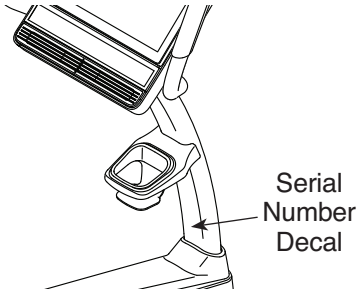
NordicTrack® VU29

nordictrack.com

Model No. NTEX12921.4
Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to my.nordictrack.com.

MEMBER CARE

For service at any time, go to support.nordictrack.com.

Or call 1-833-680-IFIT
(1-833-680-4348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

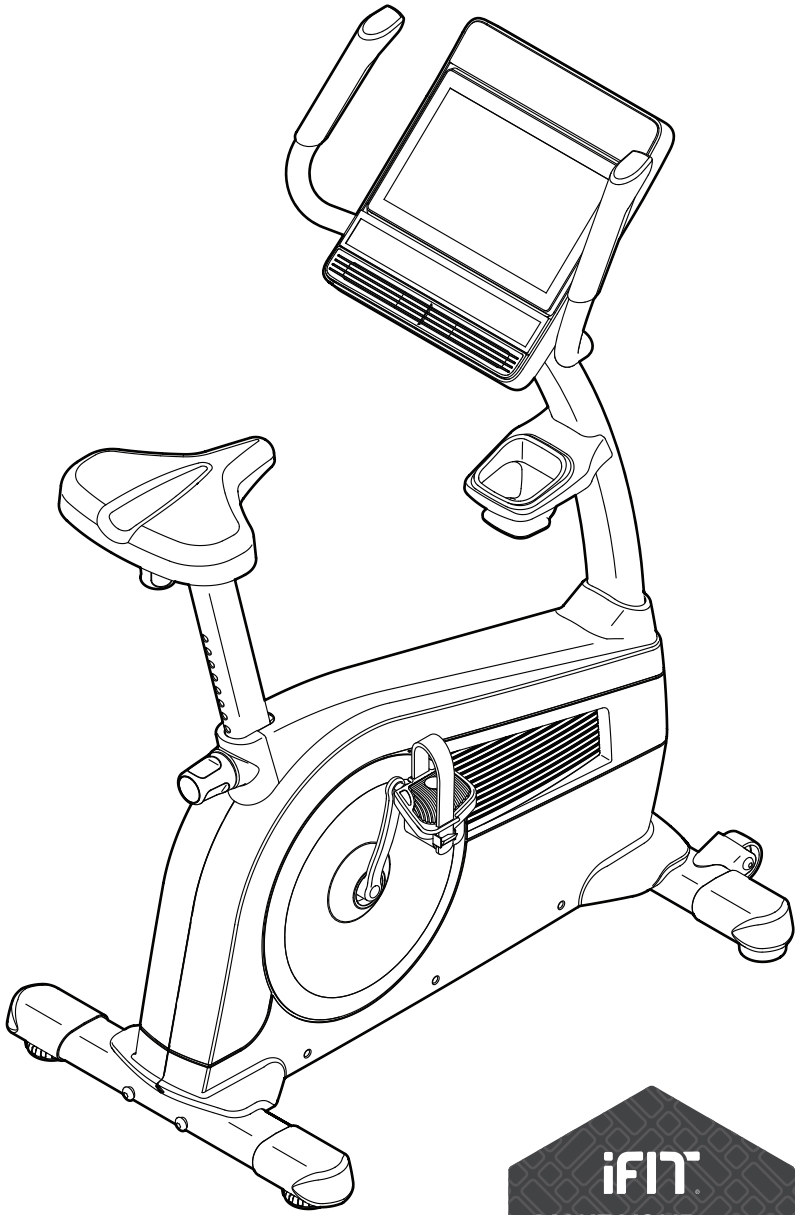


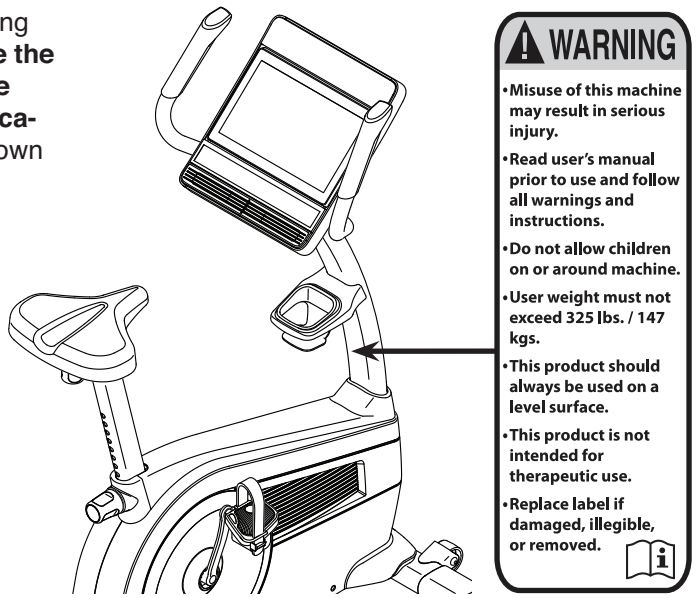


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WARNING DECAL PLACEMENT

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



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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 exercise bike before using your exercise bike. iFIT 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 exercise bike are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the exercise bike at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.
5. The exercise bike 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 exercise bike by someone responsible for their safety.
6. Use the exercise bike only as described in this manual.
7. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
8. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
9. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
10. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
12. The exercise bike should not be used by persons weighing more than 325 lbs. (147 kg).
13. Be careful when mounting and dismounting the exercise bike.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. 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.

PROTECT

YOUR FITNESS EQUIPMENT WITH AN EXTENDED SERVICE PLAN



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

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

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

PREVENTIVE MAINTENANCE SERVICE PLANS

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

Features:

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

STANDARD SERVICE PLANS

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

Features:

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

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

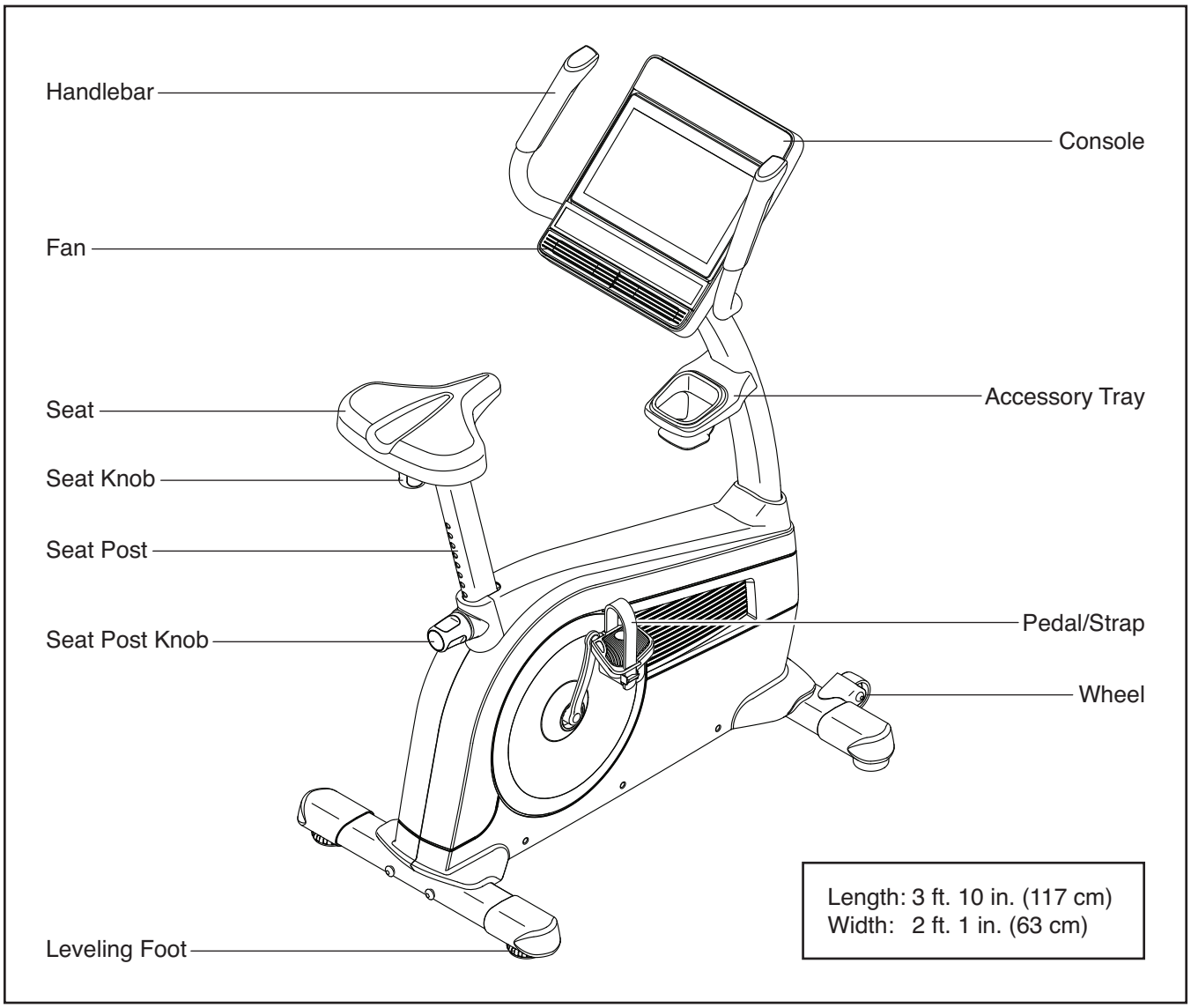
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® VU 29 exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The VU 29 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

