NordicTrack®

X7i Incline Trainer   USER'S MANUAL

Model No. NTL20909.3
Serial No. _____

Write the serial number here (see page 6).

⚠ CAUTION

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

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: To help us assist you, please register this product (see the limited warranty on page 38) before contacting Customer Care.

CALL TOLL-FREE: 1-888-825-2588 Mon.–Fri. 6 a.m.–6 p.m. MT; Sat. 8 a.m.–4 p.m. MT
ON THE WEB: www.nordictrackservice.com

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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.
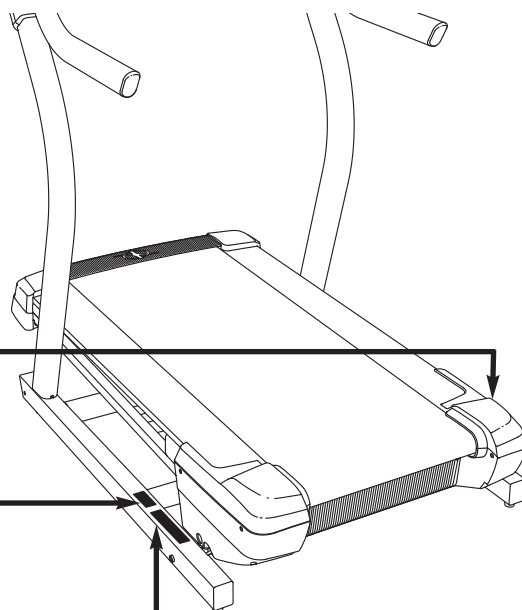
⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

⚠WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:

- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.

- Never allow children on or around treadmill.
- Remove key when not in use.

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

NordicTrack is a registered trademark of ICON IP, Inc.

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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 incline trainer before using your incline trainer. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. 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.

2. It is the responsibility of the owner to ensure that all users of this incline trainer are adequately informed of all warnings and precautions.

3. Use the incline trainer only as described.

4. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.

5. Place the incline trainer 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 incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.

6. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.

7. Keep children under age 12 and pets away from the incline trainer at all times.

8. The incline trainer should be used only by persons weighing 350 lbs. (159 kg) or less.

9. Never allow more than one person on the incline trainer at a time.

10. Wear appropriate exercise clothes when using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord (see page 14), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See TROUBLESHOOTING on page 27 if the incline trainer is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 16).

17. Never start the incline trainer while you are standing on the walking belt. Always hold the handrails while using the incline trainer.

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18. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the incline trainer unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the incline trainer is not in use. (See the drawing on page 6 for the location of the power switch.)

21. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO MOVE THE INCLINE TRAINER on page 26.) You must be able to safely lift 45 lbs. (20 kg) to move the incline trainer.

22. Do not change the incline of the incline trainer by placing objects under the incline trainer.

23. Inspect and properly tighten all parts of the incline trainer regularly.

24. Never insert or drop any object into any opening on the incline trainer.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the incline trainer, 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.

26. The incline trainer is intended for in-home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.

27. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
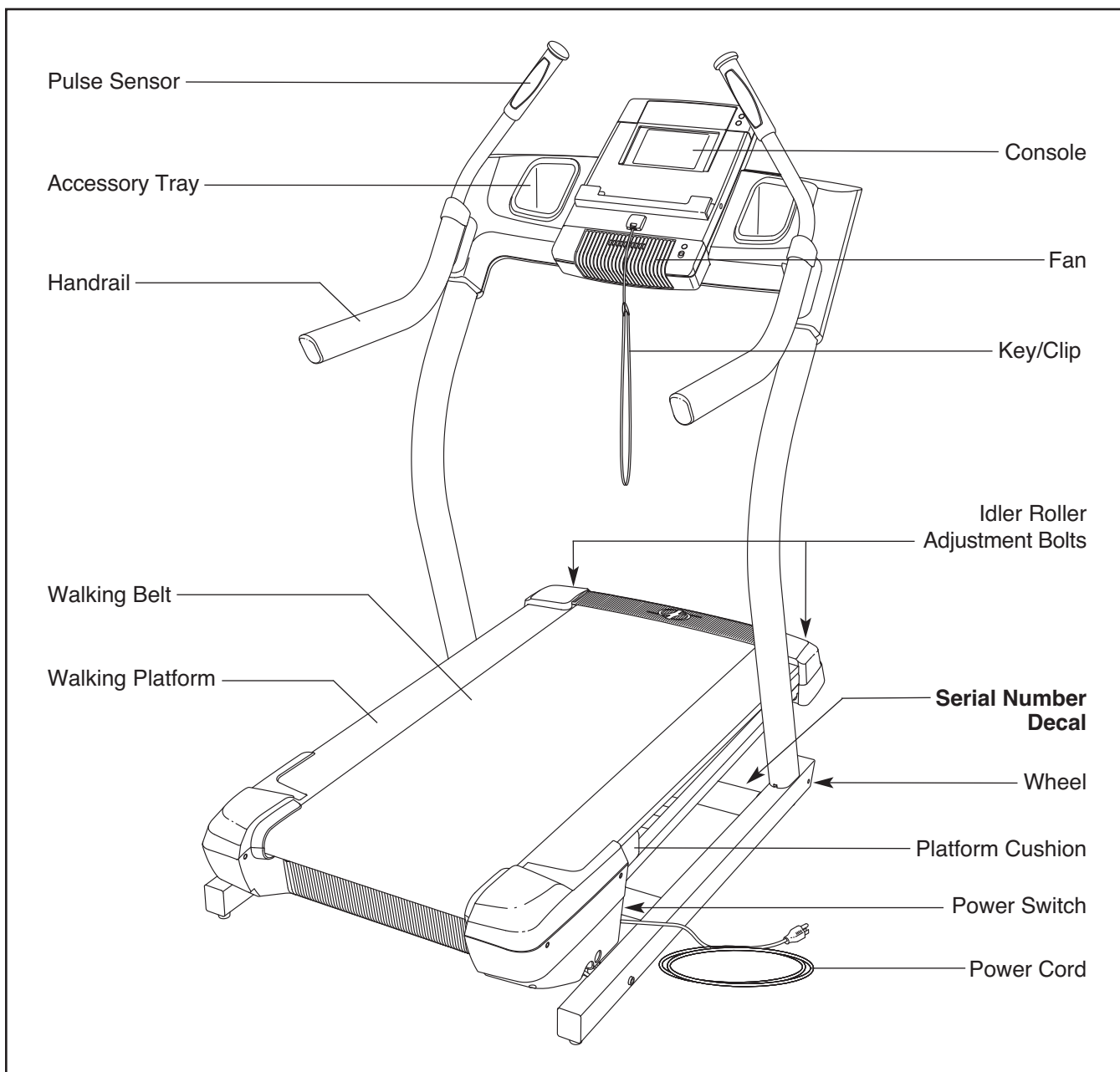
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® INCLINE TRAINER X7i INTERACTIVE. The INCLINE TRAINER X7i INTERACTIVE offers a selection of features designed to make your workouts at home more enjoyable and effective.

For your benefit, read this manual carefully before using the incline trainer. If you have questions after reading this manual, ple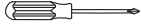ase see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is shown on the front cover of this manual. The location of the serial number decal is shown below.

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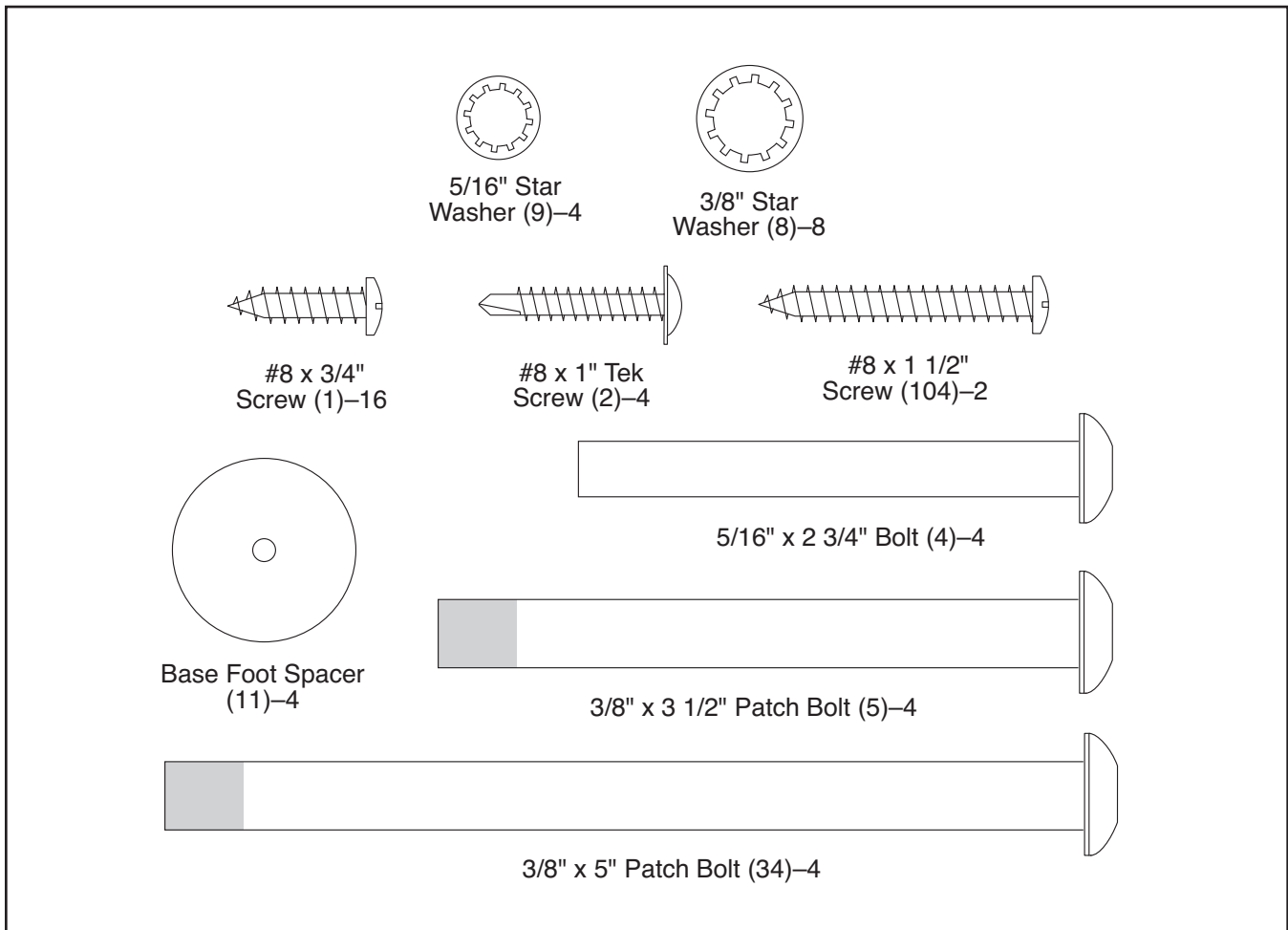
Pulse Sensor

