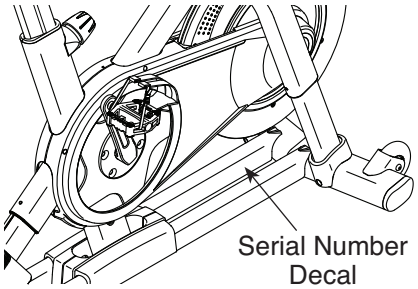
NordicTrack® S22i
COMMERCIAL STUDIO CYCLE

nordictrack.com

Model No. NTEX02422.5
Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to my.nordictrack.com.

MEMBER CARE

For service at any time, go to support.nordictrack.com.

Or call 1-833-680-IFIT
(1-833-680-4348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠CAUTION

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

USER'S MANUAL

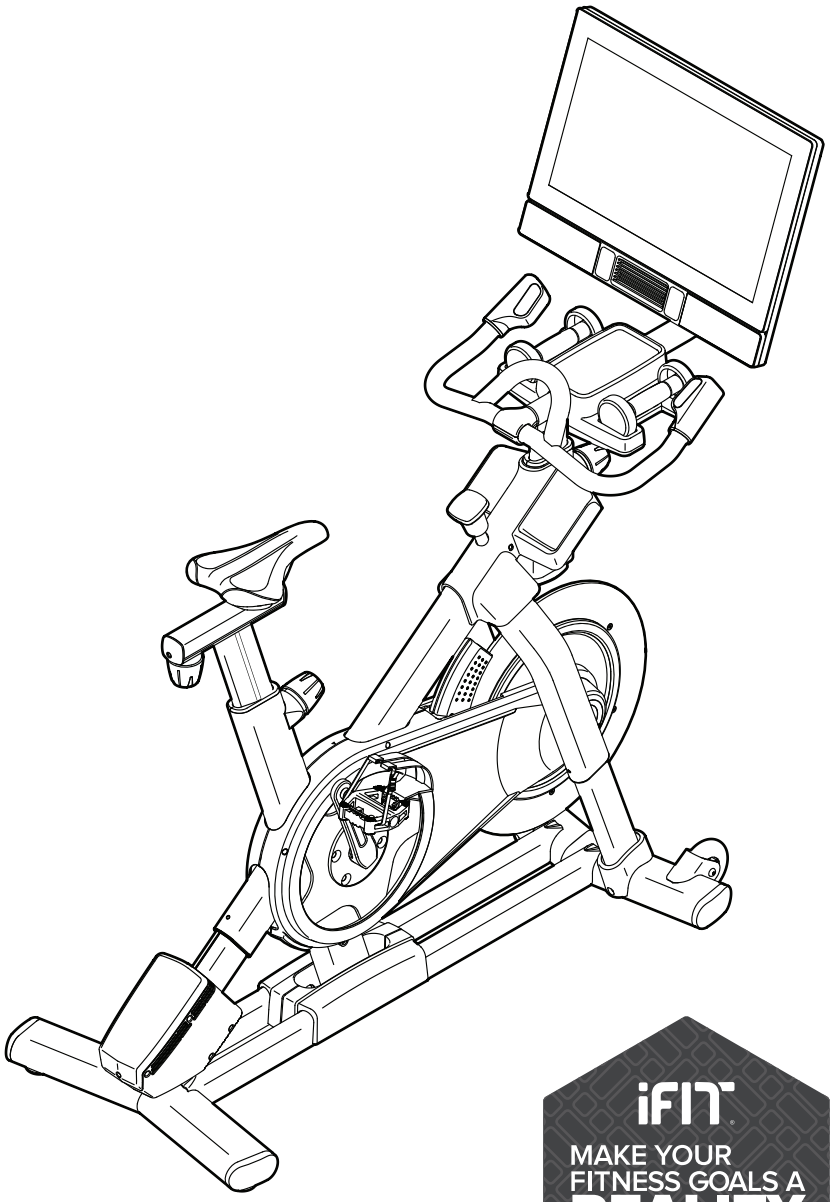
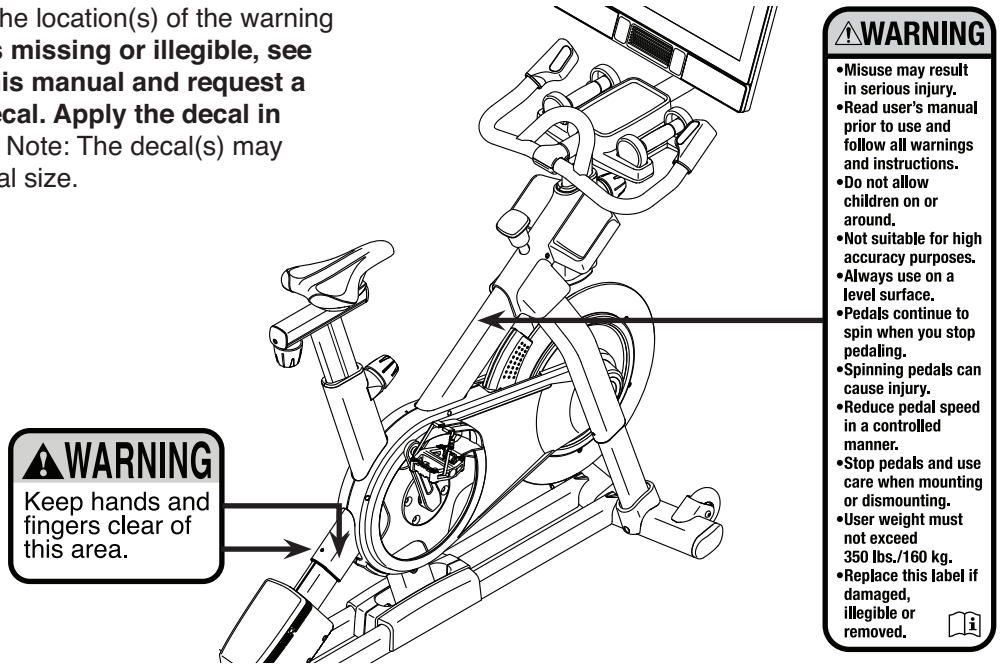


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WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your 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. (160 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. 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.

PROTECT

YOUR FITNESS EQUIPMENT WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please call Customer Care at 1-800-677-3838.
Or, visit us online at www.utserv.com.

UTS
UNIVERSAL TECHNICAL SERVICES

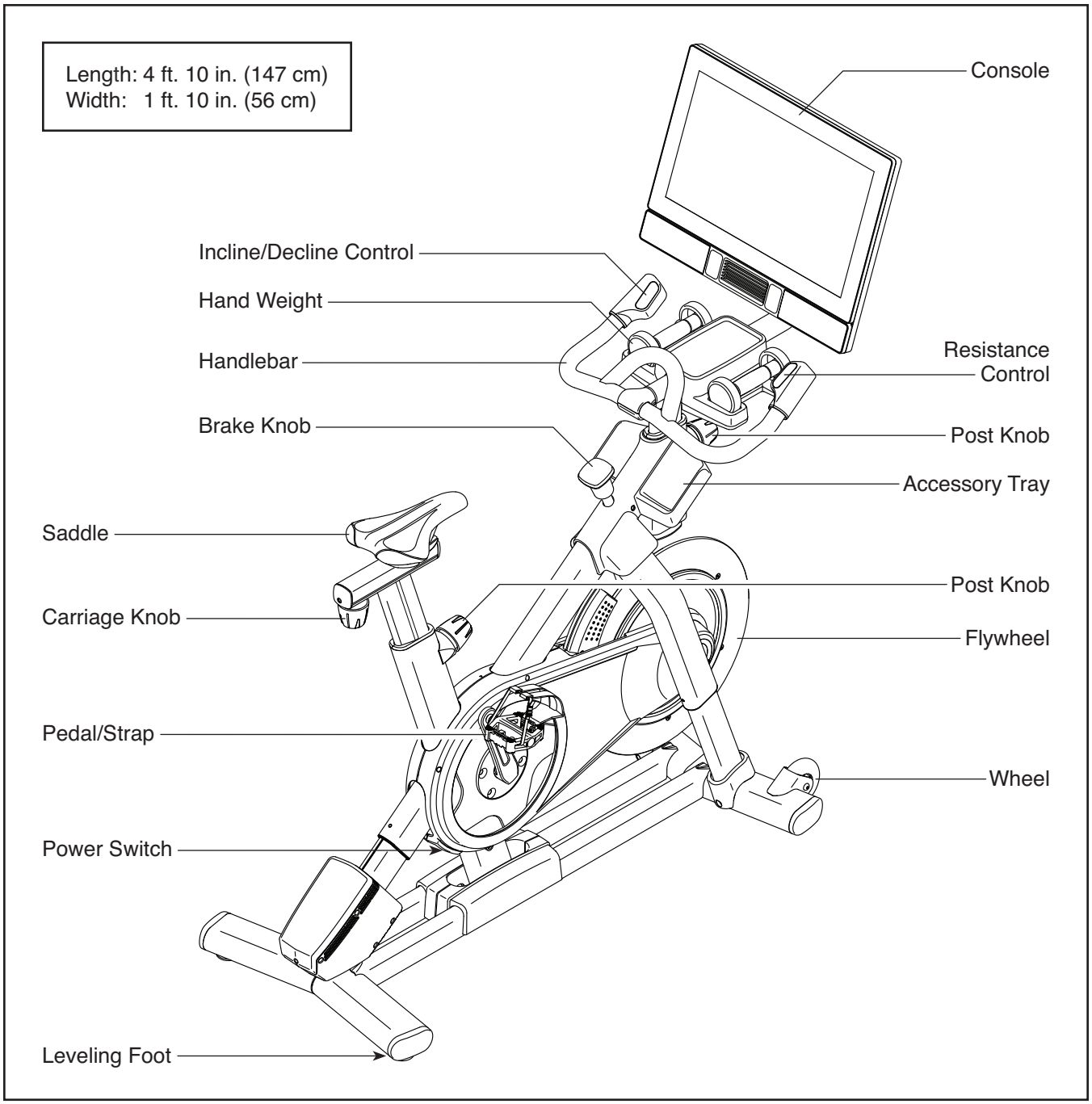
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NORDICTRACK® COMMERCIAL S22I STUDIO CYCLE. The COMMERCIAL S22I STUDIO CYCLE is unlike any ordinary exercise bike.

