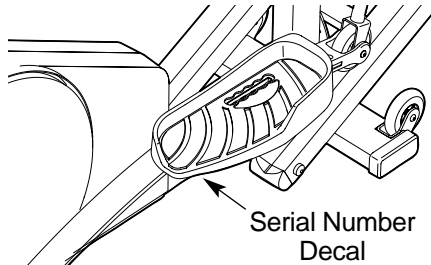


NordicTrack[®] CX 920

Model No. 831.283530

Serial No. _____



USER'S MANUAL

QUESTIONS?

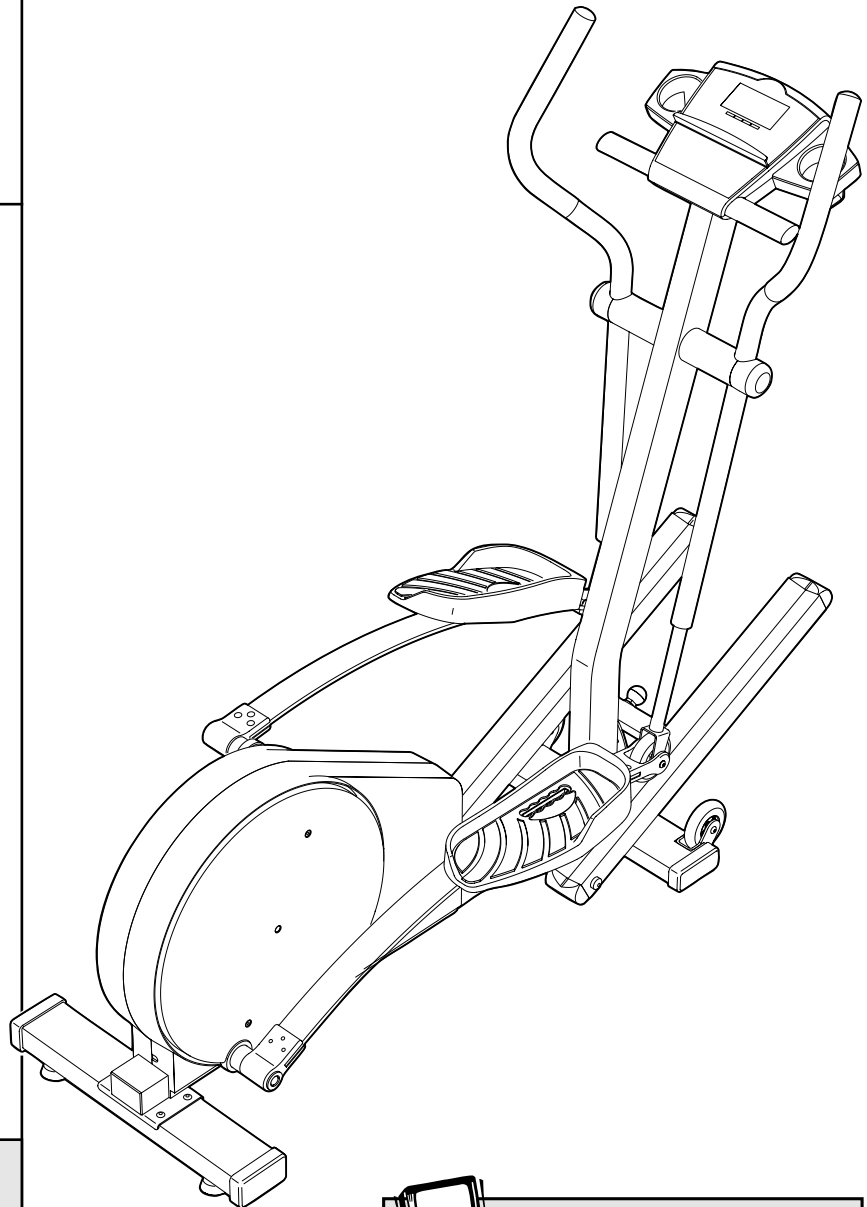
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-888-825-2588

Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

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



Visit our website at

www.nordictrack.com

*new products, prizes,
fitness tips, and much more!*



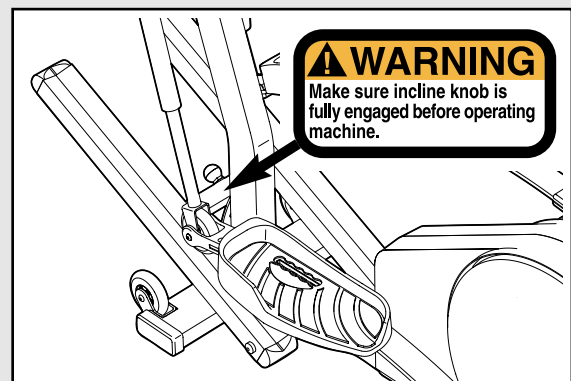
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in any commercial, rental, or institutional setting.
4. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical crosstrainer at all times.
7. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
9. Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.
10. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. 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.
13. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.
14. After adjusting the incline frame, move it up or down slightly until the pin on the incline knob snaps into one of the holes in the incline bracket. Push the incline knob to make sure that the pin is fully inserted into the hole.
15. The decal shown below has been placed on the elliptical crosstrainer. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588 to order a free replacement decal. Apply the decal in the location shown.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

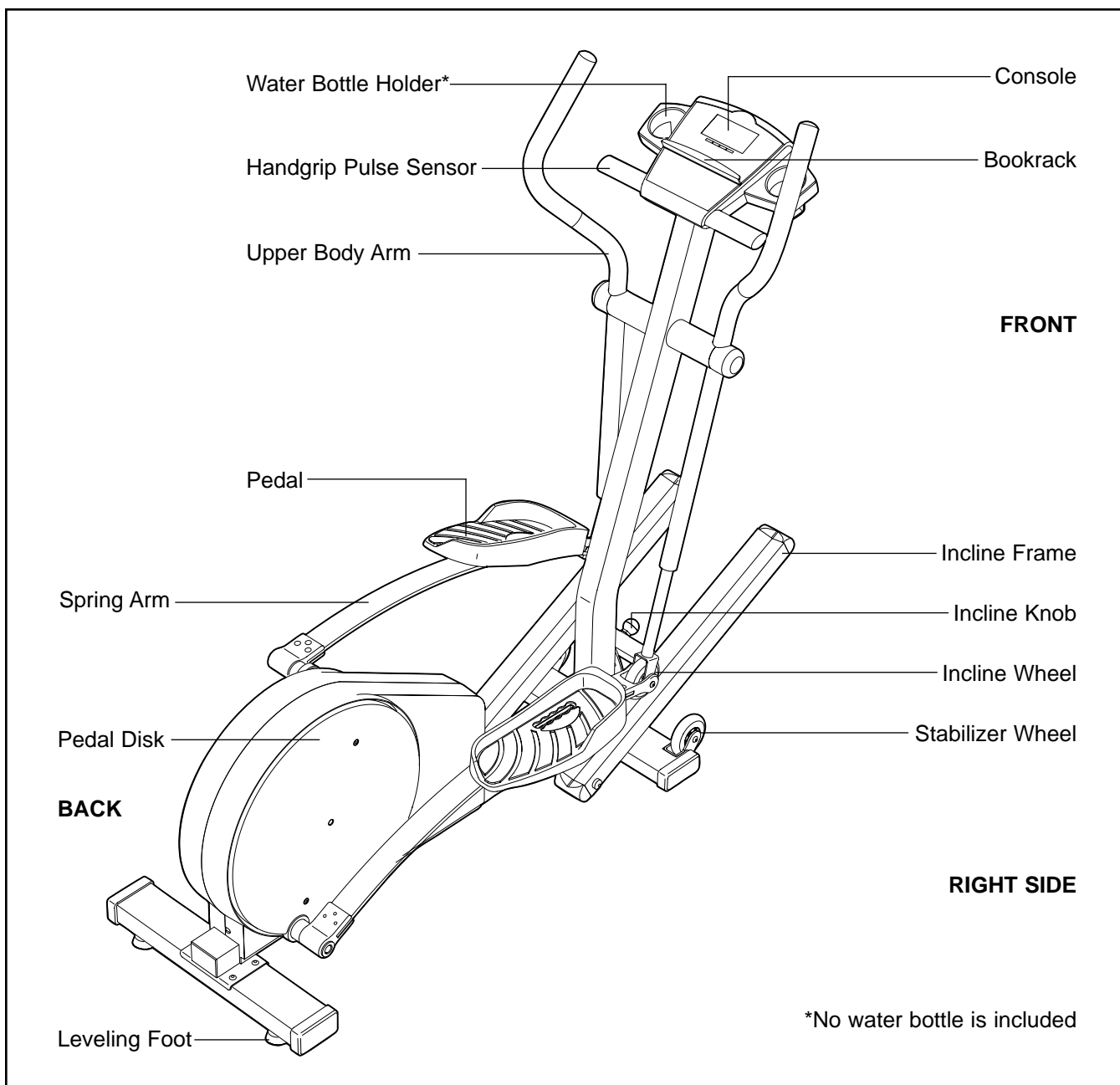
BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® CX 920 elliptical crosstrainer. The NordicTrack® CX 920 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique CX 920 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from NordicTrack.

