

# NordicTrack®

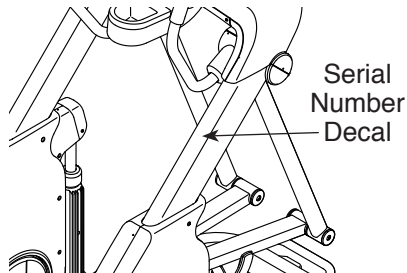
## FREESTRIDE TRAINER FS7i

nordictrack.com

Model No. NTEL71317.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [my.nordictrack.com](http://my.nordictrack.com).

### CUSTOMER CARE

For service at any time, go to [nordictrackservice.com](http://nordictrackservice.com).

Or call 1-800-TO-BE-FIT  
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

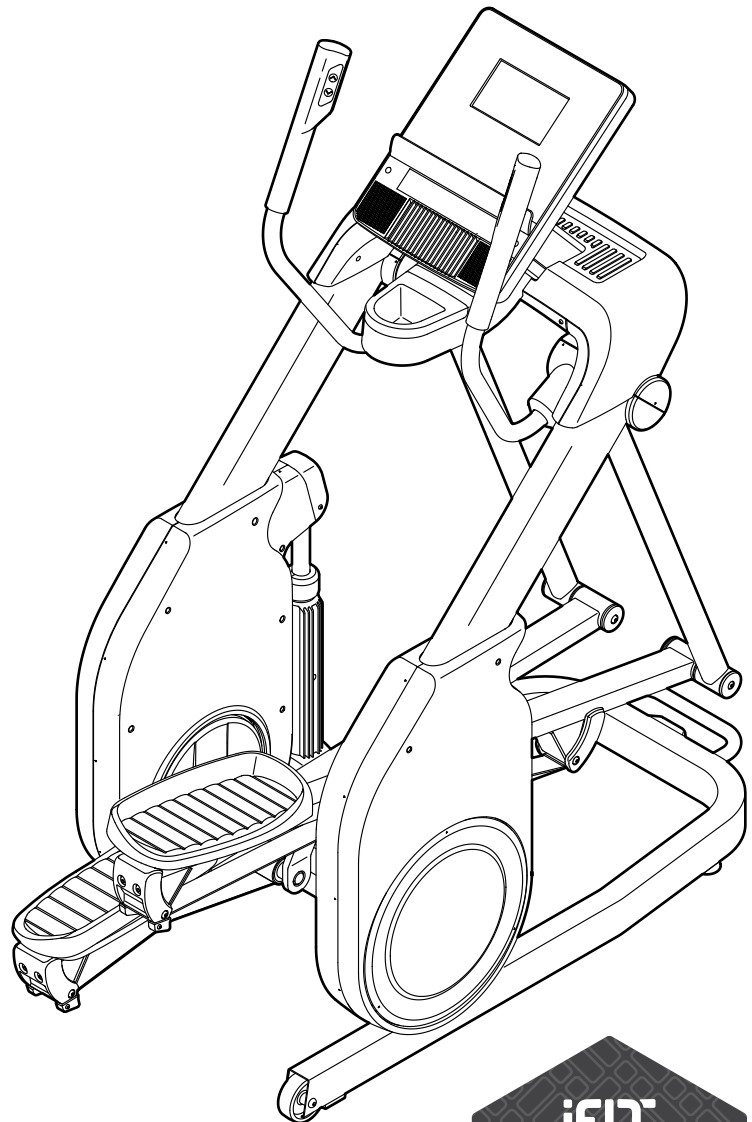
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

## USER'S MANUAL



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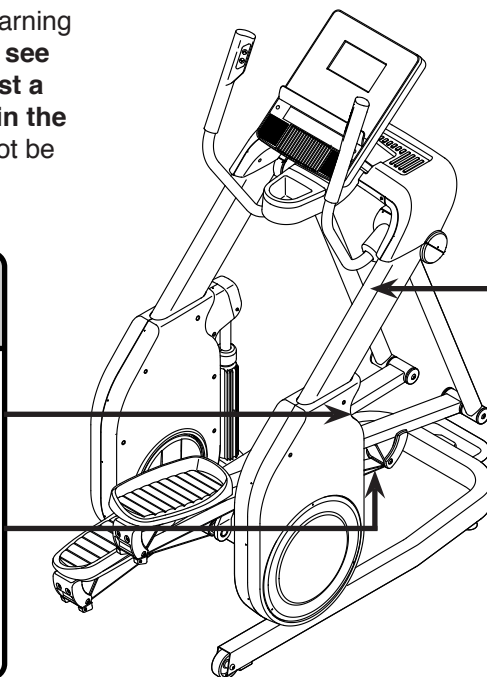
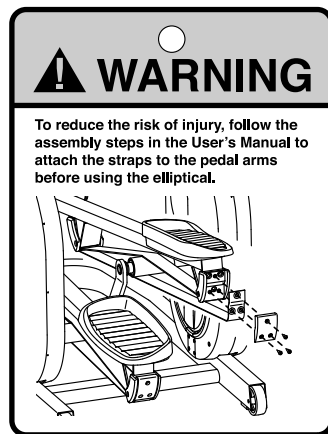
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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 375 lbs / 170 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

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# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 4 ft. (1.2 m) of clearance in the front of the elliptical, 6 ft. (1.8 m) in the rear, and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the elliptical at all times.
10. When connecting the power cord (see page 13), plug the power cord into a grounded circuit.
11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
12. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
13. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).
15. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
16. Hold the handlebars when mounting, dismounting, or using the elliptical.
17. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

**18. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**

**19. Keep your back straight while using the elliptical; do not arch your back.**

**20. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

**SAVE THESE INSTRUCTIONS**

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**



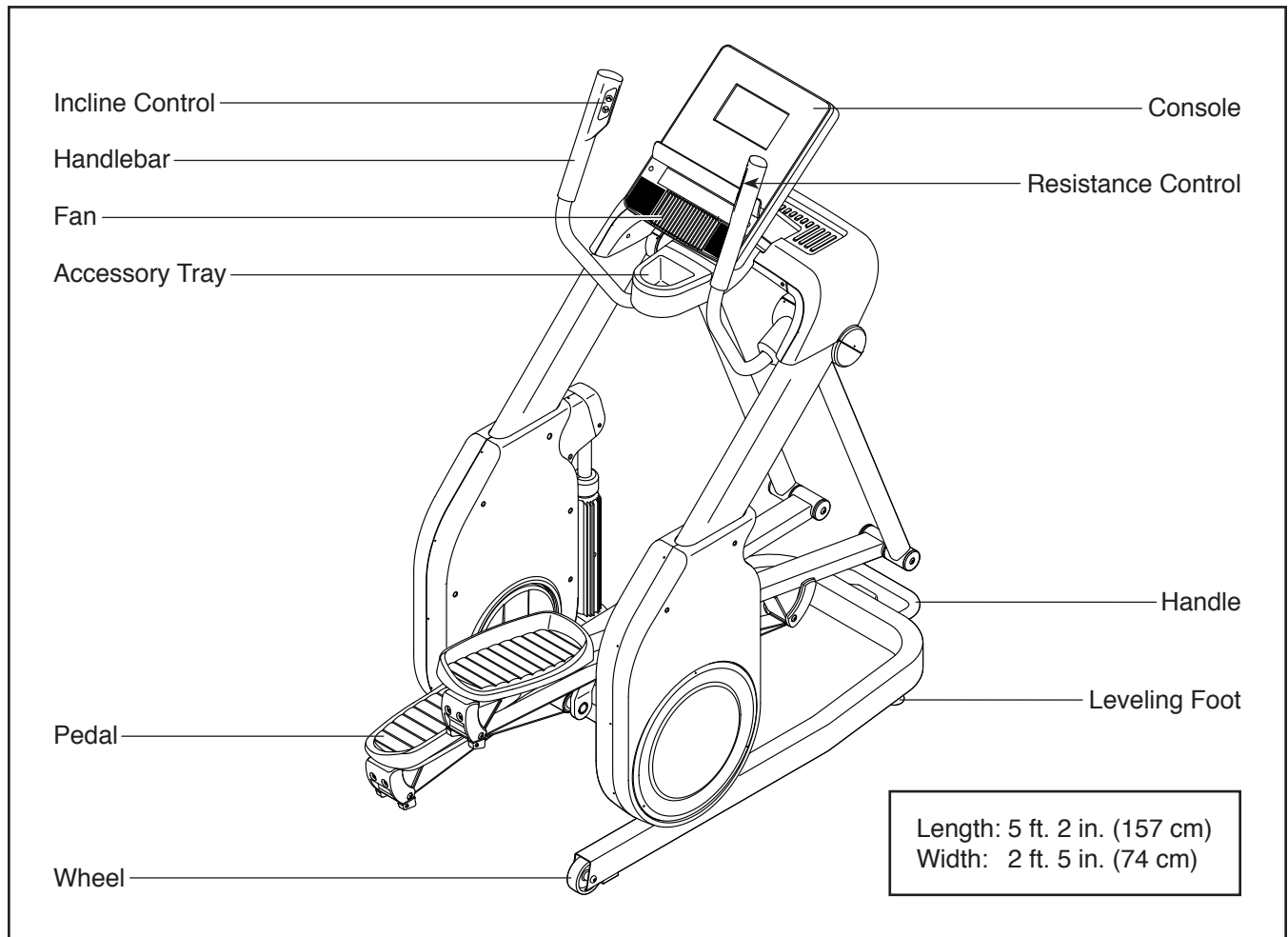
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® FREESTRIDE TRAINER FS7I elliptical. The FREESTRIDE TRAINER FS7I elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after

