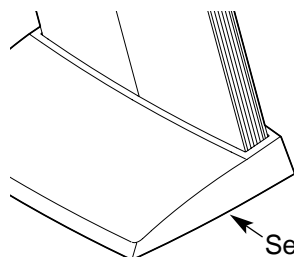


Model No. NTMC29930

Serial No. _____



Serial Number
Decal (on frame)

USER'S MANUAL

QUESTIONS?

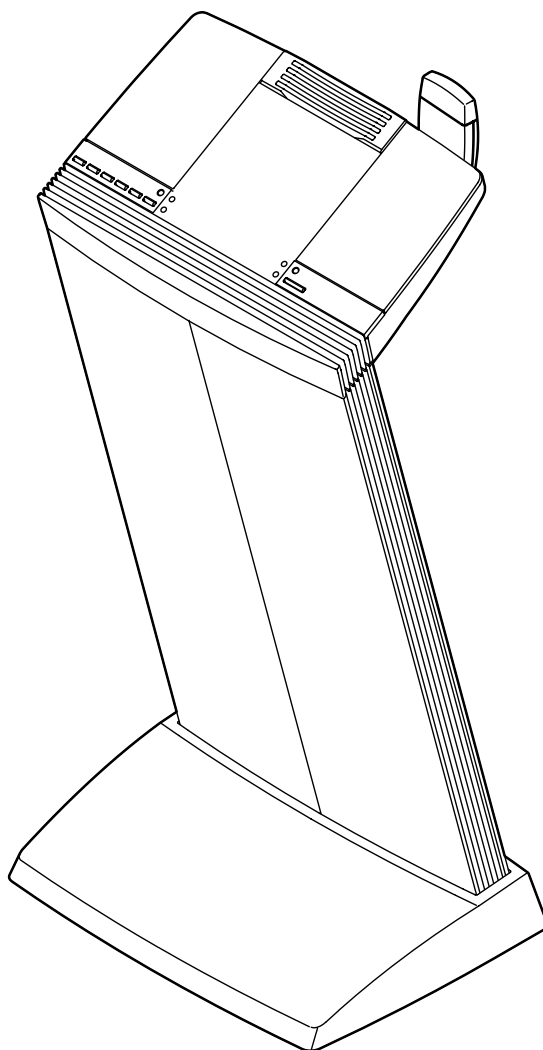
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-888-825-2588

Mon.–Fri., 6 a.m.–6 p.m. MST



CAUTION

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



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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 the following important precautions before using the interactive stand.

1. Read all instructions in this manual before using the interactive stand.
2. It is the responsibility of the owner to ensure that all users of the interactive stand are adequately informed of all precautions.
3. Place the interactive stand on a level surface. Keep the interactive stand indoors, away from moisture.
4. The interactive stand is not designed to support objects. Do not lean against or sit on the interactive stand.
5. Keep children under the age of 12 and pets away from the interactive stand at all times.
6. To reduce the possibility of electric shock, keep the interactive stand dry. Avoid spilling liquids on the interactive stand.
7. When NordicTrack Wireless Workout CDs are used, an electronic “chirping” sound will alert you when the settings of your exercise equipment are about to change. Always listen for the “chirp” and be prepared for the settings to change. In some instances, the settings may change before the personal trainer describes the changes.
8. When using NordicTrack Wireless Workout CDs, you can manually override the settings by pressing the buttons on the console of your exercise equipment. However, when the next “chirp” is heard, the settings will change to the next settings of the CD program.
9. The interactive stand with NordicTrack Wireless workout CDs will control your exercise equipment. Always remove NordicTrack Wireless Workout CDs from the interactive stand when you are not using them.

