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Nordictrack gx 4.7 r recumbent cycle manual

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Cycling is an effective exercise manual. To help us assist you, note the product model for increasing cardiovascular fitness, building endur- number and serial number before contacting us. 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. "R" or "Right." wrenches. To avoid damaging parts, do not use power tools. • To identify small parts, see page 6. 1. Go to my.nordictrack.com on your computer and register your product. • documents your ownership • activates your warranty • ... Page 8 3. Orient the Front Stabilizer (2) as indicated by the sticker. While a second person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 80mm Screws (21). 4. Orient the Adjustment Lever (6) as shown. Attach the Adjustment Lever (6) to the Brake Axle (37) with two M6 x 16mm Screws (33), two M6 Split Washers (34), and two M6 Large... Page 9 6. Orient the Seat (10) and the Seat Frame (9) as shown. Attach the Seat (10) to the Seat Frame (9) with four M6 x 40mm Screws (27); start all the Screws, and then tighten them. 7. Attach the Seat Frame (9) to the Seat Carriage (7) with four M8 x 40mm Screws (28);... Page 10 8. Orient the Backrest (11) as shown. Attach the Backrest (11) to the Backrest Frame (8) with two M6 x 40mm Screws (27). 9. Remove the Accessory Tray (5) from the Left and Right Front Shields (57, 58). Set the Accessory Tray aside. Page 11 10. Tip: Avoid pinching the Main Wire (77). Hold the Upright (4) against the Frame (1). Attach the Upright with four M8 x 15mm Screws (24), start all the Screws, and then tighten them. Next, orient the Accessory Tray (5) and the Avoid Console Cover (16) as shown. Page 12 12. While a second person holds the Console (15) near the Handlebar (14), connect the wires on the Console to the Main Wire (77) and the Pulse Wire (84). Insert the excess wire into the Handlebar (14). Tip: Avoid pinching the wires. Attach the Console (15) to the Handlebar (14) with two M4 x 16mm Screws (49) in the location shown. Page 13 14. Attach the Tablet Holder (87) to the Console (15) with four Tablet Holder Screws (88); start all the Tablet Holder Screws, and then tighten them. 15. Identify the Right Pedal (13). Using an adjustable wrench, firmly tighten the Right Pedal (13) clockwise into the Right Crank Arm (71). Page 14 16. After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened. 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 HOW TO ADJUST THE SEAT IMPORTANT: If the exercise bike has been exposed The seat can be to cold temperatures, allow it to warm to room tem- adjusted forward perature before you plug in the power adapter (A). Page 16 HOW TO LEVEL THE EXERCISE BIKE HOW TO USE THE TABLET HOLDER If the exercise bike IMPORTANT: The tablet holder (H) is designed for use with most full-size tablets. Do not place rocks slightly on your any other electronic device or object in the tablet floor during use, turn one or both of the holder. Page 17 CONSOLE DIAGRAM FEATURES OF THE CONSOLE IMPORTANT: To activate your console and begin using its exclusive features, see assembly step 17 on page 14. The advanced console offers an array of features designed to make your workouts more effective and enjoyable. Page 18 HOW TO USE THE MANUAL MODE 4. Follow your progress with the displays. 1. Begin pedaling or press any button on the display can show the following workout console to turn on the console. info: When you turn on the console, the display will turn Calories (CAL) When the manual mode is on. Page 19 Press the Next Display button repeatedly to view change the volume the desired workout information in the display. 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 Scan mode The console also has a scan mode display. Page 20 HOW TO USE AN ONBOARD WORKOUT When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 s. Begin pedaling or press any button on the seconds. Page 21 IMPORTANT: The target speed is intended only HOW TO USE THE SOUND SYSTEM to provide motivation. Your actual pedaling speed may be slower than the target speed. To play music or audio books through the console Make sure to pedal at a speed that is comfort- sound system while you exercise, plug a 3.5 mm male able for you. Page 22 HOW TO CONNECT YOUR TABLET TO THE 5. Disconnect your tablet from the console if CONSOLE desired. The console supports BLUETOOTH connections To disconnect your tablet