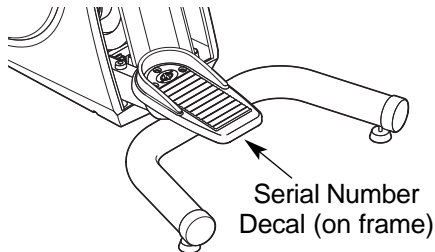


NordicTrack[®] *MTN 750*

Model No. NTST07900

Serial No. _____



USER'S MANUAL

QUESTIONS?

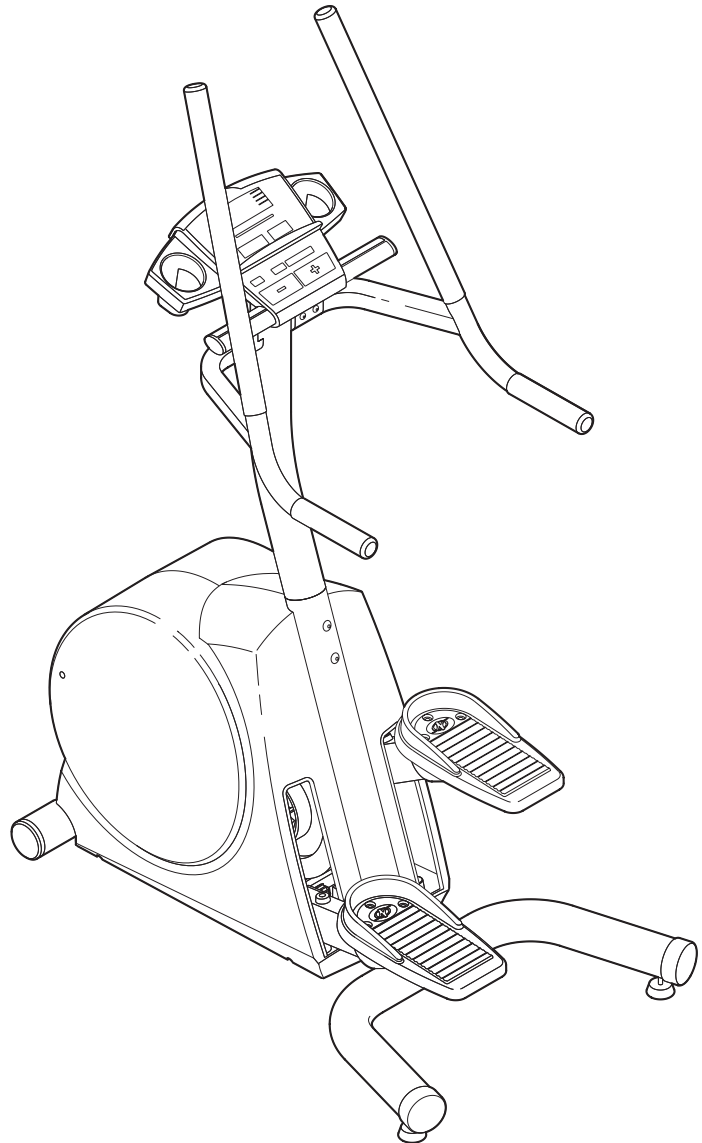
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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!*

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the stepper.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. Place the stepper on a level surface. Cover the floor beneath the stepper to protect the floor or carpet. Keep the stepper 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 stepper at all times.
6. The stepper should not be used by persons weighing more than 250 pounds.
7. Wear appropriate exercise clothing when using the stepper. Always wear athletic shoes for foot protection.
8. Always hold the handgrips or the handlebars when mounting, dismounting, or using the stepper.
9. Keep your back straight when using the stepper; do not arch your back.
10. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
11. The stepper is intended for in-home use only. Do not use the stepper in a commercial, rental, or institutional setting.

⚠ 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.

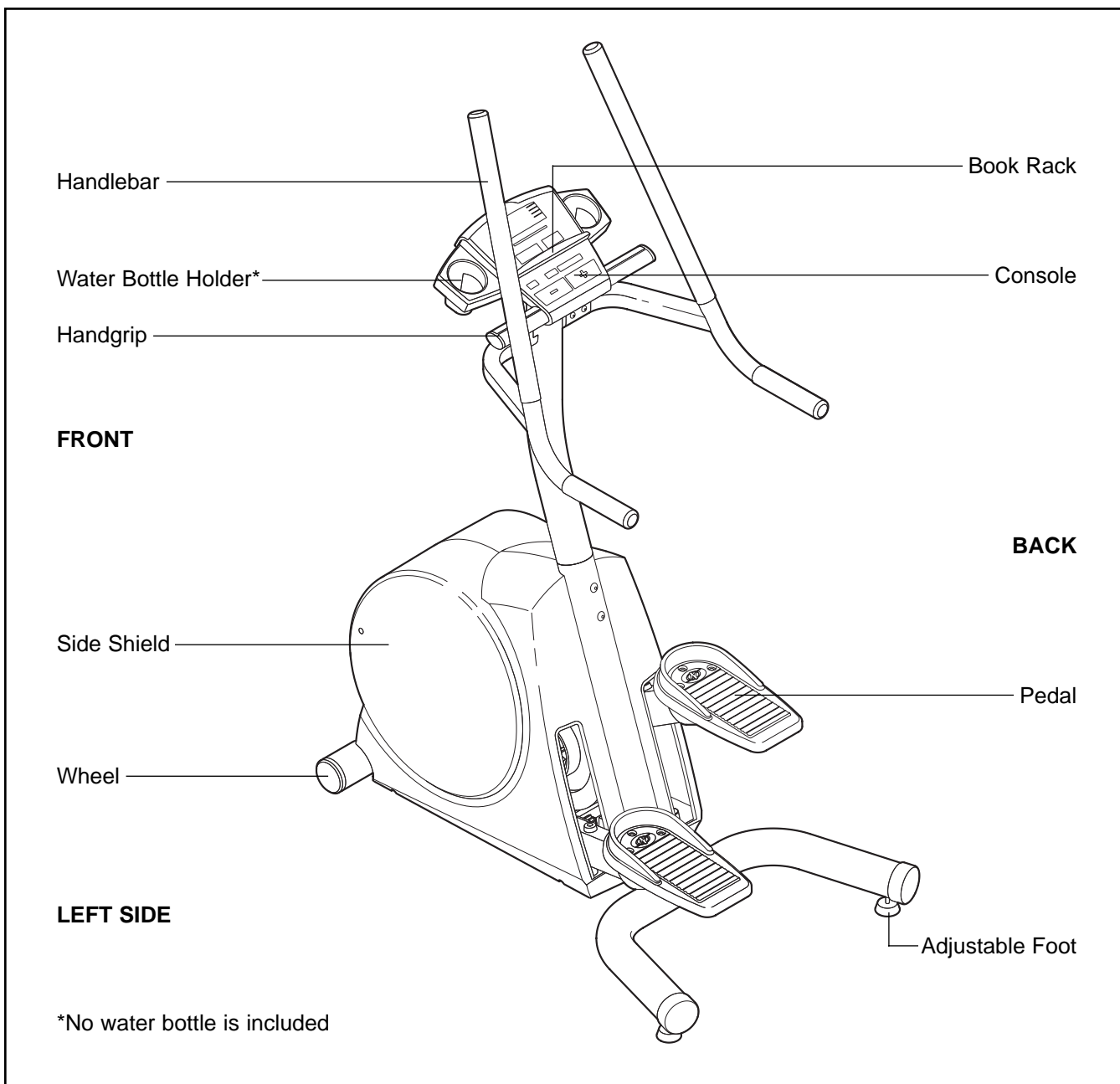
BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® MTN 750 stepper. Stepping is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The NordicTrack® MTN 750 stepper blends advanced engineering with innovative styling to let you enjoy this exercise in the convenience and privacy of your home.



