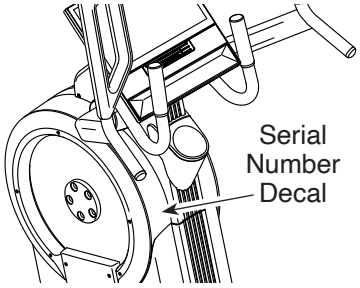
NordicTrack®
STEP CLIMBER XL

Model No. NTEL16825-INT.0
Serial No. _____

Write the serial number in the space above for reference.



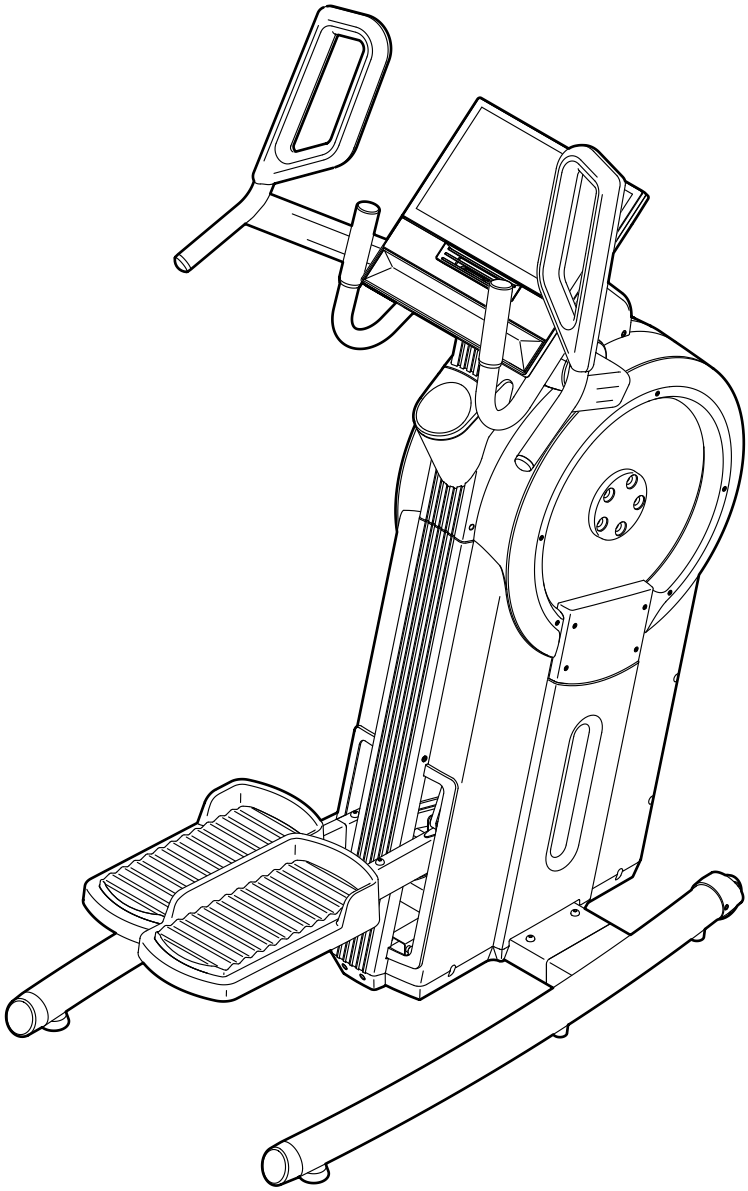
UNITED KINGDOM
Website: iFITsupport.eu
E-mail: csuk@iFIT.com
Write:
iFIT Health & Fitness Limited
Unit 1, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iFIT.com
Write:
iFIT Inc.
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.

USER'S MANUAL



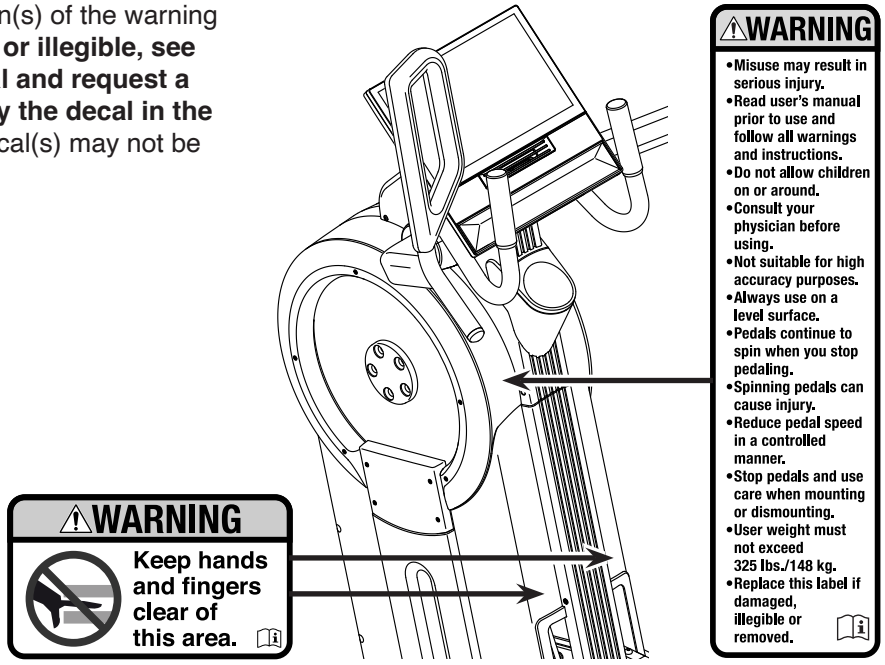
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WARNING DECAL PLACEMENT

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 the elliptical before using the elliptical. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

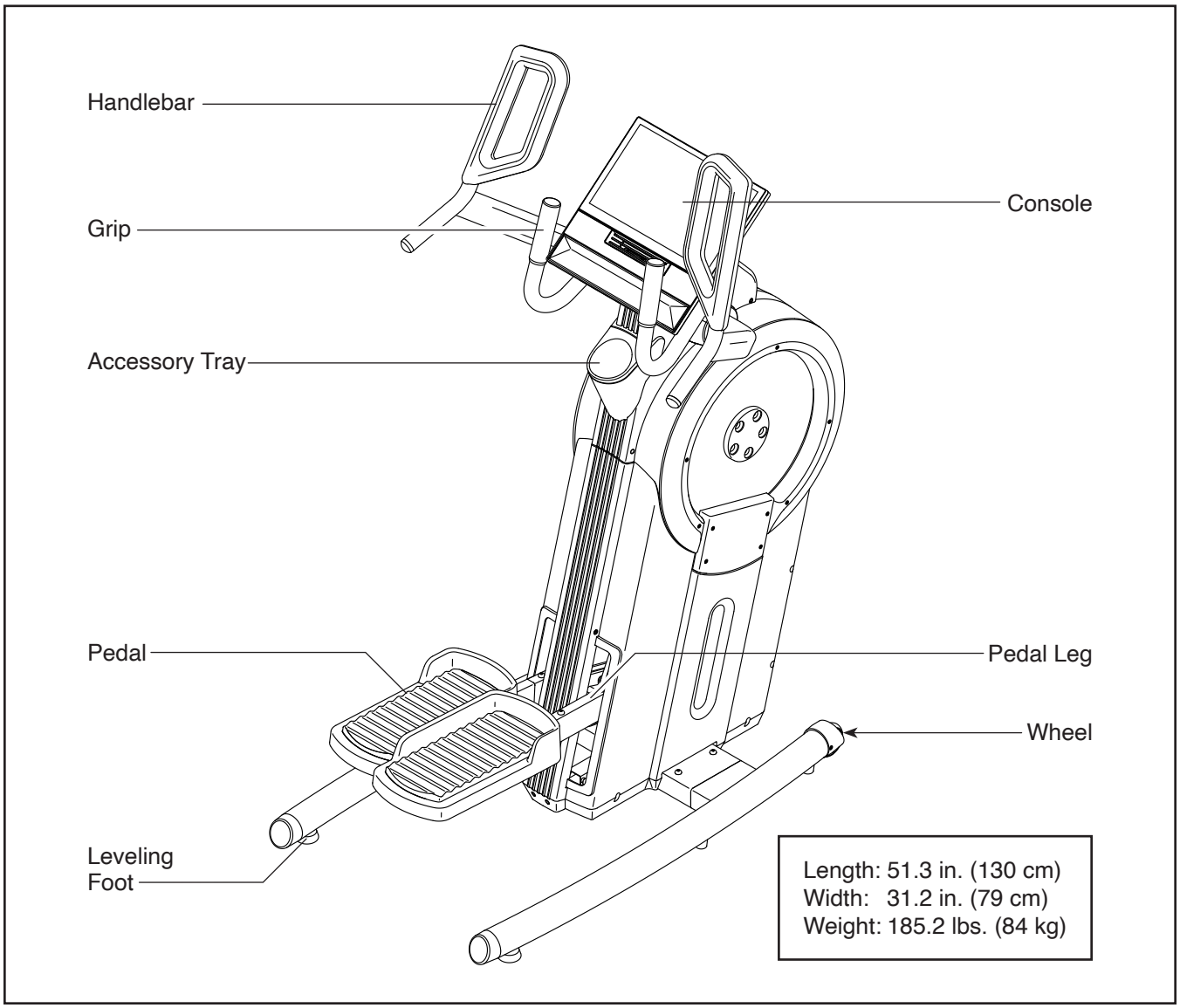
1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical at all times.
3. Consult your health care provider before beginning any exercise program. This is especially 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 elliptical only as authorized by your health care provider.
5. 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 the use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. 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.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. Always plug the power adapter into the elliptical before you plug it into an outlet.
12. The elliptical should not be used by persons weighing more than 325 lbs. (148 kg).
13. 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.
14. Hold the handlebars or the grips when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.
15. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Keep your back straight while using the elliptical; do not arch your back.
17. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® STEP CLIMBER XL elliptical. The STEP CLIMBER XL elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