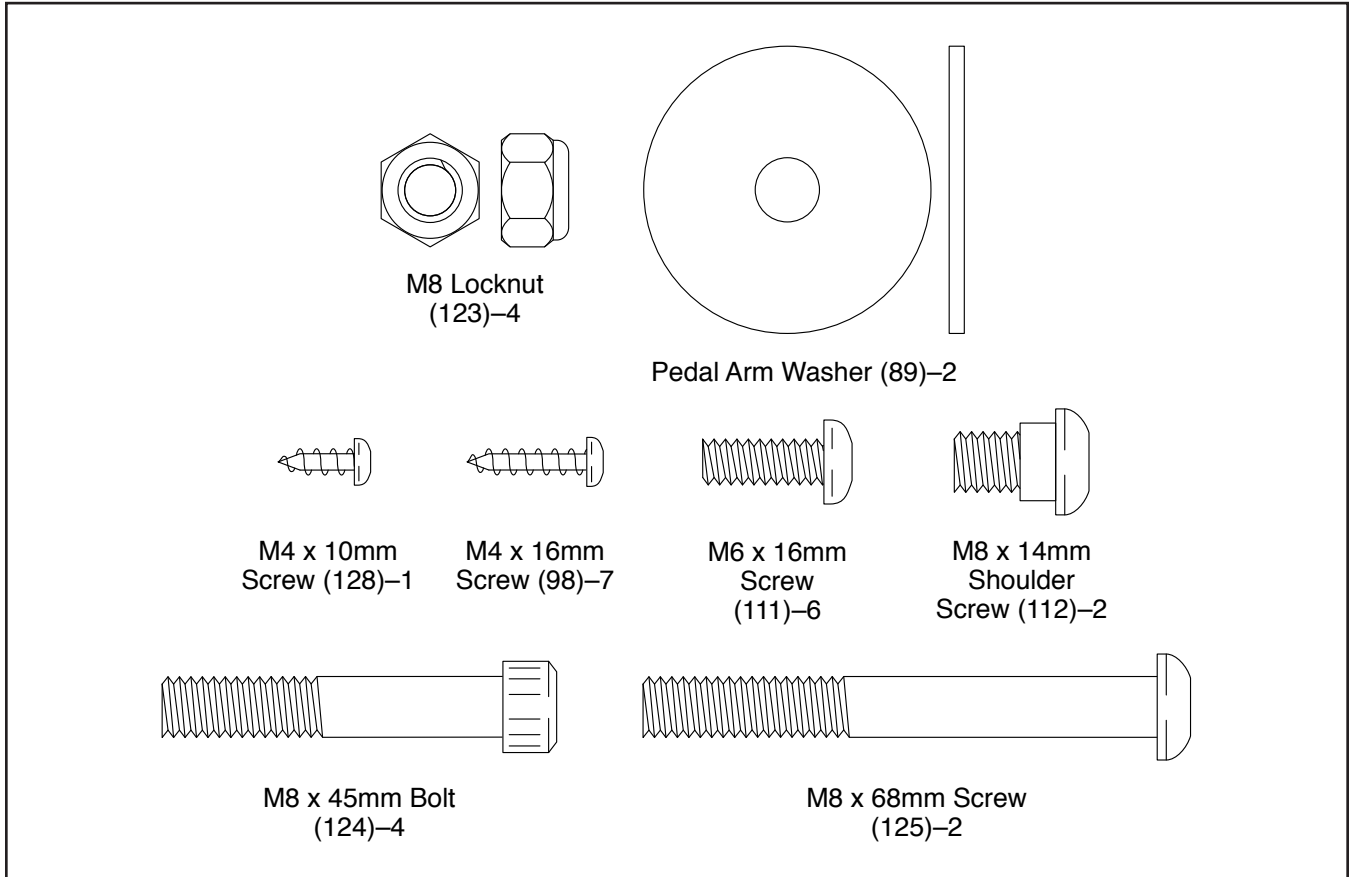
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 7.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

two adjustable wrenches 

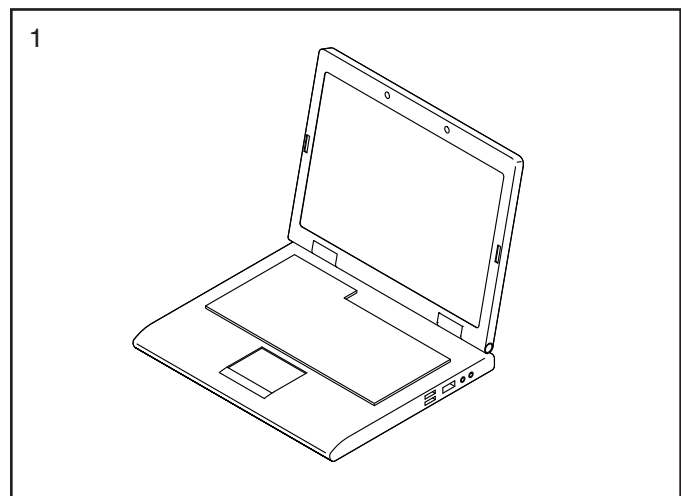
one rubber mallet 

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [my.nordictrack.com](http://my.nordictrack.com) on your computer and register your product.

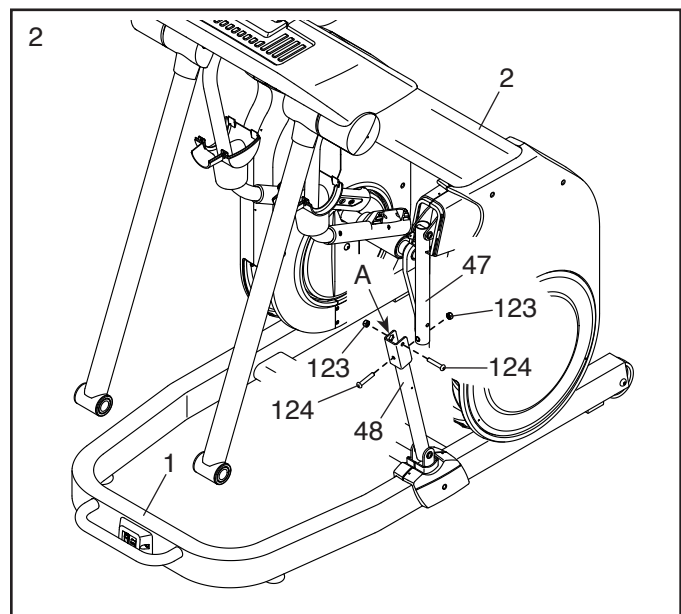
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



