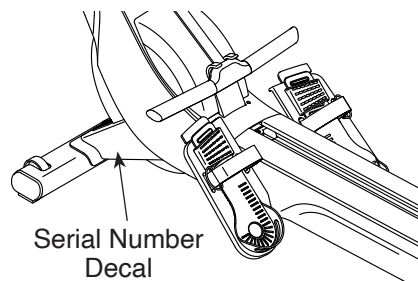


NordicTrack® RW900

Model No. NTRW19425-INT.0

Serial No. _____

Write the serial number in the space above for reference.



UNITED KINGDOM

Website: iFITsupport.eu

E-mail: csuk@ifit.com

Write:

iFIT Health & Fitness Limited
Unit 4, Westgate Court
Silkwood Park
OSSETT
WF5 9TT
UNITED KINGDOM

AUSTRALIA

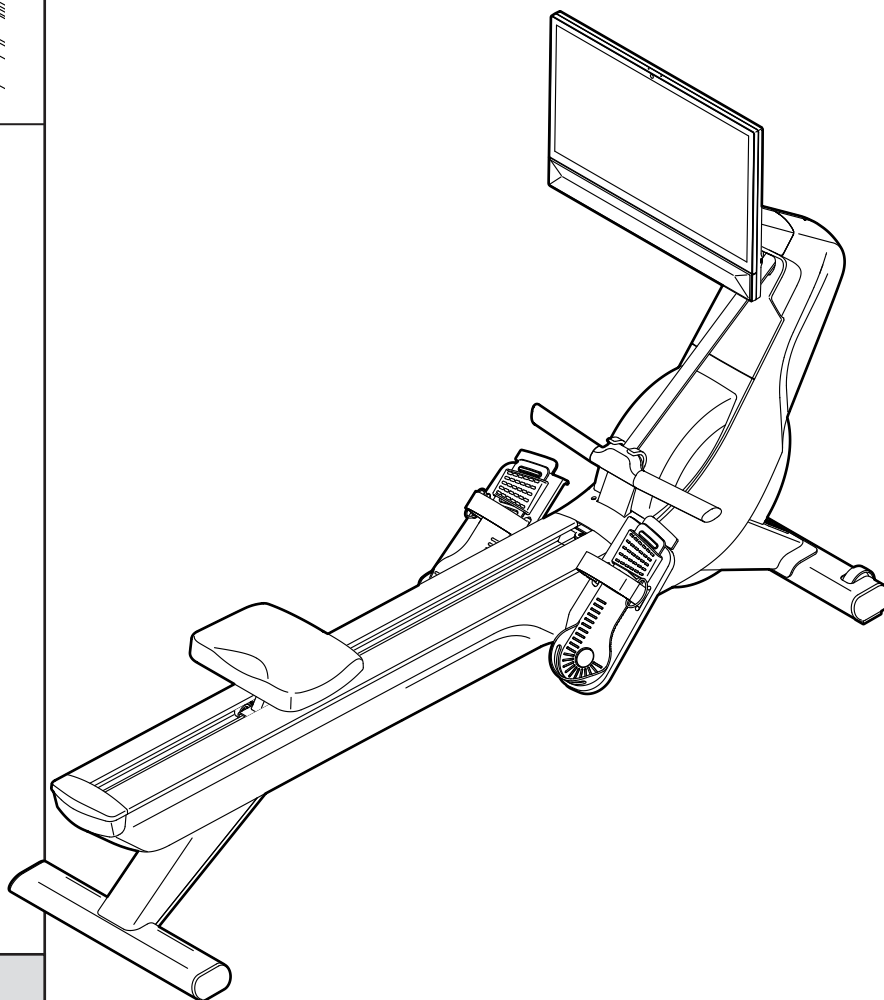
Call: 1800 993 770

E-mail: australiacc@ifit.com

Write:

iFIT Inc.
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

USER'S MANUAL



CAUTION

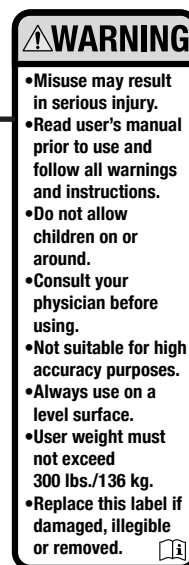
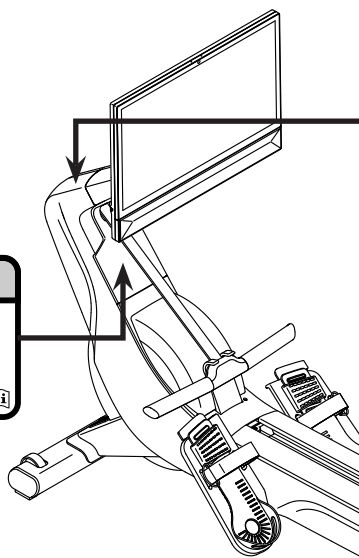
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
HOW TO USE THE ROWER	12
HOW TO USE THE CONSOLE	14
MAINTENANCE AND TROUBLESHOOTING	23
EXERCISE GUIDELINES	26
PART LIST	28
EXPLODED DRAWING	30
ORDERING REPLACEMENT PARTS	Back Cover
RECYCLING INFORMATION	Back Cover
UK/EU DECLARATION OF CONFORMITY	Back Cover

