NordicTrack®
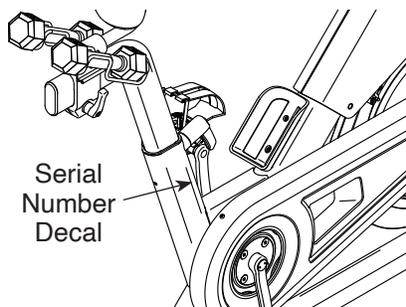## 24 STUDIO BIKE

Model No. NTEX24125-INT.0
Serial No. _____

Write the serial number in the space above for reference.

Serial
Number
Decal

UNITED KINGDOM
Website: iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
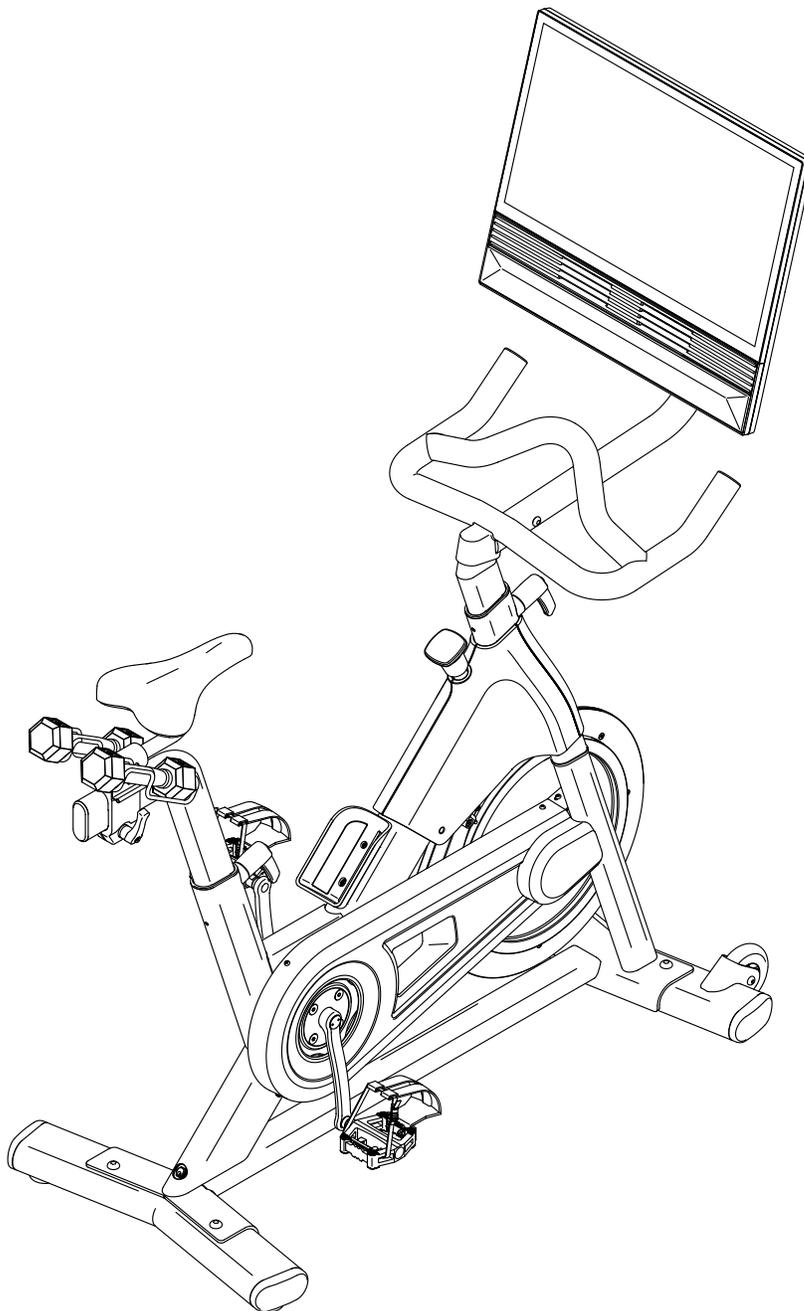**E-mail:** australiacc@iconfitness.com
Write:
iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

USER'S MANUAL

⚠CAUTION

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

iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

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

⚠WARNING

•Misuse 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.
•Consult your physician before using.
•Not suitable for high accuracy purposes.
•Always use on a level surface.
•Pedals continue to spin when you stop pedaling.
•Spinning pedals can cause injury.
•Reduce pedal speed in a controlled manner.
•Stop pedals and use care when mounting or dismounting.
•Lock or set resistance to maximum when not using.
•User weight must not exceed 250 lbs./114 kg.
•Replace this label if damaged, illegible or removed. 📖ℹ

⚠WARNING

Keep hands and fingers clear of this area. 📖ℹ
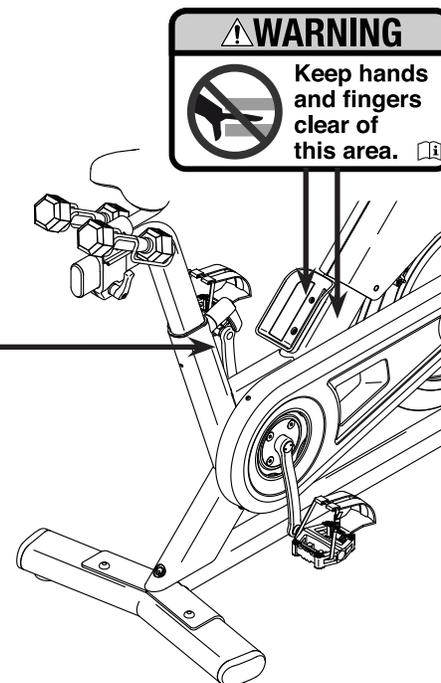
NORDICTRACK and IFIT are registered trademarks of iFIT Inc. The Bluetooth® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. Google Maps is a trademark of Google LLC. Wi-Fi is a registered trademark of Wi-Fi Alliance. WPA and WPA2 are trademarks of Wi-Fi Alliance.
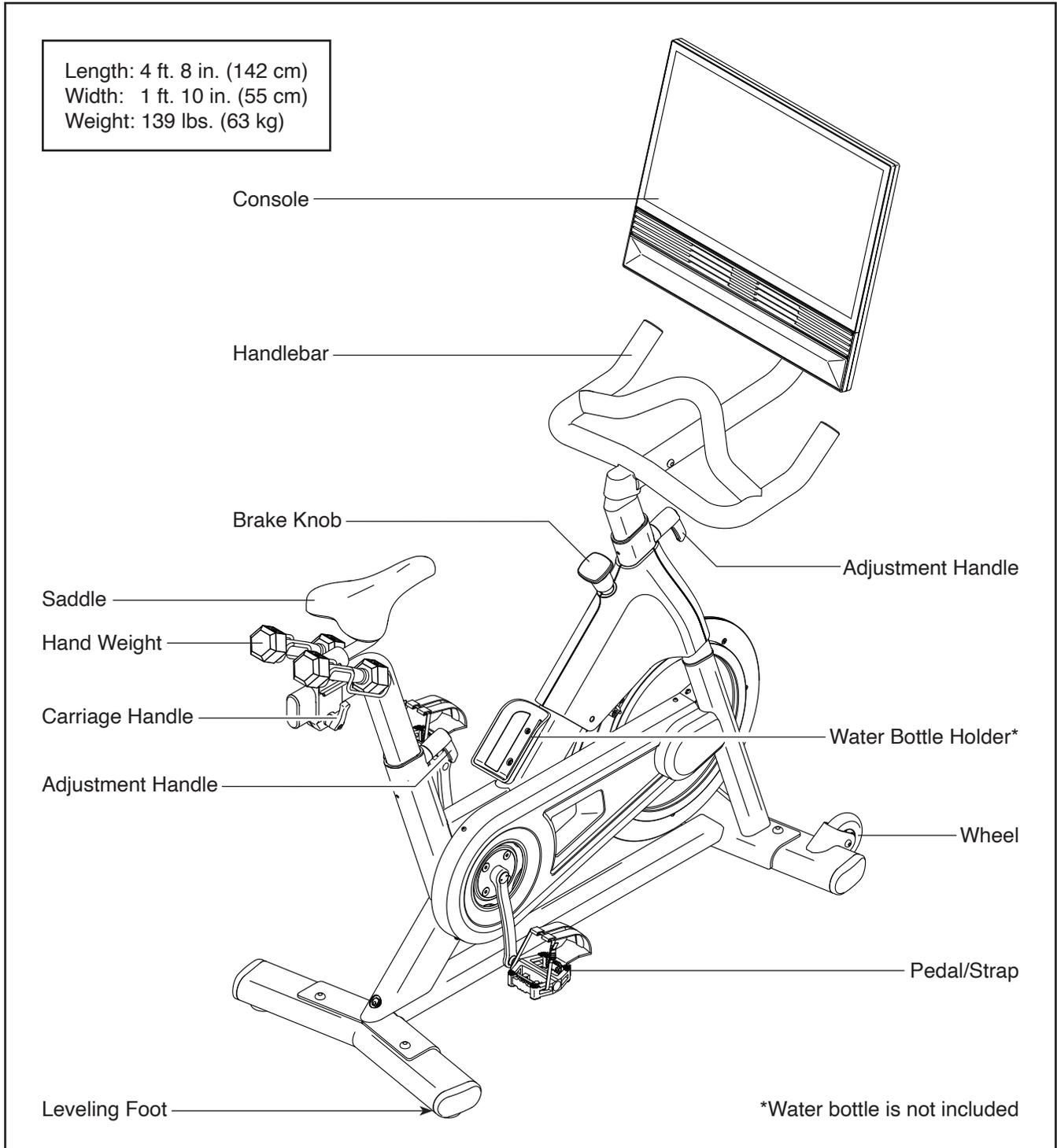
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your studio bike before using your studio bike. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the studio bike are adequately informed of all precautions.