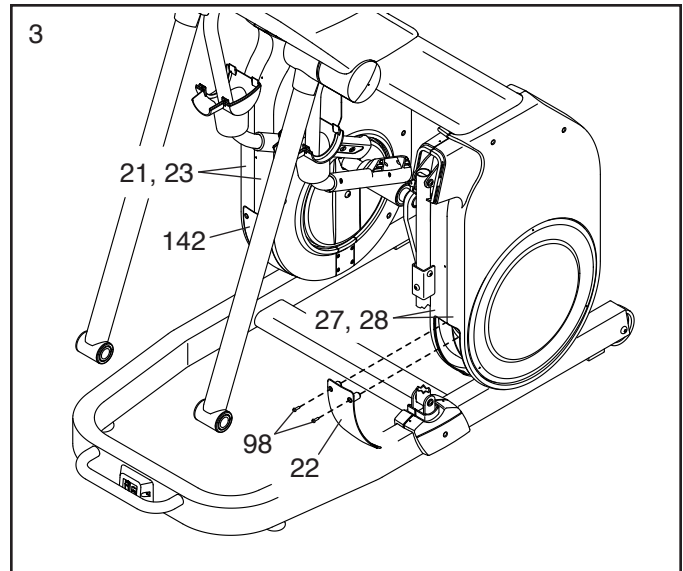
## 2. With the help of a second person, raise the Upright (2) to the vertical position. **Tip: It may be helpful to have the second person stand on the Base (1) in the indicated location while you raise the Upright.**

While a second person holds the Upright (2), attach the Upper Pillar (47) to the Lower Pillar (48) with two M8 x 45mm Bolts (124) and two M8 Locknuts (123); **start both Bolts, and then tighten them. Make sure that the indicated Locknut is in the hexagonal hole (A).**

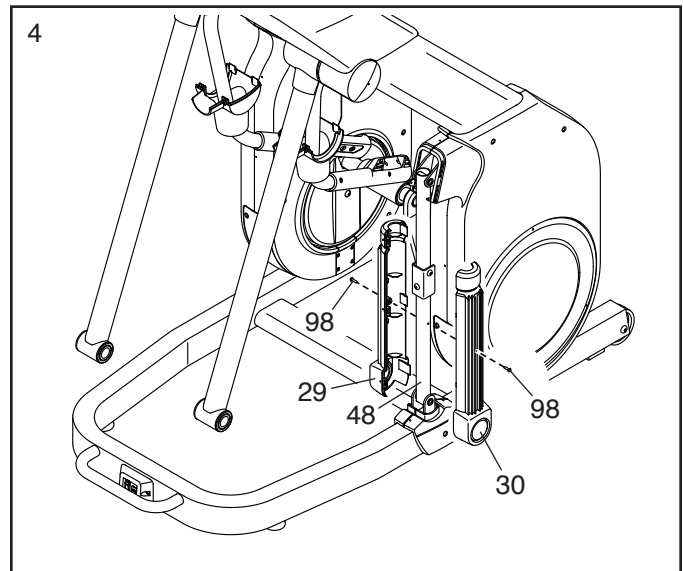


3. Attach the Left Large Slot Cover (22) to the Left Inner and Outer Shields (27, 28) with two M4 x 16mm Screws (98).

**Attach the Right Large Slot Cover (142) to the Right Inner and Outer Shields (21, 23) in the same way.**

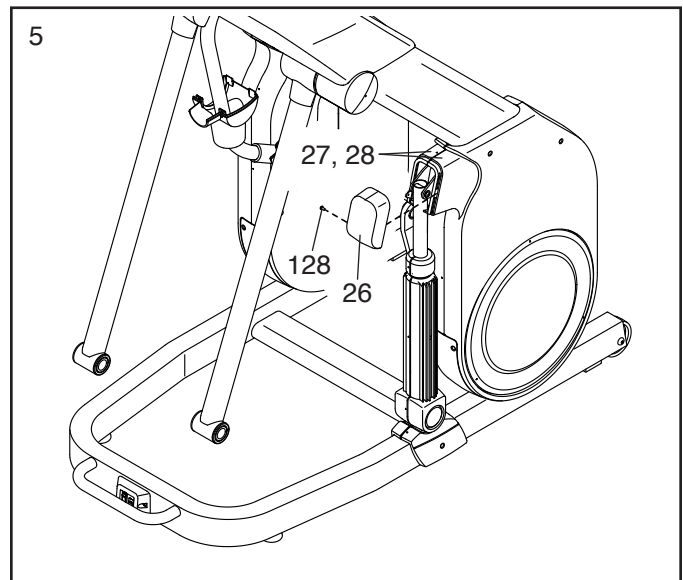


4. Attach Pillar Covers A and B (29, 30) around the Lower Pillar (48) with two M4 x 16mm Screws (98).



5. Press the Upper Pillar Cover (26) onto the Left Inner and Outer Shields (27, 28).

Attach the Upper Pillar Cover (26) with an M4 x 10mm Screw (128).

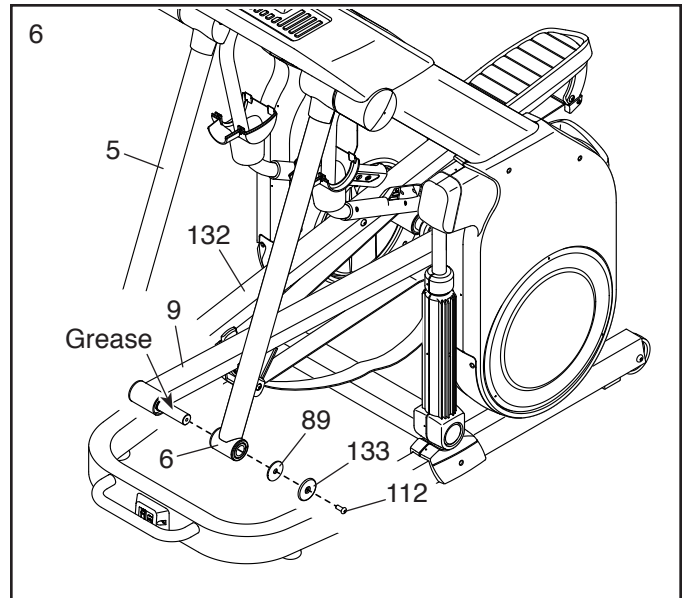


6. Identify the Left Pedal Arm (9). Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the Left Pedal Arm.

Insert the axle on the Left Pedal Arm (9) into the Left Leg (6).

Attach the Left Pedal Arm (9) with an M8 x 14mm Shoulder Screw (112), an Outer Pedal Cover (133), and a Pedal Arm Washer (89).

**Attach the Right Pedal Arm (132) to the Right Leg (5) in the same way.**



7. **See the inset drawing.** Loosen the indicated M8 x 45mm Bolt (124).

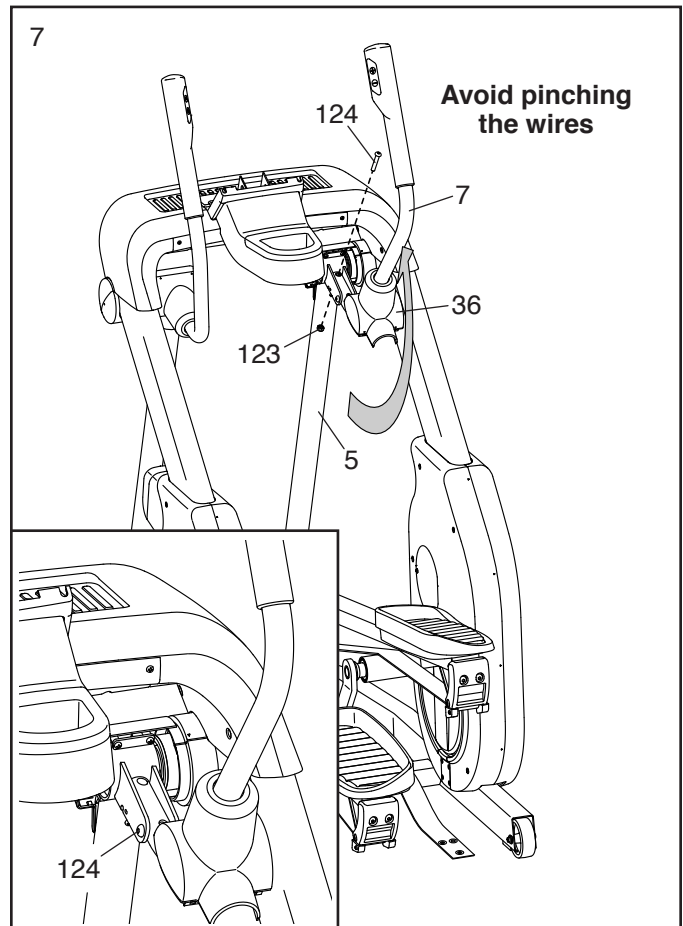
Next, rotate the Right Upper Body Arm (7) into the vertical position.