WARNING DECAL PLACEMENT

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



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the rower before using the rower. iFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions.
2. Keep children under age 16 and pets away from the rower at all times.
3. Consult your health care provider before beginning any exercise program. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Consult your health care provider before beginning or continuing any exercise program during pregnancy. Use the rower only as authorized by your health care provider.
5. The rower is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the rower by someone responsible for their safety.
6. Use the rower only as described in this manual.
7. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
8. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio or near water.
9. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
10. Inspect and properly tighten all parts each time the rower is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
11. The rower should not be used by persons weighing more than 300 lbs. (136 kg).
12. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
13. Always keep your back straight while using the rower; do not arch your back.
14. Do not release the row bar while the strap is extended.
15. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

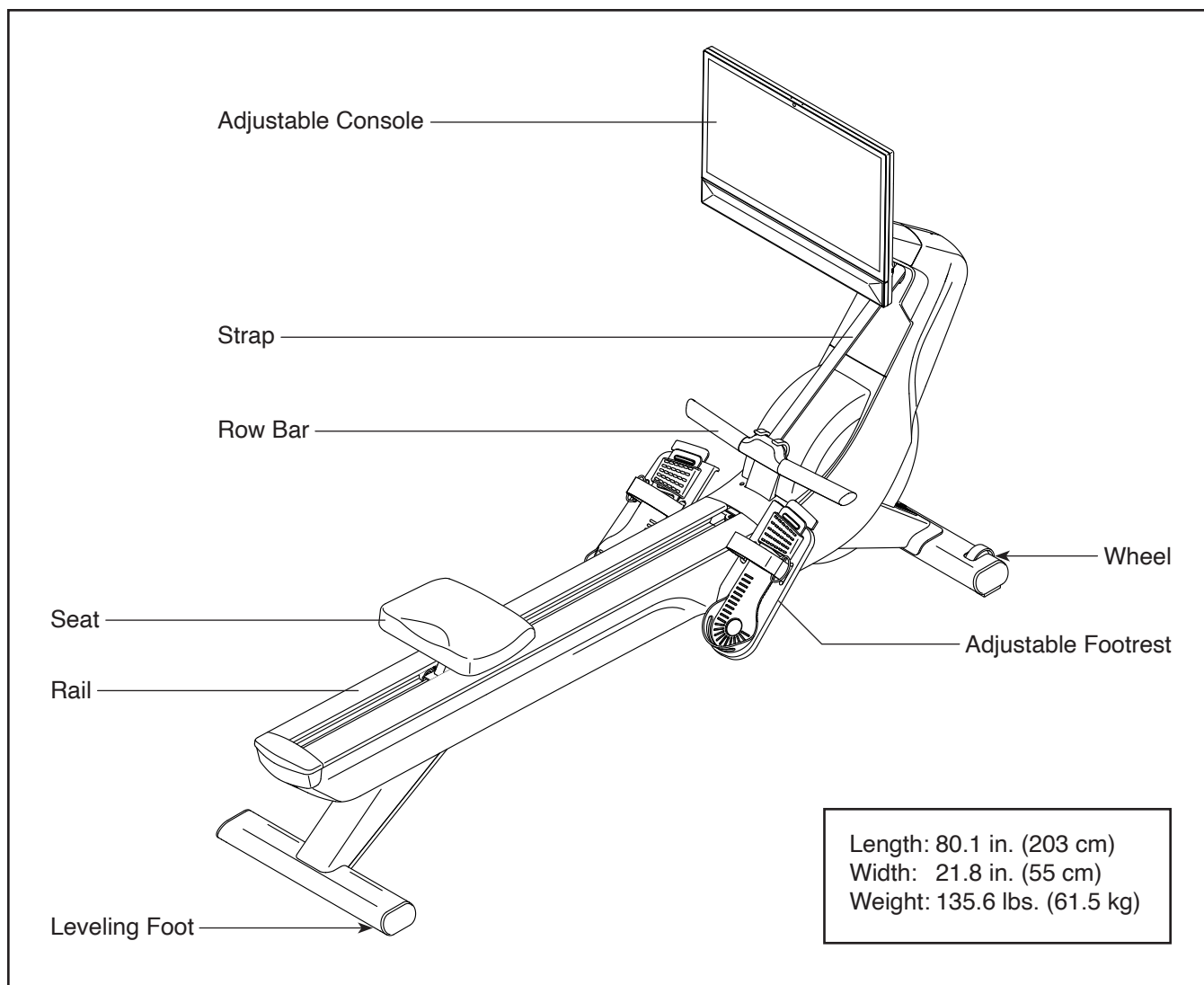
BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® RW 900 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RW 900 rower is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

