

**▲ 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

- 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

### Call Us

(612) 368-5600

### Customer Service Hours

Monday – Friday  
8 a.m. – 7 p.m.

### Write Us

NordicTrack  
Customer Service  
105 Peavey Road P930  
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

[service@nordictrack.com](mailto:service@nordictrack.com)

# Introducing the NordicTrack SR8 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 SR8 FitCycle. Built with our legendary attention to quality and detail, your exerciser is built to last.

## Made to Last, Designed to Grow

Like all NordicTrack machines, the SR8 FitCycle is constructed from only the highest quality materials and is ergonomically engineered for comfort, safety and efficiency. With your safety in mind, the SR8 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 recumbent bike is an excellent choice.

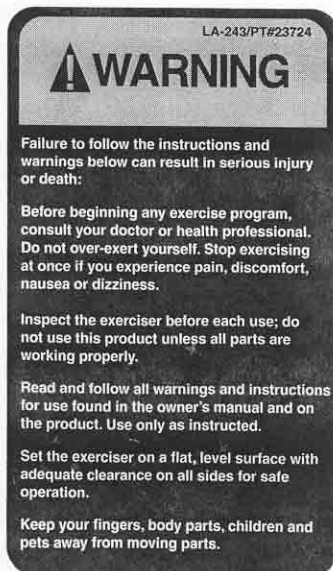
## Before You Start . . .

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 and/or personal injury. In the aerobic 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 (612) 368-5600.
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.
11. The decal shown below has been placed on your exerciser. If the decal is missing, or if it is not legible, please call our Customer Service Department at (612) 368-5600.



**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.



## 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.

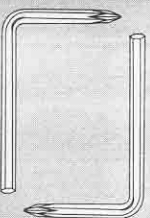
- A. Base
- B. Rollers (2)
- C. Handlebar (refer to Figure 1)
- D. Seat Base
- E. Seat Bottom
- F. Rear Foot Tube
- G. Upright Tube
- H. Seat Tube
- I. Hardware Pack (not shown)
- J. Pedals (2)
- K. Computer
- L. Rubber Stopper
- M. Shaft
- N. Computer Plate
- O. Seat Back (refer to Figure 1)
- P. Handles



## TOOLS

- aa. Hex Keys (2)
- bb. Flat Wrench

aa



# Assembly

### ▲ IMPORTANT

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

## Step 2

### Attach the Seat Back to the Seat Base

(Refer to Figure 1 for this step.)

- a. Align the holes in the seat back (O) with the holes in the seat base (D) bracket.
- b. Secure the seat back (O) to the seat base (D) using two bolts (a).
- c. Tighten the bolts firmly.

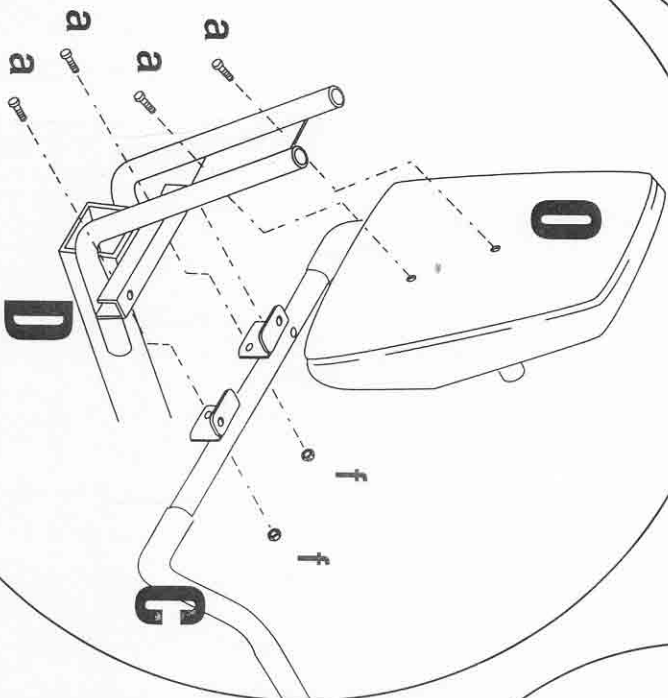


Figure 1

## Step

### Attach the Handlebars

(Refer to Figure 1 for

- a. Place the handlebars (C) on the seat base (D) as shown. The holes are aligned.
  - b. Insert two button heads into the bottom holes.
  - c. Place two nuts (I) onto the button heads.
- Note: Do not tighten the nuts at this time.

