

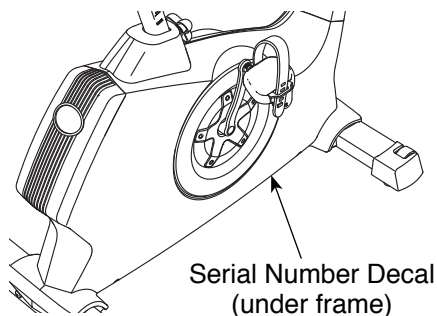
NordicTrack®

GX 3.4

Model No. NTEVEX78612.0

Serial No. _____

Write the serial number in the space above for reference.



CUSTOMER SERVICE

UNITED KINGDOM

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

CASTLEFORD

WF10 5QJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

Write:

ICON Health & Fitness

PO Box 635

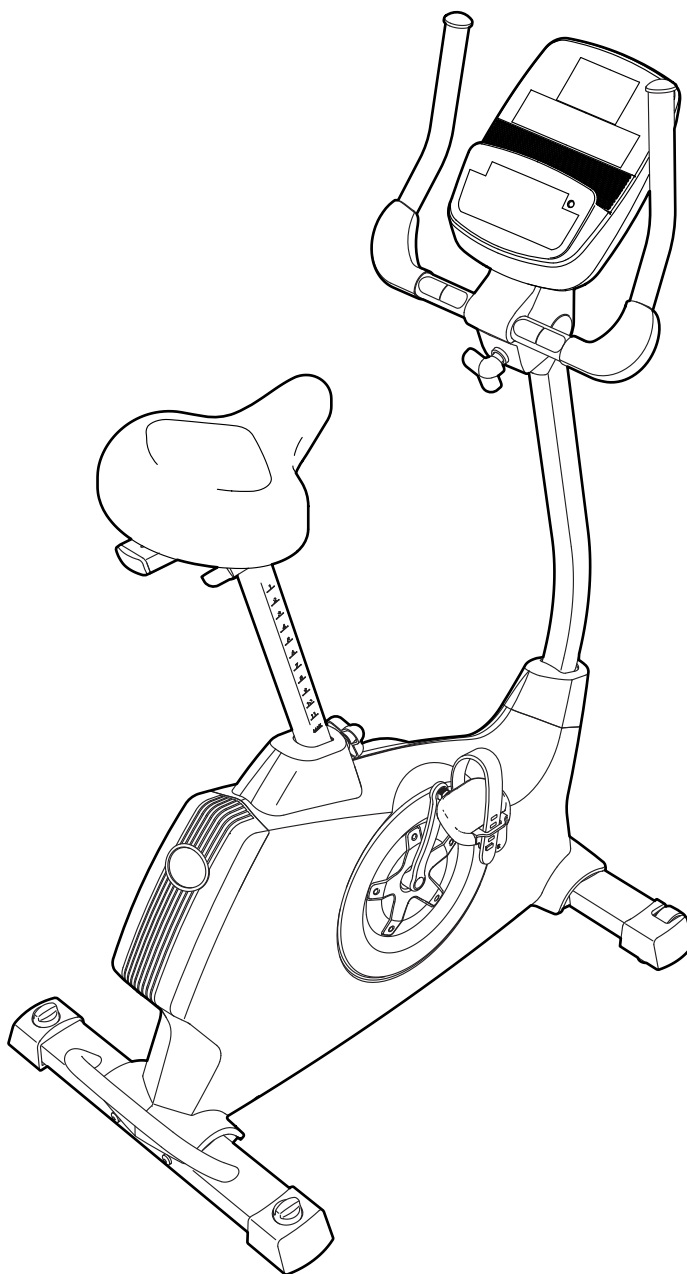
WINSTON HILLS NSW 2153

AUSTRALIA

⚠ CAUTION

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

USER'S MANUAL



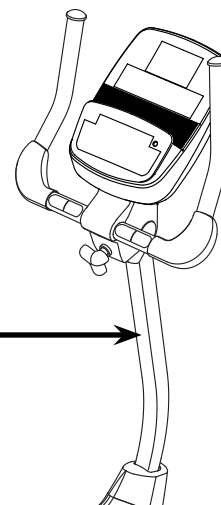
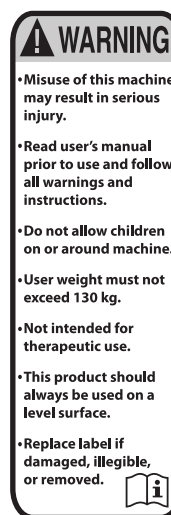
www.iconeurope.com

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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.



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. It is the responsibility of the owner to ensure that all users of the exercise bike 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. Use the exercise bike only as described in this manual.
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. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. 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.
10. The exercise bike should not be used by persons weighing more than 286 lbs. (130 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. The heart rate monitor is not a medical device. Various factors, including the user's movement, 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.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. 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.

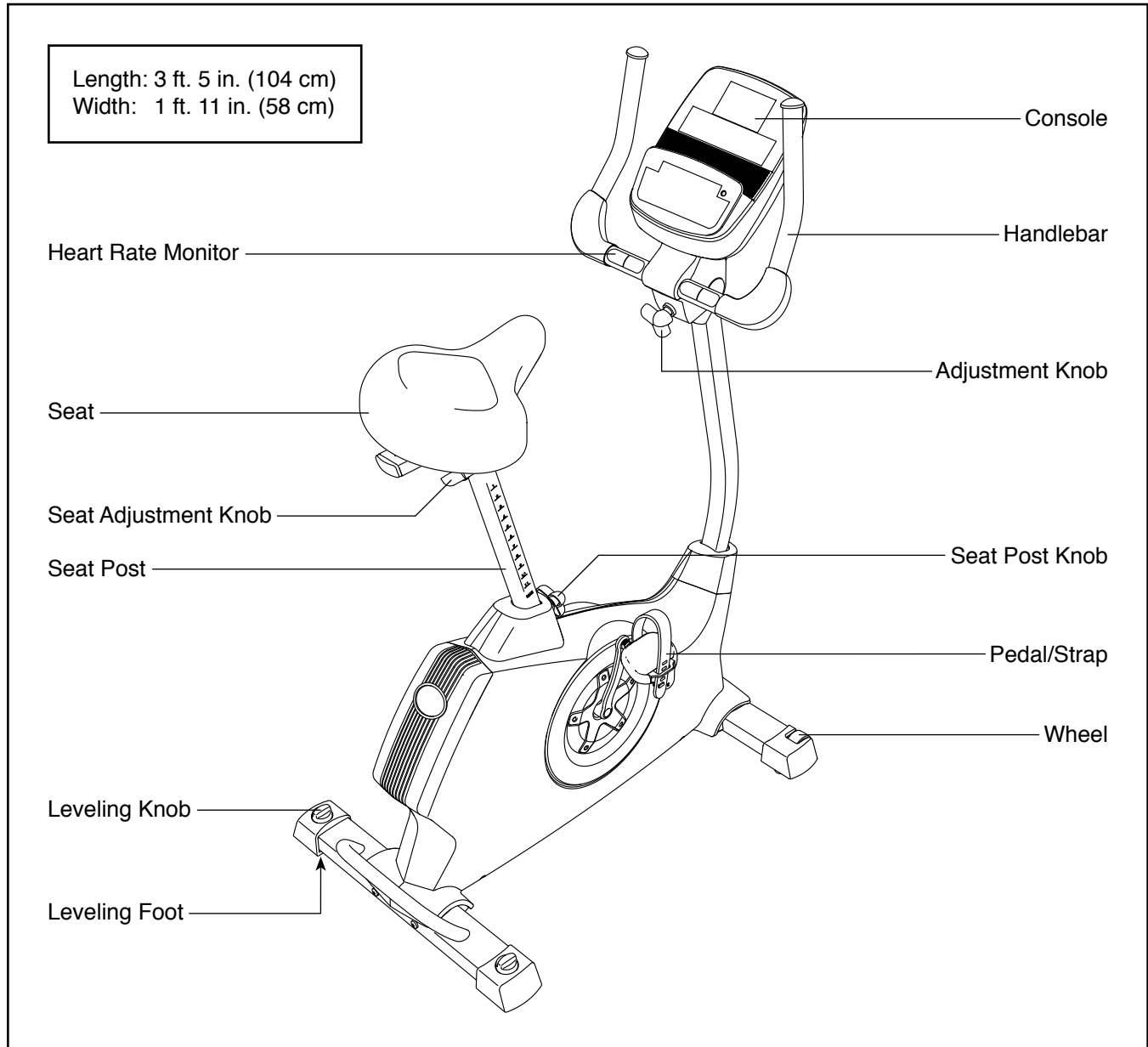
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® GX 3.4 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The GX 3.4 exercise bike 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 exercise bike. If you have questions after

