

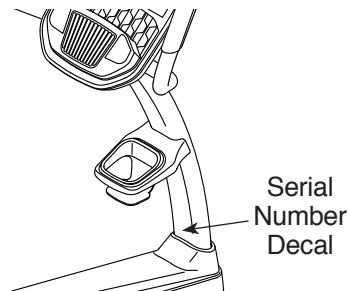
NordicTrack®

GX 4.5 PRO

Model No. NTEVEX77020.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

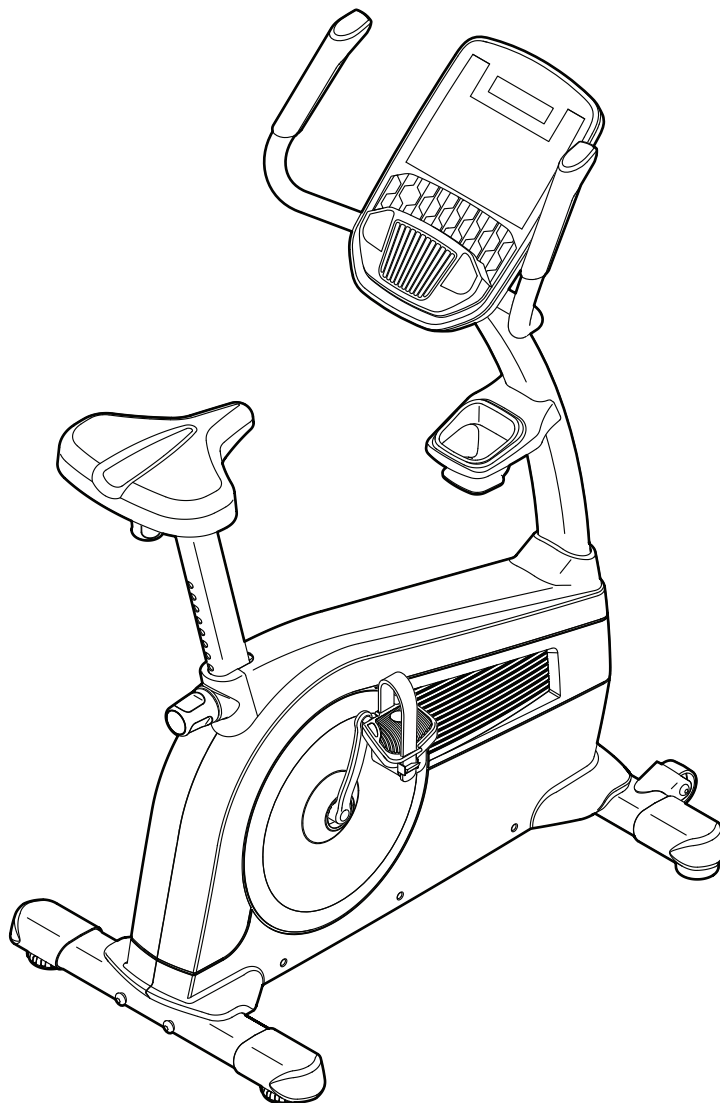
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

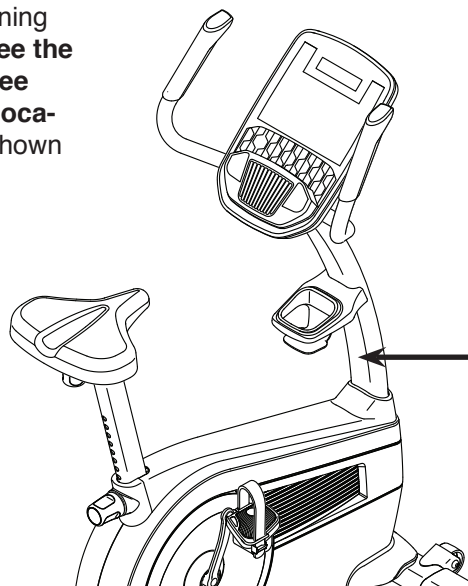
iconeurope.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) 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.
- User weight must not exceed 275lbs/125kg.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. 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 the exercise bike are adequately informed of all 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 exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. 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.

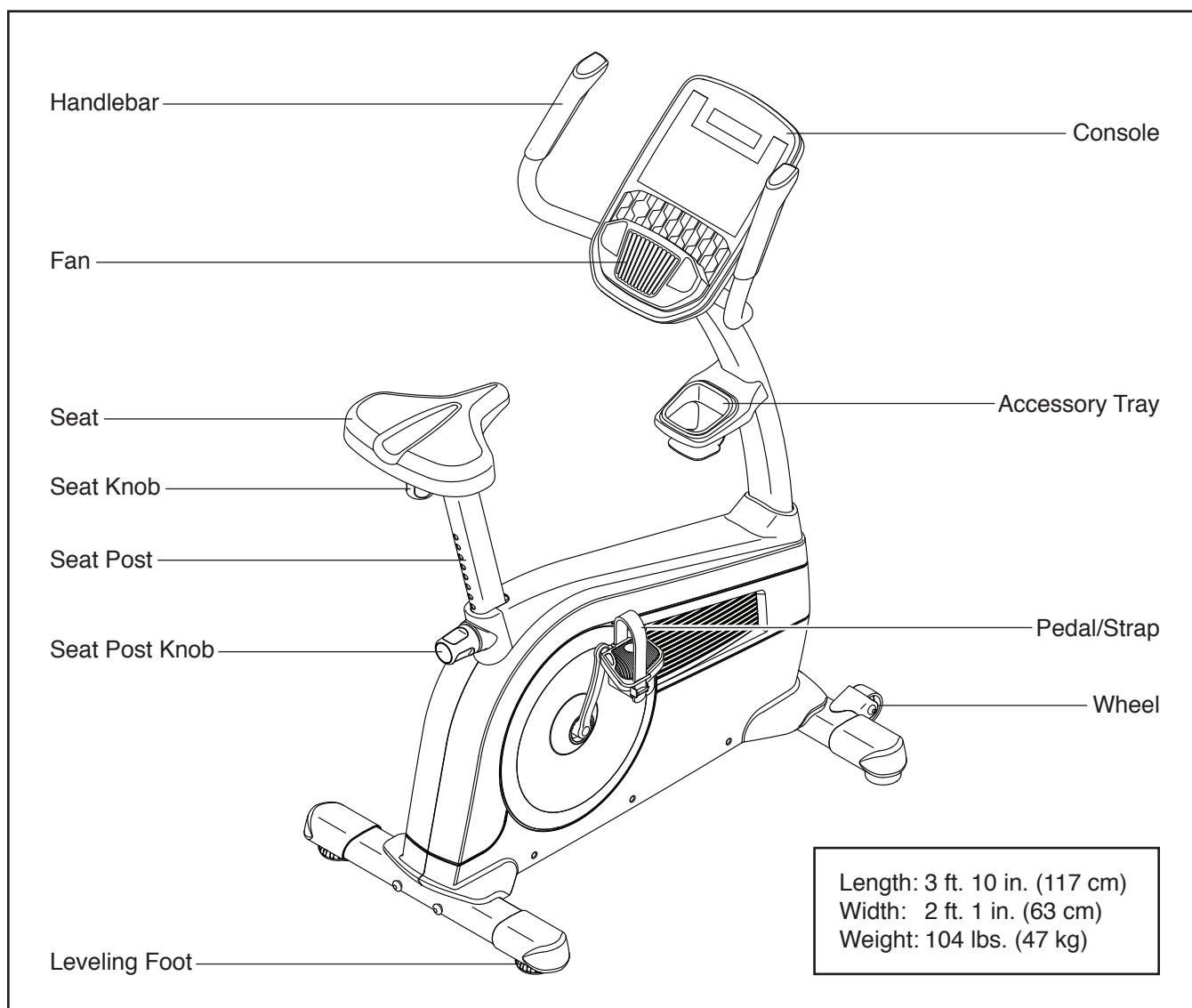
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® GX 4.5 PRO exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The GX 4.5 PRO exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

