

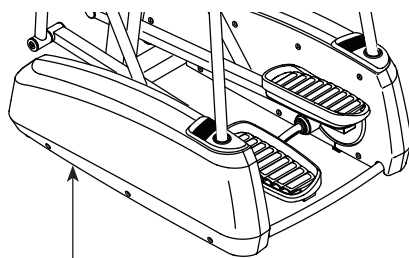
# NordicTrack® A.C.T.

www.nordictrack.com

Model No. 831.23896.0

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

Write the serial number in the space above for reference.



Serial Number Decal  
(under frame)

## ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [www.nordictrackservice.com/registration](http://www.nordictrackservice.com/registration).

## CUSTOMER CARE

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

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

Mon.–Fri. 6 a.m.–6 p.m. MT

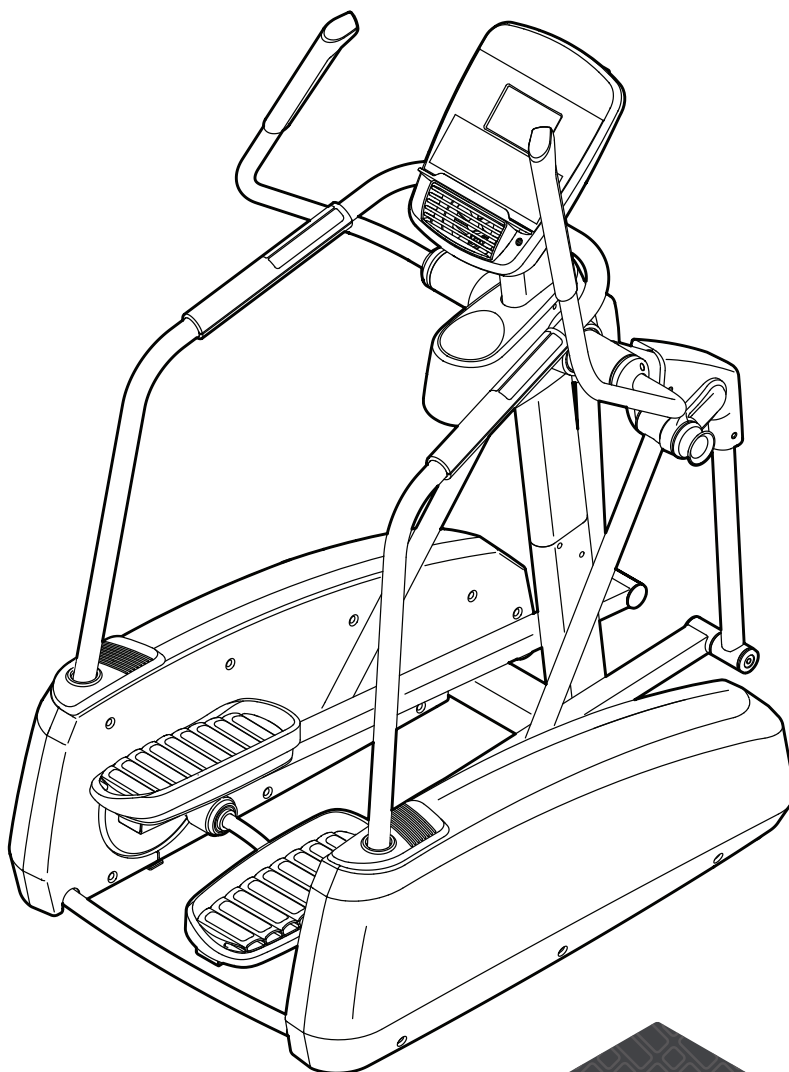
Sat. 8 a.m.–12 p.m. MT

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

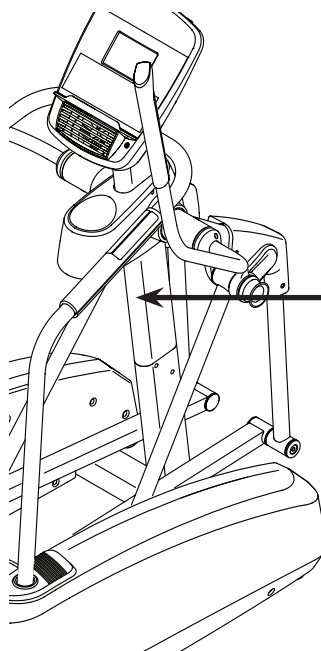


# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	6
PART IDENTIFICATION CHART .....	7
ASSEMBLY .....	8
HOW TO USE THE ELLIPTICAL .....	15
FCC INFORMATION .....	26
MAINTENANCE AND TROUBLESHOOTING .....	27
EXERCISE GUIDELINES .....	28
PART LIST .....	31
EXPLODED DRAWING .....	33
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.



**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 lbs / 159 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical 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 elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the handrails when mounting, dismounting, or using the elliptical.
12. 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.
13. The elliptical does not have a freewheel; the pedals will continue to move until the fly-wheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

# 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.**



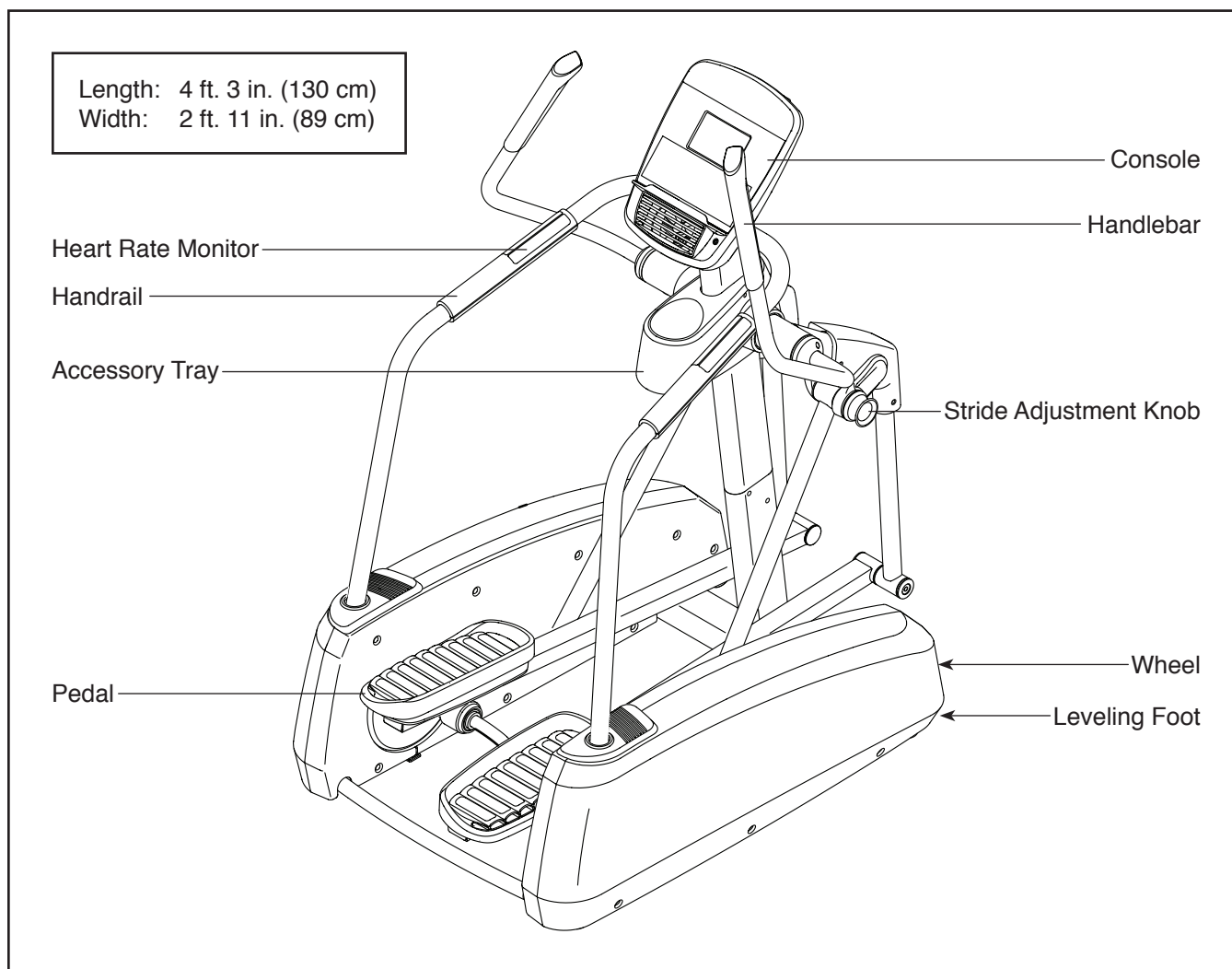
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® ACT elliptical. The ACT elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

