

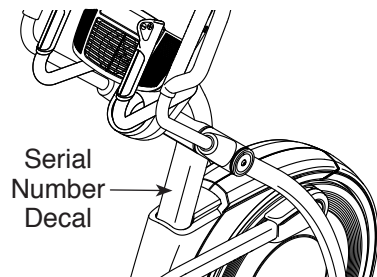
NordicTrack[®]

COMMERCIAL 12.9

Model No. NTEVEL15017.0

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

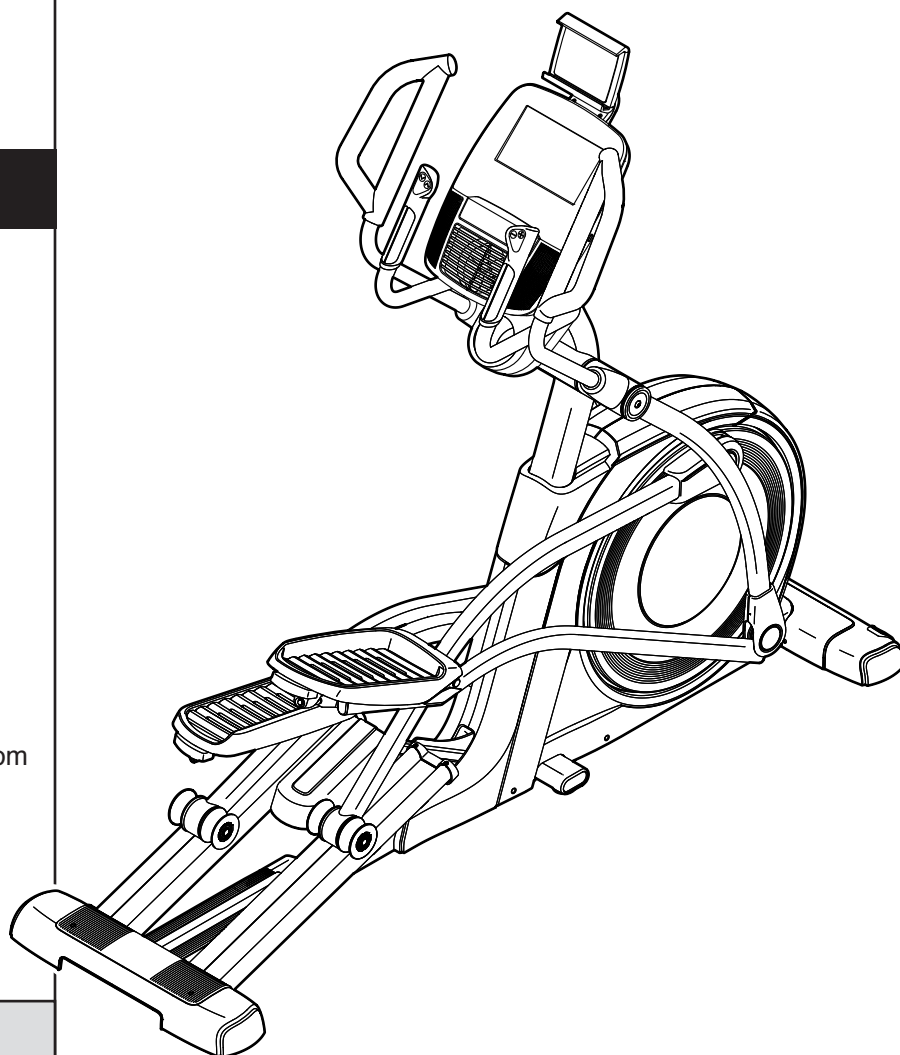
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

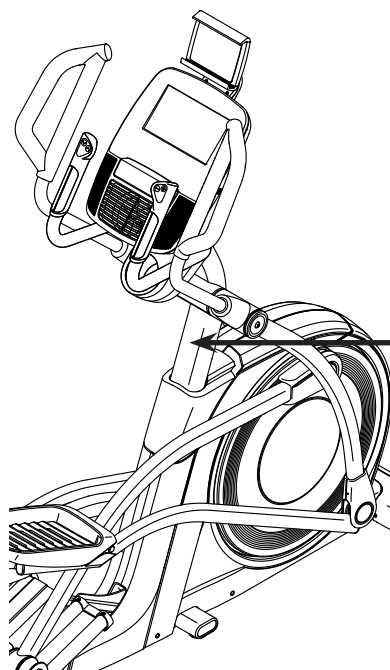
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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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 330 lbs / 150 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.

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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 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. When connecting the power cord (see page 13), plug the power cord into a grounded circuit.
11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
12. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
13. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).
15. 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.
16. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
17. 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.

18. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.

20. 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.

19. Keep your back straight while using the elliptical; do not arch your back.

SAVE THESE INSTRUCTIONS

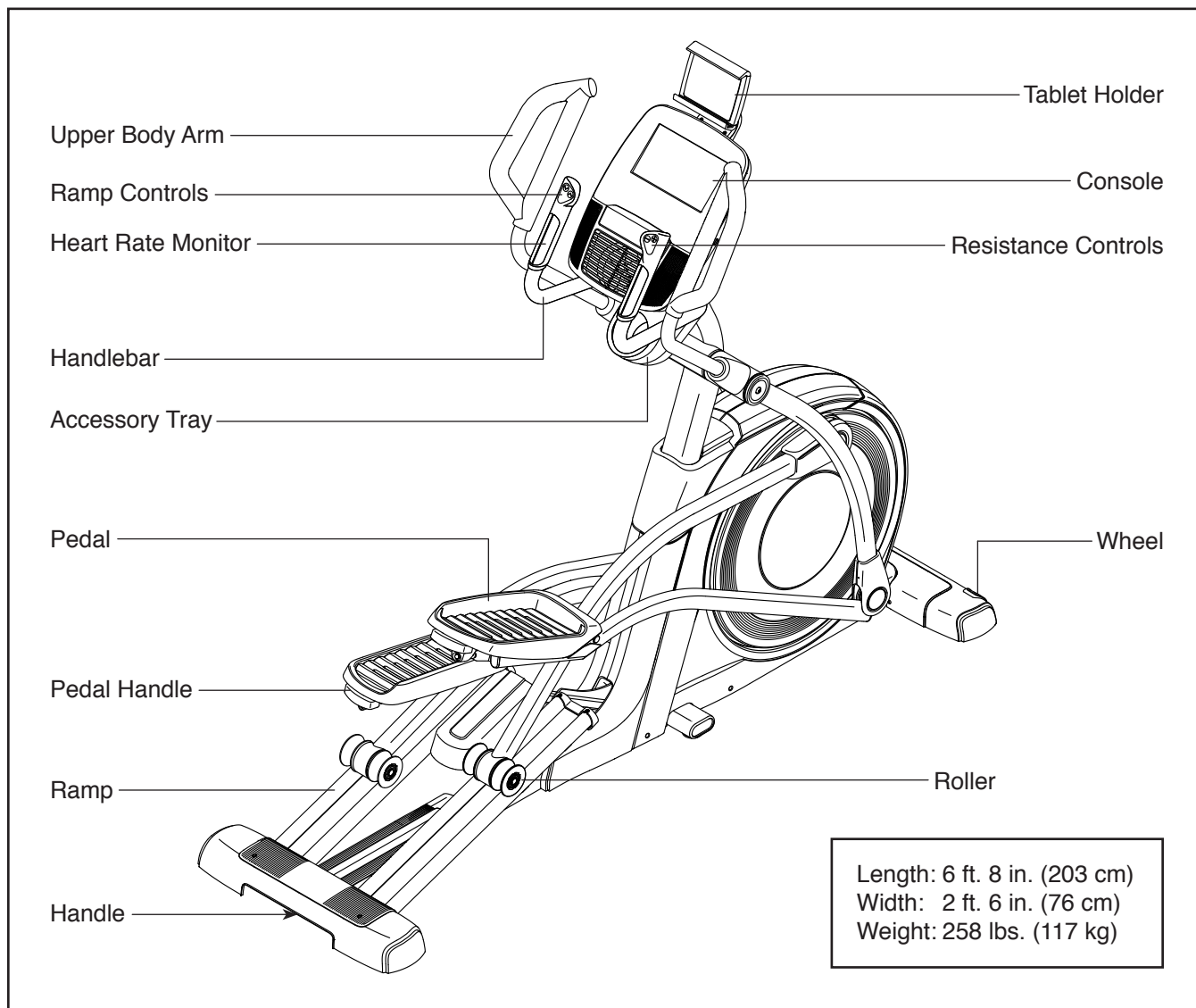
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® COMMERCIAL 12.9 elliptical. The COMMERCIAL 12.9 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

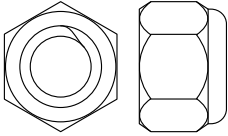
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

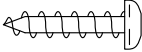


PART IDENTIFICATION CHART


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.**



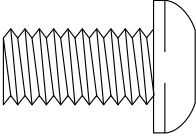
M10 Locknut
(99)–4



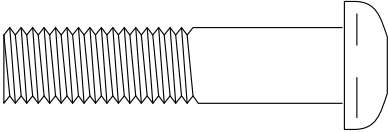
M4 x 16mm
Screw (104)–4



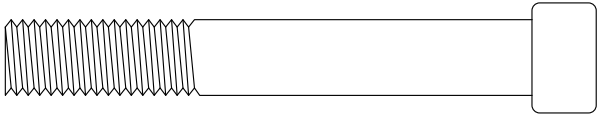
#8 x 12mm
Screw (147)–4



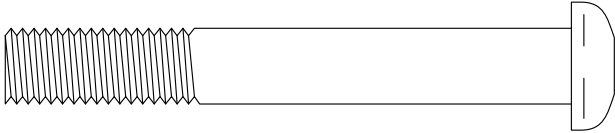
M10 x 20mm
Screw (144)–12



M10 x 45mm
Bolt (143)–4



M10 x 70mm
Screw (139)–2



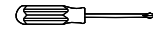
M10 x 75mm Screw
(142)–2

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 6.

