

# NordicTrack®

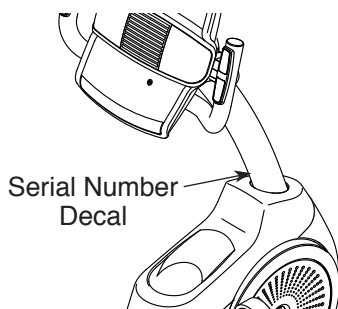
## GX4.7R

nordictrack.com

Model No. 21918.0

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 [my.nordictrack.com](http://my.nordictrack.com).

### CUSTOMER CARE

For service at any time, go to [nordictrackservice.com](http://nordictrackservice.com).

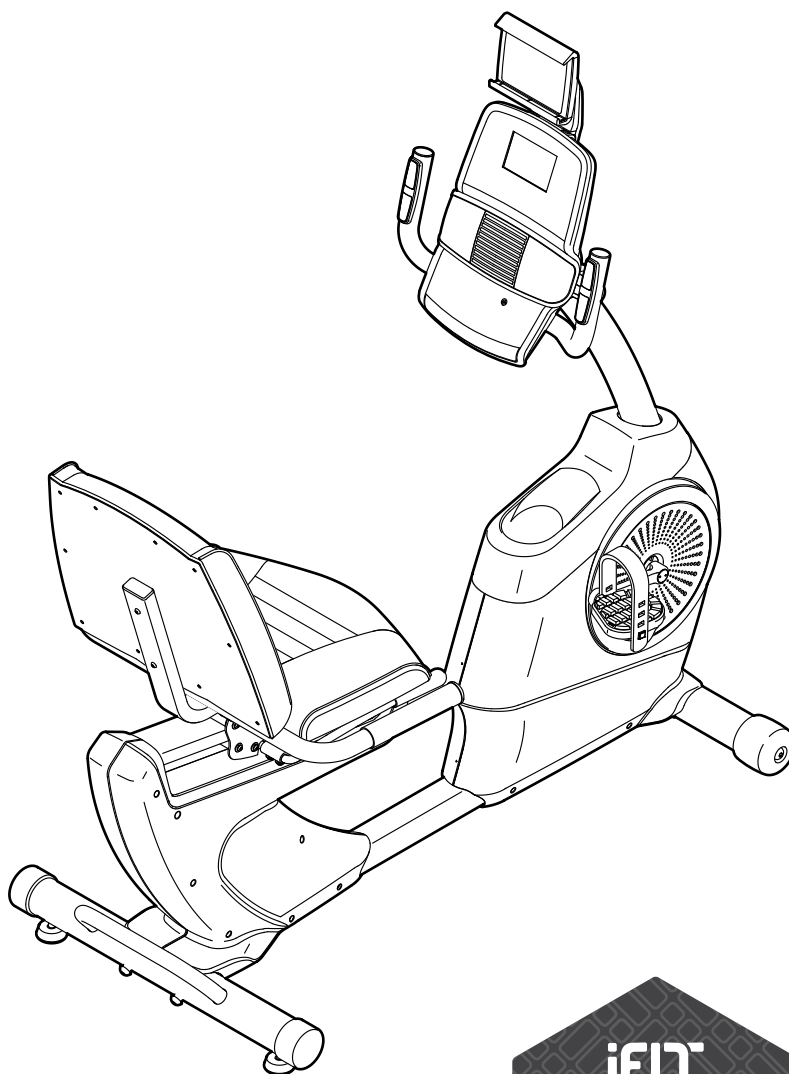
Or call 1-800-TO-BE-FIT  
(1-800-862-3348)  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

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

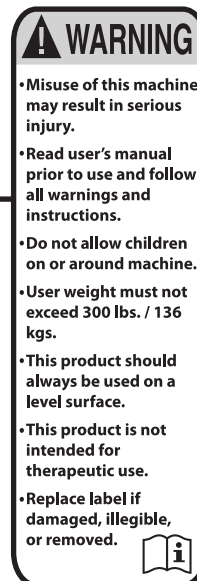
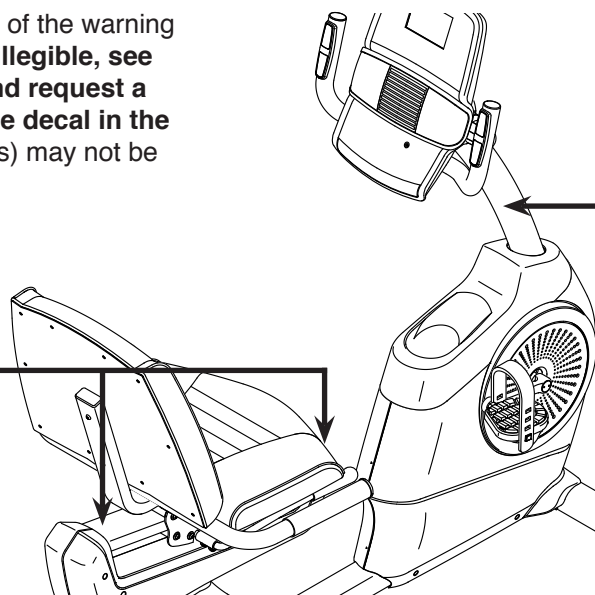


# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	5
PART IDENTIFICATION CHART .....	6
ASSEMBLY .....	7
HOW TO USE THE EXERCISE BIKE .....	15
FCC INFORMATION .....	24
MAINTENANCE AND TROUBLESHOOTING .....	25
EXERCISE GUIDELINES .....	26
PART LIST .....	29
EXPLODED DRAWING .....	30
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

## 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.



NORDICTRACK and IFIT are registered trademarks of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

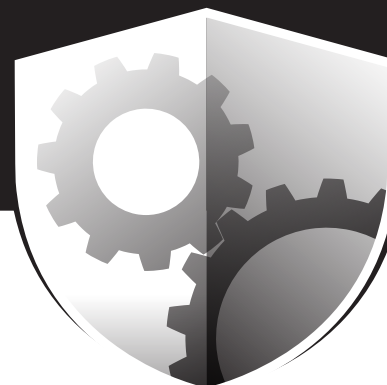
# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the exercise bike before using the 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. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. 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.
7. 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.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. 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.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. 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.

# 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.**





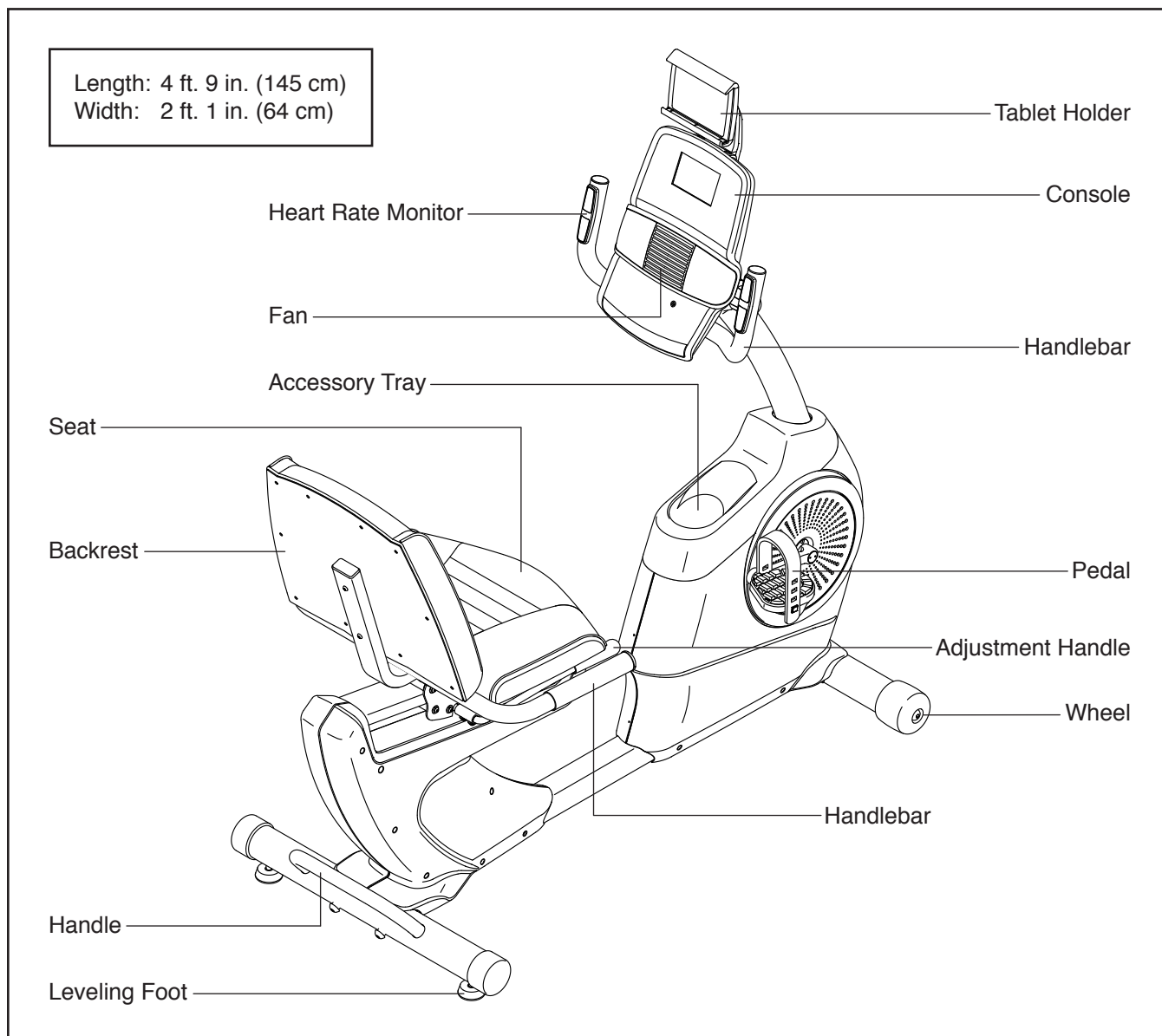
# BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® GX 4.7 R exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The GX 4.7 R exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

