

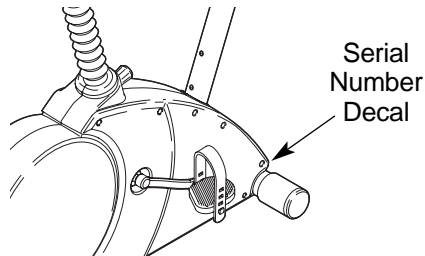
# **NordicTrack**<sup>®</sup> TRL600

Patent Pending

Model No. NTEX03990

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## USER'S MANUAL

### QUESTIONS?

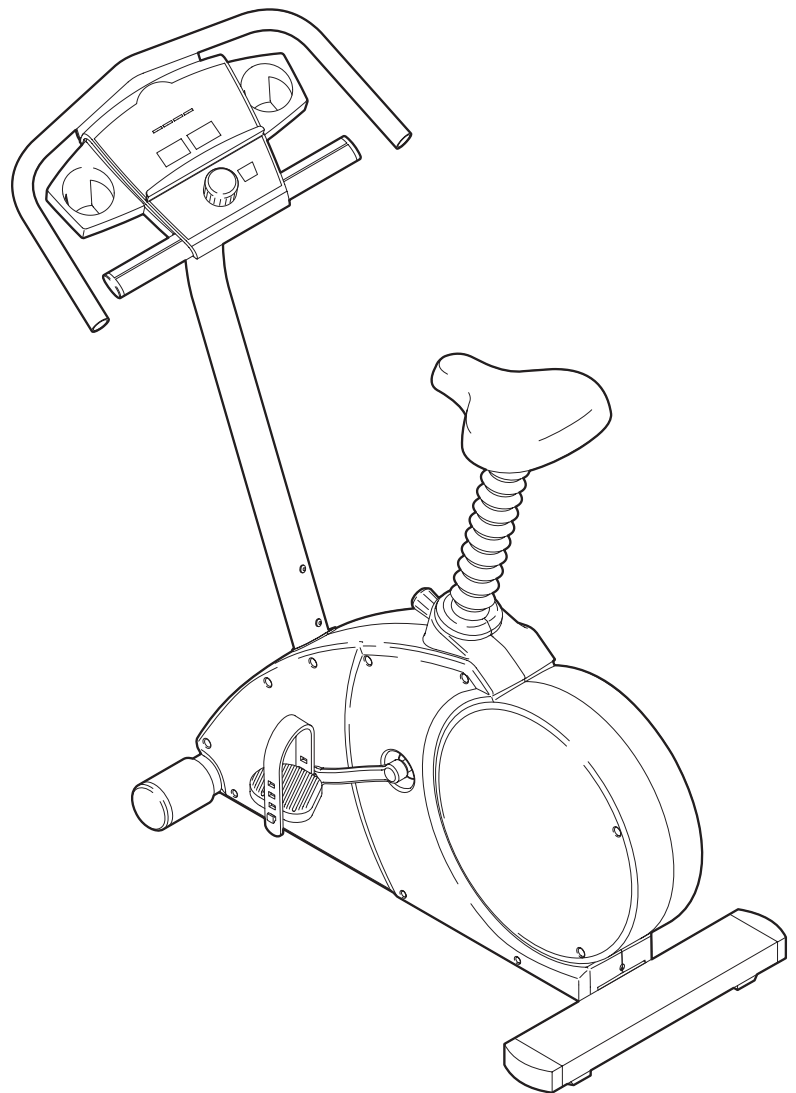
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**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.



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## IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet from damage.
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 exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
8. Always keep your back straight when using the exercise cycle; do not arch your back.
9. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
10. The exercise cycle is intended for in-home use only. Do not use the exercise cycle 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.

