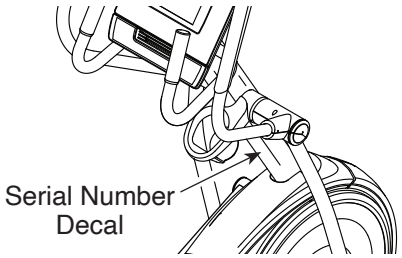
NordicTrack®
AIRGLIDE 7i

nordictrack.com

Model No. NTEL79823.2
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

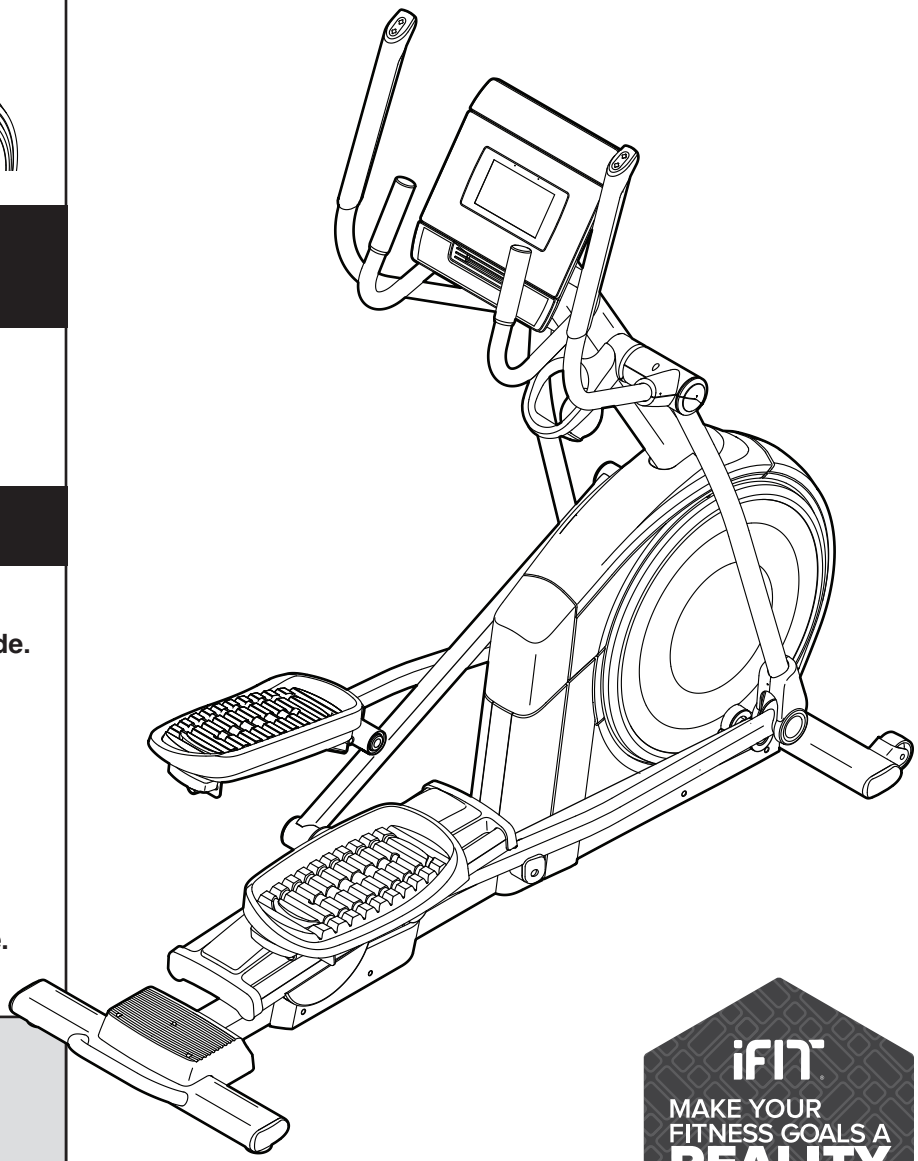
For service at any time, go to my.iFIT.com or scan the QR code.

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



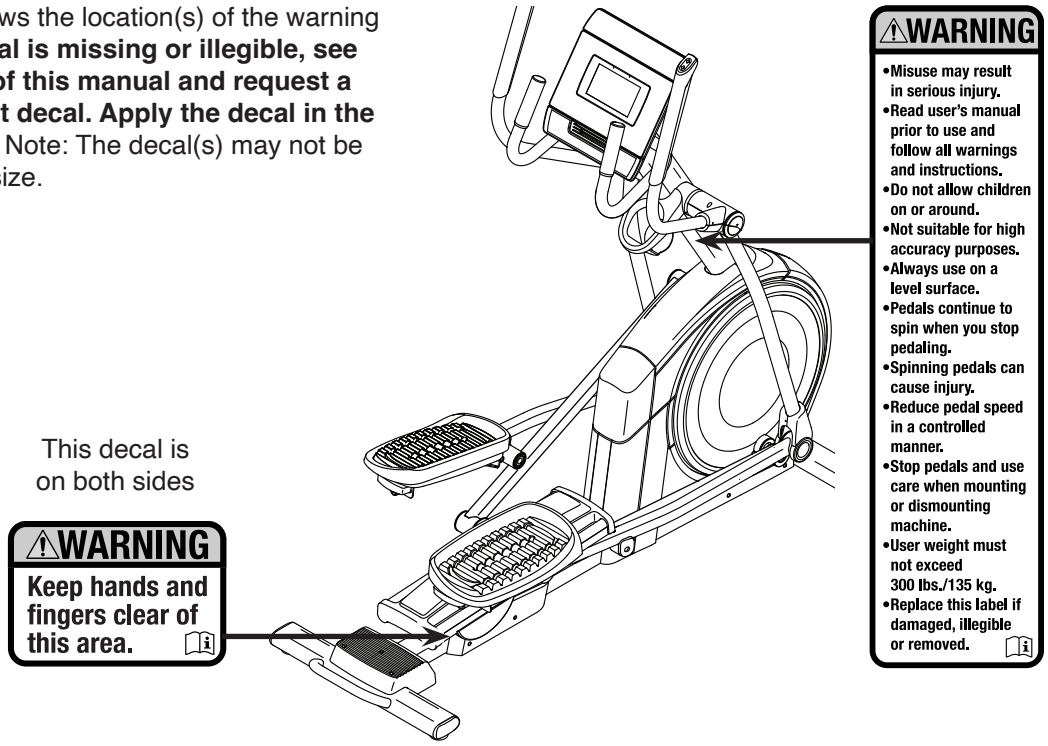
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MAKE YOUR FITNESS GOALS A REALITY
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TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 6
PART IDENTIFICATION CHART 7
ASSEMBLY 8
HOW TO USE THE ELLIPTICAL 18
HOW TO USE THE CONSOLE 21
FCC INFORMATION 33
MAINTENANCE AND TROUBLESHOOTING 34
EXERCISE GUIDELINES 36
PART LIST 39
EXPLODED DRAWING 41
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. 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 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. **When connecting the power cord, plug the power cord into a grounded circuit.**
12. **Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.**
13. **Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.**
14. **DANGER: Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**
15. **The elliptical should not be used by persons weighing more than 300 lbs. (135 kg).**
16. **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.**
17. **Hold the handlebars or the upper body arms 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.**

18. **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.**

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

20. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

SAVE THESE INSTRUCTIONS

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, iFIT 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 Member Care at 1-800-677-3838.
Or, visit us online at www.utserv.com.

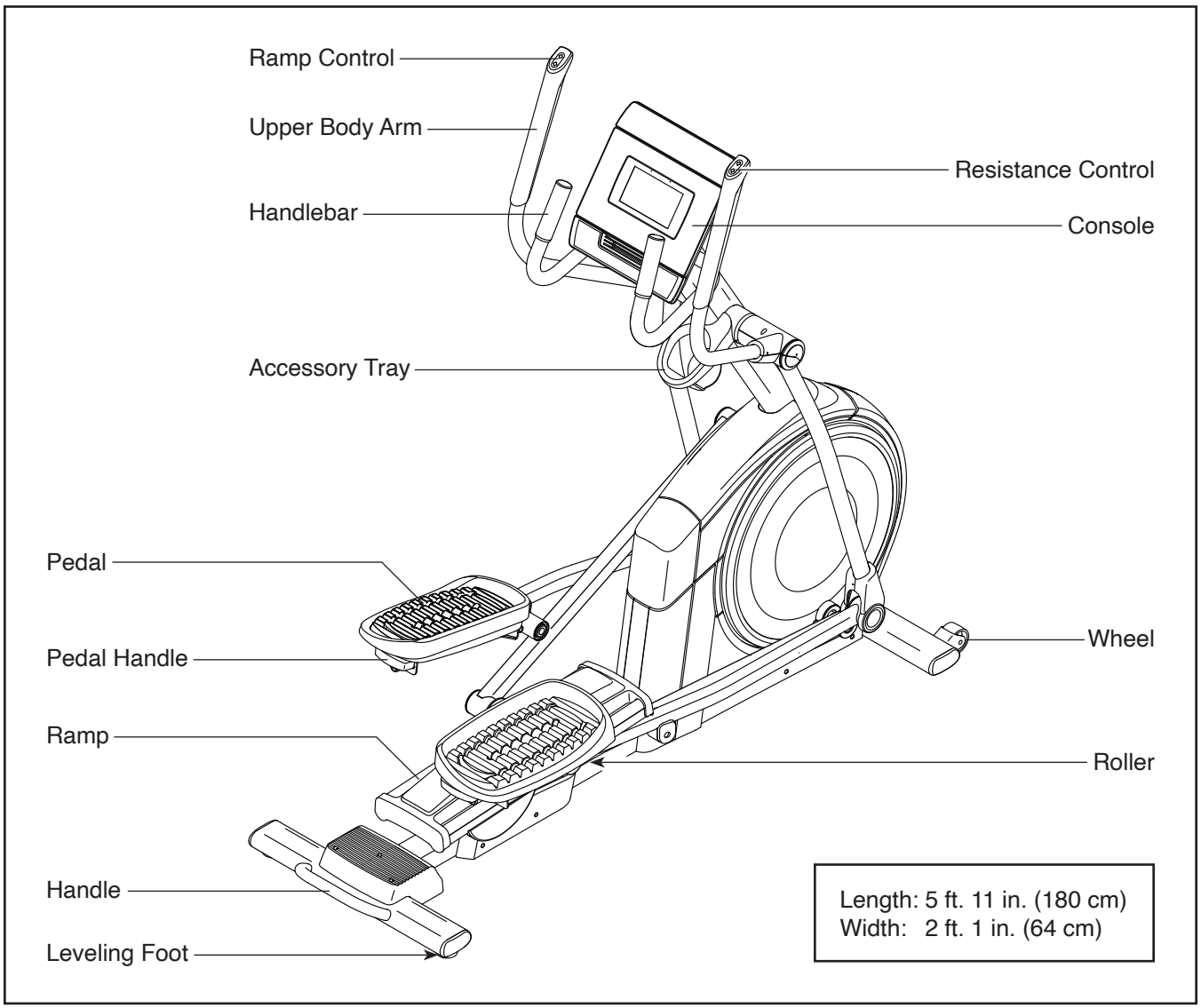
UTS
UNIVERSAL TECHNICAL SERVICES

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® AIRGLIDE 7I elliptical. The AIRGLIDE 7I elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