Accessory Tray

Handrail

Walking Belt

Walking Platform

Console

Fan

Key/Clip

Idler Roller Adjustment Bolts

Serial Number Decal

Wheel

Platform Cushion

Power Switch

Power Cord

ASSEMBLY

Assembly requires two persons. Set the incline trainer in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the incline trainer walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect incline trainer performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys [hex key drawing] **and your own Phillips screwdriver** [screwdriver drawing] .

Use the drawings below to identify the assembly hardware. 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 after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**

5/16" Star
Washer (9)–4

3/8" Star
Washer (8)–8

#8 x 3/4"
Screw (1)–16

#8 x 1" Tek
Screw (2)–4

#8 x 1 1/2"
Screw (104)–2

5/16" x 2 3/4" Bolt (4)–4

Base Foot Spacer
(11)–4

3/8" x 3 1/2" Patch Bolt (5)–4

3/8" x 5" Patch Bolt (34)–4

1. To make assembly easier, read the information on page 7 before you begin.

   Make sure that the power cord is unplugged.

   With the help of a second person, tip the incline trainer onto its left side. **Have the second person hold the incline trainer to prevent it from falling.**

   Attach four Base Feet (10) and four Base Foot Spacers (11) to the Base (80) with four #8 x 1" Tek Screws (2) in the locations shown. **Be careful not to overtighten the Tek Screws.**
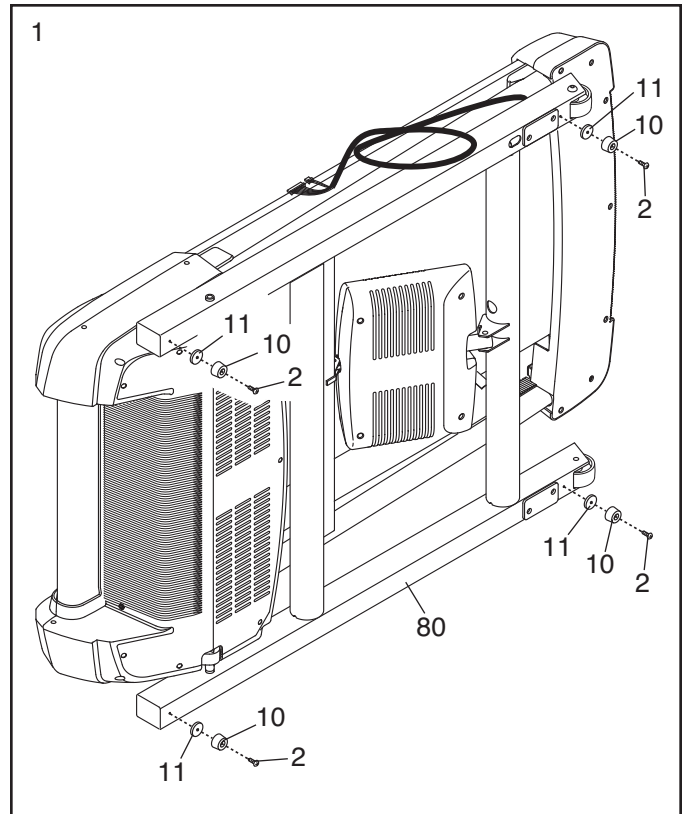

2. Identify the Right Upright (79), which is marked with a "Right" sticker. Hold the Right Upright near the incline trainer.

   See the lower inset drawing. Tie the wire tie in the Right Upright (79) around the end of the Upright Wire (78). **See the upper inset drawing.** Then, pull the other end of the wire tie until the Upright Wire is routed out of the side hole near the top of the Right Upright.

   Orient the Right Upright (79) as shown. Attach the Right Upright to the Base (80) with two 3/8" x 3 1/2" Patch Bolts (5) and two 3/8" Star Washers (8). **Start both Patch Bolts, and then tighten each of them. Be careful not to pinch the Upright Wire (78).**

   With the help of a second person, tip the incline trainer onto its right side. **Have the second person hold the incline trainer to prevent it from falling.**

   Attach the Left Upright (not shown) as described above. Note: There are no wires on the left side.

8
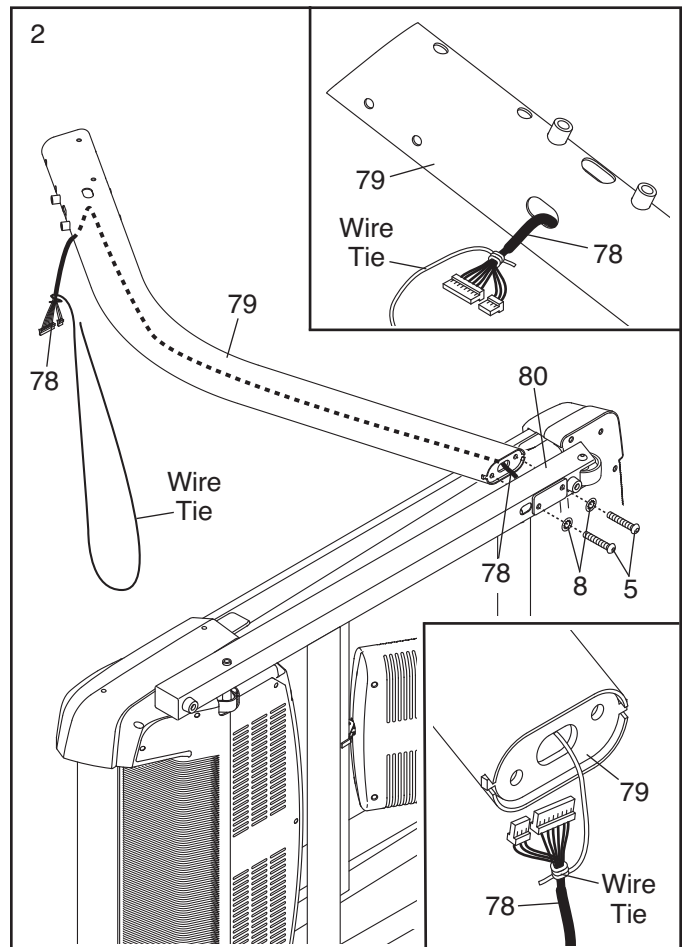
3. With the help of a second person, carefully tip the incline trainer down so that the Base (80) is flat on the floor.
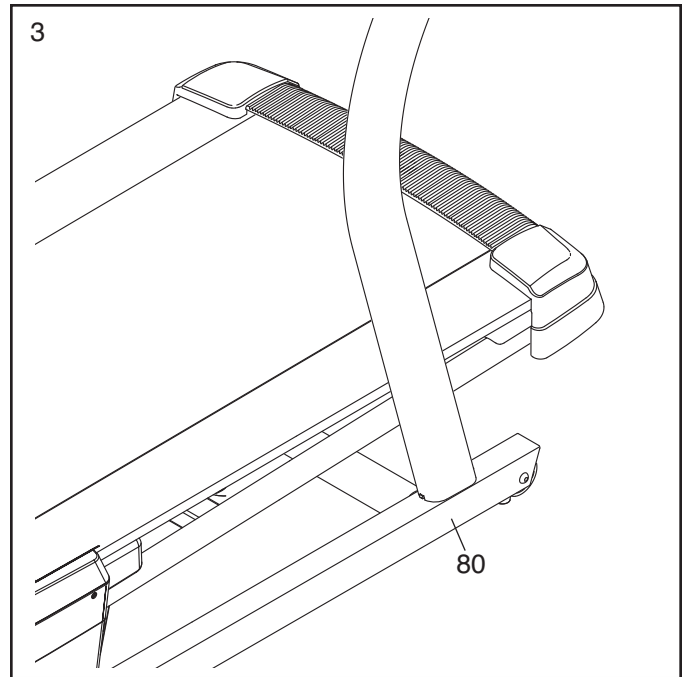

