

NordicTrack®

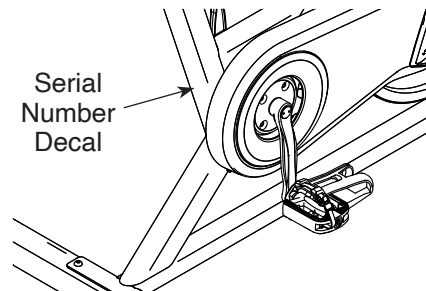
nordictrack.com

T SERIES 9 BIKE

Model No. NTEX50725CW.2

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

MEMBER CARE

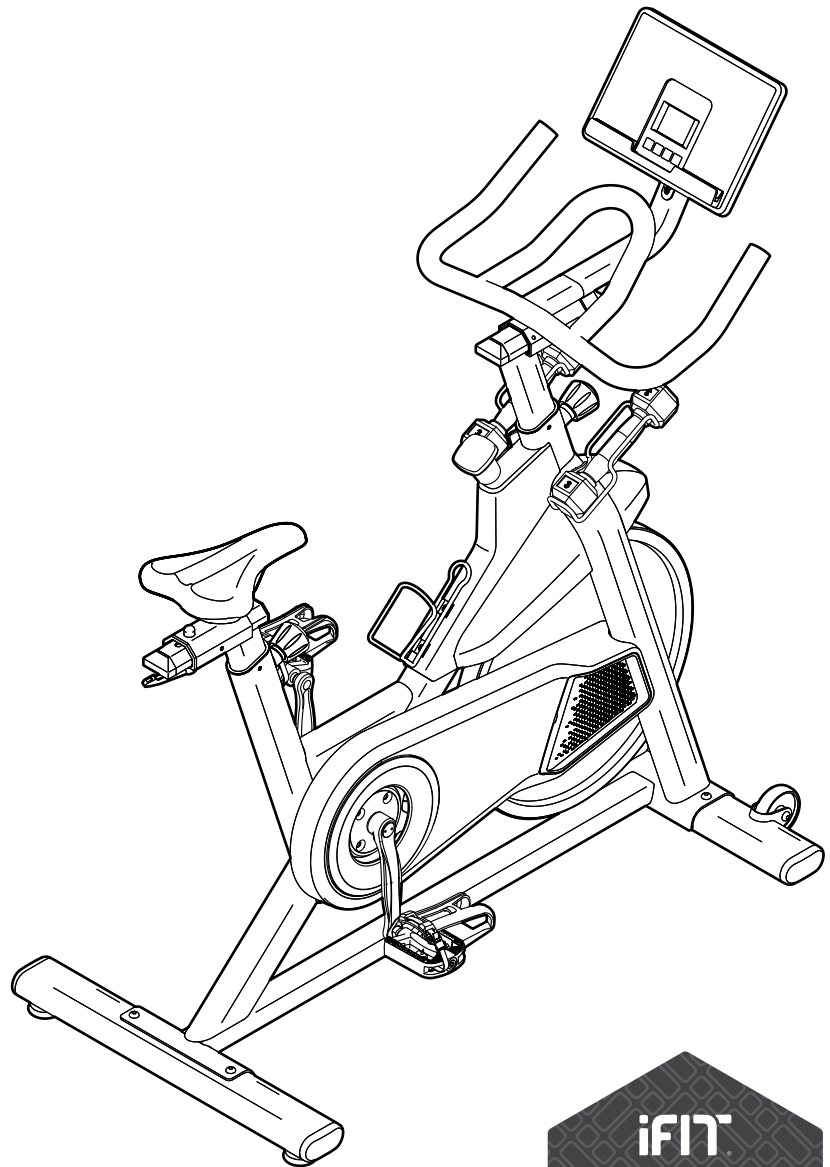
USA

For assistance, go to my.iFIT.com at any time or call 1-833-680-iFIT (1-833-680-4348), Monday–Friday 6 a.m.–6 p.m. Mountain Time for English service in the USA.

Canada

For assistance, call toll-free 1-888-936-4266, Monday–Friday 7:30 a.m.–4:30 p.m. Eastern Time or email us at service.ca@iFIT.com for English service in Canada.

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.

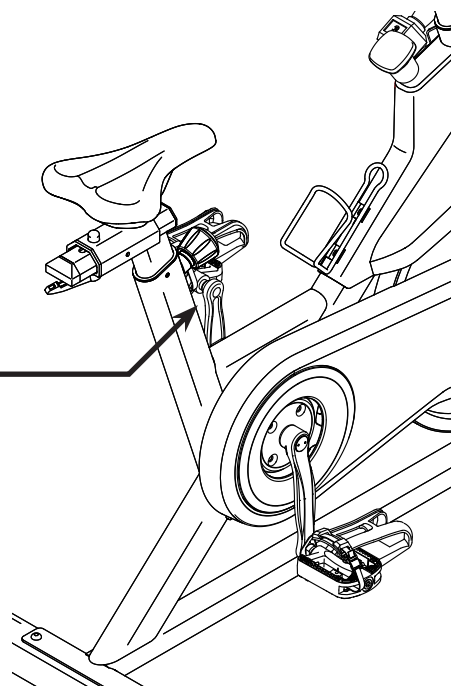
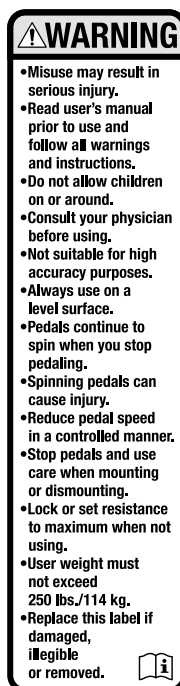


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WARNING DECAL PLACEMENT

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 your exercise bike before using your exercise bike. 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 exercise bike are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the exercise bike 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 exercise bike only as authorized by your health care provider.
5. The exercise bike 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 exercise bike by someone responsible for their safety.
6. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
7. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
8. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
9. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should be used only by persons weighing 114 kg / 250 lbs. or less.
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. To stop the flywheel quickly, press the brake knob downward.
16. To avoid damaging the brake pad, do not lubricate the brake pad.
17. Use the exercise bike only as described in this manual.
18. 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.