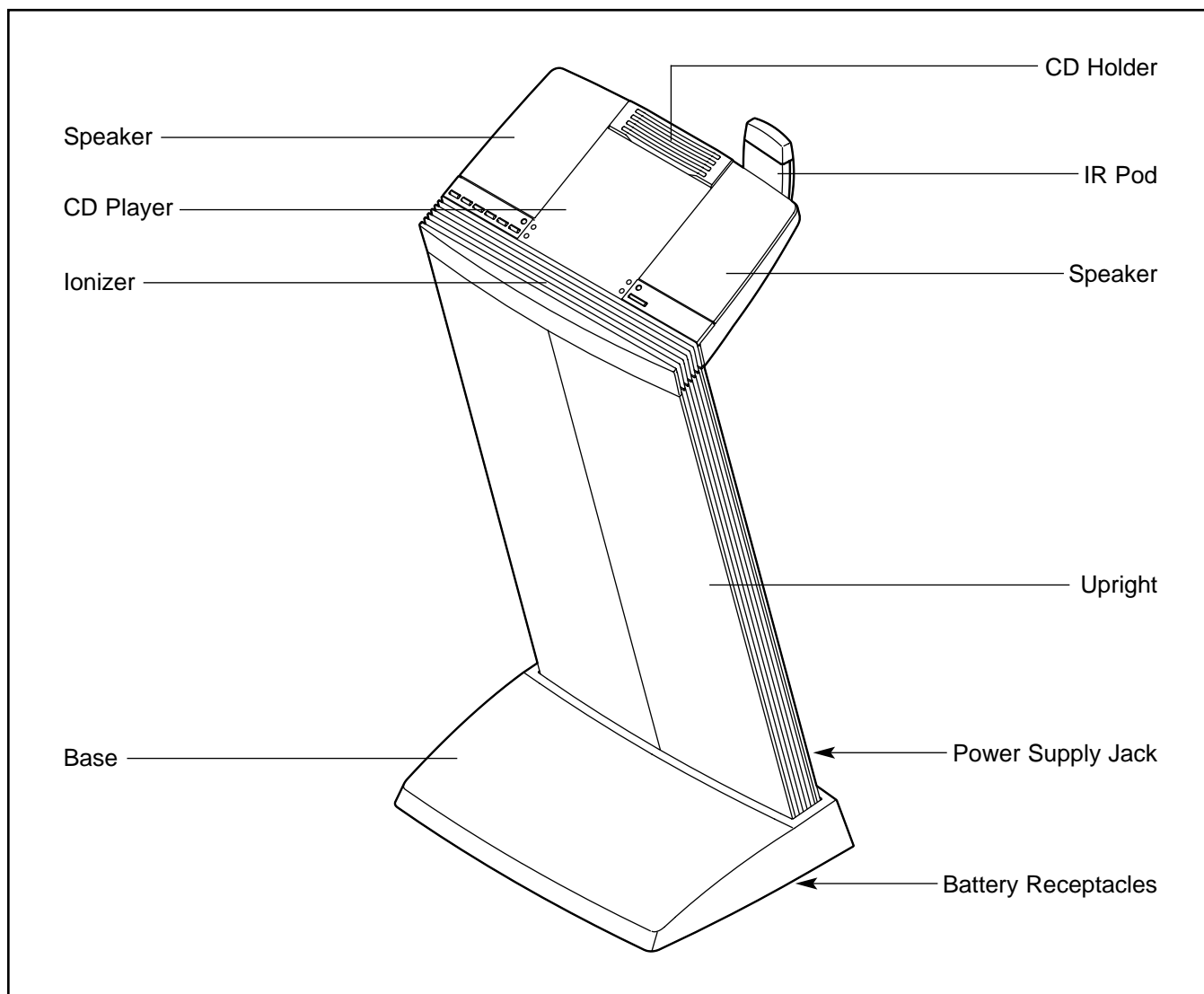
BEFORE YOU BEGIN

Thank you for selecting the new NordicTrack® Wireless Workout with CleanAire™ ionizer interactive stand. The interactive stand blends advanced engineering with innovative styling to let you enjoy exercising in the convenience of your home while the CleanAire™ ionizer helps keep airborne contaminants to a minimum.


For your benefit, read this manual carefully before you use the interactive stand. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-888-825-2588,

Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTMC29930. The serial number can be found on a decal attached to the interactive stand (see the front cover of this manual for the location of the decal).

