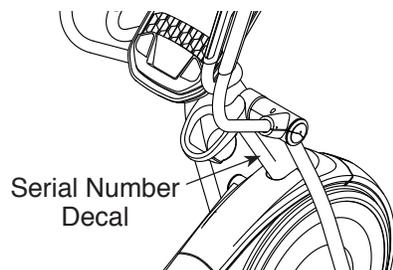


NordicTrack® C 5.5

Model No. NTEVEL69818.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

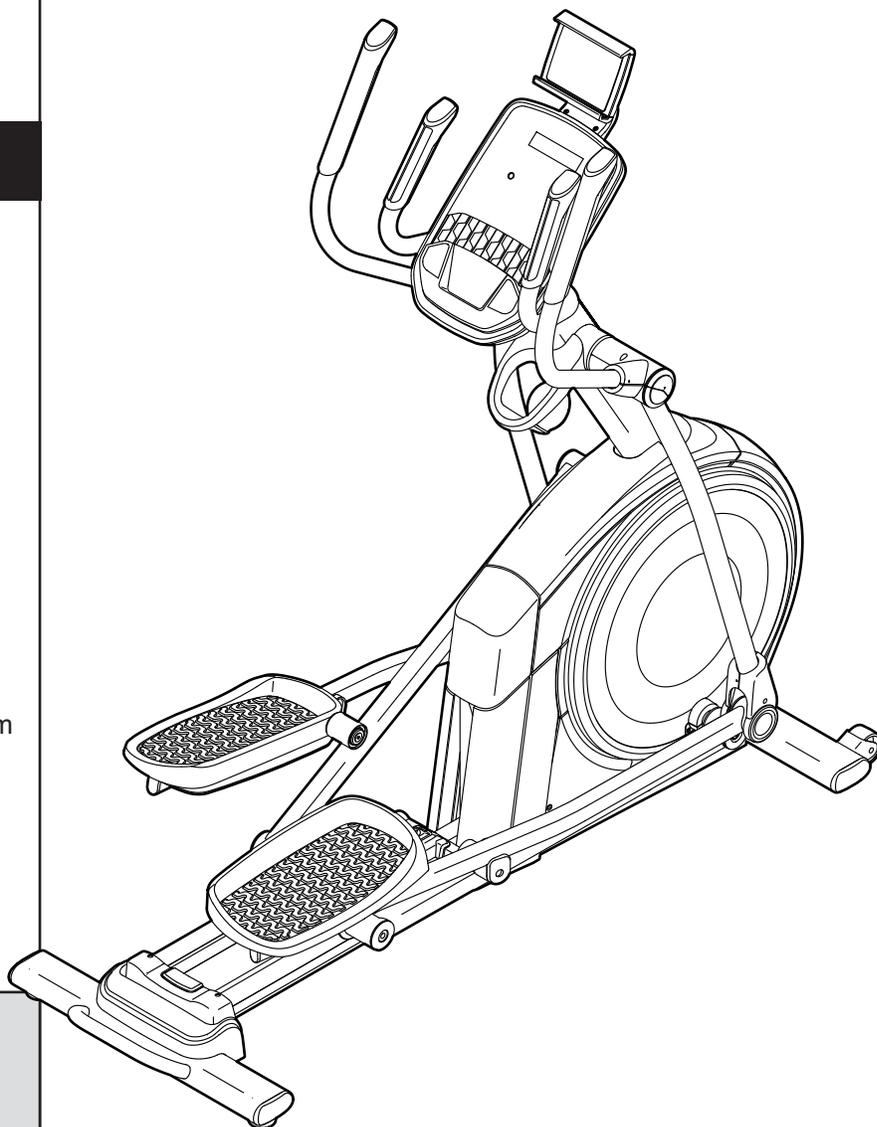
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



CAUTION

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

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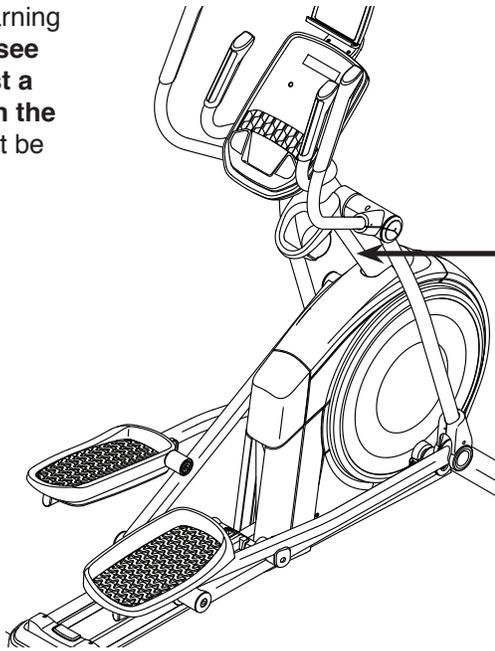
EXPLODED DRAWING..... 33

ORDERING REPLACEMENT PARTS Back Cover

RECYCLING INFORMATION Back Cover

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 275 lbs/125kg.
- 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.



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IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your 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. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the elliptical at all times.
10. The elliptical should not be used by persons weighing more than 275 lbs. (125 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. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
13. 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.
14. 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.
15. Keep your back straight while using the elliptical; do not arch your back.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

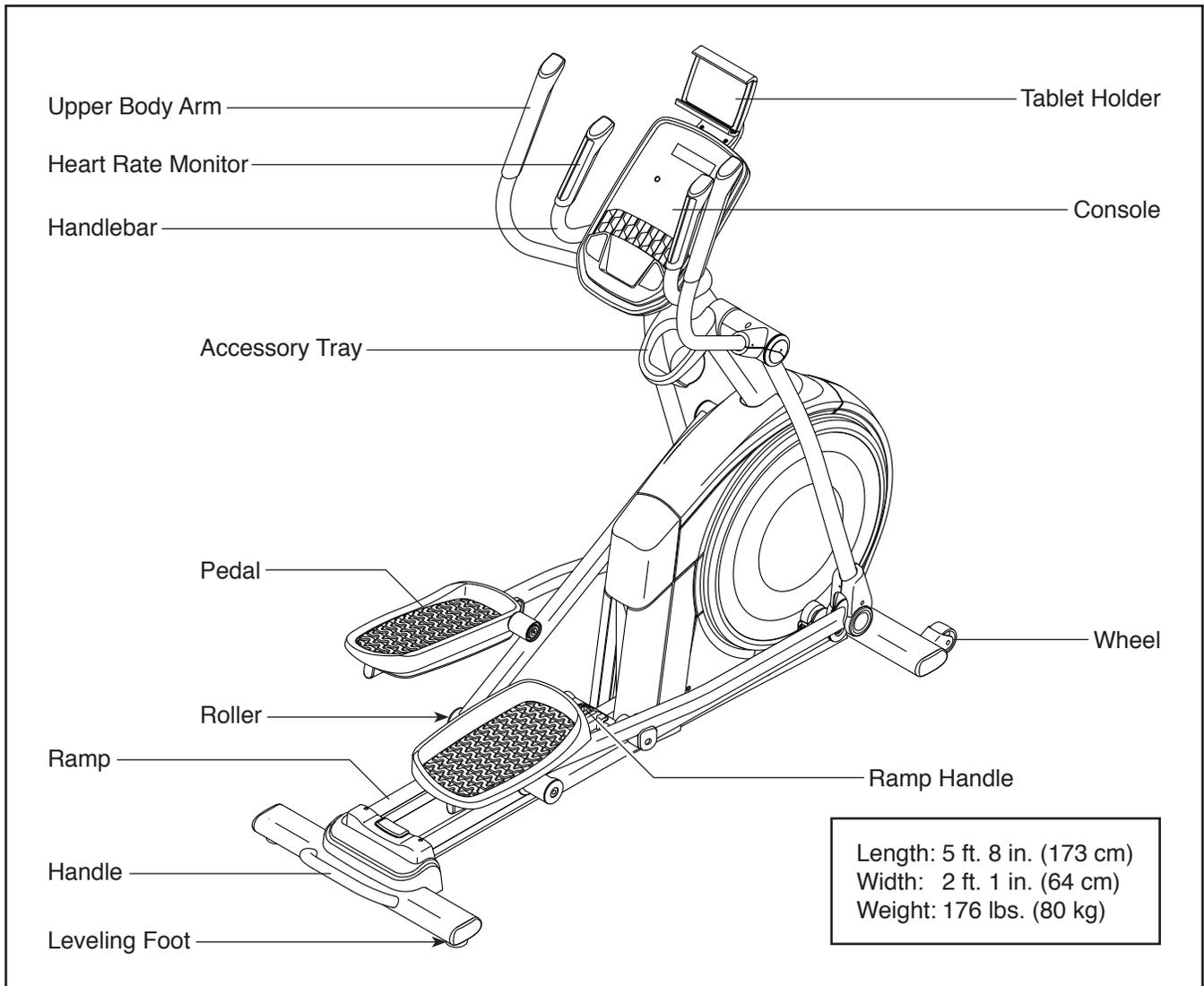
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® C 5.5 elliptical. The C 5.5 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