2. Keep children under age 16 and pets away from the studio bike at all times.

3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.

4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the studio bike only as authorized by your health care provider.

5. The studio 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 studio bike by someone responsible for their safety.

6. Use the studio bike only as described in this manual.

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

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

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

10. Inspect and properly tighten all parts each time the studio bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

12. The studio bike should not be used by persons weighing more than 250 lbs. (114 kg).

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

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

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

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

17. When the studio bike is not in use, tighten the brake knob completely to prevent the flywheel from moving.

18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for choosing the new NORDICTRACK® 24 STUDIO BIKE. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 24 STUDIO BIKE provides a selection of features designed to make your workouts at home more effective and exciting.

For your benefit, read this manual carefully before you use the studio 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 (see the front cover of this manual).

Length: 4 ft. 8 in. (142 cm)
Width: 1 ft. 10 in. (55 cm)
Weight: 139 lbs. (63 kg)

Console

Handlebar

Brake Knob

Adjustment Handle

Saddle

Hand Weight

Carriage Handle

Water Bottle Holder*

Adjustment Handle

Wheel

Pedal/Strap

Leveling Foot

*Water bottle is not included

PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used 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 after the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**
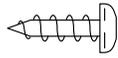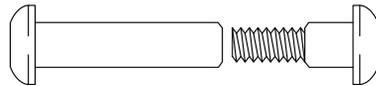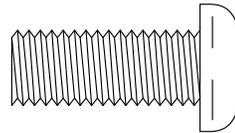
M4 x 12mm
Screw (87)–1
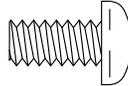
M6 x 12mm
Screw (71)–4
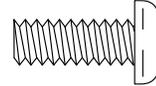
M6 x 16mm
Screw (81)–4

M6 Union Bolt (70)–2

M10 x 25mm
Screw (69)–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 5.

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

  one Phillips screwdriver

  IMPORTANT: To avoid damaging parts, do not use power tools for assembly. **Keep the included tools.** One or more of the tools may be needed to make adjustments in the future.

1. **To register your product and activate your warranty in the UK,** go to iFITsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

   To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.
   - your receipt (make sure to keep a copy)
   - your name, address, and telephone number
   - the model number, serial number, and name of your product (see the front cover of this manual)

2. If there are shipping tubes (not shown) attached to the front and rear of the Frame (1), remove and discard the shipping tubes **and the hardware attaching them.**

   Next, orient the Front Stabilizer (2) as shown, and attach it to the Frame (1) with two M10 x 25mm Screws (69).
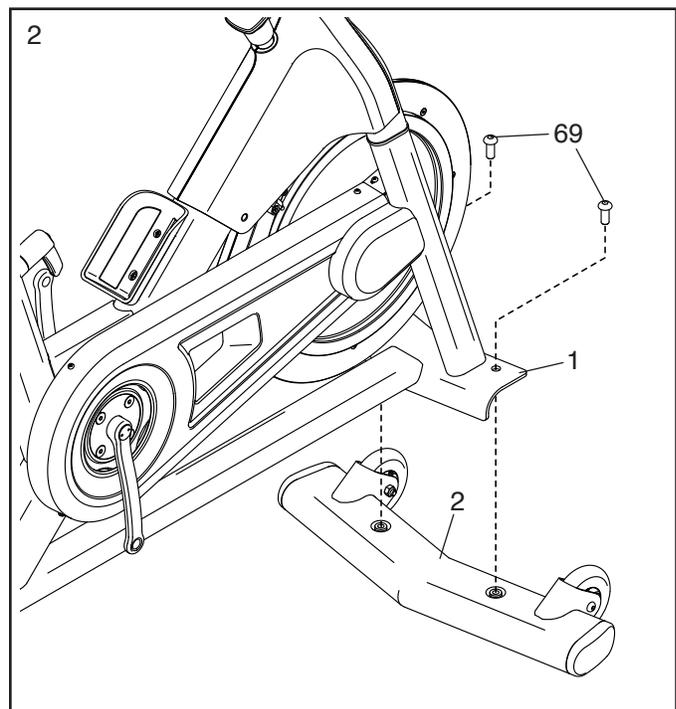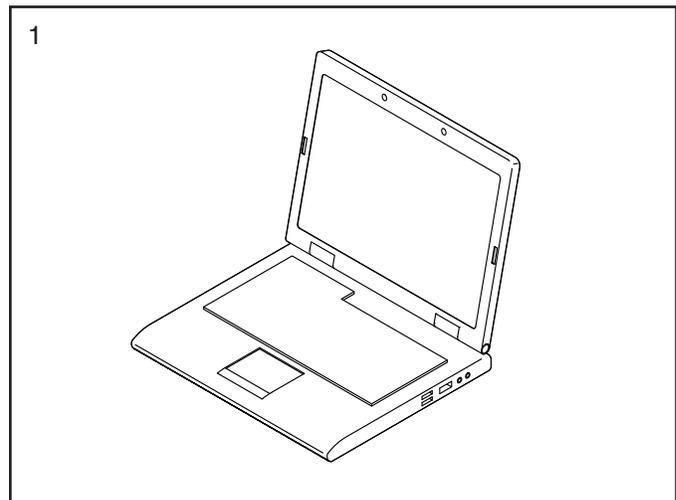
3. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 25mm Screws (69).
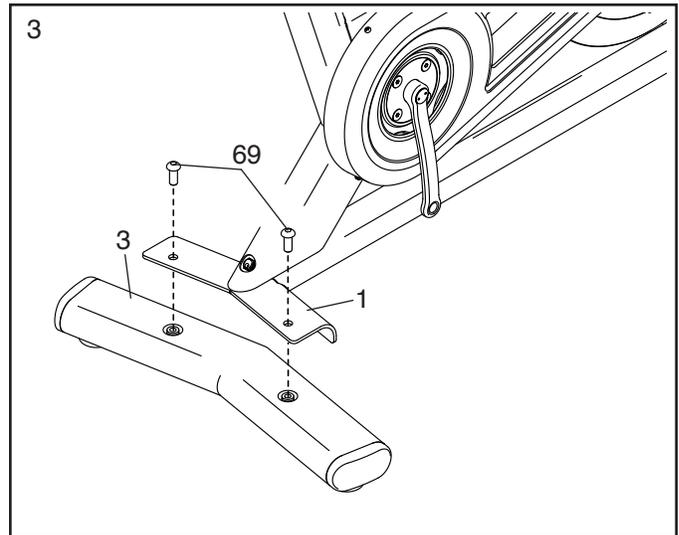
4. Locate the indicated Adjustment Handle (14). Rotate the Adjustment Handle counterclockwise about four turns and then pull it outward.

   Next, insert the Saddle Post (7) into the Frame (1). Slide the Saddle Post to the desired position, and then release the Adjustment Handle (14) into an adjustment hole (A) in the Saddle Post. **Make sure that the Adjustment Handle is in an adjustment hole, and then tighten the Adjustment Handle about four turns.**

   Then, pull the Adjustment Handle (14) outward, turn it so that it points downward as shown, and then release it.
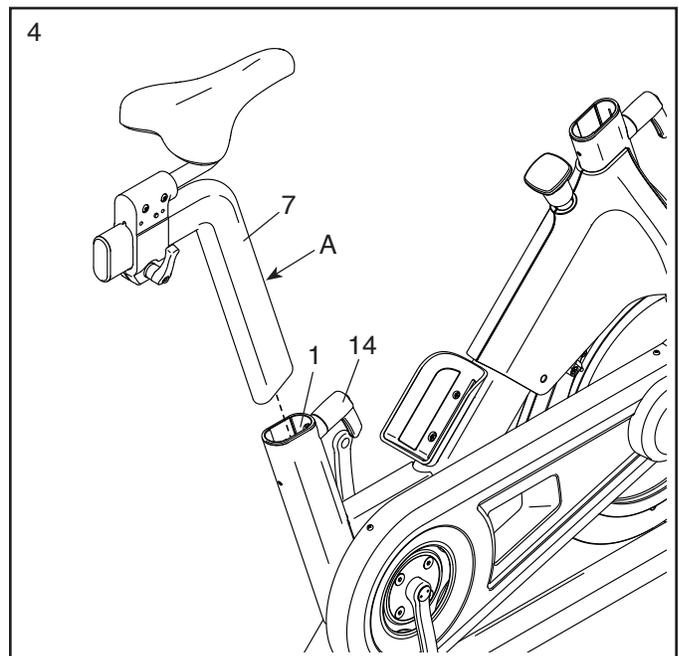
5. Identify the Right Weight Rest (12) and orient it as shown. Attach the Right Weight Rest to the Saddle Carriage (10) with two M6 x 12mm Screws (71).

   Attach the Left Weight Rest (11) in the same way.
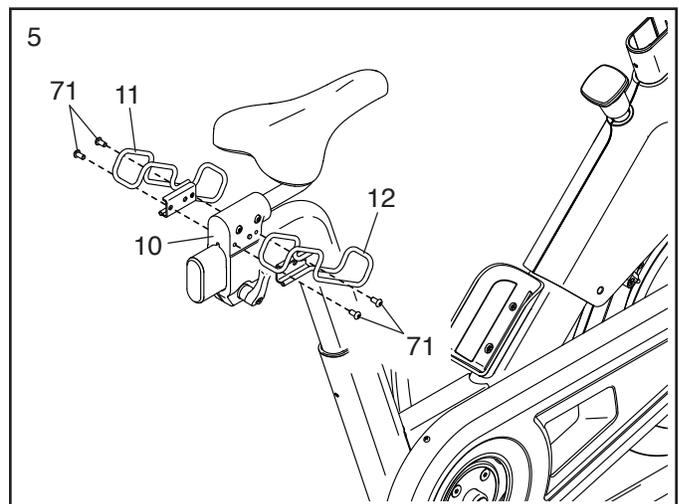
6. **Note: You can attach your own pedals if desired.**

Identify the Right Pedal (16). Using your fingers, turn the Right Pedal about halfway into the Right Crank Arm (18). Then, use the included wrench to **FIRMLY TIGHTEN** the Right Pedal.

