

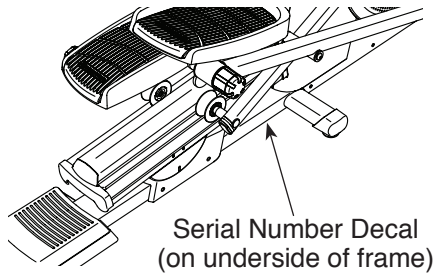
FREEMOTION® e 6.2

www.iconfitness.com

Model No. SFEL71213.1

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

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

CUSTOMER CARE

For service at any time, go to www.iconservice.com.

Or call 1-800-999-3756
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

CAUTION

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

USER'S MANUAL

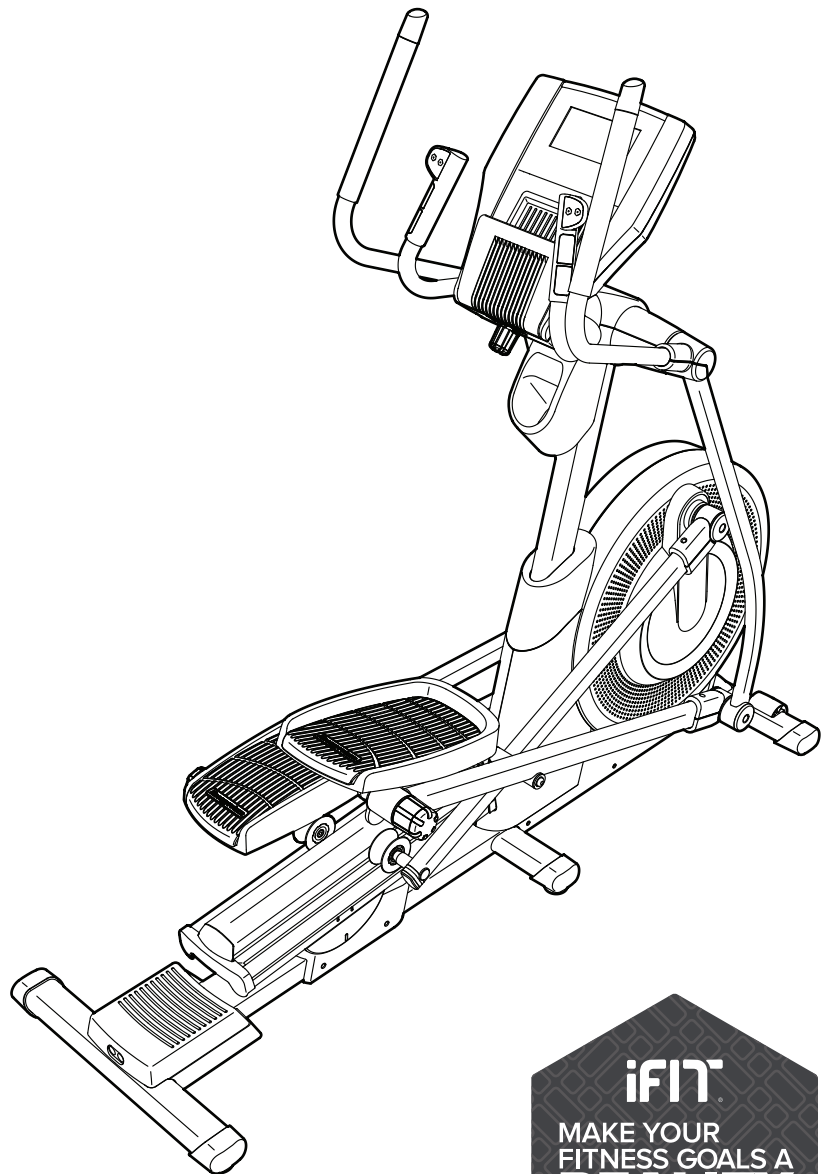
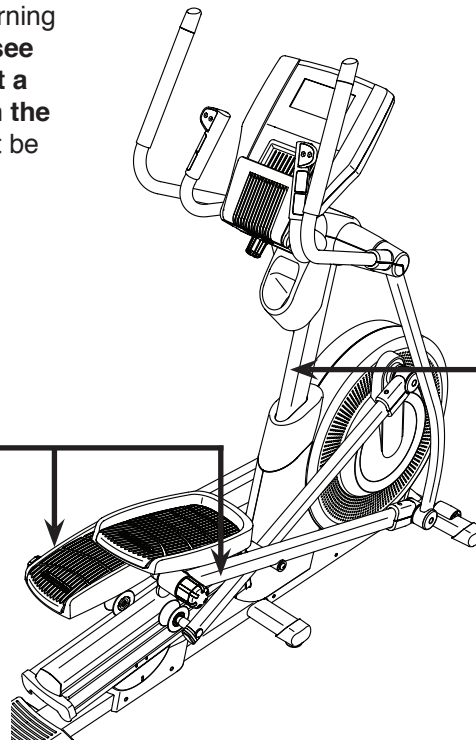


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WARNING DECAL PLACEMENT

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.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 lbs / 159 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in front of it, 4 ft. (1.2 m) behind it, and 2 ft. (0.6 m) on each side of it. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Do not drop or insert any object into any opening on the elliptical.
8. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
9. Keep children under age 12 and pets away from the elliptical at all times.
10. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
12. Do not operate the elliptical if the power cord or plug is damaged or if the elliptical is not working properly. See the front cover of this manual if the elliptical is not working properly.
13. Plug the power cord into an appropriate outlet (see page 18). Keep the power cord away from heated surfaces.
14. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
15. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
16. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
17. Keep your back straight while using the elliptical; do not arch your back.
18. 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.
19. Never leave the elliptical unattended while the power cord is plugged in.
20. **DANGER:** Always press the power switch to the off position and unplug the power cord immediately after using the elliptical, before cleaning the elliptical, and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.

SAVE THESE INSTRUCTIONS

MAKE YOUR FITNESS GOALS A **REALITY**

iFIT®

Congratulations on the purchase of your new iFit® compatible fitness equipment. You're just one click away from making your fitness goals a reality.

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DO MORE THAN JUST WORK OUT

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.



LOSE WEIGHT

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



COMPETE WITH OTHERS

Push yourself to new limits with real-time virtual races.



PERSONALIZED EVENT TRAINING

5k, 10k, half or full marathon training will help you prepare for your event.



GO MOBILE

Track your workout anywhere you go with iFit® mobile apps.



MAP YOUR ROUTE

With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



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Inspire others, motivate yourself and share routes, workouts and more.

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PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



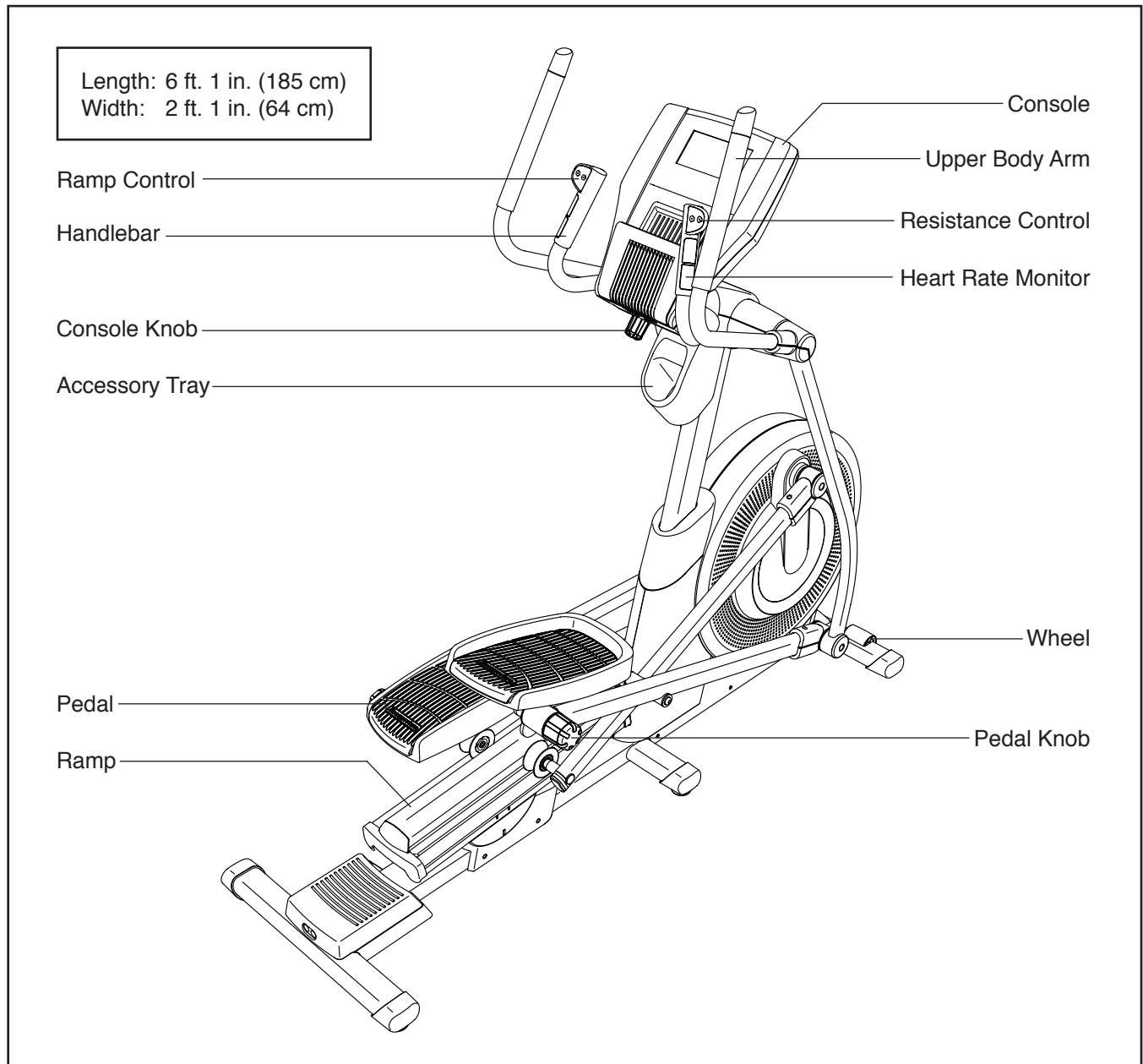
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® E 6.2 elliptical. The E 6.2 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

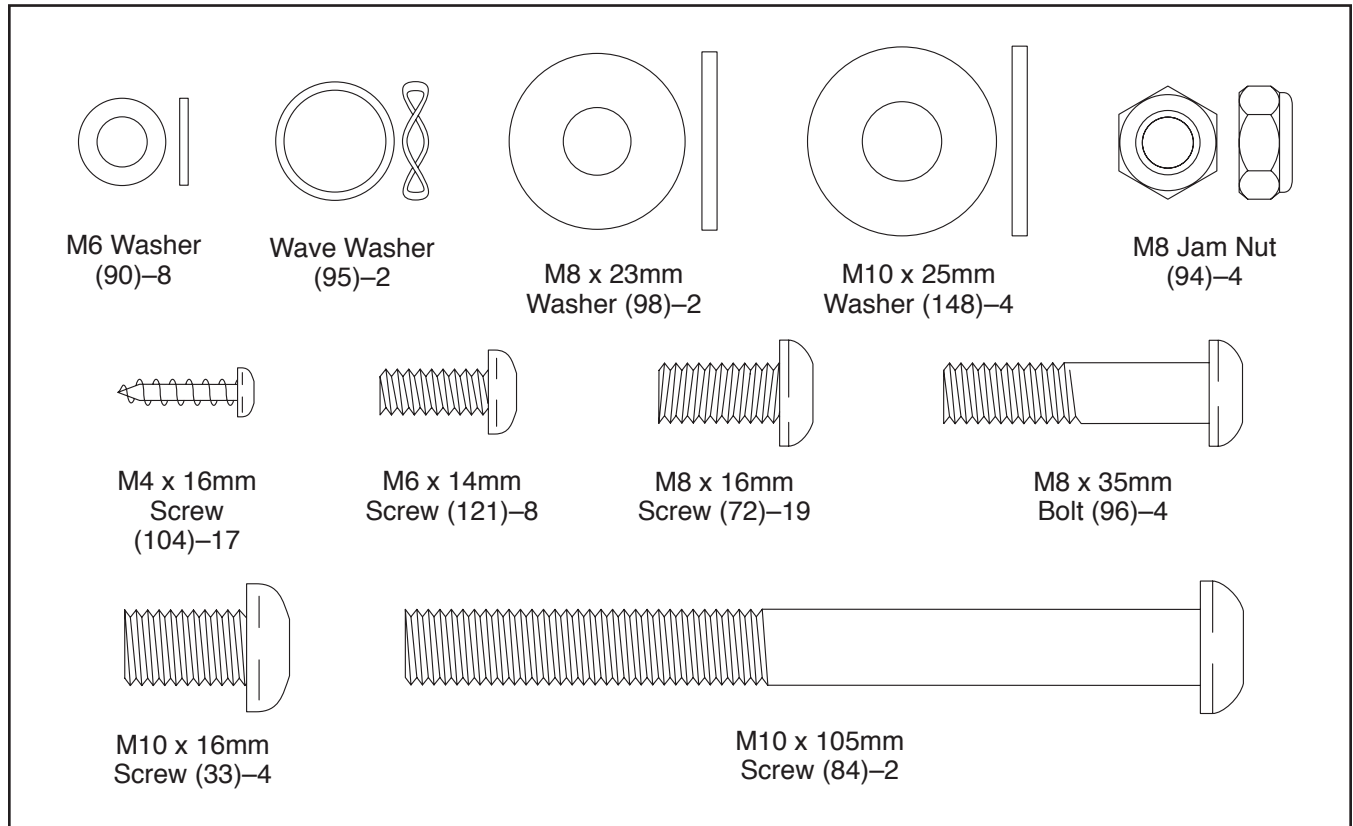
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



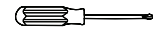
ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left and right parts are marked “L” or “Left” and “R” or “Right.”