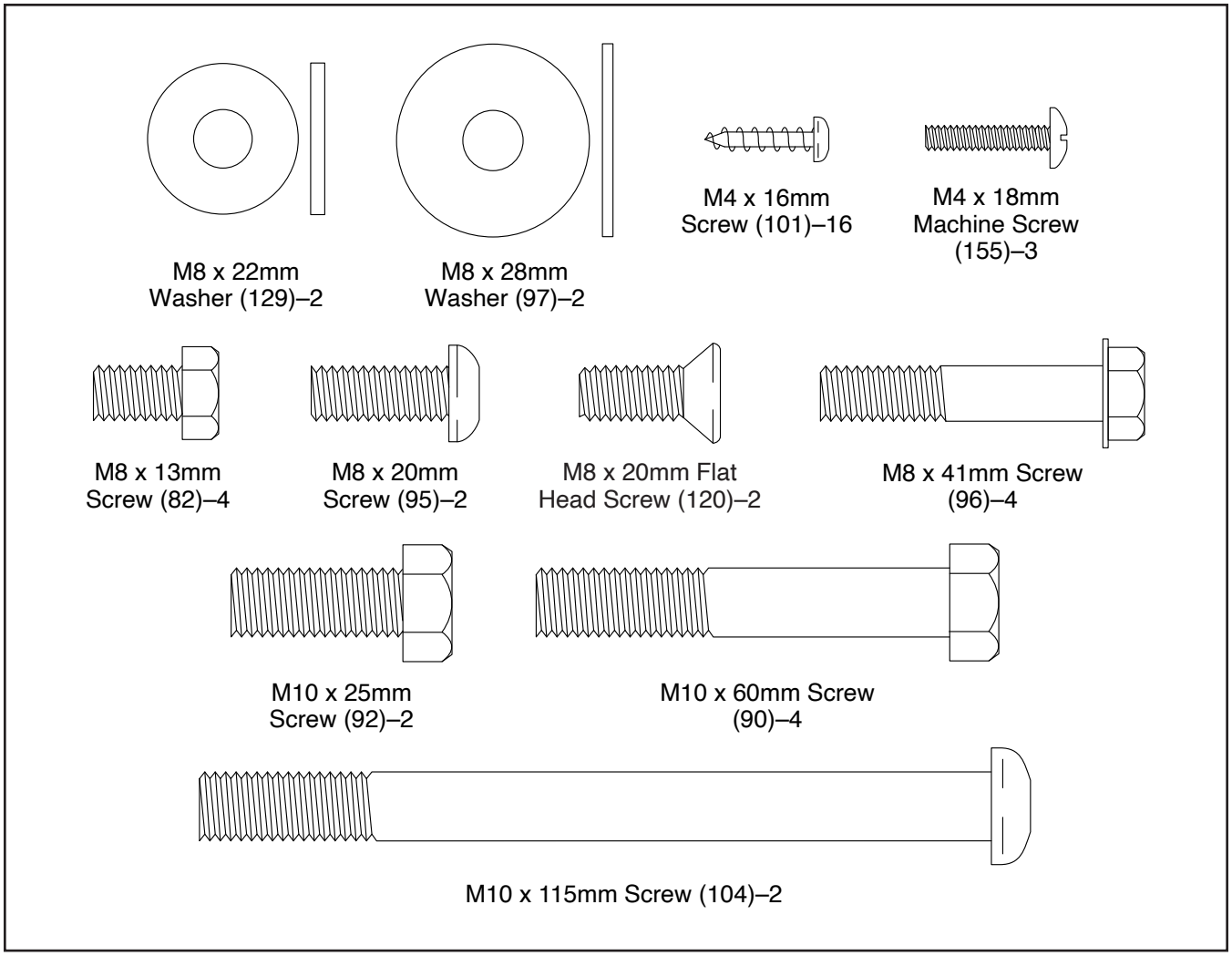
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the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

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



PART IDENTIFICATION CHART

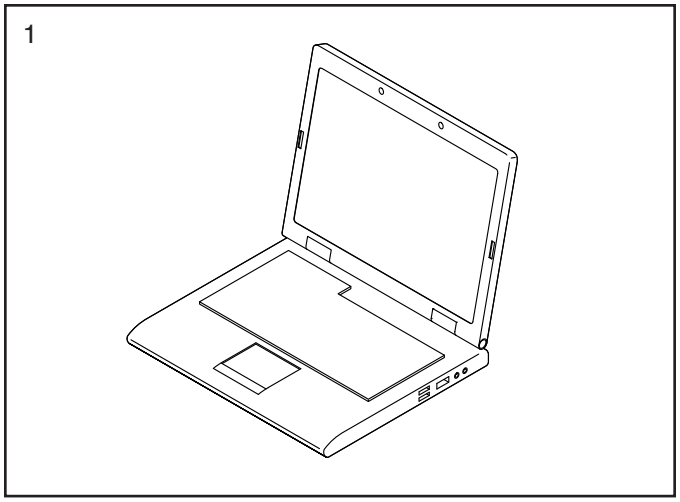
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see 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 7.
- 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. **Go to my.nordictrack.com on your computer and register your product.**
   - documents your ownership
   - activates your warranty
   - ensures priority customer support if assistance is ever needed

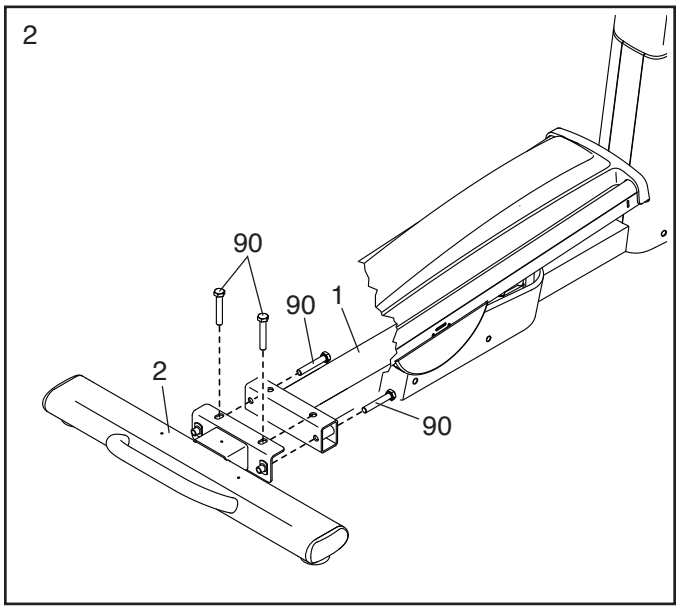


2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping until you complete this step.**

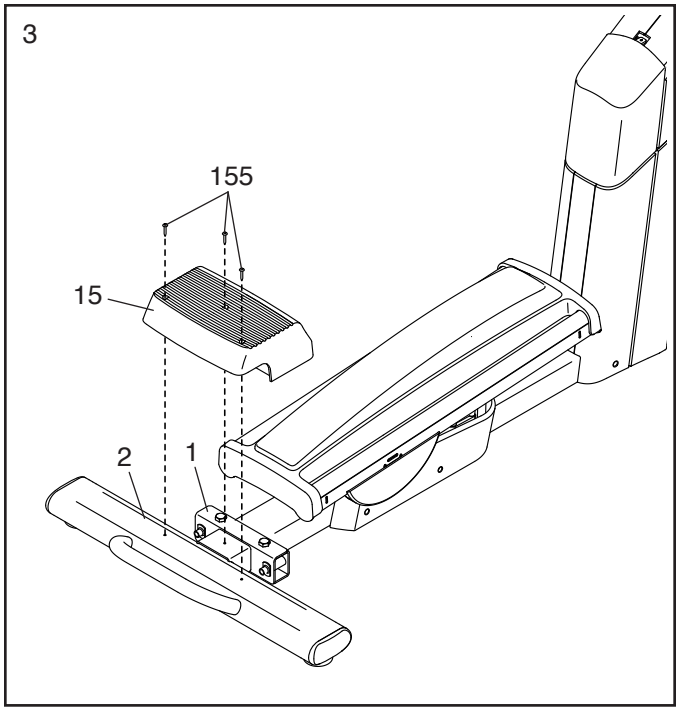
   If there are shipping supports attached to the rear of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

   Next, attach the Rear Stabilizer (2) to the Frame (1) with four M10 x 60mm Screws (90).

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



3. Attach the Rear Stabilizer Cover (15) to the Rear Stabilizer (2) with three M4 x 18mm Machine Screws (155); **start all three Machine Screws, and then tighten them.**

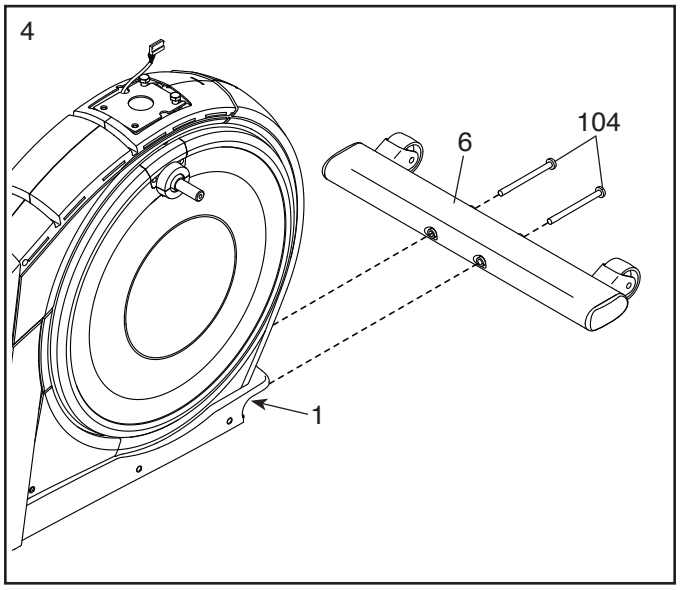


4. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping until you complete this step.**

   If there are shipping supports attached to the front of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