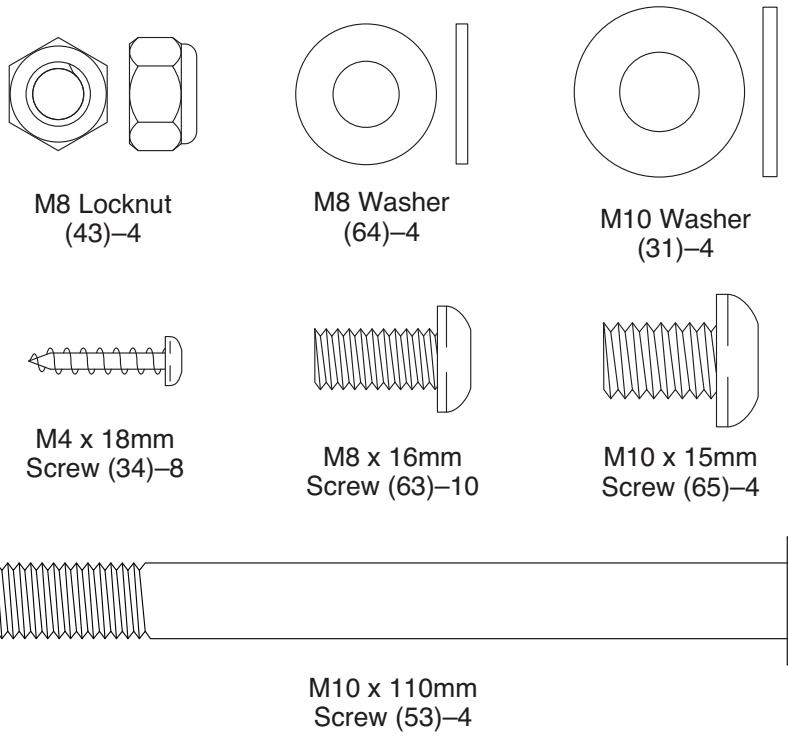
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of 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 whether it has been preassembled. Extra parts may be included.**



ASSEMBLY

Easy step-by-step interactive 3D assembly instructions for this product can be found on BILT®

Download the **FREE** App

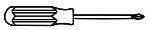
Scan here and search by your model number

Download on the App Store

GET IT ON Google Play

1. **To use the assembly steps in this manual, first see the helpful tips below.**

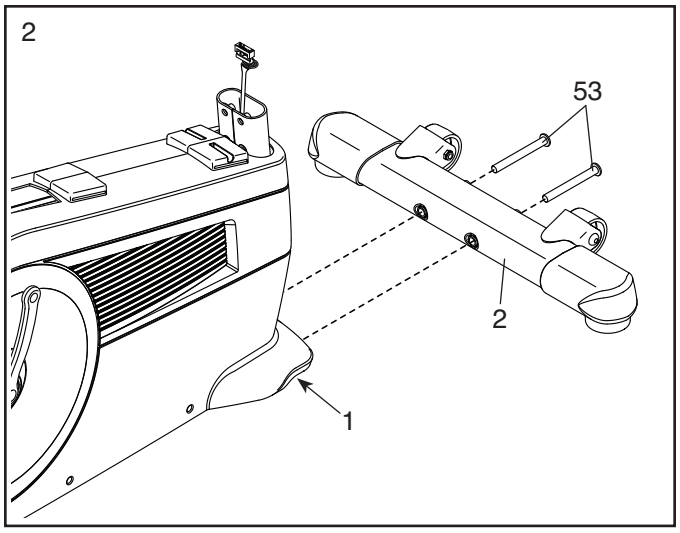
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

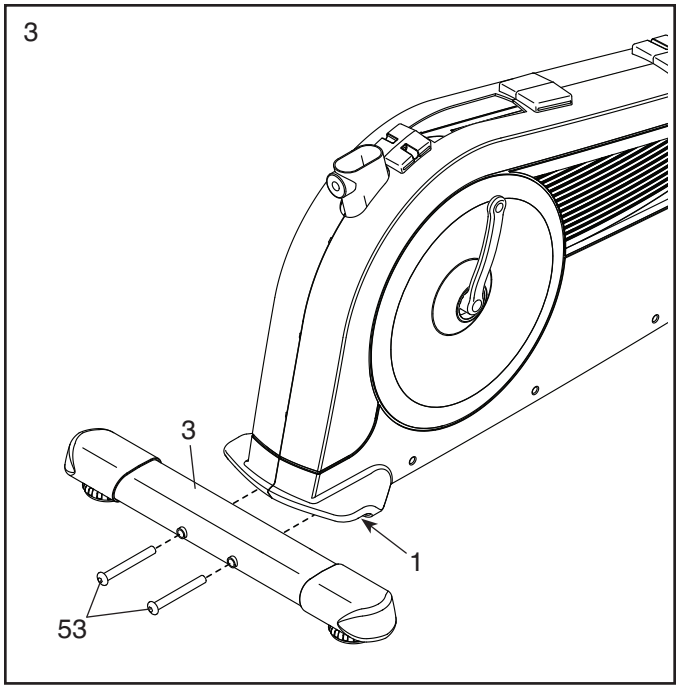
  one adjustable wrench 

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

2. Orient the Front Stabilizer (2) as shown, and attach it to the Frame (1) with two M10 x 110mm Screws (53).



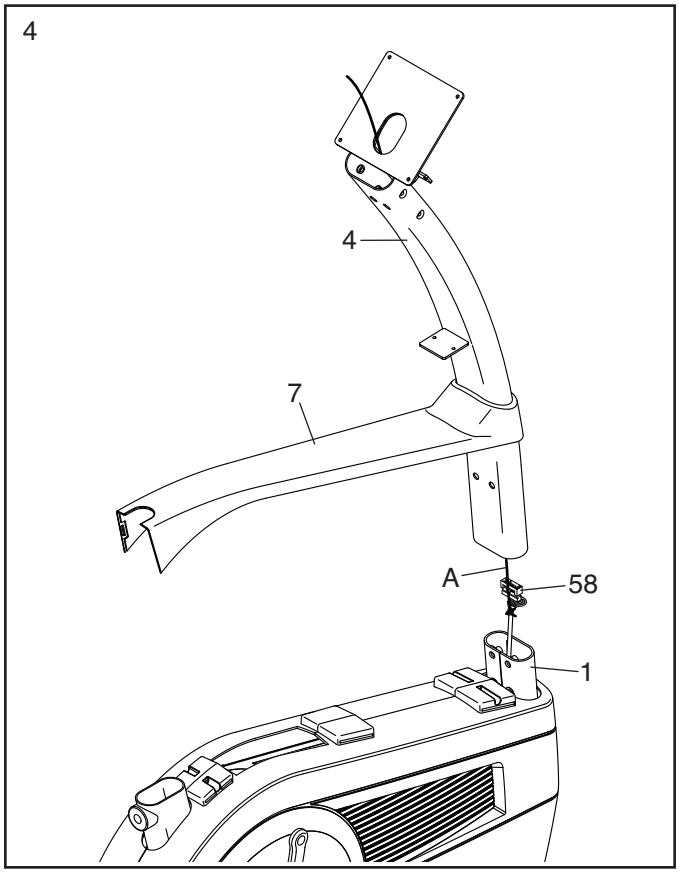
3. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 110mm Screws (53).



