NordicTrack®
VGR990

USER'S MANUAL

Model No. NTEL12900
Serial No. _____

Serial Number
Decal
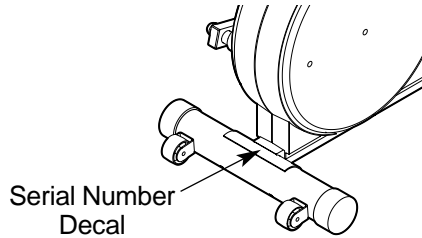
QUESTIONS?

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 UNNECESSARY 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.
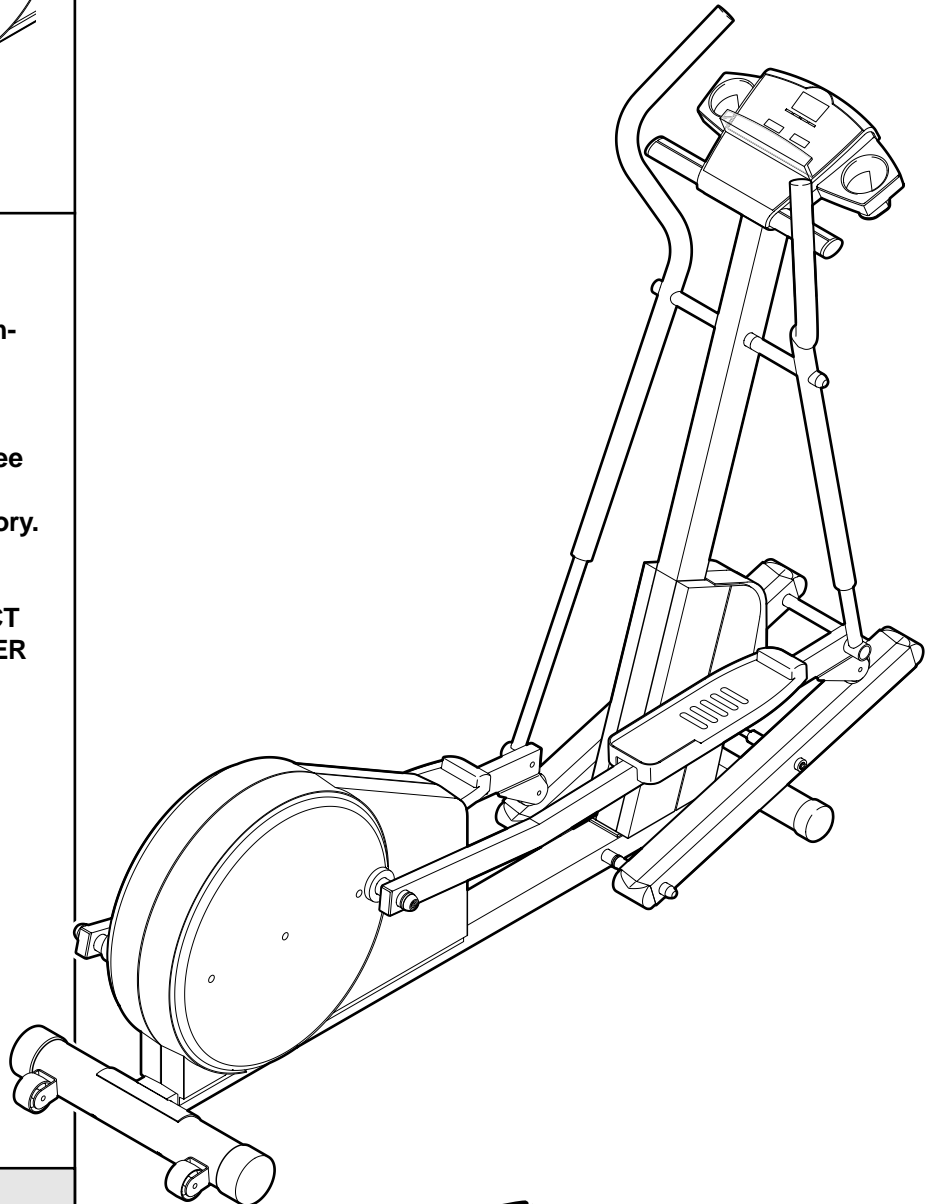
CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ 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!**

NordicTrack® VGR990

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NordicTrack® is a registered trademark of ICON Health & Fitness, Inc.

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. 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.

4. Inspect and tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under the age of 12 and pets away from the elliptical crosstrainer at all times.

6. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.

7. Always hold the pulse handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.

8. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.

9. 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.

10. When you stop exercising, allow the pedals to slowly come to a stop.

11. Keep your back straight when using the elliptical crosstrainer; do not arch your back.

12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

13. The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.

14. 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.
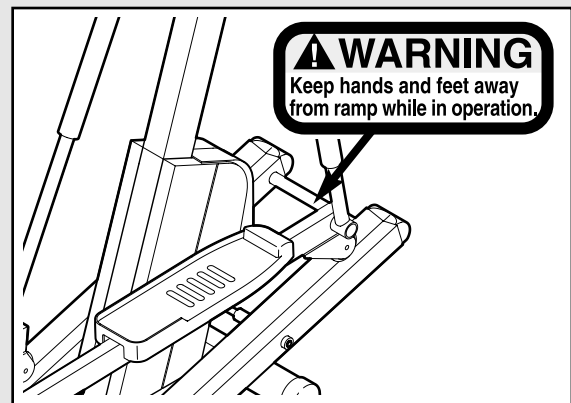
⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
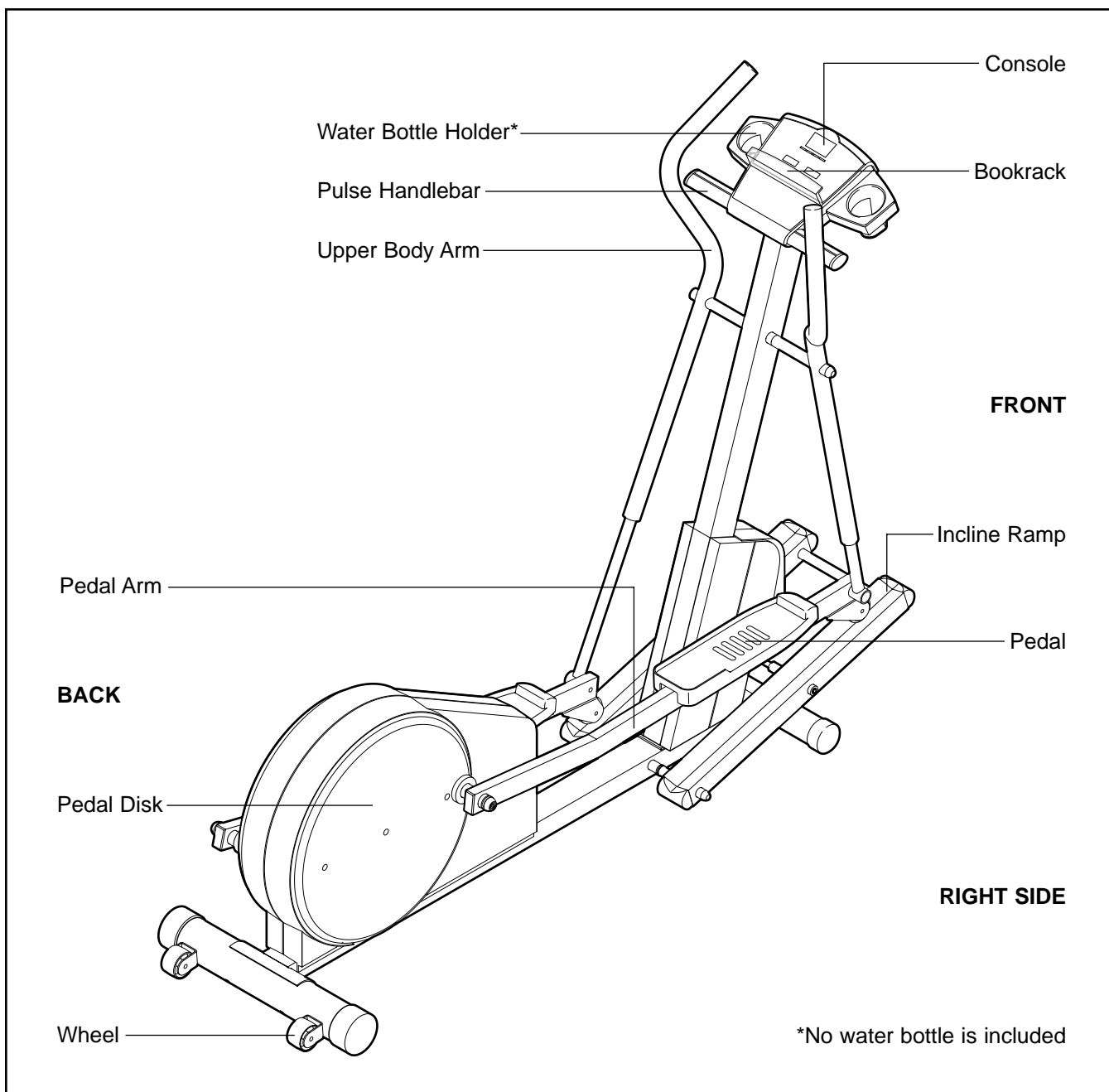
BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® VGR990 elliptical crosstrainer. The NordicTrack® VGR990 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 NordicTrack® VGR990 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 NordicTrack® VGR990. 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 NTEL12900. 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.