- To identify small parts, see page 7.

In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one rubber mallet

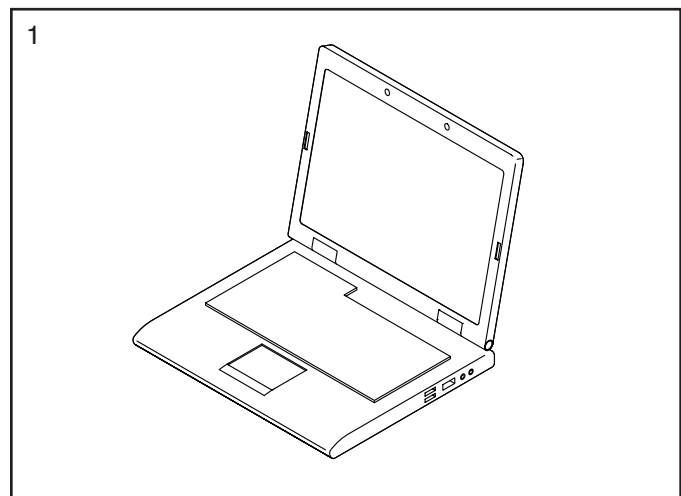


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconservice.com/registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

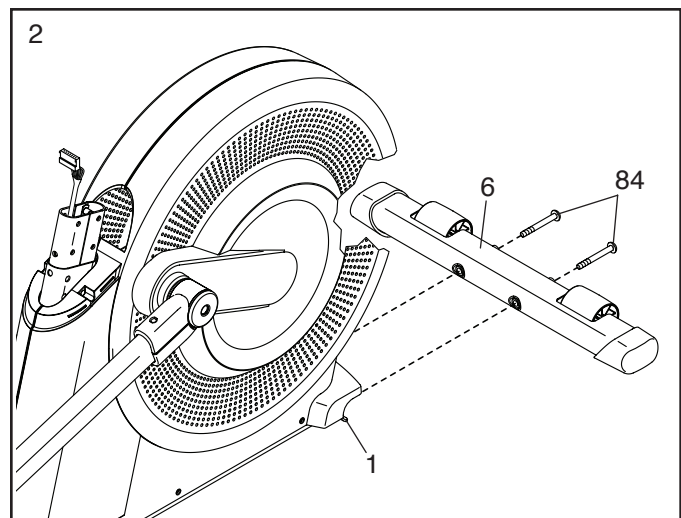
Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.



2. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Attach the Front Stabilizer (6) to the front of the Frame (1) with two M10 x 105mm Screws (84).

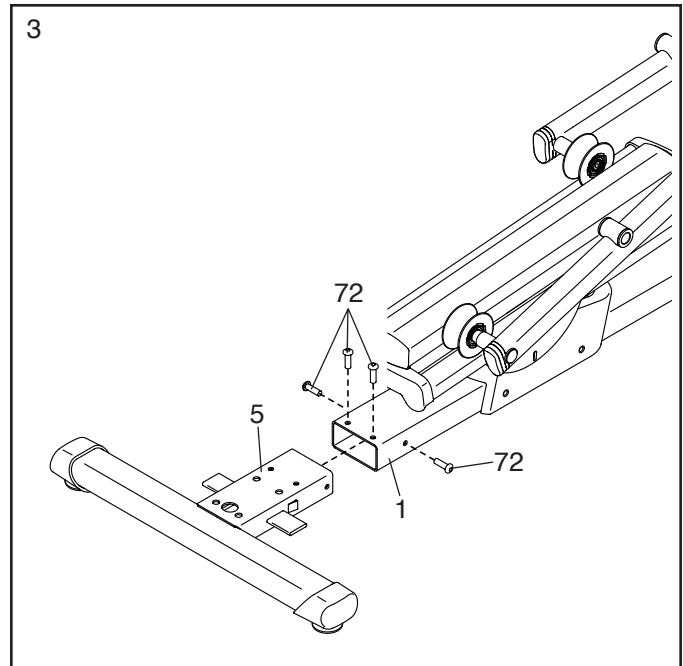
Remove the packing material.



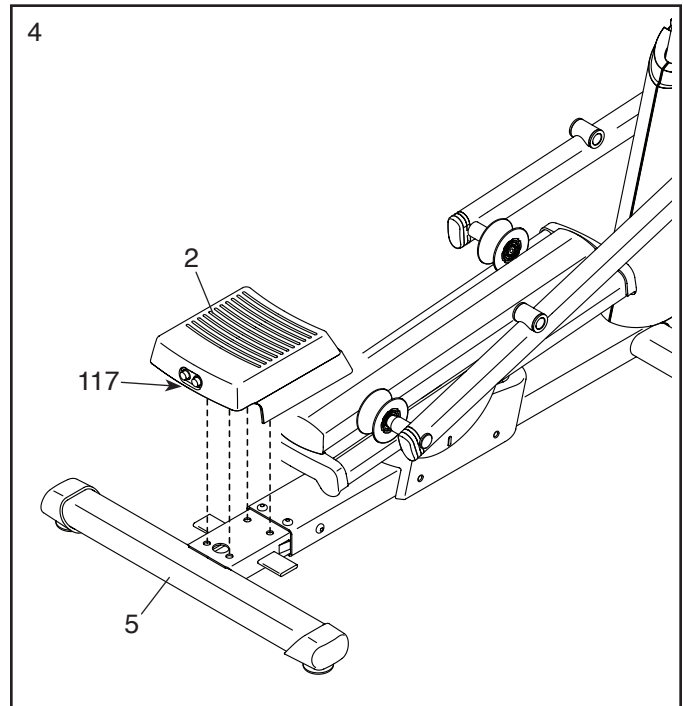
3. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Insert the Rear Stabilizer (5) into the Frame (1). Attach the Rear Stabilizer with four M8 x 16mm Screws (72); **start all four Screws, and then tighten them.**

Remove the packing material.

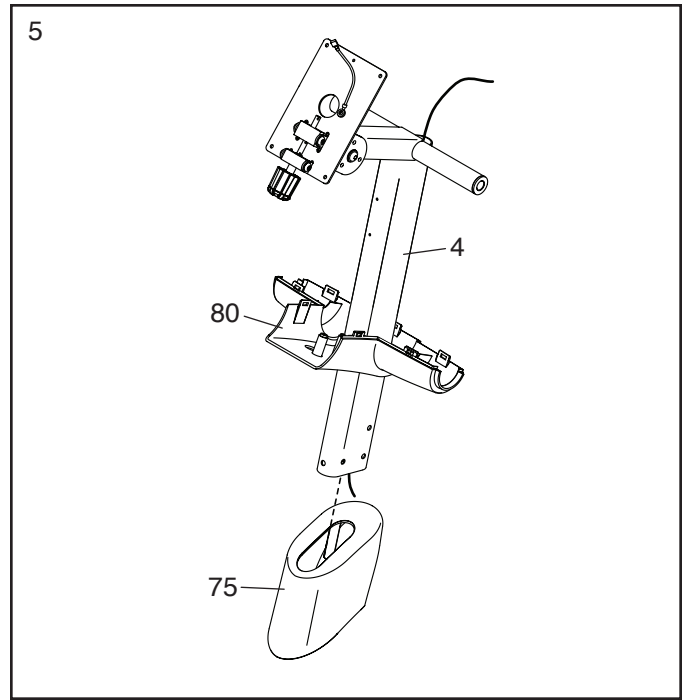


4. Press the four Mounts (117) on the underside of the Rear Stabilizer Cover (2) into the Rear Stabilizer (5).



5. Identify the Lower Upright Cover (80), which has a large oval hole in it.

Orient the Lower Upright Cover (80), the Shield Cover (75), and the Upright (4) as shown. Slide the Lower Upright Cover and the Shield Cover upward onto the Upright.

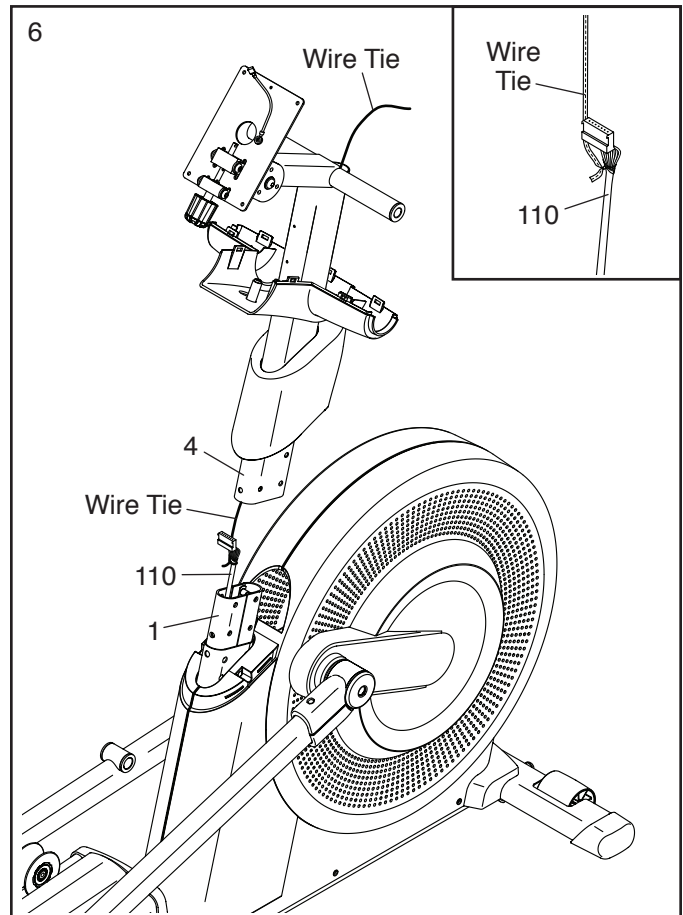


6. While a second person holds the Upright (4) near the Frame (1), locate the wire tie in the Upright.

See the inset drawing. Tie the lower end of the wire tie to the Main Wire Harness (110).

Pull the upper end of the wire tie until the Main Wire Harness (110) is routed through the Upright (4).