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

one Phillips screwdriver



one adjustable wrench

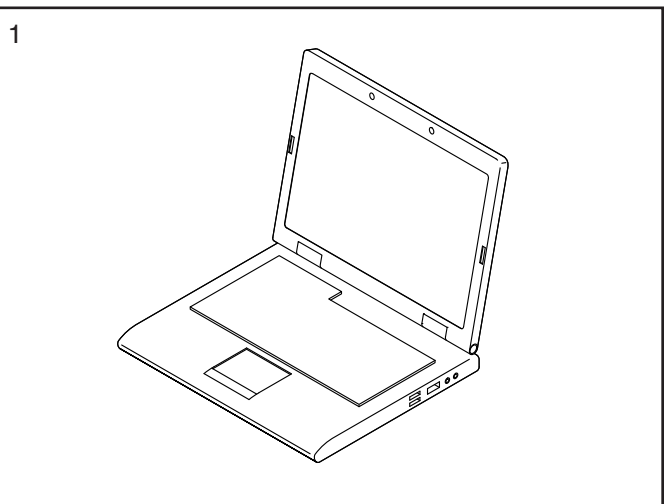


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

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)



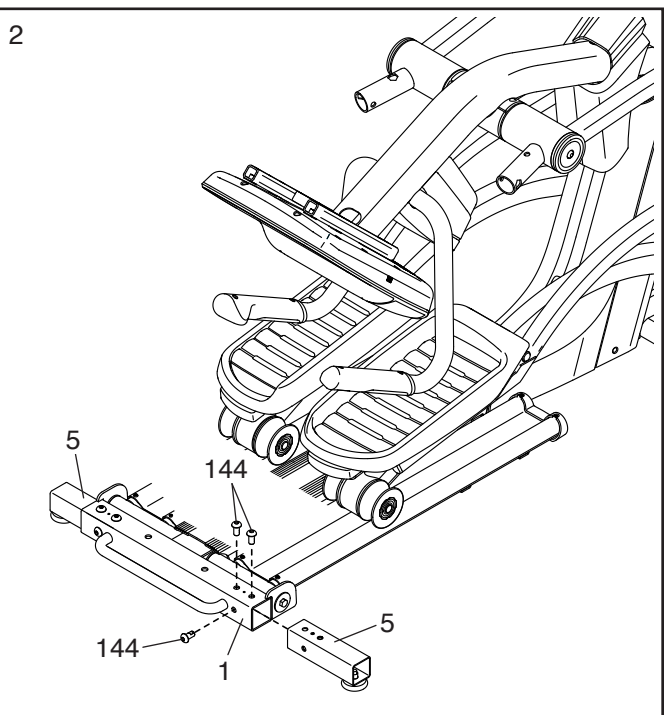
2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the two Rear Stabilizers (5).

Attach one of the Rear Stabilizers (5) to the Frame (1) with three M10 x 20mm Screws (144); **start all three Screws, and then tighten them.**

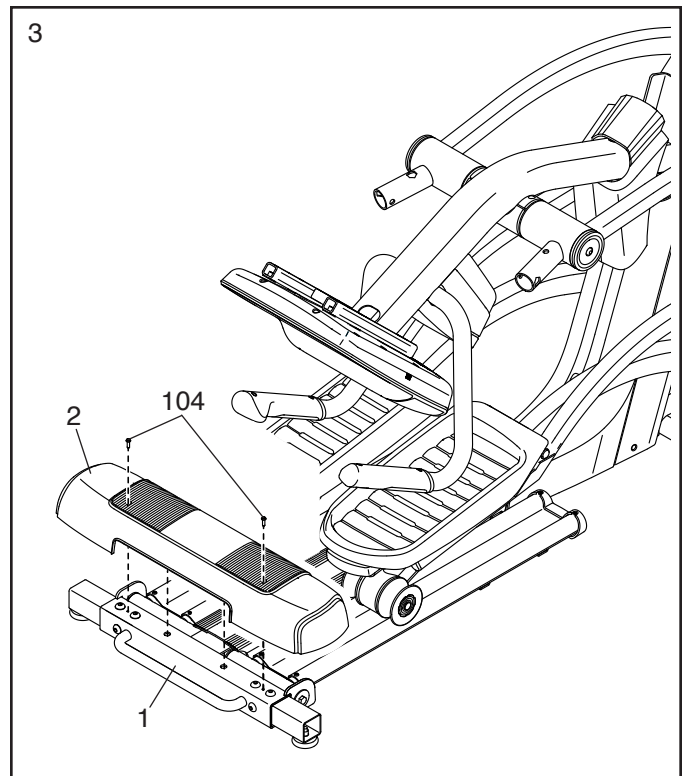
Attach the other Rear Stabilizer (5) in the same way.

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



3. Orient the Rear Stabilizer Cover (2) as shown, and press it onto the Frame (1).

Attach the Rear Stabilizer Cover (2) with two M4 x 16mm Screws (104).



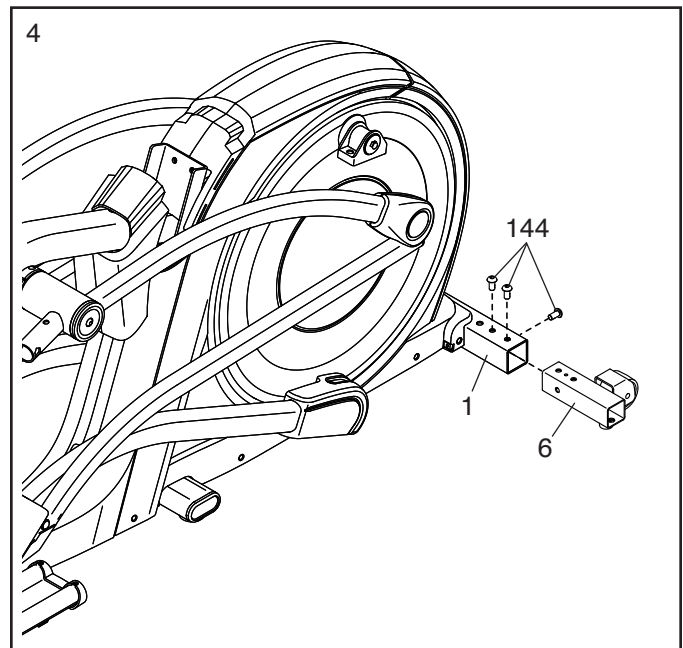
4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Identify the Right Front Stabilizer (6) and orient it as shown.

Attach the Right Front Stabilizer (6) to the Frame (1) with three M10 x 20mm Screws (144); **start all three Screws, and then tighten them.**

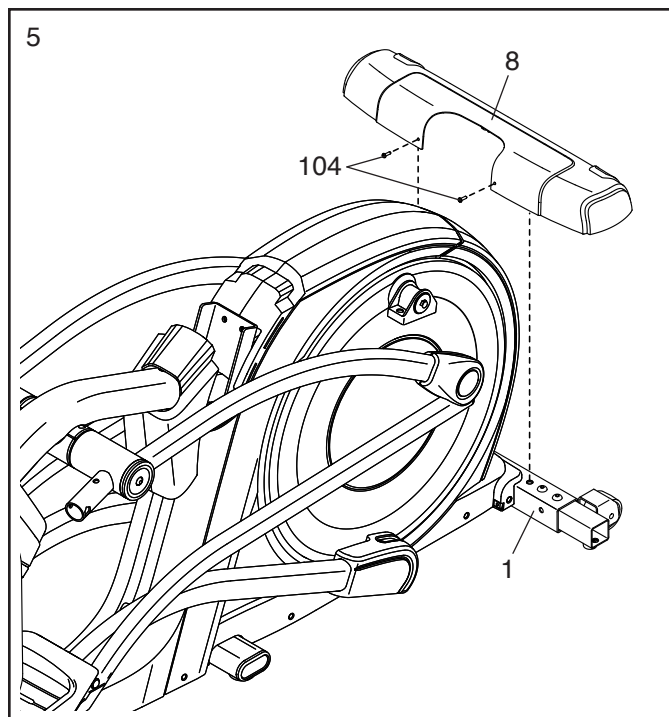
Attach the Left Front Stabilizer (not shown) in the same way.