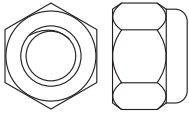
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

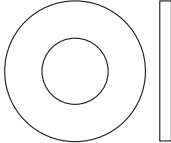
Use the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit,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



M8 Locknut
(72)–4



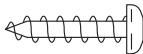
M8 Split Washer (75)–8



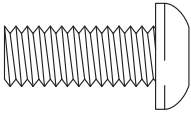
M8 Washer
(43)–2



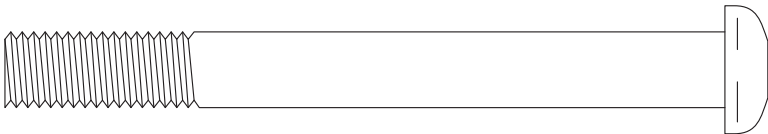
M4 x 5mm
Bright Screw
(91)–1



M4 x 16mm
Screw (90)–8



M8 x 20mm
Screw (74)–4



M10 x 95mm
Screw (76)–4



M6 x 70mm Bolt Set (50)–1



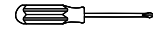
M6 x 60mm Bolt Set (51)–1

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 complete all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

one Phillips screwdriver



one adjustable wrench



one rubber mallet

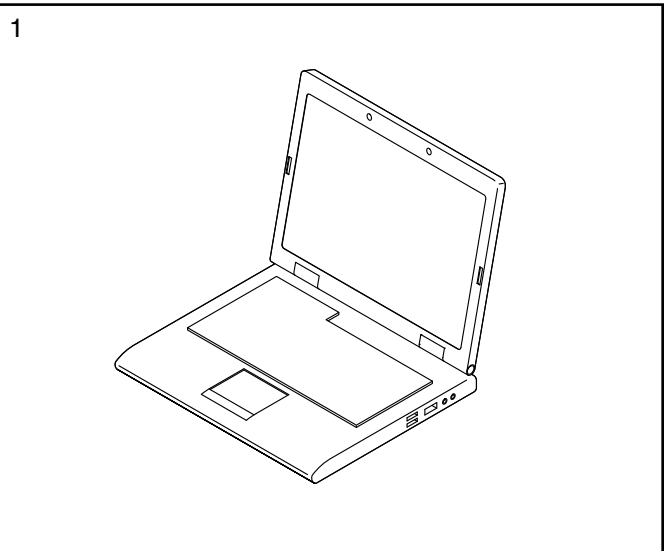


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

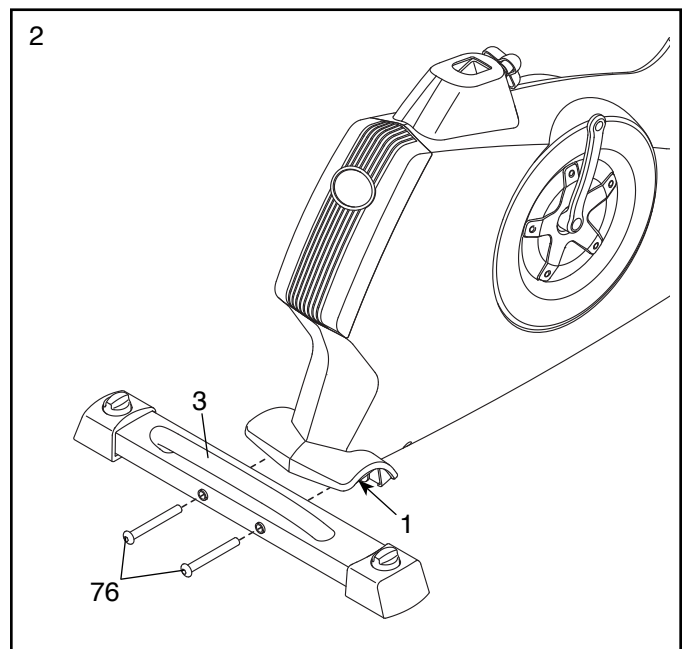
1. Go to www.iconsupport.eu on your computer and register your product.

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

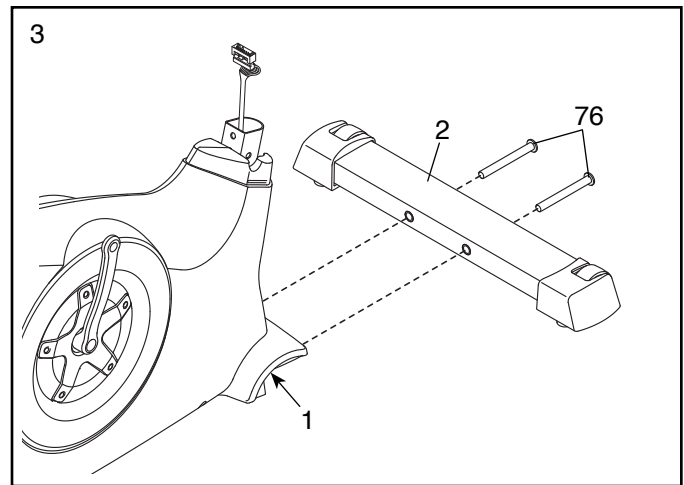
Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.



2. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 95mm Screws (76).



3. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 95mm Screws (76).

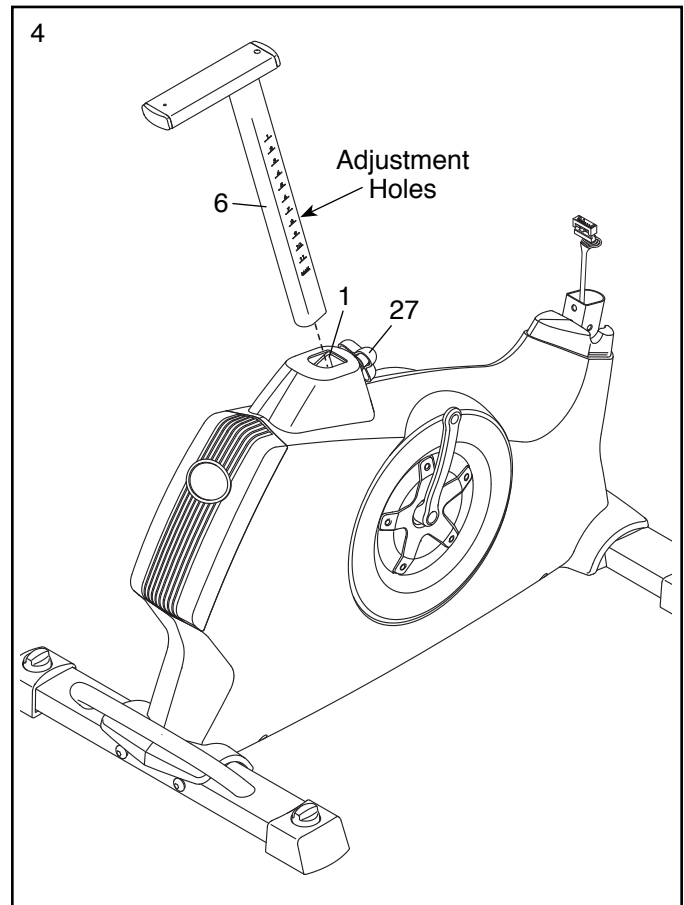


4. Loosen the Adjustment Knob (27) in the Frame (1) a few turns.

Orient the Seat Post (6) as shown. Then, pull the Adjustment Knob (27) outward and insert the Seat Post into the Frame (1).

