

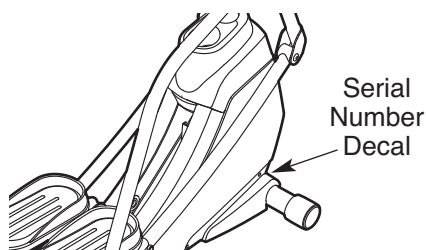
NordicTrack®

FREESTRIDER 35 Si

Model No. NTEVSR81910.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: Visit www.iconsupport.eu

Write:

ICON Health & Fitness, Ltd.

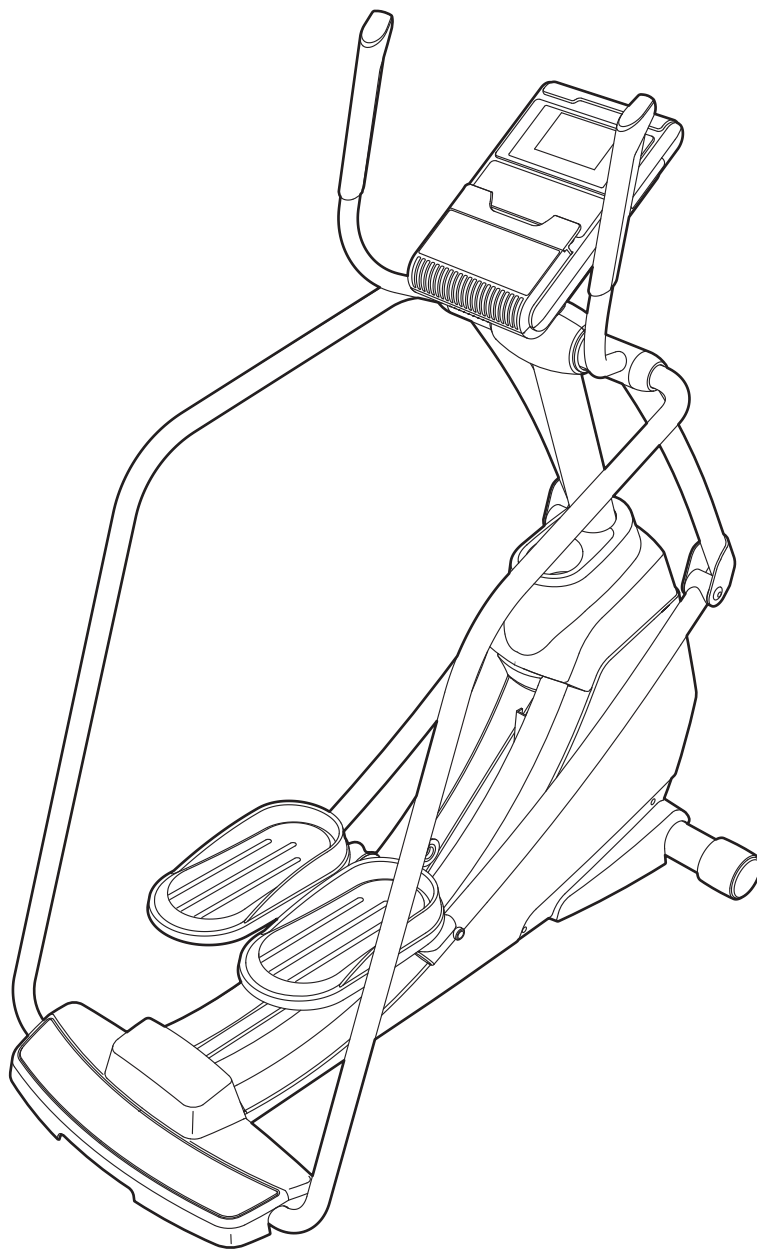
c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

UK



CAUTION

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

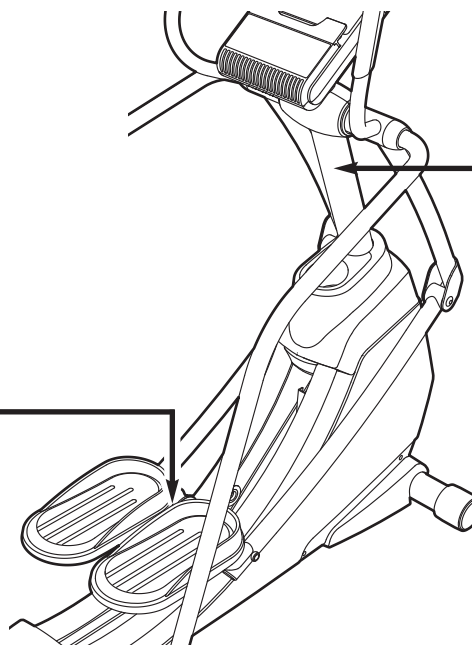
www.iconeurope.com

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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.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 300 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the strider only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the strider are adequately informed of all precautions.
4. The strider is intended for home use only. Do not use the strider in a commercial, rental, or institutional setting.
5. Keep the strider indoors, away from moisture and dust. Place the strider on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the strider and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the strider at all times.
8. The strider should not be used by persons weighing more than 300 lbs. (136 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the strider. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars or the handrails when mounting, dismounting, or using the strider.
11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Keep your back straight while using the strider; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. The strider does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in controlled way.

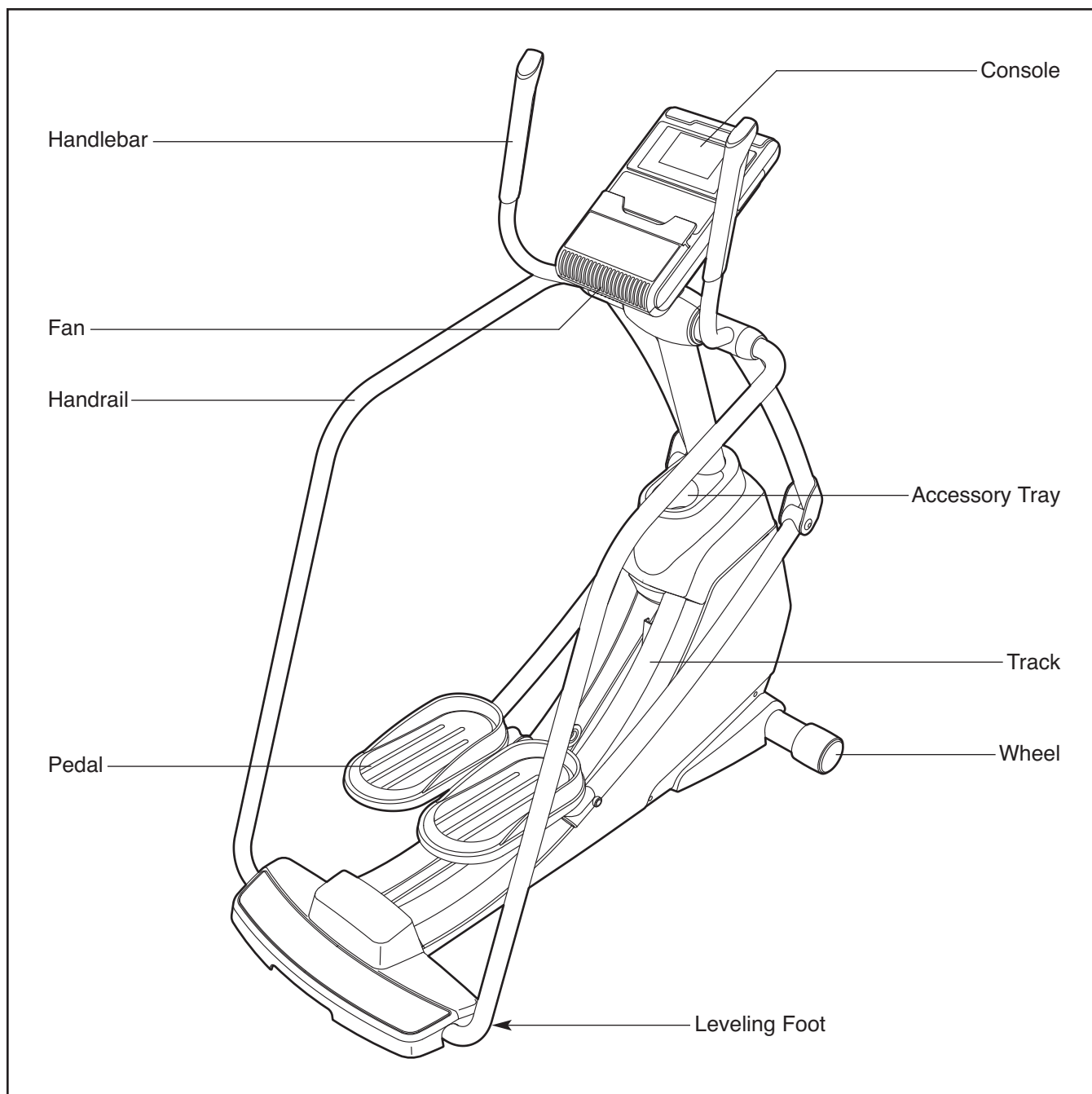
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® FREESTRIDER 35 SI strider. The FREESTRIDER 35 SI strider provides a wide array of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the strider. If you have questions after reading this manual, please see the front cover of this

