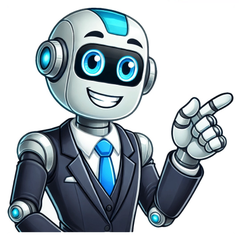
Click Here



Page 1 Serial Number Decal REGISTER YOUR PRODUCT To register your product and activate your warranty today, go to my.nordictrack.com CUSTOMER CARE For service at any time, go to support.nordictrack.com. Or call 1-800-TO-BE-FIT (1-800-862-3348) Mon.–Fri. 6 a.m.–6 p.m. MT Sat. 8 a.m.–12 p.m. MT Please do not contact the store. Apply the decal in the location shown. Note: The decals may not be shown at actual size. NORDICTRACK and IFIT are registered trademarks of ICON Health & Fitness, Inc. Google Maps is a trademark of Google LLC. The Bluetooth ®... 15. To commercial, rental, or institutional setting. purchase a surge suppressor, see your local NORDICTRACK dealer, call the telephone 6. Keep the incline trainer indoors, away from number on the front cover of this manual, or moisture and dust. Page 4 18. Read, understand, and test the emergency 24. Do not attempt to move the incline trainer stop procedure before using the incline until it is properly assembled. (See trainer. (See HOW TO TURN ON THE POWER ASSEMBLY on page 9, and HOW TO MOVE on page 17.) Always wear the clip while using THE INCLINE TRAINER on page 27.) You must the incline trainer. Page 6 STANDARD SERVICE PLANS... ® COMMERCIAL X32I. The manual. To help us assist you, note the product model COMMERCIAL X32I offers a selection of features number and serial number before contacting us. The designed to make your workouts at home more effec- model number and the location of the serial number tive and enjoyable. PART IDENTIFICATION CHART Use the drawings below to identify small parts used for assembly. The number in parentheses below each draw- ing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. ASSEMBLY 1. To use the assembly steps in this manual, first see the helpful tips below. • Assembly requires two persons. • To identify small parts, see page 8. • Place all parts in a cleared area and remove the •... Page 10 2. Make sure that the power cord is unplugged. Remove the four 3/8" x 3 1/4" Screws (18) from the Base (74) (only one side is shown). Save the Screws. 3. Remove the four 3/8" x 2 3/4" Screws (22) from the Uprights (83). Page 11 4. Set the Uprights (83) on the Base (74). Make sure that the hole with the Upright Wire (75) is on the right side. Attach the right Upright (83) with two of the 3/8" x 3 1/4" Screws (18) and two of the 3/8"... Page 12 Set the left handrail assembly (C) on the floor in the position shown. Attach the Push Bar Bottom (109) to the left handrail assembly (C) with two 5/16" x 3/4" Patch Screws (108); do not fully tighten the Patch Screws yet. Attach the Push Bar Bottom (109) to the right handrail assembly (D) in the same way. Page 13 8. With the help of a second person, position the handrail assembly (E) below the Console (93) as shown. Then, move both sides of the hand- rail assembly upward at the same time, sliding the inner corner (F) of the handrail assembly between the Console (93) and the Console Base (92). Page 14 To register your product and activate your warranty today, go to my.nordictrack.com. 11. Make sure that all parts are properly tightened before you use the incline trainer. Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see page 29). To protect the floor or carpet from damage, place a mat under the incline trainer. HOW TO USE THE INCLINE TRAINER HOW TO CONNECT THE POWER CORD The outlet must be on a nominal 120-volt circuit capable of carrying 15 or more amps. To avoid Use a Surge Suppressor overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell Your incline trainer, like other electronic equipment, phone chargers, into the surge suppressor or into... Page 16 CONSOLE DIAGRAM FEATURES OF THE CONSOLE When you use the manual mode, you can change the speed and incline of the incline trainer with the touch The advanced incline trainer console offers a selec- of a button. As you exercise, the console will display tion of features designed to make your workouts more instant exercise feedback. Page 17 HOW TO TURN ON THE POWER HOW TO USE THE TOUCH SCREEN IMPORTANT: If the incline trainer has been The console features a tablet with a full-color touch exposed to cold temperatures, allow it to warm to screen. The following information will help you become room temperature before you turn on the power. Page 18 HOW TO SET UP THE CONSOLE 5. Calibrate the incline system. Before using the incline trainer for the first time, set up First, touch your name or Hello on the