Slide the Seat Post (6) upward or downward to the desired position, and release the Adjustment Knob (27).

Move the Seat Post (6) upward or downward slightly to make sure that the Adjustment Knob (27) is engaged in one of the adjustment holes in the Seat Post. Then, tighten the Adjustment Knob.

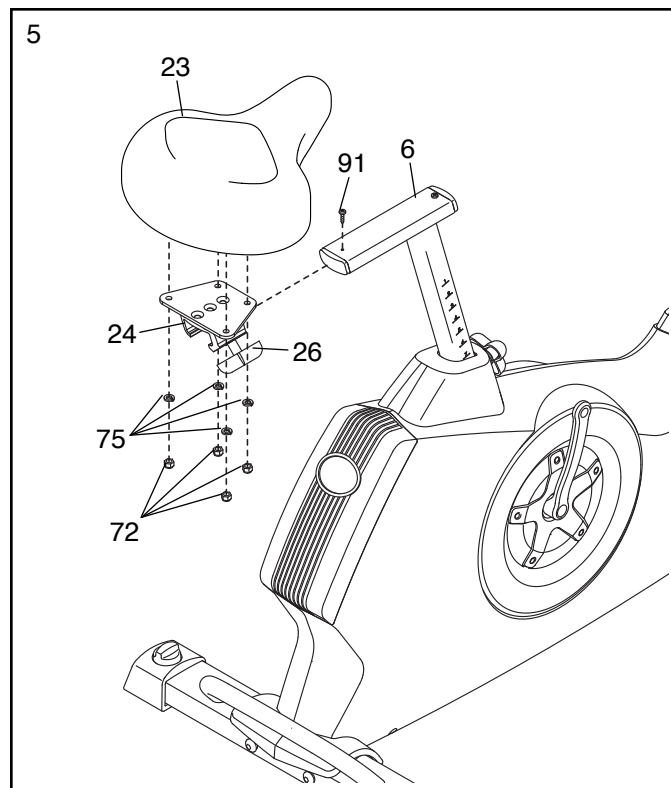


5. Orient the Seat (23) and the Seat Carriage (24) as shown.

Attach the Seat (23) to the Seat Carriage (24) with four M8 Locknuts (72) and four M8 Split Washers (75).

Slide the Seat Carriage (24) onto the Seat Post (6). Then, slide the Seat Carriage all the way forward and tighten the Seat Adjustment Knob (26).

Attach an M4 x 5mm Bright Screw (91) to the rear of the Seat Post (6).



6. Using a plastic bag to keep your fingers clean, apply some of the included grease to an M6 x 70mm Bolt Set (50).

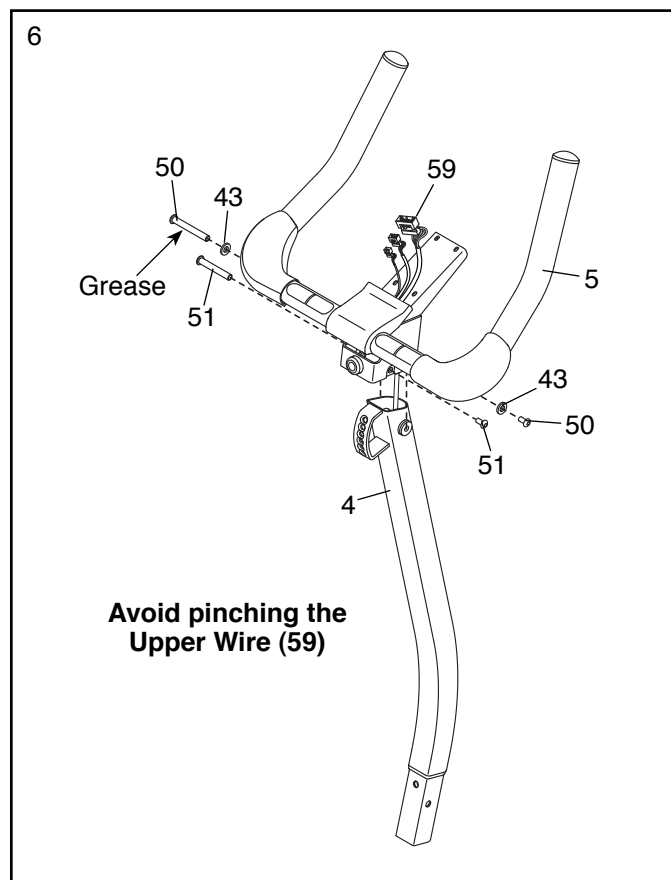
Orient the Handlebar (5) and the Upright (4) as shown.

While a second person holds the Handlebar (5) near the Upright (4), insert the Upper Wire (59) upward through the Handlebar.

Tip: Avoid pinching the Upper Wire (59).

Attach the Handlebar (5) to the Upright (4) with the M6 x 70mm Bolt Set (50) and two M8 Washers (43).

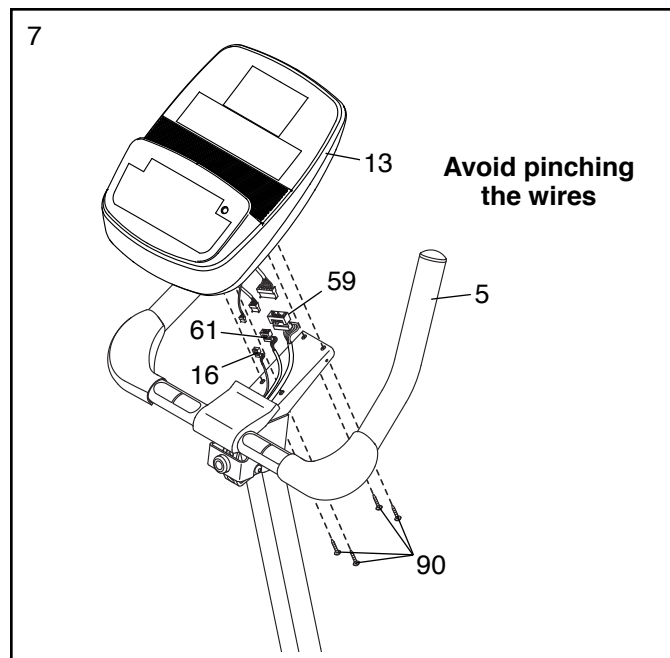
Then, attach an M6 x 60mm Bolt Set (51) through the lower bracket on the Handlebar (5).



7. While another person holds the Console (13) near the Handlebar (5), connect the wires on the Console to the Upper Wire (59), the Pulse Wire (61), and the Receiver Wire (16).

Insert the excess wire into the Handlebar (5).

Tip: Avoid pinching the wires. Attach the Console (13) to the Handlebar (5) with four M4 x 16mm Screws (90).



