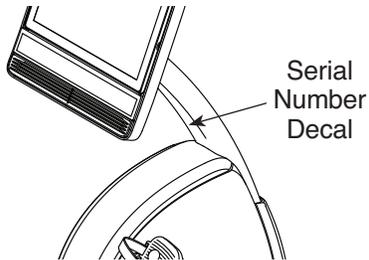


# NordicTrack® R 35

Model No. NTEX14921-INT.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### MEMBER CARE

#### UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: [iconsupport.eu](http://iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

#### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

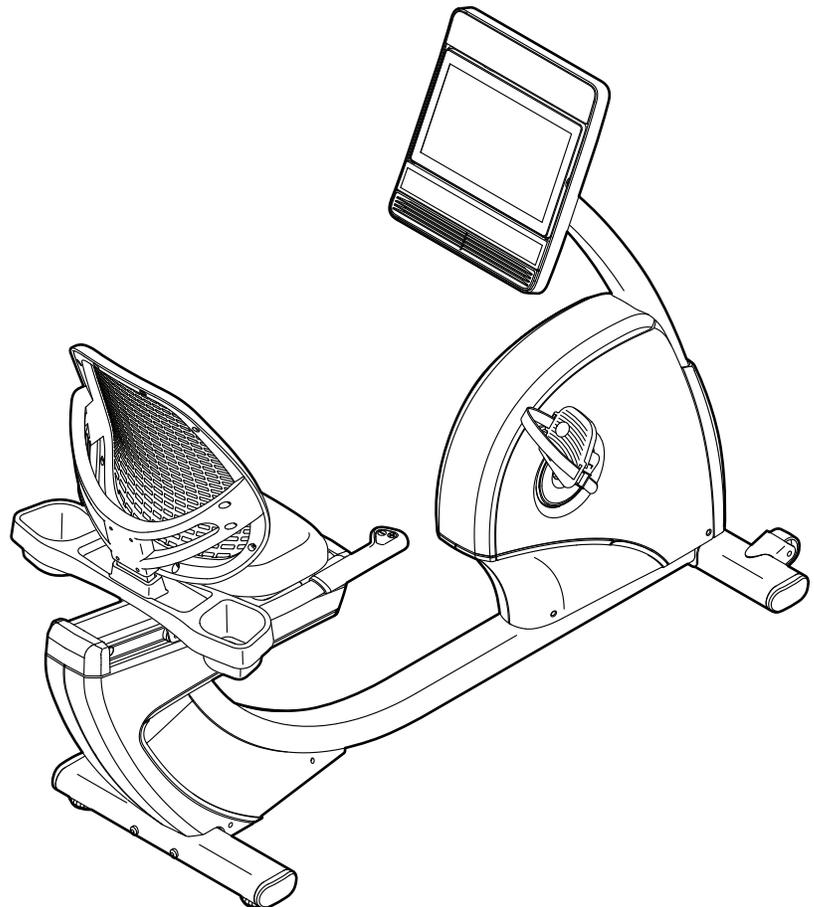
**Write:**

iFIT Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### CAUTION

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

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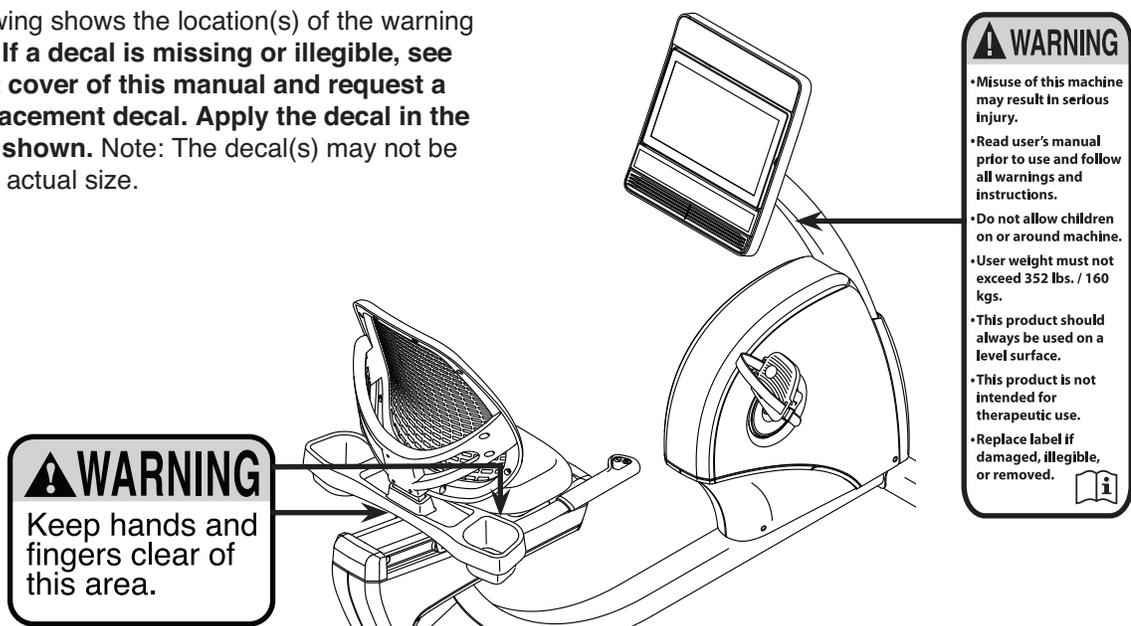
EXPLODED DRAWING.....34

ORDERING REPLACEMENT PARTS ..... Back Cover

RECYCLING INFORMATION ..... 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.



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# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the exercise bike at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the exercise bike only as authorized by your health care provider.
5. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
6. Use the exercise bike only as described in this manual.
7. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
8. 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.
9. 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.
10. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. 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.
12. The exercise bike should not be used by persons weighing more than 352 lbs. (160 kg).
13. Be careful when mounting and dismounting the exercise bike.
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.

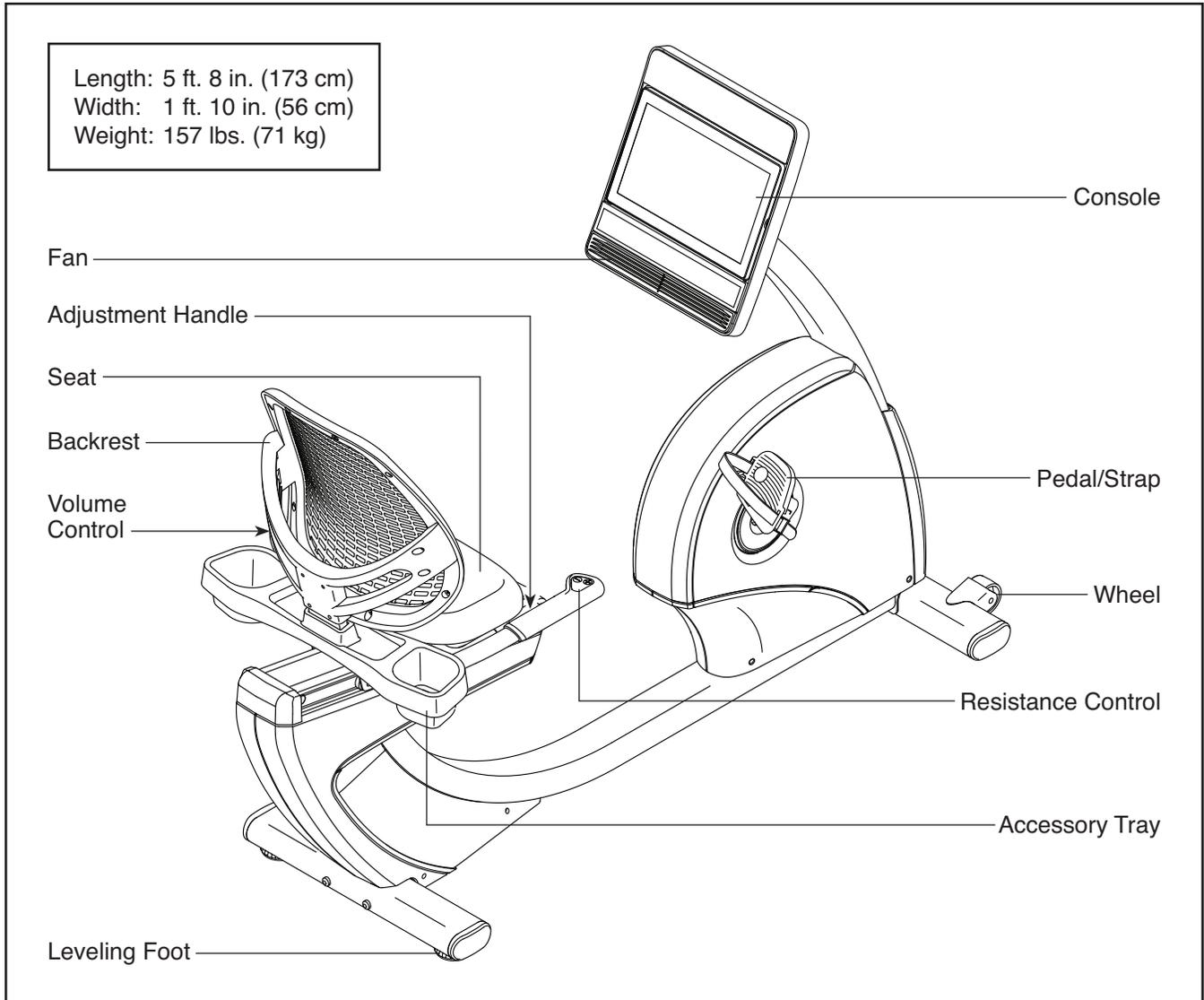
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® R 35 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The R 35 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