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

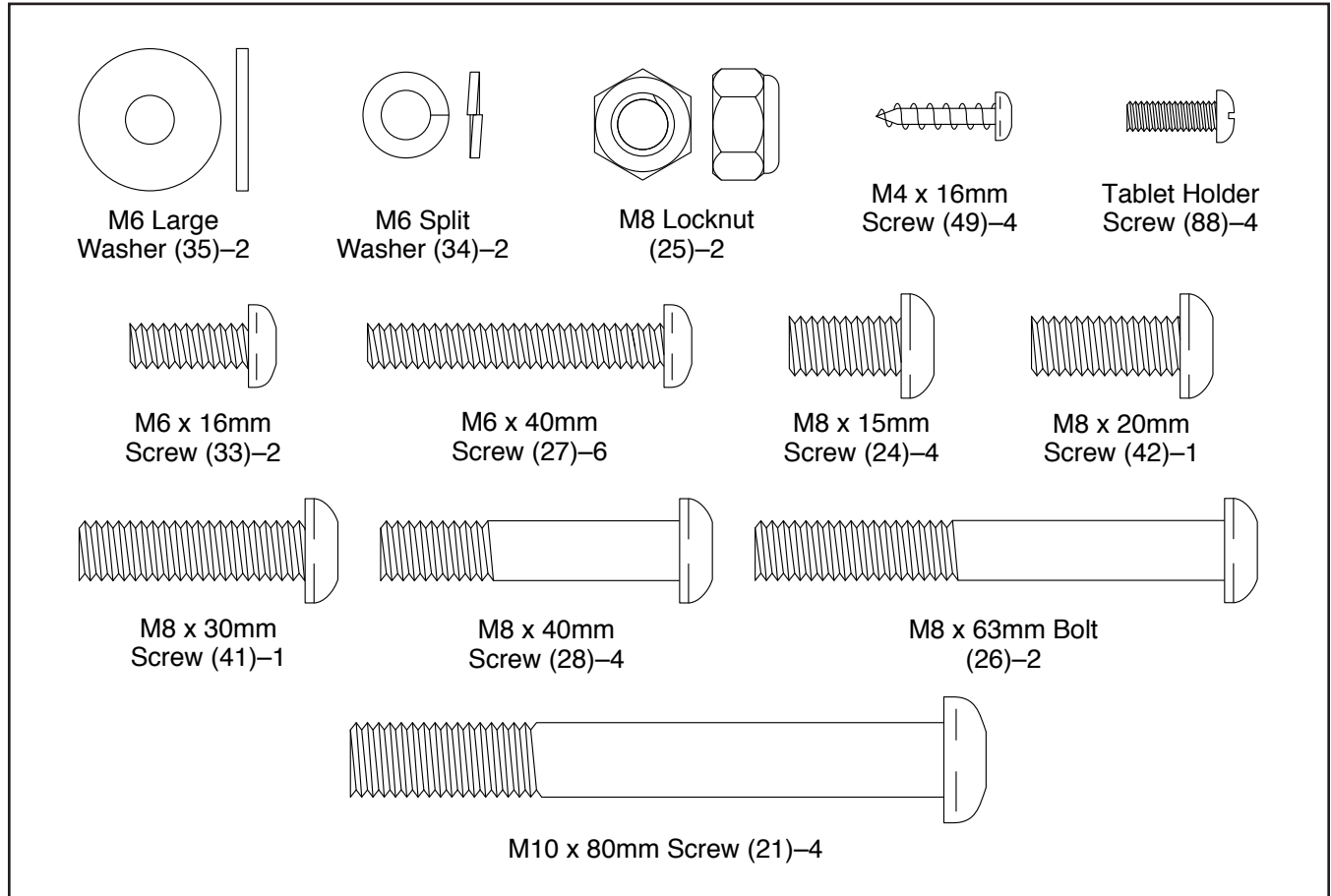
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**

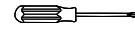


# ASSEMBLY

- 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 6.

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

one Phillips screwdriver



one adjustable wrench



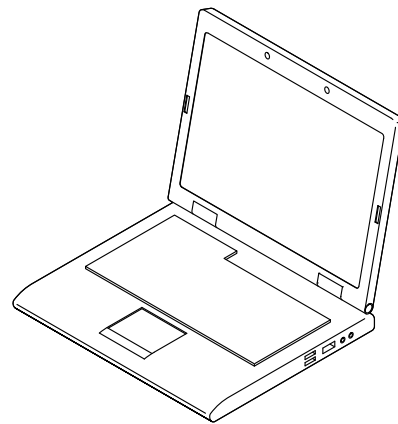
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [my.nordictrack.com](http://my.nordictrack.com) on your computer and register your product.

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

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

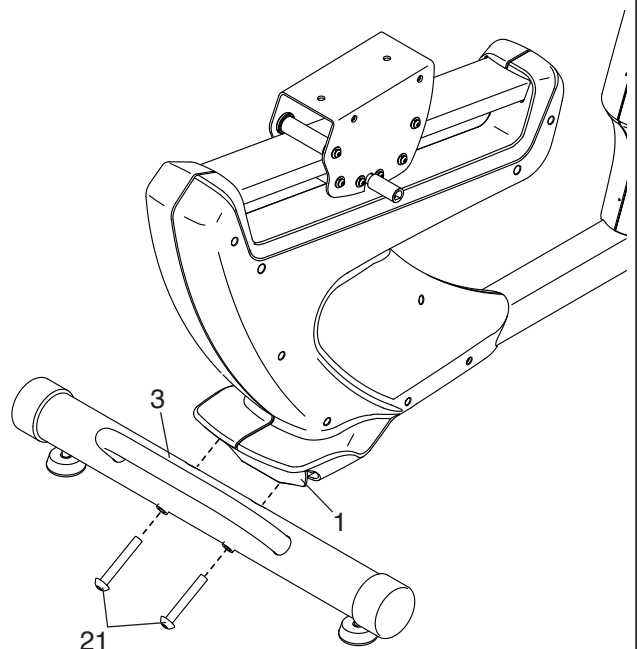
1



## 2. Orient the Rear Stabilizer (3) as shown.

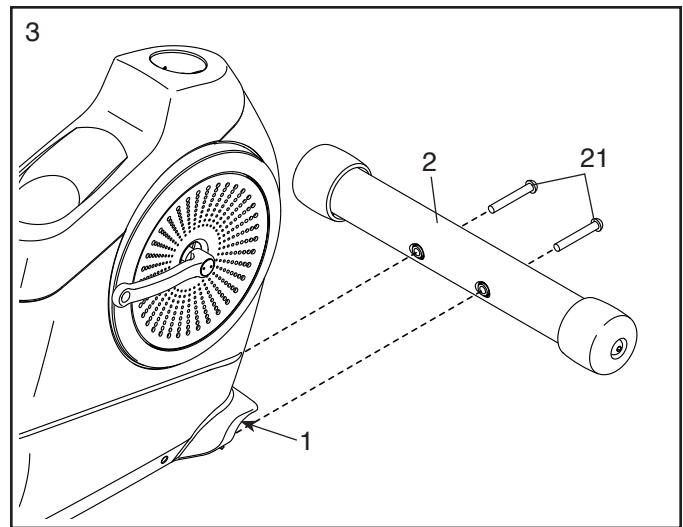
While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 80mm Screws (21).

