# NordicTrack®
COMMERCIAL S10i STUDIO CYCLE

Model No. NTEX03121-INT.2
Serial No. _____

Write the serial number in the space above for reference.
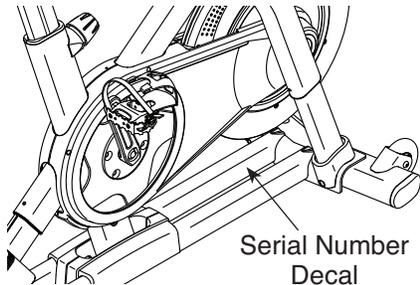
Serial Number
Decal

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, Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

USER'S MANUAL
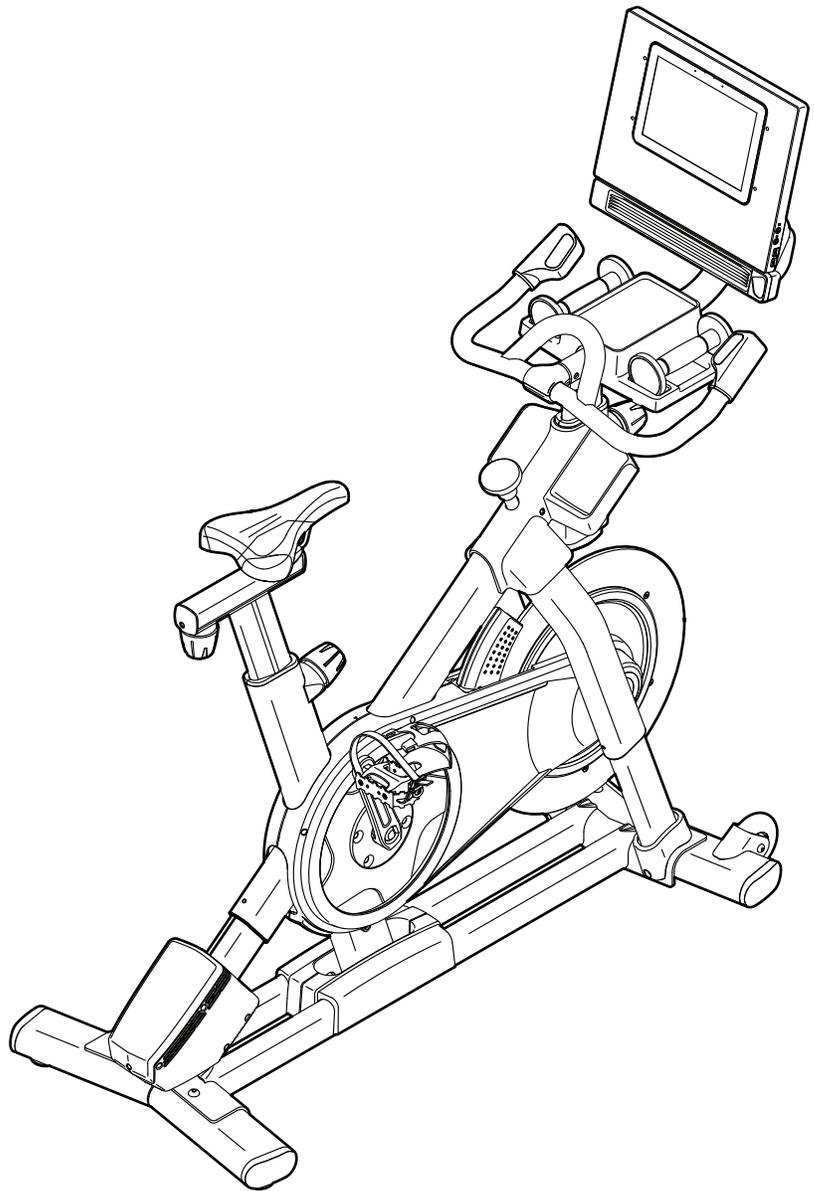
⚠ CAUTION

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

iconeurope.com

TABLE OF CONTENTS

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 bike 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 bike.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- Max user weight: 330 lbs/150kg.
- Always use this bike on a level surface.
- This bike is not intended for therapeutic use.
- For safety, lock the bike when it is not in use.
- Replace label if damaged, illegible or removed.

⚠WARNING
Keep hands and fingers clear of this area.

⚠WARNING
Always plug the power adapter into the machine before you plug it into an outlet.

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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 studio cycle before using your studio cycle. 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 studio cycle 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 studio cycle 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 the use of the studio cycle by someone responsible for their safety.

4. Use the studio cycle only as described in this manual.

5. The studio cycle is intended for home use only. Do not use the studio cycle in a commercial, rental, or institutional setting.

6. Keep the studio cycle indoors, away from moisture and dust. Do not put the studio cycle in a garage or covered patio, or near water.

7. Place the studio cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the studio cycle.

8. Inspect and properly tighten all parts each time the studio cycle is used. Replace any worn parts immediately.

9. Always plug the power adapter into the studio cycle before you plug it into an outlet.

10. Keep children under age 16 and pets away from the studio cycle at all times.

11. The studio cycle should not be used by persons weighing more than 330 lbs. (150 kg).

12. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the studio cycle. Always wear athletic shoes for foot protection.

13. Be careful when mounting and dismounting the studio cycle.

14. Always keep your back straight while using the studio cycle; do not arch your back.

15. The studio cycle does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.

16. To stop the flywheel quickly, press the brake knob downward.

17. When the studio cycle is not in use, press the brake knob downward and tighten it firmly.

18. 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

Congratulations for selecting the revolutionary NORDICTRACK® COMMERCIAL S10I STUDIO CYCLE. The COMMERCIAL S10I STUDIO CYCLE is unlike any ordinary exercise bike.

With full adjustability, an interactive wireless touch-screen console, an incline system that simulates real-world terrain, and an array of other features, the COMMERCIAL S10I STUDIO CYCLE provides an immersive in-home studio cycling experience.

For your benefit, read this manual carefully before you use the studio cycle. 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.

Length: 2 ft. 11 in. (89 cm)
Width:　1 ft. 10 in. (56 cm)
Weight: 176 lbs. (80 kg)

Console

Incline/Decline Control

Hand Weight

Handlebar

Resistance Control

Brake Knob

Post Knob

Accessory Tray

Saddle

Carriage Knob

Post Knob

Flywheel

Pedal/Strap

Wheel

Leveling Foot
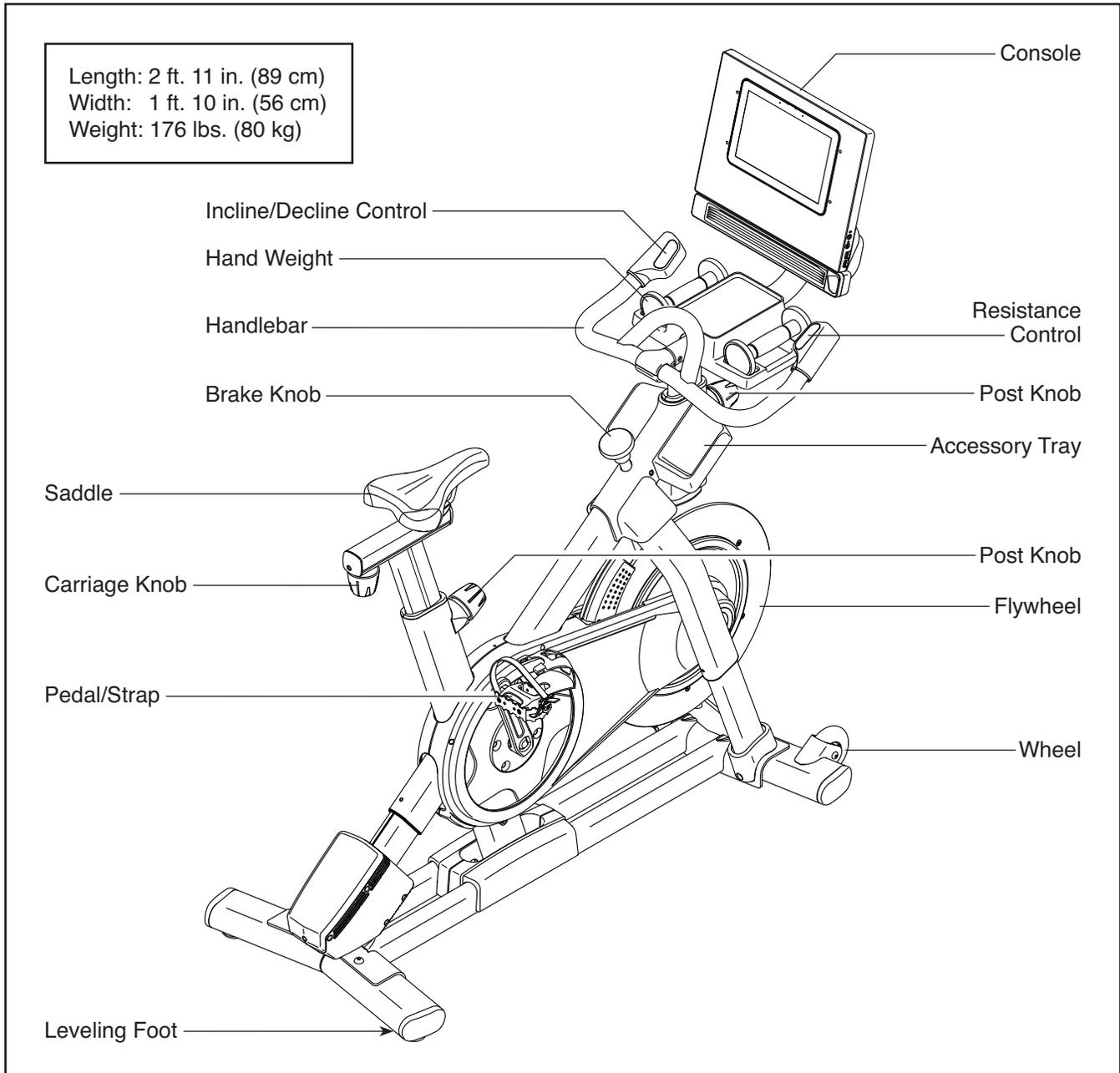
PART IDENTIFICATION CHART

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 if it has been preassembled. Extra parts may be included.**
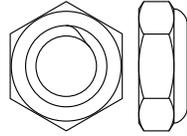
M10 Jam Nut
(95)–1
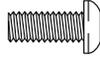
M4 x 10mm
Machine
Screw (12)–2
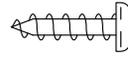
M4 x 14mm
Screw (17)–4
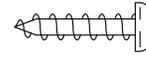
M4 x 16mm
Screw (83)–4
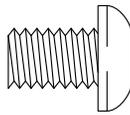
M8 x 12mm
Patch Screw
(93)–4
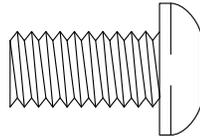
M10 x 20mm
Screw (105)–12
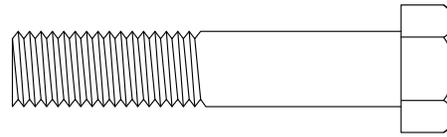
M10 x 52mm Bolt (94)–1

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 complete all assembly steps.

