich bitte an unseren Kundendienst, der Ihnen gerne behilflich ist. 0130 / 3901 (gebührenfrei)
Außerhalb Deutschlands 49 (221) 2575094
Montag – Freitag 9.00 bis 19.00 Uhr
Samstag 9.00 bis 14.00 Uhr

Warranty Information

Refer to your Warranty Information certificate for NordicTrack's limited warranty.



Call Us

1-800-441-2358



Customer Service Hours

Monday - Friday 7 a.m. - 9 p.m.
Saturday 8 a.m. - 4:30 p.m.
Central time



Write Us

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M600
Chaska, Minnesota 55318



Fax Us

1-612-368-5344



Relay Us

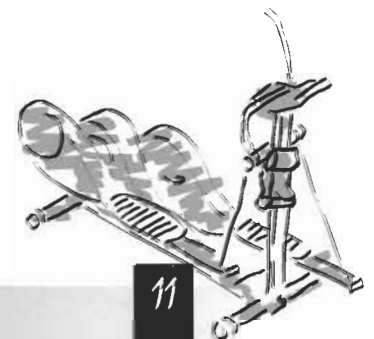
Hearing impaired customers with TDD access, please call 1-800-821-1317.



Reach Us Via E-Mail

Send us your questions and comments via e-mail. Please include your account number and order number, found at the top of your invoice.

service@nordictrack.com



NordicTrack



1/98
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