



ellipse™

Assembly and Care Guide

NordicTrack

Welcome

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 Ellipse™ by NordicTrack. The elliptical motion on the Ellipse 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 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 Ellipse
- Easy-to-adjust resistance to exactly match your fitness level
- Quick release design for easy folding and tri-pod storage

Made to Last, Designed To Grow

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

A Total-Body Workout

Ellipse'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 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 Ellipse you get a terrific lower body workout for your calves, thighs and buttocks. Plus, Ellipse gives you an advantage that ordinary lower-body exercisers just can't match – Ellipse offers both forward motion to target quads, hip flexors and abs, and backward motion for glutes and hamstrings! Because Ellipse is from NordicTrack, you also get our

famous upper-body advantage with arm poles that help you sculpt strong arms and shoulders while you build a firm chest and back.

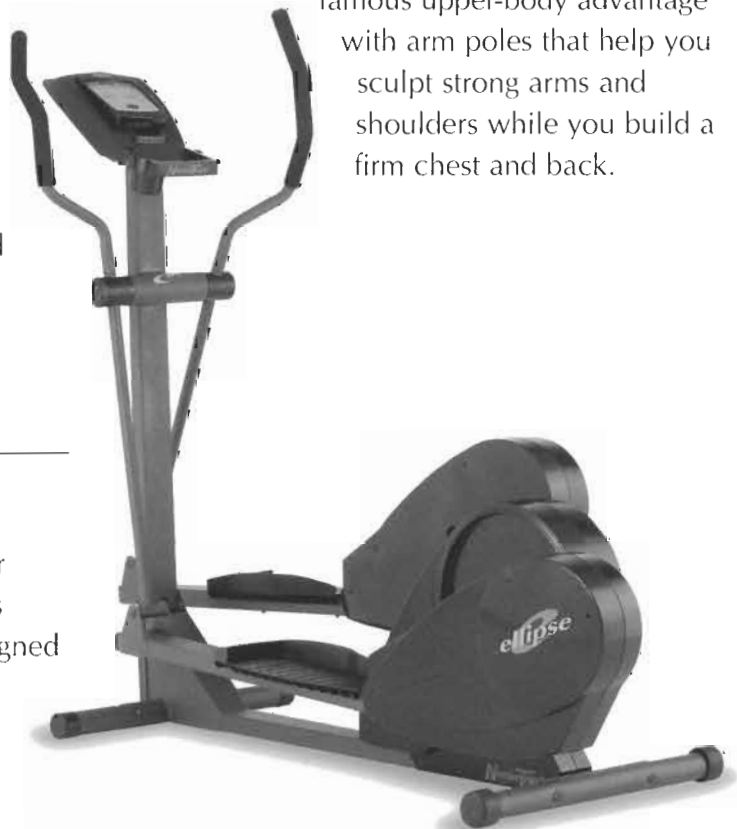


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Questions?

**Please call our Customer
Service Department at:**

1-800-441-2358

Customer Service Hours:

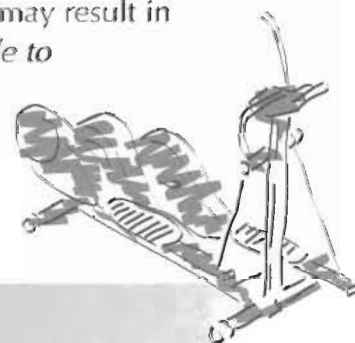
Monday – Friday 7 a.m. to 9 p.m.

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. 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 and how to get the most from your fitness routine.



Important Safety Information

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

WARNING

This unit has been designed and tested for weights not to exceed 250 pounds. Use of this product at weights exceeding 250 pounds may result in machine damage or personal injury.

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, feeling lightheaded, 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. 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. 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. 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.

WARNING

To avoid injury, keep fingers clear of this area while latching the upright tube.

WARNING

Machine contains moving parts. To avoid injury, keep children and pets clear of the exerciser at all times. Review and follow all warnings and instructions in the owner's manual prior to use.

WARNING

Moving parts. Keep children, pets, hands and feet clear during use.

