

NordicTrack COMMERCIAL™

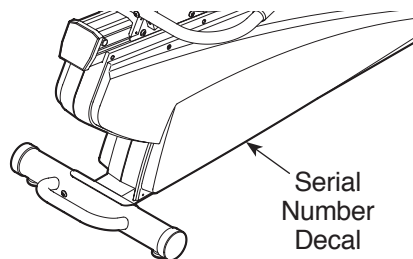


www.nordictrack.com

Model No. NTEX13808.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

ACTIVATE YOUR WARRANTY

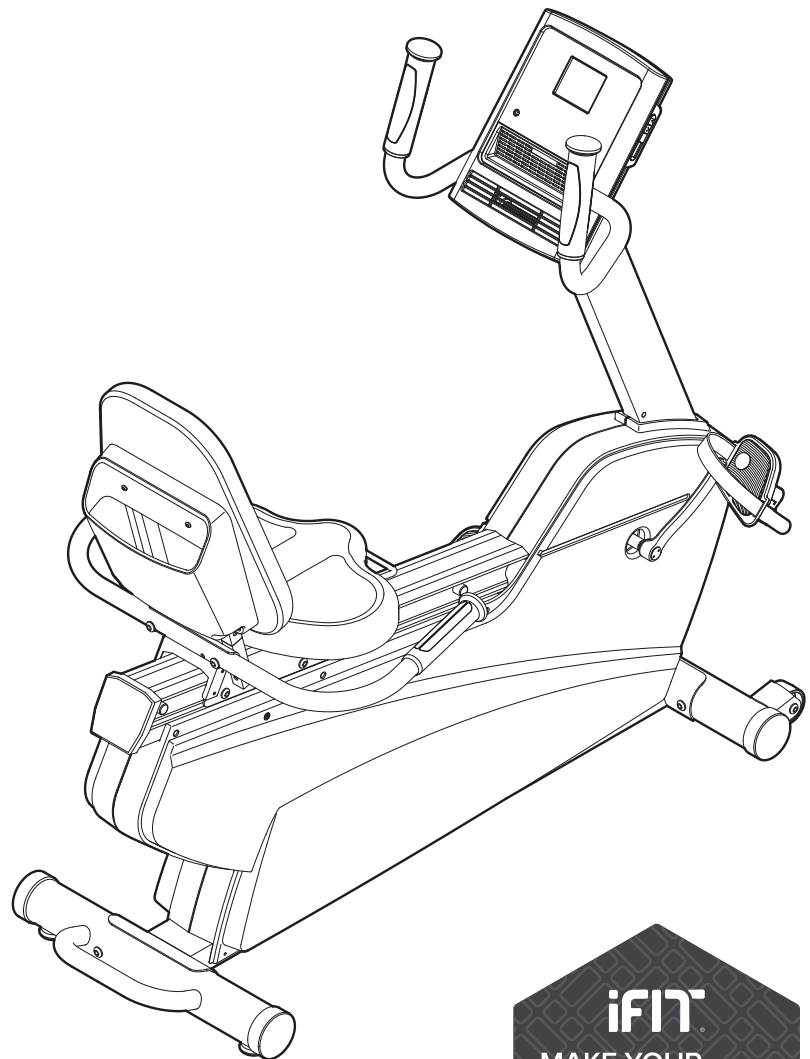
To register your product and activate your warranty today, go to www.nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

Please do not contact the store.



⚠ CAUTION

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

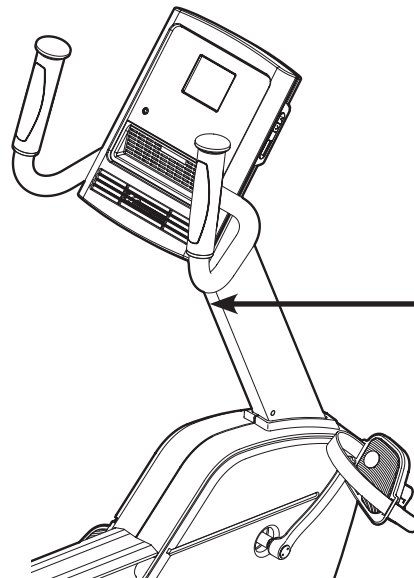


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, 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.
- 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 bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
10. Be careful when mounting and dismounting the exercise bike.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
12. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	3-Year Plan	5-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear parts
- Up to 5 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



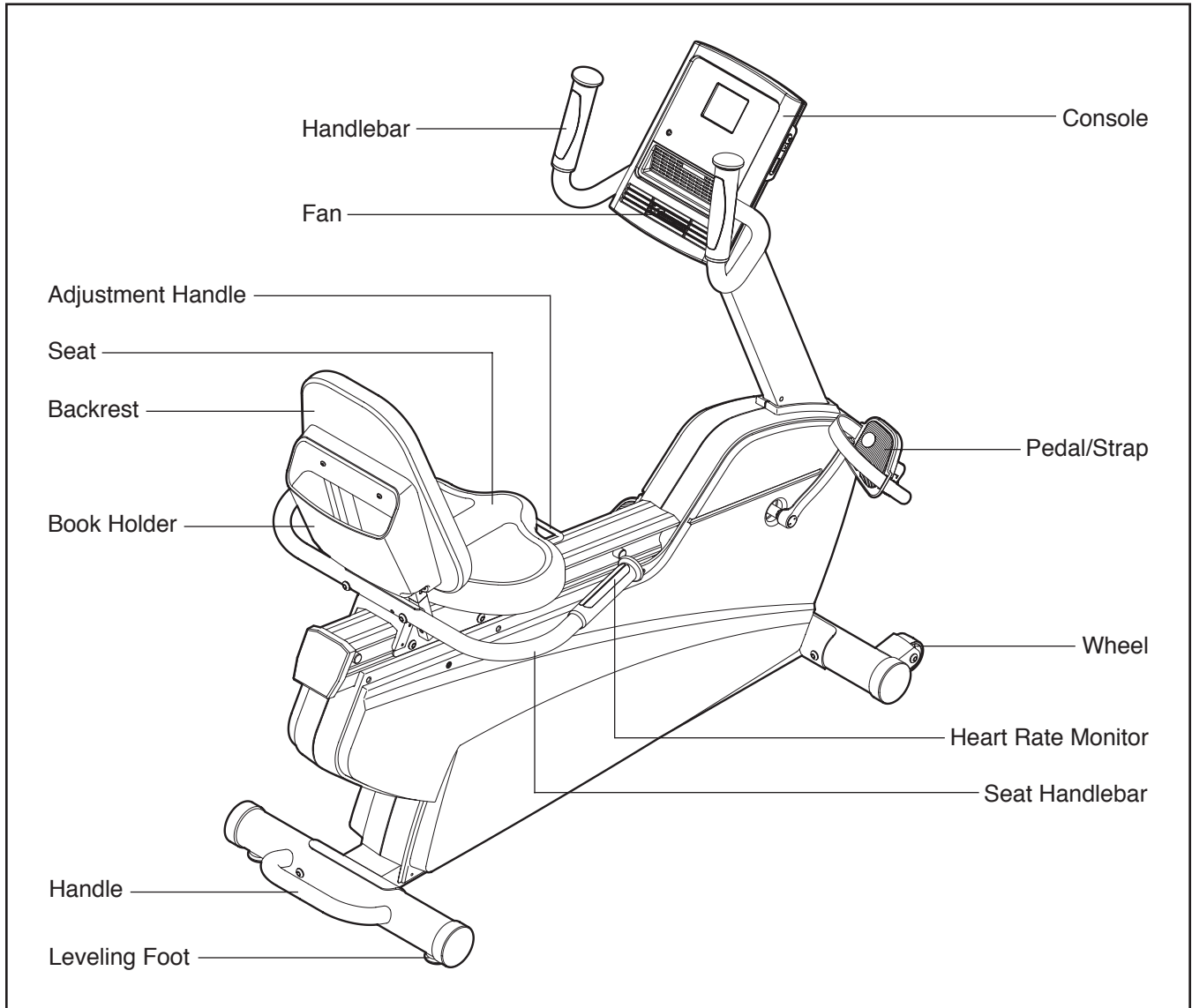
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® COMMERCIAL VR exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The COMMERCIAL VR exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

