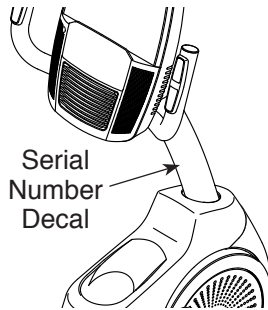


NordicTrack[®] VXR 475

Model No. NTEVEX84916.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

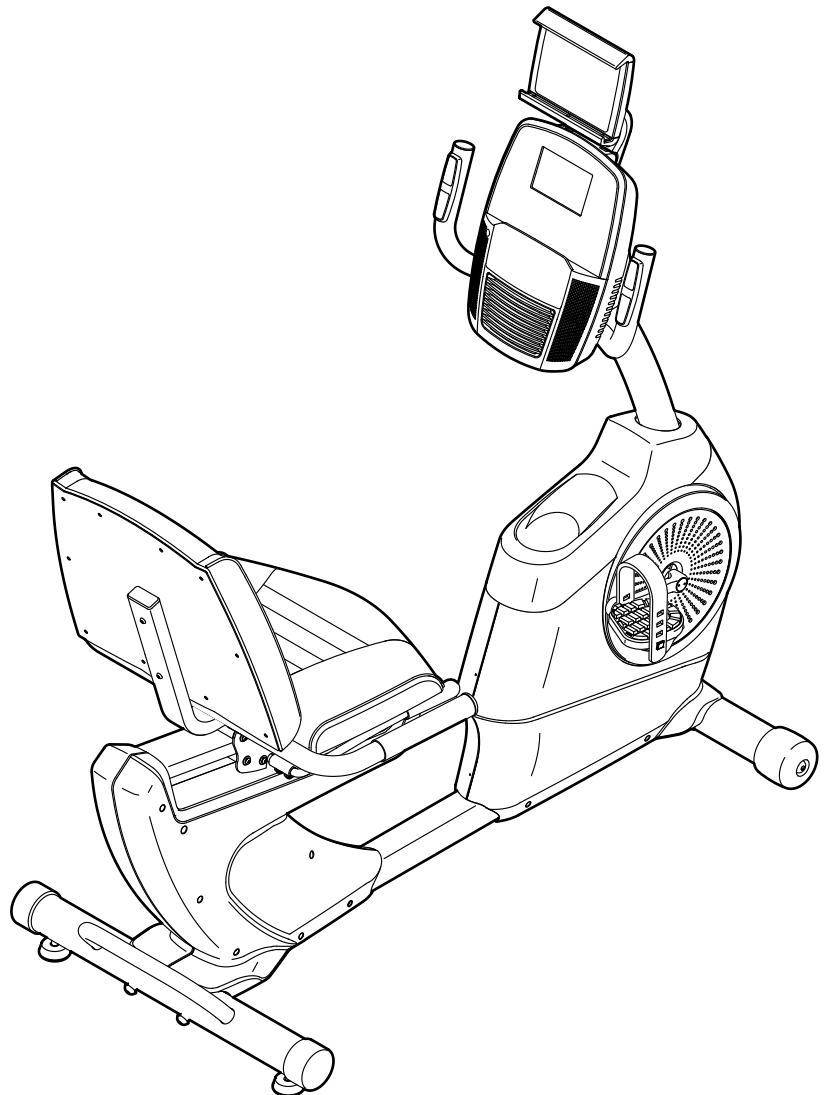
Write:

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.

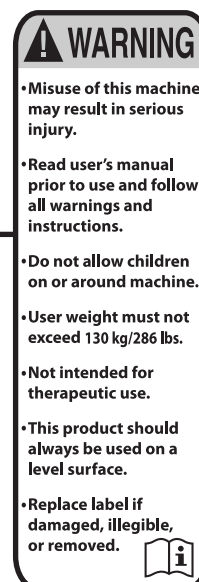
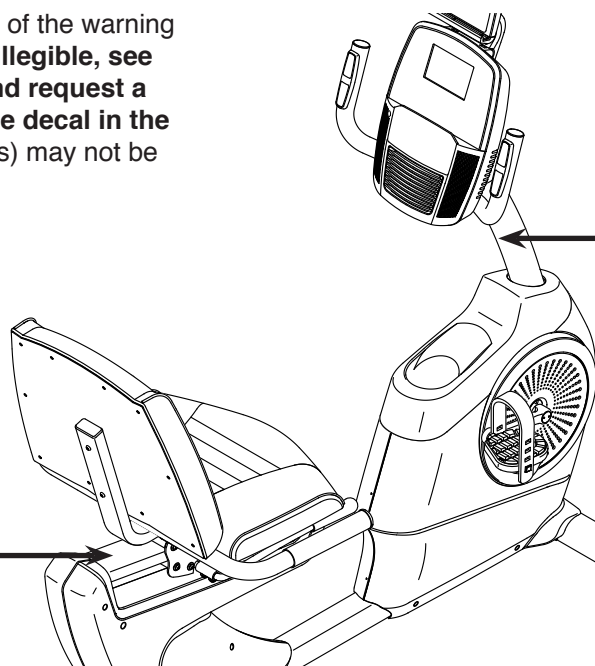
www.iconeurope.com

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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.



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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. 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. The exercise bike 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 exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. 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.
7. 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.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. 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.
11. The exercise bike should not be used by persons weighing more than 286 lbs. (130 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. 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.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. 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.

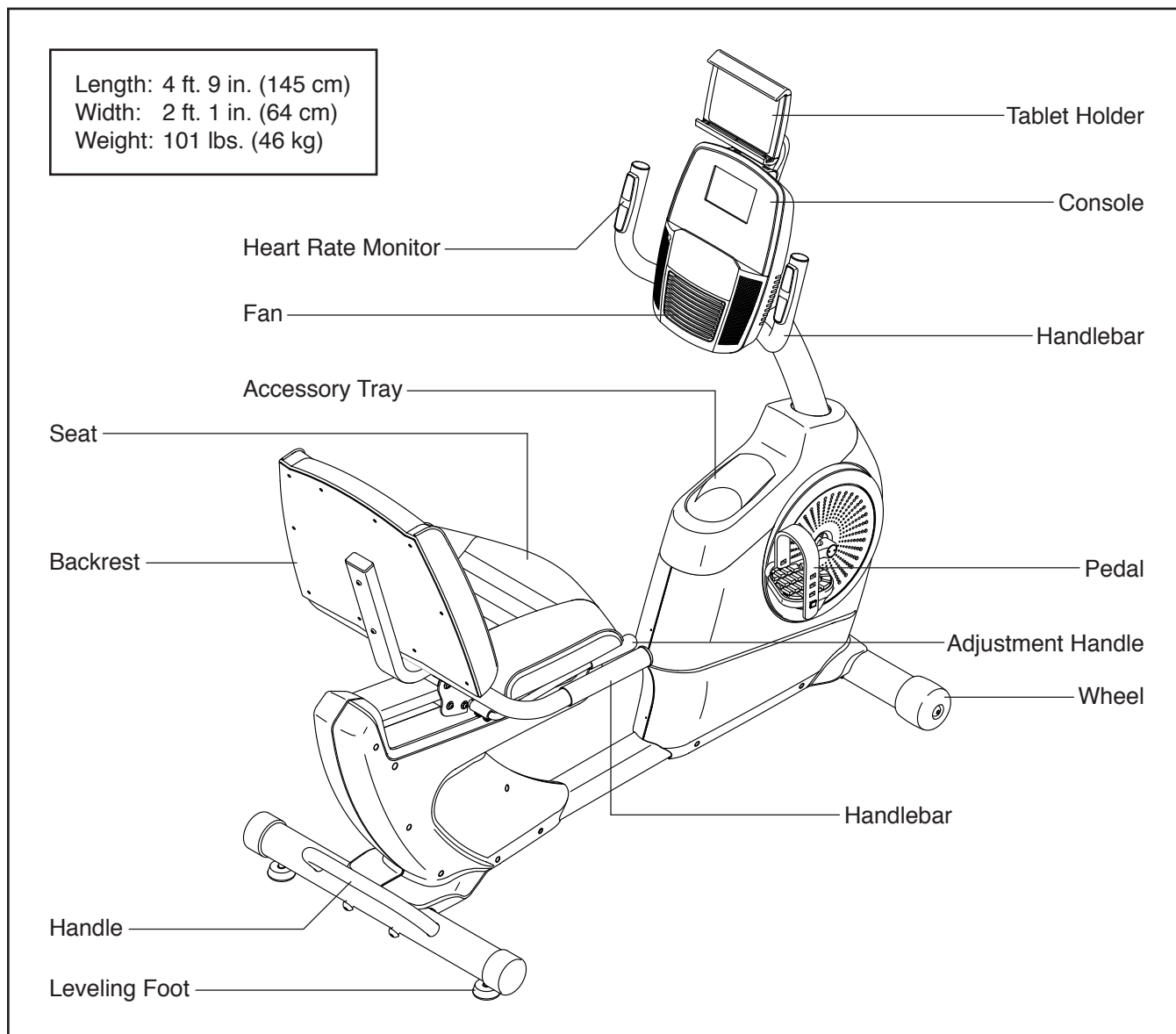
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® VXR 475 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The VXR 475 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