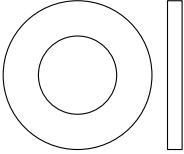
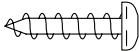
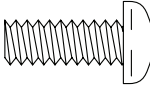
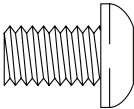
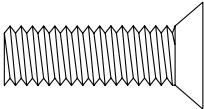
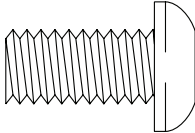
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

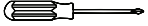
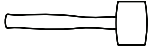


# PART IDENTIFICATION CHART

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.**

		
M10 Washer (64)–4	M4 x 16mm Screw (67)–15	M6 x 12mm Screw (78)–8
		
M8 x 13mm Screw (62)–8	M8 x 25mm Flat Screw (68)–6	M10 x 20mm Screw (61)–18

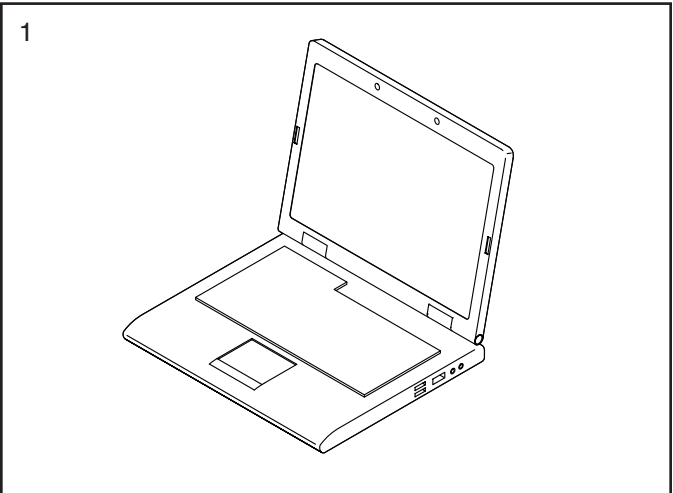
# ASSEMBLY

- Assembly requires two persons.
  - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you 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 
    - one rubber mallet 
- Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to [www.nordictrackservice.com/](http://www.nordictrackservice.com/) registration on your computer and register your product.**

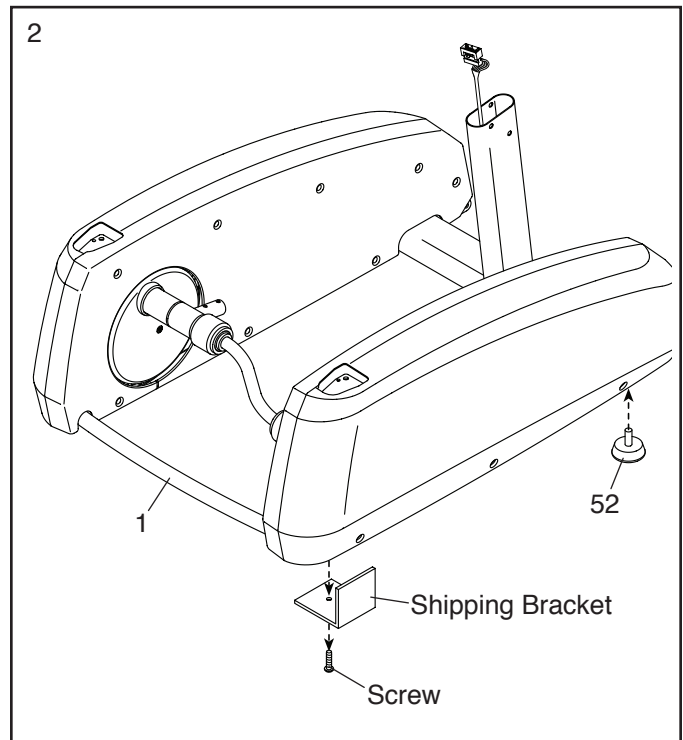
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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



2. Remove the screws and the shipping brackets (only one of each is shown) from the Frame (1) if necessary. Discard the screws and the shipping brackets.

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

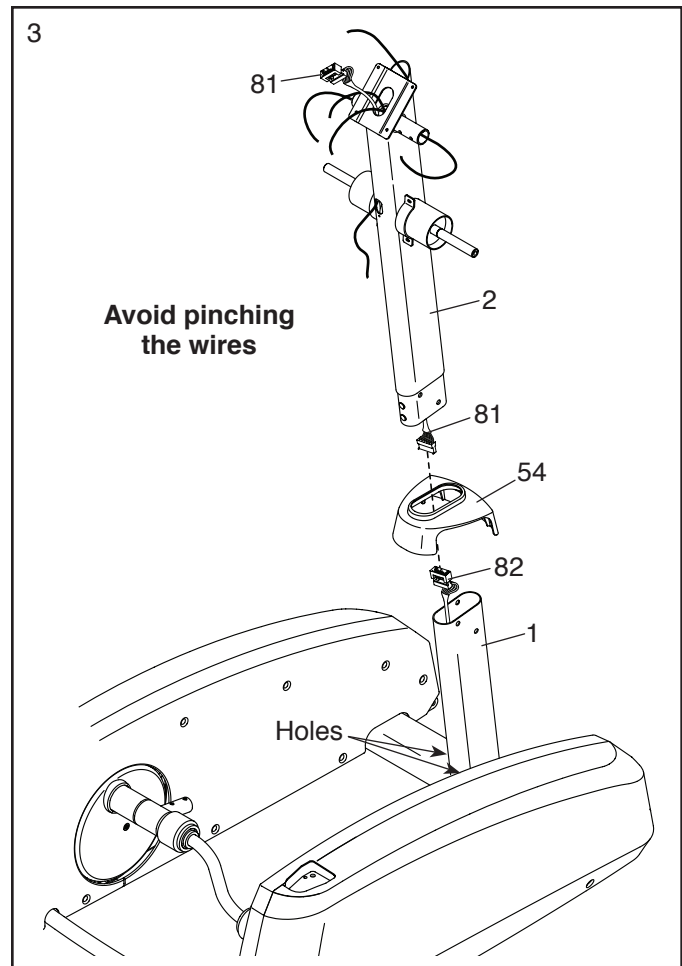




3. Orient the Frame Cover (54) as shown, and slide it downward onto the Frame (1). Press the posts on the Frame Cover into the indicated holes in the Frame.

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

**Tip: Avoid pinching the Wire Harnesses (81, 82).** Gently pull the upper end of the Upper Wire Harness (81) to remove any slack while you insert the Upright (2) into the Frame (1).

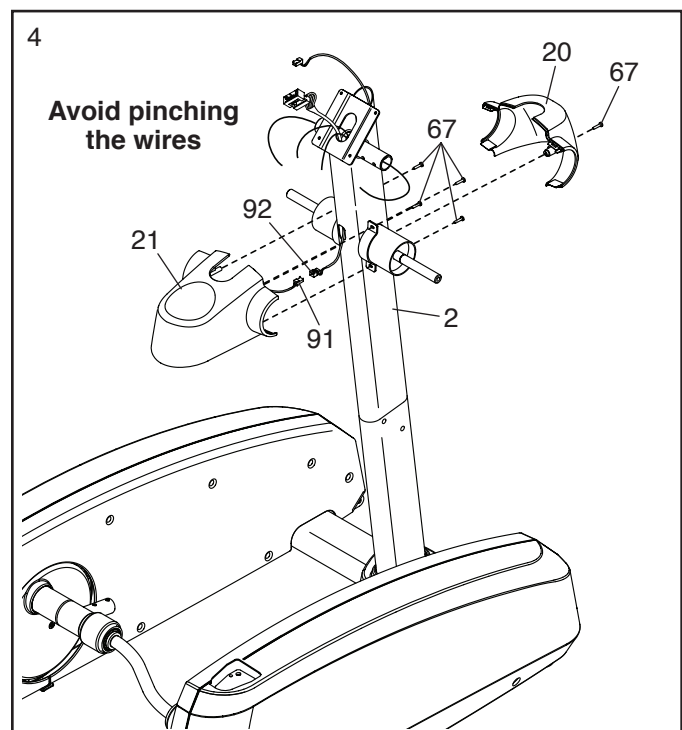


4. Orient the Rear Upright Cover (21) as shown.

While a second person holds the Rear Upright Cover (21) near the Upright (2), connect the Extension Wire (92) to the Receiver Wire (91). Insert the excess wire into the Upright.