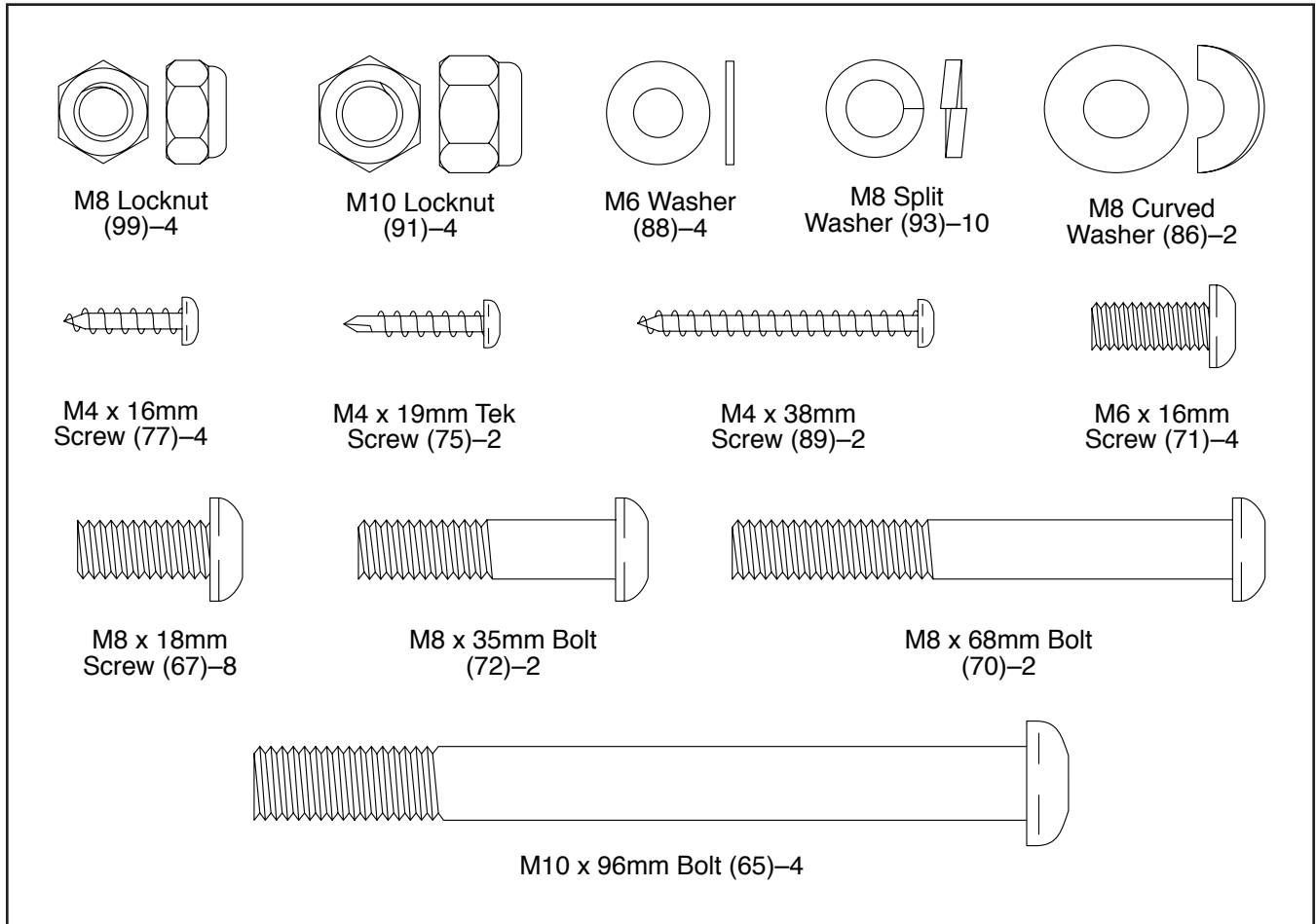
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

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

one Phillips screwdriver



one adjustable wrench



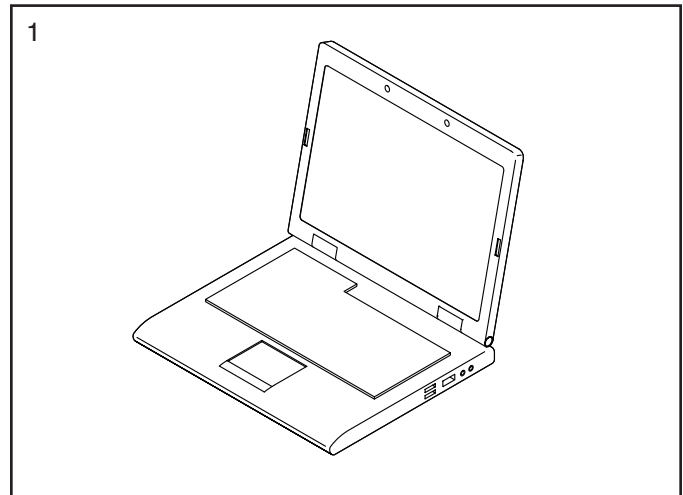
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to www.nordictrackservice.com/registration on your computer and register your product.

Registration provides the following benefits:

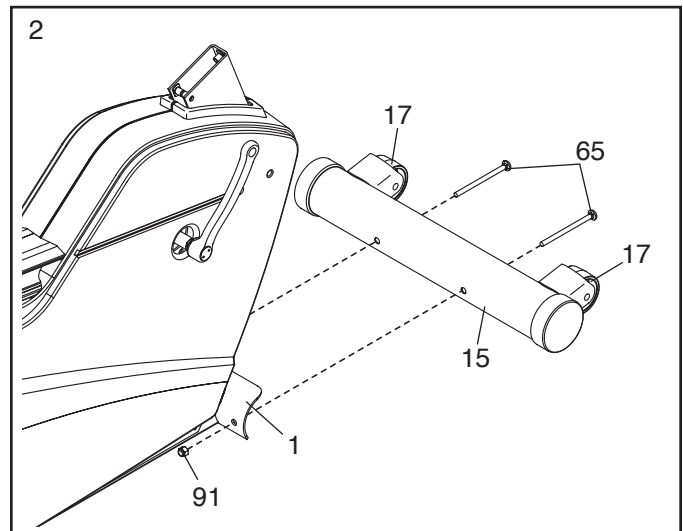
- activates your product manufacturer’s warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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