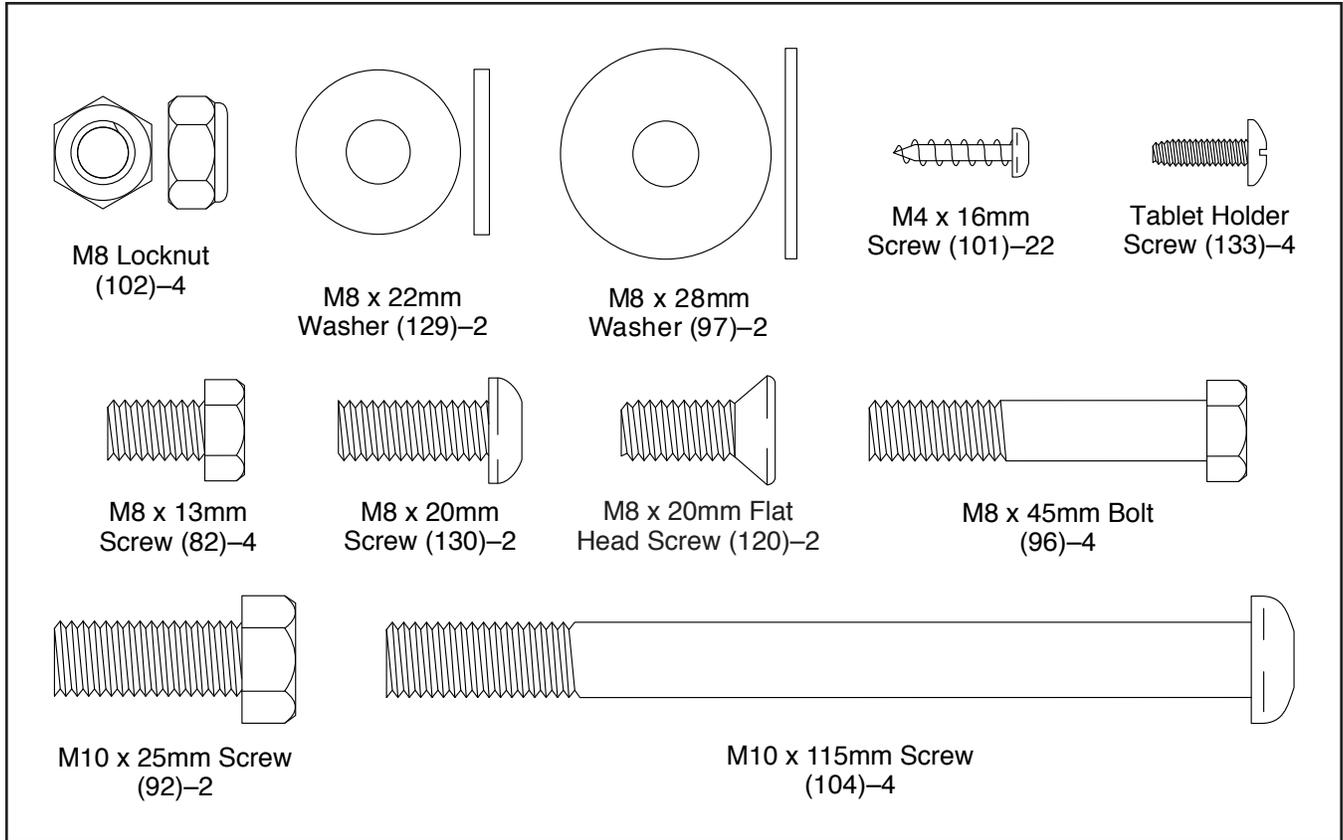
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

- 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 parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

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

one Phillips screwdriver 

two adjustable wrenches 

one rubber mallet 

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

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

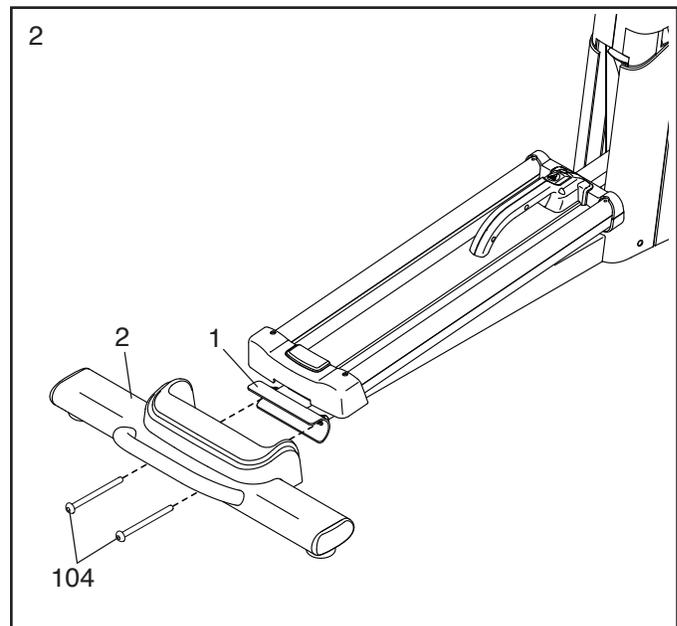
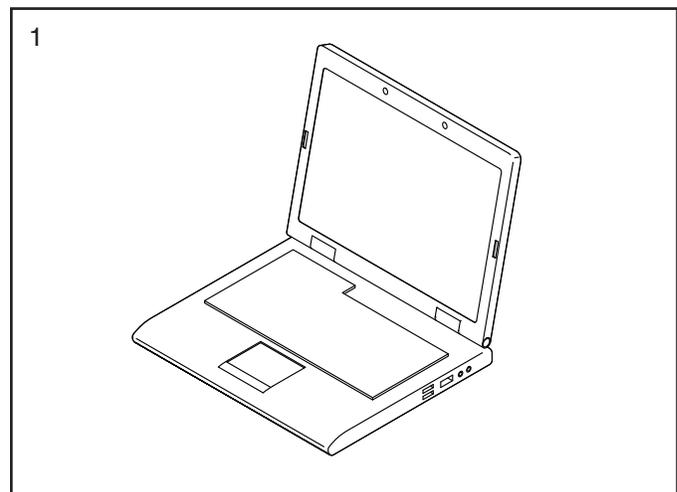
To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 115mm Screws (104).

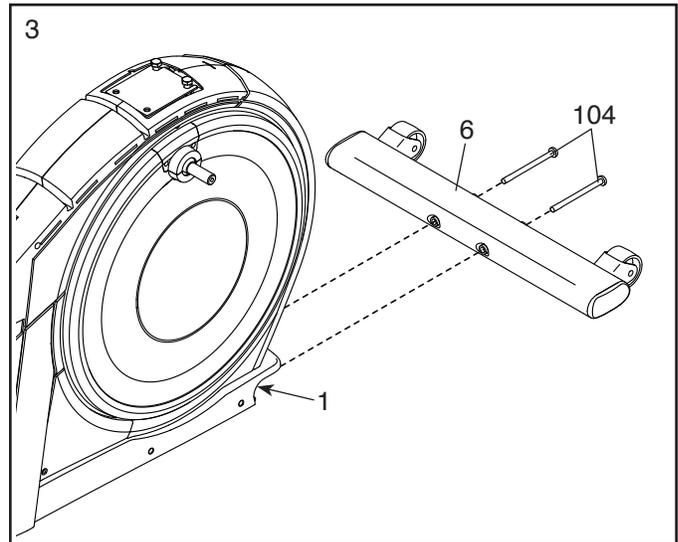
Then, remove the packing materials from under the rear of the Frame (1).



3. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 115mm Screws (104).

Then, remove the packing materials from under the front of the Frame (1).

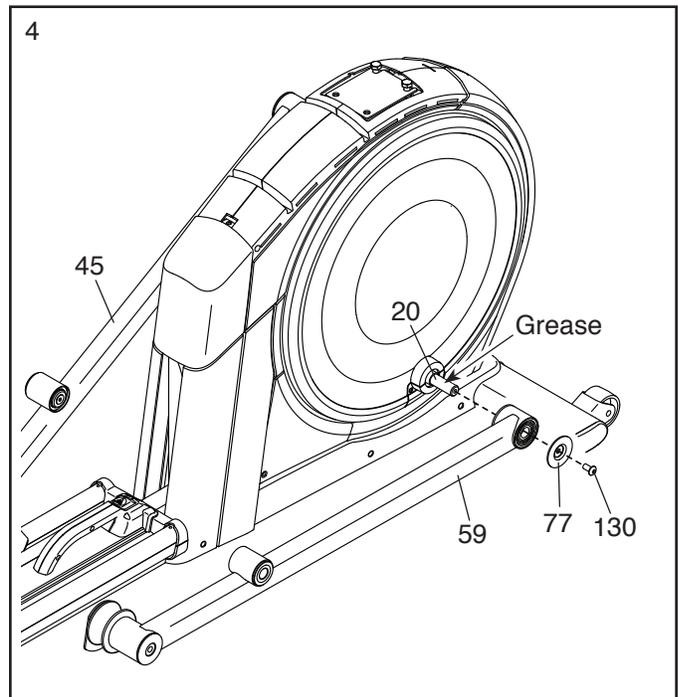


4. Using a plastic bag to keep your fingers clean, apply some of the included grease to the right Crank Arm (20).

Identify the Right Roller Arm (59), orient it as shown, and slide it onto the right Crank Arm (20).

Attach the Right Roller Arm (59) with an M8 x 20mm Screw (130) and a Crank Cover (77).

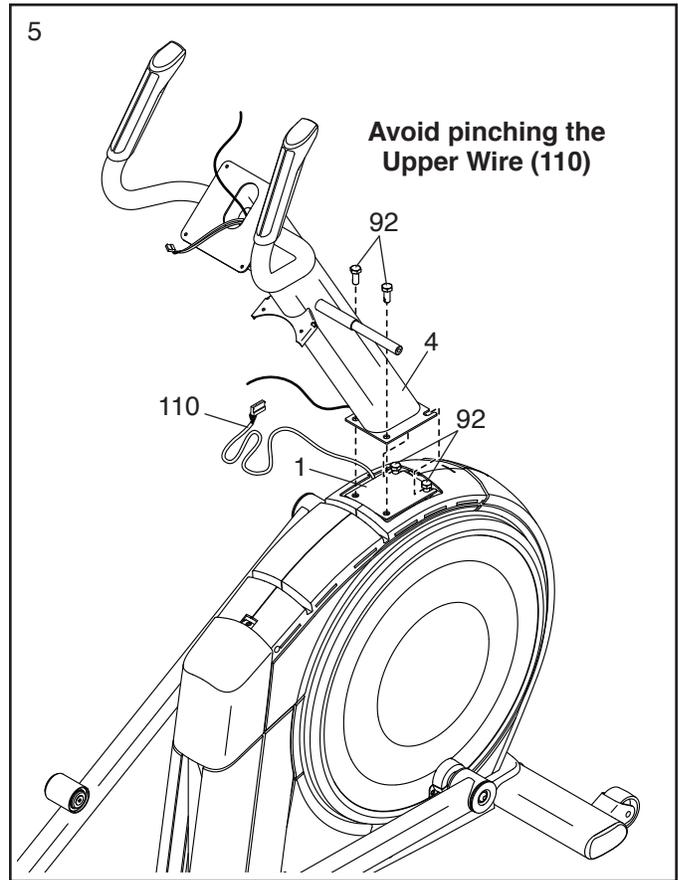
Repeat this step for the Left Roller Arm (45).



5. **Tip: Avoid pinching the Upper Wire (110).**
Have a second person hold the Upright (4) on the Frame (1).

