

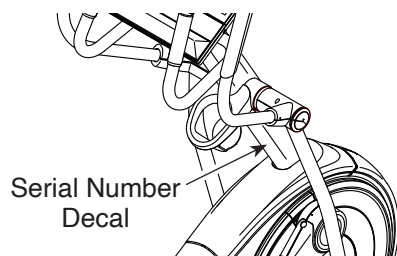
NordicTrack[®]

AIRGLIDE 16

Model No. NTEL71426-4.0

Serial No. _____

Write the serial number in the space above for reference.



UNITED KINGDOM

Website: iFITsupport.eu

E-mail: csuk@iFIT.com

Write:

iFIT Health & Fitness Limited

Unit 1, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iFIT.com

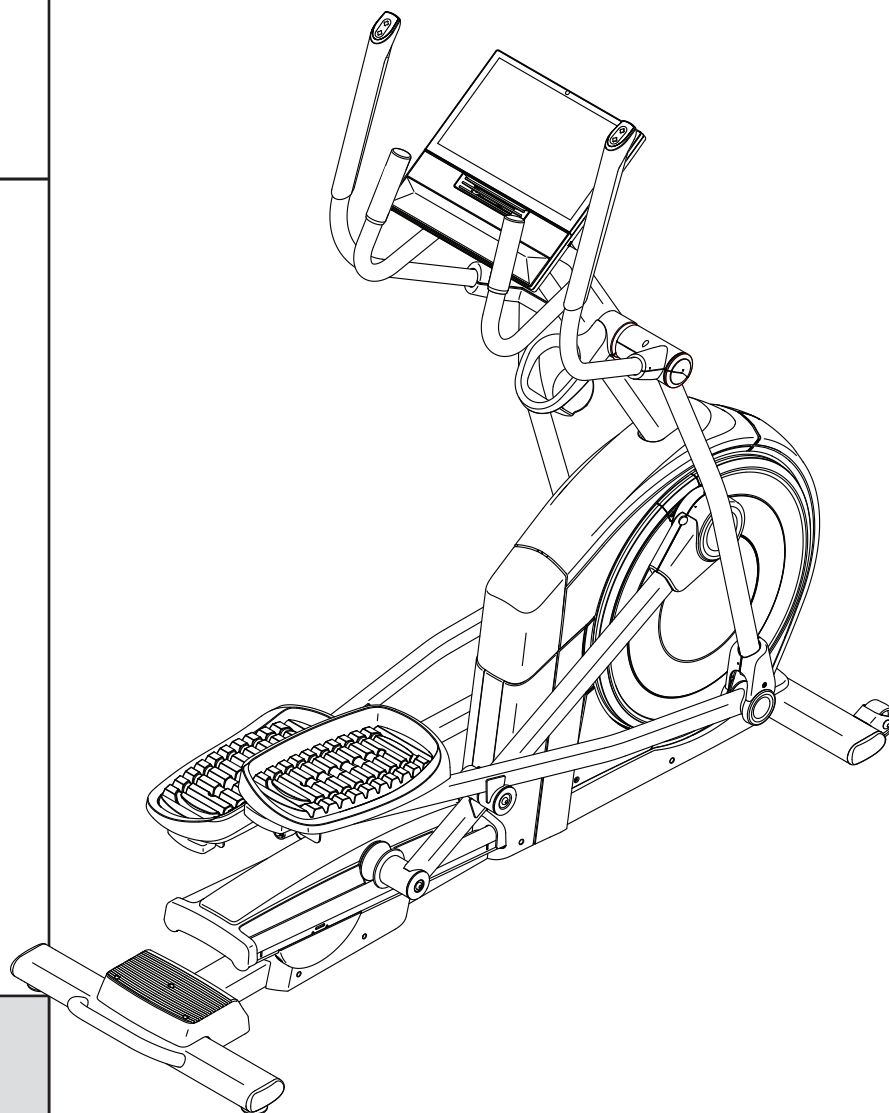
Write:

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



CAUTION

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

USER'S MANUAL

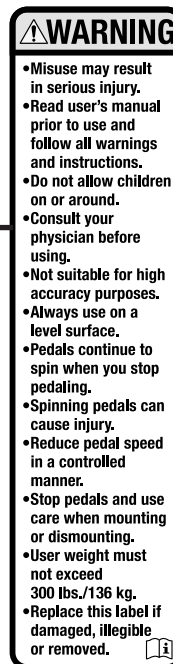
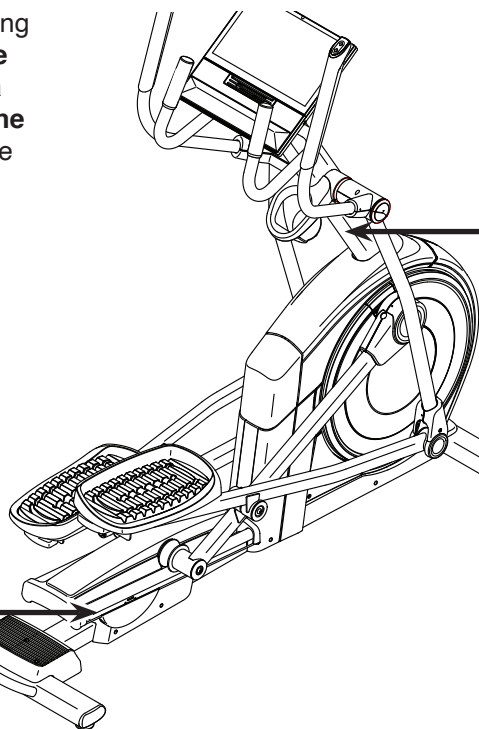
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WARNING DECAL PLACEMENT

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.

This decal is
on both sides



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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the elliptical at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the elliptical only as authorized by your health care provider.
5. The elliptical is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the elliptical by someone responsible for their safety.
6. Use the elliptical only as described in this manual.
7. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
8. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
9. Place the elliptical on a level surface, with at least 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.
10. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. When connecting the power cord, plug the power cord into an earthed circuit (see page 16).
12. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
13. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.
14. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
15. The elliptical should not be used by persons weighing more than 300 lbs. (136 kg).
16. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
17. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical. Before mounting or dismounting, bring the pedals to a stop with the pedal on the mounting or dismounting side in its lowest position.

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

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

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

SAVE THESE INSTRUCTIONS

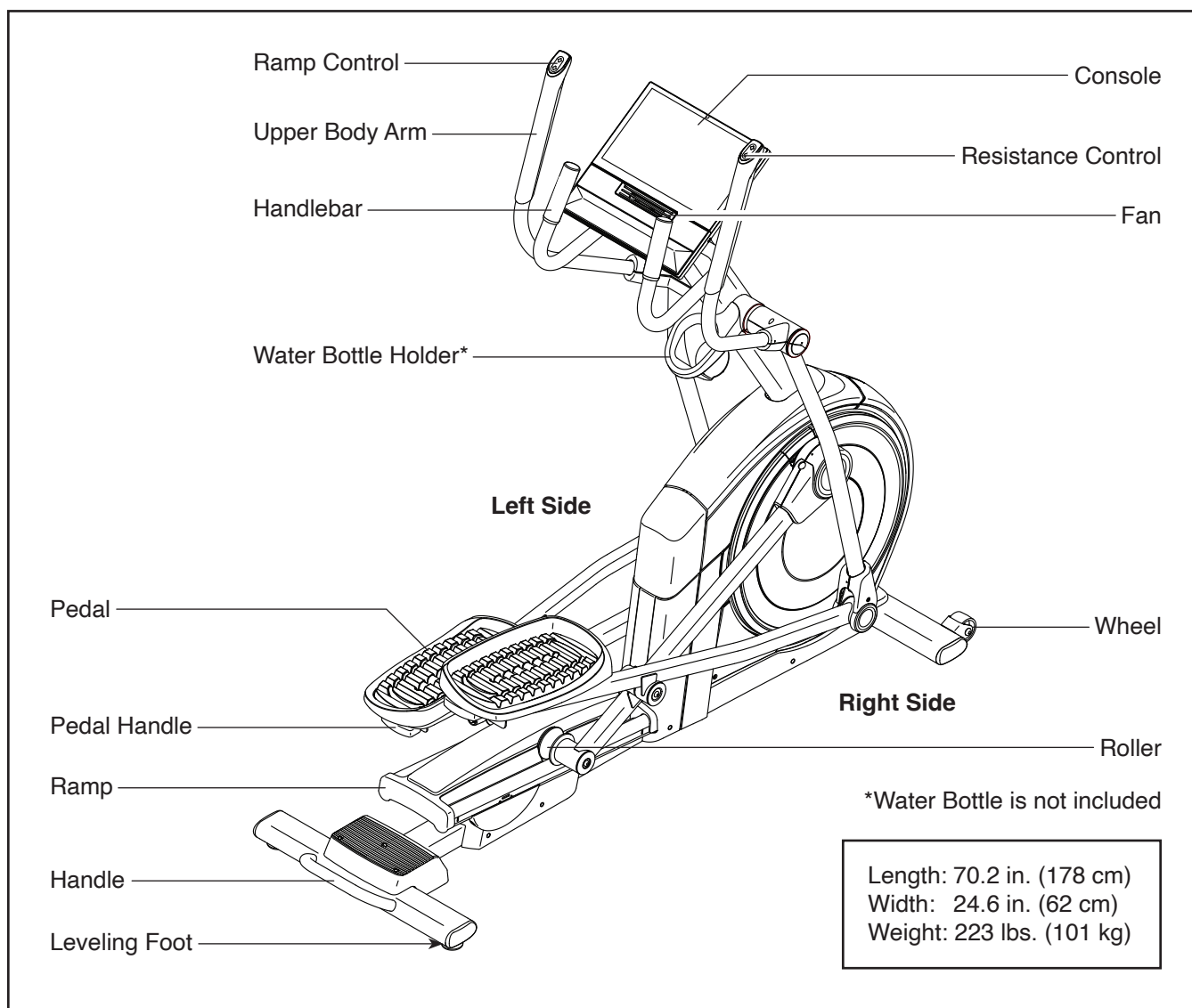
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® AIRGLIDE 16 elliptical. The AIRGLIDE 16 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

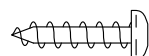
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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

