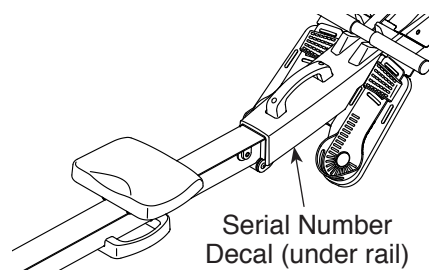


NordicTrack® RW 850

Model No. NTEVRW10918.0

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

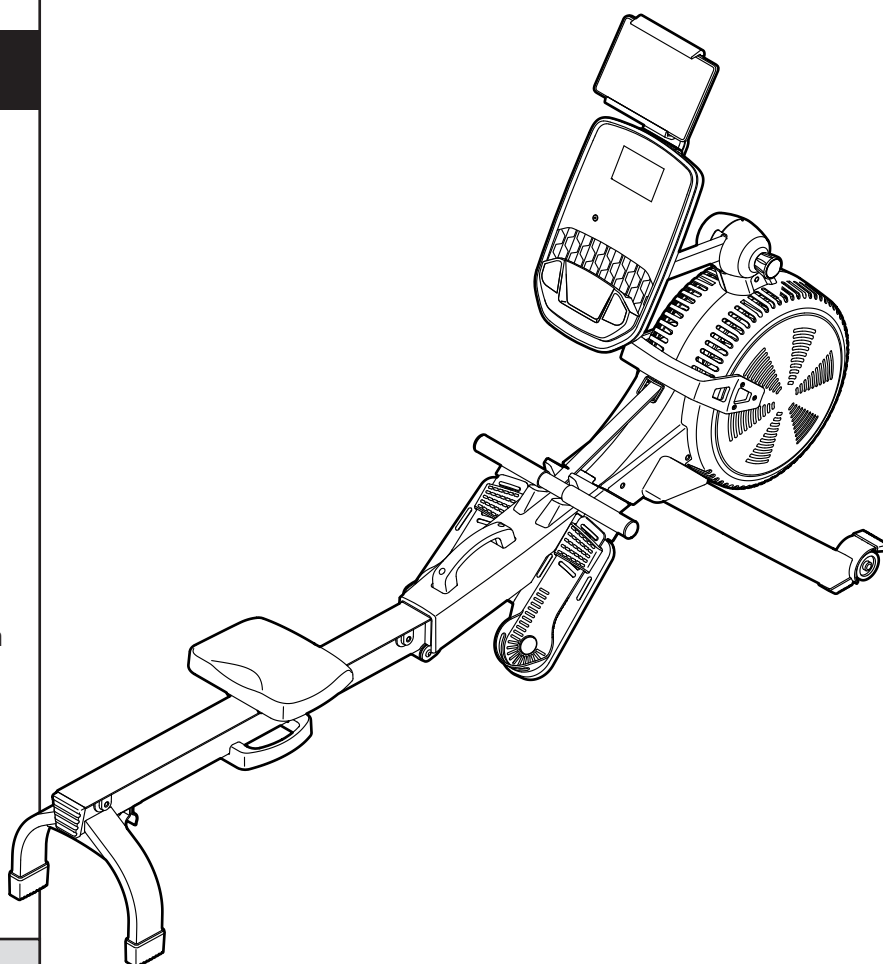
Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



⚠ CAUTION

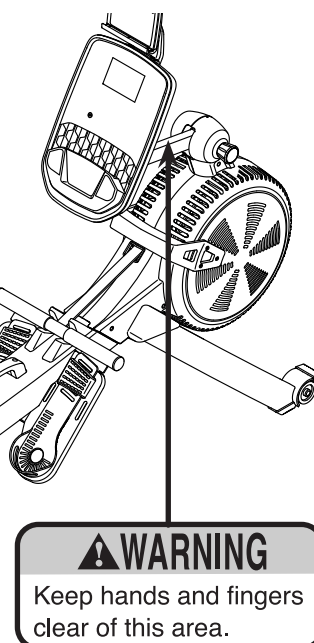
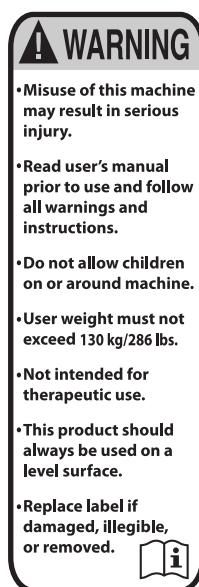
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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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.



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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 the rower before using the rower. 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 rower 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 rower 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 rower by someone responsible for their safety.
4. Use the rower only as described in this manual.
5. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
6. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
7. Place the rower 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 rower.
8. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the rower at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
11. The rower should not be used by persons weighing more than 286 lbs. (130 kg).
12. Always keep your back straight while using the rower; do not arch your back.
13. Do not release the row bar while the strap is extended.
14. 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.

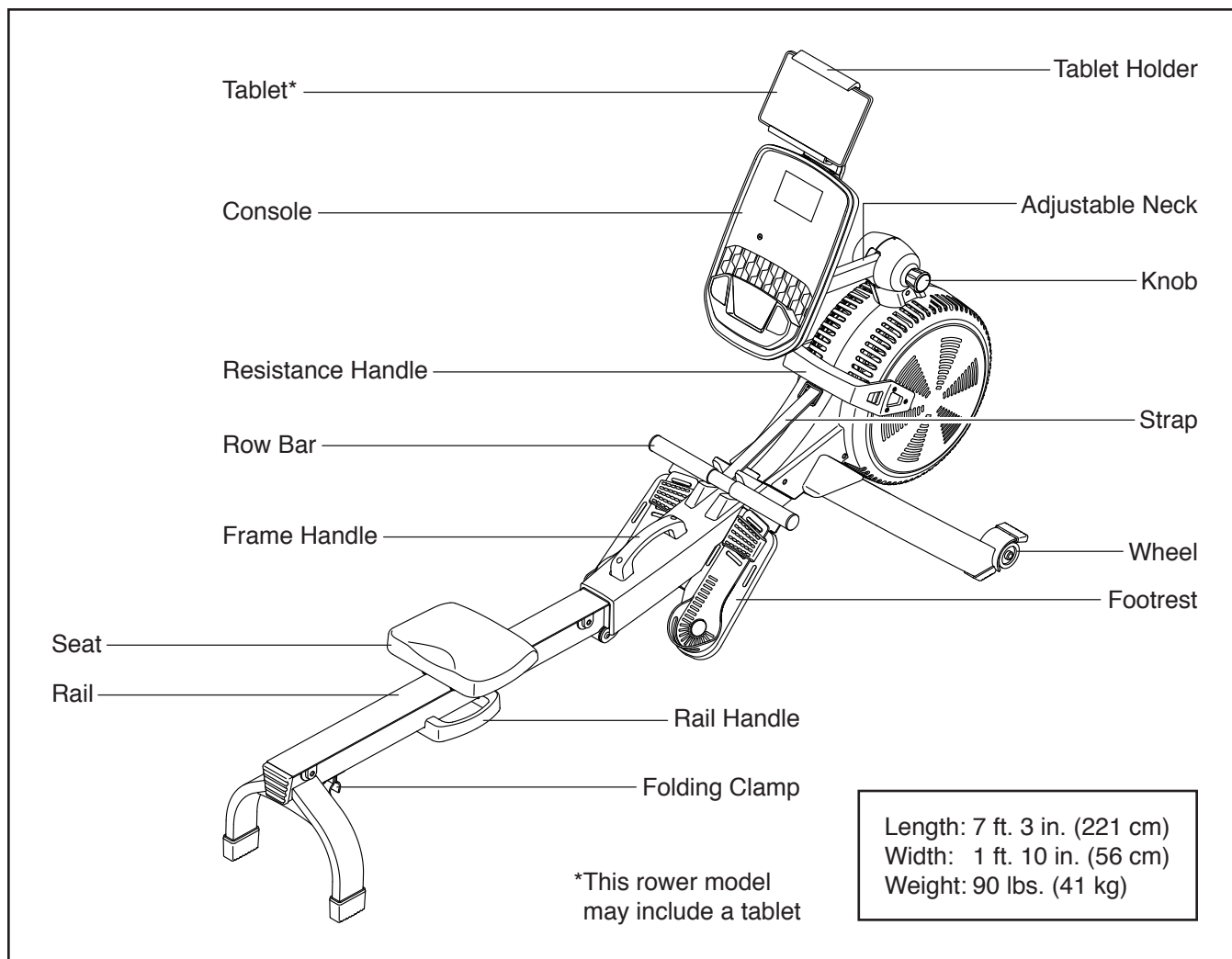
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® RW 850 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RW 850 rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the rower. 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 review the drawing below and familiarize yourself with the labeled parts.



