

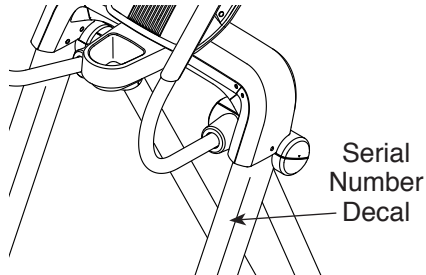
NordicTrack®

FREESTRIDE TRAINER FS7i

Model No. NTEVEL21018.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

CUSTOMER SERVICE

UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

AUSTRALIA

Call: 1800 993 770

E-mail: australiacc@iconfitness.com

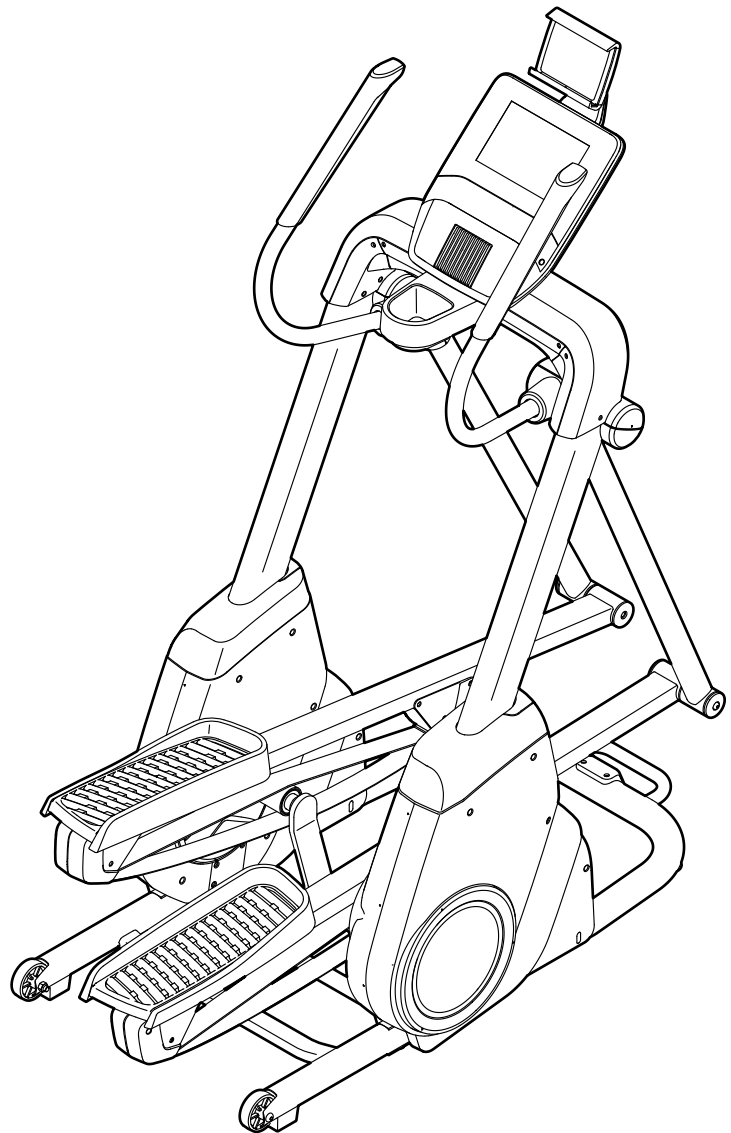
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

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

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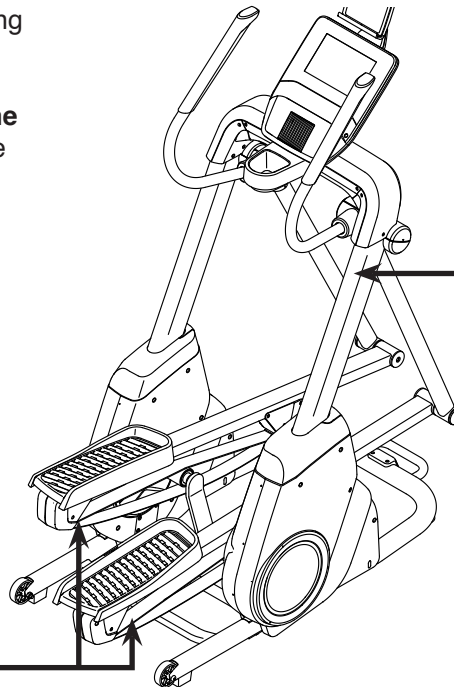
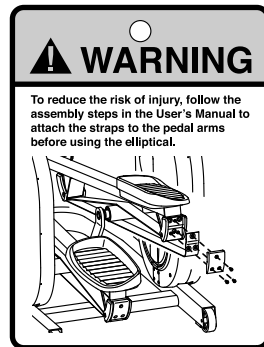
EXPLODED DRAWING..... 33

ORDERING REPLACEMENT PARTS Back Cover

RECYCLING INFORMATION Back Cover

WARNING DECAL PLACEMENT

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



WARNING

- Misuse of this 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 297lbs / 135kgs.
- 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 serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. 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 elliptical 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 elliptical 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 elliptical by someone responsible for their safety.
4. Use the elliptical only as described in this manual.
5. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
6. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
7. Place the elliptical on a level surface, with at least 4 ft. (1.2 m) of clearance in the front of the elliptical, 6 ft. (1.8 m) in the rear, and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
8. Keep children under age 13 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 297 lbs. (135 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.
12. Hold the handlebars when mounting, dismounting, or using the elliptical.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. Keep your back straight while using the elliptical; do not arch your back.
16. 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.

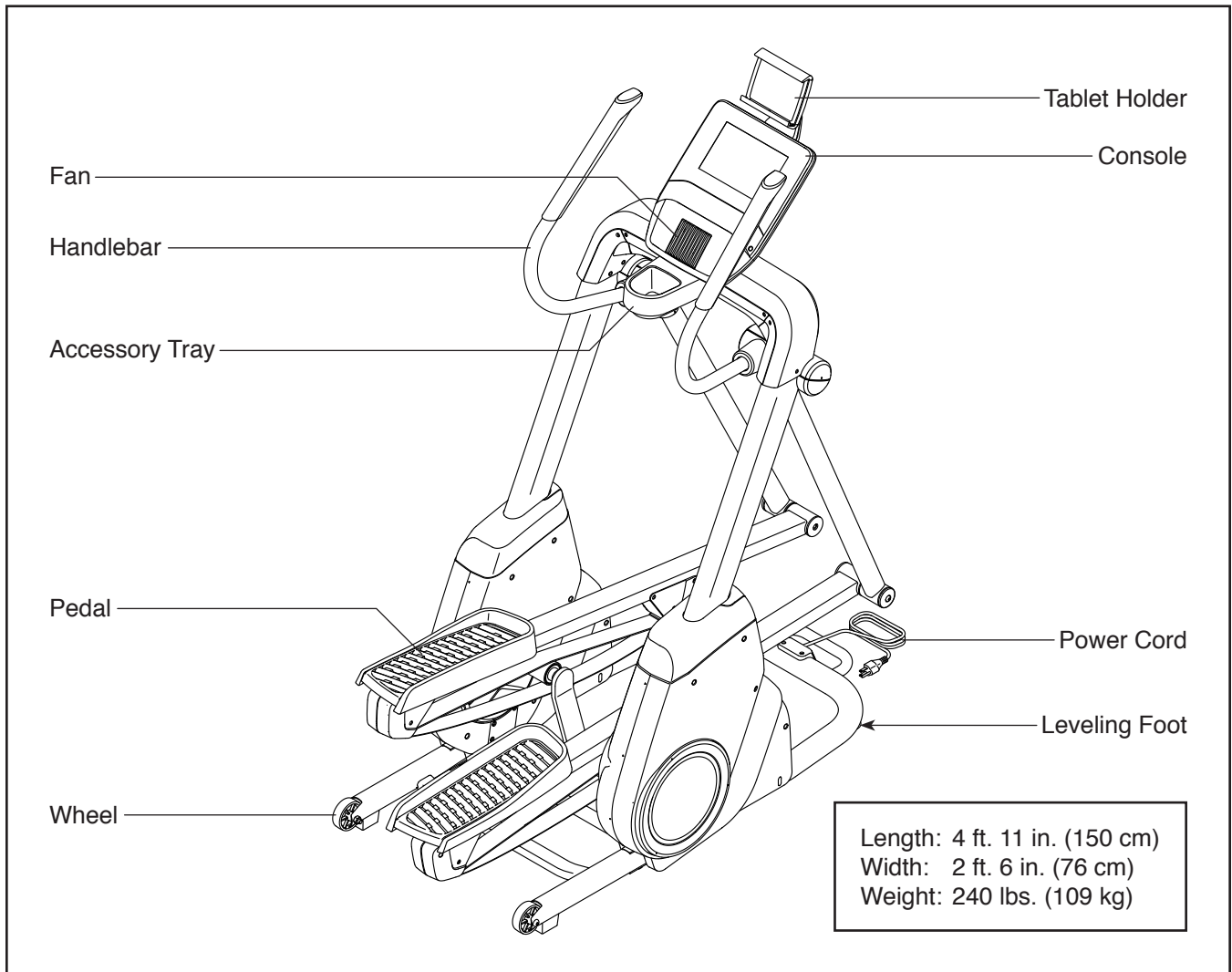
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® FREESTRIDE TRAINER FS7I elliptical. The FREESTRIDE TRAINER FS7I elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after