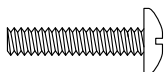


PART IDENTIFICATION CHART

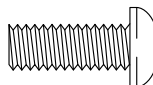
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



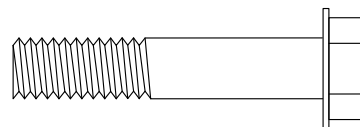
M4 x 16mm
Screw (101)–4



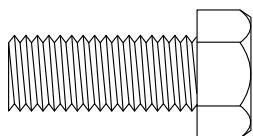
M4 x 18mm
Machine Screw
(155)–3



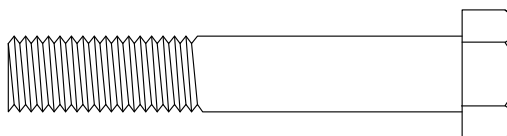
M6 x 16mm
Screw (157)–4



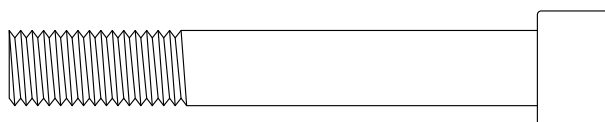
M8 x 41mm Screw
(96)–4



M10 x 25mm
Screw (92)–4



M10 x 60mm Screw (90)–4

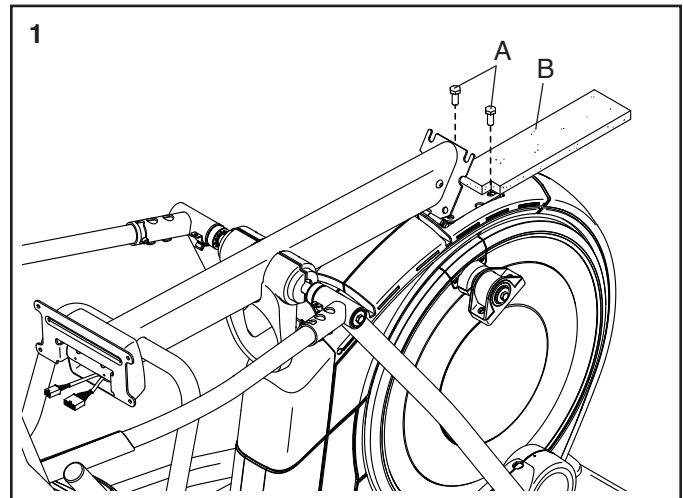


M10 x 70mm Socket Head Screw (162)–2

ASSEMBLY

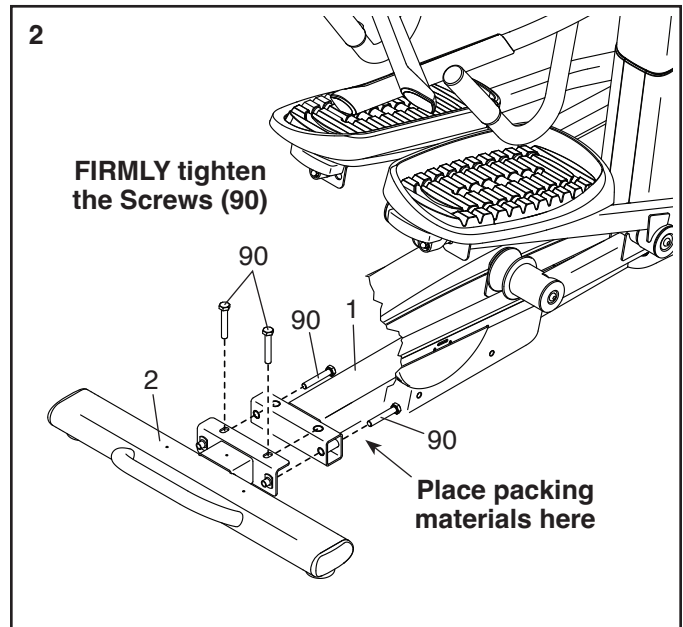
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- Assembly can be completed using the included tools. Note: Your own rubber mallet may also be helpful; however, be careful to not break plastic parts with the rubber mallet.
- Note: Keep the included tools. One or more of the tools may be needed to make adjustments in the future. To avoid damaging parts, do not use power tools for assembly or adjustment.

1. Remove and discard the two shipping screws (A) and the shipping support (B). **Do not reuse the shipping screws.**



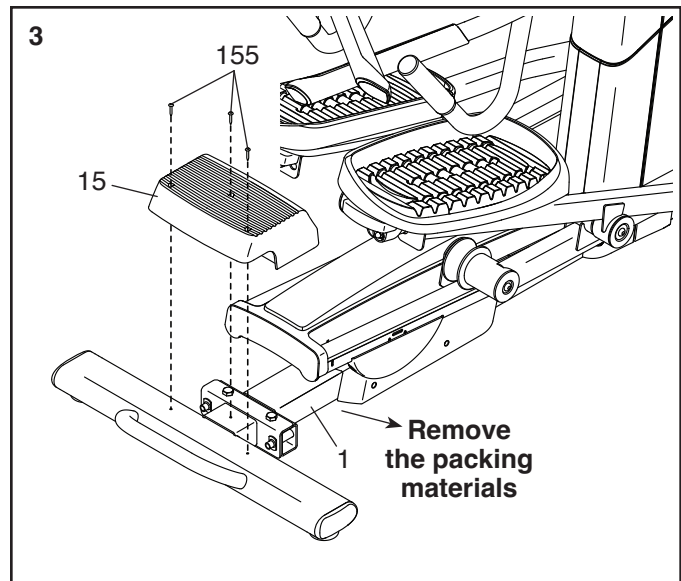
2. With the help of a second person, place packing materials under the rear of the Frame (1) to raise the Frame a few inches.

Then, attach the Rear Stabilizer (2) with four M10 x 60mm Screws (90); **start all four Screws, and then FIRMLY tighten them.**



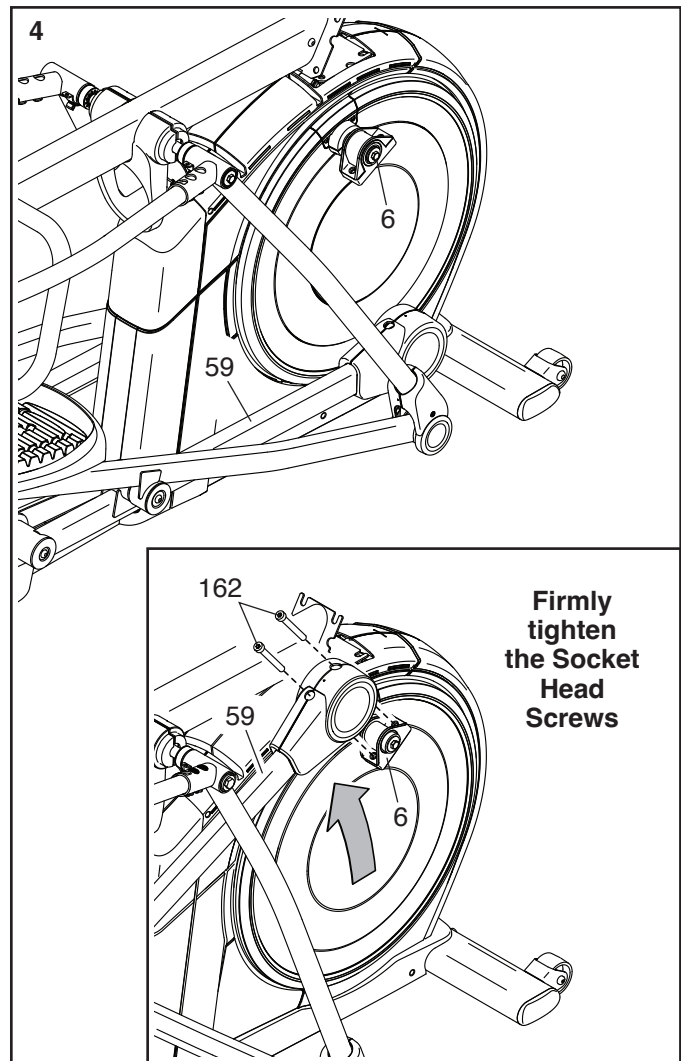
3. Attach the Rear Stabilizer Cover (15) with three M4 x 18mm Machine Screws (155); **start all three Machine Screws, and then tighten them.**

Then, remove the packing materials from under the rear of the Frame (1).



4. Identify the Right Roller Arm (59) and the Pillow Block (6) on the right side of the elliptical.

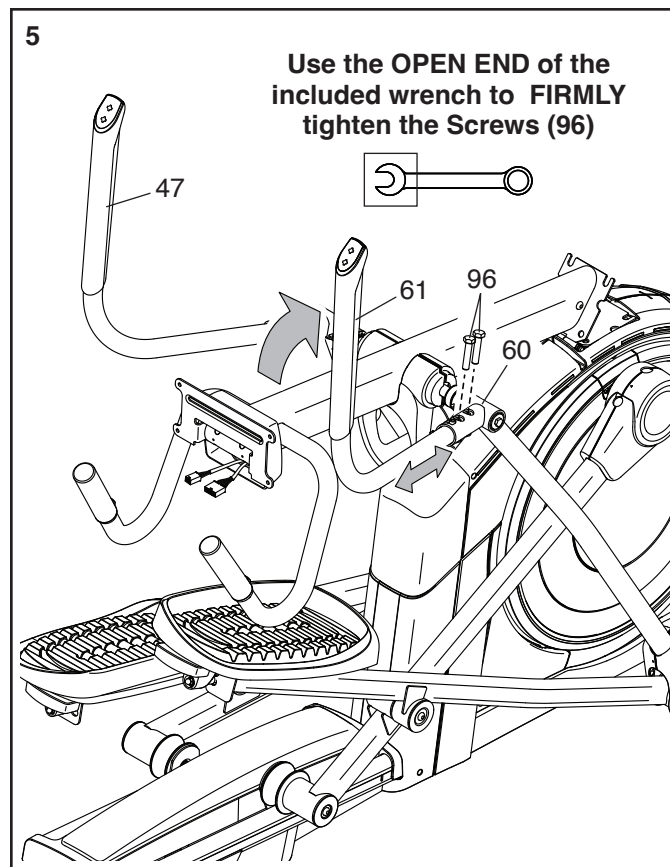
See the inset drawing. Lift the Right Roller Arm (59) to the position shown, and set the end on the Right Roller Arm on the Pillow Block (6). Then, attach the Right Roller Arm with two M10 x 70mm Socket Head Screws (162). **Firmly tighten the Socket Head Screws.**



5. Pull the Right Upper Body Arm (61) out of the Right Upper Body Leg (60) slightly, pivot it upward to the position shown, and then push it back into the Right Upper Body Leg.

