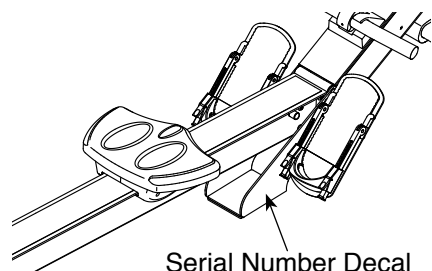


NordicTrack® RX2000

Model No. NTEVRW69714.0

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

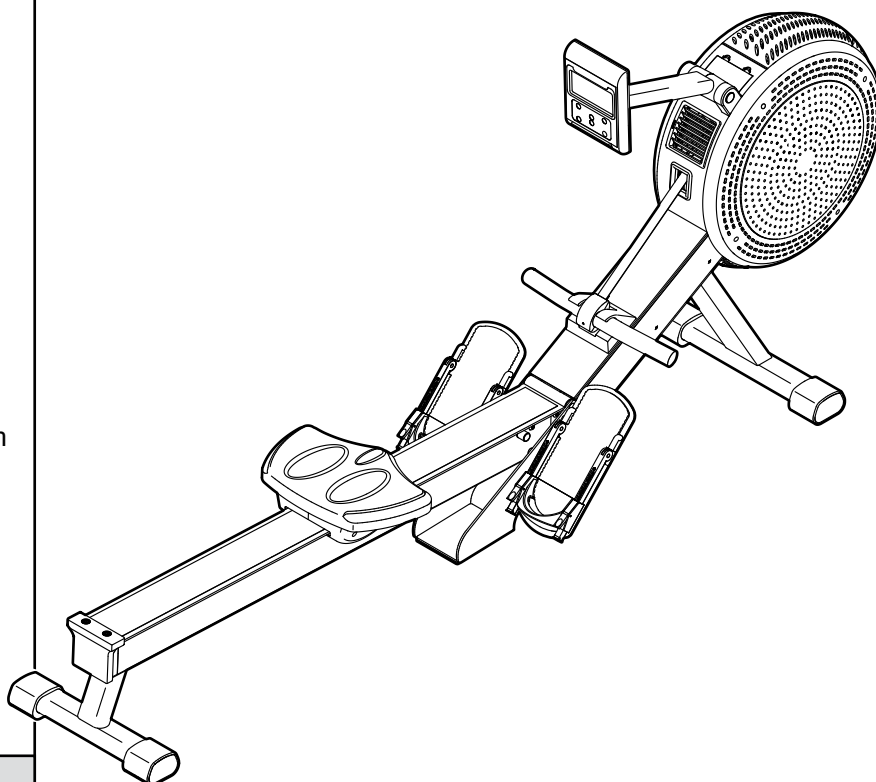
Write:

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.

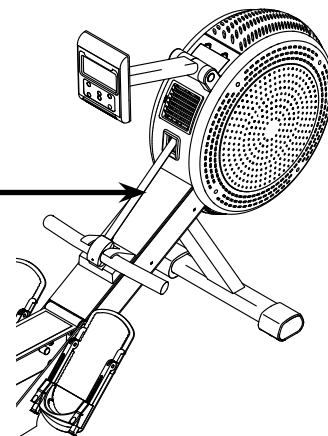
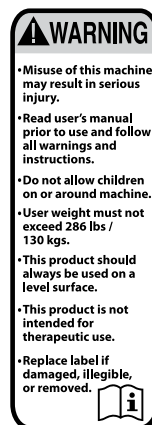
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
HOW TO USE THE ROWER	10
EXERCISE GUIDELINES	22
PART LIST	24
EXPLODED DRAWING	26
ORDERING REPLACEMENT PARTS	Back Cover
RECYCLING INFORMATION	Back Cover

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 rower before using your rower. 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 rower 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 rower only as described in this manual.
4. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
5. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio, or near water.
6. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the rower at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
10. The rower should not be used by persons weighing more than 286 lbs. (130 kg).
11. Always keep your back straight while using the rower; do not arch your back.
12. Do not release the row while the strap is extended.
13. 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.

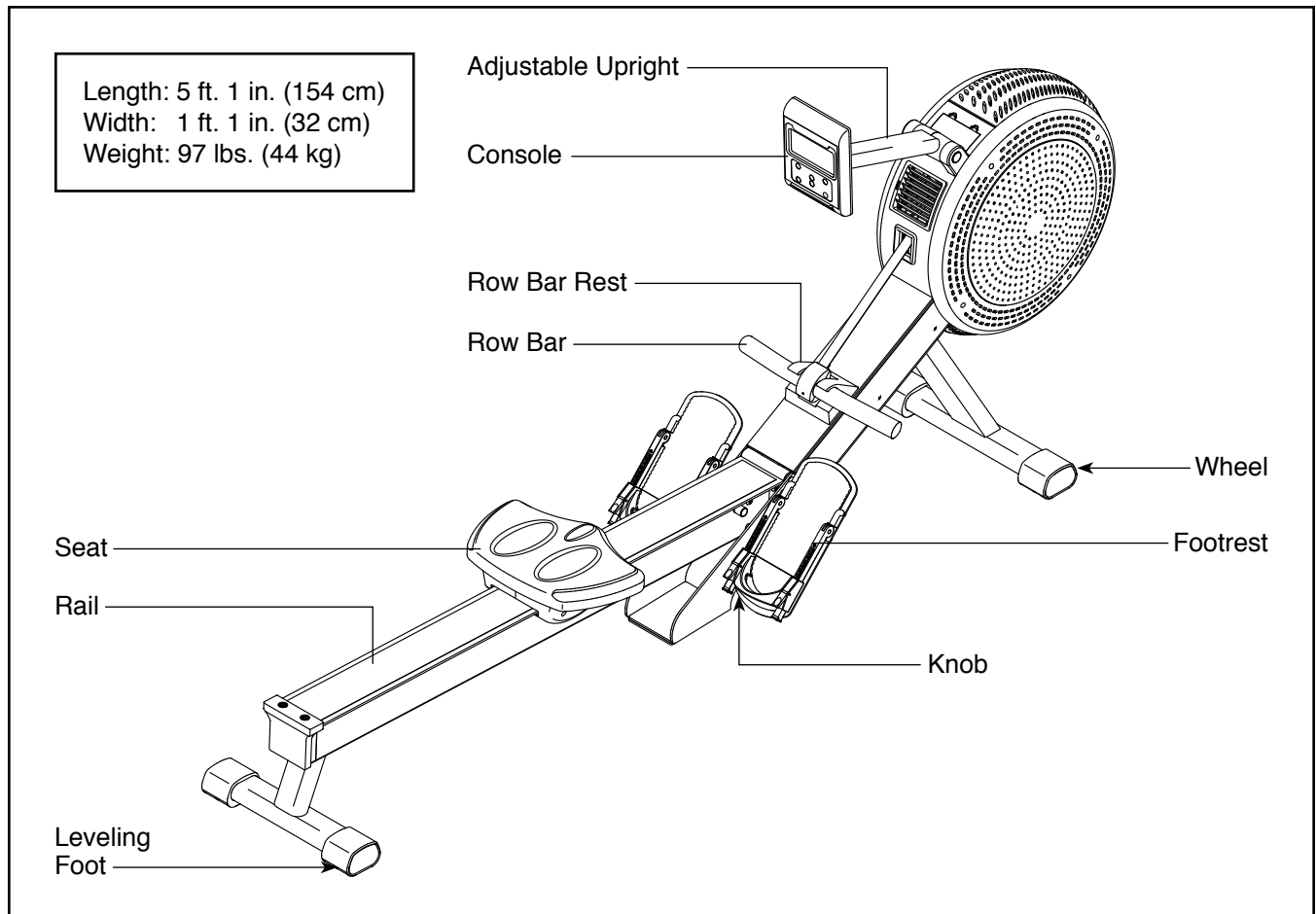
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® RX 2000 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RX 2000 rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the rower. 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 review the drawing below and familiarize yourself with the labeled parts.

