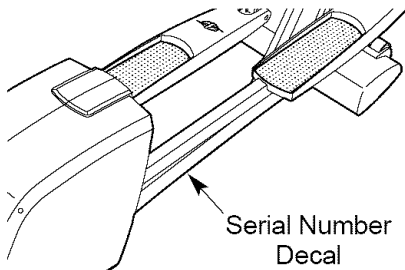


# **NordicTrack**<sup>®</sup> CX 925

Model No. NEL07940

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



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

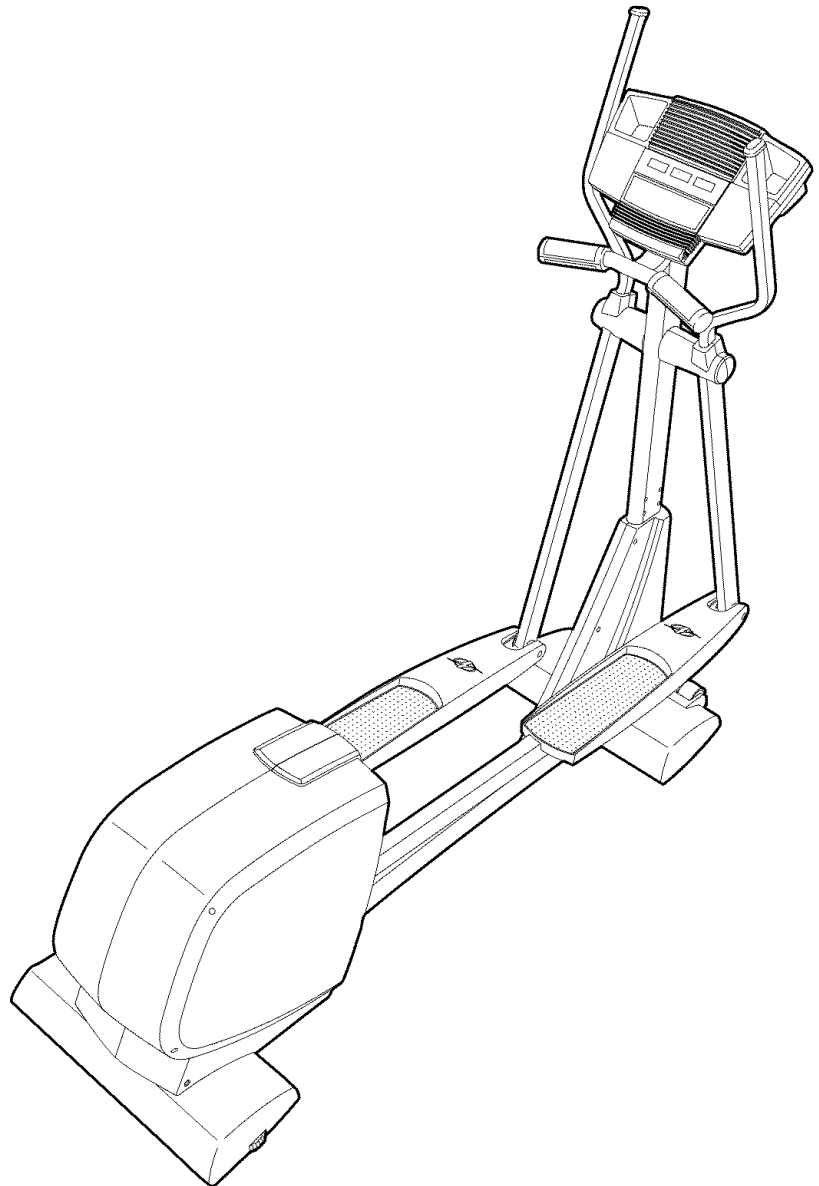
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-888-825-2588**

Mon.-Fri., 6 a.m.-6 p.m. MST

Patent Pending



### CAUTION

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



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[www.nordictrack.com](http://www.nordictrack.com)

*new products, prizes,  
fitness tips, and much more!*

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.
9. Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
13. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

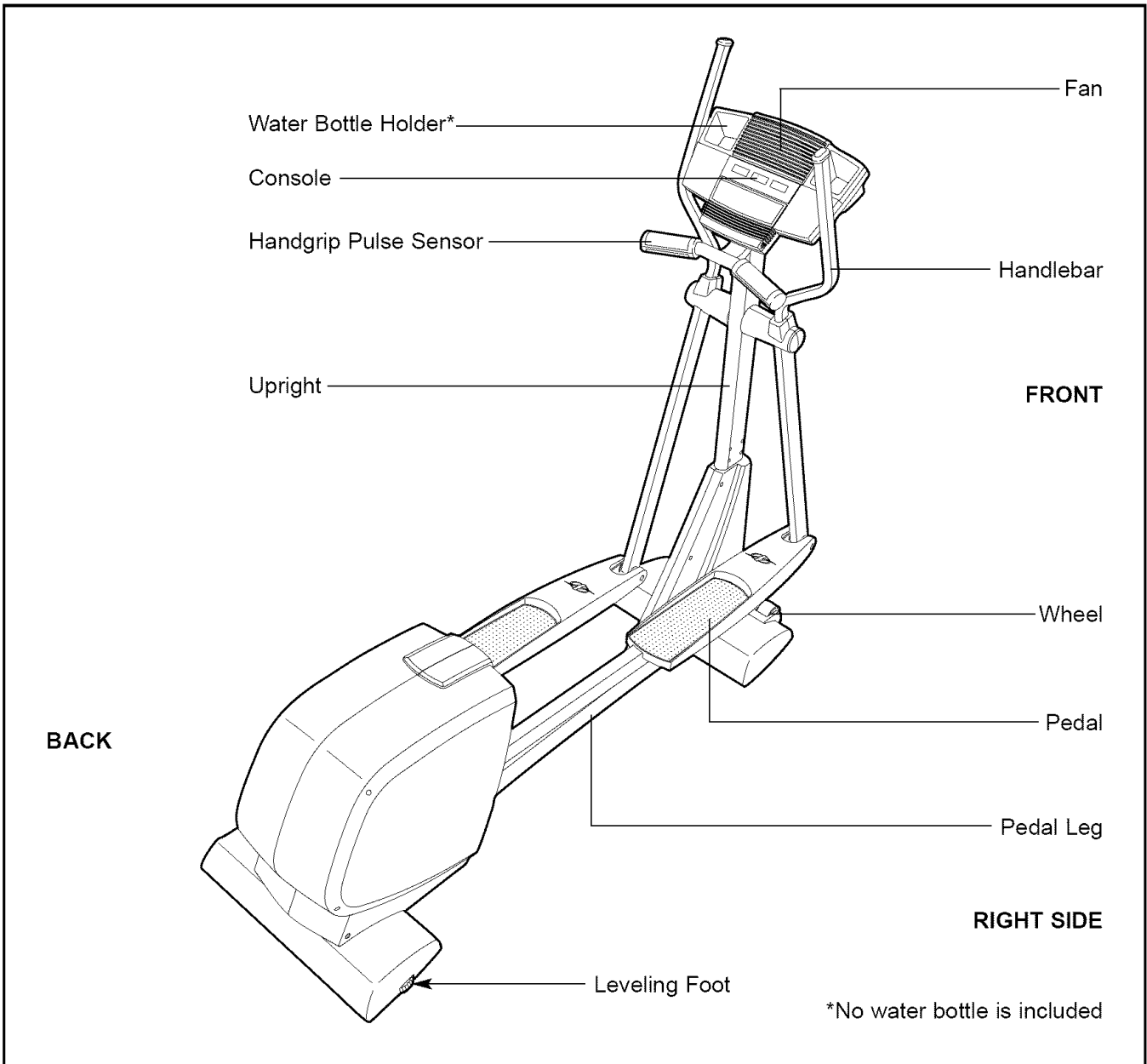
# BEFORE YOU BEGIN

Congratulations for selecting the new NordicTrack® CX 925 elliptical exerciser. The CX 925 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique CX 925 offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. Welcome to a whole new world of natural, elliptical-motion exercise from NordicTrack.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have ques-



tions after reading this manual, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NEL07940. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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

