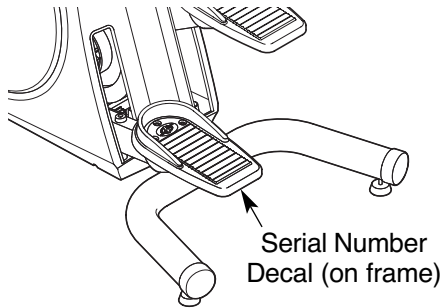


NordicTrack[®] MTN 740

Model No. NTM5802.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

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

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

CALL TOLL-FREE:

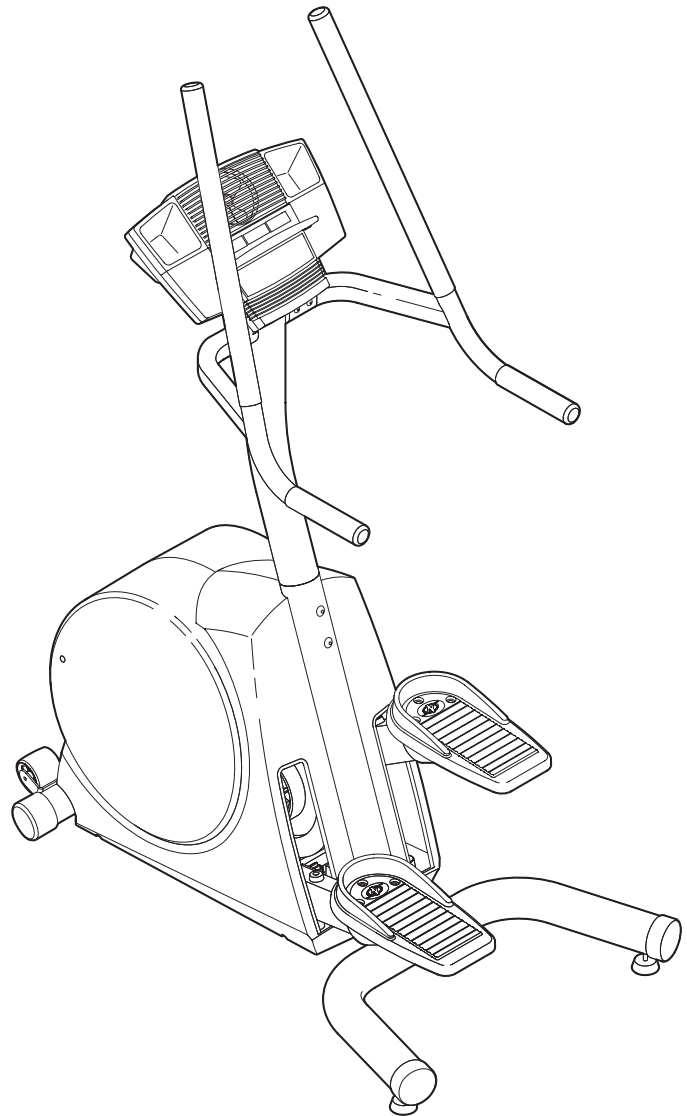
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

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.



Visit our website at

www.nordictrack.com

new products, prizes,
fitness tips, and much more!

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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 stepper before using your stepper. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Read all instructions in this manual before using the stepper.
2. Use the stepper only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
4. Place the stepper on a level surface. Cover the floor beneath the stepper to protect the floor or carpet. Keep the stepper indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the stepper at all times.
7. The stepper should not be used by persons weighing more than 250 lbs. (113 kg).
8. Always wear suitable exercise clothing when using the stepper. Wear athletic shoes for foot protection.
9. Always hold the handlebars when mounting, dismounting, or using the stepper.
10. Keep your back straight when using the stepper; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The stepper is intended for in-home use only. Do not use the stepper in a commercial, rental, or institutional setting.
13. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

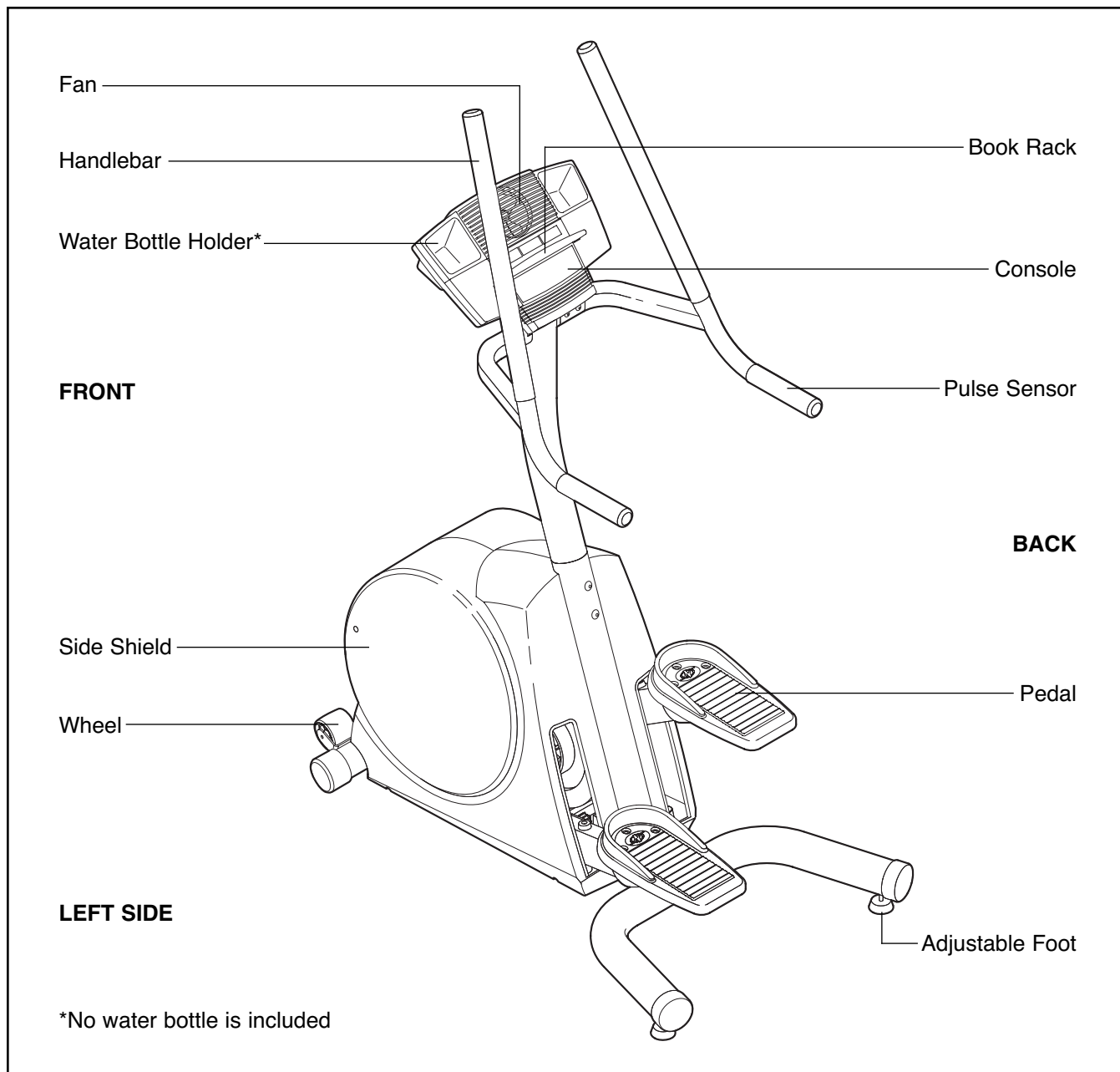
BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® MTN 740 stepper. Stepping is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The NordicTrack® MTN 740 stepper blends advanced engineering with innovative styling to let you enjoy this exercise in the convenience and privacy of your home.