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

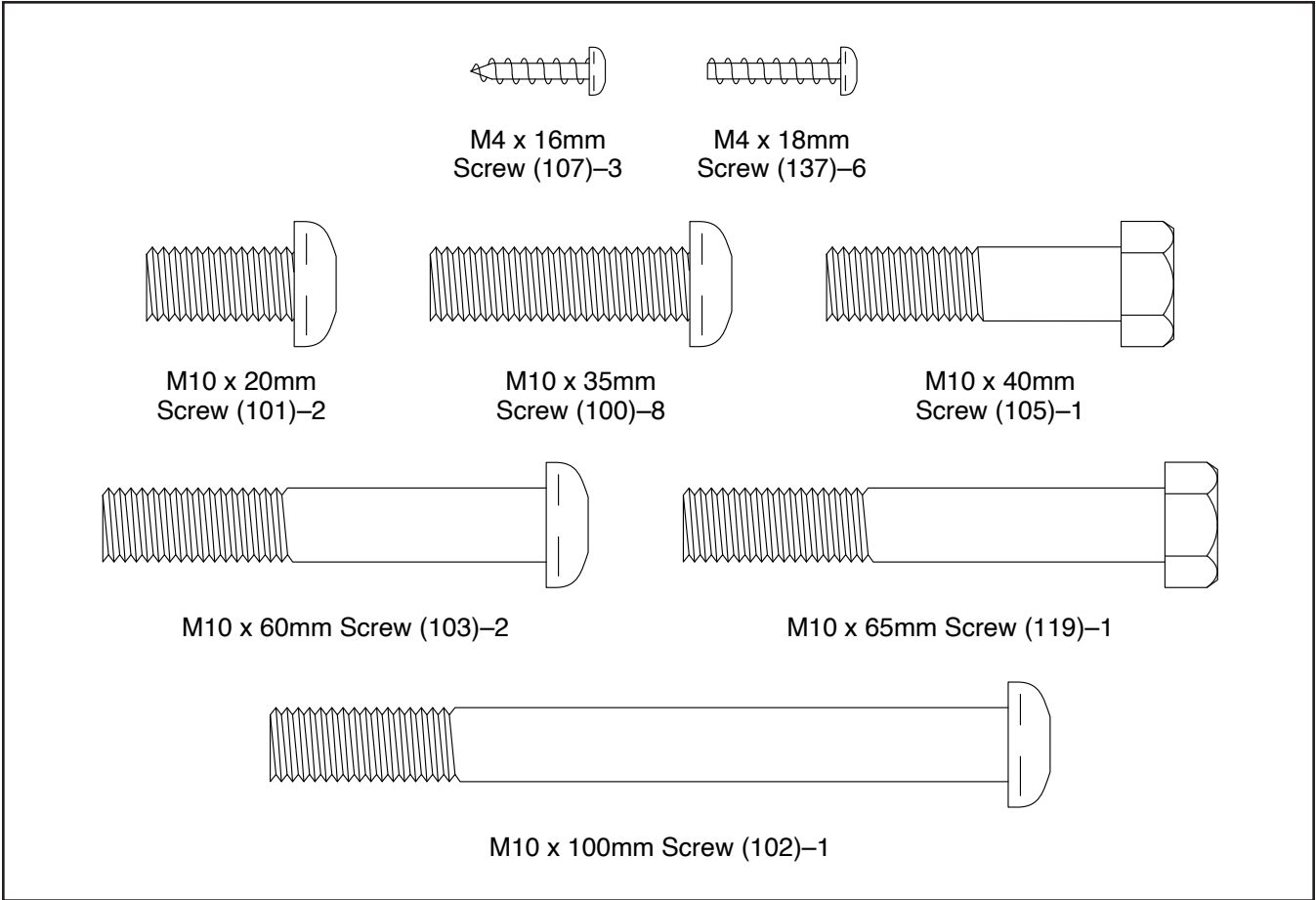
this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts used 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 after the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



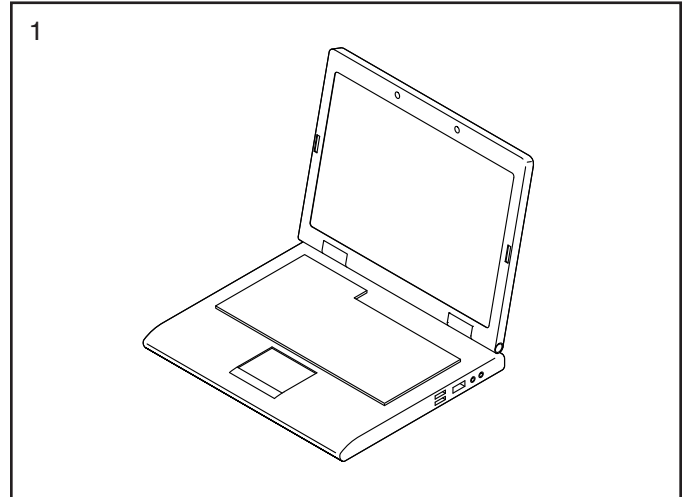
ASSEMBLY

- 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.
- To identify small parts, see page 5.
- Assembly can be completed using the included tools. **Note: Keep the included tools.** One or more of the tools may be needed to make adjustments in the future. To avoid damaging parts, do not use power tools for assembly or adjustment.

