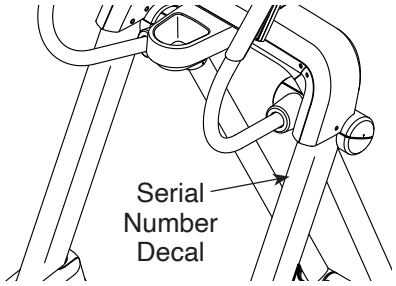
NordicTrack®

nordictrack.com

X16 ELLIPTICAL

Model No. NTEL71625.0
Serial No. _____

Write the serial number in the space above for reference.



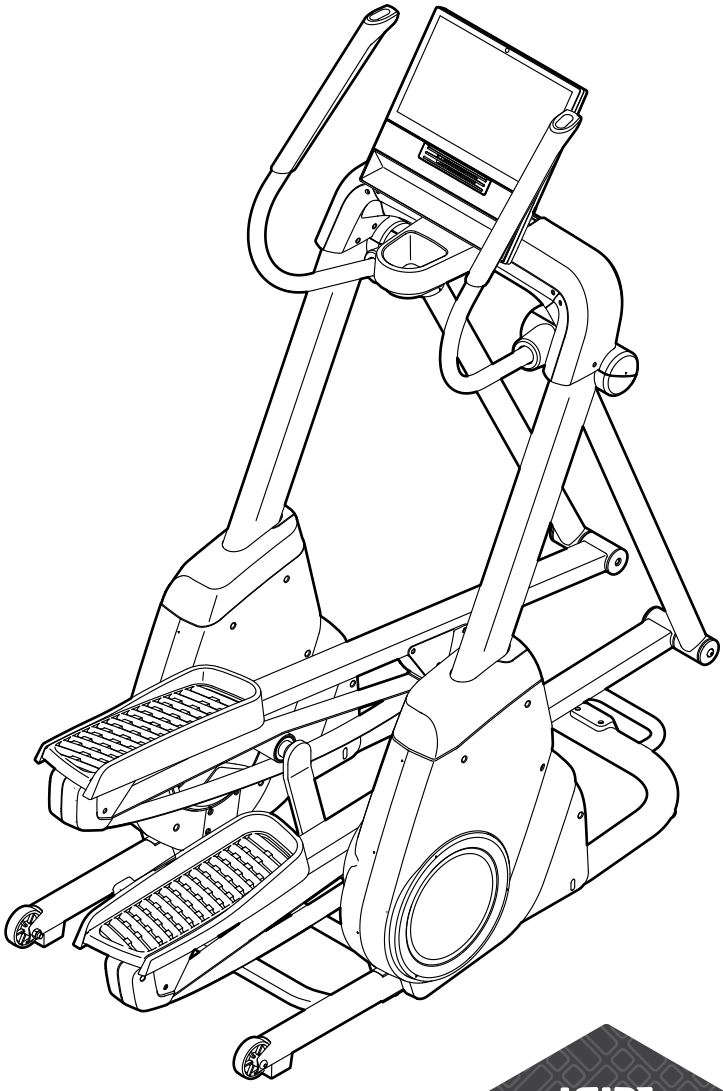
MEMBER CARE

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

⚠ CAUTION

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

USER'S MANUAL



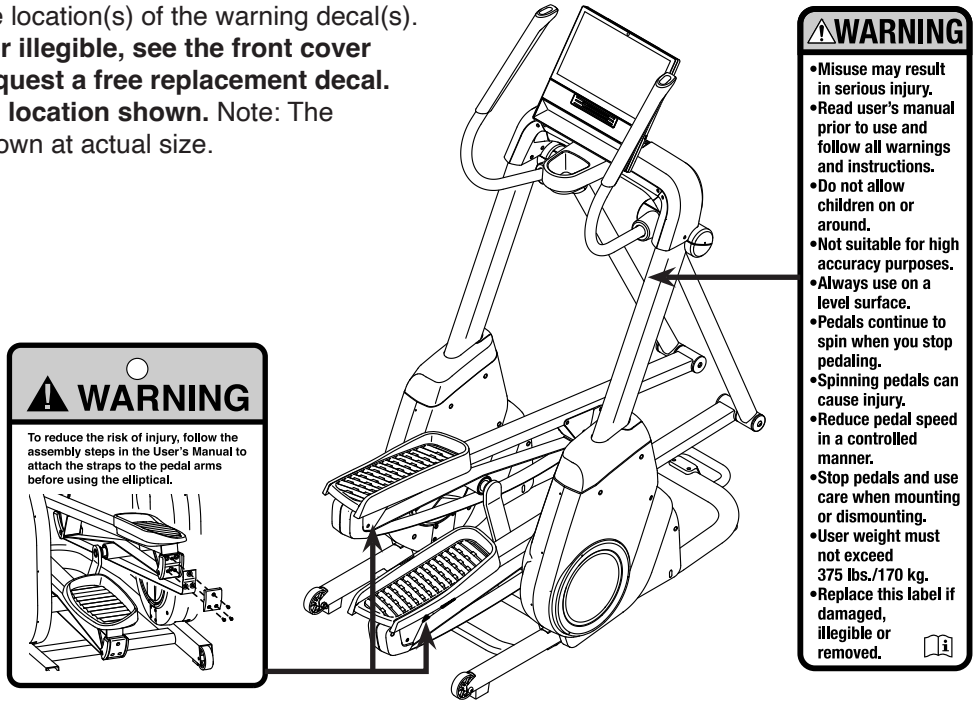
iFIT
MAKE YOUR FITNESS GOALS A REALITY
IFIT.COM

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
PART IDENTIFICATION CHART 6
ASSEMBLY 7
HOW TO USE THE ELLIPTICAL 14
HOW TO USE THE CONSOLE 16
FCC INFORMATION 26
MAINTENANCE AND TROUBLESHOOTING 27
EXERCISE GUIDELINES 29
PART LIST 31
EXPLODED DRAWING 33
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

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



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 burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Keep children under age 16 and pets away from the elliptical at all times.**
3. **Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.**
4. **Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.**
5. **The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.**
6. **Use the elliptical only as described in this manual.**
7. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
8. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
9. **Place the elliptical on a level surface, with at least 4 ft. (1.2 m) of clearance in the front of the elliptical, 6 ft. (1.8 m) in the rear, and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
10. **Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.**
11. **When connecting the power cord (see page 14), plug the power cord into a grounded circuit.**
12. **Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.**
13. **Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.**
14. **DANGER: Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**
15. **The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).**
16. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**

17. **Hold the handlebars when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.**

18. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**

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

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

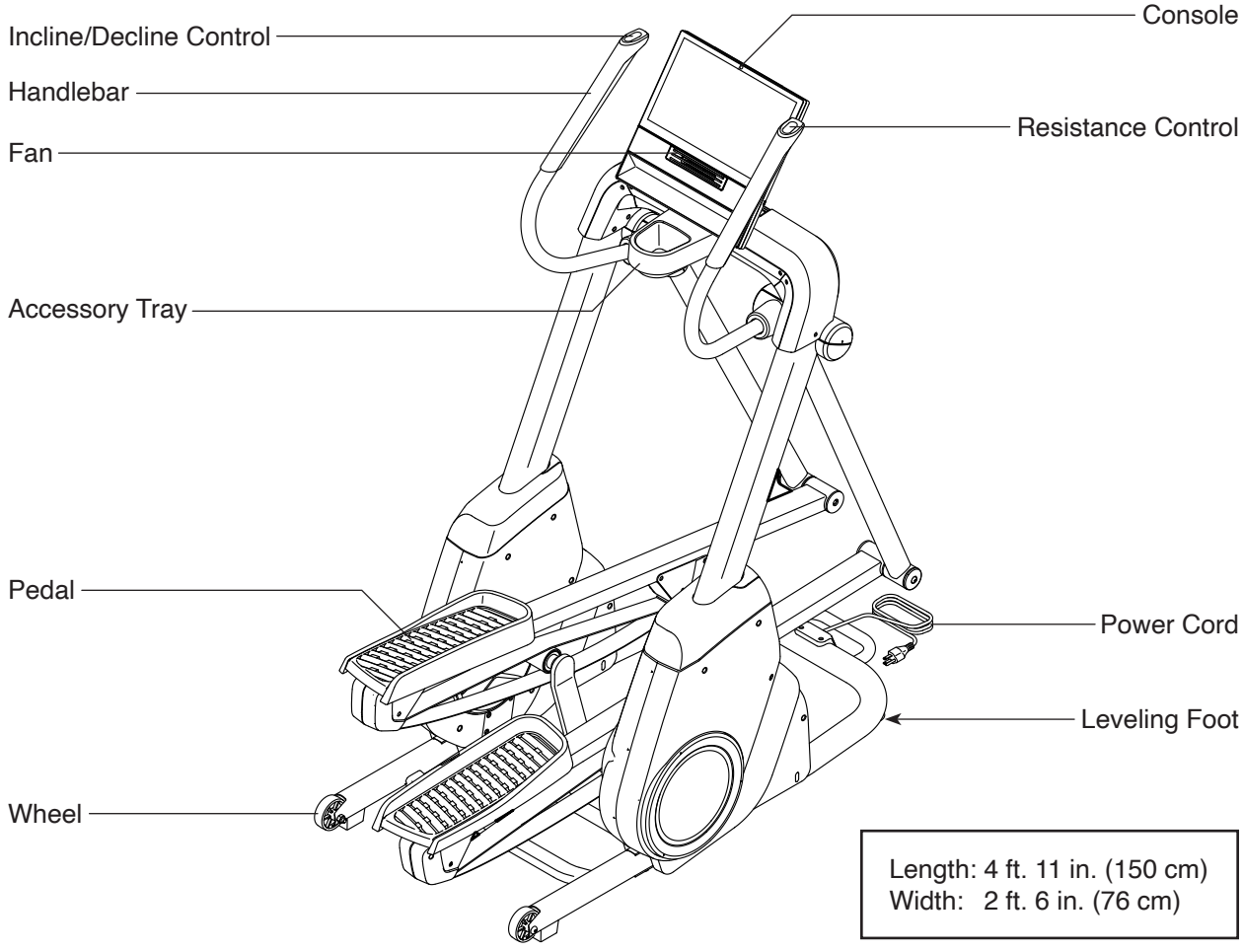
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® X16 elliptical. The X16 elliptical provides a large selection of features designed to make your workouts at home more effective and enjoyable.