4. Set the Console Cover (87) face down on a soft surface. Remove the two #8 x 1 1/2" Screws (104) from the Console Back (89). **Save the Screws for step 6.** Separate the Console Back from the Console Cover, and remove the Console Crossbar (not shown) from inside.
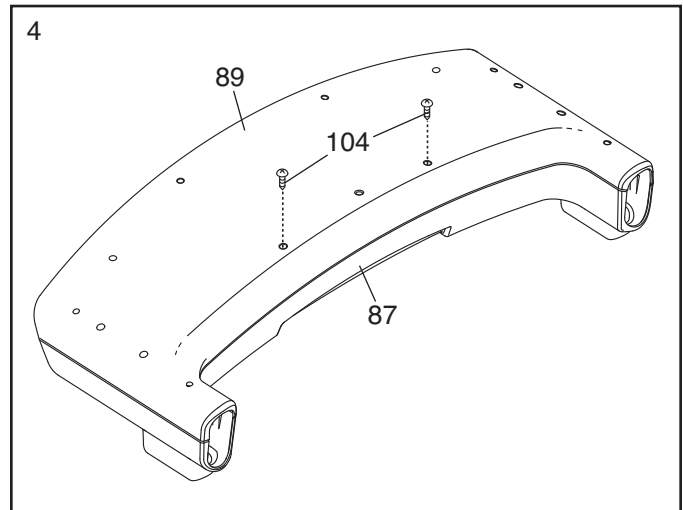
5. Position the Console Crossbar (103) between the Uprights (77, 79) as shown. Attach the Console Crossbar to the Uprights with four 5/16" x 2 3/4" Bolts (4) and four 5/16" Star Washers (9). **Do not fully tighten the Bolts yet.**

Remove the wire tie from the Upright Wire (78).
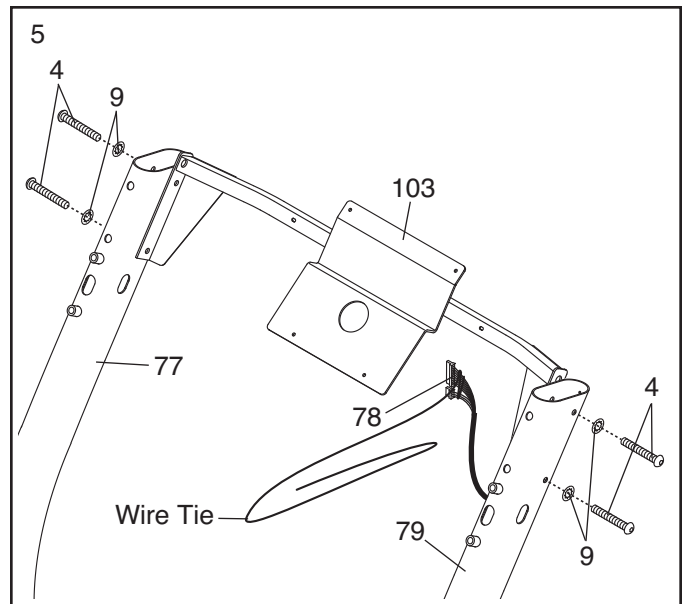
6. Set the Console Cover (87) on the Uprights (77, 79). Make sure that the Console Cover is oriented with the ties toward the bottom as shown.

Attach the Console Cover (87) with the two #8 x 1 1/2" Screws (104) that you removed in step 4. **Start both Screws, and then tighten each of them. Do not overtighten the Screws.**
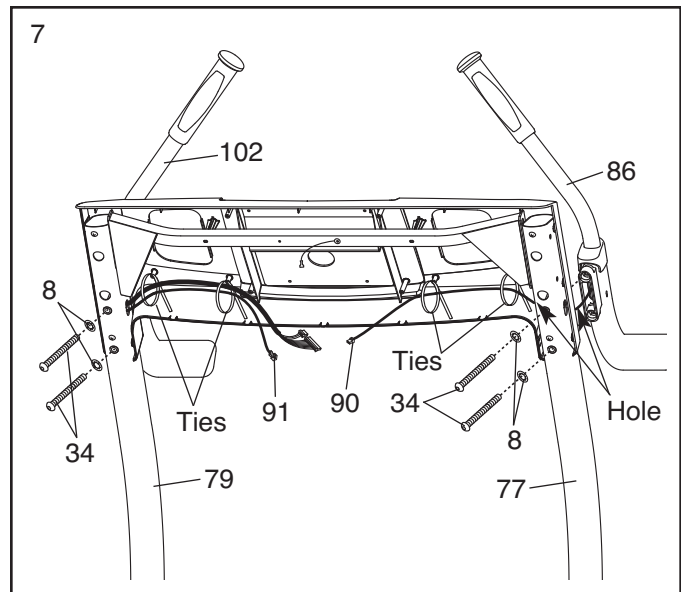
Insert the Upright Wire (78) through the loops in the ties.

10
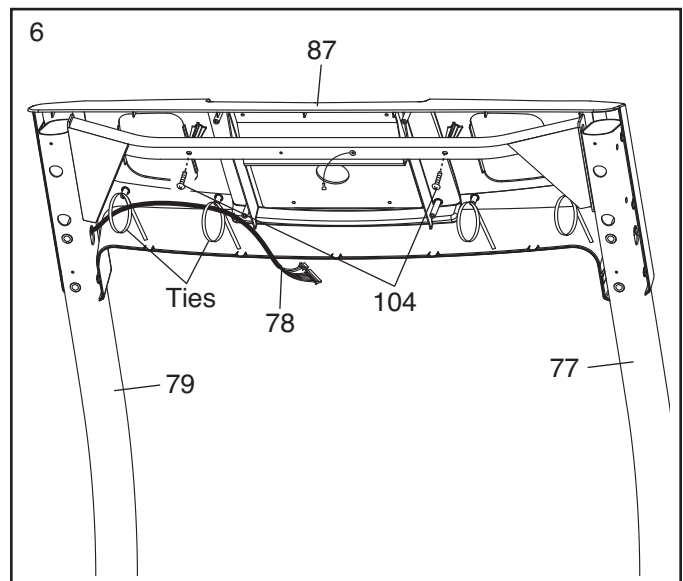
7. Have a second person hold the Left Pulse Handrail (86) near the Left Upright (77). Insert the Left Pulse Wire (90) from the Left Pulse Handrail through the hole in the Left Upright and pull it out of the hole in the side of the Left Upright. Then, insert the Left Pulse Wire through the loops in the ties.

   Attach the Left Pulse Handrail (86) to the Left Upright (77) with two 3/8" x 5" Patch Bolts (34) and two 3/8" Star Washers (8). **Do not fully tighten the Patch Bolts yet.**

   Attach the Right Pulse Handrail (102) to the Right Upright (79) as described above. **Then, tighten all four Patch Bolts (34).**

8. Have a second person hold the Console (85) near the Console Cover (87). Insert the wires from the Console through the indicated hole.

   Connect the Upright Wire (78), the Left and Right Pulse Wires (90, 91), and the Ground Wire (97) to the wires extending from the Console (85). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

11
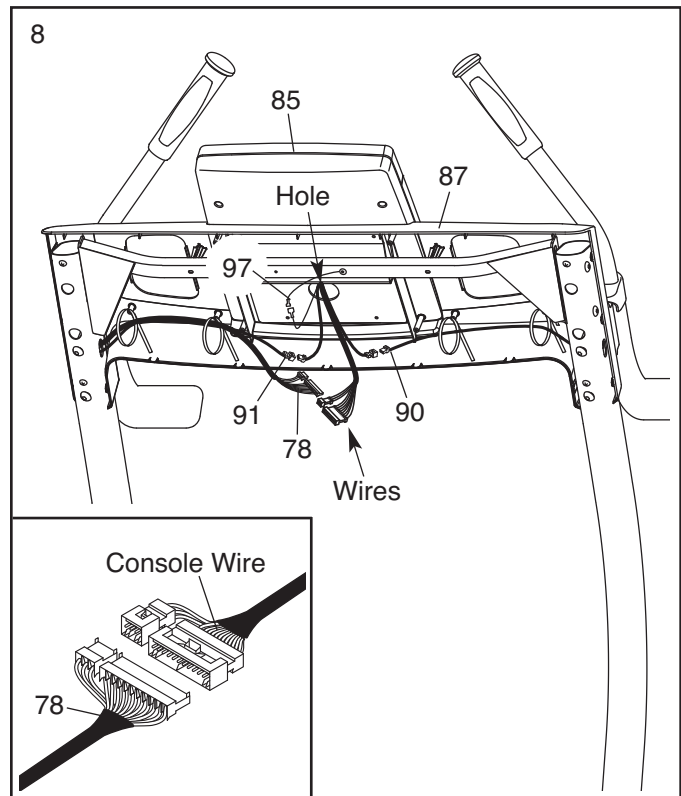
9. Attach the Console (85) with four #8 x 3/4"
Screws (1). **Start all four Screws, and then
tighten each of them. Do not overtighten the
Screws.**

Tighten the four loops around the wires by
pulling on the ends of the ties.