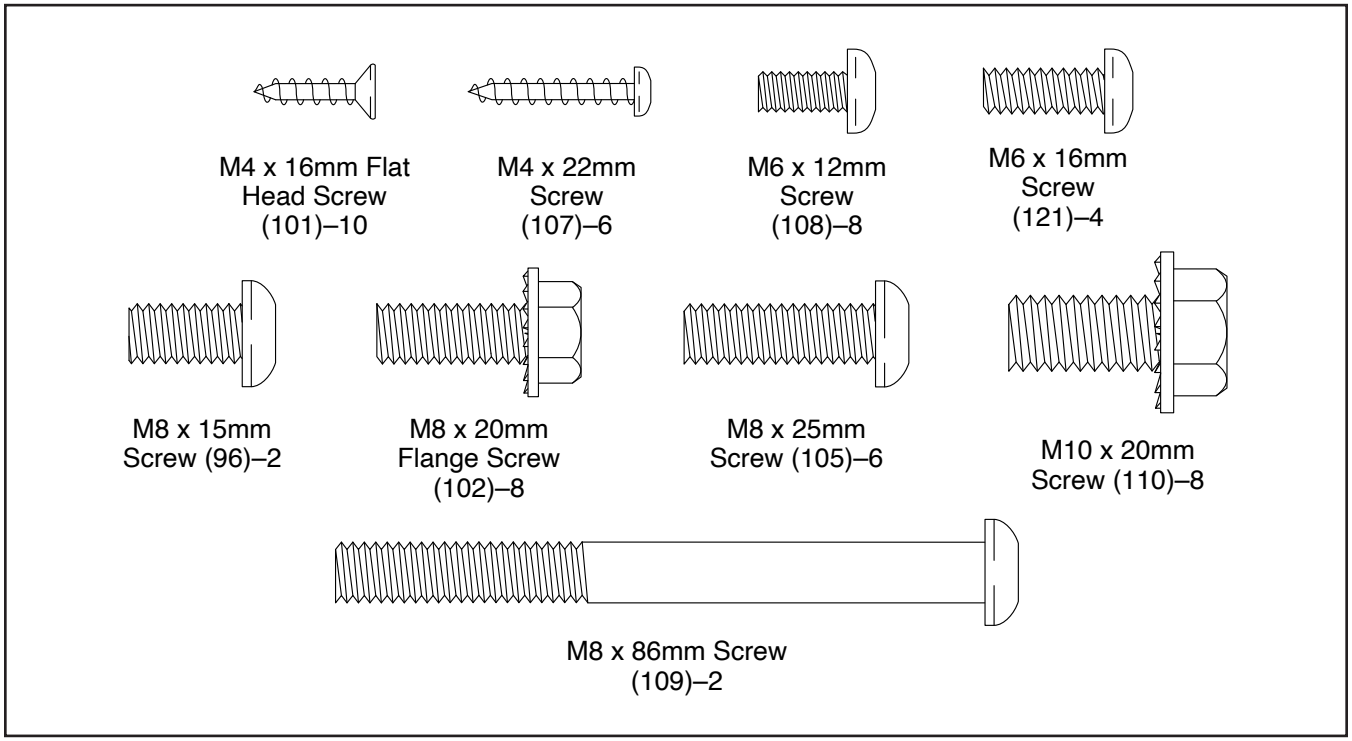
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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 used 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 after the key number is the quantity used 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.**



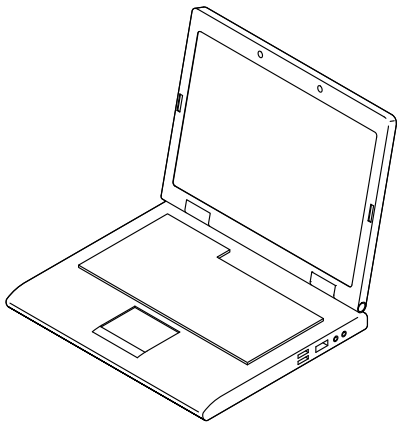
ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- Assembly can be completed using the included tools. Note: **Keep the included tools.** One or more of the tools may be needed to make adjustments in the future. To avoid damaging parts, do not use power tools for assembly or adjustment.

1. **To register your product and activate your warranty in the UK,** go to iFITsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

   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)

1



2. Identify the Right and Left Stabilizers (8, 9) and orient them as shown.

   Have a second person hold the Frame (1) and tip it to the left. **IMPORTANT: Be careful not to damage the Shields (50, 51).**

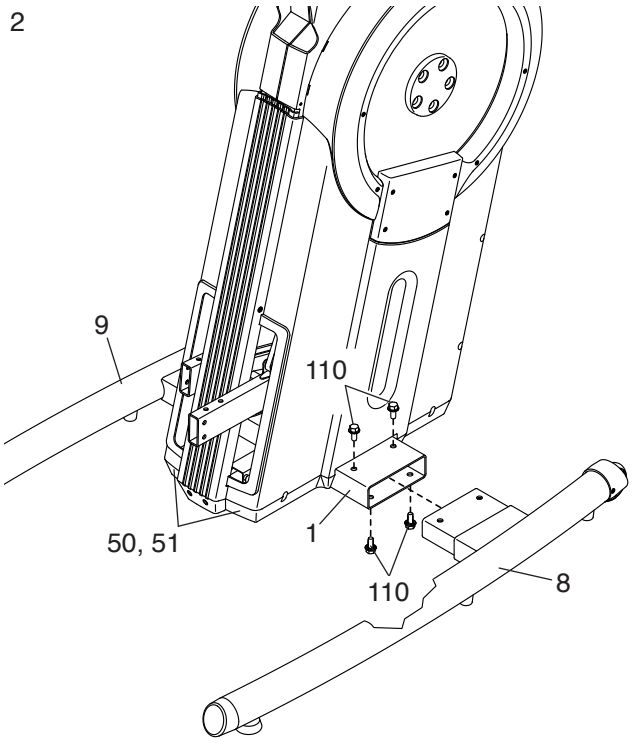
   Attach the Right Stabilizer (8) to the Frame (1) with four M10 x 20mm Screws (110); **start all four Screws, and then tighten them.** Note: Disregard the two unthreaded holes in the underside of the Frame.

   IMPORTANT: FIRMLY tighten the M10 x 20mm Screws (110).

   Have the second person lower the Frame (1) to the floor.

   Attach the Left Stabilizer (9) in the same way.

