



NordicTrack[®]

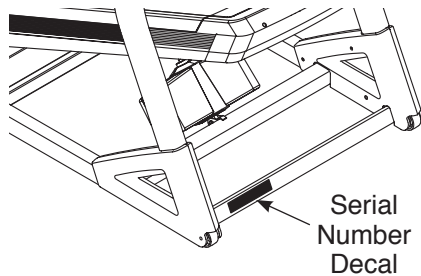
X7i INCLINE TRAINER

www.nordictrack.com

Model No. NTL15010.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

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

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.

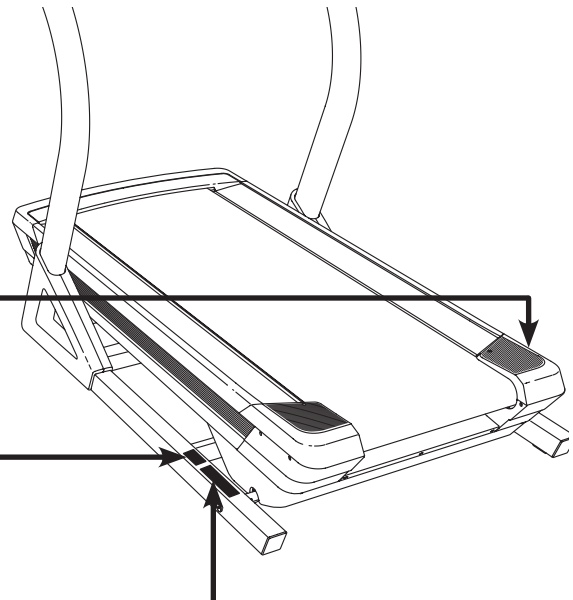


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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **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 decals may not be shown at actual size.



▲WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:

<ul style="list-style-type: none"> • Stand only on side rails when starting or stopping treadmill. • Change speed in small increments. • Hold handrails to prevent falling, and always wear the safety clip while operating treadmill. • Stop if you feel faint, dizzy, or short of breath. 		<ul style="list-style-type: none"> • Never allow children on or around treadmill. • Remove key when not in use. 		<ul style="list-style-type: none"> • Keep clothing, fingers, and hair away from moving belt. • Never try to adjust or fix the belt while it is moving. • Always wear athletic shoes while operating treadmill. 	
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IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your incline trainer. 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. It is the responsibility of the owner to ensure that all users of this incline trainer are adequately informed of all warnings and precautions.
3. Use the incline trainer only as described.
4. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.
5. Place the incline trainer on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
6. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the incline trainer at all times.
8. The incline trainer should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the incline trainer at a time.
10. Wear appropriate exercise clothes while using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
11. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 13). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
12. Use only a surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local NORDICTRACK dealer, call the telephone number on the front cover of this manual, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See TROUBLESHOOTING on page 23 if the incline trainer is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 15).
17. Never start the incline trainer while you are standing on the walking belt. Always hold the handrails while using the incline trainer.
18. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

19. 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.
20. Never leave the incline trainer unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the incline trainer is not in use.
21. Do not attempt to move the incline trainer until it is properly assembled. (See **ASSEMBLY** on page 7, and **HOW TO MOVE THE INCLINE TRAINER** on page 22.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the incline trainer.
22. Never insert any object into any opening on the incline trainer.
23. Inspect and properly tighten all parts of the incline trainer regularly.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the incline trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. This incline trainer is intended for home use only. Do not use this incline trainer in a commercial, rental, or institutional setting.
26. 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.

SAVE THESE INSTRUCTIONS

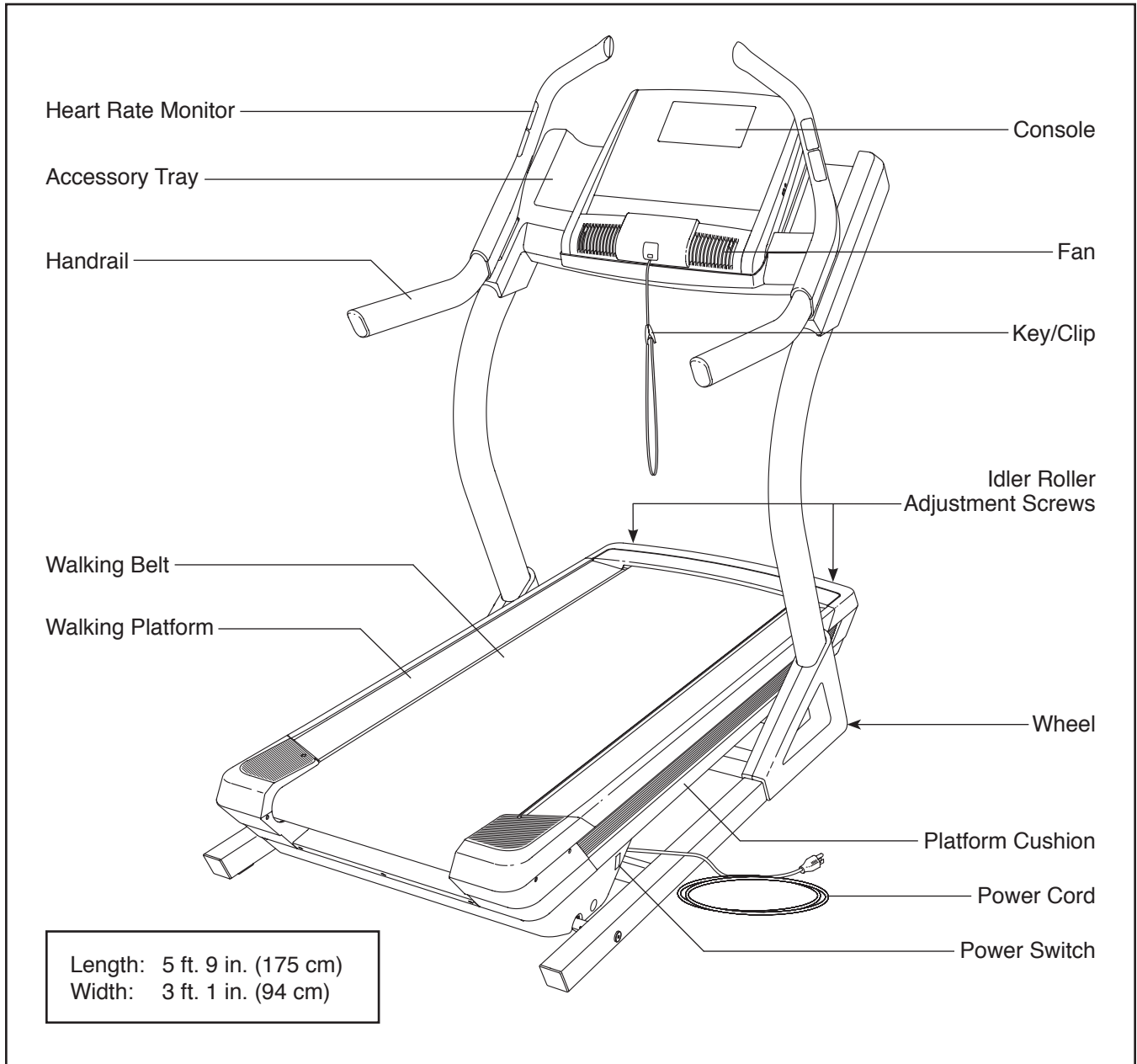
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® INCLINE TRAINER X7i INTERACTIVE. The INCLINE TRAINER X7i INTERACTIVE offers a selection of features designed to make your workouts at home more enjoyable and effective.

For your benefit, read this manual carefully before using the incline trainer. If you have questions after

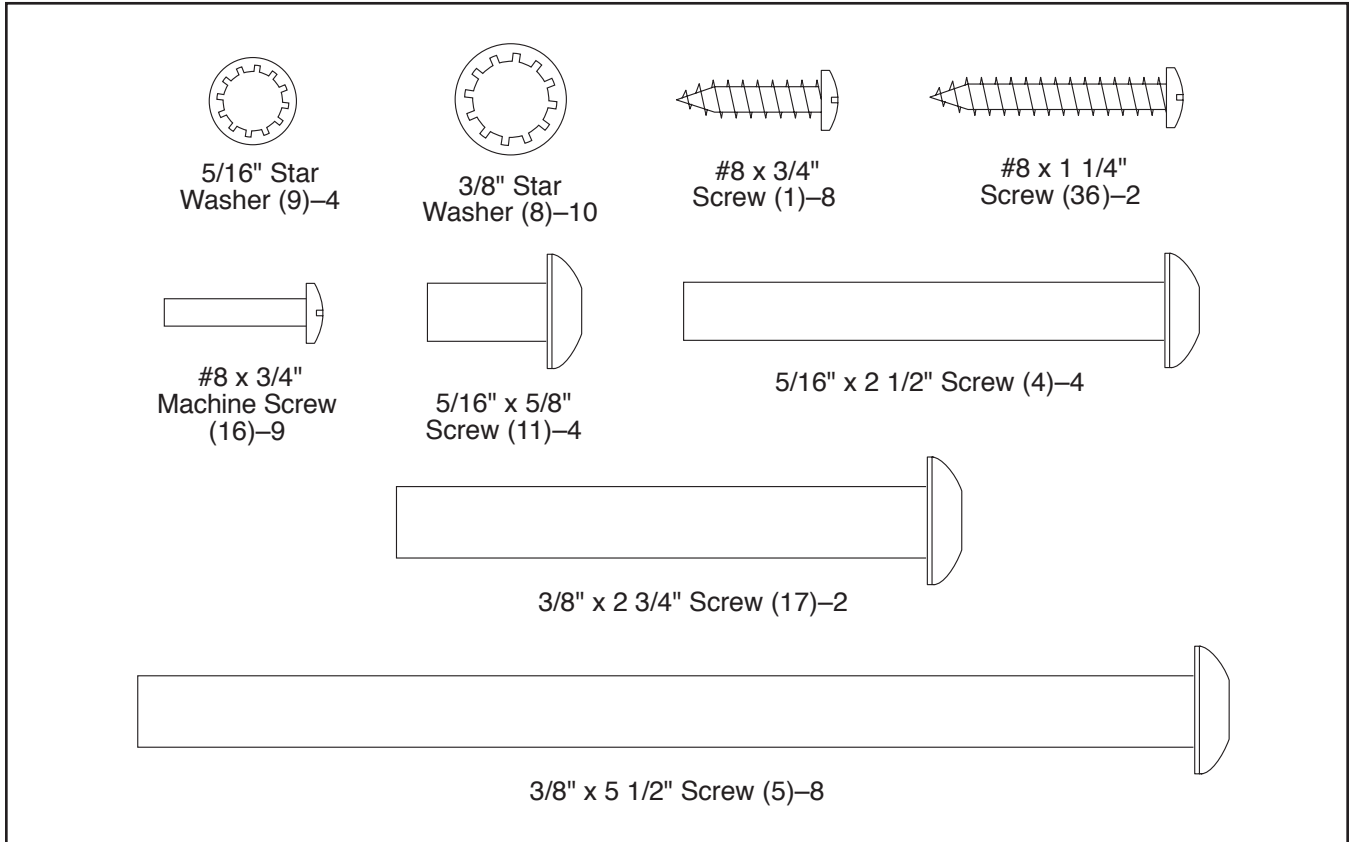
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 small parts used 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 used for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached. Extra hardware may be included.**