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

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

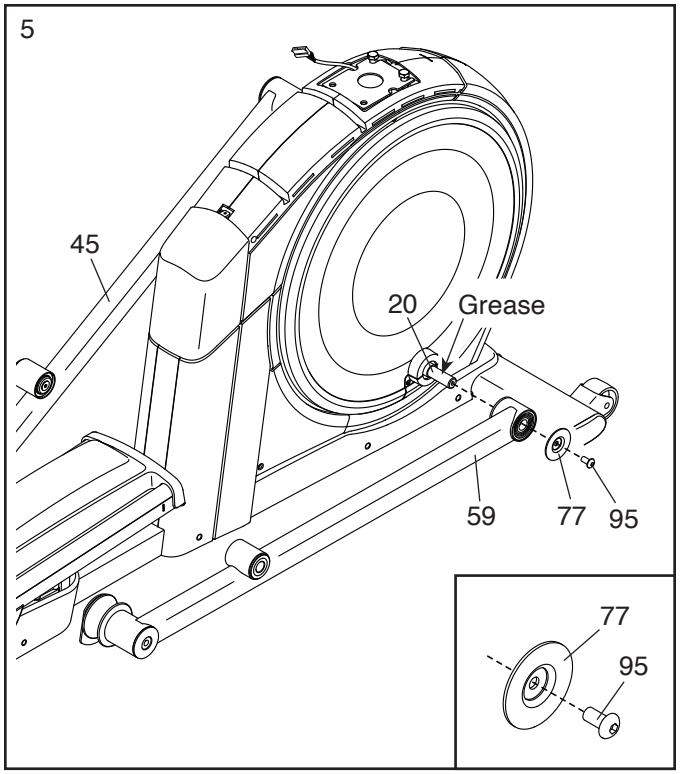


5. Apply a small amount of the included grease to the axle on the right Crank Arm (20).

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

   Attach the Right Roller Arm (59) with an M8 x 20mm Screw (95) and a Crank Arm Cover (77); **make sure that the Crank Arm Cover is oriented as shown in the inset drawing.**

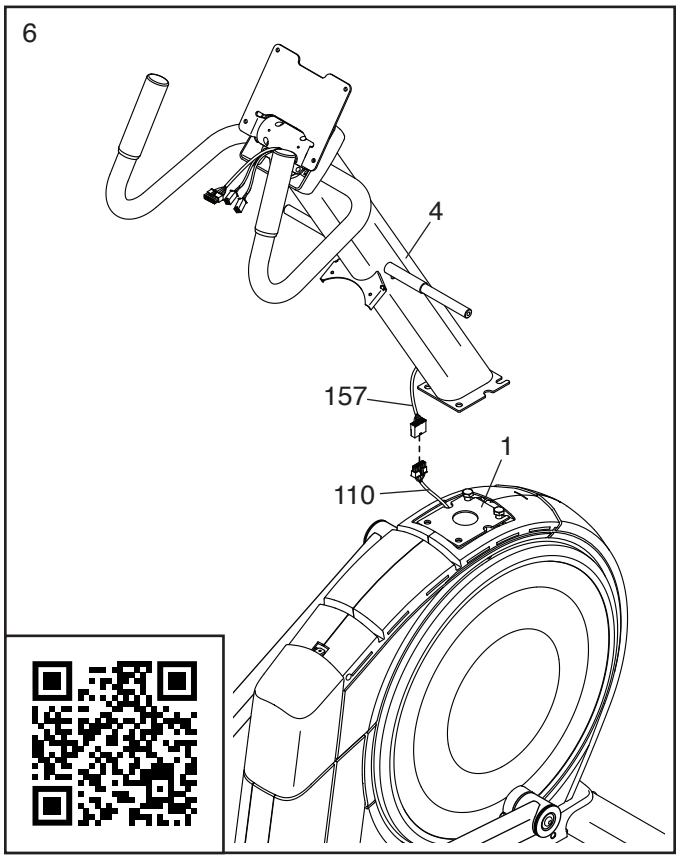
   Repeat this step for the Left Roller Arm (45).



6. Have a second person hold the Upright (4) near the Frame (1) as shown.

   Next, connect the Upright Wire (157) to the Main Wire (110).

   IMPORTANT: 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. You must connect the wires properly for your elliptical to function properly. To see a short video about how to connect wires, scan the QR code or go to my.iFIT.com.

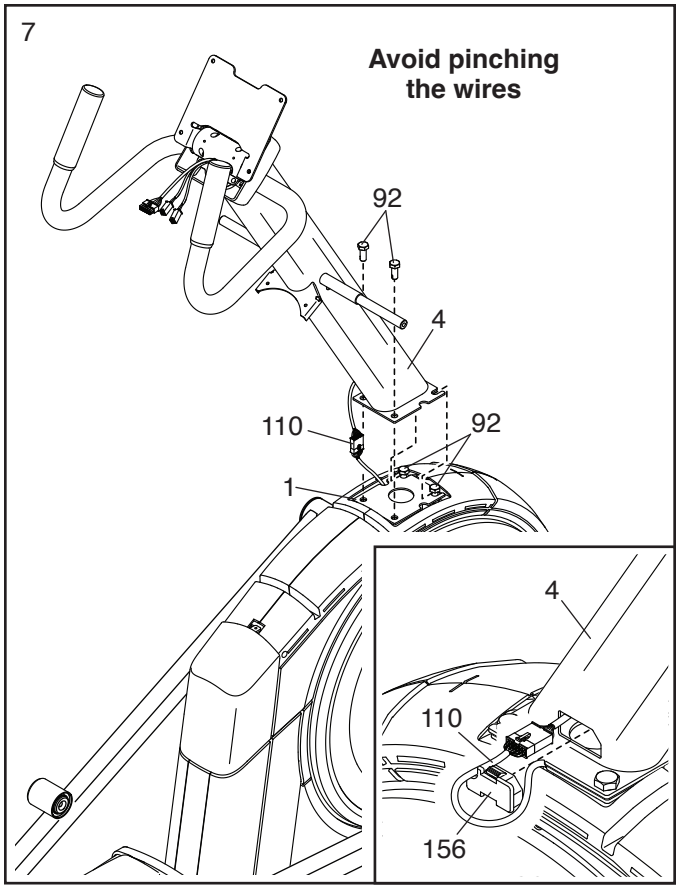


7. **Avoid pinching the wires.** Have a second person hold the Upright (4) on the Frame (1).

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

   Attach the Upright (4) with two additional M10 x 25mm Screws (92); **do not fully tighten the Screws yet.**

   See the inset drawing. Insert the connectors on the wires into the left side of the Upright (4). Next, route the Main Wire (110) through the notch in the Grommet (156) as shown, and then press the Grommet into the Upright.



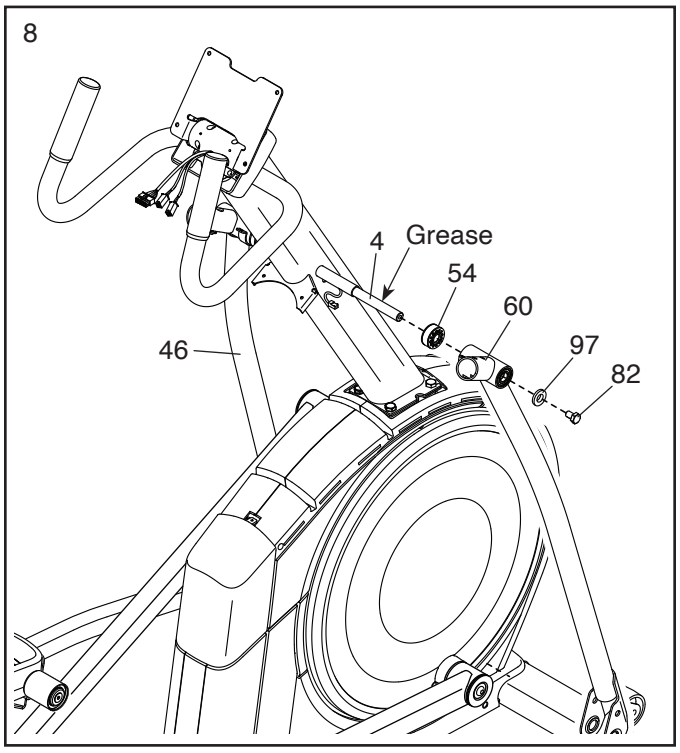
8. Apply grease to the axle on the right side of the Upright (4).

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

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

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

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

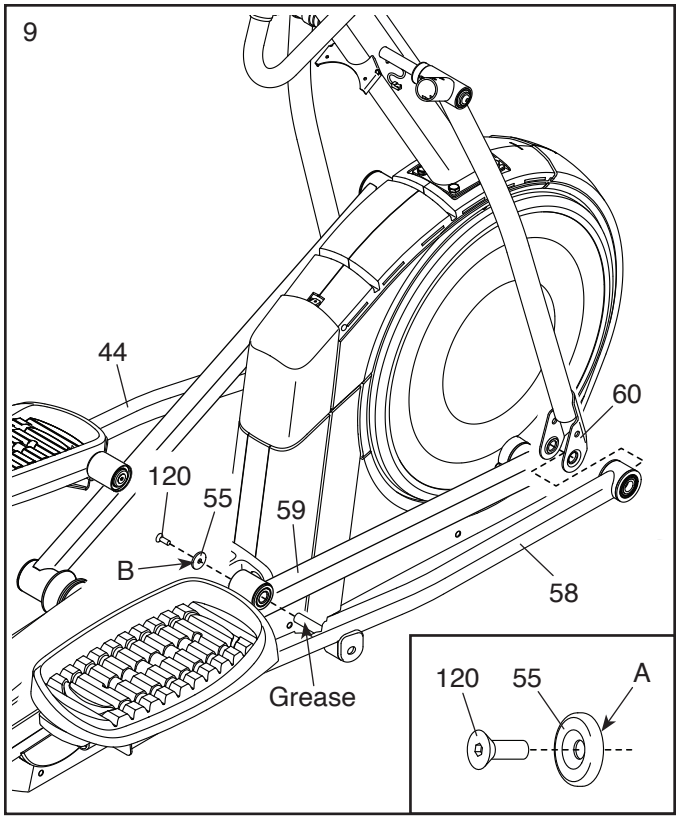


9. Orient the Right Pedal Arm (58) as shown, and apply grease to the axle.

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

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

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



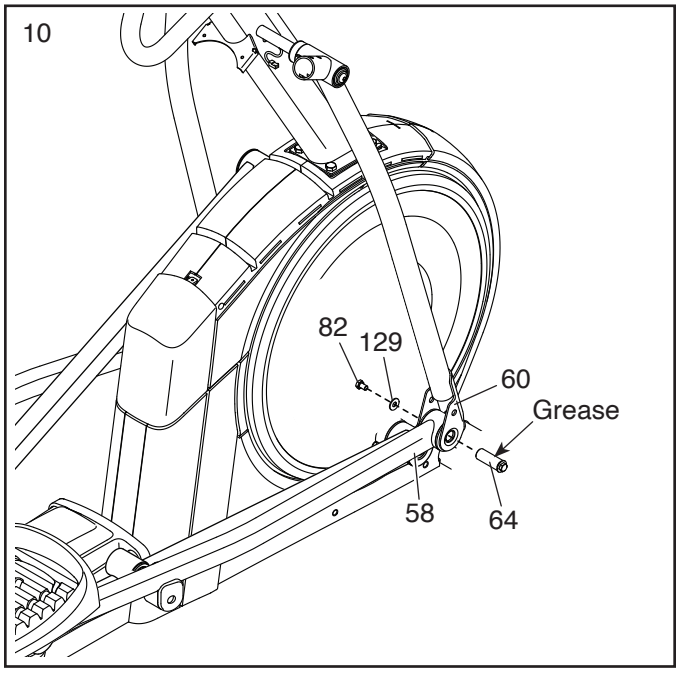
10. Apply grease to one of the Pedal Arm Axles (64).

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

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

    Then, tighten the Pedal Arm Axle (64) and the M8 x 13mm Screw (82) at the same time.

