

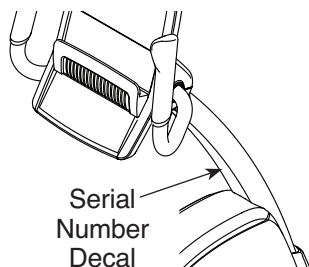
NordicTrack® ELITE 7.4

www.nordictrack.com

Model No. 831.21987.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–12 p.m. MT

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

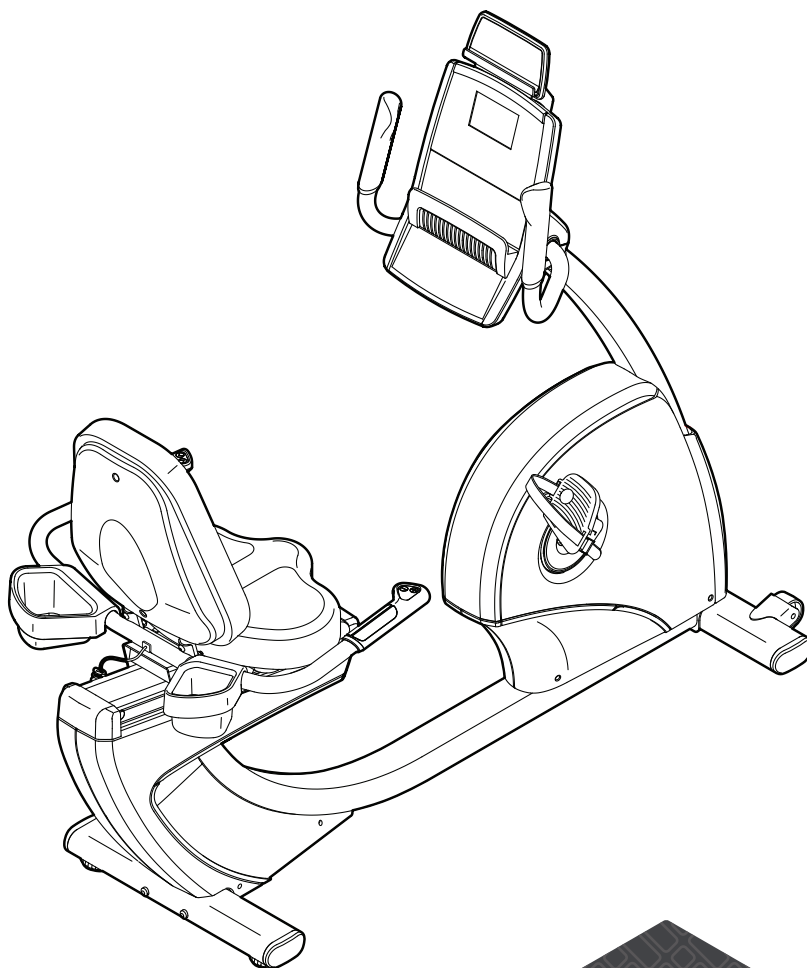
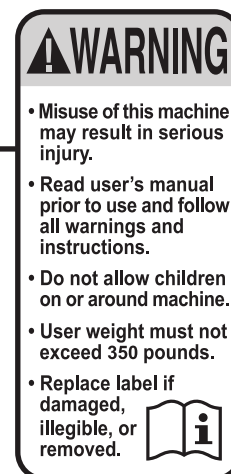
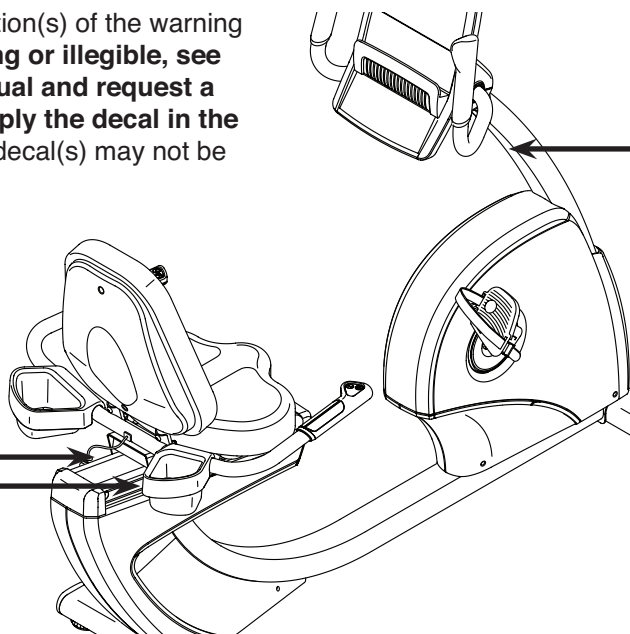


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WARNING DECAL PLACEMENT

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.



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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. 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.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. 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.
10. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. 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.

MAKE YOUR FITNESS GOALS A **REALITY**



Congratulations on the purchase of your new iFit® compatible fitness equipment. You're just one click away from making your fitness goals a reality.

GO TO IFIT.COM TO GET STARTED

DO MORE THAN JUST WORK OUT

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.



LOSE WEIGHT

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



COMPETE WITH OTHERS

Push yourself to new limits with real-time virtual races.



PERSONALIZED EVENT TRAINING

5k, 10k, half or full marathon training will help you prepare for your event.



GO MOBILE

Track your workout anywhere you go with iFit® mobile apps.



MAP YOUR ROUTE

With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



SHARE YOUR PROGRESS

Inspire others, motivate yourself and share routes, workouts and more.

GO TO
IFIT.COM

OR CALL
877-236-1009

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



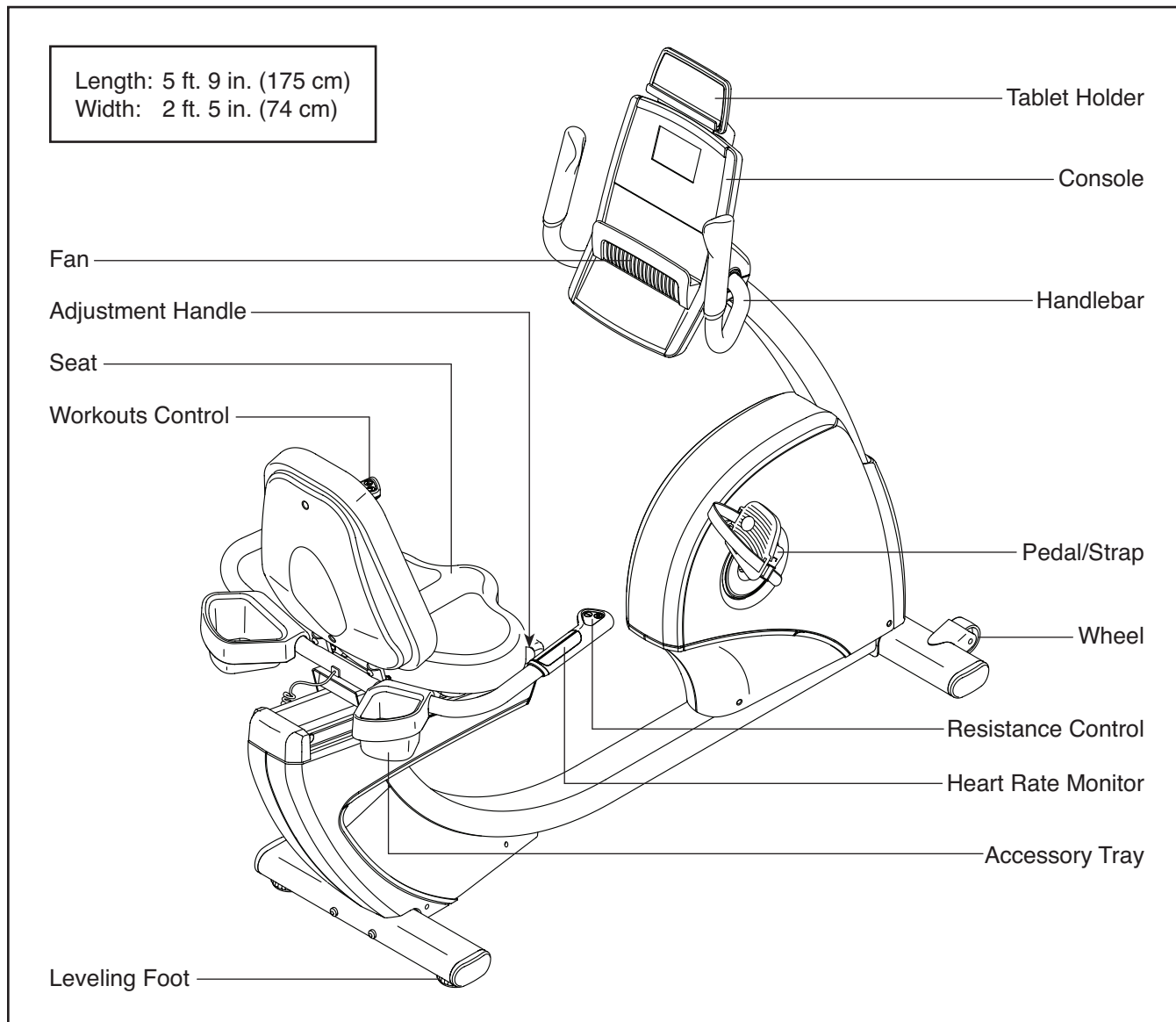
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ELITE 7.4 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The ELITE 7.4 exercise bike 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 exercise bike. If you have questions after