**Tip: Avoid pinching the wires.** Attach the Rear Upright Cover (21) to the Upright (2) with four M4 x 16mm Screws (67).

Next, press the Front Upright Cover (20) into the Rear Upright Cover (21) and attach it to the Upright (2) with an M4 x 16mm Screw (67).



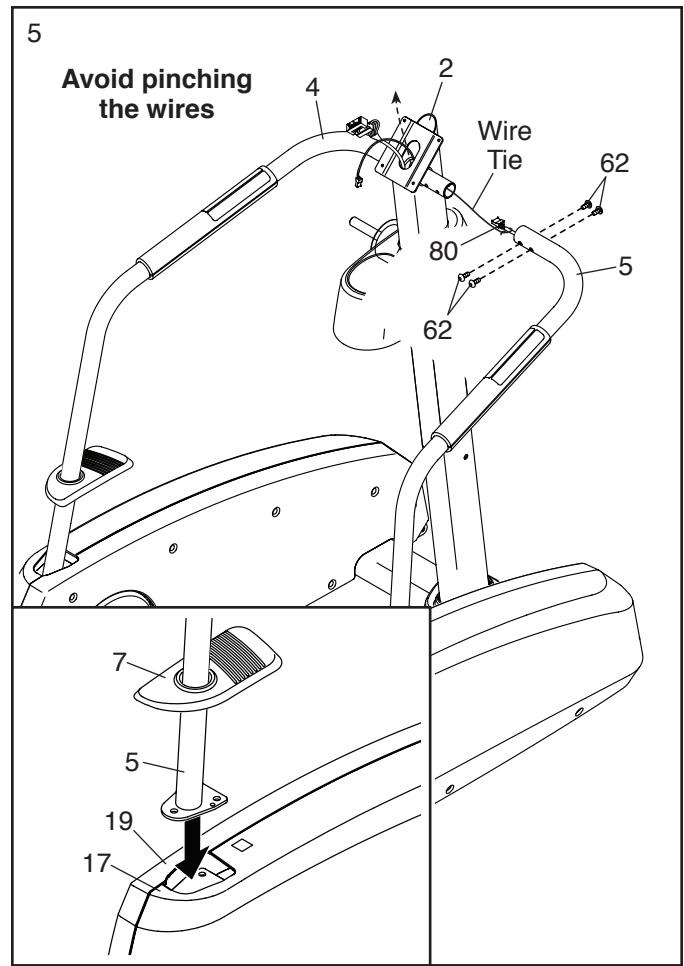
5. Identify the Right Handrail (5) and orient it as shown.

While a second person holds the Right Handrail (5) near the Upright (2), tie the indicated wire tie to the Right Pulse Wire (80). Then, pull the other end of the wire tie upward out of the top of the Upright.

**See the inset drawing.** Have a second person hold the Right Rail Cover (7) out of the way. Insert the lower end of the Right Handrail (5) into the opening between the Right Outer Shield (17) and the Right Inner Shield (19).

**Tip: Avoid pinching the Right Pulse Wire (80).** Attach the Right Handrail (5) to the Upright (2) with four M8 x 13mm Screws (62). **Do not tighten the Screws yet.**

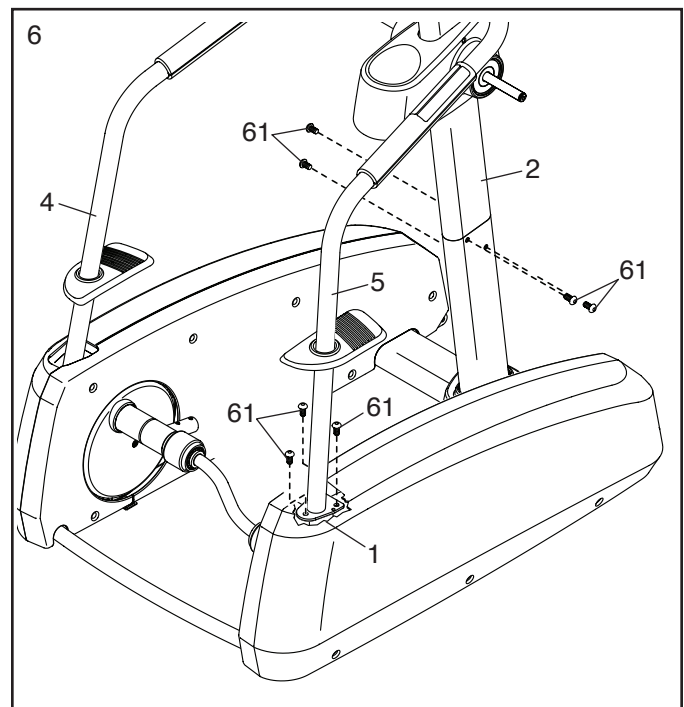
**Attach the Left Handrail (4) in the same way.**



6. Attach the Right Handrail (5) to the Frame (1) with three M10 x 20mm Screws (61). **Do not tighten the Screws yet.**

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

Next, attach the Upright (2) with four M10 x 20mm Screws (61). **Do not tighten the Screws yet.**

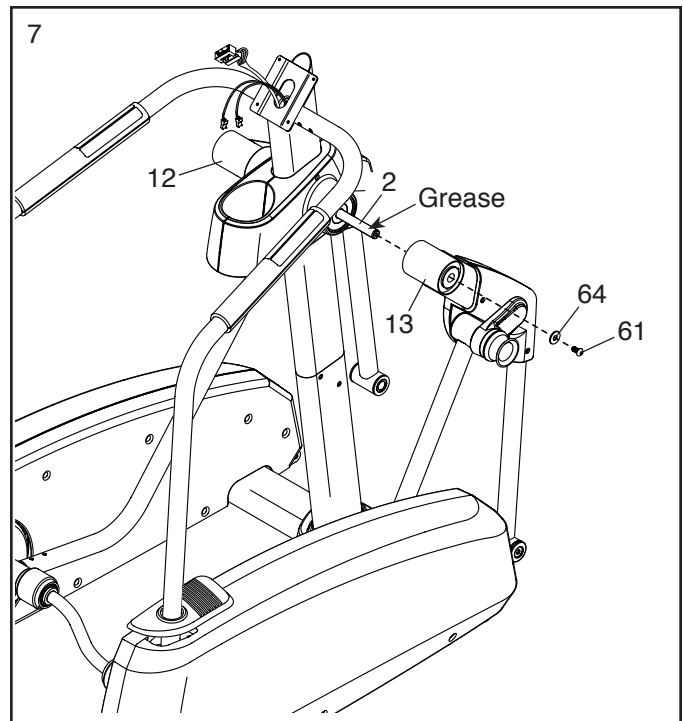


7. Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the right axle on the Upright (2).

Next, identify the Right Handlebar Leg (13) and orient it as shown.

Slide the Right Handlebar Leg (13) onto the axle on the Upright (2). Attach the Right Handlebar Leg with an M10 x 20mm Screw (61) and an M10 Washer (64).

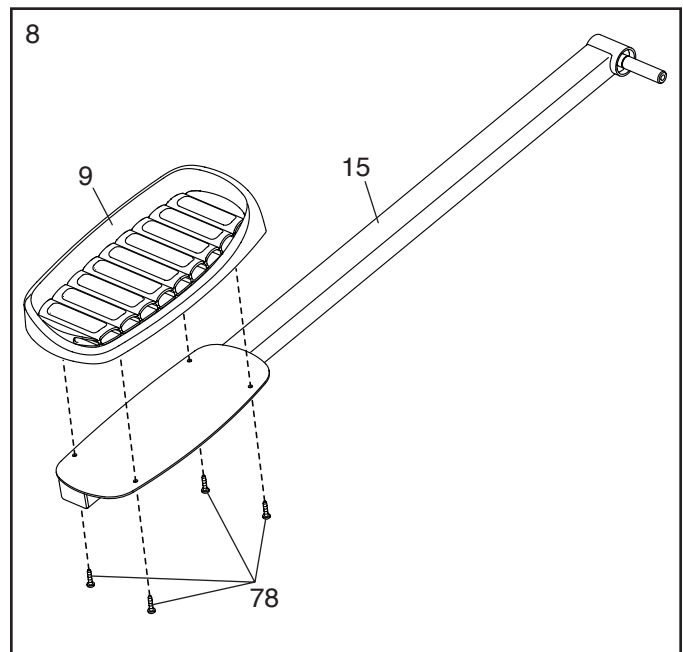
**Attach the Left Handlebar Leg (12) in the same way.**



8. Identify the Right Pedal (9) and the Right Pedal Arm (15).

Attach the Right Pedal (9) to the Right Pedal Arm (15) with four M6 x 12mm Screws (78).

