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NordicTrack Vertex 670

Model No. NEL5095.2
Serial No. _____

The responsibility of this manual is to
provide you with the information you need
to use this product safely and effectively.



QUESTIONS?

For more information, please contact
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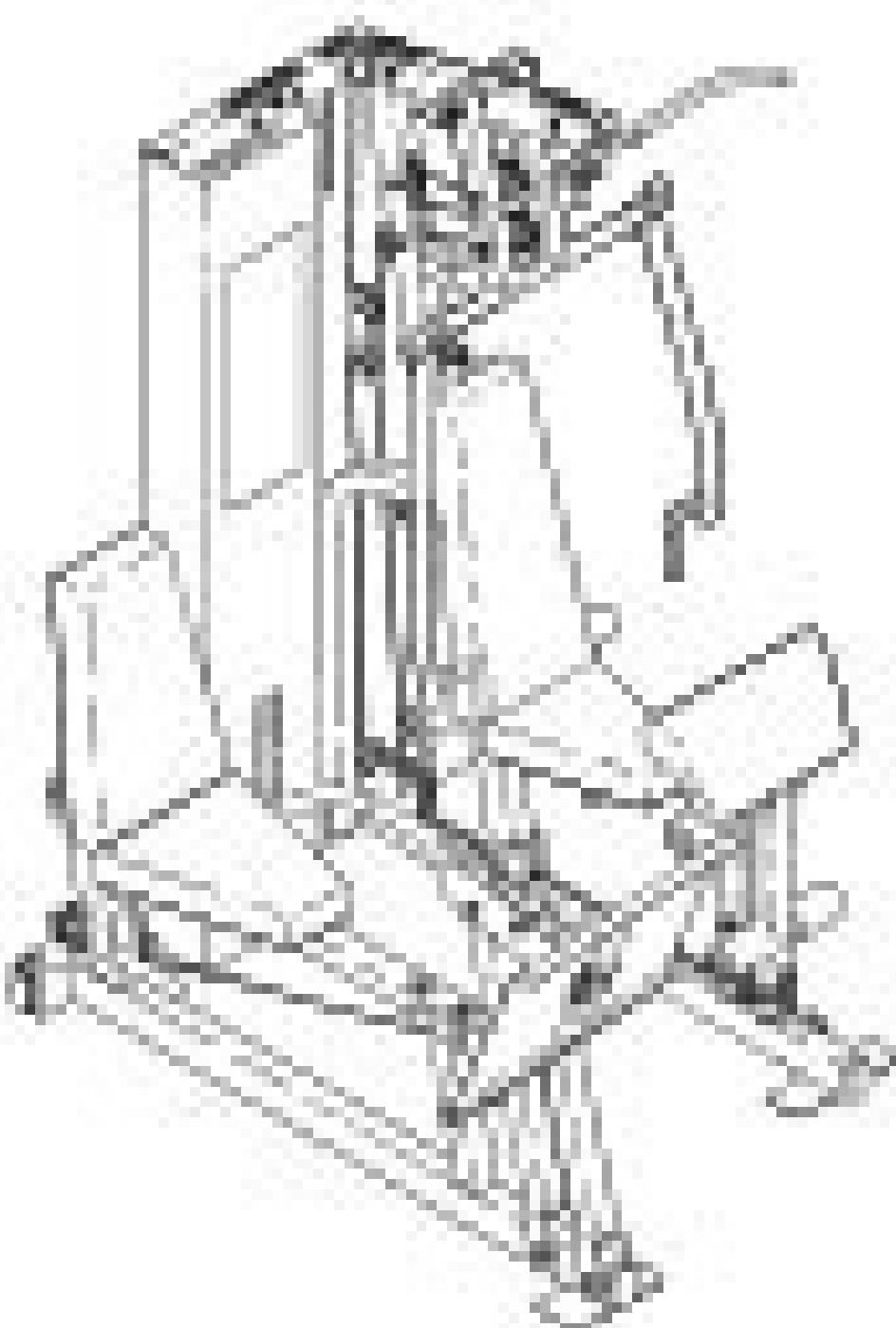
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that will help you get the most out of your
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CAUTION

Read all precautions and instructions
before using this product. Failure to follow
these instructions may result in injury or
property damage.

USER'S MANUAL



Visit our website at
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troubleshooting tips, and more!

Nordictrack cx 938 elliptical owners manual. Cx 938 elliptical manual.

