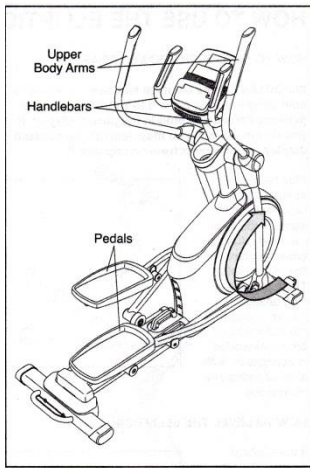


# ELLIPTICAL TRAINER

**NordickTrack**

**E7.2**





## NORDICTRACK E7.2 ELLIPTICAL TRAINER

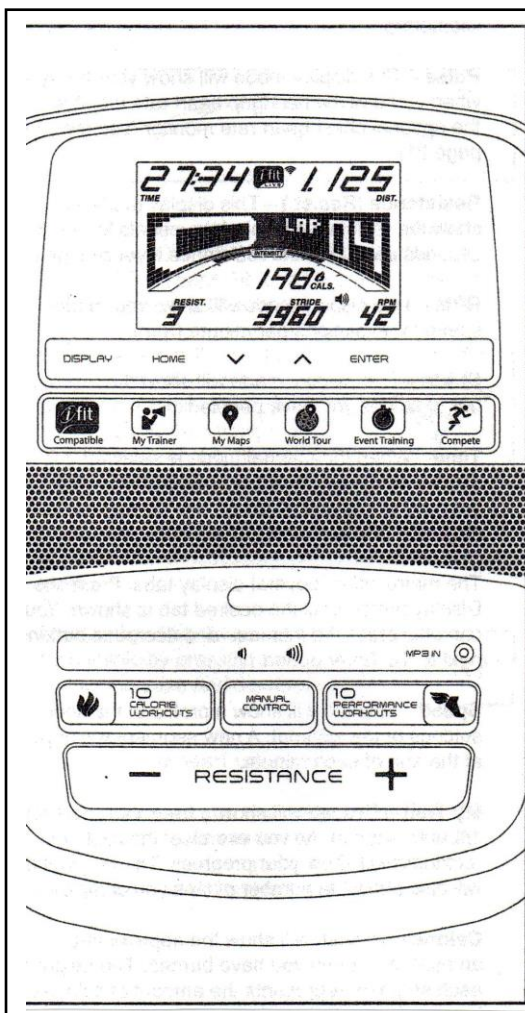
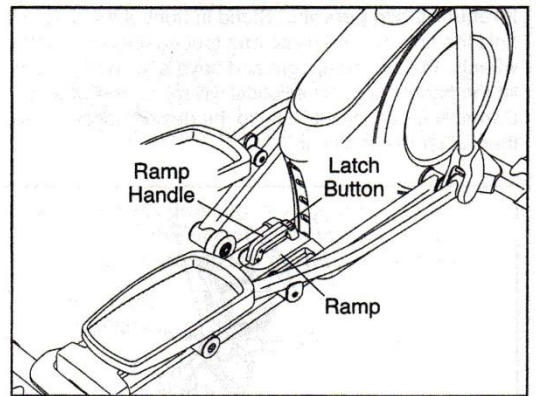
### HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handle bars or the upper body arms and step onto the pedal that is in the lower position. Then step onto the other pedal. Push the pedals until they begin to move with a continuous motion. Note: the pedals can turn in either direction. It is recommended you pedal forwards however for variety you can turn the pedals in the opposite direction.

To dismount the elliptical, wait until the pedals 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 pedals are stationary step off the higher pedal first, then step off the lower pedal.

### TO CHANGE THE INCLINE OF THE RAMP

To vary the motion of the pedals you can change the incline of the ramp. Simply pull the ramp handle upward to the desired incline level. To lower the ramp press the orange latch button, pull the ramp handle and lower the ramp to the desired incline level. Then release the latch button and engage the latch pin into one of the adjustment holes in the frame. **Make sure that the latch pin is firmly engaged in one of the adjustment holes in the frame.**



### FEATURES OF THE CONSOLE

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

When you use manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

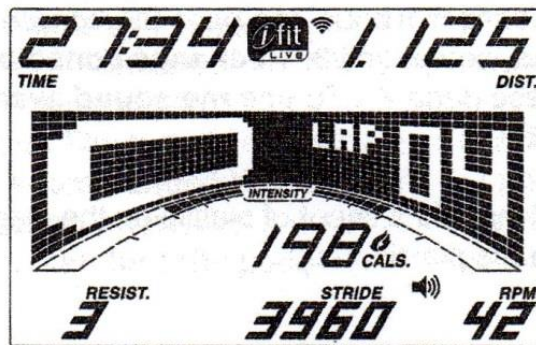
The console offers 20 onboard workouts – ten calorie workouts and ten performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

The console also features an iFit mode that enables the console to communicate with the wireless network through an optional iFit module. With the iFit mode you can download personalised workouts, create your own workouts, track your results and access many other features.

To purchase an iFit module at any time please go to [www.iFit.com](http://www.iFit.com).