Repeat this step with the Left Pedal (17). IMPORTANT: You must turn the Left Pedal COUNTERCLOCKWISE to attach it.
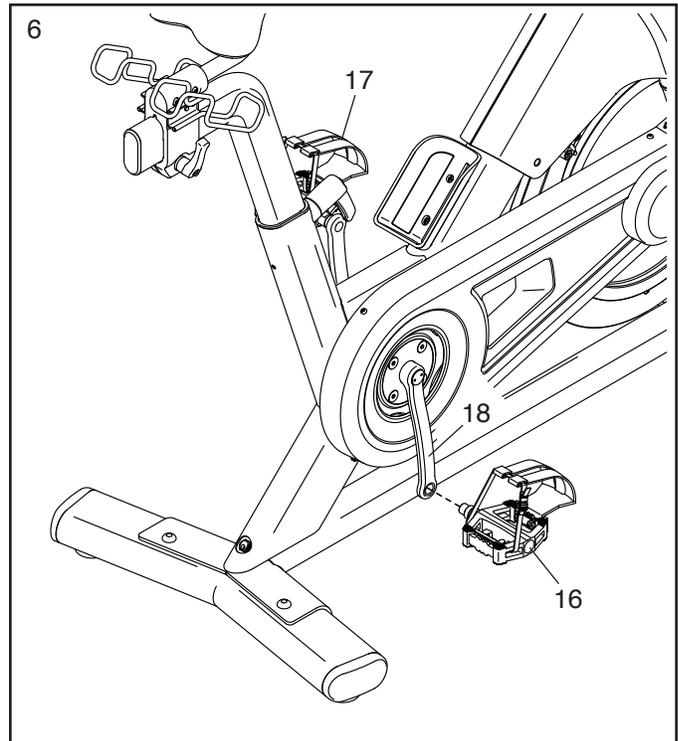
7. Have a second person hold the Handlebar (4) near the Frame (1).

Next, pull the tag (B) on the Handlebar Wire (90) so that the end of the Handlebar Wire is outside of the Handlebar (4) as shown.

Next, locate the indicated Adjustment Handle (14). Rotate the Adjustment Handle counterclockwise about four turns and then pull it outward.

**Do not pinch the Handlebar Wire (90).** Insert the Handlebar (4) into the Frame (1), slide the Handlebar to the desired position, and then release the Adjustment Handle (14) into an adjustment hole (A) in the Handlebar. **Make sure that the Adjustment Handle is in an adjustment hole, and then tighten the Adjustment Handle about four turns.**

Then, pull the Adjustment Handle (14) outward, turn it so that it points downward as shown, and then release it.
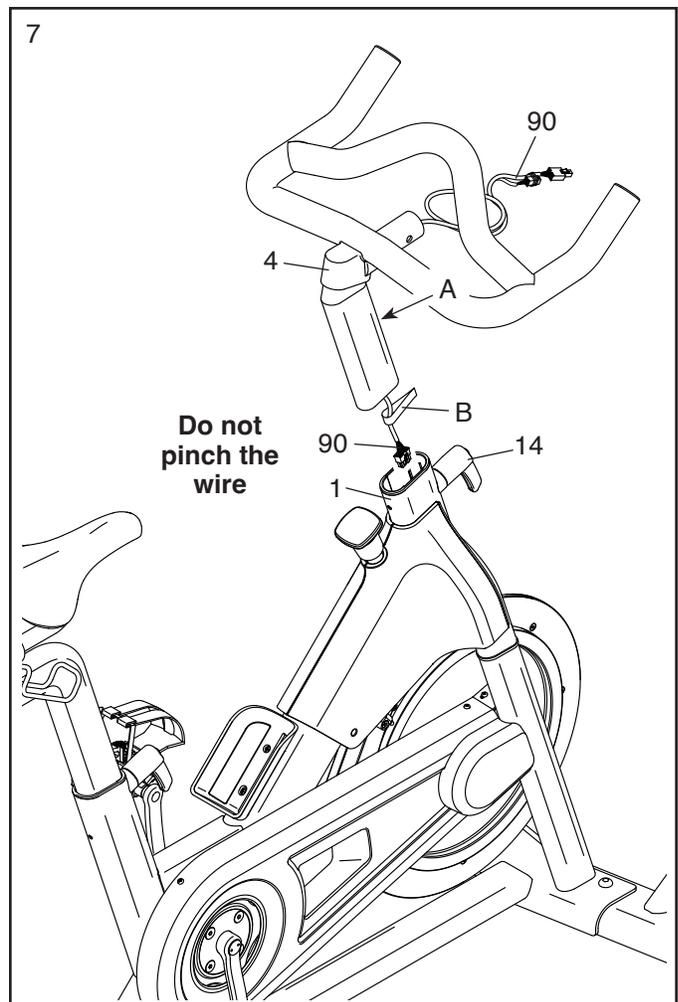
8. **See the inset drawing.** Cut the indicated zip tie (C) and discard it. Next, connect the Frame Wire (82) to the Handlebar Wire (90).

   IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your studio bike to function properly.

   Then, carefully press the connectors on the Wires (82, 90) upward into the Frame (1).
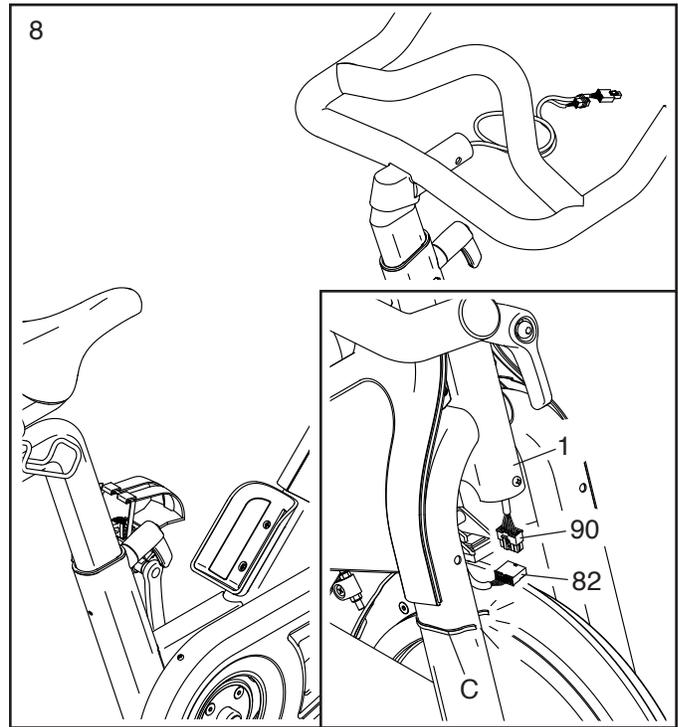
9. **Do not pinch the wires.** Press the Front Cover (60) onto the Frame (1), and attach the Front Cover with an M4 x 12mm Screw (87).
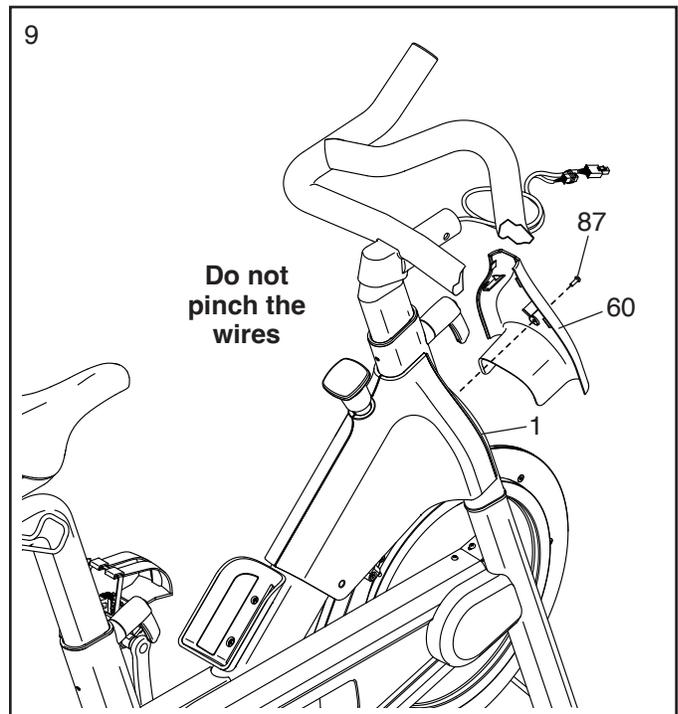
10. Have a second person hold the Console Mount (5) near the Handlebar (4).