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

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

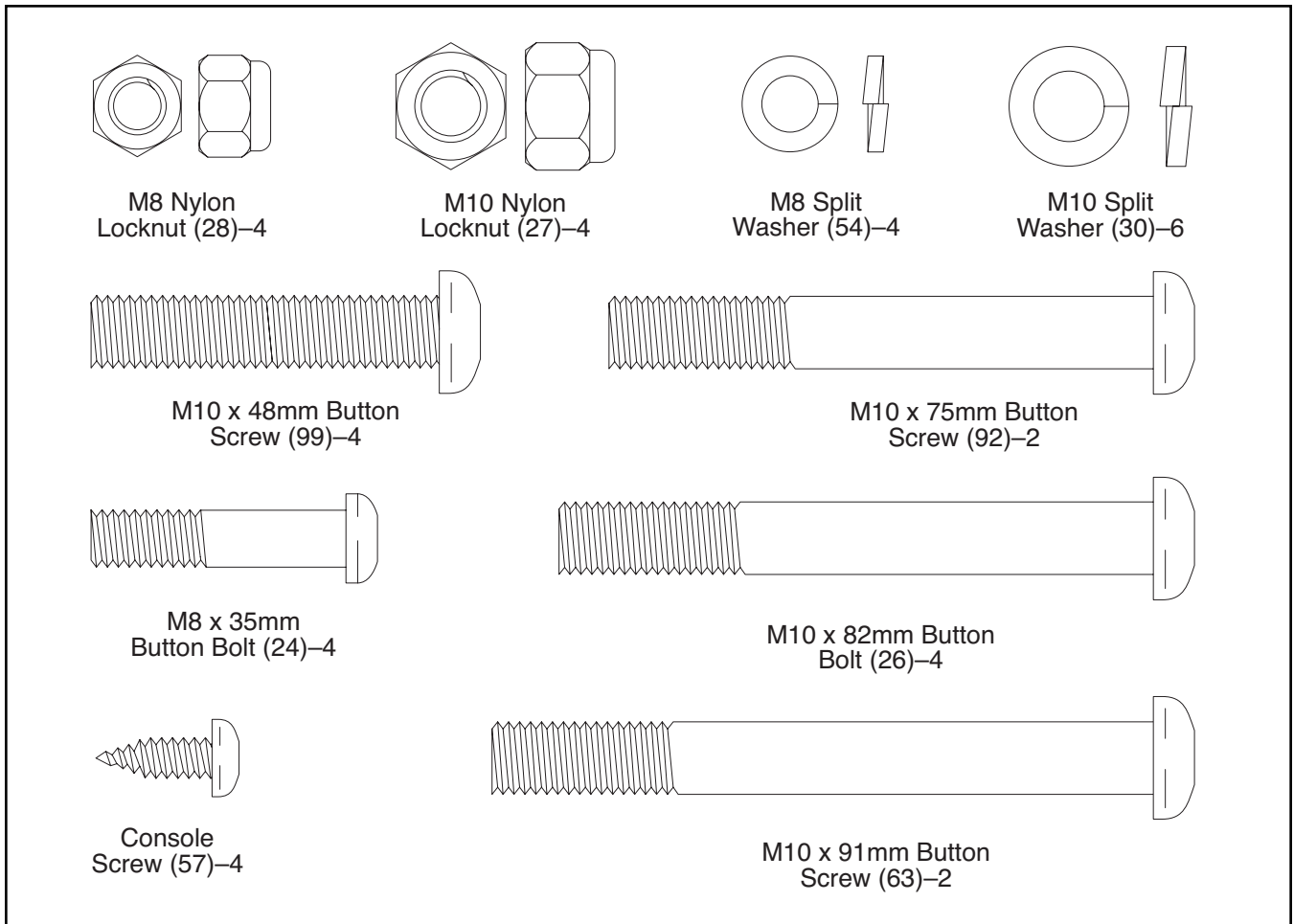
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



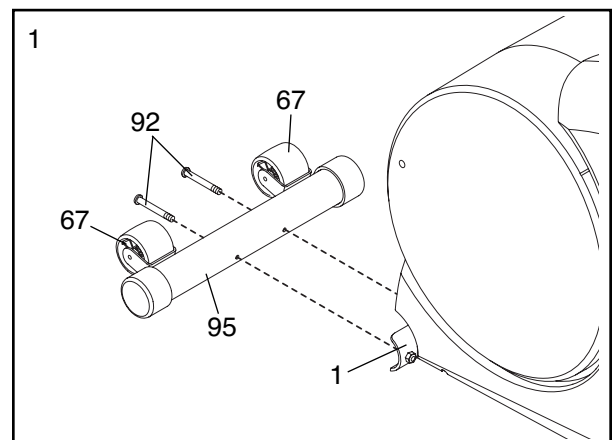
ASSEMBLY

Assembly requires two persons. Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires an adjustable wrench**  **and a rubber mallet** .

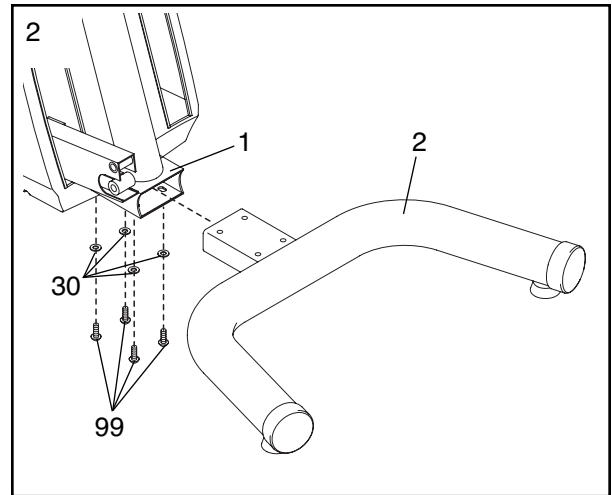
As you assemble the stepper, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may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



1. While another person lifts and holds the indicated end of the Frame (1), attach the Front Stabilizer (95) to the Frame with two M10 x 75mm Button Screws (92). **Make sure that the Front Stabilizer is turned so the Wheels (67) are not touching the floor.**



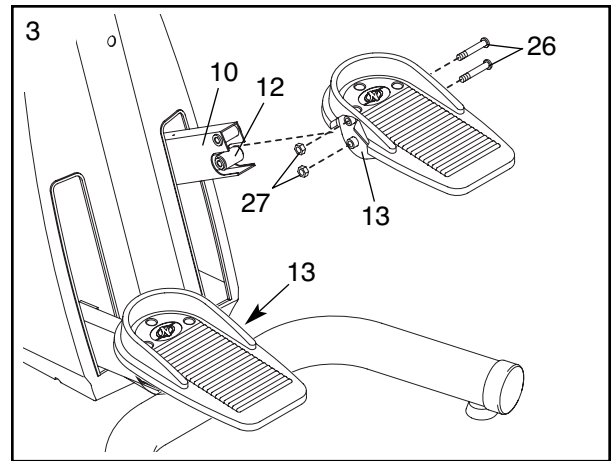
2. While another person lifts and holds the indicated end of the Frame (1), insert the Stabilizer (2) into the Frame. Attach the Stabilizer with four M10 x 48mm Button Screws (99) and four M10 Split Washers (30).



