



NORDICTRACK® AND NORDICSPORT™



BIKE OWNER'S MANUAL



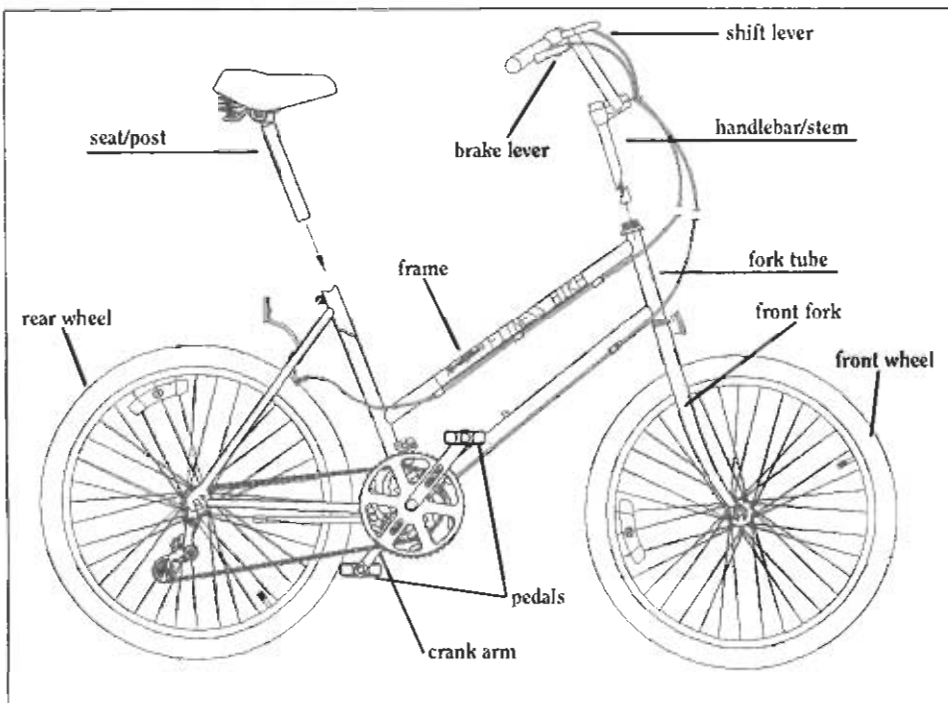


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Please thoroughly review this manual before assembling or riding your bike.

Record your bike's model name and serial number on the back cover of this manual and on the owner's registration card for insurance claim purposes.



FITNESS BIKE™ ASSEMBLY



Figure 1: Insert the handlebar stem into the fork tube at least one inch past the maximum height line marked on the stem.



Figure 2: Position the handlebars and tighten the center bolt with the Allen wrench.

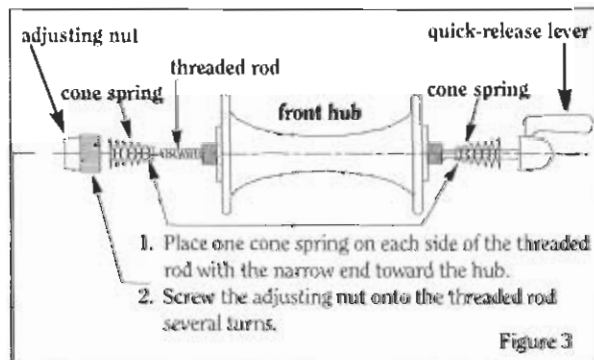


Figure 4: Once the quick-release mechanism is installed, install the front tire with the quick-release lever on the left side of the bike. Tighten the adjustment nut and flip the quick-release lever toward the rear of the bike. If the quick release lever is too loose or too tight, release the lever and readjust the nut by 1/2 turns accordingly. •An arrow on the side of the tire indicates the tread direction. The arrow will point downward when you look at it from the riding position.

PARTS LIST:

- 1 Bike frame (back tire, chain, radial gear and cables are attached)
- 1 Front wheel
- 1 Handlebar/stem
- 1 Seat/post
- 1 Pedal box (contains 2 pedals, 1 flat wrench, Allen wrench and a quick-release assembly)

UNPACKING THE BIKE COMPONENTS

1. Remove the bike components from the carton.
2. Remove the plastic protectors from the seat post, handlebar, stem, fork and kickstand. Locate the small pedal box containing the two pedals, a flat wrench and the front wheel quick-release mechanism.

ATTACHING THE HANDLEBARS

1. Remove the handlebars from the cardboard packing.
2. Install the handlebar stem directly into the fork tube. (Figure 1) Insert the stem into the fork tube at least one inch farther than the maximum line marked on the stem. (Figure 2) Be sure that the cables sweep downward toward the frame.
3. Use the 6mm Allen wrench to tighten the bolt in the center of the handlebar. **DO NOT ADJUST THE HANDLEBARS HIGHER THAN THE MAXIMUM HEIGHT INDICATOR MARKED ON THE STEM.** You may wish to adjust the handlebars for your comfort after the bicycle is completely assembled. See "Adjusting the Handlebars" (p. 7) for more information.
4. Rotate the brake lever to a position that is comfortable and easily accessible.

INSTALLING THE FRONT WHEEL

1. Determine the proper direction of the tire tread. An arrow on the side of tire indicates the tread direction.
2. Install the quick-release mechanism into the front wheel hub. (Figure 3)
3. Install the front tire of the bike so that the quick-release lever is on what would be the left side

(Cont'd)



- of the bike if you were riding it. (Figure 3)
- Use your fingers to tighten the adjustment nut on the right side of the wheel. (Figure 4) After tightening, the forks will rest on the threaded cable of the hub.
 - Flip the quick-release lever 180° toward the rear of the bike. **THIS WILL LOCK THE WHEEL IN PLACE!** You will feel a strong pull when flipping the lever. If the lever flips too easily, release it and then tighten the nut by 1/2 turns. If it is extremely difficult to flip the lever, release it and loosen the nut by 1/2 turns.

PLACING THE SEAT

- Loosen the seat quick-release lever found at the top of the seat tube.
- Slide the seat post into the seat tube.
- Tighten the seat quick-release lever in the same manner as the front-wheel quick-release lever. (Figure 5)

CAUTION: *There is a maximum height mark on the seat post. This mark indicates the maximum safe amount of seat post to have outside of the frame. NEVER ride a bicycle if the maximum height mark is visible. For instructions on customizing seat height and positioning, refer to page 7.*

ATTACHING THE PEDALS

Use the flat wrench packaged with the pedals to tighten the pedals onto the crank arms. Be sure that the pedal marked L is on the left side and the pedal marked R is on the right side. (Figure 6) Determine which side of the bike is right or left as though you were riding it. L or R is stamped on the end of the threaded stud.

TO AVOID CROSS-THREADING

- The left pedal has reverse threads and is installed by turning the stud in a counterclockwise direction.
- The right pedal tightens clockwise.
- Turn pedals onto the threaded crank arms with your fingers until tight, then use the wrench.
- Be certain to tighten both pedals firmly with the wrench. (Figure 6)

SETTING THE BRAKE AND SHIFT LEVERS

- Squeeze the BRAKE LEVER firmly 10 times to set the brake control cable. (Figure 7)



Figure 5: Loosen the seat quick-release lever and slide the seat into the seat tube. Tighten the quick-release lever.