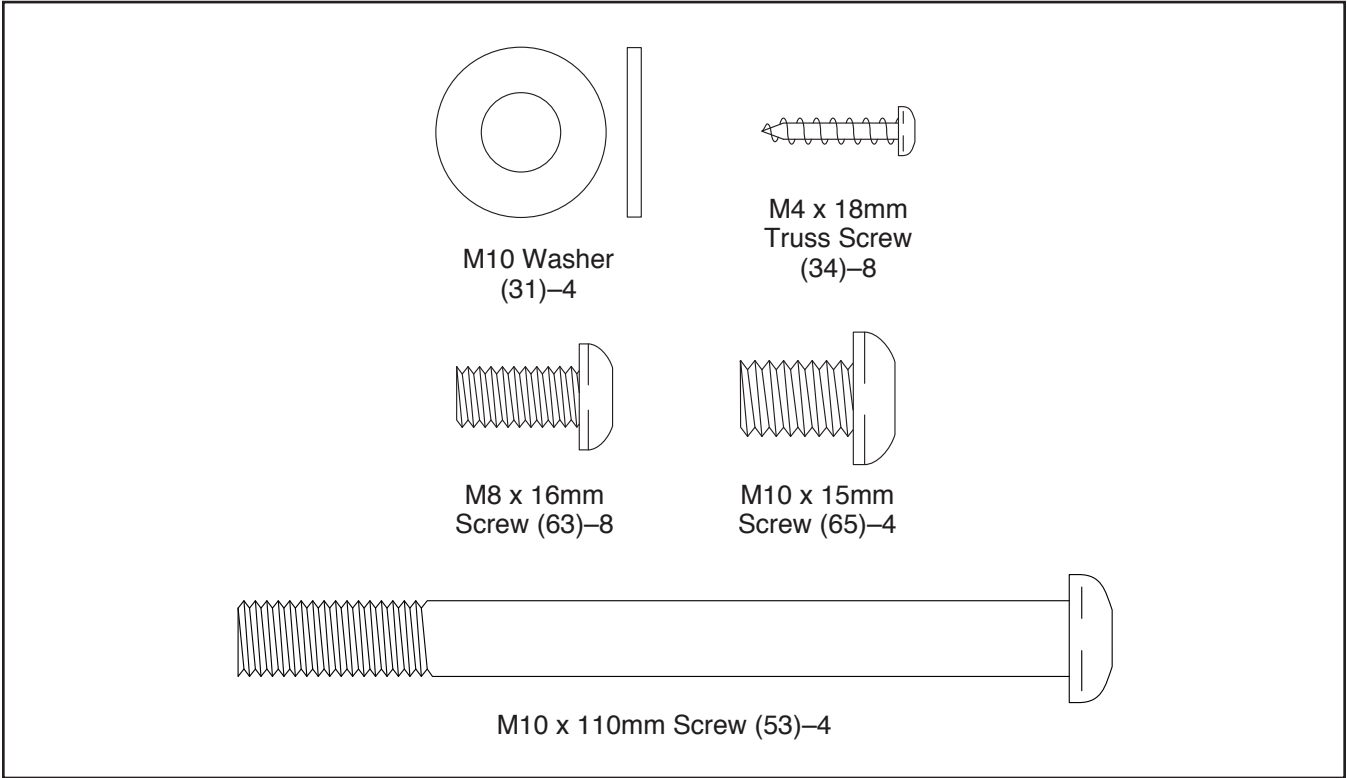
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed 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 needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**

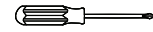


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench



Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

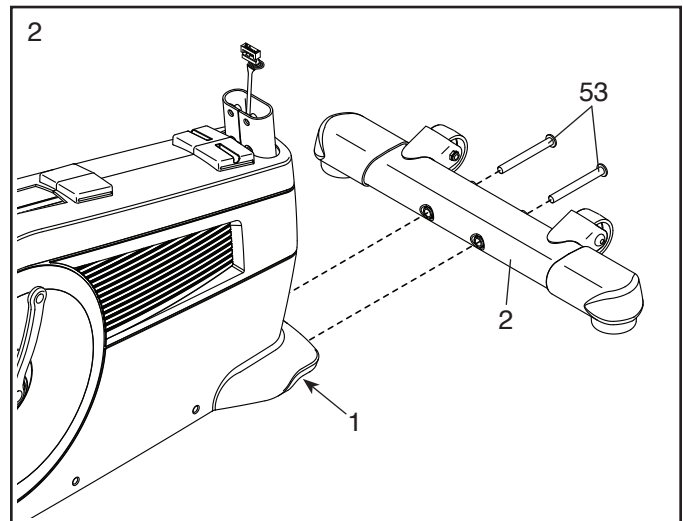
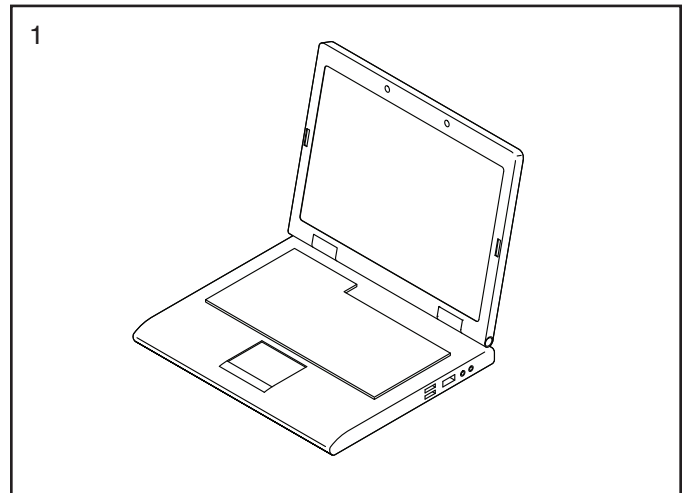
1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

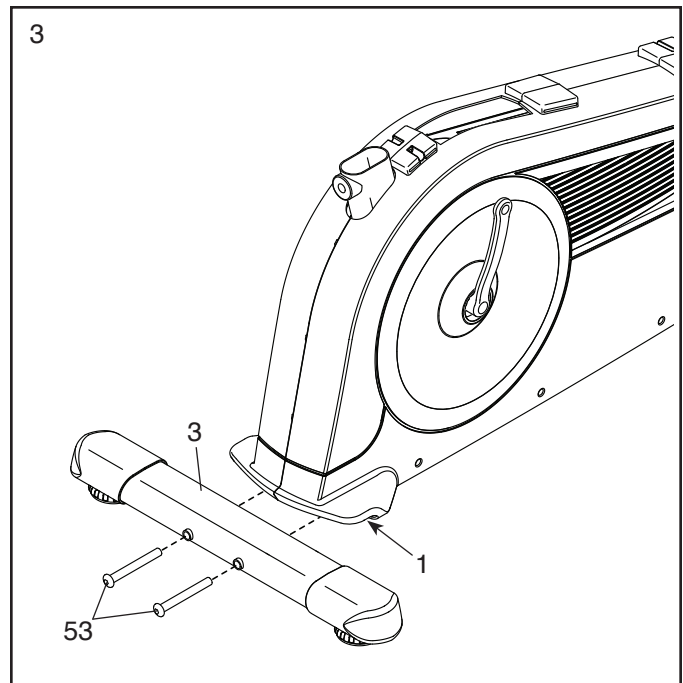
- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)

2. Identify the Front Stabilizer (2), and orient it as shown.

Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 110mm Screws (53).