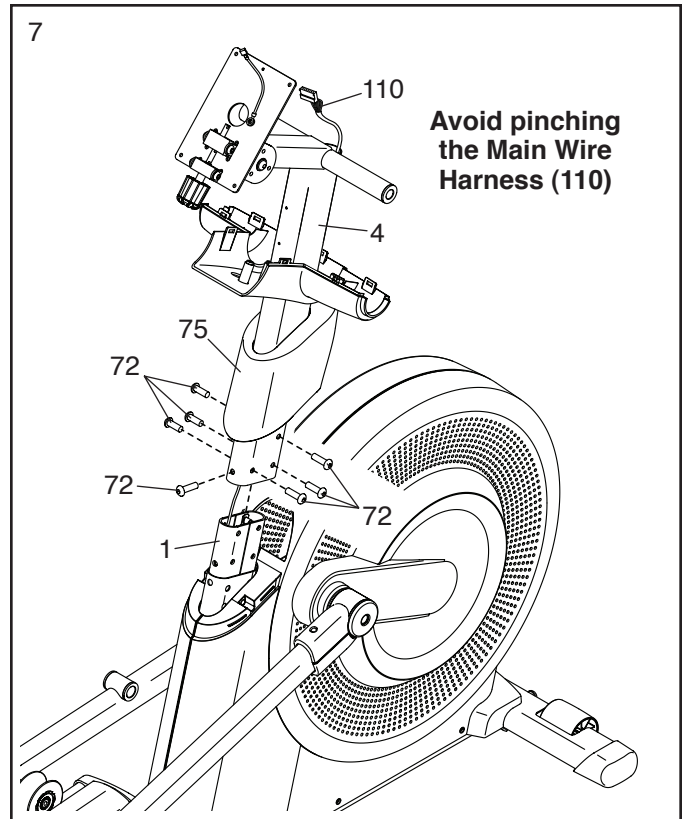
Tip: To prevent the Main Wire Harness (110) from falling into the Upright (4), secure the Main Wire Harness with the wire tie.



7. Tip: Avoid pinching the Main Wire Harness (110).

Slide the Upright (4) onto the Frame (1). Attach the Upright with seven M8 x 16mm Screws (72); **do not fully tighten the Screws yet.**

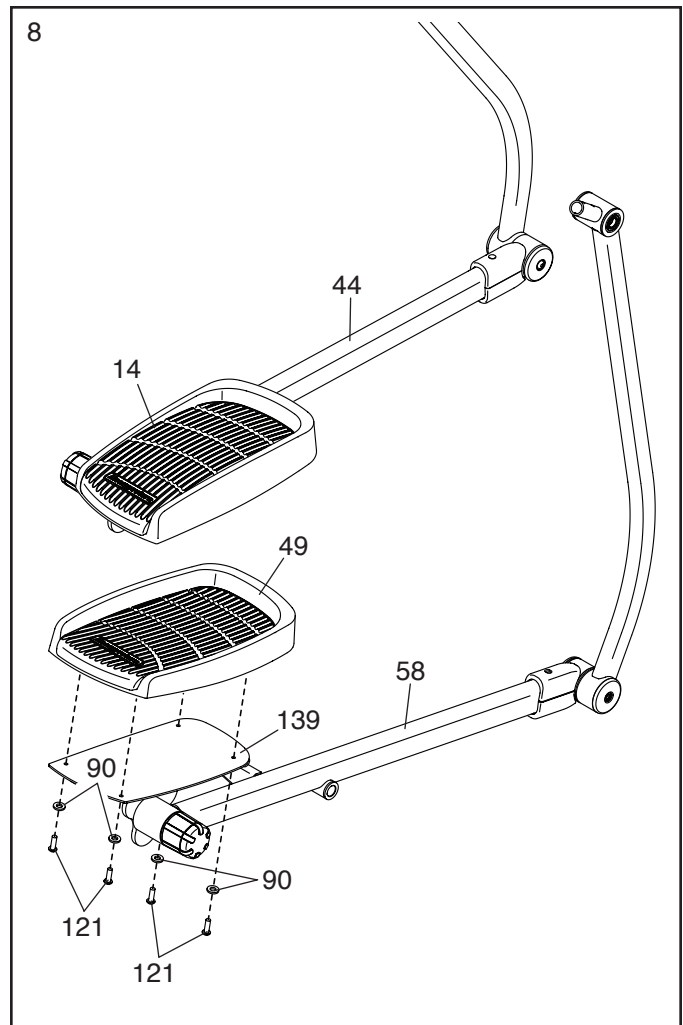
Do not press the Shield Cover (75) into place yet.



8. Identify the Right Pedal (49) and the Right Pedal Arm (58) and orient them as shown.

Attach the Right Pedal (49) to the Right Pedal Plate (139) on the Right Pedal Arm (58) with four M6 x 14mm Screws (121) and four M6 Washers (90).

Attach the Left Pedal (14) to the Left Pedal Arm (44) in the same way.



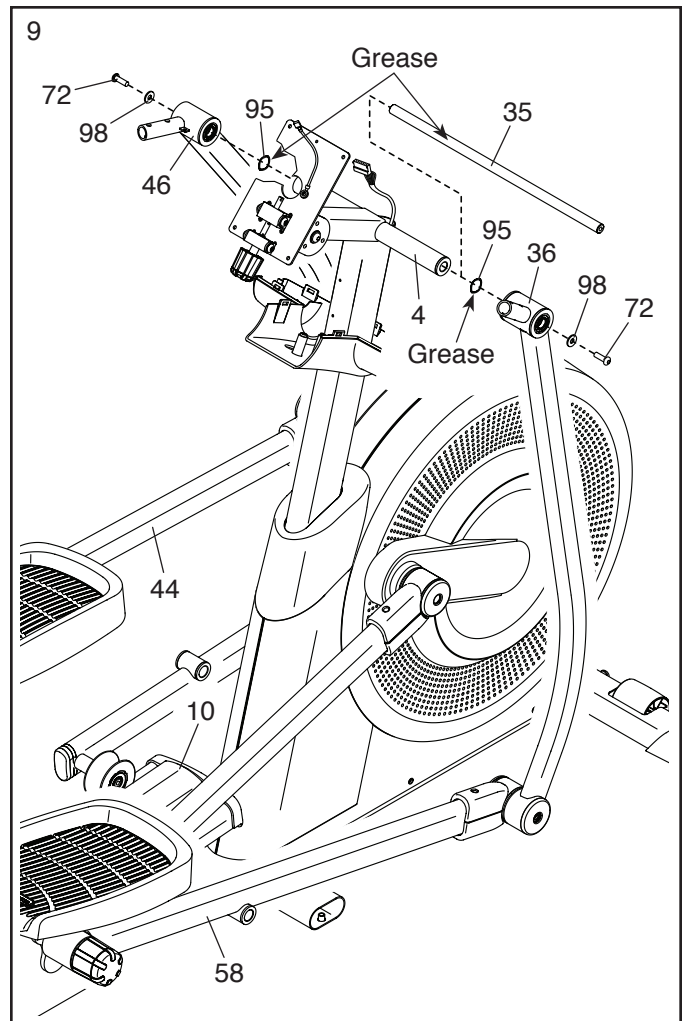
- Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Arm Axle (35) and to two Wave Washers (95).

Insert the Arm Axle (35) into the Upright (4) and center it. Then, slide a Wave Washer (95) onto each end of the Arm Axle.

With the help of a second person, slide the Right Upper Body Leg (36) onto the right side of the Arm Axle (35). Move the Right Pedal Arm (58) to the right, and set it on the floor; **do not set it on the Ramp Top Cover (10)**.

With the help of a second person, slide the Left Upper Body Leg (46) onto the left side of the Arm Axle (35), and set the Left Pedal Arm (44) on the floor; **do not set it on the Ramp Top Cover (10)**.

Then, tighten an M8 x 16mm Screw (72) with an M8 x 23mm Washer (98) into each end of the Arm Axle (35) **at the same time**.



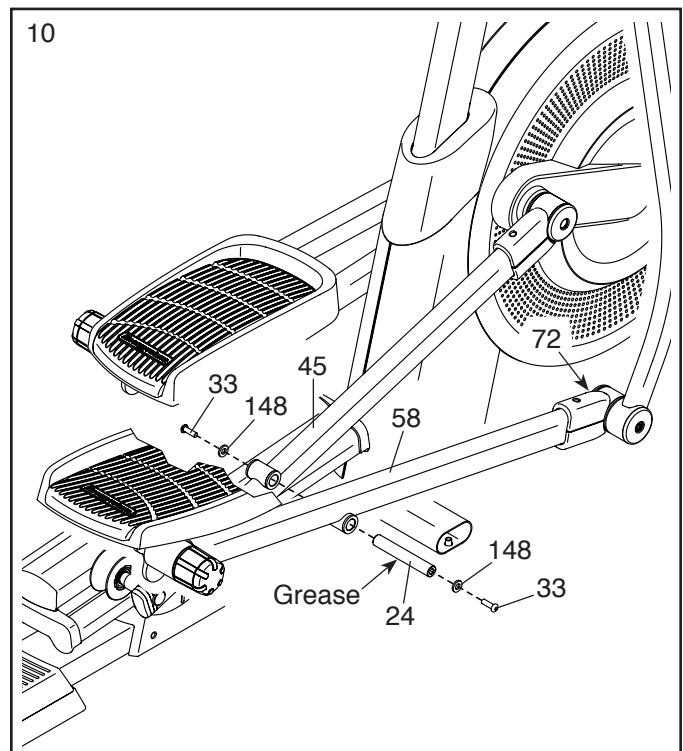
- Apply a small amount of grease to a Pedal Arm Axle (24).

Insert the Pedal Arm Axle (24) into the Right Pedal Arm (58) and the Right Roller Arm (45).

Next, tighten an M10 x 16mm Screw (33) with an M10 x 25mm Washer (148) into each end of the Pedal Arm Axle (24) **at the same time**.

Then, tighten the indicated M8 x 16mm Screw (72).

Repeat this step on the left side of the elliptical.

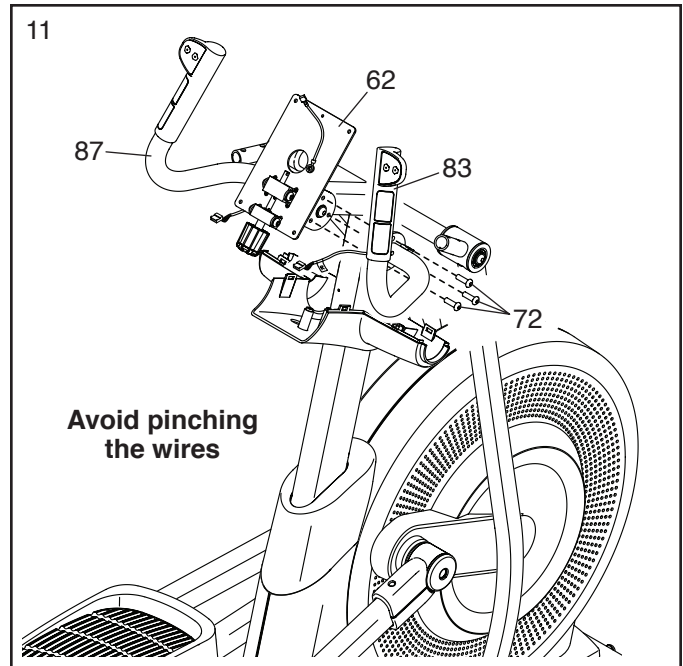


11. Tip: Avoid pinching the wires in the Right and Left Handlebars (83, 87).

Attach the Right Handlebar (83) to the right side of the Console Bracket (62) with three M8 x 16mm Screws (72).

Repeat this step with the Left Handlebar (87).

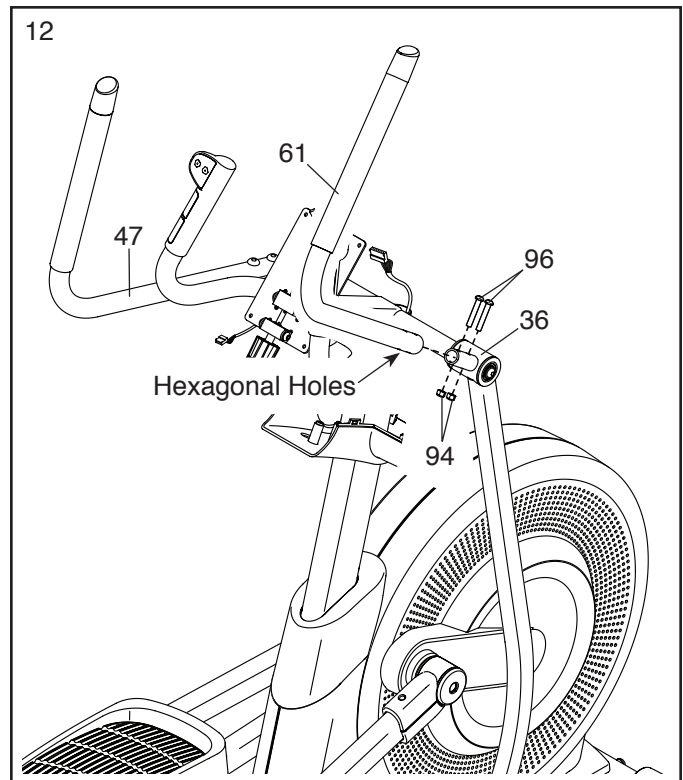
Then, remove the packaging from the wires on the Right and Left Handlebars (83, 87).



12. Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (36).

Attach the Right Upper Body Arm (61) with two M8 x 35mm Bolts (96) and two M8 Jam Nuts (94). **Make sure that the Jam Nuts are in the hexagonal holes in the Right Upper Body Arm.**

Attach the Left Upper Body Arm (47) in the same way.



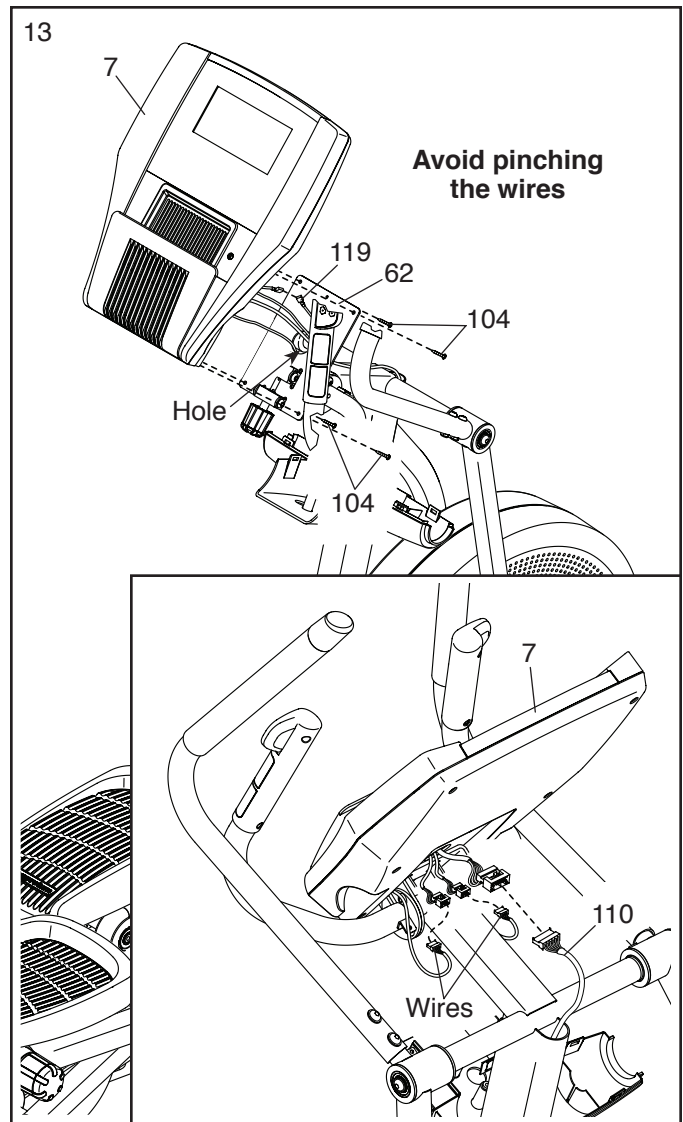
13. Have a second person hold the Console (7) near the Console Bracket (62).

Connect the Ground Wire (119) to the matching wire on the Console (7). Then, insert all of the wires on the Console **downward** through the indicated hole in the Console Bracket (62).

Tip: Avoid pinching the wires. Attach the Console (7) to the Console Bracket (62) with four M4 x 16mm Screws (104).

Untie and discard the wire tie (not shown) on the Main Wire Harness (110).

See the inset drawing. Connect the Main Wire Harness (110) and the two indicated wires to the matching wires on the Console (7). **Make sure to connect the wire that has a tag to the wire on the Console that has a tag.**



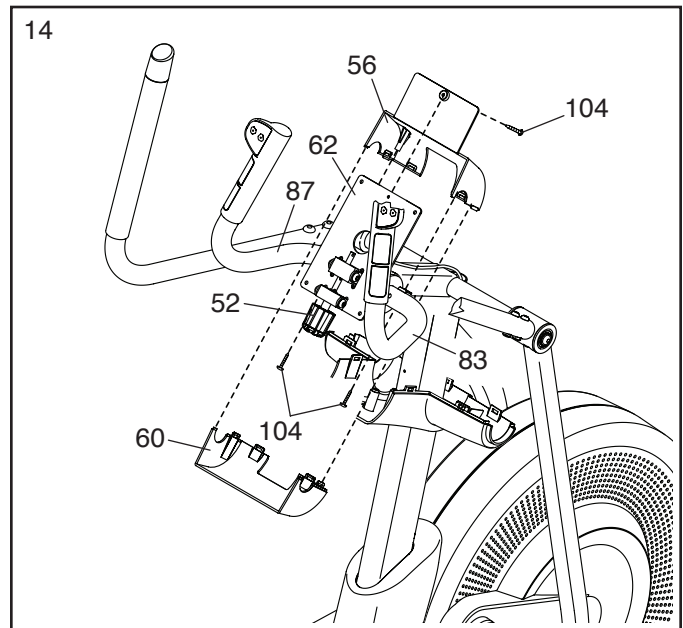
14. **Note: For clarity, the Console and the wiring are not shown in this step.**

Tip: It may be necessary to turn the Console Knob (52) and adjust the angle of the Console Bracket (62).

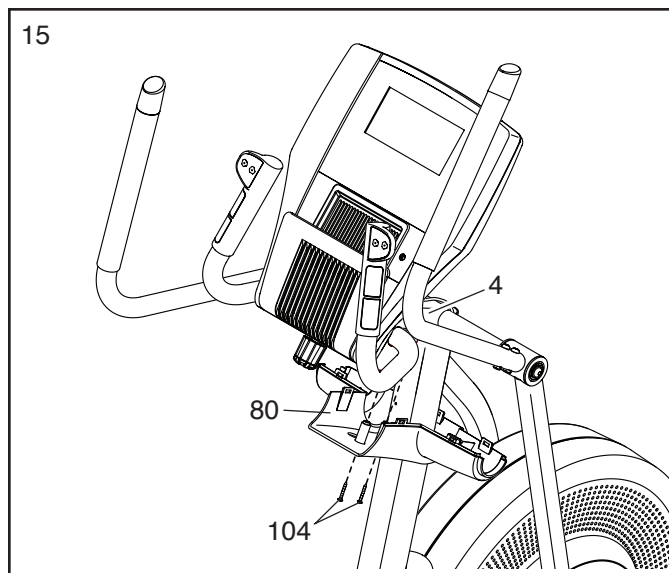
Attach the Upper Handlebar Cover (56) to the Right and Left Handlebars (83, 87) and to the Console Bracket (62) with three M4 x 16mm Screws (104); **start all three Screws, and then tighten them.**

Make sure that the wiring (not shown) is inside the Upper Handlebar Cover (56).

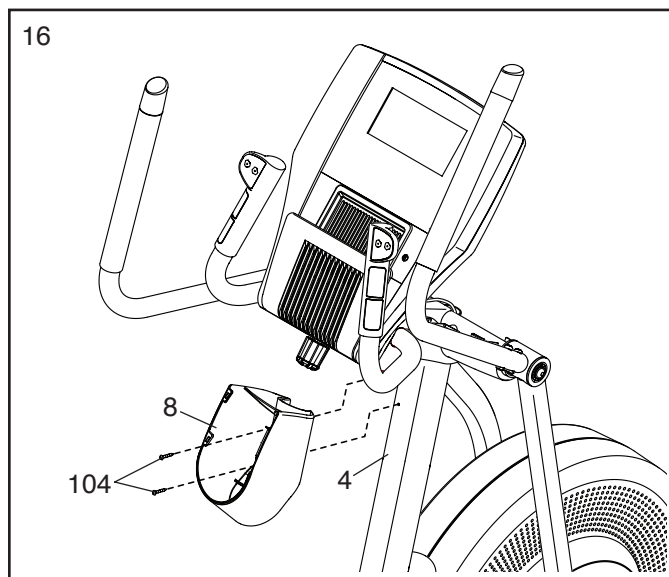
Then, press the Lower Handlebar Cover (60) onto the Upper Handlebar Cover (56).



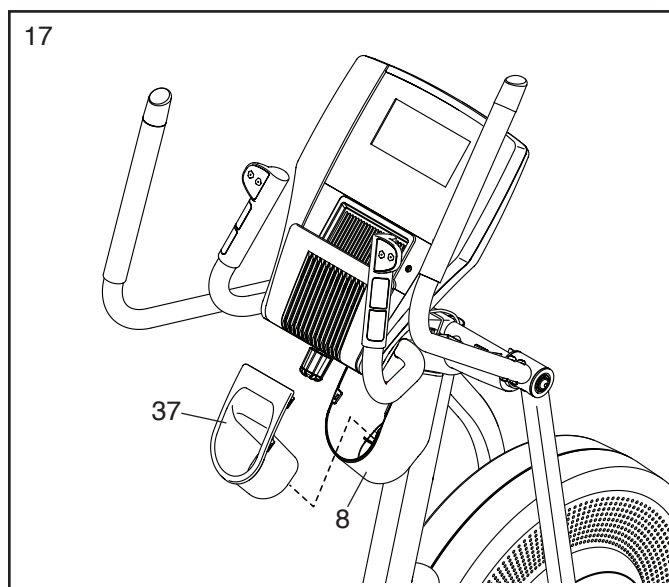
15. Slide the Lower Upright Cover (80) upward, and attach it to the Upright (4) with two M4 x 16mm Screws (104).



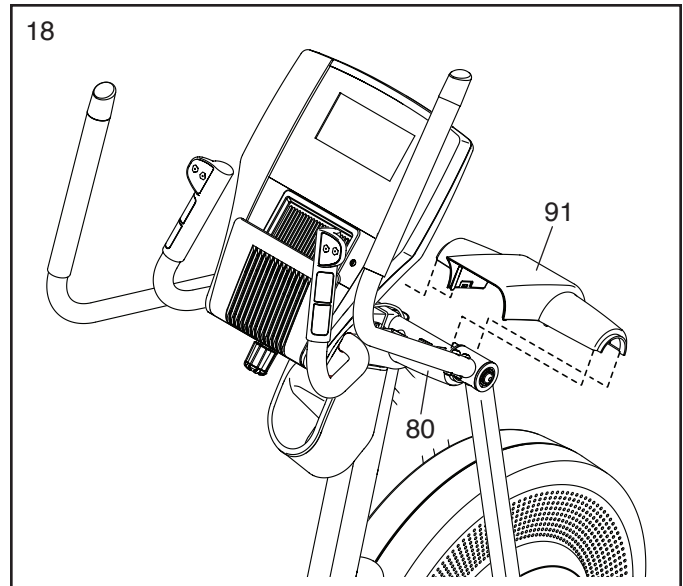
16. Attach the Accessory Tray Base (8) to the Upright (4) with two M4 x 16mm Screws (104).



17. Press the Accessory Tray (37) into the Accessory Tray Base (8).



18. Press the Upper Upright Cover (91) onto the Lower Upright Cover (80).

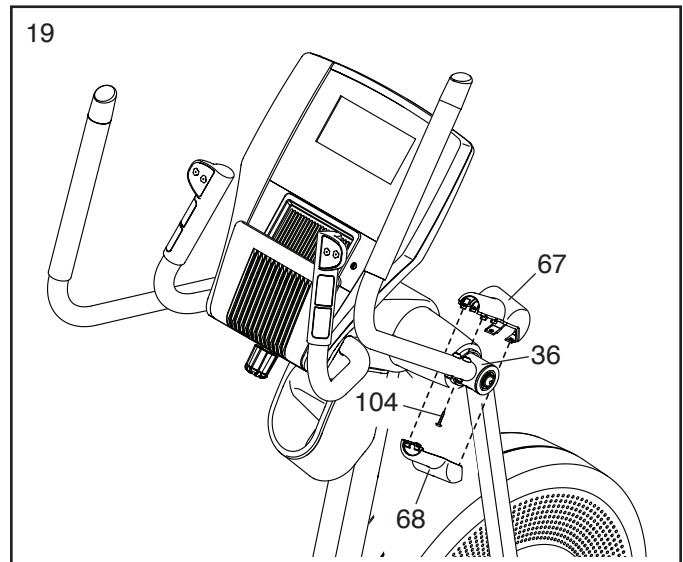


19. Identify the Right Arm Upper Cover (67) and the Right Arm Lower Cover (68).

Attach the Right Arm Upper Cover (67) to the Right Upper Body Leg (36) with an M4 x 16mm Screw (104).