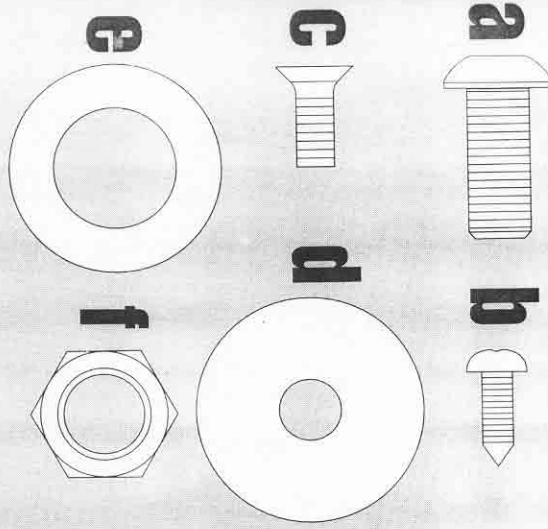
E

Step 3



# HARDWARE

- a. M8 x 20 LG Button Head Bolt
- b. M4 x 10 LG Round Head Screw
- c. M5 x 10 LG Flat Head Screw
- d. 30 x 8.2 Washer
- e. 28 x 16.2 Washer
- f. Lock Nuts
- g. 18 x 8.2 Beveled Washer
- h. M8 x 40MM Bolt



## Step 3

- Attach the Seat Bottom to the Seat Base**
- a. Place the seat bottom (E) onto the seat base (D) as shown.
  - b. Place four button head bolts (a) into the seat bottom (E) with the corresponding holes.

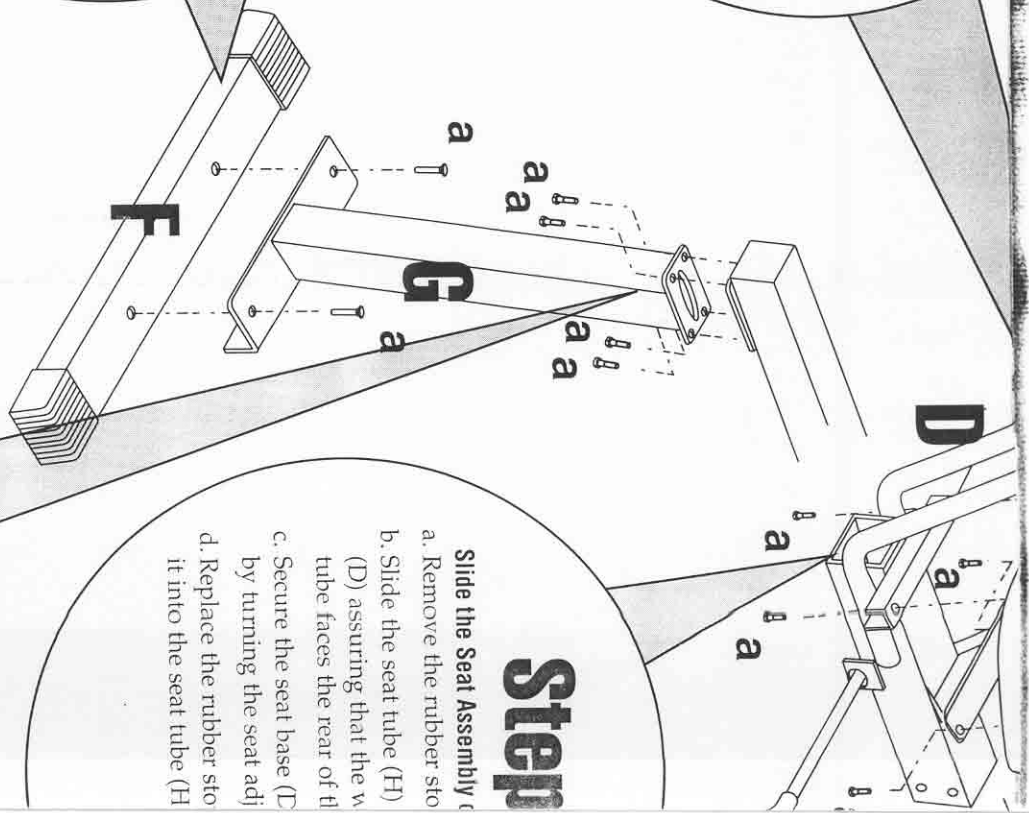
**Note:** Tighten the bolts very securely using the hex key (aa).