4. Orient the Upright (4) and the Shield Cover (7) as shown. Slide the Shield Cover upward onto the Upright.

   Have a second person hold the Upright (4) and the Shield Cover (7) near the front of the Frame (1).

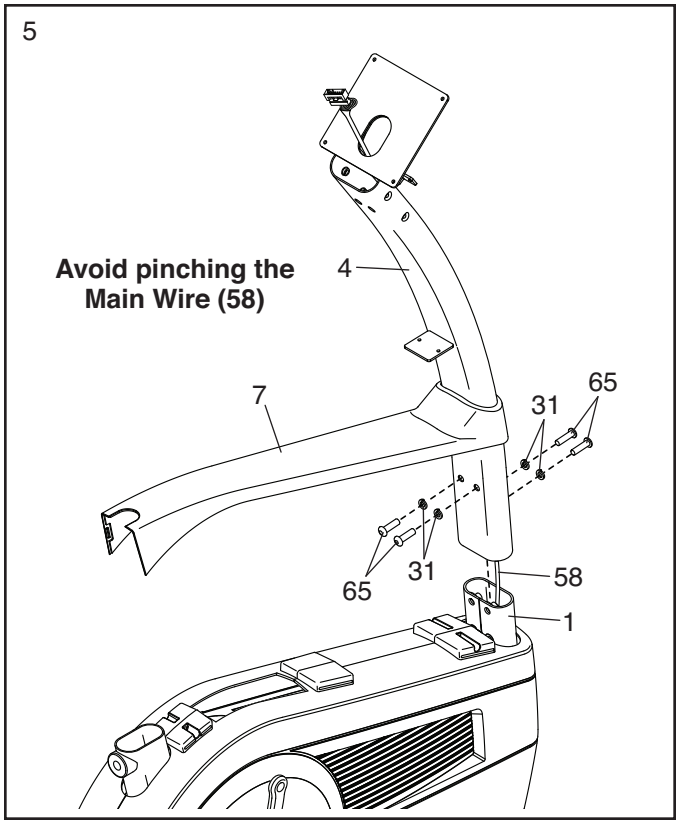
   Next, locate the wire tie (A) inside the Upright (4). Tie the lower end of the wire tie to the Main Wire (58). Then, pull the upper end of the wire tie upward until the Main Wire is routed through the Upright.



5. **Tip: Avoid pinching the Main Wire (58).** Slide the Upright (4) onto the Frame (1).

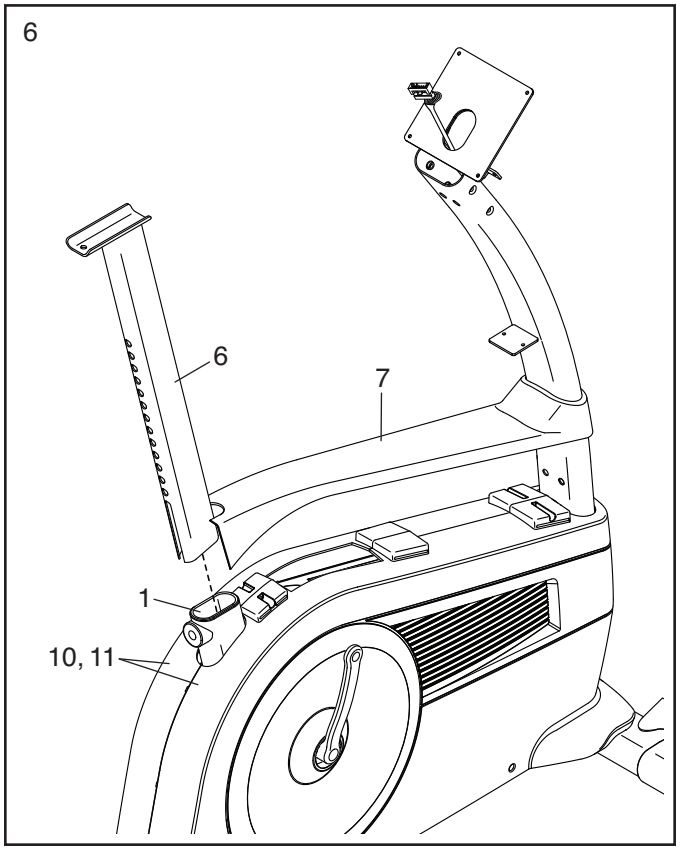
   Attach the Upright (4) with four M10 x 15mm Screws (65) and four M10 Washers (31); **start all the Screws, and then tighten them.**

   Do not press the Shield Cover (7) into place yet.



6. Orient the Seat Post (6) as shown, and insert it into the Frame (1).

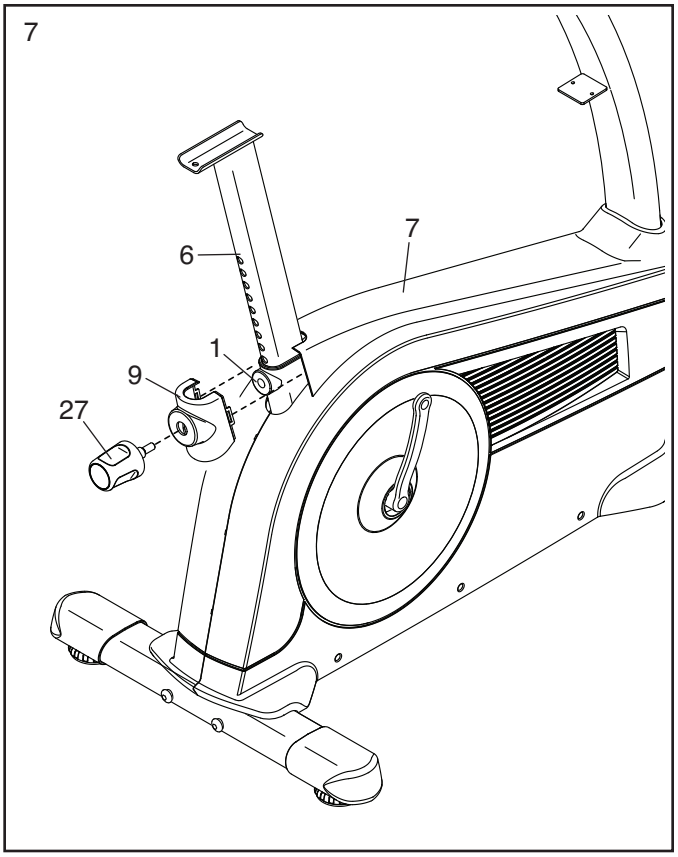
   Then, slide the Shield Cover (7) downward and press it onto the Right and Left Shields (10, 11).