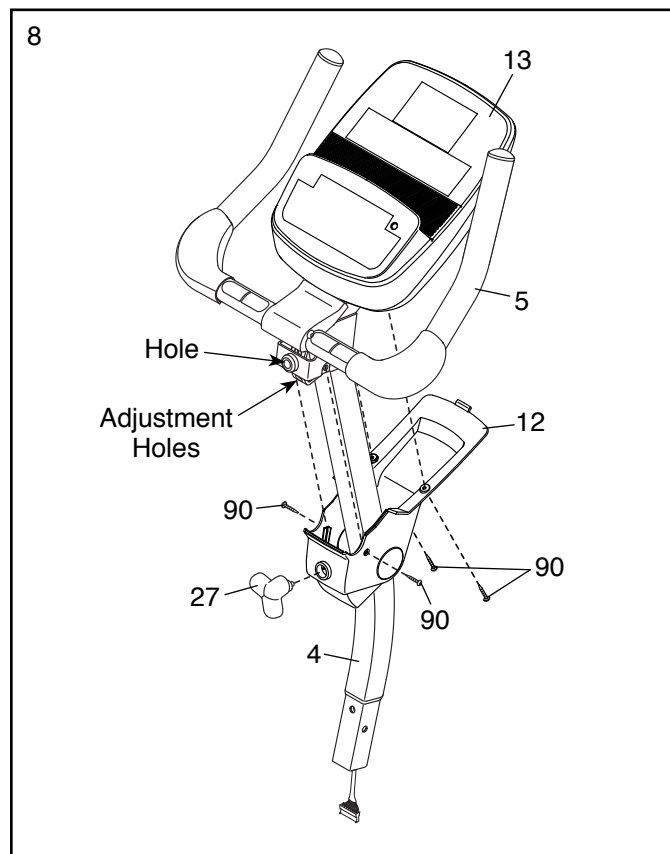
8. Orient the Upright (4) assembly and the Pivot Cover (12) as shown.

Slide the Pivot Cover (12) upward to the Handlebar (5). **Tip: Bend and flex the Pivot Cover slightly to slide it over the Handlebar.**

Attach the Pivot Cover (12) to the Handlebar (5) and the Console (13) with four M4 x 16mm Screws (90).

Pivot the Handlebar (5) until the hole in the Handlebar is aligned with an adjustment hole in the Upright (4).

Tighten an Adjustment Knob (27) into the Handlebar (5) and an adjustment hole in the Upright (4). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**



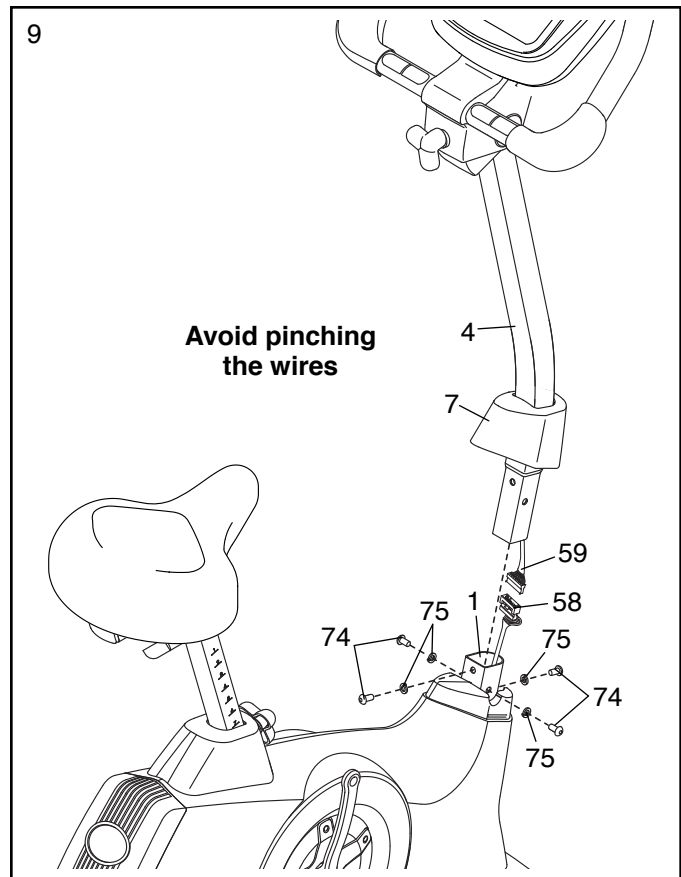
9. Slide the Front Shield Cover (7) upward onto the Upright (4).

While another person holds the Upright (4) near the Frame (1), connect the Upper Wire (59) to the Lower Wire (58).

Insert the Upright (4) into the Frame (1).

Tip: Avoid pinching the wires. Attach the Upright (4) with four M8 x 20mm Screws (74) and four M8 Split Washers (75).

Slide the Front Shield Cover (7) downward to the Frame (1) and press it into place.



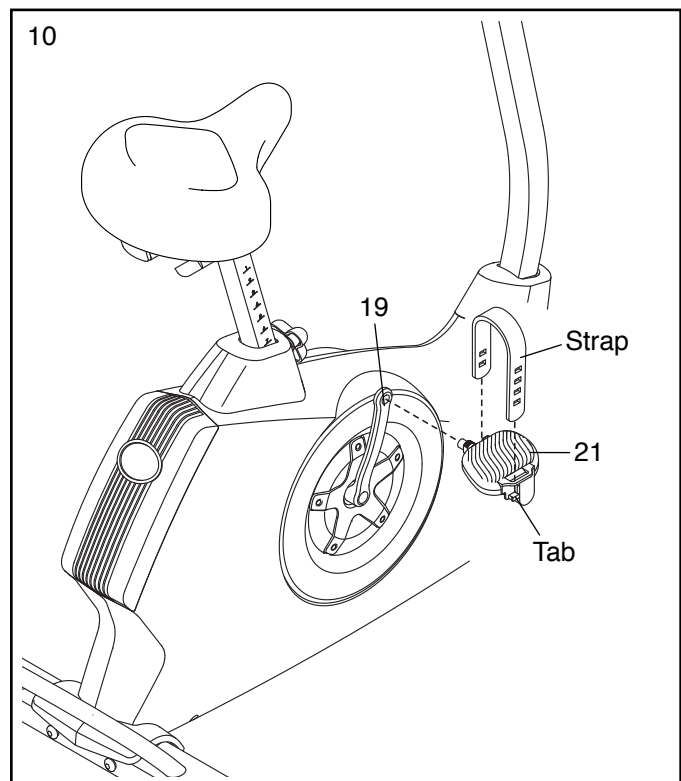
10. Identify the Right Pedal (21).

Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (19).

Tighten the Left Pedal (not shown) **counter-clockwise** into the Left Crank Arm (not shown).

Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the straps onto the tabs on the Right Pedal.

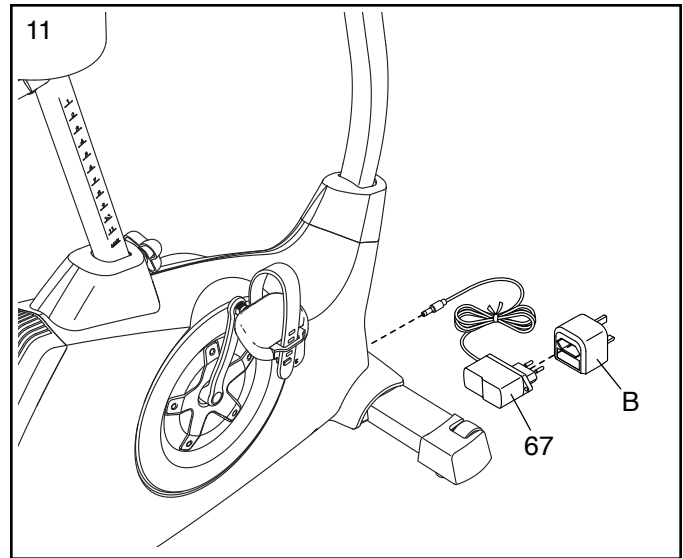
Adjust the strap on the Left Pedal (not shown) in the same way.