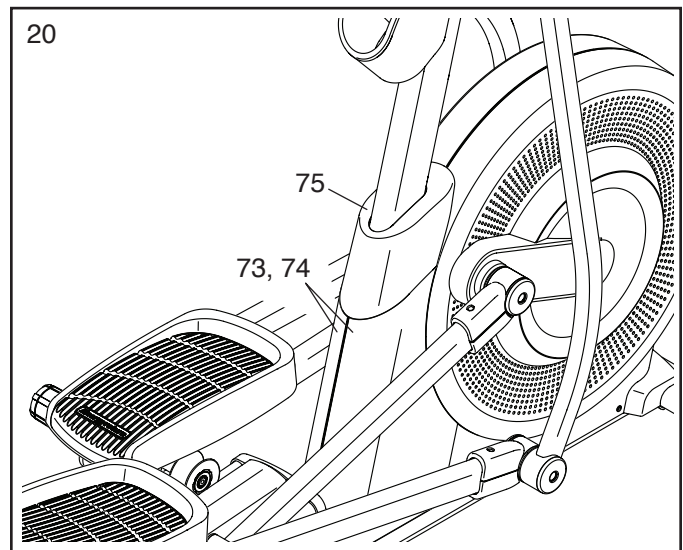
Then, press the Right Arm Lower Cover (68) onto the Right Arm Upper Cover (67).

Attach the Left Arm Upper Cover (not shown) and the Left Arm Lower Cover (not shown) in the same way.



20. **See step 7.** Tighten the M8 x 16mm Screws (72).

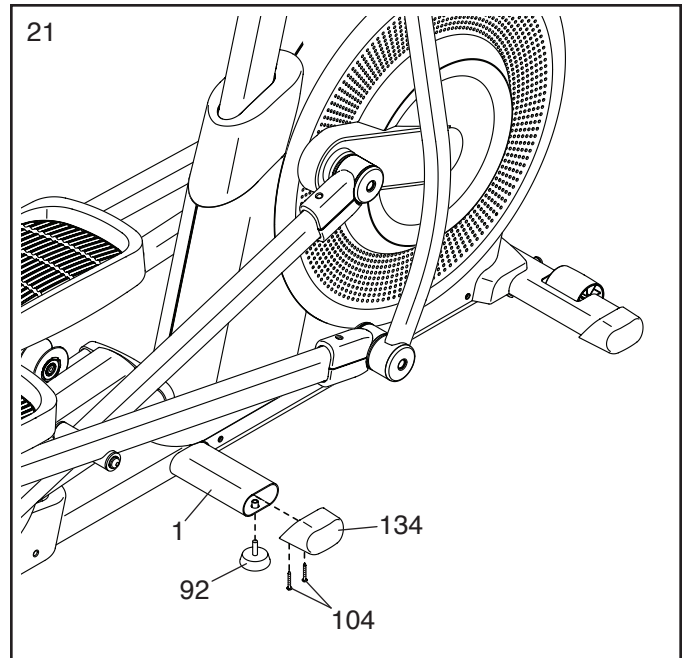
Then, press the Shield Cover (75) downward onto the Left and Right Front Shields (73, 74).



21. While a second person tips the elliptical to the left and holds it, attach a Stabilizer Cap (134) to the right side of the Frame (1) with two M4 x 16mm Screws (104).

Next, tighten a Leveling Foot (92) into the Frame (1) in the indicated location.

Repeat this step on the left side of the elliptical.



22. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

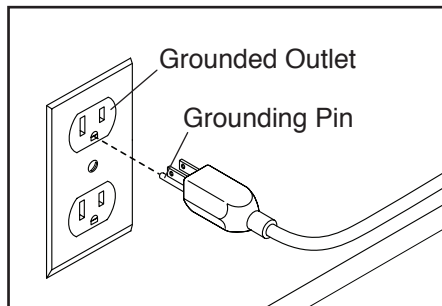
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

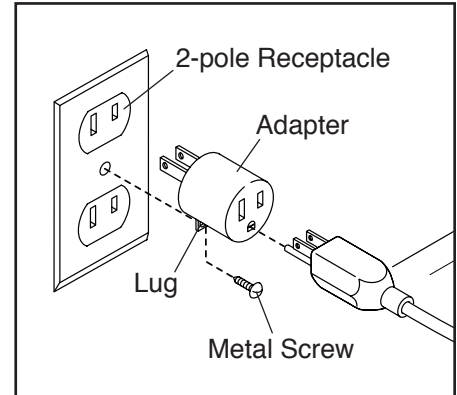
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

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

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



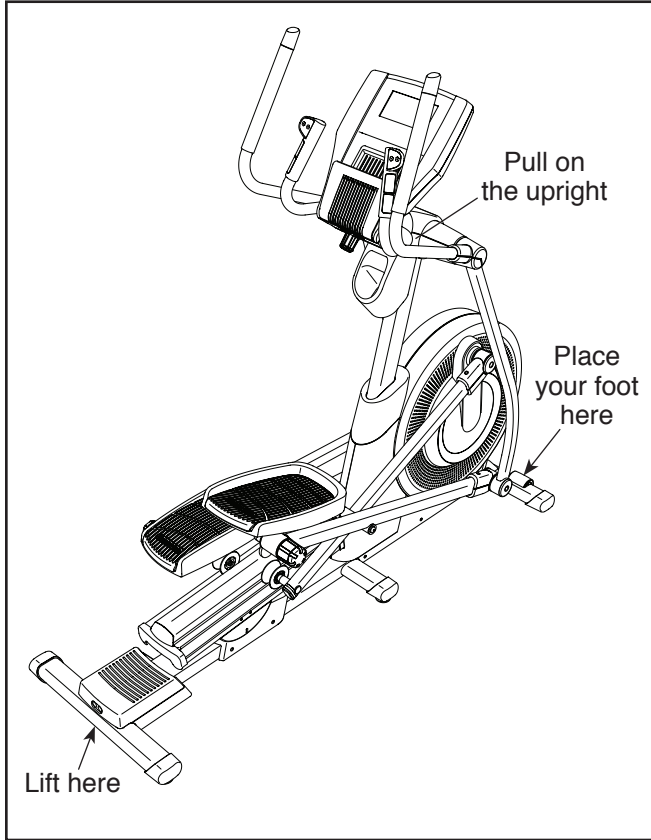
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.



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

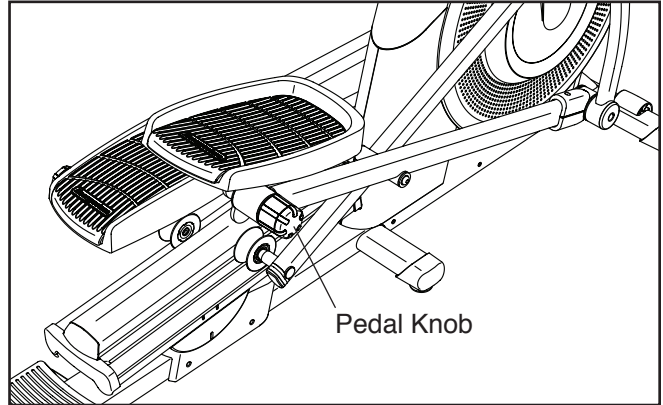
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



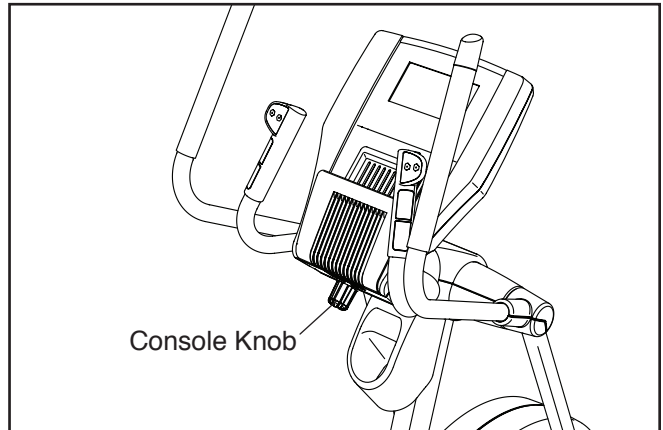
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, lift the pedal and turn the pedal knob beneath the pedal. **Make sure to adjust both pedals to the same position.**



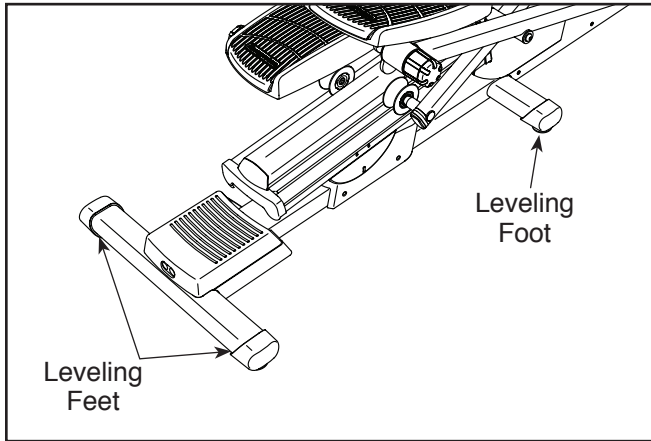
HOW TO ADJUST THE CONSOLE

The console can be adjusted to several angles. To adjust the console, turn the console knob until the console is at the desired angle.



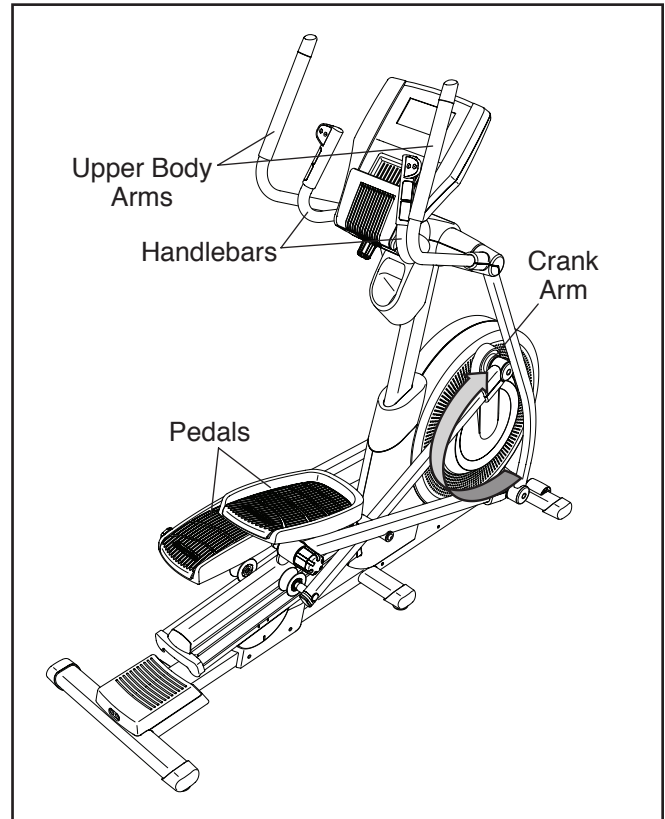
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated. Then, turn the leveling feet beneath the center stabilizer until the leveling feet touch your floor.