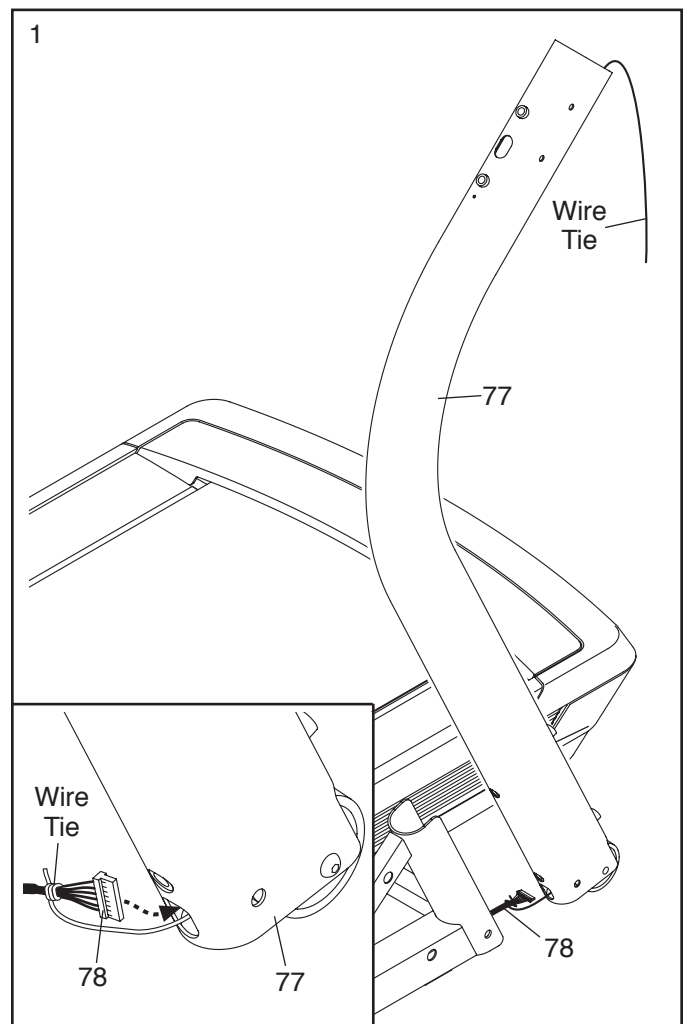
ASSEMBLY

- 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.
- The underside of the walking belt is coated with high-performance lubricant. After shipping, there may be some lubricant on top of the walking belt or on the shipping carton. This is normal. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- To identify small parts, see page 6.
- Assembly requires the following tools:
 - the included hex keys 
 - one Phillips screwdriver 
- To avoid damaging parts, do not use power tools.

1. Make sure that the power cord is unplugged.

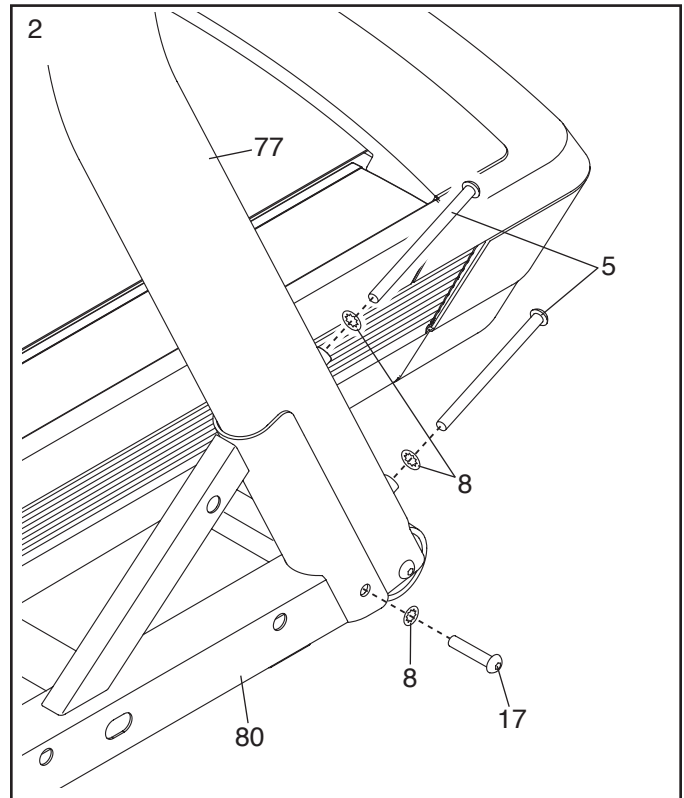
Identify the right Upright (77), which has a wire tie in it. Hold the Upright near the right side of the incline trainer.

See the inset drawing. Tie the wire tie in the right Upright (77) around the end of the Upright Wire (78). Then, pull the other end of the wire tie until the Upright Wire is routed out of the top of the Upright.

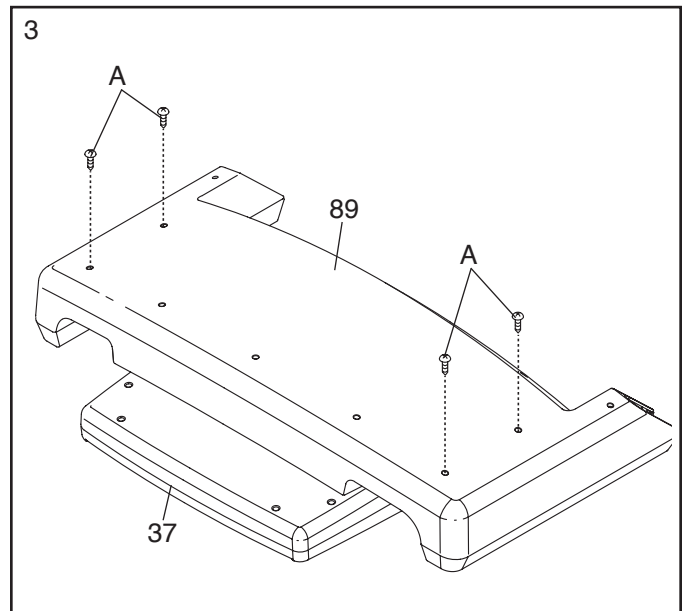


2. Attach the Upright (77) to the Base (80) with two 3/8" x 5 1/2" Screws (5) and a 3/8" x 2 3/4" Screw (17) with three 3/8" Star Washers (8) as shown. **Start all three Screws, and then tighten them. Be careful not to pinch the Upright Wire (not shown) in the Upright.**

Attach the other Upright (not shown) as described above. Note: There is not a wire on the left side.



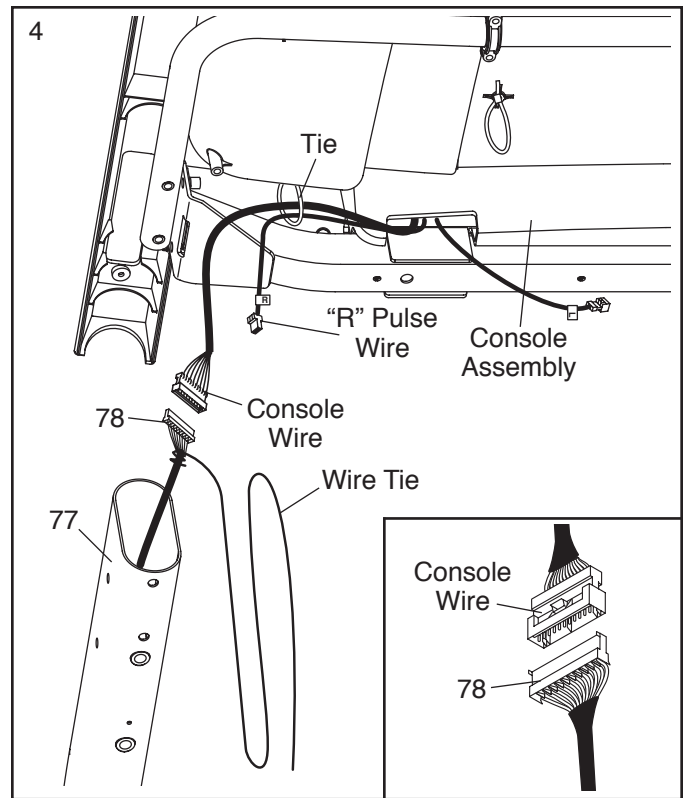
3. Set the Console (37) face down on a soft surface to avoid scratching the Console. Remove and discard the four screws (A) from the Console Base Back (89). Lift off the Console Base Back.



4. Have a second person hold the console assembly near the Uprights (77). Insert the console wire and the "R" pulse wire from the console assembly through the indicated tie.

Connect the Upright Wire (78) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

Remove the wire tie from the Upright Wire (78).