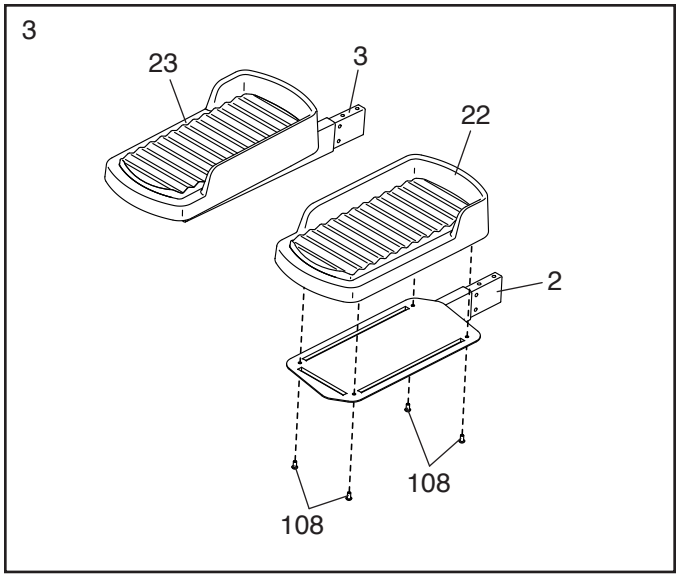
2



3. Identify the Right and Left Pedal Bases (2, 3) and the Right and Left Pedals (22, 23), and orient them as shown.

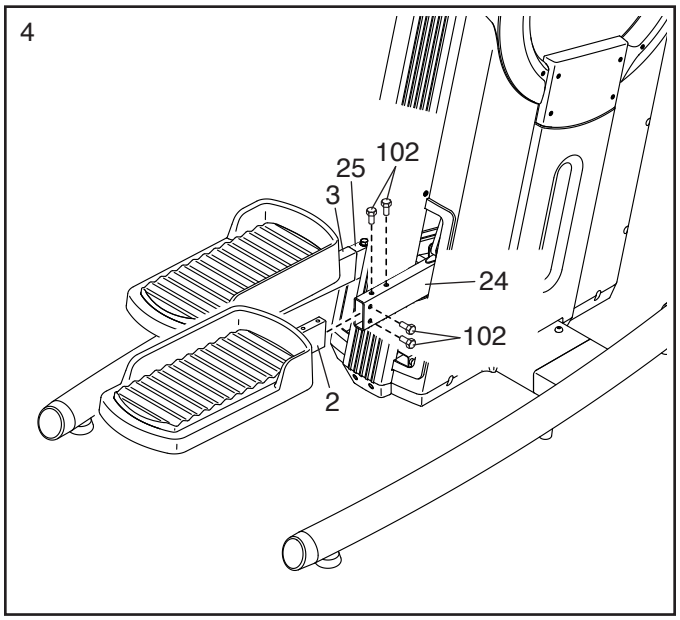
   Attach the Right Pedal (22) to the Right Pedal Base (2) with four M6 x 12mm Screws (108); **start all four Screws, and then tighten them.**

   Attach the Left Pedal (23) to the Left Pedal Base (3) in the same way.



4. Attach the Right Pedal Base (2) to the Right Pedal Leg (24) with four M8 x 20mm Flange Screws (102); **start all four Flange Screws, and then firmly tighten them.**

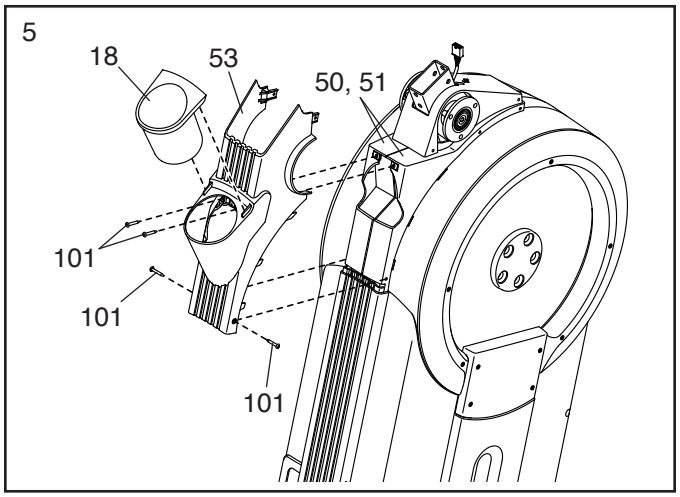
   Attach the Left Pedal Base (3) to the Left Pedal Leg (25) in the same way.



5. Press the Rear Cover (53) onto the Left and Right Shields (50, 51).

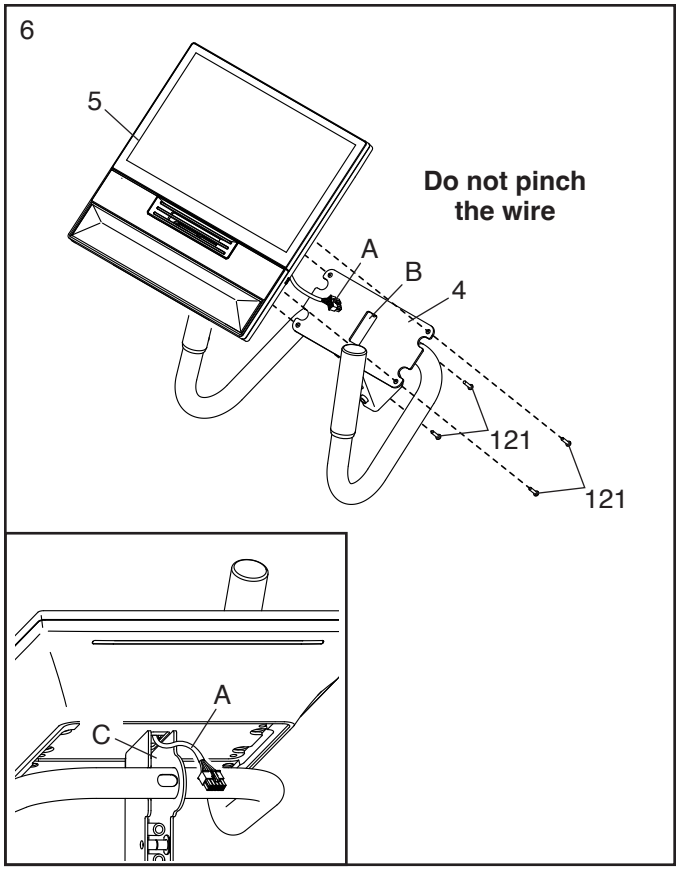
   Attach the Rear Cover (53) with four M4 x 16mm Flat Head Screws (101); **start all four Flat Head Screws, and then tighten them.**

   Then, insert the Accessory Tray (18) into the Rear Cover (53).

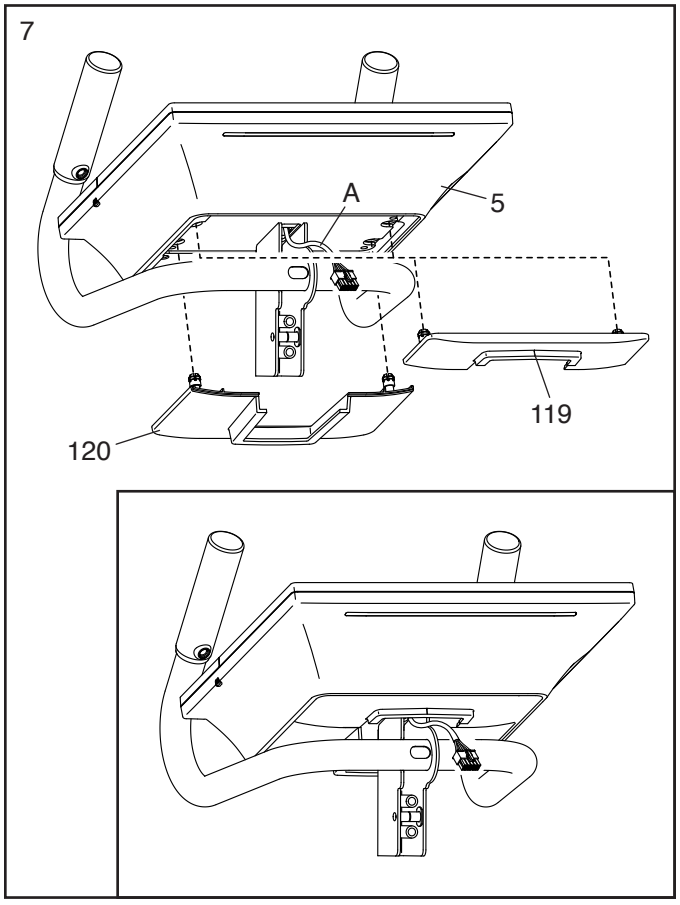


6. Hold the Console (5) near the Console Bracket (4), and route the console wire (A) through the slot (B) in the Console Bracket. **See the inset drawing. Make sure to route the console wire (A) out of the indicated opening (C).**