11. Plug the Power Adapter (67) into the receptacle on the frame of the exercise bike.

If necessary, plug the Power Adapter (67) into the Plug Adapter (B).

Note: To plug the Power Adapter (67) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



12. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**
Note: Some hardware may be left over after assembly is completed. Place a mat under the exercise bike to protect the floor or carpet.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

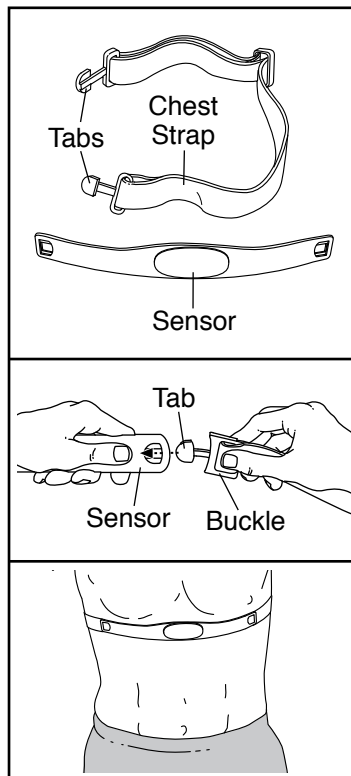
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

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

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor 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; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

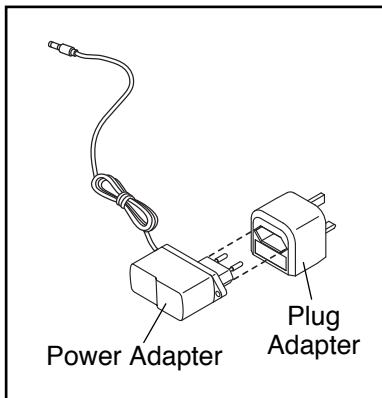
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- 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 sensor, 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 EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

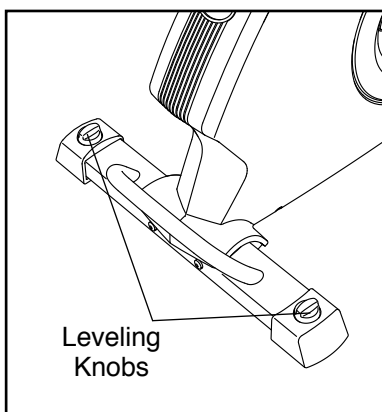
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO LEVEL THE EXERCISE BIKE

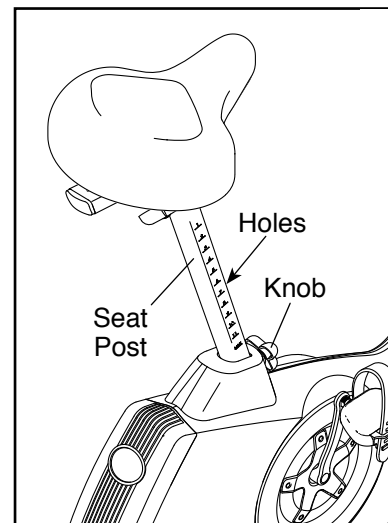
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.



HOW TO ADJUST THE HEIGHT OF THE SEAT

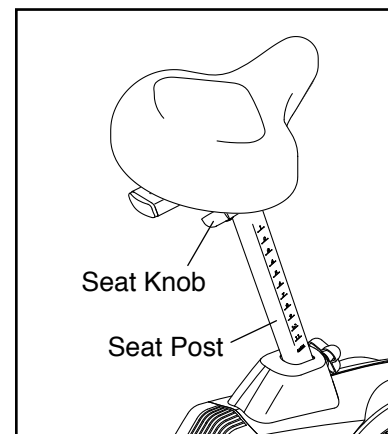
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the adjustment knob a few turns. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.



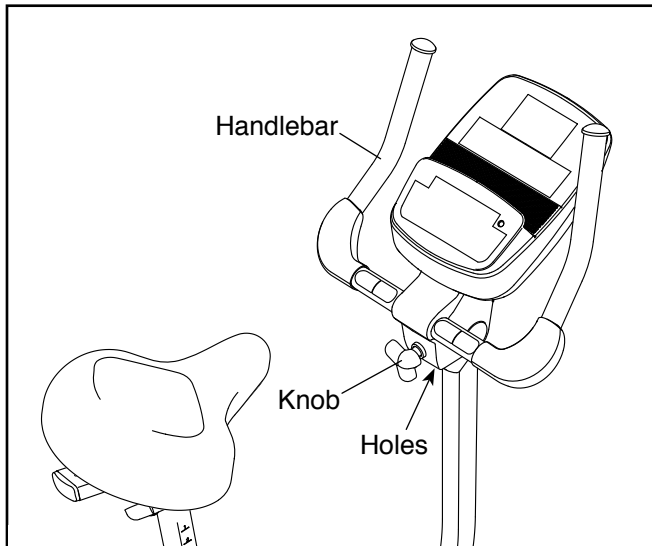
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the horizontal position of the seat, first loosen the seat adjustment knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the knob.



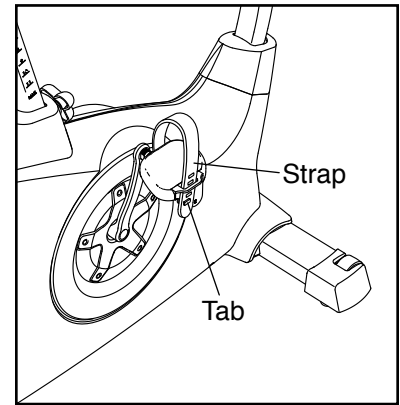
HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, first loosen the adjustment knob a few turns. Next, pull the knob outward, pivot the handlebar to the desired angle, and then release the knob into an adjustment hole. **Make sure that the knob is engaged in one of the adjustment holes.** Then, tighten the knob.

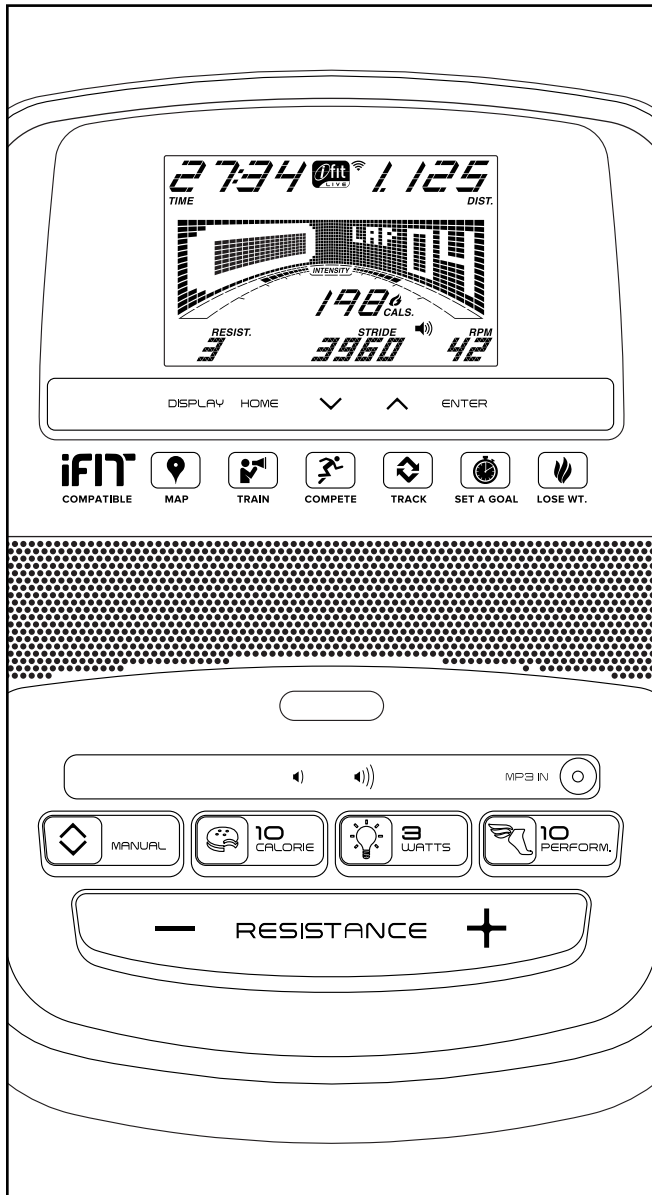


HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Then, adjust the straps to the desired position, and press the ends of the straps onto the tabs.