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

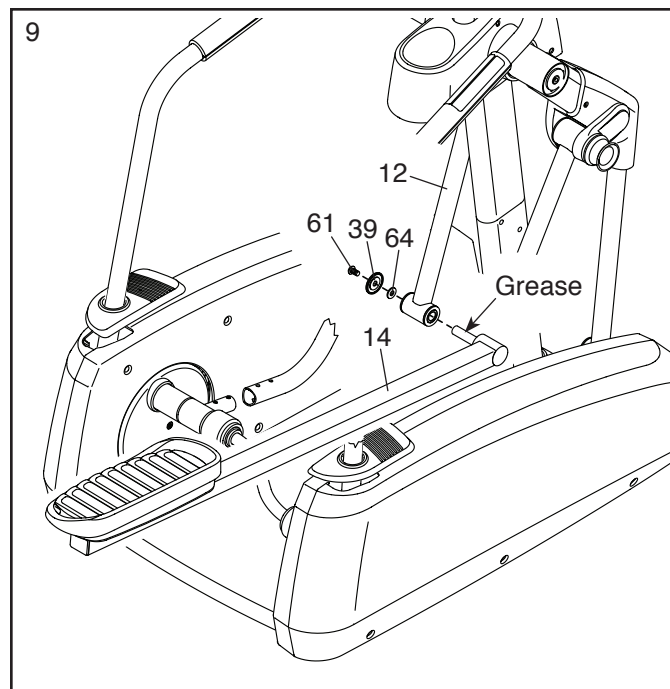


9. Apply a small amount of grease to the axle on the Left Pedal Arm (14).

Position the Left Handlebar Leg (12) as shown, and insert the axle on the Left Pedal Arm (14) into the Left Handlebar Leg.

Attach the Left Pedal Arm (14) with an M10 x 20mm Screw (61), a Pedal Axle Cover (39), and an M10 Washer (64). **Tip: Avoid damaging the Pedal Axle Cover when tightening the Screw.**

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



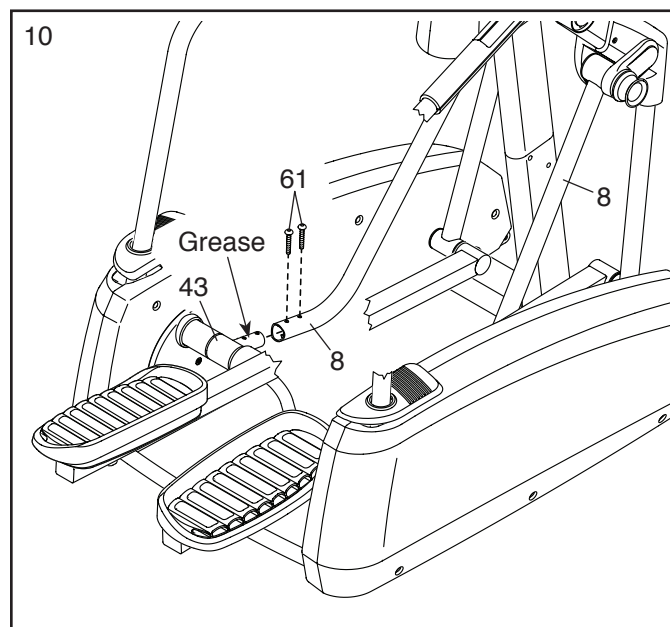
10. Apply a small amount of grease to the axle on the Left Pedal Arm Bracket (43).

Attach the left Pedal Leg (8) to the Left Pedal Arm Bracket (43) with two M10 x 20mm Screws (61).

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

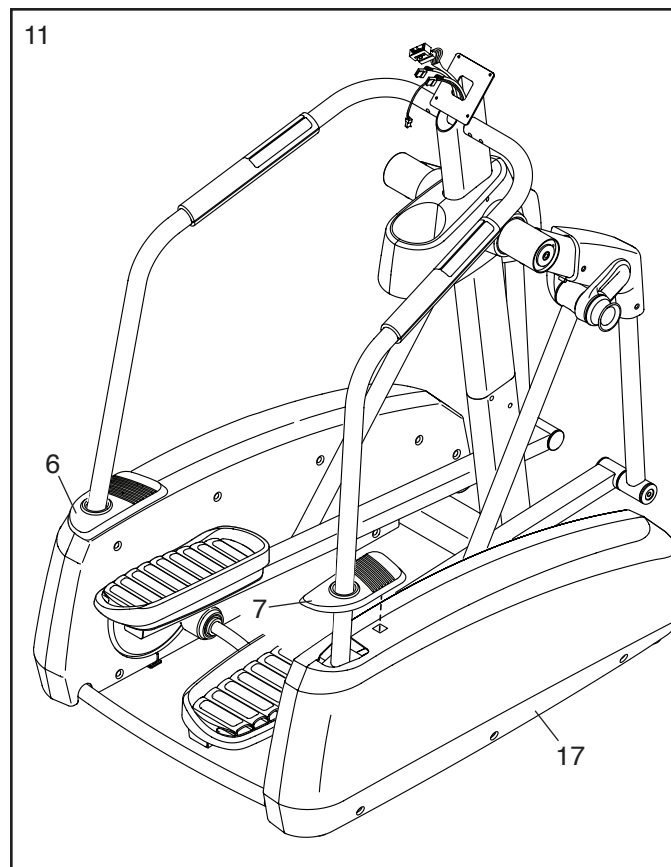
**See step 6.** Tighten the M10 x 20mm Screws (61).

**See step 5.** Tighten the M8 x 13mm Screws (62).



11. Press the Right Rail Cover (7) downward into the Right Outer Shield (17).

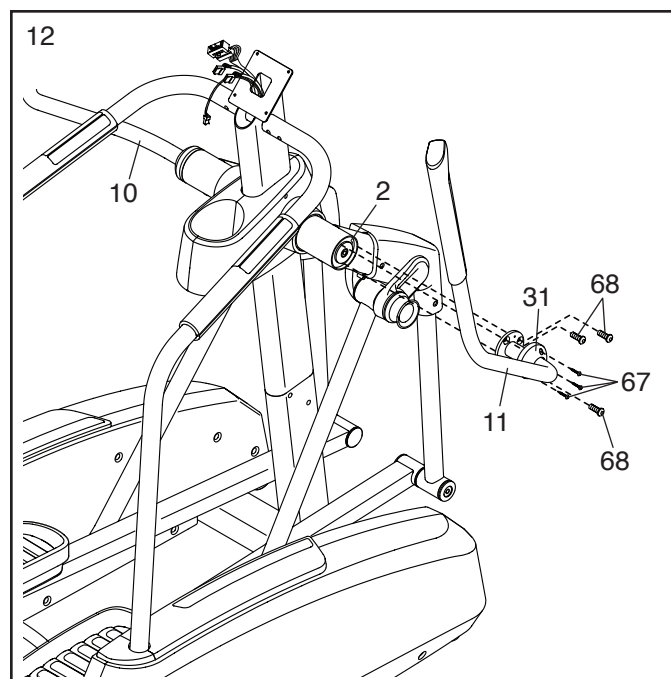
**Attach the Left Rail Cover (6) in the same way.**



12. Identify the Right Handlebar (11) and orient it as shown.

Attach the Right Handlebar (11) to the Upright (2) with three M8 x 25mm Flat Screws (68). Then, slide a Handlebar Cover (31) downward and attach it with three M4 x 16mm Screws (67).

