

NordicTrack®

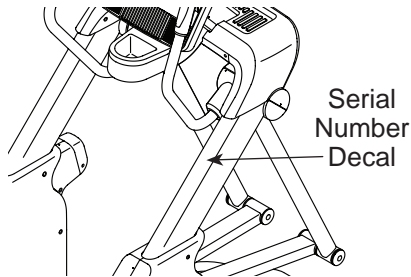
FREESTRIDE TRAINER F55i

www.nordictrack.com

Model No. NTEL71315.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

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

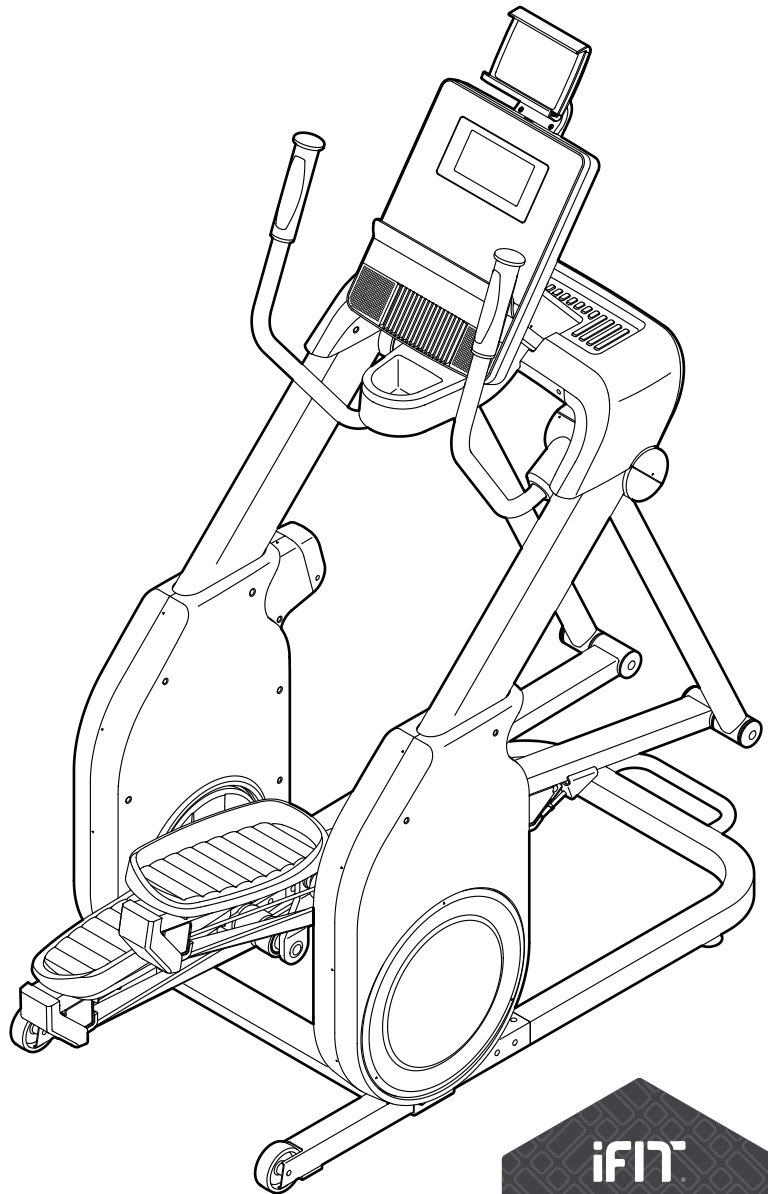


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WARNING DECAL PLACEMENT

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.

WARNING

To reduce the risk of injury, follow the assembly steps in the User's Manual to attach the straps to the pedal arms before using the elliptical.

WARNING

To prevent cable damage always inspect the cable tracking before each use.

WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 lbs / 159 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON Health & Fitness, Inc. IFIT is a registered trademark of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google Inc. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 4 ft. (1.2 m) of clearance in the front of the elliptical, 6 ft. (1.8 m) in the rear, and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the elliptical at all times.
10. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
12. Hold the handlebars or the handrails when mounting, dismounting, or using the elliptical.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. Keep your back straight while using the elliptical; do not arch your back.
16. 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.**



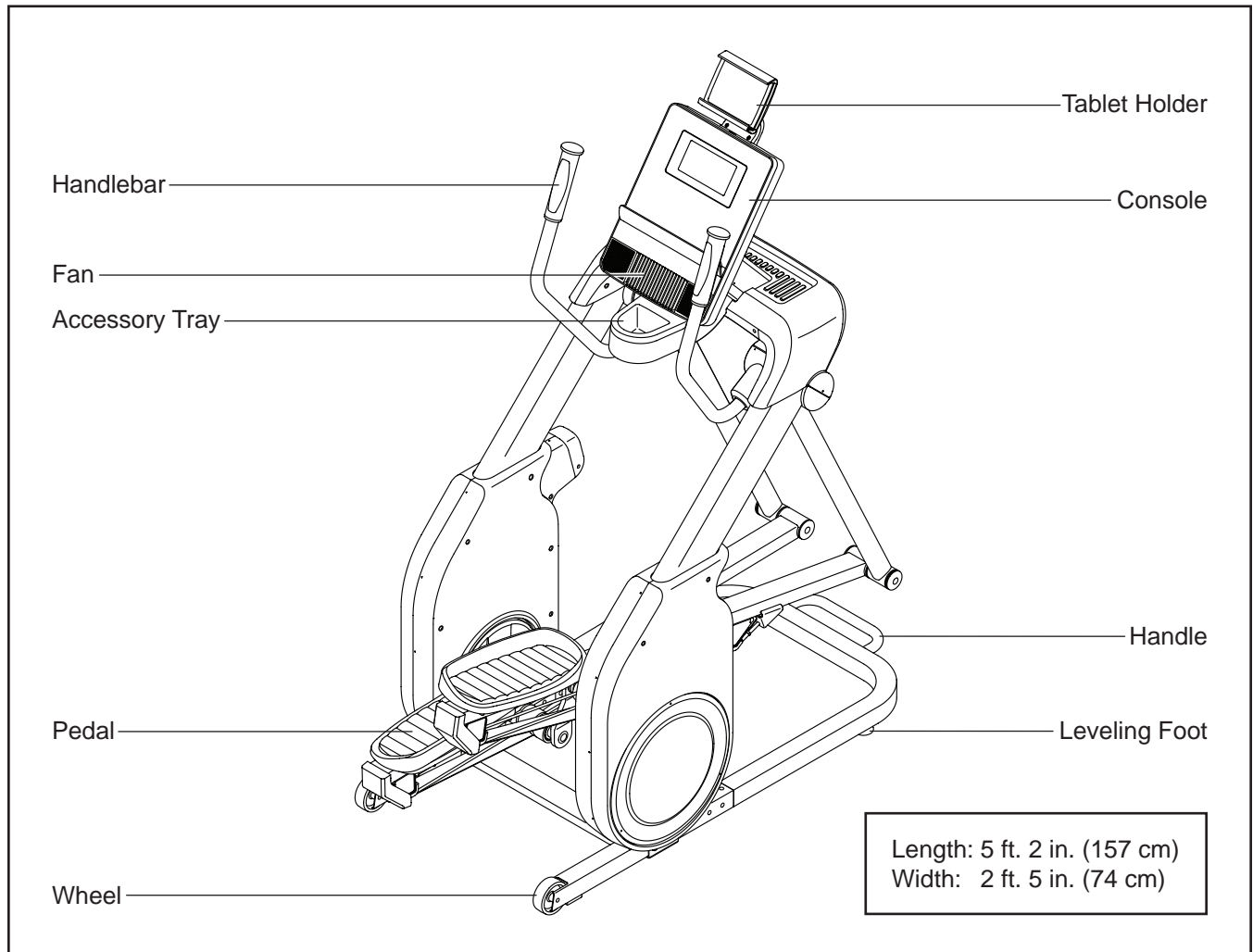
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® FREESTRIDE TRAINER FS5I elliptical. The FREESTRIDE TRAINER FS5I elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after