    Repeat this step on the other side of the elliptical.

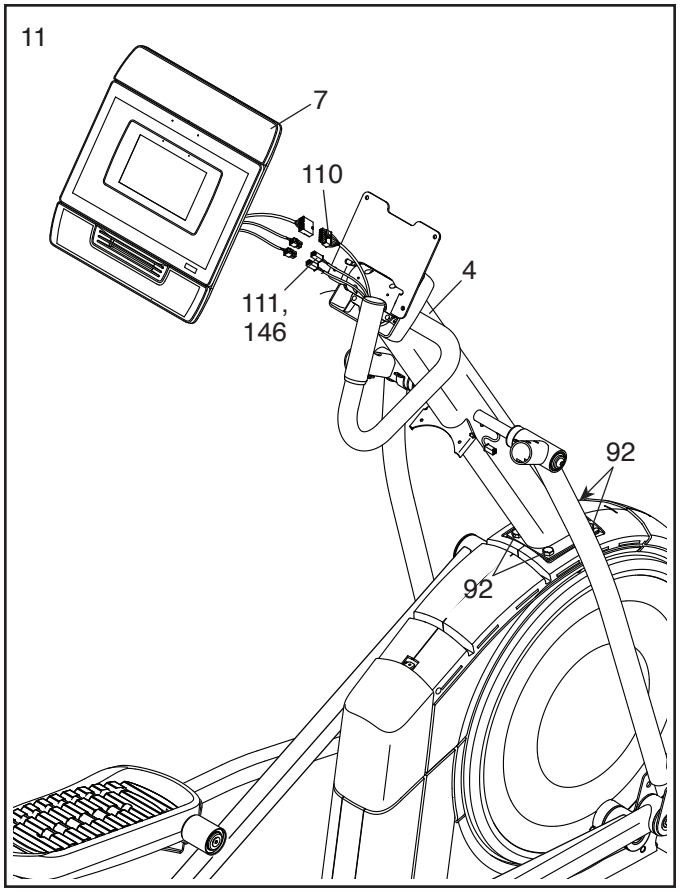


11. **See step 7. Tighten the four M10 x 25mm Screws (92).**

    Next, have a second person hold the Console (7) near the Upright (4). Connect the wires on the Console to the Main Wire (110) and to the Left and RightExtension Wires (111, 146).

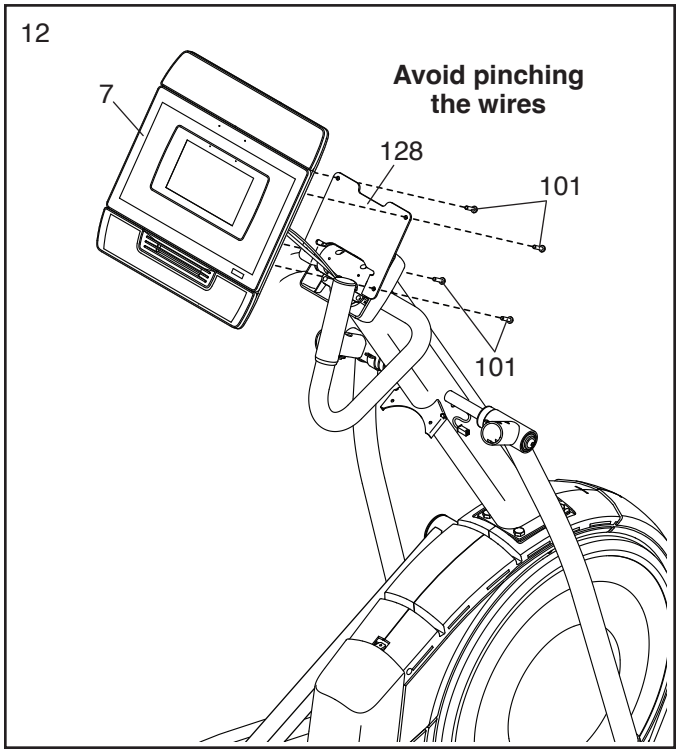
    IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again. You must connect the wires properly for your elliptical to function properly.

    Then, insert the connectors and the excess wire into the Console (7).



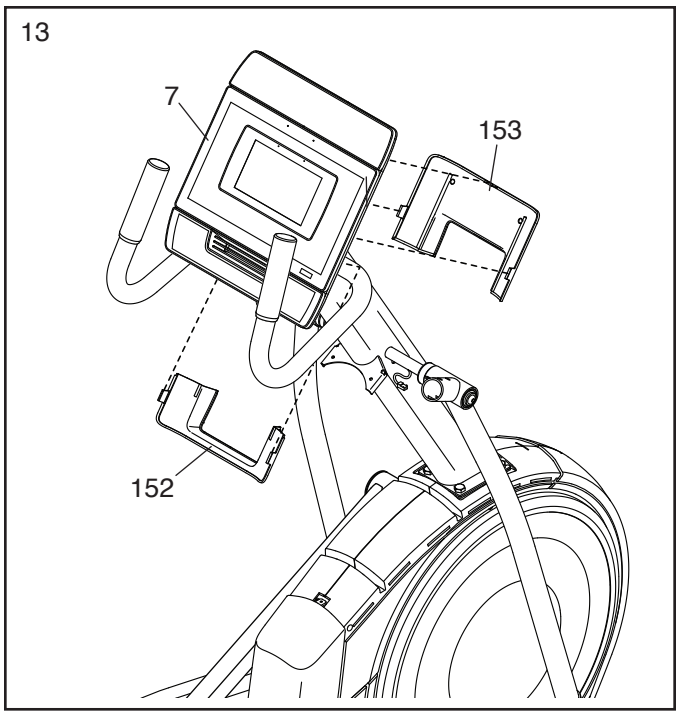
12. If there is a hang tag (not shown) attached to the Console Bracket (128), discard the hang tag.

    Avoid pinching the wires. Attach the Console (7) to the Console Bracket (128) with four M4 x 16mm Screws (101); **start all four Screws, and then tighten them.**

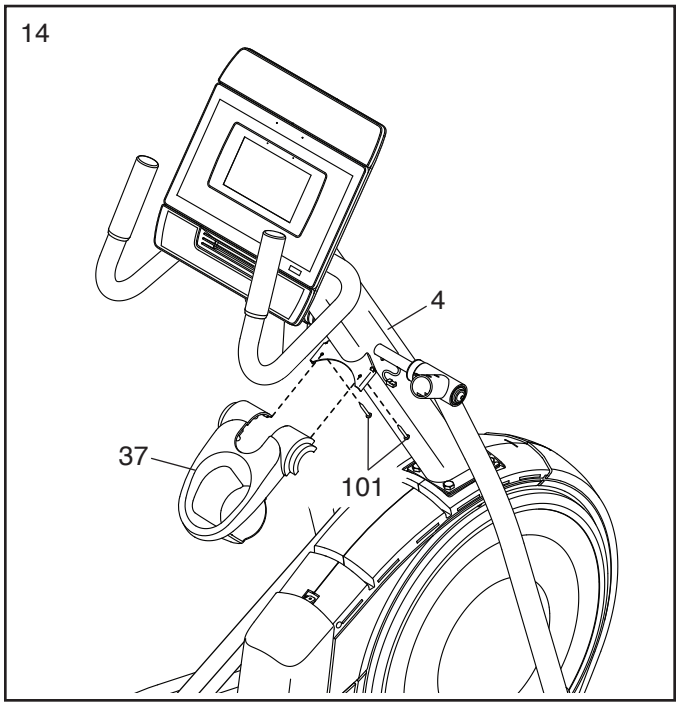


13. Orient the Lower Console Cover (152) as shown, and snap it into the back of the Console (7). Note: It may be helpful to pivot the Console downward.

    Then, orient the Upper Console Cover (153) as shown, and snap it into the back of the Console (7). Note: It may be helpful to pivot the Console upward.



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

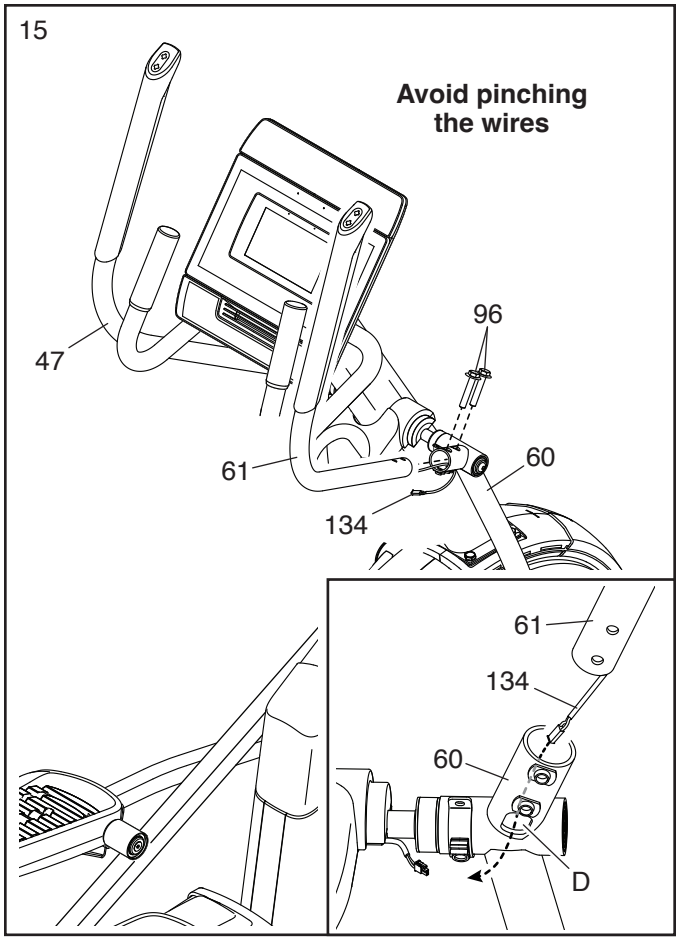


15. Identify the Right Upper Body Arm (61) and have a second person hold it near the Right Upper Body Leg (60).

See the inset drawing. Locate the Right Control Wire (134) in the Right Upper Body Arm (61). Feed the Right Control Wire into the Upper Body Leg (60) and out of the indicated hole (D).

Avoid pinching the Right Control Wire (134). Insert the Right Upper Body Arm (61) into the Right Upper Body Leg (60). Attach the Right Upper Body Arm with two M8 x 41mm Screws (96).

