

NordicTrack®

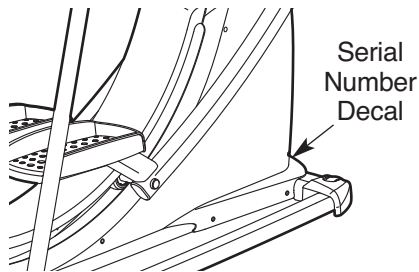
FREESTRIDER 35 S

www.nordictrack.com

Model No. NTSR01309.0

Serial No. _____

Write the serial number in the space above for reference.



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:

1-888-825-2588

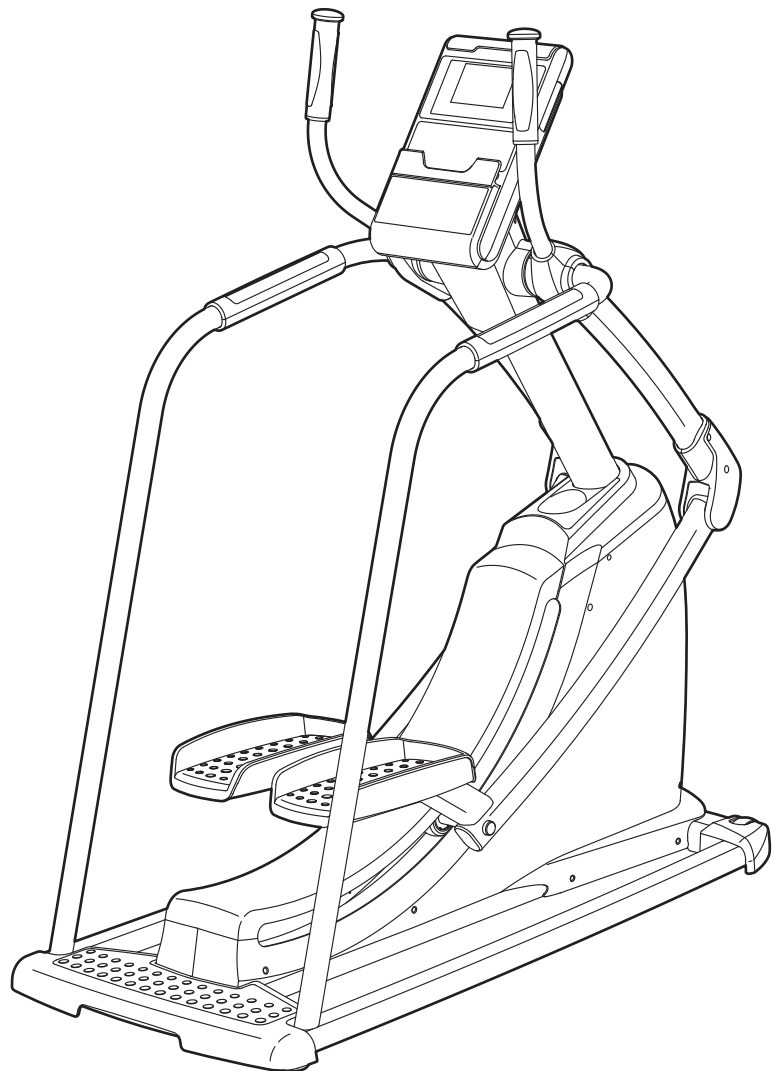
Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com

USER'S MANUAL



⚠ CAUTION

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

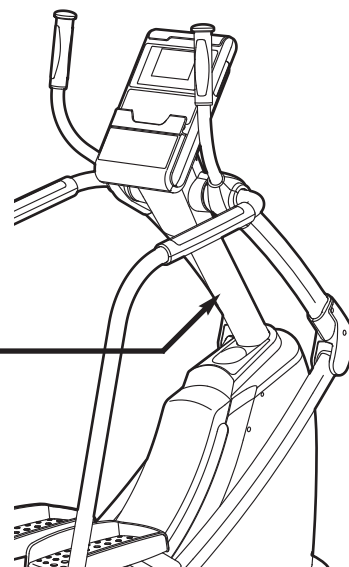
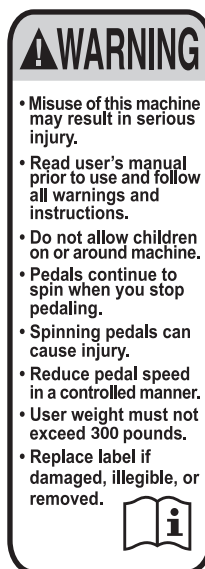


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical strider before using your elliptical strider. 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 the elliptical strider are adequately informed of all precautions.
3. The elliptical strider is intended for home use only. Do not use the elliptical strider in a commercial, rental, or institutional setting.
4. Keep the elliptical strider indoors, away from moisture and dust. Place the elliptical strider on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical strider and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical strider at all times.
7. The elliptical strider should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while using the elliptical strider. Always wear athletic shoes for foot protection while exercising.
9. Hold the handlebars or the handrails when mounting, dismounting, or using the elliptical strider.
10. 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.
11. Keep your back straight while using the elliptical strider; do not arch your back.
12. 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.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. Use the elliptical strider only as described in this manual.

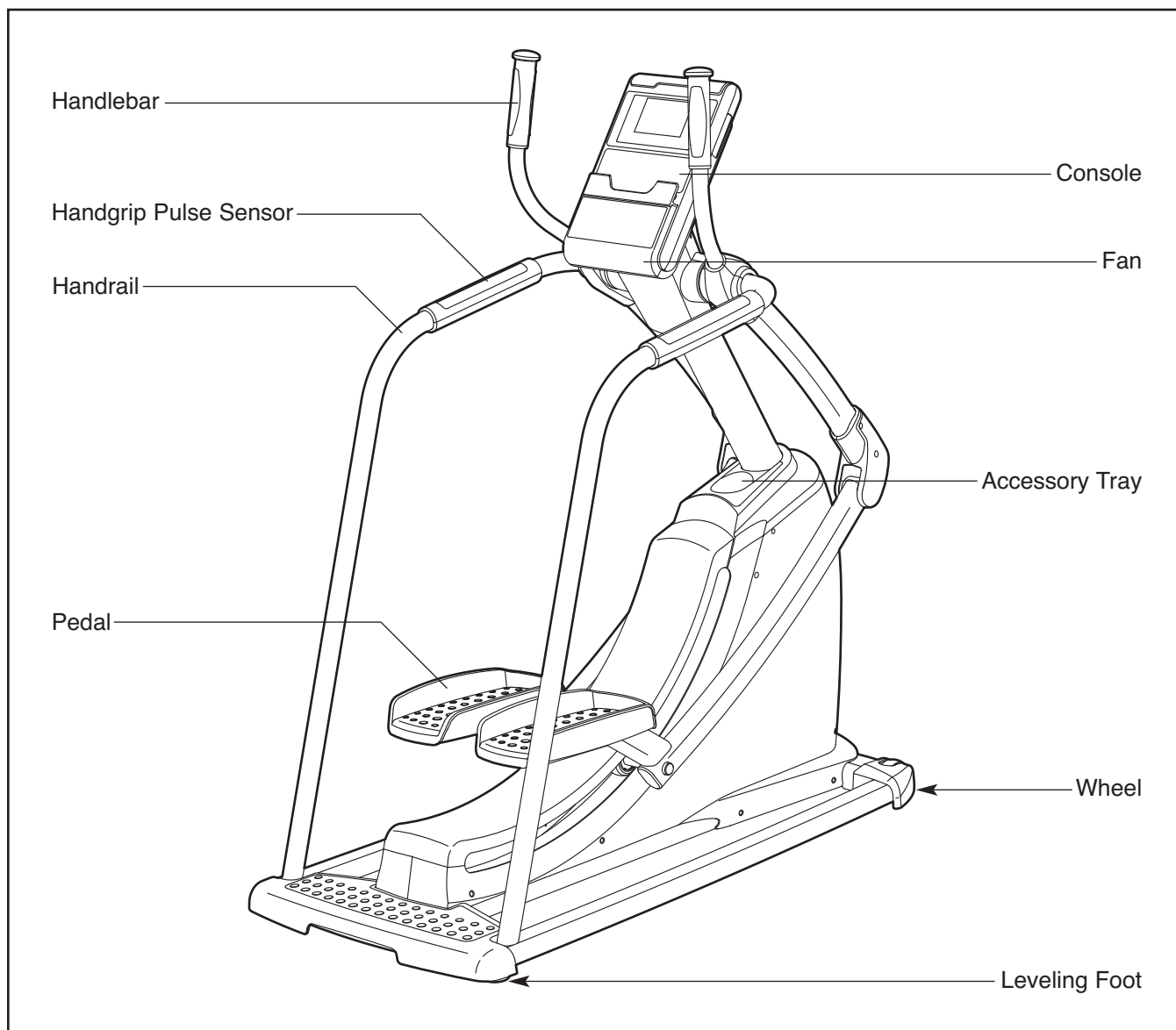
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® FREESTRIDER 35 S elliptical strider. The FREESTRIDER 35 S elliptical strider provides a wide array of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical strider. 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