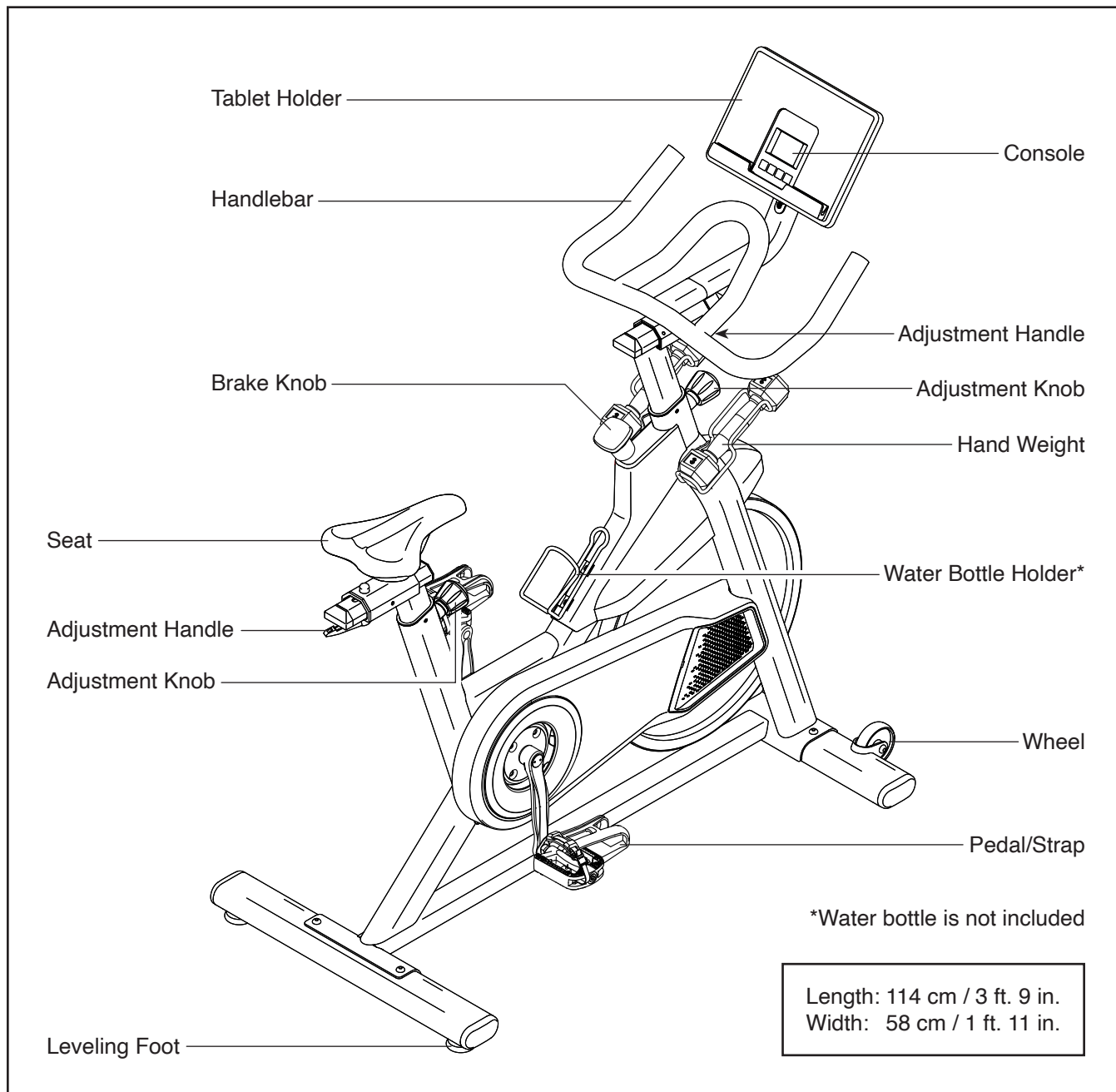
BEFORE YOU BEGIN

Thank you for choosing the new NORDICTRACK® T SERIES 9 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The T SERIES 9 exercise bike provides a 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 exercise bike. If you have questions after

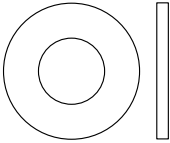
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

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

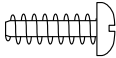


PART IDENTIFICATION CHART

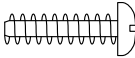
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



M8 Washer
(40)–2



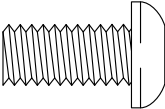
M4 x 12mm
Blunt Screw
(74)–4



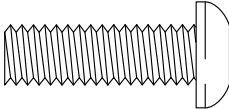
M4 x 15mm
Blunt Screw
(94)–1



M5 x 8mm
Screw (83)–4



M8 x 16mm
Screw (79)–2



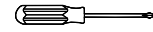
M8 x 25mm
Screw (69)–4

ASSEMBLY

- If you need assistance with assembly, please see the front cover of this manual.
- 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.”

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

one Phillips screwdriver



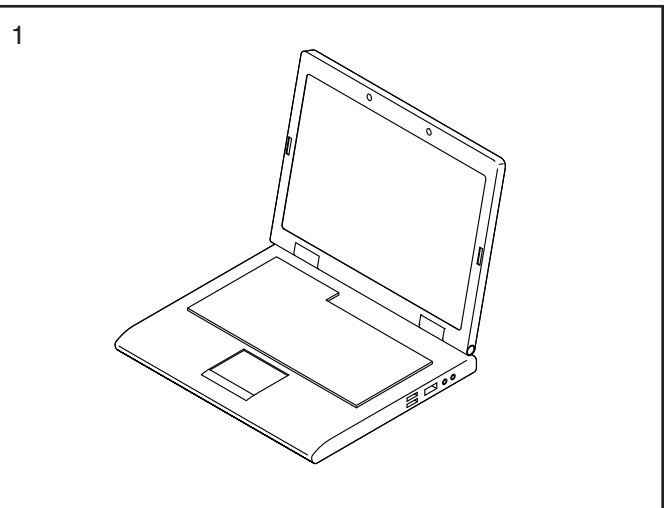
one rubber mallet



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

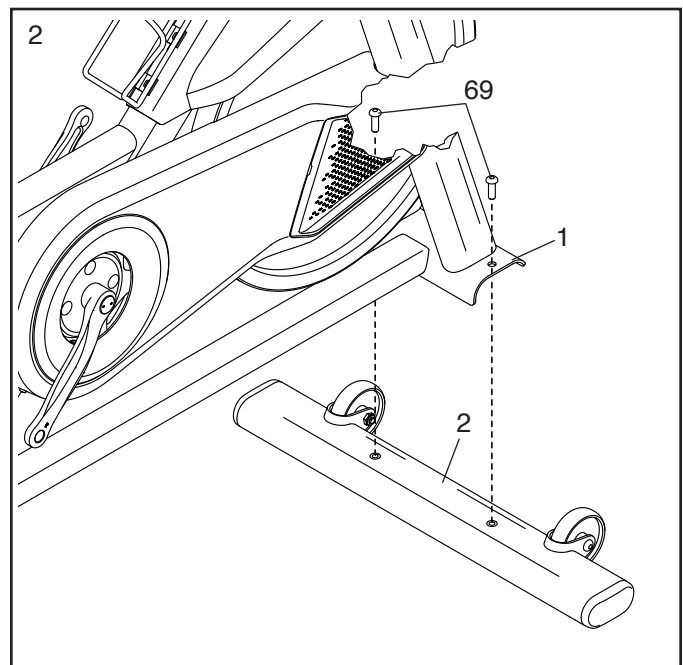
1. Go to my.nordictrack.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

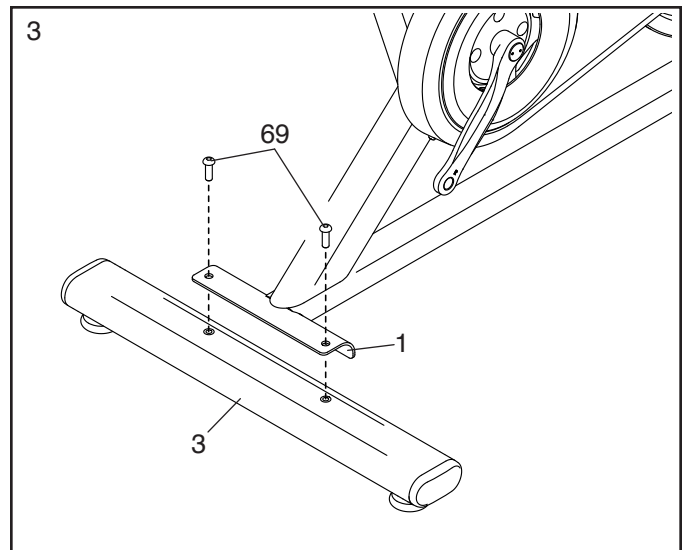


2. If there are shipping tubes (not shown) attached to the front and rear of the Frame (1), remove the screws attaching the shipping tubes, and discard the screws and the shipping tubes. **Do not use the shipping screws for assembly.**

Orient the Front Stabilizer (2) as shown. Attach the Front Stabilizer to the Frame (1) with two M8 x 25mm Screws (69).