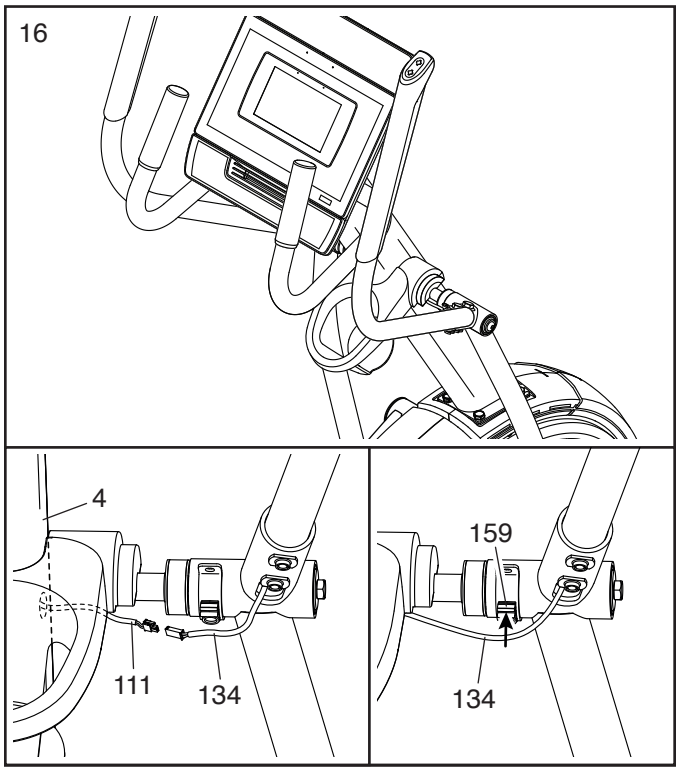
Repeat this step with the Left Upper Body Arm (47).



16. **See the left inset drawing.** Connect the Right Control Wire (134) to the right Extension Wire (111). **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.** Then, insert the connectors and the excess wire into the Upright (4).

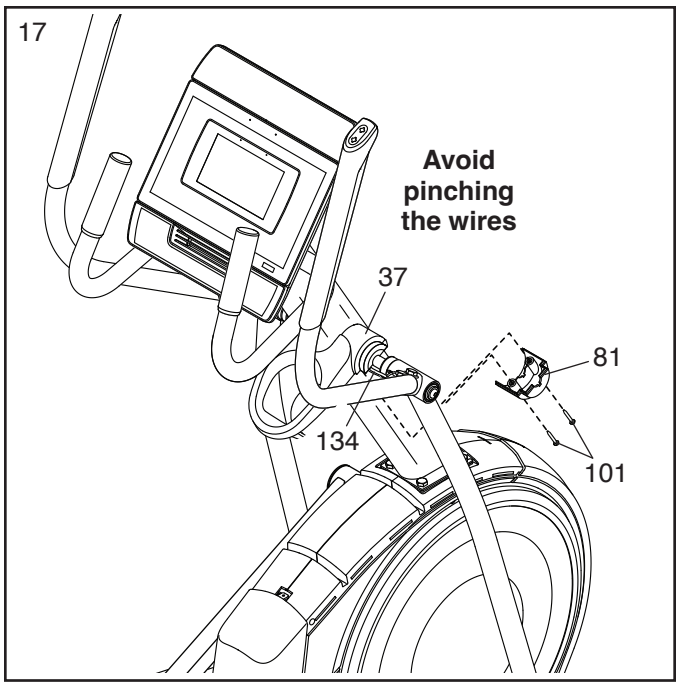
See the right inset drawing. Press the Right Control Wire (134) into the slot in the Wire Clip (159).

Repeat this step on the left side of the elliptical.



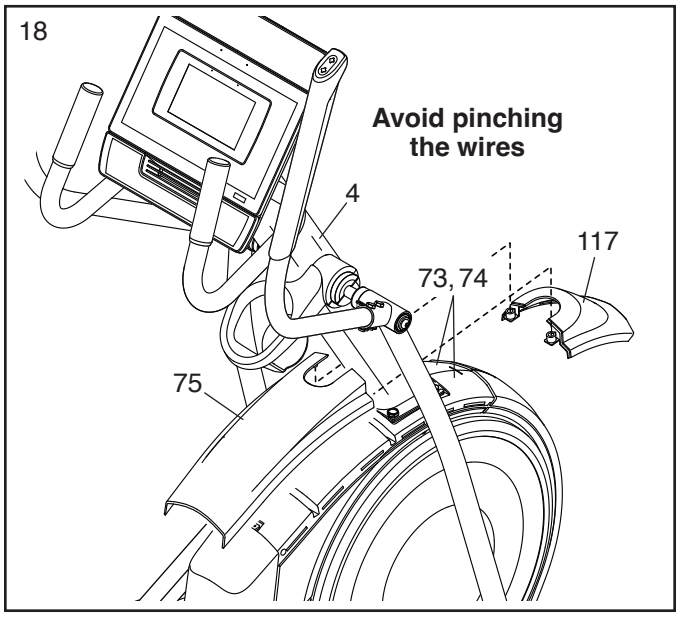
17. **Avoid pinching the wires.** Orient a Lower Tray Cover (81) as shown, and hold it near the Right Control Wire (134). Attach the Lower Tray Cover to the right side of the Accessory Tray (37) with two M4 x 16mm Screws (101).

    Repeat this step on the other side of the elliptical.



18. **Avoid pinching the wires.** Press the Front Shield Cover (117) onto the Left and Right Shields (73, 74).

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

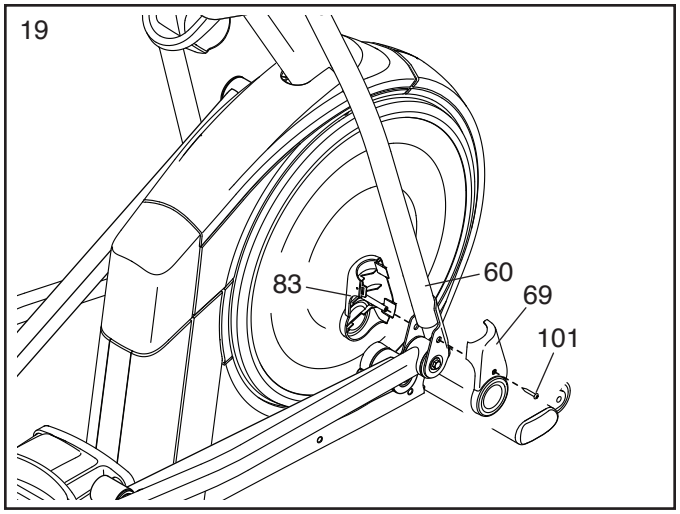


19. Identify the Right Leg Inner Cover (83), orient it as shown, and insert it through the Right Upper Body Leg (60).

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

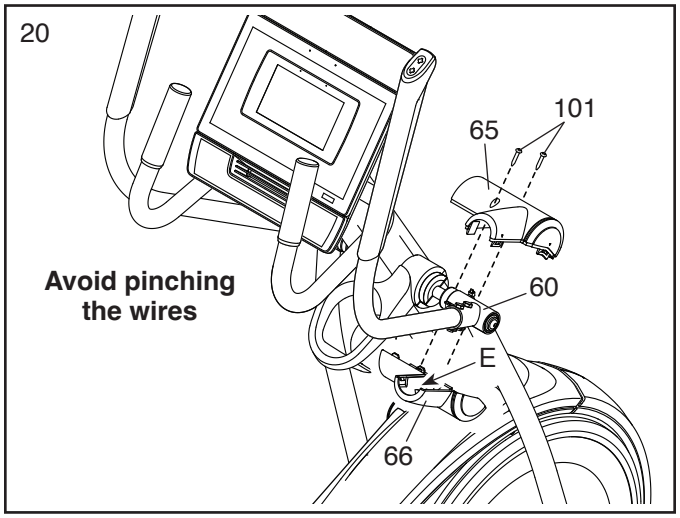
    Attach the Right Leg Outer and Inner Covers (69, 83) to each other with an M4 x 16mm Screw (101).

    Repeat this step on the other side of the elliptical.



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

    Repeat this step on the other side of the elliptical.



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

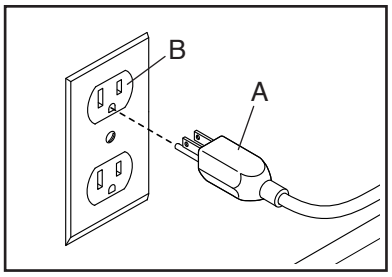
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

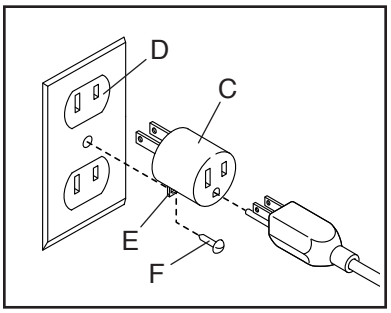
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

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

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



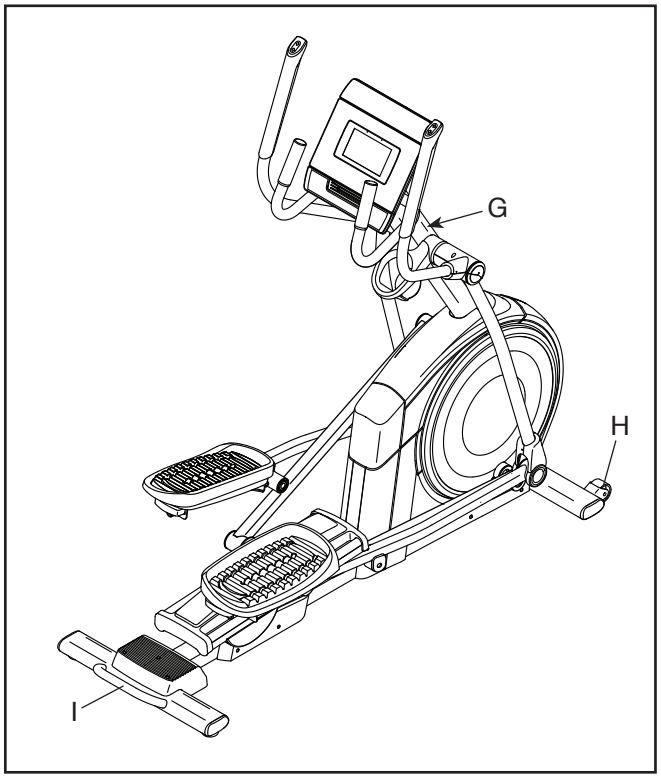
A temporary adapter (C) may be used to connect the power cord to a 2-pole receptacle (D) as shown at the right if a properly grounded outlet is not available.



