

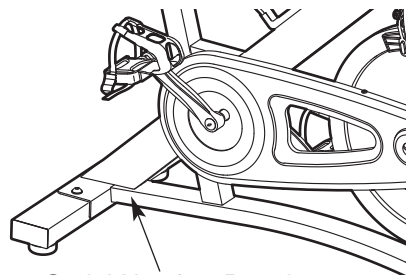
# NordicTrack®

## GX2 Sport

Model No. NTEVEX75010.0

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

Write the serial number in the space above for reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

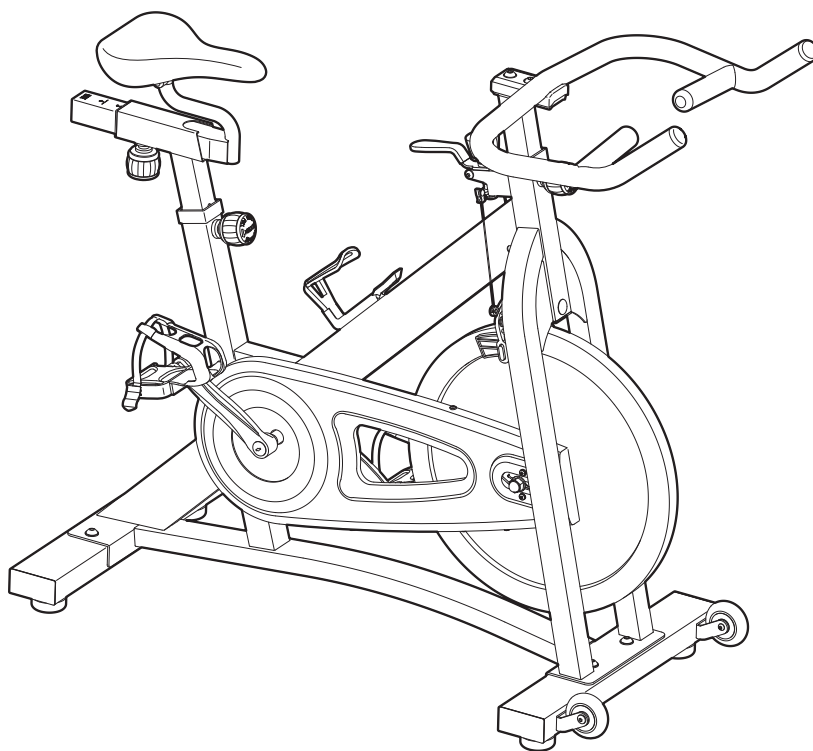
Call: 08457 089 009

From Ireland: 053 92 36102

Email: Visit [www.iconsupport.eu](http://www.iconsupport.eu)

Write:

ICON Health & Fitness, Ltd.  
c/o HI Group PLC, Express Way  
Whitwood, West Yorkshire  
WF10 5QJ  
UK



### CAUTION

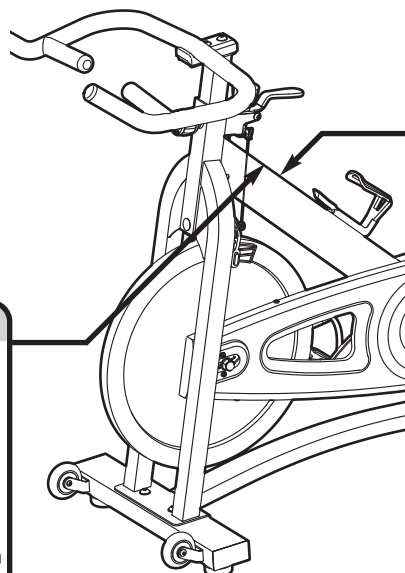
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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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.



**CAUTION**

To stop, reduce your pedal speed in a controlled way.

To stop quickly, use the brake.

Pedals will continue to spin so use caution when slowing and stopping.

**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 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Set the resistance to maximum when the bike is not in use.
- Replace label if damaged, illegible, or removed.