- To identify small parts, see page 5.

- To avoid damaging parts, do not use power tools.

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

 one Phillips screwdriver
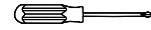
  one adjustable wrench

  one rubber mallet
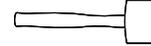
  Assembly may be easier if you have a set of wrenches.

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)
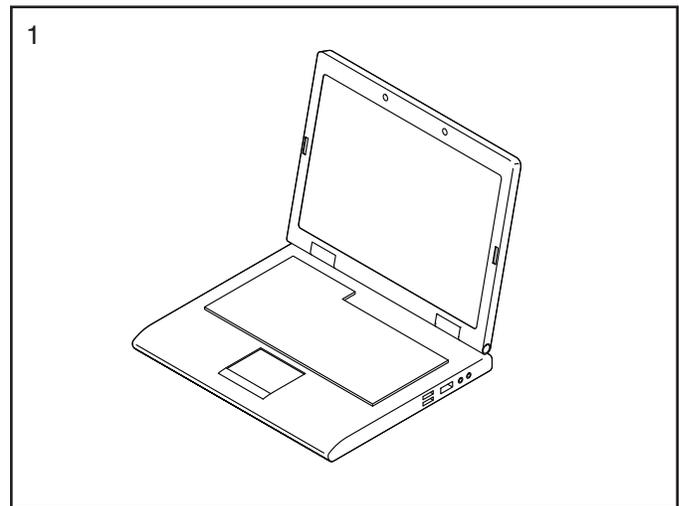
2. Attach the Front Stabilizer (3) to the Base (2) with four M10 x 20mm Screws (105); **do not fully tighten the Screws yet.**

   See the inset drawing. Finish attaching the Front Stabilizer (3) with two additional M10 x 20mm Screws (105).

   **Then, fully tighten all six M10 x 20mm Screws (105).**

   See the inset drawing. Press the right Leg Cover (64) downward and attach it to the Base (2) with an M4 x 10mm Machine Screw (12). **Then, attach the left Leg Cover (not shown) in the same way.**
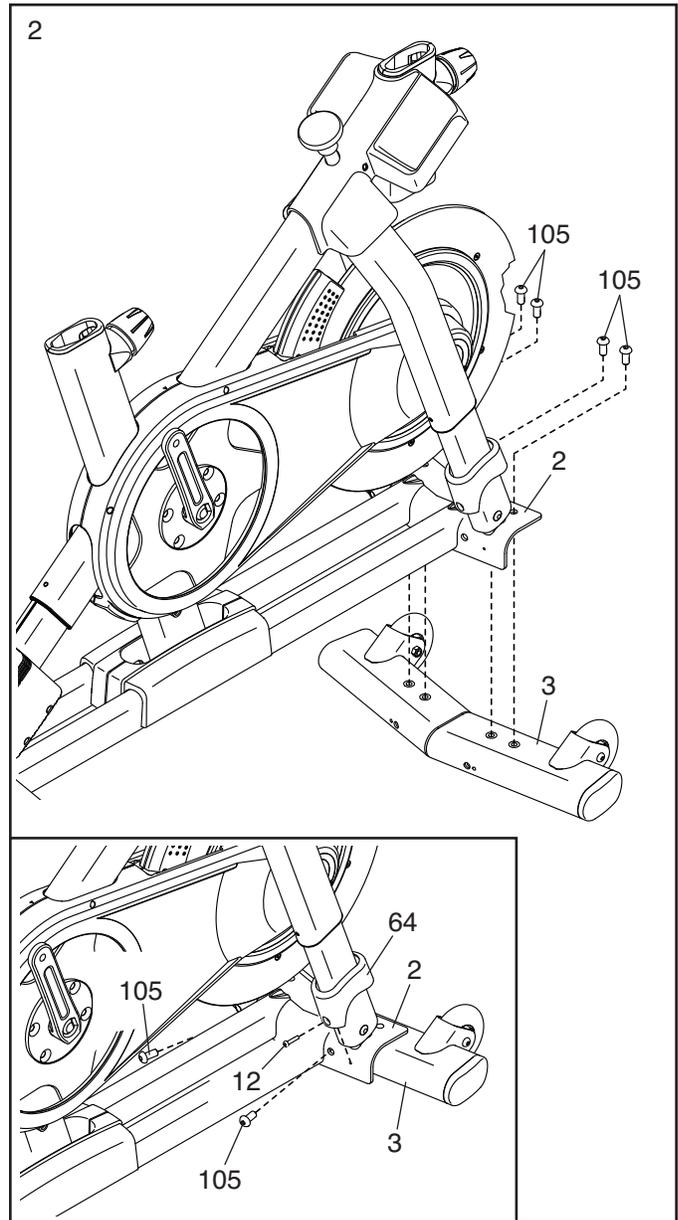
3. Attach the Rear Stabilizer (4) to the Base (2) with four M10 x 20mm Screws (105); **do not fully tighten the Screws yet.**

   See the inset drawing. Finish attaching the Rear Stabilizer (4) with two additional M10 x 20mm Screws (105).

   **Then, fully tighten all six M10 x 20mm Screws (105).**
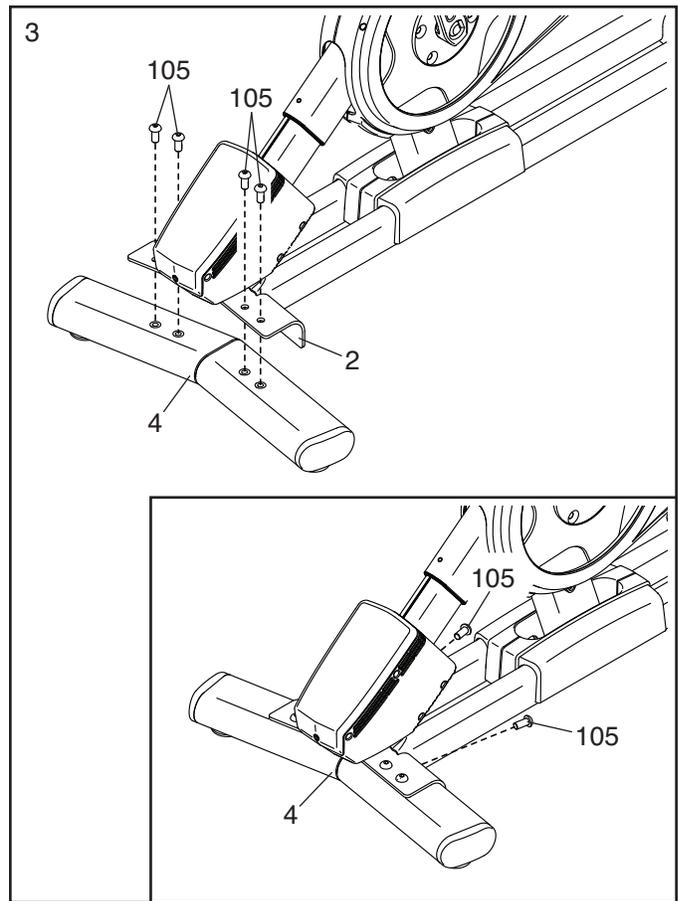
4. **See the inset drawing.** Orient the Handlebar Post (7) so that the lower slot (A) is on the side shown.

   Next, loosen the indicated Post Knob (100) and insert the Handlebar Post (7) into the Frame (1) until the lower end of the Handlebar Post is below the Frame. Then, tighten the Post Knob.

   Then, insert the end of the Lower Wire (122) into the Frame (1) and the Handlebar Post (7) and pull it out of the upper slot (B) in the Handlebar Post as shown by the dashed line at the right.
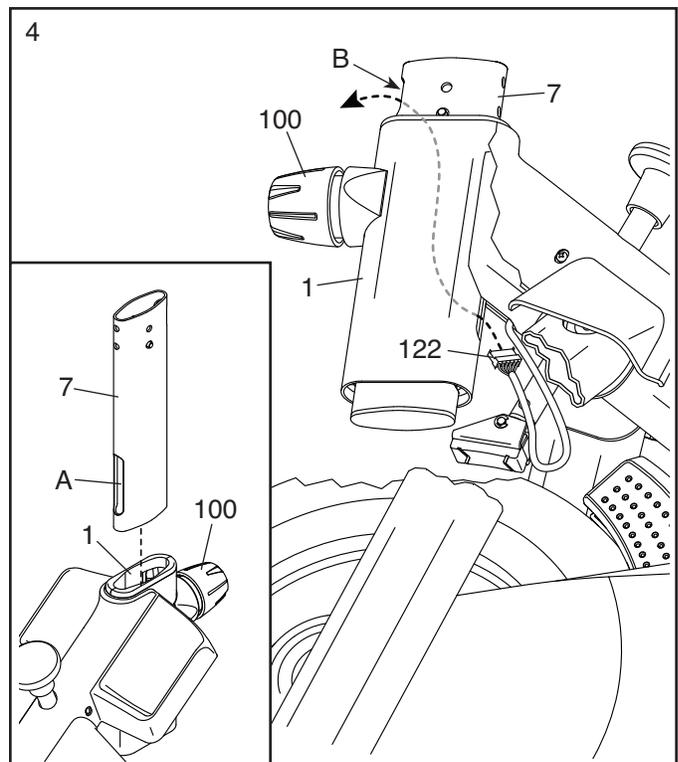
5. Insert the Handlebar (97) into the Handlebar Post (7). Attach the Handlebar with four M8 x 12mm Patch Screws (93); **start all the Patch Screws, and then tighten them.**
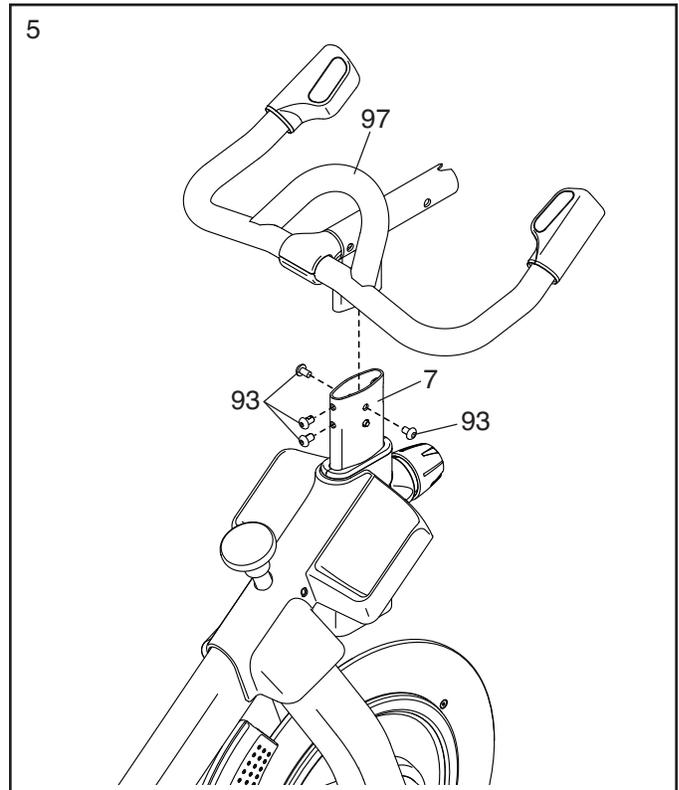
6. **Tip: Avoid pinching the wires (C).** Slide the Console Support (8) onto the Handlebar (97).