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



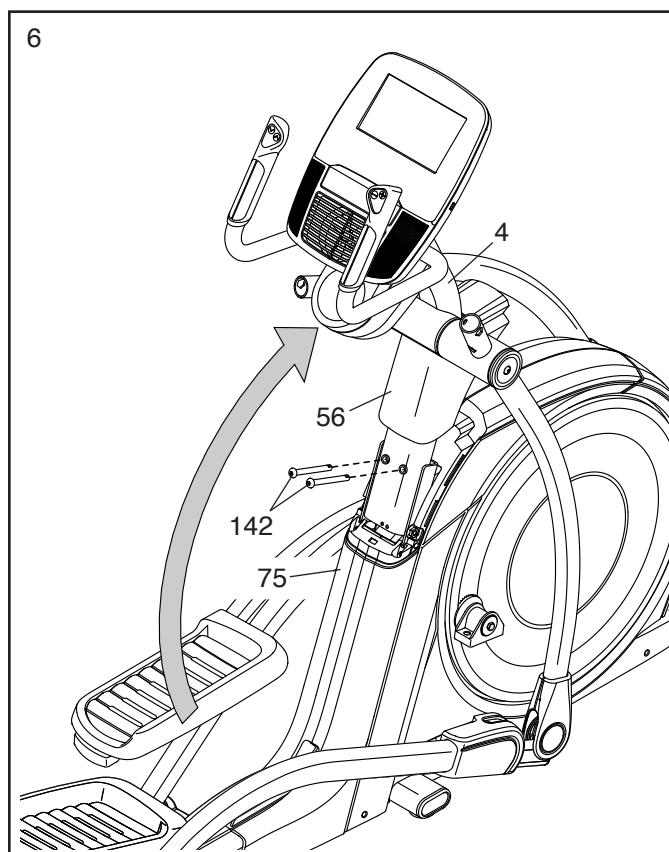
5. Orient the Front Stabilizer Cover (8) as shown, and **route the Power Cord (not shown) over the top of the Front Stabilizer Cover**. Then, press the Front Stabilizer Cover onto the Frame (1).

Attach the Front Stabilizer Cover (8) with two M4 x 16mm Screws (104).



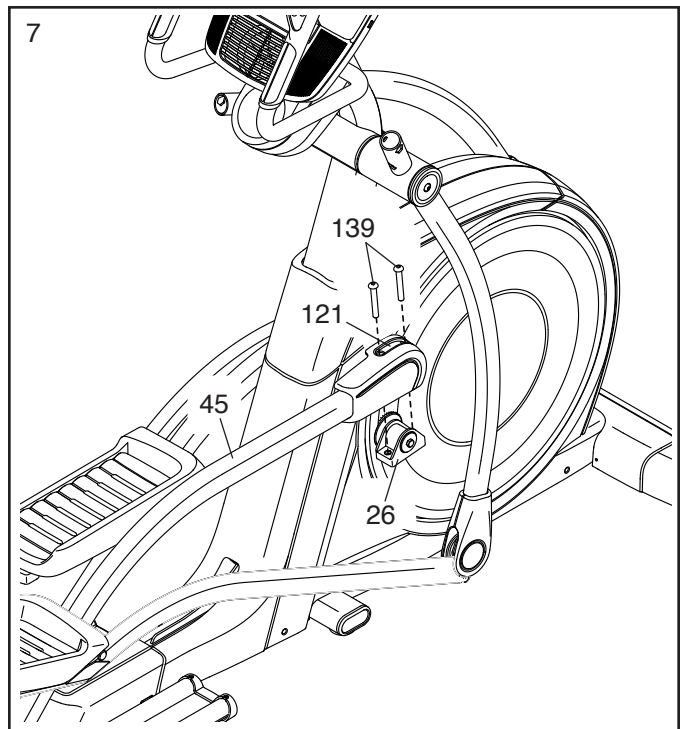
6. Raise the Upright (4) to the vertical position. While a second person holds the Shield Cover (56) out of the way, secure the Upright with two M10 x 75mm Screws (142).

Then, slide the Shield Cover (56) downward onto the Rear Shield (75).



7. Locate the Right Upper Saddle Bracket (121) on the Right Roller Arm (45). Next, locate the Lower Saddle Bracket (26) on the right side of the elliptical.

Attach the Right Upper Saddle Bracket (121) to the Lower Saddle Bracket (26) with two M10 x 70mm Screws (139).

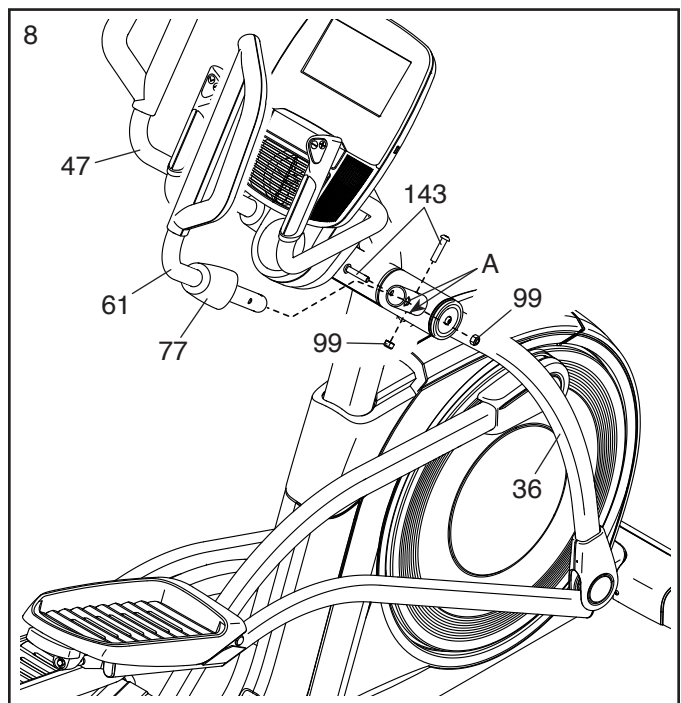


8. Identify the Right Upper Body Arm (61) and an Upper Body Arm Cover (77). Slide the Upper Body Arm Cover onto the Right Upper Body Arm as shown.

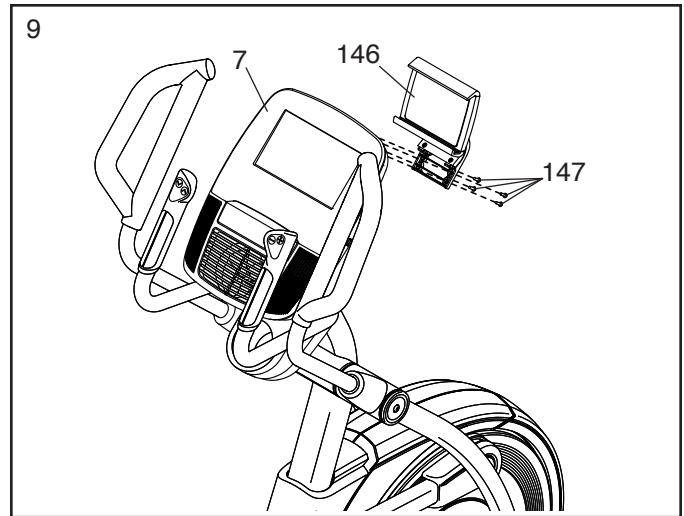
Attach the Right Upper Body Arm (61) to the Right Upper Body Leg (36) with two M10 x 45mm Bolts (143) and two M10 Locknuts (99); **make sure that the Locknuts are in the hexagonal holes (A).**

Then, slide the Upper Body Arm Cover (77) downward and turn it so that it is flush with the Right Upper Body Leg (36).