    If the Mount Cover (93) is in the Console Mount (5), remove the Mount Cover and save it. Next, untie both ends of the wire tie (D) in the Console Mount; **do not remove the wire tie yet.**

    See the inset drawing. Tie the lower end of the wire tie (D) through the wire pull (E) on the Handlebar Wire (90). Then, insert the wire pull and the end of the Handlebar Wire into the Console Mount (5).
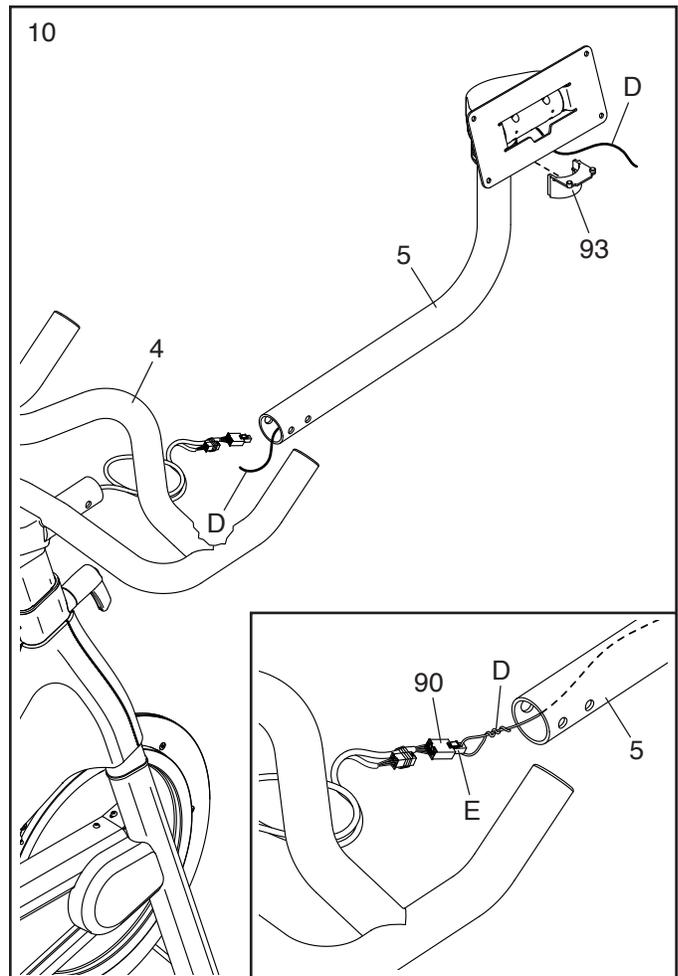
11. **Do not pinch the Handlebar Wire (90) during this step.** Using the wire tie (D), carefully pull the Handlebar Wire through the Console Mount (5) while a second person carefully slides the Console Mount onto the Handlebar (4).

    Then, attach the Console Mount (5) with two M6 Union Bolts (70); **do not fully tighten the Union Bolts yet.**

Do not pinch the wire

12. **See the left inset drawing.** Press the small
latch (G) on the wire pull (E) on the Handlebar
Wire (90), and remove and discard the wire pull
and the wire tie (D). Then, remove the rubber
band (H) from the Handlebar Wire.

   See the right inset drawing. Route the
Handlebar Wire (90) upward through the opening
in the Console Bracket (26).

   Next, have a second person hold the Console
(6) near the Console Bracket (26). Connect the
two console wires (I) to the two connectors on
the Handlebar Wire (90).

   **IMPORTANT: The wire connectors should
slide together easily and snap into place with
an audible click. You must connect the wires
properly for your studio bike to function
properly.**

13. Insert the console wires (not shown) and the
connectors on the Handlebar Wire (90) into the
Console (6).

   Do not pinch the wires. Attach the Console (6)
to the Console Bracket (26) with four M6 x 16mm
Screws (81); **start all four Screws, and then
tighten them.**

14. Hold the sides of the Console (6) and rotate it to the position shown. Then, **make sure that the Console is level,** and **firmly tighten the two M6 Union Bolts (70) that you attached in step 11.**

    See the inset drawing. Insert the Mount Cover (93) into the Console Mount (5).
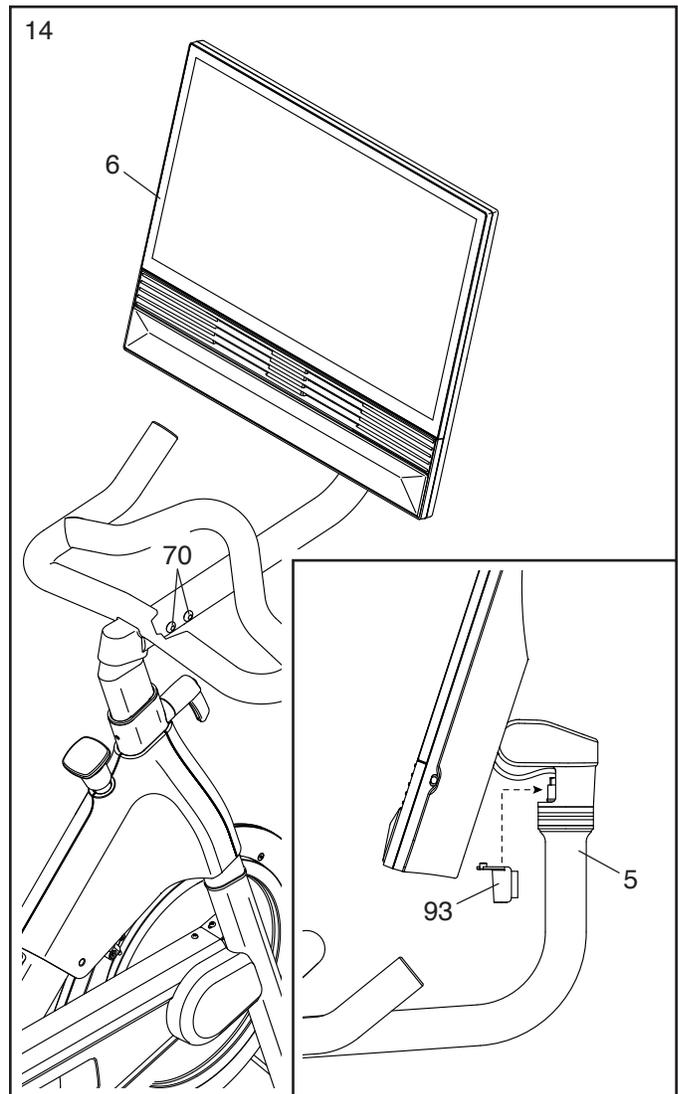
15. **Do not pinch the wires.** Identify the **Lower Display Cover (102),** and press it onto the back of the Console (6). Note: It may be helpful to pivot the Console upward for access.

    Then, press the **Upper Display Cover (101)** onto the back of the Console (6).
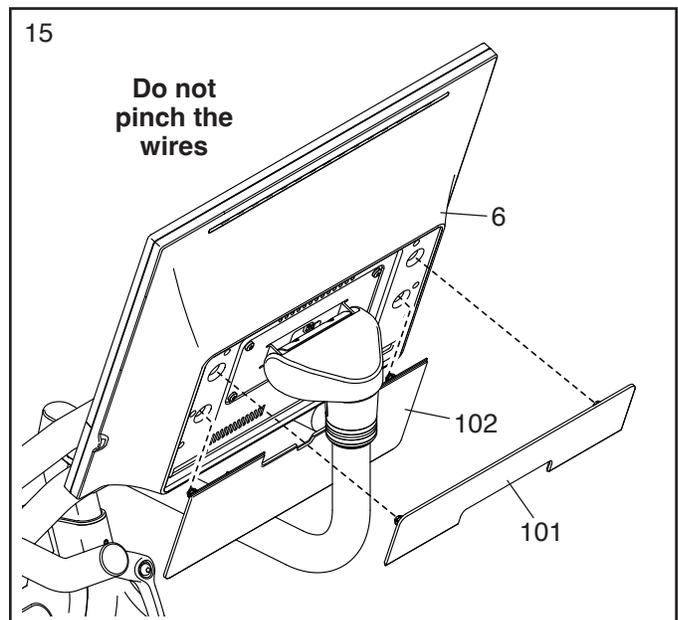
16. Set the Hand Weights (59) in the Weight Rests (11, 12).
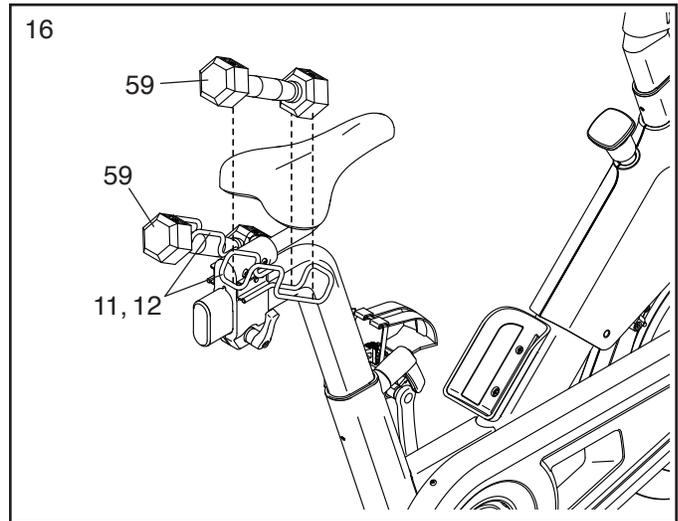
17. Plug the Power Adapter (86) into the receptacle on the Frame (1).

Note: To plug the Power Adapter (86) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.
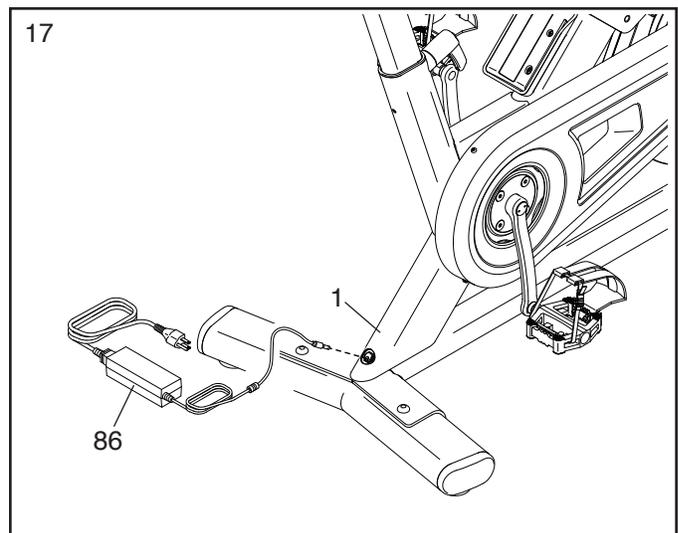
18. **After the studio bike is assembled, inspect it to make sure that it is assembled correctly and that all parts are properly tightened.** Extra parts may be included. **Keep the included tools.** One or more of the tools may be needed to make adjustments in the future. Place a mat under the studio bike to protect the floor or carpet.