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# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise bike at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
9. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
10. Always keep your back straight while using the exercise bike; do not arch your back.
11. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
12. To stop the flywheel quickly, press the brake lever downward.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

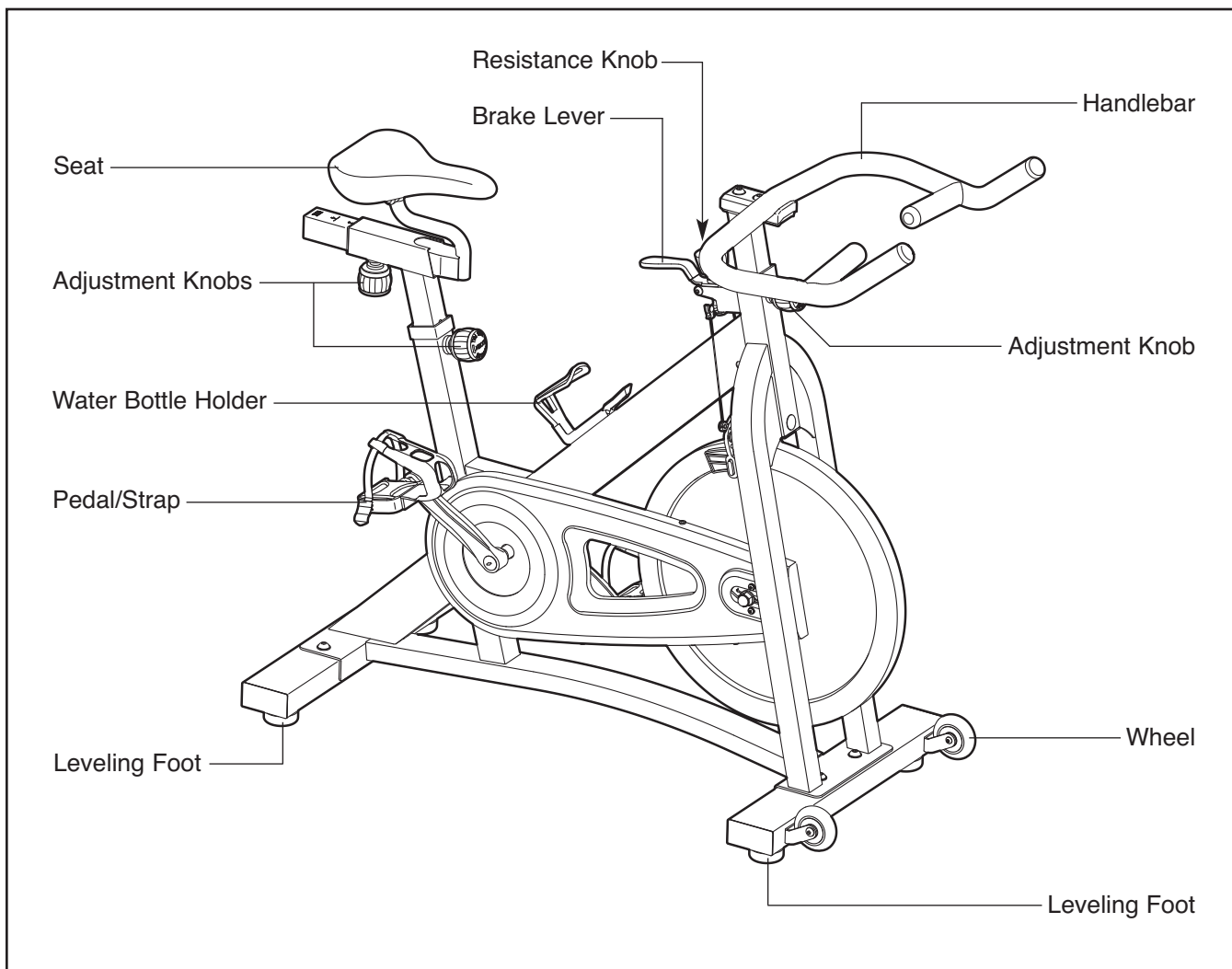
# BEFORE YOU BEGIN

Thank you for selecting the new NordicTrack® GX2 SPORT exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The GX2 SPORT exercise bike provides a 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 exercise bike.** 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.



# ASSEMBLY

**Assembly requires two persons.** Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires an adjustable wrench  and a Phillips screwdriver .