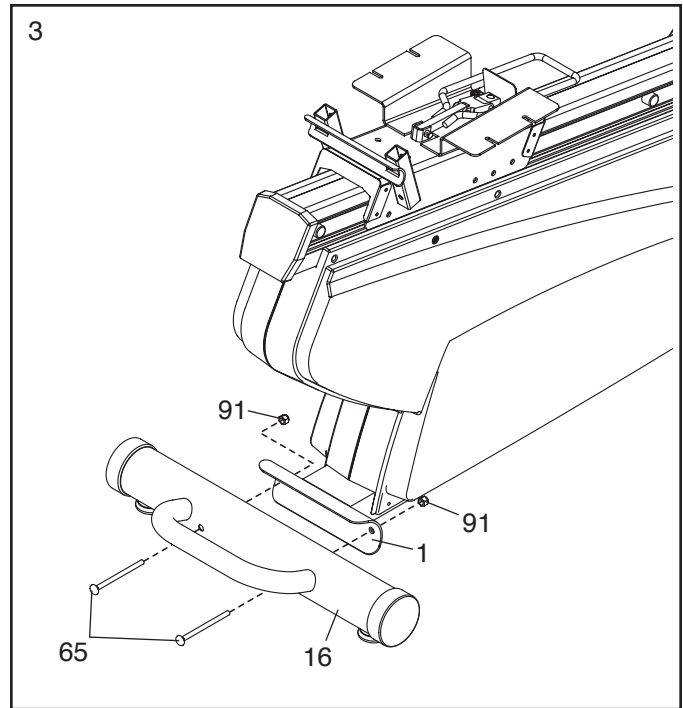


2. Orient the Front Stabilizer (15) so that the Wheels (17) are in the position shown.

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



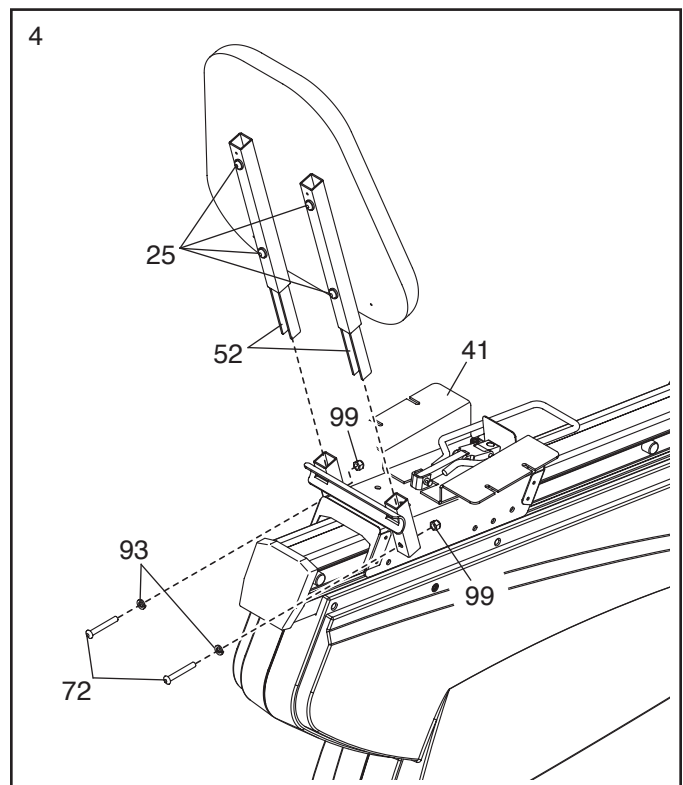
3. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with two M10 x 96mm Bolts (65) and two M10 Locknuts (91).



4. **Tip: If the Backrest Tubes (52) do not slide into the Seat Carriage (41), loosen the four M6 x 38mm Screws (25).**

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

Attach each Backrest Tube (52) with an M8 x 35mm 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 Bolts yet.

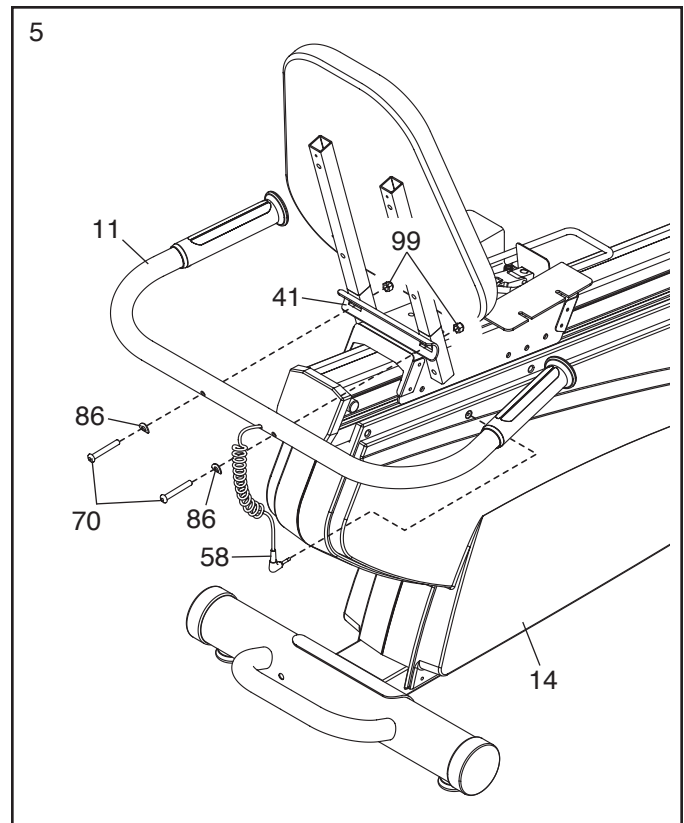


5. **Tip: Do not damage the wires inside the Seat Handlebar (11) during this step.**

Attach the Seat Handlebar (11) to the Seat Carriage (41) with two M8 x 68mm 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.**

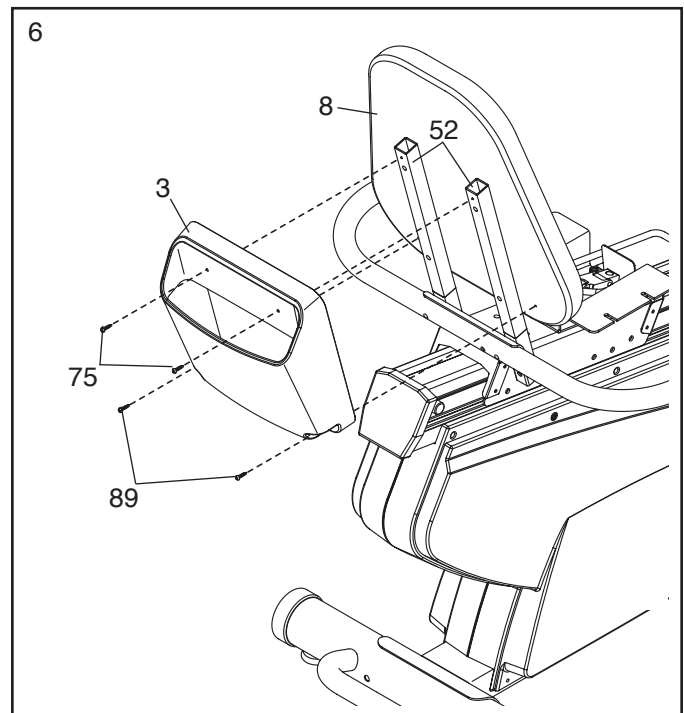
Then, plug the Lower Pulse Wire (58) into the receptacle in the Right Shield (14).