2



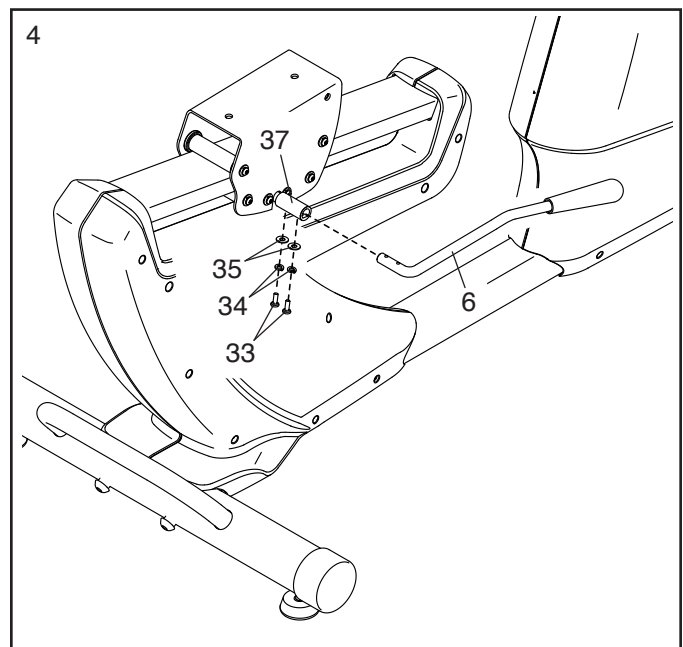
3. Orient the Front Stabilizer (2) as indicated by the sticker.

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 80mm Screws (21).



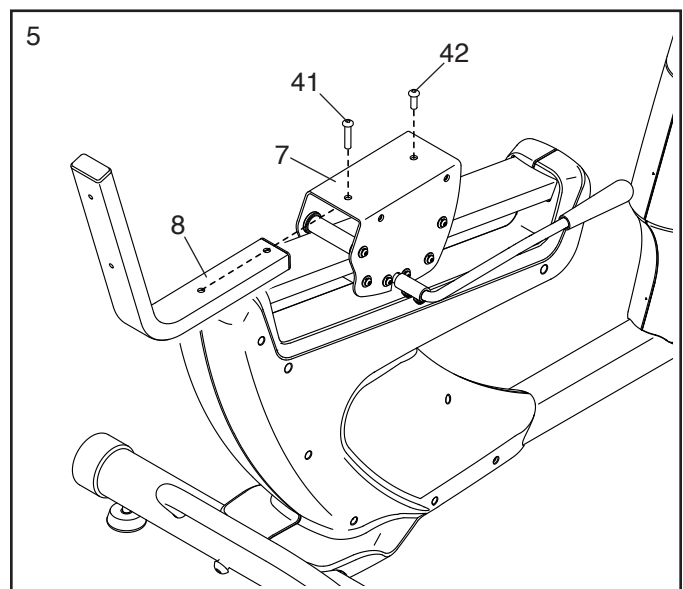
4. Orient the Adjustment Lever (6) as shown.

Attach the Adjustment Lever (6) to the Brake Axle (37) with two M6 x 16mm Screws (33), two M6 Split Washers (34), and two M6 Large Washers (35).



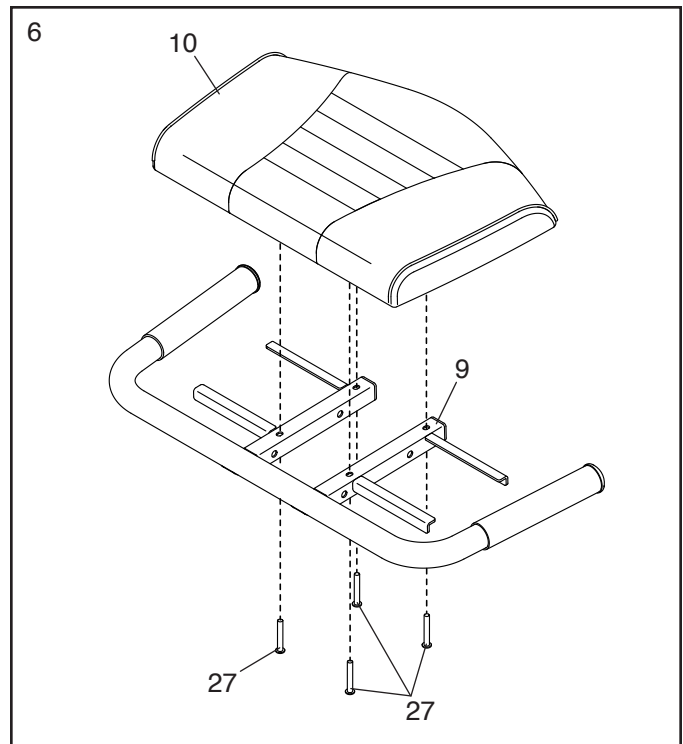
5. Orient the Backrest Frame (8) as shown.

Attach the Backrest Frame (8) to the Seat Carriage (7) with an M8 x 20mm Screw (42) and an M8 x 30mm Screw (41).

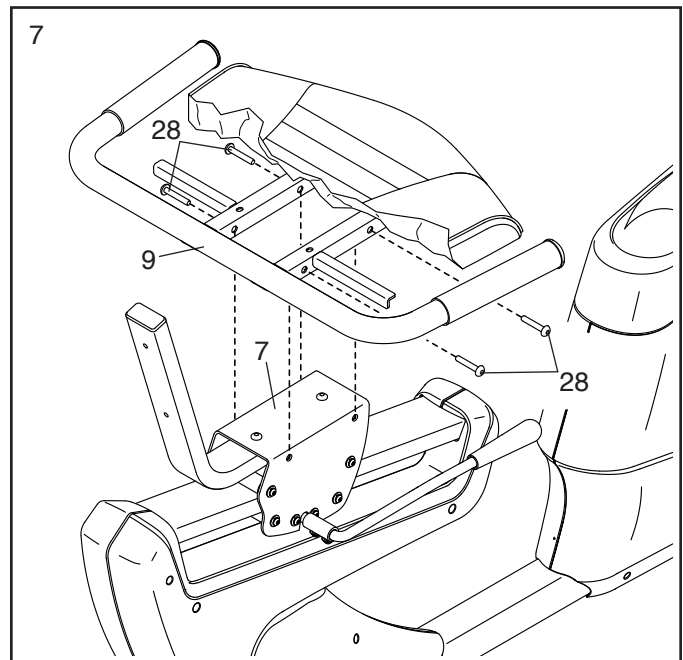


6. Orient the Seat (10) and the Seat Frame (9) as shown.

Attach the Seat (10) to the Seat Frame (9) with four M6 x 40mm Screws (27); **start all the Screws, and then tighten them.**

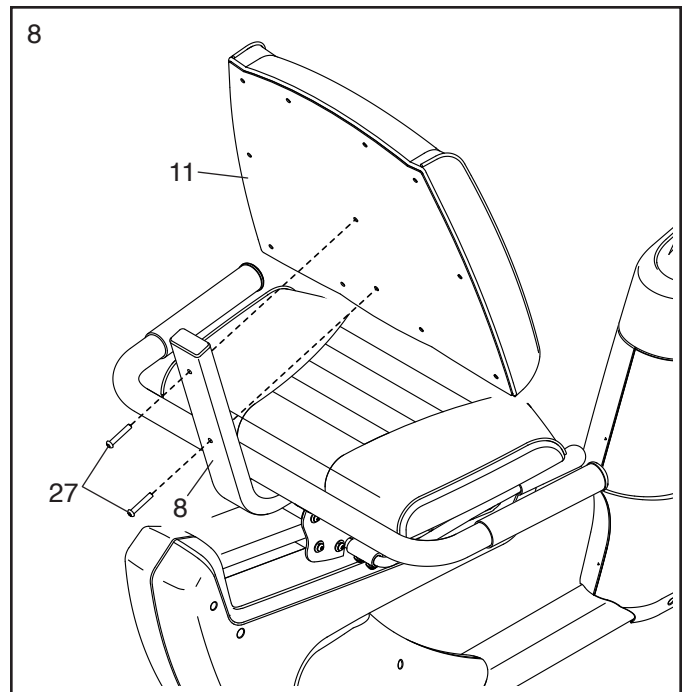


7. Attach the Seat Frame (9) to the Seat Carriage (7) with four M8 x 40mm Screws (28); **start all the Screws, and then tighten them.**



8. Orient the Backrest (11) as shown.

Attach the Backrest (11) to the Backrest Frame (8) with two M6 x 40mm Screws (27).

