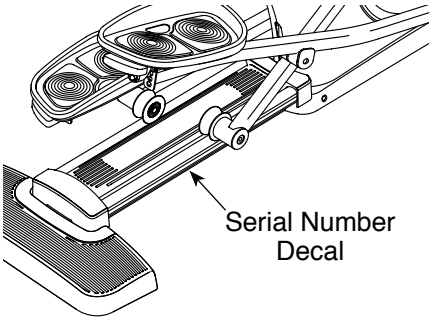
# NordicTrack® ELITE 12.7

www.nordictrack.com

**Model No. NTEL21212.0**
**Serial No. _____**

Write the serial number in the space above for reference.




## QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.**

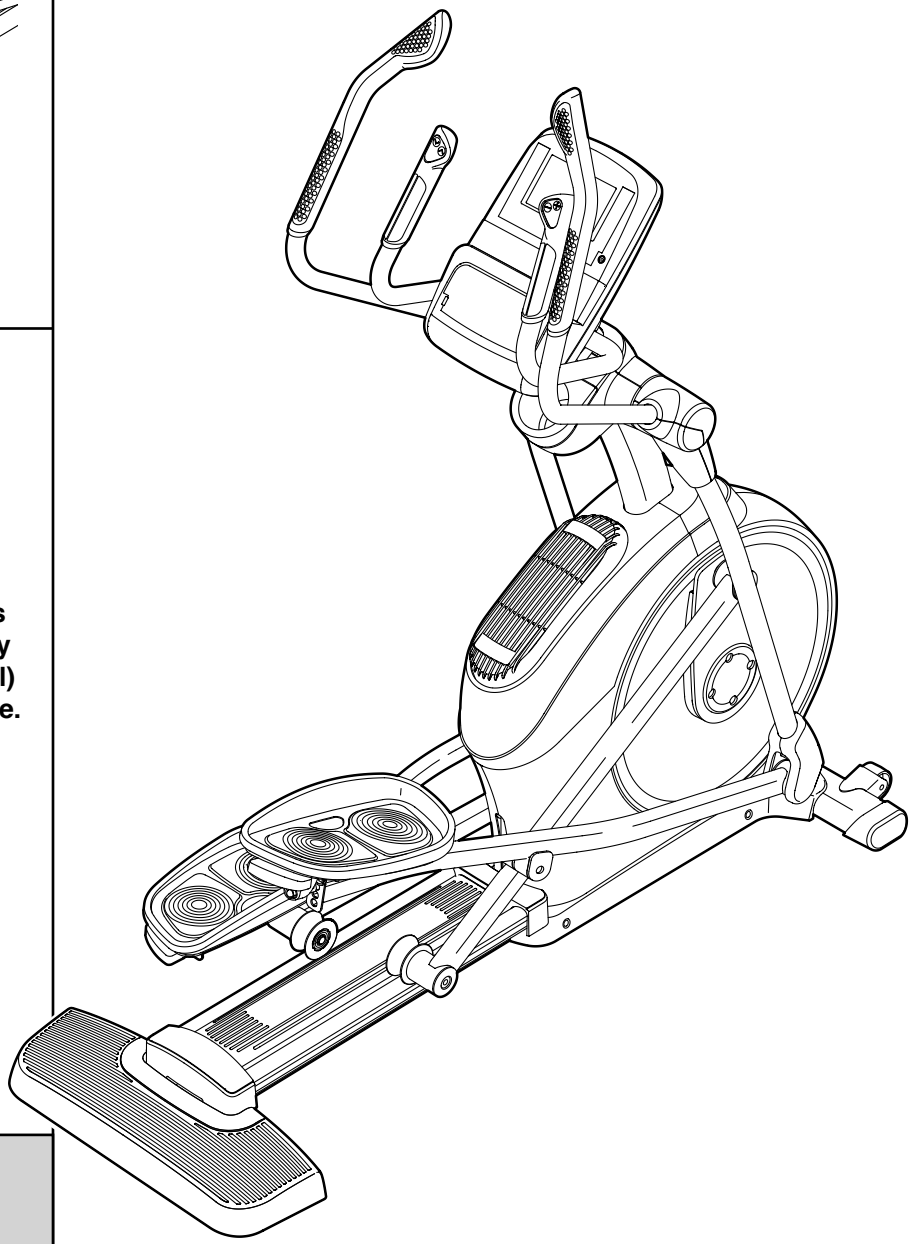
**CALL TOLL-FREE:**
**1-800-TO-BE-FIT**
**(1-800-862-3348)**
**Mon.–Fri., 6 a.m.–6 p.m. MT**
**Sat. 8 a.m.–4 p.m. MT**

**ON THE WEB:**
**www.nordictrackservice.com**

## ⚠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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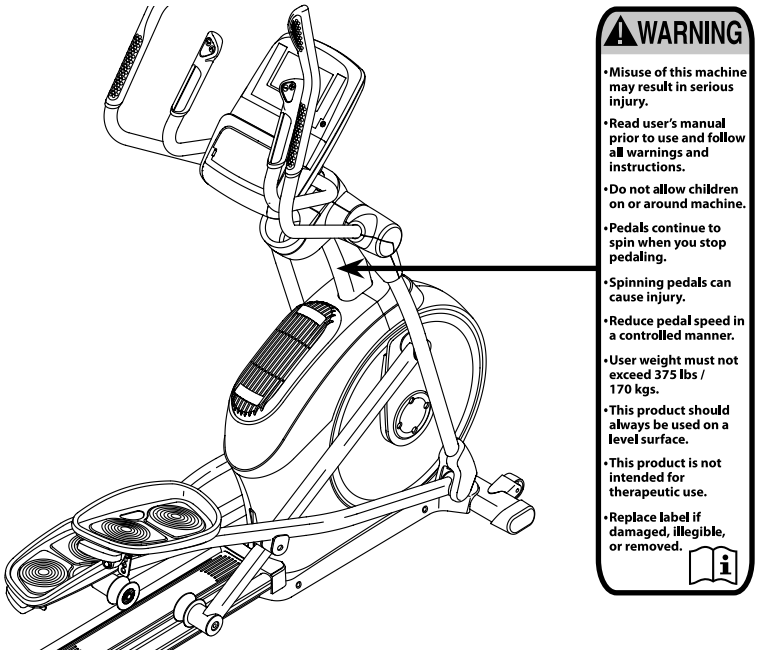
# WARNING DECAL PLACEMENT

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.




NORDICTRACK is a registered trademark of ICON IP, Inc.

# 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.**

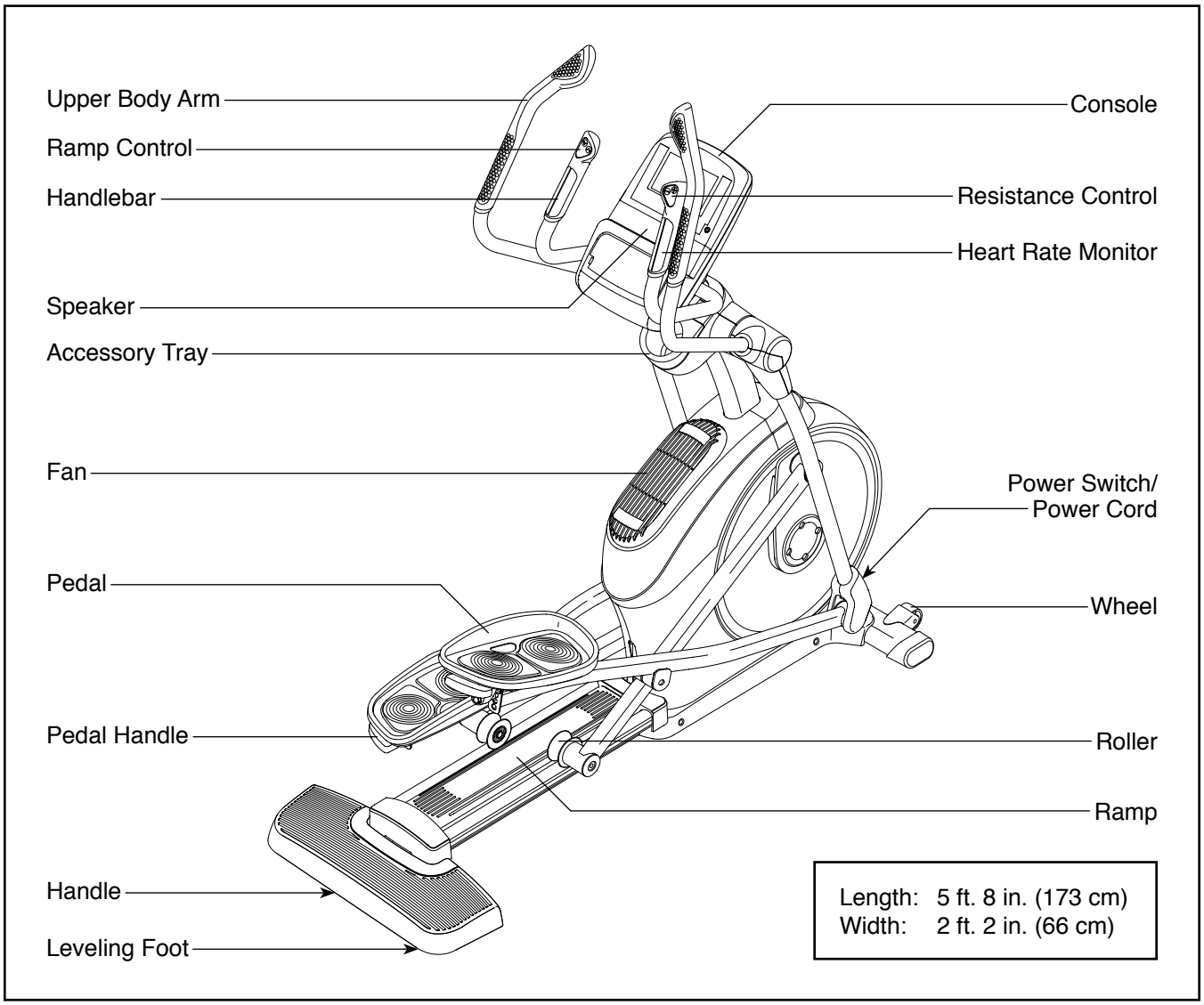
1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the elliptical only as described in this manual.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).**
10. **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.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **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.**
13. **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.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ELITE 12.7 elliptical. The ELITE 12.7 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