For your benefit, read this manual carefully before you use the NordicTrack® MTN 750 stepper. If you have additional 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 NTST07900. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location of the decal).

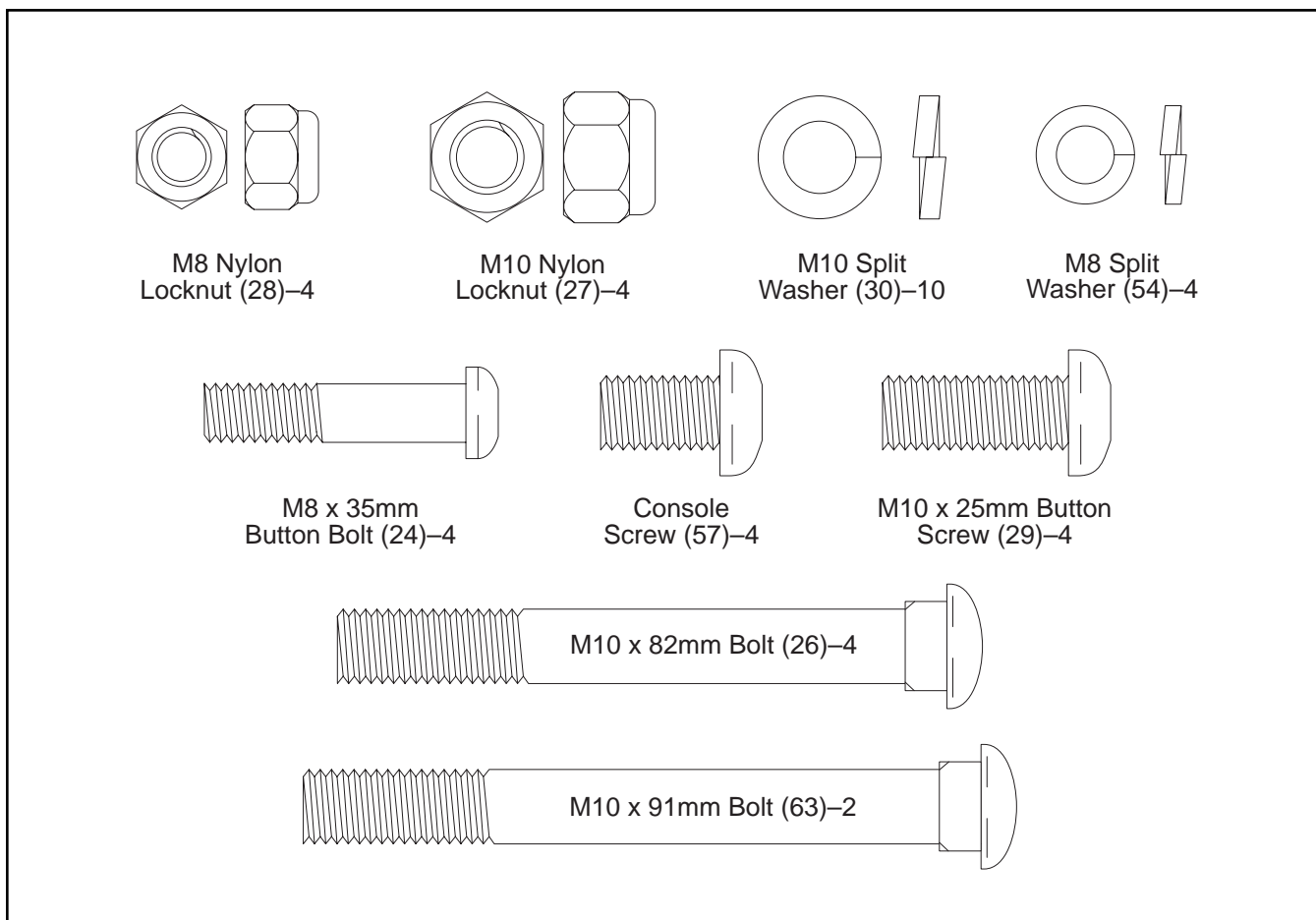
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



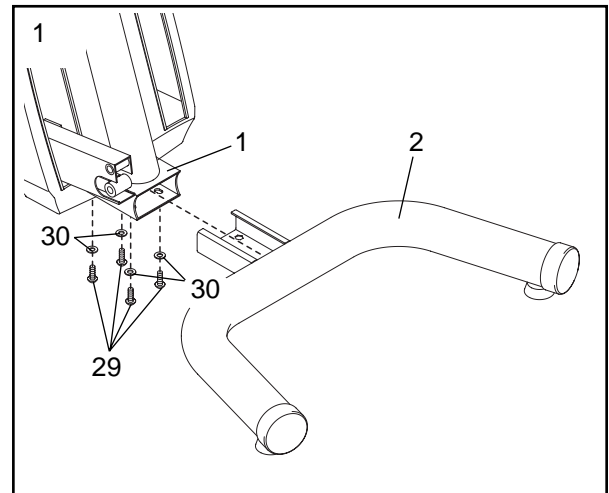
ASSEMBLY

Assembly requires two people. Place all parts of the stepper 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 an adjustable wrench** , **and a rubber mallet** .