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

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

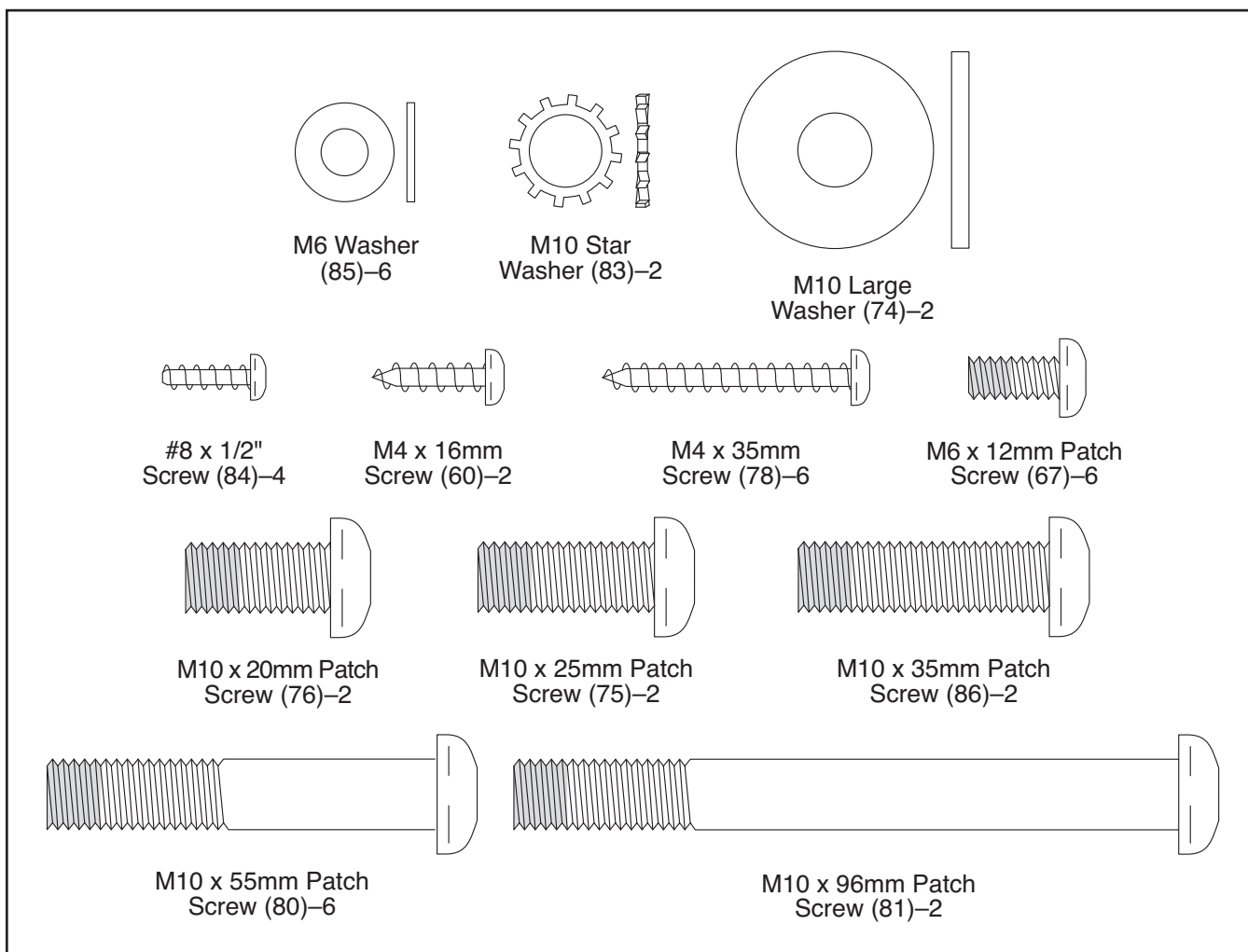


ASSEMBLY

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

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

As you assemble the strider, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**

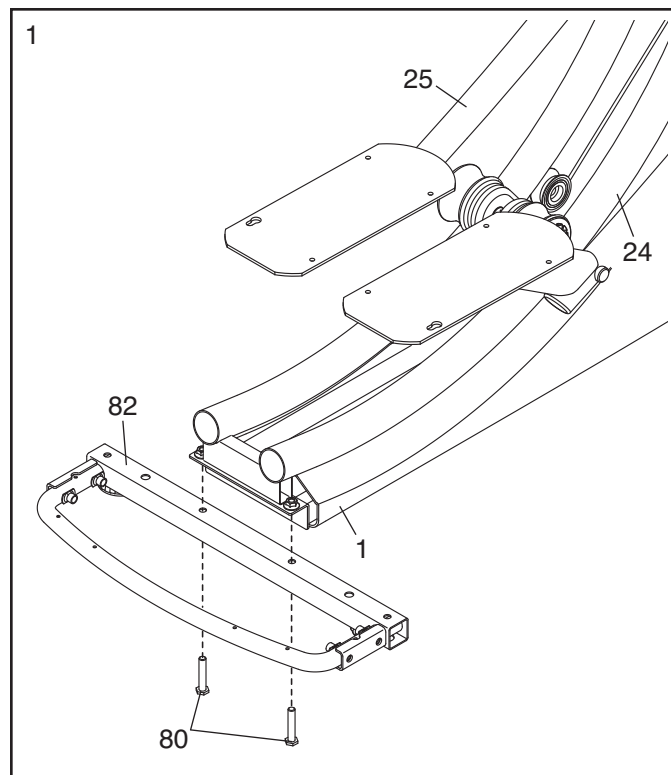


1.

To make assembly easier, read the information on page 5 before you begin.

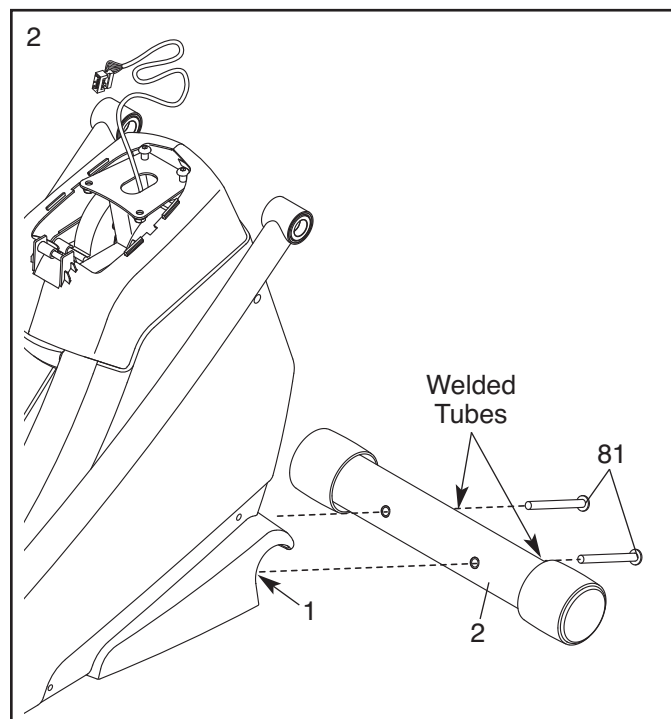
Have another person lift the rear of the Frame (1) and hold the Right and Left Pedal Arms (24, 25) in place.

Attach the Rear Stabilizer (82) to the Frame (1) with two M10 x 55mm Patch Screws (80).