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

## 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 a hex key (aa).
- d. Tighten the bolts until secure.



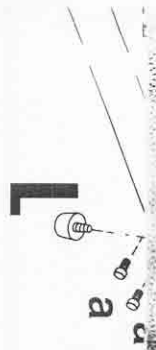
## Step 5

- Slide the Seat Assembly**
- a. Remove the rubber stop.
  - b. Slide the seat tube (H) (D) assuring that the w tube faces the rear of the tube faces the rear of the tube.
  - c. Secure the seat base (D) by turning the seat adjuster.
  - d. Replace the rubber stop into the seat tube (H).

## 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).
- b. Insert four button head bolts (a) through the holes.
- c. Tighten the bolts (A) until secure.



## 5

**the Seat Tube**  
 r (L).  
 ough the seat base  
 d plate on the seat  
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 sition  
 ent handle.  
 r (L) by screwing

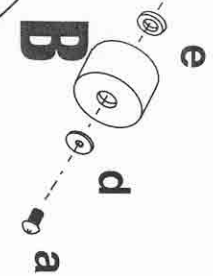
## A

## M

## Step 7

### Attach the Rollers to the Front Tube

- Insert the shaft (M) through the sleeves in the roller tube.
- Place washers (e) onto each side of the shaft (M).
- Place the rollers (B) onto each side of the shaft (M).
- Place a washer (d) onto each side of the shaft (M).
- Secure each side with a button head bolt (a) using both hex keys (aa) simultaneously.



## Step 8

### Attach the Seat tube to the Base

- Slide the seat tube (H) onto the bracket protruding from the base (A).
- Secure the seat tube (H) to the base (A) using four button head bolts (a).
- Tighten the bolts very securely using a hex key (aa).

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 (612) 368-5600.

### Clean Your Exerciser

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



## COMPUTER

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

# Step 11

## Attach the Computer to the Computer Mount

- Thread the electronic cable through the clearance hole in the computer plate (N).
- Attach the computer plate (N) to the mount using two small screws (c).
- Connect the electronic cable to the computer (K).
- Place the computer (K) onto the computer plate (N).
- Secure the computer (K) using four small Phillips head screws (b).
- Tighten the screws using a hex key (aa).

