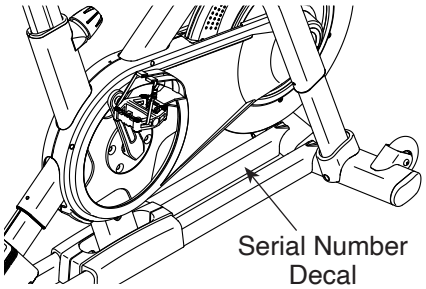
NordicTrack®

X24 BIKE

Model No. NTEX02425-INT.0
Serial No. _____

Write the serial number in the space above for reference.



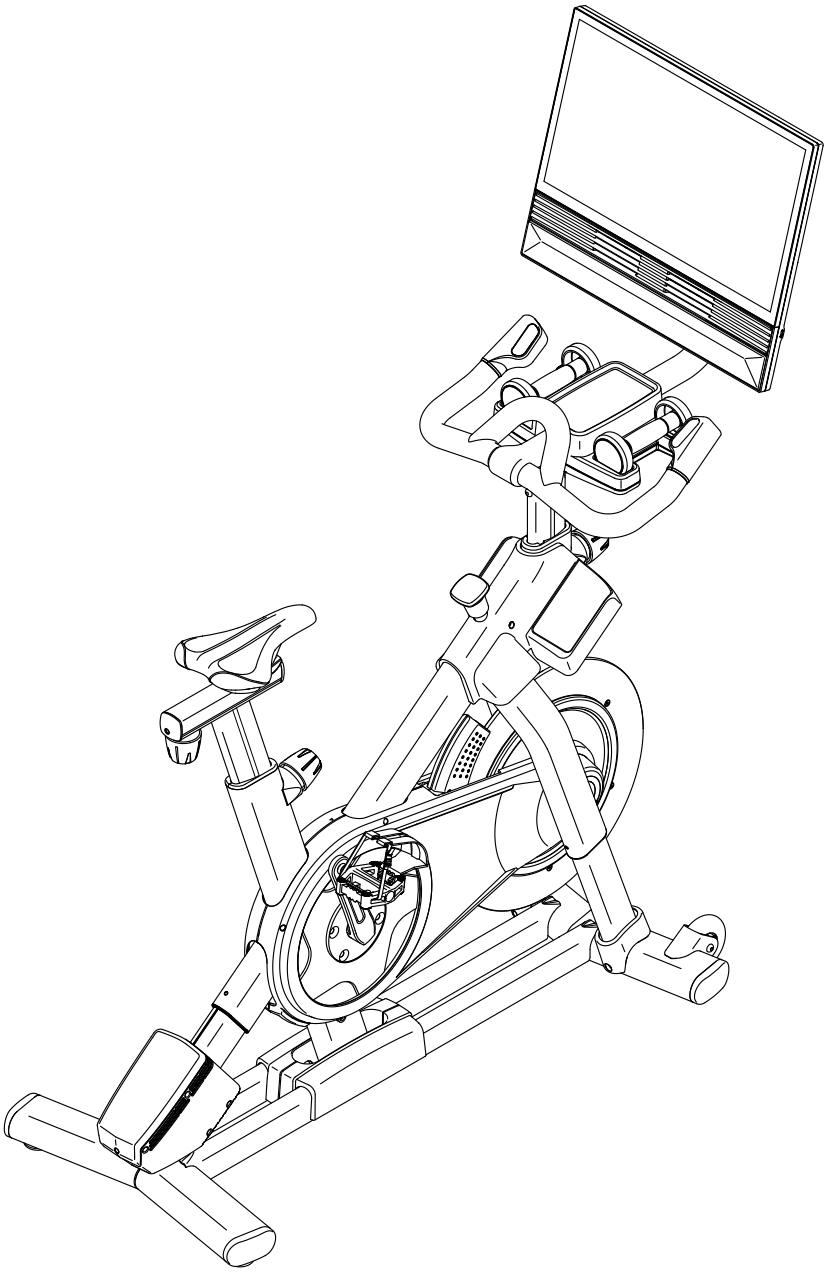
UNITED KINGDOM
Website: iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠ CAUTION

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

USER'S MANUAL



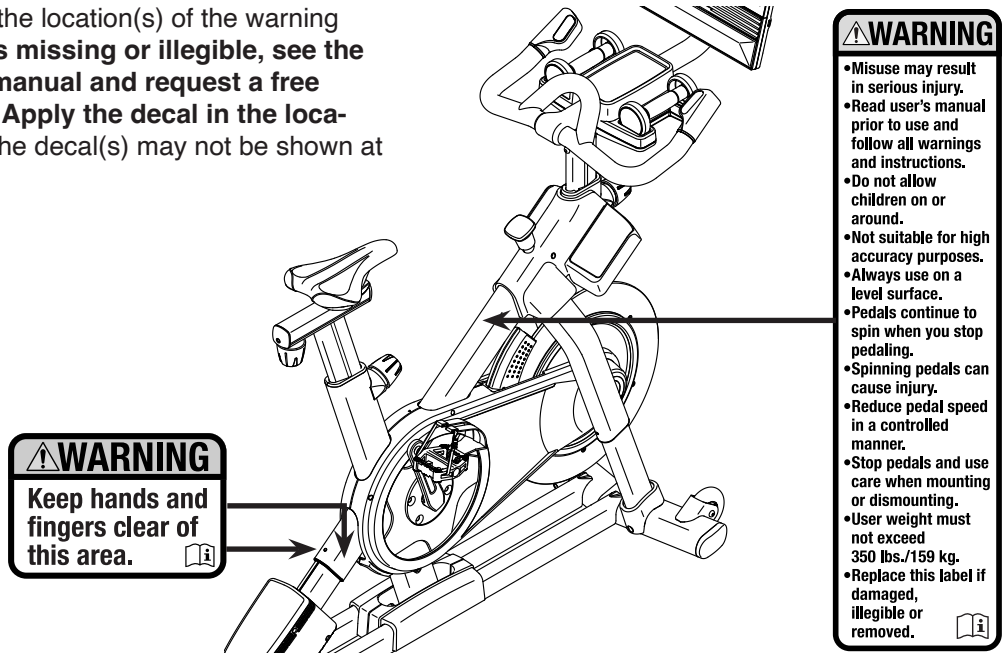
iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
HOW TO USE THE STUDIO CYCLE 13
HOW TO USE THE CONSOLE 16
MAINTENANCE AND TROUBLESHOOTING 26
EXERCISE GUIDELINES 30
PART LIST 31
EXPLODED DRAWING 33
ORDERING REPLACEMENT PARTS 36

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.



NORDICTRACK and IFIT are registered trademarks of iFIT Inc. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. Google Maps is a trademark of Google LLC. Wi-Fi is a registered trademark of Wi-Fi Alliance. WPA and WPA2 are trademarks of Wi-Fi Alliance.

IMPORTANT PRECAUTIONS

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

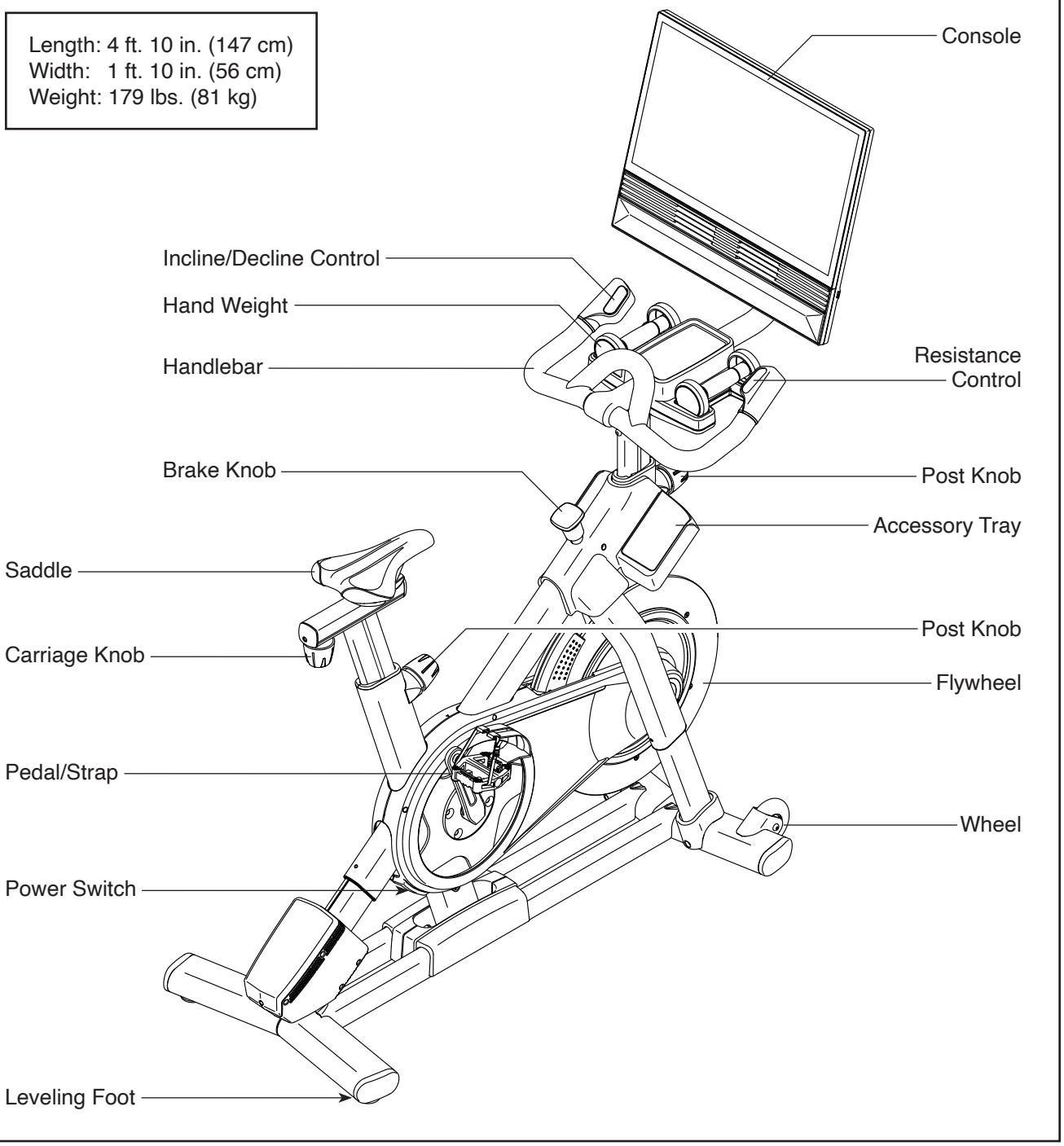
1. **It is the responsibility of the owner to ensure that all users of the studio cycle are adequately informed of all precautions.**
2. **Keep children under age 16 and pets away from the studio cycle at all times.**
3. **Consult your health care provider before beginning any exercise program. This 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 studio cycle only as authorized by your health care provider.**
5. **The studio cycle is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the studio cycle by someone responsible for their safety.**
6. **Use the studio cycle only as described in this manual.**
7. **The studio cycle is intended for home use only. Do not use the studio cycle in a commercial, rental, or institutional setting.**
8. **Keep the studio cycle indoors, away from moisture and dust. Do not put the studio cycle in a garage or covered patio, or near water.**
9. **Place the studio cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the studio cycle.**
10. **Inspect and properly tighten all parts each time the studio cycle is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.**
11. **Always plug the power adapter into the studio cycle before you plug it into an outlet.**
12. **The studio cycle should not be used by persons weighing more than 350 lbs. (159 kg).**
13. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the studio cycle. Always wear athletic shoes for foot protection.**
14. **Be careful when mounting and dismounting the studio cycle.**
15. **Always keep your back straight while using the studio cycle; do not arch your back.**
16. **The studio cycle does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
17. **To stop the flywheel quickly, press the brake knob downward.**
18. **When the studio cycle is not in use, press the brake knob downward and tighten it firmly.**
19. **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® X24 BIKE. The X24 BIKE is unlike any ordinary exercise bike. With full adjustability, an interactive wireless touchscreen console, an incline system that simulates real-world terrain, and an array of other features, the X24 BIKE provides an immersive in-home studio cycling experience.

