

NordicTrack®

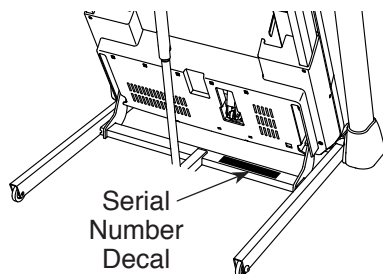
S25i

nordictrack.ca

Model No. NTL89522C.1

Serial No. _____

Write the serial number in the space above for reference.



REGISTER YOUR PRODUCT

To register your product and activate your warranty today, go to iconservice.ca.

MEMBER CARE

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

or email us at
service.ca@iFIT.com

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

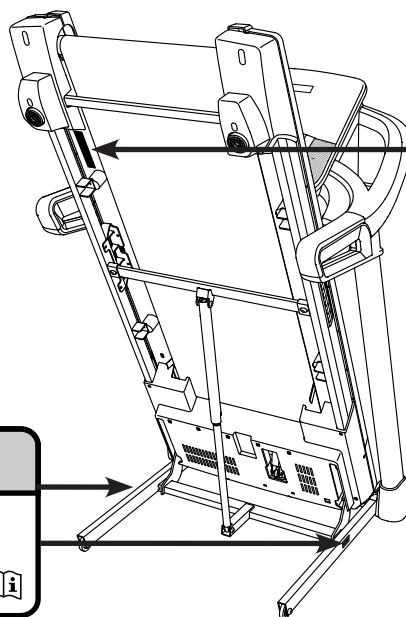


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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



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IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. 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 treadmill are adequately informed of all warnings and precautions.
2. Keep children under age 16 and pets away from the treadmill 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 treadmill only as authorized by your health care provider.
5. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
6. Use the treadmill only as described in this manual.
7. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
9. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
10. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
11. The treadmill should be used only by persons weighing 300 lbs. (135 kg) or less.
12. Never allow more than one person on the treadmill at a time.
13. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
14. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 18). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
15. Use only a surge suppressor that meets all of the specifications described on page 18. To purchase a surge suppressor, see your local NORDICTRACK dealer, call the telephone number on the front cover of this manual, or see your local electronics store.
16. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
17. Keep the power cord and the surge suppressor away from heated surfaces.
18. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 27 if the treadmill is not working properly.)

19. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 20). Always wear the clip while using the treadmill.
20. Be careful when mounting and dismounting the treadmill. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
21. When a person is walking on the treadmill, the noise level of the treadmill will increase.
22. Keep fingers, hair, and clothing away from the moving walking belt.
23. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
24. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
25. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8 and HOW TO FOLD AND MOVE THE TREADMILL on page 26.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.
26. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Do not operate the treadmill while it is folded.
27. Do not change the incline of the treadmill by placing objects under the treadmill.
28. Never insert any object into any opening on the treadmill.
29. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
30. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
31. 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.

SAVE THESE INSTRUCTIONS

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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To protect your fitness equipment today, please
call Customer Service at **1-888-936-4266**
Or, email us at customerservice@iconcanada.ca

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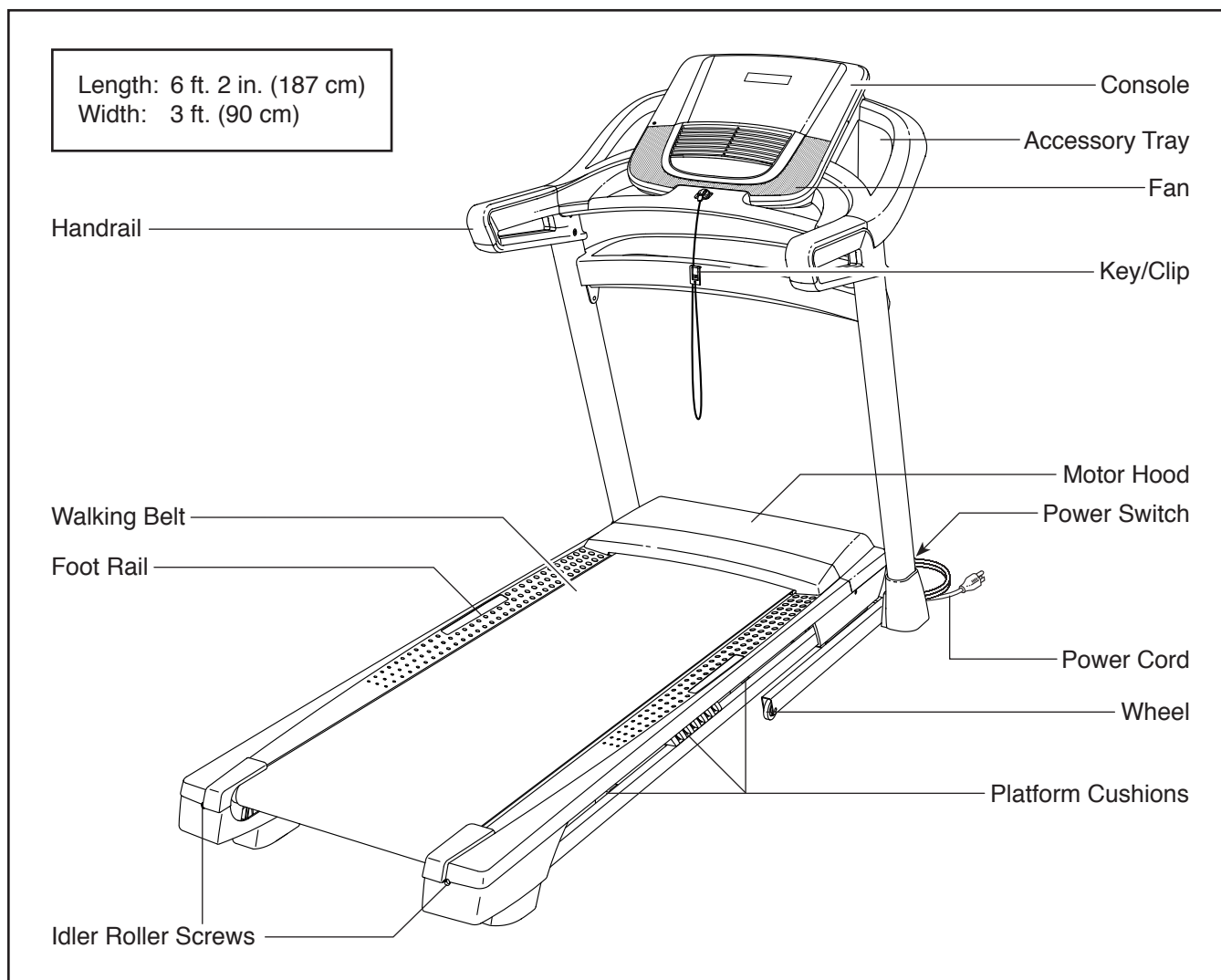
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® S25I treadmill. The S25I treadmill 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 treadmill. 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.

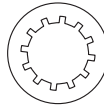


PART IDENTIFICATION CHART

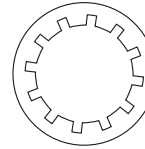
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



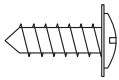
#10 Star Washer (5)–2



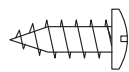
5/16" Star Washer (11)–10



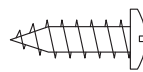
3/8" Star Washer (13)–8



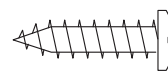
Ground Screw (103)–1



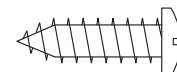
#8 x 1/2" Screw (10)–12



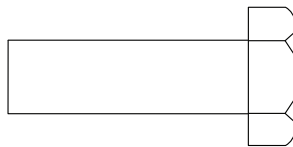
#8 x 5/8" Screw (1)–4



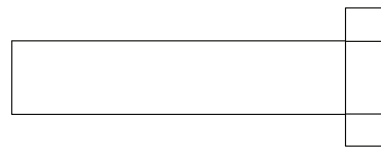
#8 x 3/4" Screw (2)–4



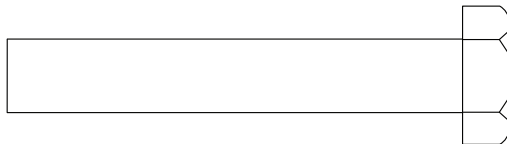
#10 x 3/4" Screw (9)–2



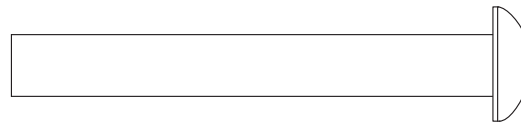
3/8" x 1 1/4" Screw (63)–2



3/8" x 1 3/4" Screw (62)–2



3/8" x 2 3/8" Screw (7)–4



5/16" x 2 1/2" Screw (28)–4

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 7.

- Assembly requires the following tools:

the included hex keys



one Phillips screwdriver



one adjustable wrench



one pair of scissors



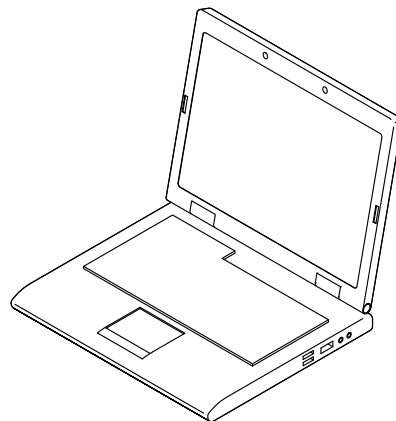
To avoid damaging parts, do not use power tools.

1. Go to 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 Member Care (see the front cover of this manual) and register your product.

1

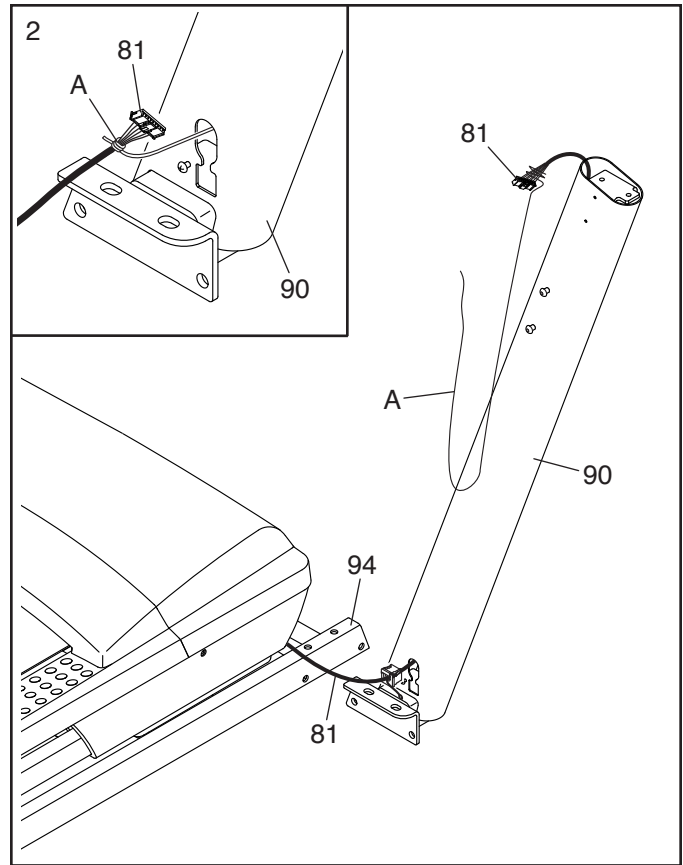


2. **Make sure that the power cord is unplugged.**

Remove the tie securing the Upright Wire (81) to the front of the Base (94).

