

# NordicTrack®

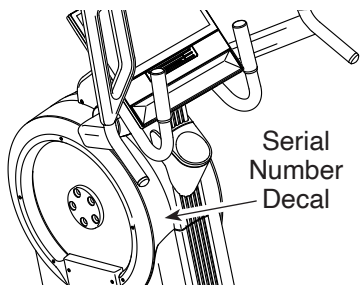
nordictrack.com

## STEP CLIMBER XL

Model No. NTEL16825.0

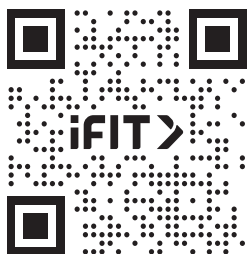
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### MEMBER CARE

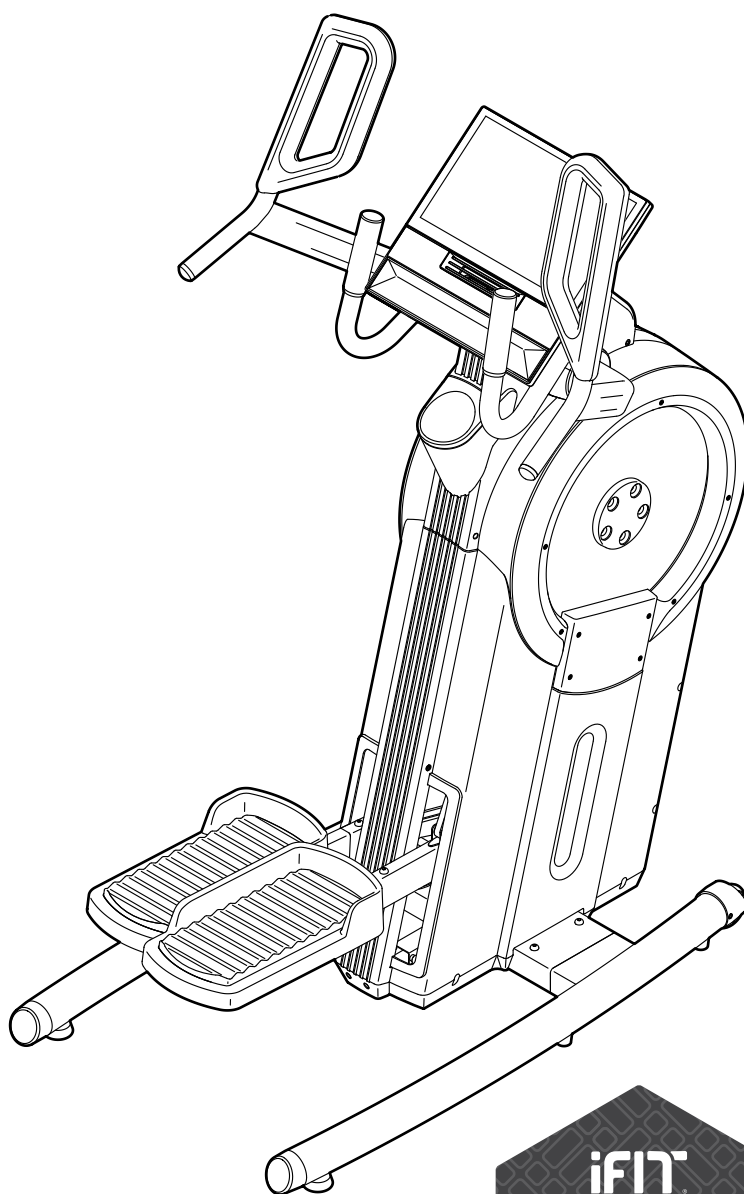
For service at any time, go to [my.iFIT.com](http://my.iFIT.com) or scan the QR code below. PLEASE DO NOT CONTACT THE STORE.



### ⚠ CAUTION

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

## USER'S MANUAL

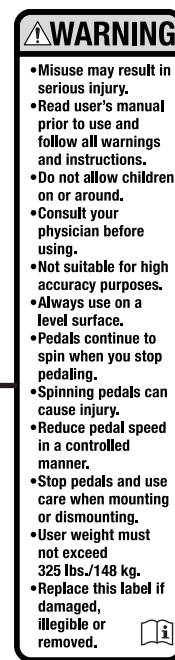
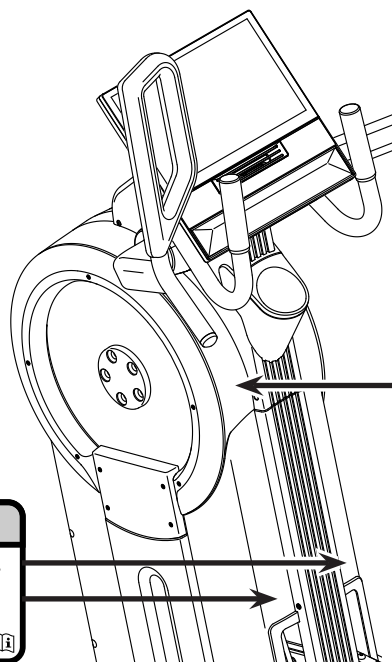


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## WARNING DECAL PLACEMENT

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



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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the elliptical before using the 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 the 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. Always plug the power adapter into the elliptical before you plug it into an outlet.
12. The elliptical should not be used by persons weighing more than 325 lbs. (148 kg).
13. 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.
14. Hold the handlebars or the grips 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.
15. 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.
16. Keep your back straight while using the elliptical; do not arch your back.
17. 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.

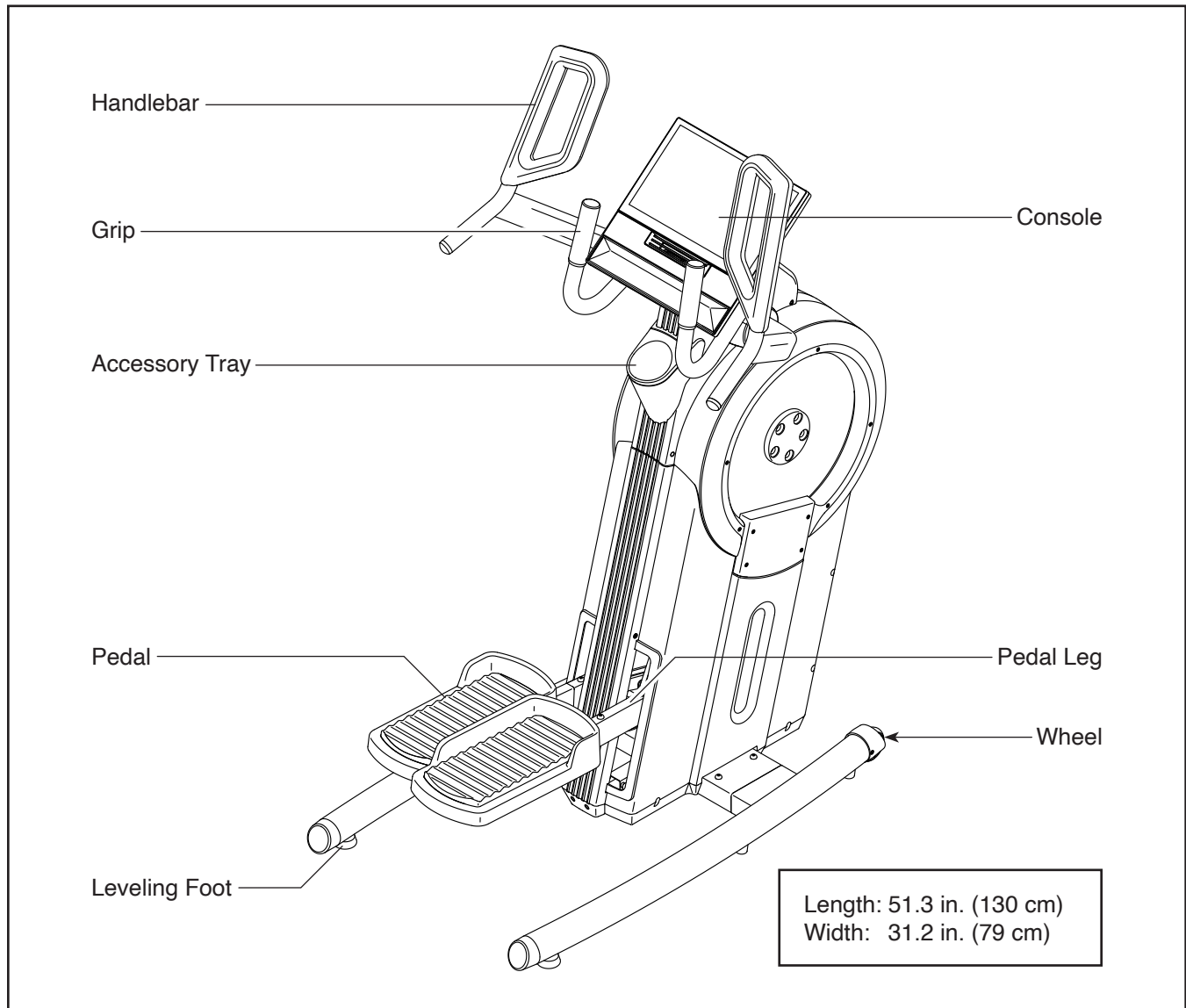
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® STEP CLIMBER XL elliptical. The STEP CLIMBER XL 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

