

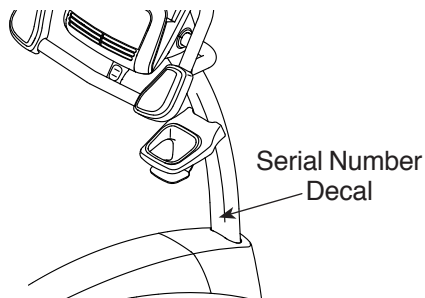
# NordicTrack® GX 4.4 PRO

nordictrack.ca

Model No. NTEX75016C.0

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

Write the serial number in the space above for reference.



## ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [iconservice.ca](http://iconservice.ca).

## CUSTOMER SERVICE

Call toll-free 1-888-936-4266  
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET  
(excluding holidays)

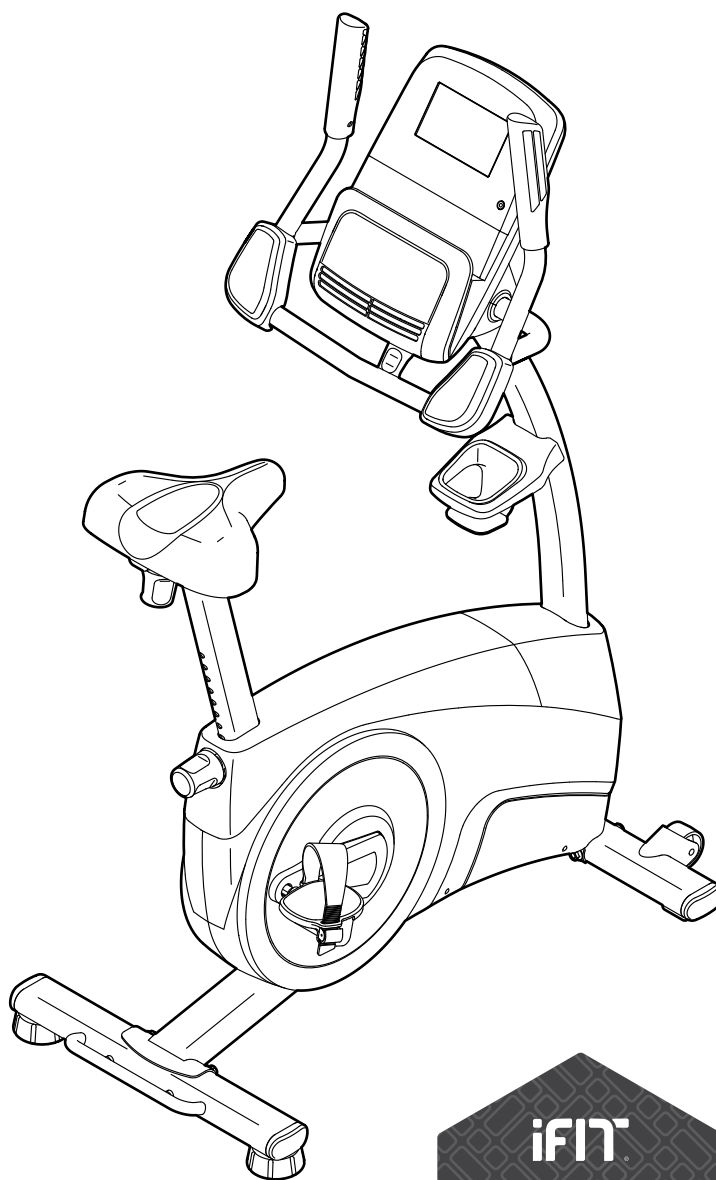
or email us at  
[customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)

**Please do not contact the store.**

## ⚠ CAUTION

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

## USER'S MANUAL

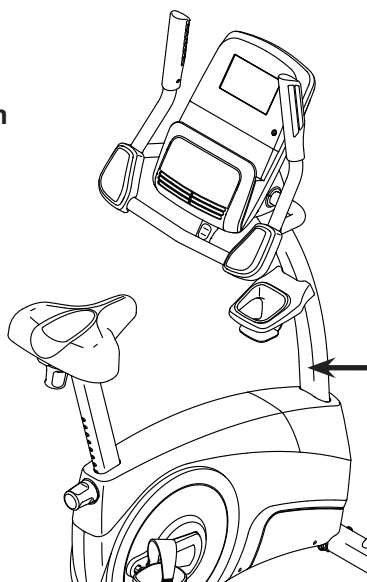


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## WARNING DECAL PLACEMENT

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



**⚠ 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.
- User weight must not exceed 300 lbs. / 136 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.



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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
8. Keep children under age 13 and pets away from the exercise bike at all times.
9. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
12. Be careful when mounting and dismounting the exercise bike.
13. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. Always keep your back straight while using the exercise bike; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
16. This Class B digital apparatus complies with Canadian ICES-003. The console contains IC:3673A-BMD1.

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment represents a significant investment in your health. Protect your investment now from unexpected mechanical or electrical failures for up to five years.

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## PLAN FEATURES

- Protection for one to five years
- Over 100 authorized repair centers
- Highly trained repair technicians
- A national toll-free repair hotline
- Simple repair claim procedure
- No claim forms
- Easy enrollment
- Fast, efficient repair anywhere in Canada
- In-home repairs covered
- Parts and labour covered
- Mechanical and electrical failures covered

To protect your fitness equipment today, please  
call Customer Care at **1-888-936-4266**  
Or, email us at [customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)

 **ICON**<sup>TM</sup>  
du/of Canada Inc.

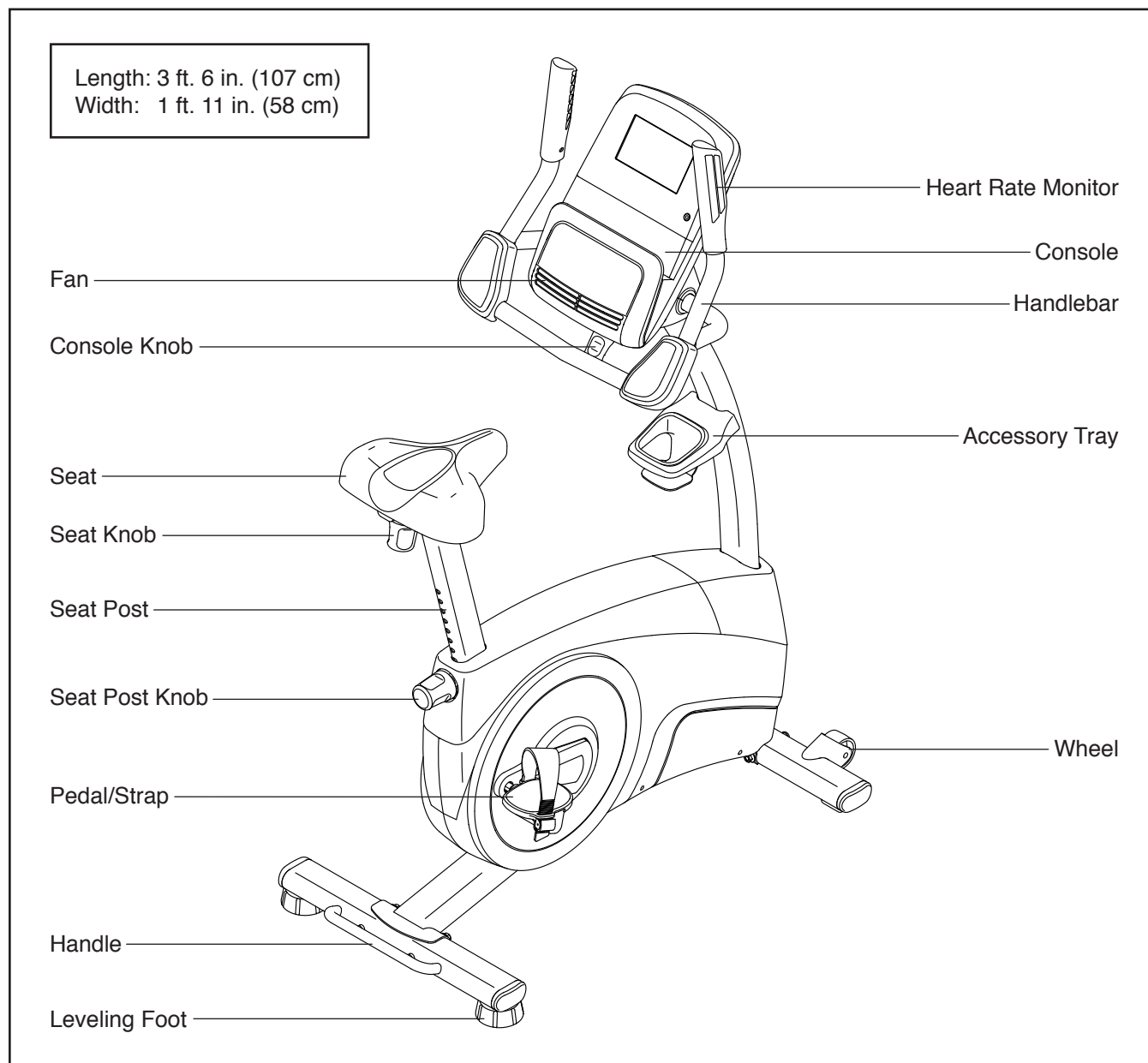
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® GX 4.4 PRO exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The GX 4.4 PRO exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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.

