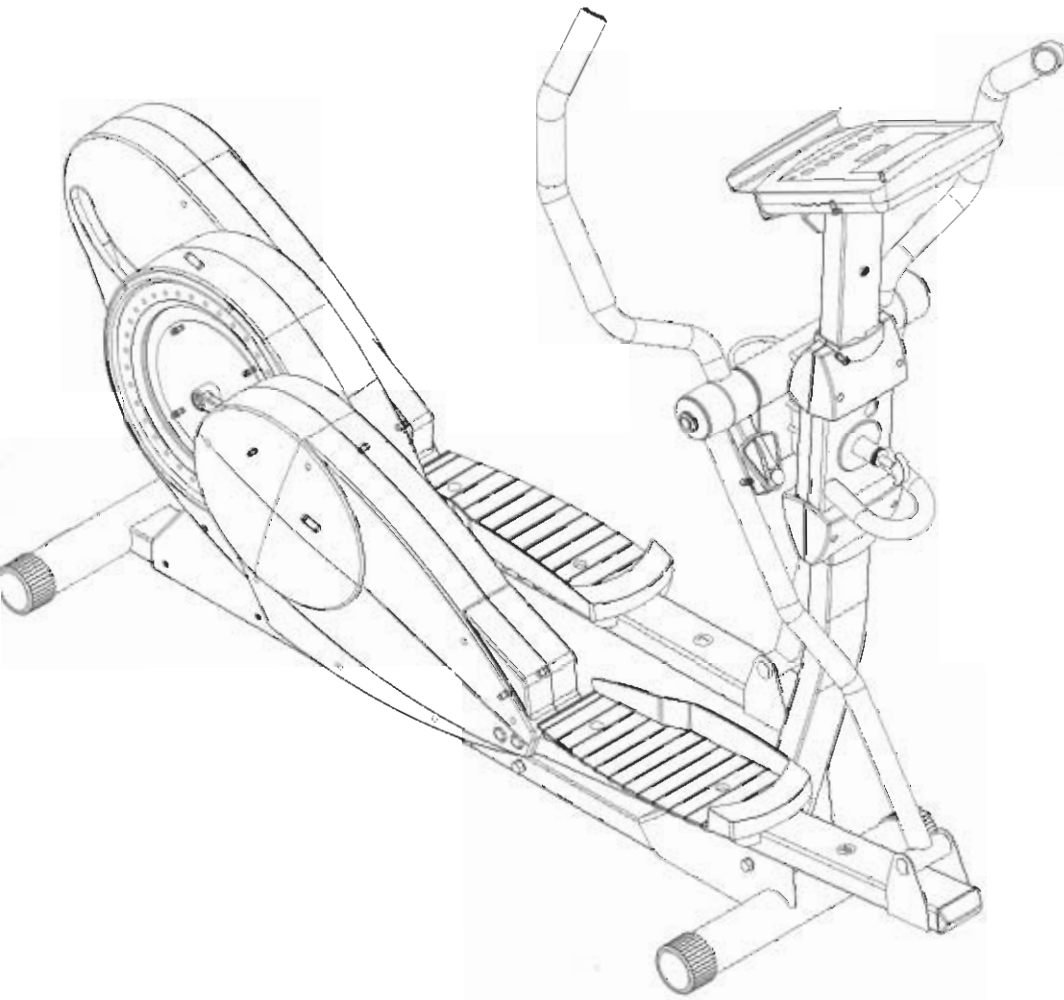


ellipse **950** | e



**▲ IMPORTANT**

To help make assembly safer and easier, it is recommended that you familiarize yourself with this manual before assembling your exerciser.

# Assembly Manual

## IMPORTANT

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



## FEATURES

- Natural elliptical motion provides low-impact, non-jarring workouts
- Ellipta Glide™ design with a floating crank mechanism for a low-impact workout
- High-quality belt and durable frame for long life and reliability
- Wide pedals provide stability and make your workout smooth
- Upper-body arm poles work your arms and legs together for a heart-healthy workout
- Low profile design makes it easy to get on and off the Ellipse™ machine
- Calibrated, easy-to-adjust automated resistance matches your fitness level
- Dual-exercise motion targets a number of muscle groups and places variety in your workout
- Adjustable height to fit your fitness program
- Lockable arms provide both an upper- and lower-body workout, or a lower-body workout only

# Introducing Ellipse™ 950e – The One Machine That Does it All

In 1975, NordicTrack started the fitness revolution with the introduction of the cross-country ski machine. Today, more than 20 years later, NordicTrack is proud to continue leading the fitness revolution — introducing the Ellipse™ 950e total-body aerobic exerciser. Featuring revolutionary elliptical motion, the Ellipse exerciser is so advanced, it could make this one machine the only aerobic machine you'll ever need. Not only do you get a smooth, quiet walking, running, stepping, climbing, pushing and pulling workout to tone and shape most muscle groups, you also get a superb cardiovascular workout — all from this one machine!