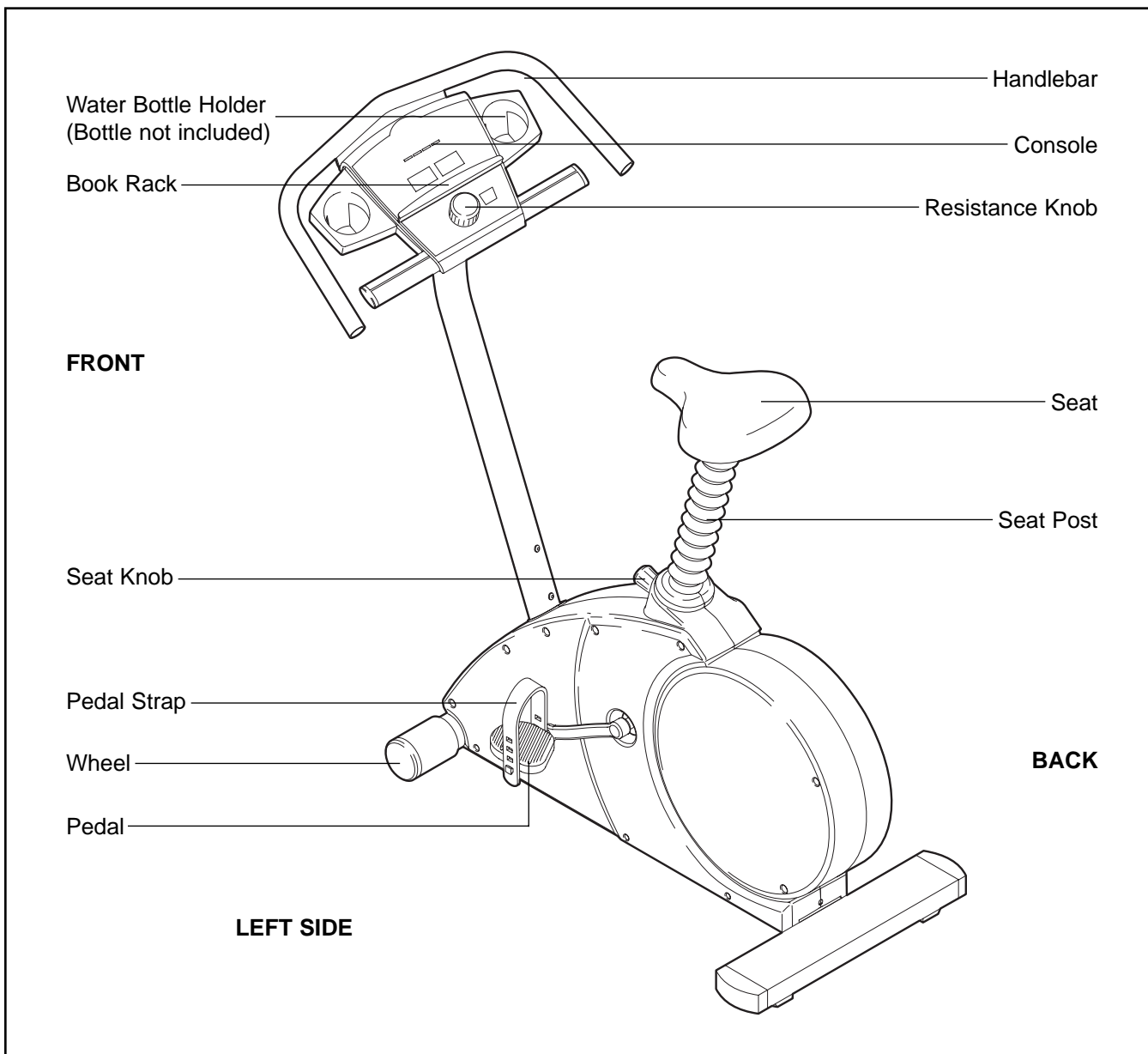
# BEFORE YOU BEGIN

Thank you for selecting the new NordicTrack® TRL600 exercise cycle. The TRL600 blends advanced engineering with contemporary styling to provide you with a low-impact workout in the convenience and privacy of your own home.

**For your benefit, read this manual carefully before you use the NordicTrack® TRL600.** 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 mention the product model number and serial number when calling. The model number is NTEX03990. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

