

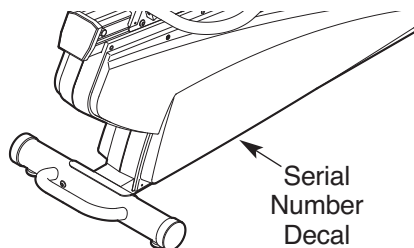
NordicTrack COMMERCIAL™



www.nordictrack.com

Model No. NTEX13808.0
Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

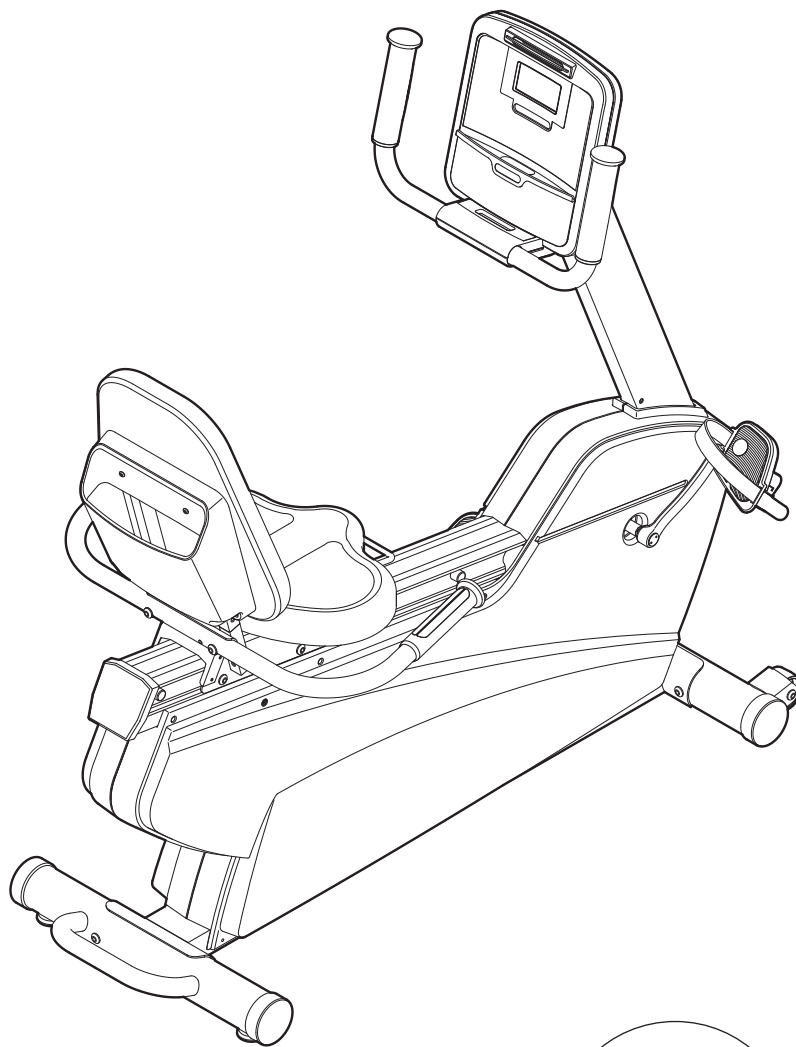
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



CAUTION

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

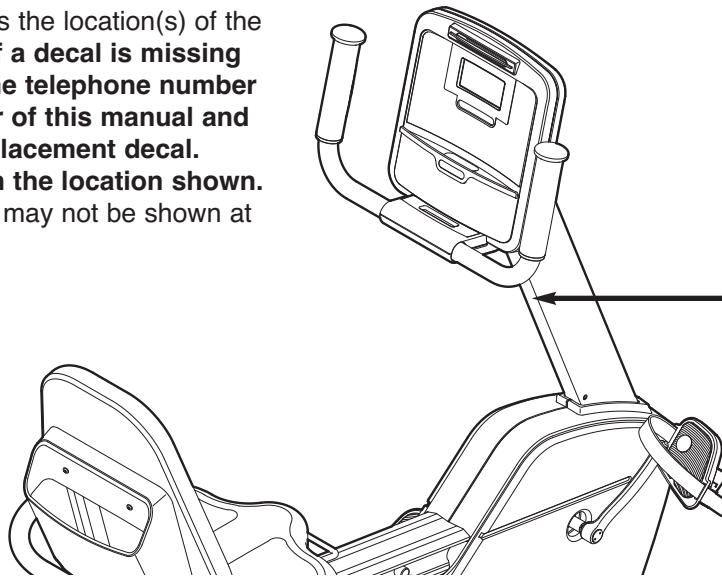


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on 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.
- User weight must not exceed 350 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 exercise cycle before using your exercise cycle. 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 the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 350 lbs. (159 kg).
8. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

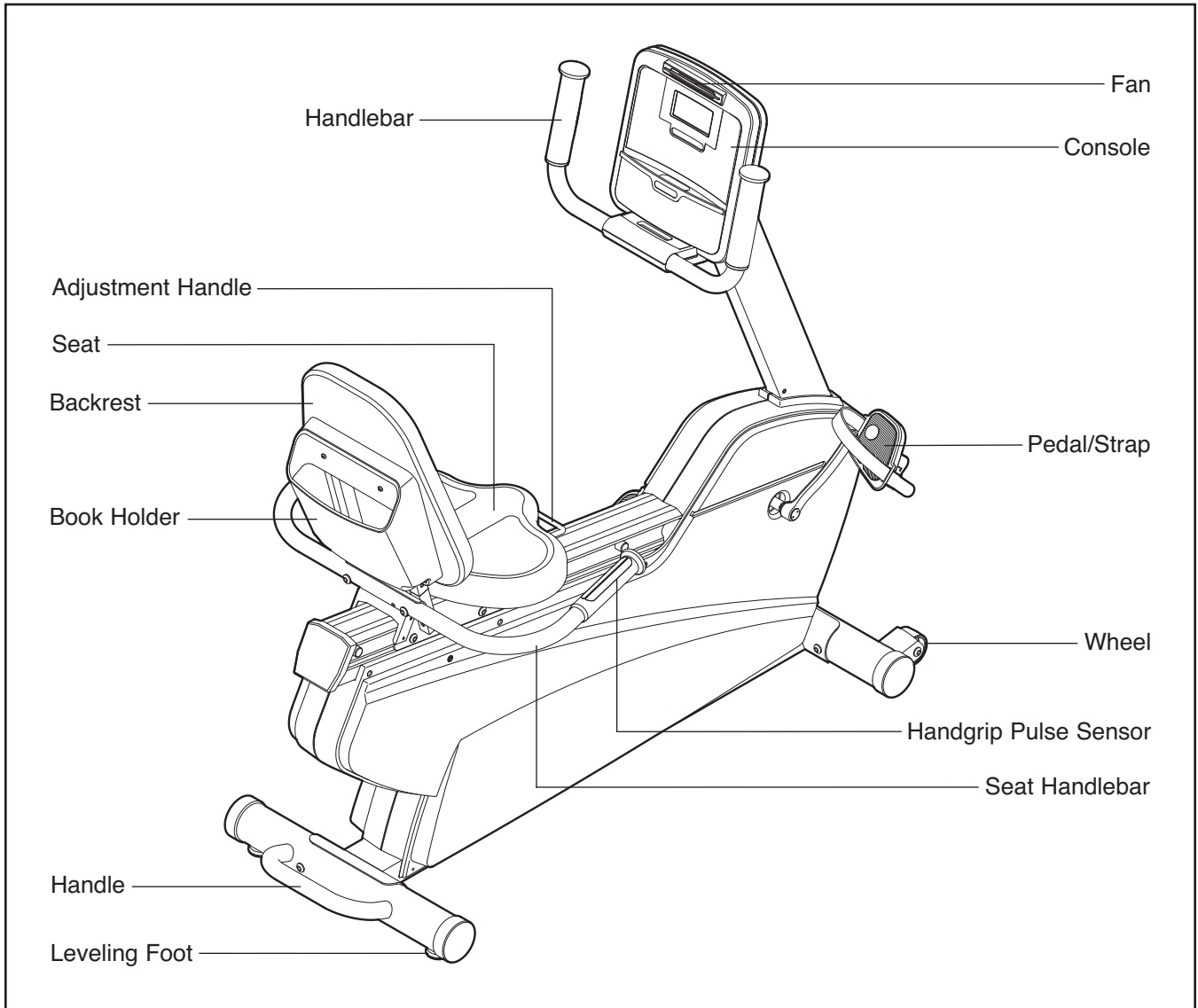
BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack Commercial™ VR exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The VR exercise cycle offers an array of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