As you assemble the stepper, 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 18. 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.**



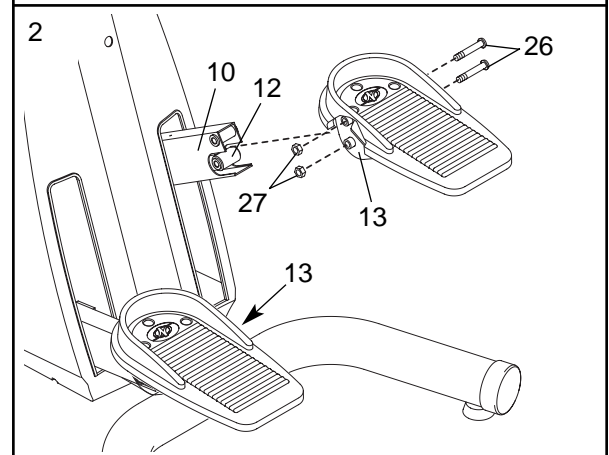
1. While another person lifts and holds the indicated end of the Frame (1), insert the Stabilizer (2) into the Frame. Attach the Stabilizer with four M10 x 25mm Button Screws (29) and four M10 Split Washers (30).



2. Slide one of the Pedal Brackets (13) onto the end of the Right Pedal Leg (10). Align the lower hole in the Pedal Bracket with the hole in the Lower Pedal Leg (12). Insert an M10 x 82mm Button Bolt (26) into the Pedal Bracket and the Lower Pedal Leg.

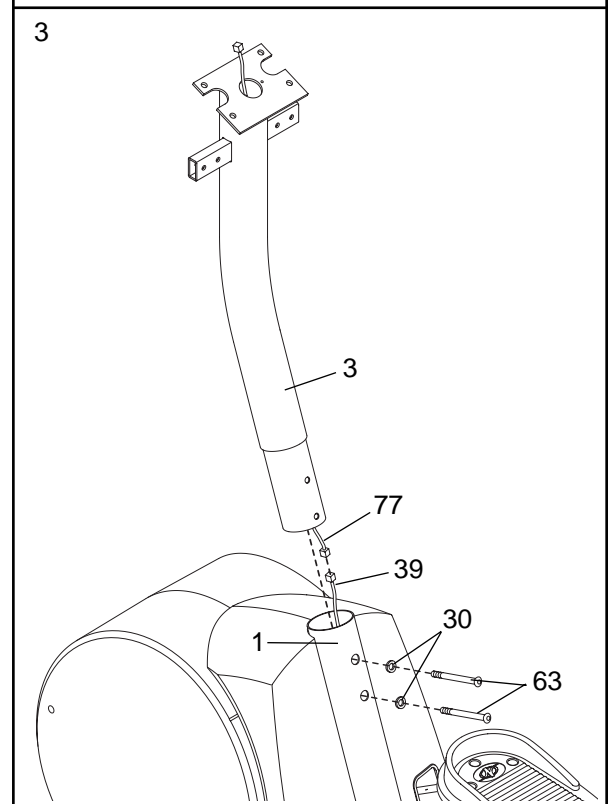
Next, align the upper hole in the Pedal Bracket (13) with the hole in the Right Pedal Leg (10). Insert an M10 x 82mm Button Bolt (26) into the Pedal Bracket and the Right Pedal Leg. Tighten an M10 Nylon Locknut (27) onto each of the Button Bolts.

Attach the other Pedal Bracket (13) in the same way.



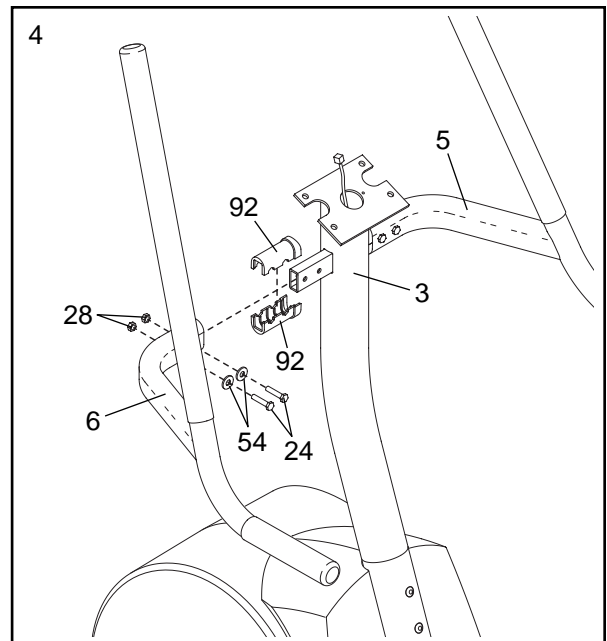
3. While another person holds the Upright (3) near the Frame (1), connect the Extension Harness (77) to the Wire Harness (39).

To avoid pinching the Extension Harness (77) or the Wire Harness (39) between the Upright (3) and the Frame (1), pull the excess Extension Harness out of the top of the Upright. Then, carefully slide the Upright into the Frame. Attach the Upright with two M10 x 91mm Button Screws (63) and two M10 Split Washers (30).



4. Hold two Handlebar Bushings (92) around the rectangular tube on the left side of the Upright (3). Slide the Left Handlebar (6) onto the Handlebar Bushings and the tube on the Upright. Attach the Left Handlebar with two M8 x 35mm Button Bolts (24), two M8 Split Washers (54), and two M8 Nylon Locknuts (28). **The Nylon Locknuts must be very tight.**

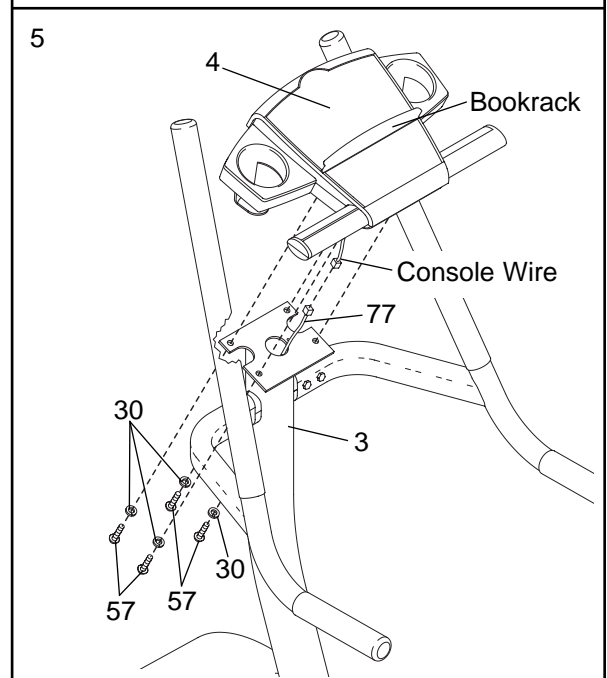
Attach the Right Handlebar (5) in the same way.



