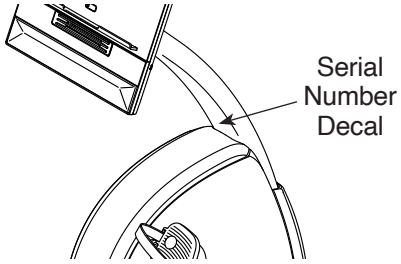
NordicTrack®

nordictrack.com

G LE RECUMBENT BIKE

Model No. NTEX99025.0
Serial No. _____

Write the serial number in the space above for reference.

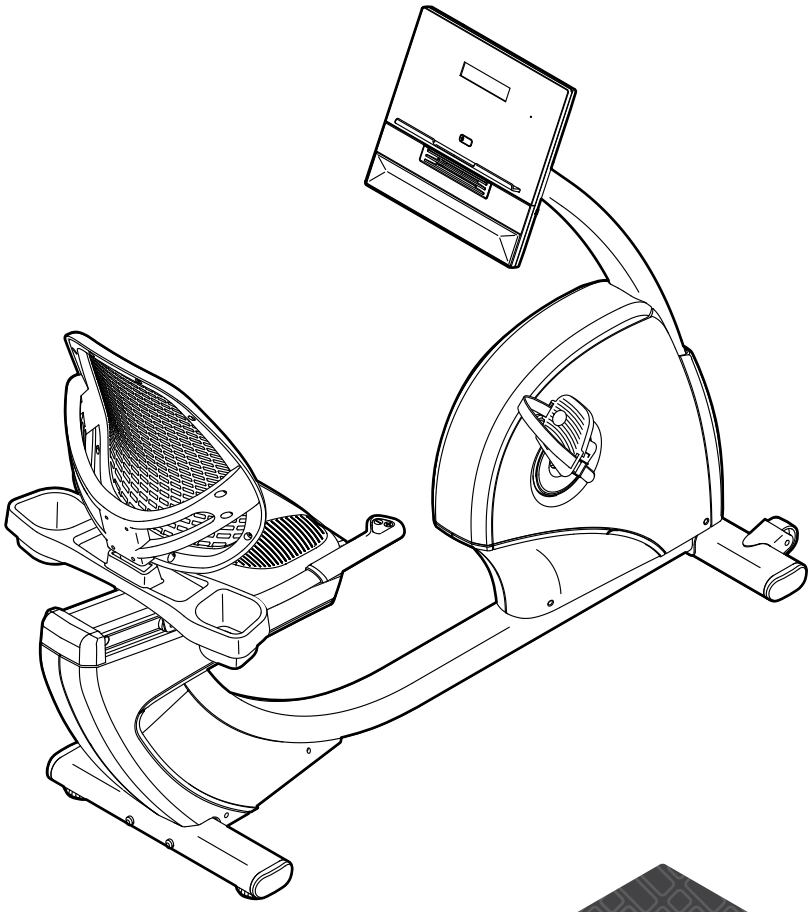


For service at any time, go to my.iFIT.com or scan the QR code below. DO NOT CONTACT THE STORE.

⚠ CAUTION

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

USER'S MANUAL



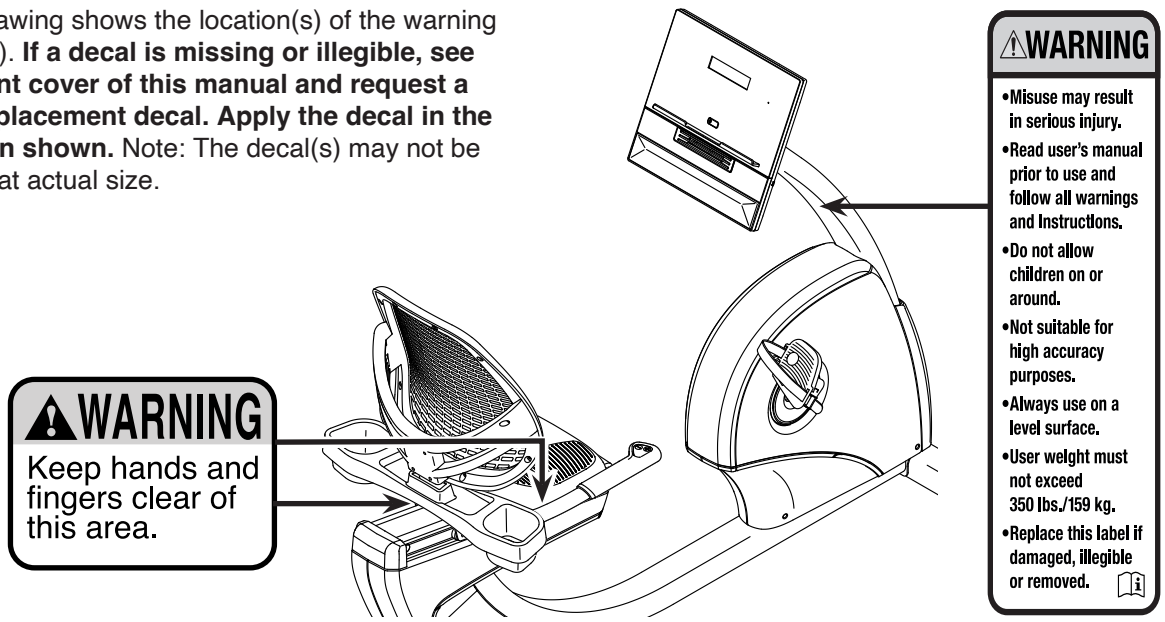
iFIT
MAKE YOUR FITNESS GOALS A REALITY
IFIT.COM

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WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

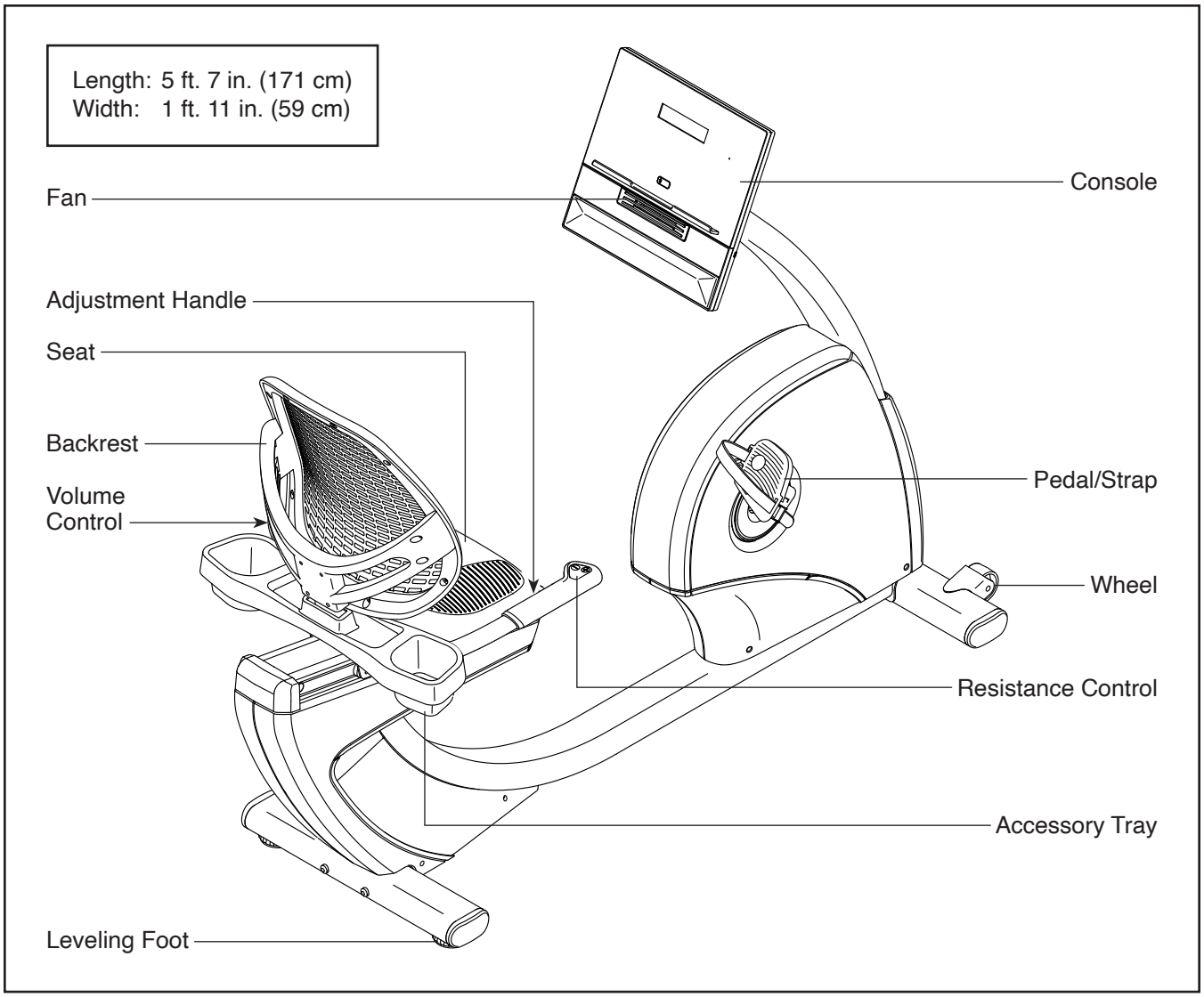
1. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
2. **Keep children under age 16 and pets away from the exercise bike at all times.**
3. **Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.**
4. **Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.**
5. **The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.**
6. **Use the exercise bike only as described in this manual.**
7. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
8. **Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.**
9. **Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.**
10. **Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.**
11. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
12. **The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).**
13. **Be careful when mounting and dismounting the exercise bike.**
14. **Always keep your back straight while using the exercise bike; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® G LE RECUMBENT BIKE. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The G LE RECUMBENT BIKE provides a large selection of features designed to make your workouts at home more effective and enjoyable.