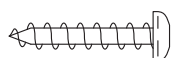
Assembly requires two persons. Place all parts of the elliptical strider in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  .

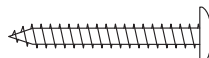
As you assemble the elliptical strider, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part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



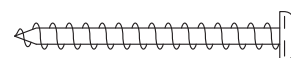
M10 Split
Washer (128)–2



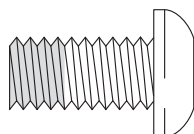
#8 x 3/4"
Screw (86)–16



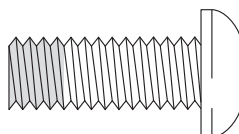
#8 x 1" Tek
Screw (126)–8



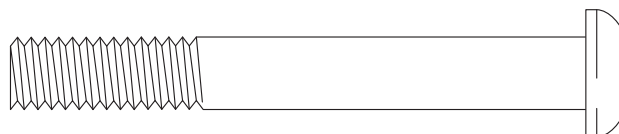
#8 x 35mm
Screw (125)–1



3/8" x 3/4" Patch
Screw (123)–2



3/8" x 1" Patch
Screw (122)–4



3/8" x 3" Screw
(124)–2

1.

To make assembly easier, read the information on page 5 before you begin.

IMPORTANT: Do not remove the foam block (not shown) located under the pedals until you have completed step 2.

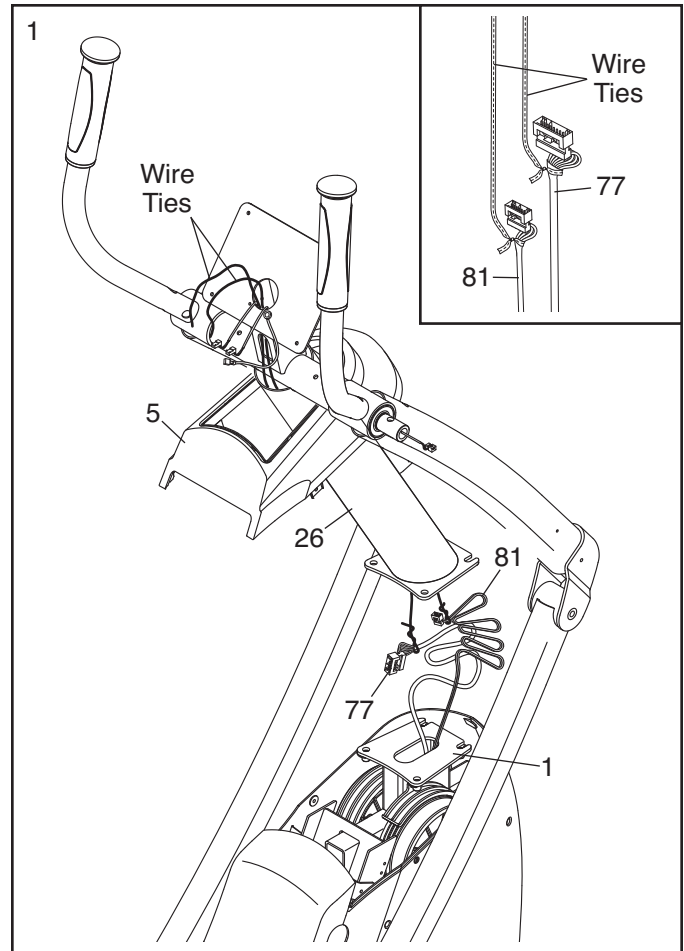
Identify the Shield Cap (5) and the Upright (26) and orient them as shown. Slide the Shield Cap upward around the Upright.

While another person holds the Upright (26) near the Frame (1), locate the wire ties in the Upright.

See the inset drawing. Tie the lower end of a wire tie to the end of the Wire Harness (77). Pull the other end of the wire tie upward out of the top of the Upright (26).

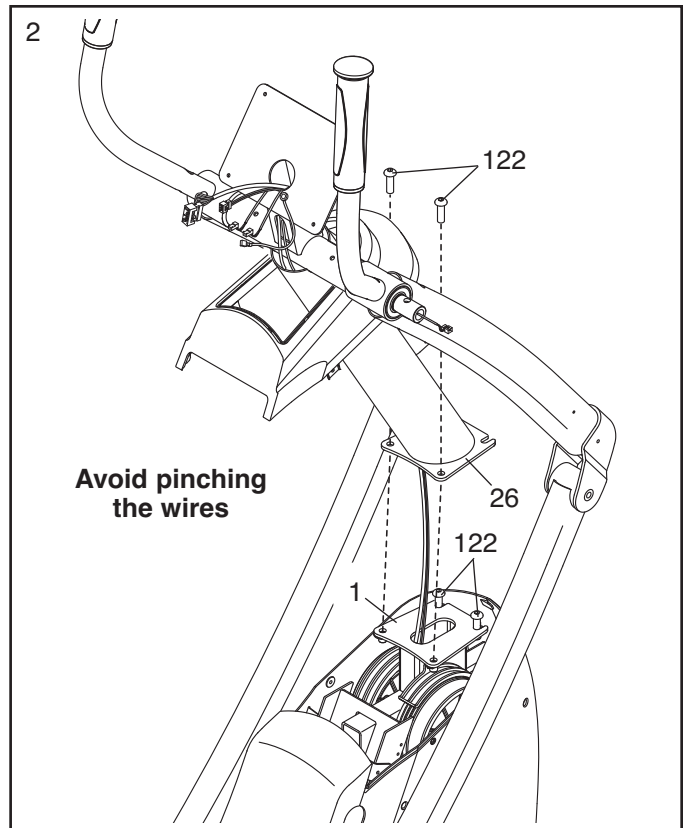
Next, tie the lower end of the other wire tie to the end of the Power Cable (81). Pull the other end of the wire tie upward out of the top of the Upright (26).

Then, untie and discard the wire ties.