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



9. Attach the Tablet Holder (146) to the Console (7) with four #8 x 12mm Screws (147); **start all the Screws, and then tighten them.**

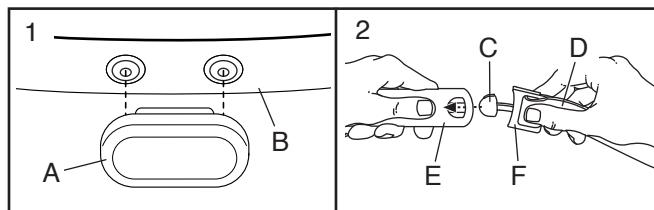


10. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

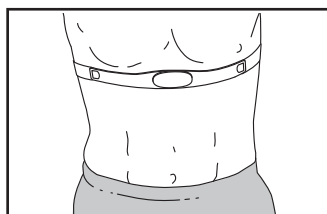
THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

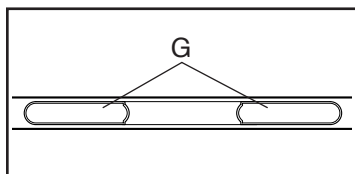
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

TROUBLESHOOTING

- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE ELLIPTICAL

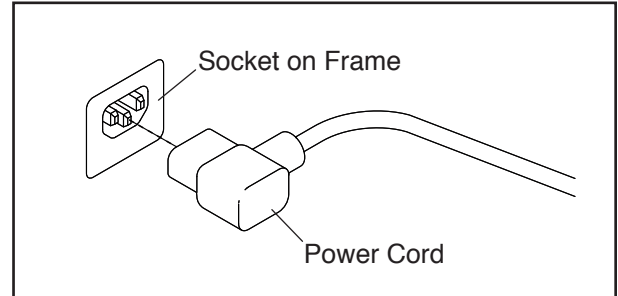
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

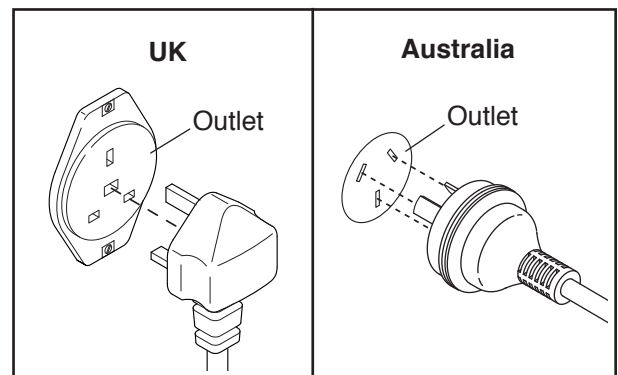
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.

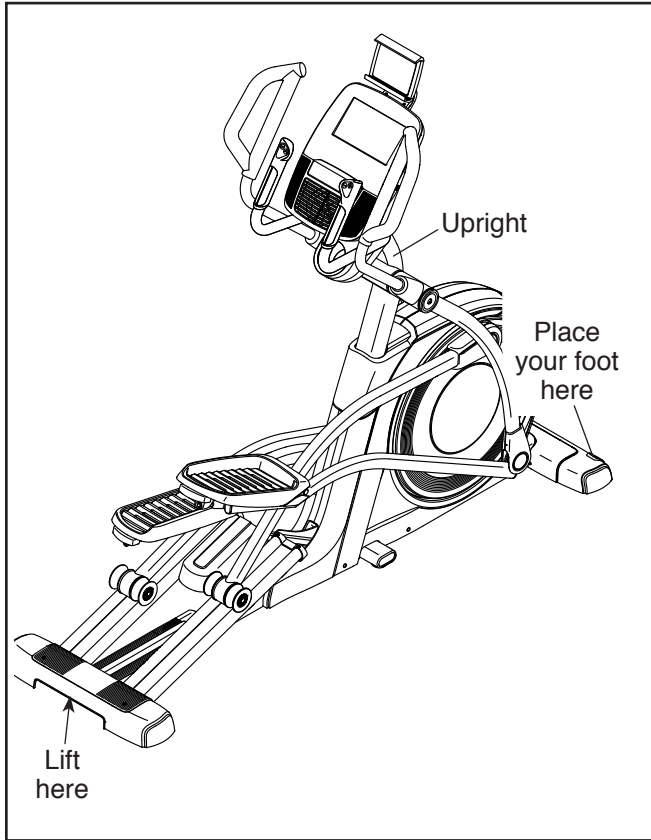


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



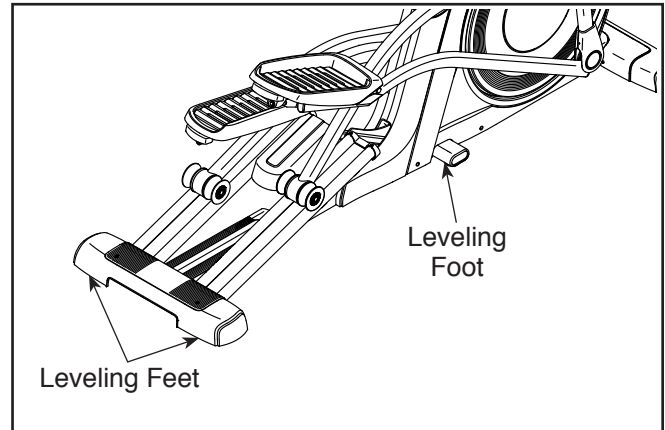
HOW TO MOVE THE ELLIPTICAL

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. Have a second person lift the handle on the rear of the frame 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 LEVEL THE ELLIPTICAL

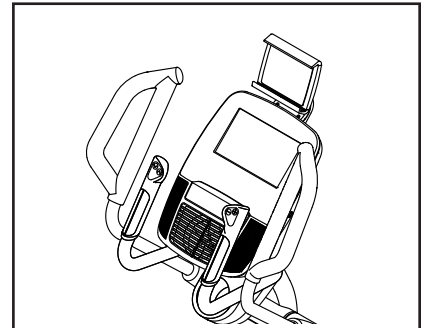
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer or beneath the frame until the rocking motion is eliminated.



HOW TO USE THE TABLET HOLDER

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

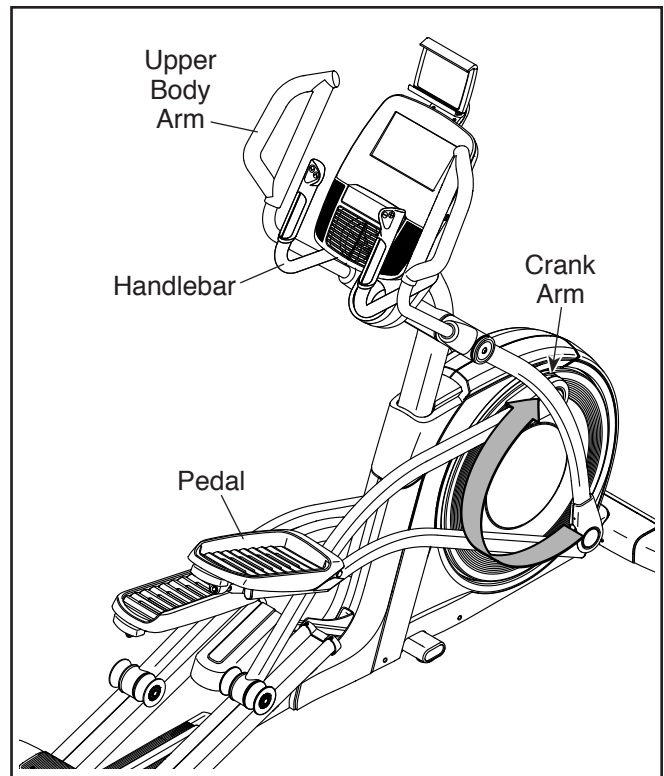
To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Rotate the tablet holder to the desired angle. Reverse these actions to remove the tablet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