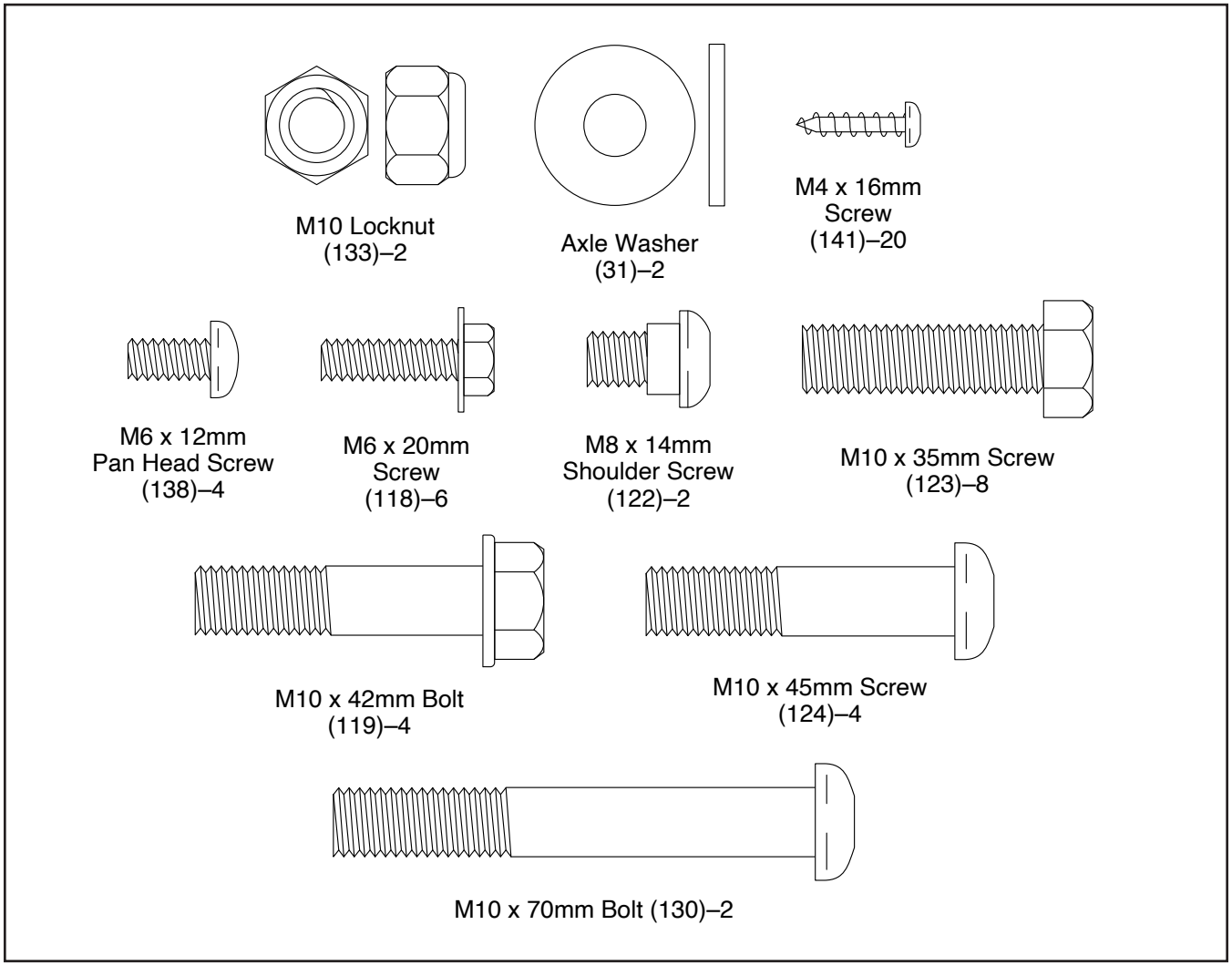
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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



PART IDENTIFICATION CHART

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

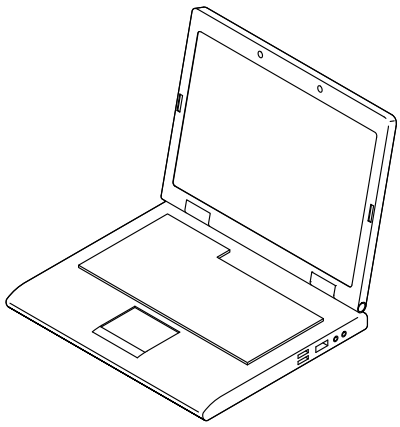


ASSEMBLY

- Assembly requires two or three persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- Assembly can be completed using the included tools. Note: Your own rubber mallet may also be helpful; however, be careful to not break plastic parts with the rubber mallet.

1. **Go to my.nordictrack.com and register your product.**
   - documents your ownership
   - activates your warranty
   - ensures priority customer support if you ever need assistance

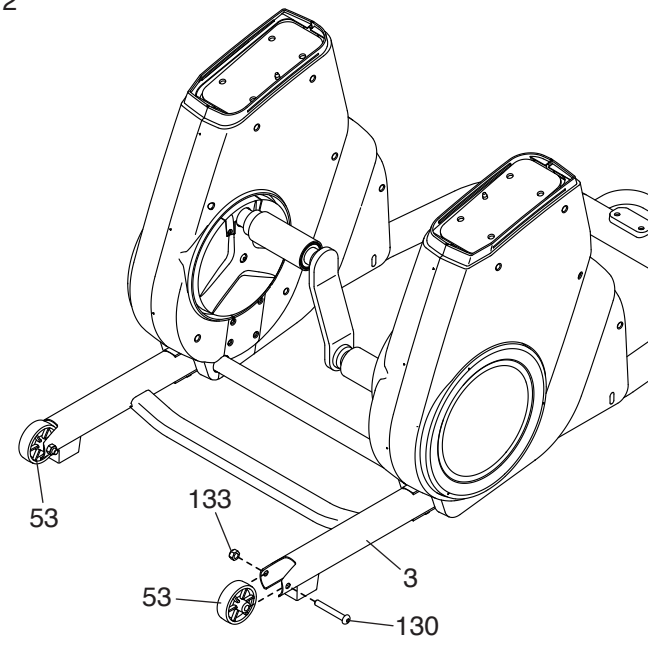
1



2. Attach a Wheel (53) to the Stabilizer (3) with an M10 x 70mm Bolt (130) and an M10 Locknut (133); **do not overtighten the Locknut; the Wheel should turn freely.**

   Attach the other Wheel (53) in the same way.

2

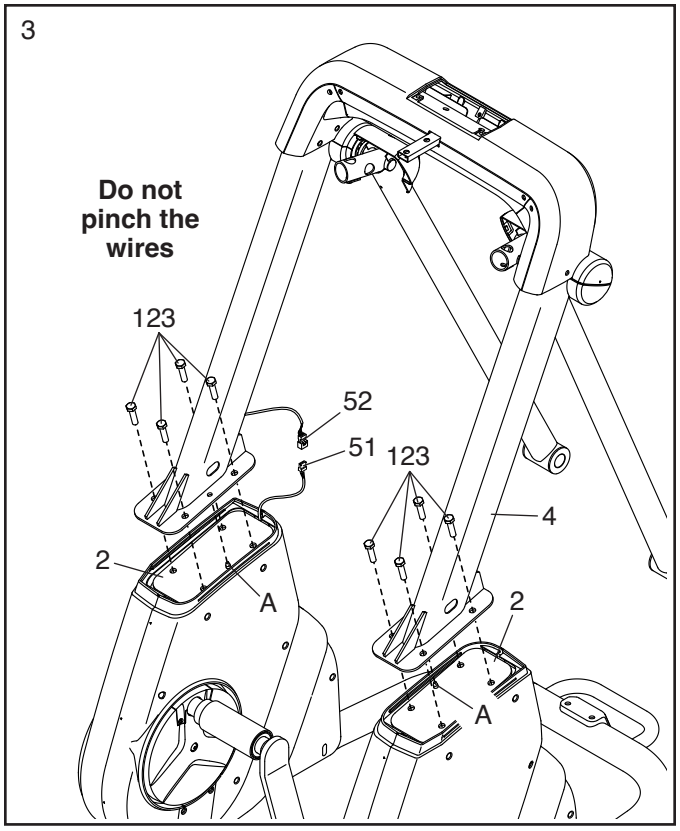


3. **Do not pinch the wires.** With the help of one or two other people, set the Upright (4) on the pins (A) on the Frame (2).

   Attach the Upright (4) with eight M10 x 35mm Screws (123); **start all eight Screws, and then tighten them.**

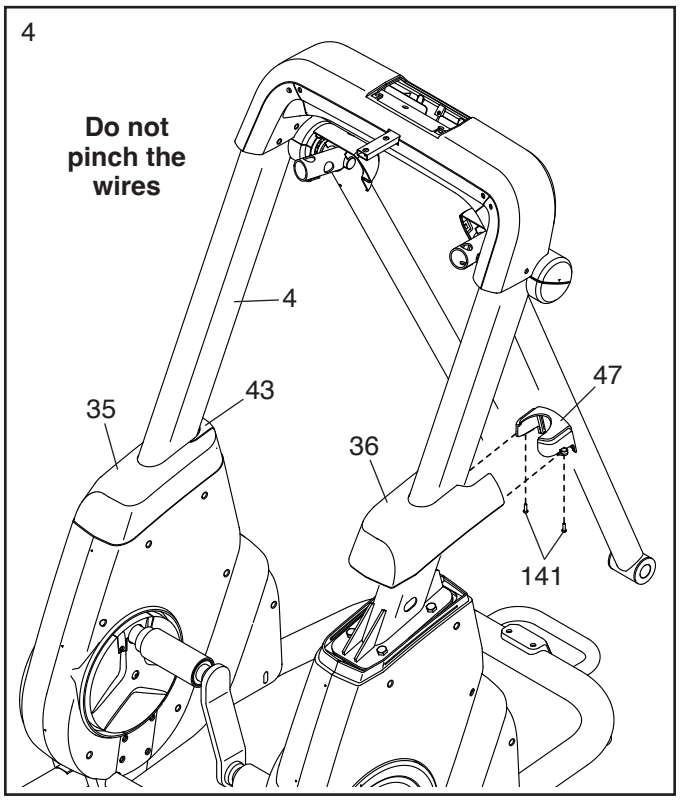
   Then, connect the 41" Wire (52) in the Upright (4) to the 17" Wire (51) in the Frame (2).