Attach the Console Support (8) with an M10 x 52mm Bolt (94) and an M10 Jam Nut (95); **make sure that the Jam Nut is in the hexagonal hole (D). Do not fully tighten the Bolt yet.**

Avoid pinching the wires (C)
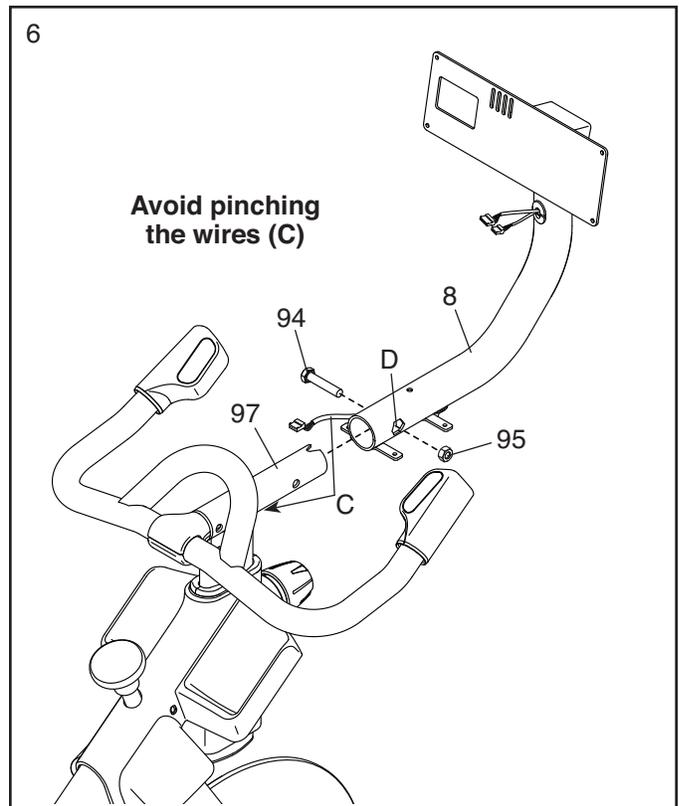
7. Look under the Console Support (8) and identify the Upper Wire (123), which has a larger connector than the Extension Wire (124).

Connect the Upper Wire (123) to the Lower Wire (122) extending from the Handlebar Post (7). Then, insert the connectors on both Wires into the Handlebar Post.

Next, connect the Extension Wire (124) to the Control Wire (125) extending from the Handlebar (97). Then, insert the connectors on both Wires into the Handlebar.
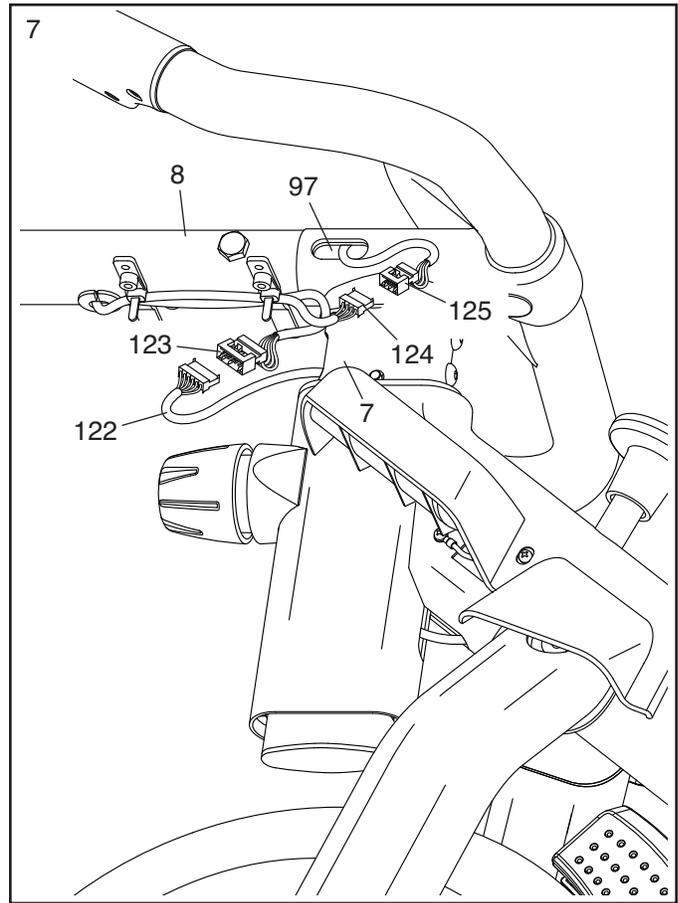
8. Have a second person hold the Console (10) near the Console Bracket (11). Connect the Upper Wire (123) and the Extension Wire (124) to the matching wires (E) on the back of the Console. Press the Wire Protector (110) around the wires in the location shown.

Next, insert the connectors into the Console Support (8), and then press the Wire Protector (110) into the Console Support. **Tip: It may be helpful to insert the connectors into the Console Support one at a time.**

Tip: Avoid pinching the wires. If necessary, adjust the tilt of the Console Bracket (11) to make this step easier. Attach the Console (10) to the Console Bracket with four M4 x 16mm Screws (83); **start all the Screws, and then tighten them.**

Avoid pinching the wires
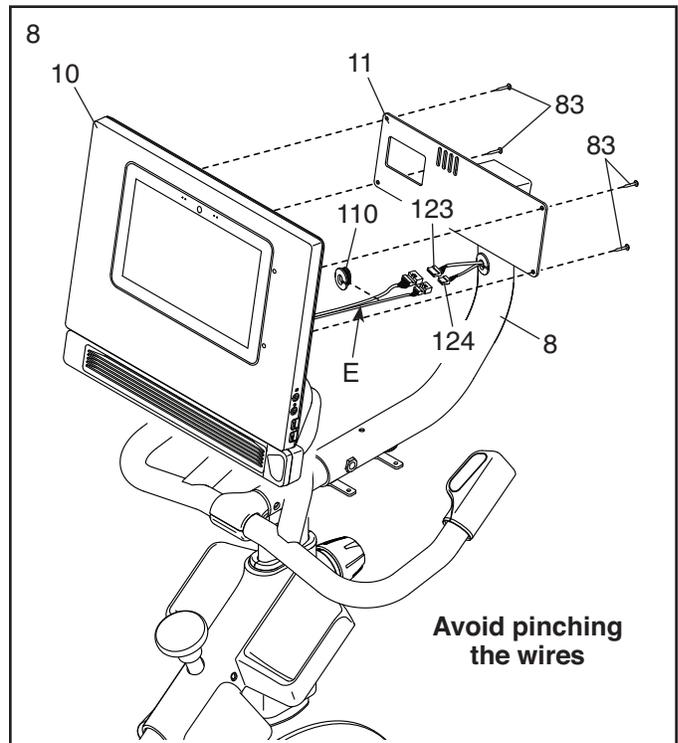
9. **IMPORTANT: Have a second person move the Console (10) from side to side, if necessary, so that it is level. While the second person holds the Console still, firmly tighten the M10 x 52mm Bolt (94).**

   Next, orient the Hand Weight Tray (38) so that the orientation sticker (F) is in the location shown.

   Tip: Avoid pinching the wires (C). Attach the Hand Weight Tray (38) to the Console Support (8) with four M4 x 14mm Screws (17); **start all the Screws, and then tighten them.**
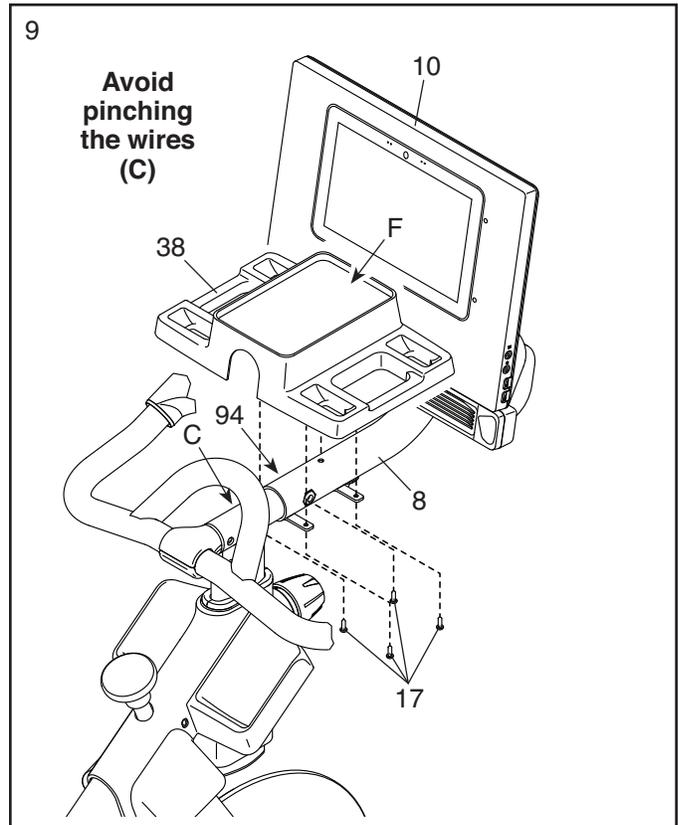