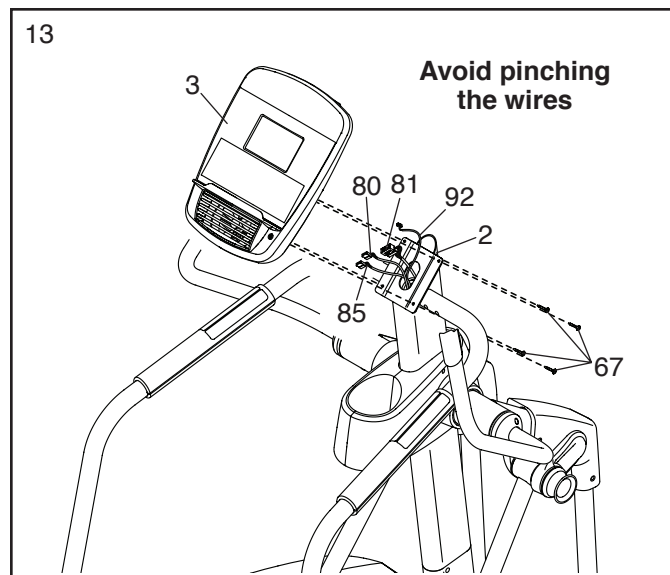
**Attach the Left Handlebar (10) in the same way.**



13. While a second person holds the Console (3) near the Upright (2), plug the Upper Wire Harness (81), the Right and Left Pulse Wires (80, 85), and the Extension Wire (92) into the receptacles on the back of the Console. Insert the excess wire into the Upright. **Avoid pinching the wires.**

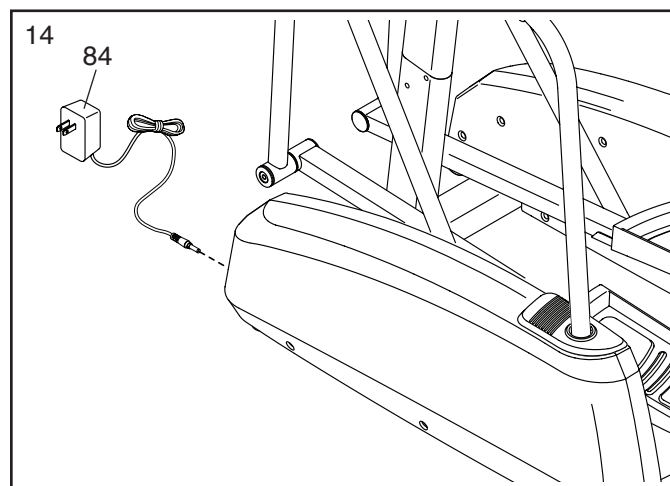
**The connectors on the Wires (80, 81, 85, 92) should slide easily into the receptacles and snap into place.** If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the console may become damaged.**

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



14. Plug the Power Adapter (84) into the receptacle on the front of the elliptical.

Note: To plug the Power Adapter (84) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 15.



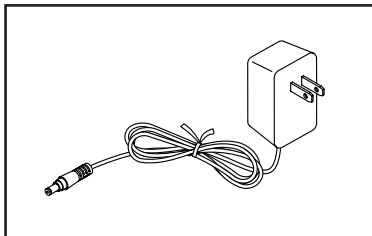
15. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

# HOW TO USE THE ELLIPTICAL

## HOW TO PLUG IN THE POWER ADAPTER

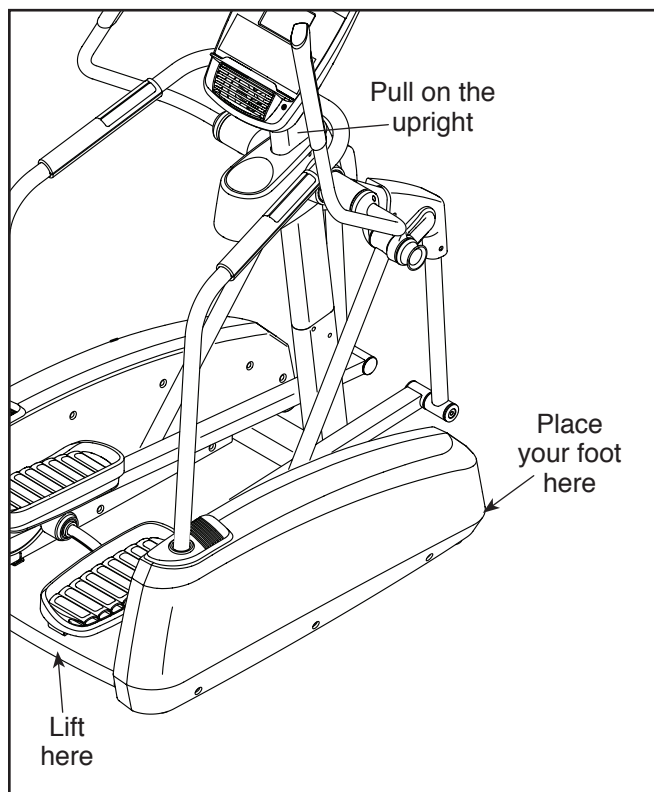
**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



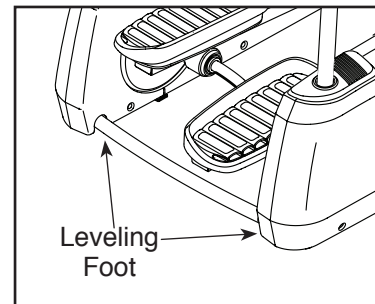
## HOW TO MOVE THE ELLIPTICAL

**Due to the size and weight of the elliptical, moving it requires two persons.** Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the frame until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



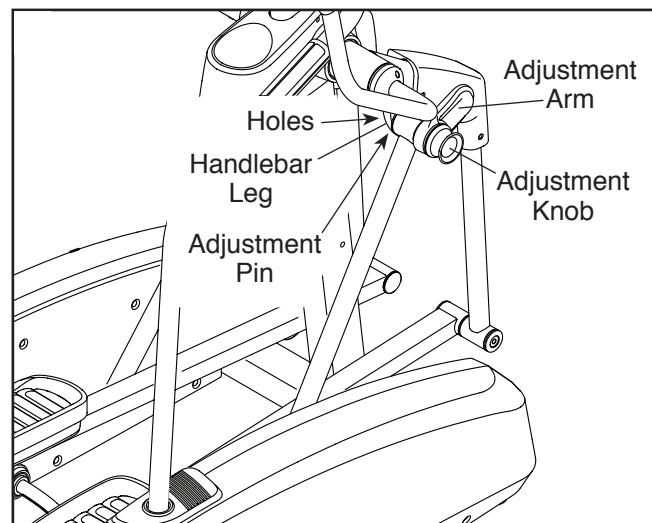
## HOW TO LEVEL THE ELLIPTICAL

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



## HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL

To adjust the stride of the elliptical, first loosen one of the adjustment knobs and pull it outward until the adjustment arm pivots freely. Next, pivot the adjustment arm until the adjustment knob is aligned with one of the holes in the handlebar leg, and release the adjustment knob. Pivot the adjustment arm back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the handlebar leg. Then, tighten the adjustment knob. **Adjust the other adjustment knob in the same way. Make sure that both adjustment knobs are in the same position.**