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

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

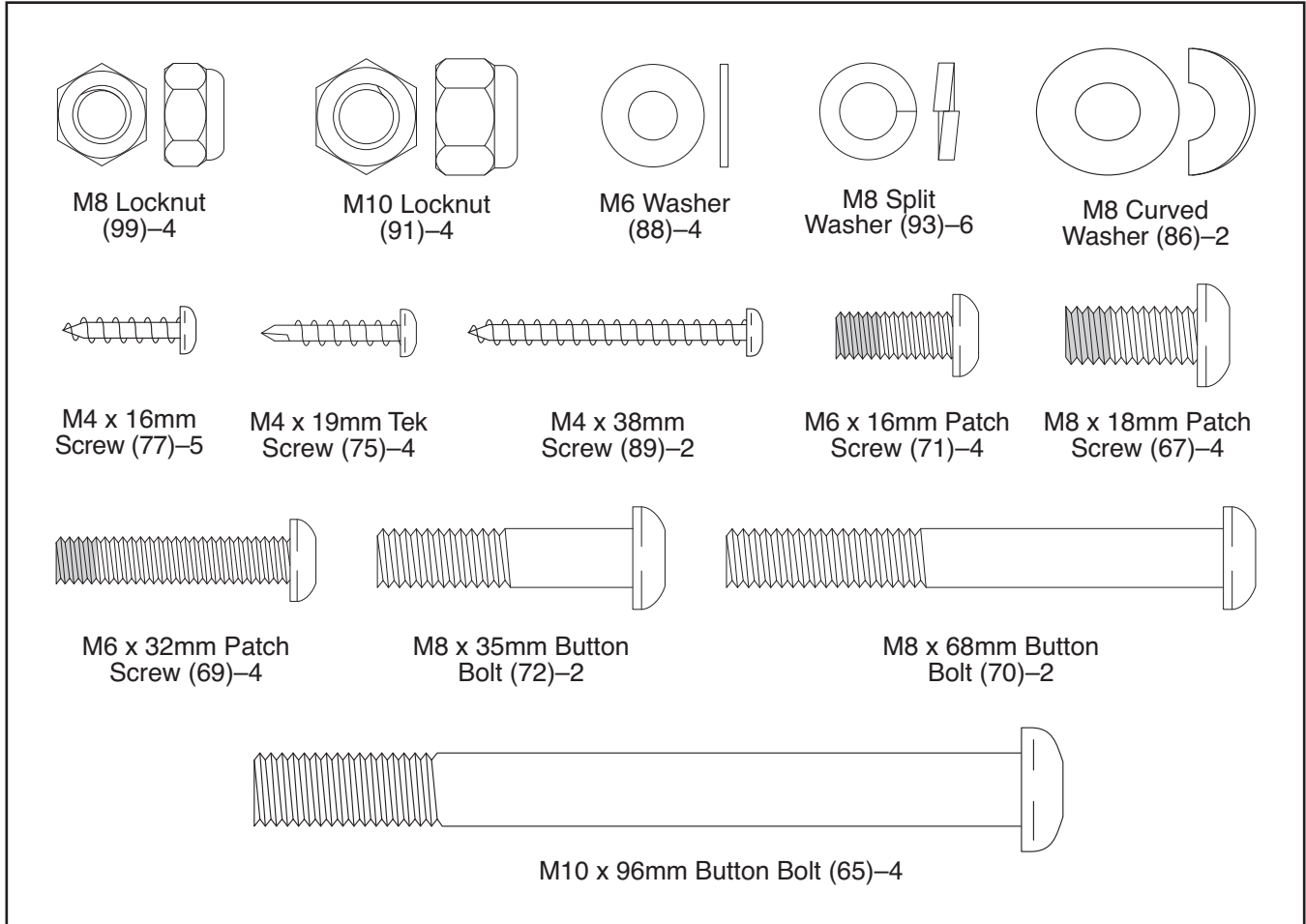


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle 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 .

Use the part drawings below to identify the small parts used in 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 parentheses is the quantity needed for assembly. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached.**

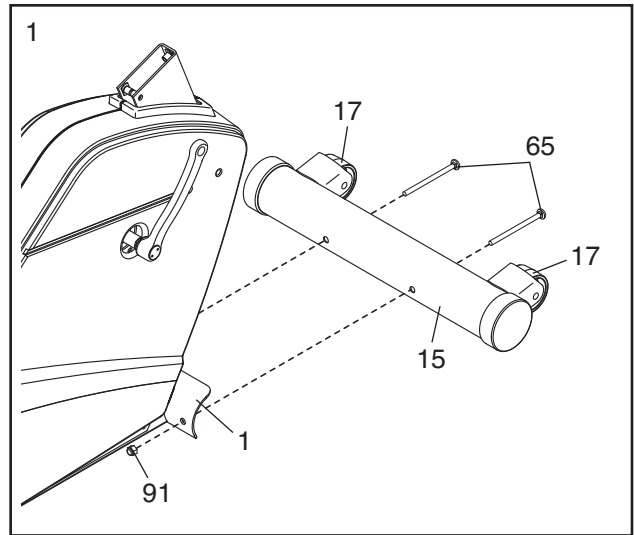


1.

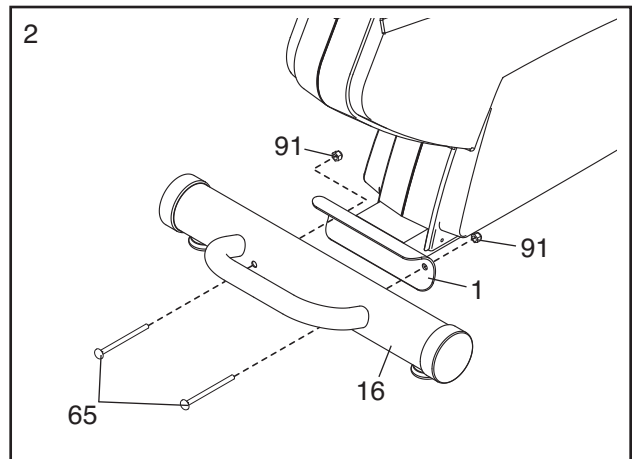
To make assembly easier, read the tips on page 5 before you begin assembling the exercise cycle.