See step 5. Tighten the 5/16" x 2 3/4" Bolts (4).
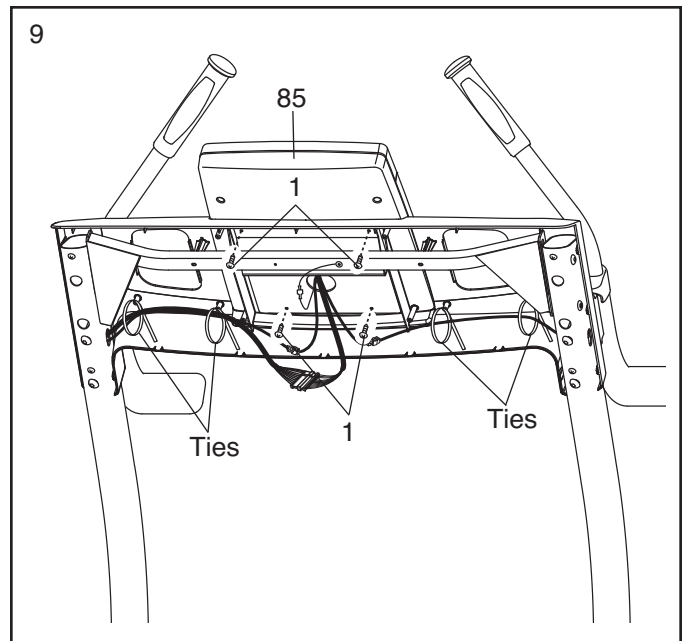
10. Attach the Console Back (89) to the Console
Cover (87) with two #8 x 1 1/2" Screws (104)
and twelve #8 x 3/4" Screws (1). **Start all four-
teen Screws, and then tighten each of them.
Do not overtighten the Screws. Make sure
that no wires are pinched.**
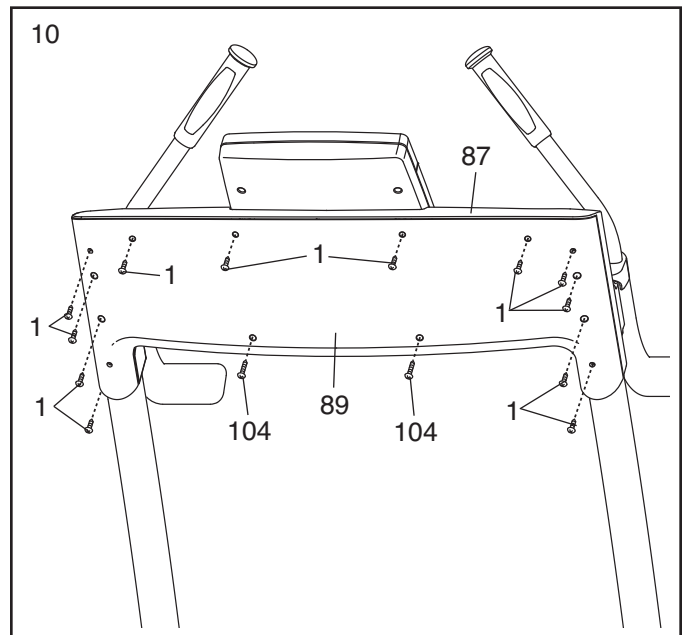
11. Press the Left and Right Accessory Trays (99, 100) into the Console Cover (87).

Make sure that the two Handrail Covers (76) are slid down against the Handrails (88).
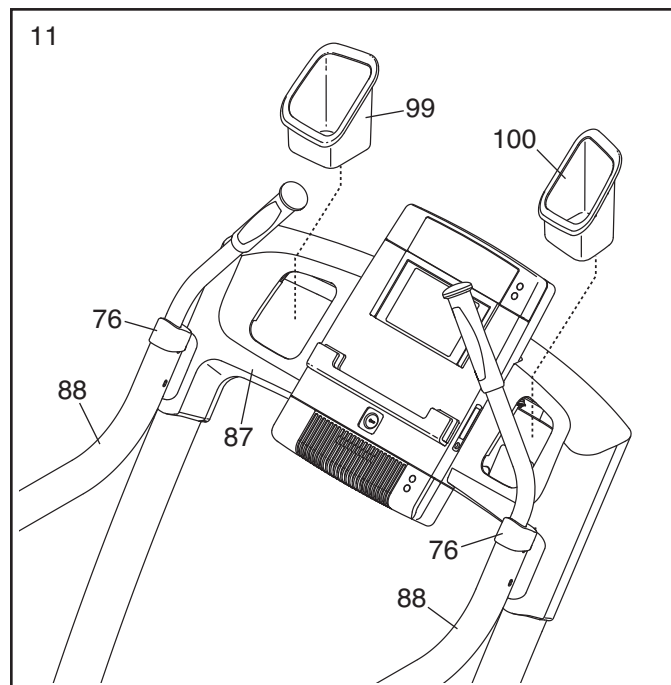
12. **Make sure that all parts are properly tightened before you use the incline trainer.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 28 and 29). **To protect the floor or carpet from damage, place a mat under the incline trainer.**

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OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your incline trainer 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. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your incline trainer, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your incline trainer, always use a surge suppressor with your incline trainer (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 4.**

Use only a single-outlet surge suppressor 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 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 damage the control system of the incline trainer (see precaution 13 on page 4).

This product 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. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet**

that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The incline trainer is not compatible with GFCI-equipped outlets.

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).
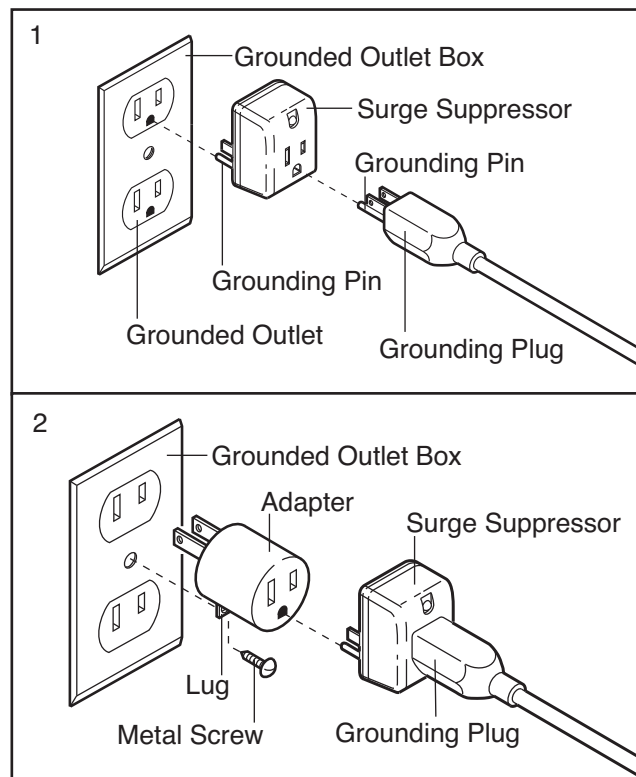
The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

14

CONSOLE DIAGRAM

40
30
20
15
10
5
0
-2
-4
-6

% GRADE

Set a Goal

| Time | Distance | Calories |

120 minutes | Incline **18.0** % grade | Speed **11.0** mph | Est. Calories **435**

− + | − + | − + | Est. Distance **4.50**

← Back | Start Workout

T O U C H   S C R E E N

TERRAIN SIMULATION WORKOUTS   *i*fit LIVE

| Diamond Head Hawaii **300** cals | Appalachian Trail New Hampshire **400** cals | LIVE Workouts | Bright Angel Grand Canyon **600** cals | Skyline Trail Mount Rainier **700** cals |
| Delicate Arch Arches Nat. Park **350** cals | Cathedral Rock Nevada **450** cals | Rapid River Boise Idaho **550** cals | Looking Glass North Carolina **650** cals | Panorama Yosemite NP **750** cals |

⚠ WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

12
10
8
7
6
5
4
3
2
1

MPH

Audio Jack

ELEVATION | START | STOP | SPEED

FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, you can change the speed and incline of the incline trainer with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features twenty-nine preset workouts—twenty calorie burn workouts and nine all-terrain trails workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session. In addition, you can set a time, distance, or calorie goal.

The console also features an iFit Live mode that enables the incline trainer to communicate with your wireless network. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. See www.iFit.com for complete information.

You can also listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use a set-a-goal workout,** see page 19. **To use a calorie burn workout or an all-terrain trails workout,** see page 20. **To use the iFit Live mode,** see page 22. **To use the stereo sound system,** see page 23. **To use the settings mode,** see page 23. **To use the maintenance mode,** see page 25.

IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time the incline trainer is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 29).

Note: The console may be able to display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 5 on page 24. For simplicity, all instructions in this manual refer to miles.

