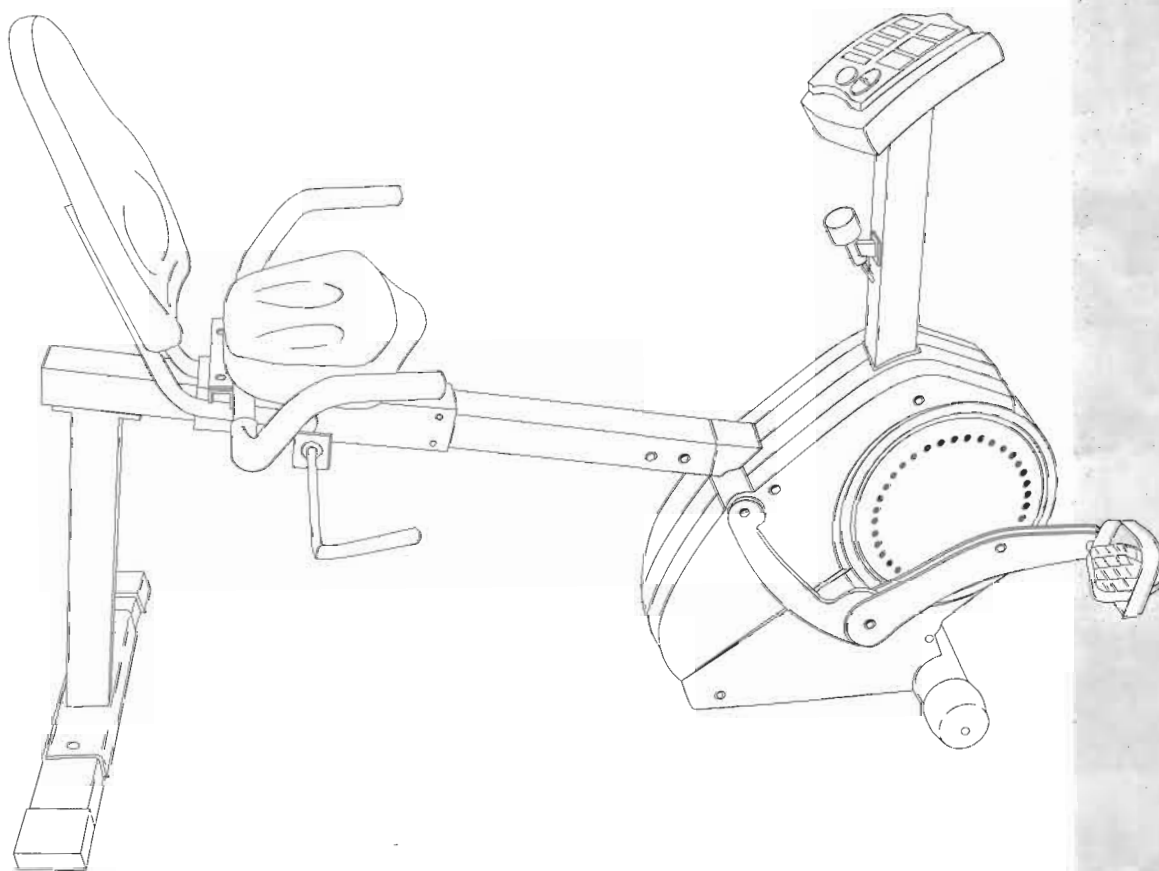




To help make assembly safer and easier, it is recommended that you familiarize yourself with this manual before assembling your exerciser.

Assembly Manual

▲ IMPORTANT

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



FEATURES

- On-board computer provides immediate workout feedback
- Sturdy, padded hand grips add extra stability and comfort
- Quick and easy seat adjustment accommodates riders of all sizes
- Micro-adjustment control provides convenient resistance adjustment while exercising
- Transport wheels make moving the exerciser a cinch
- Ergonomically-designed padded seat with lumbar support gives you maximum comfort



QUESTIONS

Please call our Customer Service Department toll free with questions concerning the use or operation of your NordicTrack equipment. Our representatives are available:
Monday - Friday
6:00 a.m. to 6:00 p.m.
MST.