Next, identify the Right Upright (90). Have a second person hold the Right Upright near the Base (94).

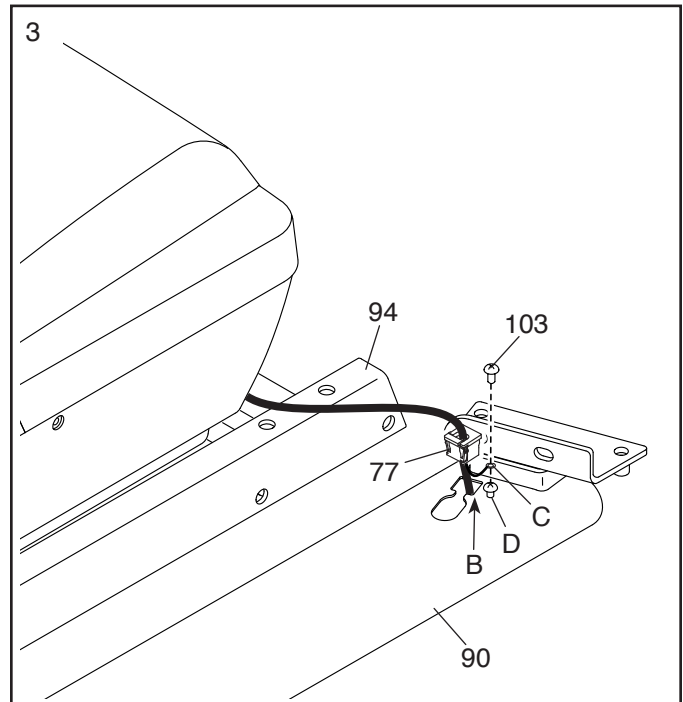
See the inset drawing. Tie the wire tie (A) in the Right Upright (90) securely around the end of the Upright Wire (81). Then, insert the Upright Wire into the lower end of the Right Upright, and pull the upper end of the wire tie until the Upright Wire is routed through the Right Upright.



3. Lay the Right Upright (90) near the Base (94). Press the Grommet (77) into the square hole (B) in the Right Upright. **Make sure not to pinch the ground wire (C).**

If there is a screw (D) preattached to the Right Upright (90), remove and discard it.

Then, attach the ground wire (C) to the Right Upright (90) with a Ground Screw (103).

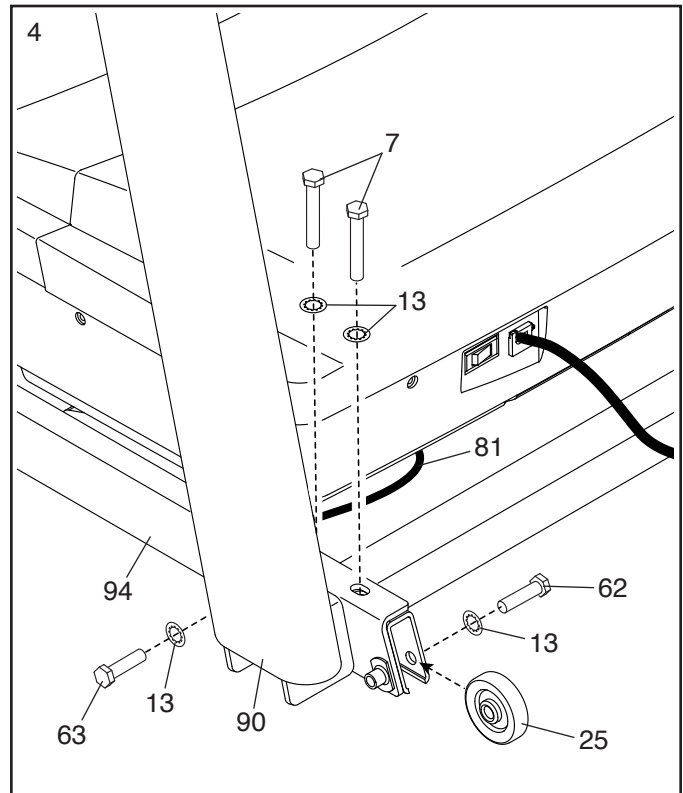


4. Hold the Right Upright (90) against the Base (94). **Make sure not to pinch the Upright Wire (81).**

Attach the Right Upright (90) and a Wheel (25) with two $\frac{3}{8}$ " x $2\frac{3}{8}$ " Screws (7), a $\frac{3}{8}$ " x $1\frac{1}{4}$ " Screw (63), a $\frac{3}{8}$ " x $1\frac{3}{4}$ " Screw (62), and four $\frac{3}{8}$ " Star Washers (13) as shown; **do not fully tighten the Screws yet.**

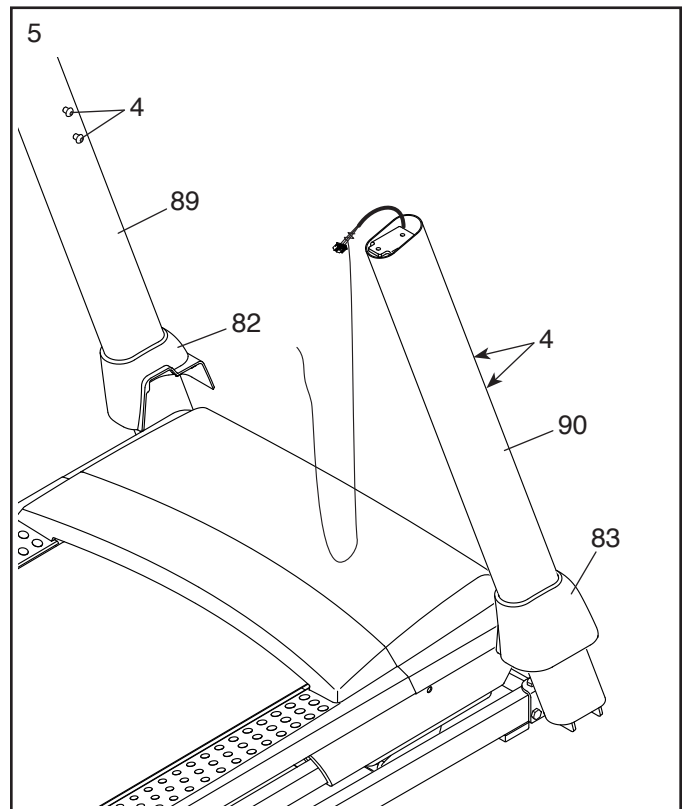
Attach the Left Upright (not shown) and the other Wheel (not shown) in the same way.

Note: There are no wires on the left side.



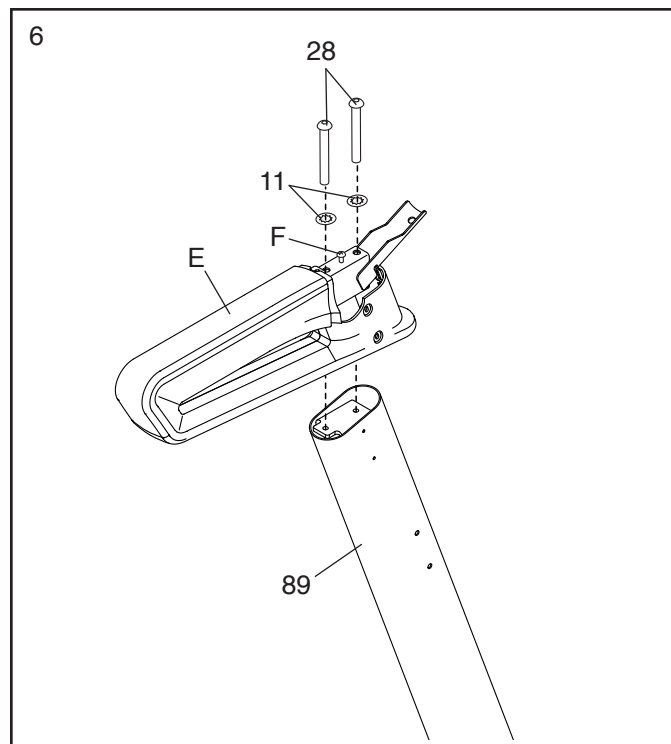
5. **Remove and save the four $\frac{5}{16}$ " x $\frac{3}{4}$ " Screws (4).**

Identify the Left and Right Base Covers (82, 83). Slide the Left Base Cover onto the Left Upright (89), and slide the Right Base Cover onto the Right Upright (90). **Do not press the Base Covers into place yet.**



6. Identify the left handrail assembly (E). Attach the left handrail assembly to the Left Upright (89) with two 5/16" x 2 1/2" Screws (28) and two 5/16" Star Washers (11); **do not fully tighten the Screws yet.**

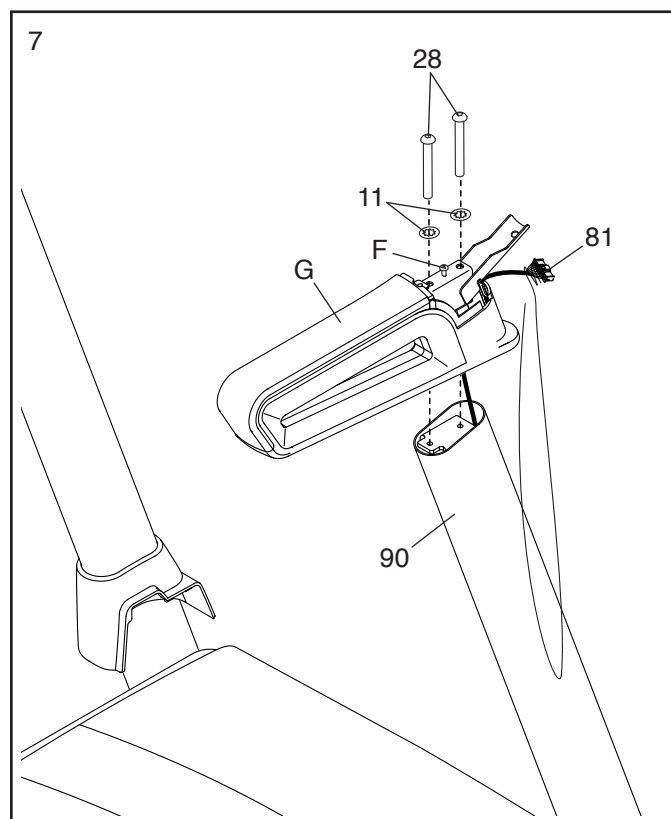
Then, remove and discard the indicated screw (F).