The use of the remaining parts will be explained in HOW TO USE THE STUDIO BIKE, beginning on page 14.

HOW TO USE THE STUDIO BIKE

HOW TO PLUG IN THE POWER ADAPTER

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

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

Make sure that the power adapter (A) is plugged into the receptacle on the studio bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO LEVEL THE STUDIO BIKE

If the studio bike rocks slightly on your floor during use, turn one or both of the leveling feet (B) beneath the rear stabilizer until the rocking motion is eliminated.
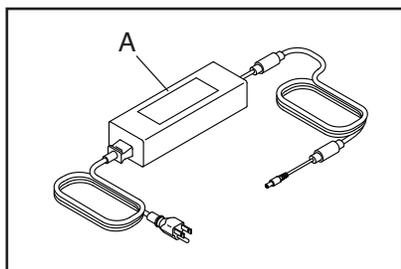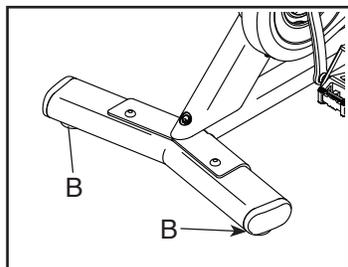
HOW TO ADJUST THE ANGLE OF THE SADDLE

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

To adjust the saddle, loosen the nuts (C) on the saddle clamp a few turns, and then tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the nuts.
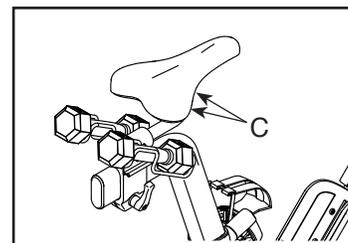
HOW TO ADJUST THE HORIZONTAL POSITION OF THE SADDLE

To adjust the position of the saddle, first loosen the carriage handle (D). Then, move the saddle forward or backward to the desired position, and firmly tighten the carriage handle.
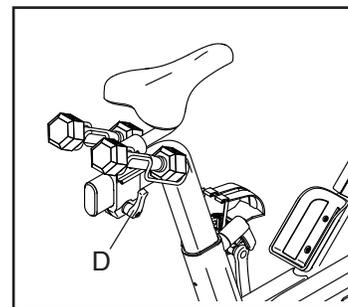
Note: The carriage handle (D) functions like a ratchet. Turn the carriage handle in the desired direction, pull it outward, turn it in the opposite direction, push it inward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

HOW TO ADJUST THE SADDLE POST

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

IMPORTANT: To prevent the hand weights from falling out of the weight rests, hold the saddle post firmly with one hand while making this adjustment.

To adjust the height of the saddle post, first loosen the adjustment handle (E) four turns and pull it outward. Next, move the saddle post upward or downward, and release the adjustment handle into an adjustment hole in the saddle post. **Make sure that the adjustment handle is in an adjustment hole, and then firmly tighten the adjustment handle four turns.** Then, pull the adjustment handle outward, turn it so that it points downward as shown, and then release it.
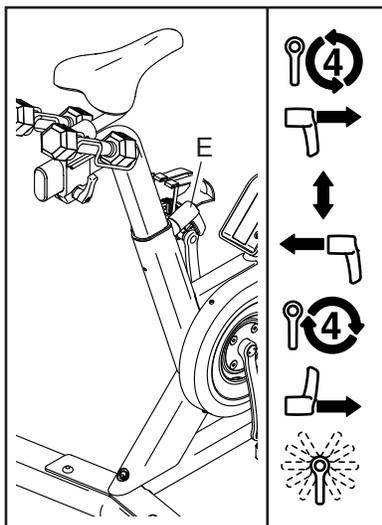
HOW TO ADJUST THE HANDLEBAR

To adjust the height of the handlebar, first **hold the handlebar firmly with one hand to prevent it from falling when you loosen the adjustment handle (F).** Next, loosen the adjustment handle four turns and pull it outward. Then, move the handlebar upward or downward, and release the adjustment handle into an adjustment hole in the handlebar. **Make sure that the adjustment handle is in an adjustment hole, and then firmly tighten the adjustment handle four turns.** Then, pull the adjustment handle outward, turn it so that it points downward as shown, and then release it.
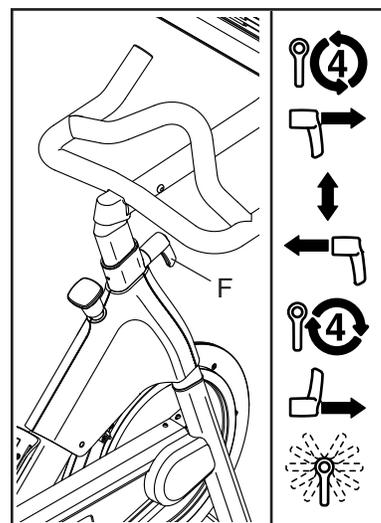
HOW TO USE THE PEDALS

Note: You can remove the pedals and attach your own pedals to the studio bike if desired.

How to Use the Toe Cage Side of the Pedals

To use the toe cage side of the pedals (G), insert your shoes into the toe cages and pull the ends of the toe straps. To loosen the toe straps, press and hold the tabs (H) on the buckles, adjust the toe straps to the desired position, and then release the tabs.
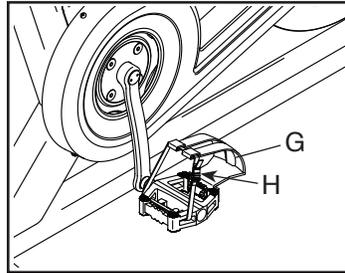
How to Attach the Cleats and Adjust the Spring Tension of the Pedals

To use the clip-in side of the pedals, you must first attach the included cleats to your cycling shoes (not included).

Using the included hex key, attach a cleat (I) to the bottom of a cycling shoe with a cleat bracket (J) and two cleat screws (K). **Attach the other cleat to your other cycling shoe in the same way.**
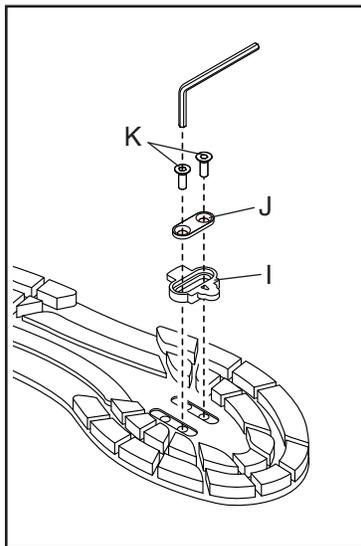
The spring tension affects how easy or difficult it is to clip in and unclip from the pedals. To adjust the spring tension of a pedal (L), use the included hex key to tighten or loosen the adjustment screw (M) as desired. **Adjust the spring tension of the other pedal in the same way.**
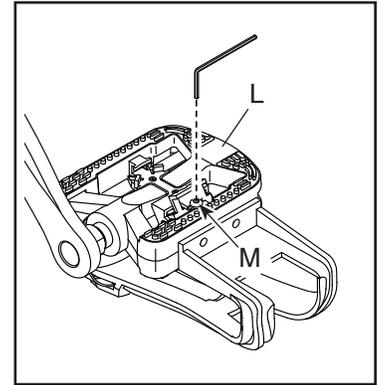
How to Use the Clip-in Side of the Pedals

To use the clip-in side of the pedals, you must wear cycling shoes (not included) and the included cleats must be attached to your cycling shoes. See HOW TO ATTACH THE CLEATS AND ADJUST THE SPRING TENSION OF THE PEDALS at the left.

To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist the heels of your cycling shoes outward from the pedals.

HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, see step 4 on page 19. **To stop the flywheel, push the brake knob (N) downward. The flywheel should quickly come to a complete stop.**
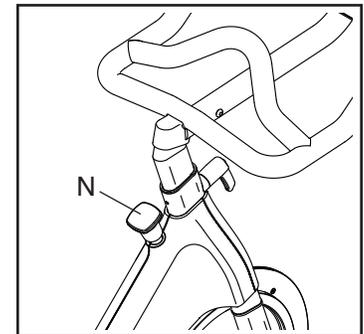
HOW TO LOCK THE STUDIO BIKE