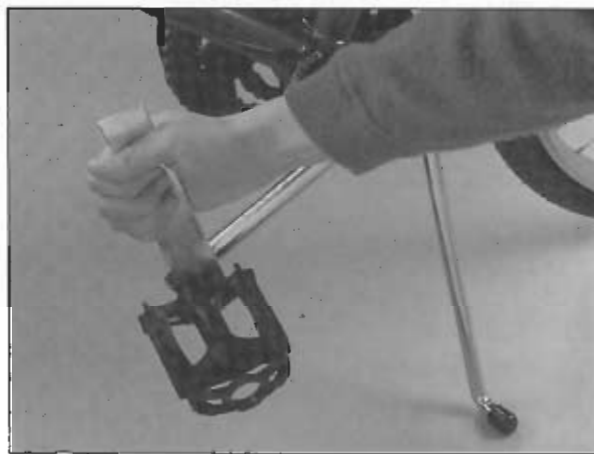
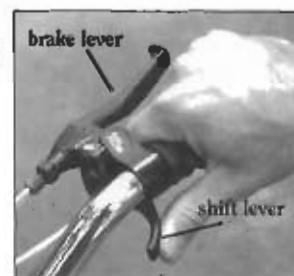


Figure 6: Attach the pedals to the crank arms with the flat wrench. The pedals are marked L or R on the end of the threaded stud for left and right side.

Figure 7: Squeeze the brake lever and the shift lever 10 times to set the control cables.



- Press the SHIFT LEVER firmly 10 times to set the shift control cable. (Figure 7)

Note: After assembling your bike, read pages 7-21, which apply to all bike models.

GOOD LIFE™ BIKE ASSEMBLY



Figure 1: Insert the handlebar stem into the fork tube at least one inch past the maximum height line marked on the stem.



Figure 2: Position the handlebars and tighten the center bolt with the flat wrench.

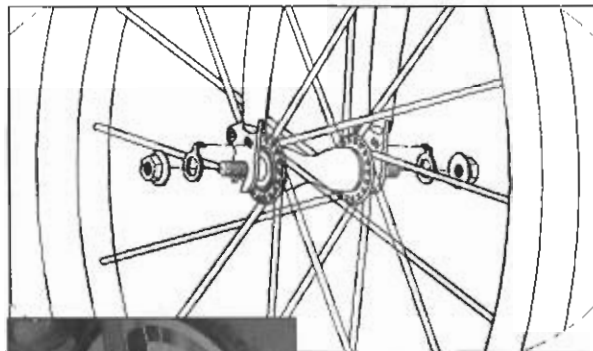


Figure 3: Slide the safety washers onto the axle bolt and insert the safety tabs into the slots above the axle. Place the nuts on either side of the wheel and tighten them with the flat wrench.

- An arrow on the side of the tire indicates the tread direction. The arrow will point downward when you look at it from the riding position.

PARTS LIST:

- 1 Bike frame (back tire, chain, sprocket and cables are attached)
- 1 Front tire with attached front-hub assembly
- 1 Handlebar/stem
- 1 Seat/post
- 1 Flat wrench
- 1 Pedal box (contains 2 pedals and 1 flat wrench)

UNPACKING THE BIKE COMPONENTS

1. Remove the bike components from the carton.
2. Remove the plastic protectors from the seat post, handlebar, stem, fork and kickstand. Locate the small box containing the two pedals and a flat wrench.

ATTACHING THE HANDLEBARS

1. Remove the handlebars from the cardboard packing.
2. Install the handlebar stem directly into the fork tube. (Figure 1) Insert the stem into the fork tube at least one inch farther than the maximum line marked on the stem. (Figure 2) Be sure the cable sweeps downward toward the frame.
3. Tighten the bolt in the center of the handlebars using the flat wrench provided. **DO NOT ADJUST THE HANDLEBARS HIGHER THAN THE MAXIMUM HEIGHT INDICATOR MARKED ON THE STEM.** You may wish to adjust the handlebars for your comfort after the bicycle is completely assembled. See "Adjusting the Handlebars" (p. 7) for more information.
4. Rotate the brake lever to a position that is comfortable and easily accessible.

INSTALLING THE FRONT WHEEL

1. Position the front forks on the front tire hub. The tire tread should face in the direction shown in Figure 3. An arrow on the side of the tire indicates the correct tread direction.
2. Slide the safety washers onto the threaded axle bolt and insert the locking tabs into the holes above the axle. (Figure 3)
3. Place the axle nuts onto the threaded axle bolt. Tighten the nuts with the flat wrench. (Figure 3) This will lock the safety washers into place.



PLACING THE SEAT

1. Loosen the seat quick-release lever found at the top of the seat tube.
2. Slide the seat post into the seat tube.
3. Use your fingers to tighten the seat quick-release lever nut. (Figure 4) Rotate the lever 180°.

CAUTION: *There is a maximum height mark on the seat post. This mark indicates the maximum safe amount of seat post to have outside of the frame. NEVER ride a bicycle if the maximum height mark is visible. For instructions on customizing seat height and positioning, refer to page 7.*

ATTACHING THE PEDALS

Use the flat wrench packaged with the pedals to tighten the pedals onto the crank arm. Be sure that the pedal marked L is on the left side and the pedal marked R is on the right side. (Figure 5) L or R is stamped on the end of the threaded stud.

TO AVOID CROSS-THREADING

- A) The left pedal has reverse threads and is installed by turning the stud in a counterclockwise direction.
- B) The right pedal tightens clockwise.
- C) Turn the pedals onto the threaded crank arms with your fingers until tight, then use the wrench.
- D) Be certain to tighten both pedals firmly with the wrench. (Figure 5)

SETTING THE BRAKE LEVER

Squeeze the BRAKE LEVER firmly 10 times to set the control cable.

Note: After assembling your bike, read pages 7-21, which apply to all bike models.



Figure 4: Loosen the seat quick-release lever and slide the seat into the seat tube. Tighten the quick-release lever when the seat is in the seat tube.



Figure 5: Attach the pedal to the crank arm with the flat wrench. The pedals are marked L or R on the end of the threaded stud for left and right side.



PRO-PERFORMER™ AND FITNESS PRO™ ASSEMBLY



Figure 1: Insert the handlebar stem into the fork tube at least one inch past the maximum height line marked on the stem.



Figure 2: Position the handlebars and tighten the center bolt with the Allen wrench.

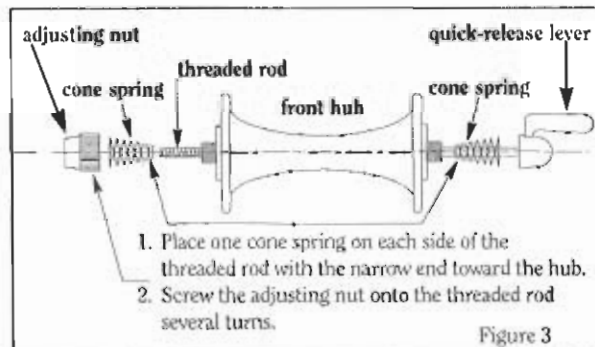


Figure 4: Once the quick-release mechanism is installed, install the front tire with the quick-release lever on the left side of the bike. Tighten the adjustment nut and flip the quick-release lever toward the rear of the bike. If the quick-release lever is too loose or too tight, release it and readjust the nut by 1/2 turns accordingly.