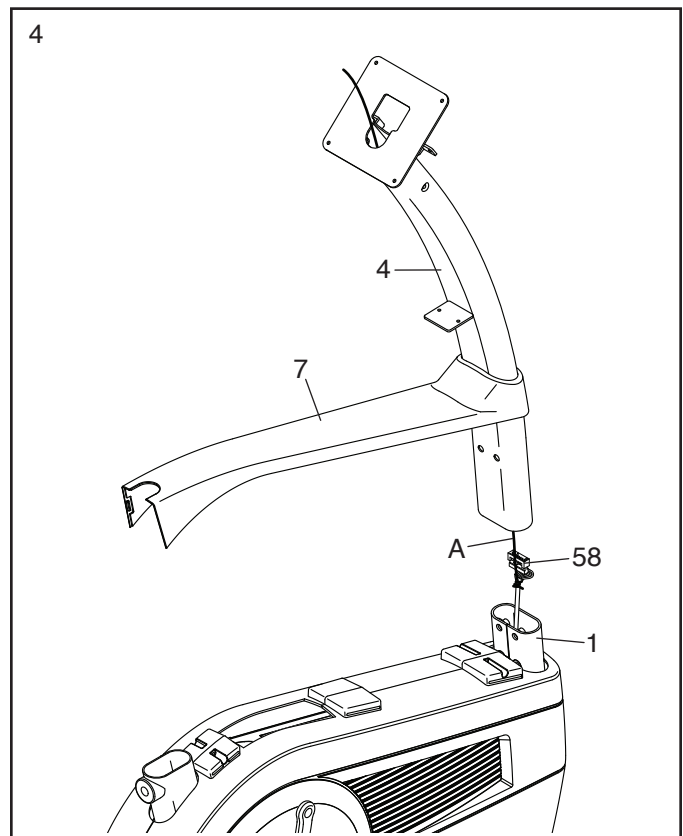
3. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 110mm Screws (53).



4. Orient the Upright (4) and the Shield Cover (7) as shown. Slide the Shield Cover upward onto the Upright.

Have a second person hold the Upright (4) and the Shield Cover (7) near the front of the Frame (1).

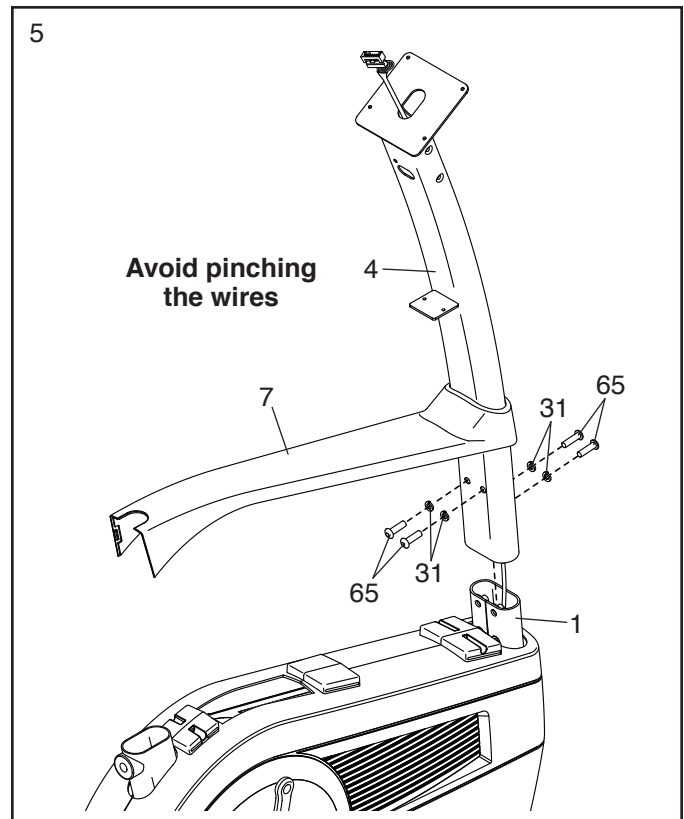
Next, locate the wire tie (A) inside the Upright (4). Tie the lower end of the wire tie to the Main Wire (58). Then, pull the upper end of the wire tie upward until the Main Wire is routed through the Upright.



5. **Tip: Avoid pinching the wires.** Slide the Upright (4) onto the Frame (1).

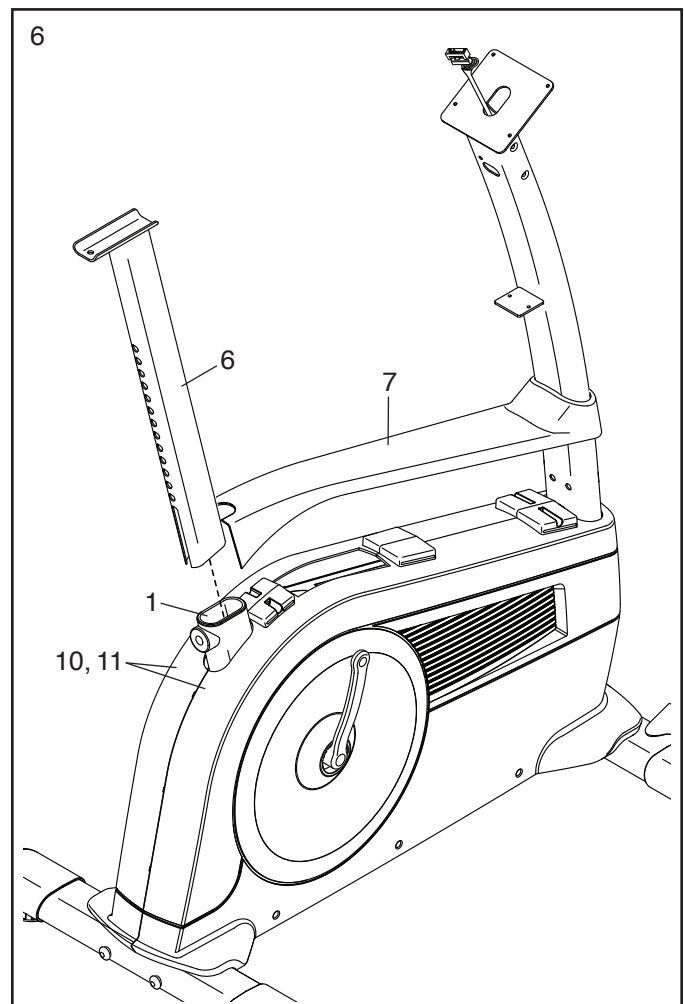
Attach the Upright (4) with four M10 x 15mm Screws (65) and four M10 Washers (31); **start all the Screws, and then tighten them.**

Do not press the Shield Cover (7) into place yet.



6. Orient the Seat Post (6) as shown, and insert it into the Frame (1).

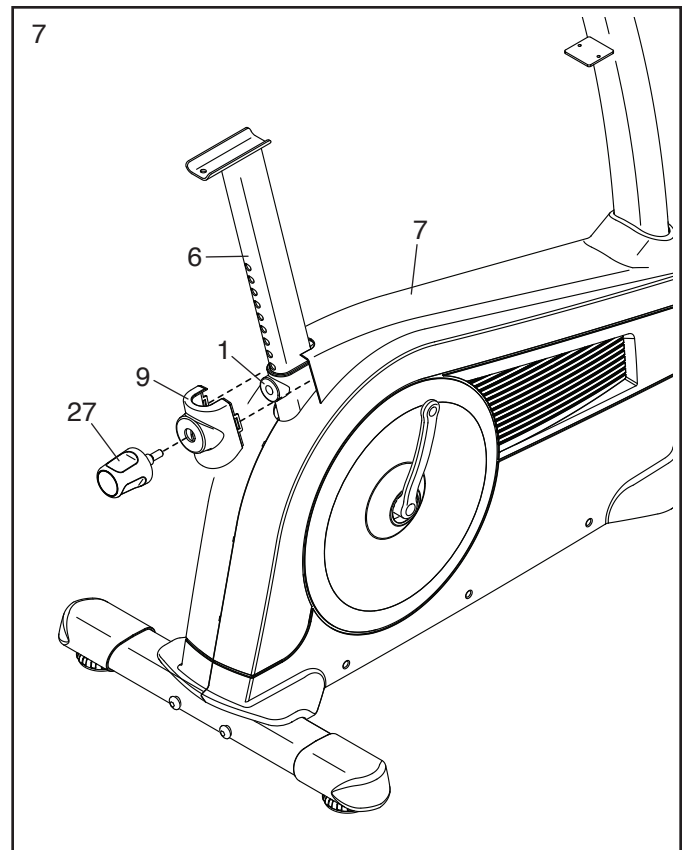
Then, slide the Shield Cover (7) downward and press it onto the Right and Left Shields (10, 11).