HOW TO TURN ON THE POWER

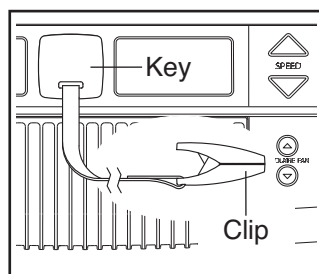**IMPORTANT: If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.**

Plug in the power cord (see page 14). Next, locate the power switch on the incline trainer frame near the power cord. Make sure that the power switch is in the reset position.

Reset
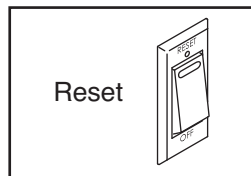
IMPORTANT: The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the demo mode is turned on, the displays will light a few seconds after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 4 on page 24.

Next, stand on the walking platform of the incline trainer. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **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.**

Key

Clip

Before using the incline trainer, please check for firmware updates (see step 7 on page 25).

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER at the left. If necessary, press the Incline buttons or the Elevation buttons to adjust the incline level to 0 percent. **Note: It may take a minute for the console to be ready for use.**

2. **Select the start menu.**

    Each time the key is inserted, the start menu will appear. If you have selected a workout or the iFit Live mode, press the iFit Menu button in the upper right corner of the screen. Next, press the End Workout button and then press the Done button to return to the start menu.
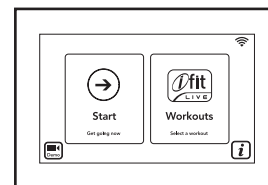
    If the iFit login screen appears, press the Main Menu button and then press the Back button to return to the start menu.

    Note: A Demo button may appear in the lower left corner of the screen. If you press the Demo button, the incline trainer will run a demo workout.

3. **Start the walking belt and adjust the speed.**

    To start the walking belt, press the Start button on the screen or the Start button on the console. 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.

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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.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

4. **Change the incline of the incline trainer as desired.**

To change the incline of the incline trainer, press the Elevation increase and decrease buttons or one of the Incline buttons numbered -6 to 40. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: As the incline changes, the maximum speed of the incline trainer will change. When the incline is from -6% to -5%, the maximum speed will be 6 mph; when the incline is from -4.5% to -3.5%, the maximum speed will be 7 mph; when the incline is from -3% to -2.5%, the maximum speed will be 8 mph; when the incline is from -2% to -1.5%, the maximum speed will be 8.5 mph; when the incline is from -1% to -0.5%, the maximum speed will be 9 mph; when the incline is from 0% to 15%, the maximum speed will be 12 mph; when the incline is from 15.5% to 25%, the maximum speed will be 8 mph; when the incline is from 25.5% to 40%, the maximum speed will be 6 mph.

5. **Monitor your progress.**

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly press the Display increase or decrease button on the screen.

As you walk or run on the incline trainer, the screen can show the following workout information:

• The elapsed time

• The approximate number of calories you have burned

• The distance that you have walked or run

• The incline level of the incline trainer

• The speed of the walking belt

• A track representing 1/4 mile (400 meters)

• The time to complete one lap at the current speed setting

• Your current lap number

• The time remaining

• The approximate number of calories burned per hour

• The number of vertical feet you have climbed

• Your pace in minutes per mile

• Your heart rate (see step 6 on page 18)

The displays at the top of the screen can show two pieces of information. Press each display until the display shows the desired information. Note: The manual mode does not have a time remaining countdown.

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

To reset the console, press the iFit Menu button in the upper right corner of the screen. To pause the workout, press the Pause button. To continue the workout, press the Resume button or the Start button. To end the workout and select a new workout, press the New Workout button. To end the workout, press the End Workout button.

Note: The small wireless symbol in the upper right corner of the screen will show your wireless connection status. If the symbol is yellow, your incline trainer is connected to your wireless network. If the symbol is green, your incline trainer is connected to your wireless network and you have logged in to www.iFit.com. If the symbol does not appear, your incline trainer is not connected to your wireless network.
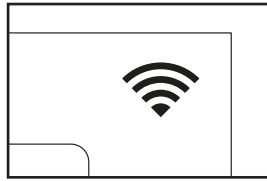
6. **Measure your heart rate if desired.**

Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts, if necessary. In addition, make sure that your hands are clean.
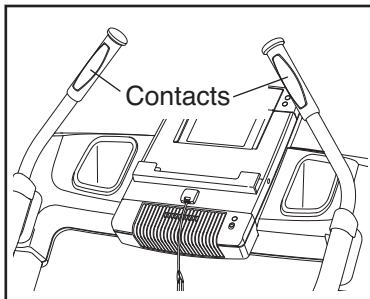
Contacts

To measure your heart rate, **stand on the walking platform** and hold the metal contacts on the handrails for approximately ten seconds—**avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

The fan features three speed settings. Press the Coolaire Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

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

Step onto the walking platform and press the Stop button repeatedly until a workout summary appears on the screen. After you view the workout summary, press the Done button. Then, remove the key from the console and put it in a secure place.

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

18

HOW TO USE A SET-A-GOAL WORKOUT

1. **Insert the key into the console.**

   See step 1 on page 16.

2. **Select the start menu.**

   See step 2 on page 16.

3. **Select a set-a-goal workout.**

   To select a set-a-goal workout, press the Workouts button on the screen. Then, press the Set a Goal button.

   To set a time, distance, or calorie goal, press the Time, Distance, or Calories button. Then, press the increase and decrease buttons on the screen to select a time, distance, or calorie goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.
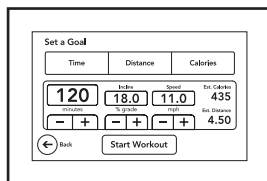
4. **Start the workout.**

   Press the Start Workout button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   The workout will function in the same way as the manual mode (see pages 16 to 18).

   The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Done button.

5. **Monitor your progress.**

   See step 5 on pages 17 and 18. The screen can also show your goal and a status bar showing your progress toward your goal.

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

   See step 6 on page 18.

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

   See step 7 on page 18.

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

   See step 8 on page 18.

HOW TO USE A CALORIE BURN WORKOUT OR AN ALL-TERRAIN TRAILS WORKOUT

1. **Insert the key into the console.**

   See step 1 on page 16.

2. **Select the start menu.**

   See step 2 on page 16.

3. **Select a calorie burn workout or an all-terrain trails workout.**

   To select a calorie burn workout or an all-terrain trails workout, press the Workouts button on the screen. Then, press the Calorie Burn button or the All-Terrain Trails button. You can also press the Terrain Simulation Workouts buttons on the console.

   To select a calorie burn workout, select the desired difficulty level. Then, select the desired workout. The screen will show the approximate number of calories you will burn during the workout. The screen will also show the duration and distance of your workout. In addition, the screen will show the number of vertical feet you will climb and a profile of the incline settings of the workout.

   To select an all-terrain trails workout, select the desired difficulty level. Then, select the desired workout. The screen will show the duration of the workout and the approximate number of calories you will burn during the workout. The screen will

also show the distance of your workout and the number of vertical feet you will climb. In addition, the screen will show a topographic map of the trail. Press the Profile button at the top of the screen near the time display to view a profile of the incline settings of the workout. To return to the map, press the Trail button at the top of the screen.

4. **Start the workout.**

   Press the Start Workout button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. Press the Display increase and decrease buttons repeatedly to view the profile. The red line will indicate the current segment of the workout. The height of the current segment indicates the incline setting for the current segment.

   At the end of the first segment of the workout, a series of tones will sound. If a different speed and/or incline setting is programmed for the second segment, the speed setting and/or incline setting will flash on the screen for a moment to alert you. The incline trainer will then automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop. A workout summary will then appear on the screen. After you view the workout summary, press the Done button.

If the speed or incline setting is too high or too low at any time during the workout, you can override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the iFit Menu button in the upper right corner of the screen. To pause the workout, press the Pause button. To end the workout and select a new workout, press the New Workout button. To end the workout, press the End Workout button.

To continue the workout, press the Resume button or the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the incline trainer during the workout, the number of calories you burn will be affected.

5. **Monitor your progress.**

   See step 5 on pages 17 and 18. The screen can also show a profile of the incline settings of the workout. When an all-terrain trails workout is selected, the screen can show a topographic map of the trail. The person running on the trail indicates your progress.

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

   See step 6 on page 18.

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

   See step 7 on page 18.

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

   See step 8 on page 18.

HOW TO USE THE IFIT LIVE MODE

The iFit Live mode enables the incline trainer to communicate with your wireless network. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. See www.iFit.com for complete information.

1. **Connect your incline trainer to your own wireless network.**

    See steps 1 and 2 on pages 23 and 24.

    To activate and use the iFit Live mode, you must have your own wireless network; you must have an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You must also have an iFit.com membership.

2. **Select the iFit Live mode.**

    To select the iFit Live mode, first select the start menu (see step 2 on page 16). Next, press the Workouts button. Then, press the Live Workouts button.

    To set up an iFit Live account, or for more information about the iFit Live mode, go to www.iFit.com.

    To switch users, press the Switch User button in the lower right corner of the screen. Then, select the desired user.