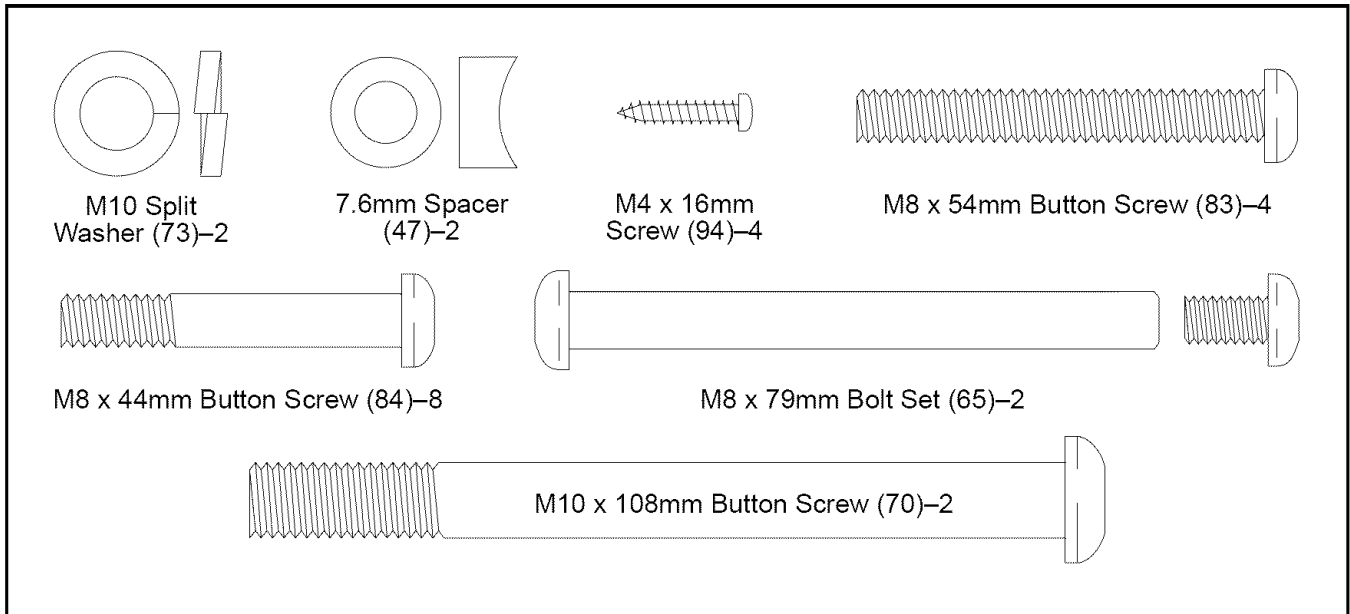


# ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

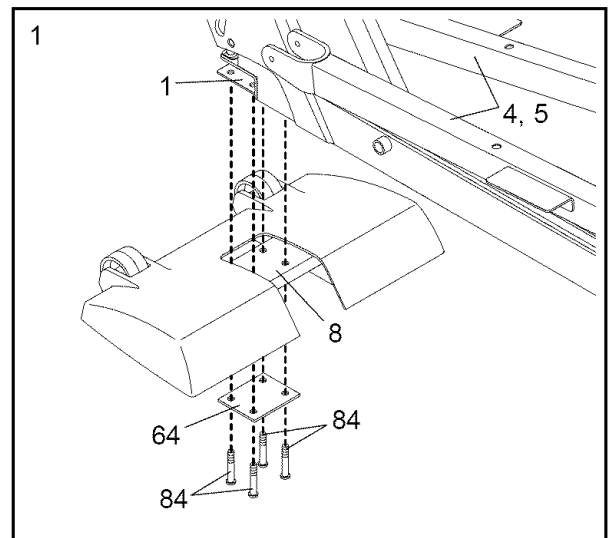
**Assembly requires the included allen wrenches and your own phillips screwdriver**  **and rubber mallet** .

As you assemble the elliptical exerciser, use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing refers to the key number of the part, from the PART LIST on page 21. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it is pre-assembled.**



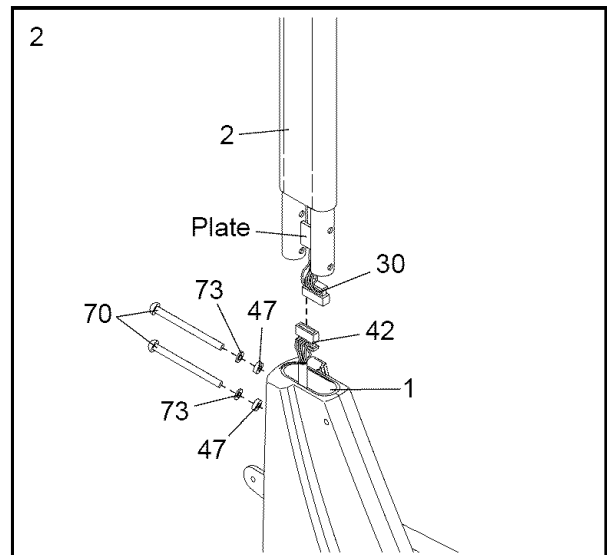
1. Identify the Front Stabilizer (8). While another person lifts the front of the Frame (1) and holds the Pedal Legs (4, 5) in the position shown, attach the Front Stabilizer to the Frame with four M8 x 44mm Button Screws (84) and a Support Plate (64).

**While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (not shown) to the Frame in the same way.**



- Have another person hold the Upright (2) in the position shown. **Make sure that the Upright is turned as shown in drawing 3 below, and that the Upper Wire Harness (30) is on the right side of the indicated metal plate.**

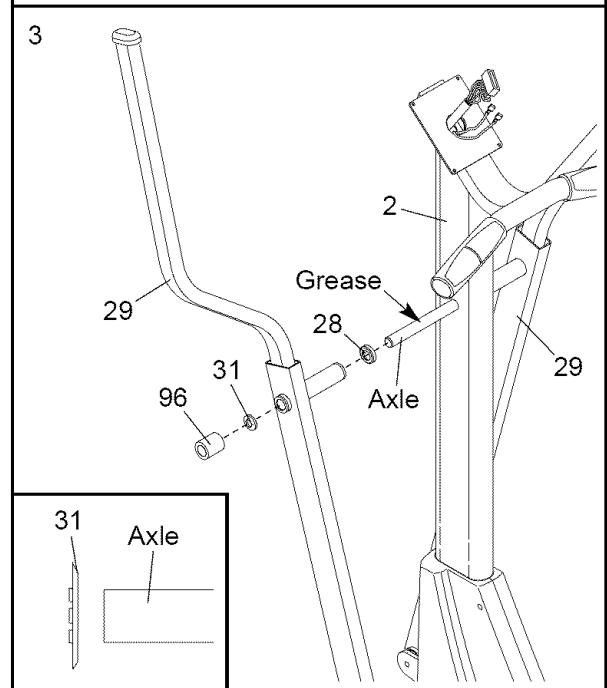
Connect the Upper Wire Harness (30) to the Lower Wire Harness (42). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.** Insert the Upright (2) into the Frame (1). **Be careful to avoid disconnecting or pinching the Wire Harnesses.** Attach the Upright with two M10 x 108mm Button Screws (70), two M10 Split Washers (73), and two 7.6mm Spacers (47). **Make sure that the curved sides of the Spacers are facing the Upright.** **Be careful to avoid damaging the Wire Harnesses with the Button Screws.** **Do not tighten the Button Screws yet.**



- Slide a Weld Spacer (28) onto the axle on the left side of the Upright (2), with the open side of the Weld Spacer facing the Upright. Apply a small amount of grease to the axle.