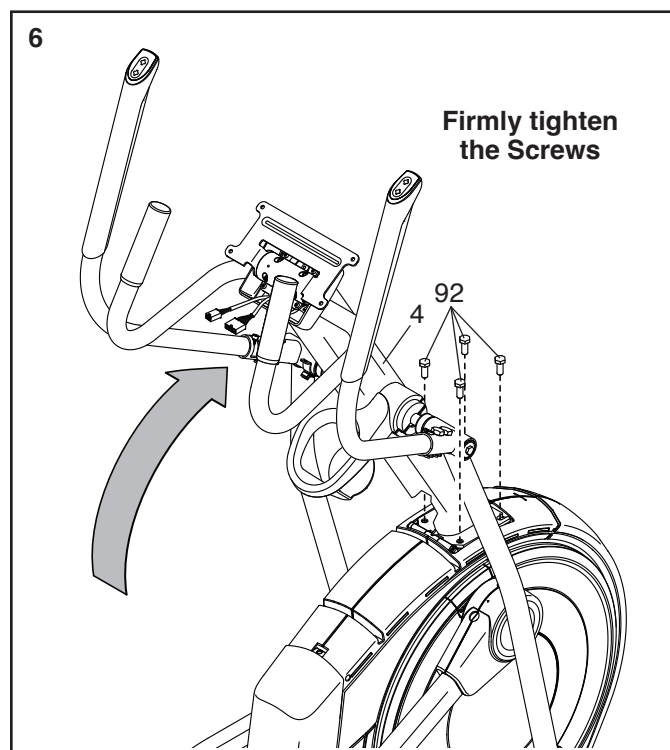
Then, secure the Right Upper Body Arm (61) with two M8 x 41mm Screws (96). **Firmly tighten the Screws.**

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



6. **Do not pinch the wire in the Upright (4) during this step.**

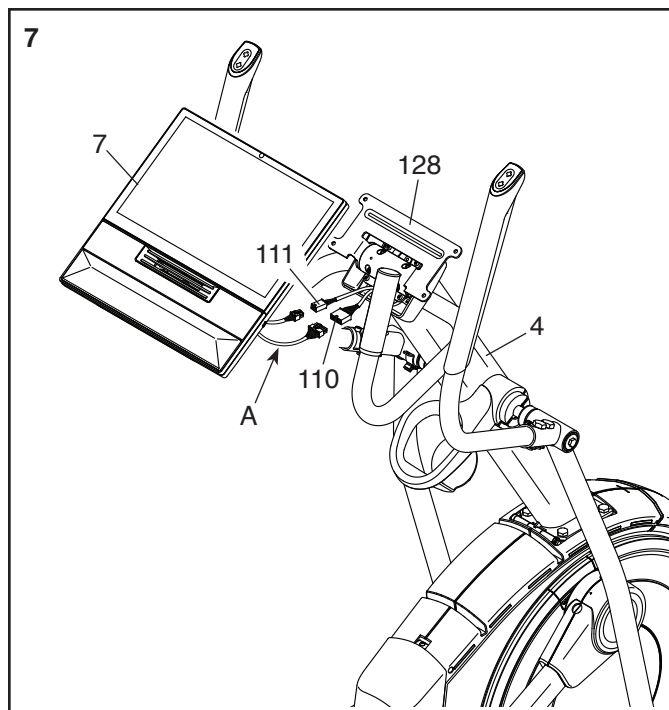
With the help of a second person, raise the Upright (4) to the position shown. Attach the Upright with four M10 x 25mm Screws (92); **start all four Screws, and then tighten them. Firmly tighten the Screws.**



7. Have a second person hold the Console (7) near the Console Bracket (128). Connect the two console wires (A) to the Main Wire (110) and the Extension Wire (111).

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

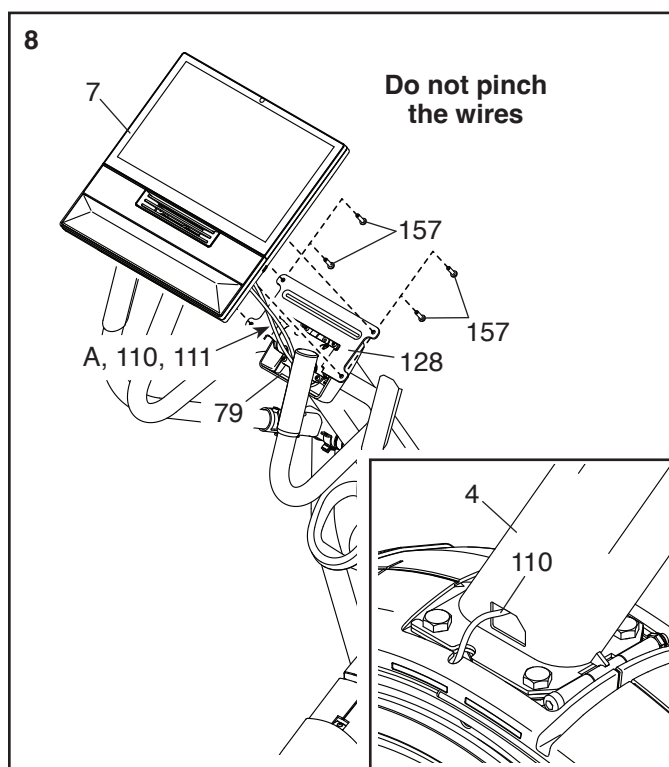
Then, twist the console wires (A) and push them into the back of the Console (7) so that only the wire connectors are outside of the Console.



8. If there is a hang tag (not shown) attached to the Console Bracket (128), discard the hang tag.

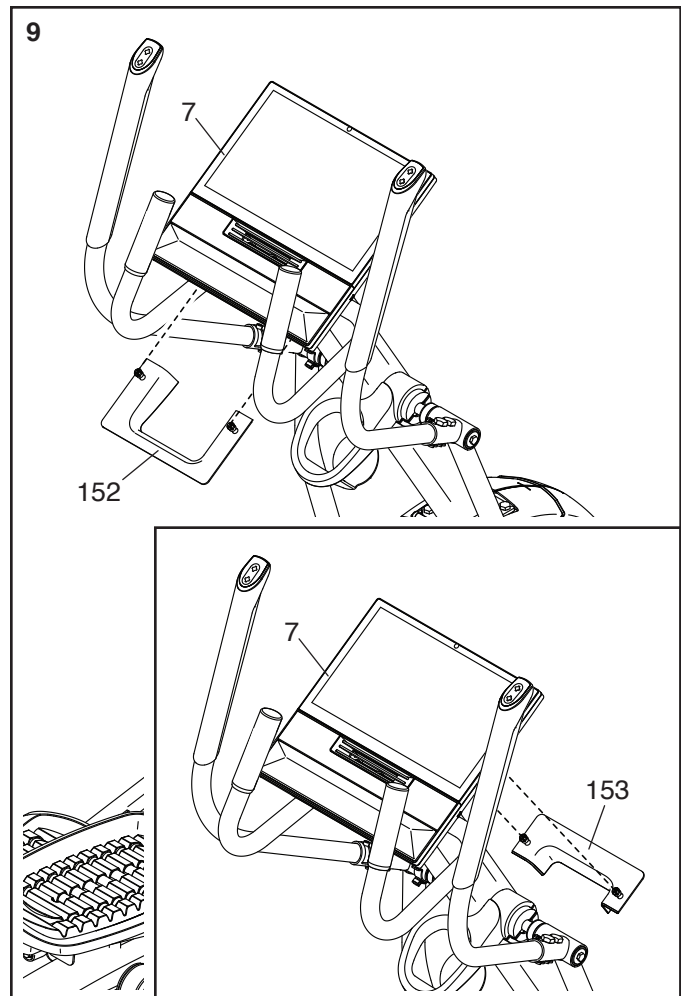
See the inset drawing. Locate the opening in the lower left side of the Upright (4). Have a second person pull the Main Wire (110) downward to remove slack as you position the Console (7) on the Console Bracket (128). **Make sure that the wires (A, 110, 111) are not pinched and that the wire connectors are inside of the Console Cover (79).**

Do not pinch the wires. Attach the Console (7) to the Console Bracket (128) with four M6 x 16mm Screws (157); **start all four Screws, and then tighten them.**



9. Orient the **Lower Console Cover (152)** as shown, and snap it onto the back of the Console (7). Note: It may be helpful to pivot the Console out of the way.

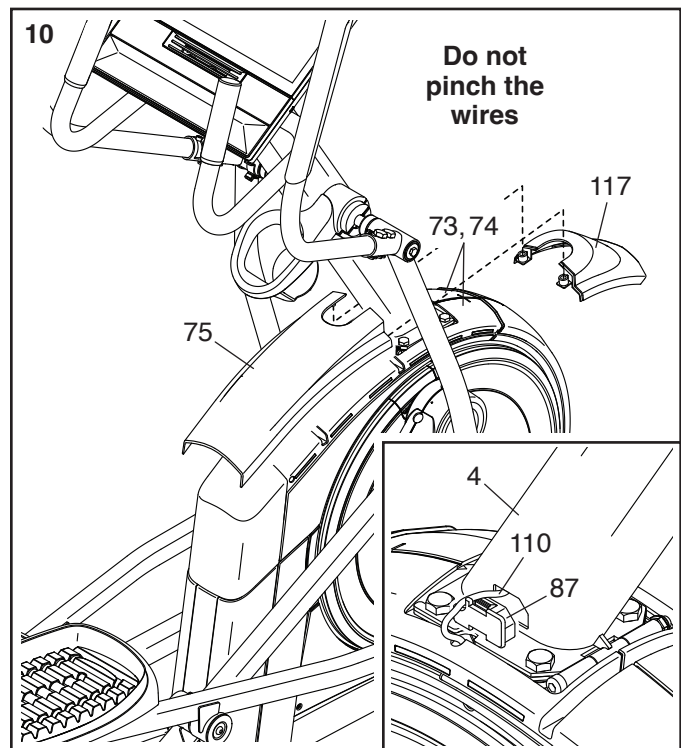
See the inset drawing. Orient the **Upper Console Cover (153)** as shown, and snap it onto the back of the Console (7). Note: It may be helpful to pivot the Console out of the way.



