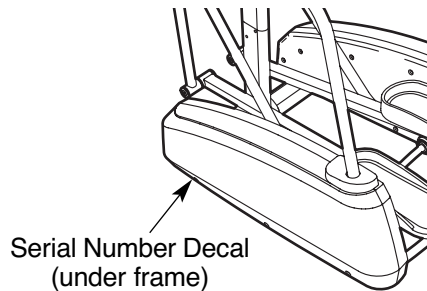


NordicTrack® A.C.T.

Model No. NTCW90907.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

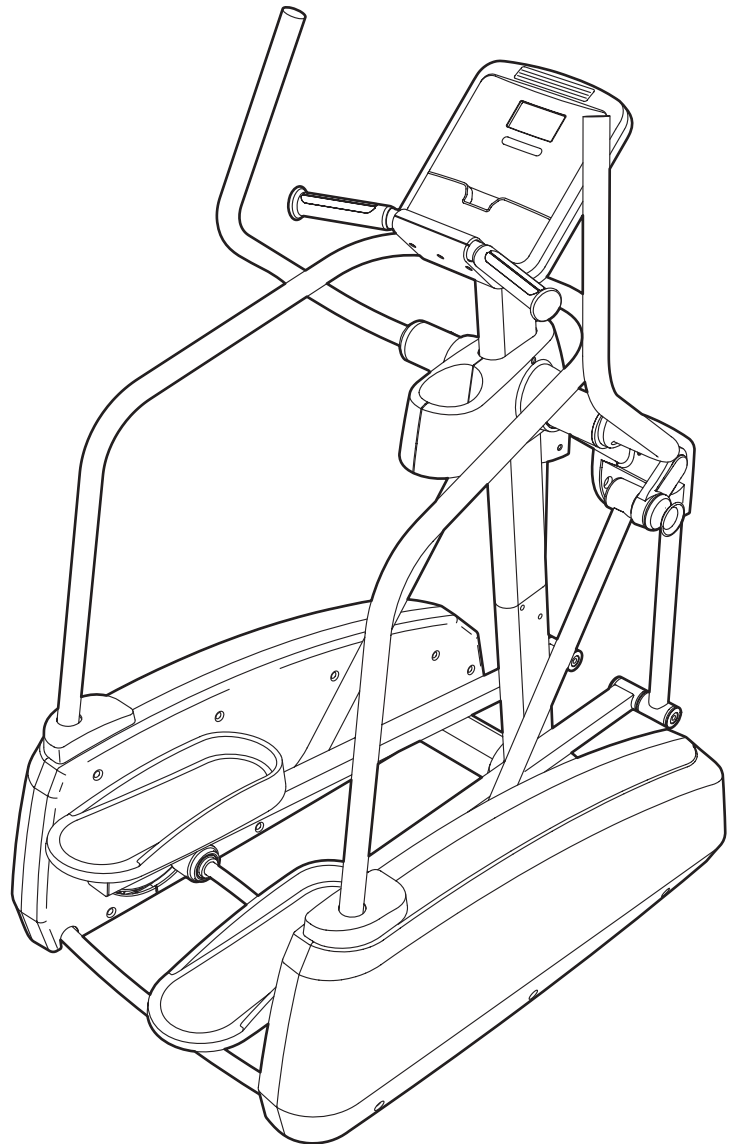
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.nordictrackservice.com



⚠ 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

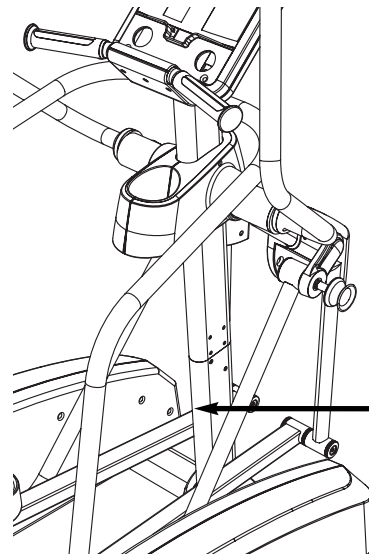
new products, prizes,
fitness tips, and much more!

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WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handgrip pulse sensor or the handrails when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

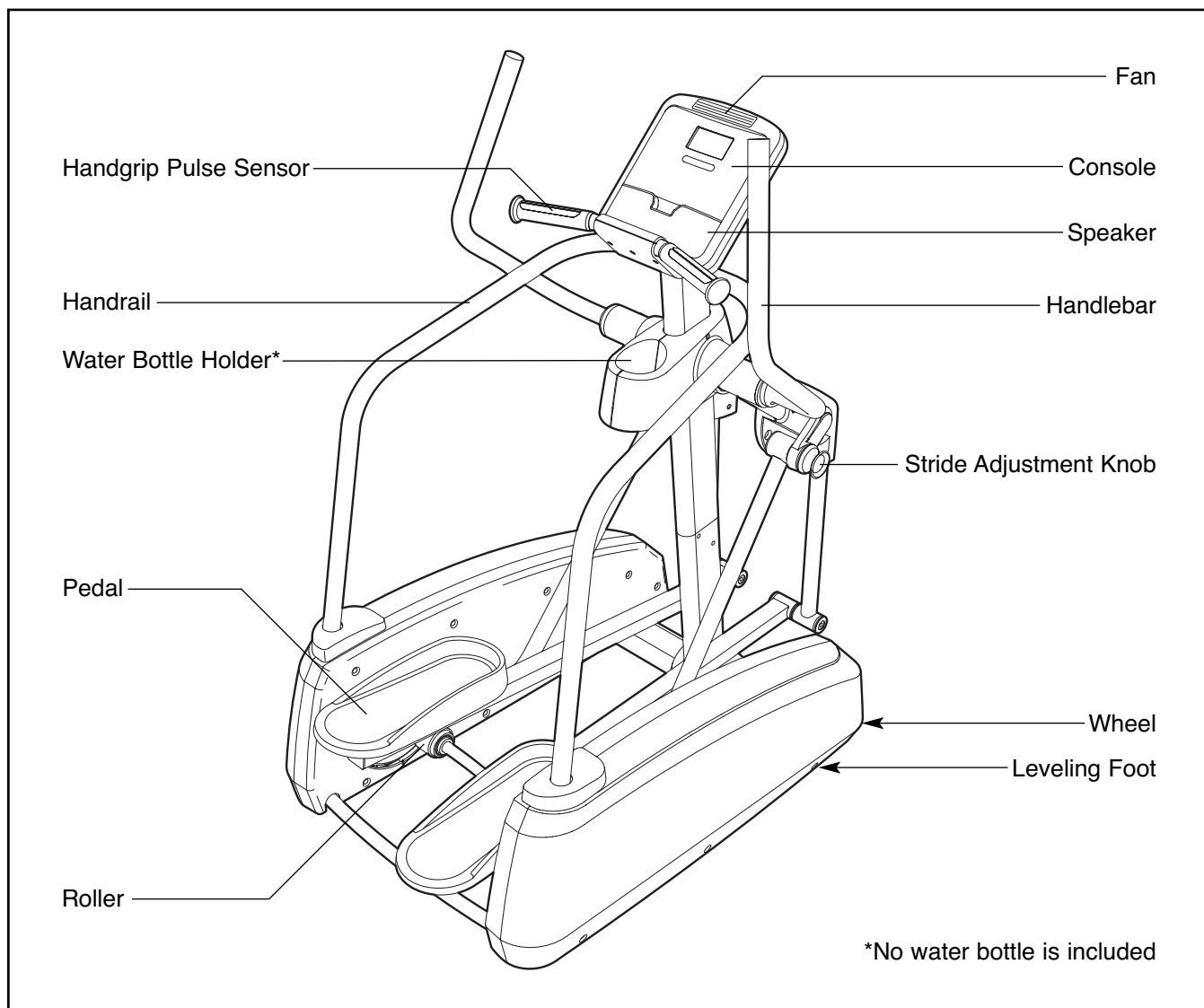
BEFORE YOU BEGIN

Thank you for selecting the new NordicTrack® A.C.T. elliptical exerciser. The A.C.T. elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.