3. Slide one of the Pedal Brackets (13) onto the end of the Right Pedal Leg (10). Align the lower hole in the Pedal Bracket with the hole in the Lower Pedal Leg (12). Insert an M10 x 82mm Button Bolt (26) into the Pedal Bracket and the Lower Pedal Leg.

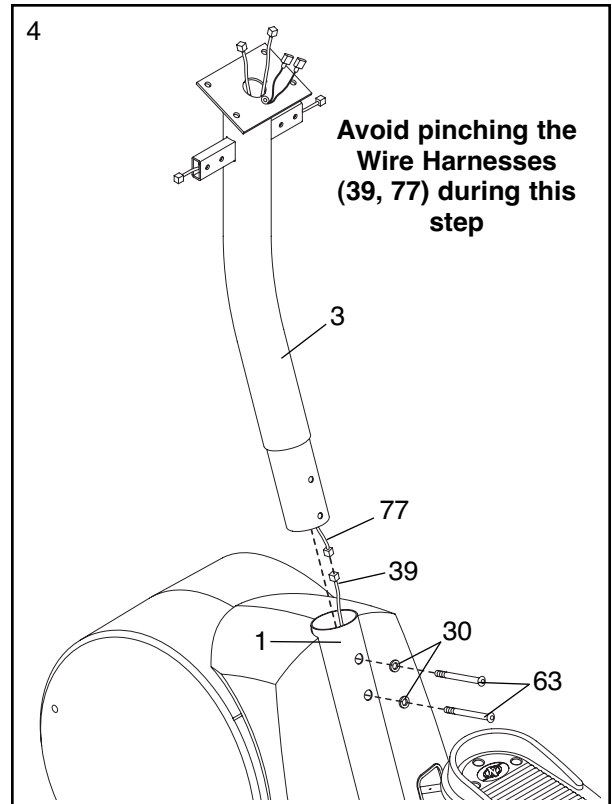
Next, align the upper hole in the Pedal Bracket (13) with the hole in the Right Pedal Leg (10). Insert an M10 x 82mm Button Bolt (26) into the Pedal Bracket and the Right Pedal Leg. Tighten an M10 Nylon Locknut (27) onto each of the Button Bolts.

Attach the other Pedal Bracket (13) in the same way.



4. While another person holds the Upright (3) near the Frame (1), connect the Extension Wire Harness (77) to the Wire Harness (39).

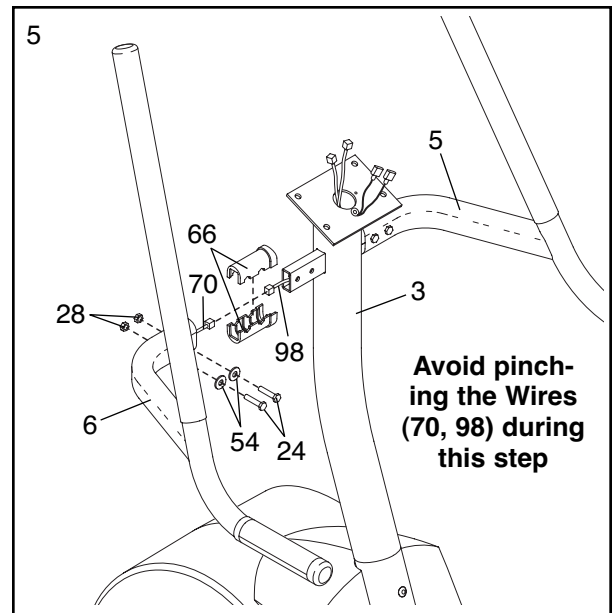
Gently pull the upper end of the Extension Wire Harness (77) out of the top of the Upright (3) to remove any slack. Then, carefully insert the Upright into the Frame (1). Attach the Upright with two M10 x 91mm Button Screws (63) and two M10 Split Washers (30).



5. While another person holds the Left Handlebar (6) near the Upright (3), Connect the Handgrip Pulse Wire (70) to the Pulse Extension Wire (98). Insert the excess wiring into the Left Handlebar.

Hold two Handlebar Bushings (66) around the rectangular tube on the left side of the Upright (3). Slide the Left Handlebar (6) onto the Handlebar Bushings and the tube on the Upright; **be careful not to damage the the Handgrip Pulse Wire (70) or the Pulse Extension Wire (98)**. Attach the Left Handlebar with two M8 x 35mm Button Bolts (24), two M8 Split Washers (54), and two M8 Nylon Locknuts (28). **Avoid damaging the Wires as you insert the Button Bolts. Firmly tighten the Nylon Locknuts.**

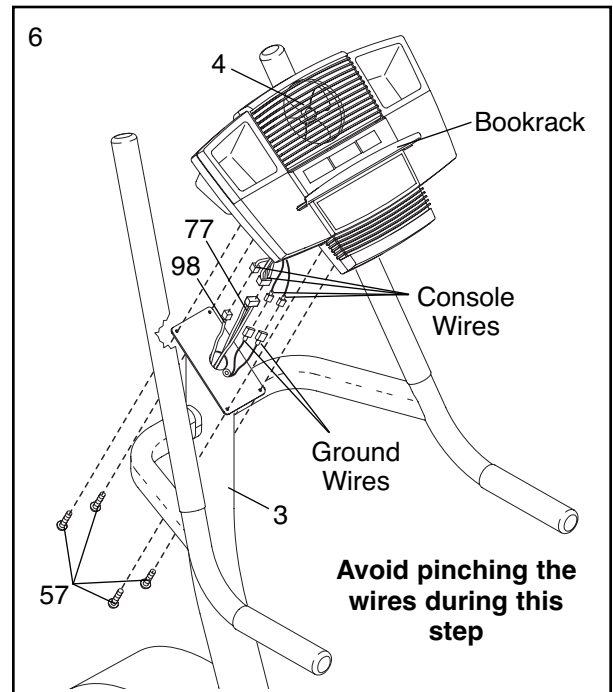
Attach the Right Handlebar (5) in the same way.



6. While another person holds the Console (4) near the Upright (3), connect Extension Wire Harness (77), the Pulse Extension Wire (98), and the ground wires to the corresponding wires on the Console. Insert any slack wire up into the Console and down into the Upright.

Attach the Console (4) to the Upright (3) with four Console Screws (57). **Avoid pinching the wires during this step.**

Snap the bookrack onto the Console (4) in the location shown.



7. **Make sure that all parts of the stepper are properly tightened. Note: Some hardware may be left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the stepper.