Console

Water Bottle Holder*

Bookrack

Pulse Handlebar

Upper Body Arm

FRONT

Incline Ramp

Pedal Arm

Pedal

BACK

Pedal Disk

RIGHT SIDE

Wheel

*No water bottle is included

ASSEMBLY

Assembly requires two people. 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** 🔧 **, and a rubber mallet** 🔨 **.**

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.**

M8 Split
Washer (58)–4

M8 Washer (33)–4

Chrome Tube
Washer (44)–2

M10 Split
Washer (13)–3

Pedal Screw (43)–6

Incline Axle
Screw (30)–4

Console Screw (35)–4

M10 x 25mm Screw (100)–3

Rear Stabilizer Bolt (60)–2

Front Stabilizer Bolt (86)–2

56mm Spacer (22)–2

M10 Nylon
Locknut (26)–6

3/4" Axle Cap (61)–2

Plastic Pedal
Spacer (85)–2
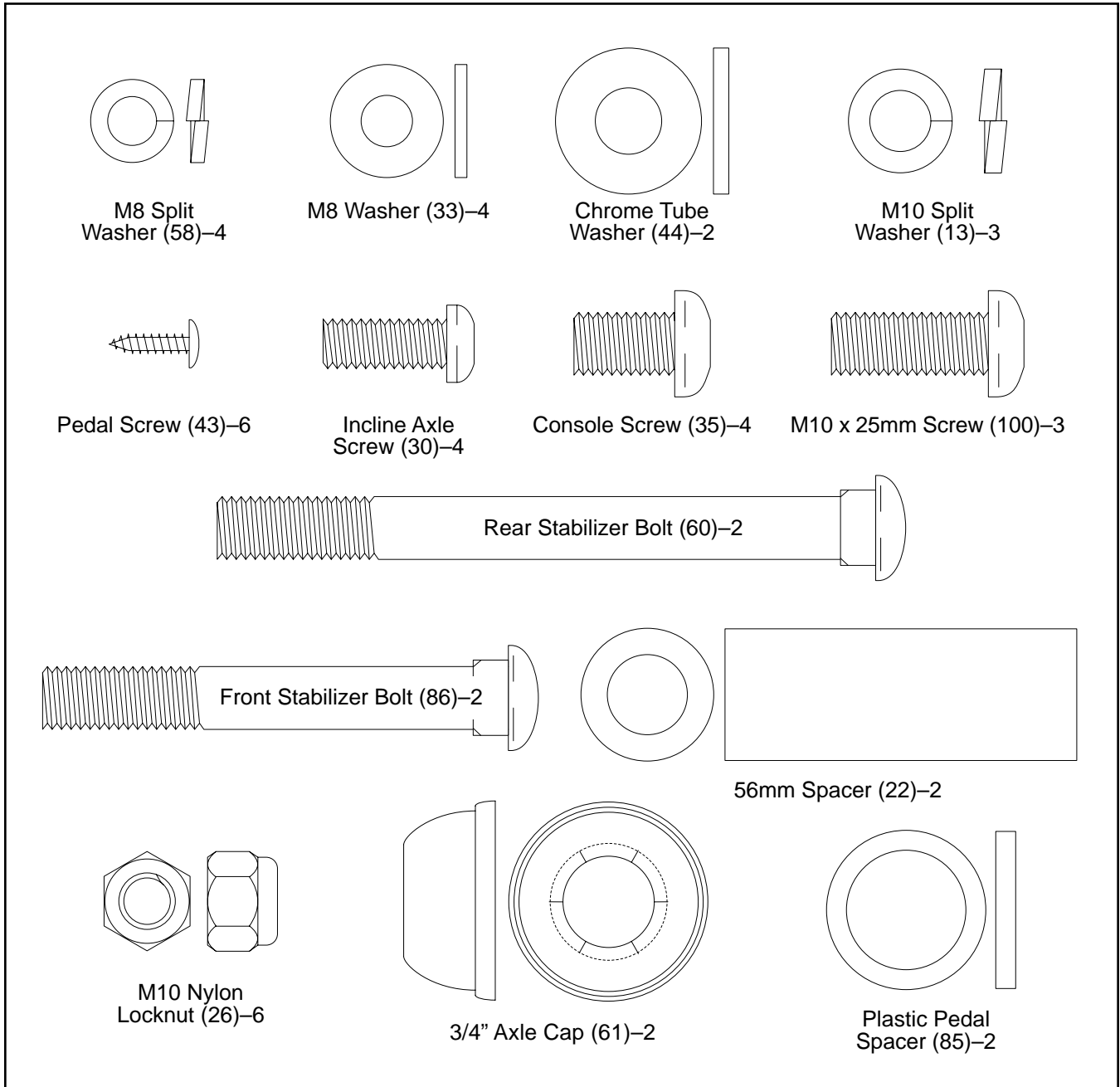
1. Identify the Rear Stabilizer (59), which has Wheels (45) attached to it.

   Attach the Rear Stabilizer (59) to the rear of the Frame (1) with the two Rear Stabilizer Bolts (60) and two M10 Nylon Locknuts (26). **Make sure that the Rear Stabilizer is turned so the Wheels (45) are not touching the floor.**
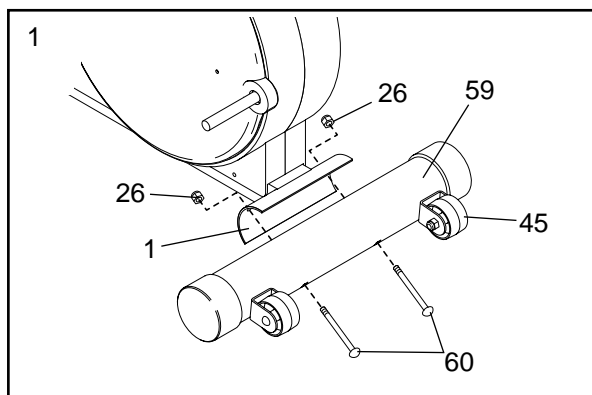
2. Attach the Front Stabilizer (14) to the front of the Frame (1) with the two Front Stabilizer Bolts (86) and two M10 Nylon Locknuts (26).
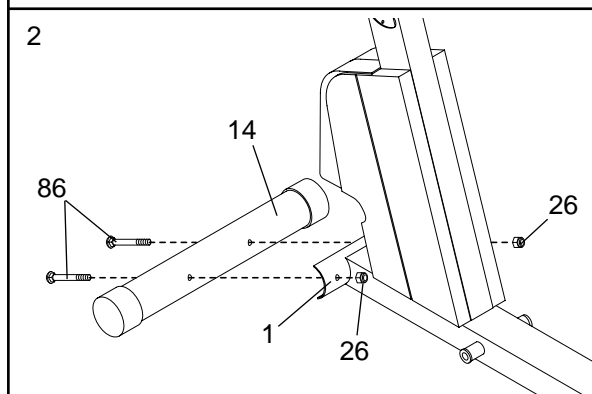
3. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an Incline Axle Screw (30). Tighten the Incline Axle Screw into one end of an Incline Axle (29). Next, apply a small amount of the included grease to the Incline Axle.

