

NordicTrack®

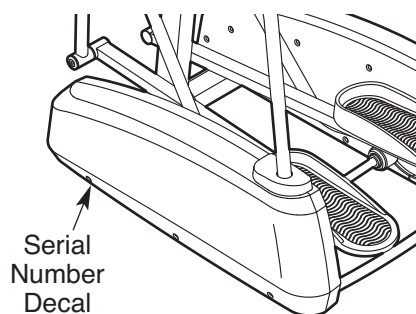
A.C.T. PRO

www.nordictrack.com

Model No. NTEL01299.2

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

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

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

CALL TOLL-FREE:

1-800-TO-BE-FIT

(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com

⚠ CAUTION

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

USER'S MANUAL

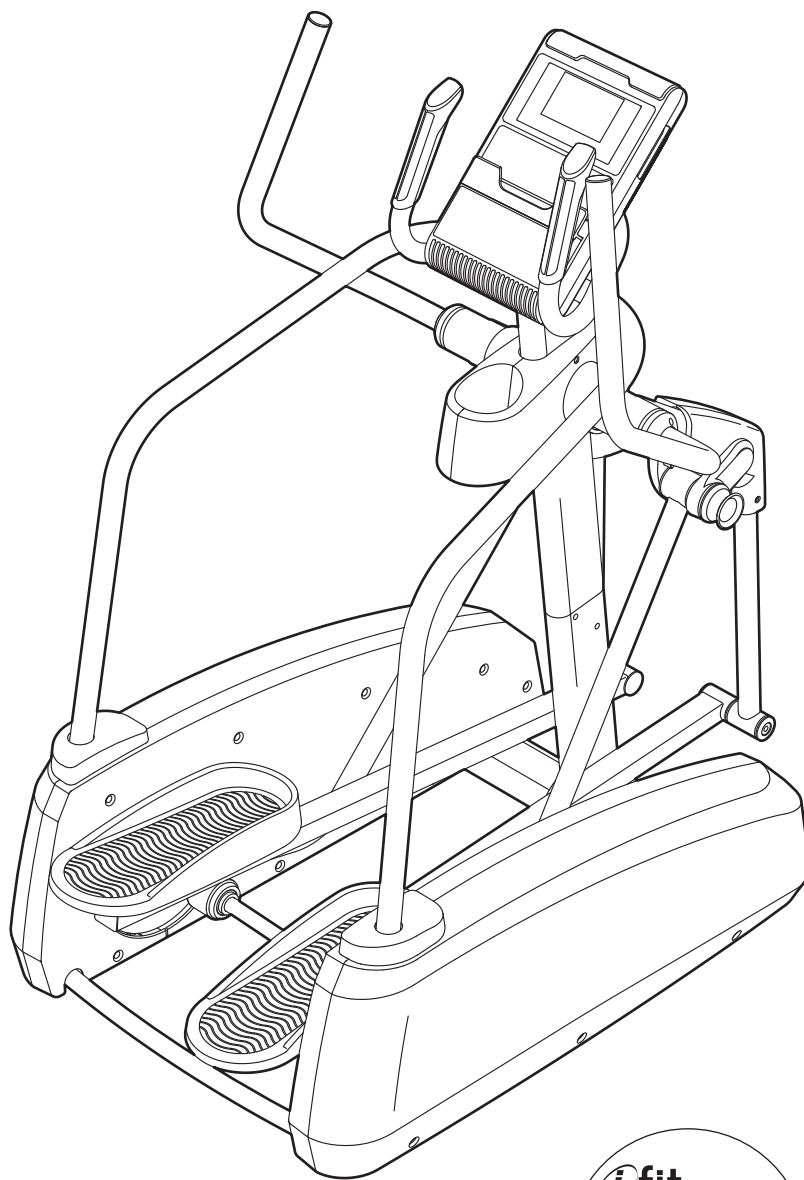
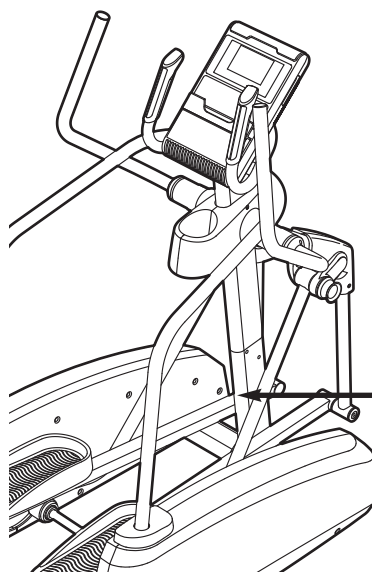


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WARNING DECAL PLACEMENT

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



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

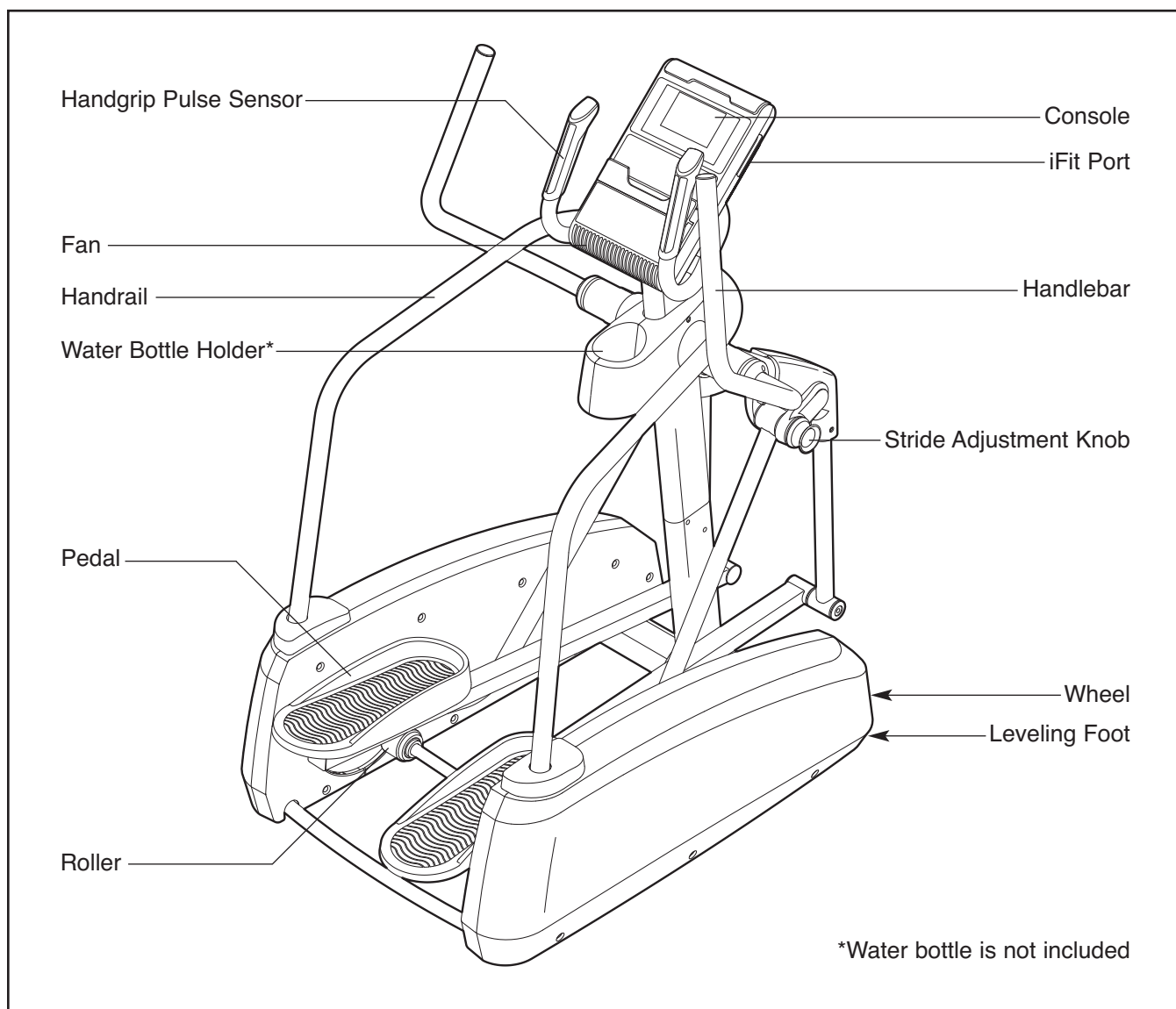
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® A.C.T. PRO elliptical. The A.C.T. PRO elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

