

# NordicTrack®

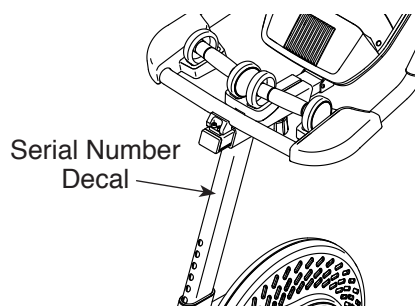
## GRAND TOUR PRO

nordictrack.com

Model No. NTEX70417.2

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [my.nordictrack.com](http://my.nordictrack.com).

### CUSTOMER CARE

For service at any time, go to [support.nordictrack.com](http://support.nordictrack.com).

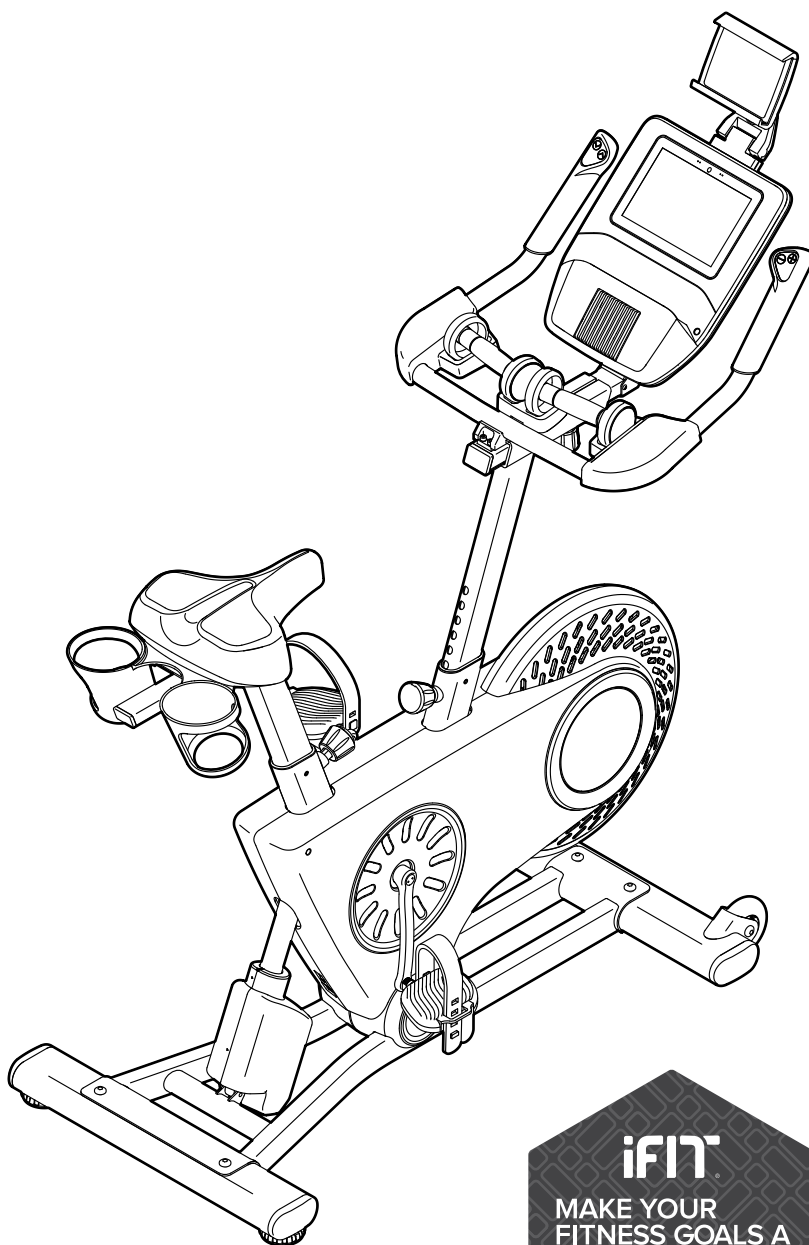
Or call 1-800-TO-BE-FIT  
(1-800-862-3348)  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

### ⚠ CAUTION

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

## USER'S MANUAL



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## WARNING DECAL PLACEMENT


This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

**CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE BIKE IS IN OPERATION.

**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 375 lbs / 170 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



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# IMPORTANT PRECAUTIONS

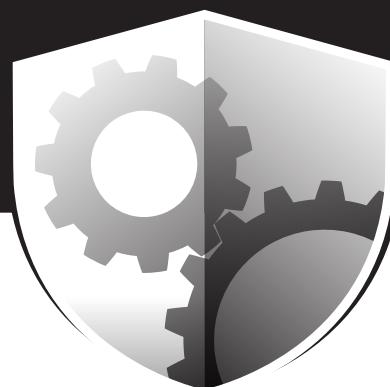
**⚠️ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the exercise bike at all times.
10. When connecting the power cord, plug the power cord into a grounded circuit.
11. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
12. Do not operate the exercise bike if the power cord or plug is damaged, or if the exercise bike is not working properly.
13. **DANGER:** Always unplug the power cord and press the power switch to the off position when the exercise bike is not in use and before cleaning the exercise bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
14. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
15. The exercise bike should not be used by persons weighing more than 375 lbs. (170 kg).
16. Be careful when mounting and dismounting the exercise bike.
17. Always keep your back straight while using the exercise bike; do not arch your back.
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.