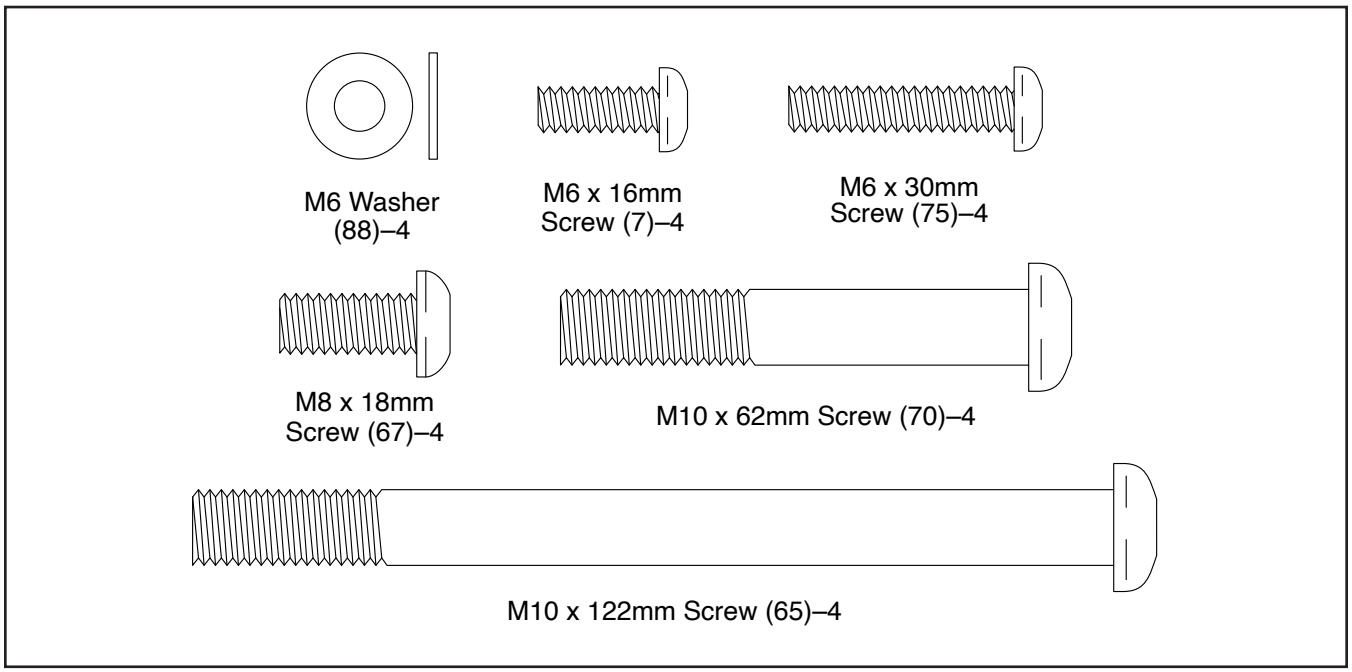
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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 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 after 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.**

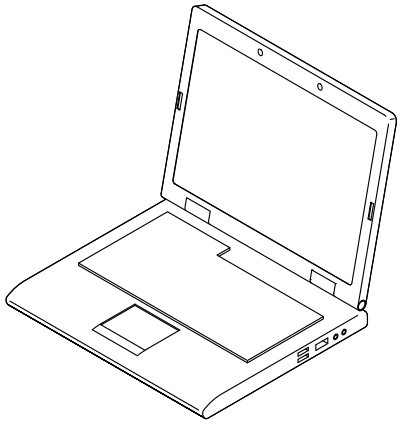


ASSEMBLY

- 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 5.
- Assembly can be completed using the included tools. Note: One or more of the included 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.proform.com on your computer and register your product.**
   - documents your ownership
   - activates your warranty
   - ensures priority customer support if assistance is ever needed

1

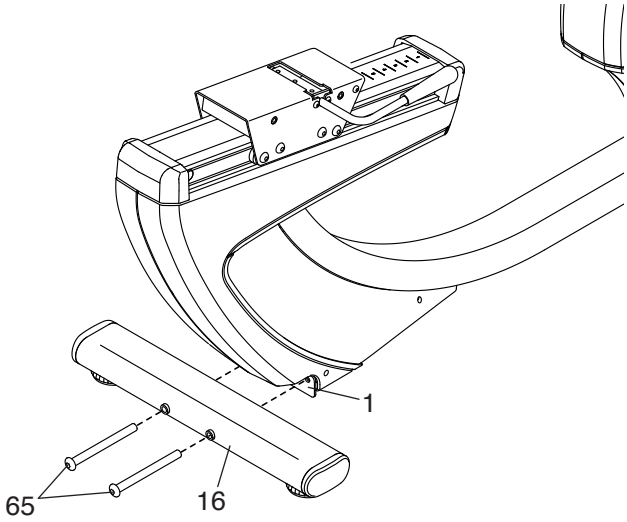


2. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Orient the Rear Stabilizer (16) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

   Then, remove the packing material.

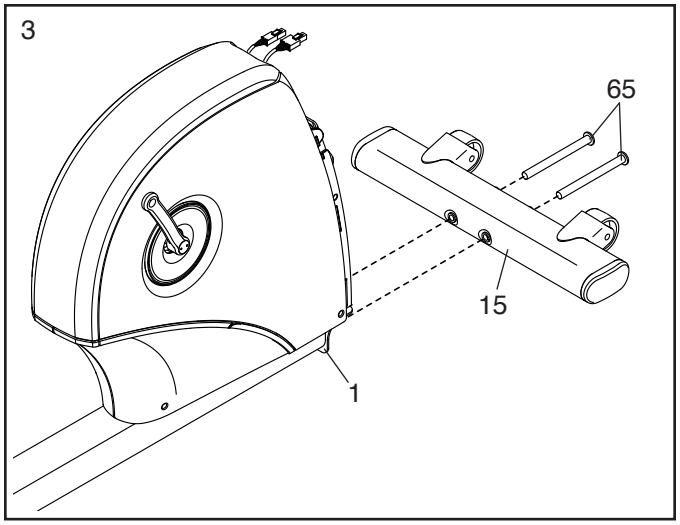
2



3. Set a sturdy piece of packing material under the front of the Frame (1).

   Orient the Front Stabilizer (15) as shown. Attach the Front Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

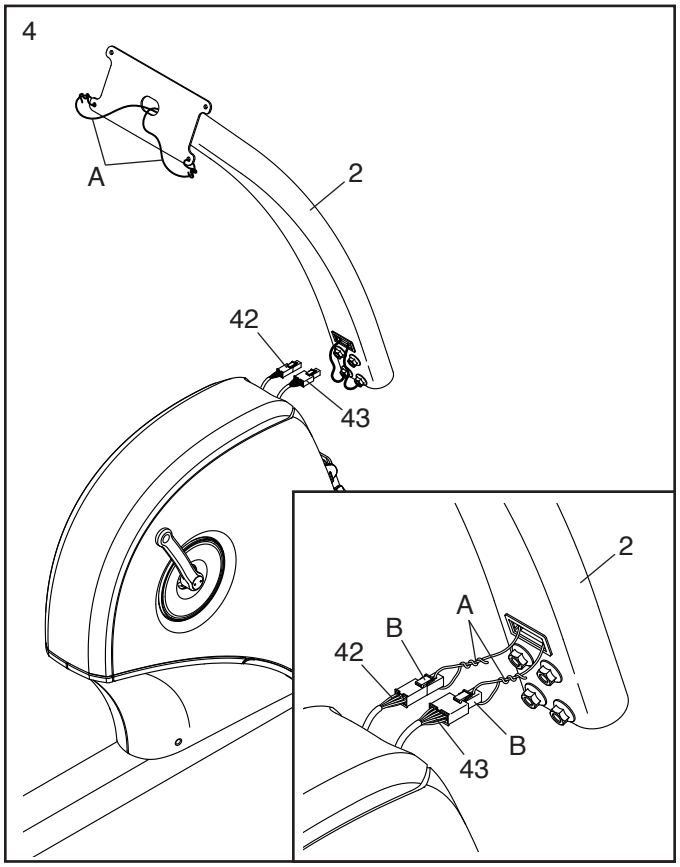
   Then, remove the packing material.