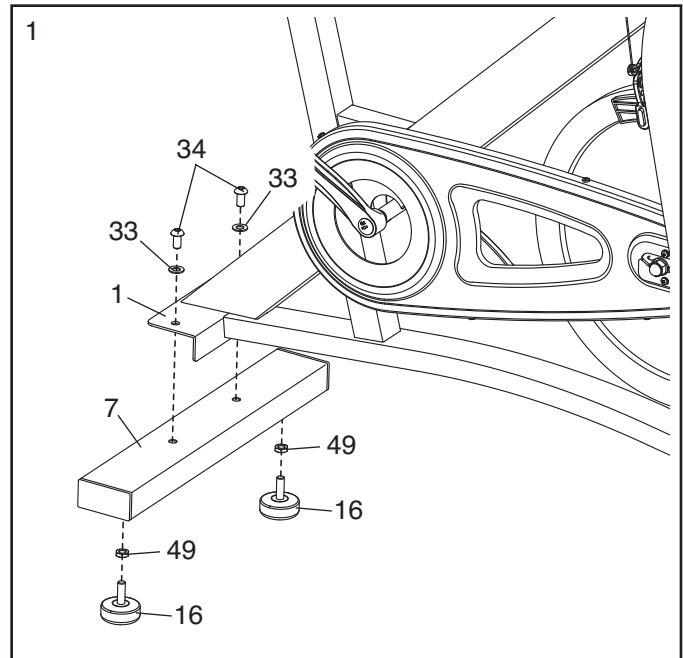
**Note: If a part is not in the hardware kit, check to see if it has been preattached.**

1. Remove the two screws, the two washers, and the shipping bracket (not shown) from the rear of the Frame (1). Discard the screws, washers, and shipping bracket.

Identify the Rear Stabilizer (7), which does not have wheels.

Tighten two M10 Hex Nuts (49) onto two Leveling Feet (16). Next, tighten the Leveling Feet into the underside of the Rear Stabilizer (7).

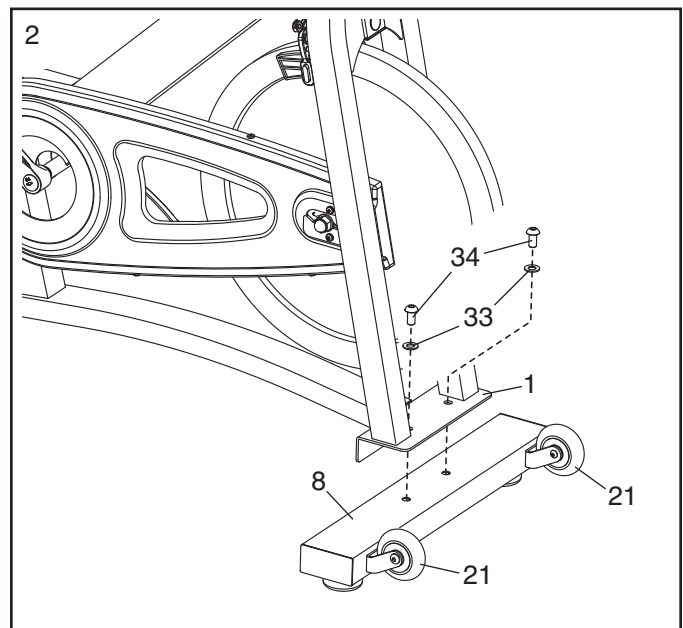
Attach the Rear Stabilizer (7) to the Frame (1) with two M10 x 25mm Screws (34) and two M10 Washers (33).



2. Remove the two screws, the two washers, and the shipping bracket (not shown) from the front of the Frame (1). Discard the screws, washers, and shipping bracket.

Orient the Front Stabilizer (8) so that the Wheels (21) are in the position shown.

Attach the Front Stabilizer (8) to the Frame (1) with two M10 x 25mm Screws (34) and two M10 Washers (33).