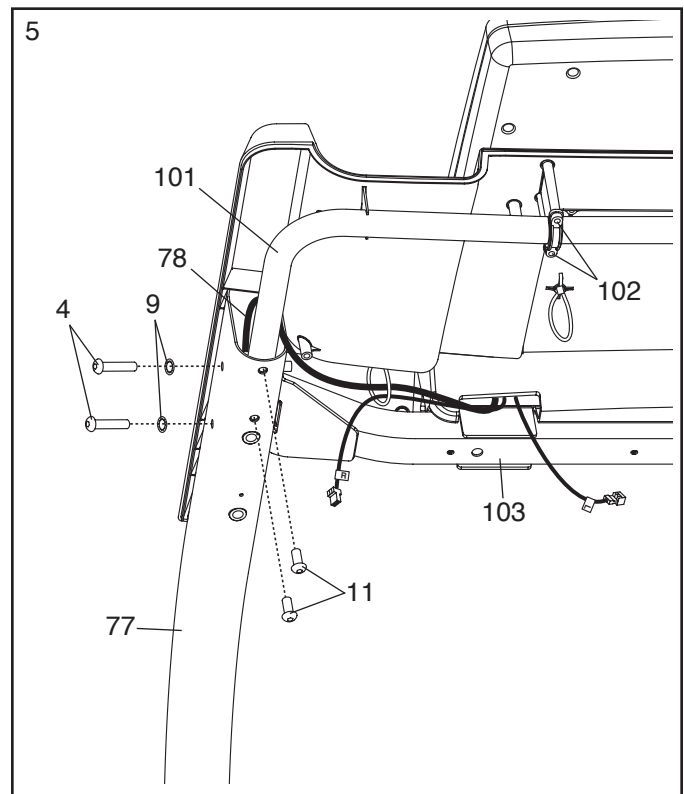
5. Insert the Upright Wire (78) into the right Upright (77) as you insert the Console Crossbar (101) into the Uprights. **Be careful not to pinch the Upright Wire.**

Loosen the four #8 x 1" Screws (102) (only two are shown) one turn.

Tighten two 5/16" x 2 1/2" Screws (4) with two 5/16" Star Washers (9) into the side of the right Upright (77) and into the Crossbar (103). **Do not overtighten the Screws. Be careful not to pinch the Upright Wire (78).**

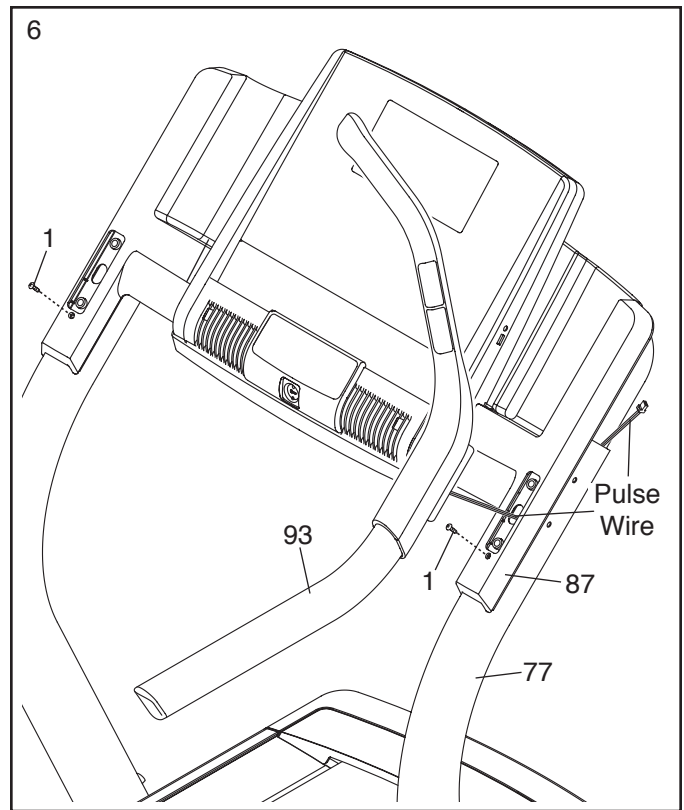
Next, tighten two 5/16" x 5/8" Screws (11) into the right Upright (77) and the Console Crossbar (101). **It may be necessary to slide the Console Crossbar (101) to align the holes.** Then, tighten the two #8 x 1" Screws (102).

Repeat this step on the other side of the incline trainer.



6. Tighten two #8 x 3/4" Screws (1) into the Console Base (87). **Do not overtighten the Screws.**

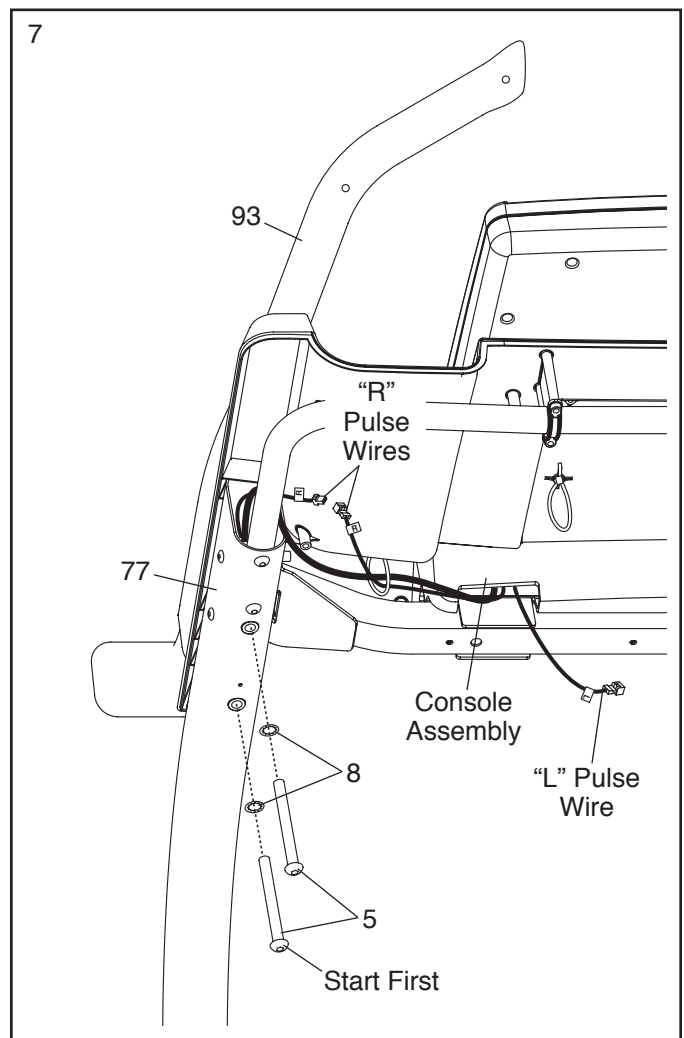
Identify the Right Handrail Assembly (93). Hold the Right Handrail Assembly near the right Upright (77). Insert the pulse wire from the Right Handrail Assembly into the hole in the top of the Upright and pull it out of the end of the Upright.



7. Set the Right Handrail Assembly (93) onto the right Upright (77). **Make sure that no wires are pinched.**

Attach the Right Handrail Assembly (93) with two 3/8" x 5 1/2" Screws (5) and two 3/8" Star Washers (8). **Note: Start the lower Screw first.**

Then, connect the two "R" pulse wires.

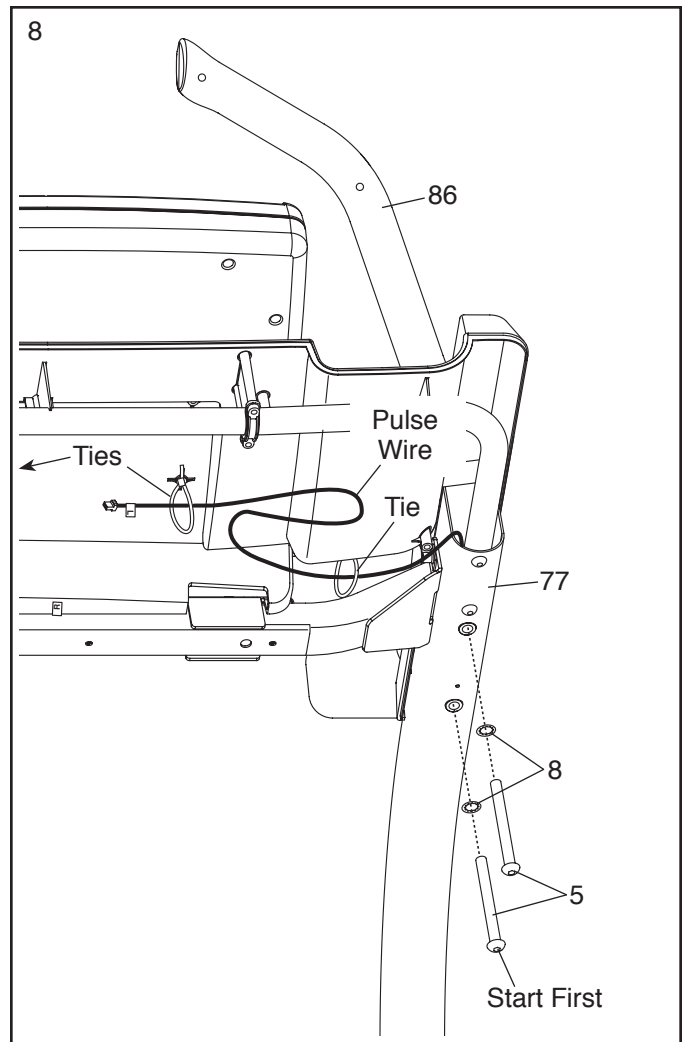


8. Hold the Left Handrail Assembly (86) near the left Upright (77). Insert the pulse wire from the left handrail assembly into the hole in the top of the Upright and pull it out of the end of the Upright.

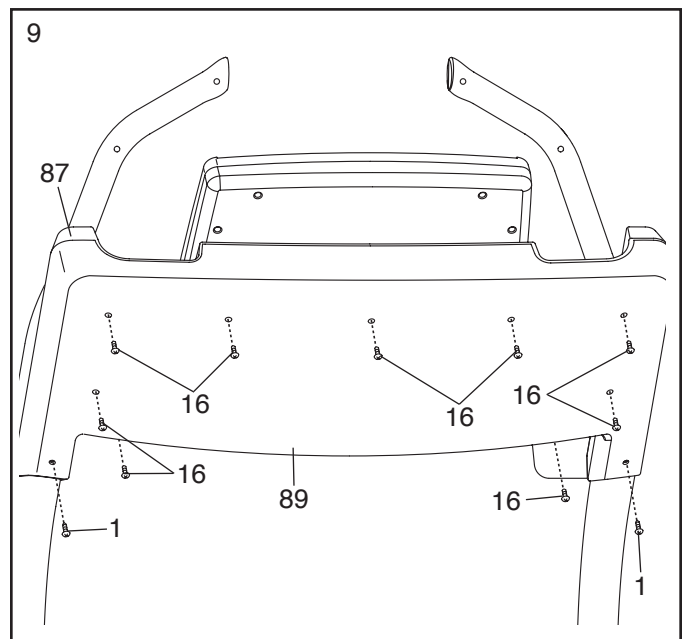
Set the Left Handrail Assembly (86) onto the left Upright (77). **Make sure that no wires are pinched.**

Attach the Left Handrail Assembly (86) with two 3/8" x 5 1/2" Screws (5) and two 3/8" Star Washers (8). **Note: Start the lower Screw first.**

Insert the pulse wire through the three ties (only two are shown). Connect the two "L" pulse wires (see step 7).