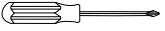



For your benefit, read this manual carefully before you use the elliptical crosstrainer. If you have addi-

tional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.283530. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

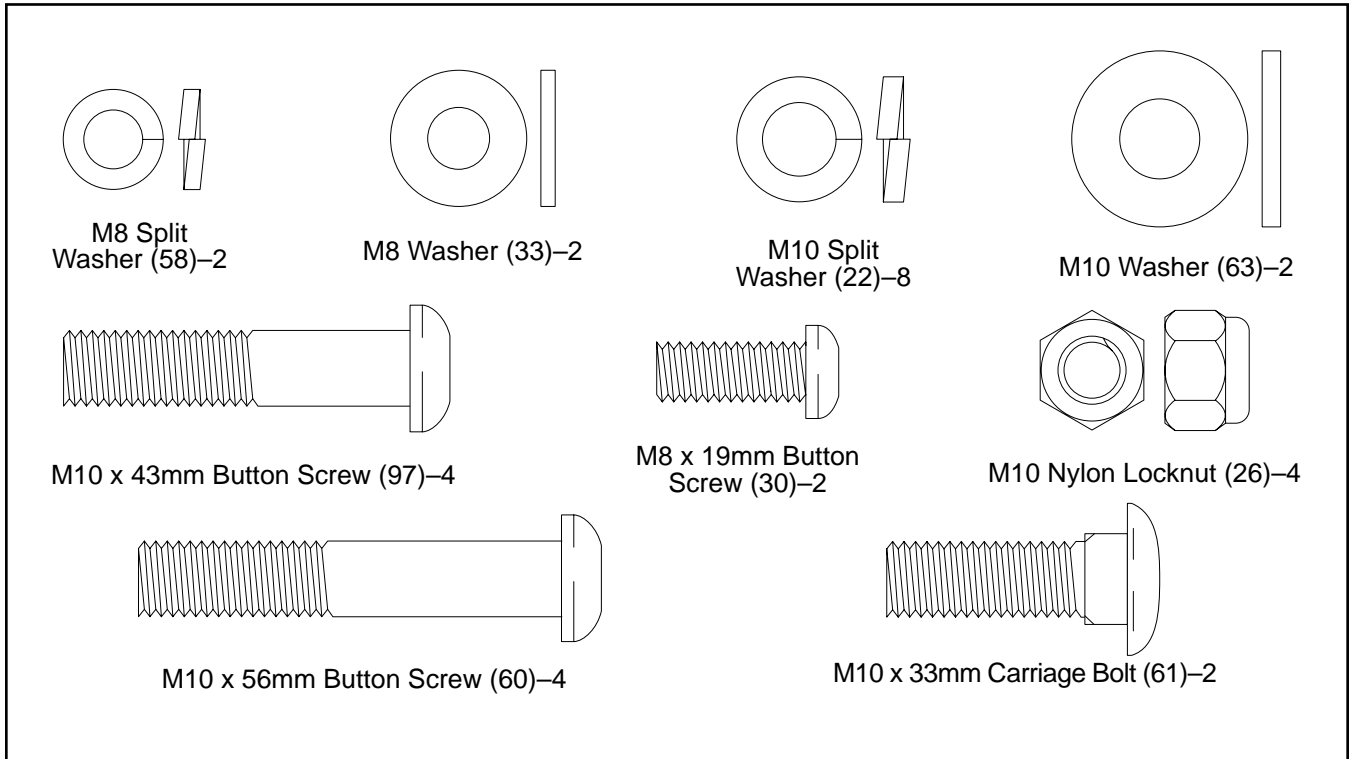
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



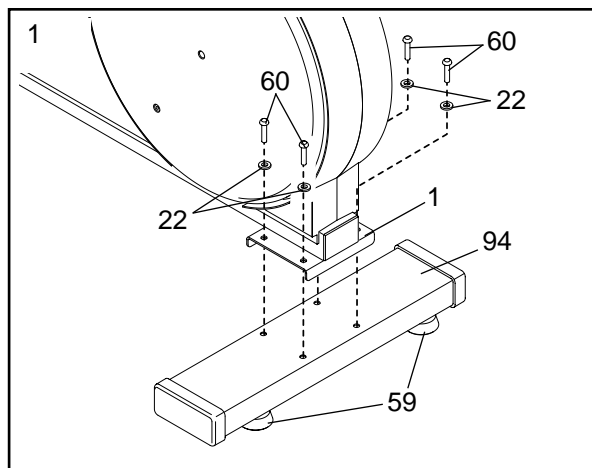
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** , **an adjustable wrench** , **a rubber mallet** , **and pliers** .

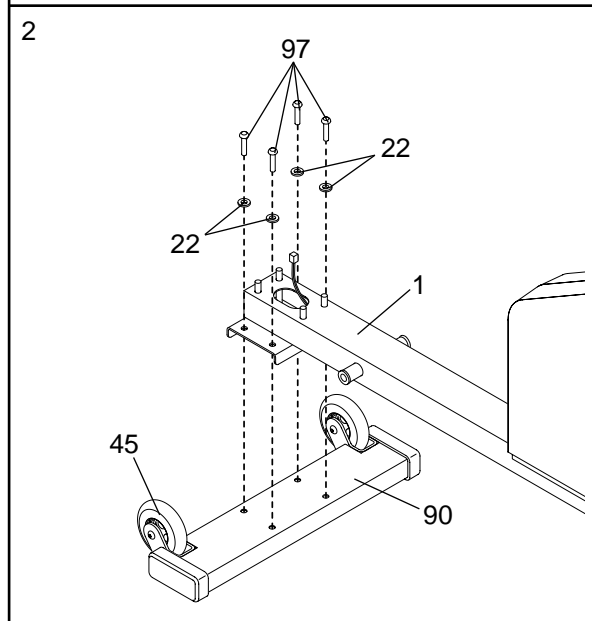
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Rear Stabilizer (94), which has two Leveling Feet (59) threaded into it. Turn the Rear Stabilizer so the Leveling Feet are closer to the rear of the Frame (1) as shown. Attach the Rear Stabilizer to the Frame with the four M10 x 56mm Button Screws (60) and four M10 Split Washers (22).



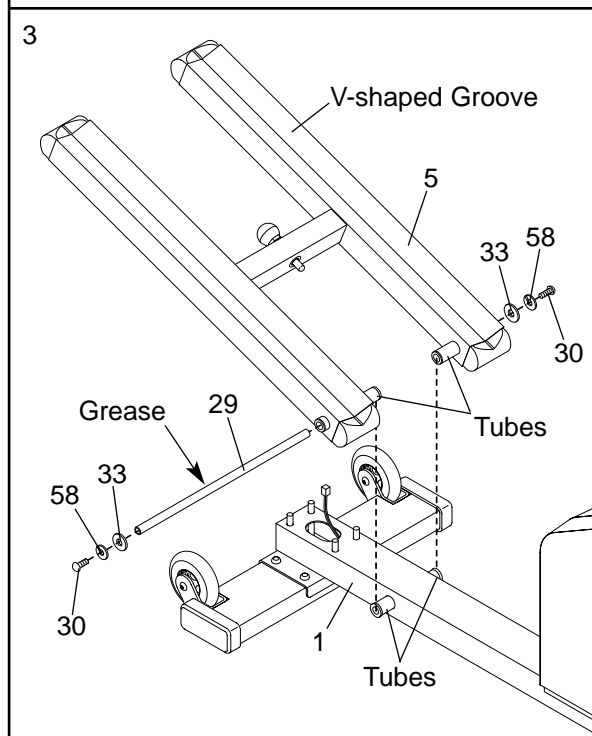
2. Attach the Front Stabilizer (90) to the Frame (1) with the four M10 x 43mm Button Screws (97) and four M10 Split Washers (22). **Make sure that the Front Stabilizer is turned so the Wheels (45) are not touching the floor.**



3. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an M8 x 19mm Button Screw (30). Tighten the Button Screw into one end of the Incline Axle (29). Next, apply a small amount of the included grease to the Incline Axle.