   Align the indicated tubes on the Incline Ramp (5) with the tubes on the Base (1). **Make sure that the Incline Ramp is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) through the Incline Ramp and the Base. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.
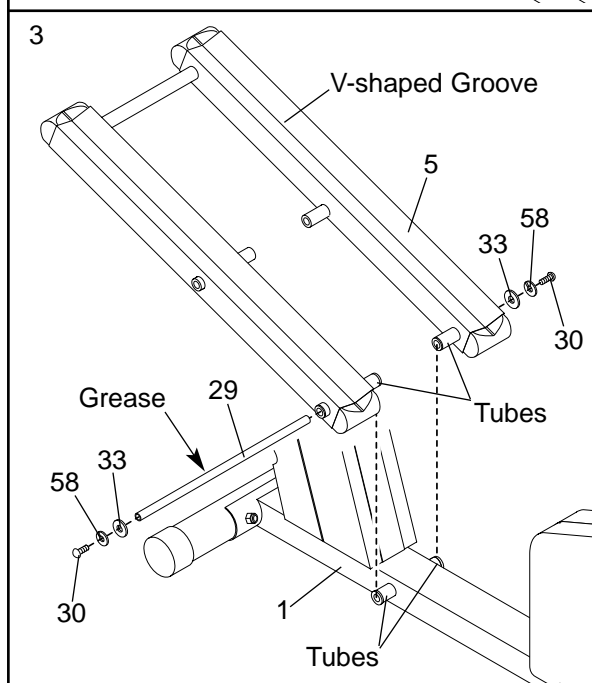
   Slide an M8 Split Washer (58) and an M8 Washer (33) onto another Incline Axle Screw (30). Tighten the Incline Axle Screw into the open end of the Incline Axle (29).

4. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an Incline Axle Screw (30). Tighten the Incline Axle Screw into one end of the other Incline Axle (29). Next, apply a small amount of grease to the Incline Axle.

   Raise the Incline Ramp (5). Insert the Incline Axle (29) through one side of the Incline Ramp, through a 56mm Spacer (22), through the end of the motor screw, through another 56mm Spacer (22), and then through the other side of the Incline Ramp.
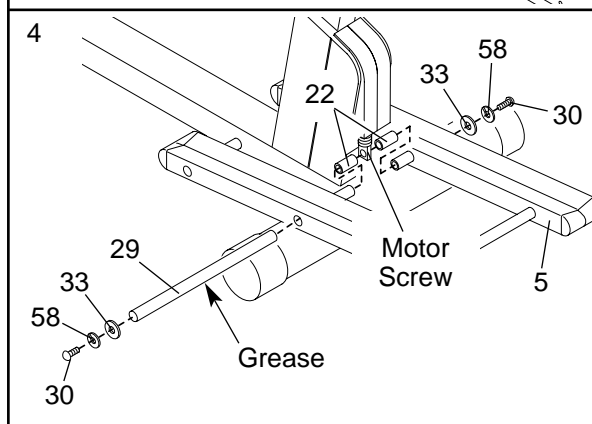
   Slide an M8 Split Washer (58) and an M8 Washer (33) onto another Incline Axle Screw (30). Tighten the Incline Axle Screw into the open end of the Incline Axle (29).

6

5. Identify the Left Pedal Arm (3), which has an "L" sticker attached to it. Next, identify the Left Pedal (41), which has the letter "L" molded onto the bottom.

   Turn over the Left Pedal Arm (3) as shown. Insert the three plastic posts on the Left Pedal (41) into the three indicated holes in the Left Pedal Arm. **Make sure that the Left Pedal is turned as shown.** Attach the Left Pedal with three Pedal Screws (43).

   Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.

6. Apply a small amount of grease to the axle on the left Crank Arm (6).

   Slide a Plastic Pedal Spacer (85) and the Left Pedal Arm (3) onto the axle on the left Crank Arm (6). Note: It may be helpful to use a rubber mallet to tap these parts on. **Be careful not to confuse the Left Pedal Arm with the Right Pedal Arm (not shown); look at the position of the round tube to correctly identify the Left Pedal Arm.** Next, tap a 3/4" Axle Cap (61) onto the axle.

   Attach the Right Pedal Arm (not shown) in the same way.

7. Apply grease to the welded bolt on the Left Pedal Arm (3). Slide a Chrome Tube (98) and a Chrome Tube Washer (44) onto the welded bolt. **Make sure that the Chrome Tube is turned exactly as shown in the inset drawing.** Then, tighten an M10 Nylon Locknut (26) onto the welded bolt.

   Attach the other Chrome Tube (not shown) to the Right Pedal Arm (4) in the same way.

   Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto both Chrome Tubes (98).

8. While another person holds the Upright (2) near the Frame (1), connect the Wire Harness (25) to the Extension Harness (99). Next, attach the Upright to the Frame with three M10 x 25mm Screws (100) and three M10 Split Washers (13). **Be careful to avoid pinching the wires.**
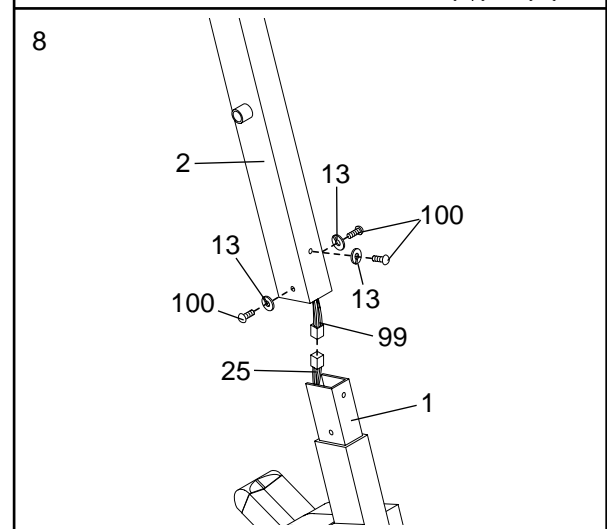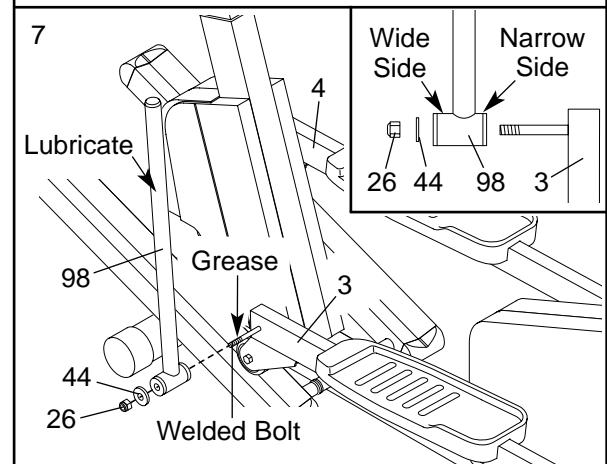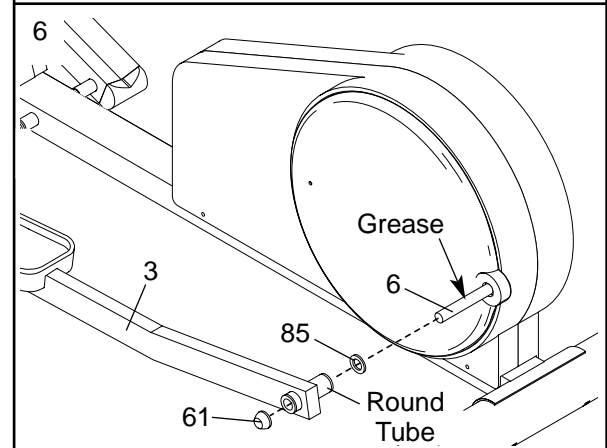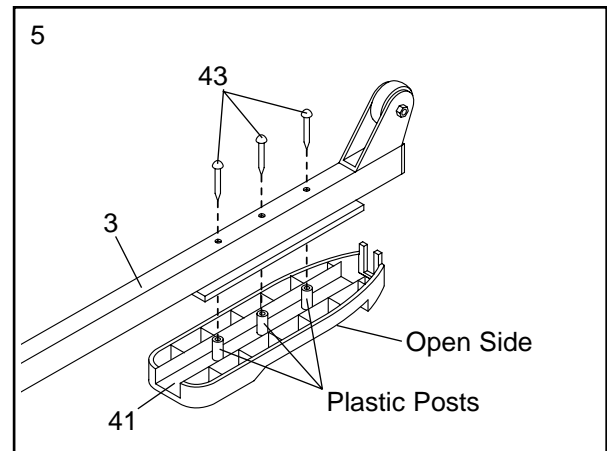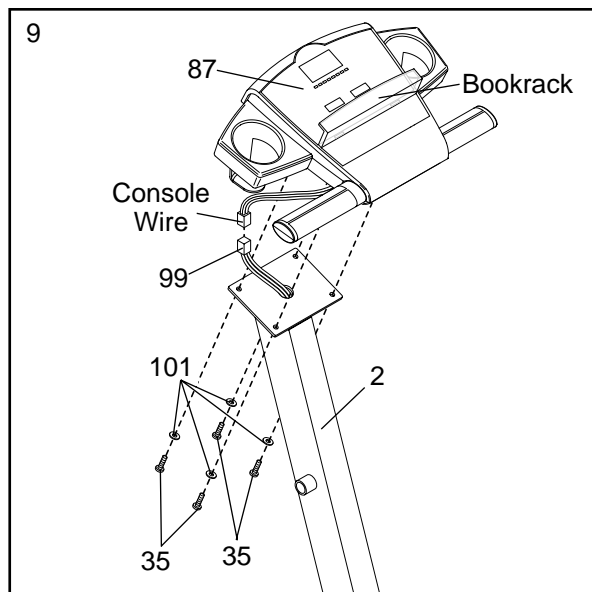
9. Remove the four Console Screws (35) and the four Console Washers (101) from the Console (87).