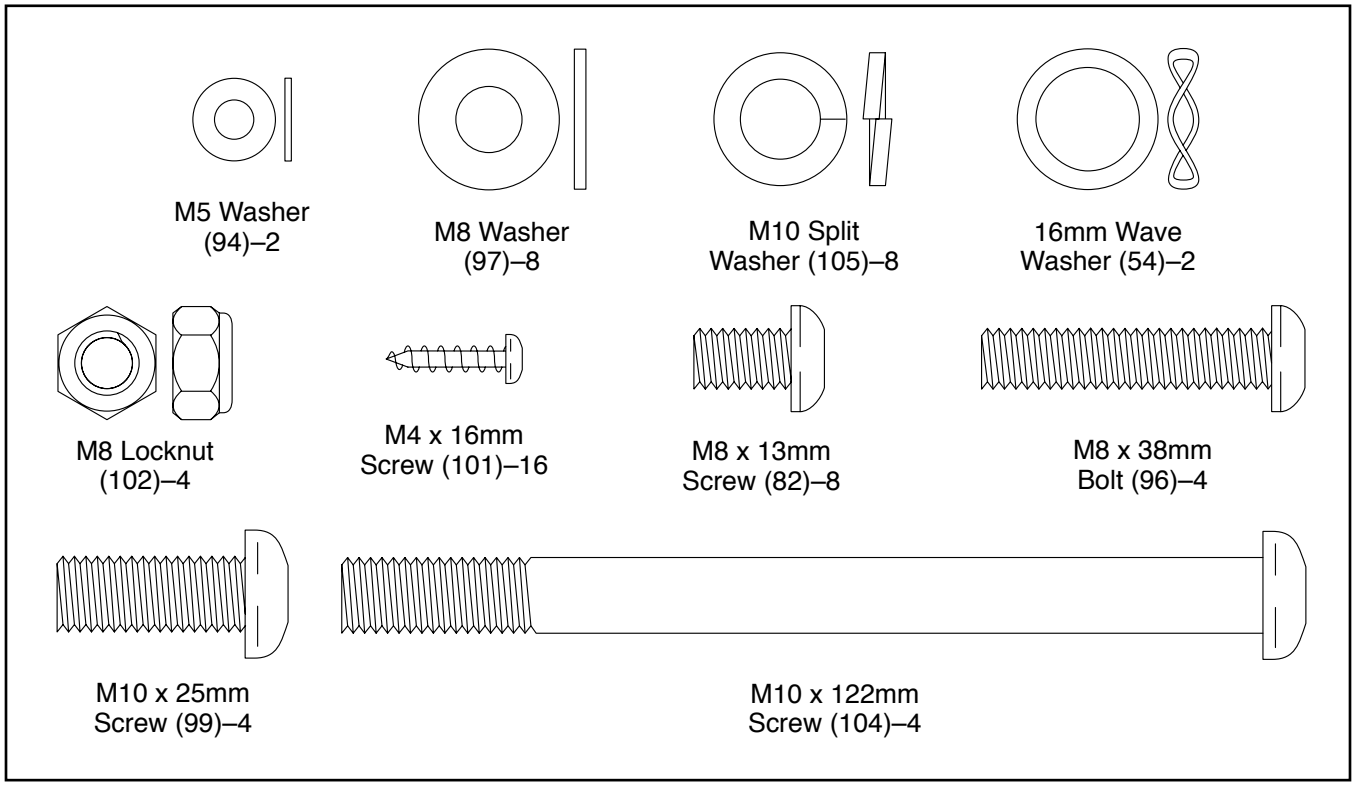
**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of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



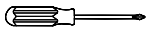
# PART IDENTIFICATION CHART

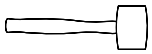
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



# 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 5.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

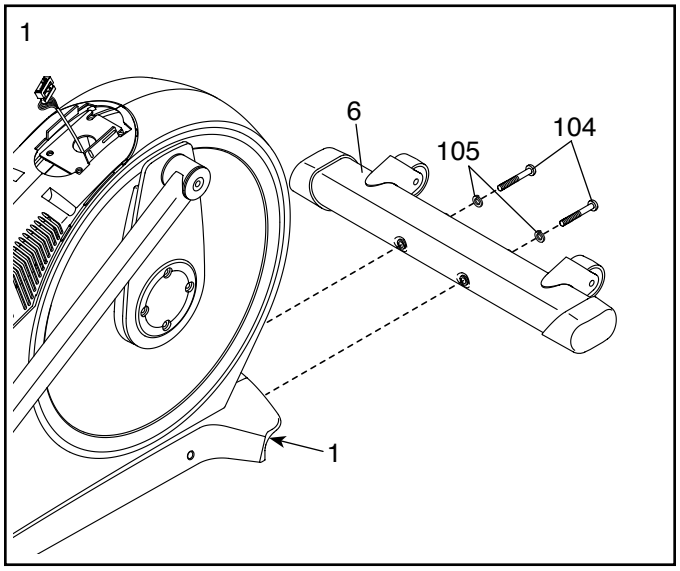
  one rubber mallet 

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

1. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

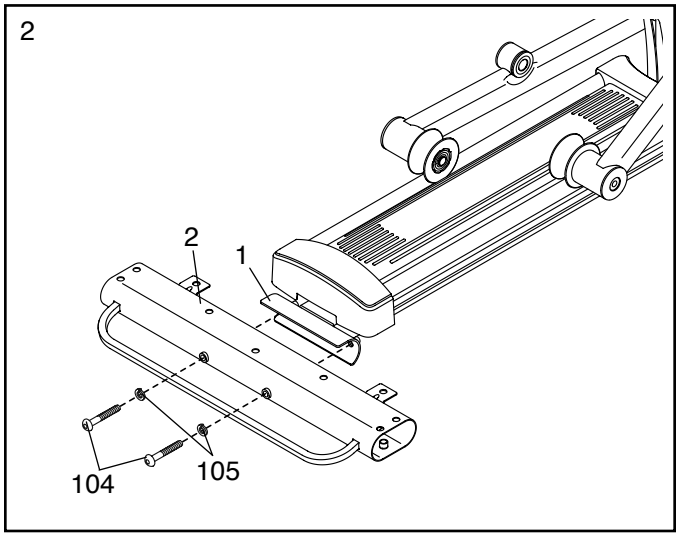
   Remove the packing materials from under the front of the Frame (1).



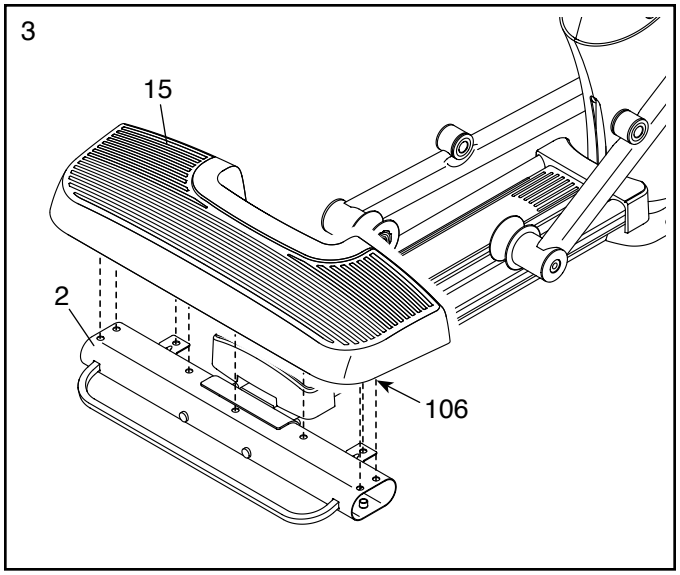

2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

   Remove the packing materials from under the rear of the Frame (1).

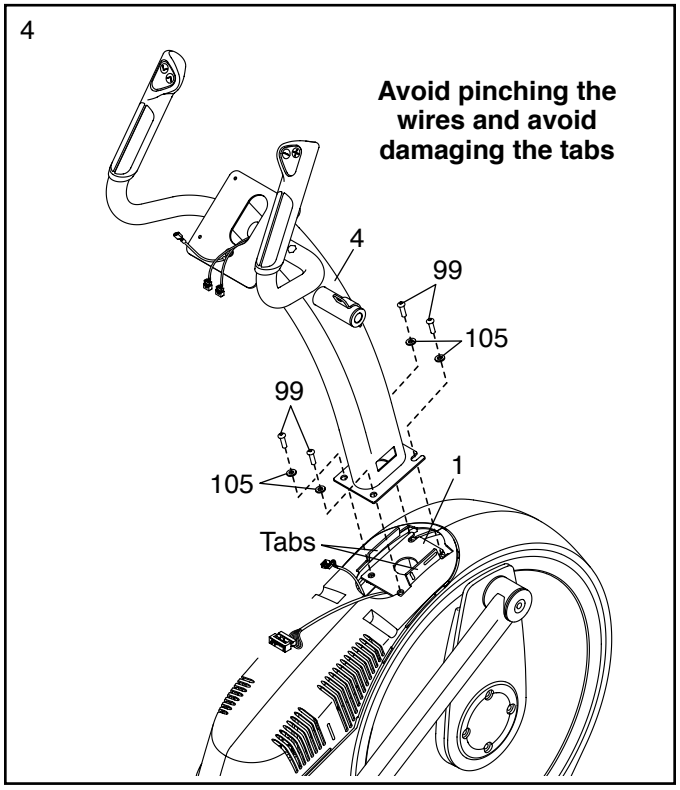


3. Press the Cover Mounts (106) on the underside of the Rear Stabilizer Cover (15) into the Rear Stabilizer (2).



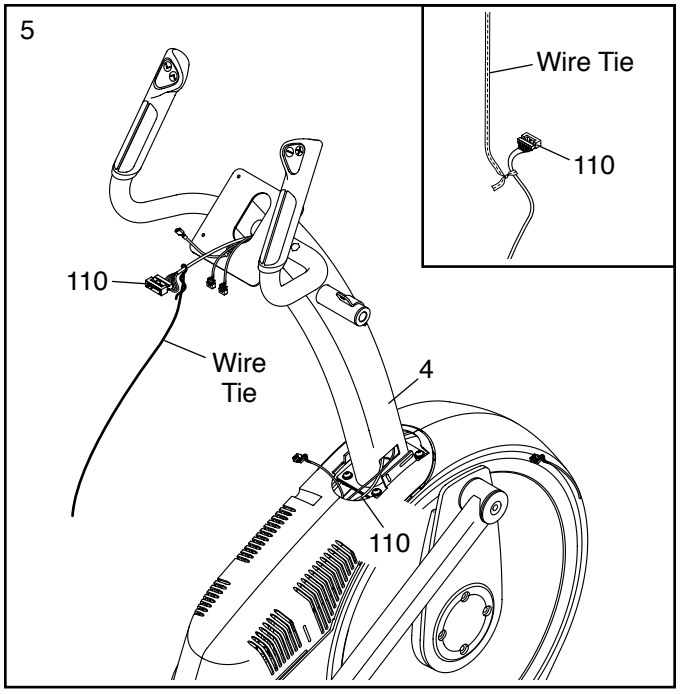

4. **Tip: Avoid pinching the wires. Avoid damaging the indicated plastic tabs.** Set the Upright (4) on the Frame (1).

   Attach the Upright (4) with four M10 x 25mm Screws (99) and four M10 Split Washers (105). **Do not fully tighten the Screws yet.**



5. **See the inset drawing.** Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Upper Wire (110). Then, pull the upper end of the wire tie until the Upper Wire is routed through the Upright.

   **Tip: To prevent the Upper Wire (110) from falling into the Upright (4), secure the Upper Wire with the wire tie**.




6. Using a plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two 16mm Wave Washers (54).

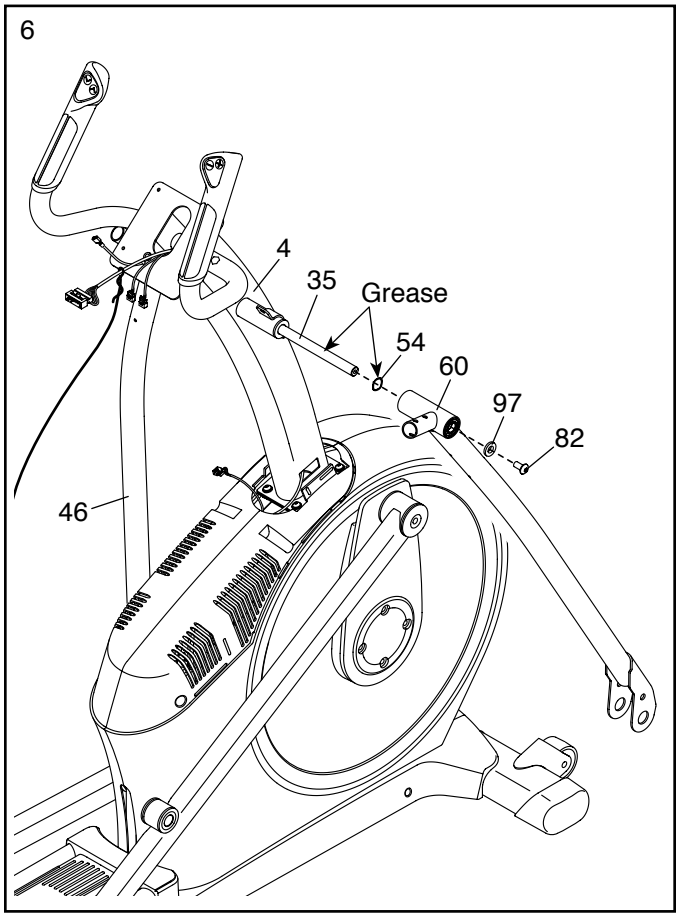
   Insert the Pivot Axle (35) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

   Identify the Right Upper Body Leg (60) and orient it as shown.