10. Orient the Saddle Post (13) as shown.

    Loosen the indicated Post Knob (100). Next, insert the Saddle Post (13) into the Frame (1), and slide the Saddle Post to the desired height. Then, tighten the Post Knob.
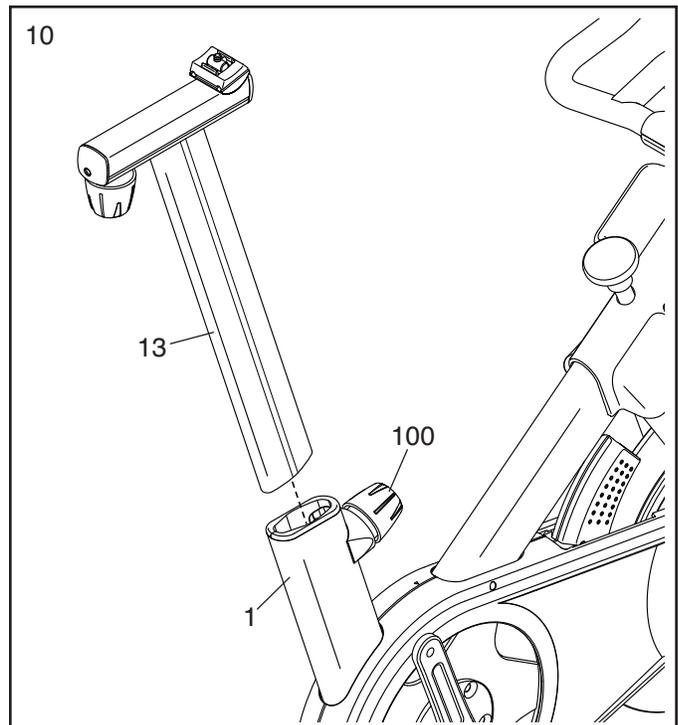
11. **Note: You can attach your own saddle if desired**.

   See inset drawing a. Tip the Saddle (54) to one side and slide one of the rails (G) as far as possible between the Lower Saddle Clamp (52) and the Upper Saddle Clamp (53). If necessary, further loosen the M8 Saddle Screw (41).

   See inset drawing b. Tip the Saddle (54) downward as shown and slide the other rail (G) between the Saddle Clamps (52, 53). **Make sure that both rails are in the grooves in the Saddle Clamps and that the Saddle is straight and level.** Then, firmly tighten the Saddle Screw (41).
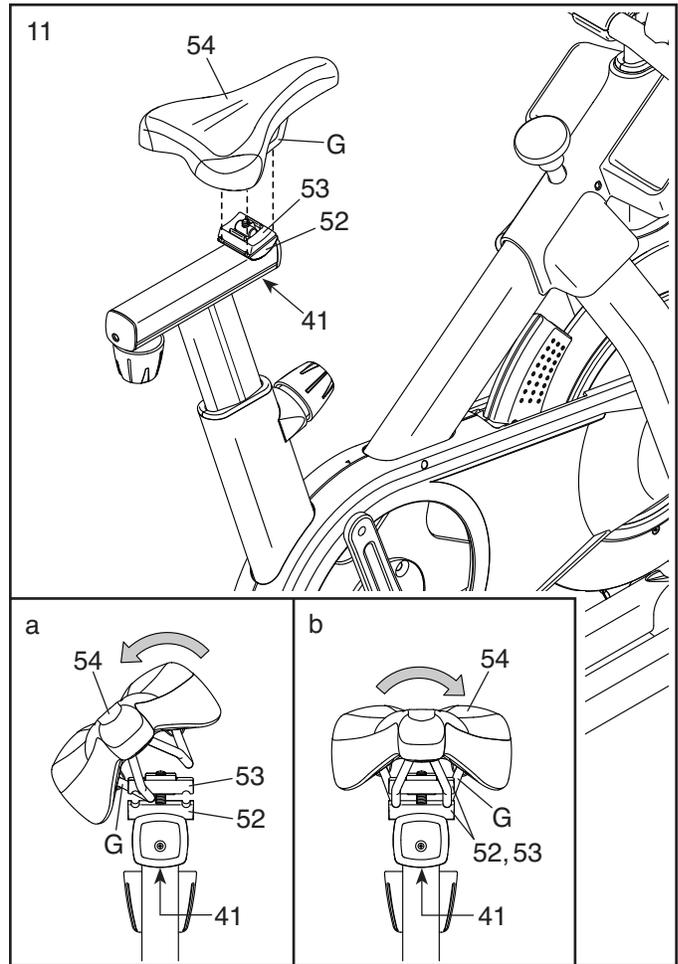
12. **Note: You can attach your own pedals if desired.**

   Identify the right Pedal (56). Using an adjustable wrench or the included tool, **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.
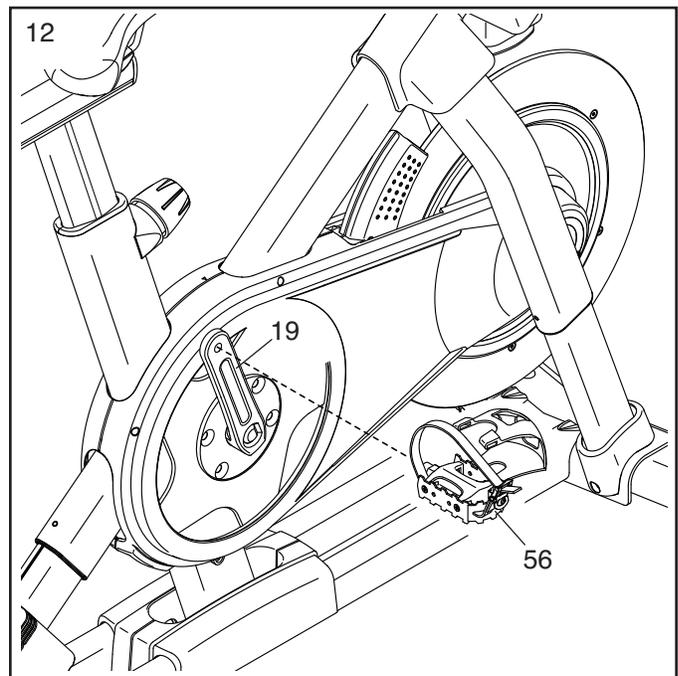
13. Set the two Hand Weights (14) in the Hand Weight Tray (38).

   IMPORTANT: Make sure not to hit the Console (10) with the Hand Weights (14) when you set the Hand Weights in the Hand Weight Tray (38) after each use.
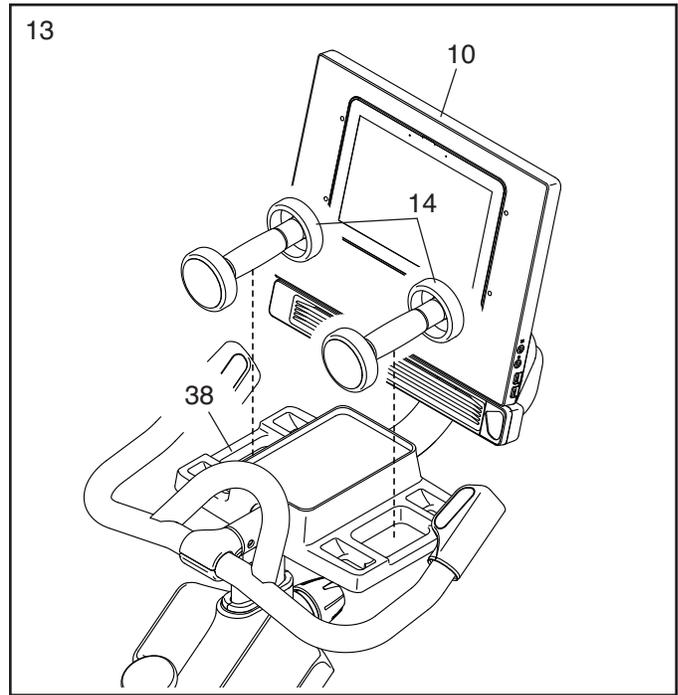
14. **IMPORTANT: Always plug the Power Adapter (119) into the studio cycle before you plug it into an outlet.**

   Route the Power Adapter (119) through the two Anchored Zip Ties (55) on the Base (2).

   Next, plug the Power Adapter (119) into the Power Receptacle (118) on the studio cycle. **Position about 8" (20 cm) of the Power Adapter between the Power Receptacle and the nearest Anchored Zip Tie (55).** Then, pull both Anchored Zip Ties closed.

   Note: To plug the Power Adapter (119) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.
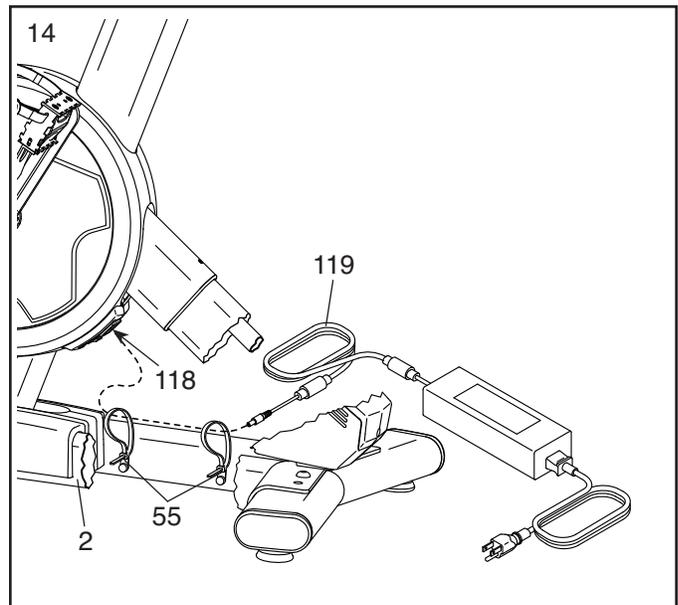
15. **After the studio cycle is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the studio cycle.** Extra parts may be included. Place a mat beneath the studio cycle to protect the floor.

HOW TO USE THE STUDIO CYCLE

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the studio cycle 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.

IMPORTANT: Always plug the power adapter (A) into the studio cycle before you plug it into an outlet.

Make sure that the power adapter (A) is plugged into the receptacle on the studio cycle. Then, plug the power adapter into an appropriate out-

let that is properly installed in accordance with all local codes and ordinances.
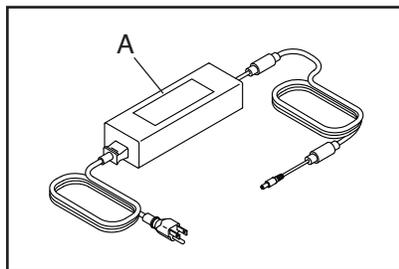
FEATURES OF THE STUDIO CYCLE

Measuring Watts

Each studio cycle is calibrated to measure your power output and to allow you to monitor your watts and RPMs directly on the console.