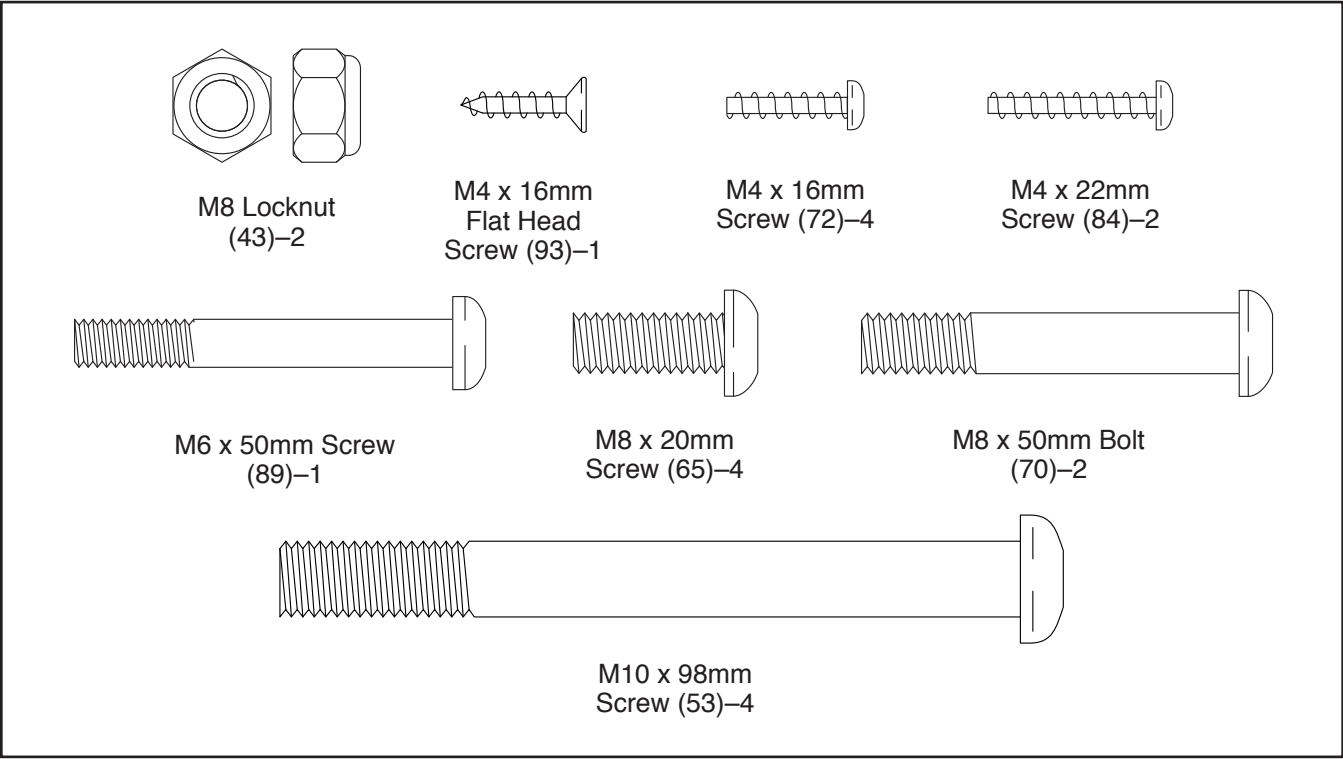
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

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



# 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 whether it has been preassembled. Extra parts may be included.**

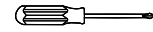


# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

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

one Phillips screwdriver



one adjustable wrench

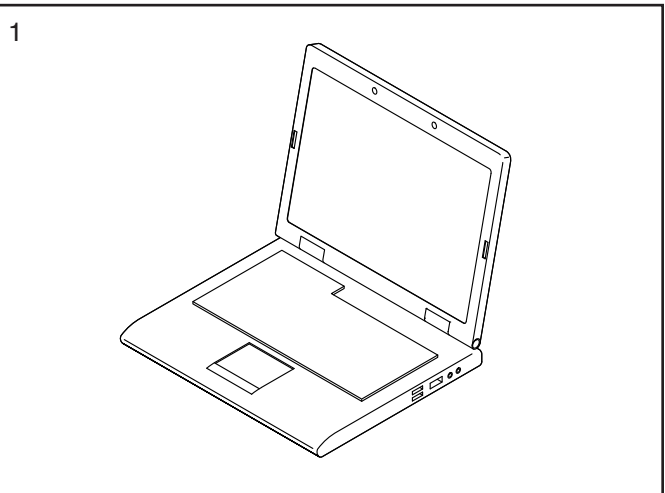


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [iconservice.ca/CustomerService/registration](http://iconservice.ca/CustomerService/registration) and register your product.

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

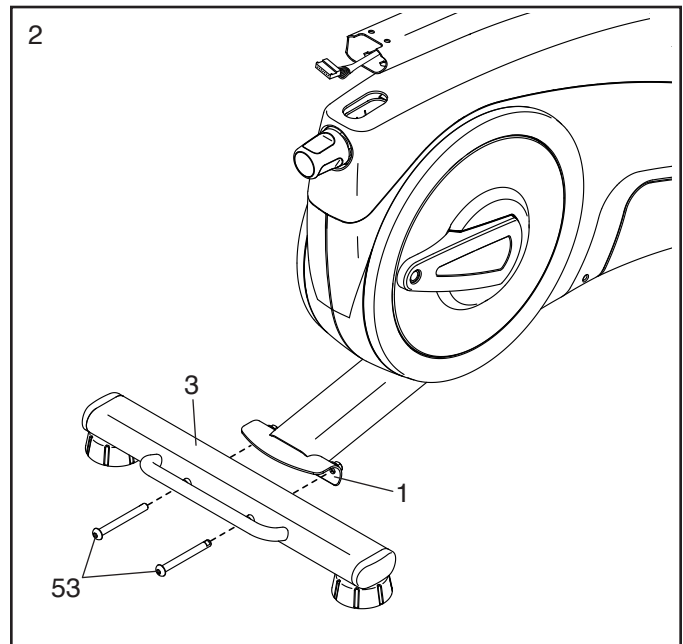
Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.



## 2. Set a sturdy piece of packing material under the rear of the Frame (1).

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 98mm Screws (53).