# Step 10

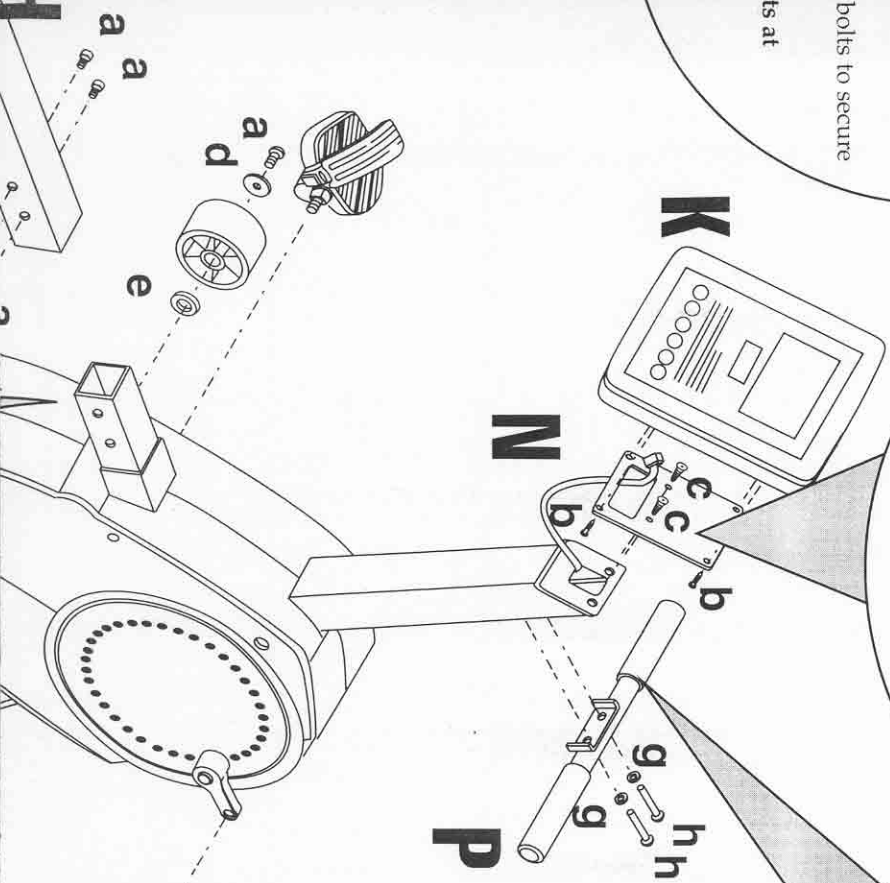
## Attach the Handles

- Align the holes in the handles (P) with the holes in the base upright tube.
- Insert two bolts (I) with washers (g) into the holes.
- Tighten the bolts firmly.

# Step 9

## Attach the Pedals to the Cranks

- Insert the threaded shaft of the right pedal (J) into the pedal crank.
- Turn the shaft of the pedal (J) using a flat wrench (bb).
- Tighten the shaft until secure.
- Repeat this procedure with the left side. (The threads on the left side are reversed.)



## ADJUSTMENTS

### Adjust the Seat

- Sit on the exerciser with your back against the seat back.
- Loosen the seat adjustment lever by lifting up on the handle.
- Adjust the seat so that you have an approximate 10% bend in your knee when your leg is fully extended in the forward position.
- 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

- Place the ball of each foot onto the foot pedals.
- Rotate the pedals until one is within reach.
- Pull the strap over your shoe.
- Secure the position by slipping the slot in the strap over the knob in the pedal.
- 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.



## CARE

While your exerciser is made with the highest quality materials, general wear



# 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 612-368-5600.

**▲ 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.

## Getting Started

### 1. Computer Connections

- Plug the 10-pin connector (protruding from the upright tube) into the receptor on the back of the computer.
- Secure the computer to the mounting plate (if necessary) using four screws. Be sure that the computer cable is not pinched. Refer to your assembly guide for more information on installing your computer.
- Plug the power pack into a wall outlet.
- Plug the power cable into the jack at the front of your exerciser.

### 2. Remove the Protective Film

Note: To prevent scratching during shipment, a protective film has been applied to the face of your computer. To remove the film:

- Locate a corner edge of the protective film.
- Carefully pull the corner edge until the protective film is completely removed.

## Buttons and Definitions

**START/STOP:** Use this button to start or stop tracking your workout. Holding [START/STOP] for two seconds will reset the current program, and pressing this button once while exercising will pause. Pressing [START/STOP] again while exercising will resume tracking.