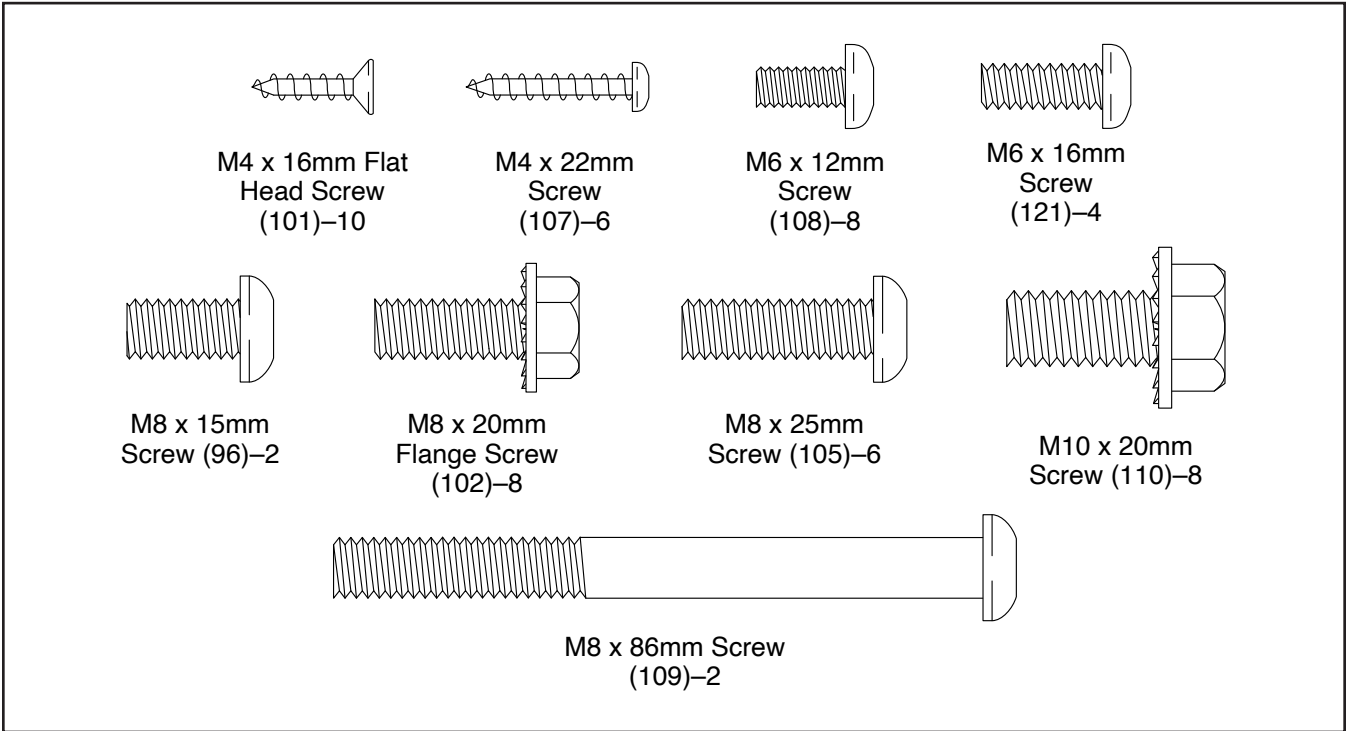
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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.**



# 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.
- Assembly can be completed using the included tools. 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.

For assistance with assembly, scan the QR code at the right and watch the assembly video.

1



2. Identify the Right and Left Stabilizers (8, 9) and orient them as shown.

Have a second person hold the Frame (1) and tip it to the left. **IMPORTANT: Be careful not to damage the Shields (50, 51).**

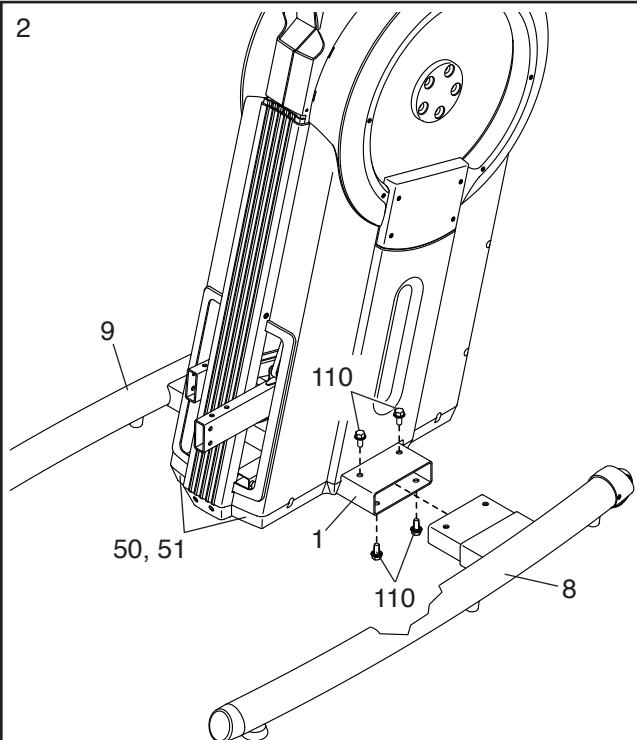
Attach the Right Stabilizer (8) to the Frame (1) with four M10 x 20mm Screws (110); **start all four Screws, and then tighten them.**  
Note: Disregard the two unthreaded holes in the underside of the Frame.

**IMPORTANT: FIRMLY tighten the M10 x 20mm Screws (110).**

Have the second person lower the Frame (1) to the floor.

**Attach the Left Stabilizer (9) in the same way.**

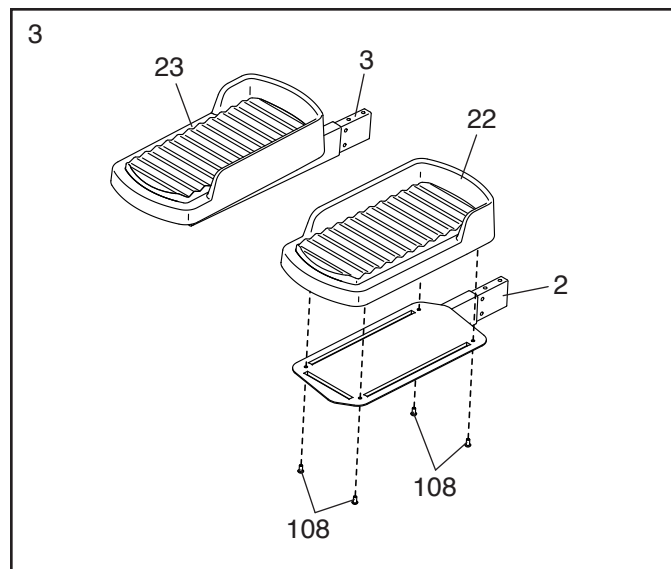
2



3. Identify the Right and Left Pedal Bases (2, 3) and the Right and Left Pedals (22, 23), and orient them as shown.

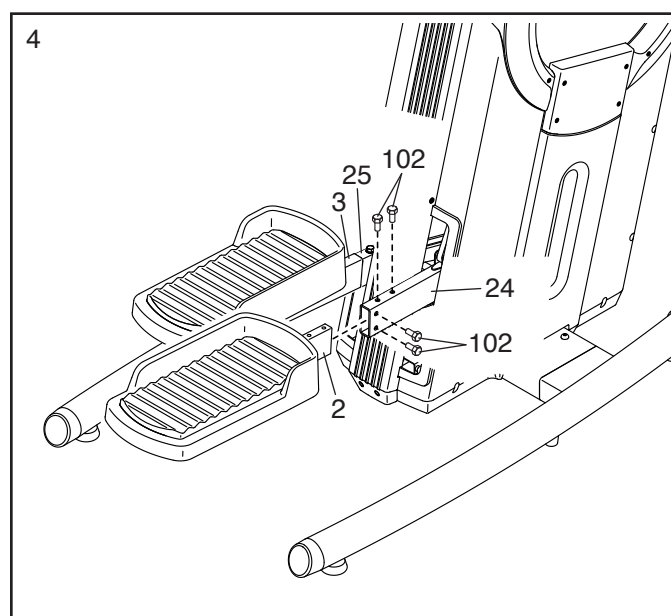
Attach the Right Pedal (22) to the Right Pedal Base (2) with four M6 x 12mm Screws (108); **start all four Screws, and then tighten them.**