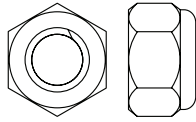
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

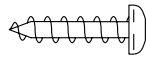


PART IDENTIFICATION CHART

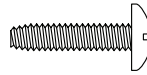
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



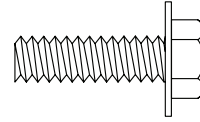
M8 Locknut
(108)-2



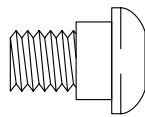
M4 x 16mm
Screw (98)-5



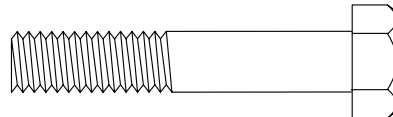
#8 x 16mm
Screw (114)-4



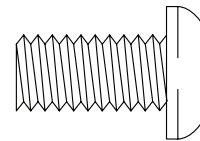
M6 x 20mm
Patch Screw
(42)-6



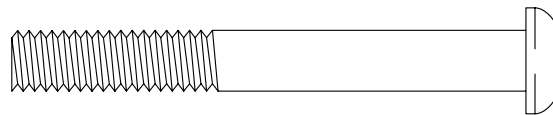
M8 x 14mm
Shoulder
Screw (82)-2



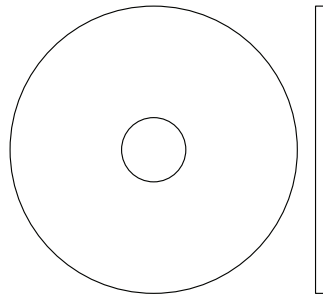
M8 x 45mm Bolt
(109)-2



M10 x 20mm
Screw (30)-12



M8 x 68mm Screw
(105)-2



Pedal Arm Washer
(89)-2

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



two adjustable wrenches



one rubber mallet

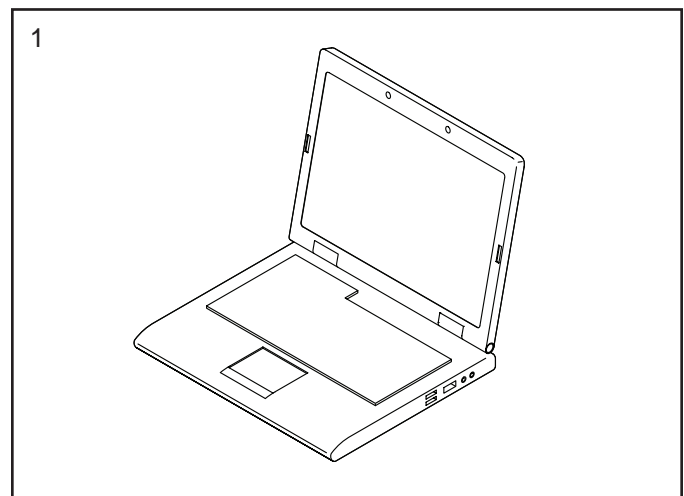


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.nordictrackservice.com/ registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.



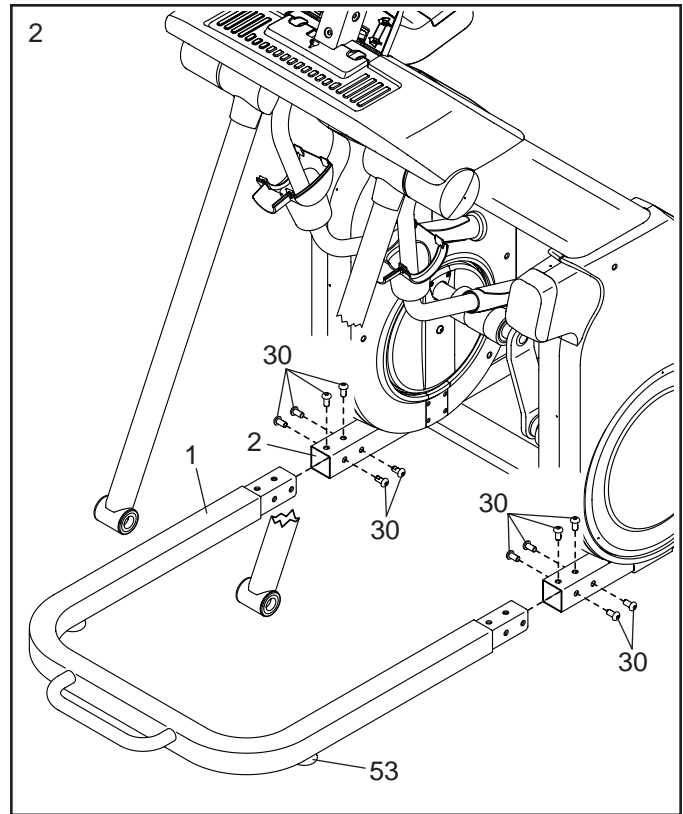
2. With the help of a second person, lift the Frame (2) and place some of the packaging materials under each side of the Frame.

Next, orient the Base (1) so that the Leveling Feet (53) are in the indicated locations. Then, insert the Base into the Frame (2).

Tip: It may be helpful to have the second person help you work each side of the Base (1) into the Frame (2). It may also be helpful to use a rubber mallet.

Attach the Base (1) with twelve M10 x 20mm Screws (30); **start all the Screws, and then tighten them.**

Then, remove the packaging materials from under the Frame (1).

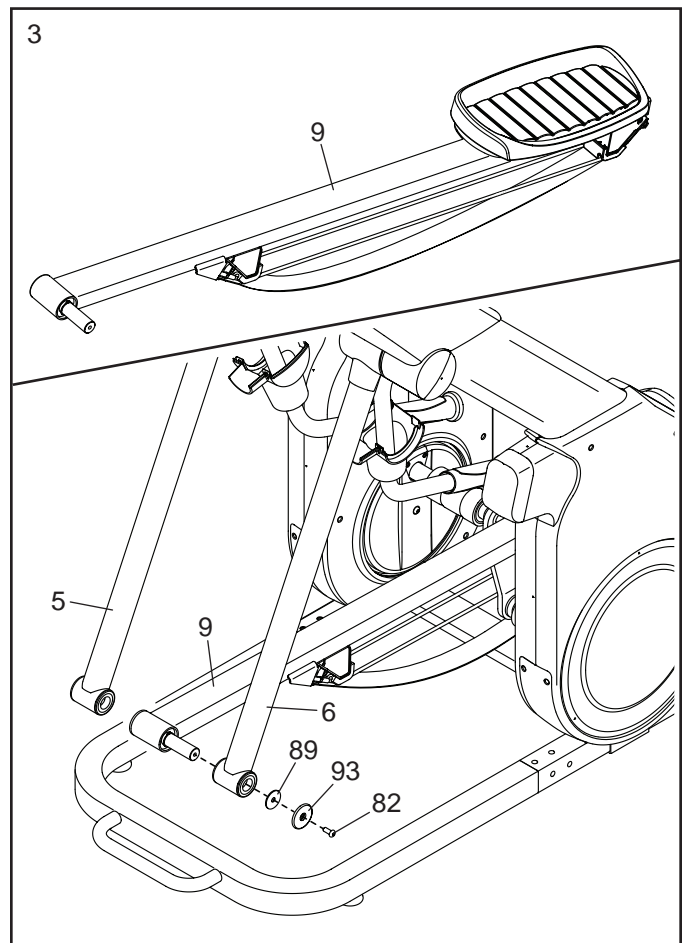


3. **See the upper drawing.** Identify the Left Pedal Arm (9) and orient it as shown.