For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front

cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

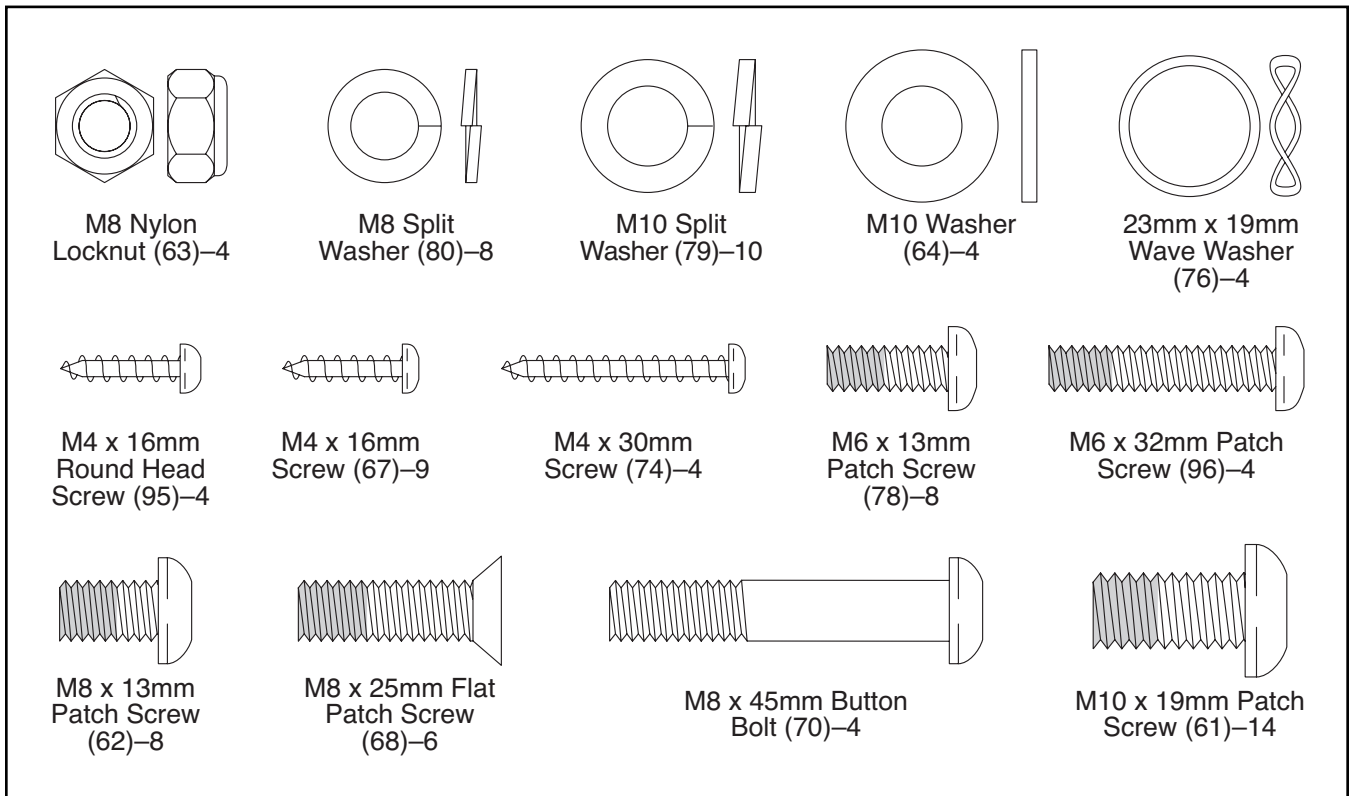
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser 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 hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

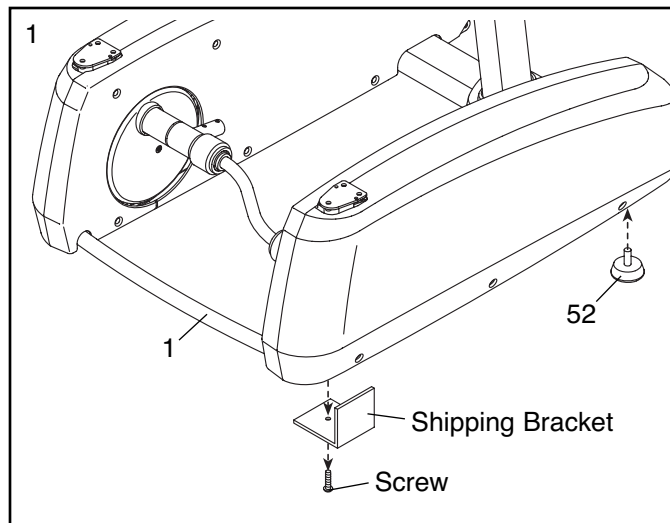
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Remove the four screws and the four shipping brackets attached to the Frame (1). Discard the screws and the shipping brackets.

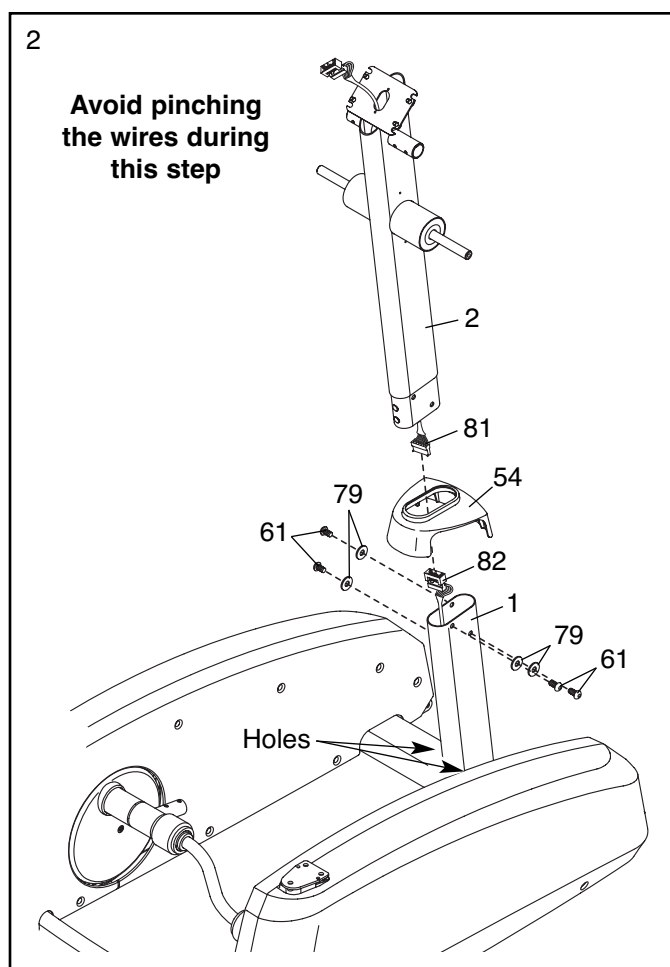
Then, tighten four Leveling Feet (52) into the underside of the Frame (1).



2. Identify the Frame Cover (54) and orient it as shown. Press the Frame Cover posts into the indicated holes in the Frame (1).

Identify the Upright (2) and orient it as shown. While a second person holds the Upright near the Frame (1), connect the Upper Wire Harness (81) to the Lower Wire Harness (82).

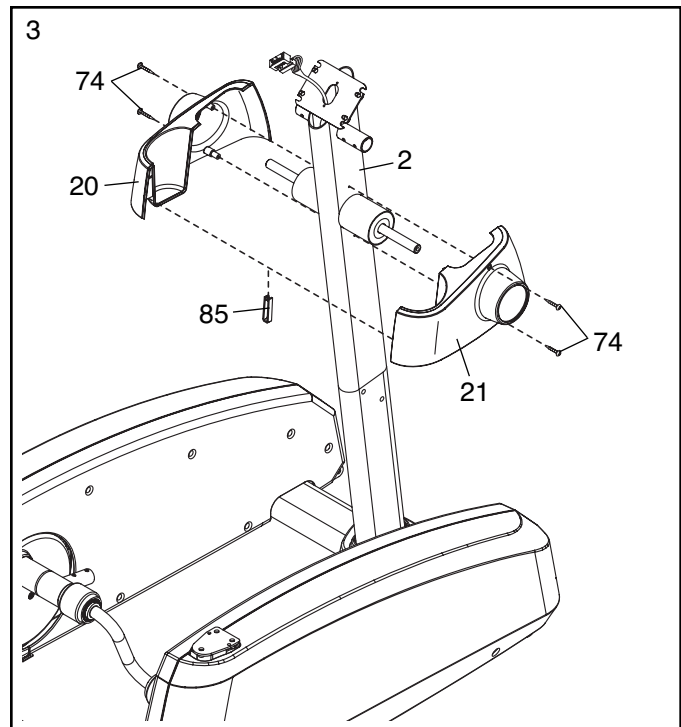
Tip: Avoiding pinching the Wire Harnesses (81, 82) during this step. Insert the Upright (2) into the Frame (1). Attach the Upright with four M10 x 19mm Patch Screws (61) and four M10 Split Washers (79). **Do not tighten the Patch Screws yet.**



3. Identify the Left and Right Upright Covers (20, 21), which are marked with "L" and "R" stickers, and orient them as shown.

Attach the Left and Right Upright Covers (20, 21) around the Upright (2) with four M4 x 30mm Screws (74).

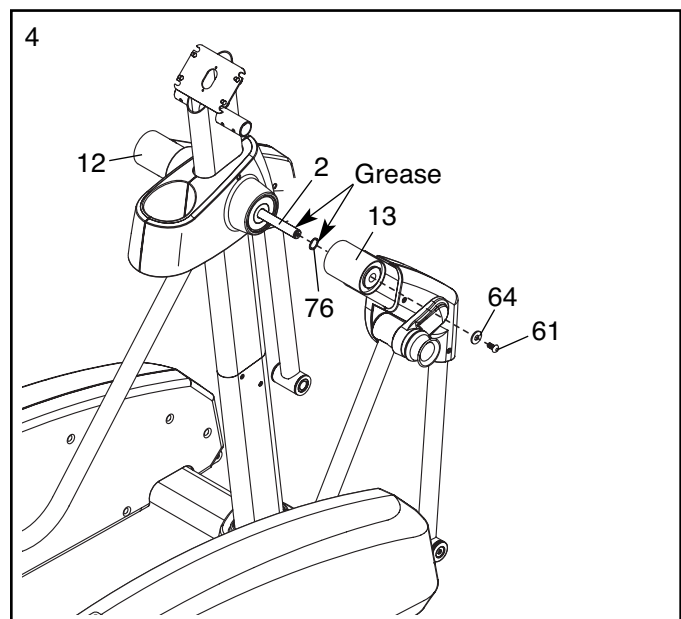
Insert the Clip (85) into the underside of the Left and Right Upright Covers (20, 21).