Secure the Right Upper Body Arm (7) to the Right Leg (5) with an M8 x 45mm Bolt (124) and an M8 Locknut (123).

**See the inset drawing.** Tighten the indicated M8 x 45mm Bolt (124).

**Tip: Avoid pinching the wires (not shown).** Slide the Right Leg Cover B (36) downward and press it into place.

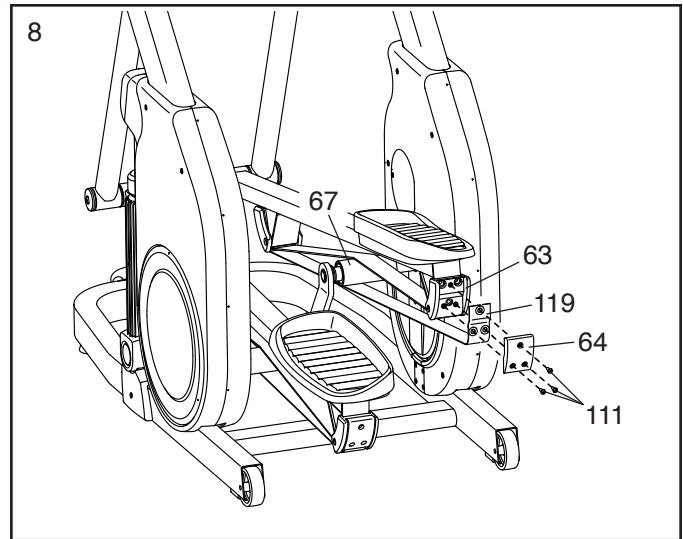
**Repeat this step on the other side of the elliptical.**



8. Route the right Strap (119) under the right Roller (67); **make sure that the Strap is not twisted and that it is routed under the Roller.**

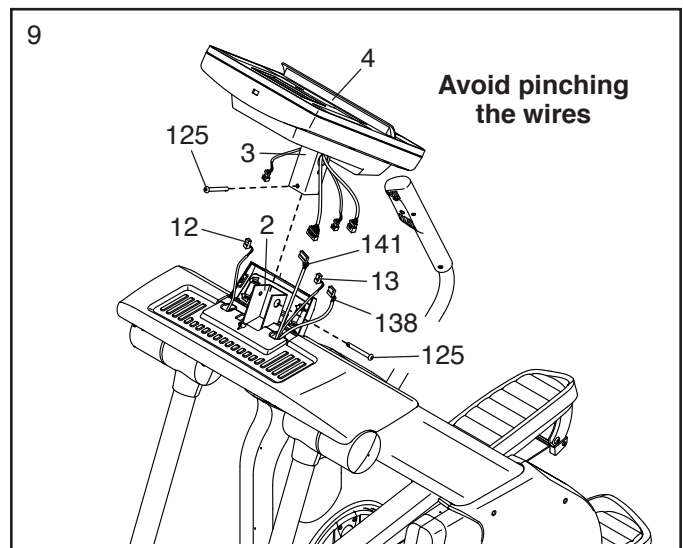
Attach the right Strap (119) to the right rear Glide Belt Cover (63) with three M6 x 16mm Screws (111) and a Strap Clamp (64); **start all the Screws, and then tighten them.**

**Repeat this step on the other side of the elliptical.**

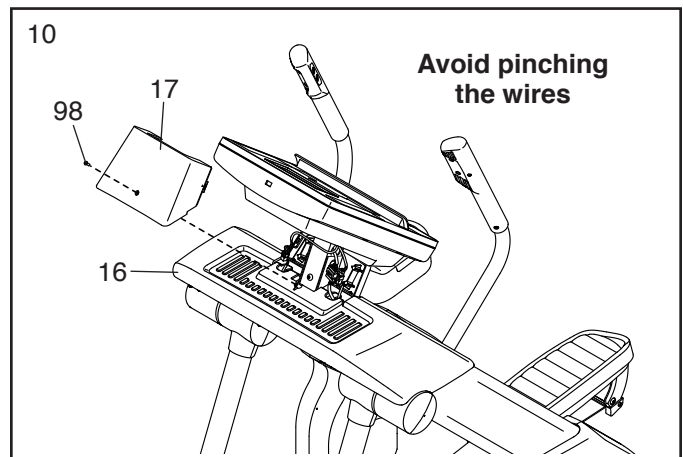


9. **Tip: Avoid pinching the wires.** Insert the Console Bracket (3) into the Upright (2). Attach the Console Bracket with two M8 x 68mm Screws (125); **start both Screws, and then tighten them.**

Then, connect the wires from the Console (4) to the Main Wire (141), the Right and Left Control Wires (12, 13), and the Accelerometer Wire (138).



10. **Tip: Avoid pinching the wires.** Attach the Upper Neck Cover (17) to the Upper Bridge Cover (16) with an M4 x 16mm Screw (98).

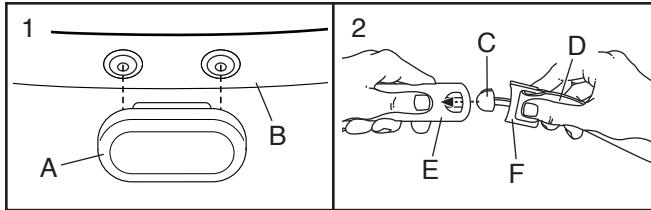


11. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

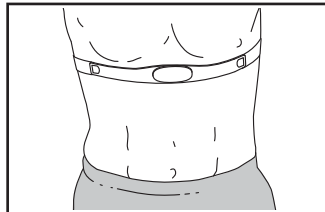
# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

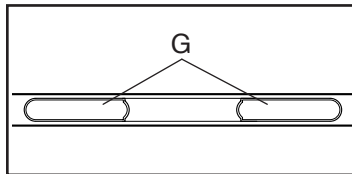
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



## CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

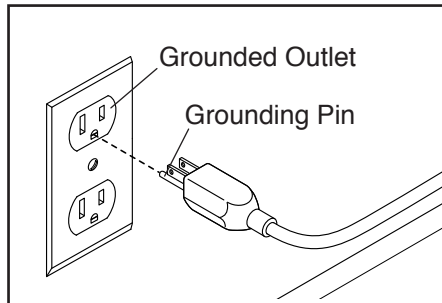
# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER CORD

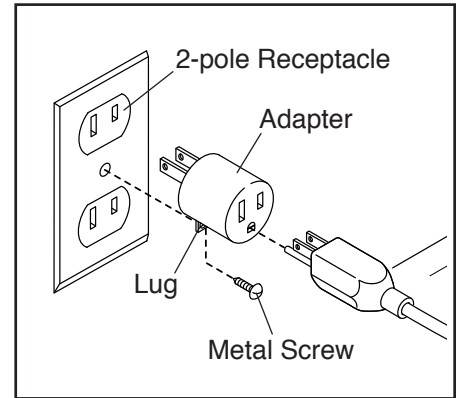
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

**⚠ DANGER:** Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



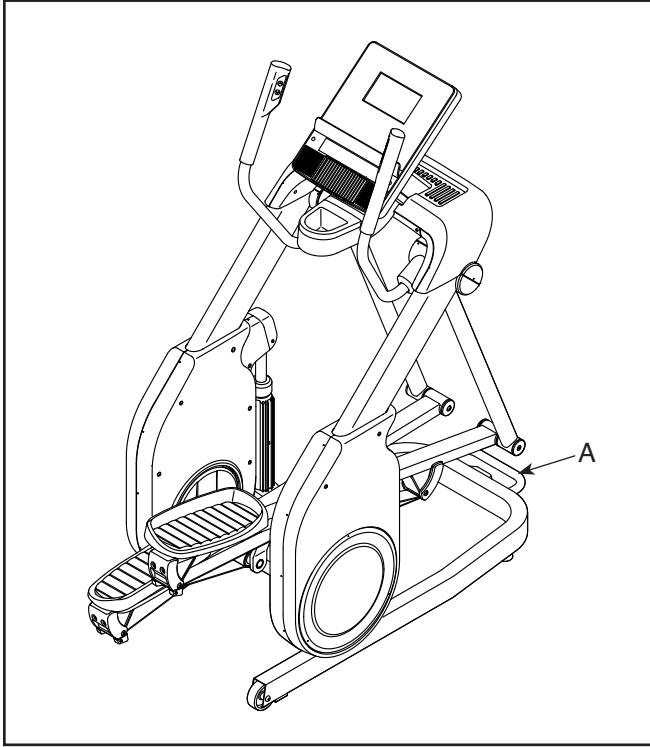
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