Orient the Front Stabilizer (15) with the Wheels (17) in the position shown.

Attach the Front Stabilizer (15) to the Frame (1) with two M10 x 96mm Button Bolts (65) and two M10 Locknuts (91) (only one is shown).



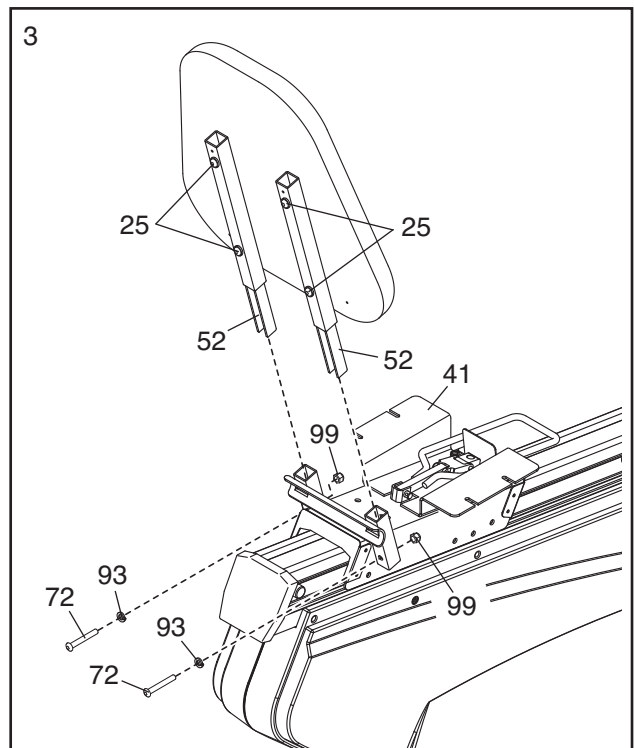
2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with two M10 x 96mm Button Bolts (65) and two M10 Locknuts (91).



3. **Tip: Loosen the four M6 x 38mm Button Screws (25) if the Backrest Tubes (52) do not slide into the Seat Carriage (41).**

Insert the Backrest Tubes (52) into the Seat Carriage (41).

Attach each Backrest Tube (52) with an M8 x 35mm Button Bolt (72), an M8 Split Washer (93), and an M8 Locknut (99). **Make sure that the Locknuts are in the hexagonal holes in the Seat Carriage.** Do not tighten the Button Bolts yet.



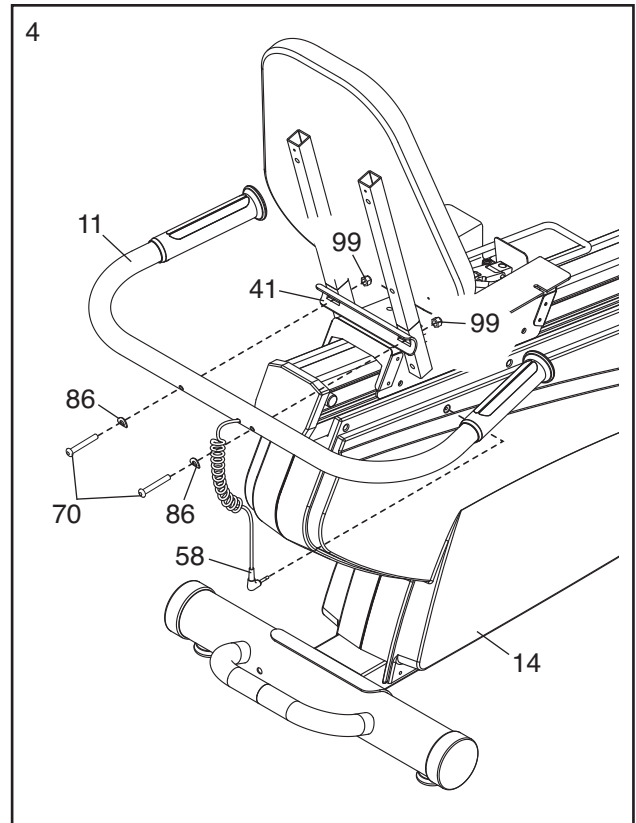
4. **Tip: Do not damage the wires inside the Seat Handlebar (11) during this step.**

Attach the Seat Handlebar (11) to the Seat Carriage (41) with two M8 x 68mm Button Bolts (70), two M8 Curved Washers (86), and two M8 Locknuts (99).

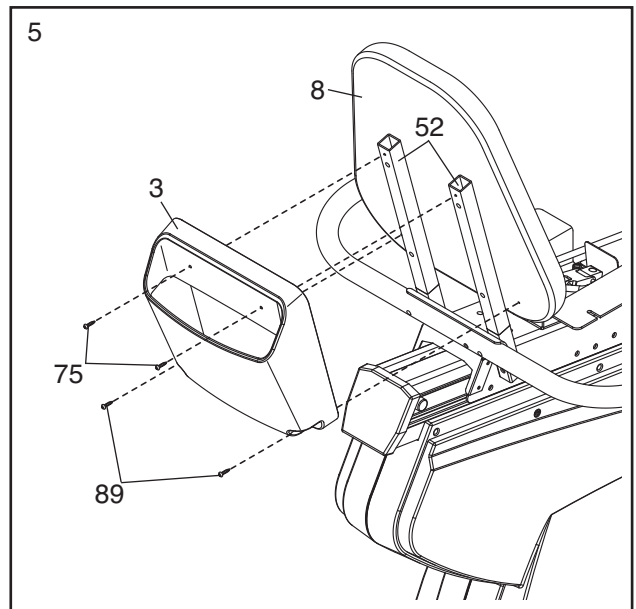
Make sure that the Locknuts are in the hexagonal holes in the Seat Carriage.

Then, plug the Lower Pulse Wire (58) into the receptacle in the Right Shield (14).

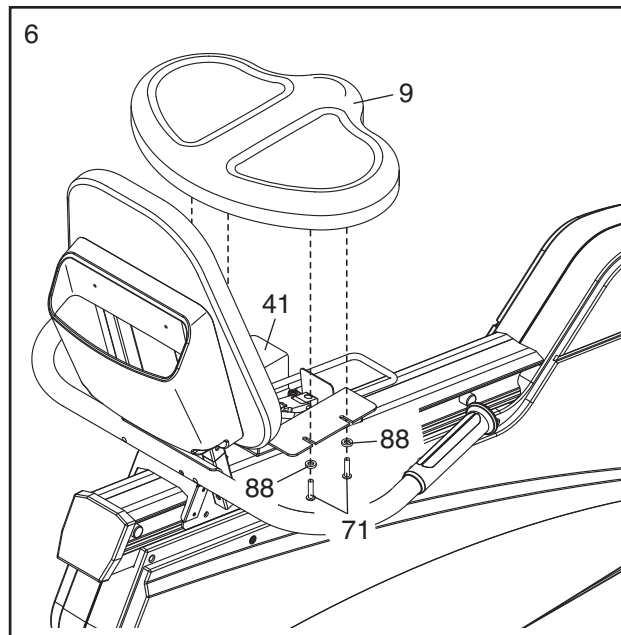
See step 3. Tighten the two M8 x 35mm Button Bolts (72).