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

IMPORTANT

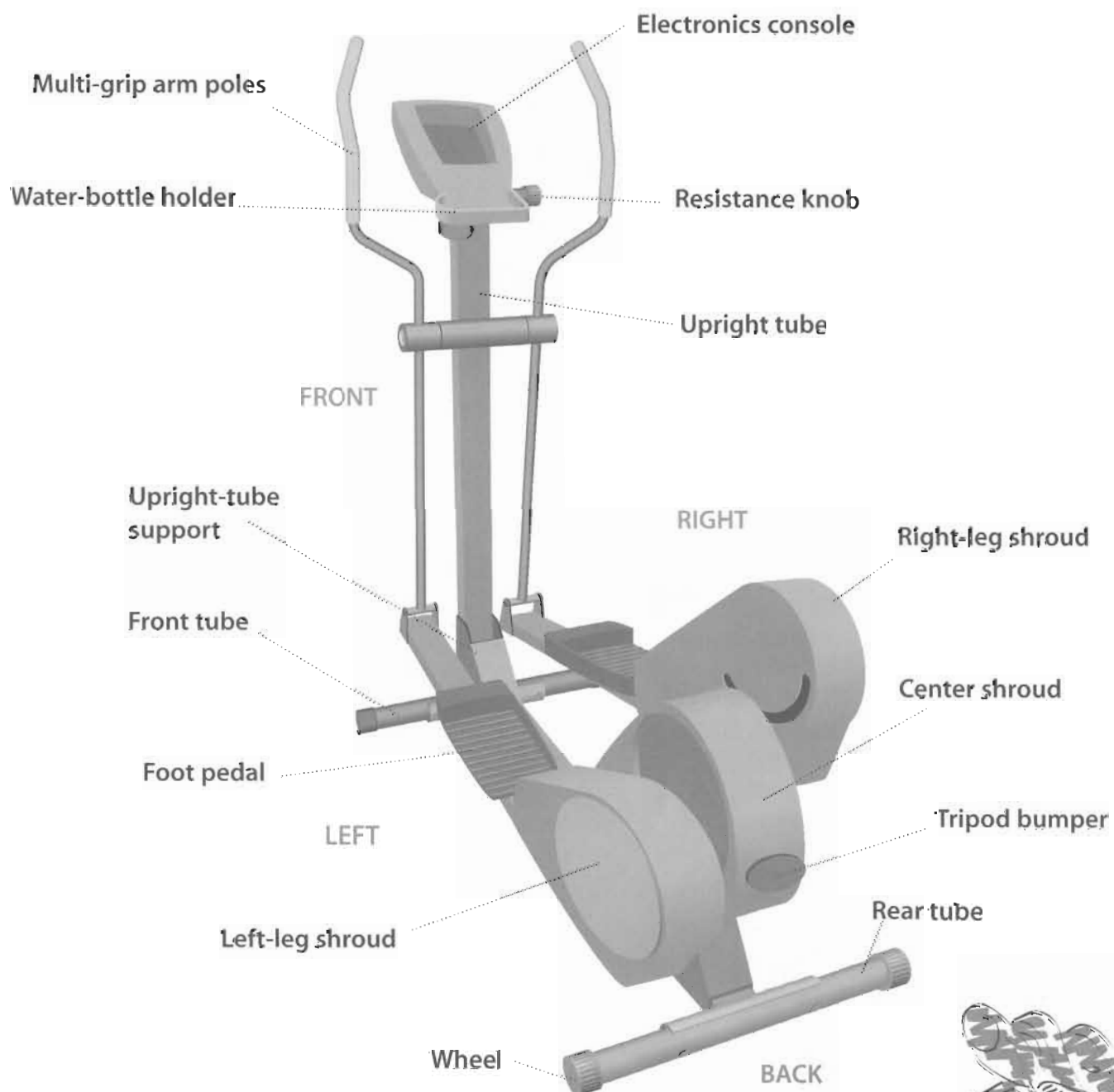
This symbol refers to an unsafe practice which can result in product or property damage.

Unpack Your Ellipse

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

Know Your Ellipse

Take a moment to familiarize yourself with your new Ellipse.

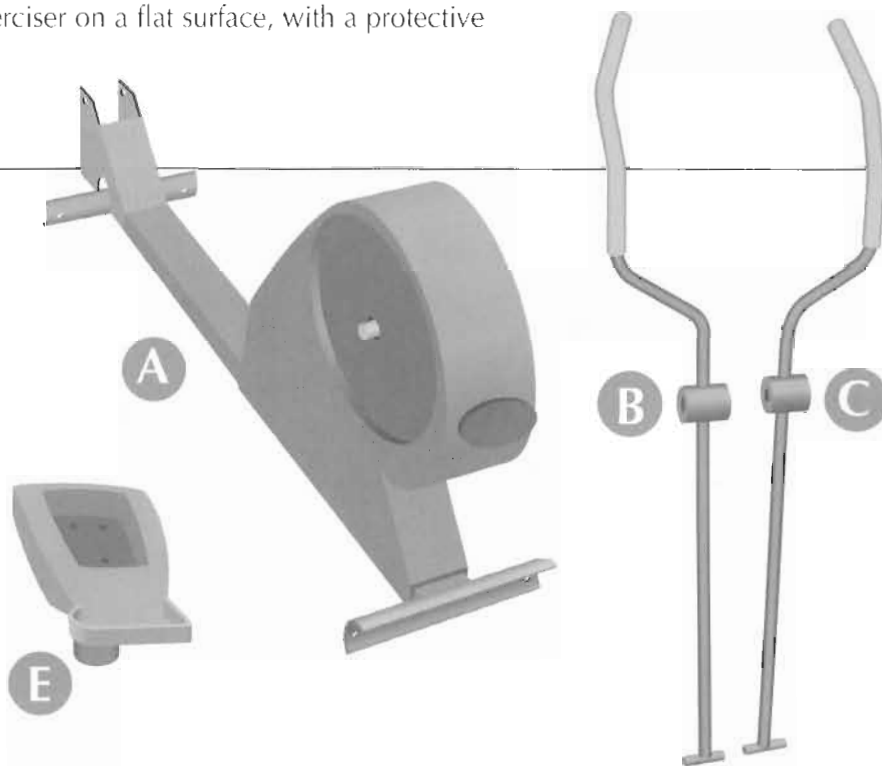


Parts

- 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.