By monitoring your watts and RPMs, you can see how hard you are training and make sure that you are challenging yourself and improving.

The Incline System

The studio cycle can incline and decline to realistically simulate outdoor terrain. When you use or create map workouts of training routes with iFit® (see the console instructions beginning on page 17 for more information), the studio cycle will automatically incline and decline to match the real-world terrain.

Interactive Wireless Touchscreen Console

The wireless touchscreen console works with iFit to provide an interactive and immersive in-home studio experience that allows you to participate virtually in group studio classes led by personal trainers and to experience workouts around the world.

HOW TO ADJUST THE GEOMETRY OF THE STUDIO CYCLE

The studio cycle can be adjusted to match the geometry of your road bike to promote correct form and to ensure proper training of the muscles. **Make adjustments in small increments, and then pedal the studio cycle to test the adjustments.**

How to Adjust the Angle of the Saddle

You can adjust the angle of the saddle to the position that is most comfortable. You can also adjust the saddle forward or backward for increased comfort or to adjust the distance to the handlebar.

To adjust the saddle, first loosen the saddle screw (B) in the carriage a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the saddle screw.
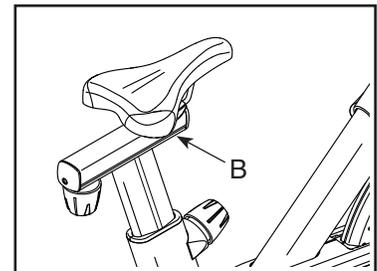
Note: You can remove the saddle and attach your own saddle to the studio cycle if desired.

How to Adjust the Saddle Carriage

To adjust the position of the carriage, loosen the carriage knob (C), move the carriage forward or backward to the desired position, and then firmly tighten the carriage knob.
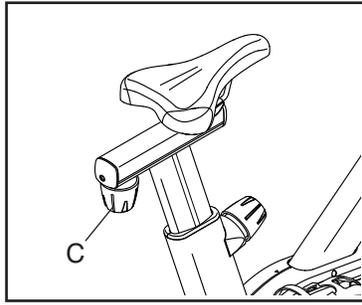
How to Adjust the Saddle Post

For effective training, the saddle 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 saddle post, loosen the post knob (D), move the saddle post upward or downward, and then firmly tighten the post knob. **IMPORTANT: Do not raise the saddle post beyond the "MAX" mark on the saddle post.**
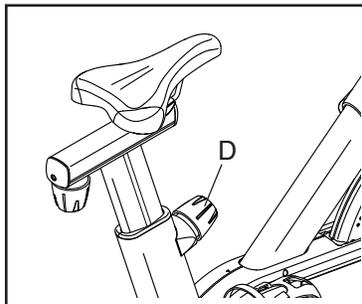
How to Adjust the Handlebar Post

To adjust the handlebar post, loosen the post knob (E), move the handlebar post upward or downward, and then firmly tighten the post knob. **IMPORTANT: Do not raise the handlebar post beyond the "MAX" mark on the handlebar post.**
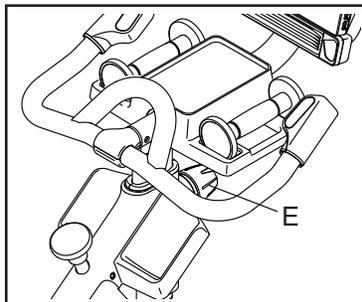
How to Adjust the Position of the Console

The console (F) can be adjusted upward, downward, or to the side. To adjust the position of the console, simply hold the sides of the console and press it to the desired position. You can pivot the console all of the way to the side so that you can view it while standing next to the studio cycle to perform hand weight exercises or other floor exercises.
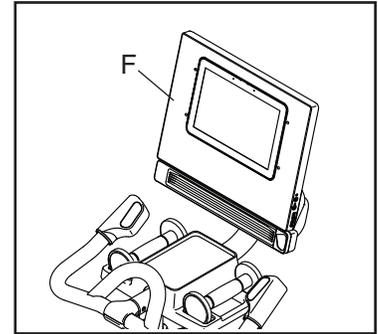
HOW TO LEVEL THE STUDIO CYCLE

If the studio cycle rocks slightly on your floor during use, turn one or both of the leveling feet (G) beneath the rear stabilizer until the rocking motion is eliminated.
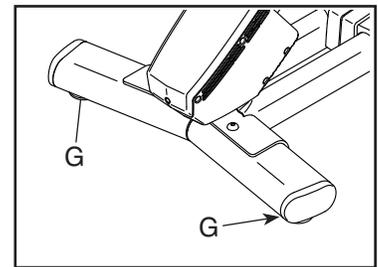
HOW TO USE THE PEDALS

To use the pedals, insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs (H) on the buckles, adjust the toe straps to the desired position, and then release the tabs.
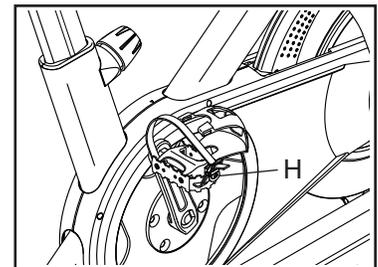
Note: You can remove the pedals and attach your own pedals to the studio cycle if desired.

15

HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, press the buttons on the right handlebar (see step 3 on page 20). **To stop the flywheel, push the brake knob (I).** The flywheel will quickly come to a complete stop.
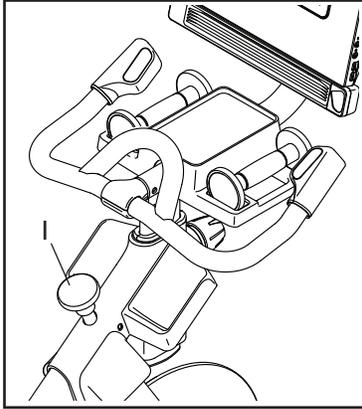
HOW TO LOCK THE STUDIO CYCLE

IMPORTANT: Lock the studio cycle when it is not in use. To lock the studio cycle, press the brake knob (J) downward and tighten it firmly. This will lock the studio cycle so that the flywheel cannot turn. To unlock the studio cycle, loosen the brake knob.

HOW TO USE THE CONSOLE

CONSOLE DIAGRAM

INCLINE / DECLINE		RESISTANCE
20		22
18		20
15		18
12		16
9		14
6		12
3		10
0		8
–3		6
–6		4
–10		2

Hi, Jennifer

MANUAL START

WEEKLY STATS

FEATURED WORKOUT OF THE DAY
HIMALAYA, NEPAL

START

Bluetooth SMART *HEART RATE COMPATIBLE*

iFIT

INCLINE / DECLINE
+
–

RESISTANCE
+
–
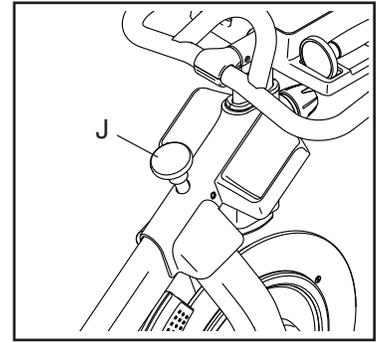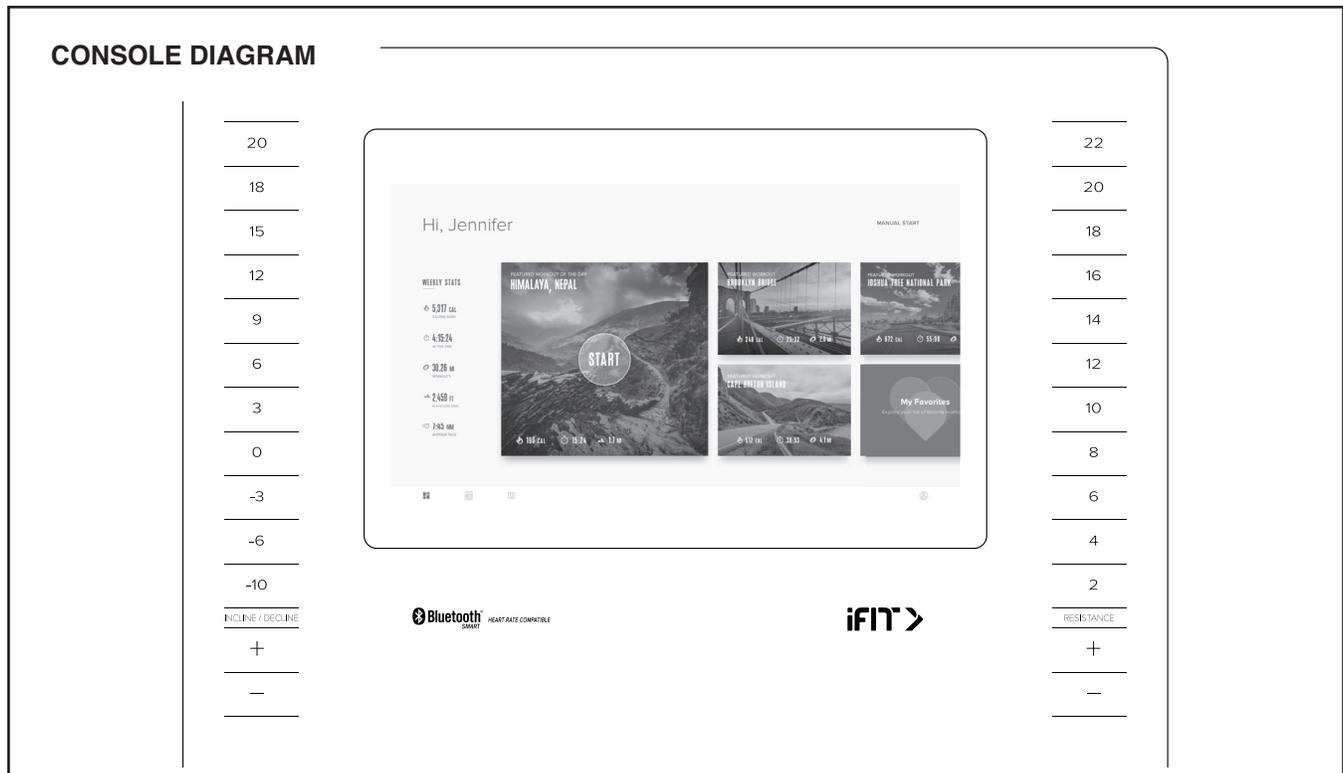
FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

In addition, the console features a selection of featured workouts. Each workout automatically controls the resistance of the pedals and the incline of the frame as it guides you through an effective exercise session.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the frame with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using a compatible heart rate monitor.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on and turn off the console, see page 18. **To learn how to use the touch screen,** see page 18. **To set up the console,** see page 19.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the studio cycle. See HOW TO PLUG IN THE POWER ADAPTER on page 14. When the power adapter is plugged in, touch the screen or press any button on the console to turn on the console.