See step 4. Tighten the two M8 x 35mm Bolts (72).

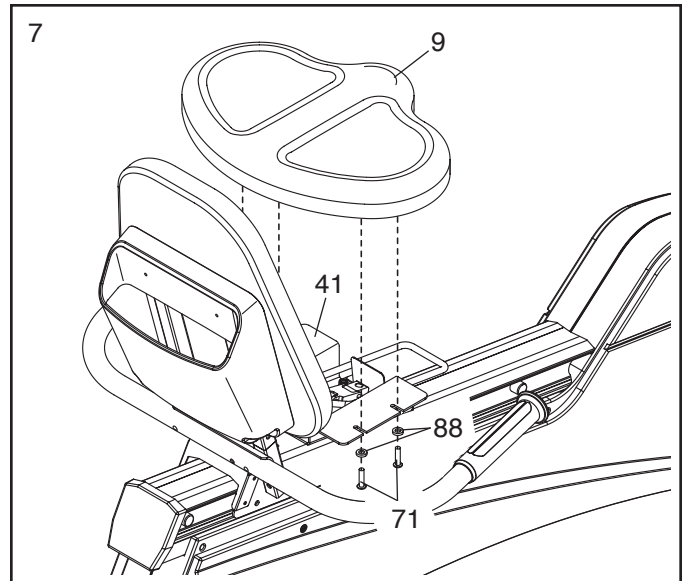


6. Attach the Book Holder (3) to the Backrest Tubes (52) with two M4 x 19mm Tek Screws (75).

Then, attach the Book Holder (3) to the Backrest (8) with two M4 x 38mm Screws (89).



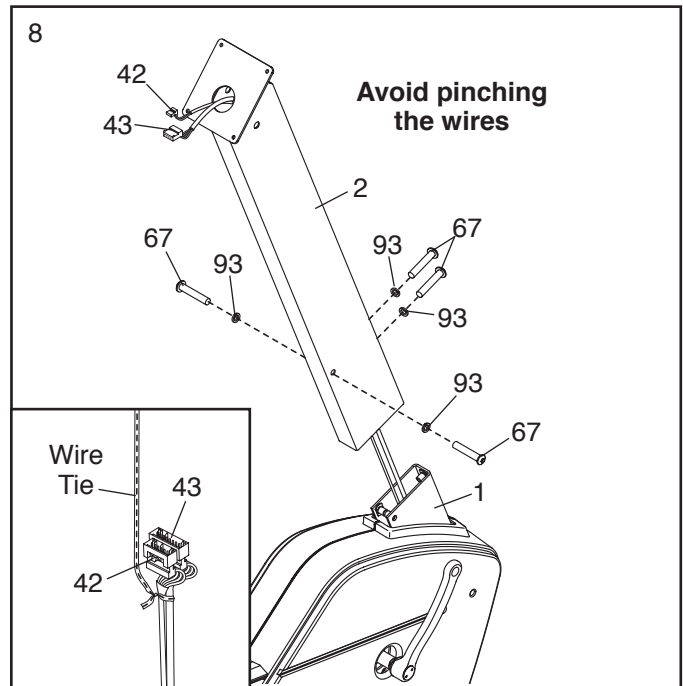
7. Attach the Seat (9) to the Seat Carriage (41) with four M6 x 16mm Screws (71) and four M6 Washers (88). Note: Only two Screws and two Washers are shown.



8. 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 10.**

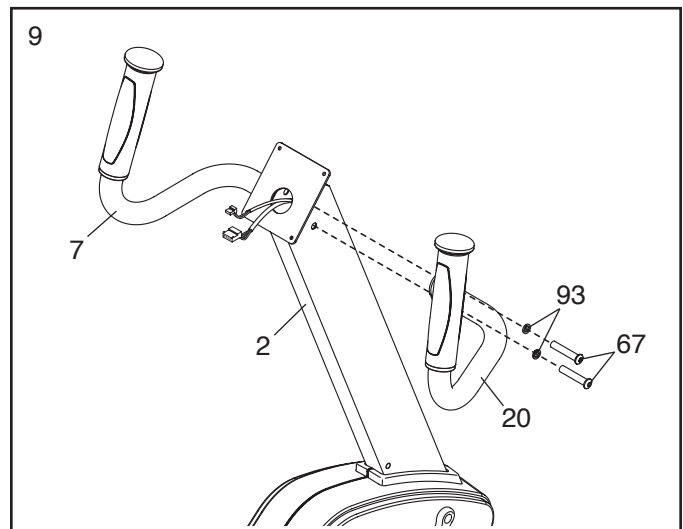
Tip: Avoid pinching the wires. Attach the Upright (2) to the Frame (1) with four M8 x 18mm Screws (67) and four M8 Split Washers (93). **Tip: Tighten the two Screws in the front of the Upright and then tighten the other two Screws.**



9. Identify the Right Handlebar (20).

Attach the Right Handlebar (20) to the Upright (2) with two M8 x 18mm Screws (67) and two M8 Split Washers (93).

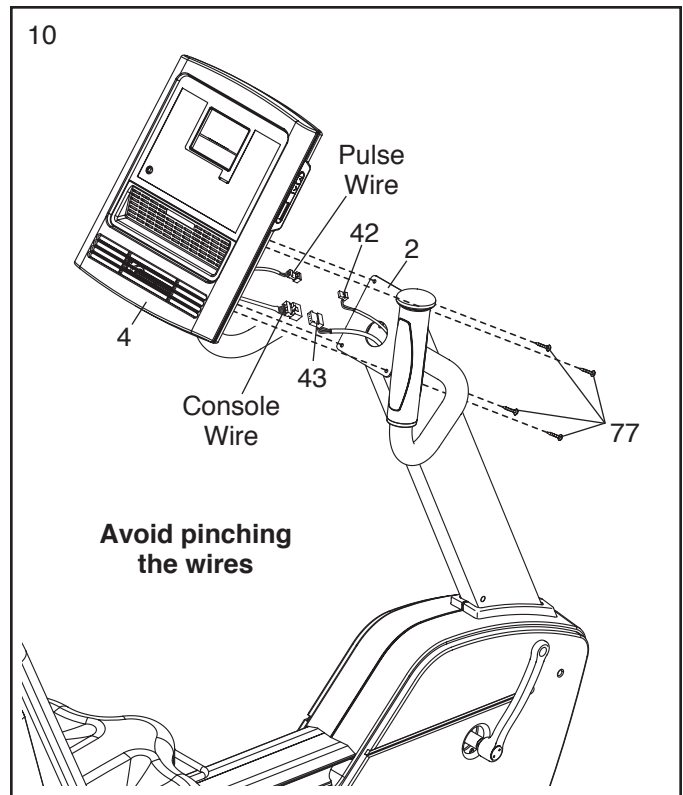
Attach the Left Handlebar (7) in the same way.



10. 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).