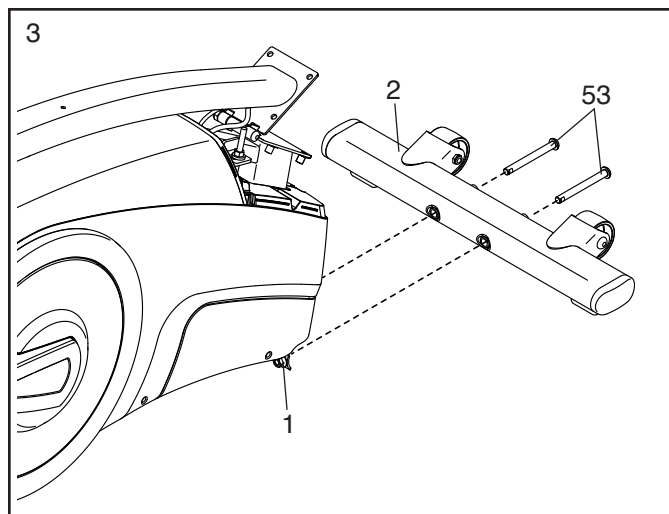
Then, remove the packing material.



3. Set a sturdy piece of packing material under the front of the Frame (1).

Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 98mm Screws (53).

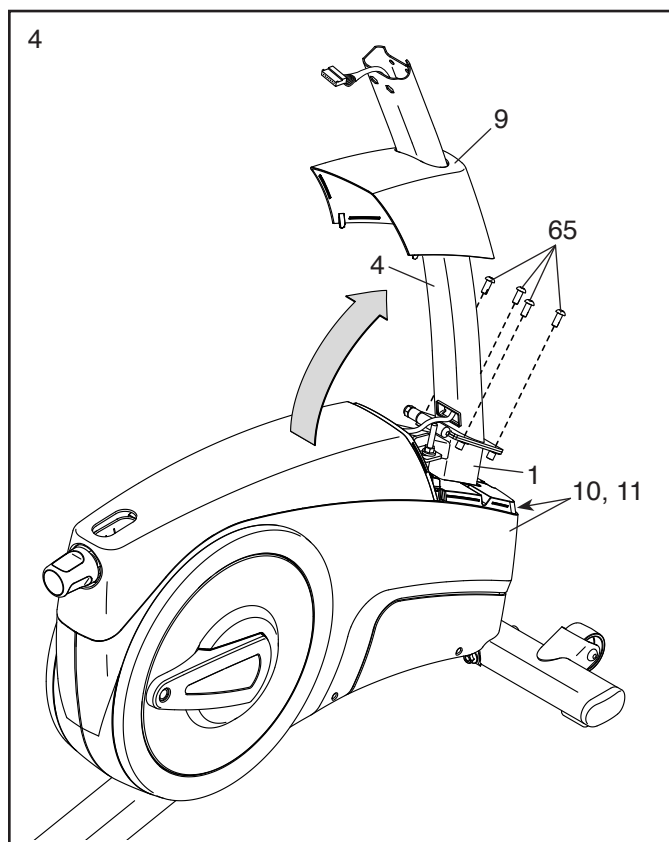
Then, remove the packing material.



4. With the help of a second person, raise the Upright (4) to the vertical position. **Have the second person hold the Upright until you complete this step.**

Attach the Upright (4) to the Frame (1) with four M8 x 20mm Screws (65); **start all the Screws, and then tighten them.**

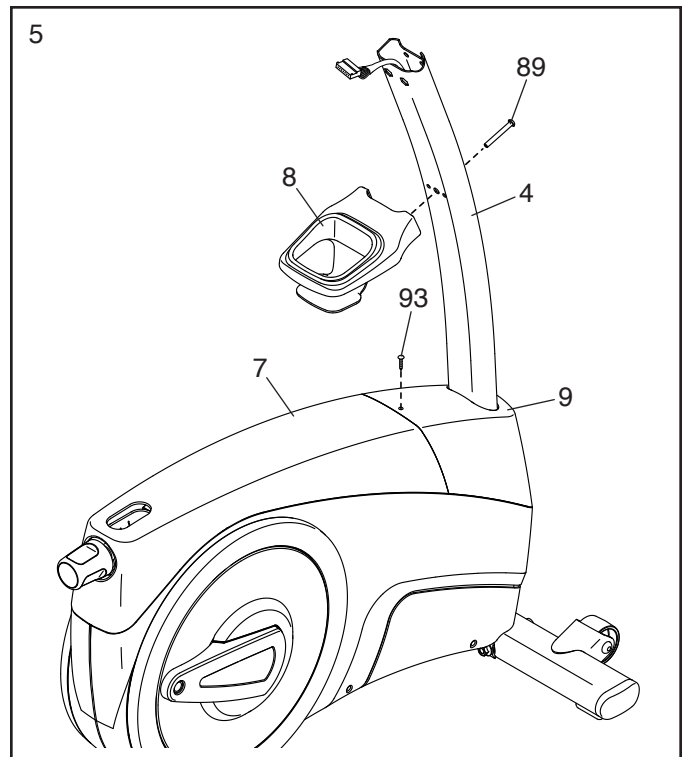
Next, orient the Front Shield Cover (9) as shown, and slide it downward onto the Upright (4). Then, press the Front Shield Cover onto the Right and Left Shields (10, 11).





5. Attach the Front Shield Cover (9) to the Rear Shield Cover (7) with an M4 x 16mm Flat Head Screw (93).

Then, attach the Accessory Tray (8) to the Upright (4) with an M6 x 50mm Screw (89).

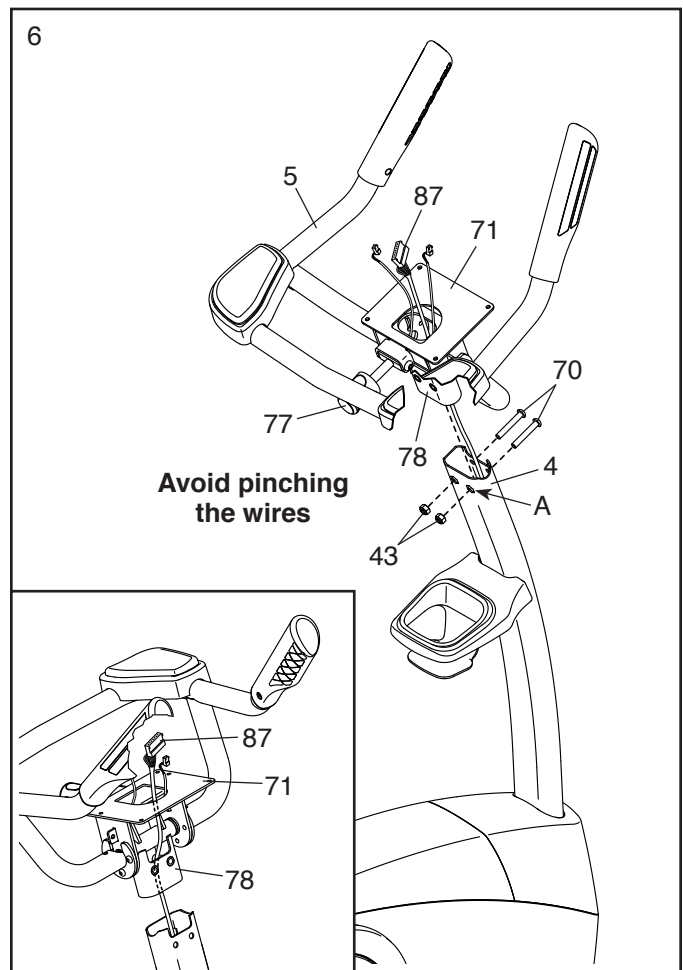


6. Have a second person hold the Handlebar (5) near the Upright (4).

**See the inset drawing.** Route the Upper Wire (87) through the Pivot Post (78) and the Pivot Bracket (71) as shown. **Tip: It may be easier to route the Upper Wire if you adjust the angle of the Pivot Bracket by turning the Console Knob (77).**