   Slide a 16mm Wave Washer (54) and the Right Upper Body Leg (60) onto the right side of the Pivot Axle (35).

   **Repeat these actions for the Left Upper Body Leg (46).**

   Tighten an M8 x 13mm Screw (82) and an M8 Washer (97) into each end of the Pivot Axle (35) **at the same time.**

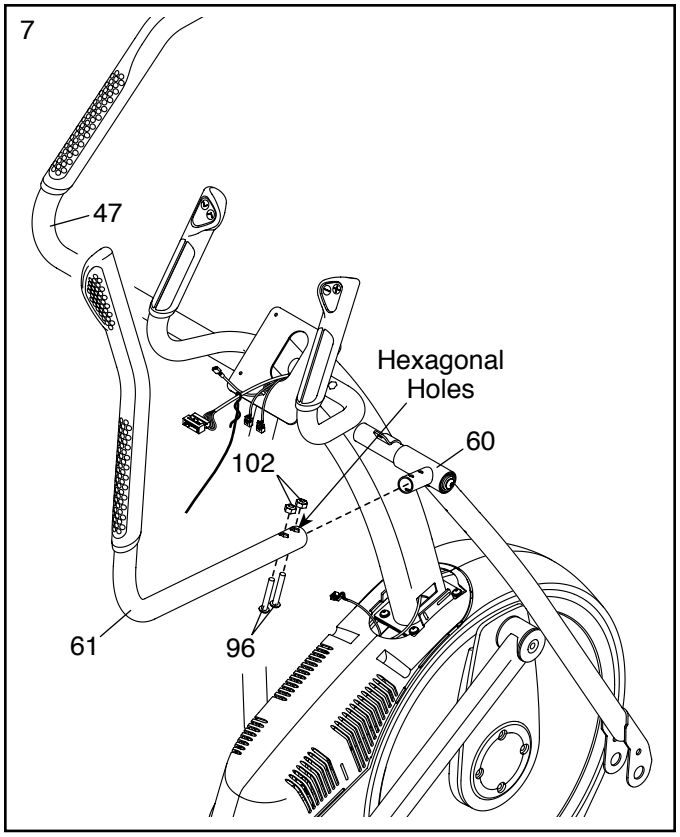


7. Identify the Right Upper Body Arm (61) and orient it as shown.

   Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (60).

   Attach the Right Upper Body Arm (61) with two M8 x 38mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

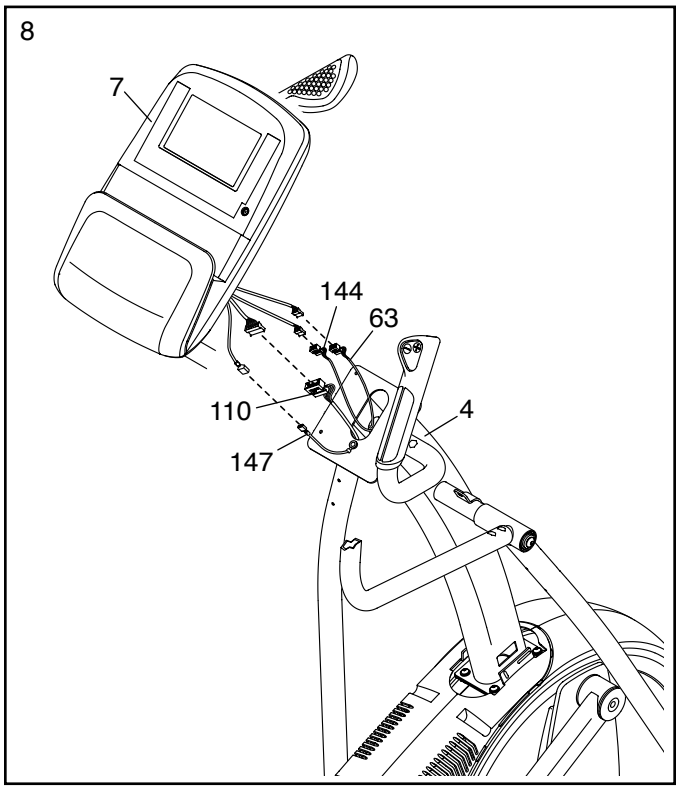
   **Repeat this step for the Left Upper Body Arm (47).**



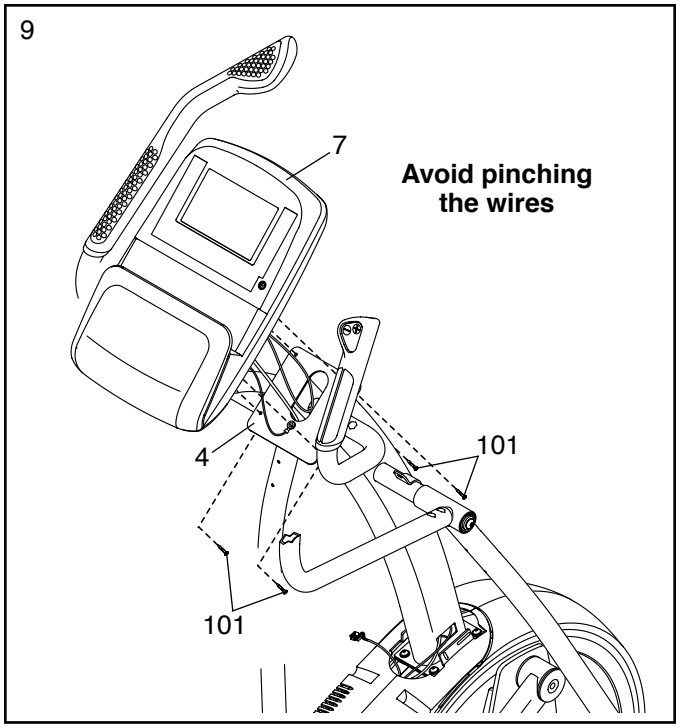

8. Untie and discard the wire tie on the Upper Wire (110).

   While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Upper Wire (110), to the Ground Wire (147), and to the Sensor Wires (63, 144).

   Insert the excess wire into the Upright (4) or into the Console (7).



9. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101).

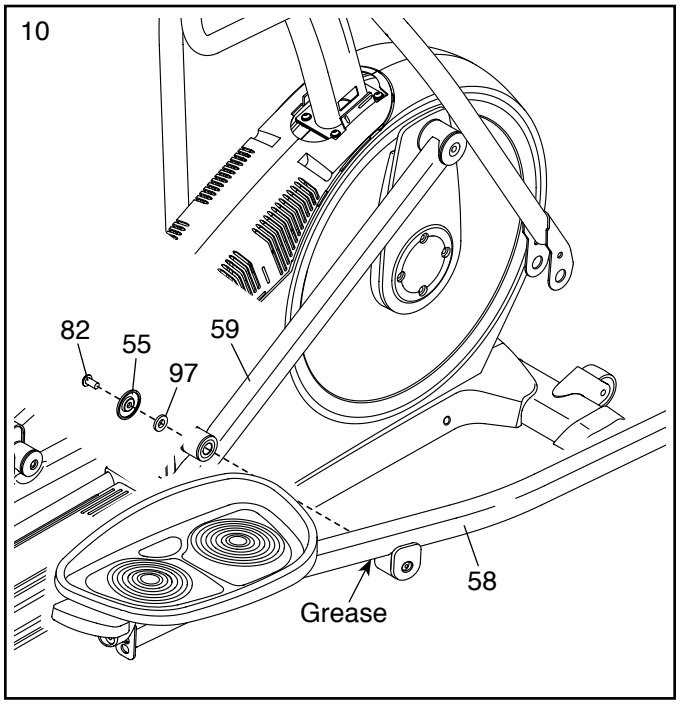



10. Orient the Right Pedal Arm (58) assembly as shown.

    Apply grease to the axle on the Right Pedal Arm (58).

    Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 13mm Screw (82), a Small Axle Cover (55), and an M8 Washer (97). **Tip: Avoid damaging the Small Axle Cover when tightening the Screw.**

    **Repeat this step for the Left Pedal Arm assembly (not shown).**



11. Apply grease to a Pedal Arm Axle (64).

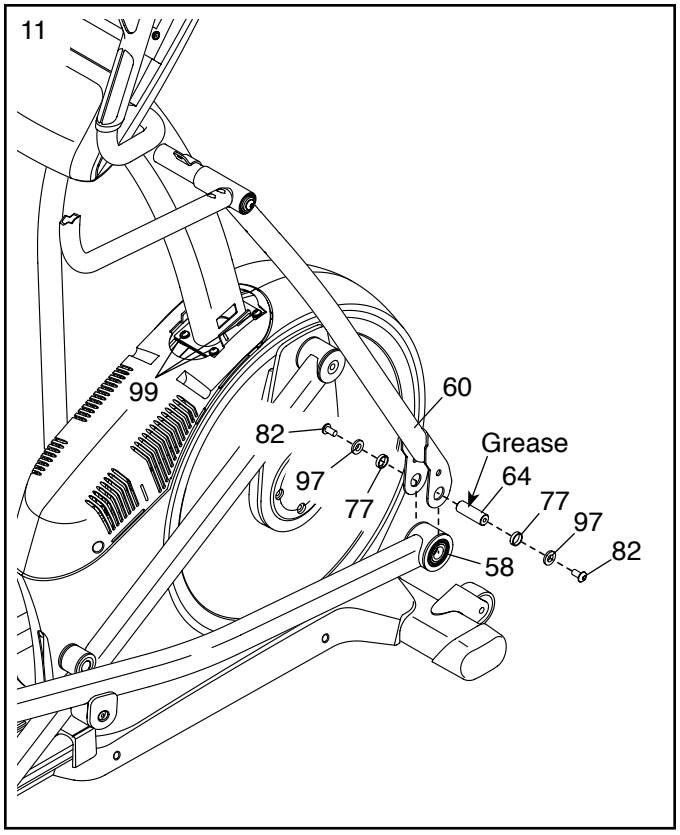
Next, slide an M8 Washer (97) and an Axle Spacer (77) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

While a second person holds the front end of the Right Pedal Arm (58) inside the bracket on the Right Upper Body Leg (60), insert the Pedal Arm Axle (64) into both parts.