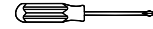


ASSEMBLY

- 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.”

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

one Phillips screwdriver

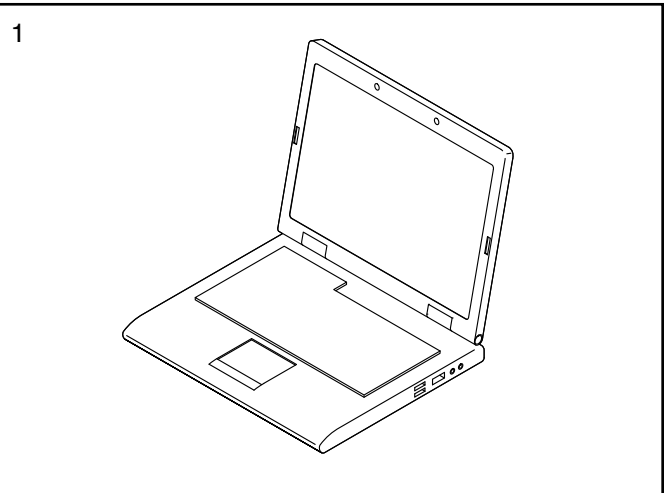


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

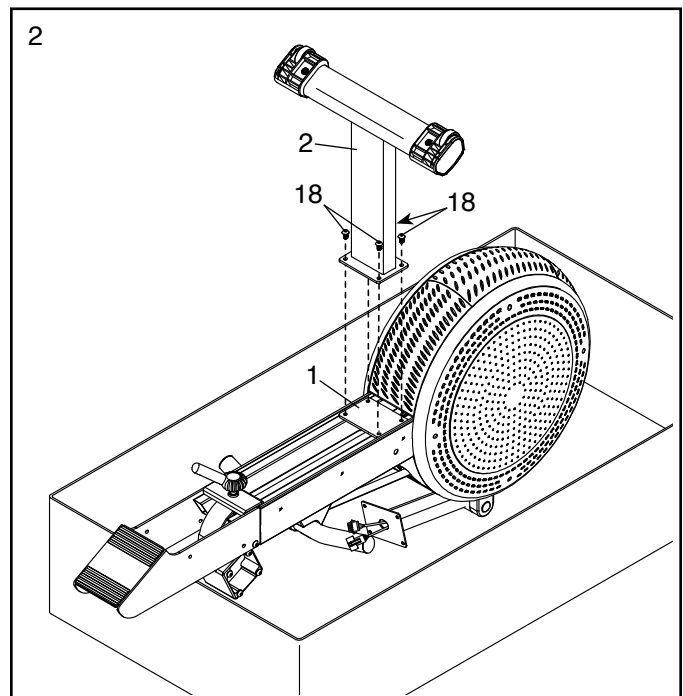
1. Go to www.iconsupport.eu on your computer and register your product.

- 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.

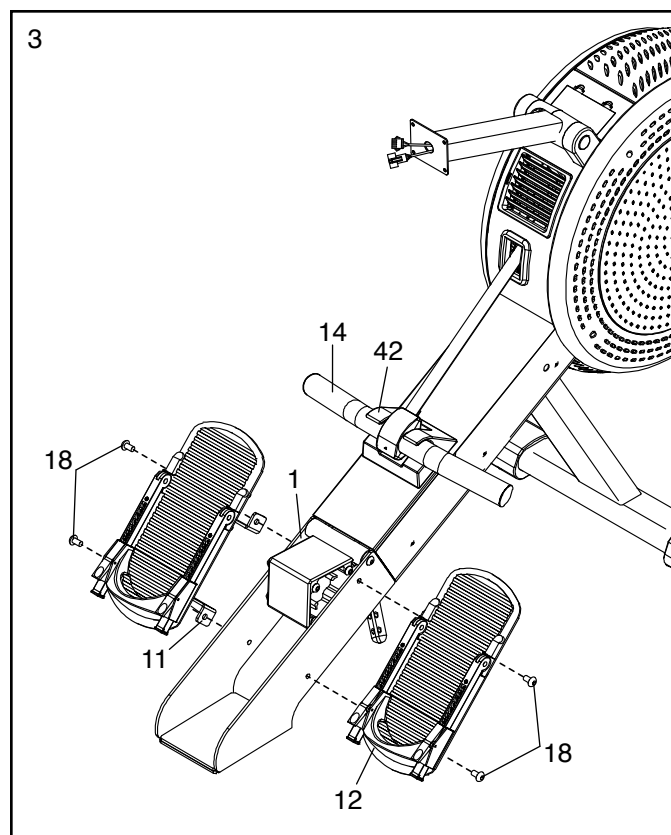


2. Attach the Front Stabilizer (2) to the Frame (1) with four M8 x 15mm Screws (18).

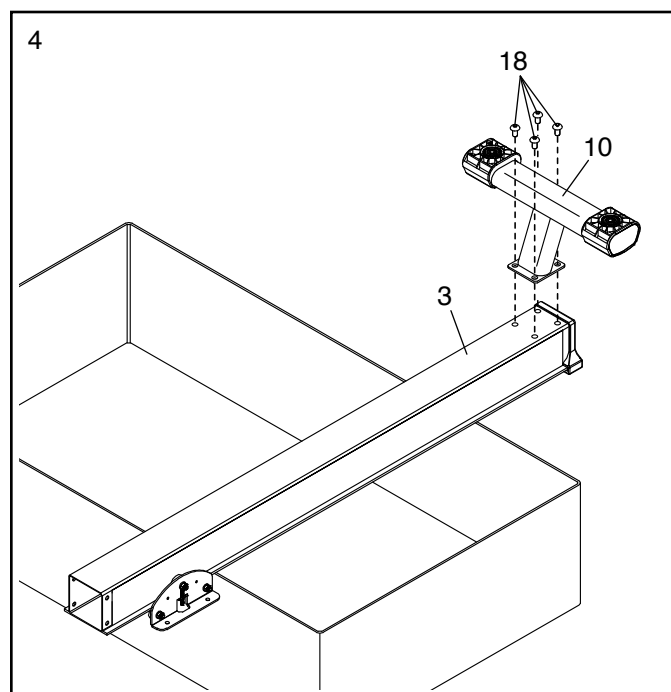


3. Place the Row Bar (14) in the Row Bar Rest (42).

Orient the Left and Right Footrests (11, 12) as shown. Attach each Footrest to the Frame (1) with two M8 x 15mm Screws (18).