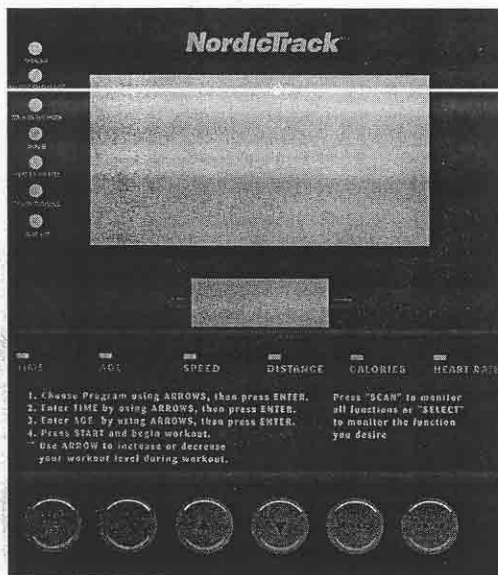
**SCAN:** Use this button while exercising to sequentially display each function (Time, Speed, Distance, Calorie and Heart Rate) for five seconds. Pressing the [SCAN] button again while exercising will stop scanning through each function and will display the current function. Pressing the [SCAN] button once more will return to sequentially displaying each function.

**▲ and ▼:** Use the ▲ and ▼ buttons to choose a profile or increase or decrease programmable settings (time and age). Holding the ▲ or ▼ buttons for 1.5 seconds will change the settings faster. During exercise you can use the ▲ or ▼ buttons to adjust the resistance setting.

**SELECT:** Use the [SELECT] button while exercising to select a function to be displayed (time, speed, distance, calories or heart rate). While in scan mode, pressing [SELECT] takes the computer out of this mode. Every time you press the [SELECT] button your computer will advance to the next function.

**ENTER:** Use this key to confirm selections. Example: After using the ▲ or ▼ buttons to choose a profile, press [ENTER] to confirm your selection and advance to the Time selection. After

using the ▲ or ▼ buttons to select the time setting, press [ENTER] to confirm and then advance to Age. Once age has been entered, press [ENTER] to confirm your selection. When you are ready to begin exercising, press the [START/STOP] button.



# Displays and Features

**TIME:** Shows your elapsed workout time in minutes and seconds. Upon selecting a hill profile program and pressing the [START/STOP] button, your computer will begin counting 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. The computer will stop tracking speed, distance and calories after eight seconds of inactivity and will continue once you resume exercising. The computer continues tracking time during a pause in exercising unless you press the [START/STOP] button. (Press [START/STOP] again to resume.) After 4 1/4 minutes of no activity, your computer will automatically shut off.

**METRIC DISPLAY:** To display speed and distance in kilometers and kilometers per hour, press and hold both ▲ and ▼ buttons simultaneously for four seconds until the "KPH/KM" indicator lights. This must be done before selecting "Manual" or a hill profile and beginning the exercise session. Repeat to toggle back to non-metric units.

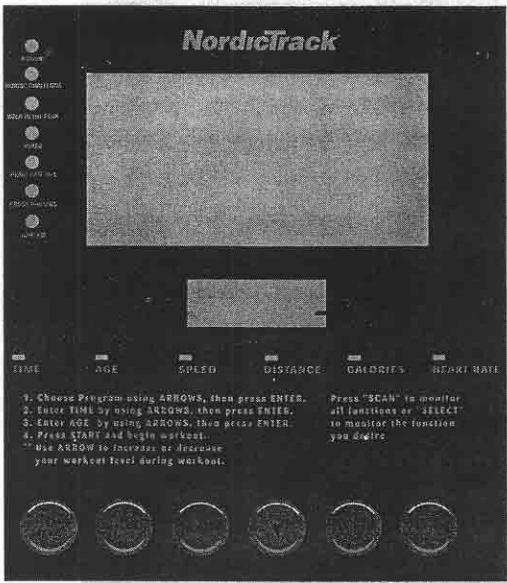
**SPEED:** Displays your workout speed in miles per hour or kilometers per hour.

**DISTANCE:** Displays the cumulative distance traveled during each workout up to a maximum of 99.99 miles or kilometers. The distance will be displayed in hundredths of a mile (km).

**CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout up to 9,999 calories. Upon reaching 9,999 calories, the computer will roll over and resume counting from zero. 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.

**HEART RATE:** If you use the optional chest strap/heart rate transmitter, your computer will monitor and display your heart rate while you exercise. If no heart rate is detected, a "0" will initially be displayed and will change to a calculated number after it receives several valid pulse signals.

**AGE:** Age will be displayed after Time has been selected. The range is 10 to 99 years and the default is 20. (Age will not be displayed while the scan function is in effect.) Call our Customer Service Department at 612-368-5600 for more information on purchasing the wireless heart rate transmitter upgrade.



## Profiles and Time Matrix

**TIME MATRIX:** The large matrix window is 8 segments high and 16 segments wide. Each horizontal row of LEDs represents two steps of tension adjustments. Because there are 16 tension steps and only 8 horizontal segments, an increase of 2 steps will be indicated by the next higher LED turning on. Each vertical column of LEDs indicate 1/16 time of your workout. The vertical columns will blink one at a time during your workout to indicate your progress. The overall display shows the hill profiles.

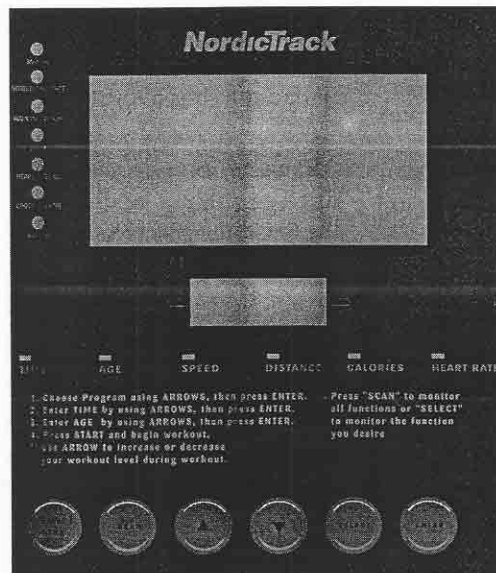
**COUNT UP:** If you do not select a count-down time, the default time is one minute per segment; thus your workout time will be sixteen minutes (16 segments x 1 minute per segment). After the last column has been completed, the computer will return to the first column in the profile and continue tracking your progress.

**COUNT DOWN:** If you program a count-down time setting, each vertical column of LEDs represent 1/16 of your workout time. For example, if you set the time for eight minutes, each vertical column equals 1/2 minute (8 minutes x 1/16 = 1/2 minute). If you set the time for 32 minutes, each vertical column equals 2 minutes (32 minutes x 1/16 = 2 minutes). When the computer reaches zero, it automatically stops counting and displaying.

**HILL PROFILES:** Each profile is segmented into 1/16 total time intervals where you can adjust the resistance manually.

When using one of the five hill profile programs, a small servo motor automatically adjusts the tension as you progress through your workout. If desired, you can use the ▲ or ▼ buttons to manually override the automatic tension adjustment.

Note: Setting the resistance manually only affects the 1/16 time period you are currently in. When you reach the next segment, the resistance will return to the pre-determined value.



## Prepare for Your Workout

Before you begin, be sure that the power pack is properly plugged into a wall outlet and the low-voltage cable is plugged into the exerciser.

If you are using the optional heart rate transmitter, put the belt on (see page 6 for more information on using the heart rate transmitter).

1. Press any key to initialize the computer.
2. Select "Metric Mode" if desired (see page 3).
3. Select "Manual" or one of the five hill profiles using the ▲ or ▼ buttons and press [ENTER] to advance to the time display.
4. Look at the blinking time display:
  - If you would like the computer to count down from a programmed time, enter a count-down time using the ▲ or ▼ buttons and press [ENTER] to confirm your selection.
  - If you would like time to count up, do not enter a time; simply press [ENTER] to advance to the age display, or press [START/STOP] to begin tracking your workout.
5. Look at the blinking age display:
  - Enter your age using the ▲ or ▼ buttons followed by [ENTER] to confirm your selection, or
  - Press [ENTER] only to accept the default value of 20 years old.
6. Press [START/STOP] to begin tracking your workout.
7. Use the ▲ or ▼ buttons anytime during your workout to adjust the resistance settings.