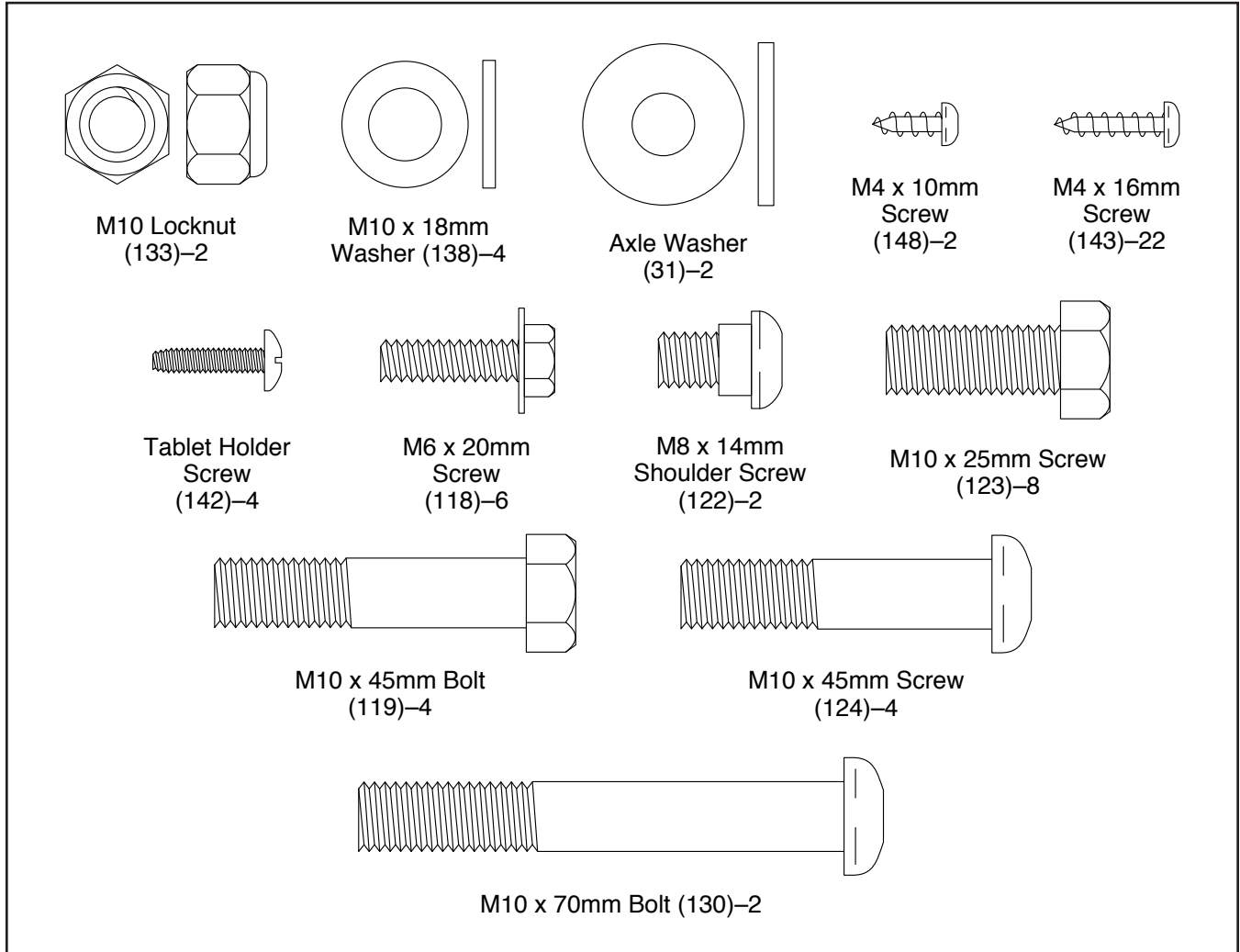
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**

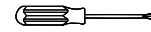


ASSEMBLY

- Assembly requires two or three 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 tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench



one rubber mallet

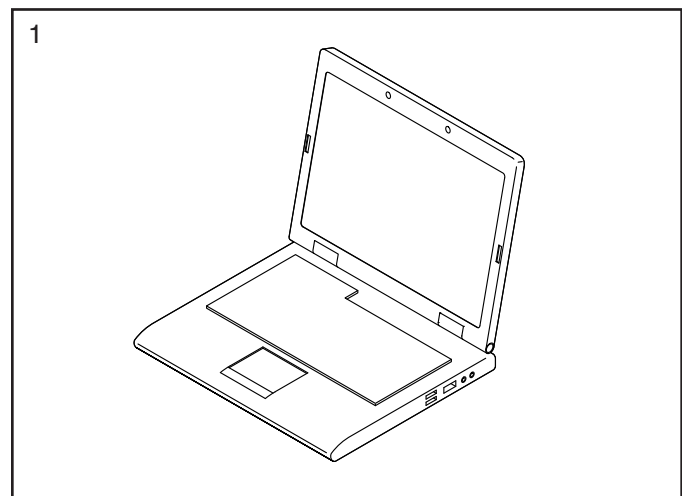


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **To register your product and activate your warranty in the UK**, go to iconsupport.eu. If you do not have internet access, call Customer Service (see the front cover of this manual).

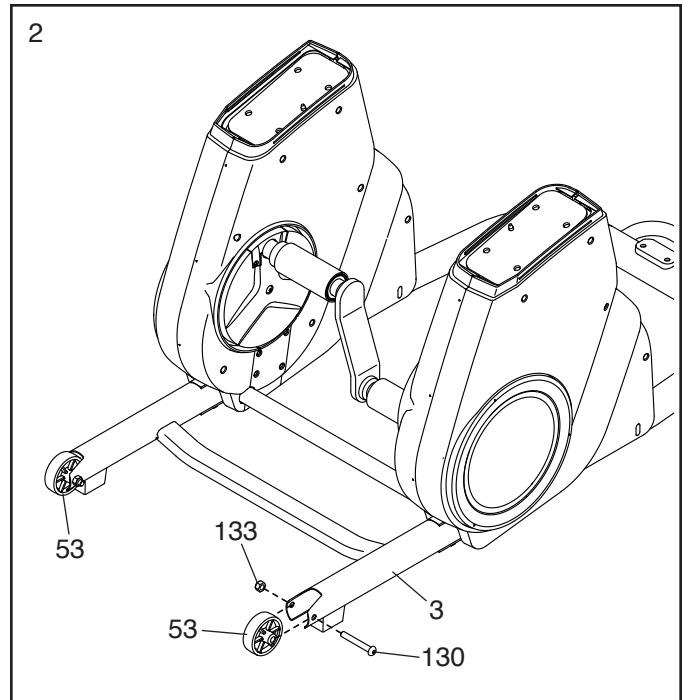
To register your product and activate your warranty in Australia, email or post the following information to the email address or postal address on the front cover of this manual.

- your receipt (make sure to keep a copy)
- your name, address, and telephone number
- the model number, serial number, and name of your product (see the front cover of this manual)



2. Attach a Wheel (53) to one side of the Stabilizer (3) with an M10 x 70mm Bolt (130) and an M10 Locknut (133); **do not overtighten the Locknut; the Wheel should turn freely.**

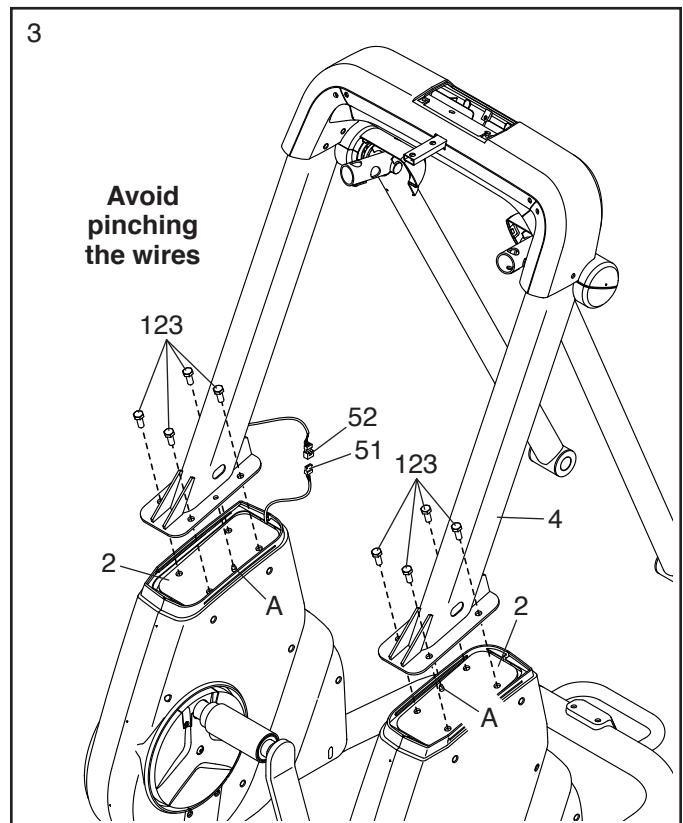
Attach the other Wheel (53) in the same way.



3. **Tip: Avoid pinching the wires.** With the help of one or two other people, set the Upright (4) on the pins (A) on the Frame (2).

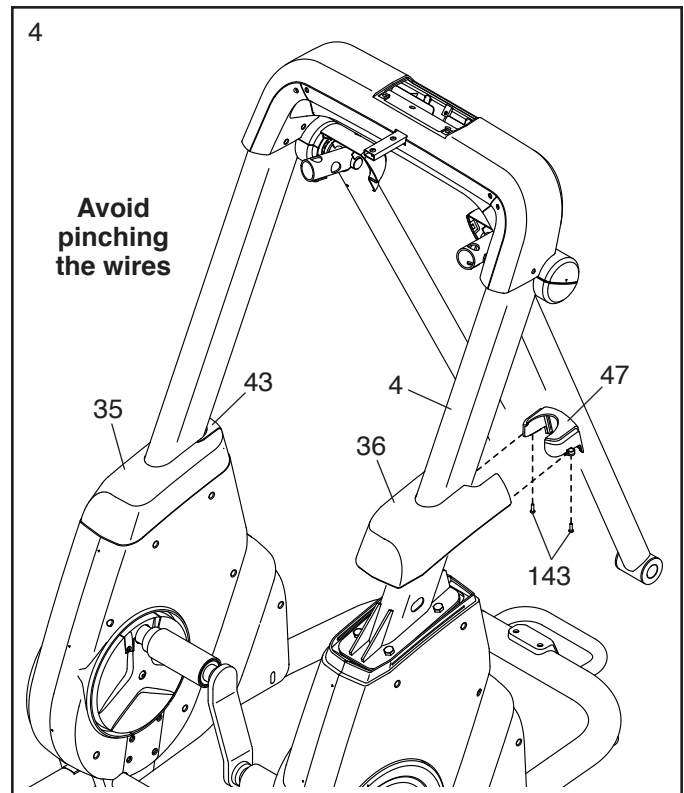
Attach the Upright (4) to the Frame (2) with eight M10 x 25mm Screws (123); **start all the Screws, and then tighten them.**

Then, connect the 41" Wire (52) in the Upright (4) to the 17" Wire (51) in the Frame (2).