PARTS LIST:

- 1 Bike frame (back tire, chain, radial gear and cables are attached)
- 1 Front tire
- 1 Handlebar/stem
- 1 Seat/post
- 1 Pedal box (contains 2 pedals, 1 flat wrench, 1 Allen wrench and a quick-release assembly)

UNPACKING THE BIKE COMPONENTS

1. Remove the bike components from the carton.
2. Remove the plastic protectors from the seat post, handlebar, stem, fork and kickstand. Locate the small box containing the two pedals, a pedal wrench and the front wheel quick-release mechanism.

ATTACHING THE HANDLEBARS

1. Remove the handlebars from the cardboard packing.
2. Install the handlebar stem directly into the fork tube. (Figure 1) Insert the stem into the fork tube at least one inch farther than the maximum line marked on the stem. Be sure the cables sweep downward toward the frame. (Figure 2)
3. Tighten the bolt in the center of the handlebars using the 6mm Allen wrench. **DO NOT ADJUST THE HANDLEBARS HIGHER THAN THE MAXIMUM HEIGHT INDICATOR MARKED ON THE STEM.** You may wish to adjust the handlebars for your comfort after the bicycle is completely assembled. See "Adjusting the Handlebars" (p. 7) for details.
4. Rotate the brake lever to a comfortable and easily accessible position.

INSTALLING THE FRONT WHEEL

1. Install the quick-release mechanism into the front wheel hub. (Figure 3)
2. Install the front tire so that the quick-release lever is on what would be the left side of the bike if you were riding it.
3. Use your fingers to tighten the adjustment nut on the right side of the wheel. (Figure 4) After tightening, the front forks will rest on the threaded cable of the hub.

(Cont'd)



4. Flip the quick-release lever 180° toward the rear of bike. **THIS WILL LOCK THE WHEEL IN PLACE!** You will feel a strong pull when flipping the lever. If the lever flips too easily, release it and then tighten the nut by 1/2 turns. If it is extremely difficult to flip the lever, release it and loosen the nut by 1/2 turns.

PLACING THE SEAT

1. Loosen the seat quick-release lever found at the top of the seat tube.
2. Slide the seat post into the seat tube.
3. Tighten the seat quick-release lever in the same manner as the front-wheel quick-release lever. (Figure 5)

CAUTION: *There is a maximum height mark on the seat post. This mark indicates the maximum safe amount of seat post to have outside of the frame. NEVER ride a bicycle if the maximum height mark is visible. For instructions on customizing the seat height and positioning, refer to page 7.*

ATTACHING THE PEDALS

Use the flat wrench packaged with the pedals to tighten the pedals onto the crank arms. Be sure that the pedal marked L is on the left side and the pedal marked R is on the right side. L or R is stamped on the end of the threaded stud. (Figure 6)

TO AVOID CROSS-THREADING

- A) The left pedal has reverse threads and is installed by turning the stud in a counterclockwise direction.
- B) The right pedal tightens clockwise.
- C) Thread pedals onto crank arms with your fingers until tight, then use wrench.
- D) Be certain to tighten both pedals firmly with the wrench. (Figure 6)

ATTACHING THE KICKSTAND

1. Insert the bolt through the lock washer and top plate.
2. Place the bolt, washer and top plate on the lower frame behind the pedals.
3. Secure the bolt into the kickstand with a 9/16" wrench. The provided flat wrench may be used if a 9/16" wrench is not available. (Figure 7)



Figure 5: Loosen the seat quick-release lever and slide the seat into the seat tube. Tighten the quick-release lever when the seat is in the seat tube.



Figure 6: Attach the pedal to the crank arm with the flat wrench. The pedals are marked L or R on the end of the threaded stud for left and right side.



Figure 7: Insert the bolt through the lock washer and top plate. Place the bolt assembly in position as shown above. Tighten the bolt with a 9/16" wrench or provided flat wrench.

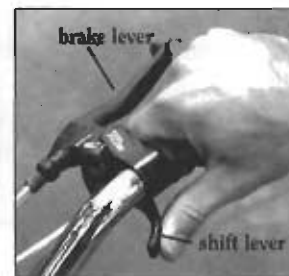


Figure 8: Squeeze the brake lever and the shift lever 10 times to set the control cables.

SETTING THE BRAKE AND SHIFT LEVERS

1. Squeeze the BRAKE LEVER firmly 10 times to set the brake control cable. (Figure 8)
2. Press the SHIFT LEVER firmly 10 times to set the shift control cable. (Figure 8)

Note: After assembling your bike, read pages 7-21, which apply to all hike models.

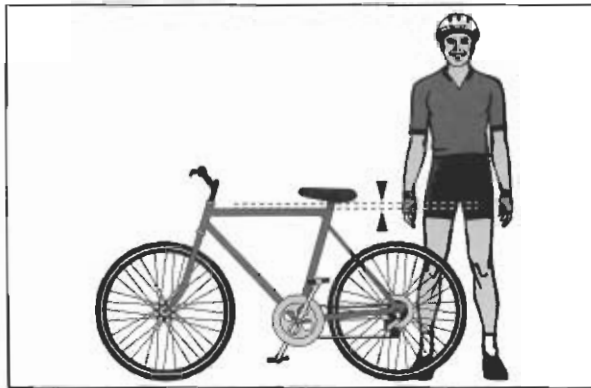


CUSTOMIZING YOUR BICYCLE



THE PROPER FIT

A proper fit is essential for both your safety and bike performance. Although NordicTrack bikes are designed to be one-size-fits-all, there is a minimum leg length required for safe operation.



The minimum leg length can be determined as follows: The intended rider must be able to straddle the top tube of the bicycle with both feet flat on the ground and still have at least 1" of clearance. (Do not be concerned if you have clearance of significantly more than the one-inch minimum.)

Note: Easy On™ bikes do not have the top tube. Determine the minimum leg length as though there were a top tube in place.

ADJUSTING THE SEAT HEIGHT

Your bicycle seat should be in a position that allows you to make the most efficient use of your muscles. To judge the correct height, the rider should sit upright on the seat. Place one pedal in its lowest position. Position the heel of the rider's foot over the center of the pedal. The rider's knee should be slightly bent. Next, place one pedal in its highest position and the rider's heel over the center of the pedal. The rider's thigh should be at a slight angle to the ground. If the thigh is parallel to the ground, the seat should be adjusted higher. Readjust your seat if this position is uncomfortable.

1. Loosen the seat quick-release lever found at the top of the seat tube.
2. Slide the seat post in or out of the frame until the proper height is reached.

CAUTION: *There is a maximum height mark on the seat post. This mark indicates the maximum amount of seat post to have outside of the frame. NEVER ride a bicycle if the maximum height mark is visible.*

3. Flip the quick-release lever 180° toward the rear of the bike to lock seat into place. (You should feel a strong pull when flipping the lever.)
4. If the quick-release lever flips too easily, release it and then tighten the nut by 1/2 turns. If it is extremely difficult to flip the lever, release it and loosen the nut by 1/2 turns.