2. Orient the Front Stabilizer (2) so that the welded tubes are facing away from the Frame (1).

While another person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 96mm Patch Screws (81).



3. Orient the Shield Cap (5) as shown. While another person holds the Upright (26), slide the Shield Cap upward around the Upright.

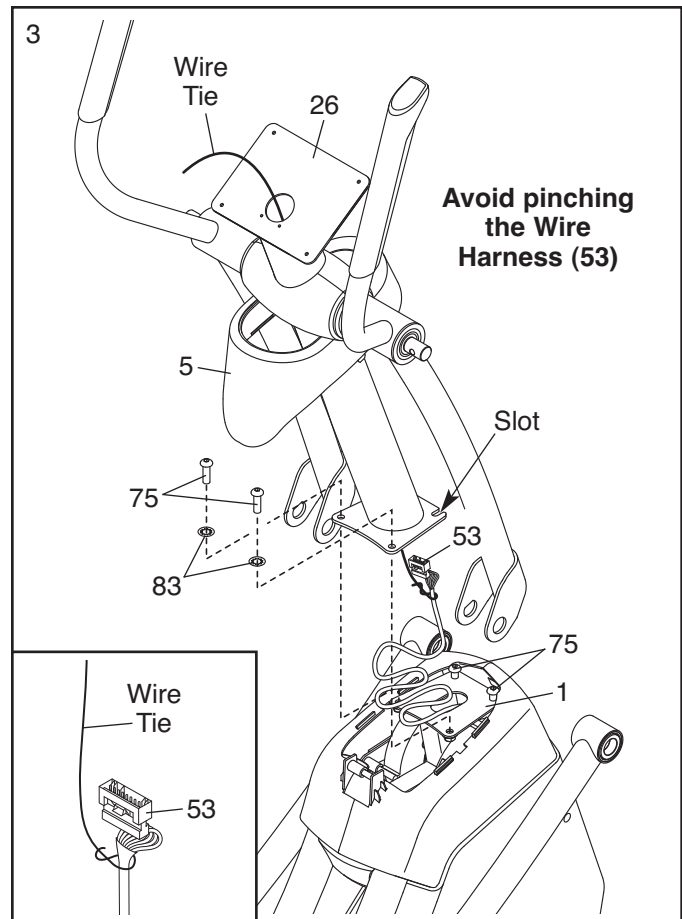
Next, locate the wire tie in the Upright (26).

See the inset drawing. Tie the lower end of the wire tie to the end of the Wire Harness (53). Pull the upper end of the wire tie until the Wire Harness is routed through the Upright (26).

Tip: To prevent the Wire Harness (53) from falling into the Upright (26), secure the Wire Harness with the wire tie.

Tip: Avoid pinching the Wire Harness (53). Insert the slots in the Upright (26) under the two M10 x 25mm Patch Screws (75) that are pre-attached to the Frame (1).

Attach the Upright (26) to the Frame (1) with two M10 x 25mm Patch Screws (75) and two M10 Star Washers (83). **Do not tighten the Patch Screws yet.**



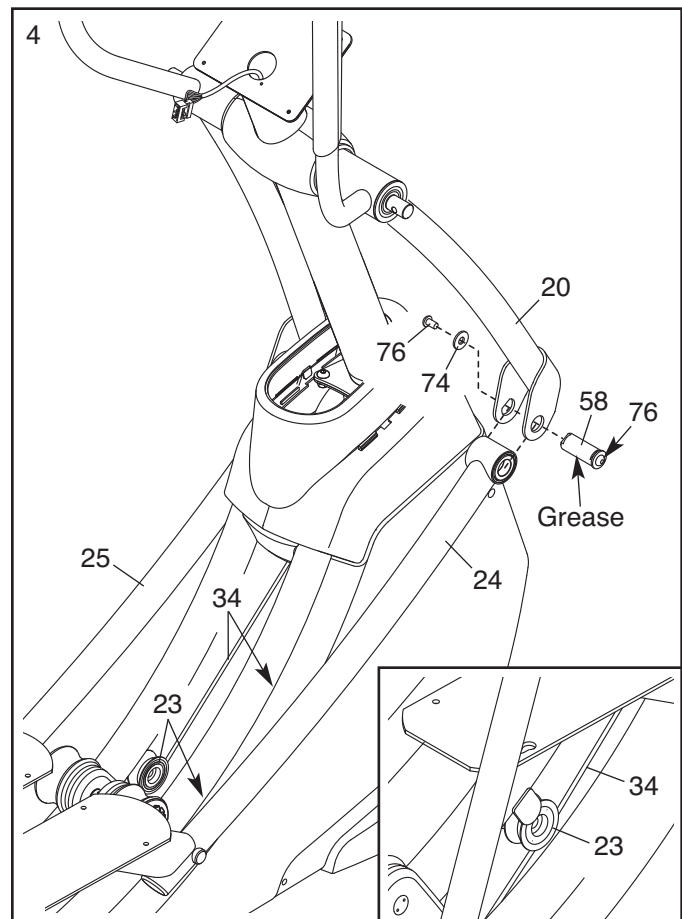
4. Have another person hold the Right Pedal Arm (24) inside the bracket on the Right Handlebar (20).

Apply a coat of the included grease to a Link Axle (58). Insert the Link Axle into the Right Handlebar (20) and the Right Pedal Arm (24) from the direction shown. **Tip: It may be helpful to use a hex key to insert the Link Axle.**

Finger tighten an M10 x 20mm Patch Screw (76) with an M10 Large Washer (74) into the Link Axle (58). Then, tighten both M10 x 20mm Patch Screws (76) in the Link Axle at the same time.

Repeat this step on the other side of the strider.

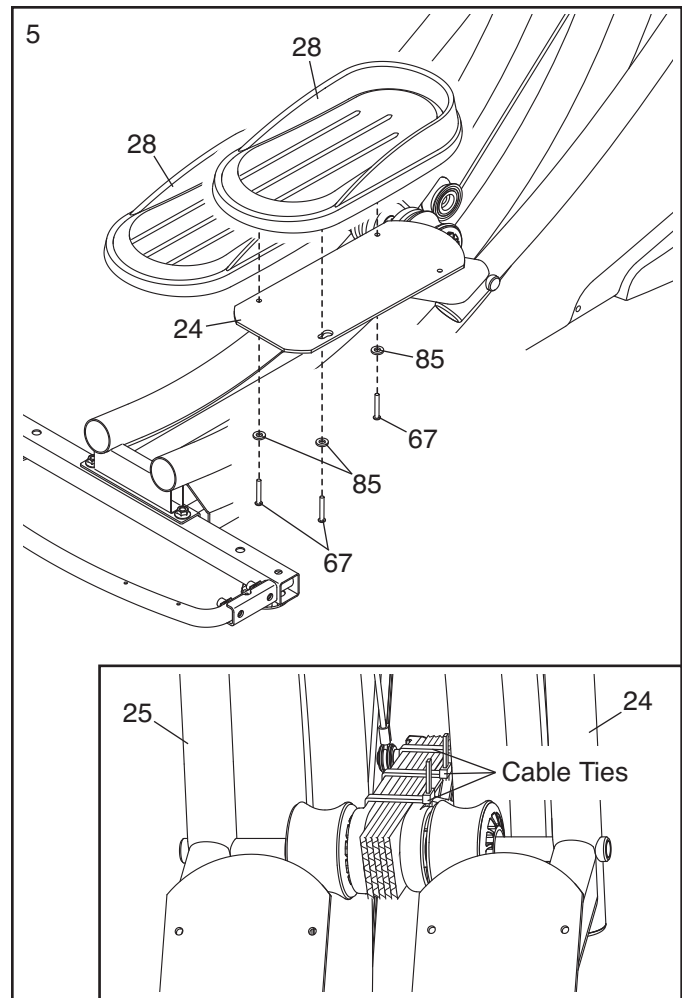
See the inset drawing. Make sure that the right and left Cables (34) are routed under the right and left Small Pulleys (23).



5. **See the inset drawing.** Remove the three cable ties and the packing materials from between the Right and Left Pedal Arms (24, 25).

Attach a Pedal (28) to the Right Pedal Arm (24) with three M6 x 12mm Patch Screws (67) and three M6 Washers (85).

Attach the other Pedal (28) to the Left Pedal Arm (not shown) in the same way.