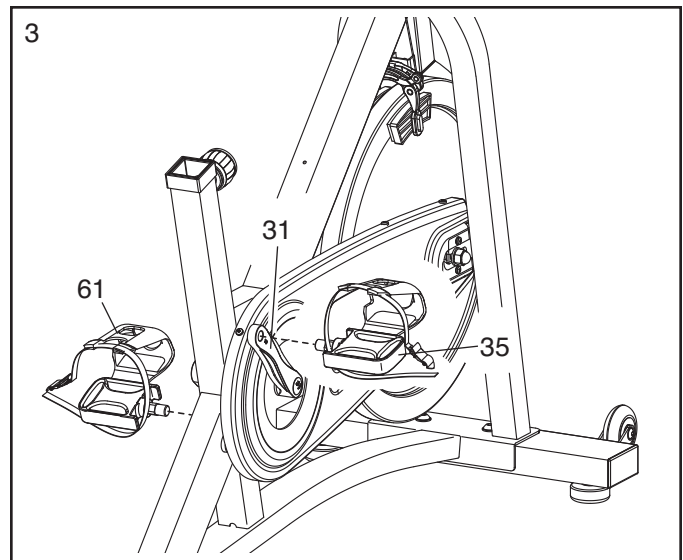


3. Identify the Right Pedal (35), which is marked with an "R."

Using an adjustable wrench, **firmly tighten** the Right Pedal (35) *clockwise* into the Right Crank Arm (31).

Next, tighten the Left Pedal (61) *counterclockwise* into the Left Crank Arm (not shown).

**IMPORTANT: Tighten both Pedals (35, 61) as firmly as possible. After using the exercise bike for one week, retighten the Pedals.**

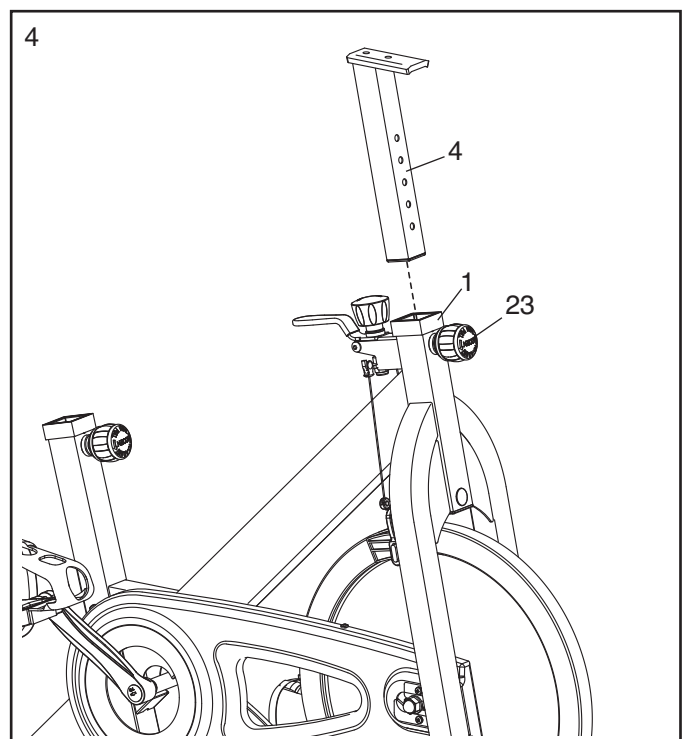


4. Orient the Handlebar Post (4) as shown.

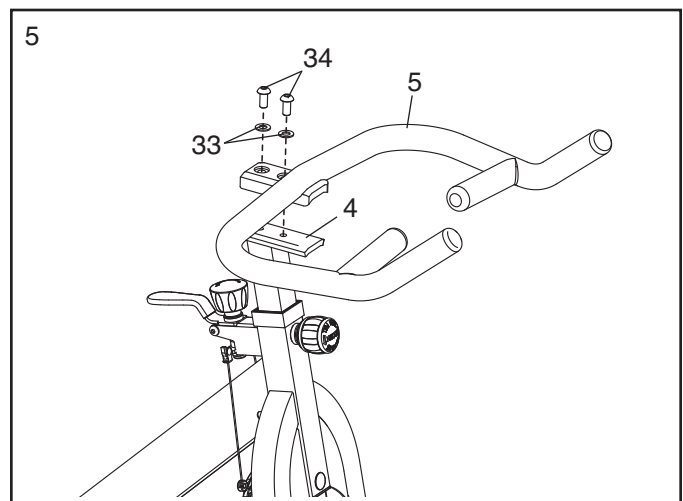
Locate the Adjustment Knob (23) on the front of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar Post (4) into the Frame.

Move the Handlebar Post (4) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob.