2. **Tip: Avoid pinching the wires.** Attach the Upright (26) to the Frame (1) with four 3/8" x 1" Patch Screws (122). Note: Two of the Patch Screws may be preattached to the Frame. **Tip: Start all the Patch Screws before tightening any of them.**

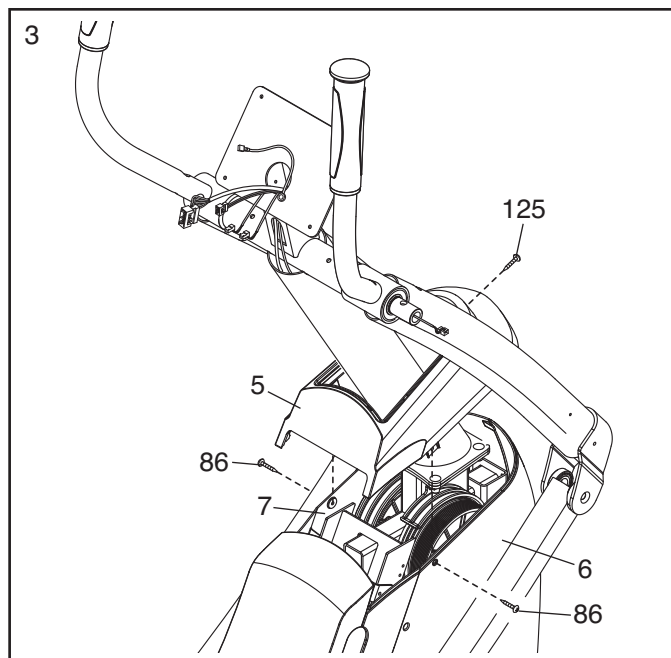
Remove and discard the foam block (not shown) located under the pedals.



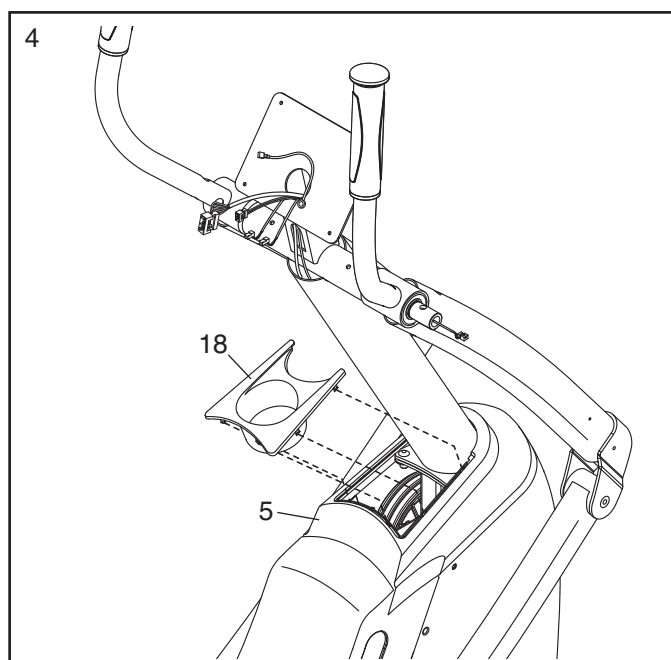
3. Slide the Shield Cap (5) downward over the Right and Left Shields (6, 7).

Attach the Shield Cap (5) with a #8 x 35mm Screw (125) and two #8 x 3/4" Screws (86).

Tip: Start all the Screws before tightening any of them.



4. Orient the Accessory Tray (18) as shown. Press the Accessory Tray into the Shield Cap (5).



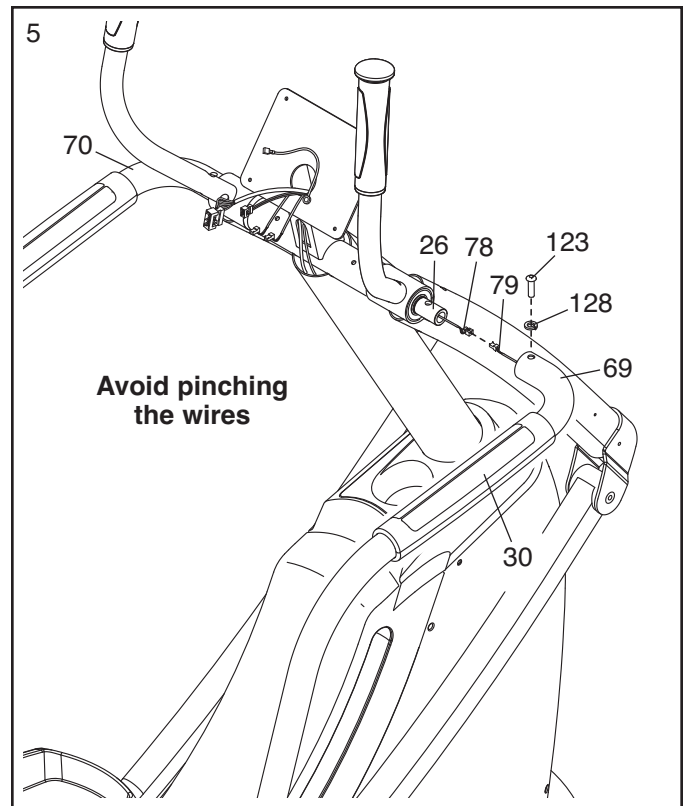
5. Identify the Right Handrail (69), which is marked with a "Right" sticker.

While another person holds the Right Handrail (69) near the Upright (26), connect the right Pulse Wire (78) to the right Sensor Wire (79).

Insert the excess wire into the Right Handrail (69). Then, slide the Right Handrail onto the Upright (26).

Tip: Avoid pinching the wires. Attach the Right Handrail (69) with a 3/8" x 3/4" Patch Screw (123) and an M10 Split Washer (128). **Do not tighten the Patch Screw yet.**

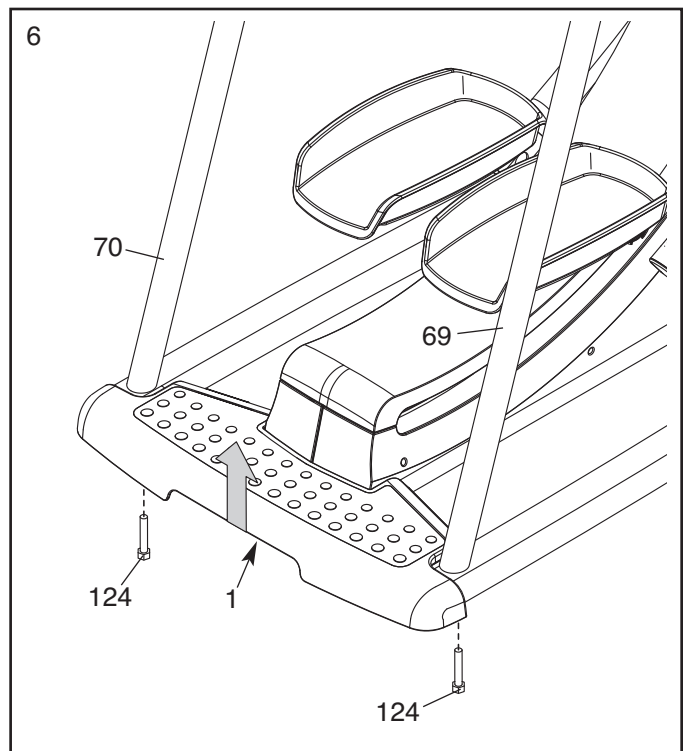
Repeat this step for the Left Handrail (70).



6. **IMPORTANT: To prevent damage, do not allow the elliptical strider to tip to either side during this step.**

While another person lifts the rear of the Frame (1) in the location shown by the arrow, attach each Handrail (69, 70) to the Frame with a 3/8" x 3" Screw (124).