## HOW TO USE MANUAL MODE

1. Begin pedalling or press any button on the console to turn on the console.
2. Select Manual Mode – press the Manual Control button (manual mode will be selected automatically if there is no iFit module present)
3. Change the resistance of the pedals as required – as you pedal, change the resistance of the pedals by pressing the resistance increase and decrease buttons. Note: after you press the button it will take a moment for the pedals to reach selected resistance level.
4. Follow your progress with the display – the display can show the following information



**Distance (dist)** – this display mode will show the distance you have pedalled in miles or kilometres

**Pulse** – The display will show your heart rate when you use the heart rate grip monitor.

**Resistance (resist)** – The display mode will show the resistance level of the pedals for a few seconds each time the resistance changes.

**RPM** – the display mode will show your pedalling speed in revolutions per minute (RPM)

**Stride** – the display mode will show the total number of strides you have pedalled.

**Time** – When manual mode is selected this display mode will show you the time elapsed. When an onboard workout is selected the display mode will show the remaining time in the workout.

*The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase decrease buttons next to the Enter button.*

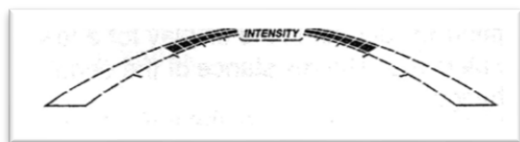
**Speed** – this tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

**My Trail** – this tab will show you a track that represents ¼ mile (400m). As you exercise the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

**Calorie** – This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

## DISPLAY (cont.)

As you exercise the workout intensity bar will indicate the approximate intensity level of you exercise.



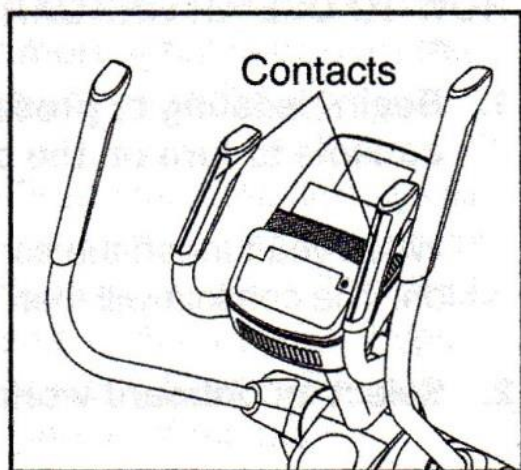
Press the Home button to return to the default menu. If necessary press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal.

## MEASURE YOUR HEART RATE

You can measure your heart rate using the handgrip heart monitor. The measure your heart rate hold the handgrip with your palms resting against the metal contacts.

When your pulse is detected a heart symbol in the calorie 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 handgrips for at least 15 seconds.



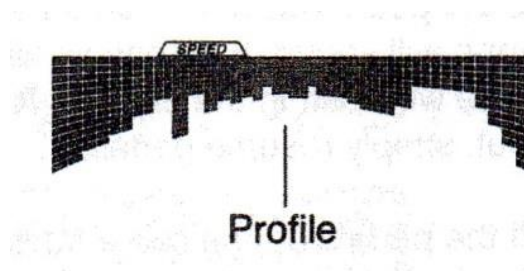
If the display does not show your heart rate, make sure your hands are positioned as described. Be careful not to move your hands excessively or squeeze the contacts tightly. For optimal performance clean the contacts with a soft cloth.

## HOW TO USE AN ONBOARD WORKOUT

1. Begin pedalling or press any button to turn on the console.
2. Select an onboard workout by choosing from 10 Calorie Workouts button or 10 Performance Workouts button. Press button repeatedly until desired workout appears. When you select a workout the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

The maximum resistance level and the maximum speed for the workout will also appear in the display.

3. Begin pedalling to start the workout. Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: the same resistance and/or target speed may be programmed for consecutive segments.



During the workout the profile on the speed tab will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If different resistance level and/or target speed is programmed these will appear in the display for a few seconds to alert you.

## HOW TO USE AN ONBOARD WORKOUT (cont.)

As you exercise you will be prompted to keep your pedalling speed near the target speed for the current segment. When an upward pointing arrow appears in the display increase your pace. When a downward pointing arrow appears in the display decrease your pace. When no arrow appears maintain your current pace.

**IMPORTANT: The target speed is intended only to provide motivation. Your actual pedalling speed maybe slower than the target speed. Make sure to pedal at a speed that is comfortable to you.**

If the resistance level for the current segment is too high or too low you can manually override the setting by pressing the Resistance Buttons. Note: when the current segment ends the pedals will automatically adjust to the resistance level programmed for the next segment.

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

## HOW TO USE AN iFIT WORKOUT

You must have an iFit module to use the iFit workouts.

To purchase an iFit module please visit [www.ifit.com](http://www.ifit.com)

## FINISHING

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

If the pedals do not move for several seconds, a tone will sound, the console will pause and the time will flash in the display. To resume your workout simply resume pedalling.

If the pedals do not move for several minutes and the buttons are not pressed the console will turn off and the display will be reset.