With full adjustability, an interactive wireless touch-screen console, an incline system that simulates real-world terrain, and an array of other features, the COMMERCIAL S22I STUDIO CYCLE provides an immersive in-home studio cycling experience.

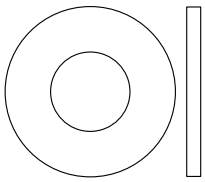
For your benefit, read this manual carefully before you use the studio cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the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

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

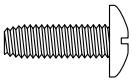


PART IDENTIFICATION CHART

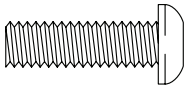
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



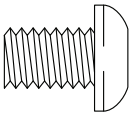
M10 Washer
(105)–1



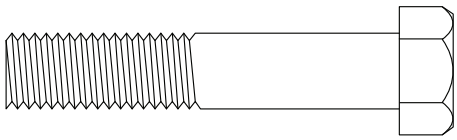
M4 x 14mm
Screw (17)–8



M6 x 20mm
Machine
Screw (102)–4



M8 x 12mm
Patch Screw
(93)–4



M10 x 52mm Screw (94)–1

ASSEMBLY

Easy step-by-step interactive 3D assembly instructions for this product can be found on BILT®

Download the **FREE** App

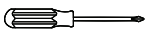
Scan here and search by your model number

Download on the App Store

GET IT ON Google Play

1. **To use the assembly steps in this manual, first see the helpful tips below.**

- 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 6.
- To avoid damaging parts, do not use power tools.
- In addition to the included tool(s), assembly requires the following tool(s):

  one Phillips screwdriver 

  one adjustable wrench 

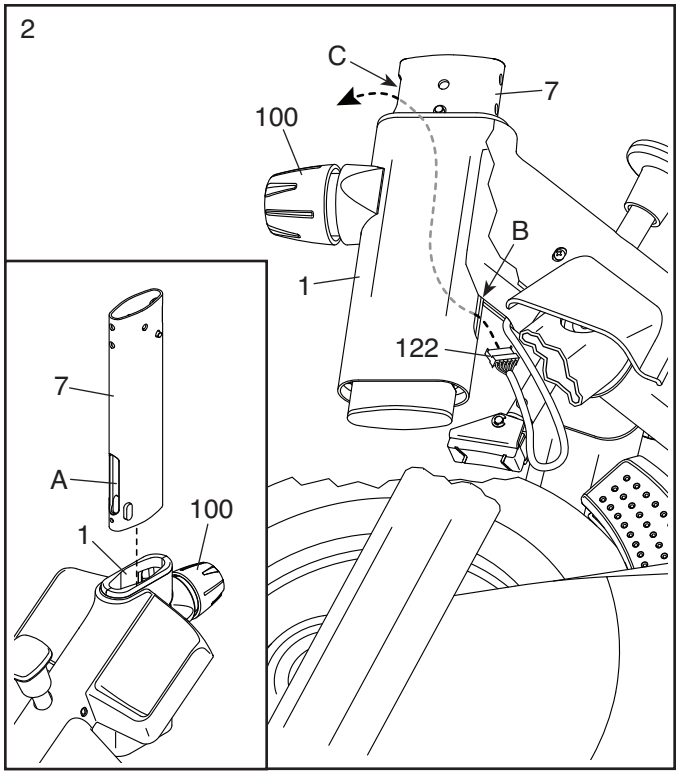
  one rubber mallet 

  Assembly may be easier if you have a set of wrenches.

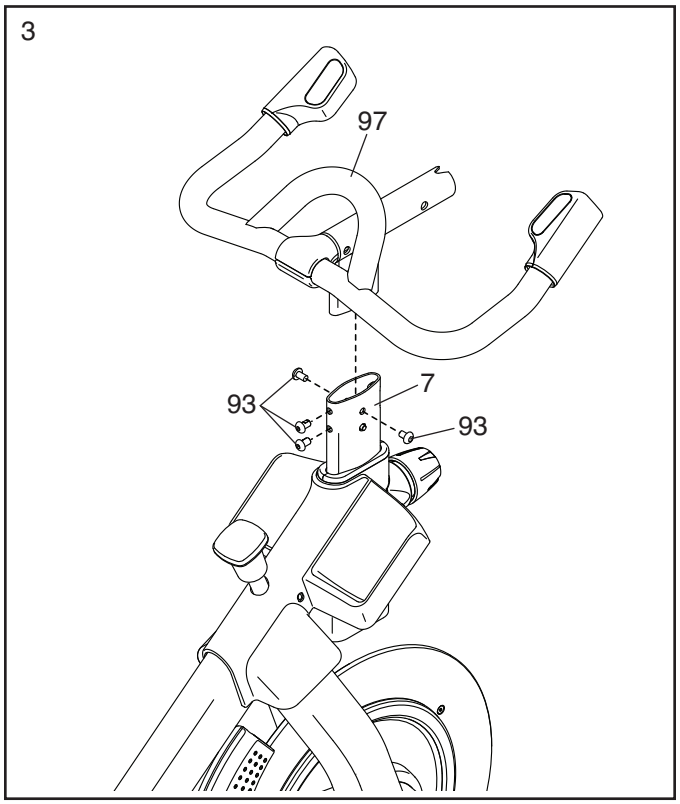
2. **See the inset drawing.** Orient the Handlebar Post (7) so that the lower slot (A) is on the side shown.

   Next, loosen the indicated Post Knob (100) and insert the Handlebar Post (7) into the Frame (1) until the lower end of the Handlebar Post is below the Frame. **Make sure that the indicated slots (B) are aligned.** Then, tighten the Post Knob.

   Then, insert the end of the Lower Wire (122) into the Frame (1) and the Handlebar Post (7) and pull it out of the upper slot (C) in the Handlebar Post as shown by the dashed line at the right.

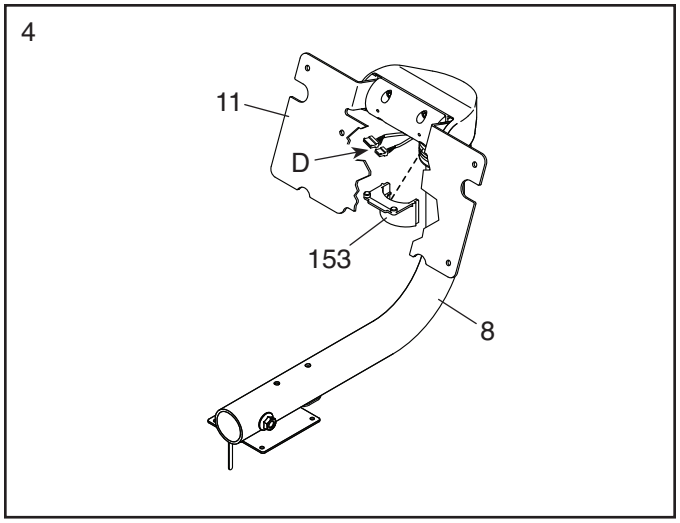


3. Insert the Handlebar (97) into the Handlebar Post (7). Attach the Handlebar with four M8 x 12mm Patch Screws (93); **start all the Patch Screws, and then tighten them.**