Slide an Upper Body Arm (29) onto the axle on the left side of the Upright (2). Using the included Push Nut Tool (96), tap a Push Nut (31) onto the axle; **make sure that the Push Nut is turned as shown in the inset drawing.**

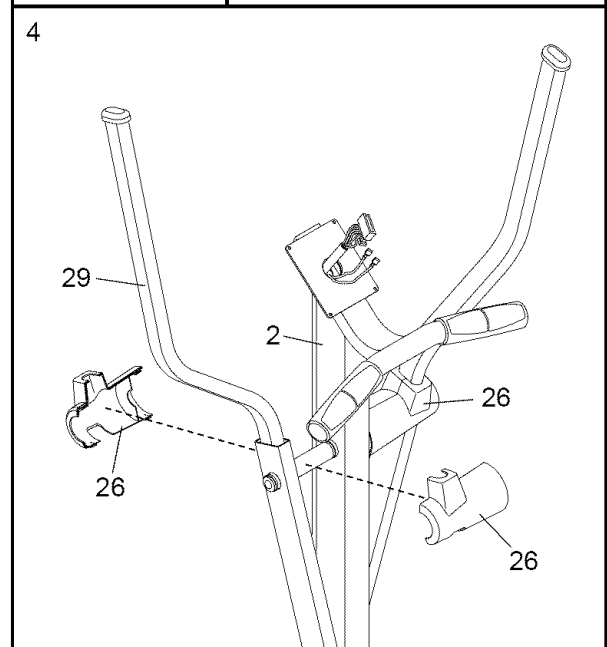
Attach the other Upper Body Arm (29) to the right side of the Upright (2) in the same way.



- Look inside one of the Handlebar Covers (26) and locate the square tabs connecting the two halves. Gently lift the tabs and disconnect the halves.

Hold the two halves of the Handlebar Cover (26) around the tube on the left side of the Upright (2). Align the halves and press them together until they lock.

Attach the other Handlebar Cover (26) to the right side of the Upright (2) in the same way.



- Identify the Left Pedal (10), which has a notch near the right side. Place the Left Pedal on the Left Pedal Leg (4). Next, apply the entire contents of one of the included Teflon<sup>®</sup> lubricant packets to the long side of an M8 x 79mm Bolt Set (65) and the faces of the two indicated Upper Body Arm Bushings (12). Have a second person hold the lower end of the left Upper Body Arm (29) inside of the bracket on the Left Pedal Leg. Align the indicated holes, and attach the Left Pedal and the left Upper Body Arm to the Left Pedal Leg with the M8 x 79mm Bolt Set.

Attach the other end of the Left Pedal (10) to the Left Pedal Leg (4) with two M8 x 54mm Button Screws (83).

Repeat this step on the right side of the elliptical exerciser.

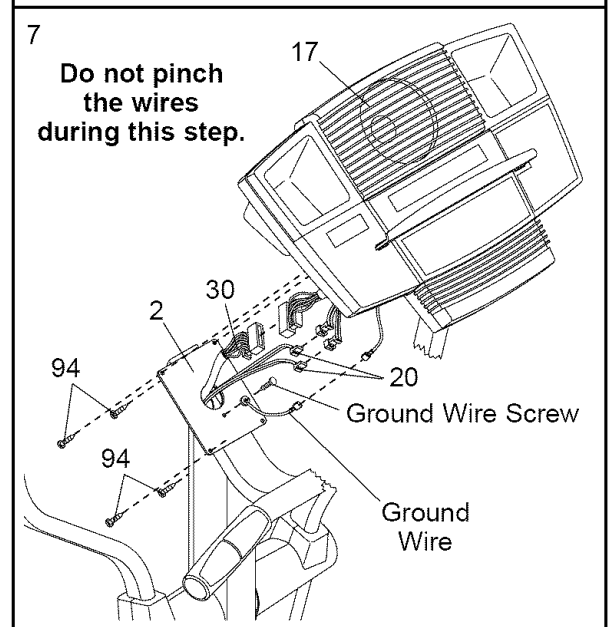
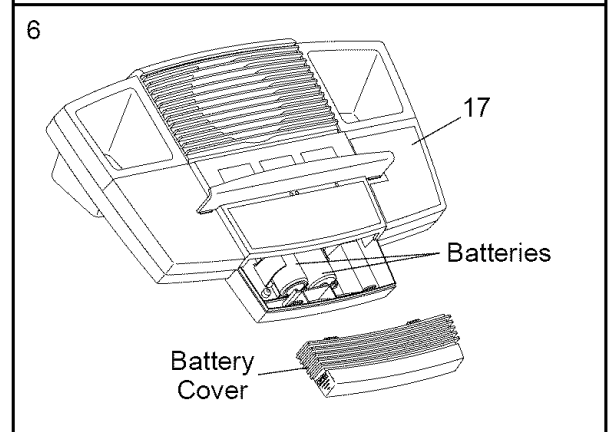
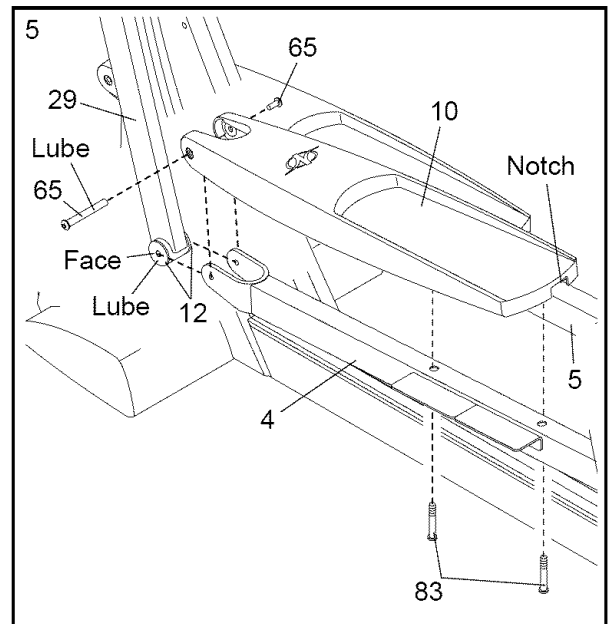
See step 2. Tighten the two M10 x 108mm Button Screws (70).

- The Console (17) requires four "D" batteries (not included); alkaline batteries are recommended. Slide the battery cover off the Console. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Slide the battery cover back onto the Console. Note: When the batteries are installed correctly, the fan will turn on for a moment.

- Remove the ground wire screw from the Upright (2). Attach the ground wire to the Upright with the ground wire screw as shown.

Have another person hold the Console (17) near the Upright (2). Connect the ground wire to the ground wire on the Console. Connect the Upper Wire Harness (30) to the wire harness on the Console. Connect the two Pulse Wires (20) to the pulse wires on the Console.

Carefully insert all excess wiring down into the Upright (2). Attach the Console to the Upright with four M4 x 16mm Screws (94). (Note: The Screws may be found in the console box.) **Be careful to avoid pinching the wires.**



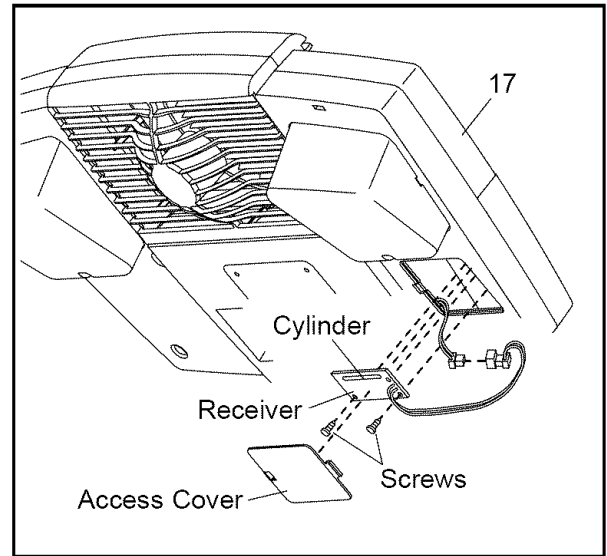
- Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

The elliptical exerciser is now fully assembled. If you have purchased the optional chest pulse sensor (see page 18), see page 7.

## INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you have purchased the optional chest pulse sensor (see page 18), follow the steps below to install the receiver included with the optional chest pulse sensor.