5. Attach the Book Holder (3) to the Backrest Tubes (52) with two M4 x 19mm Tek Screws (75). Then, attach the Book Holder to the Backrest (8) with two M4 x 38mm Screws (89).



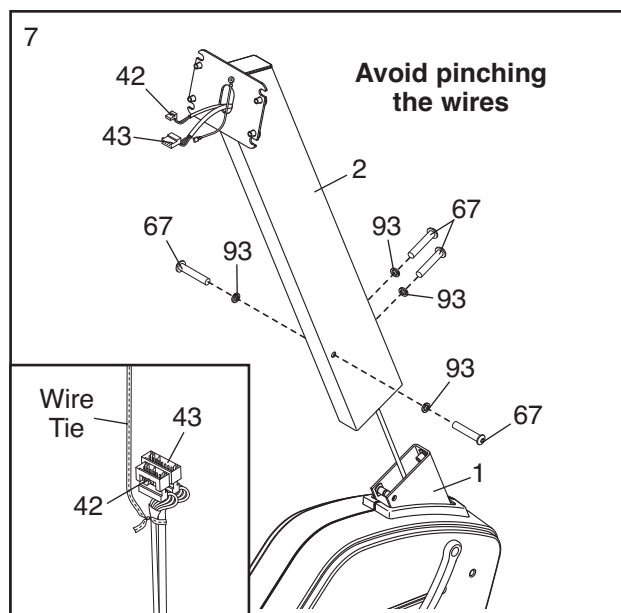
- Attach the Seat (9) to the Seat Carriage (41) with four M6 x 16mm Patch Screws (71) and four M6 Washers (88). Note: Only two Patch Screws and two Washers are shown.



- Have another person hold the Upright (2) near the Frame (1).

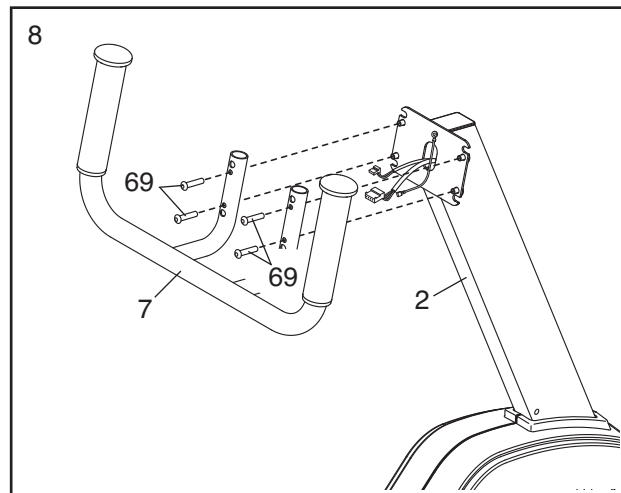
See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Main Wire Harness (43) and to the Upper Pulse Wire (42). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Do not allow the ends of the wires to fall into the Upright. Use a piece of tape or an elastic band to hold the wires in place until step 9.**

Tip: Avoid pinching the wires. Attach the Upright (2) to the Frame (1) with four M8 x 18mm Patch Screws (67) and four M8 Split Washers (93). **Tip: Tighten the two Patch Screws in the front of the Upright and then tighten the other two Patch Screws.**



- Orient the Handlebar (7) as shown.

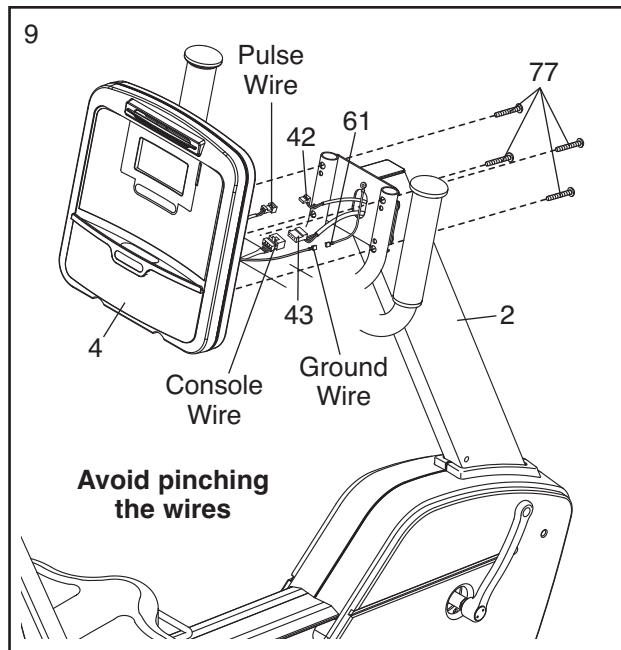
Attach the Handlebar (7) to the Upright (2) with four M6 x 32mm Patch Screws (69).



9. While another person holds the Console (4) near the Upright (2), connect the console wire to the Main Wire Harness (43). Next, connect the console pulse wire to the Upper Pulse Wire (42). Then, connect the console ground wire to the Ground Wire (61).

Insert the excess wires downward into the Upright (2).

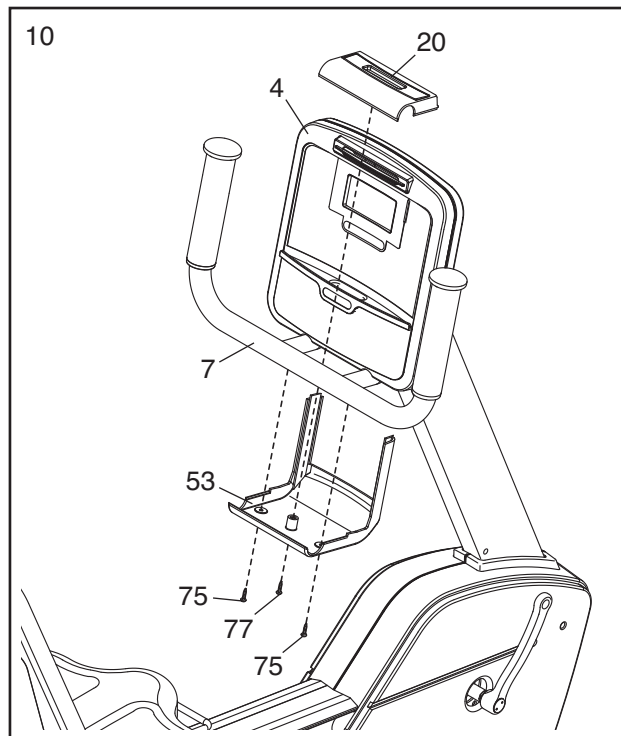
Tip: Start all screws before tightening any of them. Also, do not pinch the wires during this step. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (77).



10. Slide the Bottom Handlebar Cover (53) upward around the underside of the Console (4) and the Handlebar (7) as shown.

Attach the Bottom Handlebar Cover (53) to the Handlebar (7) with two M4 x 19mm Tek Screws (75).