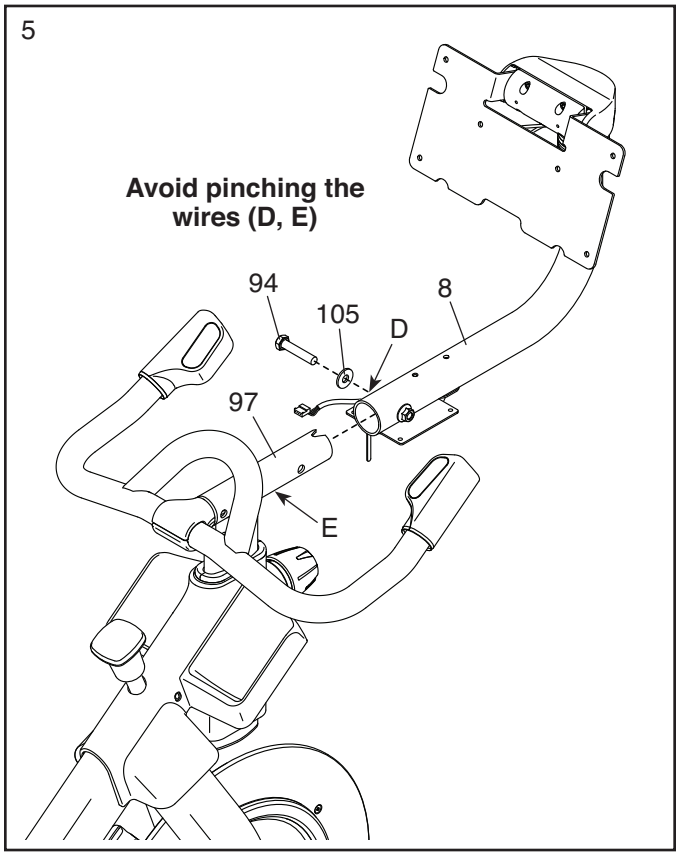
4. Remove the Mount Cover (153) from the Console Support (8), if necessary. Then, pull the wires (D) out of the Console Support. **Make sure that the wires are behind the Console Bracket (11).**

   Then, press the Mount Cover (153) into place on the Console Support (8).



5. **Tip: Avoid pinching the wires (D, E).** Slide the Console Support (8) onto the Handlebar (97).

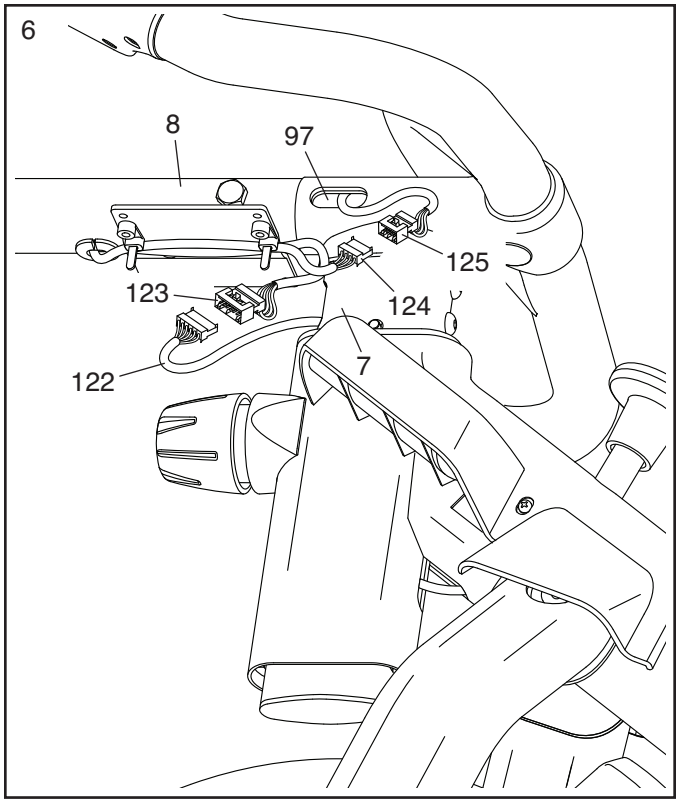
   Attach the Console Support (8) with an M10 x 52mm Screw (94) and an M10 Washer (105); **do not fully tighten the Screw yet.**



6. Look under the Console Support (8) and identify the Upper Wire (123), which has a larger connector than the Extension Wire (124).

   Connect the Upper Wire (123) to the Lower Wire (122) extending from the Handlebar Post (7). **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

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

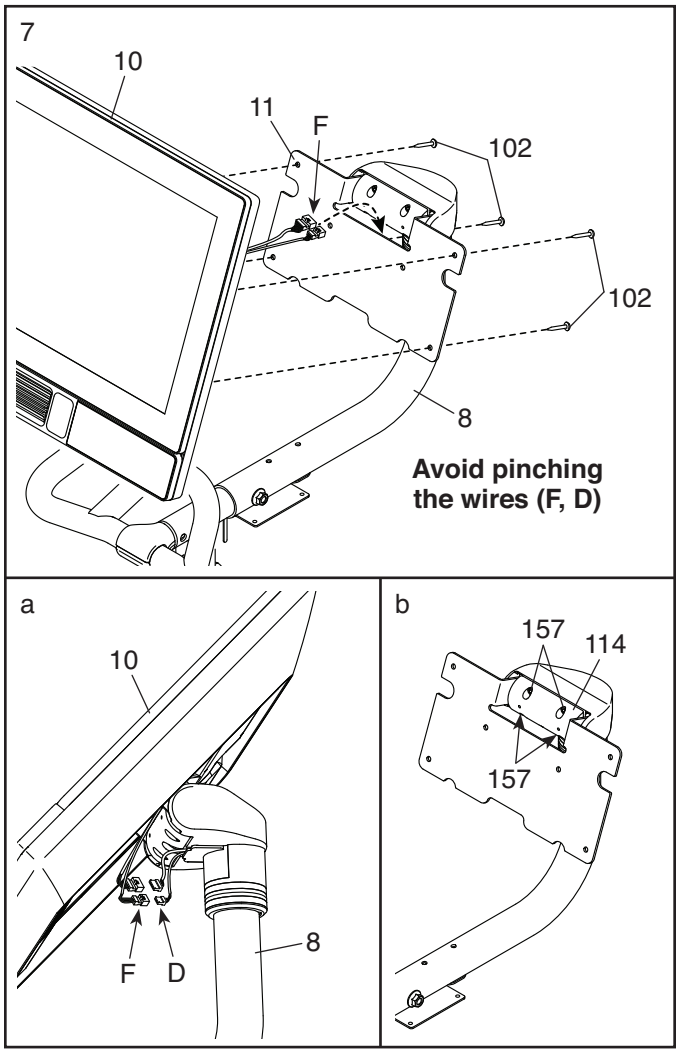


7. Have a second person hold the Console (10) near the Console Bracket (11). Then, route the wires (F) on the back of the Console through the opening in the Console Bracket as shown by the dashed line at the right.

   See inset drawing a. Connect the wires (D) from the Console Support (8) to the matching wires (F) on the back of the Console (10). **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

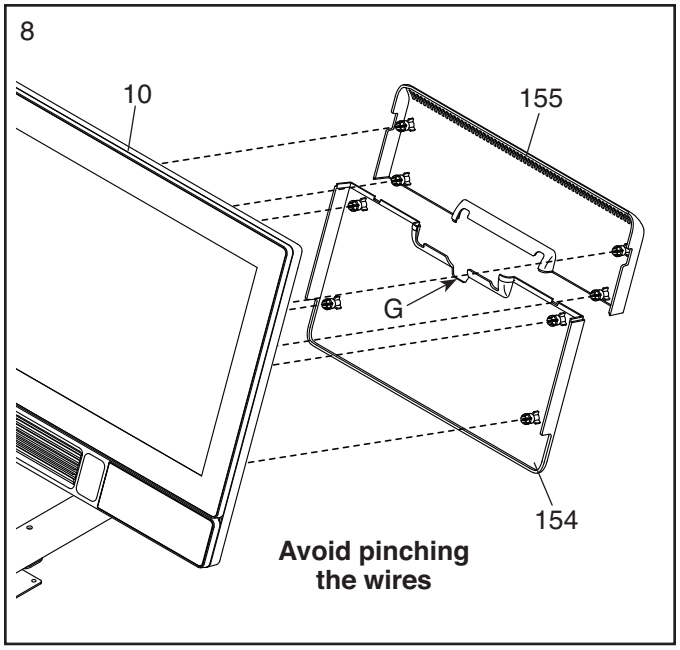
   Tip: Avoid pinching the wires (F, D). If necessary, adjust the tilt of the Console Bracket (11) to make this step easier. Attach the Console (10) to the Console Bracket with four M6 x 20mm Machine Screws (102); **start all the Machine Screws, and then tighten them.**

   Tilt the Console (10) upward and downward a few times. **If the up and down movement feels too loose, see inset drawing b.** Tighten the four M6 x 15mm Cap Screws (157) in the Rear Bracket Mount (114) until the up and down movement no longer feels loose. Note: For clarity, the Console and the wires are not shown. Tilt the Console upward and downward to access the Cap Screws.