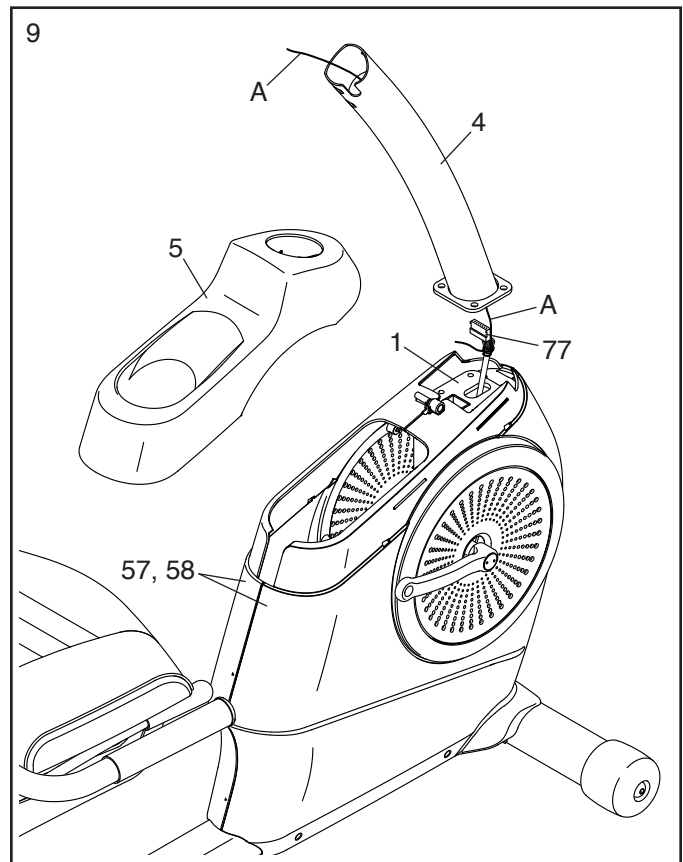


9. Remove the Accessory Tray (5) from the Left and Right Front Shields (57, 58). Set the Accessory Tray aside. **Tip: It may be necessary to use a standard screwdriver to release the tabs on the Accessory Tray.**

Have a second person hold the Upright (4) near the Frame (1).

Locate the wire tie (A) inside the Upright (4). Tie the lower end of the wire tie to the Main Wire (77). Then, pull the other end of the wire tie upward until the Main Wire is routed through the Upright.

**Tip: To prevent the Main Wire (77) from falling into the Upright (4), secure it to the Upright with the wire tie (A).**

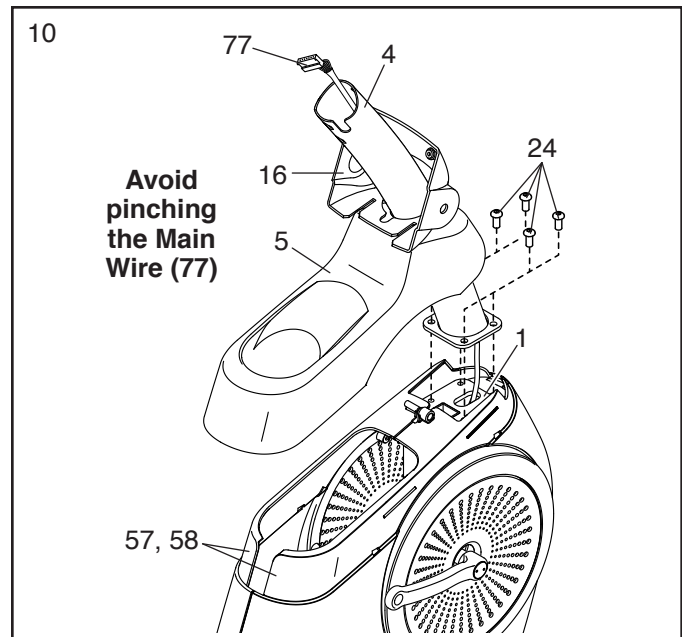


10. **Tip: Avoid pinching the Main Wire (77).** Hold the Upright (4) against the Frame (1). Attach the Upright with four M8 x 15mm Screws (24); **start all the Screws, and then tighten them.**

Next, orient the Accessory Tray (5) and the Console Cover (16) as shown.

**Tip: Avoid pinching the Main Wire (77).**

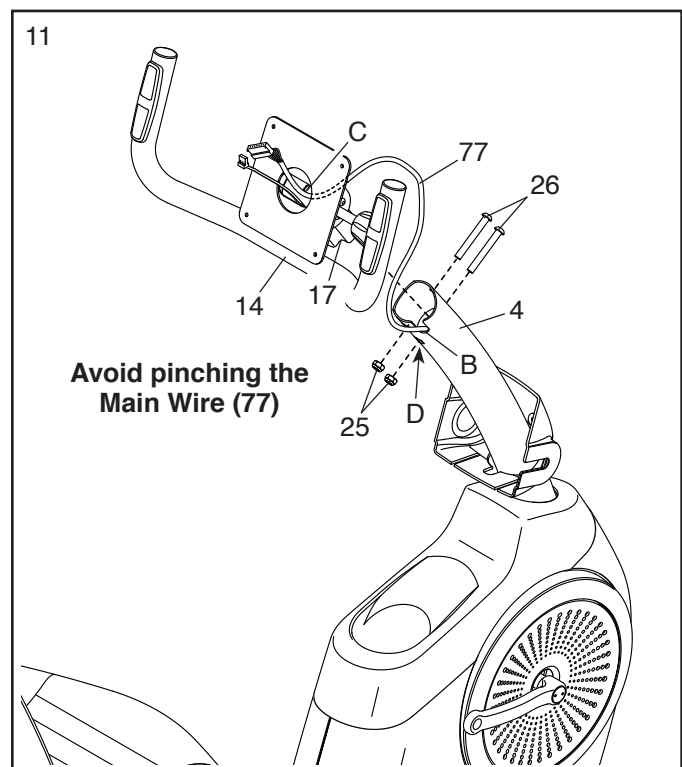
Slide the Accessory Tray (5) and the Console Cover (16) onto the Upright (4). Then, press the Accessory Tray onto the Left and Right Front Shields (57, 58).



11. Untie and discard the wire tie on the Main Wire (77).

While a second person holds the Handlebar (14) near the Upright (4), route the Main Wire (77) through the notch (B) in the Upright and through the hole (C) in the Handlebar.

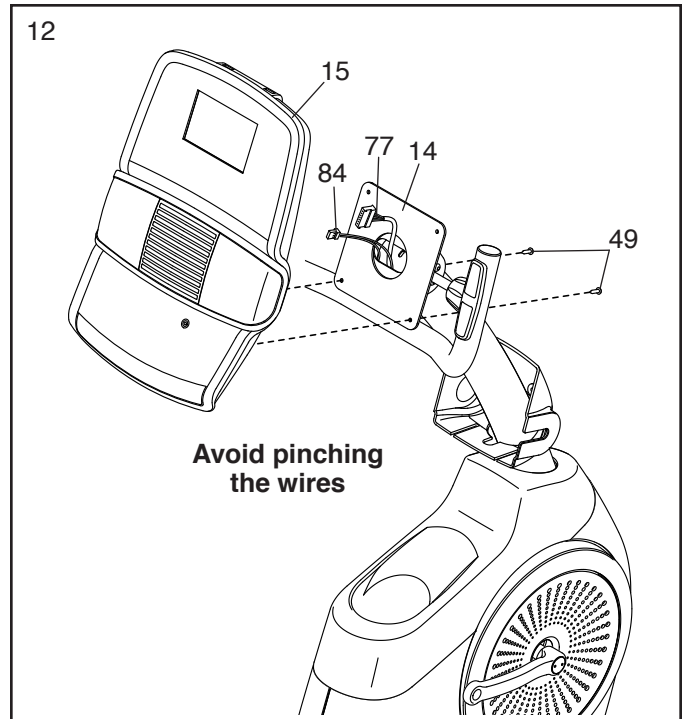
**Tip: Avoid pinching the Main Wire (77).** Insert the Pivot Bracket (17) into the Upright (4). Attach the Pivot Bracket with two M8 x 63mm Bolts (26) and two M8 Locknuts (25). **Make sure that the Locknuts are in the hexagonal holes (D).**



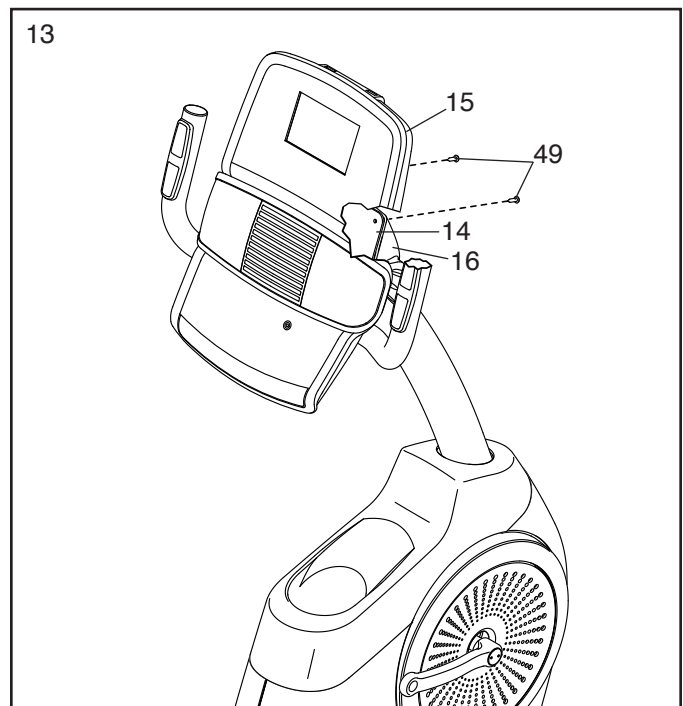
12. While a second person holds the Console (15) near the Handlebar (14), connect the wires on the Console to the Main Wire (77) and the Pulse Wire (84).

Insert the excess wire into the Handlebar (14).