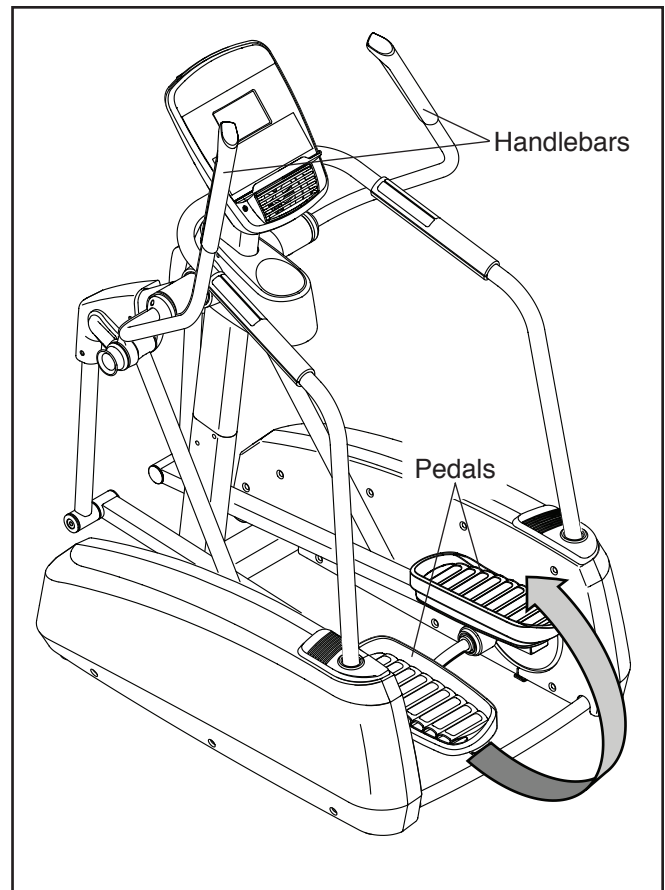




## HOW TO EXERCISE ON THE ELLIPTICAL

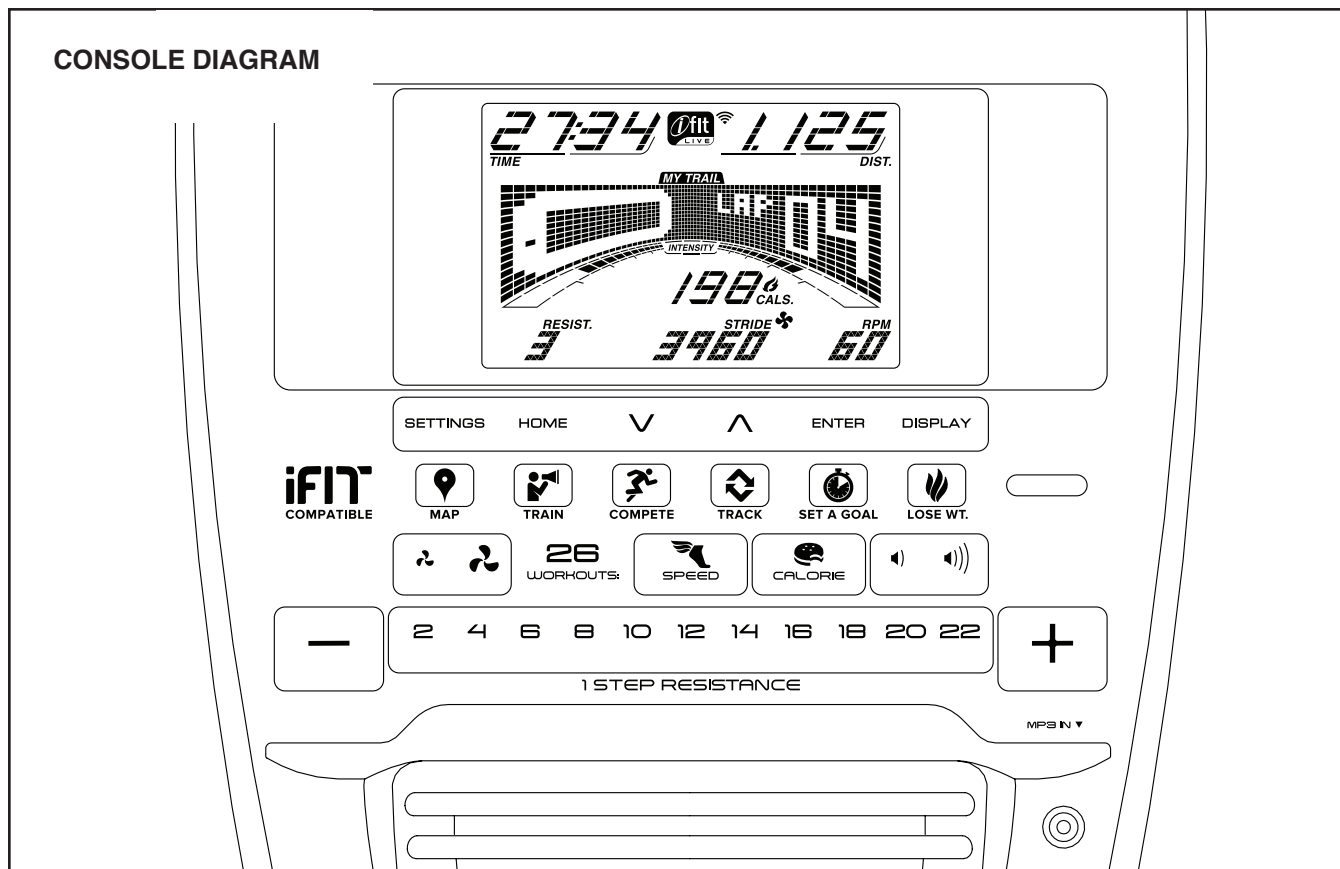
To mount the elliptical, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction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

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





## CONSOLE DIAGRAM



## 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 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 the optional chest heart rate monitor (**see page 25 for information about the optional chest heart rate monitor**).

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 calorie, distance, or time goal.

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](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

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

**To use the manual mode**, see page 18. **To use an onboard workout**, see page 21. **To use a set-a-goal workout**, see page 22. **To use an iFit workout**, see page 23. **To change console settings**, see page 24. **To use the sound system**, see page 25.

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

## HOW TO USE THE MANUAL MODE

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

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

### 2. Select the manual mode.

Press the Home button or press either the Speed button or the Calorie button repeatedly 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.

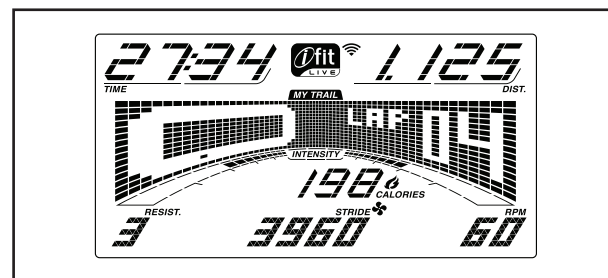
### 3. Change the resistance of the pedals as desired.

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

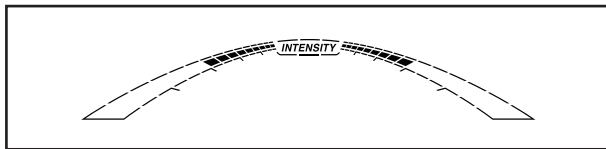
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

**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.

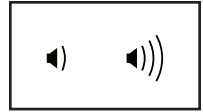


When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 24 to set the default menu). If necessary, press the Home button again.

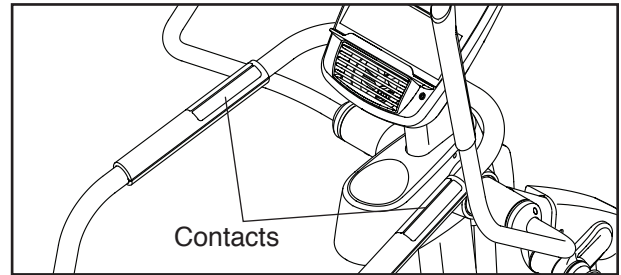
Change the volume level of the console by pressing the volume increase and decrease buttons.



## 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or the optional chest heart rate monitor (see page 25 for information about the optional chest heart rate monitor).

**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.**



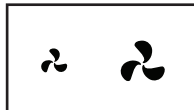
When your pulse is detected, a heart symbol in the calorie display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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 high, low, and auto speed settings. While the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the fan button repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about thirty 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.

Note: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 24.

## 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 Speed button or the Calorie button repeatedly until the desired workout appears in the display.

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.

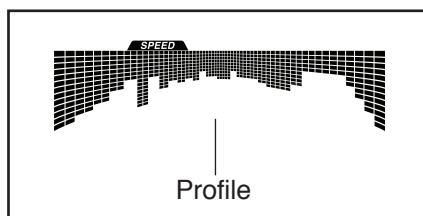
### 3. Begin pedaling to start the workout.

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 1 Step 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 stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

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 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. 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 1 Step 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 calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

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 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](http://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 on your iFit account, 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](http://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.

**For more information about the iFit workouts, please see [www.iFit.com](http://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 24).

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

### 6. Follow your progress with the display.

See step 4 on page 18.

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

During a competition workout, the Compete 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 19.

### 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 the iFit mode, go to [www.iFit.com](http://www.iFit.com).**



## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press the Settings button.

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

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 optional screen. **Make sure to follow the instructions shown in the lower part of the display.**

### 3. Change settings as desired.

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

**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.

**Contrast Level**—The currently selected contrast level will appear in the display. Press the 1 Step 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 Settings 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 Settings button to exit the settings mode.