5. While another person holds the Console (4) near the Upright (3), connect the console wire to the Extension Harness (77). Insert any slack wire into the Upright.

Attach the Console (4) to the Upright (3) with four Console Screws (57) and four M10 Split Washers (30). **Make sure that the console wire and the Extension Wire (77) are not pinched.**

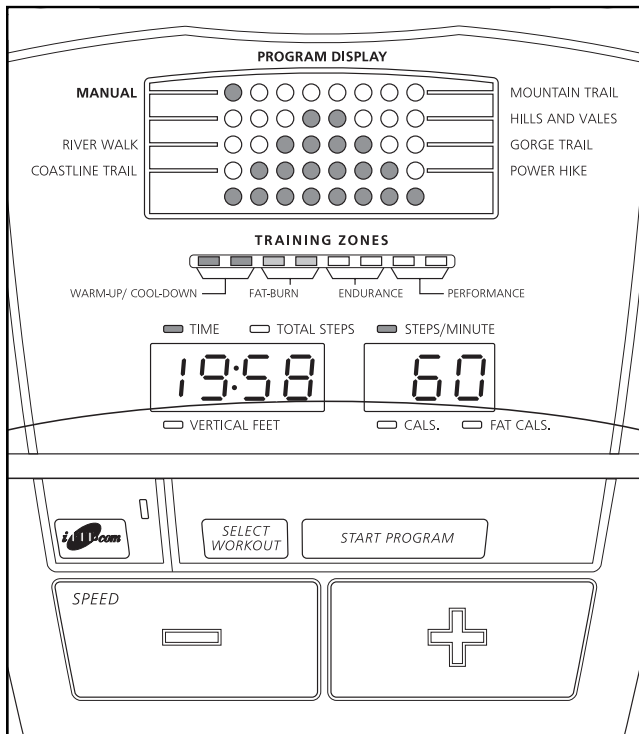
Snap the bookrack onto the Console (4) as shown.



6. **Make sure that all parts of the stepper 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 stepper.

HOW TO OPERATE THE STEPPER

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 stepping speed 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.

In addition, the console offers six workout programs. Each program automatically changes the stepping speed 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 stepper 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 stepping speed 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.

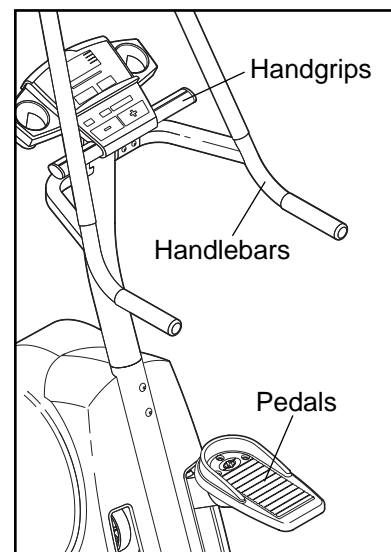
In addition, you can connect the stepper to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the stepper connected to your computer, you can also go to our new internet site at www.iFIT.com and access basic programs, audio programs, and video programs directly from the internet. And by adding an optional upgrade module to the stepper, 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 15. For information about the availability of iFIT.com CD's or videocassettes, call toll-free 1-800-884-0620.

HOW TO EXERCISE ON THE STEPPER

Hold the handgrips or the handlebars and step onto the pedals. Begin stepping, alternately pressing down the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or adjust the stepping speed until you can comfortably maintain a continuous motion (see step 3 on page 8).



As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise. Always keep your back straight in order to avoid injury.

HOW TO USE THE MANUAL MODE

The innovative stepper requires no batteries or external power source. Instead, power is supplied by a built-in generator as you step. Note: To operate the SPEED buttons, you must step at a speed of 25 steps per minute or faster for a minimum of 2 minutes.

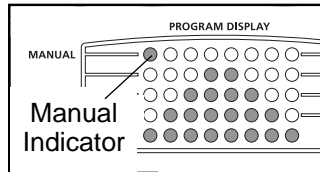
Follow the steps below to use the manual mode.

1 Begin stepping.

To activate the console, simply begin stepping. After a moment, the entire display will light for two seconds; the console will then be ready for use.

2 Select the manual mode.

When the console is activated, the manual mode will be selected and the manual indicator will light. If you have selected a workout program or the iFIT.com mode, press the SELECT WORKOUT button repeatedly until the manual indicator lights.



3 Adjust your stepping speed as desired.

As you exercise, adjust your stepping speed by pressing the SPEED buttons. Each time a button is pressed, the speed setting will change by one step per minute; if a button is held down, the setting will change in increments of five steps per minute. The speed setting can be from 25 to 120 steps per minute.



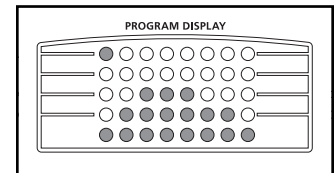
When the SPEED “-” button is pressed, the resistance of the pedals will increase and your stepping speed will decrease; when the “+” button is pressed, the resistance will decrease and you will have to increase your stepping speed to prevent both pedals from sinking to the floor.

Note: After a SPEED button is pressed, it may take several seconds for the selected speed setting to be reached. **You must step at a speed of 25 steps per minute or faster for the SPEED buttons to operate.**

Note: When you finish exercising, you must press the SPEED “+” button to adjust the speed to the maximum setting. Otherwise, it will be difficult to step at a speed of 25 steps per minute in order to activate the SPEED buttons the next time the stepper is used.

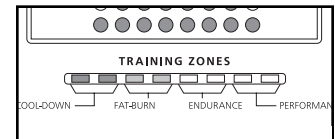
4 Watch your progress with the program display, the training zone display, and the LED displays.

The program display—When the manual mode or the iFIT.com mode is selected, the program display will show a triangle representing a hill.



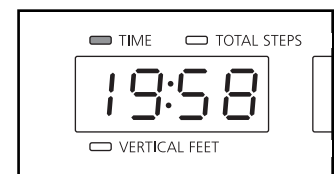
As you exercise, the triangle will disappear except for one flashing indicator. The indicators in the triangle will then light in sequence until the entire triangle is again lit. Each time the entire triangle lights, you have completed 200 steps.

The training zone display—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.

The left LED display—As you exercise, the left display will show the elapsed time, the total number of steps you have completed, and the approximate number of vertical feet you have stepped.



The display will change from one number to the next every seven seconds, as shown by the indicators around the display. Note: When a workout program is selected, the left display will show the time remaining in the program instead of the elapsed time.