9. Attach the Console Base Back (89) to the Console Base (87) with nine #8 x 3/4" Machine Screws (16) and two #8 x 3/4" Screws (1) in the locations shown. **Start all eleven Screws, and then tighten them. Do not overtighten the Screws. Make sure that no wires are pinched.**

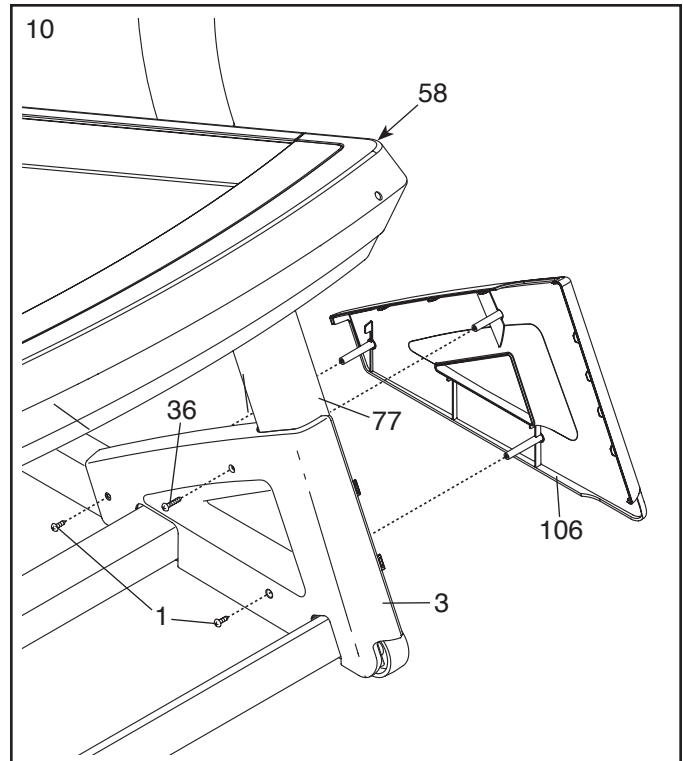


10. See page 13 and plug in the power cord. Next, see page 15 and turn on the power. Then, touch the 1 Step Incline button numbered 40 on the console. The Frame (58) will adjust to an incline of 40 percent. Then, turn off the incline trainer and **unplug the power cord**.

Identify the Left Inside Cover (3) and the Left Outside Cover (106). Next, hold the Left Inside Cover against the left Upright (77). Then, hold the Left Outside Cover against the Left Inside Cover.

Attach the Left Outside Cover (106) to the Left Inside Cover (3) with a #8 x 1 1/4" Screw (36) and two #8 x 3/4" Screws (1). **Start all three Screws and then tighten them.**

Attach the Right Inside Cover and the Right Outside Cover (not shown) as described above.



11. **Make sure that all parts are properly tightened before you use the incline trainer.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 24 and 25). **To protect the floor or carpet from damage, place a mat under the incline trainer.**

OPERATION AND ADJUSTMENT

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your incline trainer, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the incline trainer, always use a surge suppressor with the incline trainer. To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer and serious injury to users.**

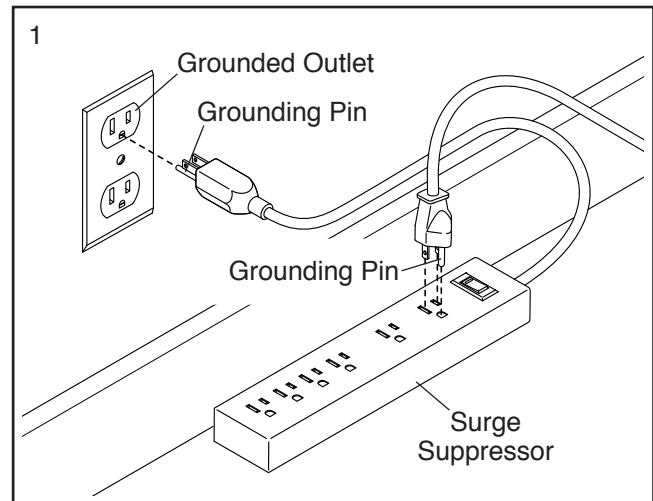
Plug in the Power Cord

The incline trainer must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The incline trainer power cord has a plug with a grounding pin (see drawing 1 on this page).

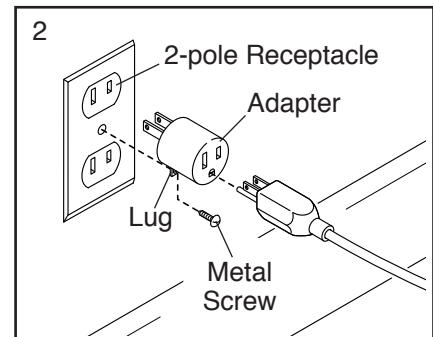
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the incline trainer is properly grounded, contact a qualified electrician.

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a**

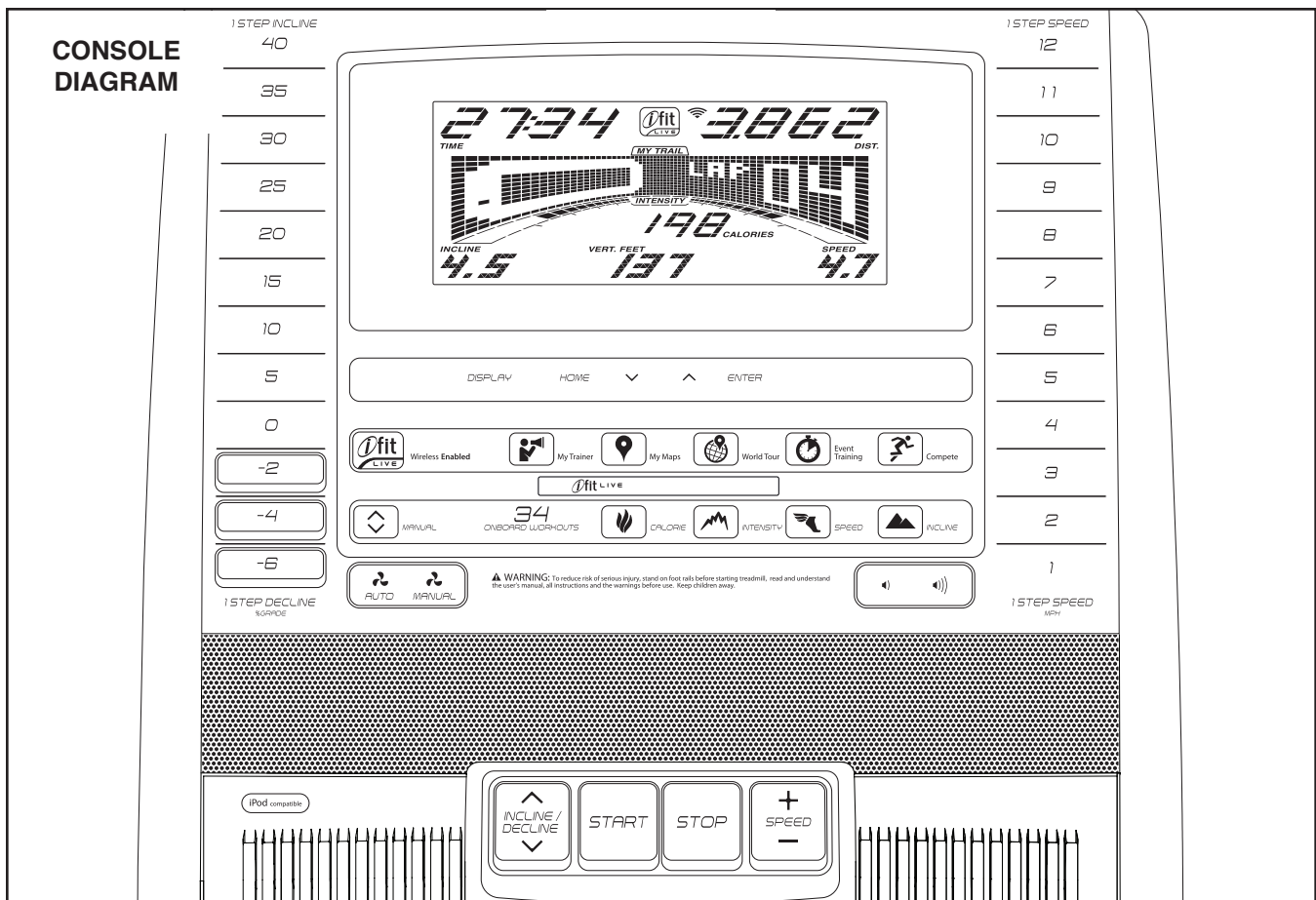
nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT: The incline trainer is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**



A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**



FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit Live technology that enables the incline trainer to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit Live users, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts, including nine calorie workouts, eight intensity workouts, eight speed workouts, and nine incline workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session.

When you use the manual mode, you can change the speed and incline of the incline trainer with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

You can even listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To turn on the power, see page 15. **To use the manual mode**, see page 15. **To use the stereo sound system**, see page 17. **To use an onboard workout**, see page 18. **To use an iFit Live workout**, see page 19. **To use the information mode**, see page 20.

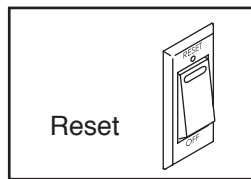
IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time the incline trainer is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 25).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 20. For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

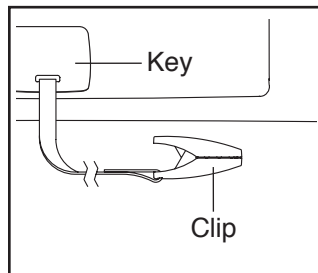
IMPORTANT: If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console display or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the incline trainer frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

Next, stand on the foot rails of the incline trainer. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip. Note: The first time you insert the key into the console, the incline may automatically rise to the maximum incline level and then return to the minimum incline level.



HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Select the manual mode.

If the manual mode is not selected, press the Manual button to select the manual mode.

3. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

4. Change the incline of the incline trainer as desired.

To change the incline of the incline trainer, press the Incline/Decline increase or decrease button or one of the numbered 1 Step Incline/Decline buttons. Each time you press one of the buttons, the incline trainer will gradually adjust to the selected incline setting.

5. Follow your progress with the displays.

As you walk or run on the incline trainer, the display can show the following workout information:

- The elapsed time
- The distance that you have walked or run
- The workout intensity bar
- The approximate number of calories you have burned
- The incline level of the incline trainer
- The number of vertical feet you have climbed
- The speed of the walking belt
- Your heart rate (see step 6 on page 17)
- The matrix

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

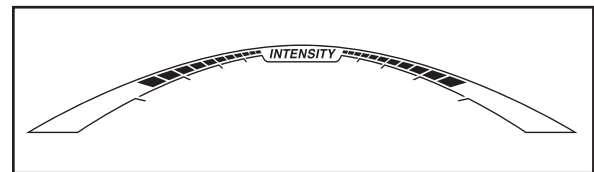
The Incline tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

The Speed tab will show a profile of the speed settings of the workout.

The My Trail tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

The Calorie tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment. Note: When you select the Calorie tab, the calorie display will show the approximate number of calories burned per hour.

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



Press the Home button to return to the default menu (see THE INFORMATION MODE on page 21 to set the default menu). If necessary, press the Home button again.

The wireless symbol at the top of the display will show whether you are connected to your wireless network.

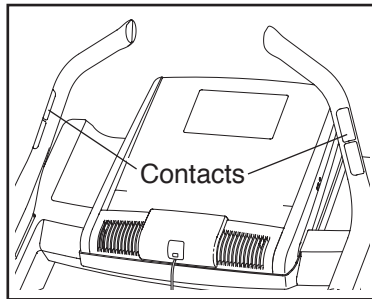


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

Before using the heart rate monitor, remove the sheets of plastic from the metal contacts, if necessary. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrails for approximately ten seconds—**avoid moving your hands.**

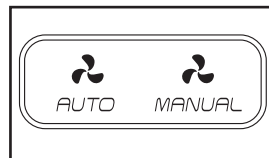


When your pulse is detected, first a heart symbol in the calorie display will appear; next, one or two dashes will appear; and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features several speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

Press the Manual fan button repeatedly to select a fan speed or to turn off the fan. Press the Auto fan button to select the auto mode or to turn off the fan.



8. When you are finished exercising, remove the key from the console.

When you are finished using the incline trainer, step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place. Next, press the power switch into the off position and unplug the power cord.

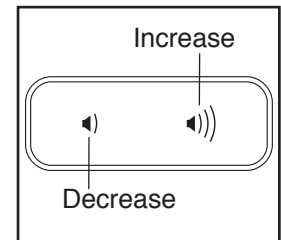
IMPORTANT: If you do not do this, the incline trainer's electrical components may wear prematurely.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the MP3 jack.

To use the MP3 jack, locate the included audio wire and plug it into the MP3 jack on the side of the console. Then, plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully inserted.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the volume increase and decrease buttons on the console.



If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO USE AN ONBOARD WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button, the Intensity button, the Speed button, or the Incline button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration, the distance, the name, the maximum speed setting, and the maximum incline setting of the workout. In addition, a profile of the speed settings of the workout will appear in the matrix (or a profile of the incline settings if you select an incline workout). Also, the approximate number of calories you will burn will appear beneath the intensity bar.

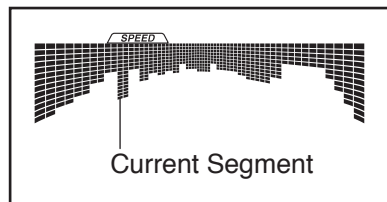
3. Start the workout.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the incline trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

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

During the workout, the profiles on the speed and incline tabs 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 speed or incline setting for the current segment. If a different speed and/or incline setting is programmed for the next segment, the incline trainer will automatically adjust to the new speed and/or incline setting.



The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your metabolic rate. In addition, if you manually change the speed or incline of the incline trainer during the workout, the number of calories you burn will be affected.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the displays.

See step 5 on page 16. The display will show the time remaining in the workout instead of the elapsed time.

5. Measure your heart rate if desired.

See step 6 on page 17.

6. Turn on the fan if desired.

See step 7 on page 17.

7. When you are finished exercising, remove the key from the console.

See step 8 on page 17.

HOW TO USE AN iFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network including an 802.11b, g, or n router with SSID broadcast enabled (hidden networks are not supported). An iFit.com membership is also required.

1. Set up a wireless connection.

Note: You must use a computer, smart phone, tablet, or other Wi-Fi device to complete the iFit Live Wi-Fi setup process.

See the INFORMATION MODE on page 20 to select the information mode. Follow the instructions of step 1 to connect the console to your wireless network.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

3. Select a user.

If more than one user is registered, you can switch users in the iFit Live main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. Select an iFit Live workout.

To select an iFit Live workout, press one of the iFit Live buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

Press the iFit Live button to download the next workout in your schedule. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your schedule. Press the Compete button to compete in a race that you have previously scheduled. **For more information about the iFit Live workouts, please see www.iFit.com.**

When you select an iFit Live workout, the display will show the duration of the workout, the distance you will walk or run, and the approximate number of calories you will burn. The display may also show the name of the workout.

5. Start the workout.

See step 3 on page 18.

During some workouts, the voice of a personal trainer will guide you through your workout.

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at the speed setting for the first segment of the workout. When the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.

6. Follow your progress with the displays.

See step 5 on page 16.

During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. Measure your heart rate if desired.

See step 6 on page 17.

8. Turn on the fan if desired.

See step 7 on page 17.

9. When you are finished exercising, remove the key from the console.

See step 8 on page 17.

For more information about the iFit Live mode, go to www.iFit.com.

THE INFORMATION MODE

The console features an information mode that keeps track of incline trainer information and allows you to personalize console settings, set up a wireless network connection, and log in to www.iFit.com.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

The time display will show the total number of hours the incline trainer has been used.

The distance display will show the total number of miles (or kilometers) that the walking belt has moved.

The lower section of the display will either display instructions or the wireless network connection status, depending on which option is selected.

While the information mode is selected, the matrix will display several optional screens. Press the decrease button next to the Enter button to select each of the following screens:

1. **WPS ENTER KEY:** This option will allow you to set up a wireless network connection. **Note: You must use a computer, smart phone, tablet, or other Wi-Fi device to complete the iFit Live Wi-Fi setup process.**

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options should be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network.

The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: <http://192.169.0.1:8080>

Your browser should load a web page with the title "Welcome to the Wi-Fi Setup Center." If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the incline trainer to your wireless network. Make sure to close your browser once the console displays a message stating that it is connected.

Next, you will need to configure the console so that it will log in to www.iFit.com. First, on your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. **Next, select the same network to which your console is now connected.** Then, open a new browser. Type in the new IP address displayed on the console. Example: <http://192.168.1.61>

A web page similar to the first one should appear. If the web page does not appear, make sure that you have followed all previous instructions in this step. Follow the instructions on the web page to log in to www.iFit.com. Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly, then select Continue.

If you cannot complete any parts of this step, or if you have any questions, please see the front cover of this manual.

2. **UNITS:** To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.
3. **DEMO:** The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

4. **DEFAULT MENU:** The default menu will appear when you insert the key into the console or when you press the Home button. Press the Enter button repeatedly to select the manual main screen or the iFit Live screen as the default menu.

5. **TO CLEAR WIFI SETTINGS:** To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions given in the lower section of the display.

6. **PRESS ENTER TO UPDATE FIRMWARE:**
Note: This option will only display NOT CONNECTED in the lower section of the display if the console is not connected to a wireless network (see step 1).

For the best results, regularly check for firmware updates.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically. During the update, the console will turn off and then restart.

To avoid damaging the incline trainer, do not turn off the power or remove the key while the firmware is being updated. The update may take several minutes.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

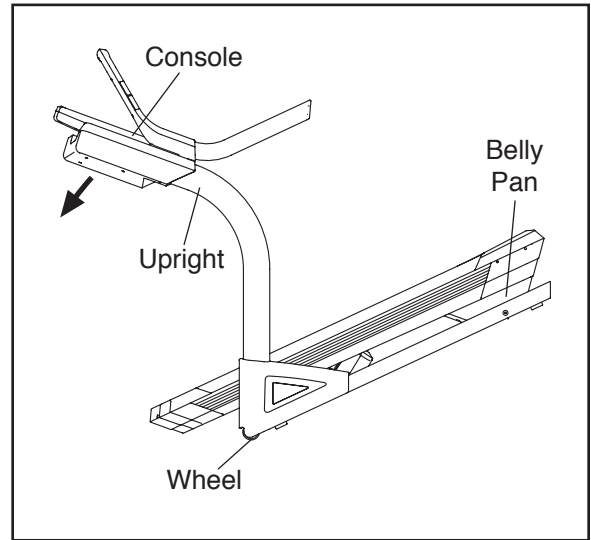
To exit the information mode, remove the key from the console.

HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the uprights firmly near the console. Tip the incline trainer back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the incline trainer, do not lift the incline trainer by the plastic belly pan. Do not pull on the console.**

Carefully roll the incline trainer on the wheels to the desired location, and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**

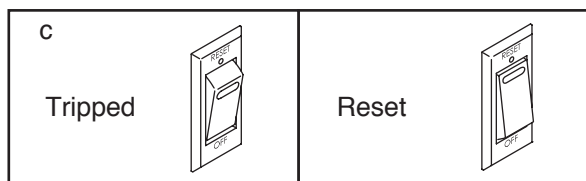


TROUBLESHOOTING

Most incline trainer problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a surge suppressor that meets all of the specifications described on page 13.
IMPORTANT: The incline trainer is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the incline trainer frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

- Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

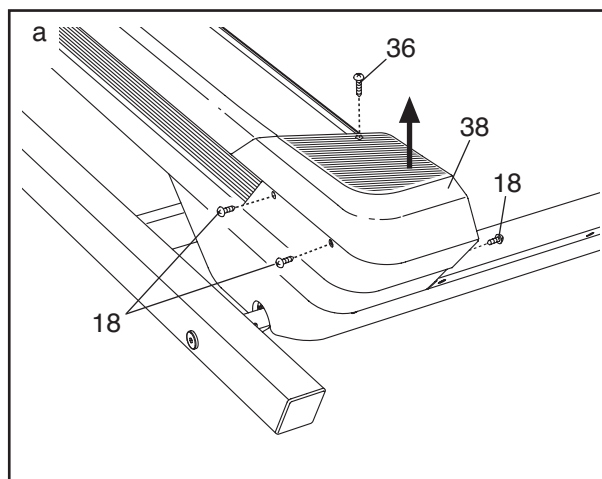
- Remove the key from the console, and then reinsert it.
- If the incline trainer still will not run, please see the front cover of this manual.

SYMPTOM: The console displays remain lit when you remove the key from the console

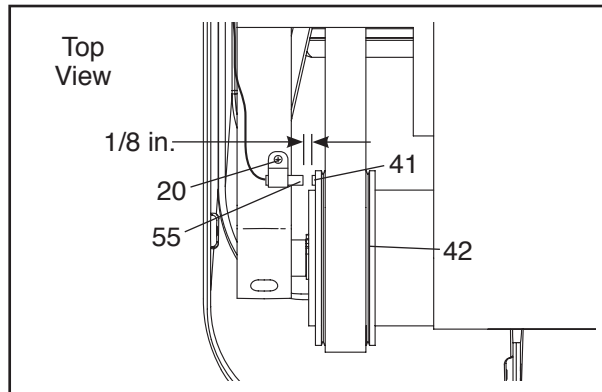
- The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

SYMPTOM: The console does not display speed and distance correctly

- Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the three indicated #8 x 1/2" Cover Screws (18) and the #8 x 1 1/4" Screw (36). Lift off the Left Roller Cover (38).



Locate the Reed Switch (55) and the Magnet (41) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Clamp Screw (20), move the Reed Switch slightly, and then retighten the Screw. Reattach the Left Roller Cover (not shown) and run the incline trainer for a few minutes to check for a correct speed reading.



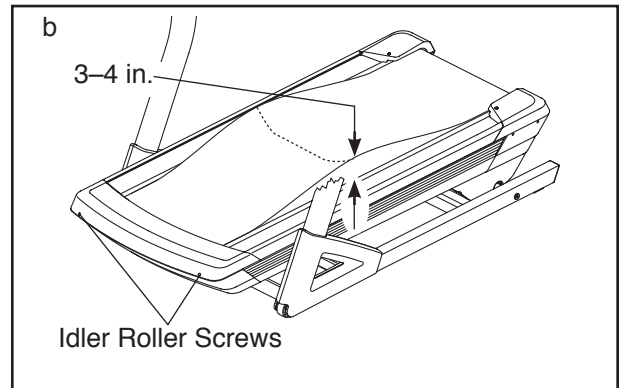
SYMPTOM: The incline of the incline trainer does not change correctly

- a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline/Decline increase or decrease button. The incline trainer will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not begin calibrating, press the Stop button again, and then press the Incline/Decline increase or decrease button again. When the incline is calibrated, remove the key from the console.

SYMPTOM: The walking belt slows when walked on

- a. Use only a surge suppressor that meets all of the specifications described on page 13.

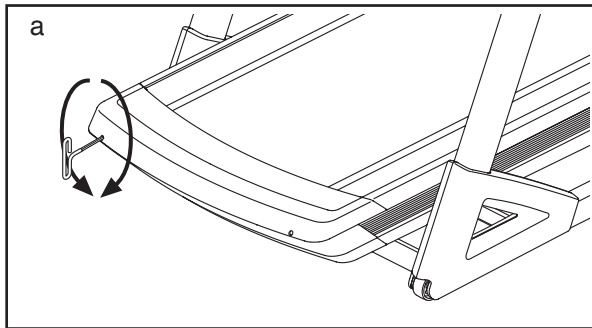
- b. If the walking belt is overtightened, incline trainer performance may decrease and the walking belt may become damaged. First, adjust the incline to 40 percent. Then, remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



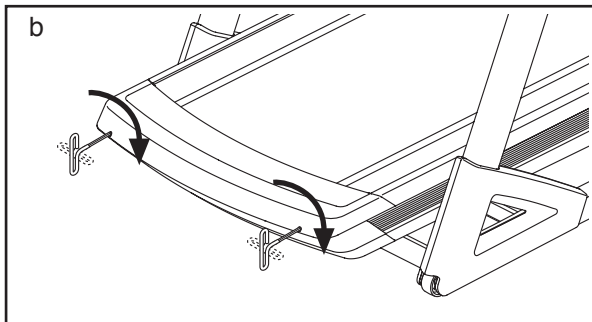
- c. Your incline trainer features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center or slips when walked on

- a. **If the walking belt is off-center**, first adjust the incline to 40 percent. Remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is centered.



- b. **If the walking belt slips when walked on**, first adjust the incline to 40 percent. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The incline trainer will not connect to the wireless network

- a. Make sure that you have followed all instructions for connecting to your wireless network in this manual and on the web pages (see step 1 on page 20).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, see the front cover of this manual.

EXERCISE GUIDELINES

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

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

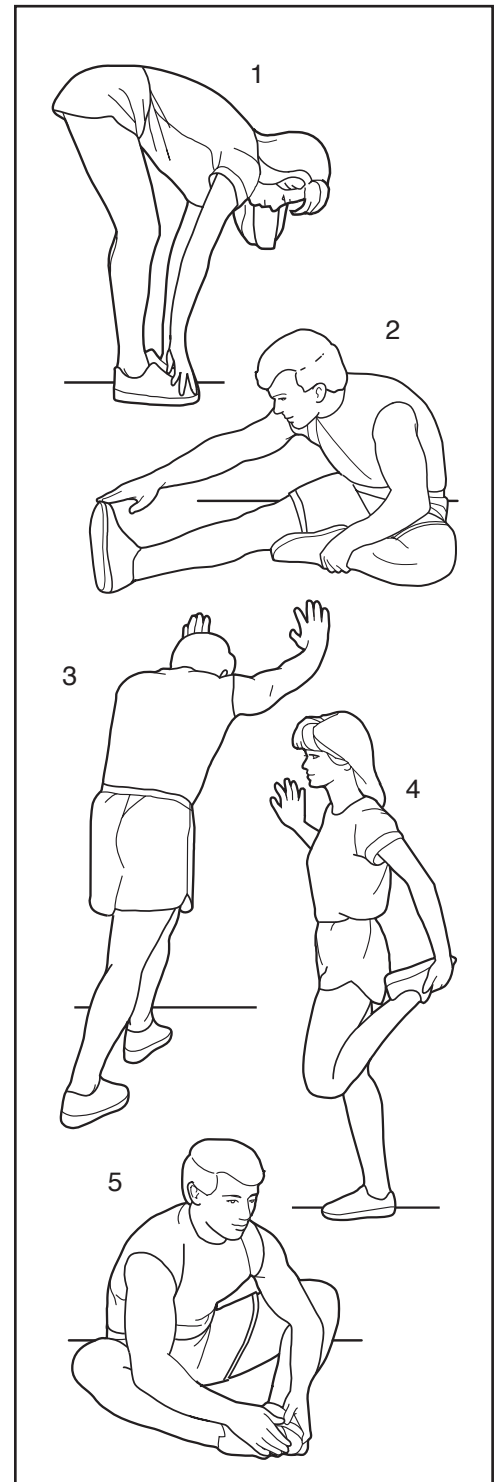
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. NTL15010.0 R1211B

