

USER MANUALS

BEFORE YOU BEGIN

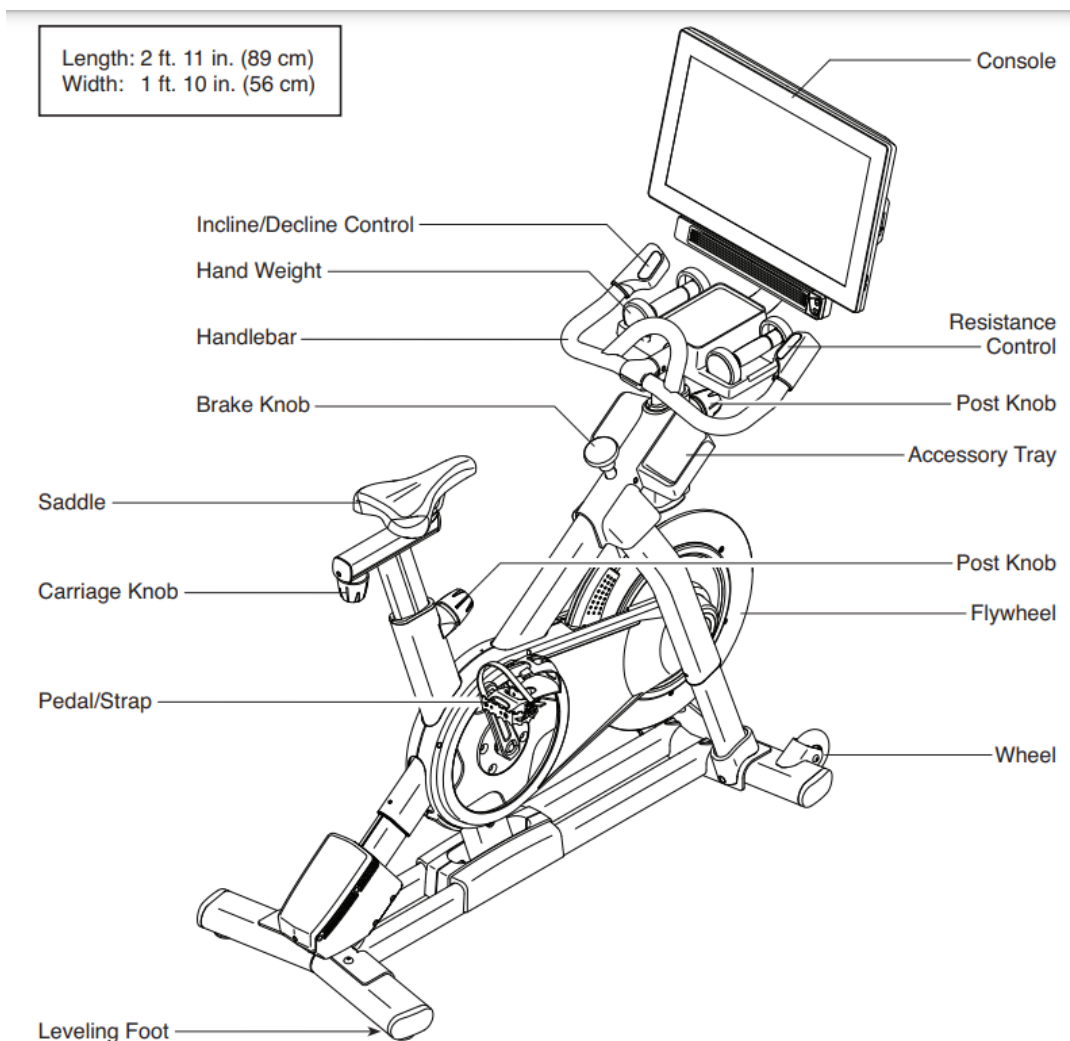
Congratulations for selecting the revolutionary NORDICTRACK® COMMERCIAL S22I STUDIO CYCLE. The COMMERCIAL S22I STUDIO CYCLE is unlike any ordinary exercise bike.

With full adjustability, an interactive wireless touchscreen 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

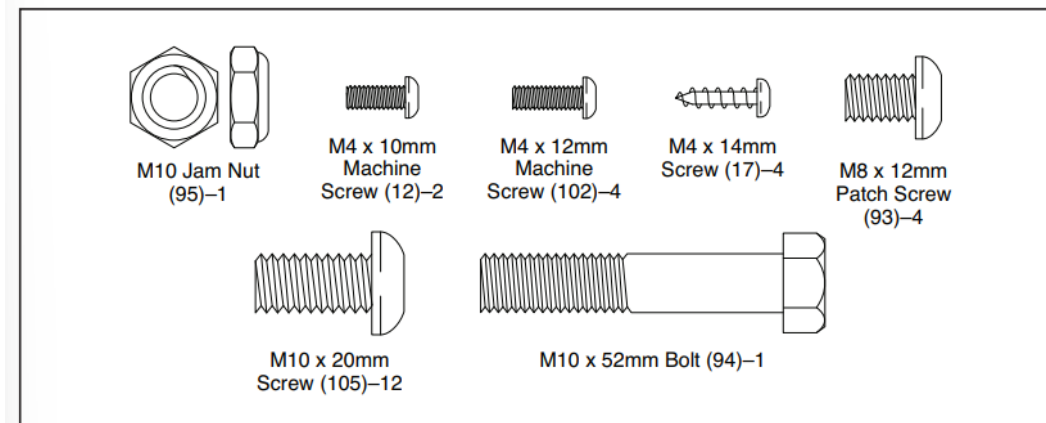
you use the studio cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover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



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

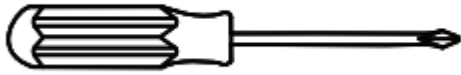
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1. To use the assembly steps in this manual, first see the helpful tips below.

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing one Phillips screwdriver 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



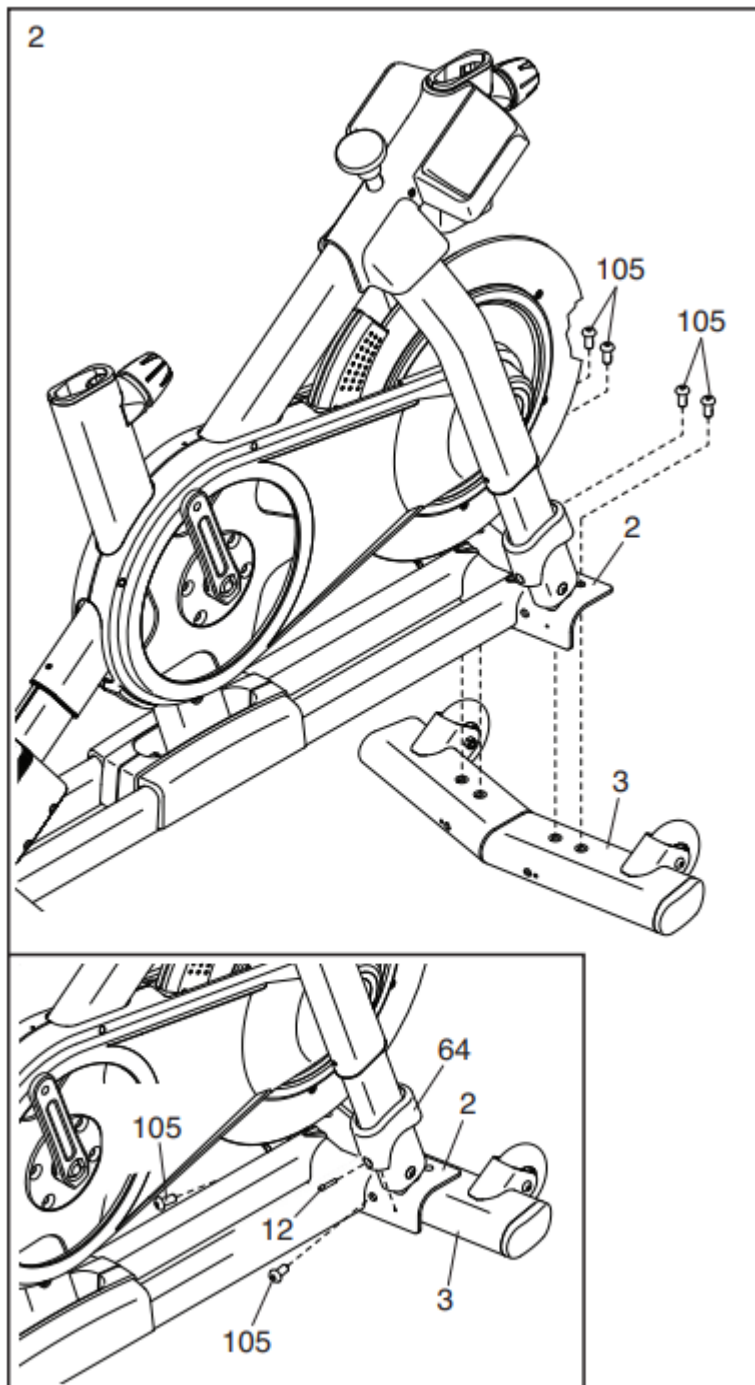
Assembly may be easier if you have a set of wrenches.

2. Attach the Front Stabilizer (3) to the Base (2) with four M10 x 20mm Screws (105); **do not fully tighten the Screws yet.**

See the inset drawing. Finish attaching the Front Stabilizer (3) with two additional M10 x 20mm Screws (105).

Then, fully tighten all six M10 x 20mm Screws (105).