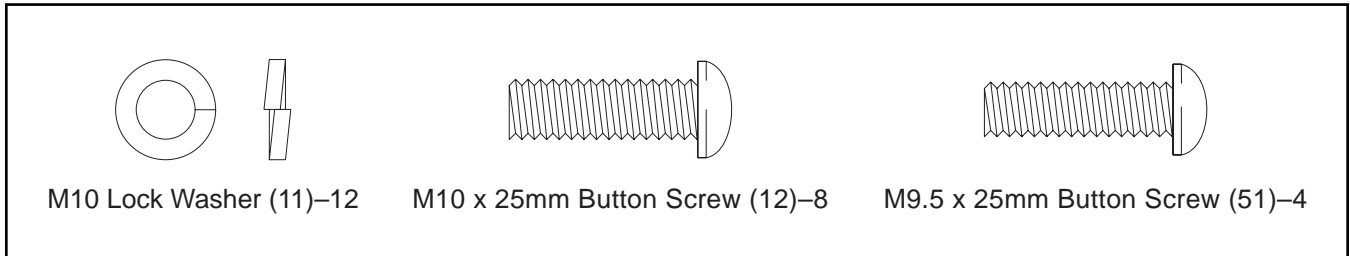


# ASSEMBLY

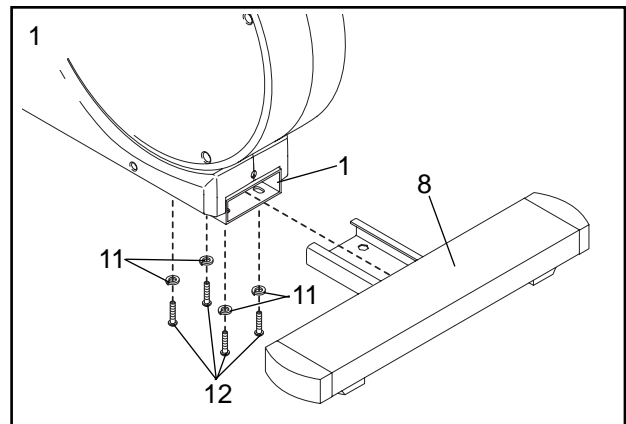
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included allen wrench**  **as well as a phillips screwdriver**  **and two adjustable wrenches** .

Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 10. The second number refers to the quantity needed for assembly. **Note: Some parts may have been pre-attached. If a part is not found in the parts bag, check to see if it has been pre-attached.**

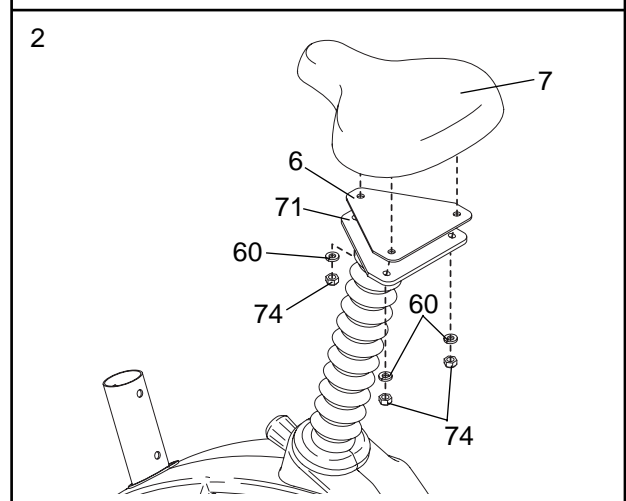


1. Attach the Rear Stabilizer (8) to the Frame (1) with four M10 x 25mm Button Screws (12) and four M10 Lock Washers (11).



2. Remove the three M8 Nylon Locknuts (74) and M8 Split Washers (60) from the bottom of the Seat (7).

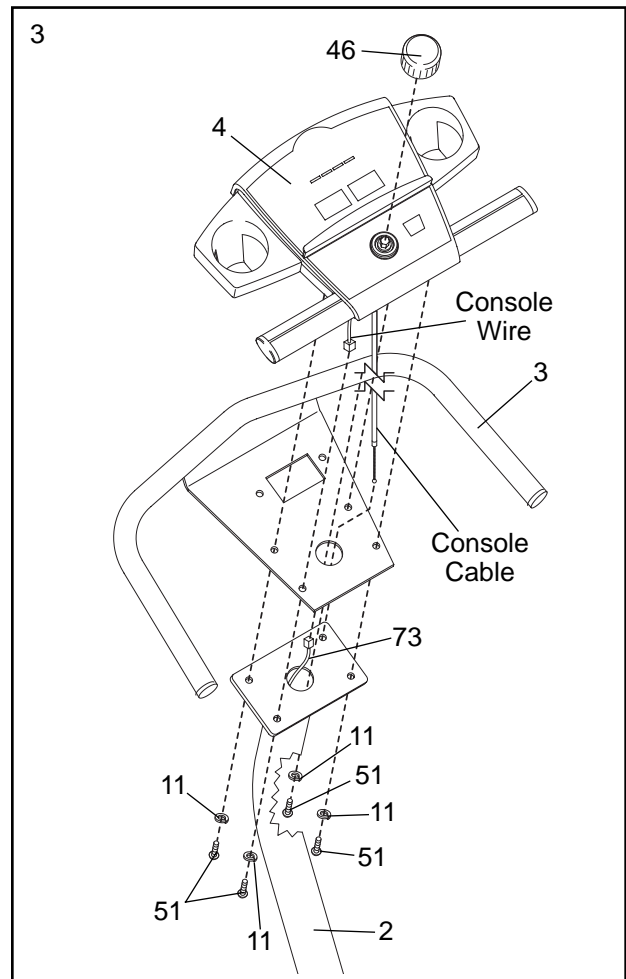
Attach the Seat (7) to the Seat Post (6) and the Cover Flange (71) with the three M8 Nylon Locknuts (74) and M8 Split Washers (60).