1. **To register your product and activate your warranty in the UK**, go to iFITsupport.eu. If you do not have internet access, complete the warranty registration card in the warranty booklet and send it by registered post to the address on the back cover of the warranty booklet.

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

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

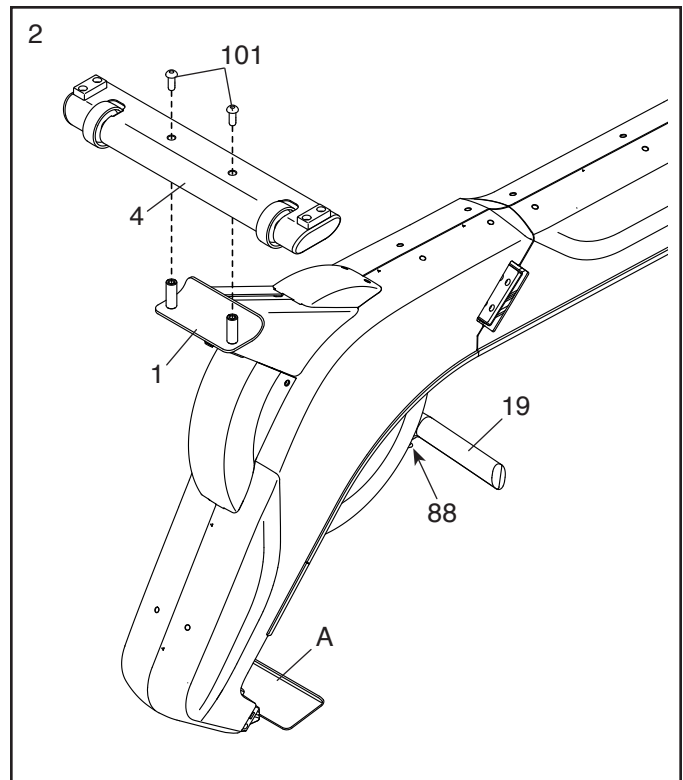


2. **Take any necessary measures to protect your floor before you begin. Place a soft cloth or a piece of cardboard on the floor where you will assemble the rower.**

Make sure that the Row Bar (19) is securely inserted into the Row Bar Hook (88).

With the help of a second person, tip the Frame (1) upside down so that the shipping bracket (A) is resting on your floor. **Have the second person hold the Frame steady until step 5 is completed.**

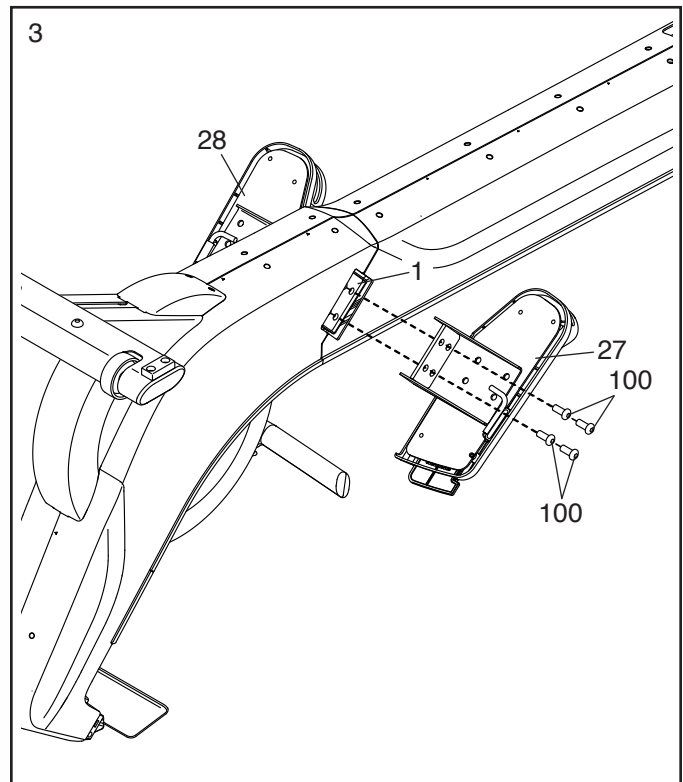
Orient the Front Stabilizer (4) as indicated by the sticker, and attach it to the Frame (1) with two M10 x 20mm Screws (101); **firmly tighten the Screws.**