**SAVE THESE INSTRUCTIONS**

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**

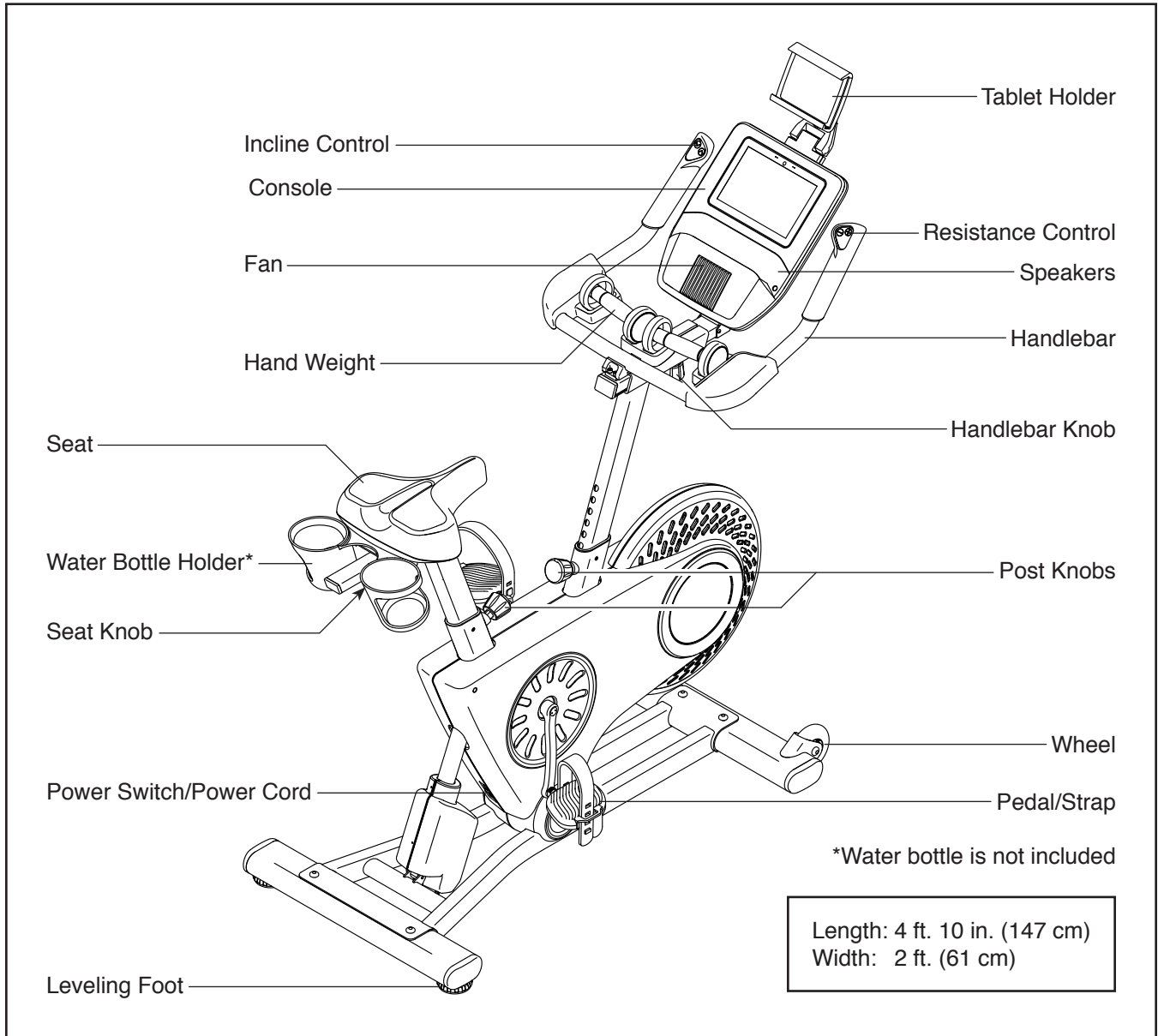


# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NORDICTRACK® GRAND TOUR PRO exercise bike. The GRAND TOUR PRO exercise bike is unlike any ordinary exercise bike. With full adjustability, an advanced console, an incline system allows you to simulate actual terrain, and an array of other innovative features, the GRAND TOUR PRO exercise bike is designed to let you enjoy the outdoor cycling experience indoors.

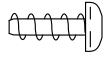
**For your benefit, read this manual carefully before you use the exercise bike.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

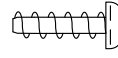
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



M4 x 10mm  
Screw (92)-4



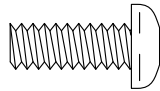
M4 x 12mm  
Screw (93)-1



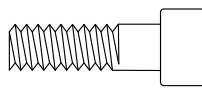
M4 x 16mm  
Screw (34)-4



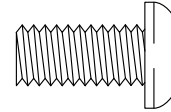
Tablet Holder  
Screw (82)-4



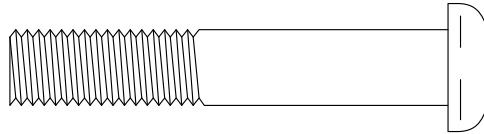
M6 x 16mm  
Screw (107)-3



M6 x 20mm  
Screw (103)-4



M8 x 16mm  
Screw (56)-4



M10 x 58mm Screw (74)-4

# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

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

one Phillips screwdriver

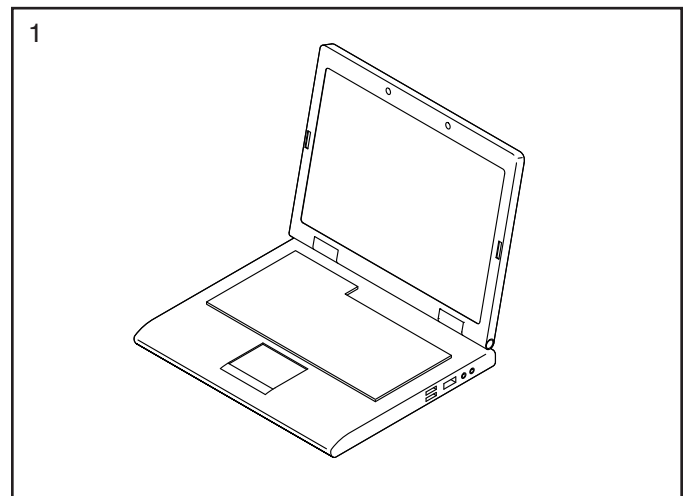


Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

## 1. Go to [my.nordictrack.com](http://my.nordictrack.com) on your computer and register your product.

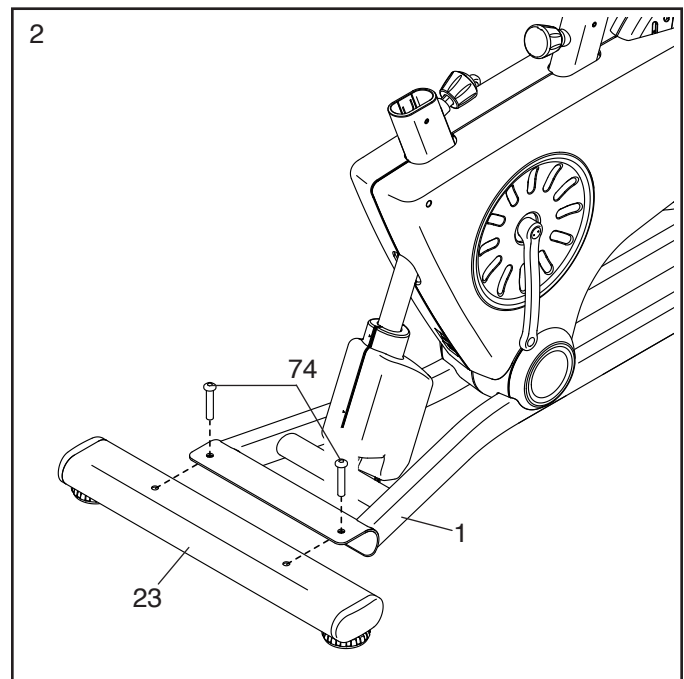
- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



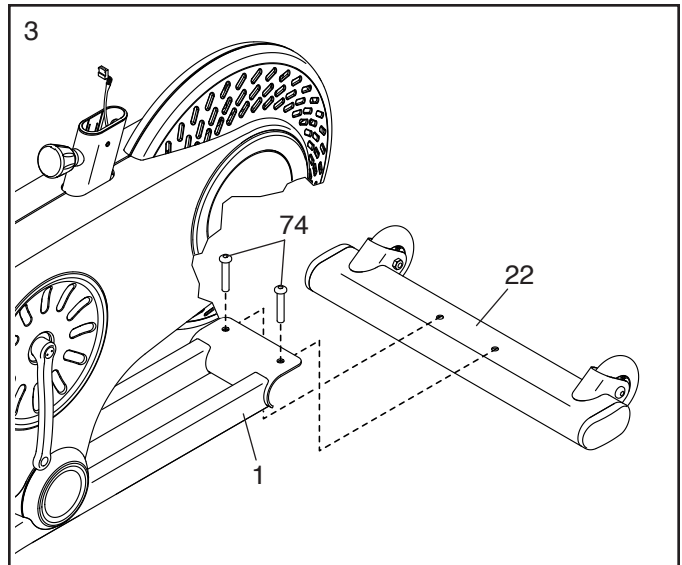
## 2. If there is a shipping support attached to the rear of the Base (1), remove the screws from the shipping support, and discard the screws and the shipping support.

Then, attach the Rear Stabilizer (23) to the Base (1) with two M10 x 58mm Screws (74).

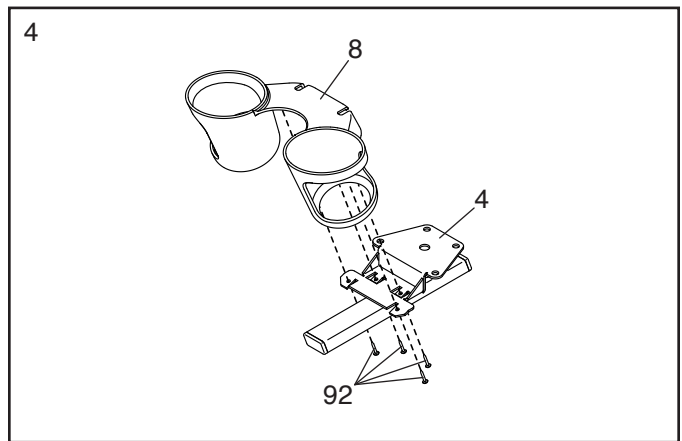


3. If there is a shipping support attached to the front of the Base (1), remove the screws from the shipping support, and discard the screws and the shipping support.