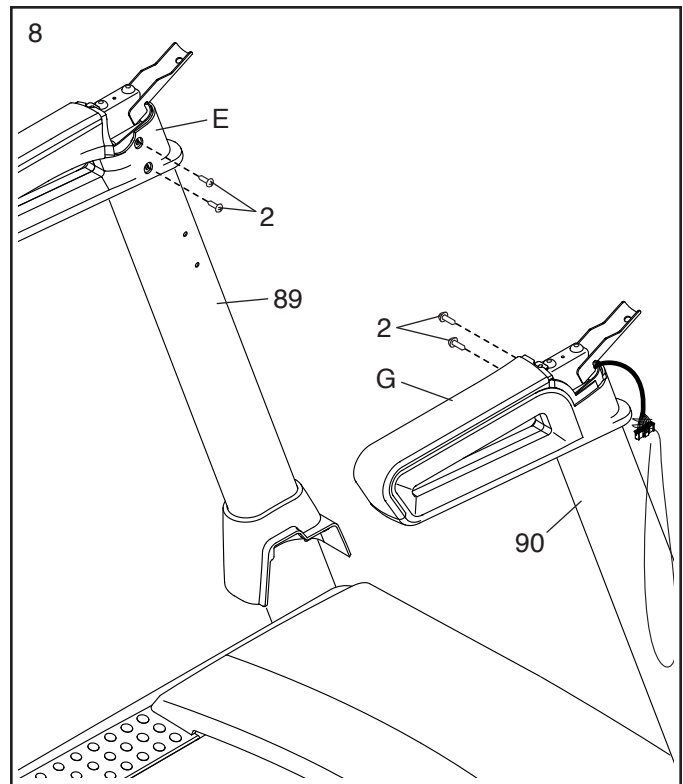
7. Insert the Upright Wire (81) into the bottom of the right handrail assembly (G) and pull it out of the front as shown.

Attach the right handrail assembly (G) to the Right Upright (90) with two 5/16" x 2 1/2" Screws (28) and two 5/16" Star Washers (11). **Make sure not to pinch the Upright Wire (81); do not fully tighten the Screws yet.**

Then, remove and discard the indicated screw (F).



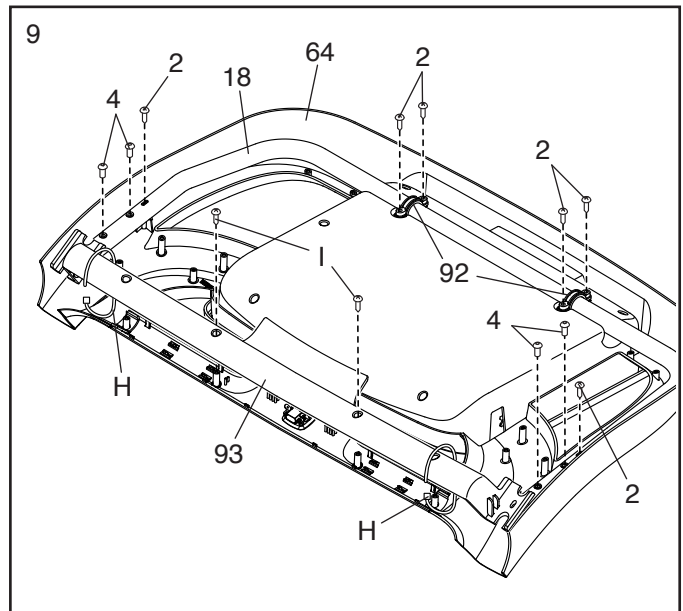
8. Tighten four #8 x 3/4" Screws (2) into the left and right handrail assemblies (E, G) and into the Left and Right Uprights (89, 90).



9. Set the Console Base (64) facedown on a soft surface to avoid scratching the Console Base. If there are ties (H) securing the Crossbar (93) to the Console Base, remove the ties.

Remove and discard the two indicated screws (I). Then, remove the Crossbar (93).

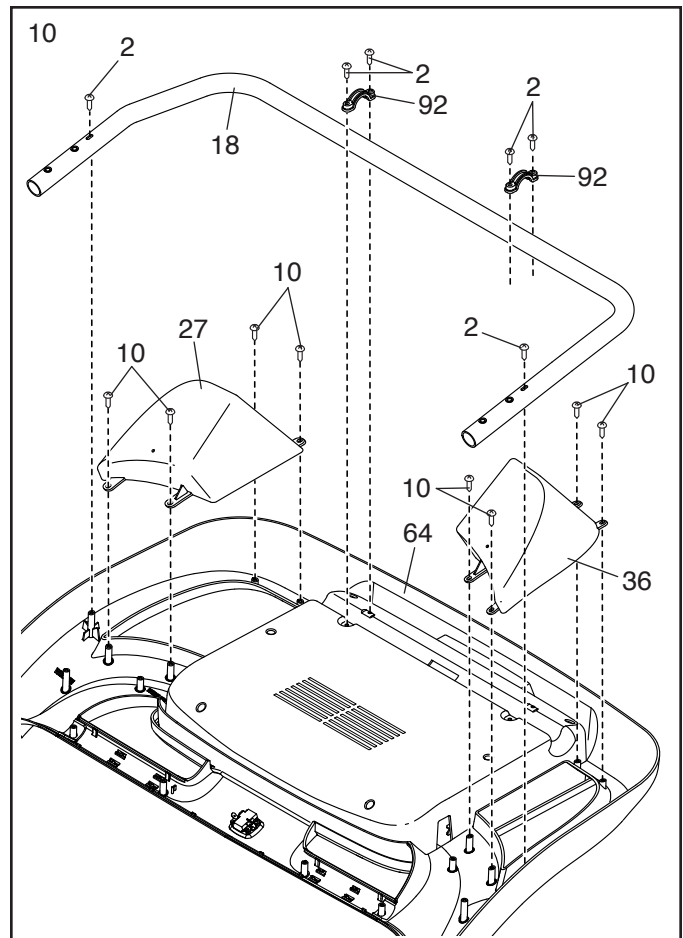
Next, remove and save the four 5/16" x 3/4" Screws (4) and the six #8 x 3/4" Screws (2). Then, lift out the two Console Clamps (92) and the Console Frame (18).



10. Identify the Right and Left Trays (27, 36).

Attach the Trays (27, 36) to the Console Base (64) with eight #8 x 1/2" Screws (10); **do not overtighten the Screws.**

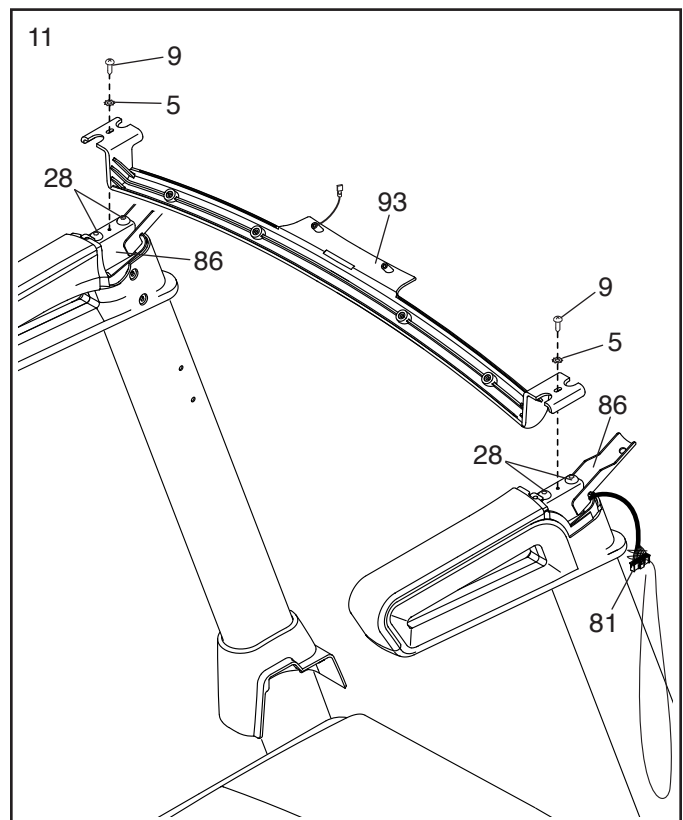
Then, reattach the Console Frame (18) with the six #8 x 3/4" Screws (2) and the two Console Clamps (92) that you removed in step 9; **do not overtighten the Screws.**



11. **IMPORTANT:** To avoid damaging the Crossbar (93), do not use power tools and do not overtighten the #10 x 3/4" Screws (9).

Orient the Crossbar (93) as shown. Attach the Crossbar to the Handrails (86) with two #10 x 3/4" Screws (9) and two #10 Star Washers (5); **start both Screws, and then tighten them.**

Make sure not to pinch the Upright Wire (81). Firmly tighten the four 5/16" x 2 1/2" Screws (28).



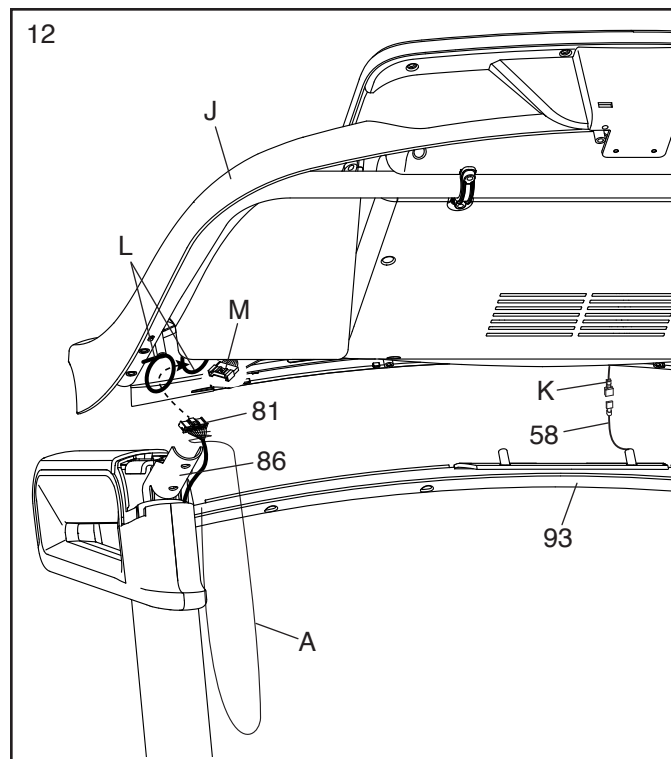
12. With the help of a second person, hold the console assembly (J) near the Handrails (86) (only one side is shown).

Connect the ground wire (K) from the console assembly (J) to the Console Ground Wire (58) on the Crossbar (93).

Next, insert the Upright Wire (81) through the two indicated looped ties (L) on the console assembly (J).