4. Have a second person hold the Upright (2) near the front of the exercise bike.

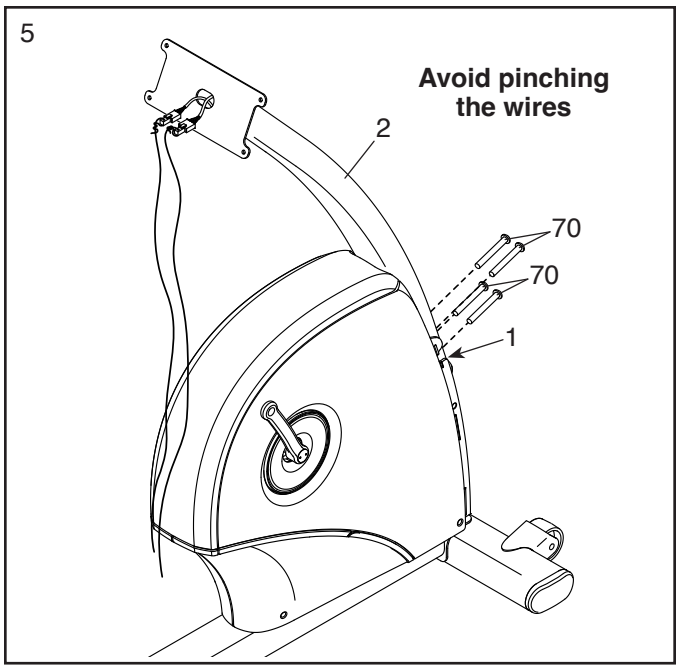
   See the inset drawing. Locate the two wire ties (A) in the Upright (2). Tie the wire ties through the wire pulls (B) on the Control Wire (42) and the Main Wire (43). Then, insert the connectors on the Wires into the Upright.

   Then, pull the upper ends of the wire ties (A) until the Wires (42, 43) are routed through the Upright (2).

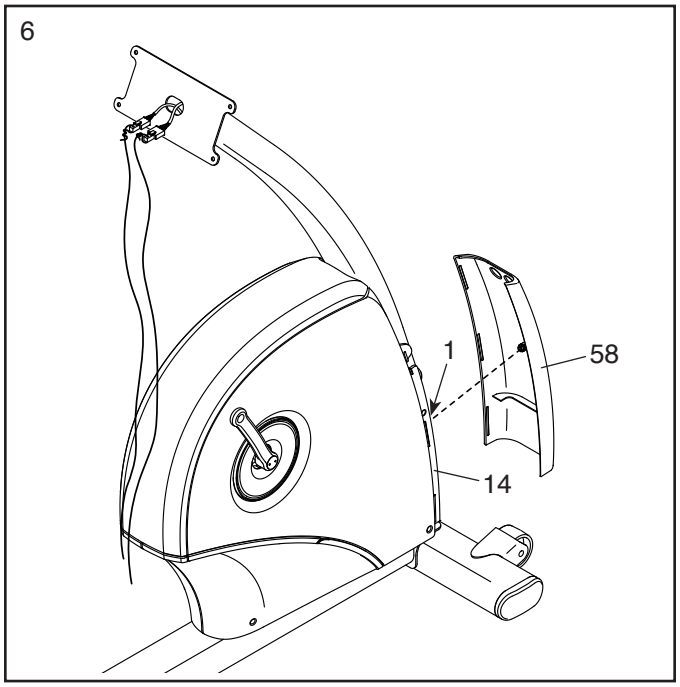


5. **Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

   Attach the Upright (2) with four M10 x 62mm Screws (70); **start all four Screws, and then tighten them.**



6. Press the Front Shield (58) onto the Frame (1) and onto the Right Front Shield (14) and the Left Front Shield (not shown).

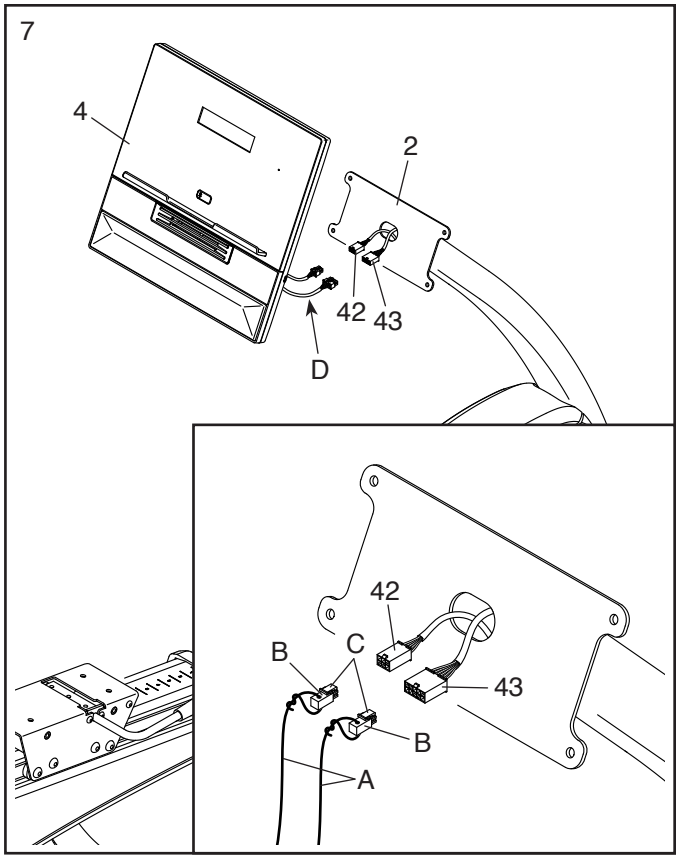


7. **See the inset drawing.** Grip the connector on the end of the Main Wire (43). Then, press the small latch (C) on the wire pull (B), and remove the wire pull. Then, remove the wire pull (B) from the Control Wire (42). **Discard the wire pulls and the wire ties (A).**

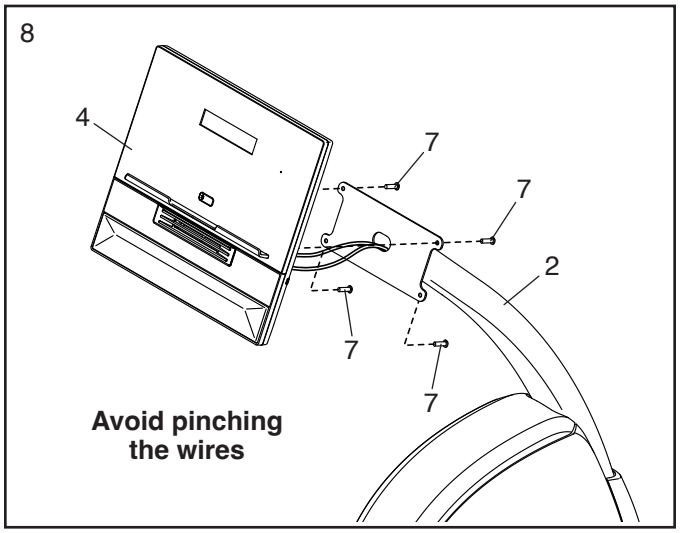
   While a second person holds the Console (4) near the Upright (2), connect the Main Wire (43) and the Control Wire (42) to the console wires (D).

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

   Then, insert the connectors and the excess wire into the Upright (2).