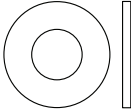
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

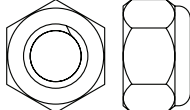


PART IDENTIFICATION CHART

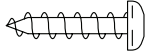
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



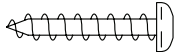
M6 Washer
(88)–8



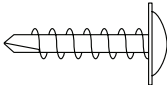
M8 Locknut
(106)–4



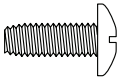
M4 x 16mm
Screw (77)–4



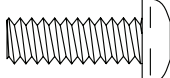
M4 x 20mm
Screw (117)–2



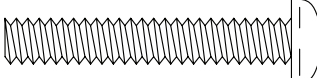
M4 x 19mm
Flange Screw
(118)–4



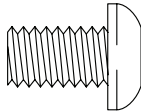
#8 x 12mm
Screw
(109)–4



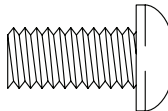
M6 x 18mm
Screw (95)–2



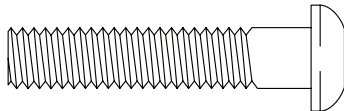
M6 x 38mm
Screw (75)–8



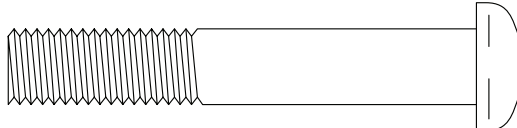
M8 x 13mm
Screw (116)–6



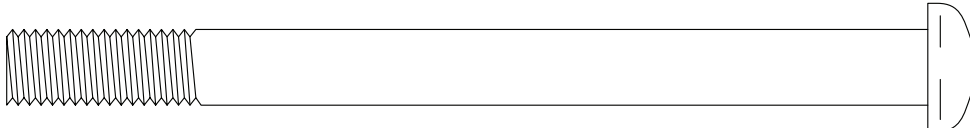
M8 x 16mm
Screw (67)–4



M8 x 40mm Bolt
(105)–4



M10 x 62mm Screw (70)–4



M10 x 122mm Screw (65)–4

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 7.

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

one Phillips screwdriver



adjustable wrench



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

1. **Go to www.nordictrackservice.com/ registration on your computer and register your product.**

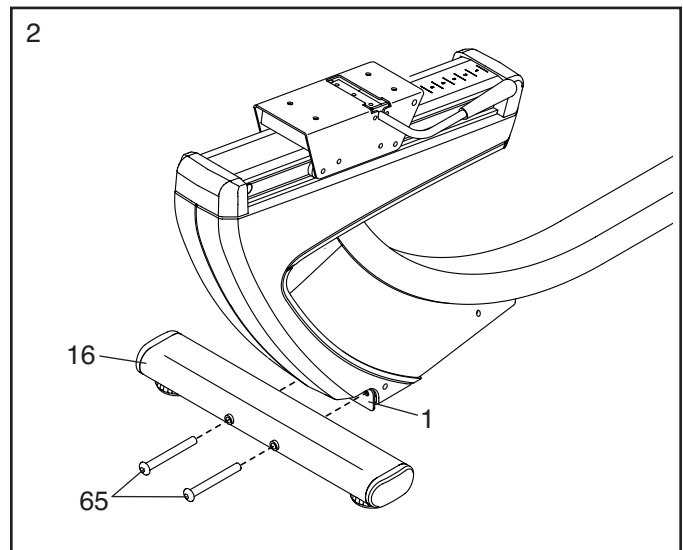
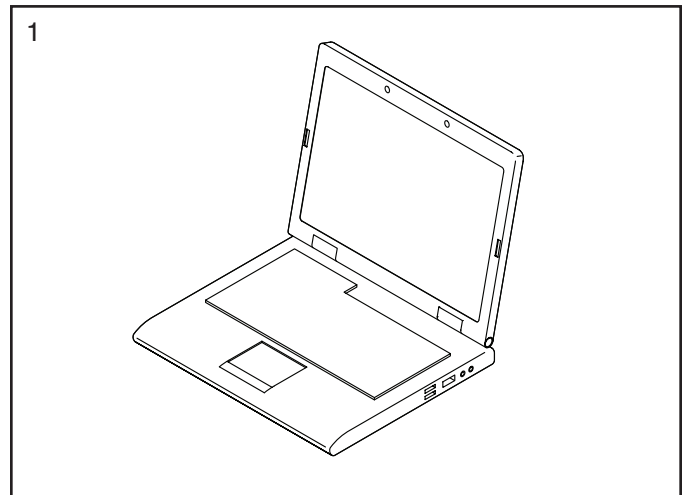
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

2. Set a sturdy piece of packing material (not shown) under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Rear Stabilizer (16) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

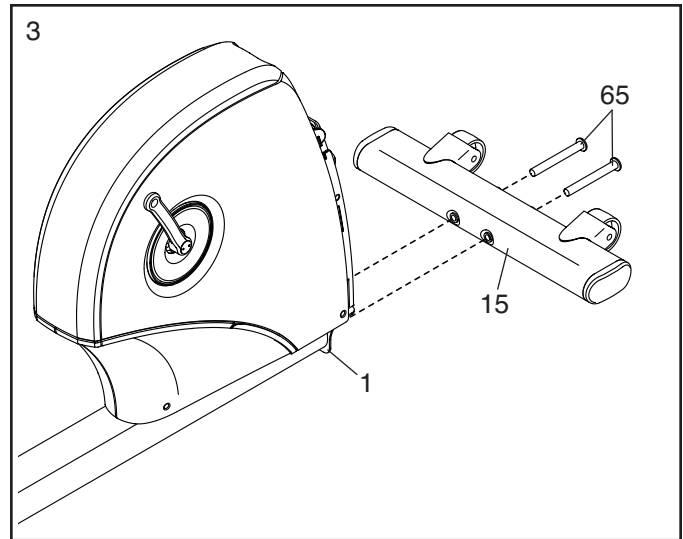
Then, remove the packing material.



3. Set a sturdy piece of packing material (not shown) under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Front Stabilizer (15) as shown. Attach the Front Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

Then, remove the packing material.

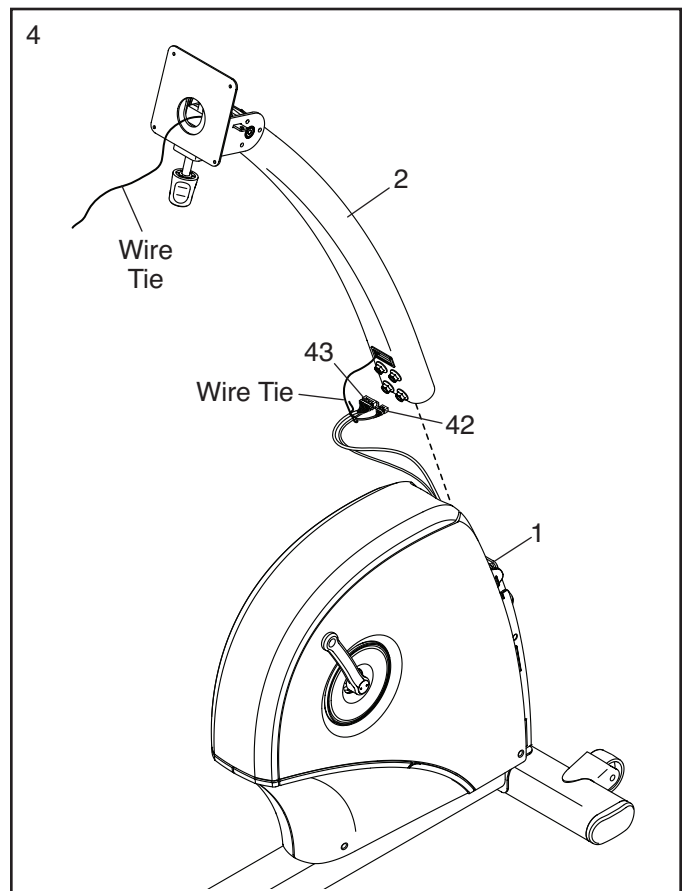


4. Orient the Upright (2) as shown. Have a second person hold the Upright near the front of the Frame (1).

Tie the lower end of the wire tie in the Upright (2) to the Main Wire (43) and to the Frame Pulse Wire (42) in the Frame (1).