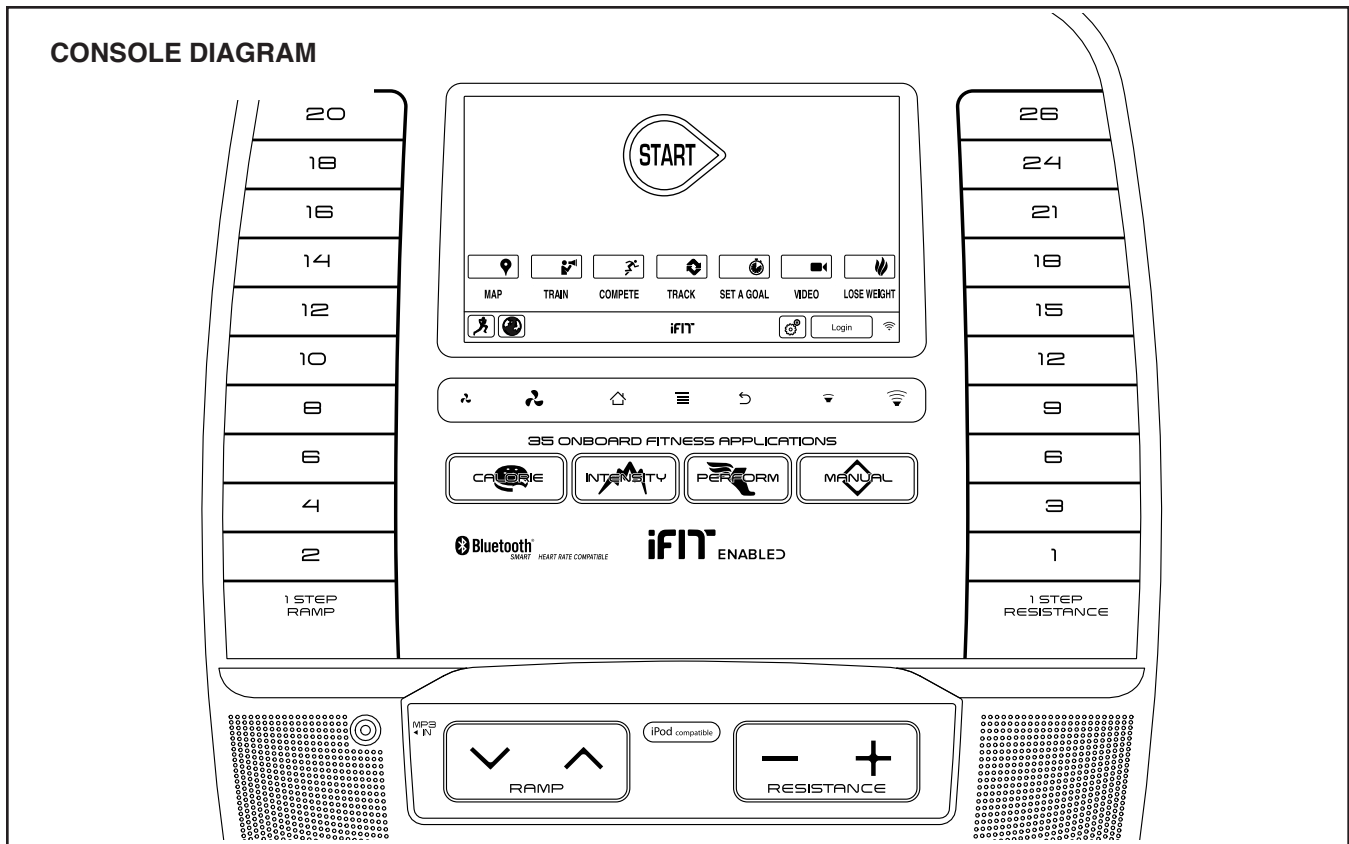
HOW TO EXERCISE ON THE ELLIPTICAL

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



MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Watch high-definition videos with simulated workouts.



Choose and download sets of weight-loss workouts.

Go to iFit.com to learn more.

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 iFit.com for complete information.**

In addition, the console features a selection of onboard workouts and several iFit demo workouts. Each workout automatically controls 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 exercise session. You can also set a customized workout goal with the set-a-goal workout.

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 or the chest heart rate monitor.

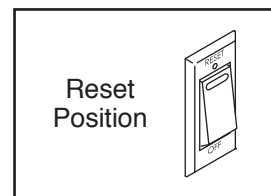
You can also browse the internet or listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on the power, see this page. **To learn how to use the touch screen**, see page 18. **To set up the console**, see page 18.

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 13). 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 system may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

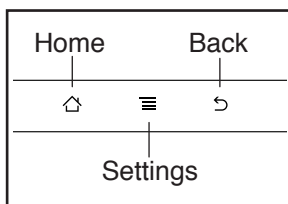
IMPORTANT: If the incline system does not calibrate automatically, see step 4 on page 28 and manually calibrate the incline system.

IMPORTANT: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will show a preset presentation when you finish exercising. To turn off the demo mode, see step 6 on page 26.

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout. However, you cannot zoom in and out by sliding your fingers on the screen.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.
- Use these buttons on the console to navigate the tablet. Press the home button to return to the main menu. Press the center button to access the settings menu (see page 26). Press the back button to return to the previous screen.



HOW TO SET UP THE CONSOLE

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

1. Connect to your wireless network.

Note: In order to access the internet, download iFit workouts, and use some other features of the console, you must be connected to a wireless network. See **HOW TO USE THE WIRELESS NETWORK MODE** on page 29 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 26 and step 2 on page 28 and select the maintenance mode. Then, see step 3 on page 28 and check for firmware updates.

3. Calibrate the incline system.

See step 4 on page 28 and calibrate the incline system.

4. Create an iFit account.

Touch the globe button at the bottom of the screen and then touch the iFit button.

Note: For information about navigating in the internet browser, see page 30.

The internet browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership. If you have an activation code, select the code activation option.

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 page 19. **To use an onboard workout**, see page 21. **To use a set-a-goal workout**, see page 23. **To use an iFit workout**, see page 24.

To use the equipment settings mode, see page 26. **To use the maintenance mode**, see page 28. **To use the wireless network mode**, see page 29. **To use the sound system**, see page 30. **To use the internet browser**, see page 30.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 14 on page 27. For simplicity, all instructions in this section refer to miles.

HOW TO USE THE MANUAL MODE

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 17.

2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.

Touch the home button at the bottom of the screen or press the Manual button to return to the main menu at any time.

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

Touch the Start button or begin pedaling.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered 1 Step Resistance buttons on the console, press the Resistance increase and decrease buttons on the console, or press the Resist increase and decrease buttons 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 1 Step Ramp buttons on the console, press the Ramp increase and decrease buttons on the console, or press the Ramp increase and decrease buttons on the left handlebar.

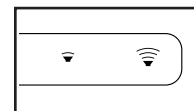
Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

To select the desired display mode, simply flick or slide the screen. You can also view additional workout information by touching the red boxes on the screen.

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



To pause the workout, touch one of the menu buttons on the screen. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

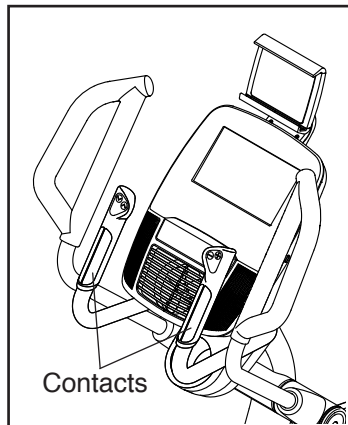
5. Measure your heart rate if desired.

To use the chest heart rate monitor, see page 12. To use the handgrip heart rate monitor, follow the instructions below. **Note: If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.**

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.

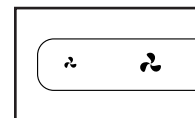
When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



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 several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed and/or your power output in watts increases or decreases. 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 when the main menu is selected, 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 17.

2. Select the main menu.

See step 2 on page 19.

3. Select an onboard workout.

To select an onboard workout, touch the runner button at the bottom of the screen. The workouts menu will appear on the screen.

Note: You can also press the Calorie, Intensity, or Perform buttons on the console.

Select the desired workout category from the workouts menu and then select the desired workout.

Note: It may be necessary to scroll the screen to view all the menu options.

The screen will show the name and duration of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the resistance and incline settings of the workout.

4. Start the workout.

Touch the Start Workout button to start the workout.

Each workout is divided into segments. One resistance level, one ramp incline level, and one target cadence (speed) are programmed for each segment.

During the workout, the profiles will show your progress. To view the profiles, flick or slide the screen.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

As you exercise, keep your pedaling speed near the target cadence for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen.
Note: The target cadence is displayed in revolutions per minute (rpm).

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

If the resistance level and/or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Ramp buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 19). **If you press a Ramp button**, you can then manually control the incline (see step 3 on page 19). **To return to the programmed resistance and/or incline settings of the workout**, touch the Follow Workout button.

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.

To pause the workout, touch either the back button or the home button at the bottom of the screen. To continue the workout, touch the Resume button. To end the workout, touch the End Workout button.

The workout will continue in this way until the last segment ends. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. Follow your progress.

See step 4 on page 19.

6. Measure your heart rate if desired.

See step 5 on page 20.

7. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

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 17.

2. Select the main menu.

See step 2 on page 19.

3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a customized goal for your workout, touch the button for the desired goal. Then, touch the increase and decrease buttons on the screen to enter your goal and to select other variables for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch the Start button to start the workout.

The workout will function in the same way as the manual mode (see page 19).

As you exercise, keep your pedaling speed near the target cadence for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen. Note: The target cadence is displayed in revolutions per minute (rpm).

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

If the resistance level and/or incline level for the current segment is too high or too low, you can

manually override the setting by pressing the Resistance buttons or the Ramp buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 19). **If you press a Ramp button**, you can then manually control the incline (see step 3 on page 19). **To return to the programmed resistance and/or incline settings of the workout**, touch the Follow Workout button.

Note: If you manually change the resistance level or the ramp incline level during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

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 level or the ramp incline level during the workout, the number of calories you burn will be affected.

The workout will continue until you reach the goal that you set. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. Follow your progress.

See step 4 on page 19.

6. Measure your heart rate if desired.

See step 5 on page 20.

7. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

HOW TO USE AN iFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 29). An iFit account is also required.

1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to www.iFit.com, and sign in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

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

See HOW TO TURN ON THE POWER on page 17.

3. Select the main menu.

See step 2 on page 19.

4. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. Enter your iFit.com username and password and touch the Login button.

To switch users within your iFit account, touch the user button at the bottom of the screen. If more than one user is associated with your iFit account, a list of users will appear. Touch the name of the desired user.

5. Select an iFit workout.

IMPORTANT: Before iFit workouts will download, you must add them to your schedule on iFit.com (see step 1).

To download an iFit workout from iFit.com to the console, touch the Map, Train, Video, or Lose Wt. button. The next workout of that type in your schedule will then download. Note: You may be able to access demo workouts through these buttons, even if you do not log in to your iFit account.

To compete in a race or challenge that you have previously joined on iFit.com, touch the Compete button. **To view your workout history**, touch the Track button. **To use a set-a-goal workout**, touch the Set A Goal button (see page 23).

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

When you select an iFit workout, the screen will show the name and estimated duration of the workout. The screen will also show the approximate number of calories you will burn during the workout.

If the iFit workout is a race or challenge, the display will count down to the beginning of the race.

6. Start the workout.

See step 4 on page 21. During some workouts, an audio coach will guide you through your workout.

7. Follow your progress.

See step 4 on page 19. The screen may also show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During a race or challenge, the screen will show your position in the race relative to other competitors.

8. Measure your heart rate if desired.

See step 5 on page 20.

9. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

For more information about iFit features, go to [iFit.com](https://www.ifit.com).

HOW TO USE THE EQUIPMENT SETTINGS MODE

IMPORTANT: Some of the features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

1. Select the settings main menu.

Turn on the console and select the main menu (see steps 1 and 2 on page 19). Then, touch the gears button at the bottom of the screen to select the settings main menu.

Note: You can also press the center button on the console to select the settings main menu.

2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

Note: It may be necessary to scroll the screen to view all the menu options.

3. Enable or disable the auto relogin feature.

Enable this feature to have the console automatically log in to your iFit account when you turn on the power. Note: This feature is recommended for private owners of the elliptical only.

To enable or disable the auto relogin feature, first touch the Auto Relogin button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

4. Enable or disable automatic console updates.

To enable or disable automatic console updates, first touch the Auto Update button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

Note: To select a time for automatic console updates, see step 13.

5. Enable or disable the internet browser.

To enable or disable the internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

6. Turn on or turn off the display demo mode.

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 screen will show a preset presentation when the elliptical is not in use.

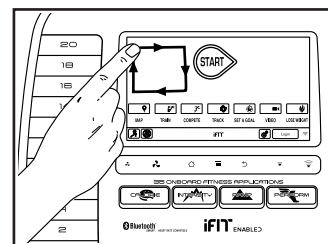
To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

7. Hide or display the gears button.

The console features an option to hide the gears button to prevent unauthorized users from accessing the settings main menu.

To hide or display the gears button, touch the Hide Settings button and select the desired checkbox. Then, follow the prompts on the screen.

IMPORTANT: To access the settings main menu when the gears button is hidden, draw a square clockwise on the screen.



8. Select a language.

To select a language, touch the Language button and select the desired language.

9. Enable or disable a passcode.

The console features a child safety passcode, designed to prevent unauthorized users from using the elliptical.

Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

10. Start the introductory slideshow.

To view an introductory slideshow about the console displays, touch the Start Intro Slideshow button.

11. Enable or disable street view.

During some workouts, the screen may show a map. To enable or disable the street view feature of the maps, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

12. Select a time zone.

To select a time zone, touch the Timezone button and select the desired time zone. Then, touch the back button on the screen.

13. Select an update time.

To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button on the screen.

When you select an update time, you must also enable automatic console updates (see step 4).

IMPORTANT: You must still unplug the power cord after using your elliptical. Set the update time for a time when you normally use your elliptical and will be available to unplug the power cord after an update.

14. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Next, touch the checkbox for the desired unit of measurement. Then, touch the back button on the screen.

15. Exit the equipment settings mode.

To exit the equipment settings mode, press the back button on the console or touch the back button on the screen.

HOW TO USE THE MAINTENANCE MODE

IMPORTANT: Some of the features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

1. Select the settings main menu.

See step 1 on page 26.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.

The maintenance mode main screen will show information about the console and the wireless network.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated.

The screen will show the progress of the update. When the update is complete, the elliptical will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

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

4. Calibrate the incline system.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The frame will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep pets, feet, and other objects away from the elliptical while the incline system is calibrating.

5. View machine information.

Touch the Machine Info button to view information about your elliptical. After you view the information, touch the back button on the screen.

6. Find keycodes.

This option is intended to be used by service technicians to identify whether a certain button is working correctly.

7. Enter a custom IP address.

If your network does not automatically generate IP addresses, touch the Custom IP button to enter a custom IP address.

8. Reset the console to the factory default settings.

Touch the Factory Reset button and follow the instructions on the screen to reset the console to the factory default settings. **IMPORTANT:** If you reset the console, you will lose all of your custom console settings.

9. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console or touch the back button on the screen.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. Select the settings main menu.

See step 1 on page 26.

2. Select the wireless network mode.

In the settings main menu, touch the Network Setup button to enter the wireless network mode.

Note: You can also touch the wireless symbol to enter the wireless network mode.

3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. Set up and manage a wireless network connection.

When Wi-Fi® is enabled, the screen will show a list of available networks. **Note:** It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

When a list of networks appears, touch the desired network. **Note:** You will need to know your network

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

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. **Note:** Passwords are case-sensitive.

Note: The iFit mode supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

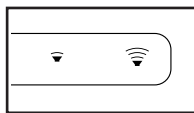
5. Exit the wireless network mode.

To exit the wireless network mode, press the back button on the console or touch the back button on the screen.

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.



HOW TO USE THE INTERNET BROWSER

Note: To use the internet browser, you must have access to a wireless network including a wireless router (802.11b/g/n) with SSID broadcast enabled (hidden networks are not supported).

To open the internet browser, touch the globe button at the bottom of the screen. Then, select a website.

To navigate the internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the internet browser, the resistance, ramp, fan, and volume buttons will still function, but the workout buttons will not function.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

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 turn on, make sure that the power cord is fully plugged in.

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 the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 12.

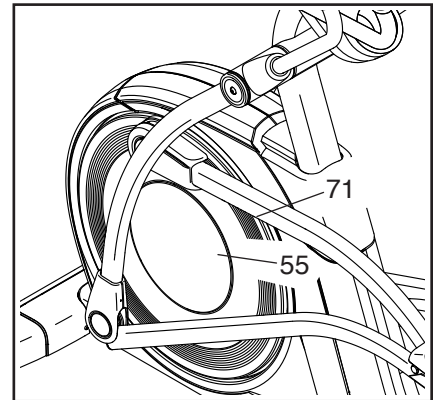
INCLINE SYSTEM TROUBLESHOOTING

If the ramp does not move to the correct incline level, see step 4 on page 28 and calibrate the incline system.

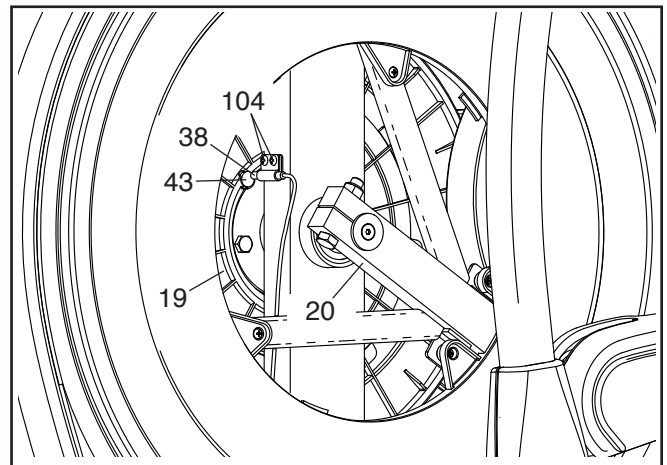
HOW TO ADJUST THE REED SWITCH

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

Next, use a standard screwdriver and carefully pry the left Disc Cover (55) off the left Disc (71).



Next, turn the left Crank Arm (20) until one of the Magnets (43) on the Pulley (19) is aligned with the Reed Switch (38). Then, loosen, but do not remove, the two M4 x 16mm Screws (104), slide the Reed Switch slightly closer to or away from the Magnet, and retighten the Screws.

