FREEMOTION®
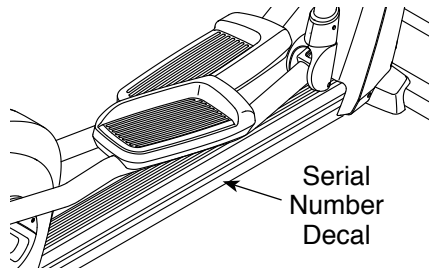
e10.9b

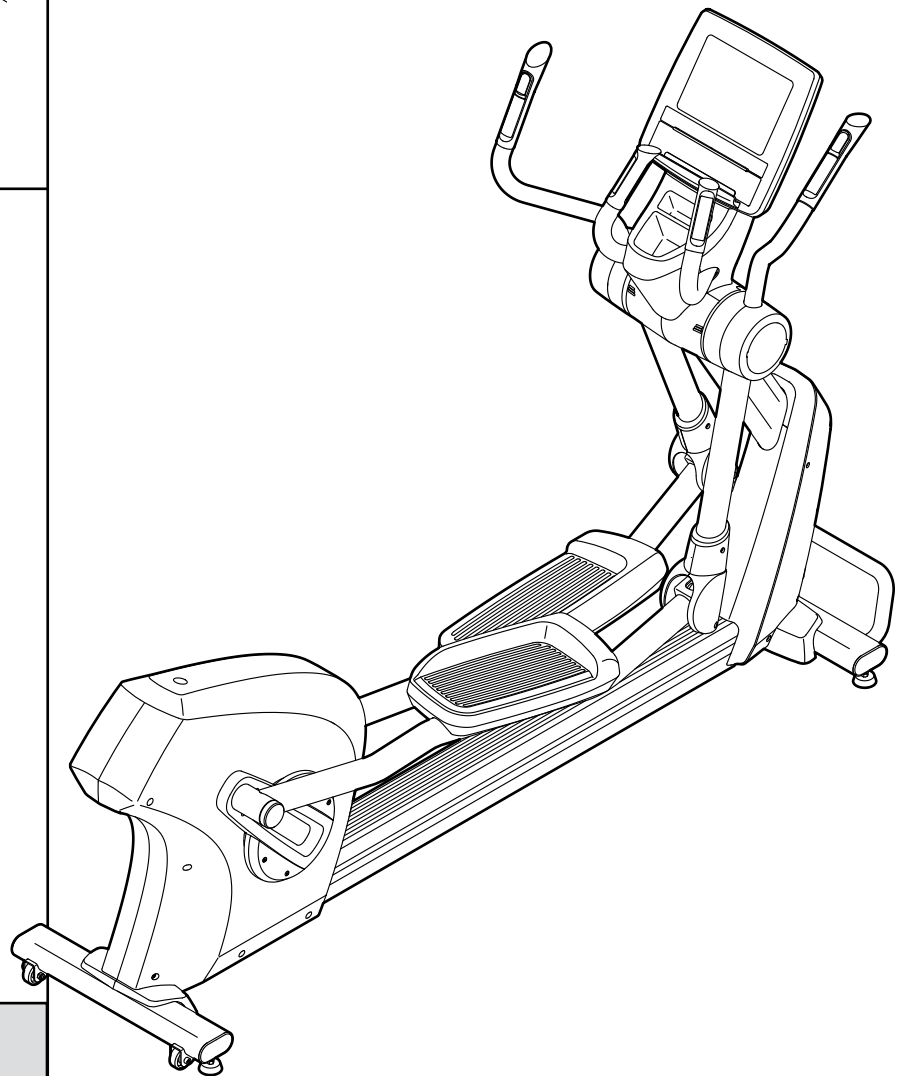**Model No. FMEL84418.0**
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.
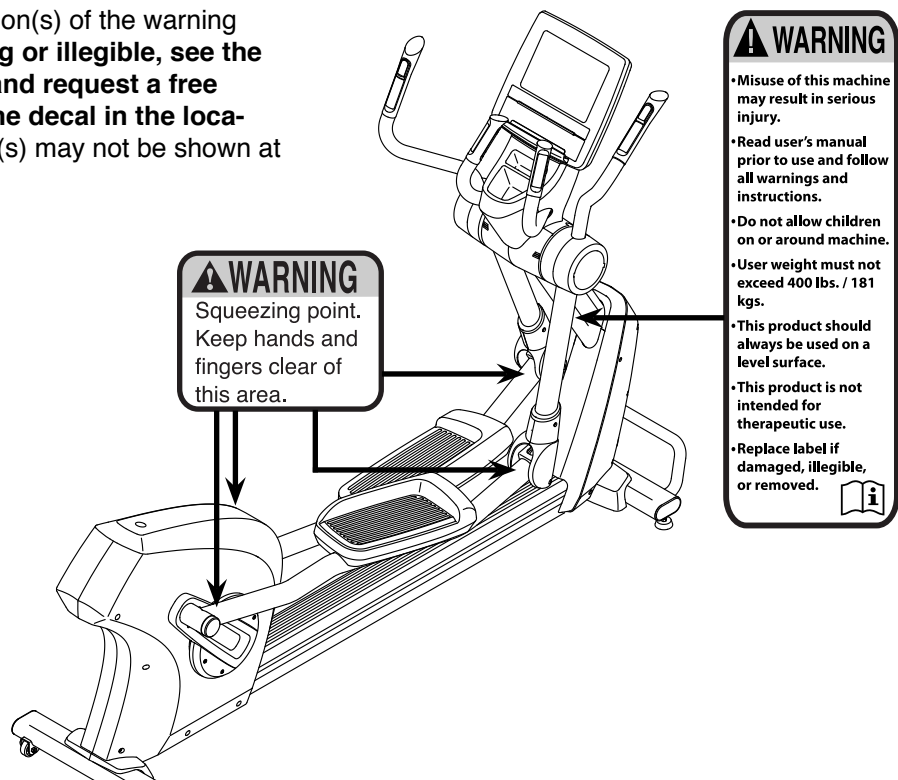
USER'S MANUAL

⚠ CAUTION

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

freemotionfitness.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

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

⚠ WARNING
Squeezing point. Keep hands and fingers clear of this area.

⚠ WARNING
•Misuse of this machine may result in serious injury.

•Read user's manual prior to use and follow all warnings and instructions.

•Do not allow children on or around machine.

•User weight must not exceed 400 lbs. / 181 kgs.

•This product should always be used on a level surface.

•This product is not intended for therapeutic use.

•Replace label if damaged, illegible, or removed.

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IMPORTANT PRECAUTIONS

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

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

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

3. Use the elliptical only as described in this manual.

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

5. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.

6. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.

7. Keep children under age 16 and pets away from the elliptical at all times.

8. The elliptical should not be used by persons weighing more than 400 lbs. (181 kg).

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

10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.

11. 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.

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

13. Keep your back straight while using the elliptical; do not arch your back.

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.
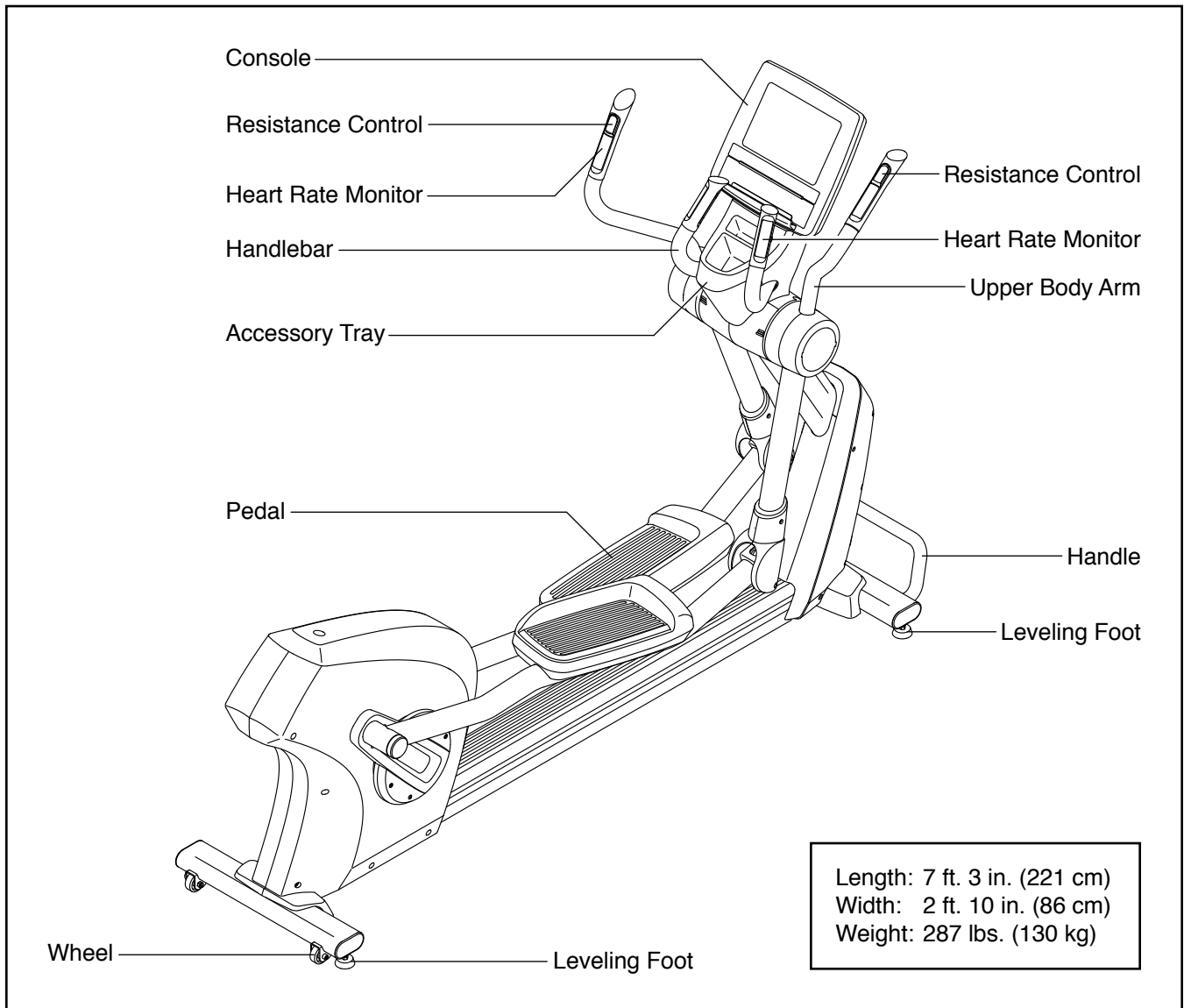
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® E 10.9 B elliptical. The E 10.9 B elliptical provides an impressive selection of features designed to make your workouts more effective and enjoyable.