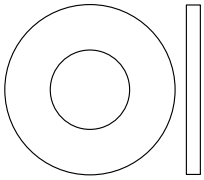
For your benefit, read this manual carefully before you use the studio cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

Length: 4 ft. 10 in. (147 cm)
Width: 1 ft. 10 in. (56 cm)
Weight: 179 lbs. (81 kg)

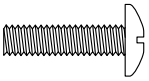


PART IDENTIFICATION CHART

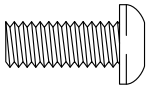
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



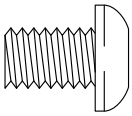
M10 Washer
(105)–1



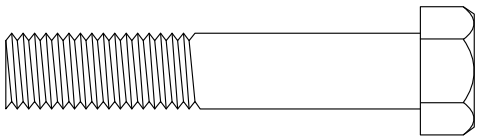
M4 x 16mm
Screw (17)–8



M6 x 15mm
Machine
Screw (102)–4



M8 x 12mm
Patch Screw
(93)–4



M10 x 55mm Screw (94)–1

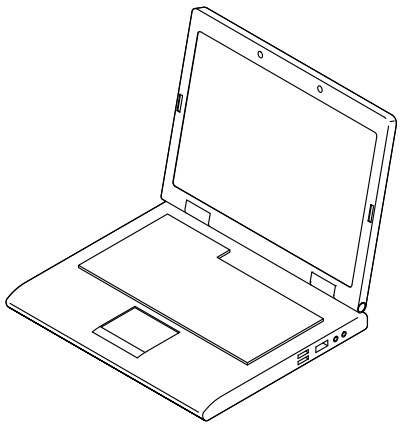
ASSEMBLY

- 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 complete all assembly steps.
- To identify small parts, see page 5.
- Assembly can be completed using the included tools. Note: **Save the included tools.** One or more of the tools may be needed to make adjustments in the future.
- To avoid damaging parts, do not use power tools for assembly or adjustment.

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

   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial number, and name of your product (see the front cover of this manual)

1

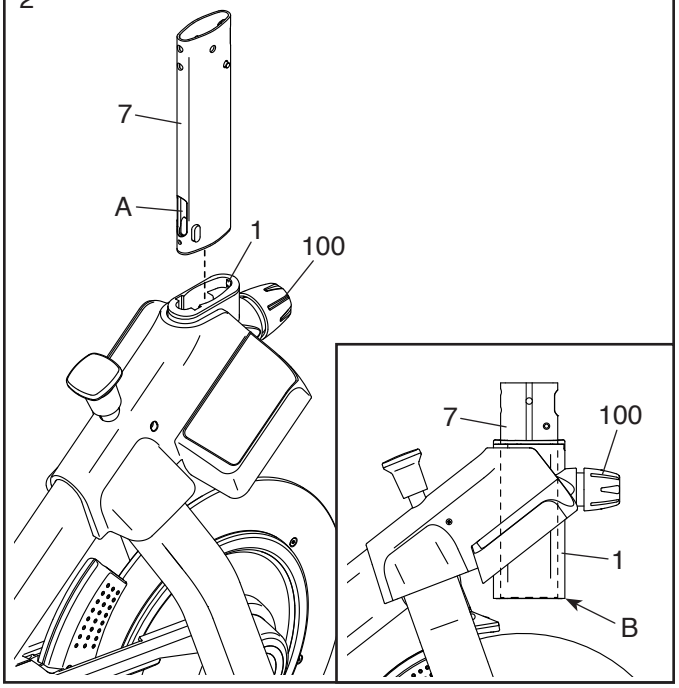


2. Orient the Handlebar Post (7) so that the lower slot (A) is on the side shown.

   Next, loosen the indicated Post Knob (100) and insert the Handlebar Post (7) into the Frame (1).

   See the inset drawing. Position the Handlebar Post (7) so that the bottom of the Handlebar Post is even with the bottom of the post tube (B) on the Frame (1). Then, tighten the Post Knob (100).

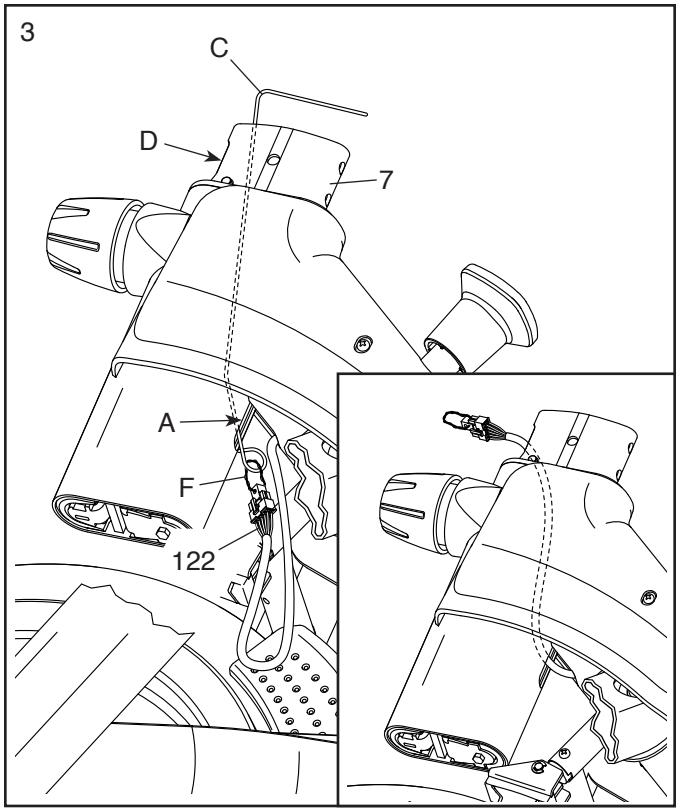
2



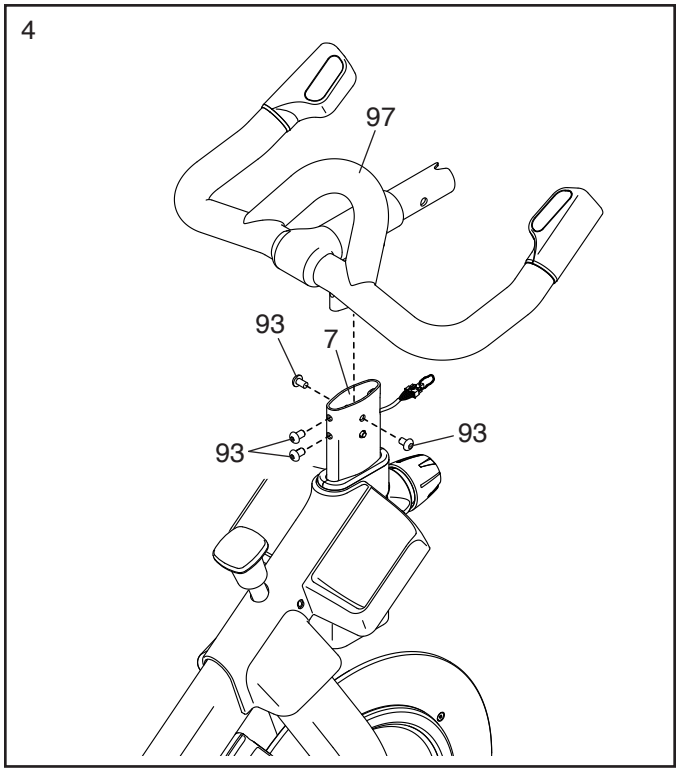
3. Identify the included wire tool (C) and insert it downward into the Handlebar Post (7) so that the loop on the wire tool is extending from the lower slot (A).

   Next, hook the tie (F) on the Lower Wire (122) onto the loop on the wire tool (C), and then pull the wire tool upward until the end of the Lower Wire is at the top of the Handlebar Post (7).

   Then, unhook the tie (F) from the wire tool (C), and push the end of the Lower Wire (122) out of the upper slot (D) in the Handlebar Post (7) as shown in the inset drawing.

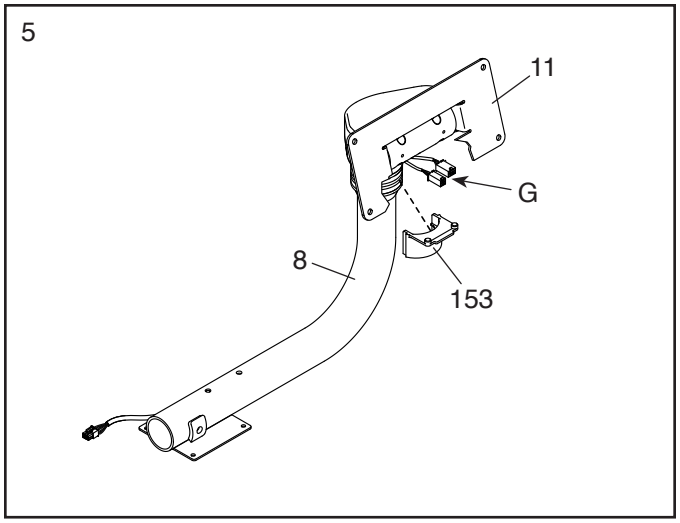


4. Insert the Handlebar (97) into the Handlebar Post (7). Attach the Handlebar with four M8 x 12mm Patch Screws (93); **start all four Patch Screws, and then firmly tighten them.**