8. Orient the Lower Console Cover (154) as shown and press it onto the back of the Console (10). **Position the wires (not shown) in the indicated notch (G).**

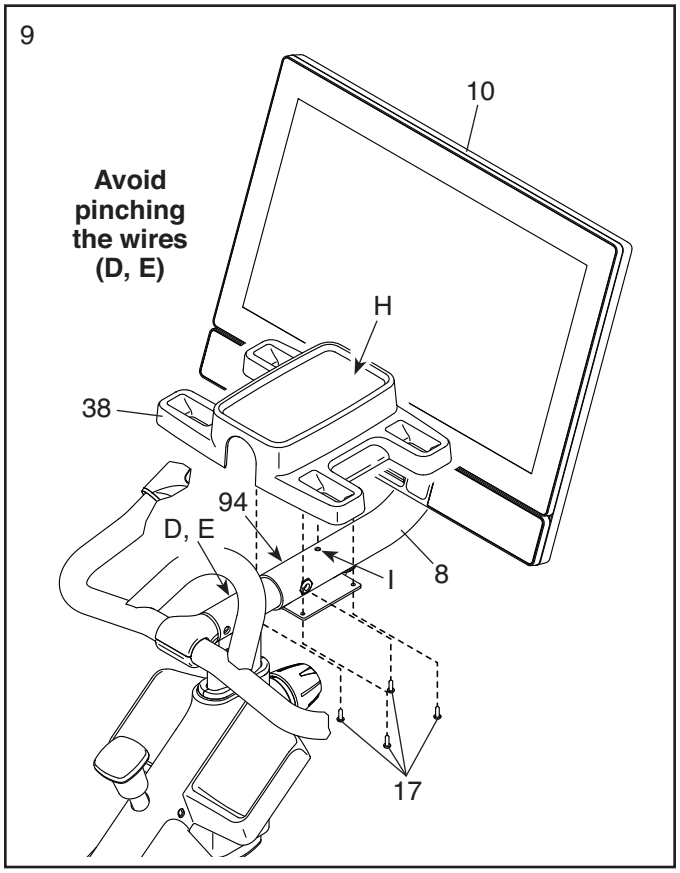
   Tip: Avoid pinching the wires. Orient the Upper Console Cover (155) as shown and press it onto the back of the Console (10).



9. **IMPORTANT: Have a second person move the Console (10) from side to side, if necessary, so that it is level. While the second person holds the Console still, firmly tighten the M10 x 52mm Screw (94).**

   Next, orient the Hand Weight Tray (38) so that the orientation sticker (H) 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 hole (I) in the Console Support.

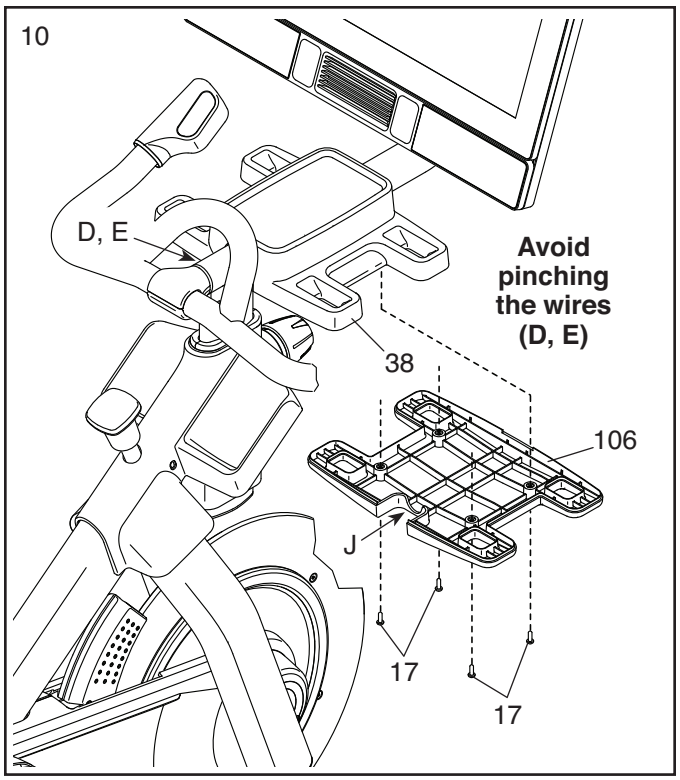
   Tip: Avoid pinching the wires (D, E). Attach the Hand Weight Tray (38) to the Console Support (8) with four M4 x 14mm Screws (17); **start all the Screws, and then tighten them.**



10. Position the wires (D, E) so that they fit neatly in the underside of the Hand Weight Tray (38).

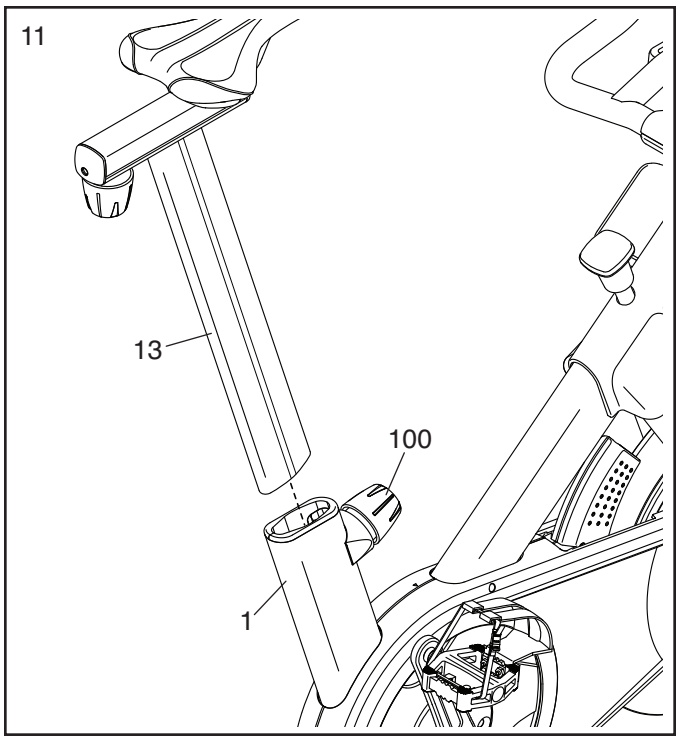
    Orient the Tray Cover (106) so that the curved opening (J) is in the location shown. Then, align the Tray Cover with the Hand Weight Tray (38).

    Tip: Avoid pinching the wires (D, E). Attach the Tray Cover (106) with four M4 x 14mm Screws (17); **start all the Screws, and then tighten them.**



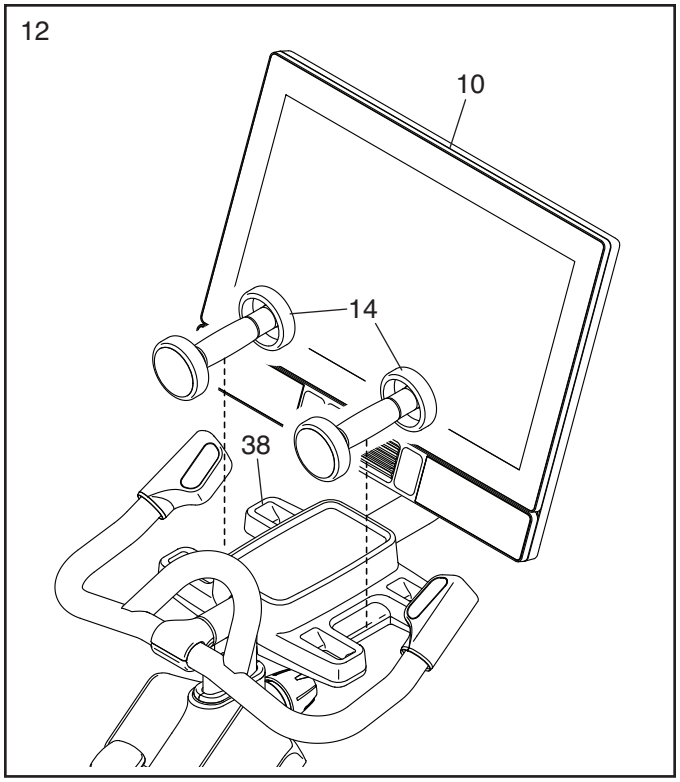
11. Orient the Saddle Post (13) as shown.

    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.



12. 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.