- With the help of another person, thread the console cable through the large round hole in the Handlebar (3) and down through the Upright (2). Thread the console wire through the same hole in the Handlebar and connect it to the Extension Wire (73).

Hold the Console (4) and the Handlebar (3) near the Upright (2). Push any excess wire or cable into the Upright. Attach the Console and the Handlebar to the Upright with four M9.5 x 25mm Button Screws (51) and four M10 Lock Washers (11).

Press the Resistance Knob (46) onto the Console (4) as shown.

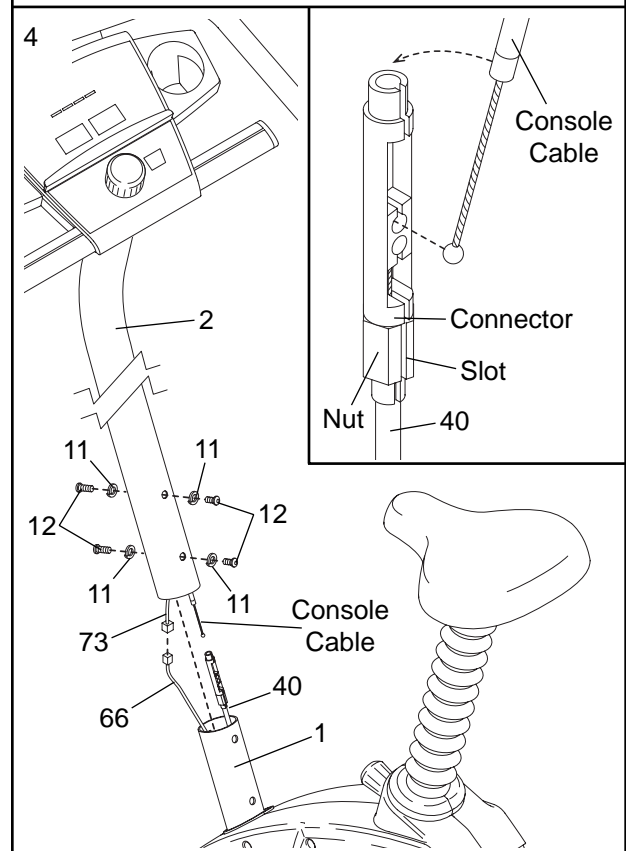


- Hold the Upright (2) in the position shown.

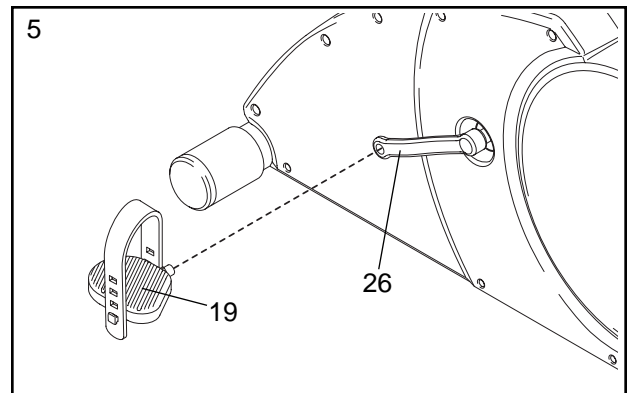
Refer to the inset drawing. Make sure that the indicated nut is threaded fully onto the connector on the Resistance Cable (40). Insert the tip of the console cable into the indicated opening, pull up on the console cable, and insert the console cable into the open end of the connector. Turn the nut counter-clockwise one or two turns until the console cable is held snugly in the connector. Note: If there is a clear plastic sleeve on the Resistance Cable, position the sleeve so that it covers the connector.