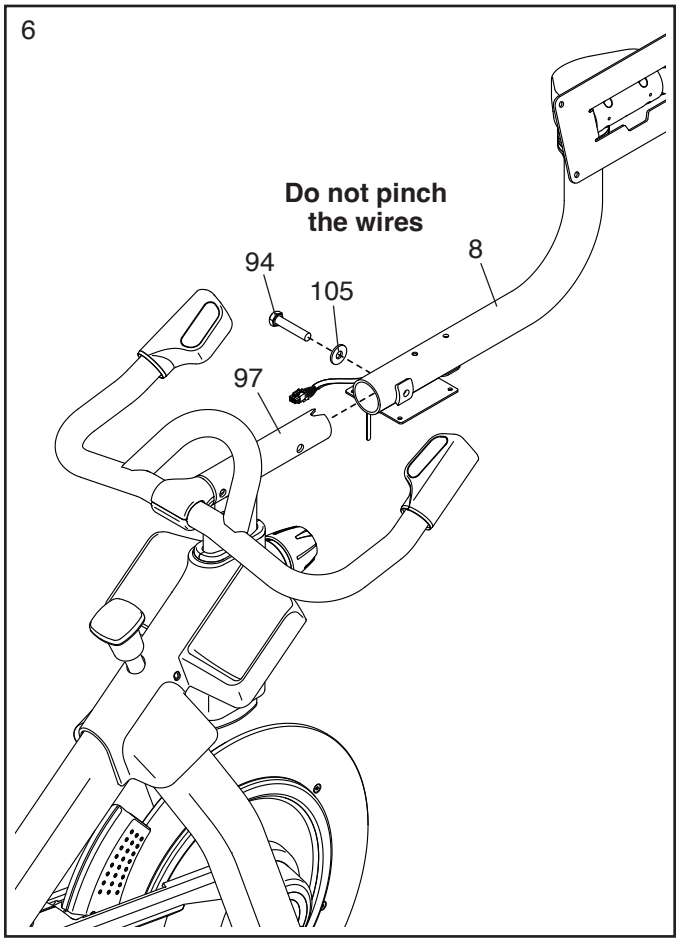
5. If the Mount Cover (153) is preattached to the Console Support (8), remove the Mount Cover. Next, pull the wires (G) out of the Console Support. **Make sure that the wires are under the Console Bracket (11).**

   Then, press the Mount Cover (153) onto the Console Support (8).



6. **Do not pinch the wires.** Slide the Console Support (8) onto the Handlebar (97).

   Attach the Console Support (8) with an M10 x 55mm Screw (94) and an M10 Washer (105); **do not fully tighten the Screw yet.**

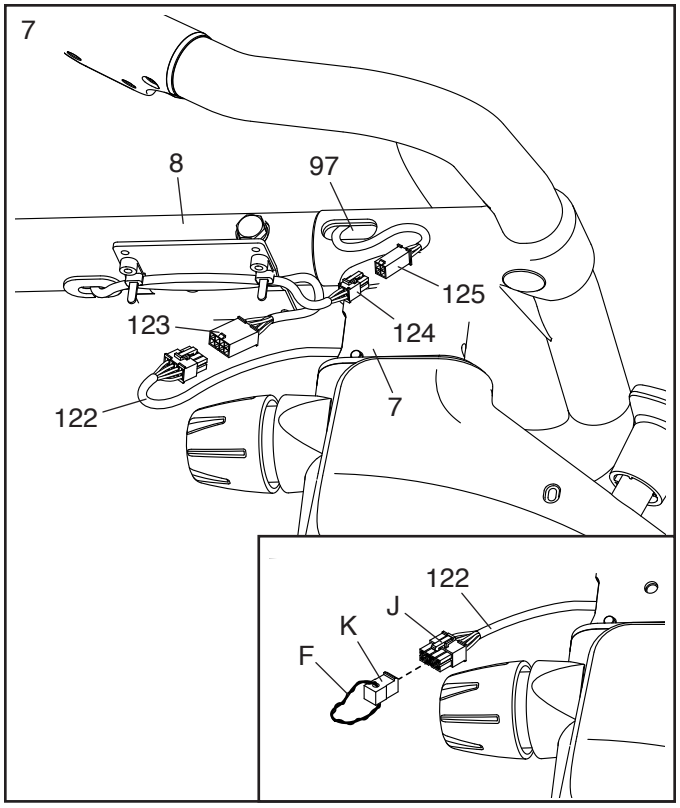


7. **See the inset drawing.** Press the small latch (J) on the connector on the Lower Wire (122), and remove and discard the wire pull (K) and the tie (F).

   Next, identify the Upper Wire (123) under the Console Support (8). Connect the Upper Wire to the Lower Wire (122).

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

   Then, connect the Extension Wire (124) to the Control Wire (125) extending from the Handlebar (97) in the same way.

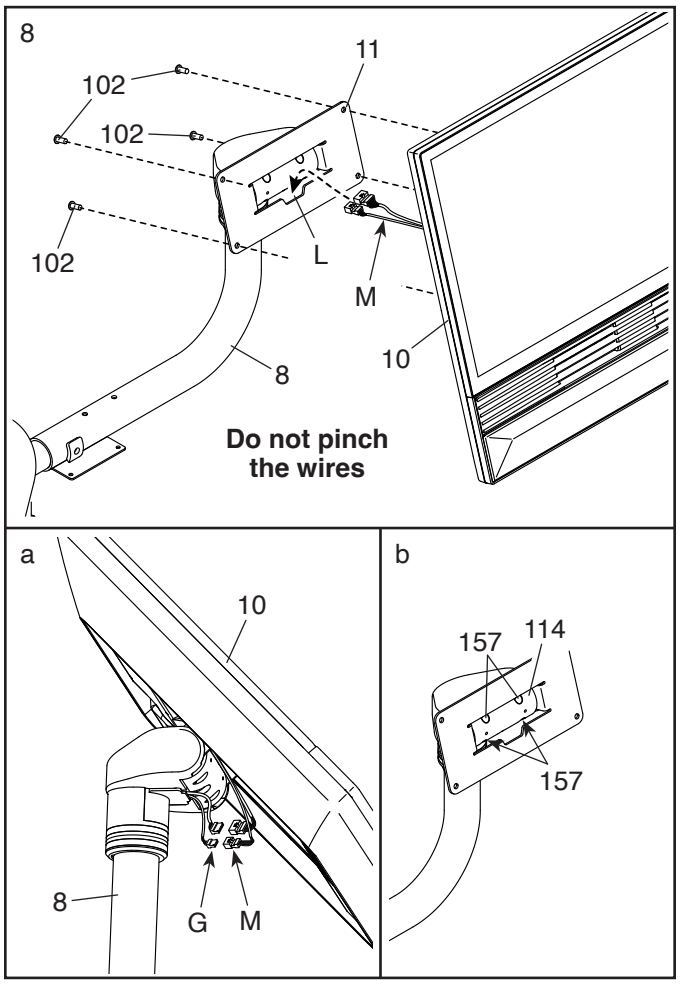


8. Have a second person hold the Console (10) near the Console Bracket (11), and route the console wires (M) downward through the opening (L) in the Console Bracket.

   See the left inset drawing. Connect the wires (G) from the Console Support (8) to the console wires (M). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click.**

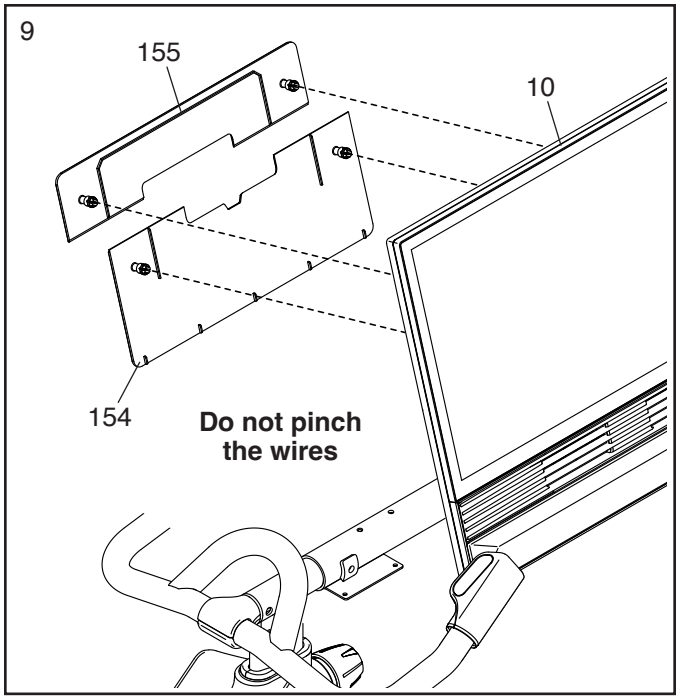
   Do not pinch the wires. Attach the Console (10) to the Console Bracket (11) with four M6 x 15mm Machine Screws (102); **start all four Machine Screws, and then tighten them.**

   Then, tilt the Console (10) upward and downward a few times. **If the movement feels loose, see the right inset drawing (for clarity, the Console is not shown).** Tighten the four M6 x 15mm Cap Screws (157) in the Rear Bracket Mount (114) until the movement no longer feels loose. Note: Tilt the Console upward and downward to access the Cap Screws.



9. Identify the **Lower Console Cover (154)**, and press it onto the back of the Console (10).

   Do not pinch the wires. Press the **Upper Console Cover (155)** onto the back of the Console (10).

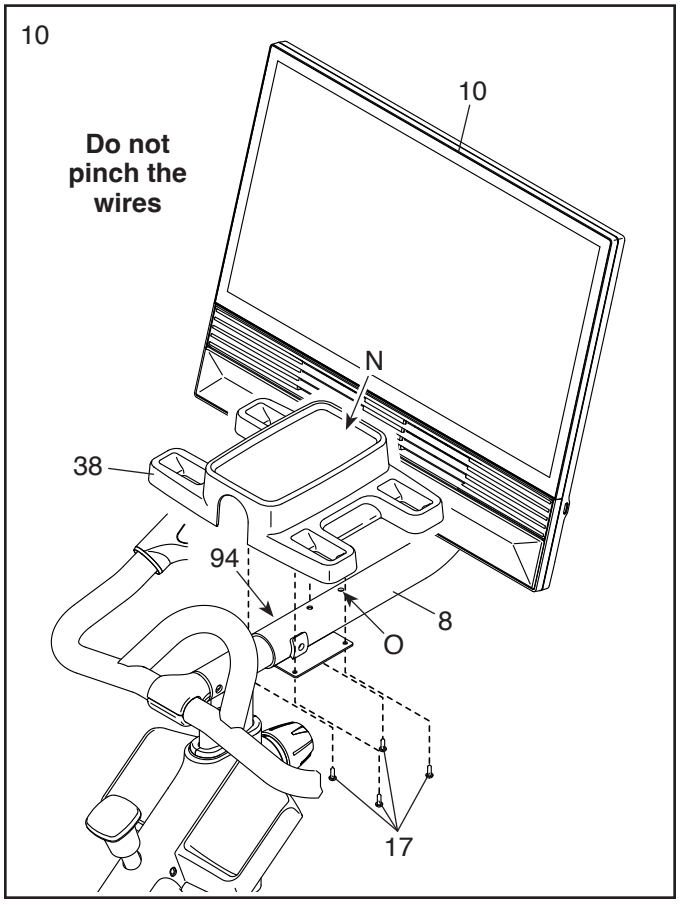


10. Hold the sides of the Console (10) and rotate it to the position shown.

    IMPORTANT: If the Console (10) is not level, have a second person tip it slightly from side to side until it is level. While the second person holds the Console still, firmly tighten the M10 x 55mm Screw (94).