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.

- Assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



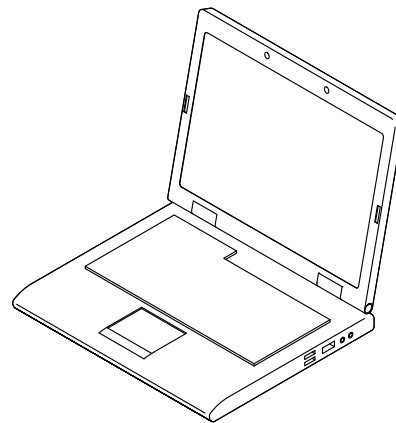
To avoid damaging parts, do not use power tools.

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)

1



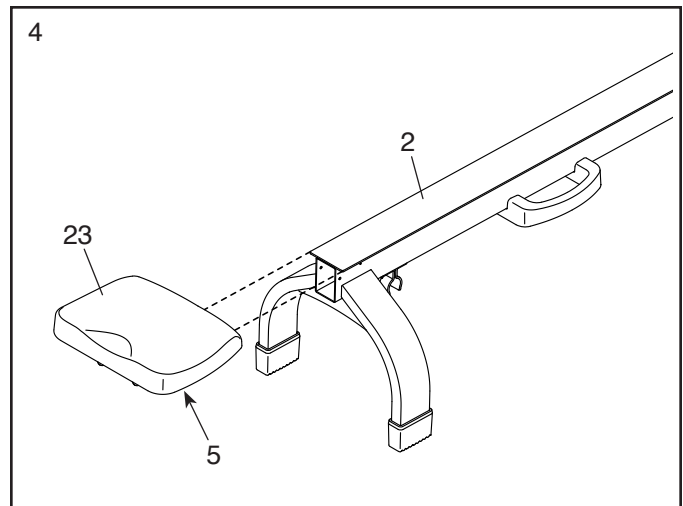
- With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward.



Then, hold the Rail Handle (34), pull the Rail (2) outward, and rest the Rail on the floor (see the drawing in step 4).



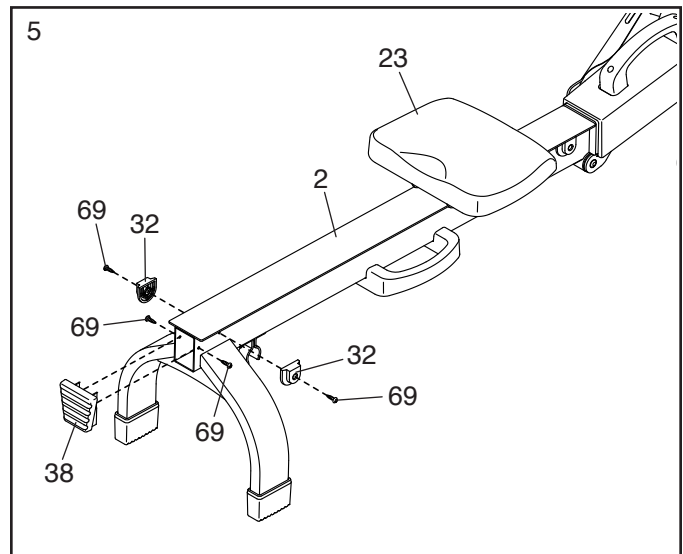
4. Orient the Seat (23) as shown, and slide the Seat Carriage (5) onto the Rail (2).



5. Slide the Seat (23) to the front of the Rail (2).

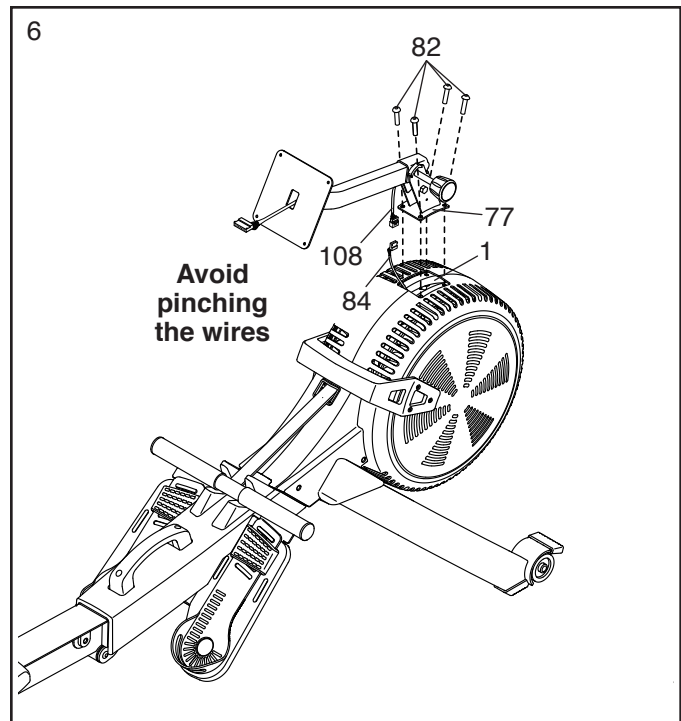
Next, attach a Stop (32) to each side of the Rail (2) with an M4 x 19mm Screw (69).

Then, attach the Rail Cap (38) to the Rail (2) with two M4 x 19mm Screws (69).