Connect the console wire to the Extension Harness (99).

Attach the Console (87) to the Upright (2) with the four Console Screws (35) and the four Console Washers (101) removed previously. **Be careful to avoid pinching the wires.**

Snap the bookrack onto the Console (87) where shown.

10. Slide the Left Upper Body Arm (15), which is marked with an "L" sticker, onto the Chrome Tube (98) on the Left Pedal Arm (3). Slide the Right Upper Body Arm (18) onto the Chrome Tube on the Right Pedal Arm (4). **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 (49) onto the post on each Upper Body Arm.

Apply grease to the Arm Axle (34). Insert the Arm Axle into the Upright (2), the right Pivot Cover (49), and the Right Upper Body Arm (18) as shown. Push the Arm Axle into the Upright until the left end of the Axle is flush with the left side of the Upright. Next, raise the Left Upper Body Arm (15) and insert the Arm Axle into the left Axle Cover (49) and the Left Upper Body Arm. **Center the Arm Axle.**

Using the included pedal tool, tap two Push Nuts (94) **about 1/8"** onto each end of the Arm Axle (34). 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.

Press the two Axle Caps (51) onto the Arm Axle (34).
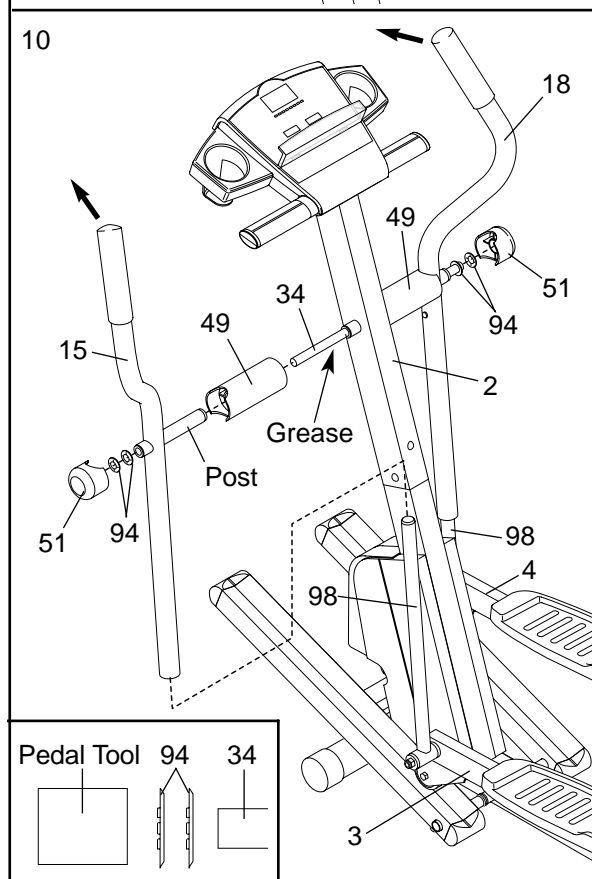

11. **Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: Some hardware may be left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

HOW TO PLUG IN THE POWER CORD

Locate the power cord on the elliptical crosstrainer. Plug the power cord into an electrical outlet.

Note: When the power cord is plugged in, the resistance system may automatically calibrate itself. Calibration takes less than one minute. During calibration, the letters "CAL" will appear in the left LED display and the indicators in the TRAINING ZONE display will light in a rapid sequence.
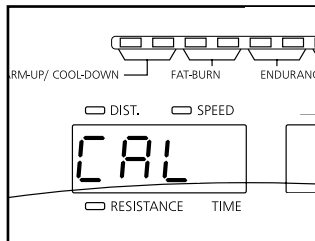
After the resistance system calibrates itself, the incline system may calibrate itself. During calibration, two dashes will appear in the right LED display and the indicators in the TRAINING ZONE display will light in a rapid sequence.
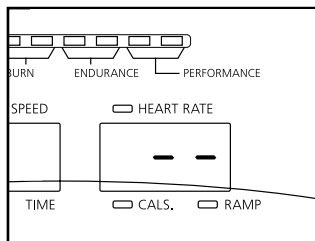
HOW TO USE THE UPPER BODY ARMS

The upper body arms are designed to add upper-body exercise to your workouts. Move the upper-body arms forward and back as you exercise in order to work your arms, back, and shoulders.

To exercise only your lower body, hold the pulse handlebar as you exercise.
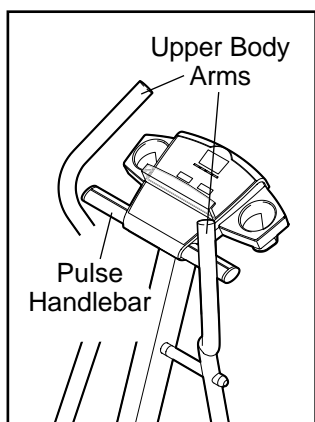
EXERCISING ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the pulse handlebar 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.
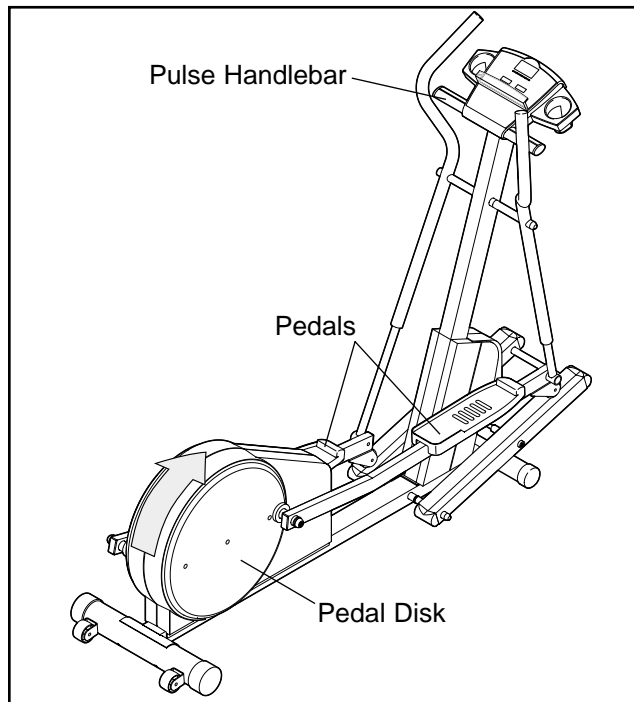
Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow above; however, to give variety to your exercise, you may turn the pedal disks in the opposite direction.

To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: 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.

9

DESCRIPTION OF THE CONSOLE
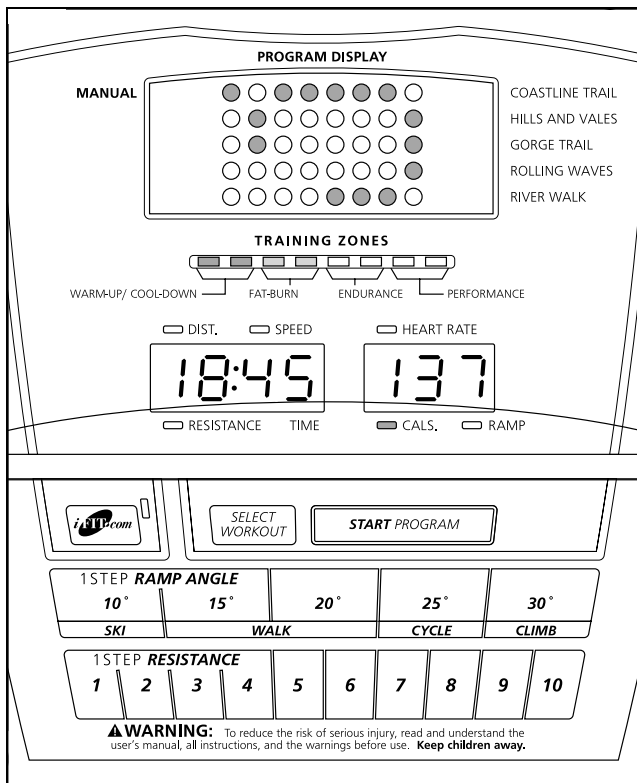
The advanced console offers a variety of features to help you get the most from your workouts.