**Attach the Left Pedal (23) to the Left Pedal Base (3) in the same way.**



4. Attach the Right Pedal Base (2) to the Right Pedal Leg (24) with four M8 x 20mm Flange Screws (102); **start all four Flange Screws, and then firmly tighten them.**

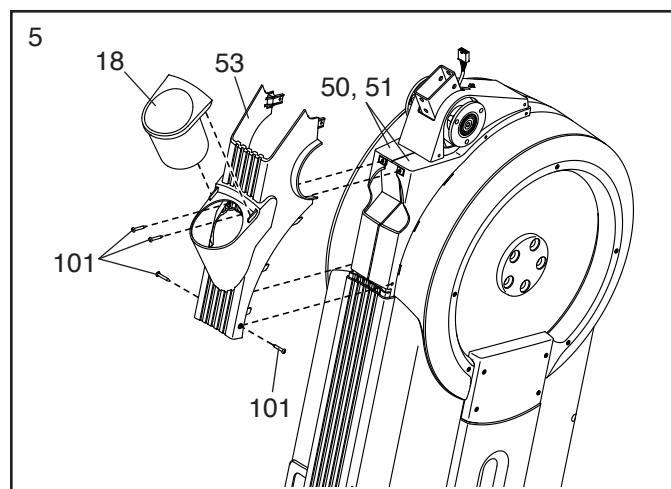
**Attach the Left Pedal Base (3) to the Left Pedal Leg (25) in the same way.**



5. Press the Rear Cover (53) onto the Left and Right Shields (50, 51).

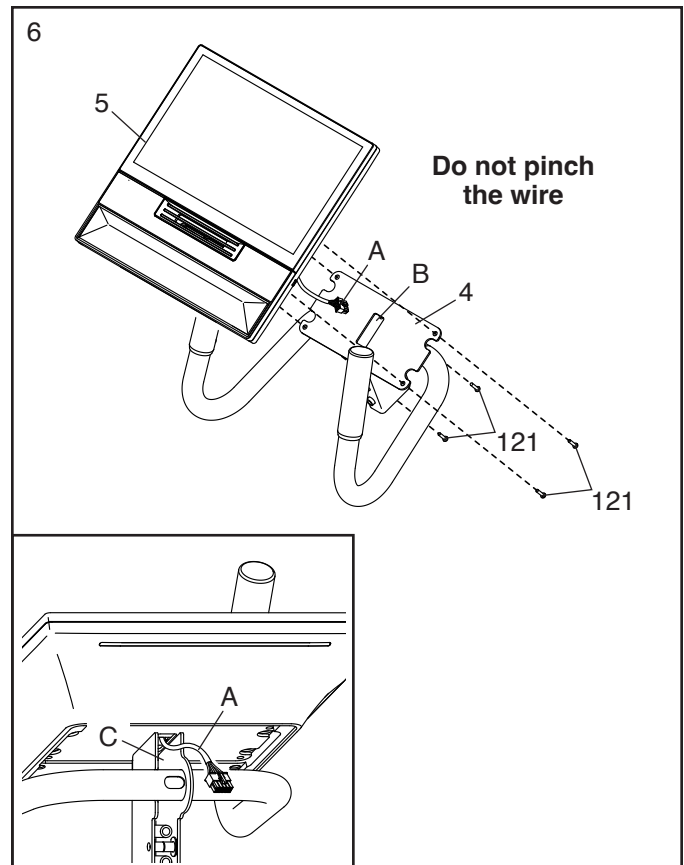
Attach the Rear Cover (53) with four M4 x 16mm Flat Head Screws (101); **start all four Flat Head Screws, and then tighten them.**

Then, insert the Accessory Tray (18) into the Rear Cover (53).

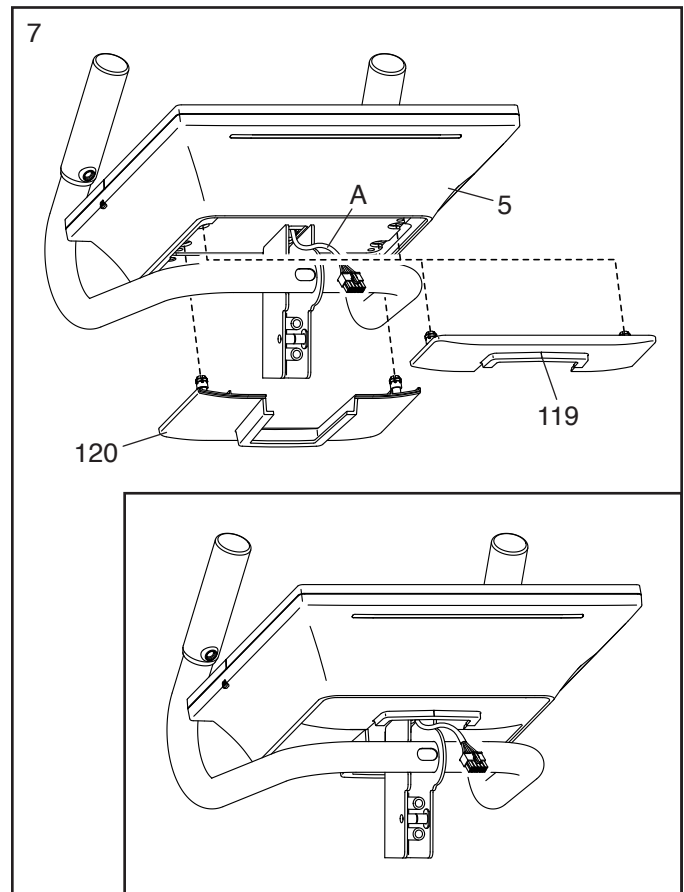


6. Hold the Console (5) near the Console Bracket (4), and route the console wire (A) through the slot (B) in the Console Bracket. **See the inset drawing. Make sure to route the console wire (A) out of the indicated opening (C).**

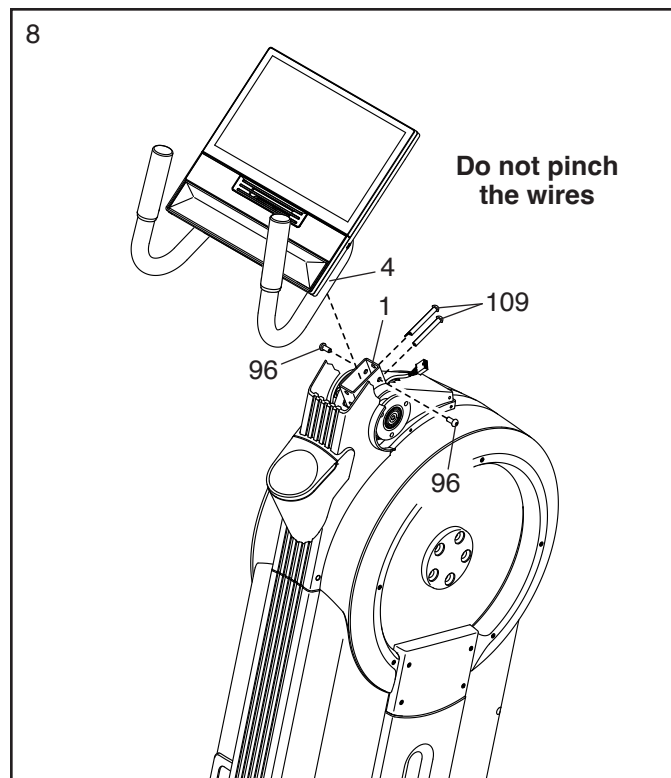
**Do not pinch the wire.** Attach the Console (5) to the Console Bracket (4) with four M6 x 16mm Screws (121); **start the upper Screws first, and then start the lower Screws.** Then, **tighten all four Screws.**



7. Identify the **Console Lower Cover (120)**, and press it onto the back of the Console (5). Then, press the **Console Upper Cover (119)** onto the back of the Console. **Do not pinch the console wire (A).**