## HOW TO USE THE SOUND SYSTEM

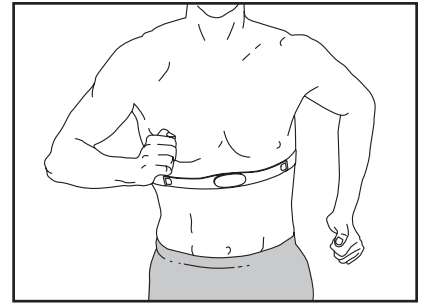
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged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



## 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.**



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## FCC INFORMATION

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

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

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

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

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

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

## CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 19.

**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 LEVEL THE ELLIPTICAL

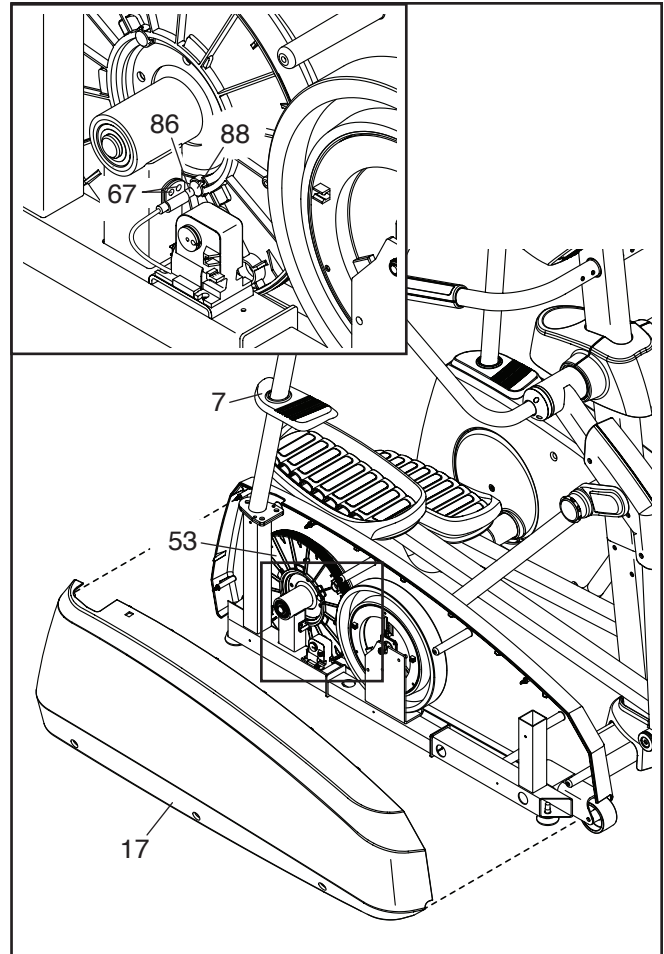
If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 15.

## 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**.

Use a flat screwdriver and pry the Right Rail Cover (7) upward. Next, remove all of the Screws (67, 73) from the Right Outer and Inner Shields (17, 19); **there are two sizes of Screws in the Right Outer and Inner Shields—note which size of Screw you remove from each hole**. Then, gently remove the Right Outer Shield.

Locate the Reed Switch (86). Turn the Pulley (53) until a Magnet (88) is aligned with the Reed Switch.



Loosen, but do not remove, the two M4 x 16mm Screws (67). Slide the Reed Switch (86) slightly closer to or away from the Magnet (88), and then retighten the Screws. Then, plug in the power adapter and rock the Pulley (53) forward and backward so that the Magnet passes the Reed Switch repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the right outer and inner shields and the right rail covers. 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

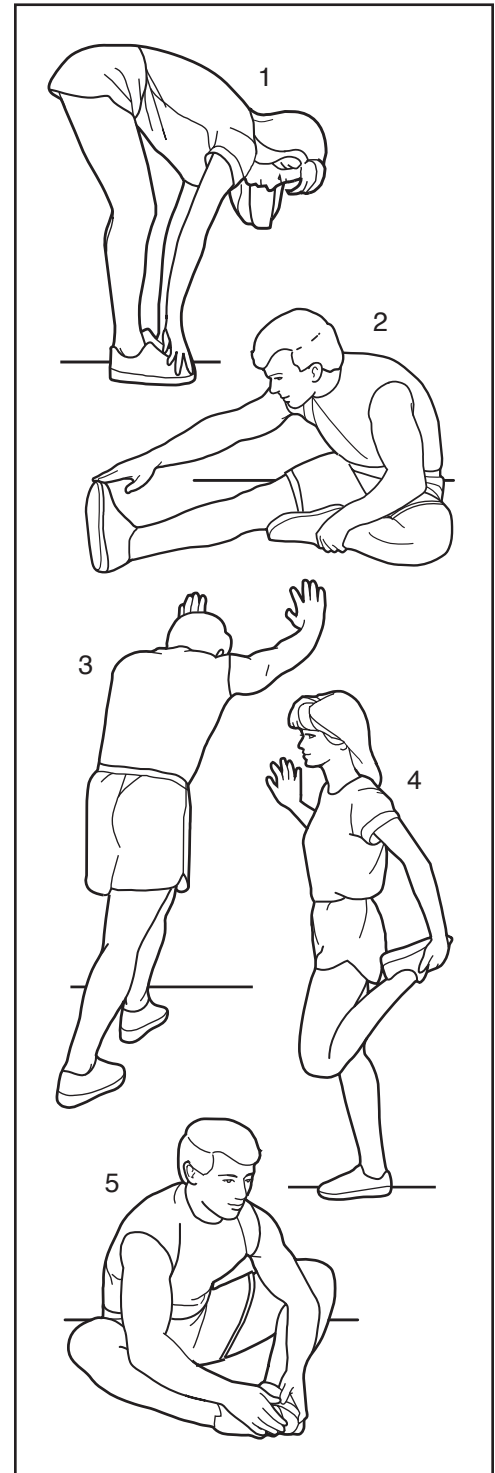
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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## NOTES

# PART LIST

Model No. 831.23896.0 R0314A

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

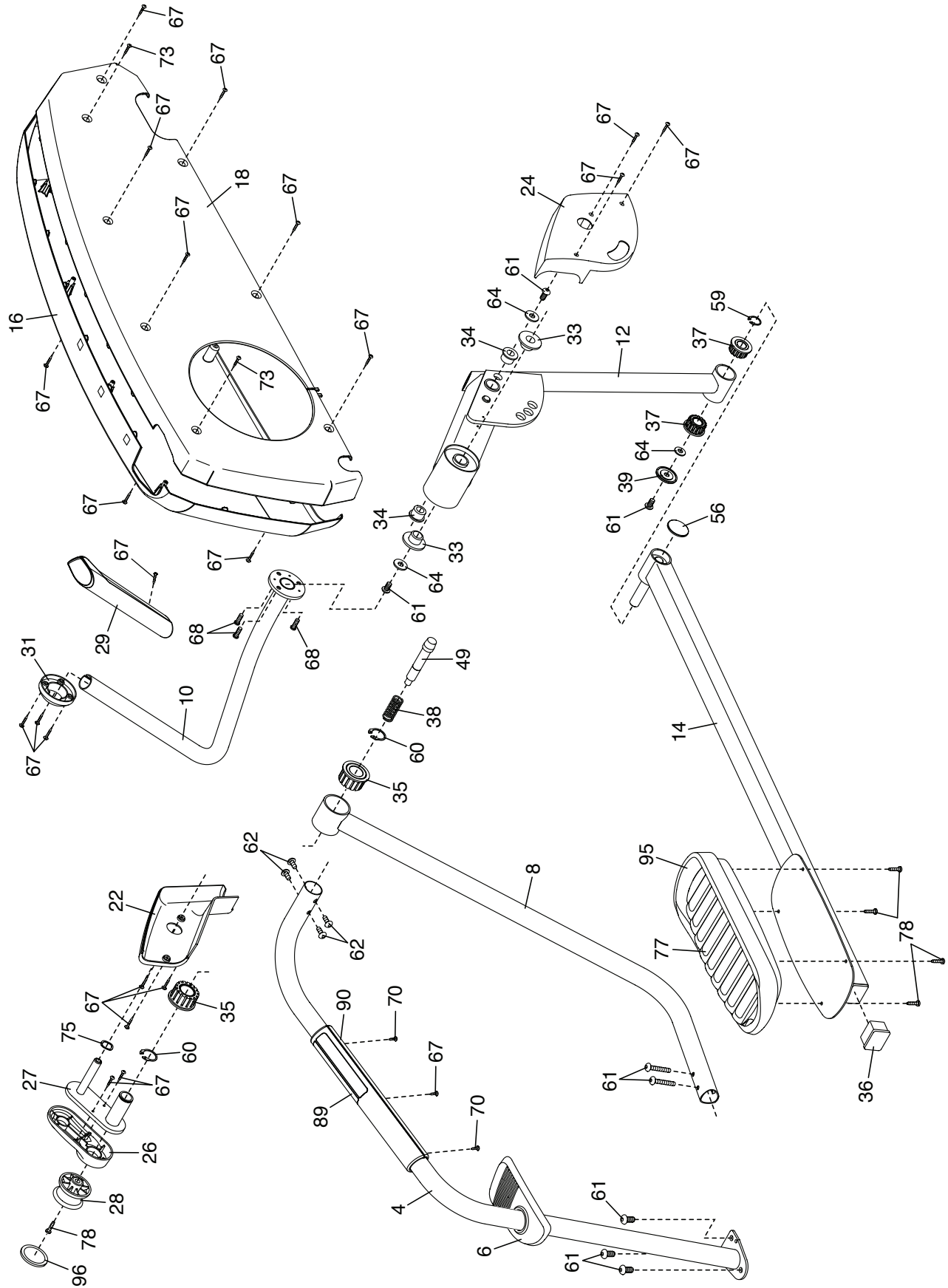
Key No.	Qty.	Description	Key No.	Qty.	Description
89	2	Rail Pulse Grip	96	2	Knob Cover
90	2	Rail Bottom Cover	97	1	Pivot Screw
91	1	Receiver/Wire	98	1	M4 x 16mm Bright Screw
92	1	Extension Wire	*	—	Assembly Tool
93	1	Idler Screw	*	—	Grease Packet
94	1	M6 Washer	*	—	User's Manual
95	1	Left Pedal			

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.