When the manual mode of the console is selected, the angle of the ramp and the resistance of the pedals can be changed with a touch of a button. As you exercise, the program display, the training zone display, and the two LED displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

In addition, the console offers five preset workout programs. Each program automatically changes the ramp angle and the resistance of the pedals as it guides you through an effective workout.

The console also features new iFIT.com interactive technology. 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 ramp angle and the resistance of the pedals 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, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the elliptical crosstrainer connected to your computer, you can also go to our new internet site at www.iFIT.com and access audio program and video programs directly from the internet. And by adding an optional upgrade module to the elliptical crosstrainer, you can use virtually endless features from our internet site. See www.iFIT.com for complete details.

To purchase an optional upgrade module, see page 18. For information about the availability of iFIT.com CD's or videocassettes, call toll-free 1-800-884-0620.

HOW TO USE THE MANUAL MODE

1 **Make sure that the power cord is plugged in**

Refer to page 9.

2 **Press any button on the console or move the pedals to turn on the power**

When one of the buttons on the console is pressed or the pedals are moved, various displays and indicators will light and the left LED display will begin to flash. Note: If the power cord was just plugged in, the power will already be on.

3 **Select the manual mode**

When the power is turned on, the manual mode will be selected and the manual indicator will light. If you have selected a preset program or the iFIT.com mode, press the SELECT WORKOUT button repeatedly until the manual indicator lights.
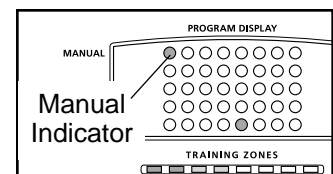
4 **Begin exercising and adjust the resistance of the pedals as desired**

As you exercise, change the resistance of the pedals by pressing the RESISTANCE buttons. There are ten resistance levels; level 1 is the easiest. Note: After a RESISTANCE button is pressed, it will take a moment for the pedals to reach the selected resistance level.

SKI		WALK			
1STEP *RESISTANCE*					
1	2	3	4	5	6

⚠ **WARNING:** To reduce the risk of serious injury user's manual, all instructions, and the warnings before

5 **Adjust the angle of the ramp as desired**

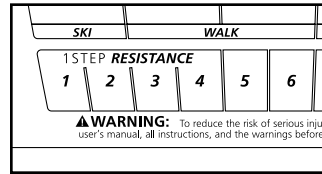To vary your exercise, change the angle of the ramp by pressing the RAMP ANGLE buttons. There are five angles that simulate skiing, walking, cycling, and climbing. Note: After a RAMP ANGLE button is pressed, it will take a moment for the ramp to reach the selected angle.

i**FIT**.com		SELECT WORKOUT	START
1STEP *RAMP ANGLE*			
10˚	15˚		20˚
SKI		WALK	
1STEP *RESISTANCE*			
1	2	3	4	5	6

6 **Watch your progress with the program display, the training zone display, and the LED displays**

The program display—When the manual mode or the iFIT.com mode is selected, the program display will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until the entire track is lit. A new lap will then begin.

PROGRAM DISPLAY

MANUAL

COASTLI
HILLS AN
GORGE T
ROLLING
RIVER WA
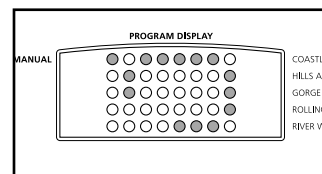
The training zone display—As you exercise, the training zone display will show the approximate intensity level of your exercise. For example, if three or four indicators in the display are lit (refer to the drawing above), the display shows that your intensity level is ideal for fat burning.

TRAINING ZONES

-DOWN — FAT-BURN — ENDURANCE — PERFORM

☐ DIST. ☐ SPEED ☐ HEART RATE
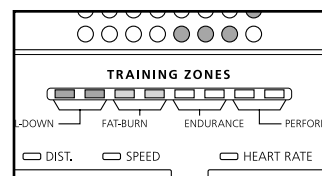
The left LED display—As you exercise, the left display will show the distance you have traveled, your current speed, the elapsed time, and the current resistance level. The display will change from one number to the other every six seconds, as shown by the indicators around the display. Note: When a preset program is selected, the left display will show the time remaining in the program instead of the elapsed time.

☐ DIST.   ☐ SPEED

18:45

☐ RESISTANCE   TIME
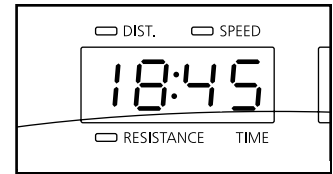
Note: If you stop exercising for six seconds or longer, the console will pause and the left LED display will begin to flash.

Note: Speed and distance can be shown in either miles or kilometers. To select the desired unit of measurement, refer to page 18.

The right LED display—As you exercise, the right display will show the ramp angle and the approximate number of calories you have burned. The display will change from one number to the other every six seconds, as shown by the indicators below the display. This display will also show your heart rate when the pulse sensor is used (see step 7).

EED   ☐ HEART RATE

129

IME   ☐ CALS.   ☐ RAMP
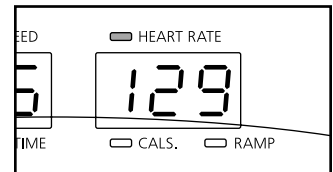
7 **Measure your heart rate, if desired**

Note: If the metal contacts on the front and rear of the pulse handlebar are covered with clear plastic, peel off the clear plastic before using the pulse sensor.

To measure your heart rate, place your hands on the metal contacts on the pulse handlebar. Your palms must be resting on the front contacts and your fingers must be touching the rear contacts. **Avoid moving your hands.**

Metal Contacts

11
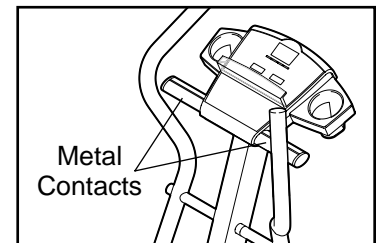
When your pulse is detected, the heart rate indicator above the right LED display will light, one to three dashes will appear in the display, and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. Note: If your heart rate is not shown, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or squeeze the metal contacts too tightly.

Note: When you use the pulse handlebar, the right display will show your heart rate for about 15 seconds. If you continue to hold the pulse sensor, the display will show your heart rate along with the ramp angle and the number of calories you have burned.

8 When you are finished exercising, turn off the power

To turn off the power, simply wait for about ten minutes. **The console has an "auto-off" feature. If the console buttons are not pressed and the pedals are not moved for ten minutes, the console will turn off automatically.**

HOW TO USE PRESET PROGRAMS

1 **Make sure that the power cord is plugged in**

Refer to page 9.

**2** **Press any button on the console or move the pedals to turn on the power**

Refer to step 2 on page 10.

3 **Select one of the five preset programs**

When the power is turned on, the manual mode will be selected and the manual indicator will light. To select a preset program, press the SELECT WORKOUT button repeatedly until one of the five preset program indicators lights.


Preset Program Indicator
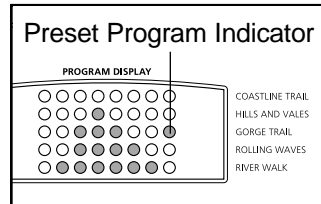
The graphs below show how the resistance will change during the five preset programs. (The ramp angle will also change during the programs; however, the ramp angle settings are not shown on the graphs.) Note: When a program is selected, the program display will show a simplified graph of the program.
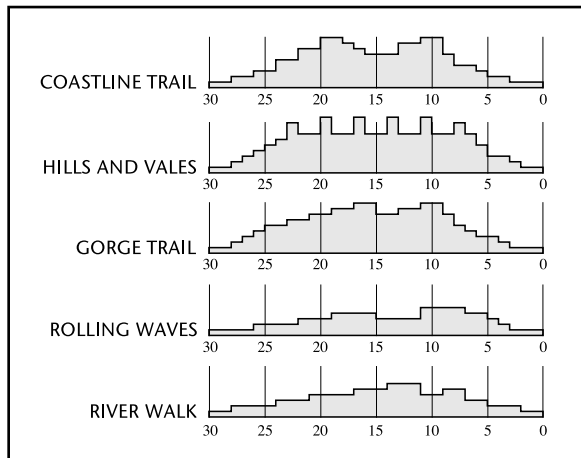
4 **Press the START PROGRAM button and begin exercising**

Each program is divided into several individual time periods. Each period is one, two, three, or four minutes long. One resistance setting and one ramp angle setting are programmed for each period. The resistance setting for the first period will be shown in the flashing Current Period column of the program display. The resistance set-

tings for the next four periods will be shown in the four columns to the right. (The ramp angle settings are not shown in the program display.)
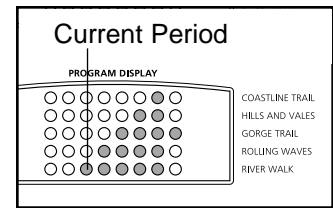
Current Period

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash, a series of tones will sound, and all resistance settings will move one column to the left. The resistance setting for the second period will then be shown in the flashing Current Period column and the resistance of the pedals and the angle of the ramp will automatically adjust to the second settings. The program will continue in this way until the resistance setting for the last period is shown in the Current Period column and the last period ends.