    Next, orient the Hand Weight Tray (38) so that the orientation sticker (N) is in the location shown. Then, set the Hand Weight Tray on the Console Support (8), and insert the small post (not shown) on the underside of the Hand Weight Tray into the indicated hole (O).

    Do not pinch the wires. Attach the Hand Weight Tray (38) with four M4 x 16mm Screws (17); **start all four Screws, and then tighten them.**

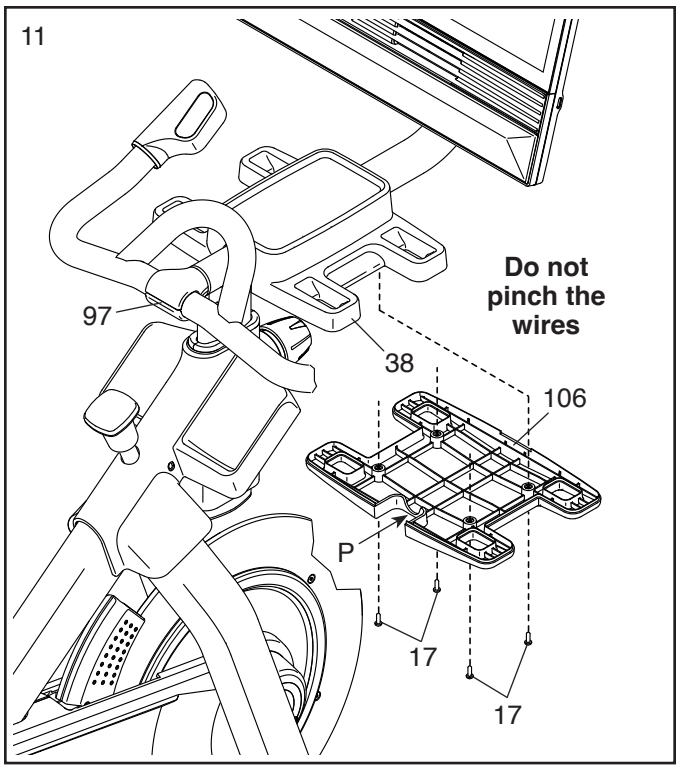


11. Note: It may be helpful to raise the Handlebar (97) before you do this step **(see How to Adjust the Height of the Handlebars on page 14).**

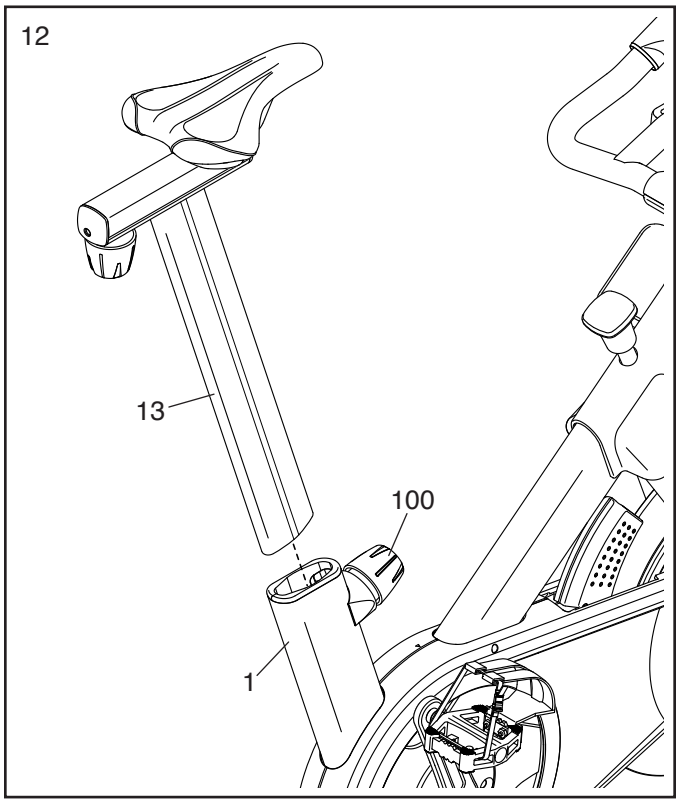
    Next, arrange the wires that you connected in step 7 so that they fit into the underside of the Hand Weight Tray (38).

    Then, orient the Tray Cover (106) so that the curved opening (P) is in the position shown, and align the Tray Cover with the Hand Weight Tray (38).

    Do not pinch the wires. Attach the Tray Cover (106) with four M4 x 16mm Screws (17); **start all four Screws, and then tighten them.**

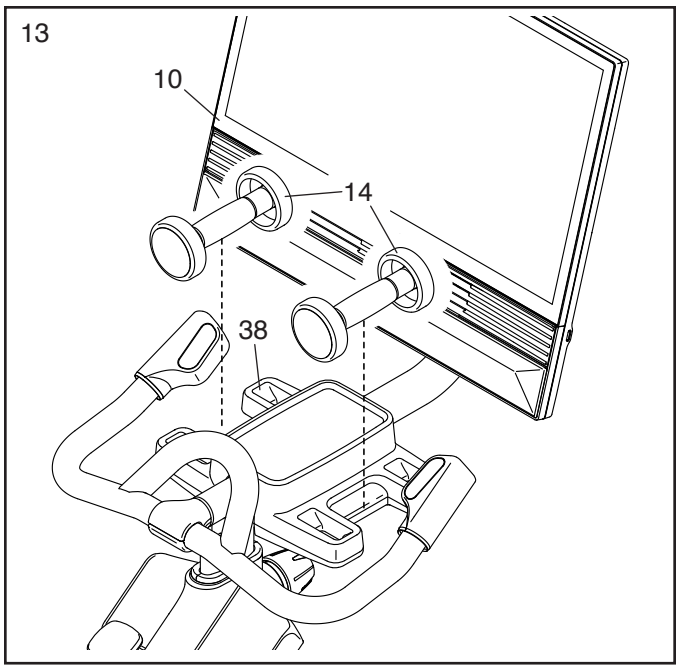


12. Loosen the indicated Post Knob (100). Next, insert the Saddle Post (13) into the Frame (1), and slide the Saddle Post to the desired height. Then, tighten the Post Knob.



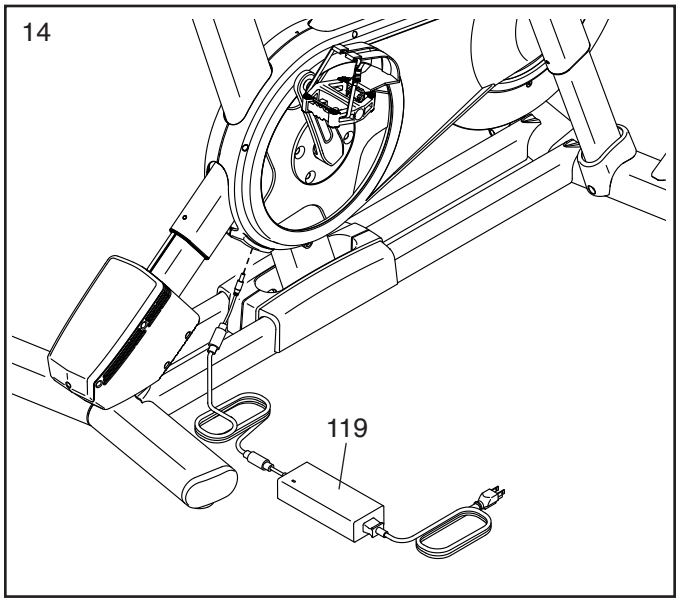
13. Set the two Hand Weights (14) in the Hand Weight Tray (38).

IMPORTANT: Make sure not to hit the Console (10) with the Hand Weights (14) when you set the Hand Weights in the Hand Weight Tray (38) after each use.



14. **IMPORTANT: Always plug the Power Adapter (119) into the studio cycle before you plug it into an outlet.** Plug the Power Adapter into the receptacle on the rear of the studio cycle.

Note: To plug the Power Adapter (119) into an outlet, see page 13.



15. **Make sure that all parts are properly tightened before the studio cycle is used.** Place a mat beneath the studio cycle to protect the floor. **IMPORTANT: Keep the included tools. You will need them for future adjustment and maintenance of your studio cycle.**

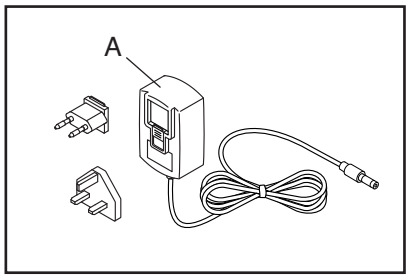
Note: The use of the remaining parts will be explained on page 14.

HOW TO USE THE STUDIO CYCLE

HOW TO PLUG IN THE POWER ADAPTER

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

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



Make sure that the power adapter (A) is plugged into the receptacle on the studio cycle. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

FEATURES OF THE STUDIO CYCLE

Measuring Watts

Each studio cycle is calibrated to measure your power output and to allow you to monitor your watts and RPMs directly on the console.

By monitoring your watts and RPMs, you can see how hard you are training and make sure that you are challenging yourself and improving.

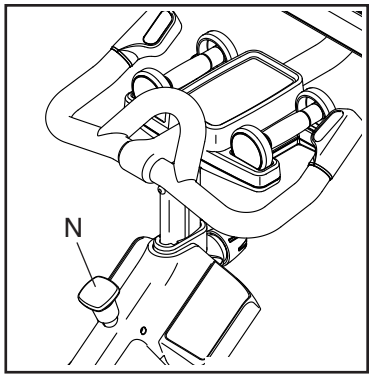
The Incline System

The studio cycle can incline and decline to realistically simulate outdoor terrain. When you use or create map workouts of training routes with iFIT® (see the console instructions beginning on page 19 for more information), the studio cycle will automatically incline and decline to match the real-world terrain.

Interactive Wireless Touchscreen Console

The wireless touchscreen console works with iFIT to provide an interactive and immersive in-home studio experience that allows you to participate virtually in group studio classes led by personal trainers and to experience workouts around the world.

HOW TO USE THE BRAKE KNOB



To change the resistance of the pedals, see step 3 on page 19. **To stop the flywheel, push the brake knob (N).** The flywheel will quickly come to a complete stop.

HOW TO LOCK THE STUDIO CYCLE

IMPORTANT: Lock the studio cycle when it is not in use. See the drawing above. To lock the studio cycle, press the brake knob (N) downward and tighten it firmly. This will lock the studio cycle so that the flywheel cannot turn. To unlock the studio cycle, loosen the brake knob.