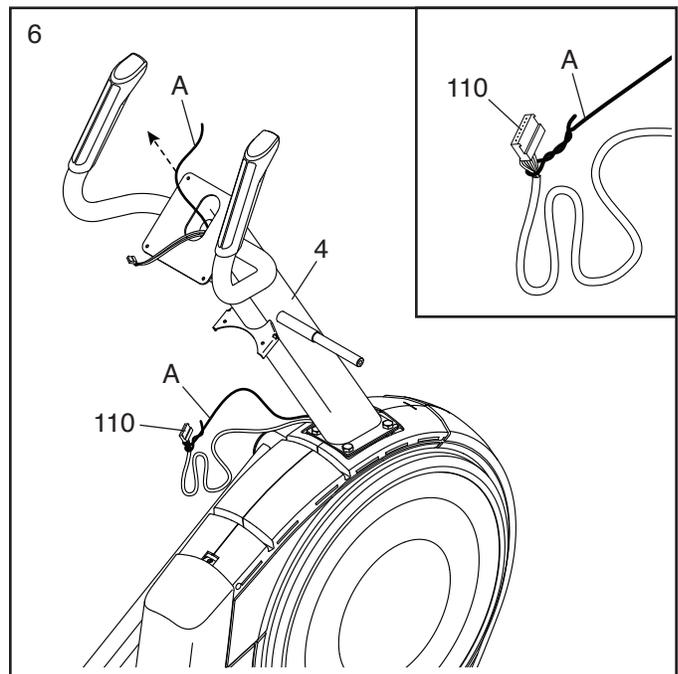
Tip: Two M10 x 25mm Screws (92) are preattached to the Frame (1).

Attach the Upright (4) to the Frame (1) with two additional M10 x 25mm Screws (92); **start both Screws, and then tighten all four Screws.**



6. Locate the wire tie (A) in the lower end of the Upright (4). Tie the wire tie to the Upper Wire (110) as shown in the inset drawing. Then, pull the upper end of the wire tie until the Upper Wire is routed through the Upright.

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



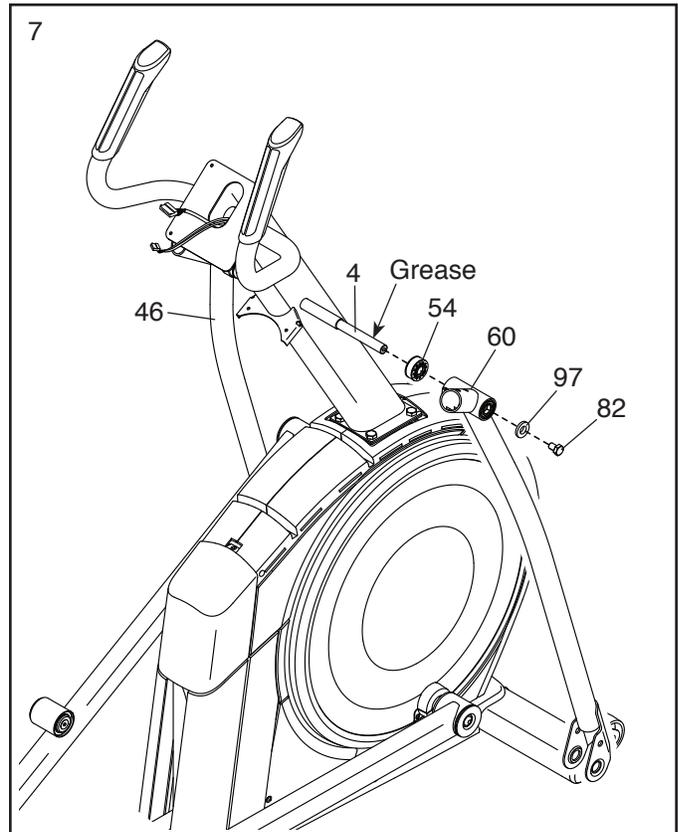
7. Apply grease to the axle on the right side of the Upright (4).

Next, slide a Pivot Spacer (54) onto the right side of the Upright (4).

Then, identify the Right Upper Body Leg (60), orient it as shown, and slide it onto the right side of the Upright (4).

Attach the Right Upper Body Leg (60) with an M8 x 13mm Screw (82) and an M8 x 28mm Washer (97).

Repeat this step for the Left Upper Body Leg (46).

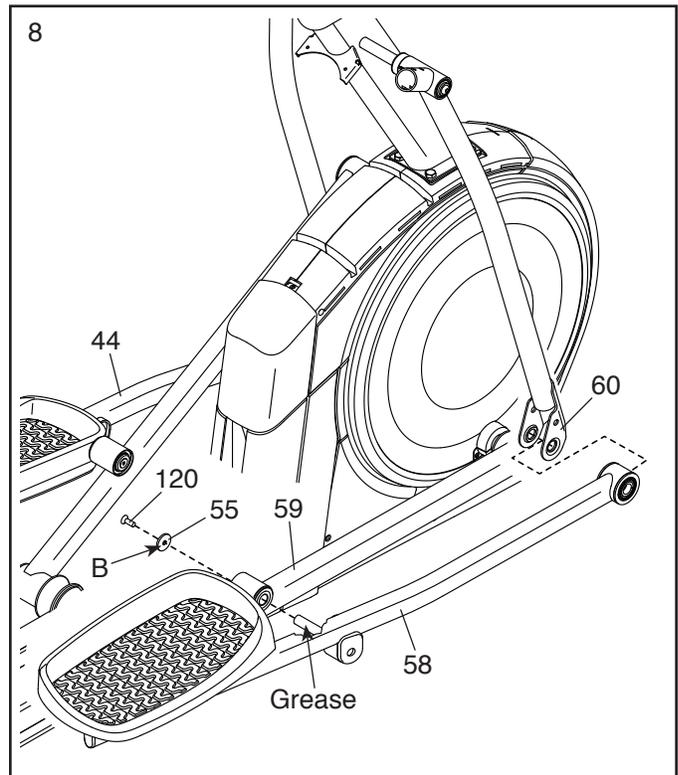


8. Orient the Right Pedal Arm (58) as shown, and then apply grease to the axle.

Insert the Right Pedal Arm (58) into the Right Upper Body Leg (60) and into the Right Roller Arm (59).

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 20mm Flat Head Screw (120) and a Retainer (55); **make sure that the flat side (B) of the Retainer is facing the Right Roller Arm.**

Repeat this step for the Left Pedal Arm (44).



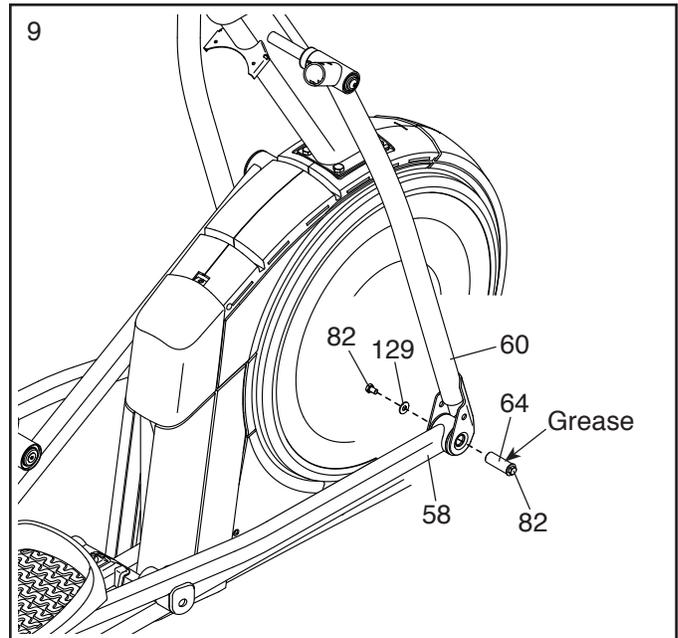
9. Apply grease to one of the Pedal Arm Axles (64).

Insert the Pedal Arm Axle (64) into the Right Upper Body Leg (60) and the Right Pedal Arm (58) from the direction shown.

Next, slide an M8 x 22mm Washer (129) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

Then, tighten both M8 x 13mm Screws (82) at the same time.

Repeat this step on the other side of the elliptical.



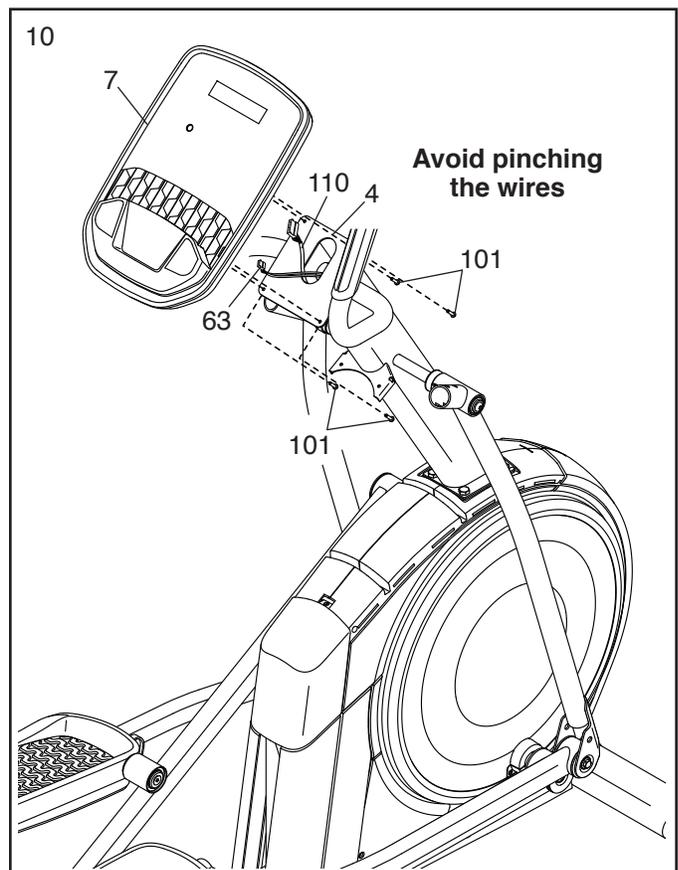
10. Untie and discard the wire tie on the Upper Wire (110).

While a second person holds the Console (7) near the Upright (4), plug the Upper Wire (110) and the Pulse Wire (63) into the receptacles on the Console.