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

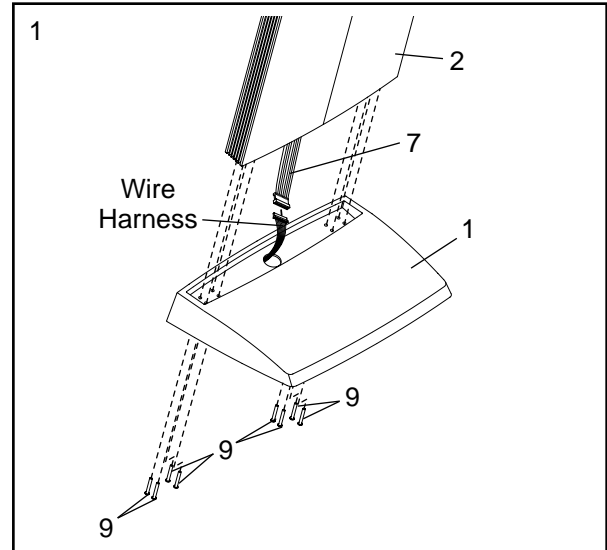


ASSEMBLY

Place all parts of the interactive stand in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires a Phillips screwdriver** .

1. Have another person hold the Upright (2) near the Base (1). Make sure the Upright is turned as shown on page 3.

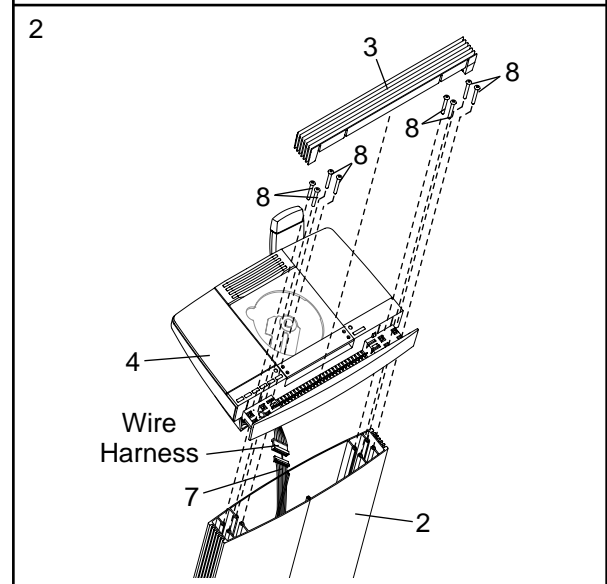
Connect one end of the Wire Harness (7) to the wire harness on the Base (1). Attach the Upright (2) to the Base with eight #10 x 1" Screws (9). **Make sure the wire harnesses are not pinched between the Upright and the Base.**



2. Remove the Ionizer (3) from the Console (4).

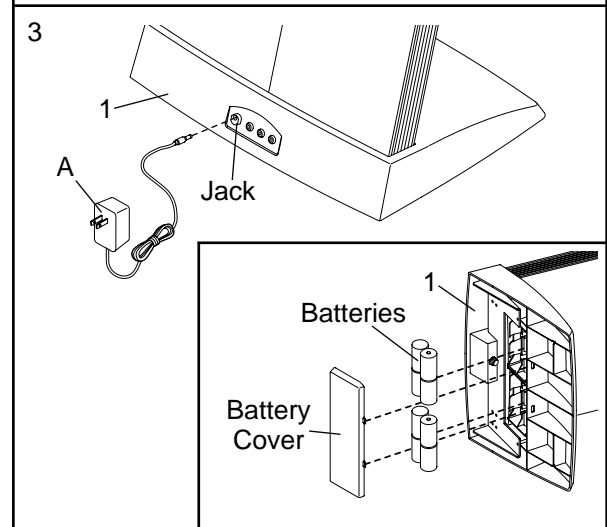
Connect the Wire Harness (7) to the wire harness on the Console (4). Attach the Console to the Upright (2) with eight #10 x 1 1/4" Screws (8). **Make sure the wire harnesses are not pinched between the Console and the Upright.**

Press the Ionizer (3) back onto the Console (4). **Make sure the Ionizer is fully seated.**