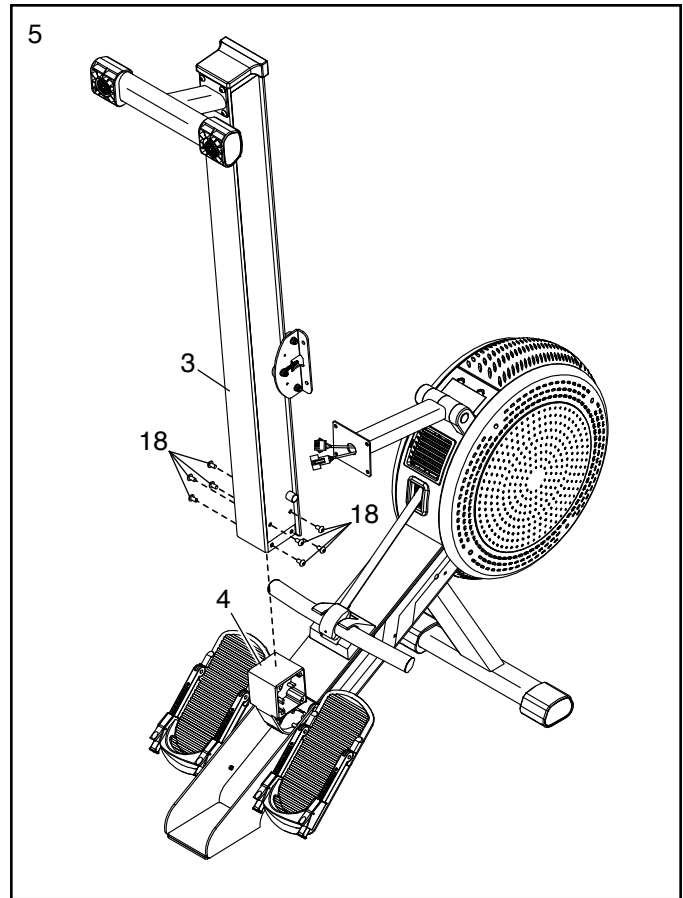


4. Attach the Rear Stabilizer (10) to the Rail (3) with four M8 x 15mm Screws (18).

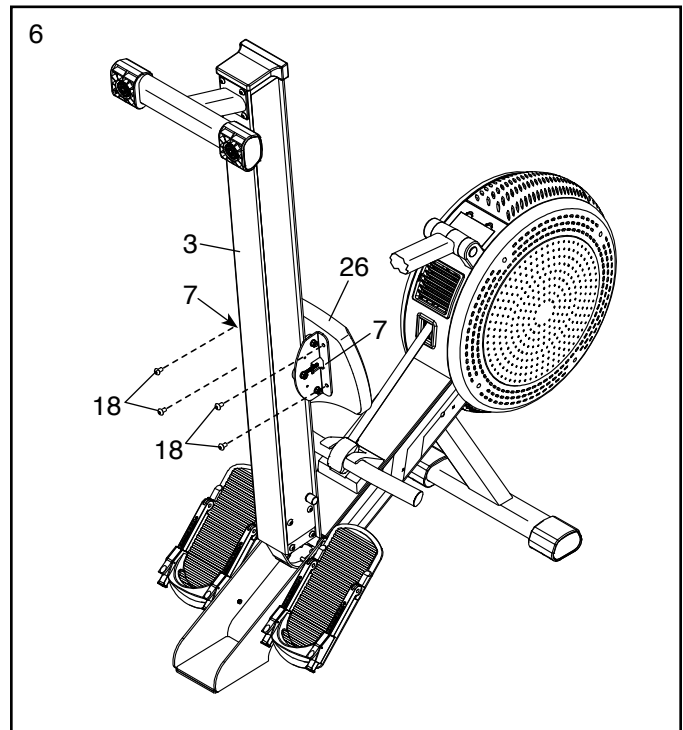


5. Have a second person orient the Rail (3) as shown and slide it onto the Pivot Bracket (4).

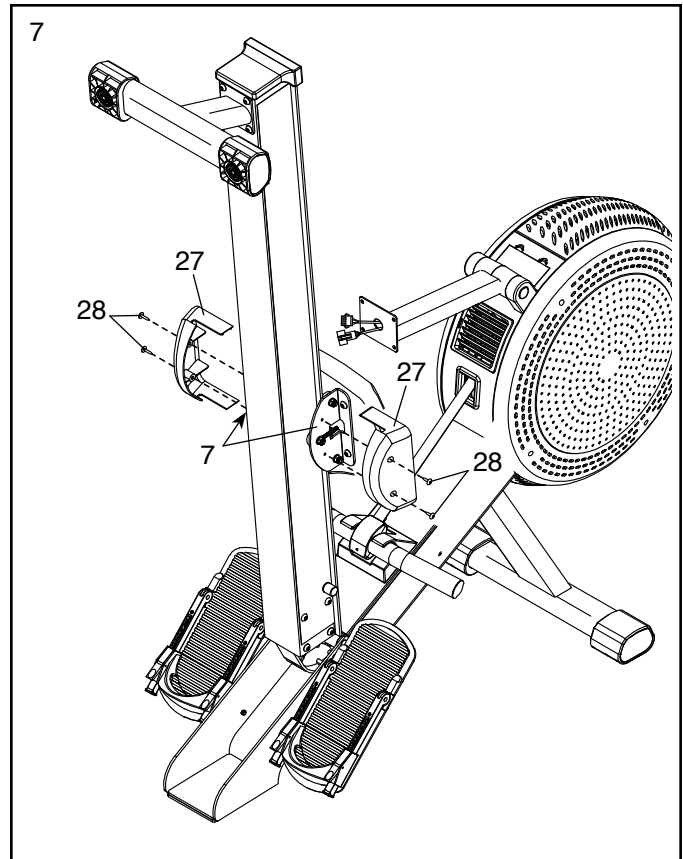
Attach the Rail (3) to the Pivot Bracket (4) with eight M8 x 15mm Screws (18).



6. Orient the Seat (26) as shown. Attach the Seat to the Carriage Plates (7) on the Rail (3) with four M8 x 15mm Screws (18).



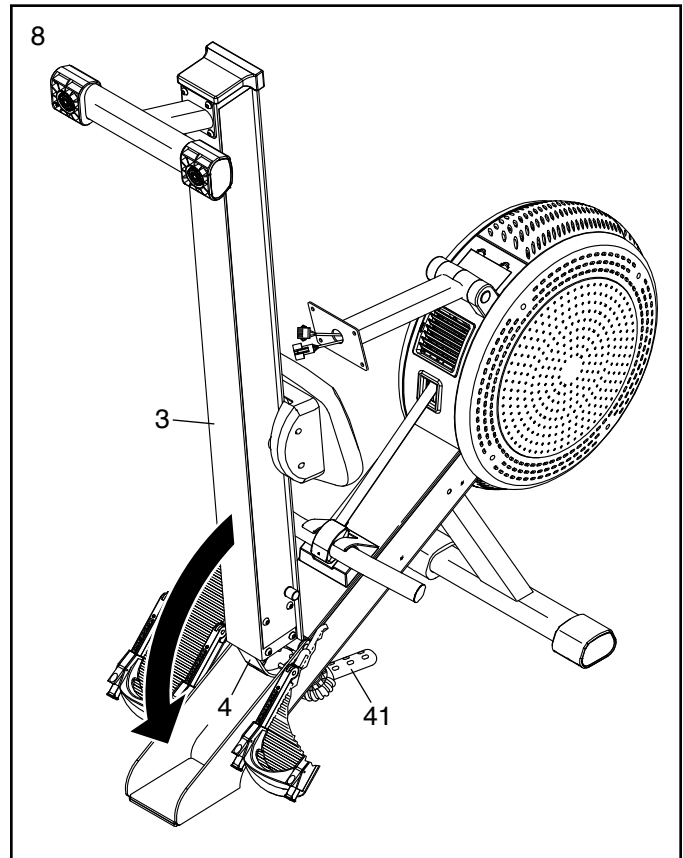
7. Orient the two Carriage Covers (27) as shown. Attach each Carriage Cover to a Carriage Plate (7) with two M6 x 15mm Screws (28).



8. **Have a second person hold the Rail (3) during this step.**

Loosen the Knob (41) several turns, pull the Knob outward, and then have the second person lower the Rail (3) to the floor.

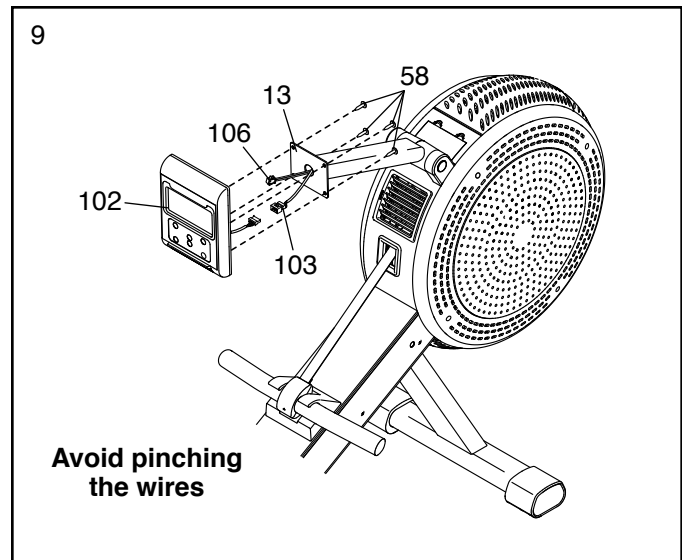
Release the Knob (41) into the hole in the Pivot Bracket (4); **make sure that the Knob is securely engaged in the Pivot Bracket**. Then, tighten the Knob.