1 (877) 651-6119

Visit our website at
www.iconfitness.com
or e-mail us at
service@iconfitness.com

Introducing the NordicTrack SRe FitCycle™

In 1975 NordicTrack started the fitness revolution with the cross-country ski machine. Today, more than 20 years later, NordicTrack is proud to continue leading the fitness revolution with new and innovative exercise products — introducing the NordicTrack SRe FitCycle. Built with our legendary attention to quality and detail, your exerciser is made to last a lifetime.

Made to Last, Designed To Grow

Like all NordicTrack machines, the SRe FitCycle is constructed from only the highest quality materials and is ergonomically engineered for comfort, safety and efficiency. With your safety in mind, the SRe FitCycle was engineered for minimal-impact exercise. And thanks to the adjustable resistance system which allows you to set your workout intensity according to your personal fitness level, your exerciser is designed to grow as you grow. Whether you are beginning a new exercise regimen, or continuing an existing fitness program, this semi-recumbent elliptical bike is an excellent choice.

Before you start . . .

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

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 NordicTrack machine as well as helpful fitness information. Please use the NordicTrack machine only as described in the owner's manuals.

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 NordicTrack machine. Place your exerciser on a flat surface with a protective covering for your floor or carpet.
5. Always wear exercise clothing and shoes. Wear shorts, a T-shirt, absorbent socks and appropriate athletic shoes while you exercise.
6. Do not remove the shrouds from your NordicTrack 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.
7. Do not place your fingers on or near moving parts where a potential pinch can occur.
8. Warm up and stretch your muscles before and after each workout. Follow the NordicTrack stretching guidelines in your aerobic guide.
9. Use proper form and technique when moving or assembling your exerciser; never lift using only your back muscles.
10. Inspect the exerciser before each use; do not use this product unless all parts are working properly.



WARNING

Failure to follow the instructions and warnings below can result in serious injury or death.

Before beginning any exercise program, consult your doctor or health professional. Do not over-exert yourself. Stop exercising at once if you experience pain, discomfort, nausea or dizziness.

Inspect the exerciser before each use; do not use this product unless all parts are working properly.

Read and follow all warnings and instructions for use found in the owner's manual and on the product. Use only as instructed.

Set the exerciser on a flat level surface, with adequate clearance on all sides for safe operation.

Keep your fingers, body parts, children and pets away from moving parts.

IG-030/P1#23712



ATTENTION

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. 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.



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



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



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



ADJUSTMENTS

Adjust the Seat

1. Place one pedal in the forward position.
2. Loosen the seat adjustment lever by lifting up on the handle.
3. Position the seat accordingly while sitting on your exerciser:
 - If you cannot reach the foot pedals during each complete rotation, you will need to move the seat forward.
 - If your legs bend too much during complete cycles, you need to move the seat backward.
4. Tighten the seat adjustment lever once you have found the desired position.

Push down firmly on the lever and be sure that the seat position is secure before exercising.

Adjust the Pedal Straps

1. Place the ball of each foot onto the foot pedals.
2. Rotate the pedals until one is within reach.
3. Pull the strap over your shoe.
4. Secure the position by slipping the slot in the strap over the knob in the pedal.
5. Adjust the strap accordingly:
 - If the strap is too tight, release the strap from the knob, choose the next slot position down the strap and secure.
 - If the strap is too loose, release the strap from the knob, choose the next slot position up the strap and secure.

Adjust the Resistance

1. Adjust the resistance:
 - Turn the resistance adjustment

Step 11

Attach the Computer to the Computer Mount

- a. Attach the computer plate (n) to the mount using four flat head screws (D).
- b. Connect the electronic cable to the computer (k).
- c. Place the computer (k) onto the computer plate (n).
- d. Secure the computer (k) using three small round head screws (C).

Step 10

Attach the Pedals to the Elliptical Links

- a. Insert the threaded shaft of the right pedal (j) into the right elliptical link (i).
- b. Turn the shaft of the pedal (j) using a flat wrench.
- c. Tighten the shaft (j) until secure.
- d. Repeat this procedure with the left side. (The threads on the left side are reversed.)

Step 1

Attach the Handlebars to the Seat Base

1. Insert the handlebars (c) onto the seat base as shown.
 2. Insert two button head bolts (A) through bottom holes.
 3. Insert two nuts onto the bolts to secure in position.
- Do not tighten the bolts at this position.**

k

n

D

C

D

D

D

D

D

D

D

A

A

A

d

d

knob counter-clockwise to reduce the resistance.