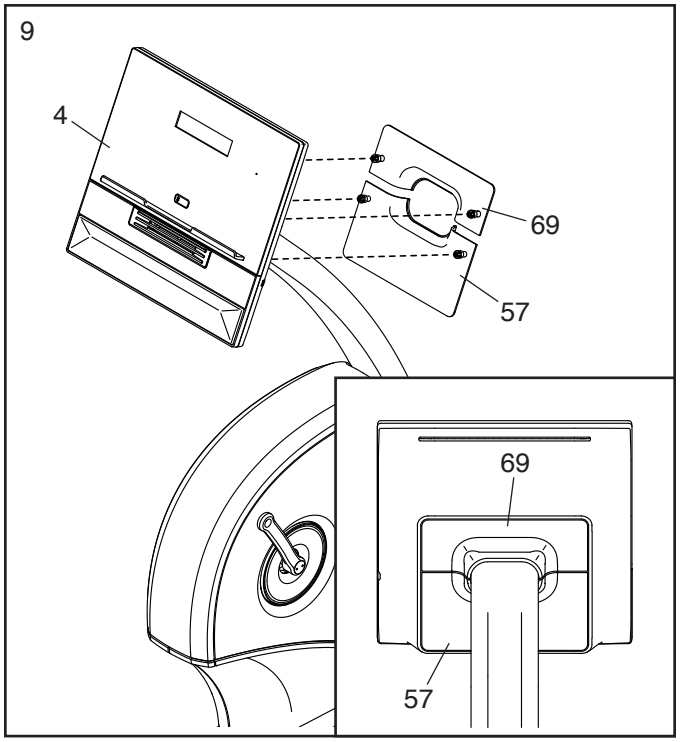


8. **Avoid pinching the wires.** Attach the Console (4) to the Upright (2) with four M6 x 16mm Screws (7); **start all four Screws, and then tighten them.**



9. Orient the Lower Console Cover (57) as shown, and press it onto the back of the Console (4).

   Then, orient the Upper Console Cover (69) as shown, and press it onto the back of the Console (4).

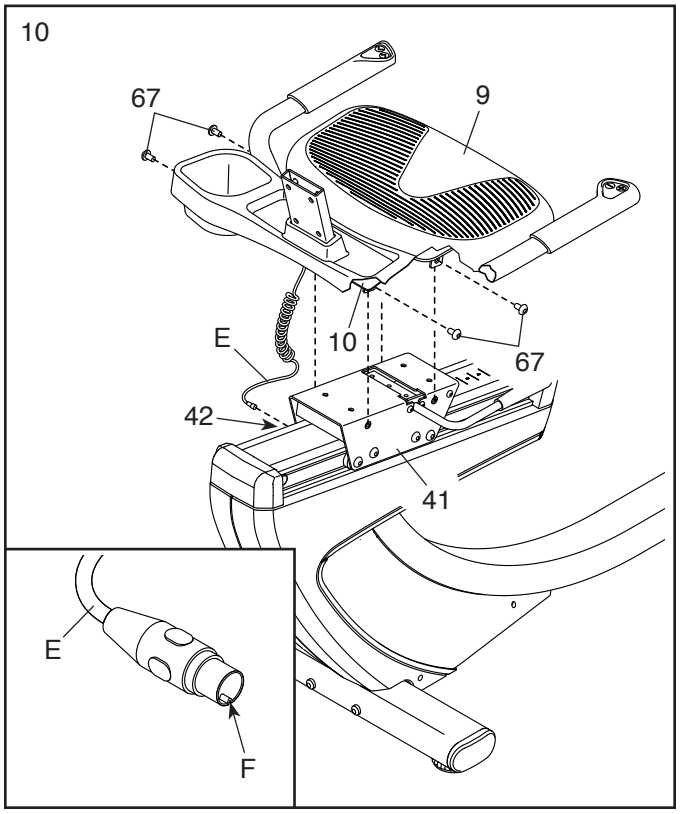


10. Attach the Seat Frame (10) and the attached Seat (9) to the Seat Carriage (41) with four M8 x 18mm Screws (67); **start all four Screws, and then tighten them.**

    Next, locate the wire (E) on the seat assembly.

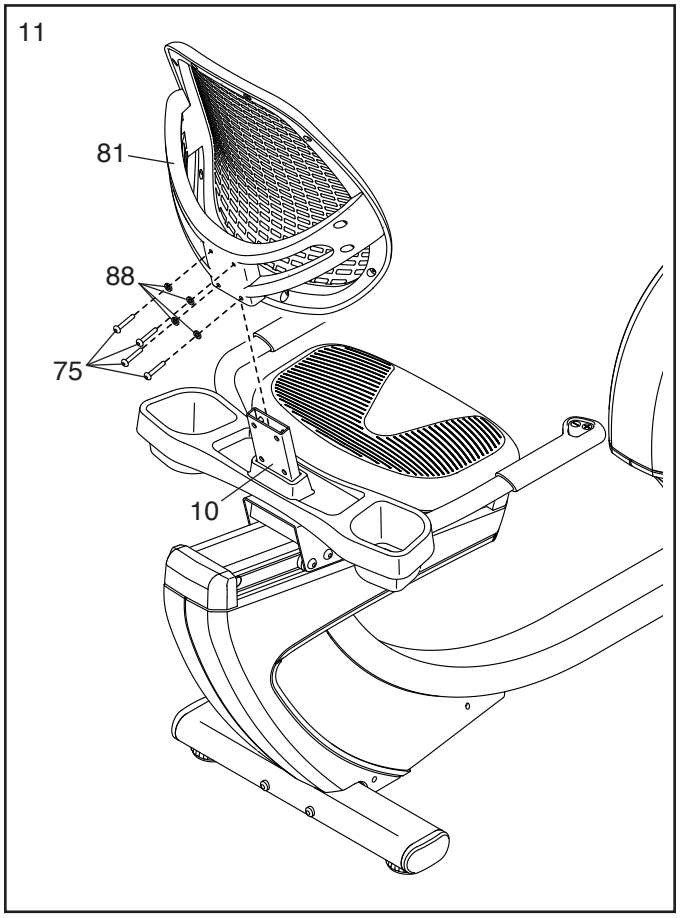
    See the inset drawing. Rotate the connector on the wire (E) so that the "V"-shaped indentation (F) is at the bottom.

    Then, plug the wire (E) fully into the Control Receptacle (42) on the left side of the exercise bike.



11. Slide the Backrest Frame (81) onto the Seat Frame (10).

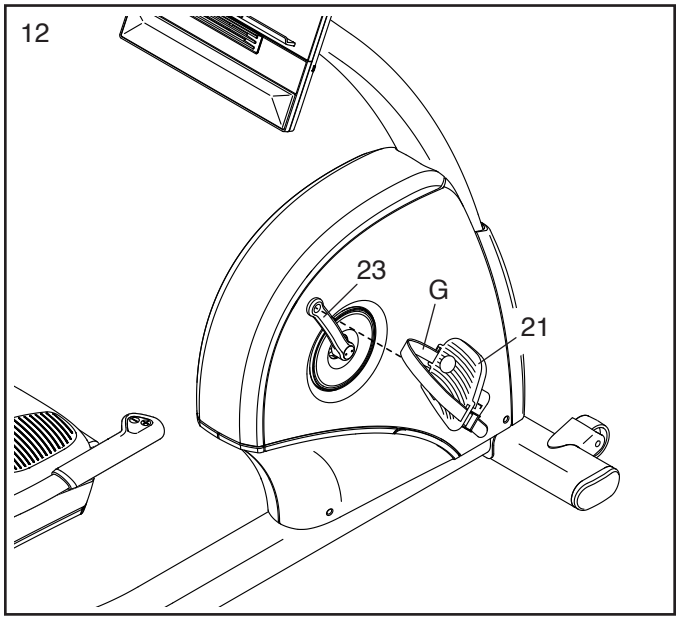
    Attach the Backrest Frame (81) with four M6 x 30mm Screws (75) and four M6 Washers (88); **start all four Screws, and then tighten them.**



12. Identify the Right Pedal (21). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (23). Then, use an adjustable wrench to **FIRMLY TIGHTEN** the Right Pedal.