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

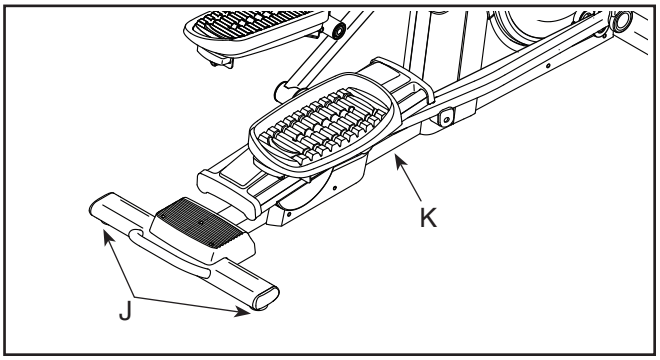
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical, hold the upright (G), and place one foot against one of the wheels (H). Next, pull on the upright and have a second person lift the handle (I) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



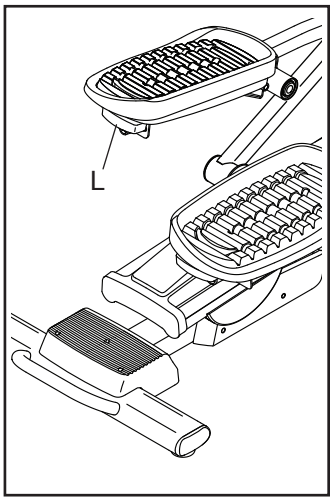
HOW TO LEVEL THE ELLIPTICAL

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



HOW TO ADJUST THE POSITIONS OF THE PEDALS

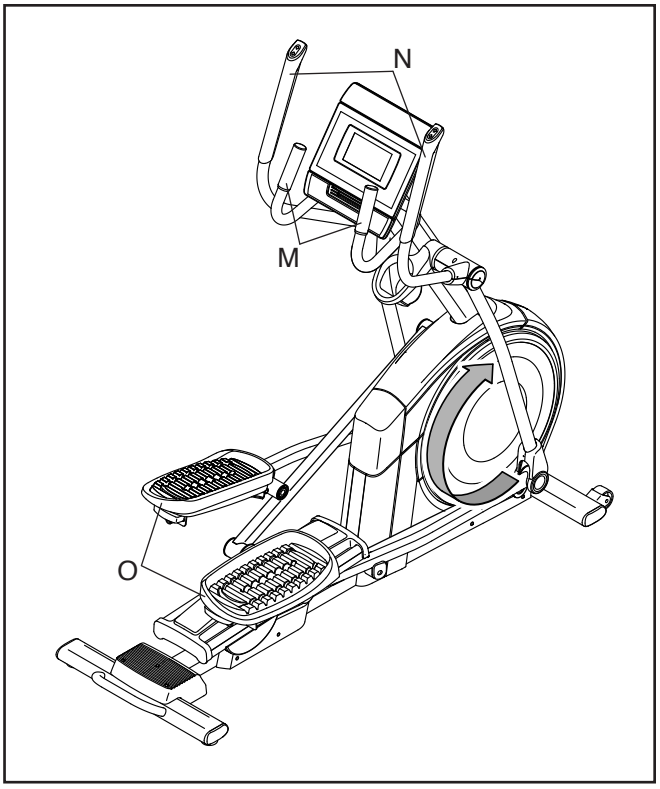
Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (L) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.



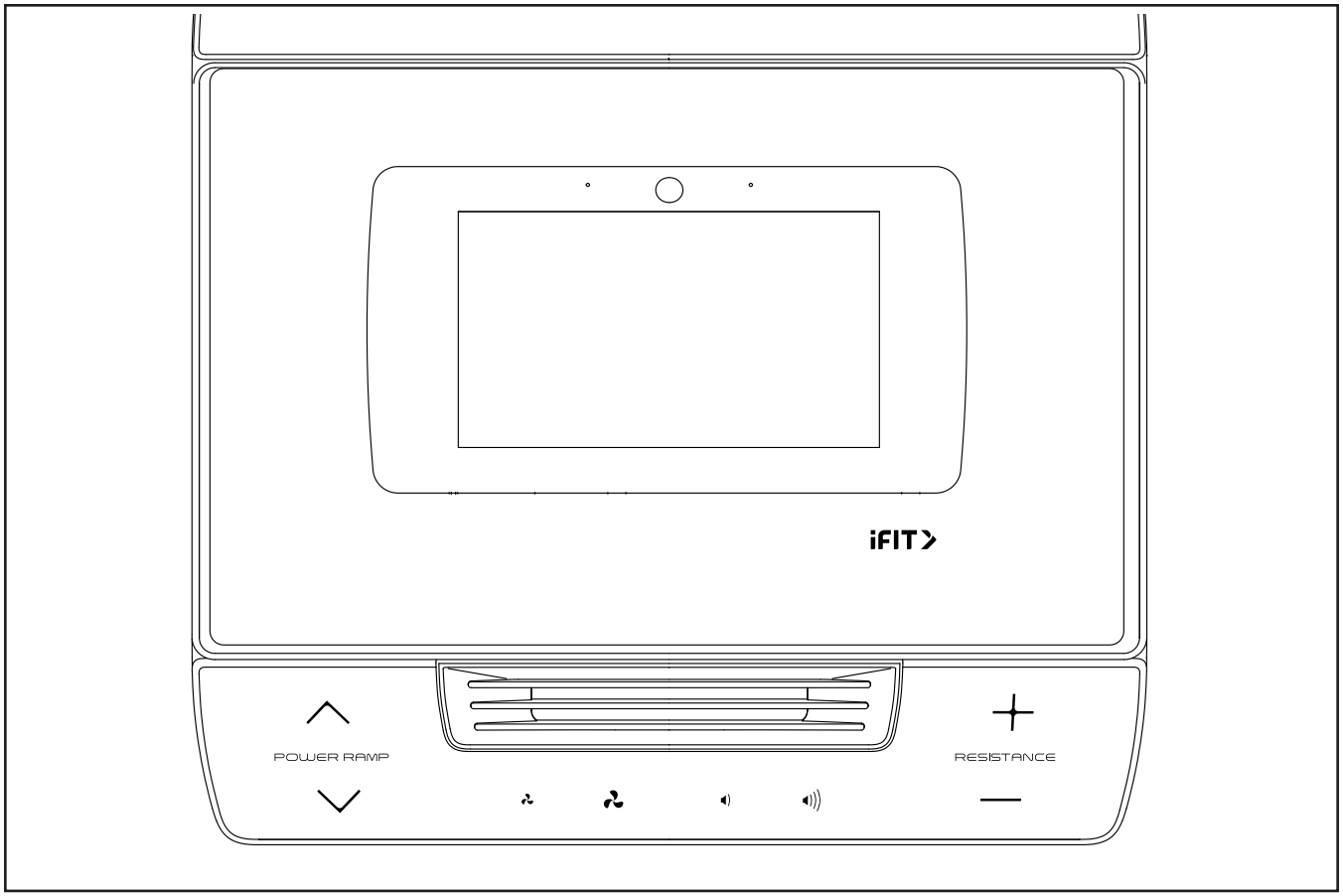
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars (M) or the upper body arms (N) and step onto the pedal (O) 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 (O) come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



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.

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

While you exercise, the console will display continuous exercise feedback. You can even monitor your heart rate using a compatible heart rate monitor. **See page 32 for information about purchasing a compatible heart rate monitor.**

The console also features wireless technology that enables the console to connect to iFIT®. With an iFIT subscription, you can access a large and varied library of thousands of destination and studio workouts, create your own workouts, track your workout results, and access many other features.

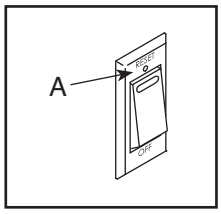
In addition, the console offers a rotating selection of featured workouts. Each workout automatically controls the resistance of the pedals and the incline of the frame as an iFIT trainer guides you through an effective exercise session.

To turn on and turn off the console, see page 22. **To learn how to use the touch screen,** see page 22. **To set up the console,** see page 23.

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



The console will then turn on and be ready for use. **Note: When you turn on the console for the first time, the incline system may calibrate automatically.** The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see step 7 on page 30 and manually calibrate the incline system.

HOW TO TURN OFF THE CONSOLE

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

HOW TO USE 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 elliptical 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 29.

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.**

   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 29.

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

5. **Calibrate the incline system.**

   Touch the menu button (three horizontal lines symbol), touch *Settings,* touch *Maintenance,* and then touch *Calibrate Incline*. The ramp will rise and lower as it calibrates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 29.

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 24. **To use a featured workout,** see page 25. **To create a draw-your-own-map workout,** see page 27. **To use an iFIT workout,** see page 28.

To change console settings, see page 29. **To connect to a wireless network,** see page 31.

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 22. **Note: It may take up to a few minutes for the console to be ready for use.**

2. **Select the home screen.**

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

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, touch the back button (arrow symbol) to return to the home screen.

3. **Get ready for the workout.**

   Touch *Manual Start* and begin pedaling. A warm-up period will begin.

   To use the fan, see page 32.

   To use a heart rate monitor, see page 32.

4. **Change the resistance of the pedals and the incline of the ramp as desired.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout.

   You can change the resistance of the pedals in the following ways:

   - Press the Resistance increase and decrease buttons on the console.
   - Press the Resistance increase and decrease buttons on the right handlebar.
   - Touch the resistance sliders on the screen.

   You can vary the motion of the pedals in the following ways.

   - Press the Ramp increase and decrease buttons on the console.
   - Press the Ramp increase and decrease buttons on the left handlebar.
   - Touch the incline sliders on the screen.

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

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

5. **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 Vol increase and decrease buttons.

6. **Pause or end the workout.**

   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.

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

   See HOW TO TURN OFF THE CONSOLE on page 22.

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 31).

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 22. **Note: It may take up to a few minutes 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 after the console boots up.

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, 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 as 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 28).

   To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 27.

   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. **Get ready for the workout.**

   Touch *Start Workout* and begin pedaling. A warm-up period will begin.

   To use the fan, see page 32.

   To use Bluetooth headphones, see page 32.

   To use a heart rate monitor, see page 32.

5. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout.

   During some workouts, an iFIT trainer 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 or the Ramp buttons (see step 4 on page 24).

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

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 settings.

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 or incline level of the ramp 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 HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 32).

To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 29.

To follow your progress with the display modes, see step 5 on page 24.

To pause or end the workout, see step 6 on page 24.

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

   See HOW TO TURN OFF THE CONSOLE on page 22.

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

To use a draw-your-own-map workout, you must be logged into your iFIT account (see step 3 on page 28) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 31).

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 22. **Note: It may take up to a few minutes 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 after the console boots up.

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, 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 a workout on the map.**

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

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

4. **Save the workout.**

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

5. **Get ready for the workout.**

   Touch *Start Workout* and begin pedaling. A warm-up period will begin.

   To use the fan, see page 32.

   To use Bluetooth headphones, see page 32.

   To use a heart rate monitor, see page 32.

6. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 5 on page 25).

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

   See HOW TO TURN OFF THE CONSOLE on page 22.

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 31).

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

   See HOW TO TURN ON THE CONSOLE on 22. **Note: It may take up to a few minutes for the console to be ready for use.**

2. **Select the home screen.**

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

   If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, 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 as 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 elliptical, 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. **Get ready for the workout.**

   Touch *Start Workout* and begin pedaling. A warm-up period will begin.

   To use the fan, see page 32.

   To use Bluetooth headphones, see page 32.

   To use a heart rate monitor, see page 32.

8. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 5 on page 25).

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

   See HOW TO TURN OFF THE CONSOLE on page 22.

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

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Firmware updates (see step 6) are always designed to improve your exercise experience. As a result, new settings and features may not be described in this manual. Also, some settings and features described in this manual may no longer be enabled. Take time to explore the console to learn how new settings and features work.

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

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 22). **Note: It may take up to a few minutes 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 after the console boots up. If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, 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 as 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 elliptical 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 elliptical, 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, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take up to 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. **Calibrate the incline system.**

   To calibrate the incline system, touch *Maintenance,* touch *Calibrate Incline,* and then touch *Begin*. The ramp will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

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

8. **Exit the settings main menu.**

   To exit the settings main menu, touch the back button (arrow symbol).