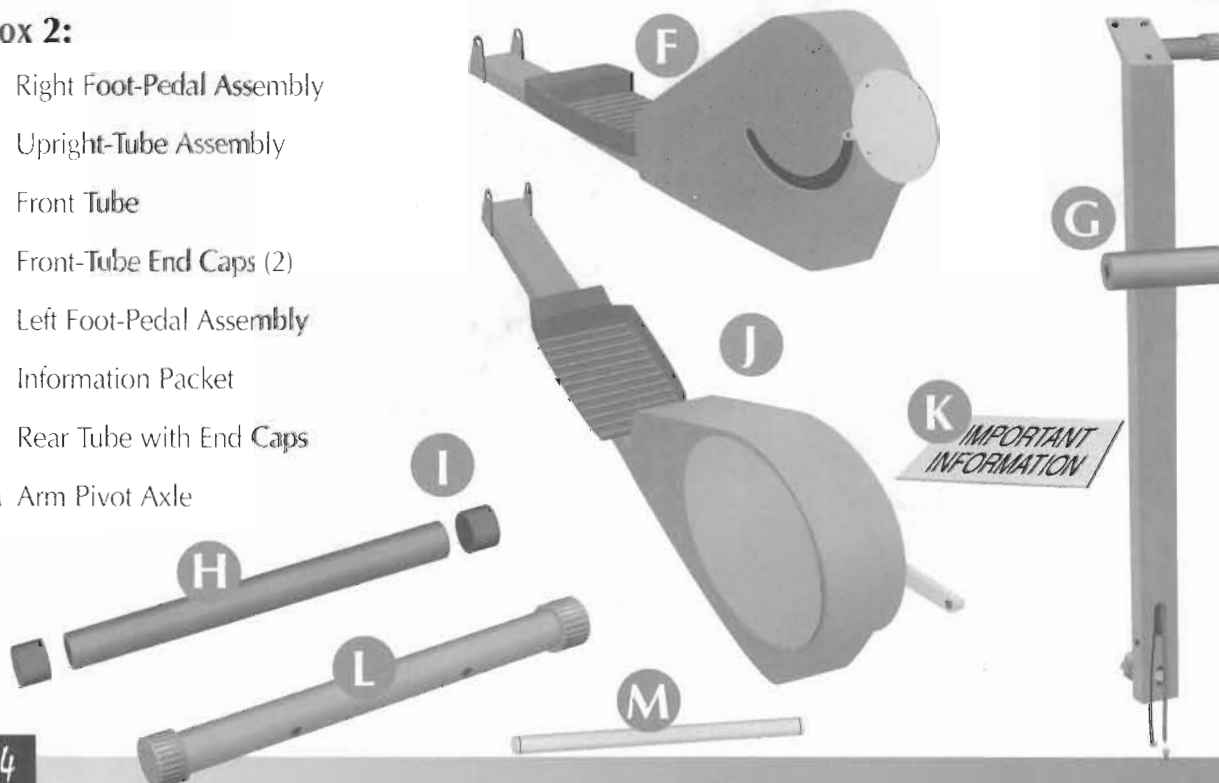
Box 1:

- A Base Assembly
- B Left Arm Assembly
- C Right Arm Assembly
- D Electronics Package
- E Electronics Console



Box 2:

- F Right Foot-Pedal Assembly
- G Upright-Tube Assembly
- H Front Tube
- I Front-Tube End Caps (2)
- J Left Foot-Pedal Assembly
- K Information Packet
- L Rear Tube with End Caps
- M Arm Pivot Axle





Box 2 Hardware:

N 1/4-20 x 2 1/2 Carriage Bolts (4)

O 1/4-20 x 1/2 Carriage Bolts (3)

P 3/8-16 x 3 1/2 Hex Bolt

Q 1/4-20 Hex Nuts (7)

R 1/4-20 x 5/8 Button Head Screw (4)

S Pedal Axles (2)

T 3/8-16 x 3/4-inch Button Head Screw (2)

U 3/8-16 Nut

V Socket Wrench

W 5/8 Retaining Clips (2)

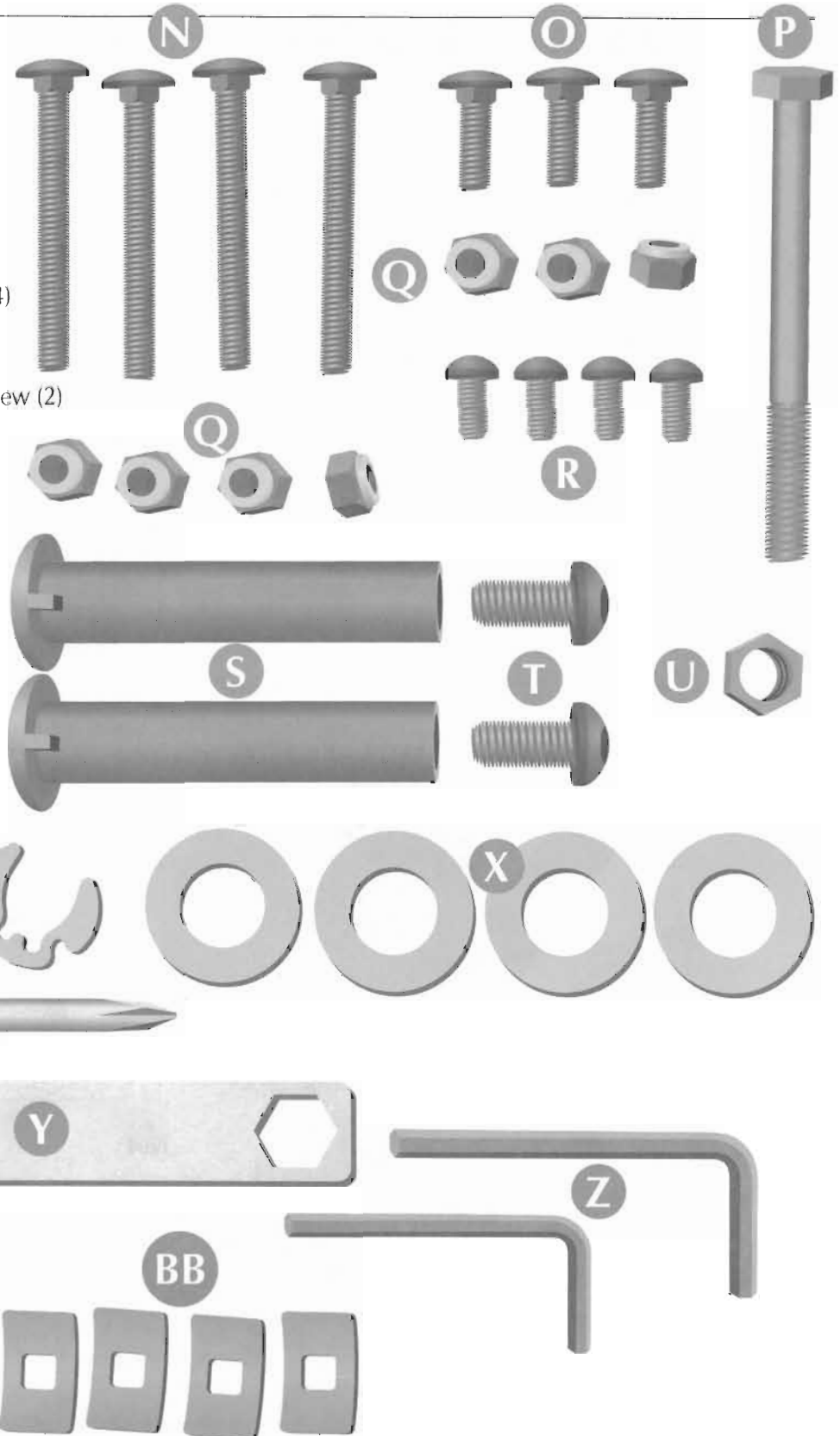
X Flat Washers (4)