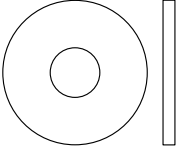
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

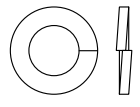


PART IDENTIFICATION CHART

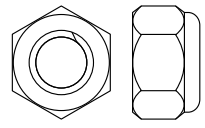
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



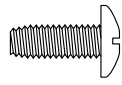
M6 Washer (35)–2



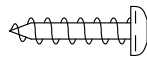
M6 Split Washer (34)–2



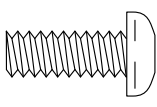
M8 Locknut (25)–2



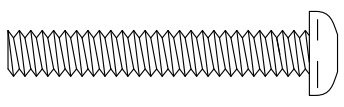
M4 x 12mm Machine Screw (18)–4



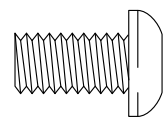
M4 x 16mm Screw (49)–6



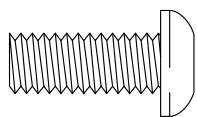
M6 x 16mm Screw (33)–2



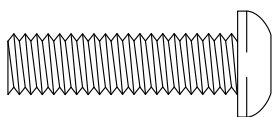
M6 x 40mm Screw (27)–6



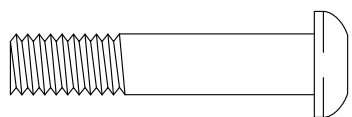
M8 x 15mm Screw (24)–4



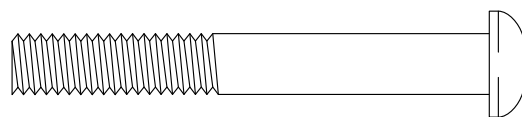
M8 x 20mm Screw (42)–1



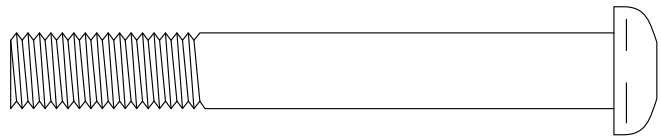
M8 x 30mm Screw (41)–1



M8 x 40mm Screw (28)–4



M8 x 63mm Bolt (26)–2



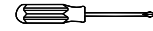
M10 x 80mm Screw (21)–4

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 5.

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

one Phillips screwdriver



one adjustable wrench

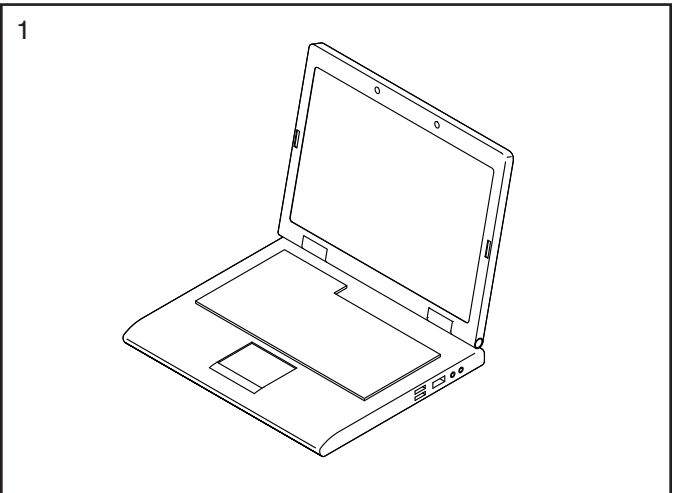


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

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

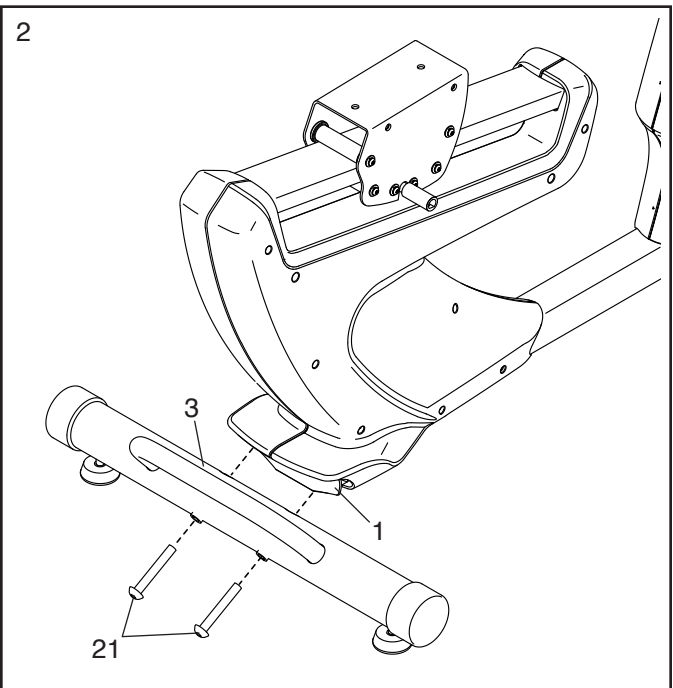
- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

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



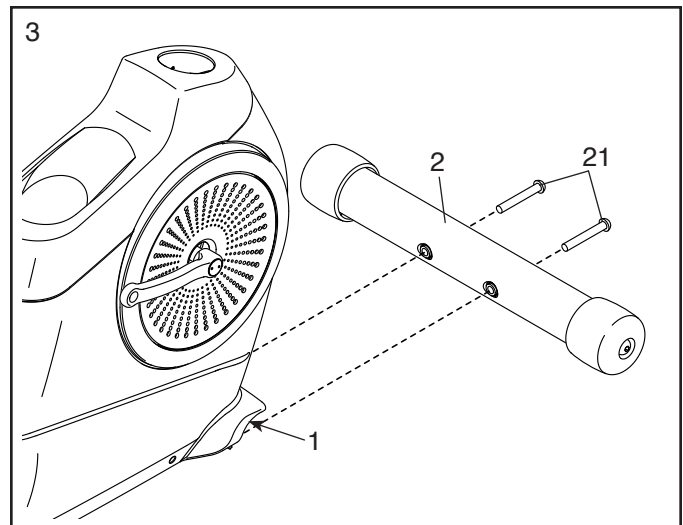
2. Orient the Rear Stabilizer (3) as shown.

While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 80mm Screws (21).