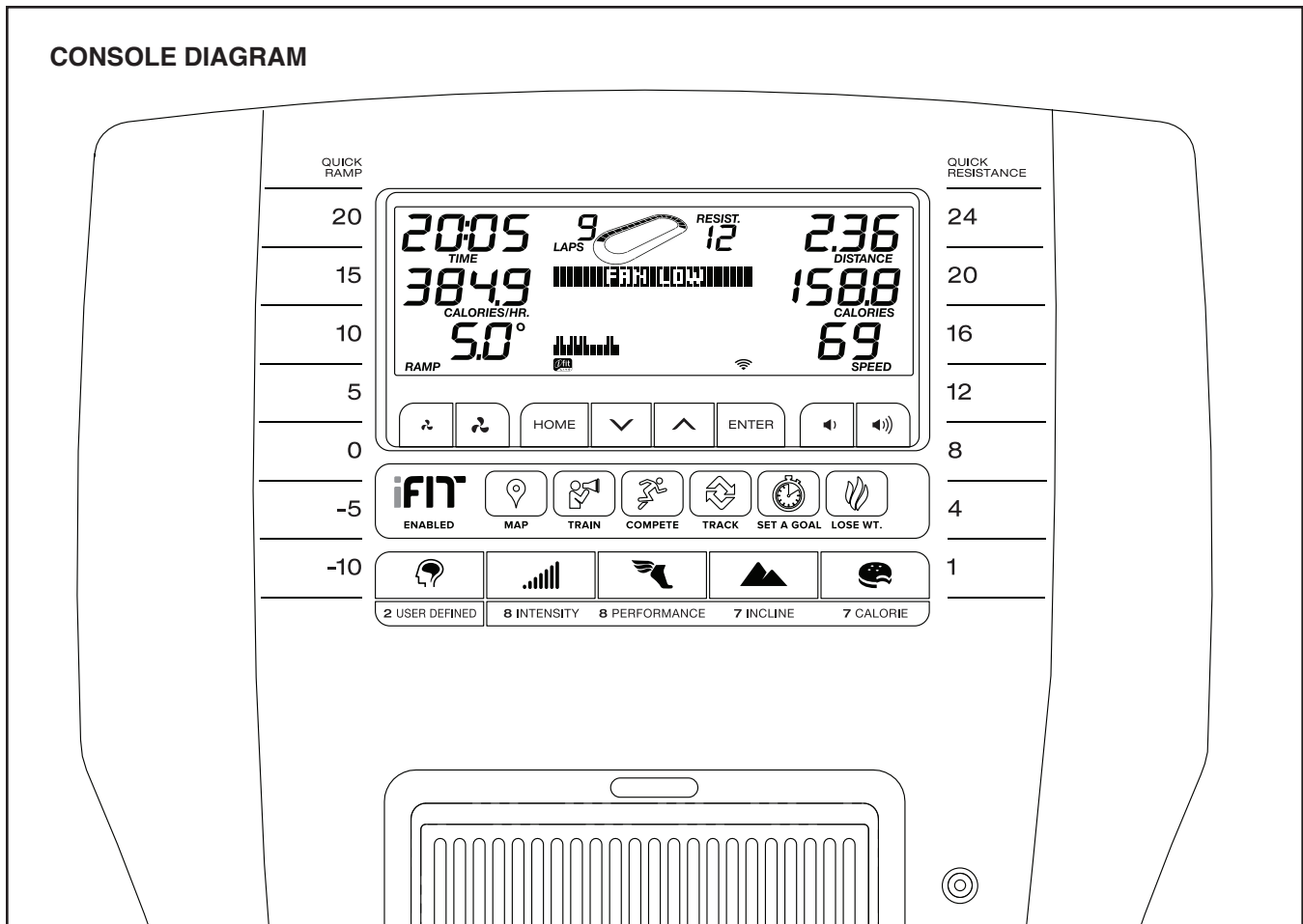
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms or the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**



To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features.

See www.iFit.com for complete information.

In addition, the console features a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling speed as it guides you through an effective workout. You can also set a time, distance, or calorie goal.

The console also offers user-defined workouts that allow you to create your own workouts and store them in memory for future use.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp 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 heart rate monitor.

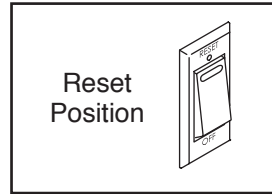
You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on the power and set up the console, see page 22.

HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 18). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the incline of the ramp may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 32 and calibrate the ramp manually.

HOW TO SET UP THE CONSOLE

Before using the elliptical for the first time, set up the console.

1. Create an iFit account.

To create an iFit account, or for more information about the account, go to www.iFit.com.

2. Connect to your wireless network.

Note: In order to download iFit workouts and use some other features of the console, you must be connected to a wireless network. See HOW TO CHANGE CONSOLE SETTINGS on page 28 to connect the console to your wireless network.

3. Check for firmware updates.

See HOW TO CHANGE CONSOLE SETTINGS on page 28 and check for firmware updates.

4. Calibrate the incline of the ramp.

See HOW TO CALIBRATE THE RAMP on page 32 and calibrate the incline of the ramp.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see this page. To use an onboard workout, see page 24. To use a set-a-goal workout, see page 25. To create a user-defined workout, see page 26. To use a user-defined workout, see page 26. To use an iFit workout, see page 27. To change console settings, see page 28. To use the sound system, see page 31.

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

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see page 28.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on page 22.

2. Select the manual mode.

The manual mode will be selected automatically each time you turn on the console.

Note: If the console is connected to iFit through your wireless network, the display will cycle between the manual mode and the iFit welcome message. Press the Home button repeatedly to select the manual mode.

You can also press any of the workout buttons repeatedly to select the manual mode.

3. Change the resistance of the pedals and the incline of the ramp as desired.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Quick Resistance buttons or press the Resistance increase and decrease buttons located on the right handlebar.

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

To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered Quick Ramp buttons or press the Ramp increase and decrease buttons located on the left handlebar.

Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. Follow your progress.

The display can show the following workout information:

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

Calories per Hour (Calories/Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance—This display mode will show the distance that you have pedaled in miles or kilometers.

Laps—This display mode will show a track that represents 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track to show your progress. This display mode will also show the number of laps you have completed.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor (see step 5).

Ramp—This display mode will show the incline level of the ramp.

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

Speed—This display mode will show your pedaling speed in revolutions per minute (rpm).

Time—This display mode will show the elapsed time.

The matrix offers several display modes. Press the increase and decrease buttons next to the Enter button until the desired display mode is shown.

Speed—This display mode will show a history of the speed settings of your workout. A new segment will appear at the end of each minute.

Calorie—This display mode will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment. A new segment will appear at the end of each minute.

Incline—This display mode will show a history of the ramp incline levels of your workout. A new segment will appear at the end of each minute.

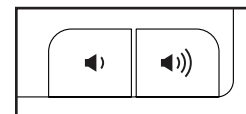
To pause the manual mode or a workout, stop pedaling. The time will pause in the display. To resume the manual mode or the workout, simply resume pedaling.

Press the Home button to exit the manual mode or a workout. If necessary, press the Home button again.

When the console is connected to a wireless network, the wireless symbol in the display will show the strength of your wireless signal. Four arcs indicate full signal strength. If the wireless symbol is flashing, the console is not connected to a wireless network.



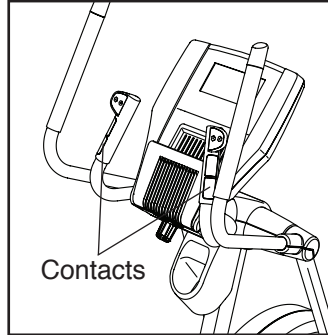
If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.



5. Measure your heart rate if desired.

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

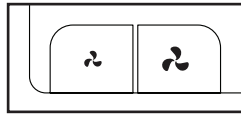
When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



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 to squeeze the contacts tightly. For optimal performance, clean the 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 increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while, the fan will turn off automatically.

7. When you are finished exercising, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 22.

2. Select an onboard workout.

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

When you select an onboard workout, the display will show the name, duration, maximum ramp incline level, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the incline levels of the workout.

3. Begin pedaling to start the workout.

Each workout is divided into segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the profile indicates the approximate incline level for the current segment.

At the end of each segment of the workout, the resistance of the pedals will change.

As you exercise, keep your pedaling speed near the target rpm for the current segment. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

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

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

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

The workout will continue in this way until the last segment ends. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. Follow your progress.

See step 4 on page 23.

The matrix will also show a profile of the resistance settings of the workout or a map.

5. Measure your heart rate if desired.

See step 5 on page 24.

6. Turn on the fan if desired.

See step 6 on page 24.

7. When you are finished exercising, unplug the power cord.

See step 7 on page 24.

HOW TO USE A SET-A-GOAL WORKOUT

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

See HOW TO TURN ON THE POWER on page 22.

2. Set a calories, distance, or time goal.

Press the Set A Goal button repeatedly until the name of the desired goal appears in the display.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. Begin pedaling to start the workout.

As you exercise, a target rpm (speed) may appear in the display to help you reach your goal. Keep your pedaling speed near the target rpm.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

The workout will continue in this way until the calories, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. Follow your progress.

See step 4 on page 23.

5. Measure your heart rate if desired.

See step 5 on page 24.

6. Turn on the fan if desired.

See step 6 on page 24.

7. When you are finished exercising, unplug the power cord.

See step 7 on page 24.

HOW TO CREATE A USER-DEFINED WORKOUT

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

See HOW TO TURN ON THE POWER on page 22.

2. Select a user-defined workout.

To select a user-defined workout, press the User Defined button repeatedly until the name of the desired workout appears in the display. A profile will also appear in the display.

3. Begin pedaling and program the desired settings.

Each workout is divided into segments. You can program one resistance level, one ramp incline level, and one target rpm (speed) for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the Quick Resistance buttons.

To program a ramp incline level for the first segment, simply adjust the incline of the ramp by pressing the Quick Ramp buttons.

To program a target rpm (speed), simply pedal at the desired speed.

At the end of the first segment, the workout will store the current resistance level, ramp incline level, and pedaling speed in memory.

Program a resistance level, a ramp incline level, and a target rpm for the second segment as described above.

Continue exercising for up to one hundred minutes. Press the Home button when you are finished with your workout. Then, press the Enter button. The workout that you created will then be stored in memory.

4. When you are finished exercising, unplug the power cord.

See step 7 on page 24.

HOW TO USE A USER-DEFINED WORKOUT

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

See HOW TO TURN ON THE POWER on page 22.

2. Select a user-defined workout.

To select a user-defined workout, press the User Defined button repeatedly until the name of the desired workout appears in the display. The display will also show a profile of the resistance settings of the workout.

Note: To create a user-defined workout, see HOW TO CREATE A USER-DEFINED WORKOUT on page 26.

3. Start the workout.

Each workout is divided into segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

During the workout, the 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.

At the end of each segment of the workout, the resistance of the pedals will change.

As you exercise, keep your pedaling speed near the target rpm for the current segment. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

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

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

The workout will continue in this way until the last segment ends. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. Change the workout if desired.

If desired, you can change the workout while you are using it.

To change the resistance level or ramp incline level for the current segment, simply press the Quick Resistance or Quick Ramp buttons. At the end of the current segment, the new resistance level or ramp incline level will be stored in memory.

To change the target rpm for the current segment, simply change your pedaling speed. At the end of the current segment, your pedaling speed will be stored in memory.

If desired, you can shorten the workout. To shorten the workout, press any workout button on the console, and then press the Enter button to trim the workout.

If desired, you can extend the workout when you reach the end of the workout. To extend the workout, follow the instructions in the matrix.

Continue exercising for up to one hundred minutes. Press the Home button when you are finished with your workout. Then, press the Enter button. The workout will then be stored in memory.

5. Follow your progress.

See step 4 on page 23.

6. Measure your heart rate if desired.

See step 5 on page 24.

7. Turn on the fan if desired.

See step 6 on page 24.

8. When you are finished exercising, unplug the power cord.

See step 7 on page 24.

HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see page 28). An iFit account is also required (see step 1 on page 22).

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

See HOW TO TURN ON THE POWER on page 22.

2. Select the iFit mode.

Press the Home button repeatedly to select the iFit mode. The iFit welcome message will appear in the display.

3. Select a user.

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

4. Select an iFit workout.

To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button.

To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

To use a set-a-goal workout, press the Set Goal button (see page 25).

Note: Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please see www.iFit.com.

When you select an iFit workout, the display will show the name, duration, maximum ramp incline level, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

5. Begin pedaling to start the workout.

See step 3 on page 24.

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

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. Follow your progress.

See step 4 on page 23.

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

7. Measure your heart rate if desired.

See step 5 on page 24.

8. Turn on the fan if desired.

See step 6 on page 24.

9. When you are finished exercising, unplug the power cord.

See step 7 on page 24.

For more information about iFit workouts, go to www.iFit.com.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter inside the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

1. Select the settings mode.

To select the settings mode, press and hold down the Calorie button until the settings mode appears in the display.

The time display will show the total number of hours that the elliptical has been used.