6. While a second person holds the Upright (77) near the Frame (1), connect the Neck Wire (108) to the Main Wire (84).

Tip: Avoid pinching the wires. Attach the Upright (77) to the Frame (1) with four M8 x 35mm Screws (82); **start all the Screws, and then tighten them.**

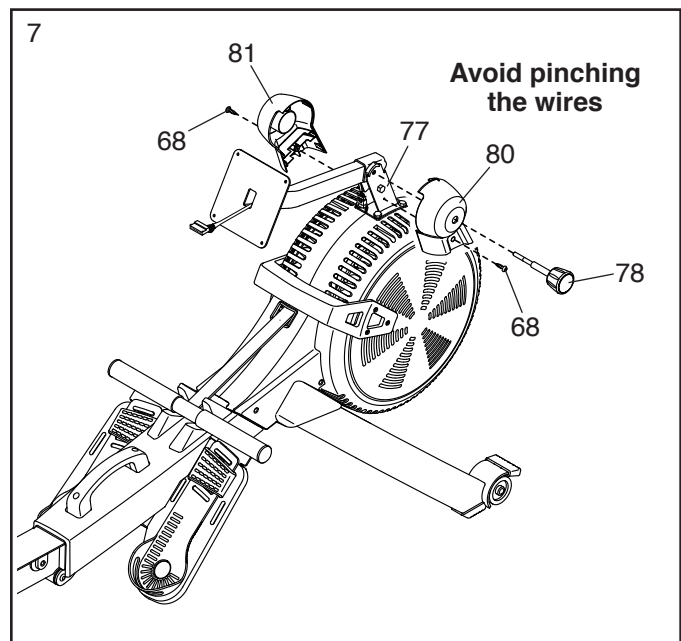


7. Loosen and remove the Knob (78) from the Upright (77).

Next, identify the Right and Left Upright Covers (80, 81), and orient them as shown.

Tip: Avoid pinching the wires. Press the Right and Left Upright Covers (80, 81) together around the Upright (77), and attach them to the Upright with two M4 x 16mm Screws (68).

Then, insert the Knob (78) into the Right Upright Cover (80) and tighten it into the Upright (77).

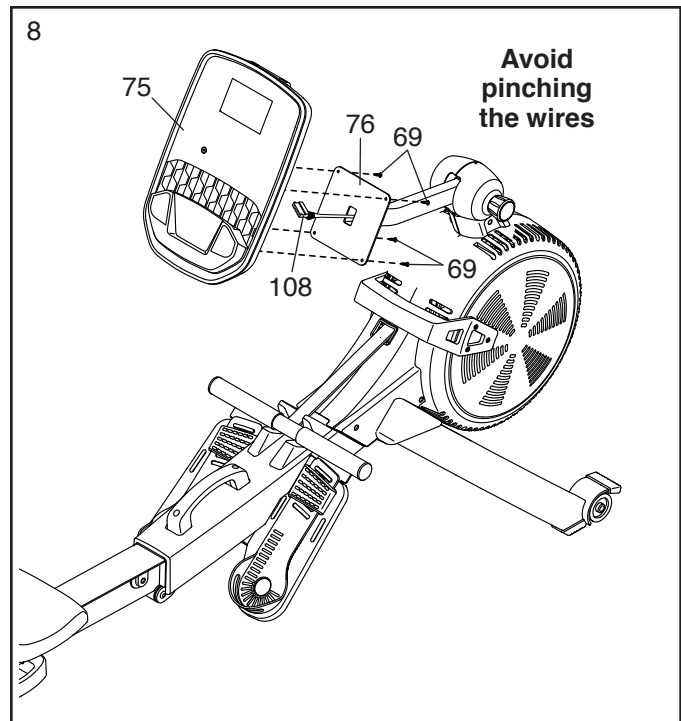


8. Have a second person hold the Console (75) near the Neck (76).

Plug the Neck Wire (108) into the receptacle on the back of the Console (75). **The connector on the Neck Wire should slide easily into the receptacle and snap into place.** If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connector properly, the Console may become damaged when you use the rower.**

Insert the excess wire into the Neck (76) or into the Console (75).

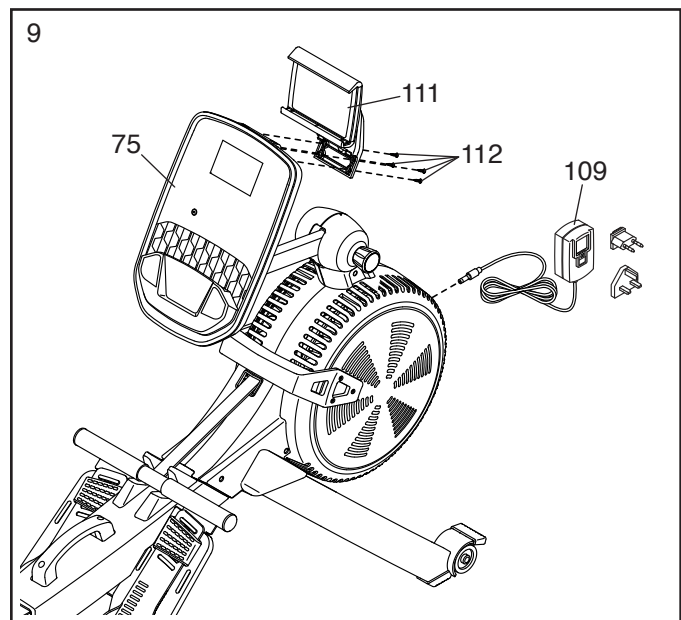
Tip: Avoid pinching the Neck Wire (108). If necessary, tilt the Neck (76) upward to make this step easier. Attach the Console (75) to the Neck with four M4 x 19mm Screws (69); **start all the Screws, and then tighten them.**



9. Attach the Tablet Holder (111) to the Console (75) with four Tablet Holder Screws (112); **start all the Tablet Holder Screws, and then tighten them.**

Then, plug the Power Adapter (109) into the receptacle on the frame of the rower.

Note: To plug the Power Adapter (109) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 10.



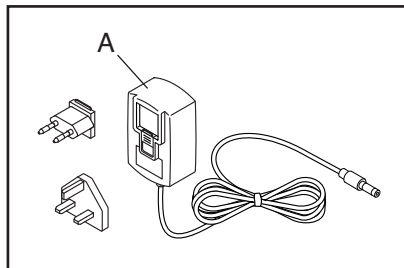
10. **Make sure that all parts are properly tightened before you use the rower.** Extra parts may be included. Place a mat under the rower to protect the floor.

HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the rower 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.

Plug the power adapter (A) into the receptacle on the frame of the rower. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

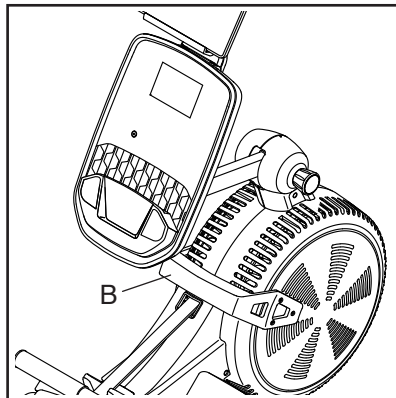


HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, you can adjust the resistance that you feel when you pull the row bar.

You can adjust the resistance both digitally and manually. **First, adjust the resistance digitally**, by pressing the Resistance increase and decrease buttons on the console (see step 3 on page 14).