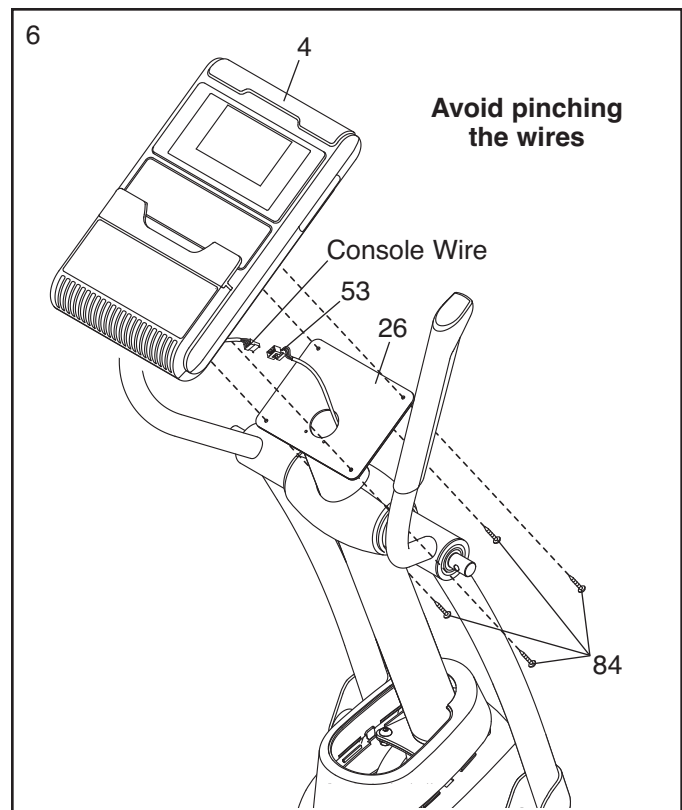


6. Remove and discard the wire tie on the Wire Harness (53).

While another person holds the Console (4), connect the wire on the Console to the Wire Harness (53).

Insert the excess wire downward into the Upright (26) or upward into the Console (4).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (26) with four #8 x 1/2" Screws (84).



7. Identify the Right Handrail (31), which is marked with a “Right” sticker, and orient it as shown.

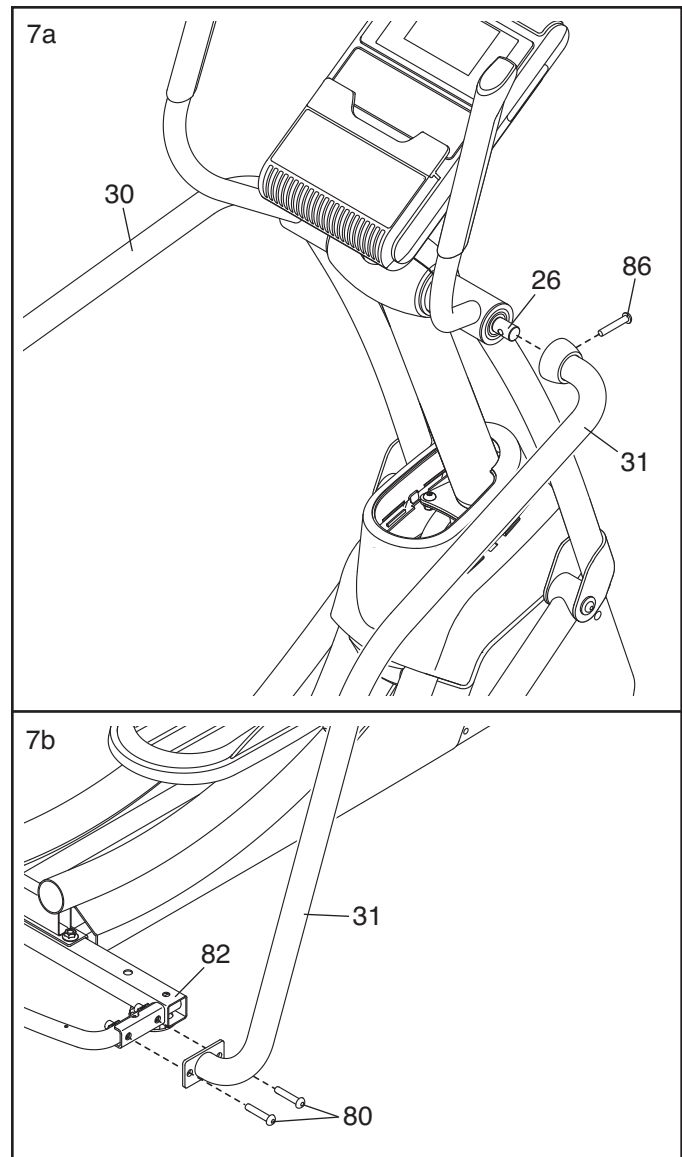
Have another person hold the Right Handrail (31) near the right side of the strider.

See drawing 7a. Attach the upper end of the Right Handrail (31) to the axle on the Upright (26) with an M10 x 35mm Patch Screw (86). **Do not tighten the Patch Screw yet.**

See drawing 7b. Attach the lower end of the Right Handrail (31) to the Rear Stabilizer (82) with two M10 x 55mm Patch Screws (80). **Do not tighten the Patch Screws yet.**

Repeat this step for the Left Handrail (30).

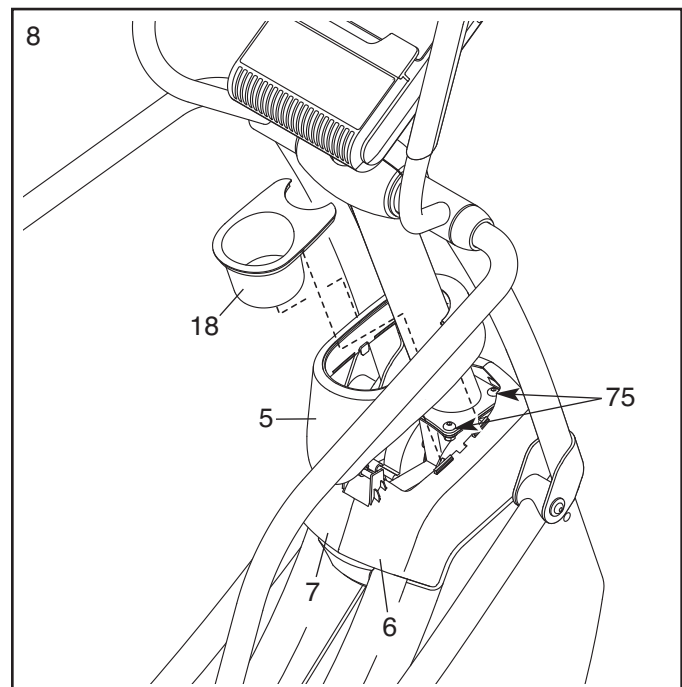
Tighten the two M10 x 35mm Patch Screws (86) and the four M10 x 55mm Patch Screws (80) used in this step.



8. **See step 3 on page 7.** Tighten the four M10 x 25mm Patch Screws (75).

Press the Shield Cap (5) downward into the Right and Left Shields (6, 7).

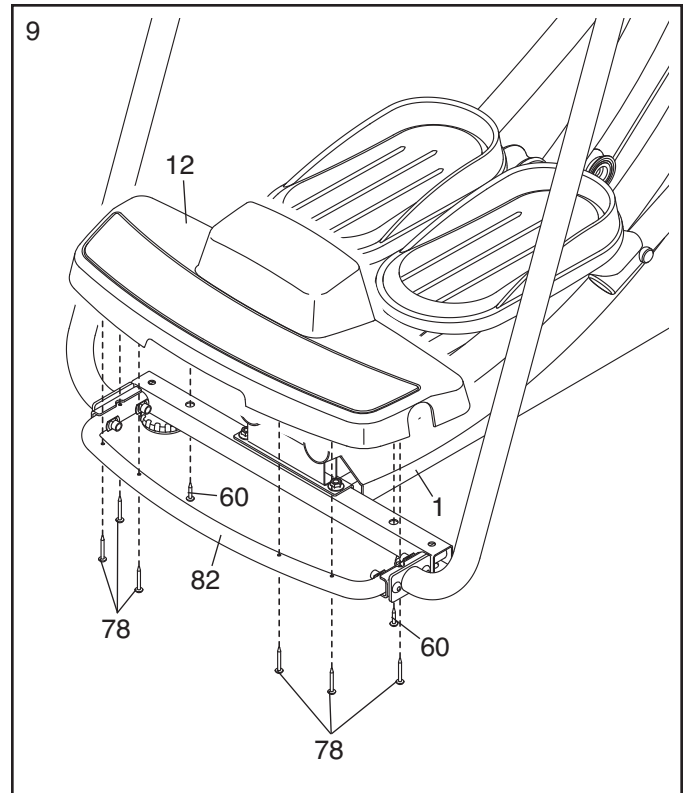
Orient the Accessory Tray (18) as shown. Press the Accessory Tray into the Shield Cap (5).