4. Identify the Right Shield Cover (36) and the Right Front Shield Cover (47). Attach them around the right side of the Upright (4) with two M4 x 16mm Screws (143).

Tip: Avoid pinching the wires. Attach the Left Shield Cover (35) and the Left Front Shield Cover (43) around the left side of the Upright (4) in the same way.

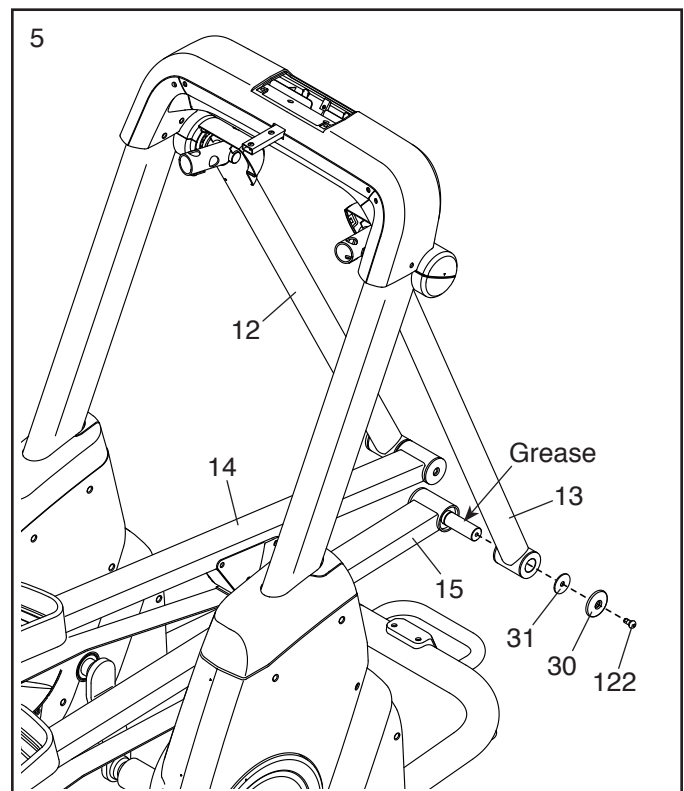


5. Identify the Right Pedal Arm (15). Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the Right Pedal Arm.

Insert the axle on the Right Pedal Arm (15) into the Right Pivot Leg (13) from the direction shown.

Attach the Right Pedal Arm (15) with an M8 x 14mm Shoulder Screw (122), an Axle Cover (30), and an Axle Washer (31).

Attach the Left Pedal Arm (14) to the Left Pivot Leg (12) in the same way.



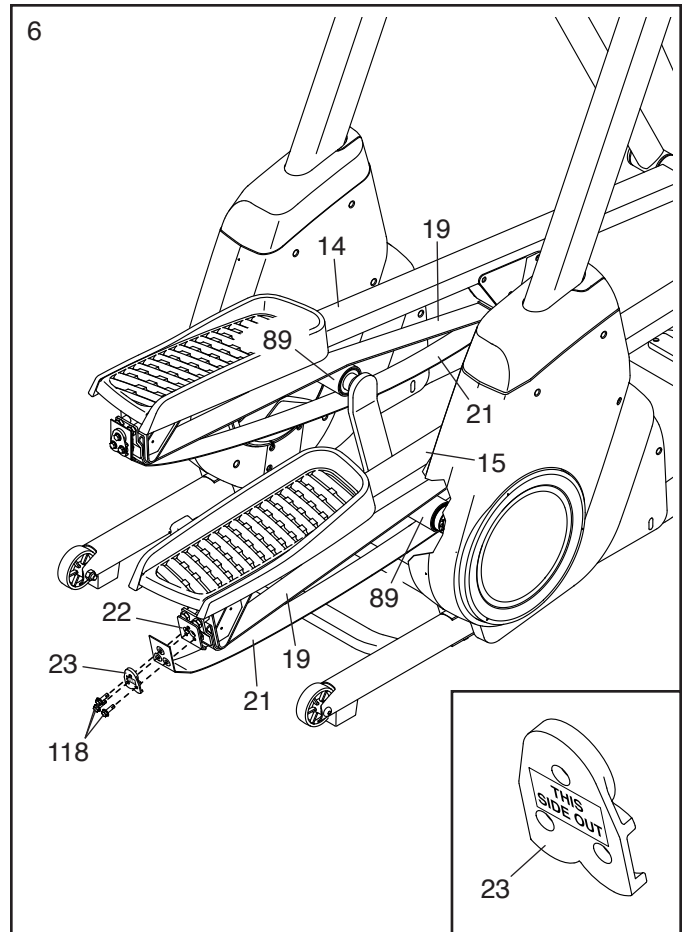
6. Identify the Strap (21) on the Right Pedal Arm (15). Route the Strap under the Roller (89); **make sure that the Strap is not twisted.**

Make sure that the Glide Belt (19) on the Right Pedal Arm (15) is resting on top of the Roller (89) and that the Strap (21) is routed under the Roller.

Tip: It may be helpful to have a second person press downward on the Right Pedal Arm (15) while you perform the following action.

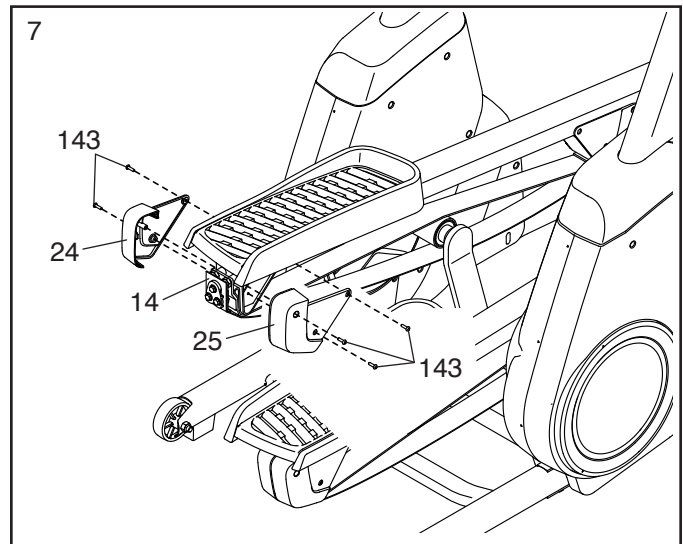
Make sure to orient the Strap Clamp (23) as shown in the inset drawing. Attach the Strap (21) to the Strap Bracket (22) on the Right Pedal Arm (15) with three M6 x 20mm Screws (118) and a Strap Clamp; **start all the Screws, and then tighten them.**

Repeat this step for the Left Pedal Arm (14).



7. Identify the Left and Right Rear Belt Covers (24, 25), and then attach them to the Left Pedal Arm (14) with five M4 x 16mm Screws (143); **start all the Screws, and then tighten them.**

Repeat this step on the other side of the elliptical.

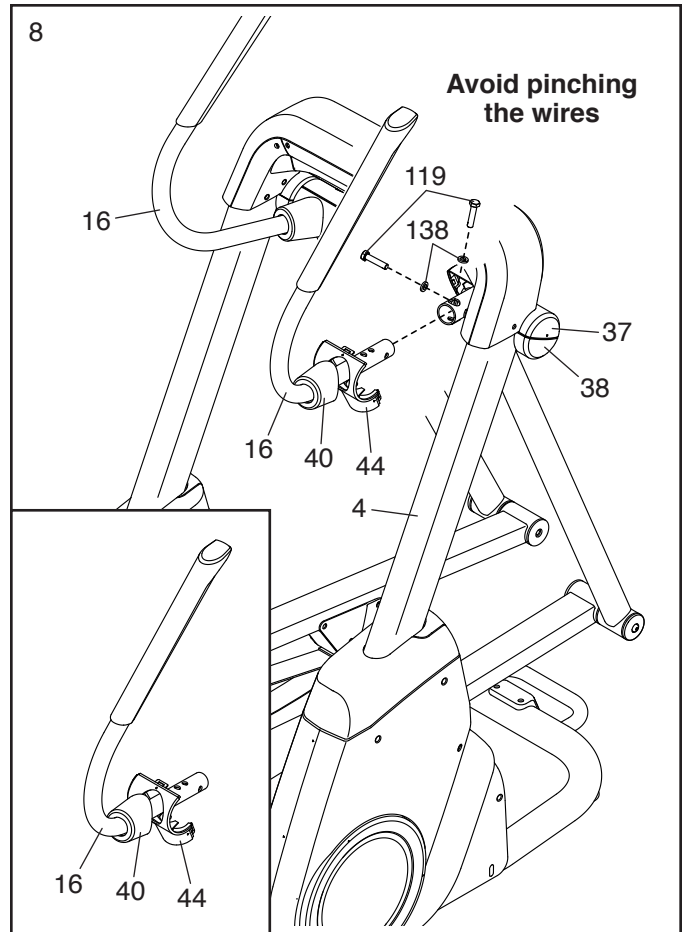


8. **See the inset drawing.** Identify a Handlebar Cover (40) and the Right Rear Leg Cover (44), and slide them onto a Handlebar (16) as shown.