The right LED display—As you exercise, the right display will show your current stepping speed, in steps per minute, and the approximate numbers of calories and fat calories you have burned (see FAT BURNING on



page 17). The display will change from one number to the next every seven seconds, as shown by the indicators around the display.

Note: If the pedals are not moved for several seconds, the console will automatically turn off.

HOW TO USE WORKOUT PROGRAMS

The stepper requires no batteries or external power source. Instead, power is supplied by a generator as you step. Note: To operate the SPEED buttons, you must step at a speed of 25 steps per minute or faster.

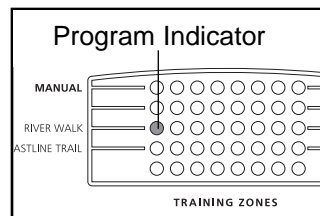
Follow the steps below to use a workout program.

1 Begin stepping to activate the console.

To activate the console, simply begin stepping. After a moment, the entire display will light for two seconds; the console will then be ready for use.

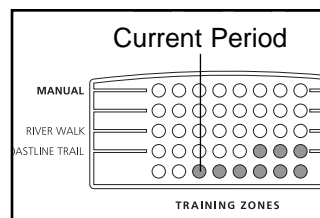
2 Select one of the six workout programs.

When the console is activated, the manual mode will be selected and the manual indicator will light. To select one of the workout programs, press the SELECT WORKOUT button repeatedly until one of the six program indicators lights. Note: A moment after a program is selected, the program display will show the first six speed settings of the program (see step 3).



3 Begin stepping to start the program.

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



The speed settings for the next five periods will be shown in the five columns to the right.

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 speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the stepper will automatically adjust to the second speed setting. The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends.

Note: If the speed setting for the current period is too fast or too slow, you can manually override the setting by pressing the SPEED buttons. Every few times a button is pressed, an additional indicator will light or darken in the Current Period column. (If any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may light or darken in those columns as well.) If you manually override the speed setting, when the next period of the program begins, the stepper will automatically adjust to the speed setting for the next period.

Note: If you stop stepping for several seconds, the console will automatically turn off. To reactivate the console, simply resume stepping.

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

Refer to step 4 on page 8.

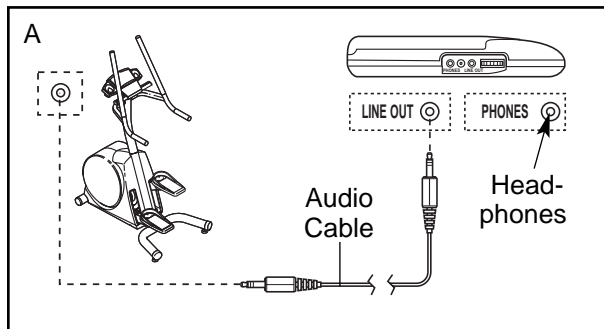
HOW TO CONNECT THE STEPPER TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, the stepper must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 11 and 12 for connecting instructions. **To use iFIT.com videocassettes**, the stepper be connected to your VCR. See page 13 for connecting instructions. **To use iFIT.com programs directly from our internet site**, the stepper must be connected to your home computer. See page 12.

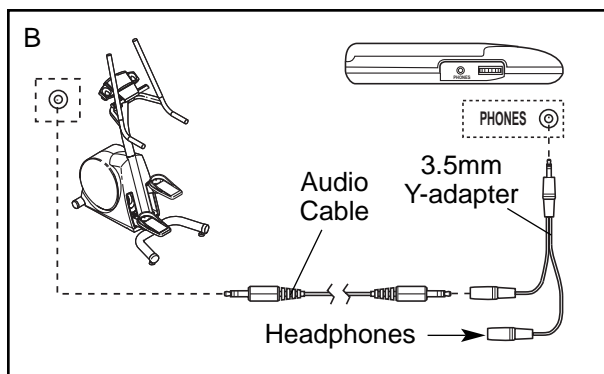
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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 stepper. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



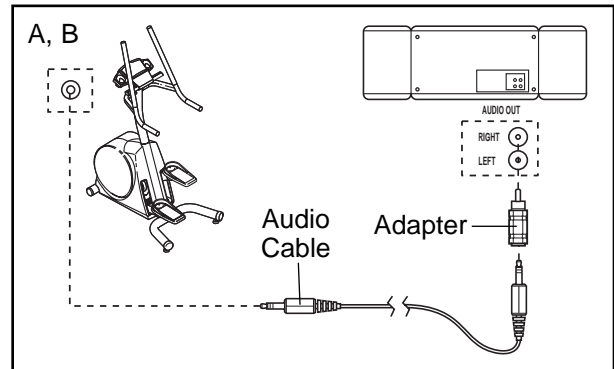
- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

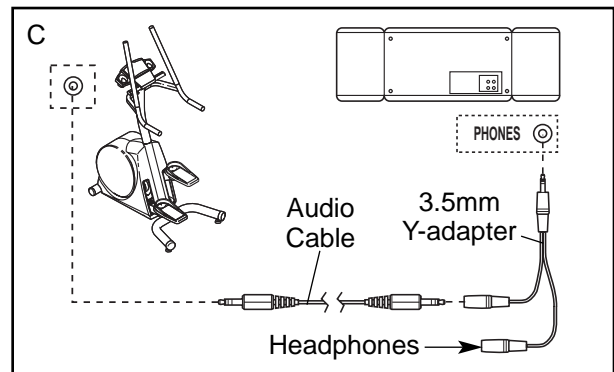
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console of the stepper. 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 stepper. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.

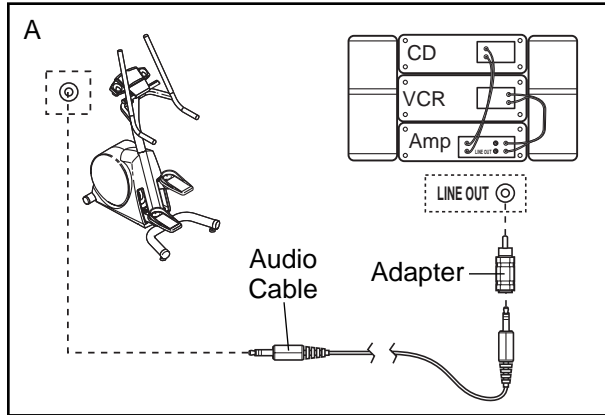
- C. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