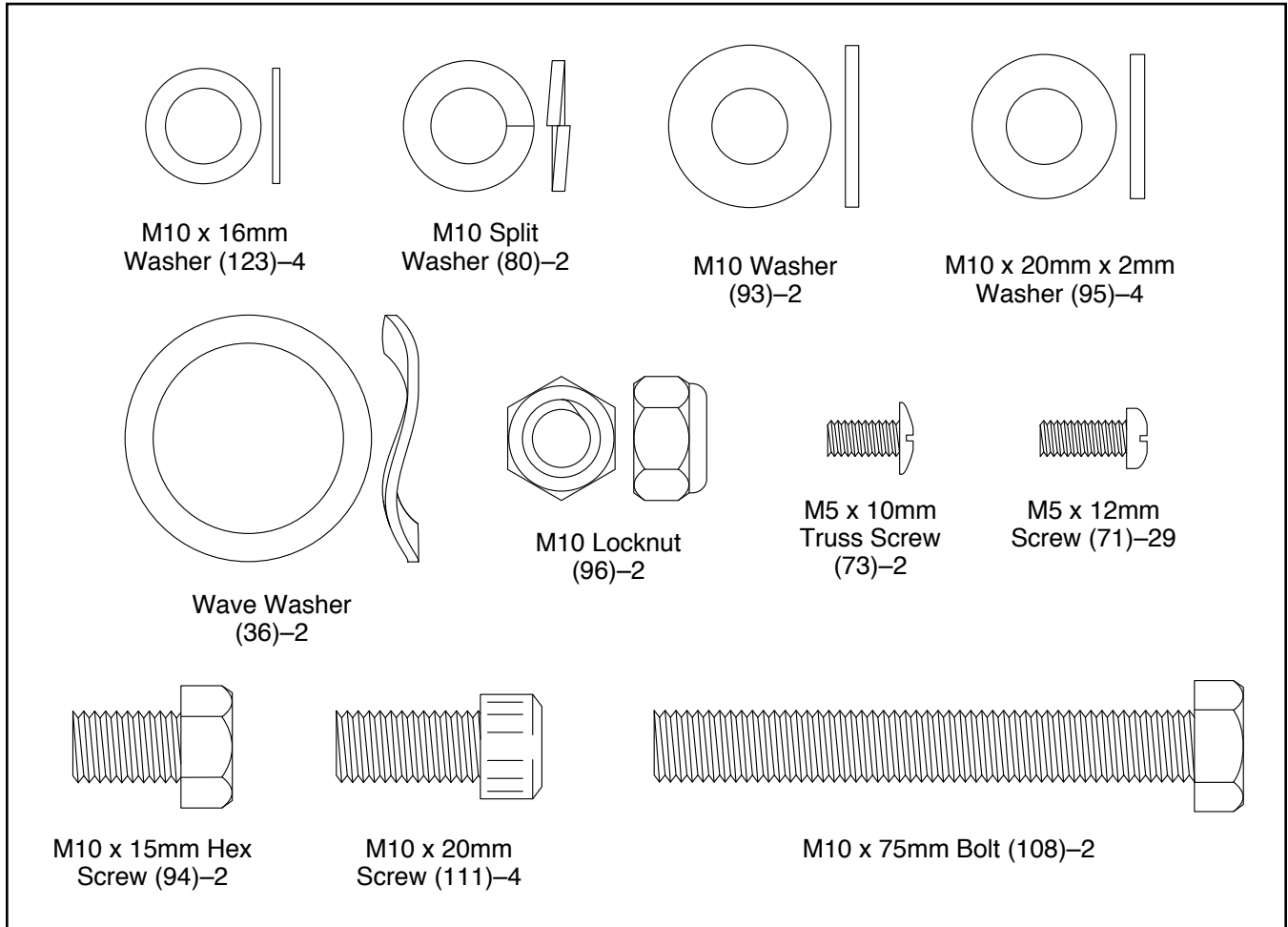**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of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

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

Console

Resistance Control

Heart Rate Monitor

Handlebar

Accessory Tray

Pedal

Resistance Control

Heart Rate Monitor

Upper Body Arm

Handle

Leveling Foot

Wheel

Leveling Foot

Length: 7 ft. 3 in. (221 cm)
Width: 2 ft. 10 in. (86 cm)
Weight: 287 lbs. (130 kg)

PART IDENTIFICATION CHART

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

M10 x 16mm
Washer (123)–4

M10 Split
Washer (80)–2

M10 Washer
(93)–2

M10 x 20mm x 2mm
Washer (95)–4

Wave Washer
(36)–2

M10 Locknut
(96)–2

M5 x 10mm
Truss Screw
(73)–2

M5 x 12mm
Screw (71)–29

M10 x 15mm Hex
Screw (94)–2

M10 x 20mm
Screw (111)–4

M10 x 75mm Bolt (108)–2

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.

- If a part is not in the hardware kit, check to see if it has been preassembled.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 5.

- The following tools (not included) are required for assembly:

 one adjustable wrench

  one Phillips screwdriver
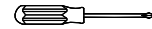
  a set of metric hex keys

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

1. **Tip: Avoid pinching the wires inside the Upright (2).**

   Raise the Upright (2) to the position shown. Secure the Upright to the Frame (1) with four M10 x 20mm Screws (111) and four M10 x 16mm Washers (123); **start all the Screws, and then tighten them.**
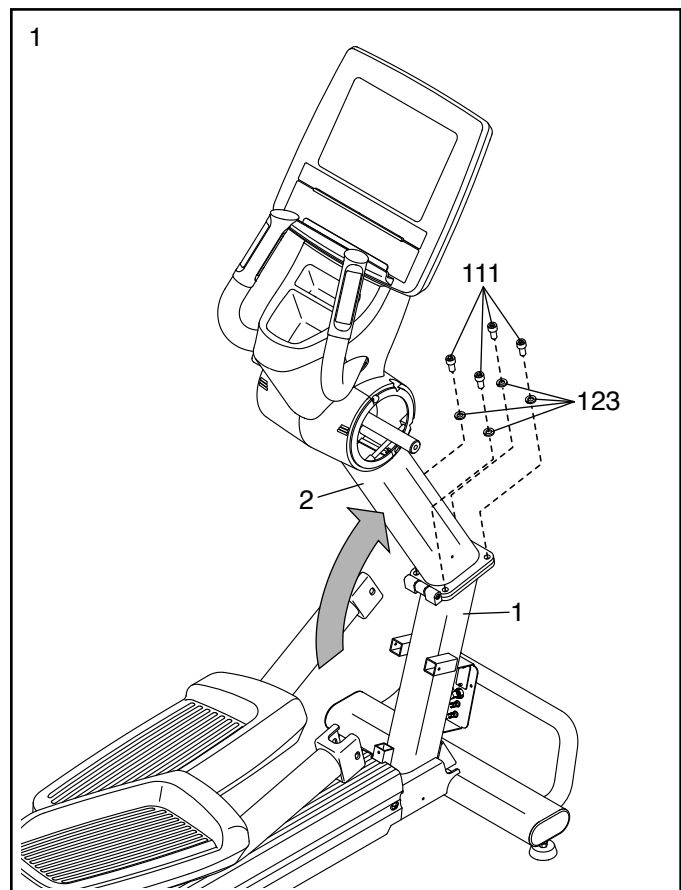
2. Identify the Left and Right Frame Covers (57, 60), and orient them as shown.

   Hold the Left and Right Frame Covers (57, 60) together around the Frame (1) and the Upright (2).