## Made to Last, Designed To Grow

Like all NordicTrack machines, the Ellipse™ 950e aerobic exerciser is constructed from only the highest quality materials and is ergonomically engineered for comfort, safety and efficiency. And thanks to the automated adjustable resistance system which allows you to set your workout intensity according to your personal fitness level, the Ellipse™ aerobic exerciser is designed to grow as you grow.

## A Total-Body Workout

The Ellipse™ 950e machine's breakthrough elliptical motion matches your natural stride and places low impact on joints so you can enjoy smooth, comfortable exercise. It also effectively works all of your major muscle groups at one time: Stair climbers, treadmills, bikes and other lower-body aerobic machines can only do half the job because they ignore specific muscle groups above the waist. But with the Ellipse™ machine, you get a terrific lower-body workout for your calves, thighs and buttocks, and you get our famous upper-body advantage with arm poles that help you tone your arms, shoulders, chest and back. Plus, the Ellipse™ machine gives you an advantage that ordinary lower-body exercisers just can't match — the Ellipse™ 950e offers both forward motion and backward motion to work quadriceps, hip flexors, glutes and hamstrings!

# Important Safety Information

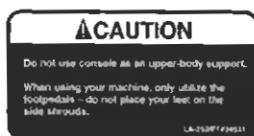
Verify the manuals you received in the information packet. You should have the assembly manual and aerobic guide. Please read both manuals thoroughly for important safety information on the assembly and care of your Ellipse™ machine as well as helpful fitness information. Please use the Ellipse™ machine 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 aerobic guide.**

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. 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. Always hold onto the arms and step onto the lowest pedal first.
6. Always wear exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise.
7. 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 (612) 368-5600.
8. Do not place your fingers on or near moving parts where a potential pinch can occur.
9. Warm up and stretch your muscles before and after each workout. Follow NordicTrack's stretching guidelines in your aerobic guide.
10. Use proper form and technique when moving or assembling your exerciser; never lift using only your back muscles.
11. Inspect the exerciser before each use; do not use this product unless all parts are working properly.
12. Do not use the console as an upper-body support.
13. 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 (877) 651-6119**



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 exerciser are adequately informed of all warnings and precautions.



**NordicTrack**

Part # 14253 • 3600/OM-682 • 7/98

©1998 NordicTrack, Inc., a CML  
company. All rights reserved.

NordicTrack and related marks are U.S.  
trademarks of NordicTrack, Inc.

# UNPACKING

Unpack your Ellipse™ machine where you intend to use it, and retain all packing materials. When assembling your exerciser, place it near a wall outlet on a flat, level surface with a protective covering for your floor. For your convenience, the hardware shown below is actual size.

- A. Rear Base
- B. Front Base
- C. Left Arm/Leg Tube
- D. Right Arm Tube
- E. Electronic Console
- F. Upright Tube
- G. Pivot Shaft
- H. Support Brackets (2)
- I. Left Handle
- J. Right Handle
- K. Information Pack (not shown)
- L. Electronics Package (not shown)

# TOOLS

- M. Flat Wrench
- N. 5mm Hex Wrench
- O. Square Socket Handle & Socket



# Assembly

## ▲ IMPORTANT

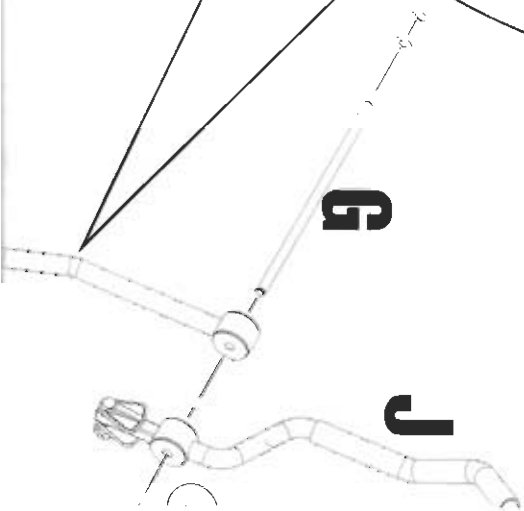
Follow these instructions carefully and in order. After completing these instructions, check all assembly points for loose parts and tighten.