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

HOW TO USE THE CONSOLE
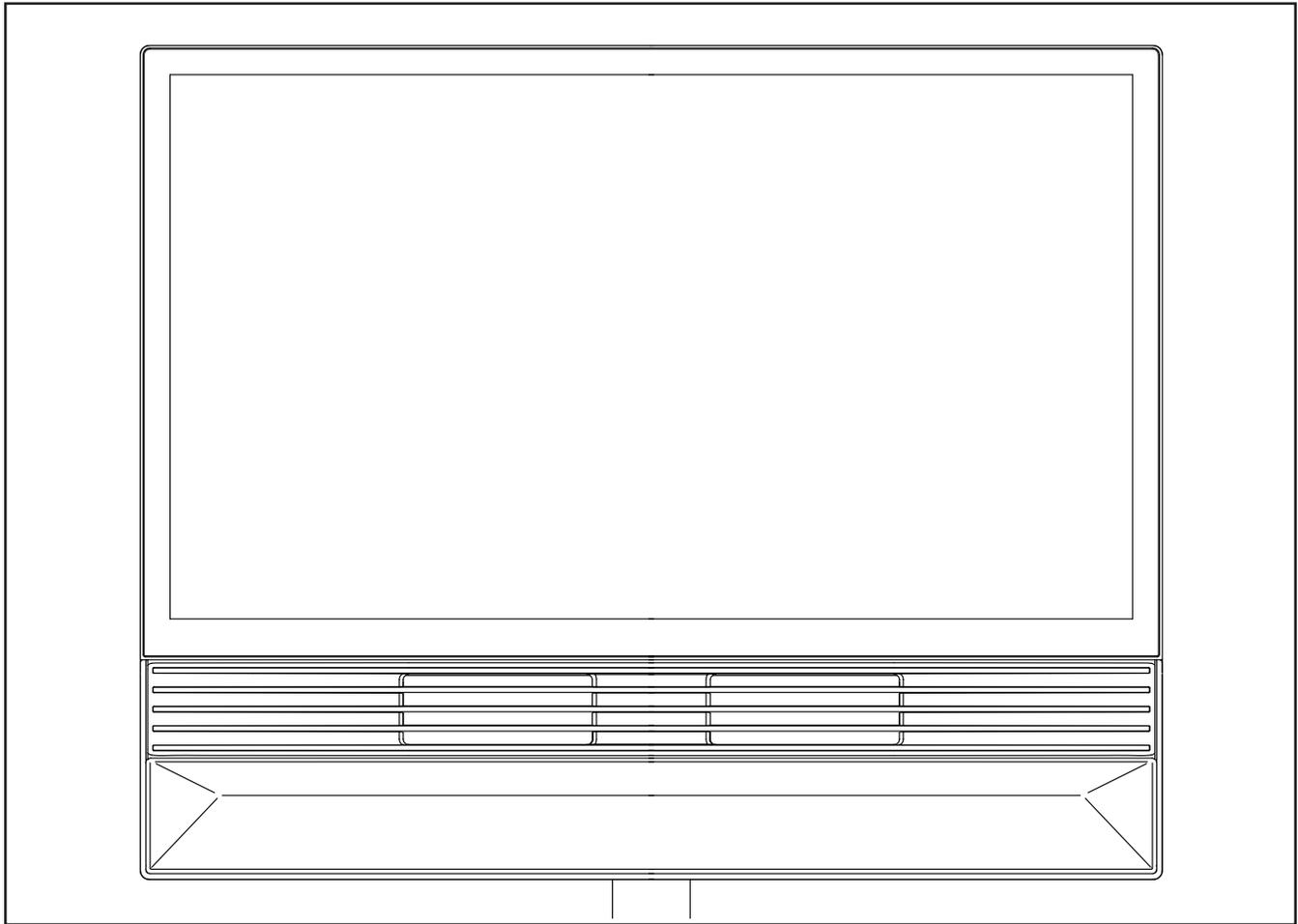
FEATURES OF THE CONSOLE

IMPORTANT: iFIT will periodically update your console's software to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features. Take time to explore your console's settings and features. **If you have questions, please visit my.iFIT.com or contact Member Care.**

The advanced console offers a selection of features designed to make your workouts more effective and exciting.

When you use the manual mode of the console, you can change the resistance of the pedals with a touch of a button. As you exercise, the console will display instant exercise feedback.

The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically control the resistance of the pedals as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a library of thousands of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to iFIT.com to learn more.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the studio bike. See HOW TO PLUG IN THE POWER ADAPTER on page 14.

HOW TO TURN OFF THE CONSOLE

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

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

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

HOW TO USE THE TOUCH SCREEN

The console features a full-color touch screen. You can slide or flick your finger against the screen to move some images on the screen. Note: The screen is not pressure sensitive; you do not need to press hard.

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

HOW TO SET UP THE CONSOLE

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

1. **Choose your time zone.**

2. **Connect to a wireless network.**

   To use iFIT workouts and several other features of the console, the console must be connected to a wireless network. If necessary, see page 24 for detailed instructions.

3. **Create or sign in to your iFIT account.**

   Follow the prompts on the screen to create an iFIT account or to log in to your iFIT account. Available subscription options will be shown.

4. **Check for software updates.**

   Touch the console settings button (gear icon) on the screen. Next, touch *Equipment* and then touch *Software update.* Software updates will begin automatically. **IMPORTANT: To avoid damaging the studio bike, do not press the power switch or unplug the power cord while the software is being updated.** See page 23 for detailed instructions.

The console is now ready for you to begin working out. Take a moment to explore the settings and features of the console.

HOW TO USE THE MANUAL MODE

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Get ready for the workout.

To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 25.

3. Start the workout.

Touch *Quick start* and begin pedaling.

4. Change the resistance of the pedals as desired.

To change the resistance of the pedals, touch the numbered resistance buttons on the left side of the screen or touch the + and – buttons near the lower-left corner of the screen. Note: After you touch a button, it will take a moment for the pedals to reach the selected resistance level.

Note: To turn on and turn off the numbered resistance buttons on the screen, touch the workout settings icon in the lower-right corner of the screen and then touch *Controls.*

5. Follow your progress.

The console offers several display modes. Touch the workout settings icon in the lower-right corner of the screen to turn on and turn off options such as *Metrics* and *Charts.*

To adjust the volume level, touch the workout settings icon in the lower-right corner of the screen and then touch *Audio.*

6. Pause or end the workout.

To pause the workout, touch the pause symbol next to the word *Workout* at the bottom of the screen. To continue the workout, touch *Resume* on the screen.

To end the workout, touch the pause symbol next to the word *Workout* on the screen and then touch *End.* A workout summary will appear. Touch the back arrow button in the upper-left corner of the screen to return to the home screen.

7. When you are finished exercising, turn off the console (see page 18).

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 24).

1. **Select the home screen or the workout library.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. **Select a workout.**

   To select a workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, location, trainer, and so forth. Then, touch the desired workout image on the screen.

   The featured workouts on your console will change periodically. To save a featured workout for future use, add it as a favorite by touching the favorites button (heart symbol). Note: You must be logged in to your iFIT account to save a featured workout (see step 2 on page 22).

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

   To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 21.

3. **Get ready for the workout.**

   To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 25.

4. **Start the workout.**

   Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the workout settings icon in the lower-right corner of the screen and then touch *Audio* 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 the workout, the resistance of the pedals will change automatically according to the settings of the workout. **If the resistance is too high or too low,** you can manually override the setting (see step 4 on page 19). To return to the programmed resistance of the workout, touch *Follow Trainer*.

If the SmartAdjust feature is enabled, the console will scale the intensity of the workout automatically based on your manual overrides of the resistance. **To enable the SmartAdjust feature,** touch the workout settings icon in the lower-right corner of the screen and then touch *Features*.

IMPORTANT: The calorie goal shown in the workout description is only an estimate. The actual number of calories that you burn will depend on various factors. If you manually change the resistance of the pedals during the workout, the number of calories that you burn will be affected.

To follow your progress, see step 5 on page 19.

To pause or end the workout, see step 6 on page 19.

5. **When you are finished using the studio bike, turn off the console (see page 18).**

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

To use a draw-your-own-map workout, you must be logged in to your iFIT account (see step 2 on page 22) and the console must be connected to a wireless network (see page 24).

1. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

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

2. **Draw a workout on the map.**

   First, touch the *Create* icon on the left side of the screen.

   Next, navigate to the area on the map where you want to draw a workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the starting point for the workout. Then, touch the screen to add the ending point for the workout.

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

3. **Save the workout.**

   Touch the options on the screen to save the workout. If desired, enter a title and description for the workout.

4. **Get ready for the workout.**

   To use the fan, your Bluetooth headphones, or a compatible heart rate monitor, see page 25.

5. **Start the workout.**

   Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

   The workout will function in the same way as a featured workout (see step 4 on page 20).

6. **When you are finished exercising, turn off the console (see page 18).**

HOW TO USE AN IFIT WORKOUT

To use an iFIT workout, you must be logged in to your iFIT account and the console must be connected to a wireless network. **For more information about iFIT, go to iFIT.com.**

1. **Select the home screen.**

   When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. **Log in to your iFIT account.**

   If you have not done so, touch the console settings button (gear icon) on the screen and then touch *Membership* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

   Note: To switch users within your iFIT account, select the home screen and then touch the circular icon in the lower-left corner of the screen. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

3. **Select an iFIT workout from the home screen or the workout library.**

   To select an iFIT workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, location, trainer, and so forth. Then, touch the desired workout image on the screen.

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

You can also select options such as adding the workout to your schedule (see step 4) or marking the workout as a favorite (see step 5).

4. **Schedule an iFIT workout on the calendar if desired.**

   To schedule an iFIT workout for a future date, simply view the overview or workout summary of the desired iFIT workout, touch the calendar icon, and then select the desired date on the calendar. When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

5. **Create a list of favorite iFIT workouts if desired.**

   To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

   To view a list of iFIT workouts that you have marked as favorites, touch the heart icon at the top of the home screen.

6. **Get ready for the workout.**

   To use the fan, your Bluetooth headphones, or an optional heart rate monitor, see page 25.

7. **Start the workout.**

   Touch *Start workout* and begin pedaling. A warm-up period will begin. Pedal until the warm-up period ends or touch *Skip warmup*.

   The workout will function in the same way as a featured workout (see step 4 on page 20).

8. **When you are finished using the studio bike, turn off the console (see page 18).**

HOW TO CHANGE CONSOLE SETTINGS

1. Select the console settings menu.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

Then, touch the console settings button (gear icon) on the screen.

2. Navigate the console settings menu.

You may be able to view and change settings in the following settings menus:

Your account
• Account info, password
• Health details

Preferences
• Wi-Fi
• Units of measurement
• Time zone
• Language
• iFIT AI Coach

Equipment
• About
• Update
• Calibrate

Membership
• Manage membership
• Payment info
• Plan profiles

Support
• Help
• Legal
• Feedback

3. Customize settings.

The console can display speed and distance in either Imperial (standard) or metric units of measurement. To change the unit of measurement or to change other settings, touch *Preferences* or *Equipment* and then touch the desired settings.