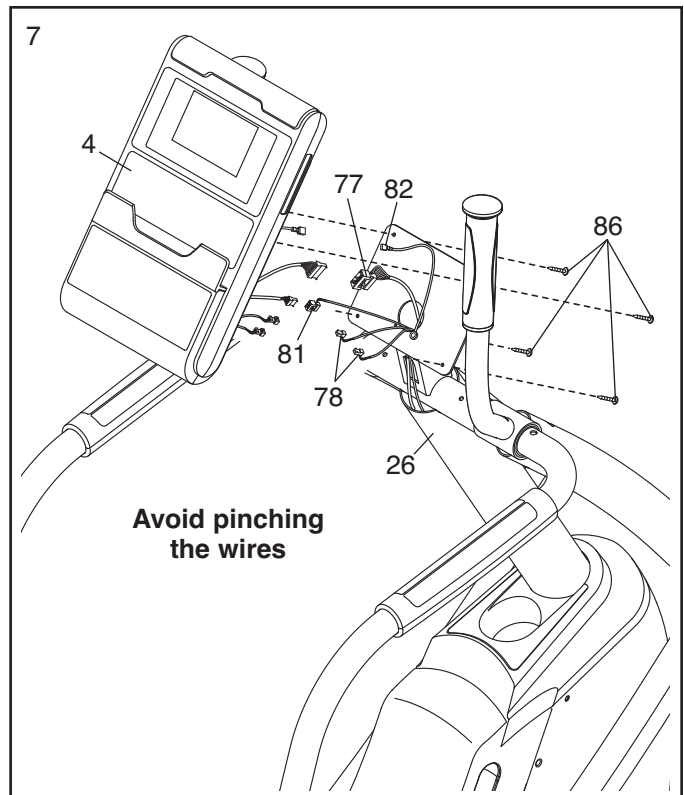
See step 5. Tighten the 3/8" x 3/4" Patch Screws (123).



7. While another person holds the Console (4) near the Upright (26), connect the wires on the Console to the Wire Harness (77), the Power Cable (81), the Ground Wire (82), and the Pulse Wires (78).

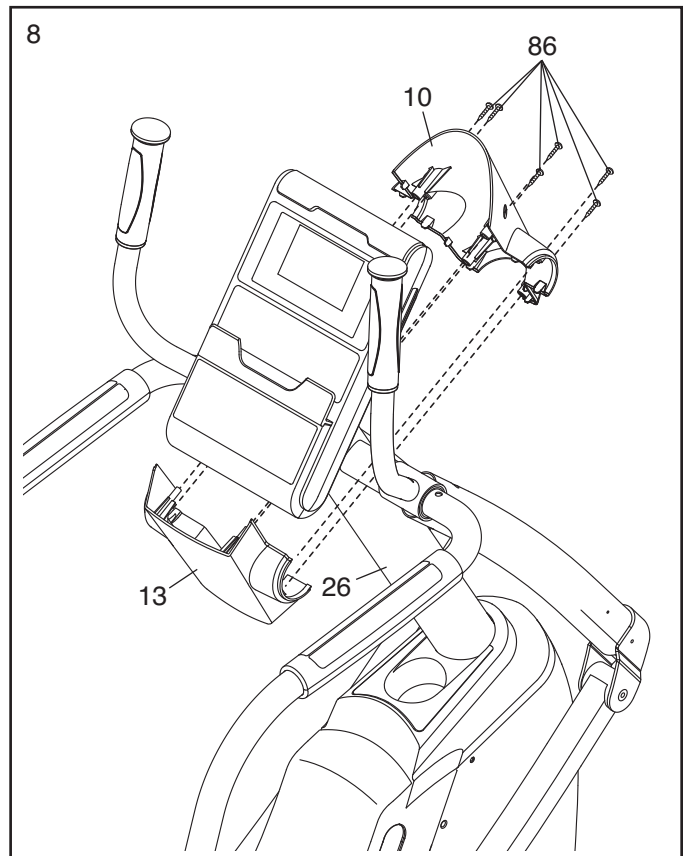
Insert the excess wire downward into the Upright (26).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (26) with four #8 x 3/4" Screws (86).



8. Identify the Front and Rear Shields (10, 13) and orient them as shown.

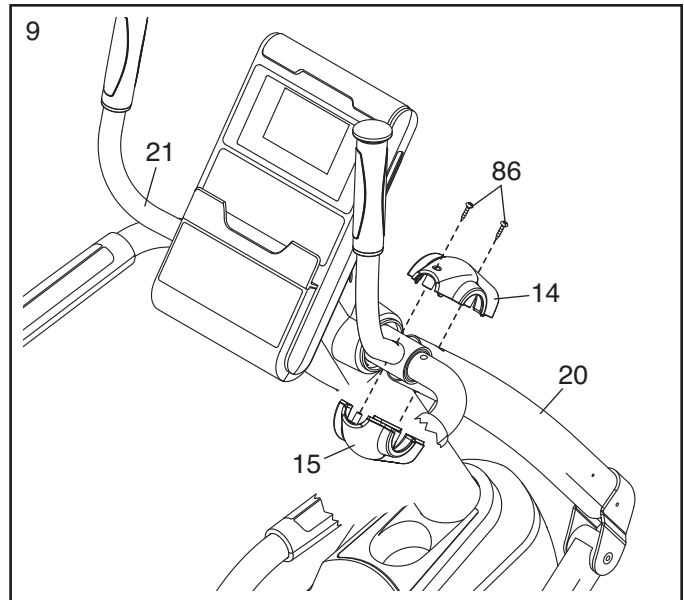
Attach the Front and Rear Shields (10, 13) around the Upright (26) with six #8 x 3/4" Screws (86).



9. Identify the Right Upper and Lower Covers (14, 15), which are marked with “Right” stickers, and orient them as shown.

Attach the Right Upper and Lower Covers (14, 15) around the Right Handlebar (20) with two #8 x 3/4" Screws (86).

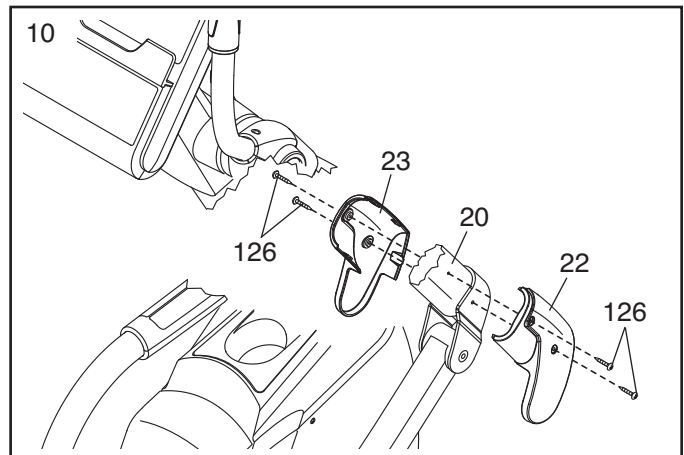
Repeat this step for the Left Handlebar (21).



10. Identify a set of Right and Left Link Covers (22, 23), which are marked with “Right” and “Left” stickers, and orient them as shown.

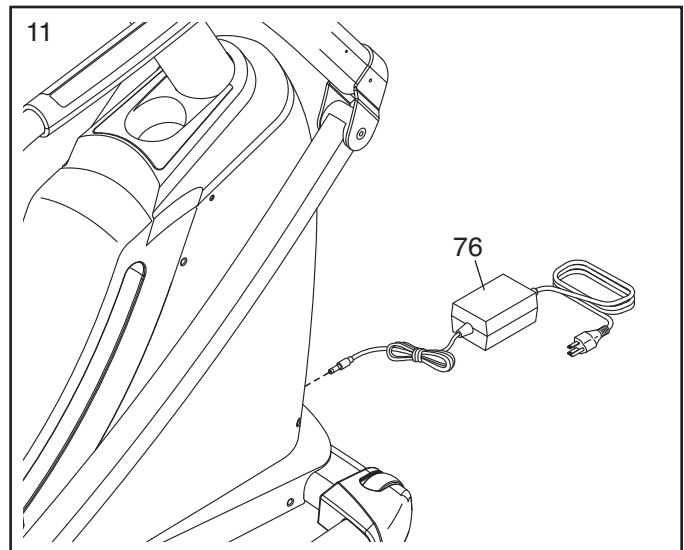
Attach the Right and Left Link Covers (22, 23) around the Right Handlebar (20) with four #8 x 1" Tek Screws (126).