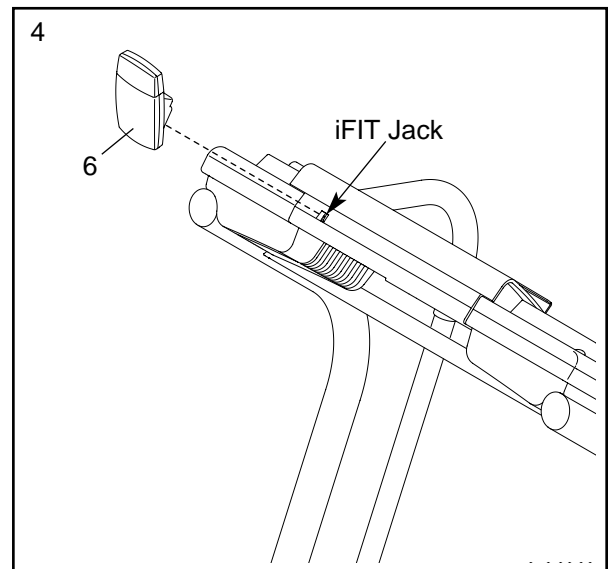


3. Plug one end of the Power Supply (A) into the indicated jack on the Base (1). Plug the other end of the Power Supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

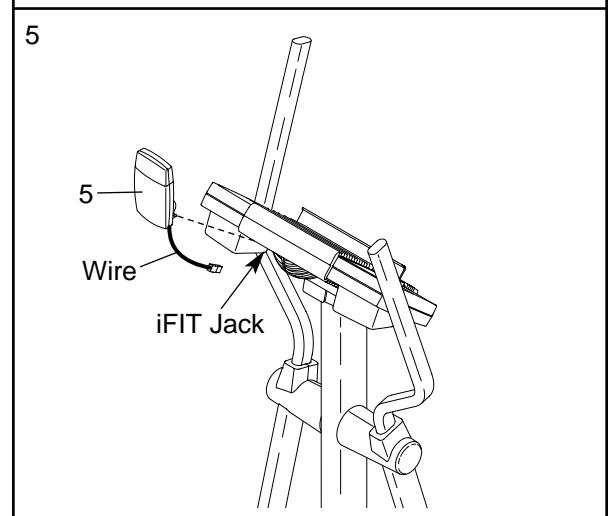
Note: The Console (not shown) can be operated with batteries (not included) instead of the Power Supply (A) if desired. To install batteries, first tip the Base (1) onto its side and remove the battery cover. Insert eight D-cell batteries (not included) into the battery receptacles. **Make sure the batteries are oriented as shown by the diagram inside the battery receptacles.** Reattach the battery cover.



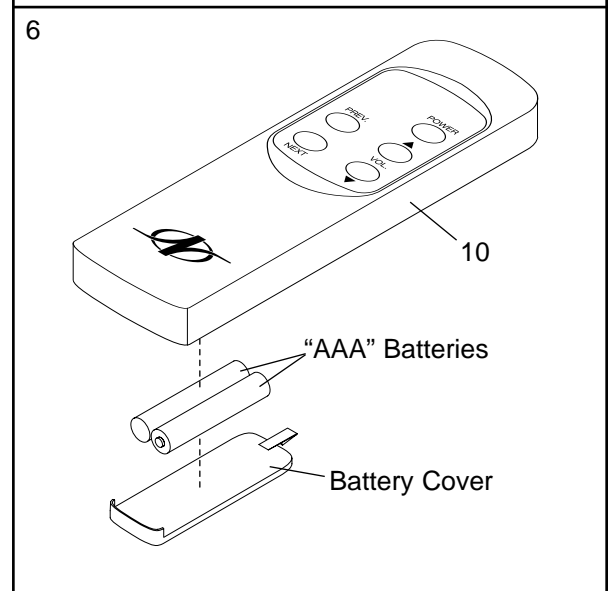
4. If you are using a treadmill, remove the backing from the adhesive strip on the Treadmill Receiver (6). Plug the Treadmill Receiver into the iFIT jack on the console of your treadmill. Firmly press the Treadmill Receiver onto the console.