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



4. Identify the Right Shield Cover (36) and the Right Front Shield Cover (47). Attach them around the right side of the Upright (4) with two M4 x 16mm Screws (141). Then, press the Shield Covers into place.

   Do not pinch the wires. Attach the Left Shield Cover (35) and the Left Front Shield Cover (43) around the left side of the Upright (4) in the same way.

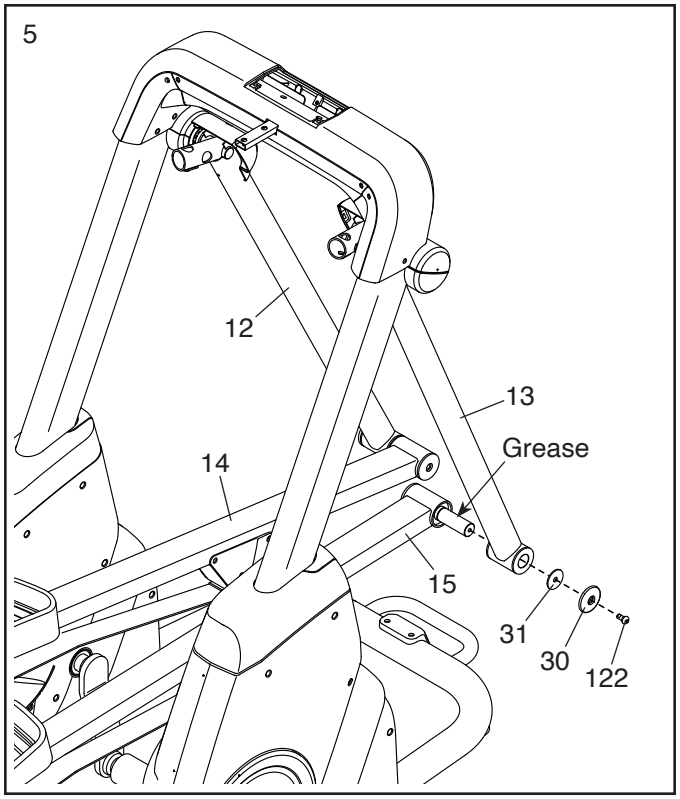


5. Identify the Right Pedal Arm (15). Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the Right Pedal Arm.

   Next, insert the axle on the Right Pedal Arm (15) into the Right Pivot Leg (13) from the direction shown.

   Attach the Right Pedal Arm (15) with an M8 x 14mm Shoulder Screw (122), an Axle Cover (30), and an Axle Washer (31).

   Attach the Left Pedal Arm (14) to the Left Pivot Leg (12) in the same way.



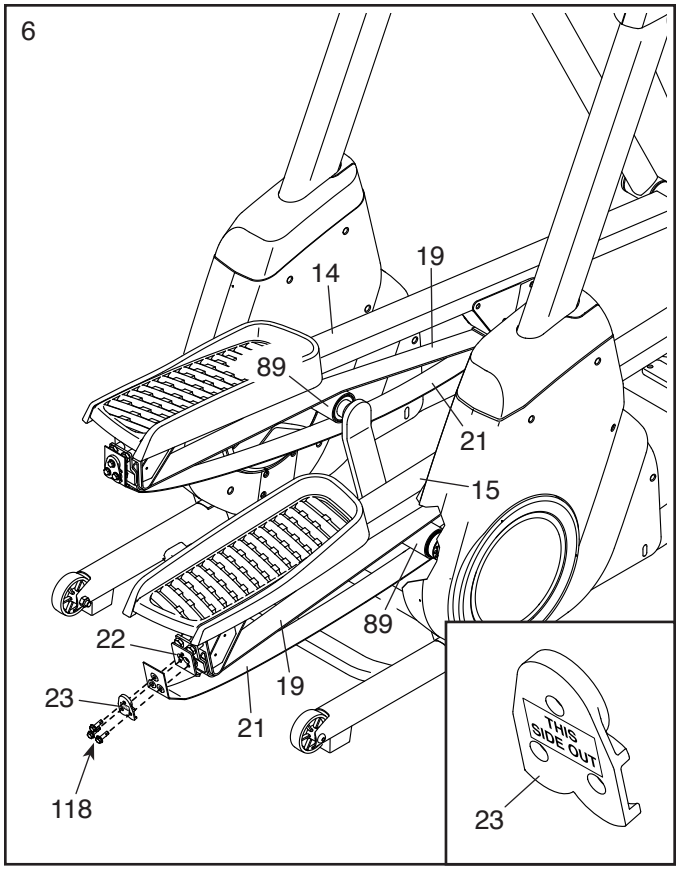
6. Identify the Strap (21) on the Right Pedal Arm (15). Route the Strap under the Roller (89); **make sure that the Strap is not twisted.**

   Make sure that the Glide Belt (19) on the Right Pedal Arm (15) is resting on top of the Roller (89) and that the Strap (21) is routed under the Roller.

   Note: It may be helpful to have a second person press downward on the Right Pedal Arm (15) while you perform the following action.

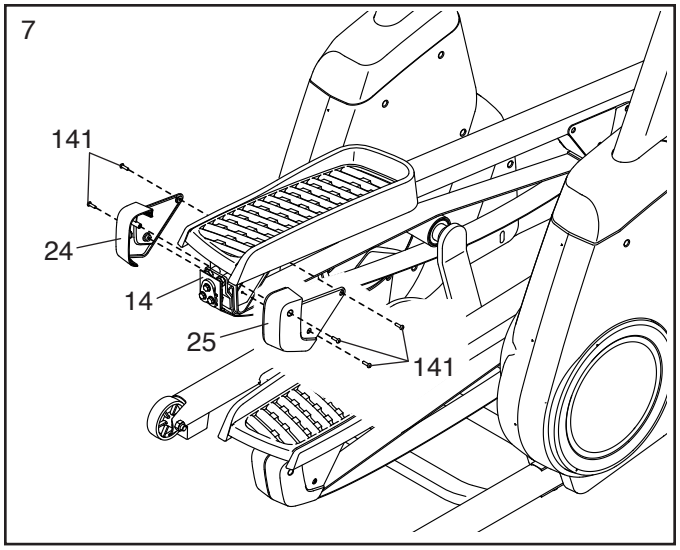
   Orient a Strap Clamp (23) as shown in the inset drawing. Attach the Strap (21) to the Strap Bracket (22) on the Right Pedal Arm (15) with three M6 x 20mm Screws (118) and the Strap Clamp; **start all three Screws, and then tighten them.**

   Repeat this step for the Left Pedal Arm (14).



7. Identify a Left Rear Belt Cover (24) and a Right Rear Belt Cover (25). Attach these parts to the Left Pedal Arm (14) with five M4 x 16mm Screws (141); **start all five Screws, and then tighten them.**

   Repeat this step on the right side of the elliptical.



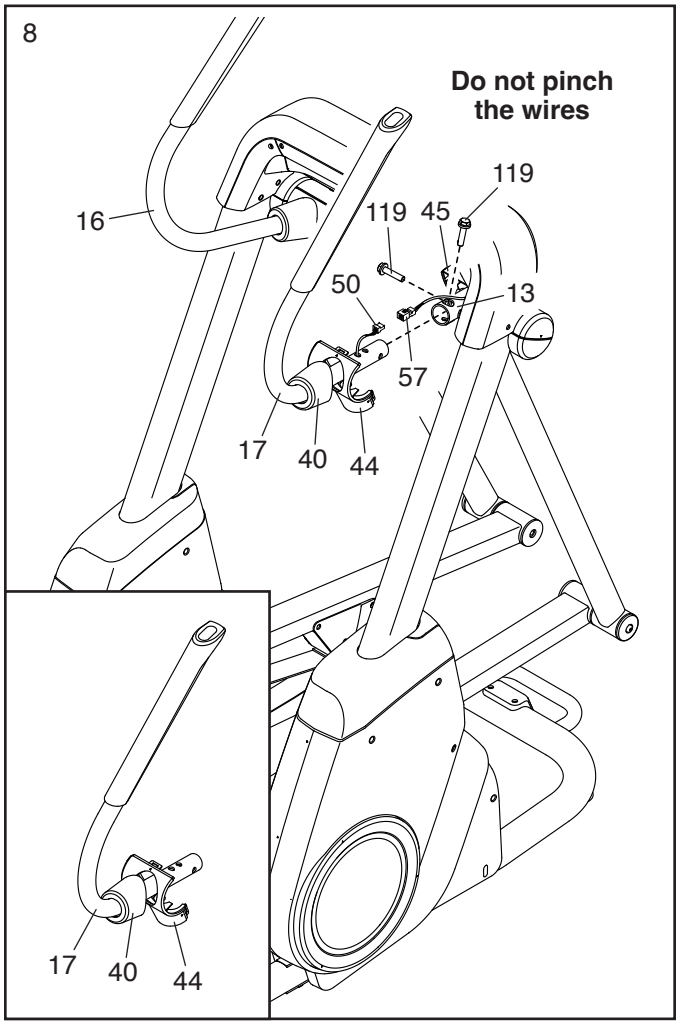
8. **See the inset drawing.** Identify the Right Handlebar (17), a Handlebar Cover (40), and the Right Rear Leg Cover (44). Slide the Handlebar Cover and the Right Rear Leg Cover onto the Right Handlebar.