4. Update the console software.

For the best results, regularly check for software updates. Touch *Equipment* and then touch *Software update.* Software updates will begin automatically. **IMPORTANT: To avoid damaging the studio bike, do not press the power switch or unplug the power cord while the software is being updated.**

When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter. Note: Software updates are always designed to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features.

5. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

HOW TO CHANGE WORKOUT SETTINGS

1. **Select the workout settings menu.**

   Touch the workout settings icon in the lower-right corner of the screen.

2. **Navigate the workout settings menu and customize workout settings.**

   You may be able to view and change settings in the following menus:

   Audio
   • App volume
   • Speaker volume

   Fan

   Bluetooth

   Features
   • SmartAdjust

   Display
   • iFIT Closed Captions
   • Screen brightness

   Note: Some workout controls are disabled when no workout is running.

3. **Exit the workout settings menu.**

   To exit the workout settings menu, touch the X in the lower-right corner of the screen.

HOW TO CONNECT TO A WIRELESS NETWORK

1. **Select the console settings menu.**

   With the home screen selected, touch the console settings button (gear icon) on the screen and then touch *Preferences.*

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

   Touch *Wi-Fi* to select the wireless network menu. If *Wi-Fi* is not enabled, touch the *Wi-Fi* toggle to enable it. When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a moment 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). The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

   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. Passwords are case-sensitive.

   When the console is connected to your wireless network, a confirmation message will appear on the screen.

   If you have problems connecting to an encrypted network, make sure that your password is correct. **If you have questions after following these instructions, please go to my.iFIT.com for assistance.**

3. **Exit the console settings menu.**

   To exit the console settings menu, touch the X in the upper-left corner of the screen.

HOW TO USE THE FAN

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically change as the pedaling speed changes. To control the fan, touch the workout settings icon in the lower-right corner of the screen and then touch *Fan.*

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

HOW TO USE THE CHARGING PORT

The console features a charging port to charge USB-C compatible devices, such as smartphones and tablets, while you exercise.

To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C charging cable is fully plugged in.** Note: The charging port cannot be used to view or transfer data or to play music through the console sound system.

HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, put them in pairing mode, and place them near the console. Next, start a workout. Then, touch the workout settings icon in the lower-right corner of the screen, touch *Bluetooth,* and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

HOW TO USE AN OPTIONAL 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 heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. The console is compatible with all Bluetooth® Smart heart rate monitors. **To purchase an optional heart rate monitor, please see the front cover of this manual.**
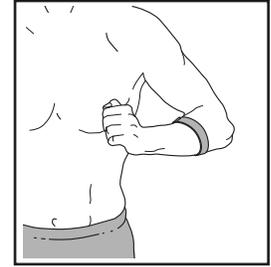
When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the studio bike is used. **Replace any worn parts immediately.** Use only manufacturer-supplied parts.

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

PEDAL MAINTENANCE

Tighten the pedals weekly. Tighten the **right** pedal **clockwise**, and tighten the **left** pedal **counterclockwise**.

TROUBLESHOOTING

Many problems can be solved with the simple steps in this section. If further assistance is needed, please see the front cover of this manual.
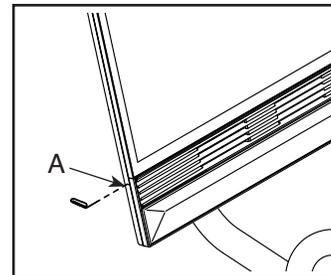
CONSOLE TROUBLESHOOTING

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

If a replacement power adapter is needed, please see the back cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFIT account or iFIT workouts, go to support.iFIT.com.

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings you have made to the console.** Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power adapter. **Continue to hold the reset button until the console turns on.** When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter and then plug it in again. Once the console turns on, check for software updates (see HOW TO CHANGE CONSOLE SETTINGS on page 23). Note: It may take a moment for the console to be ready for use.

HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, **first unplug the power adapter.** Next, locate the Reed Switch (57) on the left side of the studio bike. Slightly loosen the two M4 x 12mm Screws (87).
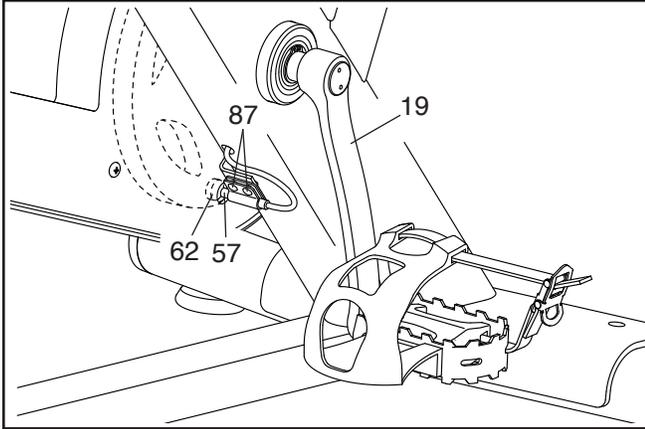
Next, turn the Left Crank Arm (19) until a Magnet (62) is aligned with the Reed Switch (57). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12mm Screws (87).

Plug in the power adapter and turn the Left Crank Arm (19) for a moment. Repeat the above procedure, if necessary, until the console displays correct feedback.

HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **unplug the power adapter.** Next, locate the Idler Cover (36). Remove the M4 x 12mm Screw (87) and the Idler Cover.
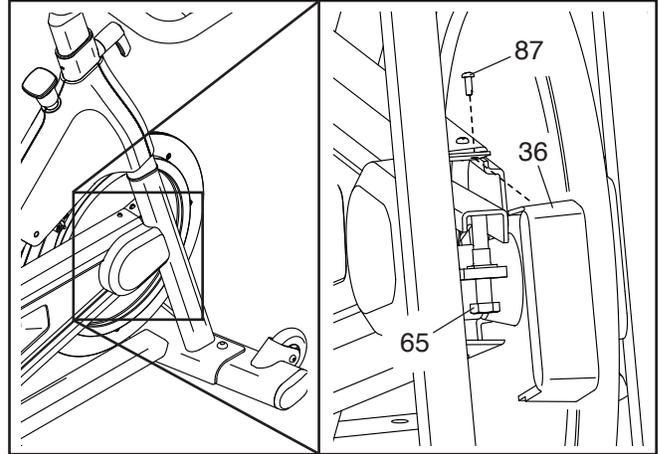
Then, tighten the M10 x 60mm Screw (65) until the Drive Belt (not shown) is tight.

When the Drive Belt (not shown) is tight, reattach the Idler Cover (36).

HOW TO ADJUST THE CONSOLE PIVOT AND TILT

If the console does not stay in place when it is moved from side to side, first remove the Mount Cover (93). Next, use the included studio bike tool to tighten the Pivot Nut (85) slightly until the console stays in place when moved from side to side. Then, press the Mount Cover back into place.
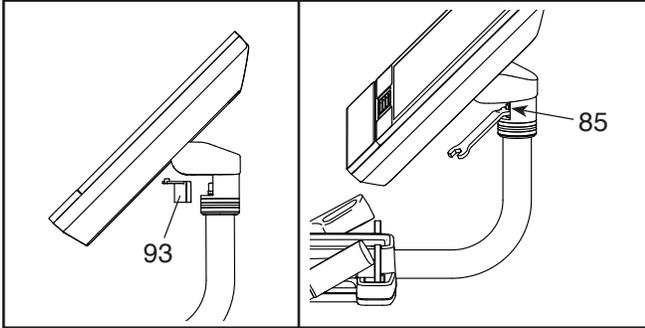
If the console does not stay in place when it is tilted upward and downward, **first see assembly step 15 on page 12.** Use a standard screwdriver to carefully pry off the Display Covers (101, 102).

Note: For clarity, the console is not shown in the drawing at the right. Next, tighten the four M6 x 15mm Cap Screws (98) in the Front Bracket Mount (56) until the upward and downward movement no longer feels loose. If necessary, tilt the console upward and downward to access the Cap Screws.
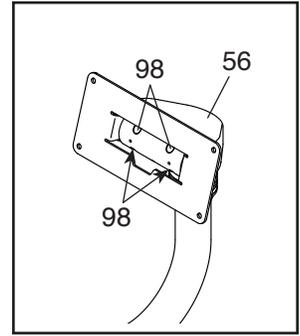
Then, see assembly step 14 on page 12 and reattach the Display Covers (101, 102).

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EXERCISE GUIDELINES

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

|							
165	*155*	*145*	*140*	*130*	*125*	*115*	💗
145	*138*	*130*	*125*	*118*	*110*	*103*	💗
125	*120*	*115*	*110*	*105*	*95*	*90*	❤
20	*30*	*40*	*50*	*60*	*70*	*80*	

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

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.
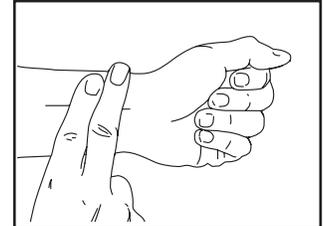
WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