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

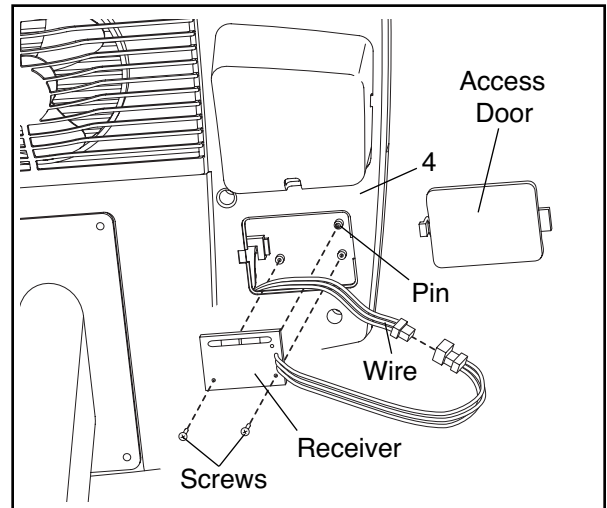
If you purchase the optional chest pulse sensor (see page 16), follow the steps below to install the receiver included with the chest pulse sensor.

Remove the access door from the underside of the Console (4). You may need to use a small standard screwdriver to remove the access door.

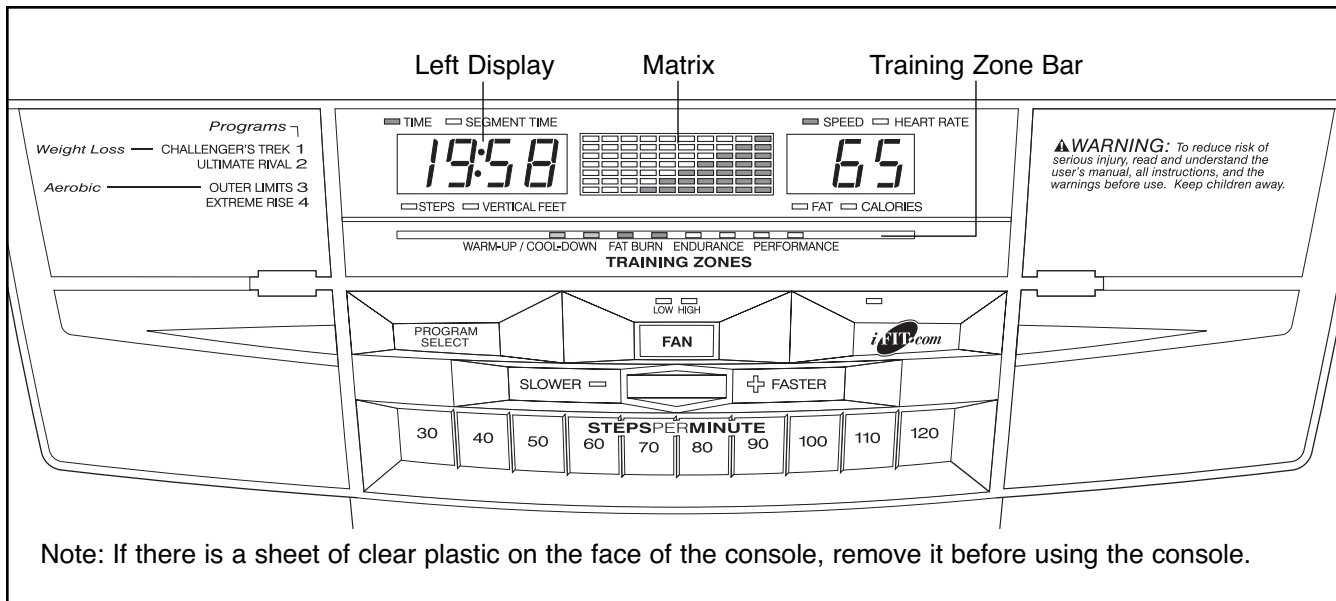
Slide the receiver onto the indicated plastic pin on the Console (4); **make sure that the receiver is oriented exactly as shown**. Locate the two small screws included with the chest pulse sensor. Attach the receiver to the Console with the two screws as shown.

Connect the wire on the receiver to the indicated wire on the Console (4).

Reattach the access door. **Make sure that no wires are pinched**. Note: The other wires included with the chest pulse sensor may be discarded.



HOW TO OPERATE THE STEPPER



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the stepping speed can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 16).

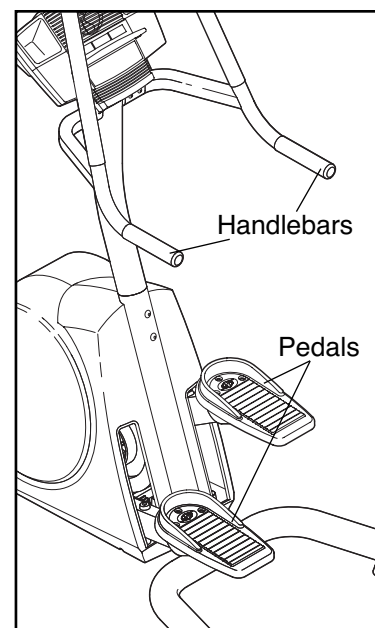
The console also offers four preset workout programs. Each program automatically changes the stepping speed as it guides you through an effective workout.

The console also features new iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the stepper to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (iFIT.com CDs are available separately). iFIT.com CD programs automatically control the stepping speed as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers. **For information about the availability of iFIT.com CDs, call 1-800-735-0768.**

With the stepper connected to your computer, you can also go to our website and access programs directly from the Internet. **Explore www.iFIT.com for details.**

HOW TO EXERCISE ON THE STEPPER

Hold the handlebars and step onto the pedals. Begin stepping with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the stepping speed (see step 3 on page 6) until you can comfortably maintain a continuous motion.



As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise. Always keep your back straight to avoid injury.

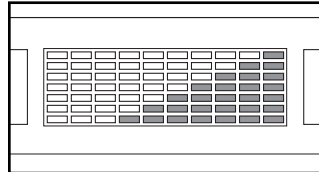
HOW TO USE THE MANUAL MODE

1. Begin stepping to activate the console.

The stepper requires no batteries or external power source. Power is supplied to the stepper by a generator while you are stepping. To activate the console, begin stepping. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2. Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, select the manual mode by pressing the Program Select button repeatedly until a staircase appears in the matrix and the indicator above the iFIT.com button is not lit.

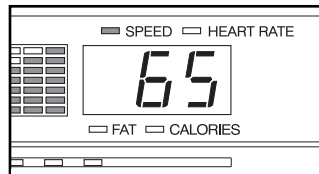


3. Begin stepping and change the stepping speed as desired.

While you are stepping, change the stepping speed by pressing the Slower or Faster button.

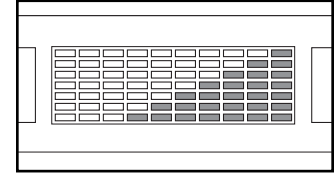
When the Slower button is pressed, the resistance of the pedals will increase and your stepping speed will decrease; when the Faster button is pressed, the resistance will decrease and you will have to increase your stepping speed to prevent both pedals from sinking to the floor. The stepping speed can be decreased or increased in increments of 5 steps per minute. To change the stepping speed quickly, press one of the Steps Per Minute buttons.

Note: After the Slower, Faster, or Steps Per Minute buttons are pressed, it will take a moment for the stepper to reach the selected setting. Make sure to continue stepping while changing the stepping speed.