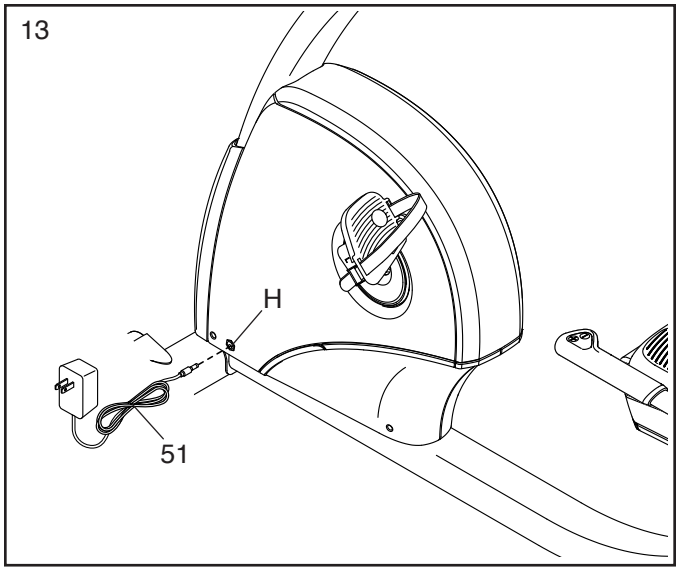
    Repeat this step with the Left Pedal (not shown). IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.

    To adjust the pedal straps (G), see HOW TO ADJUST THE PEDAL STRAPS on page 13.



13. Plug the Power Adapter (51) into the receptacle (H) on the left side of the exercise bike.

    Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.

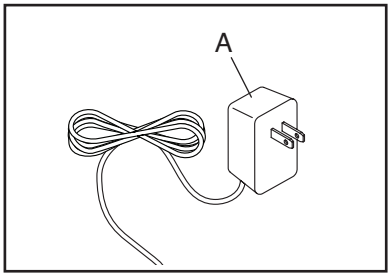


14. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

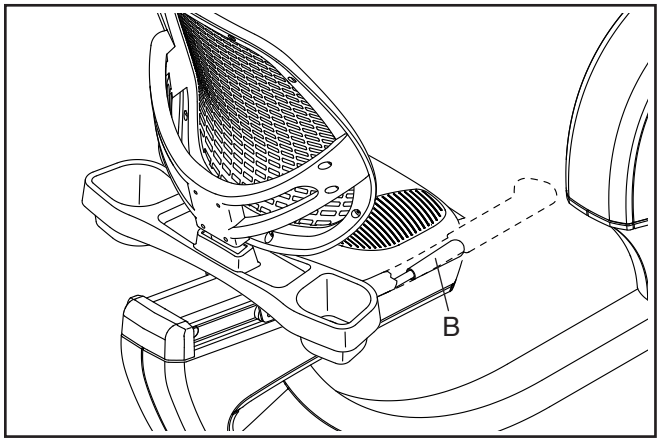
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.



Plug the power adapter (A) into the receptacle on the front of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

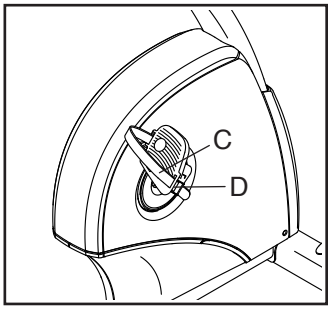
HOW TO ADJUST THE SEAT

To adjust the seat forward or backward, push downward on the seat handle (B), slide the seat to the desired position, and then pull upward on the seat handle to lock the seat in place.



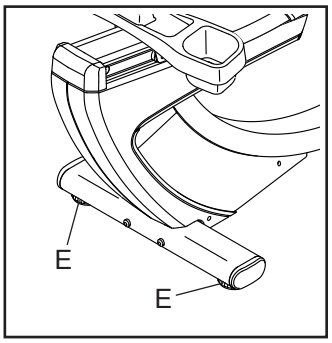
HOW TO ADJUST THE PEDAL STRAPS

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

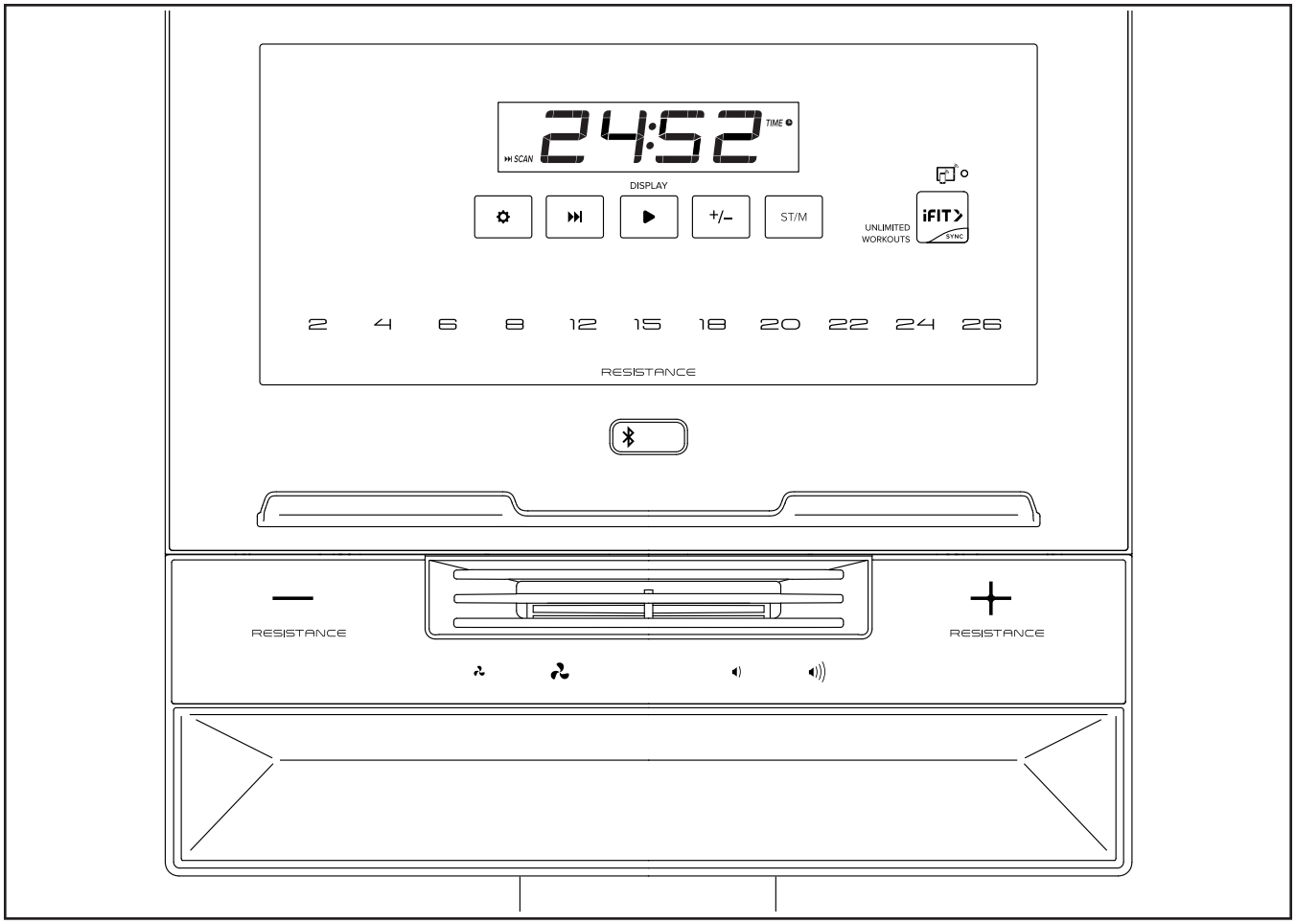


HOW TO LEVEL THE EXERCISE BIKE

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



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate when you use a compatible heart rate monitor (see page 21).

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

You can also use the charging port on the console to charge your USB-C compatible device while you exercise (see page 20).

To use the manual mode, see page 15. **To use an iFIT workout,** see page 17. **To change console settings,** see page 18.

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

HOW TO USE THE MANUAL MODE

1. **Turn on the console.**

   To turn on the console, press any button on the console or simply begin pedaling.

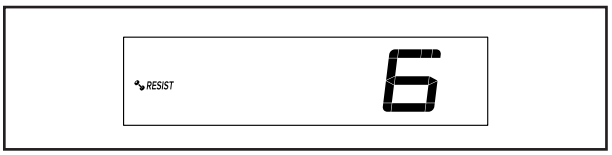
2. **Get ready for the workout.**

   To use the fan, see page 20.

   To use the sound system, see page 20.

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

   To change the resistance of the pedals as you exercise, press one of the numbered Resistance buttons or press the Resistance increase and decrease buttons.



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

4. **Follow your progress with the display.**

   The display can show the following workout information:

   Calories (CALS)—The approximate number of calories you have burned.

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

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

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

   Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see page 21).