10. **See the inset drawing.** Push the slack in the Main Wire (110) into the opening in the lower left side of the Upright (4). Next, hold the Grommet (87) near the opening, and route the Main Wire through the notch in the Grommet. Then, press the Grommet into the opening.

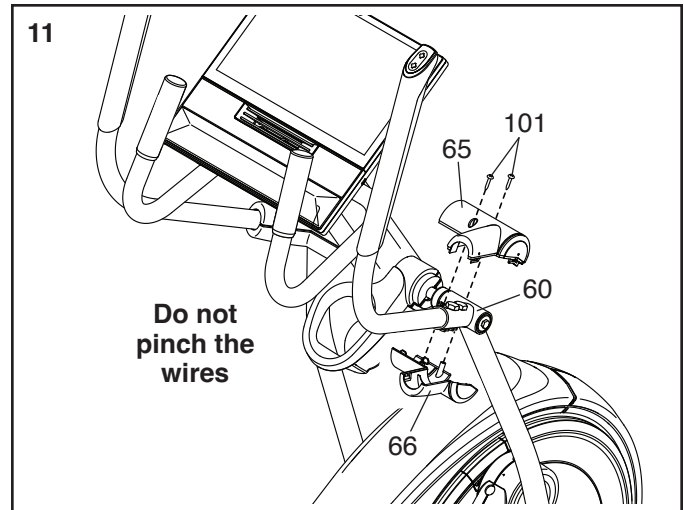
Do not pinch the wires. Press the **Front Shield Cover (117)** onto the Left and Right Shields (73, 74).

Then, press the **Center Shield Cover (75)** onto the Left and Right Shields (73, 74).



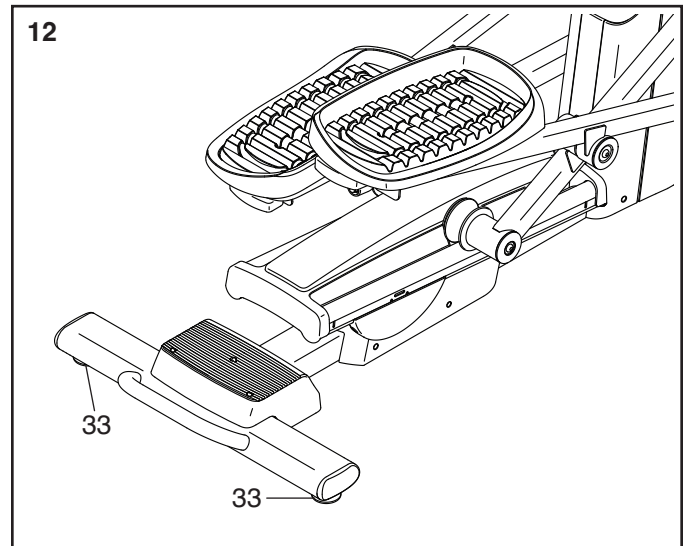
11. Do not pinch the wires. Hold the Right Arm Front and Rear Covers (65, 66) together around the Right Upper Body Leg (60), and attach them with two M4 x 16mm Screws (101).

Repeat this step on the other side of the elliptical.



12. Make sure that all parts are properly tightened. Then, move the elliptical to the place where it will be used (see HOW TO MOVE THE ELLIPTICAL on page 14).

If the elliptical rocks on your floor, adjust one of the Leveling Feet (33) so that both Leveling Feet are touching the floor.



13. Place a mat beneath the elliptical to protect the floor. Note: Extra parts may be included. Keep the included tools. One or more of the tools may be needed to make adjustments in the future.

HOW TO USE THE ELLIPTICAL

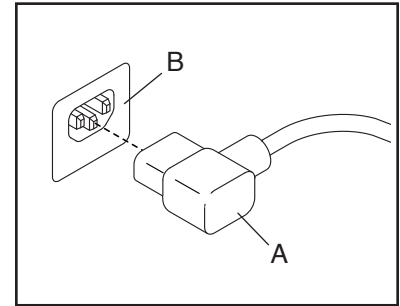
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

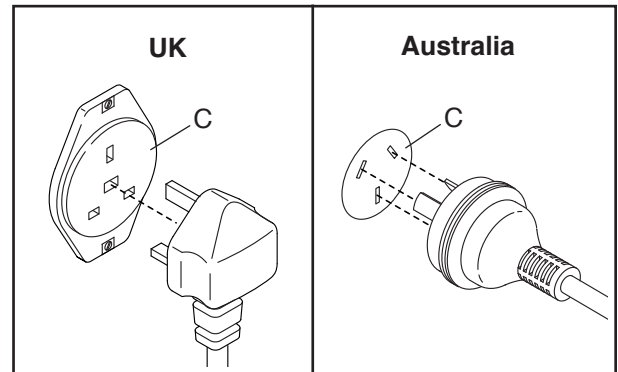
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord (A) into the receptacle (B) on the frame.

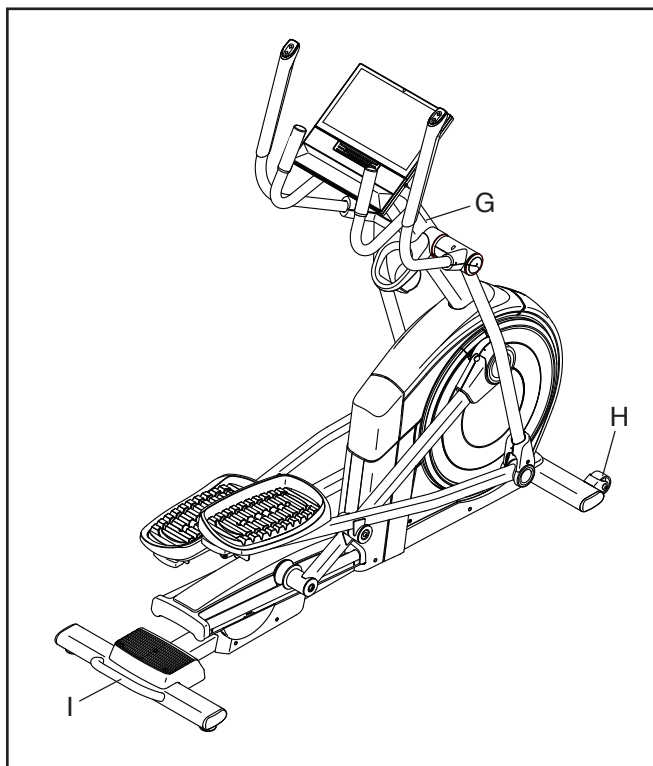


2. Plug the power cord into an appropriate outlet (C) that is properly installed and earthed in accordance with all local codes and ordinances.



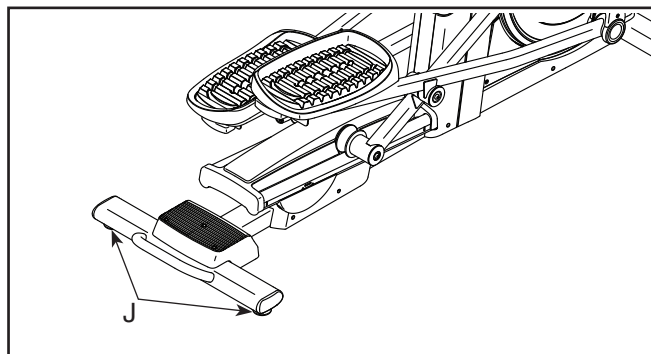
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical, hold the upright (G), and place one foot against one of the wheels (H). Next, pull on the upright and have a second person lift the handle (I) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



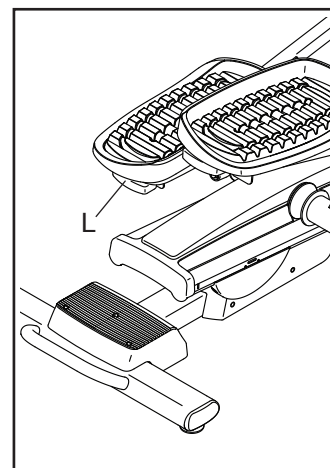
HOW TO LEVEL THE ELLIPTICAL

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



HOW TO ADJUST THE POSITIONS OF THE PEDALS

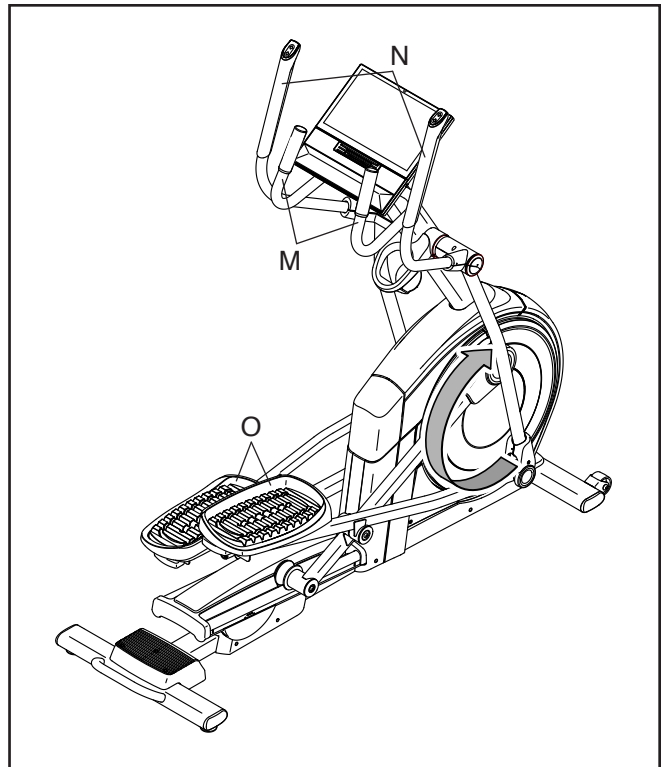
Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (L) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.