Tip: Avoid pinching the wires. Insert the Handlebar (16) into the right side of the Upright (4), and attach it with two M10 x 45mm Bolts (119) and two M10 x 18mm Washers (138).

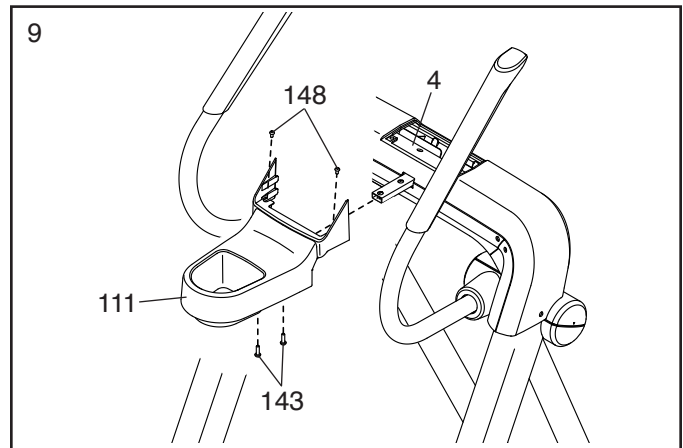
Tip: Avoid pinching the wires. Press the Right Rear Leg Cover (44) into the Pivot Covers A and B (37, 38). Then, press the Handlebar Cover (40) into place.

Repeat this step on the other side of the elliptical.



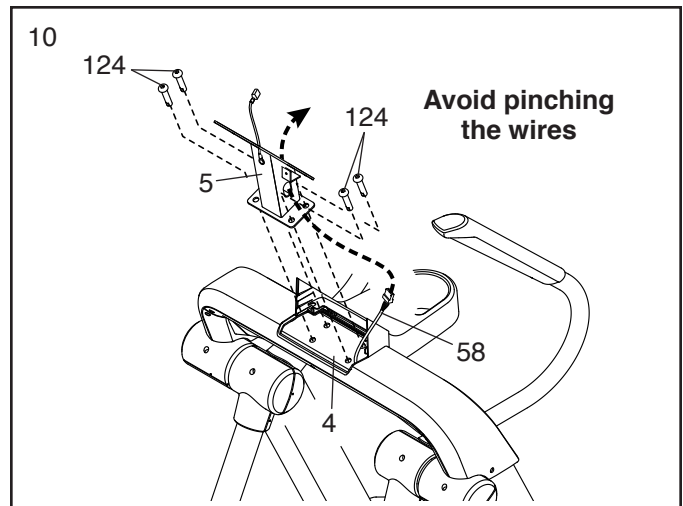
9. Attach the Accessory Tray (111) to the Upright (4) from below with two M4 x 16mm Screws (143).

Then, attach the Accessory Tray (111) to the Upright (4) from above with two M4 x 10mm Screws (148).



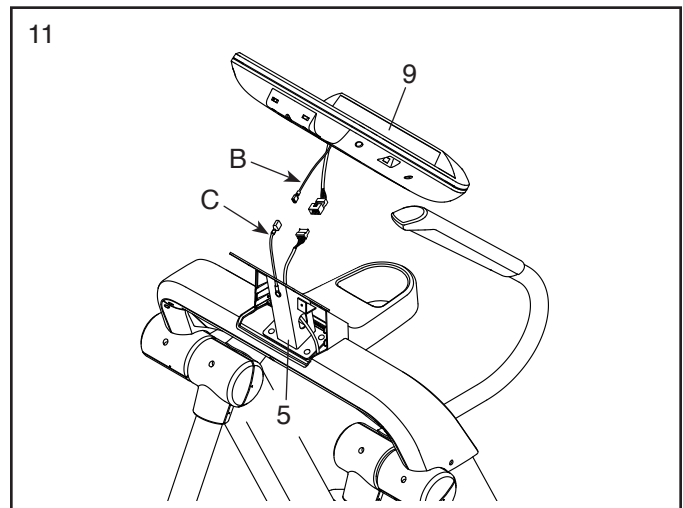
10. While a second person holds the Console Bracket (5) near the Upright (4), insert the 32" Wire (58) upward through the hole in the side of the Console Bracket as shown.

Tip: Avoid pinching the wires. Attach the Console Bracket (5) to the Upright (4) with four M10 x 45mm Screws (124); **start all the Screws, and then tighten them.**

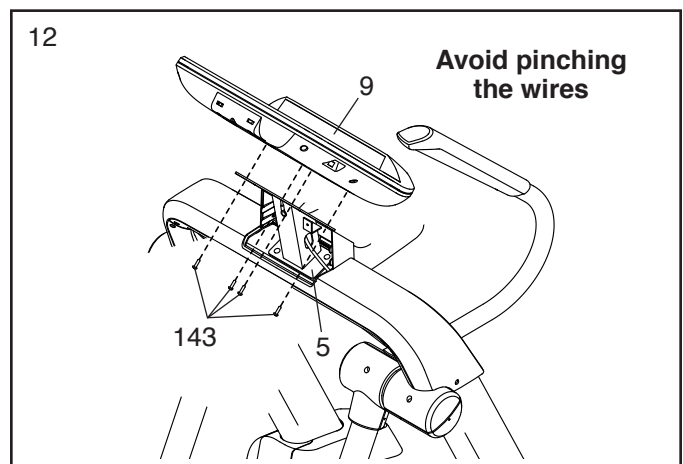


11. While a second person holds the Console (9) near the Console Bracket (5), connect the wires (B) on the Console to the matching wires (C) in the Console Bracket; **make sure to press the connectors on the wires together firmly.**

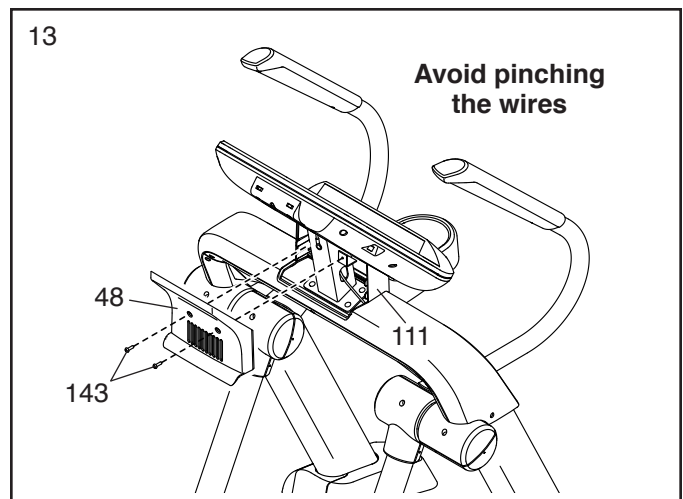
Insert the excess wire into the Console Bracket (5).



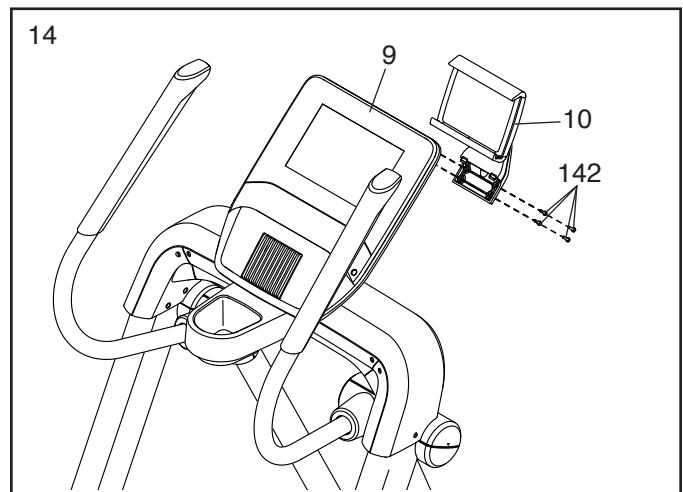
12. **Tip: Avoid pinching the wires.** Attach the Console (9) to the Console Bracket (5) with four M4 x 16mm Screws (143); **start all the Screws, and then tighten them.**



13. **Tip: Avoid pinching the wires.** Attach the Console Bracket Cover (48) to the Accessory Tray (111) with two M4 x 16mm Screws (143).



14. Attach the Tablet Holder (10) to the Console (9) with four Tablet Holder Screws (142); **start all the Tablet Holder Screws, and then tighten them.**

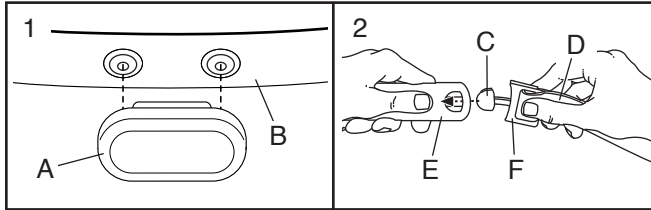


15. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

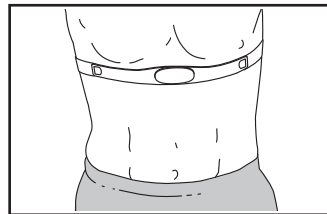
THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

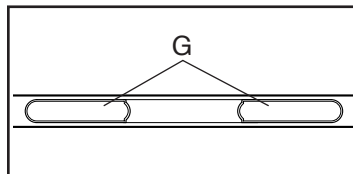
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time, and do not expose it to temperatures above 122°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

TROUBLESHOOTING

- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE ELLIPTICAL

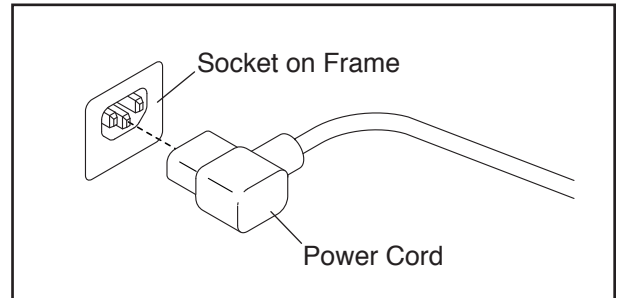
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

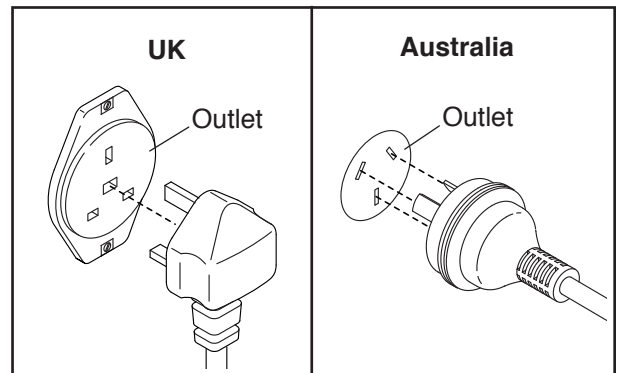
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.