3. Identify the Right Footrest Bracket (27).

Attach the Right Footrest Bracket (27) to the right side of the Frame (1) with four M10 x 35mm Screws (100); **start all four Screws, and then tighten them.**

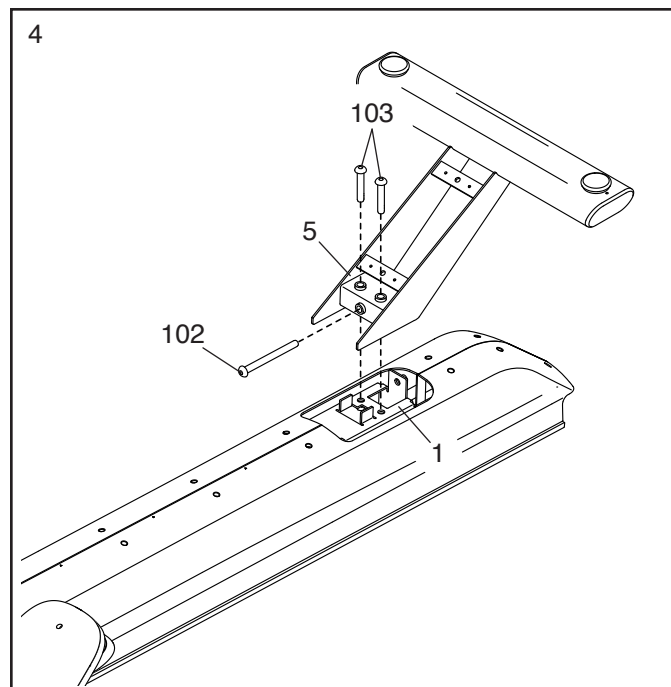
Attach the Left Footrest Bracket (28) to the left side of the Frame (1) in the same way.



4. Hold the Rear Stabilizer (5) in the bracket on the Frame (1), and attach it with an M10 x 100mm Screw (102); **do not fully tighten the Screw yet.**

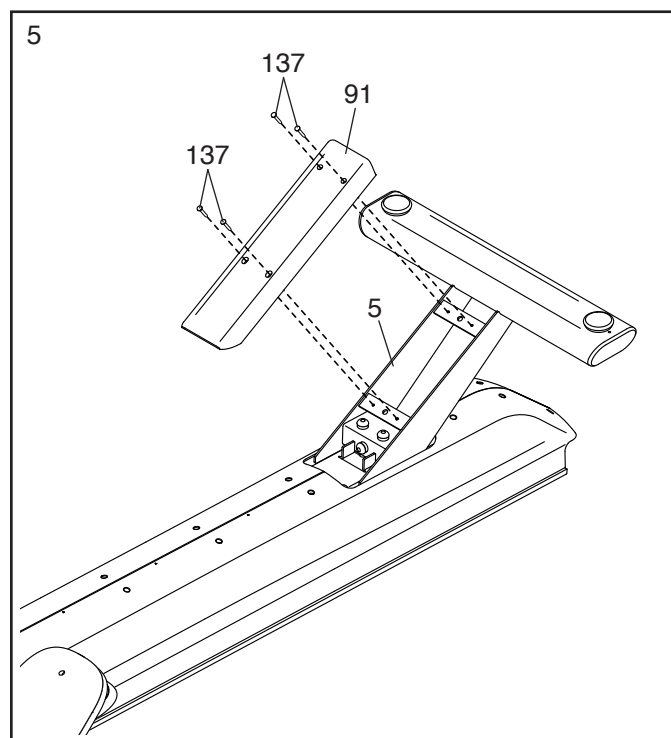
Finish attaching the Rear Stabilizer (5) with two M10 x 60mm Screws (103).

Then, fully tighten the M10 x 100mm Screw (102).



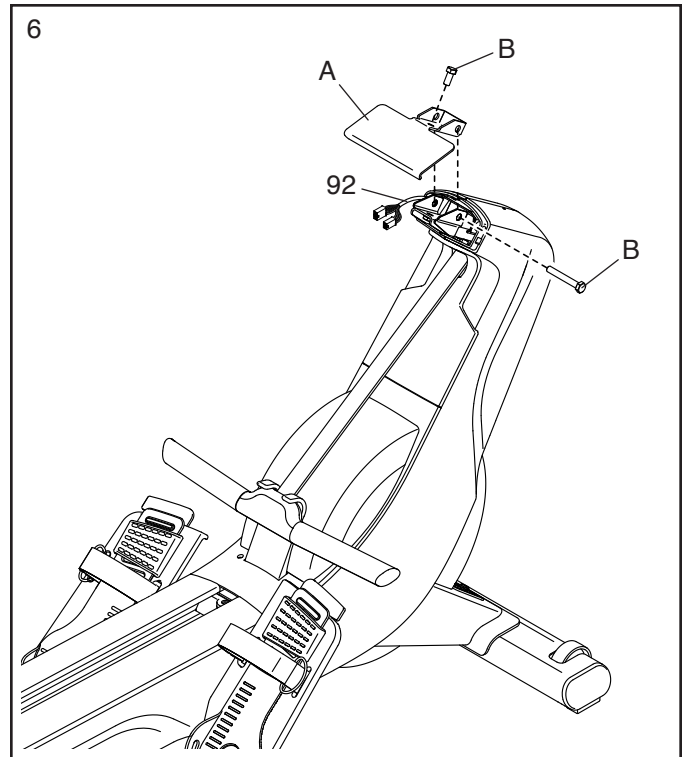
5. **Avoid damaging the tabs on the Stabilizer Cover (91).**