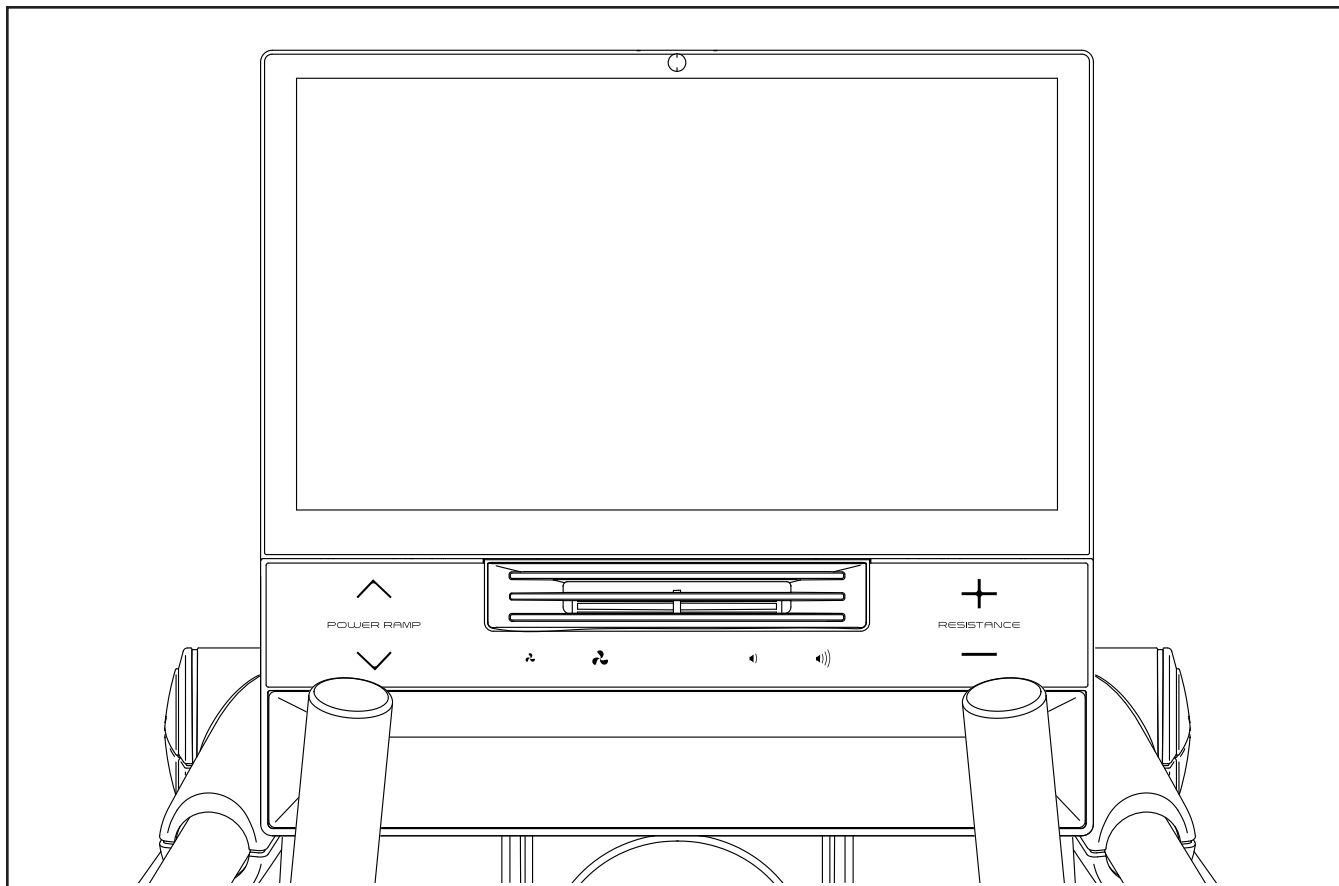
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars (M) or the upper body arms (N) and step onto the pedal (O) 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 (O) 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 USE THE CONSOLE



FEATURES OF THE CONSOLE

IMPORTANT: iFIT will periodically update your console's software to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features. Take time to explore your console's settings and features. **If you have questions, please visit my.iFIT.com or contact Member Care.**

The advanced console offers a selection of features designed to make your workouts more effective and exciting.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline

of the ramp with a touch of a button. As you exercise, the console will display instant exercise feedback.

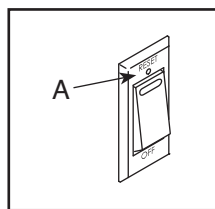
The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the resistance of the pedals and the incline of the ramp as iFIT trainers guide you through immersive exercise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

With an iFIT subscription, you can access a library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to iFIT.com to learn more.

HOW TO TURN ON THE CONSOLE

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

Plug in the power cord (see page 13). Next, locate the power switch on the elliptical near the power cord. Press the power switch to the reset position (A).



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

Note: When you turn on the console for the first time, the incline system may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the incline system is calibrated. **IMPORTANT:** If the incline system does not calibrate automatically, see step 5 on page 22 and manually calibrate the incline system.

HOW TO TURN OFF THE CONSOLE

When you are finished exercising, press the power switch to the off position and unplug the power cord.

IMPORTANT: If you do not do this, the electrical components of the elliptical may wear prematurely.

HOW TO USE THE TOUCH SCREEN

The console features a full-color touch screen. You can slide or flick your fingers against the screen to move some images on the screen. Note: The screen is not pressure sensitive; you do not need to press hard.

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

HOW TO SET UP THE CONSOLE

Before you use the elliptical for the first time, set up the console.

1. Choose your time zone.

2. Connect to a wireless network.

To use iFIT workouts and several other features of the console, the console must be connected to a wireless network. If necessary, see page 23 for detailed instructions.

3. Create or sign in to your iFIT account.

Follow the prompts on the screen to create an iFIT account or to log in to your iFIT account. Available subscription options will be shown.

4. Check for software updates.

Touch the console settings button (gear icon) on the screen. Next, touch *Equipment* and then touch *Software update*. Software updates will begin automatically. **IMPORTANT:** To avoid damaging the elliptical, do not press the power switch or unplug the power cord while the software is being updated. See page 22 for detailed instructions.

5. Calibrate the incline system.

Touch the console settings button (gear icon) on the screen, touch *Equipment*, touch *Calibrate*, and then touch *Calibrate*. The ramp will move upward and downward as it calibrates. For more information, see step 5 on page 22.

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

HOW TO USE THE MANUAL MODE

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 24.

3. Start the workout.

Touch *Quick start* and begin pedaling.

4. Change the resistance of the pedals and the incline of the ramp as desired.

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

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

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

- Press the Power Ramp increase and decrease buttons on the console.
- Press the Power Ramp increase and decrease buttons on the left handlebar.
- Touch the numbered Power Ramp buttons on the left side of the screen.

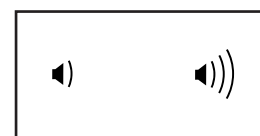
Note: After you touch a button, it will take a moment for the pedals to reach the selected resistance level or for the ramp to reach the selected incline level.

Note: To turn on and turn off the resistance buttons or the ramp buttons on the screen, touch *Resistance* or *Incline* at the bottom of the screen. You can also touch the workout settings icon in the lower-right corner of the screen and then touch *Controls*.

5. Follow your progress.

The console offers several display modes. Touch the workout settings icon in the lower-right corner of the screen to turn on and turn off options such as *Metrics* and *Charts*.

To adjust the volume level, touch the workout settings icon in the lower-right corner of the screen and then touch *Audio*. You can also press the volume buttons on the console.



6. Pause or end the workout.

To pause the workout, stop pedaling or touch the pause symbol next to the word *Workout* at the bottom of the screen. To continue the workout, start pedaling or touch *Resume* on the screen.

To end the workout, touch the pause symbol next to the word *Workout* on the screen and then touch *End*. A workout summary will appear. Touch the X in the upper-left corner of the screen to return to the home screen.

7. When you are finished exercising, turn off the console (see page 17).

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 23).

1. Select the home screen or the workout library.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Select a workout.

To select a workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, activity, environment, trainers, and so forth. Then, touch the desired workout image on the screen.

The featured workouts on your console will change periodically. To save a featured workout for future use, add it as a favorite by touching the favorites button (heart symbol). Note: You must be logged in to your iFIT account to save a featured workout (see step 2 on page 21).

When you select a workout, the screen will show an overview of the workout with details such as the duration and distance of the workout and the estimated number of calories that you will burn during the workout. Note: The actual number of calories that you burn will depend on various factors such as your weight.

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 20.

3. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 24.

4. Start the workout.

Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the workout settings icon in the lower-right corner of the screen and then touch *Audio* to select music, trainer voice, and volume options for the workout.

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

During the workout, the resistance of the pedals and the incline of the ramp will change automatically according to the settings of the workout. **If the resistance of the pedals or the incline of the ramp is too high or too low**, you can manually override the setting (see step 4 on page 18). To return to the programmed resistance of the workout, touch *Follow Trainer*.

Note: If you manually change the resistance of the pedals or the incline of the ramp during the workout, the number of calories that you burn will be affected.

If the SmartAdjust feature is enabled, the console will scale the intensity of the workout automatically based on your manual overrides of the resistance setting. **To enable the SmartAdjust feature**, touch the workout settings icon in the lower-right corner of the screen and then touch *Features*.

To follow your progress, see step 5 on page 18.

To pause or end the workout, see step 6 on page 18.

5. When you are finished using the elliptical, turn off the console (see page 17).

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

To use a draw-your-own-map workout, you must be logged in to your iFIT account (see step 2 on page 21) and the console must be connected to a wireless network (see page 23).

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

2. Draw a workout on the map.

First, touch the *Create* icon on the left side of the screen.

Next, navigate to the area on the map where you want to draw a workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the starting point for the workout. Then, touch the screen to add the ending point for the workout.

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

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

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

3. Save the workout.

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

4. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 24.

5. Start the workout.

Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

The workout will function in the same way as a featured workout (see step 4 on page 19).

6. When you are finished exercising, turn off the console (see page 17).

HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, you must be logged in to your iFIT account and the console must be connected to a wireless network. **For more information about iFIT, go to [iFIT.com](https://www.ifit.com).**

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Log in to your iFIT account.