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

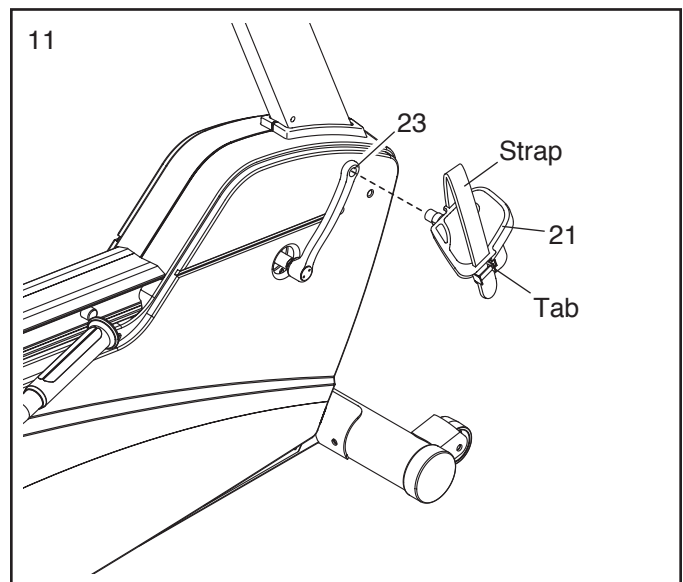
Tip: Start all screws before tightening any of them. Also, do not pinch the wires during this step. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (77).



11. Identify the Right Pedal (21).

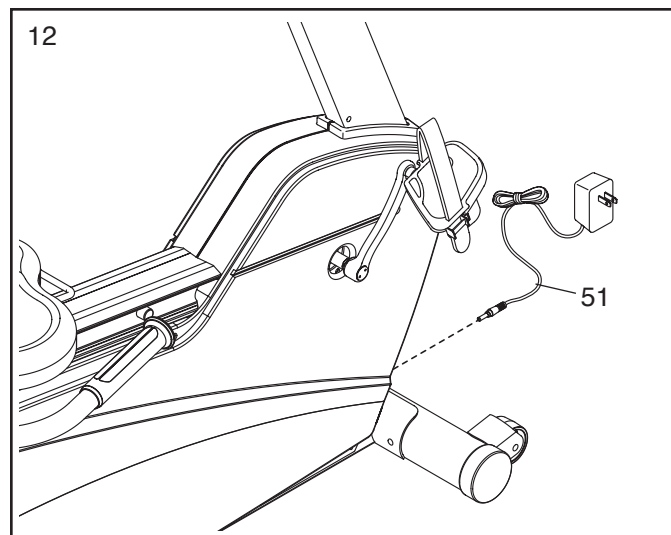
Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (23). Tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

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 (51) into the receptacle on the front of the exercise bike.

Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.



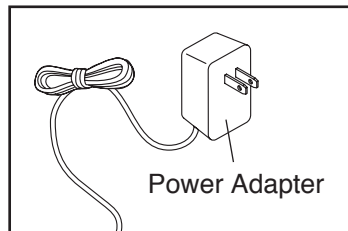
13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the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

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

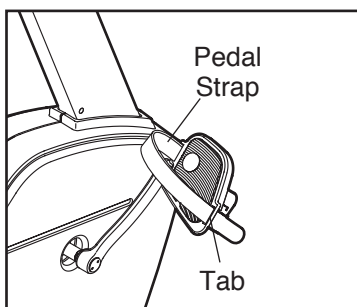
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



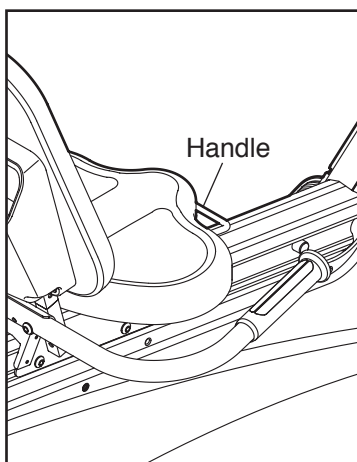
HOW TO ADJUST THE PEDAL STRAPS

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.



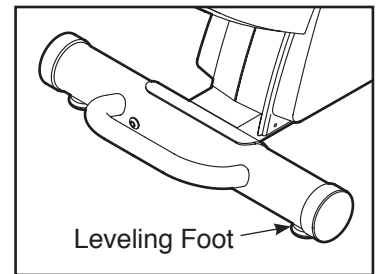
HOW TO ADJUST THE SEAT

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.



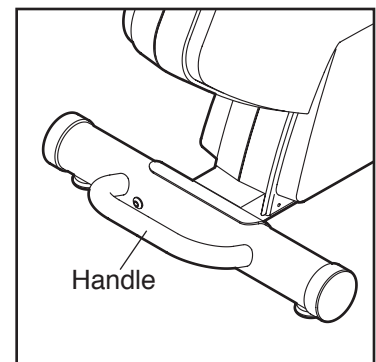
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike 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.

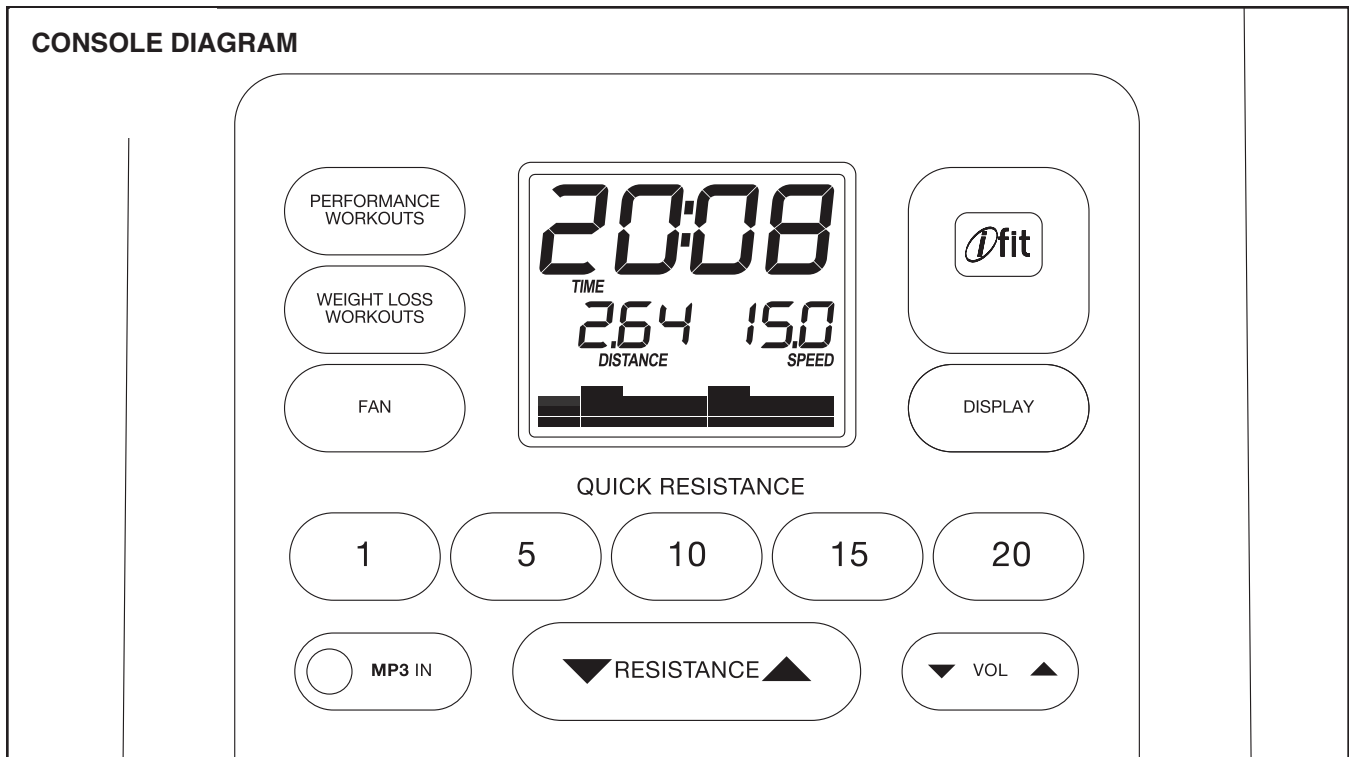


HOW TO MOVE THE EXERCISE BIKE

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



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 handgrip heart rate monitor.