   Attach the Left and Right Frame Covers (57, 60) with eleven M5 x 12mm Screws (71) and two M5 x 10mm Truss Screws (73); **start all the Screws, and then tighten them.**
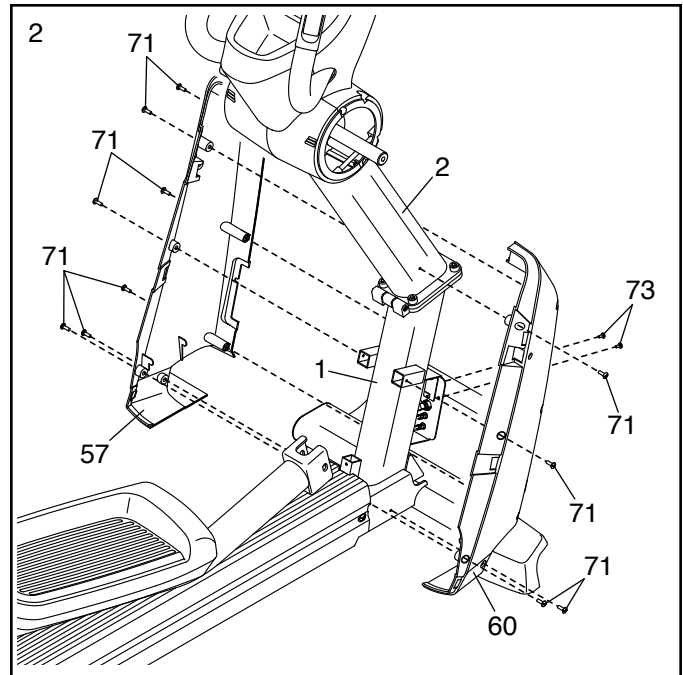

3. Attach the Top Frame Cover (58) to the Left and Right Frame Covers (57, 60) with an M5 x 12mm Screw (71).

   Next, press the Center Frame Cover (59) onto the Right and Left Frame Covers (57, 60).

   Remove the Screw Cap (55) from the Center Frame Cover (59).

   Attach the Center Frame Cover (59) with three M5 x 12mm Screws (71); **start all the Screws, and then tighten them.**

   Then, press the Screw Cap (55) back into the Center Frame Cover (59).
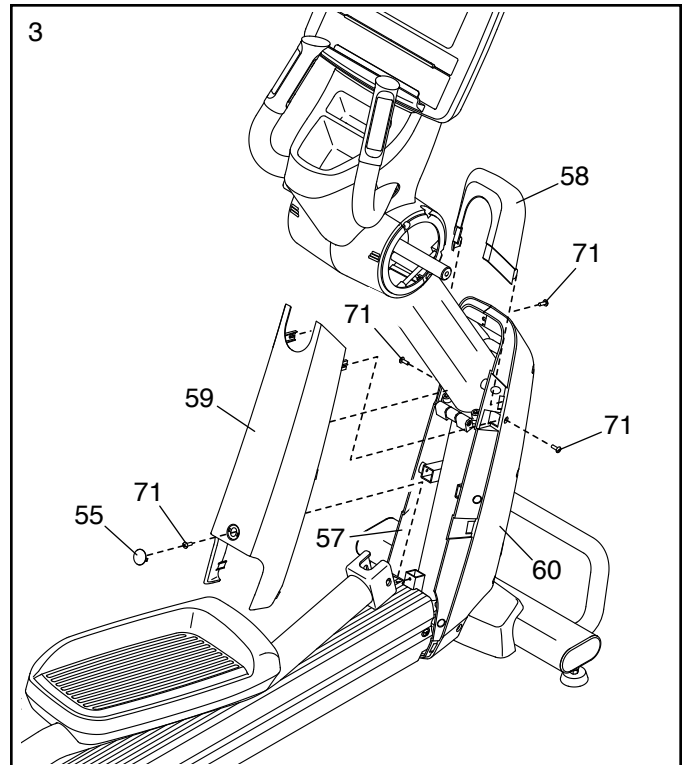
4. Orient the Right Upper Body Leg (26) as shown.

While a second person holds the Right Upper Body Leg (26) near the right side of the Upright (2), insert the Right Key Wire A (72) through the right Inner Pivot Cover (50) and connect it to the Right Key Wire B (103).

Next, slide a Wave Washer (36) onto the right axle on the Upright (2). Then, slide the Right Upper Body Leg (26) onto the right axle.

Tip: Avoid pinching the wires. Attach the Right Upper Body Leg (26) with an M10 x 15mm Hex Screw (94), an M10 Split Washer (80), and an M10 Washer (93).
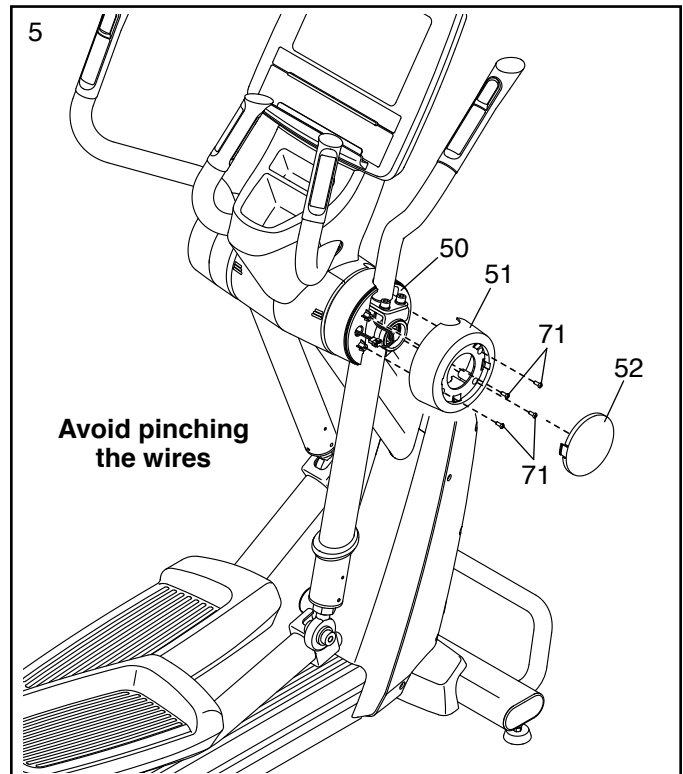
Attach the Left Upper Body Leg (34) in the same way.
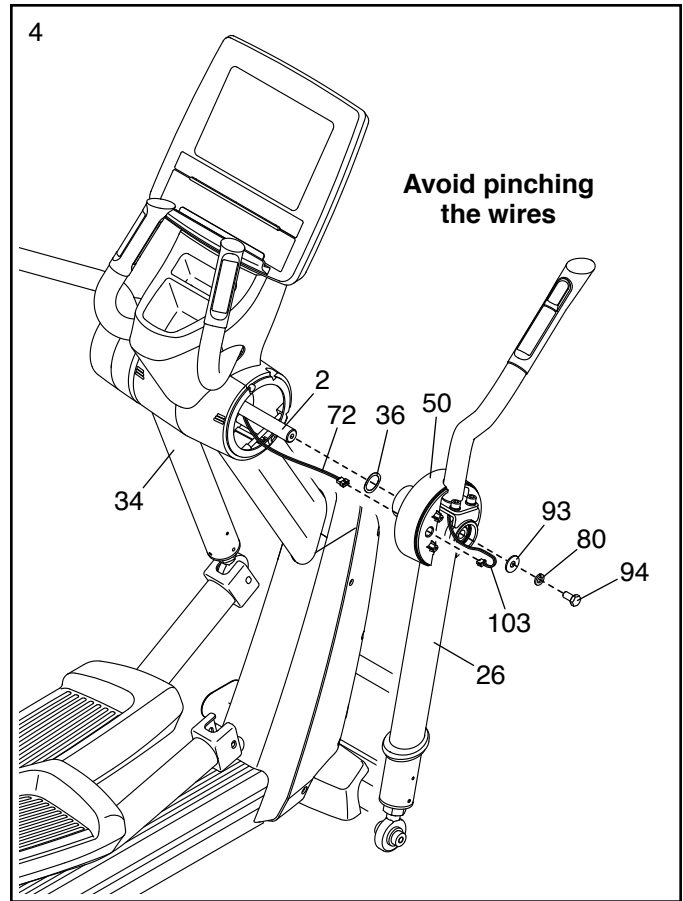
5. **Tip: Avoid pinching the wires.** Attach an Outer Pivot Cover (51) to the right Inner Pivot Cover (50) with four M5 x 12mm Screws (71); **start all the Screws, and then tighten them.**

Then, press a Pivot Cover (52) into the Outer Pivot Cover (51).

Repeat this step on the left side of the elliptical.

8

6. Attach the Knuckle Bearing (28) on the lower end of the Right Upper Body Leg (26) to the Right Pedal Arm (31) with an M10 x 75mm Bolt (108), two M10 x 20mm x 2mm Washers (95), and an M10 Locknut (96).