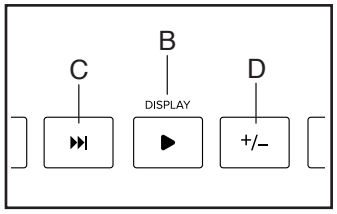
   Resistance (RESIST)—The resistance level of the pedals.

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

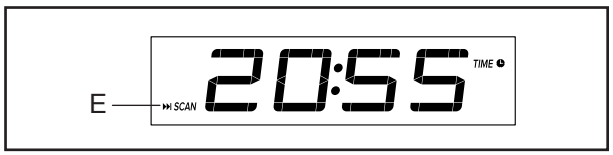
   Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/M button.

   Time—The elapsed time.

   Press the Display button (B) repeatedly to view the desired workout information in the display.



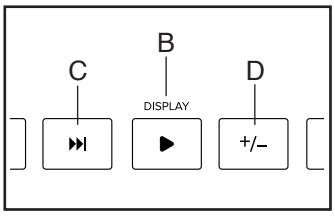
   Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. To turn on the scan mode, press the Scan button (C); the scan indicator (E) and the word SCAN will turn on in the display.



   To manually advance the scan cycle, press the Scan button (C) repeatedly.

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

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



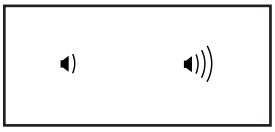
To customize the scan mode, first press the Display button (B) repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

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

Then, press the Scan button (C) to turn on the scan mode.

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

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



5. **Pause or end the workout.**

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

   To end the workout, simply stop pedaling and wait for a few minutes for the console display to reset.

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

   If the pedals are not moved and the console buttons are not pressed for a few seconds, the console will pause.

   If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

   Note: The console features a demo mode designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on pages 18 and 19.

HOW TO USE AN IFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth® connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. **Download and install the iFIT app on your smart device.**

   On your iOS® or Android™ smart device, open the App Store℠ or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

   Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

   Take time to explore the iFIT app and learn about its features and settings.

2. **Get ready for the workout.**

   To use the fan, see page 20.

   To use the sound system, see page 20.

   To use an optional heart rate monitor, see page 21. Note: If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.**

3. **Connect your smart device to the console.**

   Press the iFIT Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console.

   When a connection is established, the LED on the console will turn solid blue or the Bluetooth symbol will appear in the display.

4. **Select an iFIT workout.**

   In the iFIT app, 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 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.

   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.

5. **Start the workout.**

   Touch *Start Workout* 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.

   If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console.

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

   Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

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

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

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

7. **Disconnect your smart device from the console.**

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT Sync button on the console until the LED on the console turns solid green or the Bluetooth symbol disappears from the display.

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

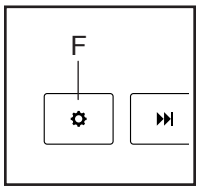
6. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 16.

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

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



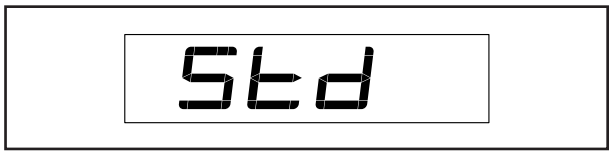
2. **Navigate the settings mode.**

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

3. **Change settings as desired.**

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

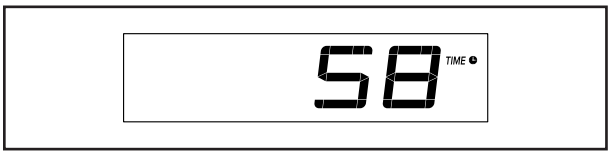
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/M button repeatedly. To view workout information in standard units, select STD.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



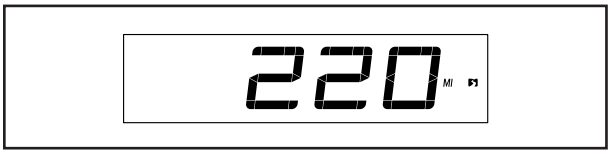
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

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

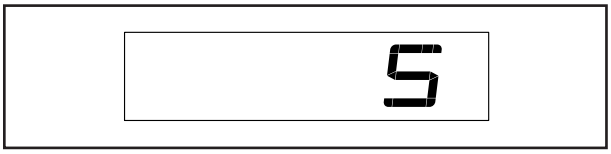
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the exercise bike has been used.



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



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

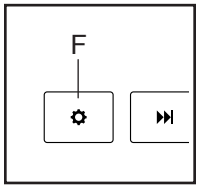


Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not become inactive and the display will not be reset when you finish exercising.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



4. **Exit the settings mode.**

Press the settings button (F) to exit the settings mode.

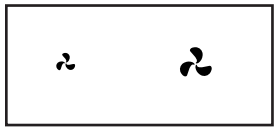


HOW TO USE THE CHARGING PORT

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 charging port on the right side of the console and into the receptacle on your device; **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 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 the pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

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

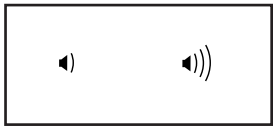
HOW TO USE THE SOUND SYSTEM

1. **Make sure that your device's Bluetooth setting is turned on, and hold your device near the console.**

2. **Press and hold the Bluetooth Audio button on the console for 3 seconds.**

   A tone will sound and the Bluetooth button will begin flashing to indicate that the console has entered pairing mode.

3. **Pair your device to the console.**

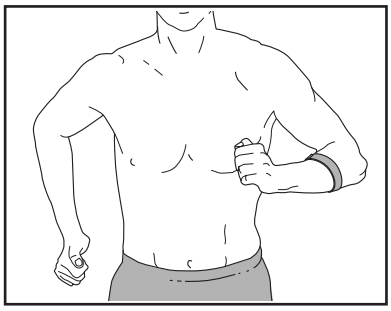
   Once your device and the console pair successfully, the audio from your device will play through the console speakers. To adjust the volume, press the volume increase and decrease buttons on the console or the use the volume control on your personal audio player.

   Note: The console can save multiple devices in its memory. If you have previously paired your device to the console, you can simply press the Bluetooth Audio button to connect your device to the console.

4. **Erase the console's device memory if necessary.**

   If you need to erase all of the Bluetooth-enabled devices saved in the console's memory, press and hold the Bluetooth Audio button for 10 seconds

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.

To connect your Bluetooth Smart heart rate monitor to the console, press the iFIT Sync button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the LED on the console will flash red twice. Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFIT Sync button on the console until the LED on the console turns solid green. Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

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: OMCBMD1.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

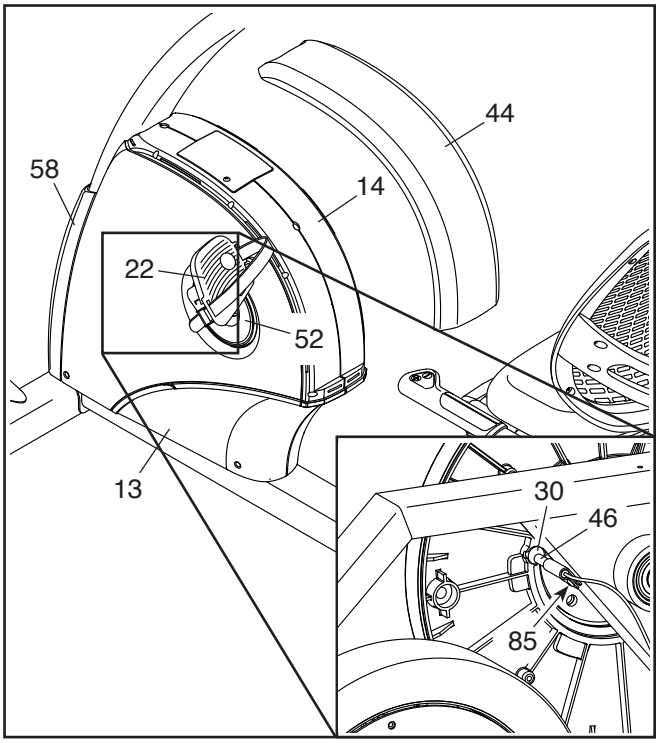
TROUBLESHOOTING

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).

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.**

See the drawing at the right. Use an adjustable wrench to turn the Left Pedal (22) **clockwise** and remove it. Then, use a standard screwdriver to carefuly pry the Shield Disc (52) out of the Left Front Shield (13).



Next, carefuly pry the Top Shield (44) and the Front Shield (58) off the exercise bike. Next, remove all of the Screws (not shown) from the Left and Right Front Shields (13, 14); **make sure to note which Screw you remove from each hole.** Then, carefully remove the Left Front Shield.