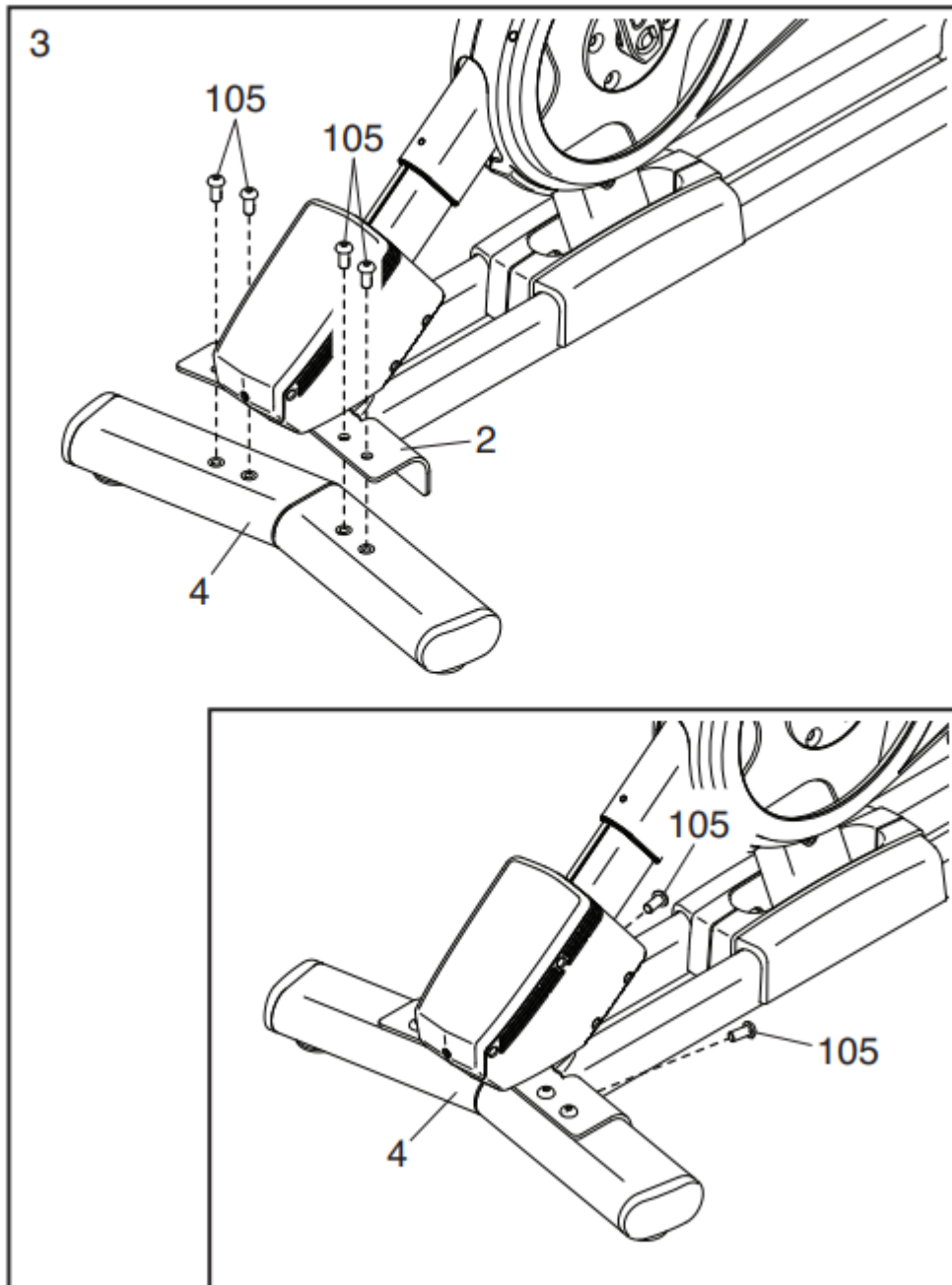
See the inset drawing. Press the right Leg Cover (64) downward and attach it to the Base (2) with an M4 x 10mm Machine Screw (12). **Then, attach the left Leg Cover (not shown) in the same way.**



3. Attach the Rear Stabilizer (4) to the Base (2) with four M10 x 20mm Screws (105); **do not fully tighten the Screws yet.**

See the inset drawing. Finish attaching the Rear Stabilizer (4) with two additional M10 x 20mm Screws (105).

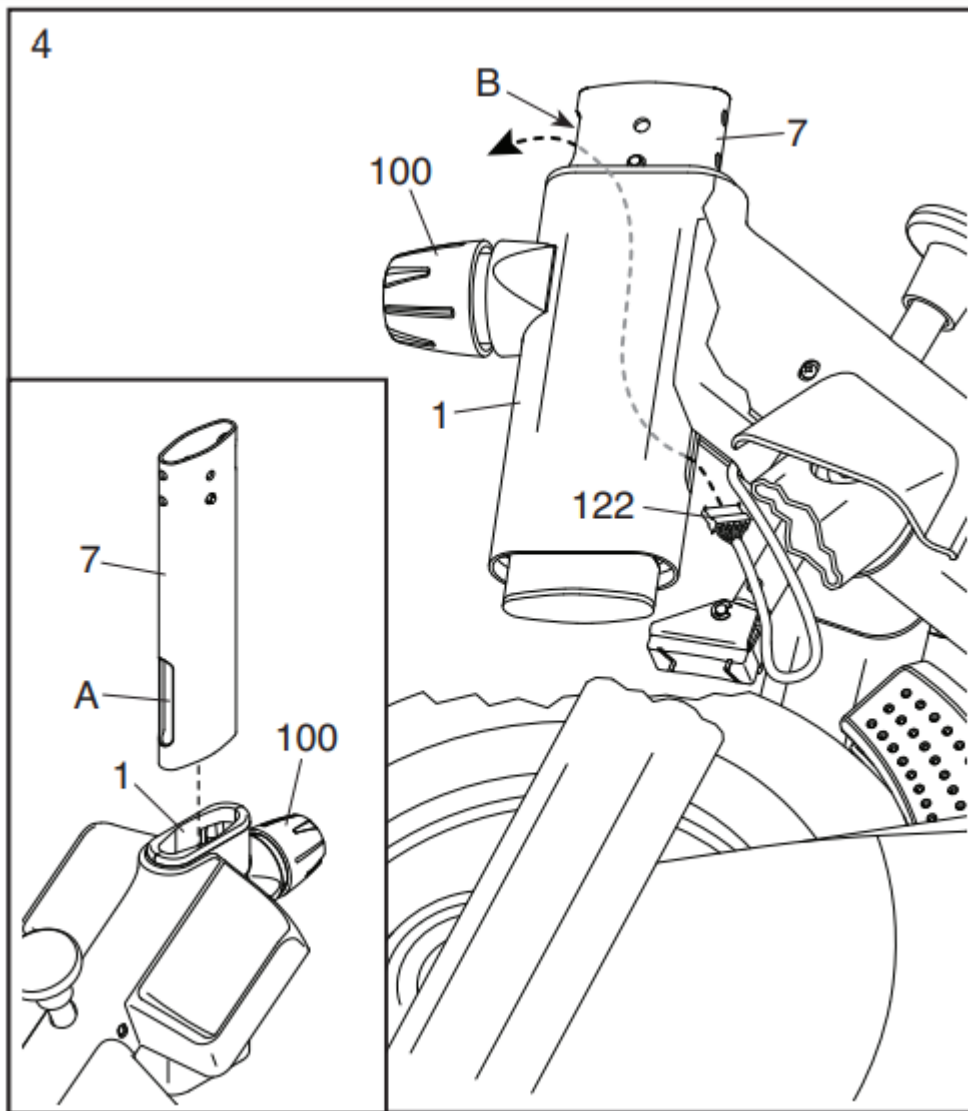
Then, fully tighten all six M10 x 20mm Screws (105).



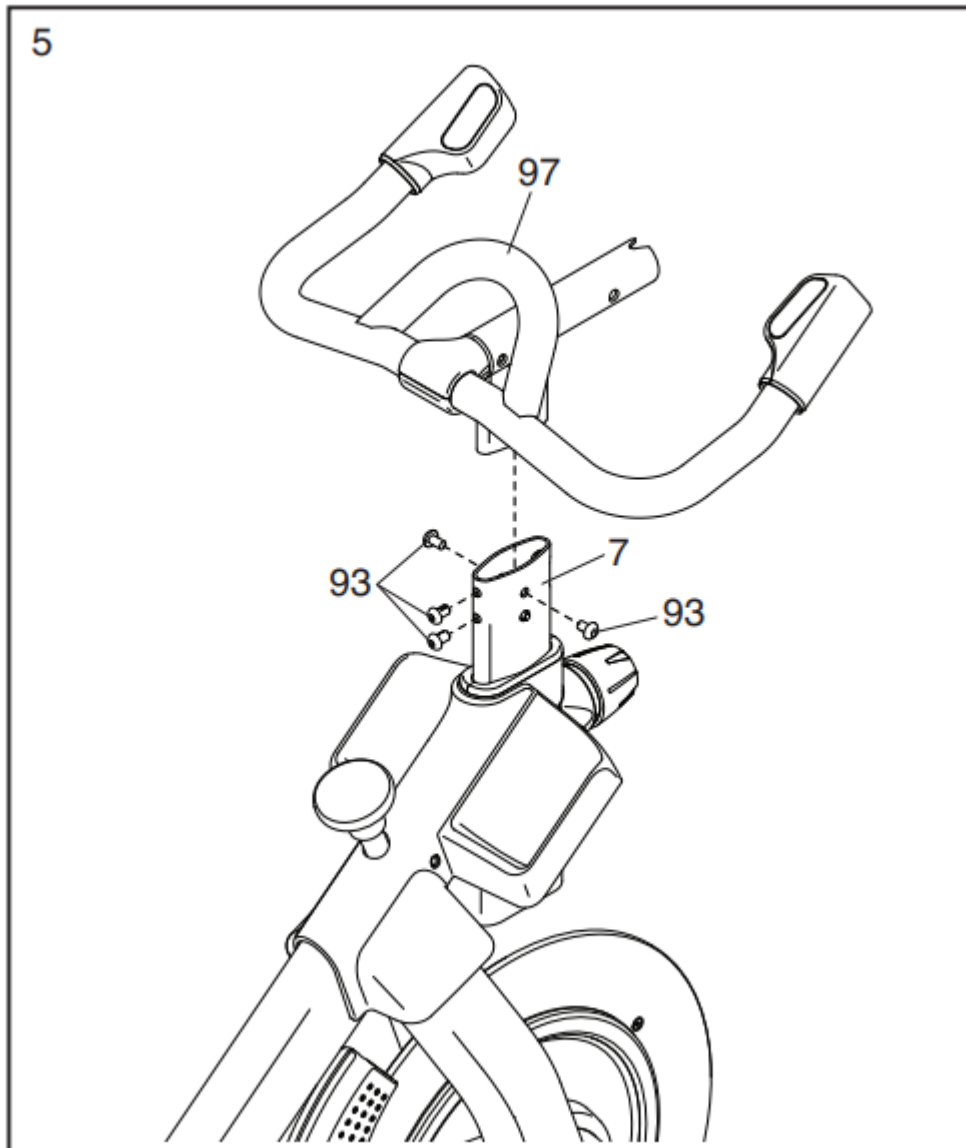
4. **See the inset drawing.** Orient the Handlebar Post (7) so that the lower slot (A) is on the side shown.

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. Then, tighten the Post Knob.