Connect the Reed Switch Wire (66) to the Extension Wire (73).

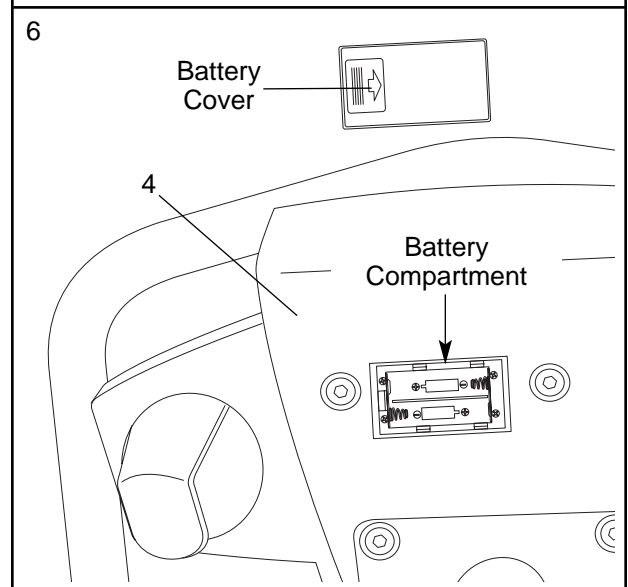
**Making sure not to pinch the wires or cables,** slide the Upright (2) onto the Frame (1). Attach the Upright with four M10 x 25mm Button Screws (12) and four M10 Lock Washers (11).



5. Identify the Left Pedal (19) (there is an “L” on the Left Pedal for identification). Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (26). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (not shown). **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For the best performance, the Pedals must be kept properly tightened.**



6. The Console (4) requires two “AA” batteries (not included). Alkaline batteries are recommended. To install batteries, locate the battery cover on the back of the Console. Remove the battery cover and insert two batteries into the Console. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Console.** Then, reattach the battery cover.



7. **Make sure that all parts are tightened before you use the exercise cycle. Note: There may be some hardware left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet from damage.

# HOW TO USE THE EXERCISE CYCLE

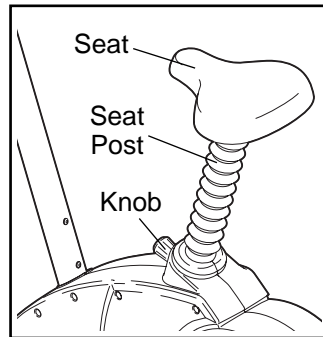
## HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first turn the seat knob counter-clockwise several turns. Next, pull the knob, slide the seat post up or down as desired, and then release the knob.

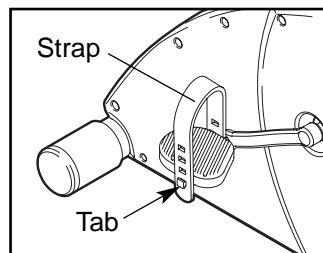
**Move the seat post up or down slightly to make sure that it locks into place.**

Then, turn the knob clockwise to tighten it.



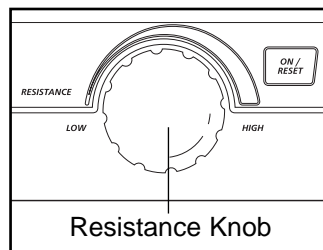
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the outer ends of the straps off the tabs on the pedals. Adjust the positions of the straps and press the straps back onto the tabs.



## HOW TO ADJUST THE PEDALING RESISTANCE

To adjust the resistance of the pedals as you exercise, turn the resistance knob on the console. Turn the knob clockwise to increase the resistance or counter-clockwise to decrease the resistance.