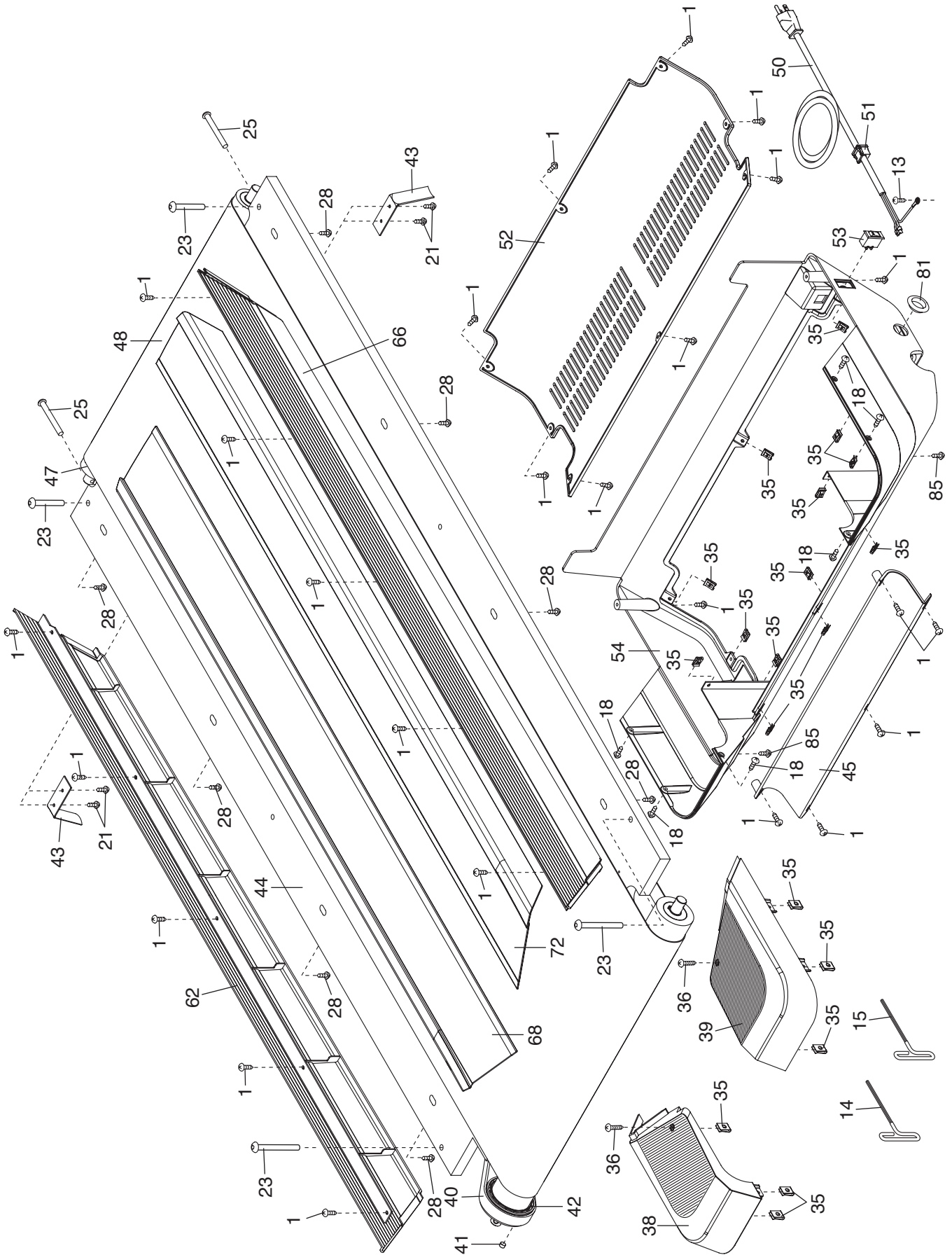
Key No.	Qty.	Description	Key No.	Qty.	Description
1	59	#8 x 3/4" Screw	51	1	Grommet
2	8	#8 x 3/4" Tek Screw	52	1	Belly Pan Cover
3	1	Left Inside Cover	53	1	Power Switch
4	4	5/16" x 2 1/2" Screw	54	1	Belly Pan
5	8	3/8" x 5 1/2" Screw	55	1	Reed Switch
6	2	3/8" Wheel Bolt	56	1	Reed Switch Clamp
7	4	5/16" Flat Washer	57	2	Axle
8	12	3/8" Star Washer	58	1	Frame
9	4	5/16" Star Washer	59	1	Electronics Cover
10	4	Base Foot	60	2	Upper Incline Motor Bushing
11	4	5/16" x 5/8" Screw	61	1	Front Belly Pan
12	2	Wheel	62	1	Left Side Deckrail
13	12	#8 x 1/2" Screw	63	1	Top Incline Motor Cover
14	1	3/16" Hex Key	64	1	Incline Motor
15	1	7/32" Hex Key	65	1	Bottom Incline Motor Cover
16	9	#8 x 3/4" Machine Screw	66	1	Right Side Deckrail
17	2	3/8" x 2 3/4" Screw	67	2	Wire Clamp
18	6	#8 x 1/2" Cover Screw	68	1	Left Foot Rail
19	1	Key/Clip	69	1	Resistor
20	1	#8 x 3/4" Clamp Screw	70	1	Electronics Plate
21	4	#8 Belt Guide Screw	71	1	Controller
22	2	1/4" x 1 1/2" Screw	72	1	Right Foot Rail
23	4	5/16" x 1 3/4" Bolt	73	4	Cushion Cap
24	2	1/4" x 1/2" Screw	74	2	Cushion Spring
25	2	1/4" x 2 1/2" Screw	75	1	Drive Motor
26	1	3/8" x 2 1/2" Bolt	76	1	Console Frame
27	1	3/8" x 1 3/4" Bolt	77	2	Upright
28	8	#8 x 5/8" Screw	78	1	Upright Wire
29	2	1/4" Motor Screw	79	2	Cushion
30	3	#8 Star Washer	80	1	Base
31	2	1/4" Star Washer	81	3	Round Grommet
32	4	3/8" Jam Nut	82	2	Caution Decal
33	4	5/16" Nut	83	1	Warning Decal
34	2	#8 x 1" Screw	84	2	Base Cap
35	19	Clip	85	2	#8 x 3/4" Pan Head Tek Screw
36	4	#8 x 1 1/4" Screw	86	1	Left Handrail Assembly
37	1	Console	87	1	Console Base
38	1	Left Roller Cover	88	1	Console Back
39	1	Right Roller Cover	89	1	Console Base Back
40	1	Motor Belt	90	1	Chest Strap
41	1	Magnet	91	1	Chest Sensor
42	1	Drive Roller/Pulley	92	1	Right Outside Cover
43	2	Belt Guide	93	1	Right Handrail Assembly
44	1	Walking Platform	94	1	Right Inside Cover
45	1	Rear Cover	95	1	Audio Wire
46	2	Incline Motor Bushing	96	2	Console Fan
47	1	Idler Roller	97	1	Ground Wire
48	1	Walking Belt	98	2	Handrail Cap
49	1	Front Hood	99	4	#8 x 3/8" Screw
50	1	Power Cord	100	6	#3 x 1/4" Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console Crossbar	106	1	Left Outside Cover
102	4	#8 x 1" Screw	107	2	Frame Bushing
103	1	Crossbar	108	4	Rubber Spacer
104	2	Console Clamp	*	–	User's Manual
105	2	3/8" x 2 1/2" Screw			