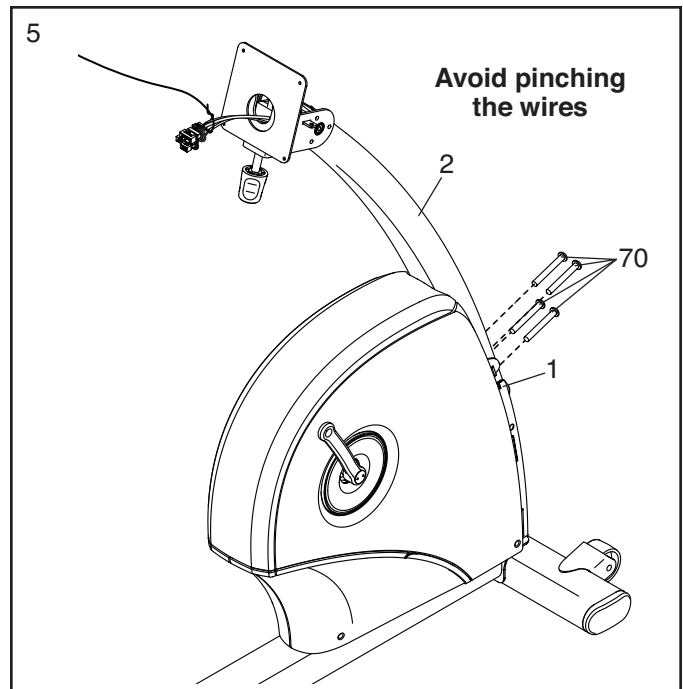
Then, pull the upper end of the wire tie until the wires are routed through the Upright (2).

Tip: To prevent the Wires (42, 43) from falling into the Upright (2), secure the Wires with the wire tie.

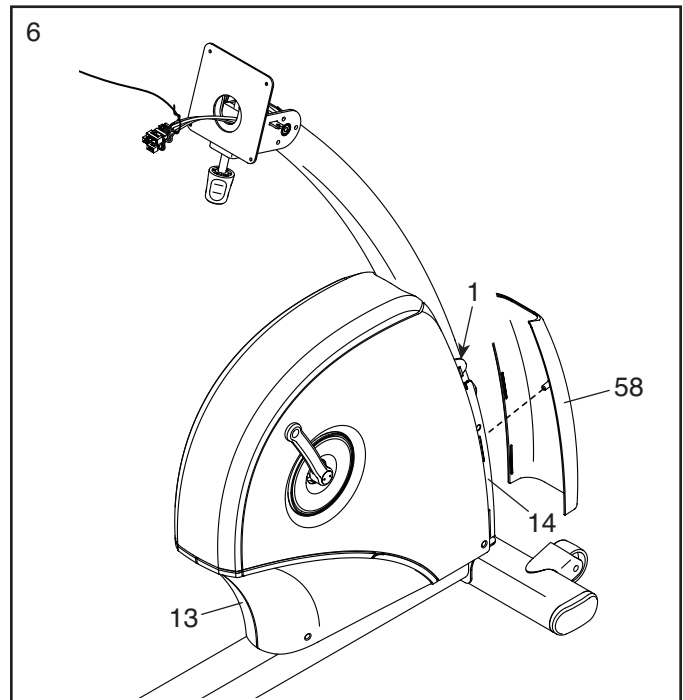


5. **Tip: Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

Attach the Upright (2) with four M10 x 62mm Screws (70); **start all the Screws, and then tighten them.**



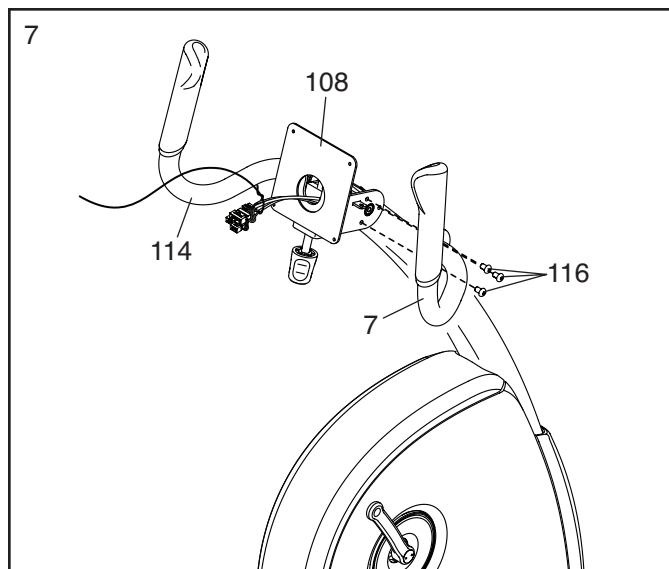
6. Press the mount on the Front Shield (58) into the Frame (1). Then, press the Front Shield into the Left and Right Front Shields (13, 14).



7. Identify the Right Handlebar (7), and orient it as shown.

Attach the Right Handlebar (7) to the right side of the Console Bracket (108) with three M8 x 13mm Screws (116); **start all the Screws, and then tighten them.**

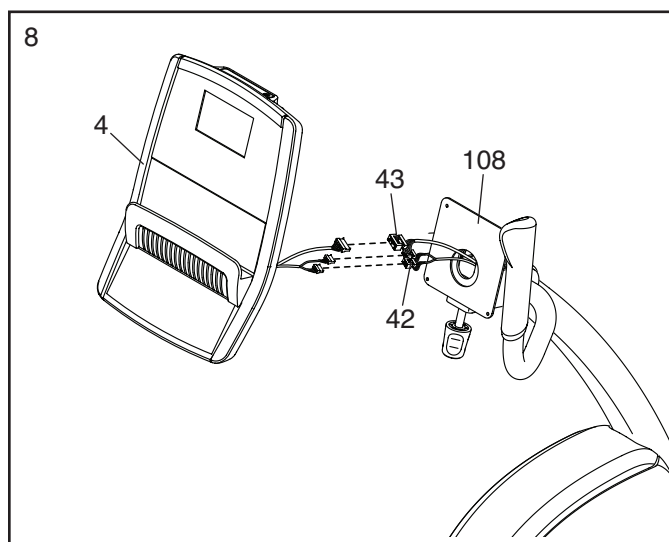
Repeat this step to attach the Left Handlebar (114).



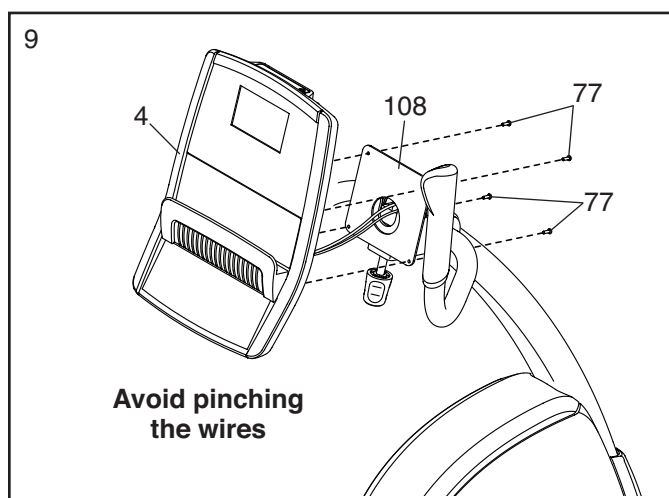
8. Have a second person hold the Console (4) near the Console Bracket (108).

Untie and discard the wire tie (not shown). Connect the wires on the Console (4) to the Main Wire (43) and to the Frame Pulse Wires (42).

Then, insert the excess wire into the Console Bracket (108).

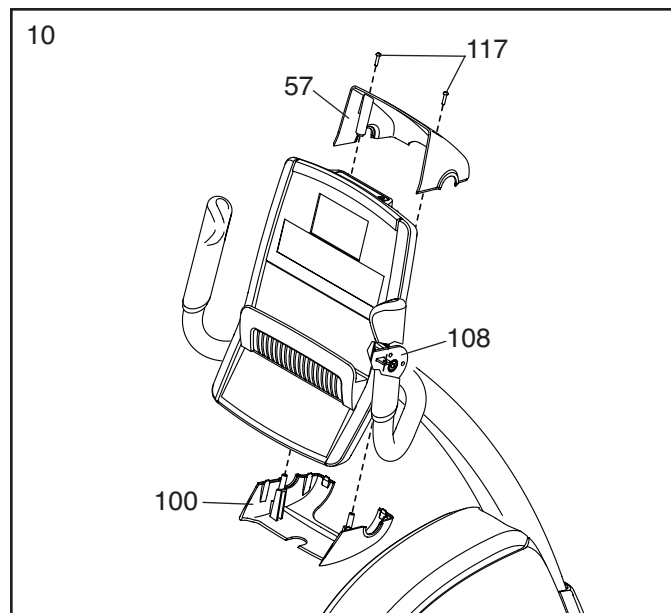


9. **Tip: Avoid pinching the wires.** Attach the Console (4) to the Console Bracket (108) with four M4 x 16mm Screws (77); **start all the Screws, and then tighten them.**



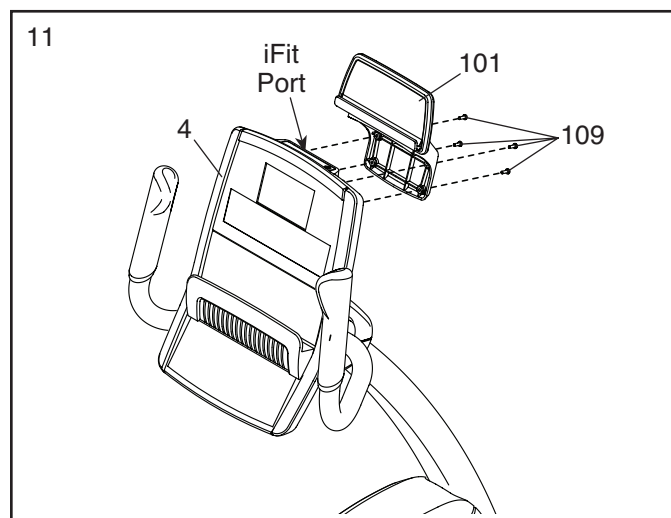
10. Identify the Upper and Lower Bracket Covers (57, 100), orient them as shown, and press them together around the Console Bracket (108).