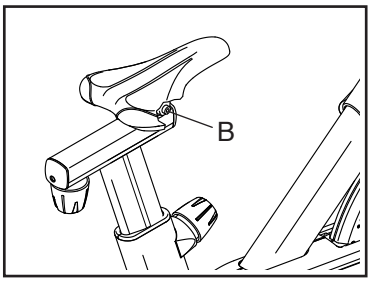
HOW TO ADJUST THE GEOMETRY OF THE STUDIO CYCLE

The studio cycle can be adjusted to match the geometry of your road bike to promote correct form and to ensure proper training of the muscles. **Make adjustments in small increments, and then pedal the studio cycle to test the adjustments.**

How to Adjust the Angle of the Saddle

You can adjust the angle of the saddle to the position that is most comfortable.

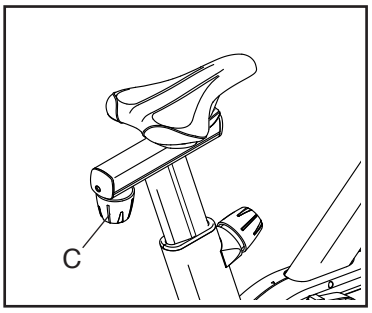
To adjust the angle of the saddle, loosen the indicated screw (B) beneath the saddle, tilt the saddle upward or downward slightly, and then tighten the screw.



Note: You can remove the saddle and attach your own saddle to the studio cycle if desired.

How to Adjust the Horizontal Position of the Saddle

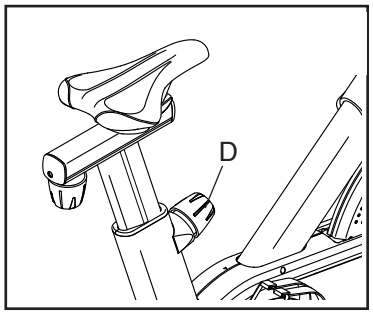
To adjust the position of the saddle, loosen the carriage knob (C), move the carriage forward or backward to the desired position, and then firmly tighten the carriage knob.



How to Adjust the Height of the Saddle

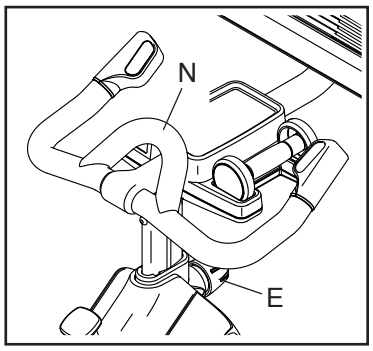
For effective training, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the saddle, loosen the post knob (D), slide the saddle post upward or downward, and then **firmly tighten** the post knob. **IMPORTANT: Do not raise the saddle post beyond the "MAX" mark on the saddle post.**



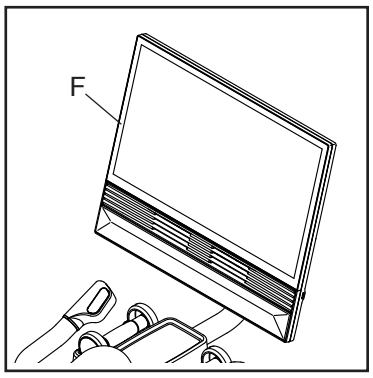
How to Adjust the Height of the Handlebars

To adjust the handlebars, **hold the handlebar firmly in the indicated location (N) with one hand,** and loosen the post knob (E). Then, slide the handlebar post upward or downward, and **firmly tighten** the post knob. **IMPORTANT: Do not raise the handlebar post beyond the "MAX" mark on the handlebar post.**



How to Adjust the Position of the Console

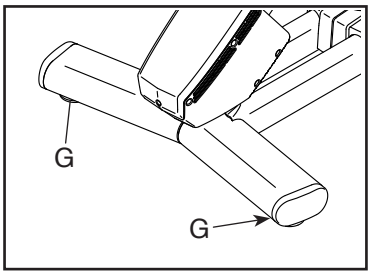
The console (F) can be tilted upward and downward and pivoted from side to side. To adjust the position of the console, hold the sides of the console and press it to the desired position. You can pivot the console all of the way to the side so that you can view it while standing next to the studio cycle to perform floor exercises.



If the console does not stay in place when it is moved up or down or from side to side, see HOW TO ADJUST THE CONSOLE PIVOT AND TILT on page 27.

HOW TO LEVEL THE STUDIO CYCLE

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

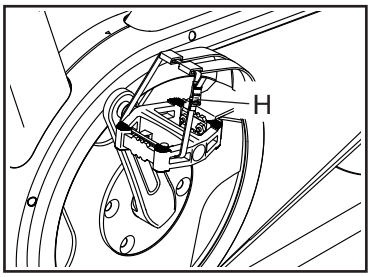


HOW TO USE THE PEDALS

Note: You can remove the pedals and attach your own pedals to the studio cycle if desired.

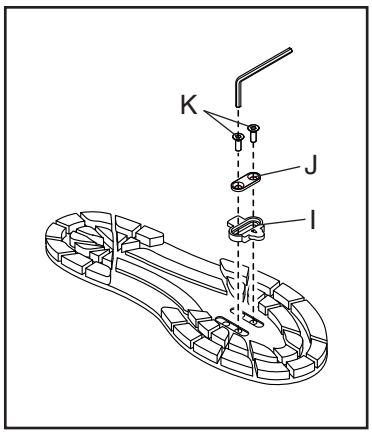
How to Use the Toe Cage Side of the Pedals

To use the toe cage side of the pedals, insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs (H) on the buckles, adjust the toe straps to the desired position, and then release the tabs.

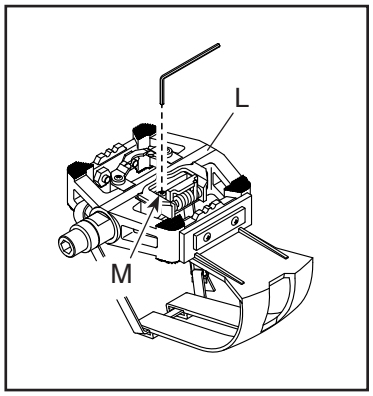


How to Use the Clip-in Side of the Pedals

To use the clip-in side of the pedals, you must first attach the included cleats to your cycling shoes (not included). Using the included hex key, attach a cleat (I) to the bottom of a cycling shoe with a cleat bracket (J) and two cleat screws (K). **Attach the other cleat to your other cycling shoe in the same way.**

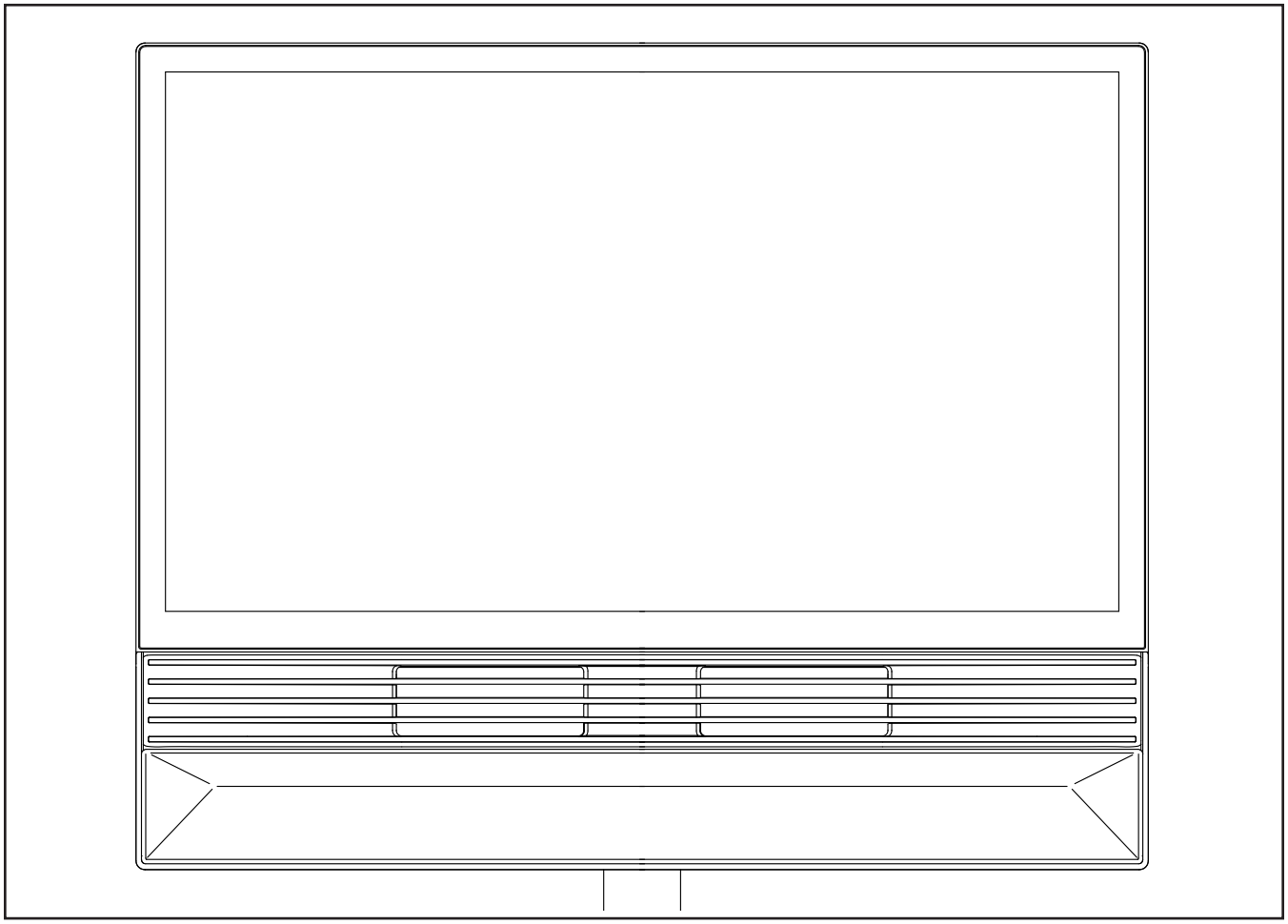


The spring tension affects how easy or difficult it is to clip in and unclip from the pedals. To adjust the spring tension of a pedal (L), use the included hex key and tighten or loosen the adjustment screw (M) as desired. **Adjust the spring tension of the other pedal in the same way.**



To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist the heels of your cycling shoes outward from the pedals.

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 frame with a touch of a button. While you exercise, the console will display continuous exercise feedback.

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

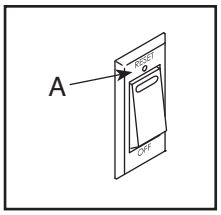
With an iFIT subscription, you can access a library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to iFIT.com to learn more.

To turn on and turn off the console, see page 17. **To learn how to use the touch screen,** see page 17. **To set up the console,** see page 18.

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

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the studio cycle. See HOW TO PLUG IN THE POWER ADAPTER on page 13.



When the power adapter is plugged in, press the power switch (A) located on the frame of the studio cycle to turn on the console. It will take a moment for the console to be ready for use. **If the console is inactive, simply touch the screen to activate the console.**

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

IMPORTANT: If the incline system does not calibrate automatically, see step 7 on page 24 and manually calibrate the incline system.