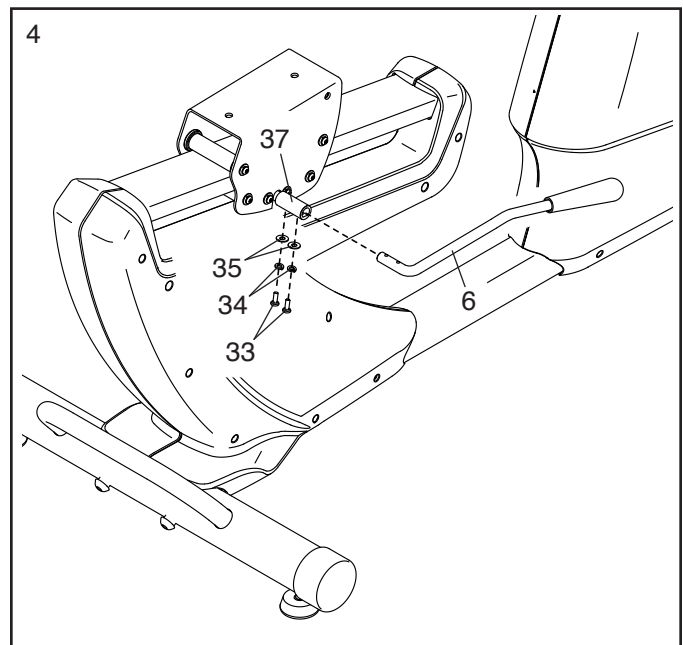
3. Orient the Front Stabilizer (2) as indicated by the sticker.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 80mm Screws (21).



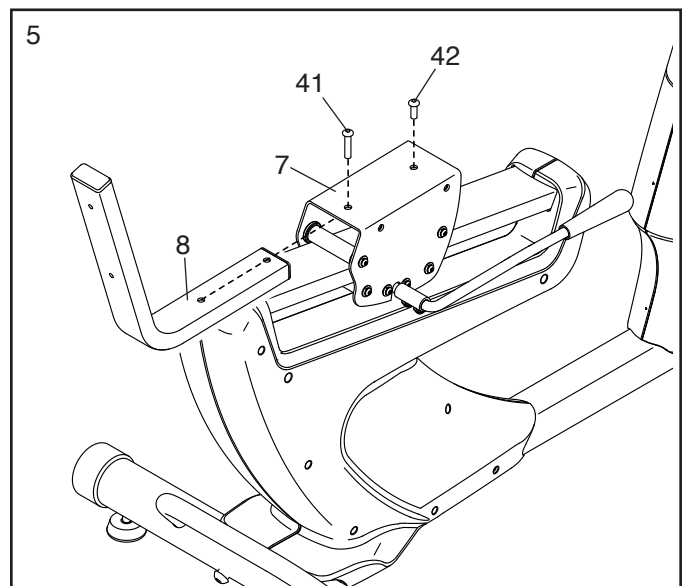
4. Orient the Adjustment Lever (6) as shown.

Attach the Adjustment Lever (6) to the Brake Axle (37) with two M6 x 16mm Screws (33), two M6 Split Washers (34), and two M6 Washers (35).



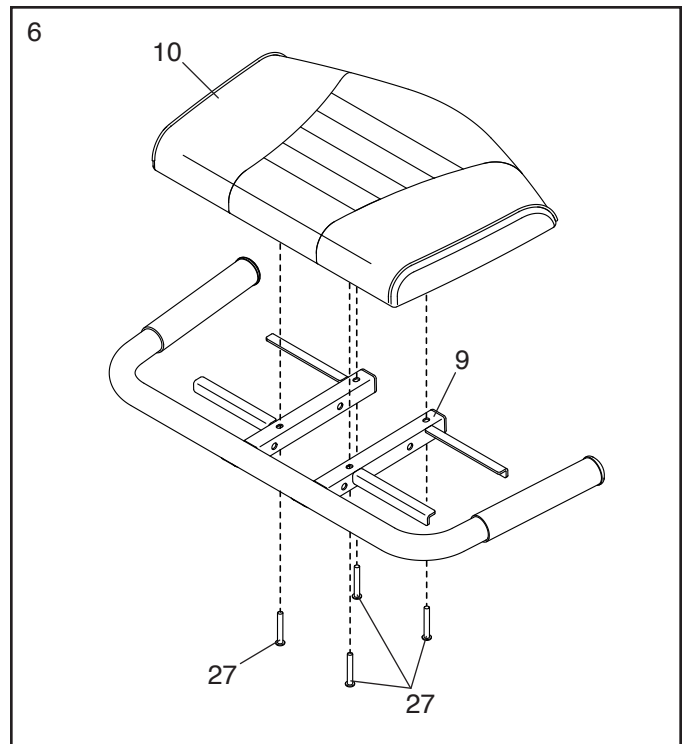
5. Orient the Backrest Frame (8) as shown.

Attach the Backrest Frame (8) to the Seat Carriage (7) with an M8 x 20mm Screw (42) and an M8 x 30mm Screw (41).

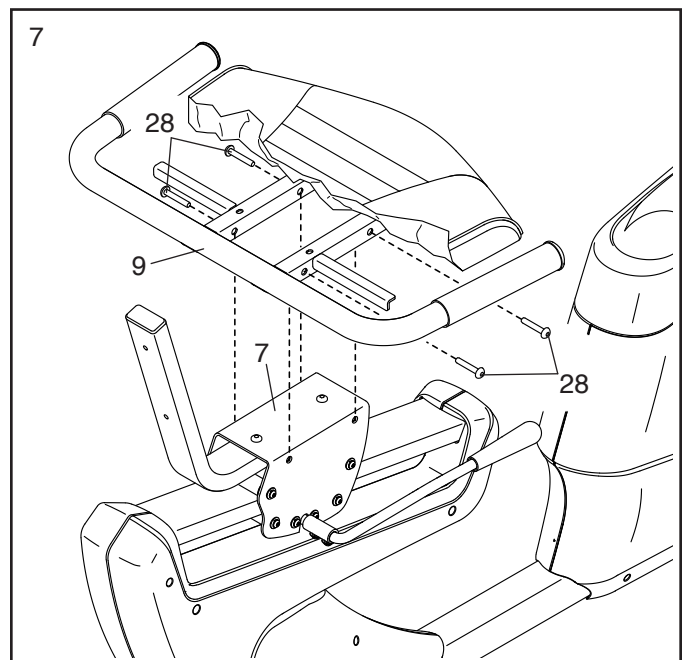


6. Orient the Seat (10) and the Seat Frame (9) as shown.

Attach the Seat (10) to the Seat Frame (9) with four M6 x 40mm Screws (27); **start all the Screws, and then tighten them.**

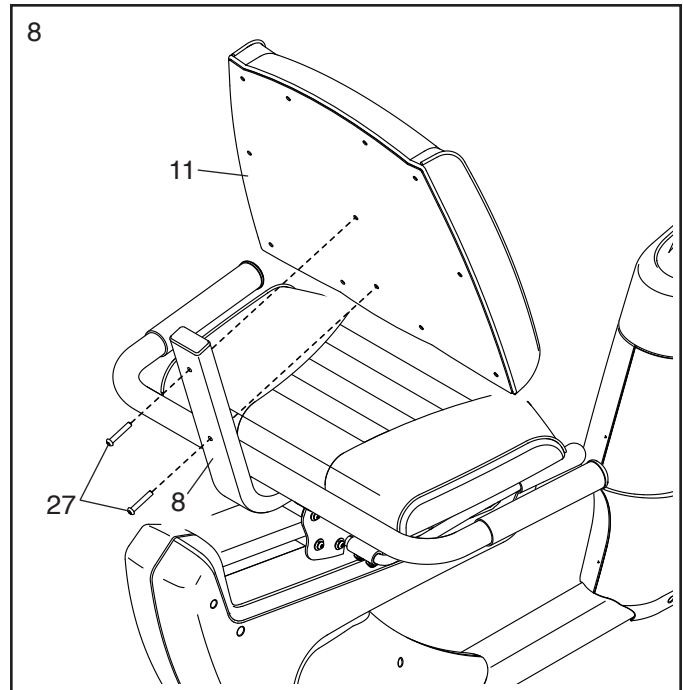


7. Attach the Seat Frame (9) to the Seat Carriage (7) with four M8 x 40mm Screws (28); **start all the Screws, and then tighten them.**



8. Orient the Backrest (11) as shown.

Attach the Backrest (11) to the Backrest Frame (8) with two M6 x 40mm Screws (27).