Attach the Upper and Lower Bracket Covers (57, 100) to the Console Bracket (108) with two M4 x 20mm Screws (117).

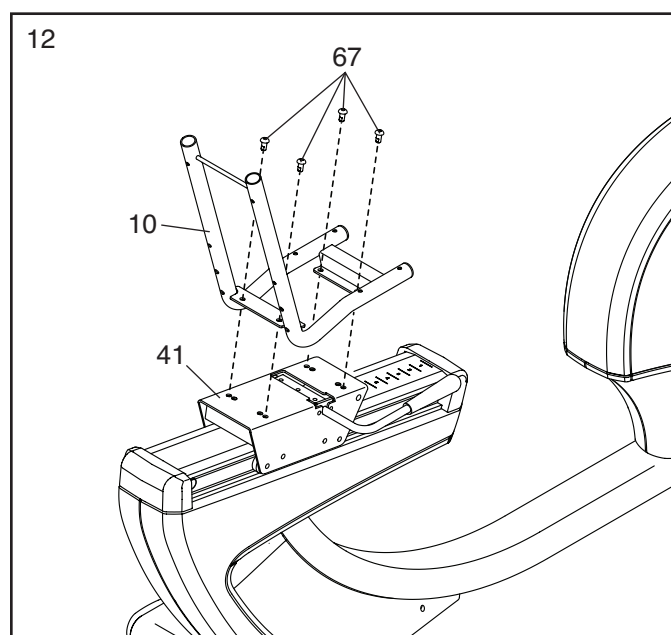


11. **IMPORTANT:** If you purchased the optional iFit module, insert the iFit module into the iFit port on the Console (4) before you attach the Tablet Holder (101). After the exercise bike is assembled, follow the instructions included with the iFit module.

Attach the Tablet Holder (101) to the Console (4) with four #8 x 12mm Screws (109); **start all the Screws, and then tighten them.**



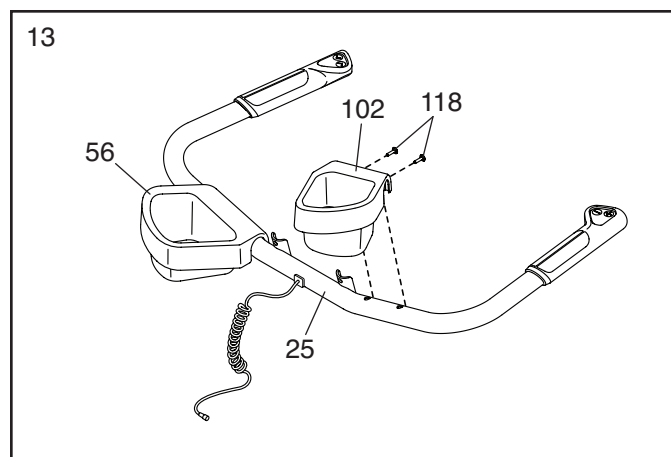
12. Attach the Seat Frame (10) to the Seat Carriage (41) with four M8 x 16mm Screws (67); **start all the Screws, and then tighten them.**



13. Identify the Right Accessory Tray (102).

Attach the Right Accessory Tray (102) to the Seat Handlebar (25) with two M4 x 19mm Flange Screws (118).

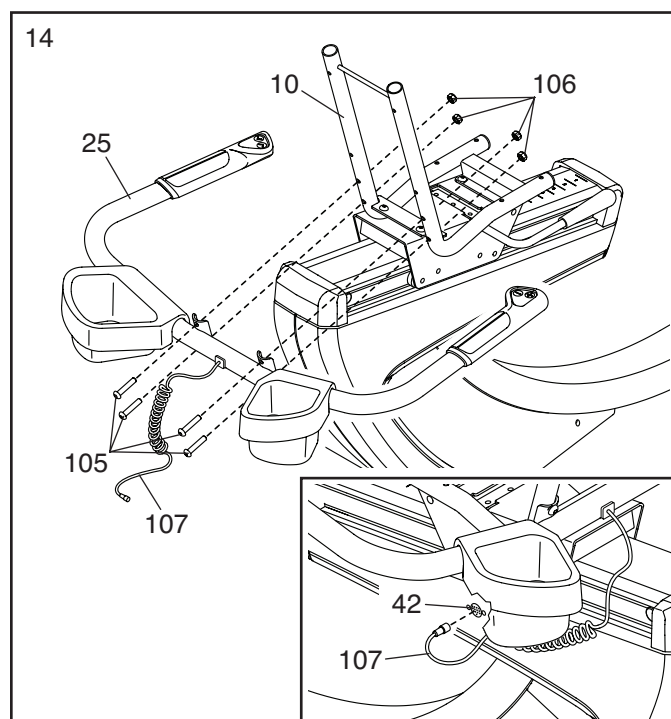
Repeat this step to attach the Left Accessory Tray (56).



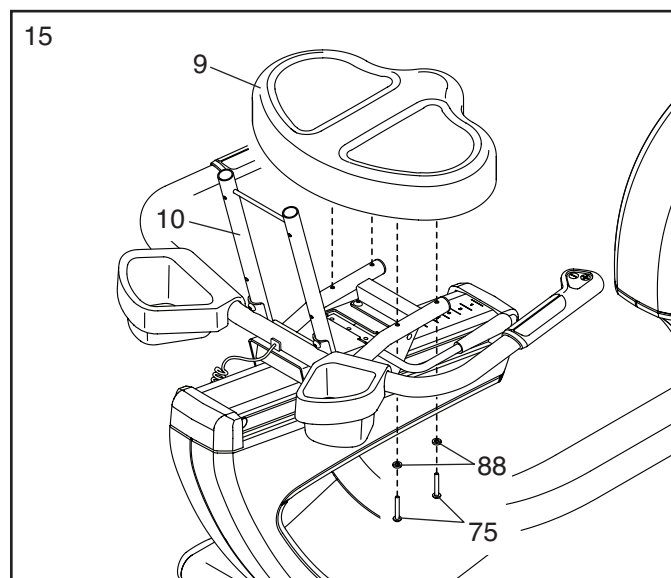
14. **Tip: Avoid damaging the Control/Pulse Wire (107) during this step.**

Attach the Seat Handlebar (25) to the Seat Frame (10) with four M8 x 40mm Bolts (105) and four M8 Locknuts (106); **start all the Locknuts, and then tighten them.**

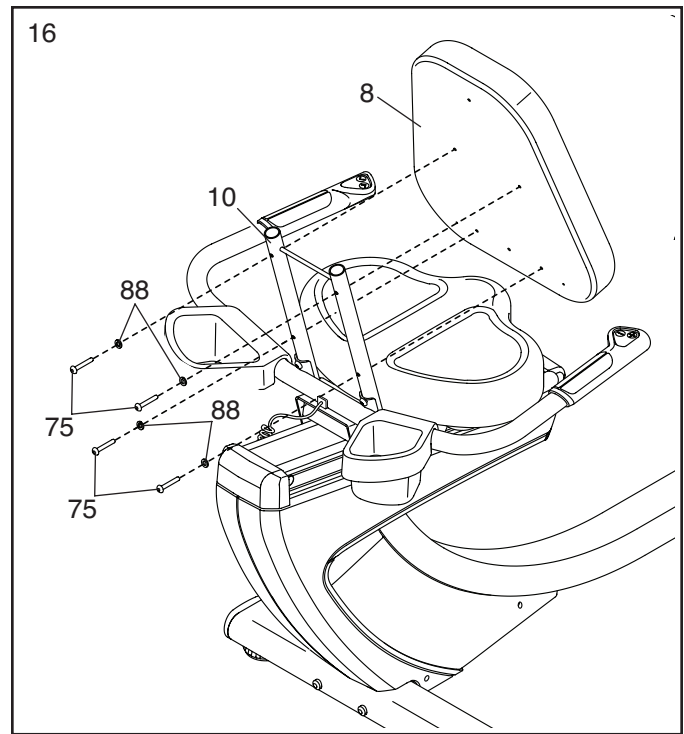
See the inset drawing, which shows the left side of the exercise bike. Plug the Control/Pulse Wire (107) fully into the Frame Pulse Receptacle (42) on the left side of the exercise bike.