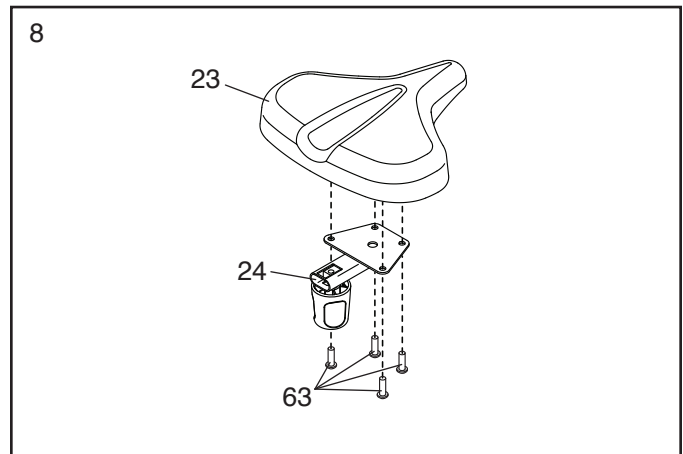
7. Orient the Knob Shield (9) as shown, and press it onto the Shield Cover (7).

Then, tighten the Seat Post Knob (27) into the Frame (1).

Next, loosen and pull the Seat Post Knob (27), slide the Seat Post (6) upward or downward to the desired position, and then release the Seat Post Knob. **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Seat Post Knob.

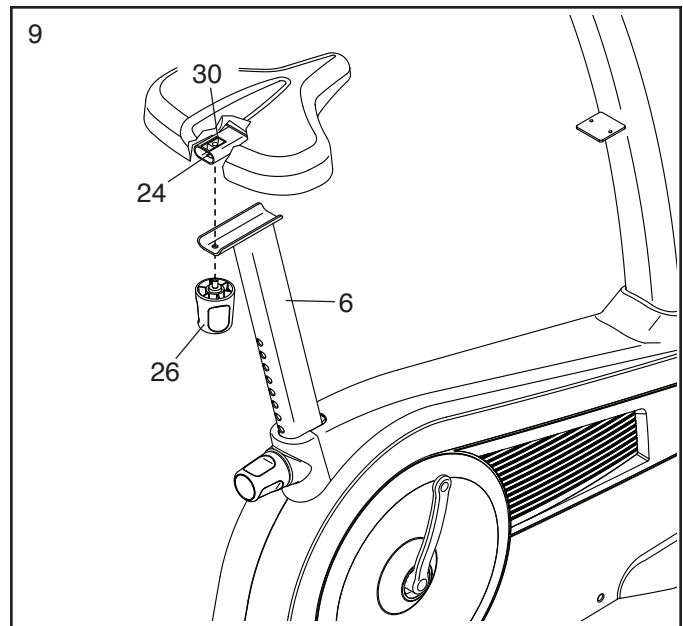


8. Attach the Seat (23) to the Seat Carriage (24) with four M8 x 16mm Screws (63); **start all the Screws, and then tighten them. Note: The Screws may be preattached to the Seat.**



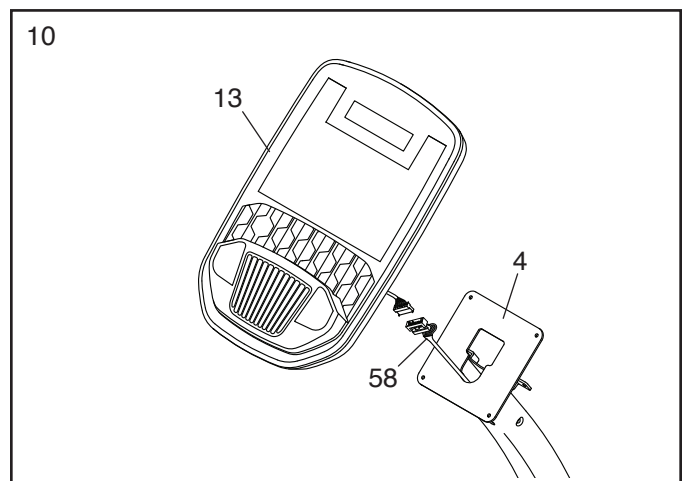
9. Remove the Seat Knob (26) from the Seat Bracket (30) inside the Seat Carriage (24).

Next, set the Seat Carriage (24) on the Seat Post (6). Then, insert the Seat Knob (26) upward into the Seat Post, and tighten the Seat Knob into the Seat Bracket (30) inside the Seat Carriage.

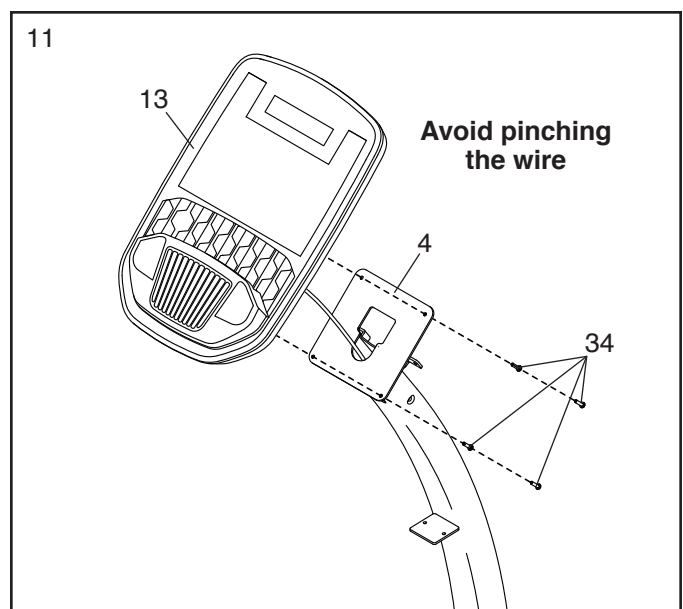


10. While a second person holds the Console (13) near the Upright (4), connect the Main Wire (58) to the matching wire on the Console.

Insert the excess wire into the Upright (4).