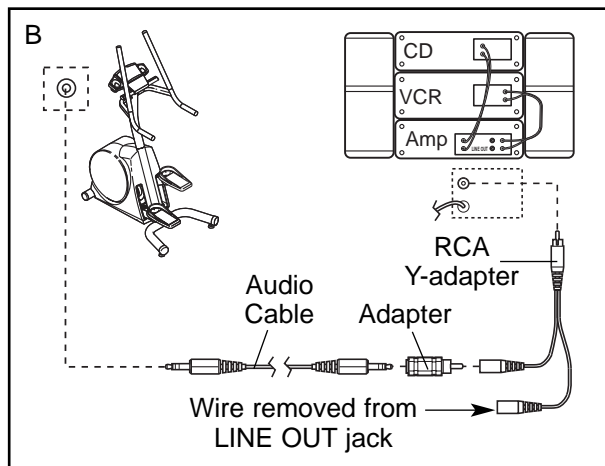
HOW TO CONNECT YOUR HOME STEREO

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 stepper. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



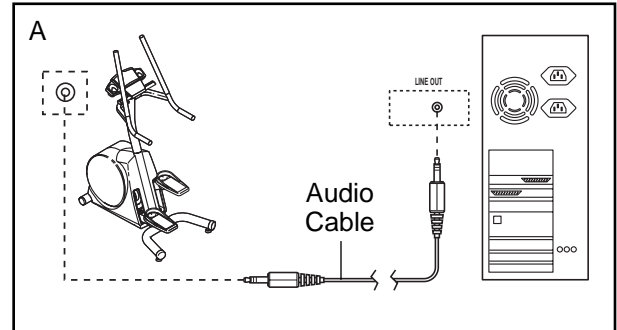
- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on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



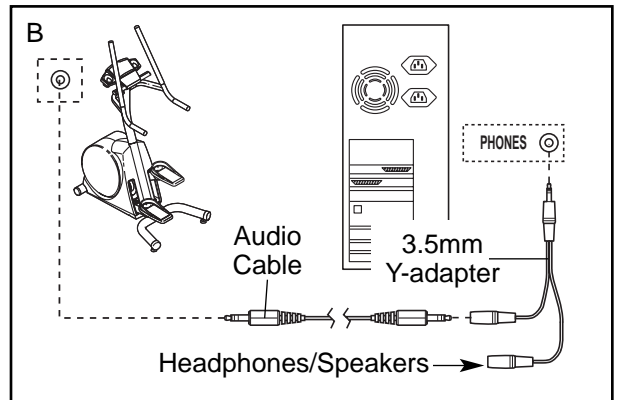
HOW TO CONNECT YOUR COMPUTER

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 stepper. Plug the other end of the cable into the **LINE OUT** jack on your computer.



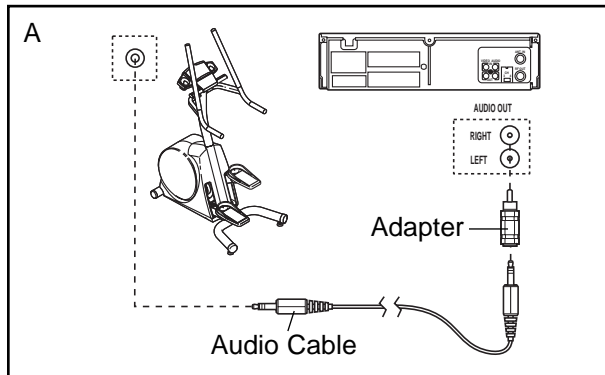
- B. Plug one end of the audio cable into the jack beneath the console of the stepper. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of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



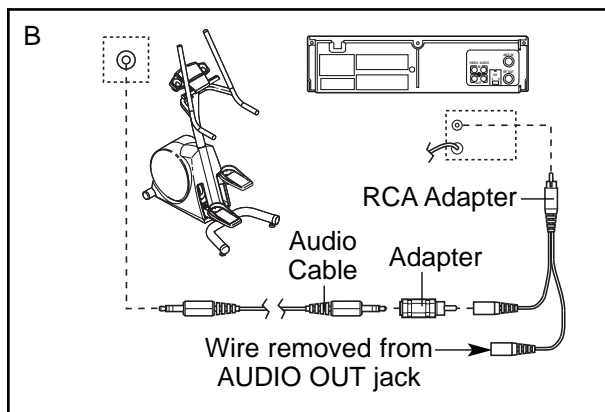
HOW TO CONNECT YOUR VCR

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 12.

- A. Plug one end of the audio cable into the jack beneath the console of the stepper. 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 stepper. 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 stepper must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE STEPPER TO YOUR CD PLAYER, VCR, OR COMPUTER** on page 11. **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 Insert the iFIT.com CD or videocassette.

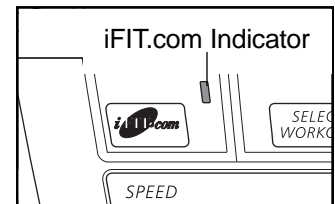
If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR. Press the play button on your CD player or VCR.

2 Begin stepping to activate the console.

To activate the console, simply begin stepping. After a moment, the entire display will light for two seconds; the console will then be ready for use.

3 Select the iFIT.com mode and begin your workout.

When the console is activated, 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.



After a moment, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

During the program, the speed setting will automatically change according to the settings for the program. An electronic "chirping" sound will alert you when the speed setting is about to change. If the speed setting is too fast or too slow, you can manually override the setting by pressing the SPEED buttons. However, when the next "chirp" is heard, the stepper will automatically adjust to the next speed setting for the program.

Note: If the speed setting does not change when a “chirp” is heard:

- **Make sure that you are stepping at a speed of 25 steps per minute or faster. If you are stepping at a slower speed, the generator may not supply enough power for the stepper to operate.**
- **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.**

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

Refer to step 4 on page 8.

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 15.

To use programs from our internet site, the stepper must be connected to your home computer. See **HOW TO CONNECT YOUR COMPUTER** on page 12. 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 below to use a program from our internet site.

1 Go to your computer and start an internet connection.

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

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

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

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

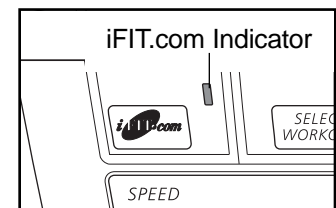
When you start the program, an on-screen countdown will begin.

5 Begin stepping to activate the console.

To activate the console, simply begin stepping. After a moment, the entire display will light for two seconds; the console will then be ready for use.

6 Select the iFIT.com mode and begin your workout.

When the console is activated, 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.



When the on-screen countdown ends, the program will begin. During the program, the speed setting will automatically change according to the settings for the program. An electronic “chirping” sound will alert you when the speed setting is about to change.

If the speed setting is too fast or too slow, you can manually override the setting by pressing the SPEED buttons. However, when the next “chirp” is heard, the stepper will automatically adjust to the next speed setting for the program.