1. Look under the Console (17) and locate the access cover. Remove the access cover.
2. Hold the receiver in the position shown, with the small cylinder oriented as shown. Using the two screws included with the chest pulse sensor, attach the receiver to the two plastic posts (not shown) inside the access opening in the back of the Console (17).
3. Connect the wire on the receiver to the indicated wire on the Console (17). **Make sure that the connectors on the wires snap together.** Discard the other wires included with the chest pulse sensor.
4. Reattach the access cover to the Console (17).

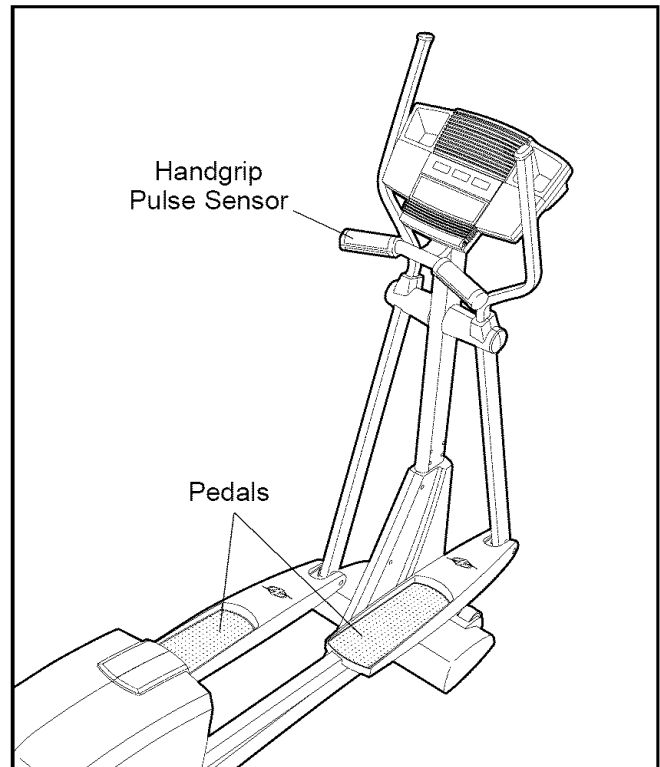


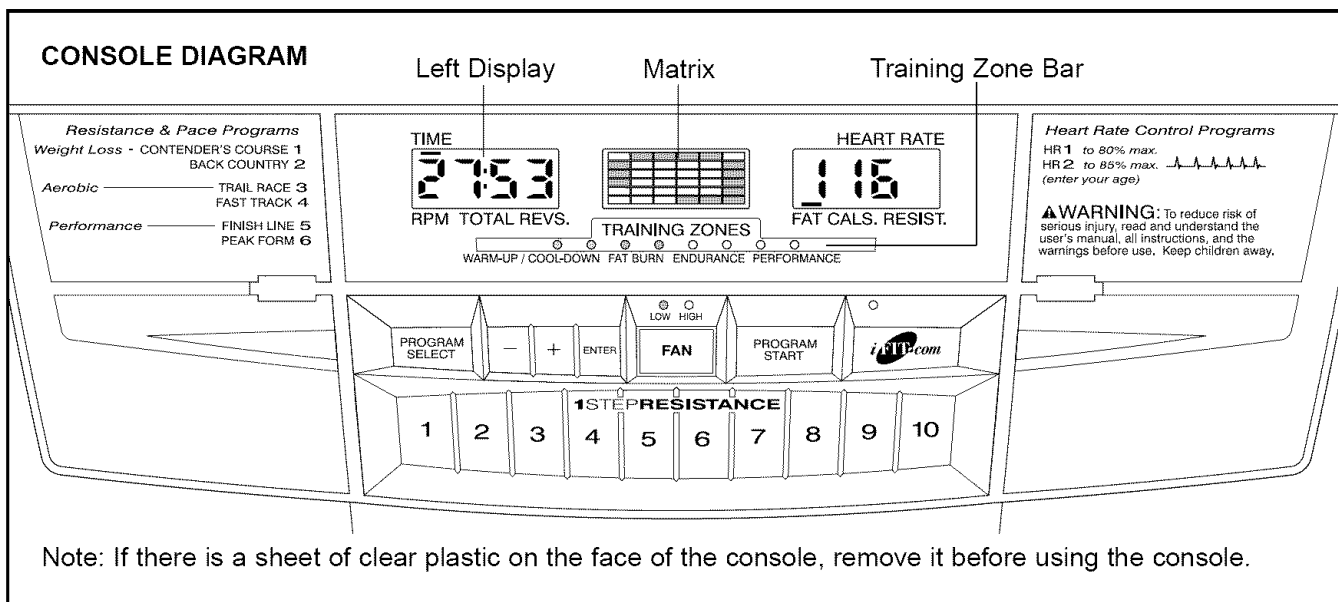
## HOW TO USE THE ELLIPTICAL EXERCISER

### EXERCISING ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.





## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical exerciser can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. Note: For information about an optional chest pulse sensor, see page 18.

The console also offers six resistance and pace programs. Each program automatically changes the resistance of the elliptical exerciser and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that automatically change the resistance of the elliptical exerciser and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the elliptical exerciser and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. **Explore [www.iFIT.com](http://www.iFIT.com) for more information.**



## HOW TO USE THE MANUAL MODE

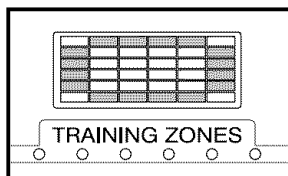
### 1 Press any button on the console or begin pedaling to turn on the console.

Note: The console requires four 1.5V “D” batteries (see assembly step 6 on page 6).

Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console displays will light, a tone sound, and the console will be ready for use.

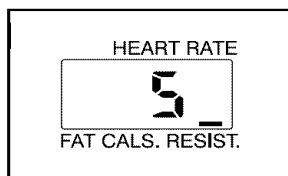
### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix.



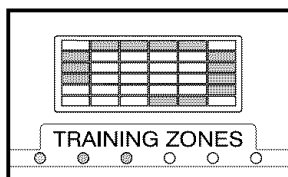
### 3 Begin pedaling and change the resistance of the elliptical exerciser as desired.

As you pedal, change the resistance of the elliptical exerciser by pressing the Resistance buttons. There are ten resistance levels. Note: After the Resistance buttons are pressed, it will take a moment for the elliptical exerciser to reach the selected resistance level.



### 4 Monitor your progress with the matrix, the Training Zone bar, and the two displays.

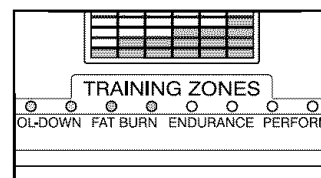
**The matrix**—When the manual mode is selected, the matrix will show a track representing 1/4 mile. As you pedal, the indica-



tors around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

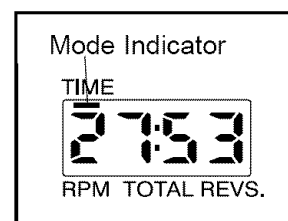
**The Training Zone bar**—The Training Zone bar will show your pace and the approximate intensity level of your exercise.

For example, if three or four indicators in the bar are lit, the bar shows that your pace is ideal for fat burning. During programs, the Training Zone bar will also prompt you to increase or decrease your pace.



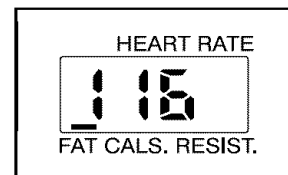
**The left display**—

The left display will show the elapsed time, your pedaling speed (in revolutions per minute), and the total number of revolutions you have pedaled. The display will change from one number to the next every few seconds, as shown by the mode indicators in the display. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



**The right display**—

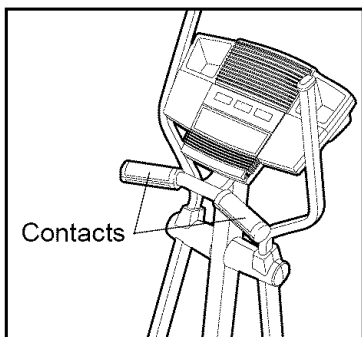
The right display will show the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 20) and the resistance level of the elliptical exerciser. The display will change from one number to the next every few seconds, as shown by the mode indicators. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the resistance of the elliptical exerciser changes, the display will show the resistance level.