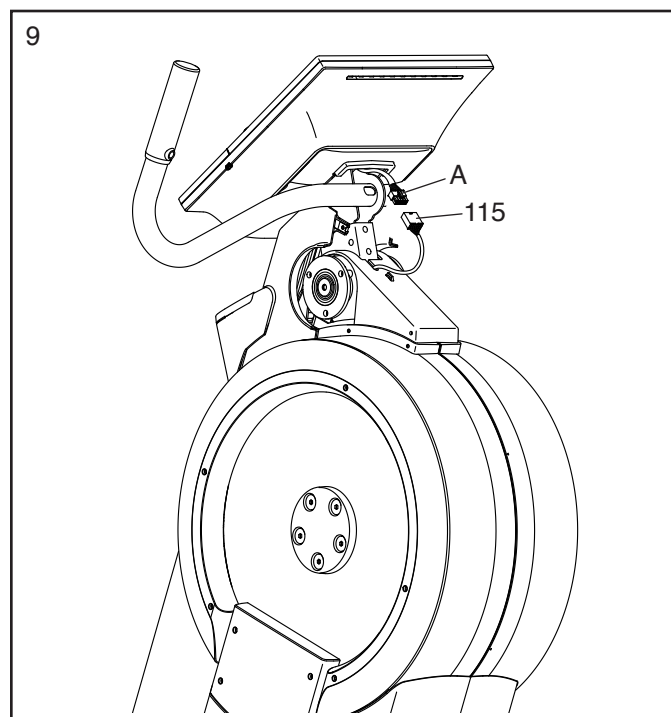


8. **Do not pinch the wires.** Insert the Console Bracket (4) into the Frame (1). Attach the Console Bracket with two M8 x 86mm Screws (109) and two M8 x 15mm Screws (96); **start all four Screws, and then tighten them.**



9. Connect the console wire (A) to the Main Wire (115).

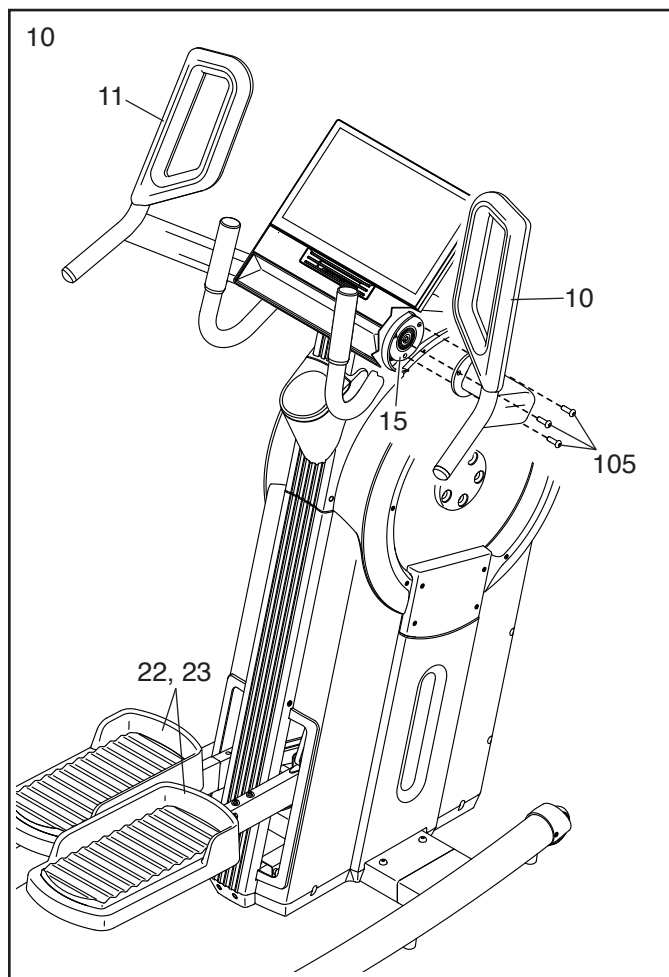
**IMPORTANT:** The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your elliptical to function properly.



10. Identify the Right and Left Handlebars (10, 11).

**Make sure that the Pedals (22, 23) are level.** Attach the Right Handlebar (10) to the Right Handlebar Arm (15) with three M8 x 25mm Screws (105); **start all three Screws, and then tighten them. Note: It may be helpful to rotate the Right Handlebar for better access to tighten the Screws.**

**Attach the Left Handlebar (11) in the same way.**

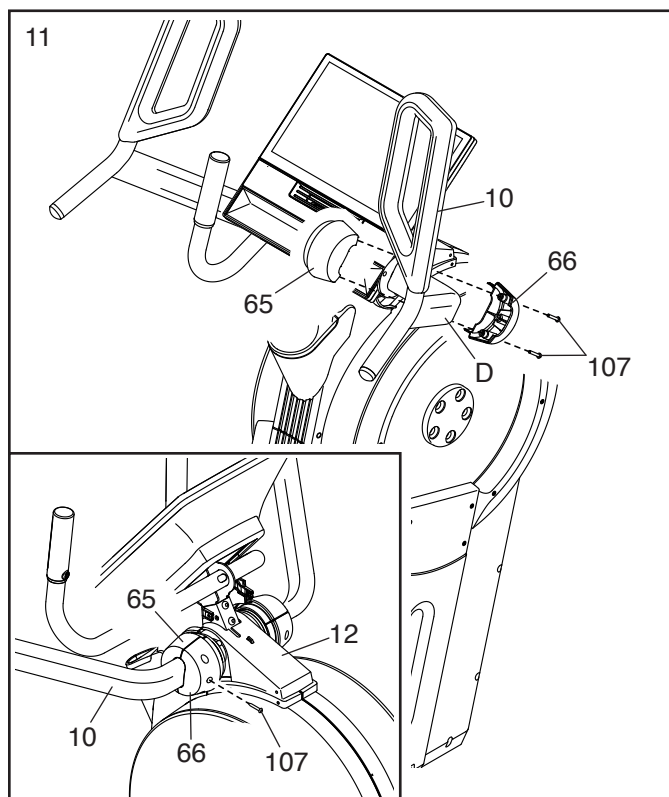


11. Identify the Rear and Front Pivot Covers (65, 66).

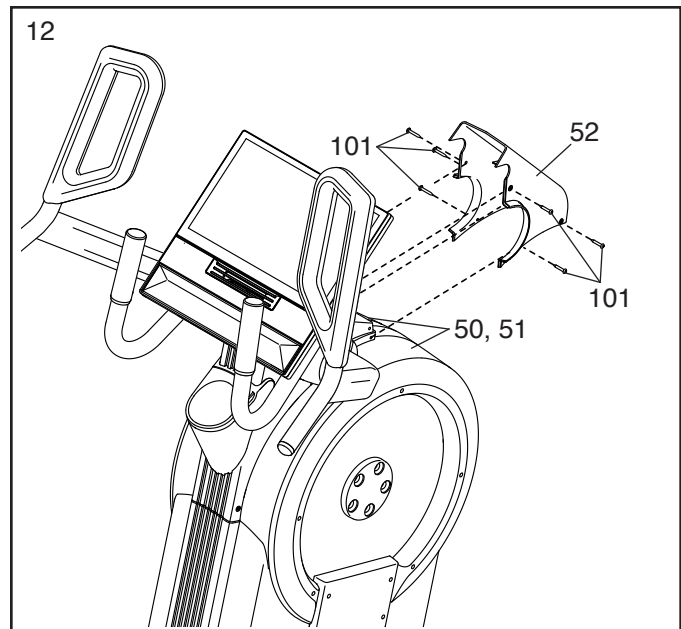
Press a set of Rear and Front Pivot Covers (65, 66) together around the Right Handlebar (10) near the bend (D). Then, attach them to each other with two M4 x 22mm Screws (107).

**See the inset drawing.** Slide the Rear and Front Pivot Covers (65, 66) toward the Shield Cover (12). Then, attach the Front Pivot Cover to the Right Handlebar (10) with an M4 x 22mm Screw (107).