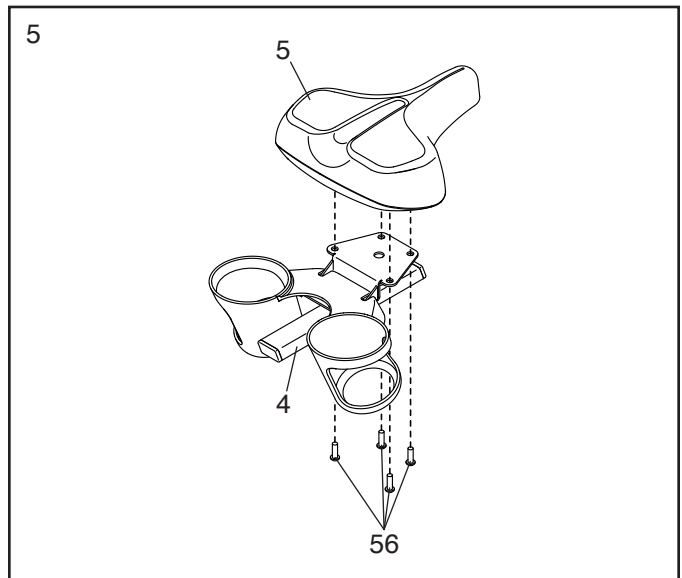
Then, attach the Front Stabilizer (22) to the Base (1) with two M10 x 58mm Screws (74).



4. Attach the Water Bottle Holder (8) to the Seat Carriage (4) with four M4 x 10mm Screws (92); **start all the Screws, and then tighten them.**



5. Attach the Seat (5) to the Seat Carriage (4) with four M8 x 16mm Screws (56); **start all the Screws, and then tighten them.**

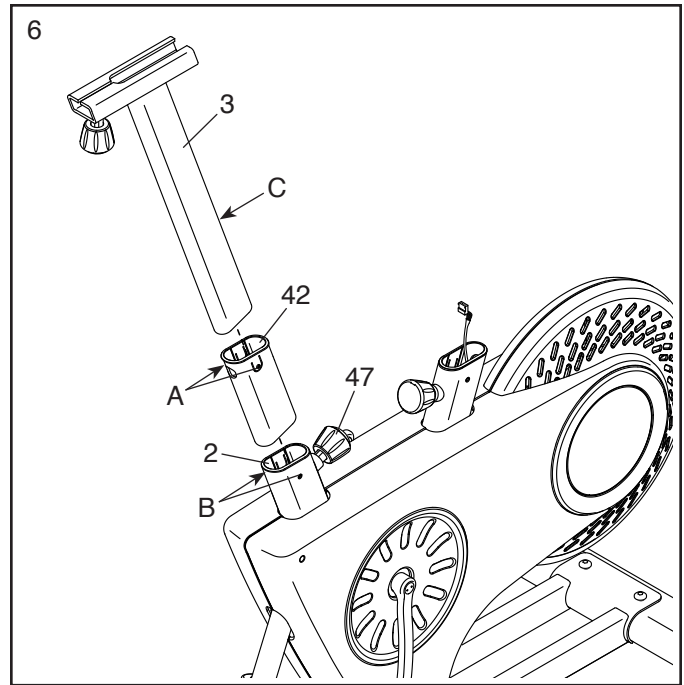




6. Locate the Post Knob (47) on the rear of the Frame (2). Loosen and pull the Post Knob.

Next, orient a Post Bushing (42) as shown. Insert the Post Bushing into the Frame (2). **Make sure that the tabs (A) on the Post Bushing are in the holes (B) in the Frame.**

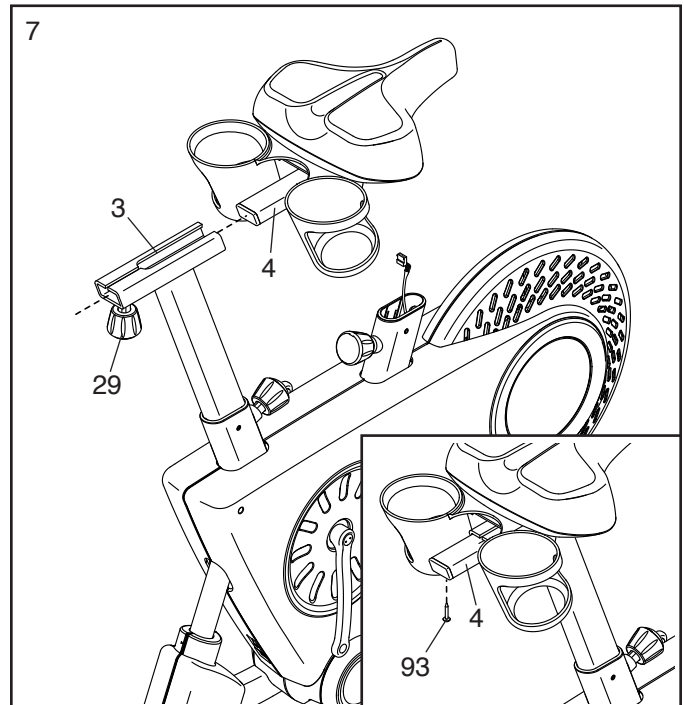
Next, orient the Seat Post (3) as shown, insert it into the Frame (2), and then release the Post Knob (47) into one of the adjustment holes (C) in the Seat Post. **Make sure that the Post Knob is in an adjustment hole.** Then, tighten the Post Knob.



7. Loosen and pull the Seat Knob (29).

Next, insert the Seat Carriage (4) into the Seat Post (3), and release the Seat Knob (29) into one of the adjustment holes in the Seat Carriage. **Make sure that the Seat Knob is in an adjustment hole.** Then, tighten the Seat Knob.

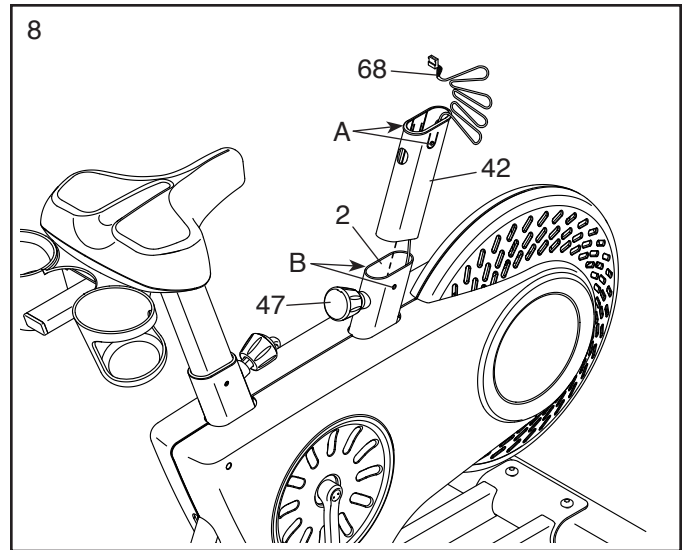
**See the inset drawing.** Tighten an M4 x 12mm Screw (93) into the underside of the Seat Carriage (4).



8. Orient a Post Bushing (42) as shown and hold it near the Frame (2). Insert the Main Wire (68) upward through the Post Bushing.

Next, locate the Post Knob (47) on the front of the Frame (2). Loosen and pull the Post Knob, and then insert the Post Bushing into the Frame. **Make sure that the tabs (A) on the Post Bushing are in the holes (B) in the Frame.**

Then, release the Post Knob (47) into the hole in the Post Bushing (42).

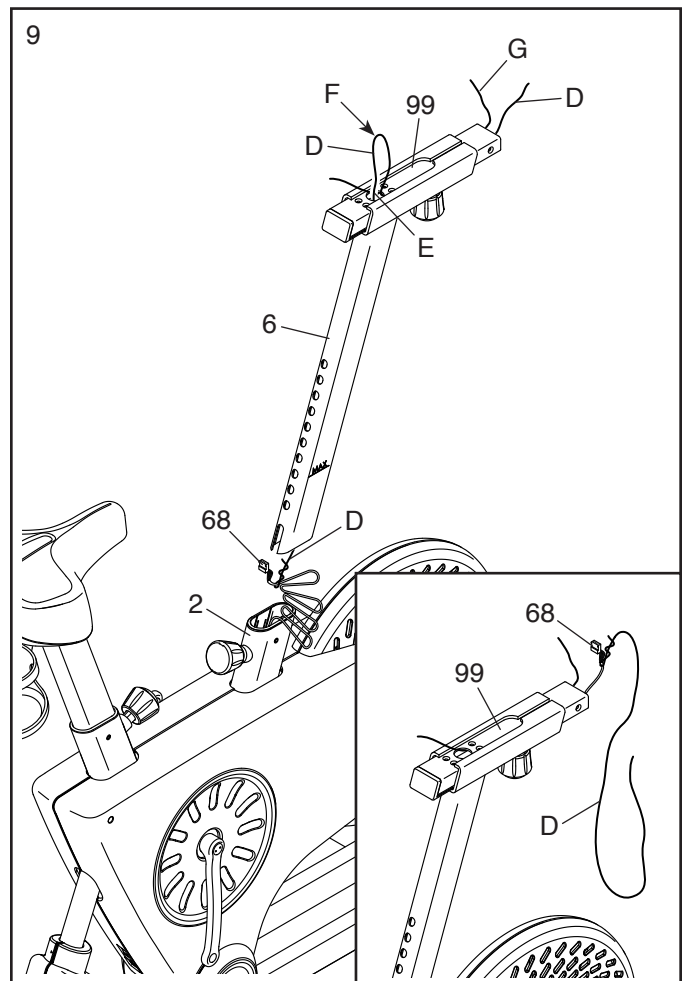


9. Have a second person hold the Handlebar Post (6) near the Frame (2).

Locate the long wire tie (D) in the Handlebar Post (6). Tie the lower end of the long wire tie to the Main Wire (68).