**5 Measure your heart rate if desired.**

**Note: If you wear the optional chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.**

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.**



When your pulse is detected, the heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes (—) will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

Note: If you continue to hold the pulse sensor, the right display will show your heart rate for up

to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

**6 Turn on the fan if desired.**

To turn on the fan at low speed, press the Fan button. Pivot the fan to the desired angle. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time. Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off.

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

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the left display will begin to flash. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

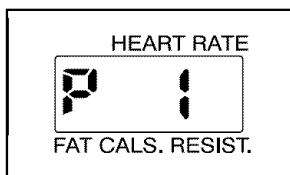
## HOW TO USE RESISTANCE AND PACE PROGRAMS

### 1 Press any button on the console or begin pedaling to turn on the console.

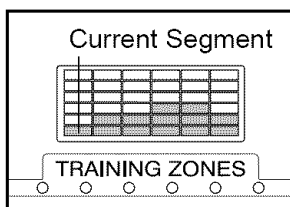
See step 1 on page 9.

### 2 Select one of the six resistance and pace programs.

When the power is turned on, the manual mode will be selected. To select a resistance and pace program, press the Program Select button repeatedly until a "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" appears in the right display.



Each program is divided into several time segments of different lengths. One resistance setting and one pace setting are programmed for each segment. (Note: The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.) The resistance setting for the first segment is shown in the left column of the matrix. The resistance settings for the next five segments are shown in the columns to the right. Note: One bar in a column represents a resistance setting of level 1, two bars represent level 2 or 3, three bars represent level 4 or 5, four bars represent level 6 or 7, five bars represent level 8 or 9, and six bars represent level 10.

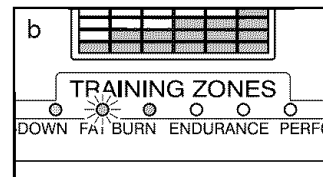
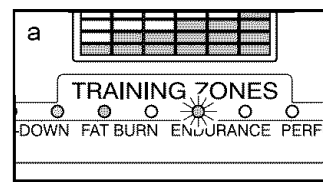


### 3 Press the Program Start button or begin pedaling to start the program.

When the program is started, the left column of the matrix will begin to flash, and the elliptical exerciser will automatically adjust to the resistance setting for the first segment.

As you exercise, the Training Zone bar will help you to keep your pedaling pace near the pace

setting for the current segment. The lit indicators in the bar will show your actual pace. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your pace matches the pace setting for the current segment. **Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the current pace setting. Make sure to exercise at a pace that is comfortable for you.**



When the first segment of the program ends, a series of tones will sound and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the left column of the matrix and the resistance of the elliptical exerciser will automatically change to the resistance setting for the second segment.

Note: During the program, you can override the resistance setting, if desired, by pressing the Resistance buttons. However, when the next segment begins, the resistance will change if a different resistance setting is programmed for the next segment.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the resistance setting for the last segment is shown in the left column of the matrix and the last segment ends.

### 4 Monitor your progress with the two displays.

See step 4 on page 9.

### 5 Measure your heart rate if desired.

See step 5 on page 10.

**6 Turn on the fan if desired.**

See step 6 on page 10.

**7 When the program is finished, the console will automatically turn off.**

See step 7 on page 10.

**HOW TO USE HEART RATE PROGRAMS**

Each heart rate program helps you to keep your heart rate near a certain percentage of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your maximum heart rate is 190.) Heart rate program 1 is designed to keep your heart rate between 50% and 80% of your maximum heart rate while you exercise; heart rate program 2 is designed to keep your heart rate between 50% and 85% of your maximum heart rate.

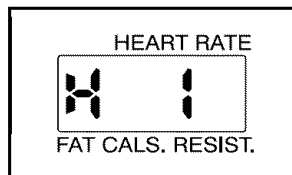
Follow the steps below to use a heart rate program.

**1 Press any button on the console or begin pedaling to turn on the console.**

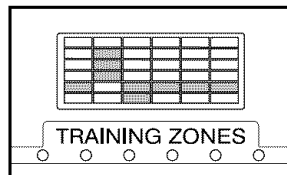
See step 1 on page 9.

**2 Select one of the heart rate programs.**

When the power is turned on, the manual mode will be selected. To select a heart rate program, press the Program Select button repeatedly until an "H 1" or "H 2" appears in the right display.

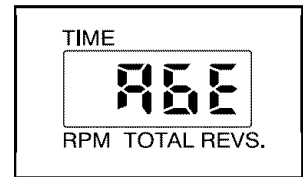


During heart rate programs, the matrix will show a moving graphic that represents your heart rate. Each time a heart-beat is detected, an additional peak will appear.



**3 Enter your age.**

When a heart rate program is selected, the word "AGE" and the current age setting will flash in the left display. You must enter your age to use a heart rate program. If you have already entered your age, press the Enter button and go to step 4. If you have not entered your age, press the + or - button repeatedly to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory.



**4 Hold the handgrip pulse sensor.**

To use a heart rate program, you must use the handgrip pulse sensor (see step 5 on page 10) or the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

Note: When you are not holding the handgrips, the letters "PLS" will appear in the right display instead of your heart rate.

**5 Press the Program Start button or begin pedaling to start the program.**

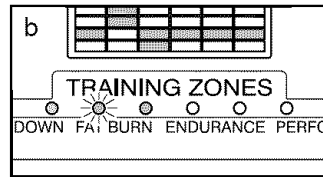
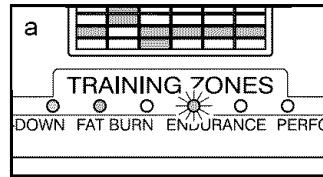
When the program is started, the elliptical exerciser will automatically adjust to the resistance setting for the first segment.

Each program is divided into 20 one-minute segments. One resistance setting and one target heart rate setting are programmed for each segment. Note: The same resistance setting and/or target heart rate setting may be programmed for two or more consecutive segments.

During the last three seconds of each segment, a series of tones will sound. The resistance of the elliptical exerciser will then automatically change if a different resistance setting is programmed for the next segment.

As you exercise, the Training Zone bar will help you to keep your heart rate near the target heart

rate setting for the current segment. The lit indicators in the bar will show your actual pace. When you hold the handgrip pulse sensor or wear the optional chest pulse sensor, the console will periodically compare your heart rate to the



target heart rate setting for the current segment; if necessary, an indicator in the bar will then flash to prompt you to increase or decrease your pace to bring your heart rate closer to the target heart rate setting. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your heart rate is near the target heart rate setting.

**Important: The target heart rate settings are intended only to provide motivation. Your actual heart rate may be slower than the target heart rate settings. Make sure to exercise at a pace that is comfortable for you.**

Note: During the program, you can override the resistance setting, if desired, by pressing the Resistance buttons. However, when the next segment begins, the resistance will change if a different resistance setting is programmed for the next segment.

The program will continue until the last segment ends.

If you stop pedaling for several seconds, a tone will sound and the program will end. Heart rate programs cannot be stopped temporarily and then restarted.

## **6** Monitor your progress with the two displays.

See step 4 on page 9.

## **7** Turn on the fan if desired.

See step 6 on page 10.

## **8** When the program is finished, the console will automatically turn off.

See step 7 on page 10.

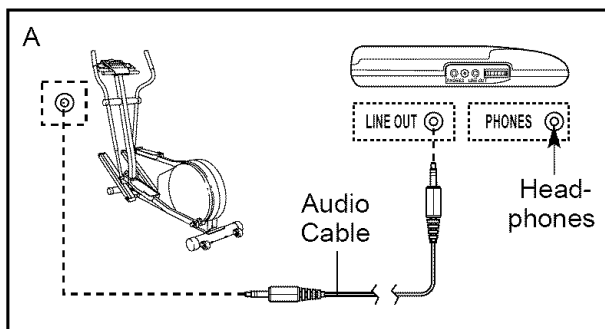
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com** CDs, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. To use **iFIT.com** videocassettes, the elliptical exerciser must be connected to your VCR. See page 16 for connecting instructions. To use **iFIT.com** programs directly from our Web site, the elliptical exerciser must be connected to your home computer. See page 15 for connecting instructions.