Note: Each time a period ends and the resistance settings move to the left, if all of the indicators in the Current Period column are lit, the resistance settings may move downward so that only the highest indicators in the columns will be shown in the program display. When the resistance settings move to the left again and not all of the indicators in the Current Period column are lit, the resistance settings will move back up.

Note: You can manually override the resistance setting or the ramp angle setting for the current period, if desired, by pressing the RESISTANCE or RAMP ANGLE buttons. However, **when the next period of the program begins, the resistance of the pedals and the angle of the ramp will automatically adjust to the settings for the next period.**

Note: If you stop exercising for six seconds or longer, the program will pause and the left LED display will begin to flash. To restart the program, simply resume exercising.

5 **Watch your progress with the training zone display and the LED displays**

Refer to step 6 on page 11.

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

Refer to step 7 on page 11.

7 **When the program is finished, turn off the power**

Refer to step 8 on page 12.

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HOW TO CONNECT THE ELLIPTICAL CROSSTRAINER TO 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 14 and 15 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer be connected to your VCR. See page 16 for connecting instructions. **To use iFIT.com programs directly from our internet site**, the elliptical crosstrainer must be connected to your home computer. See page 15.
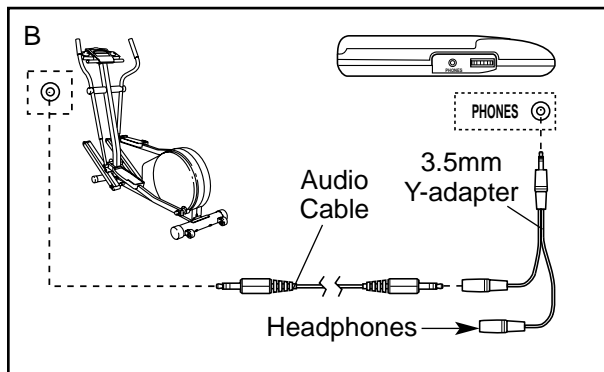
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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 of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
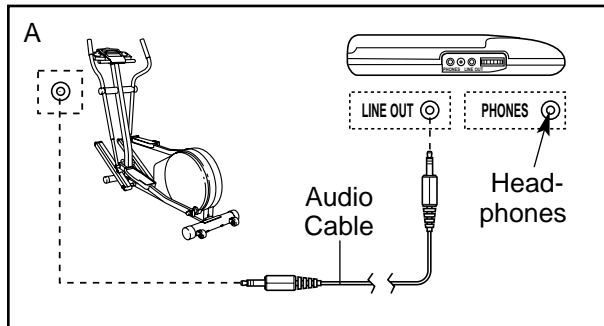
B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.

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 3.5mm 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 of the elliptical crosstrainer. Plug the other end of the cable into the included 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 of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.
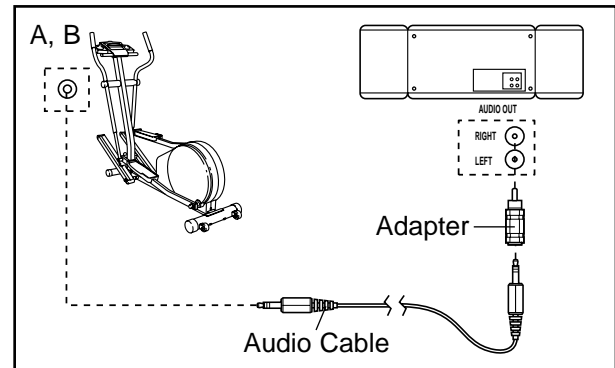
C. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
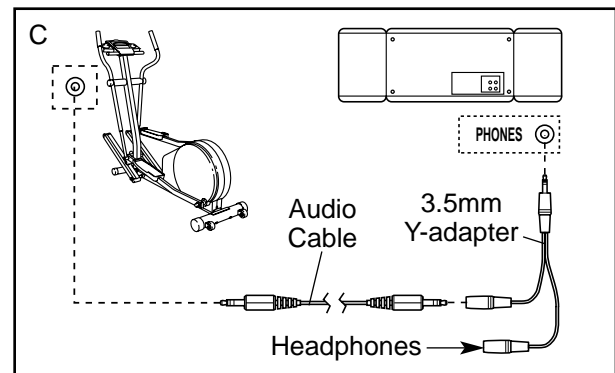

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HOW TO CONNECT YOUR HOME STEREO

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 of the elliptical crosstrainer. Plug the other end of the cable into the included 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 of the elliptical crosstrainer. Plug the other end of the cable into the included 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 RCA Y-adapter. Plug the RCA Y-adapter into the LINE OUT jack on your stereo.
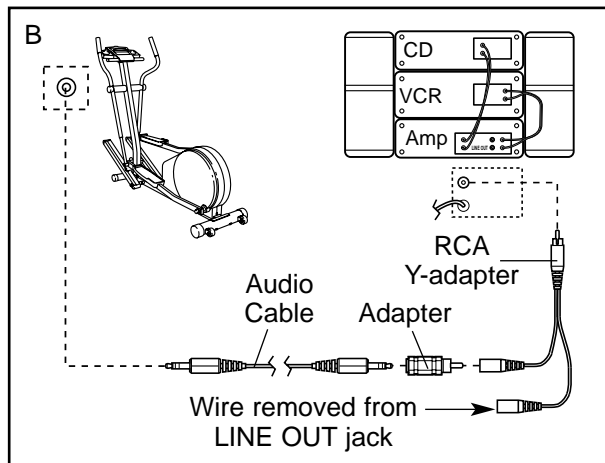
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm 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 of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your computer.
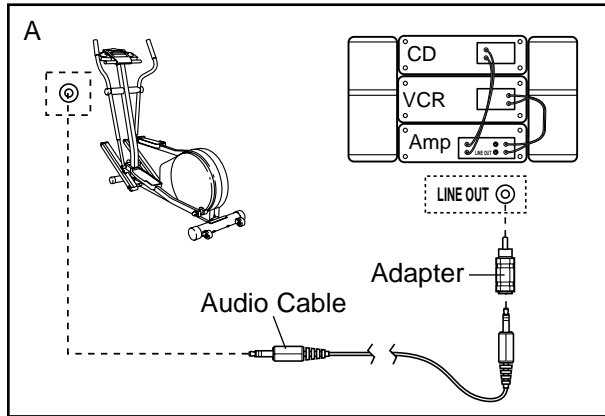

B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.


15
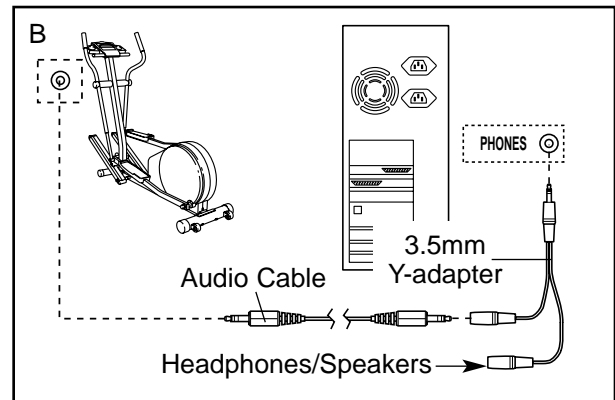
HOW TO CONNECT YOUR VCR

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 15.