Connect the Upright Wire (81) to the console wire (M). **The connectors should slide together easily and snap into place with an audible click. If they do not, turn one connector and try again.**

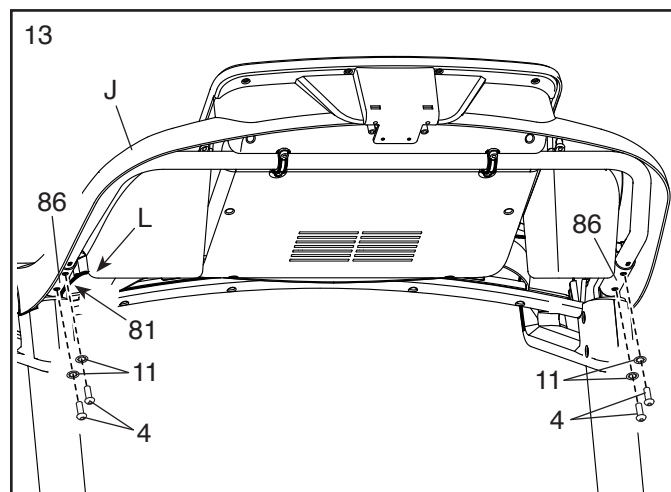
Then, remove the wire tie (A) from the Upright Wire (81).



13. Set the console assembly (J) on the brackets on the Handrails (86). **Do not pinch any wires.**

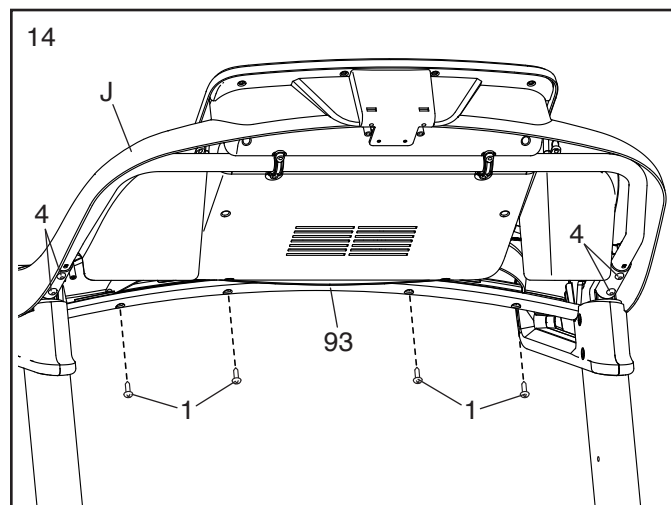
Attach the console assembly (J) with the four 5/16" x 3/4" Screws (4) that you removed in step 9 and four 5/16" Star Washers (11); **do not fully tighten the Screws yet.**

Insert the excess Upright Wire (81) into the console assembly (J). Then, pull the two ties (L) tight against the Upright Wire and cut off the ends of the ties.



14. Attach the Crossbar (93) to the console assembly (J) with four #8 x 5/8" Screws (1); **start all four Screws, and then tighten them.**

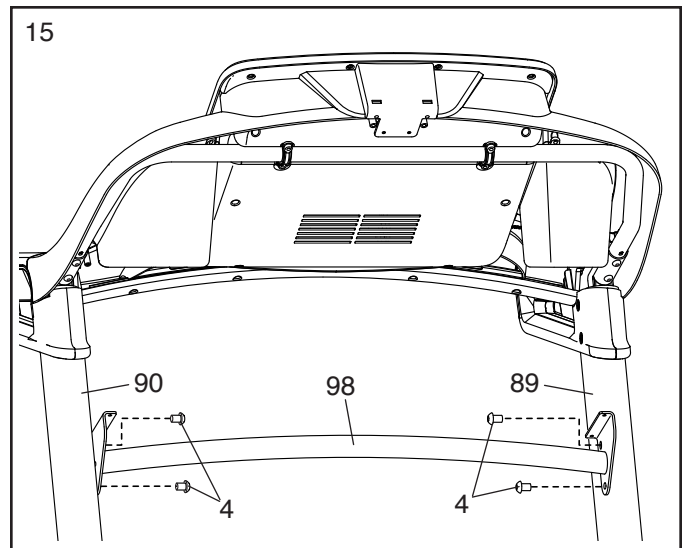
Then, firmly tighten the four 5/16" x 3/4" Screws (4).



15. Orient the Upright Crossbar (98) as shown.

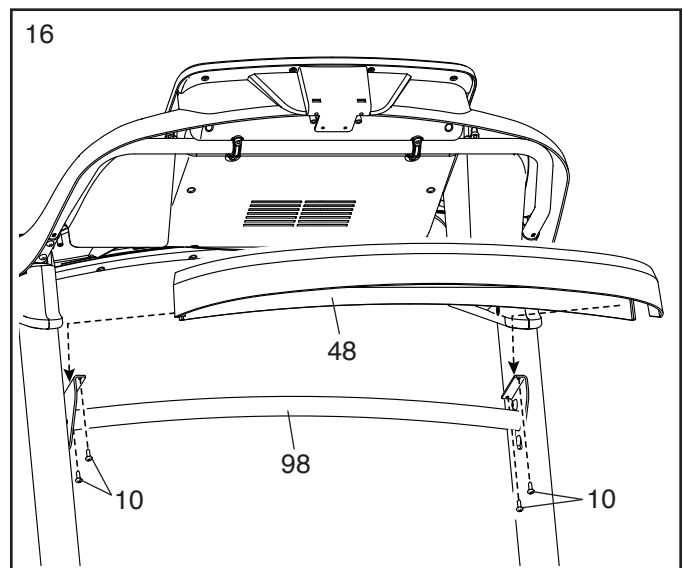
Carefully slide the Upright Crossbar (98) between the Left and Right Uprights (89, 90).

Attach the Upright Crossbar (98) with the four 5/16" x 3/4" Screws (4) that you removed in step 5; **start all four Screws, and then tighten them.**



16. Insert the Tray (48) from the front of the treadmill and set it on the Upright Crossbar (98) as shown.

Attach the Tray (48) to the Upright Crossbar (98) with four #8 x 1/2" Screws (10); **start all four Screws, and then tighten them.**

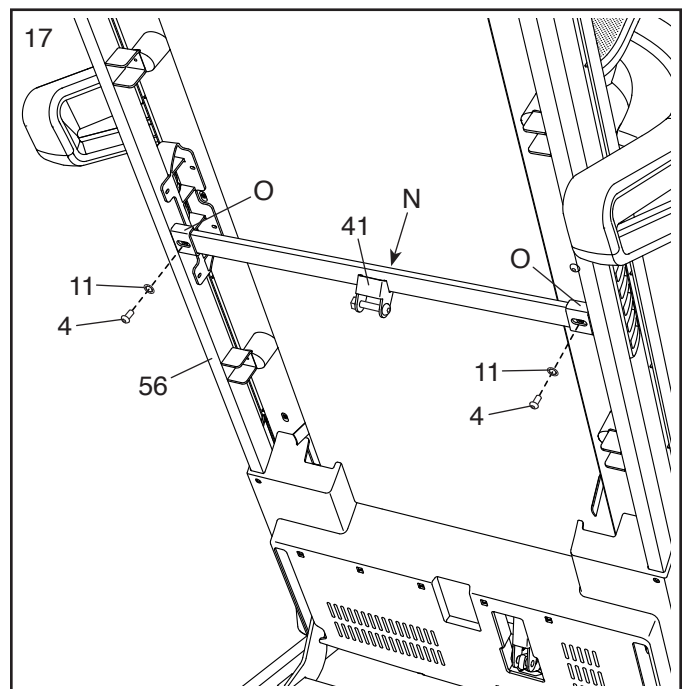


17. Note: If the treadmill is assembled on a smooth surface, it may roll forward in this step.

Remove the two 5/16" x 3/4" Screws (4) from the Latch Crossbar (41). Note: The Latch Crossbar is not preattached to the treadmill.

Raise the Frame (56) to the upright position. **Have a second person hold the Frame until step 19 is completed.**

Orient the Latch Crossbar (41) as shown. **Make sure that the "This side toward belt" sticker (N) is facing the treadmill.** Attach the Latch Crossbar to the brackets (O) on the Frame (56) with the two 5/16" x 3/4" Screws (4) that you just removed and two 5/16" Star Washers (11).

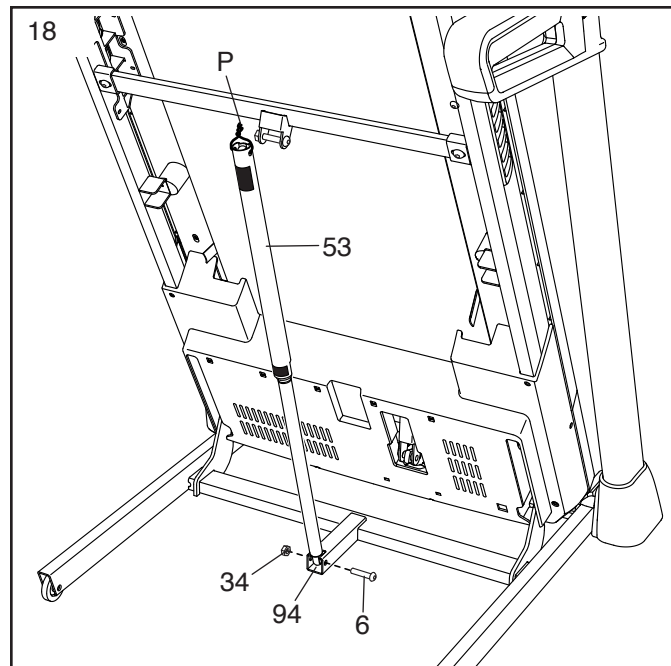


18. Remove the 5/16" Nut (34) and the 5/16" x 1 3/4" Bolt (6) from the bracket on the Base (94).

Next, orient the Storage Latch (53) as shown.

Attach the lower end of the Storage Latch (53) to the bracket on the Base (94) with the 5/16" x 1 3/4" Bolt (6) and the 5/16" Nut (34) as shown.

Then, raise the Storage Latch (53) to a vertical position, and remove the tie (P).

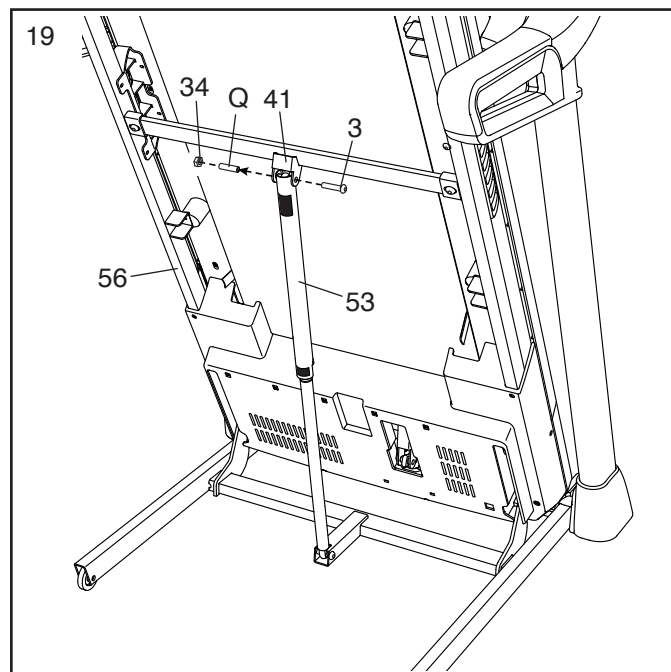


19. Remove the 5/16" Nut (34) and the 5/16" x 2 1/4" Bolt (3) from the bracket on the Latch Crossbar (41).

Align the upper end of the Storage Latch (53) with the bracket on the Latch Crossbar (41), and insert the 5/16" x 2 1/4" Bolt (3) through the bracket and the Storage Latch. **This will push a spacer (Q) out of the Storage Latch; discard the spacer.**

Next, tighten the 5/16" Nut (34) onto the 5/16" x 2 1/4" Bolt (3). **Do not overtighten the Nut; the Storage Latch (53) must be able to pivot.**

Then, lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 26).