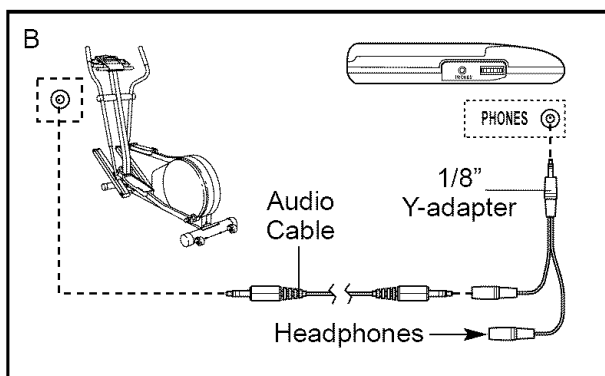
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



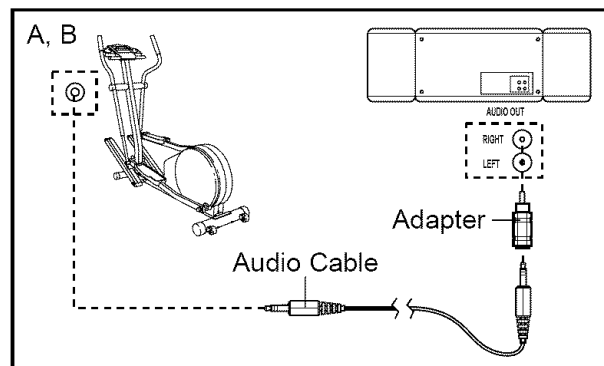
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



## HOW TO CONNECT YOUR PORTABLE STEREO

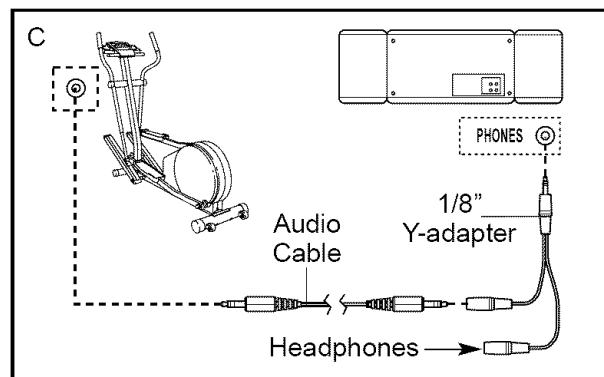
**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a 1/8" **LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo. Do not use the adaptor.

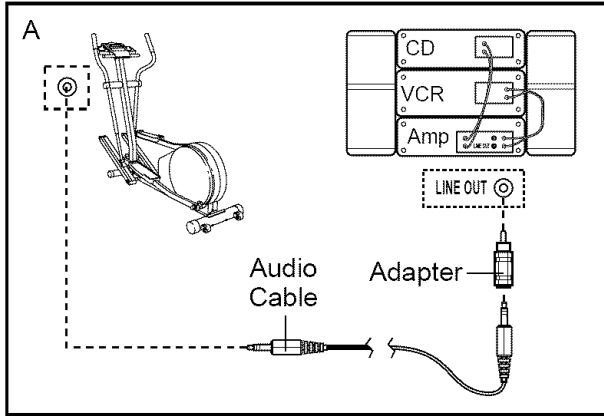
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



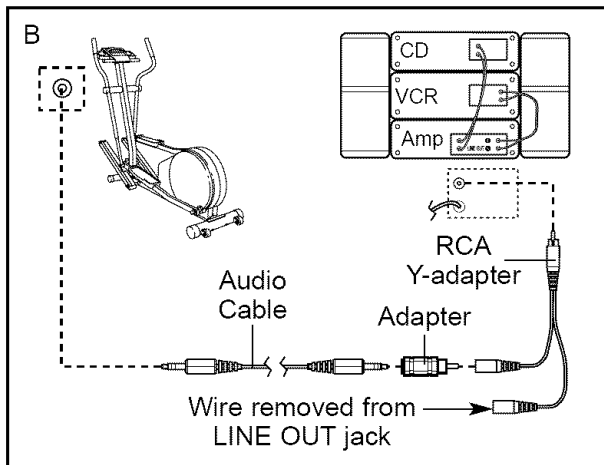
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the LINE OUT jack on your stereo.



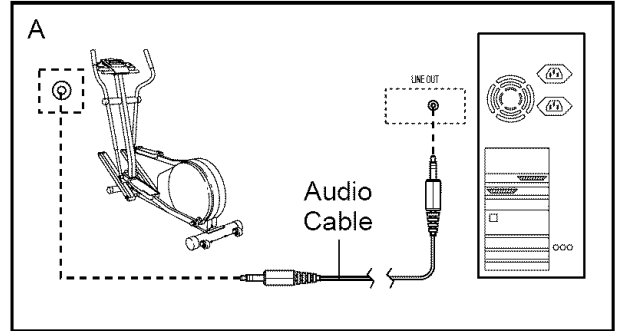
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



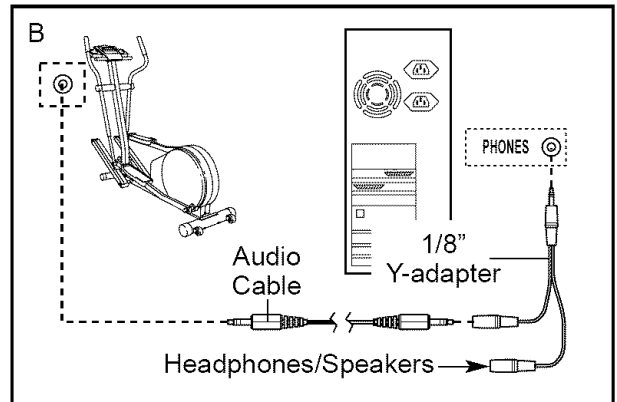
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



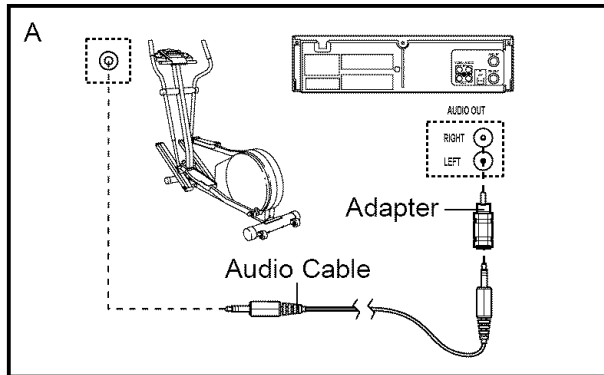
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



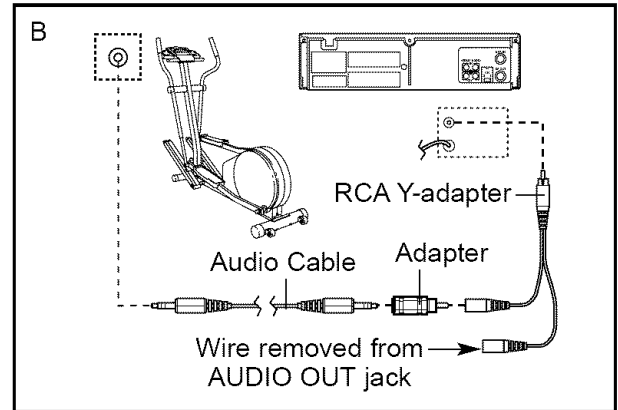
## HOW TO CONNECT YOUR VCR

**Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.**

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.





## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

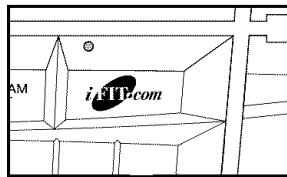
Follow the steps below to use an iFIT.com CD or video program.