In addition, the console offers thirty preset workouts—fifteen weight loss workouts and fifteen performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console 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 sound system and listen to your favorite music or audio books while you exercise.

To activate the console, see page 15. **To turn off the console**, see page 15. **To use the manual mode**, see page 15. **To use a preset workout**, see page 17. **To use an iFit workout**, see page 18. **To use the sound system**, see page 18. **To change console settings**, see page 19.

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

HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 13. When the power adapter is plugged in, the displays will turn on 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 exercise bike may wear prematurely.**

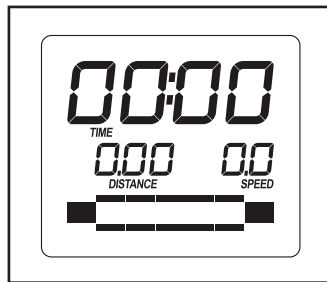
HOW TO USE THE MANUAL MODE

1. **Begin pedaling 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 manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.



3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing one of the numbered Quick Touch

Resistance buttons or by pressing the 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 lower left display—This display can show the elapsed time and the distance (in miles or kilometers) that you have pedaled. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower right display—This display can show your pedaling speed (in miles per hour or kilometers per hour) and the approximate number of calories that you have burned.

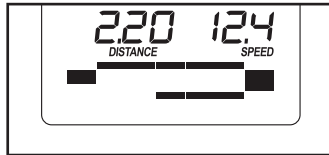


The display also shows your heart rate when you use the handgrip heart rate monitor (see step 5).

The upper display—This display can show the elapsed time, the distance that you have pedaled, your pedaling speed, and the approximate number of calories you have burned. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.



The lower display—This display will show a track representing 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

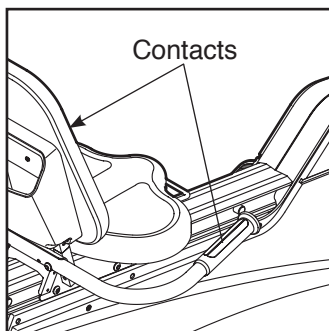


To change the volume level of the console, press the Vol increase and decrease buttons.

Note: The console can show pedaling speed and distance in either miles or kilometers. To view or change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 19.

5. Measure your heart rate if desired.

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



When your pulse is detected, a flashing heart symbol will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip heart rate monitor, the display will show your heart rate for up to 30 seconds.



If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the 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 and low speed settings. Press the Coolaire 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.

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

See HOW TO TURN OFF THE CONSOLE on page 15.

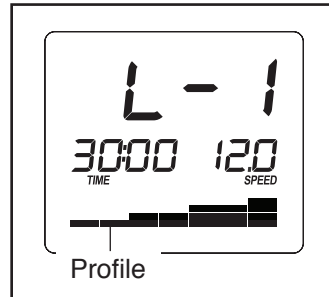
HOW TO USE A PRESET WORKOUT

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

See HOW TO ACTIVATE THE CONSOLE on page 15.

2. **Select a preset workout.**

To select a preset workout, press the Performance Workouts or the Wt. Loss Workouts button repeatedly until the name of the desired workout appears in the display.



The workout duration, the maximum speed, and a profile of the resistance levels will also appear in the display.

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

Each workout is divided into 20, 30, 45, or 60 one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

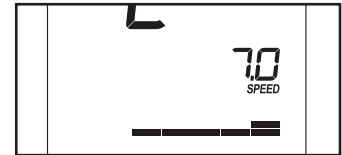
The resistance level for the first segment will appear in the display and the target speed for the first segment will flash in the display for a few seconds.

During the workout, the workout profile will show your progress (see the drawing above). 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 and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling speed near the target speed for the current segment.

At the beginning of each segment, the target speed for the segment will flash in the display.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

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

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

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will stop counting. To restart the workout, simply resume pedaling.

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

See step 4 on page 15.

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

See step 5 on page 16.

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

See step 6 on page 16.

7. **When you are finished using the exercise bike, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE AN IFIT WORKOUT

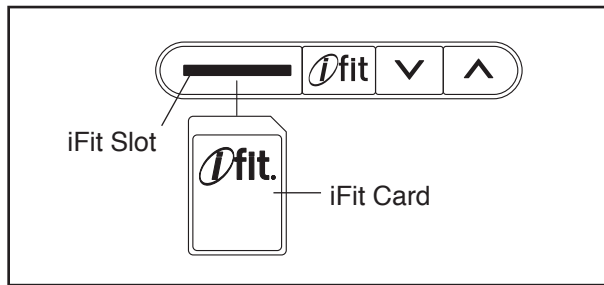
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

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

See HOW TO ACTIVATE THE CONSOLE on page 15.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot located on the side of the console; make sure that the iFit card is oriented so that 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 turn on and text will appear in the display.



Next, select the desired workout on the iFit card by pressing the increase and decrease 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 starting on page 17.

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

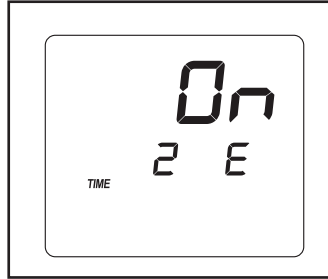
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to select a unit of measurement and a backlight option for the console and to view console usage information.

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

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.



The upper display will show the currently selected backlight option. Press the Resistance increase button repeatedly to select the desired backlight option.

The console can show pedaling speed and distance in either miles or kilometers.

The lower right display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the lower right display. To change the unit of measurement, press the Resistance decrease button repeatedly.

The lower left display will show the total number of hours that the console has been used since the exercise bike was purchased.

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

MAINTENANCE AND TROUBLESHOOTING

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

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

HEART RATE MONITOR TROUBLESHOOTING

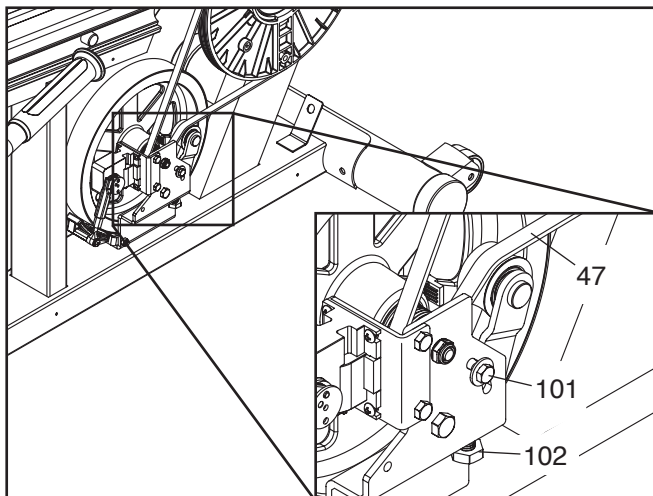
If the handgrip heart rate monitor does not function properly, see step 5 on page 16.