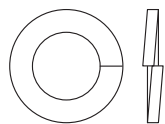
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

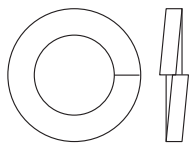


PART IDENTIFICATION CHART

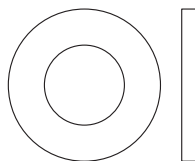
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**



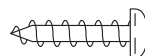
M8 Split Washer (80)–8



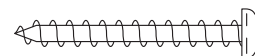
M10 Split Washer (79)–14



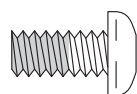
M10 Washer (64)–4



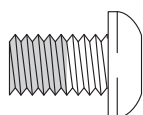
M4 x 16mm Screw (67)–10



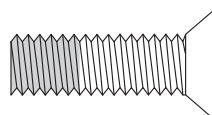
M4 x 30mm Screw (74)–4



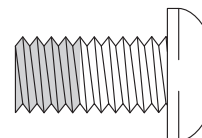
M6 x 13mm Patch Screw (78)–8



M8 x 13mm Patch Screw (62)–8



M8 x 25mm Flat Patch Screw (68)–6



M10 x 19mm Patch Screw (61)–18


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 complete all assembly steps.
- To identify small parts, see page 5.

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

one Phillips screwdriver 

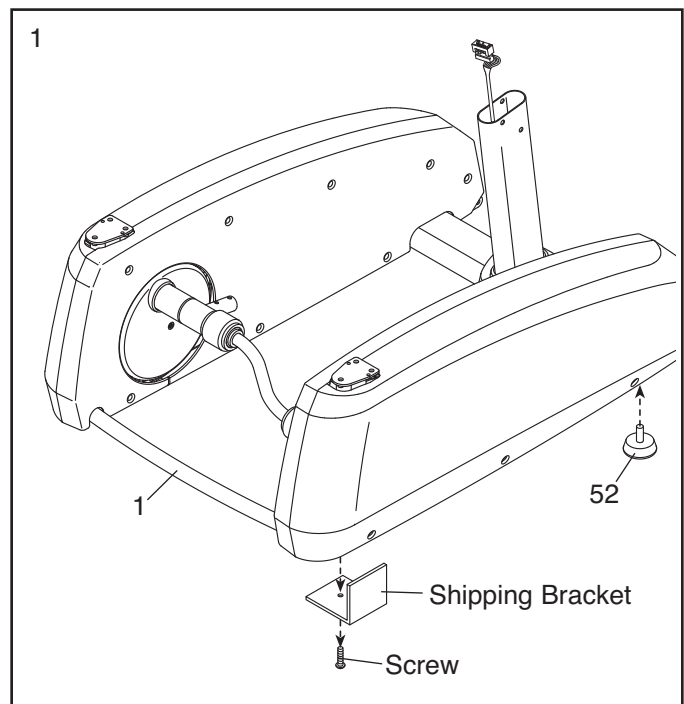
one adjustable wrench 

one rubber mallet 

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

1. Remove the four screws and the four shipping brackets attached to the Frame (1) (only one screw and one shipping bracket is shown). Discard the screws and the shipping brackets.

Then, tighten four Leveling Feet (52) (only one is shown) into the underside of the Frame (1).



2. Identify the Frame Cover (54) and orient it as shown.

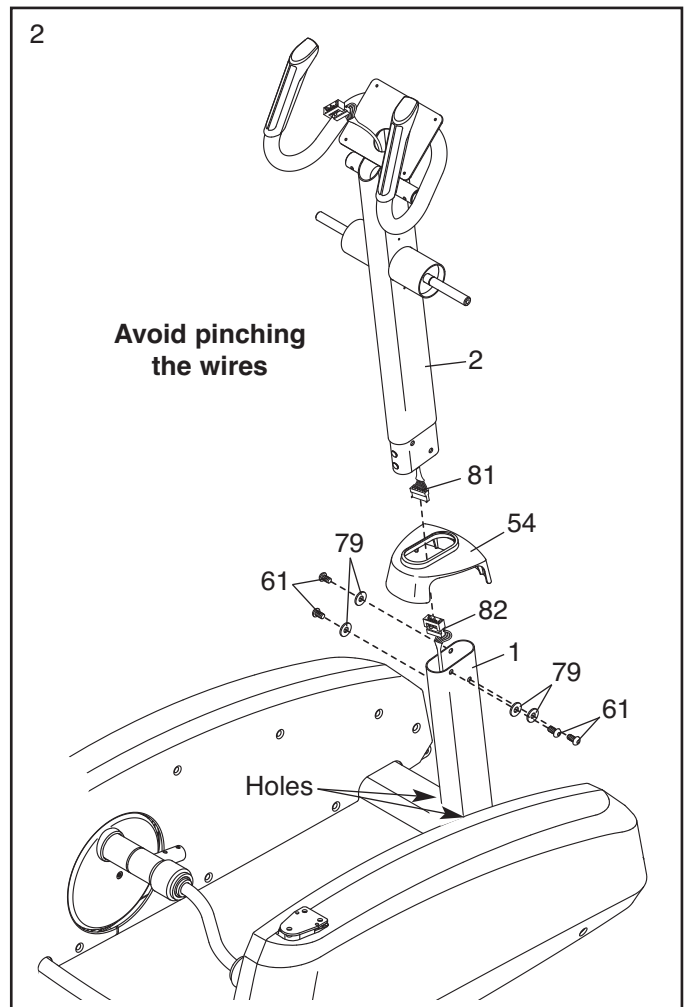
Slide the Frame Cover (54) onto the Frame (1). Press the posts on the Frame Cover into the indicated holes in the Frame.

Identify the Upright (2) and orient it as shown.

While a second person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (81) to the Lower Wire Harness (82).

Tip: Avoid pinching the Wire Harnesses (81, 82). Insert the Upright (2) into the Frame (1).

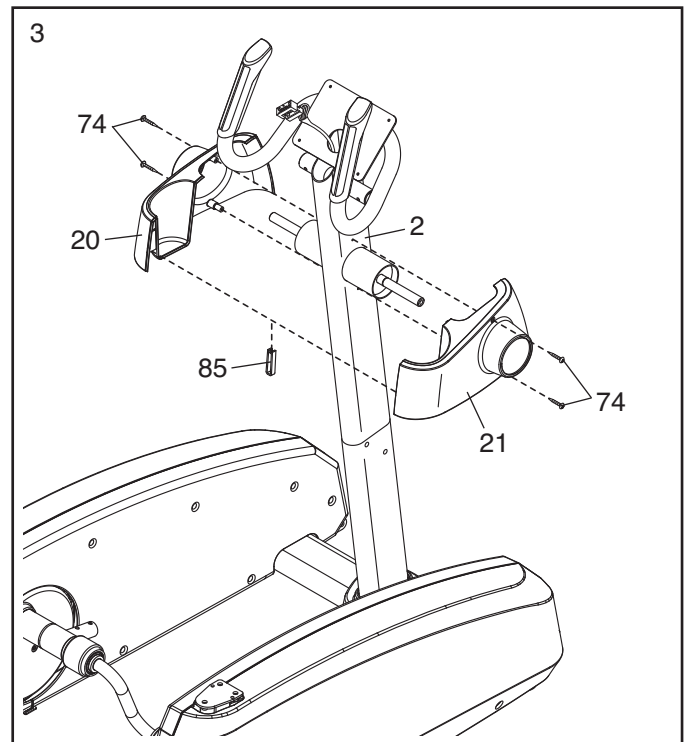
Attach the Upright (2) with four M10 x 19mm Patch Screws (61) and four M10 Split Washers (79). **Do not tighten the Patch Screws yet.**



3. Identify the Left and Right Upright Covers (20, 21), which are marked with "L" and "R" stickers, and orient them as shown.