9. While a second person holds the Console (102) near the Upright (13), connect the wire on the Console to the 8-pin Wire (103). Note: The 4-pin Wire (106) is not used on this model.

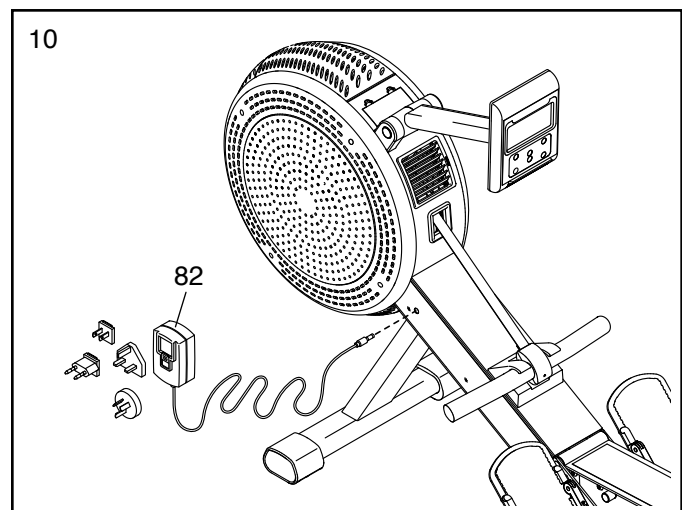
Insert the excess wire into the Upright (13).

Tip: Avoid pinching the wires. Attach the Console (102) to the Upright (13) with four M5 x 10mm Screws (58).



10. Plug the Power Adapter (82) into the receptacle on the frame of the rower.

Note: To plug the Power Adapter (82) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 10.



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

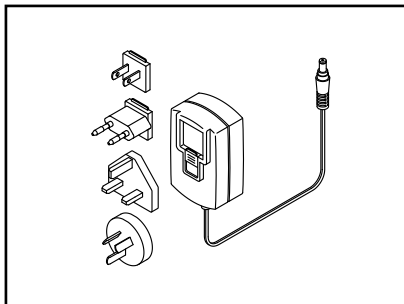
HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower 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 rower. Insert the appropriate plug adapter into the power adapter if necessary.

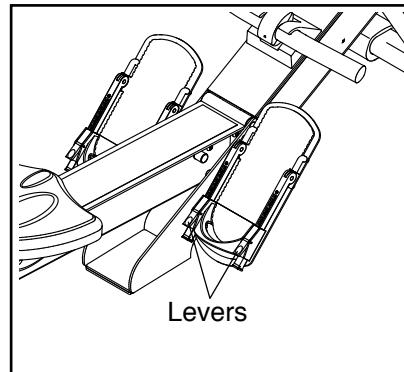
Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE FOOTREST BRACKETS

First, sit on the seat and place your feet in the footrest brackets.

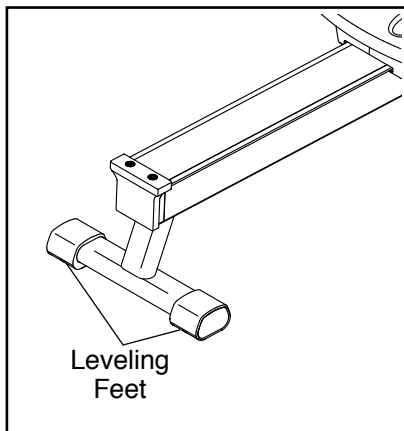
Next, press the levers on one of the footrest brackets, slide the footrest bracket to the position that best fits your foot, and then release the levers. Then, tighten the strap over your foot.



Adjust the other footrest bracket in the same way. Make sure to adjust both footrest brackets to the same position.

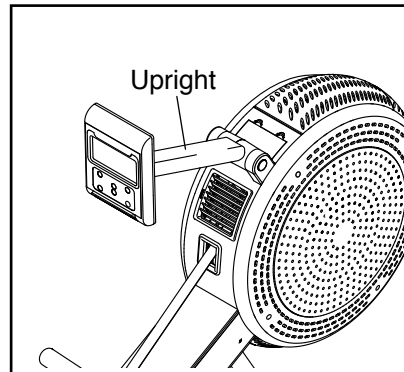
HOW TO LEVEL THE ROWER

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



HOW TO ADJUST THE UPRIGHT

Hold the upright and pivot it so that the console is in the desired position. **Make sure to hold the upright; do not hold the console.**



HOW TO USE THE ROWER

Hold the row bar with an overhand grip. Correct rowing form consists of three phases:

1. **The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Remove the row bar from the row bar rest. Pull the row bar until your hands are close to your feet.
2. **The second phase is the DRIVE.** Push backward using your legs. Keep your back straight. Lean back slightly at the hips (not at the waist) and begin pulling the row bar toward your chest. Keep your elbows outward.
3. **The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

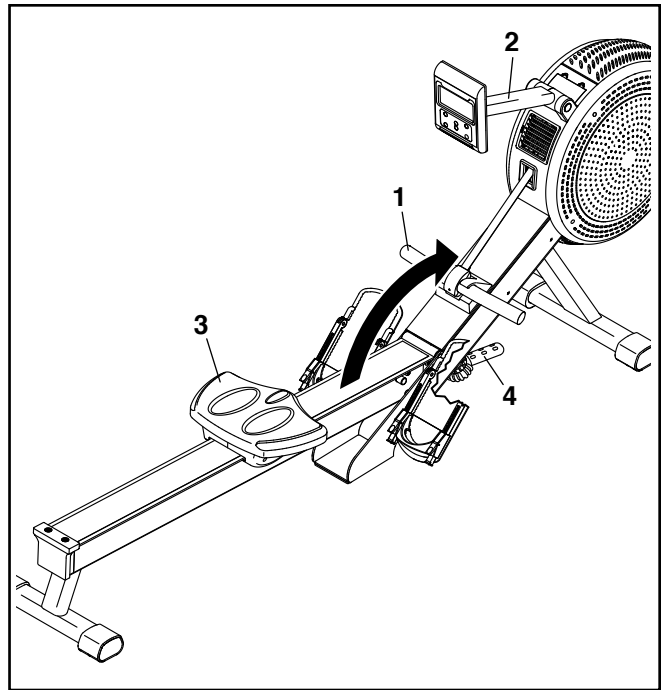
After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

When you are finished rowing, place the row bar in the row bar rest.

HOW TO FOLD AND STORE THE ROWER

The rower can be stored in a folded position to conserve space. Store the rower in a location where children cannot tip it.

Storing the rower requires two persons. Follow the instructions at the right to fold and store the rower.



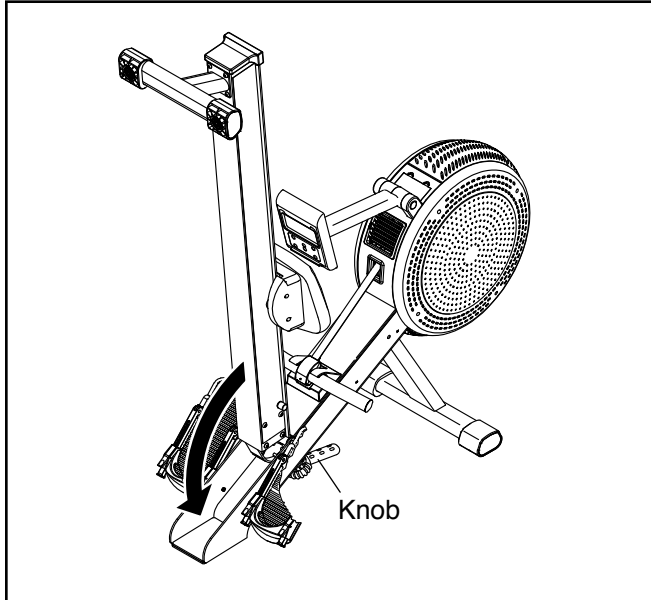
1. **Place the row bar in the row bar rest.** Pull the row bar outward and set it in the row bar rest.
2. **Pivot the upright out of the way.** Hold the upright and pivot it toward the front of the rower as far as possible so that the console is out of the way.