CONSOLE DIAGRAM



MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Choose and download sets of weight-loss workouts.

Go to [iFit.com](https://www.ifit.com) to learn more.

FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

The console offers twenty onboard workouts—ten calorie workouts and ten performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a calories, distance, or time goal.

The console also offers three watts workouts that change the resistance of the pedals to keep your power output near a watts goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features.

To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 17. **To use an onboard workout**, see page 19. **To use a set-a-goal workout**, see page 20. **To use a watts workout**, see page 21. **To use an iFit workout**, see page 22. **To use the sound system**, see page 23. **To change console settings**, see page 24.

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

HOW TO USE THE MANUAL MODE

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the manual mode.

Press the Manual button on the console to select the manual mode.

If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

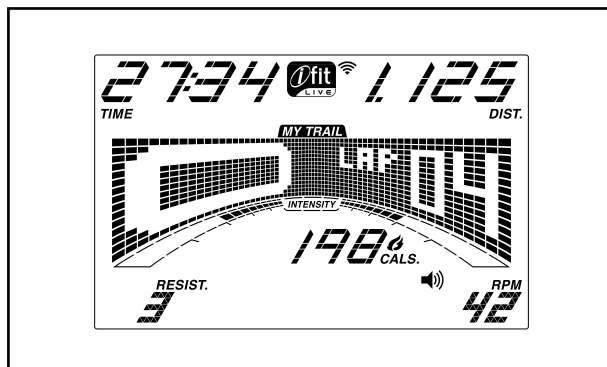
3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

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

4. Follow your progress with the display.

The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

Speed—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

Watts—This display mode will show your power output in watts.

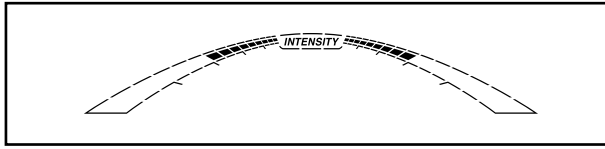
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 24 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

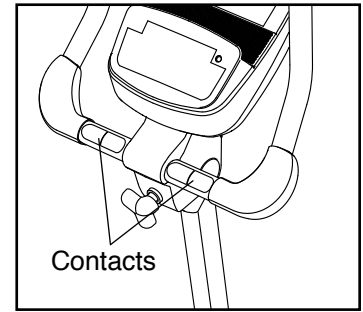
Change the volume level of the console by pressing the volume increase and decrease buttons.



5. Measure your heart rate if desired.

To use the included chest heart rate monitor, see page 12. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE AN ONBOARD WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the 10 Calorie button or the 10 Perform. button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

The maximum resistance level and the maximum speed for the workout will also appear in the display.

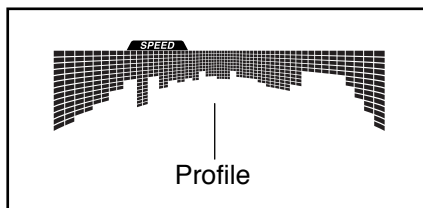
3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the profile on the speed tab will show your progress.

The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different



resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display**, increase your speed.

When a downward-pointing arrow appears, decrease your speed. **When no arrow appears**, maintain your current 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 for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 17.

5. Measure your heart rate if desired.

See step 5 on page 18.

6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 18.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Set a calories, distance, or time goal.**

To set a calories, distance, or time goal, first press the Set A Goal button.

Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

As you exercise, a target speed may appear in the display to help you reach your goal. Keep your pedaling speed near the target 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.

Note: The calorie goal 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 during the workout, the number of calories you burn will be affected.

The workout will continue in this way until the calories, distance, or time goal is reached. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

See step 4 on page 17.

5. **Measure your heart rate if desired.**

See step 5 on page 18.

6. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 18.

HOW TO USE A WATTS WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select a watts workout.

To select a watts workout, first press the 3 Watts button repeatedly until the desired workout appears in the display.

If you select watts workout 1, the words SET WATT GOAL will appear in the display.

If you select watts workout 2 or 3, the workout time and a profile for the workout will appear in the display.

3. If you selected watts workout 1, enter a watts goal setting.

During watts workout 1, the same watts goal will be programmed for all segments of the workout. Press the increase and decrease buttons next to the Enter button to enter the desired watts goal.

4. Begin pedaling to start the workout.

Watts workout 1 is divided into one-minute segments. During the workout, the console will regularly compare your watts output to the watts goal you entered for the workout.

If your watts output is too far below or above the watts goal, the resistance of the pedals will automatically increase or decrease to bring your watts output closer to the watts goal. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

If the watts goal is too high or too low, you can manually override the setting by pressing the increase and decrease buttons next to the Enter button.

Watts workout 2 or 3 is divided into one-minute segments. One resistance level and one watts goal are programmed for each segment. Note: The same resistance level and/or watts goal may be programmed for consecutive segments.

The workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

As you exercise, pedal at the appropriate speed to keep your watts output near the watts goal for the segment.

When the first segment of the workout ends, the resistance level and the watts goal for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.
IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

5. Follow your progress with the display.

See step 4 on page 17.

6. Measure your heart rate if desired.

See step 5 on page 18.

7. When you are finished exercising, the console will turn off automatically.

See step 6 on page 18.

HOW TO USE AN iFIT WORKOUT

You must have an iFit module to use an iFit workout.

To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

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

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Make sure that the iFit module is inserted in the console.

To use an iFit workout, make sure that the iFit module is inserted in the console.

3. Select a user.

If more than one user is registered with your iFit.com membership, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. Select an iFit workout.

To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button. Note: You may be able to access demo workouts through these options, even if you do not insert an iFit module.

To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

To use a set-a-goal workout, press the Set Goal button (see page 20).

Note: Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please go to www.iFit.com.

When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

Note: The calorie goal 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 during the workout, the number of calories you burn will be affected.

5. Start the workout.

See step 3 on page 19.

During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 24).

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. Follow your progress with the display.

See step 4 on page 17.

7. Measure your heart rate if desired.

See step 5 on page 18.

8. When you are finished exercising, the console will turn off automatically.

See step 6 on page 18.

For more information about iFit, please go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.



HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the user mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

1. Select the user mode.

To select the user mode, press and hold down the Display button for a few seconds until the user mode appears in the display.

2. View usage information.

The display will show the total number of hours that the exercise bike has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the exercise bike.

3. Select a unit of measurement if desired.

The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. Adjust the contrast level of the display if desired.

Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

5. Determine if an iFit module is connected to the console.

If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. Select an audio setting for the voice of the personal trainer if desired.

Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. Set the default menu if desired.

Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode menu or the iFit menu as the default menu.

8. Check the status of the iFit module if desired.

Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. Check for downloads if desired.

Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

10. Exit the user mode.

Press the Display button to exit the user mode.

MAINTENANCE AND TROUBLESHOOTING

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 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 lines appear in the console display, see step 4 on page 24 and adjust the contrast level of the display.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 18.