Attach the Left and Right Upright Covers (20, 21) around the Upright (2) with four M4 x 30mm Screws (74).

Insert the Clip (85) into the underside of the Left and Right Upright Covers (20, 21).



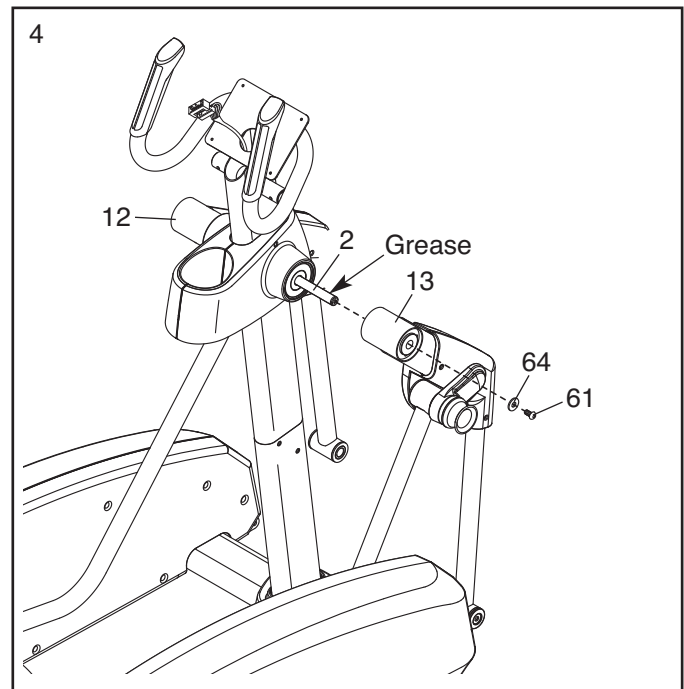
4. Apply a generous amount of the included grease to the right axle on the Upright (2).

Identify the Right Handlebar Leg (13), which is marked with an “R” sticker, and orient it as shown.

Slide the Right Handlebar Leg (13) onto the axle on the Upright (2).

Attach the Right Handlebar Leg (13) with an M10 x 19mm Patch Screw (61) and an M10 Washer (64).

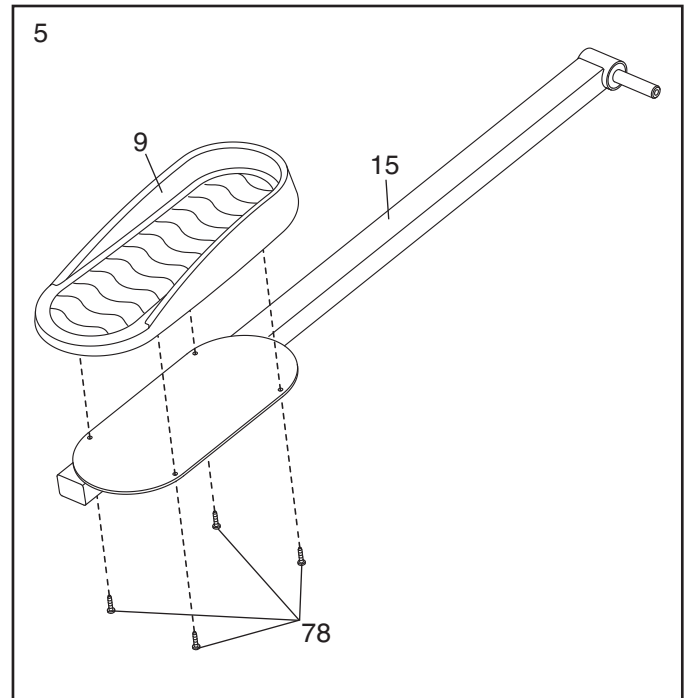
Attach the Left Handlebar Leg (12) in the same way.



5. Identify the Right Pedal Arm (15), which is marked with an “R” sticker.

Attach a Pedal (9) to the Right Pedal Arm (15) with four M6 x 13mm Patch Screws (78).

Attach the other Pedal to the Left Pedal Arm (not shown) in the same way.



6. Orient the Left Pedal Arm (14) as shown.

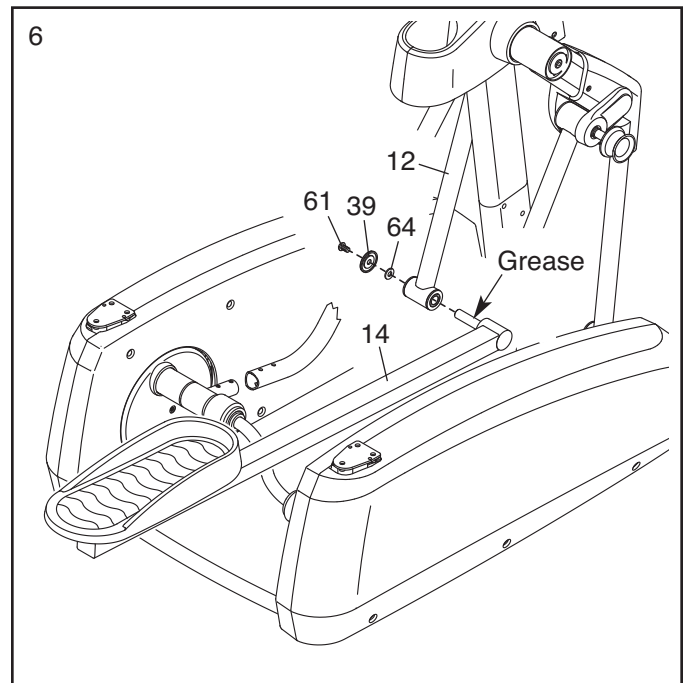
Apply grease to the axle on the Left Pedal Arm (14).

Position the Left Handlebar Leg (12) as shown.

Then, insert the Left Pedal Arm (14) into the Left Handlebar Leg (12).

Attach the Left Pedal Arm (14) with an M10 x 19mm Patch Screw (61), a Pedal Axle Cover (39), and an M10 Washer (64). **Do not over-tighten the Patch Screw; the Left Pedal Arm must pivot easily.**

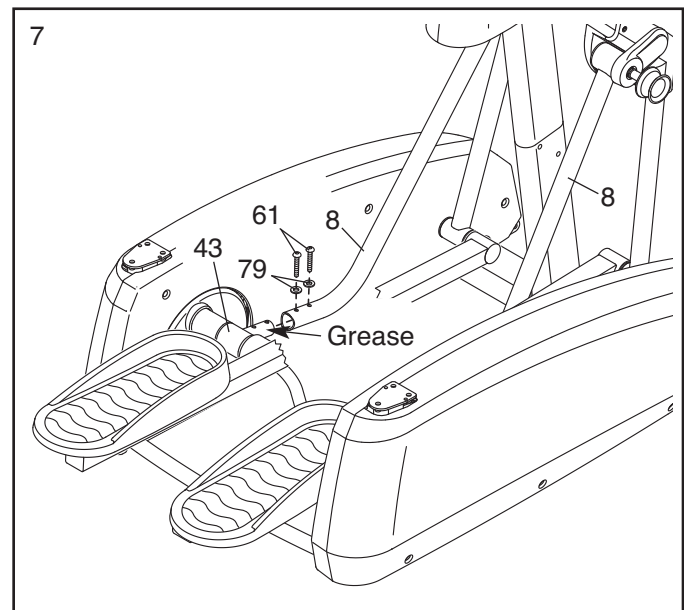
Attach the Right Pedal Arm (not shown) in the same way.