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

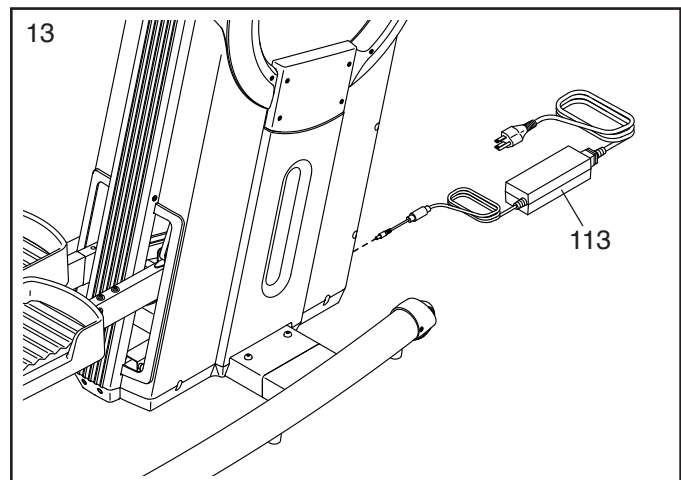


12. Attach the Front Cover (52) to the Left and Right Shields (50, 51) with six M4 x 16mm Flat Head Screws (101); **start all four Flat Head Screws, and then tighten them.**



13. Plug the Power Adapter (113) into the receptacle on the front of the elliptical.

Note: To plug the Power Adapter (113) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 12.



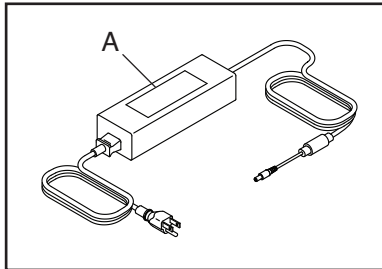
14. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat under the elliptical to protect the floor or carpet. To avoid damage to the console, keep the elliptical out of direct sunlight. **Keep the included tools;** one or more of the tools may be needed to make adjustments in the future.

# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER ADAPTER

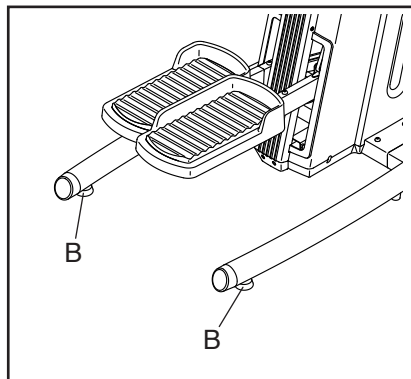
**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

**IMPORTANT:** Always plug the power adapter (A) into the elliptical before you plug it into an outlet. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



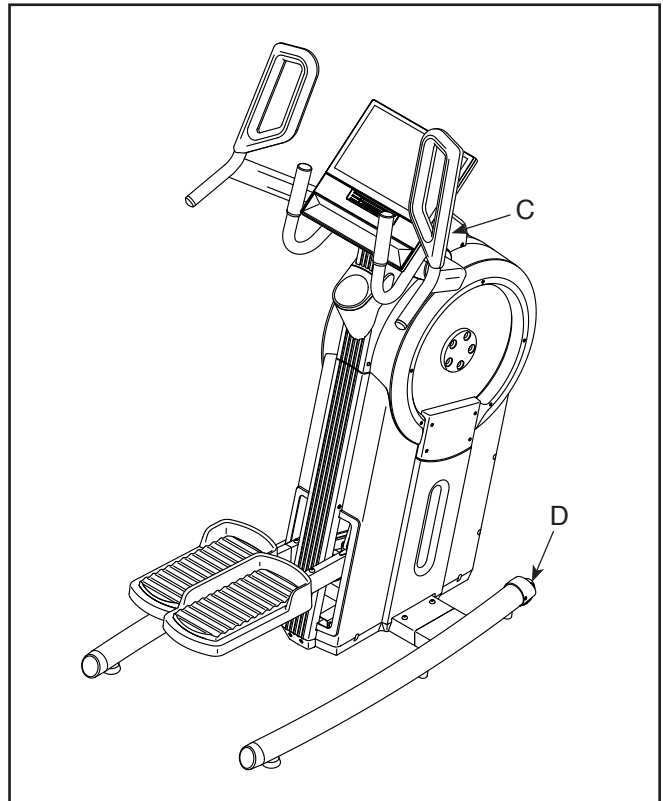
## HOW TO LEVEL THE ELLIPTICAL

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



## HOW TO MOVE THE ELLIPTICAL

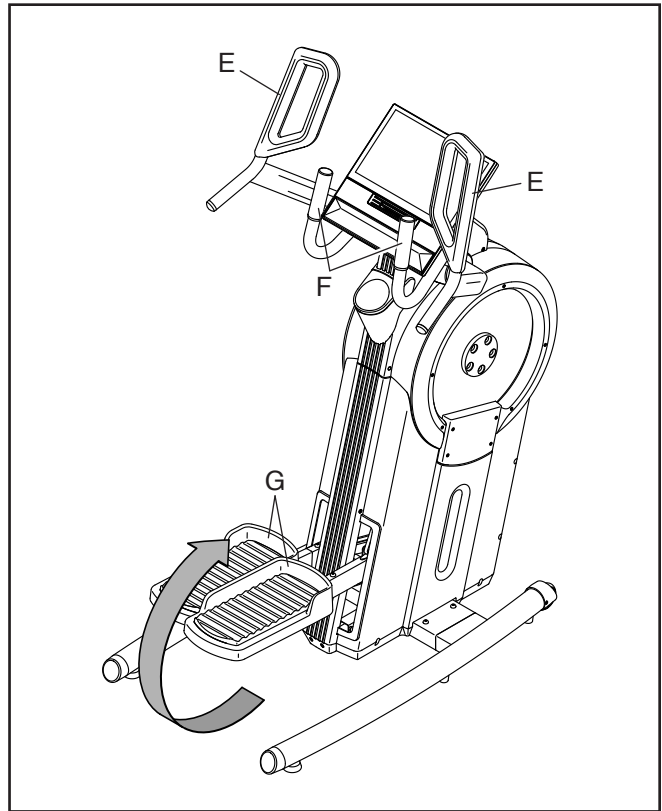
Due to the size and weight of the elliptical, moving it requires two persons. Take any necessary measures to avoid damaging your floor. Stand in front of the elliptical, hold the console bracket (C), and place one foot against one of the wheels (D). Have a second person help you pull on the console bracket until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