IMPORTANT: You must pivot the upright out of the way to avoid damaging the console.

3. **Slide the seat forward.** Slide the seat as far as possible to the front of the rail.
4. **Fold the rower.** Loosen the knob several turns, pull the knob outward, and then have a second person lift the rail into the upright position. Release the knob into the hole in the pivot bracket; **make sure that the knob is securely engaged in the pivot bracket.** Then, tighten the knob.

HOW TO UNFOLD THE ROWER

Unfolding the rower requires two persons. To unfold the rower, loosen the knob, pull the knob outward, and then have a second person lower the rail to the floor. Release the knob into the hole in the pivot bracket; **make sure that the knob is securely engaged in the pivot bracket.** Then, tighten the knob.



MAINTENANCE

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

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

FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your rower workouts more effective and enjoyable.

Manual Program—When you use the manual program, you can change the resistance of the row bar with the touch of a button. As you row, the console will provide continuous exercise feedback. You can also set a time, distance, calories, or pulse goal for the program.

Preset Programs—The console offers a selection of preset programs. Each preset program automatically changes the resistance of the row bar while guiding you through an effective workout. You can also set a time, distance, calories, or pulse goal for each program.

Custom Programs—The console offers several custom programs. Each custom program allows you to create your own program and store it in memory for future use.

Heart Rate Control Programs—The console offers several heart rate control programs. Each heart rate control program automatically changes the resistance of the row bar to keep your actual heart rate near a target heart rate.

Heart Rate Recovery Program—The console offers a heart rate recovery program that measures and scores your heart rate recovery.

Body Fat Program—The console offers a body fat program that calculates your body fat percentage and loads a program based on your results.

To use the manual program, see page 14. **To use a preset program**, see page 16. **To use a custom program**, see page 17. **To use a heart rate control program**, see page 18. **To use the heart rate recovery program**, see page 19. **To use the body fat program**, see page 20.

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

HOW TO USE THE MANUAL PROGRAM

1. Turn on the console.

To turn on the console, press the Start/Stop button or pull the row bar. All of the displays will light for a moment; the console will then be ready for use.

Note: The console will calibrate and may display the temperature in degrees Celsius when you plug in the power adapter.

2. Select the manual program.

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

If you have selected a different program, reselect the manual program by pressing the Up or Down button repeatedly until the number 01 flashes in the program display.

To start the manual program without setting a goal, go to step 4.

To set a time, distance, calories, or pulse goal for the manual program, press the Enter button; the time display will begin to flash. Go to step 3.

3. Set a goal if desired.

You can set a time, distance, calories, and/or pulse goal for the program.

You can set multiple goals if desired. During the program, the console will beep to inform you when you complete a goal. **IMPORTANT: In order to complete the additional goals that you set, you must press the Start/Stop button to resume the program after each goal is completed.**

If you do not want to set one of the following goals, simply press the Enter button when the goal display is flashing to skip setting that goal.

To set a time goal, press the Up and Down buttons to select the desired time. Then, press the Enter button; the distance display will begin to flash.

To set a distance goal, press the Up and Down buttons to select the desired distance. Then, press the Enter button; the calories display will begin to flash.

To set a calories goal, press the Up and Down buttons to select the desired number of calories. Then, press the Enter button; the pulse display will begin to flash.

To set a pulse goal, press the Up and Down buttons to select the desired heart rate. Then, press the Enter button.

Note: If you set a pulse goal for the manual program, you must wear an optional chest heart rate monitor in order to reach your goal. **For more information about the optional chest heart rate monitor, see page 21.**

4. Start the program and change the resistance of the row bar as desired.

Press the Start/Stop button to start the program.

As you row, change the resistance of the row bar by pressing the Up and Down buttons.

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

5. Follow your progress with the displays.

The console has several displays that can show the following workout information:

Program—This display shows the number of the currently selected program.

Time—This display shows the elapsed time in minutes and seconds.

Note: If you set a time goal for a program, this display shows the time remaining in the program instead of the elapsed time. When you complete a time goal, the console will beep. If you continue to row after you complete a time goal, the time display will reset and show the original time goal.

Distance—This display shows the distance that you have rowed in kilometers.

Note: If you set a distance goal for a program, this display shows the distance remaining in the program. When you complete a distance goal, the console will beep. If you continue to row after you complete a distance goal, the distance display will reset and show the original distance goal.

RPM—This display shows your rowing cadence in rowing strokes per minute (RPM).

Matrix—This display shows a profile of the resistance levels of the program.

Level—This display shows the selected resistance level.

Count—This display shows the total number of rowing strokes you have completed.

Calories—This display shows the approximate number of calories you have burned.

Note: If you set a calories goal for a program, this display shows the calories remaining in the program. When you complete a calories goal, the console will beep. If you continue to row after you complete a calories goal, the calories display will reset and show the original calories goal.

Pulse—This display shows your heart rate in beats per minute.

Note: You must wear an optional chest heart rate monitor in order for your heart rate to be displayed. **For more information about the optional chest heart rate monitor, see page 21.** If you do not wear a chest heart rate monitor while you are rowing, a P will appear in this display.

To pause the program, press the Start/Stop button. To resume the program, press the Start/Stop button again.

To stop the program and reset the displays to zero, press the Start/Stop button and then press and hold the Enter button for several seconds.

6. Wear a heart rate monitor and measure your heart rate if desired.

You can wear an optional chest heart rate monitor to measure your heart rate. **For more information about the optional chest heart rate monitor, see page 21.** Note: The console is compatible with Polar® heart rate monitors.

When your heart beat is detected, your heart rate will be shown in the pulse display.

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

If no buttons are pressed and the row bar is not pulled for a few minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET PROGRAM

1. Turn on the console.

To turn on the console, press the Start/Stop button or pull the row bar. All of the displays will light for a moment; the console will then be ready for use.

Note: The console will calibrate and may display the temperature in degrees Celsius when you plug in the power adapter.

2. Select a preset program.

The preset programs are numbered from 02 to 13.

To select a preset program, press the Up or Down button repeatedly until the number of the desired preset program flashes in the program display.

The matrix will show a profile of the resistance levels for the program.

To start the preset program without setting a goal, go to step 4.

To set a time, distance, calories, or pulse goal for the preset program, press the Enter button; the time display will begin to flash. Go to step 3.

3. Set a goal if desired.

You can set a time, distance, calories, and/or pulse goal for the program.

You can set multiple goals if desired. During the program, the console will beep to inform you when you complete a goal. **IMPORTANT: In order to complete the additional goals that you set, you must press the Start/Stop button to resume the program after each goal is completed.**

If you do not want to set one of the following goals, simply press the Enter button when the goal display is flashing to skip setting that goal.

To set a time goal, press the Up and Down buttons to select the desired time. Then, press the Enter button; the distance display will begin to flash.

To set a distance goal, press the Up and Down buttons to select the desired distance. Then, press the Enter button; the calories display will begin to flash.

To set a calories goal, press the Up and Down buttons to select the desired number of calories. Then, press the Enter button; the pulse display will begin to flash.

To set a pulse goal, press the Up and Down buttons to select the desired heart rate. Then, press the Enter button.