The connectors on the Wires (110, 63) should slide easily into the receptacles and snap into place. If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the Console (7) may become damaged when you use the elliptical.**

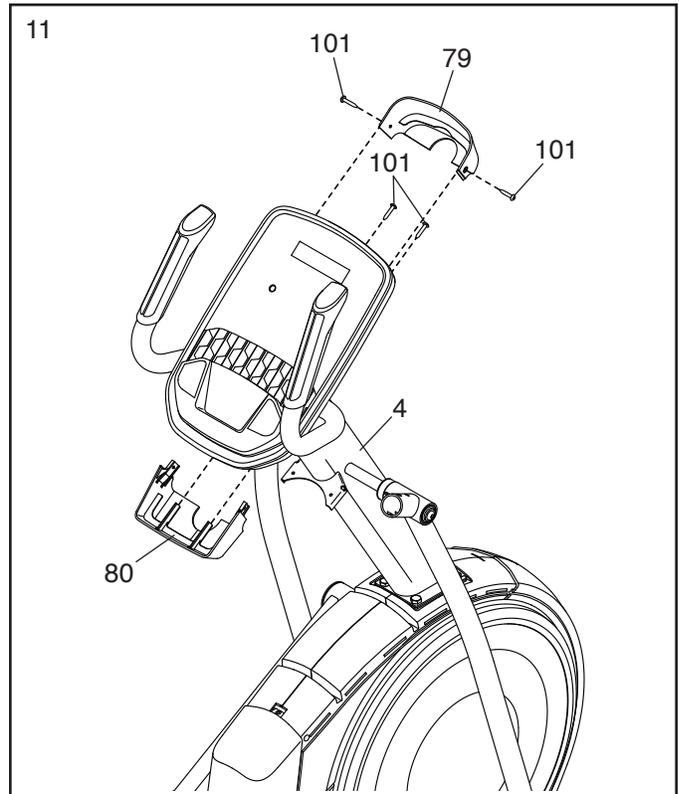
Insert the excess wire into the Upright (4) or into the Console (7).

Tip: Avoid pinching the wires. Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101); **start all the Screws, and then tighten them.**

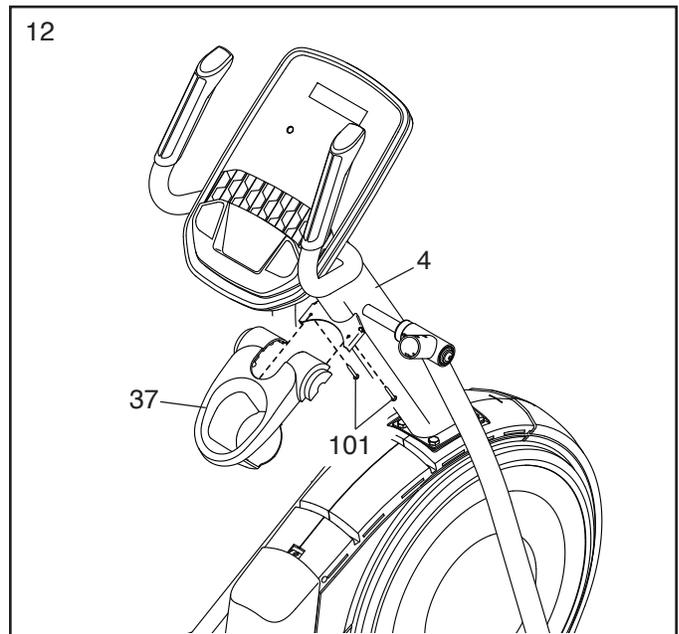


11. Orient the Rear Console Cover (80) as shown, and attach it to the Upright (4) with two M4 x 16mm Screws (101).

Then, orient the Front Console Cover (79) as shown, and attach it to the Rear Console Cover (80) with two M4 x 16mm Screws (101).

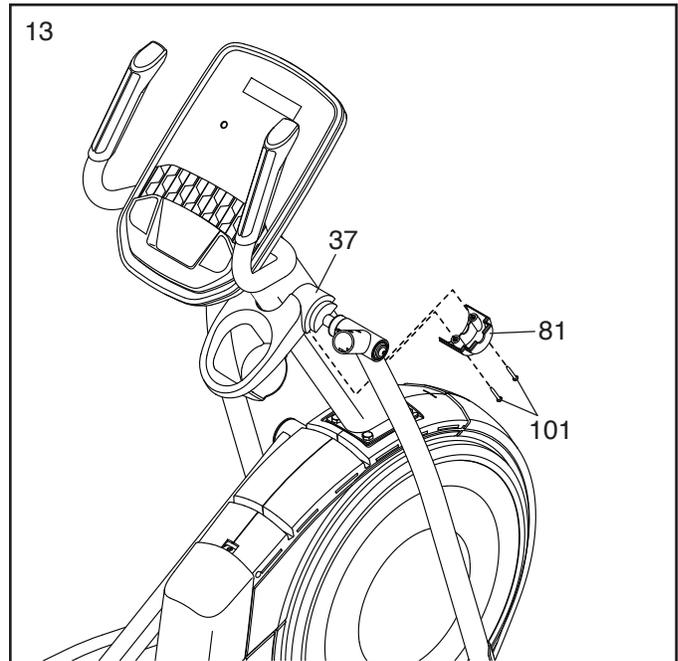


12. Orient the Accessory Tray (37) as shown, and attach it to the Upright (4) with two M4 x 16mm Screws (101).



13. Orient a Lower Tray Cover (81) as shown, and attach it to the right side of the Accessory Tray (37) with two M4 x 16mm Screws (101).

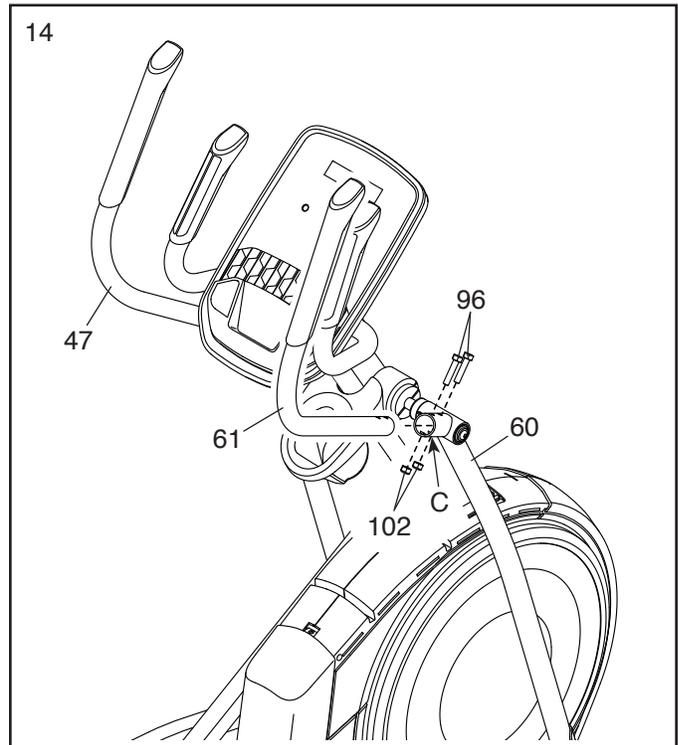
Repeat this step on the other side of the elliptical.



14. Identify the Right Upper Body Arm (61), orient it as shown, and slide it onto the Right Upper Body Leg (60).

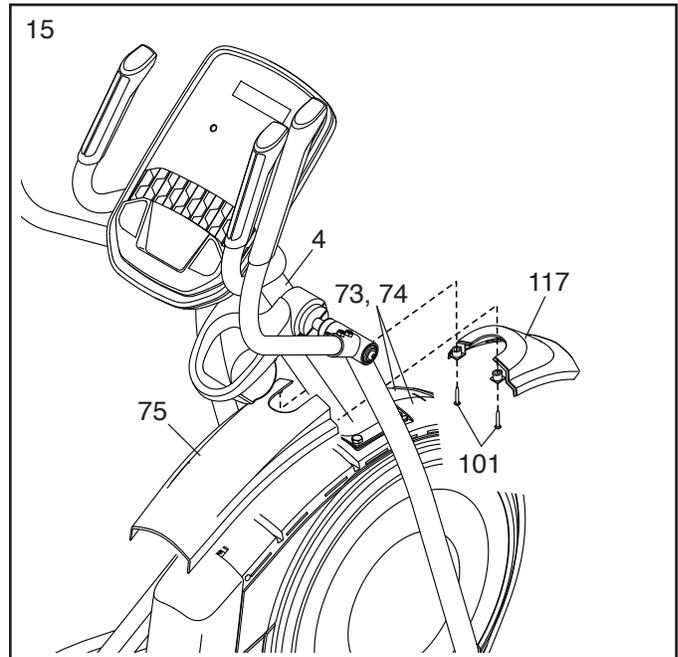
Attach the Right Upper Body Arm (61) with two M8 x 45mm Bolts (96) and two M8 Locknuts (102); **make sure that the Locknuts are in the hexagonal holes (C).**

Repeat this step for the Left Upper Body Arm (47).



15. Orient the Front Shield Cover (117) and the Center Shield Cover (75) around the Upright (4) as shown. Then, attach them to each other with two M4 x 16mm Screws (101).

Then, press the Front Shield Cover (117) and the Center Shield Cover (75) into the Left and Right Shields (73, 74).

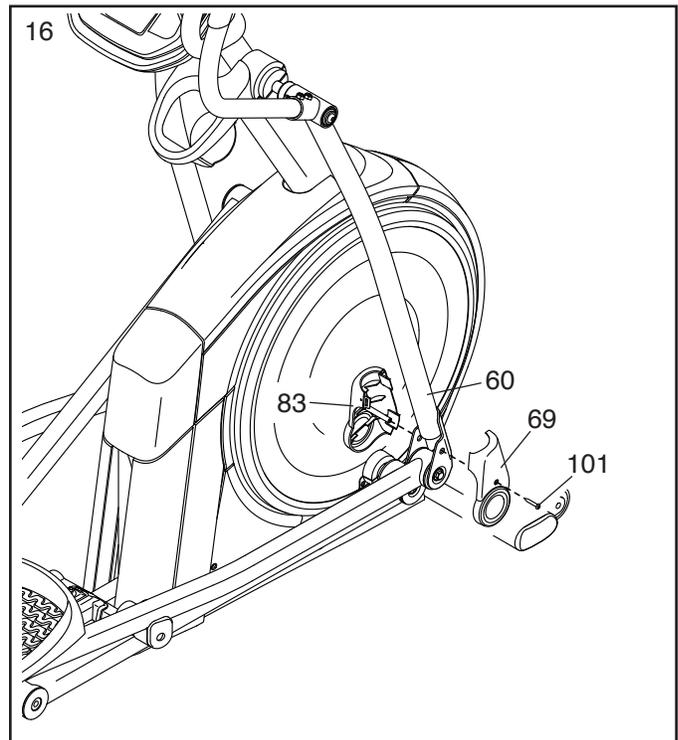


16. Identify the Right Leg Inner Cover (83), orient it as shown, and insert it through the Right Upper Body Leg (60).

Next, identify the Right Leg Outer Cover (69), orient it as shown, and press it onto the Right Leg Inner Cover (83).