## Step 4

### Attach the Arms to the Upright Tube

- a. Locate the pivot shaft (G) and the hardware package labeled "Step 4."
- b. Snap one e-clip (CC) into the groove at the end of the pivot shaft (G), then slide one washer (AA) down the pivot shaft (G) until it rests against the e-clip (CC).
- c. Insert the pivot shaft (G) through the right arm (D) and handle (I). Be sure that the handle (I) angles forward.
- d. Slide the pivot shaft (G) completely through the upright tube (F).
- e. Slide the left handle (J) and arm (C) onto the pivot shaft (G). Be sure that the left handle (J) angles forward.
- f. Place a washer (AA) onto the end of the pivot shaft (G).
- g. Look at the pivot shaft (G):
  - If there is no extra space on the end of the pivot shaft (G), use the flat wrench (K) to snap an e-clip (CC) into the groove on the pivot shaft (G). Continue to step 5.
  - If there is extra space on the end of the pivot shaft (G), place a second washer (AA) onto the pivot shaft (G) and use the flat wrench (K) to snap an e-clip (CC) into the groove on the pivot shaft (G). Continue to step 5.

## Step 5

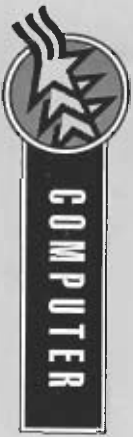
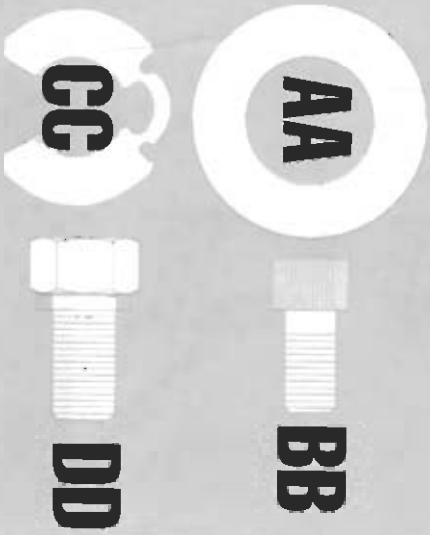


- Att
- a. L
  - b. P
  - c. P
  - d. P
  - e. P



Hardware Shown is Actual Size

- AA. 3/8" Washers (4)
- BB. 1/4-20 x 1/2" Screws (3)
- CC. E-Clips (2)
- DD. 3/4-16 x 3/4" Hex Bolts (20)



Please refer to your computer user's guide for important information on using your computer.

## Attach the Upright Tube

- a. Locate the hardware package labeled "Step 3."
- b. Lay the upright tube (F) on the floor in front of the front base (B).
- c. Align the bottom holes in the upright tube (F) with the bottom holes in the front base (B).
- d. Insert two hex bolts (DD) into the bottom holes and finger tighten. For the next step, do not feed the cable through the bottom of the upright tube (F); place the cable on top of the upright tube.
- e. Connect the electric cable protruding through the clearance hole in the upright tube (F) to the cable from the front base (B).
- f. Lift the upright tube (F) and align the top holes in the upright tube (F) with the top holes in the upright tube bracket on the front base (B).
- g. Insert two hex bolts (DD) into the holes and tighten.
- h. Tighten all four hex bolts (DD) very securely using the socket and handle (O).

## Step 2

### Attach the Front Base

- a. Locate the four hex bolts (DD) in the package labeled "Step 2."
- b. Feed the electronic cable completely through the front base (B) while sliding the front base onto the support brackets (H) (installed to rear base in step 1).
- c. Align the holes in the support brackets (F) with the holes in the front base (B).
- d. Insert four hex bolts (DD) through the front base (B) holes and into the support brackets (H).
- e. Tighten all eight hex bolts (DD) from step 1 and step 2 very securely using the socket and handle (O).



## CARE

While your NordicTrack® Ellipse® 950e is made with the highest quality materials available, periodic care will ensure a continued smooth motion and beautiful look. Remember to place a protective cover under the exerciser to protect your floor.

### Inspect All Parts

Inspect all parts of your exerciser before each use. If you discover that defective parts of your exerciser exist, avoid using the machine and replace the defective parts immediately.