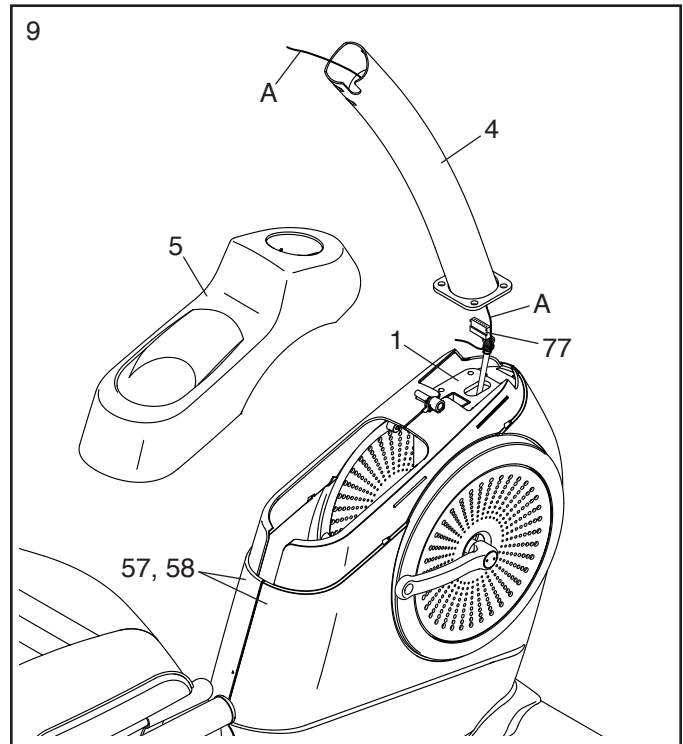


9. Remove the Accessory Tray (5) from the Left and Right Front Shields (57, 58). Set the Accessory Tray aside. **Tip: It may be necessary to use a standard screwdriver to release the tabs on the Accessory Tray.**

Have a second person hold the Upright (4) near the Frame (1).

Locate the wire tie (A) inside the Upright (4). Tie the lower end of the wire tie to the Main Wire (77). Then, pull the other end of the wire tie upward until the Main Wire is routed through the Upright.

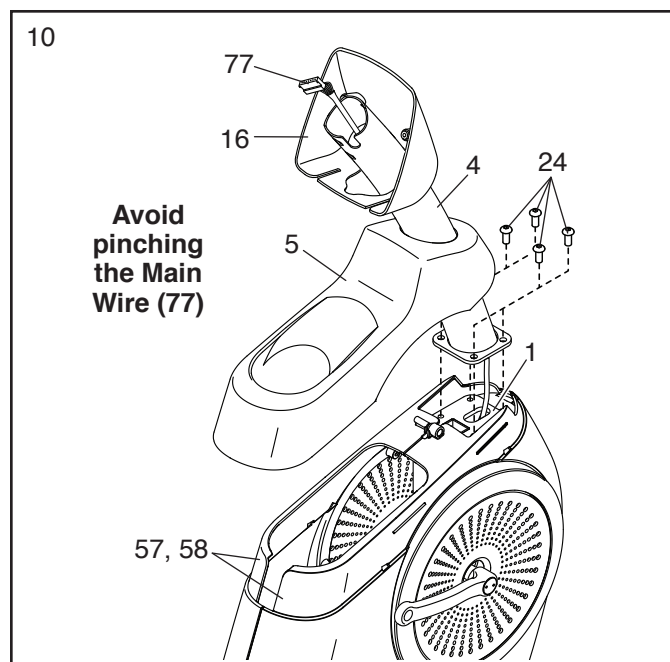
Tip: To prevent the Main Wire (77) from falling into the Upright (4), secure it to the Upright with the wire tie (A).



10. **Tip: Avoid pinching the Main Wire (77).** Hold the Upright (4) against the Frame (1). Attach the Upright with four M8 x 15mm Screws (24); **start all the Screws, and then tighten them.**

Next, orient the Accessory Tray (5) and the Console Cover (16) as shown.

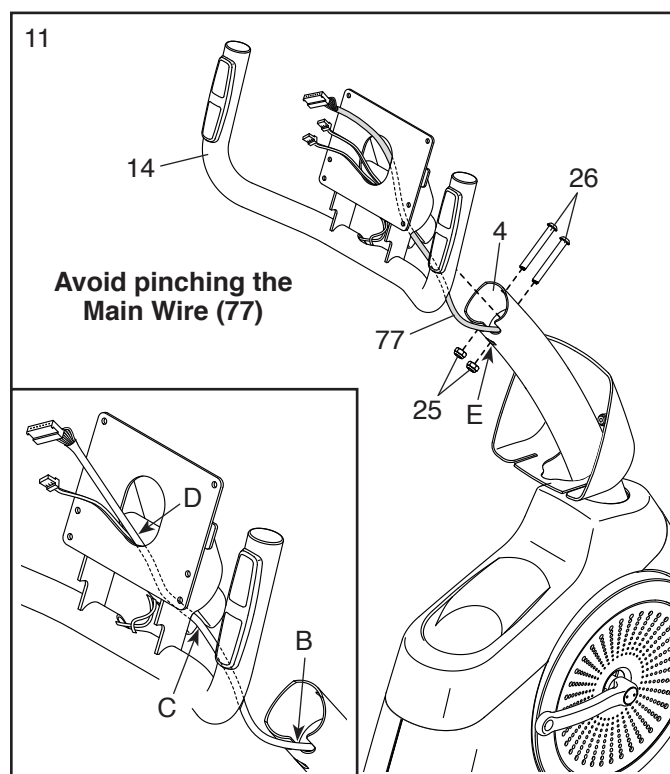
Tip: Avoid pinching the Main Wire (77). Slide the Accessory Tray (5) and the Console Cover (16) onto the Upright (4). Then, press the Accessory Tray onto the Left and Right Front Shields (57, 58).



11. Untie and discard the wire tie on the Main Wire (77).

While a second person holds the Handlebar (14) near the Upright (4), route the Main Wire (77) through the notch (B) in the Upright, through the groove (C) in the Handlebar, and through the hole (D) in the center of the Handlebar (see the inset drawing).

Tip: Avoid pinching the Main Wire (77). Insert the Handlebar (14) into the Upright (4). Attach the Handlebar with two M8 x 63mm Bolts (26) and two M8 Locknuts (25). **Make sure that the Locknuts are in the hexagonal holes (E).**

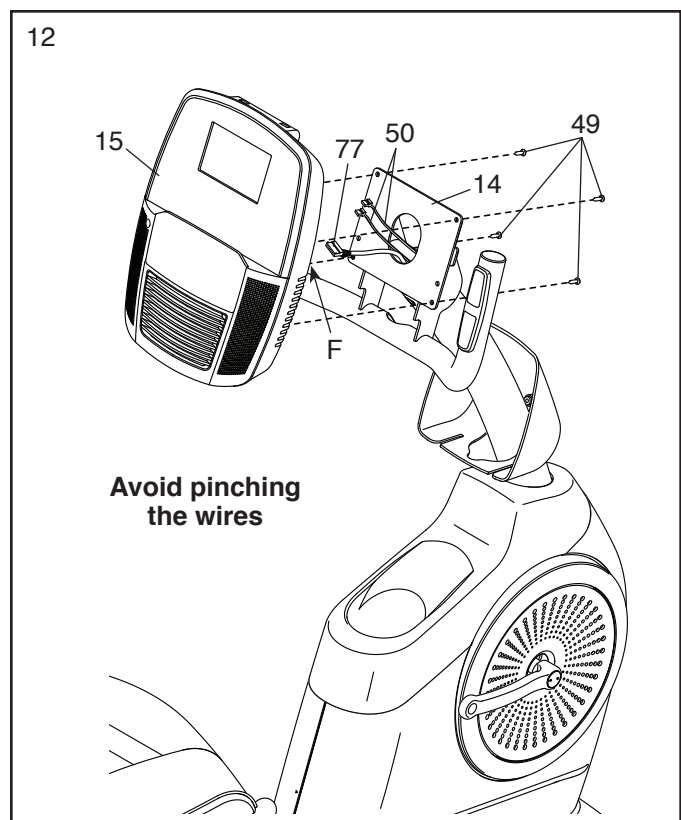


12. While a second person holds the Console (15) near the Handlebar (14), plug the Main Wire (77) and the Pulse Wires (50) into the receptacles (F) on the Console.