4. Apply a generous amount of the included grease to the right axle on the Upright (2). Then, apply a small amount of grease to a 23mm x 19mm Wave Washer (76). Slide the Wave Washer onto the axle on the Upright.

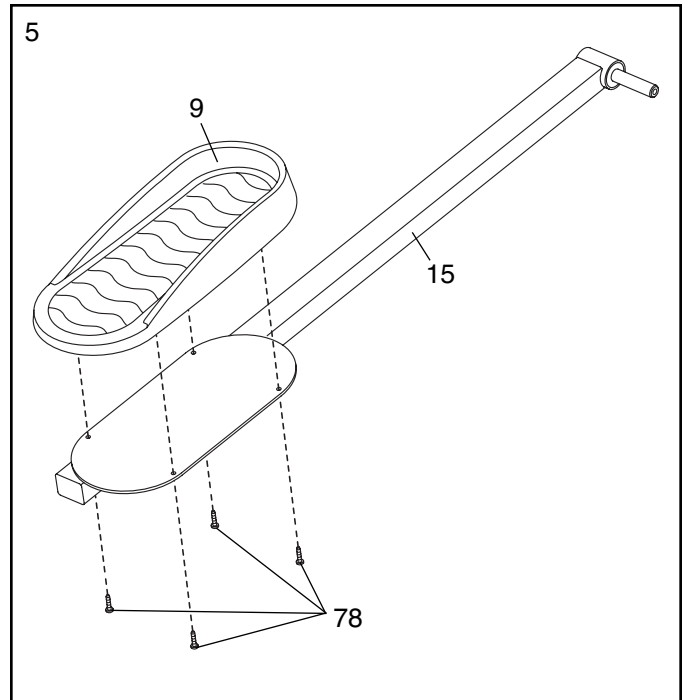
Identify the Right Handlebar Leg (13), which is marked with an "R" sticker, and orient it as shown. Slide the Right Handlebar Leg onto the axle on the Upright (2). Attach the Right Handlebar Leg with an M10 x 19mm Patch Screw (61) and an M10 Washer (64).

Attach the Left Handlebar Leg (12) in the same way.



5. Identify the Right Pedal Arm (15), which is marked with an "R" sticker. Attach a Pedal (9) to the Right Pedal Arm with four M6 x 13mm Patch Screws (78).

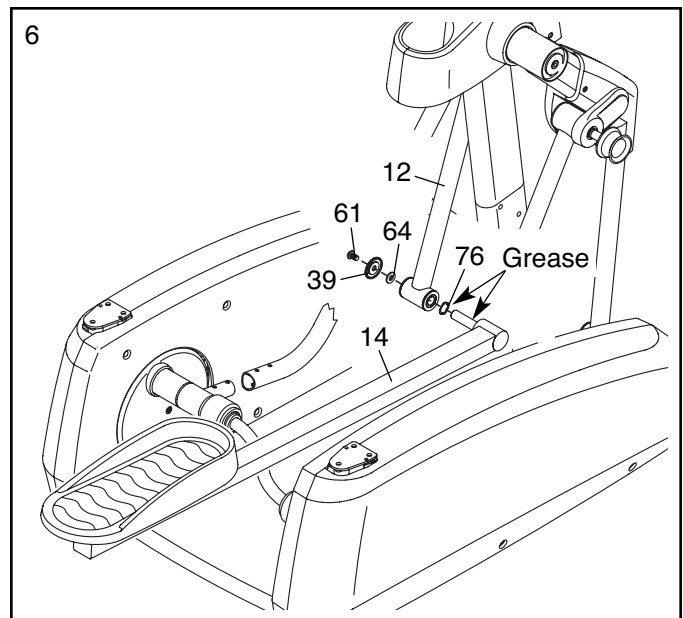
Attach the other Pedal to the Left Pedal Arm (not shown) in the same way.



6. Identify the Left Pedal Arm (14), which is marked with an "L" sticker, and orient it as shown. Apply a small amount of grease to the axle of the Left Pedal Arm and to a 23mm x 19mm Wave Washer (76).

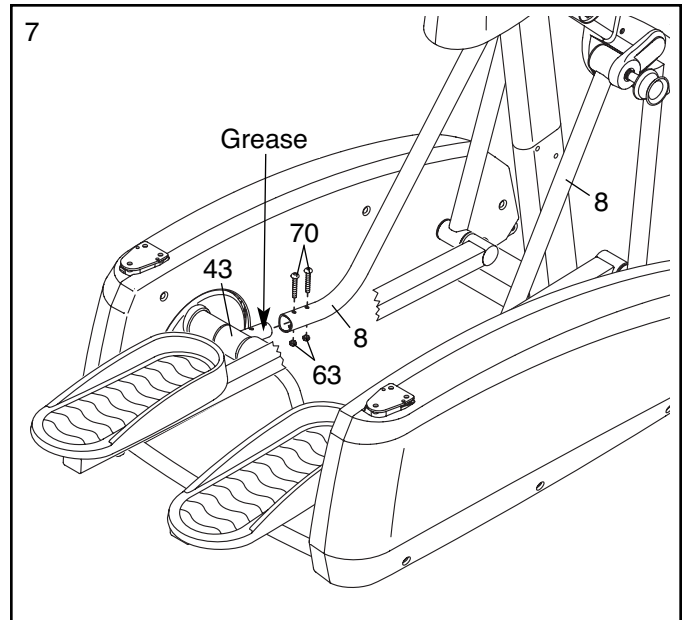
Slide the 23mm x 19mm Wave Washer (76) onto the Left Pedal Arm (14). Position the Left Handlebar Leg (12) as shown. Then, insert the Left Pedal Arm into the Left Handlebar Leg. Attach the Left Pedal Arm with an M10 x 19mm Patch Screw (61), a Pedal Axle Cover (39), and an M10 Washer (64). **Do not overtighten the Patch Screw; the Left Pedal Arm must pivot easily.**

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

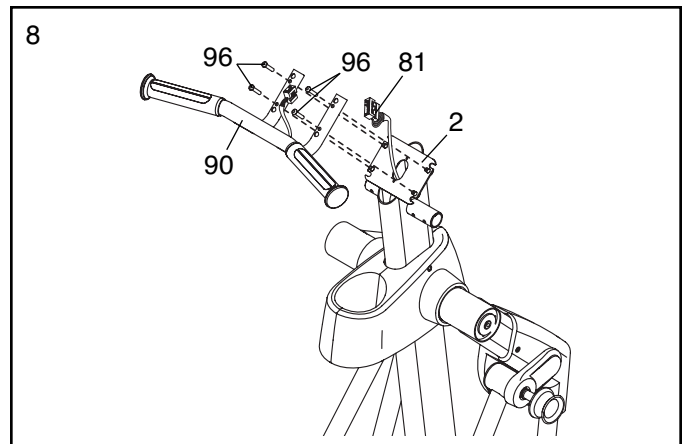


7. Apply a small amount of grease to the axle of the left Pedal Arm Bracket (43). Attach the left Pedal Leg (8) to the left Pedal Arm Bracket with two M8 x 45mm Button Bolts (70) and two M8 Nylon Locknuts (63).

Attach the right Pedal Leg (8) in the same way.

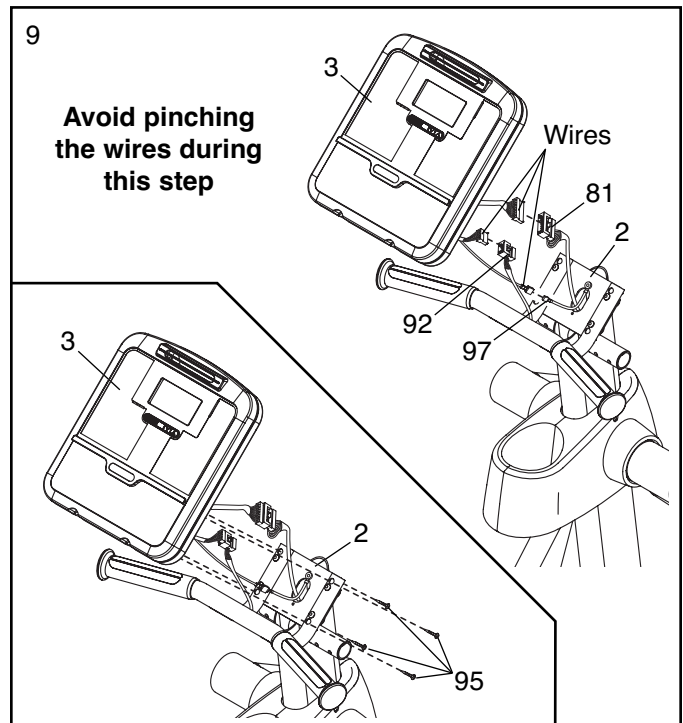


8. **Tip: Avoid pinching the Upper Wire Harness (81) during this step.** Attach the Handlebar (90) to the Upright (2) with four M6 x 32mm Patch Screws (96).