7. Orient the Knob Shield (9) as shown, and press it onto the Shield Cover (7).

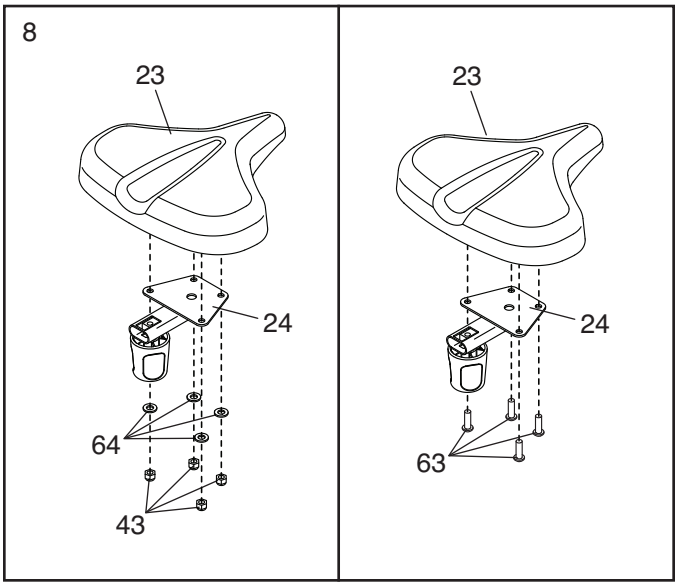
   Then, tighten the Seat Post Knob (27) into the Frame (1).

   Next, loosen and pull the Seat Post Knob (27), slide the Seat Post (6) upward or downward to the desired position, and then release the Seat Post Knob. **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Seat Post Knob.



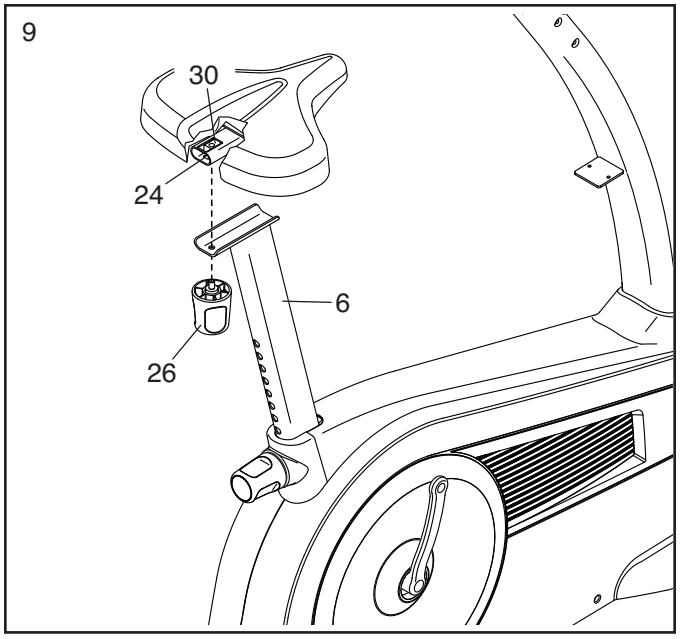
8. **If there are studs on the underside of the Seat (23), see the left drawing.** Attach the Seat to the Seat Carriage (24) with four M8 Locknuts (43) and four M8 Washers (64). **Note: The Locknuts and Washers may be preattached to the Seat.**

   If there are holes in the underside of the Seat (23), see the right drawing. Attach the Seat to the Seat Carriage (24) with four M8 x 16mm Screws (63); **start all the Screws, and then tighten them. Note: The Screws may be preattached to the Seat.**



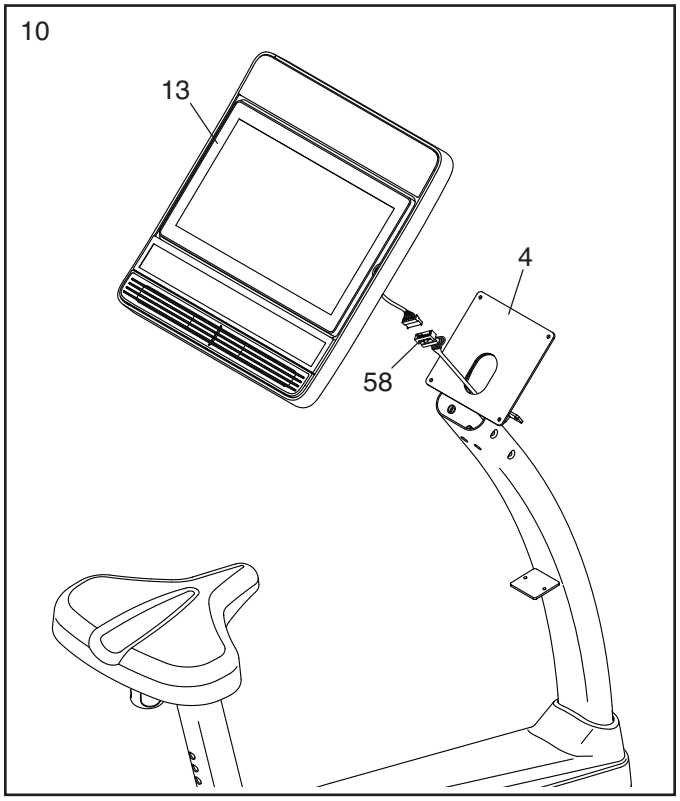
9. Remove the Seat Knob (26) from the Seat Bracket (30) inside the Seat Carriage (24).

   Next, set the Seat Carriage (24) on the Seat Post (6). Then, insert the Seat Knob (26) upward into the Seat Post, and tighten the Seat Knob into the Seat Bracket (30) inside the Seat Carriage.

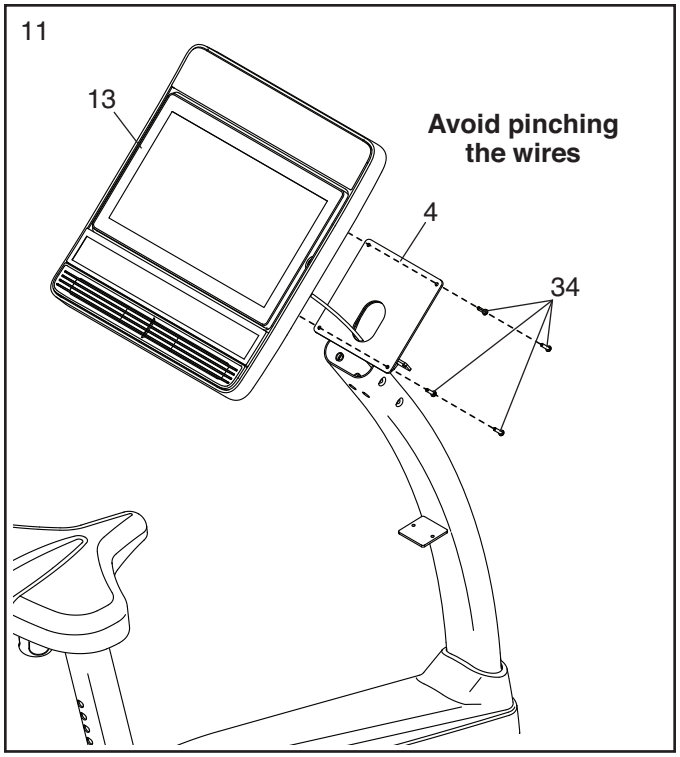


10. **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

    While a second person holds the Console (13) near the Upright (4), connect the Main Wire (58) to the matching wire on the Console. Insert the excess wire into the Upright.