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 unplug the power adapter. Next, remove the screws from the left and right shields, and carefully pull the shields away from the frame.

Loosen the M6 x 20mm Hex Screw (101). Next, tighten the M10 x 50mm Hex Screw (102) until the Drive Belt (47) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.



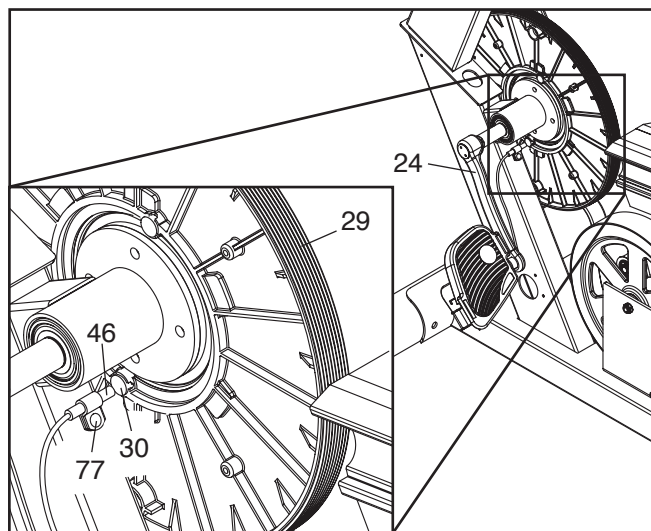
When you are finished, reattach the left and right shields and then plug in the power adapter.

HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first unplug the power adapter. Next, remove the screws from the left and right shields, and carefully pull the shields away from the frame.

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). Plug in the power adapter and turn the Left Crank Arm (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left and right shields.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<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.

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

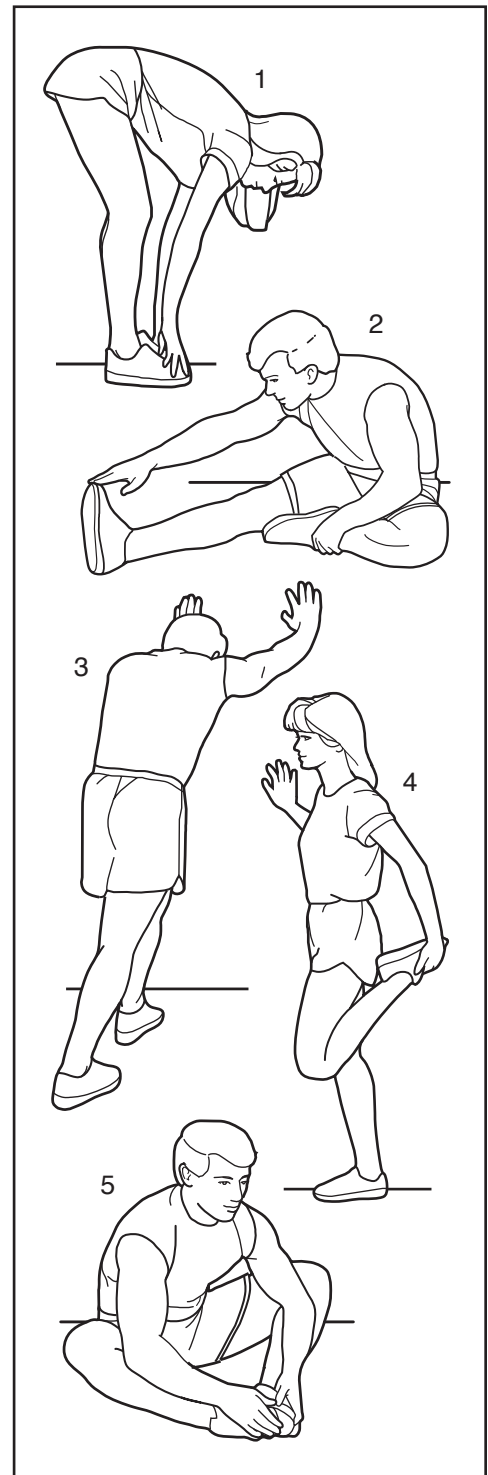
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEX13808.1 R1112A