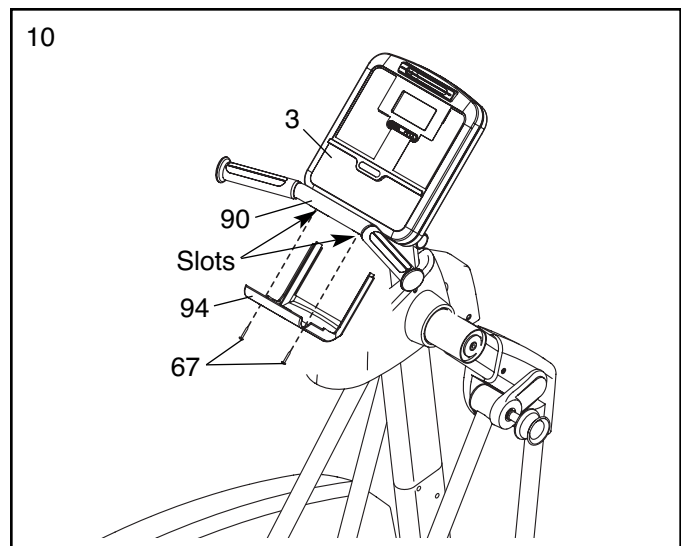


9. While a second person holds the Console (3) near the Upright (2), connect the three wires on the console to the Upper Wire Harness (81), to the Pulse Wire (92), and to the Ground Wire (97). Insert the excess wire into the Upright.

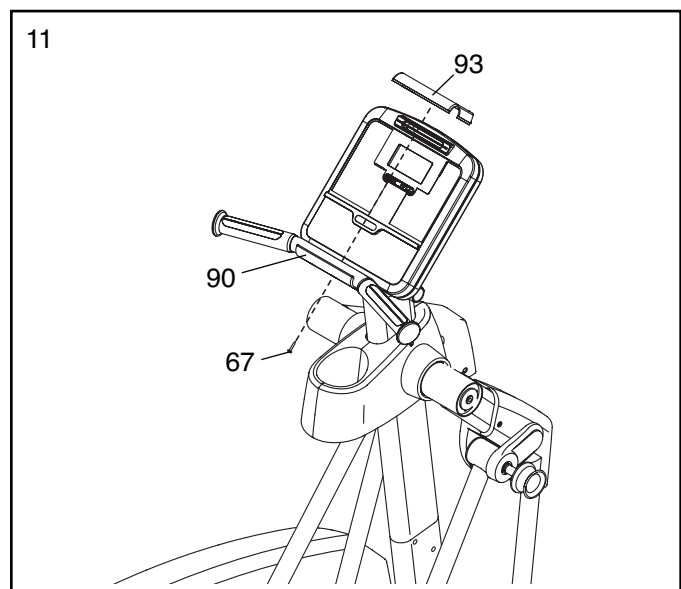
Tip: Avoid pinching the wires during this step. See the inset drawing. Attach the Console (3) to the Upright (2) with four M4 x 16mm Round Head Screws (95).



10. Slide the Lower Handlebar Cover (94) into the slots in the underside of the Console (3). Attach the Lower Handlebar Cover to the Handlebar (90) with two M4 x 16mm Screws (67).

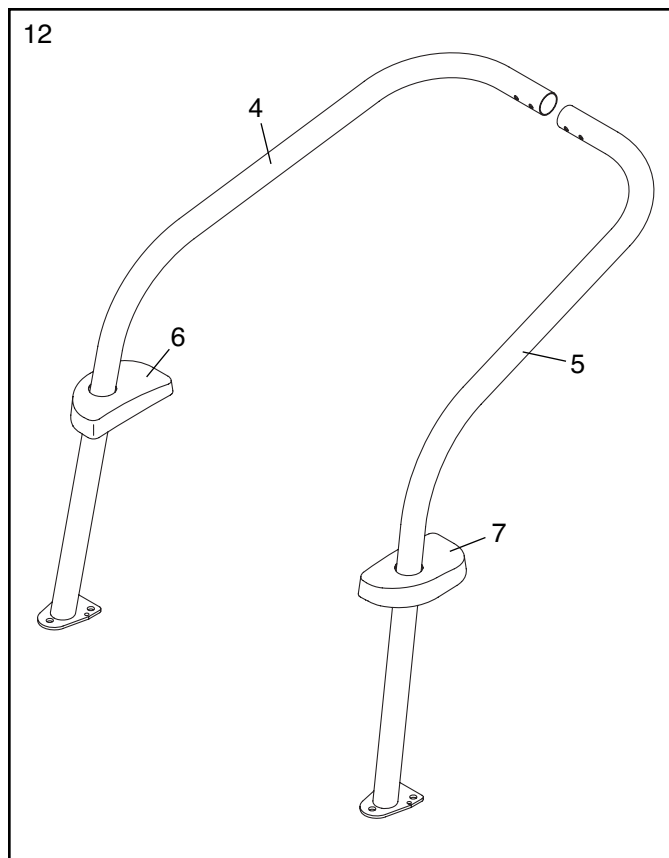


11. Attach the Upper Handlebar Cover (93) to the Handlebar (90) with an M4 x 16mm Screw (67).



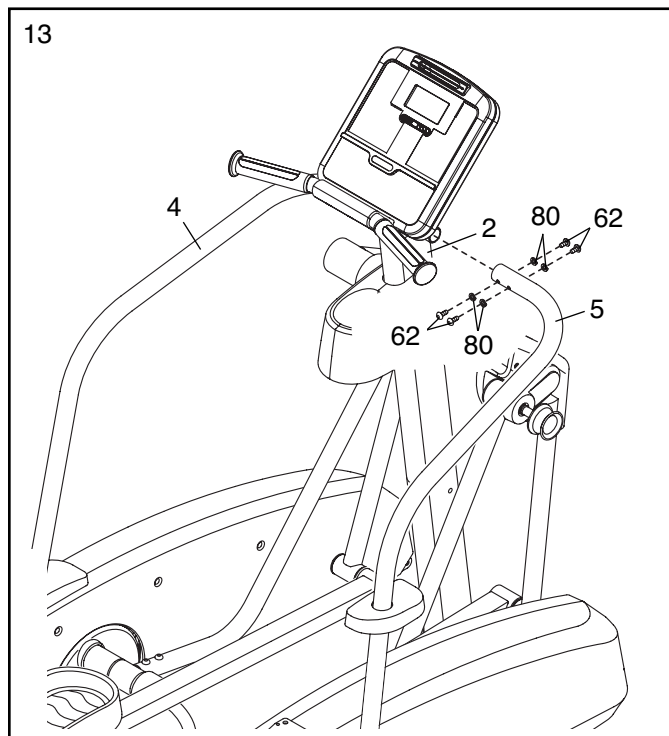
12. Identify the Left Handrail (4), which is marked with an "L" on the underside. Then, identify the Right Handrail (5), which is marked with an "R" on the underside. Orient the Left and Right Handrails as shown.

Slide the Left Rail Cover (6) onto the Left Handrail (4). Then, slide the Right Rail Cover (7) onto the Right Handrail (5).



13. Attach the Right Handrail (5) to the Upright (2) with four M8 x 13mm Patch Screws (62) and four M8 Split Washers (80). **Do not tighten the Patch Screws yet.**

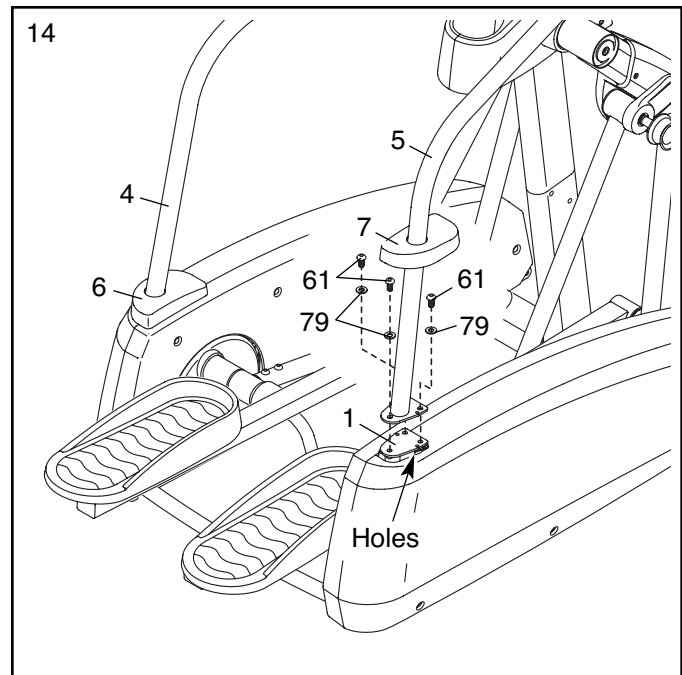
Attach the Left Handrail (4) in the same way.



14. Attach the Right Handrail (5) to the Frame (1) with three M10 x 19mm Patch Screws (61) and three M10 Split Washers (79).

Press the posts on the Right Rail Cover (7) into the holes in the Frame (1).

Attach the Left Handrail (4) and the Left Rail Cover (6) in the same way.



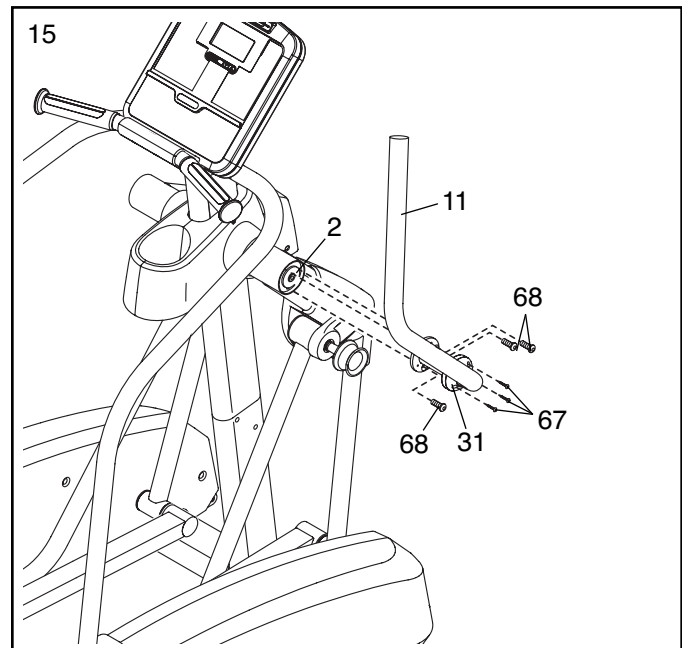
15. Identify the Right Handlebar (11), which is marked with an "R" sticker. Orient the Right Handlebar as shown.