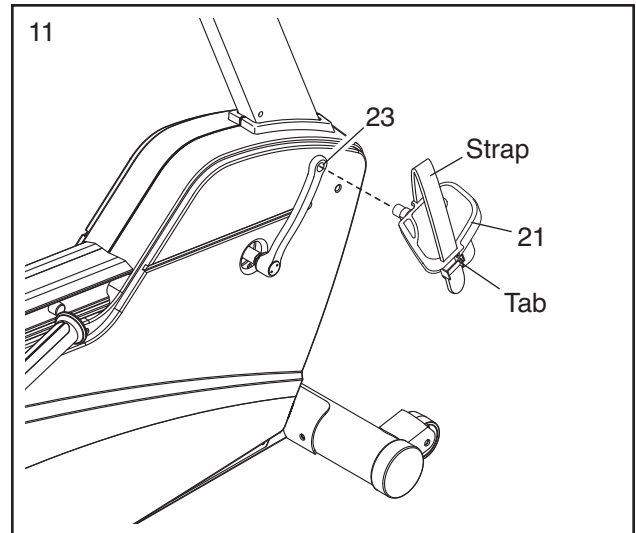
Next, attach the Top Handlebar Cover (20) to the Handlebar (7) and the Bottom Handlebar Cover (53) with an M4 x 16mm Screw (77).



11. Identify the Right Pedal (21), which is marked with a “Right” sticker. Using an adjustable wrench, **firmly tighten** the Right Pedal *clockwise* into the Right Crank Arm (23). Tighten the Left Pedal (not shown) *counterclockwise* into the Left Crank Arm (not shown).

IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise cycle for one week, retighten the pedals.

Adjust the strap on the Right Pedal (21) to the desired position, and then press the end of the strap onto the tab on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



12. Plug the power adapter into the socket at the front of the exercise cycle (see HOW TO PLUG IN THE POWER ADAPTER on page 11). **IMPORTANT: If the exercise cycle 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.**

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

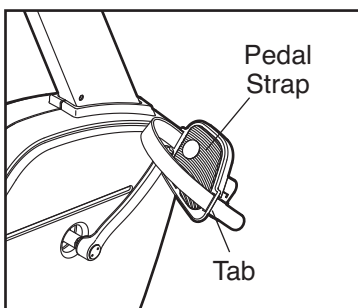
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO PLUG IN THE POWER ADAPTER

Plug one end of the included power adapter into the jack on the front of the exercise cycle. Plug the other end of the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

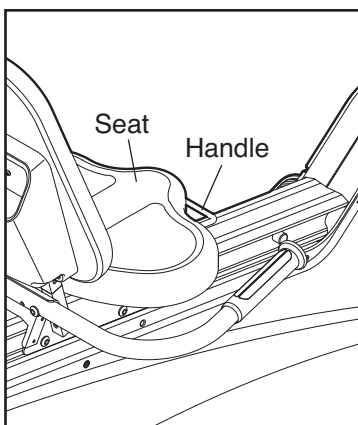
HOW TO ADJUST THE PEDAL STRAPS

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.



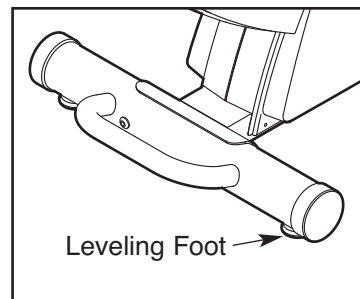
HOW TO ADJUST THE SEAT

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



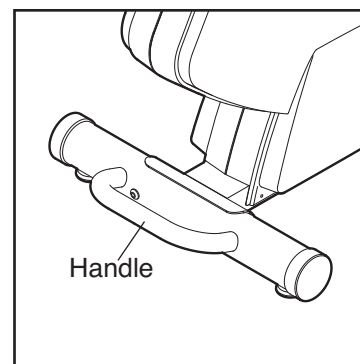
HOW TO LEVEL THE EXERCISE CYCLE

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

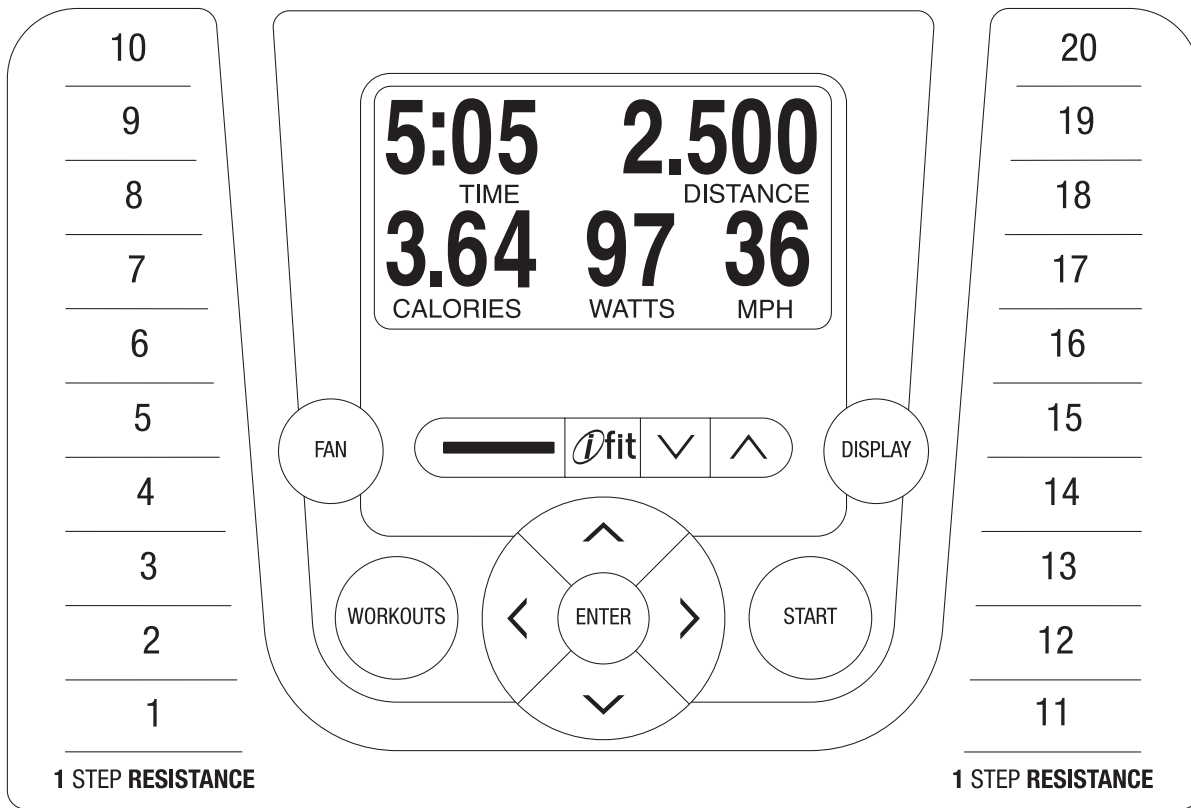


HOW TO MOVE THE EXERCISE CYCLE

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



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 select the manual mode of the console, 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 pulse sensor.

The console also offers thirty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling speed as it guides you through an effective workout.

The console also features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose

unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

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

To use the manual mode of the console, see page 13. **To use a preset workout,** see page 15. **To use an iFit workout,** see page 16. **To use the sound system,** see page 17. **To change the console settings,** see page 17.