**Tip: Avoid pinching the wires.** Attach the Console (15) to the Handlebar (14) with two M4 x 16mm Screws (49) in the location shown.

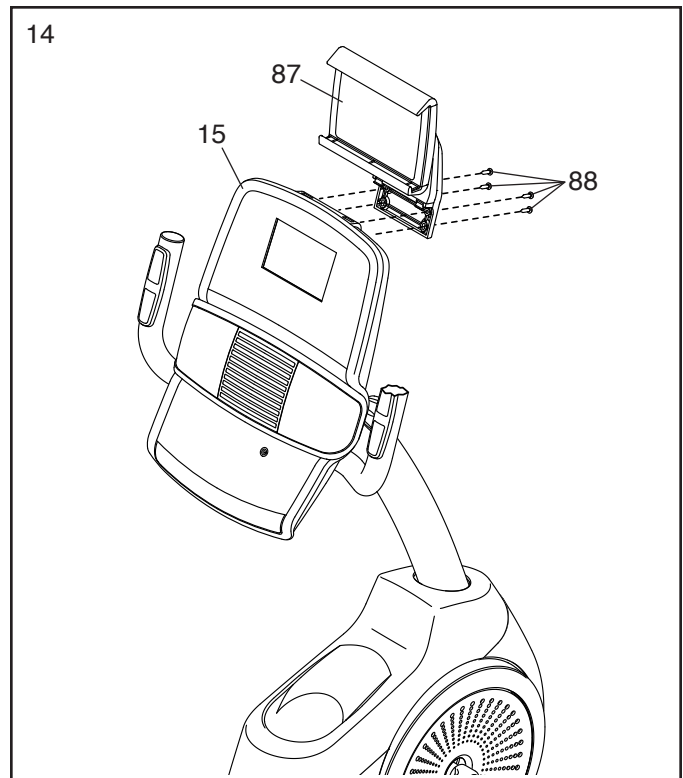


13. Slide the Console Cover (16) upward against the Handlebar (14). Attach the Console Cover and the Console (15) to the Handlebar with two M4 x 16mm Screws (49).





14. Attach the Tablet Holder (87) to the Console (15) with four Tablet Holder Screws (88); **start all the Tablet Holder Screws, and then tighten them.**

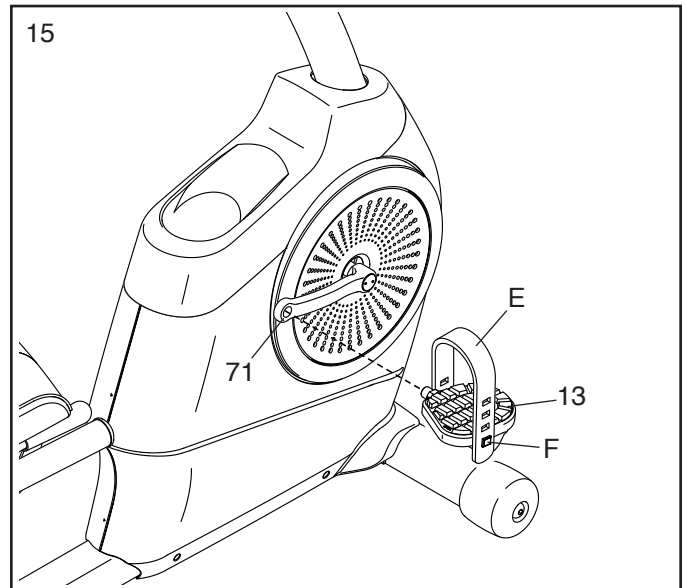


15. Identify the Right Pedal (13).

Using an adjustable wrench, **firmly tighten** the Right Pedal (13) **clockwise** into the Right Crank Arm (71).

**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.**

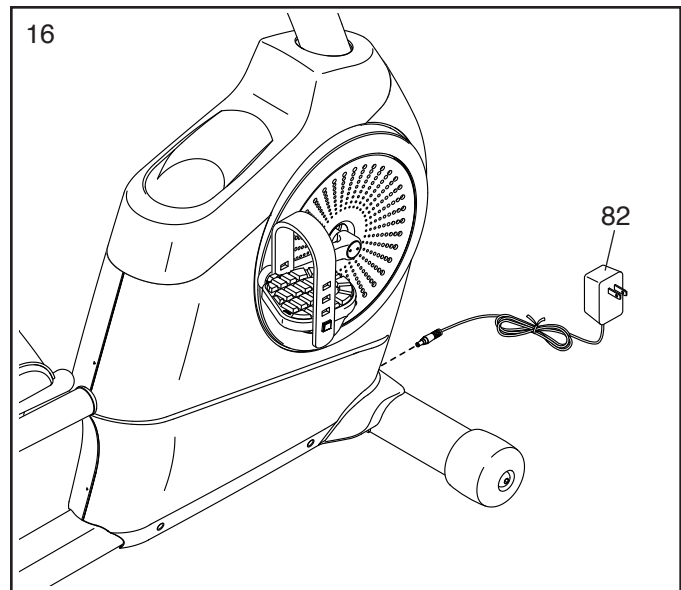
Next, adjust the right strap (E) to the desired position, and press the ends of the strap onto the tabs (F) on the Right Pedal (13). **Adjust the strap on the Left Pedal (not shown) in the same way.**



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

Plug the Power Adapter (82) into the receptacle on the frame of the exercise bike.

Then, plug the Power Adapter (82) into an outlet (see **HOW TO PLUG IN THE POWER ADAPTER** on page 15).

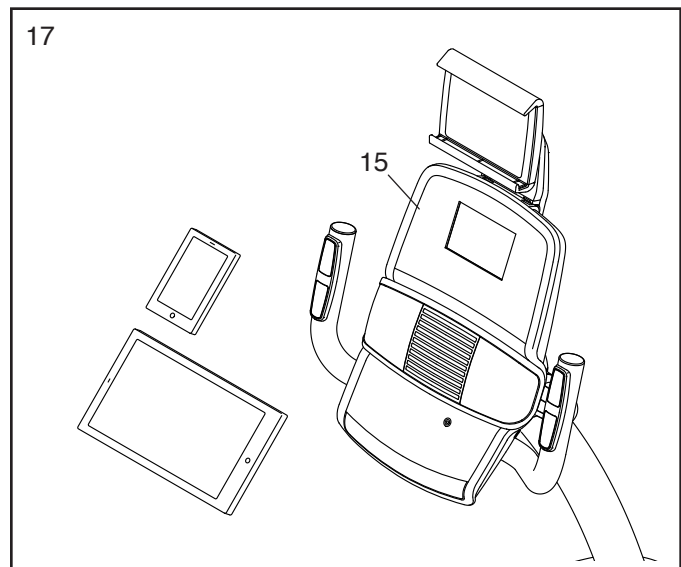


17. **IMPORTANT: You must activate your Console (15) to begin using its exclusive features.**

First, press any button on the Console (15) to turn on the power.

Then, using your smart phone or tablet, go to **iFit.com/activate** and follow the instructions to activate the Console (15).

Note: If you do not have a smart phone or tablet, use your computer to go to **iFit.com/activate** for an alternate way to activate the Console (15). If you do not have a computer, call Customer Care (see the front cover of this manual).

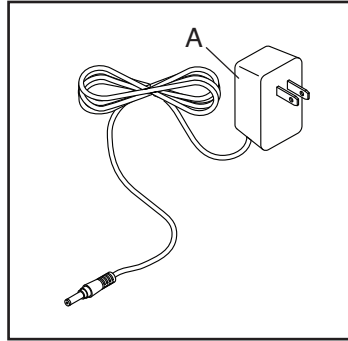


# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

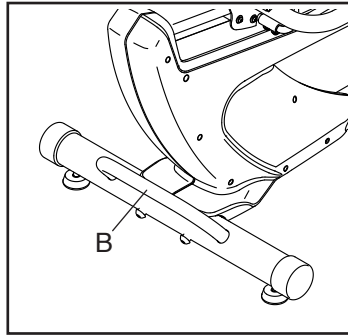
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame 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.



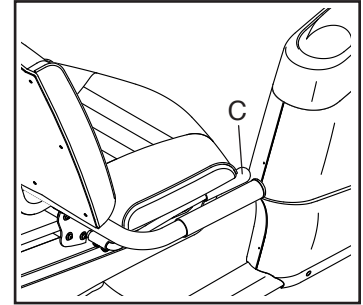
## HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, hold the handle (B) on the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



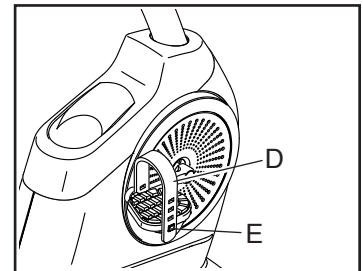
## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the adjustment handle (C), slide the seat to the desired position, and then pull upward on the adjustment handle to lock the seat in place.