Attach the Right Handlebar (11) to the Upright (2) with three M8 x 25mm Flat Patch Screws (68). Then, slide a Handlebar Cover (31) onto the Right Handlebar and attach it with three M4 x 16mm Screws (67).

Attach the Left Handlebar (not shown) in the same way.

See step 2. Tighten the M10 x 19mm Patch Screws (61).

See step 13. Tighten the M8 x 13mm Patch Screws (62).



16. **Make sure that all parts are properly tightened before you use the elliptical exerciser.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical exerciser to protect the floor.

Plug the power supply into the jack on the frame of the elliptical exerciser (see HOW TO PLUG IN THE POWER SUPPLY on page 13). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

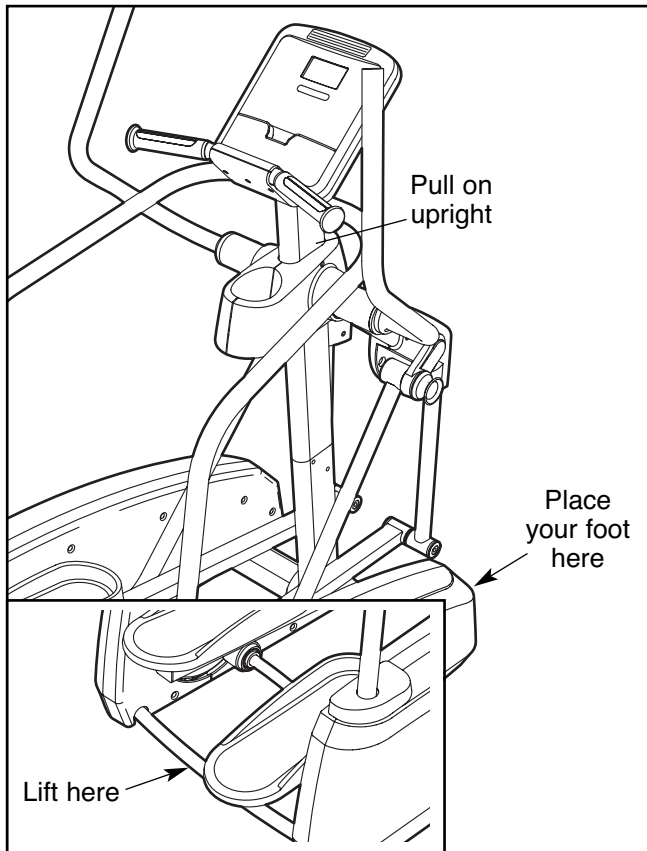
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE POWER SUPPLY

Plug one end of the included power supply into the jack on the front of the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

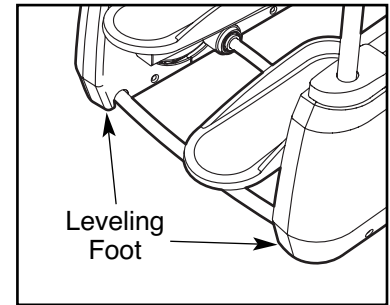
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the frame until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



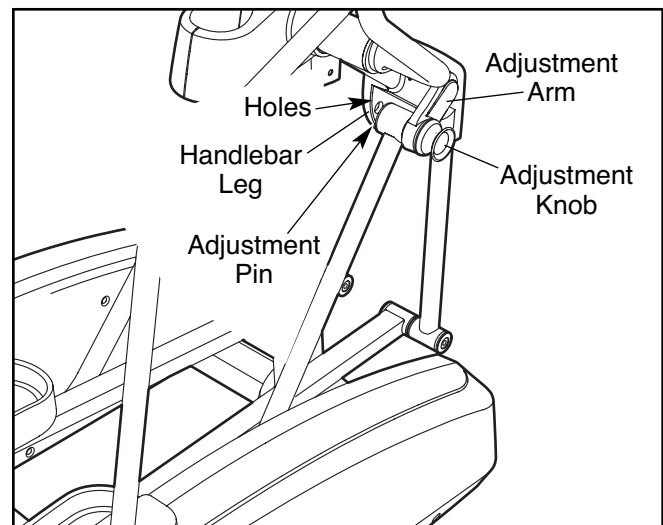
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front and rear of the frame until the rocking motion is eliminated.



HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

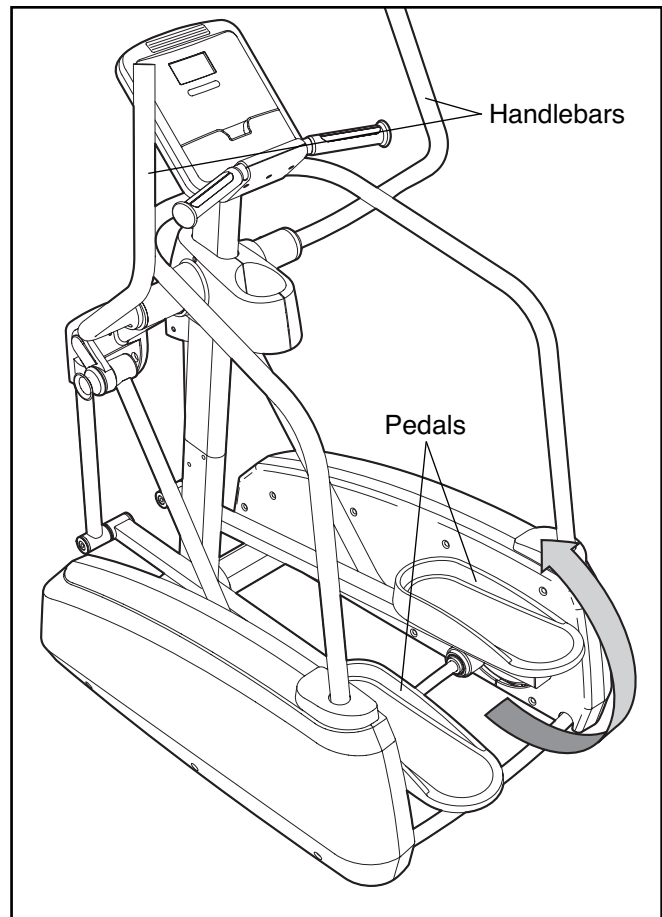
To adjust the stride of the elliptical exerciser, turn the adjustment knob clockwise while pulling it outward until the adjustment arm pivots freely. Pivot the adjustment arm until the adjustment knob is aligned with one of the holes in the handlebar leg, and gently release the knob. Then, pivot the adjustment arm back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the handlebar leg. **Adjust the other side of the elliptical exerciser in the same way.**