IMPORTANT: To comply with FCC and IC RF exposure compliance requirements, the antenna used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

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

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

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

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

If you have questions after reading this information, please call Customer Care toll-free at 1-866-608-1798, Mon.–Fri. 6 am–6 pm MT, Sat. 8 am–4 pm MT (closed on holidays); visit www.iFit.com/support; or send e-mail to service@iconfitness.com.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Locate the audio wire. Plug one end into the audio jack on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the Volume increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO USE THE SETTINGS MODE

The console features a settings mode that allows you to connect your incline trainer to your own wireless network and to log in to your iFit Live account. The settings mode also allows you to turn on and turn off the display demo mode. You may also be able to select the unit of measurement.

1. **Select the settings mode.**

   Insert the key into the console (see step 1 on page 16). Next, select the start menu (see step 2 on page 16). Then, press the i button in the lower right corner of the screen to select the settings mode.

2. **Select the wireless network mode.**

   Press the Wireless Network button on the screen.
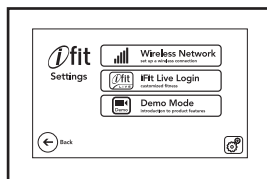
You must have your own wireless network and an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

If your wireless network is unencrypted and does not require a password, go to step 2a. If your wireless network is encrypted and requires a password, go to step 2b.

2a. **Connect your incline trainer to an unencrypted wireless network.**

Select the desired wireless network and press the Connect button. When the Disconnect button appears, your exercise equipment is connected to the wireless network. Then, press the Done button. Go to step 3.

2b. **Connect your incline trainer to an encrypted wireless network.**

To connect to your encrypted network, you will need to know your network SSID (network name), network encryption type, and network password.

Select the desired wireless network and press the Advanced button. If your network is encrypted, you must press the Use Encryption button and fill in the entry boxes. If desired, you may also set a static IP address and/or a static domain name server (DNS).

To use encryption, press the Use Encryption button. Select the encryption type and enter the password. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

To use numbers or other characters on the keyboard on the screen, press the .?123 button or the #+= button. To return to the letter keyboard, press the ABC button. To capitalize a character, press the button with an upward-facing arrow. To clear the last character, press the button with a backward-facing arrow and an X.

To use a static IP address, press the Use Static IPs button. Enter the IP address, netmask, gateway IP address, and at least one DNS. Press the arrow buttons to view additional entry boxes. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

To use a static DNS, press the Use Static DNS button. Enter at least one DNS. Press the arrow buttons to view additional entry boxes. When you are finished, press the Submit button. To return to the advanced settings screen, press the Cancel button.

If necessary, press the Cancel button to exit the Advanced Settings screen.

If you are having problems connecting, unencrypt your network, update your console firmware (see step 7 on page 25), and then encrypt your network.

Note: If you turn on encryption on a non-encrypted network, the console will not function correctly.

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

Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

3. **Log in to your iFit Live account.**

Press the iFit Live Login button. Then, enter your user name and password using the keyboard on the screen. To use numbers or other characters, press the .?123 button or the #+= button. To return

to the letter keyboard, press the ABC button. To capitalize a character, press the button with an upward-facing arrow. To clear the last character, press the button with a backward-facing arrow and an X. When you are finished, press the Login button. To return to the settings mode, press the Cancel button.

To set up an iFit Live account, or for more information about the account, go to www.iFit.com.

4. **Turn on or turn off the display demo mode.**

The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the screen will remain lit, although the buttons will not function.

To turn on or turn off the display demo mode, first press the Demo Mode button. Next, press the On button or the Off button. Then, press the Back button.

5. **View the unit of measurement.**

Press the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, press the Back button.

Note: If you purchased your incline trainer in the US, the US/Metric button may not be enabled.

6. **Exit the settings mode.**

To exit the settings mode, press the Back button.

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to calibrate the incline and speed of the incline trainer, restore factory defaults, calibrate the screen, update the console firmware, and view technical information.

1. **Select the settings mode.**

   See step 1 on page 23.

2. **Select the maintenance mode.**

   Press the Maintenance button in the lower right corner of the screen to enter the maintenance mode.
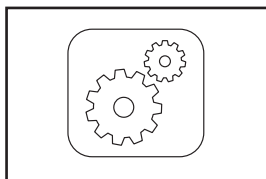
3. **Calibrate the incline system of the incline trainer.**

   Press the Calibrate Incline button. The incline trainer will automatically rise to the maximum incline level, lower to the minimum incline level and then return to the starting position. This will recalibrate the incline system. Press the Begin button to calibrate the incline system or the Cancel button to return to the maintenance mode. When the incline system is calibrated, press the Back button.

   IMPORTANT: Keep pets, feet, and other objects away from the incline trainer while the incline is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

4. **Restore factory defaults.**

   If necessary, press the Restore Defaults button to reset the firmware to the original factory firmware. This will erase all firmware updates that you have downloaded. Press the Begin button to restore the default firmware or the Cancel button to return to the maintenance mode.

   When the restoration is complete, the words PLEASE CYCLE POWER will appear in the grey box. Press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. It may take a minute for the console to be ready for use.

5. **Calibrate the screen.**

   If the screen is not properly calibrated, it will be difficult to press the buttons on the screen. To calibrate the screen, press the Calibrate Screen button and then press the Begin button. Press the Cancel button to return to the maintenance mode.

   Using a pencil eraser or other small object, press the center of the small target on the screen. Then, press the next two targets. After several seconds, the console will return to the start menu.

6. **Calibrate the speed of the incline trainer.**

   Calibrate the speed of the incline trainer only if instructed to do so by an authorized service representative.

   Note: The Calibrate Speed button may not be enabled on your incline trainer.

7. **Update the console firmware.**

   For the best results, regularly check for firmware updates.

   Press the Firmware Update button. Press the Begin button to check for updates or the Cancel button to return to the maintenance mode.

   A status bar will appear in the grey box on your screen. When the update is complete, the words PLEASE CYCLE POWER will appear in the grey box. Press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. It may take a minute for the console to be ready for use.

8. **View technical information.**

   Press the Technical Info button to view the total number of hours that the incline trainer has been used and the total number of miles that the walking belt has moved. After you view the information, press the Finish button.

9. **Exit the maintenance mode.**

   To exit the maintenance mode, press the Back button repeatedly.

HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the upright firmly near the console. Tip the incline trainer back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the incline trainer, do not lift the incline trainer by the plastic belly pan. Do not pull on the console.** Carefully roll the incline trainer on the wheels to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**


26
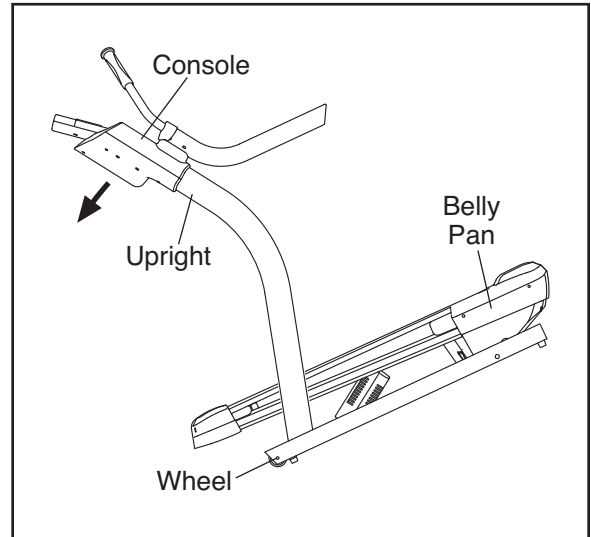
TROUBLESHOOTING

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

PROBLEM: **The power does not turn on**

SOLUTION: a. 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 14). Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. **IMPORTANT: The incline trainer is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the incline trainer frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.
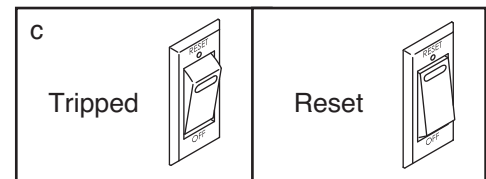
PROBLEM: **The power turns off during use**

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. 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.

c. Remove the key from the console. Reinsert the key into the console.

d. If the incline trainer still will not run, please see the front cover of this manual.

PROBLEM: **The console displays remain lit when you remove the key from the console**

SOLUTION: a. The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the screen remains lit when you remove the key, the demo mode is turned on. To turn off the demo mode, see step 4 on page 24.

PROBLEM: **The console does not display speed and distance correctly**

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the three indicated #8 x 1/2" Cover Screws (18). Lift off the Left Roller Cover (38).
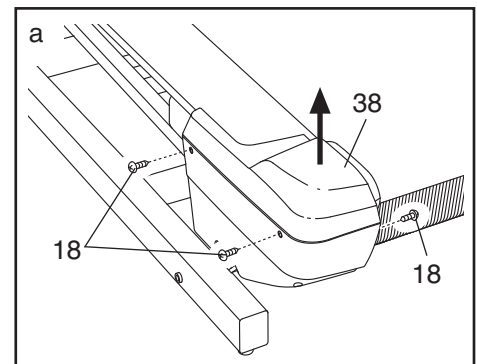
Locate the Reed Switch (55) and the Magnet (41) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Clamp Screw (20), move the Reed Switch slightly, and then retighten the Screw. Reattach the Left Roller Cover (not shown) and run the incline trainer for a few minutes to check for a correct speed reading.