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

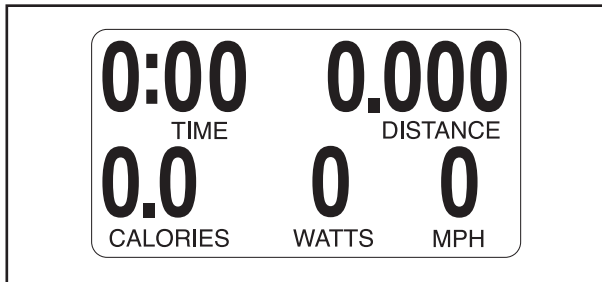
HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

When you turn on the console, the display will light. A tone will then sound 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. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until zeros appear in the display.



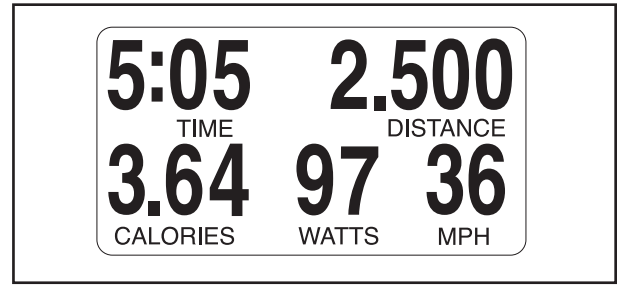
3. **Press Start or begin pedaling and change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons. 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.**

While you pedal, the upper left corner of the display will show the elapsed time. Note: During a preset workout, the display will show the time remaining in the workout.

The upper right corner of the display will show the distance you have pedaled in miles or kilometers. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).



The lower left corner of the display will show the approximate number of calories you have burned.

The lower center area of the display will show your power output in watts.

The lower right corner of the display will show your pedaling speed, in miles or kilometers per hour.

The resistance level of the pedals will appear in the display for a few seconds each time the resistance level changes.

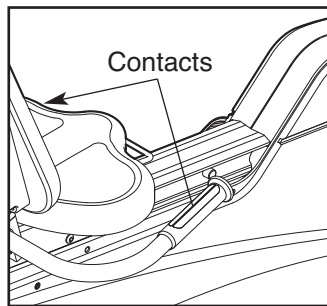
You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time and the distance you have pedaled, the elapsed time and the approximate number of calories you have burned, the elapsed time, or the approximate number of calories you have burned. Press the Display button again to view a workout history of resistance levels and pedaling speed.

To again view the time, distance, approximate number of calories burned, power output, and pedaling speed, press the Display button again.

Note: The console can show pedaling speed and distance in either miles or kilometers. The letters MPH or KPH will appear in the display to show which unit of measurement is selected. To change the unit of measurement, see HOW TO CHANGE THE CONSOLE SETTINGS on page 17.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



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

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal 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 high, low, and auto speed settings. While the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

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 and the console will pause.

If the pedals do not move for about five minutes, 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 of the exercise cycle may wear prematurely.**

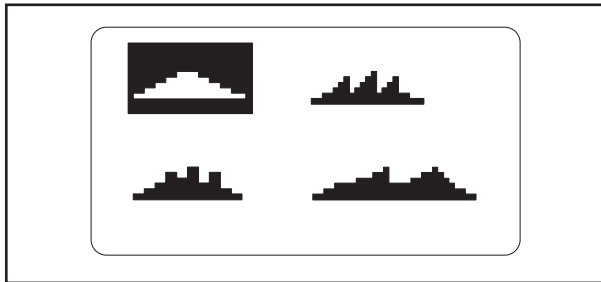
HOW TO USE A PRESET WORKOUT

1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

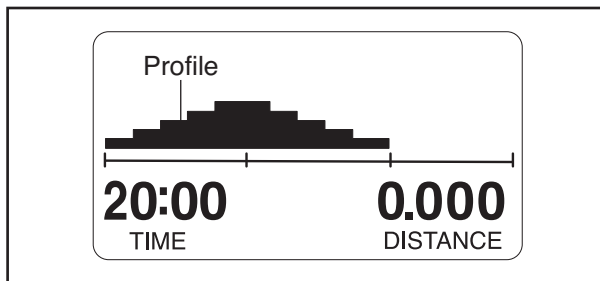
2. Select a preset workout.

To select one of the thirty preset workouts, first press the Workouts button. A menu of workout profiles will then appear in the display. Press the left, right, up, and down arrows to highlight the desired workout profile.



When a workout profile is highlighted, the workout time and the maximum resistance level of the workout will appear in the display. To select a highlighted workout, press the Enter button.

When you select a preset workout, the workout time and a profile of the resistance levels of the workout will appear in the display.



3. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute 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.

During the workout, the workout profile will show your progress (see the drawing to the lower left). 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. 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 for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When the



words **SPEED UP** appear in the display, increase your speed. When the words **SLOW DOWN** appear, decrease your speed. When the words **SPEED OKAY** appear, maintain your current speed. **IMPORTANT: The target speed is intended only to provide motivation. 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 1 Step Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, press the Start button or simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the display.

During the workout, the display will show the workout profile, the time remaining in the workout, and the distance you have pedaled.

To view the profile, your pedaling speed, and the distance you have pedaled, press the Display button.

To view the time remaining in the workout and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

To view the time remaining, distance pedaled, approximate number of calories burned, your power output in watts, and pedaling speed, press the Display button again.

To view the first display again, press the Display button again.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

HOW TO USE AN IFIT WORKOUT

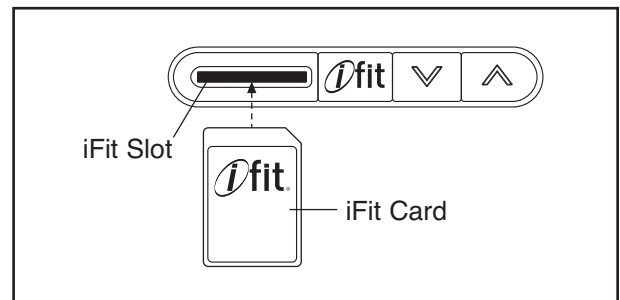
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores

1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and text will appear in the display.



Next, select the desired workout on the iFit card by pressing the up and down buttons next to the iFit slot.

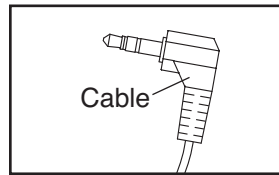
A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 7 on pages 15 and 16.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, first locate the audio cable in the center of the console above the speakers. Plug the cable 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.

When not in use, insert the audio cable into the storage recess on the console.

HOW TO CHANGE THE CONSOLE SETTINGS

The console features a user mode that allows you to adjust the contrast of the display and to select a unit of measurement for the console. Follow the steps below to change the console settings.

1. Enter the user mode.

First, press and hold down the Display button for several seconds until the display becomes blank. Then, release the Display button. Instructions on how to adjust the contrast and how to change the unit of measurement will appear in the display.

2. Adjust the contrast if desired.

To adjust the contrast of the console display, press the up and down arrows until the console shows the desired contrast level.

3. Select a unit of measurement if desired.

The console can show pedaling speed and distance in either miles or kilometers. The word **ENGLISH** for English miles or the word **METRIC** for metric kilometers will appear in the display to show which unit of measurement is currently selected.

To change the unit of measurement, press the Display button repeatedly until the desired unit of measurement appears in the display.

4. Exit the user mode.

Press the Enter button to save the console settings and exit the user mode.