3. Attach the Rear Stabilizer (3) to the Frame (1) with two M8 x 25mm Screws (69).

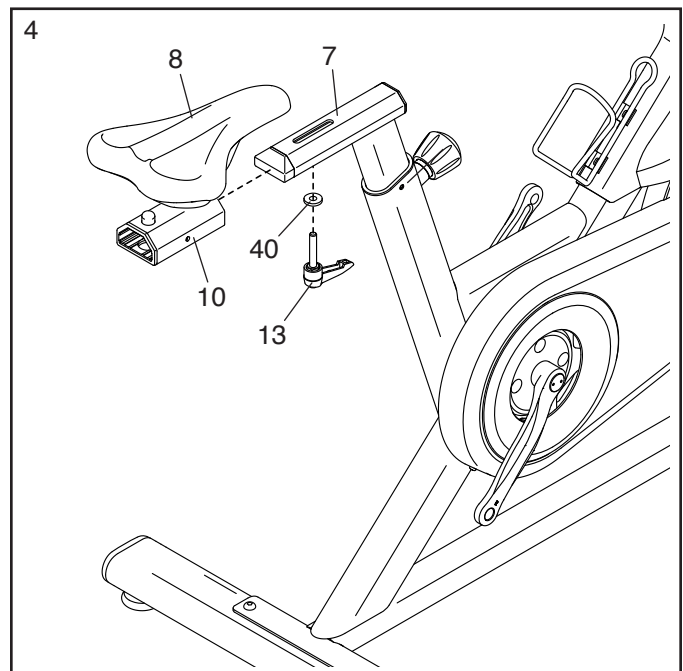


4. Slide the Seat Carriage (10) onto the Seat Post (7).

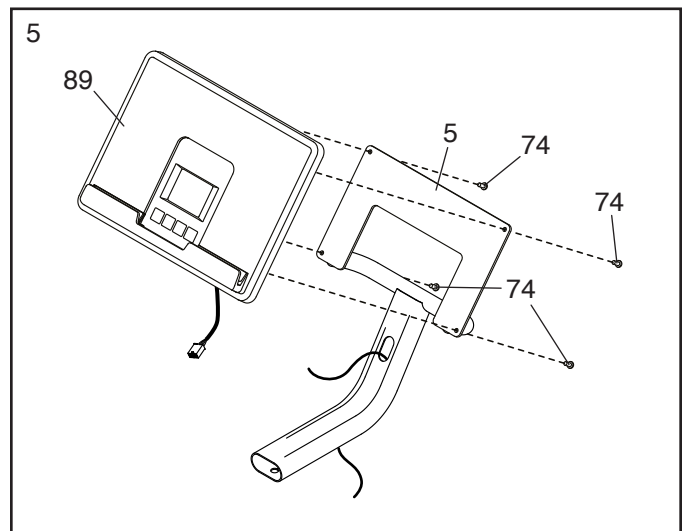
Next, slide an M8 Washer (40) onto an Adjustment Handle (13), insert the Adjustment Handle upward into the Seat Post (7), and tighten the Adjustment Handle into the Seat Carriage (10).

Note: The Adjustment Handle (13) functions like a ratchet. Turn the Adjustment Handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

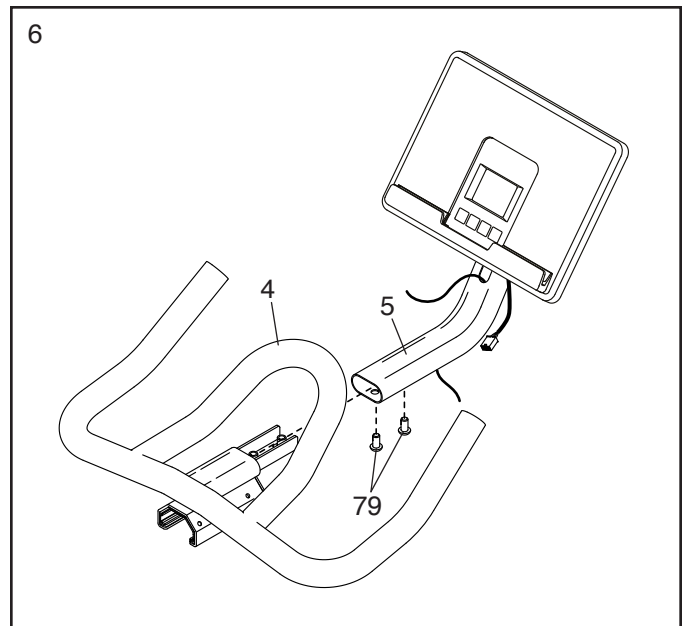
Note: To adjust the Seat (8) after you assemble the exercise bike, see pages 12 and 13.



5. Attach the Console Deck (89) to the Console Mount (5) with four M4 x 12mm Blunt Screws (74); **start all four Blunt Screws, and then tighten them.**



6. Slide the Console Mount (5) onto the Handlebar (4). Attach the Console Mount with two M8 x 16mm Screws (79).

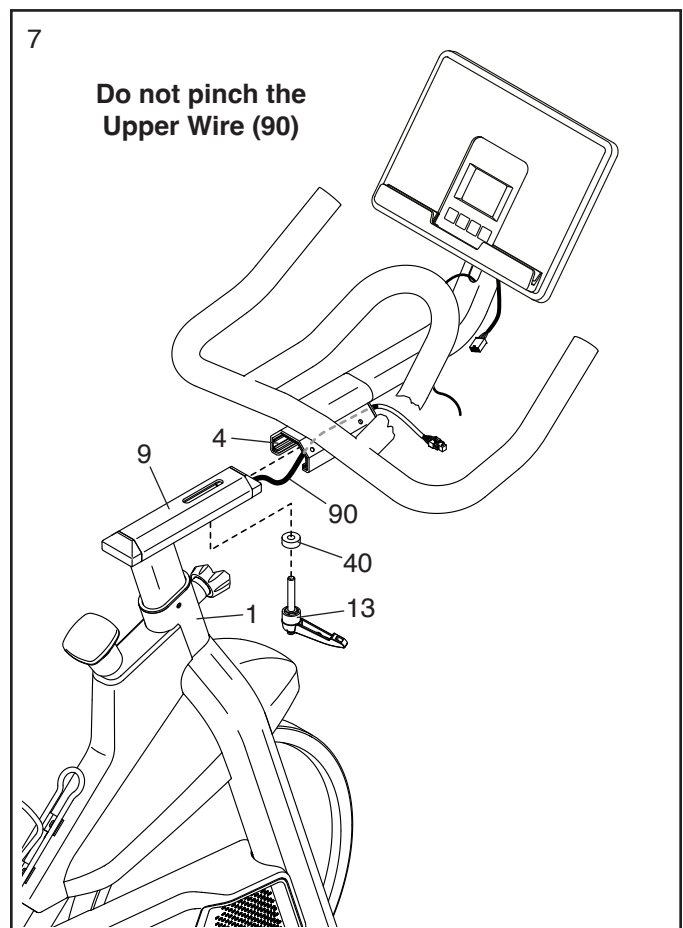


7. Remove the plastic tie (not shown) securing the Upper Wire (90) to the Frame (1).

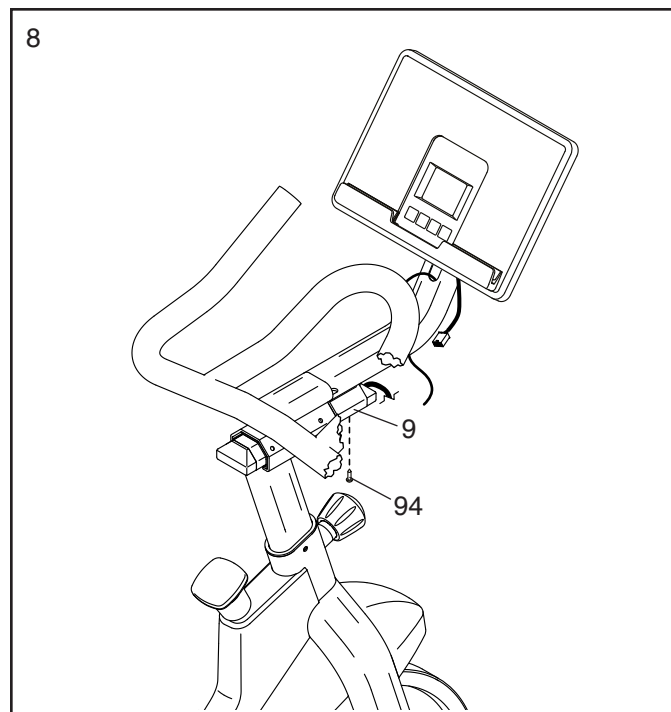
Next, hold the Handlebar (4) near the Handlebar Post (9). Route the Upper Wire (90) through the Handlebar as shown, and then slide the Handlebar onto the Handlebar Post; **do not pinch the Upper Wire**.

Next, slide an M8 Washer (40) onto an Adjustment Handle (13), insert the Adjustment Handle upward into the Handlebar Post (9), and tighten the Adjustment Handle into the Handlebar (4).

Note: To adjust the Handlebar (4) after you assemble the exercise bike, see page 12.