Always test your bicycle seat for stability after adjusting it. Attempt to tilt it up, down and sideways. If it moves, tighten the quick-release lever until it will not move.

ADJUSTING THE SEAT ANGLE

You may also wish to reposition your bicycle seat for your riding comfort. Line up the seat with the top tube of your bicycle. Most riders will ride with the seat angle parallel to the ground. However, some riders prefer to ride with the seat tilted up or down slightly. Follow the instructions below to adjust the angle of your seat.

1. Loosen the adjustment nut located under the seat at the top of the seat post.
2. Place the seat in desired position.
3. Tighten the nut to secure.

CAUTION: *Always test your bicycle seat for stability after positioning it.*

ADJUSTING THE HANDLEBARS

On all bicycle models, the handlebars may be adjusted both up and down or forward and backward with the wrenches provided.

During your first several rides, take the proper wrench for your bicycle model along with you. Try several handlebar positions until you find one that's most comfortable for you.

CAUTION: *Do not adjust the handlebars higher than the maximum height indicator marked on the stem. It is very important that all handlebar adjustment bolts are secured tightly.*





OPERATING THE RIM BAND BRAKE

THE RIM BAND BRAKE

1. Practice with **CAUTION** when getting used to the rim band brake — it is much more powerful than other bike brakes. The rim band brake requires only a light touch. Squeezing the brake lever too hard will cause the wheel to lock and the bike will skid. Locking up the rear wheel can cause a loss of control and excessive tire wear.
2. If the brake lever stroke becomes too long, it is probably due to cable stretch. You can adjust slack in the cable one of two ways as described in Figures 1 and 2.
3. If the brake seems to drag excessively, stop your bike and squeeze the lever 10 times very firmly. This should free up the brake and set the cable. If this does not help, turn the adjustment barrel (Figure 2) to the right 1/4 turn. If the brake still drags, repeat by turning the barrel an additional 1/4 turn. You should never adjust more than one full turn.

Note: It is very important not to introduce so much slack that the brake band can easily be removed from the rim groove. The brake is properly adjusted when the brake band cannot be removed with your fingers and the wheel can still be easily rotated 1-2 full turns when spun by hand. A small amount of noise is normal and does not indicate improper adjustment or operation.

4. To prevent damage, keep the brake band and rim free of dirt and abrasive material. If dirt permeates the brake, flush it liberally with clean water.
5. If damage is caused by an unusual situation, it may be necessary to replace the brake band. Contact NordicTrack's Customer Satisfaction Department for parts and instructions toll-free at 1-800-942-1915.
6. If there is a kink or bump in the band, a small stone or other debris may be caught and need to be removed. To remove the brake band, loosen the left and right hub nuts and drop the wheel without removing it from the bicycle. Next, loosen the rim band using the adjusting barrels. Grab the rim band with your fingers where it enters the groove in the top of the wheel. Pull it

sideways out of the groove. (See Figure 3.) Be careful not to bend the band sharply.

Your brake is your bike's most important safety feature. Be sure to inspect it before and after each ride to assure proper operation.



Figure 1: If the brake lever stroke becomes too long, the cable probably has stretched. To adjust the cable, turn the adjustment barrel found by the brake.



Figure 2: Another adjustment barrel is found on the frame by the rear wheel.



Figure 3: To inspect the brake band, loosen the band using the adjusting barrels shown above. Grasp the rim band with your fingers and pull it sideways out of the groove.



OPERATING THE RADIAL GEAR



After reading the following instructions for shifting, practice while riding in a large, traffic-free area. The radial gear is very easy to shift once you learn how. It requires a little practice to become proficient. Depending on the model, your bike has either 9 or 14 distinct speeds that can be set. A half rotation of the pedals covers the entire gear gauge.

UPSHIFTING (Figure 1, A and C)

Upshifting increases the diameter of the radial gear, providing a higher-gear ratio for high-speed and downhill riding.

1. Stop pedaling momentarily. Coast with the forward pedal inclined upwards (approximately in line with the down tube of the frame).
2. Press and hold the thumb lever down firmly. At the same time, slowly move the pedals forward up to a half turn. You will feel the radial gear stepping through the gear positions.
3. Release the thumb lever and pedal normally.

Note: Attempting to upshift with the pedals positioned outside of the shift zone will result in a loud clicking sound.

DOWNSHIFTING (Figure 1, B and C)

Downshifting reduces the diameter of the radial gear. This makes pedaling easier for starting out, climbing hills or riding into the wind.

1. Stop pedaling momentarily.
2. Press the shift lever firmly and pedal backwards up to a half turn.

You can downshift with the pedals in any position. You may also downshift while standing still for safe, easy starts.

Note: Once you have downshifted to the lowest gear, a resistance will be felt in the pedals. If you attempt to shift farther, you will hear a loud clicking sound. This indicates that you are in the lowest gear.

WHAT IS THAT LOUD CLICKING SOUND?

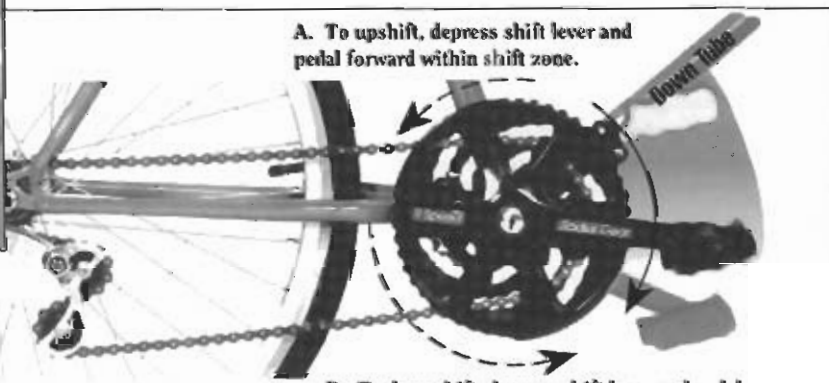
A loud clicking sound will be heard if the following occurs:

- A) The radial gear may be in the highest or lowest setting.
- B) The pedals may not be in the shift zone.
- C) The shift lever may not be depressed firmly enough.

The clicking sound is the result of the cam brake pin skipping teeth on the radial gear. (The radial gear is designed to withstand this action.) With minimal practice you will become sensitive to the resistance in the pedals and you will rarely produce the loud clicking sound.



C. Depress shift lever firmly.



A. To upshift, depress shift lever and pedal forward within shift zone.

B. To downshift, depress shift lever and pedal backwards in any position.

Figure 1





SAFE RIDING TIPS

The secret to safe and enjoyable cycling is learning how to become a part of the natural traffic flow. Start by gaining basic bicycle-handling skills: shifting gears, turning, stopping smoothly and scanning the area around and behind you.

ALWAYS WEAR A HELMET

Always wear an ANSI- or Snell-approved helmet. An ANSI Z90.4 sticker means that the helmet meets minimum industry standards for impact protection. The green or blue Snell approval stickers ensure that the helmet has been tested by Snell and meets its tougher impact protection standard. A helmet approved by both is even better!

Once you find a helmet that meets one or both of these approvals, fit should be your next concern. A helmet should fit snugly so it remains in place — without moving from side-to-side or back-and-forth — yet, not squeezing your head.