Next, locate the middle of the long wire tie (D) in the access hole (E) in the Handlebar Carriage (99). Pull the long wire tie upward in the indicated location (F) until the end of the Main Wire (68) is in the access hole.

**See the inset drawing.** Next, pull the free end of the long wire tie (D) until the Main Wire (68) is routed through the Handlebar Carriage (99) as shown. Then, untie and discard the long wire tie; **do not remove the short wire tie (G).**

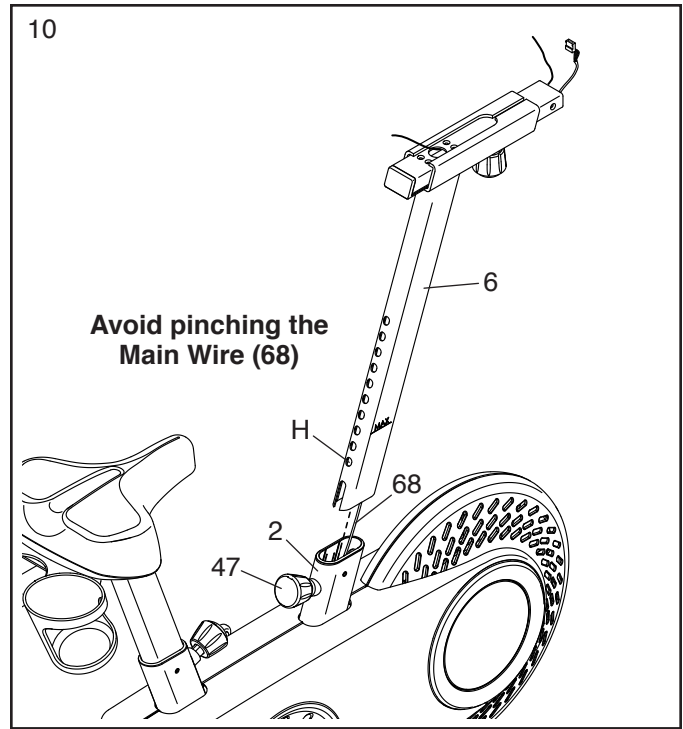


10. **Tip: Avoid pinching the Main Wire (68) during this step.**

Loosen and pull the Post Knob (47).

Next, insert the Handlebar Post (6) into the Frame (2), and release the Post Knob (47) into the **lowest** adjustment hole (H) in the Handlebar Post. Then, tighten the Post Knob.

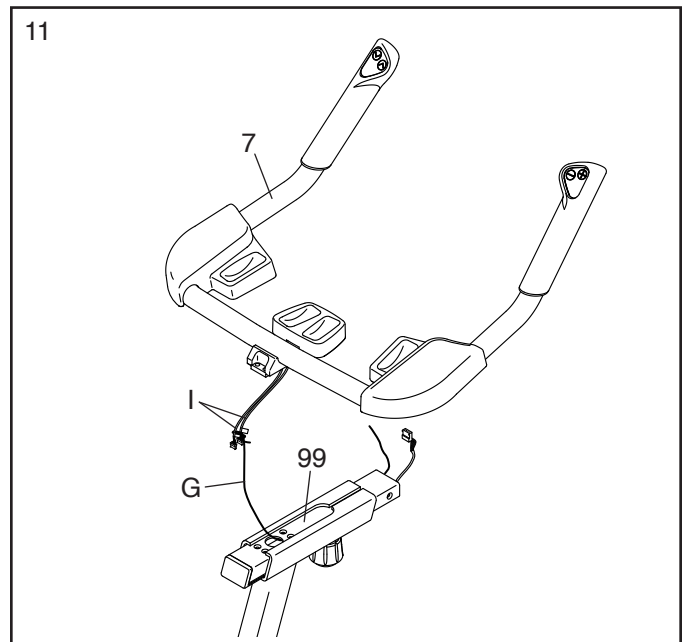
Note: After the exercise bike is assembled, you can adjust the Handlebar Post (6) to the desired height.



11. Have a second person hold the Handlebar (7) near the Handlebar Carriage (99).

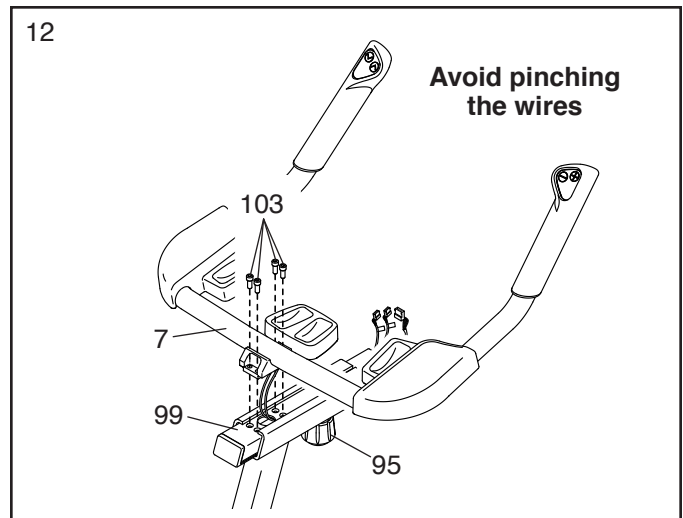
Locate the short wire tie (G) in the Handlebar Carriage (99). Tie the indicated end of the short wire tie to the two wires (I) on the Handlebar (7).

Next, pull the other end of the short wire tie (G) until the two wires (I) are routed through the Handlebar Carriage (99). Then, untie and discard the wire tie.



12. Loosen the Handlebar Knob (95). Next, slide the Handlebar Carriage (99) forward as far as possible. Then, tighten the Handlebar Knob.

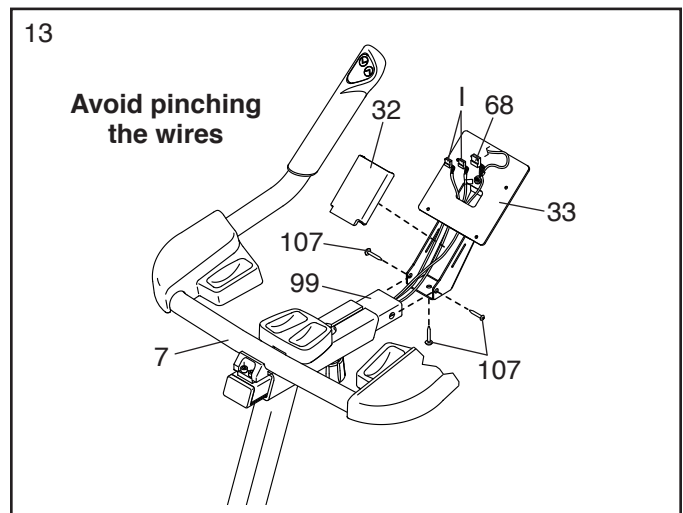
**Tip: Avoid pinching the wires.** Attach the Handlebar (7) to the Handlebar Carriage (99) with four M6 x 20mm Screws (103); **start all the Screws, and then tighten them.**



13. Hold the Console Bracket (33) near the Handlebar Carriage (99). Insert the Main Wire (68) and the two wires (I) from the Handlebar (7) upward through the Console Bracket.