from the console, first to tablets via the iFit-Smart Cardio Equipment app select the disconnect option in the iFit-Smart and to compatible heart rate monitors. Page 23 HOW TO CHANGE CONSOLE SETTINGS Total Time The word TIME will appear in the display. The display will show the total number of 1. Select the settings mode, hours that the exercise bike has been used. If you are using the manual mode or an onboard workout, you must stop pedaling and exit the work- out before you can select the settings mode. FCC INFORMATION This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. MAINTENANCE AND TROUBLESHOOTING MAINTENANCE HOW TO ADJUST THE REED SWITCH Regular maintenance is important for optimal if the console does not display correct feedback, the performance and to reduce wear. Inspect and properly reed switch should be adjusted. tighten all parts each time the exercise bike is used. Replace any worn parts immediately. EXERCISE GUIDELINES Burning Fat To burn fat effectively, you must exer- WARNING: cise at a low intensity level for a sustained period of Before beginning this time. During the first few minutes of exercise, your or any exercise program, consult your phys- body uses carbohydrate calories for energy. Page 27 SUGGESTED STRETCHES The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce. 1. Toe Touch Stretch Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Page 28 NOTES... PART LIST Model No. 21918.0 R0818A Key No. Qty. Description Key No. Qty. Description Frame Roller Axle Front Stabilizer Carriage Rail Rear Stabilizer Carriage Rail Bumper Upright M4 x 16mm Screw Accessory Tray Pivot Bracket Inner Bushing Adjustment Lever Pivot Bracket Outer Bushing Seat Carriage M8 x 10mm Screw Backrest Frame... EXPLODED DRAWING A Model No. 21918.0 R0818A... Page 31 EXPLODED DRAWING B Model No. 21918.0 R0818A... 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) • ... Page 1 Model No. 831.21914.1 Serial No. USER'S MANUAL Write the serial number in the space above for reference. Serial Number Decal ACTIVATE YOUR WARRANTY To register your product and activate your warranty today, go to www.nordictrackservice.com/registration. CUSTOMER CARE For service at any time, go to www.nordictrackservice.com. 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. NORDICTRACK is a registered trademark of ICON IP, Inc. 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. Page 5 STANDARD SERVICE PLANS... BEFORE YOU BEGIN Thank you for selecting the new NORDICTRACK ® GX 4.7 R exercise bike. Cycling is an effective exercise manual. To help us assist you, note the product model for increasing cardiovascular fitness, building endur- number and serial number before contacting us. 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. ASSEMBLY • Assembly requires two persons. In addition to the included tool(s), assembly requires the following tools: • Place all parts in a cleared area and remove the one Phillips screwdriver packing materials. Do not dispose of the packing materials until you nish all assembly steps. one adjustable wrench • ... Page 9 3. Orient the Front Stabilizer (2) as indicated by the sticker. While a second person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 80mm Screws (21). 4. Orient the Adjustment Lever (6) as shown. Attach the Adjustment Lever (6) to the Brake Axle (37) with two M6 x 16mm Screws (33), two M6 Split Washers (34), and two M6 Large... Page 10 6. Orient the Seat (10) and the Seat Frame (9) as shown. Attach the Seat (10) to the Seat Frame (9) with four M6 x 40mm Screws (27). Start all the Screws, and then tighten them. 7. Attach the Seat Frame (9) to the Seat Carriage (7) with four M8 x 40mm Screws (28). Page 11 8. Orient the Backrest (11) as shown. Attach the Backrest (11) to the Backrest Frame (8) with two M6 x 40mm Screws (27). 