Repeat this step for the other side of the elliptical strider.



11. Plug the AC Power Adapter (76) into the jack on the front of the elliptical strider.

To plug the AC Power Adapter (76) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 11.



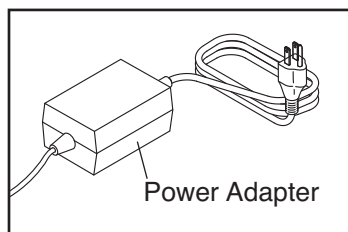
12. **Make sure that all parts are properly tightened before you use the elliptical strider.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical strider to protect the floor.

HOW TO USE THE ELLIPTICAL STRIDER

HOW TO PLUG IN THE AC POWER ADAPTER

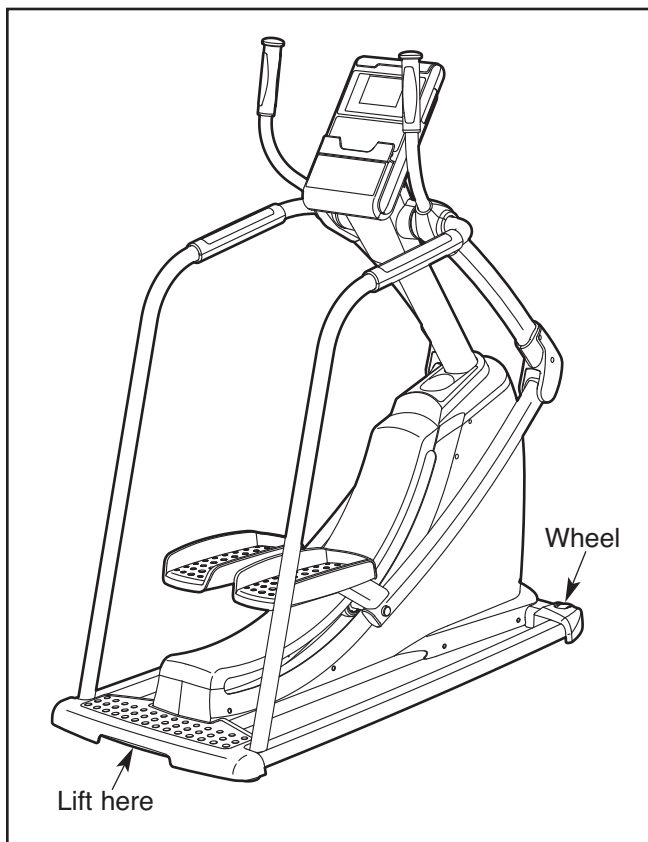
IMPORTANT: If the elliptical strider has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the jack on the front of the elliptical strider. Plug the AC power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO MOVE THE ELLIPTICAL STRIDER

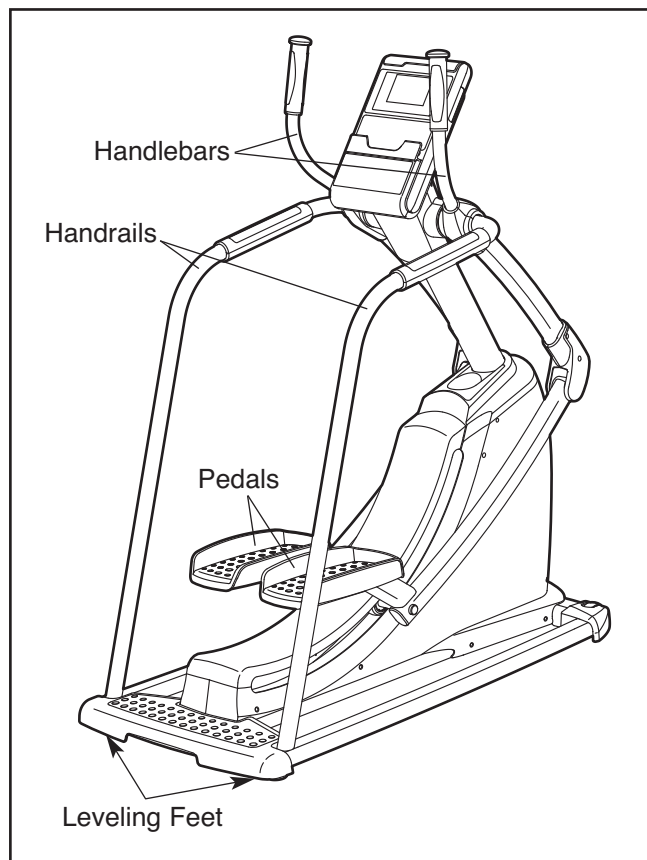
Due to the size and weight of the elliptical strider, moving it requires two persons. Have two persons lift the indicated end of the elliptical strider until the elliptical strider will roll on the front wheels. Carefully move the elliptical strider to the desired location and then lower it to the level position.



CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical strider. Do not attempt to move the elliptical strider over an uneven surface.

HOW TO EXERCISE ON THE ELLIPTICAL STRIDER

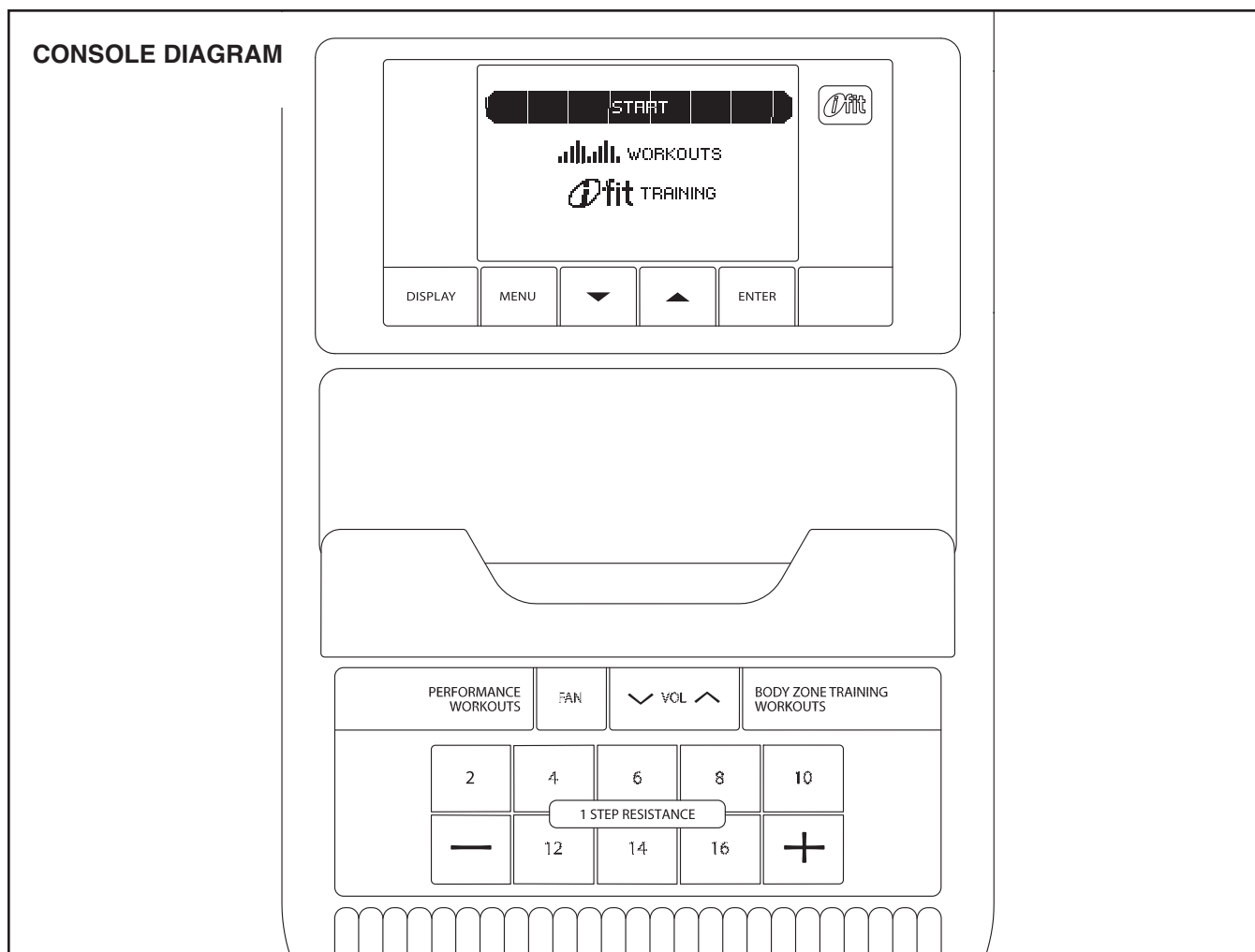
To mount the elliptical strider, hold the handlebars or the handrails and step onto the pedals. Push the pedals until they begin to move forward and backward with a continuous motion.