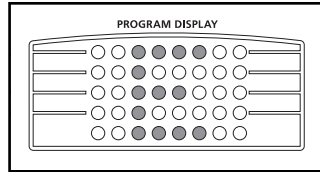
7 Watch your progress with the program display, the training zone display, and the LED displays.

Refer to step 4 on page 8.

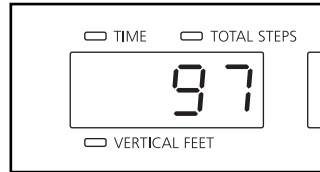
HOW TO USE THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the stepper has been used and the total number of steps completed. The information mode also allows you to switch the console to display vertical meters rather than vertical feet, if desired. To select the information mode, press the START PROGRAM button for two seconds. The following information will be shown:

The program display will show an "E" (for English) or an "M" (for metric). Press the upper right corner of the SPEED "+" button to change the unit of measurement, if desired. If an "M" appears in the display, the console will display vertical meters rather than vertical feet.



The left LED display will show the total number of steps completed, in hundreds. For example, if the display shows 97, a total of 9,700 steps have been completed.



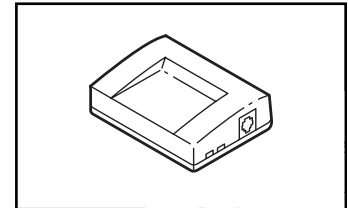
The right LED display will show the total number of hours that the stepper has been used.



To exit the information mode, press the START PROGRAM button for two seconds.

THE OPTIONAL iFIT.COM MODULE

By adding an optional iFIT.com module to the stepper, 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.**

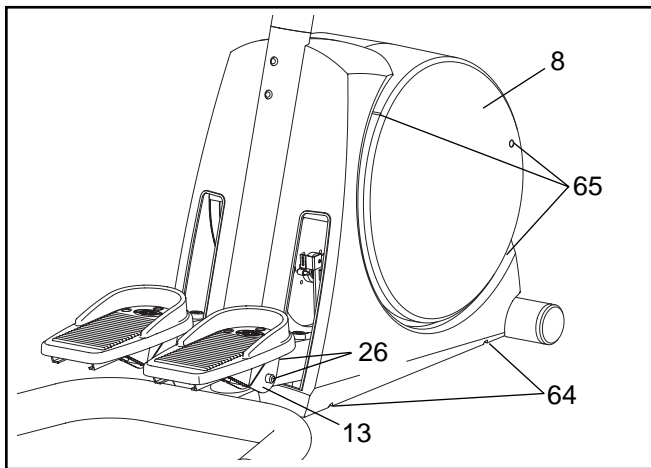


TROUBLE-SHOOTING AND MAINTENANCE

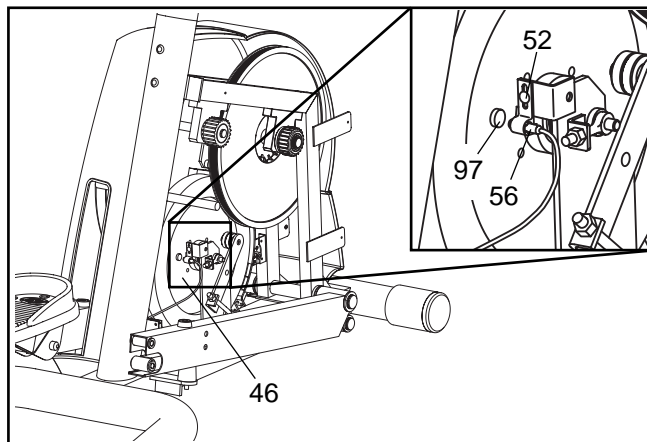
Inspect and tighten all parts of the stepper regularly. The stepper can be cleaned with a soft cloth and a small amount of mild, non-abrasive detergent. Keep liquids away from the console.

HOW TO ADJUST THE REED SWITCH

For the console to display correct feedback, the pedals must move at least five inches with each step. If the console displays incorrect feedback when the pedals are moved five inches or more, the Reed Switch (56) should be adjusted.



Remove the right Pedal Bracket (13) by removing the two M10 x 82mm Button Bolts (26) and the two M10 Nylon Locknuts (not shown). Then, remove the two M4 x 38mm Screws (64) and the three M4 x 25mm Screws (65). Carefully slide the Right Side Shield (8) off the stepper.

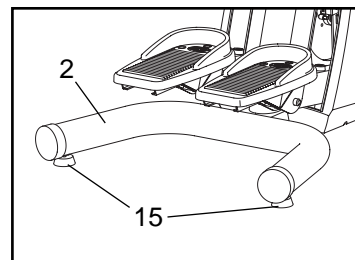


Turn the Flywheel (46) until the Magnet (97) is aligned with the Reed Switch (56) (refer to the inset drawing). Loosen the indicated Screw (52). Slide the Reed Switch slightly closer to the Flywheel, and retighten the Screw. **Make sure that the Magnet will not hit the Reed Switch when the Flywheel turns.** Repeat until the console displays correct feedback.

Carefully slide the Right Side Shield (8) back onto the stepper. Reattach the three M4 x 38mm Screws (64) and the two M4 x 25mm Screws (65). Reattach the Pedal Bracket (13).

HOW TO LEVEL THE STEPPER

If the stepper does not sit level on the floor, turn one or both of the Feet (15) under the Stabilizer (2) until the stepper is level.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program.

⚠ 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.

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 near the bottom 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; and the highest number is the 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.

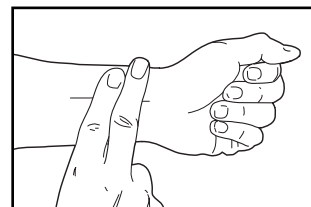
For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

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.

HOW TO MEASURE YOUR HEART RATE

Stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the desired level.



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.