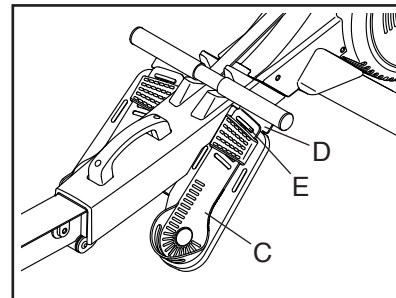
Then, fine-tune the resistance manually, by moving the resistance handle (B). **To increase the resistance**, push the resistance handle toward the front of the rower; **to decrease the resistance**, pull the resistance handle toward the rear of the rower.



HOW TO ADJUST THE FOOT PADS

First, sit on the seat and place your feet in the foot pads (C).

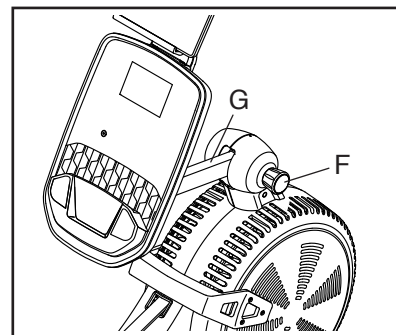
Next, press the footrest bracket (D), slide the foot pad (C) to the desired position, and then release the footrest bracket so that the tab (E) engages a slot in the foot pad. Then, tighten the strap over your foot.



Adjust the other foot pad in the same way. Make sure that both foot pads are in the same position.

HOW TO ADJUST THE CONSOLE VIEWING ANGLE

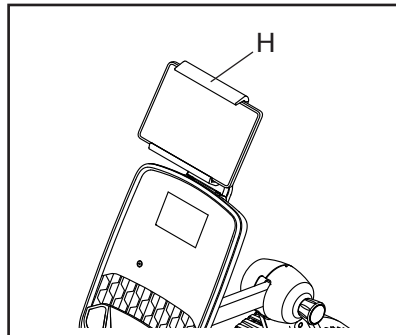
To adjust the console to the desired viewing angle, loosen the knob (F), raise or lower the neck (G) to the desired angle, and then tighten the knob; **do not hold or pull on the console.**



HOW TO USE THE TABLET HOLDER

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

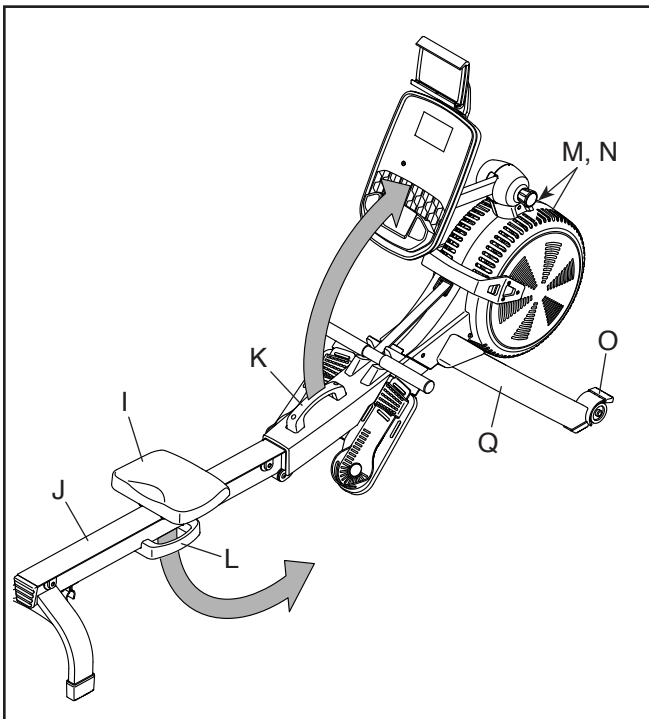
To insert a tablet into the tablet holder (H), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** If applicable to your tablet holder model, rotate and/or pivot the tablet holder to the desired position. Reverse these actions to remove the tablet from the tablet holder.



HOW TO FOLD AND STORE THE ROWER

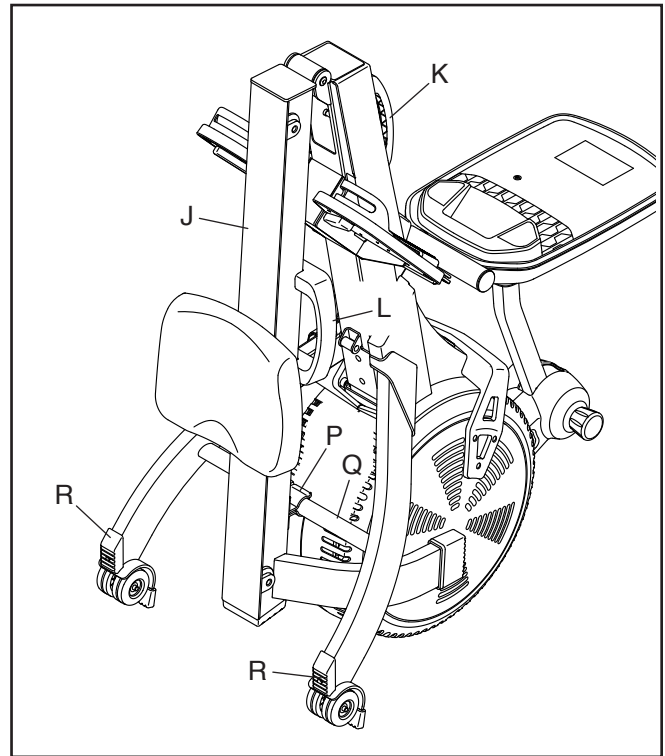
The rower can be stored in a folded position to conserve space. **Store the rower in a location where children cannot tip it.** Unplug the power adapter when you store the rower.

To store the rower, first slide the Seat (I) to the rear of the Rail (J).



Next, hold and lift the Frame Handle (K) and the Rail Handle (L), and tip the rower forward onto the Shields (M, N) and the Storage Feet (O) (see the drawing below).

Then, pull the Rail Handle (L) inward until the Folding Clamp (P) engages the bar on the Stabilizer (Q).

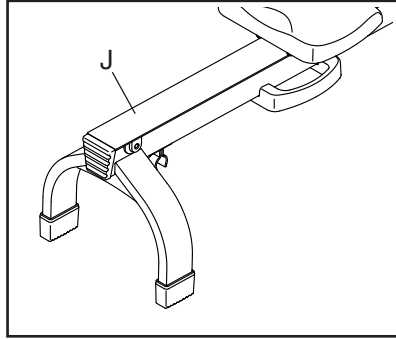


To unfold the rower, first place your foot on a Stabilizer Foot (R) and pull the Rail Handle (L) outward to disengage the Folding Clamp (P).

Then, hold the Rail Handle (L) and the Frame Handle (K), pull the Rail Handle outward, and lower the Rail (J) to the floor.