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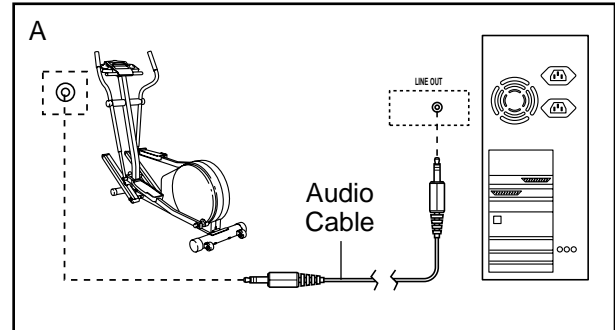

B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack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

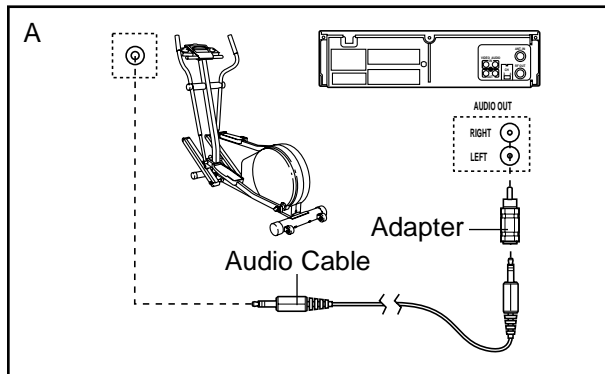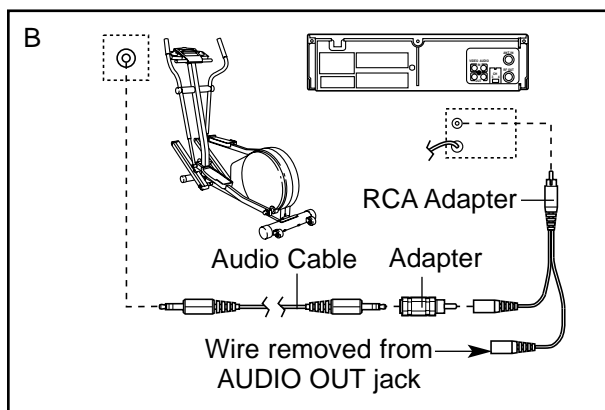**HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS**

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 THE ELLIPTICAL CROSSTRAINER TO YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **Note: For information about the availability of iFIT.com CD's or videocassettes, call toll-free 1-800-884-0620.**

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

1 Make sure that the power cord is plugged in

Refer to page 9.

2 Press any button on the console or move the pedals to turn on the power

Refer to step 2 on page 10.

3 Select the iFIT.com mode

When the power is turned on, the manual mode will be selected and the manual indicator will light. To select the iFIT.com mode, press the IFIT.COM button. The indicator beside the button will light.
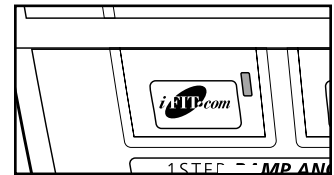
4 Insert the iFIT.com CD or videocassette

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.

5 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.

During the program, the resistance of the pedals and the angle of the ramp will automatically change according to the settings for the program. An electronic "chirping" sound will alert you when the resistance and/or ramp angle is about to change.

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If the resistance or ramp angle setting is too high or too low, you can manually override the setting at any time by pressing the RESISTANCE or RAMP ANGLE buttons on the console. However, when the next "chirp" is heard, the resistance and/or ramp angle will change to the next setting for the program.

Note: If the resistance of the pedals and/or the angle of the ramp 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.**

6 Watch your progress with the program display, the training zone display, and the LED displays

Refer to step 6 on page 11.

7 Measure your heart rate, if desired

Refer to step 7 on page 11.

8 When the program is finished, turn off the power

Refer to step 8 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features from our internet site. Explore www.iFIT.com for details. To purchase an upgrade module, see page 18.

To use programs from our internet site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

Follow the steps at the right to use a program from our internet site.

**1 Make sure that the power cord is plugged in**

Refer to page 9.

2 Press any button on the console or move the pedals to turn on the power

Refer to step 2 on page 10.

3 Select the iFIT.com mode

When the power is turned on, the manual mode will be selected and the manual indicator will light. To select the iFIT.com mode, press the IFIT.COM button. The indicator beside the button will light.
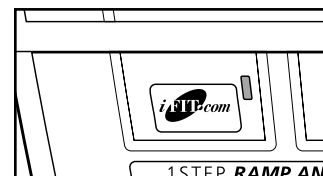
4 Go to your computer and start an internet connection

5 Start your web browser, if necessary, and go to our internet site at www.iFIT.com

6 Follow the desired links on our internet site to select a program

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

7 Follow the on-line instructions to start the program

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

8 Return to the elliptical crosstrainer

When the on-screen countdown ends, the program will begin. During the program, the resistance of the pedals and the angle of the ramp will automatically change according to the settings for the program. An electronic "chirping" sound will alert you when the resistance and/or ramp angle is about to change.

If the resistance or ramp angle setting is too high or too low, you can manually override the setting at any time by pressing the RESISTANCE or RAMP ANGLE buttons on the console. However, when the next "chirp" is heard, the resistance and/or ramp angle will change to the next setting for the program.

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9 **Watch your progress with the program display, the training zone display, and the LED displays**

Refer to step 6 on page 11.

10 **Measure your heart rate, if desired**

Refer to step 7 on page 11.

11 **When the program is finished, turn off the power**

Refer to step 8 on page 12.

THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the elliptical crosstrainer has been used and the total number of miles that the pedals have moved. The information mode also allows you to switch the console from miles to kilometers.

To select the information mode, press RESISTANCE button "1" and the SELECT WORKOUT button at the same time. The following information will be shown:

The program display will show an "E" for English miles or an "M" for metric kilometers. Press RESISTANCE button "10" to change the unit of measurement, if desired.

PROGRAM DISPLAY

The left LED display will show the total number of miles that the pedals have moved.

DIST. SPEED
68
RESISTANCE TIME

The right LED display will show the total number of hours that the elliptical crosstrainer has been used.

ED HEART RATE
84
TIME CALS. RAMP

To exit the information mode, press RESISTANCE button "1" and the SELECT WORKOUT button at the same time.

THE OPTIONAL IFIT.COM MODULE

By adding an optional iFIT.com module to the elliptical crosstrainer, you can use virtually endless features from our internet site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your workouts. **For information about purchasing the optional iFIT.com module, see your local NordicTrack dealer or call toll-free 1-800-884-0620.**
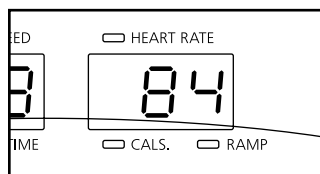
MAINTENANCE AND TROUBLESHOOTING

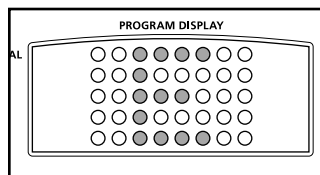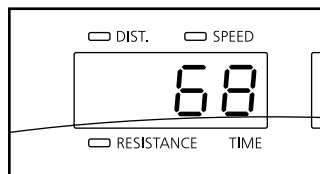For smooth operation of the elliptical crosstrainer, the incline ramp should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline ramp where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**
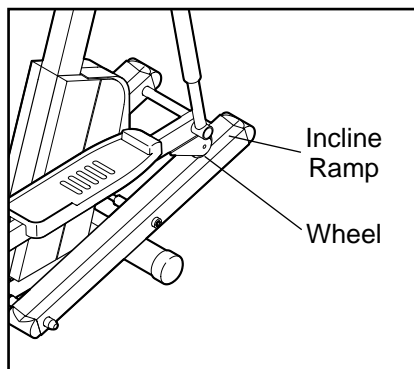
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

Incline Ramp

Wheel

CALIBRATING THE RESISTANCE AND INCLINE SYSTEMS

If the elliptical crosstrainer's resistance or incline system is not working properly, you may need to activate the calibration process.

To activate the resistance calibration process, press the lowest RESISTANCE button. Wait for the resistance motor to stop. Next, press the highest RESISTANCE button. While the resistance motor is running, unplug the power cord from the wall. Wait for a few seconds and then plug the power cord back in. The resistance system will now calibrate itself. It will not need to be calibrated again.

To activate the incline calibration process, press the lowest RAMP ANGLE button. Wait for the incline motor to stop. Next, press the highest RAMP ANGLE button. While the incline motor is running, unplug the power cord. Wait for a few seconds and then plug the power cord back in. The incline system will now calibrate itself. It will not need to be calibrated again.

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CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ 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.

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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate, first exercise for at least four minutes. Then, measure your heart rate using the pulse sensor (see step 7 on page 11).

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.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 21). 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.

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.