Slide an M8 Washer (97) and an Axle Spacer (77) onto another M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64). **Then, tighten both Screws at the same time.**

**Repeat this step on the other side of the elliptical.**

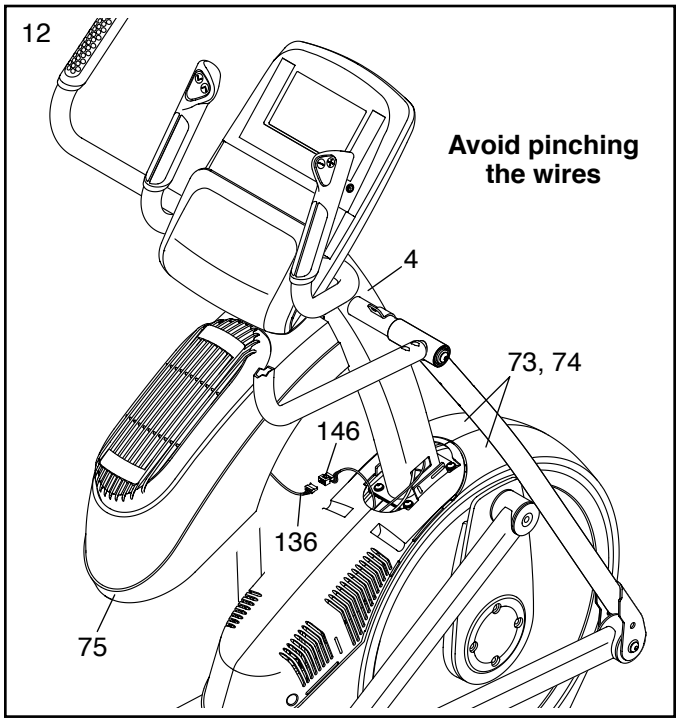
**See assembly step 4.** Tighten the M10 x 25mm Screws (99).




12. Orient the Shield Cover (75) assembly as shown.

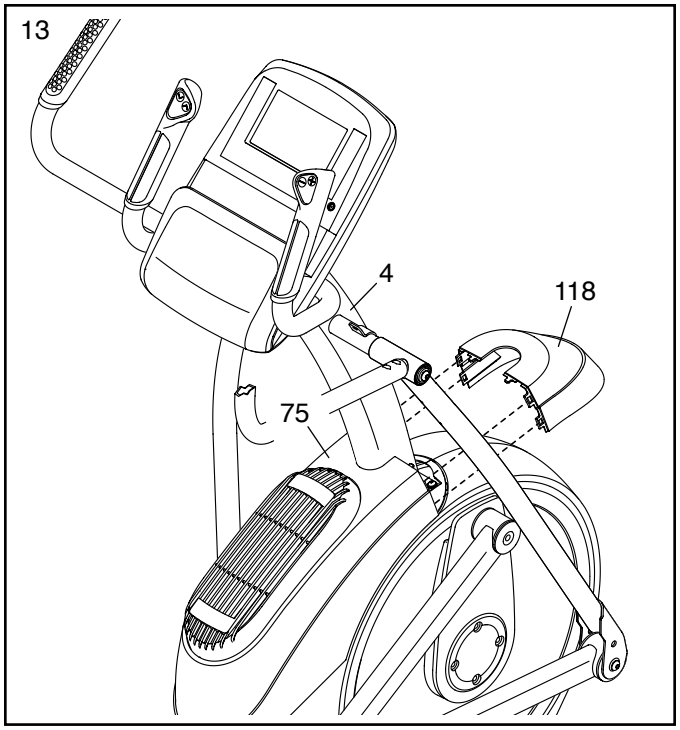
While a second person holds the Shield Cover (75) assembly near the Upright (4), connect the Fan Extension Wire (146) to the Fan Wire (136).

**Tip: Avoid pinching the wires.** Press the Shield Cover (75) onto the Left and Right Shields (73, 74).



13. Orient the Shield Cover Cap (118) as shown.

Attach the Shield Cover Cap (118) around the Upright (4) by pressing it into the Shield Cover (75).

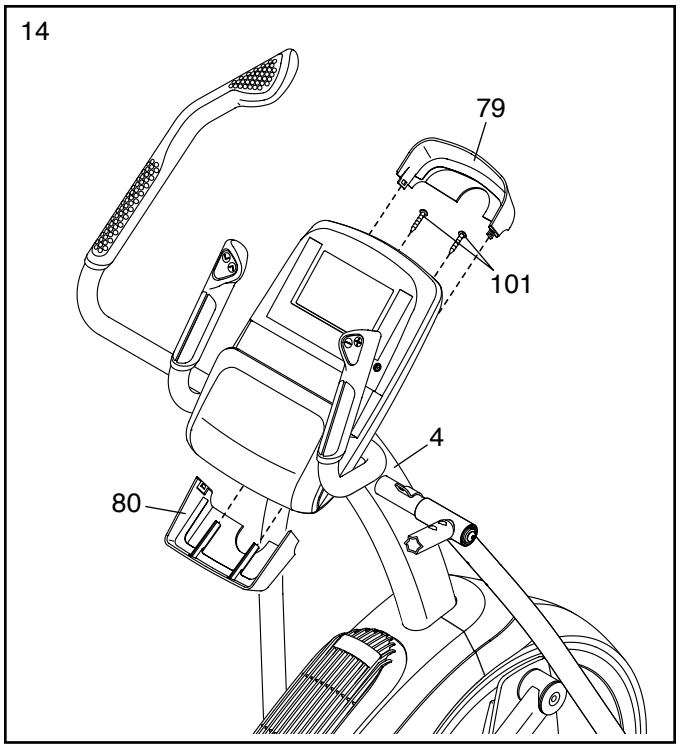



14. Orient the Rear Console Cover (80) as shown.

Attach the Rear Console Cover (80) to the Upright (4) with two M4 x 16mm Screws (101).

Orient the Front Console Cover (79) as shown.

Attach the Front Console Cover (79) around the Upright (4) by pressing it into the Rear Console Cover (80).

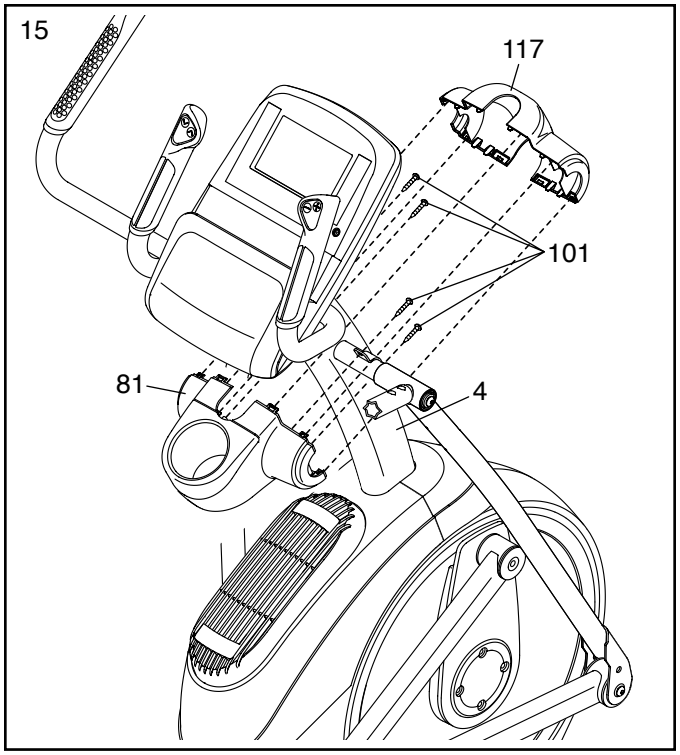


15. Orient the Rear Upright Cover (81) as shown.

Attach the Rear Upright Cover (81) to the Upright (4) with four M4 x 16mm Screws (101).

Orient the Front Upright Cover (117) as shown.

Attach the Front Upright Cover (117) around the Upright (4) by pressing it into the Rear Upright Cover (81).



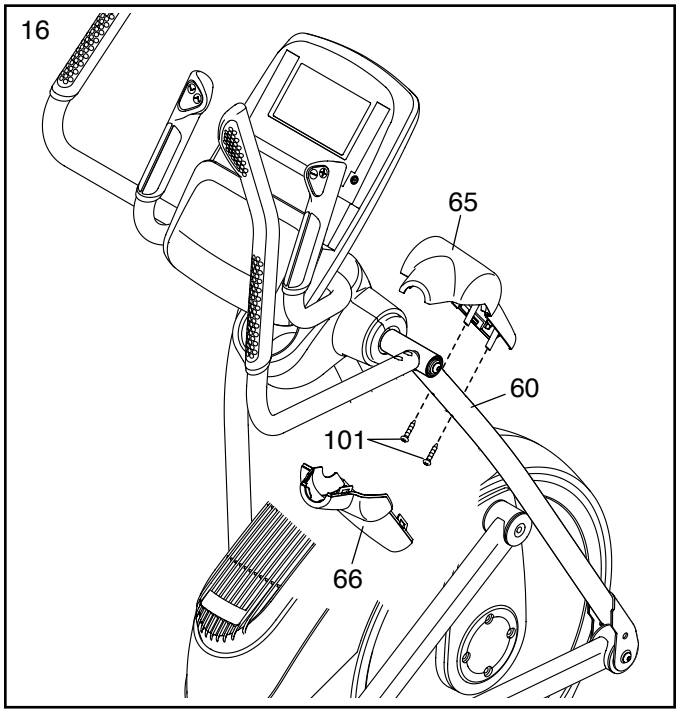

16. Identify the Right Upper Body Arm Front Cover (65) and orient it as shown.

Attach the Right Upper Body Arm Front Cover (65) to the Right Upper Body Leg (60) with two M4 x 16mm Screws (101).

Identify the Right Upper Body Arm Rear Cover (66) and orient it as shown.

Attach the Right Upper Body Arm Rear Cover (66) around the Right Upper Body Leg (60) by pressing into the Right Upper Body Arm Front Cover (65).

**Repeat this step on the other side of the elliptical.**



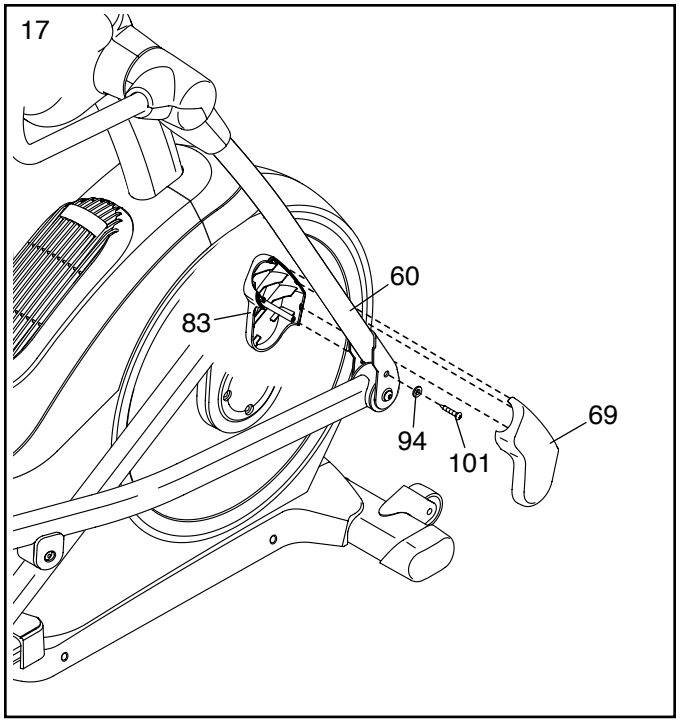
17. Identify the Right Upper Body Leg Inner Cover (83) and orient it as shown.

    Attach the Right Upper Body Leg Inner Cover (83) to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101) and an M5 Washer (94).

    Identify the Right Upper Body Leg Outer Cover (69) and orient it as shown.

    Attach the Right Upper Body Leg Outer Cover (69) around the Right Upper Body Leg (60) by pressing it into the Right Upper Body Leg Inner Cover (83).