If you have not done so, touch the console settings button (gear icon) on the screen and then touch *Membership* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

Note: To switch users within your iFIT account, select the home screen and then touch the circular icon in the lower-left corner 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.

3. Select an iFIT workout from the home screen or the workout library.

To select an iFIT workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, location, trainer, and so forth. Then, touch the desired workout image on the screen.

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

You can also select options such as adding the workout to your schedule (see step 4) or marking the workout as a favorite (see step 5).

4. Schedule an iFIT workout on the calendar if desired.

To schedule an iFIT workout for a future date, simply view the overview or workout summary of the desired iFIT workout, touch the calendar icon, and then select the desired date on the calendar. When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

5. Create a list of favorite iFIT workouts if desired.

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

To view a list of iFIT workouts that you have marked as favorites, touch the heart icon at the top of the home screen.

6. Get ready for the workout.

To use the fan, your Bluetooth headphones, or an optional heart rate monitor, see page 24.

7. Start the workout.

Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

The workout will function in the same way as a featured workout (see step 4 on page 19).

8. When you are finished using the elliptical, turn off the console (see page 17).

HOW TO CHANGE CONSOLE SETTINGS

1. Select the console settings menu.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

Then, touch the console settings button (gear icon) on the screen.

2. Navigate the console settings menu.

You may be able to view and change settings in the following settings menus:

Your account

- Account info, password
- Health details

Preferences

- Wi-Fi
- Units of measurement
- Time zone
- Language
- iFIT AI Coach

Equipment

- About
- Update
- Calibrate

Membership

- Manage membership
- Plan profiles

Support

- Help
- How To
- Legal

3. Customize settings.

The console can display speed and distance in either Imperial (standard) or metric units of measurement. To change the unit of measurement or to change other settings, touch *Preferences* or *Equipment* and then touch the desired settings.

4. Update the console software.

For the best results, regularly check for software updates. Touch *Equipment* and then touch *Software update*. Software updates will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not press the power switch or unplug the power cord while the software is being updated.**

When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power cord, wait for several seconds, and then plug in the power cord. Note: Software updates are always designed to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features.

5. Calibrate the incline system.

To calibrate the incline system, touch the console settings button (gear icon) on the screen, touch *Equipment*, touch *Calibrate*, and then touch *Calibrate*. The ramp will move upward and downward and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

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

6. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

HOW TO CHANGE WORKOUT SETTINGS

1. Select the workout settings menu.

Touch the workout settings icon in the lower-right corner of the screen.

2. Navigate the workout settings menu and customize workout settings.

You may be able to view and change settings in the following menus:

Audio

- App volume
- Speaker volume

Fan

Bluetooth

Features

- SmartAdjust

Display

- iFIT Closed Captions
- Screen brightness

Note: Some workout controls are disabled when no workout is running.

3. Exit the workout settings menu.

To exit the workout settings menu, touch the X in the lower-right corner of the screen.

HOW TO CONNECT TO A WIRELESS NETWORK

1. Select the console settings menu.

With the home screen selected, touch the console settings button (gear icon) on the screen and then touch *Preferences*.

2. Set up and manage a wireless network connection.

Touch *Wi-Fi* to select the wireless network menu. If *Wi-Fi* is not enabled, touch the *Wi-Fi* toggle to enable it. When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a moment for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported). The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password. Follow the prompts on the screen to enter your password and connect to the selected wireless network. Passwords are case-sensitive.

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

If you have problems connecting to an encrypted network, make sure that your password is correct. **If you have questions after following these instructions, please go to my.iFIT.com for assistance.**

3. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

HOW TO USE THE FAN

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



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

HOW TO USE THE CHARGING PORT

The console features a charging port to charge USB-C compatible devices, such as smartphones and tablets, while you exercise.

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

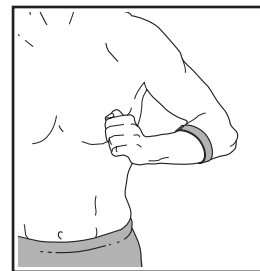
HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, put them in pairing mode, and place them near the console. Next, start a workout. Then, touch the workout settings icon in the lower-right corner of the screen, touch *Bluetooth*, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

HOW TO USE AN OPTIONAL HEART RATE MONITOR

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



When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

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MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

TROUBLESHOOTING

Many problems can be solved with the simple steps in this section. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

INCLINE SYSTEM TROUBLESHOOTING

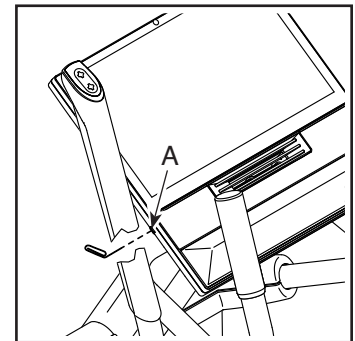
If the ramp does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 22 and calibrate the incline system.

CONSOLE TROUBLESHOOTING

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

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

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.**

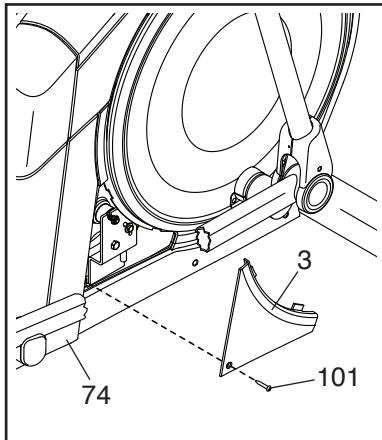


Resetting the console requires two people. First, press the power switch and unplug the power cord. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power cord and press the power switch. **Continue holding the reset button until the console turns on.** When the reset operation is complete, the console will turn off and then turn back on. If it does not, press the power switch off and then on again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS page 22). Note: It may take a moment for the console to be ready for use.

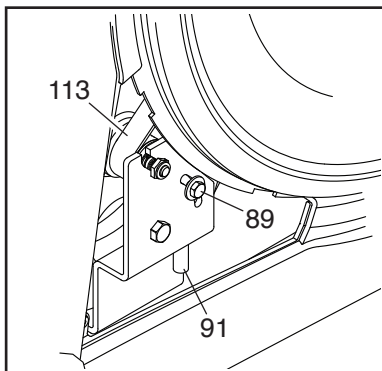
HOW TO ADJUST THE DRIVE BELT

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

Next, locate the Access Cover (3) on the Right Shield (74). Remove the M4 x 16mm Screw (101), and then remove the Access Cover.



Next, locate and loosen the Idler Screw (89). Tighten the Drive Belt Adjustment Screw (91) until the Drive Belt (113) is tight. Then, retighten the Idler Screw.

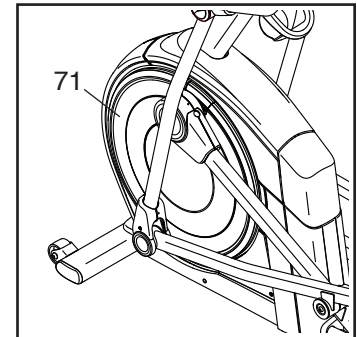


Reattach the parts that you removed. Then, plug in the power cord and press the power switch.

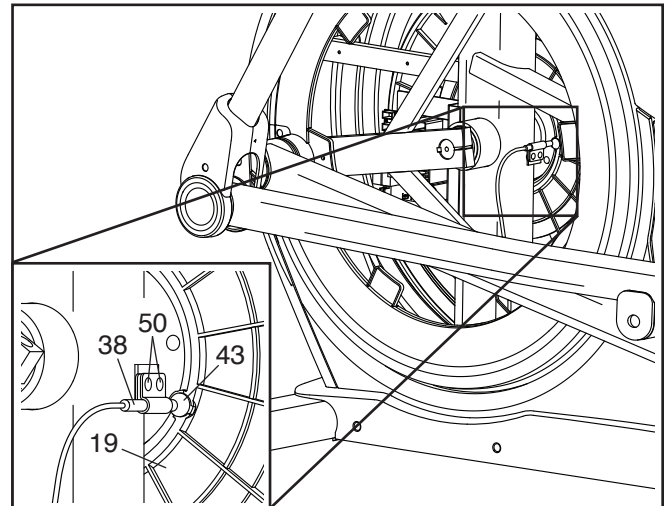
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch to the off position and unplug the power cord.**

Next, using a standard screwdriver, carefully pry off the left Disc (71).



See the drawing below. Locate the Reed Switch (38). Turn the Pulley (19) until a Magnet (43) is aligned with the Reed Switch.



Next, slightly loosen the indicated two M4 x 12mm Self-tapping Screws (50). Slide the Reed Switch (38) slightly closer to or away from the Magnet (43), and then retighten the Self-tapping Screws.

Then, plug in the power cord, press the power switch, and rock the Pulley (19) forward and backward just enough that the Magnet (43) passes the Reed Switch (38) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left disc, plug in the power cord, and press the power switch.

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, consult a reputable resource or consult your physician. Remember that proper nutrition and 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 level is key to achieving the desired results. You can use your heart rate to find the proper intensity level. The chart below shows recommended heart rates.

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	

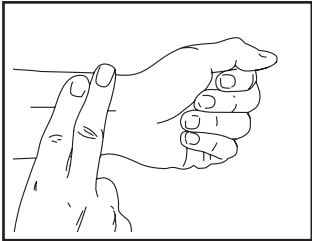
To find the recommended heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers above your age define your “training zone.”