**Tip: Avoid pinching the wires.** Insert the Pivot Post (78) into the Upright (4).

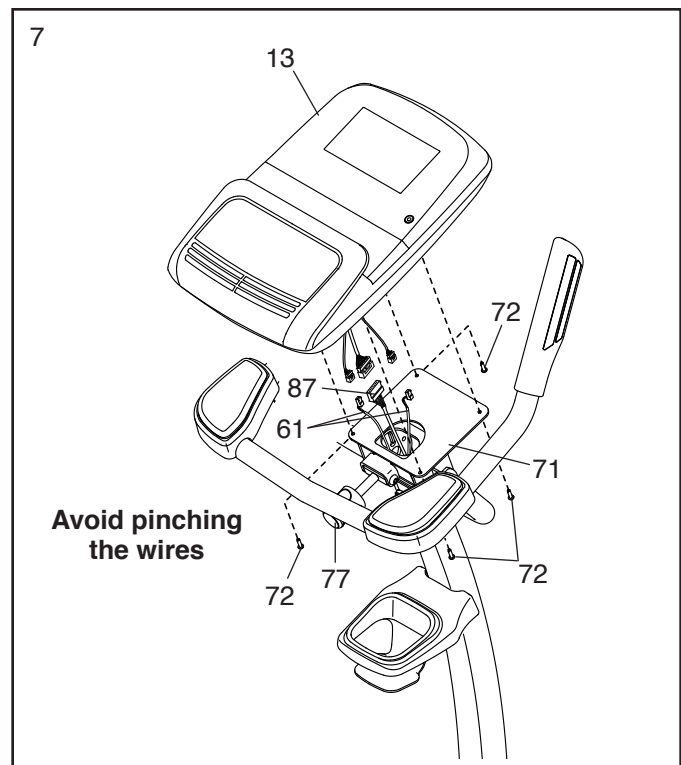
Attach the Pivot Post (78) to the Upright (4) with two M8 x 50mm Bolts (70) and two M8 Locknuts (43); **make sure that the Locknuts are in the hexagonal holes (A).**



7. While a second person holds the Console (13) near the Pivot Bracket (71), connect the wires on the Console to the Upper Wire (87) and the Pulse Wires (61).

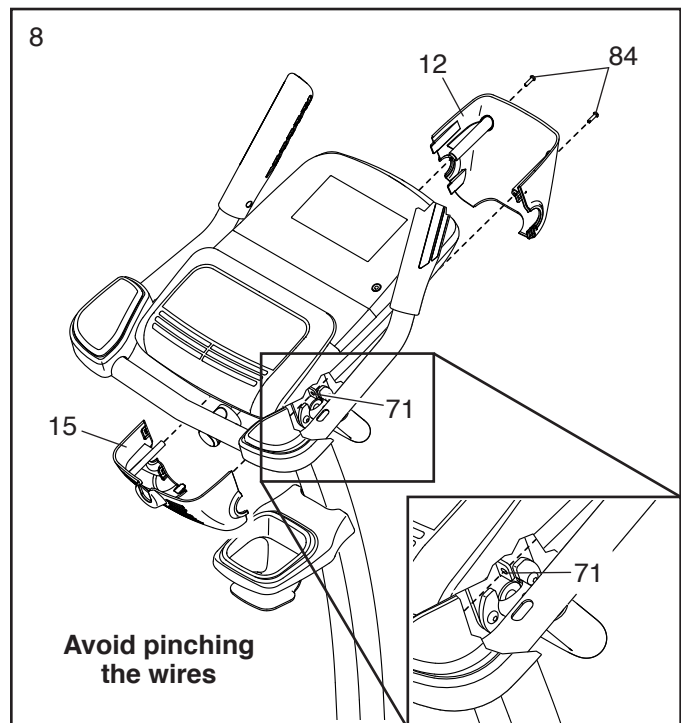
Insert the excess wire downward through the Pivot Bracket (71). **Do not insert the excess wire into the Console (13); the wires may interfere with the fan.**

**Tip: Avoid pinching the wires.** Attach the Console (13) to the Pivot Bracket (71) with four M4 x 16mm Screws (72); **start all the Screws, and then tighten them.** **Tip: It may be helpful to adjust the angle of the Pivot Bracket by turning the Console Knob (77).**



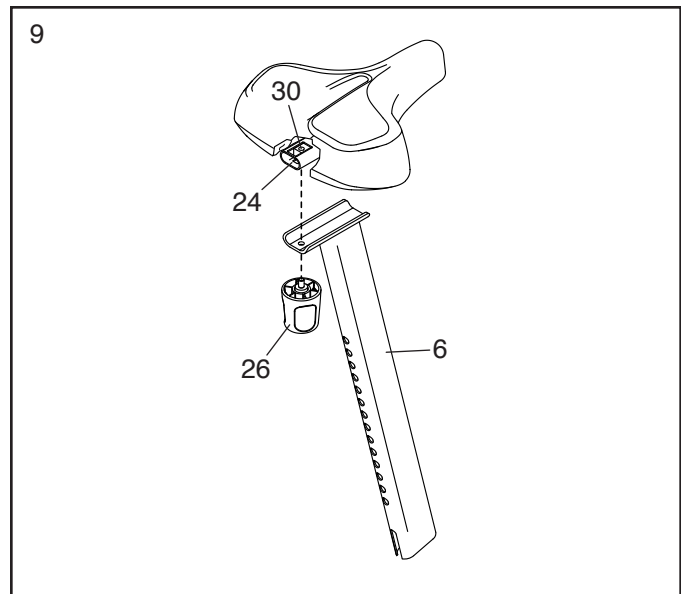
8. **Tip: Avoid pinching the wires.** Press the Front Pivot Cover (12) and the Rear Pivot Cover (15) together around the Pivot Bracket (71).

Attach the Front and Rear Pivot Covers (12, 15) to the Pivot Bracket (71) with two M4 x 22mm Screws (84).

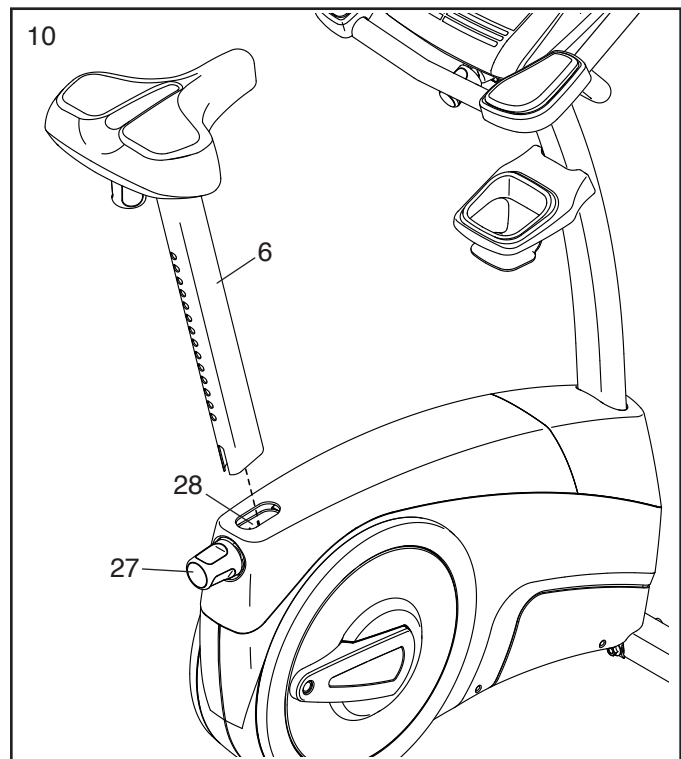


9. Remove the Seat Knob (26) from the Seat Bracket (30) inside the Seat Carriage (24).

Next, hold the Seat Carriage (24) on the Seat Post (6). Insert the Seat Knob (26) upward into the Seat Post, and tighten the Seat Knob into the Seat Bracket (30) inside the Seat Carriage.



10. Loosen the Seat Post Knob (27) and pull it outward. Next, insert the Seat Post (6) into the Seat Post Sleeve (28), and then release the Seat Post Knob. **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Seat Post Knob.