screen. the console. Next, select the settings main menu. Then, select the maintenance section, touch Calibrate Incline, 1. Page 19 HOW TO USE THE MANUAL MODE Note: If the walking belt is moving at a high speed and you adjust the incline below 0% or 1. Insert the key into the console. above 15.5%, the speed of the walking belt may automatically decrease. Page 20 7. When you are finished exercising, remove the 3. Select a map workout. key from the console. To select a map workout, touch the desired button Step onto the foot rails and press the Stop button on the screen. Note: The featured map workouts on the console or tap on the screen. Page 21 HOW TO USE A DRAW YOUR OWN MAP 4. Save your workout. WORKOUT Touch Save New Workout on the screen. If desired, Note: To use a draw your own map workout, the change the title of the workout or add a description, console must be connected to a wireless network (see and then press the >... Page 22 HOW TO USE A DISTANCE OR TIME WORKOUT 6. Start the workout. Note: To use a distance or time workout, the console See step 4 on page 20. Note: During a distance or must be connected to a wireless network (see HOW time workout, the display will not show a map. Page 23 HOW TO CHANGE CONSOLE SETTINGS 4. View machine information. IMPORTANT: Some of the settings and features Touch Equipment Info, and then touch Machine described may not be enabled. Occasionally, a Info to view information about your incline trainer. firmware update may cause your console to function slightly differently. Page 24 HOW TO CONNECT TO A WIRELESS NETWORK An information box will ask if you want to connect to the wireless network. Touch the Connect button The console is Wi-Fi enabled, allowing you to set up a to connect to the network or touch the Cancel but- wireless network connection. Page 25 HOW TO USE THE SOUND SYSTEM THE OPTIONAL HEART RATE MONITOR To play music or audio books through the console Whether your sound system while you exercise, you can connect goal is to a personal audio device to the console with an audio burn fat or to cable, or you can connect wirelessly if your device is strengthen your... FCC INFORMATION This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. HOW TO MOVE THE INCLINE TRAINER Before moving the incline trainer, insert the key Carefully roll the incline trainer on the wheels to the into the console (A), raise the incline to the maxi- desired location, and then lower it to the level position. mum incline level, remove the key, and unplug the CAUTION: To reduce the risk of injury, use extreme power cord. MAINTENANCE AND TROUBLESHOOTING MAINTENANCE SYMPTOM: The power turns off during use Regular maintenance is important for optimal a. Check the power switch (see drawing C at the left). performance and to reduce wear. Inspect and properly If the switch has tripped, wait for five minutes and tighten all parts each time the incline trainer is used. Page 29 SYMPTOM: The walking belt slows when walked on SYMPTOM: The walking belt is off-center or slips when walked on a. Use only a surge suppressor that meets all of the specifications described on page 15. a. If the walking belt is off-center, first adjust the incline to 40 percent. Page 30 SYMPTOM: The incline trainer will not connect to SYMPTOM: The displays of the console do not the wireless network function properly a. Make sure that the wireless settings on the console a. If the console does not boot up properly, or are correct (see page 24). EXERCISE GUIDELINES Aerobic Exercise—If your goal is to strengthen your WARNING: cardiovascular system, you must perform aerobic Before beginning this exercise, which is activity that requires large amounts or any exercise program, consult your physi- of oxygen for prolonged periods of time. For aerobic cian. Page 32 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. PART LIST Model No. NTL39221.0 R1220A Key No. Qty. Description Key No. Qty. Description 3/8" x 5 1/2" Screw Cushion #8 x 1/2" Pan Head Tek Screw Base Wire 3/8" Star Washer Rubber Cushion #8 x 3/4" Pan Head Tek Screw Large Pivot Bushing #8 x 3/4"... Page 34 Key No. Qty. Description Key No. Qty. Description Push Bar Top 5/16" x 3/4" Screw Left Outside Handrail Cover 5/16" Star Washer Left Inside Handrail Cover #8 x 2" Screw Right Outside Handrail Cover #8 x 1 1/4" Screw Right Inside Handrail Cover #8 x 5/8"... EXPLODED DRAWING A Model No. NTL39221.0 R1220A... Page 36 EXPLODED DRAWING B Model No. NTL39221.0 R1220A... Page 37 EXPLODED DRAWING C Model No. NTL39221.0 R1220A... Page 38 EXPLODED DRAWING D Model No. NTL39221.0 R1220A... Page 39 EXPLODED DRAWING E Model No. NTL39221.0 R1220A... 