- 1** Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 9.

- 2** Select the iFIT.com mode.

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light.



- 3** Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

- 4** Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through

your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a resistance and pace program (see step 3 on page 11). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

**Note: If the resistance of the elliptical exerciser and/or the pace setting does not change when a "chirp" is heard:**

- Make sure that the indicator above the iFIT.com button is lit.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

- 5** Monitor your progress with the two displays.

See step 4 on page 9.

- 6** Measure your heart rate if desired.

See step 5 on page 10.

- 7** Turn on the fan if desired.

See step 6 on page 10.

- 8** When the program is finished, the console will automatically turn off.

See step 7 on page 10.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

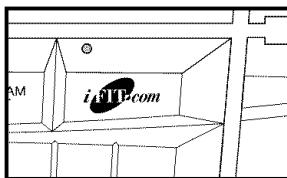
Follow the steps below to use a program from our Web site.

- 1 Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 9.

- 2 Select the iFIT.com mode.**

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light.



- 3 Go to your computer and start an internet connection.**

- 4 Start your Web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).**

- 5 Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

- 6 Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

- 7 Return to the elliptical exerciser and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a resistance and pace program (see step 3 on page 14). However, an electronic “chirping” sound will alert you when the resistance setting and/or the pace setting is about to change.

- 8 Monitor your progress with the two displays.**

See step 4 on page 9.

- 9 Measure your heart rate if desired.**

See step 5 on page 10.

- 10 Turn on the fan if desired.**

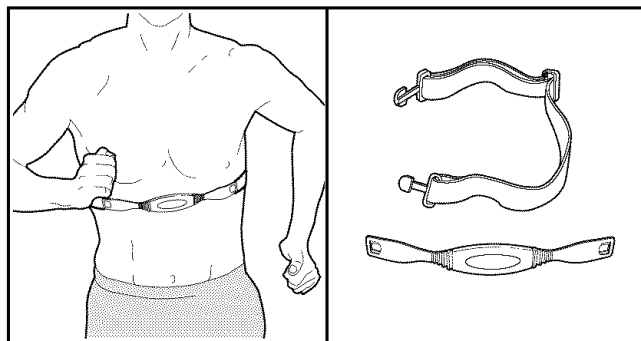
See step 6 on page 10.

- 11 When you are finished exercising, the console will automatically turn off.**

See step 7 on page 10.

### THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**



# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

## PULSE SENSOR TROUBLESHOOTING

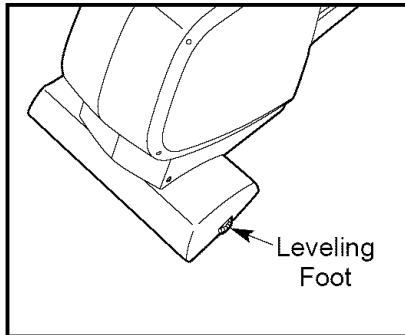
If the handgrip pulse sensor does not function properly, see step 5 on page 10.

## CONSOLE TROUBLESHOOTING

If turning on the fan resets the console displays, or if the displays becomes dim, the batteries should be replaced. Most console problems are the result of low batteries. See assembly step 6 on page 6 for replacement instructions.

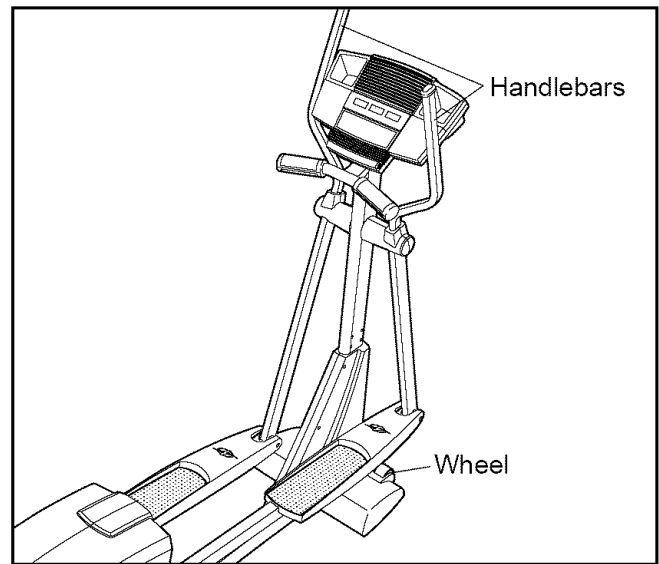
## HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



## HOW TO MOVE THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against one of the wheels. Pull the handlebars until the elliptical exerciser can be moved on the wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against a wheel, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**



# CONDITIONING GUIDELINES

## WARNING:




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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising 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.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. NEL07940

