

NordicTrack[®] 10" Tablet for Android™

Portal 10i

Quick Start Guide

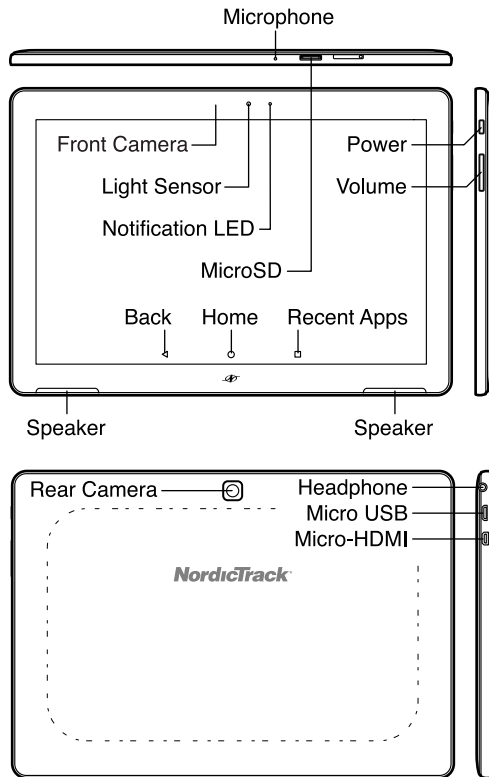
Model No. NTMC17.0

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this guide and all warnings on your tablet before using your tablet. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this tablet.

1. Use the tablet only as described in this guide and in the manual. It is the responsibility of the owner to ensure that all users of the tablet are informed of all precautions.
2. To charge the battery in the tablet, use only a compatible charger and cable with a certified computer, powered hub, or power supply or with a power outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use the included charger and cable if they are damaged. Do not use the tablet while it is charging.
3. Use only cables, adapters, and plugs that are compatible with this tablet. Keep them away from heated surfaces and do not modify them to connect them to improper receptacles. Do not use cables, adapters, or plugs that are damaged or contain loose wiring.
4. Do not attempt to open or disassemble the tablet; the battery is not replaceable or serviceable except by authorized service technicians.
5. Keep the tablet away from moisture, liquids, and dust.
6. Do not use the tablet in areas where water is present (such as near sinks, toilets, bathtubs, laundry tubs, washing machines, swimming pools, saunas, steam rooms, and so forth). Do not touch the tablet with wet hands.
7. Do not expose the tablet to extremely high or low temperatures, to direct sunlight for an extended period of time, to equipment or appliances with magnetic fields or that is subject to radio frequency interference, or to open flames. Do not place the tablet in high-pressure containers.
8. Do not use the tablet during electrical storms or in hospitals or near medical equipment that may be subject to radio frequency interference. Do not use the tablet in the vicinity of a pacemaker.
9. Do not insert any object into any opening on the tablet.
10. Keep the ventilation openings on the tablet clear; do not block them by placing the tablet on surfaces such as beds, sofas, or rugs.
11. Do not use liquid or aerosol cleaners to clean the tablet. Use only a soft, damp cloth to clean the tablet.

OVERVIEW



INSERT/REMOVE MEMORY CARD

You can use a microSD/SDHC™ memory card (not included) to expand the internal memory of the tablet up to 32 GB.

You can choose whether to store your files on the tablet's internal memory or on the memory card.

To insert a memory card, orient it so that the metal contacts are facing the microSD slot and the rear of the tablet. Then, press the memory card into the microSD slot until you hear a slight click.

To remove a memory card, first turn off the power. Then, press on the memory card to release it, and then pull it out of the slot.

Do not remove the memory card while you are viewing files or using apps stored on the memory card. When the memory card is removed, any files or apps stored on the memory card will not be available.

TURN POWER ON/OFF

To turn on the power, press and hold the power button located on the side of the tablet for a few seconds. The tablet will turn on.

A lock screen may appear. To unlock the screen, swipe upward. The home screen will then appear.

The first time you use the tablet, a setup guide will appear on the screen. Follow the instructions in the setup guide to set up your tablet.

To enter the sleep mode, press the power button once. The screen will turn off, but the tablet will not turn off. To exit sleep mode, press the power button once. The screen will turn on.

To turn off the power, press and hold the power button for several seconds. An options menu will appear. Touch the Power Off option. The tablet will turn off.

CHARGE TABLET BATTERY

The first time you turn on the power, allow the battery in the tablet to run down completely. Then, plug in the cable and the charger and charge the battery completely.

To charge the battery, plug the cable and the charger into the micro USB port on the tablet and into a power outlet that is properly installed according to local codes and ordinances or into a certified computer, powered hub, or power supply.

When the charger is plugged into a power outlet, it will take approximately 5 hours for the tablet to charge completely. Do not use the tablet while it is charging.

NAVIGATE TABLET

- Touch the Home button to go to the home screen.
- ◀ Touch the Back button to return to the previous screen.
- Touch the Recent Apps button to view a list of recent apps.
- Touch the Apps Menu button to go to the apps menu.

SET UP HOME SCREEN

The home screen is the starting point to access all of the tablet's features.

Add an app shortcut to the home screen. On the home screen, touch the Apps Menu button, find the icon for the desired app, and then touch and hold the icon. The app shortcut will then appear on the home screen. Drag the app shortcut to the desired position.