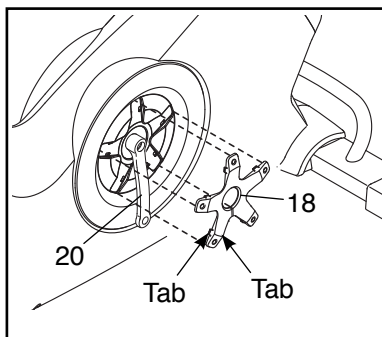
If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 12.

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, you must first remove the left pedal, the left disc cover, and the left pedal disc (see the instructions below).

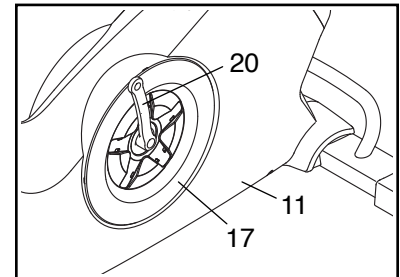
Using an adjustable wrench, turn the left pedal clockwise and remove it.

Rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing downward as shown.



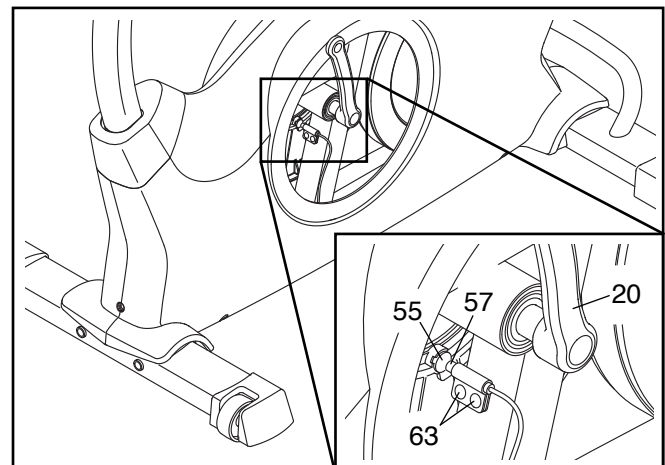
Using a flat screwdriver, release the tabs on each point of the left Disc Cover (18). Carefully work the left Disc Cover over the Left Crank Arm (20) and remove the left Disc Cover.

Next, rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing upward.



Rotate the left Pedal Disc (17) clockwise to release it from the Left Shield (11). Then, work the left Pedal Disc upward and remove it from the Left Crank Arm (20).

Locate the Reed Switch (57). Loosen, but do not remove, the two M4 x 13mm Flange Screws (63).



Next, rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch (57). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 13mm Flange Screws (63).

Rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback.

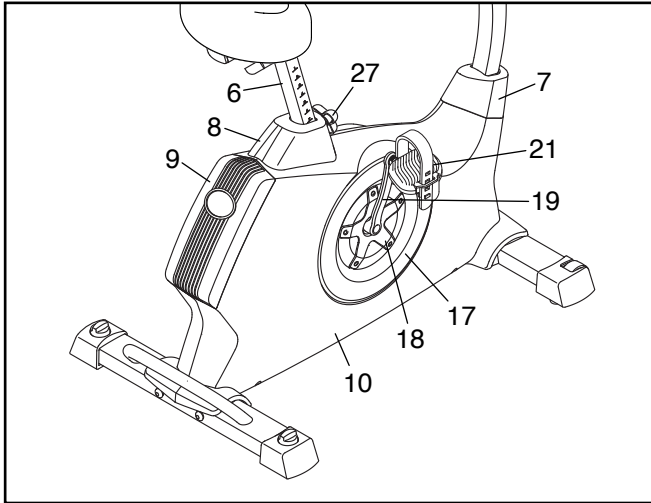
When the reed switch is correctly adjusted, reattach the left pedal disc, the left disc cover, and the left pedal.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must first remove the right pedal, the seat post, the top shield cover, the rear shield cover, the front shield cover, the right disc cover, the right pedal disc, and the right shield (see the instructions below).

Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it.



Next, remove the Adjustment Knob (27) and remove the Seat Post (6).

Using a flat screwdriver, remove the Top Shield Cover (8) and the Rear Shield Cover (9). Then, use the flat screwdriver to release the Front Shield Cover (7).

Rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing downward.

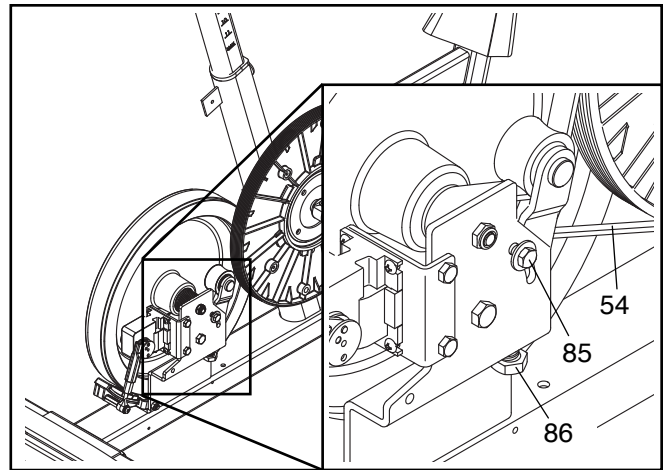
Using a flat screwdriver, release the tabs on each point of the right Disc Cover (18). Carefully work the right Disc Cover over the Right Crank Arm (19) and remove the right Disc Cover. Note: See the drawings on page 25 for more detail.

Next, rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing upward.

Rotate the right Pedal Disc (17) clockwise to release it from the Right Shield (10). Then, work the right Pedal Disc upward and remove it from the Right Crank Arm (19).

See the EXPLODED DRAWING on page 31 and remove the M4 x 19mm Screws (89) and the M4 x 25mm Screws (62) from the Right and Left Shields (10, 11). Then, remove the Right Shield.

Next, loosen the M6 x 20mm Hex Screw (85). Then, tighten the M10 x 65mm Hex Screw (86) until the Drive Belt (54) is tight.



When the Drive Belt (54) is tight, tighten the M6 x 20mm Hex Screw (85).

Then, reattach the right shield, the right pedal disc, the right disc cover, the front shield cover, the rear shield cover, the top shield cover, the seat post, and the right pedal.

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	♥
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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

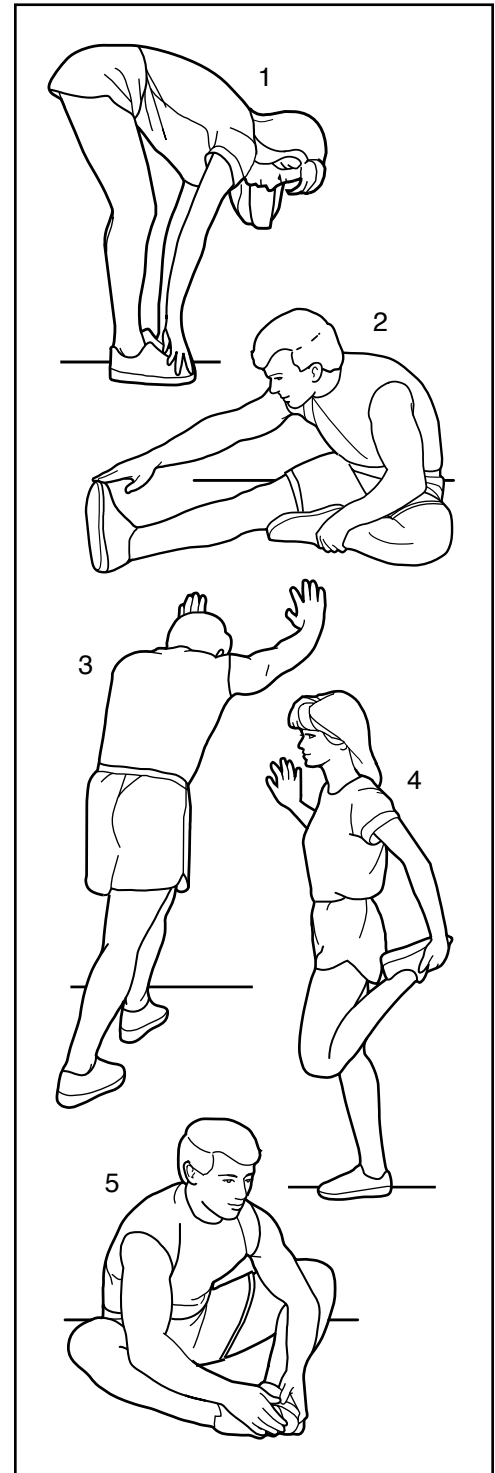
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NTEVEX78612.0 R0113A