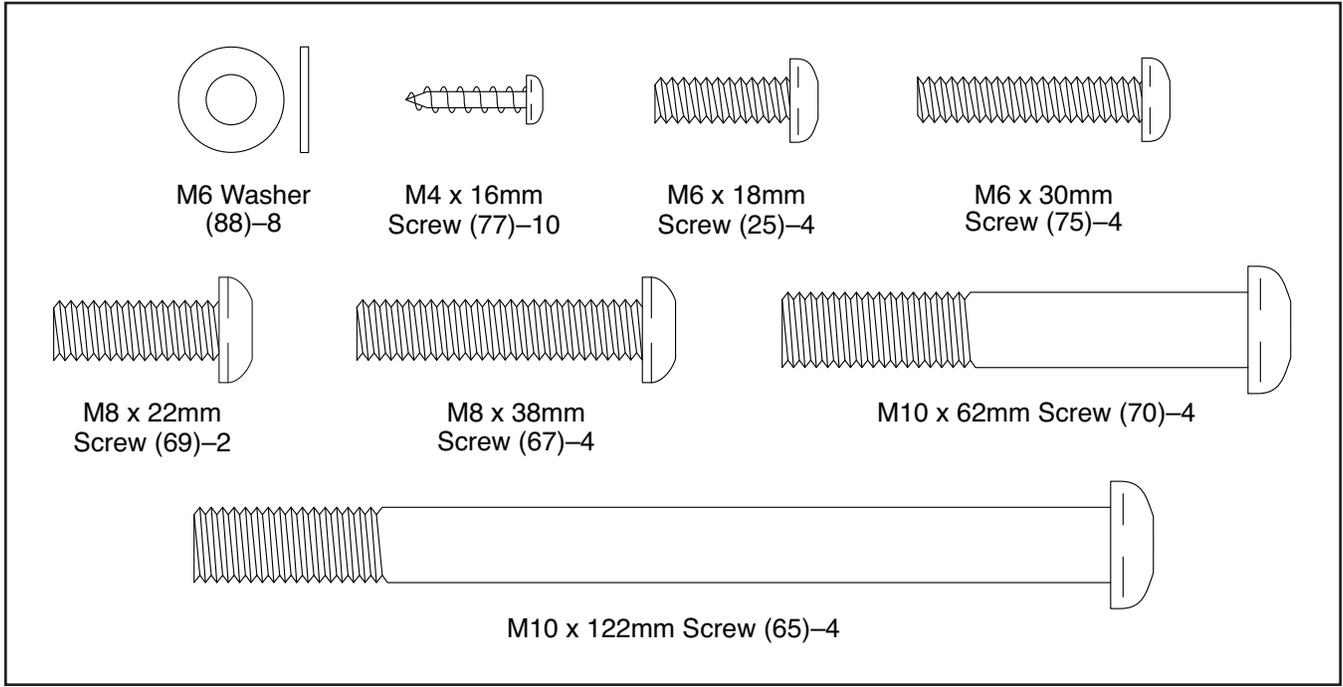
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

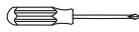
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



# 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 5.

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. **To register your product and activate your warranty in the UK**, go to [iconsupport.eu](http://iconsupport.eu). If you do not have internet access, call Member Care (see the front cover of this manual).

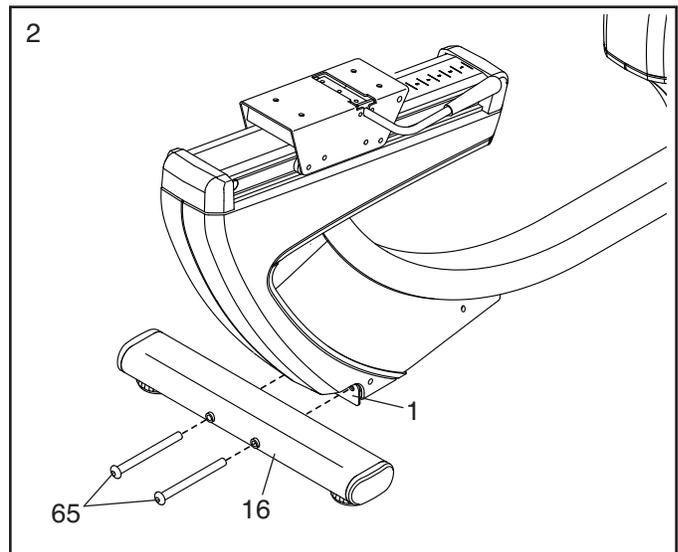
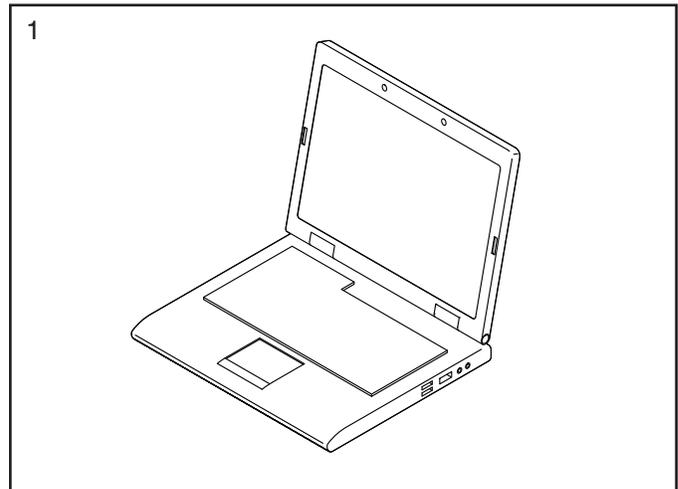
**To register your product and activate your warranty in Australia**, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

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

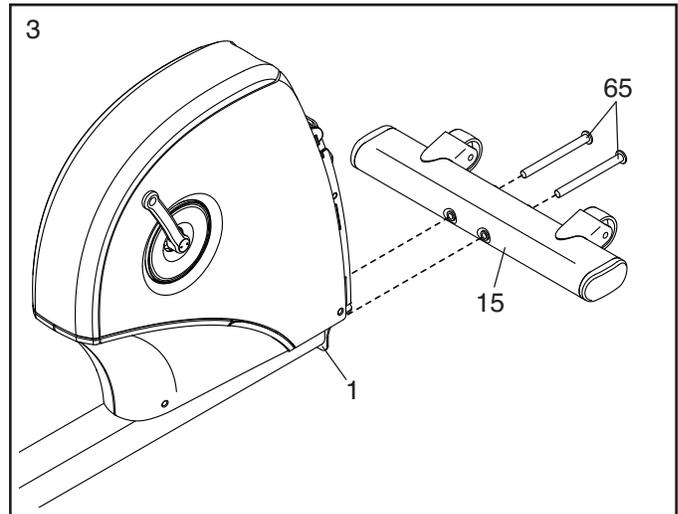
Then, remove the packing material.



3. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

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

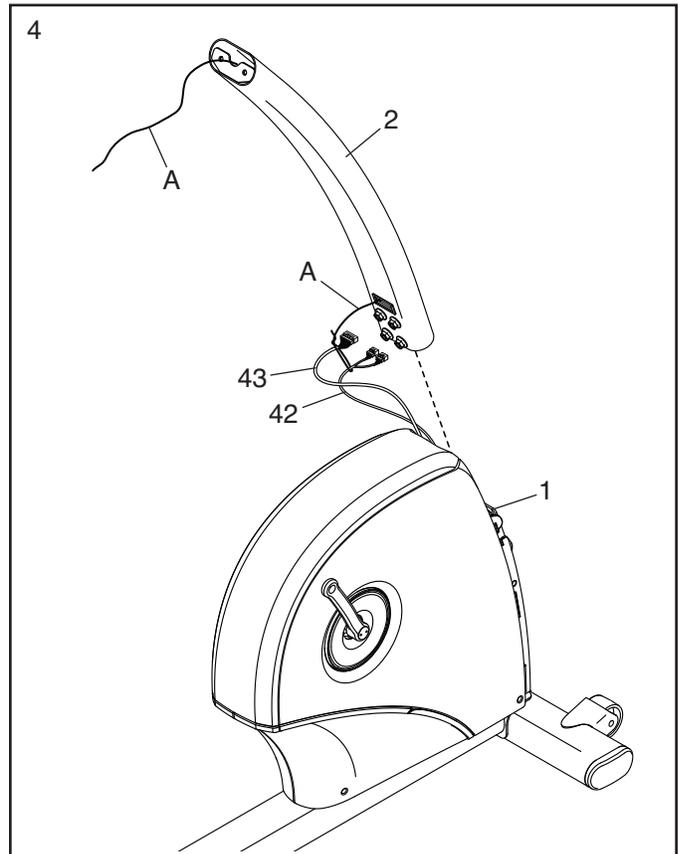
Then, remove the packing material.



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

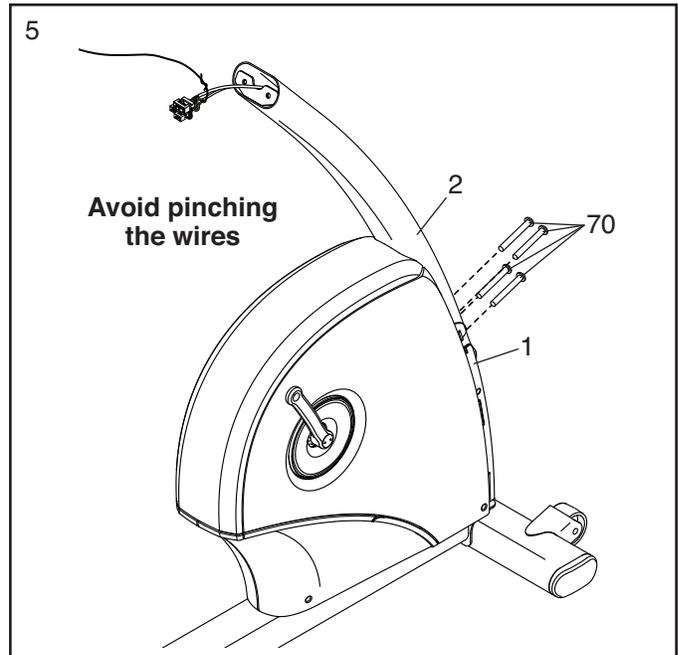
Tie the lower end of the wire tie (A) in the Upright (2) to the Main Wire (43) and to the Control Wire (42) in the Frame (1).

Then, pull the upper end of the wire tie (A) until the Wires (42, 43) are routed through the Upright (2).

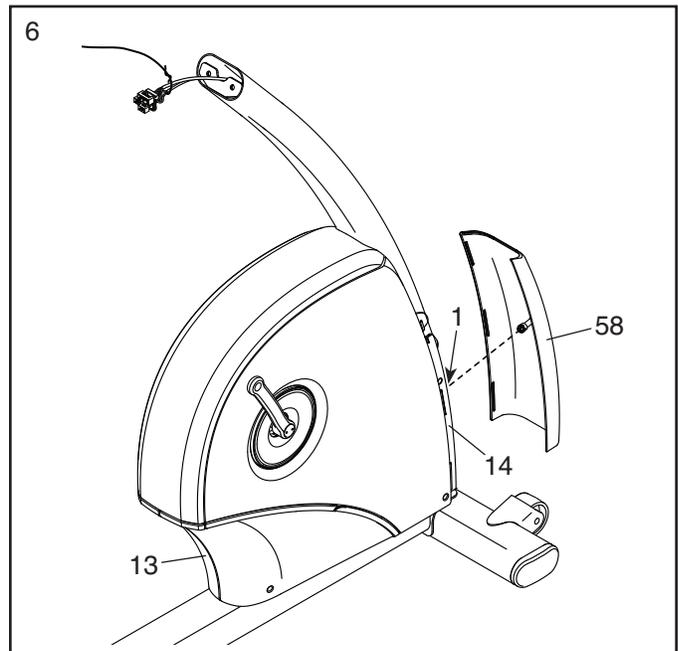


5. **Tip: Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

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

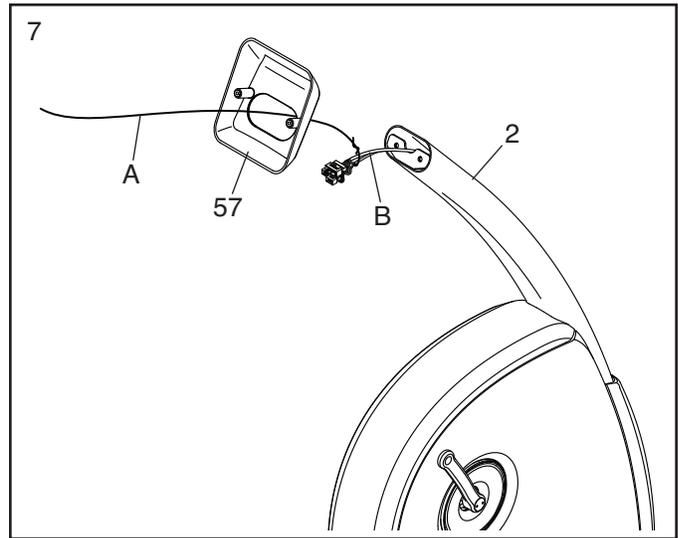


6. Press the mount on the Front Shield (58) into the Frame (1). Then, press the Front Shield onto the Left and Right Front Shields (13, 14).



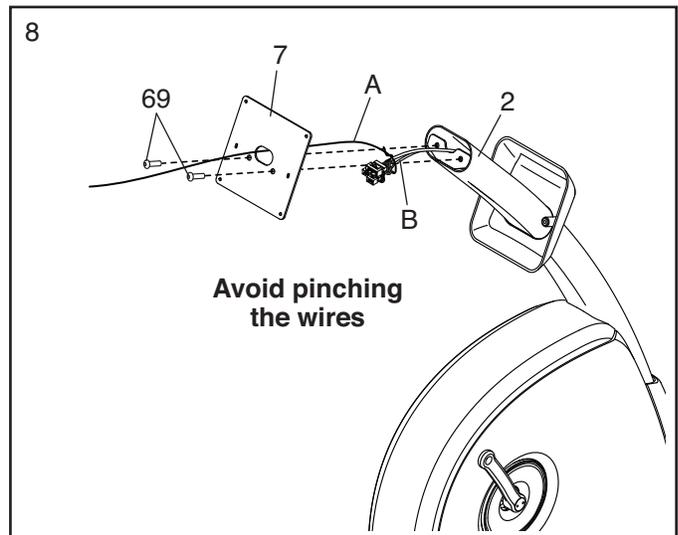
7. Orient the Upright Cover (57) as shown. Hold the Upright Cover near the Upright (2), and insert the wire tie (A) and the wires (B) upward through the Upright Cover.

Then, slide the Upright Cover (57) onto the Upright (2).



8. Orient the Console Plate (7) as shown. Hold the Console Plate near the Upright (2), insert the wire tie (A) and the wires (B) upward through the Console Plate.