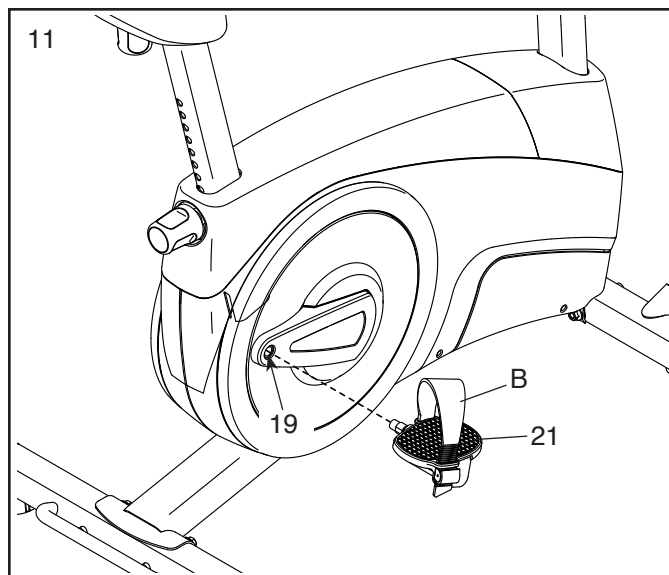


11. Identify the Right Pedal (21).

Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (19).

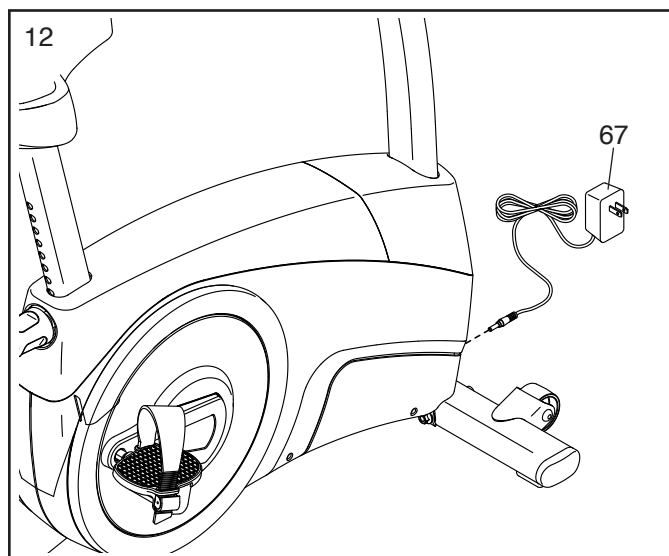
**Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

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



12. Plug the Power Adapter (67) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (67) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



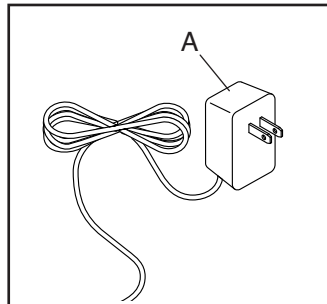
13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

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

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

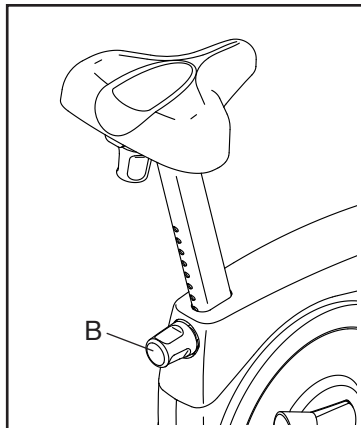


## HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

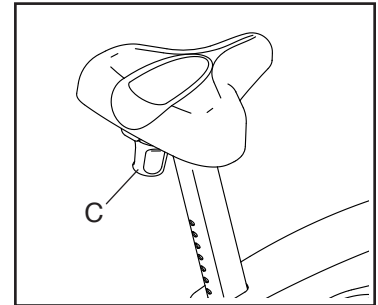
To adjust the seat, first turn the seat post knob (B) counterclockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob.

**Move the seat post up or down slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, turn the knob clockwise to tighten it.



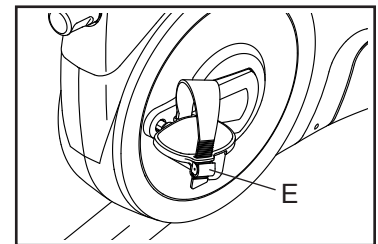
## HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

To adjust the lateral position of the seat, first loosen the seat knob (C) a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



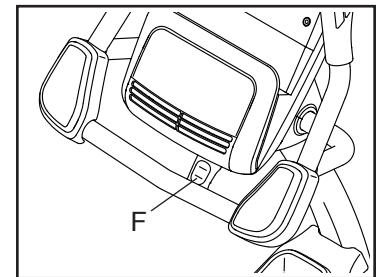
## HOW TO ADJUST THE PEDAL STRAPS

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



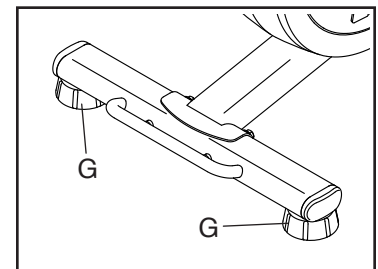
## HOW TO ADJUST THE CONSOLE

The console can be adjusted to several angles. To adjust the console, turn the console knob (F) until the console is at the desired angle.

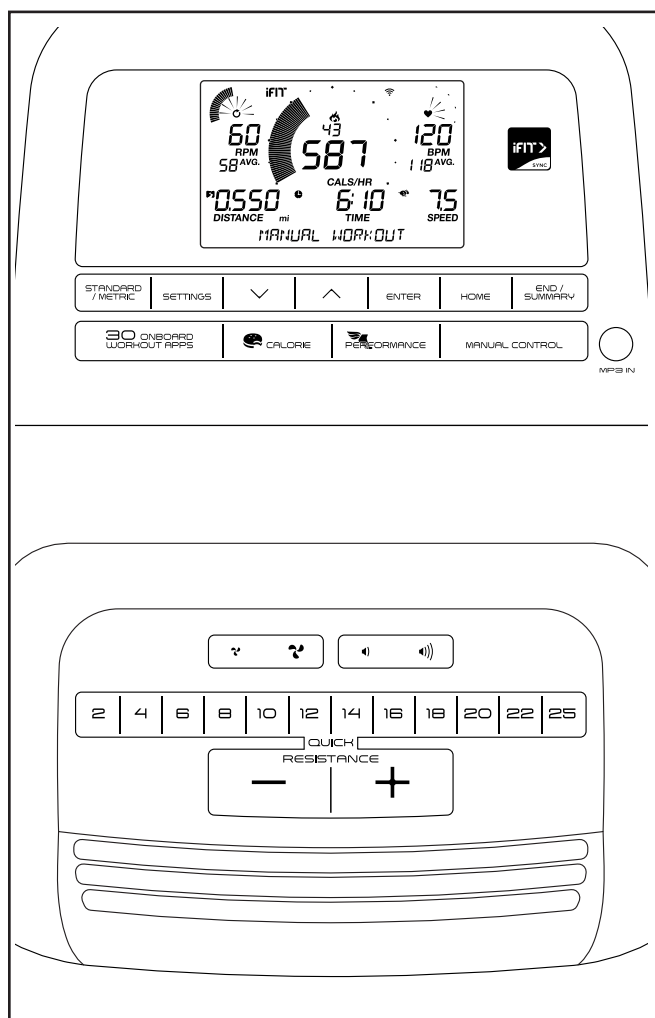


## HOW TO LEVEL THE EXERCISE BIKE

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



## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 19 for information about purchasing an optional chest heart rate monitor.**

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

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your personal audio 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 15. **To use an onboard workout**, see page 17. **To connect your tablet to the console**, see page 18. **To connect your heart rate monitor to the console**, see page 18. **To use the sound system**, see page 19. **To change console settings**, see page 19.