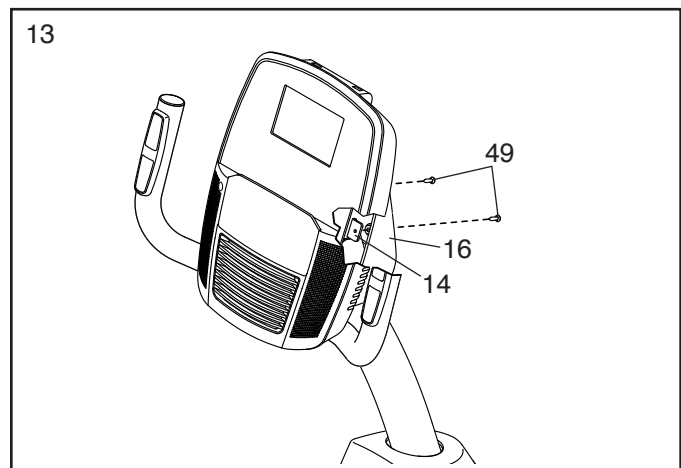
The connectors on the Main Wire (77) and the Pulse Wires (50) should slide easily into the receptacles (F) and snap into place. If a connector does not slide easily into a receptacle, turn the connector and try again. If you do not connect the connectors properly, the Console (15) may become damaged when you use the exercise bike.

Then, insert the excess wire into the Handlebar (14).

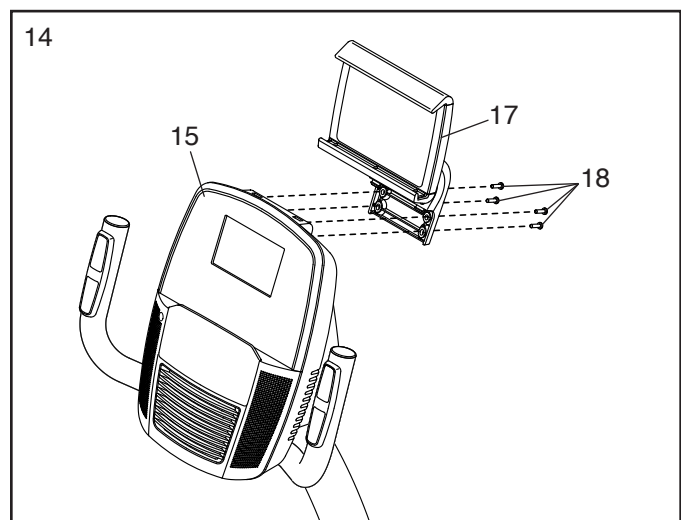
Tip: Avoid pinching the wires. Attach the Console (15) to the Handlebar (14) with four M4 x 16mm Screws (49); **start all the Screws, and then tighten them.**



13. Slide the Console Cover (16) upward against the Handlebar (14). Attach the Console Cover with two M4 x 16mm Screws (49).



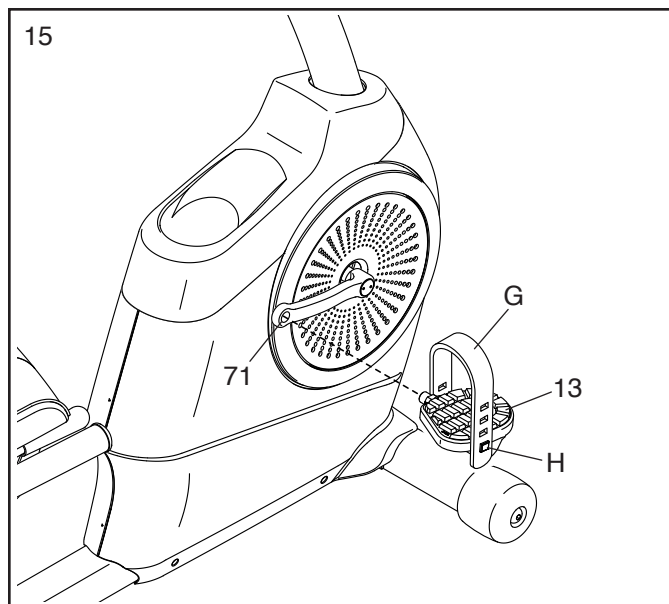
14. Attach the Tablet Holder (17) to the Console (15) with four M4 x 12mm Machine Screws (18); **start all the Screws, and then tighten them.**



15. Identify the Right Pedal (13). Using an adjustable wrench, **firmly tighten** the Right Pedal **clockwise** into the Right Crank Arm (71).

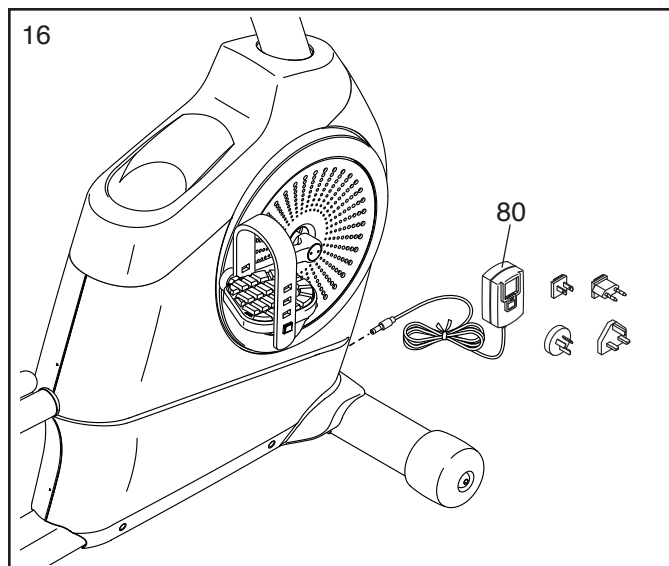
Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

Adjust the right strap (G) to the desired position, and press the ends of the strap onto the tabs (H) on the Right Pedal (13). **Adjust the strap on the Left Pedal (not shown) in the same way.**



16. Plug the Power Adapter (80) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (80) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



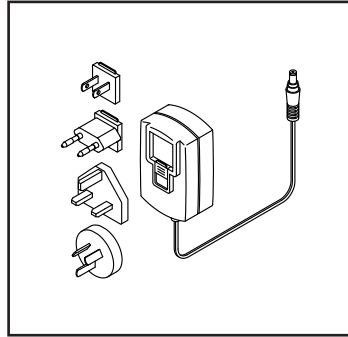
17. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

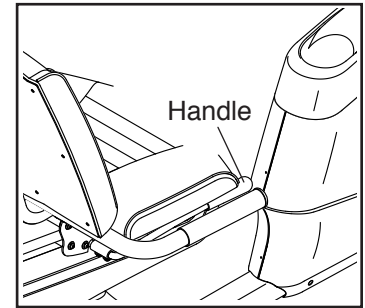
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



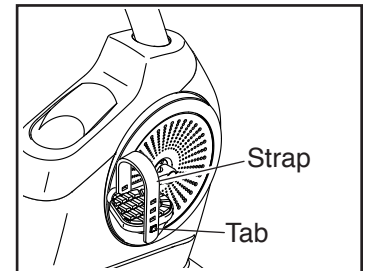
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the adjustment handle, slide the seat to the desired position, and then pull upward on the adjustment handle to lock the seat in place.



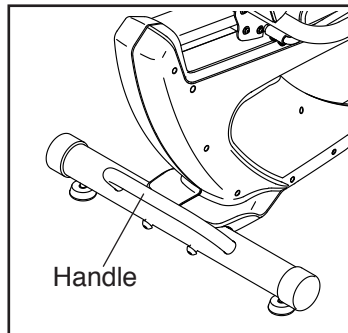
HOW TO ADJUST THE PEDAL STRAPS

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



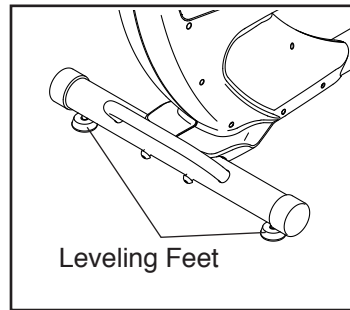
HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, hold the handle on the rear stabilizer and lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



HOW TO LEVEL THE EXERCISE BIKE

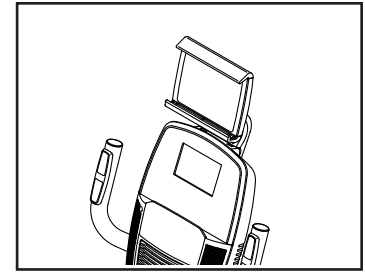
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the rear stabilizer until the rocking motion is eliminated.