   Repeat this step on the left side of the elliptical.
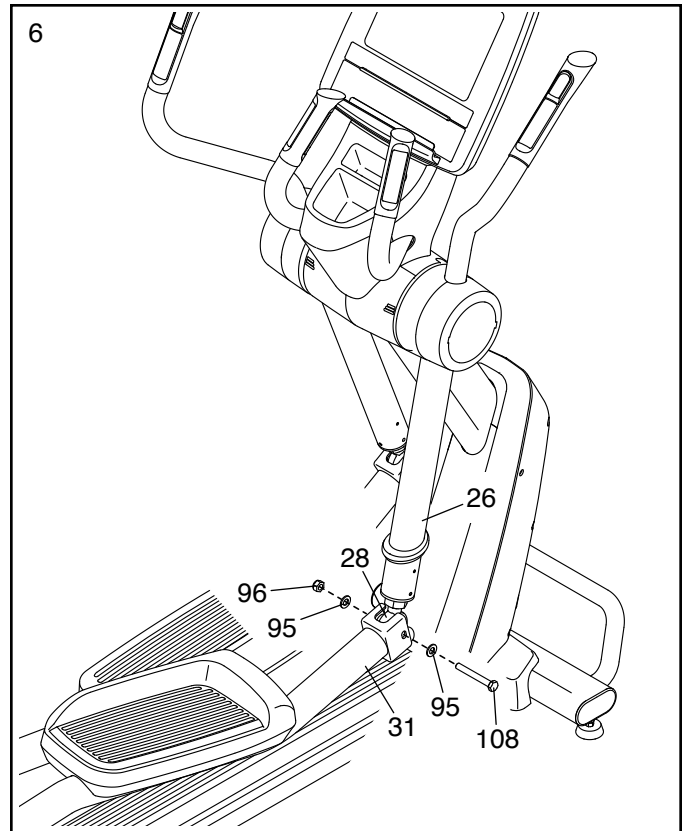
7. Identify a Left Pivot Cover (61) and a Right Pivot Cover (62), and orient them as shown.

   Hold the Left and Right Pivot Covers (61, 62) around the Right Upper Body Leg (26) as shown.

   Attach the Left and Right Pivot Covers (61, 62) with three M5 x 12mm Screws (71); **start all the Screws, and then tighten them.**

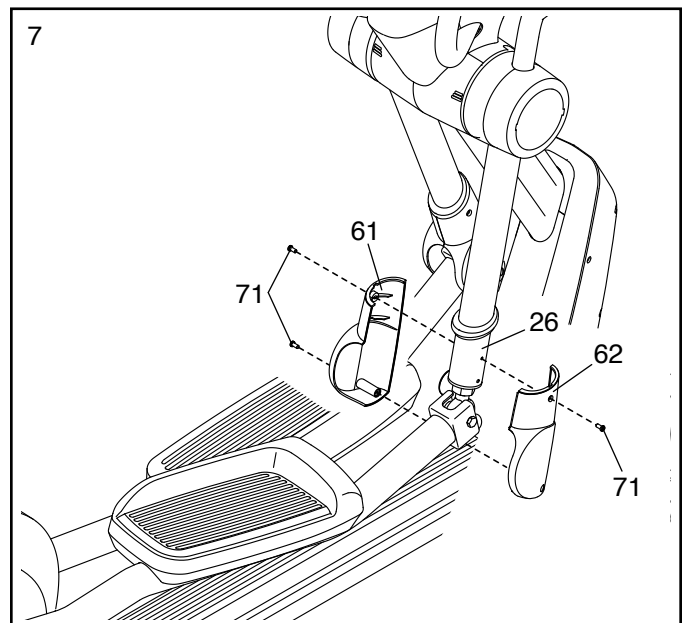   **Repeat this step on the left side of the elliptical.**

If you purchased the optional MYE receiver to set up a wall of TVs, go to step 8 to install the receiver.

If you did not purchase the optional MYE receiver, go to step 9. To order the optional MYE receiver, see the back cover of this manual.

8. Using a standard screwdriver, remove the Console Cover Cap (45) from the Left and Right Upright Covers (46, 47) on the back of the Console (3).

    Locate the coupler (A) that has a wire labeled "In" (B) and a wire labeled "Out" (C).

    See the inset drawing. Unplug the wire labeled "In" (B) and the wire labeled "Out" (C) from the coupler (A), and discard the coupler.

    Then, plug the wire labeled "In" (B) into the "In" port on the receiver (D), and plug the wire labeled "Out" (C) into the "Out" port on the receiver.

    Next, peel the backing (E) off the receiver (D), and press the receiver onto the Upright (2) inside the Left and Right Upright Covers (46, 47). Then, reattach the Console Cover Cap (45).

    Follow the instructions included with the MYE programmer to program the receiver.
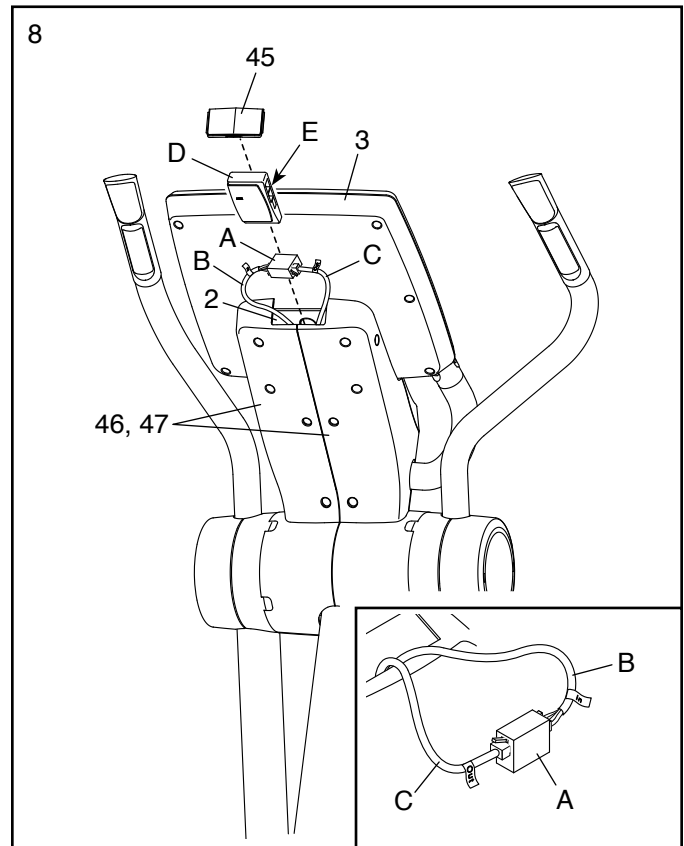
9. **Make sure that all parts are properly tightened before you use the elliptical.** Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

HOW TO UPGRADE THE CONSOLE

Your console has been preconfigured to operate with an optional digital TV.

To learn about the features of the basic console, see page 14. **To learn about the features of the digital TV,** see the user's manual included with the digital TV. The basic console has no television capabilities.

To upgrade your console to include a digital TV whenever you choose, please see the back cover of this manual.
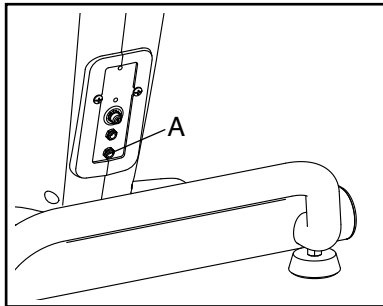
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER ADAPTER

The elliptical can be used with or without the included power adapter. When the elliptical is used without the power adapter, power will be supplied by an internal generator.

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

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

HOW TO PLUG IN THE DIGITAL TV POWER ADAPTER

If the elliptical has an optional digital TV, the power adapter included with the digital TV must be used for the digital TV to operate.

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

Plug the power adapter for the optional digital TV into the **upper** digital TV power receptacle (B) on the frame of the elliptical. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.
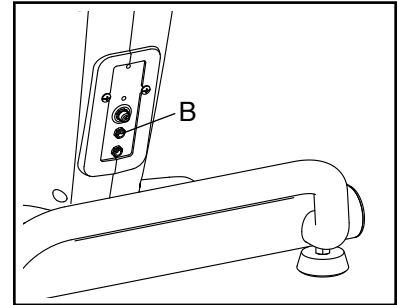
HOW TO CONNECT A COAXIAL CABLE TO THE ELLIPTICAL

If the elliptical has an optional digital TV, a coaxial cable must be connected to the elliptical for cable TV stations to be viewed.

Locate the coaxial cable terminal (C) on the frame of the elliptical. Connect the coaxial cable to the coaxial cable terminal. Route the coaxial cable so that it will not be pinched or crushed by the elliptical.
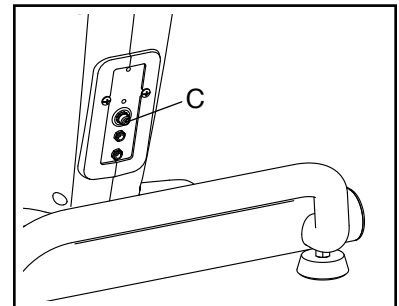
A satellite receiver, VCR, or DVD player can also be connected to the elliptical. Connect a coaxial cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the coaxial cable terminal (C) on the frame of the elliptical.

Note: Audio/video equipment without coaxial outputs may be able to be connected directly to the optional digital TV; the optional digital TV has a variety of input receptacles.