See the lower drawing. Insert the axle on the Left Pedal Arm (9) into the Left Leg (6) from the direction shown.

Attach the Left Pedal Arm (9) with an M8 x 14mm Shoulder Screw (82), an Outer Pedal Cover (93), and a Pedal Arm Washer (89).

Attach the Right Pedal Arm (not shown) to the Right Leg (5) in the same way.



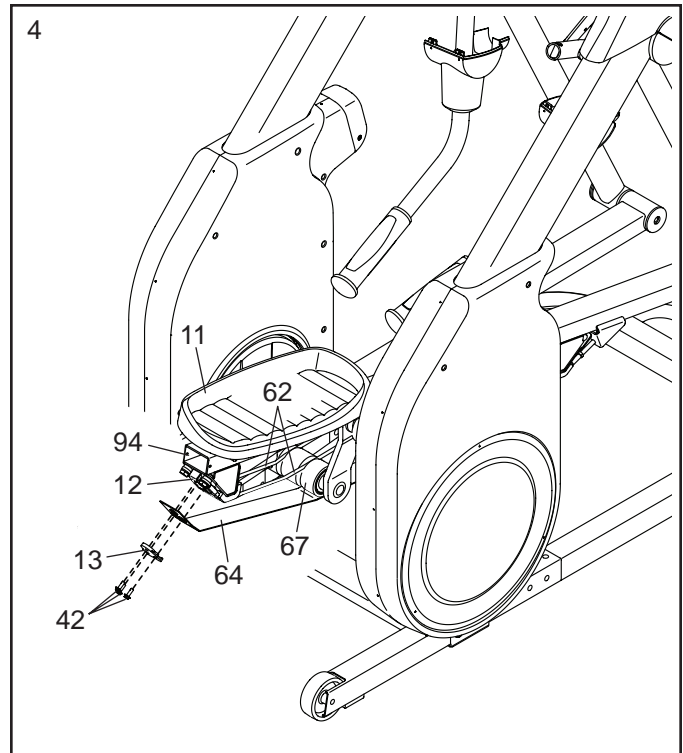
4. Identify the Strap (64) on the Right Pedal Arm (94). Route the Strap under the Roller (67); **make sure that the Strap is not twisted.**

Make sure that the Glide Cables (62) on the Right Pedal Arm (94) are resting on top of the Roller (67) and that the Strap (64) is routed under the Roller.

Tip: It may be helpful to have a second person press downward on the Right Pedal (11) while you perform the following action.

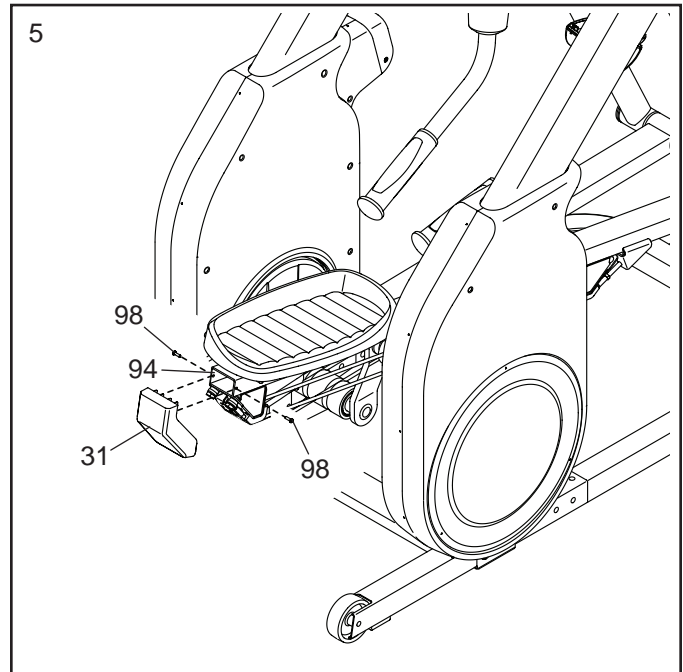
Attach the Strap (64) to the Cable Guide (12) on the Right Pedal Arm (94) with three M6 x 20mm Patch Screws (42) and a Strap Clamp (13); **start all the Patch Screws, and then tighten them.**

Repeat this step on the other side of the elliptical.



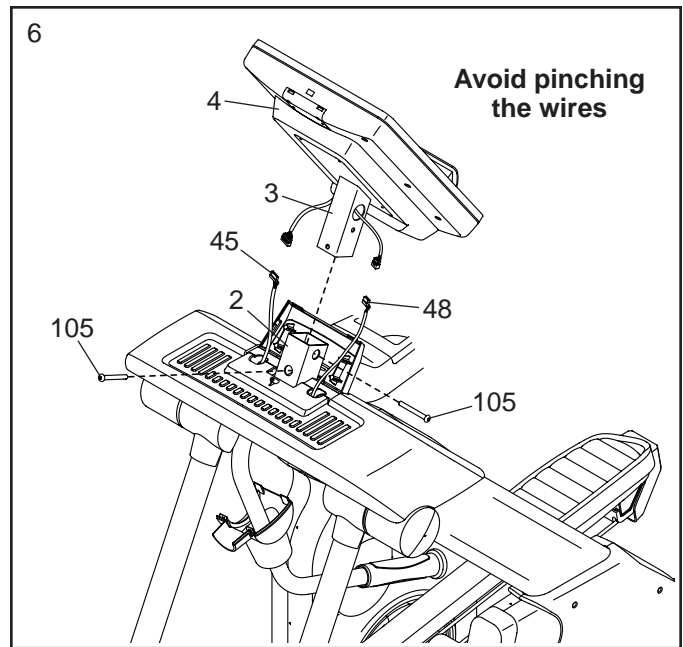
5. Attach a Pedal Arm Cover (31) to the Right Pedal Arm (94) with two M4 x 16mm Screws (98).

Repeat this step on the other side of the elliptical.

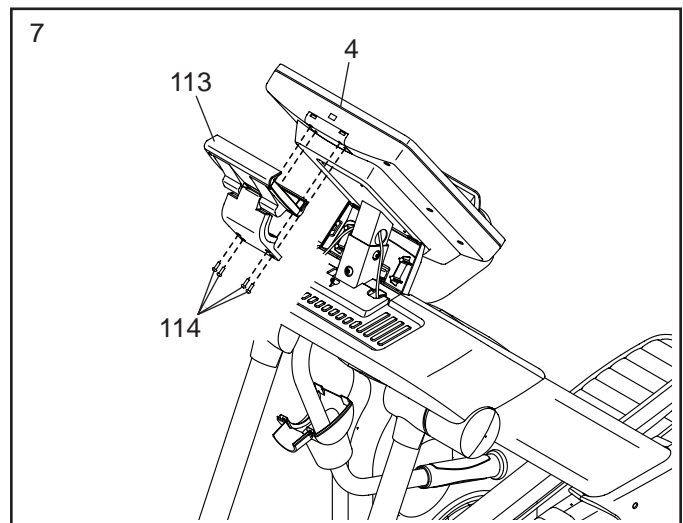


6. **Tip: Avoid pinching the wires.** Insert the Console Bracket (3) into the Frame (2). Attach the Console Bracket with two M8 x 68mm Screws (105).