Top View

1/8 in.
20
55
41
42
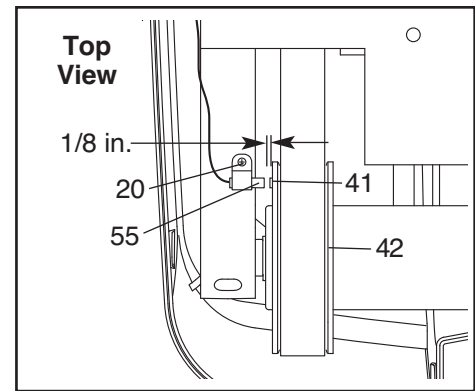
PROBLEM: The incline of the incline trainer does not change correctly

**SOLUTION:** a. Recalibrate the incline system. See step 3 on page 25.

PROBLEM: The iFit Live mode is not functioning correctly

SOLUTION: a. If the iFit Live mode is not functioning correctly, make sure that the incline trainer has the most current firmware available (see step 7 on page 25).

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 14.

b. If the walking belt is overtightened, incline trainer 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 bolts 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 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.

b
3–4 in.
Idler Roller Bolts
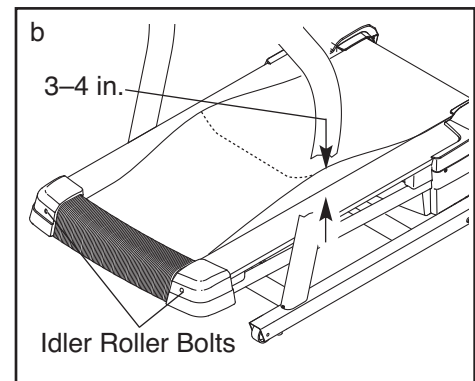
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

**SOLUTION:** a. If the walking belt is off-center, 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 bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is centered.
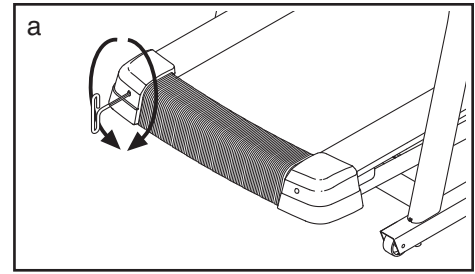
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.

29
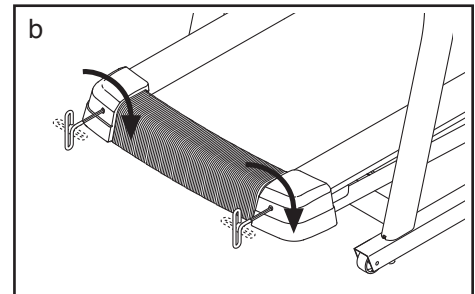
EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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.