- Turn the resistance adjustment knob clockwise to increase the resistance.

2. Experiment with the settings to determine the most appropriate resistance level to suit your fitness needs. Refer to the accompanying health guide for more information on achieving your fitness goals.



While your exerciser is made with the highest quality materials, general wear and tear occurs with every machine. To help ensure your machine's endurance and maintain its beautiful look, periodic care and maintenance are recommended.

Inspect Your Exerciser

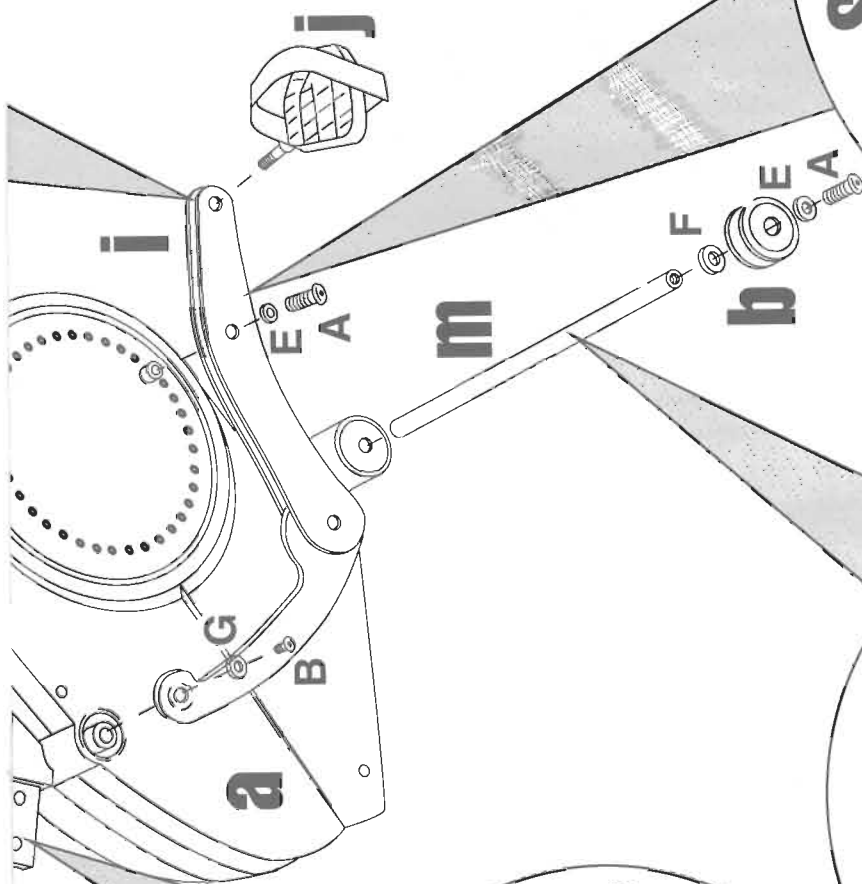
Inspect your exerciser before each exercise session for loose or squeaking parts.

Tighten and test all parts of your exerciser every three months. We recommend that you periodically use a drop of household oil on all moving parts to ensure machine functionality and personal safety. If your exerciser does not function properly, or if you should require assistance, call our Customer Service Department at **(877)**

651-6119

Clean Your Exerciser

Clean your exerciser with a clean, dry cloth to remove perspiration and dirt build-up after every use.



Step 9

Attach the Elliptical Links to the Base

Note: The links are marked "L" and "R" for left and right.

- Align the center hole of the right-side elliptical link (i) with the shaft protruding from the plastic center disk. Be sure to align the link with the stamped "R" facing inwards towards the bike.
- Slide the link (i) onto the shaft.
- Insert a button head bolt (A) with a washer (F) and tighten using the hex key.
- Rotate the elliptical link (i) until its assembly hole is aligned with the threaded hole in the shaft protruding from the plastic shroud.
- Insert a small shoulder bolt (B) with washer (E) and tighten using the hex key.
- Repeat this procedure with the other side using the "L" link.

Step 7

Attach the Rollers to the Front Tube

- Insert the shaft (m) through the sleeves in the roller tube.
- Place one washer (F) onto each side of the shaft.
- Place a roller (b) onto each side of the shaft (m).
- Place one washer (E) onto each side of the shaft (m).
- Secure each side with a button head bolt (A) by using two hex keys to tighten both bolts simultaneously.