HOW TO TURN OFF THE CONSOLE

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

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

When you are finished exercising, press the power switch and unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the studio cycle may wear prematurely.**

HOW TO USE THE TOUCH SCREEN

The console features an advanced tablet with a full-color touch screen. You can slide or flick your finger against the screen to move images on the screen, such as the displays in a workout. Note: The screen is not pressure sensitive; you do not need to press hard.

To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters, touch *?123*. To view more characters, touch *~[<*. To return to the letter keyboard, touch ABC. To use a capital character, touch the shift button (upward-facing arrow symbol). To clear text, touch the clear button (backward-facing arrow with an X).

HOW TO SET UP THE CONSOLE

Before you use the studio cycle 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 customize settings. Note: To change settings later, see page 23.

3. **Create or log in to your iFIT account.**

   Follow the prompts on the screen to create an iFIT account or to log in to your iFIT account. Available subscription options will be shown.

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 23.

5. **Calibrate the incline system.**

   Touch the menu button (three horizontal lines symbol), touch *Settings,* touch *Maintenance,* and then touch Calibrate Incline. The frame will rise and lower as it calibrates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

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 19. **To use a featured workout,** see page 20. **To create a draw-your-own-map workout,** see page 21. **To use an iFIT workout,** see page 22.

To change console settings, see page 23. **To connect to a wireless network,** see page 24.

HOW TO USE THE MANUAL MODE

1. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

   To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see pages 24 and 25.

3. **Change the resistance of the pedals and the incline of the frame as desired.**

   Touch *Manual Start* and begin pedaling.

   You can change the resistance of the pedals by pressing the Resistance increase and decrease buttons on the right handlebar or by touching the resistance sliders on the screen.

   You can change the incline of the frame by pressing the Incline/Decline increase and decrease buttons on the left handlebar or by touching 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 frame to reach the selected incline level. **When the studio cycle is declined or extremely inclined, the range of resistance levels may decrease.**

   Note: To view the resistance or incline sliders on the screen, touch the screen in any open space and then touch *Controls.*

4. **Follow your progress.**

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

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

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

   If desired, adjust the volume level by touching the screen in any open space and then touching the volume control.

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

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

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

6. **When you are finished exercising, turn off the console (see page 17).**

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 24).

1. **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 you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

   To select the workout library, touch *Browse.*

2. **Select a workout.**

   To select a workout from the home screen or the workout library, simply touch the desired workout image 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 in to your iFIT account to save a featured workout (see step 3 on page 21).

   To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 21.

   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 that you will burn during the workout.

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

   To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see pages 24 and 25.

4. **Start the workout.**

   Touch *Start Workout* to start the workout.

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

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

   During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target speed.

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

   If the resistance level and/or incline level is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline/Decline buttons (see step 3 on page 19).

   To return to the programmed resistance and/or incline 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 and incline 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 frame during the workout, the number of calories that 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 page 25).

To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

To follow your progress with the display modes, see step 4 on page 19.

To pause or end the workout, see step 5 on page 19.

When the workout ends, a workout summary will appear on the screen. Touch *Finish* to return to the home screen.

6. **When you are finished exercising, turn off the console (see page 17).**

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

To use a draw-your-own-map workout, you must be logged in to your iFIT account (see step 3 on page 18) and the console must be connected to a wireless network (see page 24).

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

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

2. **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 starting point for the workout. Then, touch the screen to add the ending 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.

3. **Save the workout.**

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

4. **Get ready for the workout.**

   To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see pages 24 and 25.

5. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see step 4 on page 20).

6. **When you are finished exercising, turn off the console (see page 17).**

HOW TO USE AN IFIT WORKOUT

To use an iFIT workout, you must be logged in to your iFIT account (see step 2 below) and the console must be connected to a wireless network (see page 24). **For more information about iFIT, go to iFIT.com.**

1. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. **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.

3. **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 image 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 studio cycle, 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 that you will burn during the workout.

   You can also select options such as adding the workout to your schedule (see step 4) or marking the workout as a favorite (see step 5).

4. **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.

5. **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*.

6. **Get ready for the workout.**

   To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see pages 24 and 25.

7. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see step 4 on page 20).

8. **When you are finished exercising, turn off the console (see page 17).**

HOW TO CHANGE CONSOLE SETTINGS

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

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

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 studio cycle 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 studio cycle, do not turn off the console while the firmware is being updated.**

   The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug the power adapter back in. Note: It may take a moment 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 frame will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish.*

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

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

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

HOW TO CONNECT TO A WIRELESS NETWORK

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

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

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and 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. **Set up and manage a wireless network connection.**

   Touch *Wi-Fi* to select the wireless network menu. If *Wi-Fi* is not enabled, touch the *Wi-Fi* toggle to enable it. 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). The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

   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. Passwords are case-sensitive.

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

3. **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 the pedaling speed increases or decreases. Press the fan increase and decrease buttons on the screen 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 CHARGING PORT

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

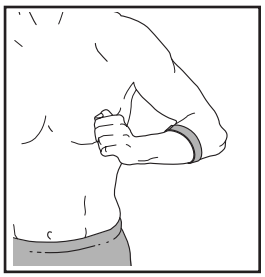
To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play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

HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, 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. The console is compatible with all Bluetooth® Smart heart rate monitors. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

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

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the studio cycle, 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

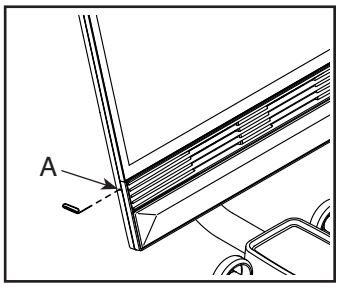
Many problems can be solved with the simple steps in this section. If further assistance is needed, please see the front cover of this manual.

CONSOLE TROUBLESHOOTING

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

If a replacement power adapter is needed, please see the back cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

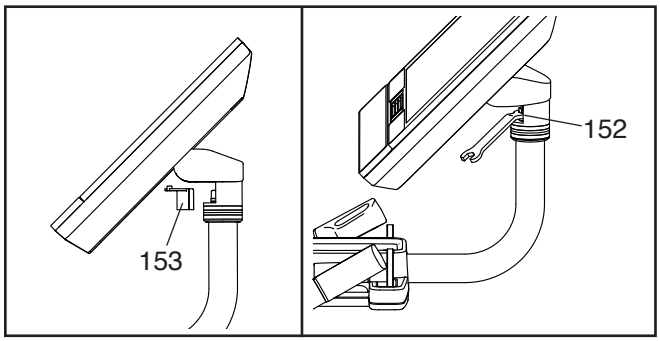
If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.



If 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 adapter. Next, locate the small reset opening (A) on the left side 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 adapter 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 and unplug the power adapter, and then plug it in again and press the power switch. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 23). Note: It may take a few minutes for the console to be ready for use.

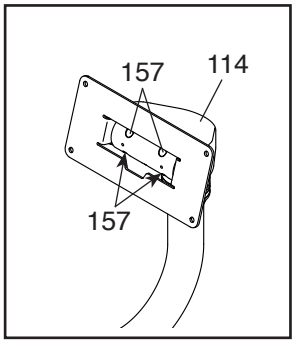
HOW TO ADJUST THE CONSOLE PIVOT AND TILT

If the console does not stay in place when it is moved from side to side, first remove the Mount Cover (153). Next, use the included studio cycle tool to tighten the Pivot Nut (152) slightly until the console stays in place when moved from side to side. Then, press the Mount Cover back into place.



If the console does not stay in place when it is tilted upward and downward, **first see assembly step 9 on page 10.** Use a standard screwdriver to carefully pry off the Console Covers (154, 155).

Note: For clarity, the console is not shown in the drawing at the right. Next, tighten the four M6 x 15mm Cap Screws (157) in the Rear Bracket Mount (114) until the upward and downward movement no longer feels loose. If necessary, tilt the console upward and downward to access the Cap Screws.



Then, see assembly step 9 on page 10 and reattach the Console Covers (154, 155).

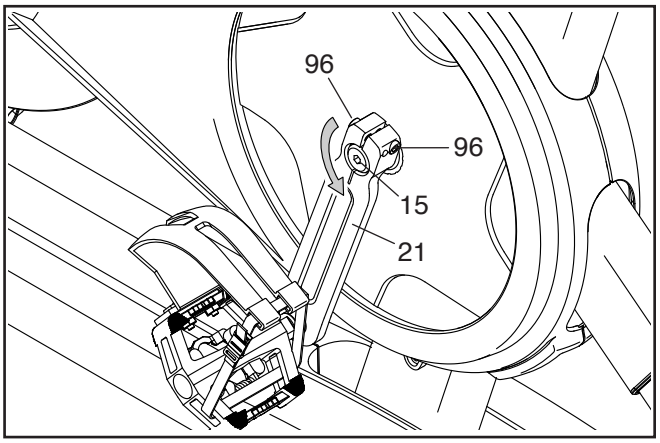
INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 23 and calibrate the incline system.

Note: When the studio cycle is declined or extremely inclined, the range of resistance levels may decrease.

HOW TO ADJUST THE LEFT CRANK ARM

If the Left Crank Arm (21) feels loose while you are pedaling, first loosen the two M6 x 25mm Screws (96). Then, follow the steps below. Note: If you have a torque wrench, tighten the Screws (15, 96) to the listed torque specs. If you do not have a torque wrench, simply tighten the Screws as firmly as you can.



1. Tighten the M12 Crank Screw (15) **counter-clockwise** to 7 Nm (5 ft-lbs).

2. Tighten each M6 x 25mm Screw (96) to 20 Nm (15 ft-lbs). Then, tighten each M6 x 25mm Screw a second time to 20 Nm (15 ft-lbs) in the same order.

3. Finally, tighten the M12 Crank Screw (15) **counter-clockwise** to 50 Nm (37 ft-lbs).

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

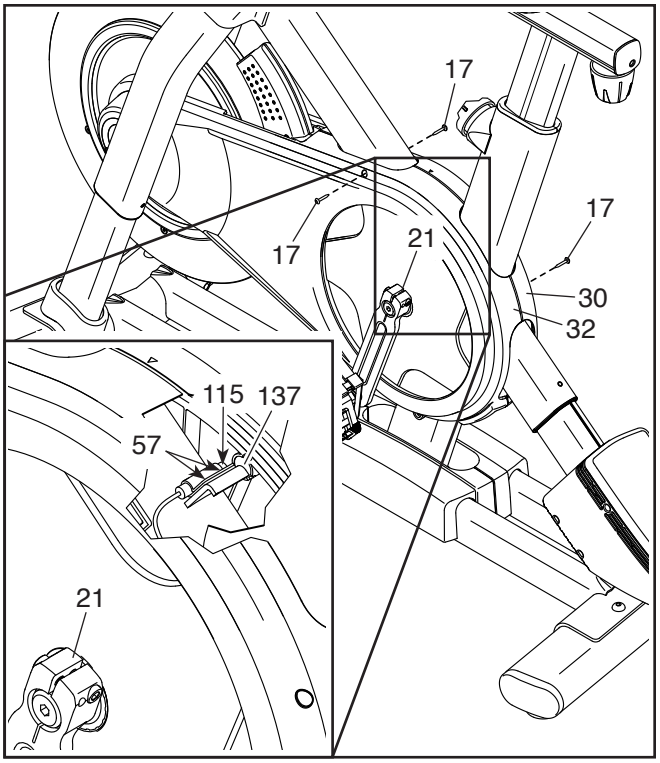
To adjust the reed switch, **first press the power switch and unplug the power adapter.** Next, remove the three indicated M4 x 16mm Screws (17) from the Right and Left Shields (30, 32).