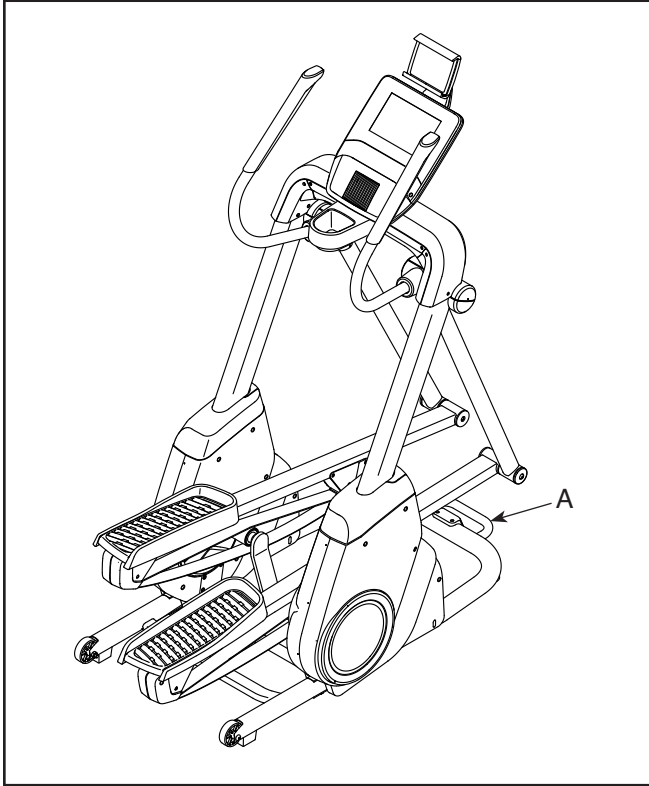


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



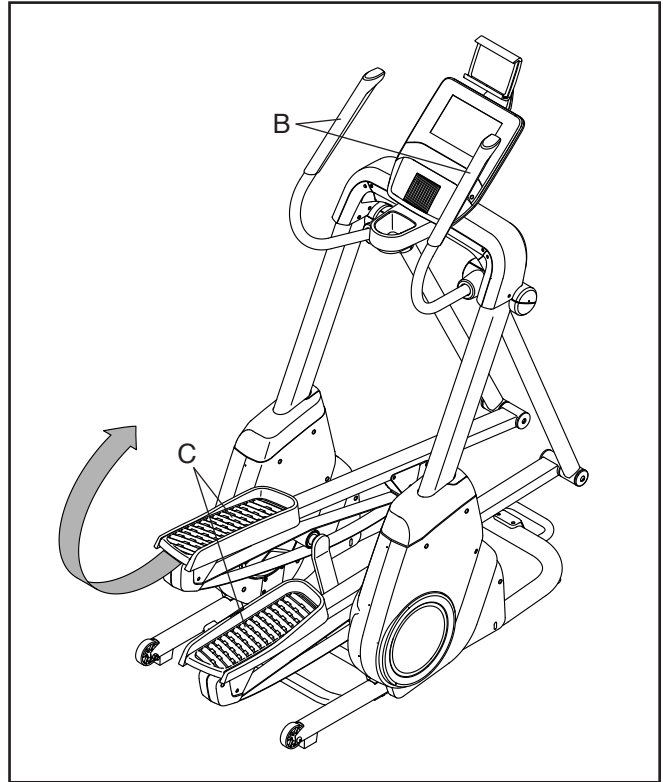
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical and lift the handle (A) until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO EXERCISE ON THE ELLIPTICAL

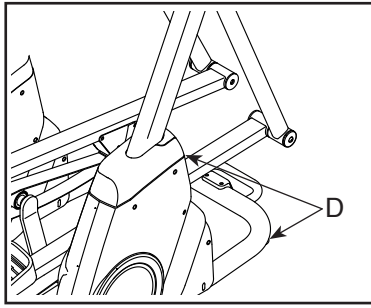
To mount the elliptical, hold the handlebars (B) and step onto the pedal (C) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



To dismount the elliptical, wait until the pedals (C) come to a complete stop. **Note: The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE ELLIPTICAL

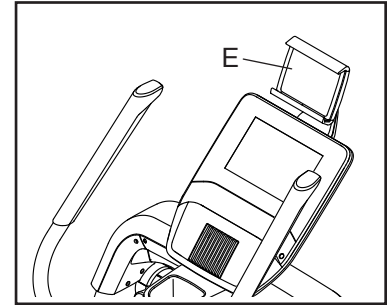
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (D) beneath the front of the frame until the rocking motion is eliminated.

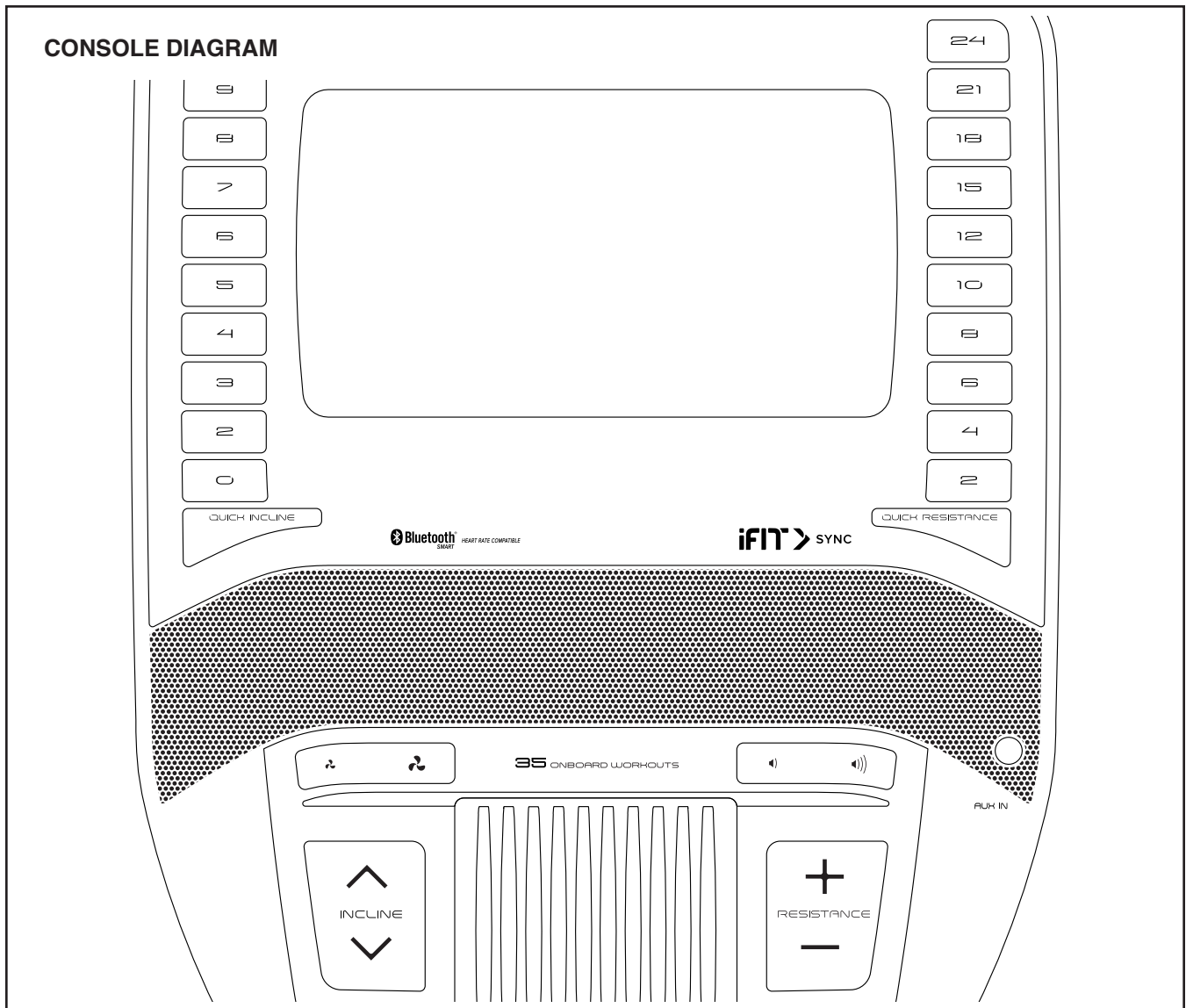


HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder (E) 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 (E), 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.** If applicable to your tablet holder model, rotate and/or pivot the tablet holder to the desired position. Reverse these actions to remove the tablet from the tablet holder.





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 even measure your heart rate using the included chest heart rate monitor.

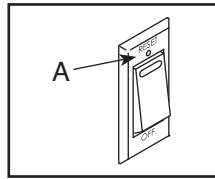
You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

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 18.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical 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 18 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 elliptical 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 24.