Note: If you set a pulse goal for the preset program, you must wear an optional chest heart rate monitor in order to reach your goal. **For more information about the optional chest heart rate monitor, see page 21.**

4. Start the program.

Press the Start/Stop button to start the program.

Each program is divided into segments. During the program, the flashing segment of the profile in the matrix represents the current segment of the workout.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Up and Down buttons. **IMPORTANT: When the current segment of the program ends, the row bar will automatically adjust to the resistance level programmed for the next segment.**

5. Follow your progress with the displays.

See step 5 on page 14.

6. Wear a heart rate monitor and measure your heart rate if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A CUSTOM PROGRAM

1. Turn on the console.

To turn on the console, press the Start/Stop button or pull the row bar. All of the displays will light for a moment; the console will then be ready for use.

Note: The console will calibrate and may display the temperature in degrees Celsius when you plug in the power adapter.

2. Select a custom program.

The custom programs are numbered from 14 to 17.

To select a custom program, press the Up or Down button repeatedly until the number of the desired custom program flashes in the program display.

The matrix will show the name of the program.

To start the custom program without programming resistance levels or setting a goal, go to step 5.

To program resistance levels and/or set a time, distance, calories, or pulse goal for the custom program, press the Enter button; the first segment of the profile will begin to flash.

To program resistance levels for the program, go to step 3.

To skip programming resistance levels and just set a time, distance, calories, or pulse goal for the custom program, press the Enter button repeatedly until the time display begins to flash. Go to step 4.

3. Program the desired resistance levels for the program.

Each program is divided into segments. You can program a resistance level for each segment of the program.

To program a resistance level for the first segment, simply adjust the resistance level by pressing the Up and Down buttons. Then, press the Enter button.

Program a resistance level for the remaining segments in the same way. The resistance levels that you program will be saved in the console memory.

When you finish programming resistance levels for the program, the time display will begin to flash.

4. Set a goal if desired.

See step 3 on page 14.

5. Start the program.

Press the Start/Stop button to start the program.

Each program is divided into segments. During the program, the flashing segment of the profile in the matrix represents the current segment of the program.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Up and Down buttons. **IMPORTANT: When the current segment of the program ends, the row bar will automatically adjust to the resistance level programmed for the next segment.**

6. Follow your progress with the displays.

See step 5 on page 14.

7. Wear a heart rate monitor and measure your heart rate if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A HEART RATE CONTROL PROGRAM

1. Turn on the console.

To turn on the console, press the Start/Stop button or pull the row bar. All of the displays will light for a moment; the console will then be ready for use.

Note: The console will calibrate and may display the temperature in degrees Celsius when you plug in the power adapter.

2. Select a heart rate control program.

The heart rate control programs are numbered from 18 to 22.

Note: Your maximum heart rate is the highest recommended heart rate for exercise. The console uses the formula $220 - \text{your age} = \text{your maximum heart rate}$ to estimate your maximum heart rate and calculate the target heart rate for each heart rate control program. To determine your actual maximum heart rate, consult your physician or a physician-recommended source.

Heart rate control programs 18 to 21—These programs have a preset target heart rate that is calculated as a percentage of your maximum heart rate.

Program 18—The target heart rate is 55 percent of your maximum heart rate.

Program 19—The target heart rate is 65 percent of your maximum heart rate.

Program 20—The target heart rate is 75 percent of your maximum heart rate.

Program 21—The target heart rate is 85 percent of your maximum heart rate.

Heart rate program 22—This program allows you to enter a target heart rate.

To select a heart rate control program, press the Up or Down button repeatedly until the number of the desired heart rate program flashes in the program display. The matrix will show the name of the program.

If you selected heart rate program 18, 19, 20, or 21, press the Enter button; the age display will begin to flash. Go to step 3.

If you selected heart rate program 22, press the Enter button; the pulse display will begin to flash. Go to step 4.

3. Set your age.

Press the Up and Down buttons to set your age. Then, press the Enter button.

4. Set a target heart rate.

Press the Up and Down buttons to set a target heart rate. Then, press the Enter button.

5. Set a goal if desired.

You can set a time, distance, and/or calories goal for the program.

You can set multiple goals if desired. During the program, the console will beep to inform you when you complete a goal. **IMPORTANT: In order to complete the additional goals that you set, you must press the Start/Stop button to resume the program after each goal is completed.**

If you do not want to set one of the following goals, simply press the Enter button when the goal display is flashing to skip setting that goal.

To set a time goal, press the Up and Down buttons to select the desired time. Then, press the Enter button; the distance display will begin to flash.

To set a distance goal, press the Up and Down buttons to select the desired distance. Then, press the Enter button; the calories display will begin to flash.

To set a calories goal, press the Up and Down buttons to select the desired calories. Then, press the Enter button.

6. Wear a heart rate monitor.

IMPORTANT: You must wear an optional chest heart rate monitor in order to use a heart rate control program.

For more information about the optional chest heart rate monitor, see page 21. Note: The console is compatible with Polar heart rate monitors.

7. Start the program.

Press the Start/Stop button to start the program.

Each program is divided into segments. During the program, the flashing segment of the profile in the matrix represents the current segment of the program.

During each segment, the resistance level will increase or decrease automatically to help keep your actual heart rate near the target heart rate for the program.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Up and Down buttons.

IMPORTANT: When the current segment of the program ends, the row bar will automatically adjust to the resistance level programmed for the next segment.

8. Follow your progress with the displays.

See step 5 on page 14.

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

See step 7 on page 15.

HOW TO USE THE HEART RATE RECOVERY PROGRAM

The heart rate recovery program measures and scores your heart rate recovery.

IMPORTANT: You must wear an optional chest heart rate monitor in order to use the heart rate recovery program.

For more information about the optional chest heart rate monitor, see page 21. Note: The console is compatible with Polar heart rate monitors.

Press the Pulse Recovery button at any time to start the program. After 1 minute, your score will appear in the display.

Score	Result
F1.0–F2.0	Excellent
F2.0–F2.9	Good
F3.0–F3.9	Fair
F4.0–F6.0	Below Average

If the console does not detect a heart rate, a P will appear in the pulse display.

If the word ERR appears in the display, check to make sure that you are wearing your heart rate monitor correctly and that it is properly adjusted.

HOW TO USE THE BODY FAT PROGRAM

1. Turn on the console.

To turn on the console, press the Start/Stop button or pull the row bar. All of the displays will light for a moment; the console will then be ready for use.

Note: The console will calibrate and may display the temperature in degrees Celsius when you plug in the power adapter.

2. Select the body fat program.

The body fat program calculates your body fat percentage and loads a program based on your results.

To measure your body fat percentage and load a program based on your results, press the Up or Down button repeatedly until the number 23 flashes in the program display. Next, press the Enter button; the height display will begin to flash. **Then, follow steps 3 to 11.**

To measure your body fat percentage only, press the Body Fat button; the height display will begin to flash. **Then, follow steps 3 to 8.**

3. Wear a heart rate monitor.

IMPORTANT: You must wear an optional chest heart rate monitor in order to use the body fat program.

For more information about the optional chest heart rate monitor, see page 21. Note: The console is compatible with Polar heart rate monitors.

4. Set your height.

Press the Up and Down buttons to set your height in centimeters. Then, press the Enter button; the weight display will begin to flash.

Note: 1 inch equals 2.54 centimeters.

5. Set your weight.

Press the Up and Down buttons to set your weight in kilograms. Then, press the Enter button; the gender display will begin to flash.

Note: 1 pound equals 0.45 kilograms.

6. Set your gender.

Press the Up and Down buttons to set your gender. Select 1 for male; select 0 for female. Then, press the Enter button; the age display will begin to flash.

7. Set your age.

Press the Up and Down buttons to set your age. Then, press the Enter button.

8. Measure your body fat percentage.

Press the Start/Stop button to measure your body fat percentage. The following results will appear in the displays.