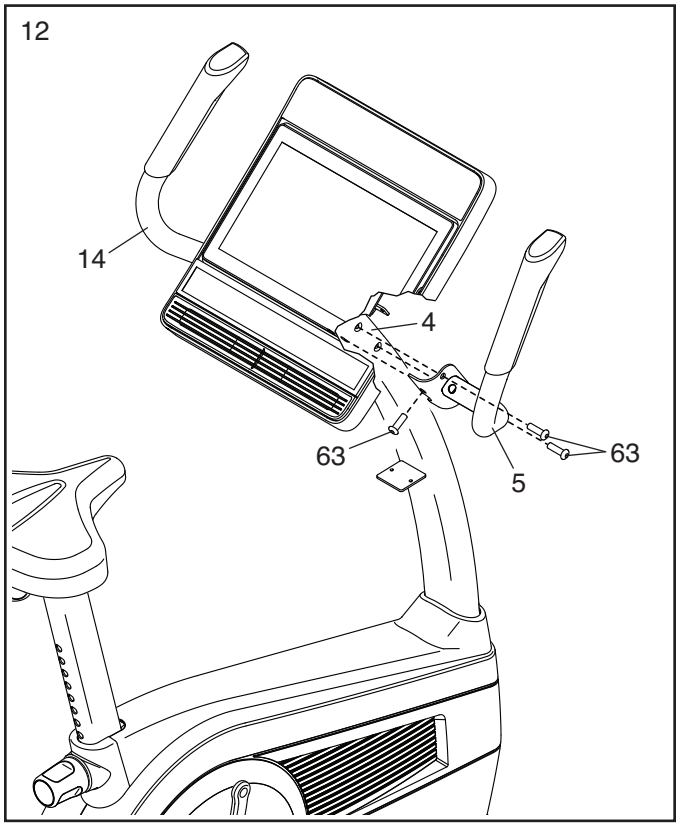


11. **Tip: Avoid pinching the wires.** Attach the Console (13) to the Upright (4) with four M4 x 18mm Screws (34); **start all the Screws, and then tighten them.**



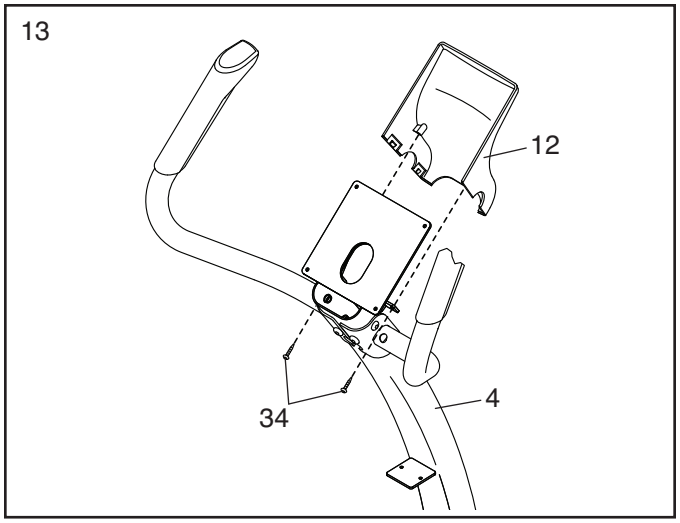
12. Attach the Right Handlebar (5) to the Upright (4) with three M8 x 16mm Screws (63); **start all the Screws, and then tighten them.**

    Repeat this step with the Left Handlebar (14).



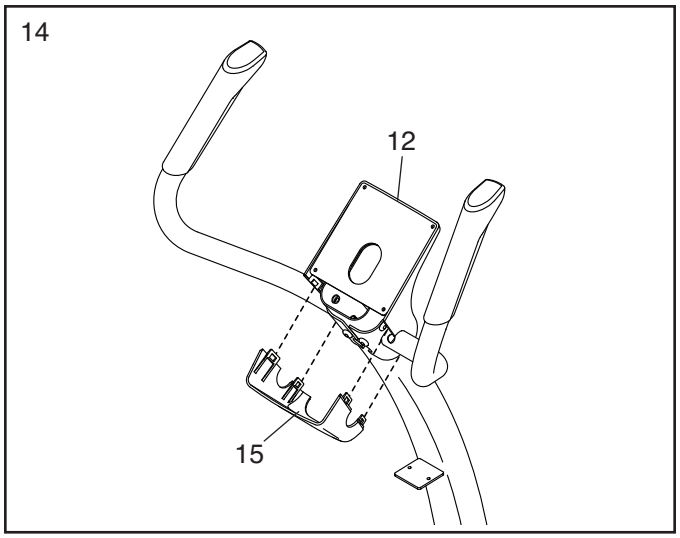
13. **Note: For clarity, the console is not shown in this step.**

Attach the Front Console Cover (12) to the Upright (4) with two M4 x 18mm Screws (34).

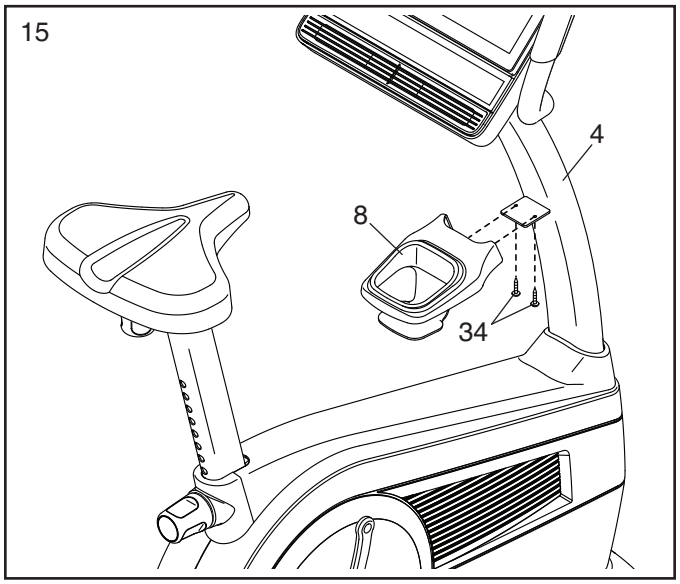


14. **Note: For clarity, the console is not shown in this step.**

Press the Rear Console Cover (15) onto the Front Console Cover (12).



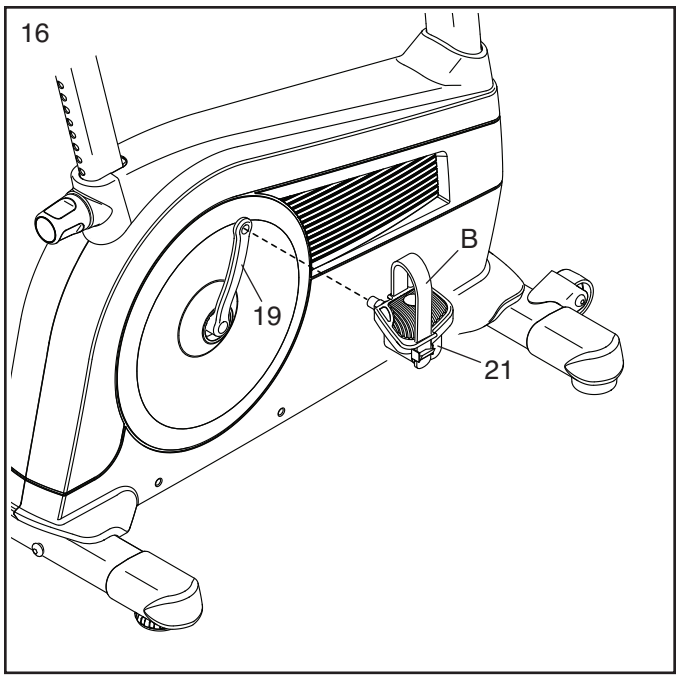
15. Attach the Accessory Tray (8) to the Upright (4) with two M4 x 18mm Screws (34).



16. Identify the Right Pedal (21). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (19). Then, use an adjustable wrench to **FIRMLY TIGHTEN** the Right Pedal.