Note: When you turn on the console for the first time, the incline system may calibrate automatically. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see step 6 on page 19 and manually calibrate the incline system.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, the console will pause.

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the studio cycle may wear prematurely.**

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

• The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.

• To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch *?123*. To view more characters, touch *~[<*. Touch *?123* again to return to the number keyboard. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before you use the studio cycle for the first time, set up the console.

1. **Connect to your wireless network.**

   To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. **Customize settings.**

   Follow the prompts on the screen to set the desired unit of measurement and your time zone.

   Note: To change these settings later, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

3. **Log into or create an iFit account.**

   Follow the prompts on the screen to log into your iFit account or to create an iFit account.

4. **Tour the console.**

   The first time you use the console, a tour presentation will guide you through the features of the console.

5. **Check for firmware updates.**

   First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

6. **Calibrate the incline system.**

   First, touch the menu button (three horizontal lines symbol), touch *Settings*, touch *Maintenance*, and

then touch *Calibrate Incline*. The frame will rise and lower as it calibrates. For more information, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

The console is now ready for you to begin working out. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see page 19. **To use a featured workout,** see page 21. **To create a draw-your-own-map workout,** see page 23. **To use an iFit workout,** see page 24.

To change console settings, see page 25. **To connect to a wireless network,** see page 26. **To use the sound system,** see page 27.

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

HOW TO USE THE MANUAL MODE

1. **Touch the screen or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. **Select the main menu.**

   When you turn on the console, the main menu will appear on the screen after the console boots up.

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. **Change the resistance of the pedals and the incline of the frame as desired.**

Touch *Manual Start* and begin pedaling.

You can change the resistance of the pedals by pressing the Resistance buttons on the console or by pressing the increase and decrease buttons on the right handlebar.

You can also change the incline of the frame by pressing the Incline/Decline buttons on the console or by pressing the increase and decrease buttons on the left handlebar.

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

Note: When the studio cycle is declined or extremely inclined, the range of resistance levels may decrease.

4. **Follow your progress.**

The console offers several display modes. The display mode that you select will determine which workout information is shown.

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the center of the screen to view even more display mode options.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the right side of the console.

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

To end the workout session, first touch the screen to pause the workout. Next, touch *End;* a workout

summary will appear on the screen. If desired, you can publish your results using one of the options on the screen. Then, touch *Finish* to return to the main menu.

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 27 for information about ordering one.

The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

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.
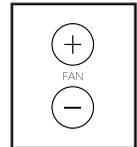
Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

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

See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE A FEATURED WORKOUT

1. **Touch the screen or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. **Select the main menu or the workout library.**

   When you turn on the console, the main menu will appear on the screen after the console boots up.

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

   Touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

3. **Select a workout.**

   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.

   Note: To use a featured workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

   The featured workouts on your console will change periodically. To save one of the featured workouts for future use, you can add it as a favorite by touching the favorites button (heart symbol). You must be logged into your iFit account to save a featured workout (see step 3 on page 24).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 23.

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.

4. **Start the workout.**

   Touch *Start Workout* to start the workout.

   The workout will function in the same way as the manual mode (see page 19).

   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.

   During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

   During some workouts, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling speed.

   IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level and/or incline level is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline/Decline buttons. **If you press a Resistance button,** you can then manually control the resistance level (see step 3 on page 20). **If you press an Incline/Decline button,** you can then manually control the incline level (see step 3 on page 20). **To return to the programmed resistance and/or incline settings of the workout,** touch *Follow Workout.*

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 or incline level of the frame 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 (see HOW TO USE AN IFIT WORKOUT on page 24) or adding the workout to your favorites list. Then, touch *Save Workout* to return to the main menu.

5. **Follow your progress.**

   See step 4 on page 20.

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

   See step 5 on page 20.

7. **Turn on the fan if desired.**

   See step 6 on page 20.

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

   See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

1. **Touch the screen or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE CONSOLE on page 18. Note: It may take a few moments for the console to be ready for use.

2. **Select a draw-your-own-map workout.**

   When you turn on the console, the main menu will appear on the screen after the console boots up.

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

   To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

3. **Draw your map.**

   Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

   If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

4. **Save your workout.**

   Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

5. **Start the workout.**

   Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

6. **Follow your progress.**

   See step 4 on page 20.

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

   See step 5 on page 20.

8. **Turn on the fan if desired.**

   See step 6 on page 20.

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

   See HOW TO TURN OFF THE CONSOLE on page 18.

HOW TO USE AN IFIT WORKOUT

To use an iFit workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26). An iFit account is also required.

1. **Add workouts to your schedule on iFit.com.**

   On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

   Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

   Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

   Take time to explore the iFit.com website before you log out.

2. **Select the main menu.**

   When you turn on the console, the main menu will appear on the screen after the console boots up.

   If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. **Log in to your iFit account.**

   If you have not already done so, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

   To switch users within your iFit account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is

associated with the account, a list of users will appear. Touch the name of the desired user.

4. **Select an iFit workout that you have previously added to your schedule on iFit.com.**

   IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 1).

   To load an iFit workout from iFit.com to the console, touch the Calendar button at the bottom of the screen.

   When you load 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. The workout will function in the same way as a featured workout (see page 20).

6. **Follow your progress.**

   See step 4 on page 20.

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

   See step 5 on page 20.

8. **Turn on the fan if desired.**

   See step 6 on page 20.

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

   See HOW TO TURN OFF THE CONSOLE on page 18.

For more information about iFit, go to iFit.com.

HOW TO CHANGE CONSOLE SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause your console to function slightly differently.

1. **Select the settings main menu.**

   First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 18). Note: It may take a few moments for the console to be ready for use.

   Next, select the main menu (Home button). When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

   Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. **Navigate the settings menus and change settings as desired.**

   Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

   Account
   • My Profile
   • In Workout
   • Manage Accounts

   Equipment
   • Equipment Info
   • Equipment Settings
   • Maintenance
   • Wi-Fi

   About
   • Legal

3. **Customize workout settings.**

   To customize workout settings, touch *In Workout*, and then touch the desired settings. It is recommended that you enable the option to show slider controls on the screen, if available.

4. **Customize the unit of measurement and other settings.**

   To customize the unit of measurement, the time zone, or other settings, touch *Equipment Info* or *Equipment Settings*, and then touch the desired settings.

   The console can display speed and distance in either standard or metric units of measurement.

5. **View machine information or console app information.**

   Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your studio cycle or about the console app.

6. **Update the console firmware.**

   For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the studio cycle, do not unplug the power adapter while the firmware is being updated.**

   The screen will show the progress of the update. When the update is complete, the studio cycle will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug the power adapter in again. Note: It may take a few minutes for the console to be ready for use.

   Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

7. **Calibrate the incline system.**

To calibrate the incline system, touch *Maintenance*, touch *Calibrate Incline*, and then touch *Begin*. The frame 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. When the incline system is calibrated, touch *Finish*.

IMPORTANT: Keep pets, feet, and other objects away from the studio cycle while the incline system is calibrating.

8. **Exit the settings main menu.**

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

HOW TO CONNECT TO A WIRELESS NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a wireless network.

1. **Select the main menu.**

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 18). Note: It may take a few moments for the console to be ready for use.

Next, select the main menu (Home button). When you turn on the console, the main menu will appear on the screen after the console boots up. If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

2. **Select the wireless network menu.**

Touch the menu button (three horizontal lines symbol), and then touch *Wi-Fi* to select the wireless network menu.

3. **Enable Wi-Fi.**

Make sure that Wi-Fi® is enabled. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

4. **Set up and manage a wireless network connection.**

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a few moments for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected wireless network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.)

When the console is connected to your wireless network, a checkmark will appear next to the wireless network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

5. **Exit the wireless network menu.**

To exit the wireless network menu, touch the back button (arrow symbol).

HOW TO USE THE SOUND SYSTEM

Connect with an Audio Cable
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 right side of 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 by pressing the volume
increase and decrease buttons on the right side of the
console or the volume control on your personal audio
player.

Connect Your Device with Bluetooth
If the console has a Bluetooth Audio button, you can
connect your Bluetooth-compatible device to play
audio through the console sound system.

1. **Place or hold your Bluetooth-compatible device
    near the console.**

2. **Enable the Bluetooth setting on your device.**

3. **Pair your device to the console.**

    Press and hold the Bluetooth Audio button on the
    console for 3 seconds. The Bluetooth Audio button
    will begin flashing and the console will enter pair-
    ing mode. When your device and the console pair
    successfully, the audio from your device will play
    through the console sound system.

    Note: The console can save 8 devices in its
    memory. If you have previously paired your device
    to the console, you can simply press the Bluetooth
    Audio button to connect your device to the console.

4. **Erase the console device memory if necessary.**

    If you need to erase all the Bluetooth-compatible
    devices saved in the console memory, press and
    hold the Bluetooth Audio button for 10 seconds.

Connect Your Headphones
If the console has a headphones jack, you can plug
your headphones into the headphones jack to listen to
audio from the console through your headphones.

Connect Your Headphones with Bluetooth
If the console is enabled with this feature, you can
connect your Bluetooth-compatible headphones
to listen to audio from the console through your
headphones.

To connect your headphones to the console, first turn
on your headphones and place them near the console.
Next, select a featured workout (see page 21) or
an iFit workout (see page 24). Then, touch *Connect
Bluetooth Headphones* when this option appears on
the screen.

To pair your headphones to the console, select
your headphones from the list on the screen. When
your headphones and the console pair successfully,
the audio from the console will play through your
headphones.

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 moni-
tor, please see the front cover of this manual.**
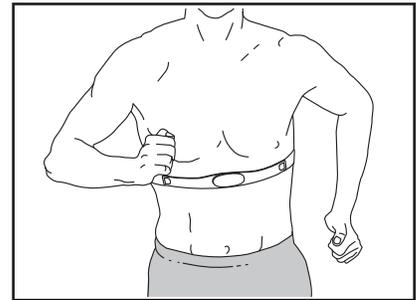
Note: The console is compatible with all Bluetooth
Smart heart rate monitors.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

To clean the studio cycle, 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 you are having problems connecting the console to a wireless network or if you are having problems with your iFit account or iFit workouts, go to support.iFit.com.