8. Tighten an M4 x 15mm Blunt Screw (94) into the underside of the Handlebar Post (9).

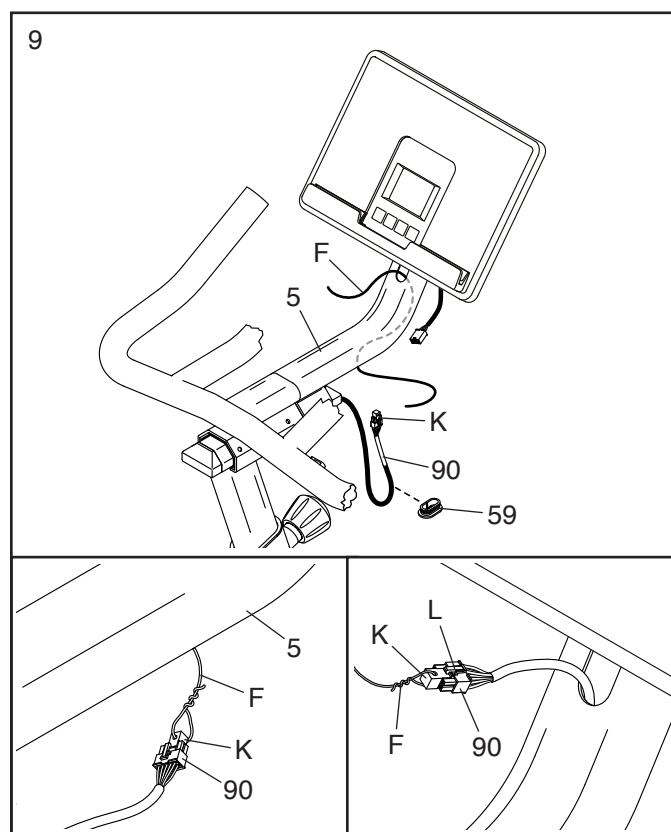


9. **See the left inset drawing.** Locate the wire tie (F) inside of the Console Mount (5). Tie the wire tie to the wire pull (K) on the Upper Wire (90). Then, insert the wire pull and the Upright Wire upward into the Console Mount.

Next, pull the upper end of the wire tie (F) until the Upper Wire (90) is routed through the Console Mount (5). **Do not untie the wire tie yet.**

Next, slide a Grommet (59) onto the Upper Wire (90), and press the Grommet into the underside of the Console Mount (5).

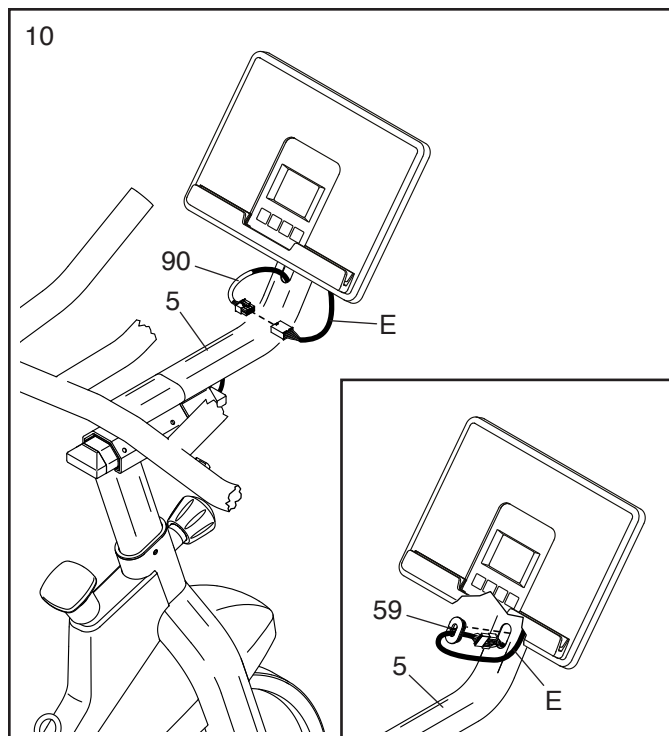
See the right inset drawing. Press the small latch (L) on the connector on the Upper Wire (90), and remove and discard the wire pull (K) and the wire tie (F).



10. Connect the Upper Wire (90) to the console wire (E).

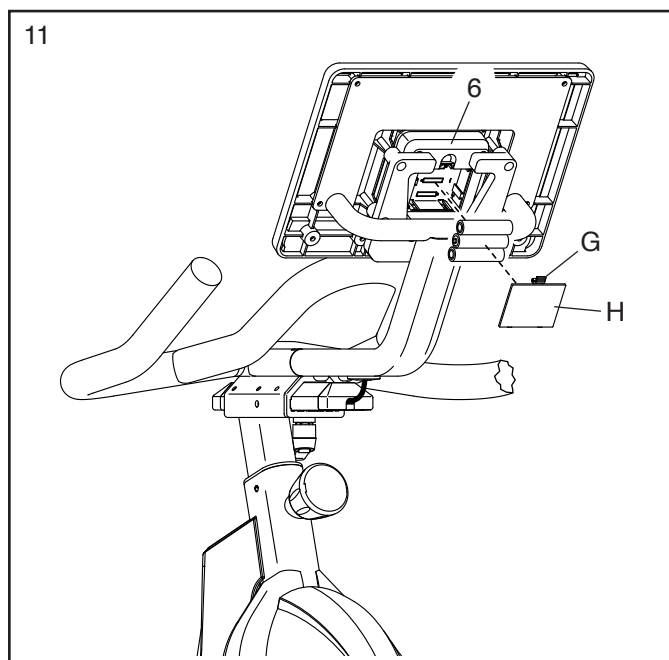
IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the connectors properly for the console to function properly. Then, insert the connectors into the Console Mount (5).

See the inset drawing. Slide a Grommet (59) onto the console wire (E), and press the Grommet into the Console Mount (5).



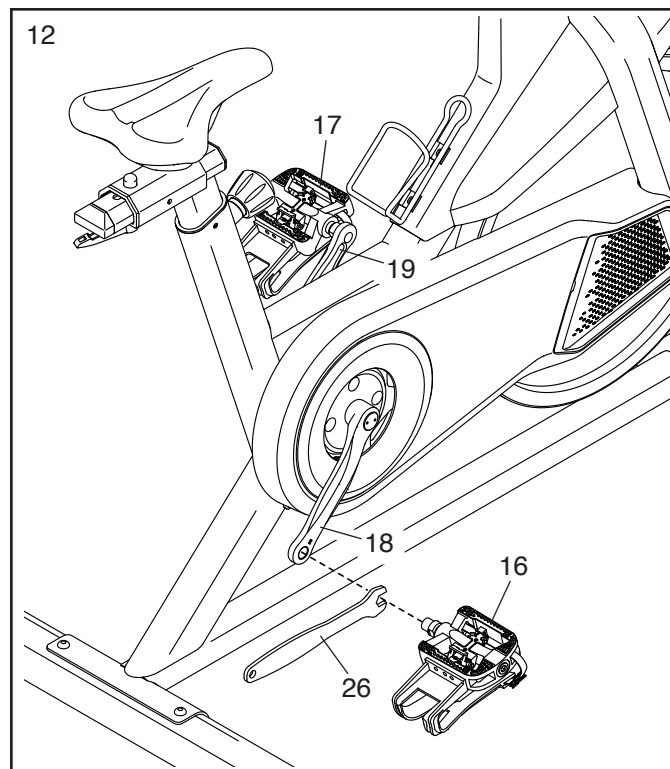
11. The Console (6) requires three AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT:** If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.

Press the tab (G) on the battery cover (H), and remove the battery cover. Next, insert three batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside of the battery compartment.** Then, reattach the battery cover.



12. Identify the Right Pedal (16). Using your fingers, turn the Right Pedal clockwise about halfway into the Right Crank Arm (18). Then, use the included wrench to **FIRMLY TIGHTEN** the Right Pedal.

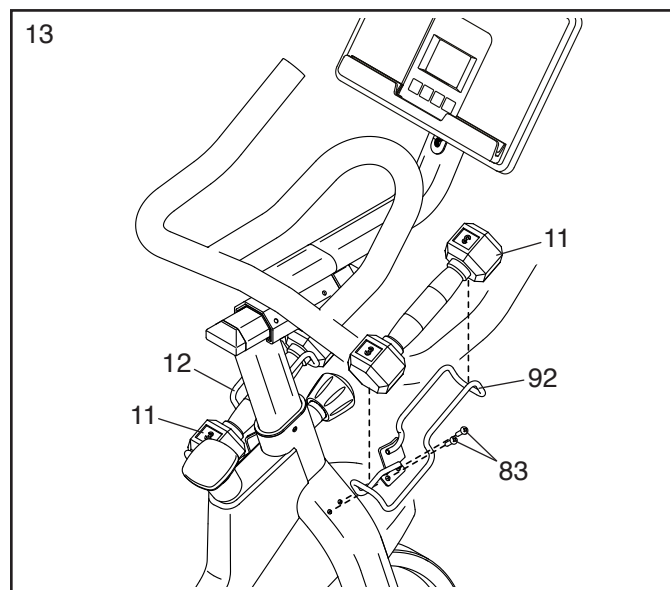
Attach the Left Pedal (17) to the Left Crank Arm (19) in the same way.
IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.