**Tip: Avoid pinching the wires.** Attach the Console Bracket (33) to the Handlebar Carriage (99) with three M6 x 16mm Screws (107); **start all the Screws, and then tighten them.**

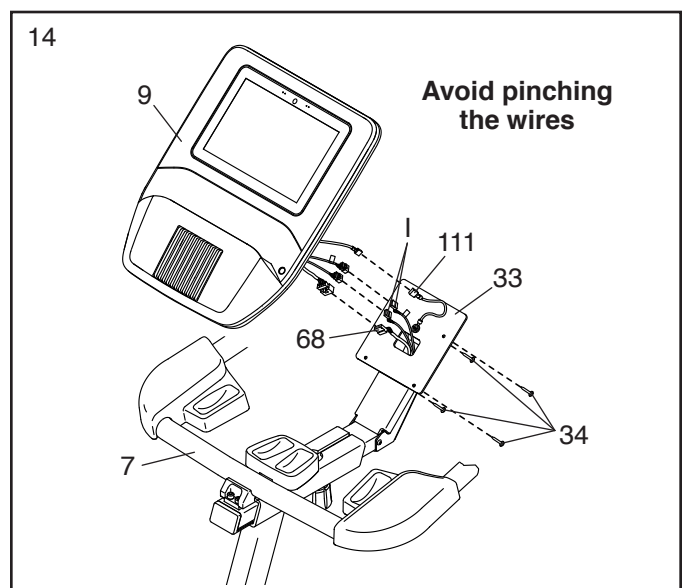
Then, press the Wire Cover (32) onto the Console Bracket (33).



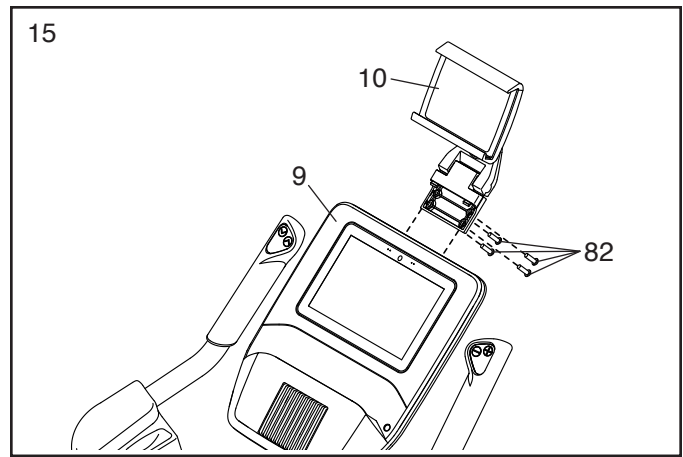
14. Have a second person hold the Console (9) near the Console Bracket (33).

Connect the console wires to the Main Wire (68), to the Ground Wire (111), and to the two wires (I) from the Handlebar (7); **make sure to connect the console wire that has an "R" tag to the wire that has an "R" tag.** Insert the excess wire into the Console Bracket (33).

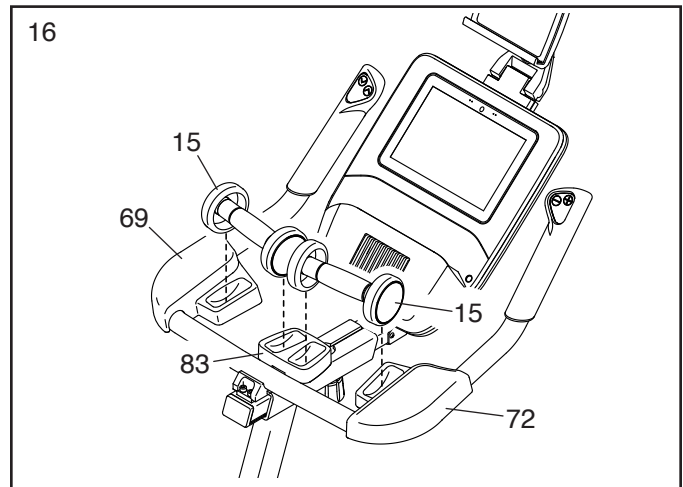
**Tip: Avoid pinching the wires.** Attach the Console (9) to the Console Bracket (33) with four M4 x 16mm Screws (34); **start all the Screws, and then tighten them.**



15. Attach the Tablet Holder (10) to the Console (9) with four Tablet Holder Screws (82); **start all the Tablet Holder Screws, and then tighten them.**



16. Set the two Hand Weights (15) on the Hand Weight Rest (83) and on the Armrests (69, 72).

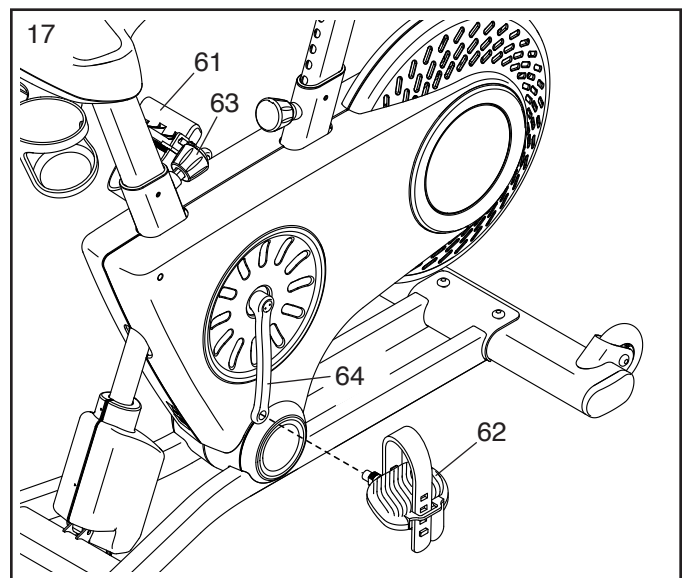


17. Identify the Right Pedal (62).

Using the included flat wrench tool, **firmly tighten** the Right Pedal (62) **clockwise** into the Right Crank Arm (64).

**Firmly tighten the Left Pedal (61) counterclockwise into the Left Crank Arm (63). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

To adjust the straps on the Pedals (61, 62), see HOW TO USE THE PEDAL STRAPS on page 15.



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

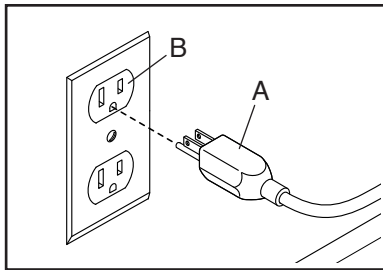
# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER CORD

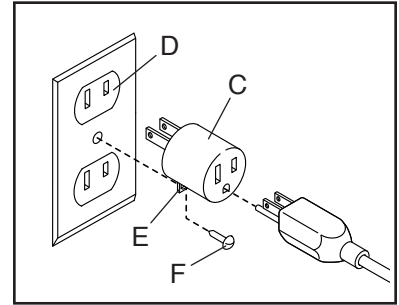
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

**⚠ DANGER:** Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord (A) into an appropriate outlet (B) that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit.**



A temporary adapter (C) may be used to connect the power cord to a 2-pole receptacle (D) as shown at the right if a properly grounded outlet is not available.



The lug (E) or wire extending from the adapter must be connected with a metal screw (F) to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

## HOW TO ADJUST THE EXERCISE BIKE

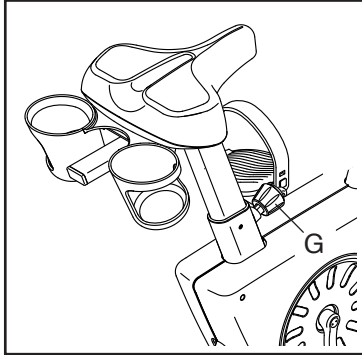
The exercise bike can be adjusted to promote correct form and to ensure proper training of the muscles.