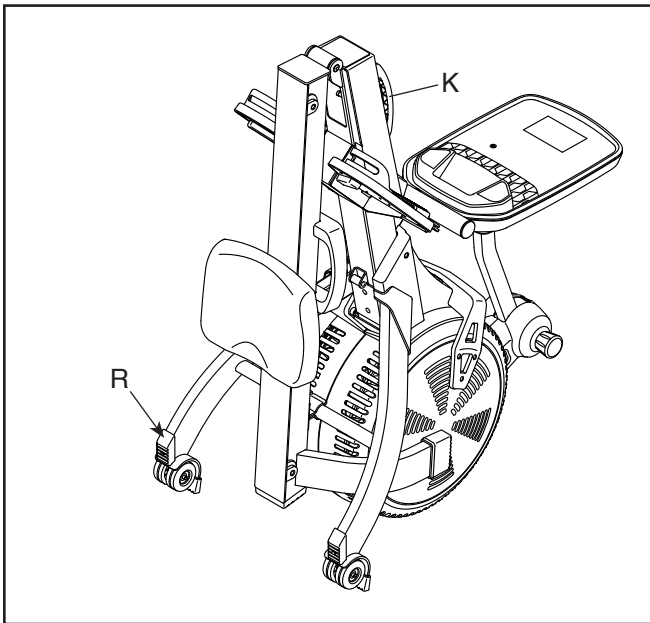
HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Stand behind the rower and lift the rail (J) until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower the rail to the floor. Do not hold or pull on the console when moving the rower.



HOW TO MOVE THE ROWER IN THE FOLDED POSITION

See HOW TO FOLD AND STORE THE ROWER on page 11, and fold the rower. Then, hold the frame handle (K), place your foot on a stabilizer foot (R), and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



HOW TO ROW ON THE ROWER

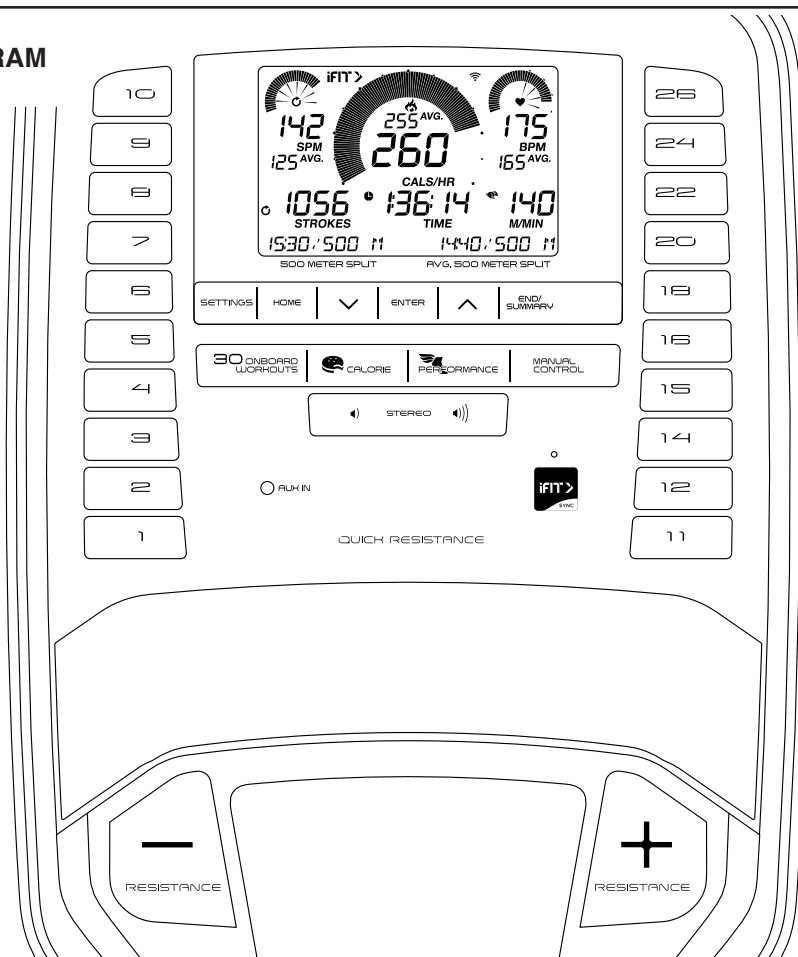
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

1. **The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are directly above your feet.
2. **The second phase is the DRIVE.** Push backward with your legs. Lean back slightly at the hips (not at the waist), keeping your back straight. As you straighten your legs, pull the row bar toward your chest. Keep your elbows outward.
3. **The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat this sequence, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

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

When you use the manual mode of the console, you can adjust the resistance of the row bar with the touch of a button. As you exercise, the console will display continuous exercise feedback.

You can even measure your heart rate using a compatible heart rate monitor. **See page 18 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®—Smart Cardio Equipment app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the row bar as it guides you through an effective workout.

You can even connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 14. **To use an onboard workout**, see page 16. **To connect your tablet to the console**, see page 17. **To connect your heart rate monitor to the console**, see page 17. **To use the sound system**, see page 18. **To change console settings**, see page 18.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Begin rowing or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the manual mode.

Press the Manual Control button to select the manual mode.

3. Adjust the resistance to the desired level.

You can adjust the resistance that you feel when you pull the row bar both digitally and manually.

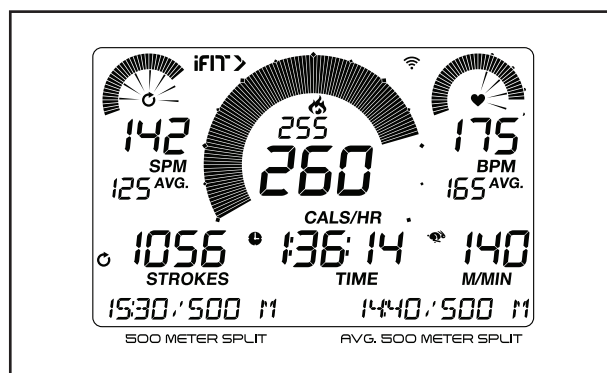
First, adjust the resistance digitally, by pressing the Resistance increase and decrease buttons or by pressing one of the numbered Quick Resistance buttons. The selected resistance level will appear in the display.

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

Then, fine-tune the resistance adjustment manually if desired by moving the resistance handle (see HOW TO ADJUST THE RESISTANCE on page 10).

4. Follow your progress with the displays.

The display can show the following workout information:



Calories (flame icon)—This display will show the approximate number of calories you have burned. When some onboard workouts are selected, this display will show the number of calories remaining to be burned during the workout.

Calories per Hour (Cals/Hr)—This display will show the approximate number of calories you are burning per hour.

Meters Per Minute—This display will show your rowing speed in meters per minute.

Pulse (BPM)—This display will show your heart rate in beats per minute (bpm) when you use a compatible heart rate monitor (see step 5).

Pulse Average (BPM AVG)—This display will show your average heart rate in beats per minute (bpm) when you use a compatible heart rate monitor (see step 5).

Resistance—This display will show the resistance level for a few seconds whenever the resistance changes.

Strokes—This display will show the number of rowing strokes you have completed during your workout.

Strokes Per Minute (SPM)—This display will show your rowing speed in strokes per minute.

Strokes Per Minute Average (SPM AVG)—This display will show the average number of rowing strokes you are completing per minute.

Time—This display will show the elapsed time. During a Performance workout, this mode shows the time remaining in the workout instead of the elapsed time.

Watts—This display will show your approximate power output in watts.