Then, carefully pull the tops of the Right and Left Shields (30, 32) apart a few inches.

See the inset drawing. Slightly loosen the two indicated #8 x 1/2" Screws (57). Next, rotate the Left Crank Arm (21) until a Pulley Magnet (137) is aligned with the Reed Switch (115). Slide the Reed Switch slightly toward or away from the Pulley Magnet. Then, retighten the Screws.

Plug in the power adapter, press the power switch, and rotate the Left Crank Arm (21) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the Right and Left Shields (30, 32).



HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

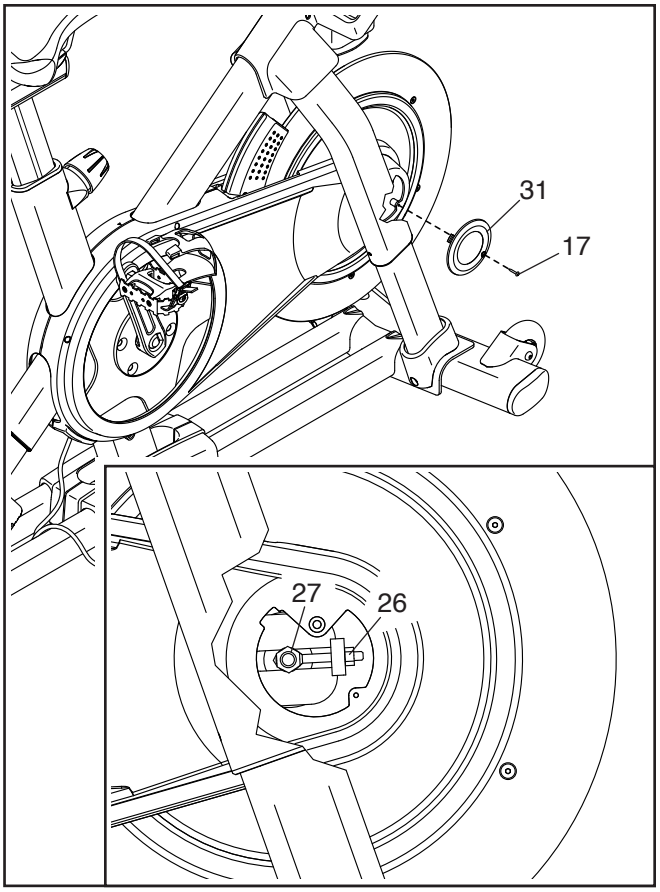
To adjust the drive belt, **first press the power switch and unplug the power adapter.** Then, follow the instructions below. Note: The drawings show only the right side of the studio cycle.

Remove the indicated M4 x 16mm Screw (17) and the Shield Cover (31) from each side of the studio cycle.

Next, loosen the M10 Axle Nut (27) on each side of the studio cycle, and tighten the Adjustment Nut (26) on each side of the studio cycle **one half turn.** Then, firmly retighten the M10 Axle Nuts.

Plug in the power adapter, press the power switch, and pedal the studio cycle to test the adjustment. If necessary, repeat the above actions until the pedals no longer slip.

When the drive belt is properly adjusted, reattach the shield covers.



EXERCISE GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

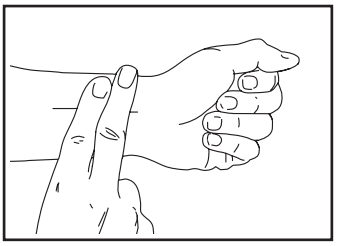
165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

Model No. NTEX02425-INT.0 R0824B

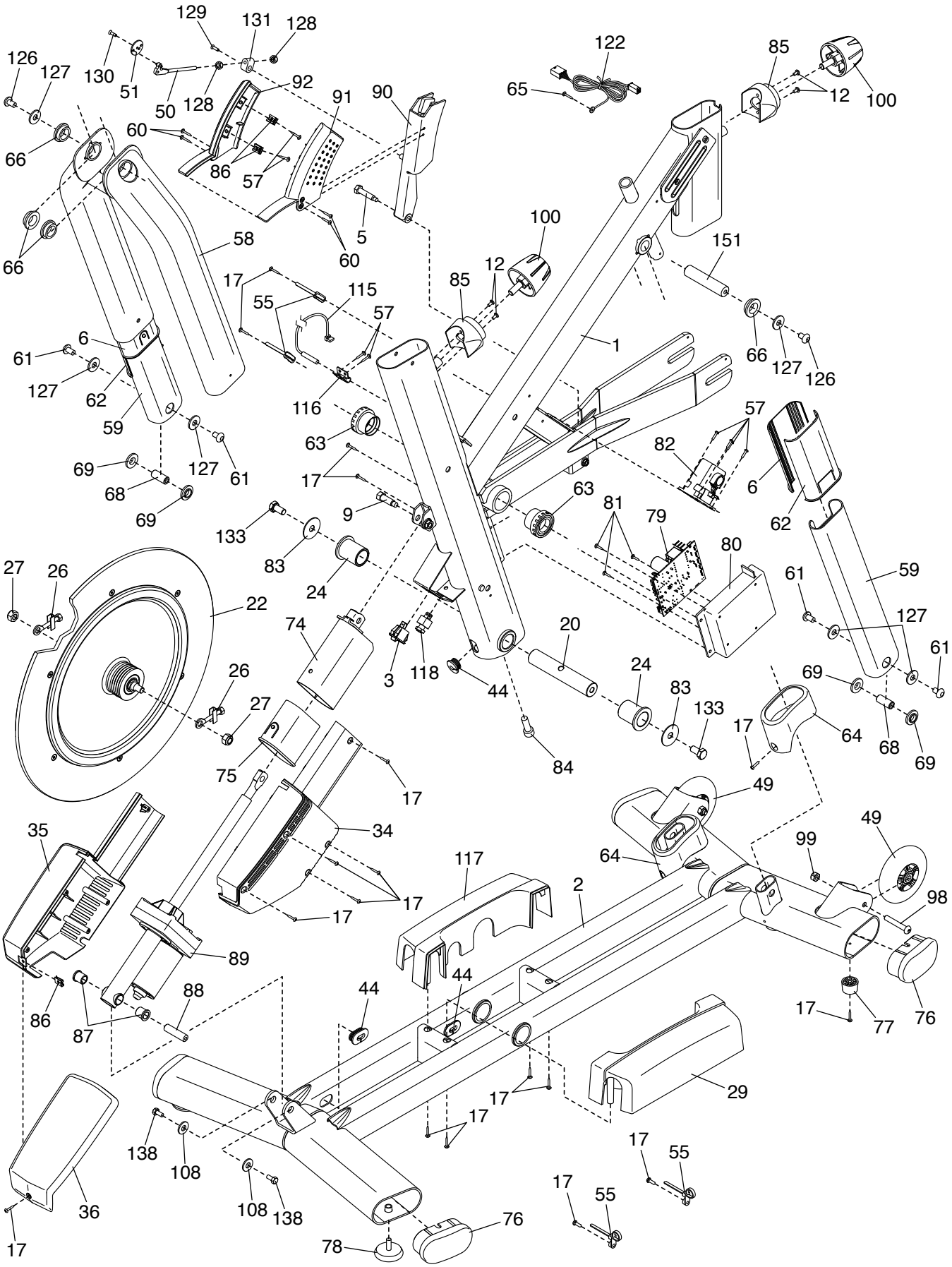
Key No.	Qty.	Description
1	1	Frame
2	1	Base
3	1	Power Switch
4	1	Roller Axle
5	1	M6 Shoulder Screw
6	2	Inner Leg Sleeve
7	1	Handlebar Post
8	1	Console Support
9	1	M8 x 32mm Screw
10	1	Console
11	1	Console Bracket
12	4	M4 x 8mm Machine Screw
13	1	Saddle Post
14	2	Hand Weight
15	1	M12 Crank Screw
16	1	Pulley
17	41	M4 x 16mm Screw
18	4	M10 x 20mm Flat Head Bolt
19	1	Crank/Right Crank Arm
20	1	Pivot Axle
21	1	Left Crank Arm
22	1	Flywheel Assembly
23	1	Handlebar Cap
24	2	Pivot Bushing
25	1	Drive Belt
26	2	Adjustment Assembly
27	2	M10 Axle Nut
28	2	Post Clamp
29	1	Right Base Cover
30	1	Right Shield
31	2	Shield Cover
32	1	Left Shield
33	1	Right Disc
34	1	Right Incline Motor Cover
35	1	Left Incline Motor Cover
36	1	Upper Incline Motor Cover
37	1	Left Disc
38	1	Hand Weight Tray
39	1	Handlebar Post Cap
40	1	Accessory Tray
41	1	M8 Saddle Screw
42	2	Inner Clamp
43	2	Carriage Cap
44	3	One-wire Grommet
45	1	Right Saddle Post Sleeve
46	1	Left Saddle Post Sleeve
47	1	Right Handlebar Post Sleeve
48	1	Left Handlebar Post Sleeve
49	2	Wheel
50	1	Adjustment Arm
51	1	Resistance Disc
52	1	Saddle Bracket
53	1	Saddle Axle
54	1	Saddle
55	6	Anchored Zip Tie
56	2	Cleat Assembly
57	18	#8 x 1/2" Screw
58	1	Upper Leg
59	2	Lower Leg
60	4	#8 x 1/3" Screw
61	4	M8 x 15mm Screw
62	2	Outer Leg Sleeve
63	1	Frame Bearing Set
64	2	Leg Cover
65	1	Ground Screw
66	4	Large Leg Bushing
67	1	Carriage
68	2	Leg Spacer
69	4	Small Leg Bushing
70	1	Right Grip
71	1	Left Grip
72	1	Right Control
73	1	Left Control
74	1	Shaft Cover
75	1	Shaft Cover Sleeve
76	4	Stabilizer Cap
77	2	Foot
78	2	Leveling Foot
79	1	Controller
80	1	Controller Cover
81	3	M3 x 6mm Machine Screw
82	1	Resistance Motor
83	2	M10 x 38mm Washer
84	1	M12 x 25mm Cap Screw
85	2	Post Knob Cap
86	3	Clip Nut
87	2	Incline Motor Bushing
88	1	Incline Motor Spacer
89	1	Incline Motor
90	1	Magnet Bracket
91	1	Right Magnet Bracket Cover
92	1	Left Magnet Bracket Cover
93	4	M8 x 12mm Patch Screw
94	1	M10 x 55mm Screw
95	1	O-ring
96	2	M6 x 25mm Screw
97	1	Handlebar
98	2	M8 x 50mm Bolt
99	2	M8 Locknut
100	2	Post Knob