   While a second person holds the Right Handlebar (17) in the position shown, connect the Right Control Wire (50) to the Control Extension Wire (57). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.**

   Avoid pinching the wires. Insert the Right Handlebar (17) into the Right Pivot Leg (13), and attach it with two M10 x 42mm Bolts (119); **firmly tighten the Bolts.**

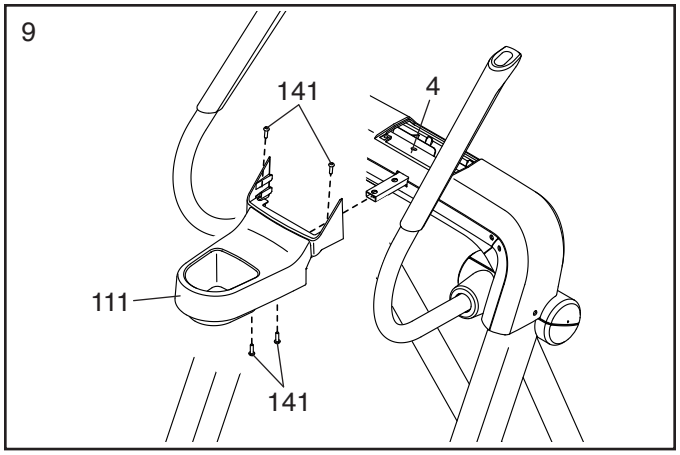
   Then, press the Right Rear Leg Cover (44) onto the Right Front Leg Cover (45), and **insert the connectors on the Wires (50, 57) into the Covers.** Then, slide the Handlebar Cover (40) into place.

   Repeat this step for the Left Handlebar (16).

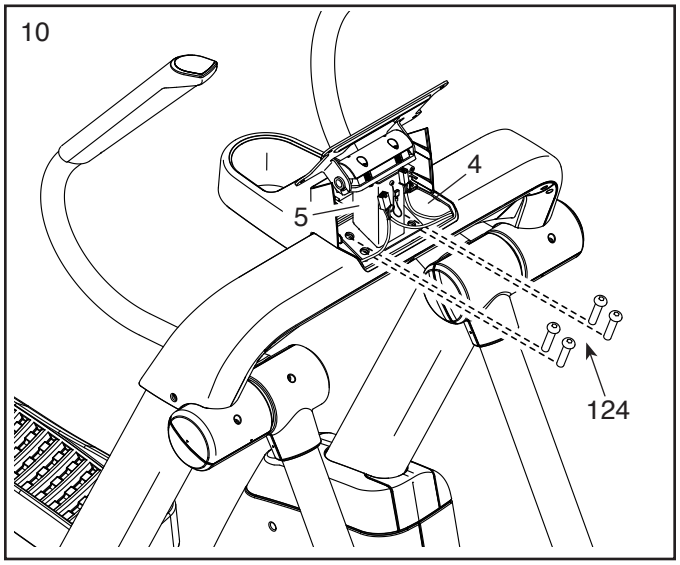


9. Attach the Accessory Tray (111) to the Upright (4) with two M4 x 16mm Screws (141) from below.

   Then, finish attaching the Accessory Tray (111) with two more M4 x 16mm Screws (141).

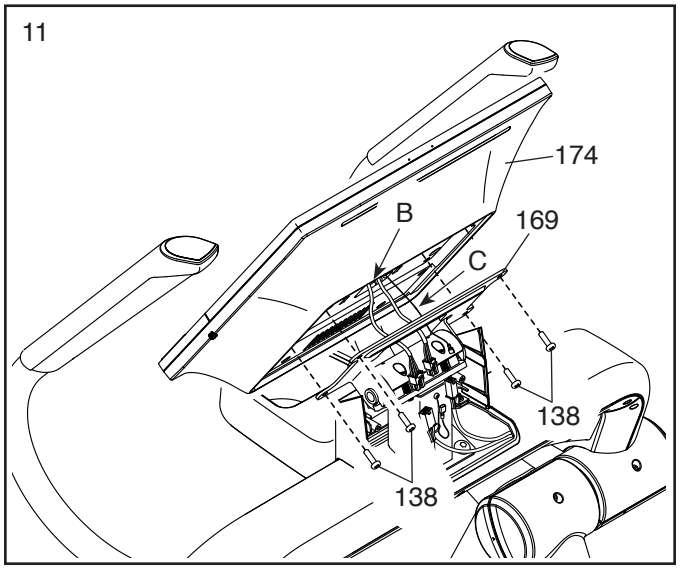


10. **Do not pinch the wires.** Orient the Console Mount (5) as shown, and set it on the Upright (4). Attach the Console Mount with four M10 x 45mm Screws (124); **start all four Screws, and then tighten them.**



11. Hold the Console (174) near the Console Bracket (169). Insert the two console wires (B) and the console ground wire (C) through the opening in the Console Bracket.

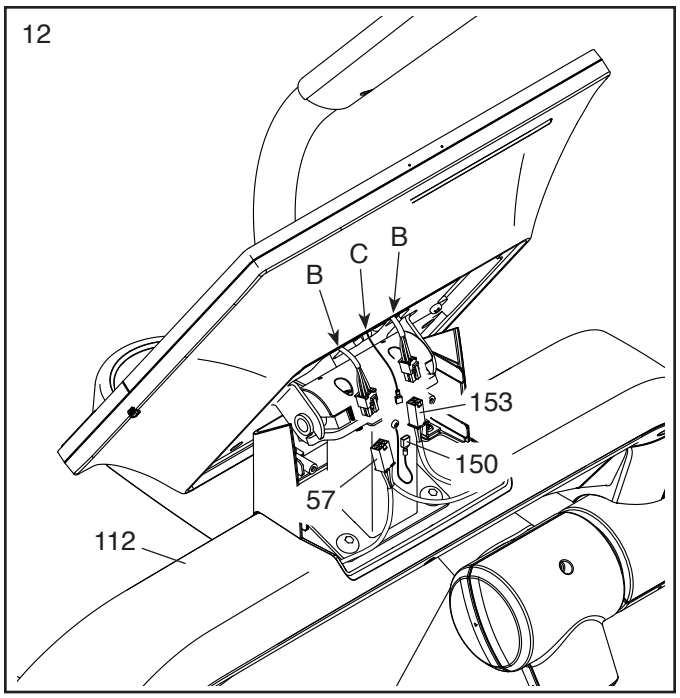
    Do not pinch the wires. Attach the Console (174) to the Console Bracket (169)) with four M6 x 12mm Pan Head Screws (138); **start all four Pan Head Screws, and then tighten them.**



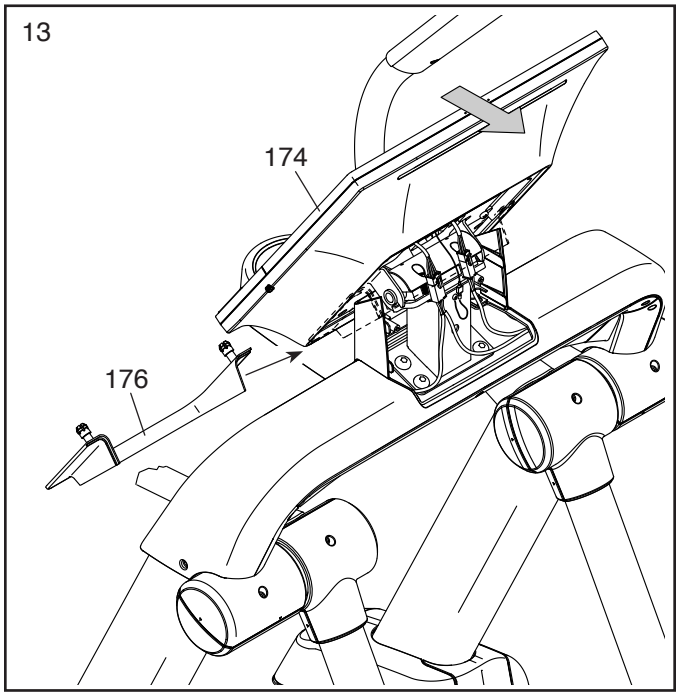
12. Connect the console ground wire (C) to the Ground Wire (150).

    Next, connect the two console wires (B) to the Control Extension Wire (57) and the Upright Wire (153). **IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.**

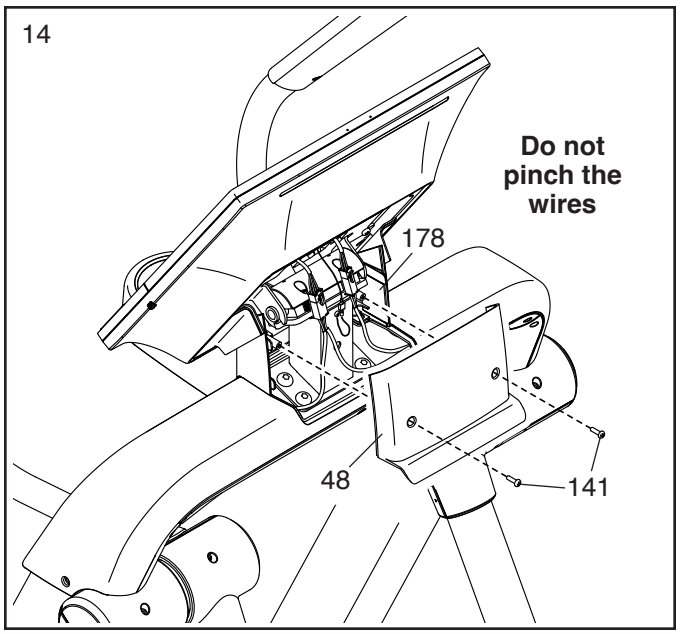
    Then, insert the excess wire into the Upper Upright Cover (112).