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 sustained 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. 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

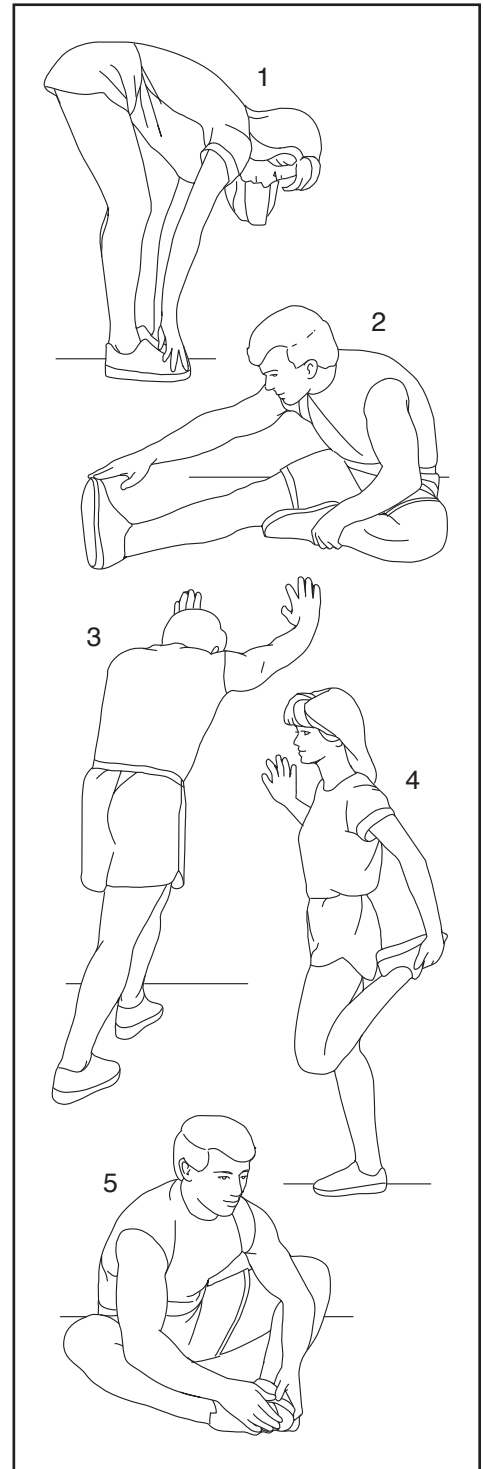
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

Model No. NTEL71426-4.0 R0925A

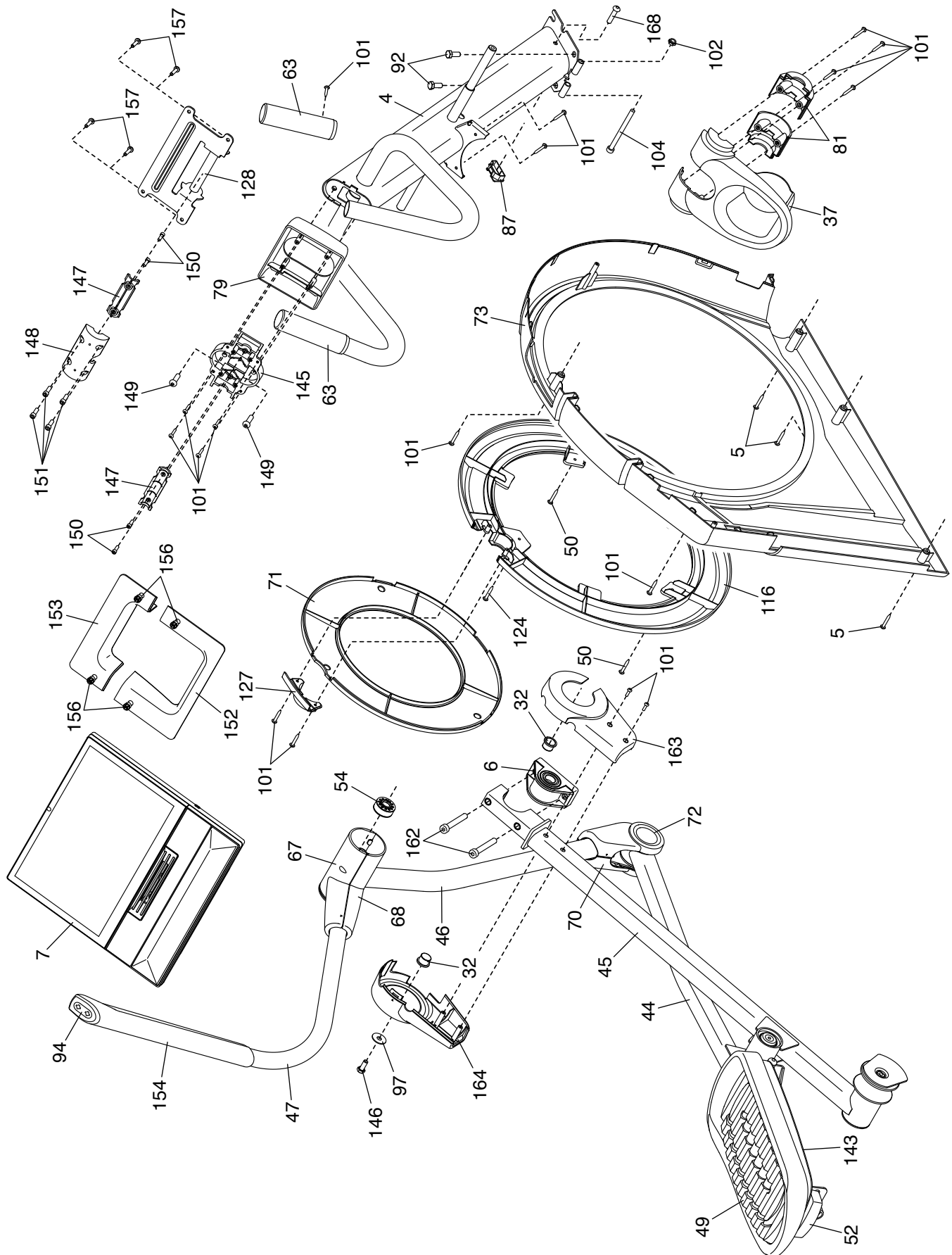
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer	52	1	Left Pedal Handle
3	1	Access Cover	53	2	Roller Arm Cover
4	1	Upright	54	2	Pivot Spacer
5	13	M4 x 19mm Screw	55	2	Retainer
6	2	Pillow Block	56	4	Roller Arm Bushing
7	1	Console	57	4	Pedal Arm Bearing Assembly
8	2	Roller Guide	58	1	Right Pedal Arm
9	2	Crank Bushing	59	1	Right Roller Arm
10	1	Ramp Cover	60	1	Right Upper Body Leg
11	1	Incline Motor	61	1	Right Upper Body Arm
12	1	Left Motor Cover	62	2	Saddle Bracket
13	1	Right Motor Cover	63	2	Handlebar Grip
14	2	Motor Spacer	64	2	Pedal Arm Axle
15	1	Rear Stabilizer Cover	65	1	Right Arm Front Cover
16	2	Track	66	1	Right Arm Rear Cover
17	1	Power Switch	67	1	Left Arm Front Cover
18	1	Crank	68	1	Left Arm Rear Cover
19	1	Pulley	69	1	Right Leg Outer Cover
20	2	Crank Arm	70	1	Left Leg Outer Cover
21	1	Ramp Axle	71	2	Disc
22	1	Idler	72	1	Left Leg Inner Cover
23	2	Front Foot	73	1	Left Shield
24	1	Center Foot	74	1	Right Shield
25	1	Resistance Motor	75	1	Center Shield Cover
26	6	M10 Locknut	76	2	M6 x 12mm Socket Head Screw
27	2	Ramp Bushing	77	2	Axle Cover
28	1	Eddy Mechanism	78	2	Key
29	1	Right Pedal	79	1	Console Cover
30	4	Stabilizer Cap	80	4	M8 x 31mm Screw
31	1	Ramp	81	2	Lower Tray Cover
32	4	Pillow Block Bushing	82	8	M8 x 13mm Screw
33	2	Leveling Foot	83	1	Right Leg Inner Cover
34	2	Wheel	84	1	M4 x 12mm Ground Screw
35	1	Lower Motor Axle	85	2	M10 Split Washer
36	1	Idler Washer	86	2	M10 x 58mm Hex Bolt
37	1	Water Bottle Holder	87	1	Grommet
38	1	Reed Switch/Wire	88	1	Idler Pivot Screw
39	1	Clamp	89	1	Idler Screw
40	2	Frame Bearing	90	4	M10 x 60mm Screw
41	2	Ramp Shield	91	1	Drive Belt Adjustment Screw
42	1	Sleeve	92	4	M10 x 25mm Screw
43	2	Magnet	93	4	M4 x 12mm Flange Screw
44	1	Left Pedal Arm	94	1	Left Control Pad
45	1	Left Roller Arm	95	6	M8 x 16mm Screw
46	1	Left Upper Body Leg	96	4	M8 x 41mm Screw
47	1	Left Upper Body Arm	97	4	M8 x 28mm Washer
48	1	Receptacle	98	2	M8 x 18mm Washer
49	1	Left Pedal	99	1	Right Roller Arm Inner Cover
50	6	M4 x 12mm Self-tapping Screw	100	4	Leg Bearing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	55	M4 x 16mm Screw	137	1	Right Pedal Handle
102	4	M8 Locknut	138	2	Pedal Pin
103	2	M8 x 23mm Washer	139	2	Pedal Spring
104	1	M8 x 100mm Bolt	140	2	M6 Acorn Nut
105	2	M8 x 16mm Hex Screw	141	6	M6 Washer
106	1	Lower Motor Cover	142	1	Right Pedal Plate
107	1	Crank Spacer	143	1	Left Pedal Plate
108	4	M6 x 13mm Screw	144	2	M10 x 158mm Bolt
109	2	M10 x 58mm Bolt	145	1	Pivot Bracket
110	1	Main Wire	146	2	M8 x 20mm Screw
111	1	Extension Wire	147	2	Inner Pivot Bushing
112	2	M4 x 19mm Self-tapping Screw	148	1	Bracket Mount
113	1	Drive Belt	149	2	M8 x 30mm Screw
114	1	Controller	150	4	M4 x 10mm Machine Screw
115	4	Standoff	151	4	M6 x 15mm Socket Head Screw
116	2	Disc Ring	152	1	Lower Console Cover
117	1	Front Shield Cover	153	1	Upper Console cover
118	1	Rear Shield Cover	154	1	Left Hand Grip/Control Wire
119	1	Power Cord	155	3	M4 x 18mm Machine Screw
120	2	M8 x 20mm Flat Head Screw	156	4	Mushroom Fastener/Screw
121	2	Motor Bushing	157	4	M6 x 16mm Screw
122	1	Upper Motor Axle	158	2	Pivot Guide
123	1	Right Roller Arm Outer Cover	159	2	Wire Clip
124	2	M4 x 16mm Machine Screw	160	2	M4 x 10mm Screw
125	8	M6 x 12mm Screw	161	1	Eddy Mechanism Screw
126	2	M4 x 25mm Screw	162	4	M10 x 70mm Socket Head Screw
127	2	Disc Bracket	163	1	Left Roller Arm Inner Cover
128	1	Console Bracket	164	1	Left Roller Arm Outer Cover
129	2	M8 x 22mm Washer	165	4	Pedal Arm Bearing
130	4	M4 x 12mm Screw	166	2	Roller Arm Axle
131	2	Adhesive Tape	167	2	Large Washer
132	1	Right Control Pad	168	1	M8 x 35mm Bolt
133	2	Zip Tie	*	—	Assembly Tool
134	1	Right Hand Grip/Control Wire	*	—	Grease Packet
135	2	M6 x 26mm Washer	*	—	User's Manual
136	1	Lower Rear Shield			

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.