Key No.	Qty.	Description
101	1	Carriage Knob
102	4	M6 x 15mm Machine Screw
103	4	M4 x 10mm Machine Screw
104	1	Roller
105	1	M10 Washer
106	1	Tray Cover
107	2	M4 x 15mm Machine Screw
108	3	M6 Washer
109	1	Front Bracket Mount
110	1	Wire Protector
111	2	Upper/Lower Pivot Disc
112	1	Center Pivot Disc
113	2	Inner Pivot Bushing
114	1	Rear Bracket Mount
115	1	Reed Switch/Wire
116	1	Reed Switch Clip
117	1	Left Base Cover
118	1	Power Receptacle
119	1	Power Adapter
120	1	Power Cord
121	1	Upper Brake Bushing
122	1	Lower Wire
123	1	Upper Wire
124	1	Extension Wire
125	1	Control Wire
126	2	M8 x 12mm Screw
127	6	M8 Large Washer
128	2	M5 Nut
129	1	M5 x 8mm Screw
130	1	#6 x 5/8" Screw
131	1	Adjustment Block
132	2	M4 x 10mm Blunt Screw
133	2	M10 x 20mm Hex Screw
134	1	Plastic Spacer
135	4	M10 Locknut
136	1	Shoe Pin
137	2	Pulley Magnet
138	2	M6 x 15mm Screw
139	1	Thrust Washer
140	1	Brake Knob Cap
141	1	M6 Locknut
142	1	Lower Brake Knob
143	1	Lower Brake Bushing
144	1	Spring Stop
145	1	Brake Spring
146	2	M4 x 6mm Screw
147	1	Brake Shaft
148	1	Roll Pin
149	1	E-ring
150	1	Brake Shoe
151	1	Upper Leg Axle
152	1	Pivot Nut
153	1	Mount Cover
154	1	Lower Console Cover
155	1	Upper Console Cover
156	4	Crown Fastener/Screw
157	4	M6 x 15mm Cap Screw
158	2	Outer Clamp
159	2	M6 x 25mm Screw
160	1	M6 x 10mm Washer
161	1	Stop Spring
*	–	Assembly/Adjustment Tool Kit
*	–	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.

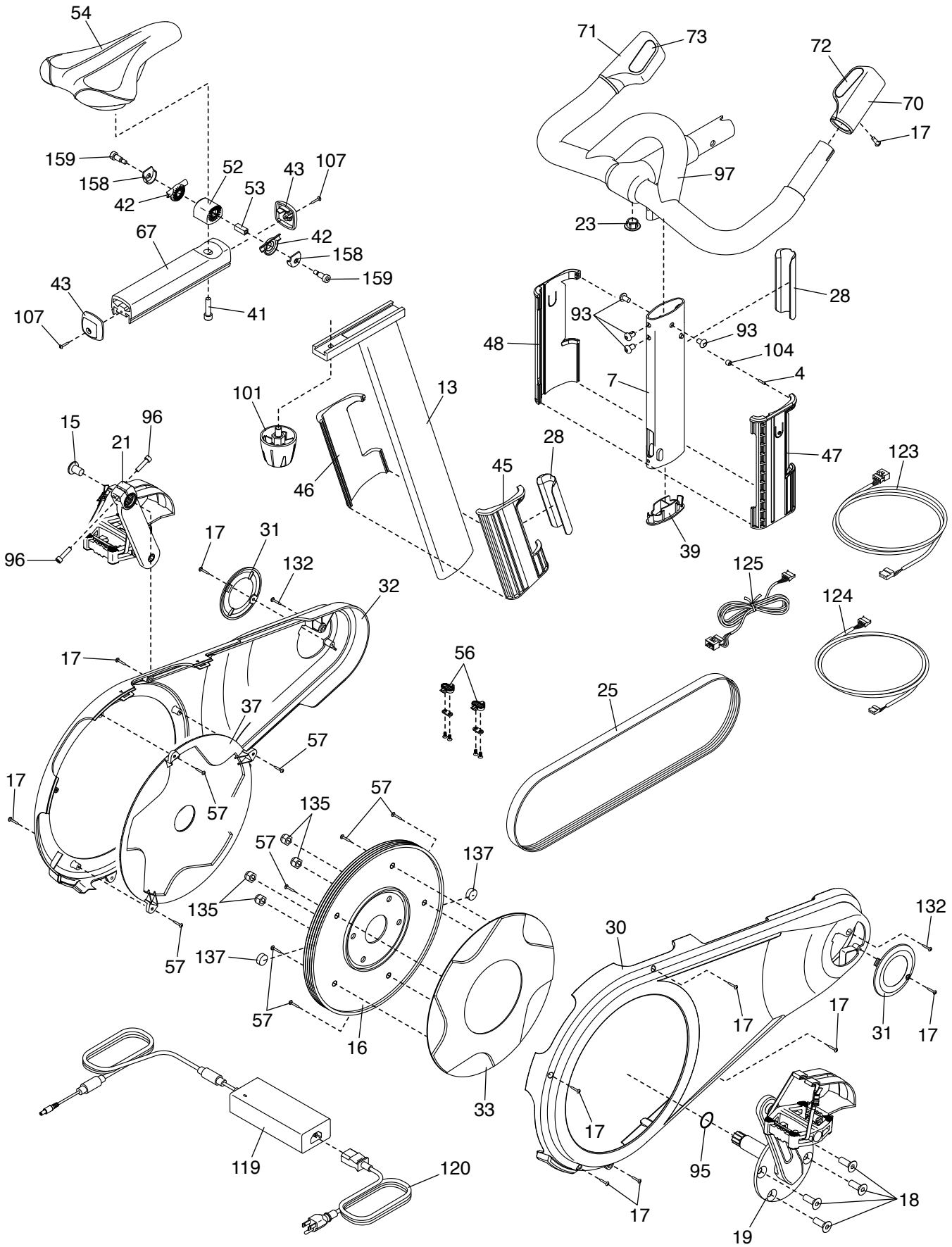
EXPLODED DRAWING A

Model No. NTEX02425-INT.0 R0824B



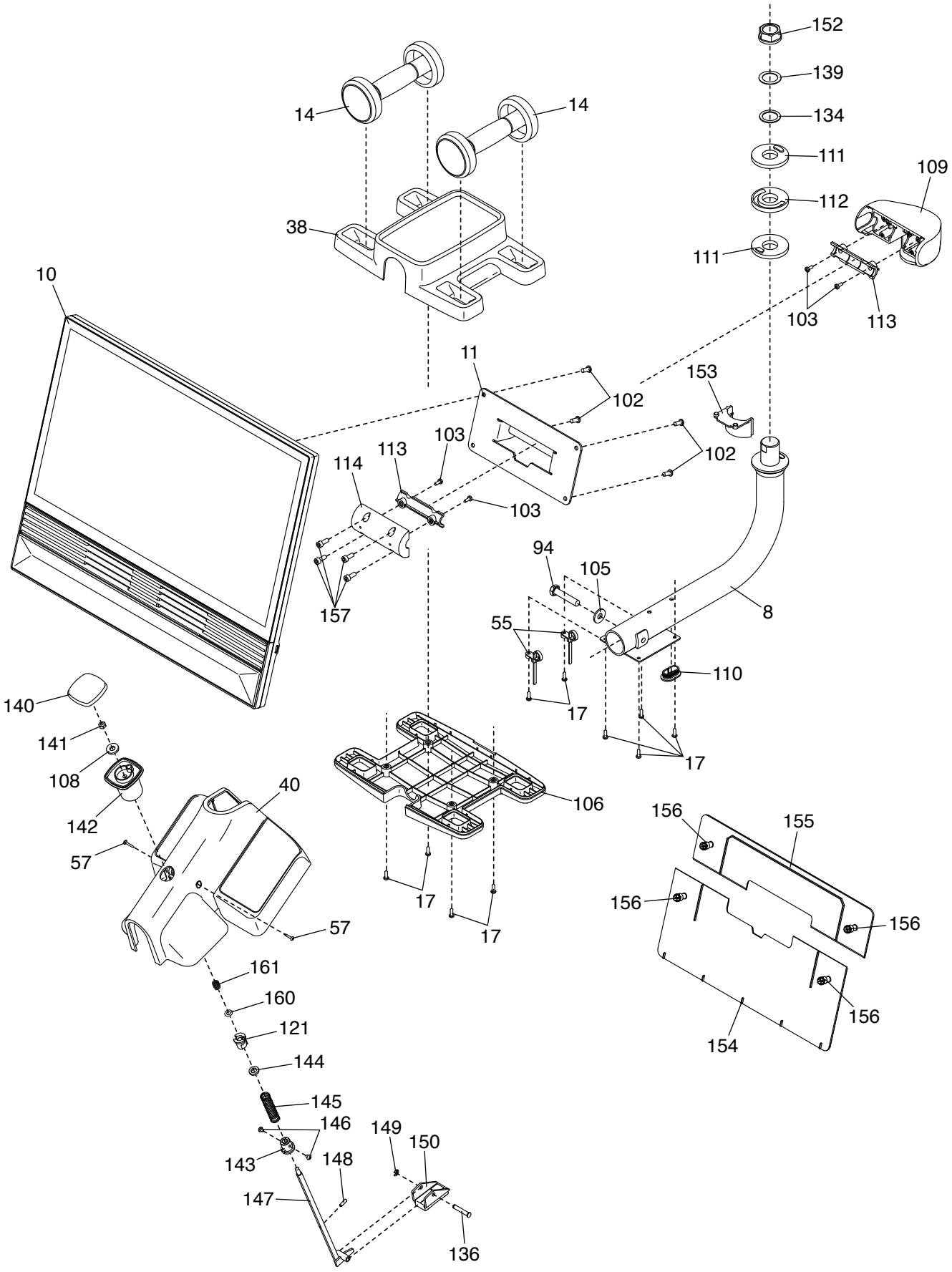
EXPLODED DRAWING B

Model No. NTEX02425-INT.0 R0824B



EXPLODED DRAWING C

Model No. NTEX02425-INT.0 R0824B



ORDERING REPLACEMENT PARTS

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

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

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.



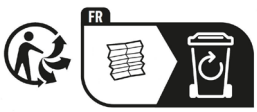
Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

UK/EU DECLARATION OF CONFORMITY

NTEX02425-INT contains the MP24-Xenon-C or MP24-Xenon-V Tablet.
Hereby, iFIT Health & Fitness declares that the radio equipment type MP24-Xenon-C or MP24-Xenon-V is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMC453085 or OMC453584V - Broadcast Frequency Bands and Maximum EIRP power: 2.4G WIFI:25.02dBm; 5G WIFI:22.895dBm; 2.4G BT:10.12dBm.
Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

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

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2, EN 301 893 V2.1.1
UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom
EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France



Part No. 455255 R0824B

Printed in China © 2024 iFIT Inc.