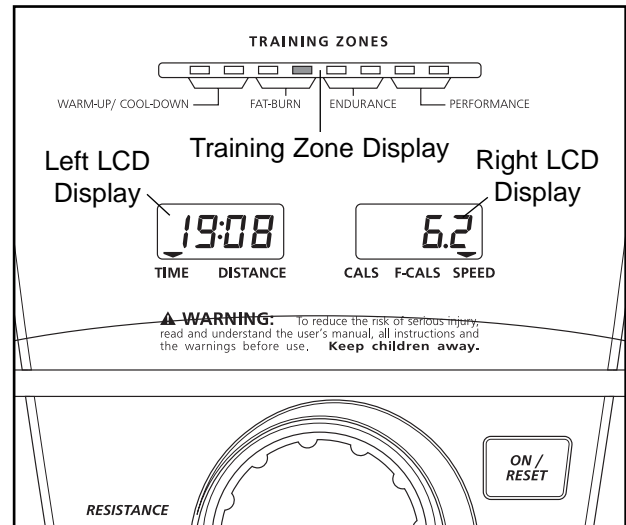
## BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed (see assembly step 6 on page 6).

## HOW TO OPERATE THE CONSOLE

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned



on, the displays and indicators will light for two seconds. The console will then be ready for use.

2. As you exercise, watch your progress with the training zone display and the two LCD displays.

The training zone display—As you exercise, the training zone display will show the approximate intensity level of your exercise. For example, if the fourth indicator in the display is lit (refer to the drawing above), the display shows that your intensity level is ideal for fat burning.

The left LCD display—As you exercise, the left display will show the elapsed time and the distance you have pedaled. The display will change from one number to the other every seven seconds. Arrows in the display will indicate which number is currently shown.

The right LCD display—As you exercise, the right display will show the approximate numbers of calories and fat calories you have burned (see BURNING FAT on page 8) and your current speed. The display will change from one number to the next every seven seconds. Arrows in the display will indicate which number is currently shown.

3. To reset the LCD displays, press the on/reset button.

4. To turn off the power, simply wait for about four minutes. **The console has an "auto-off" feature. If the pedals are not moved and the console button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**



# 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.

## 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 at 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

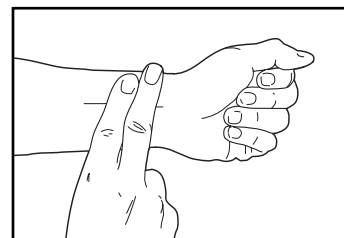
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *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 or 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

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.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.



# MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately. The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged.

## TIGHTENING THE PEDALS

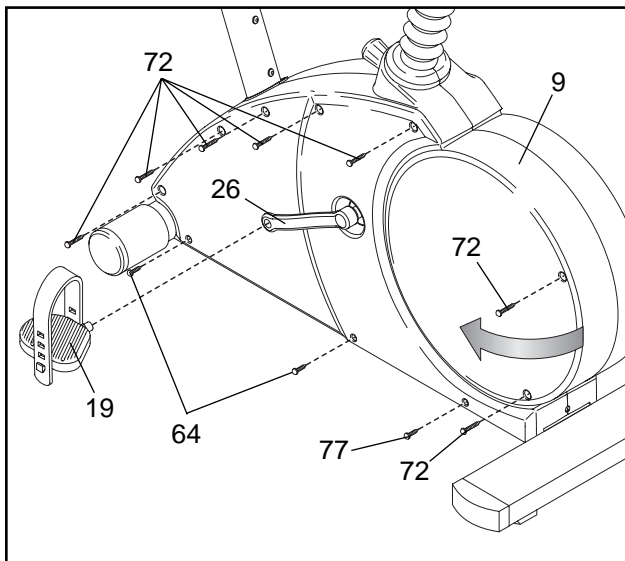
For the best performance, the pedals must be kept properly tightened. Regularly tighten both pedals.

## BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. See assembly step 6 on page 6 for instructions.

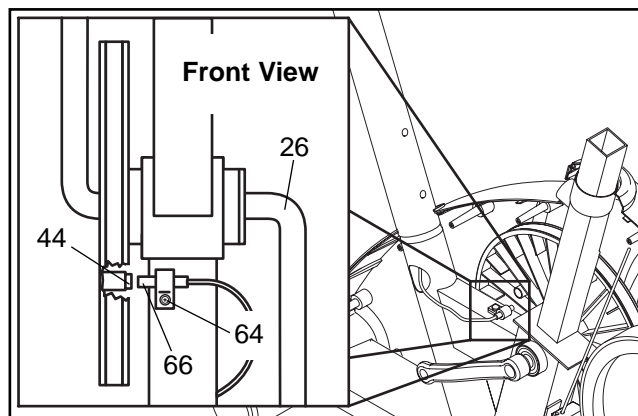
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (9) must be removed. Using an adjustable wrench, turn the Left Pedal (19) clockwise and remove it from the Left Crank Arm (26).