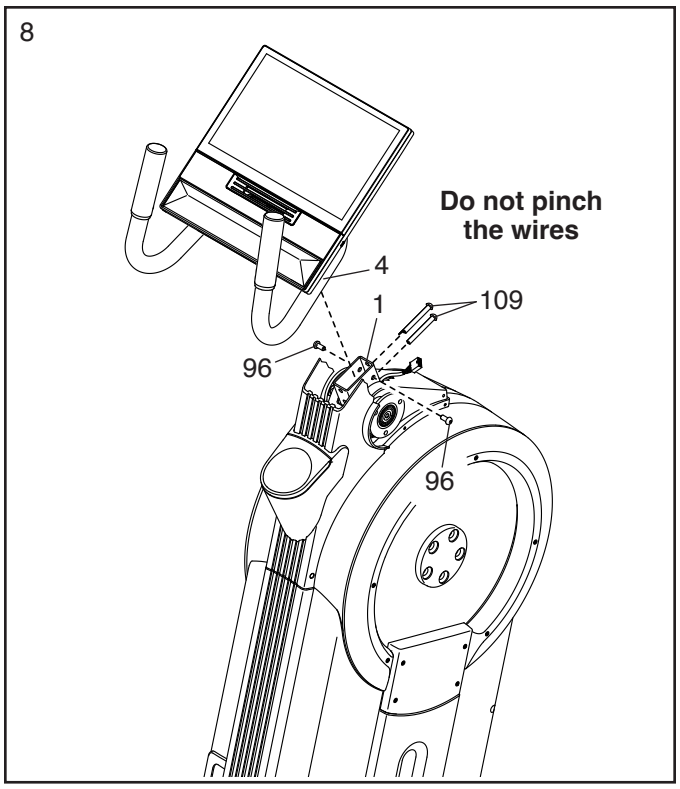
   Do not pinch the wire. Attach the Console (5) to the Console Bracket (4) with four M6 x 16mm Screws (121); **start the upper Screws first, and then start the lower Screws. Then, tighten all four Screws.**



7. Identify the **Console Lower Cover (120),** and press it onto the back of the Console (5). Then, press the **Console Upper Cover (119)** onto the back of the Console. **Do not pinch the console wire (A).**

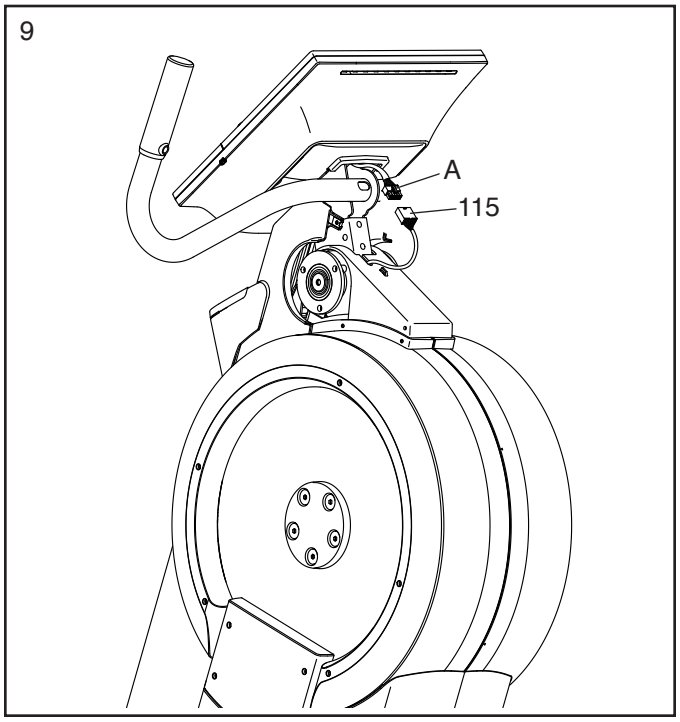


8. **Do not pinch the wires.** Insert the Console Bracket (4) into the Frame (1). Attach the Console Bracket with two M8 x 86mm Screws (109) and two M8 x 15mm Screws (96); **start all four Screws, and then tighten them.**



9. Connect the console wire (A) to the Main Wire (115).

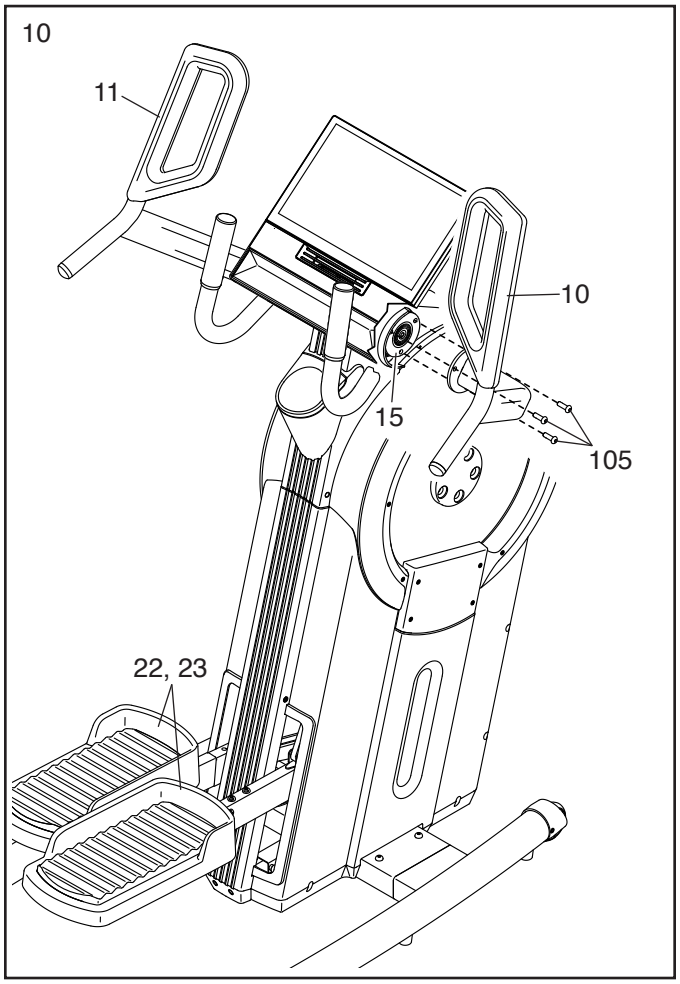
   IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.



10. Identify the Right and Left Handlebars (10, 11).

Make sure that the Pedals (22, 23) are level. Attach the Right Handlebar (10) to the Right Handlebar Arm (15) with three M8 x 25mm Screws (105); **start all three Screws, and then tighten them. Note: It may be helpful to rotate the Right Handlebar for better access to tighten the Screws.**

Attach the Left Handlebar (11) in the same way.