HOW TO MOVE THE ELLIPTICAL

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

HOW TO LEVEL THE ELLIPTICAL

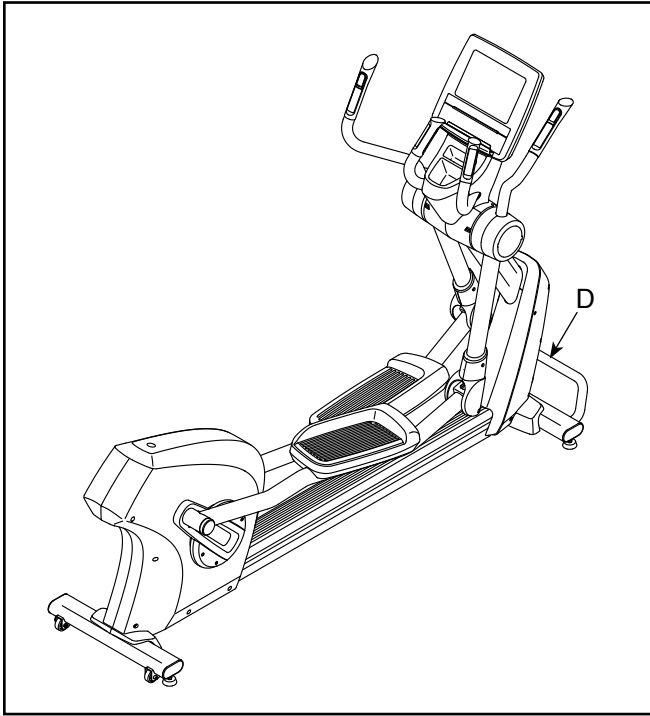Make sure that the leveling feet beneath the frame rest firmly on the floor. If the elliptical rocks slightly on your floor during use, loosen the nut on a leveling foot, turn the leveling foot until the rocking motion is eliminated, and then tighten the nut.

HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the upper body arms (E) or the handlebars (F) and step onto the pedal (G) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms (H) can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow; however, for variety, you can turn the crank arms in the opposite direction.**
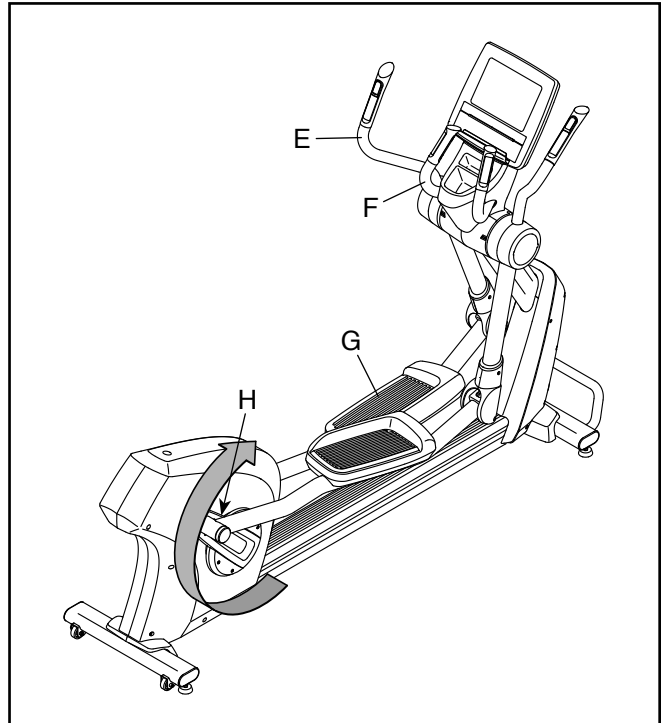
To dismount the elliptical, wait until the pedals (G) come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

WARRANTY INFORMATION

The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized service; misuse; accident; negligence; improper assembly or installation; debris resulting from any destruction activities in the product's environment; rust or corrosion as a result of the product's location; alterations or modifications without written authorization; or failure on your part to use, operate, and maintain the product as set forth in this manual will void the warranty.

All terms of the warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized Freemotion Fitness, Inc. representative.

CONSOLE DIAGRAM

TV ⏻   — CHAN +   PREV   MUTE   — VOL +   CC

HEART RATE ▭   RESISTANCE

▭ TIME   PACE ▭   ▭ CALS   WATTS ▭   ▭ DIST   SPEED ▭

RPM ▭

MODE   — AGE +   MODE   — WT. +   MODE

START   HEART RATE   WEIGHT LOSS   SPEED INTERVAL   WATTS TRAINING   RACE TRAINING   HILL CLIMB   STOP

ONBOARD WORKOUT PROGRAMS

WORKOUT DATA INPUT

POLAR heart rate technology   — ENTER +   iFIT SYNC

RESISTANCE   RESISTANCE

CHARGING   ⚠ WARNING: For your safety, read and understand the user's manual or acquire proper instructions before use. Heart rate monitoring systems may be inaccurate. Overexercising may result in serious injury or death. If you feel faint stop exercising immediately.

FEATURES OF THE CONSOLE

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

The console features a selection of onboard programs that automatically control the resistance of the pedals while guiding you through an effective exercise session.

When you use the quick start mode, you can change the resistance of the pedals with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a Polar®-compatible chest heart rate monitor.

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

You can also use the charging port on the console to charge your USB-compatible device while you exercise.

To activate the console, see page 15. **To turn off the console,** see page 15. **To use the charging port,** see page 15.

To use the quick start mode, see page 16. **To use an onboard program,** see page 18. **To connect your tablet to the console,** see page 20. **To change console settings,** see page 20.

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

Note: The console can display speed and distance in either miles and miles per hour or kilometers and kilometers per hour. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

HOW TO ACTIVATE THE CONSOLE

If the elliptical has a basic console, it can be used with or without the power adapter.

To use the elliptical without the power adapter, simply begin pedaling. The displays and indicators will light and the words SELECT WORKOUT OR PRESS START TO BEGIN will scroll across the message banner.

While you pedal, power will be supplied by an internal generator; remember to continue pedaling while you use the elliptical.

If the elliptical has an optional digital TV, the power adapter must be used for the digital TV to be operated. See HOW PLUG IN THE DIGITAL TV POWER ADAPTER on page 11.

When the power adapter is plugged in, the displays and indicators will light and the words SELECT WORKOUT OR PRESS START TO BEGIN will scroll across the message banner.

HOW TO TURN OFF THE CONSOLE

If the pedals are not moved and no buttons are pressed for a short while, the console will turn off automatically.

If the elliptical is being used with the power adapter, unplug the power adapter when you are finished exercising. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE THE CHARGING PORT

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

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

HOW TO USE THE QUICK START MODE

1. Turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 15.

2. Select the quick start mode.

To select the quick start mode, press the Start button.

3. Change the resistance of the pedals as desired.

As you pedal, you can change the resistance of the pedals. To change the resistance, press the Resistance increase and decrease buttons on the console or on the handlebars.

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

4. Follow your progress.

The displays can show the following workout information:

Matrix—This display will show a profile of the resistance levels of the workout or program.

Message Banner—This display will show a variety of workout information and scrolling text messages.

Heart Rate—This display will show your heart rate when you use the handgrip heart rate monitor or a Polar-compatible chest heart rate monitor (see step 5).

Resistance—This display will show the resistance level of the pedals.

Time/Pace—This display will show the workout time and your pedaling pace in minutes per mile or minutes per kilometer in a repeating cycle (scan mode).

To select either the time display or the pace display for continuous display (priority mode), press the left Mode button repeatedly until a solid light appears next to the desired display. To return to the scan mode, press the left Mode button until a flashing light appears next to the displays in a repeating cycle.

When the quick start mode is selected, the time display will show the elapsed time. When a program is selected, the time display will show the time remaining in the program.

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

Cals/Watts—This display will show the approximate number of calories you have burned and your power output in watts in a repeating cycle (scan mode).

To select either the calories display or the watts display for continuous display (priority mode), press the center Mode button repeatedly until a solid light appears next to the desired display. To return to the scan mode, press the center Mode button until a flashing light appears next to the displays in a repeating cycle.

Dist/Speed/RPM—This display will show the distance that you have pedaled in miles or kilometers, your pedaling speed in miles or kilometers per hour, and your pedaling speed in revolutions per minute (RPM) in a repeating cycle (scan mode).

To select the distance, speed, or RPM display for continuous display (priority mode), press the right Mode button repeatedly until a solid light appears next to the desired display. To return to the scan mode, press the right Mode button until a flashing light appears next to the displays in a repeating cycle.

Note: The console can display speed in either miles per hour or kilometers per hour. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

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

You can use the handgrip heart rate monitor or you can wear a Polar-compatible chest heart rate monitor (not included) to measure your heart rate.

IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

To use the handgrip heart rate monitor, follow the instructions below.

If there are sheets of plastic on the metal contacts (A) on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts on the upper body arms or the contacts on the handlebars. **Avoid moving your hands or gripping the contacts tightly.**
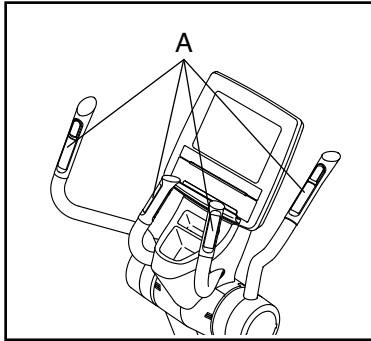
When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

6. **Pause the workout if desired.**

To pause the workout, press the Stop button. Note: If the pedals are not moved and no buttons are pressed for a short while, the console will exit the quick start mode or the program.