8

Attach the Base

- Insert the shaft (h) onto the base (a).
- Insert the shaft (h) to the base (a) and secure with the button head bolts (A).
- Secure the base (a) to the base (a) very securely using



UNPACKING

Unpack Your Machine

Unpack your exerciser where you intend to use it, and retain all packing materials. When assembling your exerciser, place it on a flat, level surface with a protective covering for your floor. Verify the parts you received with those shown below.

- a. Base
- b. Rollers (2)
- c. Handlebar
- d. Seat Base
- e. Seat Bottom
- f. Rear Foot Tube
- g. Upright Tube
- h. Seat Tube
- i. Elliptical Links (2)
- j. Pedals (2)
- k. Computer
- l. Rubber Stopper
- m. Shaft
- n. Computer Plate
- o. Seat Back
- p. Hardware Pack (not shown)



TOOLS

- a. Hex Keys (2)
- b. Flat Wrench



Assembly

▲ IMPORTANT

Follow these instructions carefully and in order. After all steps have been completed, check that each bolt has been firmly tightened.

Attach
a. Pla
(d)
b. Ins
the
c. Pla
the
Note
time.

Step 3

Attach the Seat Bottom to the Seat Base

- a. Place the seat bottom (c) onto the seat base (d) as shown.
- b. Place four button head bolts (A) into the seat bottom (e).

Note: Tighten the bolts very securely using the hex wrench key.

- c. Tighten the two bolts from Step 1 using a hex key and flat wrench.

Step 2

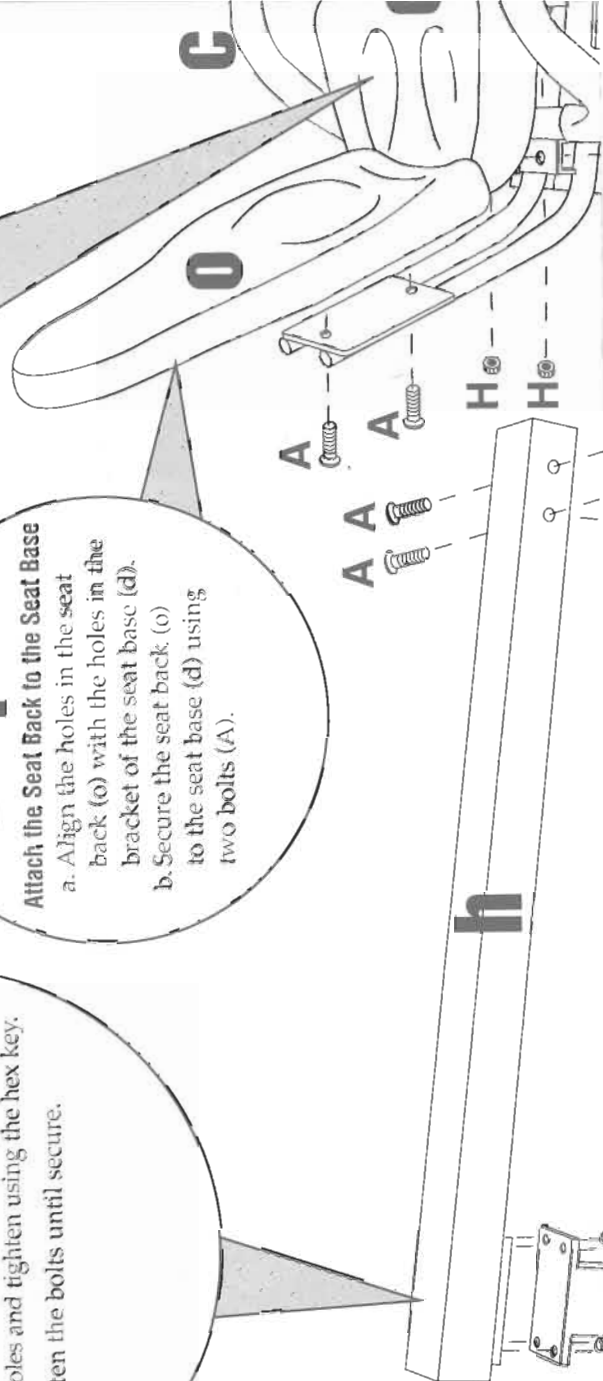
Attach the Seat Back to the Seat Base

- a. Align the holes in the seat back (o) with the holes in the bracket of the seat base (d).
- b. Secure the seat back (o) to the seat base (d) using two bolts (A).