**Note: Make adjustments in small increments, and then pedal the exercise bike to test the adjustments.**

### How to Adjust the Seat Post

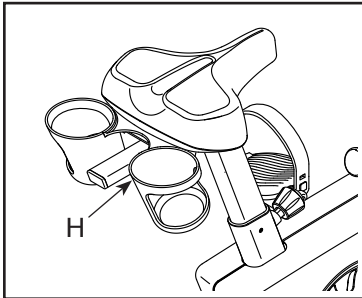
For effective training, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat post, loosen and pull the post knob (G), move the seat post upward or downward, release the post knob into an adjustment hole in the seat post, and then tighten the post knob. **Move the seat post upward or downward slightly to make sure that the post knob is engaged in an adjustment hole.**



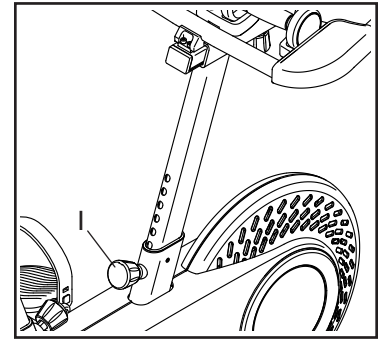
### How to Adjust the Seat Carriage

To adjust the position of the seat carriage, loosen and pull the seat knob (H), move the seat carriage forward or backward, release the seat knob into an adjustment hole in the seat carriage, and then retighten the seat knob.



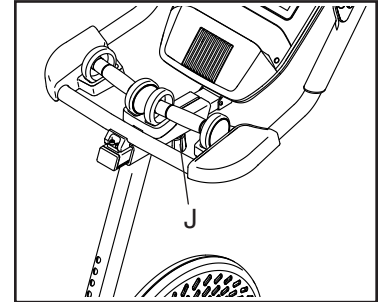
### How to Adjust the Handlebar Post

To adjust the height of the handlebar post, loosen and pull the post knob (I), move the handlebar post upward or downward, release the post knob into an adjustment hole in the handlebar post, and then tighten the post knob. **Move the seat post upward or downward slightly to make sure that the post knob is engaged in an adjustment hole.**



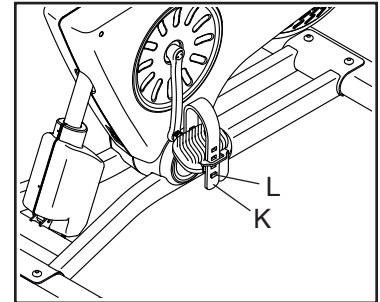
### How to Adjust the Handlebar Carriage

To adjust the position of the handlebar carriage, loosen the handlebar knob (J), move the handlebar carriage forward or backward, and then retighten the handlebar knob.



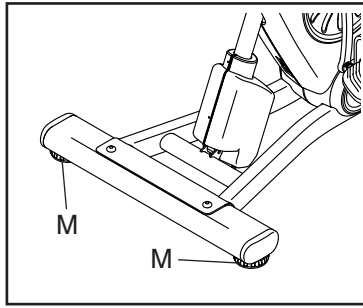
## HOW TO USE THE PEDAL STRAPS

Adjust the strap (K) on each pedal to the desired position, and press the end of the strap onto the tab (L) on the pedal.



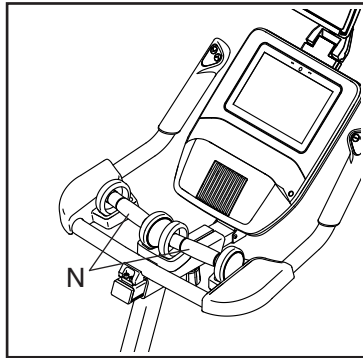
## HOW TO LEVEL THE EXERCISE BIKE

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



## HOW TO USE THE HAND WEIGHTS

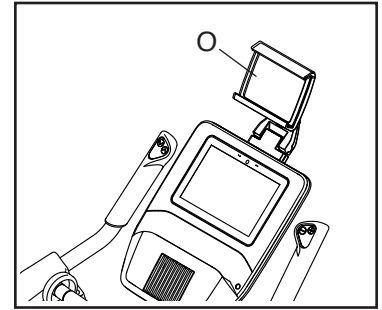
To add upper body exercise to your workouts, use the hand weights (N) while you pedal. When you are not using the hand weights, store them on the hand weight rest.



## HOW TO USE THE TABLET HOLDER

**IMPORTANT:** The tablet holder (O) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

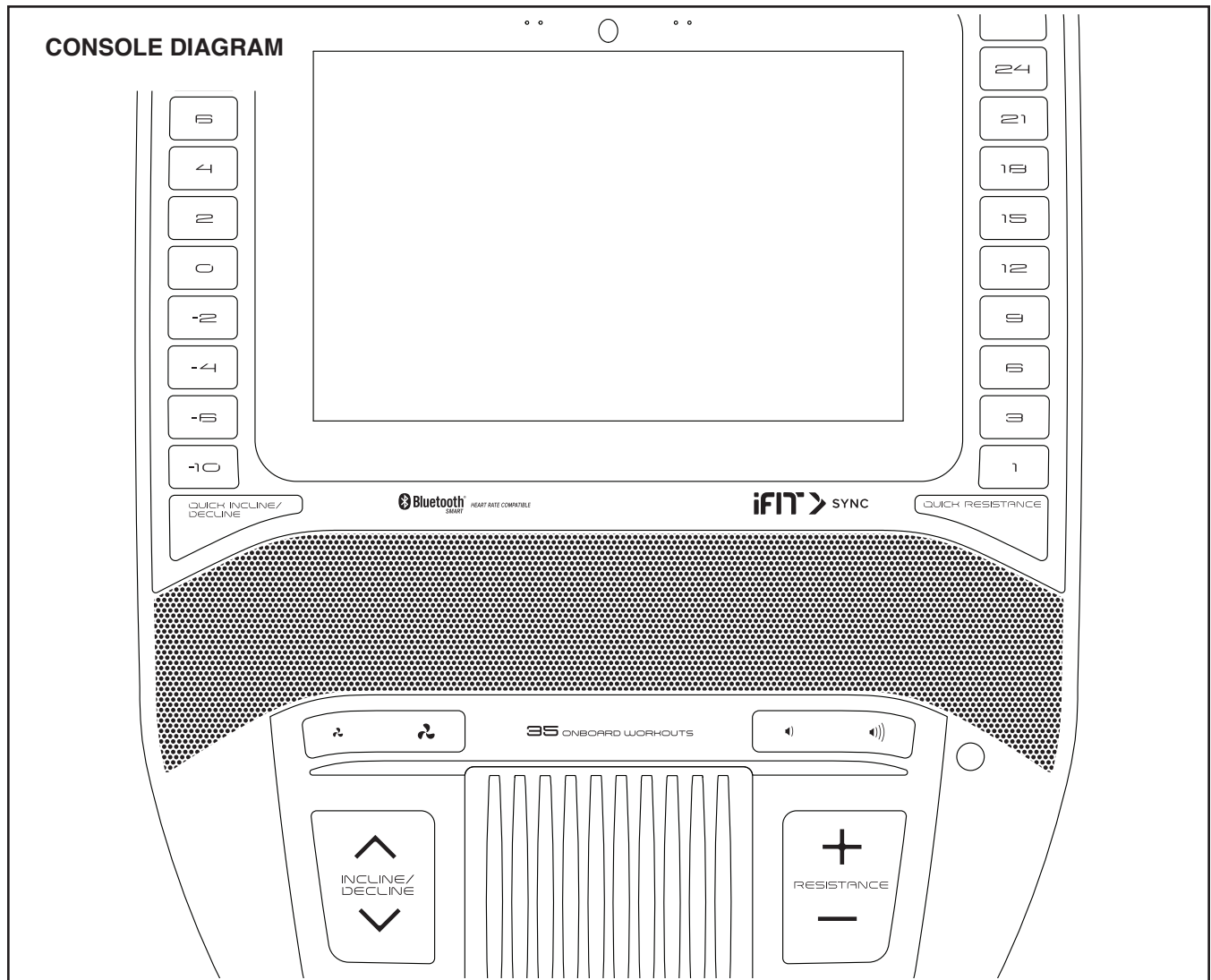
To insert a tablet into the tablet holder (O), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.**



Rotate and pivot the tablet holder to the desired angle. Reverse these actions to remove the tablet from the tablet holder.



# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

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

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 onboard 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 also measure your heart rate using an optional heart rate monitor. **See page 27 for information about purchasing an optional chest heart rate monitor.**

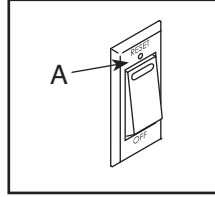
You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

**To turn on the power**, 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 POWER

**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 14). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).



The console will then turn on and be ready for use.