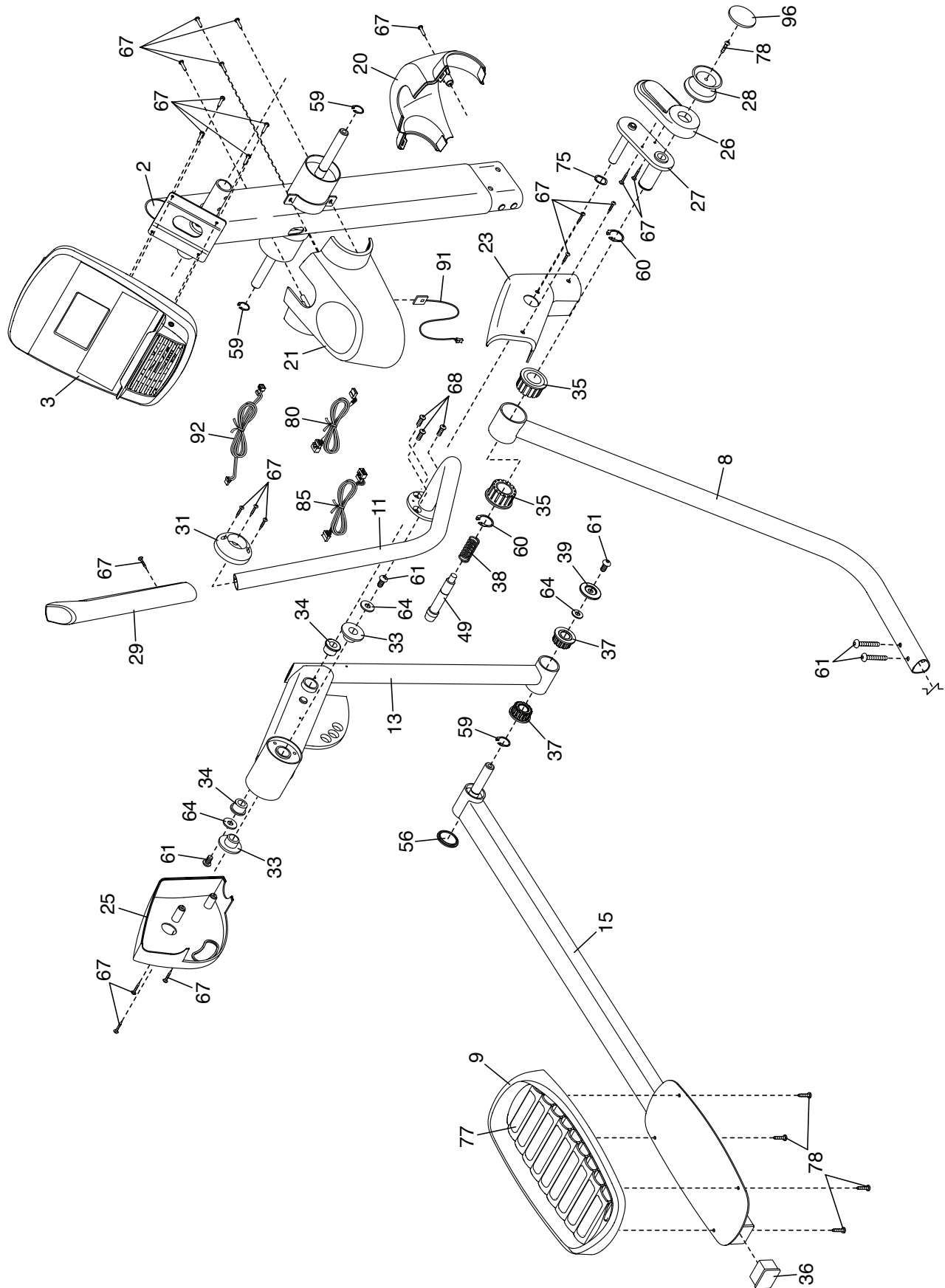
# EXPLODED DRAWING A

Model No. 831.23896.0 R0314A



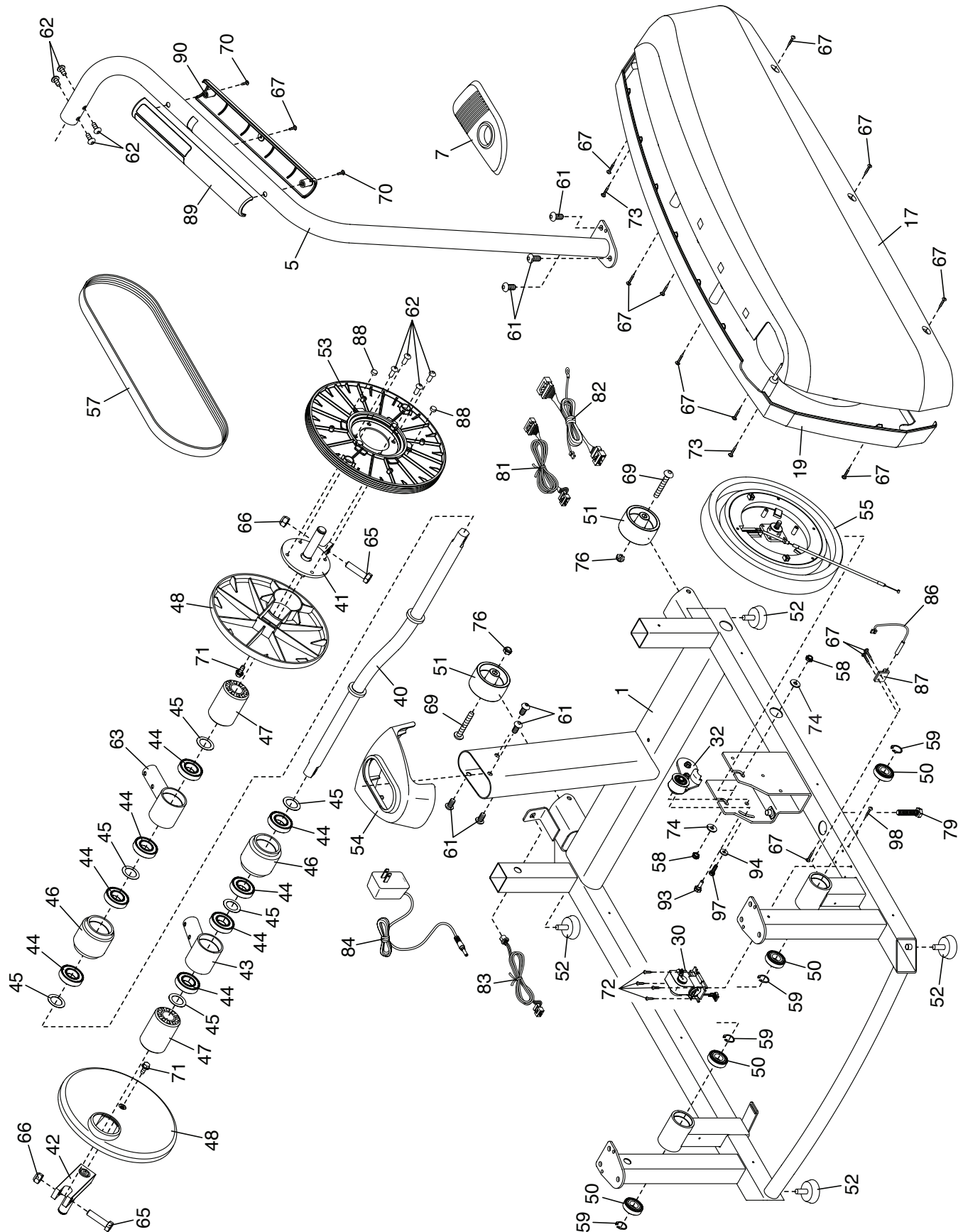
# EXPLODED DRAWING B

Model No. 831.23896.0 R0314A



# EXPLODED DRAWING C

Model No. 831.23896.0 R0314A



# 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 is warranted for a lifetime. Parts are warranted for two (2) 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**