BMR—This result is your basal metabolic rate (BMR). This is the number of calories your body requires to operate while at rest.

BMI—This result is your body mass index (BMI). This is a measure of your body fat based on your height and weight.

FAT%—This result is your estimated percentage of body fat.

If the console does not detect a heart rate, a P will appear in the pulse display.

If the word ERR appears in the display, check to make sure that you are wearing your heart rate monitor correctly and that it is properly adjusted.

9. Start the program.

One of six programs will load; your body fat percentage determines which program is loaded. A profile of the resistance levels for the program will appear in the matrix.

Press the Start/Stop button to start the program.

Each program is divided into segments. During the program, the flashing segment of the profile in the matrix represents the current segment of the workout.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Up and Down buttons. **IMPORTANT: When the current segment of the program ends, the row bar will automatically adjust to the resistance level programmed for the next segment.**

10. Follow your progress with the displays.

See step 5 on page 14.

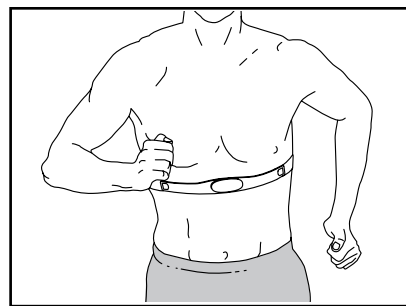
11. When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

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.**



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.

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	

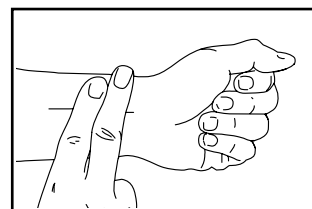
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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

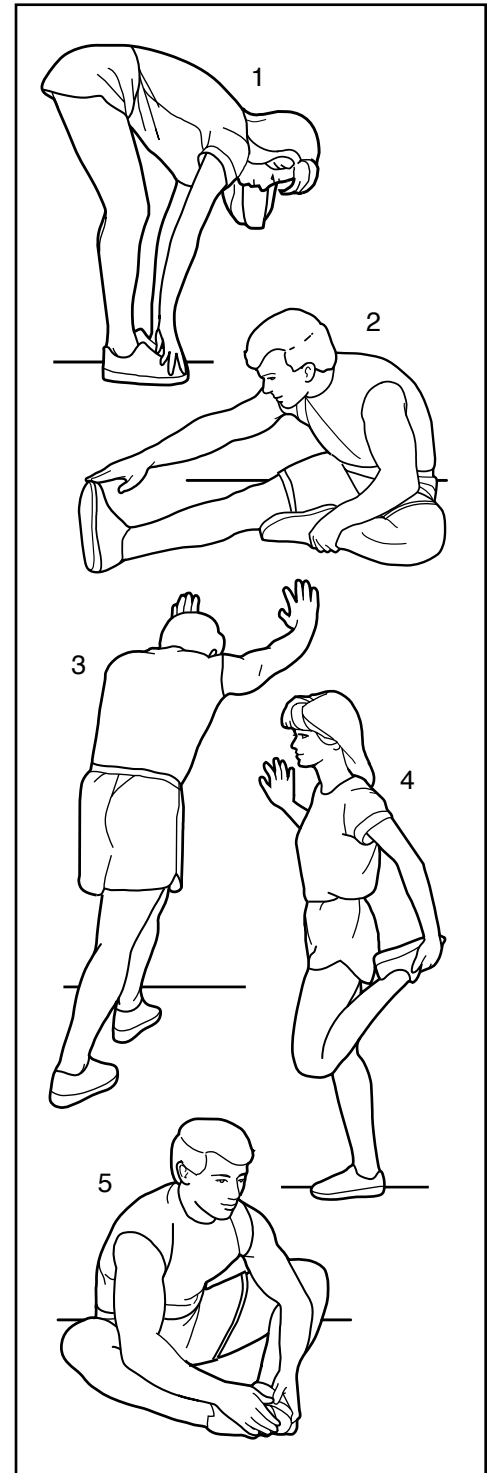
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEVRW69714.0 R0614A

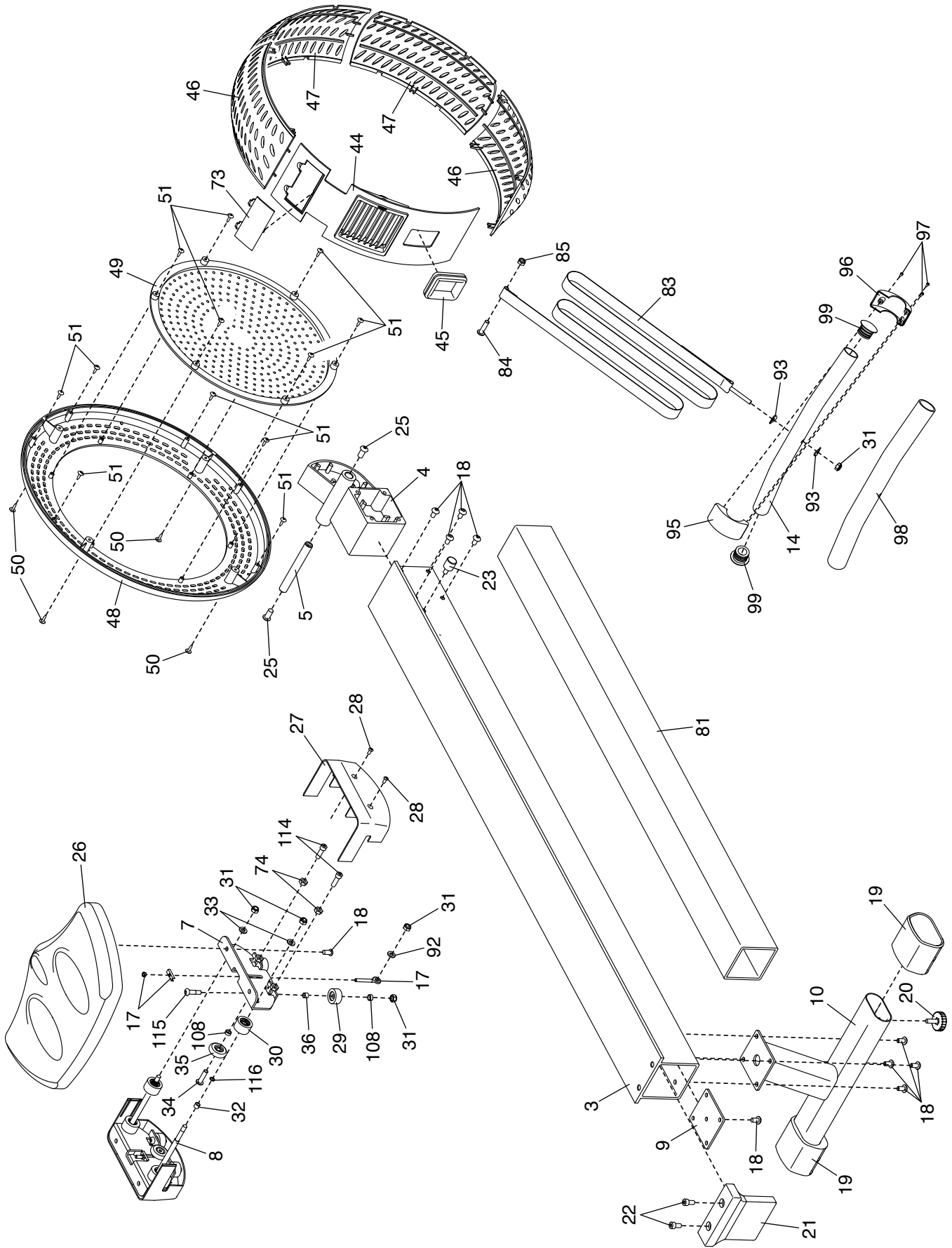
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	2	Guard A
2	1	Front Stabilizer	47	2	Guard B
3	1	Rail	48	2	Shield
4	1	Pivot Bracket	49	2	Disc
5	1	Pivot Axle	50	21	M4 x 15mm Tek Screw
6	1	Frame Cover	51	28	M4 x 15mm Self-tapping Screw
7	2	Carriage Plate	52	2	Upright Pivot Cover
8	2	Carriage Axle	53	2	Upright Pivot Bracket
9	1	Rail Plate	54	1	M8 x 120mm Bolt
10	1	Rear Stabilizer	55	2	Pivot Cap
11	1	Left Footrest	56	1	Resistance Fan
12	1	Right Footrest	57	1	Flywheel
13	1	Upright	58	4	M5 x 10mm Screw
14	1	Row Bar	59	1	Flywheel Axle
15	1	Idler	60	1	6000Z Bearing
16	2	Idler Washer	61	3	6003Z Bearing
17	2	Eyebolt Assembly	62	1	Resistance Plate
18	25	M8 x 15mm Screw	63	1	Flywheel Spring
19	2	Rear Stabilizer Cap	64	1	M10 x 20mm Screw
20	2	Leveling Foot	65	1	M10 Washer
21	1	Rail Cap	66	1	Resistance Plate Cable
22	2	M8 x 20mm Socket Screw	67	1	Clutch Bearing
23	2	Carriage Stop	68	1	Resistance Bracket
24	1	M10 Wave Washer	69	1	Resistance Pulley
25	2	M8 x 20mm Screw	70	1	Resistance Cable
26	1	Seat	71	1	M10 x 50mm Hex Bolt
27	2	Carriage Cover	72	1	M10 Locknut
28	4	M6 x 15mm Screw	73	1	Access Cover
29	4	Horizontal Carriage Roller	74	4	M8 Nut
30	4	Vertical Carriage Roller	75	1	Return Spring Case
31	12	M8 Locknut	76	1	Return Spring Cover
32	4	M8 x 8mm Spacer	77	1	Return Spring
33	4	M8 x 16mm Washer	78	1	17mm Snap Ring
34	2	M8 x 30mm Bolt	79	1	Spring Hub
35	2	Guide Roller	80	1	Strap Spool
36	4	M8 x 5mm Spacer	81	1	Sound Dampener
37	2	Footrest Bracket	82	1	Power Adapter
38	8	M6 x 10mm Screw	83	1	Strap
39	2	Footrest Pad	84	1	M5 x 30mm Bolt
40	2	Flanged Bearing Hub	85	1	M5 Locknut
41	1	Knob	86	1	Belt Pulley
42	1	Row Bar Rest	87	2	28mm C-clip
43	1	M10 x 55mm Screw	88	1	Clutch Axle
44	1	Vented Cover	89	2	6001Z Bearing
45	1	Strap Bushing	90	1	Sensor/Wire