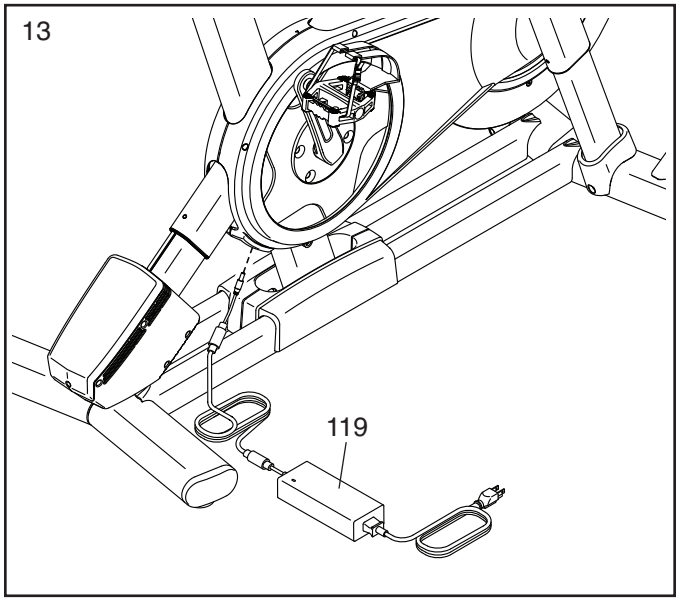


13. **IMPORTANT: Always plug the Power Adapter (119) into the studio cycle before you plug it into an outlet.**

Plug the Power Adapter (119) into the receptacle on the rear of the studio cycle.

Note: To plug the Power Adapter (119) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.

IMPORTANT: Keep the included tools in a secure location. You will need them for future adjustment and maintenance of your studio cycle.



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

The use of the remaining parts will be explained in HOW TO USE THE STUDIO CYCLE, beginning on page 14.

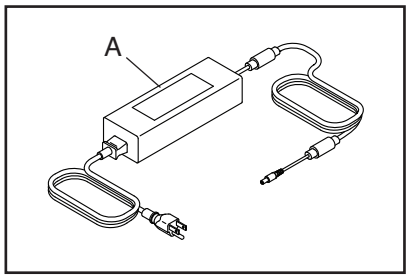
To register your product and activate your warranty today, go to my.nordictrack.com.

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 17 for more information), the studio cycle will automatically incline and decline to match the real-world terrain.

Interactive Wireless Touchscreen Console

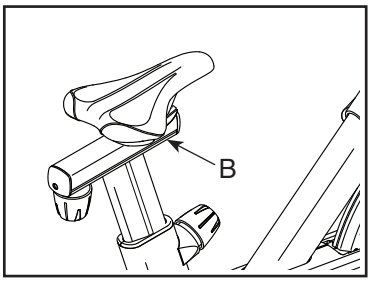
The wireless touchscreen console works with iFIT to provide an interactive and immersive in-home studio experience that allows you to participate virtually in group studio classes led by personal trainers and to experience workouts around the world.

HOW TO 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

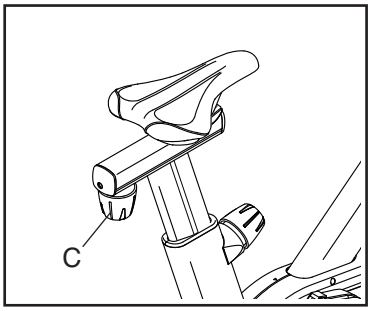
You can adjust the angle of the saddle to the position that is most comfortable. You can also adjust the saddle forward or backward for increased comfort or to adjust the distance to the handlebar.



To adjust the saddle, first loosen the saddle screw (B) in the carriage a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the saddle screw.

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

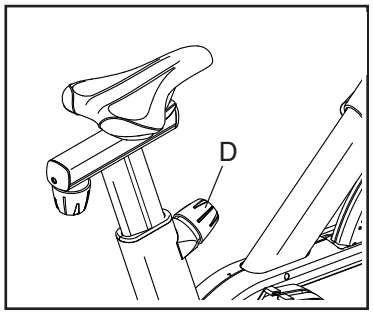
How to Adjust the Saddle Carriage



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

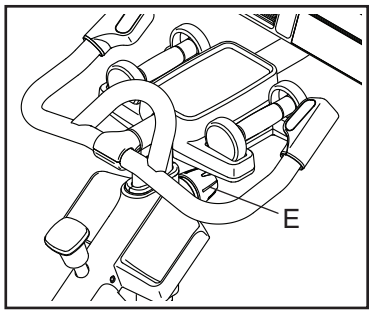
How to Adjust the Saddle Post

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.



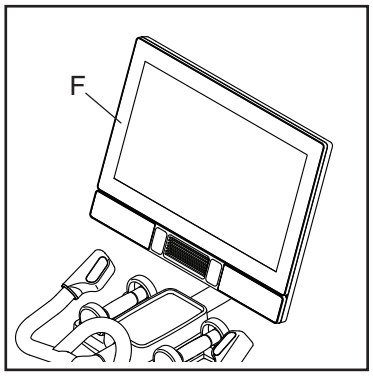
To adjust the saddle post, loosen the post knob (D), move the saddle post upward or downward, and then firmly tighten the post knob. **IMPORTANT: Do not raise the saddle post beyond the "MAX" mark on the saddle post.**

How to Adjust the Handlebar Post



To adjust the handlebar post, loosen the post knob (E), move the handlebar post upward or downward, and then 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

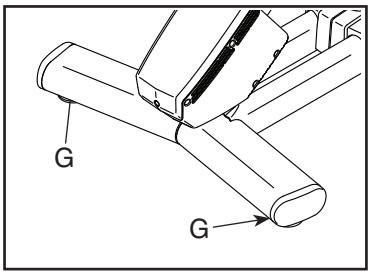


The console (F) can be adjusted upward, downward, or to the side. To adjust the position of the console, simply hold the sides of the console and press it to the desired position. You can pivot the console all of the way to the side so that you can view it while standing next to the studio cycle to perform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

If the console feels too loose or 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 31.

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.

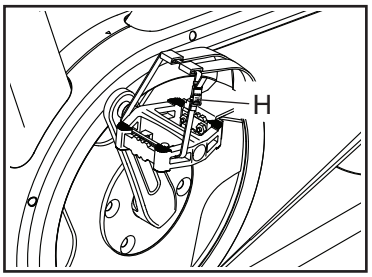


HOW TO USE THE PEDALS

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

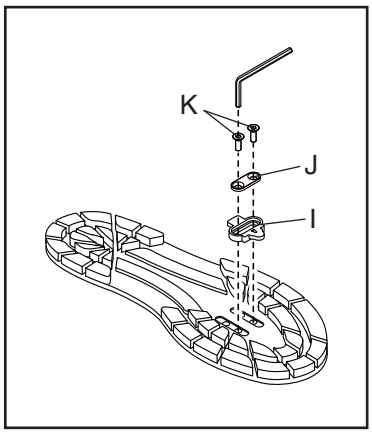
To use the toe cage side of the pedals, insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs (H) on the buckles, adjust the toe straps to the desired position, and then release the tabs.



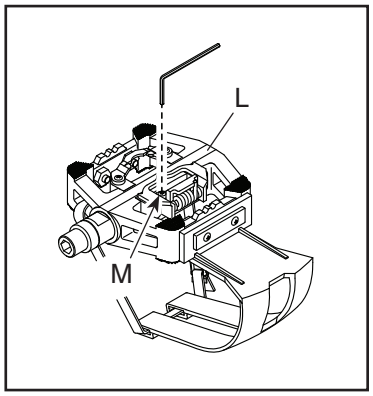
How to Attach the Cleats and Adjust the Spring Tension of the Pedals

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.**



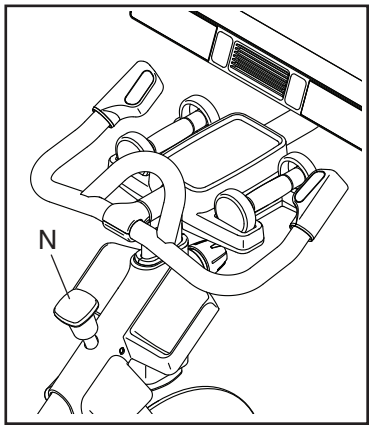
How to Use the Clip-in Side of the Pedals

To use the clip-in side of the pedals, you must wear cycling shoes and the included cleats must be attached to your cycling shoes. See HOW TO ATTACH THE CLEATS AND ADJUST THE SPRING TENSION OF THE PEDALS at the left.

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.