If the Console (10) does not stay in place when it is moved to the desired position, tighten the indicated M8 Locknut (99) slightly until the Console stays in place.
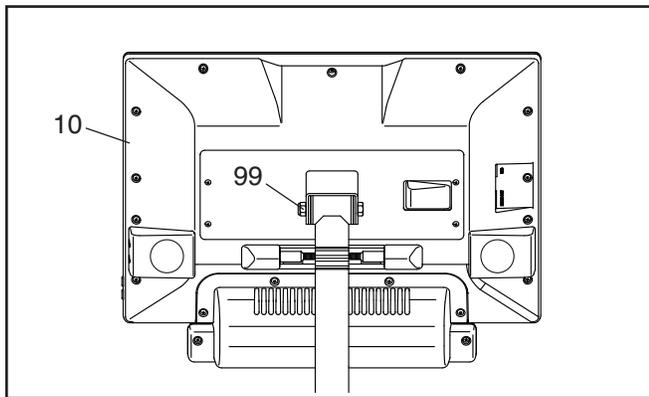
If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. 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 the power adapter and then plug it in again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 25). Note: It may take a few minutes for the console to be ready for use.
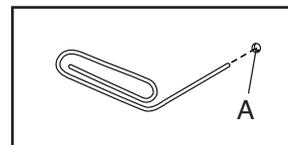
INCLINE SYSTEM TROUBLESHOOTING

If the frame does not move to the correct incline level, see HOW TO CHANGE CONSOLE SETTINGS on page 25 and calibrate the incline system.

Note: When the studio cycle is declined or extremely inclined, the range of resistance levels may decrease.

HOW TO ADJUST THE LEFT CRANK ARM

If the Left Crank Arm (21) feels loose while you are pedaling, first loosen the two M6 x 25mm Screws (96). Then, follow the steps below. Note: If you have a torque wrench, tighten the Screws (15, 96) to the listed torque specs. If you do not have a torque wrench, simply tighten the Screws as firmly as you can.
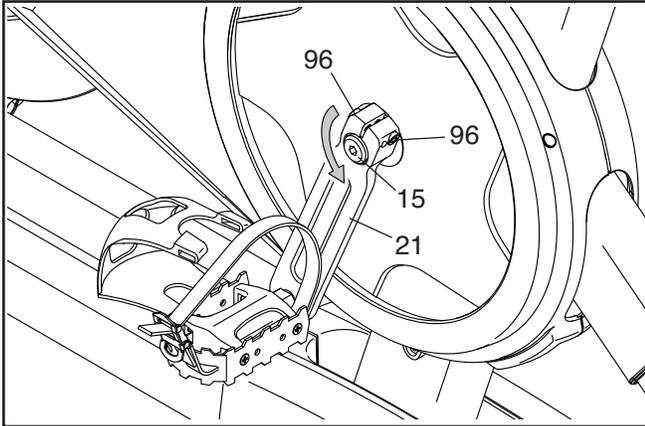

1. Tighten the M12 Crank Screw (15) **counter-clockwise** to 7 Nm (5 ft-lbs).

2. Tighten each M6 x 25mm Screw (96) to 20 Nm (15 ft-lbs). Then, tighten each M6 x 25mm Screw a second time to 20 Nm (15 ft-lbs) in the same order.

3. Finally, tighten the M12 Crank Screw (15) **counter-clockwise** to 50 Nm (37 ft-lbs).

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, **first unplug the power adapter.** Next, remove the three indicated M4 x 16mm Screws (83) from the Right and Left Shields (30, 32).
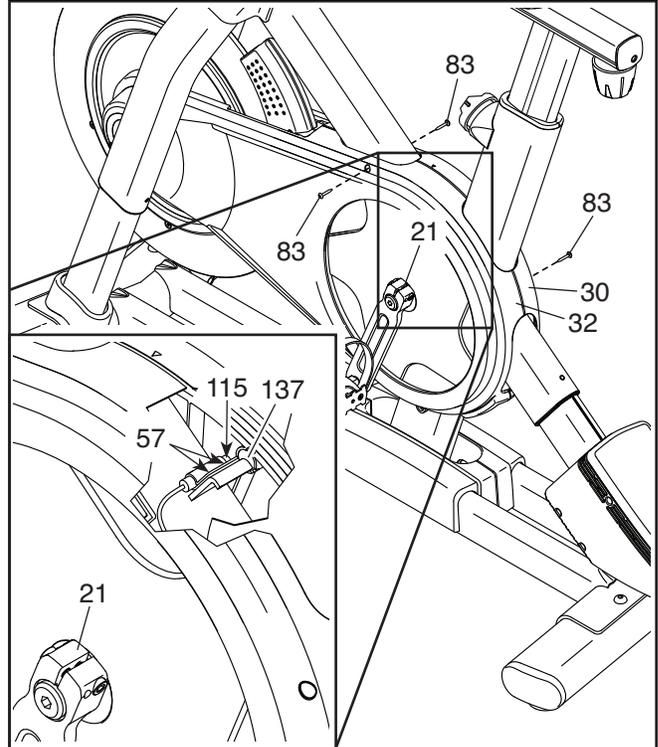
Then, carefully pull the tops of the Right and Left Shields (30, 32) apart a few inches.

See the inset drawing. Slightly loosen the two indicated #8 x 1/2" Screws (57). Next, rotate the Left Crank Arm (21) until a Pulley Magnet (137) is aligned with the Reed Switch (115). Slide the Reed Switch slightly toward or away from the Pulley Magnet. Then, retighten the Screws.

Plug in the power adapter and rotate the Left Crank Arm (21) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the Right and Left Shields (30, 32).

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, **first unplug the power adapter.** Then, follow the instructions below. Note: The drawings show only the right side of the studio cycle.

Remove the indicated M4 x 16mm Screw (83) and the Shield Cover (31) from each side of the studio cycle.

Next, loosen the M10 Axle Nut (27) on each side of the studio cycle, and tighten the Adjustment Nut (26) on each side of the studio cycle **one half turn.** Then, firmly retighten the M10 Axle Nuts.

Plug in the power adapter and pedal the studio cycle to test the adjustment. If necessary, repeat the above actions until the pedals no longer slip.

When the drive belt is properly adjusted, reattach the shield covers.
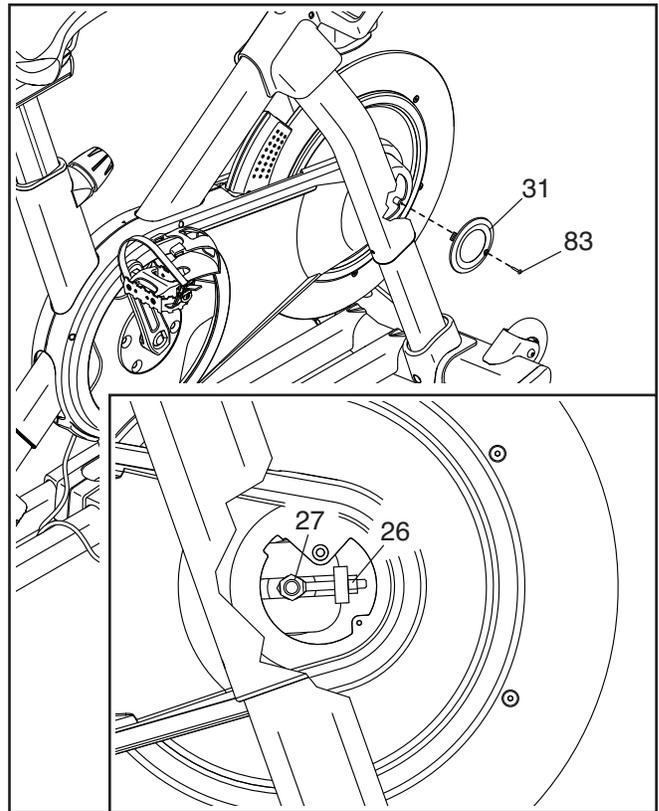
EXERCISE GUIDELINES

⚠ 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.
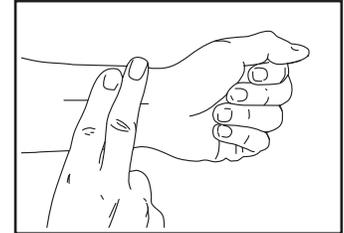
WORKOUT GUIDELINES

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. NTEX03121-INT.2 R1220A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Resistance Disc
2	1	Base	52	1	Lower Saddle Clamp
3	1	Front Stabilizer	53	1	Upper Saddle Clamp
4	1	Rear Stabilizer	54	1	Saddle
5	1	M6 Shoulder Screw	55	6	Anchored Zip Tie
6	2	Inner Leg Sleeve	56	1	Pedal Set
7	1	Handlebar Post	57	18	#8 x 1/2" Screw
8	1	Console Support	58	1	Upper Leg
9	1	M8 x 32mm Screw	59	2	Lower Leg
10	1	Console	60	4	#8 x 1/3" Screw
11	1	Console Bracket	61	4	M8 x 15mm Screw
12	2	M4 x 10mm Machine Screw	62	2	Outer Leg Sleeve
13	1	Saddle Post	63	2	Frame Bearing
14	2	Hand Weight	64	2	Leg Cover
15	1	M12 Crank Screw	65	1	Ground Screw
16	1	Pulley	66	4	Large Leg Bushing
17	4	M4 x 14mm Screw	67	1	Carriage
18	4	M10 x 20mm Flat Head Bolt	68	2	Leg Spacer
19	1	Crank/Right Crank Arm	69	4	Small Leg Bushing
20	1	Pivot Axle	70	1	Right Grip
21	1	Left Crank Arm	71	1	Left Grip
22	1	Flywheel Assembly	72	1	Right Control
23	1	Handlebar Cap	73	1	Left Control
24	2	Pivot Bushing	74	1	Shaft Cover
25	1	Drive Belt	75	1	Shaft Cover Sleeve
26	2	Adjustment Assembly	76	4	Stabilizer Cap
27	2	M10 Axle Nut	77	2	Foot
28	2	Post Clamp	78	2	Leveling Foot
29	1	Right Base Cover	79	1	Controller
30	1	Right Shield	80	1	Controller Cover
31	2	Shield Cover	81	3	M3 x 6mm Machine Screw
32	1	Left Shield	82	1	Resistance Motor
33	1	Right Disc	83	34	M4 x 16mm Screw
34	1	Right Incline Motor Cover	84	1	M12 x 25mm Cap Screw
35	1	Left Incline Motor Cover	85	2	Post Knob Cap
36	1	Upper Incline Motor Cover	86	3	Clip Nut
37	1	Left Disc	87	2	Incline Motor Bushing
38	1	Hand Weight Tray	88	1	Incline Motor Spacer
39	1	Handlebar Post Cap	89	1	Incline Motor
40	1	Accessory Tray	90	1	Magnet Bracket
41	1	M8 Saddle Screw	91	1	Right Magnet Bracket Cover
42	1	Saddle Nut	92	1	Left Magnet Bracket Cover
43	2	Carriage Cap	93	4	M8 x 12mm Patch Screw
44	3	One-wire Grommet	94	1	M10 x 52mm Bolt
45	1	Right Saddle Post Sleeve	95	1	M10 Jam Nut
46	1	Left Saddle Post Sleeve	96	2	M6 x 25mm Screw
47	1	Right Handlebar Post Sleeve	97	1	Handlebar
48	1	Left Handlebar Post Sleeve	98	2	M8 x 50mm Bolt
49	2	Wheel	99	3	M8 Locknut
50	1	Adjustment Arm	100	2	Post Knob