7. Apply grease to the axle of the left Pedal Arm Bracket (43).

Attach the left Pedal Leg (8) to the left Pedal Arm Bracket (43) with two M10 x 19mm Patch Screws (61) and two M10 Split Washers (79).

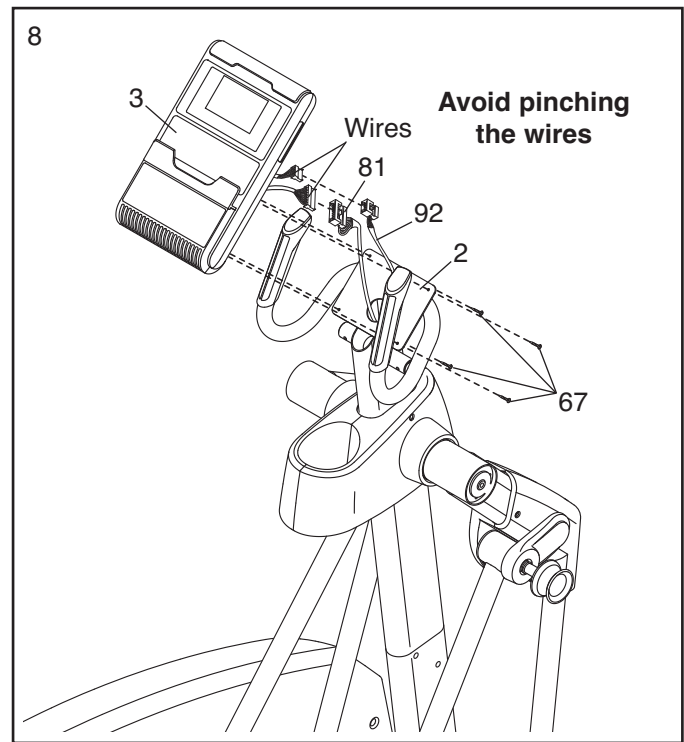
Attach the right Pedal Leg (8) in the same way.



8. While a second person holds the Console (3) near the Upright (2), connect the wires on the console to the Upper Wire Harness (81) and to the Pulse Wire (92).

Insert the excess wire into the Upright (2) or into the Console (3).

Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with four M4 x 16mm Screws (67).

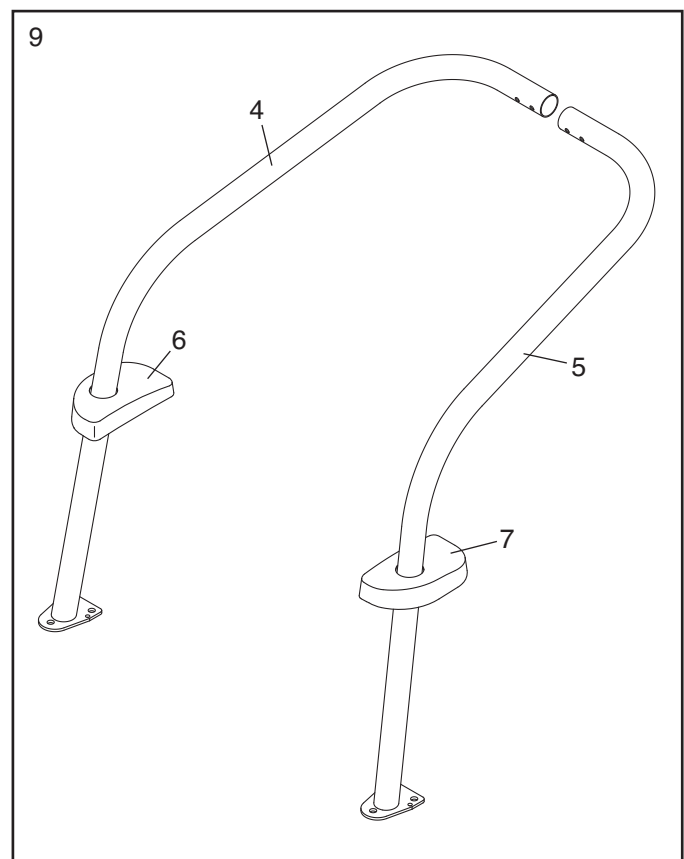


9. Identify the Left Handrail (4), which is marked with an "L" on the underside.

Then, identify the Right Handrail (5), which is marked with an "R" on the underside.

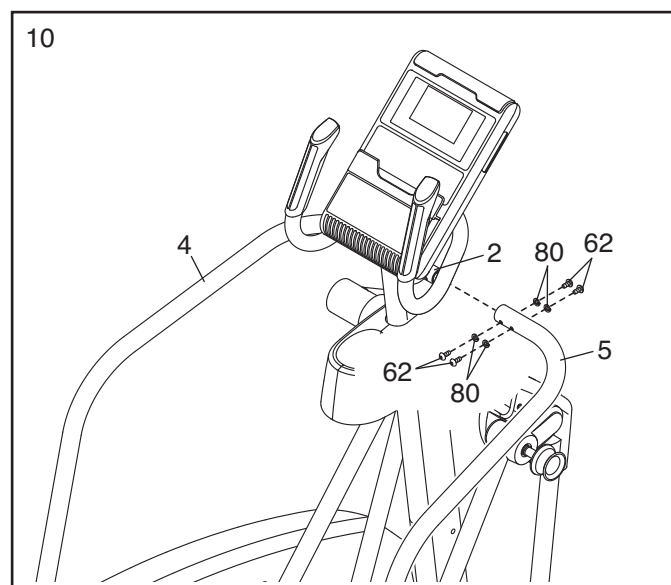
Orient the Left and Right Handrails (4, 5) as shown.

Slide the Left Handrail Cover (6) onto the Left Handrail (4). Then, slide the Right Handrail Cover (7) onto the Right Handrail (5).



10. Attach the Right Handrail (5) to the Upright (2) with four M8 x 13mm Patch Screws (62) and four M8 Split Washers (80). **Do not tighten the Patch Screws yet.**

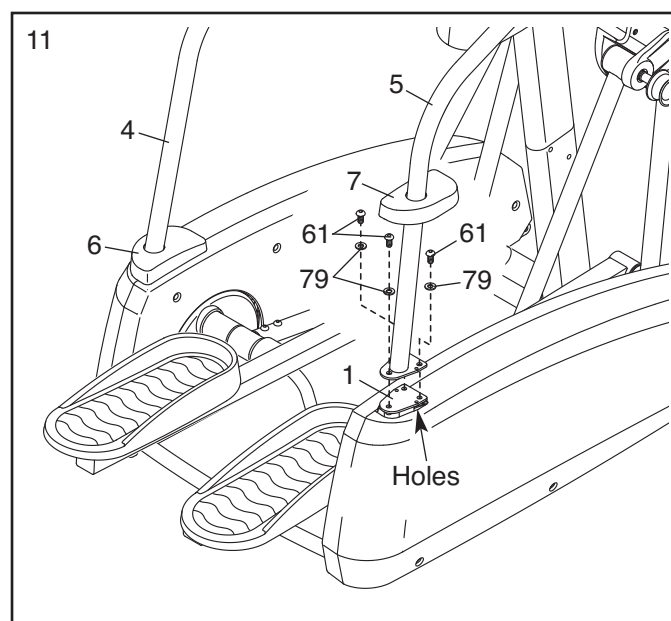
Attach the Left Handrail (4) in the same way.



11. Attach the Right Handrail (5) to the Frame (1) with three M10 x 19mm Patch Screws (61) and three M10 Split Washers (79).

Press the posts on the Right Handrail Cover (7) into the indicated holes in the Frame (1).

Attach the Left Handrail (4) and the Left Handrail Cover (6) in the same way.