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

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the Standard/Metric button repeatedly. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

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

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

### 2. Select the manual mode.

Press the Manual Control button to select the manual mode.

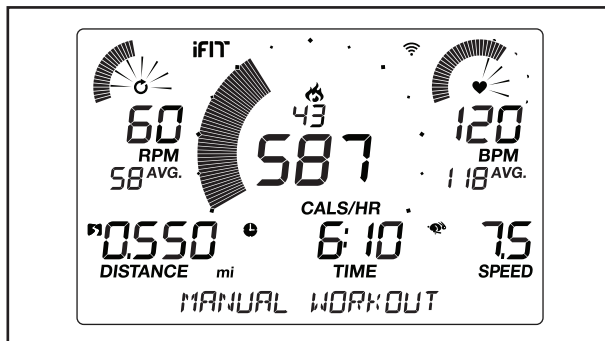
### 3. Change the resistance of the pedals as desired.

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

The display can show the following workout information:



**Calories (flame icon)**—When the manual mode is selected, this display will show the approximate number of calories you have burned. When an onboard workout is selected, this display will show either the approximate number of calories remaining to be burned or the approximate number of calories you have burned.

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

**Distance**—This display will show the distance that you have pedaled in miles (mi) or kilometers (km).

**Pulse (BPM)**—This display will show your heart rate in beats per minute (bpm) when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

**Pulse Average (BPM AVG)**—This display will show your average heart rate in beats per minute (bpm) when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

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

**RPM**—This display will show your pedaling speed in revolutions per minute (rpm).

**RPM Average (RPM AVG)**—This display will show your average pedaling speed in revolutions per minute (rpm).

**Speed**—This display will show your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the Standard/Metric button repeatedly.

**Time**—When the manual mode is selected, this display will show the elapsed time. When an onboard workout is selected, this display will show either the time remaining in the workout or the elapsed time.

**Watts**—This display will show your approximate power output in watts.

**Average Watts (AVG)**—This display will show your approximate average power output in watts for the workout.



### Scan Mode and Priority

**Mode**—The calories and watts displays will appear in an alternating cycle (scan mode).



To select either the calories display or the watts display for continuous display (priority mode), press the increase or decrease button next to the Enter button repeatedly until the desired display appears. To return to the scan mode, press the increase button repeatedly until the word SCAN appears.

Press the Home button to exit the workout and return to the main menu. If necessary, press the Home button again.

Press the End/Summary button to end the workout and view a workout summary. The workout summary will appear in the displays for several seconds.

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

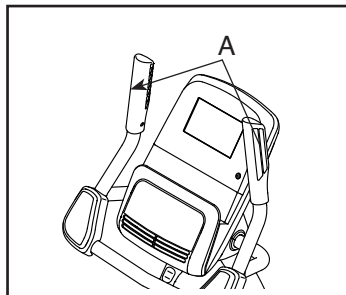


### 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (**see page 19 for information about the optional chest heart rate monitor**). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

**Note: If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.**

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

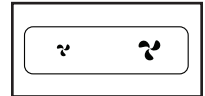


rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

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

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

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your exercise intensity increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



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

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the display will pause.

If the pedals do not move for several minutes, 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 exercise bike 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 19.



## HOW TO USE AN ONBOARD WORKOUT

### 1. Turn on the console.

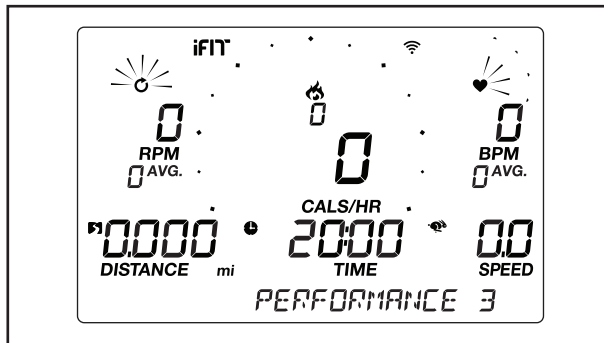
Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

### 2. Select an onboard workout.

To select an onboard workout, press the desired Workout Apps button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the name of the workout and the duration of the workout or the number of calories to be burned.



The maximum speed and the maximum resistance level 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.

At the end of each segment of the workout, a series of tones will sound. 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 to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling speed near the target speed for the current segment.

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

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

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

The workout will continue in this way until the last segment ends. To pause the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

To end the workout, press the End/Summary button. A summary of the workout will appear in the displays for several seconds.

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

See step 4 on page 15.

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

See step 5 on page 16.

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

See step 6 on page 16

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

See step 7 on page 16.

## HOW TO CONNECT YOUR TABLET TO THE CONSOLE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

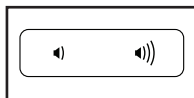
To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

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

## HOW TO USE THE SOUND SYSTEM

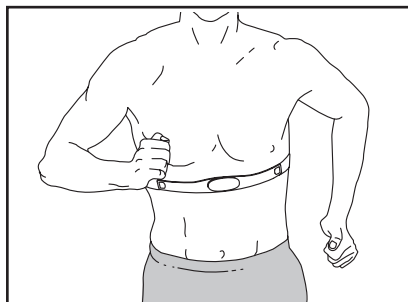
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable,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

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



## THE OPTIONAL CHEST HEART RATE MONITOR

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



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

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

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

### 2. Navigate the settings mode.

While the settings mode is selected, the display will show several optional screens. Press the increase and decrease buttons near the Enter button repeatedly to select the desired optional screen.

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

### 3. Change settings as desired.

**Units**—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

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

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

**Demo**—The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. Press the Quick Resistance increase button repeatedly to turn the demo mode on or off.

### 4. Exit the settings mode.

Press the Settings button to exit the settings mode.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

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

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

## CONSOLE TROUBLESHOOTING

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 19 and adjust the contrast level of the display.

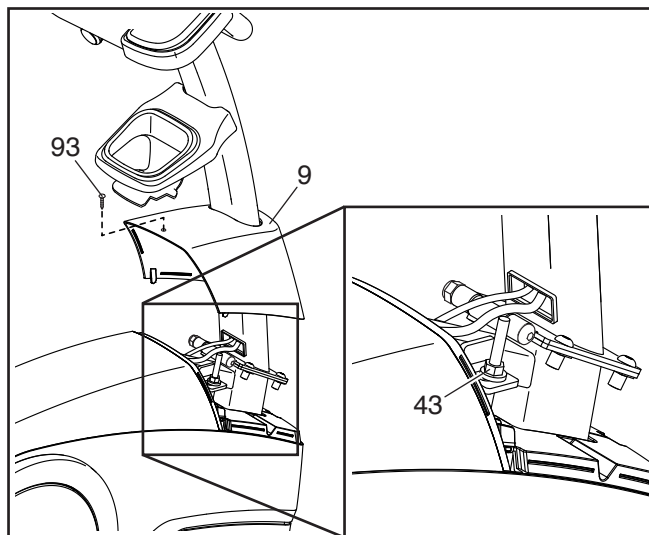
If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 16.

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

## HOW TO ADJUST THE 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. **Before you adjust the drive belt, unplug the power adapter.**

Next, remove the M4 x 16mm Flat Head Screw (93) from the Front Shield Cover (9). Then, using a standard screwdriver, release the Front Shield Cover and slide it out of the way.