Align the indicated tubes on the Incline Frame (5) with the tubes on the Frame (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) through the Incline Frame and the Frame. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

Slide an M8 Split Washer (58) and an M8 Washer (33) onto the other M8 x 19mm Button Screw (30). Tighten the Button Screw into the open end of the Incline Axle (29).

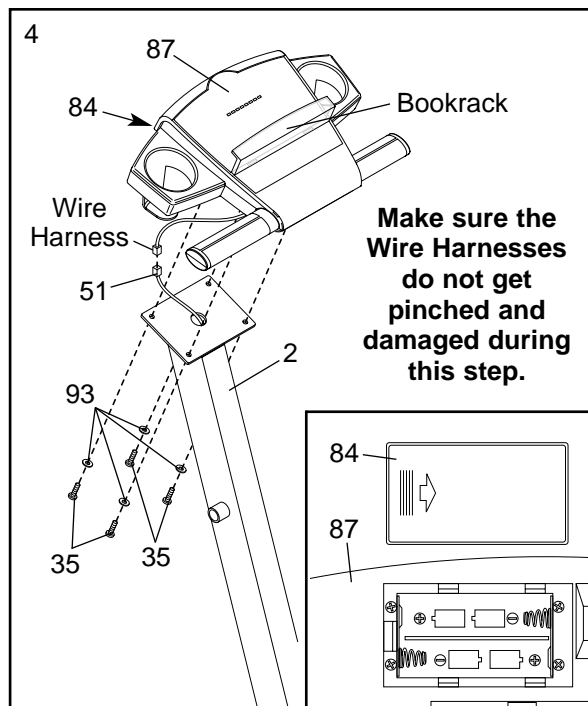


4. The Console (87) requires four "D" batteries (not included). Alkaline batteries are recommended. To install batteries, turn the Console facedown and remove the Battery Cover (84), as shown in the inset drawing. Insert four batteries into the Console. **Make sure that the negative ends of the batteries (marked "—") are touching the springs in the Console.** Then, reattach the Battery Cover.

Connect the console wire harness to the Extension Wire Harness (51). Carefully insert the slack in the wire harnesses down into the Upright (2).

Attach the Console (87) to the Upright (2) with the four Console Screws (35) and the four Console Washers (93) packaged with the Console. **Be careful to avoid pinching the wire harnesses.**

Snap the bookrack onto the Console (87) in the indicated location.

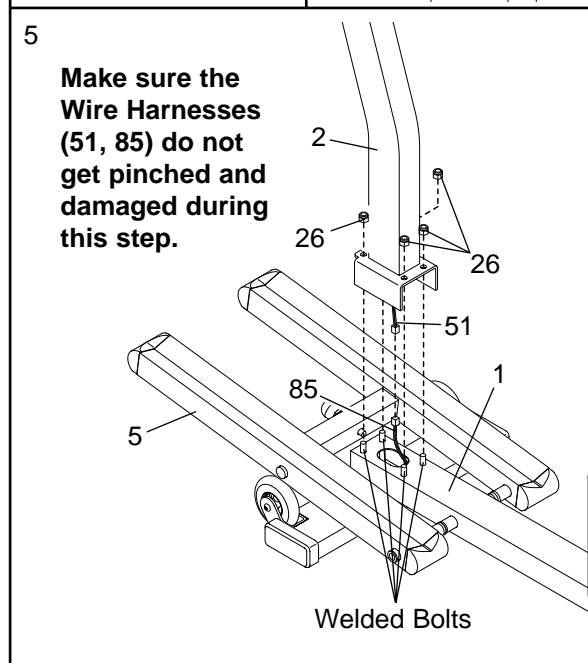


5. Remove the four M10 Nylon Locknuts (26) from the welded bolts on the front of the Frame (1).

While a second person holds the Upright (2) near the Frame (1), connect the Extension Wire Harness (51) to the Wire Harness (85).

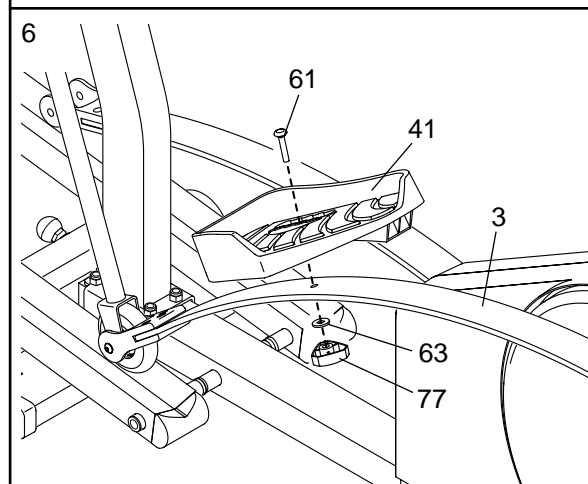
Align the four holes in the bracket on the lower end of the Upright (2) with the welded bolts on the Frame (1). Lower the Upright, **feeding the slack in the Extension Wire Harness (51) and Wire Harness (85) into the Upright**, until the welded bolts are inserted into the bracket. **Make sure that the Wire Harnesses are not pinched.** Tighten the four M10 Nylon Locknuts (26) onto the welded bolts.

Adjust the Incline Frame (5) to the desired position (see HOW TO ADJUST THE INCLINE FRAME on page 9).



6. Identify the Left Pedal (41). Attach the Left Pedal to the Left Spring Arm (3) with an M10 x 33mm Carriage Bolt (61), an M10 Washer (63), and an Adjustment Knob (77) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 9).

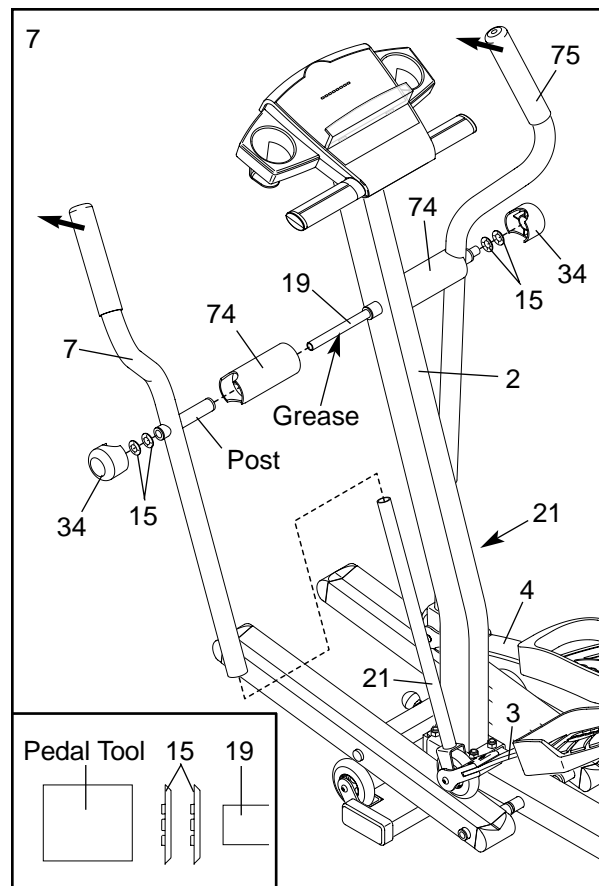
Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same position.



- Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto the Chrome Tubes (21) on the Left and Right Spring Arms (3, 4). Next, slide the Left Upper Body Arm (7), which is marked with a sticker, onto the Chrome Tube on the Left Spring Arm. Slide the Right Upper Body Arm (75) onto the Chrome Tube on the Right Spring Arm. **Make sure that the Upper Body Arms are on the correct sides—the upper ends should bend in the direction shown by the arrows.** Next, slide an Axle Cover (74) onto the post on each Upper Body Arm.

Apply grease to the Arm Axle (19). Insert the Arm Axle into the right Axle Cover (74) and the Right Upper Body Arm (75). Next, insert the Arm Axle into the Upright (2) until the left end of the Arm Axle is flush with the left side of the Upright. Then, insert the Arm Axle into the left Axle Cover (74) and the Left Upper Body Arm (7).

Center the Arm Axle (19). Using the included pedal tool, tap two Push Nuts (15) **about 1/8"** onto each end of the Arm Axle. Make sure that the Push Nuts are turned as shown in the inset drawing. (Note: It may be helpful if another person holds a block of wood against one end of the Arm Axle while you tap Push Nuts onto the other end.) Then, press an Axle Cap (34) onto each end of the Arm Axle.

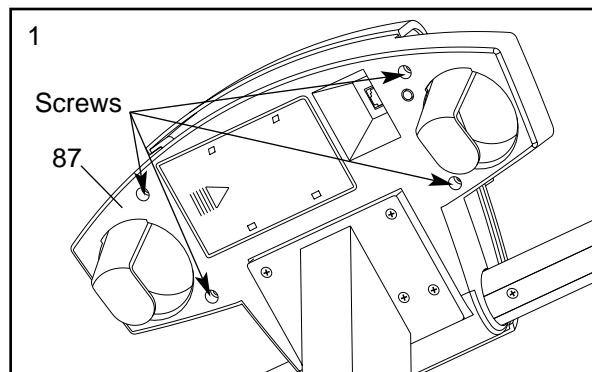


- Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed.

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (refer to page 20), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

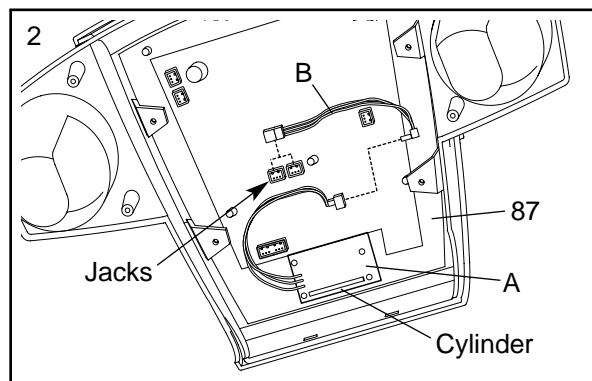
- Remove the four indicated screws from the back of the Console (87). Lift off the front of the Console.



- Peel the paper off the adhesive pad on the back of the receiver (A). Orient the receiver exactly as shown, and press it onto the Console (87) in the indicated location.

Connect the short jumper wire (B) to the wire on the receiver (A). Plug the other end of the short jumper wire into either of the indicated jacks on the Console (87). Note: The other wires included with the chest pulse sensor may be discarded.

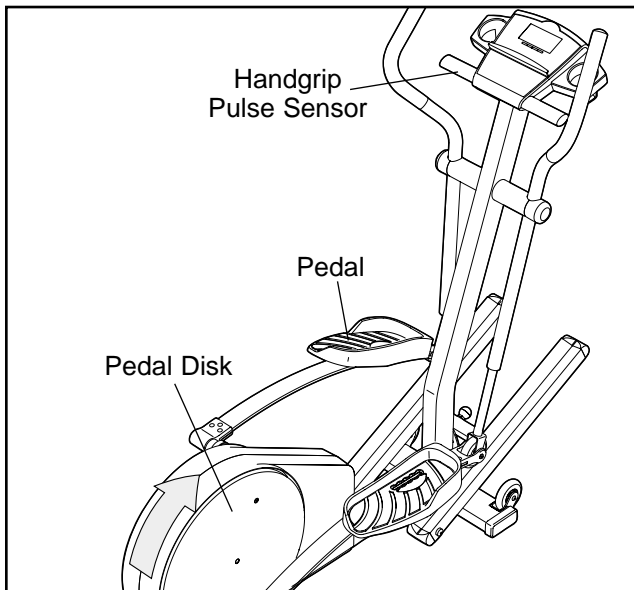
Refer to step 1 above. Reattach the front of the Console (87) with the four screws. **Make sure that no wires are pinched.**



HOW TO USE THE ELLIPTICAL CROSSTRAINER

EXERCISING ON THE ELLIPTICAL CROSSTRAINER

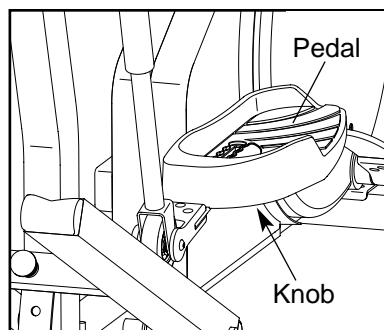
To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown by the arrow below; however, for variety, you may turn the pedal disks in the opposite direction.**



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

HOW TO ADJUST THE PEDALS

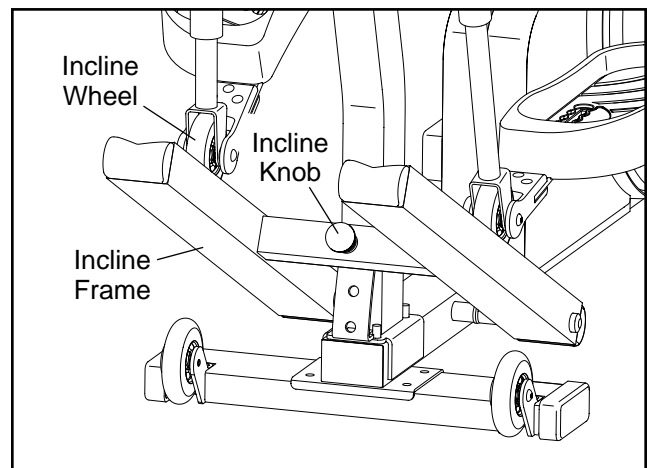
The motion of the pedals is determined by their position on the spring arms. There are five different pedal positions. To adjust the pedals, first loosen the knob beneath each pedal. Slide



the pedals forward or backward to the desired position, and then retighten the knobs. Make sure that both pedals are in the same position.