Step 6

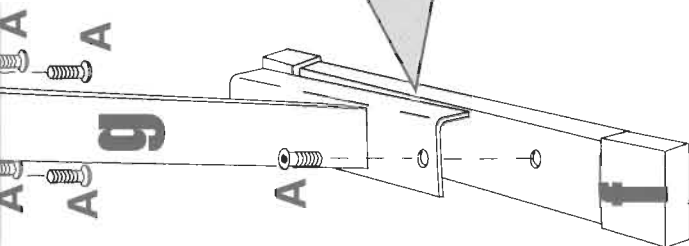
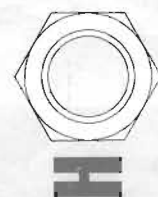
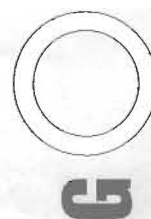
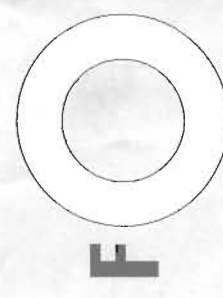
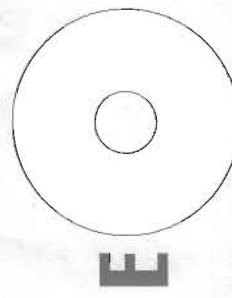
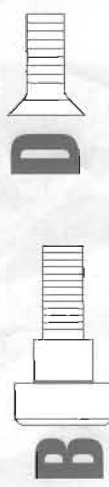
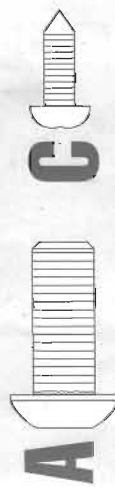
Attach the Seat Tube to the Upright Tube

- a. Align the holes in the upright tube (g) with the holes in the seat tube (h) as shown.
- b. Insert four button head bolts (A) through the holes and tighten using the hex key.
- c. Tighten the bolts until secure.





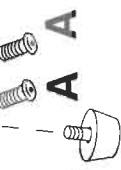
- A. M8 x 20 LG Button Head Bolt
- B. M8 x 7.5 Shoulder Bolt
- C. M4 x 10 LG Round Head Screw
- D. M5 x 10 LG Flat Head Screw
- E. 19 x 14.2 Washer
- F. 30 x 8.2 Washer
- G. 28 x 16.2 Washer
- H. Lock Nuts



Step 4

Attach the Rear Foot Tube to the Upright Tube

- a. Place the rear foot tube (f) on the floor.
- b. Place the upright tube (g) onto the rear foot tube (f).
- c. Secure the upright tube (g) to the rear foot tube (f) with two button head bolts (A) using the hex key.
- d. Tighten the bolts until secure.



Step 5

Attach the Seat Tube to the Upright Tube

- a. Slide the seat tube (h) onto the bracket protruding from the upright tube (g).
- b. Secure the seat tube (h) to the upright tube (g) using four button head bolts (A) and the hex key.
- c. Tighten the bolts until secure.

Step 5

Slide the Seat Assembly onto the Seat Tube

- a. Remove the rubber stopper (l) from the seat tube (h).
- b. Slide the seat tube (h) through the seat base (d) assuring that the welded plate on the seat tube (h) faces the rear of the machine and down.
- c. Secure the seat base (d) by turning the seat adjustment handle.
- d. Attach the rubber stopper (l) by screwing it into the bottom of the seat tube (h).

Customer Information

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MST.

1 (877) 651-6119

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NordicTrack

Part # 14258 • 3305/OM-665 • 4/98

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Computer Instructions

Introduction

Your NordicTrack™ aerobic exerciser is equipped with a computer to help you track your progress and motivate you to reach your fitness goals. Please read these instructions thoroughly before you **begin to use your computer**. If you have any questions about the **operation or installation of your computer**, please call our Customer Service Department at **1 (877) 651-6119**.

⚠ IMPORTANT

Always consult with **your physician before** beginning any exercise program. If you are taking medication that may affect your heart rate, a physician's advice is absolutely **essential**.