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. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
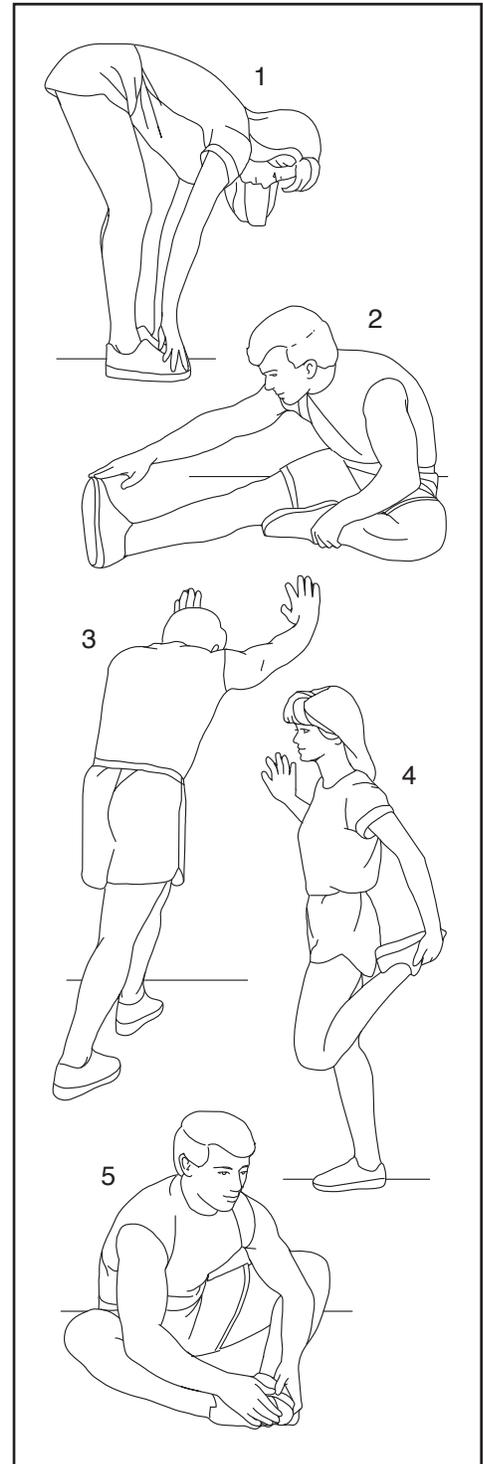
NOTES

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Wheel
2	1	Front Stabilizer	52	2	Foot
3	1	Rear Stabilizer	53	2	Leveling Foot
4	1	Handlebar	54	4	Cap
5	1	Console Mount	55	1	Saddle Post Cap
6	1	Console	56	1	Front Bracket Mount
7	1	Saddle Post	57	1	Reed Switch/Wire
8	1	Saddle	58	1	Clamp
9	1	Saddle Arm	59	2	Hand Weight
10	1	Saddle Carriage	60	1	Front Cover
11	1	Left Weight Rest	61	4	Clip Nut
12	1	Right Weight Rest	62	2	Magnet
13	1	Carriage Handle	63	4	M8 x 20mm Flat Head Screw
14	2	Adjustment Handle	64	6	M8 Locknut
15	1	Water Bottle Holder	65	1	M10 x 70mm Screw
16	1	Right Pedal	66	1	Crank Screw
17	1	Left Pedal	67	1	Bracket Spacer
18	1	Crank/Right Crank Arm	68	1	M10 Locknut
19	1	Left Crank Arm	69	4	M10 x 25mm Screw
20	1	Resistance Arm	70	2	M6 Union Bolt
21	1	Resistance Block	71	4	M6 x 12mm Screw
22	1	Resistance Disc	72	2	M8 x 50mm Bolt
23	1	M3.5 x 10mm Screw	73	2	M5 Nut
24	1	Resistance Motor	74	4	M4 x 12mm Motor Screw
25	1	Brake Knob Cap	75	2	M12 Locknut
26	1	Console Bracket	76	1	Shoe Pin
27	1	Brake Shaft	77	2	M4 x 6mm Screw
28	1	Brake Spring	78	1	Upper Brake Bushing
29	1	Brake Bracket	79	6	M6 x 12mm Screw
30	1	E-ring	80	1	M5 Screw
31	1	Idler	81	4	M6 x 16mm Screw
32	1	Cover Bracket	82	1	Frame Wire
33	1	Right Hub Cover	83	1	Thrust Washer
34	1	Outer Belt Cover	84	1	#8 x 1/2" Screw
35	1	Inner Belt Cover	85	1	Pivot Nut
36	1	Idler Cover	86	1	Power Adapter
37	1	Left Hub Cover	87	39	M4 x 12mm Screw
38	1	Motor Bracket	88	1	M4 x 19mm Flange Screw
39	1	Right Brake Cover	89	1	Power Wire/Receptacle
40	1	Saddle Post Sleeve	90	1	Handlebar Wire
41	1	Handlebar Sleeve	91	1	Mount Wire
42	2	Crank Arm Cap	92	4	M4 x 10mm Machine Screw
43	2	Snap Ring	93	1	Mount Cover
44	2	Crank Bearing	94	1	Rear Bracket Mount
45	1	Pulley	95	2	Inner Pivot Bushing
46	1	Drive Belt	96	2	Upper/Lower Pivot Disc
47	1	Flywheel	97	1	Center Pivot Disc
48	1	Left Brake Cover	98	4	M6 x 15mm Cap Screw
49	1	Resistance Bracket	99	1	Plastic Spacer
50	1	Bracket Cover	100	1	Cleat Assembly

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Display Upper Cover	108	1	M6 Washer
102	1	Display Lower Cover	109	1	Wire Tie
103	4	Crown Fastener/Screw	110	1	M6 Shoulder Bolt
104	1	Roll Pin	111	1	M6 Locknut
105	1	Brake Knob	*	–	Assembly/Adjustment Tool Kit
106	1	Lower Brake Bushing	*	–	User's Manual
107	1	Spring Stop			

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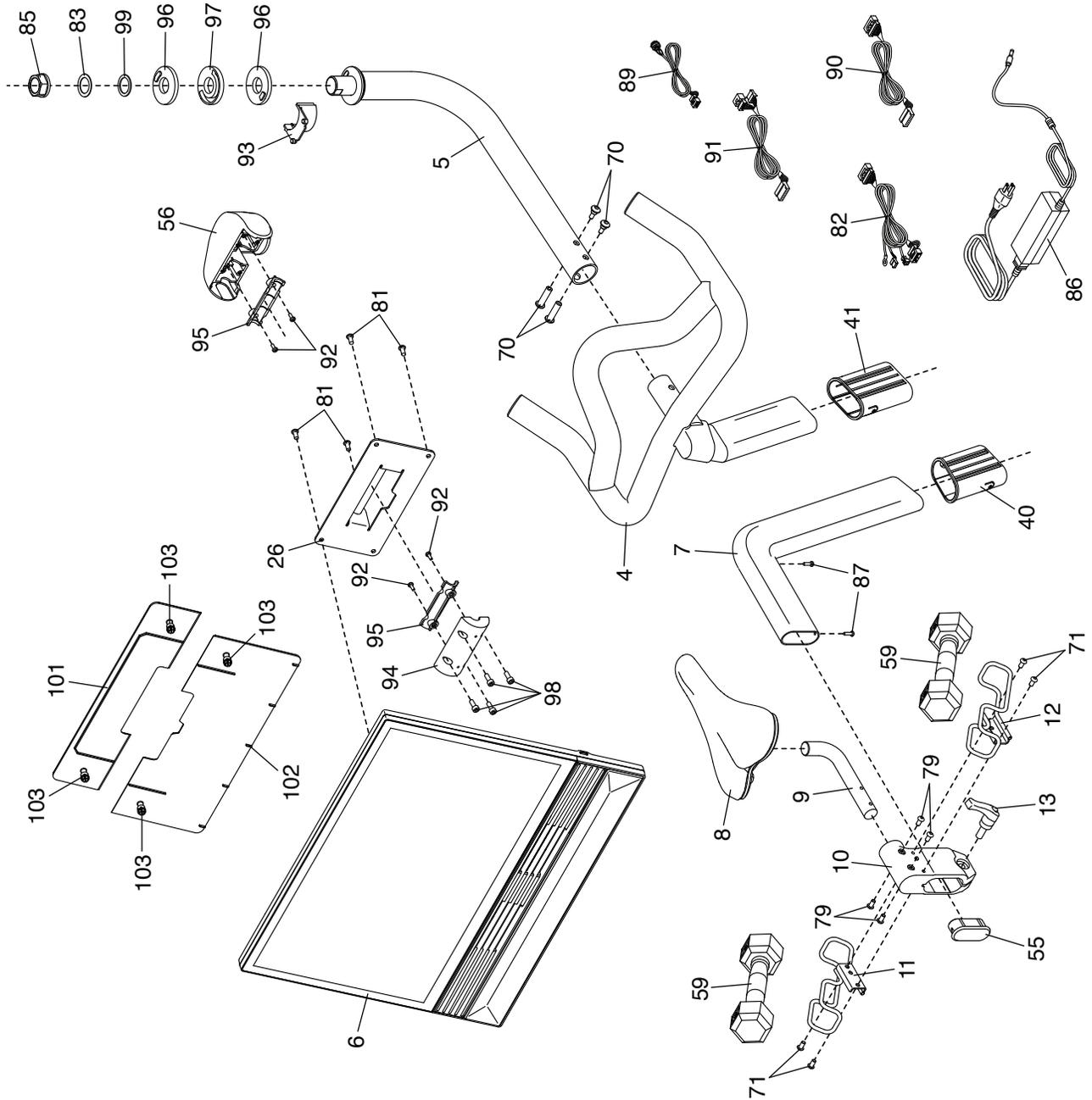
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

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

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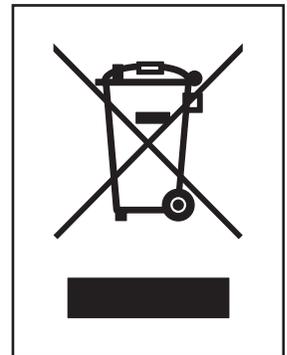
UK/EU DECLARATION OF CONFORMITY

NTEX24125-INT contains the MP24-Xenon-C or MP24-Xenon-V Tablet.
Hereby, iFIT Health & Fitness declares that the radio equipment type MP24-Xenon-C or MP24-Xenon-V is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMC453085 or OMC453584V - Broadcast Frequency Bands and Maximum EIRP power: 2.4G WIFI:25.02dBm; 5G WIFI:22.895dBm; 2.4G BT:10.12dBm.
Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015, Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17 V3.2.4, Article 3.2 – Radio parameters EN 300 328 V2.2.2, EN 301 893 V2.1.1
UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway, Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom
EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France

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