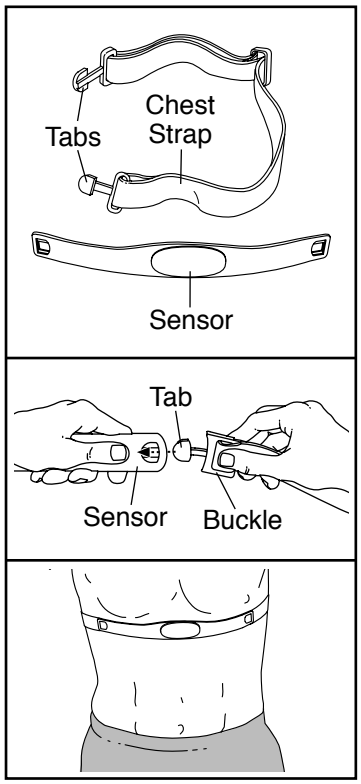
    **Repeat this step on the other side of the elliptical.**




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

# THE CHEST HEART RATE MONITOR

### HOW TO PUT ON THE HEART RATE MONITOR




The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

### CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

### TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

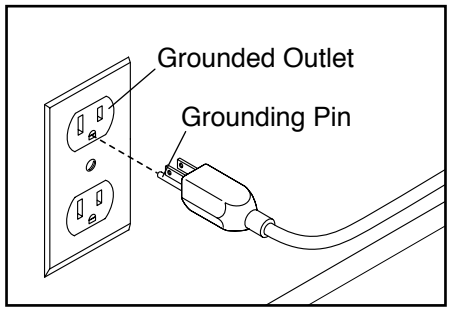
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# HOW TO USE THE ELLIPTICAL

### HOW TO PLUG IN THE POWER CORD

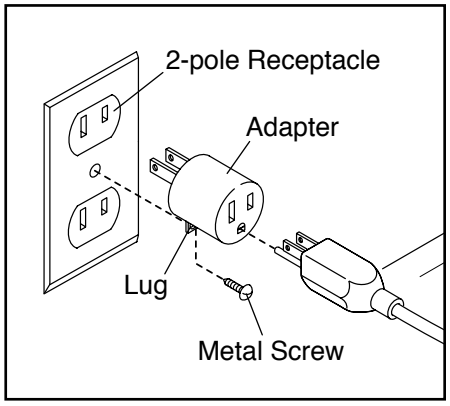
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

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




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

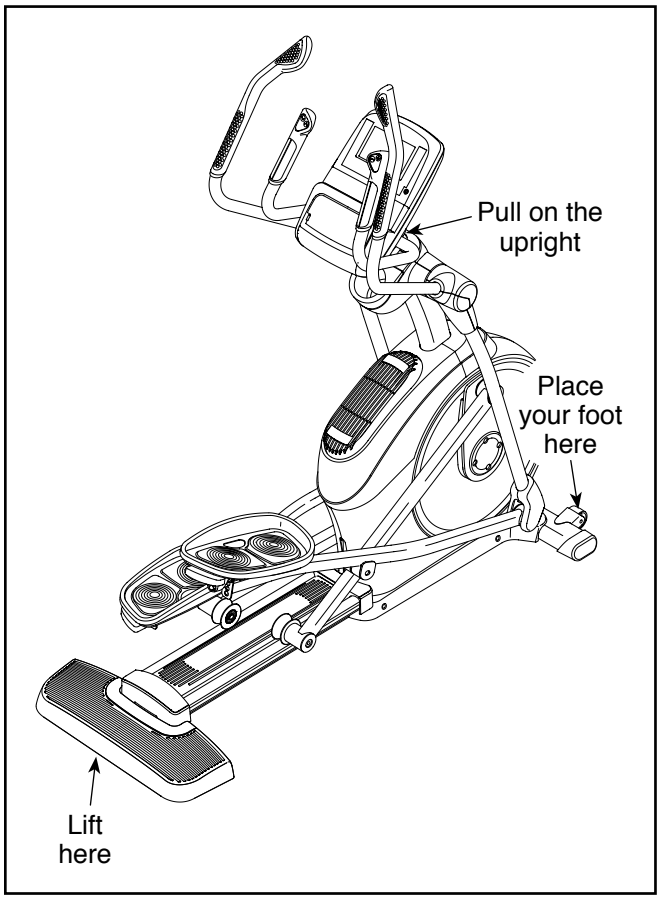
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.




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

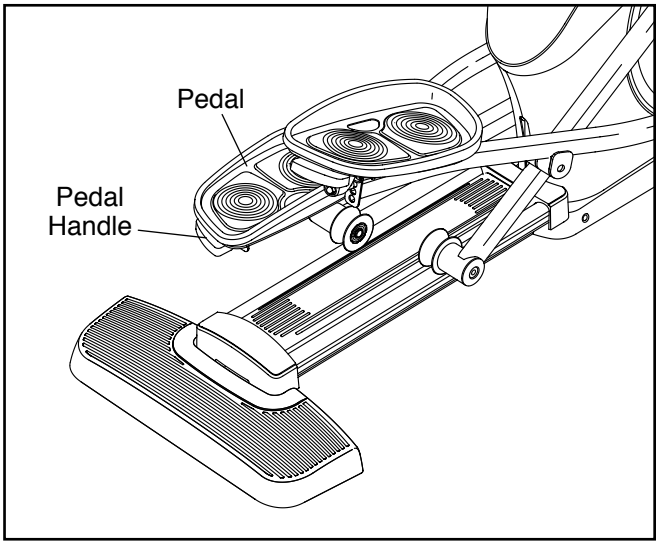
## HOW TO MOVE THE ELLIPTICAL

**Due to the size and weight of the elliptical, moving it requires two persons.** Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



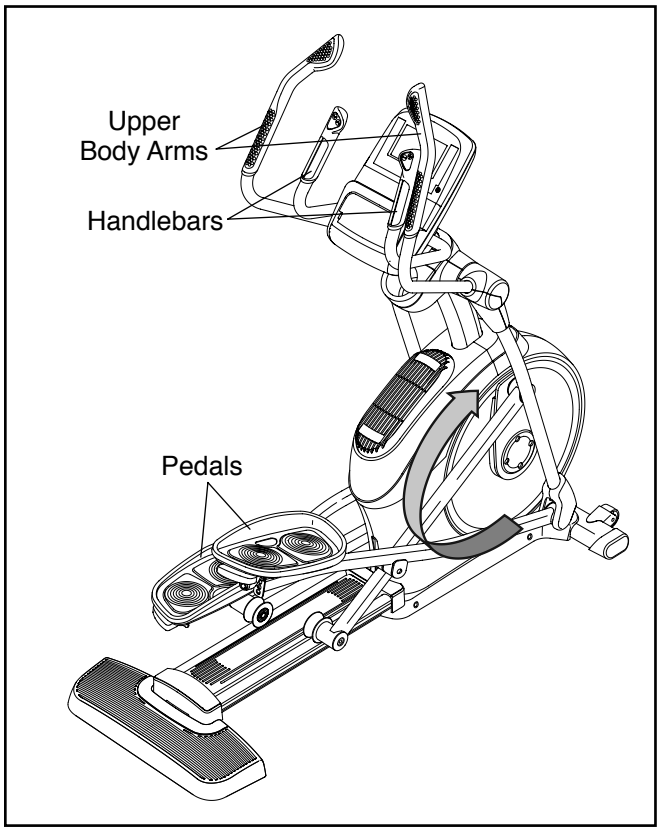

## HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**



## HOW TO EXERCISE ON THE ELLIPTICAL

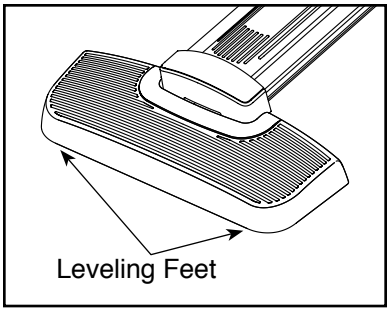
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn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



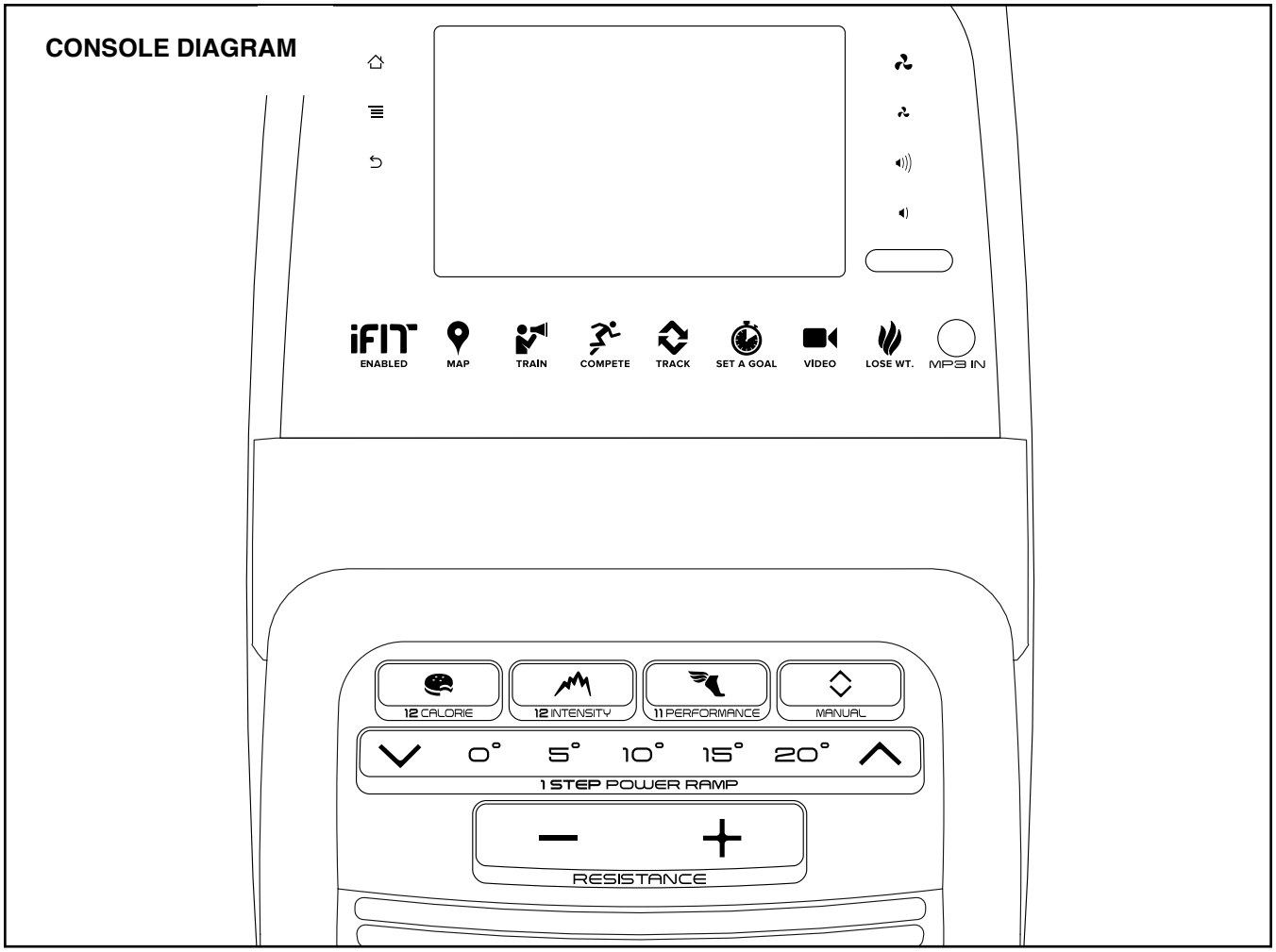

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

## 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 rear stabilizer until the rocking motion is eliminated.



**CONSOLE DIAGRAM**




**FEATURES OF THE CONSOLE**

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

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of at least thirty-five onboard workouts and six iFit demo workouts. Each workout automatically controls the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling speed as it guides you through an effective exercise session. You can also set a customized workout goal with the set-a-goal workout.