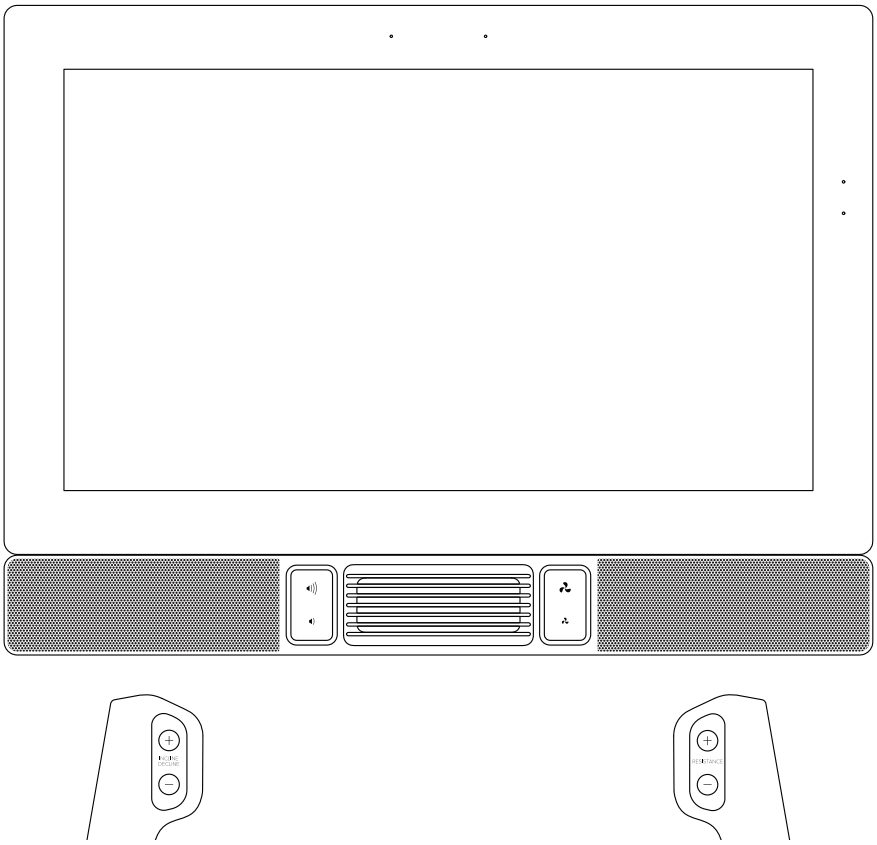
HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, press the buttons on the right handlebar (see step 3 on page 20). **To stop the flywheel, push the brake knob (N).** The flywheel will quickly come to a complete stop.



HOW TO USE THE CONSOLE

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

The console features wireless technology that enables the console to connect to iFIT. With iFIT, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

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

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

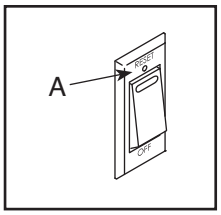
While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

To turn on and turn off the console, see page 18.
To learn how to use the touch screen, see page 18. **To set up the console,** see page 19.

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 14.

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 5 on page 19 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 a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.

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

HOW TO SET UP THE CONSOLE

Before you use the 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 set the desired unit of measurement and your time zone.

   Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 27.

3. **Log into or create an iFIT account.**

   Follow the prompts on the screen to log into your iFIT account or to create an iFIT account.

4. **Check for firmware updates.**

   First, 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 27.

   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.**

   First, 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 27.

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 20. **To use a featured workout,** see page 22. **To create a draw-your-own-map workout,** see page 24. **To use an iFIT workout,** see page 25.

To change console settings, see page 27. **To connect to a wireless network,** see page 28.

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

HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. **Select the home screen.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

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 the controls options to enable this feature.

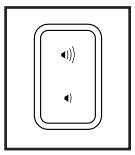
4. **Follow your progress.**

   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 center of the screen to view even more display mode options.

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



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

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

5. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

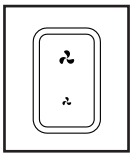
   You can wear a compatible heart rate monitor (not included) to measure your heart rate. The console is compatible with all Bluetooth® Smart heart rate monitors.

   A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

   If this model does not include a compatible heart rate monitor, see this page for information about ordering one.

   The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

6. **Turn on the fan if desired.**

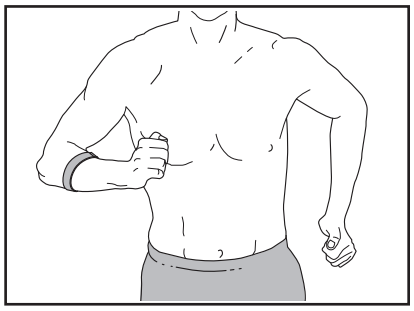
   The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

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

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

   See HOW TO TURN OFF THE CONSOLE on page 18.

THE OPTIONAL HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**

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

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 28).

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

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. **Select the home screen or the workout library.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

   Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

3. **Select a workout.**

   To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if 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 25).

   To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 24.

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

4. **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 20).

   To return to the programmed resistance and/or incline settings of the workout, touch *Follow Trainer*.

   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 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 step 6). To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 27.

To follow your progress with the display modes, see step 4 on page 20.

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

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 25) or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

5. **Wear headphones if desired.**

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

6. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   See step 5 on page 21.

7. **Turn on the fan if desired.**

   See step 6 on page 21.

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

   See HOW TO TURN OFF THE CONSOLE on page 18.

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

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

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

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

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

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

3. **Draw your map.**

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

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

4. **Save your workout.**

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

5. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 22).

6. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   See step 5 on page 21.

7. **Turn on the fan if desired.**

   See step 6 on page 21.

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

   See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE AN IFIT WORKOUT

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

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

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. **Select the home screen.**

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

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

3. **Log in to your iFIT account.**

   If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

   To switch users within your iFIT account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. **Select an iFIT workout from the home screen or the workout library.**

   Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

   To select an iFIT workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if 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 you will burn during the workout.

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

5. **Schedule an iFIT workout on the calendar if desired.**

   If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule*, and then select the desired date on the calendar.

   When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

6. **Create a list of favorite iFIT workouts if desired.**

   To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

   To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

7. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 22).

8. **Wear headphones if desired.**

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

9. **Wear a compatible heart rate monitor and measure your heart rate if desired.**

   See step 5 on page 21.

10. **Turn on the fan if desired.**

    See step 6 on page 21.

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

    See HOW TO TURN OFF THE CONSOLE on page 11.

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

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: 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.

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

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 18). Note: It may take a few moments for the console to be ready for use.

   Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

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

2. **Navigate the settings menus and change settings as desired.**

   Slide or flick the screen to scroll upward or downward if 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, press the power switch and unplug the power adapter, wait for several seconds, and then plug the power adapter in again and press the power switch. Note: It may take a few minutes for the console to be ready for use.

   Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

7. **Calibrate the incline system.**

   To calibrate the incline system, touch *Maintenance*, touch *Calibrate Incline*, and then touch *Begin*. The 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 home screen.**

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 18). Note: It may take a few moments for the console to be ready for use.

   Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the home screen.

2. **Select the wireless network menu.**

   Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. **Enable Wi-Fi.**

   Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. **Set up and manage a wireless network connection.**

   When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

   Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

   When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

   Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.)

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

   If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

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

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

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

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

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: OMC415325.

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

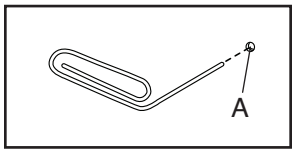
Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

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, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

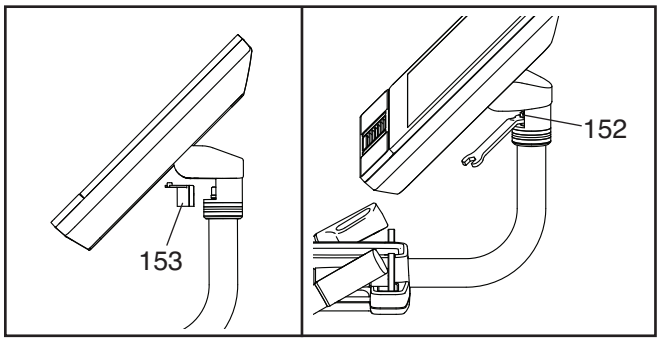
If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.



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 side or the back of the console. Using a bent paper clip, press and hold the reset button inside 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 27). Note: It may take a few minutes for the console to be ready for use.

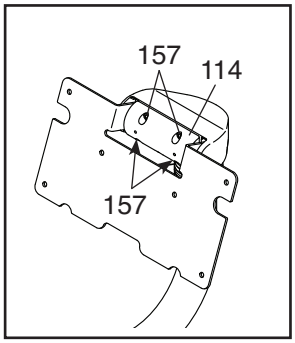
HOW TO ADJUST THE CONSOLE PIVOT AND TILT

If the console feels too loose or 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 M25 Locknut (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 feels too loose or does not stay in place when it is tilted upward and downward, **first see assembly step 8 on page 11.** Use a standard screwdriver to pry off the Console Covers (154, 155).

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



Then, see assembly step 8 on page 11 and reattach the Console Covers (154, 155).