⚠ WARNING

The batteries must be installed as instructed in the user's guide. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

⚠ IMPORTANT

Read through these instructions carefully. Failure to follow these instructions can result in product failure or even personal injury.

BC-8529II

QUESTIONS?

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MST.

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Visit our website at
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or e-mail us at
service@iconfitness.com

1. Install the Pulse Cartridge (Optional)

- You must install the optional pulse cartridge (or optional wireless heart rate receiver) before you install the batteries in order for your computer to recognize the cartridge and function properly.
- Insert the cartridge into the bottom of the computer (refer to the illustration below). Make sure it fits securely.

2. Insert the Batteries

- Turn the computer over. Remove the battery cover.
- Install two AA-size batteries into the battery compartment. (The negative ends of the batteries should rest against the springs and the positive ends should make contact with the metal plate.)
- Replace the battery cover and snap it into place.

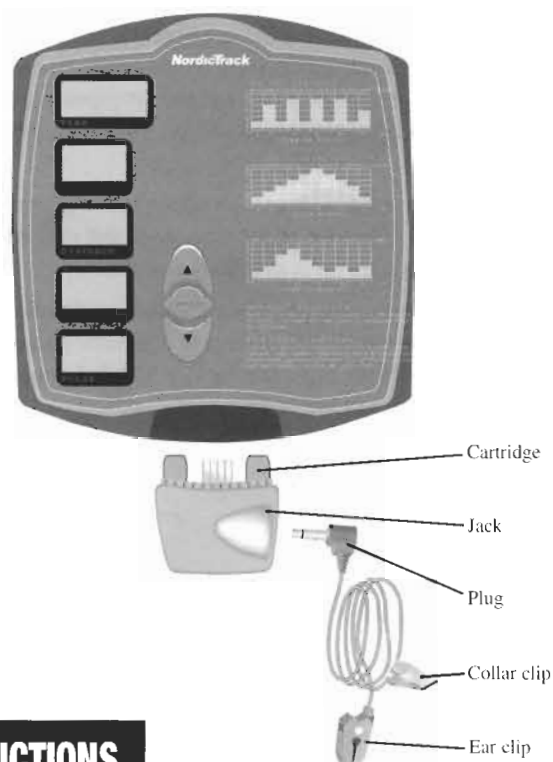
3. Plug in the Electronic Cable

- Stand next to the exerciser. Plug the electronic cable into the connector on the back of the computer (refer to the illustration on page 5).
- Secure the computer to the computer plate using three screws. Be sure that the cables are not pinched (refer to the illustration on page 5).

4. Install the Ear Clip (Optional)

Note: Ear clips are no longer available at NordicTrack Fitness Stores. For more accurate heart rate feedback, use chest straps. If you currently own an earclip and cartridge, you can still use them on this product.

- Attach the ear clip to your earlobe or the upper portion of your ear. Do not place the clip over any hair or pierced ear holes.
- Attach the collar clip to your shirt collar to stabilize the pulse cord. Adjust the position of the clip so you can attach it to your collar without much tension on the cord.
- Insert the plug into the jack on the side of the cartridge.



Buttons and Definitions

SELECT: This button will turn your computer on or change between display (normal) mode and programming mode. After four seconds of inactivity your computer will pause, and it will resume counting once you resume exercising. After four minutes of inactivity, your computer will shut off automatically.

▲ and ▼: Use the ▲ and ▼ buttons to increase or decrease programmable settings. Holding the ▲ and ▼ buttons for 1.5 seconds will change the settings faster.

Functions and Features

Time, distance and weight are programmable with or without an earclip cartridge or receiver installed. You must install the cartridge for the pulse window to function.

TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set value by using the ▲ and ▼ buttons. If you continue exercising once the time has reached 0:00, the computer will begin counting up at the programmed time setting. Example: If your time setting was 30 minutes and the computer has reached 0:00, the computer will begin counting up from 30:01 and continue to 99:59. The computer will stop tracking time after four seconds of inactivity and will continue once you resume exercising.

SPEED: Displays your workout speed in miles per hour or kilometers per hour.

RESET: Press the ▲ and ▼ buttons simultaneously when not in the programming mode to reset ALL functions on your computer to default values. If you push the ▲ and ▼ buttons simultaneously while in the programming mode, only that programmed value will reset to zero. To reset your computer to recall the last programmed values, stop exercising for 4 seconds or more (the computer will enter "idle" mode), then press and hold the [SELECT] button for 4 seconds.