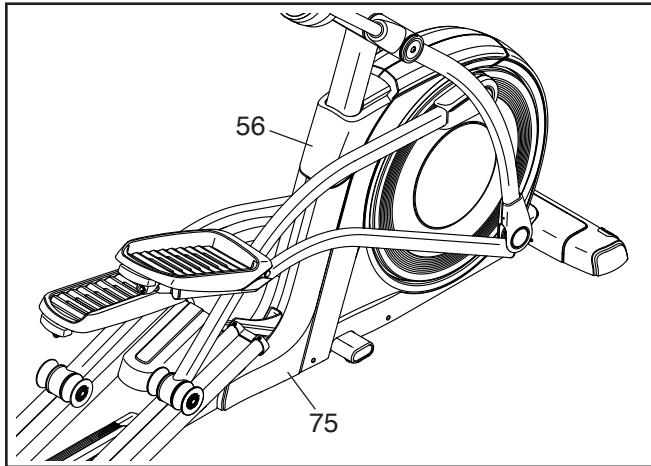


Then, plug in the power cord and turn the left crank arm for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback. Then, reattach the left disc cover.

HOW TO ADJUST THE DRIVE BELT

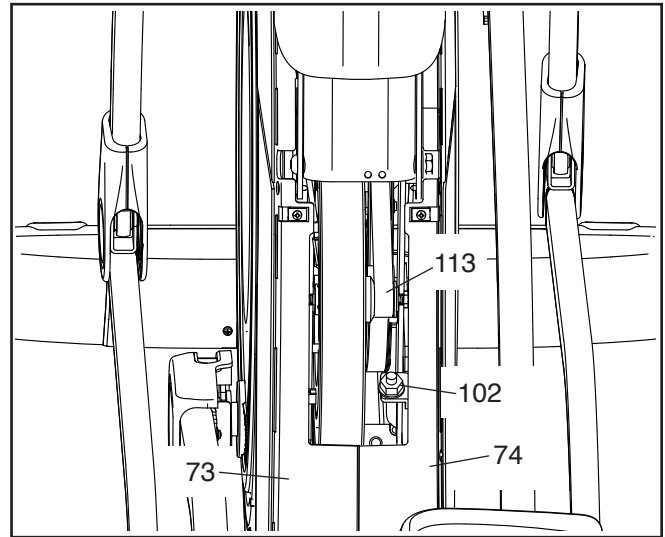
If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power cord**.

Next, use a standard screwdriver and pry off the Shield Cover (56) and slide it upward.



Then, remove the four M4 x 16mm Screws (not shown) from the upper and lower ends of the Rear Shield (75), and remove the Rear Shield.

Then, look between the Left and Right Shields (73, 74) and locate the M8 Locknut (102). Tighten the Locknut until the Drive Belt (113) is tight.



When you have properly adjusted the drive belt, reattach the rear shield and press the shield cover onto the rear shield.

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	♥
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

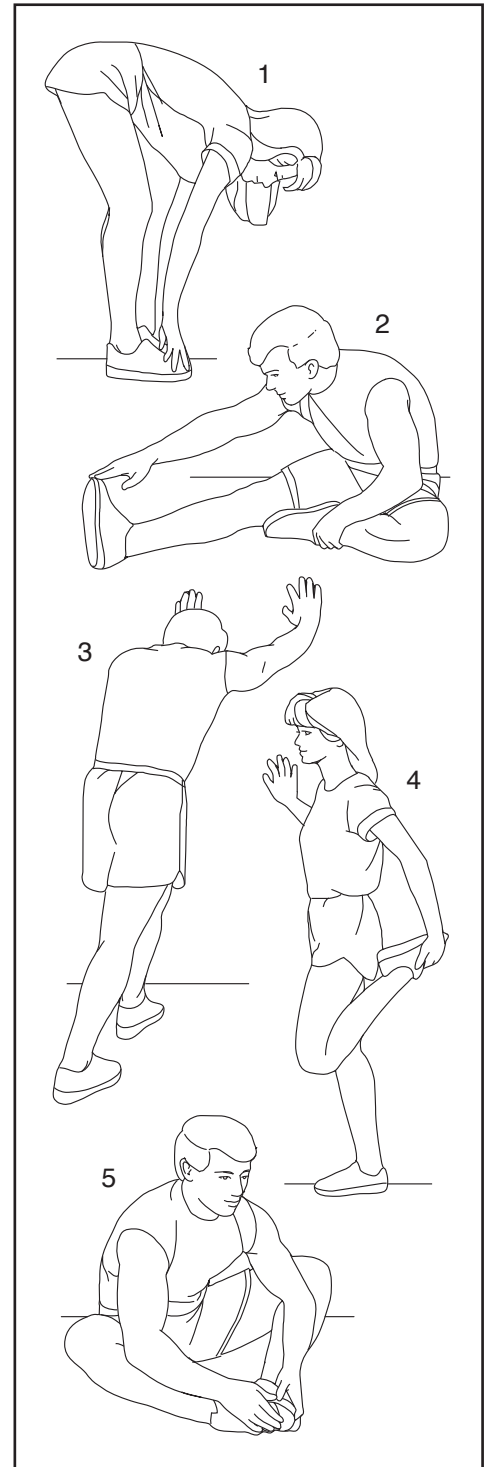
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. NTEVEL15017.0 R0417A