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

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

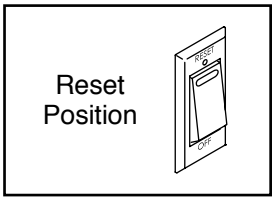
You can even browse the Internet or listen to your favorite workout music or audio books with the console sound system while you exercise.

**To turn on the power,** see page 20. **To learn how to use the touch screen,** see page 20. **To set up the console,** see page 21.

## HOW TO TURN ON THE POWER

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

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.




The display will then turn on and the console will be ready for use.

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

**IMPORTANT: If the incline of the ramp does not calibrate automatically, see step 4 on page 28 and manually calibrate the ramp.**

## HOW TO USE THE TOUCH SCREEN

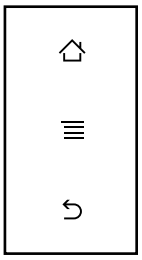
The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- 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 (see step 4 on page 22). However, you cannot zoom in and out by sliding your fingers on the screen.

- The screen is not pressure sensitive. You do not need to press hard on the screen.

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

- Use these buttons on the console to navigate the tablet. Press the back button to return to the previous screen. Press the home button to return to the main menu. Press the center button to access the settings main menu.



## HOW TO SET UP THE CONSOLE

Before using the elliptical for the first time, set up the console.

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

   Note: In order to access the Internet, download iFit workouts, and use some other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 29 to connect the console to your wireless network.

2. **Check for firmware updates.**

   First, see step 1 on page 27 and step 2 on page 28 and select the maintenance mode. Then, see step 3 on page 28 and check for firmware updates.

3. **Calibrate the incline of the ramp.**

   See step 4 on page 28 and calibrate the incline of the ramp.

4. **Create an iFit account.**

   Touch the globe button near the lower left corner of the screen and then touch the iFit button.

   Note: For information about navigating in the Internet browser, see page 30.

   The Internet browser will open to the iFit.com home page. Touch the Register button in the upper right corner of the screen.

   The browser will open to the iFit.com registration page. Touch the Buy Now button to register for an iFit account. If you have an activation code, select the code activation option. Then, follow the prompts on the screen to sign up for your iFit membership.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

**To use the manual mode,** see page 22. **To use an onboard workout,** see page 24. **To use a set-a-goal workout,** see page 25. **To use an iFit workout,** see page 26.

**To use the equipment settings mode,** see page 27. **To use the maintenance mode,** see page 28. **To use the wireless network mode,** see page 29. **To use the sound system,** see page 30. **To use the Internet browser,** see page 30.

Note: If there is a sheet of plastic on the screen, 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 8 on page 27. For simplicity, all instructions in this section refer to miles.

## 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 POWER on page 20.

2. **Select the main menu.**

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

   Touch the home button in the lower left corner of the screen to return to the main menu at any time.

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

   Press the Start button or begin pedaling. You can also press the Manual button on the console to select the manual mode.

   As you pedal, you can change the resistance of the pedals. To change the resistance, press the Resistance increase and decrease buttons on the console or on the right handlebar.

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

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered 1 Step Power Ramp buttons on the console, press the 1 Step Power Ramp increase and decrease buttons on the console, or press the Ramp increase and decrease buttons on the left handlebar.

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

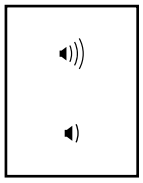
4. **Follow your progress.**

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

   To select the desired display mode, simply flick or slide the screen. You can also view additional workout information by touching the red boxes on the screen.

   If desired, keep your pedaling speed near the target rpm. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed.

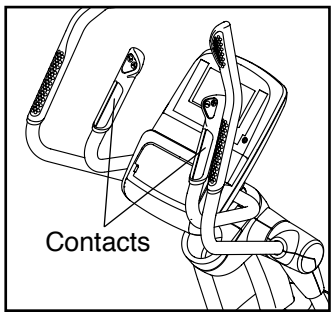
   If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.



   To pause the workout, touch one of the menu buttons on the screen. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

5. **Measure your heart rate if desired.**

To use the chest heart rate monitor, see page 15. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

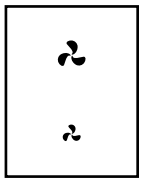



**If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic.** To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

**When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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 power output in watts 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, unplug the power cord.**

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

## HOW TO USE AN ONBOARD WORKOUT

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

   See HOW TO TURN ON THE POWER on page 20.

2. **Select the main menu.**

   See step 2 on page 22.

3. **Select an onboard workout.**

   To select an onboard workout, touch the runner button in the lower left corner of the screen. The workouts menu will appear on the screen. You can also press the Calorie, Intensity, and Performance buttons on the console.

   Select the desired workout category from the workouts menu and then select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

4. **Start the workout.**

   Touch the Start Workout button to start the workout.

   Each workout is divided into segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment.

   During the workout, the profiles will show your progress. To view the profiles, flick or slide the screen.

   As you exercise, keep your pedaling speed near the target rpm for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen.

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

   If the resistance level and/or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the 1 Step Power Ramp buttons. **If you press a Resistance button,** you can then manually control the resistance (see step 3 on page 21). **If you press a 1 Step Power Ramp button,** you can then manually control the incline (see step 3 on page 21). **To return to the programmed resistance and/or incline settings of the workout,** touch the Follow Workout button.

   **Note: The calorie goal 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 or incline of the ramp during the workout, the number of calories you burn will be affected.**

   To pause the workout, touch either the back button or the home button at the bottom of the screen. To continue the workout, touch the Resume button. To end the workout, touch the End Workout button.

   The workout will continue in this way until the last segment ends. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. **Follow your progress.**

   See step 4 on page 22.

6. **Measure your heart rate if desired.**

   See step 5 on page 23.

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

   See step 6 on page 23.

8. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 23.

## HOW TO USE A SET-A-GOAL WORKOUT

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

   See HOW TO TURN ON THE POWER on page 20.

2. **Select the main menu.**

   See step 2 on page 22.

3. **Select a set-a-goal workout.**

   To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

   To set a customized goal for your workout, touch the button for the desired goal. Then, touch the increase and decrease buttons on the screen to enter your goal and to select other variables for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. **Start the workout.**

   Touch the Start button to start the workout.

   The workout will function in the same way as the manual mode (see page 22).

   As you exercise, keep your pedaling speed near the target rpm. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen.

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

   The workout will continue until you reach the goal that you set. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

   **Note: The calorie goal 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 or incline of the ramp during the workout, the number of calories you burn will be affected.**

5. **Follow your progress.**

   See step 4 on page 22.

6. **Measure your heart rate if desired.**

   See step 5 on page 23.

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

   See step 6 on page 23.

8. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 23.

## HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 29. An iFit account is also required.

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

   See HOW TO TURN ON THE POWER on page 20.

2. **Select the main menu.**

   See step 2 on page 22.

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

   If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

   To switch users within your iFit account, touch the user button at the bottom of the screen. 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.**

   To download an iFit workout in your schedule, touch the Map, Train, Video, or Lose Wt. button to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

   To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 25). Note: You can also press one of the iFit buttons on the console.

   Before some workouts will download, you must add them to your schedule on iFit.com.

   **For more information about the iFit workouts, please see www.iFit.com.**

   When you select an iFit workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. **Start the workout.**

   See step 4 on page 22.

   During some workouts, the voice of a personal trainer will guide you through your workout (see HOW TO USE THE SOUND SYSTEM on page 30).

6. **Follow your progress.**

   See step 4 on page 22. The screen may also show a map of the trail you are walking or running.

   During a competition workout, the screen will show the speeds of the racers and the distances they have traveled. The screen will also show the numbers of seconds that the other racers are ahead of you or behind you.

7. **Measure your heart rate if desired.**

   See step 5 on page 23.

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

   See step 6 on page 23.

9. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 23.

**For more information about iFit, go to www.iFit.com.**

## HOW TO USE THE EQUIPMENT SETTINGS MODE

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

   Turn on the console and select the main menu (see steps 1 and 2 on page 22). Then, touch the gears button at the bottom of the screen to select the settings main menu.

   Note: You can also press the center button on the console to select the settings main menu.

2. **Select the equipment settings mode.**

   In the settings main menu, touch the Equipment Settings button.

   Note: It may be necessary to scroll the screen to view all the menu options.

3. **Select a language.**

   To select a language, touch the Language button and select the desired language. Note: This feature may not be enabled.

4. **Select a time zone.**

   To select a time zone, touch the Timezone button and select the desired time zone. Then, touch the back button on the screen.

5. **Turn on or turn off the display demo mode.**

   The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the screen will show a demo presentation.

   To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

6. **Enable or disable a passcode.**

   The console features a child safety passcode, designed to prevent unauthorized users from using the elliptical.

   Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

   Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

7. **Enable or disable the Internet browser.**

   To enable or disable the Internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

8. **Select the unit of measurement.**

   Touch the US/Metric button to view the selected unit of measurement. Next, touch the checkbox for the desired unit of measurement. Then, touch the back button on the screen.

9. **Select an update time.**

   To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button on the screen.

   **IMPORTANT: You must still unplug the power cord after using your elliptical. Set the update time for a time when you normally use your elliptical and will be available to unplug the power cord after an update.**

10. **Enable or disable street view.**

    During some workouts, the screen may show a map. To enable or disable the street view feature of the maps, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

11. **Exit the equipment settings mode.**

    To exit the equipment settings mode, touch the back button on the screen.

## HOW TO USE THE MAINTENANCE MODE

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

   See step 1 on page 27.

2. **Select the maintenance mode.**

   In the settings main menu, touch the Maintenance button to enter the maintenance mode.

   The maintenance mode main screen will show information about the console and the wireless network.

3. **Update the console firmware.**

   For the best results, regularly check for firmware updates.

   Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

   **IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated.**

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

4. **Calibrate the incline of the ramp.**

   Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline of the ramp. The ramp 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. Press the Cancel button to return to the maintenance mode. When the incline is calibrated, touch the Finish button.

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

5. **Calibrate the screen.**

   If the screen is not properly calibrated, it will be difficult for you to touch the correct buttons on the screen. To calibrate the screen, touch the Calibrate Screen button. A small target will appear on the screen. Note: Touch the Cancel button to return to the maintenance mode.

   Using a pencil eraser or other small object, touch the center of the target. Then, touch the rest of the targets. After several seconds, the console will exit the calibration mode.

6. **View machine information.**

   Touch the Machine Info button to view information about your elliptical. After you view the information, touch the back button on the screen.

7. **Find keycodes.**

   This option is intended to be used by service technicians to identify whether a certain button is working correctly.

8. **Exit the maintenance mode.**

   To exit the maintenance mode, press the back button on the console.

## HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

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

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

   See step 1 on page 27.

2. **Select the wireless network mode.**

   In the settings main menu, touch the Network Setup button to enter the wireless network mode.

   Note: You can also touch the wireless symbol to enter the wireless network mode.

3. **Enable Wi-Fi.**

   Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

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 several seconds for the list of wireless networks to appear.

   Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

   Note: You must have your own wireless network and an 802.11b/g or 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.