PART LIST—Model No. NTL20909.3

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

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

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Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Incline Sensor Wire	106	1	PC Power Supply
102	1	Right Pulse Handrail	107	8	Frame Bushing
103	1	Console Crossbar	108	2	Rubber Spacer
104	4	#8 x 1 1/2" Screw	109	2	5/16" Flat Washer
105	1	Filter	*	–	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.
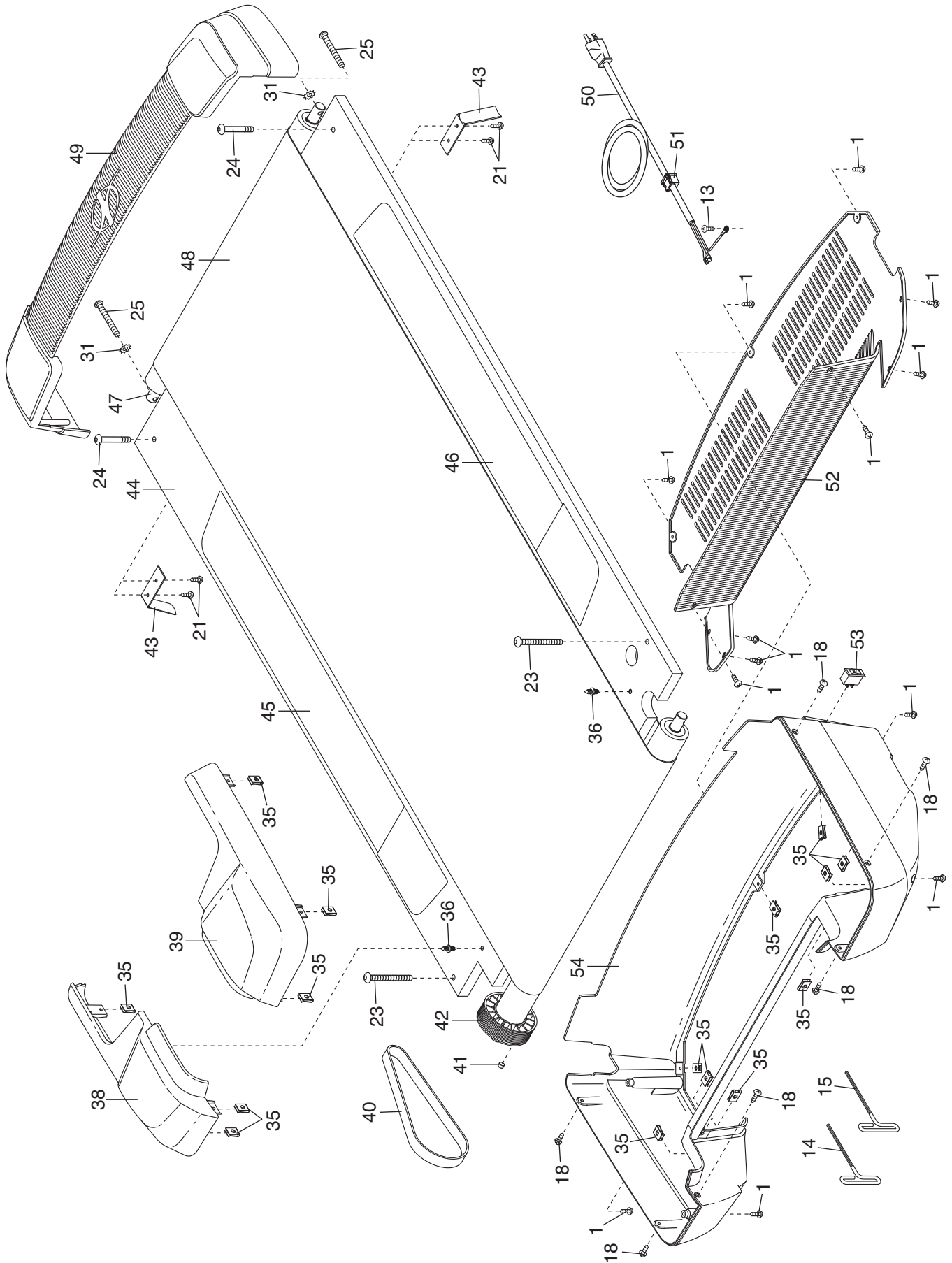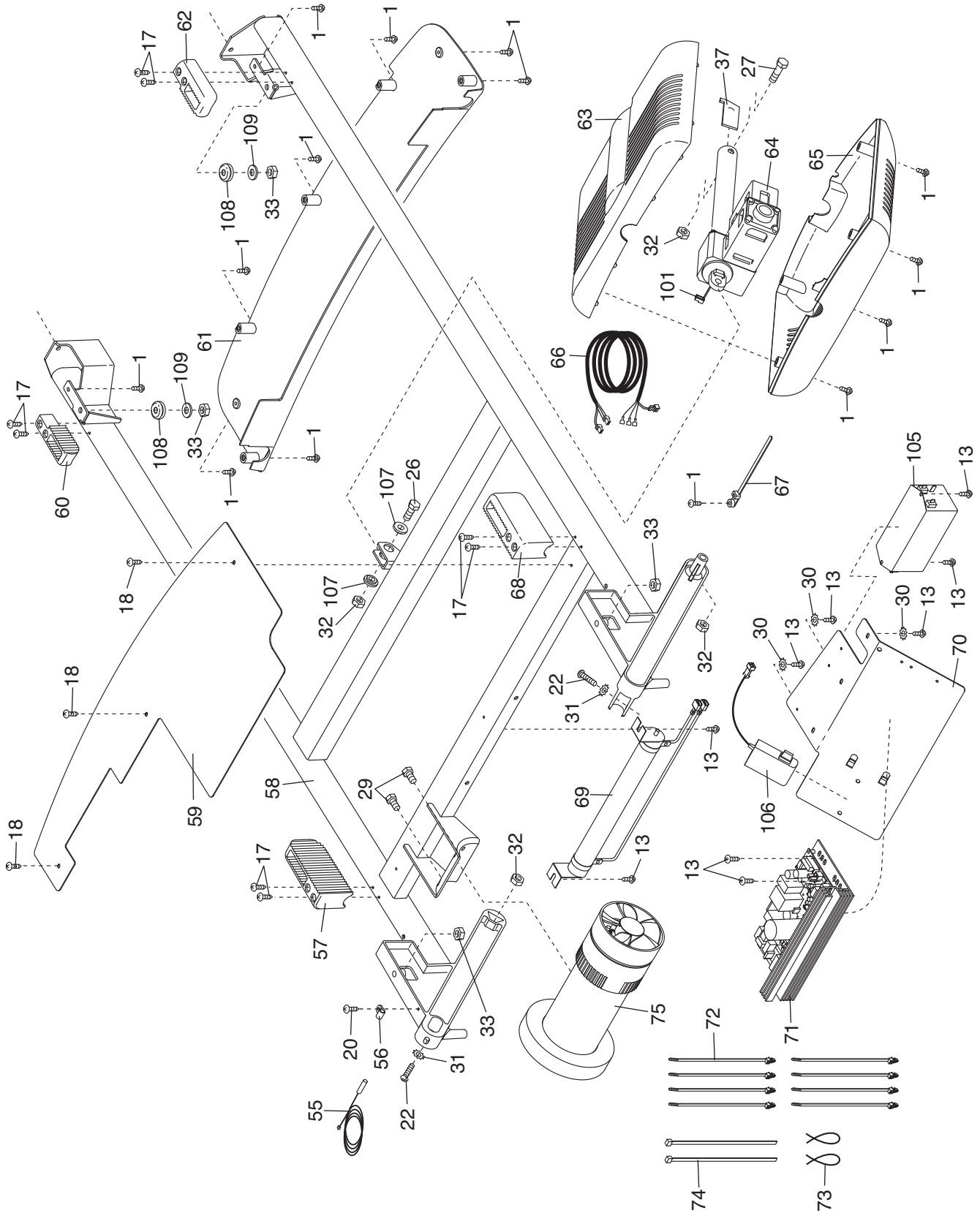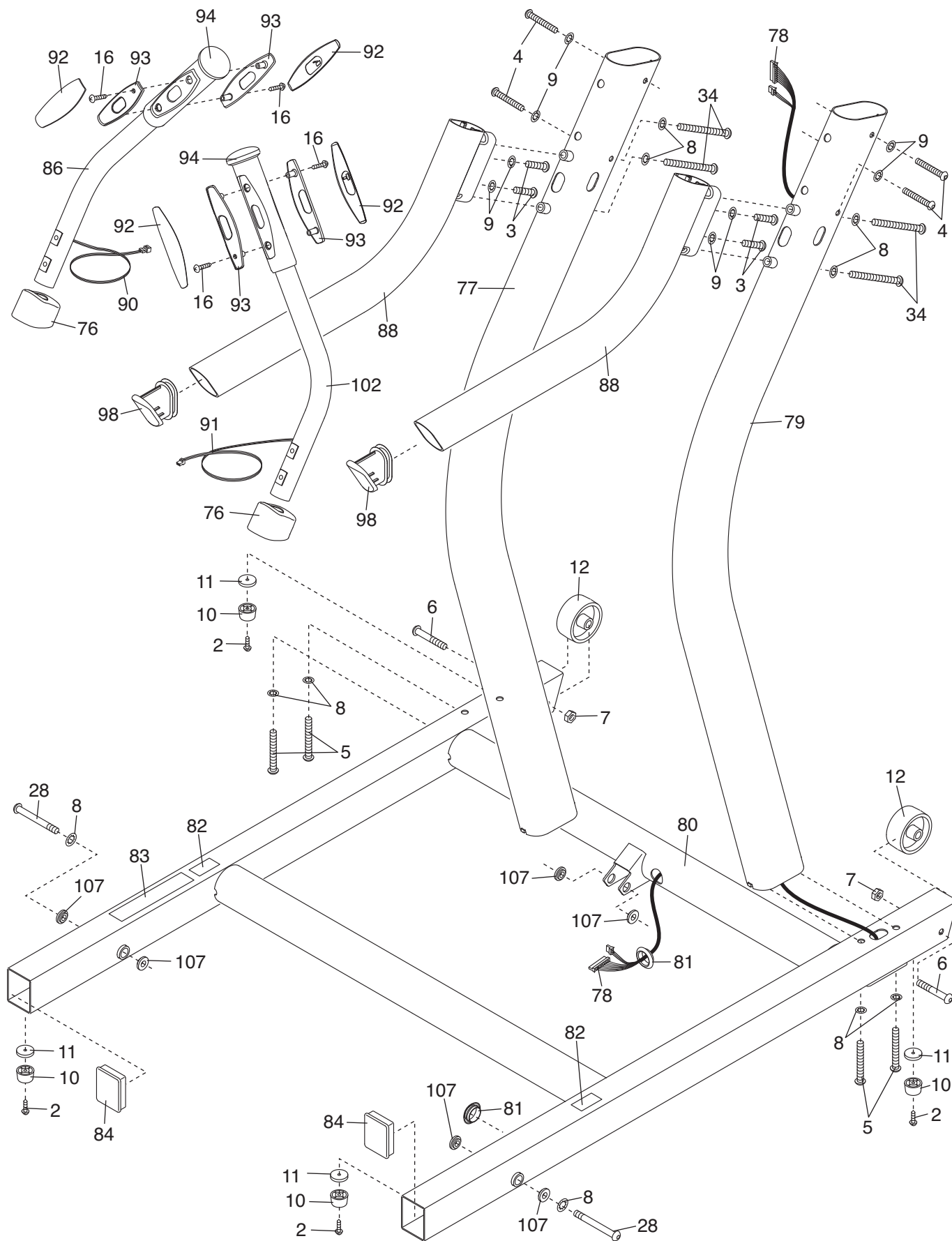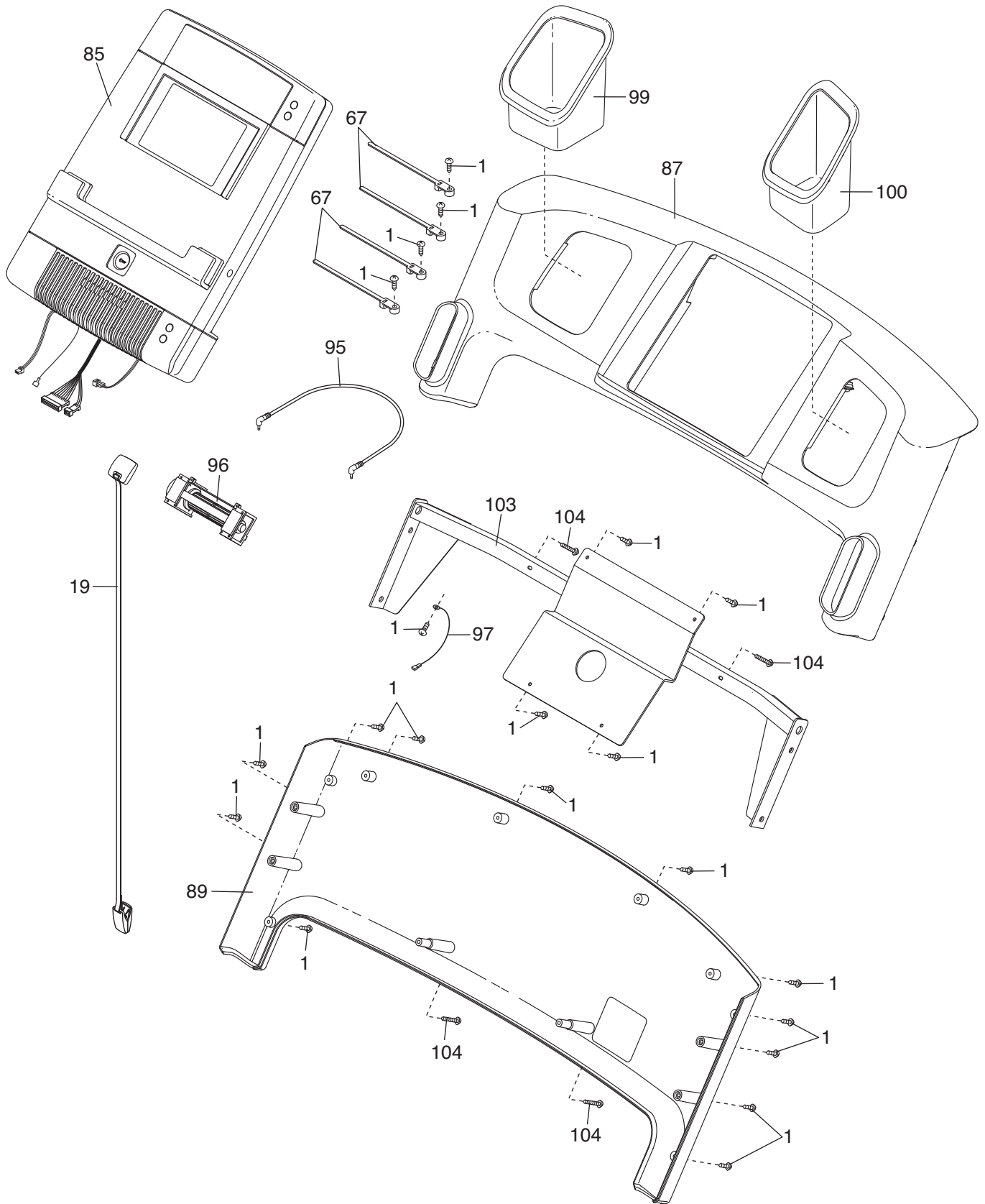
ORDERING REPLACEMENT PARTS

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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

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