To resume the workout, press the Start button.

7. **End the workout and view the workout summary.**

When you are finished exercising, press the Stop button.

A workout summary will appear in the message banner.

8. **Exit the workout summary.**

To exit the workout summary, press the Stop button twice.

Note: After a short while, the console will exit the workout summary automatically.

9. **Turn off the console.**

See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE AN ONBOARD PROGRAM

1. **Turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 15.

2. **Select an onboard program.**

   To select an onboard program, press the Heart Rate, Weight Loss, Speed Interval, Watts Training, Race Training, or Hill Climb button repeatedly until the desired program appears in the displays.

   The message banner will show the name of the program and other details about the program. The matrix will show the profile of the program.

3. **Enter your weight.**

   To enter your weight, press the Weight increase and decrease buttons.

4. **Enter your age.**

   To enter your age, press the Age increase and decrease buttons.

5. **Begin exercising.**

   Press the Start button and begin pedaling to begin the program.

   Heart Rate Program—Each heart rate program is divided into segments. A target heart rate is programmed for each segment. During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

   During the program, the console will regularly compare your actual heart rate with the target heart rate. To keep your actual heart rate near the target heart rate, the console will automatically adjust the resistance of the pedals and prompt you to increase or decrease your pedaling speed. **Keep your pedaling speed near the target speed shown in the message banner.**

Note: The target heart rates are percentages of your maximum heart rate. Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 – 30 = 190). Therefore, if you are 30 years old, a target heart rate setting of 60 percent is equal to 114 beats per minute (60 percent of 190 is 114). To determine a target heart rate that is suitable for you, consult your physician or a physician-recommended source.

For the most accurate heart rate readings, it is recommended that you wear a Polar-compatible chest heart rate monitor while using the heart rate program. You can also hold the handgrip heart rate monitor during the heart rate program (see step 5 on page 17).

IMPORTANT: The target heart rate is intended only to provide motivation. Make sure to exercise at an intensity level that is comfortable for you.

The program will continue in this way until the last segment ends.

Weight Loss, Speed Interval, and Hill Climb Programs—Each program is divided into segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

If the resistance level is too high or too low, you can manually override the resistance level by pressing the Resistance increase and decrease buttons.

The console will prompt you to increase or decrease your pedaling speed. **Keep your pedaling speed near the target speed shown in the message banner.**

IMPORTANT: The target speed is intended only to provide motivation. Make sure to exercise at an intensity level that is comfortable for you.

If the resistance level is too high or too low, you can manually override the resistance level by pressing the Resistance increase and decrease buttons. **IMPORTANT: The resistance level will automatically adjust at the end of each segment.**

The program will continue in this way until the last segment ends.

Watts Training Program—Each program is divided into segments. A watts target is programmed for each segment. During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

To keep your actual watts output near the watts target, the console will automatically adjust the resistance of the pedals and prompt you to increase or decrease your pedaling speed. **Increase or decrease your pedaling speed to keep your actual watts output near the watts target shown in the message banner.**

IMPORTANT: The watts target is intended only to provide motivation. Make sure to exercise at an intensity level that is comfortable for you.

If the resistance level is too high or too low, you can manually override the resistance level by pressing the Resistance increase and decrease buttons. **IMPORTANT: The resistance level will automatically adjust at the end of each segment.**

The program will continue in this way until the last segment ends.

Race Training Program—Each program is divided into segments. During the program, the profile in the matrix will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

As you exercise, change the resistance of the pedals as desired (see step 3 on page 16). The display will count down the distance you have pedaled.

The program will continue in this way until the last segment ends.

6. **Follow your progress.**

    See step 4 on page 16.

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

    See step 5 on page 17.

8. **Pause the program if desired.**

    See step 6 on page 17.

9. **End the program and view the workout summary.**

    See step 7 on page 17.

10. **Exit the workout summary.**

    See step 8 on page 17.

11. **Turn off the console.**

    See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app. 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 Store℠ 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 tablet to the console.**

   Press the iFit Sync button on the console; the console will enter pairing mode, a pairing number will appear in the display, and the LED on the console will turn red.

   Follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console. After 30 seconds, the console will exit pairing mode and the LED on the console will turn off.

   After your tablet is connected to the console, select the quick start mode or an onboard workout and press the Start button. Make sure to press the Start button within 60 seconds of connecting your tablet to the console or your tablet will be automatically disconnected.

   Note: If you are not able to connect your tablet to the console during the 30-second pairing mode or if you are not able to press the Start button within 60 seconds of connecting your tablet to the console, press the iFit Sync button and repeat this step.

3. **Record and track your workout information.**

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

4. **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.

HOW TO CHANGE CONSOLE SETTINGS

1. **Turn on the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 15.

2. **Select the settings mode.**

   To select the settings mode, press and hold the left Mode button.

3. **Navigate the settings mode.**

   While the settings mode is selected, the display will show several optional screens. Press the Stop button repeatedly to select the desired optional screen.

   The message banner will show instructions for the selected screen. **Make sure to follow the instructions shown in the message banner.**

4. **Change settings as desired.**

   Units—The currently selected unit of measurement will appear in the message banner. To change the unit of measurement, press the center Mode button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

   Display Test—This option is intended to be used by service technicians.

   Button Test—This option is intended to be used by service technicians to identify whether a certain button is working correctly.

   Software Version Number—The software version number will appear in the message banner.

Total Time and Total Distance—The total number of hours that the elliptical has been used and the total distance that the elliptical has been pedaled will appear in the message banner.

CSAFE Login—Press the center Mode button repeatedly to enable or disable the CSAFE login functionality.

Pause Timeout—The selected pause time will appear in the message banner. When the console is paused, it will exit the workout or program after the entered number of seconds if the pedals do not move and no buttons are pressed. To change the pause timeout, press the Age increase and decrease buttons.

Idle Timeout—The selected idle time will appear in the message banner. When the console is idle, it will turn off after the entered number of seconds if the pedals do not move and no buttons are pressed. To change the idle timeout, press the Age increase and decrease buttons.

TV Setup—This option is used to set up an optional digital TV (see HOW TO UPGRADE the console on page 10). When this option is selected, the buttons on the console are programmed to access various menus and options on the optional digital TV as described below.

> **Center Mode button**—Press this button to select the digital TV setup menu.
>
> **Chan increase and decrease buttons**—Press these buttons to navigate up and down in the digital TV menus.
>
> **Vol increase and decrease buttons**—Press these buttons to navigate right and left in the digital TV menus.
>
> **Enter button/right Mode button**—Press these buttons to make a selection.
>
> **Left Mode button**—Press this button to select a TV source.

Start button—Press this button to select the digit 0.

Heart Rate button—Press this button to select the digit 1.

Weight Loss button—Press this button to select the digit 2.

Speed Interval button—Press this button to select the digit 3.

Watts Training button—Press this button to select the digit 4.

Race Training button—Press this button to select the digit 5.

Hill Climb button—Press this button to select the digit 6.

Decrease button next to Enter button—Press this button to select the digit 7.

Increase button next to Enter button—Press this button to select the digit 8.

iFit Sync button—Press this button to select the digit 9.

For more information, see the user's manual included with the optional digital TV.

Language—The selected language will appear in the message banner. The console will display text messages in the selected language. To select a language, press the center Mode button repeatedly.

Bluetooth Low Energy—Press the center Mode button repeatedly to enable or disable the Bluetooth Low Energy functionality.

5. **Exit the settings mode.**

Press the Stop button to exit the settings mode.

COMPLIANCE INFORMATION

UNITED STATES

FCC Statement. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

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

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

CANADA

IC Statement. This Class B digital device complies with Canadian ICES-003. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

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.

CHARGING THE GENERATOR

See EXPLODED DRAWING A on page 29. **For best results, charge the internal Battery (4) that powers the Generator (7) once per week.** To charge the Battery, plug the Power Adapter (134) into the receptacle on the frame of the elliptical.