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) •... nordictrack.com USER'S MANUAL Model No. NTL39019.0 Serial No. Write the serial number in the space above for reference. Serial Number Decal ACTIVATE YOUR WARRANTY To register your product and activate your warranty today, go to my.nordictrack.com CUSTOMER CARE For service at any time, go to nordictrackservice.com. Or call 1-800-TO-BE-FIT (1-800-862-3348) Mon.–Fri. 6 a.m.–6 p.m. MT Sat. 8 a.m.–12 p.m. MT Please do not contact the store.TABLE OF CONTENTS WARNING DECAL PLACEMENT . . . . . 2 IMPORTANT PRECAUTIONS . . . . . 3 BEFORE YOU BEGIN. . . . . .IMPORTANT PRECAUTIONS WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your incline trainer. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product. 1. It is the responsibility of the owner to ensure that all users of this incline trainer are adequately informed of all warnings and precautions.the power switch), and unplug the power cord when the incline trainer is not in use. 18. Read, understand, and test the emergency stop procedure before using the incline trainer. (See HOW TO TURN ON THE POWER on page 18.) Always wear the clip while using the incline trainer. 25. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 9, and HOW TO MOVE THE INCLINE TRAINER on page 28.) You must be able to safely lift 45 lbs.STANDARD SERVICE PLANS all 6BEFORE YOU BEGIN Thank you for selecting the revolutionary NORDICTRACK® COMMERCIAL X32I. The COMMERCIAL X32I offers a selection of features designed to make your workouts at home more effective and enjoyable. 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.PART IDENTIFICATION CHART Use the drawings below to identify small parts used for assembly. 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 key number is the quantity used for assembly. Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra parts may be included.ASSEMBLY • Assembly requires two persons. • To identify small parts, see page 8. • Place all parts in a cleared area and remove the packing materials. Do not remove the protective plastic sheet on the console until assembly is completed. Do not dispose of the packing materials until you finish all assembly steps. • Assembly requires the following tools: the included hex keys the included offset screwdriver • After shipping, there may be an oily substance on the exterior of the incline trainer.2. Make sure that the power cord is unplugged. 2 Remove the four 3/8" x 3 1/4" Screws (18) from the Base (74) (only one side is shown). Save the Screws. 18 74 3. Remove the four 3/8" x 2 3/4" Screws (22) from the Uprights (83). Save the Screws.4. Set the Uprights (83) on the Base (74). Make sure that the hole with the Upright Wire (75) is on the right side. 4 Attach the right Upright (83) with two of the 3/8" x 3 1/4" Screws (18) and two of the 3/8" x 2 3/4" Screws (22) that you just removed and four 3/8" Star Washers (3); do not fully tighten the Screws yet. Make sure that the Base Wire (52) is not pinched. 83 Attach the left Upright (not shown) as described above. Note: There is not a wire on the left side.6. Identify the right handrail assembly (C). With the help of a second person, set the right handrail assembly on the console assembly (D). Note: See the inset drawing. Tip the top of the handrail slightly to the right as you set the handrail on the console assembly. 6 Attach the right handrail assembly (C) with two 3/8" x 5 1/2" Screws (1) and two 3/8" Star Washers (3); start both Screws, but do not tighten them yet. D 3 Attach the left handrail assembly (not shown) as described above.8. Set the Push Bar Top (110) onto the Push Bar Bottom (109). Finger tighten six #8 x 5/8" Machine Screws as much as possible into the Push Bar Top. 8 110 Then, use the included offset screwdriver to finish tightening the #8 x 5/8" Machine Screws (106). Note: The two Machine Screws on the outer edges of the Push Bar Bottom (109) can be tightened with your own Phillips screwdriver. 109 See assembly steps 6 and 7. Tighten the eight Screws (1, 108). 106 106 106 106 106 9.10. If necessary, move the incline trainer to the desired location (see HOW TO MOVE THE INCLINE TRAINER on page 28). 10 After the incline trainer is placed in the location where it will be used, make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn a Leveling Foot (77) as needed until the rocking motion is eliminated. 