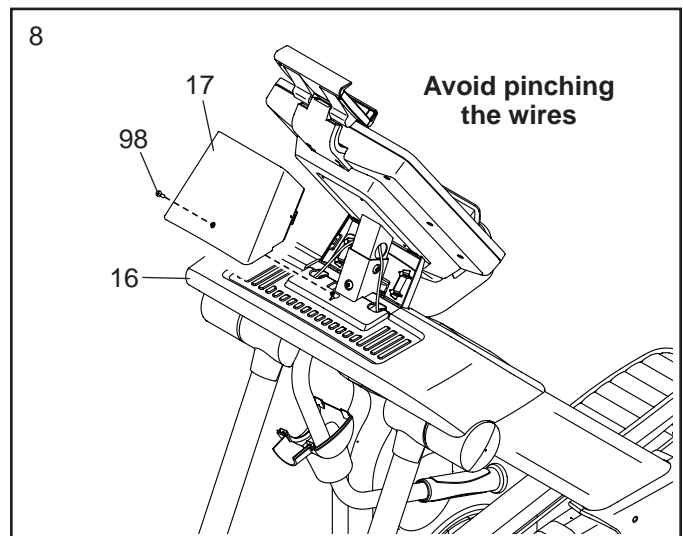
Then, connect the wires from the Console (4) to the Main Wire (45) and the Accelerometer Wire (48).



7. Insert the tabs on the Tablet Holder (113) into the slots on the Console (4). Attach the Tablet Holder with four #8 x 16mm Screws (114); **start all the Screws, and then tighten them.**



8. **Tip: Avoid pinching the wires.** Attach the Upper Neck Cover (17) to the Upper Bridge Cover (16) with an M4 x 16mm Screw (98).



9. **See the inset drawing.** Loosen the indicated M8 x 45mm Screw (109).

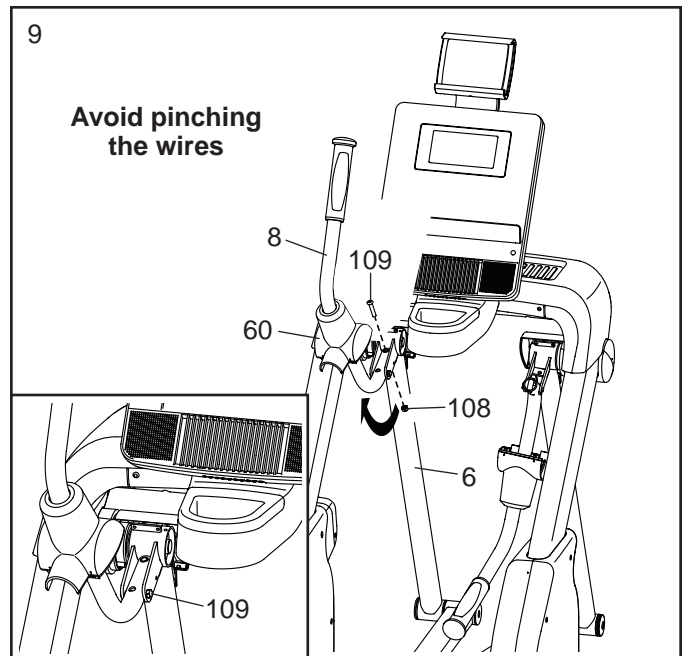
Next, rotate the Left Upper Body Arm (8) into the vertical position.

Attach the Left Upper Body Arm (8) to the Left Leg (6) with an M8 x 45mm Bolt (109) and an M8 Locknut (108).

See the inset drawing. Tighten the indicated M8 x 45mm Screw (109).

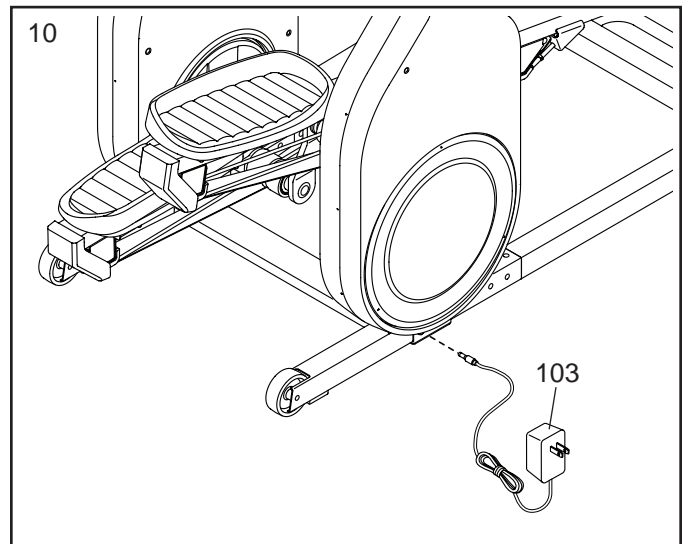
Tip: Avoid pinching the wires (not shown). Slide the Left Leg Cover B (60) downward and press it into place.

Repeat this step on the other side of the elliptical.



10. Plug the Power Adapter (103) into the receptacle on the frame of the elliptical.

Note: To plug the Power Adapter (103) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 12.



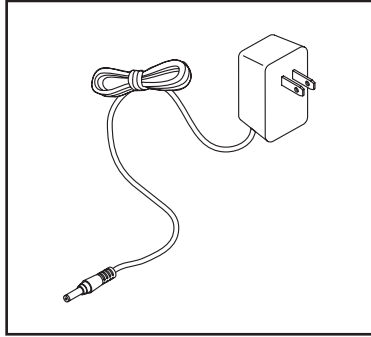
11. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

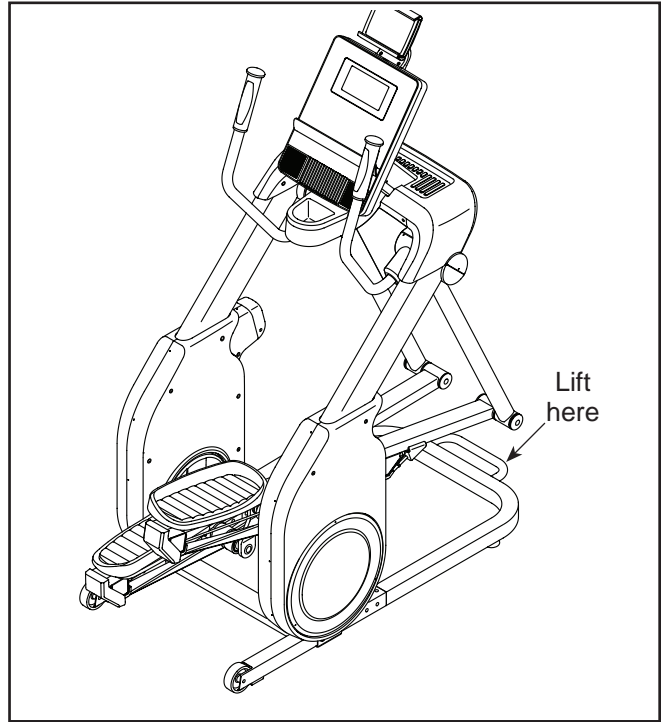
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the elliptical. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