M10 Split M8 Split 7.6mm Spacer M4 x 16mm M4 x 16mm M8 x 44mm Button Round Head Washer (73)-2 Washer (85)-4 (47)-2 Screw (69)-4 Screw (94)-2 Screw (84)-8 M8 x 56mm Button Screw (83)-4 M8 x 79mm Bolt Set (65)-2 M10 x 108mm Button Screw (70)-2 1. Do not tighten the Button Screws yet. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (not shown) to the Frame in the same way. 30 69 8.Make sure that all parts of the elliptical exerciser are properly tightened. The console also offers eight preset programs. .20 PART LIST . Console Handgrip Pulse Sensor Water Bottle Holder* Upright BACK Fan Handlebar FRONT Wheel Pedal Pedal Leg RIGHT SIDE Leveling Foot *No Water Bottle is included. Inspect and properly tighten all parts regularly. 3.Slide a Weld Spacer (28) onto the axle on the left side of the Upright (2), with the open side of the Weld Spacer facing the Upright. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general. Batteries Battery Cover 7. 83 6. .2 BEFORE YOU BEGIN . The elliptical exerciser should not be used by persons weighing more than 250 pounds. To use an iFIT.com CD or video program, see page 17. Grease Attach the other end of the Left Pedal (10) to the Left Face 12 Pedal Leg (4) with two M8 x 56mm Button Screws (83) and two M8 Split Washers (85). Connect the Pulse Do not pinch Wire (20) to the pulse wire on the Console. Keep children under age 12 and pets away from the elliptical exerciser at all times. Model No. NEL5095.2 Serial No. _____ Serial Number Decal QUESTIONS? Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it. The model number is NEL5095.2. The seri- al number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal). 1. Attach the Upright with two M10 x 108mm Button Screws (70), two M10 Split Washers (73), and two 7.6mm Spacers (47).Make sure that the curved sides of the Spacers are facing the Upright. (Note: The Screws 2 may be found in the console box.) Be careful to avoid 69 pinching the wires. When the pedals are stationary, step off the highest pedal first. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection. Apply a small amount of the included grease to the axle. Note: Some small parts may have been pre-assem- bled, the wires Carefully insert all excess wiring down into the Upright during this step. FEATURES OF THE CONSOLE The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. Be careful to avoid damaging the Wire Harnesses with the Button Screws. The second number is the quantity used in assembly. Gently lift the tabs and disconnect the halves. Keep your back straight when using the elliptical exerciser; do not arch your back. The elliptical exerciser is intended for in-home use only. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product. 5. 12. Be careful to avoid pinching the Wire Harnesses (30, 42). Replace any worn parts immediately. When you stop exercising, allow the pedals to slowly come to a complete stop. NordicTrack is a registered trademark of ICON IP, Inc. To use the manual mode of the console, follow the steps beginning on page 9. The Console (17) requires four "D" batteries (not 6 included); alkaline batteries are recommended. If you feel pain or dizziness while exercising, stop immediately and cool down. This is especially important for persons over the age of 35 or persons with pre-existing health problems. 9. Insert the connectors on the Wire Harnesses up into the Upright (2). Insert the Upright (2) into the Frame (1). Have another person hold the Console (17) near the 7 Upright (2). .Back Cover IMPORTANT PRECAUTIONS WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser. Welcome to a whole new world of natural, elliptical-motion exercise from NordicTrack. Attach the Left Pedal and the left Upper Body Arm to the Left Pedal Leg with the Bolt Set. Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser. Tighten the two M10 x 108mm Button 85 Screws (70). Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use the elliptical exerciser. 8 64 84 84 2.Have another person hold the Upright (2) in the position shown. Push the pedals until they begin to move with a continuous motion. As you assemble the elliptical exerciser, use the drawings below to identify the small parts used in assembly. Identify the Left Pedal (10), which has a notch near 5 the right side. Attach the other Upper Body Arm (29) to the right side of the Upright (2) in the same way. High-energy music provides added motivation. HOW TO USE THE ELLIPTICAL EXERCISER HOW TO MOVE THE ELLIPTICAL EXERCISER Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against one of the wheels. 8. Then, step off the lowest pedal. 10. 2 29 Grease 28 96 31 Axle 29 31 Axle 5. .18 CONDITIONING GUIDELINES . Explore www.iFIT.com for more information. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Attach the other Handlebar Cover Set (26) to the right side of the Upright (2) in the same way. Handlebars Handgrip Pulse Sensor Pedals Wheel CONSOLE DIAGRAM Note: If there is a sheet of clear plastic on the face of the console, remove it before using the console. Do not dispose of the packing materials until assembly is completed. USER'S MANUAL Visit our website at www.nordictrack.com new products, prizes, fitness tips, and much more! 7. Having iFIT.com technology is like having a per- sonal trainer in your home. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY. .4 HOW TO USE THE ELLIPTICAL EXERCISER . . The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops. Assembly requires the included allen wrenches and your own phillips screwdriver and rubber mallet . 11. .3 ASSEMBLY . WARNING: Before beginning this or any exercise program, consult your physician. With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. (2). When the manual mode of the console is selected, the resistance of the elliptical exerciser can be changed with the touch of a button. See step 2. Do not use the elliptical exerciser in a commercial, rental, or institutional setting. Align the halves and press them together until they lock. Attach the Console (17) to the Upright with four M4 20 x 16mm Round Head Screws (69). To purchase iFIT.com CDs and videocassettes, call the toll-free telephone number on the front cover of this manual, 6. .21 EXPLODED DRAWING . .Back Cover LIMITED WARRANTY . 