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Carriage Knob	129	1	M5 x 8mm Screw
102	2	M10 x 38mm Washer	130	1	#6 x 5/8" Screw
103	4	M4 x 8mm Machine Screw	131	1	Adjustment Block
104	2	Incline Motor Sleeve	132	2	M4 x 10mm Blunt Screw
105	12	M10 x 20mm Screw	133	2	M10 x 20mm Hex Screw
106	1	M8 x 83mm Bolt	134	1	Plastic Spacer
107	2	M4 x 15mm Machine Screw	135	5	M10 Locknut
108	3	M6 Washer	136	1	Shoe Pin
109	1	Bracket Mount	137	2	Pulley Magnet
110	2	Wire Protector	138	2	M6 x 15mm Screw
111	2	Upper/Lower Pivot Disc	139	1	Thrust Washer
112	1	Center Pivot Disc	140	1	Brake Knob Cap
113	2	Inner Pivot Disc	141	1	M6 Locknut
114	2	Outer Pivot Disc	142	1	Lower Brake Knob
115	1	Reed Switch/Wire	143	1	Lower Brake Bushing
116	1	Reed Switch Clip	144	1	Spring Stop
117	1	Left Base Cover	145	1	Brake Spring
118	1	Power Receptacle	146	2	M4 x 6mm Screw
119	1	Power Adapter	147	1	Brake Shaft
120	1	Power Cord	148	1	Roll Pin
121	1	Upper Brake Bushing	149	1	E-ring
122	1	Lower Wire	150	1	Brake Shoe
123	1	Upper Wire	151	1	Upper Leg Axle
124	1	Extension Wire	152	2	M4 Set Screw
125	1	Control Wire	153	1	Upper Brake Bushing
126	2	M8 x 12mm Screw	154	1	M6 x 10mm Washer
127	8	M8 Large Washer	*	–	User's Manual
128	2	M5 Nut	*	–	Assembly Tool

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.
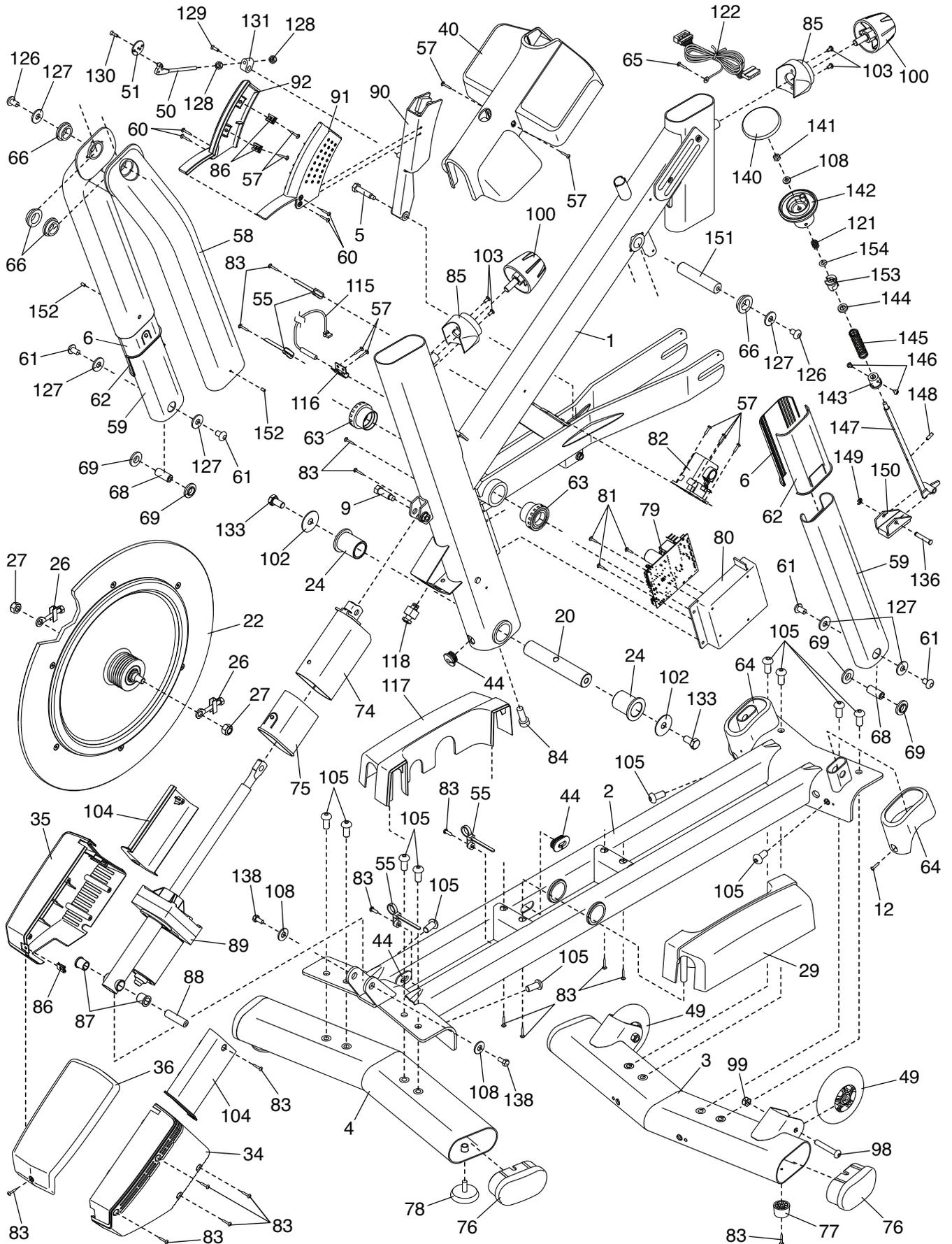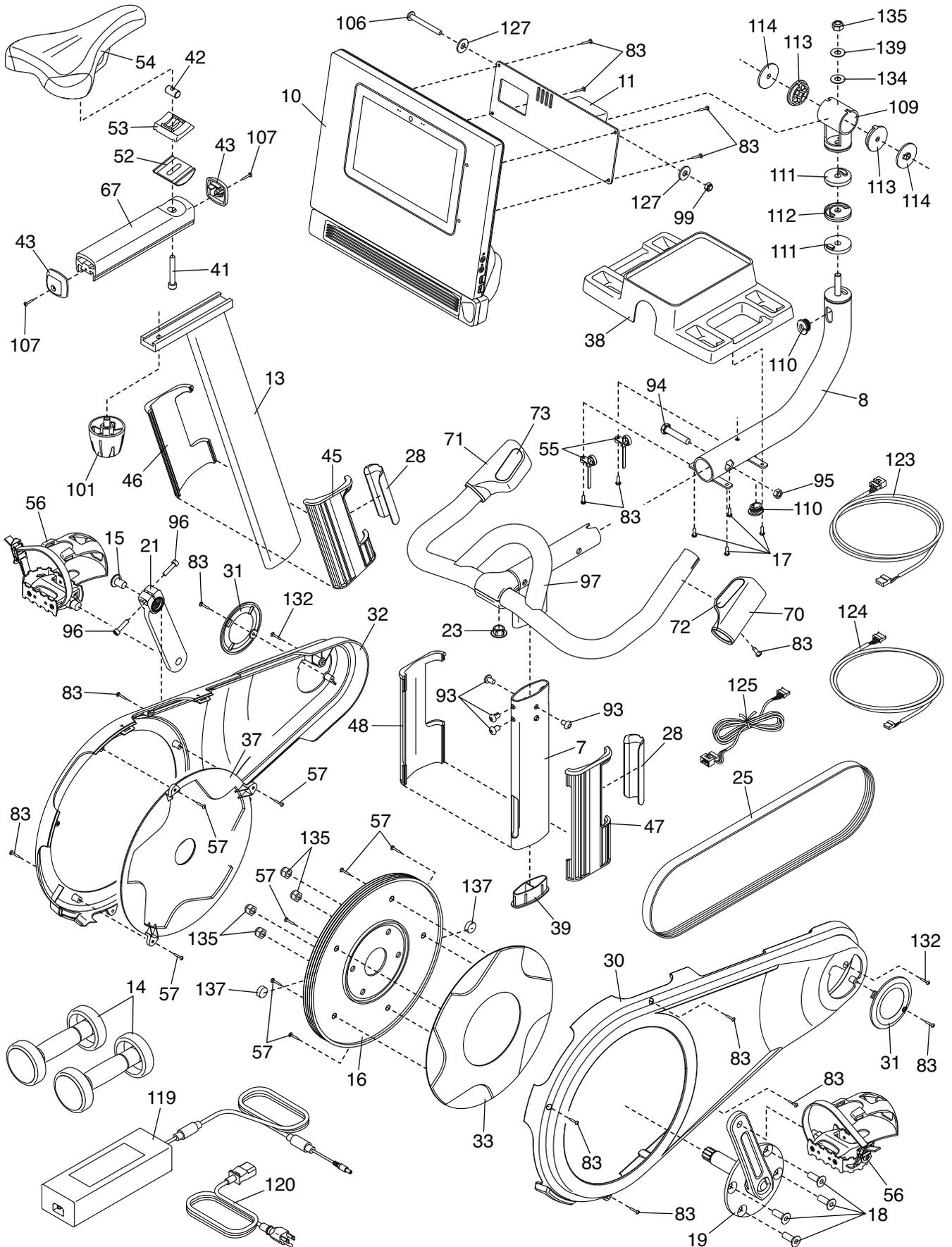
ORDERING REPLACEMENT PARTS

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.