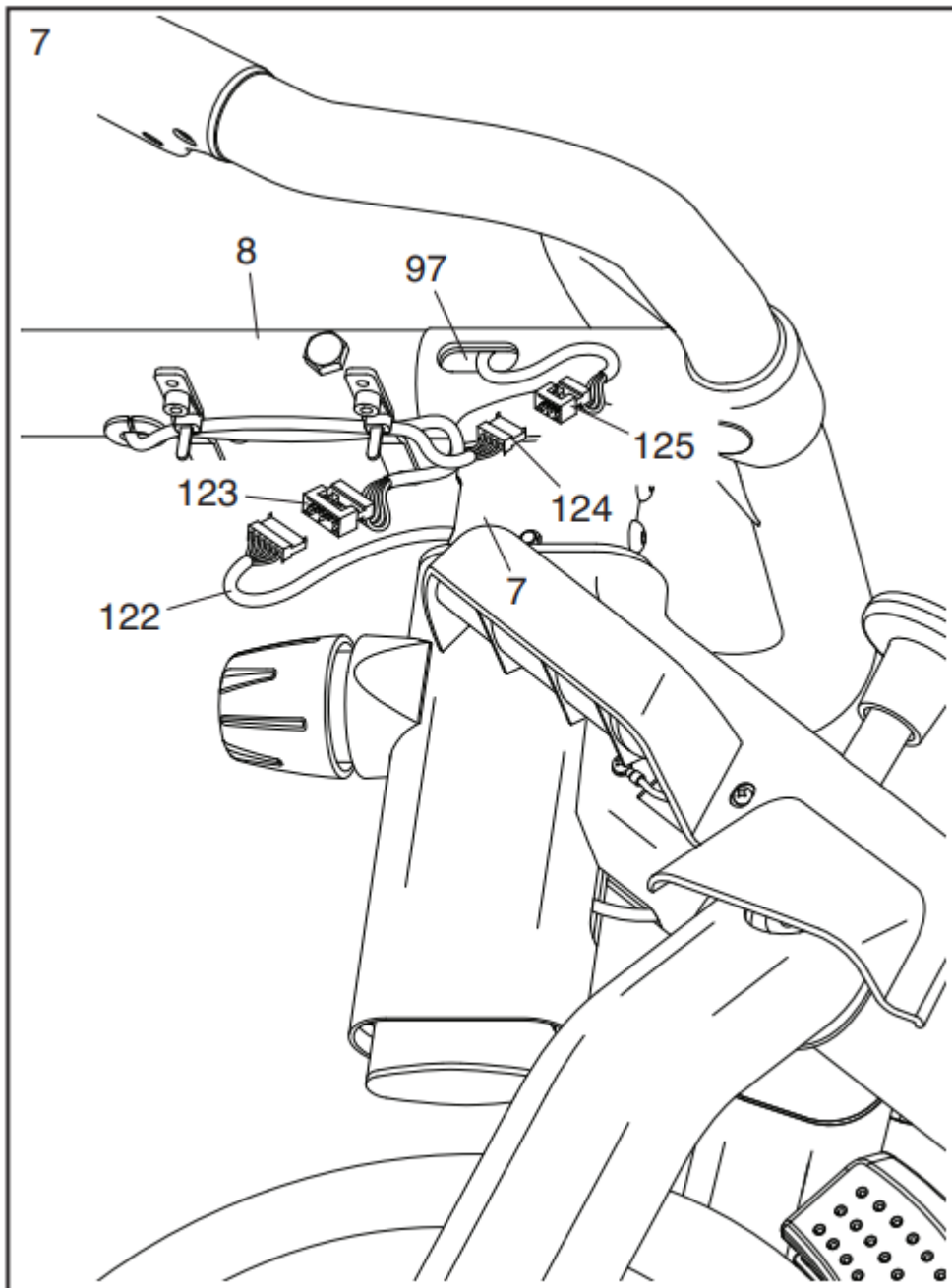
Then, insert the end of the Lower Wire (122) into the Frame (1) and the Handlebar Post (7) and pull it out of the upper slot (B) in the Handlebar Post as shown by the dashed line at the right.



5. 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.**



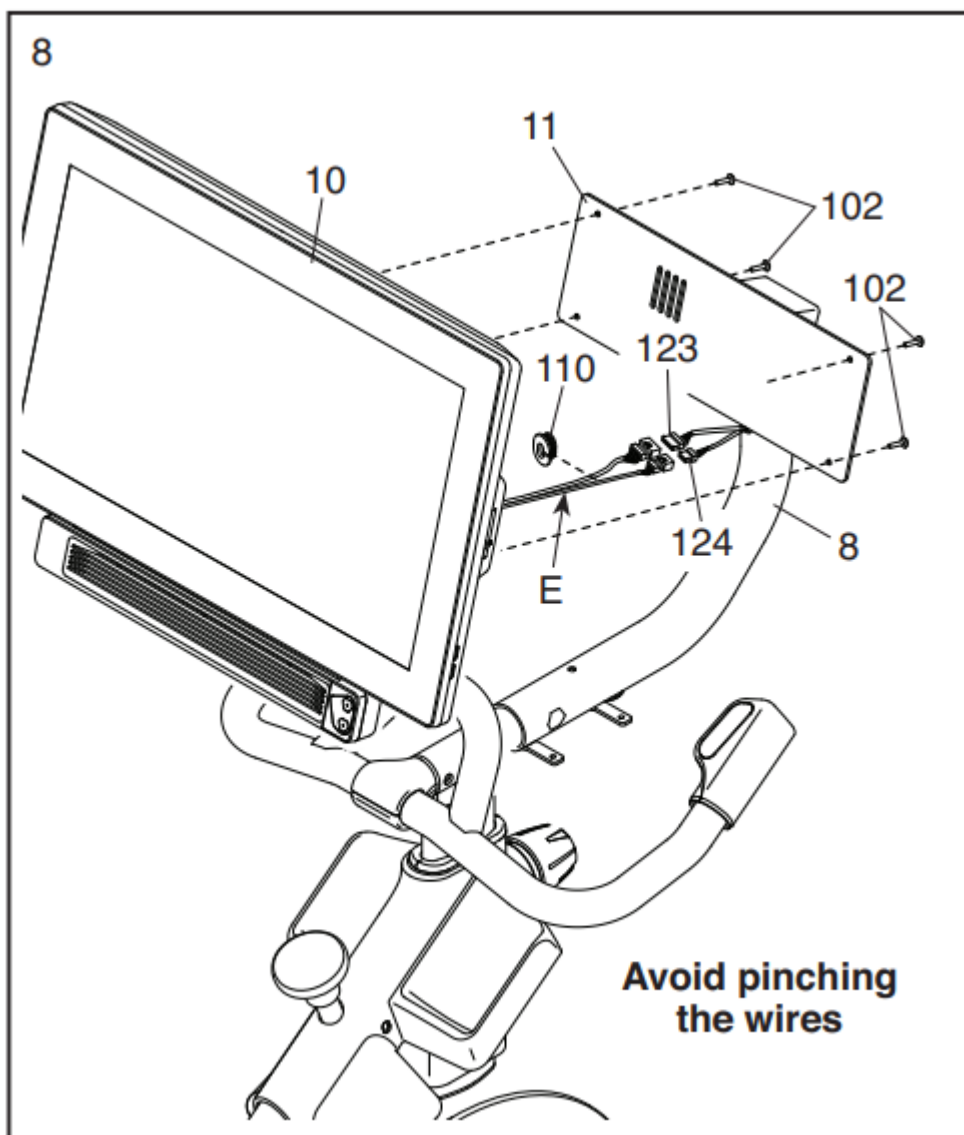
6. **Tip: Avoid pinching the wires (C).** Slide the Console Support (8) onto the Handlebar (97). Attach the Console Support (8) with an M10 x 52mm Bolt (94) and an M10 Jam Nut (95); **make sure that the Jam Nut is in the hexagonal hole (D).** Do not fully tighten the Bolt yet.



8. Have a second person hold the Console (10) near the Console Bracket (11). Connect the Upper Wire (123) and the Extension Wire (124) to the matching wires (E) on the back of the Console. Press the Wire Protector (110) around the wires in the location shown.

Next, insert the connectors into the Console Support (8), and then press the Wire Protector (110) into the Console Support. **Tip: It may be helpful to insert the connectors into the Console Support one at a time.**

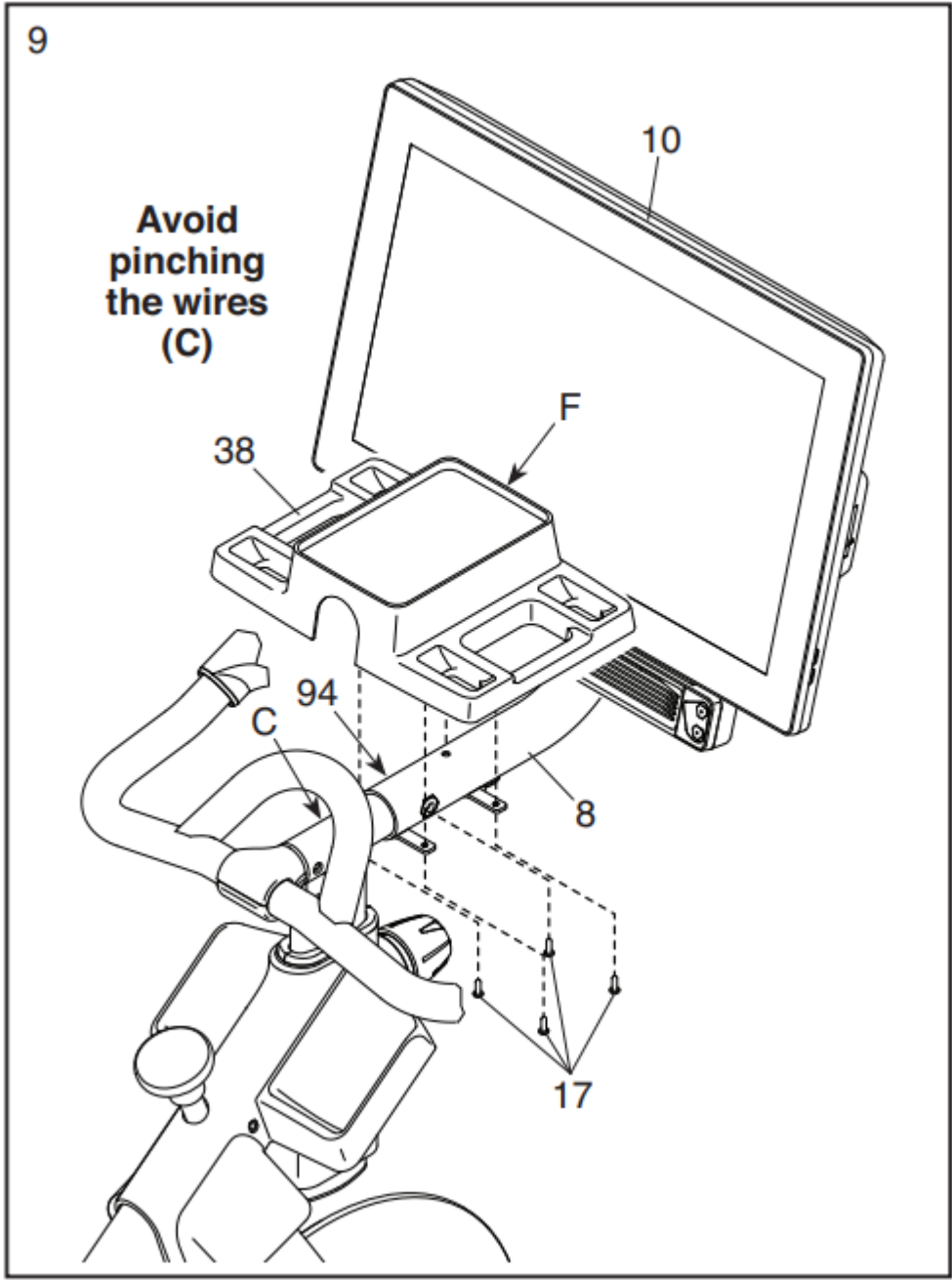
Tip: Avoid pinching the wires. If necessary, adjust the tilt of the Console Bracket (11) to make this step easier. Attach the Console (10) to the Console Bracket with four M4 x 12mm Machine Screws (102); **start all the Machine Screws, and then tighten them.**



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 Bolt (94).