Contact our Customer Service Department immediately at (612) 368-5600.

### Clean Your NordicTrack® Exerciser

Clean your machine with a clean, dry cloth to remove perspiration and dirt after every use.

### General Lubrication

A drop of household oil may occasionally be needed on the axles if they begin to squeak. Do not use spray lubricant. Do not remove the shrouds from your NordicTrack® aerobic exerciser.



## ADJUSTMENTS

### Adjust the Handles

Your Ellipse® 950e is adjustable to give you an upper- and lower-body workout, or a lower-body workout only.

Movable

Stationary

# Step 5

## Attach the Leg Tubes

Refer to Figure 1 for this step.

a. Locate the hardware package labeled "Step 5."

b. Position the holes in the left leg tube (C) and the holes in the left pedal shroud so that they are horizontal (see figure 1).

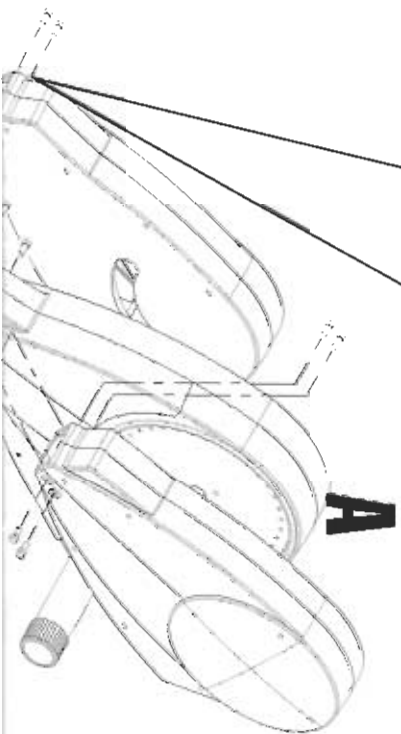
**Note:** You will have to rotate the pedals to the forward position to insert the pedal tube into the pedal shroud.

c. Insert the left leg tube (C) into the left pedal shroud.

d. Insert 4 hex bolts (DD) into the holes and tighten using the socket and handle (O).

e. Tighten the bolts (DD) very securely.

f. Repeat this procedure with the right side.



## Attach the Electronic Console

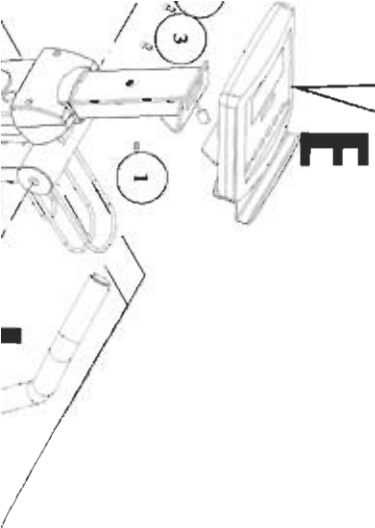
# Step 6

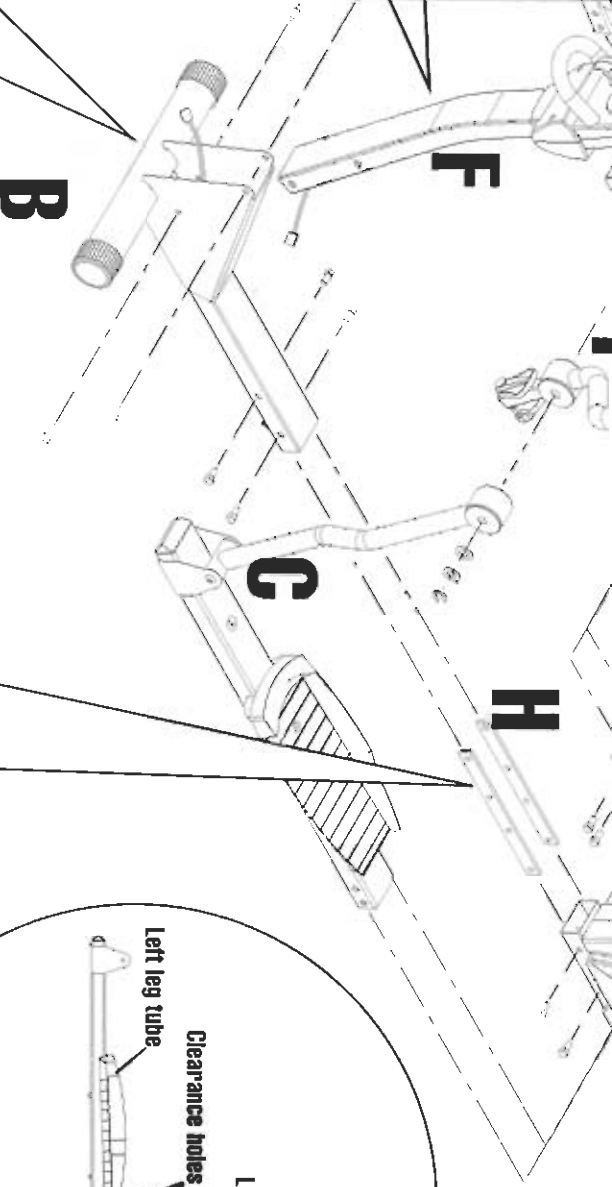
Locate the hardware package labeled "Step 6."