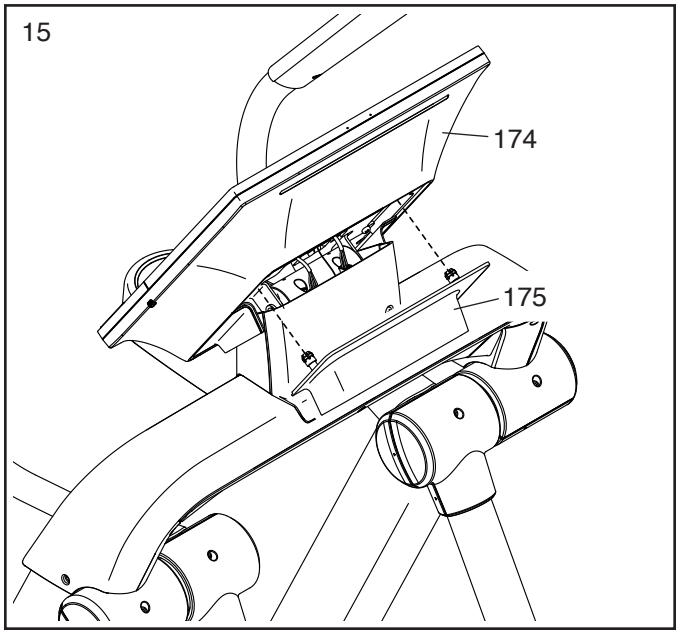
13. Tilt the top of the Console (174) forward, and then press the Lower Console Cover (176) onto the back of the Console (174).



14. **Do not pinch the wires.** Attach the Large Mount Cover (48) to the Small Mount Cover (178) with two M4 x 16mm Screws (141).



15. Press the Upper Console Cover (175) onto the back of the Console (174).



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

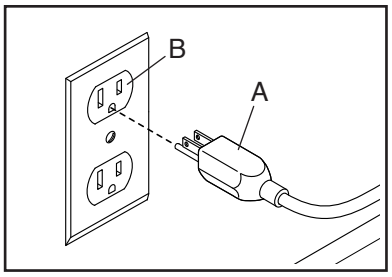
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

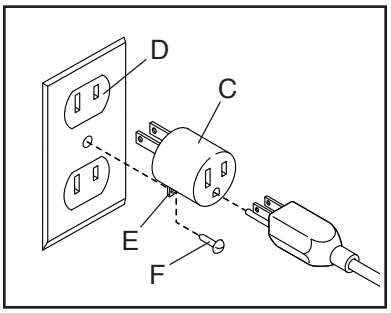
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

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

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



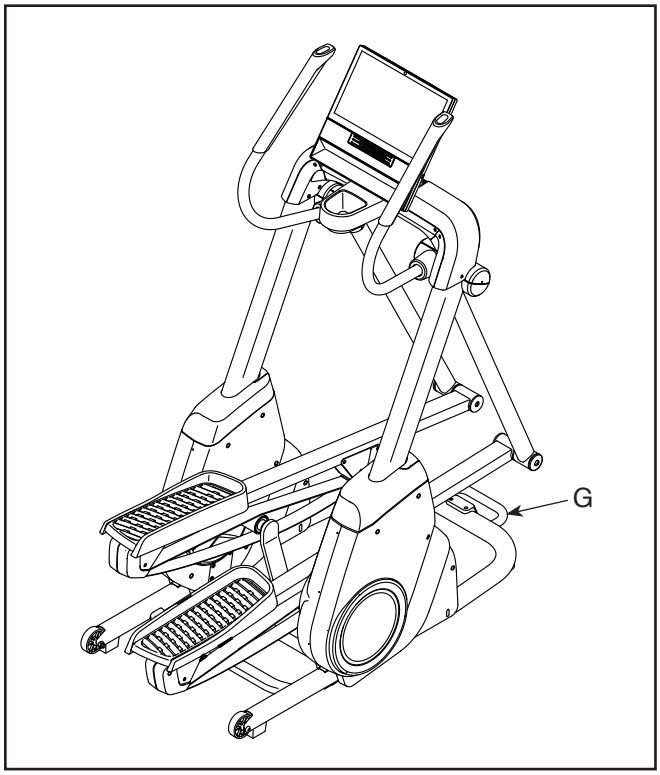
A temporary adapter (C) may be used to connect the power cord to a 2-pole receptacle (D) as shown at the right if a properly grounded outlet is not available.



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

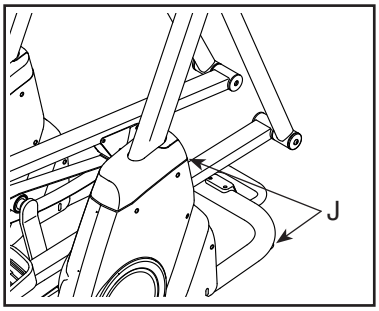
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical and lift the handle (G) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



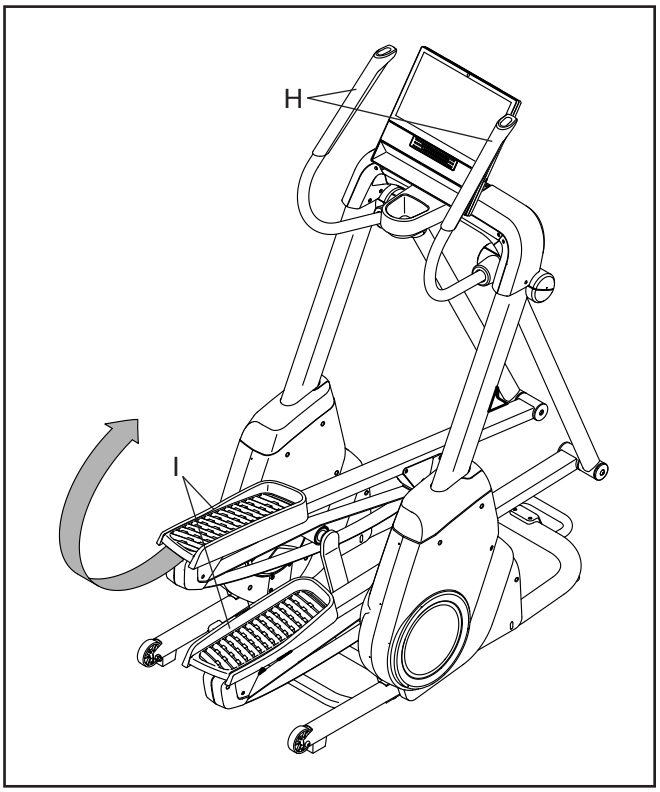
HOW TO LEVEL THE ELLIPTICAL

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



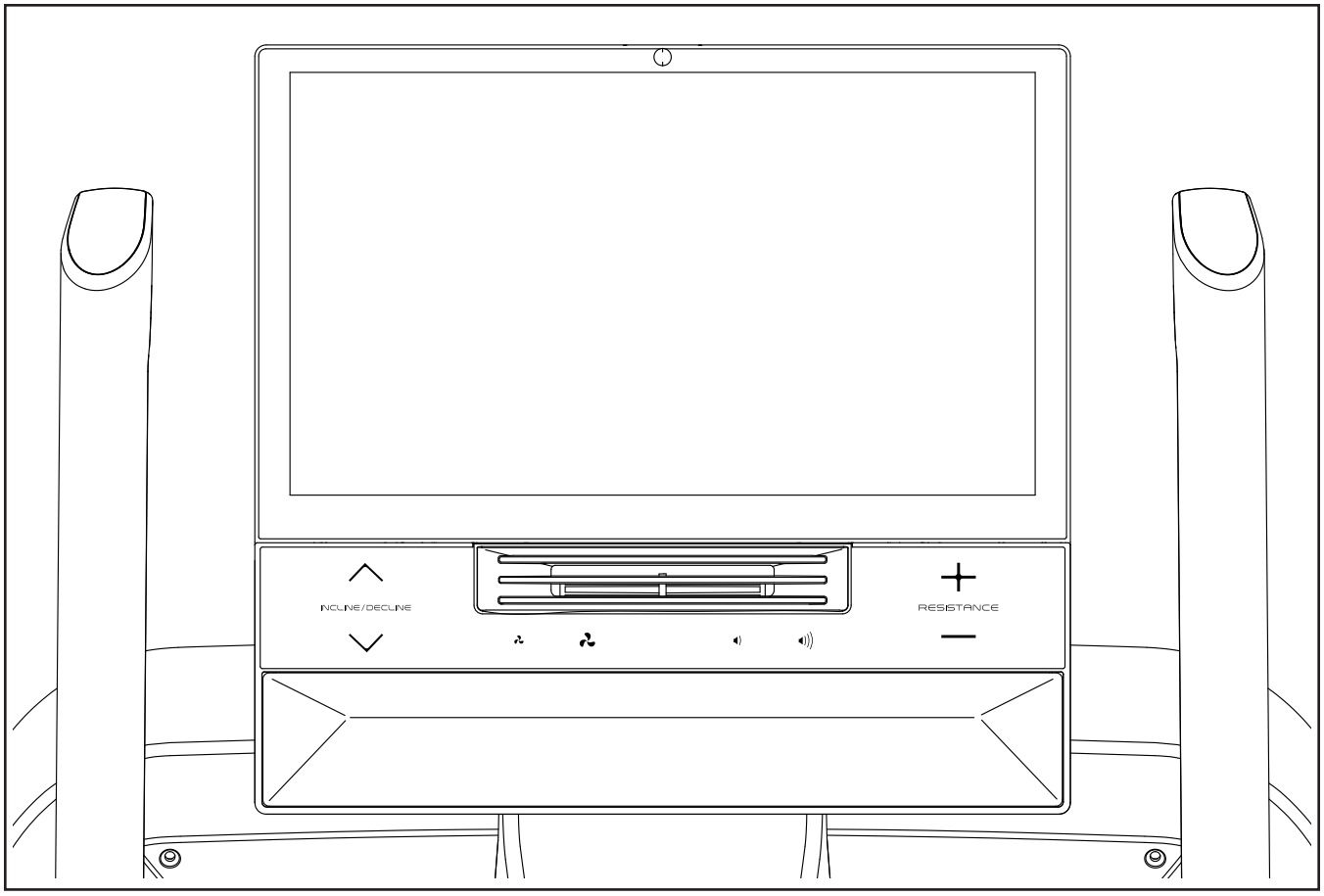
HOW TO EXERCISE ON THE ELLIPTICAL

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



To dismount the elliptical, wait until the pedals (I) come to a complete stop. **Note: The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO USE THE CONSOLE



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.