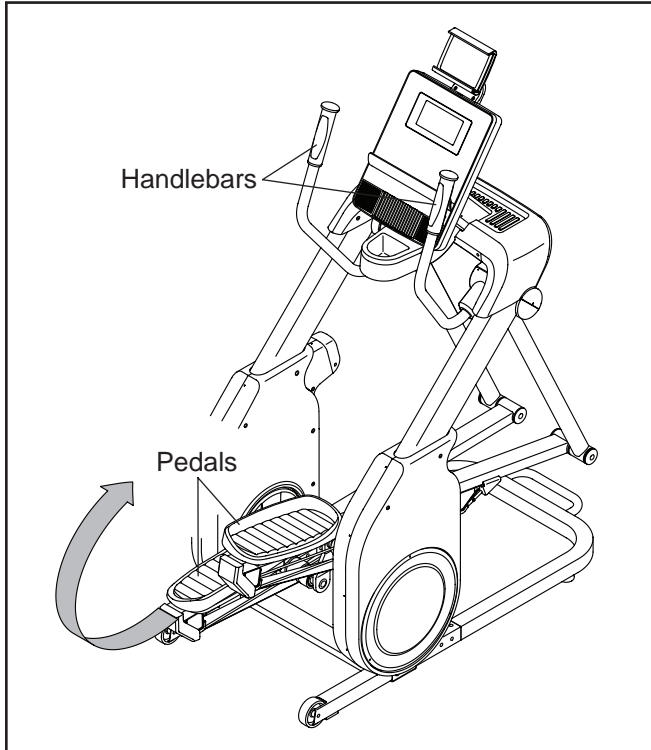
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical and lift the handle until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE ELLIPTICAL

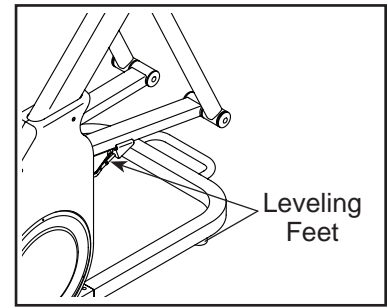
To mount the elliptical, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction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



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

HOW TO LEVEL THE ELLIPTICAL

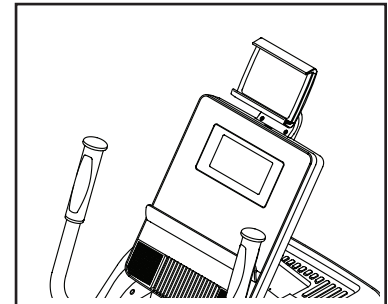
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front of the frame until the rocking motion is eliminated.



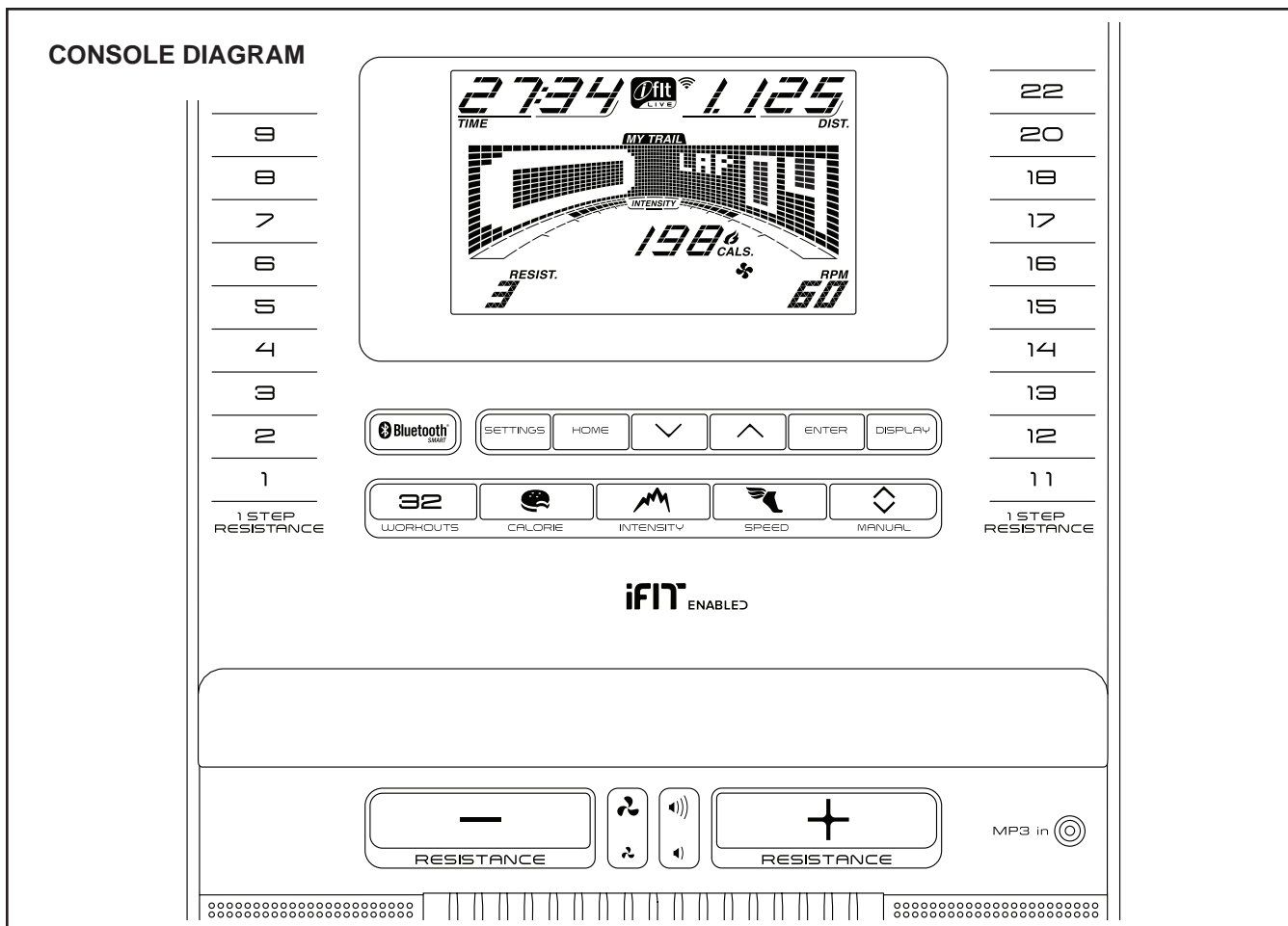
HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. Make sure that the tablet is firmly secured in the tablet holder. Reverse these actions to remove the tablet from the tablet holder.



Rotate the tablet holder to the desired angle.



FEATURES OF THE CONSOLE

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

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

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 18 for information about purchasing an optional chest heart rate monitor.**

You can also connect your smart device to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the

resistance of the pedals and prompts you to maintain a target pedaling speed as it guides you through an effective workout.

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

To use the manual mode, see page 15. To use an onboard workout, see page 17.

To use the sound system, see page 18. To connect your smart device to the console, see page 19. To connect your heart rate monitor to the console, see page 19. To change console settings, see page 20.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 3 on page 20.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the Manual button.

3. Change the resistance of the pedals as desired.

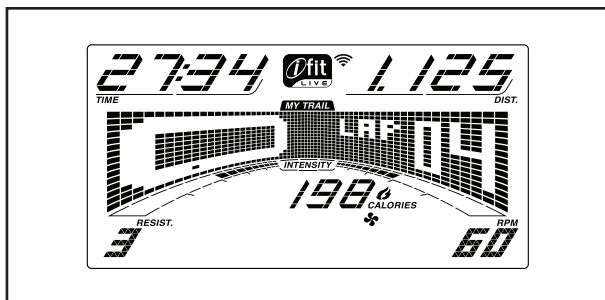
Begin pedaling to start the manual mode.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered 1 Step Resistance buttons or press the Resistance increase and decrease buttons.