To dismount the elliptical strider, wait until the pedals come to a complete stop. When the pedals are stationary, hold the handlebars or the handrails and step off the pedals.

HOW TO LEVEL THE ELLIPTICAL STRIDER

If the elliptical strider rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame (see the drawing above) until the rocking motion is eliminated.



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console also offers twenty-five preset workouts—ten performance workouts and fifteen body zone training workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your striding pace as it guides you through an effective workout.

The console also features an iFit training mode that allows you to connect to your wireless network through an optional iFit Live module. The iFit Live module allows you to download personalized workouts and to track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To activate the console, see page 13. **To turn off the console**, see page 13. **To use the manual mode**, see page 13. **To use a preset workout**, see page 15. **To use the iFit training mode**, see page 16. **To use the sound system**, see page 16. **To use the information mode**, see page 16.

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

HOW TO ACTIVATE THE CONSOLE

The included AC power adapter must be used to operate the elliptical strider. See HOW TO PLUG IN THE AC POWER ADAPTER on page 11. When the AC power adapter is plugged in, the displays will light and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, unplug the AC power adapter. **IMPORTANT: If you do not do this, the electrical components on the elliptical strider may wear prematurely.**

HOW TO USE THE MANUAL MODE

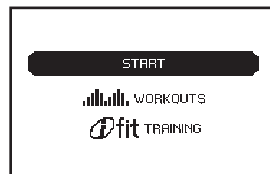
1. Begin striding or press any button on the console to turn on the console.

See HOW TO ACTIVATE THE CONSOLE above.

2. Select the manual mode.

Each time you turn on the console, the main menu will appear.

To select the manual mode, press the Increase and Decrease buttons next to the Enter button and highlight START. Then, press the Enter button.



If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons or by pressing the 1 Step Resistance Increase and Decrease buttons.

Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the display.

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show the following workout information:

Calories—This display mode will show the approximate number of calories you have burned.

Profile—When a workout is selected, this display mode will show a profile of the resistance levels for the workout.

Pulse—This display mode will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).

Resistance—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your striding pace, in strides per minute.

Stride Length—This display mode will show your stride length in inches.

Strides—This display mode will show the total number of strides you have stridden.

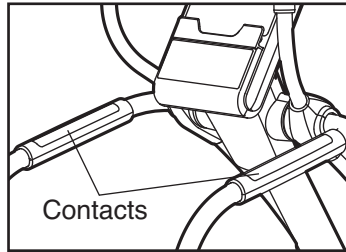
Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, the display mode will show the time remaining in the workout instead of the elapsed time.

Vertical Feet—This display mode will show the total number of vertical feet you have traveled.

Change the volume level of the console by pressing the Vol Increase and Decrease buttons.

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

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



When your pulse is detected, your heart rate will appear in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

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

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

7. **When you are finished using the elliptical strider, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE A PRESET WORKOUT

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

See HOW TO ACTIVATE THE CONSOLE on page 13.

2. Select a preset workout.

If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

To select a preset workout, first press the Increase and Decrease buttons next to the Enter button and highlight WORKOUTS. Then, press the Enter button.



Next, press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

You can also press the Performance Workouts button or the Body Zone Training Workouts button.

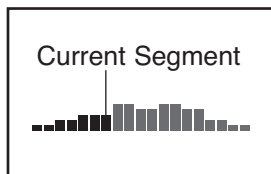
Press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

Press the Increase and Decrease buttons to highlight the name of the desired workout. The duration, the maximum rpm (striding pace), the maximum resistance level, and a profile of the resistance levels of the workout will appear in the right side of the display. Then, press the Enter button.

3. Begin striding to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target rpm (striding pace) are programmed for each segment. Note: The same resistance level and/or target rpm may be programmed for consecutive segments.

The workout profile 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 resistance level for the current segment.



When the first segment of the workout ends, the resistance level and the target rpm for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, you will be prompted to keep your rpm (striding pace) near the target rpm for the current segment. When the word FASTER appears in the display, increase your striding pace. When the word SLOWER appears, decrease your striding pace. When no words appear, maintain your current striding pace.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual rpm (striding pace) may be slower than the target rpm. Make sure to stride at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the 1 Step Resistance buttons.

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

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop striding. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume striding.

4. Follow your progress with the display.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

7. When you are finished using the elliptical strider, the console will turn off automatically.

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE THE IFIT TRAINING MODE

The optional iFit Live module allows you to connect to your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

To select the iFit training mode, press the Menu button and then press the Increase and Decrease buttons next to the Enter button and highlight IFIT TRAINING. Then, press the Enter button. For more information about the iFit training mode, go to www.ifit.com. Note: To use an iFit Live module, you must have your own wireless network and access to a computer with an internet connection.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the side of the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

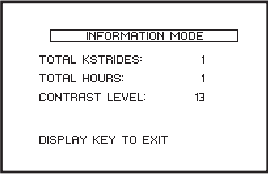
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Vol Increase and Decrease buttons on the console.

HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view usage information and to adjust the contrast level of the displays.

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

The display will show the total number (in thousands) of strides that have been stridden on the elliptical strider. The display will also show the total number of hours that the elliptical strider has been used.



INFORMATION MODE	
TOTAL KSTRIDES:	1
TOTAL HOURS:	1
CONTRAST LEVEL:	13
DISPLAY KEY TO EXIT	

The currently selected contrast level will also appear in the display. Press the Increase and Decrease buttons next to the Enter button repeatedly to select the desired contrast level.

Press the Display button to save the contrast level setting and exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

If you have questions about maintenance or troubleshooting, see the front cover of this manual.

Inspect and tighten all parts of the elliptical strider regularly. Replace any worn parts immediately.

To clean the elliptical strider, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the track rollers and the track frame on which the track rollers ride. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the AC power adapter is fully plugged in.

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 14.

HOW TO LEVEL THE ELLIPTICAL STRIDER

If the elliptical strider rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL STRIDER on page 11.

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 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	♥
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.