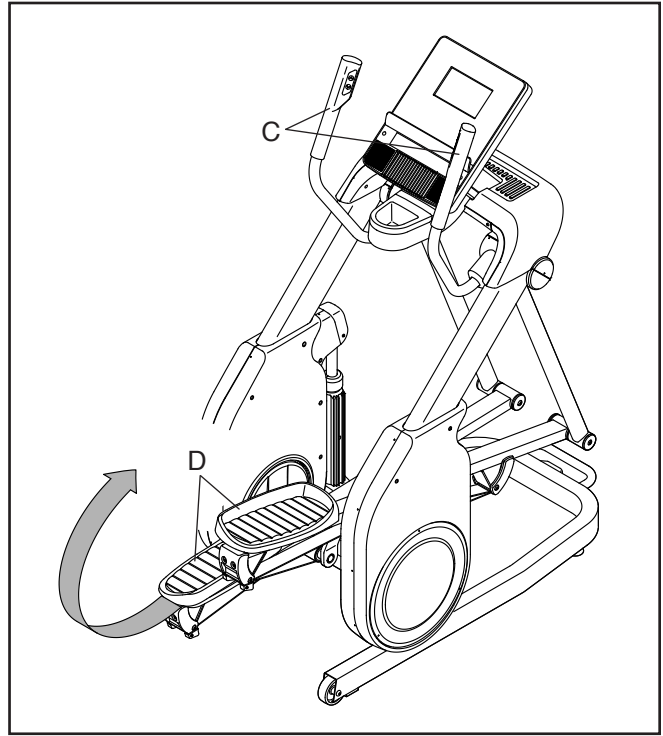
## HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two or three persons. Stand in front of the elliptical and lift the handle (A) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



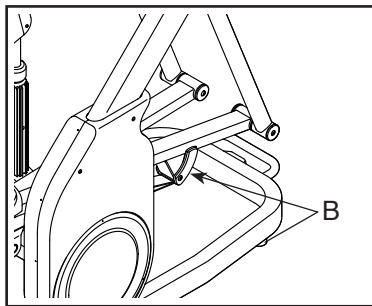
## HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars (C) and step onto the pedal (D) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note:** The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.

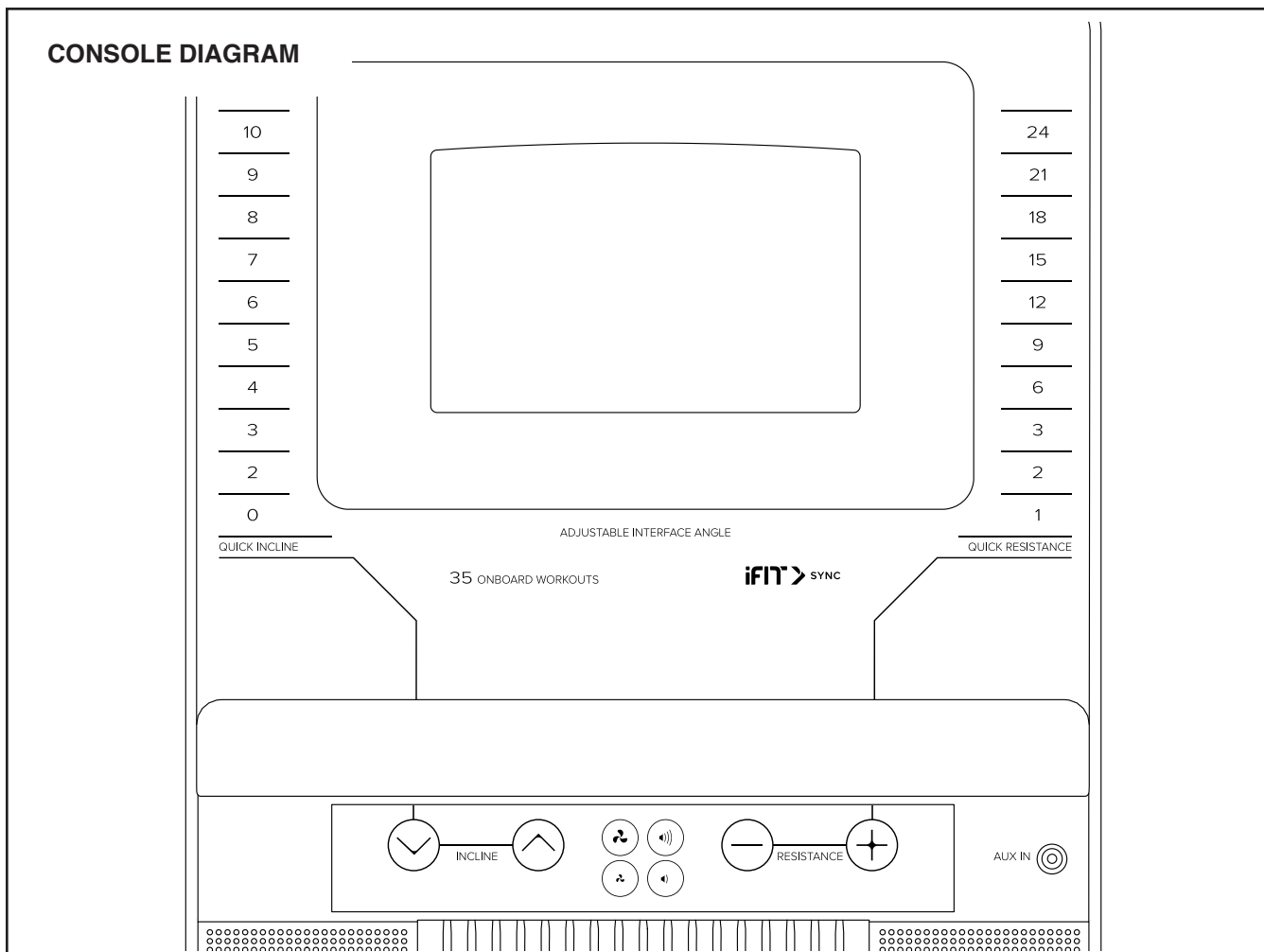


## HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the front of the frame until the rocking motion is eliminated.



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the resistance of the pedals and the incline of the frame as it guides you through an effective exercise session.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the frame with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the chest heart rate monitor.

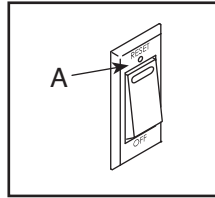
You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

**To turn on the power**, see page 16. **To learn how to use the touch screen**, see page 16. **To set up the console**, see page 16.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 13). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).



The console will then turn on and be ready for use.

**Note:** When you turn on the power for the first time, the incline system may calibrate automatically. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

**IMPORTANT:** If the incline system does not calibrate automatically, see step 6 at the right and manually calibrate the incline system.

## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *Alt*. Touch *Alt* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

## HOW TO SET UP THE CONSOLE

Before you use the elliptical for the first time, set up the console.

### 1. Connect to your wireless network.

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

### 2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone. Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

### 3. Log into or create an iFit account.

Follow the prompts on the screen to log into your iFit account or to create an iFit account.

### 4. Tour the console.

The first time you use the console, a tour presentation will guide you through the features of the console. Note: To view the tour presentation again at any time, touch the profile button (person symbol) at the bottom of the screen, touch *Settings*, and then touch *How It Works*.

### 5. Check for firmware updates.

First, touch the profile button, touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

### 6. Calibrate the incline system.

First, touch the profile button, touch *Settings*, touch *Maintenance*, and then touch *Calibrate Incline*. The frame will rise and lower as it calibrates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

**To use the manual mode**, see this page. **To use a map workout or an onboard workout**, see page 18. **To create a draw-your-own-map workout**, see page 20. **To use an iFit workout**, see page 21.

**To change console settings**, see page 22. **To connect to a wireless network**, see page 23. **To use the sound system**, see page 24. **To connect an HDMI cable**, see page 24.

Note: If there is a sheet of plastic on the screen, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

### 3. Change the resistance of the pedals and the incline of the frame as desired.

Touch *Manual Start* and begin pedaling.