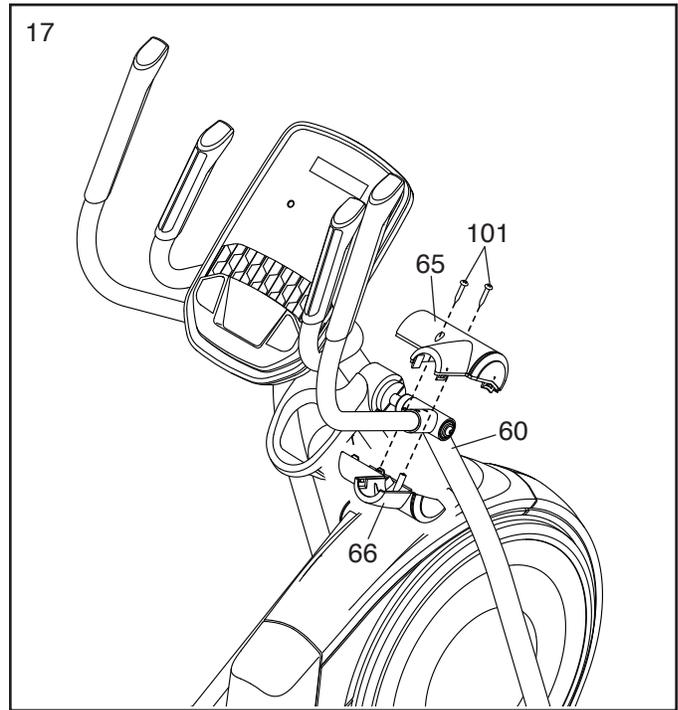
Attach the Right Leg Outer and Inner Covers (69, 83) to each other with an M4 x 16mm Screw (101).

Repeat this step on the other side of the elliptical.

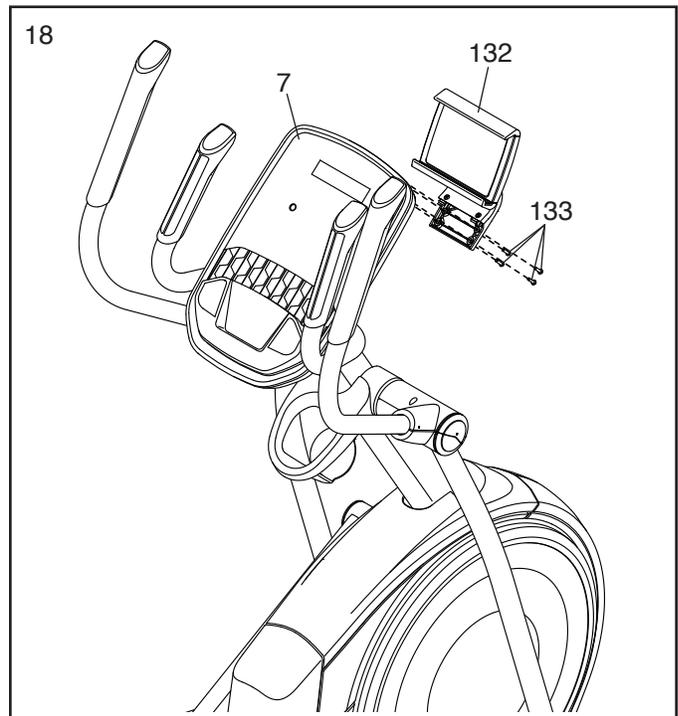


17. Orient the Right Arm Front and Rear Covers (65, 66) around the Right Upper Body Leg (60) as shown, and then attach them with two M4 x 16mm Screws (101).

Repeat this step on the other side of the elliptical.

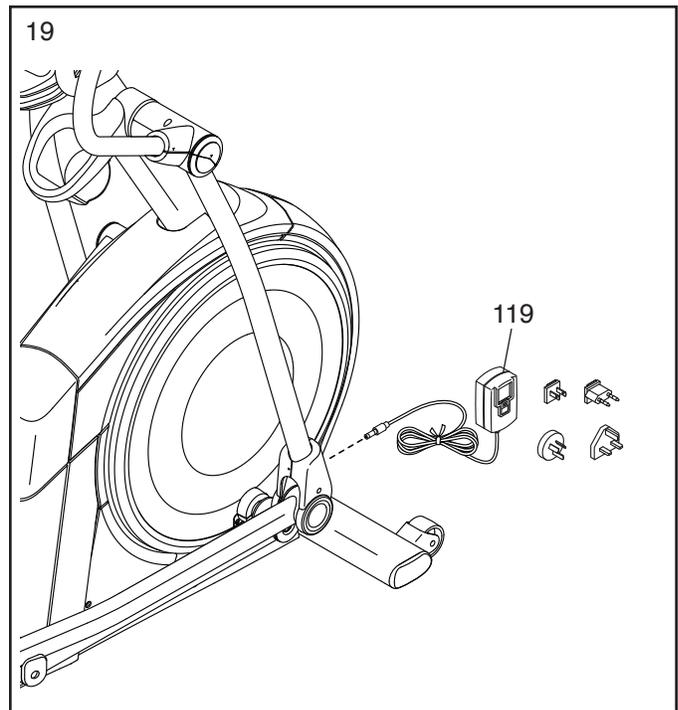


18. Attach the Tablet Holder (132) to the Console (7) with four Tablet Holder Screws (133); **start all the Tablet Holder Screws, and then tighten them.**



19. Plug the Power Adapter (119) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (119) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 16.



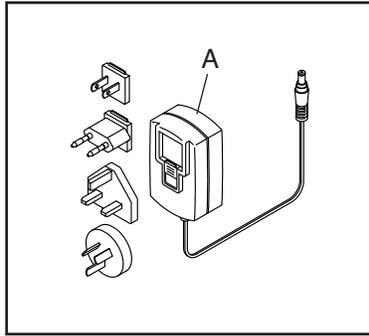
20. **Make sure that all parts are properly tightened before you use the elliptical.** Place a mat beneath the elliptical to protect the floor. Note: Extra parts may be included.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

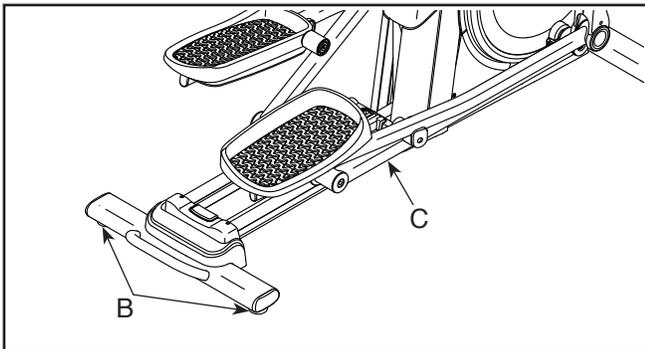
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter (A) into the receptacle on the frame of the elliptical. Insert the appropriate plug adapter into the power adapter if necessary. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



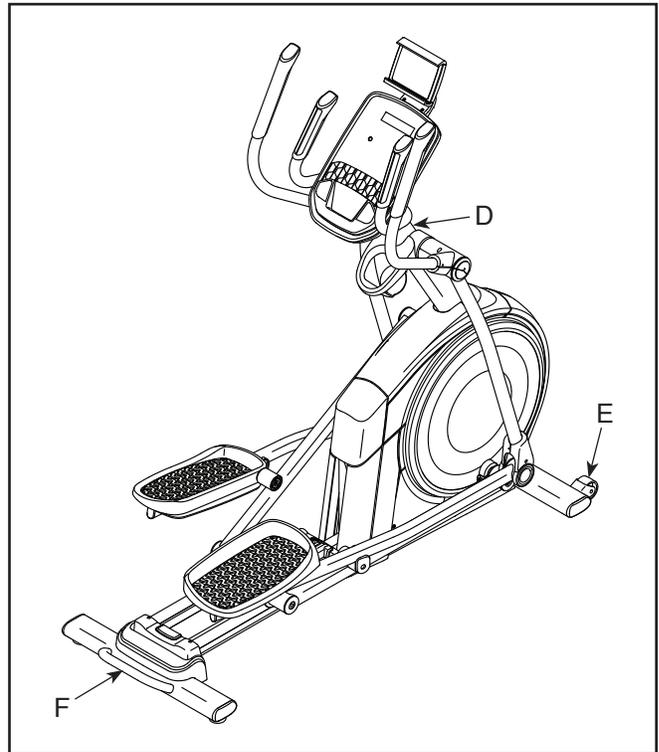
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the rear of the frame or turn the leveling foot (C) under the center of the frame until the rocking motion is eliminated.



HOW TO MOVE THE ELLIPTICAL

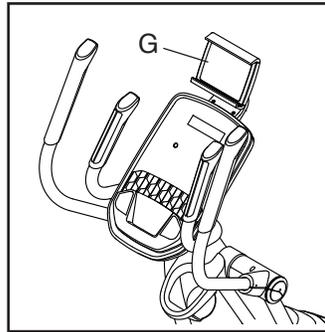
Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright (D), and place one foot against one of the wheels (E). Pull on the upright and have a second person lift the handle (F) until the elliptical will roll on the wheels. Carefully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



HOW TO USE THE TABLET HOLDER

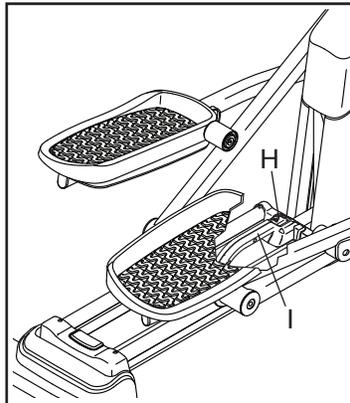
IMPORTANT: The tablet holder (G) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder (G), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Rotate the tablet holder to the desired angle. Reverse these actions to remove the tablet from the tablet holder.