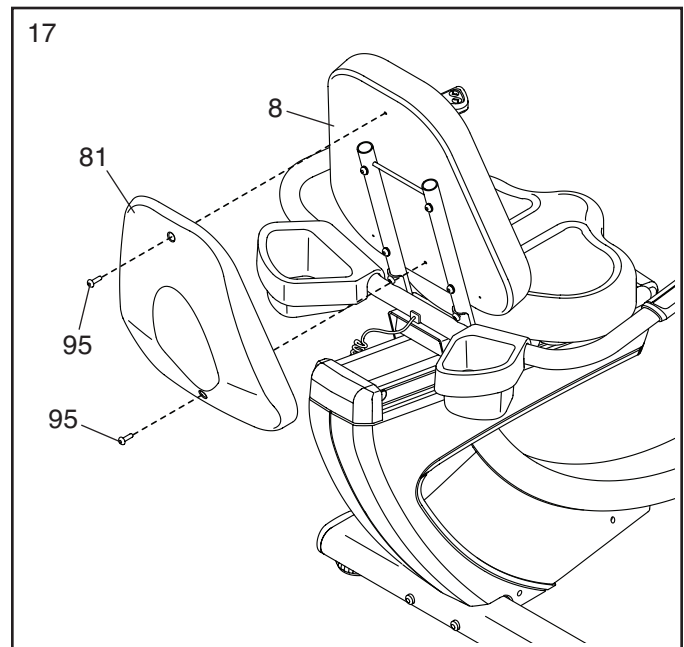
15. Attach the Seat (9) to the Seat Frame (10) with four M6 x 38mm Screws (75) and four M6 Washers (88); **start all the Screws, and then tighten them.** Note: Only two Screws and two Washers are shown.



16. Attach the Backrest (8) to the Seat Frame (10) with four M6 x 38mm Screws (75) and four M6 Washers (88); **start all the Screws, and then tighten them.**



17. Attach the Backrest Cover (81) to the Backrest (8) with two M6 x 18mm Screws (95).

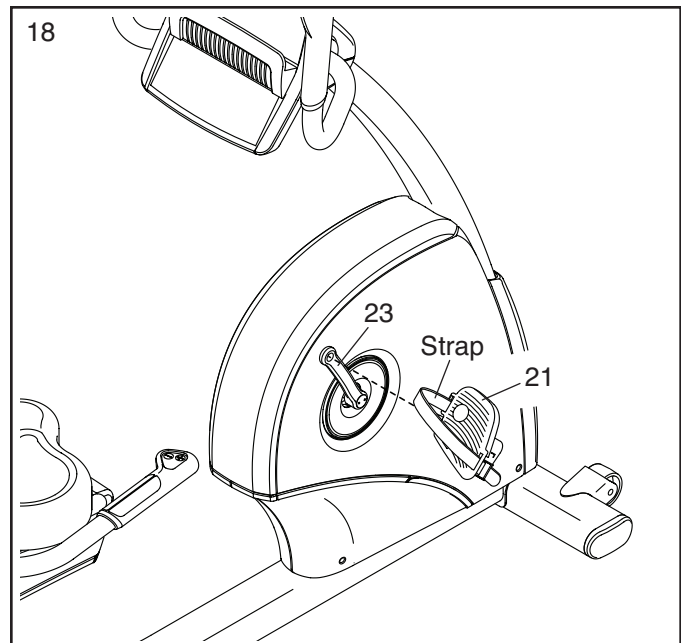


18. Identify the Right Pedal (21).

Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (23).

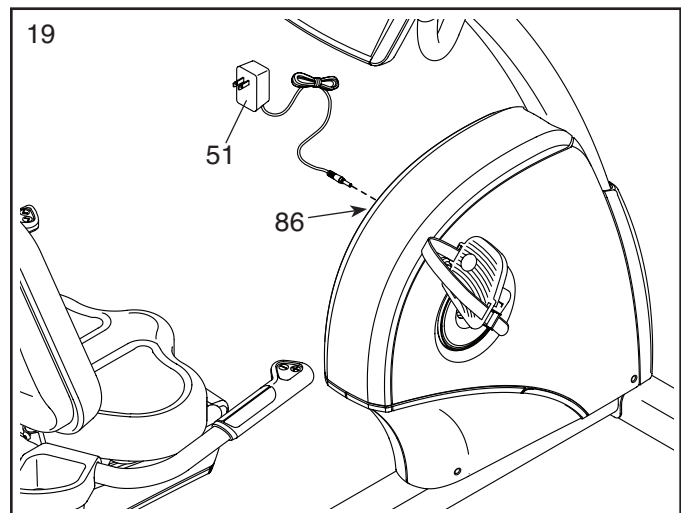
Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

Attach the right pedal strap to the Right Pedal (21) as shown. **Attach the left pedal strap in the same way.**



19. Plug the Power Adapter (51) into the Power Receptacle (86) on the left side of the exercise bike.

Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 16.



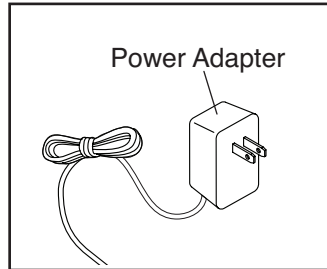
20. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

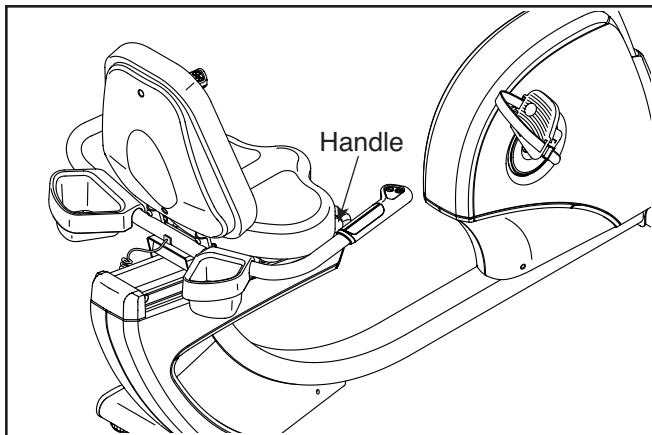
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



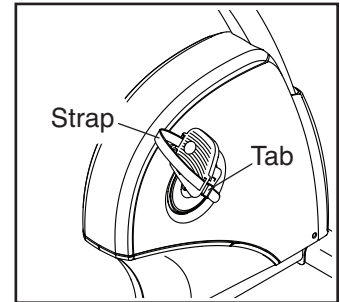
HOW TO ADJUST THE SEAT

To adjust the seat, push downward on the seat handle, slide the seat forward or backward to the desired position, and then pull upward on the seat handle to lock the seat in place.



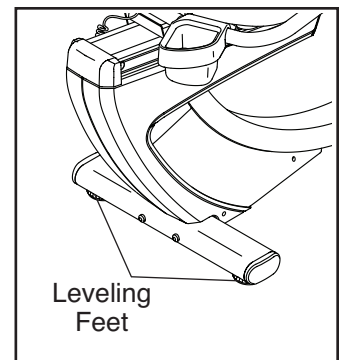
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

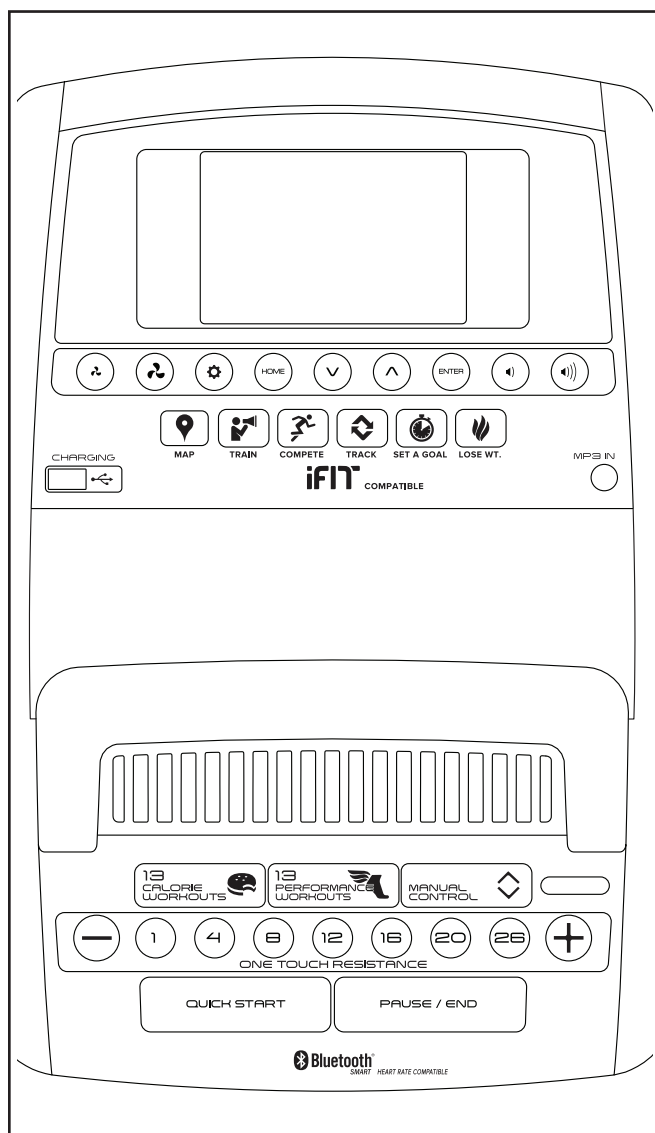


HOW TO LEVEL THE EXERCISE BIKE

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



CONSOLE DIAGRAM



MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Choose and download sets of weight-loss workouts.