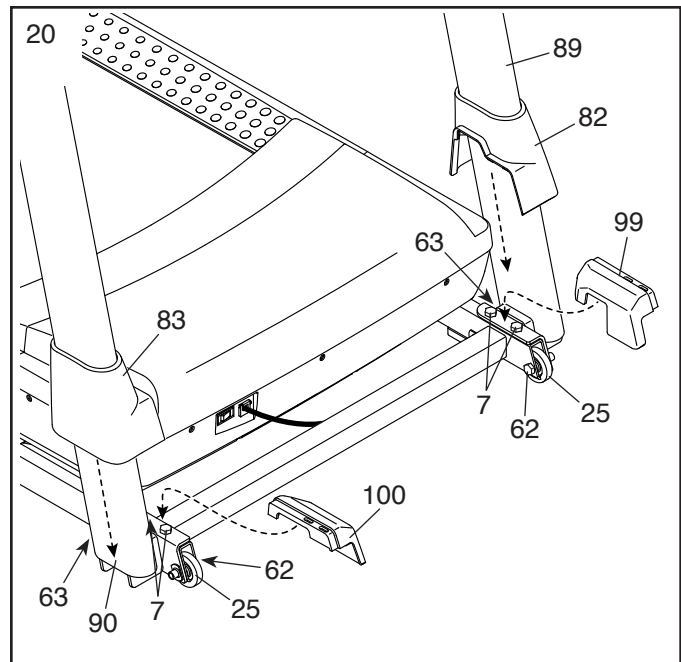


20. **Firmly tighten the four 3/8" x 2 3/8" Screws (7) and the two 3/8" x 1 1/4" Screws (63).**

Next, tighten the two 3/8" x 1 3/4" Screws (62); the Wheels (25) must turn freely.

Next, set the Left Inner Base Cover (99) onto the lower end of the Left Upright (89). Slide the Left Base Cover (82) downward and press it onto the Left Inner Base Cover.

Then, set the Right Inner Base Cover (100) onto the lower end of the Right Upright (90). Slide the Right Base Cover (83) downward and press it onto the Right Inner Base Cover.

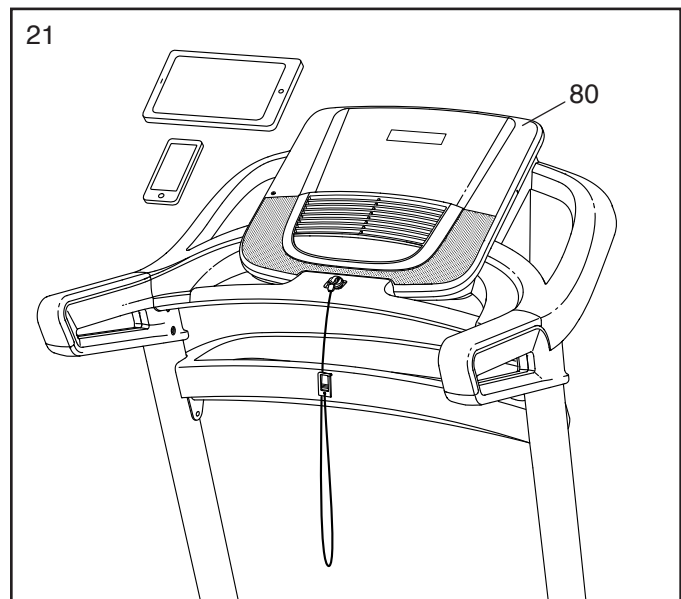


21. **IMPORTANT: You must activate your Console (80) to begin using its exclusive features.**

First, plug in the power cord (see page 18) and turn on the power (see page 20).

Then, using your smartphone or tablet, go to **iFIT.com/activate** and follow the instructions to activate the Console (80).

Note: If you do not have a smartphone or tablet, use your computer to go to iFIT.com/activate for an alternate way to activate the Console (80). If you do not have a computer, call Member Care (see the front cover of this manual).



22. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 28). Note: Extra hardware may be included.

HOW TO USE THE TREADMILL

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor (A) with the treadmill. To purchase a surge suppressor, see precaution 15 on page 3.**

Use only a surge suppressor (A) that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

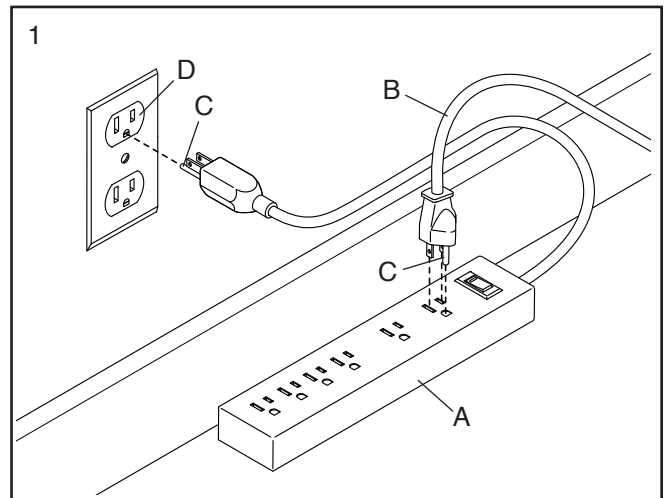
Plug in the Power Cord

The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord (B) has a plug with a grounding pin (C) (see drawing 1 on this page).

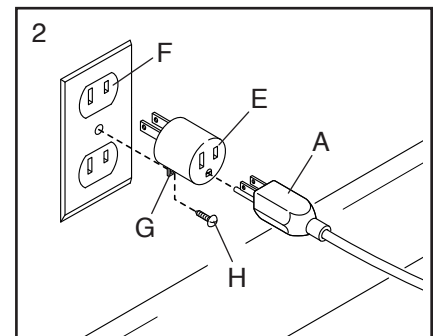
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

Plug the power cord (B) into a surge suppressor (A), and plug the surge suppressor into an appropriate outlet (D) that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit**

capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT:** If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.

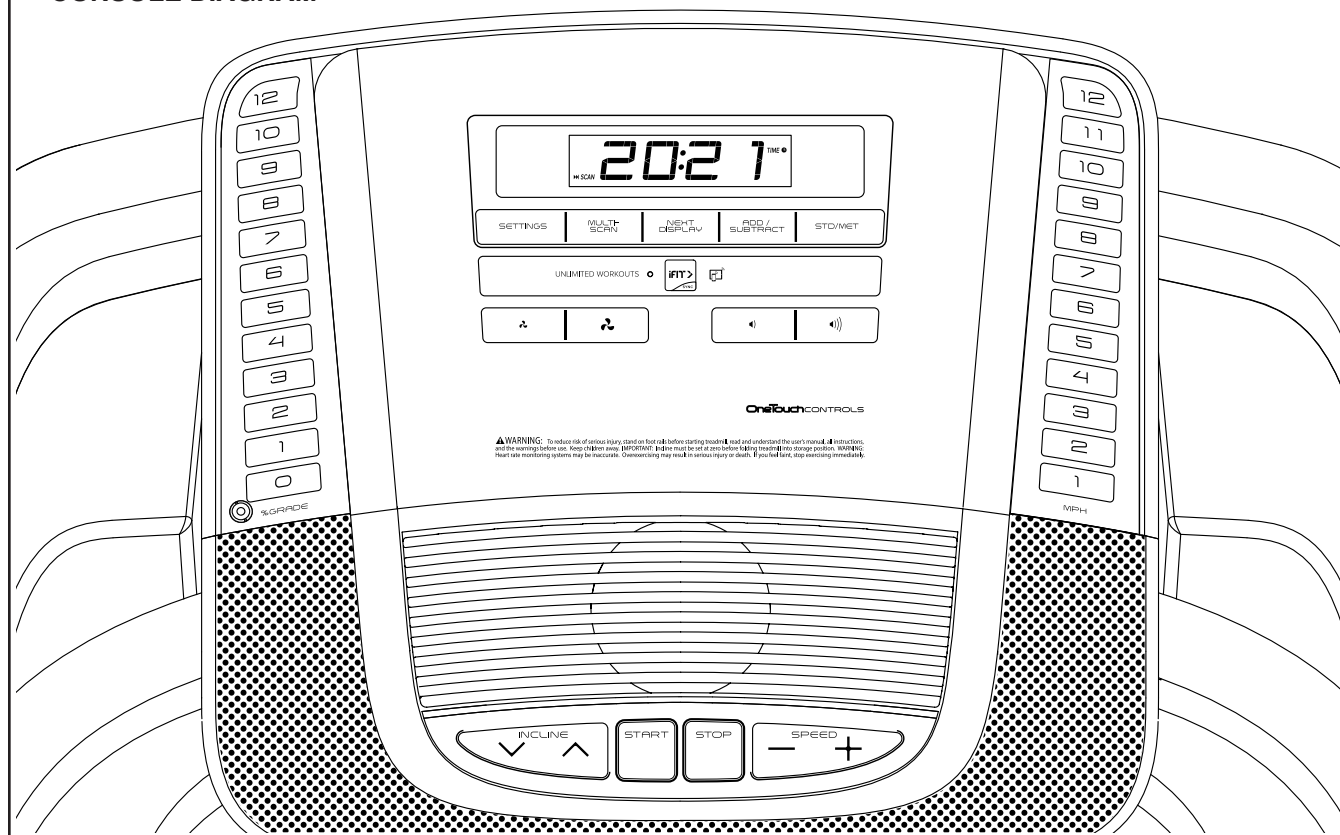


A temporary adapter (E) may be used to connect the surge suppressor (A) to a 2-pole receptacle (F) if a properly grounded outlet is not available.



The lug (G) or wire extending from the adapter must be connected with a metal screw (H) to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

IMPORTANT: To activate your console and begin using its exclusive features, see assembly step 21 on page 17.

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. During your workouts, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor. **See page 23 for information about purchasing or using an optional heart rate monitor.**

With an iFIT® subscription, you can connect your tablet or smartphone to the console to enjoy unlimited access to iFIT's library of thousands of studio and destination workouts. Each workout automatically changes the speed and incline of the treadmill as an iFIT coach guides you through the workout. You can even create your own workouts, record your workout results, set and track fitness goals, and access many other features.