The distance display will show the total number of miles (or kilometers) that have been pedaled on the elliptical.

2. Navigate the settings mode menu.

The matrix will display a menu of the settings mode options.

Press the increase and decrease buttons next to the Enter button to highlight the desired option.

The lower part of the matrix will display instructions for the highlighted option. **Make sure to follow the instructions displayed in the lower part of the matrix.**

3. Change settings as desired.

Demo—The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the display will not enter sleep mode when the elliptical is not in use. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

Units—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Contrast—The contrast level of the display will appear in the matrix. Press the Ramp increase and decrease buttons on the handlebar to adjust the contrast level.

Firmware Update—For the best results, regularly check for firmware updates.

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated. The update may take several minutes.

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

Default Settings—To restore the console to its factory default settings, press the Enter button.

Note: The console will erase any information that you have saved in its memory.

The **WiFi-Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

The **WiFi-WPS** option will allow you to set up a wireless network connection using your WPS router. See step 5 for instructions.

The **WiFi-Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 for instructions.

iFit User Setup—To set up a different iFit account, but maintain the existing wireless connection, follow the instructions in the matrix.

Note: This option will be used rarely.

Clear WiFi—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

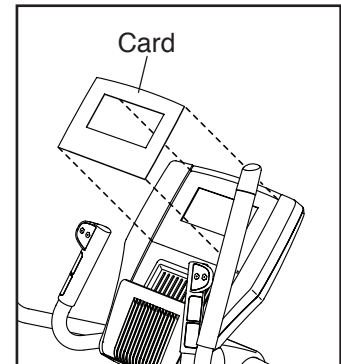
4. Use WiFi-Normal to set up a wireless connection.

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

IMPORTANT: Set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.



A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

Next, a numerical code and a web address will appear in the matrix.

Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, cycle the power of the elliptical: press the power switch on the elliptical to the off position, wait for several seconds, and then press the power switch to the reset position. Note: It may take a few minutes for the console to be ready for use.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.iFit.com for assistance.

5. Use WiFi–WPS to set up a wireless connection.

This option will allow you to set up a wireless network connection using your WPS router.

To set up a wireless network connection using your WPS router, first press the Enter button and follow the instructions in the matrix.

A numerical code and a web address will appear in the matrix. Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, cycle the power of the elliptical: press the power switch on the elliptical to the off position, wait for several seconds, and then press the power switch to the reset position. Note: It may take a few minutes for the console to be ready for use.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.iFit.com for assistance.

6. Use WiFi–Advanced to set up a wireless connection.

This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see CLEAR WIFI on page 29 and clear any previous wireless network settings on the console.

Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network. Also, Android™ devices may not be able to detect IFIT_SETUP.

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

Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the elliptical console to your wireless network.

Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

If you cannot complete any part of this process, or if you have any questions, go to support.iFit.com for assistance.

7. Exit the information mode.

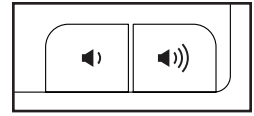
To exit the information mode, press the Calorie button.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system, you must connect your MP3 player, CD player, or other personal audio player to the console.

Plug one end of your audio wire into the audio jack on the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that your audio wire is fully plugged in.**

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



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

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15C and part 18 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, try to correct the interference by one or more 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.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: X2NBL-LW02-2.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 28 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 24.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the User Defined button for several seconds until the test mode appears in the display.

Press the User Defined button again. Then, press the Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the User Defined button repeatedly until the last screen of the test mode appears. Then, press the User Defined button to exit the calibration mode.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

Press the power switch to the off position and unplug the power cord.

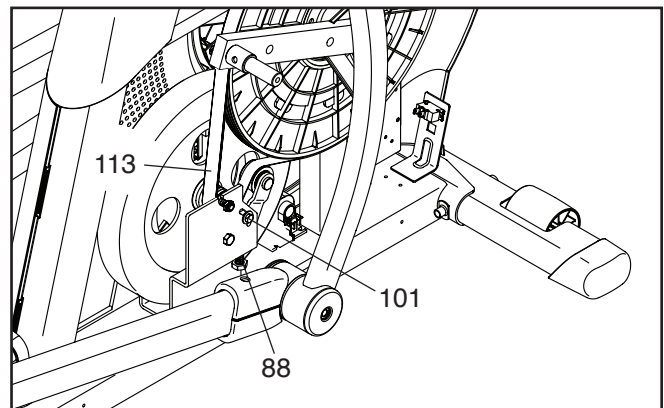
To adjust the drive belt, first see assembly step 10 on page 12. Remove the Right Roller Arm (45) from the Right Pedal Arm (58).

Next, see EXPLODED DRAWING A on page 37 and EXPLODED DRAWING B on page 38. Remove the M8 x 16mm Screw (72), the Axle Cover (53), and the M8 x 25mm Washer (149) from the upper end of the Right Roller Arm (45). Then, remove the Right Roller Arm from the right Crank Arm (20). Set the Right Roller Arm out of the way.

Then, see assembly step 20 on page 16. Using a flat screwdriver, release the tabs on the Shield Cover (75) and slide it upward.

See EXPLODED DRAWING C on page 39. Remove all the M4 x 16mm Screws (104) from the Right Front Shield (74). Next, remove the M4 x 22mm Screw (127) from the Left Front Shield (73). Then, gently remove the Right Front Shield.

Next, locate and loosen the Idler Screw (101). Tighten the Belt Adjustment Screw (88) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.



Reattach the right front shield, the shield cover, and the right roller arm.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

Press the power switch to the off position and unplug the power cord.

To adjust the reed switch, first see assembly step 10 on page 12. Remove the Left Roller Arm (12) from the Left Pedal Arm (44).

Next, see EXPLODED DRAWING A on page 37 and EXPLODED DRAWING B on page 38. Remove the M8 x 16mm Screw (72), the Axle Cover (53), and the M8 x 25mm Washer (149) from the upper end of the Left Roller Arm (12). Then, remove the Left Roller Arm from the left Crank Arm (20). Set the Left Roller Arm out of the way.

See EXPLODED DRAWING C on page 39. Using a flat screwdriver, pry the left Crank Arm Cover (71) off the Left Front Shield (73).

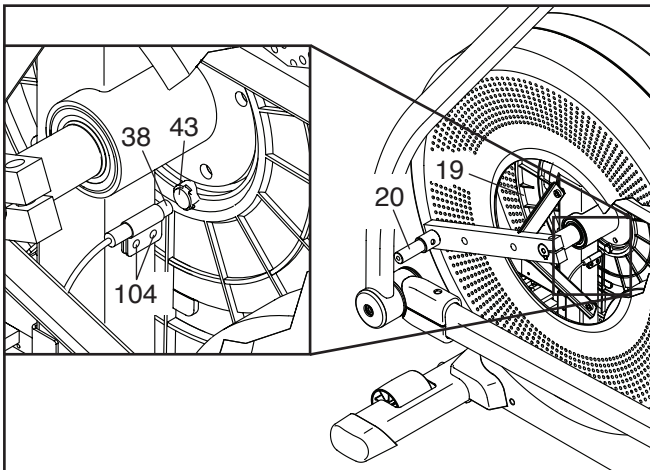
Next, locate the Reed Switch (38). Turn the left Crank Arm (20) until one of the Magnets (43) on the Pulley (19) is aligned with the Reed Switch.

Loosen, but do not remove, the two indicated M4 x 16mm Screws (104). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43). Then, retighten the Screws. Plug in the power cord and press the power switch to the on position. Turn the left Crank Arm (20) for a moment.

Repeat these actions until the console displays correct feedback. Then, reattach the left crank arm cover and the left roller arm.

HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (51) squeak when moving on the Tracks (11), apply a small amount of the included PTFE grease to a paper towel. Spread a thin layer of grease evenly along the Tracks. Then, wipe off any excess grease.



EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

Model No. SFEL71213.1 R1213B

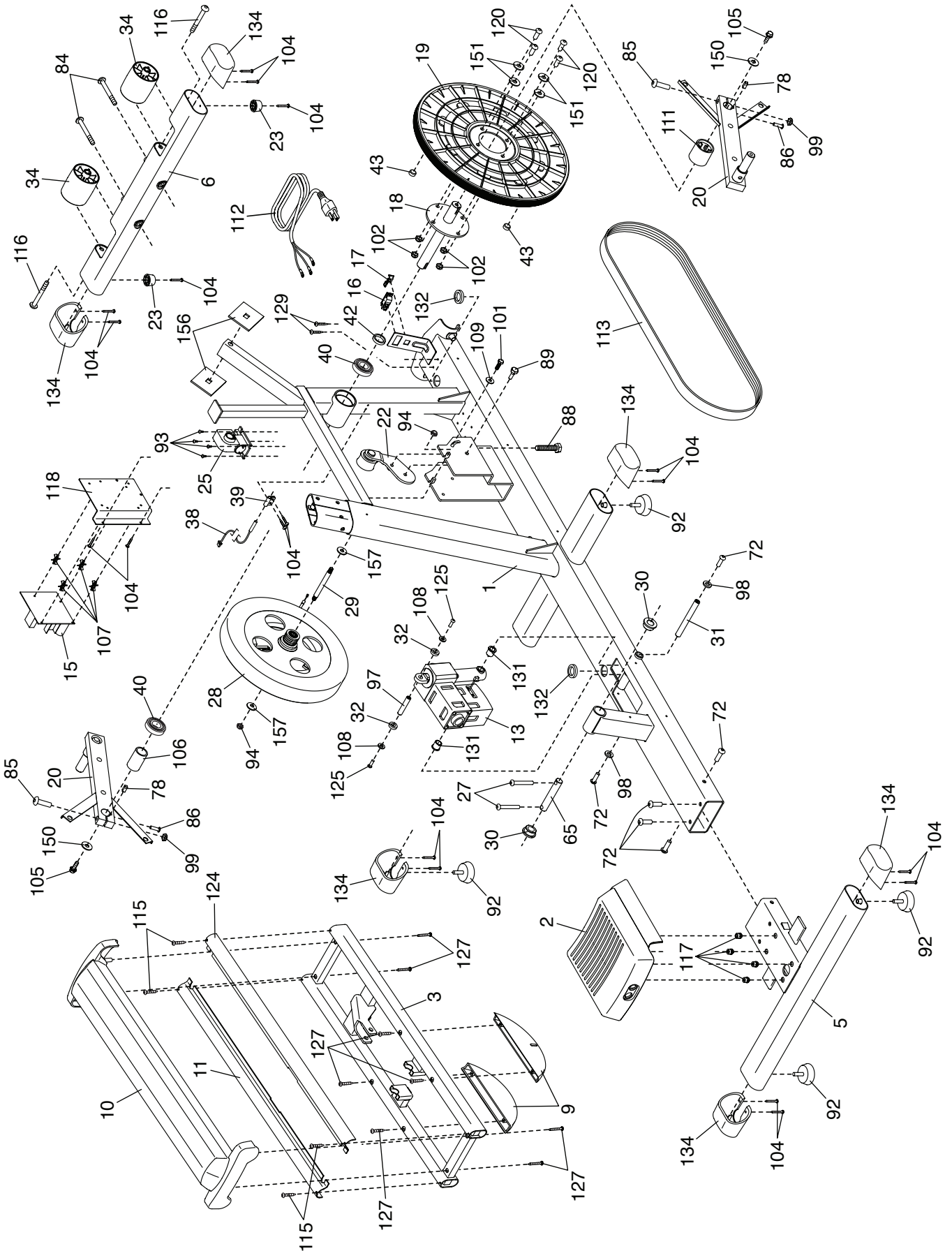
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer Cover	52	1	Console Knob
3	1	Ramp	53	6	Axle Cover
4	1	Upright	54	1	Left Arm Upper Cover
5	1	Rear Stabilizer	55	1	Left Arm Lower Cover
6	1	Front Stabilizer	56	1	Upper Handlebar Cover
7	1	Console	57	8	Roller Arm/Pedal Arm Bushing
8	1	Accessory Tray Base	58	1	Right Pedal Arm
9	2	Ramp Side Cover	59	4	Flex Bracket Bushing
10	1	Ramp Top Cover	60	1	Lower Handlebar Cover
11	1	Left Track	61	1	Right Upper Body Arm
12	1	Left Roller Arm	62	1	Console Bracket
13	1	Lift Motor	63	1	Right Control/Wire Harness
14	1	Left Pedal	64	1	Console Knob Cap
15	1	Control Board	65	1	Ramp Axle
16	1	Power Switch	66	1	Handlebar Axle
17	1	Square Grommet	67	1	Right Arm Upper Cover
18	1	Crank	68	1	Right Arm Lower Cover
19	1	Pulley	69	1	Left Control/Wire Harness
20	2	Crank Arm	70	4	Upper Body Leg Bushing
21	2	Roller Arm Cap	71	2	Crank Arm Cover
22	1	Idler	72	33	M8 x 16mm Screw
23	2	Front Stabilizer Foot	73	1	Left Front Shield
24	2	Pedal Arm Axle	74	1	Right Front Shield
25	1	Resistance Motor	75	1	Shield Cover
26	–	(Not Used)	76	1	Left Rear Shield
27	2	M8 x 48mm Screw	77	1	Right Rear Shield
28	1	Eddy Mechanism	78	2	Key
29	1	Mechanism Axle	79	1	Console Rod
30	4	Frame/Upright Bushing	80	1	Lower Upright Cover
31	1	Lift Motor Lower Axle	81	1	Large Block
32	2	Lift Motor Spacer	82	2	M10 x 56mm Bolt
33	4	M10 x 16mm Screw	83	1	Right Handlebar
34	2	Wheel	84	2	M10 x 105mm Screw
35	1	Arm Axle	85	2	M10 x 54mm Bolt
36	1	Right Upper Body Leg	86	2	M6 x 12mm Screw
37	1	Accessory Tray	87	1	Left Handlebar
38	1	Reed Switch/Wire	88	1	Belt Adjustment Screw
39	1	Clamp	89	1	Pivot Screw
40	2	Frame Bearing	90	8	M6 Washer
41	2	Arm Grip	91	1	Upper Upright Cover
42	1	Spacer	92	4	Leveling Foot
43	2	Magnet	93	4	M4 x 12mm Screw
44	1	Left Pedal Arm	94	6	M8 Jam Nut
45	1	Right Roller Arm	95	2	Wave Washer
46	1	Left Upper Body Leg	96	4	M8 x 35mm Bolt
47	1	Left Upper Body Arm	97	1	Lift Motor Upper Axle
48	2	Arm Cap	98	12	M8 x 23mm Washer
49	1	Right Pedal	99	4	M10 Locknut
50	1	Small Block	100	4	M8 x 10mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Idler Screw	135	1	Left Pedal Adjustment Bracket
102	4	M8 Locknut	136	2	Pedal Arm Flex Bracket
103	–	(Not Used)	137	8	Flex Bracket Cover
104	53	M4 x 16mm Screw	138	1	Left Pedal Plate
105	2	M8 x 16mm Hex Screw	139	1	Right Pedal Plate
106	1	Small Pulley Spacer	140	2	Pedal Plate Spring
107	4	Large Standoff	141	2	Pedal Knob Cap
108	2	M6 Small Washer	142	2	Pedal Knob
109	1	M6 Large Washer	143	1	Right Pedal Adjustment Bracket
110	1	Main Wire Harness	144	4	Pedal Arm Bushing
111	1	Large Pulley Spacer	145	2	Pedal Plate Screw
112	1	Power Cord	146	5	Tree Fastener
113	1	Drive Belt	147	–	(Not Used)
114	–	(Not Used)	148	4	M10 x 25mm Washer
115	4	Track Screw	149	2	M8 x 25mm Washer
116	2	M10 x 108mm Bolt	150	2	M8 x 32mm Washer
117	14	Mount/Screw	151	4	M8 Split Washer
118	1	Control Board Bracket	152	2	Small Snap Ring
119	1	Ground Wire	153	2	Console Rod Nut
120	4	M8 x 18mm Bolt	154	1	Console Rod Washer
121	9	M6 x 14mm Screw	155	–	(Not Used)
122	2	Upright Bushing	156	2	Foam Pad
123	1	M6 x 16mm Washer	157	2	M8 Beveled Washer
124	1	Right Track	*	–	User's Manual
125	2	M6 x 12mm Screw	*	–	Assembly Tool
126	1	Ground Screw	*	–	Grease Packet
127	11	M4 x 22mm Screw	*	–	Audio Cable
128	2	Handlebar Bushing	*	–	Blue Wire
129	2	M4 x 13mm Screw	*	–	Green Wire
130	2	Spring Sleeve	*	–	White Wire
131	2	Lift Motor Bushing	*	–	Lift Motor Wire Harness A
132	2	Round Grommet	*	–	Lift Motor Wire Harness B
133	4	Roller Arm Bushing	*	–	Resistance Motor Wire Harness
134	6	Stabilizer Cap			