ADJUSTING THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. **Before you adjust the drive belt, unplug the power adapter.**

Remove the two Screw Caps (55) from the Shield Cover (54). Next, remove the two indicated M5 x 12mm Truss Screws (68). Then, remove the Shield Cover.
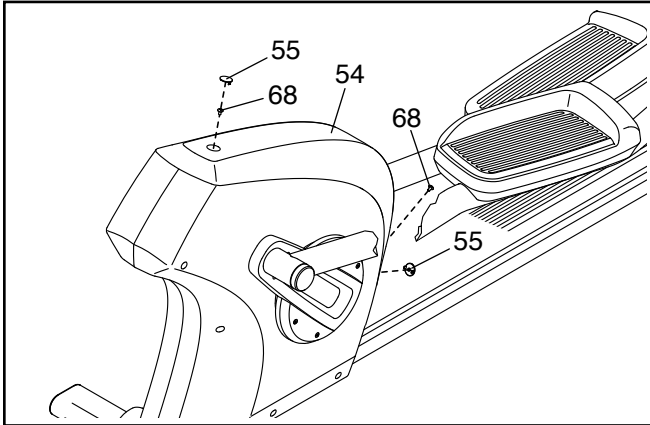
Next, locate the M8 Locknut (90) on the Eyebolt (8). Tighten the Locknut until the Drive Belt (16) is tight.
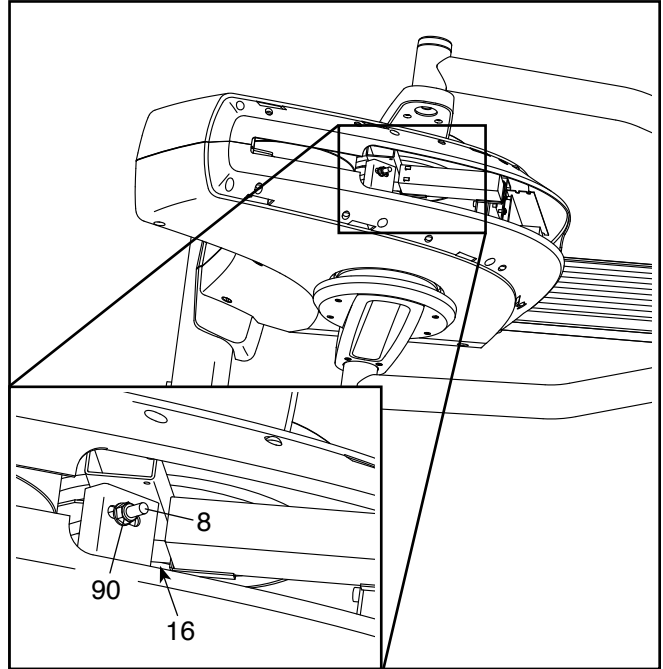
When the drive belt is properly tightened, reattach the parts that you removed.

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.

NOTES

PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Outer Pivot Cover
2	1	Upright	52	2	Pivot Cover
3	1	Console	53	1	Wear Cover
4	1	Battery	54	1	Shield Cover
5	1	Control Board	55	3	Screw Cap
6	1	Board Bracket	56	1	Left Lower Pedal
7	1	Generator	57	1	Left Frame Cover
8	1	Eyebolt	58	1	Top Frame Cover
9	1	Idler Bracket	59	1	Center Frame Cover
10	2	Short Foam Grip	60	1	Right Frame Cover
11	2	Pulse Grip	61	2	Left Pivot Cover
12	2	Palm Pulse Plate	62	2	Right Pivot Cover
13	2	Finger Pulse Plate	63	2	Ring Cover
14	1	Pivot Pin	64	1	Right Shield
15	4	Frame Cap	65	1	Left Shield
16	1	Drive Belt	66	2	Shield Support
17	4	Leveling Foot	67	1	Power Supply Wire
18	2	Wheel	68	32	M5 x 12mm Truss Screw
19	1	Right Upper Body Arm	69	3	M5 x 15mm Truss Screw
20	2	Long Foam Grip	70	1	Power Wire/Receptacle
21	2	Grip Plate	71	29	M5 x 12mm Screw
22	2	Control Grip	72	1	Right Key Wire A
23	2	Control Switch	73	9	M5 x 10mm Truss Screw
24	2	Control Plate	74	2	Clip Nut
25	1	Right Upper Pedal	75	12	Bumper
26	1	Right Upper Body Leg	76	8	M5 x 30mm Flat Head Screw
27	2	Adjustment Nut	77	4	M5 x 15mm Flat Head Screw
28	2	Knuckle Bearing	78	8	M5 x 10mm Screw
29	1	Right Lower Pedal	79	8	M10 x 15mm Screw
30	4	47mm Snap Ring	80	12	M10 Split Washer
31	1	Right Pedal Arm	81	2	M2 x 5mm Screw
32	1	Left Upper Body Arm	82	8	M3 x 25mm Screw
33	4	Knuckle Bushing	83	4	M6 x 15mm Flange Screw
34	1	Left Upper Body Leg	84	2	M6 x 35mm Screw
35	1	Left Upper Pedal	85	1	Left Key Wire A
36	2	Wave Washer	86	2	M6 Washer
37	1	Left Pedal Arm	87	4	M10 Nut
38	2	Inner Crank Arm Cover	88	2	M10 x 90mm Bolt
39	2	Crank Arm	89	2	M8 x 50mm Bolt
40	2	Outer Crank Arm Cover	90	3	M8 Locknut
41	2	Spacer	91	4	M8 Nut
42	8	6005ZZ Bearing	92	1	Pulse Grip Wire
43	2	Crank Cap	93	6	M10 Washer
44	2	Idler Bearing	94	6	M10 x 15mm Hex Screw
45	1	Console Cover Cap	95	8	M10 x 20mm x 2mm Washer
46	1	Left Upright Cover	96	10	M10 Locknut
47	1	Right Upright Cover	97	2	M10 x 80mm Bolt
48	1	Rear Upright Cover	98	3	25mm Snap Ring
49	1	Accessory Tray	99	4	M10 x 100mm Bolt
50	2	Inner Pivot Cover	100	4	M10 Thick Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	3	M5 x 15mm Flat Head Screw	127	4	Foam Pad
102	1	20mm Snap Ring	128	1	Left Keypad
103	1	Right Key Wire B	129	1	Right Keypad
104	1	M8 Washer	130	1	TV Coaxial Cable
105	12	M6 x 25mm Screw	131	4	M6 x 12mm Screw
106	12	M8 Split Washer	132	1	M6 x 15mm Hex Screw
107	1	Left Key Wire B	133	1	TV Power Wire
108	2	M10 x 75mm Bolt	134	1	Power Adapter/Wire
109	1	Cover Plate	135	4	#8 x 5/8" Screw
110	3	Idler Block	136	2	M10 Locknut 12T
111	4	M10 x 20mm Screw	137	1	Ground Bar
112	1	Hook and Loop Fastener	138	1	Ground Wire
113	1	Receptacle Plug	139	1	Console Shelf
114	2	Bearing Block	140	1	Tablet Shelf
115	2	Block Plate	141	2	Coupler
116	1	Lower Control Wire	142	1	C-SAFE Board
117	1	Pulley	143	6	C-SAFE/USB Host Board Screw
118	1	Out 12" Board Wire	144	1	Pulse Board
119	1	Snap Bushing	145	4	Pulse Board Screw
120	1	In 12" Board Wire	146	1	USB Host Board
121	2	M4 x 8mm Screw	147	1	USB/Earphone Board
122	2	M5 x 8mm Hex Screw	148	2	USB/Earphone Board Screw
123	12	M10 x 16mm Washer	149	1	20" Board Wire
124	12	M4 x 20mm Screw	150	2	M25 Washer
125	1	Battery Power Wire	*	–	User's Manual
126	4	M10 x 20mm x 1mm Washer	*	–	Assembly Tool