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

To turn on the power, see page 20. **To use the manual mode,** see page 20. **To use an iFIT workout,** see page 22. **To use a wearable heart rate monitor,** see page 23. **To use the settings mode,** see page 24. **To use the sound system,** see page 25.

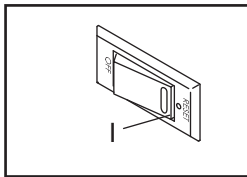
IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE SETTINGS MODE on page 24. To change the unit of measurement, press the STD/MET button. For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

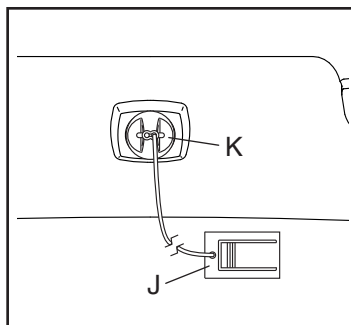
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 18). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position (I).



IMPORTANT: The console may feature a display demo mode, designed to be used if the treadmill is displayed in a store. If the display lights as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the display remains lit, see THE SETTINGS MODE on page 24 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip (J) attached to the key (K), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **Note: It may take some time for the console to be ready for use.** **IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.



IMPORTANT: The first time you use the treadmill, you must calibrate the incline system (see step 3 on page 24).

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Start the walking belt.

To start the walking belt, press the Start button or one of the numbered speed buttons.

If you press the Start button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. **Note:** This feature will not function when the console is set to metric units.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

3. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline buttons. Each time you press the Incline increase or decrease button, the incline setting will change by 0.5 percent. If you press one of the numbered incline buttons, the incline will gradually change until it reaches the selected incline setting.

4. Follow your progress with the display.

The display can show the following workout information:

Calories (CALs)—The approximate number of calories you have burned.

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

Distance (MI or KM)—The distance that you have walked or run in miles or kilometers. To change the unit of measurement, press the STD/MET button.

Incline (%Grade)—The incline level of the treadmill.

Pace—Your speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the STD/MET button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see page 23).

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

Time—The elapsed time.

Vertical Distance (VRT FT or VRT M)—The distance you have walked or run in vertical feet or vertical meters.

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

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



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

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

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

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

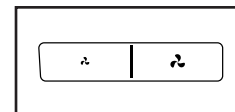
Next, press the Add/Subtract button to add or remove that workout information from the scan cycle. **When workout information is added**, its indicator will turn on in the display. **When workout information is removed**, its indicator will turn off.

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

To reset the displays, press the Stop button twice, remove the key, and then reinsert the key.

5. Turn on the fan if desired.

The fan features several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.



6. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to zero. The incline must be at zero when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE AN iFIT WORKOUT

The console offers access to a large and varied library of iFIT workouts when you download the iFIT app to your smart device and connect it to the console.

Note: The console supports Bluetooth® connections to smart devices via the iFIT app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. Download and install the iFIT app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFIT app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

Then, open the iFIT app and follow the instructions to set up an iFIT account and customize settings.

Take time to explore the iFIT app and learn about its features and settings.

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

If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO USE A WEARABLE HEART RATE MONITOR on page 23.

3. Connect your smart device 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 app to connect your smart device to the console.

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

4. Select an iFIT workout.

In the iFIT app, touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

To select a workout from the main menu 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.

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.

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFIT coach will guide you through a video workout. Touch the sound button (music notes symbol) to 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.

If the speed setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Speed buttons on the console. **IMPORTANT: When the current segment ends, the speed will automatically adjust to the setting programmed for the next segment.**

Note: 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 speed during the workout, the number of calories that you burn will be affected.

To pause the workout, simply touch the screen or press the Stop button. To continue the workout, press the play icon on the screen, or press the Start button.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

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 or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFIT 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 smart devices, heart rate monitors, and so forth) will be disconnected.

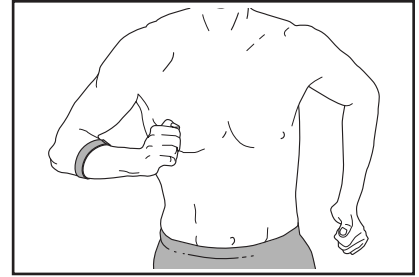
7. When you are finished exercising, remove the key from the console.

See step 6 on page 21.

HOW TO USE A WEARABLE 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 a heart rate monitor, please see the front cover of this manual.**



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

To connect your 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. All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

THE SETTINGS MODE

1. Select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display. Note: If you have selected a workout, you may need to press the Stop button repeatedly to return to the main menu before selecting the settings mode.

2. Navigate the settings mode.

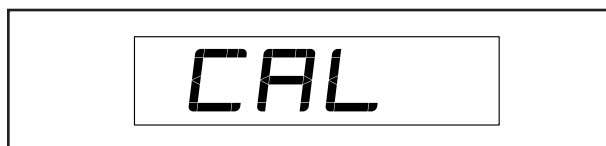
While the settings mode is selected, you can navigate through several settings screens. Press the Stop button repeatedly to select the desired settings screen.

3. Change settings as desired.

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

Incline System Calibration—The letters CAL will appear in the display. If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. When the treadmill stops moving, the incline system is calibrated.

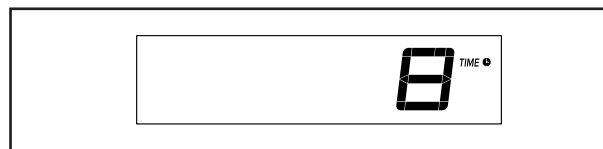
Note: The incline system may occasionally calibrate automatically when you turn on the treadmill. Wait for the calibration process to finish before you try to use the treadmill.



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

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

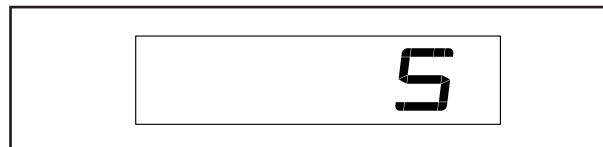
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the treadmill has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the walking belt has moved.



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



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



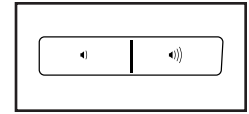
4. Exit the settings mode.

Press the Settings button to exit the settings mode.

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 buttons on the console or the volume control on your personal audio device.



IC INFORMATION

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device.

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

CAN ICES-3 (B)/NMB-3(B)

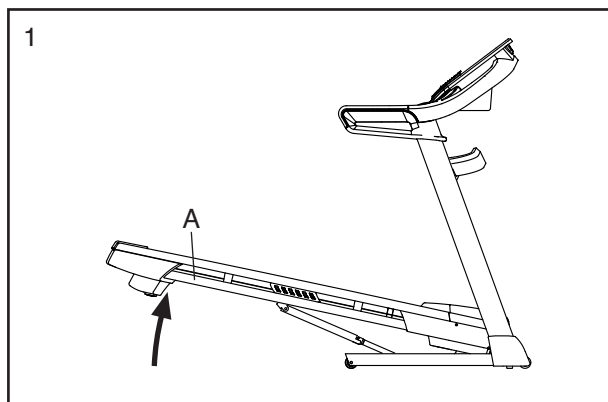
Note: The console contains IC ID: 3673A-BMD1

HOW TO FOLD AND MOVE THE TREADMILL

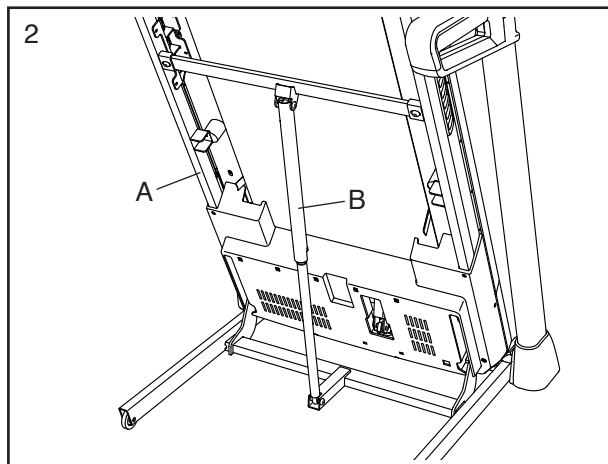
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to zero before you fold the treadmill. Then, remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame (A) firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame (A) until the storage latch (B) locks in the storage position. **CAUTION: Make sure that the storage latch locks.**



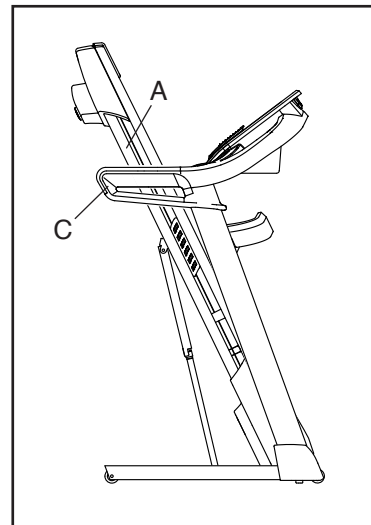
To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the storage latch is in the locked position.** Moving the treadmill may require two people. Take any necessary measures to protect your floor.

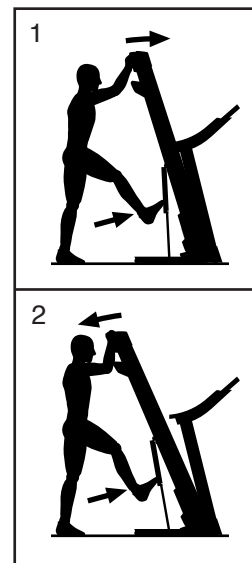
Hold the handrails (C) with both hands and carefully push the treadmill to the desired location.

CAUTION: Do not pull on the frame (A) and do not move the treadmill over an uneven surface.



HOW TO LOWER THE TREADMILL FOR USE

1. Push the upper end of the frame forward, and gently press the upper part of the storage latch with your foot at the same time.
2. While pressing the storage latch with your foot, pull the upper end of the frame toward yourself.
3. Step back and let the frame lower to the floor.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord**. Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

TROUBLESHOOTING

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a surge suppressor and that the surge suppressor is plugged into a properly grounded outlet (see page 18). Use only a surge suppressor that meets all of the specifications described on page 18.
IMPORTANT: If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.
- After the power cord has been plugged in, make sure that the key is inserted into the console.

- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown (A), the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in (B).



- The console requires activation. See assembly step 21 on page 17 to activate your console and begin using its exclusive features.