Y Combination Wrench

Z Hex Head Wrenches (2)

AA Crank Caps (2)

BB Curved Washers (4)



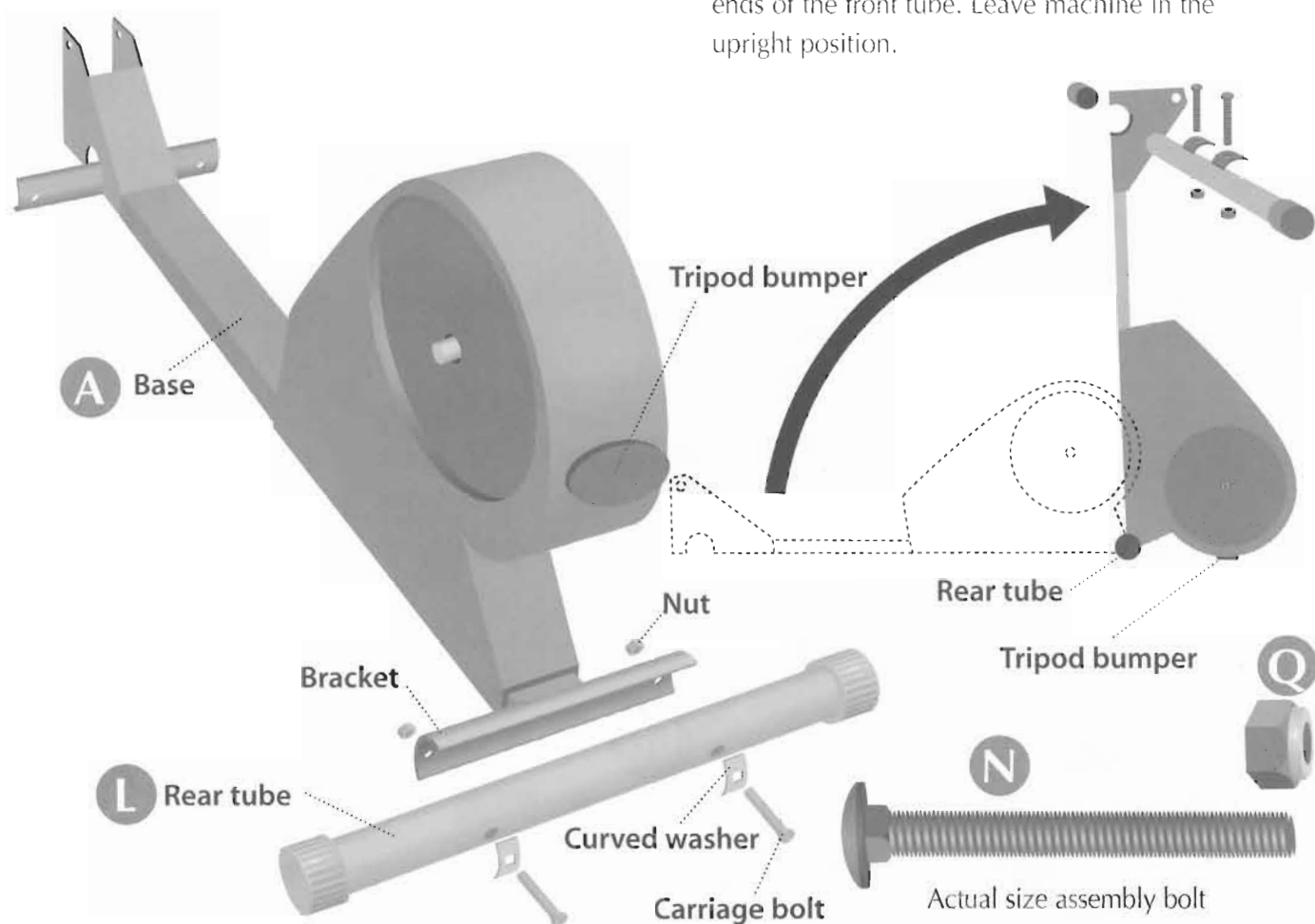
Assembly

Assemble the Rear Tube

- Insert two of the carriage bolts through two of the curved washers, then through the holes in the rear tube. The bolt heads should be seated in the square holes of the curved washers. Slide the bolts through the holes in the bracket in the base. Place a nut onto each bolt and finger tighten them.
- Securely tighten both nuts with the wrench provided.

Assemble the Front Tube

- Raise the machine to an upright position. (The machine should rest on the tripod bumper and the rear tube as shown below).
- While in the upright position, slide the front tube through the bracket on the front of the base.
- Insert two of the carriage bolts through two of the curved washers, then through the holes in the front tube and finally through the bracket in the base. The bolt heads should be seated in the square holes of the curved washers. Place a nut onto each bolt and finger tighten them.
- Securely tighten both nuts with the wrench provided. Push the two end caps onto the ends of the front tube. Leave machine in the upright position.