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

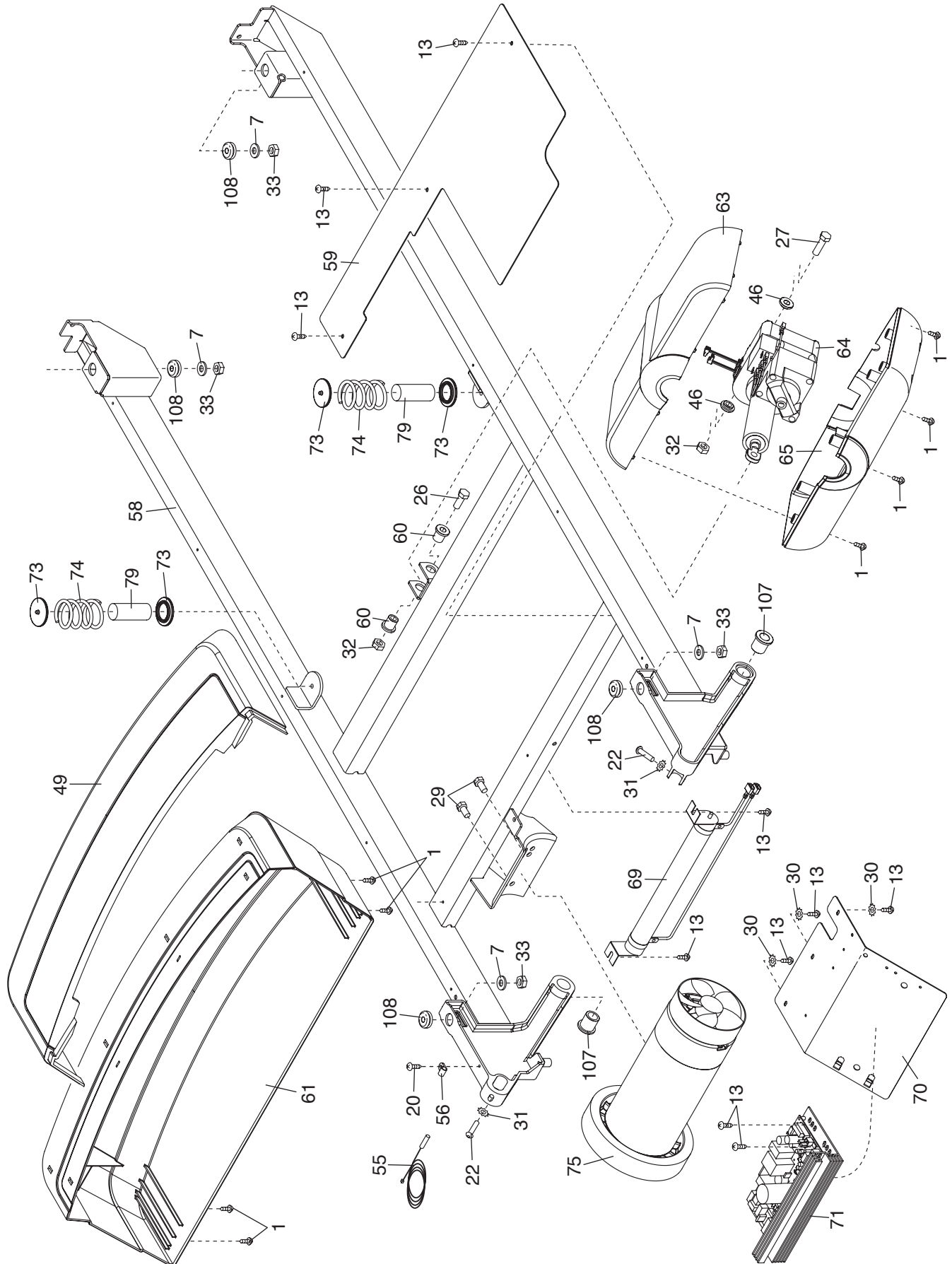
EXPLODED DRAWING A

Model No. NTL15010.0 R1211B



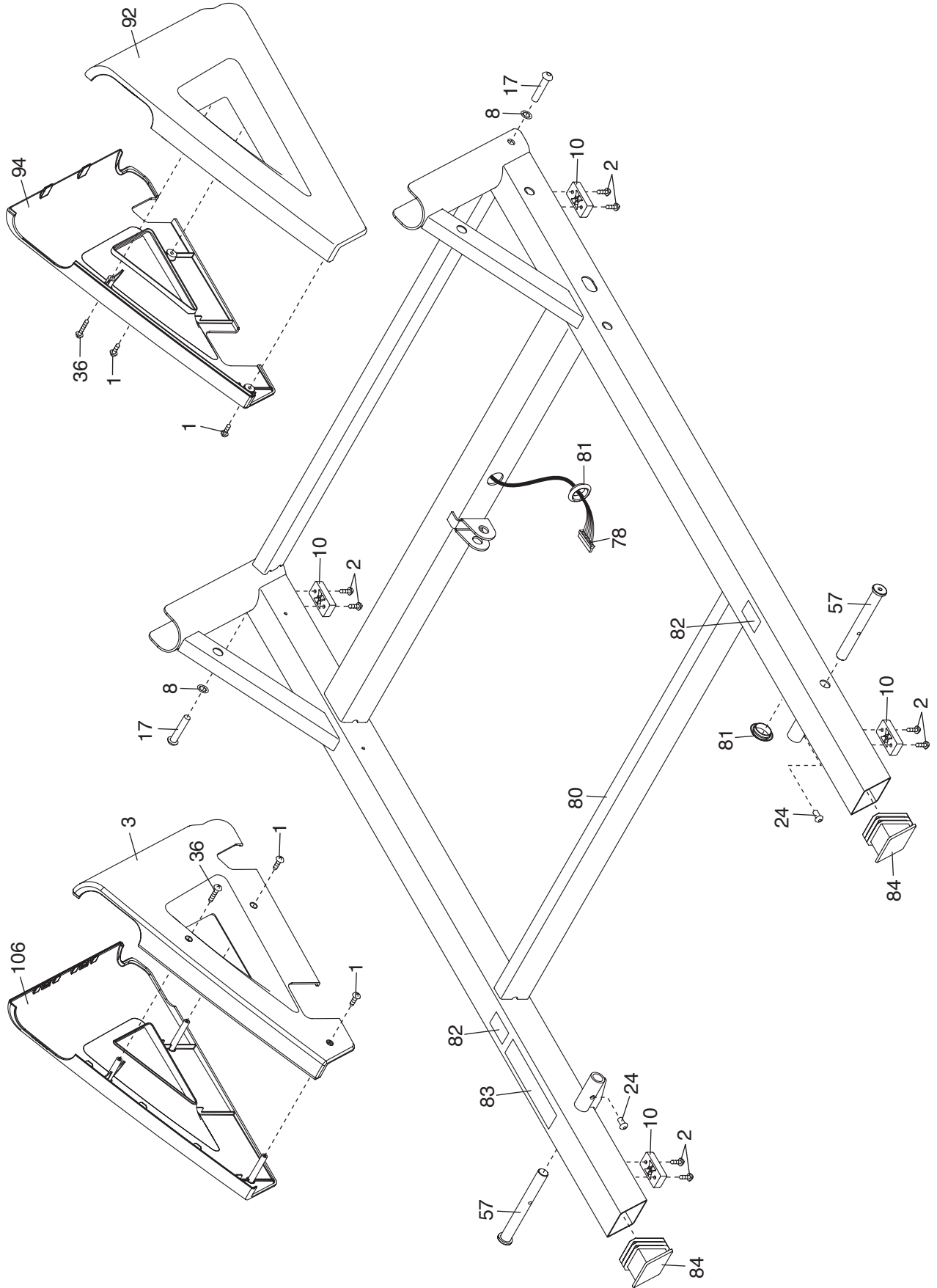
EXPLODED DRAWING B

Model No. NTL15010.0 R1211B



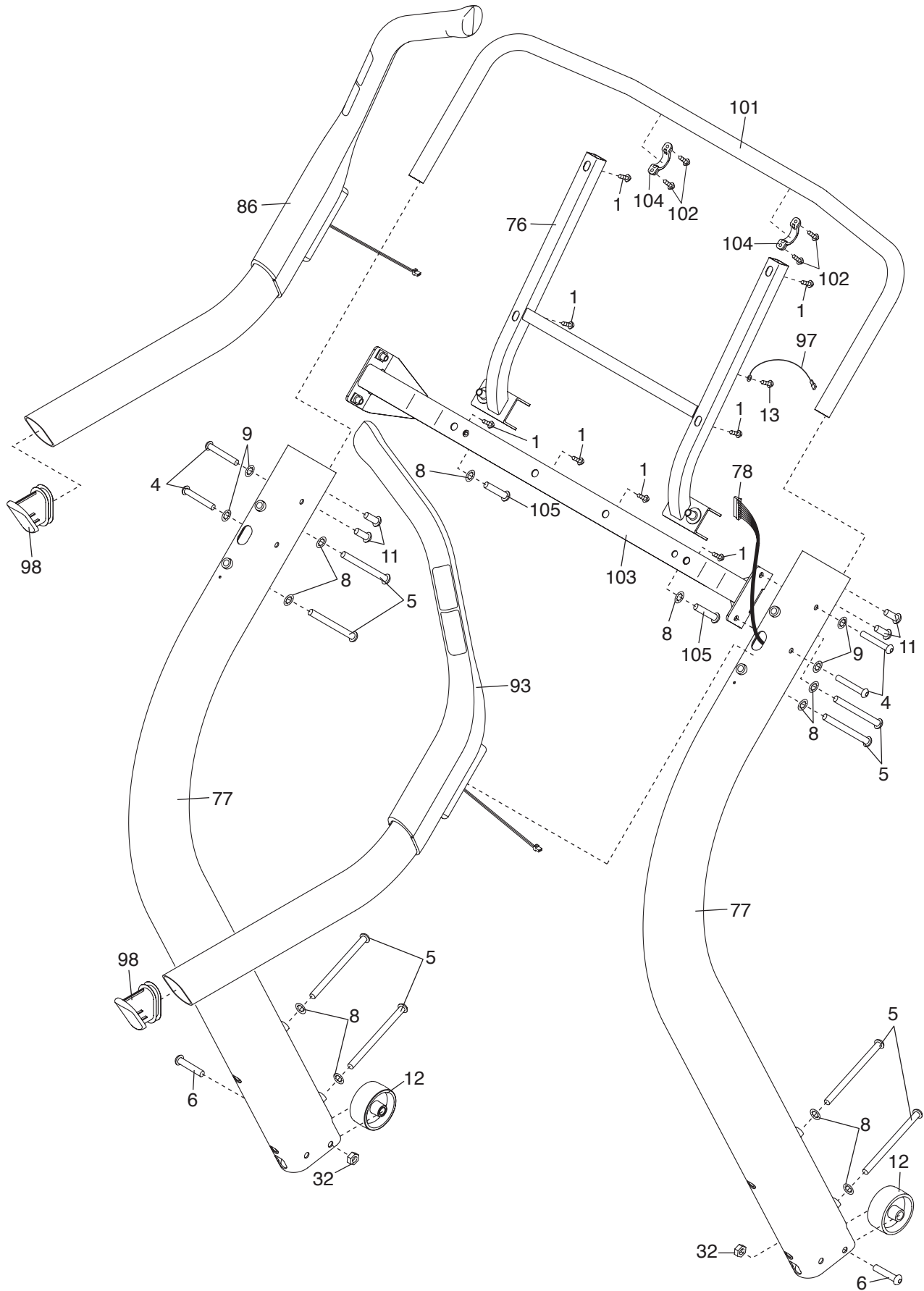
EXPLODED DRAWING C

Model No. NTL15010.0 R1211B



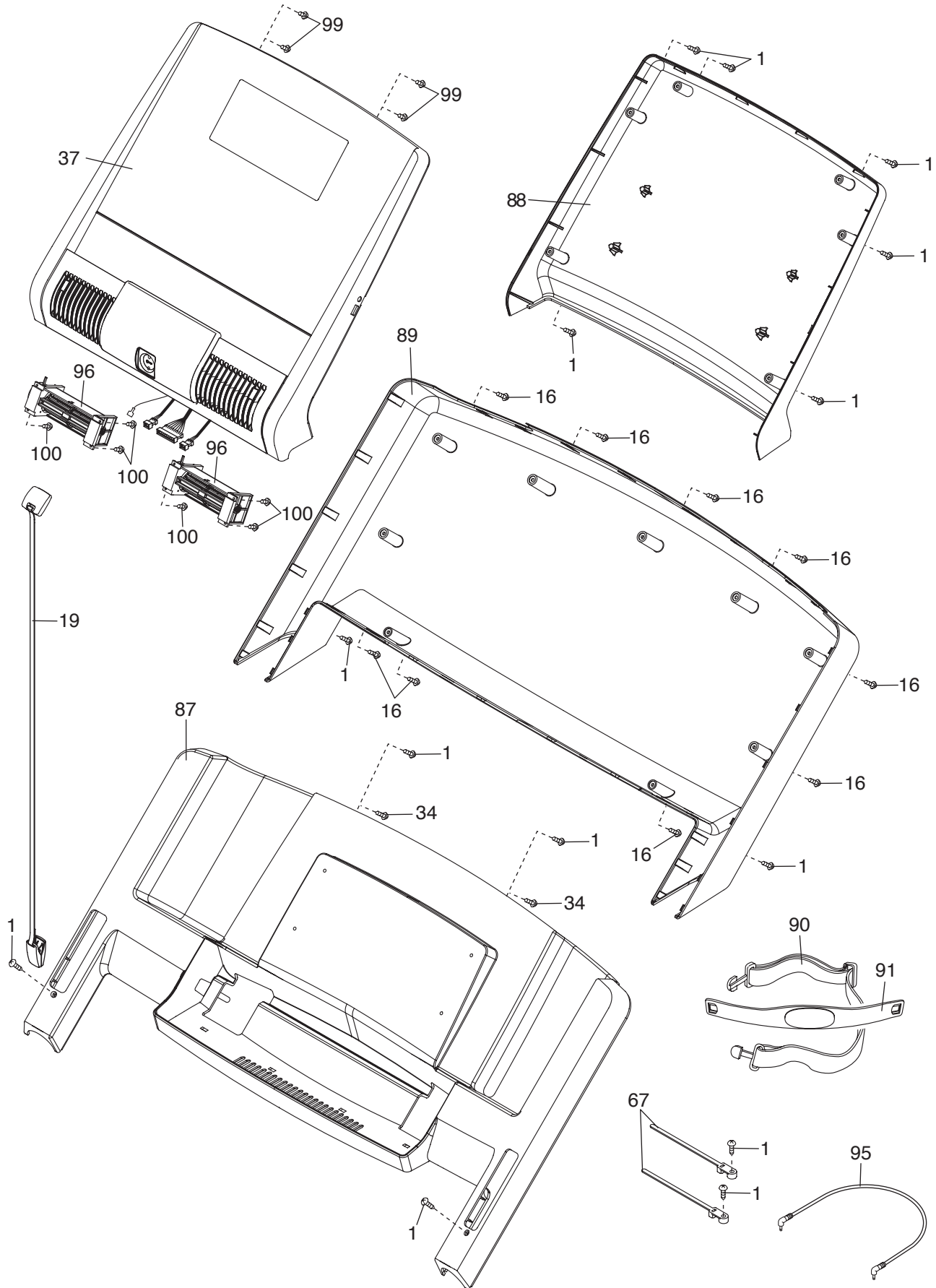
EXPLODED DRAWING D

Model No. NTL15010.0 R1211B



EXPLODED DRAWING E

Model No. NTL15010.0 R1211B



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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

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 and drive motor are warranted for a lifetime. Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years 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.

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