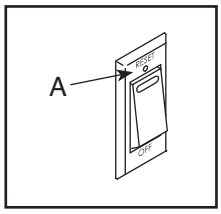
The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the resistance of the pedals and the incline of the frame as iFIT trainers guide you through immersive exercise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

HOW TO TURN ON THE CONSOLE

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the console. If you do not do this, you may damage the console or other electrical components.



Plug in the power cord (see page 14). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A). The console will then turn on. **Note: It may take a moment for the console to be ready for use. 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 5 on page 18 and manually calibrate the incline system.

HOW TO TURN OFF THE CONSOLE

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

HOW TO USE THE TOUCH SCREEN

The console features 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 elliptical for the first time, set up the console.

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

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

2. **Customize settings.**

   Follow the prompts on the screen to set the desired unit of measurement and your time zone.

   Note: To change these settings or other 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.

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

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 descend 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.

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

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.**

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

   To use the fan, see page 25.

   To use a heart rate monitor, see page 25.

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

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

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

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

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

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

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

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

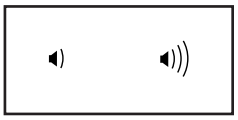
4. **Follow your progress.**

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

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

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

   If desired, adjust the volume level by pressing the Vol increase and decrease buttons.

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 session, 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 button on the screen. Slide or flick the screen to scroll as necessary.

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

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

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

   To use the fan, Bluetooth headphones, or a heart rate monitor, see page 25.

4. **Start the workout.**

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

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

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

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

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

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

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

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance settings.

To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

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

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate when you wear a compatible heart rate monitor (see 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.

5. **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 2 on page 22) 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 start point for the workout. Then, touch the screen to add the end point for the workout.

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

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

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

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.**

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

   To use the fan, Bluetooth headphones, or a heart rate monitor, see page 25.

5. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 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 button on the screen. Slide or flick the screen to scroll as necessary.

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

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

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

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

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.**

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

   To use the fan, Bluetooth headphones, or a heart rate monitor, see page 25.

7. **Start the workout.**

   Touch *End Warmup* or pedal until the warm-up period ends to start the workout. The workout will function in the same way as a featured workout (see step 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 elliptical or about the console app.

6. **Update the console firmware.**

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

   The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a moment for the console to be ready for use.

   Note: As a result of a firmware update, some settings and features may change. Take time to explore the console to learn how new settings and features work. Firmware updates are always designed to improve your exercise experience.

7. **Calibrate the incline system.**

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

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

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

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

HOW TO CONNECT TO A WIRELESS NETWORK

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

1. **Select the 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.

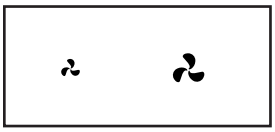
   When the console is connected to your wireless network, a confirmation message will appear on the screen.

   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 console repeatedly to select a fan speed or to turn off the fan.

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

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.

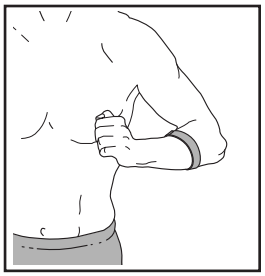
To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play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

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: OMC453084 (Campal) or OMC453584V (CVTE).

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

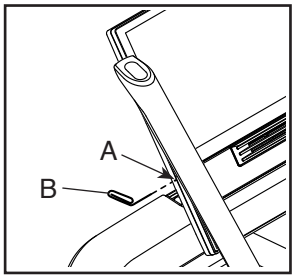
Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.

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

CONSOLE TROUBLESHOOTING

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

If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to 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 cord. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip (B), press and hold the reset button inside of the opening, and have a second person plug in the power cord and press the power switch. **Continue holding the reset button until the console turns on.** When the reset operation is complete, the console will turn off and then turn back on. If it does not, press the power switch off and then on again. Once the console turns on, check for firmware updates (see page 18). Note: It may take a moment for the console to be ready for use.

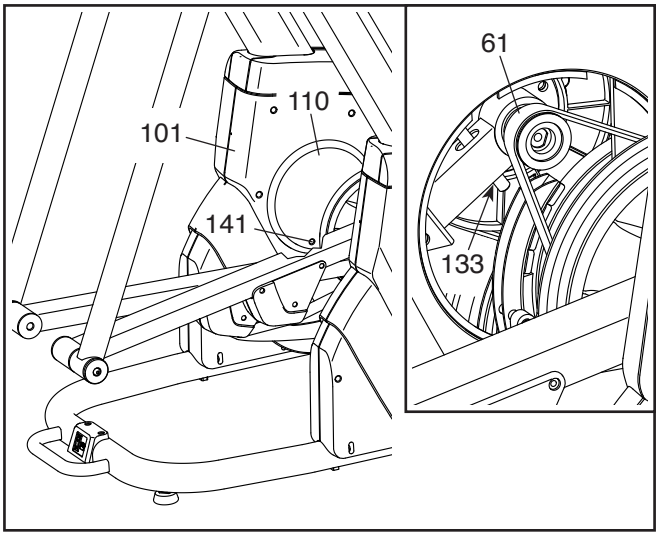
INCLINE SYSTEM TROUBLESHOOTING

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

HOW TO ADJUST THE DRIVE BELT

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

Next, remove the M4 x 16mm Screw (141) and the Access Cover (110) from the Right Inner Shield (101). Then, tighten the M10 Locknut (133) until the Drive Belt A (61) is tight.

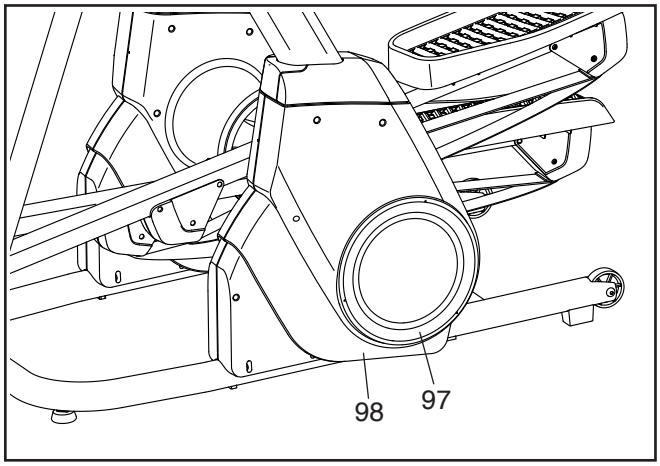


When you have properly adjusted the Drive Belt A (61), reattach the Access Cover (110) and plug in the power cord.

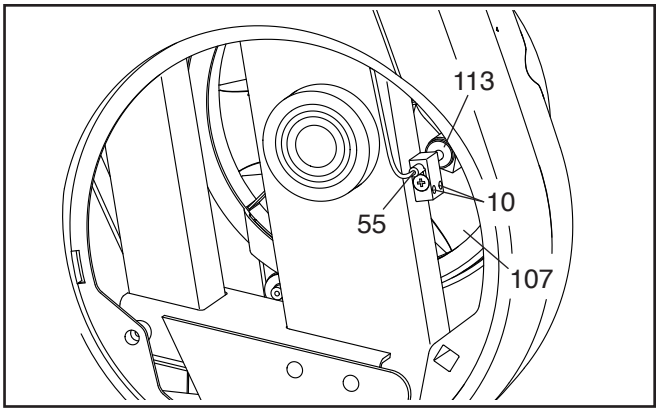
HOW TO ADJUST THE REED SWITCH

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 cord.**

Next, use a standard screwdriver and pry the Shield Disc (97) off the Left Outer Shield (98).



See the drawing at the right. Locate the Reed Switch (55). Turn the Right Inner Disc (107) until a Magnet (113) is aligned with the Reed Switch.



Then, slightly loosen the two M4 x 25mm Screws (10) and slide the Reed Switch (55) slightly closer to or away from the Magnet (113).

Plug in the power cord, press the power switch, and rock the Right Inner Disc (107) forward and backward so that the Magnet (113) passes the Reed Switch (55) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, retighten the two M4 x 25mm Screws (10), reattach the Shield Disc (97), and plug in the power cord.