HOW TO USE THE TABLET HOLDER

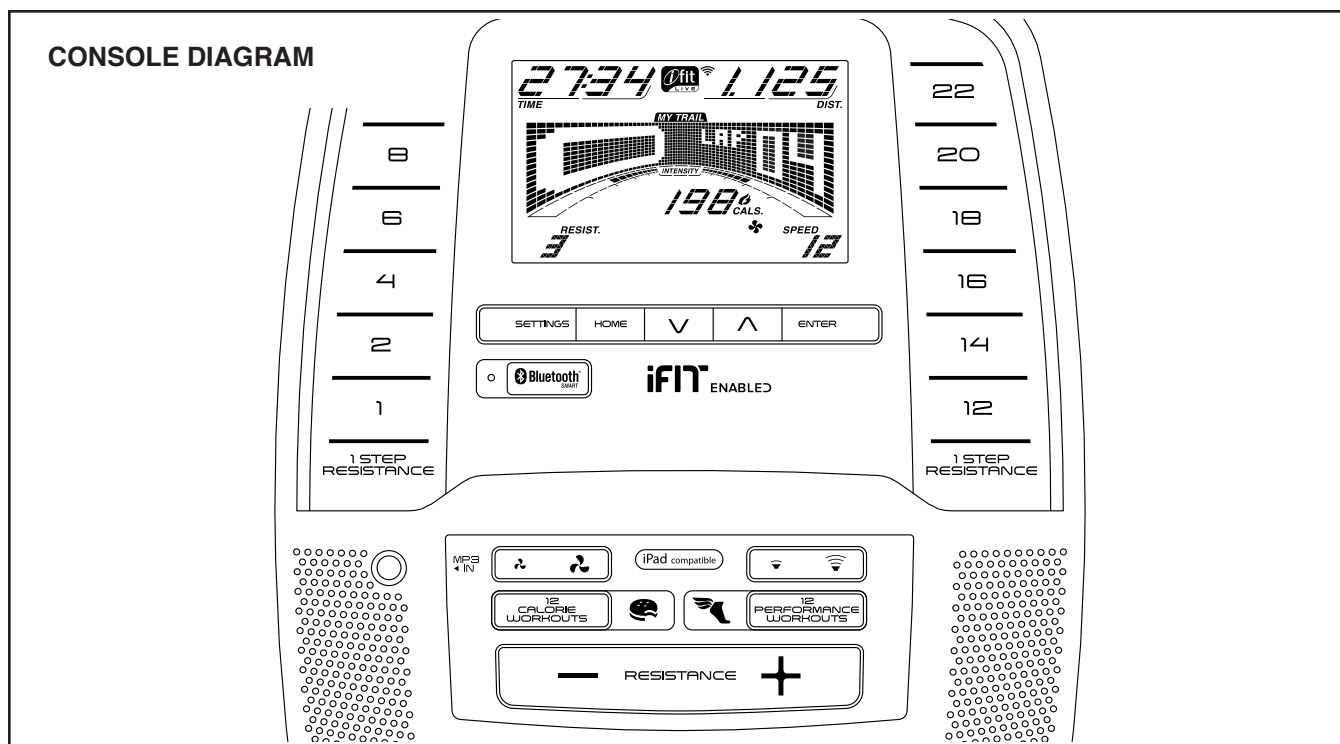
IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.**



Reverse these actions to remove the tablet from the tablet holder.

Rotate the tablet holder to the desired angle.



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, you can change the resistance of the pedals with the touch of a button.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 19 for information about purchasing an optional chest heart rate monitor.**

You can also connect your smart device to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically controls the resistance of the pedals and prompts you to vary your

pedaling speed as it guides you through an effective workout.

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

To use the manual mode, see page 16. **To use an onboard workout**, see page 18. **To use the sound system**, see page 19.

To connect your smart device to the console, see page 20. **To connect your heart rate monitor to the console**, see page 20. **To change console settings**, see page 21.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 3 on page 21.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

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 and the console will be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the Home button, the Calorie Workouts button, or the Performance Workouts button repeatedly.

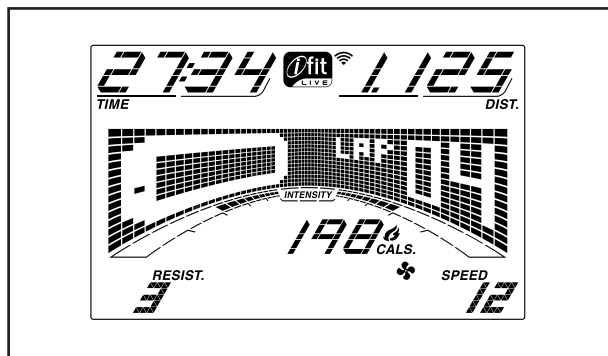
3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons or by pressing one of the numbered 1 Step Resistance 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.)—When the manual mode is selected, this display mode will show the approximate number of calories you have burned. When a workout is selected, this display mode will show either the approximate number of calories remaining to be burned or 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 optional chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

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 either the time remaining in the workout or the elapsed time.

The matrix offers several display tabs. Press the increase and decrease buttons next to the Enter button repeatedly until the desired tab is shown.

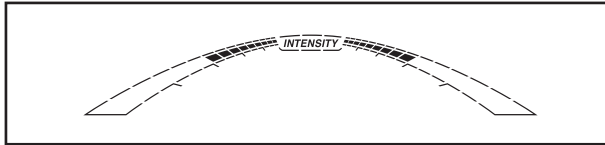
Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

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.

Resistance—This tab will show a profile of the approximate resistance settings of the workout. A new segment will appear at the end of each minute. Note: A text heading for this tab will not appear in the matrix.

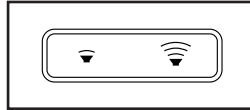
As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



To pause the console, press the Home button or simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

Press the Home button repeatedly to pause the workout, view your workout results, and exit the workout and return to the manual mode.

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

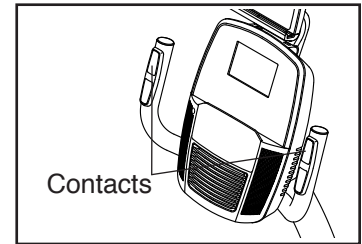


5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 19 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.

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.**



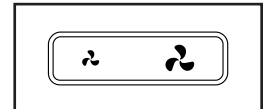
To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, one or two dashes will appear, and then your heart rate will be shown. 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. Turn on the fan if desired.

The fan has several speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about 30 seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

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

HOW TO USE AN ONBOARD WORKOUT

1. Turn on the console.

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 and the console will be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Calorie Workouts button or the Performance Workouts button repeatedly until the name of the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout or the approximate number of calories to be burned during the workout. A profile of the speed settings of the workout will appear in the matrix.

3. Start the workout.

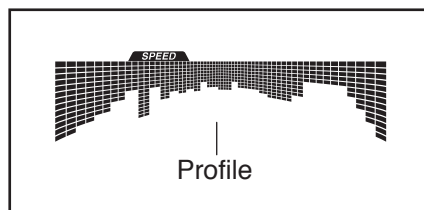
Begin pedaling to start the workout.

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

The resistance level and the target speed for the first segment will appear in the display and the matrix.

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 is programmed for the next segment, the resistance level will appear in the display and the resistance level will change.

If a different target speed is programmed for the next segment, the target speed will appear in the matrix for a few seconds to alert you.

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 pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.**

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 pause the console, press the Home button or simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

Press the Home button repeatedly to pause the workout, view your workout results, and exit the workout and return to the default menu.

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

See step 4 on page 16.

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

See step 5 on page 17.

6. **Turn on the fan if desired.**

See step 6 on page 17.