MAINTENANCE AND TROUBLESHOOTING

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

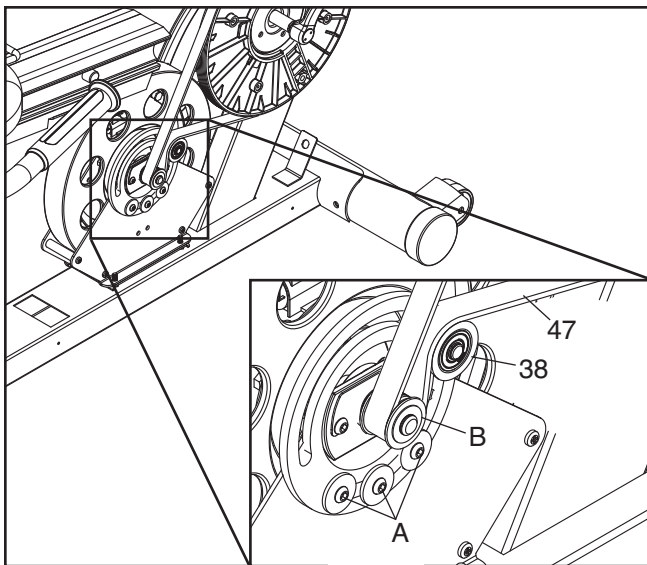
To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 14.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first remove the screws from the left and right shields (not shown). Note: There are two different sizes of screws in the shields. Be sure to note the location of each screw. Then, carefully remove the shields.

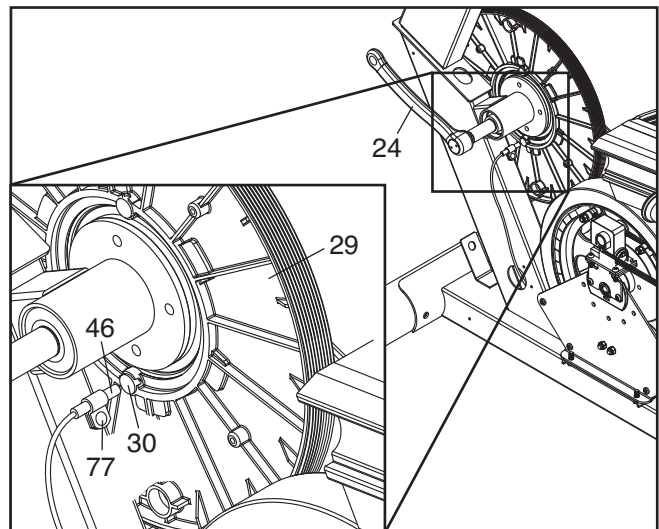


Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler Pulley (38) and the pulley on the eddy mechanism (B). Pull the top of the screwdriver toward the rear of the exercise cycle until the Drive Belt (47) is tight. Then, tighten the three screws and reattach the left and right shields.

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 remove the screws from the left and right shields (not shown). Note: There are two different sizes of screws in the shields. Be sure to note the location of each screw. Then, carefully remove the shields.

Next, see the drawing below and locate the Reed Switch (46). Loosen, but do not remove, the indicated M4 x 16mm Screw (77). Slide the Reed Switch slightly toward or away from a Magnet (30) on the Pulley (29).



Then, retighten the M4 x 16mm Screw (77). Turn the Left Crank Arm (24) for a moment. Repeat until the console displays correct feedback. When the Reed Switch (46) is correctly adjusted, reattach the left and right shields.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. NTEX13808.0

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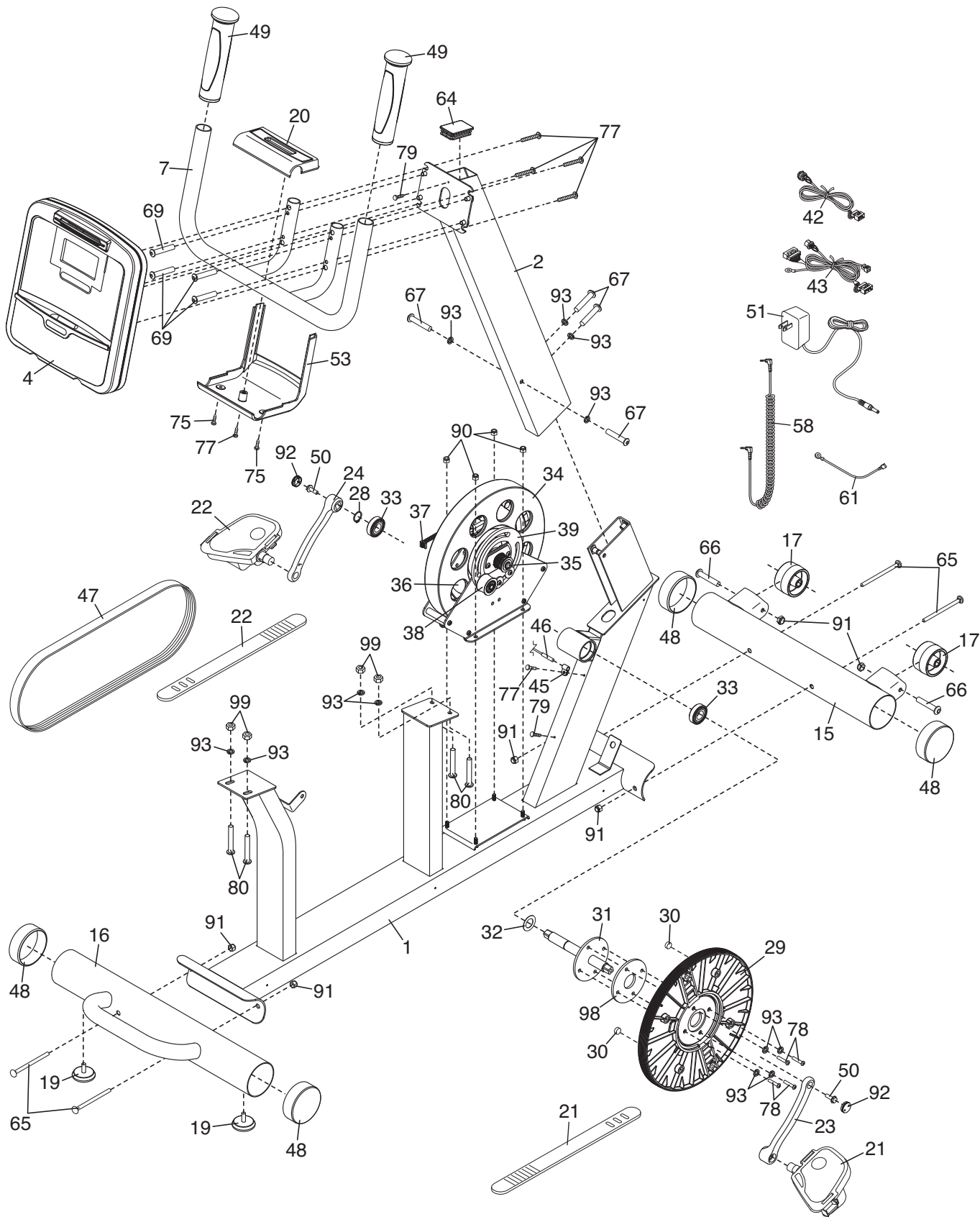
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Reed Switch/Wire
2	1	Upright	47	1	Drive Belt
3	1	Book Holder	48	4	Stabilizer Cap
4	1	Console	49	2	Upright Grip
5	1	Rail	50	2	Flange Screw
6	1	Adjustment Handle	51	1	Power Adapter/Wire
7	1	Handlebar	52	2	Backrest Tube
8	1	Backrest	53	1	Bottom Handlebar Cover
9	1	Seat	54	2	Small Spring
10	2	Seat Pulse Grip/Wire	55	6	Carriage Bearing
11	1	Seat Handlebar	56	1	Seat Rail Cap
12	1	Spring Block	57	4	Plastic Wheel
13	1	Left Shield	58	1	Lower Pulse Wire
14	1	Right Shield	59	6	Carriage Spacer
15	1	Front Stabilizer	60	2	Rail Rod
16	1	Rear Stabilizer	61	1	Ground Wire
17	2	Wheel	62	4	Rod Cap
18	2	Plastic Pad	63	1	6.35mm x 34mm Clevis Pin
19	2	Leveling Foot	64	1	Upright Cap
20	1	Top Handlebar Cover	65	4	M10 x 96mm Button Bolt
21	1	Right Pedal/Strap	66	2	Wheel Bolt
22	1	Left Pedal/Strap	67	4	M8 x 18mm Patch Screw
23	1	Right Crank Arm	68	5	M4 x 16mm Round Head Screw
24	1	Left Crank Arm	69	4	M6 x 32mm Patch Screw
25	4	M6 x 38mm Button Screw	70	2	M8 x 68mm Button Bolt
26	1	Pivot Block	71	4	M6 x 16mm Patch Screw
27	1	Handle Bracket	72	2	M8 x 35mm Button Bolt
28	1	Large Snap Ring	73	8	M4 x 10mm Self-tapping Screw
29	1	Pulley	74	10	M8 x 30mm Button Bolt
30	2	Magnet	75	4	M4 x 19mm Tek Screw
31	1	Crank	76	6	M8 x 16mm x 1.5mm Washer
32	1	Steel Washer	77	18	M4 x 16mm Screw
33	2	Crank Bearing	78	4	M8 x 16mm Button Bolt
34	1	Eddy Mechanism	79	2	Bright M4 x 16mm Button Screw
35	1	Eddy Axle Assembly	80	4	Rail Bolt
36	1	Pillow Block	81	1	6.35mm x 38mm Clevis Pin
37	1	Resistance Motor	82	1	M12 x 52mm Button Screw
38	1	Idler Pulley	83	1	9.5mm x 28.5mm Clevis Pin
39	1	Idler	84	1	6.35mm x 27mm Clevis Pin
40	1	Front Rail Bracket	85	2	Spring Screw
41	1	Seat Carriage	86	2	M8 Curved Washer
42	1	Upper Pulse Wire	87	4	M4 x 12mm Round Head Screw
43	1	Main Wire Harness	88	8	M6 Washer
44	1	Rear Rail Bracket	89	2	M4 x 38mm Screw
45	1	Clamp	90	4	M6 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
91	6	M10 Locknut	97	4	Cotter Pin
92	2	Crank Cap	98	1	Pulley Spacer
93	24	M8 Split Washer	99	8	M8 Locknut
94	1	M12 Nut	*	–	Assembly Tool
95	10	M8 Jam Nut	*	–	User's Manual
96	2	Spring Washer			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