## HOW TO ADJUST THE PEDAL STRAPS

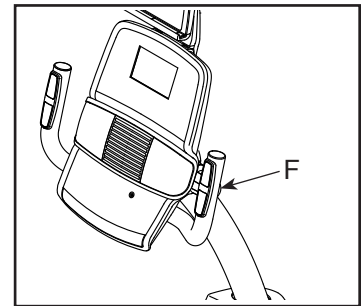
To adjust the pedal straps, first pull the ends of the straps (D) off the tabs (E) on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



## HOW TO ADJUST THE ANGLE OF THE CONSOLE

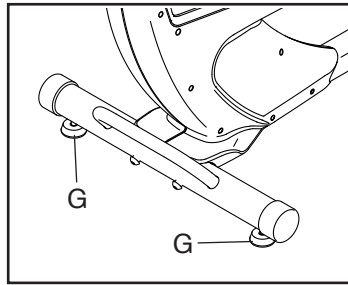
To adjust the angle of the console, loosen the console knob (F), rotate the console and handlebar to the desired angle, and then tighten the console knob.

**Make sure to firmly tighten the console knob.**



## 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 (G) on the rear stabilizer until the rocking motion is eliminated.

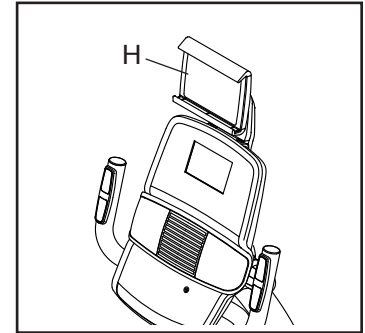


## HOW TO USE THE TABLET HOLDER

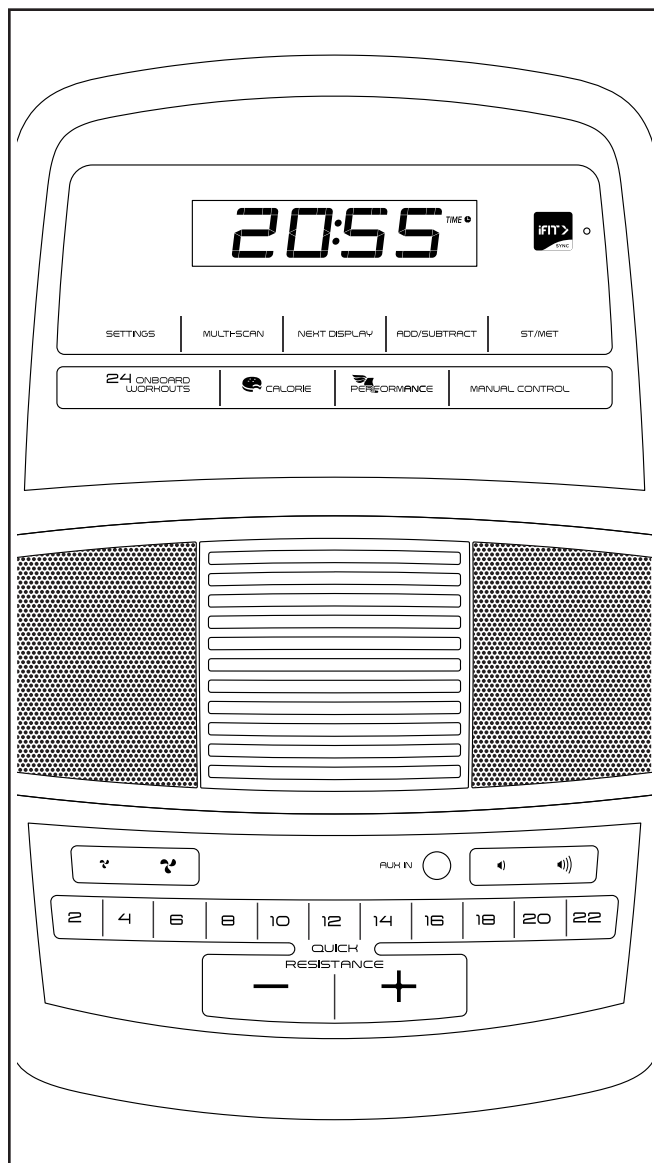
**IMPORTANT:** The tablet holder (H) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder (H), insert the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.**

If applicable to your tablet holder model, rotate and/or pivot the tablet holder to the desired position. Reverse these actions to remove the tablet from the tablet holder.



## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

**IMPORTANT:** To activate your console and begin using its exclusive features, see assembly step 17 on page 14.

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.

As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 21 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®—Smart Cardio Equipment app to record and track your workout information.

The console also offers a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and prompts you to maintain a target pedaling speed as it guides you through an effective workout.

You can even listen to your favorite workout music or audio books with the console sound system while you exercise.

**To use the manual mode**, see page 18. **To use an onboard workout**, see page 20. **To use the sound system**, see page 21. **To connect your tablet to the console**, see page 22. **To connect your heart rate monitor to the console**, see page 22. **To change console settings**, see page 23.

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

Note: The console can display speed and distance in either standard or metric units. To change the unit of measurement, press the St/Met button repeatedly. For simplicity, all instructions in this section refer to standard units.

## 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.

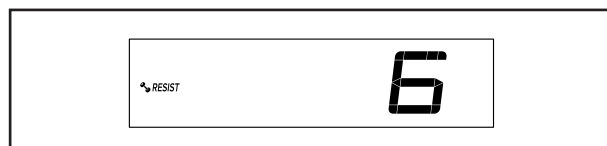
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, press the Manual Control button to reselect the manual mode.

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

Begin pedaling to start the manual mode.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Quick Resistance buttons or press the Quick Resistance increase and decrease buttons.



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 displays.

The display can show the following workout information:

**Calories (CALS)**—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

**Calories per Hour (CALS/HR)**—The approximate number of calories you are burning per hour.

**Distance (MI or KM)**—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/Met button.

**Pace**—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/Met button.

**Pulse (BPM and heart symbol)**—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5).

**Resistance (RESIST)**—The resistance level of the pedals.

**RPM**—Your pedaling speed in revolutions per minute (RPM).

**Speed (MPH or KPH)**—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/Met button.

**Time**—When the manual mode or a calorie workout is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Press the Next Display button repeatedly to view the desired workout information in the display.



**Scan mode**—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode**, press the Multi-scan button; the scan indicator (A) and the word SCAN will turn on in the display.



**To manually advance the scan cycle**, press the Multi-scan button repeatedly.

**To turn off the scan mode**, press the Next Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

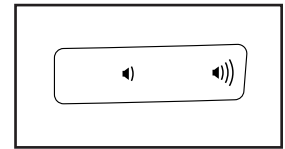
**To customize the scan mode**, first press the Next Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Subtract button to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

Then, press the Multi-scan button to turn on the scan mode.

**Note:** The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the volume increase and decrease buttons.



To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

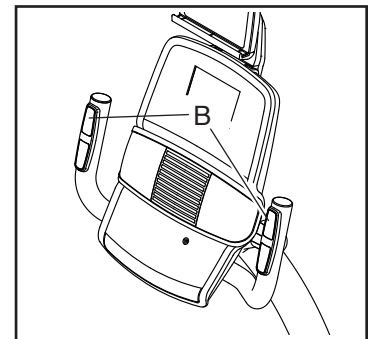
**Note:** The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/Met button.

## 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 21 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 BLUETOOTH Smart heart rate monitor will have priority.

**If there are sheets of plastic on the metal contacts (B) 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, your heart rate will be shown 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 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, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your exercise intensity increases or decreases. 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 a few minutes, 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, 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.

Note: The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 23.

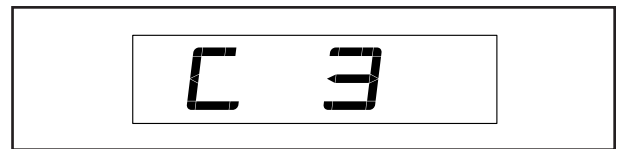
## HOW TO USE AN ONBOARD WORKOUT

### 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 button or the Performance button repeatedly until the name of the desired workout appears in the display. A few seconds after you press a button, the duration of the workout or the number of calories to be burned, the maximum resistance, and the maximum speed will appear in the display.



### 3. Start the workout.

Begin pedaling to start the workout.

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

If a different resistance level is programmed for the next segment, the resistance level 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 the words TOO SLO appear in the display,** increase your pedaling speed. **When the words TOO FAST appear,** decrease your pedaling speed. **When no words appear,** 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 Quick 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.

The workout will continue in this way until the last segment ends. To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

**4. Follow your progress with the displays.**

See step 4 on page 18.

**5. Measure your heart rate if desired.**

See step 5 on page 19.

**6. Turn on the fan if desired.**

See step 6 on page 20.

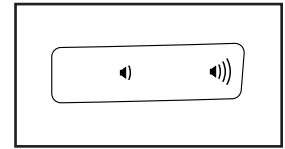
**7. When you are finished exercising, the console will turn off automatically.**

See step 7 on page 20.

## HOW TO USE 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 personal audio player; **make sure that the audio cable is fully plugged in.** **Note:** To purchase an audio cable, see your local electronics store.