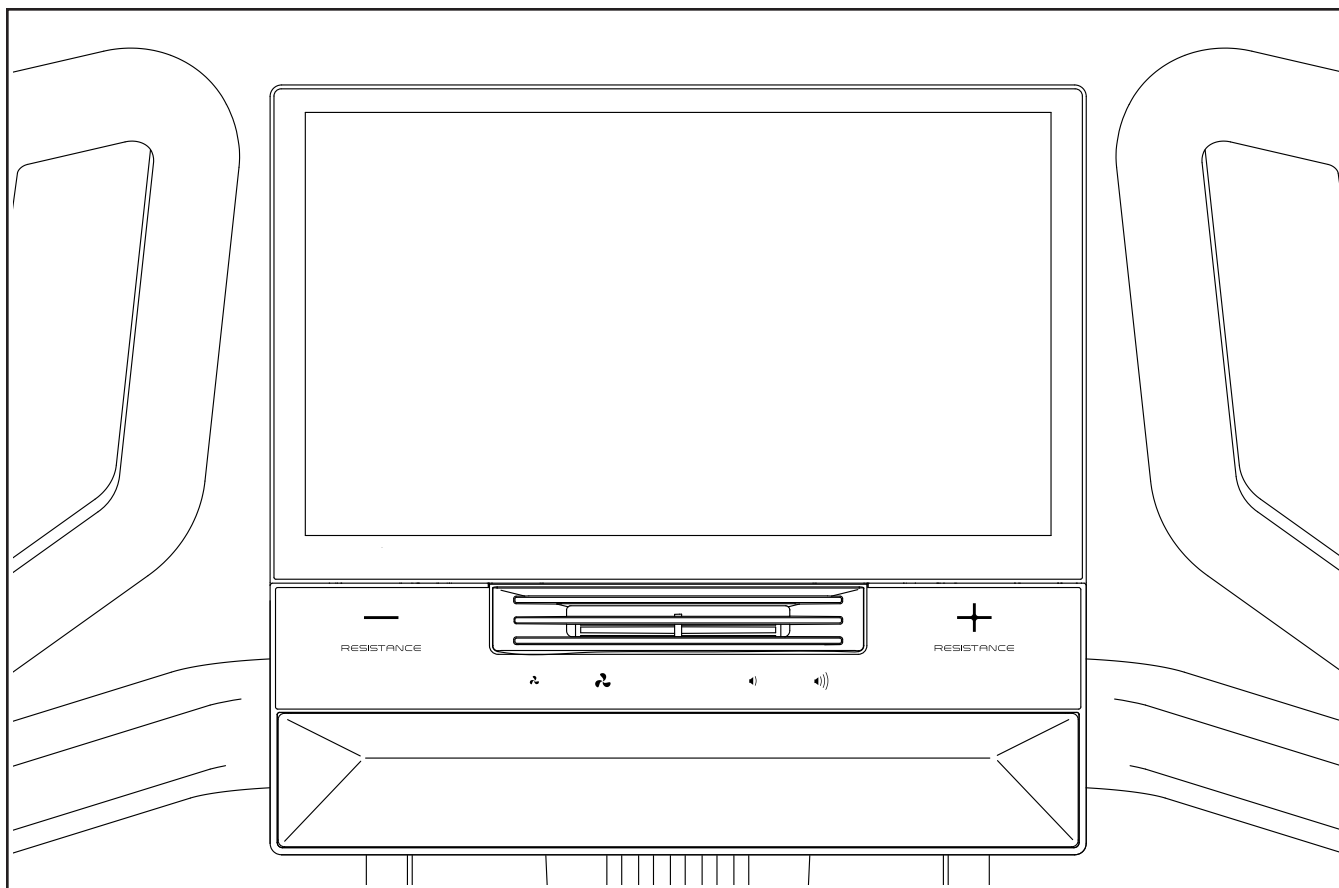
## HOW TO EXERCISE ON THE ELLIPTICAL

**See the drawing at the right.** To mount the elliptical, hold the handlebars (E) or the grips (F) and step onto the pedal (G) 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 (G) come to a complete stop. **Note: The elliptical does not have a freewheel; 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](https://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 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 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](https://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 included power adapter as instructed on page 12.

## HOW TO TURN OFF THE CONSOLE

When you are finished exercising, unplug the power adapter. **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). 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 21 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 unplug the power adapter while the software is being updated.** See page 20 for detailed instructions.

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 22.

### 3. Start the workout.

Touch *Quick start* and begin pedaling.

### 4. Change the resistance of the pedals as desired.

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

- Press the Resistance increase and decrease buttons on the console.
- Touch the numbered resistance 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.

Note: To turn on and turn off the resistance buttons on the screen, touch *Resistance* 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 15).

## HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 21).

### 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 icon!). Note: You must be logged in to your iFIT account to save a featured workout (see step 2 on page 19).

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 18.

### 3. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 22.

### 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 will change automatically according to the settings of the workout. **If the resistance of the pedals is too high or too low**, you can manually override the setting (see step 4 on page 16). To return to the programmed resistance of the workout, touch *Follow Trainer*.

Note: If you manually change the resistance of the pedals 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 16.

**To pause or end the workout**, see step 6 on page 16.

### 5. When you are finished using the elliptical, turn off the console (see page 15).

## 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 19) and the console must be connected to a wireless network (see page 21).

### 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. Draw a workout on the map.

First, touch the *Create* symbol on the left side of the screen. Then, touch *Create map workout*.

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 22.

### 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 17).

### 6. When you are finished exercising, turn off the console (see page 15).

## 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 symbol 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 icon).

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 22.

### 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 17).

### 8. When you are finished using the elliptical, turn off the console (see page 15).

## 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

Membership

- Manage membership
- Payment
- 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*. If an update is available, the update will begin automatically. **IMPORTANT: To avoid damaging the elliptical, do not unplug the power adapter 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 adapter, wait for several seconds, and then plug in the power adapter. 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. 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.

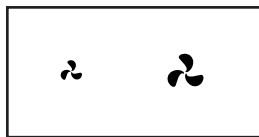
**If you have questions after following these instructions, please go to [my.iFIT.com](http://my.iFIT.com) for assistance.**

### 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 change as the pedaling speed changes. To control the fan, touch the workout settings icon in the lower-right corner of the screen and then touch *Fan*. You can also press the fan buttons on the console.



**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.

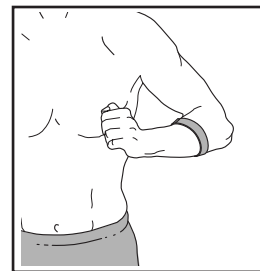
## HOW TO CONNECT HEADPHONES

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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## FCC INFORMATION

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

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

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

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

**Note:** The console contains FCC ID: OMC453084 (Compal) or OMC453584V (CVTE).

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

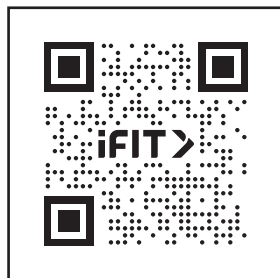
Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used.

**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

Some problems can be solved with the simple steps in this section. If further assistance is needed, go to [my.iFIT.com](http://my.iFIT.com), scan the QR code at the right, or call 1-833-680-IFIT (1-833-680-4348).



## CONSOLE TROUBLESHOOTING

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

**If a replacement power adapter is needed, see TROUBLESHOOTING above to order one. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

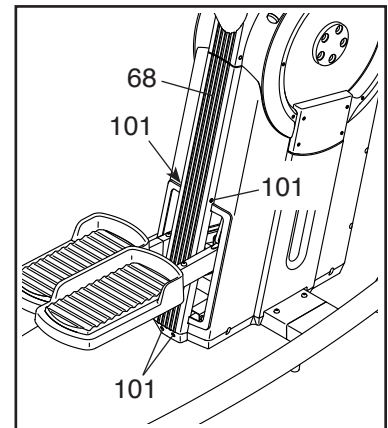
## PEDAL TROUBLESHOOTING

If the pedals bottom out while you are exercising and become difficult to move, rock your weight backward and forward on the pedals until the pedals begin moving easily and the flywheel inside the elliptical begins turning again.

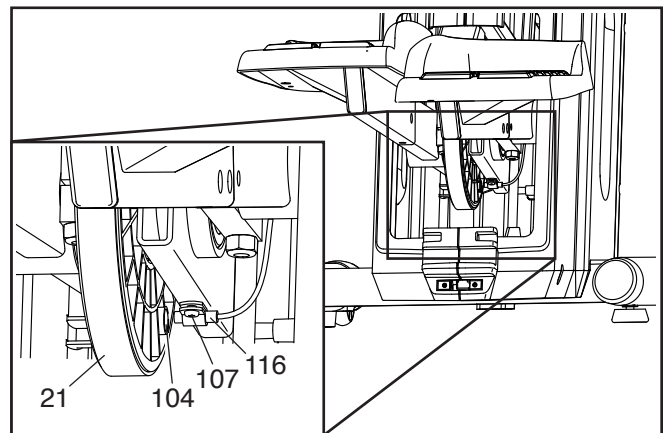
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **unplug the power adapter**.

Next, remove the four indicated M4 x 16mm Flat Head Screws (101), and then remove the Lower Rear Shield Cover (68).



Next, turn the Large Pulley (21) until a Pulley Magnet (104) is aligned with the Reed Switch (116). Then, slightly loosen the M4 x 22mm Screw (107), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screw.

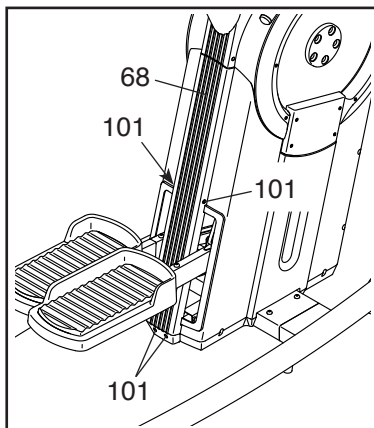


Then, plug in the power adapter and turn the Large Pulley (21) for a moment. Repeat these actions, if necessary, until the console displays correct feedback. Then, reattach the lower rear shield cover.

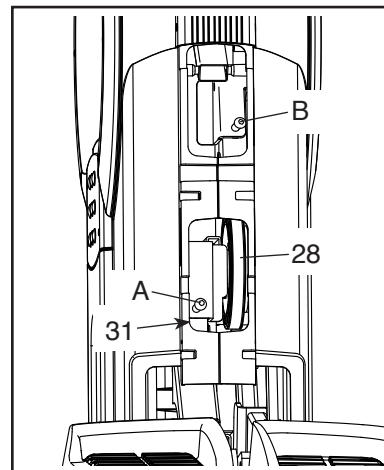
## HOW TO ADJUST THE DRIVE BELT

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

Next, remove the four indicated M4 x 16mm Flat Head Screws (101), and then remove the Lower Rear Shield Cover (68).



Then, locate the lower Adjustment Screw (A). Tighten the lower Adjustment Screw four turns; this will tighten the Large Drive Belt (31).



Stand on the elliptical and pedal for a few moments. If the pedals still slip, step off the elliptical and locate the upper Adjustment Screw (B). Tighten the upper Adjustment Screw two turns; this will tighten the Small Drive Belt (28).