Orient the Stabilizer Cover (91) as shown, press it onto the Rear Stabilizer (5), and attach it with four M4 x 18mm Screws (137); **start all four Screws, and then tighten them.**



6. With the help of a second person, tip the rower to the upright position.

Remove and discard the wire tie (not shown) attaching the Main Wire (92) to the shipping bracket (A). Then, **remove and discard the two shipping screws (B) and the shipping bracket (A).**

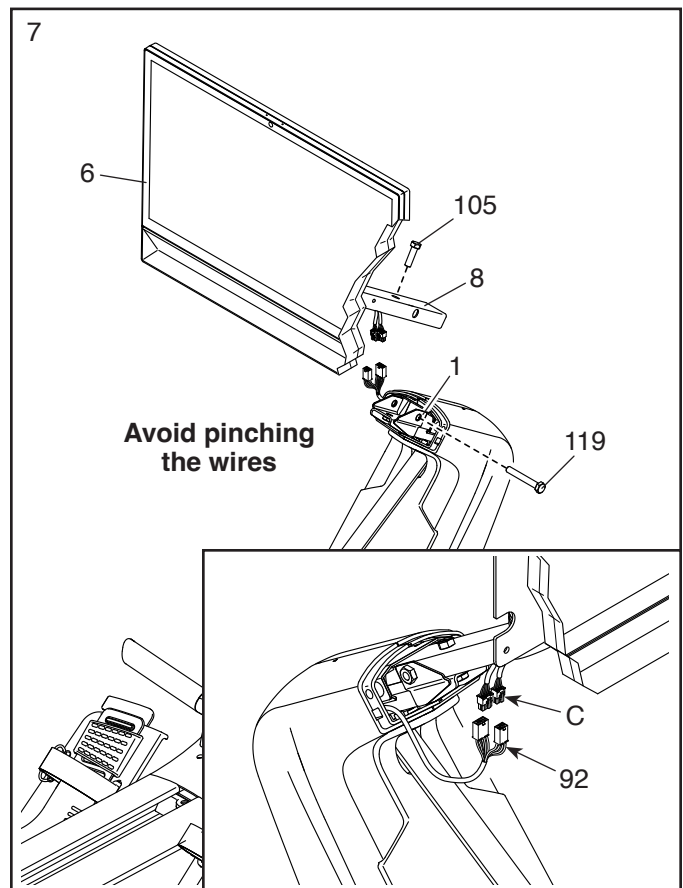


7. **Avoid pinching the wires.** Have a second person hold the Console (6) and insert the attached Neck (8) into the bracket on the Frame (1). Attach the Neck with an M10 x 40mm Screw (105); **do not fully tighten the Screw yet.**

Finish attaching the Neck (8) with an M10 x 65mm Screw (119). **Then, fully tighten the M10 x 40mm Screw (105).**

See the inset drawing. Connect the two console wires (C) to the ends of the Main Wire (92).

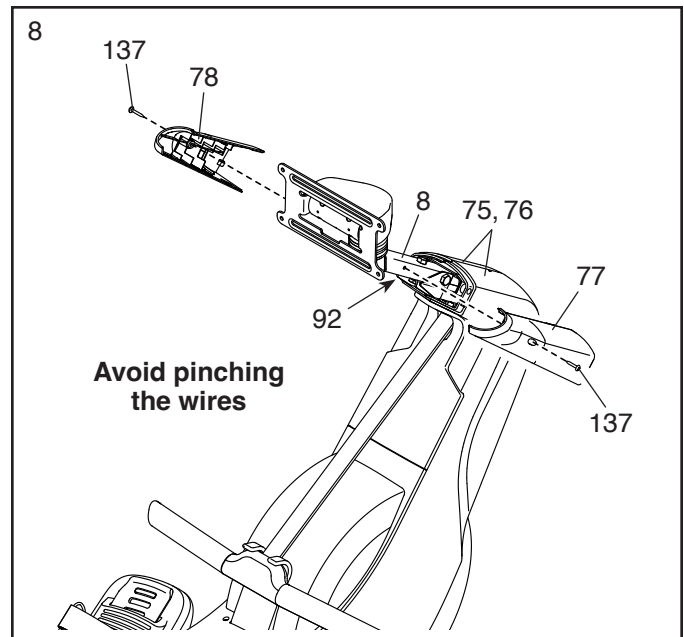
IMPORTANT: The wire connectors should slide together easily and snap into place with an audible click. You must connect the wires properly for your rower to function properly.