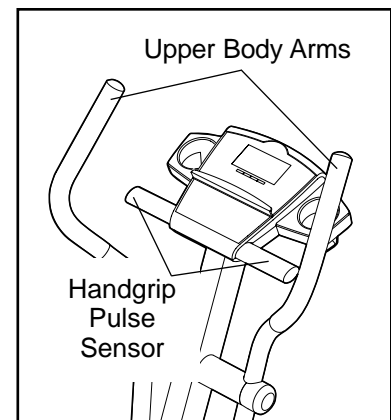
HOW TO ADJUST THE INCLINE FRAME

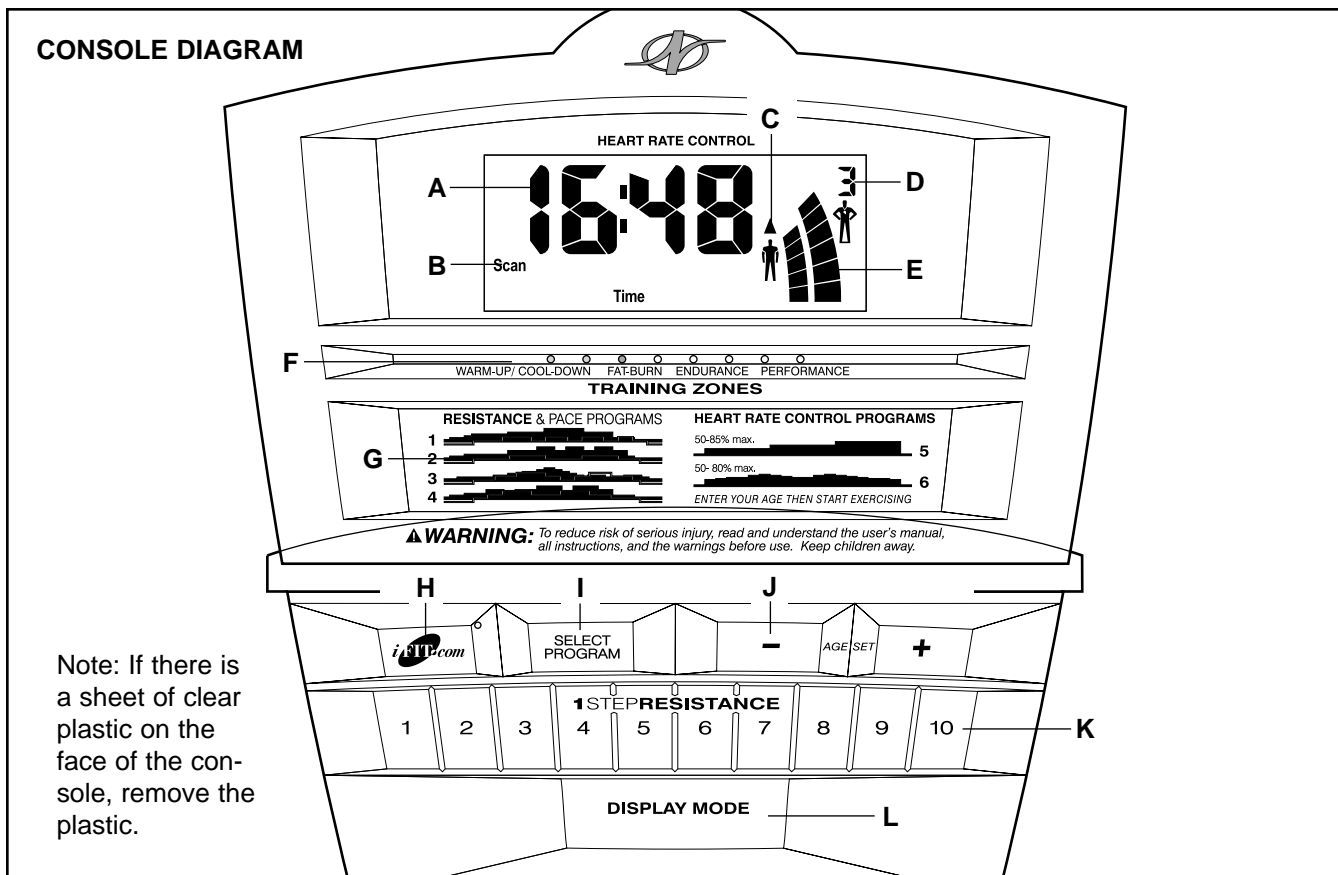
As you exercise on the elliptical crosstrainer, you can vary the effect of the exercise by raising or lowering the incline frame. First, position the incline wheels side by side. Next, **pull the incline knob as you lift the incline frame slightly.** Raise or lower the incline frame to the desired position and then release the incline knob. **Move the incline frame up or down slightly until the pin on the incline knob snaps into one of the holes in the incline bracket.** Push the incline knob to make sure that the pin is fully inserted into the hole.



HOW TO USE THE UPPER BODY ARMS

The upper body arms are designed to add upper-body exercise to your workouts. As you exercise, push and pull the upper body arms in order to work your arms, back, and shoulders. To exercise only your lower body, hold the handgrip pulse sensor as you exercise.





FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. Note: For information about an optional chest pulse sensor, refer to page 20.

The console also offers four preset workout programs. Each program automatically changes the resistance of the elliptical crosstrainer and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate workout programs that automatically change the resistance of the elliptical crosstrainer and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features new iFIT.com interactive technology. Having iFIT.com technology is like having a

personal trainer right in your home. Using the included audio cable, you can connect the elliptical crosstrainer to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the resistance of the elliptical crosstrainer and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the elliptical crosstrainer to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs and allow you to enjoy breathtaking scenery while you exercise.

With the elliptical crosstrainer connected to your computer, you can also go to our new Web site at www.iFIT.com and access programs directly from the internet.

To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.

CONSOLE DESCRIPTION

Refer to the drawing on page 10.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a preset program or a heart rate program), the resistance level, the approximate number of calories you have burned, the distance that you have pedaled, the approximate number of *fat calories* you have burned (see FAT BURNING on page 21), and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor). If the scan mode is selected, the display will change from one mode to the next every few seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, refer to step 4 on page 12.

B. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, resistance level, calories, distance, fat calories, or heart rate) is currently displayed. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

C. Increase and decrease arrows—During preset programs, heart rate programs, and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

D. Manual mode/program indicator—When a preset program is selected, the upper right corner of the display will show a 1, 2, 3, or 4, depending on which preset program is selected. When a heart rate program is selected, the upper right corner of the display will show a 5 or 6. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

E. Pace indicators—When the manual mode is selected, only the left indicator will appear. This indicator represents your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the indicator. When a preset program, a heart rate program, or the iFIT.com mode is selected, both indicators will appear. The left indicator will represent your exercise pace, and the right indicator

will represent a target pace. During the program, the target pace will periodically change. As the right indicator changes, simply adjust your pace so that the same number of bars appear in both indicators.

Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

F. Training zone display—As you exercise, the training zone display will show the approximate intensity level of your exercise.

G. Program profiles—These profiles show how the resistance of the elliptical crosstrainer and the target pace will change during preset programs and heart rate programs. For example, profile number 1 shows that during preset program 1, the resistance will gradually increase during the first part of the program, and then gradually decrease; the pace will alternately increase and decrease during the program.

H. iFIT.com button—This button is used to select the iFIT.com mode. The indicator beside the button will light when the iFIT.com mode is selected.

I. Select Program button—This button is used to select the manual mode, preset programs, and heart rate programs.

J. + and – buttons—These buttons are used to enter your age when a heart rate program is selected.

K. Resistance buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels; level 10 is the most challenging.

L. Display Mode button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, resistance level, calories, distance, fat calories, and heart rate (when the handgrip pulse sensor or the optional chest pulse sensor is used).

To use the manual mode of the console, refer to page 12. To use a preset program, refer to page 13. To use a heart rate program, refer to page 14. To use iFIT.com CD's or videocassettes, refer to page 18. To use a program directly from our Web site, refer to page 19.

HOW TO USE THE MANUAL MODE

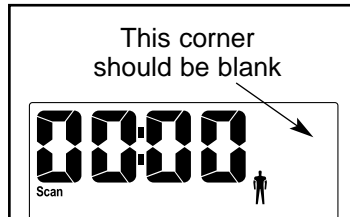
1 Turn on the console.

Note: The console requires four “D” batteries (not included). If you have not installed batteries, refer to step 4 on page 7 and install batteries.

To turn on the console, press any button or begin pedaling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a preset program, a heart rate program, or the iFIT.com mode has been selected, select the manual mode by pressing the Select Program button repeatedly until the upper right corner of the display is blank.

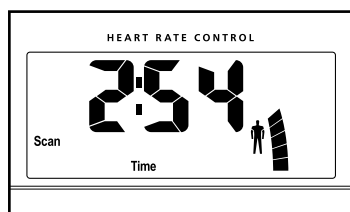


3 Begin exercising and adjust the resistance of the elliptical crosstrainer.

As you exercise, adjust the resistance of the elliptical crosstrainer as desired by pressing the Resistance buttons. Note: After the buttons are pressed, it will take a few seconds for elliptical crosstrainer to reach the selected setting.

4 Follow your progress with the feedback modes, the left indicator, and the training zone display.

As you exercise, the display will show your current speed, the elapsed time, the current resistance level, the approximate number of calories you have burned, the distance that you have pedaled, and the approximate number of fat calories you have burned. In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 at the right) or the optional chest pulse sensor. Note: Each time the resistance level changes, the console will show the resistance level for a few seconds. When a preset program

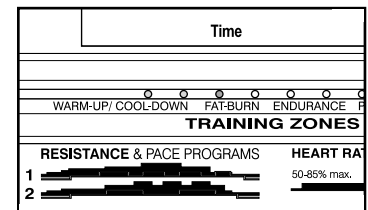


or a heart rate program is selected, the display will show the *time remaining* in the program instead of the elapsed time.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Resist., Cals., Miles (or Kms), or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left indicator will appear in the display to show your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the indicator.