HOW TO CHANGE THE INCLINE OF THE RAMP

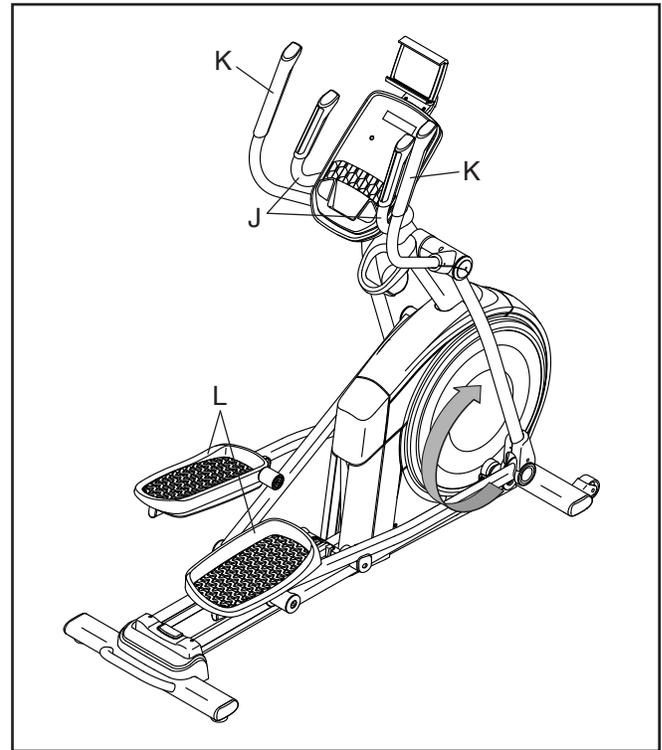
To vary the motion of the pedals, you can change the incline of the ramp. To raise the ramp, press the latch button (H), and then pull the ramp handle (I) upward to the desired incline level.



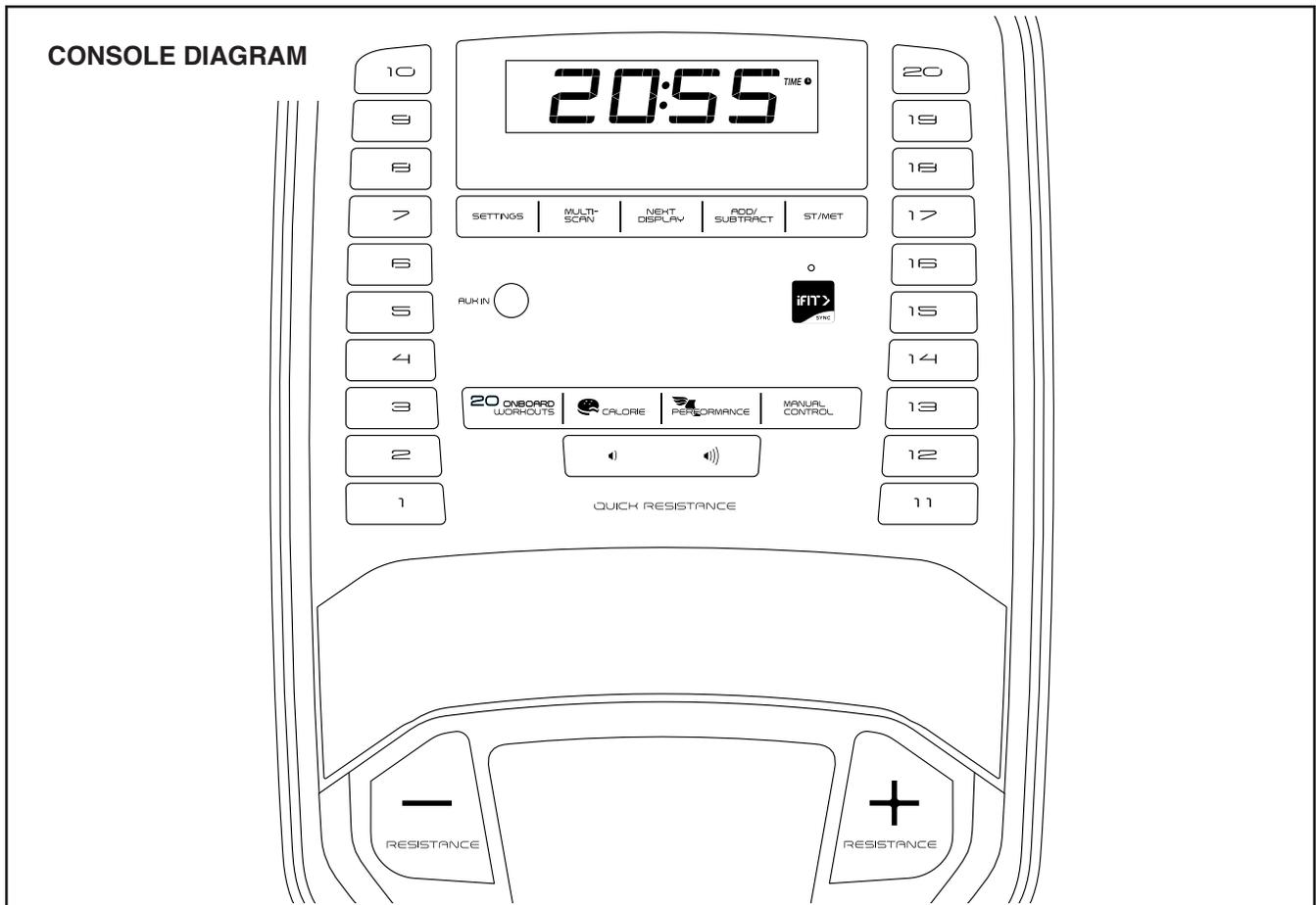
To lower the ramp, press the latch button (H), pull the ramp handle (I), and lower the ramp to the desired incline level. Then, release the latch button and engage the latch pin into one of the adjustment holes in the frame. **Make sure that the latch pin is firmly engaged in one of the adjustment holes in the frame.**

HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars (J) or the upper body arms (K) and step onto the pedal (L) 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 pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



To dismount the elliptical, wait until the pedals (L) 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.



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.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 22 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®-Smart Cardio Equipment app to record and track your workout information.

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the

resistance of the pedals and prompts you to maintain a target pedaling speed as it guides you through an effective workout.

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

To use the manual mode, see page 19. **To use an onboard workout**, see page 21. **To use the sound system**, see page 22. **To connect your tablet to the console**, see page 23. **To connect your heart rate monitor to the console**, see page 23. **To change console settings**, see page 24.

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

Note: The console can display speed and distance in either standard units or metric units. To change the unit of measurement, press the St/Met button repeatedly. For simplicity, all instructions in this section refer to standard units.

HOW TO USE THE MANUAL MODE

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the manual mode.

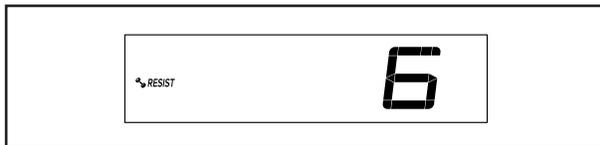
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, press the Manual Control button to reselect the manual mode.

3. Change the resistance of the pedals as desired.

Begin pedaling to start the manual mode.

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.



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

4. Follow your progress with the displays.

The display can show the following workout information:

Calories (CALs)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/Met button.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/Met button.

Pulse (BPM and heart symbol)—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5).

Resistance (RESIST)—The resistance level of the pedals.

RPM—Your pedaling speed in revolutions per minute (RPM).

Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/Met button.

Time—When the manual mode or a calorie workout is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Press the Next Display button repeatedly to view the desired workout information in the display.



Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode**, press the Multi-scan button; the scan indicator (A) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Multi-scan button repeatedly.

To turn off the scan mode, press the Next Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

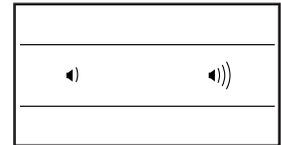
To customize the scan mode, first press the Next Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Subtract button to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the Multi-scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the volume increase and decrease buttons.



To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

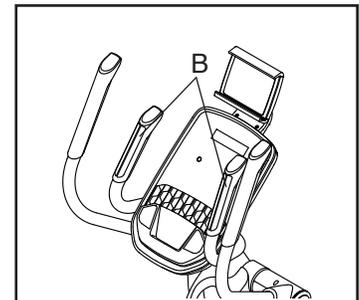
Note: The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/Met button.

5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 22 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the BLUETOOTH Smart heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts (B) 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 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 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. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

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.

Note: The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 24.

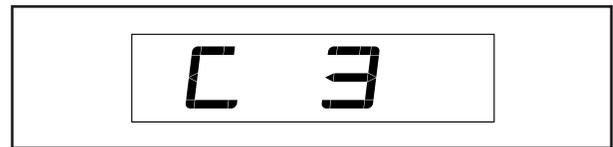
HOW TO USE AN ONBOARD WORKOUT

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button or the Performance button repeatedly until the name of the desired workout appears in the display. A few seconds after you press a button, the duration of the workout or the number of calories to be burned, the maximum resistance, and the maximum speed will appear in the display.



3. Start the workout.

Begin pedaling to start the workout.

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

If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When the words TOO SLO appear in the display,** increase your pedaling speed. **When the words TOO FAST appear,** decrease your pedaling speed. **When no words appear,** maintain your current pedaling speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed 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 Resistance buttons.

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

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 19.

5. Measure your heart rate if desired.

See step 5 on page 20.

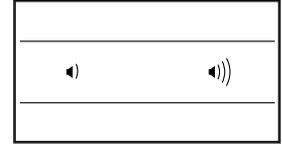
6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 21.

HOW TO USE THE SOUND SYSTEM

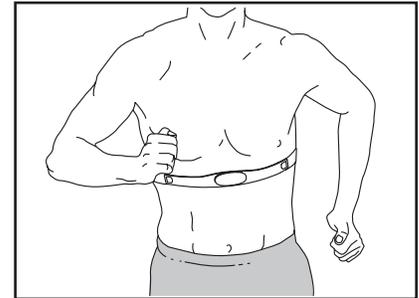
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.



The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE at the right.

3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

If you are using the manual mode or an onboard workout, you must stop pedaling and exit the workout before you can select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Next Display button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

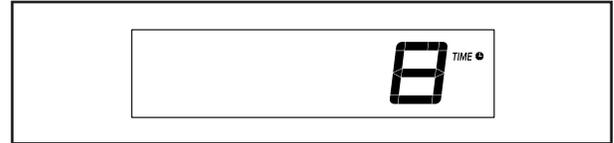
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/Met button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



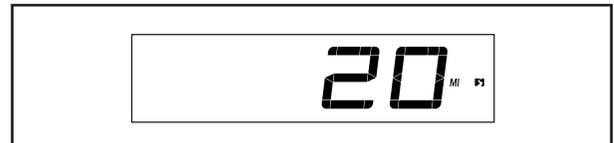
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

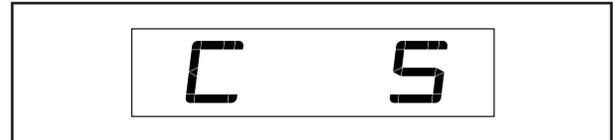
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the elliptical has been used.