4. Monitor your progress with the matrix, the Training Zone bar, and the two displays.

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a staircase. As you exercise, the indicators in the staircase will light, one at a time, until the entire staircase is lit. This cycle will then repeat.

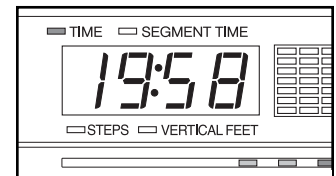


The Training Zone bar—The Training Zone bar will show the approximate intensity level of your exercise. For example, if three or four indicators in the bar are lit, the bar shows that the intensity level is ideal for fat burning.



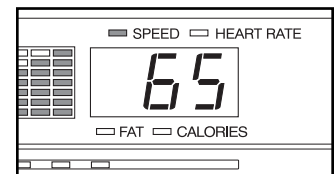
The left display—

The left display will show the elapsed time, the total number of steps you have completed, and the approximate number of vertical feet that you have stepped. The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program instead of the elapsed time.



The right display—

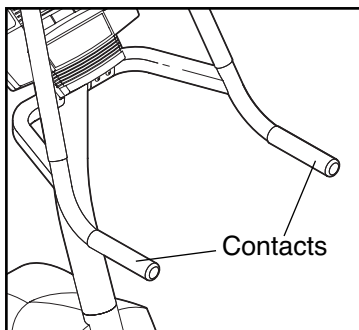
The right display will show your stepping speed and the approximate numbers of *fat calories* and *calories* you have burned (see BURNING FAT on page 18). The display will change from one number to the next every few seconds, as shown by the indicators around the display. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the stepping speed changes, the display will show the stepping speed.



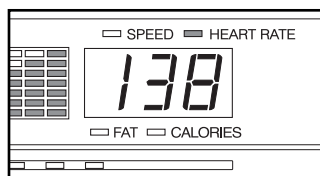
5. Measure your heart rate if desired.

Note: If you hold the handgrip pulse sensor and wear the optional chest pulse sensor at the same time, the console may not display your heart rate accurately.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.**



When your pulse is detected, the Heart Rate indicator above the right display will begin to flash, one or two dashes (—) will appear in the right display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



Note: If you continue to hold the pulse sensor, the right display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

6. Turn on the fan if desired.

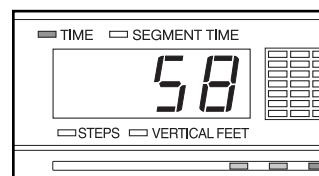
To turn on the fan at low speed, press the Fan button. Pivot the fan to the desired angle. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time.

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

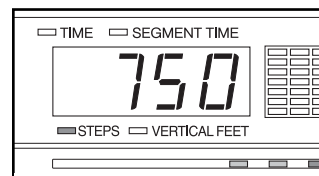
If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the left display will begin to flash.

If the pedals are not moved for about one minute, the console will turn off, but the displays will not be reset. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

Note: The console features an information mode that keeps track of the total number of hours that the stepper has been used and the total number of steps that have been completed. To view this information, hold down the Program Select button for about three seconds. The left display will show the total number of hours that the stepper has been used.



Press the iFIT.com button. The left display will then show the total number of steps completed, divided by 100. For example, if the number 750 appears, 75,000 steps have been completed.



Press the Program Select button again to exit the information mode.

HOW TO USE PRESET WORKOUT PROGRAMS

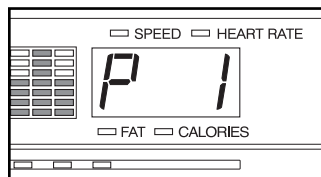
1. Begin stepping to activate the console.

See step 1 on page 10.

2. Select one of the four workout programs.

When the power is turned on, the manual mode will be selected. To select a workout program, press the Program Select button

repeatedly until a "P 1," "P 2," "P 3," or "P 4" appears in the right display.

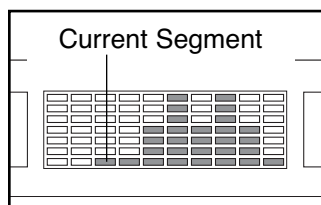


When a workout program is selected, the matrix will show the first seven stepping speed settings of the program. The left display will show how long the program will last.

3. Begin stepping to start the program.

Each program is divided into several time segments of different lengths. (The left display will show the time remaining in the program and the time remaining in the current segment of the program.) One stepping speed is programmed for each segment. (The same stepping speed may be programmed for two or more consecutive segments.)

The stepping speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. The stepping speed settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all stepping speed settings will move one column to the left*. The stepping speed setting for the second segment will then be shown in the flashing Current Segment column and the stepping speed will automatically change.

Note: If all of the indicators in the Current Segment column are lit after the stepping speed settings have moved to the left, *the settings will move downward* so that only the highest indicators appear in the matrix.

The program will continue until the stepping speed setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program.

Note: During the program, you can override the stepping speed for the current segment, if desired, by pressing the Steps Per Minute buttons. However, when the next segment begins, the stepping speed will automatically change if a different stepping speed is programmed for the next segment. If you stop stepping for several seconds, a tone will sound, the program will pause, and the left display will begin to flash. To restart the program, simply resume stepping.

4. Monitor your progress with the two displays.

See step 4 on page 10.

5. Measure your heart rate if desired.

See step 5 on page 11.

6. Turn on the fan if desired.

See step 6 on page 11.

7. When the program is finished, the console will automatically turn off.

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the left display will begin to flash.

If the pedals are not moved for about one minute, the console will turn off, but the displays will not be reset. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

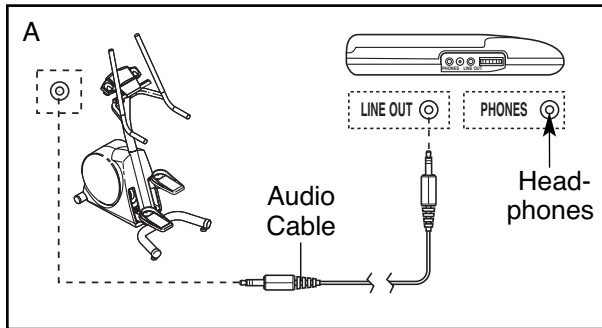
HOW TO CONNECT THE STEPPER TO YOUR CD PLAYER OR COMPUTER

To use iFIT.com CDs, the stepper must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 13 and 14 for connecting instructions. To use iFIT.com programs directly from our website, the stepper must be connected to your home computer. See page 14 for connecting instructions.