The training zone display will show the approximate intensity level of your exercise. For example, if three or four indicators in the display are lit, the display shows that your intensity level is ideal for fat burning.

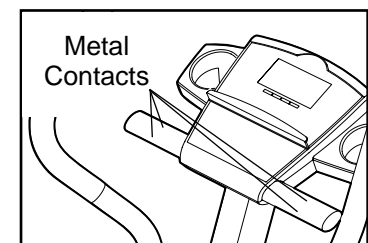


Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, first hold down the Select Program button for a few seconds. An E (for English miles) or an M (for metric kilometers) will appear in the display. To change the unit of measurement, press the + button. Then, press the Select Program button again. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

5 Measure your heart rate if desired.

Note: If you wear the optional chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be resting on the contacts closest to



you, and your fingers must be resting on the other contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, one or two dashes (– –) will appear, and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

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

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

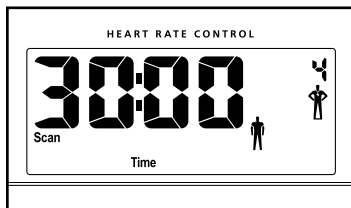
HOW TO USE A PRESET PROGRAM

1 Turn on the console.

Refer to step 1 on page 12.

2 Select one of the four preset programs.

Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Select



Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

The profiles numbered 1 through 4 on the left side of the console show the resistance and pace settings for the preset programs.

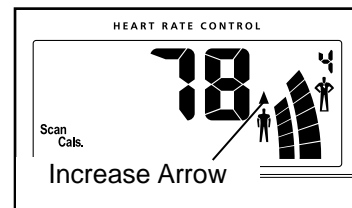
3 Start the program.

To start the program, simply begin exercising. Each preset program consists of 30 one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same

resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the Resistance buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The pace settings for the program will be shown by the right indicator in the display. (The left indicator will show your actual



exercise pace.) As the right indicator changes during the program, simply increase or decrease your pace so that the same number of bars appear in both indicators. If your pace is slower than the current pace setting, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the pace setting, the decrease arrow will appear.

Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

During the program, the display will show the time remaining in the program. If you continue to exercise after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

5 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 above.

HOW TO USE A HEART RATE PROGRAM

Each heart rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195.) Heart rate program 5 is designed to keep your heart rate between 50% and 85% of your maximum heart rate while you exercise; heart rate program 6 is designed to keep your heart rate between 50% and 80% of your maximum heart rate.

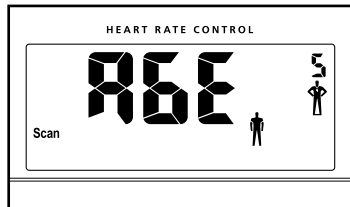
Follow the steps below to use a heart rate program.

1 Turn on the console.

Refer to step 1 on page 12.

2 Select one of the two heart rate programs.

Each time the console is turned on, the manual mode will be selected. To select a heart rate program, press the Select Program button repeatedly until the number 5 or 6 appears in the upper right corner of the display.



The profiles numbered 5 and 6 on the right side of the console show the resistance settings of the heart rate programs. For example, profile number 5 shows that when heart rate program 5 is selected, the resistance level will gradually increase during the program and then decrease near the end.

3 Enter your age.

When a heart rate program is selected, the word AGE and the current age setting will flash in the display. You must enter your age to use a heart rate program. If you have already entered your age, press the + or – button to confirm the age setting, and then go to step 4. If you have not entered your age, press the + or – button repeatedly to enter your age. A few seconds after you enter your age, the age setting will disappear from the display. Your age will be saved in memory until the batteries are replaced.

4 Hold the handgrip pulse sensor.

When using a heart rate program, you must use the handgrip pulse sensor (refer to step 5 on page 12) or the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

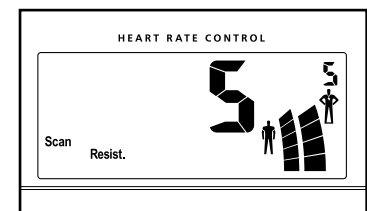
5 Start the program.

To start the program, simply begin exercising. Each heart rate program consists of 20 one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can adjust the resistance level by pressing the Resistance buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

As you exercise, the pace indicators will help you to keep your heart rate near the target heart rate for the current period. The

right indicator will show a target pace. The left indicator will show your actual exercise pace. When you hold the handgrip pulse sensor or wear the optional chest pulse sensor, the console will compare your heart rate to the target heart rate for the current period; if your heart rate is too far below or above the target heart rate, the right indicator will then change to prompt you to increase or decrease your pace. When the right indicator changes, increase or decrease your pace so that the same number of bars appear in



both indicators. If your pace is slower than the current target pace, the increase arrow will also appear in the display; if your pace is faster than the target pace, the decrease arrow will appear.

Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

During the program, the display will show the time remaining in the program. If you continue to exercise after the program is completed, the display will continue to show your exercise feedback.

6 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

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

Refer to step 6 on page 13.

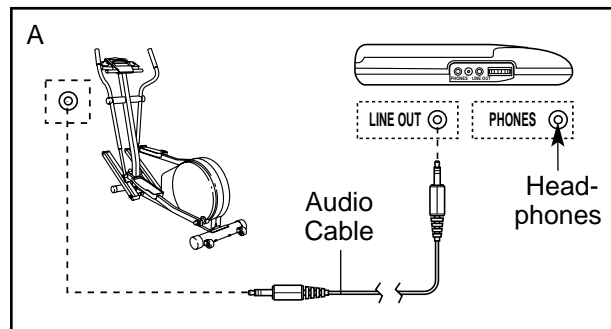
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 to 17 for connecting instructions. To use iFIT.com videocassettes, the elliptical crosstrainer must be connected to your VCR. See page 17 for connecting instructions. To use iFIT.com programs directly from our Web site, the elliptical crosstrainer must be connected to your home computer. See page 17 for connecting instructions.

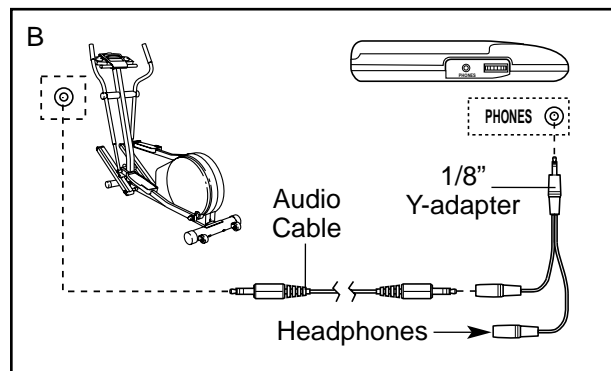
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



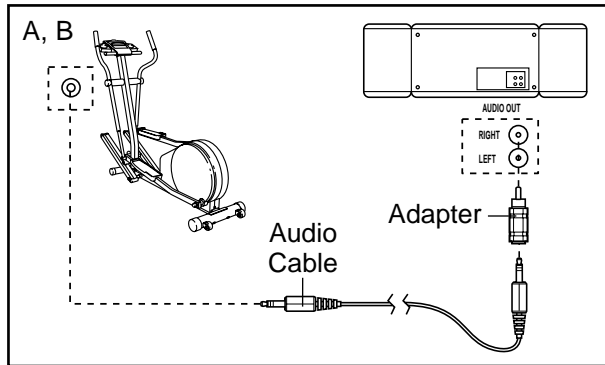
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



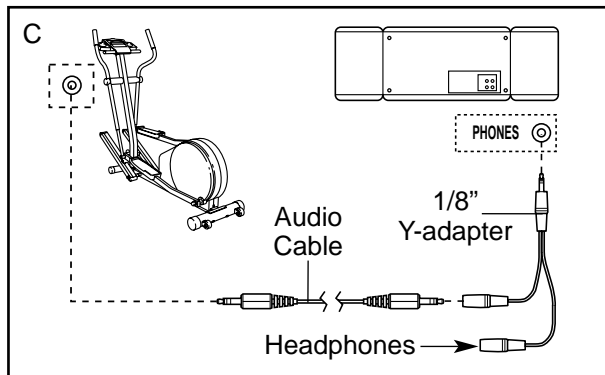
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