12. Identify the Right Handlebar (11), which is marked with an “R” sticker, and orient it as shown.

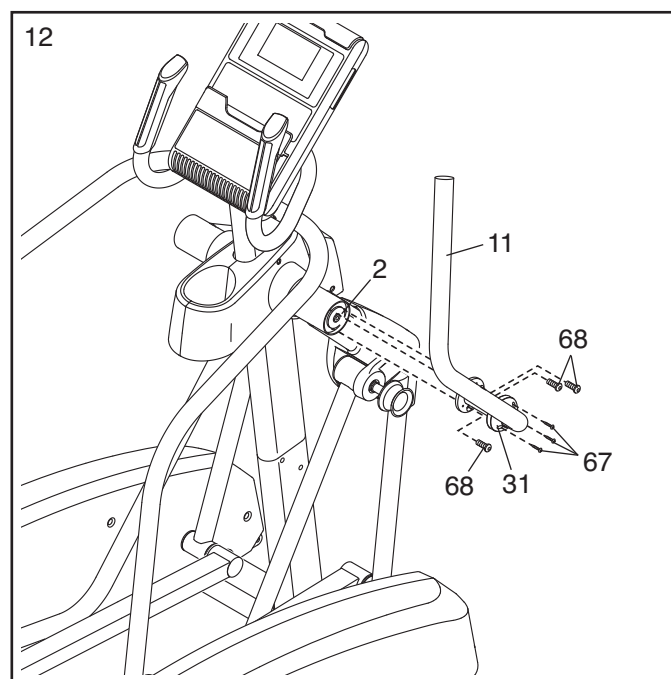
Attach the Right Handlebar (11) to the Upright (2) with three M8 x 25mm Flat Patch Screws (68).

Then, slide a Handlebar Cover (31) onto the Right Handlebar (11) and attach it with three M4 x 16mm Screws (67).

Attach the Left Handlebar (not shown) in the same way.

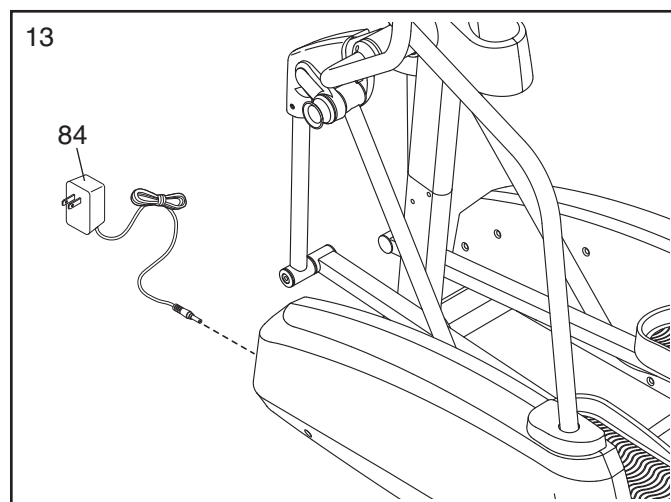
See step 2. Tighten the M10 x 19mm Patch Screws (61).

See step 10. Tighten the M8 x 13mm Patch Screws (62).



13. Plug the Power Adapter (84) into the jack on the front of the elliptical.

To plug the Power Adapter (84) into an outlet, see **HOW TO PLUG IN THE POWER ADAPTER** on page 13.



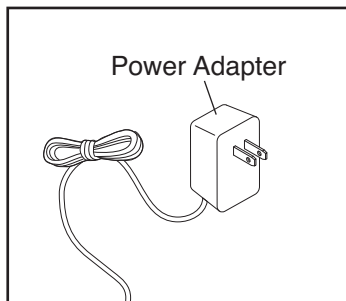
14. **Make sure that all parts are properly tightened before you use the elliptical.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical to protect the floor.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

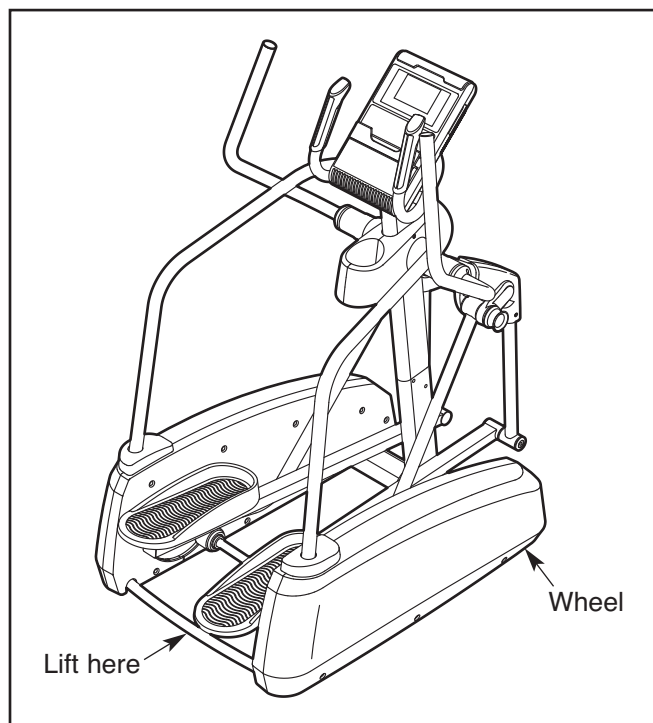
IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



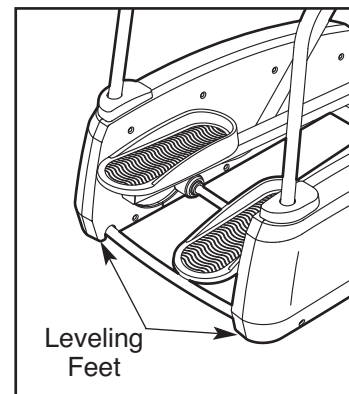
HOW TO MOVE THE ELLIPTICAL

With the help of a second person, lift the rear of the frame until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower the frame to the floor.



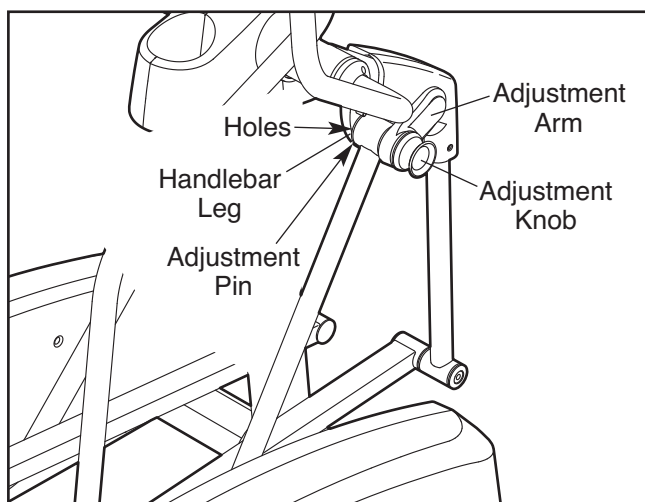
HOW TO LEVEL THE ELLIPTICAL

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



HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL

To adjust the stride of the elliptical, first turn the adjustment knob clockwise while pulling it outward until the adjustment arm pivots freely.



Pivot the adjustment arm until the adjustment knob is aligned with one of the holes in the handlebar leg, and gently release the knob.