DISTANCE: Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles or kilometers. The distance will be displayed in hundredths of a mile (km) until you reach 10 miles. Then distance will be displayed in tenths of a mile. Example: 0.00 – 9.99 miles, then 10.0 – 99.9 miles. You may program the DISTANCE mode to count down from a set distance by using the ▲ and ▼ buttons. Once you reach zero, the computer will begin counting up from the programmed setting.

CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout. Weight is programmable from 80 to 300 lbs using the ▲ and ▼ buttons. Caloric expenditure on your computer is based on realistic expectations; however, your computer is not individually programmable for all necessary variables so this is an approximation only.



MILES/KILOMETERS: To change from miles to kilometers for speed and distance, press the [SELECT], ▲ and ▼ buttons simultaneously until the screen flashes and the metric icons show in the display windows. Repeat to change back. The computer will retain the chosen setting; you will not need to change it every time. When removing the batteries, the default settings are non-metric units.

PULSE: If you have the pulse rate ear clip with cartridge or the wireless telemetry receiver, the PULSE window will display your age (once entered), heart rate, and percentage of maximum heart rate (MHR). Your MHR is based on the formula, $[220 - \text{Age} = \text{MHR}]$. Current pulse and percentage of MHR will alternately display for 5 seconds each. Age is programmable only when your pulse cartridge or heart rate receiver is installed. The default age is 25 if you do not program it. The minimum programmable age is 16. Please contact our Customer Service Department at 1-800-441-2367 for more information on purchasing the wireless heart rate receiver upgrade.

Profiles

Each profile is segmented into two-minute intervals where you will select a starting point with the desired resistance. Throughout the workout there are numbers in the columns indicating the number of turns to increase or decrease in each segment throughout the profile. Each profile can be very challenging or very easy depending upon the starting resistance.

Use the Pulse Sensor

The pulse sensor informs you of your pulse rate in beats per minute. It helps you to maintain a target heart rate throughout your workout. Watch the PULSE window to make sure that you are working within your target heart rate zone. To receive optimal aerobic benefits from your workout, your heart rate should stay within 60-85% of your estimated MHR. Please refer to your health guide for more detailed information on aerobic exercise and target heart rate ranges.



Prepare for Your Workout

- Press any button or start exercising and the computer will automatically turn on.
- Program your weight, time and distance.
- Program your age (if using the pulse cartridge or the receiver module).
- Adjust the resistance to the desired level for your workout.
- The computer will retain all information once programmed. You do not have to re-program the computer for every workout unless you desire different settings.
- Use the computer to monitor your progress and motivate you to reach your fitness goals.
- See page 6 for instructions on using the optional Heart Rate Transmitter.

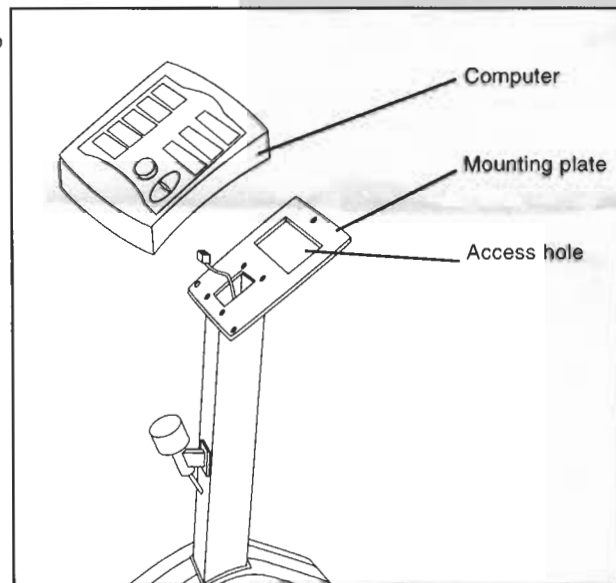
Turn Off the Computer

When you have finished your workout, the computer will shut off automatically four minutes after you stop, and the display windows will reset to zero or the programmed settings.

Replace the Batteries

Note: The computer will display a low battery indicator in the TIME display window when the batteries need to be replaced.