Next, locate the Reed Switch (46). Push the Left Pedal (22) around until a Pulley Magnet (30) is aligned with the Reed Switch. Then, loosen the indicated M4 x 19mm Tek Screw (85), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screws.

Plug in the power adapter and push the pedals around for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, unplug the power adapter and reattach the parts that you removed.

CONSOLE TROUBLESHOOTING

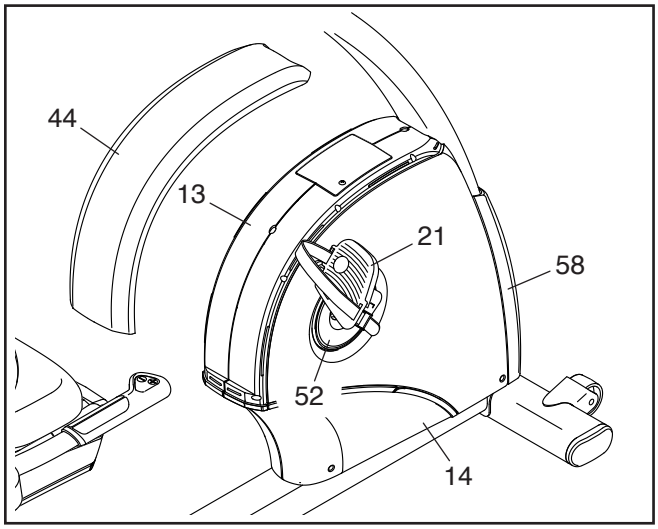
If the console does not turn on, make sure that the power adapter is fully plugged in.

If a replacement power adapter is needed, see TROUBLESHOOTING on page 23 to purchase one. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

HOW TO ADJUST THE DRIVE BELT

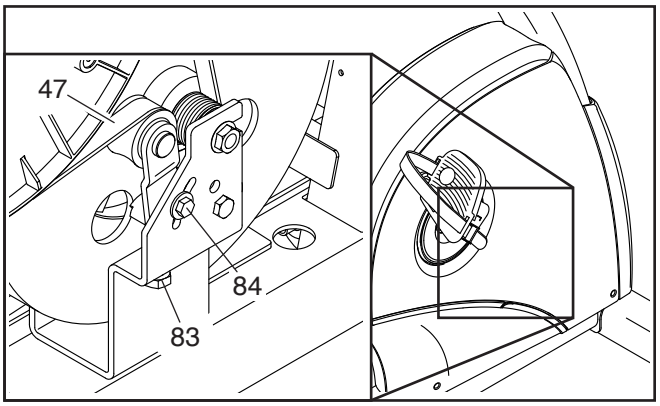
If the pedals slip while you are pedaling, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power adapter.**

Next, use an adjustable wrench to turn the Right Pedal (21) counterclockwise and remove it. Then, use a standard screwdriver to carefuly pry the Shield Disc (52) out of the Right Front Shield (14).



Next, use a standard screwdriver to carefuly pry the Top Shield (44) and the Front Shield (58) off the exercise bike. Next, remove all of the Screws (not shown) from the Left and Right Front Shields (13, 14); **make sure to note which Screw you remove from each hole.** Then, carefully remove the Right Front Shield.

Next, loosen the M6 x 20mm Hex Screw (84). Then, tighten the M10 x 50mm Hex Screw (83) until the Drive Belt (47) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.



When the drive belt is correctly adjusted, reattach the parts that you removed.

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.

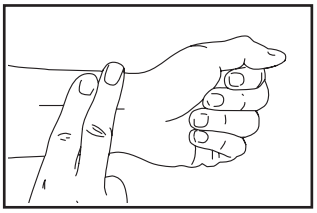
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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.

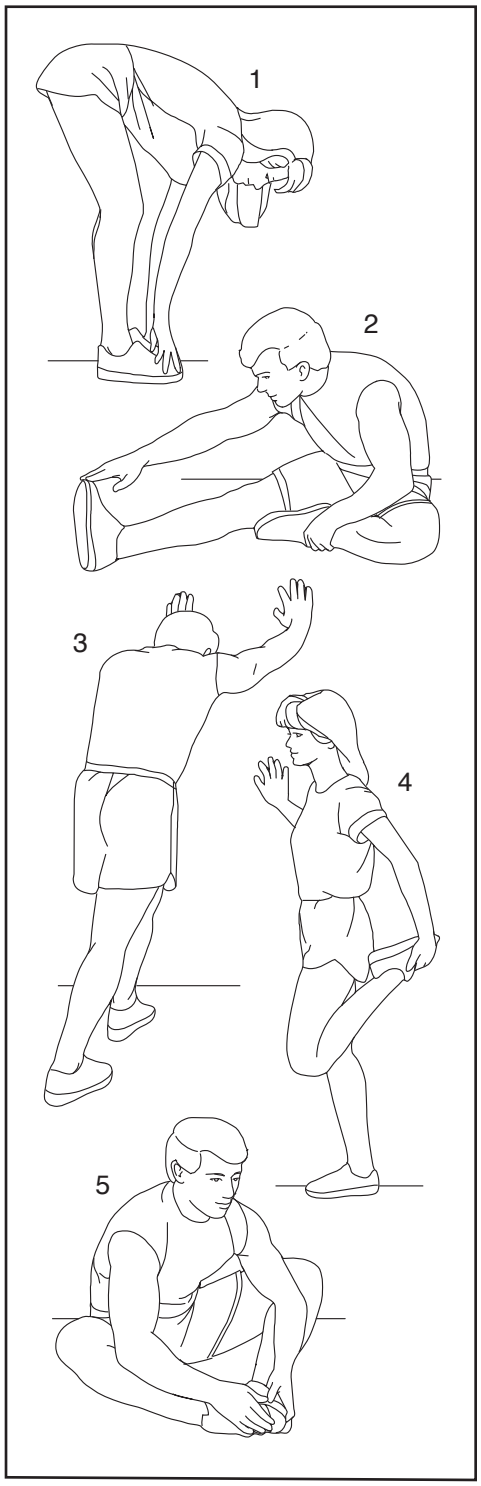
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