Plug the electric cable (at the top of the upright tube (F)) into the back of the electronic console (E).

Place the electronic console (E) onto the upright tube (F) and secure with three screws (BB). Insert the screws (BB) in order as indicated (allow):

1. Plug the jack (protruding from the rear base (A)) into a wall outlet.





# Step 1

## Attach the Support Brackets

- Locate the package labeled "Step 1."
- Insert a support bracket (H) into the rear base (A).
- Align the holes in the bracket (H) with the holes in the rear base (A).
- Insert two hex bolts (DD) through the holes in the rear base (A) and into the support bracket (H).
- Finger-tighten the bolts (DD) at this point. (You will tighten these bolts firmly in step 2e.)
- Repeat this procedure with the other side.

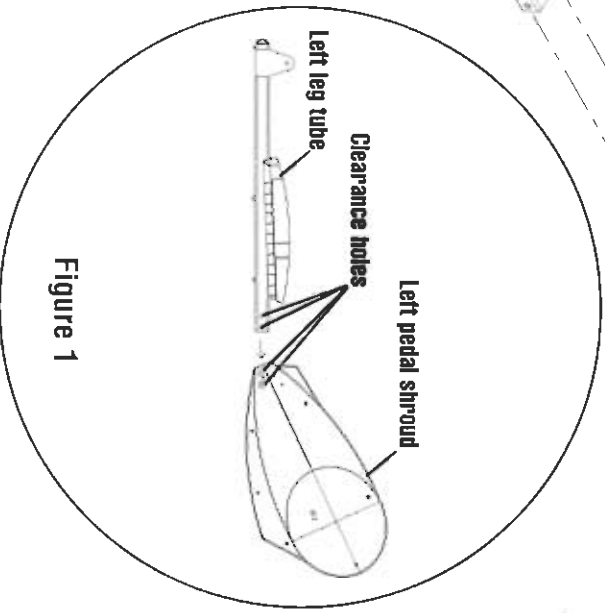
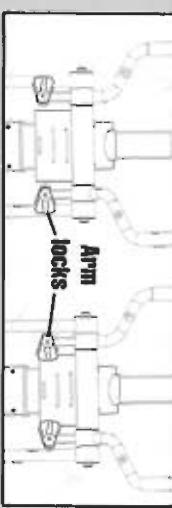


Figure 1

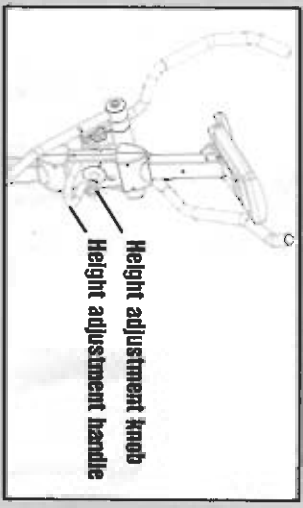


To adjust the handles, you must turn the arm locks counterclockwise. Once the arm locks are free, adjust them as follows:

- Turn the arm locks outward and secure to work your entire body.
- Turn the arm locks toward the center and secure to place the focus of your workout onto your lower body.

## Adjust the Height

The height is adjustable to help accommodate your fitness program.



To adjust the height

- Turn the height adjustment knob four turns counterclockwise.
- Support the height adjustment handle and pull out the knob.
- Slide the assembly vertically until you find your desired height, and let the adjustment knob snap into position.
- Secure the position by turning the adjustment knob clockwise.

## Adjust the Resistance

Use the s and t buttons on the computer while exercising to adjust the resistance on your machine.