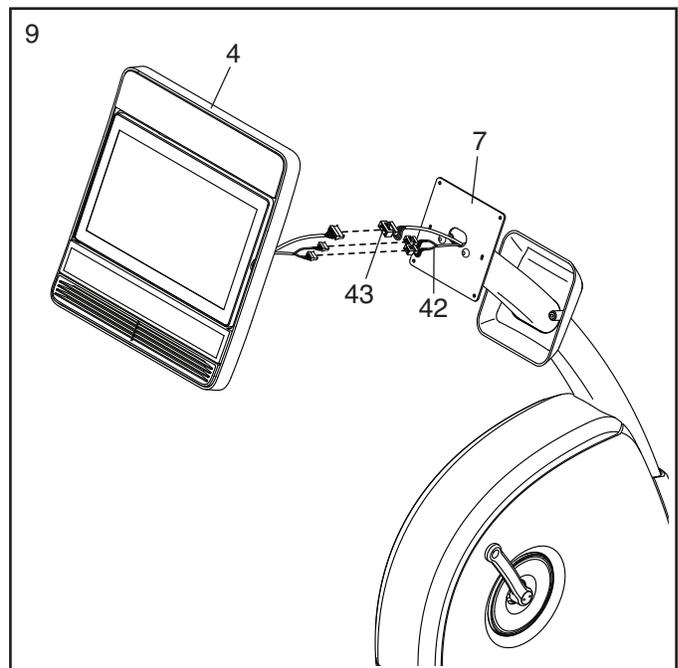
**Tip: Avoid pinching the wires.** Attach the Console Plate (7) to the Upright (2) with two M8 x 22mm Screws (69).



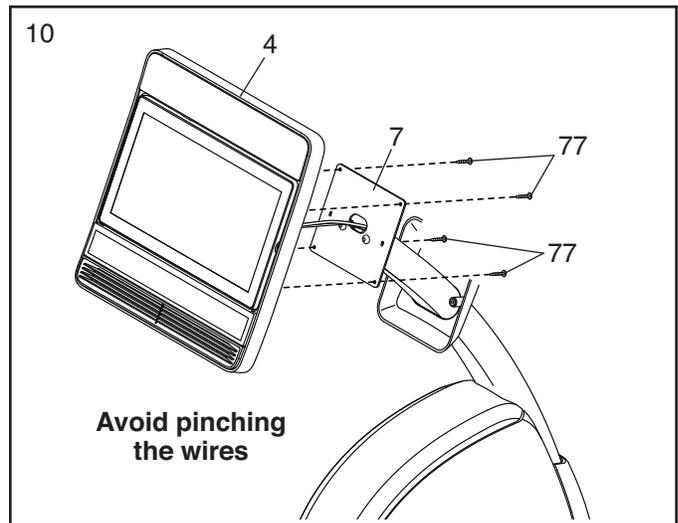
9. Untie and discard the wire tie on the Main Wire (43) and the Control Wires (42).

While a second person holds the Console (4) near the Console Plate (7), connect the wires on the Console to the Main Wire (43) and the Control Wires (42). **Tip: The wire connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

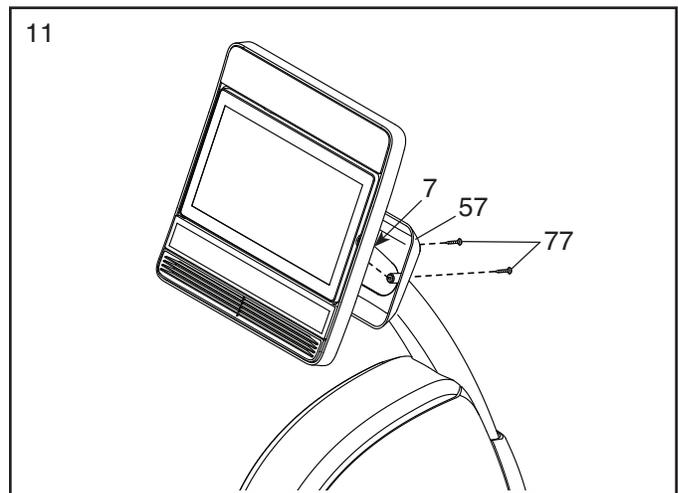
Insert the excess wire into the Console Plate (7). **Tip: It may be helpful to insert the connectors on the wires one at a time through the hole in the Console Plate.**



10. **Tip: Avoid pinching the wires.** Attach the Console (4) to the Console Plate (7) with four M4 x 16mm Screws (77); **start all the Screws, and then tighten them.**



11. Attach the Upright Cover (57) to the Console Plate (7) with two M4 x 16mm Screws (77).

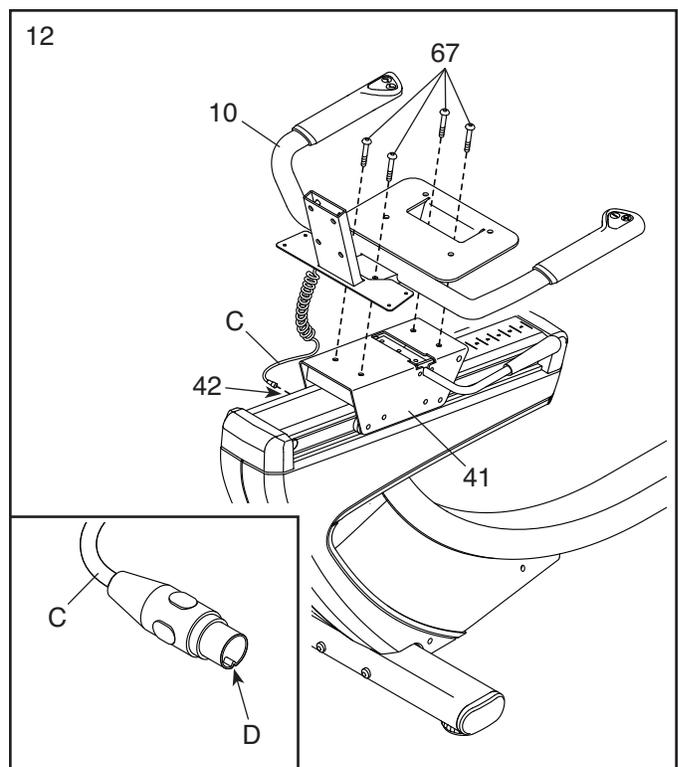


12. Attach the Seat Handlebar (10) to the Seat Carriage (41) with four M8 x 38mm Screws (67); **start all the Screws, and then tighten them.**

Next, locate the wire (C) on the seat assembly.

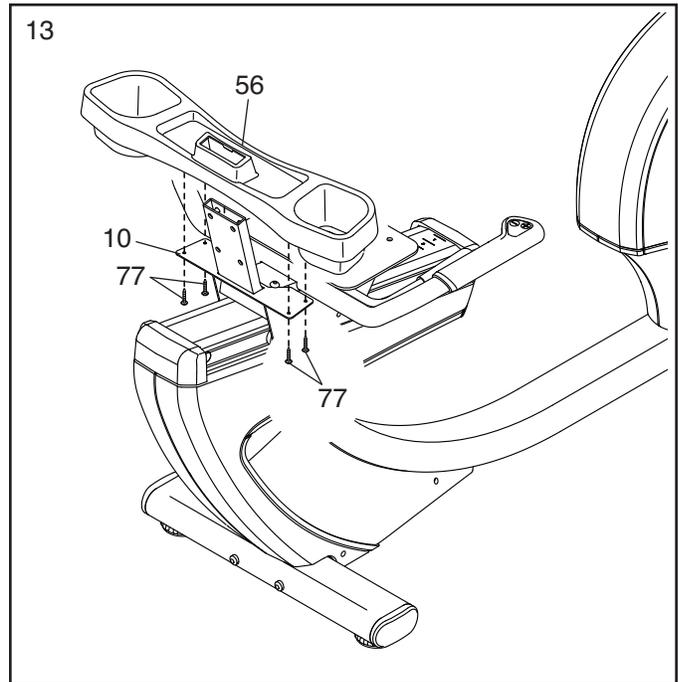
**See the inset drawing.** Rotate the connector on the wire (C) so that the “V”-shaped indentation (D) is at the bottom.

Plug the wire (C) fully into the Control Receptacle (42) on the left side of the exercise bike.