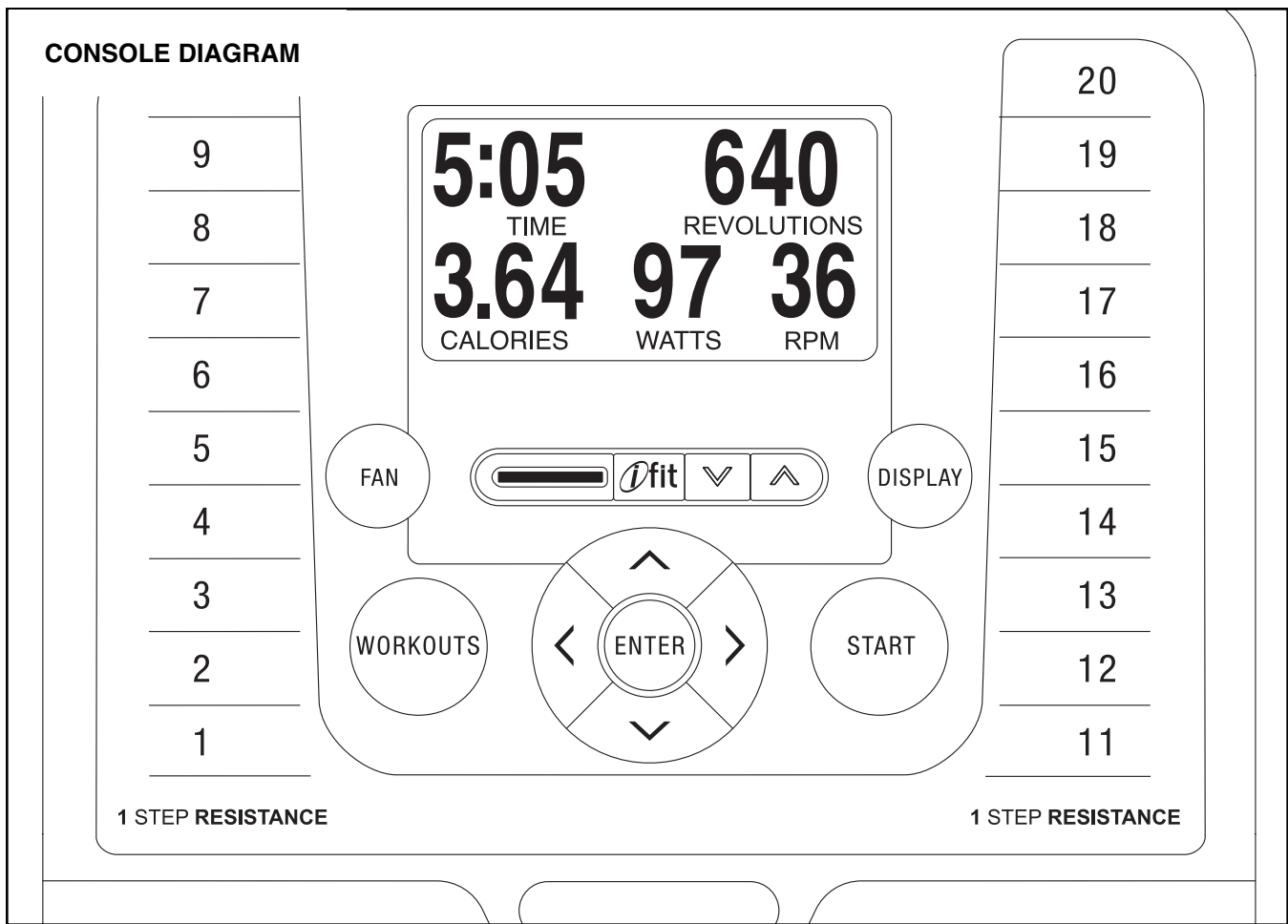


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**

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





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers twenty preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System enables the console to accept iFIT cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-

week Weight Loss workout. iFIT workouts control the resistance of the pedals while the voice of a personal trainer coaches you and motivates you through your workouts. A demo iFIT card is included. Additional iFIT cards are available separately. **To purchase iFIT cards, go to www.iFIT.com or call the telephone number on the front cover of this manual. iFIT cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's stereo sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode of the console, follow the steps beginning on page 16. **To use a preset workout**, see page 18. **To use an iFIT workout**, see page 19. **To use the stereo sound system**, see page 19.

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

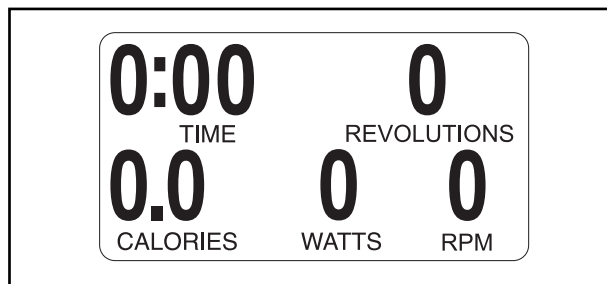
HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until zeros appear in the display.



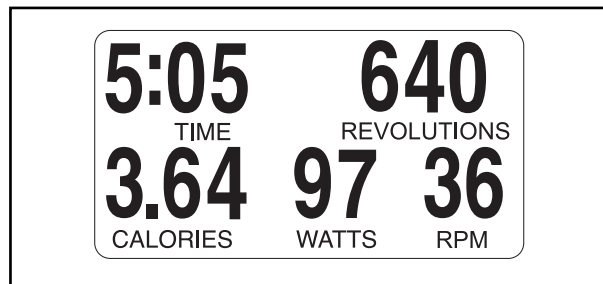
3. **Press Start or begin pedaling and change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing one of the numbered 1 Step Resistance buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

While you pedal, the upper left corner of the display will show the elapsed time. Note: During a preset workout, the display will show the time remaining in the workout.

The upper right corner of the display will show the distance (total number of revolutions) you have pedaled. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 17).



The lower left corner of the display will show the approximate number of calories you have burned.

The lower center of the display will show your power output in watts.

The lower right corner of the display will show your pedaling speed in revolutions per minute (rpm).

The resistance level of the pedals will appear in the display for a few seconds each time the resistance level changes.

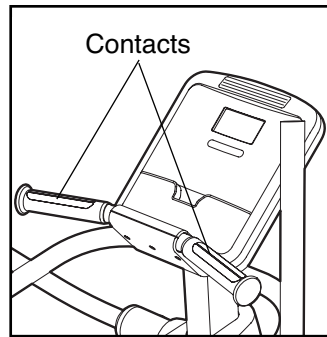
You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time and the distance you have pedaled, the elapsed time and the approximate number of calories you have burned, the elapsed time, or the approximate number of calories you have burned. Press the Display button again to view a workout history of resistance levels and pedaling pace.

To again view the time, distance, approximate number of calories burned, your power output in watts, and pedaling speed, press the Display button again.

You can also adjust the contrast of the display. First, press and hold down the Display button for several seconds until the display is blank. Then, release the Display button and follow the instructions in the display to adjust the contrast.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button again; when the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

To turn off the fan, press the Fan button again.

Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off.

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

If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

If the pedals are not moved for about five minutes, the console will turn off and the display will be reset.

When you are finished exercising, unplug the power supply. **IMPORTANT: If you do not do this, the electrical components of the exercise cycle may wear prematurely.**

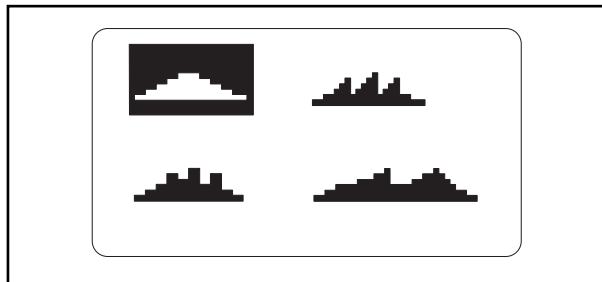
HOW TO USE A PRESET WORKOUT

1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

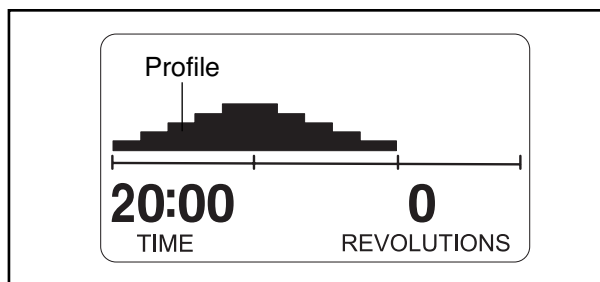
2. Select a preset workout.

To select one of the twenty preset workouts, first press the Workouts button. A menu of workout profiles will then appear in the display. Press the left, right, up, and down arrows to highlight the desired workout profile.



When a workout profile is highlighted, the workout time and the maximum resistance level of the workout will appear in the display. To select a highlighted workout, press the Enter button.

When you select a preset workout, the workout time and a profile of the resistance levels of the workout will appear in the display.



3. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing to the lower left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the



words **SPEED UP** appear in the display, increase your pace. When the words **SLOW DOWN** appear, decrease your pace. When the words **SPEED OKAY** appear, maintain your current pace.

IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the 1 Step Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, press Start or simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the display.

During the workout, the display will show the workout profile, the time remaining in the workout, and the distance you have pedaled.

To view the profile, your pedaling pace, and the distance you have pedaled, press the Display button.

To view the time remaining in the workout and the distance pedaled, press the Display button. Press the Display button again to view the time remaining and the approximate number of calories burned.

To view the time remaining, distance pedaled, approximate number of calories burned, your power output in watts, and pedaling pace, press the Display button again.

To view the first display again, press the Display button again.

5. Measure your heart rate if desired.

See step 5 on page 17.

6. Turn on the fan if desired.

See step 6 on page 17.

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

See step 7 on page 17.

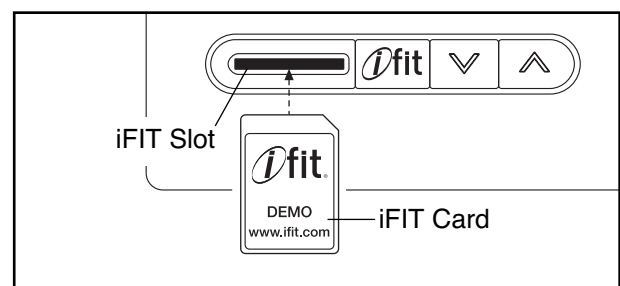
HOW TO USE AN IFIT WORKOUT

1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. Insert an iFIT card and select a workout.

To use an iFIT workout, insert an iFIT card into the iFIT slot; make sure that the iFIT card is oriented so the metal contacts are face-down and are facing the slot. When the iFIT card is properly inserted, the indicator next to the slot will light and words will appear in the display.