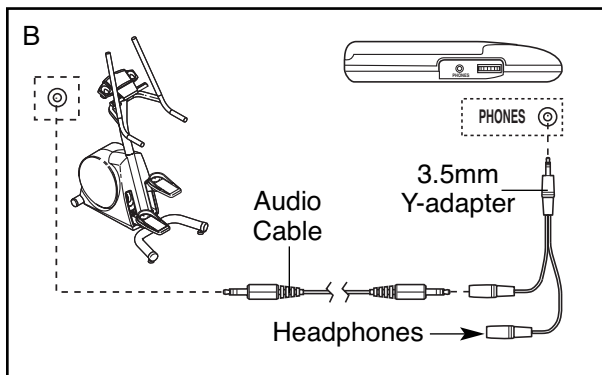
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



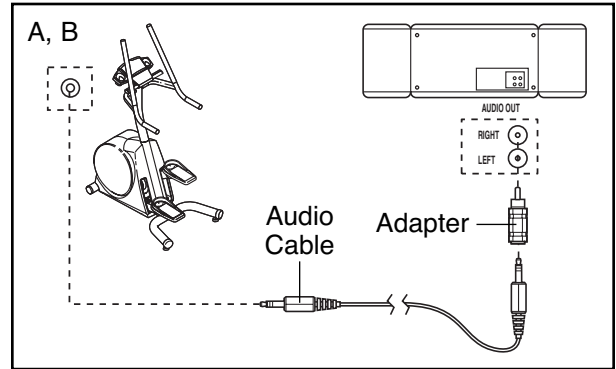
- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



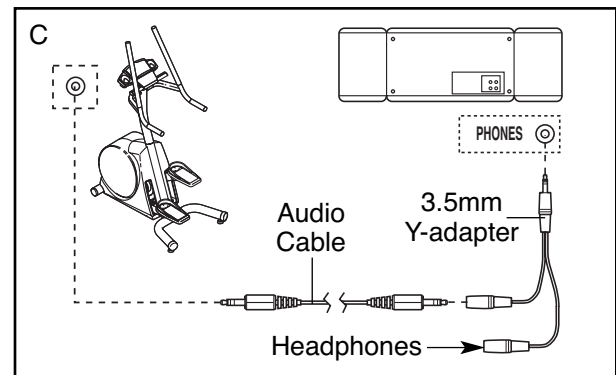
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



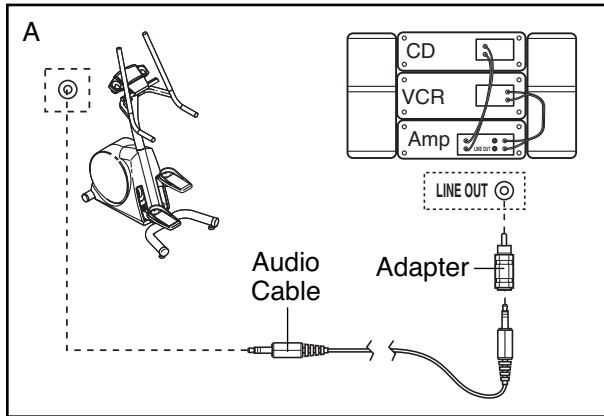
- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.
- C. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



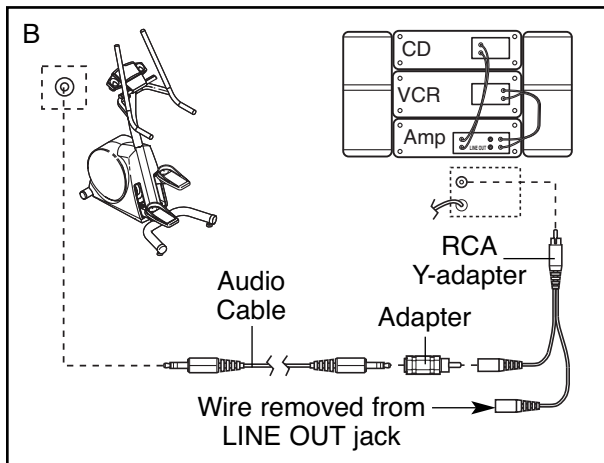
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



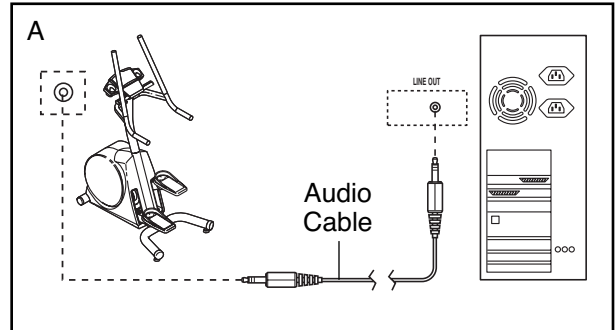
- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **Y-adapter**. Plug the **Y-adapter** into the **LINE OUT** jack on your stereo.



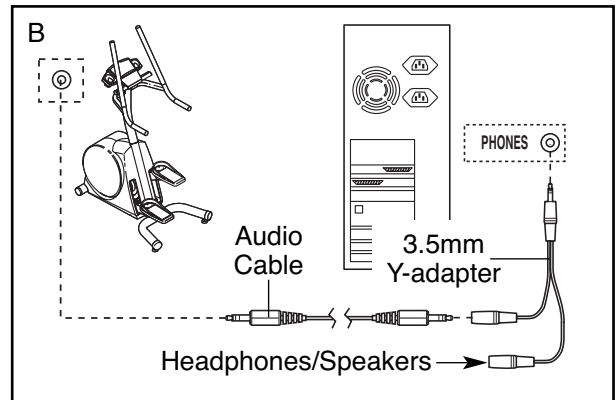
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the **LINE OUT** jack on your computer.



- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



HOW TO USE iFIT.COM CD PROGRAMS

To use iFIT.com CD programs, the stepper must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See HOW TO CONNECT THE STEPPER TO YOUR CD PLAYER OR COMPUTER on pages 12 and 13. **For information about the availability of iFIT.com CDs, call 1-800-735-0768.**

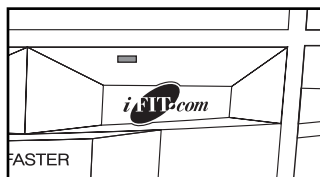
Follow the steps below to use an iFIT.com CD program.

1. Begin stepping to activate the console.

See step 1 on page 10.

2. Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light.



3. Insert an iFIT.com CD into your CD player and press the play button.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a workout program (see step 3 on page 12). However, an electronic "chirping" sound will alert you when the stepping speed is about to change.

Note: If the stepping speed does not change when a "chirp" is heard:

- **Make sure that the indicator above the iFIT.com button is lit.**
- **Adjust the volume of your CD player. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

4. Monitor your progress with the two displays.

See step 4 on page 10.

5. Measure your heart rate if desired.

See step 5 on page 11.

6. Turn on the fan if desired.

See step 6 on page 11.

7. When the program is finished, the console will automatically turn off.

See step 7 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEBSITE

Our website at www.iFIT.com allows you to play iFIT.com programs directly from the Internet. To use programs from our website, the stepper must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 14. In addition, you must have an Internet connection and an Internet service provider. A list of specific system requirements is found on our website.

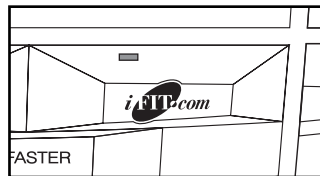
Follow the steps below to use a program from our website.

1. Begin stepping to activate the console.

See step 1 on page 10.

2. Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light.



3. Go to your computer and start an Internet connection.

4. Start your Web browser, if necessary, and go to our website at www.iFIT.com.

5. Follow the desired links on our website to select a program.

Read and follow the on-line instructions for using a program.

6. Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7. Return to the stepper and begin stepping.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a workout program (see step 3 on page 11). However, an electronic “chirping” sound will alert you when the stepping speed is about to change.

8. Monitor your progress with the two displays.

See step 4 on page 10.