Average Watts (lightning bolt icon AVG)—This display will show your approximate average power output in watts for the workout.

500 Meter Split—This display will show the number of minutes and seconds it will take you to row 500 meters.

500 Meter Split Average—This display will show the average number of minutes and seconds it will take you to row 500 meters.

Scan Mode and Priority Mode—The calories and distance displays and the watts and strokes displays will appear in an alternating cycle (scan mode). **To select either the calories and distance displays or the watts and strokes displays for continuous display (priority mode)**, press the increase or decrease button next to the Enter button repeatedly until the desired display appears. **To return to the scan mode**, press the increase button repeatedly until the word SCAN appears briefly in the display; the displays will again begin to appear in an alternating cycle.

Press the Home button to exit the workout and view a workout summary. Press the Home button again to return to the main menu.

Press the End/Summary button repeatedly to pause the workout, view a workout summary, and return to the main menu.

Change the volume level of the console by pressing the volume increase and decrease buttons.



5. Wear a heart rate monitor and measure your heart rate if desired.

You can wear an optional heart rate monitor to measure your heart rate. **For more information about the optional heart rate monitor, see page 18.** Note: The console is compatible with Bluetooth® Smart heart rate monitors.

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

6. When you are finished exercising, the console will turn off automatically.

If the row bar is not moved for a few seconds, the console will pause and the time will flash in the display. To resume your workout, simply resume rowing.

If the row bar does not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

Note: The console features a display demo mode, designed to be used if the rower is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 18.

HOW TO USE AN ONBOARD WORKOUT

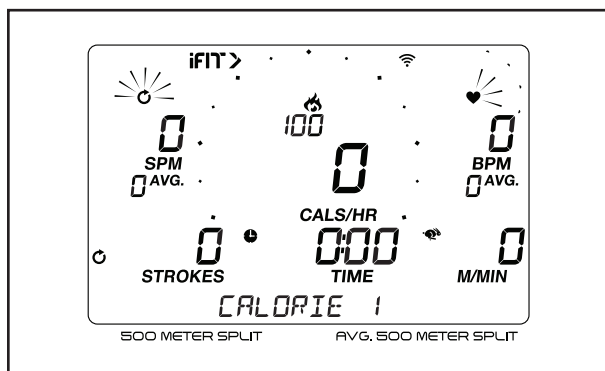
1. Begin rowing or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button or the Performance button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the name of the workout and the duration of the workout or the number of calories to be burned. Then, the maximum resistance level for the workout will appear in the display.



3. Adjust the resistance manually to the desired level.

Adjust the resistance manually to the desired level by moving the resistance handle to the desired position (see HOW TO ADJUST THE RESISTANCE on page 10).

4. Begin rowing to start the workout.

Each workout is divided into several segments. A resistance level or a number of calories is programmed for each segment. Note: The same resistance level or number of calories may be programmed for consecutive segments.

If a different resistance level is programmed for the next segment of the workout, the resistance level will appear in the display for a few seconds to alert you. The resistance of the row bar will then change.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

IMPORTANT: When the current segment ends, the resistance will automatically adjust to the resistance setting programmed for the next segment.

The workout will continue in this way until the last segment ends. To pause the workout at any time, stop rowing. The time will flash in the display. To resume the workout, simply resume rowing.

To end the workout, press the End/Summary button repeatedly to pause the workout, view a workout summary, and return to the main menu.

5. Follow your progress with the displays.

See step 5 on page 16.

6. Wear a heart rate monitor and measure your heart rate if desired.

See step 6 on page 15.

7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 16.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit—Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other Bluetooth connections are not supported.

1. Download and install the iFit—Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit—Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

Then, open the iFit—Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE at the right.

3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit—Smart Cardio Equipment app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Record and track your workout information.

Follow the instructions in the iFit—Smart Cardio Equipment app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit—Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your Bluetooth Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

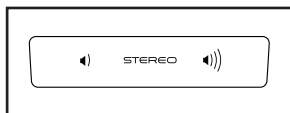
To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO USE THE SOUND SYSTEM

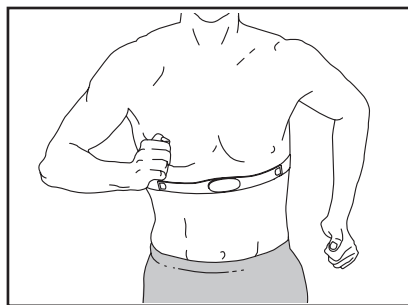
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable,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



THE OPTIONAL CHEST HEART RATE MONITOR

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



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

HOW TO CHANGE CONSOLE SETTINGS

1. Select the settings mode.

To select the settings mode, press the Settings button. The settings information will appear in the display.

2. Navigate the settings mode.

While the settings mode is selected, the display will show several optional screens. Press the increase and decrease buttons near the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Usage Information—The display will show the total number of hours that the rower has been used and the total distance that has been rowed on the rower.

Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

Demo—The console features a display demo mode, designed to be used if the rower is displayed in a store. Press the Resistance increase button repeatedly to turn the demo mode on or off.

4. Exit the settings mode.

Press the Settings button to exit the settings mode.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

For best results, clean the rail, the seat carriage, and the carriage rollers daily.

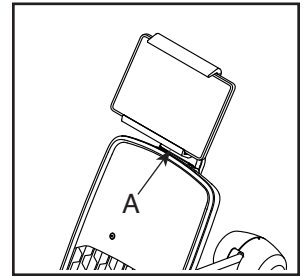
CONSOLE TROUBLESHOOTING

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

If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

TABLET HOLDER TROUBLESHOOTING

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

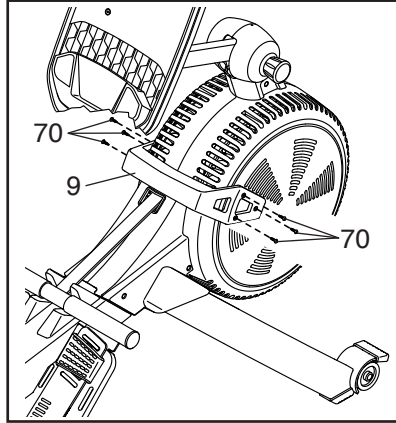


HOW TO ADJUST THE REED SWITCH

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

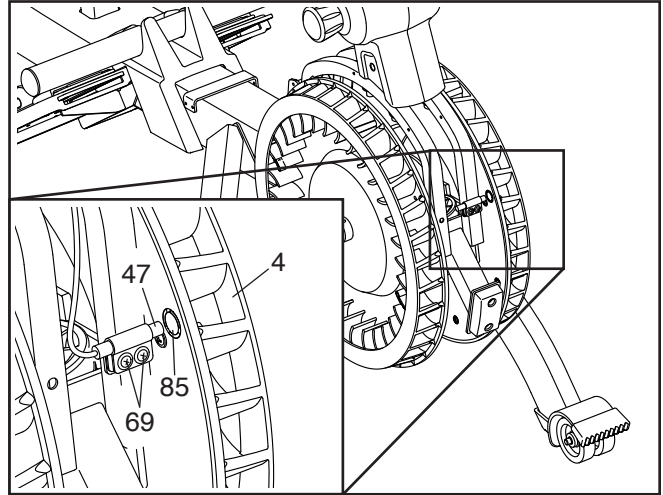
To adjust the reed switch, you must remove the resistance handle and the right and left shields as described below.