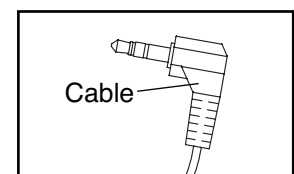


Next, select the desired workout on the iFIT card by pressing the up and down buttons next to the iFIT slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFIT workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on pages 18 and 19.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, first locate the stereo audio cable in the center of the console above the speakers. Plug the cable into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**



Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

When not in use, insert the stereo audio cable into the storage recess on the console.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

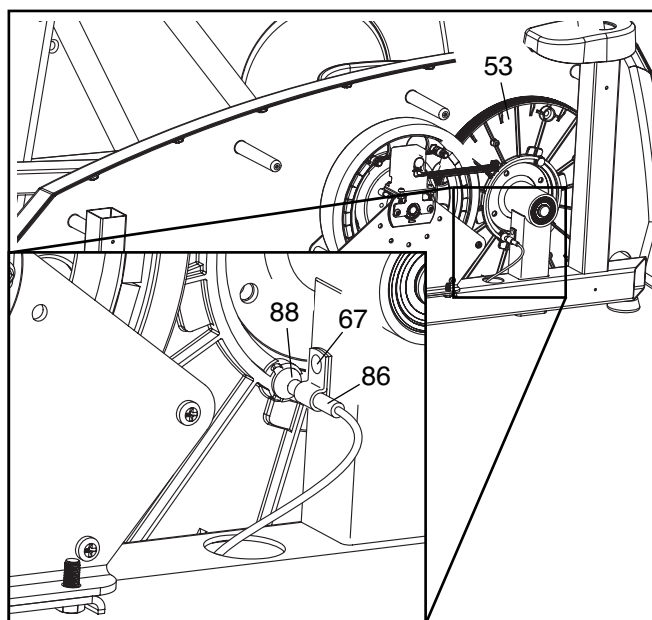
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 13.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from the left outer and inner side shields; **there are two sizes of screws in the left outer and inner side shields—note which size of screw you remove from each hole.** Then, gently remove the left outer side shield.

Next, locate the Reed Switch (86). Turn the Pulley (53) until a Magnet (88) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (67). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Pulley forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left outer and inner side shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING A on page 25 and the PART LIST on page 24.



EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. 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

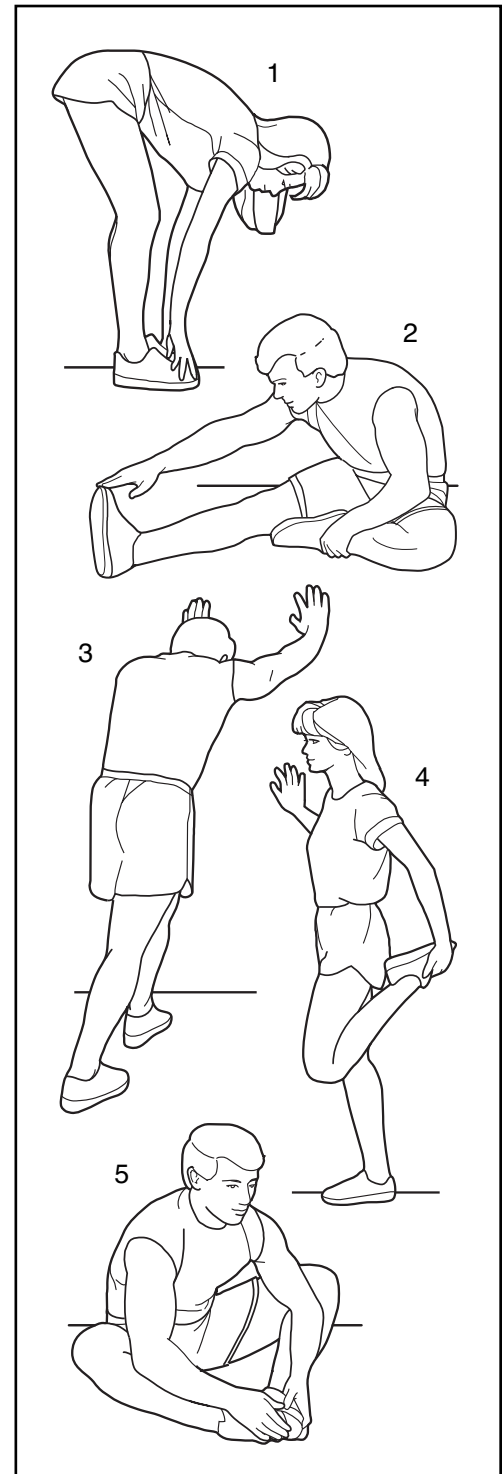
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST—Model No. NTCW90907.0

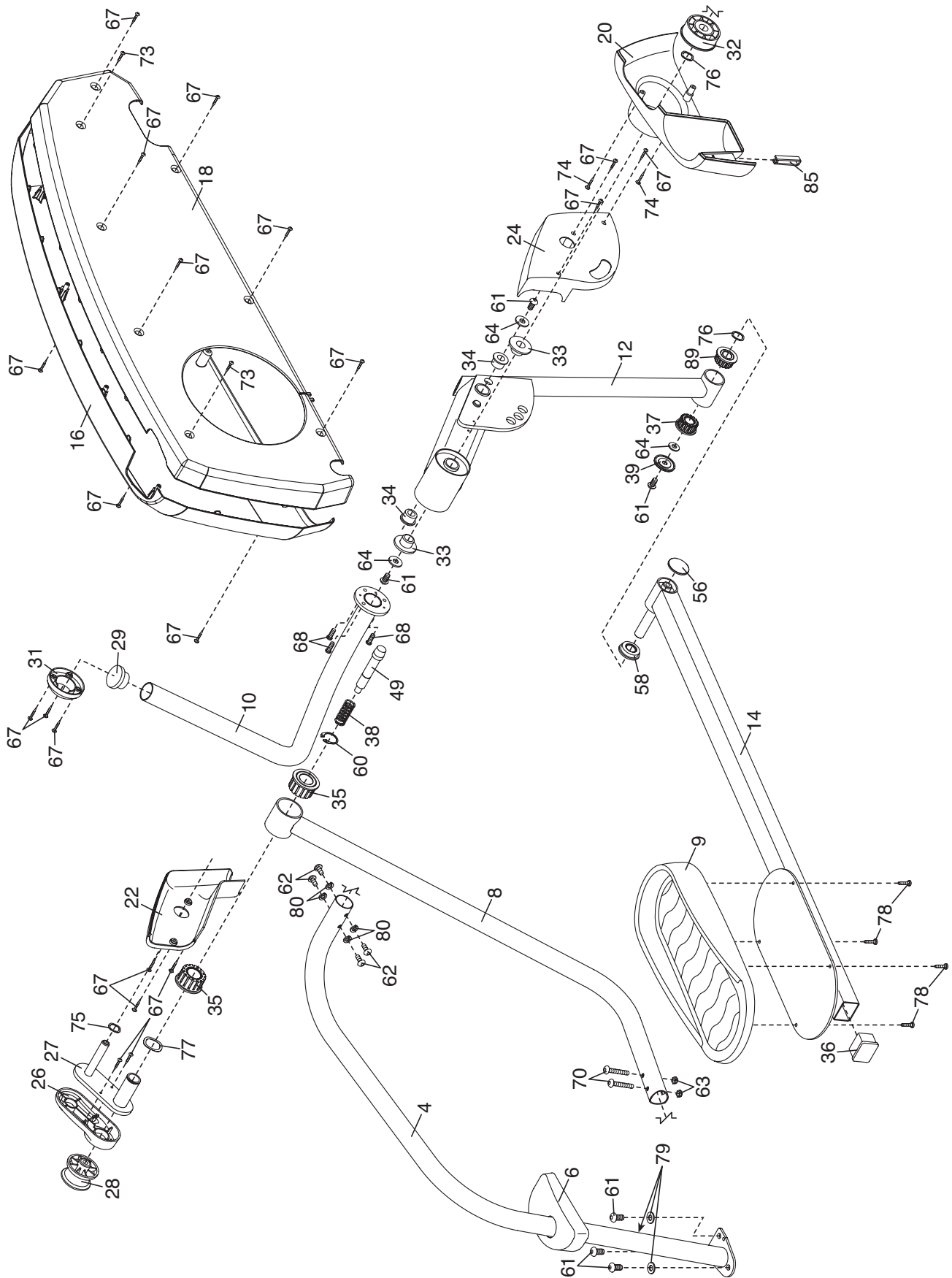
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	4	Leveling Foot
2	1	Upright	53	1	Pulley
3	1	Console	54	1	Frame Cover
4	1	Left Handrail	55	1	Eddy Mechanism
5	1	Right Handrail	56	2	Pedal Axle Endcap
6	1	Left Rail Cover	57	1	Belt
7	1	Right Rail Cover	58	2	Pedal Axle Bushing
8	2	Pedal Leg	59	4	Crank Bracket Snap Ring
9	2	Pedal	60	2	Adjustment Bracket Snap Ring
10	1	Left Handlebar	61	16	M10 x 19mm Patch Screw
11	1	Right Handlebar	62	12	M8 x 13mm Patch Screw
12	1	Left Handlebar Leg	63	4	M8 Nylon Locknut
13	1	Right Handlebar Leg	64	6	M10 Washer
14	1	Left Pedal Arm	65	2	M10 x 49 Hex Bolt
15	1	Right Pedal Arm	66	4	M10 Nylon Locknut
16	1	Left Outer Side Shield	67	46	M4 x 16mm Screw
17	1	Right Outer Side Shield	68	6	M8 x 25mm Flat Patch Screw
18	1	Left Inner Side Shield	69	2	M10 x 73mm Button Bolt
19	1	Right Inner Side Shield	70	4	M8 x 45mm Button Bolt
20	1	Left Upright Cover	71	2	M8 x 19mm Button Screw
21	1	Right Upright Cover	72	4	M6 Nylon Locknut
22	1	Left Outer Leg Cover	73	4	M4 x 64mm Screw
23	1	Right Outer Leg Cover	74	4	M4 x 30mm Screw
24	1	Left Inner Leg Cover	75	2	22mm x 16mm Wave Washer
25	1	Right Inner Leg Cover	76	4	23mm x 19mm Wave Washer
26	2	Adjustment Arm Cover	77	2	39mm x 30mm Wave Washer
27	2	Adjustment Arm	78	8	M6 x 13mm Patch Screw
28	2	Adjustment Knob	79	10	M10 Split Washer
29	2	Handlebar Endcap	80	8	M8 Split Washer
30	2	M4 x 12mm Screw	81	1	Upper Wire Harness
31	2	Handlebar Cover	82	1	Lower Wire Harness
32	2	Upright Bushing	83	1	Power Jack Wire
33	4	Pivot Bushing	84	1	Power Supply
34	4	Small Adjustment Bushing	85	1	Clip
35	4	Large Adjustment Bushing	86	1	Reed Switch/Wire
36	2	Pedal Arm Endcap	87	1	Clamp
37	2	Inner Pedal Bushing	88	2	Magnet
38	2	Adjustment Spring	89	2	Outer Pedal Bushing
39	2	Pedal Axle Cover	90	1	Handlebar
40	1	Crank	91	2	Pulse Sensor Handle
41	1	Left Crank Bracket	92	1	Pulse Wire
42	1	Right Crank Bracket	93	1	Upper Handlebar Cover
43	2	Pedal Arm Bracket	94	1	Lower Handlebar Cover
44	8	Crank Bearing	95	4	M4 x 16mm Round Head Screw
45	6	Thrust Washer	96	4	M6 x 32mm Patch Screw
46	2	Pedal Arm Roller	97	1	Ground Wire
47	2	Crank Spacer	*	—	1" Grommet
48	2	Crank Cover	*	—	Hex Key
49	2	Adjustment Pin	*	—	Grease Packet
50	4	Crank Bracket Bearing	*	—	User's Manual
51	2	Wheel			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