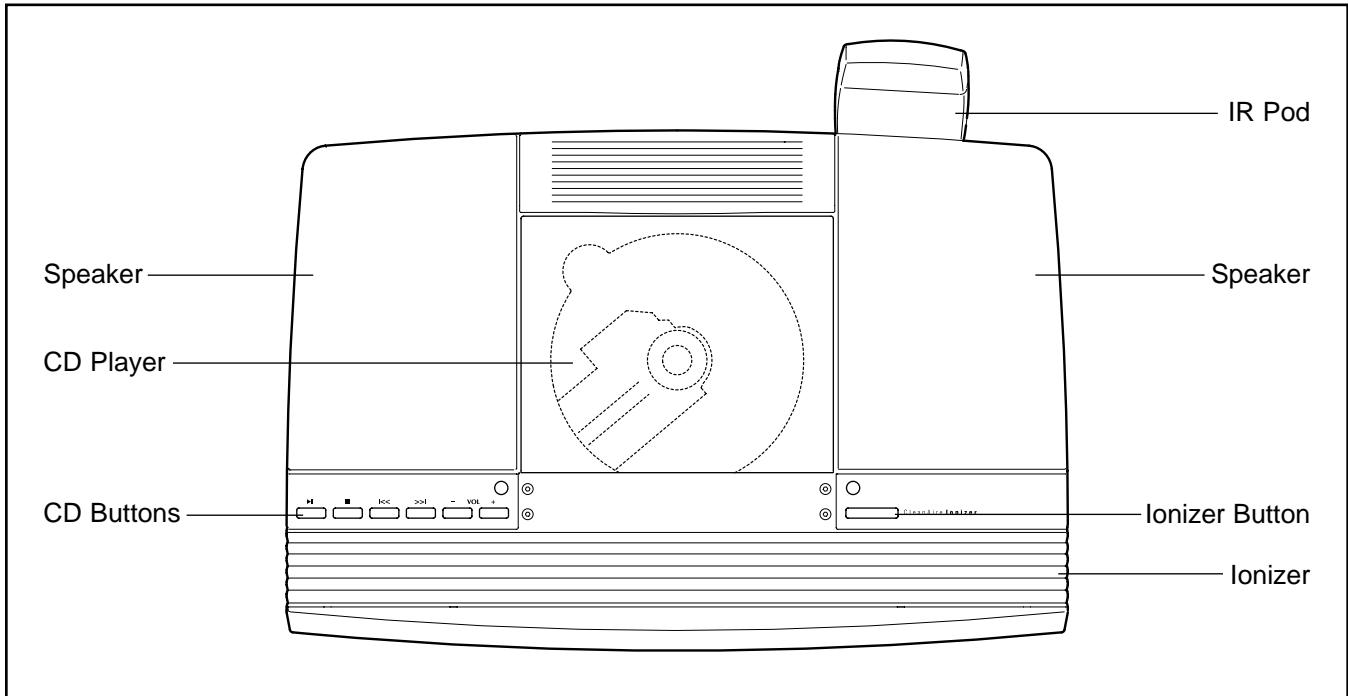
5. If you are using an exercise cycle or an elliptical exerciser, remove the backing from the adhesive strip on the Bike/Elliptical Receiver (5). Plug the wire on the Bike/Elliptical Receiver into the iFIT jack on the console of your exercise cycle or elliptical exerciser. Then, firmly press the Bike/Elliptical Receiver onto the console.



6. Remove the battery cover from the back of the Remote Control (10). Insert two "AAA" batteries (not included) into the battery receptacle; **make sure the batteries are oriented according to the diagram inside the battery receptacle**. Reattach the battery cover.



USING THE INTERACTIVE STAND



HOW TO USE THE IONIZER

The CleanAire™ ionizer helps minimize airborne contaminants using oppositely charged steel plates that silently clean and circulate air without fans.

To turn on the ionizer, press the Ionizer button. To turn off the ionizer, press the Ionizer button again. Note: If the interactive stand is operating from the power supply, the ionizer will run until it is turned off. If the interactive stand is operating from batteries, the ionizer will run for two hours and then automatically turn off. To conserve the batteries, turn off the ionizer by pressing the Ionizer button.

HOW TO USE NORDICTRACK WIRELESS WORKOUT CD PROGRAMS

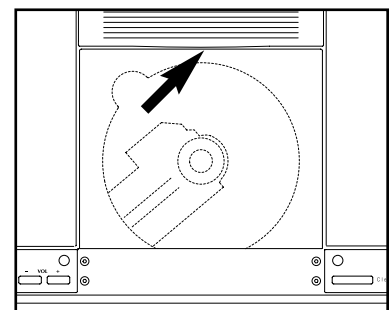
The interactive stand uses line-of-sight infrared technology to control your exercise equipment. To ensure a strong signal, make sure the receiver on your exercise equipment (see assembly step 4 or 5) is facing directly toward the IR pod on the interactive stand (see the drawing above). If your exercise equipment does not respond to signals from the interactive stand, see INTERACTIVE STAND TROUBLESHOOTING on page 8.