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.
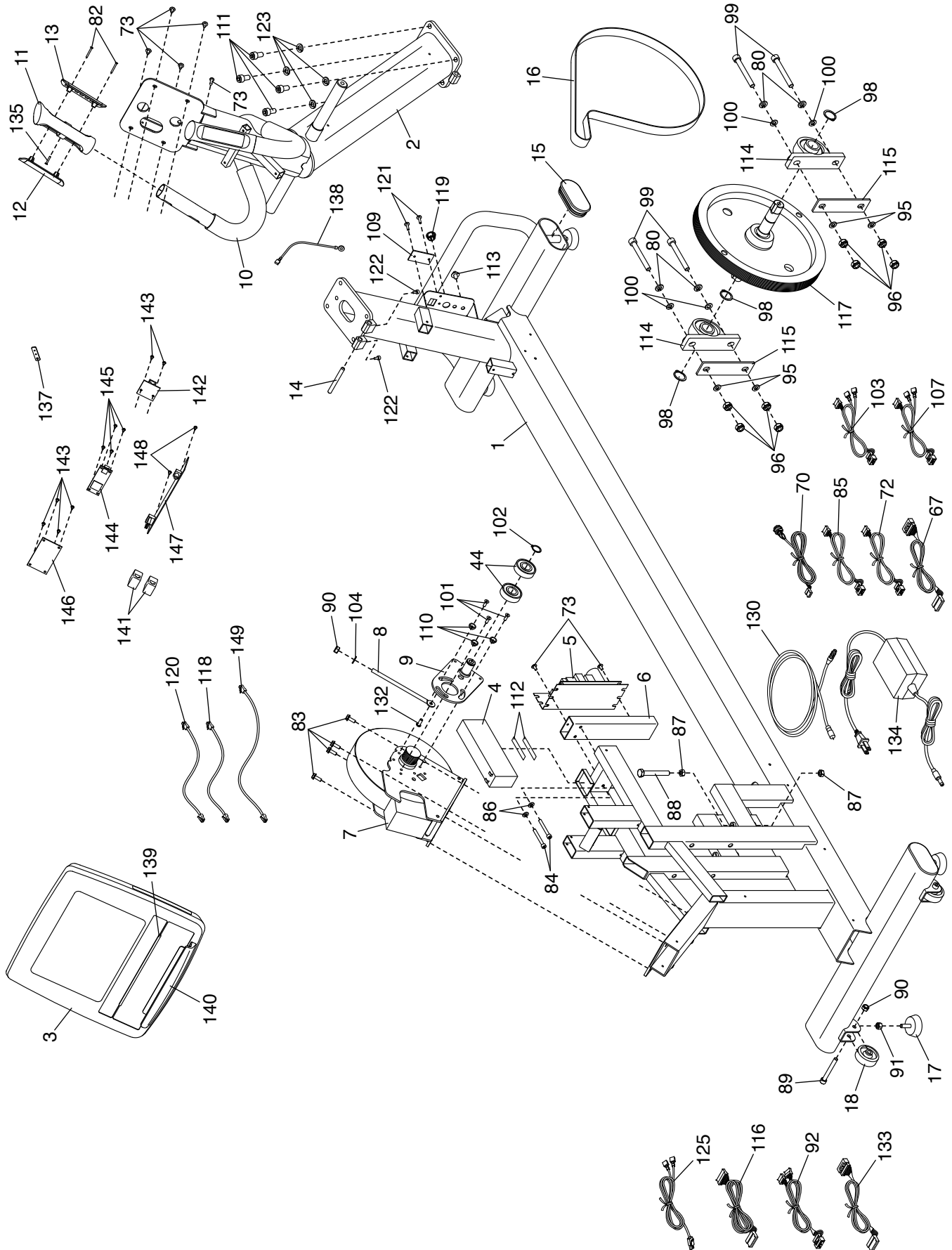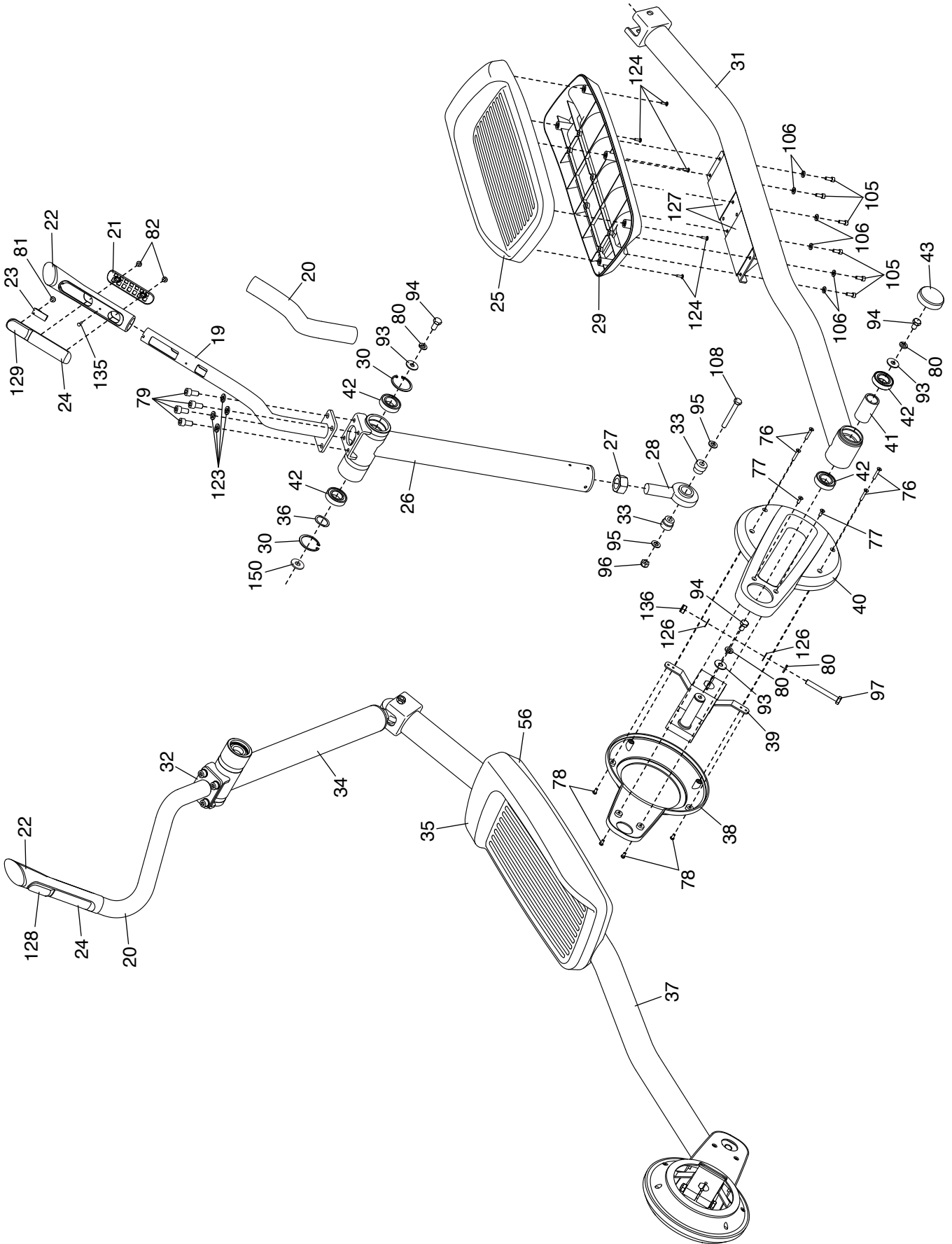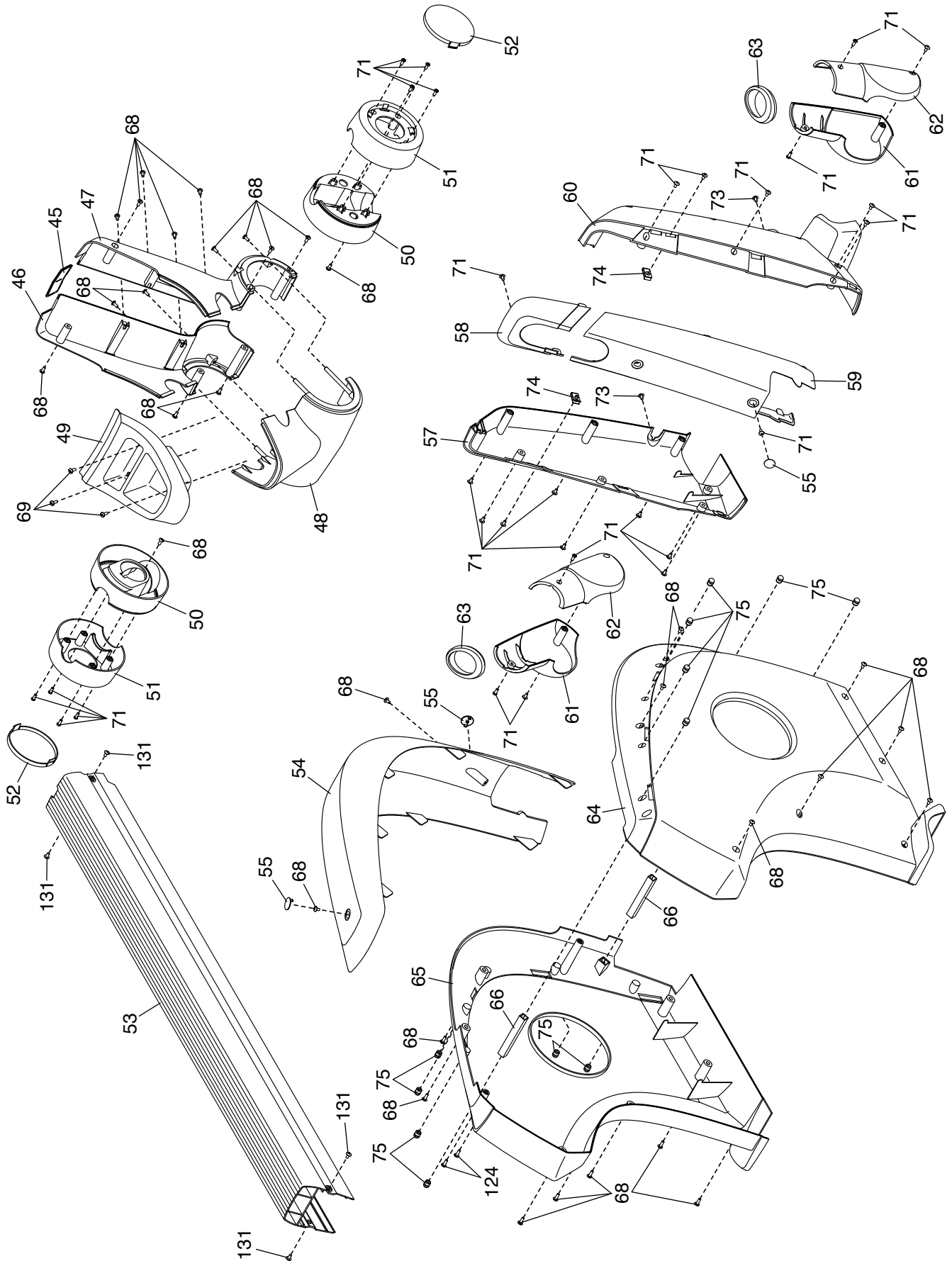
HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States
Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT
Email: customercare@freemotionfitness.com
Write:
Freemotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States
Call: 001-800-527-5417 or 001-435-786-3521,
Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time
Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE
Freemotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS
The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized Freemotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than the maximum user weight listed in this manual.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.

2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED
Freemotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, Freemotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. Freemotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

Freemotion Fitness 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS
See HOW TO CONTACT CUSTOMER CARE above.