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. Note: To view the tour presentation again at any time, touch the profile button (person symbol) at the bottom of the screen, touch *Settings*, and then touch *How It Works*.

5. Check for firmware updates.

First, touch the profile button, 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 24.

6. Calibrate the incline system.

First, touch the profile button, 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 24.

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

To use the manual mode, see page 19. **To use a map workout or an onboard workout**, see page 20. **To create a draw-your-own-map workout**, see page 22. **To use an iFit workout**, see page 23.

To change console settings, see page 24. **To connect to a wireless network**, see page 25. **To use the sound system**, see page 26. **To connect an HDMI cable**, see page 26.

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, touch *Pause*, touch *End*, and then touch *Finish* to 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 or by pressing the Resistance increase and decrease buttons.

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

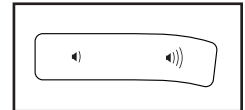
Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level or for the frame to reach the selected incline level.

4. Follow your progress.

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

To select the desired display mode or to view statistics and charts, drag downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

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 the included chest heart rate monitor and measure your heart rate if desired.

You can wear the included chest heart rate monitor to measure your heart rate. To learn how to use the chest heart rate monitor, see THE CHEST HEART RATE MONITOR on page 13. Note: The console is compatible with all Bluetooth® Smart heart rate monitors.

When your heartbeat is detected, your heart rate will be shown.

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



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

7. When you are finished exercising, 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 elliptical may wear prematurely.**

HOW TO USE A MAP 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, touch *Pause*, touch *End*, and then touch *Finish* to 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 or the workout library.

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 map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 25).

The featured map workouts on your console will change periodically. To save one of the featured map 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 map workout (see step 3 on page 23).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 22.

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* to start 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.

The display modes will also show your progress. To select the desired display mode or to view statistics and charts, swipe downward on the screen. You can also touch the more button (+ symbol) to view statistics or charts.

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

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 buttons. **If you press a Resistance button**, you

can then manually control the resistance level (see step 3 on page 19). **If you press an Incline button**, you can then manually control the incline level (see step 3 on page 19). **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 end the workout, touch *End*. To continue the workout, simply resume pedaling.

When the workout comes to an 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. Follow your progress.

See step 4 on page 19.

6. Wear the included chest heart rate monitor and measure your heart rate if desired.

See step 5 on page 20.

7. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

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, touch *Pause*, touch *End*, and then touch *Finish* to 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 draw-your-own-map button (map symbol) 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 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 *Loop* or *Out & Back* on the left side of the screen. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* on the left side of the screen.

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* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 20).

6. Follow your progress.

See step 4 on page 19.

7. Wear the included chest heart rate monitor and measure your heart rate if desired.

See step 5 on page 20.

8. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

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 25). 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, touch *Pause*, touch *End*, and then touch *Finish* to 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 profile button (person symbol) on the screen 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 profile button, 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 (calendar symbol) 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* to start the workout. The workout will function in the same way as a map workout or an onboard workout (see page 20). Note: During a distance or time workout, the screen will not show a map.

6. Follow your progress.

See step 4 on page 19.

7. Wear the included chest heart rate monitor and measure your heart rate if desired.

See step 5 on page 20.

8. Turn on the fan if desired.

See step 6 on page 20.

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

See step 7 on page 20.

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. 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, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

Next, touch the profile button (person 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

- How It Works
- Feedback
- Legal

3. View the console tour presentation.

To view a tour presentation that will guide you through the features of the console, touch *How It Works*.

4. Customize the unit of measurement and other settings.

To customize the unit of measurement, the time zone, or other settings, touch *Equipment Settings*, and then touch the desired settings. The console can display speed and distance in either standard or metric units of measurement.

5. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* to view information about your elliptical.

6. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your wireless network. The update will begin automatically. **IMPORTANT: To avoid damaging the elliptical, 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 elliptical 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.

7. Calibrate the incline system.

To calibrate the incline system, touch Maintenance, touch *Calibrate Incline*, and then touch *Begin*. The frame will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

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

8. Exit the settings main menu.

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

HOW TO CONNECT TO A WIRELESS NETWORK

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

1. Select the main menu.

First, turn on the 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. 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, touch *Pause*, touch *End*, and then touch *Finish* to return to the main menu.

2. Select the wireless network menu.

Touch the Wi-Fi button (wireless symbol) at the bottom of the screen to select the wireless network menu.

3. Enable Wi-Fi.

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

4. Set up and manage a wireless network connection.

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

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

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

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

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

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

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

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

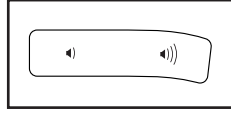
5. Exit the wireless network menu.

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

HOW TO USE THE SOUND SYSTEM

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 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.**

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

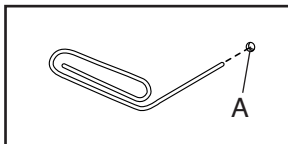
CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is in the reset position.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 13.

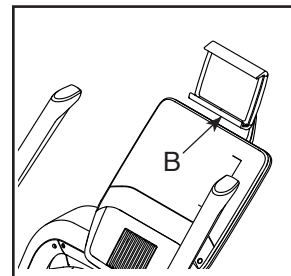
If you are having problems connecting the console to a wireless network or if you are having problems with your iFit account or iFit workouts, go to support.iFit.com.

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, press the power switch and unplug the power cord. Next, locate the small reset opening (A) near the USB port on 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 24). Note: It may take a few minutes for the console to be ready for use.



TABLET HOLDER TROUBLESHOOTING

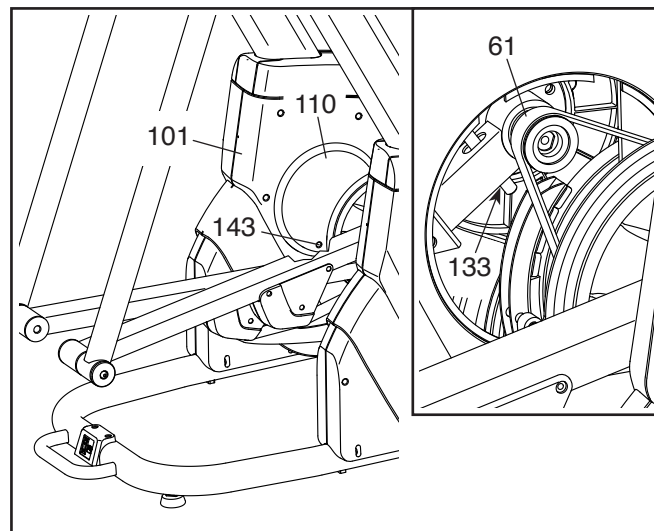
If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the screw (B) until the tablet holder stays in place when it is rotated to the desired position.



HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, first **press the power switch and unplug the power cord.**

Next, remove the M4 x 16mm Screw (143) and the Access Cover (110) from the Right Inner Shield (101). Then, tighten the M10 Locknut (133) until the Drive Belt A (61) is tight.

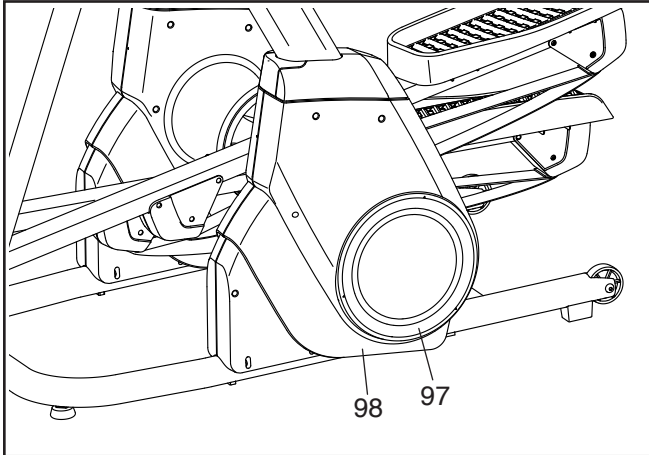


When you have properly adjusted the Drive Belt A (61), reattach the Access Cover (110) and plug in the power cord.

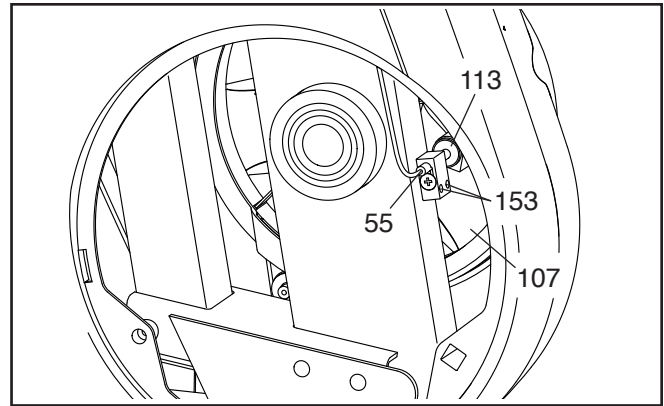
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first **press the power switch and unplug the power cord.**

Next, use a standard screwdriver and pry the Shield Disc (97) off the Left Outer Shield (98).



Next, locate the Reed Switch (55). Turn the Right Inner Disc (107) until a Magnet (113) is aligned with the Reed Switch.



Then, slightly loosen the two M4 x 25mm Screws (153) and slide the Reed Switch (55) slightly closer to or away from the Magnet (113).

Plug in the power cord, press the power switch, and rock the Right Inner Disc (107) forward and backward so that the Magnet (113) passes the Reed Switch (55) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, retighten the two M4 x 25mm Screws (153), reattach the Shield Disc (97), and plug in the power cord.