When you use a NordicTrack Wireless Workout CD program, a certified personal trainer will guide you through your workout as the program controls your exercise equipment. **Note: To purchase additional NordicTrack Wireless Workout CDs, call toll-free 1-800-735-0768.**

Follow the steps below to use a NordicTrack Wireless Workout CD program.

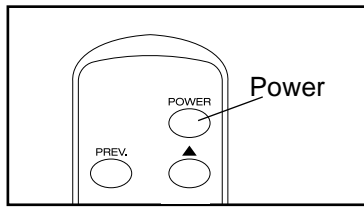
- 1 See the console operation instructions in the user's manual for your exercise equipment and select the iFIT.com mode.**
- 2 Insert a NordicTrack Wireless Workout CD into the CD player.**

To open the CD player, lift the lid of the CD player in the indicated location. Carefully insert a CD into the CD player and close the lid.



3 Press the Power button on the remote control.

To turn on the interactive stand and start the CD program, press the Power button on the remote control.

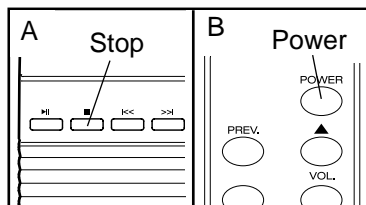


A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: Another way to turn on the interactive stand is to press the Volume + button on the interactive stand.

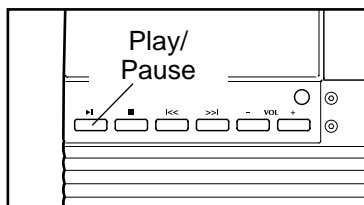
During the CD program, an electronic "chirping" sound will alert you when the settings of your exercise equipment are about to change. **CAUTION: Always listen for the "chirp" and be prepared for the settings to change. In some instances, the settings may change before the personal trainer describes the changes.**

If the settings are too high or too low, you can manually override the settings at any time by pressing the buttons on the console of your exercise equipment. However, **when the next "chirp" is heard, the settings will change to the next settings of the CD program.**

To stop the program at any time, press the Stop button on the interactive stand (see drawing A) or the Power button on the remote control (see drawing B). (If you are using a treadmill, press the stop button on the treadmill's console and **remove the key** before pushing the Stop button on the interactive stand or the Power button on the remote control.)

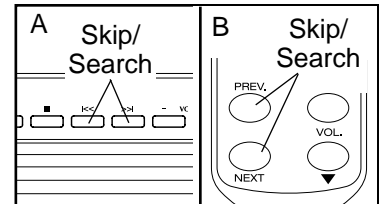


To pause the program, press the Play/Pause button on the interactive stand. (If you are using a treadmill, press the stop button on the treadmill's console and **remove the key** before pushing the



Play/Pause button on the interactive stand.) To resume the workout, press the Play/Pause button on the interactive stand again. **When the next "chirp" is heard, the settings will change to the next settings of the CD program.**

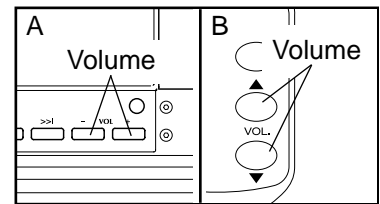
To select a different program on the CD, press the Skip/Search buttons on the interactive stand (see drawing A) or the Skip/Search buttons on the remote control (see drawing B).



Note: If the CD player does not function properly, press the Power button on the remote control to turn off the interactive stand. Then, press the Power button again to turn on the interactive stand and start the CD player. In addition, make sure nothing is covering the IR pod (see the drawing at the top of page 6).

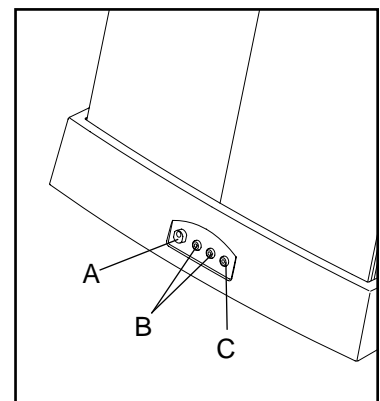
4 Adjust the volume if desired.