9. Remove some packing inserts from the packing materials. With the help of another person, place the packing inserts under the rear of the Frame (1). **Have another person hold the strider to prevent it from tipping until this step is completed.**

Attach the Rear Frame Cover (12) to the Rear Stabilizer (82) with two M4 x 16mm Screws (60) and six M4 x 35mm Screws (78).

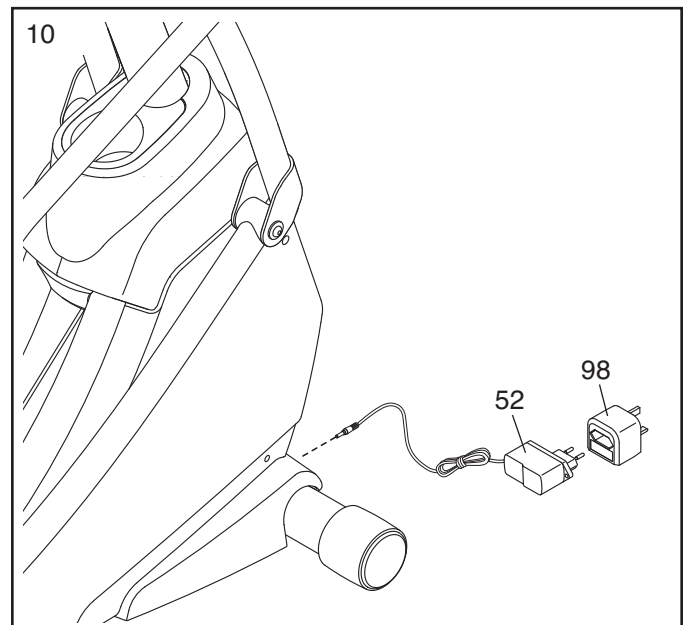
With the help of the other person, remove the packing inserts and lower the Rear Stabilizer (82) and the Frame (1).



10. Plug the Power Adapter (52) into the jack on the front of the strider.

If necessary, plug the Power Adapter (52) into the Plug Adapter (98).

To plug the Power Adapter (52) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 12.

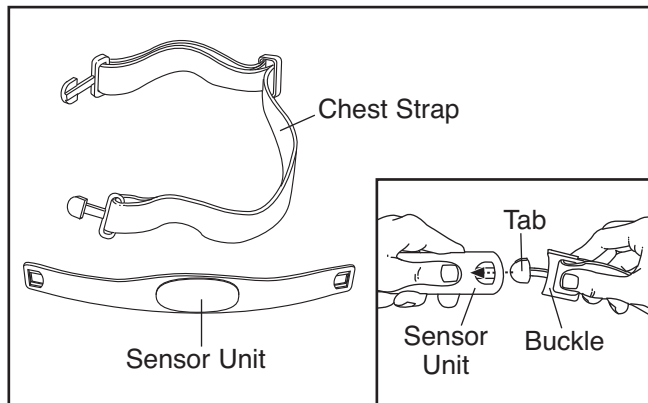


11. **Make sure that all parts are properly tightened before you use the strider.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the strider to protect the floor.

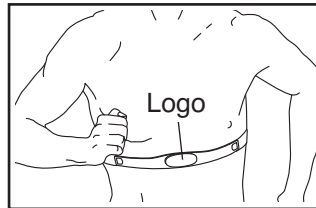
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor has two components: a chest strap and a sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.



Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE

- Dry the chest pulse sensor after each use. The chest pulse sensor is activated when you wet the electrode areas and put on the chest pulse sensor; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, the battery may be drained prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time or to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. Hand wash and air dry the chest pulse sensor.

CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, try the suggestions below.

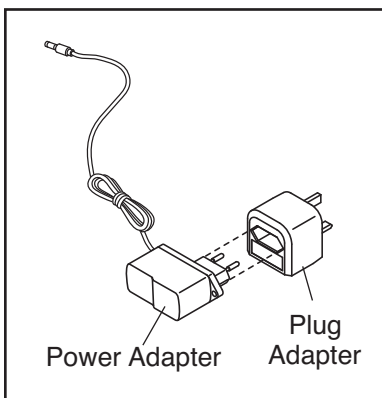
- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Position yourself near the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the strider.

HOW TO USE THE STRIDER

HOW TO PLUG IN THE POWER ADAPTER

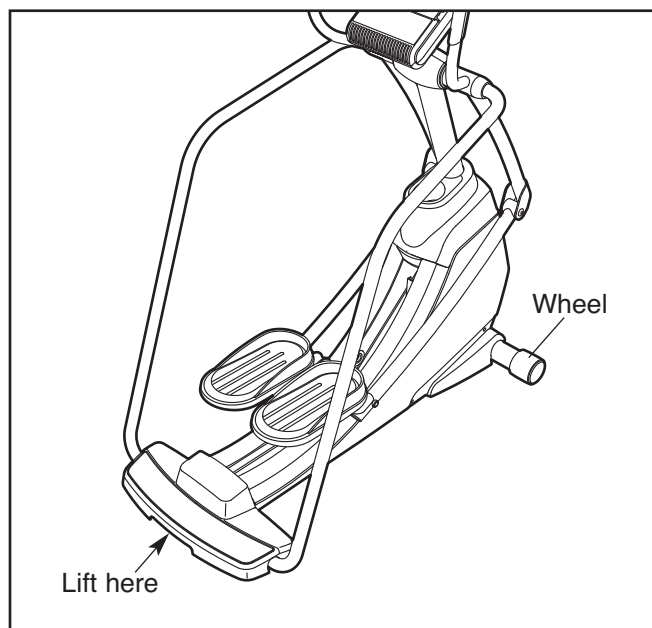
IMPORTANT: If the strider has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the jack on the frame of the elliptical exerciser. Next, plug the power adapter into the plug adapter, if necessary. Then, plug the power adapter or the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO MOVE THE STRIDER

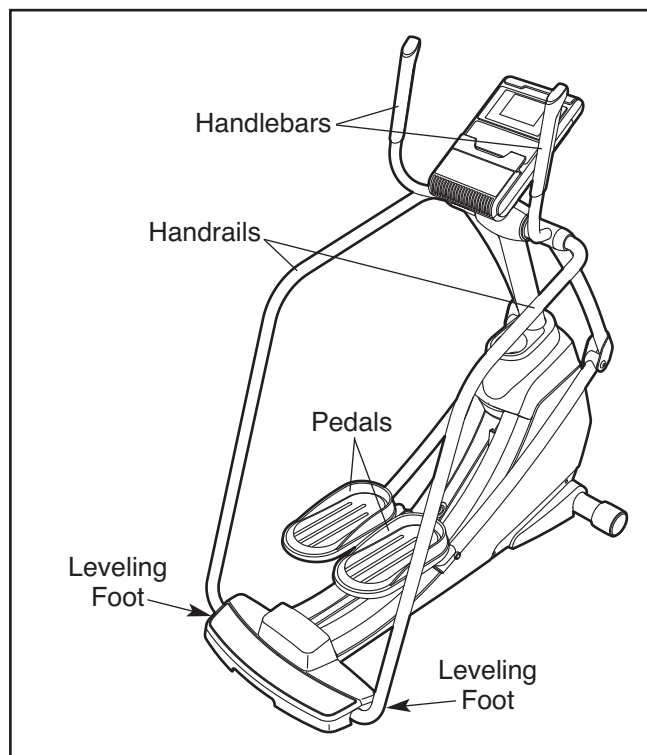
Due to the size and weight of the strider, moving it requires two persons. Have two persons lift the indicated end of the strider until the strider will roll on the front wheels. Carefully move the strider to the desired location and then lower it to the level position.



CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the strider. Do not attempt to move the strider over an uneven surface.