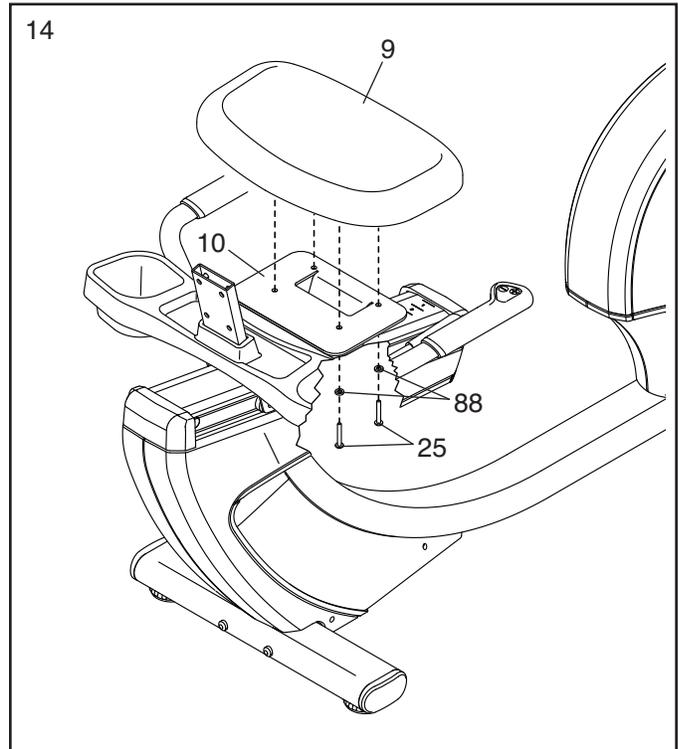
13. Slide the Accessory Tray (56) onto the Seat Handlebar (10).

Attach the Accessory Tray (56) with four M4 x 16mm Screws (77); **start all the Screws, and then tighten them.**



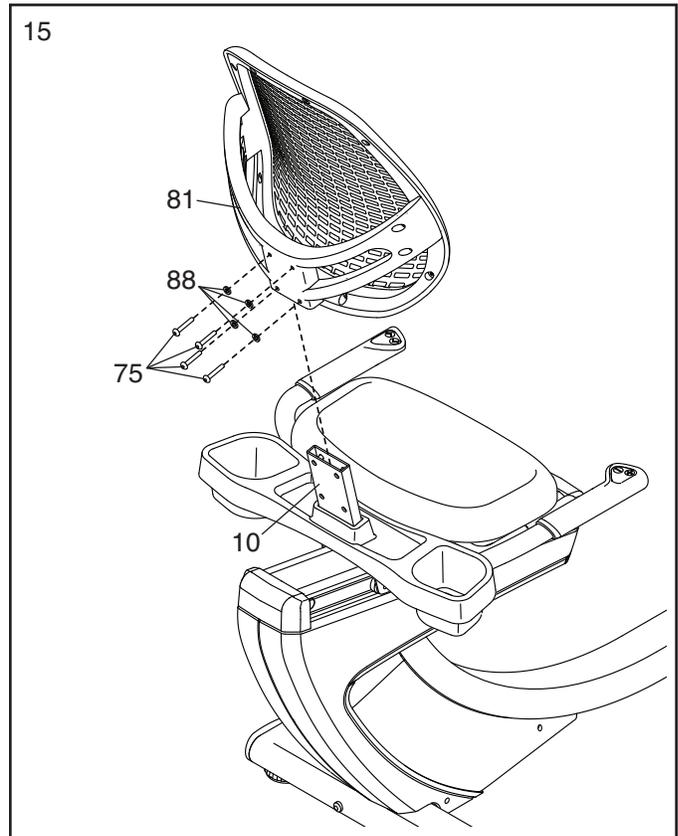
14. Orient the Seat (9) as indicated by the sticker.

Attach the Seat (9) to the Seat Handlebar (10) with four M6 x 18mm Screws (25) and four M6 Washers (88) (only two of each are shown); **start all the Screws, and then tighten them.**



15. Slide the Backrest Back (81) onto the Seat Handlebar (10).

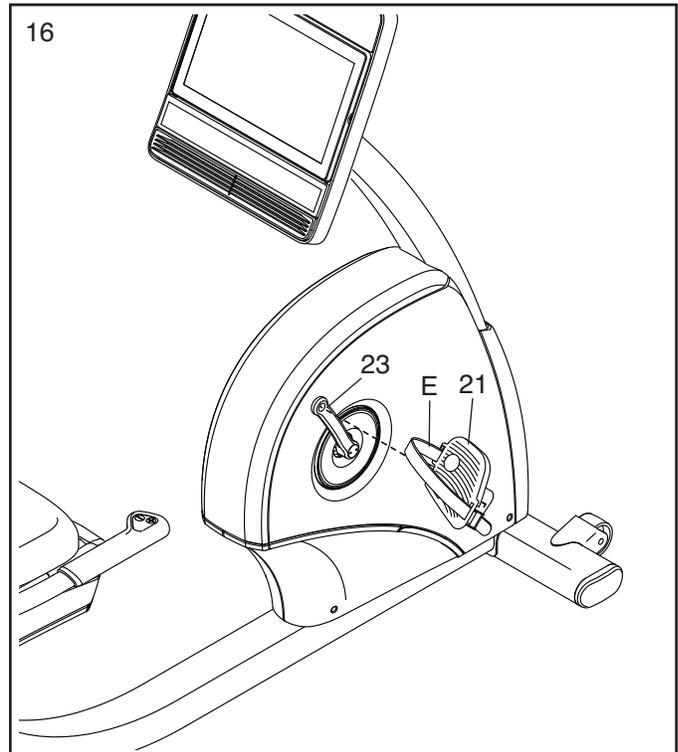
Attach the Backrest Back (81) with four M6 x 30mm Screws (75) and four M6 Washers (88); **start all the Screws, and then tighten them.**



16. Identify the Right Pedal (21). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (23). Then, use an adjustable wrench to fully tighten the Right Pedal.

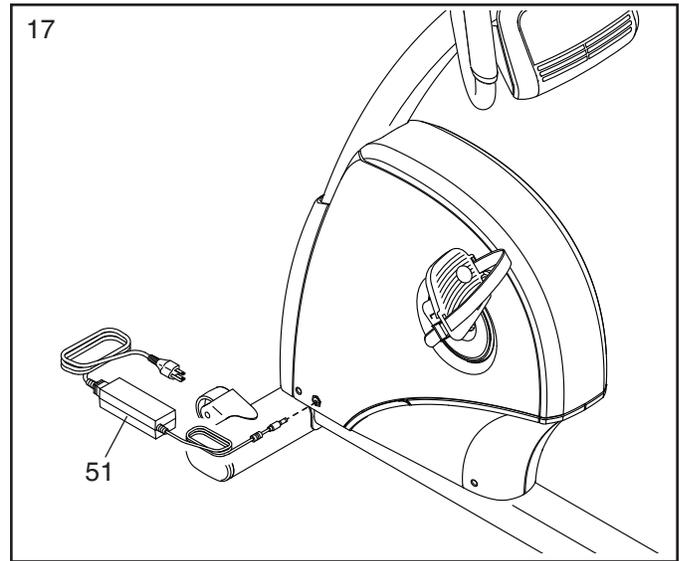
**Repeat this step with the Left Pedal (not shown). IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.**

To adjust the pedal straps (E), see HOW TO ADJUST THE PEDAL STRAPS on page 14.



17. Plug the Power Adapter (51) into the receptacle on the left side of the exercise bike.

Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.



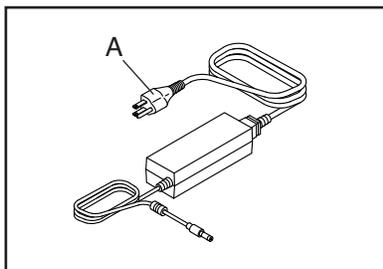
18. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

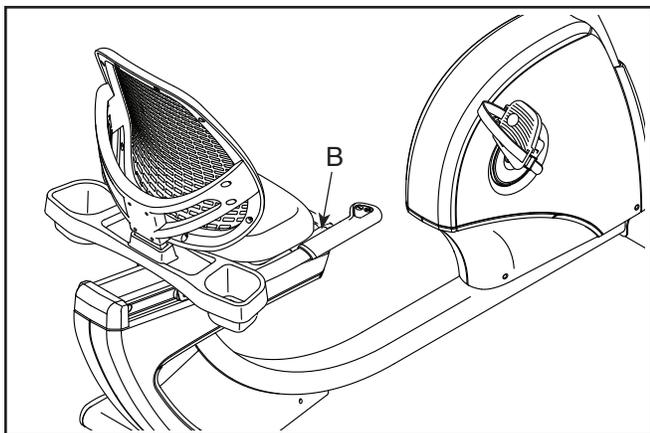
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

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



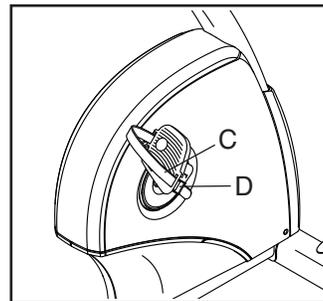
## HOW TO ADJUST THE SEAT

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



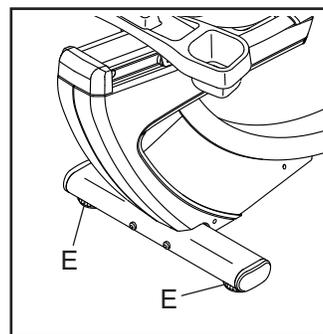
## HOW TO ADJUST THE PEDAL STRAPS

To tighten a pedal strap (C), pull downward on the end of the strap. To loosen a strap, press the tab (D) and pull upward on the strap.