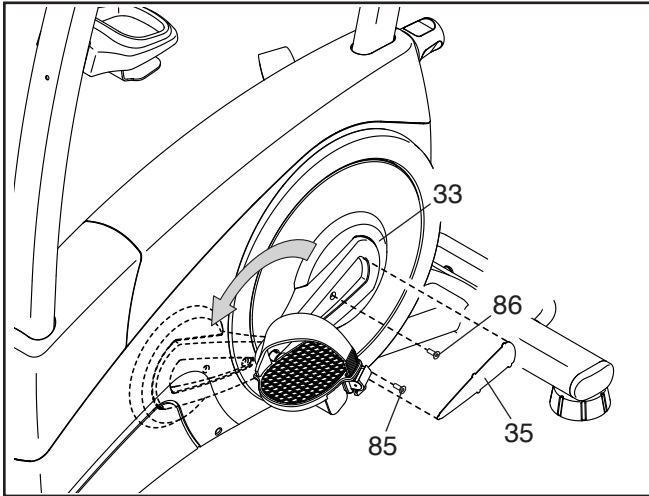
Next, tighten the indicated M8 Locknut (43) slightly to tighten the Drive Belt (not shown). Then, reattach the Front Shield Cover (9) and plug in the power adapter.

Repeat this process, if necessary, until the pedals no longer slip.

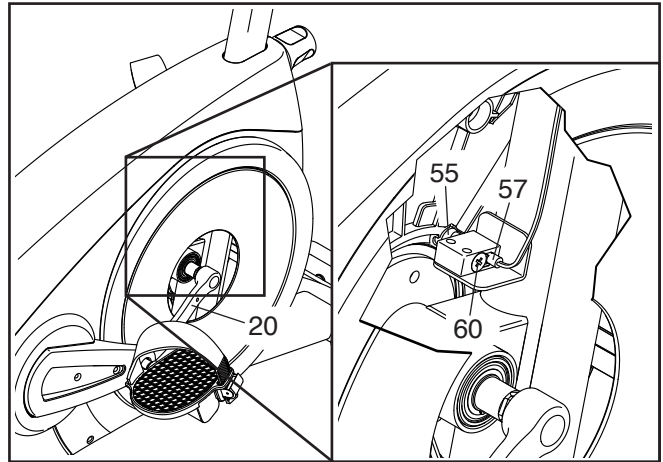
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **Before you adjust the reed switch, unplug the power adapter.**

Using a small standard screwdriver, carefully pry the left Cover Insert (35) off the left Crank Arm Cover (33). Next, remove the M5 x 12mm Screw (85) and the M5 x 21mm Screw (86). Then, rotate the left Crank Arm Cover out of the way.



Locate the Reed Switch (57). Rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch. Next, loosen the M5 x 16mm Flat Head Screw (60), slide the Reed Switch slightly toward or away from the Magnet, and then retighten the Flat Head Screw.



Plug in the power adapter and rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

# 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

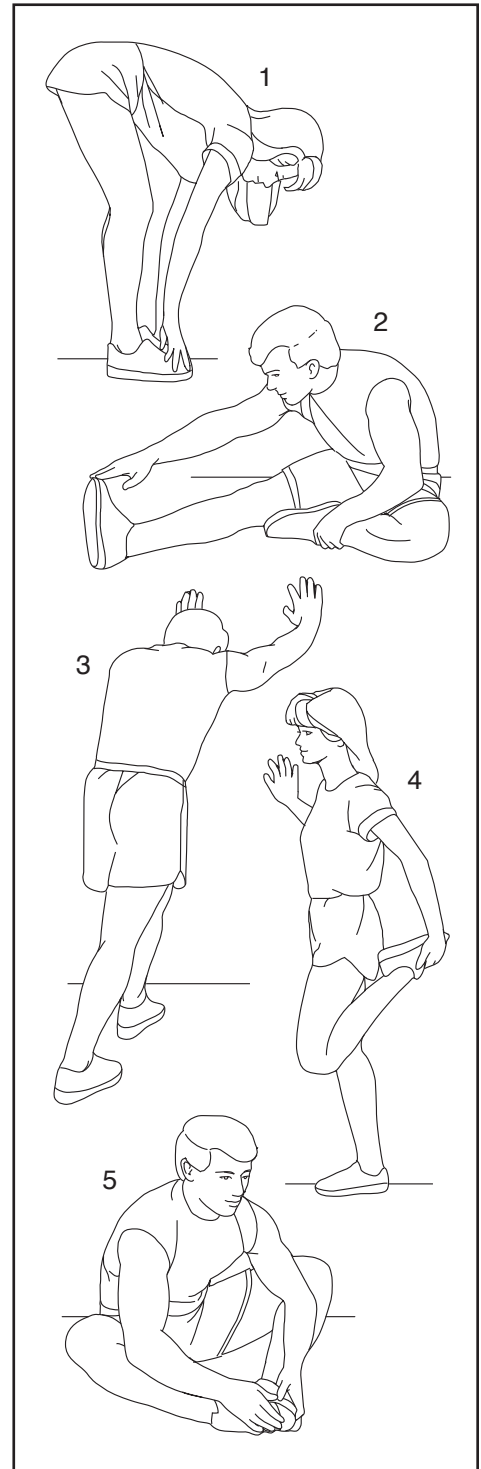
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