Go to [iFit.com](https://www.ifit.com) to learn more.

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 heart rate monitor or **an optional chest heart rate monitor (see page 25 for more information)**.

The console offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a customized workout goal with the set-a-goal workout.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against

other iFit users, and access many other features.

To purchase an iFit 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.

You can also use the charging port on the console to charge your USB-compatible device while you exercise.

To use the manual mode, see page 19. **To use an onboard workout**, see page 21. **To use a set-a-goal workout**, see page 23. **To use an iFit workout**, see page 24. **To use the sound system**, see page 25. **To use the charging port**, see page 25. **To change console settings**, see page 26.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 3 on page 26. For simplicity, all instructions in this section refer to miles.

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. Select the manual mode.

Press the Manual Control button on the console to select the manual mode.

If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

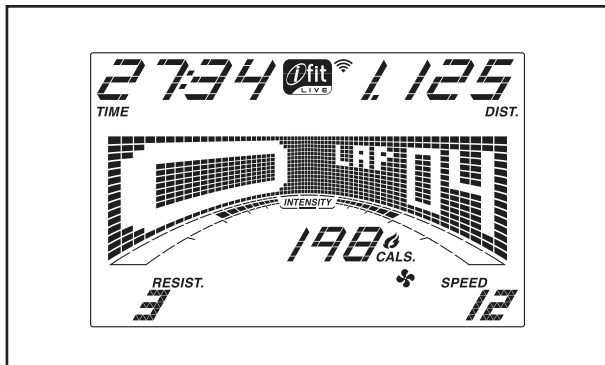
3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the One Touch Resistance increase and decrease buttons on the console or on the right handlebar or by pressing one of the numbered One Touch Resistance buttons on the console.

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

4. Follow your progress with the display.

The display can show the following workout information:



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

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

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

Speed—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

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

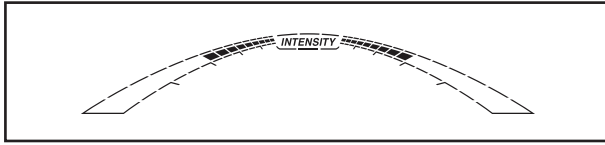
The matrix offers several display tabs. Press the increase and decrease buttons next to the Enter button until the desired tab is shown.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

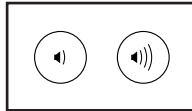


Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 26 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



Change the volume level of the console by pressing the volume increase and decrease buttons.

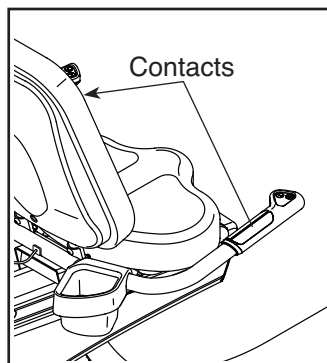


5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 25 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your



palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

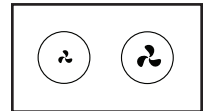
When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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

6. Turn on the fan if desired.

The fan has several speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about 30 seconds, the fan will turn off automatically.



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

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

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.

HOW TO USE AN ONBOARD WORKOUT

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. Select an onboard workout.

To select an onboard workout, press the Calorie Workouts button or the Performance Workouts button repeatedly until the desired workout appears in the display.

You can also press the Workouts increase and decrease buttons on the left handlebar.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

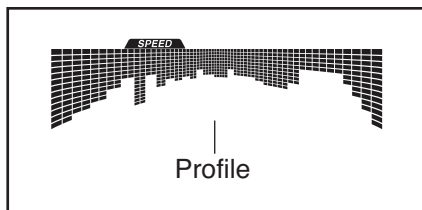
The maximum resistance level and the maximum speed for the workout will also appear in the display.

3. Start the workout.

Press the Quick Start button or begin pedaling to start the workout.

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

During the workout, the profile on the speed tab 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 target speed for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display**, increase your pedaling speed. **When a downward-pointing arrow appears**, decrease your pedaling speed. **When no arrow appears**, maintain your current pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed 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 Resistance buttons.

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

To stop the workout at any time, press the Pause/End button or stop pedaling. The time will flash in the display. To resume the workout when the console is paused, simply resume pedaling.

To end the workout when the console is paused, press the Pause/End button again. A summary of the workout will appear in the displays for several seconds.

4. Follow your progress with the display.

See step 4 on page 19.

5. Measure your heart rate if desired.

See step 5 on page 20.

6. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

HOW TO USE A SET-A-GOAL WORKOUT

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. Set a calorie, distance, or time goal.

To set a calorie, distance, or time goal, first press the Set A Goal button.

Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. Start the workout.

Press the Quick Start button or begin pedaling to start the workout.

Each workout is divided into one-minute segments.

You can manually change the resistance of the pedals as desired during the workout by pressing the One Touch Resistance buttons.

Note: If you manually change the resistance during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

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

The workout will continue in this way until the goal is reached.

To stop the workout at any time, press the Pause/End button or stop pedaling. The time will flash in the display. To resume the workout when the console is paused, simply resume pedaling.

To end the workout when the console is paused, press the Pause/End button again. A summary of the workout will appear in the displays for several seconds.

4. Follow your progress with the display.

See step 4 on page 19.

5. Measure your heart rate if desired.

See step 5 on page 20.

6. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

HOW TO USE AN iFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

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. Insert the iFit module into the console.

To use an iFit workout, make sure that the iFit module is inserted in the console.

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

3. Select a user.

If more than one user is registered, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. Select an iFit workout.

To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

Press the Compete button to compete in a race that you have previously scheduled.

Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

To use a set-a-goal workout, press the Set A Goal button (see page 23).

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

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

Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. Start the workout.

See step 3 on page 21.

During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 26).

To stop the workout at any time, press the Pause/End button or stop pedaling. The time will flash in the display. To resume the workout when the console is paused, simply resume pedaling.

To end the workout when the console is paused, press the Pause/End button again. A summary of the workout will appear in the displays for several seconds.

6. Follow your progress with the display.

See step 4 on page 19.

The My Trail tab will show a map of the trail or it will show a track and the number of laps you complete.

During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. Measure your heart rate if desired.

See step 5 on page 20.

8. Turn on the fan if desired.

See step 6 on page 20.

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

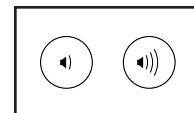
See step 7 on page 20.

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

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



HOW TO USE THE CHARGING PORT

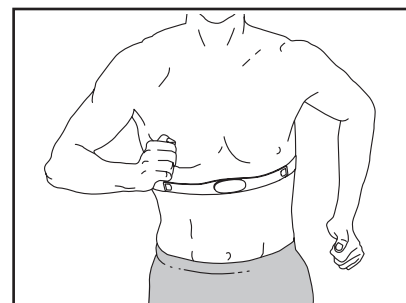
The console features a charging port that you can use to charge USB-compatible devices, such as smart-phones, while you exercise.

To use the charging port, plug a USB charging cable (not included) into the charging port on the console and into the receptacle on your device; **make sure that the USB 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.

THE OPTIONAL CHEST 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 chest 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 a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the gear button. The settings information will appear in the display.

The display will show the total number of hours that the exercise bike has been used and the total distance (in miles or kilometers) that has been pedaled on the exercise bike.

If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

2. Navigate the settings mode.

While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly.

To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Demo—The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

Contrast Level—The currently selected contrast level will appear in the display. Press the One Touch Resistance increase and decrease buttons to adjust the contrast level.

Trainer Voice—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

Default Menu—The default menu will appear when you press the Home button. Press the Enter button repeatedly to select the manual mode or the iFit menu as the default menu.

Check Status—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press the gear button.

Send/Receive—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

4. Exit the settings mode.

Press the gear button to exit the settings mode.

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.

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.

To clean the exercise bike, 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 lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 26 and adjust the contrast level of the display.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 20.