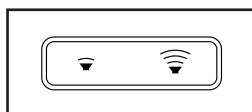
7. **When you are finished exercising, the console will turn off automatically.**

See step 7 on page 17.

HOW TO USE THE SOUND SYSTEM

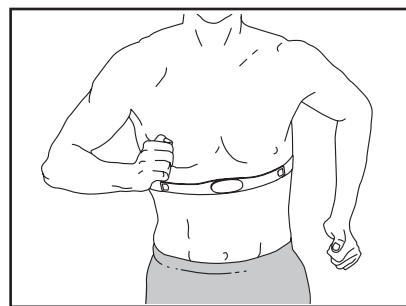
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable,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



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO CONNECT YOUR SMART DEVICE TO THE CONSOLE

The console supports BLUETOOTH connections to smart devices via the iFit app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFit app, and then install the app on your smart device. **Make sure that the BLUETOOTH option is enabled on your smart device.**

Then, open the iFit app and follow the instructions to set up an iFit account and customize settings.

2. Connect your smart device to the console.

Follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will flash blue. Press the Bluetooth Smart button on the console to confirm the connection; the LED on the console will then turn solid blue.

3. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

4. Disconnect your smart device from the console if desired.

To disconnect your smart device from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The settings information will appear in the display.

Note: If you have selected a workout, you must exit the workout before you can select the settings mode.

2. Navigate the settings mode.

While the settings mode is selected, the matrix of the display will display several optional screens.

Press the increase and decrease buttons next to the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Note: The version number of the console software will also appear on this optional screen.

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

Contrast Level—The currently selected contrast level will appear in the display. To adjust the contrast level, press the Resistance increase and decrease buttons.

4. Exit the settings mode.

Press the Settings button to exit the settings mode.

You can also press the increase and decrease buttons next to the Enter button repeatedly to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. 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

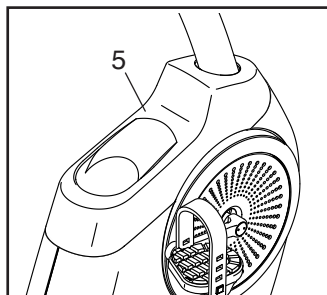
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 17.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

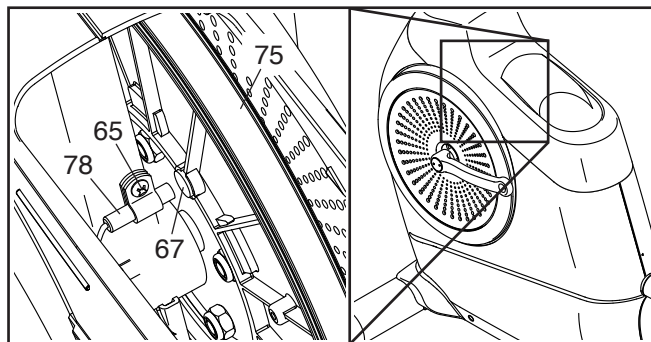
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **unplug the power adapter**. Next, use a standard screwdriver and release the tabs on the Accessory Tray (5). Then, lift the Accessory Tray away from the frame.



Next, locate the Reed Switch (78). Slightly loosen the M4 x 12mm Washer Head Screw (65).



Next, rotate the Pulley (75) until a Magnet (67) is aligned with the Reed Switch (78). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12mm Washer Head Screw (65).

Plug in the power adapter and rotate the Pulley (75) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the accessory tray and plug in the power adapter.

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

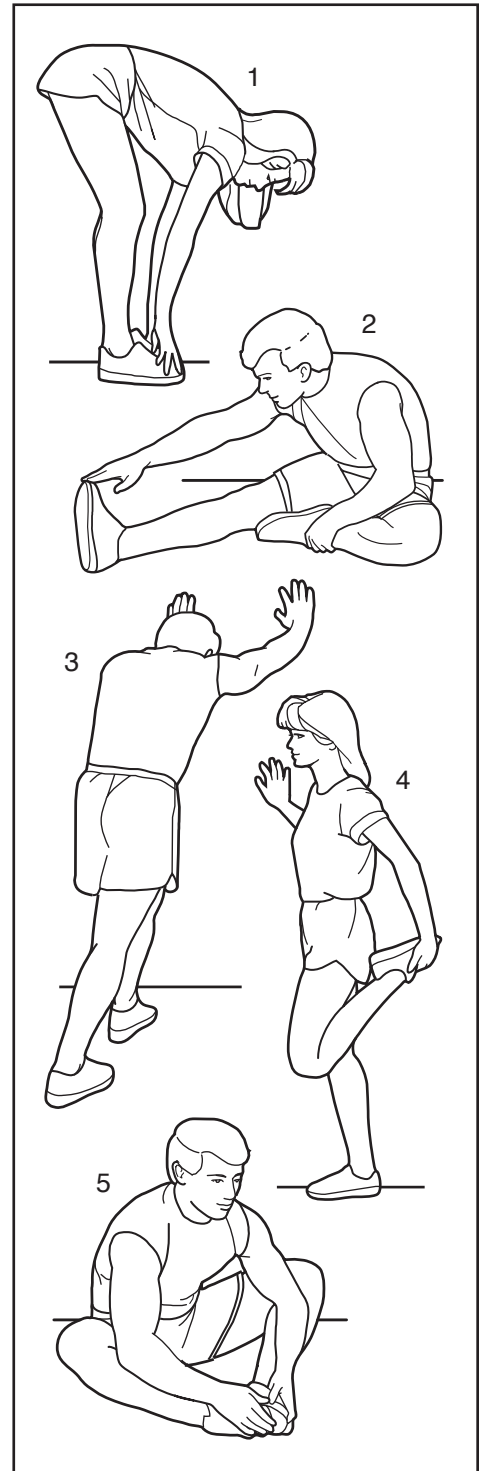
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