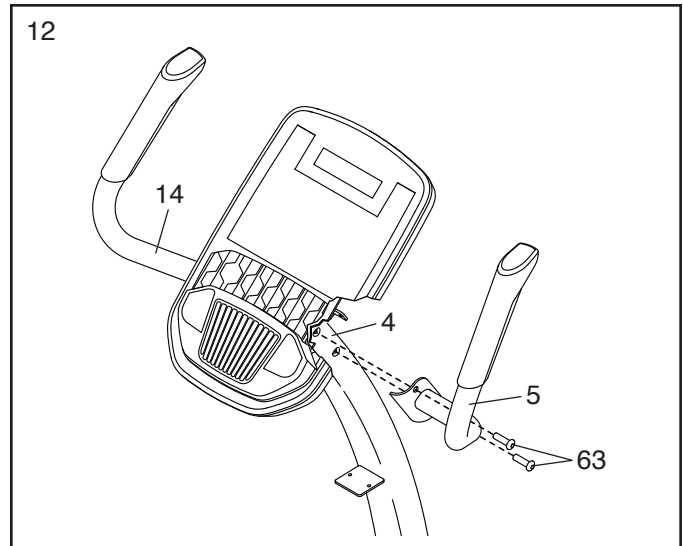
11. **Tip: Avoid pinching the wire.** Attach the Console (13) to the Upright (4) with four M4 x 18mm Truss Screws (34); **start all the Truss Screws, and then tighten them.**



12. Have a second person hold the Right Handlebar (5) near the Upright (4).

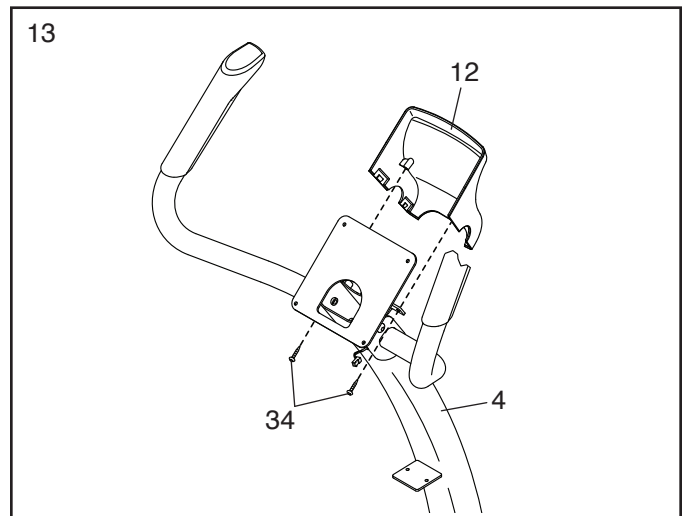
Attach the Right Handlebar (5) to the Upright (4) with two M8 x 16mm Screws (63); **start both Screws, and then tighten them.**

Repeat this step with the Left Handlebar (14).



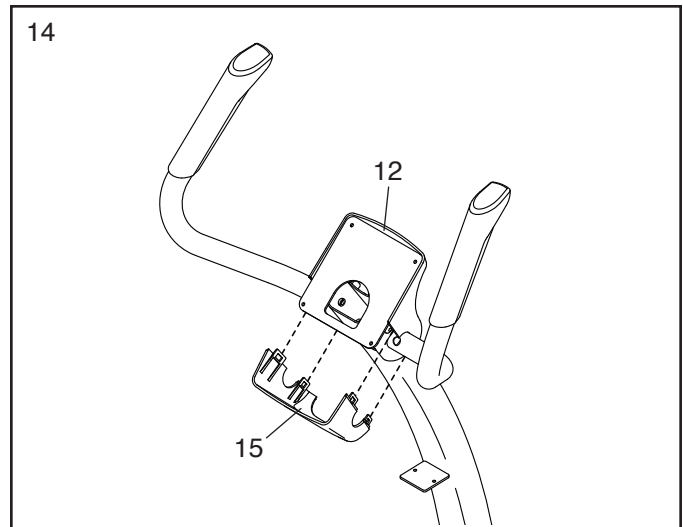
13. **Note: For clarity, the console is not shown in this step.**

Attach the Front Console Cover (12) to the Upright (4) with two M4 x 18mm Truss Screws (34).

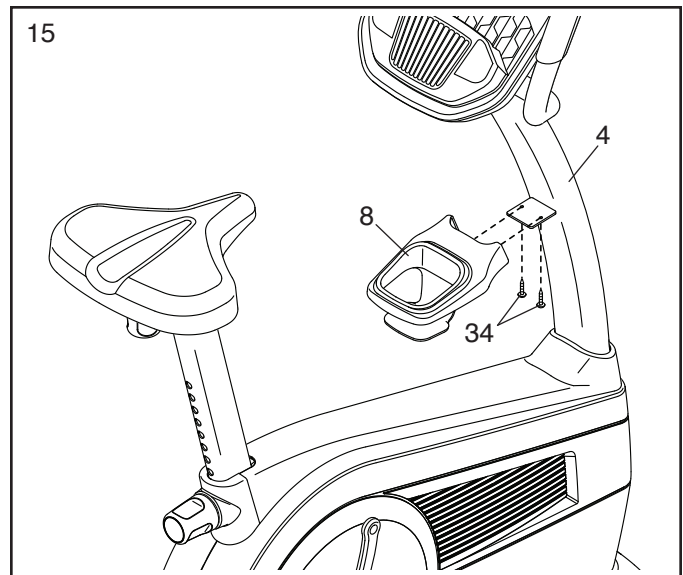


14. **Note: For clarity, the console is not shown in this step.**

Press the Rear Console Cover (15) onto the Front Console Cover (12).



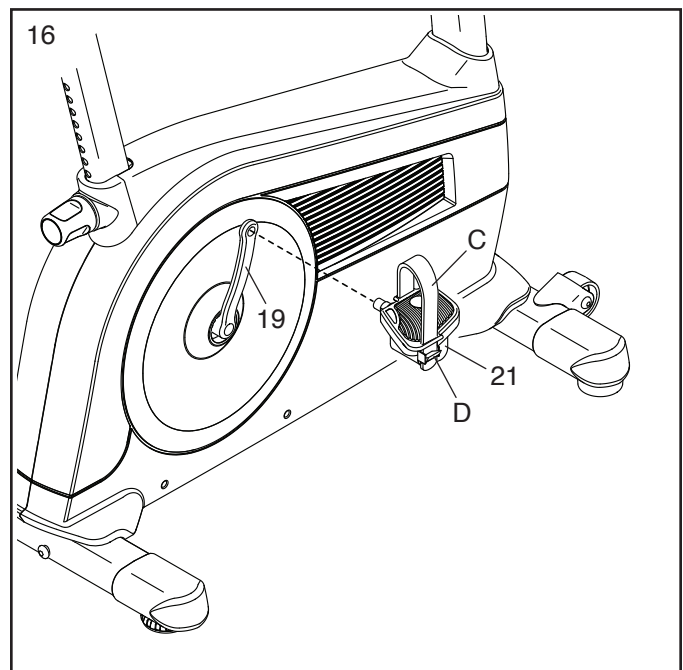
15. Attach the Accessory Tray (8) to the Upright (4) with two M4 x 18mm Truss Screws (34).



16. Identify the Right Pedal (21). Using an adjustable wrench, **firmly tighten** the Right Pedal **clockwise** into the Right Crank Arm (19).

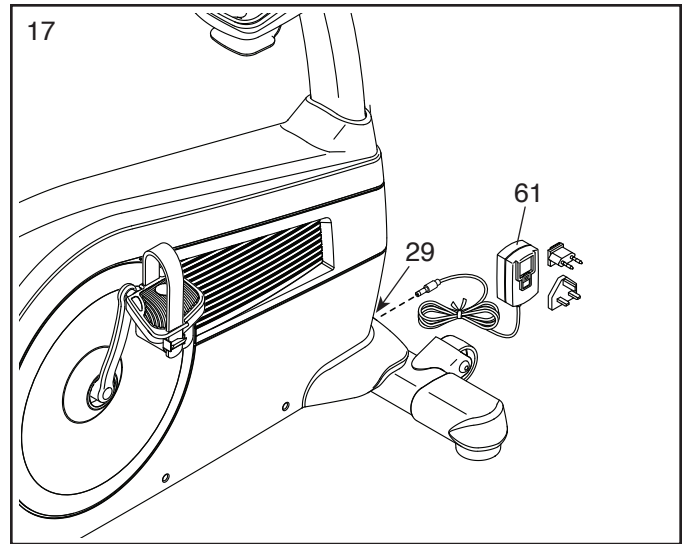
Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

To adjust the pedal straps (C), see HOW TO ADJUST THE PEDAL STRAPS on page 14.