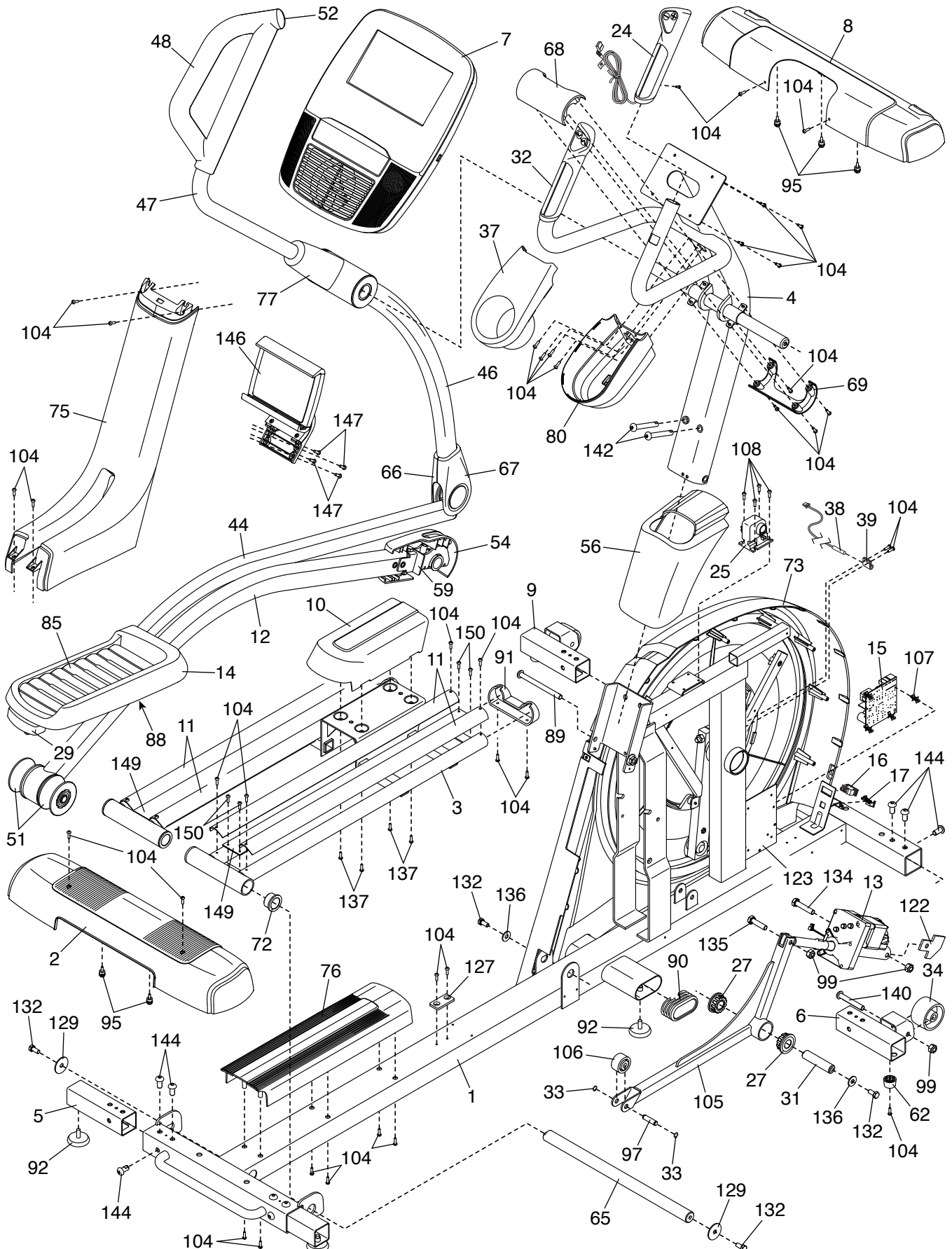
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Large Roller
2	1	Rear Stabilizer Cover	52	1	Left Lower Grip
3	1	Ramp	53	2	Axle Cover
4	1	Upright	54	1	Left Saddle Bracket Cover
5	2	Rear Stabilizer	55	2	Disc Cover
6	1	Right Front Stabilizer	56	1	Shield Cover
7	1	Console	57	4	Small Bushing
8	1	Front Stabilizer Cover	58	1	Right Pedal Arm
9	1	Left Front Stabilizer	59	1	Left Upper Saddle Bracket
10	1	Ramp Cover	60	1	Right Saddle Bracket Cover
11	4	Track	61	1	Right Upper Body Arm
12	1	Left Roller Arm	62	2	Foot
13	1	Lift Motor	63	4	Nylon Bushing
14	1	Left Pedal	64	4	M4 x 19mm Screw
15	1	Control Board	65	1	Ramp Axle
16	1	Power Switch	66	1	Left Outer Leg Cover
17	1	Receptacle	67	1	Left Inner Leg Cover
18	1	Crank	68	1	Upper Upright Cover
19	1	Pulley	69	1	Lower Upright Cover
20	2	Crank Arm	70	4	Upper Body Leg Bushing
21	4	Pedal Arm Cap	71	2	Disc
22	1	Idler	72	4	Large Bushing
23	2	M12 Nut	73	1	Left Shield
24	1	Right Pulse Grip/Wire	74	1	Right Shield
25	1	Resistance Motor	75	1	Rear Shield
26	2	Lower Saddle Bracket	76	1	Frame Cover
27	2	Lift Frame Bushing	77	2	Upper Body Arm Cover
28	1	Eddy Mechanism	78	2	Key
29	1	Left Pedal Handle	79	2	M6 Acorn Nut
30	8	Medium Bushing	80	1	Accessory Tray Base
31	1	Lift Frame Axle	81	1	J-bolt
32	1	Left Pulse Grip/Wire	82	2	Pedal Spacer
33	2	Small Snap Ring	83	1	Small Crank Spacer
34	2	Wheel	84	1	Right Pedal Insert
35	2	Bolt Set	85	1	Left Pedal Insert
36	1	Right Upper Body Leg	86	2	Medium Roller
37	1	Accessory Tray	87	1	Right Pedal Plate
38	1	Reed Switch/Wire	88	1	Left Pedal Plate
39	1	Clamp	89	1	Upright Pivot Screw
40	2	Bearing	90	2	Frame Cap
41	1	Right Upper Grip	91	2	Ramp Cap
42	1	Medium Crank Spacer	92	4	Leveling Foot
43	2	Magnet	93	1	Large Snap Ring
44	1	Left Pedal Arm	94	2	Pedal Spring
45	1	Right Roller Arm	95	11	Post Fastener w/Screw
46	1	Left Upper Body Leg	96	4	Medium Snap Ring
47	1	Left Upper Body Arm	97	1	Roller Axle
48	1	Left Upper Grip	98	4	Clip Nut
49	1	Right Pedal	99	14	M10 Locknut
50	1	Right Lower Grip	100	1	Large Crank Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Idler Screw	128	2	M8 Flat Washer
102	7	M8 Locknut	129	4	M10 Large Washer
103	2	Pedal Pin	130	4	M8 x 18mm Bolt
104	82	M4 x 16mm Screw	131	2	M8 Flat Head Screw
105	1	Lift Frame	132	8	M10 x 20mm Hex Screw
106	1	Small Roller	133	4	M6 Washer
107	4	Standoff	134	1	M10 x 48mm Bolt
108	4	M4 x 12mm Flat Head Screw	135	1	M10 x 36mm Bolt
109	6	M4 x 22mm Screw	136	4	M10 Washer
110	1	Main Wire	137	16	M4 x 10mm Screw
111	1	Right Pedal Handle	138	10	M6 x 12mm Screw
112	1	Power Cord	139	4	M10 x 70mm Screw
113	1	Drive Belt	140	2	M10 x 60mm Screw
114	1	M17 Washer	141	4	M4 Washer
115	1	M8 Small Washer	142	2	M10 x 75mm Screw
116	2	Rod End Bearing	143	4	M10 x 45mm Bolt
117	4	M10 x 54mm Bolt	144	12	M10 x 20mm Screw
118	2	M10 Nut	145	1	Eddy Mechanism Snap Ring
119	2	M8 Washer	146	1	Tablet Holder
120	2	M8 Shoulder Screw	147	4	#8 x 12mm Screw
121	1	Right Upper Saddle Bracket	148	1	Heart Rate Monitor
122	1	Stop Plate	149	2	Center Ramp Cover
123	1	Control Board Bracket	150	8	M4 x 10mm Self-tapping Screw
124	4	M4 x 25mm Screw	*	—	User's Manual
125	1	Right Inner Leg Cover	*	—	Assembly Tool
126	1	Right Outer Leg Cover	*	—	Grease Packet
127	1	Bumper			

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.

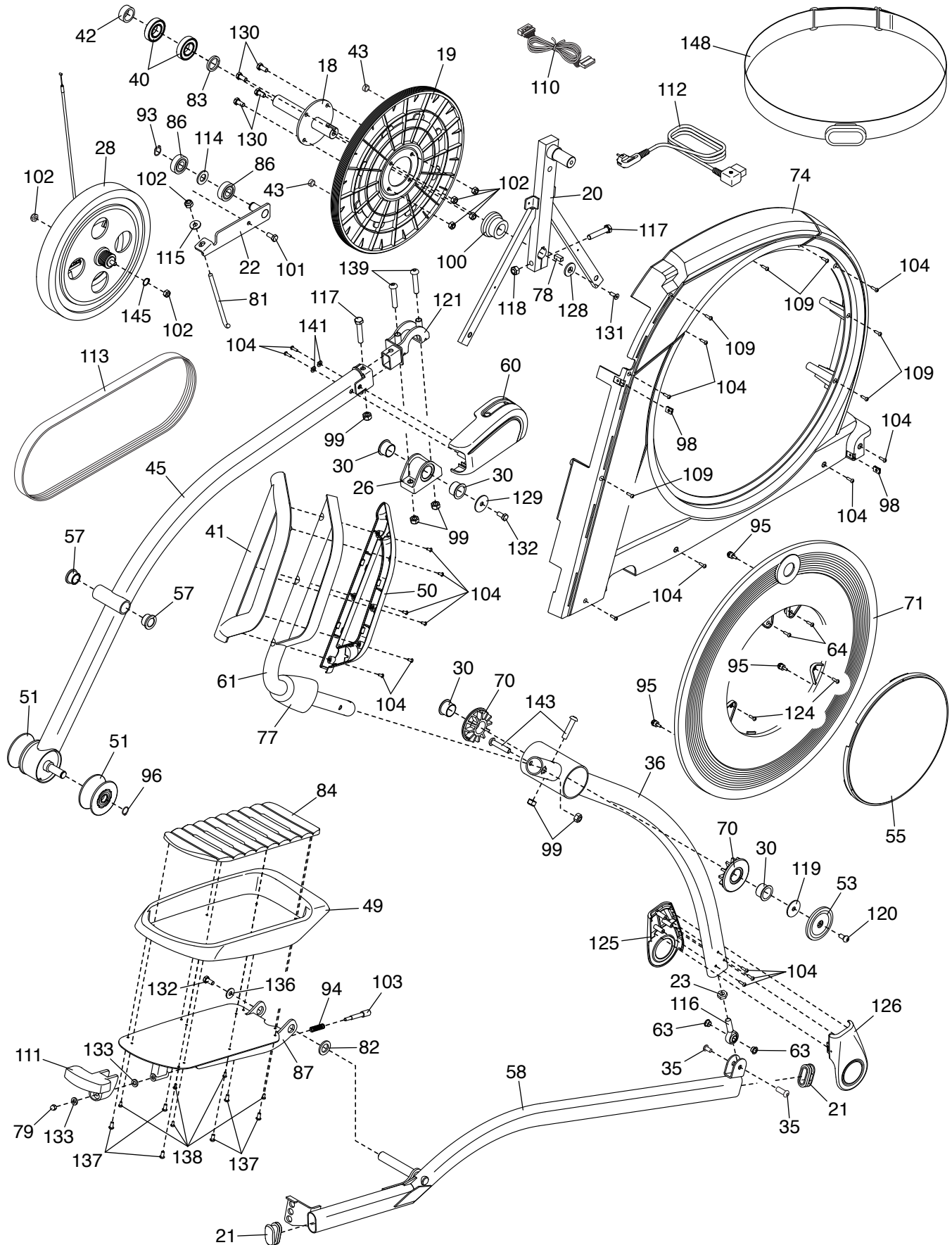
EXPLODED DRAWING A

Model No. NTEVEL15017.0 R0417A



EXPLODED DRAWING B

Model No. NTEVEL15017.0 R0417A



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.