Key No.	Qty.	Description	Key No.	Qty.	Description
91	1	Belt	106	1	4-pin Wire
92	2	M8 x 16mm Washer	107	1	Receiver/Wire
93	2	M8 Curved Washer	108	6	M8 x 3mm Spacer
94	1	Resistance Motor	109	2	12mm Snap Ring
95	1	Strap Cover A	110	4	M5 x 10mm Self-tapping Screw
96	1	Strap Cover B	111	2	M4 x 15mm Flat Head Screw
97	8	M3 x 10mm Self-tapping Screw	112	6	M5 x 15mm Screw
98	1	Row Bar Foam	113	2	M4 x 15mm Screw
99	2	Row Bar Cap	114	4	M8 x 25mm Screw
100	1	Left Stabilizer Cap	115	4	M8 x 30mm Carriage Bolt
101	1	Right Stabilizer Cap	116	16	M8 x 12mm Washer
102	1	Console	117	1	10mm Snap Ring
103	1	8-pin Wire	*	—	User's Manual
104	1	Plate Spring	*	—	Assembly Tool
105	1	Power Receptacle/Wire			

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.

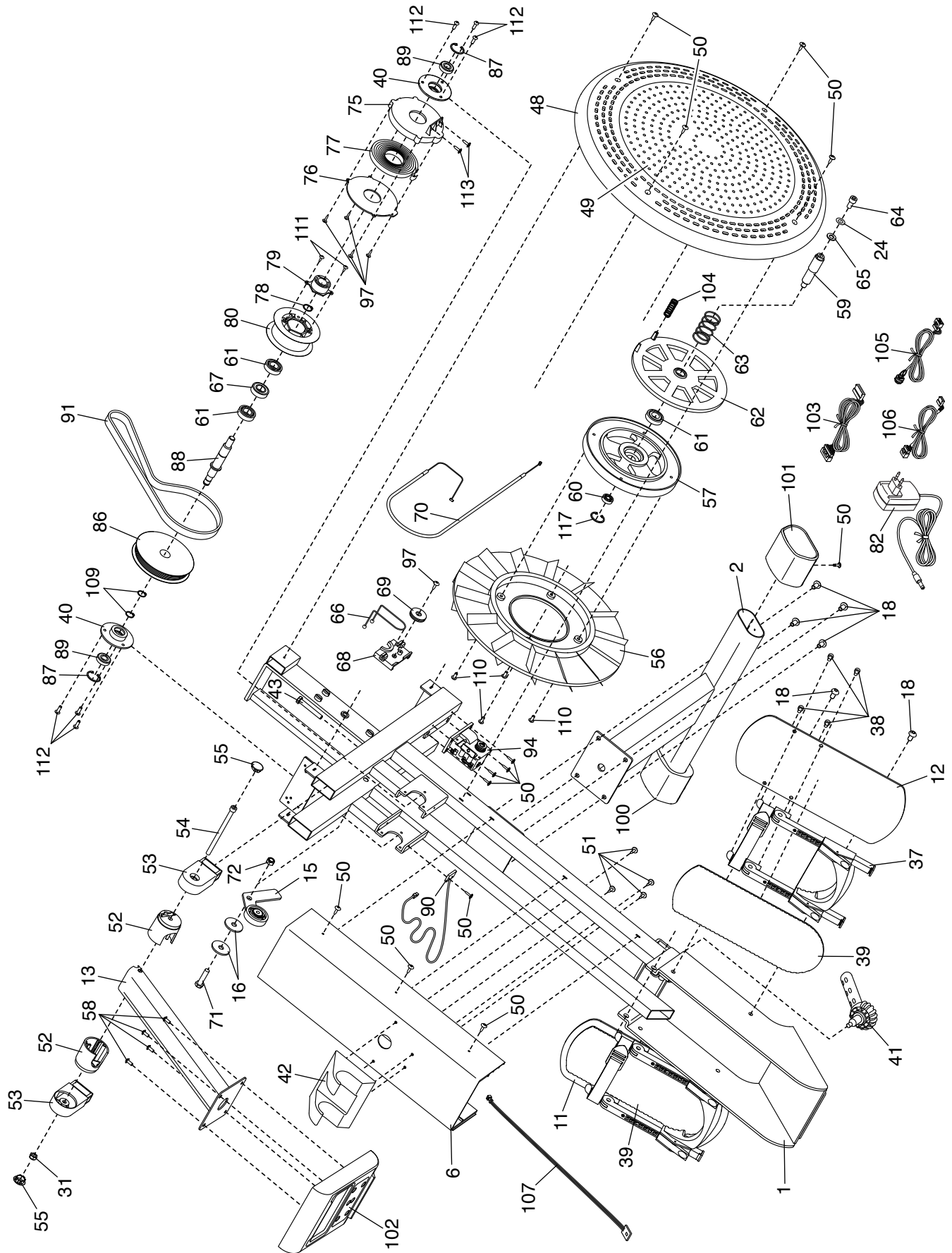
EXPLODED DRAWING A

Model No. NTEVRW69714.0 R0614A



EXPLODED DRAWING B

Model No. NTEVRW69714.0 R0614A



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.