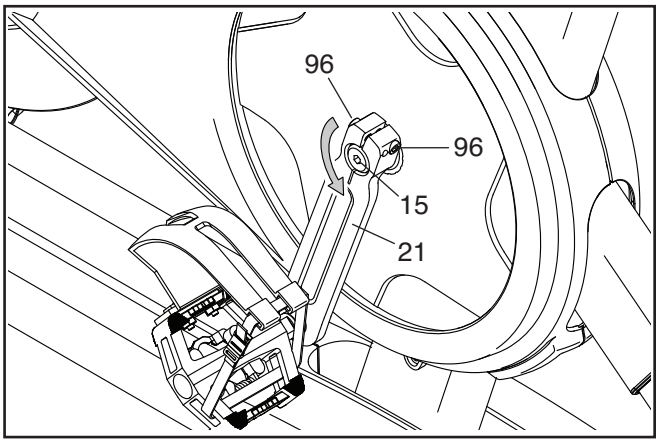
INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 27 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) **counterclockwise** 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) **counterclockwise** 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.

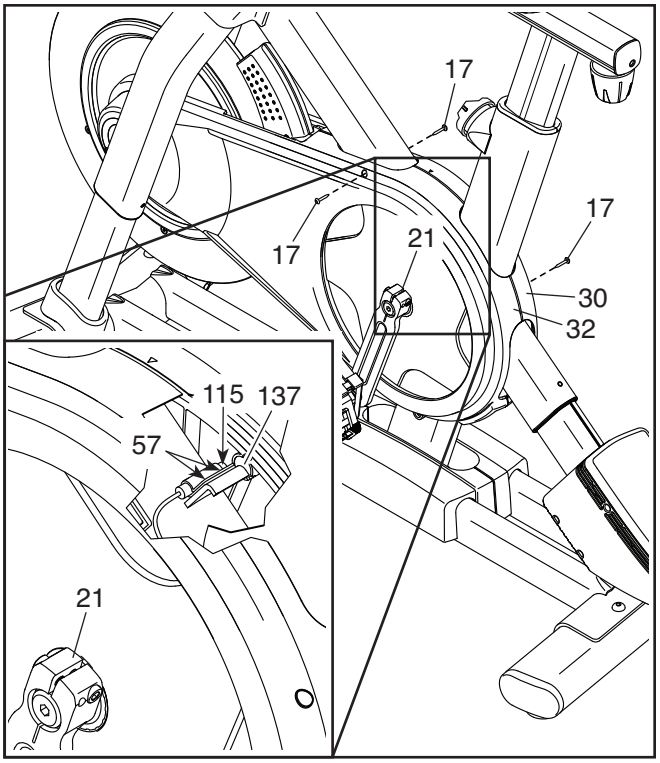
To adjust the reed switch, **first press the power switch and unplug the power adapter.** Next, remove the three indicated M4 x 14mm Screws (17) from the Right and Left Shields (30, 32).

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.

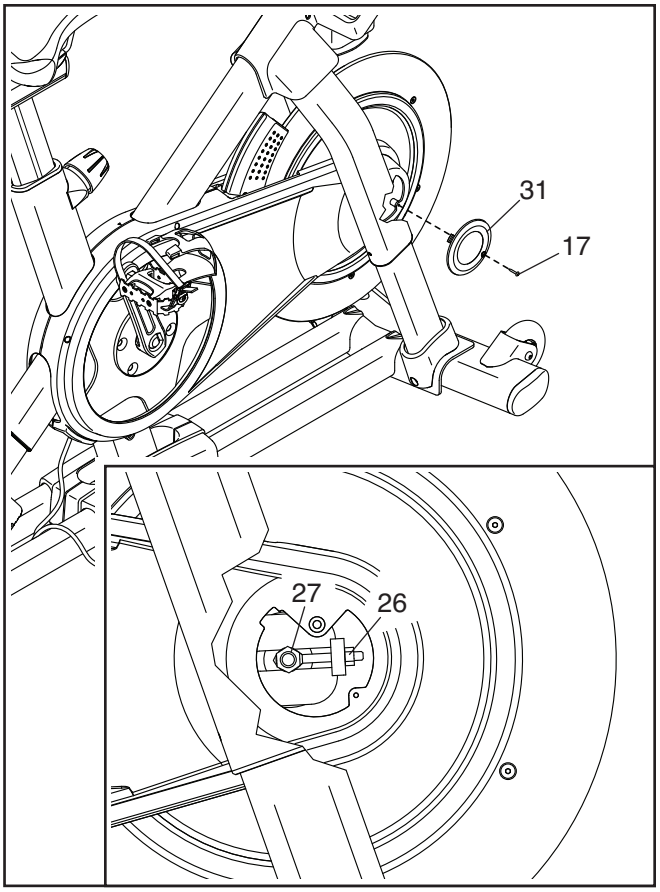
To adjust the drive belt, **first press the power switch and unplug the power adapter.** Then, follow the instructions below. Note: The drawings show only the right side of the studio cycle.

Remove the indicated M4 x 14mm 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.

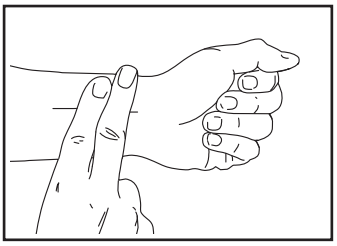
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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. NTEX02422.5 R1021A

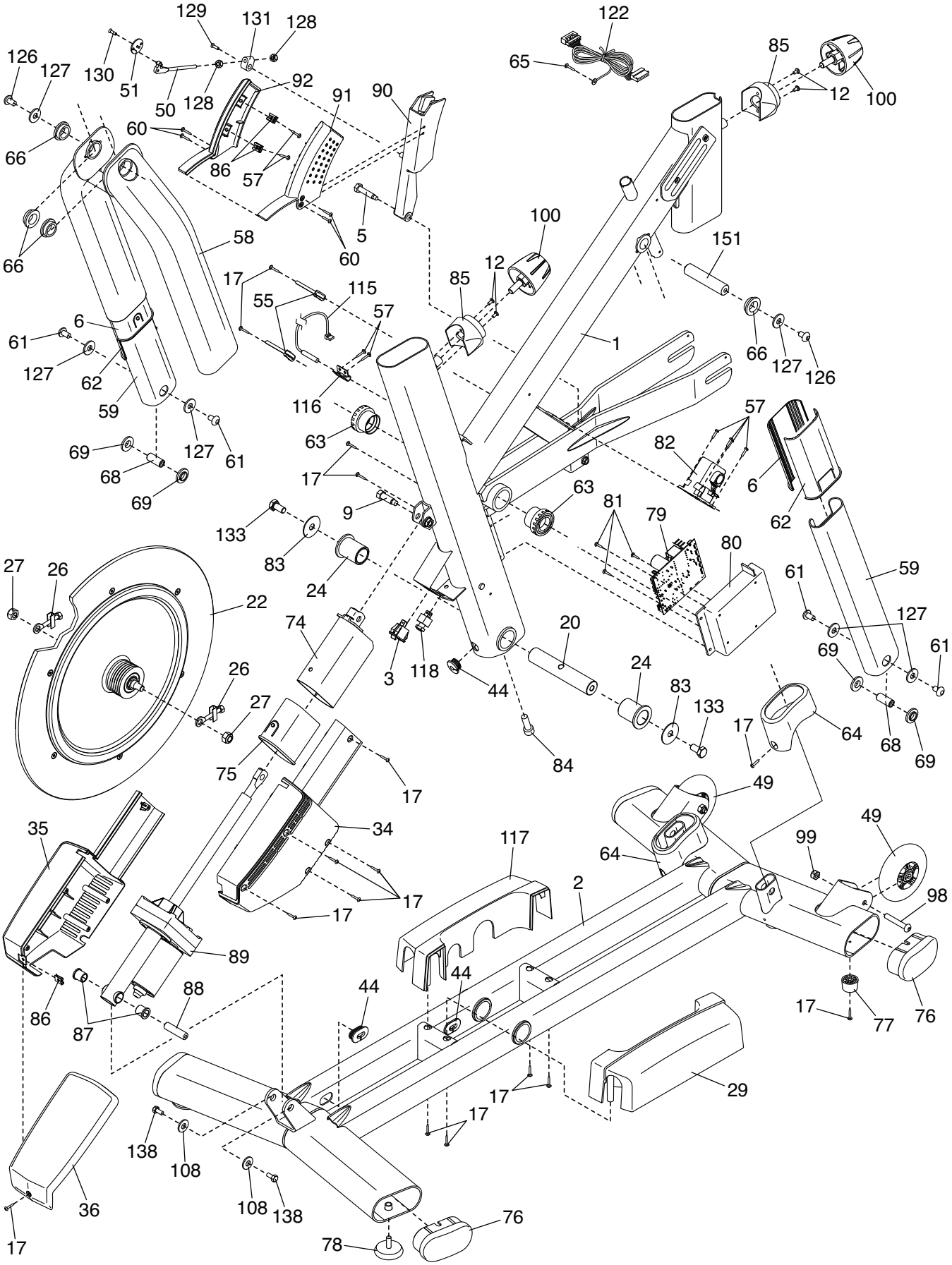
Key No.	Qty.	Description
1	1	Frame
2	1	Base
3	1	Power Switch
4	1	Roller Axle
5	1	M6 Shoulder Screw
6	2	Inner Leg Sleeve
7	1	Handlebar Post
8	1	Console Support
9	1	M8 x 32mm Screw
10	1	Console
11	1	Console Bracket
12	4	M4 x 8mm Machine Screw
13	1	Saddle Post
14	2	Hand Weight
15	1	M12 Crank Screw
16	1	Pulley
17	38	M4 x 14mm 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	1	Saddle Nut
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	Lower Saddle Clamp
53	1	Upper Saddle Clamp
54	1	Saddle
55	4	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 52mm 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 20mm 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	M25 Locknut
153	1	Mount Cover
154	1	Lower Console Cover
155	1	Upper Console Cover
156	8	Crown Fastener/Screw
157	4	M6 x 15mm Cap Screw
*	–	User's Manual
*	–	Studio Cycle Tools

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.