PART LIST—Model No. NTSR01309.0

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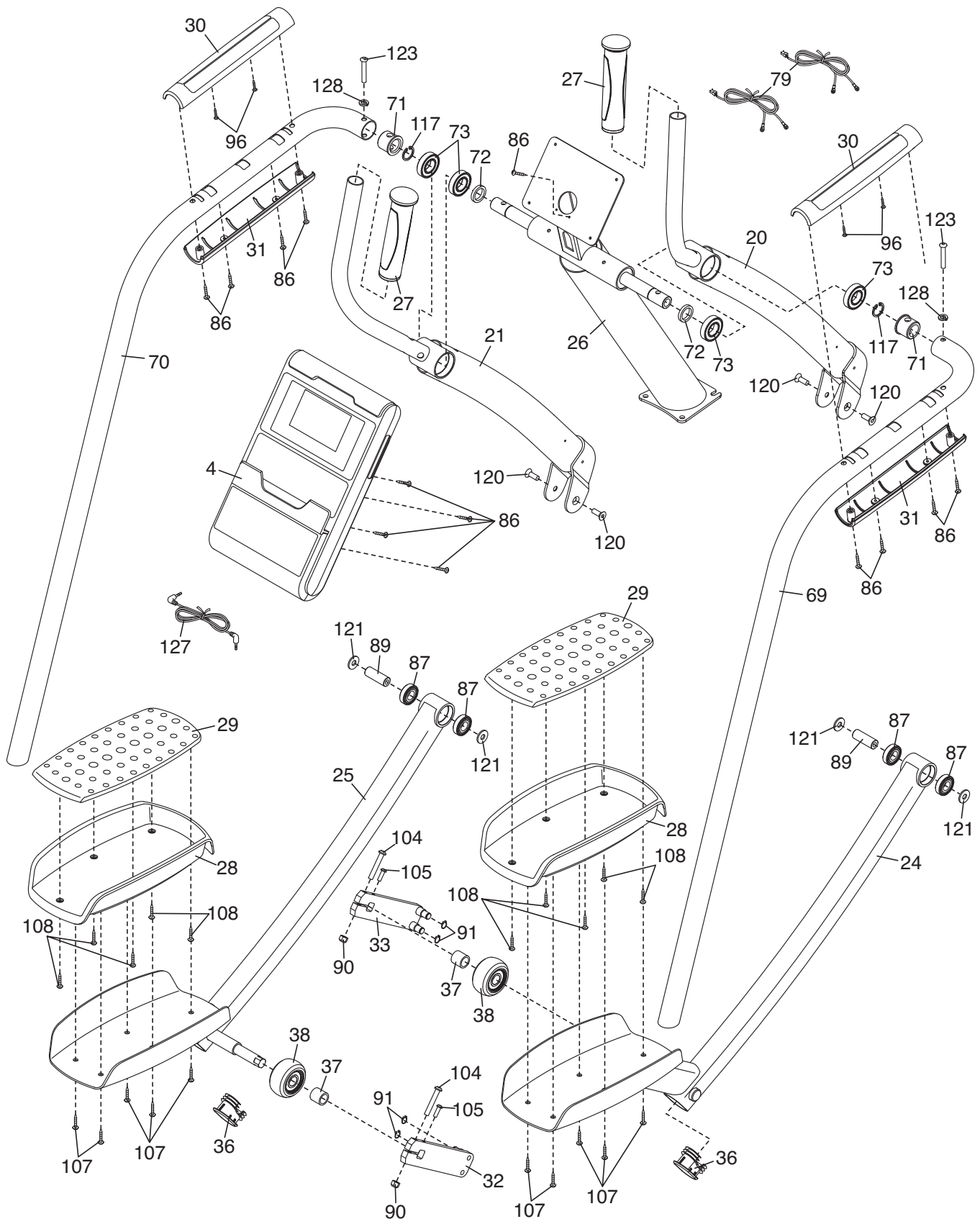
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Magnet Ring
2	2	Track	52	2	Hard Pulley
3	2	Shield Bracket	53	1	Drive Belt Pulley
4	1	Console	54	2	Cable Spool
5	1	Shield Cap	55	1	Spool Hub
6	1	Right Shield	56	2	Spool Bearing
7	1	Left Shield	57	1	Magnet Ring Sensor
8	1	Right Frame Cover	58	2	Frame Bracket
9	1	Left Frame Cover	59	1	Spool Axle
10	1	Front Shield	60	3	Soft Pulley
11	1	Track Shield	61	1	Hub Key
12	1	Rear Frame Cover	62	2	Foot
13	1	Rear Shield	63	2	Leveling Foot
14	1	Right Upper Cover	64	1	Bumper
15	1	Right Lower Cover	65	1	Wiring Bracket
16	1	Left Upper Cover	66	2	Spool Cover
17	1	Left Lower Cover	67	2	Sensor Bracket
18	1	Accessory Tray	68	1	Cable Pulley Bracket
19	1	Drive Belt	69	1	Right Handrail
20	1	Right Handlebar	70	1	Left Handrail
21	1	Left Handlebar	71	2	Handrail Flange
22	2	Right Link Cover	72	2	Handrail Spacer
23	2	Left Link Cover	73	4	Handlebar Bearing
24	1	Right Pedal Arm	74	4	Wheel Spacer
25	1	Left Pedal Arm	75	2	Wheel
26	1	Upright	76	1	AC Power Adapter
27	2	Handgrip	77	1	Wire Harness
28	2	Pedal	78	2	Pulse Wire
29	2	Pedal Insert	79	2	Sensor Wire
30	2	Pulse Sensor	80	3	1/2" Nut
31	2	Sensor Back	81	1	Power Cable
32	1	Left Cable Arm	82	1	Ground Wire
33	1	Right Cable Arm	83	4	Wheel Bearing
34	2	Upper Cable	84	2	Pulley Bearing
35	1	Lower Cable	85	1	Pedal Sensor
36	2	Pedal Leg Cap	86	41	#8 x 3/4" Screw
37	2	Roller Spacer	87	4	Link Bearing
38	2	Roller	88	1	5/16" x 1" Bolt
39	1	Flywheel	89	2	Link Axle
40	8	Cable Bushing	90	3	5/16" Locknut
41	1	Magnet Bracket	91	6	1/2" Snap Ring
42	1	Flywheel Hub	92	2	1 1/8" Snap Ring
43	2	Flywheel Bearing	93	3	#8 x 1/2" Flange Screw
44	1	Resistance Motor	94	3	#8 x 8mm Flange Screw
45	1	Motor Disc	95	41	#8 x 1/2" Screw
46	1	Tension Bracket	96	4	#3 x 5mm Screw
47	1	Tension Spring	97	15	5/16" x 3/4" Screw
48	1	Tension Pulley	98	4	#6 x 9.5mm Bolt
49	1	Tension Bushing	99	2	3/8" x 1" Screw
50	1	Resistance Bar	100	5	5/16" x 1/2" Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	1/4" x 9.5mm Screw	116	2	M10 Flat Washer
102	1	M8 x 86mm Bolt	117	2	1" Snap Ring
103	1	3/8" x 80mm Bolt	118	1	3/4" Snap Ring
104	2	5/16" x 63.5mm Bolt	119	1	#6 x 10mm Screw
105	2	1/4" x 22mm Screw	120	4	3/8" x 3/4" Screw
106	1	#10 x 6.5mm Screw	121	4	3/4" Washer
107	10	M6 x 12mm Screw	122	4	3/8" x 1" Patch Screw
108	10	#8 x 10mm Screw	123	2	3/8" x 3/4" Patch Screw
109	1	3/8" x 41mm Bolt	124	2	3/8" x 3" Screw
110	2	1/2" x 70mm Screw	125	1	#8 x 35mm Screw
111	4	1/4" x 3/4" Screw	126	8	#8 x 1" Tek Screw
112	4	3/8" Locknut	127	1	Audio Cable
113	1	M8 Locknut	128	2	M10 Split Washer
114	4	#6 Locknut	*	—	User's Manual
115	6	Clip	*	—	Assembly Tool

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.