DRESS APPROPRIATELY

Select clothes that help to make you more visible to other traffic while biking. Wear bright or fluorescent colors during the day. At night choose retro-reflective clothing and accessories. Be aware of clothing or accessories that may hang down and jam in your bike chain or a wheel, or otherwise obstruct the operation of your bike.

NIGHTTIME OPERATION

Nighttime riding should be avoided if possible. If you do ride at night, take the appropriate precautions:

- Make sure your bike has properly positioned reflectors and an adequate headlight and taillight.
- Wear light-colored or reflective clothing.
- Ride slowly, preferably in low-traffic areas with which you are familiar.

WET WEATHER OPERATION

Reduce your speed in wet or damp conditions. Roads may be slippery, reducing your control and making it more difficult to stop. Wear bright colors.

TRAFFIC TIPS

- Know and obey all traffic markings, regulations, signs and signals.
- Ride with the traffic flow — never against it!
- When riding with other cyclists, always ride single file. Learn to point out hazards, such as glass or grates, to the riders behind you.
- Be predictable — always make your intentions known by signalling 100 feet before turning or stopping unless your hand is needed to control the bicycle.
- Always be courteous. Advise other cyclists and pedestrians of your presence and let them know if you intend to pass them.
- The preferred signalling for bicycles is pictured below. Be sure to check your local bicycle regulations for legal requirements.



Left turn

Right turn

Stop

- Walk your bike across busy intersections at crosswalks. Always look both ways.
- Watch for other traffic.
- Learn to look over your shoulder while remaining balanced and in control of your bike. (A rearview mirror is helpful, but it should never replace actually turning and looking.)
- Cycle defensively. Be alert and ready to react.
- Keep hands on handlebars and be ready to brake.
- Don't carry items that may interfere with the control of your bicycle.
- Try to ride on bike paths, side streets and roads with less traffic. Remember, sidewalks are intended for pedestrian use.
- Plan your route and let someone know where you are going and when you plan to return.

SAFETY CHECKLIST



OFF-ROAD ETIQUETTE AND SAFETY TIPS

- Yield the right-of-way to other nonmotorized recreationalists.
- Use caution when approaching or passing another. Let your presence be known well in advance.
- Control your speed. Approach each corner in anticipation of **meeting** someone around the bend.
- Stay on designated **trails**. This will help to reduce damage to native vegetation and will minimize erosion.
- Leave nature as you found it. Try not to disturb wildlife or livestock. Do your part to **keep** the trail clean.
- Respect public and private property, including no trespassing signs.
- Be prepared and know your limits. Set realistic objectives for speed and distance. Plan your trip in accordance with present and potential weather conditions.
- Avoid traveling alone in remote areas. Always leave word of your destination and when you plan to return.

Get in the habit of taking a few minutes before and after each ride to review your safety checklist. This will keep your bike operating in peak condition and help to give you many safe and enjoyable years of operation. Make sure all parts are secure. Immediately replace damaged, missing or worn parts.

HANDLEBARS

Be sure your handlebars are properly adjusted and tightened securely. (Page 7)

RIM BAND BRAKE

Be sure that the rim band brake is securely seated in the groove. (Page 8)

WHEELS

Be sure your wheels are centered in the frame. Always check the quick-release mechanism and wheel mounts every time you ride. (Page 13)

TIRES

Tires should be inflated according to the marking on the tire sidewall. Check the tire sidewalls for cracks, cuts and other signs of wear. **Immediately** replace tires when the tread is worn smooth or **bald spots** appear. (Page 13)

SPOKES

Replace missing **spokes** at your local bicycle dealer. Retrue your wheels if **they are** knocked out of round or become wobbly.

CHAIN

Keep your bicycle chain properly adjusted and lubricated. (Page 13)

RADIAL GEAR

Inspect the radial gear for slack that will show up as **excess** space between the cam brake and the cam plate. Adjustments may be made at the **adjusting** barrel on the down tube. Clean and lubricate as **necessary**. (Page 12)

REFLECTORS

Be sure your bike reflectors are cleaned and properly positioned.

SEAT

Inspect the quick-release mechanism. Keep the bike **seat** tight and properly positioned. (Page 7)

PEDALS

Ensure that the pedals are securely attached to the crank arms and will turn freely. (Refer to the assembly section for your bike model.)

FRAME

In the event of a **cracked** or bent frame, immediately replace it. Have the bicycle **inspected** at signs of cracked or distorted paint.

If you have any questions or concerns regarding the operation and maintenance of your bicycle, please contact our Customer Satisfaction Department.

1-800-942-1915

MONDAY THROUGH FRIDAY

8 AM TO 8 PM

CENTRAL STANDARD TIME





GENERAL BIKE CARE

STORAGE

There are two acceptable means of storing your NordicTrack Bike. Improper storage or misuse could result in voiding all warranties.

1. Always use the **kickstand**. Never rest the bike on its side. Improper **storage** may result in damage to the ends of the grips, pedals, cranks and frame.
2. Suspend your bike from ceiling or wall hooks. Use a sturdy, nonabrasive, padded bracket or **hook intended** to sustain at least the weight of the bike. **Mount the** hooks to line up with the front and rear wheels of the bike. Be sure there is enough clearance for the entire bike.

THE RADIAL GEAR

1. The radial gear normally requires no adjustments. However, if the **shift lever** requires an excessively long thumbstroke to trigger shifting, the adjusting barrel located on the down tube (see Figure 2) can be turned counterclockwise to narrow the gap between the cam brake pin and the cam plate teeth. The gap should be no less than $1/16$ " as shown in Figure 1.
2. If the radial gear gets excessively dirty or muddy, it may become difficult to shift. **First, clean** the plates by pouring water on them or using a controlled water spray. **Next, ride and shift** through the gears several times. Follow by **rinsing again** with water. Wipe dry with a clean towel.

Note: Silicone spray is an excellent lubricant which can be applied after cleaning and drying the radial gear. **DO NOT USE OIL.** Oil causes dirt to cling to the bike's components.

In rare circumstances, a small twig or stone may become lodged in the radial gear mechanism. This may cause it to freeze in one gear position. To remedy this, try coasting with the pedals in the shift zone and the shift lever firmly depressed. Jiggle the pedals up and down just slightly until you feel the radial gear loosen. It may be helpful to pour water into the mechanism. Once shifting is restored, shift up and down through the gears several times to completely clear the obstruction.



Figure 1: The gap between the cam brake pin and the cam plate teeth should be no less than $1/16$ " as shown above.



Figure 2: The adjusting barrel is located on the down tube as shown to the left. It may be turned counterclockwise to narrow the gap between the cam brake pin and the cam plate teeth.

CHAIN MAINTENANCE FOR THE FITNESS BIKE, THE PRO PERFORMER AND THE FITNESS PRO

Lubricate the chain with oil several times each year (more often if the bike is frequently ridden in wet or very dirty conditions). Use silicone spray to lubricate the radial gear. Do not lubricate the radial gear with oil. Oil will collect dirt and inhibit performance.

CHAIN MAINTENANCE FOR THE GOOD LIFE™ BIKE

Lubricate the chain with oil several times each year (more often if the bike is frequently ridden in wet or very dirty conditions).