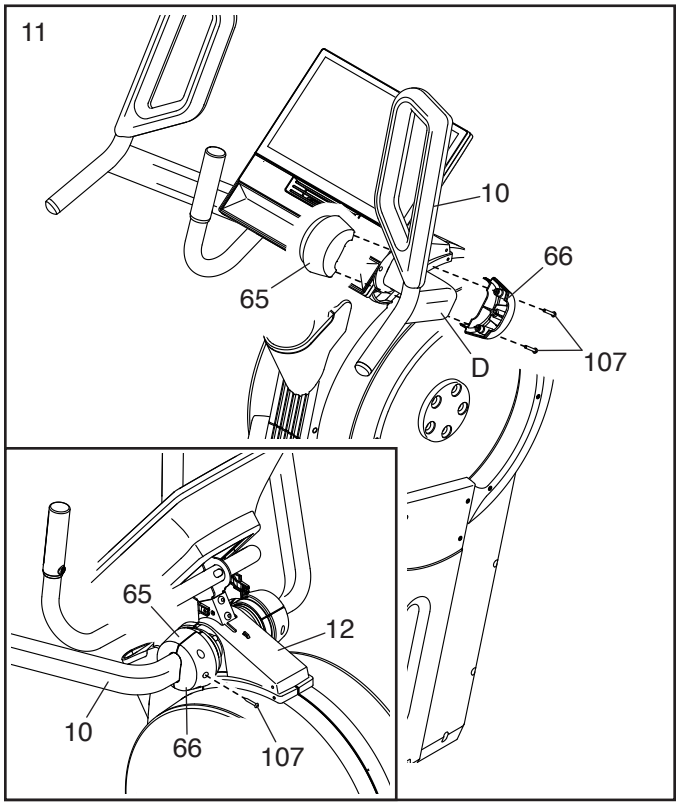


11. Identify the Rear and Front Pivot Co*vers (65, 66).*

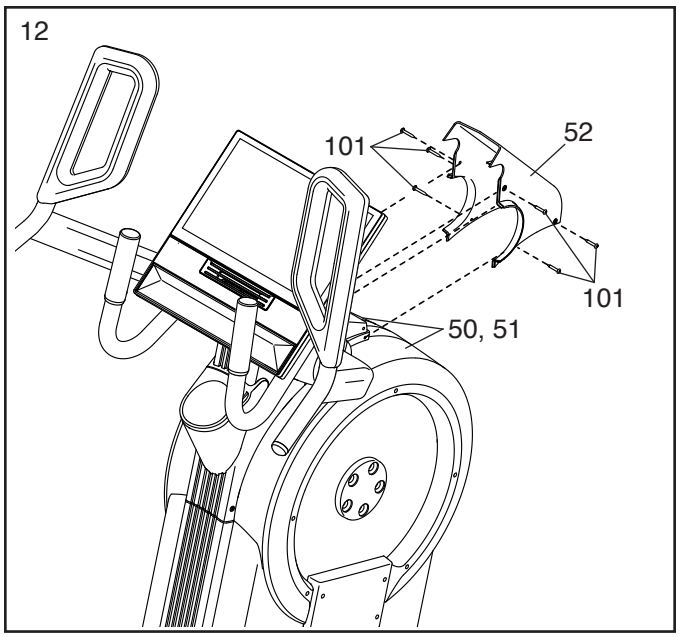
Press a set of Rear and Front Pivot Covers (65, 66) together around the Right Handlebar (10) near the bend (D). Then, attach them to each other with two M4 x 22mm Screws (107).

See the inset drawing. Slide the Rear and Front Pivot Covers (65, 66) toward the Shield Cover (12). Then, attach the Front Pivot Cover to the Right Handlebar (10) with an M4 x 22mm Screw (107).

Repeat this step on the other side of the elliptical.

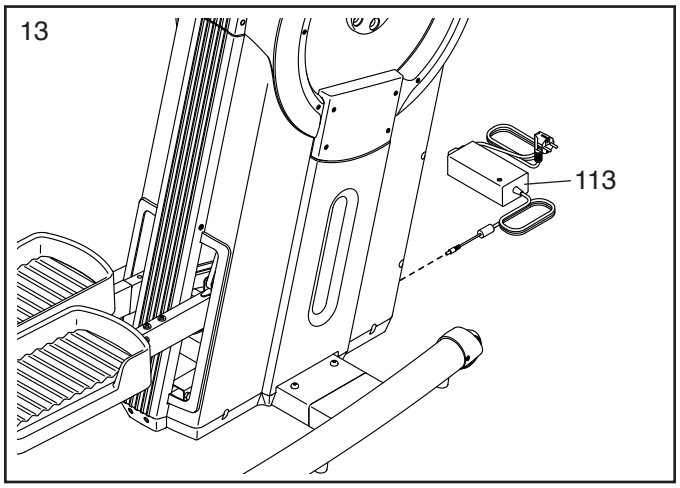


12. Attach the Front Cover (52) to the Left and Right Shields (50, 51) with six M4 x 16mm Flat Head Screws (101); **start all six Flat Head Screws, and then tighten them.**



13. Plug the Power Adapter (113) into the receptacle on the front of the elliptical.

    Note: To plug the Power Adapter (113) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 12.

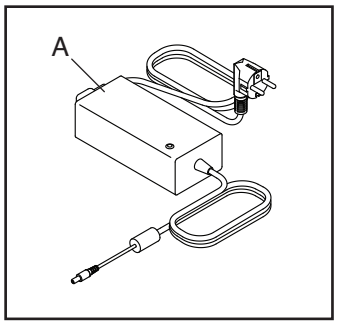


14. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat under the elliptical to protect the floor or carpet. To avoid damage to the console, keep the elliptical out of direct sunlight. **Keep the included tools;** one or more of the tools may be needed to make adjustments in the future.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

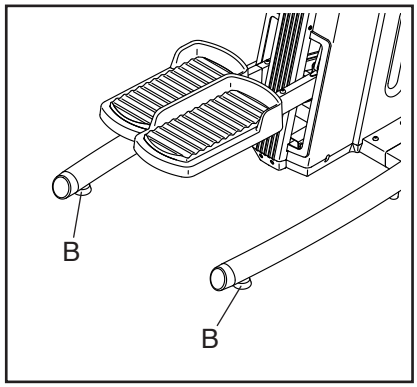
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.



IMPORTANT: Always plug the power adapter (A) into the elliptical before you plug it into an outlet. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

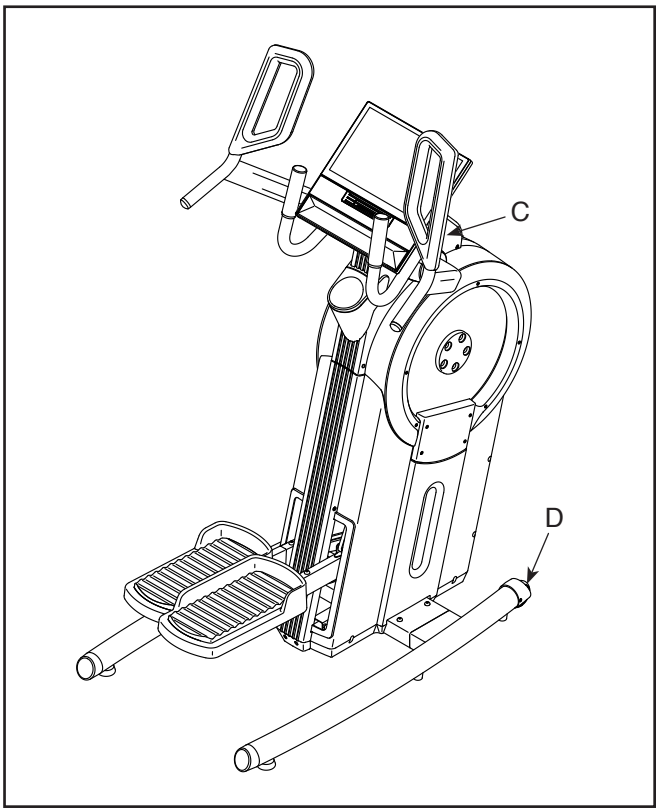
HOW TO LEVEL THE ELLIPTICAL

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



HOW TO MOVE THE ELLIPTICAL

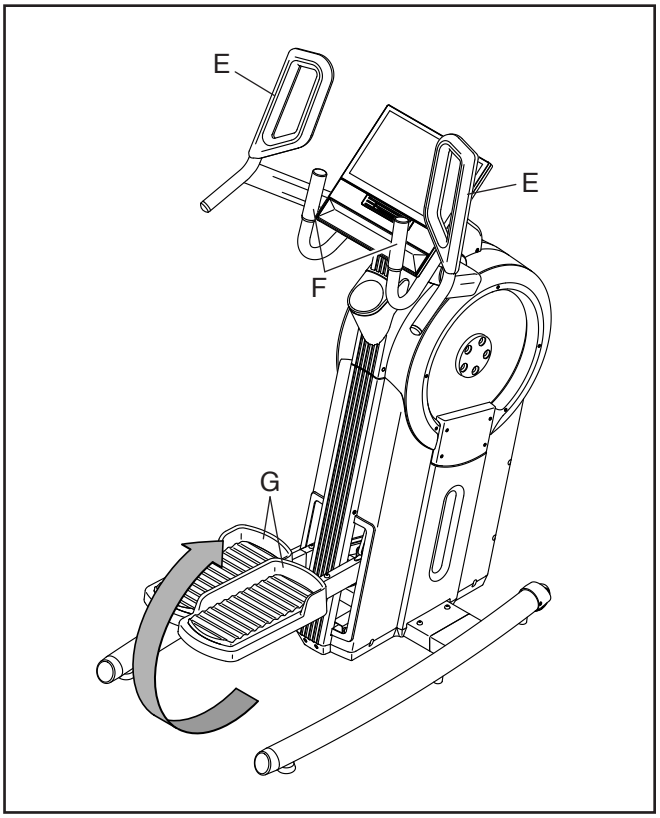
Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical, hold the console bracket (C), and place one foot against one of the wheels (D). Have a second person help you pull on the console bracket until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