To adjust the volume of the speakers, press the Volume buttons on the interactive stand (see drawing A) or the Volume buttons on the remote control (see drawing B).



HOW TO CONNECT EXTERNAL DEVICES

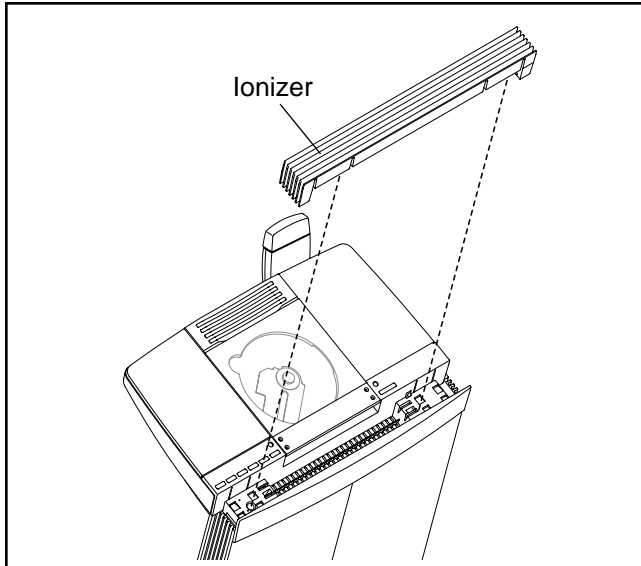
To operate the interactive stand using the power supply, use the jack labeled A at the right. To connect your VCR to the interactive stand, use the line in and line out jacks labeled B at the right. To connect your subwoofer, use the jack labeled C.



MAINTENANCE AND TROUBLESHOOTING

HOW TO CLEAN THE IONIZER

Make sure the interactive stand is turned off. Remove the ionizer and wipe the steel blades with a soft, damp cloth. Press the ionizer back onto the console. **Make sure the ionizer is fully seated.**



The console, upright, and base can be cleaned in the same way. **To reduce the possibility of electric shock, avoid spilling liquids on the interactive stand.**

INTERACTIVE STAND TROUBLESHOOTING

Problem: Your exercise equipment does not respond to signals from the interactive stand.

Solution: Press and hold down the Ionizer button for about ten seconds to select the test mode. The light above the Ionizer button will begin to flash. Move the interactive stand until the console of your exercise equipment sounds a tone. If the console doesn't sound a tone, call our Customer Service Department toll-free at 1-888-825-2588. To exit the test mode, press and hold down the Ionizer button for another ten seconds.

Problem: The interactive stand does not respond to the remote control.

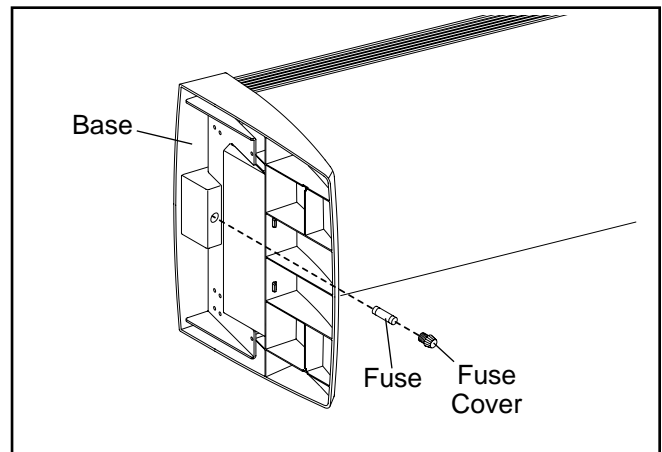
Solution: Make sure you are pointing the remote control at the interactive stand.

If the interactive stand still does not respond, replace the batteries in the remote control and the interactive stand (see assembly steps 6 and 3).

Problem: The interactive stand cannot be turned on.

Solution: If the interactive stand is operating from the power supply, make sure the power supply is properly connected (see assembly step 3). If the interactive stand is operating from batteries, replace the batteries (see assembly step 3).

If the interactive stand still cannot be turned on, see the drawing below. Tip the base onto its side and unscrew the fuse cover. Remove the old fuse from the fuse cover and insert a new 1 amp fast blow fuse. Reattach the fuse cover.