**Move the Handlebar Post (4) upward or downward slightly to make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Handlebar Post.**



5. Attach the Handlebar (5) to the Handlebar Post (4) with two M10 x 25mm Screws (34) and two M10 Washers (33).

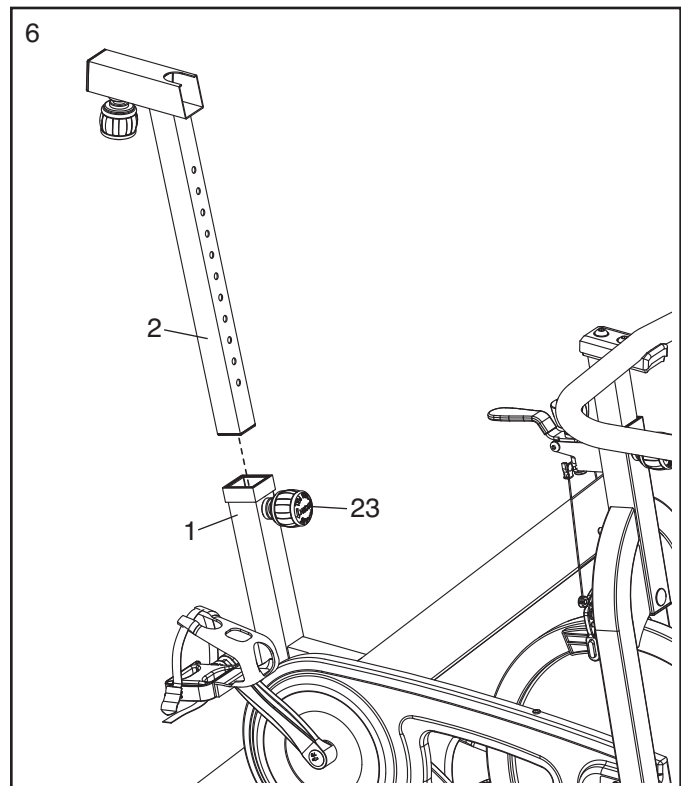


6. Orient the Seat Post (2) as shown.

Locate the Adjustment Knob (23) on the rear of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Seat Post (2) into the Frame.

Move the Seat Post (2) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Seat Post, and then tighten the Adjustment Knob.

**Move the Seat Post (2) upward or downward slightly to make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Seat Post.**



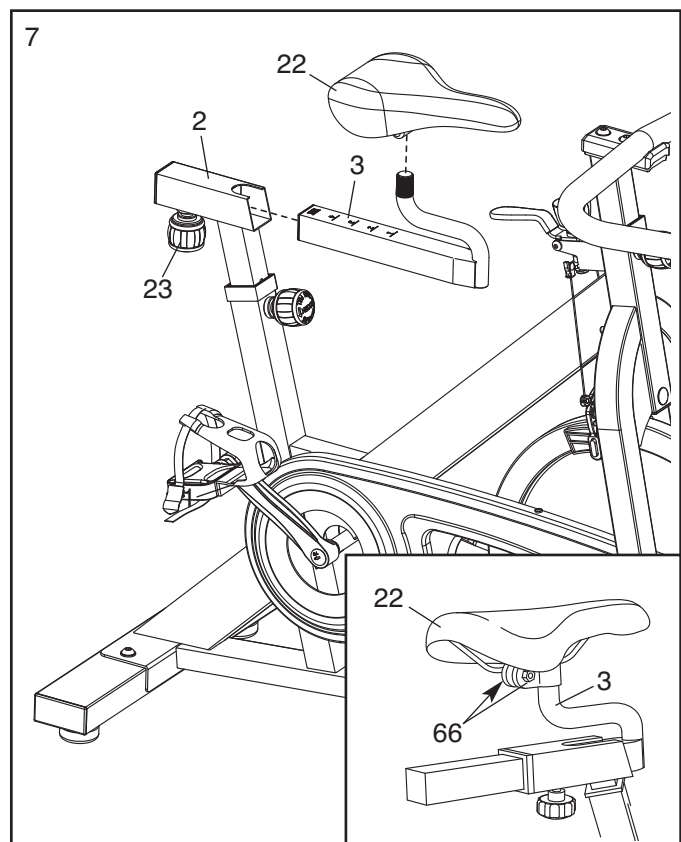
7. Orient the Seat (22) and the Seat Carriage (3) as shown.

**See the inset drawing.** Attach the Seat (22) to the Seat Carriage (3) with two M8 Hex Nuts (66). **Make sure that the nose of the Seat is pointing straight ahead before you tighten the Hex Nuts.**

Locate the Adjustment Knob (23) on the Seat Post (2). Loosen the Adjustment Knob and pull it downward. Then, insert the Seat Carriage (3) into the Seat Post.