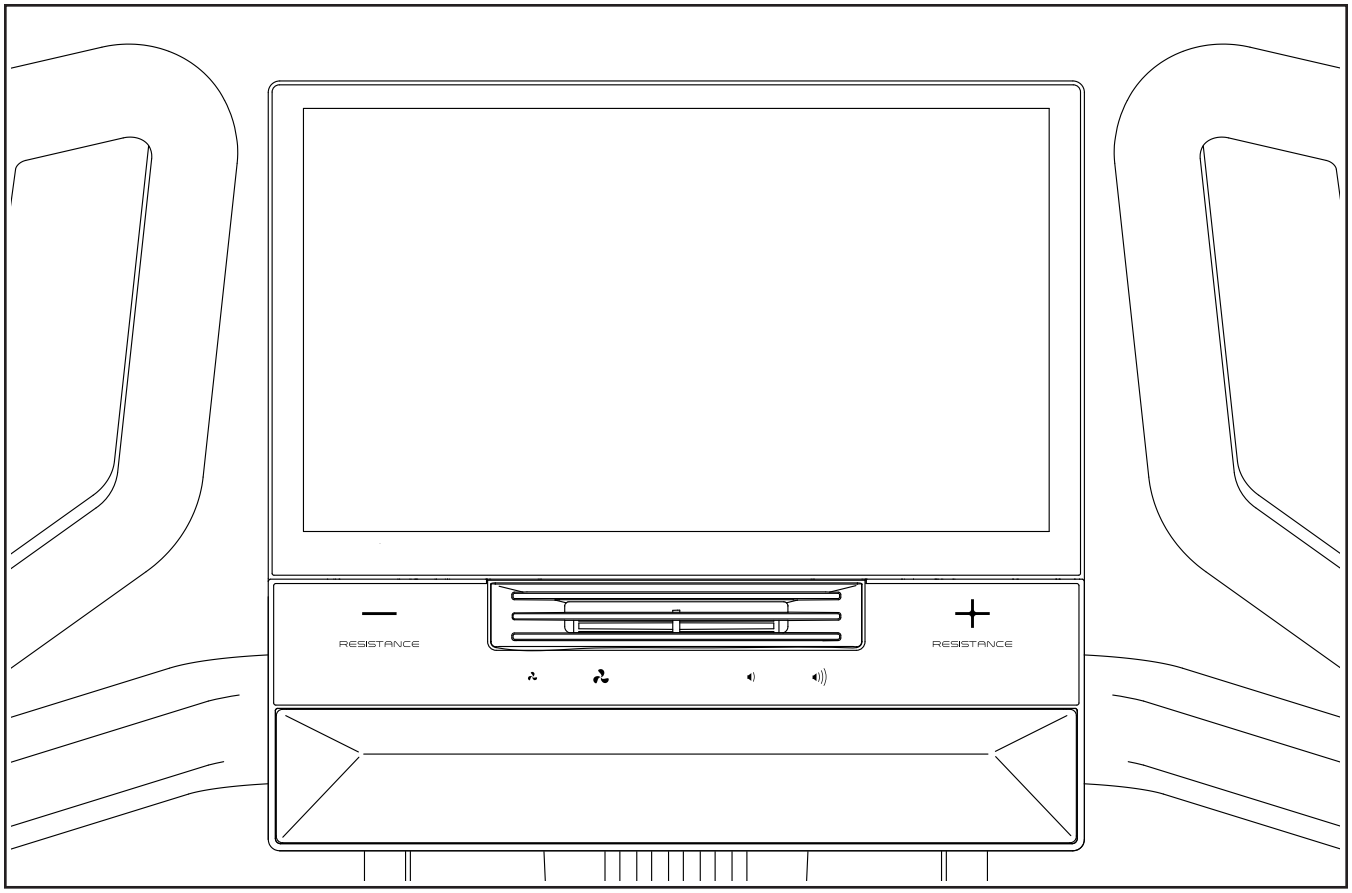
HOW TO EXERCISE ON THE ELLIPTICAL

See the drawing at the right. To mount the elliptical, hold the handlebars (E) or the grips (F) and step onto the pedal (G) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**

To dismount the elliptical, wait until the pedals (G) come to a complete stop. **Note: The elliptical does not have a freewheel; 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.



HOW TO USE THE CONSOLE



IMPORTANT: For complete console operation instructions, scan the QR code at the right or go to my.iFIT.com. You will also find instructional videos on the console itself.

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective and exciting. When you use the manual mode of the console, you can change the resistance of the pedals with a touch of a button. As you exercise, the console will display instant exercise feedback.

The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the resistance of the pedals as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a library of thousands of on-demand outdoor and studio workouts, create your own workouts, track your workout results, and access many other features. **Go to iFIT.com to learn more.**

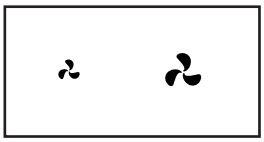
HOW TO TURN ON THE CONSOLE

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the console. If you do not do this, you may damage the console or other electrical components. Plug in the included power adapter as instructed on page 12.

HOW TO TURN OFF THE CONSOLE

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

HOW TO USE THE FAN



The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically change as the pedaling speed changes. To control the fan, touch the workout settings icon in the lower-right corner of the screen and then touch *Fan.* You can also press the fan buttons on the console.

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

HOW TO USE THE CHARGING PORT

The console features a charging port to charge USB-C compatible devices, such as smartphones and tablets, while you exercise.

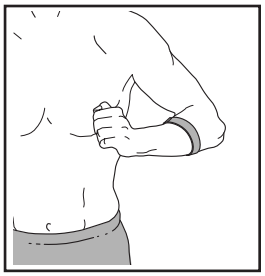
To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play music through the console sound system.

HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, put them in pairing mode, and place them near the console. Next, start a workout. Then, touch the workout settings icon in the lower-right corner of the screen, touch *Bluetooth,* 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.

HOW TO USE AN 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. The console is compatible with all Bluetooth® Smart heart rate monitors. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

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.** Use only manufacturer-supplied parts.

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 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 my.iFIT.com.

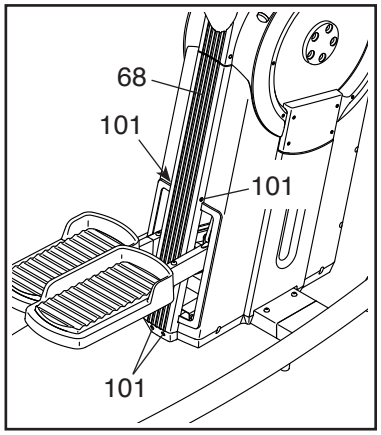
PEDAL TROUBLESHOOTING

If the pedals bottom out while you are exercising and become difficult to move, rock your weight backward and forward on the pedals until the pedals begin moving easily and the flywheel inside the elliptical begins turning again.

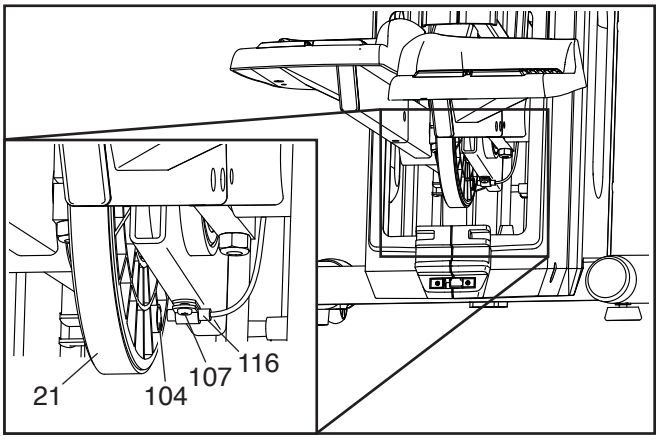
HOW TO ADJUST THE REED SWITCH

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

Next, remove the four indicated M4 x 16mm Flat Head Screws (101), and then remove the Lower Rear Shield Cover (68).



Next, turn the Large Pulley (21) until a Pulley Magnet (104) is aligned with the Reed Switch (116). Then, slightly loosen the M4 x 22mm Screw (107), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screw.

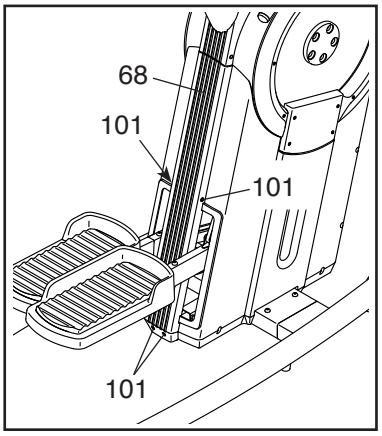


Then, plug in the power adapter and turn the Large Pulley (21) for a moment. Repeat these actions, if necessary, until the console displays correct feedback. Then, reattach the lower rear shield cover.