13. Identify the Right Weight Rest (92). Attach the Right Weight Rest to the Frame (1) with two M5 x 8mm Screws (83).

Attach the Left Weight Rest (12) in the same way.

Then, set the Hand Weights (11) in the Weight Rests (12, 92).



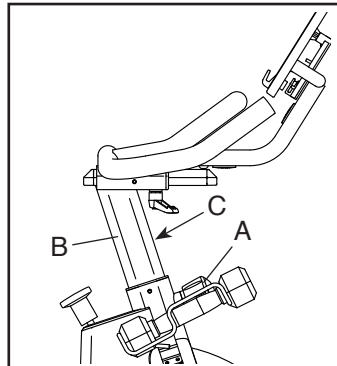
14. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE HEIGHT OF THE HANDLEBAR

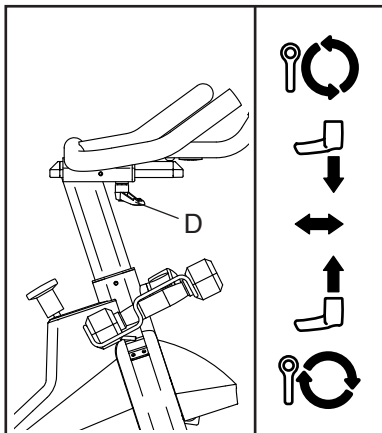
To adjust the height of the handlebar, first loosen the indicated adjustment knob (A) a few turns and pull it outward. Next, slide the handlebar post (B) upward or downward to the desired position. Then, release the adjustment knob into one of the adjustment holes (C) in the handlebar post, and tighten the adjustment knob.

Move the handlebar post upward or downward slightly to make sure that the adjustment knob is in an adjustment hole.



HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

To adjust the horizontal position of the handlebar, first loosen the indicated adjustment handle (D) a few turns. Then, move the handlebar forward or backward, and tighten the adjustment handle.

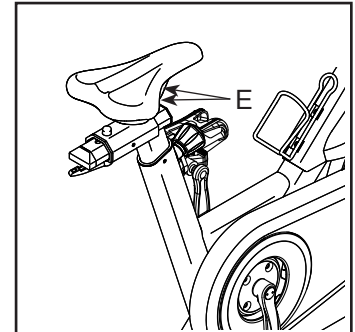


Note: The adjustment handle (D) functions like a ratchet. Turn the adjustment handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable.

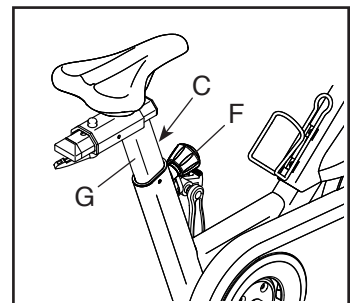
To adjust the seat, first loosen the nuts (E) on the seat clamp. Next, tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.



HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

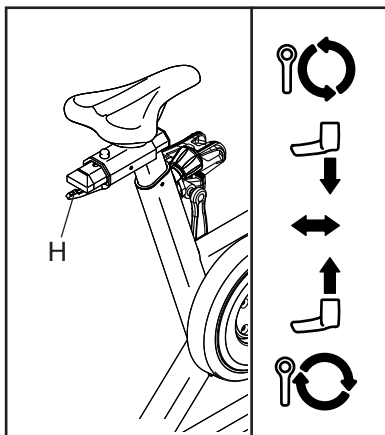
To adjust the height of the seat, first loosen the indicated adjustment knob (F) a few turns and pull it outward. Next, slide the seat post (G) upward or downward to the desired position. Then, release the adjustment knob into one of the adjustment holes (C) in the seat post, and tighten the adjustment knob. **Move the seat post upward or downward slightly to make sure that the adjustment knob is engaged in an adjustment hole.**



HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

You can adjust the seat forward or backward to adjust the distance to the handlebar.

To adjust the horizontal position of the seat, first loosen the indicated adjustment handle (H) a few turns. Then, move the seat forward or backward, and tighten the adjustment handle.



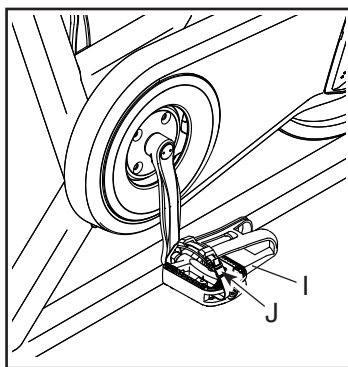
Note: The adjustment handle (H) functions like a ratchet. Turn the adjustment handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

HOW TO USE THE PEDALS

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

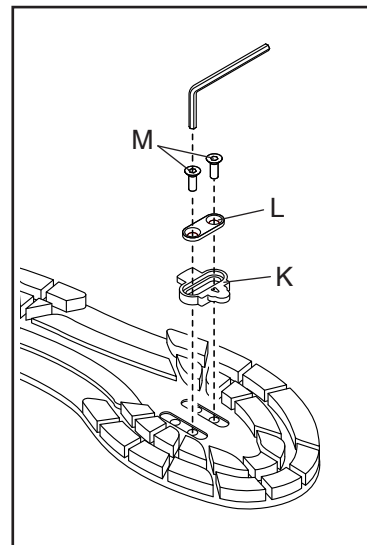
How to Use the Toe Cage Side of the Pedals

To use the toe cage side of the pedals (I), insert your shoes into the toe cages and pull the ends of the straps. To adjust a strap, press and hold the tab (J) on the buckle, adjust the strap to the desired position, and then release the tab.

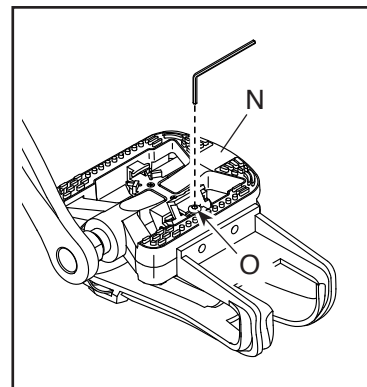


How to Attach the Cleats and Adjust the Spring Tension of the Pedals

To use the clip-in side of the pedals, you must first attach the included cleats to your cycling shoes (not included). Using the included hex key, attach a cleat (K) to the bottom of a cycling shoe with a cleat bracket (L) and two cleat screws (M). **Attach the other cleat to your other cycling shoe in the same way.**



The spring tension affects how easy or difficult it is to clip in and unclip from the pedals. To adjust the spring tension of a pedal (N), use the included hex key to tighten or loosen the adjustment screw (O) as desired. **Adjust the spring tension of the other pedal in the same way.**



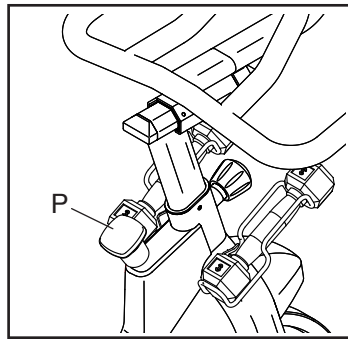
How to Use the Clip-in Side of the Pedals

To use the clip-in side of the pedals, you must wear cycling shoes (not included) and the included cleats must be attached to your cycling shoes (see the instructions above).

To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist the heels of your cycling shoes outwards.