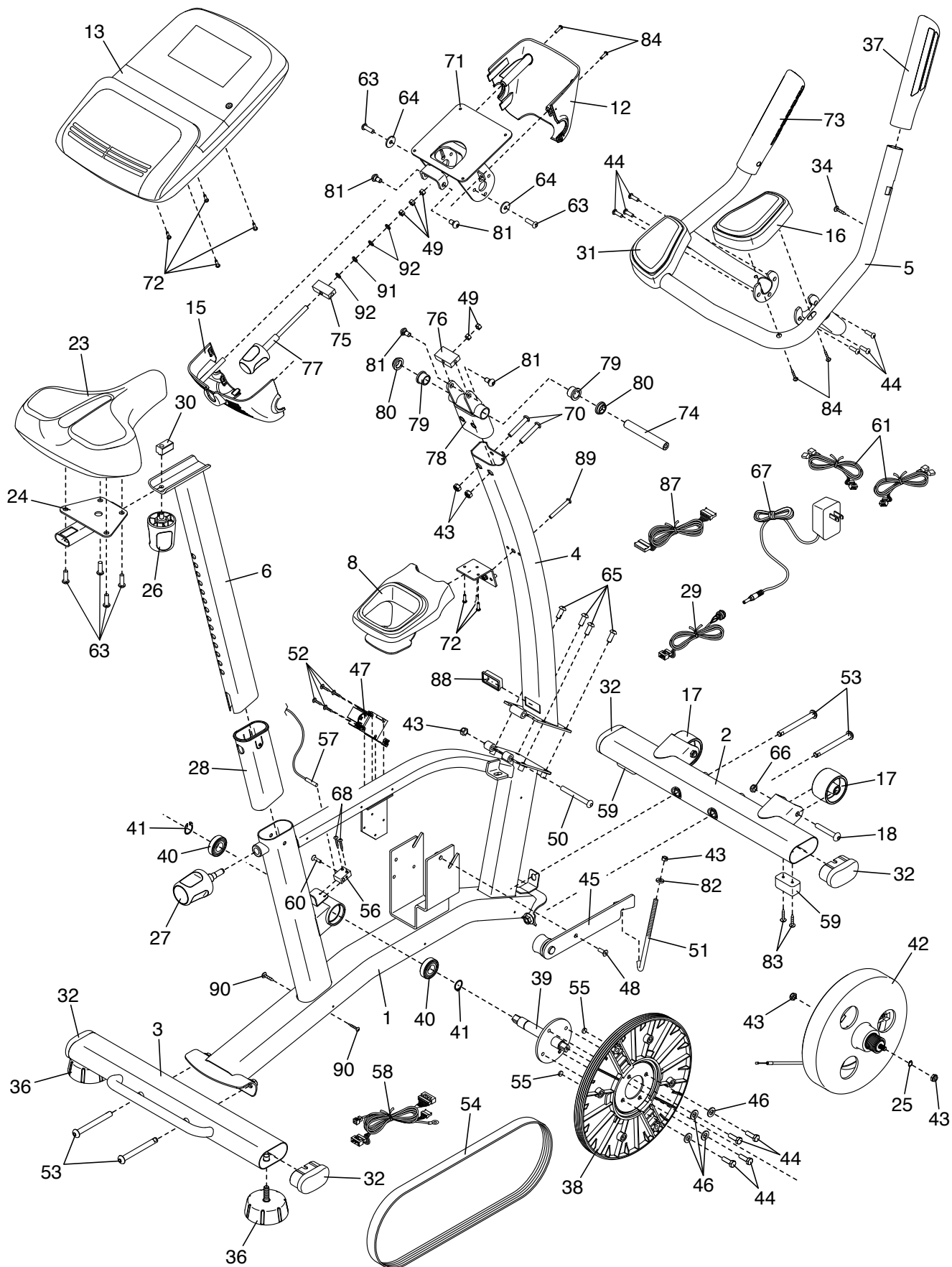
Model No. NTEX75016C.0 R1218A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	M8 x 18mm Screw
2	1	Front Stabilizer	49	5	Knob Nut
3	1	Rear Stabilizer	50	1	M8 x 76mm Bolt
4	1	Upright	51	1	J-bolt
5	1	Handlebar	52	4	#10 x 12mm Screw
6	1	Seat Post	53	4	M10 x 98mm Screw
7	1	Rear Shield Cover	54	1	Drive Belt
8	1	Accessory Tray	55	2	Magnet
9	1	Front Shield Cover	56	1	Clamp
10	1	Right Shield	57	1	Reed Switch/Wire
11	1	Left Shield	58	1	Lower Wire
12	1	Front Pivot Cover	59	2	Stabilizer Foot
13	1	Console	60	1	M5 x 16mm Flat Head Screw
14	2	Shield Ring	61	2	Pulse Wire
15	1	Rear Pivot Cover	62	2	M8 Flange Screw
16	1	Right Armrest	63	6	M8 x 16mm Screw
17	2	Wheel	64	2	M8 Washer
18	2	M10 x 62mm Bolt	65	4	M8 x 20mm Screw
19	1	Right Crank Arm	66	2	M10 Jam Nut
20	1	Left Crank Arm	67	1	Power Adapter
21	1	Right Pedal/Strap	68	2	M4 x 19mm Screw
22	1	Left Pedal/Strap	69	2	Clip Nut
23	1	Seat	70	2	M8 x 50mm Bolt
24	1	Seat Carriage	71	1	Pivot Bracket
25	1	Small Snap Ring	72	7	M4 x 16mm Screw
26	1	Seat Knob	73	1	Left Pulse Grip
27	1	Seat Post Knob	74	1	Pivot Axle
28	1	Seat Post Sleeve	75	1	Small Block
29	1	Power Receptacle/Wire	76	1	Large Block
30	1	Seat Bracket	77	1	Console Knob
31	1	Left Armrest	78	1	Pivot Post
32	4	Stabilizer Cap	79	2	Large Bushing
33	2	Crank Arm Cover	80	2	Small Bushing
34	16	#8 x 16mm Screw	81	4	M8 x 15mm Shoulder Screw
35	2	Cover Insert	82	1	J-bolt Washer
36	2	Leveling Foot	83	4	M4 x 32mm Screw
37	1	Right Pulse Grip	84	9	M4 x 22mm Screw
38	1	Pulley	85	2	M5 x 12mm Screw
39	1	Crank	86	2	M5 x 21mm Screw
40	2	Crank Bearing	87	1	Upper Wire
41	2	Large Snap Ring	88	1	Grommet
42	1	Eddy Mechanism	89	1	M6 x 50mm Screw
43	6	M8 Locknut	90	2	M5 x 16mm Screw
44	10	M8 x 12mm Screw	91	1	M8 Split Washer
45	1	Idler	92	3	M8 Small Washer
46	4	M8 Black Split Washer	93	1	M4 x 16mm Flat Head Screw
47	1	Resistance Motor	*	—	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

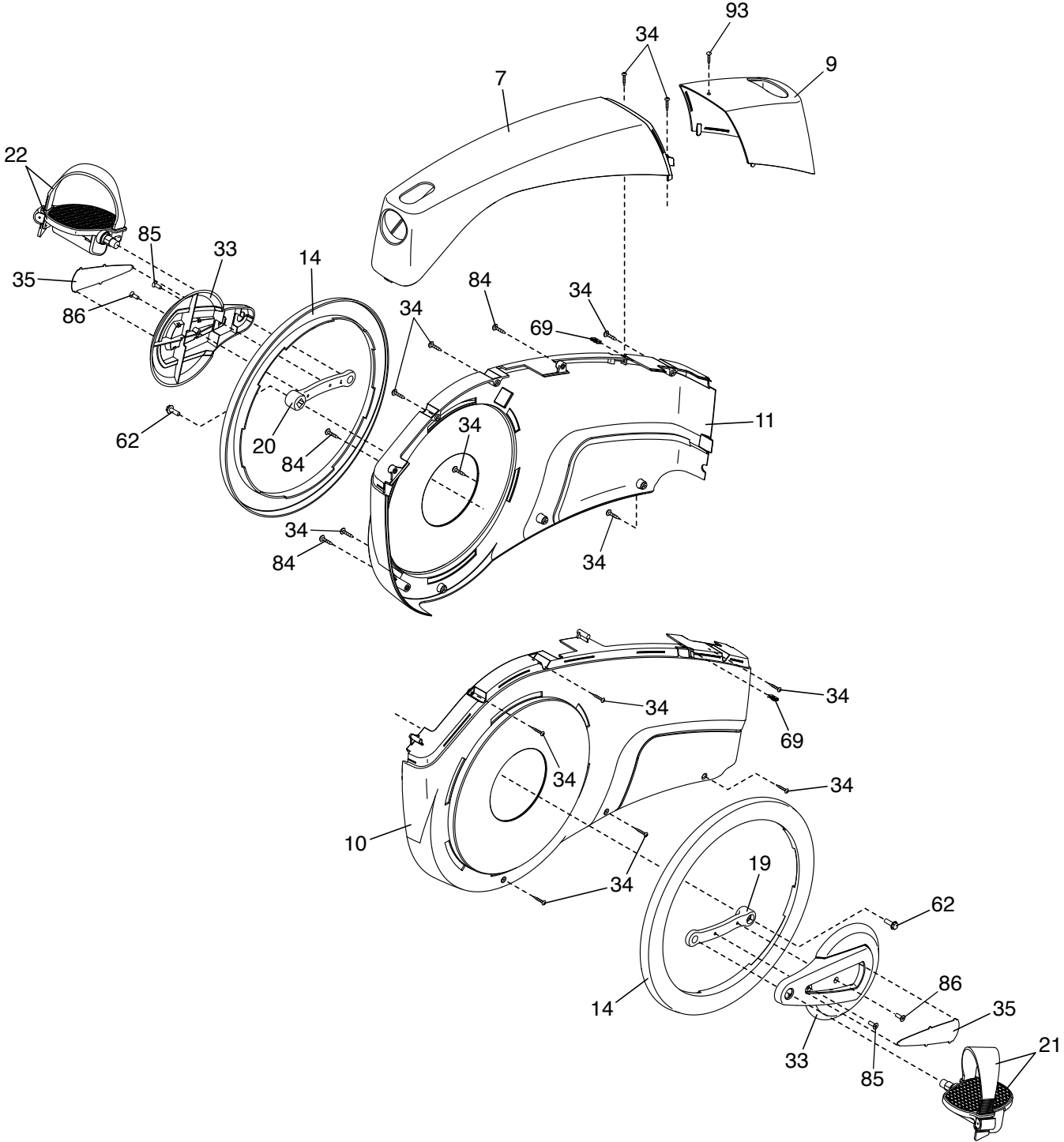
## EXPLODED DRAWING A

Model No. NTEX75016C.0 R1218A



# EXPLODED DRAWING B

Model No. NTEX75016C.0 R1218A



# ORDERING REPLACEMENT PARTS

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

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

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.**

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for the lifetime of the original purchaser (customer). Parts 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) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if all instructions and warnings in this manual are not followed, (3) if the product is abused or improperly or abnormally used, or (4) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some provinces 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 provinces 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 province to province.

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

**ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**