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	

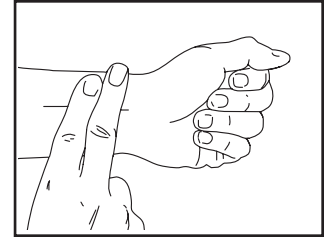
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

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

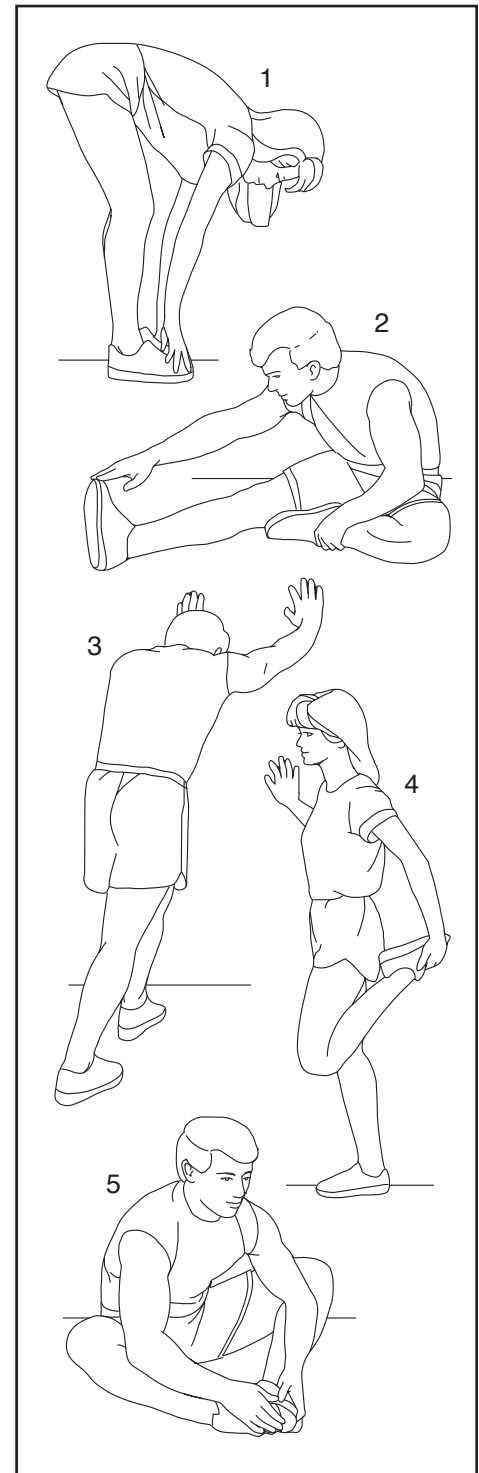
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST

Model No. NTEVEL21018.0 R1218A

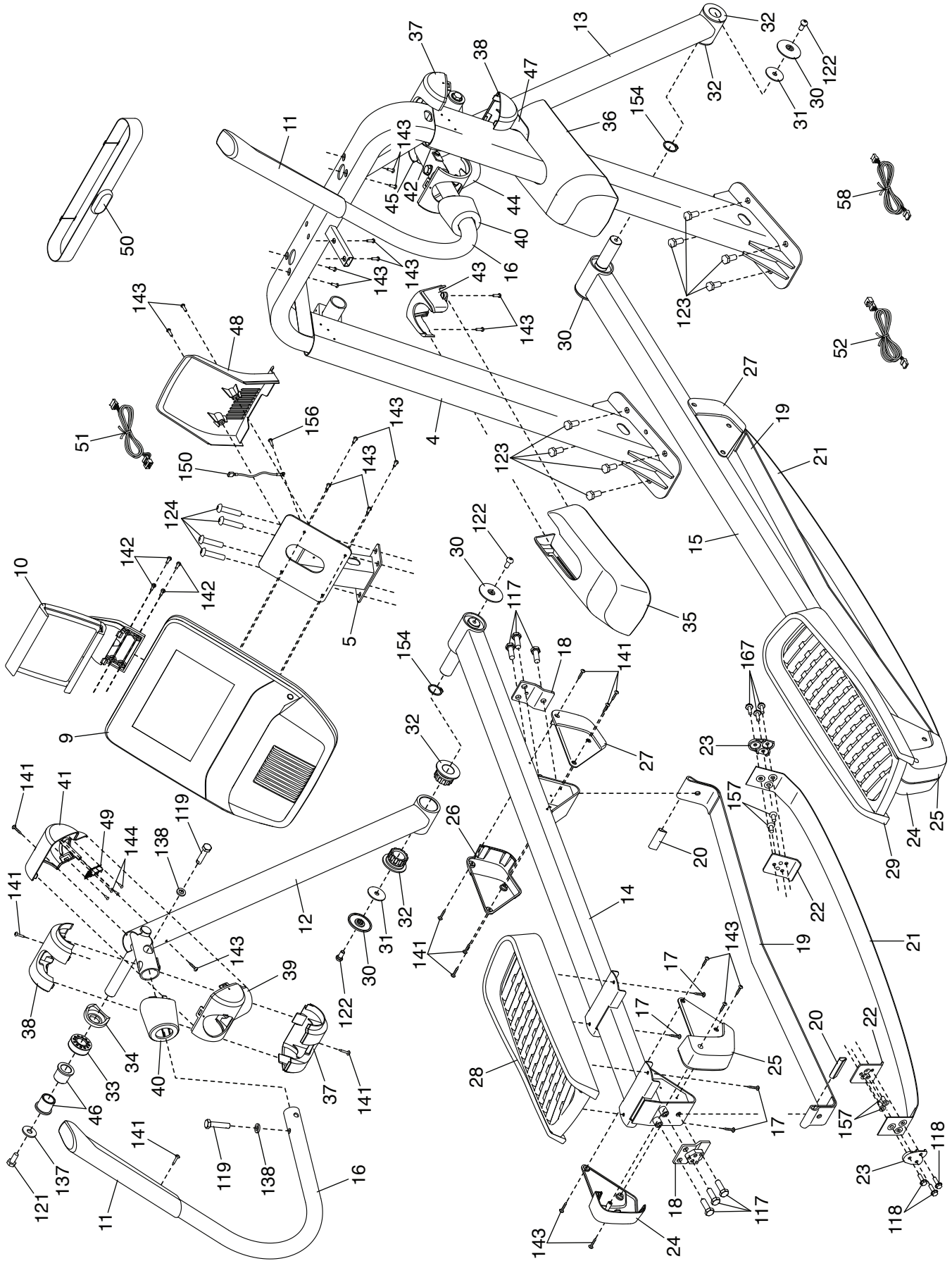
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	17" Wire
2	1	Frame	52	1	41" Wire
3	1	Stabilizer	53	2	Wheel
4	1	Upright	54	2	Foot
5	1	Console Bracket	55	1	Reed Switch/Wire
6	1	Brace	56	1	Reed Switch Clamp
7	1	Control Bracket	57	1	Drive Belt B
8	1	Control Board	58	1	32" Wire
9	1	Console	59	1	Power Cord
10	1	Tablet Holder	60	2	Leveling Foot
11	2	Grip	61	1	Drive Belt A
12	1	Left Pivot Leg	62	1	Left Inner Disc
13	1	Right Pivot Leg	63	1	Crank
14	1	Left Pedal Arm	64	1	Flywheel
15	1	Right Pedal Arm	65	1	Large Crank Pulley
16	2	Handlebar	66	1	Large Idler Pulley
17	8	M6 x 12mm Screw	67	1	Crank Pulley Bracket
18	4	Belt Clamp	68	1	Crank Bracket
19	2	Glide Belt	69	1	Idler Hub
20	4	Wedge	70	1	Idler Bracket
21	2	Strap	71	1	Idler Adjustment Bolt
22	4	Strap Bracket	72	1	Lift Motor
23	4	Strap Clamp	73	1	Power Cover
24	2	Left Rear Belt Cover	74	1	Lower Lift Axle
25	2	Right Rear Belt Cover	75	1	Magnet Bracket
26	2	Left Front Belt Cover	76	1	Resistance Motor
27	2	Right Front Belt Cover	77	1	Resistance Rod
28	1	Left Pedal	78	1	Resistance Disc
29	1	Right Pedal	79	1	Resistance Block
30	4	Axle Cover	80	1	Crank Washer
31	3	Axle Washer	81	4	Crank Bearing
32	4	Leg Bearing	82	1	Small Crank Spacer
33	2	Flex Spacer	83	1	Large Crank Spacer
34	1	Left Pivot Spacer	84	1	Small Weld Spacer
35	1	Left Shield Cover	85	1	Large Spacer
36	1	Right Shield Cover	86	2	Roller Spacer
37	2	Pivot Cover A	87	2	Flex Spacer
38	2	Pivot Cover B	88	4	Roller Bearing
39	1	Left Rear Leg Cover	89	2	Roller
40	2	Handlebar Cover	90	2	Roller Weld Spacer
41	1	Left Front Leg Cover	91	1	Upper Lift Axle
42	1	Right Pivot Spacer	92	1	Small Idler Pulley
43	1	Left Front Shield Cover	93	1	Idler Flex Spacer
44	1	Right Rear Leg Cover	94	2	Idler Bearing
45	1	Right Front Leg Cover	95	2	Lift Bushing
46	4	Pivot Bushing	96	2	Accent Ring
47	1	Right Front Shield Cover	97	2	Shield Disc
48	1	Console Bracket Cover	98	1	Left Outer Shield
49	1	Accelerometer Sensor	99	1	Left Inner Shield
50	1	Chest Heart Rate Monitor	100	1	Right Outer Shield