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 22). **Note: It may take up to a few minutes 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 after the console boots up. If a workout is selected, touch the screen and follow the prompts to end the workout and return to the home screen. If a settings menu is selected, 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 22.)

   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.

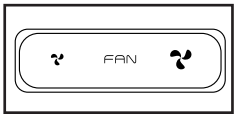
   Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

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

5. **Exit the wireless network menu.**

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

HOW TO USE THE FAN



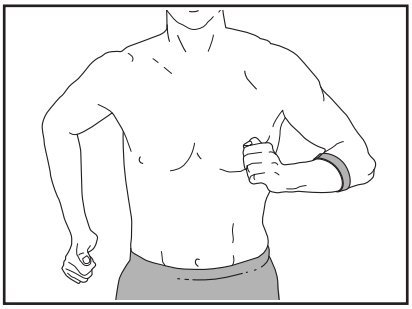
The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn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

HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, start a workout. Next, 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.

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. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

The console is compatible with all Bluetooth® Smart heart rate monitors.

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.

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: OMC425338.

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.**

TROUBLESHOOTING

Many problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, go to my.iFIT.com, scan the QR code at the right, or call 1-833-680-IFIT (1-833-680-4348).

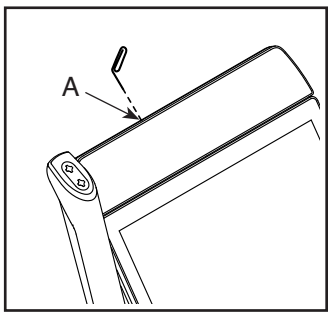
INCLINE SYSTEM TROUBLESHOOTING

If the ramp does not move to the correct incline level, see step HOW TO CHANGE CONSOLE SETTINGS on page 29 and calibrate the incline system.

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position. If there are exterior wires on the console, make sure that the connectors on the wires are oriented correctly and are connected firmly.

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.

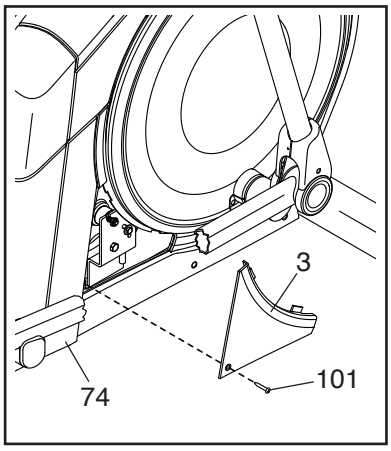


If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, press the power switch and unplug the power cord. Next, locate the small reset opening (A) on the top of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power cord and press the power switch. 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, press the power switch off and then on again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS page 29). **Note: It may take up to a few minutes for the console to be ready for use.**

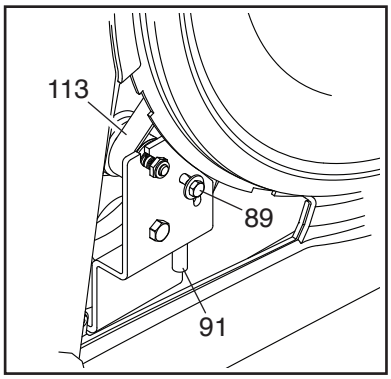
HOW TO ADJUST THE DRIVE BELT

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

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



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

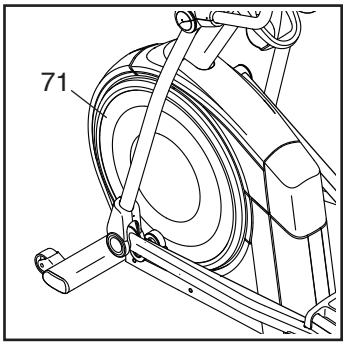


Reattach the parts that you removed. Then, plug in the power cord and press the power switch.

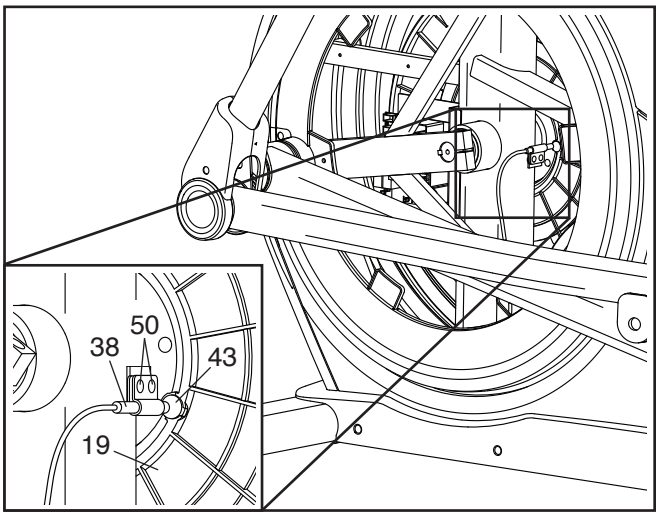
HOW TO ADJUST THE REED SWITCH

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

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



See the drawing below. Locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.



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

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

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

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.

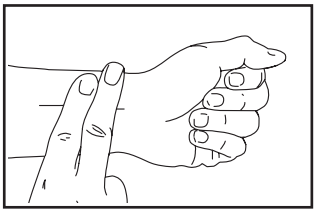
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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

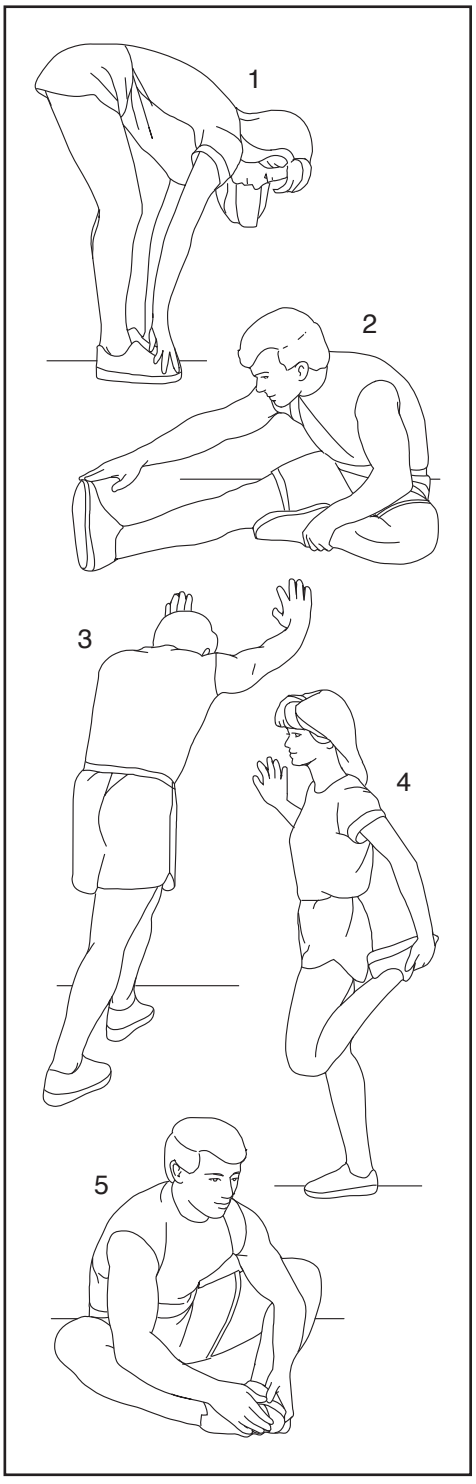
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. NTEL79823.2 R0823A

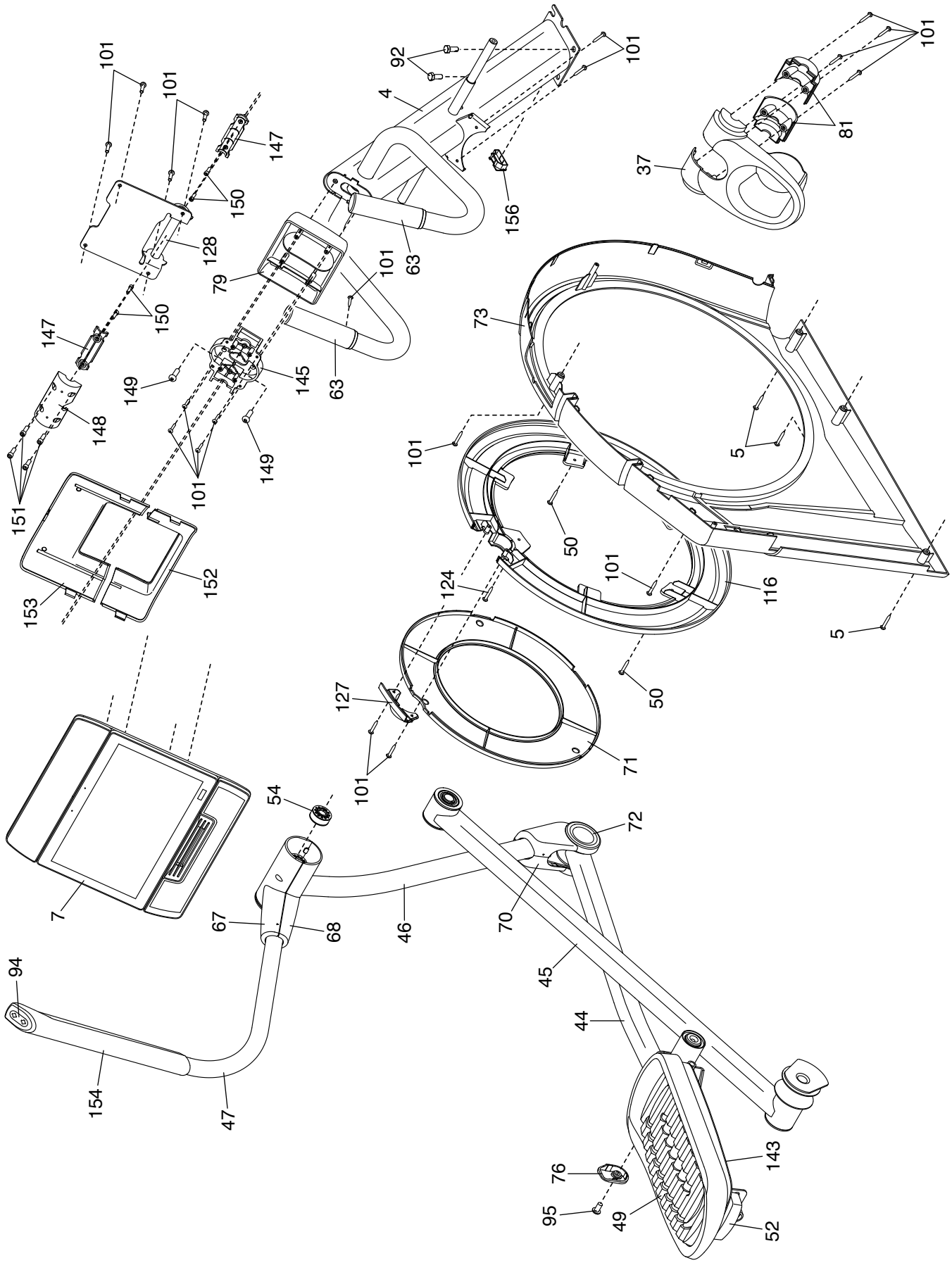
Key No.	Qty.	Description
1	1	Frame
2	1	Rear Stabilizer
3	1	Access Cover
4	1	Upright
5	13	M4 x 19mm Screw
6	1	Front Stabilizer
7	1	Console
8	2	Roller Guide
9	2	Crank Bearing Sleeve
10	1	Ramp Cover
11	1	Incline Motor
12	1	Left Motor Cover
13	1	Right Motor Cover
14	2	Motor Spacer
15	1	Rear Stabilizer Cover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