9. Measure your heart rate if desired.

See step 5 on page 11.

10. Turn on the fan if desired.

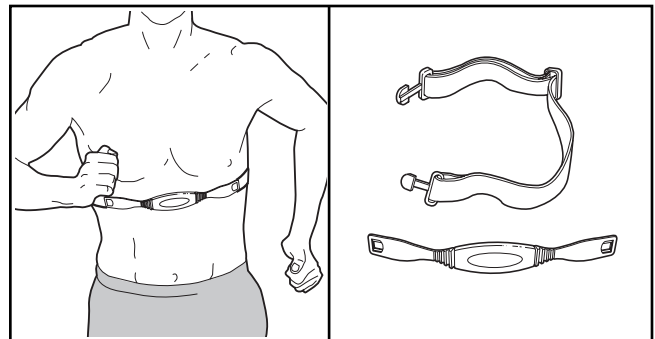
See step 6 on page 11.

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

See step 7 on page 12.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call 1-800-734-2377.**

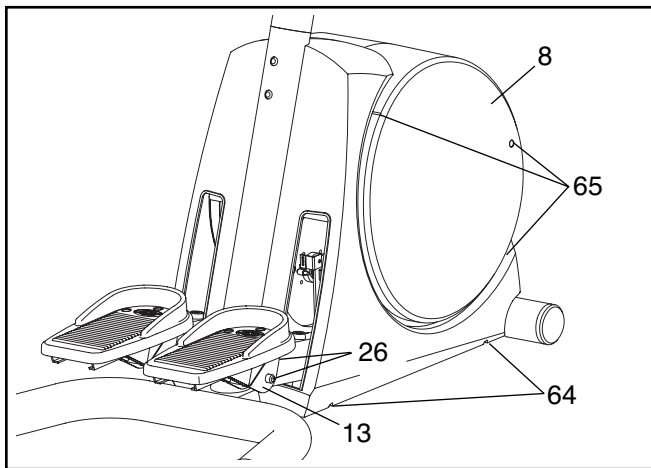


TROUBLESHOOTING AND MAINTENANCE

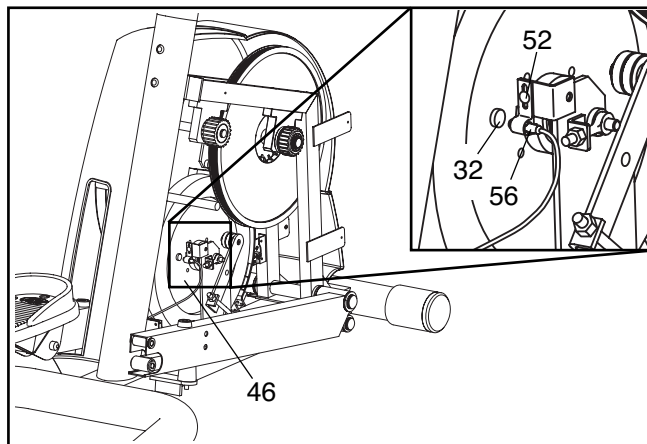
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned with a soft cloth and a small amount of mild, non-abrasive detergent. Keep liquids away from the console.

HOW TO ADJUST THE REED SWITCH

For the console to display correct feedback, the pedals must move at least five inches with each step. If the console displays incorrect feedback when the pedals are moved five inches or more, the Reed Switch (56) should be adjusted.



Remove the right Pedal Bracket (13) by removing the two M10 x 82mm Button Bolts (26) and the two M10 Nylon Locknuts (not shown). Then, remove the two M4 x 38mm Screws (64) and the three M4 x 25mm Screws (65). Carefully slide the Right Side Shield (8) off the stepper.

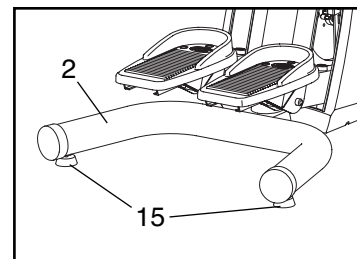


Turn the Flywheel (46) until the Magnet (32) is aligned with the Reed Switch (56) (refer to the inset drawing). Loosen the indicated Screw (52). Slide the Reed Switch slightly closer to the Flywheel, and retighten the Screw. **Make sure that the Magnet will not hit the Reed Switch when the Flywheel turns.** Repeat until the console displays correct feedback.

Carefully slide the Right Side Shield (8) back onto the stepper. Reattach the three M4 x 38mm Screws (64) and the two M4 x 25mm Screws (65). Reattach the Pedal Bracket (13).

HOW TO LEVEL THE STEPPER

If the stepper rocks slightly during use, turn one or both of the Feet (15) under the Stabilizer (2) until the stepper is level.



EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

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

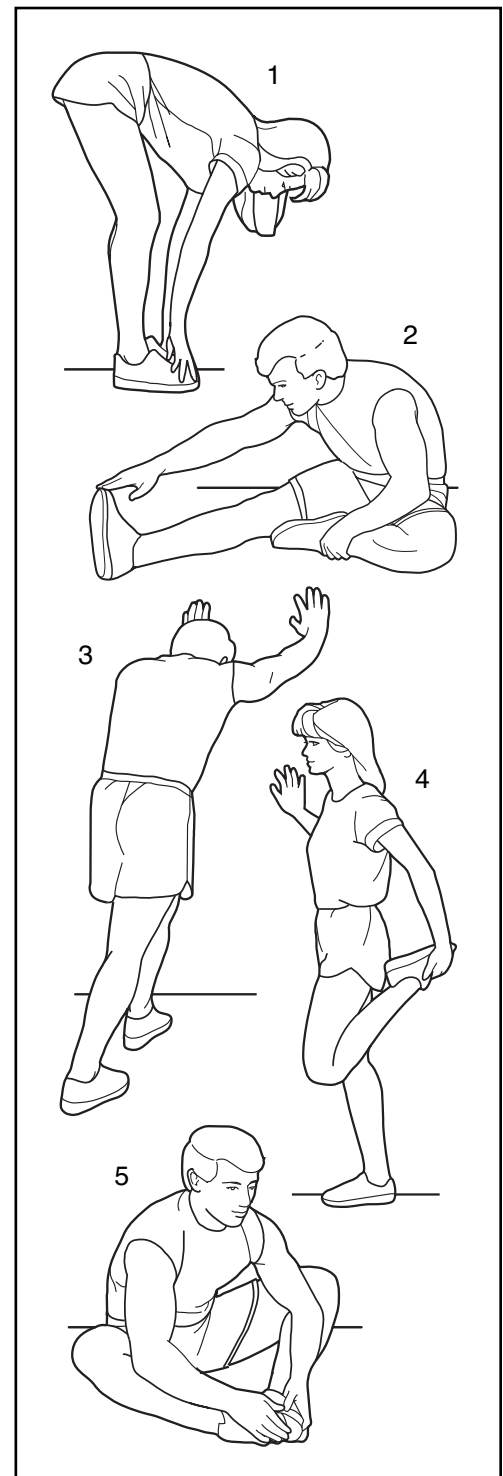
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTM5802.1