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

4. Follow your progress with the display.

The display can show the following workout information:



Calories (Cals.)—When the manual mode is selected, this display mode will show the approximate number of calories you have burned. When a workout is selected, this display mode will show either the approximate number of calories remaining to be burned or the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use an optional heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Speed—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show either the time remaining in the workout or the elapsed time.

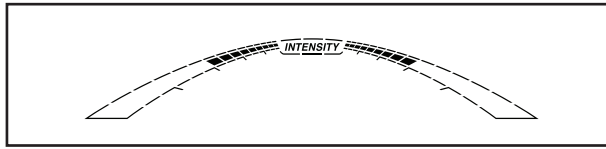
The matrix offers several display tabs. Press the Display button repeatedly or press the increase and decrease buttons next to the Enter button until the desired tab is shown.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

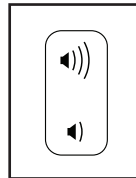
As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



To pause the console, press the Home button or simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

Press the Home button repeatedly to pause the workout, view your workout results, and exit the workout and return to the manual mode.

Change the volume level of the console by pressing the volume increase and decrease buttons.



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

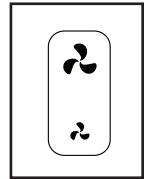
You can measure your heart rate using an optional chest heart rate monitor (**see page 18 for information about the optional chest heart rate monitor**). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

To connect a heart rate monitor to the console, see **HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE** on page 19.

When a heart rate monitor is connected to the console, your heart rate will be shown in the display.

6. Turn on the fan if desired.

The fan has several speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about 30 seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

HOW TO USE AN ONBOARD WORKOUT

1. Turn on the console.

Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Calorie, Intensity, or Speed button repeatedly until the name of the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout or the approximate number of calories to be burned during the workout. A profile of the speed settings of the workout will appear in the matrix.

The maximum resistance level and the maximum speed for the workout will also appear in the display.

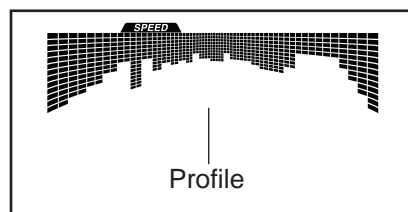
3. Start the workout.

Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

The resistance level and the target speed for the first segment will appear in the display.

During the workout, the profile on the speed tab will show your progress. The flashing segment of



the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display**, increase your pace. **When a downward-pointing arrow appears**, decrease your pace. **When no arrow appears**, maintain your current pace.

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 for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The workout will continue in this way until the last segment ends.

To pause the console, press the Home button or simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

Press the Home button repeatedly to pause the workout, view your workout results, and exit the workout and return to the default menu.

4. Follow your progress with the display.

See step 4 on page 15.

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

See step 5 on page 16.

6. Turn on the fan if desired.

See step 6 on page 16.

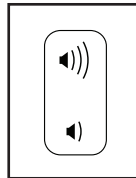
7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 16.

HOW TO USE THE SOUND SYSTEM

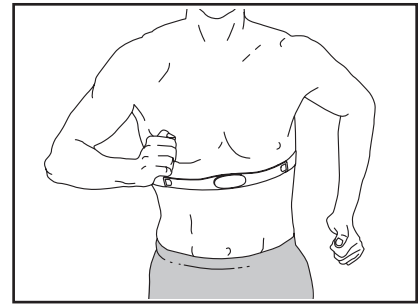
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged 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 using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



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.

HOW TO CONNECT YOUR SMART DEVICE TO THE CONSOLE

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

1. Download and install the iFit app on your smart device.

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

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

2. Connect your smart device to the console.

Follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will flash blue. Press the Bluetooth Smart button on the console to confirm the connection; the LED on the console will then turn solid blue.

3. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

4. Disconnect your smart device from the console if desired.

To disconnect your smart device from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

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

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The settings information will appear in the display.

Note: If you have selected a workout, you must exit the workout before you can select the settings mode.

2. Navigate the settings mode.

While the settings mode is selected, the matrix of the display will display several optional screens. Press the increase button next to the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

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

Usage Information—The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

4. Exit the settings mode.

Press the Settings button to exit the settings mode.

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.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

CONSOLE TROUBLESHOOTING

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

If lines appear in the console display, see **HOW TO CHANGE CONSOLE SETTINGS** on page 20 and adjust the contrast level of the display.

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.

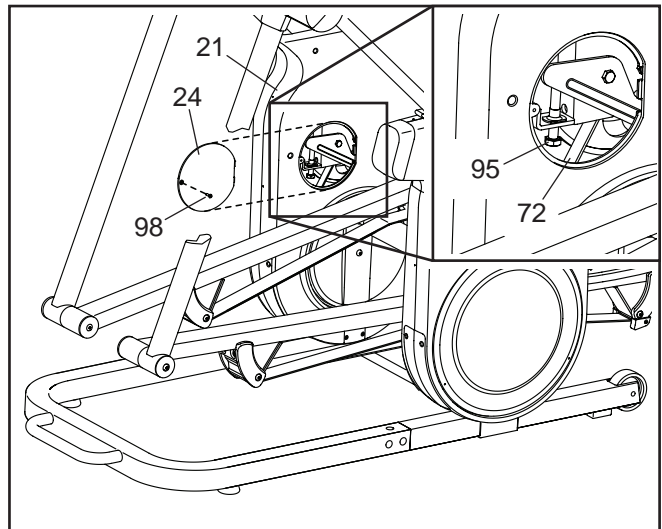
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, see **HOW TO LEVEL THE ELLIPTICAL** on page 13.

HOW TO ADJUST THE DRIVE BELT

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

Next, remove the M4 x 16mm Screw (98) and the Access Cover (24) from the Right Inner Shield (21). Then, tighten the M10 x 80mm Screw (95) until the Drive Belt (72) is tight.

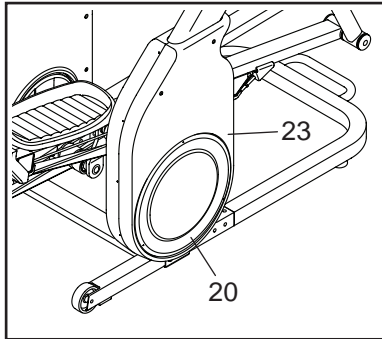


When you have properly adjusted the Drive belt (72), reattach the Access Cover (24) and plug in the power adapter.

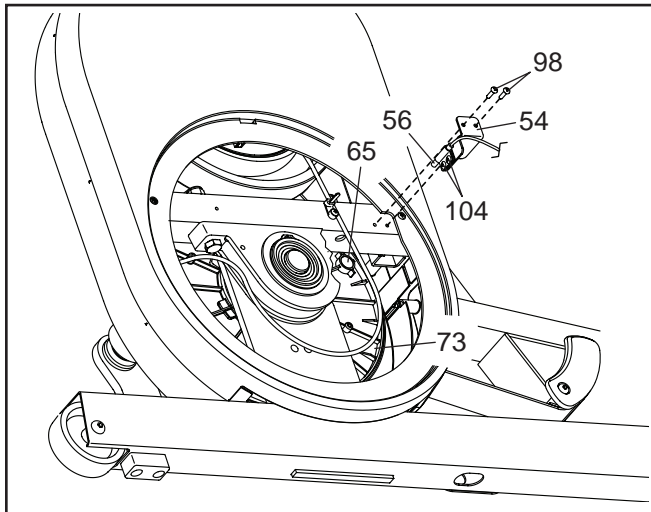
HOW TO ADJUST THE REED SWITCH

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, use a standard screwdriver and pry the Outer Disc (20) off the Right Outer Shield (23).