HOW TO EXERCISE ON THE STRIDER

To mount the strider, hold the handlebars or the handrails and step onto the pedals. Push the pedals until they begin to move forward and backward with a continuous motion.

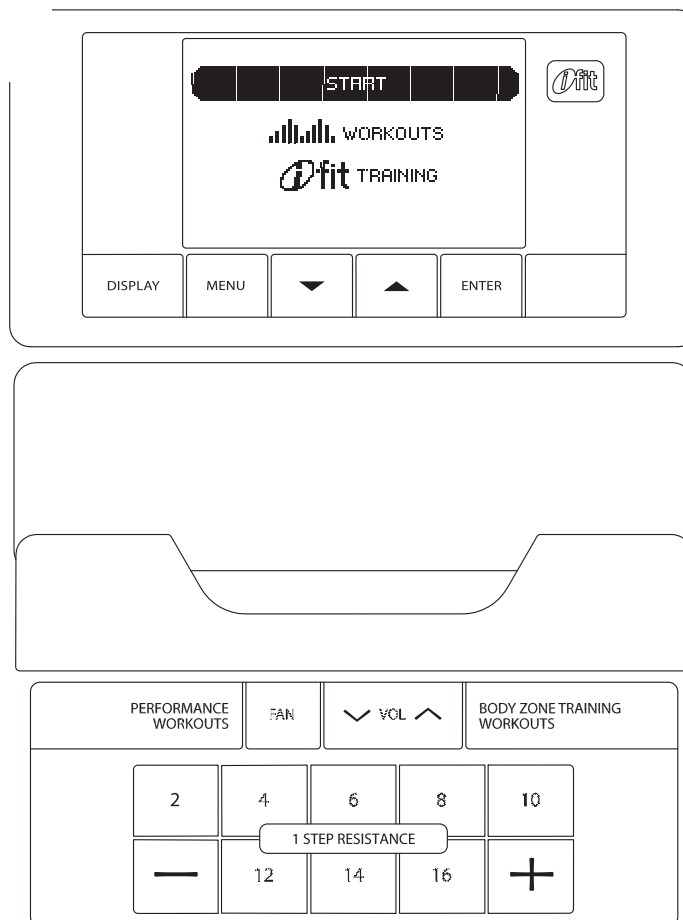


To dismount the strider, wait until the pedals come to a complete stop. When the pedals are stationary, hold the handlebars or the handrails and step off the pedals.

HOW TO LEVEL THE STRIDER

If the strider rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame (see the drawing above) until the rocking motion is eliminated.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

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

The console also offers twenty-five preset workouts—ten performance workouts and fifteen body zone training workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your striding pace as it guides you through an effective workout.

The console also features an iFit training mode that enables your console to communicate with your wireless network through the iFit Live module. The iFit Live module allows you to download personalized workouts, create your own workouts, and track your workout results on the iFit Live website.

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

To activate the console, see page 14. **To turn off the console**, see page 14. **To use the manual mode**, see page 14. **To use a preset workout**, see page 15. **To use the iFit training mode**, see page 17. **To use the sound system**, see page 17. **To use the information mode**, see page 17.

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

HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the strider. See HOW TO PLUG IN THE POWER ADAPTER on page 12. When the power adapter is plugged in, the displays will light and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the strider may wear prematurely.**

HOW TO USE THE MANUAL MODE

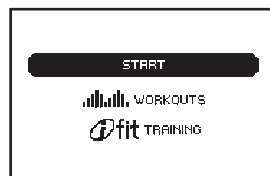
1. Begin striding or press any button on the console to turn on the console.

See HOW TO ACTIVATE THE CONSOLE above.

2. Select the manual mode.

Each time you turn on the console, the main menu will appear.

To select the manual mode, press the Increase and Decrease buttons next to the Enter button and high-light START. Then, press the Enter button.



If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons or by pressing the 1 Step Resistance Increase and Decrease buttons.

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

4. Follow your progress with the display.

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show the following workout information:

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

Distance—This display mode will show the distance you have traveled in miles.

Profile—When a workout is selected, this display mode will show a profile of the resistance levels for the workout.

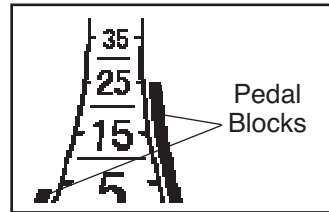
Pulse—This display mode will show your heart rate when you use the included chest pulse sensor (see page 11).

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

RPM—This display mode will show your striding pace, in strides per minute.

Stride Length—This display mode will show your stride length in inches.

Stride Length Meter—When a workout is selected, this display mode will show the length of your strides. The pedal blocks track the actual movement of the pedals while you exercise.



Strides—This display mode will show the total number of strides you have stridden.

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

Vertical Feet—This display mode will show the total number of vertical feet you have traveled.

Change the volume level of the console by pressing the Vol Increase and Decrease buttons.

5. Measure your heart rate if desired.

To measure your heart rate, wear the included chest pulse sensor. See page 11.

6. Turn on the fan if desired.

The fan may have several speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

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

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE A PRESET WORKOUT

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

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Select a preset workout.

If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

To select a preset workout, first press the Increase and Decrease buttons next to the Enter button and highlight WORKOUTS. Then, press the Enter button.



Next, press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

You can also press the Performance Workouts button or the Body Zone Training Workouts button.

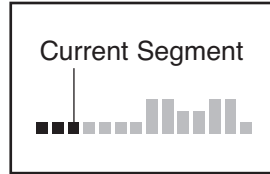
Press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

Press the Increase and Decrease buttons to highlight the name of the desired workout. The duration, the maximum rpm (striding pace), the maximum resistance level, and a profile of the resistance levels of the workout will appear in the right side of the display. Then, press the Enter button.

3. Begin striding to start the workout.

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

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



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

As you exercise, keep your rpm (striding pace) near the target rpm for the current segment.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual rpm (striding pace) may be slower than the target rpm. Make sure to stride at a pace 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 1 Step Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends.

To stop the workout at any time, stop striding. A tone will then sound. If the time display mode is selected, the time will begin to flash in the display. To restart the workout, simply resume striding.

4. Follow your progress with the display.

See in step 4 on page 14.

5. Measure your heart rate if desired.

See step 5 on page 15.

6. Turn on the fan if desired.

See step 6 on page 15.

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

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE THE iFIT TRAINING MODE

The iFit Live module allows your console to communicate with your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze your workout results on the iFit Live website.

To select the iFit training mode, press the Menu button and then press the Increase and Decrease buttons next to the Enter button and highlight IFIT TRAINING. Then, press the Enter button.

For more information about the iFit training mode, go to www.iFit.com. Note: To use the iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

HOW TO USE THE SOUND SYSTEM

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

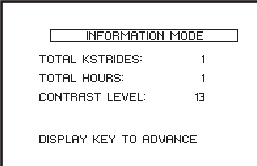
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Vol Increase and Decrease buttons on the console.

HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view usage information, adjust the contrast level of the display, and view the status of the iFit Live Module.

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

The display will show the total number (in thousands) of strides that have been stridden on the strider. The display will also show the total number of hours that the strider has been used.



INFORMATION MODE	
TOTAL KSTRIDES:	1
TOTAL HOURS:	1
CONTRAST LEVEL:	13
DISPLAY KEY TO ADVANCE	

The currently selected contrast level will also appear in the display. Press the Increase and Decrease buttons next to the Enter button repeatedly to select the desired contrast level. Press the Display button to save the contrast level setting and advance to the next display.

The display will also indicate when an accessory is connected to the console. If the iFit Live module is connected, the display will show the words WIFI STATUS. If a USB device is connected, the display will show the words USB STATUS. If no accessory is connected, the display will show the words NO MODULE DETECTED.

Press and hold down the Display button for a few seconds to exit the information mode.