## HOW TO LEVEL THE EXERCISE BIKE

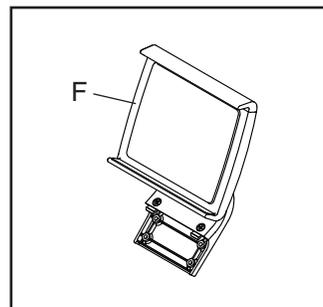
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (E) beneath the rear stabilizer until the rocking motion is eliminated.



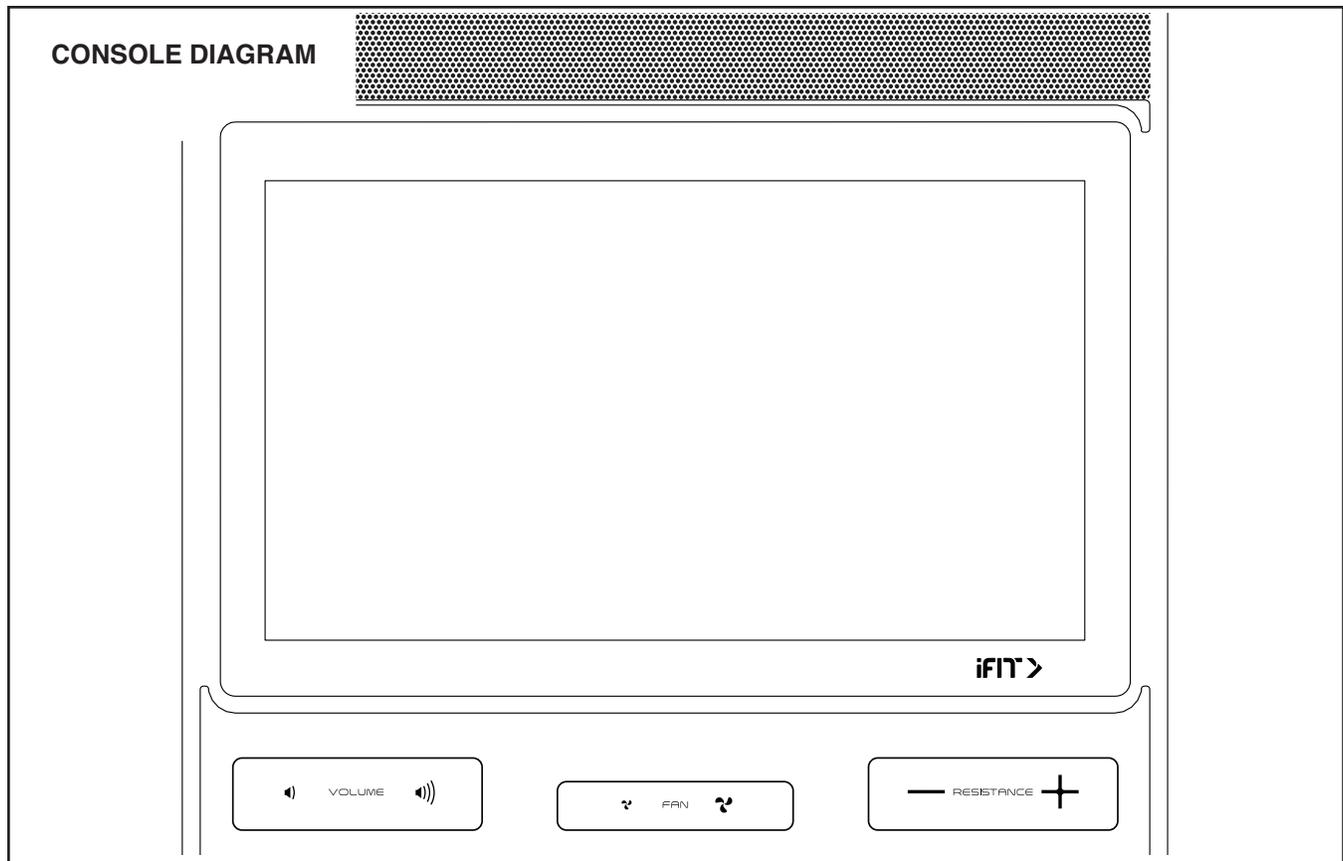
## THE OPTIONAL TABLET HOLDER

The optional tablet holder (F) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets.

**To purchase a tablet holder, please see the front cover of this manual.**



# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFIT. With iFIT, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console offers a selection of featured workouts. Each workout automatically controls the resistance of the pedals as it guides you through an effective exercise session.

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 even measure your heart rate using a compatible heart rate monitor.

**To turn on and turn off the console, see page 16.**

**To learn how to use the touch screen, see page 16. To set up the console, see page 17.**

## HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 14. When the power adapter is plugged in, simply touch the screen or press any button on the console to turn on the console.

## HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause.

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

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

## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

## HOW TO SET UP THE CONSOLE

Before you use the exercise bike for the first time, set up the console.

### 1. Connect to your wireless network.

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

### 2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement and your time zone.

Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

### 3. Log into or create an iFIT account.

Follow the prompts on the screen to log into your iFIT account or to create an iFIT account.

### 4. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

**Firmware updates are always designed to improve your exercise experience.** As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

**To use the manual mode**, see page 18. **To use a featured workout**, see page 20. **To create a draw-your-own-map workout**, see page 22. **To use an iFIT workout**, see page 23.

**To change console settings**, see page 25. **To connect to a wireless network**, see page 26.

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

## HOW TO USE THE MANUAL MODE

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

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

Touch *Manual Start* and begin pedaling.

To change the resistance of the pedals, press the Resistance increase and decrease buttons on the console, press the Resistance increase and decrease buttons on the seat handlebars, or touch the Resistance sliders on the screen.

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

Note: To view the resistance sliders on the screen, touch the screen in any open space and then touch the controls options to enable this feature.

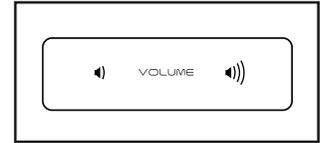
### 4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the screen in any open space to view even more display mode options.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the console.



To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

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

### 5. Wear a compatible heart rate monitor and measure your heart rate if desired.

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

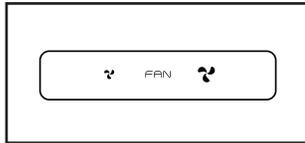
A compatible heart rate monitor is included with some models. If a heart rate monitor is included, see THE HEART RATE MONITOR in this manual to learn how to use it.

**If this model does not include a compatible heart rate monitor, see page 19 for information about ordering one.**

The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

**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 pedaling speed increases or decreases. Press the fan increase and decrease buttons on the console repeatedly to select a fan speed or to turn off the fan.



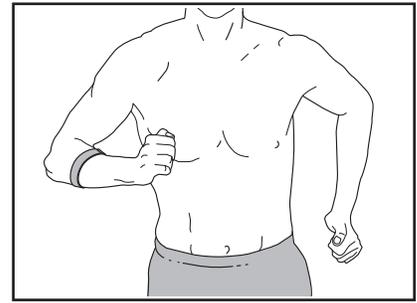
Note: If the pedals are not moved for a while when the home screen is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

**THE OPTIONAL HEART RATE MONITOR**

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase an optional heart rate monitor, please see the front cover of this manual.**



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

## HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen or the workout library.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

### 3. Select a workout.

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

The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFIT account to save a featured workout (see step 3 on page 23).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 22.

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

### 4. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through an immersive video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During some workouts, you may be prompted to maintain a target speed. As you exercise, keep your pedaling speed near the target 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 is too high or too low**, you can manually override the setting by pressing the Resistance buttons (see step 3 on page 18).

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

If the smart adjust feature is enabled, the console will scale the intensity level of the workout automatically based on your manual overrides of the resistance. To enable the smart adjust feature, touch the screen in any open space and then touch the smart adjust toggle.