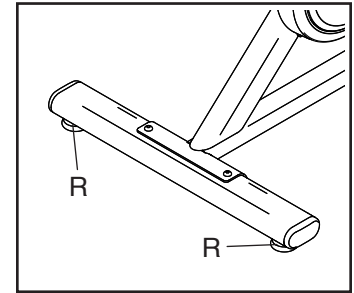
HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, press the buttons on the console (see step 3 on page 16). **To stop the flywheel, push the brake knob (P) downward. The flywheel should quickly come to a complete stop.**



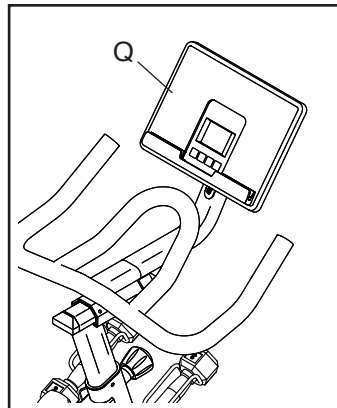
HOW TO LEVEL THE EXERCISE BIKE

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

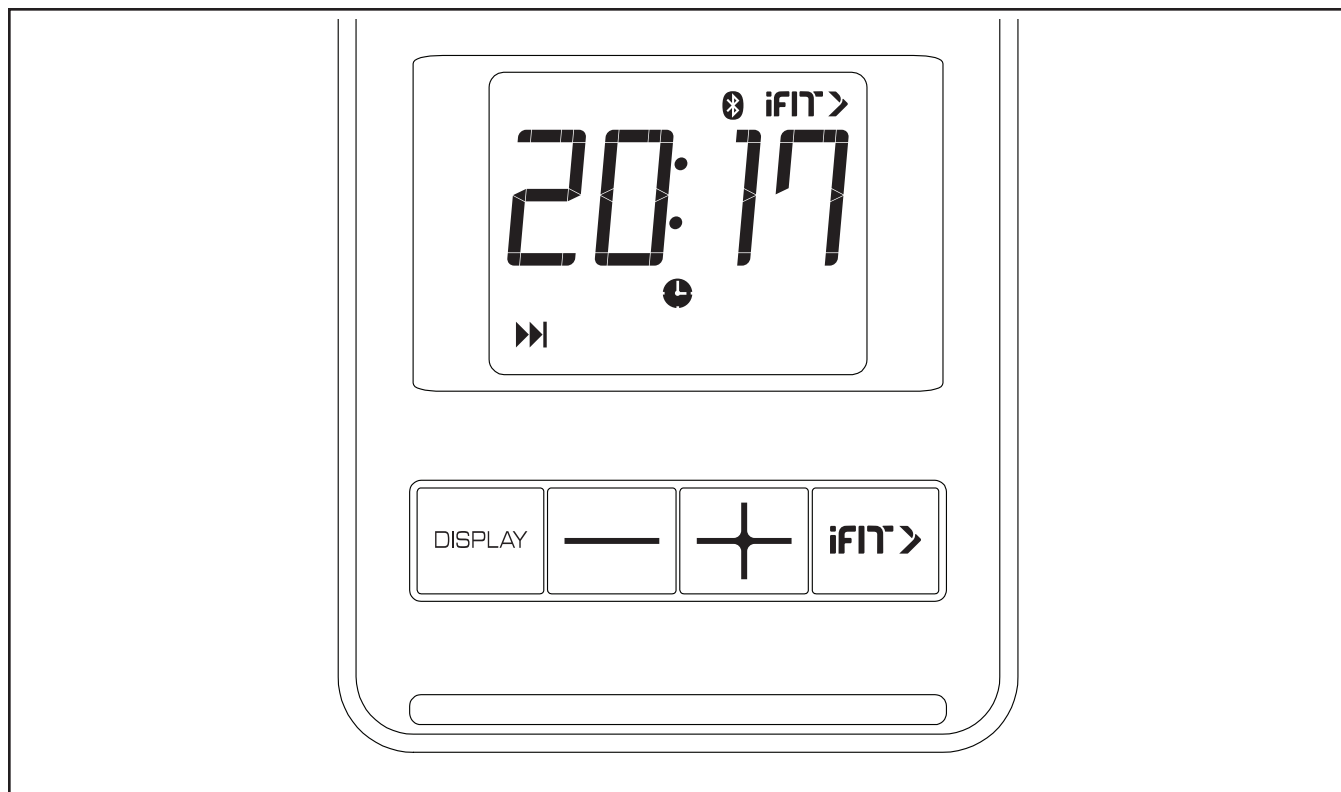


HOW TO USE THE TABLET HOLDER

To use your tablet while you exercise, simply set the lower edge of your tablet in the tablet holder (Q). **IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other device in the tablet holder.**



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The easy-to-use console enables you to change the resistance of the pedals with a touch of a button. While you exercise, the console will display continuous exercise feedback.

The console also features wireless technology that enables the console to connect to iFIT®. With the iFIT app on your smart device, you can choose from a rotating selection of featured workouts and follow along as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a large and varied library of thousands of on-demand destination and studio workouts.

You can even monitor your heart rate when you use a compatible heart rate monitor. **To purchase a compatible heart rate monitor, see page 19.**

To use the manual mode, see page 16. **To use an iFIT workout,** see page 17.

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

HOW TO USE THE MANUAL MODE

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Get ready for the workout.

To wear a heart rate monitor, see page 19.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons.

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

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, you must recalibrate the resistance system. First, see assembly step 11 on page 10 and remove the batteries from the console. Next, press and hold any button on the console for 20 seconds. Then, release the button and reinsert the batteries into the console; the exercise bike will adjust to the lowest resistance level.

4. Follow your progress with the display.

The display can show the following workout information:

Scan (scan arrow icon)—This mode displays the speed, pulse, RPM, time, and distance modes, for a few seconds each, in a repeating cycle.

Speed (rabbit icon)—This mode displays your pedaling speed, in miles per hour.

Pulse (heart icon)—This mode displays your heart rate in beats per minute when you are using an optional heart rate monitor (see page 19).

RPM (circular arrow icon)—This mode displays your pedaling speed, in revolutions per minute (RPM).

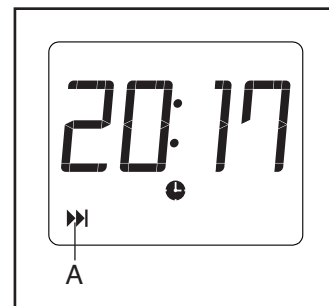
Time (clock icon)—This mode displays the elapsed time that you have pedaled during your workout.

Distance (road icon)—This mode displays the distance that you have pedaled during your workout, in miles.

Scan mode—

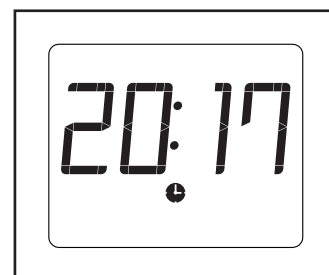
When the console is turned on, the scan mode will automatically be selected. **The scan arrow icon (A) will appear in the display when the scan mode is selected.** Note: If

a different mode is selected, select the scan mode again by pressing the Display button repeatedly.



Speed, pulse, RPM, time, and distance mode—

To select one of these modes for continuous display, press the Display button repeatedly. The mode icons will show which mode is selected. **Make sure that the scan arrow icon does not appear.**



5. Pause or end the workout.

To pause the console, simply stop pedaling. The console will pause for up to a few minutes. To continue your workout, simply resume pedaling.

To end your workout and reset the display to zero, simply stop pedaling and wait for a few minutes for the console display to reset.

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

The console has an auto-off feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 7 on page 18 and HOW TO USE AN OPTIONAL HEART RATE MONITOR on page 19). If you do not do this, the console may not turn off and the batteries will drain more quickly.

HOW TO USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

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

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

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

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

Take time to explore the iFIT app and learn about its features and settings.

2. Get ready for the workout.

To wear a heart rate monitor, see page 19.

Note: If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.**

3. Connect your smart device to the console.

Press the iFIT button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFIT app to connect your smart device to the console. When your smart device is connected, the Bluetooth icon will appear in the display.

4. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

Note: The featured workouts on the home screen are always available and will change periodically. The workouts in the workout library require an iFIT subscription to access.

To select a workout from the home screen or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

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

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the screen in any open space to view and 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.

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the increase and decrease buttons on the console.

To return to the programmed resistance settings of the workout, touch *Follow Trainer*.

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

6. Pause or end the workout.

To pause the workout, simply touch the screen. To continue the workout, touch the play option on the screen.

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

7. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT app. Then, press and hold the iFIT button on the console.

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

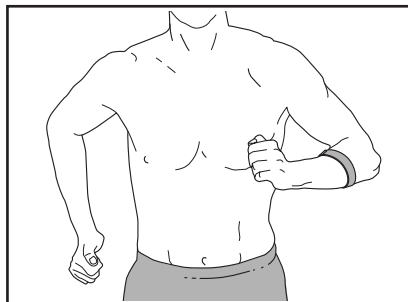
8. When you are finished exercising, the console will turn off automatically.