17. Plug the Power Adapter (61) into the Power Receptacle (29) on the front of the exercise bike.

Note: To plug the Power Adapter (61) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.



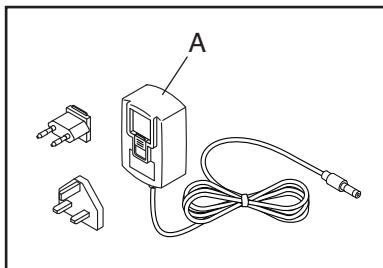
18. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

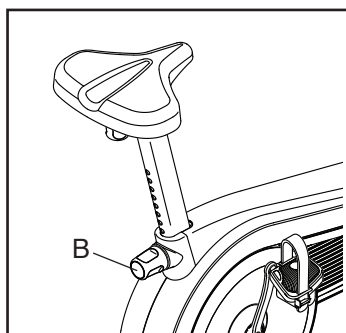
Plug the power adapter (A) into the receptacle on the front of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO ADJUST THE HEIGHT OF THE SEAT

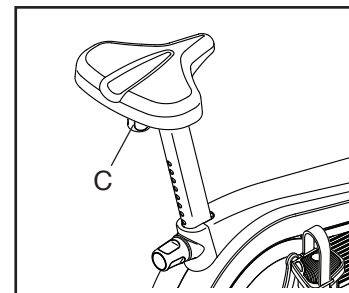
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, loosen the seat post knob (B) a few turns, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.



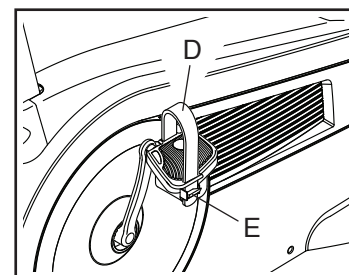
HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

To adjust the lateral position of the seat, first loosen the seat knob (C) a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



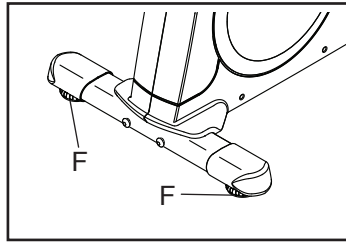
HOW TO ADJUST THE PEDAL STRAPS

To tighten a pedal strap (D), pull downward on the end of the strap. To loosen a strap, press the tab (E) and pull upward on the strap.



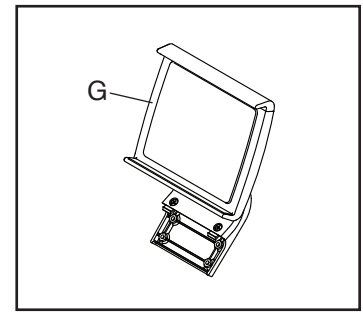
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet (F) beneath the rear stabilizer until the rocking motion is eliminated.

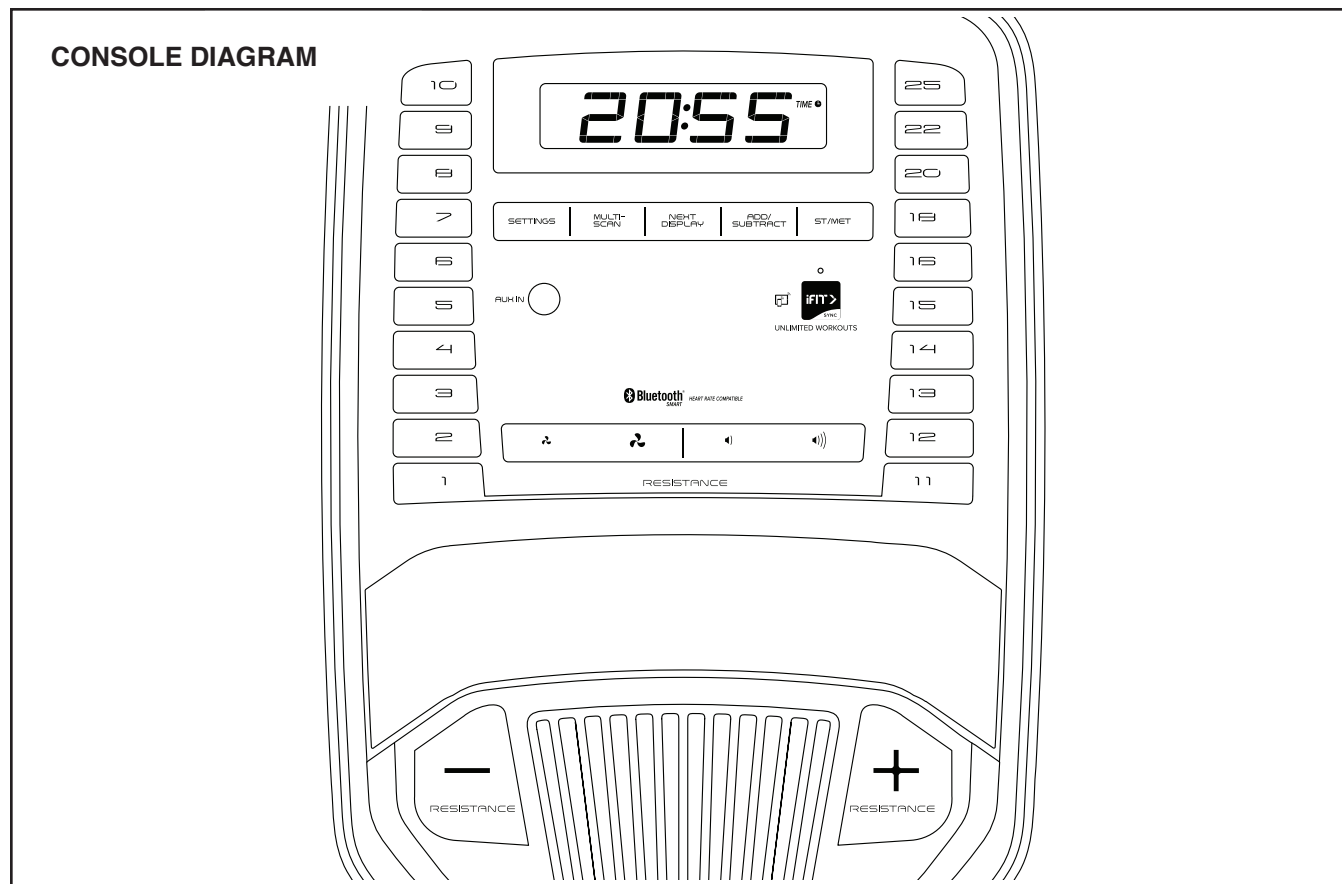


THE OPTIONAL TABLET HOLDER

The optional tablet holder (G) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. **To purchase a tablet holder, please see the front cover of this manual.**



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use 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 a compatible heart rate monitor.

In addition, you can connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

The console also offers unlimited iFit workouts when you download the iFit app to your smart device and connect it to the console.

With the iFit app, you can access a large and varied library of iFit video workouts, create your own workouts, track your workout results, and access many other features.

Each iFit workout automatically changes the resistance of the pedals as an iFit coach guides you through an immersive and effective video workout.

To use the manual mode, see page 17. **To use the sound system**, see page 19.

To use an iFit workout, see page 19. **To connect your heart rate monitor to the console**, see page 21. **To change console settings**, see page 21.

Note: If there is a sheet of plastic on the display, remove the plastic.

Note: The console can display speed and distance in either standard units or metric units. To change the unit of measurement, press the St/Met button repeatedly. For simplicity, all instructions in this section refer to standard units.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will turn on. The console will then be ready for use.