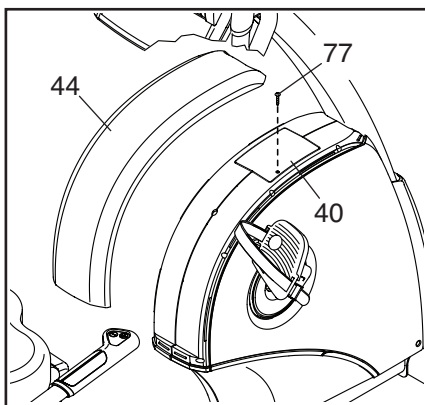
If a replacement power adapter is needed, call the telephone number on the cover of this manual. **IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.**

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 (not shown).**

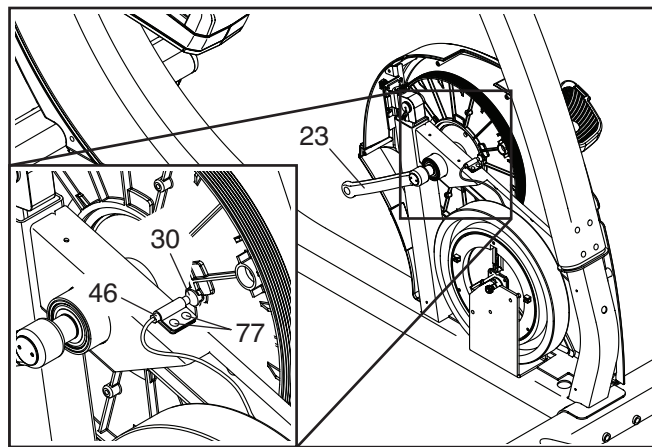
Next, use a standard screwdriver to gently release the tabs on the Top Shield (44) and remove it.



Next, remove the M4 x 16mm Screw (77) from the Access Cover (40) and remove the Access Cover.

Note: For clarity, the Right Shield is not shown in the drawing below.

Locate the Reed Switch (46). Turn the Right Crank Arm (23) until a Pulley Magnet (30) is aligned with the Reed Switch. Next, loosen, but do not remove, the two indicated M4 x 16mm Screws (77). Slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screws.



Plug in the power adapter, and turn the Right Crank Arm (23) for a moment. Repeat these actions until the console displays correct feedback.

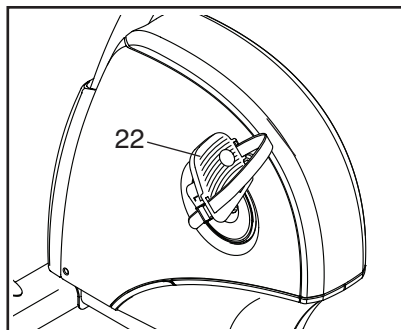
When the reed switch is correctly adjusted, unplug the power adapter and reattach the access cover and the top shield. Then, plug in the power adapter.

HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **unplug the power adapter (not shown)**.

Next, use an adjustable wrench to turn the Left Pedal (22) clockwise and remove it.

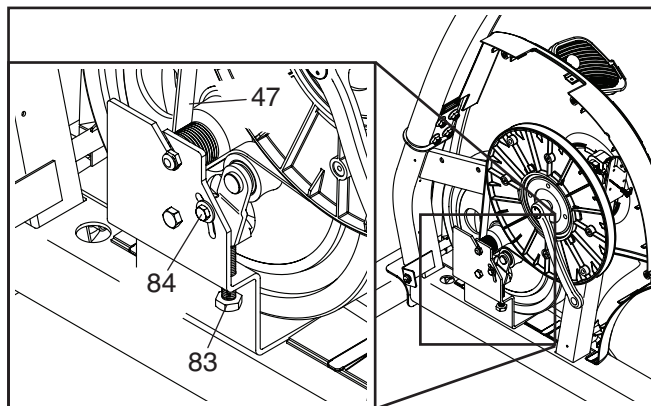


See **EXPLODED DRAWING A** on page 34. Using a standard screwdriver, gently release the tabs on the Front Shield (58) and the Top Shield (44) and remove them.

Next, locate the Left and Right Front Shields (13, 14). Remove all the Screws (77, 85) from the Left and Right Front Shields; **make sure to note the location of each size of Screw**.

Using a standard screwdriver, gently release the tabs on the left Shield Disc (52). Rotate the Shield Disc and remove it. Then, gently remove the Left Front Shield (13).

Next, loosen the M6 x 20mm Hex Screw (84). Tighten the M10 x 50mm Hex Screw (83) until the Drive Belt (47) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.



When the drive belt is correctly adjusted, reattach the left and right shields, the top shield, the front shield, the left pedal disc, and the left pedal. Then, plug in the power adapter.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

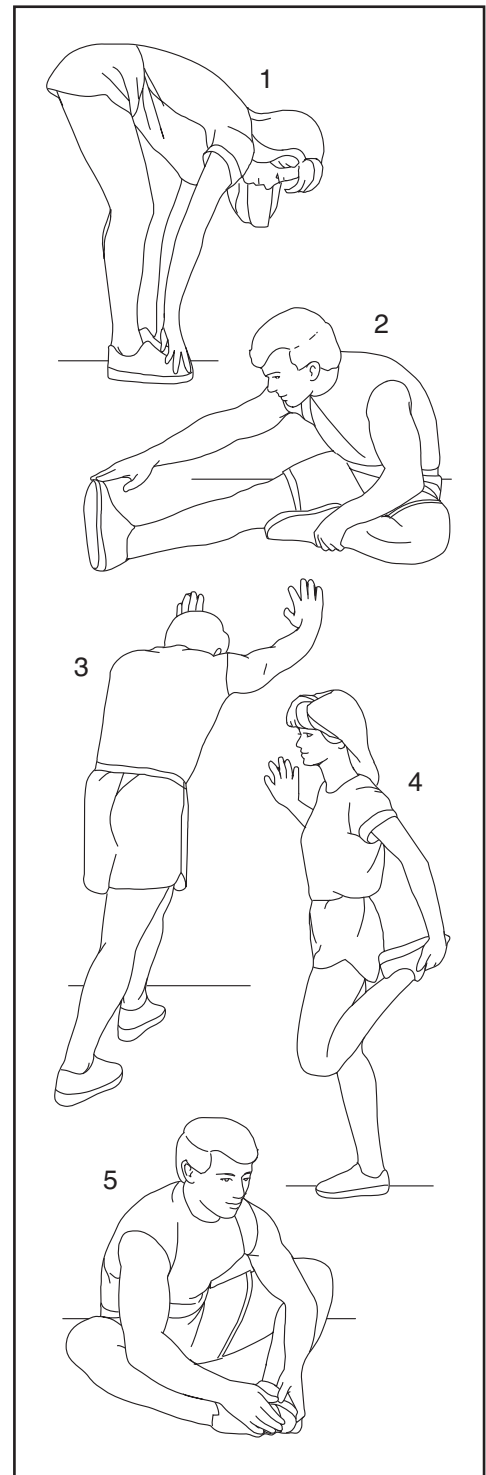
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. 831.21987.0 R0815B