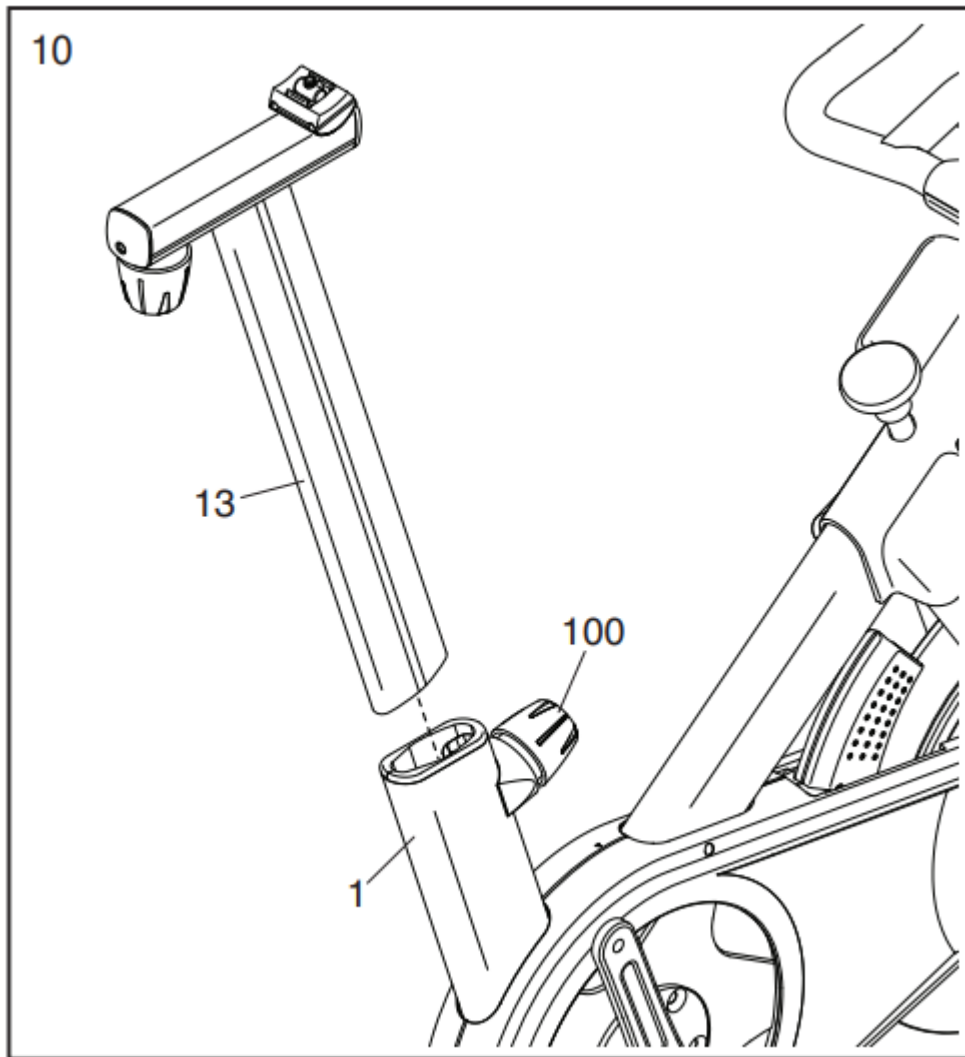
Next, orient the Hand Weight Tray (38) so that the orientation sticker (F) is in the location shown.

Tip: Avoid pinching the wires (C). 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. Orient the Saddle Post (13) as shown.

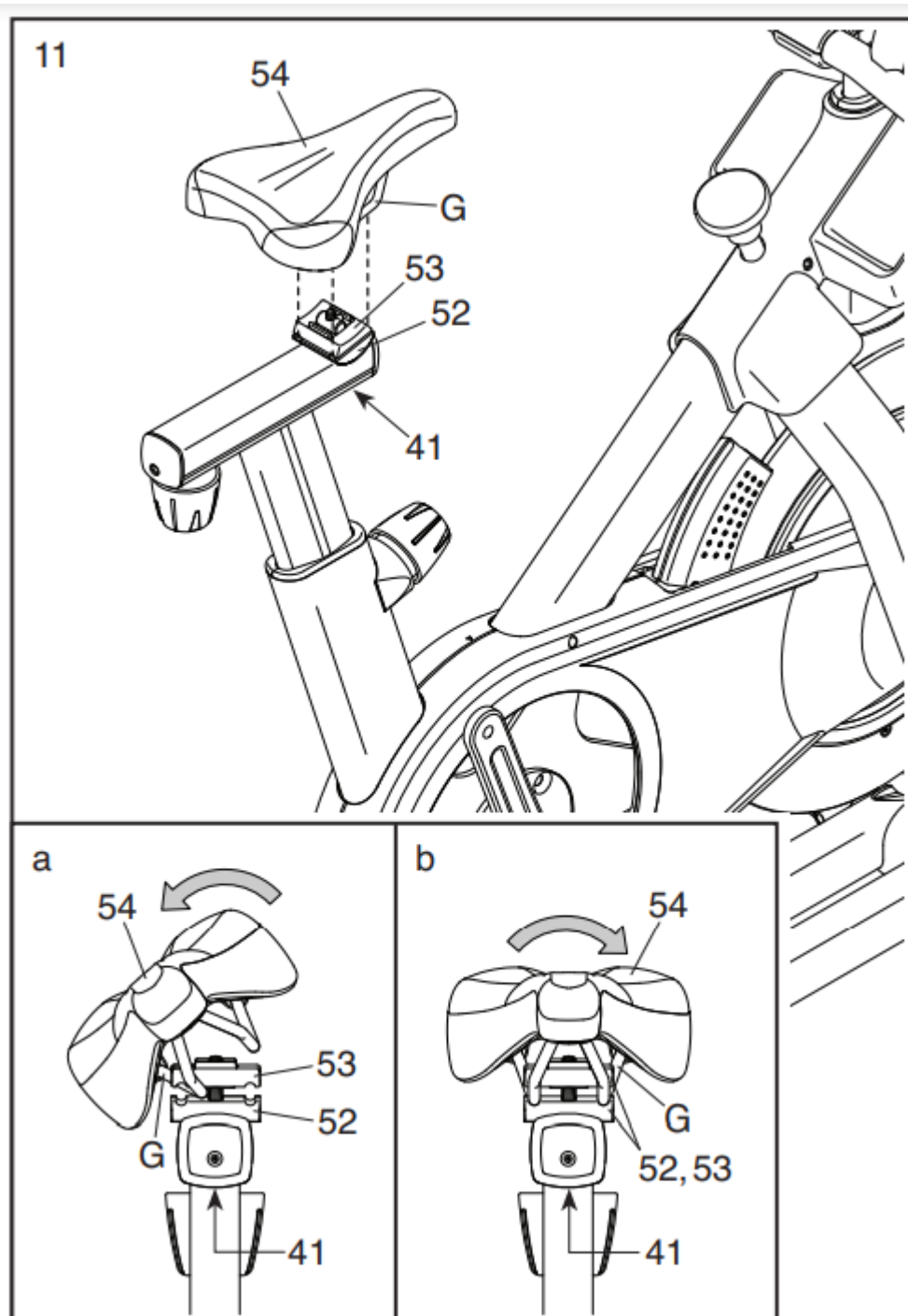
Loosen the indicated Post Knob (100). Next, insert the Saddle Post (13) into the Frame (1), and slide the Saddle Post to the desired height. Then, tighten the Post Knob.



11. **Note:** You can attach your own saddle if desired.

See inset drawing a. Tip the Saddle (54) to one side and slide one of the rails (G) as far as possible between the Lower Saddle Clamp (52) and the Upper Saddle Clamp (53). If necessary, further loosen the M8 Saddle Screw (41).

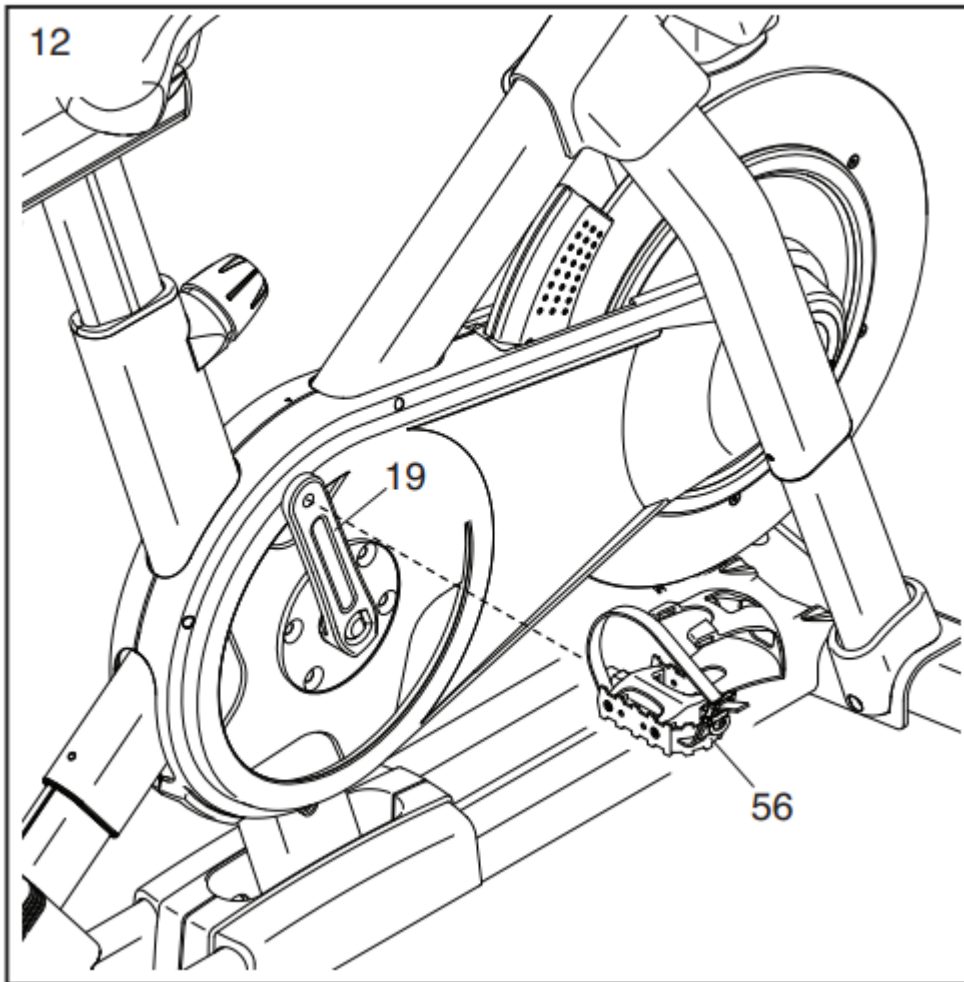
See inset drawing b. Tip the Saddle (54) downward as shown and slide the other rail (G) between the Saddle Clamps (52, 53). **Make sure that both rails are in the grooves in the Saddle Clamps and that the Saddle is straight and level.** Then, firmly tighten the Saddle Screw (41).