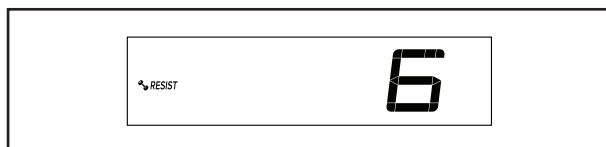
2. **Select the manual mode.**

When you turn on the console, the manual mode will be selected automatically.

3. **Change the resistance of the pedals as desired.**

Begin pedaling to start the manual mode.

You can change the resistance of the pedals by pressing one of the numbered Resistance buttons or by pressing the Resistance increase and decrease buttons.



Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

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

The display can show the following workout information:

Calories (CALs)—The approximate number of calories you have burned.

Calories per Hour (CALs/HR)—The approximate number of calories you are burning per hour.

Resistance (RESIST)—The resistance level of the pedals.

RPM—Your pedaling speed in revolutions per minute (RPM).

Time—The elapsed time.

Pace—Your pedaling speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/Met button.

Distance (MI or KM)—The distance that you have pedaled in miles or kilometers. To change the unit of measurement, press the St/Met button.

Speed (MPH or KPH)—Your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/Met button.

Pulse (BPM and heart symbol)—Your heart rate when you use a compatible heart rate monitor (see step 5).

Press the Next Display button repeatedly to view the desired workout information in the display.

Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode**, press the Multi-scan button; the scan indicator (A) and the word SCAN will turn on in the display.



To manually advance the scan cycle, press the Multi-scan button repeatedly.

To turn off the scan mode, press the Next Display button; the scan indicator and the word SCAN will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

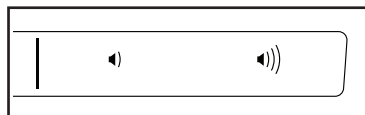
To customize the scan mode, first press the Next Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Subtract button to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.

Then, press the Multi-scan button to turn on the scan mode.

Note: The console will show your heart rate in the scan cycle automatically whenever it detects a pulse from a heart rate monitor.

To change the volume level of the console, press the volume increase and decrease buttons.



To pause the console, simply stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5. Wear a compatible heart rate monitor and measure your heart rate if desired.

You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

A compatible chest heart rate monitor is included with some models. If a chest heart rate monitor is included, see THE CHEST HEART RATE MONITOR in this manual to learn how to use it.

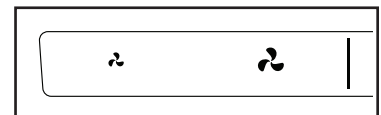
If this model does not include a compatible heart rate monitor, see page 21 for information about ordering one.

To connect a compatible heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice. When your heart-beat is detected, your heart rate will be shown. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 21 for more information.

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While

the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while, the fan will turn off automatically.

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

If the pedals are not moved for a few seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

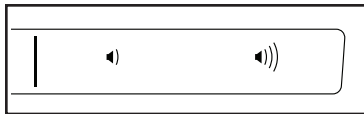
If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

Note: The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

HOW TO USE THE SOUND SYSTEM

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.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



HOW TO USE AN IFIT WORKOUT

The console offers access to a large and varied library of iFit workouts when you download the iFit app to your smart device and connect it to the console.

Note: The console supports Bluetooth connections to smart devices via the iFit app and to compatible heart rate monitors. Other Bluetooth connections are not supported.

1. Download and install the iFit app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFit app, and then install the app on your smart device. **Make sure that the Bluetooth option is enabled on your smart device.**

Then, open the iFit app and follow the instructions to set up an iFit account and customize settings.

Take time to explore the iFit app and learn about its features and settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your smart device to the console, **you must connect your heart rate monitor before you connect your smart device.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 21.

3. Connect your smart device to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Select an iFit workout.

In the iFit app, touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

During some workouts, an iFit coach will guide you through a video workout. Touch the sound button (music notes symbol) to select music, trainer voice, and volume options for the workout.

If the resistance setting for the current segment of the workout is too high or too low, you can manually override the setting by pressing the Resistance buttons on the console. **IMPORTANT: When the current segment ends, the resistance will automatically adjust to the resistance setting programmed for the next segment.**

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen. If desired, you can select options such as adding the workout to your schedule or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

6. Disconnect your smart device from the console.

To disconnect your smart device from the console, first select the disconnect option in the iFit app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

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

If the pedals are not moved for a few seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

Note: The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see **HOW TO CHANGE CONSOLE SETTINGS** on page 21.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all Bluetooth Smart heart rate monitors.

To connect your Bluetooth Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

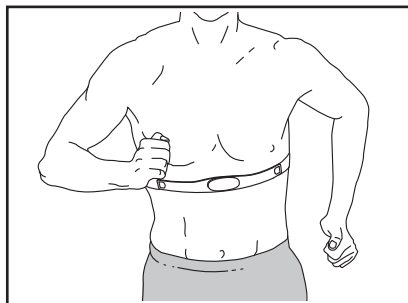
To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all Bluetooth Smart heart rate monitors.

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

If you are using the manual mode, you must stop pedaling and exit the workout before you can select the settings mode.

To select the settings mode, press the Settings button. The first settings screen will appear in the display.

2. Navigate the settings mode.

While the settings mode is selected, you can navigate through several settings screens. Press the Next Display button repeatedly to select the desired settings screen.

3. Change settings as desired.

Software Version Number—The software version number will appear in the display.

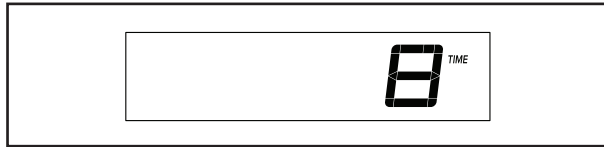
Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the St/Met button repeatedly. To view workout information in standard units, select STD. To view workout information in metric units, select MET.

A rectangular frame containing a smaller rectangular box. Inside the box, the letters 'Std' are displayed in a large, bold, stylized font.

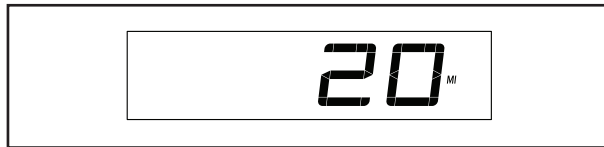
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.

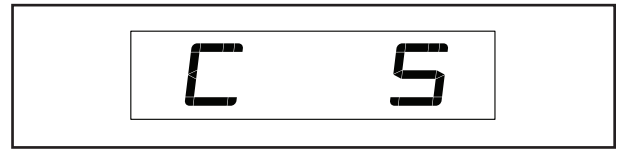
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the exercise bike has been used.



Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled.



Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.



Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the exercise bike is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Resistance increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.



4. Exit the settings mode.

Press the Settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, 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

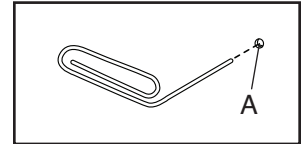
If the console does not turn on, make sure that the power adapter is fully plugged in.

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

If lines appear in the console display, see step 3 on page 21 and adjust the contrast level of the display.

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**

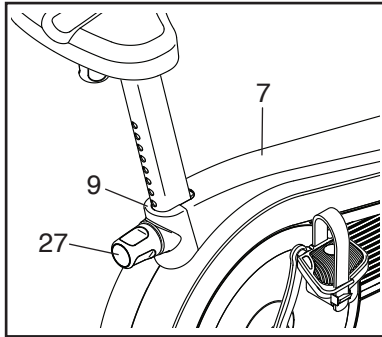
this will erase all custom settings you have made to the console. Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the side or the back of the console. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug and then plug in the power adapter. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 21). Note: It may take a few minutes for the console to be ready for use.