   An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

   To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 20.

   When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED.

   To disconnect from a wireless network, select the wireless network and then touch the Forget button.

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

   Note: The iFit mode 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 mode.**

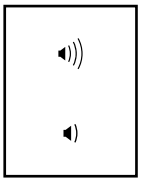
   To exit the wireless network mode, press the back button.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system, you must connect your MP3 player, CD player, or other personal audio player to the console.

Plug one end of your audio wire into the audio jack on the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that your audio wire is fully plugged in.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the volume increase and decrease buttons on the console.



If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

## HOW TO USE THE INTERNET BROWSER

Note: To use the Internet browser, you must have access to a wireless network including a wireless router (802.11b/g or 802.11b/g/n) with SSID broadcast enabled (hidden networks are not supported).

To open the Internet browser, touch the globe button at the bottom of the screen. Then, select a website.

To navigate the Internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the Internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 20.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the Internet browser, the resistance, ramp, fan, and volume buttons will still function, but the workout buttons will not function.

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

# FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15C of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

**Note: The console contains FCC ID: OMC310900.**

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. 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 display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 23.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 15.

# 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.**

**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.**

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

### EXERCISE INTENSITY

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

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

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

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

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

### WORKOUT GUIDELINES

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

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

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

### EXERCISE FREQUENCY

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

**SUGGESTED STRETCHES**

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

**1. Toe Touch Stretch**

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

**2. Hamstring Stretch**

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

**3. Calf/Achilles Stretch**

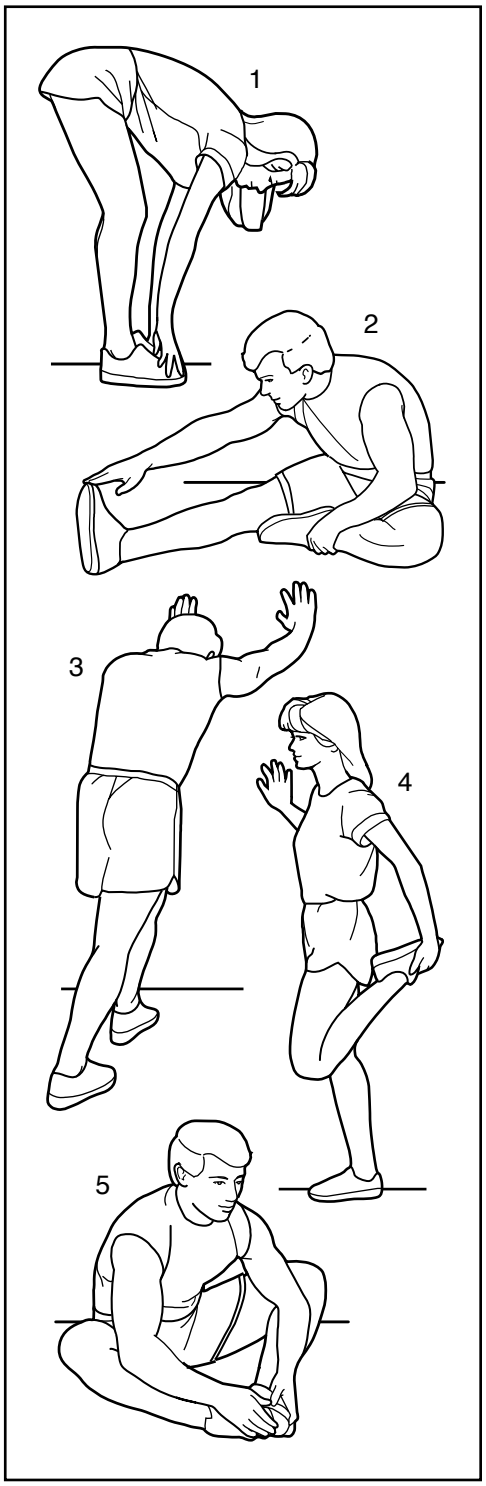
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

**4. Quadriceps Stretch**

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

**5. Inner Thigh Stretch**

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



# PART LIST

Model No. NTEL21212.0 R1012A

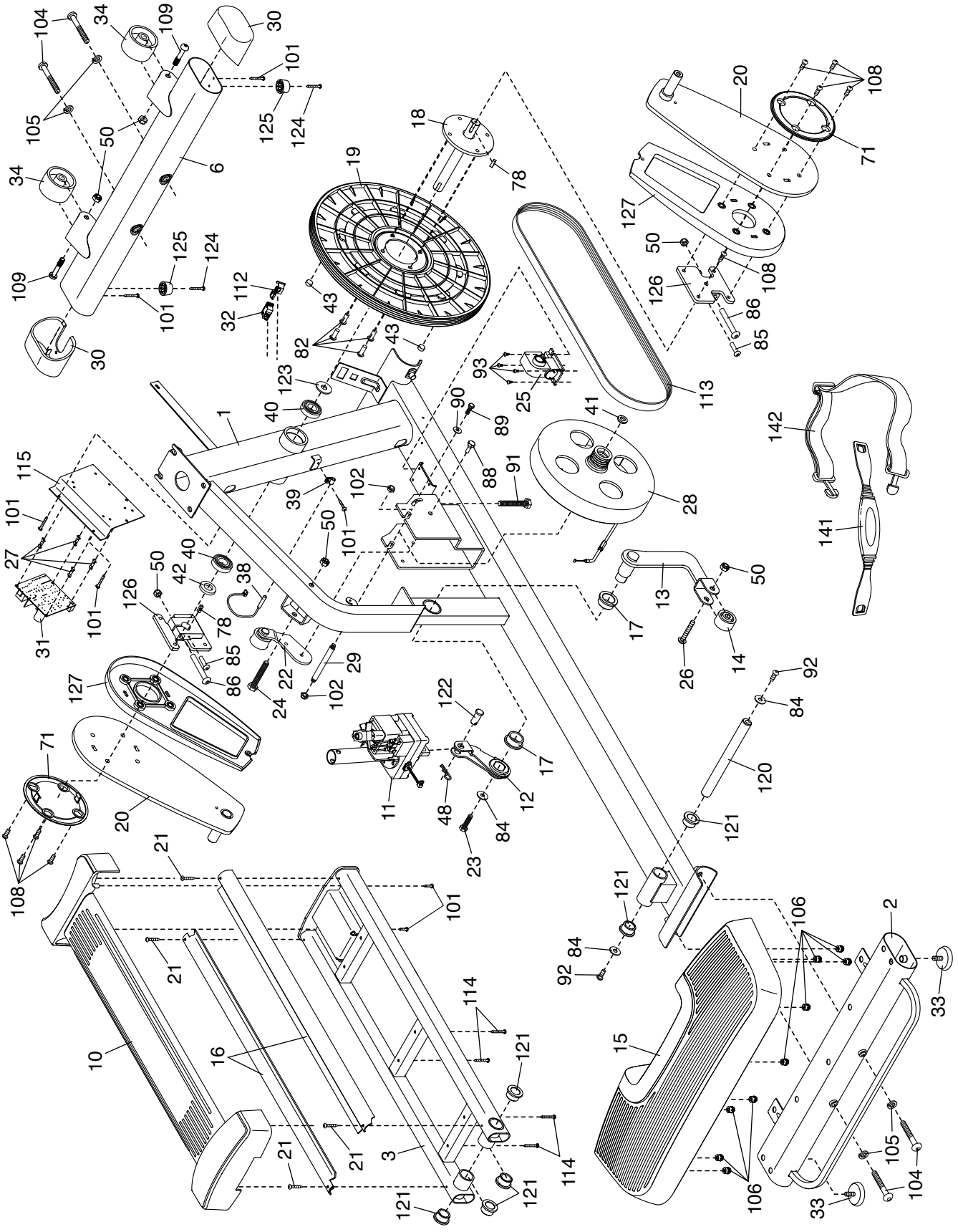
| Key No. | Qty. | Description |
|---|---|---|
| 1 | 1 | Frame |
| 2 | 1 | Rear Stabilizer |
| 3 | 1 | Ramp |
| 4 | 1 | Upright |
| 5 | 8 | M4 x 19mm Screw |
| 6 | 1 | Front Stabilizer |
| 7 | 1 | Console |
| 8 | 1 | Left Handlebar |
| 9 | 1 | Right Handlebar |
| 10 | 1 | Ramp Cover |
| 11 | 1 | Incline Motor |
| 12 | 1 | Incline Motor Arm |
| 13 | 1 | Ramp Arm |
| 14 | 1 | Ramp Roller |
| 15 | 1 | Rear Stabilizer Cover |
| 16 | 2 | Track |
| 17 | 2 | Large Frame Bushing |
| 18 | 1 | Crank |
| 19 | 1 | Pulley |
| 20 | 2 | Crank Arm |
| 21 | 4 | M4 x 10mm Screw |
| 22 | 1 | Idler |
| 23 | 1 | M10 x 15mm Screw |
| 24 | 1 | M10 x 95mm Bolt |
| 25 | 1 | Resistance Motor |
| 26 | 1 | M10 x 42mm Bolt |
| 27 | 4 | Standoff |
| 28 | 1 | Eddy Mechanism |
| 29 | 1 | Mechanism Axle |
| 30 | 2 | Stabilizer Cap |
| 31 | 1 | Controller |
| 32 | 1 | Power Switch |
| 33 | 2 | Leveling Foot |
| 34 | 2 | Wheel |
| 35 | 1 | Pivot Axle |
| 36 | 2 | Upright Bushing |
| 37 | 1 | Accessory Tray |
| 38 | 1 | Reed Switch/Wire |
| 39 | 1 | Reed Switch Clamp |
| 40 | 2 | Bearing |
| 41 | 1 | Mechanism Spacer |
| 42 | 1 | Large Crank Spacer |
| 43 | 2 | Magnet |
| 44 | 1 | Left Pedal Arm |
| 45 | 1 | Left Roller Arm |
| 46 | 1 | Left Upper Body Leg |
| 47 | 1 | Left Upper Body Arm |
| 48 | 1 | Hairpin Cotter Pin |
| 49 | 1 | Right Pedal |
| 50 | 8 | M10 Locknut |
| 51 | 2 | Roller |
| 52 | 1 | Right Grip |
| 53 | 4 | Large Axle Cover |
| 54 | 2 | 16mm Wave Washer |
| 55 | 2 | Small Axle Cover |
| 56 | 4 | Roller Arm Bushing |
| 57 | 8 | Arm Bearing |
| 58 | 1 | Right Pedal Arm |
| 59 | 1 | Right Roller Arm |
| 60 | 1 | Right Upper Body Leg |
| 61 | 1 | Right Upper Body Arm |
| 62 | 1 | Left Grip |
| 63 | 1 | Right Sensor Assembly/Wire |
| 64 | 2 | Pedal Arm Axle |
| 65 | 1 | Right Upper Body Arm Front Cover |
| 66 | 1 | Right Upper Body Arm Rear Cover |
| 67 | 1 | Left Upper Body Arm Front Cover |
| 68 | 1 | Left Upper Body Arm Rear Cover |
| 69 | 1 | Right Upper Body Leg Outer Cover |
| 70 | 1 | Left Upper Body Leg Outer Cover |
| 71 | 2 | Disc |
| 72 | 1 | Left Upper Body Leg Inner Cover |
| 73 | 1 | Left Shield |
| 74 | 1 | Right Shield |
| 75 | 1 | Shield Cover |
| 76 | 1 | Left Pedal Arm Side Cap |
| 77 | 4 | Axle Spacer |
| 78 | 2 | Key |
| 79 | 1 | Front Console Cover |
| 80 | 1 | Rear Console Cover |
| 81 | 1 | Rear Upright Cover |
| 82 | 12 | M8 x 13mm Screw |
| 83 | 1 | Right Upper Body Leg Inner Cover |
| 84 | 3 | M10 Washer |
| 85 | 2 | M4 x 14mm Screw |
| 86 | 2 | M10 x 58mm Bolt |
| 87 | 1 | Right Pedal Arm Side Cap |
| 88 | 1 | Pivot Screw |
| 89 | 1 | Idler Screw |
| 90 | 1 | M6 Washer |
| 91 | 1 | Belt Adjustment Screw |
| 92 | 2 | M10 x 19mm Screw |
| 93 | 6 | M4 x 12mm Screw |
| 94 | 2 | M5 Washer |
| 95 | 6 | M8 x 16mm Screw |
| 96 | 8 | M8 x 38mm Bolt |
| 97 | 10 | M8 Washer |
| 98 | 2 | Medium Snap Ring |
| 99 | 4 | M10 x 25mm Screw |
| 100 | 4 | Leg Bearing |