NOTES

PART LIST—Model No. NTMC29930

R1203A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	8	8	#10 x 1 1/4" Screw
2	1	Upright	9	8	#10 x 1" Screw
3	1	Ionizer	10	1	Remote Control
4	1	Console	#	1	Power Supply
5	1	Bike/Elliptical Receiver	#	3	NordicTrack Wireless Workout CD
6	1	Treadmill Receiver	#	1	User's Manual
7	1	Wire Harness			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

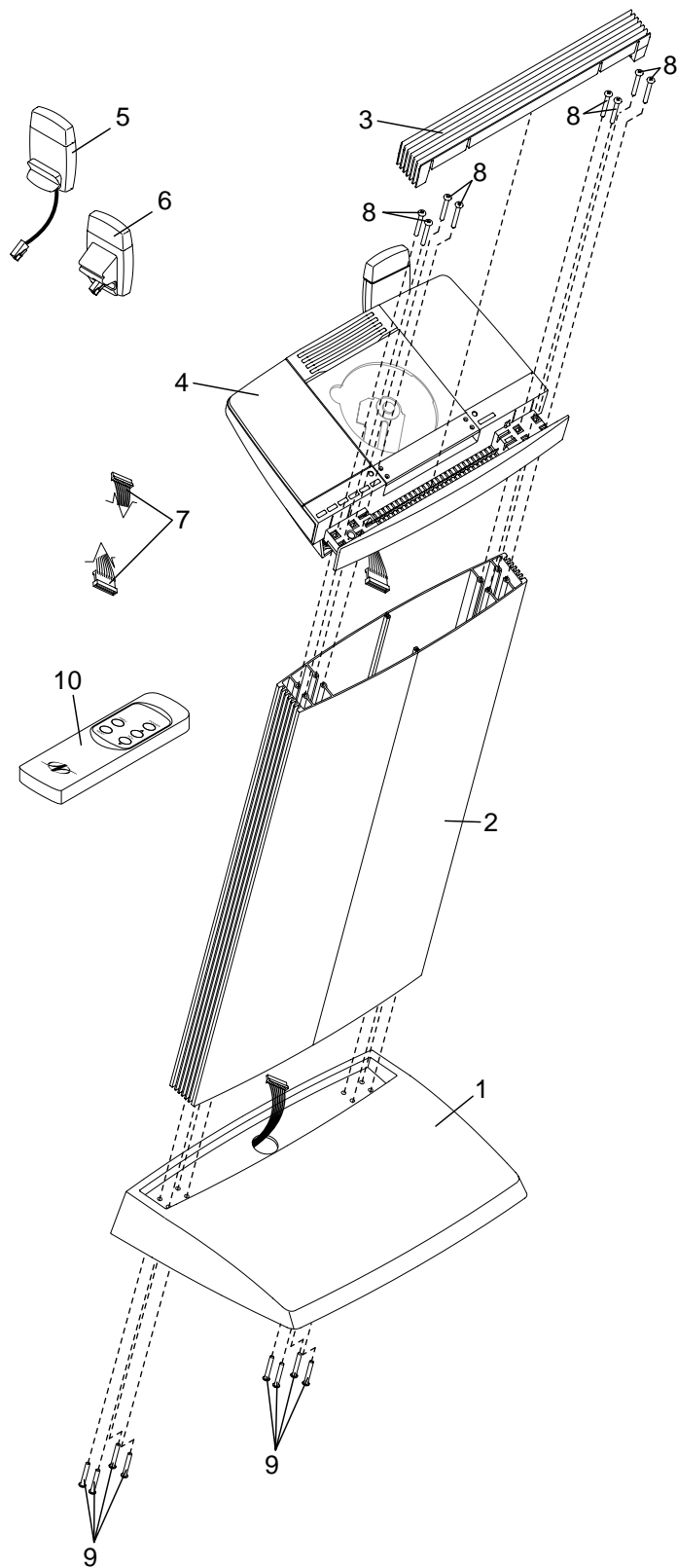
HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (NTMC29930)
- The NAME of the product (NordicTrack® Wireless Workout)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of each part (see pages 10 and 11)

EXPLODED DRAWING—Model No. NTMC29930

R1203A



LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® Wireless Workout interactive stand ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for 90 days after the date of purchase. Labor is covered for 90 days.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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, 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.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813