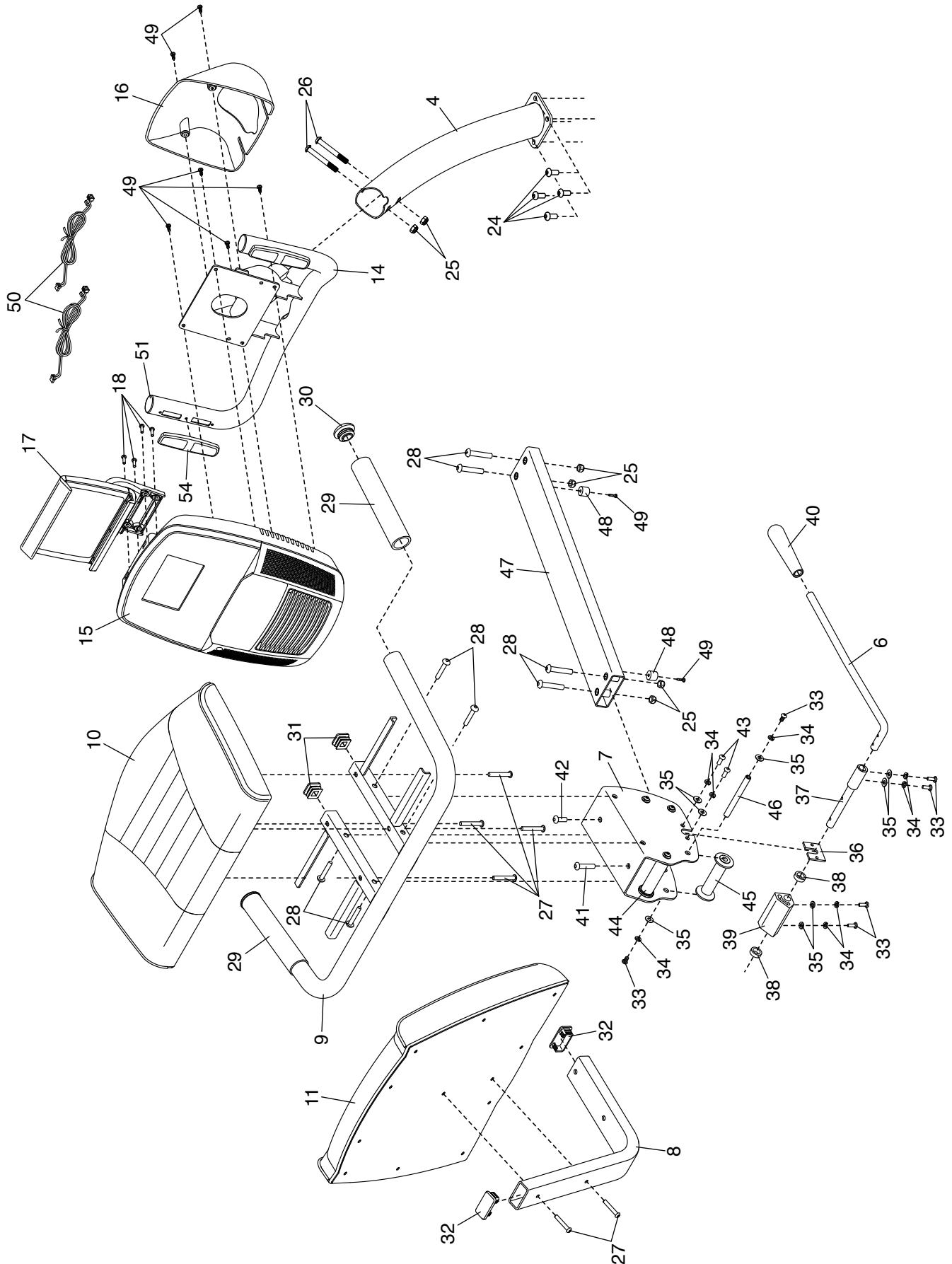
Model No. NTEVEX84916.0 R0416A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	2	M6 x 13mm Screw
2	1	Front Stabilizer	44	2	Upper Roller
3	1	Rear Stabilizer	45	2	Lower Roller
4	1	Upright	46	4	Roller Axle
5	1	Accessory Tray	47	1	Carriage Rail
6	1	Adjustment Lever	48	2	Carriage Rail Bumper
7	1	Seat Carriage	49	22	M4 x 16mm Screw
8	1	Backrest Frame	50	2	Pulse Wire
9	1	Seat Frame	51	2	Handlebar Cap
10	1	Seat	52	1	M4 x 16mm Ground Screw
11	1	Backrest	53	1	Power Wire/Receptacle
12	1	Left Pedal/Strap	54	2	Pulse Sensor
13	1	Right Pedal/Strap	55	2	Disc
14	1	Handlebar	56	8	M4 x 12mm Screw
15	1	Console	57	1	Left Front Shield
16	1	Console Cover	58	1	Right Front Shield
17	1	Tablet Holder	59	1	Left Rear Shield
18	4	M4 x 12mm Machine Screw	60	1	Right Rear Shield
19	2	Wheel	61	1	Drive Belt
20	2	M10 x 41mm Shoulder Screw	62	1	Eddy Mechanism
21	4	M10 x 80mm Screw	63	1	Idler
22	2	Stabilizer Cap	64	1	Idler Screw
23	2	Leveling Foot	65	5	M4 x 12mm Washer Head Screw
24	4	M8 x 15mm Screw	66	1	Resistance Motor
25	14	M8 Locknut	67	2	Magnet
26	2	M8 x 63mm Bolt	68	2	Crank Arm Cap
27	6	M6 x 40mm Screw	69	2	Crank Arm Screw
28	8	M8 x 40mm Screw	70	1	Left Crank Arm
29	2	Handgrip	71	1	Right Crank Arm
30	2	Seat Handlebar Cap	72	2	Snap Ring
31	2	Seat Frame Cap	73	2	Frame Bearing
32	2	Backrest Frame Cap	74	1	Crank
33	12	M6 x 16mm Screw	75	1	Pulley
34	14	M6 Split Washer	76	4	M8 Washer
35	14	M6 Washer	77	1	Main Wire
36	1	Brake Plate	78	1	Reed Switch/Wire
37	1	Brake Axle	79	6	M4 x 25mm Screw
38	2	Brake Spacer	80	1	Power Adapter
39	1	Brake	81	1	Clamp
40	1	Lever Handle	*	—	Assembly Tool
41	1	M8 x 30mm Screw	*	—	User's Manual
42	7	M8 x 20mm 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.

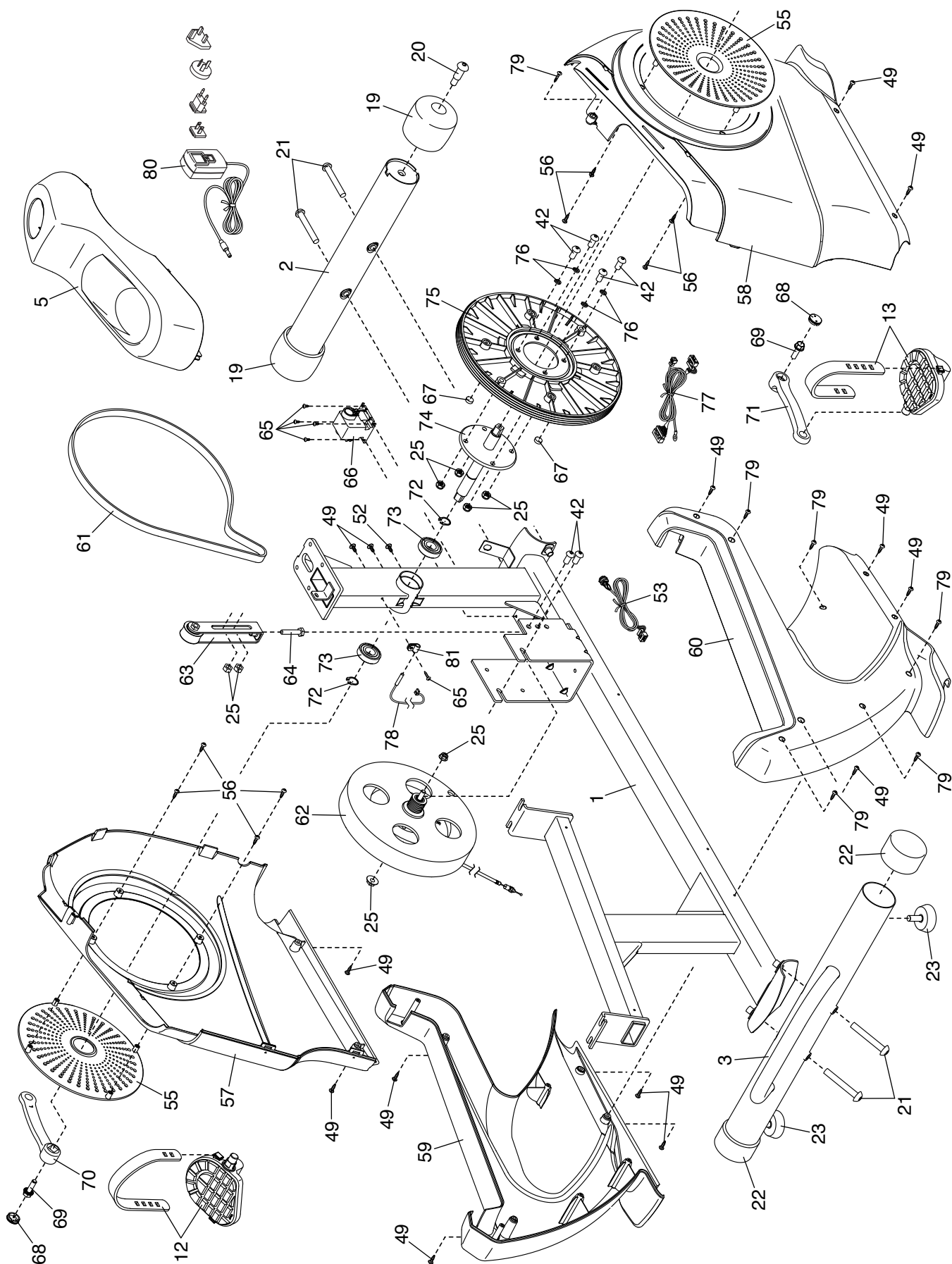
EXPLODED DRAWING A

Model No. NTEVEX84916.0 R0416A



EXPLODED DRAWING B

Model No. NTEVEX84916.0 R0416A



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.