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SUGGESTED STRETCHES

The correct form for several basic stretches is shown below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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

21
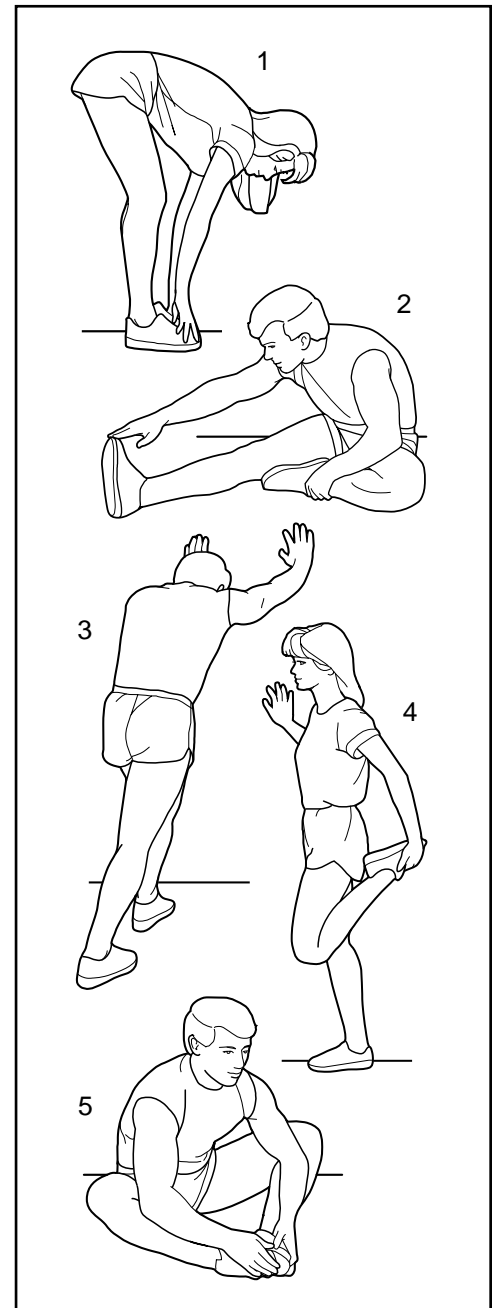
PART LIST—Model No. NTEL12900

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	53	1	Resistance Cable
2	1	Upright	54	1	Reed Switch Clamp
3	1	Left Pedal Arm	55	1	Magnet
4	1	Right Pedal Arm	56	1	"C" Magnet
5	1	Incline Ramp	57	1	Stop Bolt
6	2	Crank Arm	58	5	M8 Split Washer
7	1	Power Cord	59	1	Rear Stabilizer
8	1	Large Pulley	60	2	Rear Stabilizer Bolt
9	2	Frame Bearing	61	2	3/4" Axle Cap
10	1	Plastic Crank Spacer	62	2	Front Stabilizer Endcap
11	1	Flat Delrin Washer	63	4	Pedal Arm Cap
12	1	Idler Bracket	64	2	Rear Stabilizer Endcap
13	3	M10 Split Washer	65	1	Zip Tie
14	1	Front Stabilizer	66	1	"J" Bolt
15	1	Left Upper Body Arm	67	2	M10 Jam Nut
16	1	Idler Arm Screw	68	1	Eyebolt
17	2	M8.5 Flat Washer	69	5	M6 Nut
18	1	Right Upper Body Arm	70	1	Adjustment Bracket
19	4	Tree Fastener	71	3	M4 x 63.5mm Screw
20	2	Foam Grip	72	8	M4 x 16mm Screw
21	1	Incline Motor	73	11	M5 x 16mm Screw
22	2	56mm Spacer	74	6	Arm Bushing
23	1	Incline Reed Switch	75	1	Left Incline Side Shield
24	1	Side Shield Support	76	4	Pedal Bushing
25	1	Motor/Wire Harness	77	2	Pedal Wheel
26	10	M10 Nylon Locknut	78	1	Right Incline Side Shield
27	1	Reed Switch Lock	79	2	Pedal Wheel Bolt
28	1	Belt	80	4	M8 Nylon Locknut
29	2	Incline Axle	81	1	Wiring Board
30	4	Incline Axle Screw	82	4	Wheel Spacer
31	10	Incline Bushing	83	2	Flange Bolt
32	4	Incline Ramp Cap	84	1	Grommet
33	4	M8 Washer	85	2	Plastic Pedal Spacer
34	1	Arm Axle	86	2	Front Stabilizer Bolt
35	4	Console Screw	87	1	Console
36	1	Spring	88	4	M5 x 25mm Screw
37	1	Flywheel	89	1	Junction Box/Cover
38	2	Flywheel Bearing	90	4	M8 Washer, Black
39	1	Flywheel Axle	91	1	Incline Bolt
40	2	Pedal Disk	92	3	#8 x 3/8" Screw
41	1	Left Pedal	93	2	Incline Spacer
42	1	Right Pedal	94	4	Push Nut
43	6	Pedal Screw	95	4	Extension Tube Bushing
44	2	Chrome Tube Washer	96	2	M5 x 6mm Screw
45	2	Wheel	97	2	Plastic Arm Sleeve
46	2	Wheel Bolt	98	2	Chrome Tube
47	1	Left Side Shield	99	1	Extension Harness
48	1	Right Side Shield	100	3	M10 x 25mm Screw
49	2	Axle Cover	101	4	Console Washer
50	1	Reed Switch/Wire	#	1	Grease
51	2	Axle Cap	#	2	Allen Wrench
52	1	Reed Switch Bracket	#	1	User's Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

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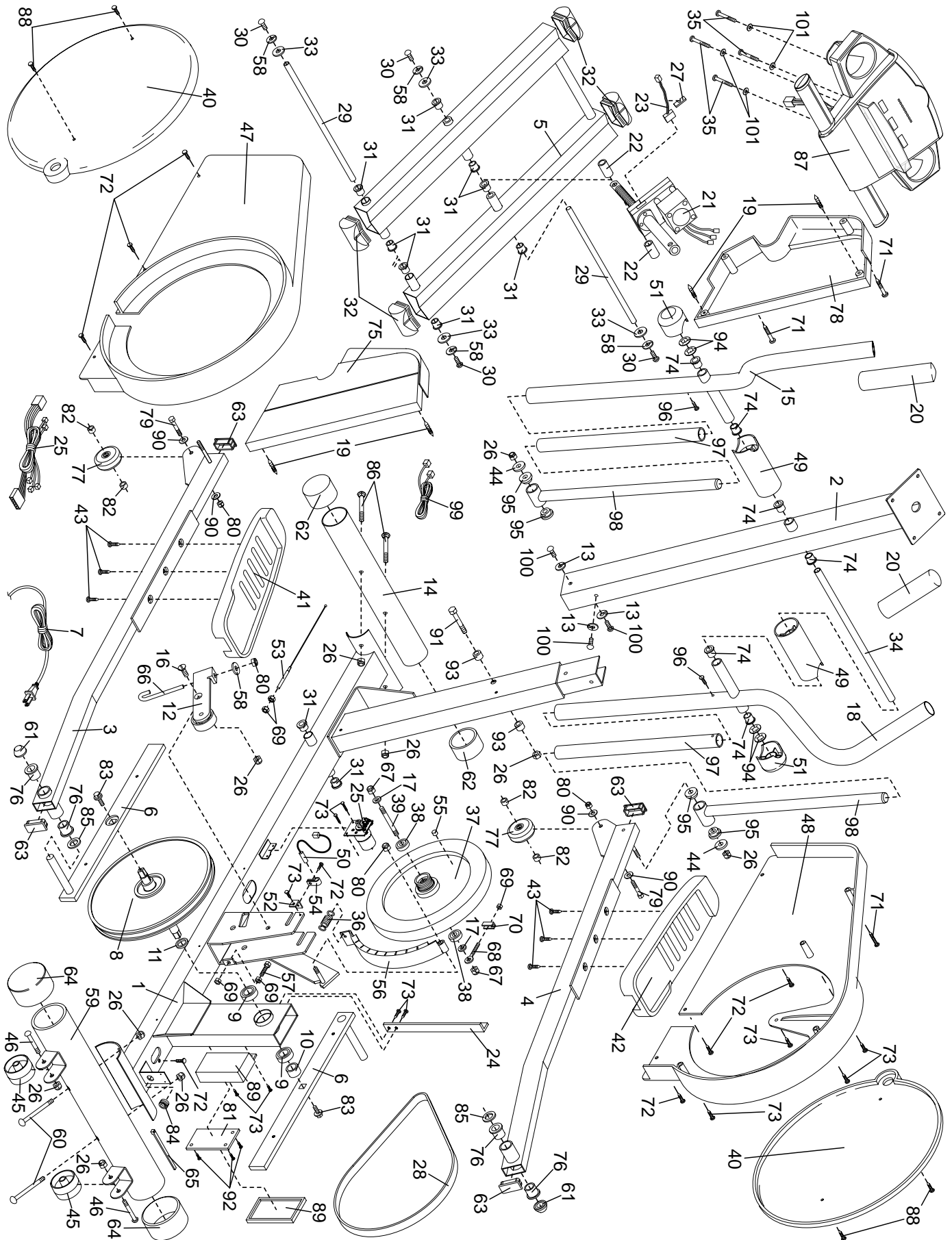
HOW TO ORDER REPLACEMENT PARTS

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 (NTEL12900)

• The NAME of the product (NordicTrack® VGR990 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 of this manual).

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® VGR990 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 two years after the date of purchase. Labor is covered for two years.

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.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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