You can change the resistance of the pedals by pressing one of the numbered Quick Resistance buttons on the console, pressing the Resistance increase and decrease buttons on the console, or pressing the Resistance increase and decrease buttons on the right handlebar.

To vary the motion of the pedals, you can change the incline of the frame by pressing one of the

numbered Quick Incline buttons on the console, pressing the Incline increase and decrease buttons on the console, or pressing the Incline increase and decrease buttons on the left handlebar.

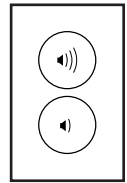
Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level or for the frame to reach the selected incline level.

### 4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

To select the desired display mode or to view statistics and charts, drag downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.



To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout session, first touch the screen to pause the workout. Next, touch *End*; a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

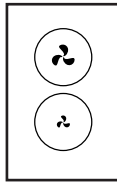
### 5. Wear the included chest heart rate monitor and measure your heart rate if desired.

You can wear the included chest heart rate monitor to measure your heart rate. To learn how to use the chest heart rate monitor, see THE CHEST HEART RATE MONITOR on page 12. Note: The console is compatible with all BLUETOOTH® Smart heart rate monitors.

When your heartbeat is detected, your heart rate will be shown.

## 6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

## 7. When you are finished exercising, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.**

## HOW TO USE A MAP WORKOUT OR AN ONBOARD WORKOUT

### 1. Touch the screen or press any button on the console to turn on the console.

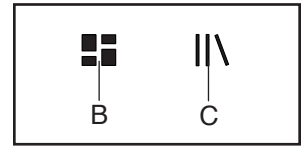
See HOW TO TURN ON THE POWER on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select the main menu or the workout library.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Touch the buttons at the bottom of the screen to select either the main menu (B) or the workout library (C).



### 3. Select a workout.

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

Note: To use a map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 23).

The featured map workouts on your console will change periodically. To save one of the featured map workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFit account to save a featured map workout (see step 3 on page 21).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 20.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

#### 4. Start the workout.

Touch *Start* to start the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

The display modes will also show your progress. To select the desired display mode or to view statistics and charts, swipe downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

The workout will function in the same way as the manual mode (see page 17).

During some workouts, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling speed.

**IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.**

If the resistance level and/or incline level is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 3 on page 17). **If you press an Incline**

**button**, you can then manually control the incline level (see step 3 on page 17). **To return to the programmed resistance and/or incline settings of the workout**, touch *Follow Workout*.

**Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level or incline level of the frame during the workout, the number of calories you burn will be affected.**

To pause the workout, simply touch the screen or stop pedaling. To end the workout, touch *End*. To continue the workout, simply resume pedaling.

When the workout comes to an end, a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

#### 5. Follow your progress.

See step 4 on page 17.

#### 6. Wear the included chest heart rate monitor and measure your heart rate if desired.

See step 5 on page 17.

#### 7. Turn on the fan if desired.

See step 6 on page 18.

#### 8. When you are finished exercising, unplug the power cord.

See step 7 on page 18.

## HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select a draw-your-own-map workout.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

To select a draw-your-own-map workout, touch the draw-your-own-map button (map symbol) at the bottom of the screen.

### 3. Draw your map.

Navigate to the area on the map where you want to draw your workout by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Loop* or *Out & Back* on the left side of the screen. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* on the left side of the screen.

The screen will display the elevation and distance statistics for your workout.

### 4. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

### 5. Start the workout.

Touch *Start* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 18).

### 6. Follow your progress.

See step 4 on page 17.

### 7. Wear the included chest heart rate monitor and measure your heart rate if desired.

See step 5 on page 17.

### 8. Turn on the fan if desired.

See step 6 on page 18.

### 9. When you are finished exercising, unplug the power cord.

See step 7 on page 18.

## HOW TO USE AN iFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 23). An iFit account is also required.

### 1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

### 2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

### 3. Log in to your iFit account.

If you have not already done so, touch the profile button (person symbol) at the bottom of the screen to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the profile button, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

### 4. Select an iFit workout that you have previously added to your schedule on iFit.com.

**IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 1).**

To load an iFit workout from iFit.com to the console, touch the calendar button (calendar symbol) at the bottom of the screen.

When you load a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

### 5. Start the workout.

Touch *Start* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 18). Note: During a distance or time workout, the screen will not show a map.

### 6. Follow your progress.

See step 4 on page 17.

### 7. Wear the included chest heart rate monitor and measure your heart rate if desired.

See step 5 on page 17.

### 8. Turn on the fan if desired.

See step 6 on page 18.

### 9. When you are finished exercising, unplug the power cord.

See step 7 on page 18.

**For more information about iFit, go to iFit.com.**

## HOW TO CHANGE CONSOLE SETTINGS

**IMPORTANT: Some of the settings and features described may not be enabled.** Occasionally, a firmware update may cause your console to function slightly differently.

### 1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 16). Note: It may take a few moments for the console to be ready for use.

Next, select the main menu. When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

Next, touch the profile button (person symbol) at the bottom of the screen, and then touch *Settings*. The settings menu will appear on the screen.

### 2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

#### Account

- My Profile
- In Workout
- Manage Accounts

#### Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

#### About

- How It Works
- Feedback
- Legal

### 3. View the console tour presentation.

To view a tour presentation that will guide you through the features of the console, touch *How It Works*.

### 4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Settings*, and then touch the desired settings.

The console can display speed and distance in either standard or metric units of measurement.

### 5. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* to view information about your elliptical.

### 6. Update the console firmware.

**For the best results, regularly check for firmware updates.** Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the elliptical will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

## 7. Calibrate the incline system.

To calibrate the incline system, touch Maintenance, touch *Calibrate Incline*, and then touch *Begin*. The frame will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

**IMPORTANT: Keep pets, feet, and other objects away from the elliptical while the incline system is calibrating.**

## 8. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

## HOW TO CONNECT TO A WIRELESS NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network.

### 1. Select the main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 16.) Note: It may take a few moments for the console to be ready for use.

Next, select the main menu. When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

### 2. Select the wireless network menu.

Touch the Wi-Fi button (wireless symbol) at the bottom of the screen to select the wireless network menu.

### 3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.)

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

**Note: If you have questions after following these instructions, go to [support.iFit.com](http://support.iFit.com) for assistance.**

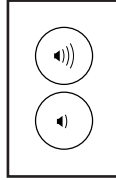
### 5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



## HOW TO CONNECT AN HDMI CABLE

To show your console screen on a TV or monitor, plug an HDMI cable (not included) into the port on the console and into a port on your TV or monitor; **make sure that the HDMI cable is fully plugged in. Note: To purchase an HDMI cable, see your local electronics store.**

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## FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

**Note: The console contains FCC ID: SMFOMC360526A.**

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 12.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFit account or iFit workouts, go to support.iFit.com.

## HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 14.

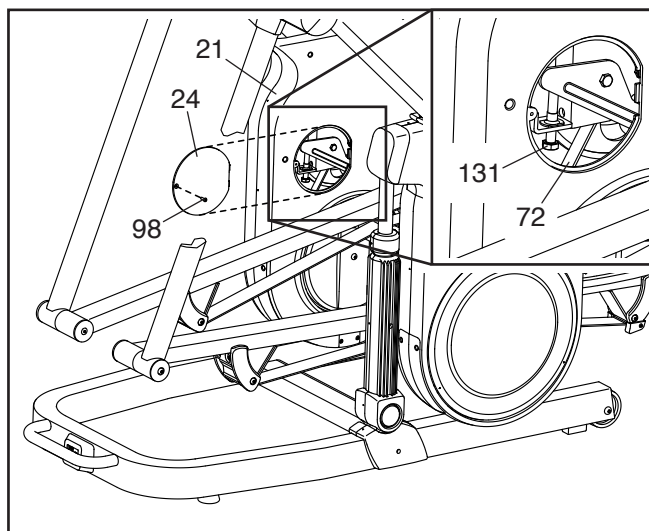
## INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 22 and calibrate the incline system.

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power cord**.

Next, remove the M4 x 16mm Screw (98) and the Access Cover (24) from the Right Inner Shield (21). Then, tighten the M10 x 80mm Screw (131) until the Drive Belt (72) is tight.