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

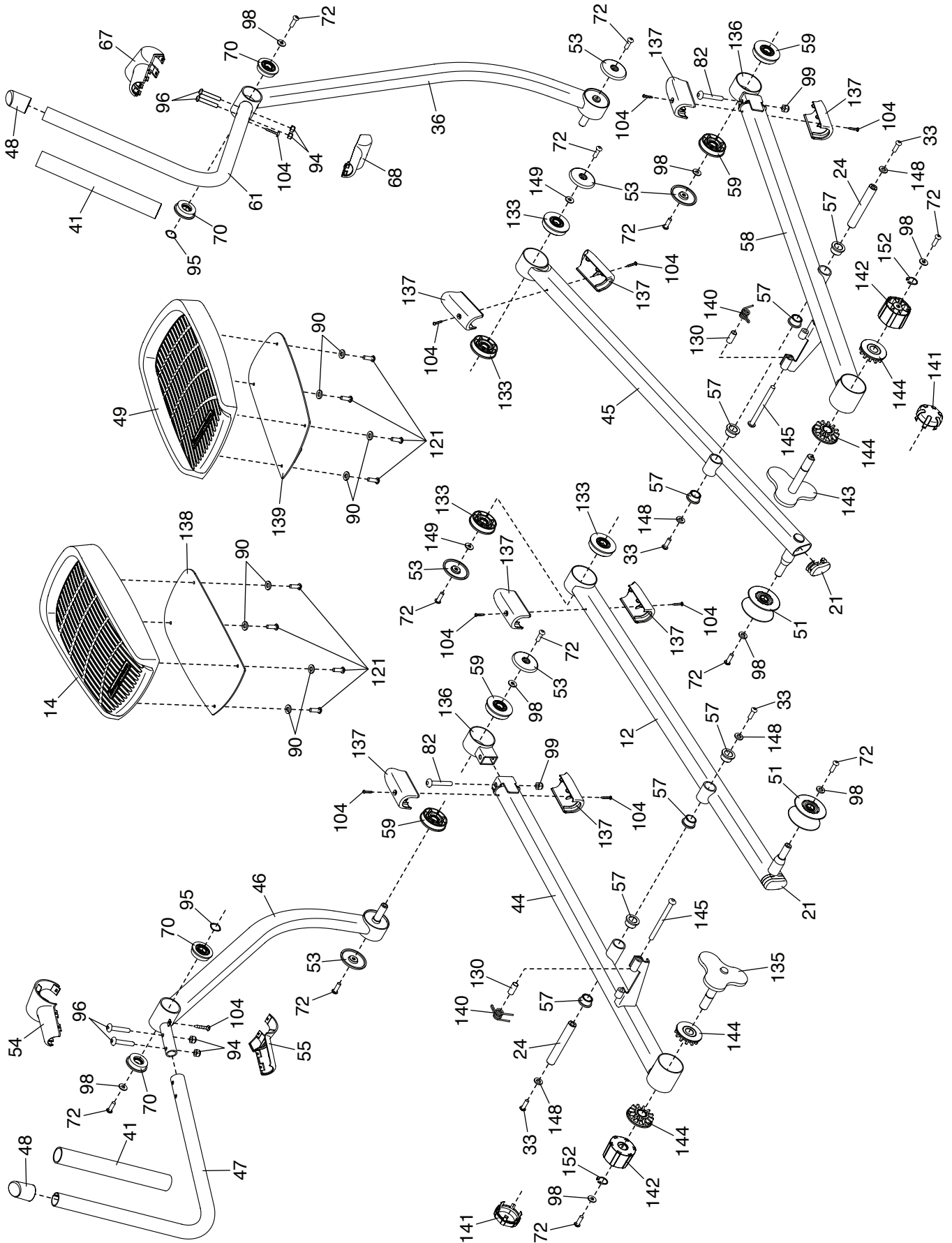
EXPLODED DRAWING A

Model No. SFEL71213.1 R1213B



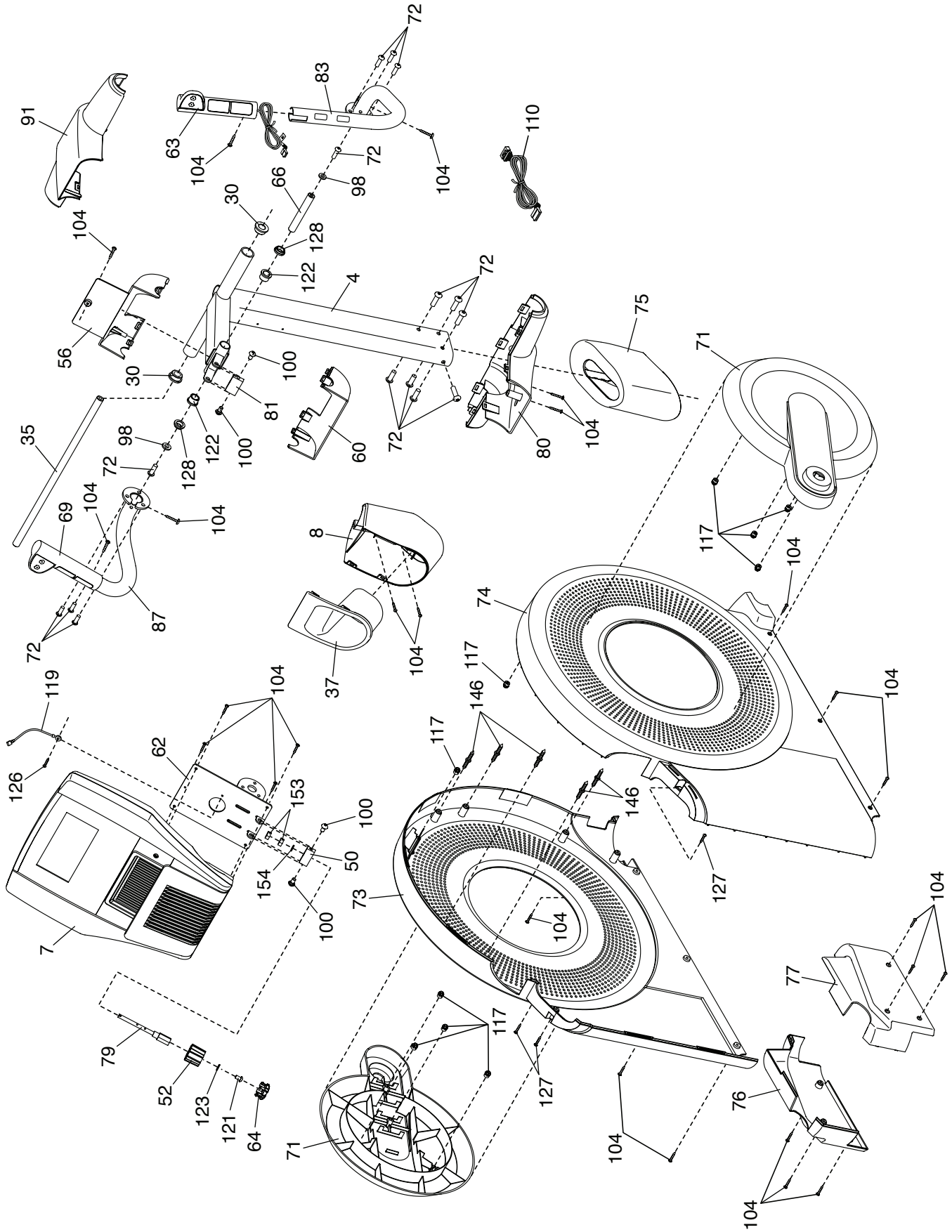
EXPLODED DRAWING B

Model No. SFEL71213.1 R1213B



EXPLODED DRAWING C

Model No. SFEL71213.1 R1213B



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: To protect your fitness equipment with an extended service plan, see page 5.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and the eddy mechanism are warranted for the lifetime of the original purchaser (customer). Parts are warranted for three (3) 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 (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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