**Note:** When you turn on the power 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 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 exercise bike 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 20. **To use a featured workout or an onboard 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. **To connect an HDMI cable**, 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 POWER 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 one of the numbered Quick Resistance buttons on the console, pressing the Resistance increase and decrease buttons on the console, or pressing the Resist increase and decrease buttons on the right handlebar.

To vary the motion of the pedals, you can change the incline of the frame by pressing one of the numbered Quick Incline/Decline buttons on the console, pressing the Incline/Decline increase and decrease buttons on the console, or pressing the Incline/Decline 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.

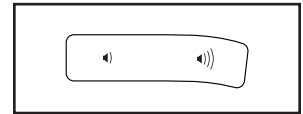
### 4. Follow your progress.

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 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 heart rate monitor and measure your heart rate if desired.

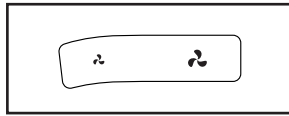
You can wear an optional heart rate monitor to measure your heart rate. For more information about the optional heart rate monitor, see page 27. Note: The console is compatible with Bluetooth® Smart heart rate monitors.

When your heartbeat is detected, your heart rate will be shown in the display on the screen.

## 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, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the exercise bike may wear prematurely.**

## HOW TO USE A FEATURED WORKOUT OR AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER 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 19).

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 20).

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 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 21.

**8. When you are finished exercising, unplug the power cord.**

See step 7 on page 21.

## 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 POWER 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 or an onboard workout (see page 21).

### 6. Follow your progress.

See step 4 on page 20.

### 7. Wear a 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 21.

### 9. When you are finished exercising, unplug the power cord.

See step 7 on page 21.

## 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 or an onboard workout (see page 21).

### 6. Follow your progress.

See step 4 on page 20.

### 7. Wear a 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 21.

### 9. When you are finished exercising, unplug the power cord.

See step 7 on page 21.

**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 power (see HOW TO TURN ON THE POWER 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 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.

### 4. View machine information or console app information.

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

### 5. 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 exercise bike, do not turn off the power while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the exercise bike will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. 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.

## 6. 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 exercise bike while the incline system is calibrating.**

## 7. 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 power (see HOW TO TURN ON THE POWER 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](http://support.iFit.com) for assistance.**

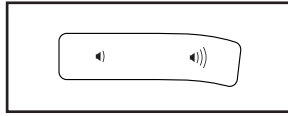
### 5. Exit the wireless network menu.

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

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

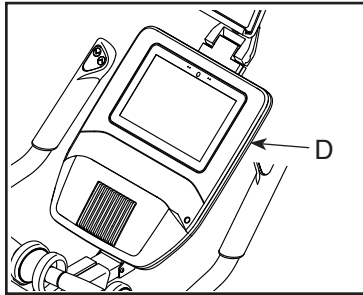
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



## HOW TO CONNECT AN HDMI CABLE

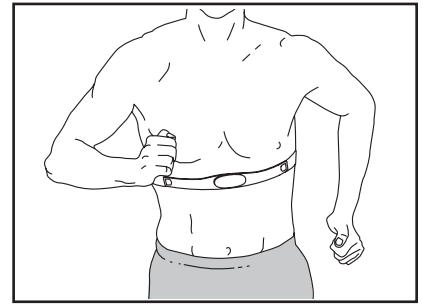
To show your console screen on a TV or monitor, plug an HDMI cable (not included) into the port (D) on the console and into a port on your TV or monitor; **make sure that the HDMI cable is fully plugged in.**

**Note: To purchase an HDMI cable, see your local electronics store.**



## THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



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

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## 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. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

**Note: The console contains FCC ID: SMFOMC360526A.**

# MAINTENANCE AND TROUBLESHOOTING

## HOW TO MAINTAIN THE EXERCISE BIKE

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

To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

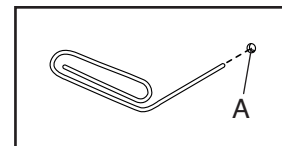
## CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position. If there are exterior wires on the console, make sure that the connectors on the wires are oriented correctly and are connected firmly.

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](http://support.iFit.com).

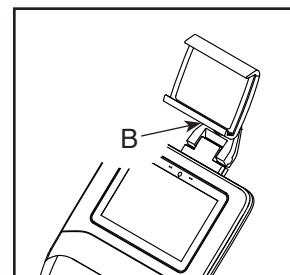
If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, press the power switch and unplug the power cord. Next, locate the small reset opening (A)

on the back or the side 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 cord and press the power switch. 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, press the power switch off and then on again. Once the console turns on, check for firmware updates (see step 6 on page 25). Note: It may take a few minutes for the console to be ready for use.



## TABLET HOLDER TROUBLESHOOTING

If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the Screw (B) until the tablet holder stays in place when it is rotated to the desired position.



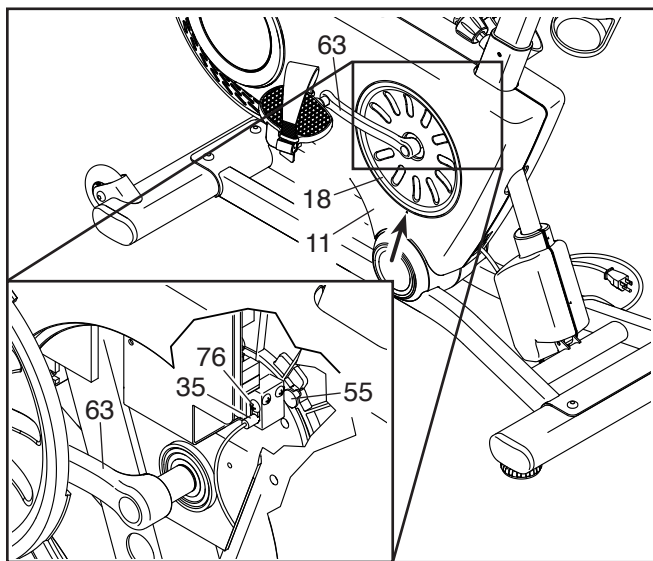
## INCLINE SYSTEM TROUBLESHOOTING

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.

## HOW TO ADJUST THE REED SWITCH

If the console does not display accurate feedback, the reed switch should be adjusted. Before you adjust the reed switch, **unplug the power cord**.

Next, insert a standard screwdriver under the left Shield Disc (18) in the location shown by the arrow, and gently pry the Shield Disc off the Left Shield (11). Then, carefully move the Shield Disc over the Left Crank Arm (63) and away from the opening in the Left Shield.



**See the inset drawing above.** Locate the Reed Switch (35). Turn the Left Crank Arm (63) until a Magnet (55) is aligned with the Reed Switch. Next, **loosen** the M5 x 16mm Screw (76), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw.

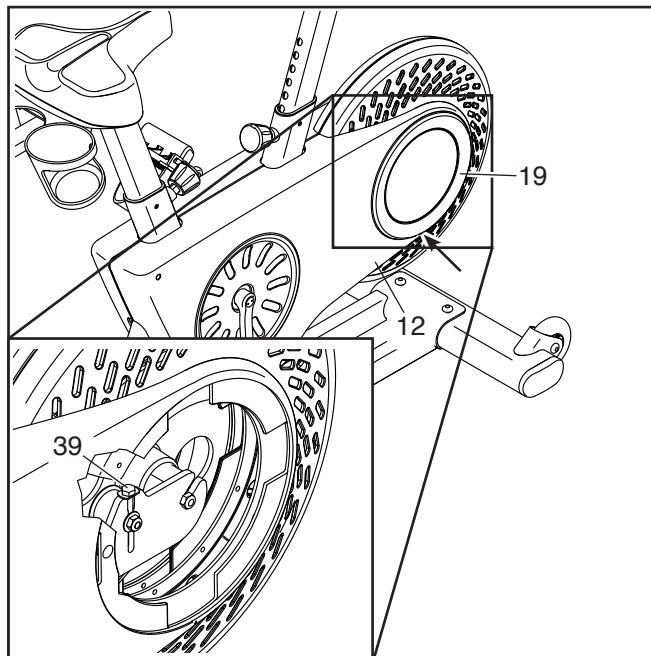
Then, plug in the power cord, and move the Left Crank Arm (63) back and forth so that the Magnet (55) passes the Reed Switch (35) repeatedly.

Repeat these actions until the console displays correct feedback. Then, reattach the left shield disc.