77 11. Make sure that all parts are properly tightened before you use the incline trainer.THE CHEST HEART RATE MONITOR HOW TO PUT ON THE HEART RATE MONITOR • Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture. If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E).HOW TO USE THE INCLINE TRAINER HOW TO CONNECT THE POWER CORD more amps. To avoid overloading the circuit, do not plug other electrical devices, except for lowpower devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: If the incline trainer is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the incline trainer is used, see the front cover of this manual to purchase an arc filter.CONSOLE DIAGRAM FEATURES OF THE CONSOLE In addition, the console features a selection of workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session. The advanced incline trainer console offers a selection of features designed to make your workouts more effective and enjoyable. You can even listen to your favorite workout music or audio books with the console's sound system while you exercise.HOW TO TURN ON THE POWER HOW TO USE THE TOUCH SCREEN IMPORTANT: If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components. The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology: Plug in the power cord (see page 16).HOW TO SET UP THE CONSOLE 6. Calibrate the incline system. Before using the incline trainer for the first time, set up the console. First, touch your name in the upper-left corner. Next, select the settings main menu. Then, select the maintenance section, touch the Calibrate Incline button, and then touch the Begin button to calibrate the incline system. See step 4 on page 25 for more information. 1. Connect to your wireless network.HOW TO USE THE MANUAL MODE Note: If the walking belt is moving at a high speed and you adjust the incline below 0% or above 15.5%, the speed of the walking belt may automatically decrease. 1. Insert the key into the console. See HOW TO TURN ON THE POWER on page 18. Note: It may take some time for the console to be ready for use. Note: The first time you use the incline trainer, you must calibrate the incline system (see step 4 on page 25). 2. Select the main menu. 5.• The average speed of the walking belt HOW TO USE A MAP WORKOUT • A track representing 1/4 mile (400 m) Note: To use a map workout, the console must be connected to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 26). If desired, adjust the volume by pressing the volume buttons on the console. 1. Insert the key into the console. To pause the workout, tap the screen or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button.5. Monitor your progress with the display modes. If you make a mistake, you can use the Undo button on the left side of the screen. See step 5 on page 20. The screen will display the elevation and distance stats for your workout. If desired, you can change the default speed. 6. Measure your heart rate if desired. See step 6 on page 21. 4. Save your workout. 7. Turn on the fan if desired. Touch the Save New Workout button in the lowerleft corner of the screen.HOW TO USE A DISTANCE OR TIME WORKOUT 5. Select a distance or time workout that you have previously added to your schedule on iFit.com. Note: To use a distance or time workout, the console must be connected to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 26). An iFit account is also required. Touch the calendar icon to download a distance or time workout from your schedule. Note: Before workouts will download, you must add them to your schedule on iFit.com. 1.HOW TO USE THE SLED PUSH FEATURE HOW TO USE THE EQUIPMENT SETTINGS SECTION 1. Insert the key into the console. 1. Select the settings main menu. See HOW TO TURN ON THE POWER on page 18. See step 1 at the left. 2. Select the main menu. 2. Select the equipment settings section. See step 2 on page 20. In the settings main menu, scroll to the Equipment Settings section. Note: Slide or flick the screen to scroll up or down through the options if necessary. 3.HOW TO USE THE MAINTENANCE SECTION 4. Calibrate the incline system of the incline trainer. 1. Select the settings main menu. Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The incline trainer will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Touch the Cancel button to return to the maintenance section.HOW TO USE THE WIRELESS NETWORK MODE An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox. The console features a wireless network mode that allows you to set up a wireless network connection. 