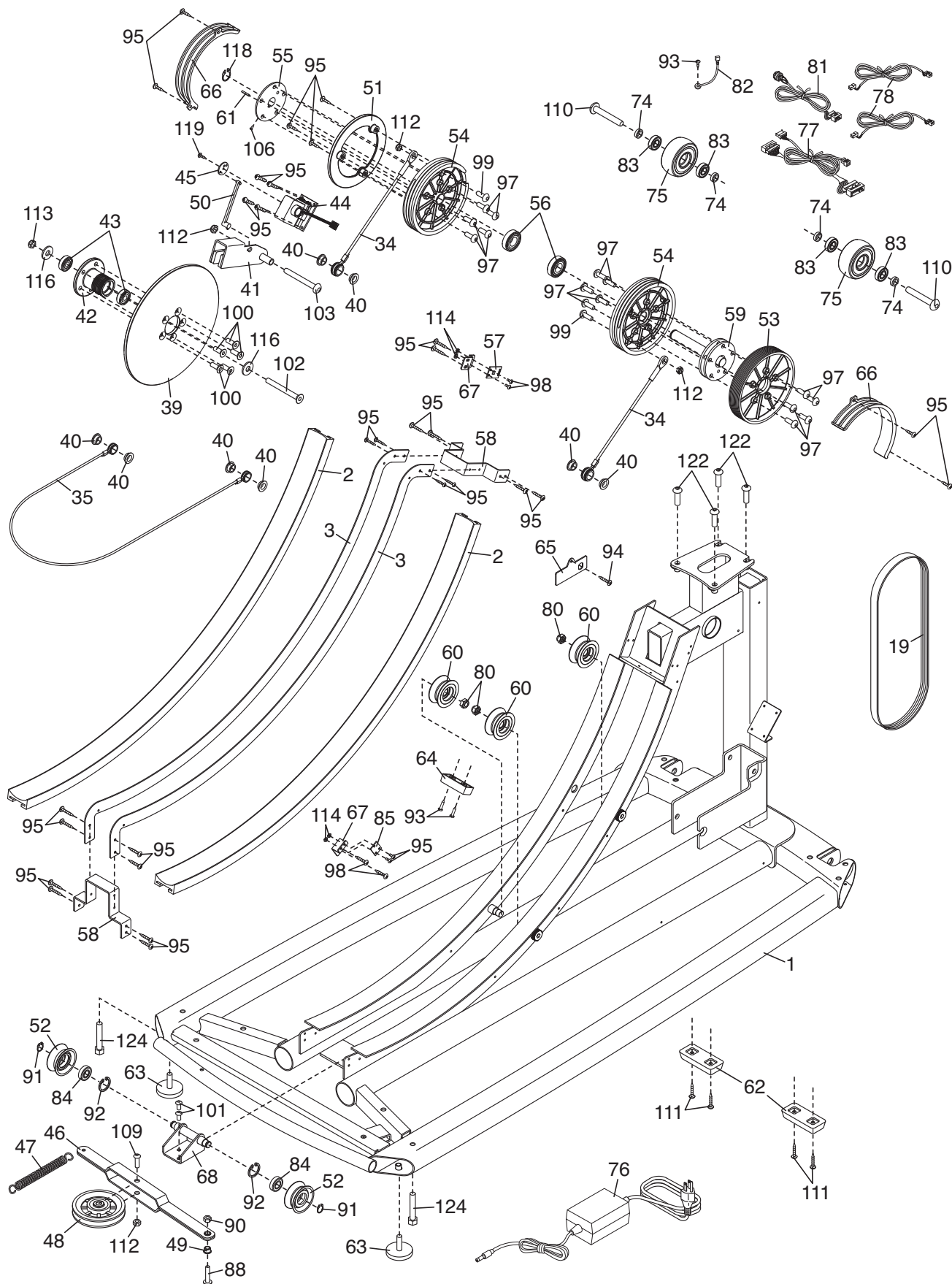
EXPLODED DRAWING A—NTSR01309.0

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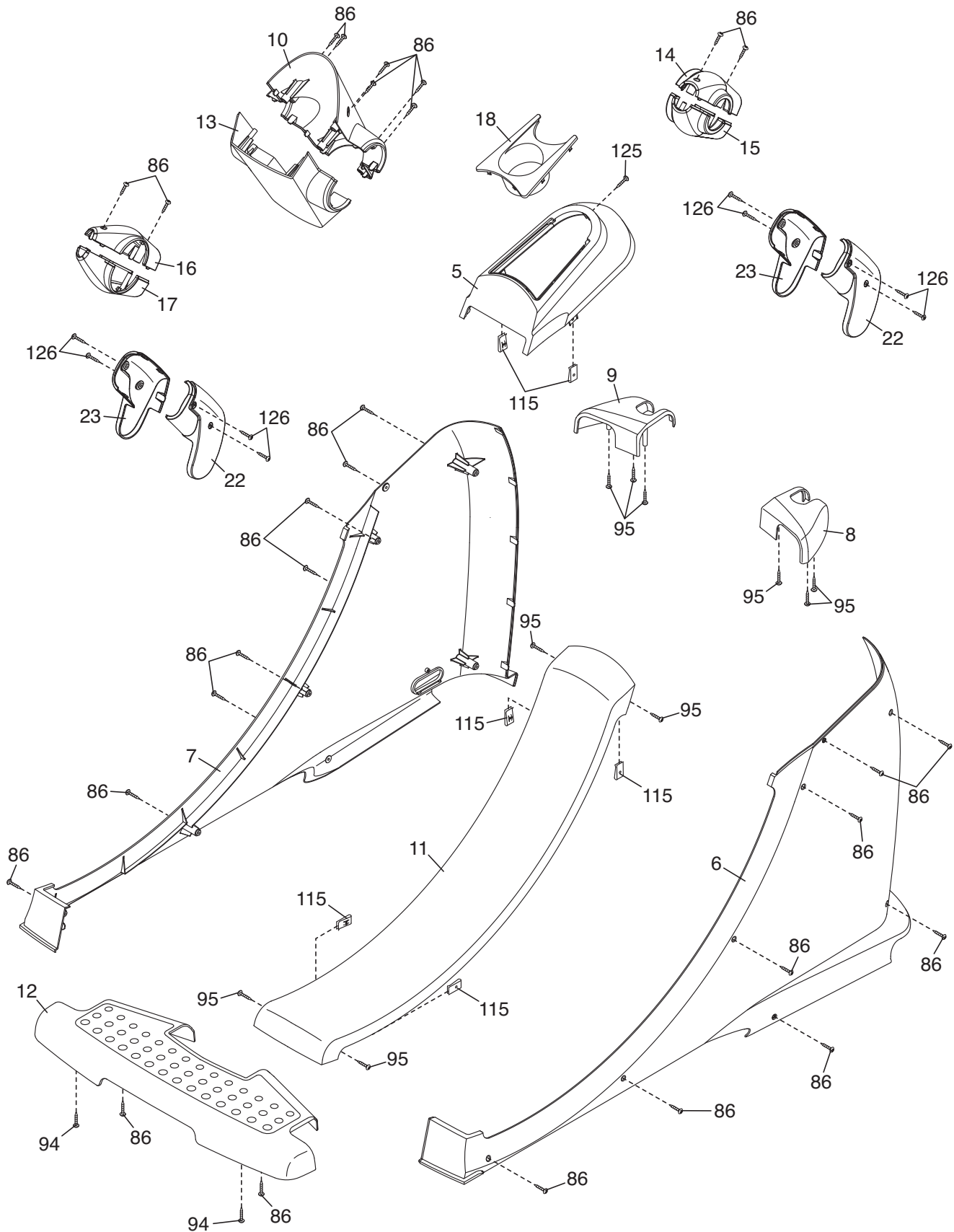
EXPLODED DRAWING B—NTSR01309.0

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EXPLODED DRAWING C—NTSR01309.0

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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 is warranted for a lifetime. Parts are warranted for seven (7) years from the date of purchase. Labor is warranted for 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 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. For replacement parts 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 any 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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 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 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 you.

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

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