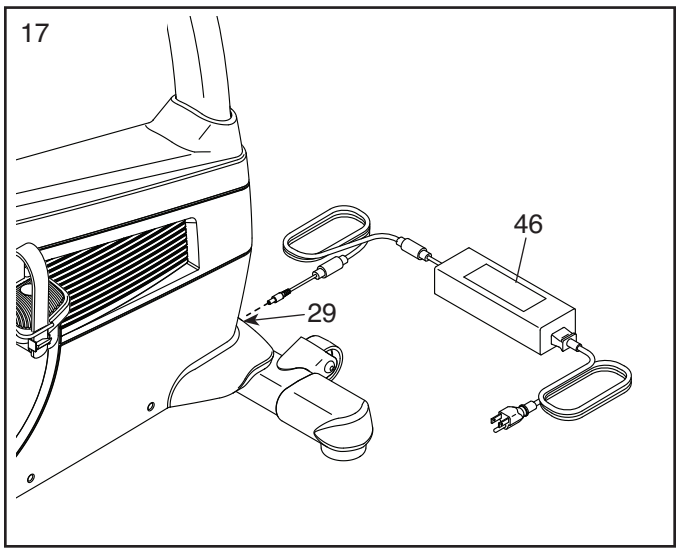
    Repeat this step with the Left Pedal (not shown). IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.

    To adjust the pedal straps (B), see HOW TO ADJUST THE PEDAL STRAPS on page 15.



17. Plug the Power Adapter (46) into the Power Receptacle (29) on the front of the exercise bike.

    Note: To plug the Power Adapter (46) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



18. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

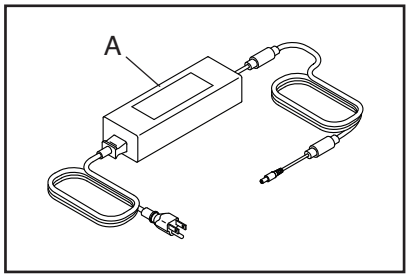
    To register your product and activate your warranty today, go to my.nordictrack.com.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike 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.

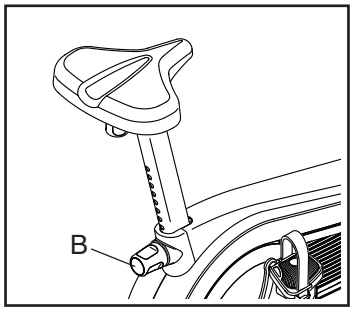
IMPORTANT: Always plug the power adapter (A) into the exercise bike before you plug it into an outlet.



Plug the power adapter (A) into the receptacle on the exercise bike (see assembly step 17 on page 14). Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

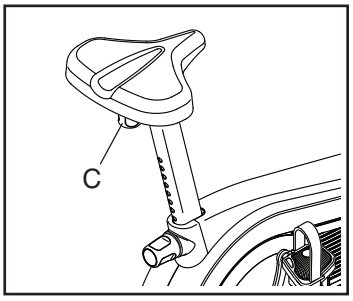
HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



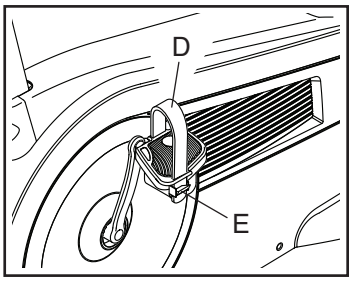
To adjust the seat, loosen the seat post knob (B) a few turns, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.

HOW TO ADJUST THE LATERAL POSITION OF THE SEAT



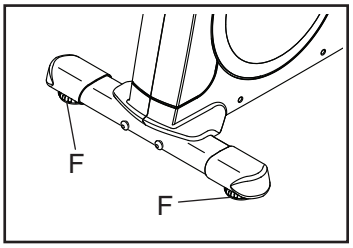
To adjust the lateral position of the seat, first loosen the seat knob (C) a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.

HOW TO ADJUST THE PEDAL STRAPS



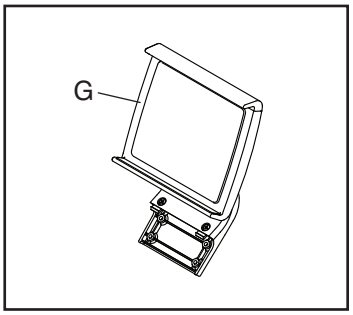
To tighten a pedal strap (D), pull downward on the end of the strap. To loosen a strap, press the tab (E) and pull upward on the strap.

HOW TO LEVEL THE EXERCISE BIKE



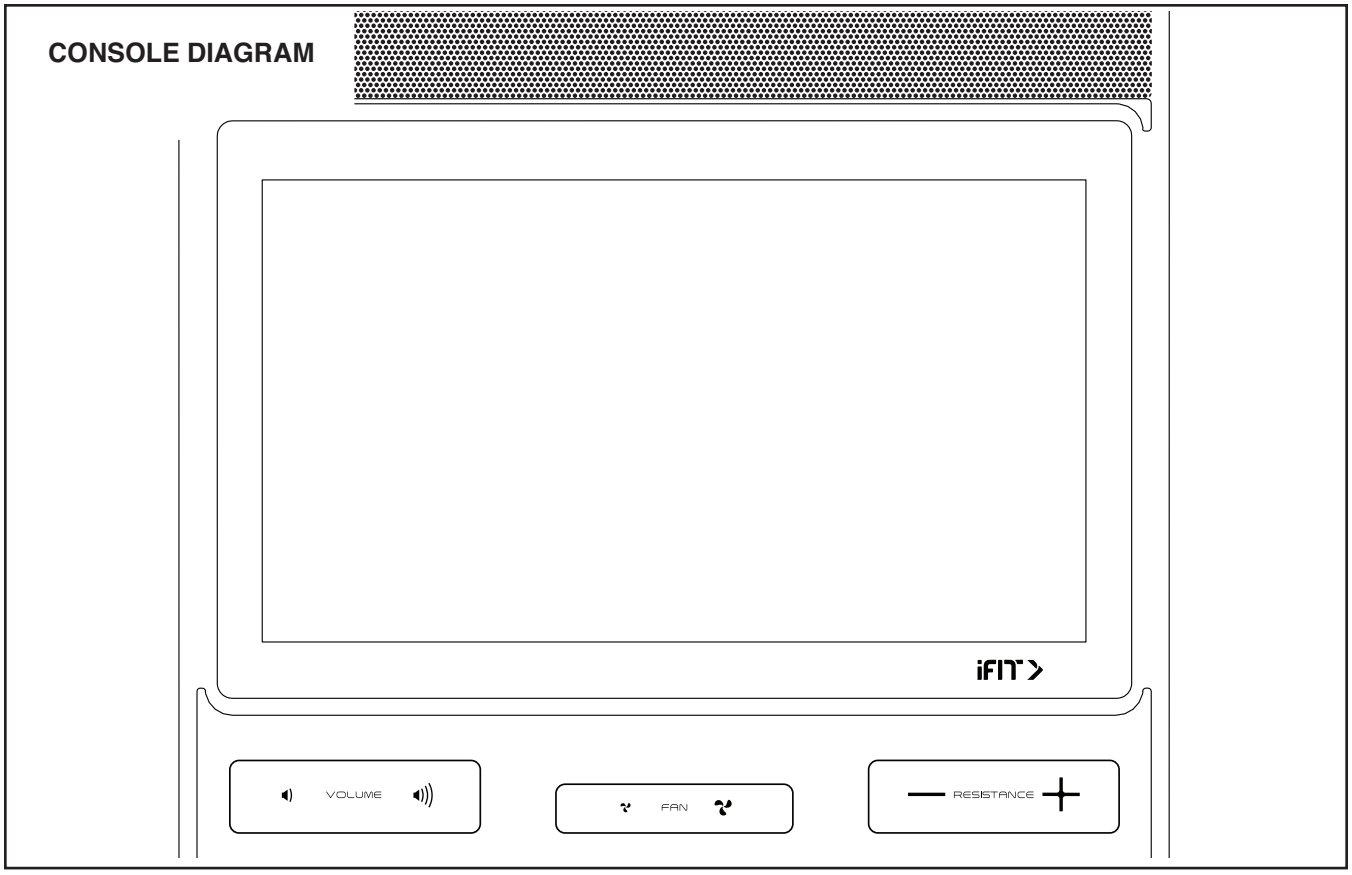
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (F) beneath the rear stabilizer until the rocking motion is eliminated.