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

If the active pulse feature is enabled, the console will scale the intensity level of the workout automatically based on your heart rate. To enable the active pulse feature, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

To follow your progress with the display modes, see step 4 on page 18.

To pause the workout, touch the screen and touch the pause option or simply stop pedaling. To continue the workout, touch the start option or simply resume pedaling.

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

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 23) or adding the workout to your favorites list. Then, touch *Finish* to return to the home screen.

**5. Wear headphones if desired.**

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

**6. Wear a compatible heart rate monitor and measure your heart rate if desired.**

See step 5 on page 18.

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

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select a draw-your-own-map workout.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

### 3. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

### 4. Save your workout.

Touch the options on the screen to save your workout. If desired, enter a title and description for your workout.

### 5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

### 6. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 5 on page 18.

### 7. Turn on the fan if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE AN iFIT WORKOUT

To use an iFIT workout, you must be logged into your iFIT account (see step 3 below) and the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

### 1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 16. Note: It may take a few moments for the console to be ready for use.

### 2. Select the home screen.

When you turn on the console, the home screen will appear on the screen after the console boots up.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

### 3. Log in to your iFIT account.

If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFIT account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

### 4. Select an iFIT workout from the home screen or the workout library.

Touch the buttons at the bottom of the screen to select either the home screen (Home button) or the workout library (Browse button).

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

The featured iFIT workouts shown on the home screen will change periodically.

The workout library contains all of the iFIT workouts available for the exercise bike, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

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

You can also select options such as adding the workout to your schedule (see step 5) or marking the workout as a favorite (see step 6).

### 5. Schedule an iFIT workout on the calendar if desired.

If desired, you can schedule an iFIT workout for a future date. Simply view the overview or workout summary of the desired iFIT workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

**6. Create a list of favorite iFIT workouts if desired.**

To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

To view a list of iFIT workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My List*.

**7. Start the workout.**

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

**8. Wear headphones if desired.**

To connect your headphones to the console, first turn on your headphones, place them in pairing mode, and place them near the console. Then, touch the screen in any open space, touch the option to connect your headphones, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

**9. Wear a compatible heart rate monitor and measure your heart rate if desired.**

See step 5 on page 18.

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

See step 6 on page 19.

**11. When you are finished exercising, turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page 16.

**For more information about iFIT, go to [iFIT.com](https://www.ifit.com).**

## HOW TO CHANGE CONSOLE SETTINGS

**IMPORTANT: Firmware updates are always designed to improve your exercise experience.** As a result, new settings and features may not be described in this manual. Take time to explore the console to learn how new settings and features work. Also, some settings and features described in this manual may no longer be enabled.

### 1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 16). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

### 2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

#### Account

- My Profile
- In Workout
- Manage Accounts

#### Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

#### About

- Legal

### 3. Customize workout settings.

To customize workout settings and enable workout features, touch *In Workout*, and then touch the desired settings.

When the active pulse feature is enabled, the console will scale the intensity level of workouts based on your heart rate. To enable the active pulse feature, touch the active pulse toggle. Then, select your resting and maximum heart rates and adjust related settings as desired. Note: You must wear a compatible heart rate monitor for this feature to function.

### 4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings*, and then touch the desired settings.

The console can display speed and distance in either standard or metric units of measurement.

### 5. View machine information or console app information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your exercise bike or about the console app.

### 6. Update the console firmware.

**For the best results, regularly check for firmware updates.** Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the exercise bike, do not turn off the console while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

## 7. Exit the settings main menu.

If you are in a settings menu, touch the back button to exit the settings main menu.

## HOW TO CONNECT TO A WIRELESS NETWORK

To use iFIT workouts and to use several other features of the console, the console must be connected to a wireless network.

### 1. Select the home screen.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 16). Note: It may take a few moments for the console to be ready for use.

Next, select the home screen (Home button). When you turn on the console, the home screen will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. If you are in the settings menus, touch the back button (arrow symbol) to return to the home screen.

### 2. Select the wireless network menu.

Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

### 3. Enable Wi-Fi.

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.)

When the console is connected to your wireless network, a confirmation message will appear on the screen.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

**Note: If you have questions after following these instructions, go to [support.iFIT.com](http://support.iFIT.com) for assistance.**

### 5. Exit the wireless network menu.

To exit the wireless network menu, touch the back button (arrow symbol).

---

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

## PEDAL MAINTENANCE

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

## CONSOLE TROUBLESHOOTING

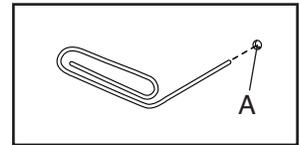
If the console does not turn on, make sure that the power adapter is fully plugged in.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to [support.iFIT.com](http://support.iFIT.com).

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.**

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing**

**this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the side or on the back of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 25). Note: It may take a few minutes for the console to be ready for use.



## 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**.

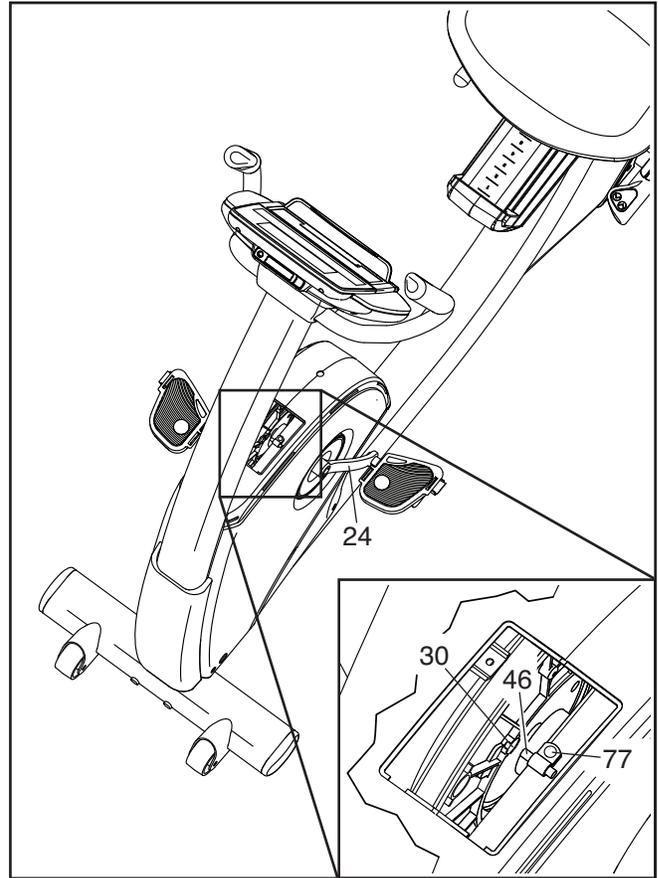
See **EXPLODED DRAWING A on page 34**. Using a standard screwdriver, gently release the tabs on the Top Shield (44), and remove the Top Shield.

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

Next, locate the Reed Switch (46). Turn the Left Crank Arm (24) until a Pulley Magnet (30) is aligned with the Reed Switch. Then, slightly loosen the indicated M4 x 16mm Screw (77), slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screw.

Plug in the power adapter, and turn the Left Crank Arm (24) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter and reattach the parts that you removed. Then, plug in the power adapter.



## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first **unplug the power adapter**.

See **EXPLODED DRAWING B on page 35**. Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it.