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. NTEX99025.0 R0724B

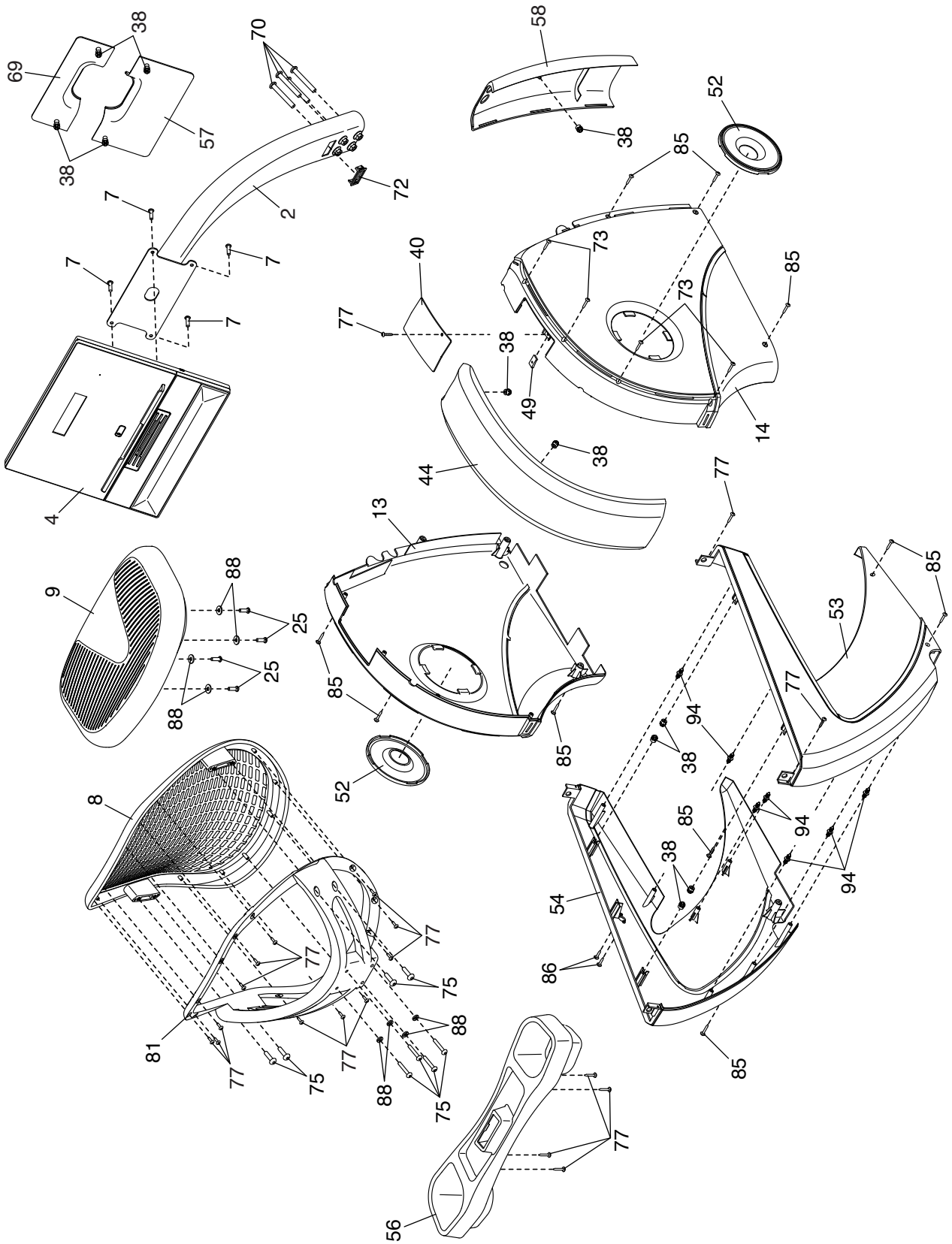
Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	2	Foot
4	1	Console
5	1	Rail
6	1	Adjustment Bar
7	4	M6 x 16mm Screw
8	1	Backrest
9	1	Seat
10	1	Seat Frame/Wire
11	1	Seat Frame Cap
12	1	Brake Block
13	1	Left Front Shield
14	1	Right Front Shield
15	1	Front Stabilizer
16	1	Rear Stabilizer
17	2	Wheel
18	1	Brake
19	2	Leveling Foot
20	1	Power Receptacle/Wire
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Right Crank Arm
24	1	Left Crank Arm
25	4	M6 x 18mm Screw
26	1	Adjustment Bar Handle
27	1	Handle Bracket
28	2	Large Snap Ring
29	1	Pulley
30	2	Pulley Magnet
31	1	Crank
32	1	Brake Axle
33	2	Crank Bearing
34	1	Eddy Mechanism
35	2	Mechanism Spacer
36	1	Front Rail Cover
37	1	Resistance Motor
38	15	Mushroom Fastener/Screw
39	1	Idler
40	1	Access Cover
41	1	Seat Carriage
42	1	Control Wire/Receptacle
43	1	Main Wire
44	1	Top Shield
45	1	Clamp
46	1	Reed Switch/Wire
47	1	Drive Belt
48	4	Stabilizer Cap
49	1	Clip Nut
50	2	Flange Screw
51	1	Power Adapter
52	2	Shield Disc
53	1	Right Rear Shield
54	1	Left Rear Shield
55	8	Carriage Bearing
56	1	Accessory Tray
57	1	Lower Console Cover
58	1	Front Shield
59	8	Carriage Bushing
60	2	Rail Rod
61	1	M6 x 20mm Shoulder Screw
62	4	Rod Cap
63	2	Brake Spacer
64	7	M6 x 14mm Screw
65	4	M10 x 122mm Screw
66	2	Wheel Bolt
67	4	M8 x 18mm Screw
68	1	M6 Large Washer
69	1	Upper Console Cover
70	4	M10 x 62mm Screw
71	2	M6 x 15mm Bright Screw
72	1	Grommet
73	4	M4 x 25mm Screw
74	8	M8 x 30mm Bolt
75	8	M6 x 30mm Screw
76	1	M8 x 25mm Hex Screw
77	19	M4 x 16mm Screw
78	4	M8 x 18mm Screw
79	1	M4 x 16mm Bright Screw
80	4	Rail Screw
81	1	Backrest Frame
82	4	M4 x 12mm Flange Screw
83	1	M10 x 50mm Hex Screw
84	1	M6 x 20mm Hex Screw
85	16	M4 x 19mm Tek Screw
86	2	#6 x 12mm Screw
87	2	M10 Locknut
88	8	M6 Washer
89	12	M8 Jam Nut
90	1	Rear Rail Cover

Key No.	Qty.	Description
91	8	M8 Split Washer
92	2	Crank Cap
93	1	Barrel Nut
94	7	Tree Fastener
95	2	M10 Flange Nut
96	2	M6 Split Washer
97	1	M6 x 65mm Bolt
98	1	M6 Locknut
99	4	M6 Small Washer
*	–	Assembly Tool
*	–	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.

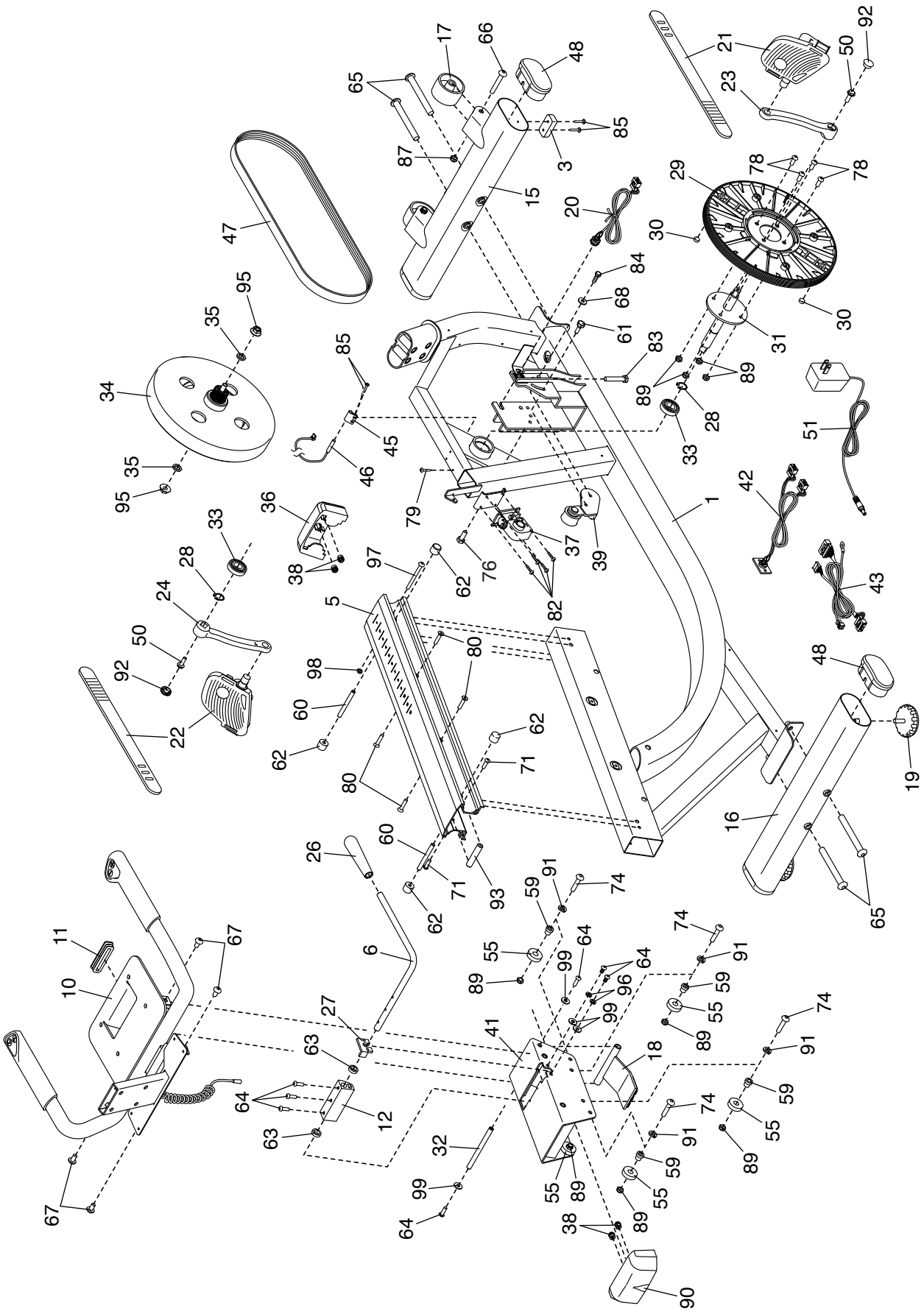
EXPLODED DRAWING A

Model No. NTEX99025.0 R0724B



EXPLODED DRAWING B

Model No. NTEX99025.0 R0724B



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

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 the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

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

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

For warranty service, please 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. 455151 R0724B

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