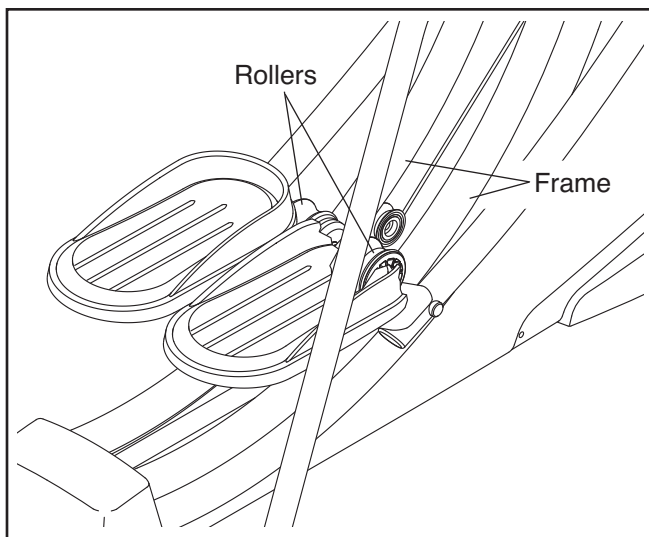
MAINTENANCE AND TROUBLESHOOTING

If you have questions about maintenance or troubleshooting, see the front cover of this manual.

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

To clean the strider, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the rollers and the frame on which the rollers ride.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.



CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the AC power adapter is fully plugged in. If the console does not display your heart rate when you wear the chest pulse sensor, or if the displayed heart rate appears to be too high or too low, see CHEST PULSE SENSOR TROUBLESHOOTING on page 11.

HOW TO LEVEL THE STRIDER

If the strider rocks slightly on your floor during use, see HOW TO LEVEL THE STRIDER on page 12.

HOW TO GREASE THE ROLLERS

If the rollers squeak when moving along the frame, apply a small amount of white marine grease evenly to the outer surface of each roller. Next, pedal the strider until a thin film of grease is distributed along the frame. Then, wipe off any excess grease.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