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, the drive belt may need to be adjusted. Before you adjust the drive belt, **unplug the power cord**.

Next, insert a standard screwdriver under the Right Shield Ring (19) in the location shown by the arrow, and gently pry the Right Shield Ring off the Right Shield (12).



**See the inset drawing.** Tighten the Idler Adjustment Screw (39) slightly.

Then, plug in the power cord, and pedal the exercise bike for a moment.

Repeat these actions until the pedals no longer slip. Then, reattach the right shield ring.

# 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	♥️
<hr/>							
20	30	40	50	60	70	80	

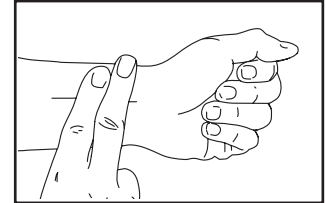
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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. NTEX70417.2 R0220A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Board Bracket
2	1	Frame	52	4	Standoff
3	1	Seat Post	53	1	Crank Pulley
4	1	Seat Carriage	54	1	Crank
5	1	Seat	55	2	Magnet
6	1	Handlebar Post	56	4	M8 x 16mm Screw
7	1	Handlebar	57	2	Bearing
8	1	Water Bottle Holder	58	2	Snap Ring
9	1	Console	59	2	Frame Bushing
10	1	Tablet Holder	60	1	Pivot Axle
11	1	Left Shield	61	1	Left Pedal
12	1	Right Shield	62	1	Right Pedal
13	2	Access Cover	63	1	Left Crank Arm
14	1	Right Mechanism Shield	64	1	Right Crank Arm
15	2	Hand Weight	65	2	Crank Arm Cap
16	1	Right Motor Cover	66	1	Drive Belt
17	1	Left Motor Cover	67	1	Power Cord
18	2	Shield Disc	68	1	Main Wire
19	1	Right Shield Ring	69	1	Left Armrest
20	1	Right Pivot Cover	70	1	Left Grip/Wire
21	2	Pivot Cap	71	1	M6 Locknut
22	1	Front Stabilizer	72	1	Right Armrest
23	1	Rear Stabilizer	73	2	M8 x 90mm Screw
24	4	Stabilizer Cap	74	4	M10 x 58mm Screw
25	2	Leveling Foot	75	2	M8 x 50mm Bolt
26	2	Foot	76	1	M5 x 16mm Screw
27	2	Wheel	77	1	M10 x 62mm Bolt
28	2	Seat Carriage Cap	78	2	5/16" x 19mm Flange Screw
29	1	Seat Knob	79	4	M8 x 12mm Screw
30	1	Lift Motor	80	7	M8 Locknut
31	1	Resistance Motor	81	1	Right Grip/Wire
32	1	Wire Cover	82	4	Tablet Holder Screw
33	1	Console Bracket	83	1	Hand Weight Rest
34	17	M4 x 16mm Screw	84	4	Wheel Spacer
35	1	Reed Switch/Wire	85	1	M8 Washer
36	1	Clamp	86	2	#8 x 8mm Screw
37	1	Idler Pulley	87	2	Large Motor Bushing
38	4	M4 x 25mm Screw	88	4	M4 x 50mm Screw
39	1	Idler Adjustment Screw	89	2	M4 x 19mm Screw
40	1	Eddy Mechanism	90	1	M6 x 41mm Screw
41	2	Mechanism Ring	91	2	M4 x 8mm Screw
42	2	Post Bushing	92	12	M4 x 10mm Screw
43	1	Left Mechanism Shield	93	1	M4 x 12mm Screw
44	1	Left Shield Ring	94	4	M4 x 38mm Screw
45	4	M8 Split Washer	95	1	Handlebar Knob
46	1	Left Pivot Cover	96	4	M4 x 12mm Flange Screw
47	2	Post Knob	97	1	Brake Pad/Locks
48	1	Power Switch	98	2	Small Motor Bushing
49	1	Grommet	99	1	Handlebar Carriage
50	1	Control Board	100	1	M10 Locknut

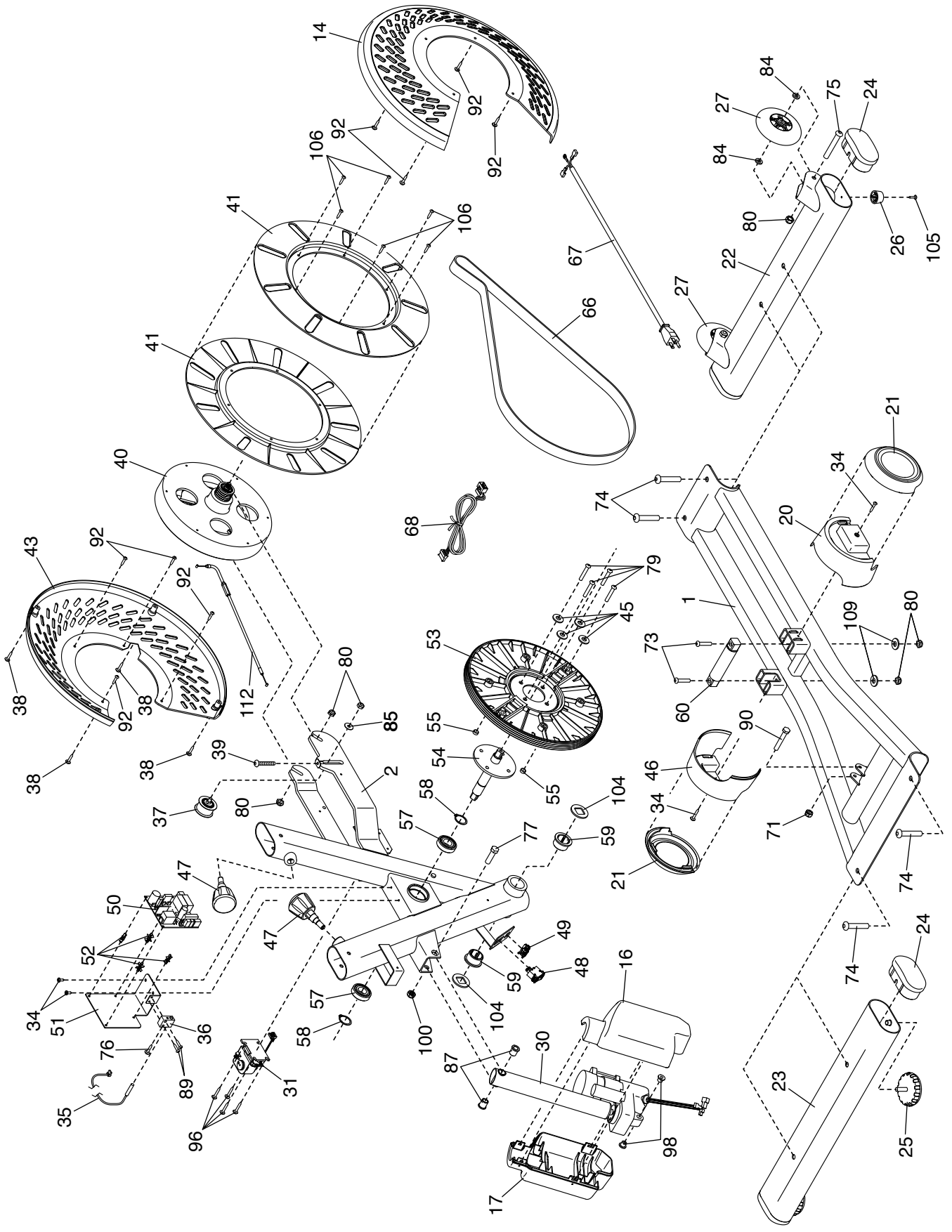


Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	M4 x 10mm Flange Screw	108	1	M4 x 45mm Screw
102	1	Handlebar Carriage Cap	109	2	M8 x 3mm Washer
103	4	M6 x 20mm Screw	110	1	M4 x 12mm Ground Screw
104	2	38mm Washer	111	1	Ground Wire
105	2	M4 x 16mm Flange Screw	112	1	Resistance Cable
106	6	#8 x 16mm Screw	*	–	Assembly Tool
107	3	M6 x 16mm Screw	*	–	User's Manual

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.

# EXPLODED DRAWING A

Model No. NTEX70417.2 R0220A



# EXPLODED DRAWING B

Model No. NTEX70417.2 R0220A