The wheel retainers on the Good Life bike have three holes so that correct chain tension can be maintained as the chain stretches with use. When you receive the bike, the screw in the wheel retainer will be positioned in the rear hole. Over time, the chain may stretch and you will need to move the screw to the front hole in the wheel retainer. If you need to adjust the chain tension again, move the screw to the center hole.

TIRE MAINTENANCE AND REPAIR

Tire pressure should be maintained at approximately 40 to 50 psi (pounds per square inch). This promotes smooth, efficient rolling and helps protect the rims from damage. (NordicTrack sells a hand pump, if needed.)

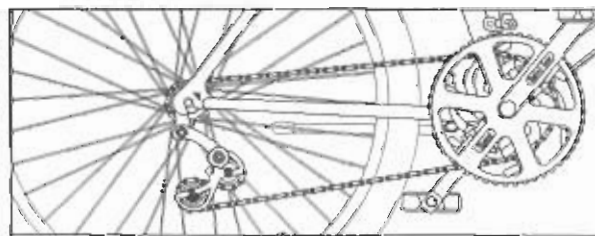
Removing the Brake Band

If the rear tire needs maintenance, remove the brake band as described on page 8. Pull it sideways out of the groove. Be careful not to bend the band sharply.

Removing the Rear Wheel

Remove the wheel from the bicycle by loosening the left and right hub nuts in alternating 1/4 turns (use a 15mm wrench, not included). Fitness Bike, Pro-Performer and Fitness Pro owners should note how the chain is threaded through the spring tensioner. The chain will be rethreaded in the same manner it was removed.

Note: NEVER use a sharp screwdriver to remove or install tires.



Removing a Tire

Remove the tire from the rim on the side of the rim which does not have the brake groove. Use a tire pry tool or the handle end of a teaspoon. Once the tire bead on the first side of the tire is over the rim, then again begin to force the second tire bead over the same edge of the rim with the tool. Thereafter, work the tire by hand without using tools.

Installing a Tire

Patch or replace the tube. Tuck it into the tire evenly without twisting it. Push the filler neck through the hole in the rim, then work the first side of the bead over the rim with your fingers. Work the second tire bead over the rim using a tire pry tool or the handle end of a teaspoon.

Inflate the tire to 50 psi and check that the tire is set evenly all around the rim. If the tire is not evenly set, it may be necessary to deflate the tire and apply a diluted soap solution between the rim and the tire bead. Then, under low inflation pressure, work the tire bead into place on the rim with your fingers. Inflate the tire to 40 to 50 psi.

Replacing the Wheel

When placing the rear wheel onto the bicycle, loop the chain around the sprocket and the band around the brake groove. As you install the axle into the frame dropout bracket, first tighten the axle nuts with your fingers, then with a 15mm wrench. Proceed to tighten the nuts alternately in 1/4-turn increments. Remember to readjust the brake if you moved the adjusting barrels. (Details on page 8)

Note: Avoid disturbing the factory-set bearing adjustment which is located on the rear wheel hub.

Note: Fitness Bike owners should be sure that the axle remains at the bottom of the slots in the dropout brackets. The Pro-Performer, Fitness Pro, and Good Life Bike are equipped with safety wheel retainers on the rear hub. These must be replaced to assure the best operation of the rim band brake. The wheel retainers on the Good Life Bike have three holes so that correct chain tension can be maintained as the chain stretches with use.



DESIGNING YOUR TRAINING PROGRAM



This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of NordicTrack's bikes. Please consult with your medical doctor before starting any exercise program.

CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

Cycling for fitness is beneficial to the body, mind and spirit. For getting in shape and keeping fit, cycling has the unique advantage of providing a thorough physical workout while still being gentle to your body.

Like other vigorous activities, a regular fitness biking program can bring about dramatic changes in your physical and mental well-being. Shedding extra pounds and firming and toning muscle tissue are only parts of the reason why cycling is so beneficial to your health. Aerobic fitness translates into a variety of mental and physical benefits you may experience:

- Elevated mental awareness and work capacity
- Improved self-confidence and self-image
- Increased energy level
- Raised metabolism for more effective weight loss and control
- Improved flexibility, muscular endurance and muscle tone
- Stronger bone structure
- More efficient cardiovascular system
- Reduced risk of coronary heart disease and lower blood pressure

ESTABLISH PERSONAL GOALS

Finding the motivation to exercise and make positive lifestyle changes can be difficult. There are important **steps** to **remember** when setting goals toward improved personal health:

- Set attainable, realistic goals
- Establish a reward system

- Seek a positive example of desired change
- Chart your progress
- Vary your exercise from day to day, season to season
- Don't overdo it
- Keep it fun

NordicTrack bikes will help you achieve results, whatever your goals may be.

Below are some examples of typical goals:

- Enhanced quality of life
- **Weight loss**
- **Greater muscle** tone and strength
- **Improved stamina** and athletic performance
- More energy and **personal** vitality
- Improved **personal** appearance

YOUR AEROBIC EXERCISE SESSION

The purpose of an exercise program is to promote the development of physical fitness. A program consists of **three** essential phases:

- Warm-up
- Aerobic phase
- Cool-down

In order to monitor your fitness **progress** and maximize the positive effects of your workouts, **you will need** to monitor **your heart rate during all three** phases of your workouts. (Refer to page 16 for details on how to monitor your heart rate.)





Calf Stretch
Extend one leg and keep the heel on the floor. Lean forward using the wall to maintain your balance.



Shoulder Stretch
Pull your elbow across your chest using your free hand to cradle your elbow.



Lower Back and Hip Stretch
Slowly pull your bent knee to your chest.



Back and Arm Stretch
Pull your elbow behind your head. Keep your head looking forward.



Quadriceps Stretch
Pull your heel slowly toward your buttocks.



Inner Thigh Stretch
Put your feet together and press your knees toward the floor.



Lower Back and Hamstring Stretch
Position your legs as shown above and bend forward from your hips.

THE WARM-UP

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness — both are common reasons for dropping out of an exercise program. A suggested routine is to begin with five minutes of slow aerobic-type exercises to ease into your workout. Some possible warm-ups include: marching in place, slow stair climbing or brisk walking. Secondly, we recommend stretching. Each stretch should be held for 15 to 30 seconds without bouncing. Be sure to complete each stretch for both the right and left sides. (See the recommended stretches described on this page.)

THE AEROBIC PHASE

Aerobic sessions must be *frequent* and at sufficient levels of *duration* and *intensity* to create the desired improvements in personal health.

Frequency

Frequency is how often you exercise. The recommended number of sessions is three to five days per week. If fat loss is your primary goal, we recommend exercising four to five times per week.

Duration

Duration refers to how long you exercise within your target heart range.

Intensity

This refers to how hard you exercise. Intensity is determined by measuring your heart rate. (Page 16 describes how to measure and monitor your heart rate.)

THE COOL-DOWN

The cool-down slowly lowers the pulse rate after it has been elevated. Keep your legs moving for at least five minutes after the aerobic phase. Follow with stretching. Hold each stretch for 15 to 30 seconds without bouncing. A proper cool-down promotes faster recovery from fatigue, lessens muscular stiffness and reduces chances of fainting or dizziness.