The console has an auto-off feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

IMPORTANT: When you are finished exercising, make sure to disconnect your smart device and/or heart rate monitor from the console (see step 7 above and HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19). If you do not do this, the console may not turn off and the batteries will drain more quickly.

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. **To purchase an optional heart rate monitor, please see the front cover of this manual.**



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

To connect your Bluetooth Smart heart rate monitor to the console, press the iFIT button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the Bluetooth icon will appear in the display.

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

To disconnect your heart rate monitor from the console, press and hold the iFIT button on the console.

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

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: OMCBMD1.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

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

PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

TROUBLESHOOTING

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

HOW TO TROUBLESHOOT THE CONSOLE

If the console display becomes dim, replace the batteries (see assembly step 11 on page 10); most console problems are the result of low batteries.

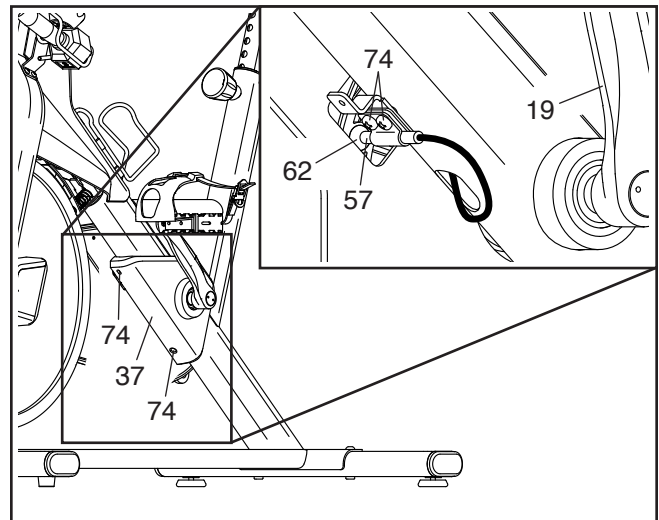
If the exercise bike will not be used for an extended period of time, remove the batteries from the console.

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, you must recalibrate the resistance system. First, see assembly step 11 on page 10 and remove the batteries from the console. Next, press and hold any button on the console for 20 seconds. Then, release the button and reinsert the batteries into the console; the exercise bike will adjust to the lowest resistance level.

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 remove the two M4 x 12mm Blunt Screws (74) from the Crank Cover (37), and remove the Crank Cover.



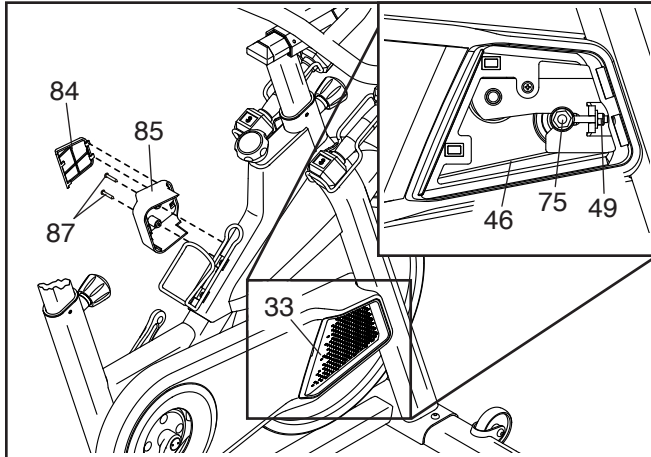
Next, locate the Reed Switch (57). Slightly loosen the two indicated M4 x 12mm Blunt Screws (74). Then, turn the Left Crank Arm (19) until a Magnet (62) is aligned with the Reed Switch. Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the Blunt Screws.

Turn the Left Crank Arm (19) for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback. Then, reattach the Crank Cover (37).

HOW TO ADJUST THE DRIVE BELT

If you feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, first use a standard screwdriver to carefully pry off the Right Hub Cover (33) and the Left Hub Cover (84). Then, remove the two indicated M4 x 19mm Screws (87) and the Hub Shield (85).



Next, loosen, but do not remove, the M10 Flange Nut (75) on each side of the exercise bike (only one side is shown).

Next, tighten the Adjustment Nut (49) on each side of the exercise bike (only one side is shown) until the Drive Belt (46) is tight.

Then, firmly tighten the M10 Flange Locknuts (75).

Pedal the exercise bike and test the adjustment. Repeat the above procedure, if necessary. When the drive belt is properly tightened, reattach the parts that you removed.

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	

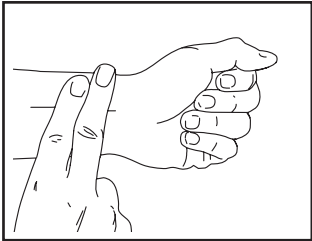
To find the recommended heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers above your age define your “training zone.”

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.