SYMPTOM: The power turns off during use

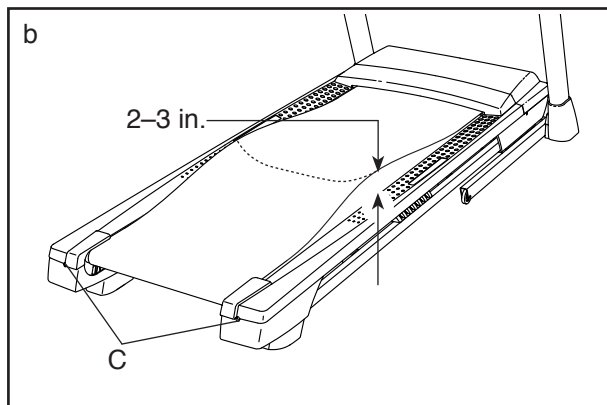
- Check the power switch (see drawing c above). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The incline of the treadmill does not change correctly

- See step 3 on page 24 to calibrate the incline system.

SYMPTOM: The walking belt slows when walked on

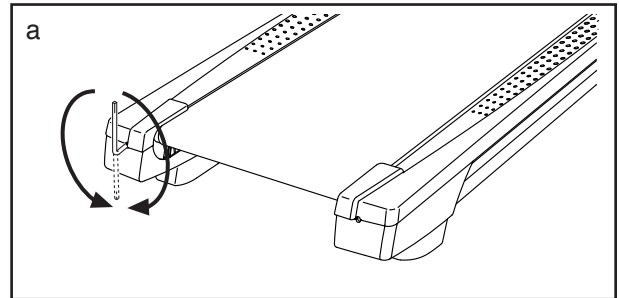
- a. Use only a surge suppressor that meets all of the specifications described on page 18.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws (C) counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. **Be careful to keep the walking belt centered.** Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



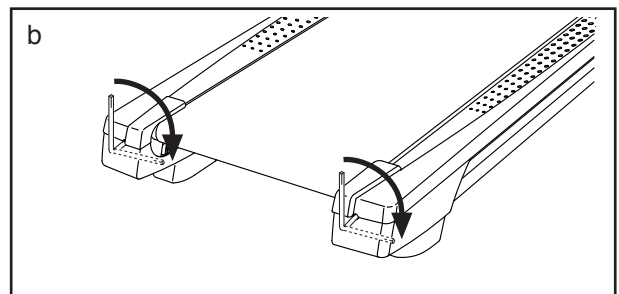
- c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center or slips when walked on

- a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. **Be careful not to overtighten the walking belt.** Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. **Be careful to keep the walking belt centered.** Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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	♥
20	30	40	50	60	70	80	

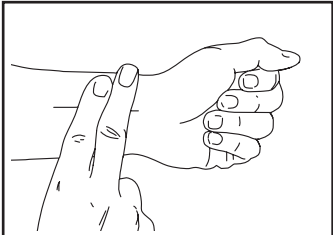
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

PART LIST

Model No. NTL89522C.1 R0622A

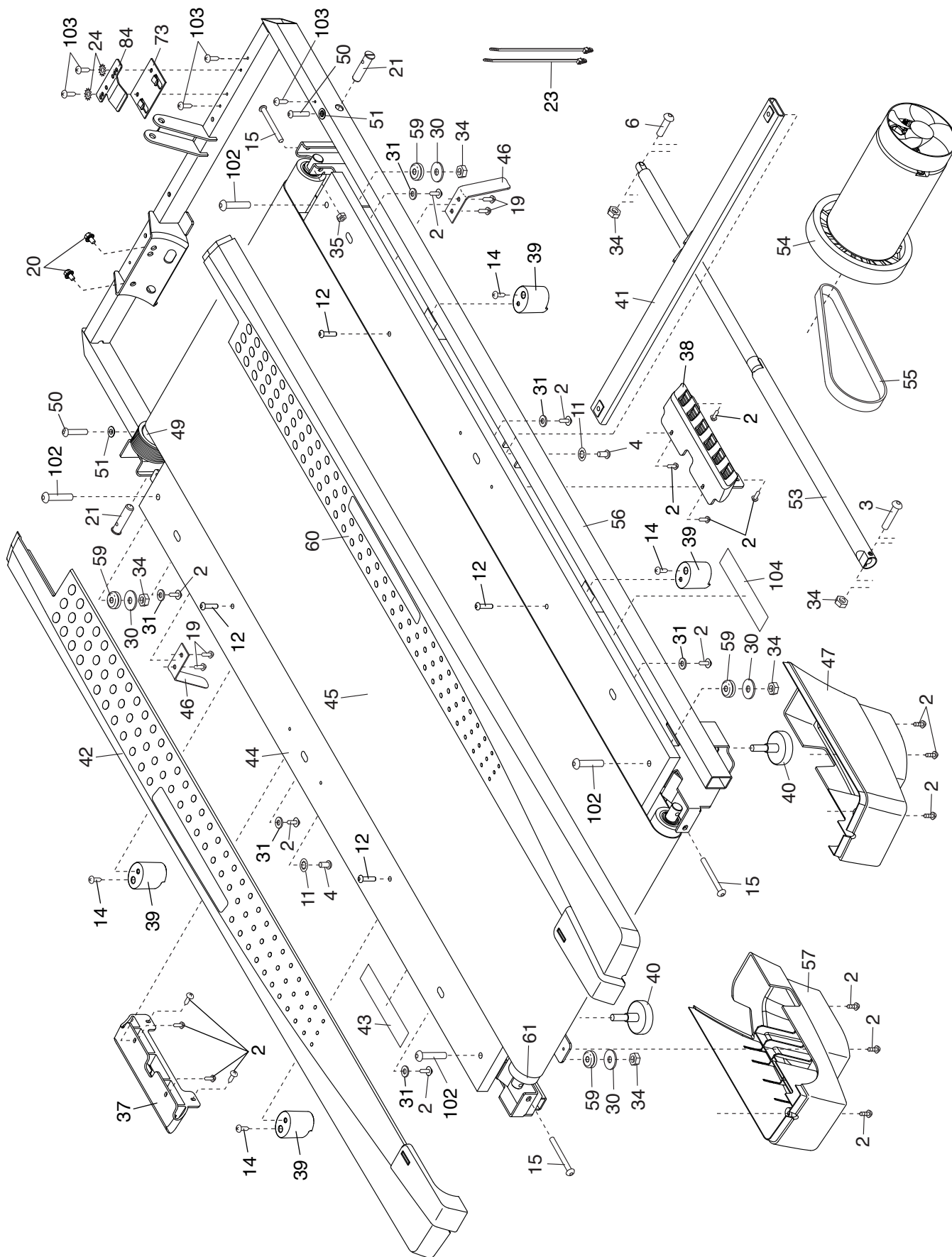
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	#8 x 5/8" Screw	51	2	9/32" Plastic Bushing
2	71	#8 x 3/4" Screw	52	4	3/8" Plastic Bushing
3	1	5/16" x 2 1/4" Bolt	53	1	Storage Latch
4	10	5/16" x 3/4" Screw	54	1	Drive Motor
5	2	#10 Star Washer	55	1	Motor Belt
6	1	5/16" x 1 3/4" Bolt	56	1	Frame
7	4	3/8" x 2 3/8" Screw	57	1	Left Rear Foot
8	1	Key/Clip	58	1	Console Ground Wire
9	2	#10 x 3/4" Screw	59	4	Rubber Cushion
10	12	#8 x 1/2" Screw	60	1	Right Foot Rail
11	10	5/16" Star Washer	61	1	Idler Roller
12	4	1/4" x 1" Bolt	62	2	3/8" x 1 3/4" Screw
13	8	3/8" Star Washer	63	2	3/8" x 1 1/4" Screw
14	4	#8 x 1/2" Pan Head Screw	64	1	Console Base
15	3	1/4" x 2 1/2" Screw	65	1	Motor Hood
16	1	3/8" x 1 1/2" Bolt	66	1	Hood Accent
17	2	3/8" x 1 1/2" Wheel Bolt	67	2	Incline Frame Spacer
18	1	Console Frame	68	5	Clip
19	4	#8 x 7/16" Screw	69	1	Incline Motor
20	2	5/16" Motor Screw	70	1	Incline Frame
21	2	3/8" Pin	71	2	Frame Spacer
22	2	3/8" x 1 1/8" Bolt	72	1	Controller
23	2	Cable Tie	73	1	Controller Plate
24	2	#8 Star Washer	74	1	Power Cord Grommet
25	4	Wheel	75	1	Power Switch
26	2	Wire Tie	76	1	Power Cord
27	1	Right Tray	77	1	Grommet
28	4	5/16" x 2 1/2" Screw	78	1	Belly Pan
29	1	3/8" x 1 3/4" Hex Head Bolt	79	1	Left Handrail Cover
30	4	5/16" Flat Washer	80	1	Console
31	6	Small Washer	81	1	Upright Wire
32	2	Incline Motor Spacer	82	1	Left Base Cover
33	6	3/8" Jam Nut	83	1	Right Base Cover
34	6	5/16" Nut	84	1	Controller Clamp
35	1	1/4" Nut	85	1	Right Handrail Cover
36	1	Left Tray	86	2	Handrail
37	1	Left Platform Cushion	87	1	Left Outside Handrail Cover
38	1	Right Platform Cushion	88	1	Left Inside Handrail Cover
39	4	Small Platform Cushion	89	1	Left Upright
40	2	Rear Foot	90	1	Right Upright
41	1	Latch Crossbar	91	2	Caution Decal
42	1	Left Foot Rail	92	2	Console Clamp
43	1	Warning Decal	93	1	Crossbar
44	1	Walking Platform	94	1	Base
45	1	Walking Belt	95	1	Right Inside Handrail Cover
46	2	Belt Guide	96	1	Right Outside Handrail Cover
47	1	Right Rear Foot	97	2	Base Pad
48	1	Tray	98	1	Upright Crossbar
49	1	Drive Roller/Pulley	99	1	Left Inner Base Cover
50	2	1/4" x 1 1/4" Screw	100	1	Right Inner Base Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	3/8" Washer	104	1	French Warning Decal
102	4	5/16" x 1 3/4" Shoulder Bolt	105	2	French Caution Decal
103	7	Ground Screw	*	—	User's Manual