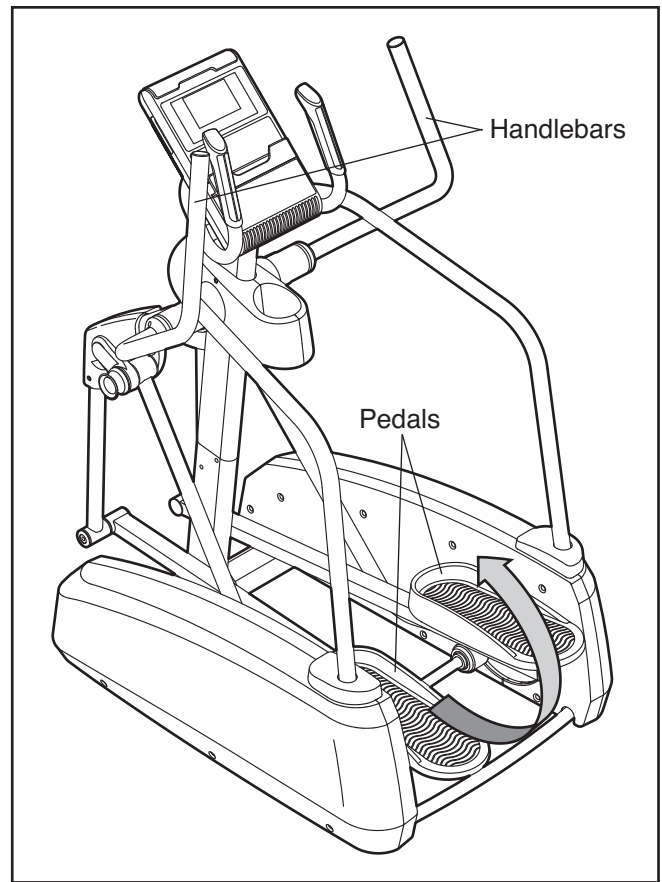
Then, pivot the adjustment arm back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the handlebar leg. **Adjust the other side of the elliptical in the same way.**

HOW TO EXERCISE ON THE ELLIPTICAL

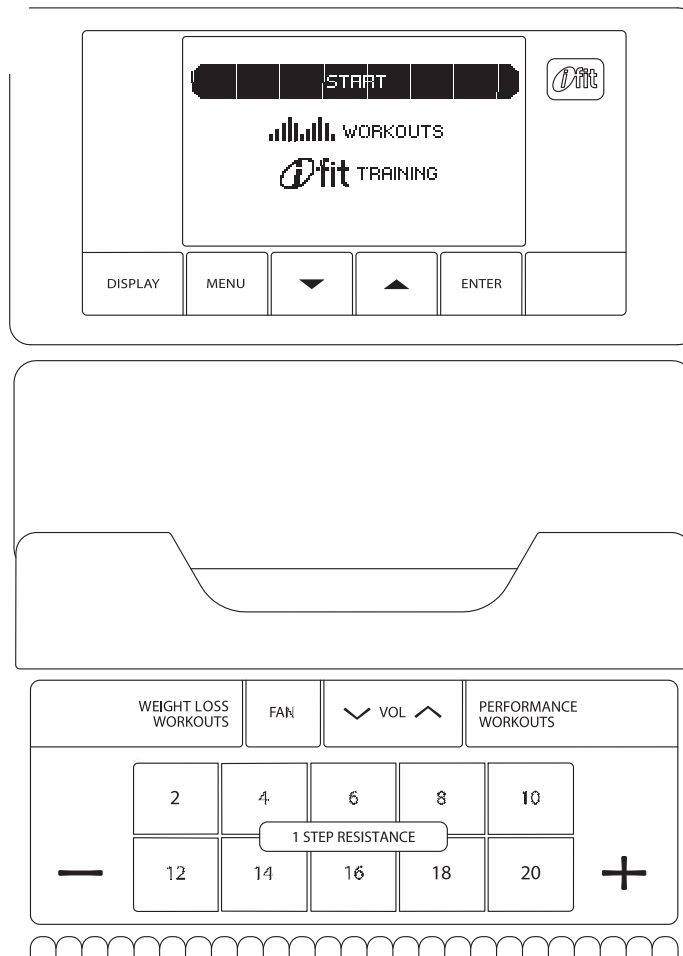
To mount the elliptical, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction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

The handlebars are designed to add upper-body exercise to your workouts. Push and pull the handlebars to exercise your arms, shoulders, and back. For lower-body exercise only, hold the handlebars without pushing and pulling them.

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



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

The console also offers twenty preset workouts—ten weight loss workouts and ten performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features an iFit training mode that allows you to connect the console to your wireless network through an optional iFit Live module. The iFit Live module allows you to download personalized workouts and to track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To activate the console, see page 16. **To turn off the console**, see page 16. **To use the manual mode**, see page 16. **To use a preset workout**, see page 18. **To use the iFit training mode**, see page 19. **To use the sound system**, see page 19. **To use the information mode**, see page 19.

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

HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the elliptical. See HOW TO PLUG IN THE POWER ADAPTER on page 13. When the power adapter is plugged in, the displays will turn on and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

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

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE THE MANUAL MODE

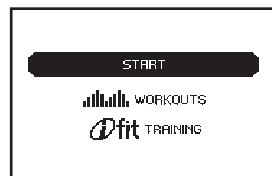
1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO ACTIVATE THE CONSOLE above.

2. Select the manual mode.

Each time you turn on the console, the main menu will appear.

To select the manual mode, press the Increase and Decrease buttons next to the Enter button and highlight START. Then, press the Enter button.



If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons or by pressing the 1 Step Resistance Increase and Decrease buttons.

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

4. Follow your progress with the display.

The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show the following workout information:

Calories—This display mode will show the approximate number of calories you have burned.

Profile—When a workout is selected, this display mode will show a profile of the resistance levels for the workout.

Pulse—This display mode will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).

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

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

Strides—This display mode will show the total number of strides you have pedaled.

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

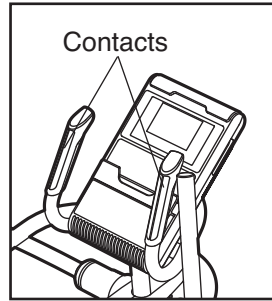
Change the volume level of the console by pressing the Volume Increase and Decrease buttons.

5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts.

Avoid moving your hands or gripping the contacts tightly.

When your pulse is detected, your heart rate will appear in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



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

6. Turn on the fan if desired.

Press the Fan button repeatedly to turn on or turn off the fan.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE A PRESET WORKOUT

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

2. Select a preset workout.

If you have selected a workout or the iFit Training mode, press the Menu button to return to the main menu.

To select a preset workout, first press the Increase and Decrease buttons next to the Enter button and highlight WORKOUTS. Then, press the Enter button.



Next, press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

You can also press the Weight Loss Workouts button or the Performance Workouts button.

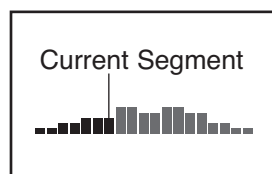
Press the Increase and Decrease buttons to highlight the desired workout category. Then, press the Enter button.

Press the Increase and Decrease buttons to highlight the name of the desired workout. The duration, the maximum rpm (pedaling pace), the maximum resistance level, and a profile of the resistance levels of the workout will appear in the right side of the display. Then, press the Enter button.

3. Begin pedaling to start the workout.

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

The workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height



of the flashing segment indicates the resistance level for the current segment.

When the first segment of the workout ends, the resistance level and the target rpm for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, you will be prompted to keep your pedaling pace (rpm) near the target rpm for the current segment. When the word FASTER appears in the display, increase your pedaling pace. When the word SLOWER appears, decrease your pedaling pace. When no words appear, maintain your current pedaling pace.

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the 1 Step Resistance buttons.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 5 on page 17.

6. Turn on the fan if desired.

See step 6 on page 17.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE THE iFIT TRAINING MODE

The optional iFit Live module allows you to connect the console to your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

To select the iFit training mode, press the Menu button and then press the Increase and Decrease buttons next to the Enter button and highlight IFIT TRAINING. Then, press the Enter button. **For more information about the iFit training mode, go to www.ifit.com.**

Note: To use the iFit training mode, you must have an iFit Live module. To use an iFit Live module, you must have your own wireless network and access to a computer with an internet connection.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the side of the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Vol Increase and Decrease buttons on the console.

HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view usage information and to adjust the contrast level of the displays.

To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

The display will show the total number (in thousands) of strides that have been pedaled on the elliptical. The display will also show the total number of hours that the elliptical has been used.

INFORMATION MODE	
TOTAL KSTRADES:	1
TOTAL HOURS:	1
CONTRAST LEVEL:	13
DISPLAY KEY TO EXIT	

The currently selected contrast level will also appear in the display. Press the Increase and Decrease buttons next to the Enter button repeatedly to select the desired contrast level.