| Key No. | Qty. | Description |
|---|---|---|
| 101 | 27 | M4 x 16mm Screw |
| 102 | 10 | M8 Locknut |
| 103 | 10 | M6 x 12mm Screw |
| 104 | 4 | M10 x 122mm Screw |
| 105 | 8 | M10 Split Washer |
| 106 | 9 | Cover Mount |
| 107 | 1 | M4 x 48mm Screw |
| 108 | 9 | M8 x 25mm Screw |
| 109 | 2 | M10 x 60mm Bolt |
| 110 | 1 | Upper Wire |
| 111 | 1 | Lower Wire Harness |
| 112 | 1 | Control Board |
| 113 | 1 | Drive Belt |
| 114 | 4 | M4 x 42mm Screw |
| 115 | 1 | Controller Bracket |
| 116 | 2 | Disc Ring |
| 117 | 1 | Front Upright Cover |
| 118 | 1 | Shield Cover Cap |
| 119 | 1 | Power Cord |
| 120 | 1 | Ramp Axle |
| 121 | 6 | Small Frame Bushing |
| 122 | 1 | Clevis Pin |
| 123 | 1 | Plastic Spacer |
| 124 | 2 | M4 x 19mm Self-tapping Screw |
| 125 | 2 | Bumper |
| 126 | 2 | Crank Bracket |
| 127 | 2 | Crank Arm Spacer |
| 128 | 1 | Left Pedal Plate |
| 129 | 1 | Left Pedal Handle |
| 130 | 2 | Pedal Pin |
| 131 | 2 | Pedal Spring |
| 132 | 2 | M10 x 140mm Bolt |
| 133 | 2 | M6 Acorn Nut |
| 134 | 1 | Fan Grill |
| 135 | 1 | Fan Bracket |
| 136 | 1 | Fan/Wire |
| 137 | 2 | Saddle Bracket |
| 138 | 1 | Right Pedal Plate |
| 139 | 4 | M3 x 8mm Screw |
| 140 | 4 | M6 x 43mm Screw |
| 141 | 1 | Chest Heart Rate Monitor |
| 142 | 1 | Chest Strap |
| 143 | 1 | Left Pedal |
| 144 | 1 | Left Sensor Assembly/Wire |
| 145 | 1 | Right Pedal Handle |
| 146 | 1 | Fan Extension Wire |
| 147 | 1 | Ground Wire |
| 148 | 1 | M4 x 13mm Screw |
| * | – | Assembly Tool |
| * | – | Grease Packet |
| * | – | User's Manual |
| * | – | Lift Motor Wire A |
| * | – | Lift Motor Wire B |
| * | – | Resistance Motor Wire |
| * | – | Blue Wire |
| * | – | Green Wire |
| * | – | White Wire |

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. NTEL21212.0 R1012A



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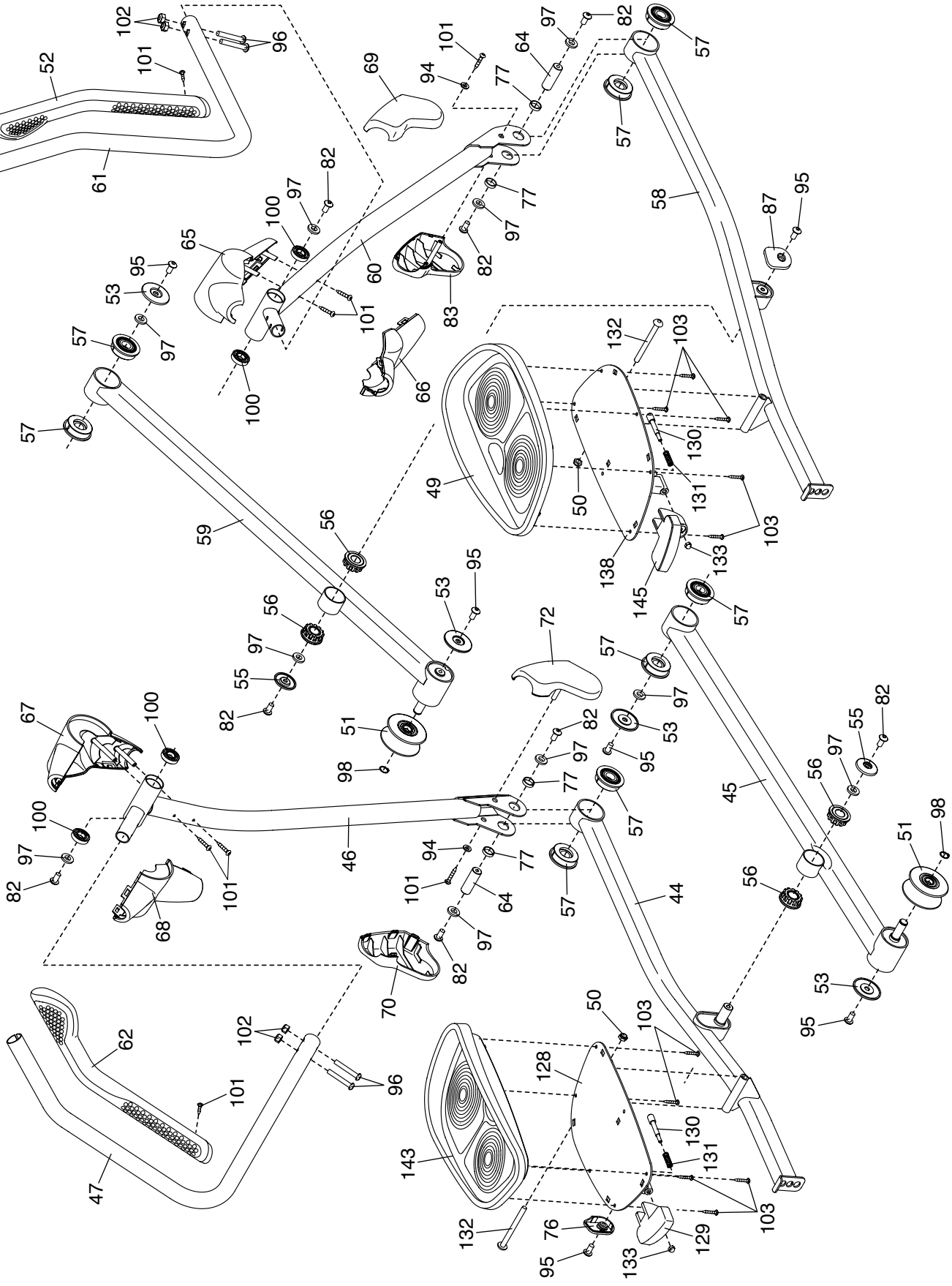
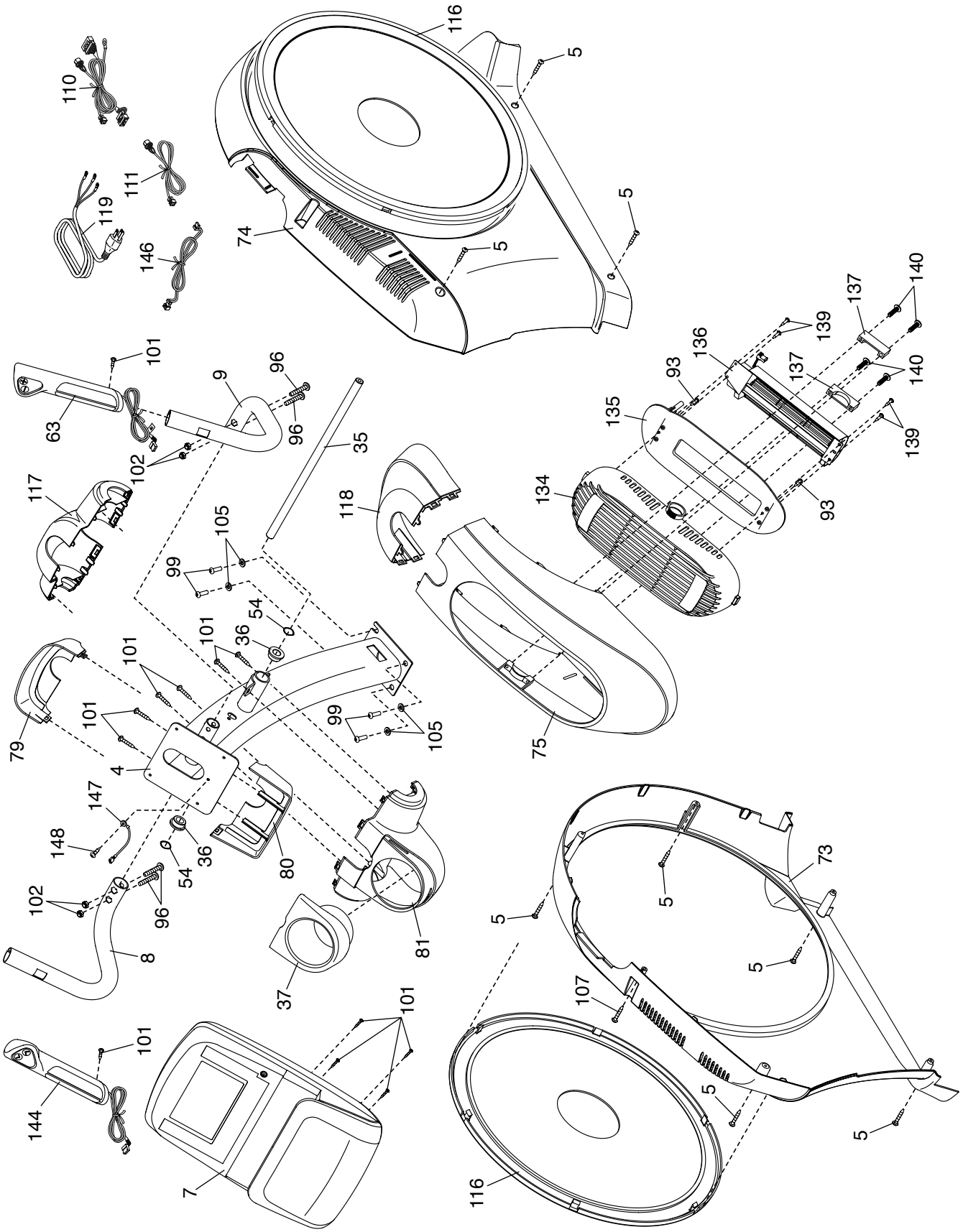
Model No. NTEL21212.0 R1012A



# EXPLODED DRAWING C

Model No. NTEL21212.0 R1012A



# 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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.**

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 a lifetime. 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**

Part No. 337294 R1012A

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