Stand on the elliptical again and pedal for a few moments. If the pedals still slip, step off the elliptical and tighten the lower Adjustment Screw (A) four turns; this will again tighten the Large Drive Belt (31).

When you have properly adjusted the drive belts, reattach the lower rear shield cover.

# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

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

## EXERCISE INTENSITY

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

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

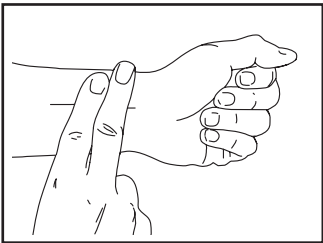
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

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

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

## 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

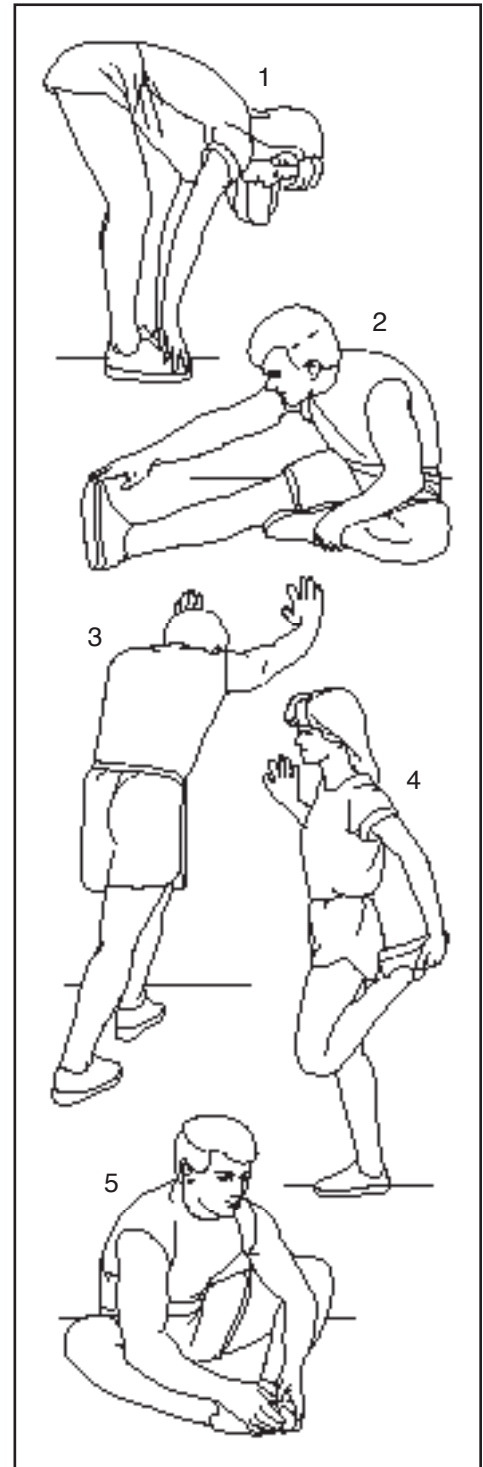
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. NTEL16825.0 R1224A

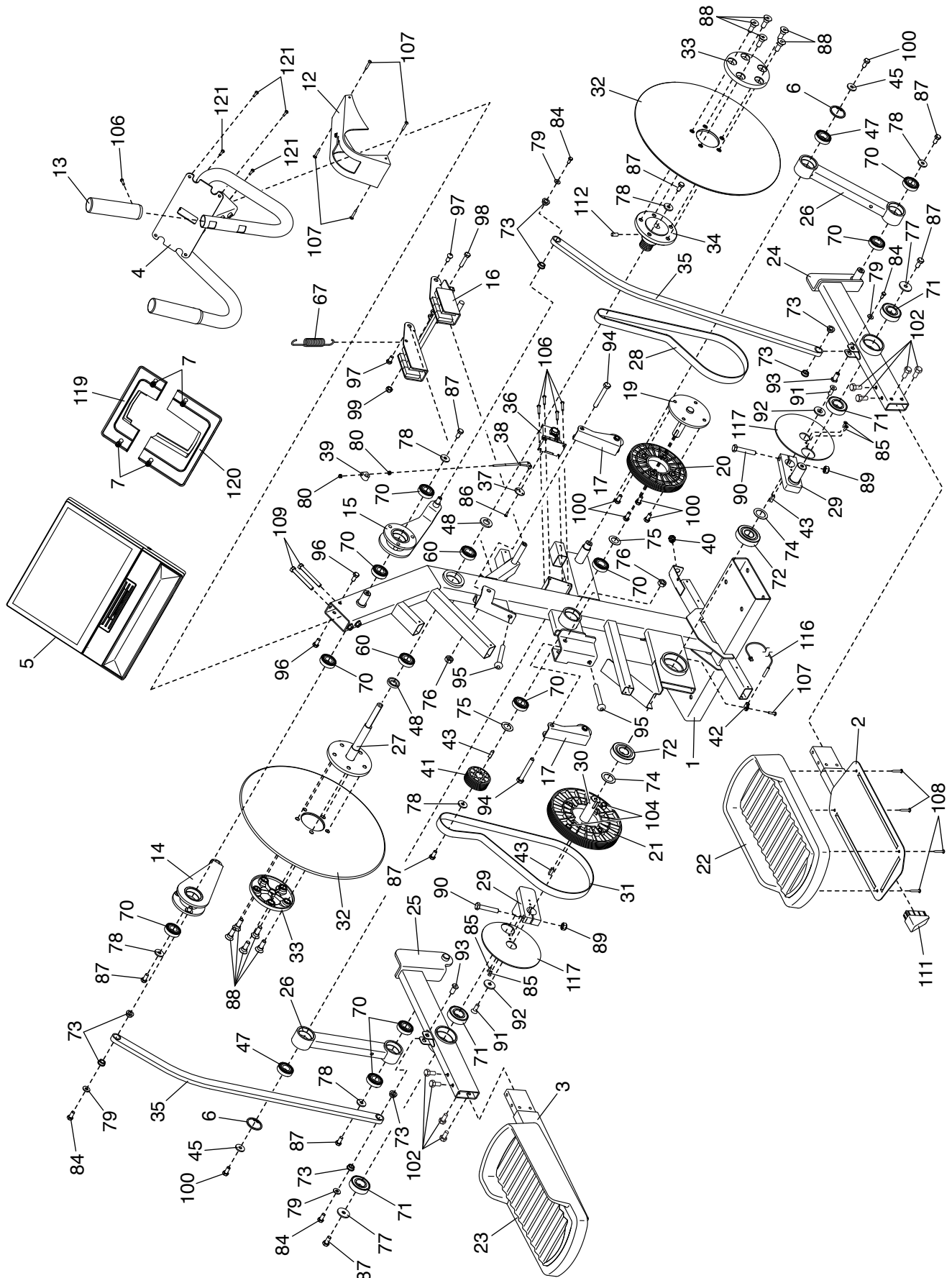
| Key No. | Qty. | Description             | Key No. | Qty. | Description                 |
|---------|------|-------------------------|---------|------|-----------------------------|
| 1       | 1    | Frame                   | 51      | 1    | Right Shield                |
| 2       | 1    | Right Pedal Base        | 52      | 1    | Front Cover                 |
| 3       | 1    | Left Pedal Base         | 53      | 1    | Rear Cover                  |
| 4       | 1    | Console Bracket         | 54      | 1    | Accessory Tray Base         |
| 5       | 1    | Console                 | 55      | 2    | Stabilizer Cap              |
| 6       | 2    | Snap Ring               | 56      | 4    | Foot                        |
| 7       | 4    | Mushroom Fastener/Screw | 57      | 2    | Wheel                       |
| 8       | 1    | Right Stabilizer        | 58      | 1    | Right Wheel Cover           |
| 9       | 1    | Left Stabilizer         | 59      | 2    | Handlebar Cap               |
| 10      | 1    | Right Handlebar         | 60      | 2    | Disc Axle Bearing           |
| 11      | 1    | Left Handlebar          | 61      | 1    | Left Rear Handlebar Cover   |
| 12      | 1    | Shield Cover            | 62      | 1    | Left Front Handlebar Cover  |
| 13      | 2    | Grip                    | 63      | 1    | Right Rear Handlebar Cover  |
| 14      | 1    | Left Handlebar Arm      | 64      | 1    | Right Front Handlebar Cover |
| 15      | 1    | Right Handlebar Arm     | 65      | 2    | Rear Pivot Cover            |
| 16      | 1    | Magnet Bracket          | 66      | 2    | Front Pivot Cover           |
| 17      | 2    | Idler                   | 67      | 1    | Spring                      |
| 18      | 1    | Accessory Tray          | 68      | 1    | Lower Rear Shield Cover     |
| 19      | 1    | Exchange Axle           | 69      | 2    | Leveling Foot               |
| 20      | 1    | Medium Pulley           | 70      | 10   | Small Bearing               |
| 21      | 1    | Large Pulley            | 71      | 4    | Medium Bearing              |
| 22      | 1    | Right Pedal             | 72      | 2    | Large Bearing               |
| 23      | 1    | Left Pedal              | 73      | 8    | Bushing                     |
| 24      | 1    | Right Pedal Leg         | 74      | 2    | Large Spacer                |
| 25      | 1    | Left Pedal Leg          | 75      | 2    | Small Spacer                |
| 26      | 2    | Connector Arm           | 76      | 2    | M10 Jam Nut                 |
| 27      | 1    | Disc Axle               | 77      | 2    | Crank Washer                |
| 28      | 1    | Small Drive Belt        | 78      | 6    | M8 Washer                   |
| 29      | 2    | Crank Arm               | 79      | 4    | M6 Washer                   |
| 30      | 1    | Crank                   | 80      | 2    | M5 Nut                      |
| 31      | 1    | Large Drive Belt        | 81      | 2    | M10 Shoulder Bolt           |
| 32      | 2    | Disc                    | 82      | 5    | M4 x 42mm Screw             |
| 33      | 2    | Disc Hub                | 83      | 8    | Clip                        |
| 34      | 1    | Sprocket                | 84      | 4    | M6 x 20mm Screw             |
| 35      | 2    | Link Arm                | 85      | 4    | M5 x 16mm Screw             |
| 36      | 1    | Resistance Motor        | 86      | 1    | M3.5 x 10mm Screw           |
| 37      | 1    | Resistance Disc         | 87      | 8    | M8 x 16mm Screw             |
| 38      | 1    | Resistance Arm          | 88      | 10   | Disc Screw                  |
| 39      | 1    | Resistance Block        | 89      | 2    | M10 Locknut                 |
| 40      | 1    | Power Receptacle/Wire   | 90      | 2    | M10 x 55mm Hex Bolt         |
| 41      | 1    | Small Pulley            | 91      | 2    | Axle Screw                  |
| 42      | 1    | Clamp                   | 92      | 2    | Flange                      |
| 43      | 3    | Key                     | 93      | 2    | Stud                        |
| 44      | 2    | Magnet Cover            | 94      | 2    | M10 x 55mm Bolt             |
| 45      | 2    | M8 Small Washer         | 95      | 2    | Adjustment Screw            |
| 46      | 1    | Left Wheel Cover        | 96      | 2    | M8 x 15mm Screw             |
| 47      | 2    | Self-aligning Bearing   | 97      | 2    | M8 Shoulder Screw           |
| 48      | 2    | Disc Axle Bushing       | 98      | 1    | M8 x 30mm Bolt              |
| 49      | 2    | Disc Ring               | 99      | 3    | M8 Locknut                  |
| 50      | 1    | Left Shield             | 100     | 6    | M8 x 23mm Screw             |