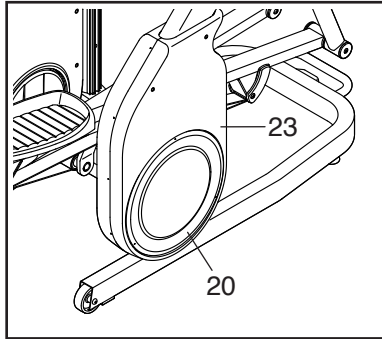


When you have properly adjusted the Drive belt (72), reattach the Access Cover (24).

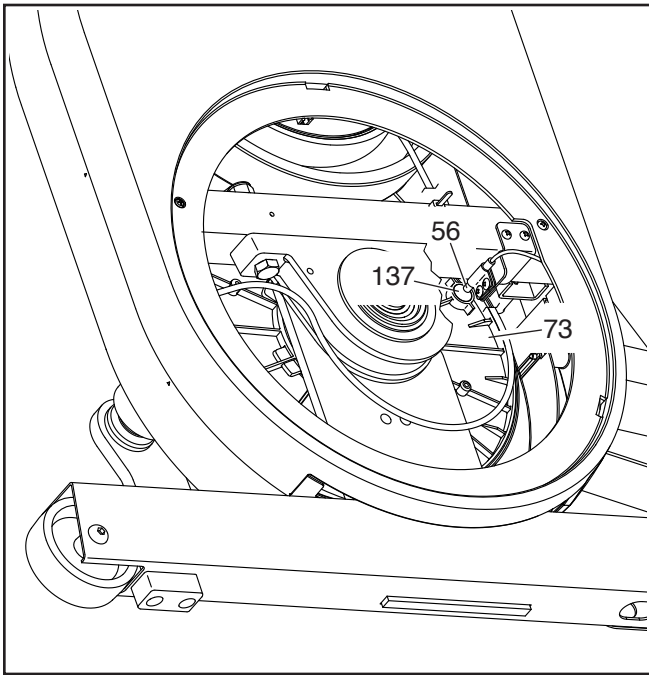
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power cord**.

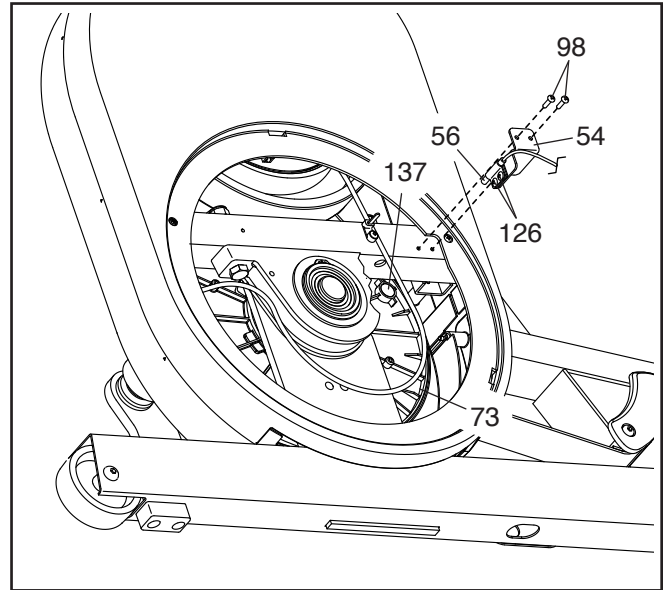
Next, use a standard screwdriver and pry the Outer Disc (20) off the Right Outer Shield (23).



Locate the Reed Switch (56). Turn the Pulley (73) until a Magnet (137) is aligned with the Reed Switch.



Next, remove the two M4 x 16mm Screws (98), and then remove the Reed Switch Bracket (54). Then, slightly loosen the two M4 x 10mm Clamp Screws (126).



Then, reattach the Reed Switch Bracket (54) and slide the Reed Switch (56) slightly closer to or away from the Magnet (137). Plug in the power cord and rock the Pulley (73) forward and backward so that the Magnet passes the Reed Switch repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, remove the Reed Switch Bracket (54), retighten the two M4 x 10mm Clamp Screws (126), and reattach the Reed Switch Bracket.

Then, reattach the outer disc to the right outer shield and plug in the power cord.

# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

Model No. NTEL71317.0 R1017A

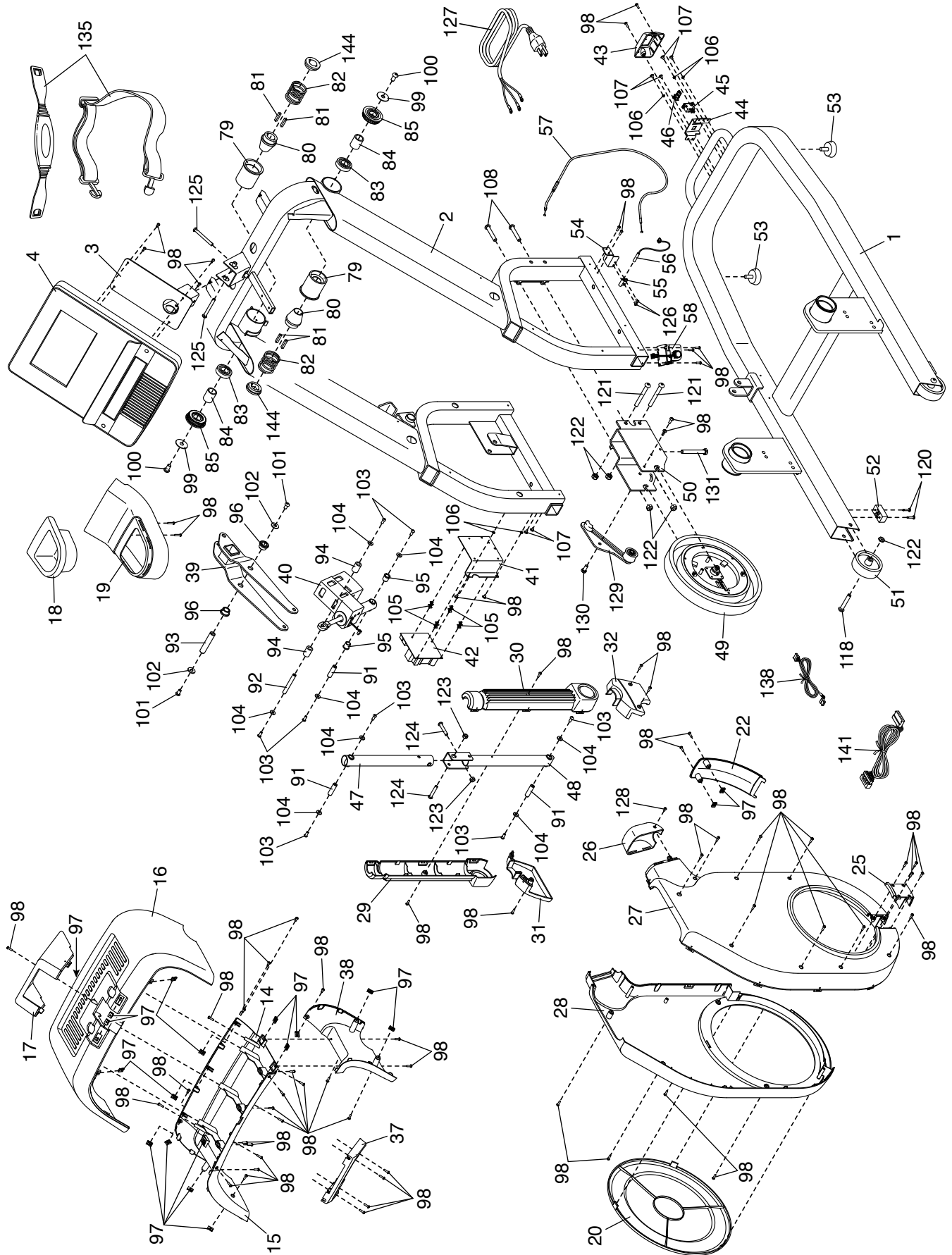
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	2	Wheel
2	1	Upright	52	2	Foot
3	1	Console Bracket	53	2	Leveling Foot
4	1	Console	54	1	Reed Switch Bracket
5	1	Right Leg	55	1	Clamp
6	1	Left Leg	56	1	Reed Switch/Wire
7	1	Right Upper Body Arm	57	1	Resistance Cable
8	1	Left Upper Body Arm	58	1	Resistance Motor
9	1	Left Pedal Arm	59	1	Left Leg Cover A
10	1	Left Pedal	60	1	Left Leg Cover B
11	1	Right Pedal	61	1	Crank
12	1	Right Control Grip/Wire	62	2	Glide Belt
13	1	Left Control Grip/Wire	63	4	Glide Belt Cover
14	1	Lower Bridge Cover	64	4	Strap Clamp
15	1	Left Lower Bridge Cover	65	2	Roller Spacer
16	1	Upper Bridge Cover	66	4	R20 Bearing
17	1	Upper Neck Cover	67	2	Roller
18	1	Tray Insert	68	2	Tube Spacer
19	1	Accessory Tray	69	2	Inner Disc Cover
20	2	Outer Disc	70	2	Inner Disc
21	1	Right Inner Shield	71	2	Crank Clamp
22	1	Left Large Slot Cover	72	1	Drive Belt
23	1	Right Outer Shield	73	1	Pulley
24	1	Access Cover	74	2	Weld Spacer
25	2	Small Slot Cover	75	2	Crank Hanger
26	1	Upper Pillar Cover	76	2	Crank Hanger Spacer
27	1	Left Inner Shield	77	2	Bearing Insert
28	1	Left Outer Shield	78	2	Snap Ring
29	1	Pillar Cover A	79	2	Pivot Insert
30	1	Pillar Cover B	80	2	Cone
31	1	Left Base Cover	81	4	Cone Key
32	1	Right Base Cover	82	2	Cone Spring
33	2	Pivot Cover A	83	2	Pivot Bearing
34	2	Pivot Cover B	84	2	Pivot Spacer
35	1	Right Leg Cover A	85	2	Pivot Bushing
36	1	Right Leg Cover B	86	2	Crank Spacer
37	1	Lower Neck Cover	87	2	Pedal Arm Snap Ring
38	1	Right Lower Bridge Cover	88	4	Outer Bushing
39	1	Lever Bracket	89	2	Pedal Arm Washer
40	1	Lift Motor	90	2	Inner Pedal Arm Cover
41	1	Control Bracket	91	3	Pillar Axle
42	1	Control Board	92	1	Lift Motor Axle
43	1	Power Bracket Cover	93	1	Lever Bracket Axle
44	1	Power Bracket	94	2	Lift Motor Spacer
45	1	Power Switch	95	2	Lift Motor Bushing
46	1	Grommet	96	2	Lever Bracket Bushing
47	1	Upper Pillar	97	21	Clip Nut
48	1	Lower Pillar	98	105	M4 x 16mm Screw
49	1	Eddy Mechanism	99	2	Pivot Washer
50	1	Eddy Mechanism Bracket	100	2	M10 x 20mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M8 x 15mm Screw	125	2	M8 x 68mm Screw
102	2	M8 Washer	126	2	M4 x 10mm Clamp Screw
103	8	M6 x 15mm Screw	127	1	Power Cord
104	8	M6 Washer	128	1	M4 x 10mm Screw
105	4	Standoff	129	1	Idler
106	5	M4 Star Washer	130	1	M10 x 18mm Screw
107	6	#8 x 10mm Screw	131	1	M10 x 80mm Screw
108	2	M10 x 55mm Bolt	132	1	Right Pedal Arm
109	14	M8 x 20mm Screw	133	2	Outer Pedal Cover
110	4	Glide Belt Wedge	134	4	R16 Bearing
111	12	M6 x 16mm Screw	135	1	Chest Heart Rate Monitor
112	4	M8 x 14mm Shoulder Screw	136	2	Thrust Washer
113	2	M12 x 60mm Bolt	137	2	Magnet
114	6	M12 Locknut	138	1	Accelerometer Wire
115	4	M8 x 12mm Screw	139	1	Accelerometer
116	4	M12 x 78mm Bolt	140	4	Accelerometer Screw
117	8	M10 x 40mm Screw	141	1	Main Wire
118	2	M10 x 60mm Bolt	142	1	Right Large Slot Cover
119	2	Strap	143	8	M6 x 12mm Screw
120	4	#8 x 25mm Screw	144	2	Leg Spacer
121	2	M10 x 85mm Bolt	*	–	User's Manual
122	6	M10 Locknut	*	–	Assembly Tool
123	4	M8 Locknut	*	–	Grease Packet
124	6	M8 x 45mm Bolt/Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

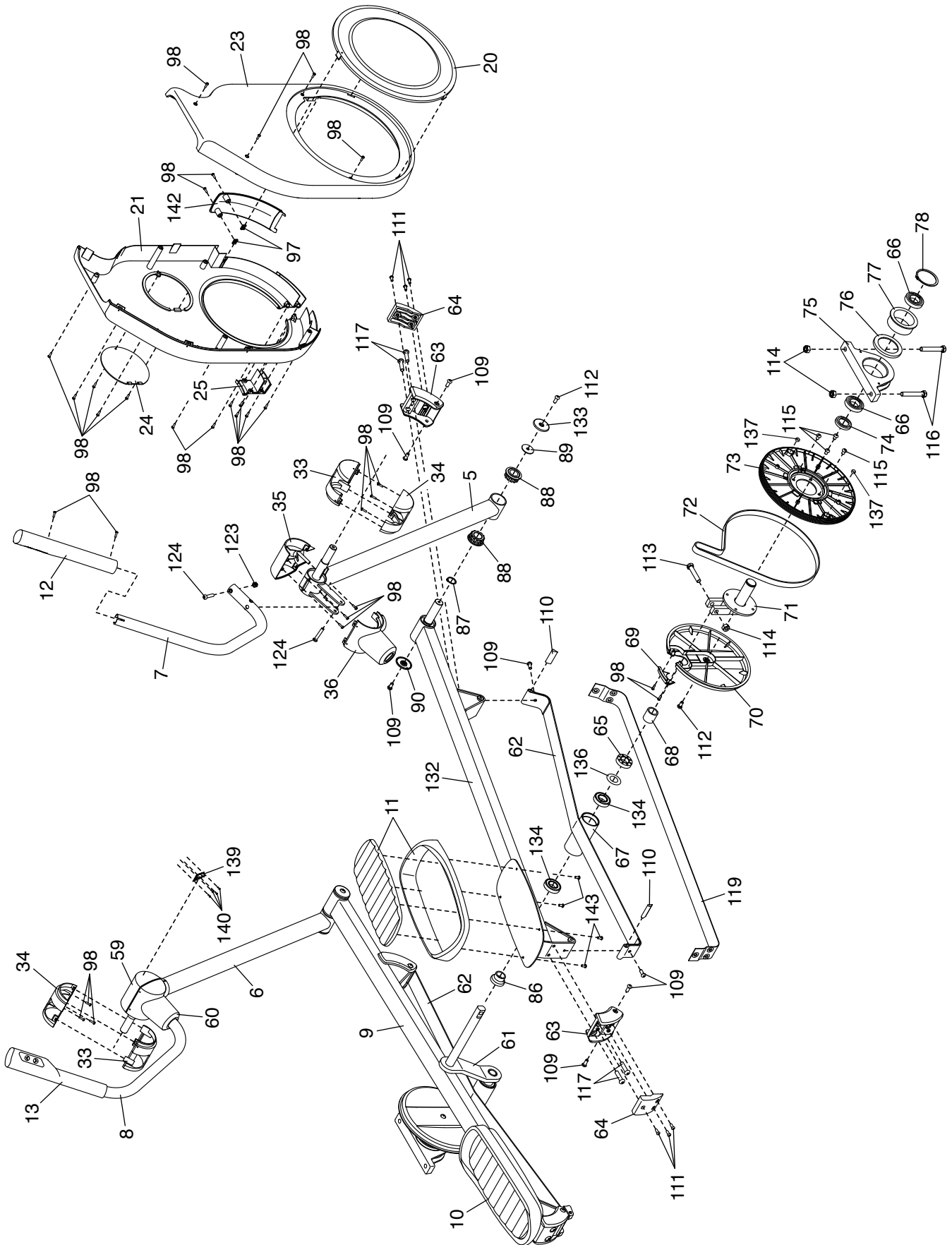
# EXPLODED DRAWING A

Model No. NTEL71317.0 R1017A



# EXPLODED DRAWING B

Model No. NTEL71317.0 R1017A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for the lifetime of the original purchaser (customer). Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**