THE OPTIONAL TABLET HOLDER



The optional tablet holder (G) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**

HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFIT. With iFIT, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console offers a selection of featured workouts. Each workout automatically controls the resistance of the pedals as it guides you through an effective exercise session.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

To turn on and turn off the console, see page 17. **To learn how to use the touch screen,** see page 17. **To set up the console,** see page 17.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 15. When the power adapter is plugged in, simply touch the screen or press any button on the console to turn on the console.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause.

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will become inactive.

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

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- 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.
- 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 *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before you use the exercise bike for the first time, set up the console.

1. **Connect to your wireless network.**

   To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. **Customize settings.**

   Follow the prompts on the screen to set the desired unit of measurement and your time zone. Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

3. **Log into or create an iFIT account.**

   Follow the prompts on the screen to log into your iFIT account or to create an iFIT account.

4. **Check for firmware updates.**

   First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

   Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

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

To use the manual mode, see page 18. **To use a featured workout,** see page 20. **To create a draw-your-own-map workout,** see page 22. **To use an iFIT workout,** see page 23. **To change console settings,** see page 25. **To connect to a wireless network,** see page 26.

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

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 CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. **Select the home screen.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

3. **Change the resistance of the pedals as desired.**

   Touch *Manual Start* and begin pedaling.

   To change the resistance of the pedals, press the Resistance increase and decrease buttons on the console or touch the resistance sliders on the screen.

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

   Note: To view the resistance sliders on the screen, touch the screen in any open space and then touch the controls options to enable this feature.

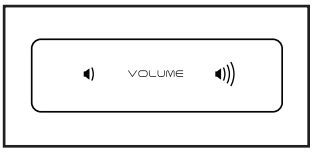
4. **Follow your progress.**

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

   Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

   Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the screen in any open space to view even more display mode options.

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



   To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

   To end the workout session, touch the screen, touch the pause option, and then follow the prompts on the screen to end the workout and return to the home screen.

5. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

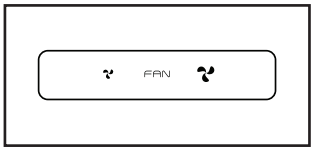
   You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

   A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

   If this model does not include a compatible heart rate monitor, see page 19 for information about ordering one.

   The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

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



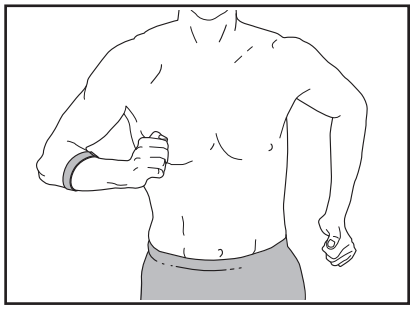
The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals are not moved for a while when the home screen is selected, the fan will turn off automatically.

7. **When you are finished exercising, turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page 17.

THE OPTIONAL 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 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 an optional 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 USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

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

   See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. **Select the home screen or the workout library.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

   Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

3. **Select a workout.**

   To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

   The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 23).

   To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 22.

   When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

4. **Start the workout.**

   Touch *Start Workout* to start the workout.

   During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

   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.

   During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target 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 is too high or too low, you can manually override the setting by pressing the Resistance buttons (see step 3 on page 18).

   To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

   If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance. To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

IMPORTANT: The calorie goal shown in the workout description 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 during the workout, the number of calories you burn will be affected.

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you wear a compatible heart rate monitor (see step 6). To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

To follow your progress with the display modes, see step 4 on page 18.

To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

To end the workout session, touch the screen, touch the pause option, and then follow the prompts on the screen to end the workout and return to the home screen.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 23) or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

5. **Wear headphones if desired.**

   To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

   When your headphones and the console pair successfully, the audio from the console will play through your headphones.

6. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   See step 5 on page 18.

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

   See step 6 on page 19.

8. **When you are finished exercising, turn off the console.**

   See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

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

   See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. **Select a draw-your-own-map workout.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

   To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

3. **Draw your map.**

   Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

   If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

   If you make a mistake, touch *Undo* in the map options.

   The screen will display the elevation and distance statistics for your workout.

4. **Save your workout.**

   Touch the options on the screen to save your workout. If desired, enter a title and description for your workout.

5. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

6. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   See step 5 on page 18.

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

   See step 6 on page 19.

8. **When you are finished exercising, turn off the console.**

   See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE AN IFIT WORKOUT

To use an iFIT workout, you must be logged into your iFIT account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

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

   See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. **Select the home screen.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

3. **Log in to your iFIT account.**

   If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

   To switch users within your iFIT account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. **Select an iFIT workout from the home screen or the workout library.**

   Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

   To select an iFIT workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

   The featured iFIT workouts shown on the home screen will change periodically.

   The workout library contains all of the iFIT workouts available for the exercise bike, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

   When you select an iFIT workout, the screen will show an overview of the workout that includes details such as the duration of the workout and the approximate number of calories you will burn during the workout.

   You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

5. **Schedule an iFIT workout on the calendar if desired.**

   If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule*, and then select the desired date on the calendar.

   When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

6. **Create a list of favorite iFIT workouts if desired.**

   To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

   To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

7. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

8. **Wear headphones if desired.**

   To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

   When your headphones and the console pair successfully, the audio from the console will play through your headphones.

9. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   See step 5 on page 18.

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

    See step 6 on page 19.

11. **When you are finished exercising, turn off the console.**

    See HOW TO TURN OFF THE CONSOLE on page 17.

For more information about iFIT, go to iFIT.com.

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Firmware updates are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

1. **Select the settings main menu.**

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

   Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

   Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. **Navigate the settings menus and change settings as desired.**

   Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

   Account
   - My Profile
   - In Workout
   - Manage Accounts

   Equipment
   - Equipment Info
   - Equipment Settings
   - Maintenance
   - Wi-Fi

   About
   - Legal

3. **Customize workout settings.**

   To customize workout settings and enable workout features, touch *In Workout*, and then touch the desired settings.

   When the active pulse feature is enabled, the console will scale the intensity level of workouts based on your heart rate when you wear a compatible heart rate monitor. To enable the active pulse feature, touch the active pulse toggle. Then, select your resting and maximum heart rates and adjust related settings as desired.

4. **Customize the unit of measurement and other settings.**

   To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings*, and then touch the desired settings.

   The console can display speed and distance in either standard or metric units of measurement.

5. **View machine information or console app information.**

   Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your exercise bike or about the console app.

6. **Update the console firmware.**

   For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the exercise bike, do not turn off the console while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

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

7. **Exit the settings main menu.**

   If you are in a settings menu, touch the back button to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network.

1. **Select the home screen.**

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

   Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

2. **Select the wireless network menu.**

   Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. **Enable Wi-Fi.**

   Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

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 a few moments for the list of wireless networks to appear.

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

   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.

   Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.)

   When the console is connected to your wireless network, a confirmation message will appear on the screen.

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

   Note: The console 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 menu.**

   To exit the wireless network menu, touch the back button (arrow symbol).

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

To clean the exercise bike, 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.**

PEDAL MAINTENANCE

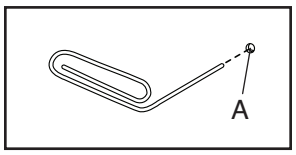
Tighten the pedals weekly. Turn the **right** pedal **clockwise** and turn the **left** pedal **counterclockwise** to tighten them.

CONSOLE TROUBLESHOOTING

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

If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.

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.

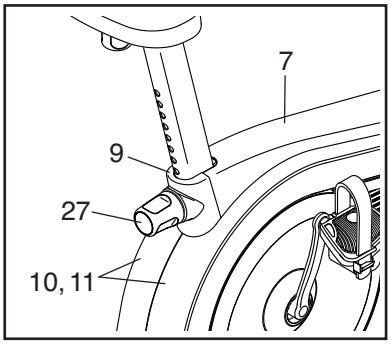


If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the back or the side of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 25). Note: It may take a few minutes for the console to be ready for use.