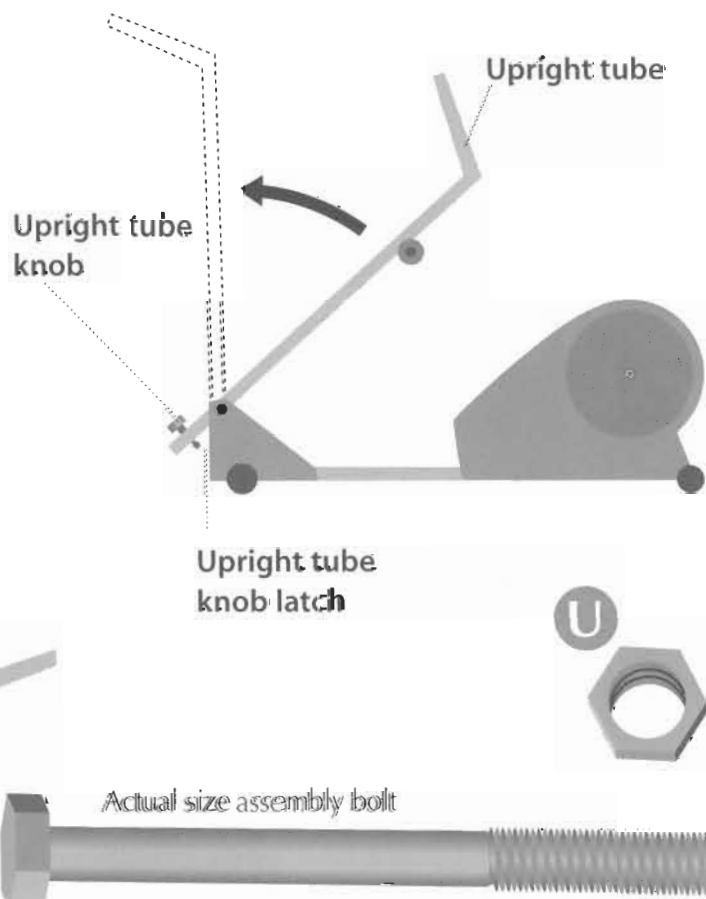
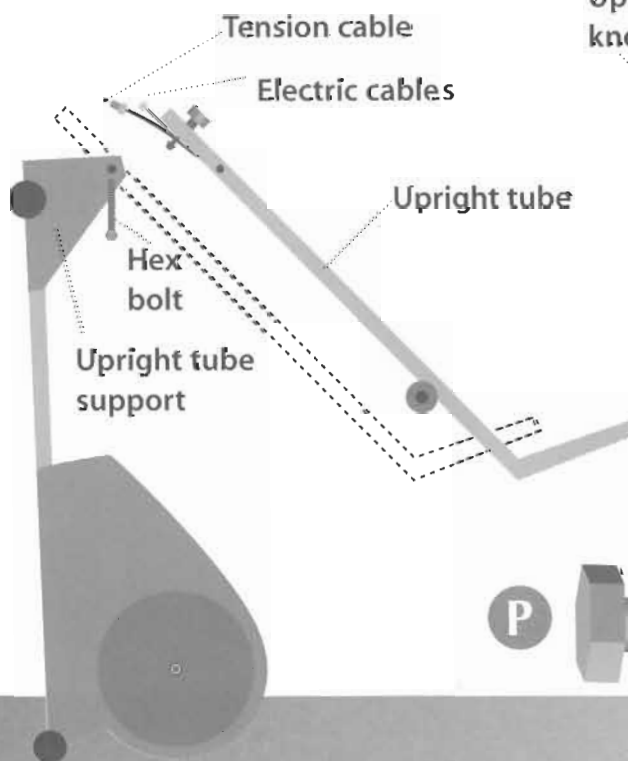
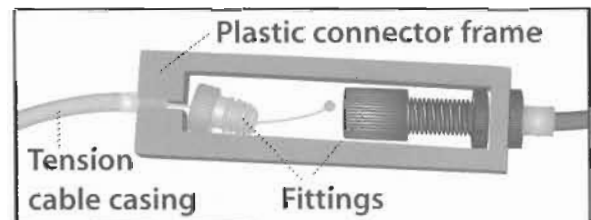
Install the Upright Tube

- Lift the upright tube into position to align the holes in the upright tube and the upright tube support. Insert the hex bolt all the way through the upright tube support and upright tube. Finger tighten the nut onto the bolt.
- Connect the electronic cables by snapping them together.
- Connect the tension cables by inserting the end of the cable casing into the hole in the plastic connector frame. Tighten the fittings together to connect the ends.
- Lower the machine to its normal resting position and tighten the hex bolt and nut with the wrenches provided.
- Raise the upright tube to a vertical position until the upright tube knob latch clicks into the notch in the upright tube support.
- Turn the upright tube knob clockwise to securely tighten the upright-tube knob in the notch.

IMPORTANT Make sure the upright-tube latch is secured in the notch in the upright-tube support and the knob is securely tightened.

CAUTION Keep your hands free of the upright-tube pivot point when raising or lowering the upright tube.

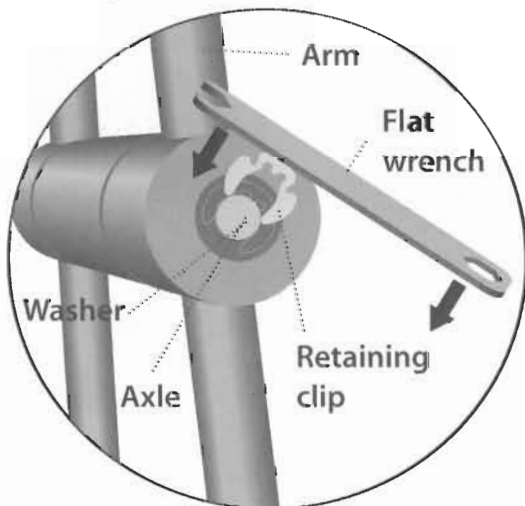
CAUTION Never turn the upright tube knob more than four counter-clockwise rotations.



Assemble the Arm Exerciser

⚠ WARNING Keep your hands free of the arm-exerciser pivot point.