## Turn Off the Computer

After 4 1/4 minutes of inactivity, the computer will automatically stop and the display windows will reset to zero.

Note: If you press [START/STOP], the computer will enter "Pause" mode for 4 1/4 minutes. If you do not restart, the computer will automatically shut off after another 4 1/4 minutes.



## QUESTIONS?

### Call Us

612-368-5600

### Customer Service Hours

Monday – Friday

8 a.m. – 7 p.m.

Central time

### Write Us

NordicTrack

Customer Service P930

103 Peavey Road

Chaska, Minnesota 55318

### Fax Us

1-612-368-5335

### 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:

[service@nordictrack.com](mailto:service@nordictrack.com).

Please include your account number and order number, found at the top of your invoice.

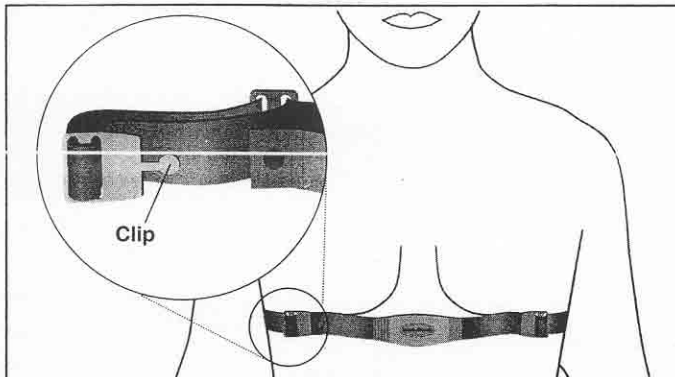
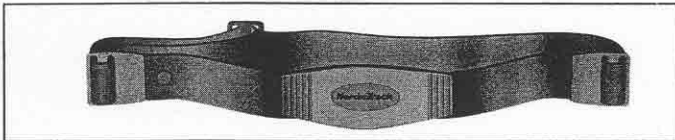
## Wireless Heart Rate Transmitter and Receiver (Chest Strap)

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.

### Guidelines for the Chest Strap

The heart rate display will register a number when the heart rate is actively transmitted. If a "0" appears, your heart rate is not being received. You may have to wait several 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.



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.

### 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.

### Care for the Chest Strap

- 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...   |
|--|---|
| <ul style="list-style-type: none"><li>• No power or no display shows on display window</li></ul> | <ul style="list-style-type: none"><li>• check that the 10-Pin cables are properly connected to the computer.</li><li>• check that the power pack is properly plugged into the wall outlet.</li><li>• check that the DC power cable from the power pack is properly plugged into your exerciser.</li></ul> |
| <ul style="list-style-type: none"><li>• Computer shows all zeros during exercise</li></ul>       | <ul style="list-style-type: none"><li>• check that the 10-Pin cables are properly connected to the computer.</li></ul>  |

## Heart Rate Transmitter Belt Troubleshooting Tips

| IF...   | THEN...   |
|---|---|
| <ul style="list-style-type: none"><li>• No heart rate displays on the computer, (A "0" appears)</li></ul> | <ul style="list-style-type: none"><li>• begin exercising. A number should register within two to three minutes.</li><li>• reposition the belt around your chest. Make sure the logo is in front and facing away from your skin.</li><li>• moisten the electrode panel.</li><li>• maintain a distance of three feet or less between the computer and the belt.</li></ul> |
| <ul style="list-style-type: none"><li>• The readout shows a fluctuating heart rate</li></ul>              | <ul style="list-style-type: none"><li>• reposition the belt around your chest.</li><li>• moisten the skin/belt contact.</li><li>• if using any kind of medication, consult your physician.</li><li>• manually compare your heart rate to the one registering on the computer.</li></ul>   |

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