1.HOW TO USE THE SOUND SYSTEM WITH A BLUETOOTH DEVICE HOW TO USE THE SOUND SYSTEM WITH AN AUDIO CABLE 1. Place or hold your Bluetooth-enabled device near the console. To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store. 2.HOW TO MOVE THE INCLINE TRAINER Before moving the incline trainer, insert the key into the console (A), raise the incline to the maximum incline level, remove the key, and unplug the power cord. Carefully roll the incline trainer on the wheels to the desired location, and then lower it to the level position. CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.MAINTENANCE AND TROUBLESHOOTING MAINTENANCE b. After the power cord has been plugged in, make sure that the key is inserted into the console. Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the incline trainer is used. Replace any worn parts immediately. c. Check the power switch located on the incline trainer frame near the power cord. If the switch protrudes as shown, the switch has tripped.SYMPTOM: The walking belt slows when walked on SYMPTOM: The walking belt is off-center or slips when walked on a. Use only a surge suppressor that meets all of the specifications described on page 16. a. If the walking belt is off-center, first adjust the incline to 40 percent. Next, remove the key and UNPLUG THE POWER CORD.SYMPTOM: The incline trainer will not connect to the wireless network SYMPTOM: The displays of the console do not function properly a. Make sure that the wireless settings on the console are correct (see page 26). a. If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. IMPORTANT: Doing this will erase all the custom settings you have made to the console. Resetting the console requires two people.EXERCISE GUIDELINES 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.PART LIST Key No. Qty. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 4 2 16 4 79 4 9 4 8 8 4 2 4 1 1 12 9 4 6 2 2 4 3 1 4 4 4 1 2 1 1 1 1 1 1 1 1 2 1 1 8 1 1 1 4 1 1 1 8 4 Model No. NTL39019.0 R0119B Description Key No. Qty.Key No. Qty. 101 102 103 104 105 106 107 108 1 8 8 2 6 6 2 4 Description Key No. Qty. Power Supply 5/16" x 3/4" Screw 5/16" Star Washer #8 x 2" Screw #8 x 1 1/4" Screw #8 x 5/8" Machine Screw 3/8" x 1/2" Screw 5/16" x 3/4" Patch Screw 109 110 111 112 113 114 * 1 1 1 1 1 1 – Description Push Bar Bottom Push Bar Top Left Outside Handrail Cover Left Inside Handrail Cover Right Outside Handrail Cover Right Inside Handrail Cover User's Manual Note: Specifications are subject to change without notice.5 35 5 43 44 46 11 10 17 40 42 30 39 5 16 11 31 10 38 6 29 5 41 10 5 16 10 5 11 16 16 16 5 5 16 5 10 32 16 33 5 5 6 38 5 36 5 5 35 37 29 10 11 34 5 EXPLODED DRAWING A Model No. NTL39019.17 64 13 8 10 87 62 51 49 54 25 27 49 50 4 17 53 5 61 17 13 66 48 2 23 63 17 5 59 59 85 101 54 19 65 26 10 53 28 23 17 85 23 8 20 4 2 47 5 60 14 49 25 27 19 26 19 59 58 50 57 19 56 49 51 50 51 49 53 25 27 49 51 49 50 49 8 55 7 15 13 27 53 25 7 7 8 13 EXPLODED DRAWING B Model No. NTL39019.79 78 68 77 45 12 80 45 81 76 69 73 79 9 12 45 76 37 77 45 81 52 21 78 76 74 73 70 9 26 72 9 73 73 71 26 9 52 72 21 EXPLODED DRAWING C Model No. NTL39019.EXPLODED DRAWING D Model No. NTL39019.EXPLODED DRAWING E Model No. NTL39019.ORDERING REPLACEMENT PARTS To order replacement parts, please see the front cover of this manual.Page 231. It is the responsibility of the owner to ensure that all users of this incline trainer are adequately informed of all warnings and precautions.2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.3. The incline trainer is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the incline trainer by someone responsible for their safety.4. Use the incline trainer only as described in this manual.5. The incline trainer is intended for home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.6. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.7. Place the incline trainer on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.8. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.9. Keep children under age 13 and pets away from the incline trainer at all times.10. The incline trainer should be used only by persons weighing 300 lbs. (136 kg) or less.11. Never allow more than one person on the incline trainer at a time.12. Wear appropriate exercise clothes while using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.13. Plug the power cord into a surge suppressor (not included), and plug the surge suppres-sor into an appropriate outlet (see page 16). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.14. Use only a surge suppressor that meets all of the specifications described on page 16. To purchase a surge suppressor, see your local NORDICTRACK dealer, call the telephone number on the front cover of this manual, or see your local electronics store.15. Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.16. Keep the power cord and the surge suppres-sor away from heated surfaces.17. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 29 if the incline trainer is not work-ing properly.) WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your incline trainer. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.IMPORTANT PRECAUTIONSPage 32TABLE OF CONTENTSWARNING DECAL PLACEMENT . . . . . .2IMPORTANT PRECAUTIONS . . . . . .3BEFORE YOU BEGIN. . . . . .7PART IDENTIFICATION CHART. . . . . .8ASSEMBLY . . . . . .9THE CHEST HEART RATE MONITOR. . . . . 15HOW TO USE THE INCLINE TRAINER . . . . . .16 HOW TO MOVE THE INCLINE TRAINER . . . . . .28MAINTENANCE AND TROUBLESHOOTING . . . . . .29EXERCISE GUIDELINES . . . . . .32PART LIST. . . . . .33EXPLODED DRAWING. . . . . .35ORDERING REPLACEMENT PARTS. . . . . Back CoverLIMITED WARRANTY. . . . . Back CoverThis drawing shows the locations of the warning decals. If a 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 decals may not be shown at actual size.WARNING DECAL PLACEMENTNORDICTRACK and IFIT are registered trademarks of ICON Health & Fitness, Inc. Google Maps is a trademark of Google LLC. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. Wi-Fi is a registered trademark of Wi-Fi Alliance. WPA and WPA2 are trademarks of Wi-Fi Alliance.Page 4418. Read, understand, and test the emergency stop procedure before using the incline trainer. (See HOW TO TURN ON THE POWER on page 18.) Always wear the clip while using the incline trainer.19. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the incline trainer.20. When a person is walking on the incline trainer, the noise level of the incline trainer will increase. 21. Keep fingers, hair, and clothing away from the moving walking belt.22. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.23. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determin-ing heart rate trends in general.24. Never leave the incline trainer unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 7 for the location of the power switch), and unplug the power cord when the incline trainer is not in use.25. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 9, and HOW TO MOVE THE INCLINE TRAINER on page 28.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the incline trainer.26. Never insert any object into any opening on the incline trainer.27. Inspect and properly tighten all parts each time the incline trainer is used.28. DANGER: Always unplug the power cord immediately after use, before cleaning the incline trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized ser-vice representative only.29. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.SAVE THESE INSTRUCTIONSPage 5Part No. 407362 R0119B Printed in China © 2019 ICON Health & Fitness, Inc. ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for the life-time of the original purchaser (customer). Parts and electronics are warranted for six (6) years from the date of purchase. Labor is warranted for three (3) years from the date of purchase.This warranty extends only to the customer and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifi cally set forth above is authorized by ICON.ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential dam-ages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profi ts, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fi tness for a particular purpose are limited in their 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 the customer. This warranty provides specifi c legal rights; the customer may have other rights that vary from state to state.For warranty service, please call the telephone number on the front cover of this manual. Please be pre-pared to provide the model number and serial number of the product (see the front cover of this manual).ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813LIMITED WARRANTYIMPORTANT: To protect your fi tness equipment with an extended service plan, see page 6.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)ORDERING REPLACEMENT PARTS