Slide the Seat Carriage (3) to the desired position, release the Adjustment Knob (23) into one of the adjustment holes in the Seat Carriage, and then tighten the Adjustment Knob.

**Make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Seat Carriage (3).**



8. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

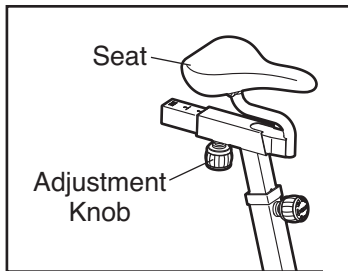
# HOW TO USE THE EXERCISE BIKE

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

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

## HOW TO ADJUST THE SEAT

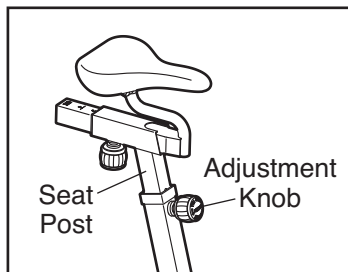
To adjust the position of the seat, first loosen the adjustment knob and pull it downward. Then, move the seat forward or backward, release the adjustment knob into an adjustment hole in the seat carriage, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



## HOW TO ADJUST THE SEAT POST

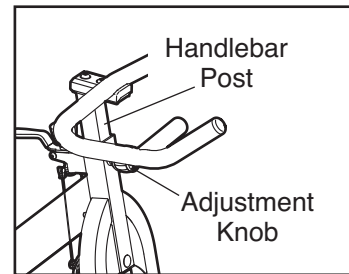
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat post, first loosen the adjustment knob and pull it outward. Then, move the seat post upward or downward, release the adjustment knob into an adjustment hole in the seat post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



## HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**

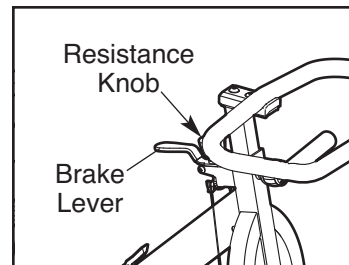


## HOW TO ADJUST THE PEDAL STRAPS

To tighten the pedal straps (see the drawing on page 4), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

## HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise. **To stop the flywheel, push the brake lever downward. The flywheel should quickly come to a complete stop.**



## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the front or rear stabilizer (see the drawing on page 4) until the rocking motion is eliminated.

# 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 pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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. NTEVEX75010.0