12. **Note: You can attach your own pedals if desired.**

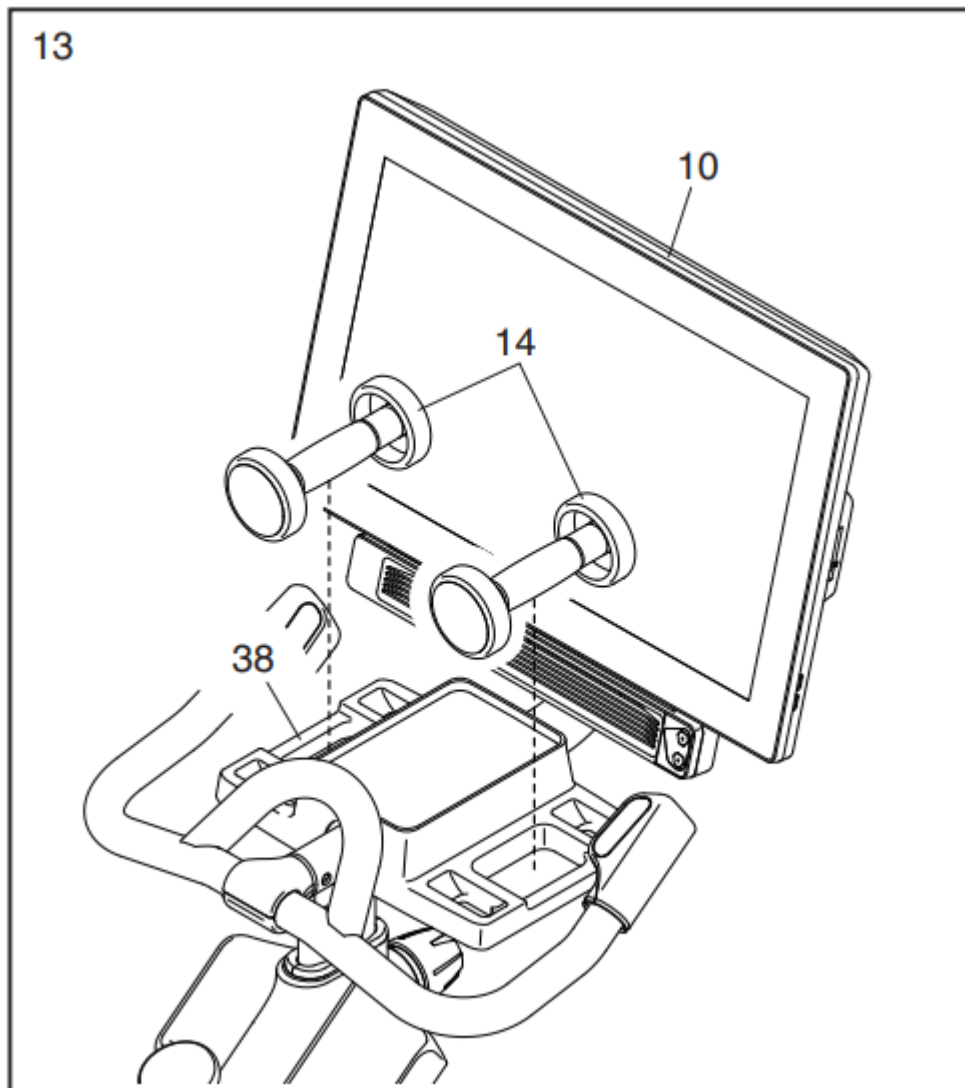
Identify the right Pedal (56). Using an adjustable wrench or the included tool, **firmly tighten** the right Pedal **clockwise** into the Right Crank Arm (19).

Firmly tighten the left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the left Pedal counterclockwise to attach it.



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

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

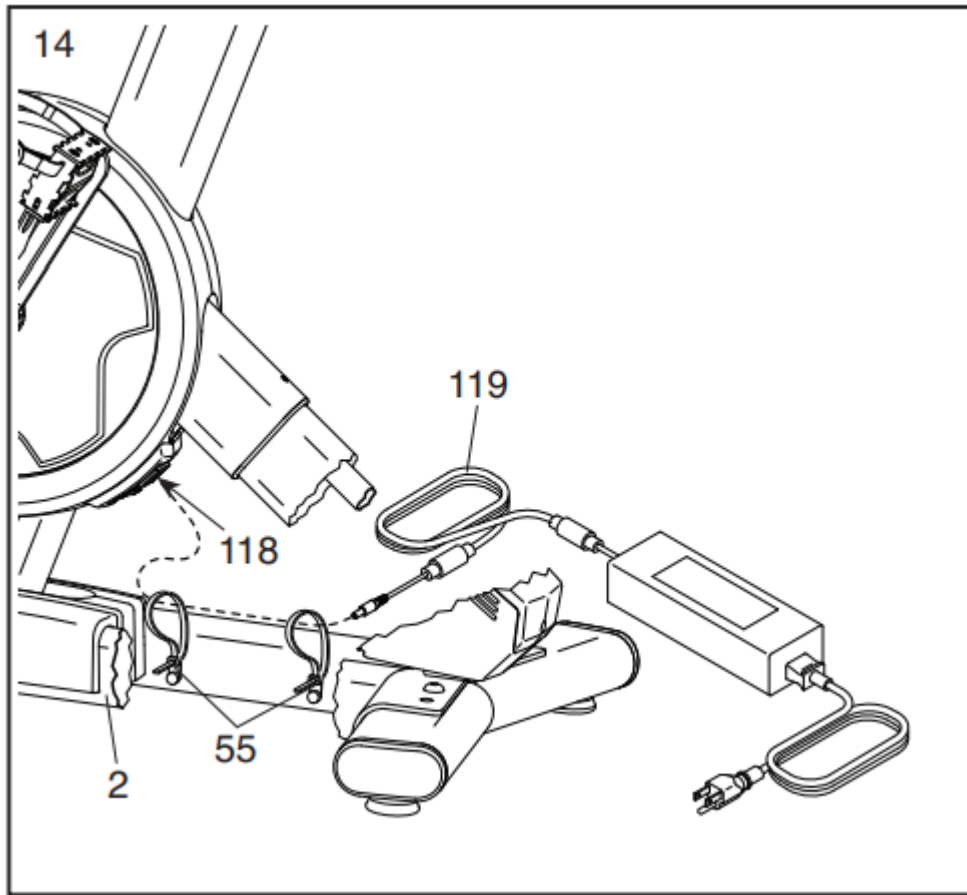


14. IMPORTANT: Always plug the Power Adapter (119) into the studio cycle before you plug it into an outlet.

Route the Power Adapter (119) through the two Anchored Zip Ties (55) on the Base (2).

Next, plug the Power Adapter (119) into the Power Receptacle (118) on the studio cycle. **Position about 8" (20 cm) of the Power Adapter between the Power Receptacle and the nearest Anchored Zip Tie (55).** Then, pull both Anchored Zip Ties closed.

Note: To plug the Power Adapter (119) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



15. 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.

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

HOW TO USE THE STUDIO CYCLE

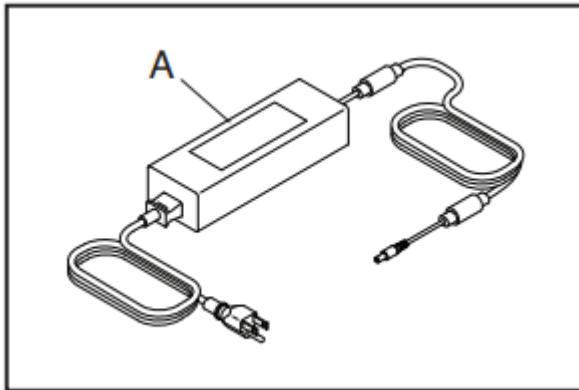
HOW TO PLUG IN THE POWER ADAPTER

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.

Plug the power adapter (A) into the receptacle on the studio cycle (see assembly step 14 on page 14). Then, plug the power adapter into an appropriate out let 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.

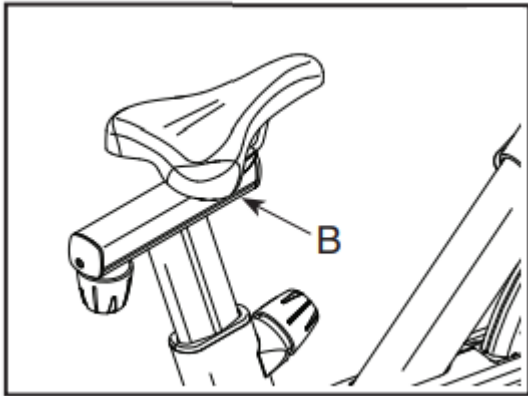
HOW TO ADJUST THE GEOMETRY OF THE STUDIO CYCLE

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.

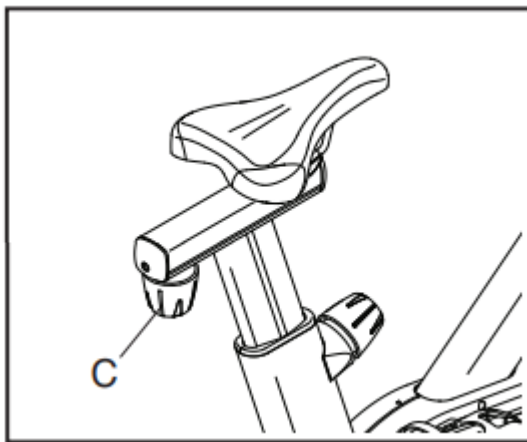
To adjust the saddle, first loosen the saddle screw (B) in the carriage a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the saddle screw.