- Snap one retaining clip onto the arm axle, then slide a washer onto the axle.
- Slide the right arm onto the axle **with the handle angled forward**.
- Slide the axle through the upright tube.
- Slide the left arm onto the axle **with the handle angled forward**.
- Slide a washer onto the axle. If there is extra clearance and space on the axle between the washer and groove for the retaining clip, install an optional washer next to the left-side washer.
- Snap a retaining clip into place using the side of the flat wrench.
- If there is still too much space on the axle, remove the right-side retaining clip and install another washer.
- Snap the retaining clip back into place using the side of the flat wrench.

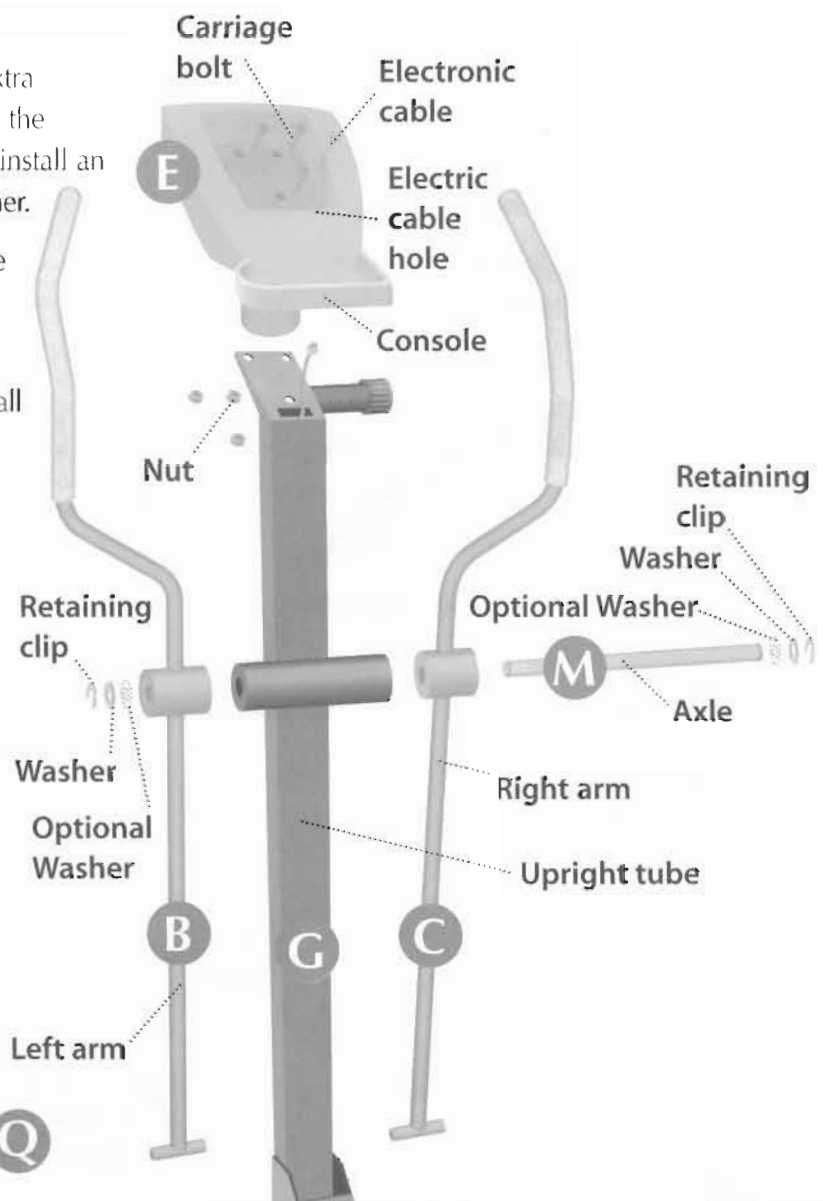


Actual size assembly bolt



Assemble the Console

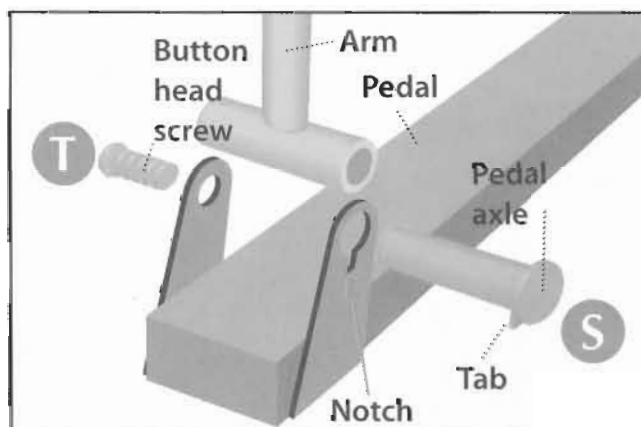
- Holding the console above the upright tube, slide the electronic cable (at the top of the upright tube) through the hole in the console.
- Lower the console onto the upright tube. Secure the console with the three carriage bolts and nuts.
- Attach the computer as described in the instructions accompanying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



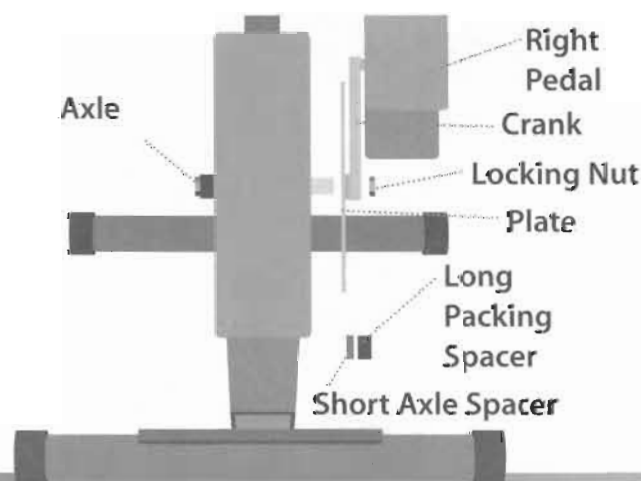
It is Critical That This Page Be Followed Very Carefully!