Locate the Reed Switch (56). Turn the Pulley (73) until a Magnet (65) is aligned with the Reed Switch.



Next, remove the two M4 x 16mm Screws (98), and then remove the Reed Switch Bracket (54). Then, loosen, but do not remove, the two M4 x 10mm Clamp Screws (104).

Then, reattach the Reed Switch Bracket (54) and slide the Reed Switch (56) slightly closer to or away from the Magnet (65). Plug in the power adapter and rock the Pulley (73) forward and backward so that the Magnet passes the Reed Switch repeatedly. Repeat these actions until the console displays correct feedback.

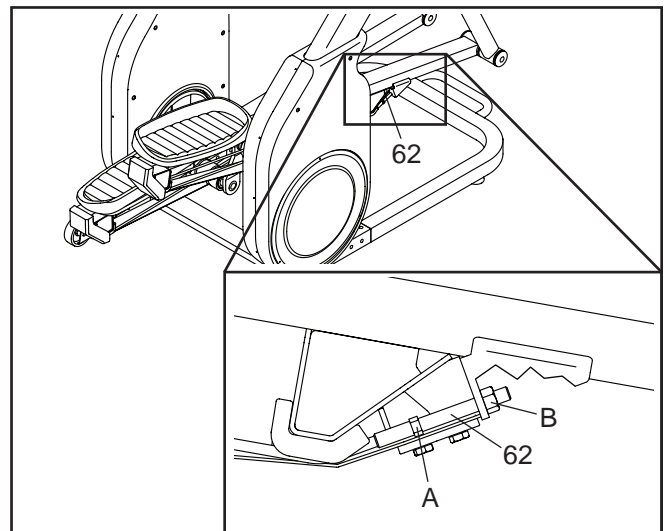
When the reed switch is correctly adjusted, remove the Reed Switch Bracket (54), retighten the two M4 x 10mm Clamp Screws (104), and reattach the Reed Switch Bracket.

Then, reattach the outer disc to the right outer shield and plug in the power adapter.

HOW TO ADJUST THE GLIDE CABLES

If the underside of a pedal arm touches the glide cables when a person is standing on the pedals, the glide cables on that pedal arm should be adjusted. **When you adjust the glide cables, you must tighten the nuts the same number of turns on both glide cables.**

Locate the indicated ends of the Glide Cables (62). Next, hold one of the Glide Cables in place with a wrench or a pair of pliers in the indicated location (A). Then, use another wrench to tighten the nut (B) several turns; **make sure to count the number of turns you make as you tighten the nut.**



Repeat these actions to adjust the other glide cable; **make sure to tighten both nuts the same number of turns.** Then, have a second person stand on the pedals and check to see if the underside of the pedal arm is still touching the glide cables.

Continue adjusting the glide cables until the pedal arm no longer touches the glide cables when a person is standing on the pedals.

Repeat these actions to adjust the glide cables on the other pedal arm, if necessary.

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	❤️
<hr/>							
20	30	40	50	60	70	80	

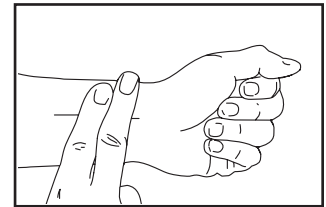
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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. NTEL71315.0 R0116A

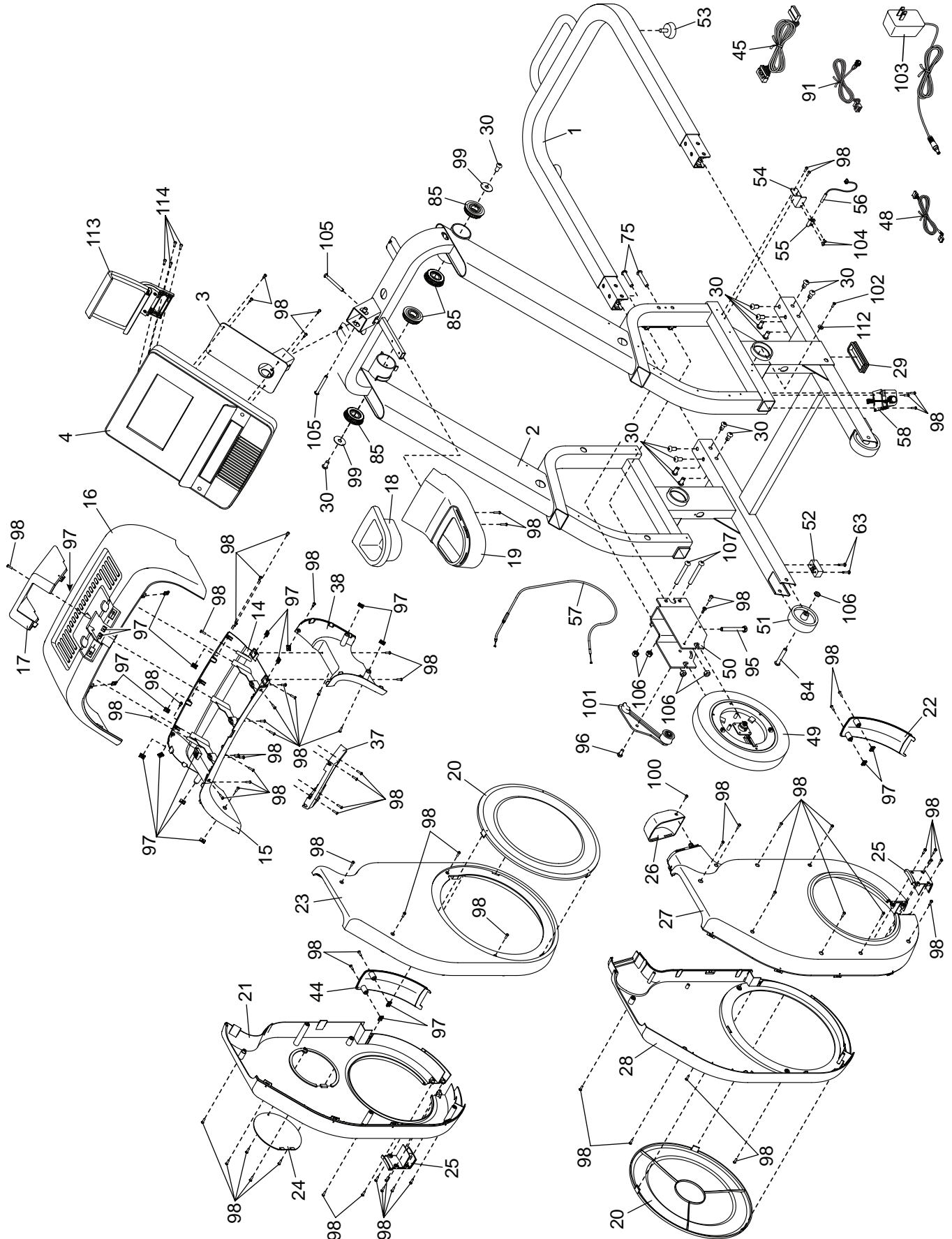
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	2	Wheel
2	1	Frame	52	2	Foot
3	1	Console Bracket	53	2	Leveling Foot
4	1	Console	54	1	Reed Switch Bracket
5	1	Right Leg	55	1	Clamp
6	1	Left Leg	56	1	Reed Switch/Wire
7	1	Right Upper Body Arm	57	1	Resistance Cable
8	1	Left Upper Body Arm	58	1	Resistance Motor
9	1	Left Pedal Arm	59	1	Left Leg Cover A
10	1	Left Pedal	60	1	Left Leg Cover B
11	1	Right Pedal	61	1	Crank
12	4	Cable Guide	62	4	Glide Cable
13	4	Strap Clamp	63	4	#8 x 25mm Screw
14	1	Lower Bridge Cover	64	2	Strap
15	1	Left Lower Bridge Cover	65	2	Magnet
16	1	Upper Bridge Cover	66	4	R20 Bearing
17	1	Upper Neck Cover	67	2	Roller
18	1	Tray Insert	68	2	Roller Spacer
19	1	Accessory Tray	69	2	Inner Disc Cover
20	2	Outer Disc	70	2	Inner Disc
21	1	Right Inner Shield	71	1	Right Crank Clamp
22	1	Left Large Slot Cover	72	1	Drive Belt
23	1	Right Outer Shield	73	1	Pulley
24	1	Access Cover	74	1	Right Weld Spacer
25	2	Small Slot Cover	75	2	M10 x 55mm Bolt
26	1	Upper Left Inner Shield Cover	76	2	M8 x 20mm Screw
27	1	Left Inner Shield	77	8	M6 x 12mm Screw
28	1	Left Outer Shield	78	2	Crank Clamp Snap Ring
29	1	Upright Cap	79	2	M12 x 62mm Bolt
30	14	M10 x 20mm Screw	80	2	M12 Locknut
31	2	Pedal Arm Cover	81	4	M8 x 12mm Screw
32	2	Handgrip	82	4	M8 x 14mm Shoulder Screw
33	2	Pivot Cover A	83	2	Leg Spacer
34	2	Pivot Cover B	84	2	M10 x 60mm Bolt
35	1	Right Leg Cover A	85	4	Pivot Bearing
36	1	Right Leg Cover B	86	2	Crank Spacer
37	1	Lower Neck Cover	87	2	Pedal Arm Snap Ring
38	1	Right Lower Bridge Cover	88	4	Outer Bushing
39	8	M6 x 20mm Screw	89	2	Pedal Arm Washer
40	4	M10 x 21mm Shoulder Screw	90	2	Inner Pedal Arm Cover
41	4	Cable Washer	91	1	Power Wire/Receptacle
42	6	M6 x 20mm Patch Screw	92	4	R16 Bearing
43	4	Inner Bushing	93	2	Outer Pedal Cover
44	1	Right Large Slot Cover	94	1	Right Pedal Arm
45	1	Main Wire	95	1	M10 x 80mm Screw
46	4	Accelerometer Screw	96	1	M8 x 18mm Screw
47	1	Accelerometer	97	25	Clip Nut
48	1	Accelerometer Wire	98	97	M4 x 16mm Screw
49	1	Eddy Mechanism	99	2	Pivot Washer
50	1	Eddy Mechanism Bracket	100	1	M4 x 10mm Blunt Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Idler	110	1	Left Crank Clamp
102	1	M4 x 10mm Ground Screw	111	1	Left Weld Spacer
103	1	Power Adapter	112	1	M4 Star Washer
104	2	M4 x 10mm Clamp Screw	113	1	Tablet Holder
105	2	M8 x 68mm Screw	114	4	#8 x 16mm Screw
106	6	M10 Locknut	115	6	M6 x 20mm Flange Screw
107	2	M10 x 85mm Bolt	*	–	User's Manual
108	2	M8 Locknut	*	–	Assembly Tool
109	4	M8 x 45mm Bolt/Screw			