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

How to Adjust the Saddle Carriage

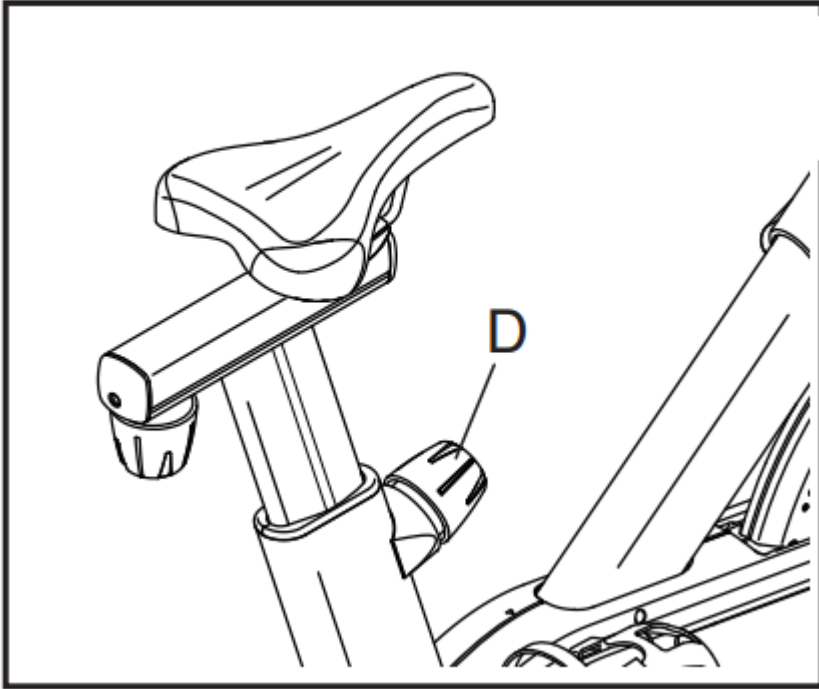
To adjust the position of the carriage, loosen the carriage knob (C), move the carriage forward or backward to the desired position, and then firmly tighten the carriage knob.



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.

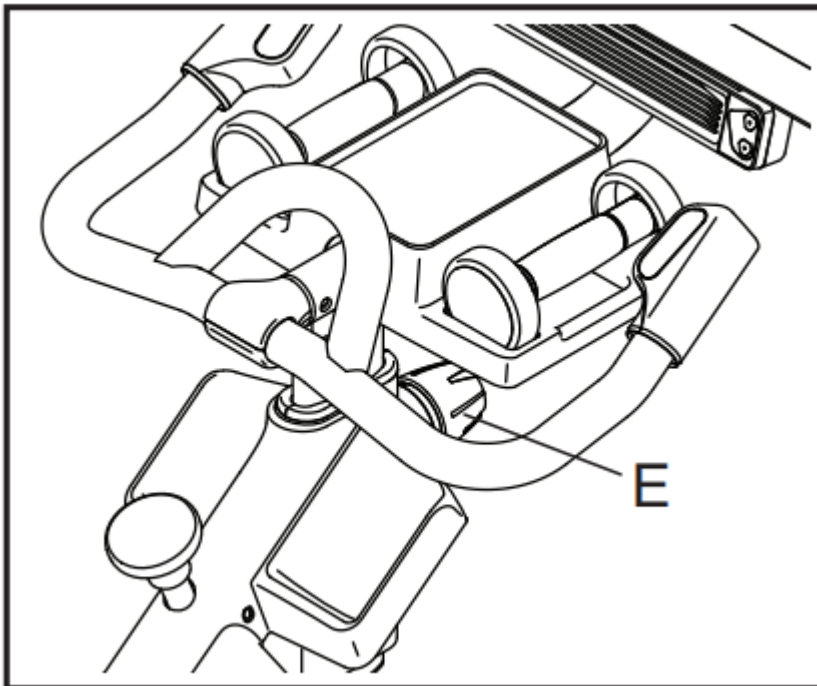
To adjust the saddle post, loosen the post knob (D), move the saddle post upward or downward, and then firmly tighten the post knob.



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.

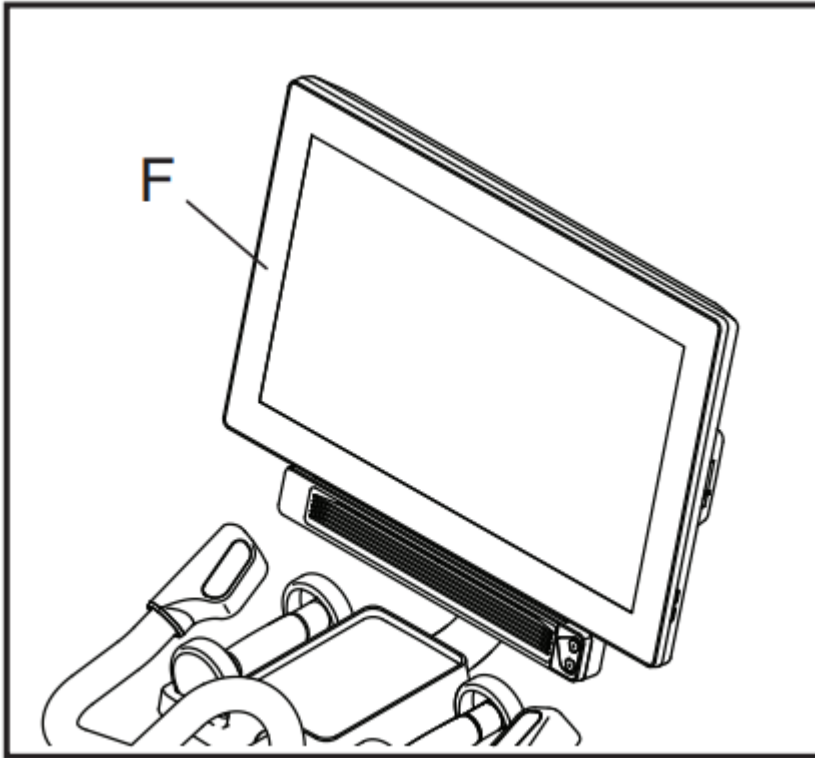


IMPORTANT:

Do not raise the handlebar post beyond the “MAX” mark on the handlebar post.

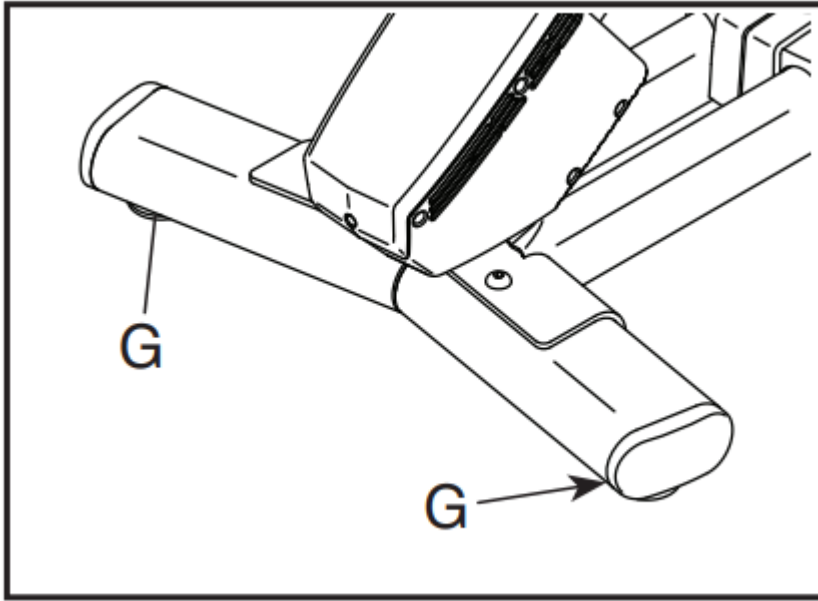
How to Adjust the Position of the Console

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 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.



HOW TO LEVEL THE STUDIO CYCLE

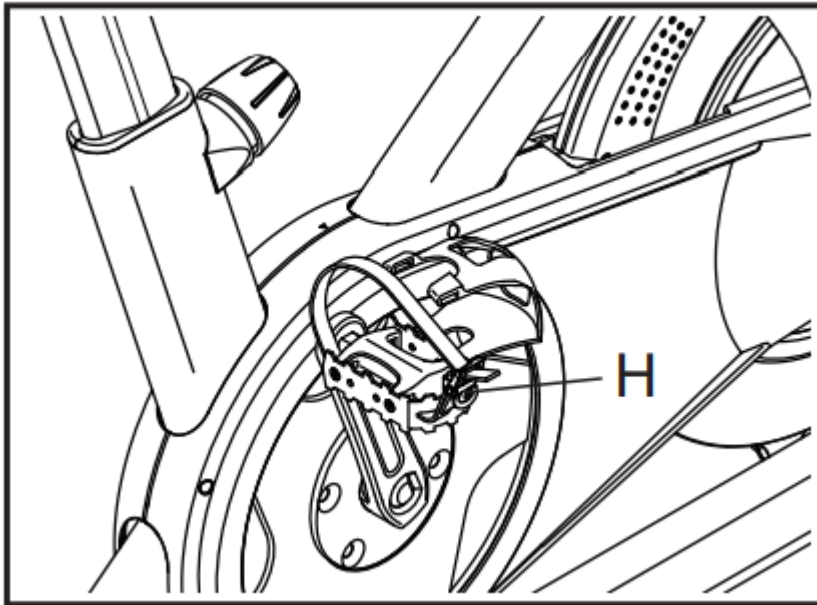
If the studio cycle rocks slightly on your floor during use, turn one or both of the leveling feet (G) beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO USE THE PEDALS

To use 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.

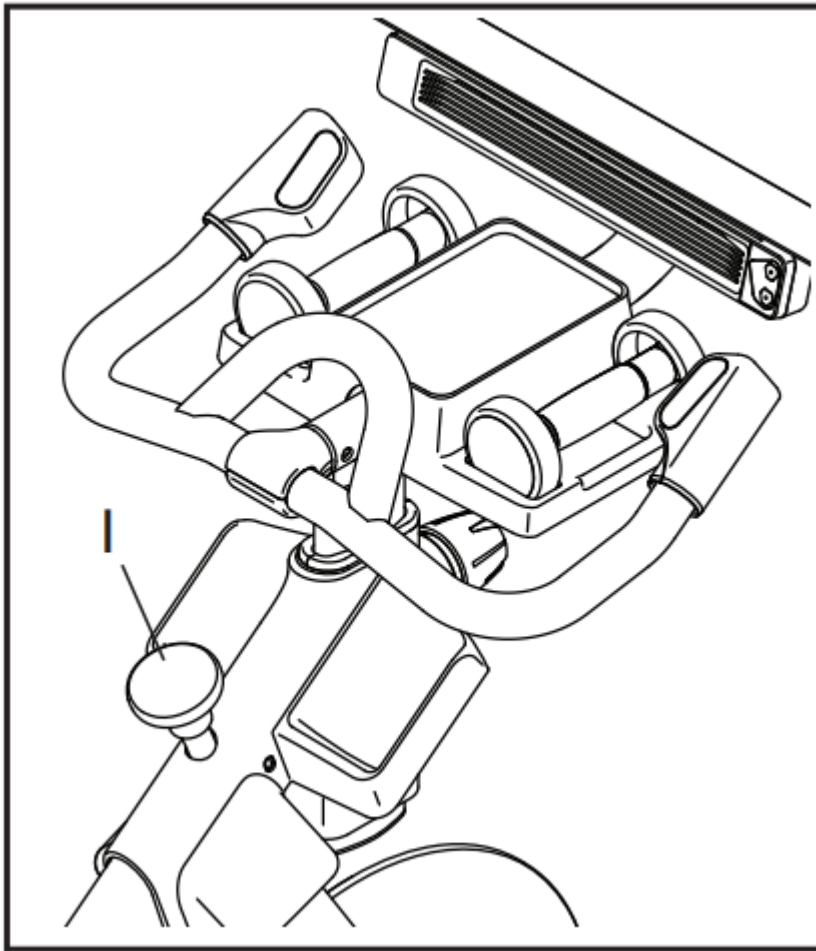


Note: You can remove the pedals and attach your own pedals to the studio cycle if desired.