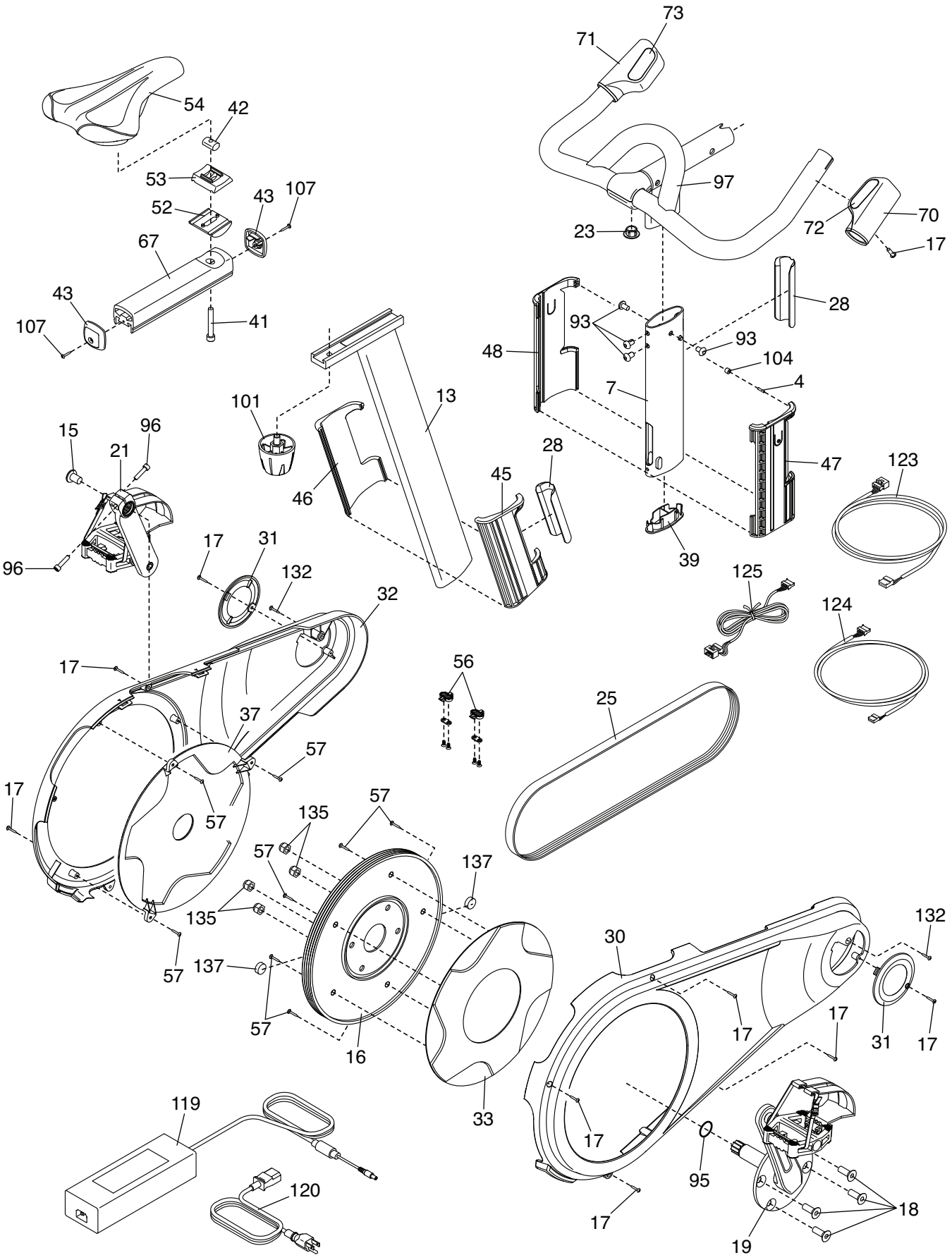
EXPLODED DRAWING A

Model No. NTEX02422.5 R1021A



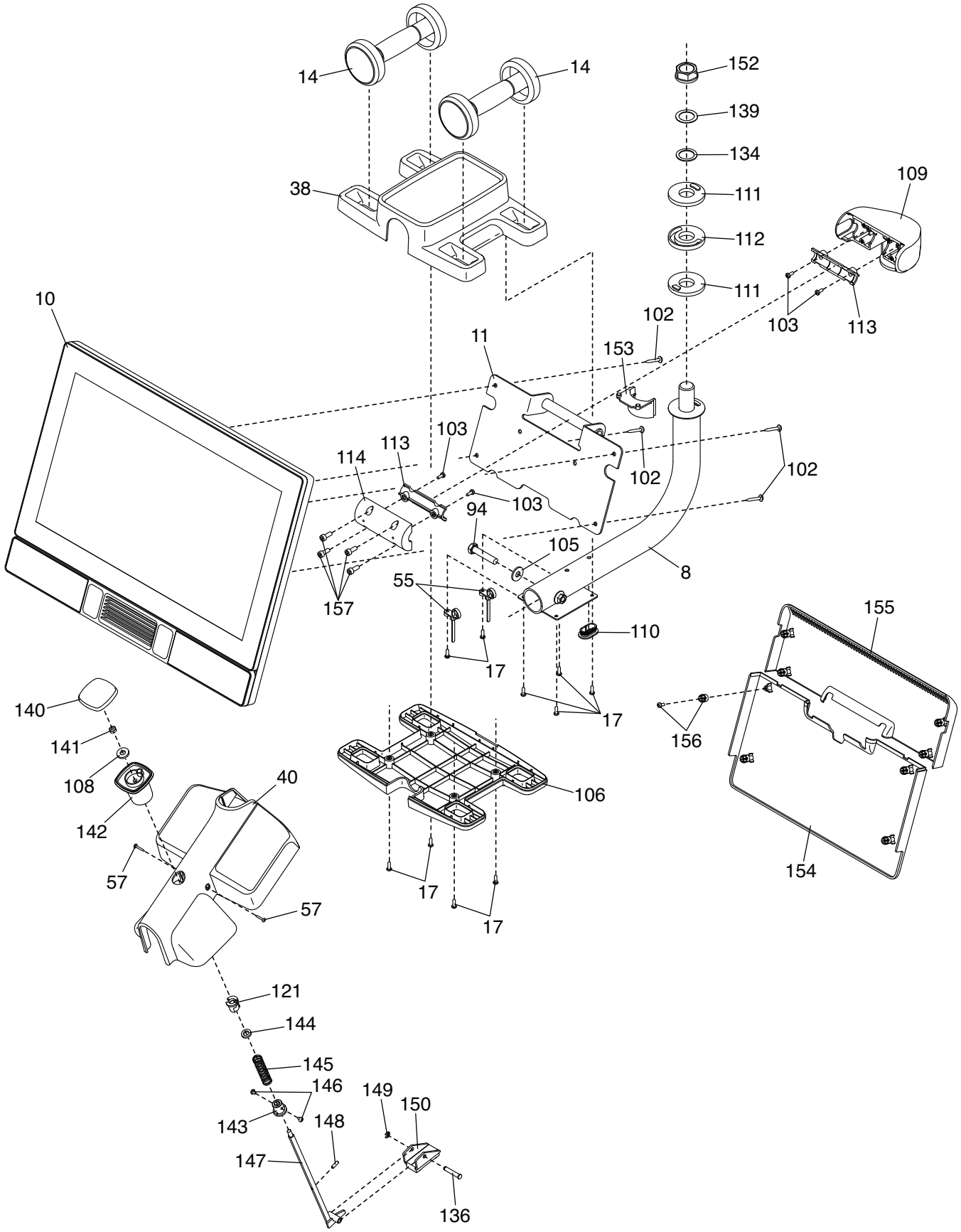
EXPLODED DRAWING B

Model No. NTEX02422.5 R1021A



EXPLODED DRAWING C

Model No. NTEX02422.5 R1021A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

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 of purchase. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside of 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 call the telephone number on the front cover of this manual. 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. 440718 R1021A

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