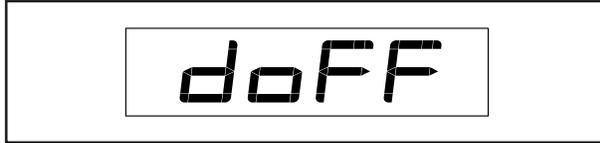
Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the elliptical has been pedaled.



Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. Exit the settings mode.

Press the Settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. 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

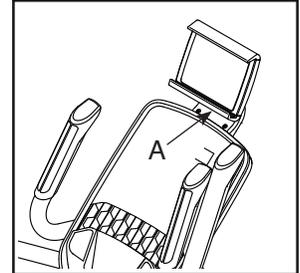
If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 20.

If lines appear in the console display, see step 3 on page 24 and adjust the contrast level of the display.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. **IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

TABLET HOLDER TROUBLESHOOTING

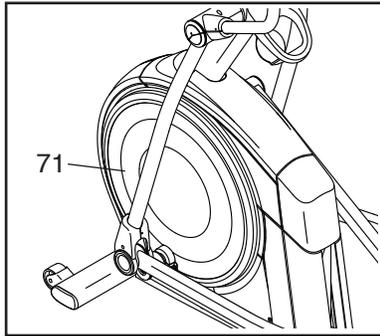
If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the screw (A) until the tablet holder stays in place when it is rotated to the desired position.



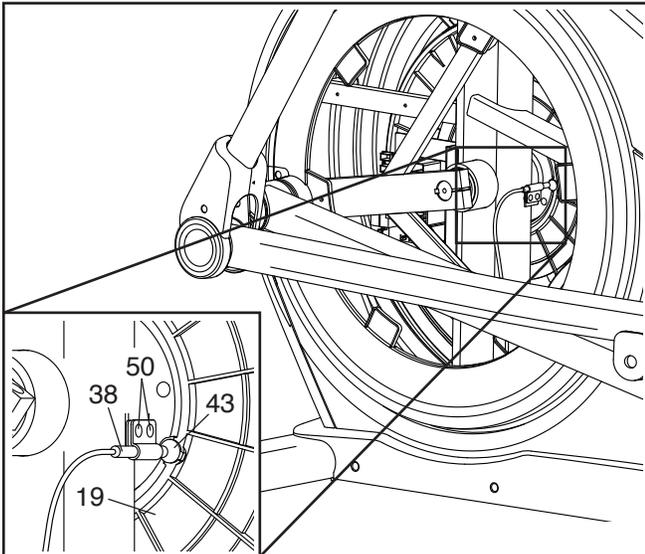
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power adapter**.

Next, using a standard screwdriver, carefully pry off the left Disc (71).



Next, locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.



Next, slightly loosen the indicated two M4 x 12mm Self-tapping Screws (50). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Self-tapping Screws.

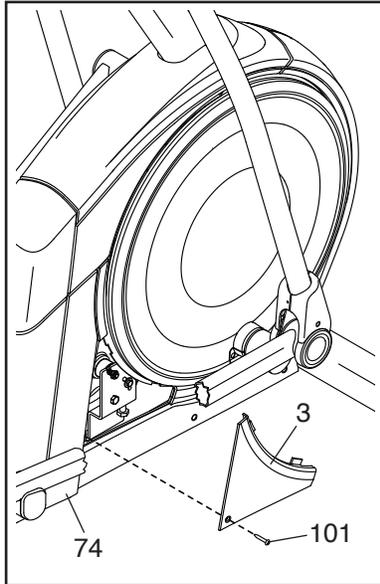
Then, plug in the power adapter and rock the Pulley (19) forward and backward just enough that the Magnet (43) passes the Reed Switch (38) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left disc and plug in the power adapter.

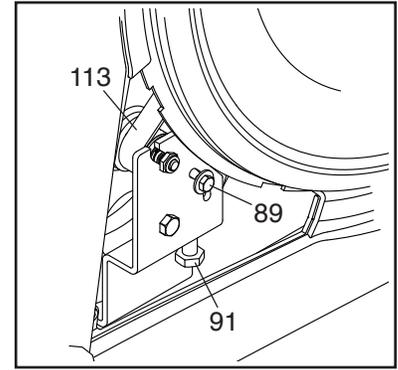
HOW TO ADJUST THE DRIVE BELT

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. To adjust the drive belt, first **unplug the power adapter**.

Next, locate the Access Cover (3) on the Right Shield (74). Remove the M4 x 16mm Screw (101) and then remove the Access Cover.



Next, locate and loosen the Idler Screw (89). Tighten the Drive Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.



When the drive belt is properly adjusted, reattach the parts that you removed. Then, plug in the power adapter.

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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

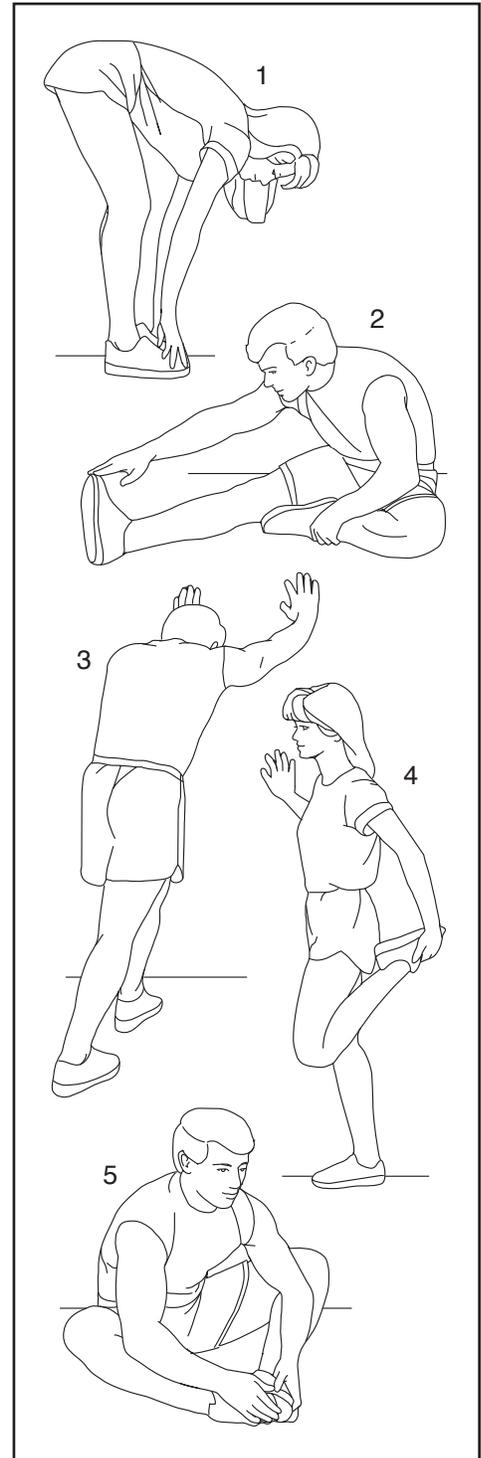
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NTEVEL69818.0 R0818A