4. Connect the Upper Wire Harness (30) to 17 the wire harness on the Console. To use a heart rate program, see page 12. The console also features iFIT.com interactive technology. If you have ques- tions after reading this manual, see the front cover of this manual. Insert four batteries into the battery compart- ment; make sure that the batteries are oriented as shown by the diagram inside the battery compart- ment. Various factors may affect the accuracy of heart rate readings. Note: Some extra hardware may be left over. BEFORE YOU BEGIN Congratulations for selecting the new NordicTrack® CX 938 elliptical exerciser. Cover the floor beneath the elliptical exerciser to protect the floor from damage. Then, place one foot against a wheel, and lower the elliptical exerciser. Next, apply a generous amount of grease to the long side of an M8 x 79mm Bolt Set (65) and the 29 10 faces of the two indicated Upper Body Arm Bushings (12). Have a second person hold the lower end of the 65 Notch left Upper Body Arm (29) inside of the bracket on the Left Pedal Leg. EXERCISING ON THE ELLIPTICAL EXERCISER To mount the elliptical exerciser, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Identify the Front Stabilizer (8). 3. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions. Slide an Upper Body Arm (29) onto the axle on the left side of the Upright (2). Place the Left Pedal on the Left Pedal 65 Leg (4). See the inset drawing. To use a preset program, see page 11. Repeat this step on the right side of the elliptical exer- 4 ciser. If a part is not in the parts bag, check to see if it is pre-assembled. Keep the elliptical exerciser indoors, away from moisture and dust. To dismount the elliptical exerciser, wait until the pedals come to a complete stop. To use an iFIT.com program directly from our Web site, see page 18. The CX 938 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. .22 HOW TO ORDER REPLACEMENT PARTS . Read all instructions before using. Attach the Water Bottle Holder (13)to the Upright (2) with two M4 x 16mm Screws 5 2 Pull Do not pinch the wire harnesses 2 during this step. Connect the Upper Wire Harness (30) to the Lower Wire Harness (42). To help us assist you, please note the product model number and serial number before contacting us. ASSEMBLY Assembly requires two persons. Reattach the battery cover. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Pull the handlebars until the elliptical exerciser can be moved on the wheels, and carefully move the elliptical exerciser to the desired location. iFIT.com programs automatically control the resistance of the elliptical exerciser and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. 4.Look inside one of the Handlebar Cover Sets (26) and locate the square tabs connecting the two halves. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below. Using the included stereo audio cable, you can connect the elliptical exerciser to your portable stereo, home stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). And the unique CX 938 offers an impres- sive array of features to help you achieve your fitness goals in the convenience of your home. As a manufacturer, we are committed to providing complete customer satisfaction. While another person 1 lifts the front of the Frame (1) and holds the Pedal Legs (4, 5) in the position shown, attach the Front 1 4, 5 Stabilizer to the Frame with four M8 x 44mm Button Screws (84) and a Support Plate (64). 2. Hold the two halves of the Handlebar Cover Set (26) around the tube on the left side of the Upright (2). .7 MAINTENANCE AND TROUBLESHOOTING . Each program automatically changes the resistance of the elliptical exerciser and prompts you to increase or decrease your pace as it guides you through an effective workout. Using the included Push Nut Tool (96), tap a Push Nut (31) onto the axle; make sure that the Push Nut is turned as shown in the inset drawing. As you exercise, the console will provide continuous exercise feedback. Next, step onto the other pedal. The pulse sensor is not a medical device. For your benefit, read this manual carefully before you use the elliptical exerciser. Keep this manual for future reference. 17 Remove the battery cover from the bottom of the Console. Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses. In addition, the console features two heart rate programs that automatically change the resistance of the elliptical exerciser and prompt you to vary your pace to keep your heart rate near a target heart rate while you exercise. You can even measure your heart rate using the handgrip pulse sensor. 13. CUSTOMER 1-888-823HOT-LINE.2588 Mon.-Fri., 6 a.m.-6 p.m. MST ON THE WEB: www.nordictrackservice.com CAUTION Read all precautions and instructions in this manual before using this equipment. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 21. TABLE OF CONTENTS IMPORTANT PRECAUTIONS .

Find Netstrata's contact details, office hours and locations, or send an enquiry with the online form. 1300 638 787. Get a Quote; ... The first step towards benefiting from the Netstrata difference is to make an enquiry for an obligation free quote. Request a Quote. If you would like to visit us, scroll down to see our office locations. Englisch-Deutschwörterbuch (Übersetzer): Von Benutzern erweiterbares Wörterbuch für die Englisch-Deutsch-Übersetzung. Weitere Wörterbücher für andere Sprachen ebenfalls verfügbar! Find Netstrata's contact details, office hours and locations, or send an enquiry with the online form. 1300 638 787. Get a Quote; ... The first step towards benefiting from the Netstrata difference is to make an enquiry for an obligation free quote. Request a Quote. If you would like to visit us, scroll down to see our office locations. Englisch-Deutschwörterbuch (Übersetzer): Von Benutzern erweiterbares Wörterbuch für die Englisch-Deutsch-Übersetzung. Weitere Wörterbücher für andere Sprachen ebenfalls verfügbar!

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