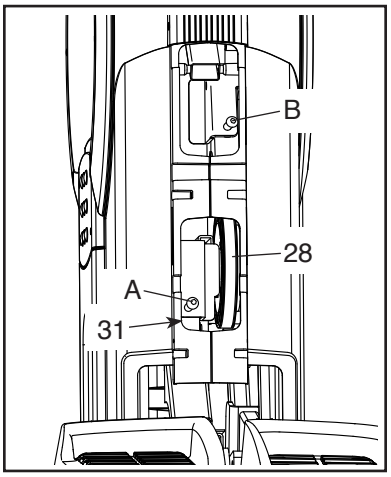
HOW TO ADJUST THE DRIVE BELT

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

Next, remove the four indicated M4 x 16mm Flat Head Screws (101), and then remove the Lower Rear Shield Cover (68).



Then, locate the lower Adjustment Screw (A). Tighten the lower Adjustment Screw four turns; this will tighten the Large Drive Belt (31).



Stand on the elliptical and pedal for a few moments. If the pedals still slip, step off the elliptical and locate the upper Adjustment Screw (B). Tighten the upper Adjustment Screw two turns; this will tighten the Small Drive Belt (28).

Stand on the elliptical again and pedal for a few moments. If the pedals still slip, step off the elliptical and tighten the lower Adjustment Screw (A) four turns; this will again tighten the Large Drive Belt (31).

When you have properly adjusted the drive belts, reattach the lower rear shield cover.

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.

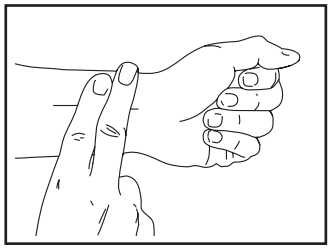
165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

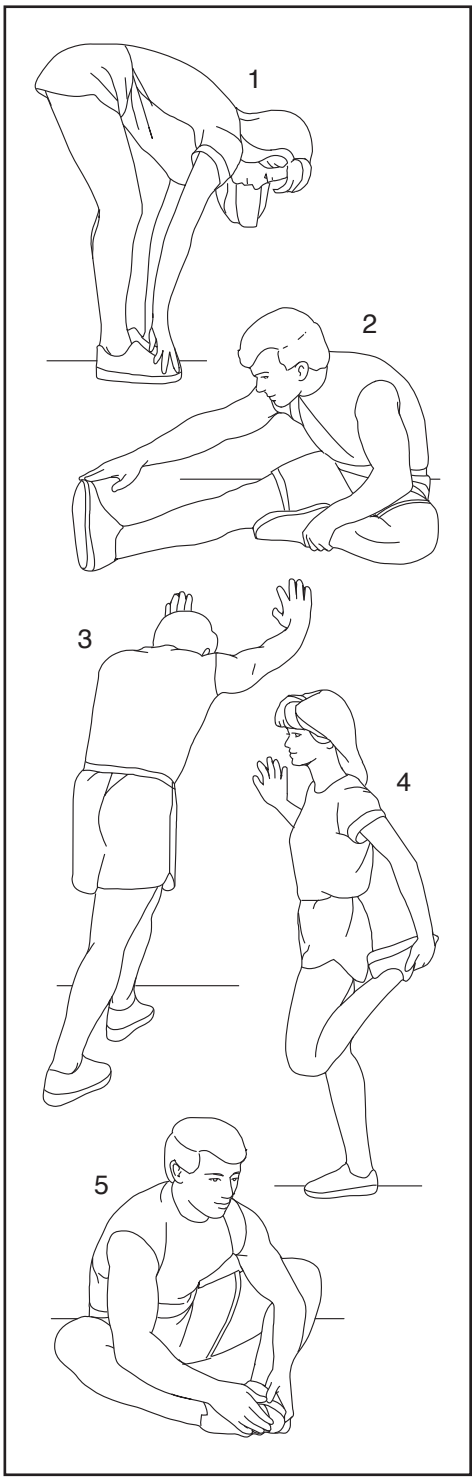
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. NTEL16825-INT.0 R0325A

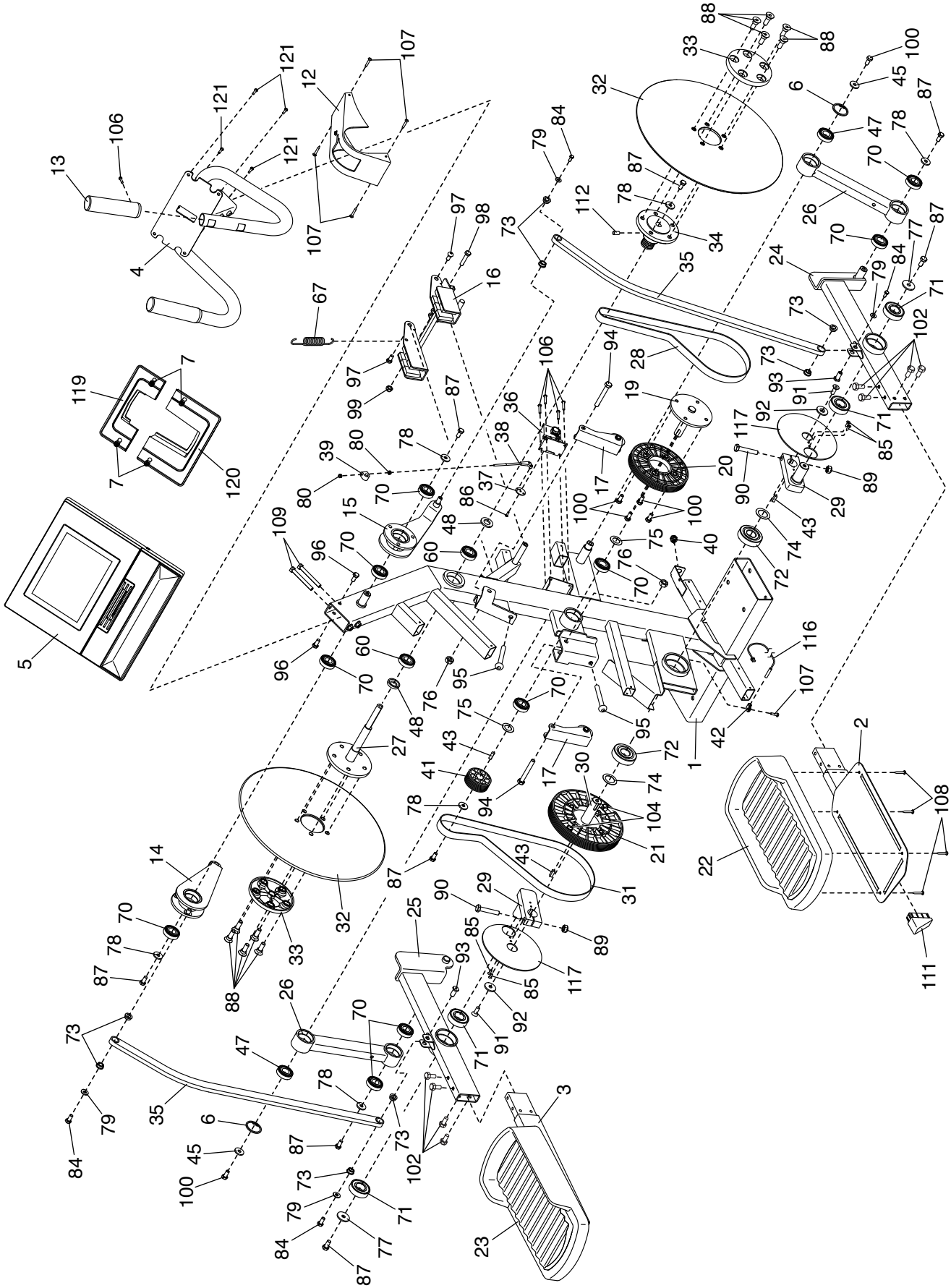
Key No.	Qty.	Description
1	1	Frame
2	1	Right Pedal Base
3	1	Left Pedal Base
4	1	Console Bracket
5	1	Console
6	2	Snap Ring
7	4	Mushroom Fastener/Screw
8	1	Right Stabilizer
9	1	Left Stabilizer
10	1	Right Handlebar
11	1	Left Handlebar
12	1	Shield Cover
13	2	Grip
14	1	Left Handlebar Arm
15	1	Right Handlebar Arm
16	1	Magnet Bracket
17	2	Idler
18	1	Accessory Tray
19	1	Exchange Axle
20	1	Medium Pulley
21	1	Large Pulley
22	1	Right Pedal
23	1	Left Pedal
24	1	Right Pedal Leg
25	1	Left Pedal Leg
26	2	Connector Arm
27	1	Disc Axle
28	1	Small Drive Belt
29	2	Crank Arm
30	1	Crank
31	1	Large Drive Belt
32	2	Disc
33	2	Disc Hub
34	1	Sprocket
35	2	Link Arm
36	1	Resistance Motor
37	1	Resistance Disc
38	1	Resistance Arm
39	1	Resistance Block
40	1	Power Receptacle/Wire
41	1	Small Pulley
42	1	Clamp
43	3	Key
44	2	Magnet Cover
45	2	M8 Small Washer
46	1	Left Wheel Cover
47	2	Self-aligning Bearing
48	2	Disc Axle Bushing
49	2	Disc Ring
50	1	Left Shield
51	1	Right Shield
52	1	Front Cover
53	1	Rear Cover
54	1	Accessory Tray Base
55	2	Stabilizer Cap
56	4	Foot
57	2	Wheel
58	1	Right Wheel Cover
59	2	Handlebar Cap
60	2	Disc Axle Bearing
61	1	Left Rear Handlebar Cover
62	1	Left Front Handlebar Cover
63	1	Right Rear Handlebar Cover
64	1	Right Front Handlebar Cover
65	2	Rear Pivot Cover
66	2	Front Pivot Cover
67	1	Spring
68	1	Lower Rear Shield Cover
69	2	Leveling Foot
70	10	Small Bearing
71	4	Medium Bearing
72	2	Large Bearing
73	8	Bushing
74	2	Large Spacer
75	2	Small Spacer
76	2	M10 Jam Nut
77	2	Crank Washer
78	6	M8 Washer
79	4	M6 Washer
80	2	M5 Nut
81	2	M10 Shoulder Bolt
82	5	M4 x 42mm Screw
83	8	Clip
84	4	M6 x 20mm Screw
85	4	M5 x 16mm Screw
86	1	M3.5 x 10mm Screw
87	8	M8 x 16mm Screw
88	10	Disc Screw
89	2	M10 Locknut
90	2	M10 x 55mm Hex Bolt
91	2	Axle Screw
92	2	Flange
93	2	Stud
94	2	M10 x 55mm Bolt
95	2	Adjustment Screw
96	2	M8 x 15mm Screw
97	2	M8 Shoulder Screw
98	1	M8 x 30mm Bolt
99	3	M8 Locknut
100	6	M8 x 23mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	14	M4 x 16mm Flat Head Screw	113	1	Power Adapter
102	8	M8 x 20mm Flange Screw	114	3	M4 x 12mm Screw
103	18	Cap Screw	115	1	Main Wire
104	2	Pulley Magnet	116	1	Reed Switch/Wire
105	6	M8 x 25mm Screw	117	2	Crank Cover Disc
106	10	M4 x 16mm Screw	118	20	M4 x 19mm Screw
107	21	M4 x 22mm Screw	119	1	Console Upper Cover
108	8	M6 x 12mm Screw	120	1	Console Lower Cover
109	2	M8 x 86mm Screw	121	4	M6 x 16mm Screw
110	8	M10 x 20mm Screw	*	–	User's Manual
111	2	Slanted Cap	*	–	Assembly Tool
112	1	M10 Screw	*	–	Grease Packet