First, remove the six M4 x 10mm Screws (70) and then gently remove the Resistance Handle (9).



See **EXPLODED DRAWING B** on page 27. Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the ten M4 x 16mm Screws (68) from the Right and Left Shields. Then, gently remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Fan (4) until a Magnet (85) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 19mm Screws (69), slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Turn the Left Fan (4) so that the Magnet (85) passes the Reed Switch (47) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the parts that you removed.

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.

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.

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.

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

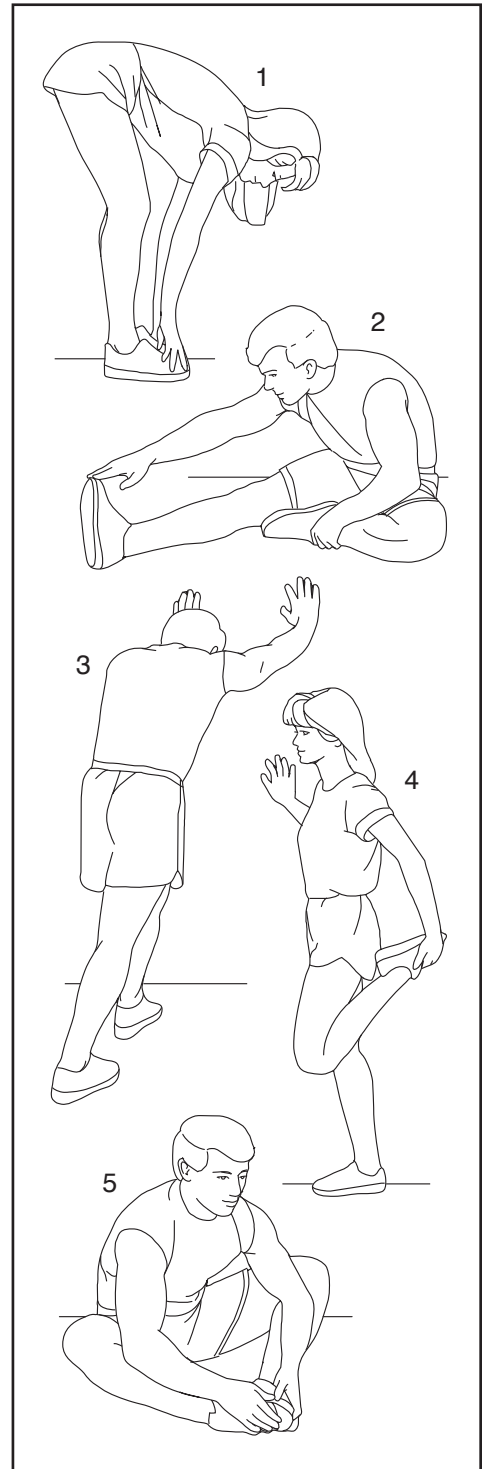
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

Model No. NTEVRW10918.0 R1218A

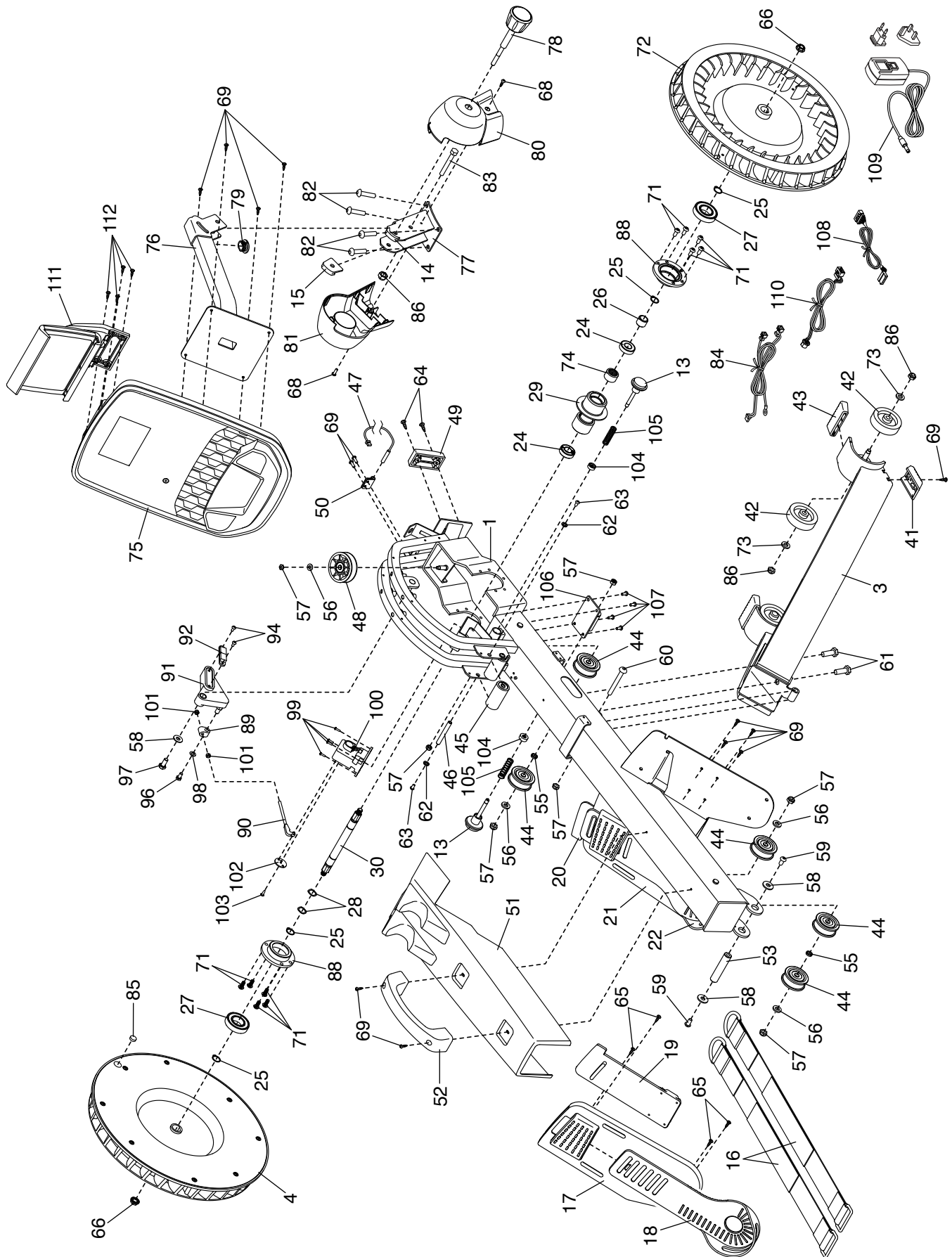
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Row Bar Rest
2	1	Rail	52	1	Frame Handle
3	1	Stabilizer	53	1	Pivot Axle
4	1	Left Fan	54	12	Deflector Bracket
5	1	Seat Carriage	55	2	Pulley Bracket
6	2	Deflector	56	6	6mm Washer
7	1	Right Shield	57	9	M6 Locknut
8	1	Left Shield	58	3	M8 Washer
9	1	Resistance Handle	59	2	M8 x 12mm Screw
10	1	Strap Grommet	60	1	M10 x 40mm Bolt
11	1	Bungee Cord	61	2	M10 x 20mm Screw
12	1	Row Bar/Strap	62	8	5mm Washer
13	2	Resistance Pad	63	8	M5 x 10mm Screw
14	1	Right Neck Bushing	64	2	#8 x 3/4" Screw
15	1	Left Neck Bushing	65	12	M6 x 15mm Screw
16	2	Footrest Strap	66	2	M10 Flange Nut
17	1	Right Footrest	67	2	Clip
18	1	Right Foot Pad	68	12	M4 x 16mm Screw
19	1	Right Footrest Bracket	69	36	M4 x 19mm Screw
20	1	Left Footrest Bracket	70	6	M4 x 10mm Screw
21	1	Left Footrest	71	10	M6 x 12mm Screw
22	1	Left Foot Pad	72	1	Right Fan
23	1	Seat	73	4	8mm Washer
24	2	Bearing A	74	1	One-way Bearing
25	4	Snap Ring	75	1	Console
26	1	Bushing	76	1	Neck
27	2	Bearing B	77	1	Upright
28	2	15mm Wave Washer	78	1	Knob
29	1	Pulley Assembly	79	1	Wire Grommet
30	1	Axle	80	1	Right Upright Cover
31	2	Pivot Bushing	81	1	Left Upright Cover
32	4	Stop	82	4	M8 x 35mm Screw
33	1	Bumper	83	1	M8 x 50mm Hex Bolt
34	1	Rail Handle	84	1	Main Wire
35	1	Folding Clamp	85	4	Magnet
36	2	Rail Foot	86	5	M8 Locknut
37	2	Small Carriage Roller	87	12	M4 x 10mm Flat Head Screw
38	1	Rail Cap	88	2	Bearing Bracket
39	2	Large Carriage Roller	89	1	Handle Bracket
40	2	Carriage Axle	90	1	Link Arm
41	2	Stabilizer Foot	91	1	Magnet Bracket
42	4	Wheel	92	1	Resistance Magnet
43	2	Storage Foot	93	—	(Not Used)
44	5	Rail Pulley	94	2	Magnet Screw
45	2	Strap Roller	95	2	Handle Bracket Screw
46	2	Strap Axle	96	1	M6 x 12mm Hex Screw
47	1	Reed Switch/Wire	97	1	M8 x 12mm Hex Screw
48	1	Frame Pulley	98	1	M6 Washer
49	1	Frame Foot	99	4	M4 x 12mm Screw
50	1	Clamp	100	1	Resistance Motor