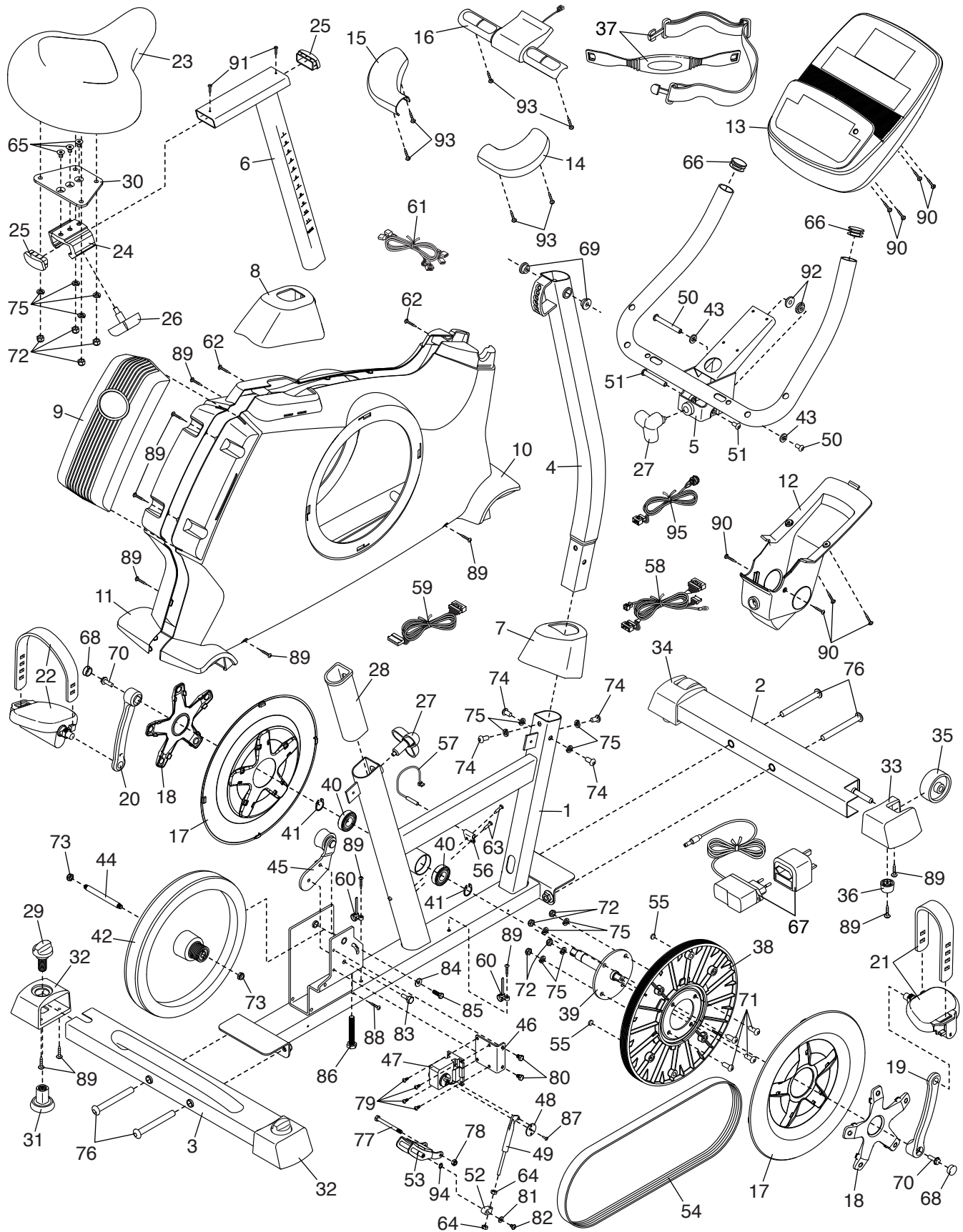
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	1	Idler
2	1	Front Stabilizer	46	1	Motor Bracket
3	1	Rear Stabilizer	47	1	Resistance Motor
4	1	Upright	48	1	Resistance Disc
5	1	Handlebar	49	1	Resistance Arm
6	1	Seat Post	50	1	M6 x 70mm Bolt Set
7	1	Front Shield Cover	51	1	M6 x 60mm Bolt Set
8	1	Top Shield Cover	52	1	Resistance Bracket
9	1	Rear Shield Cover	53	1	C-magnet
10	1	Right Shield	54	1	Drive Belt
11	1	Left Shield	55	2	Magnet
12	1	Pivot Cover	56	1	Clamp
13	1	Console	57	1	Reed Switch/Wire
14	1	Right Pad	58	1	Lower Wire
15	1	Left Pad	59	1	Upper Wire
16	1	Pulse Sensor/Receiver	60	2	Wire Clamp
17	2	Pedal Disc	61	1	Pulse Wire
18	2	Disc Cover	62	2	M4 x 25mm Screw
19	1	Right Crank Arm	63	2	M4 x 13mm Flange Screw
20	1	Left Crank Arm	64	2	Adjustment Nut
21	1	Right Pedal/Strap	65	3	M8 x 17mm Flat Head Screw
22	1	Left Pedal/Strap	66	2	Handlebar Cap
23	1	Seat	67	1	Power Adapter
24	1	Seat Carriage	68	2	Crank Cap
25	2	Seat Post Cap	69	2	Upright Pivot Bushing
26	1	Seat Adjustment Knob	70	2	5/16" Flange Screw
27	2	Adjustment Knob	71	4	M8 x 20mm Bolt
28	1	Seat Post Sleeve	72	8	M8 Locknut
29	2	Leveling Knob	73	2	M8 Jam Nut
30	1	Seat Bracket	74	4	M8 x 20mm Screw
31	2	Leveling Foot	75	12	M8 Split Washer
32	2	Rear Stabilizer Cap	76	4	M10 x 95mm Screw
33	1	Right Stabilizer Cap	77	1	M6 x 65mm Hex Screw
34	1	Left Stabilizer Cap	78	1	M6 Locknut
35	2	Wheel	79	4	M4 x 12mm Flange Screw
36	2	Foot	80	2	M6 x 8mm Hex Screw
37	1	Heart Rate Monitor/Strap	81	1	M5 Washer
38	1	Pulley	82	1	M5 x 7mm Screw
39	1	Crank	83	1	Idler Screw
40	2	Crank Bearing	84	1	M6 Washer
41	2	Snap Ring	85	1	M6 x 20mm Hex Screw
42	1	Flywheel	86	1	M10 x 65mm Hex Screw
43	2	M8 Washer	87	1	M3.5 x 12mm Screw
44	1	Flywheel Axle	88	1	M4 x 13mm Bright Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
89	16	M4 x 19mm Screw	94	1	Snap Ring
90	8	M4 x 16mm Screw	95	1	Power Receptacle/Wire
91	2	M4 x 5mm Bright Screw	*	—	Assembly Tool
92	2	Handlebar Pivot Bushing	*	—	User's Manual
93	6	M4 x 19mm Flat Head 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

Model No. NTEVEX78612.0 R0113A



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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