WORKOUT 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. NTST07900

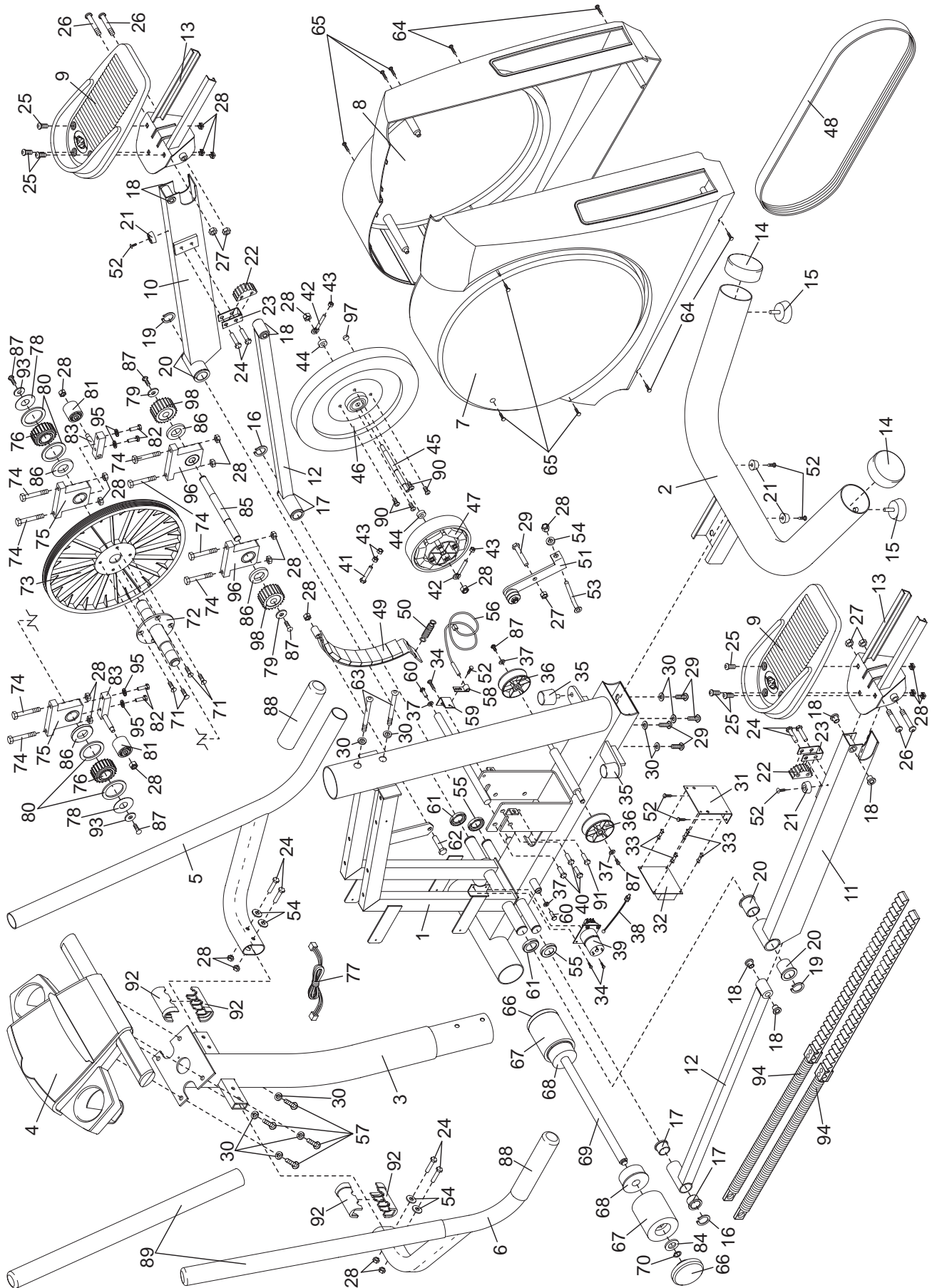
R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	2	Bumper	69	1	Wheel Axle
2	1	Stabilizer	36	2	Spring Pulley	70	2	11.9mm Snap Ring
3	1	Upright	37	4	M6 Washer	71	4	M6 x 22mm Flat Head Screw
4	1	Console	38	1	Adjustment Cable	72	1	Pulley Axle
5	1	Right Handlebar	39	1	Wire Harness/Adjustment Motor	73	1	Pulley
6	1	Left Handlebar	40	3	5/16" x 14mm Button Screw	74	8	M8 x 64mm Bolt
7	1	Left Side Shield	41	1	Stop Bolt	75	2	Front Axle Mount
8	1	Right Side Shield	42	2	Eye Bolt	76	2	Front Belt Gear
9	2	Pedals	43	4	M6 Nut	77	1	Extension Harness
10	1	Right Pedal Leg	44	2	Flywheel Washer	78	2	Retaining Washer
11	1	Left Pedal Leg	45	1	Generator Axle	79	2	Rear Gear Washer
12	2	Lower Pedal Leg	46	1	Flywheel	80	4	Plastic Retainer
13	2	Pedal Bracket	47	1	Generator	81	2	Belt Pulley
14	2	Endcap	48	1	Generator Belt	82	4	M6 x 28mm Button Screw
15	2	Foot	49	1	"C" Magnet	83	2	Pulley Bracket
16	2	20.8mm Snap Ring	50	1	Return Spring	84	2	Wheel Washer
17	4	31.8mm Bushing	51	1	Idle Arm	85	1	Belt Pulley Axle
18	8	19mm Bushing	52	7	M4 x 16mm Button Screw	86	4	Delrin Spacer
19	2	23mm Snap Ring	53	1	"J" Bolt	87	6	M6 x 12mm Button Screw
20	4	38.1 Bushing	54	5	M8 Split Washer	88	2	Small Foam Grip
21	4	Small Bumper	55	2	Lower Pedal Leg Weld Spacer	89	2	Long Foam Grip
22	2	Belt Mount	56	1	Reed Switch/Wire	90	4	M8 x 14mm Button Screw
23	2	Belt Bracket	57	4	Console Screw	91	1	5/16" x 14mm Flat Head Screw
24	8	M8 x 35mm Button Bolt	58	1	Reed Switch Bracket	92	4	Handlebar Bushing
25	6	M8 x 26mm Button Screw	59	1	Mounting Bracket	93	2	Front Gear Washer
26	4	M10 x 82mm Button Bolt	60	2	M6 x 15mm Button Screw	94	2	Belt/Spring Assembly
27	5	M10 Nylon Locknut	61	2	Upper Pedal Leg Weld Spacer	95	4	Pulley Bracket Washer
28	24	M8 Nylon Locknut	62	1	M8 x 48mm Bolt	96	2	Rear Axle Mount
29	5	M10 x 25mm Button Screw	63	2	M10 x 91mm Button Screw	97	1	Magnet
30	10	M10 Split Washer	64	4	M4 x 38mm Screw	98	2	Rear Belt Gear
31	1	Control Bracket	65	6	M4 x 25mm Screw	#	1	User's Manual
32	1	Control	66	2	Wheel Cover	#	1	Allen Wrench
33	4	Offset	67	2	Wheel			
34	3	M5 x 16mm Screw	68	2	Wheel Hub			

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

EXPLODED DRAWING—Model No. NTST07900

R1001A



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 (NTST07900)
- The NAME of the product (NordicTrack® MTN 750 stepper)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 18 of this manual).

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® MTN 750 stepper (“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.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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