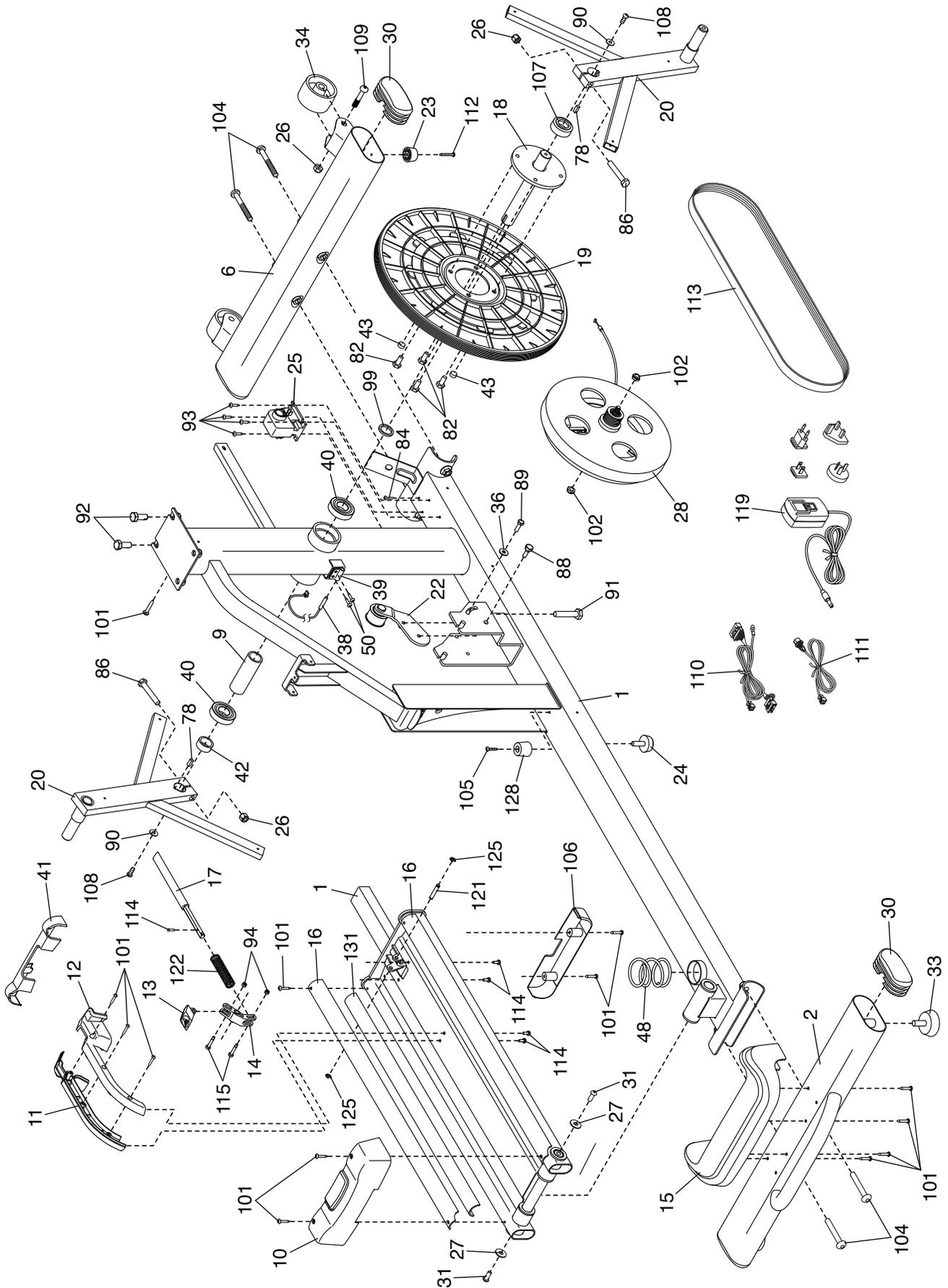
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------------------|---------|------|-----------------------------|
| 1 | 1 | Frame/Ramp | 51 | 2 | Roller |
| 2 | 1 | Rear Stabilizer | 52 | 2 | Pedal Arm Cap |
| 3 | 1 | Access Cover | 53 | 2 | Axle Cover |
| 4 | 1 | Upright | 54 | 2 | Pivot Spacer |
| 5 | 6 | M4 x 19mm Screw | 55 | 2 | Retainer |
| 6 | 1 | Front Stabilizer | 56 | 4 | Roller Arm Bushing |
| 7 | 1 | Console | 57 | 6 | Large Arm Bearing |
| 8 | 2 | Roller Guide | 58 | 1 | Right Pedal Arm |
| 9 | 1 | Crank Bearing Spacer | 59 | 1 | Right Roller Arm |
| 10 | 1 | Rear Ramp Cover | 60 | 1 | Right Upper Body Leg |
| 11 | 1 | Left Latch Handle | 61 | 1 | Right Upper Body Arm |
| 12 | 1 | Right Latch Handle | 62 | 2 | Grip |
| 13 | 1 | Latch Button | 63 | 2 | Pulse Sensor/Wire |
| 14 | 1 | Latch Bracket | 64 | 2 | Pedal Arm Axle |
| 15 | 1 | Rear Stabilizer Cover | 65 | 1 | Right Arm Front Cover |
| 16 | 2 | Track | 66 | 1 | Right Arm Rear Cover |
| 17 | 1 | Latch Pin | 67 | 1 | Left Arm Front Cover |
| 18 | 1 | Crank | 68 | 1 | Left Arm Rear Cover |
| 19 | 1 | Pulley | 69 | 1 | Right Leg Outer Cover |
| 20 | 2 | Crank Arm | 70 | 1 | Left Leg Outer Cover |
| 21 | 4 | M4 x 13mm Screw | 71 | 2 | Disc |
| 22 | 1 | Idler | 72 | 1 | Left Leg Inner Cover |
| 23 | 2 | Short Bumper | 73 | 1 | Left Shield |
| 24 | 1 | Small Leveling Foot | 74 | 1 | Right Shield |
| 25 | 1 | Resistance Motor | 75 | 1 | Center Shield Cover |
| 26 | 4 | M10 Locknut | 76 | 1 | Left Pedal Arm Side Cap |
| 27 | 2 | M10 Washer | 77 | 2 | Crank Cover |
| 28 | 1 | Eddy Mechanism | 78 | 2 | Key |
| 29 | 1 | Right Pedal | 79 | 1 | Front Console Cover |
| 30 | 4 | Stabilizer Cap | 80 | 1 | Rear Console Cover |
| 31 | 2 | M10 x 19mm Screw | 81 | 2 | Lower Tray Cover |
| 32 | 2 | Roller Arm Bearing Spacer | 82 | 10 | M8 x 13mm Screw |
| 33 | 2 | Large Leveling Foot | 83 | 1 | Right Leg Inner Cover |
| 34 | 2 | Wheel | 84 | 1 | M4 x 12mm Screw |
| 35 | 2 | Clip | 85 | 1 | Upright Grommet |
| 36 | 1 | Idler Washer | 86 | 2 | M10 x 58mm Bolt |
| 37 | 1 | Accessory Tray | 87 | 1 | Right Pedal Arm Side Cap |
| 38 | 1 | Reed Switch/Wire | 88 | 1 | Idler Pivot Screw |
| 39 | 1 | Reed Switch Clamp | 89 | 1 | Idler Screw |
| 40 | 2 | Frame Bearing | 90 | 2 | M6 Washer |
| 41 | 1 | Front Ramp Cover | 91 | 1 | Drive Belt Adjustment Screw |
| 42 | 1 | Sleeve | 92 | 4 | M10 x 25mm Screw |
| 43 | 2 | Magnet | 93 | 4 | M4 x 12mm Flange Screw |
| 44 | 1 | Left Pedal Arm | 94 | 2 | M4 Nut |
| 45 | 1 | Left Roller Arm | 95 | 6 | M8 x 19mm Screw |
| 46 | 1 | Left Upper Body Leg | 96 | 4 | M8 x 45mm Bolt |
| 47 | 1 | Left Upper Body Arm | 97 | 2 | M8 x 28mm Washer |
| 48 | 1 | Ramp Spring | 98 | 2 | M8 x 18mm Washer |
| 49 | 1 | Left Pedal | 99 | 1 | Crank Pulley Spacer |
| 50 | 6 | M4 x 13mm Self-tapping Screw | 100 | 4 | Leg Bearing |

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------------------|---------|------|---------------------------|
| 101 | 46 | M4 x 16mm Screw | 120 | 2 | M8 x 20mm Flat Head Screw |
| 102 | 6 | M8 Locknut | 121 | 1 | Latch Axle |
| 103 | 8 | M6 x 12mm Screw | 122 | 1 | Pin Spring |
| 104 | 4 | M10 x 115mm Screw | 123 | 2 | Small Arm Bearing |
| 105 | 1 | M4 x 25mm Self-tapping Screw | 124 | 2 | M4 x 16mm Machine Screw |
| 106 | 1 | Bottom Ramp Cover | 125 | 2 | Snap Ring |
| 107 | 1 | Crank Spacer | 126 | 2 | M4 x 25mm Screw |
| 108 | 2 | M6 x 13mm Screw | 127 | 2 | Disc Bracket |
| 109 | 2 | M10 x 60mm Bolt | 128 | 1 | Long Bumper |
| 110 | 1 | Upper Wire | 129 | 4 | M8 x 22mm Washer |
| 111 | 1 | Lower Wire | 130 | 2 | M8 x 20mm Screw |
| 112 | 2 | M4 x 19mm Self-tapping Screw | 131 | 2 | Adhesive Tape |
| 113 | 1 | Drive Belt | 132 | 1 | Tablet Holder |
| 114 | 5 | M4 x 10mm Machine Screw | 133 | 4 | Tablet Holder Screw |
| 115 | 2 | M4 x 25mm Bolt | 134 | 6 | M4 Washer |
| 116 | 2 | Disc Ring | * | – | Assembly Tool |
| 117 | 1 | Front Shield Cover | * | – | Grease Packet |
| 118 | 1 | Rear Shield Cover | * | – | User's Manual |
| 119 | 1 | Power Adapter | | | |

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.

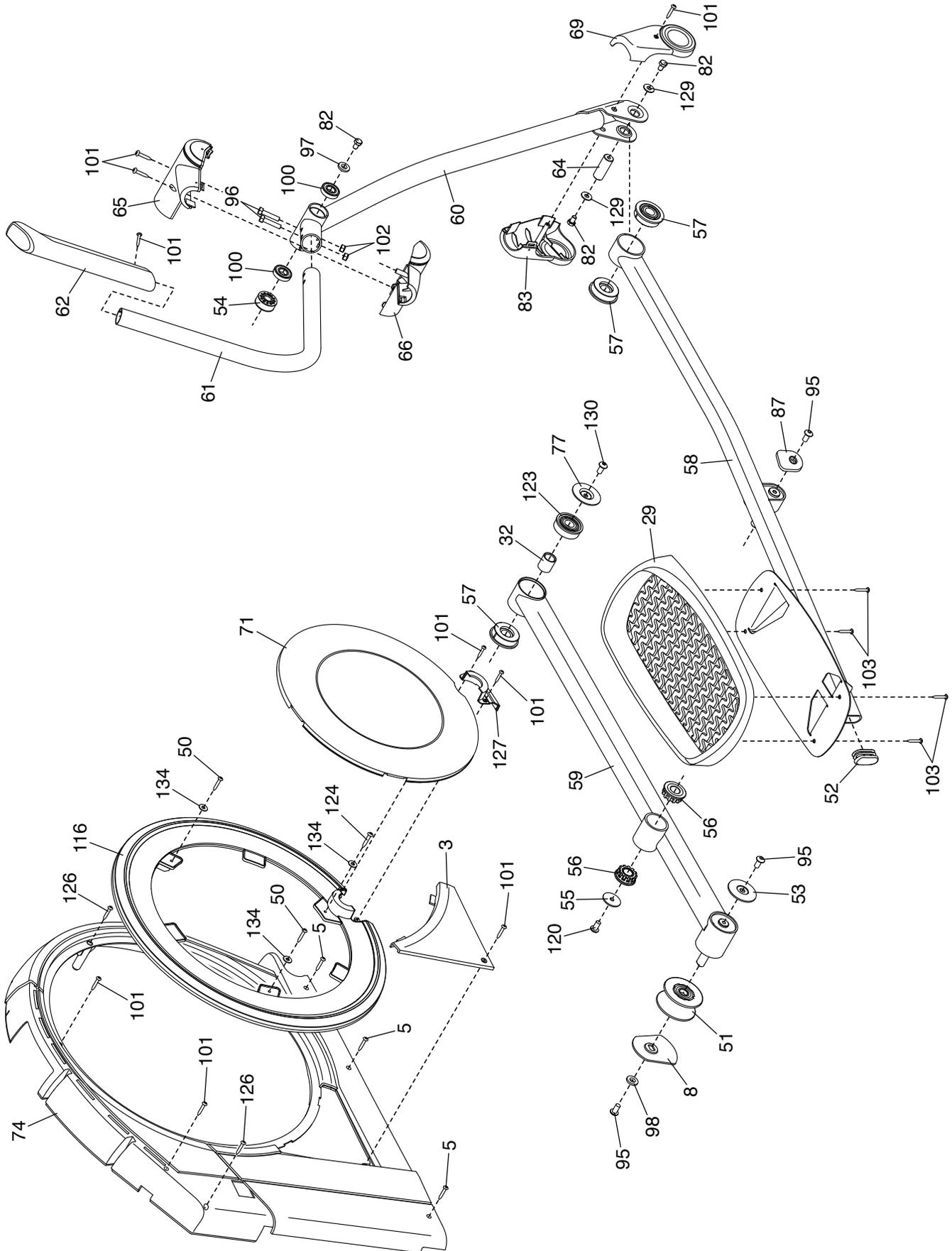
EXPLODED DRAWING B

Model No. NTEVEL69818.0 R0818A



EXPLODED DRAWING C

Model No. NTEVEL69818.0 R0818A



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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