EXERCISE GUIDELINES

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

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

EXERCISE INTENSITY

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

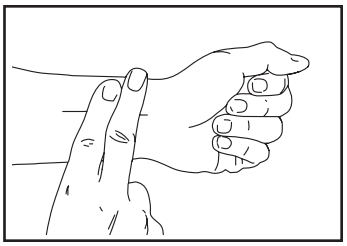
165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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

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

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

HOW TO MEASURE YOUR HEART RATE



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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

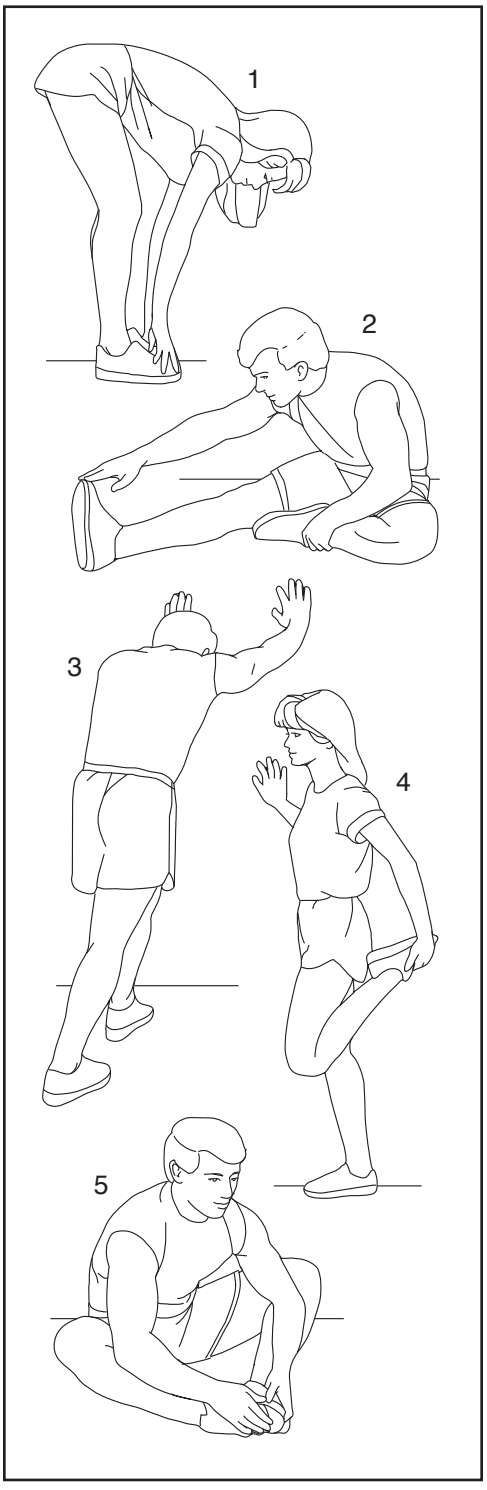
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. NTEL71625.0 R0724B

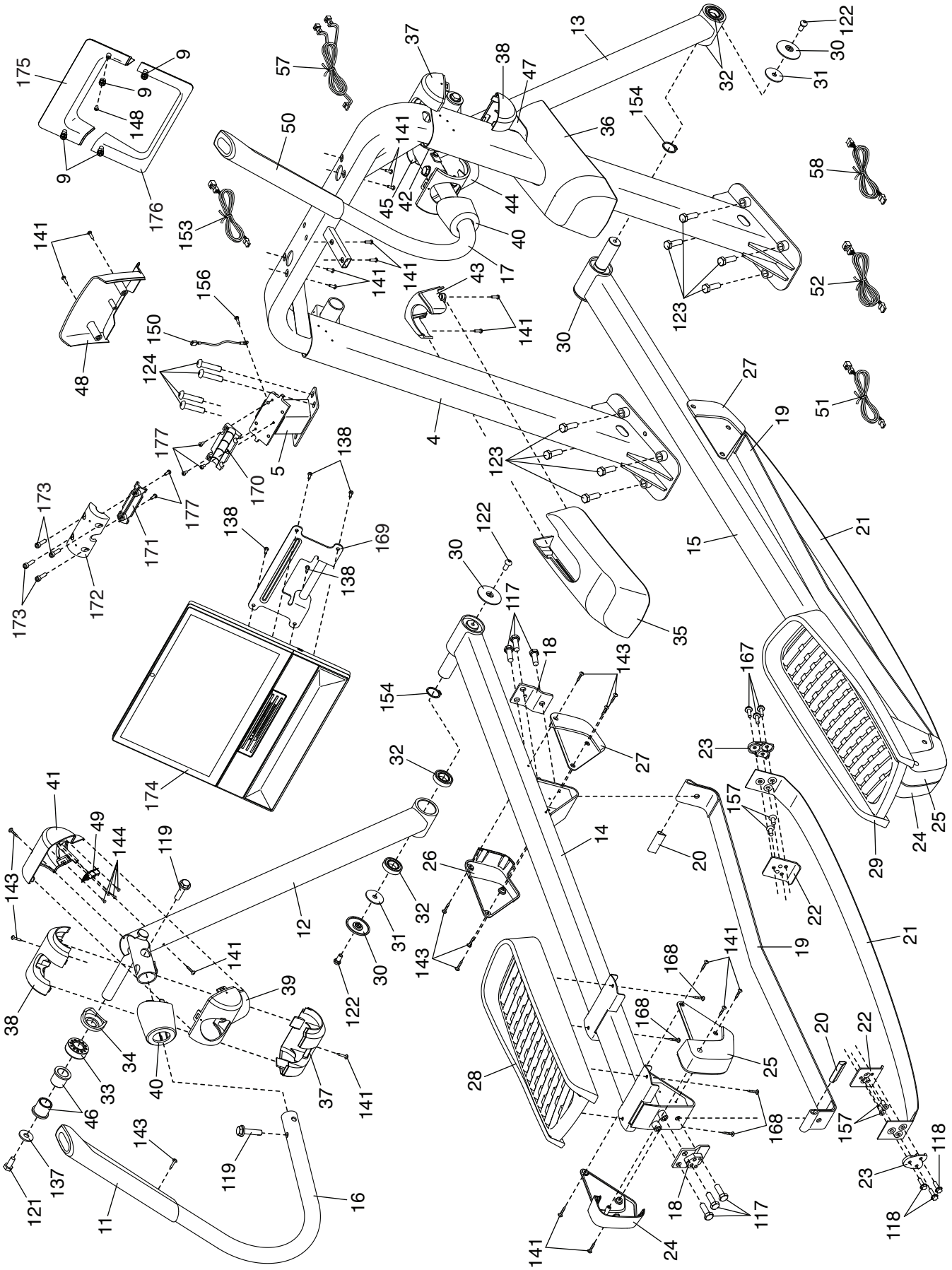
Key No.	Qty.	Description
1	1	Base
2	1	Frame
3	1	Stabilizer
4	1	Upright
5	1	Console Mount
6	1	Brace
7	1	Control Bracket
8	1	Control Board
9	4	Mushroom Fastener
10	2	M4 x 25mm Screw
11	1	Left Control Grip/Wire
12	1	Left Pivot Leg
13	1	Right Pivot Leg
14	1	Left Pedal Arm
15	1	Right Pedal Arm
16	1	Left Handlebar
17	1	Right Handlebar
18	4	Belt Clamp
19	2	Glide Belt
20	4	Wedge
21	2	Strap
22	4	Strap Bracket
23	4	Strap Clamp
24	2	Left Rear Belt Cover
25	2	Right Rear Belt Cover
26	2	Left Front Belt Cover
27	2	Right Front Belt Cover
28	1	Left Pedal
29	1	Right Pedal
30	4	Axle Cover
31	3	Axle Washer
32	4	Leg Bearing
33	2	Flex Spacer
34	1	Left Pivot Spacer
35	1	Left Shield Cover
36	1	Right Shield Cover
37	2	Pivot Cover A
38	2	Pivot Cover B
39	1	Left Rear Leg Cover
40	2	Handlebar Cover
41	1	Left Front Leg Cover
42	1	Right Pivot Spacer
43	1	Left Front Shield Cover
44	1	Right Rear Leg Cover
45	1	Right Front Leg Cover
46	4	Pivot Bushing
47	1	Right Front Shield Cover
48	1	Large Mount Cover
49	1	Accelerometer Sensor
50	1	Right Control Grip/Wire
51	1	17" Wire
52	1	41" Wire
53	2	Wheel
54	2	Foot
55	1	Reed Switch/Wire
56	1	Reed Switch Clamp/Screw
57	1	Control Extension Wire
58	1	32" Wire
59	1	Power Cord
60	2	Leveling Foot
61	1	Drive Belt A
62	1	Left Inner Disc
63	1	Crank
64	1	Flywheel
65	1	Large Crank Pulley
66	1	Large Idler Pulley
67	1	Crank Pulley Bracket
68	1	Crank Bracket
69	1	Idler Hub
70	1	Idler Bracket
71	1	Idler Adjustment Bolt
72	1	Lift Motor
73	1	Power Cover
74	1	Lower Lift Axle
75	1	Magnet Bracket
76	1	Resistance Motor
77	1	Resistance Rod
78	1	Resistance Disc
79	1	Resistance Block
80	1	Crank Washer
81	4	Crank Bearing
82	1	Small Crank Spacer
83	1	Large Crank Spacer
84	1	Bracket Weld Spacer
85	1	Large Spacer
86	2	Roller Spacer
87	2	Flex Spacer
88	4	Roller Bearing
89	2	Roller
90	2	Roller Weld Spacer
91	1	Upper Lift Axle
92	1	Small Idler Pulley
93	1	Idler Flex Spacer
94	2	Idler Bearing
95	2	Lift Bushing
96	2	Accent Ring
97	2	Shield Disc
98	1	Left Outer Shield
99	1	Left Inner Shield
100	1	Right Outer Shield