Assemble the Legs

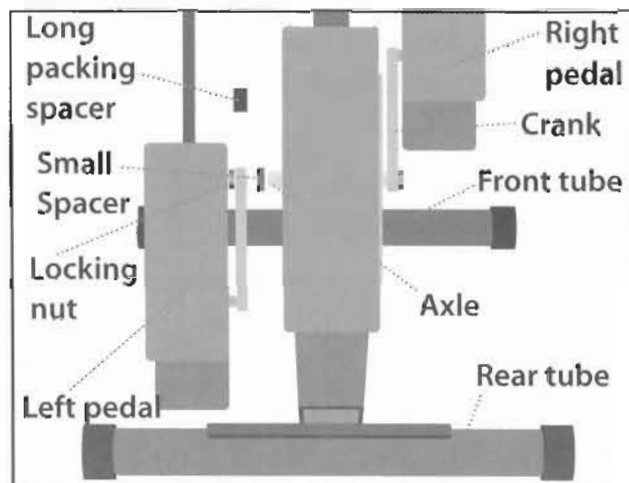
- Attach the front of the pedal leg to the bottom of the left arm by inserting the pedal axle with the tab and notch aligned. Secure with the button head screw.
- Attach the front of the right pedal to the front of the right arm as done with the left leg.



- Remove the locking nut, the long packing spacer, and the short axle spacer from the right side of the axle on the base assembly as shown below. Save the short axle spacer for a later assembly step.
- Turn the crank and plate of the right pedal so it points backwards and you have the best access to the locking nut (see illustration below right). Lift the right pedal on the axle, rotating the pedal slightly (if necessary) until the hole in the crank fits over the end of the axle. Replace the locking nut and finger tighten. Rotate the right pedal until it rests in the rear position.



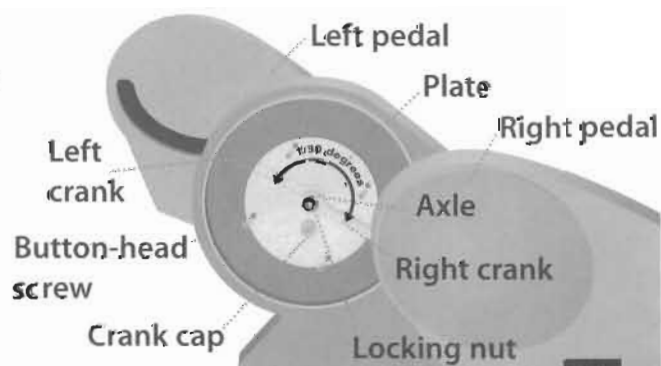
- Remove the left locking nut and the long packing spacer from the left side of the axle - discard this spacer. Now place the short axle spacer (which was saved from the right axle) onto the left side of the axle.



- Turn the crank of the left pedal so it points to the rear. Lift the left leg into place, turning the pedal until the square hole in the crank fits over the square end of the axle - the pedals must be 180 degrees from each other. Replace the locking nut and finger tighten. After you are sure the cranks are 180 degrees from each other, tighten both locking nuts very securely.

Rotate the right pedal until the holes in the plate align with the threaded holes in the base. Finger tighten all four button head screws into the plate and base. Once all four screws are in place, tighten them with the hex wrench provided.

IMPORTANT Retighten the axle nuts after three hours of use. After retightening, place the crank caps over the axle nuts and screw into place.



Adjustments

Adjust the Resistance

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.

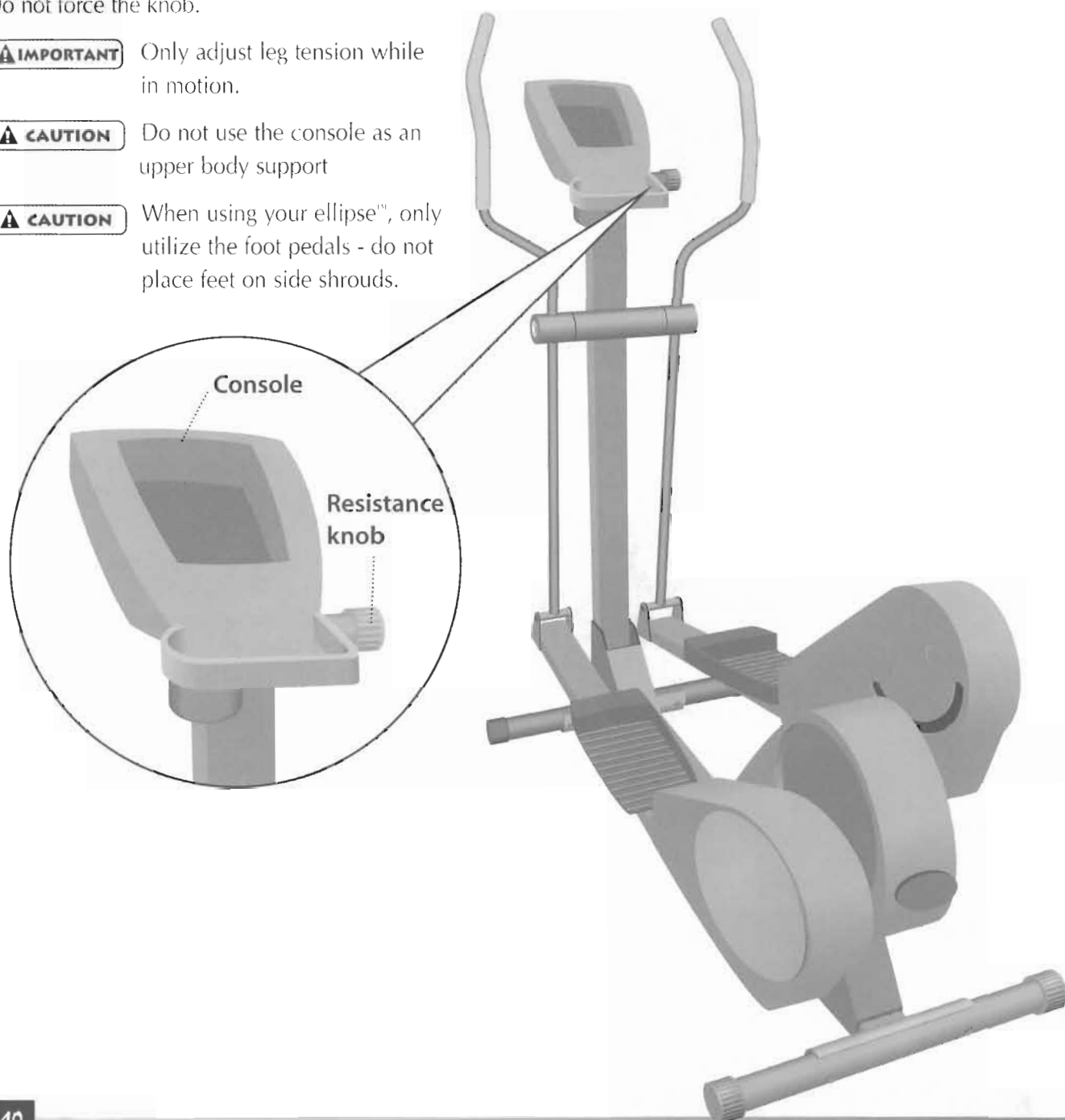
⚠ IMPORTANT Only adjust leg tension while in motion.