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.

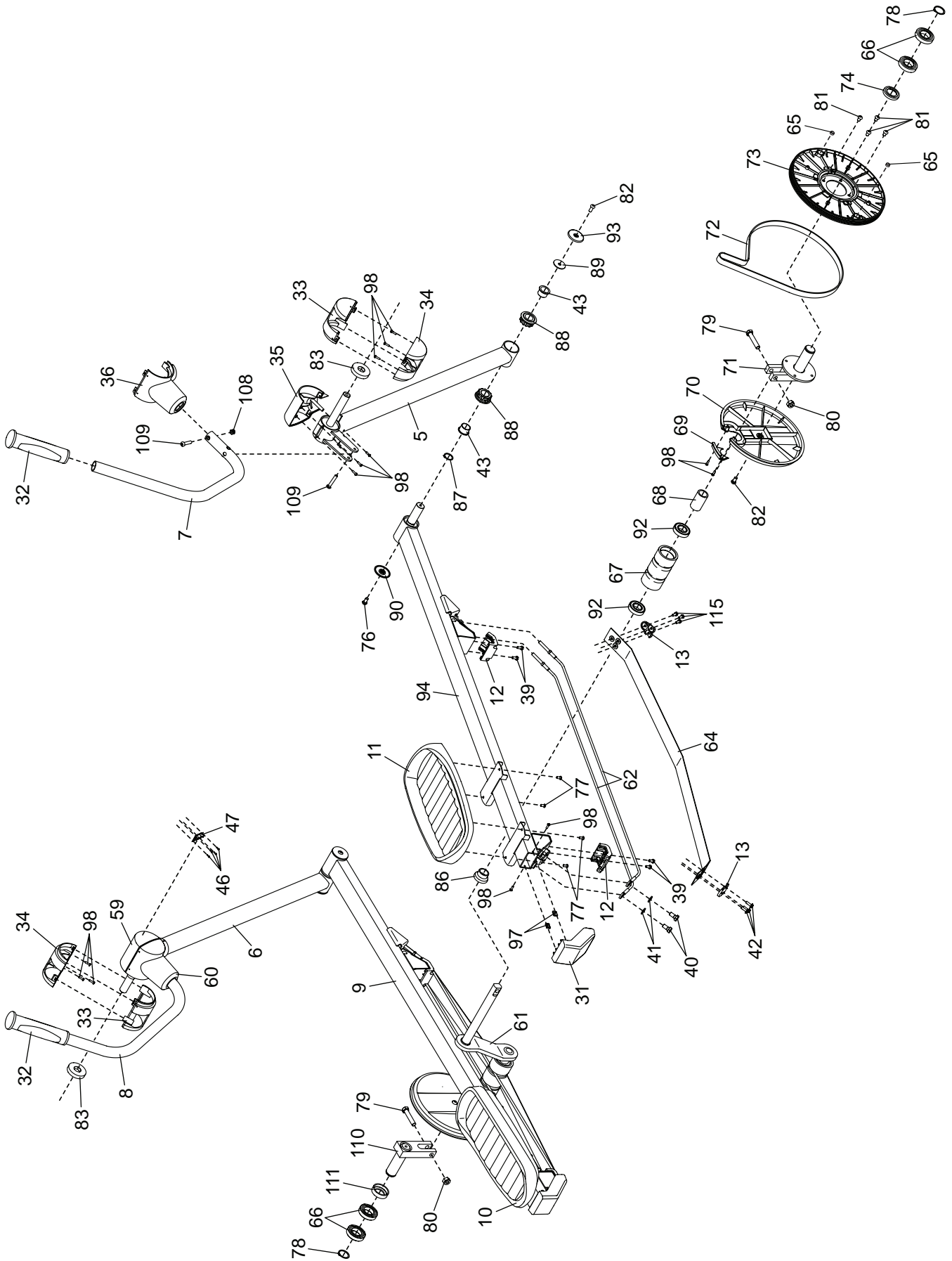
EXPLODED DRAWING A

Model No. NTEL71315.0 R0116A



EXPLODED DRAWING B

Model No. NTEL71315.0 R0116A



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.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for the lifetime of the original purchaser (customer). Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. 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 will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; 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 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.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813