HOW TO ADJUST THE REED SWITCH

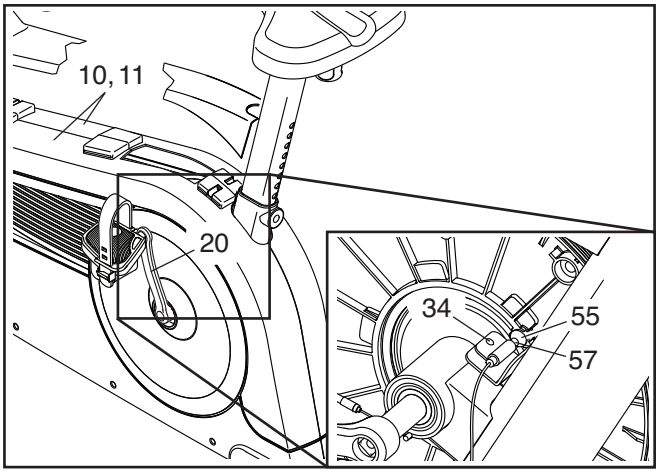
If the console does not display correct feedback, the reed switch should be adjusted. **Before adjusting the reed switch, unplug the power adapter.**

Next, remove the Seat Post Knob (27), remove the Knob Shield (9), and slide the Shield Cover (7) upward.



Then, remove all of the Screws (not shown) from the Right and Left Shields (10, 11).

See the drawing at the right. Carefully pull the tops of the Right and Left Shields (10, 11) apart and locate the Reed Switch (57). Rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch. Then,



slightly loosen the M4 x 18mm Screw (34), slide the Reed Switch slightly toward or away from the Magnet, and then retighten the Screw.

Plug in the power adapter and rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the parts that you removed.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

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

Note: The console contains FCC ID: OMC415321.

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.

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.

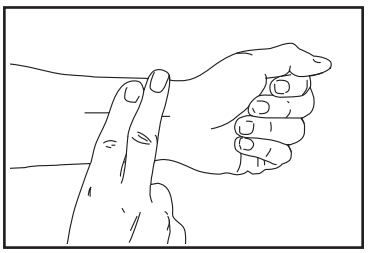
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

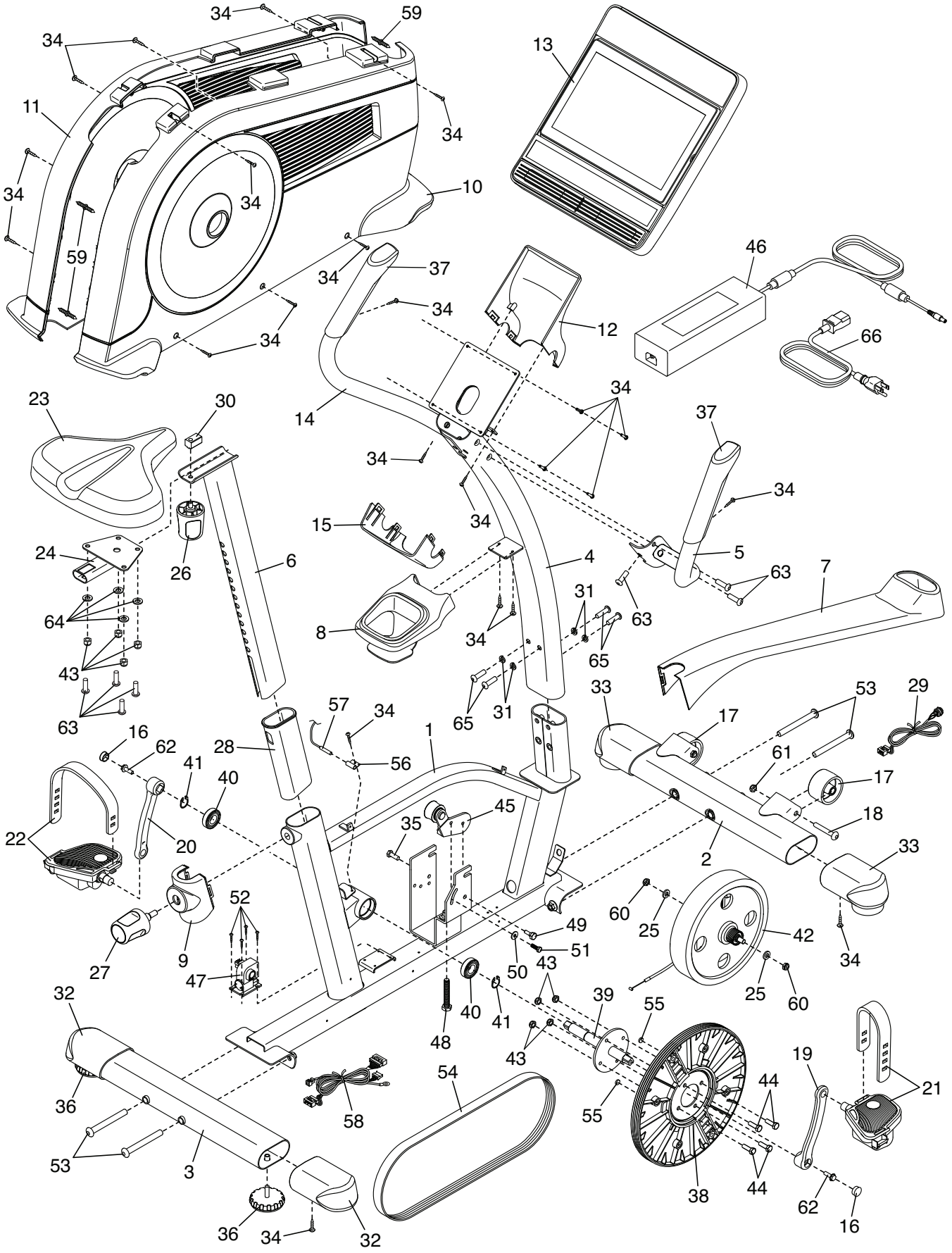
Model No. NTEX12921.4 R0921A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Right Handlebar
6	1	Seat Post
7	1	Shield Cover
8	1	Accessory Tray
9	1	Knob Shield
10	1	Right Shield
11	1	Left Shield
12	1	Front Console Cover
13	1	Console
14	1	Left Handlebar
15	1	Rear Console Cover
16	2	Crank Cap
17	2	Wheel
18	2	M10 x 62mm Bolt
19	1	Right Crank Arm
20	1	Left Crank Arm
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Seat
24	1	Seat Carriage
25	2	Mechanism Spacer
26	1	Seat Knob
27	1	Seat Post Knob
28	1	Seat Post Sleeve
29	1	Power Receptacle/Wire
30	1	Seat Bracket
31	4	M10 Washer
32	2	Rear Stabilizer Cap
33	2	Front Stabilizer Cap
34	25	M4 x 18mm Screw
35	1	M8 x 28mm Hex Screw
36	2	Leveling Foot
37	2	Handgrip
38	1	Pulley
39	1	Crank
40	2	Crank Bearing
41	2	Snap Ring
42	1	Eddy Mechanism
43	8	M8 Locknut
44	4	M8 x 18mm Bolt
45	1	Idler
46	1	Power Adapter
47	1	Resistance Motor
48	1	M10 x 65mm Hex Screw
49	1	M6 x 20mm Hex Screw
50	1	M6 Washer
51	1	M6 x 20mm Screw
52	4	#10 x 15mm Screw
53	4	M10 x 110mm Screw
54	1	Drive Belt
55	2	Magnet
56	1	Clamp
57	1	Reed Switch/Wire
58	1	Main Wire
59	3	Tree Fastener
60	2	M10 Flange Nut
61	2	M10 Jam Nut
62	2	M8 Flange Screw
63	10	M8 x 16mm Screw
64	4	M8 Washer
65	4	M10 x 15mm Screw
66	1	Power Cord
*	–	User's Manual
*	–	Assembly Tool

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

EXPLODED DRAWING

Model No. NTEX12921.4 R0921A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years from the date of purchase. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

iFIT Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 433554 R0921A

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