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

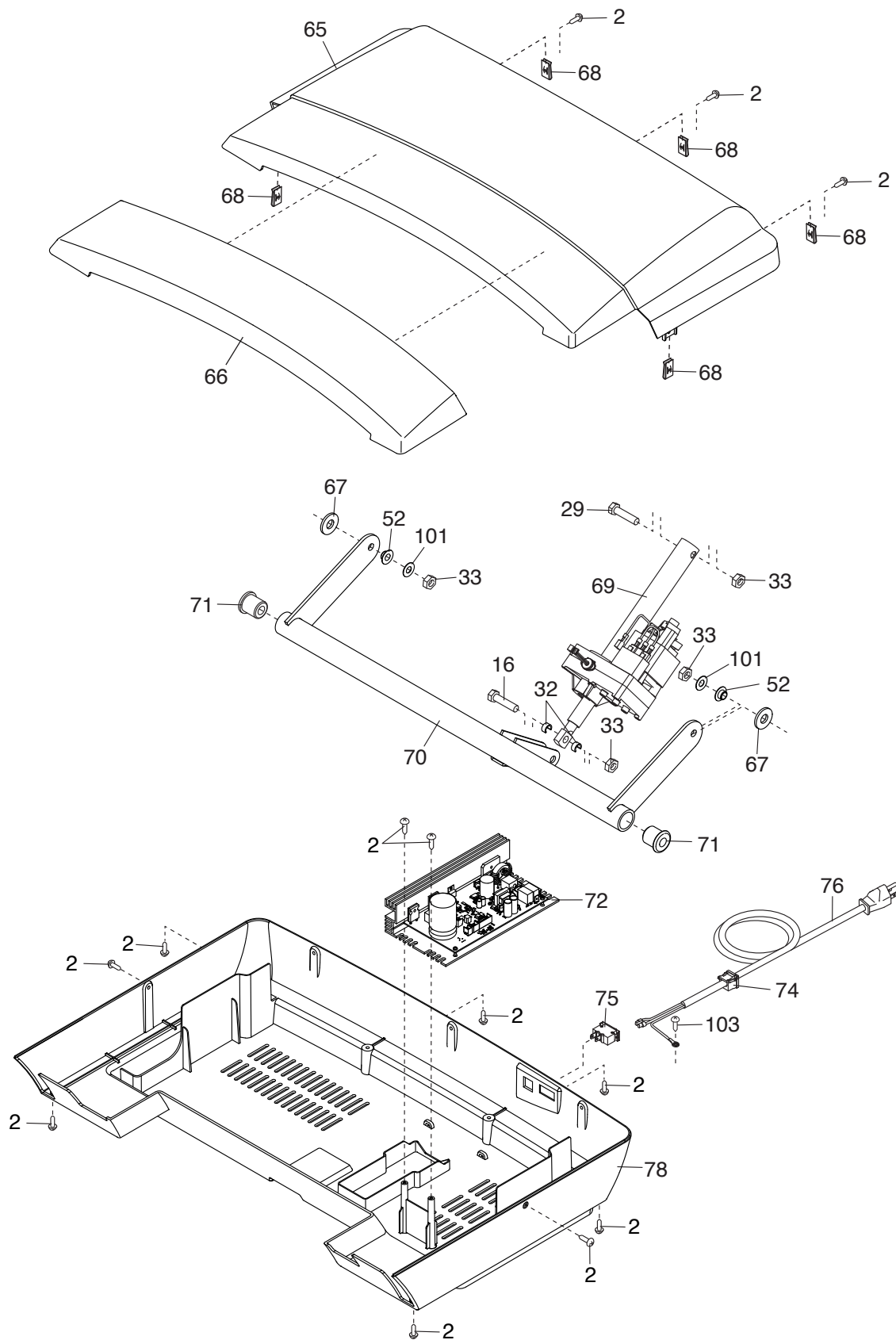
EXPLODED DRAWING A

Model No. NTL89522C.1 R0622A



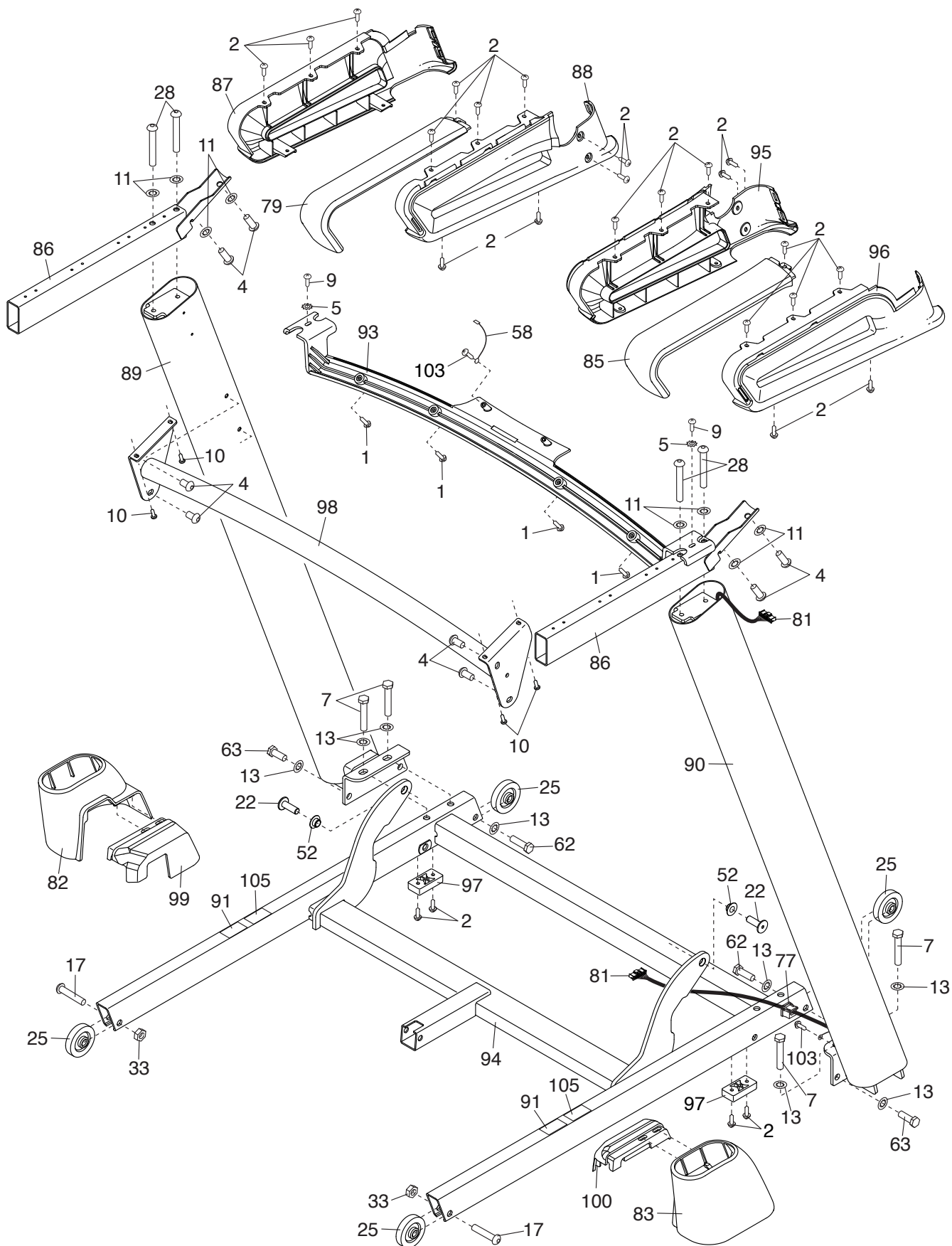
EXPLODED DRAWING B

Model No. NTL89522C.1 R0622A



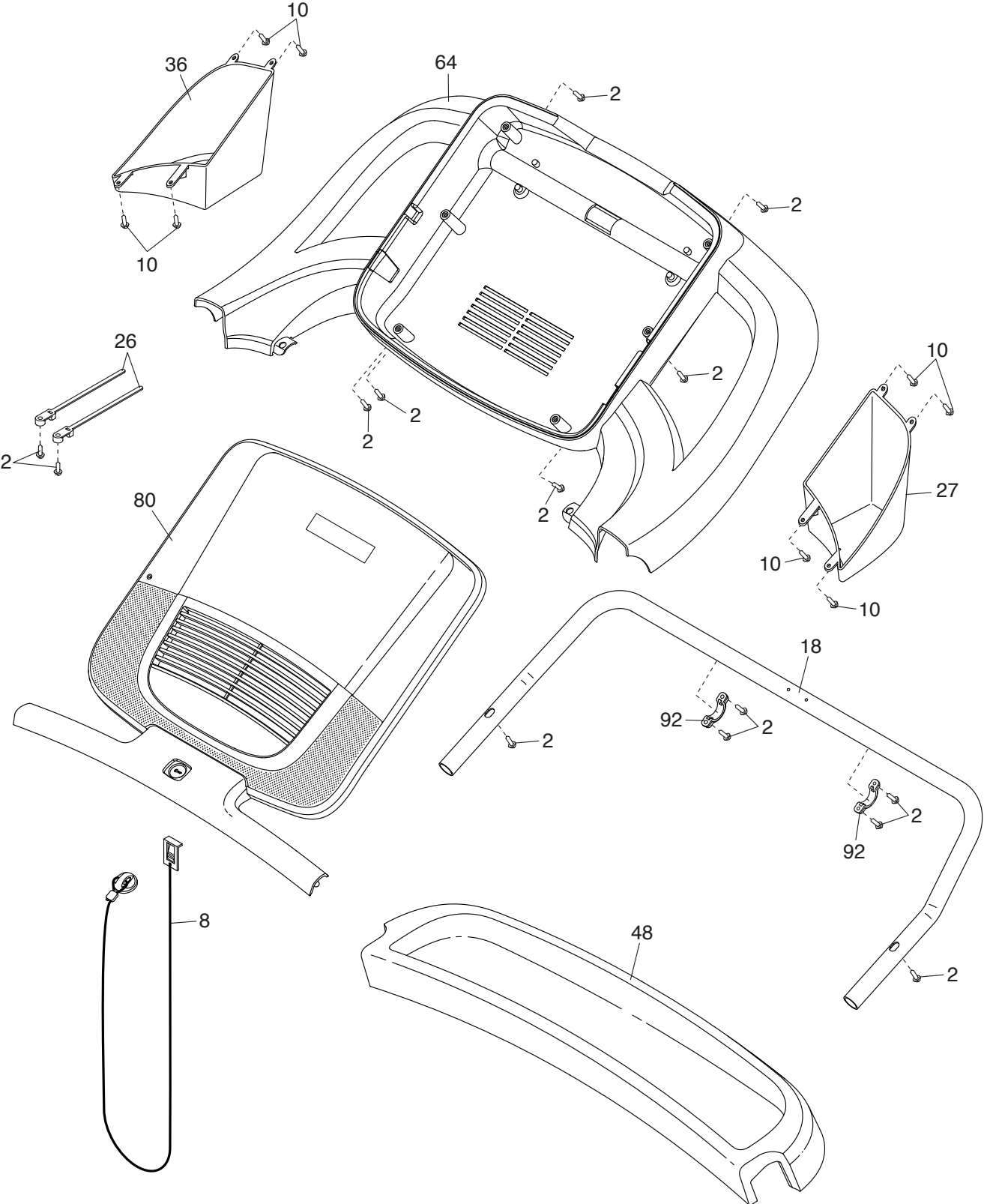
EXPLODED DRAWING C

Model No. NTL89522C.1 R0622A



EXPLODED DRAWING D

Model No. NTL89522C.1 R0622A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

iFIT Health & Fitness Inc. (iFIT) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years from the date of purchase. 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. iFIT's obligation under this warranty is limited to repairing or replacing, at iFIT's discretion, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by iFIT. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside of Canada, (3) if any instruction or warning in this manual is not followed, (4) if the product is abused or improperly or abnormally used, (5) if the product is modified to alter functionality or capability without the written permission of iFIT, or (6) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by iFIT.

iFIT 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).

iFIT Health & Fitness Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8