| Key No. | Qty. | Description               | Key No. | Qty. | Description         |
|---------|------|---------------------------|---------|------|---------------------|
| 101     | 14   | M4 x 16mm Flat Head Screw | 113     | 1    | Power Adapter       |
| 102     | 8    | M8 x 20mm Flange Screw    | 114     | 3    | M4 x 12mm Screw     |
| 103     | 18   | Cap Screw                 | 115     | 1    | Main Wire           |
| 104     | 2    | Pulley Magnet             | 116     | 1    | Reed Switch/Wire    |
| 105     | 6    | M8 x 25mm Screw           | 117     | 2    | Crank Cover Disc    |
| 106     | 10   | M4 x 16mm Screw           | 118     | 20   | M4 x 19mm Screw     |
| 107     | 21   | M4 x 22mm Screw           | 119     | 1    | Console Upper Cover |
| 108     | 8    | M6 x 12mm Screw           | 120     | 1    | Console Lower Cover |
| 109     | 2    | M8 x 86mm Screw           | 121     | 4    | M6 x 16mm Screw     |
| 110     | 8    | M10 x 20mm Screw          | *       | —    | User's Manual       |
| 111     | 2    | Slanted Cap               | *       | —    | Assembly Tool       |
| 112     | 1    | M10 Screw                 | *       | —    | Grease Packet       |

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.

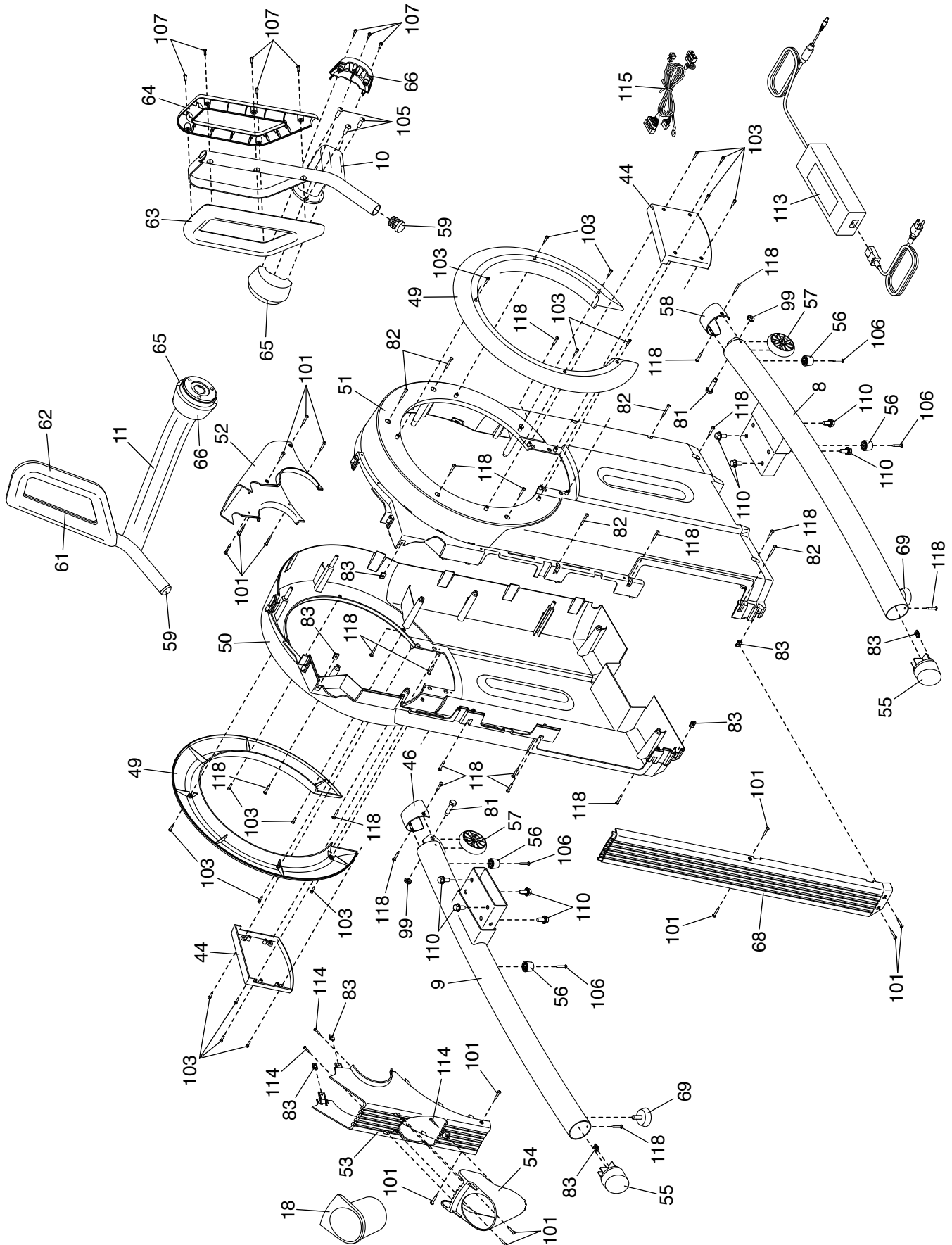
# EXPLODED DRAWING A

Model No. NTEL16825.0 R1224A



# EXPLODED DRAWING B

Model No. NTEL16825.0 R1224A



# 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

iFIT Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years from the date that you receive this product. Parts and labor are warranted for one (1) year.

This warranty extends only to the original purchaser (customer) and is not transferrable. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please go to [my.iFIT.com](http://my.iFIT.com). Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

**iFIT Inc., 1500 S. 1000 W., Logan, UT 84321-9813**