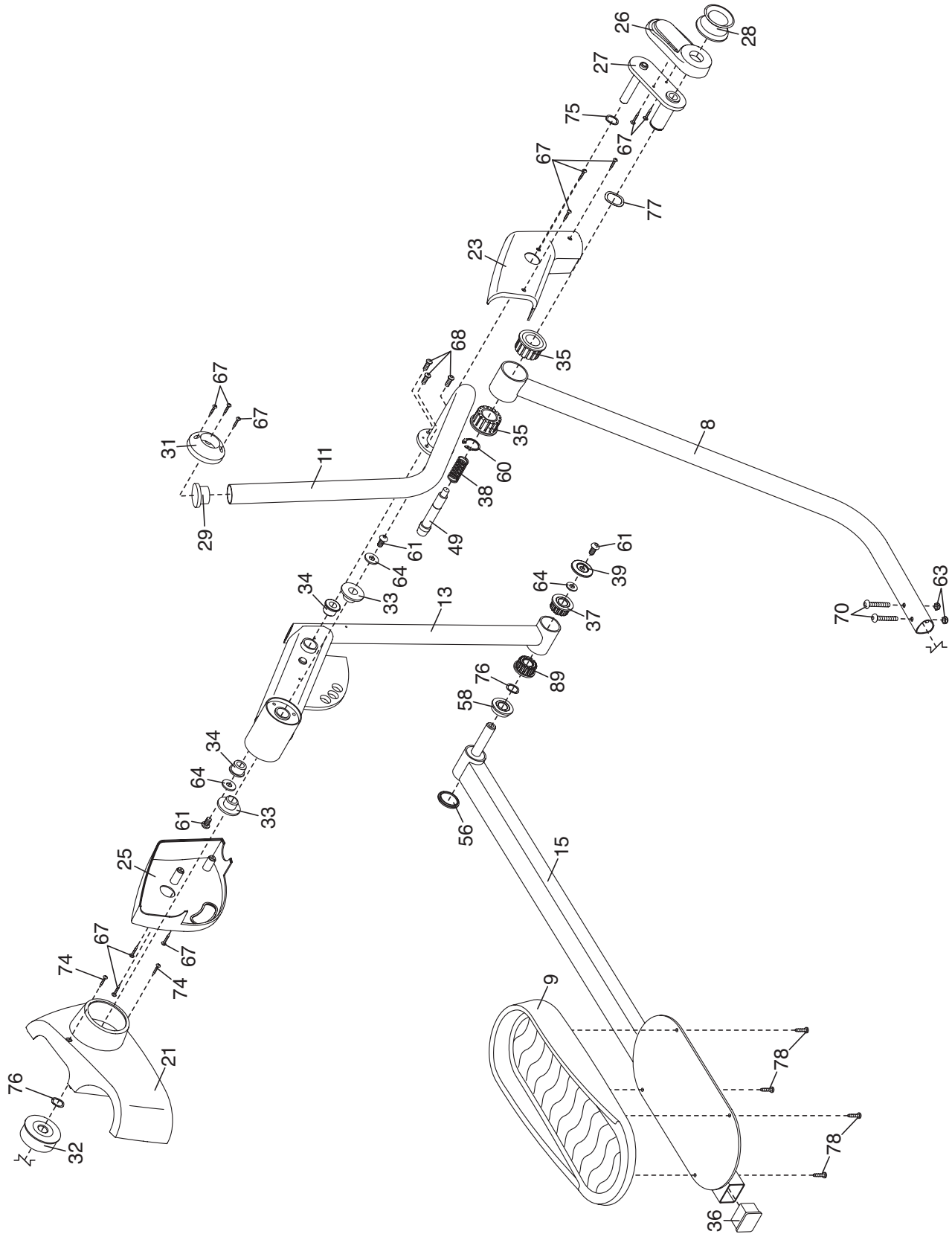
EXPLODED DRAWING A—Model No. NTCW90907.0

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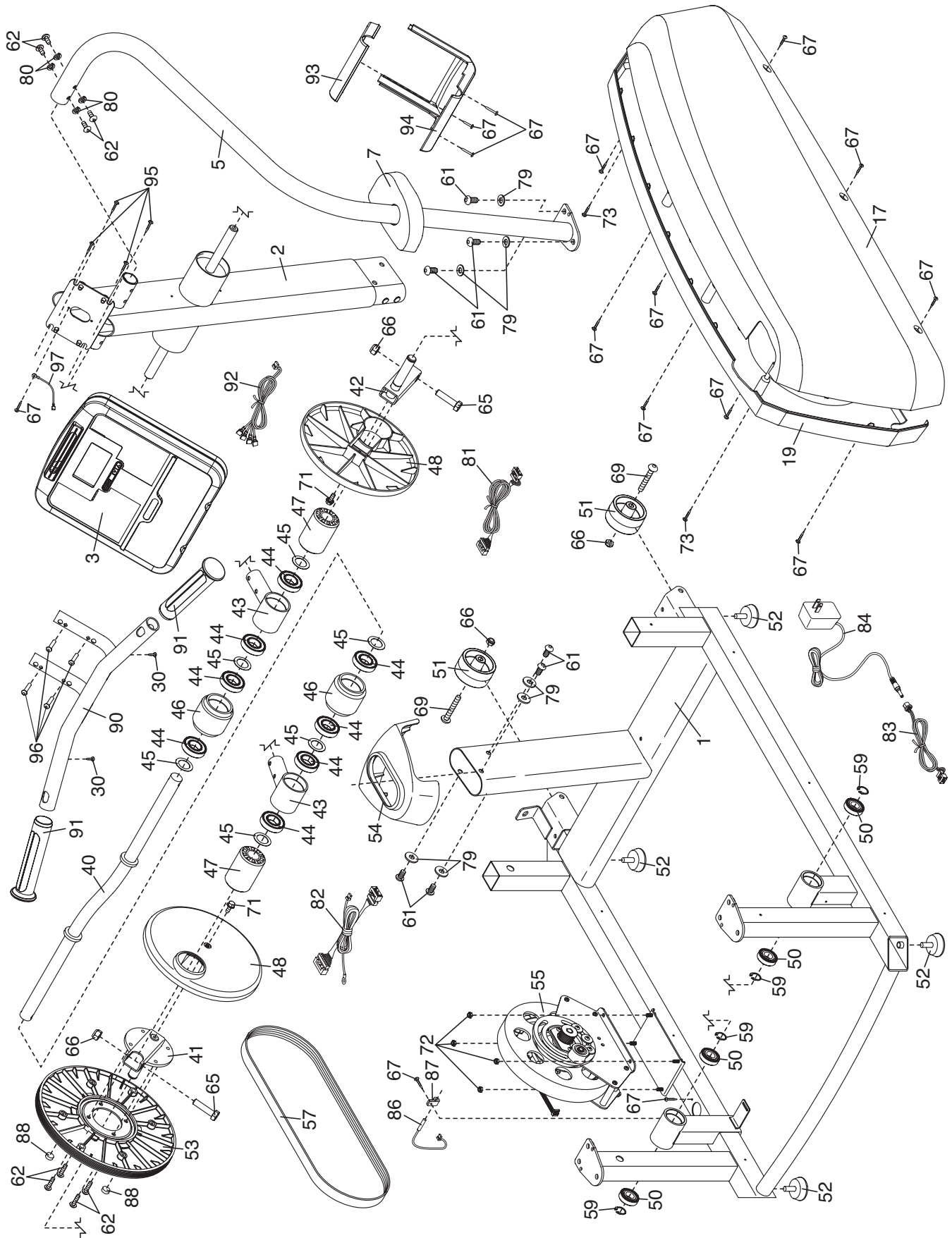
EXPLODED DRAWING B—Model No. NTCW90907.0

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EXPLODED DRAWING C—Model No. NTCW90907.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

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 one (1) year from the date of purchase. There is a ten (10) year warranty on the resistance mechanism. There is a lifetime warranty on the frame. 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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.

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