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.

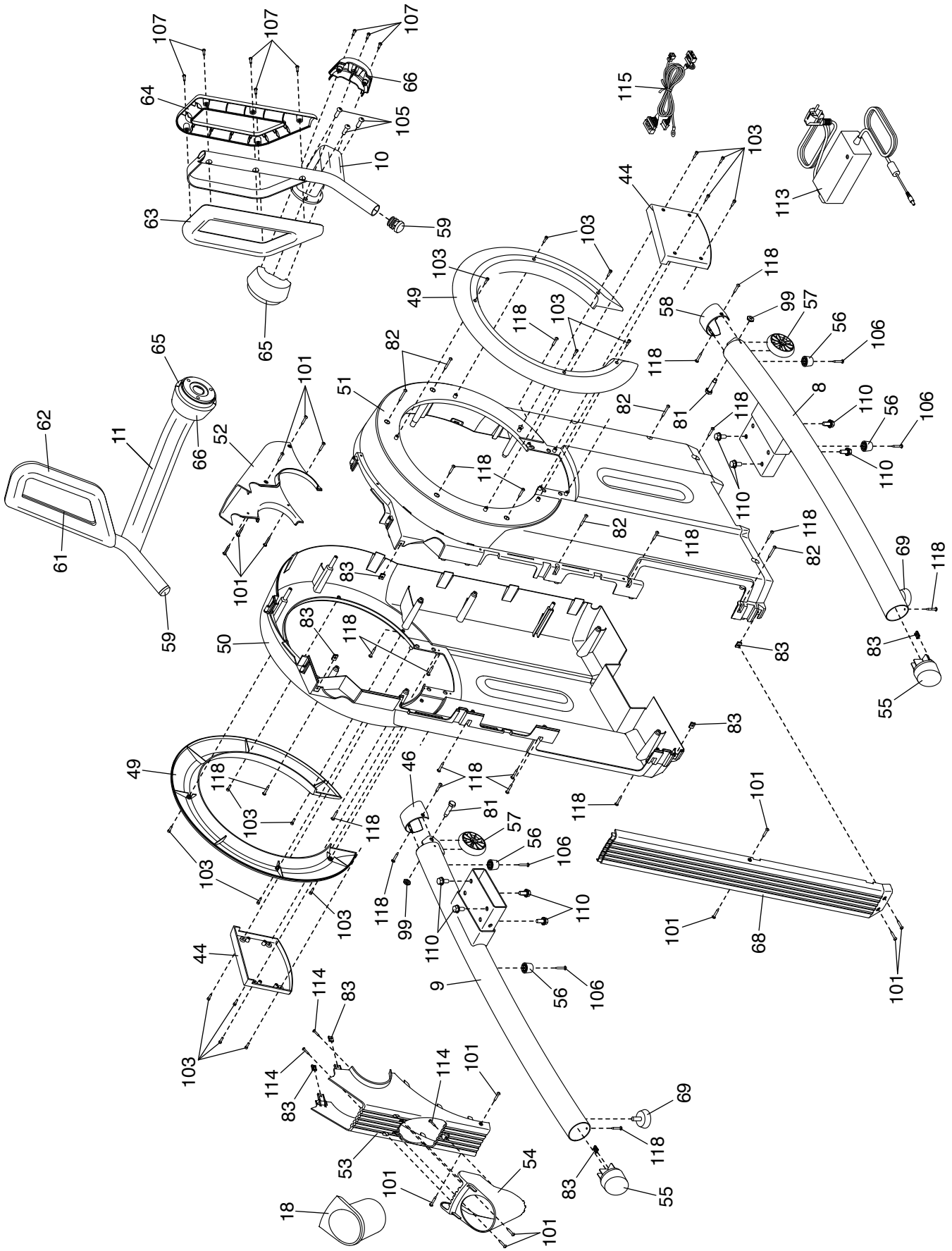
EXPLODED DRAWING A

Model No. NTEL16825-INT.0 R0325A



EXPLODED DRAWING B

Model No. NTEL16825-INT.0 R0325A



ORDERING REPLACEMENT PARTS

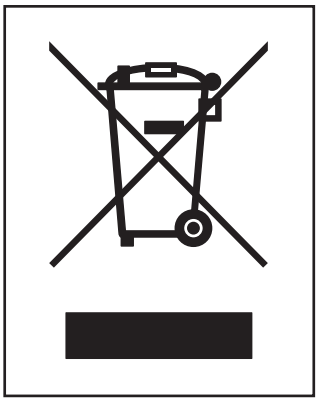
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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.

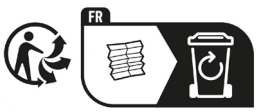


UK/EU DECLARATION OF CONFORMITY

NTEL16825-INT contains the MP16-Xenon-C or MP16-Xenon-V Tablet.
Hereby, iFIT Health & Fitness declares that the radio equipment type MP16-Xenon-C or MP16-Xenon-V is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMC453584 or OMC453584V - Broadcast Frequency Bands and Maximum EIRP power: 2.4G WIFI:25.02dBm; 5G WIFI:22.89dBm; 2.4G BT:10.12dBm.
Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

	BE	BG	CZ	DK	DE	EE	IE
	EL	ES	FR	HR	IT	CY	LV
	LT	LU	HU	MT	NL	AT	PL
	PT	RO	SI	SK	FI	SE	UK

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2, EN 301 893 V2.1.1
UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom
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