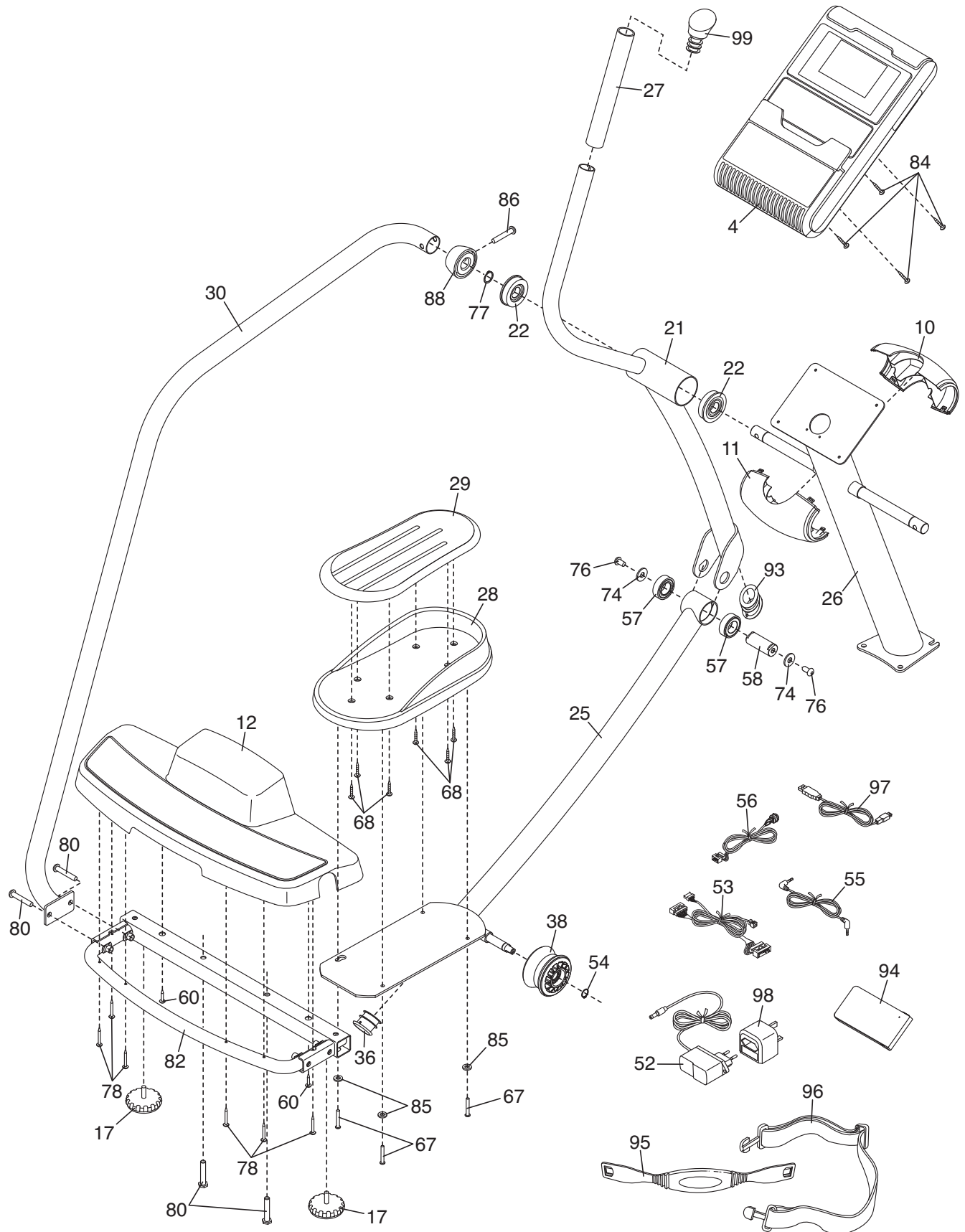
PART LIST—Model No. NTEVSR81910.0

R0410A

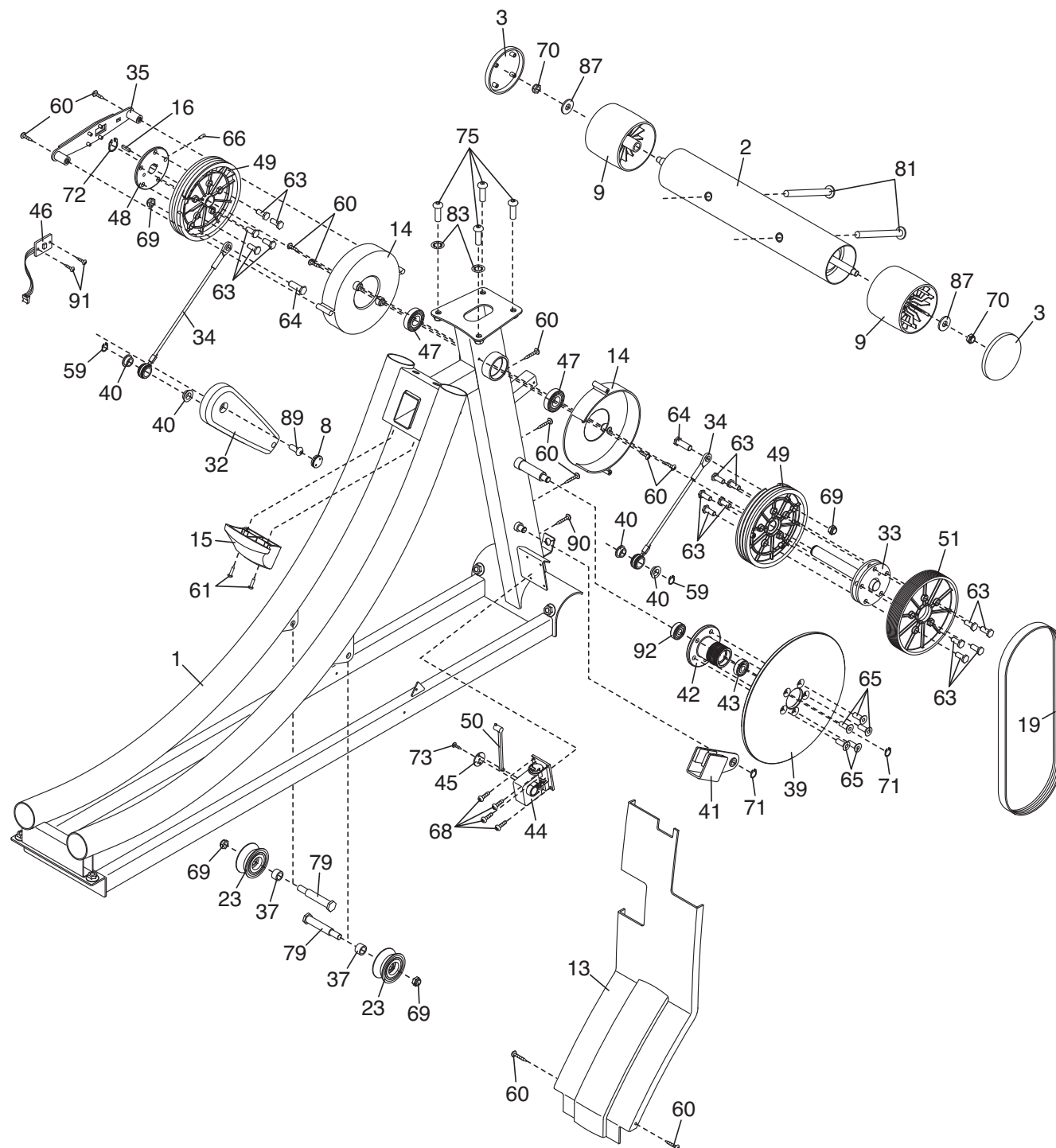
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	1	Power Adapter
2	1	Front Stabilizer	53	1	Wire Harness
3	2	Wheel Cap	54	2	5/8" Snap Ring
4	1	Console	55	1	Audio Cable
5	1	Shield Cap	56	1	Power Cable
6	1	Right Shield	57	4	Link Bushing
7	1	Left Shield	58	2	Link Axle
8	2	Cable Arm Cover	59	2	1/2" Snap Ring
9	2	Wheel	60	23	M4 x 16mm Screw
10	1	Front Shield	61	2	M4 x 25mm Screw
11	1	Rear Shield	62	1	M4 x 19mm Screw
12	1	Rear Frame Cover	63	15	5/16" x 20mm Screw
13	1	Inner Shield	64	2	M10 x 30mm Screw
14	2	Spool Cover	65	5	5/16" x 18mm Screw
15	1	Bumper	66	1	#10 x 10mm Screw
16	1	Hub Key	67	6	M6 x 12mm Patch Screw
17	2	Leveling Foot	68	16	M4 x 12mm Flange Screw
18	1	Accessory Tray	69	4	M10 Locknut
19	1	Drive Belt	70	2	M10 Jam Nut
20	1	Right Handlebar	71	2	10mm Snap Ring
21	1	Left Handlebar	72	1	3/4" Snap Ring
22	4	Handlebar Bushing	73	1	M3.5 x 12mm Screw
23	2	Small Pulley	74	4	M10 Large Washer
24	1	Right Pedal Arm	75	4	M10 x 25mm Patch Screw
25	1	Left Pedal Arm	76	4	M10 x 20mm Patch Screw
26	1	Upright	77	2	7/8" Snap Ring
27	2	Handgrip	78	6	M4 x 35mm Screw
28	2	Pedal	79	2	M10 X 37.6mm Shoulder Bolt
29	2	Pedal Insert	80	6	M10 x 55mm Patch Screw
30	1	Left Handrail	81	2	M10 x 96mm Patch Screw
31	1	Right Handrail	82	1	Rear Stabilizer
32	2	Cable Arm	83	2	M10 Star Washer
33	1	Spool Axle	84	4	#8 x 1/2" Screw
34	2	Cable	85	6	M6 Washer
35	1	Sensor Bracket	86	2	M10 x 35mm Patch Screw
36	2	Pedal Leg Cap	87	4	M10 Small Washer
37	2	Pulley Spacer	88	2	Handrail Cover
38	2	Roller	89	2	5/16" x 17mm Flange Screw
39	1	Flywheel	90	1	M4 x 16mm Ground Screw
40	4	Cable Bushing	91	2	M2.5 x 7mm Screw
41	1	Magnet Bracket	92	1	6903 Bearing
42	1	Flywheel Hub	93	2	Lower Handlebar Cap
43	1	Flywheel Bearing	94	1	iFit Live Module
44	1	Resistance Motor	95	1	Chest Pulse Transmitter
45	1	Motor Disc	96	1	Chest Pulse Strap
46	1	Spool Sensor	97	1	USB Cable
47	2	Spool Bearing	98	1	Plug Adapter
48	1	Spool Hub	99	2	Upper Handlebar Cap
49	2	Cable Spool	*	—	User's Manual
50	1	Resistance Bar	*	—	Assembly Tool
51	1	Drive Belt Pulley	*	—	Grease Packet

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.

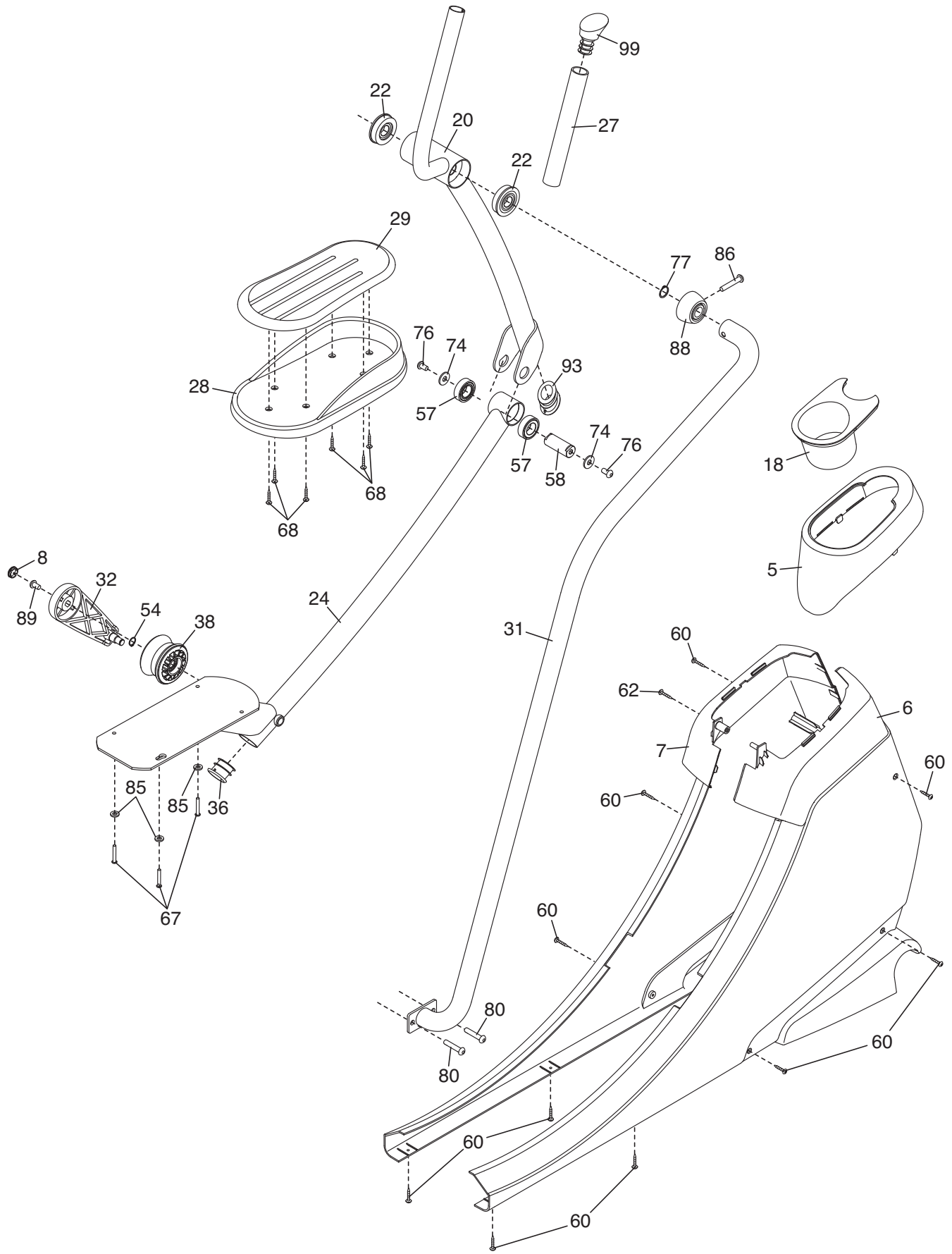
EXPLODED DRAWING A—Model No. NTEVSR81910.0 R0410A



EXPLODED DRAWING B—Model No. NTEVSR81910.0 R0410A



EXPLODED DRAWING C—Model No. NTEVSR81910.0 R0410A



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.