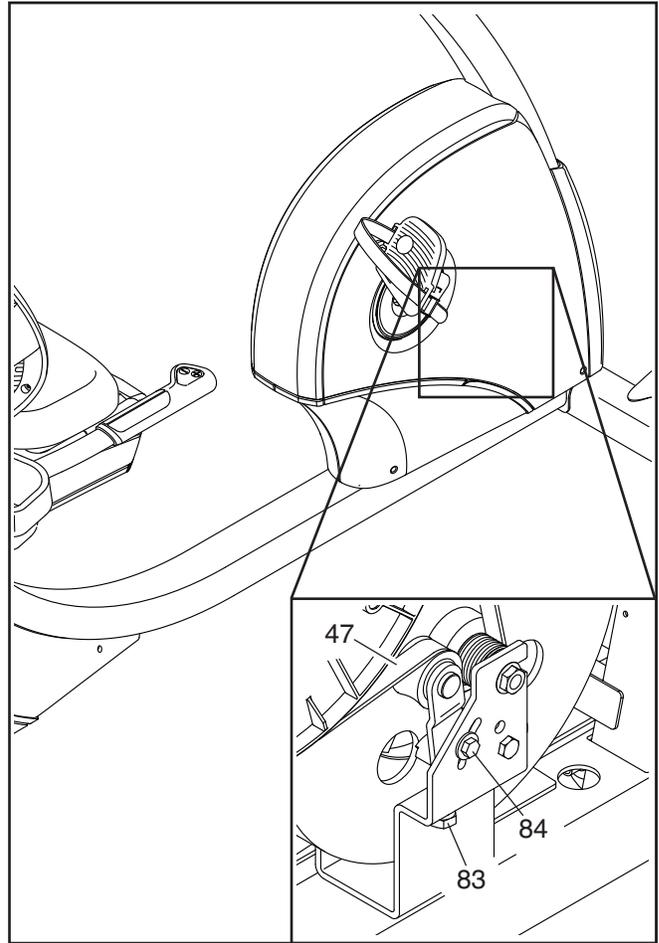
See **EXPLODED DRAWING A on page 34**. Using a standard screwdriver, gently release the tabs on the Front Shield (58) and the Top Shield (44). Remove the Front Shield and the Top Shield.

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

Then, use a standard screwdriver to gently release the tabs on the right Shield Disc (52). Rotate the Shield Disc and remove it. Then, gently remove the Right Front Shield (14).

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

When the drive belt is correctly adjusted, reattach the parts that you removed. 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.

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	♥️
<hr/>							
20	30	40	50	60	70	80	

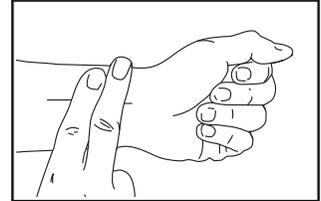
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

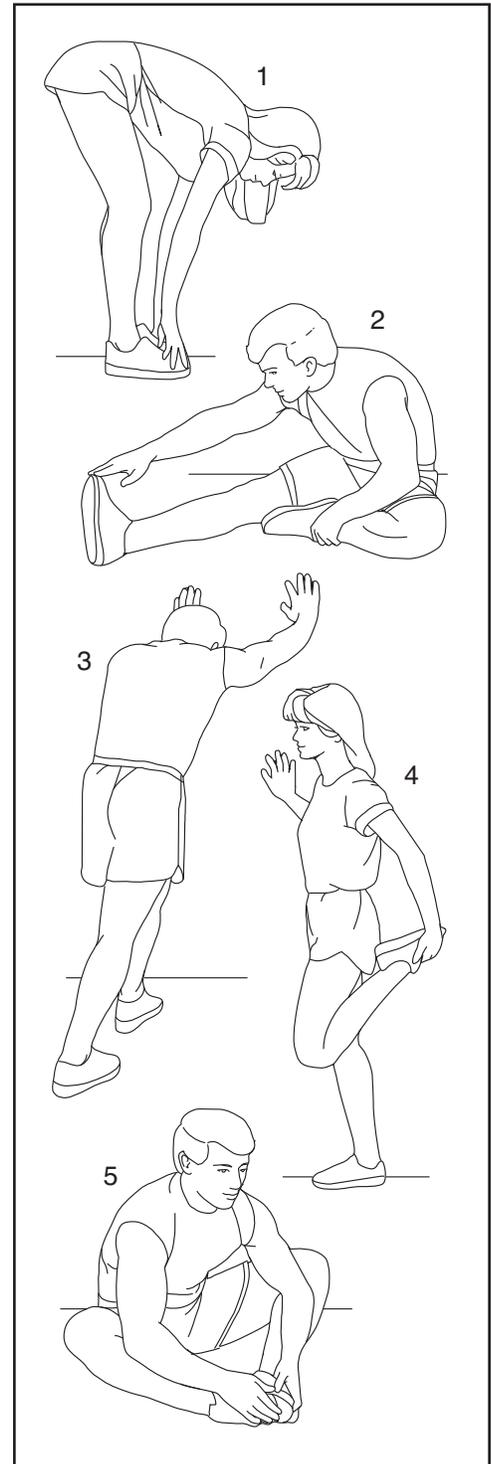
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# PART LIST

Model No. NTEX14921-INT.0 R0921A

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

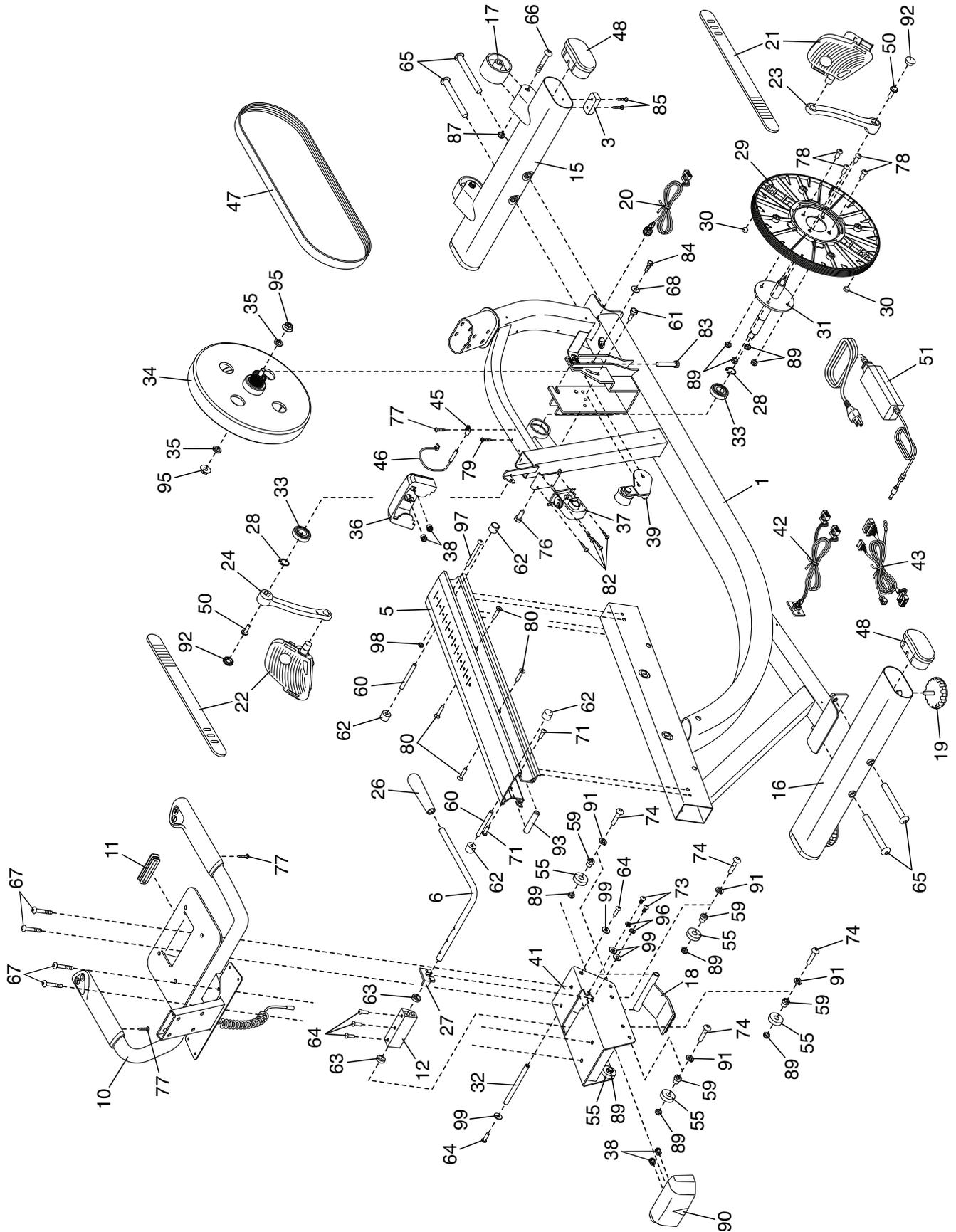
Key No.	Qty.	Description	Key No.	Qty.	Description
91	8	M8 Split Washer	97	1	M6 x 65mm Bolt
92	2	Crank Cap	98	1	M6 Locknut
93	1	Barrel Nut	99	4	M6 Small Washer
94	7	Tree Fastener	*	–	Assembly Tool
95	2	M10 Flange Nut	*	–	User's Manual
96	2	M6 Split Washer			

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 B

Model No. NTEX14921-INT.0 R0921A



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# 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)

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# RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