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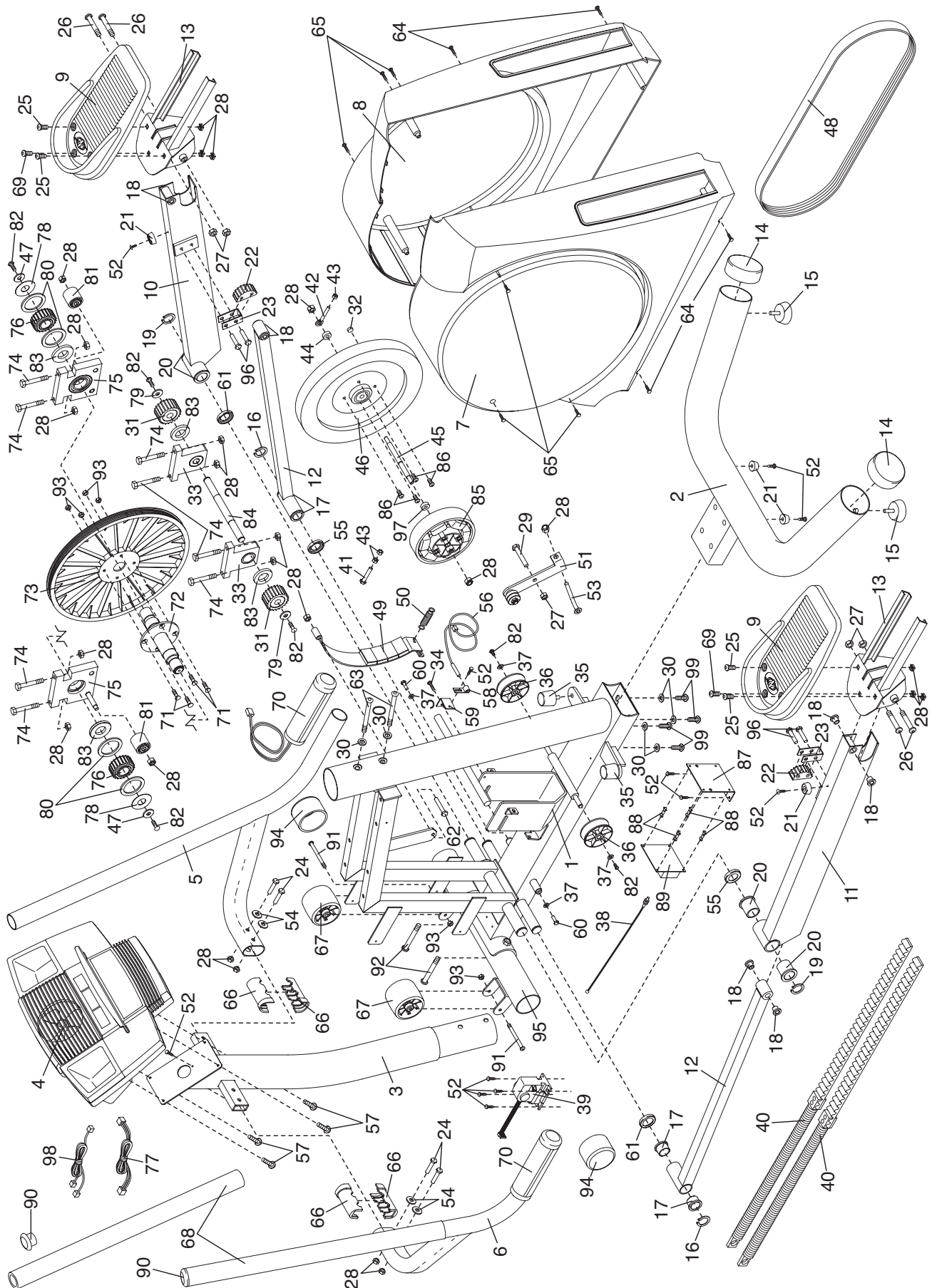
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	41	1	Stop Bolt
2	1	Stabilizer	42	1	Eye Bolt
3	1	Upright	43	3	M6 Nut
4	1	Console	44	1	Flywheel Washer
5	1	Right Handlebar	45	1	Generator Axle
6	1	Left Handlebar	46	1	Flywheel
7	1	Left Side Shield	47	2	Front Gear Washer
8	1	Right Side Shield	48	1	Generator Belt
9	2	Pedals	49	1	“C” Magnet
10	1	Right Pedal Leg	50	1	Return Spring
11	1	Left Pedal Leg	51	1	Idler Arm
12	2	Lower Pedal Leg	52	12	M4 x 10mm Screw
13	2	Pedal Bracket	53	1	“J” Bolt
14	2	Rear Stabilizer Endcap	54	4	M8 Split Washer
15	2	Foot	55	2	Lower Pedal Leg Weld Spacer
16	2	20.8mm Snap Ring	56	1	Reed Switch/Wire
17	4	31.8mm Bushing	57	4	Console Screw
18	8	19mm Bushing	58	1	Reed Switch Bracket
19	2	23mm Snap Ring	59	1	Mounting Bracket
20	4	38.1 Bushing	60	2	M6 x 15mm Button Screw
21	4	Small Bumper	61	2	Upper Pedal Leg Weld Spacer
22	2	Belt Mount	62	1	M8 x 48mm Bolt
23	2	Belt Bracket	63	2	M10 x 91mm Button Screw
24	4	M8 x 35mm Button Bolt	64	4	M4 x 38mm Screw
25	4	M8 x 26mm Button Screw	65	6	M4 x 25mm Screw
26	4	M10 x 82mm Button Bolt	66	4	Handlebar Bushing
27	5	M10 Nylon Locknut	67	2	Wheel
28	24	M8 Nylon Locknut	68	2	Foam Grip
29	1	M10 x 25mm Button Screw	69	2	M8 x 22mm Button Bolt
30	6	M10 Split Washer	70	2	Handgrip Pulse Sensor/Wire
31	2	Rear Belt Gear	71	4	M6 x 22mm Flat Head Screw
32	1	Magnet	72	1	Pulley Axle
33	2	Rear Axle Mount	73	1	Pulley
34	1	M5 x 16mm Screw	74	8	M8 x 68mm Bolt
35	2	Bumper	75	2	Front Axle Mount
36	2	Spring Pulley	76	2	Front Belt Gear
37	4	M6 Washer	77	1	Extension Wire Harness
38	1	Adjustment Cable	78	2	Retaining Washer
39	1	Wire Harness/Adjustment Motor	79	2	Rear Gear Washer
40	2	Belt/Spring Assembly	80	4	Plastic Retainer

Key No.	Qty.	Description	Key No.	Qty.	Description
81	2	Belt Pulley	92	2	M10 x 75mm Button Screw
82	6	M6 x 12mm Button Screw	93	6	M6 Nylon Locknut
83	4	Delrin Spacer	94	2	Front Stabilizer Endcap
84	1	Belt Pulley Axle	95	1	Front Stabilizer
85	1	Generator	96	4	M8 x 33mm Button Bolt
86	4	M8 x 14mm Button Screw	97	1	Flywheel Spacer
87	1	Control Bracket	98	1	Pulse Extension Wire
88	4	Offset	99	4	M10 x 48mm Button Screw
89	1	Control Board	*	–	User's Manual
90	2	Handlebar Endcap	*	–	Hex Key
91	2	M6 x 72mm Button Bolt			

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

EXPLODED DRAWING—Model No. NTM5802.1

R0208A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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