Next, remove the two M4 x 16mm Screws (64), the M4 x 6mm Screw (77), and the seven M4 x 38mm Screws (72) from the Left Side Shield (9). Grip both Side Shields at the top and gently pull them apart. Make sure that the Left Crank Arm (26) is in the position shown in the drawing above. Carefully slide the Left Side Shield (9) forward off the Left Crank Arm and remove it.

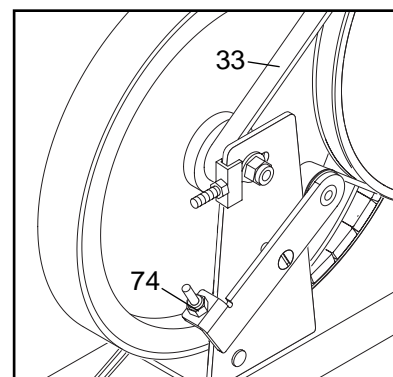
Locate the Reed Switch (66). Turn the Left Crank Arm (26) until the Magnet (44) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 16mm Screw (64). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield and the Pedal.



## HOW TO ADJUST THE DRIVE BELT

The exercise cycle features a precision belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the left side shield must first be removed. Refer to the instructions at the left and remove the left side shield. Next, use an adjustable wrench to turn the right pedal counterclockwise and remove it. Remove the right side shield.

Press down on the center of the Drive Belt (33) between the front and rear pulleys. **There should be from 1/4" to 1/2" of vertical movement in the center of the Drive Belt.** If the Drive Belt needs to be adjusted, tighten the M8 Nylon Locknut (74). When the Drive Belt is properly adjusted, reattach the side shields and the pedals.