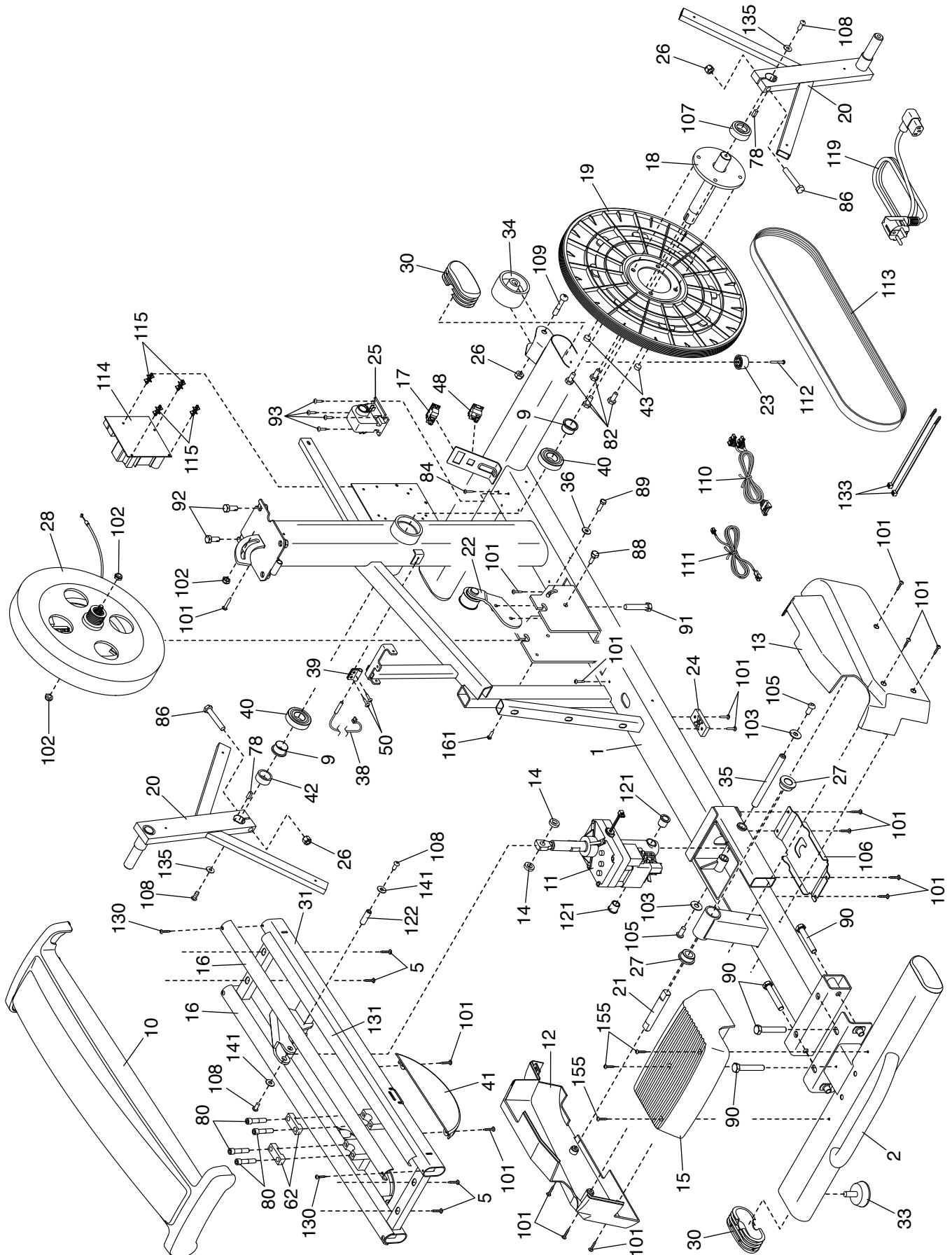
EXPLODED DRAWING A

Model No. NTEL71426-4.0 R0925A



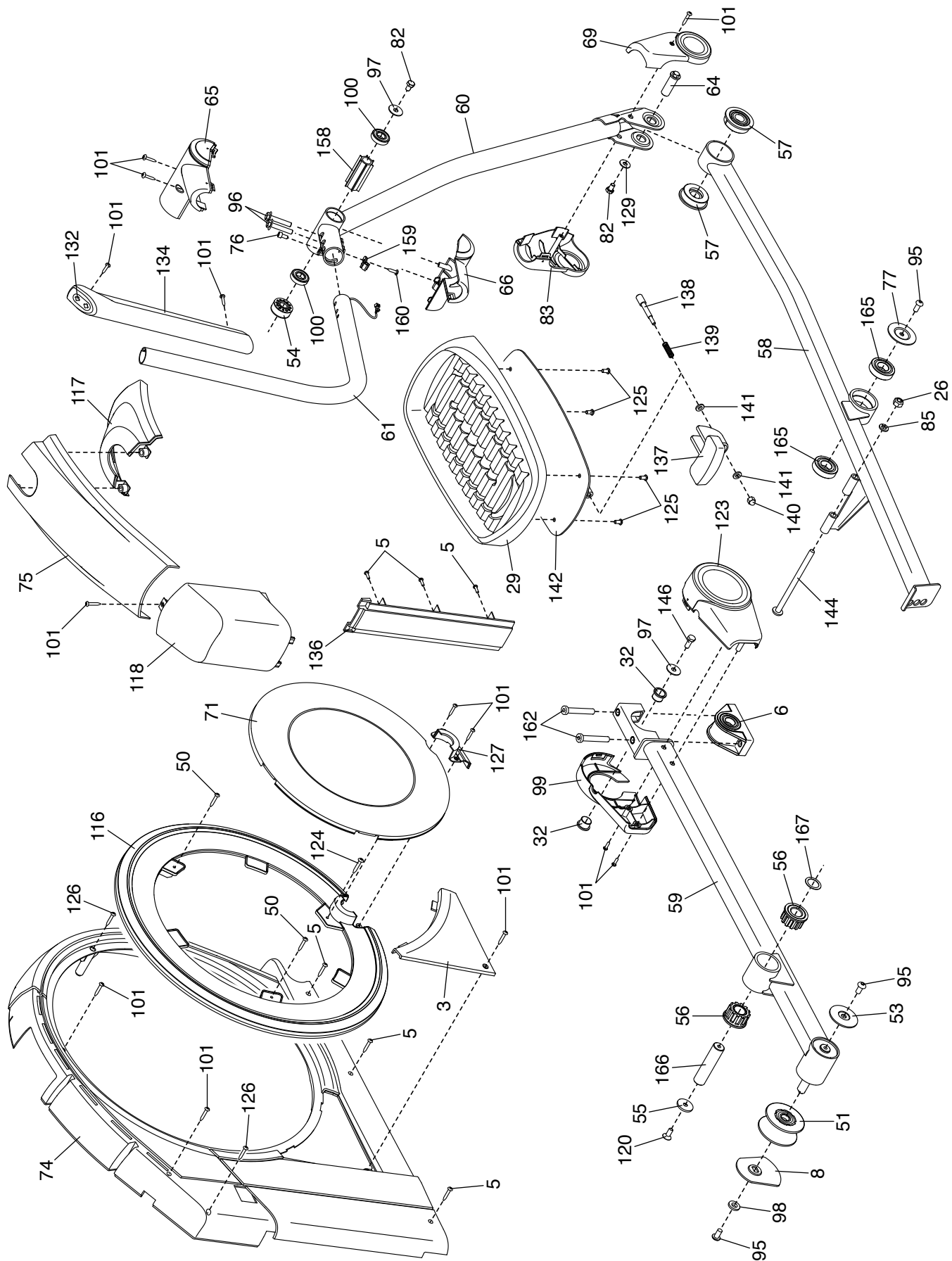
EXPLODED DRAWING B

Model No. NTEL71426-4.0 R0925A



EXPLODED DRAWING C

Model No. NTEL71426-4.0 R0925A



ORDERING REPLACEMENT PARTS

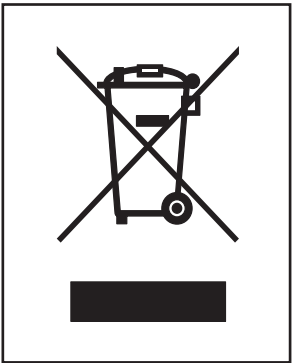
To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- 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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



UK/EU DECLARATION OF CONFORMITY

NTEL71426-4000 contains the MP16-Xenon-C or MP16-Xenon-V Tablet.
Hereby, iFIT Health & Fitness declares that the radio equipment type MP16-Xenon-C or MP16-Xenon-V is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMC453084, OMC453584V, or OMC453084E - Broadcast Frequency Bands and Maximum EIRP power: 2.4G WIFI:25.02dBm; 5G WIFI:22.89dBm; 2.4G BT:10.12dBm.
Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/
AC:2015, Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17
V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2, EN 301 893
V2.1.1

UK Representative: iFIT Health & Fitness Limited, Unit 1, Westgate Court, Fryers Way, Silkwood Park, Ossett, WF5 9TT, United Kingdom

EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France

	BE	BG	CZ	DK	DE	EE	IE
	EL	ES	FR	HR	IT	CY	LV
	LT	LU	HU	MT	NL	AT	PL
	PT	RO	SI	SK	FI	SE	UK