PART LIST

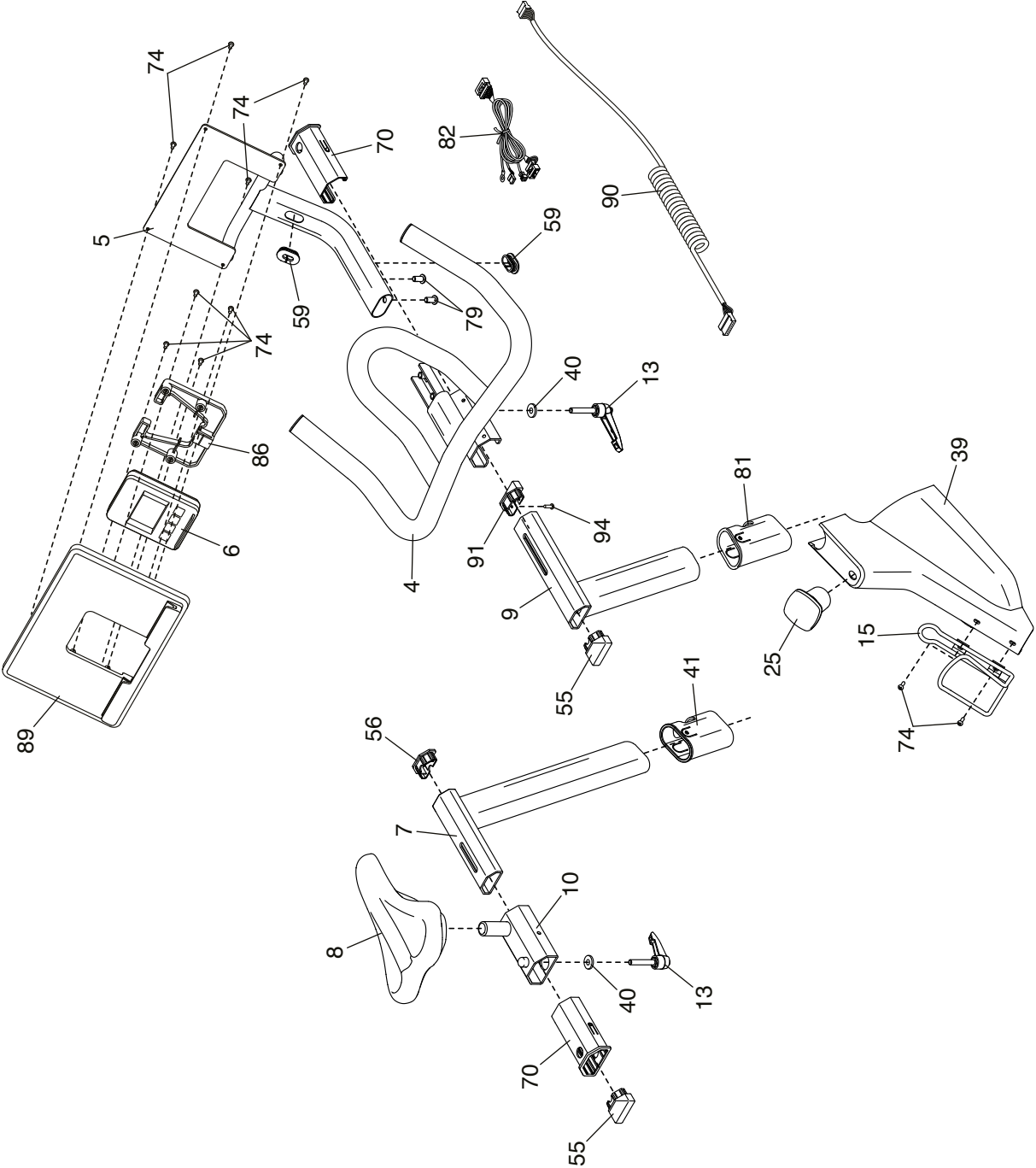
Model No. NTEX50725CW.2 R0525B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Left Flywheel Spacer
2	1	Front Stabilizer	51	2	Wheel
3	1	Rear Stabilizer	52	2	Foot
4	1	Handlebar	53	2	Leveling Foot
5	1	Console Mount	54	4	Cap
6	1	Console	55	2	Post Cap
7	1	Seat Post	56	1	Seat Post Cap
8	1	Seat	57	1	Reed Switch/Wire
9	1	Handlebar Post	58	1	Clamp
10	1	Seat Carriage	59	2	Grommet
11	2	Hand Weight	60	1	Right Flywheel Spacer
12	1	Left Weight Rest	61	2	Clip Nut
13	2	Adjustment Handle	62	2	Magnet
14	2	Adjustment Knob	63	4	M8 x 20mm Flat Head Screw
15	1	Water Bottle Holder	64	4	M8 Locknut
16	1	Right Pedal	65	1	Left Inner Hub Cover
17	1	Left Pedal	66	1	Metal Retention Clip
18	1	Right Crank Arm/Crank	67	1	Brake Nut
19	1	Left Crank Arm	68	3	M8 Jam Locknut
20	1	Resistance Cable	69	4	M8 x 25mm Screw
21	1	Resistance Bracket	70	2	Post Sleeve
22	1	Resistance Spring	71	2	Plastic Retention Clip
23	1	Resistance Magnet	72	2	M8 x 42mm Bolt
24	1	Resistance Motor	73	2	M6 x 45mm Shoulder Screw
25	1	Brake Knob	74	24	M4 x 12mm Blunt Screw
26	1	Pedal Wrench	75	3	M10 Flange Nut
27	1	Brake Shaft	76	1	M5 Locknut
28	1	Brake Spring	77	1	M5 x 35mm Bolt
29	1	Brake Bracket	78	1	Brake Bushing
30	2	Brake Spacer	79	2	M8 x 16mm Screw
31	1	Idler	80	2	M4 x 16mm Screw
32	1	Pulley Cover	81	1	Handlebar Post Sleeve
33	1	Right Hub Cover	82	1	Lower Wire
34	1	Outer Belt Cover	83	4	M5 x 8mm Screw
35	1	Inner Belt Cover	84	1	Left Hub Cover
36	1	Idler Cover	85	1	Hub Shield
37	1	Crank Cover	86	1	Console Housing
38	1	Motor Cover	87	6	M4 x 19mm Screw
39	1	Brake Cover	88	1	Ground Screw
40	2	M8 Washer	89	1	Console Deck
41	1	Seat Post Sleeve	90	1	Upper Wire
42	2	Crank Arm Cap	91	1	Handlebar Post Cap
43	2	Snap Ring	92	1	Right Weight Rest
44	2	Crank Bearing	93	1	M4 x 16mm Machine Screw
45	1	Pulley	94	3	M4 x 15mm Blunt Screw
46	1	Drive Belt	95	2	M4 x 10mm Blunt Screw
47	1	Flywheel	*	—	Assembly Tool
48	2	M10 Washer	*	—	User's Manual
49	2	Adjustment Bolt/Washer/Nut			

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.

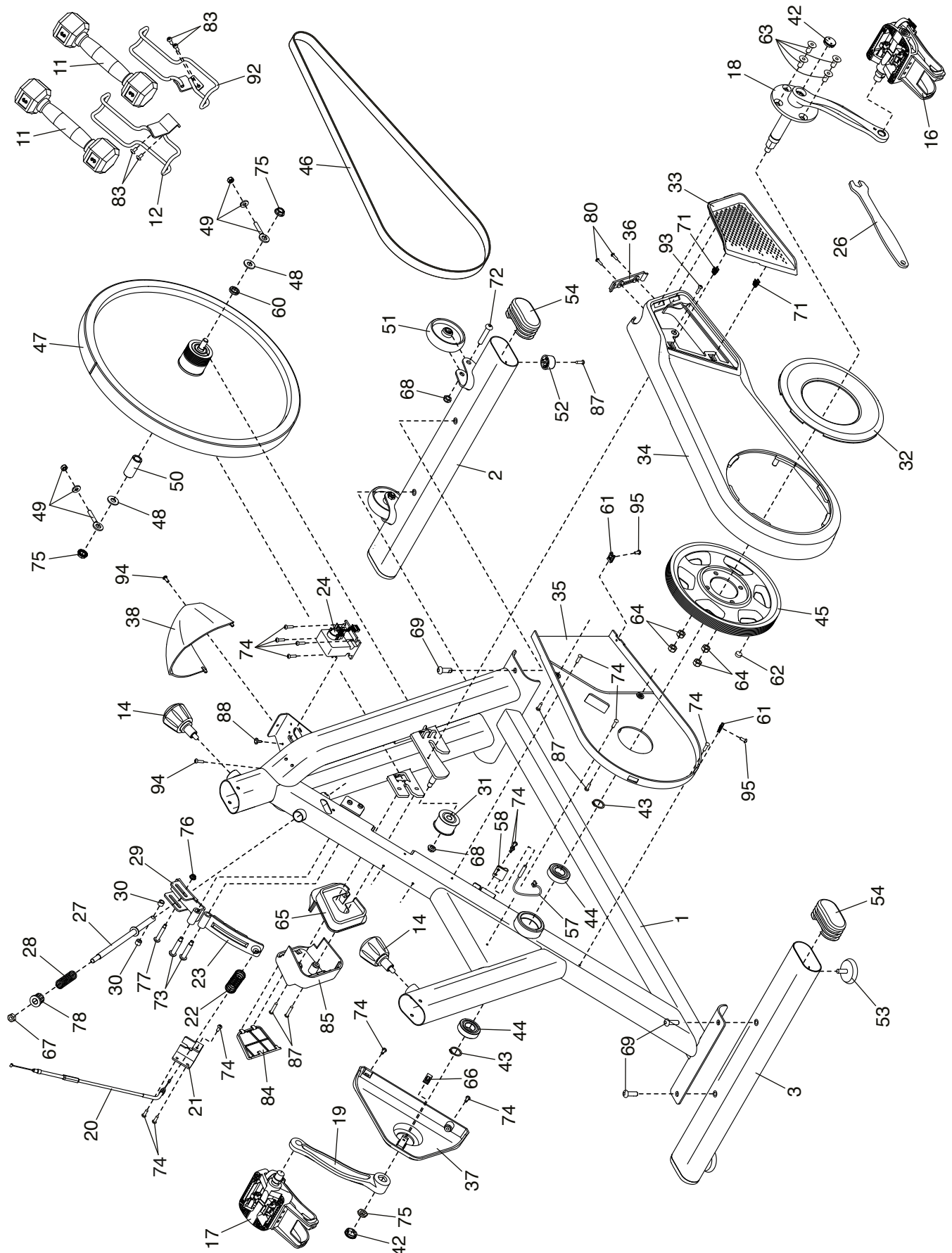
EXPLODED DRAWING A

Model No. NTEX50725CW.2 R0525B



EXPLODED DRAWING B

Model No. NTEX50725CW.2 R0525B



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(s) and description(s) of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING on pages 23 to 25)

CANADA LIMITED WARRANTY

iFIT Health & Fitness 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 one (1) year from the date that you receive this product. Parts and labor are warranted for ninety (90) days.

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 of Canada, (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 provinces 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. iFIT makes no other warranty and hereby disclaims and excludes all warranties of any kind, express or implied, arising from or relating to the product, including but not limited to the implied warranties of merchantability, of fitness of the product for a particular purpose and of noninfringement, whether arising from the statute, the Civil Code of Quebec, common law, custom or otherwise. Some provinces 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 province to province.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

iFIT Health & Fitness Inc., 999 de Maisonneuve Blvd. West, Suite 1600, Montreal, QC H3A 3L4

USA 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 one (1) year from the date that you receive this product. Parts and labor are warranted for ninety (90) days.

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. 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

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