# PART LIST—Model No. NTEX03990

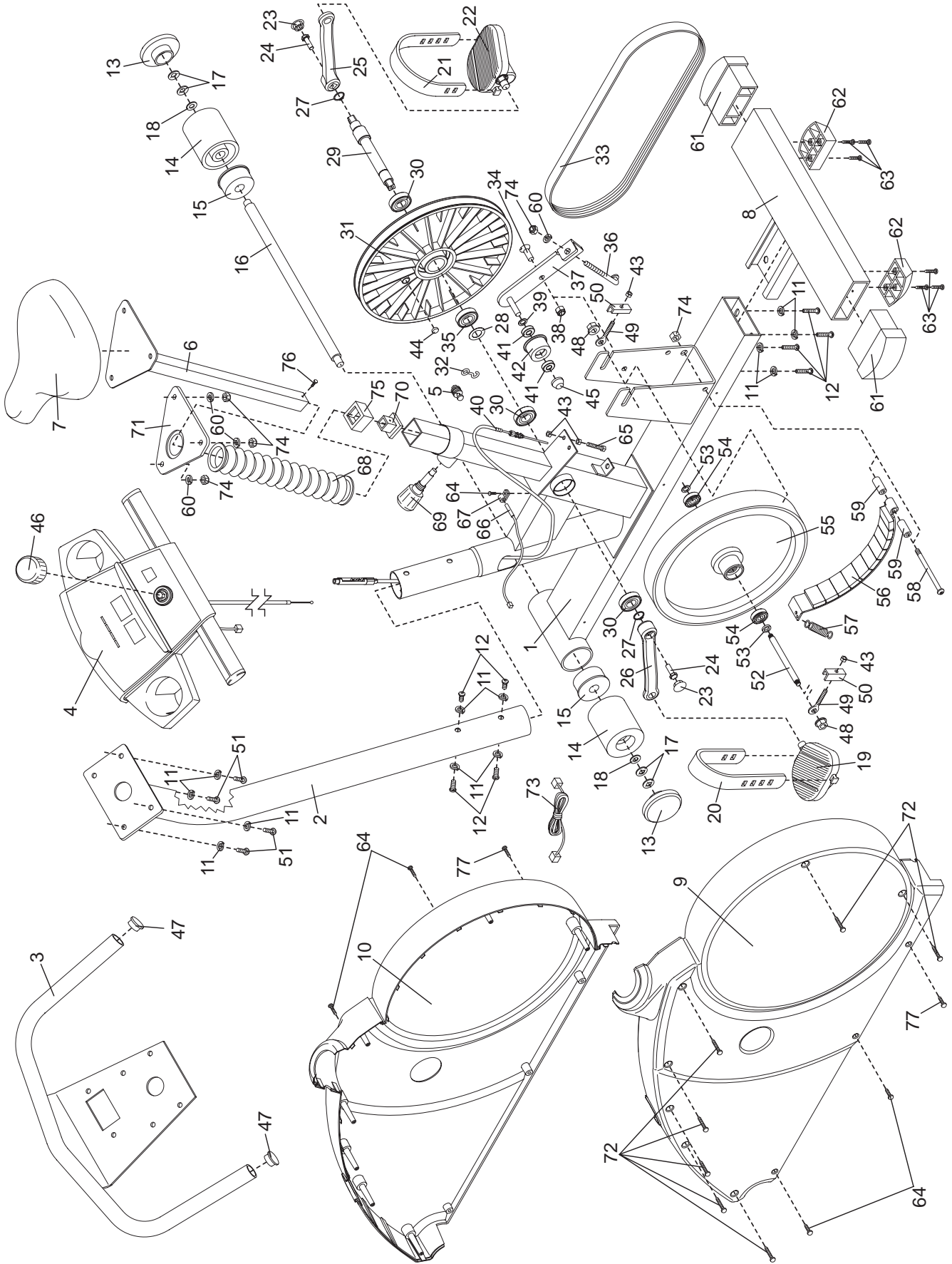
R0601A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	41	2	Idler Bearing
2	1	Upright	42	1	Idler Wheel
3	1	Handlebar	43	4	M6 Nut
4	1	Console	44	1	Magnet
5	1	Cable Clamp	45	1	M10 Nylon Locknut
6	1	Seat Post	46	1	Resistance Knob
7	1	Seat	47	2	Handlebar Endcap
8	1	Rear Stabilizer	48	2	Flange Nut
9	1	Left Side Shield	49	2	Eye Bolt
10	1	Right Side Shield	50	2	“J” Bracket
11	12	M10 Lock Washer	51	4	M9.5 x 25mm Button Screw
12	8	M10 x 25mm Button Screw	52	1	Flywheel Axle
13	2	Hub Cap	53	2	Flywheel Spacer
14	2	Wheel	54	2	Flywheel Bearing
15	2	Wheel Hub	55	1	Flywheel
16	1	Wheel Axle	56	1	“C” Magnet
17	4	1/2” Push Nut	57	1	Resistance Spring
18	2	Wheel Washer	58	1	“C” Magnet Bolt
19	1	Left Pedal	59	2	“C” Magnet Spacer
20	1	Left Pedal Strap	60	4	M8 Split Washer
21	1	Right Pedal Strap	61	2	End Cap
22	1	Right Pedal	62	2	Stabilizer Foot
23	2	Crank Cap	63	6	Foot Screw
24	2	Crank Bolt	64	5	M4 x 16mm Screw
25	1	Right Crank Arm	65	1	Stop Bolt
26	1	Left Crank Arm	66	1	Reed Switch/Wire
27	2	Snap Ring	67	1	Clamp
28	1	Crank Spacer	68	1	Post Cover
29	1	Crank Axle	69	1	Seat Knob
30	3	Crank Bearing	70	1	Seat Post Spacer
31	1	Pulley	71	1	Cover Flange
32	1	Hook	72	7	M4 x 38mm Screw
33	1	Drive Belt	73	1	Extension Wire
34	1	Idler Bolt	74	5	M8 Nylon Locknut
35	1	Clutch Bearing	75	1	Seat Post Bushing
36	1	“J” Bolt	76	1	M4 x 12mm Screw
37	1	Idler Arm	77	2	M4 x 6mm Screw
38	1	Idler Nut	#	1	Battery Cover
39	1	Idler Washer	#	1	User’s Manual
40	1	Resistance Cable	#	1	Allen Wrench

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

# EXPLODED DRAWING—Model No. NTEX03990

R0601A



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, 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:

- The MODEL NUMBER of the product (NTEX03990)
- The NAME of the product (NordicTrack® TRL600 exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 11 of this manual).

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

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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