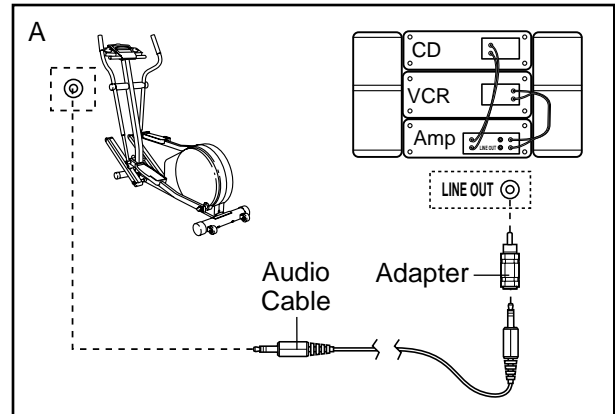
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



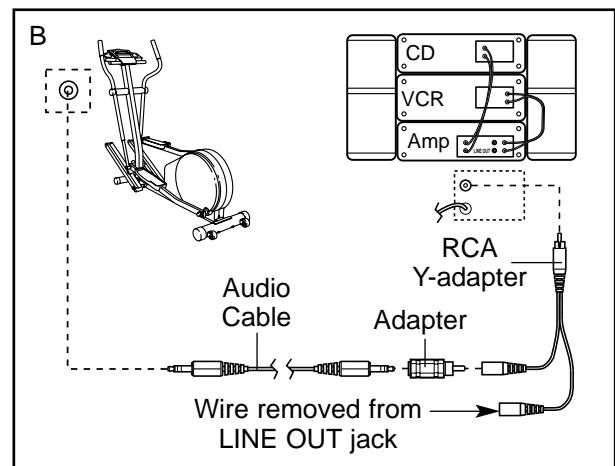
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



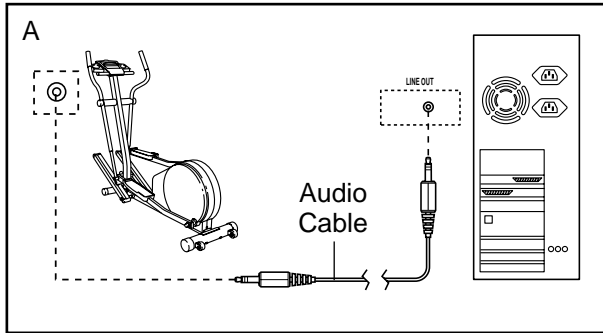
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



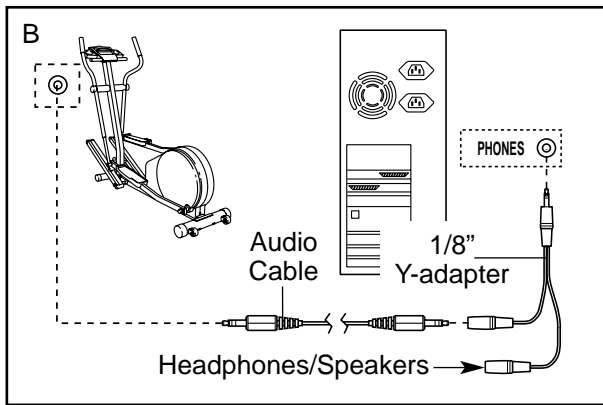
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



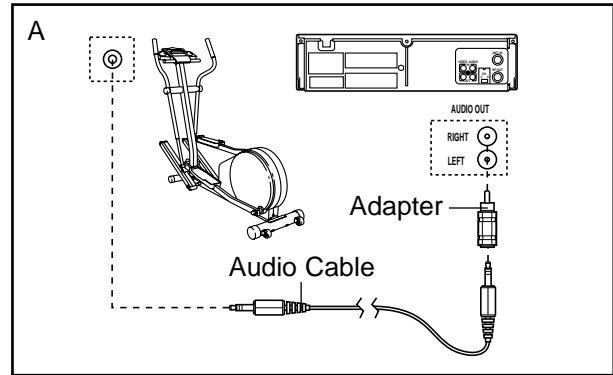
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



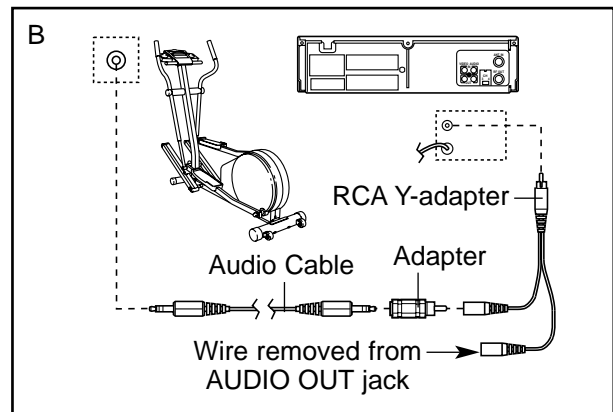
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15.

Note: To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.

Follow the steps below to use an iFIT.com CD or video program.

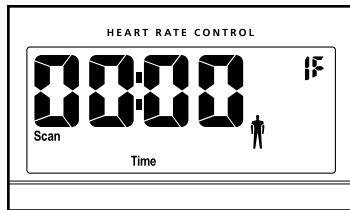
1 Turn on the console.

Refer to step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode,

press the iFIT.com button. The indicator beside the button will light, and the letters IF will appear in the upper right corner of the display.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (refer to step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance of the elliptical crosstrainer and/or the pace setting is about to change.

Note: If the resistance of the elliptical crosstrainer and/or the pace setting does not change when a "chirp" is heard:

- Make sure that the indicator beside the iFIT.com button is lit.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

5 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

6 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 on page 13.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

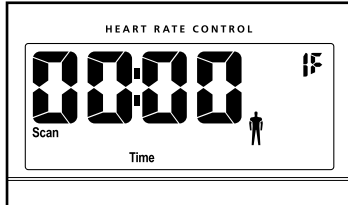
Follow the steps below to use a program from our Web site.

1 Turn on the console.

Refer to step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator beside the button will light and the letters IF will appear in the upper right corner of the display.



3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical crosstrainer and begin exercising.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (refer to step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance of the elliptical crosstrainer and/or the pace setting is about to change.

8 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

9 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 on page 13.

HOW TO USE THE INFORMATION MODE

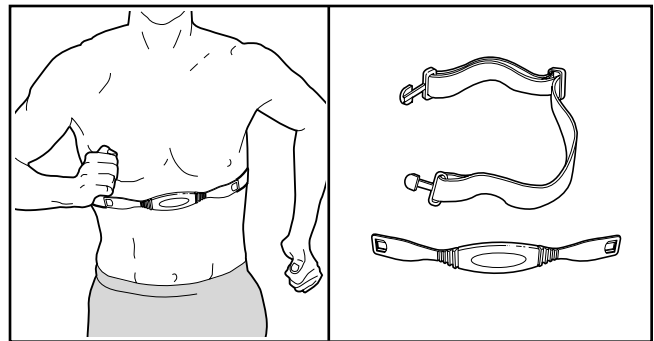
The console features an information mode that shows the total time that the elliptical crosstrainer has been used, the total distance that the pedals have moved, and whether the console is set to display speed and distance in miles or kilometers.

To select the information mode, hold down the Select Program button for a few seconds. An E (for English miles) or an M (for metric kilometers) will appear in the display. (To change the unit of measurement, press the + button.) Press the Display Mode button. The display will then show the number of hours that the elliptical exerciser has been used. Press the Display Mode button again. The display will then show the distance that the pedals have moved.

To exit the information mode, press the Select Program button again.

THE OPTIONAL CHEST PULSE SENSOR

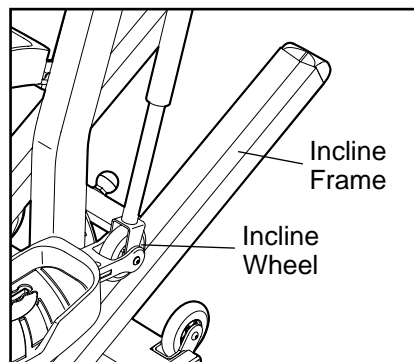
The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**



MAINTENANCE AND TROUBLESHOOTING

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

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the incline wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this way. **Never use abrasives or solvents.**



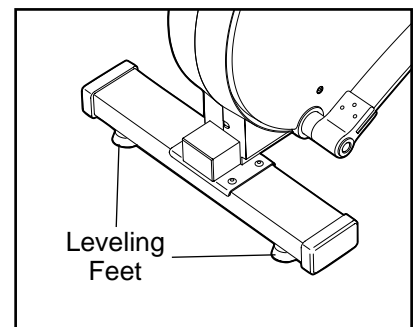
To prevent damage to the console, keep liquids away from the console. Always remove the batteries from the console when storing the elliptical crosstrainer.