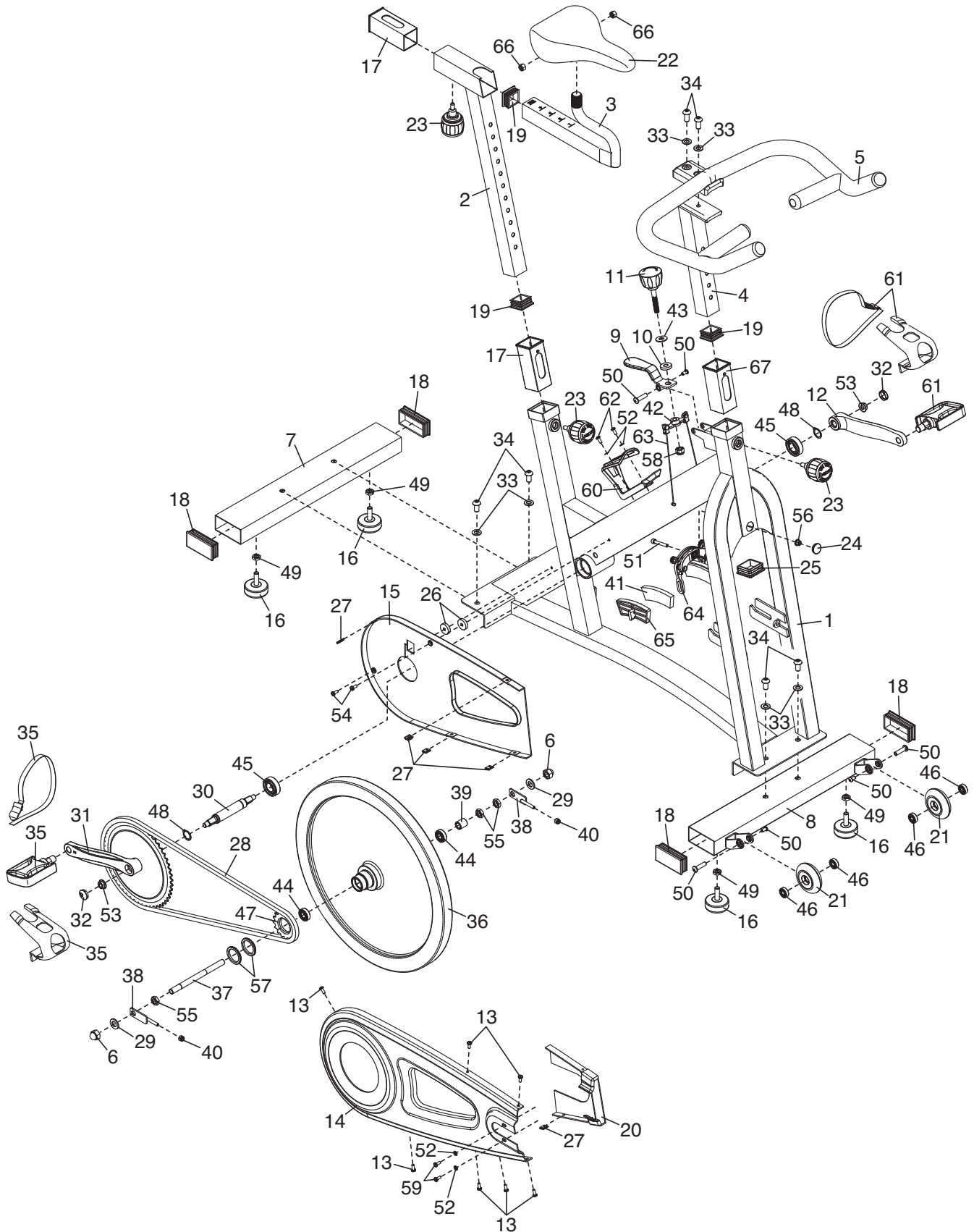
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Flywheel
2	1	Seat Post	37	1	Flywheel Axle
3	1	Seat Carriage	38	2	Flywheel Bracket
4	1	Handlebar Post	39	1	Sleeve
5	1	Handlebar	40	2	M8 Locknut
6	2	M12 Acorn Nut	41	2	Brake Pad
7	1	Rear Stabilizer	42	1	Brake Clamp
8	1	Front Stabilizer	43	1	Small Knob Washer
9	1	Brake Lever	44	2	Flywheel Bearing
10	1	Felt Washer	45	2	Crank Bearing
11	1	Resistance Knob	46	4	Wheel Bearing
12	1	Left Crank Arm	47	1	Flywheel Sprocket
13	7	Self-tapping Screw	48	2	Snap Ring
14	1	Right Shield	49	4	M10 Hex Nut
15	1	Left Shield	50	3	Wheel Bolt Set
16	4	Leveling Foot	51	1	M6 x 40mm Bolt
17	2	Seat Post Bushing	52	4	M5 Washer
18	4	Stabilizer Cap	53	2	Crank Nut
19	3	Post Cap	54	2	M5 x 25mm Screw
20	1	Shield Cover	55	3	M12 Thin Hex Nut
21	2	Wheel	56	1	M6 Flange Nut
22	1	Seat	57	2	Spanner Nut
23	3	Adjustment Knob	58	1	M10 Locknut
24	1	Brake Cap	59	2	M5 x 12mm Screw
25	1	Frame Cap	60	1	Water Bottle Holder
26	2	6.5mm Plastic Spacer	61	1	Left Pedal/Strap
27	5	T1 Nut	62	2	M5 x 12mm Screw
28	1	Chain	63	2	Brake Cable
29	2	Bracket Washer	64	1	Caliper Brake
30	1	Crank Axle	65	2	Brake Pad Mount
31	1	Right Crank Arm/Crank Wheel	66	2	M8 Hex Nut
32	2	Crank Cap	67	1	Handlebar Post Bushing
33	6	M10 Washer	*	—	Assembly Tool
34	6	M10 x 25mm Screw	*	—	User's Manual
35	1	Right Pedal/Strap			

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—Model No. NTEVEX75010.0

R0510A



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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)