Set the wallpaper. Touch and hold on a blank area of the home screen until an options menu appears. Then, touch *Wallpapers*, select the desired wallpaper image, and touch *Set wallpaper* to confirm your selection.

SET LANGUAGE AND TIME

Set the language. From the home screen, go to tablet settings: Apps Menu button > *Settings* > *Language & input* > *Language*. Then, select the desired display language.

Set the date and time. From the home screen, go to tablet settings: Apps Menu button > *Settings* > *Date & time*. Then, select the desired time and date options.

CONNECT TO WIRELESS NETWORK

From the home screen, go to tablet settings: Apps Menu button > *Settings* > *Wi-Fi*.

Touch *On* to enable Wi-Fi® on the tablet. The tablet will then scan for and display a list of available wireless networks on the screen. Touch the name of the desired wireless network. Then, enter the password if necessary, and touch *Connect*. The tablet will then connect to the selected wireless network.

ADD APPS TO TABLET

To add apps to the tablet, touch the Apps Menu button and open the Google Play store app, which gives you access to a wide array of free and paid apps. Use this app to browse, select, pay for, download, and install apps on the tablet.

TRANSFER FILES WITH USB CABLE

To transfer document, image, music, and video files between the tablet and a PC computer, first plug the USB cable into the tablet and into your computer.

Next, swipe down the screen, touch the USB options notification message on the screen, and select the *File transfers* or the *Photo transfer (PTP)* option to connect as a media device or as a camera.

Then, select and copy the desired files onto the tablet or onto your computer.

Do not unplug the USB cable while the files are being transferred. Wait until any file transfers are completed before you unplug the USB cable from the tablet and your computer.

When you transfer files to the tablet, you can choose to store them on the internal memory or on a memory card, if one is inserted. See INSERT/REMOVE MEMORY CARD.

Note: To transfer files between the tablet and a Mac computer with the USB cable, you must download and install the free Android File Transfer app on your Mac computer. **Go to android.com/filetransfer for more information.**

TROUBLESHOOT

If the tablet gets wet: Do not press the power button. Unplug the charger and the USB cable. Next, unplug or remove any other devices that are connected to the tablet. Then, contact Customer Care for assistance.

If the tablet does not turn on: If a memory card is inserted, remove it. Then, charge the tablet completely and try to turn on the power. If the tablet still does not turn on, contact Customer Care.

If the tablet freezes up: Press and hold the power button until the power turns off completely. Then, turn on the power again.

If the battery drains quickly: Turn down the volume level on the tablet. Navigate to tablet settings: Apps Menu button > *Settings* > *Display*. Then, set the brightness of the display to a lower level and set the sleep time to a shorter interval.

If the tablet does not read the memory card: Turn off the power, remove the memory card and reinsert it, and then turn on the power again.

If the tablet does not connect to a wireless network or to a BLUETOOTH® device: Navigate to tablet settings and make sure that *Airplane mode* is not enabled.

How to restore the factory default settings: Navigate to tablet settings: Apps Menu button > *Settings* > *Backup & reset* > *Factory data reset*. Selecting the *Factory data reset* option will erase all the files stored on the tablet's internal memory and will remove any additional apps that you have installed. It is recommended that you make backup copies of your files before you restore the factory default settings on the tablet.

ACTIVATE WARRANTY

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

CONTACT CUSTOMER CARE

If you have questions after following the instructions in this guide, please do not contact the store. Please contact Customer Care by one of the methods listed below.

Call: 1-866-608-1798, Mon.–Fri. 6 a.m.–6 p.m. MT

Web: support.iFit.com

E-mail: support@iFit.com

RECYCLE

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve standards of environmental protection. For information about safe and correct disposal methods, please contact your local city office or waste disposal office, or the establishment where you purchased this product.

SPECIFICATIONS

Specifications are subject to change without notice.

Processor: MTK8163 V/B quad-core Cortex-A53 1.3 GHz

RAM & Storage Capacity: 2 GB DDR3L, 16 GB eMMC, up to 32 GB microSD/SDHC

Operating System: Android 6.0

Communications: Wi-Fi (802.11 a/b/g/n), BLUETOOTH 4.0 HS

Sensors: Accelerometer, compass, light, GPS

Display: 10.1" IPS capacitive multi-touch panel

Resolution & Aspect Ratio: 800 x 1280 px, 16:10

Interfaces: micro USB, microSD/SDHC, micro-HDMI

Cameras: Front 2 MP, rear 5 MP

Temperatures: Operation 41–95°F (5–35°C), storage -4–131°F (-20–55°C)

Humidity: Operation 35–85%, storage 20–93%

Power Adapter: AC 100–240V, DC 5V/2A

Power Output: 10W maximum

Battery: 7000mAh Li-Poly

Footprint: 9.7 x 6.7 x 0.3 inches (246 x 171 x 8 mm)

Weight: About 1 lb. (460 g)

COMPLIANCE

United States Compliance Information. FCC Statement. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed

to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

Canada Compliance Information. IC Statement. This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This Class B digital apparatus complies with Canadian ICES-003.

WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for ninety (90) days from the date of purchase. This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing this product. If a replacement product is shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. 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 regions 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 regions 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 region to region.

For claims, please see CONTACT CUSTOMER CARE in this guide.

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