BATTERY REPLACEMENT

If the letters LO appear in the console display, the batteries should be checked. Refer to assembly step 4 on page 7 to find the location of the battery compartment. Remove one of the batteries and then re-insert it. If the letters LO continue to appear in the display, replace the batteries.

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



CONDITIONING GUIDELINES

WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body

uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.283530

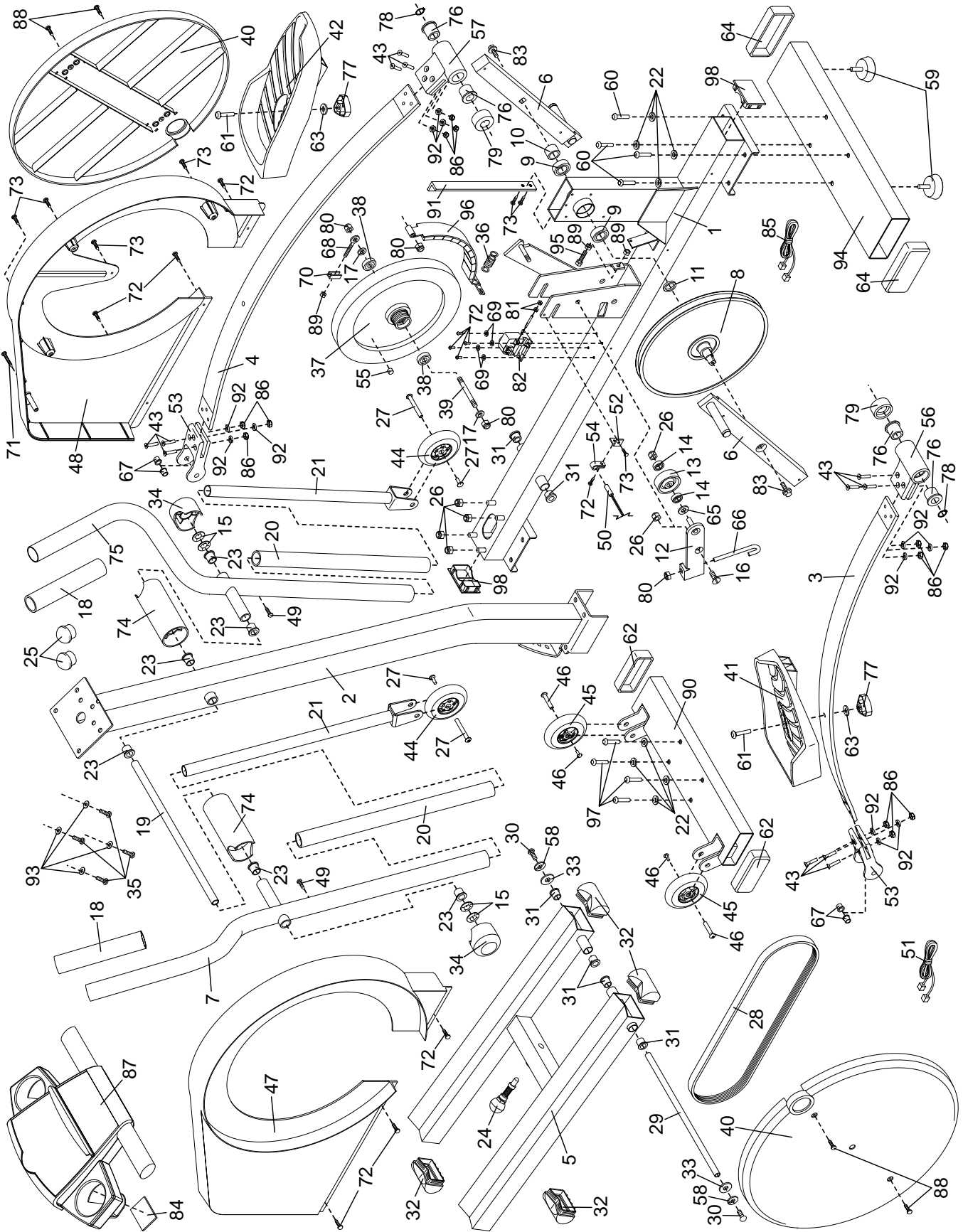
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Spring	71	1	M4 x 63.5mm Screw
2	1	Upright	37	1	Flywheel	72	11	M4 x 16mm Screw
3	1	Left Spring Arm	38	2	Flywheel Bearing	73	7	M5 x 16mm Screw
4	1	Right Spring Arm	39	1	Flywheel Axle	74	2	Axle Cover
5	1	Incline Frame	40	2	Pedal Disk	75	1	Right Upper Body Arm
6	2	Crank Arm	41	1	Left Pedal	76	4	Pedal Bushing
7	1	Left Upper Body Arm	42	1	Right Pedal	77	2	Adjustment Knob
8	1	Large Pulley	43	12	M6 x 33mm Flat Head Screw	78	2	Snap Ring
9	2	Frame Bearing	44	2	Incline Wheel	79	2	Spring Spacer
10	1	Plastic Crank Spacer	45	2	Stabilizer Wheel	80	4	M8 Nylon Locknut
11	1	Flat Delrin Washer	46	2	M8 Union Bolt Set	81	2	M5 Nut
12	1	Idle Bracket	47	1	Left Side Shield	82	1	Resistance Motor
13	1	Pulley	48	1	Right Side Shield	83	2	Flange Screw
14	2	Idle Bearing	49	2	M5 x 6mm Screw	84	1	Battery Cover
15	4	Push Nut	50	1	Reed Switch/Wire	85	1	Wire Harness
16	1	M10 x 25mm Flat Head Bolt	51	1	Extension Wire Harness	86	12	M6 Nylon Locknut
17	2	M8.5 Flat Washer	52	1	Reed Switch Bracket	87	1	Console
18	2	Foam Grip	53	2	Spring Bracket	88	4	M5 x 25mm Screw
19	1	Arm Axle	54	1	Reed Switch Clamp	89	3	Stop Nut
20	2	Plastic Arm Sleeve	55	1	Magnet	90	1	Front Stabilizer
21	2	Chrome Tube	56	1	Left Rear Spring Bracket	91	1	Side Shield Support
22	8	M10 Split Washer	57	1	Right Rear Spring Bracket	92	12	M6 Washer
23	6	Arm Bushing	58	2	M8 Split Washer	93	4	Console Washer
24	1	Incline Knob	59	2	Leveling Foot	94	1	Rear Stabilizer
25	2	Upper Body Arm Endcap	60	4	M10 x 56mm Button Screw	95	1	M6 x 38mm Bolt
26	6	M10 Nylon Locknut	61	2	M10 x 33mm Carriage Bolt	96	1	"C" Magnet
27	2	M10 Union Bolt Set	62	2	Front Stabilizer Endcap	97	4	M10 x 43mm Button Screw
28	1	Belt	63	2	M10 Washer	98	2	Frame Endcap
29	1	Incline Axle	64	2	Rear Stabilizer Endcap	#	1	Grease
30	2	M8 x 19mm Button Screw	65	1	M10.3 Washer	#	1	Teflon® Lubricant
31	6	Incline Bushing	66	1	"J" Bolt	#	1	Push Nut Tool
32	4	Incline Frame Cap	67	4	Spring Bracket Bushing	#	3	Allen Wrench
33	2	M8 Washer	68	1	Eyebolt	#	1	User's Manual
34	2	Pivot Axle Cap	69	4	M5 Washer			
35	4	Console Screw	70	1	Adjustment Bracket			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. 831.283530

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (831.283530)
- The NAME of the product (NordicTrack® CX 920 elliptical crosstrainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 22)

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® elliptical crosstrainer ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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