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 (I). The flywheel will quickly come to a complete stop.



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.

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 features 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.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

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 15. When the power adapter is plugged in, touch the screen or press any button on the console to turn on 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 6 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 turn off.

When you are finished exercising, 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 *7123*. To view more characters, touch *~[<*. Touch *7123* 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 25.

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. Tour the console.

The first time you use the console, a tour presentation will guide you through the features of the console.

5. 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 25.

6. 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 25.

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 21. **To create a draw-your-own-map workout**, see page 23. **To use an iFit workout**, see page 24.

To change console settings, see page 25. **To connect to a wireless network**, see page 26. **To use the sound system**, see page 27.

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 main menu.

When you turn on the console, the main menu 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 main menu. 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 main menu.

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.

You can also change the incline of the frame by pressing the Incline/Decline increase and decrease buttons on the left handlebar.

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.

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

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 on the right side of the console.

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

To end the workout session, first touch the screen to pause the workout. Next, touch *End*; a workout summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

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

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

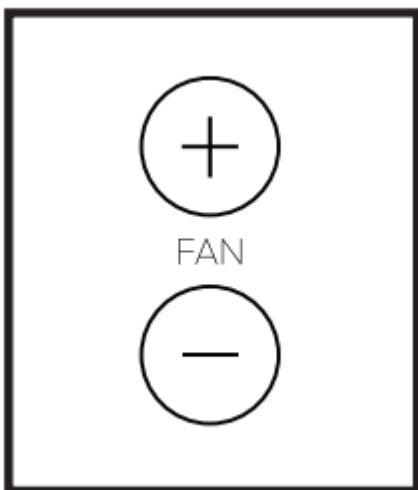
A compatible chest heart rate monitor is included with some models. If a chest heart rate monitor is included, see THE CHEST HEART RATE MONITOR in this manual to learn how to use it.

If this model does not include a compatible heart rate monitor, see page 27 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 main menu is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE A FEATURED 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 the main menu or the workout library.

When you turn on the console, the main menu 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 main menu. 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 main menu.

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

3. Select a workout.

To select a workout from the main menu 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.

Note: To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

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 24).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 23.

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.

The workout will function in the same way as the manual mode (see page 19).

During some workouts, an iFit coach will guide you through a video workout. Touch the sound button (music notes symbol) to 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, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling 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. **If you press a Resistance button**, you can then manually control the resistance level (see step 3 on page 20). **If you press an Incline/Decline button**, you can then manually control the incline level (see step 3 on page 20).

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

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

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

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

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 24) or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

5. Follow your progress.

See step 4 on page 20.

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

See step 5 on page 20.

7. Turn on the fan if desired.

See step 6 on page 20.

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

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 main menu 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 main menu. 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 main menu.

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 *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

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 20).

6. Follow your progress.

See step 4 on page 20.

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

See step 5 on page 20.

8. Turn on the fan if desired.



See step 6 on page 20.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE AN IFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26). An iFit account is also required.

1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

2. Select the main menu.

When you turn on the console, the main menu 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 main menu. 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 main menu.

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 that you have previously added to your schedule on iFit.com.

IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 1).

To load an iFit workout from iFit.com to the console, touch the Calendar button at the bottom of the screen.

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

5. Start the workout.

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

6. Follow your progress.

See step 4 on page 20.

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

See step 5 on page 20.

8. Turn on the fan if desired.

See step 6 on page 20.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

For more information about iFit, go to [iFit.com](https://www.ifit.com).

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

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 main menu (Home button). When you turn on the console, the main menu 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 main menu. 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 main menu.

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, touch *In Workout*, and then touch the desired settings. It is recommended that you enable the option to show slider controls on the screen, if available.

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 unplug the power adapter while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the studio cycle will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug the power adapter in again. 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. Then, touch the close button (x symbol) 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 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 main menu (Home button). When you turn on the console, the main menu 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 main menu. 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 main menu.

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 checkmark will appear next to the wireless network name.

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).

HOW TO USE THE SOUND SYSTEM

Connect with an Audio Cable

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the right side of the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.**

Note: To purchase an audio cable, see your local electronics store.

Next, press the play button on your personal audio player. Adjust the volume level by pressing the volume increase and decrease buttons on the right side of the console or the volume control on your personal audio player.

Connect Your Device with Bluetooth

If the console has a Bluetooth Audio button, you can connect your Bluetooth-compatible device to play audio through the console sound system.

1. Place or hold your Bluetooth-compatible device near the console.

2. Enable the Bluetooth setting on your device.

3. Pair your device to the console.

Press and hold the Bluetooth Audio button on the console for 3 seconds. The Bluetooth Audio button will begin flashing and the console will enter pairing mode. When your device and the console pair successfully, the audio from your device will play through the console sound system.

Note: The console can save 8 devices in its memory. If you have previously paired your device to the console, you can simply press the Bluetooth Audio button to connect your device to the console.

4. Erase the console device memory if necessary.

If you need to erase all the Bluetooth-compatible devices saved in the console memory, press and hold the Bluetooth Audio button for 10 seconds.

Connect Your Headphones

If the console has a headphones jack, you can plug your headphones into the headphones jack to listen to audio from the console through your headphones.

Connect Your Headphones with Bluetooth

If the console is enabled with this feature, you can connect your Bluetooth-compatible headphones to listen to audio from the console through your headphones.

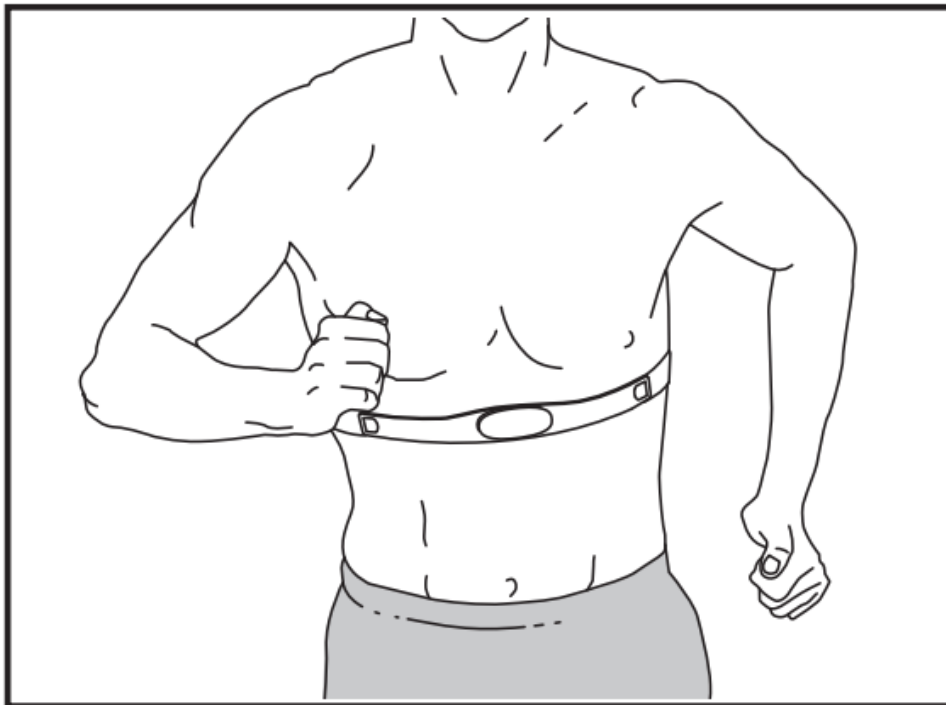
To connect your headphones to the console, first turn on your headphones and place them near the console. Next, select a featured workout (see page 21) or an iFit workout (see page 24). Then, touch *Connect Bluetooth Headphones* when this option appears on the screen.

To pair your headphones to the console, 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.

THE OPTIONAL CHEST 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 chest 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 a chest heart rate monitor, please see the front cover of this manual.**

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



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.

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.**

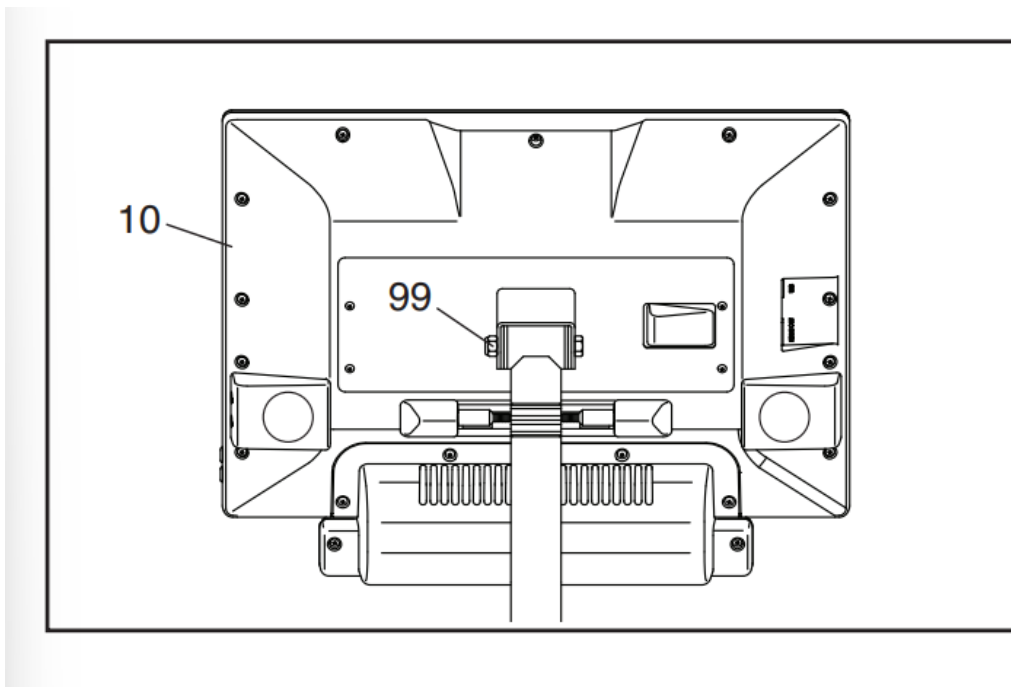
CONSOLE TROUBLESHOOTING

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

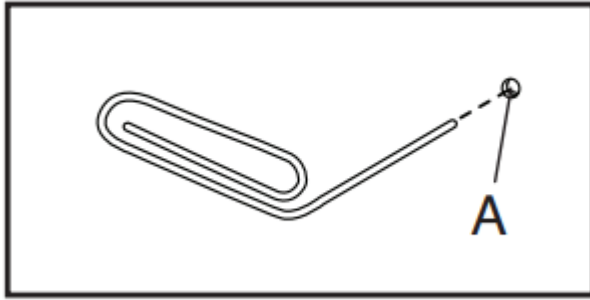
If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

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 (10) does not stay in place when it is moved to the desired position, tighten the indicated M8 Locknut (99) slightly until the Console stays in place.