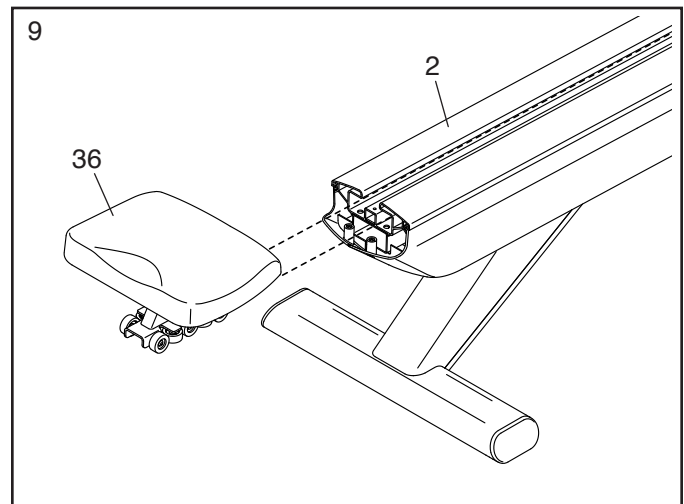
8. **Note: For clarity, the console is not shown in this step.**

Orient the Right and Left Neck Shields (77, 78) as shown. Position the Wires (92) inside of the Left Neck Shield as you press the Neck Shields together around the Neck (8).

Avoid pinching the wires. Press the Neck Shields (77, 78) onto the Right and Left Shields (75, 76). Then, attach the Neck Shields to the Neck (8) with two M4 x 18mm Screws (137).



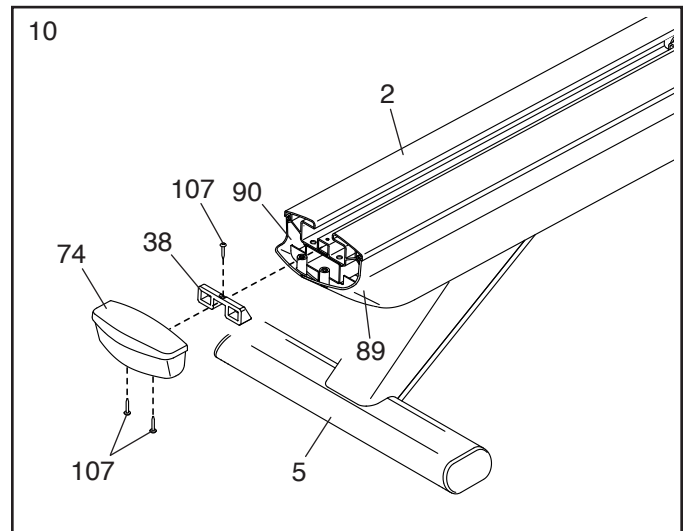
9. Orient the Seat (36) as indicated by the sticker, and slide it into the Rail (2).



10. Orient the Rear Rail Bumper (38) as shown, and press it into the Rail (2).

Next, attach the Rail End Cover (74) to the Right and Left Rail Shields (89, 90) with two M4 x 16mm Screws (107).

Then, attach the Rail End Cover (74) and the Rear Rail Bumper (38) to the Rail (2) with an M4 x 16mm Screw (107).

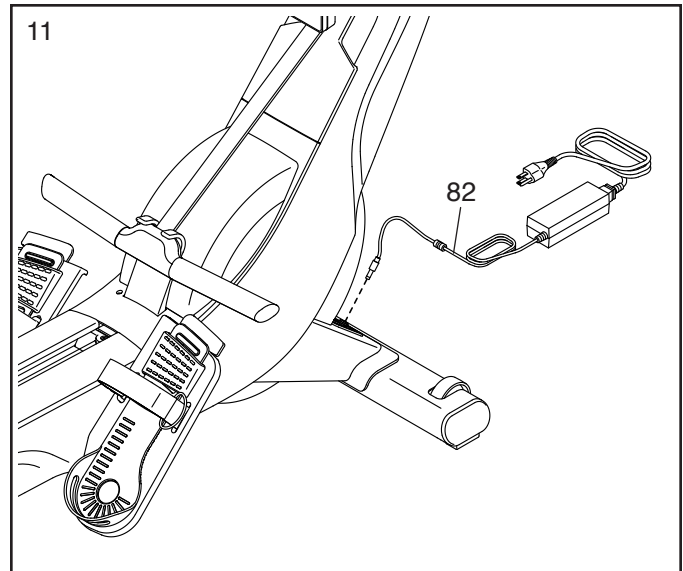


11. **IMPORTANT: Always plug the Power Adapter (82) into the rower before you plug it into an outlet.**

Plug the Power Adapter (82) into the receptacle on the front of the rower.