1. Locate the access hole on the mounting plate.
2. Reach through the access hole and open the battery cover.
3. Remove and properly dispose of the old batteries.
4. Insert two AA-size batteries into the battery compartment. (The negative ends of the batteries should rest against the springs and the positive ends should contact the metal plate.)
5. Replace the battery cover.



Optional Wireless Heart Rate Transmitter and Receiver

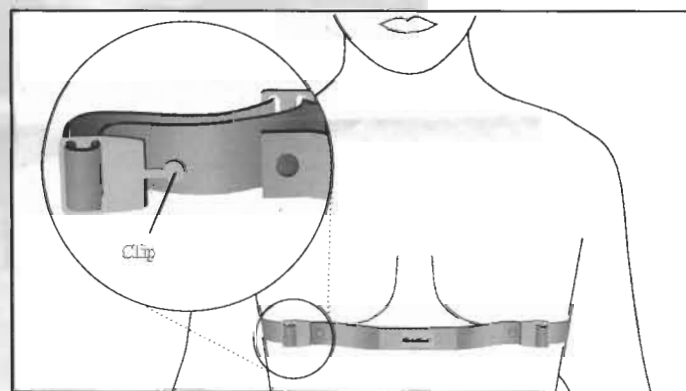
Consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.

Do not use the heart rate transmitter with an electronic pacemaker; the transmitter may cause electrical disturbances.

Install the Heart Rate Receiver

- Remove the batteries before installing the heart rate receiver. The computer will only recognize the receiver when resetting after the batteries have been re-installed.
- Insert the heart rate receiver into the bottom of the computer.
- Replace the batteries.

See page 5 for detailed instructions on replacing the batteries.



Fasten the Chest Strap

- Moisten your chest or the electrode panels on the back of the strap.
- Fasten one end of the elastic strap to the chest strap with the clip.
- Position the chest strap against your skin as high under the pectoral muscles as comfortable. Secure the other end with the clip. Make sure the NordicTrack™ logo is in the front and facing away from your skin.

Guidelines for the Chest Strap

- Press the SELECT button to turn on the computer.
- Use the ▲ and ▼ buttons to program your time, distance, age and weight.
- The pulse display will register a number and a blinking heart when the heart rate is actively transmitted. If a "P" appears, your heart rate is not being received. Allow up to two to three minutes for the chest strap to effectively register your heart rate. The chest strap works best with heat and moisture once you start to perspire.

Note: To avoid erratic readings, stay clear of electromagnetic sources such as televisions, motors, microwave ovens, high-voltage lines, antennas, etc. These sources may cause erratic heart rate reception. Your heart rate may also be affected by stress, caffeine, nicotine or prescription drugs.

Note: Your computer also works with earclips previously sold with NordicTrack exercisers.

Care for the Heart Rate Transmitter Belt

- Wipe the electrode panels after each use.
- The heart rate transmitter belt can be cleaned with a mild detergent solution on a clean cloth.
- Store your transmitter belt in a warm, dry place. Do not store it in a non-breathable or plastic material where moisture may become trapped.
- Do not store the computer or belt in direct sunlight or extreme temperatures.
- Do not bend or stretch the electrode strips, especially when storing the transmitter belt.

Warranty Information

Refer to your Warranty Information certificate for the NordicTrack limited warranty.

Computer Troubleshooting Tips

IF...	THEN...
• No power or no display shows on display window	• check that the batteries are properly installed in the computer. the • Try new batteries.
• Computer shows all zeros during exercise	• make sure the upright cable is securely connected to the jack in the back of the computer.
• A partial display shows on the screen	• replace the batteries. If this does not correct the problem, call our Customer Service Department at 1 (877) 651-6119
• You can't program age plugged into the computer.	• be sure the optional pulse cartridge or telemetry cartridge is

Heart Rate Transmitter Belt Troubleshooting Tips

IF...	THEN...
• No heart rate displays on the computer, (A "P" appears but the "TM" does not blink)	• begin exercising. A number should register within two to three minutes. • reposition the belt around your chest. Make sure the logo is in front and facing away from your skin. • moisten the electrode panel. • maintain a distance of three feet or less between the computer and the belt.
• The readout shows a fluctuating heart rate	• reposition the belt around your chest. • moisten the skin/belt contact. • if using any kind of medication, consult your physician. • manually compare your heart rate to the one registering on the computer.

NordicTrack

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3509/IS-639 • 6/98