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

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

Congratulations!

You are now finished with the assembly of your Ellipse™. Please read through the rest of this manual, and the manual entitled *A Guide to Healthy Living* before beginning your workout.



Your Ellipse™ 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 to protect your floor.

Wipe the Ellipse Exerciser

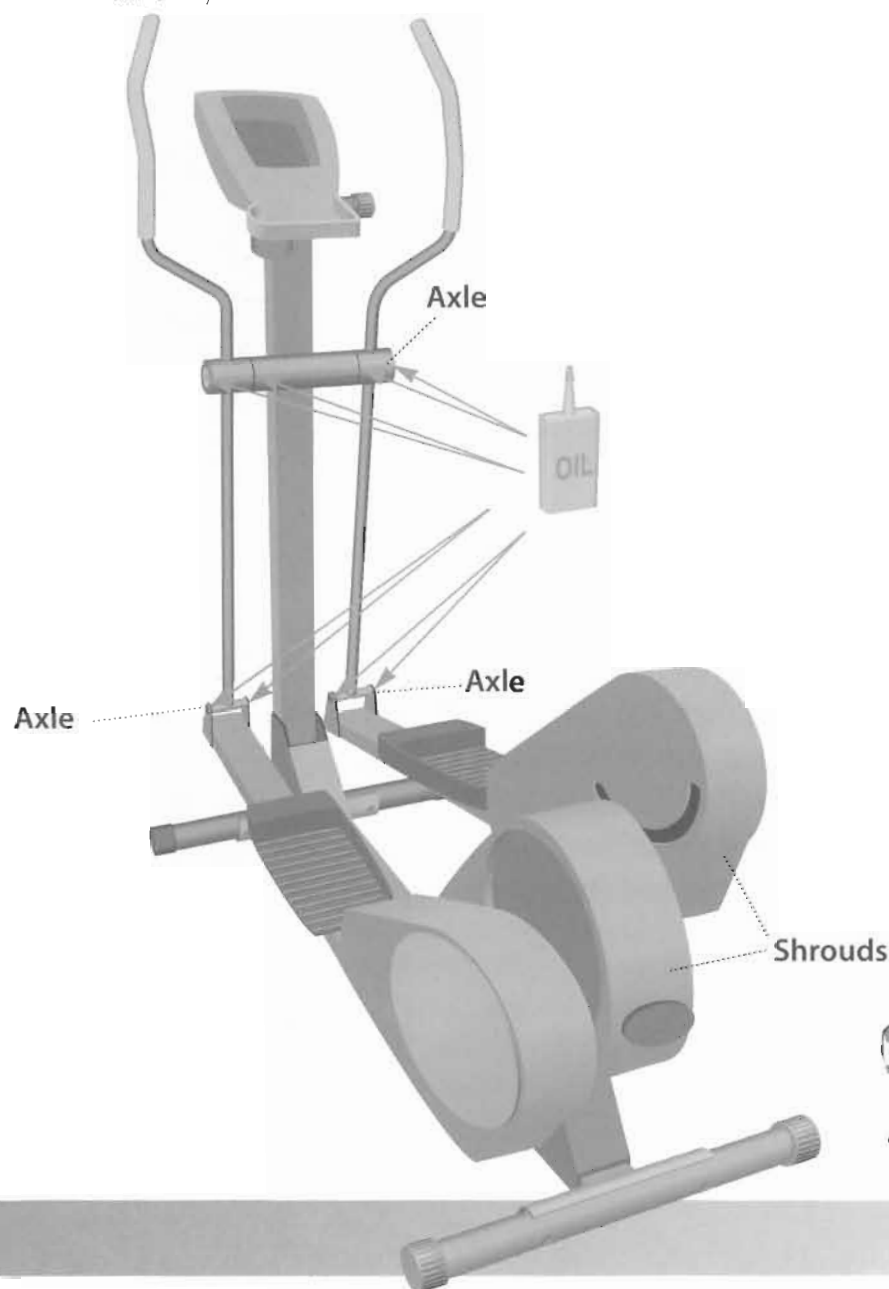
After Every Use

Wipe your Ellipse 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

As Needed

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. 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.



Fold for Storage

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

- 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 counterclockwise to loosen it. Do not 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 released 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. The rollers at the rear of the base allow you to pull your Ellipse 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 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 in a corner or against a wall.

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



CUSTOMER INFORMATION

Please call toll free to our Customer Service Department 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.

Talk to your very own, qualified personal trainer.

1(800) 215-7393

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U.S. patent pending.

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