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Right Inner Shield	136	2	M5 Locknut
102	1	Left Outer Cover	137	3	M10 Washer
103	1	Left Inner Cover	138	4	M10 x 18mm Washer
104	1	Right Outer Cover	139	5	M6 Washer
105	1	Right Inner Cover	140	11	Clip
106	2	Disc Cap	141	61	M4 x 16mm Self-tapping Screw
107	1	Right Inner Disc	142	4	Tablet Holder Screw
108	1	Left Slot Cover	143	48	M4 x 16mm Screw
109	1	Right Slot Cover	144	4	M3 x 6mm Screw
110	1	Access Cover	145	8	M4 x 16mm Truss Screw
111	1	Accessory Tray	146	1	M3.5 x 10mm Screw
112	1	Upper Upright Cover	147	8	M4 x 12mm Screw
113	2	Magnet	148	8	M4 x 10mm Screw
114	1	Left Upright Cover	149	4	M8 Locknut
115	1	Right Upright Cover	150	1	Ground Wire
116	1	Lower Upright Cover	151	1	Power Switch
117	12	M10 x 30mm Screw	152	1	Strain Relief
118	6	M6 x 20mm Screw	153	2	M4 x 25mm Screw
119	4	M10 x 45mm Bolt	154	2	Snap Ring
120	2	M10 x 95mm Bolt	155	1	M8 Snap Ring
121	2	M10 x 20mm Hex Screw	156	3	Ground Screw
122	6	M8 x 14mm Shoulder Screw	157	8	M6 x 12mm Flat Head Screw
123	8	M10 x 25mm Screw	158	2	M12 x 60mm Bolt
124	4	M10 x 45mm Screw	159	2	M12 Locknut
125	2	M10 x 60mm Screw	160	1	M5 Washer
126	2	M10 x 35mm Screw	161	1	M8 x 16mm Flange Screw
127	2	M10 x 100mm Bolt	162	1	M8 x 19mm Washer
128	6	M8 x 20mm Screw	163	2	Thrust Washer
129	4	M6 x 12mm Hex Screw	164	1	M8 x 38mm Washer
130	2	M10 x 70mm Bolt	165	1	M5 x 10mm Screw
131	4	Standoff	166	1	Idler Spacer
132	1	M10 x 65mm Bolt	167	6	M6 x 20mm Shoulder Screw
133	8	M10 Locknut	*	–	User's Manual
134	4	M8 x 13mm Screw	*	–	Assembly Tool
135	1	M6 x 10mm Screw	*	–	Grease Packet

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.

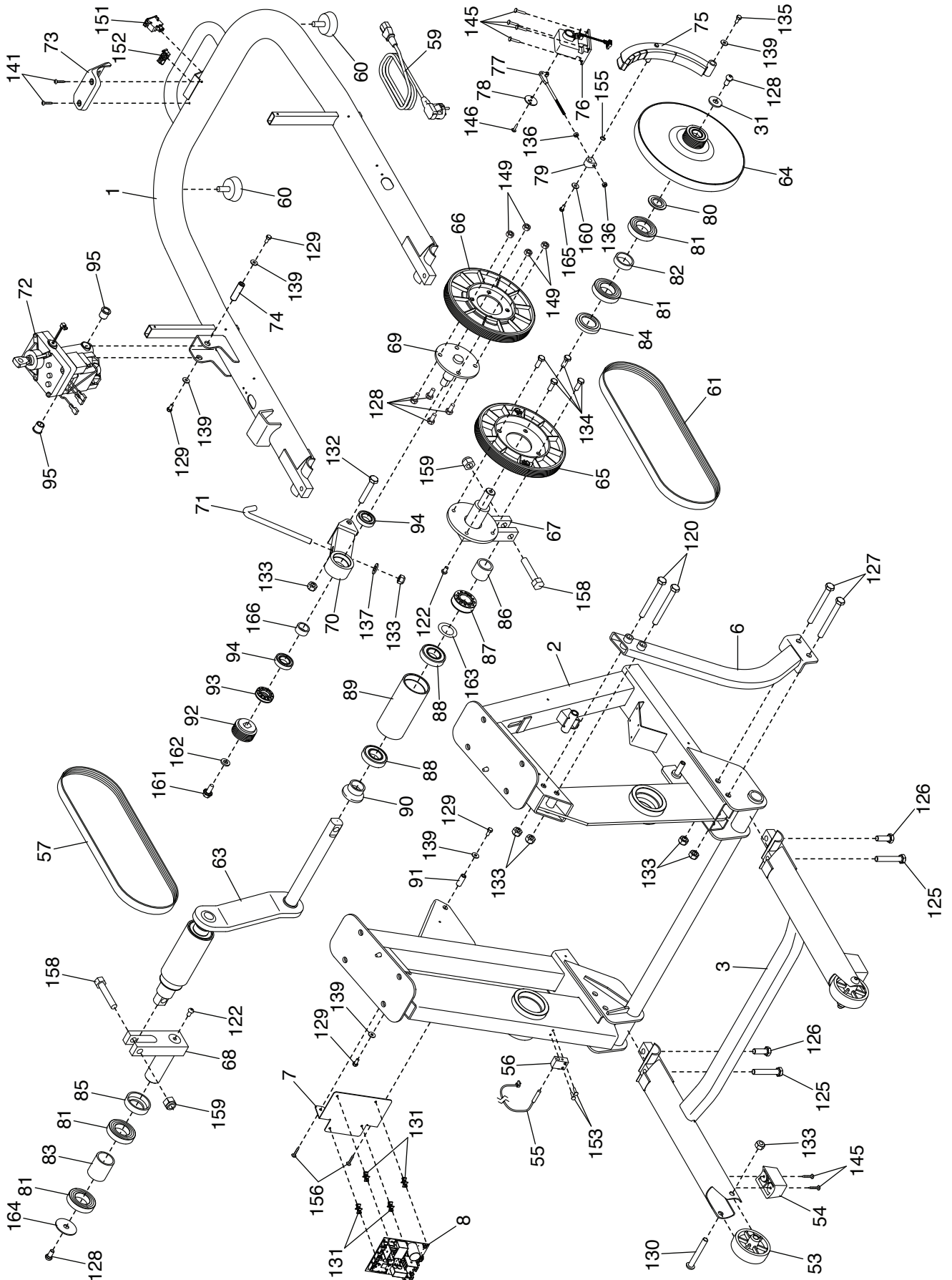
EXPLODED DRAWING A

Model No. NTEVEL21018.0 R1218A



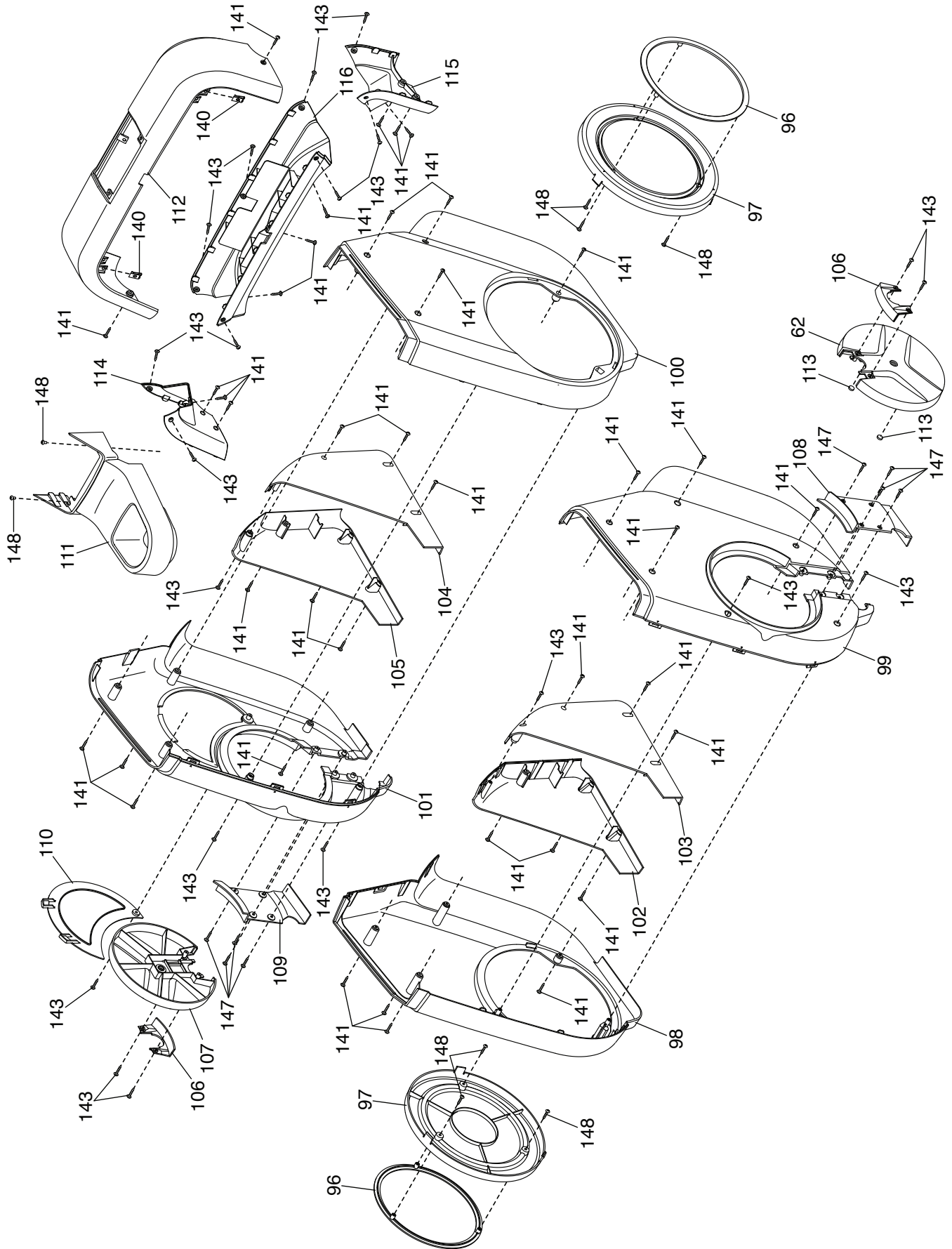
EXPLODED DRAWING B

Model No. NTEVEL21018.0 R1218A



EXPLODED DRAWING C

Model No. NTEVEL21018.0 R1218A



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.