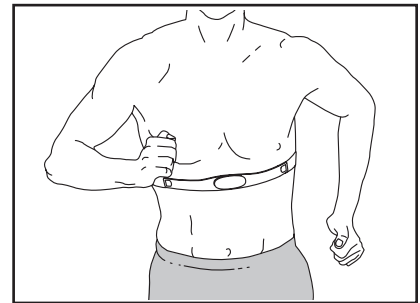
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



## 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 CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

### 1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App Store<sup>SM</sup> or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

### 2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE at the right.

### 3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

### 4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

### 5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

## HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

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

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

If you are using the manual mode or an onboard workout, you must stop pedaling and exit the workout before you can select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

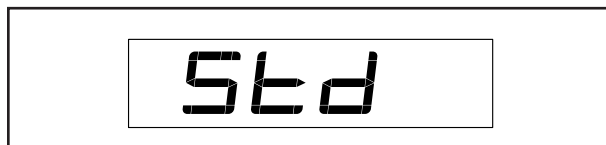
### 2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Next Display button repeatedly to select the desired settings screen.

### 3. Change settings as desired.

**Software Version Number**—The software version number will appear in the display.

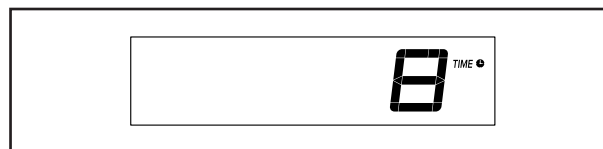
**Unit of Measurement**—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/Met button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.



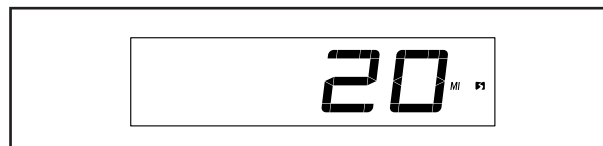
**Display Test**—This screen is intended to be used by service technicians to identify whether the display is working correctly.

**Button Test**—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

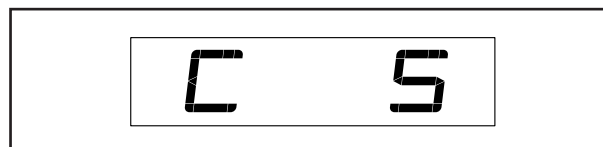
**Total Time**—The word TIME will appear in the display. The display will show the total number of hours that the exercise bike has been used.



**Total Distance**—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled.



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



**Demo Mode**—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Quick Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



### 4. Exit the settings mode.

Press the Settings 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.

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

**Note:** The console contains FCC ID: OMCBMDI.

# 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

The console requires activation. If you have not activated the console, see assembly step 17 on page 14.

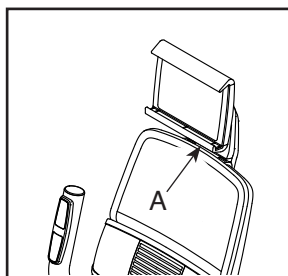
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 19.

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 23 and adjust the contrast level of the display.

**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.**

## TABLET HOLDER TROUBLESHOOTING

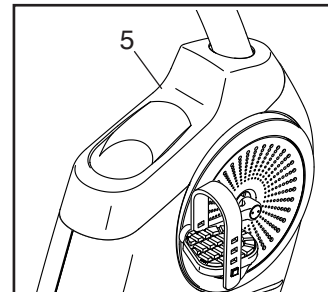
If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the screw (A) until the tablet holder stays in place when it is rotated to the desired position.



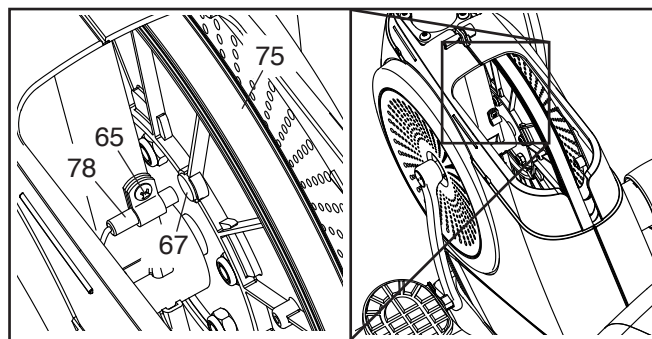
## HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, first **unplug the power adapter**. Next, use a standard screwdriver and release the tabs on the Accessory Tray (5), and then lift the Accessory Tray away from the frame.



Next, locate the Reed Switch (78). Slightly loosen the M4 x 12mm Washer Head Screw (65).



Then, rotate the Pulley (75) until a Magnet (67) is aligned with the Reed Switch (78). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12mm Washer Head Screw (65).

Plug in the power adapter and rotate the Pulley (75) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the accessory tray and 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

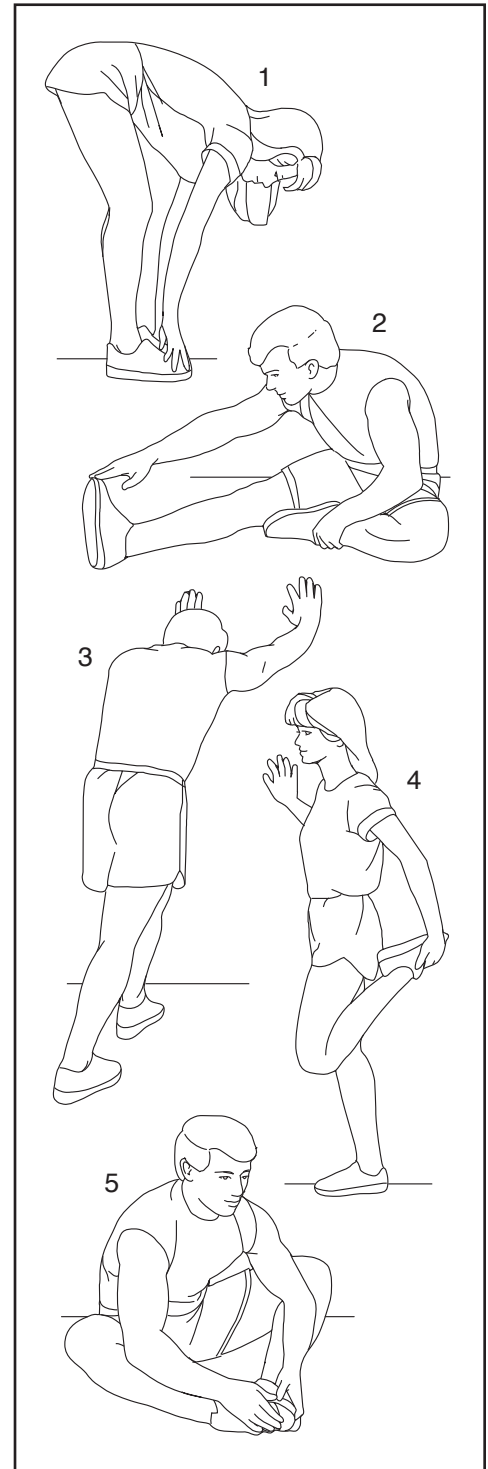
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