Press the Display button repeatedly to save the contrast level setting and exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

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

CONSOLE TROUBLESHOOTING

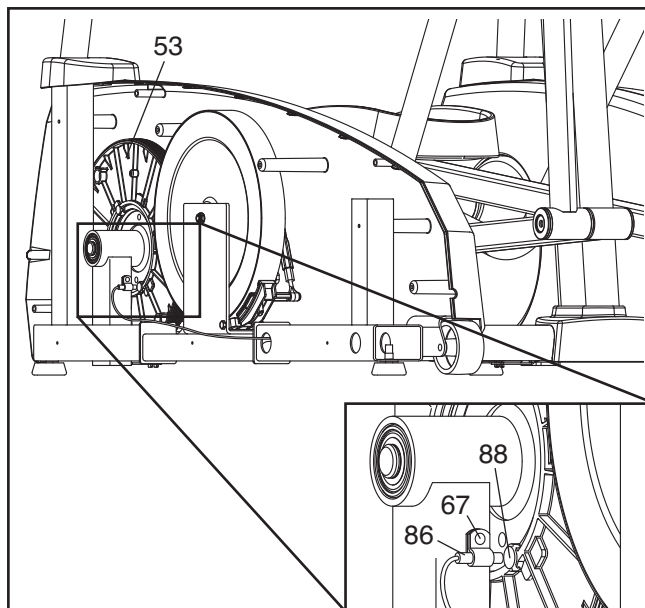
If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

First, remove all of the screws from the right outer and inner shields; **there are two sizes of screws in the right outer and inner shields—note which size of screw you remove from each hole.** Then, gently remove the right outer shield.

Locate the Reed Switch (86). Turn the Pulley (53) until a Magnet (88) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (67).



Slide the Reed Switch (86) slightly closer to or away from the Magnet (88), and then retighten the M4 x 16mm Screw (67).

Rock the pulley forward and backward just enough that the magnet passes the reed switch repeatedly. Repeat these actions until the console displays correct feedback.

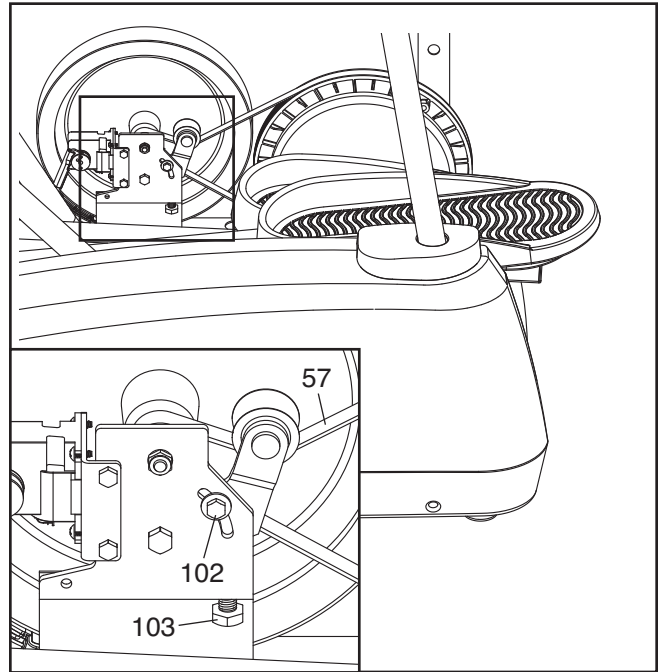
When the reed switch is correctly adjusted, reattach the right outer and inner shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING C on page 27 and the PART LIST on page 23.

HOW TO ADJUST THE DRIVE BELT

If you can 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.

First, remove all of the screws from the right outer and inner shields; **there are two sizes of screws in the right outer and inner shields—note which size of screw you remove from each hole.** Then, gently remove the right outer shield.

Loosen the Idler Screw (102). Then, tighten the Belt Adjustment Screw (103) until the Drive Belt (57) is tight.



When the Drive Belt (57) is tight, tighten the Pivot Screw (102).

Then, reattach the right outer and inner shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING C on page 27 and the PART LIST on page 23.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST

Model No. NTEL01299.2 R0112A

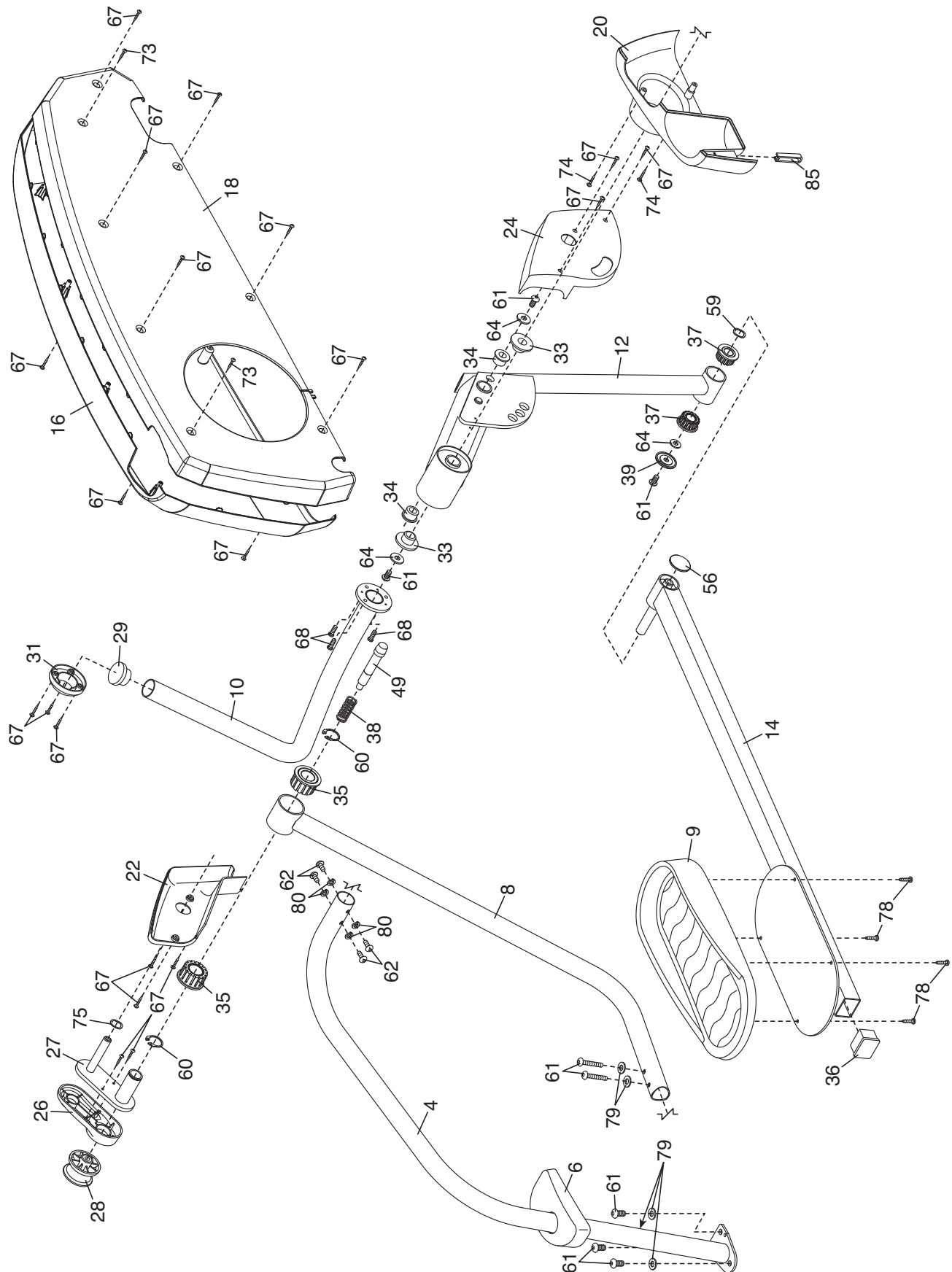
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	2	Pedal Arm Roller
2	1	Upright	47	2	Crank Spacer
3	1	Console	48	2	Crank Cover
4	1	Left Handrail	49	2	Adjustment Pin
5	1	Right Handrail	50	4	Crank Bracket Bearing
6	1	Left Handrail Cover	51	2	Wheel
7	1	Right Handrail Cover	52	4	Leveling Foot
8	2	Pedal Leg	53	1	Pulley
9	2	Pedal	54	1	Frame Cover
10	1	Left Handlebar	55	1	Flywheel
11	1	Right Handlebar	56	2	Pedal Axle Cap
12	1	Left Handlebar Leg	57	1	Drive Belt
13	1	Right Handlebar Leg	58	1	M4 x 16mm Bright Screw
14	1	Left Pedal Arm	59	8	Crank Bracket Snap Ring
15	1	Right Pedal Arm	60	4	Adjustment Bracket Snap Ring
16	1	Left Outer Shield	61	20	M10 x 19mm Patch Screw
17	1	Right Outer Shield	62	12	M8 x 13mm Patch Screw
18	1	Left Inner Shield	63	1	Magnet Bracket
19	1	Right Inner Shield	64	6	M10 Washer
20	1	Left Upright Cover	65	2	M12 x 55mm Hex Bolt
21	1	Right Upright Cover	66	2	M12 Locknut
22	1	Left Outer Leg Cover	67	48	M4 x 16mm Screw
23	1	Right Outer Leg Cover	68	6	M8 x 25mm Flat Patch Screw
24	1	Left Inner Leg Cover	69	2	M10 x 73mm Button Bolt
25	1	Right Inner Leg Cover	70	1	M3.5 x 12mm Screw
26	2	Adjustment Arm Cover	71	2	M8 x 19mm Button Screw
27	2	Adjustment Arm	72	1	Idler
28	2	Adjustment Knob	73	4	M4 x 64mm Screw
29	2	Handlebar Cap	74	4	M4 x 30mm Screw
30	1	Resistance Motor	75	2	27mm x 16mm Wave Washer
31	2	Handlebar Cover	76	1	M5 x 7mm Screw
32	2	M10 Locknut	77	4	Motor Screw
33	4	Pivot Bushing	78	8	M6 x 13mm Patch Screw
34	4	Small Adjustment Bushing	79	14	M10 Split Washer
35	4	Large Adjustment Bushing	80	8	M8 Split Washer
36	2	Pedal Arm Cap	81	1	Upper Wire Harness
37	4	Pedal Bushing	82	1	Lower Wire Harness
38	2	Adjustment Spring	83	1	Power Jack Wire
39	2	Pedal Axle Cover	84	1	Power Adapter
40	1	Crank	85	1	Clip
41	1	Right Crank Bracket	86	1	Reed Switch/Wire
42	1	Left Crank Bracket	87	1	Clamp
43	1	Left Pedal Arm Bracket	88	2	Magnet
44	8	Crank Bearing	89	2	Motor Bracket Screw
45	6	Thrust Washer	90	1	Motor Bracket

Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	Pulse Sensor Handle	101	1	M6 Washer
92	1	Pulse Wire	102	1	Idler Screw
93	1	Adjustment Bracket	103	1	Belt Adjustment Screw
94	1	Adjustment Arm	104	1	Right Pedal Arm Bracket
95	1	Magnet Bracket Bolt	105	2	Adjustment Nut
96	1	Motor Wheel	106	1	M5 Washer
97	1	Pivot Screw	107	1	Snap Ring
98	1	Flywheel Axle	*	—	Assembly Tool
99	1	M6 Locknut	*	—	Grease Packet
100	2	M8 Jam Nut	*	—	User's Manual

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.

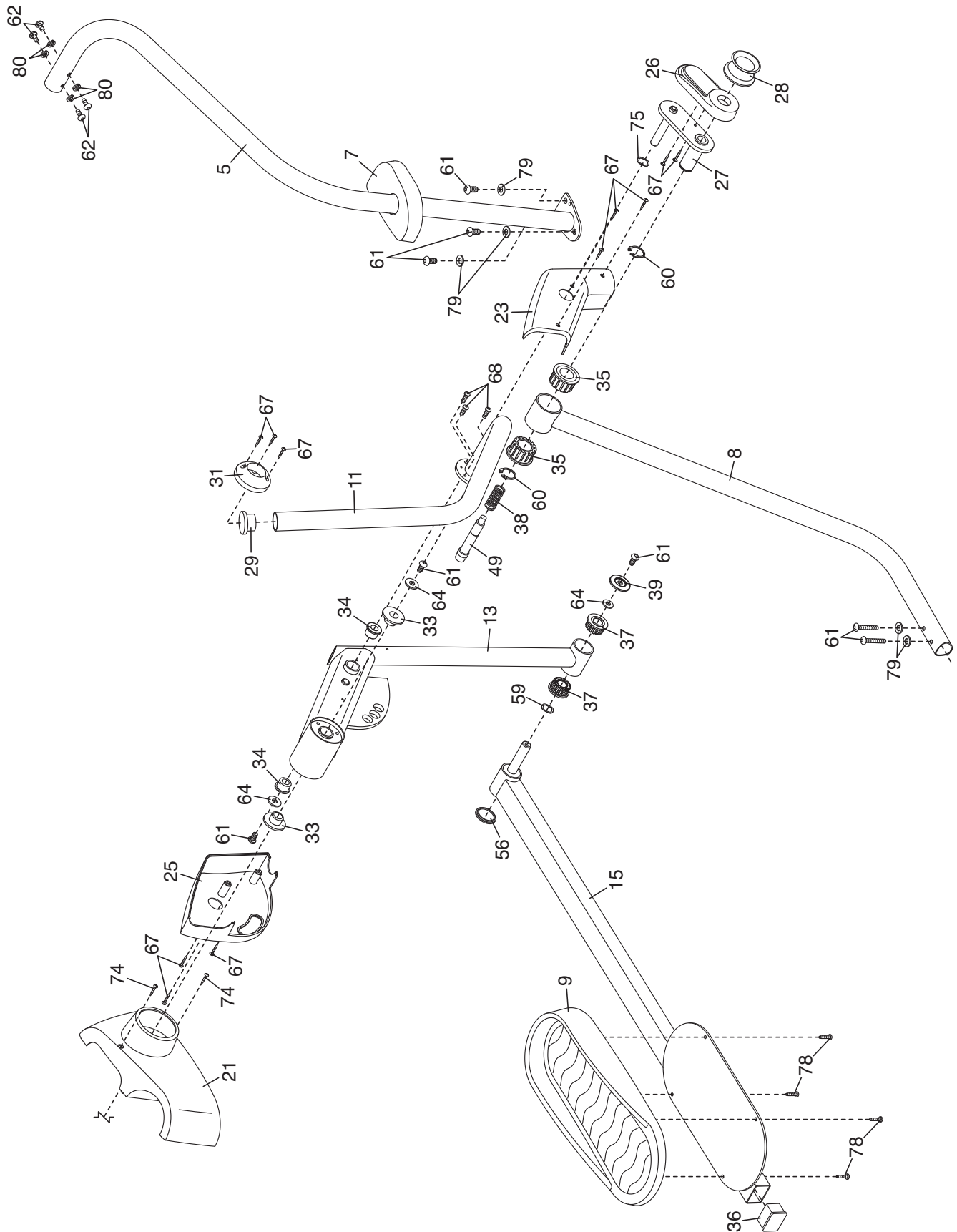
EXPLODED DRAWING A

Model No. NTEL01299.2 R0112A



EXPLODED DRAWING B

Model No. NTEL01299.2 R0112A



Model No. NTEL01299.2 R0112A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. The resistance mechanism is warranted for ten (10) years from the date of purchase. Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

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

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

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

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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