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M4 Nut	109	1	Power Adapter
102	1	Resistance Disc	110	1	Power Receptacle/Wire
103	1	M3 x 8mm Screw	111	1	Tablet Holder
104	2	Saddle	112	4	Tablet Holder Screw
105	2	Spring	*	—	User's Manual
106	1	Resistance Pad Bracket	*	—	Assembly Tool
107	4	M4 x 10mm Screw	*	—	Tablet
108	1	Neck Wire			

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.

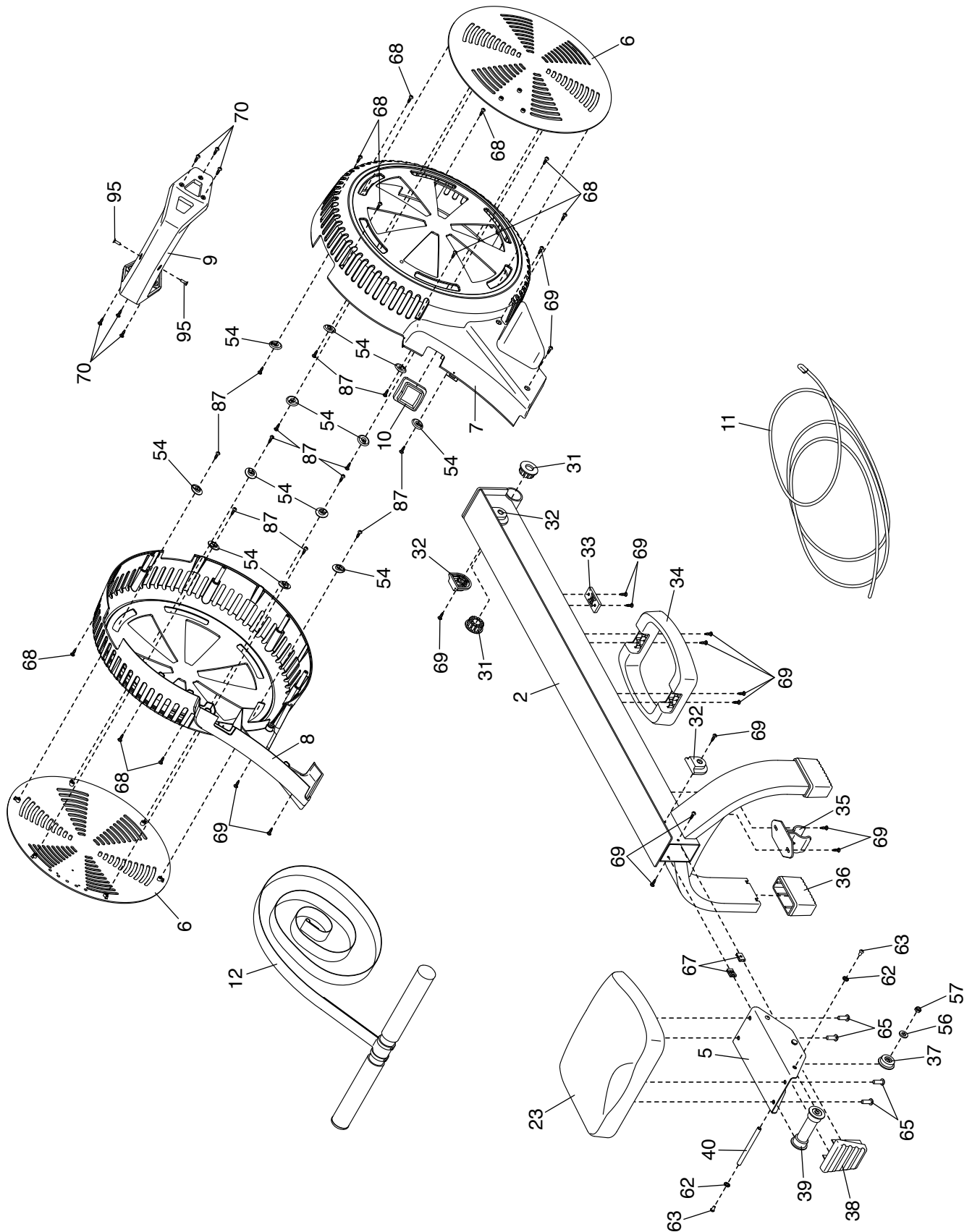
EXPLODED DRAWING A

Model No. NTEVRW10918.0 R1218A



EXPLODED DRAWING B

Model No. NTEVRW10918.0 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.