Key No.	Qty.	Description
101	1	Right Inner Shield
102	1	Left Outer Cover
103	1	Left Inner Cover
104	1	Right Outer Cover
105	1	Right Inner Cover
106	2	Disc Cap
107	1	Right Inner Disc
108	1	Left Slot Cover
109	1	Right Slot Cover
110	1	Access Cover
111	1	Accessory Tray
112	1	Upper Upright Cover
113	2	Magnet
114	1	Left Upright Cover
115	1	Right Upright Cover
116	1	Lower Upright Cover
117	12	M10 x 30mm Screw
118	6	M6 x 20mm Screw
119	4	M10 x 42mm Bolt
120	2	M10 x 95mm Bolt
121	2	M10 x 20mm Hex Screw
122	6	M8 x 14mm Shoulder Screw
123	8	M10 x 35mm Screw
124	4	M10 x 45mm Screw
125	2	M10 x 60mm Screw
126	2	M10 x 35mm Screw
127	2	M10 x 100mm Bolt
128	6	M8 x 20mm Screw
129	4	M6 x 12mm Hex Screw
130	2	M10 x 70mm Bolt
131	4	Standoff
132	1	M10 x 65mm Bolt
133	8	M10 Locknut
134	4	M8 x 13mm Screw
135	1	M6 x 10mm Screw
136	2	M5 Locknut
137	3	M10 Washer
138	4	M6 x 12mm Pan Head Screw
139	5	M6 Washer
140	11	Clip
141	54	M4 x 16mm Screw
142	1	Drive Belt B
143	59	M4 x 16mm Self-tapping Screw
144	4	M3 x 6mm Screw
145	8	M4 x 16mm Truss Screw
146	1	M3.5 x 10mm Screw
147	8	M4 x 12mm Screw
148	10	M4 x 10mm Screw
149	4	M8 Locknut
150	1	Ground Wire
151	1	Power Switch
152	1	Strain Relief
153	1	Upright Wire
154	2	Snap Ring
155	1	M8 Snap Ring
156	3	Ground Screw
157	8	M6 x 12mm Flat Head Screw
158	2	M12 x 60mm Bolt
159	2	M12 Locknut
160	1	M5 Washer
161	1	M8 x 16mm Flange Screw
162	1	M8 x 19mm Washer
163	2	Thrust Washer
164	1	M8 x 38mm Washer
165	1	M5 x 10mm Screw
166	1	Idler Spacer
167	6	M6 x 20mm Shoulder Screw
168	8	M6 x 12mm Screw
169	1	Console Bracket
170	1	Large Saddle Bracket
171	1	Small Saddle Bracket
172	1	Pivot Cover
173	4	M6 x 25m Screw
174	1	Console
175	1	Upper Console Cover
176	1	Lower Console Cover
177	5	M4 x 10mm Machine Screw
178	1	Small Mount Cover
*	–	Assembly/Adjustment Tool Kit
*	–	Grease Packet
*	–	User's Manual

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

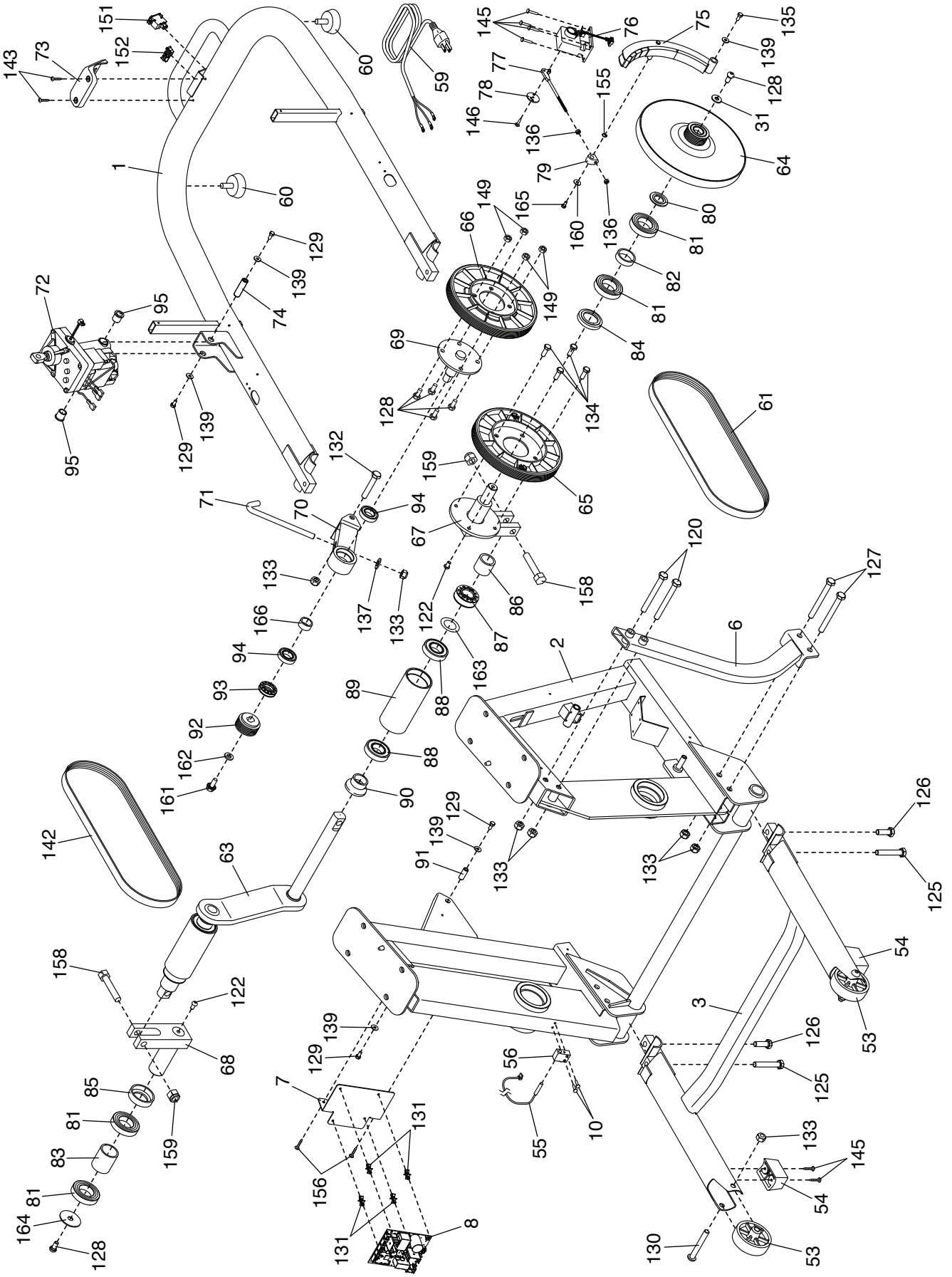
EXPLODED DRAWING A

Model No. NTEL71625.0 R0724B



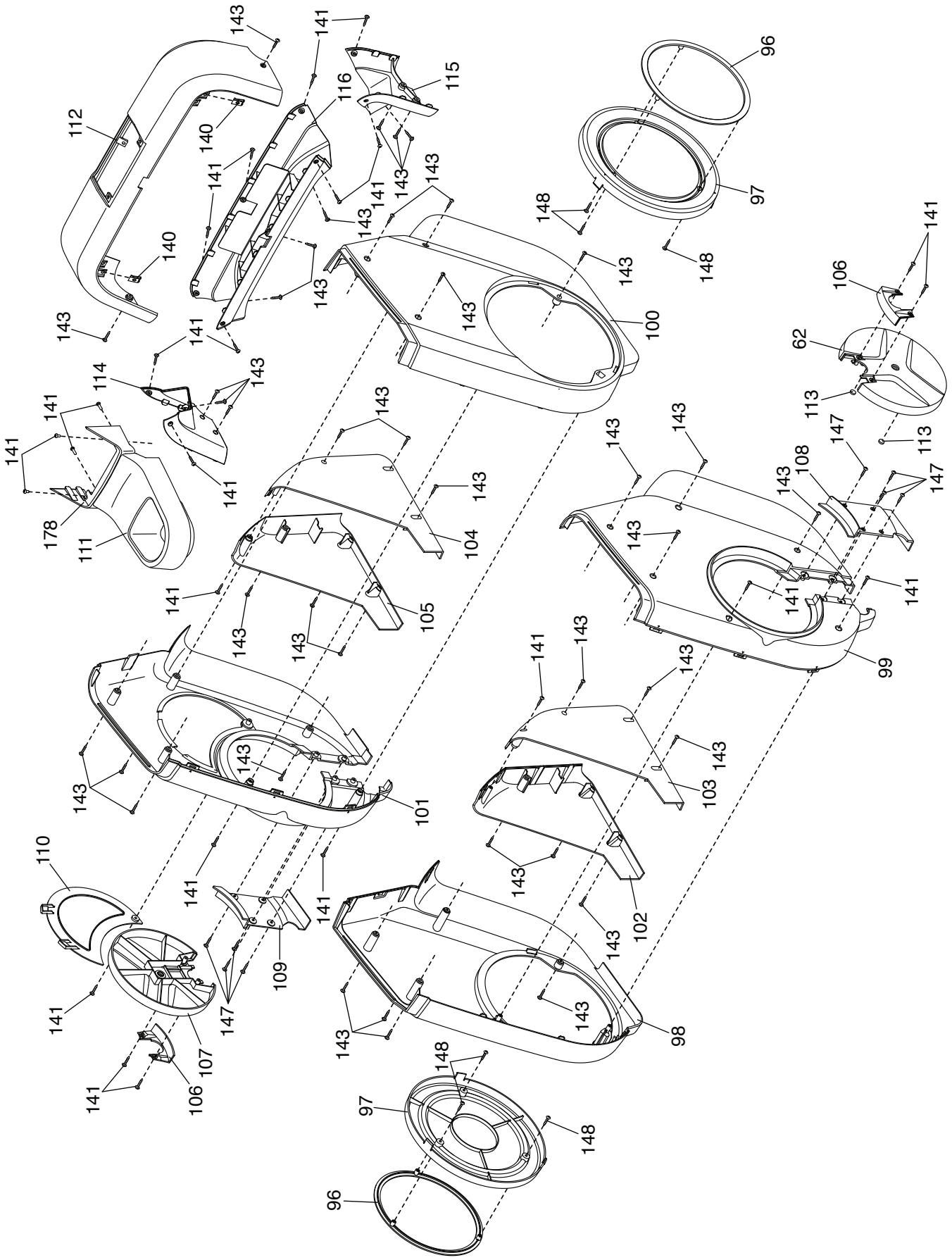
EXPLODED DRAWING B

Model No. NTEL71625.0 R0724B



EXPLODED DRAWING C

Model No. NTEL71625.0 R0724B


143
141
116
115
112
140
141
143
143
143
141
143
143
148
96
97
148
143
100
143
143
141
106
62
113
147
113
108
147
143
143
143

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. The tablet and labor are warranted for one (1) year.

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. 455350 R0724C

Printed in China © 2024 iFIT Inc.