---

## NOTES



# PART LIST

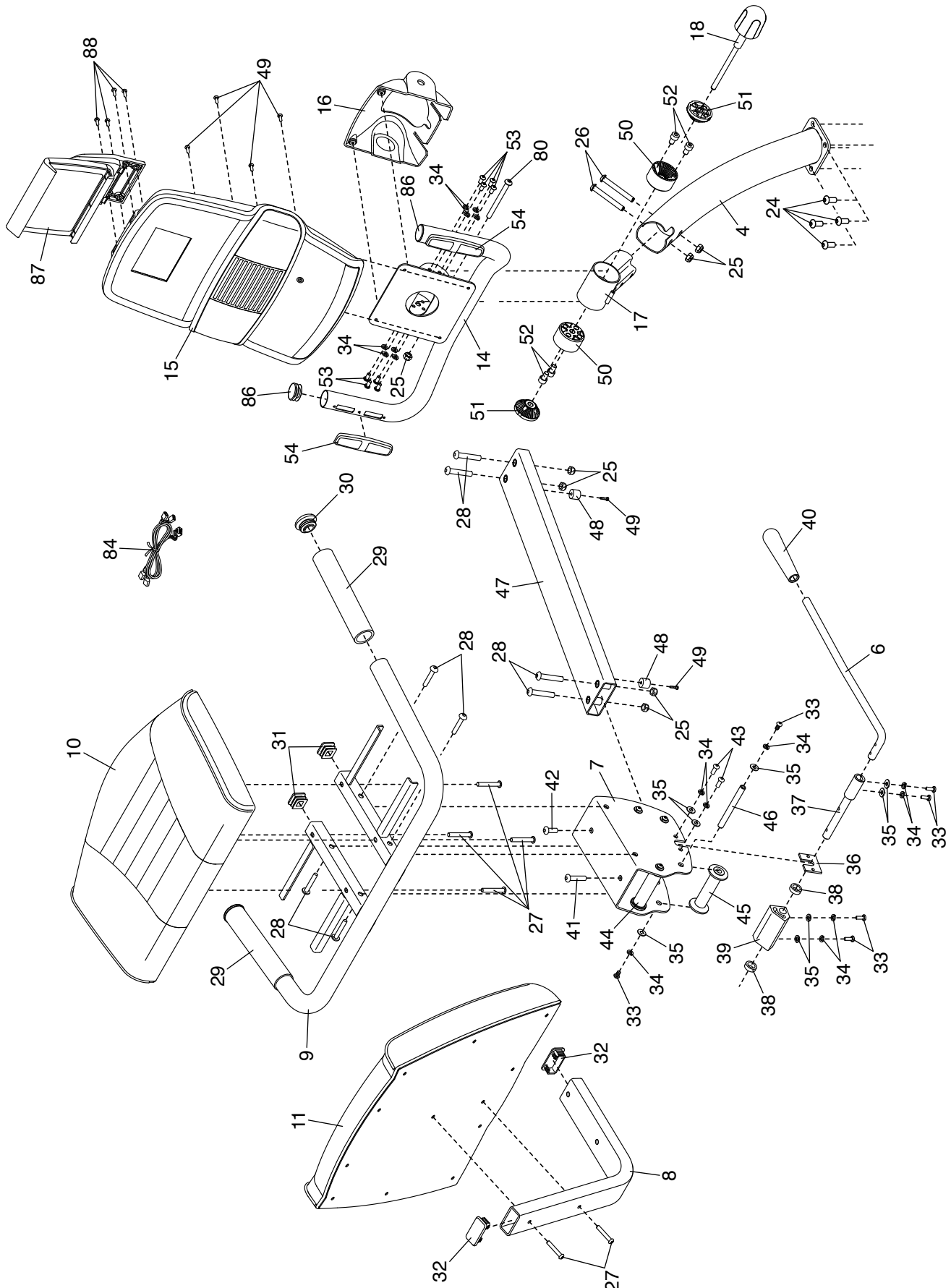
Model No. 21918.0 R0818A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	4	Roller Axle
2	1	Front Stabilizer	47	1	Carriage Rail
3	1	Rear Stabilizer	48	2	Carriage Rail Bumper
4	1	Upright	49	22	M4 x 16mm Screw
5	1	Accessory Tray	50	2	Pivot Bracket Inner Bushing
6	1	Adjustment Lever	51	2	Pivot Bracket Outer Bushing
7	1	Seat Carriage	52	4	M8 x 10mm Screw
8	1	Backrest Frame	53	8	M6 x 12mm Screw
9	1	Seat Frame	54	2	Pulse Sensor
10	1	Seat	55	2	Disc
11	1	Backrest	56	8	M4 x 12mm Screw
12	1	Left Pedal/Strap	57	1	Left Front Shield
13	1	Right Pedal/Strap	58	1	Right Front Shield
14	1	Handlebar	59	1	Left Rear Shield
15	1	Console	60	1	Right Rear Shield
16	1	Console Cover	61	1	Drive Belt
17	1	Pivot Bracket	62	1	Eddy Mechanism
18	1	Console Knob	63	1	Idler
19	2	Wheel	64	1	Idler Screw
20	2	M10 x 41mm Shoulder Screw	65	5	M4 x 12mm Washer Head Screw
21	4	M10 x 80mm Screw	66	1	Resistance Motor
22	2	Stabilizer Cap	67	2	Magnet
23	2	Leveling Foot	68	2	Crank Arm Cap
24	4	M8 x 15mm Screw	69	2	Crank Arm Screw
25	15	M8 Locknut	70	1	Left Crank Arm
26	2	M8 x 63mm Bolt	71	1	Right Crank Arm
27	6	M6 x 40mm Screw	72	2	Snap Ring
28	8	M8 x 40mm Screw	73	2	Frame Bearing
29	2	Handgrip	74	1	Crank
30	2	Seat Handlebar Cap	75	1	Pulley
31	2	Seat Frame Cap	76	4	M8 Washer
32	2	Backrest Frame Cap	77	1	Main Wire
33	12	M6 x 16mm Screw	78	1	Reed Switch/Wire
34	22	M6 Split Washer	79	6	M4 x 25mm Screw
35	14	M6 Large Washer	80	1	M8 x 88mm Bolt
36	1	Brake Plate	81	1	Clamp
37	1	Brake Axle	82	1	Power Adapter
38	2	Brake Spacer	83	1	Power Wire/Receptacle
39	1	Brake	84	1	Pulse Wire
40	1	Lever Handle	85	1	M4 x 16mm Ground Screw
41	1	M8 x 30mm Screw	86	2	Handlebar Cap
42	7	M8 x 20mm Screw	87	1	Tablet Holder
43	2	M6 x 13mm Screw	88	4	Tablet Holder Screw
44	2	Upper Roller	*	—	Assembly Tool
45	2	Lower Roller	*	—	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.

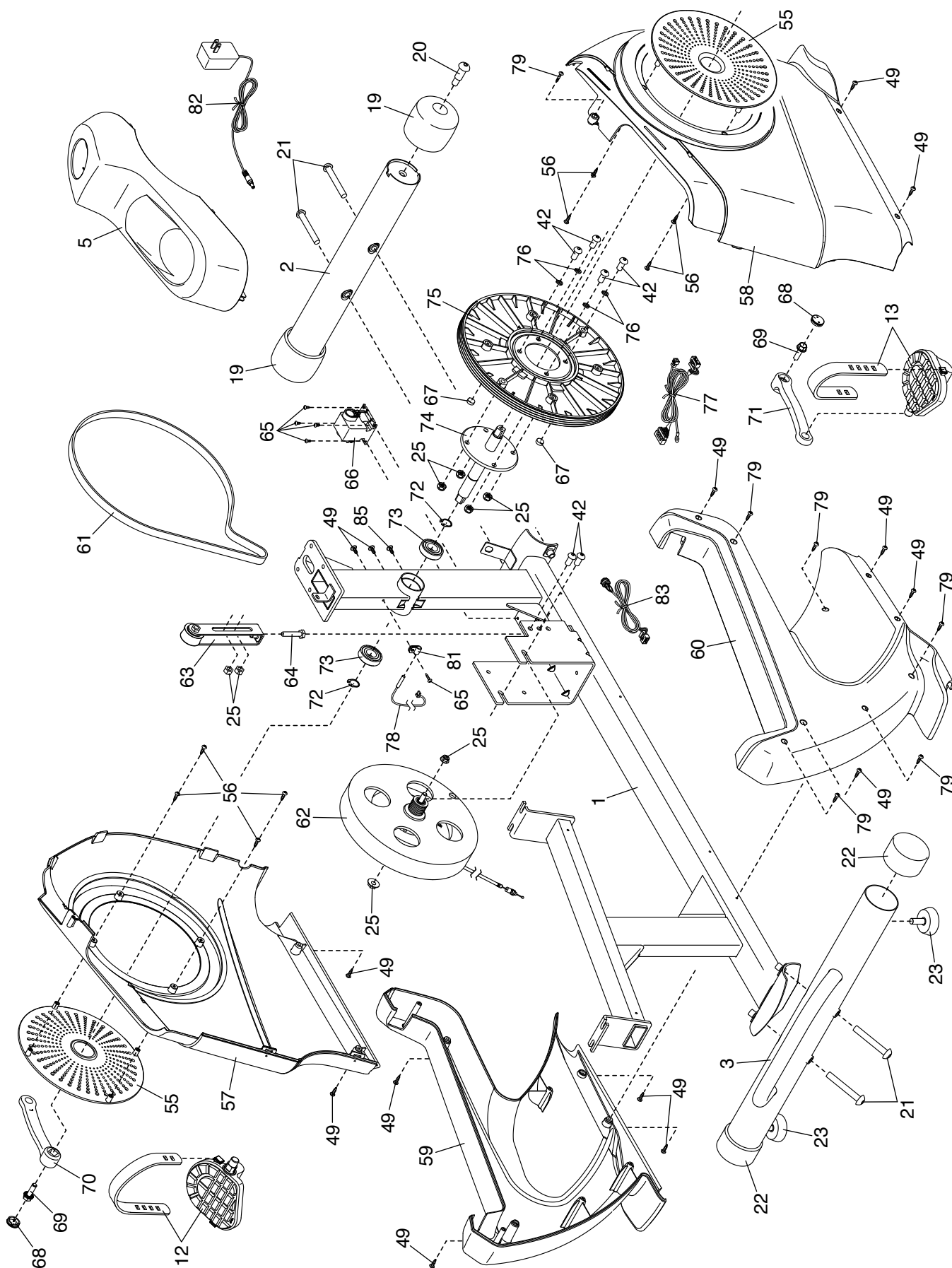
# EXPLODED DRAWING A

Model No. 21918.0 R0818A



## EXPLODED DRAWING B

Model No. 21918.0 R0818A



# 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 4.**

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 the lifetime of the original purchaser (customer). Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) 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 the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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

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

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