MONITORING YOUR HEART RATE

Each individual has a resting and a maximum heart rate. Generally, the lower your resting heart rate, the better your physical condition. Your resting heart rate declines as you become more fit and is a good indicator of your fitness progress. Your maximum heart rate is determined by subtracting your age (in years) from 220.

Your target heart rate is based on a percentage of your maximum heart rate. We recommend that your target heart rate remain within 60 to 85% of your maximum heart rate.

To determine your maximum heart rate as well as the low and high ends of your target heart rate zone, use the formula shown below.

FORMULA

$220 - \text{age} = \text{Maximum Heart Rate (MHR)}$

$\text{MHR} \times .60 = \text{Low end of Target Heart Rate Zone}$

$\text{MHR} \times .85 = \text{High end of Target Heart Rate Zone}$

You will need to identify your fitness level to determine the target heart rate which is appropriate for your workouts. Because fitness levels vary for each individual, you should consult your personal physician before you begin an exercise program. Start at the beginner (60 to 75%) intensity level if you have been inactive for a three- to six-month period. If you have been moderately active for the last several months, select the intermediate (70 to 80%) intensity level. Work at the advanced (75 to 85%) fitness level if you are extremely active.

The following example should help you to determine your target heart rate:

EXAMPLE

(Based on a 30-year-old who has been moderately active for the past several months)

$220 - 30 = 190$ Maximum Heart Rate (MHR)

$190 \times .70 = 133$ to $190 \times .80 = 152$

Target Heart Rate: 133 to 152

(Intermediate fitness level = 70 to 80% of the MHR)



Check your heart rate manually at one of two pulse points. One is found in the neck. Place the tips of your fingers lightly over one of the blood vessels located on either side of your throat. Another location is the inside of the wrist, just above the midline. Place your fingertips on the inside of your wrist.

To calculate your heart rate, count your pulse for six seconds and multiply the number of beats by 10.

It is important that you check your heart rate several times during the course of your workout:

WARM-UP: Check your heart rate at the end of your warm-up. Your heart rate should be slightly above your resting heart rate, but lower than your target heart rate.

AEROBIC: Check your heart rate at least twice during the aerobic phase of your workout session. First, check it early in the workout to verify that you have reached your target heart rate. Check it again before you begin your cool-down. In order to maximize the benefits of your workout, you should try to maintain your target heart rate for 20 minutes.

Note: If your heart rate is below your target rate, exercise a little harder next time. If your heart rate is above your target rate, you can bring it back down to the appropriate level by reducing your effort during exercise.

COOL-DOWN: Check your heart rate after you've finished your cool-down. Your heart rate after the cool-down should be at least as low as it was at the end of your warm-up. If not, you should continue to cool down until it has slowed to this rate.

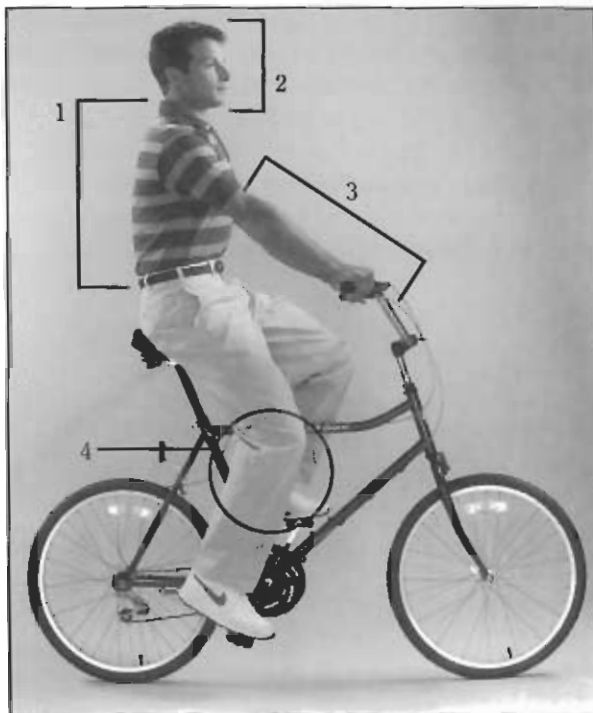
WORKOUT TIPS AND PROGRAMS



NordicTrack® bikes are designed to meet the needs of the fitness enthusiast. The design allows you to ride in an upright position, so there is less stress on your back when riding. And because you are not leaning over the handlebars, there is virtually no shoulder fatigue. This also makes it easy to see and be seen by drivers of motor vehicles.

In order to enjoy the benefits of fitness biking, you need to develop good habits and a regular routine. Follow the programs that are recommended to achieve optimal fitness using your NordicTrack bike.

POSTURE



1. Be sure your back is erect or upright.
2. Your head should be up and facing forward.
3. The handlebars should be positioned so there is a slight bend in your elbows.
4. Position the seat so there is a slight bend in your leg.

TRAINING TIPS

1. Get a medical doctor's approval and exercise recommendations before beginning an exercise program on your NordicTrack bike or any other exercise equivalent.
2. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
3. Don't overexert yourself.
4. While many people can exercise at higher exercise heart rates, follow the guidelines on page 16 to determine your target heart rate zone.
5. Always wear exercise clothing and absorbent socks. A headband will help keep sweat out of your eyes.
6. Maintain the RPMs recommended for your fitness level. (See page 18.) This keeps your muscles from accumulating lactic acid, which causes deep fatigue in the muscles. In addition, the consistency of the motion enhances the coordination among the muscle fibers.
7. Use as many gears as possible to ensure optimal efficiency and minimal fatigue. Be careful not to put undue stress on your joints by using the higher gears when going uphill or driving into the wind.
8. Maintain a "heads-up" position to inhibit premature shoulder fatigue.

FITNESS LEVELS

Beginner:

This is a person who has never participated in a regular exercise program and has not exercised consistently in the past three months. The individual is not accustomed to exercising on a bicycle.

Intermediate:

This person has consistently exercised aerobically three days per week in the last three months.

Advanced:

This is a bike-riding enthusiast who rides for fitness or recreation five or more days per week. The individual participates in higher-intensity aerobic conditioning workouts more than four days per week.

RESISTANCE SETTINGS

	Nine Gears	Fourteen Gears
Low	Gears 1 – 3	Gears 1 – 3
Medium	Gears 4 – 6	Gears 4 – 7
High	Gears 7 – 9	Gears 7 – 11
Very High	N/A	Gears 12 – 14

Note: Good Life Bike owners may ignore the recommended resistance settings.

BEGINNER WORKOUT PROGRAM

	9 Gears
Frequency	3 days/week
Intensity	60 – 70% of your MHR
Duration	20 minutes*
Spin	40 RPM
Resistance Setting	Low/Medium

INTERMEDIATE WORKOUT PROGRAM

	9 Gears
Frequency	4 days/week
Intensity	70 – 80% of your MHR
Duration	30 minutes*
Spin	60 RPM
Resistance Setting	Medium

ADVANCED WORKOUT PROGRAM

	9 Gears
Frequency	5 days/week
Intensity	75 – 85% of your MHR
Duration	45+ minutes*
Spin	90 RPM
Resistance Setting	Medium/High

OPTIONAL WORKOUT: INTERVALS

Frequency	2 – 3 days/week; combine with ADVANCED
Intensity	70 – 90% of your MHR
Duration	45+ minutes
9 Gears	60 RPM for 4 min. at medium resistance; 90 RPM for 2 min. at medium resistance; 60 RPM for 4 min. at high resistance; repeat
14 Gears	60 RPM for 4 min. at medium resistance; 90 RPM for 2 min. at high resistance; 60 RPM for 4 min. at very high resistance; 90 RPM for 4 min. at high resistance; repeat



REVOLUTIONS PER MINUTE (RPM)

- 40: Promotes continuous pedaling habits; keeps heart rate low; maintains efficient use of oxygen to allow longer workout.
- 60: Promotes most efficient use of oxygen; offers most comfortable workout.
- 90: Promotes highest oxygen consumption and high heart rate; offers best workout for advanced cyclists or fitness enthusiasts.