Key No.	Qty.	Description
101	53	M4 x 16mm Screw
102	2	M8 Locknut
103	2	M8 x 23mm Washer
104	2	M10 x 115mm Screw
105	2	M8 x 16mm Hex Screw
106	1	Lower Motor Cover
107	1	Crank Spacer
108	4	M6 x 13mm Screw
109	2	M10 x 58mm Bolt
110	1	Main Wire
111	1	Left Extension Wire
112	2	M4 x 19mm Self-tapping Screw
113	1	Drive Belt
114	1	Controller
115	4	Standoff
116	2	Disc Ring
117	1	Front Shield Cover
118	1	Rear Shield Cover
119	1	Power Cord
120	2	M8 x 20mm Flat Head Screw
121	2	Motor Bushing
122	1	Upper Motor Axle
123	2	Outer Arm Bearing
124	2	M4 x 16mm Machine Screw
125	8	M6 x 12mm Screw
126	2	M4 x 25mm Screw
127	2	Disc Bracket
128	1	Console Bracket
129	2	M8 x 22mm Washer
130	4	M4 x 12mm Screw
131	2	Adhesive Tape
132	1	Right Control Pad
133	2	Zip Tie
134	1	Right Hand Grip/Control Wire
135	2	M6 x 26mm Washer
136	1	Lower Rear Shield
137	1	Right Pedal Handle
138	2	Pedal Pin
139	2	Pedal Spring
140	2	M6 Acorn Nut
141	6	M6 Washer
142	1	Right Pedal Plate
143	1	Left Pedal Plate
144	2	M10 x 158mm Bolt
145	1	Pivot Bracket
146	1	Right Extension Wire
147	2	Inner Pivot Bushing
148	1	Bracket Mount
149	2	M8 x 30mm Screw
150	4	M4 x 10mm Machine Screw
151	4	M6 x 15mm Cap Screw
152	1	Lower Console Cover
153	1	Upper Console cover
154	1	Left Hand Grip/Control Wire
155	3	M4 x 18mm Machine Screw
156	1	Grommet
157	1	Upright Wire
158	2	Pivot Guide
159	2	Wire Clip
160	2	M4 x 10mm Screw
161	1	Eddy Mechanism Screw
162	6	M8 x 16mm Screw
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual

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.

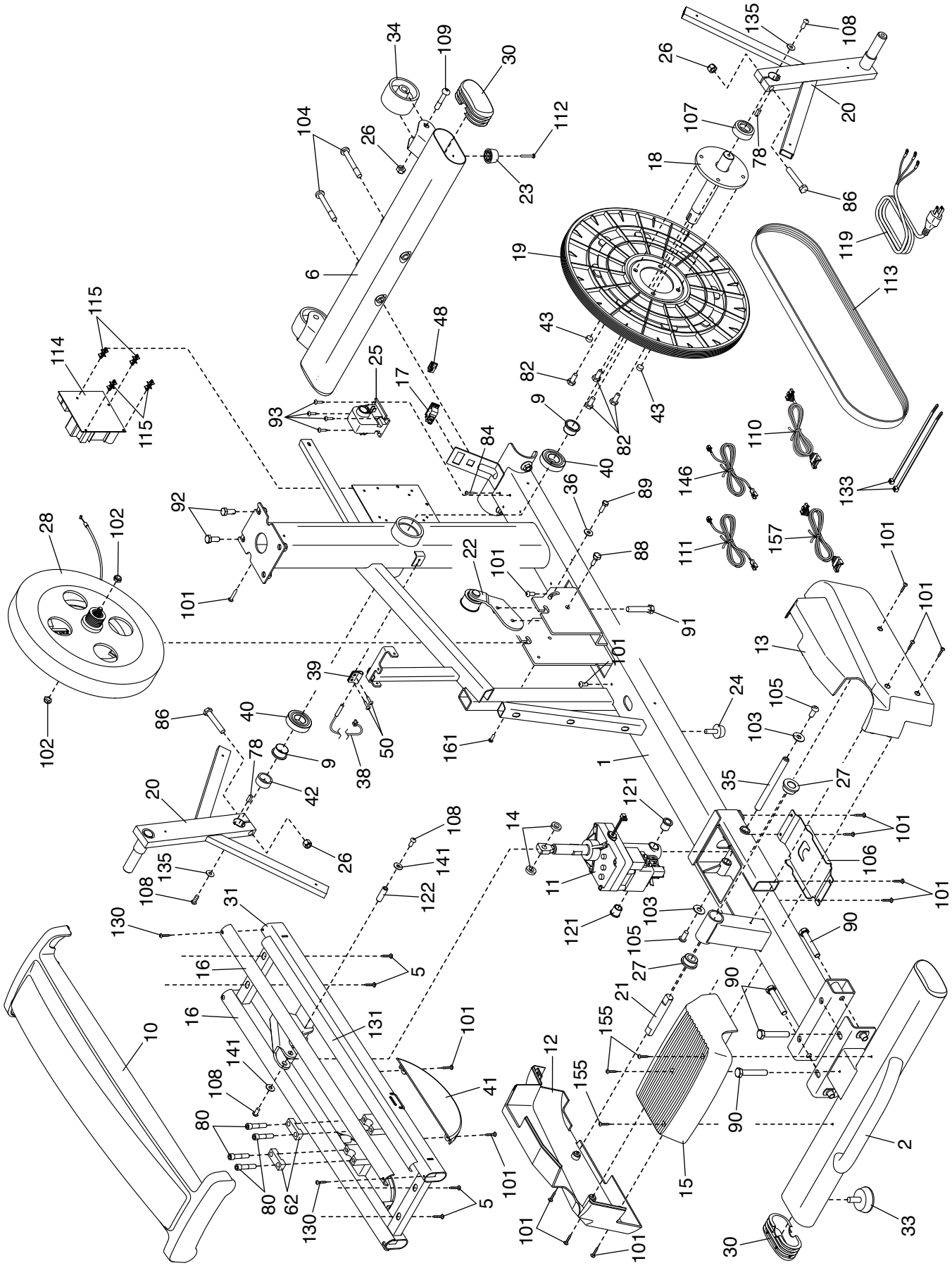
EXPLODED DRAWING A

Model No. NTEL79823.2 R0823A



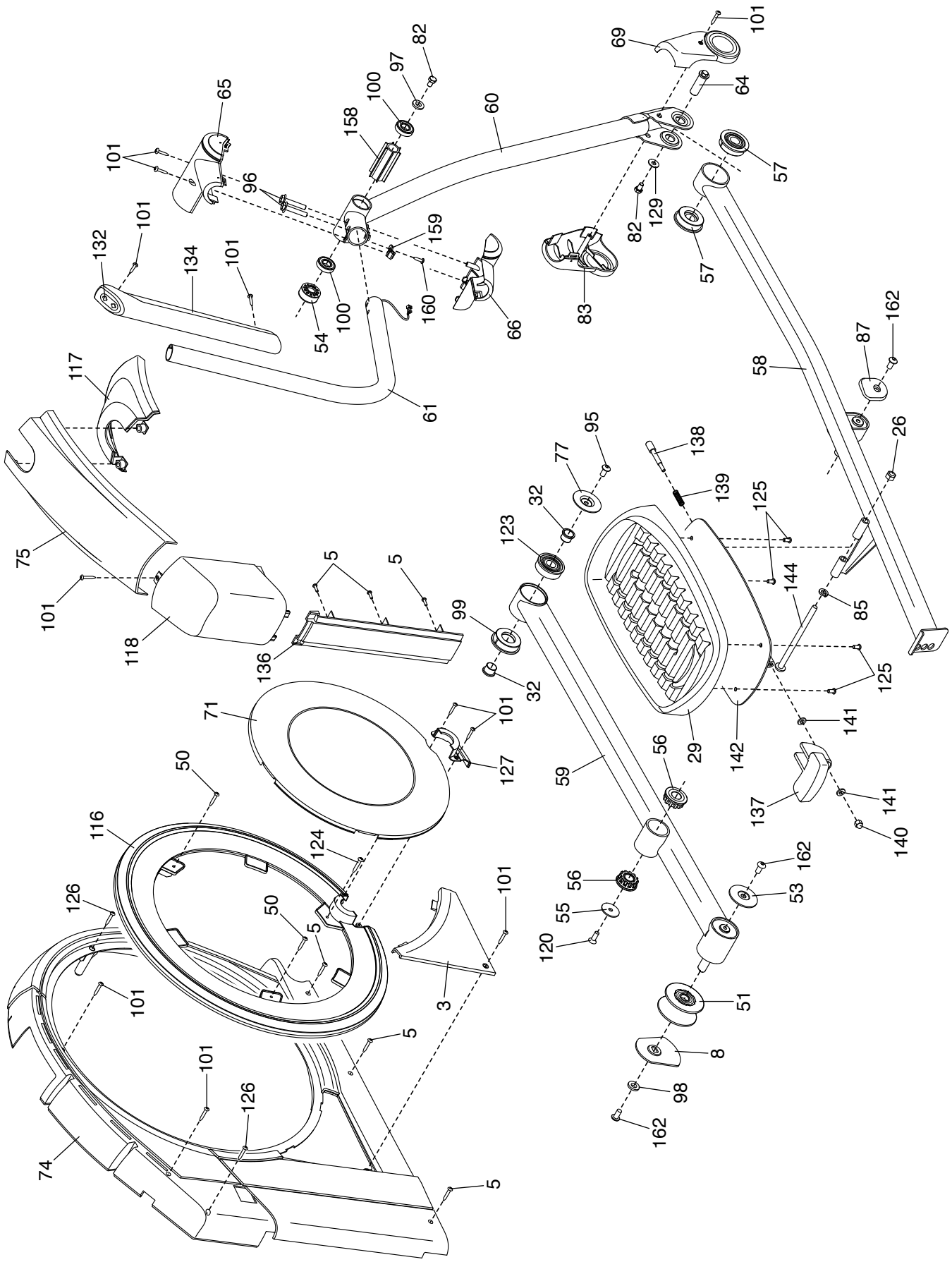
EXPLODED DRAWING B

Model No. NTEL79823.2 R0823A



EXPLODED DRAWING C

Model No. NTEL79823.2 R0823A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

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 that you receive this product. Parts are warranted for two (2) years from the date that you receive this product. Labor is warranted for one (1) year from the date that you receive this product.

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 of 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 go to my.iFIT.com. 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. 446498 R0823A

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