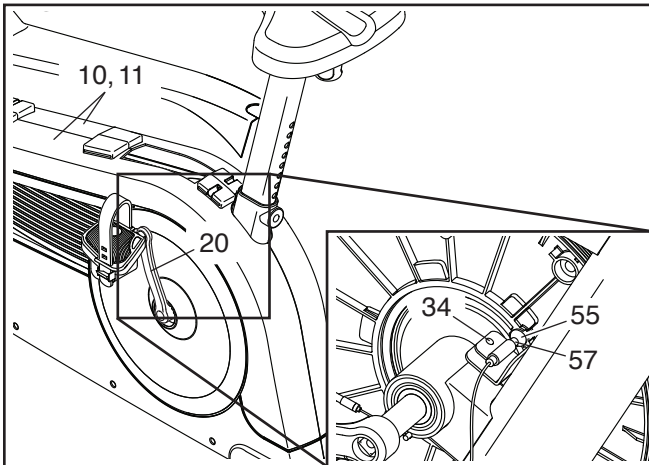
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. **Before adjusting the reed switch, first unplug the power adapter.**

Next, remove the Seat Post Knob (27), remove the Knob Shield (9), and slide the Shield Cover (7) upward.



Next, remove all of the Screws (not shown) from the Right and Left Shields (10, 11).



See the lower drawing at the left. Carefully pull the tops of the Shields (10, 11) apart and locate the Reed Switch (57). Rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch. Then, slightly loosen the M4 x 18mm Truss Screw (34), slide the Reed Switch slightly toward or away from the Magnet, and then retighten the Truss Screw.

Plug in the power adapter and rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the parts that you removed.

EXERCISE GUIDELINES

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

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	♥
20	30	40	50	60	70	80	

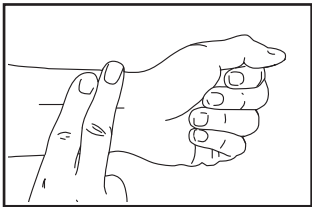
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, 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.



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.

PART LIST

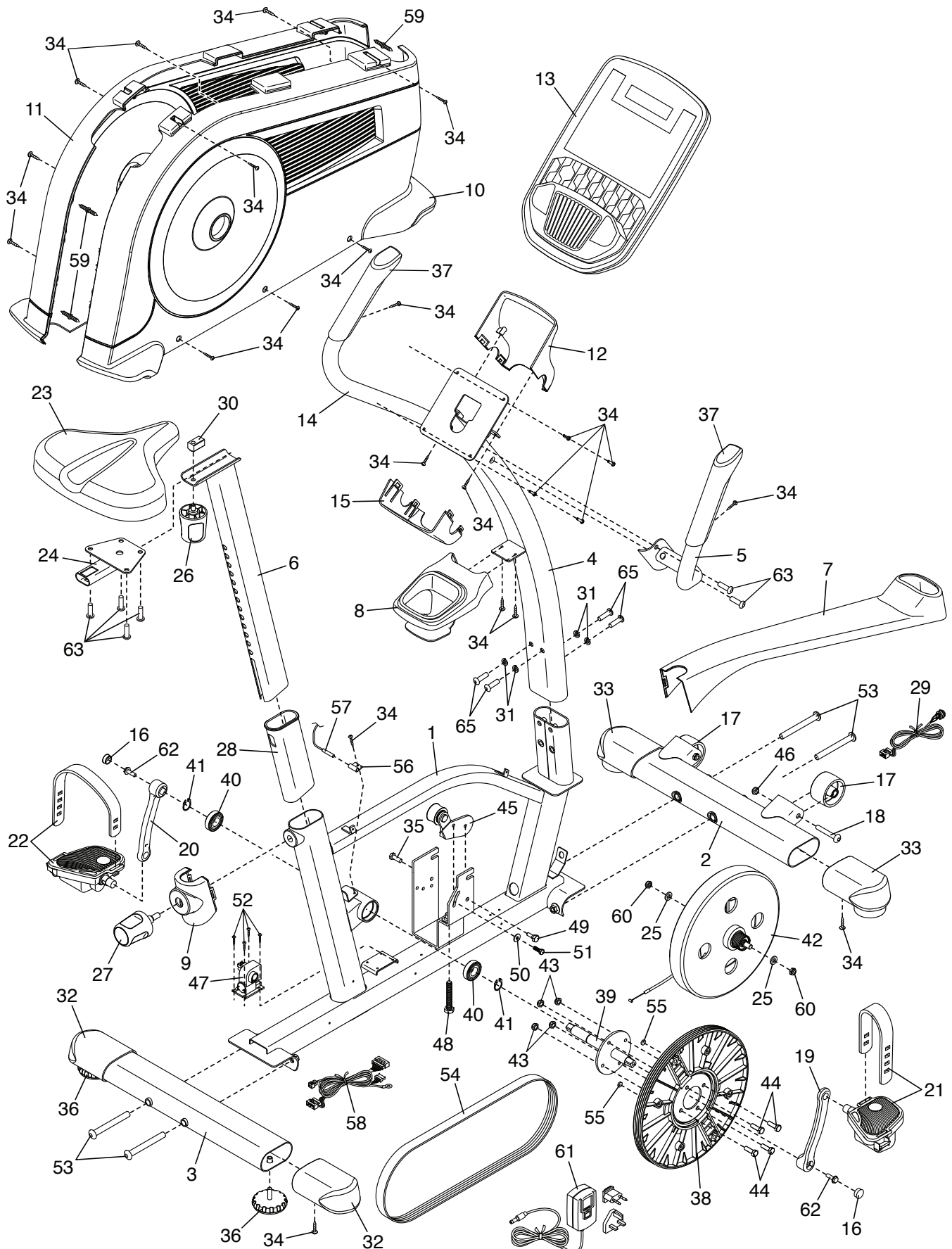
Model No. NTEVEX77020.1 R1220A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	1	M8 x 28mm Hex Screw
2	1	Front Stabilizer	36	2	Leveling Foot
3	1	Rear Stabilizer	37	2	Handgrip
4	1	Upright	38	1	Pulley
5	1	Right Handlebar	39	1	Crank
6	1	Seat Post	40	2	Crank Bearing
7	1	Shield Cover	41	2	Snap Ring
8	1	Accessory Tray	42	1	Eddy Mechanism
9	1	Knob Shield	43	4	M8 Locknut
10	1	Right Shield	44	4	M8 x 18mm Bolt
11	1	Left Shield	45	1	Idler
12	1	Front Console Cover	46	2	M10 Jam Nut
13	1	Console	47	1	Resistance Motor
14	1	Left Handlebar	48	1	M10 x 65mm Hex Screw
15	1	Rear Console Cover	49	1	M6 x 20mm Hex Screw
16	2	Crank Cap	50	1	M6 Washer
17	2	Wheel	51	1	M6 x 20mm Screw
18	2	M10 x 62mm Bolt	52	4	#10 x 15mm Screw
19	1	Right Crank Arm	53	4	M10 x 110mm Screw
20	1	Left Crank Arm	54	1	Drive Belt
21	1	Right Pedal/Strap	55	2	Magnet
22	1	Left Pedal/Strap	56	1	Clamp
23	1	Seat	57	1	Reed Switch/Wire
24	1	Seat Carriage	58	1	Main Wire
25	2	Mechanism Spacer	59	3	Tree Fastener
26	1	Seat Knob	60	2	M10 Flange Nut
27	1	Seat Post Knob	61	1	Power Adapter
28	1	Seat Post Sleeve	62	2	M8 Flange Screw
29	1	Power Receptacle/Wire	63	8	M8 x 16mm Screw
30	1	Seat Bracket	64	—	(Not Used)
31	4	M10 Washer	65	4	M10 x 15mm Screw
32	2	Rear Stabilizer Cap	*	—	User's Manual
33	2	Front Stabilizer Cap	*	—	Assembly Tool
34	25	M4 x 18mm Truss Screw			

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

Model No. NTEVEX77020.1 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)
- 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)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