9. Remove the Accessory Tray (5) from the Left and Right Front Shields (57, 58). Set the Accessory Tray aside. Page 12 10. Tip: Avoid pinching the Main Wire (77). Hold the Upright (4) against the Frame (1). Attach the Upright with four M8 x 15mm Screws (24). Start all the Screws, and then tighten them. Avoid Next, orient the Accessory Tray (5) and the pinching Console Cover (16) as shown. Page 13 12. While a second person holds the Console (15) near the Handlebar (14), plug the Main Wire (77) and the Pulse Wire (84) into the receptacles on the Console. The connectors on the Main Wire (77) and the Pulse Wire (84) should slide easily into the receptacles and snap into place. Page 14 14. Identify the Right Pedal (13). Using an adjustable wrench, firmly tighten the Right Pedal (13) clockwise into the Right Crank Arm (71). Firmly tighten the Left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). Strap Adjust the right strap to the desired position, and press the ends of the straps onto the tabs on the Right Pedal (13). HOW TO USE THE EXERCISE BIKE HOW TO PLUG IN THE POWER ADAPTER HOW TO ADJUST THE PEDAL STRAPS IMPORTANT: If the To adjust the pedal exercise bike has straps, first pull the been exposed to ends of the straps off Strap cold temperatures, the tabs on the ped... Page 16 CONSOLE DIAGRAM MAKE YOUR FITNESS GOALS A REALITY WITH Upload your workout results to the iFit cloud IFTT.COM and track your accomplishments. With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your Set calorie, time, or distance goals for your fitness goals a reality: workouts. FEATURES OF THE CONSOLE HOW TO USE THE MANUAL MODE The advanced console offers an array of features 1. Begin pedaling or press any button on the designed to make your workouts more effective and console to turn on the console. enjoyable. Page 18 Distance (Dist.) This display mode will show When a wireless iFit module the distance that you have pedaled in miles or is connected, the wireless kilometers. symbol at the top of the dis- play will show the strength of Pulse This display mode will show your heart rate your wireless signal. If the display does not show your heart rate, make Note: The console features a display demo mode, sure that your hands are positioned as described. designed to be used if the exercise bike is dis- Be careful not to move your hands excessively or played in a store. Page 20 HOW TO USE AN ONBOARD WORKOUT speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then 1. Begin pedaling or press any button on the change. console to turn on the console. As you exercise, you will be prompted to keep your When you turn on the console, the display will turn pedaling speed near the target speed for the car... Page 21 HOW TO USE A SET-A-GOAL WORKOUT Note: The calorie goal is an estimate of the number of calories that you will burn during 1. Begin pedaling or press any button on the the workout. The actual number of calories that console to turn on the console. Page 22 HOW TO USE AN IFTT WORKOUT Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that You must have an iFit module to use an iFit workout, type in your schedule. To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the Press the Compete button to compete in a race... Page 23 6. Follow your progress with the display. 7. Measure your heart rate if desired. See step 4 on page 17. See step 5 on page 18. The My Trail tab will show a map of the trail or it will 8. Page 24 HOW TO CHANGE CONSOLE SETTINGS Units The currently selected unit of measurement will appear in the display. To change the unit of 1. Select the settings mode, measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view To select the settings mode, press the Settings distance in kilometers, select METRIC. FCC INFORMATION This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. MAINTENANCE AND TROUBLESHOOTING Inspect and tighten all parts of the exercise bike Next, locate the Reed Switch (78). Loosen, but do not regularly. Replace any worn parts immediately. remove, the M4 x 12mm Washer Head Screw (65). To clean the exercise bike, use a damp cloth and a small amount of mild soap. EXERCISE GUIDELINES Burning Fat To burn fat effectively, you must exer- WARNING: cise at a low intensity level for a sustained period of Before beginning this time. During the first few minutes of exercise, your or any exercise program, consult your phys- body uses carbohydrate calories for energy. Page 28 SUGGESTED STRETCHES The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce. 1. Toe Touch Stretch Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. PART LIST Model No. 831.21914.1 R1213A Key No. Qty. Description Key No. Qty. Description Frame Lower Roller Front Stabilizer Roller Axle Rear Stabilizer Carriage Rail Upright Carriage Rail Bumper Accessory Tray M4 x 16mm Screw Adjustment Lever Pivot Bracket Inner Bushing Seat Carriage Pivot Bracket Outer Bushing Backrest Frame... EXPLODED DRAWING A Model No. 831.21914.1 R1213A... Page 31 EXPLODED DRAWING B Model No. 831.21914.1 R1213A... 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) • ...

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