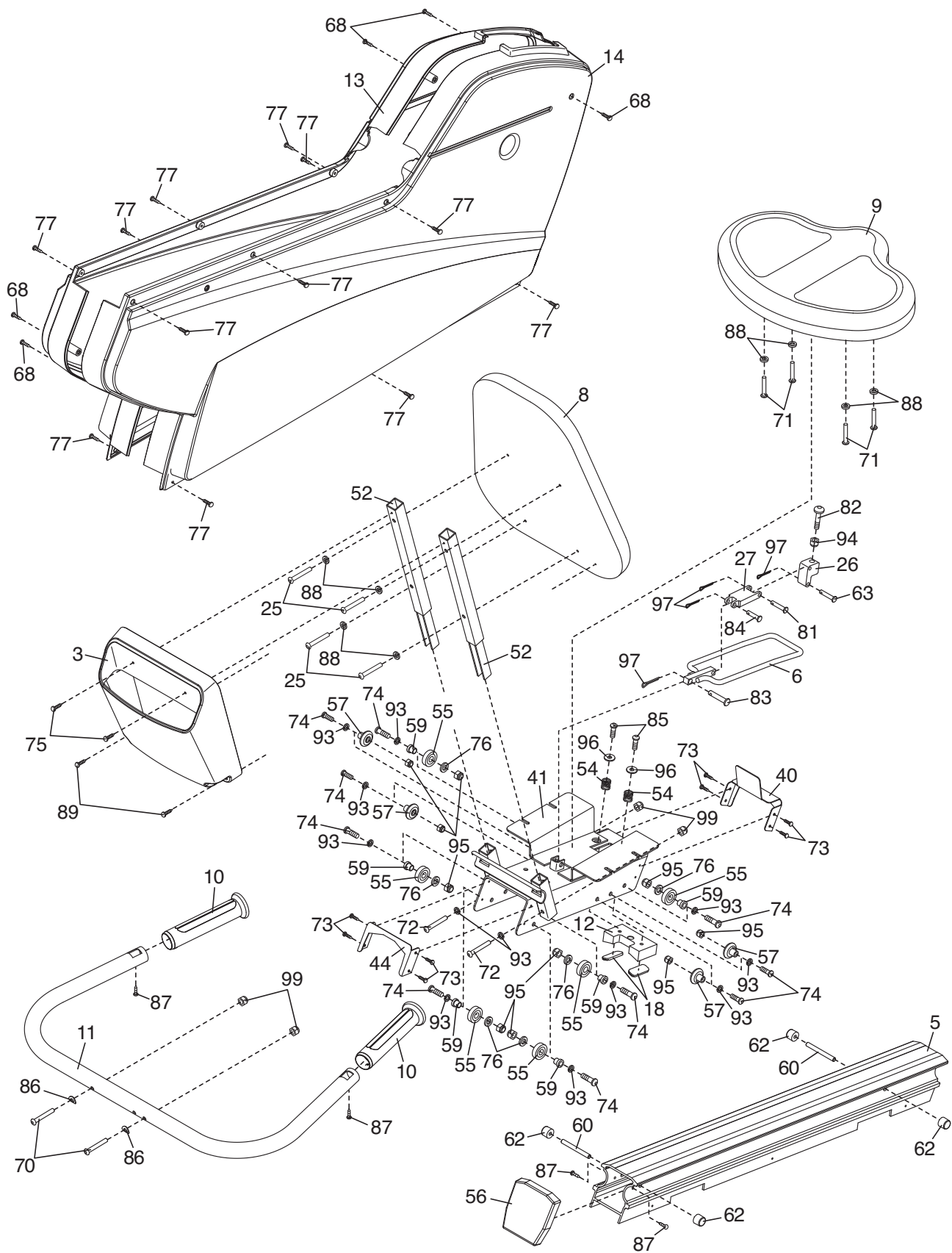
EXPLODED DRAWING A—Model No. NTEX13808.0

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EXPLODED DRAWING B—Model No. NTEX13808.0

R1108A



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)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813