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, 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. 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, unplug the power adapter and then plug it in again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 25). Note: It may take a few minutes for the console to be ready for use.

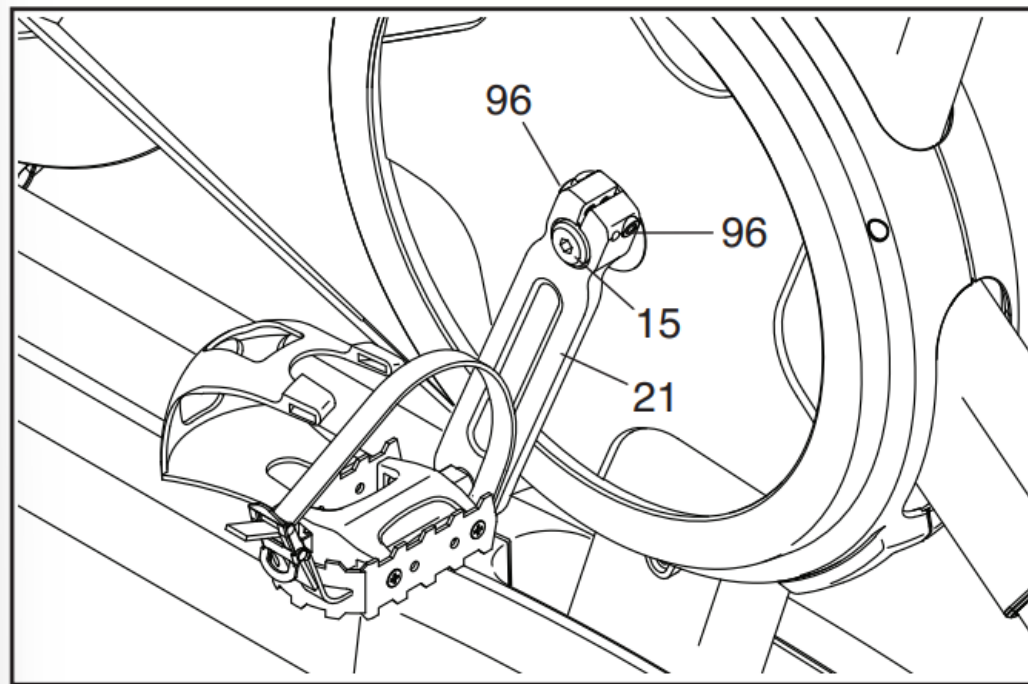
INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 25 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.

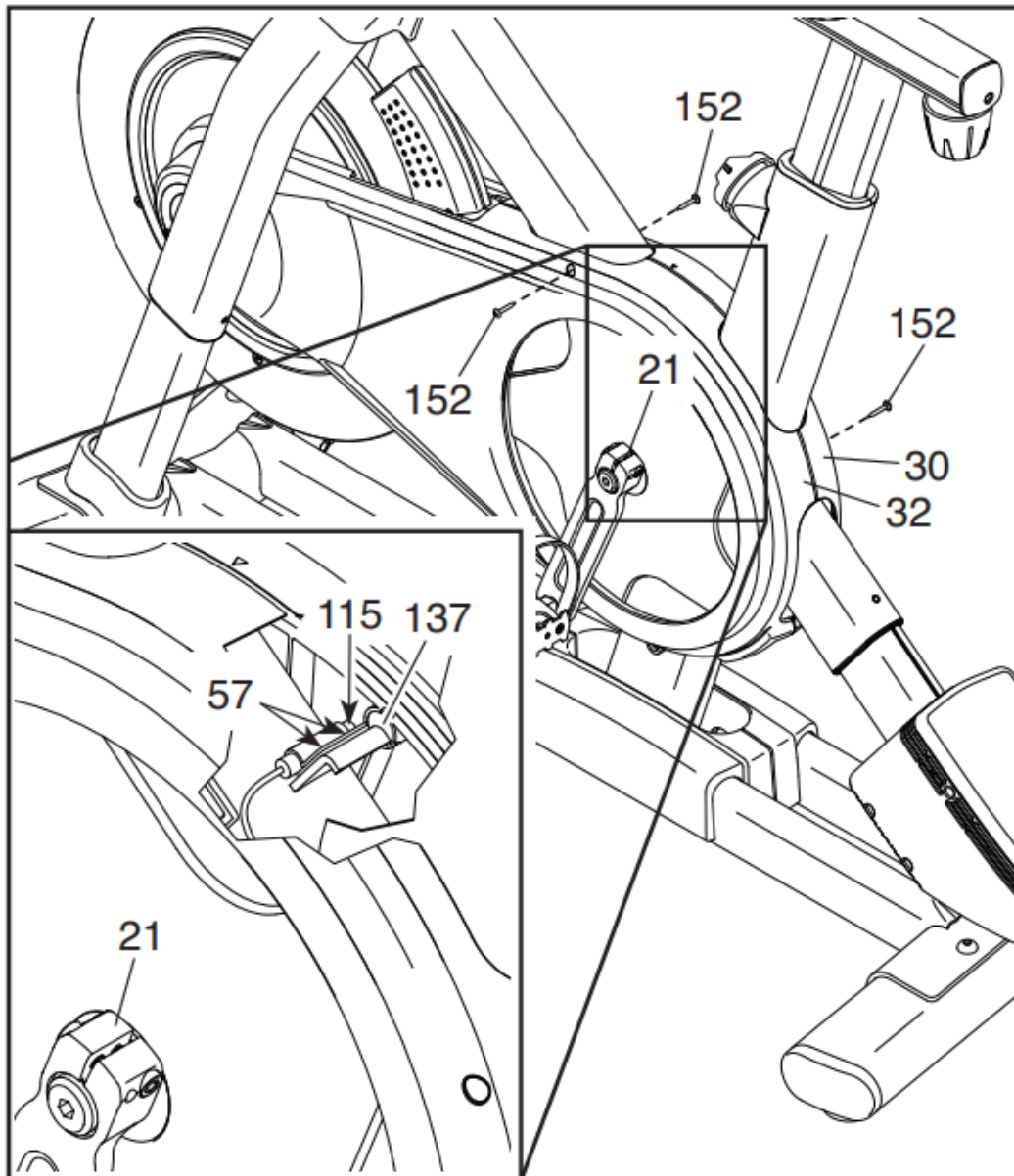


1. Tighten the M12 Crank Screw (15) to 7 Nm (5 ft-lbs).
2. Tighten each M6 x 25mm Screw (96) to 20 Nm (15 ft-lbs). Then tighten each M6 x 25mm Screw a second time to 20 Nm (15 ft-lbs) in the same order.
3. Finally, tighten the M12 Crank Screw (15) to 50 Nm (37 ft-lbs).

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 unplug the power adapter**. Next, remove the three indicated #8 x 5/8" Screws (152) 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 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.

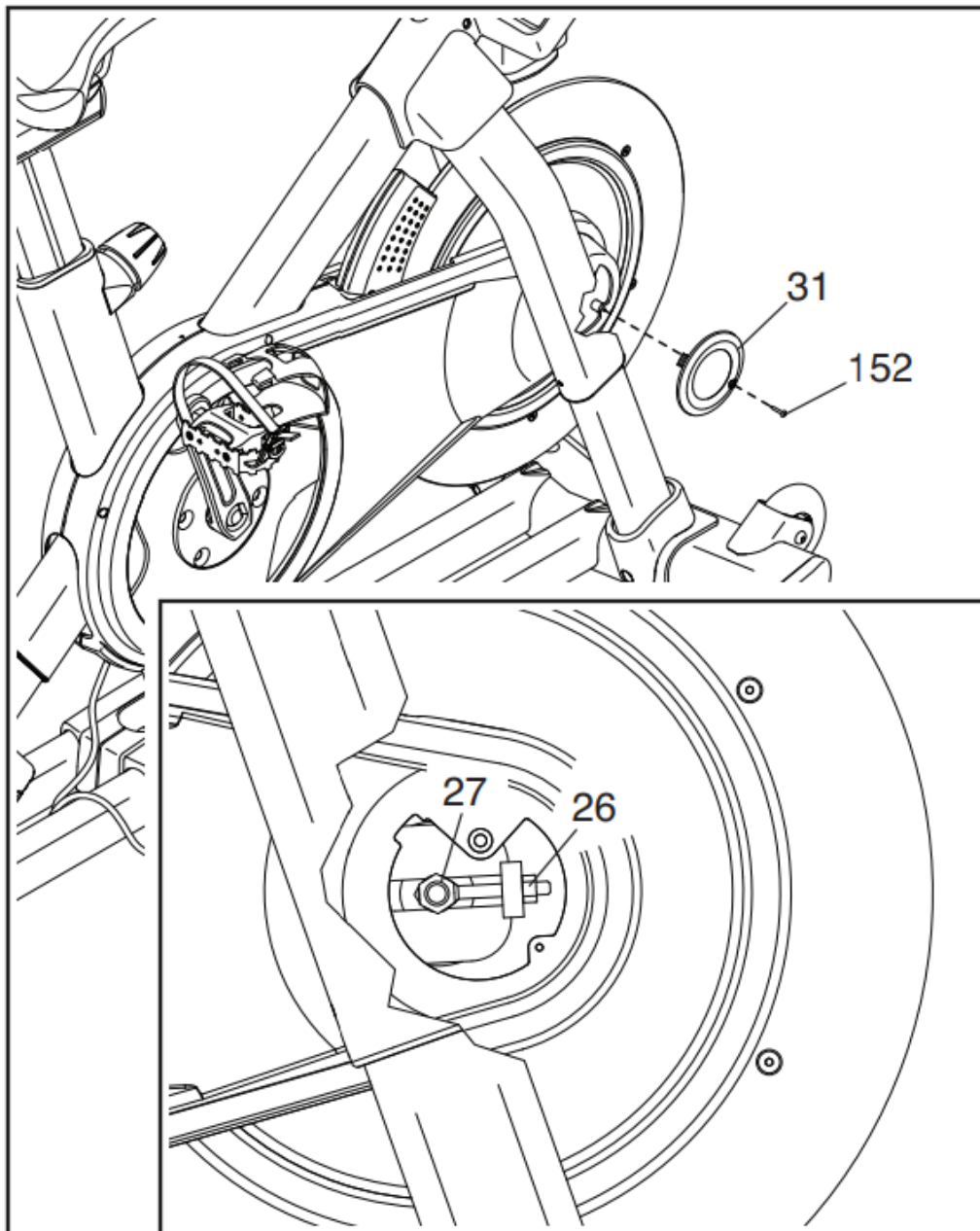
To adjust the drive belt, **first unplug the power adapter**. Then, follow the instructions below. Note: The drawings show only the right side of the studio cycle.

Remove the indicated #8 x 5/8" Screw (152) 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 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.



Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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