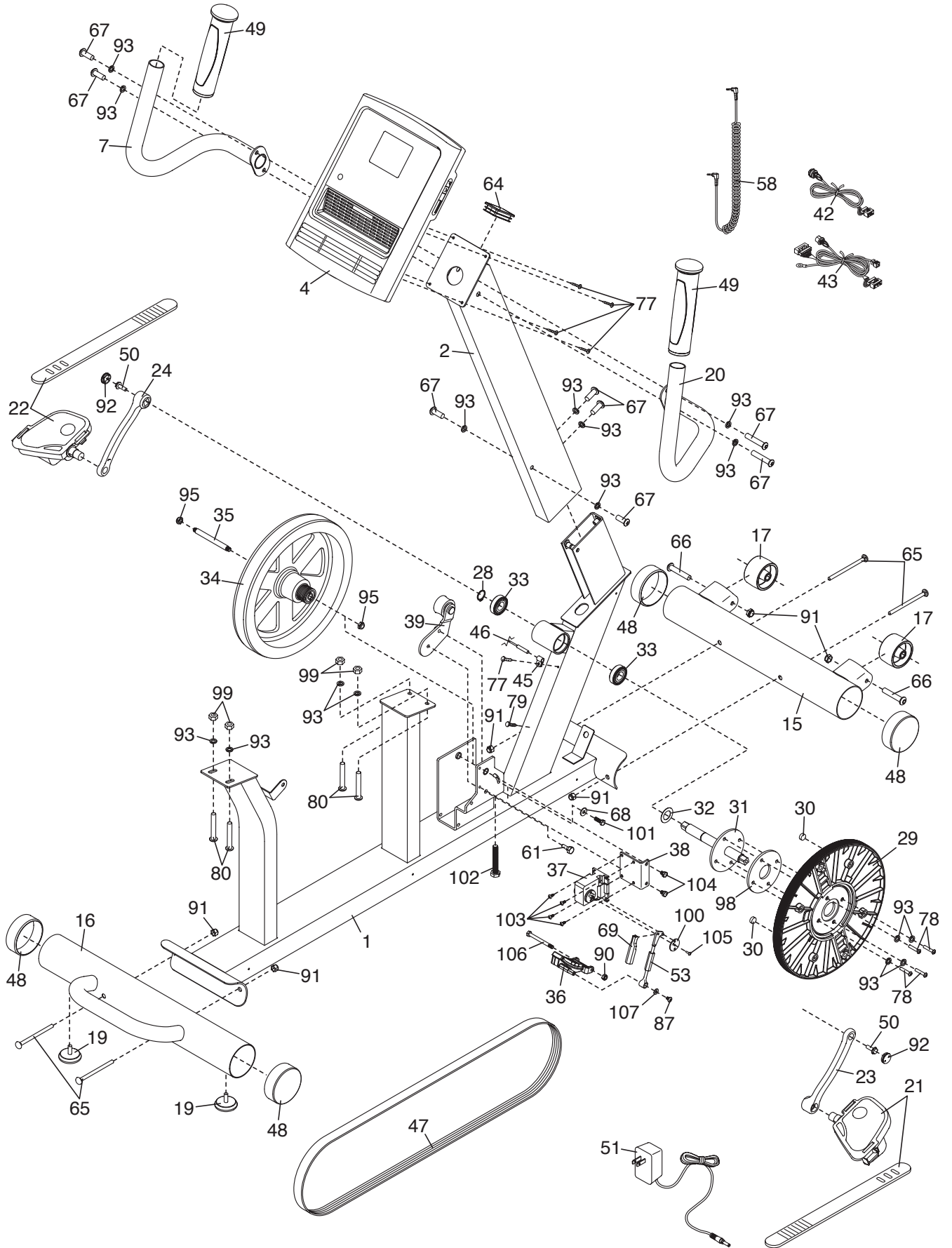
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Reed Switch/Wire
2	1	Upright	47	1	Drive Belt
3	1	Book Holder	48	4	Stabilizer Cap
4	1	Console	49	2	Upright Grip
5	1	Rail	50	2	Flange Screw
6	1	Adjustment Handle	51	1	Power Adapter/Wire
7	1	Left Handlebar	52	2	Backrest Tube
8	1	Backrest	53	1	Resistance Rod Assembly
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 Roller
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	M6 x 14.67mm Shoulder Screw
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	Right Handlebar	65	4	M10 x 96mm Bolt
21	1	Right Pedal/Strap	66	2	Wheel Bolt
22	1	Left Pedal/Strap	67	8	M8 x 18mm Screw
23	1	Right Crank Arm	68	1	Large M6 Washer
24	1	Left Crank Arm	69	1	Resistance Rod Lock
25	4	M6 x 38mm Screw	70	2	M8 x 68mm Bolt
26	1	Pivot Block	71	4	M6 x 16mm Screw
27	1	Handle Bracket	72	2	M8 x 35mm Bolt
28	1	Large Snap Ring	73	8	M4 x 10mm Self-tapping Screw
29	1	Pulley	74	10	M8 x 30mm Bolt
30	2	Magnet	75	2	M4 x 19mm Tek Screw
31	1	Crank	76	6	M8 x 16mm x 1.5mm Washer
32	1	Steel Washer	77	26	M4 x 16mm Screw
33	2	Crank Bearing	78	4	M8 x 16mm Bolt
34	1	Flywheel	79	1	Bright M4 x 16mm Screw
35	1	Flywheel Axle	80	4	Rail Bolt
36	1	Resistance Magnet	81	1	6.35mm x 38mm Clevis Pin
37	1	Resistance Motor	82	1	M12 x 52mm Screw
38	1	Motor Bracket	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	1	M5 x 7mm 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	1	M6 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
91	6	M10 Locknut	101	1	M6 x 20mm Hex Screw
92	2	Crank Cap	102	1	M10 x 50mm Hex Screw
93	28	M8 Split Washer	103	4	M4 x 12mm Flange Screw
94	1	M12 Nut	104	2	M6 x 8mm Hex Screw
95	12	M8 Jam Nut	105	1	M3.5 x 12mm Screw
96	2	Spring Washer	106	1	M6 x 65mm Hex Screw
97	4	Cotter Pin	107	1	M5 Washer
98	1	Pulley Spacer	*	–	Assembly Tool
99	8	M8 Locknut	*	–	User's Manual
100	1	Resistance Wheel			

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.

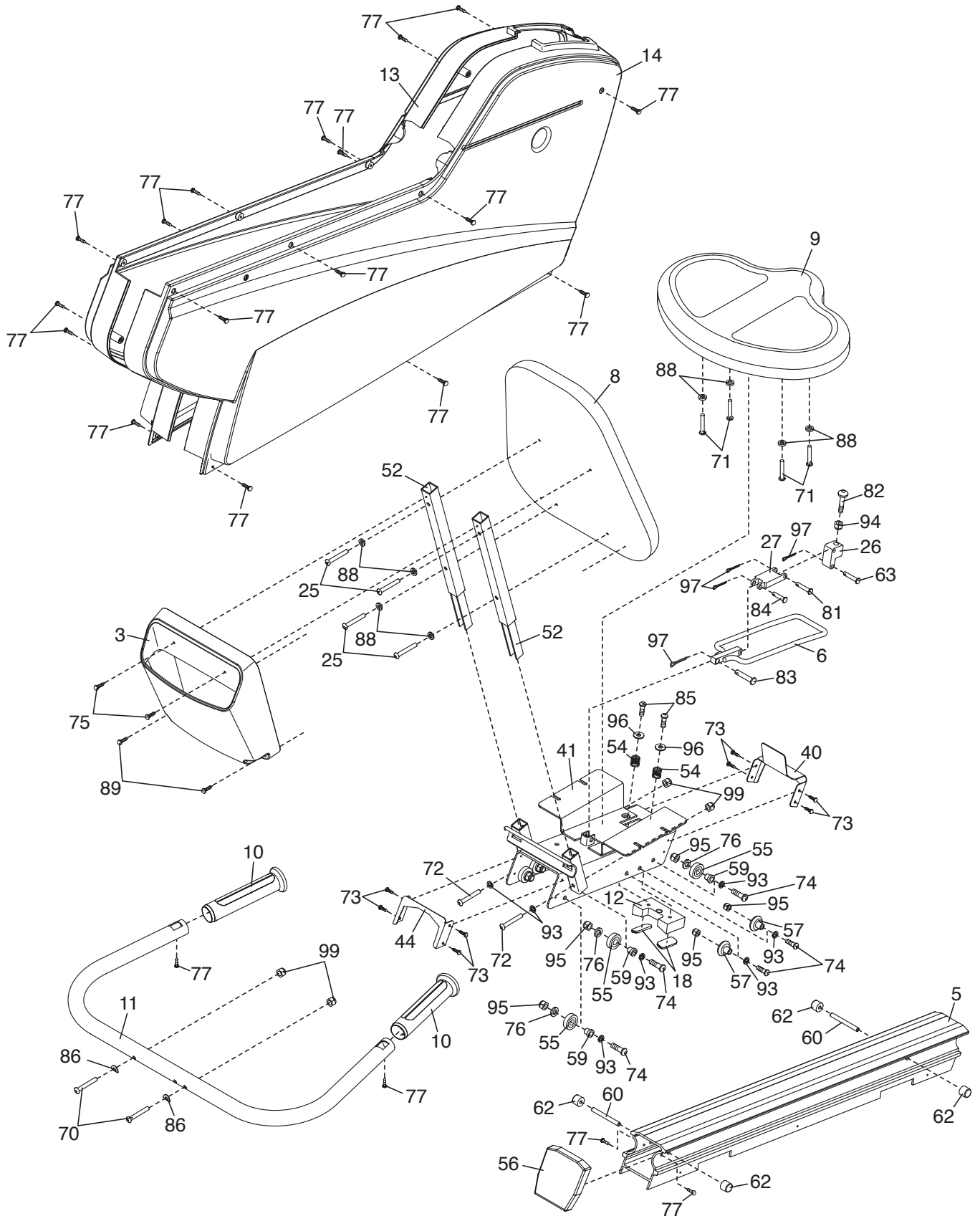
EXPLODED DRAWING A

Model No. NTEX13808.1 R1112A



EXPLODED DRAWING B

Model No. NTEX13808.1 R1112A



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

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

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 (customer). 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. If replacement parts are 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 freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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 any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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