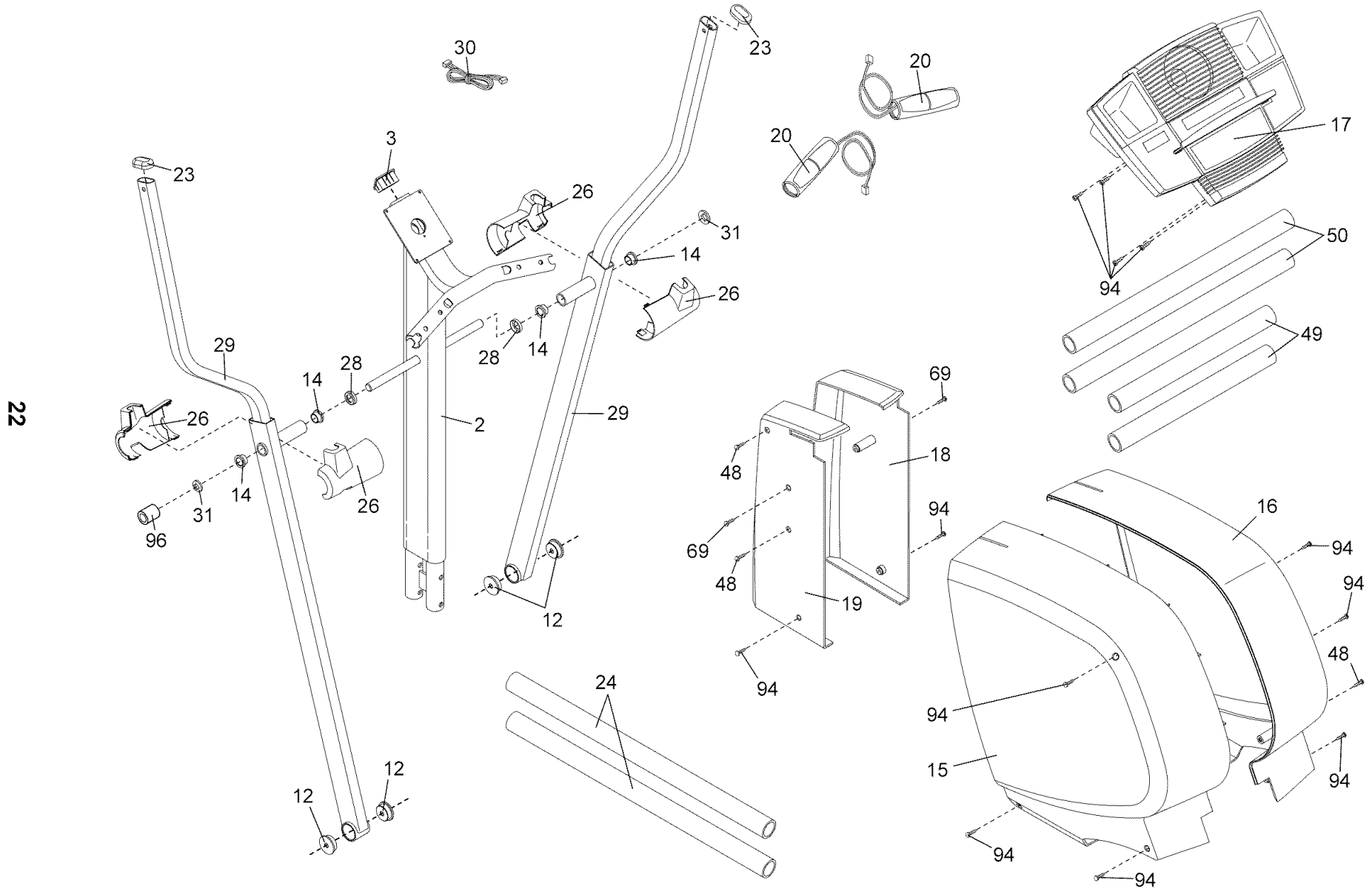
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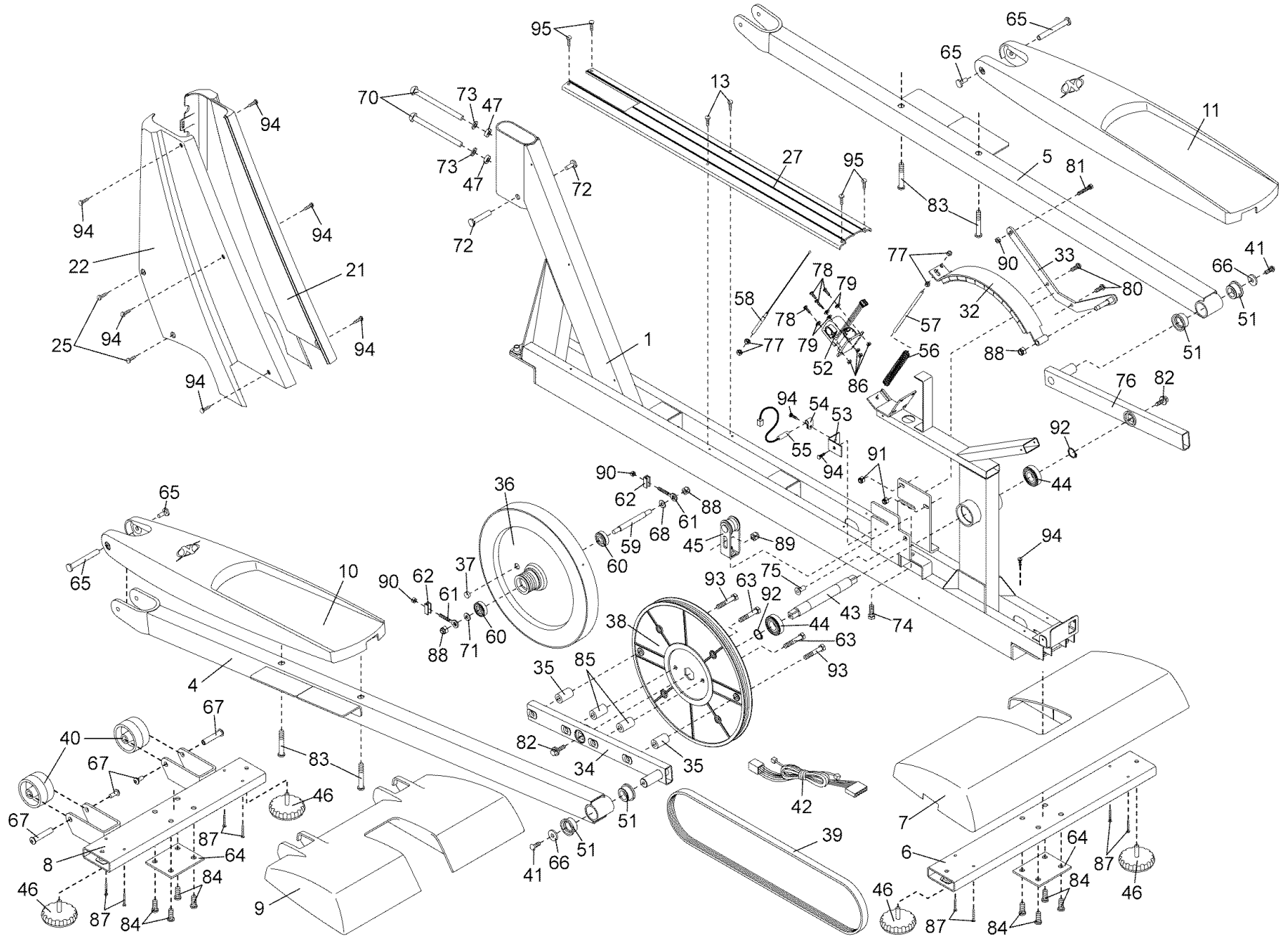
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Pedal Leg Bushing
2	1	Upright	52	1	Resistance Motor
3	1	Upright Endcap	53	1	Reed Switch Bracket
4	1	Left Pedal Leg	54	1	Clamp
5	1	Right Pedal Leg	55	1	Reed Switch/Wire
6	1	Rear Stabilizer	56	1	Return Spring
7	1	Rear Stabilizer Cover	57	1	Guide Rod
8	1	Front Stabilizer	58	1	Resistance Cable
9	1	Front Stabilizer Cover	59	1	Flywheel Axle
10	1	Left Pedal	60	2	Flywheel Bearing
11	1	Right Pedal	61	2	Eyebolt
12	4	Upper Body Arm Bushing	62	2	Adjustment Bracket
13	2	M4 x 19mm Round Head Screw	63	2	M8 x 47mm Button Screw
14	4	Upper Body Arm Bushing	64	2	Support Plate
15	1	Left Side Shield	65	2	M8 x 79mm Bolt Set
16	1	Right Side Shield	66	2	M8 Washer
17	1	Console	67	2	M10 x 50mm Bolt Set
18	1	Right Flywheel Cover	68	1	Flywheel Spacer
19	1	Left Flywheel Cover	69	2	M4 x 16mm Round Head Screw
20	2	Pulse Sensor w/Wire	70	2	M10 x 108mm Button Screw
21	1	Right Upright Cover	71	1	M8 Tek Washer
22	1	Left Upright Cover	72	1	M11 x 40mm Bolt Set
23	2	Upper Body Arm Endcap	73	2	M10 Split Washer
24	2	Upper Body Arm Foam Grip	74	1	M8 x 25mm Button Screw
25	2	M4 x 25mm Screw	75	1	M10 x 19mm Button Bolt
26	2	Handlebar Cover	76	1	Right Crank Arm
27	1	Frame Cover	77	4	M5 Nut
28	2	Weld Spacer	78	4	M5 x 16mm Bolt
29	2	Upper Body Arm	79	4	M5 Washer
30	1	Upper Wire Harness	80	2	M6 x 18mm Bolt
31	2	Push Nut	81	1	M6 x 25mm Bolt
32	1	"C" Magnet	82	2	5/16" x 25mm Flange Screw
33	1	Magnet Bracket	83	4	M8 x 54mm Button Screw
34	1	Left Crank Arm	84	8	M8 x 44mm Button Screw
35	2	29.5mm Pulley Spacer	85	2	31.5mm Pulley Spacer
36	1	Flywheel	86	4	M5 Nylon Locknut
37	1	Magnet	87	8	M4 x 38mm Screw
38	1	Pulley	88	3	M8 Nylon Locknut
39	1	Belt	89	1	M10 Nylon Locknut
40	2	Wheel	90	3	M6 Nut
41	2	M8 x 19mm Patch Screw	91	2	M6 Nylon Locknut
42	1	Lower Wire Harness	92	2	Snap Ring
43	1	Crank	93	2	M8 x 54mm Button Screw
44	2	Crank Bearing	94	21	M4 x 16mm Screw
45	1	Idler	95	4	M4 x 19mm Screw
46	4	Foot	96	1	Push Nut Tool
47	2	7.6mm Spacer	#	2	Teflon® Lubricant Packet
48	3	M4 x 25mm Tek Screw	#	1	Allen Wrench
49	2	Lower Foam Grip	#	1	User's Manual
50	2	Upper Foam Grip			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. NEL07940

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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (NEL07940)
- The NAME of the product (NordicTrack® CX 925 elliptical exerciser)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see pages 21 to 23)

## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack® elliptical exerciser ("Product") is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER'S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**