Note: Estimate revolutions per minute (RPMs) by counting revolutions for 15 seconds and multiplying by four. With experience, you will be able to roughly estimate your RPMs without counting.

PERSONAL TRAINING ROUTINES

It's important that each level of fitness be utilized completely when beginning your exercise program. If you have not utilized a bicycle for fitness, it is recommended that you start at the BEGINNER level. The programs are designed to allow you to realize favorable adaptations to cardiovascular fitness, muscular strength and body composition. As your fitness level improves, you may wish to exceed the recommended training time. Just make sure that your workout is at least as long as recommended.

14 Gears

3 days/week	60 – 70% of your MHR	* When you can perform at this frequency, intensity and duration for 2 weeks, go to the INTERMEDIATE level.
20 minutes*	40 RPM	
Low/Medium		

14 Gears

4 days/week	70 – 80% of your MHR	* When you can perform at this frequency, intensity and duration for 2 weeks, go to the ADVANCED level.
30 minutes*	60 RPM	
Medium/High		

14 Gears

5 days/week	75 – 85% of your MHR	* When you can perform at this frequency, intensity and duration for 2 weeks, go to the OPTIONAL WORKOUT.
45+ minutes*	90 RPM	
Medium/High		

WORKOUT LOG



We recommend photocopying this log before using it.

DATE	DURATION	AVERAGE RPM	GEAR RANGE	TARGET HEART RATE	NOTES:



BIKE ACCESSORIES AVAILABLE

Now you can customize your NordicTrack bike with these biking accessories. Each accessory is constructed with the emphasis on durability, safety and quality that NordicTrack places on each of its products. Try one, or any combination of these biking enhancements to add to the overall pleasure of your NordicTrack bike experience.

BIKE HELMET

You'll be safer two ways with this innovative bike helmet. Its lightweight, hard-shell construction meets ANSI safety standards. Plus, it features a flashing rear light that can be seen from up to 2,000 feet. One size fits all.



#519382 - \$39.95

WATER BOTTLE*

This 20 oz. plastic water bottle comes with an attractive cage for easy and secure mounting to your bike. A snap-top lid and push/pull spout make drinking convenient.



#6509 - \$6.95

REAR WHEEL RACK

Take along what you need on your next bike trip with this popular rear wheel rack. The lightweight aluminum rear wheel rack has a guard to protect against splashing water or mud.



#6506 - \$24.95

ELECTRONIC SPEEDOMETER/ BICYCLE COMPUTER

A must for all cyclists, this versatile bike computer monitors your speed — but that's only the beginning! It also measures elapsed time, trip distance, total distance, maximum speed and average speed. Mounts on handlebars and removes easily when not in use.



#6502 - \$29.95



Battery (included) lasts up to one full year.

BIKE FENDERS

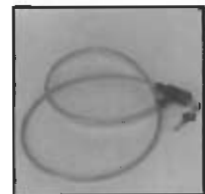
Protect yourself and your clothing from wet weather and muddy roads. These lightweight, flexible fenders attach and detach easily. Built to resist dents, cracks and rust.



#6515 - \$24.95

CABLE LOCK

Secure your bike with our heavy-duty, scratch-resistant cable, 4 feet long and flexible enough to reach around your bike and almost any stable object, the lock snaps shut and opens with a key.



#6513 - \$7.95

INDOOR FITNESS STAND**

Now you can enjoy your biking experience all year round with the specially designed indoor fitness stand. In minutes, you can convert your Fitness Bike into an indoor aerobic exerciser. The exclusive design uses the rear wheel of the bike as a smooth, silent flywheel. The rim band brake system and detachable wheel weights provide smooth, adjustable resistance. Stand, weights and instructions provided.



#7000 - \$79.95

Also available is our indoor fitness stand with a protective spoke guard. This version of our indoor fitness stand is recommended for households with children or pets.

#7025 - \$99.95

*Available only on the Fitness Bike.

**Not available for the Good Life™ bike.

If you wish to order these or other NordicTrack accessories, call 1-800-858-BIKE or write to NordicTrack at 104 Peavey Road, Chaska, MN 55318. Prices and specifications may change without prior notification.

WARRANTY INFORMATION



Please direct questions or comments to our Customer Satisfaction Department:

1-800-842-1915

Monday through Friday

8 AM to 8 PM

Central Standard Time



30-DAY RETURN PRIVILEGE POLICY

There is a 30-day at-home trial period for your bike. Any misuse, abuse or commercial use of the NordicTrack Fitness Bike™, Good Life™ Bike, NordicSport Pro-Performer™ or Fitness Pro™ will void the 30-day home trial and return privilege policy. If you decide to return the product, YOU MUST NOTIFY OUR CUSTOMER SATISFACTION DEPARTMENT BEFORE RETURNING IT BY CALLING 1-800-942-1915.

Once NordicTrack, Inc. has been notified, ship the product(s) prepaid and insured within the 30-day trial period. Upon receipt at NordicTrack, Inc., we will refund the full purchase price, credit your account or exchange your order. The customer is responsible for return shipping charges. IT IS THE CUSTOMER'S RESPONSIBILITY TO PACK THE BIKE ACCORDING TO THE INSTRUCTIONS. ANY DAMAGE RESULTING FROM IMPROPER PACKAGING WILL BE THE RESPONSIBILITY OF THE CUSTOMER.

TWO-YEAR LIMITED WARRANTY

NordicTrack, Inc. will, for two years from date of purchase of a NordicTrack bike, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Other items purchased separately through NordicTrack, Inc. carry their own warranty/service periods. This warranty applies only for the original owner and does not cover damage resulting from mishandling in transit if within the customer's control, vandalism, misuse, abuse, lack of reasonable care or normal wear on items such as those having finished or painted surfaces, or foam handgrips and tires.

To obtain service under this warranty, please call our Customer Satisfaction Department at 1-800-942-1915. ALL SHIPPING COSTS TO RETURN THE NORDICTRACK FITNESS BIKE AND ACCESSORIES ARE THE RESPONSIBILITY OF THE PURCHASER. C.O.D. SHIPMENTS WILL NOT BE ACCEPTED.

No implied warranty of merchantability or fitness for a particular purpose shall extend beyond two years from the date of purchase. The liability of NordicTrack, Inc. under any such implied warranty and under this limited warranty shall be limited to the repair of any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.



Record your bike's model name: _____

Date of purchase: _____

Record your bike's serial number. Refer to your sales receipt or to the number stamped on the bottom bracket of the bike.

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