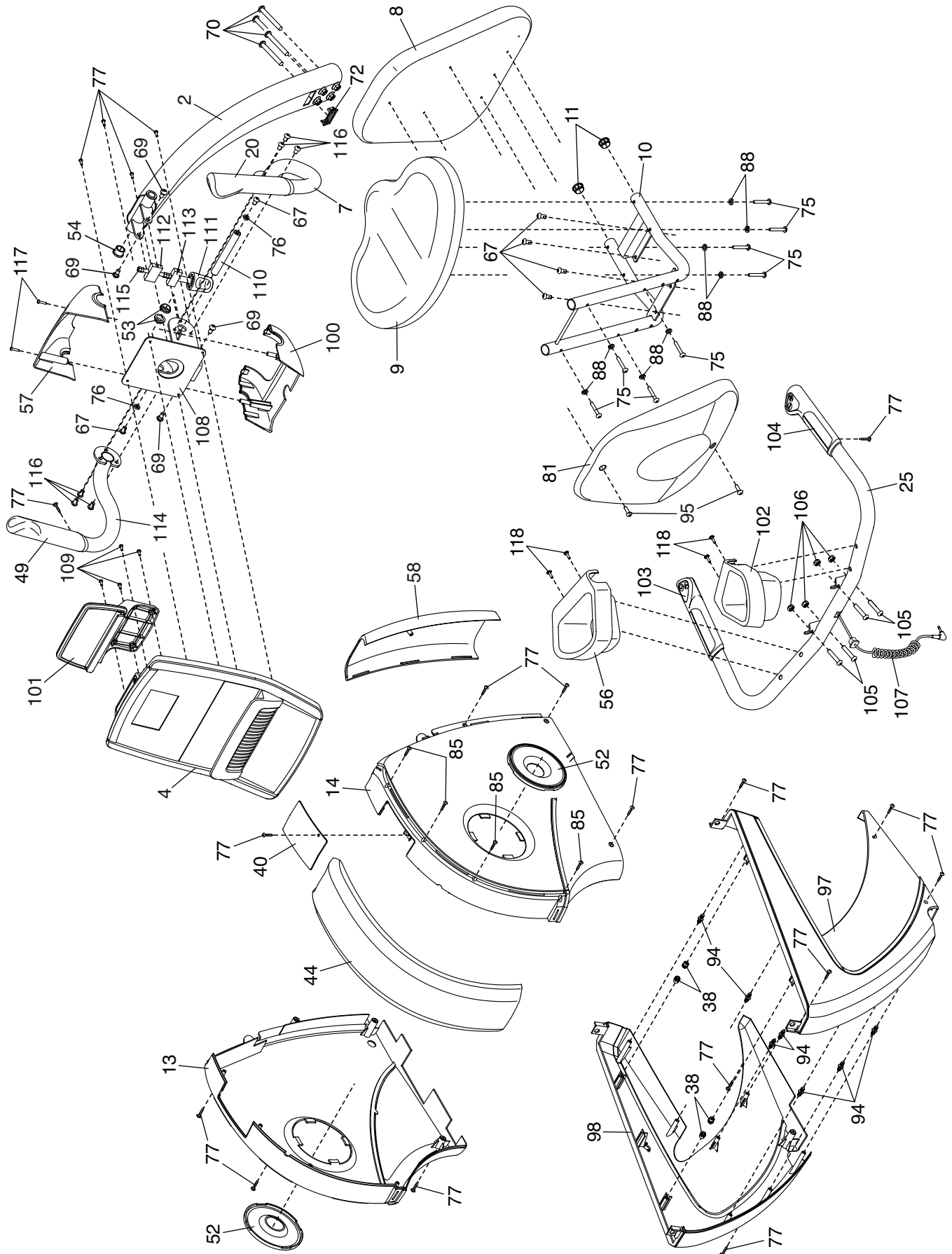
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Power Adapter
2	1	Upright	52	2	Shield Disc
3	2	Foot	53	2	Console Bracket Bushing
4	1	Console	54	2	Upright Pivot Bushing
5	1	Rail	55	8	Carriage Bearing
6	1	Adjustment Bar	56	1	Left Accessory Tray
7	1	Right Handlebar	57	1	Upper Bracket Cover
8	1	Backrest	58	1	Front Shield
9	1	Seat	59	8	Carriage Bushing
10	1	Seat Frame	60	2	Rail Rod
11	2	Seat Frame Cap	61	1	M6 x 15mm Shoulder Screw
12	1	Brake Block	62	4	Rod Cap
13	1	Left Front Shield	63	2	Brake Spacer
14	1	Right Front Shield	64	5	M6 x 16mm Screw
15	1	Front Stabilizer	65	4	M10 x 122mm Screw
16	1	Rear Stabilizer	66	2	Wheel Bolt
17	2	Wheel	67	6	M8 x 16mm Screw
18	1	Brake	68	1	M6 Large Washer
19	2	Leveling Foot	69	4	M8 x 14mm Screw
20	1	Right Handlebar Grip	70	4	M10 x 62mm Screw
21	1	Right Pedal/Strap	71	2	M6 x 65mm Bolt
22	1	Left Pedal/Strap	72	1	Grommet
23	1	Right Crank Arm	73	2	1/4" x 14mm Screw
24	1	Left Crank Arm	74	8	M8 x 28mm Bolt
25	1	Seat Handlebar	75	8	M6 x 38mm Screw
26	1	Adjustment Bar Handle	76	2	M8 Large Washer
27	1	Handle Bracket	77	23	M4 x 16mm Screw
28	2	Large Snap Ring	78	4	M8 x 20mm Screw
29	1	Pulley	79	1	M4 x 16mm Bright Screw
30	2	Pulley Magnet	80	4	Rail Screw
31	1	Crank	81	1	Backrest Cover
32	1	Brake Axle	82	4	M4 x 12mm Flange Screw
33	2	Crank Bearing	83	1	M10 x 50mm Hex Screw
34	1	Eddy Mechanism	84	1	M6 x 20mm Hex Screw
35	1	Small Snap Ring	85	8	M4 x 25mm Screw
36	1	Front Rail Cover	86	1	Power Receptacle/Wire
37	1	Resistance Motor	87	2	M10 Locknut
38	8	Mushroom Fastener/Screw	88	8	M6 Washer
39	1	Idler	89	14	M8 Jam Nut
40	1	Access Cover	90	1	Rear Rail Cover
41	1	Seat Carriage	91	12	M8 Split Washer
42	1	Frame Pulse Receptacle/Wire	92	2	Crank Cap
43	1	Main Wire	93	2	M6 Locknut
44	1	Top Shield	94	7	Tree Fastener
45	1	Clamp	95	2	M6 x 18mm Screw
46	1	Reed Switch/Wire	96	5	M6 Split Washer
47	1	Drive Belt	97	1	Right Rear Shield
48	4	Stabilizer Cap	98	1	Left Rear Shield
49	1	Left Handlebar Grip	99	7	M6 Small Washer
50	2	Flange Screw	100	1	Lower Bracket Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Tablet Holder	111	1	Adjustment Knob
102	1	Right Accessory Tray	112	1	Upper Block
103	1	Left Control/Pulse Grip	113	1	Lower Block
104	1	Right Control/Pulse Grip	114	1	Left Handlebar
105	4	M8 x 40mm Bolt	115	5	M8 Nut
106	4	M8 Locknut	116	6	M8 x 13mm Screw
107	1	Control/Pulse Wire	117	2	M4 x 20mm Screw
108	1	Console Bracket	118	4	M4 x 19mm Flange Screw
109	4	#8 x 12mm Screw	*	—	Assembly Tool
110	1	Pivot Axle	*	—	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.

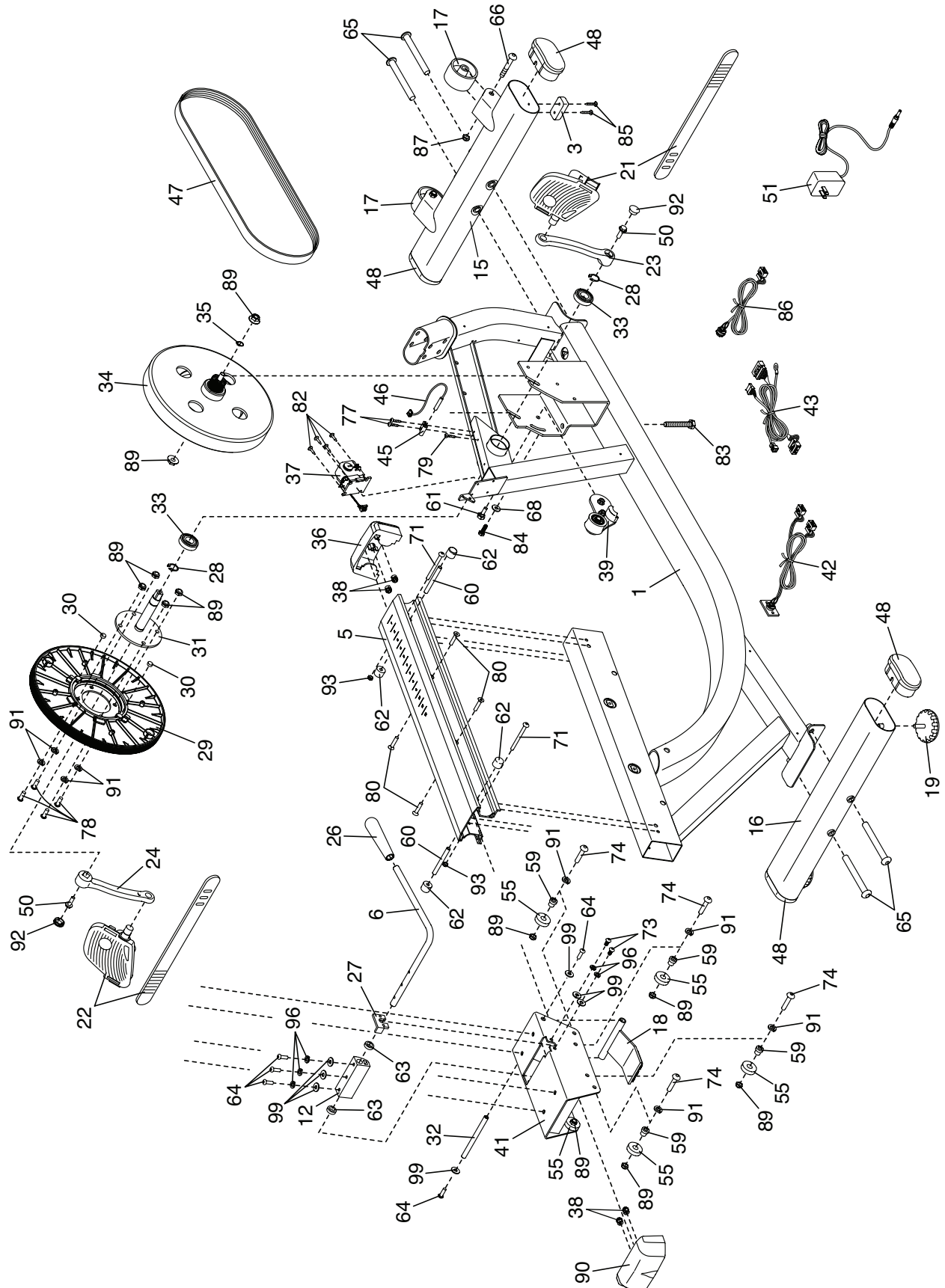
EXPLODED DRAWING A

Model No. 831.21987.0 R0815B



EXPLODED DRAWING B

Model No. 831.21987.0 R0815B



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: To protect your fitness equipment with an extended service plan, see page 5.

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 and the eddy mechanism are warranted for the lifetime of the original purchaser (customer). Parts are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year 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