Note: To plug the Power Adapter (82) into an outlet, see page 12.

IMPORTANT: Keep the included tools. One or more of the tools may be needed to make adjustments in the future.



12. **Make sure that all parts are properly tightened.** To protect the floor or carpet, place a mat under the rower. To avoid damage to the console, keep the rower out of direct sunlight. Keep the included tools in a secure place; one or more of the tools may be needed to make adjustments in the future. Note: Extra hardware may be included.

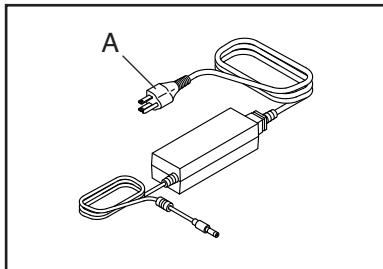
HOW TO USE THE ROWER

HOW TO PLUG IN THE POWER ADAPTER

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

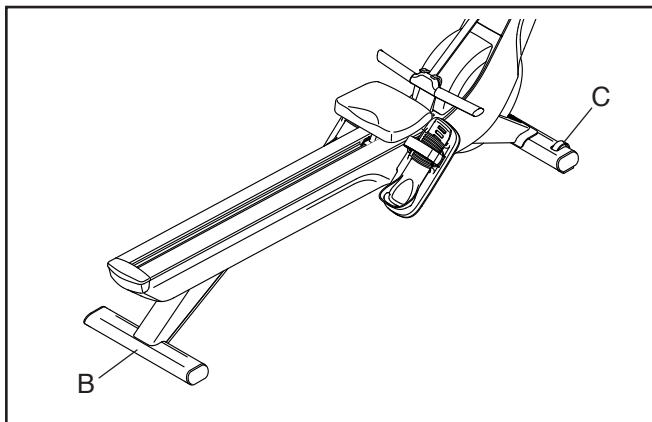
IMPORTANT: Always plug the power adapter (A) into the rower before you plug it into an outlet.

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



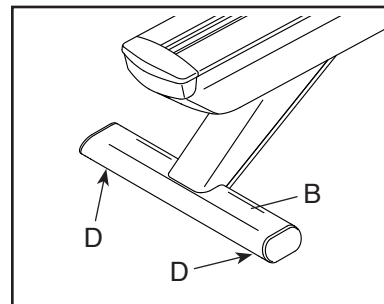
HOW TO MOVE THE ROWER

Take any necessary measures to avoid damaging your floor. Stand behind the rower and lift the rear stabilizer (B) until the rower will roll on the transport wheels (C). Carefully move the rower to the desired location, and then lower it to the floor.



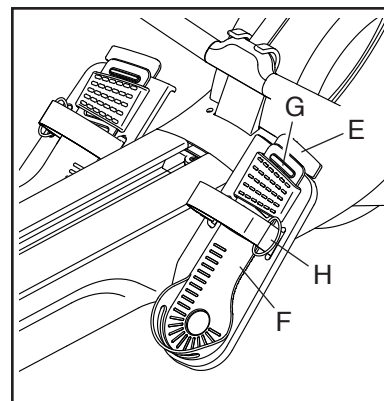
HOW TO LEVEL THE ROWER

If the rower rocks slightly on your floor during use, turn one or both of the leveling feet (D) beneath the rear stabilizer (B) until the rocking motion is eliminated.



HOW TO ADJUST THE FOOTRESTS

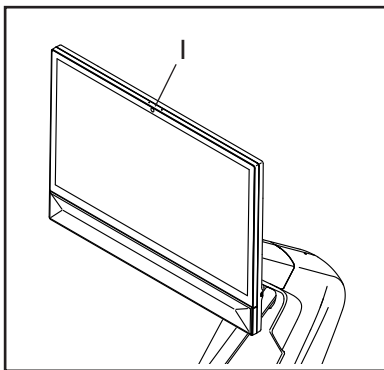
To adjust each footrest, press the footrest tab (E) forward, slide the heel bracket (F) to the desired position, and then release the footrest tab so that the raised catch (G) is in one of the slots in the heel bracket. Then, place your foot in the heel bracket and tighten the strap (H) over your foot. Repeat this adjustment if necessary.



Adjust the other footrest in the same way.

HOW TO ADJUST THE POSITION OF THE CONSOLE

The console (I) can be adjusted upward, downward, or to the side. To adjust the position of the console, simply hold the sides of the console and press it to the desired position. You can pivot the console all of the way to the side so that you can view it while standing next to the rower to perform hand weight exercises or other floor exercises.



If the console feels loose or does not stay in place when it is moved up or down or from side to side, see page 24.

HOW TO ROW ON THE ROWER

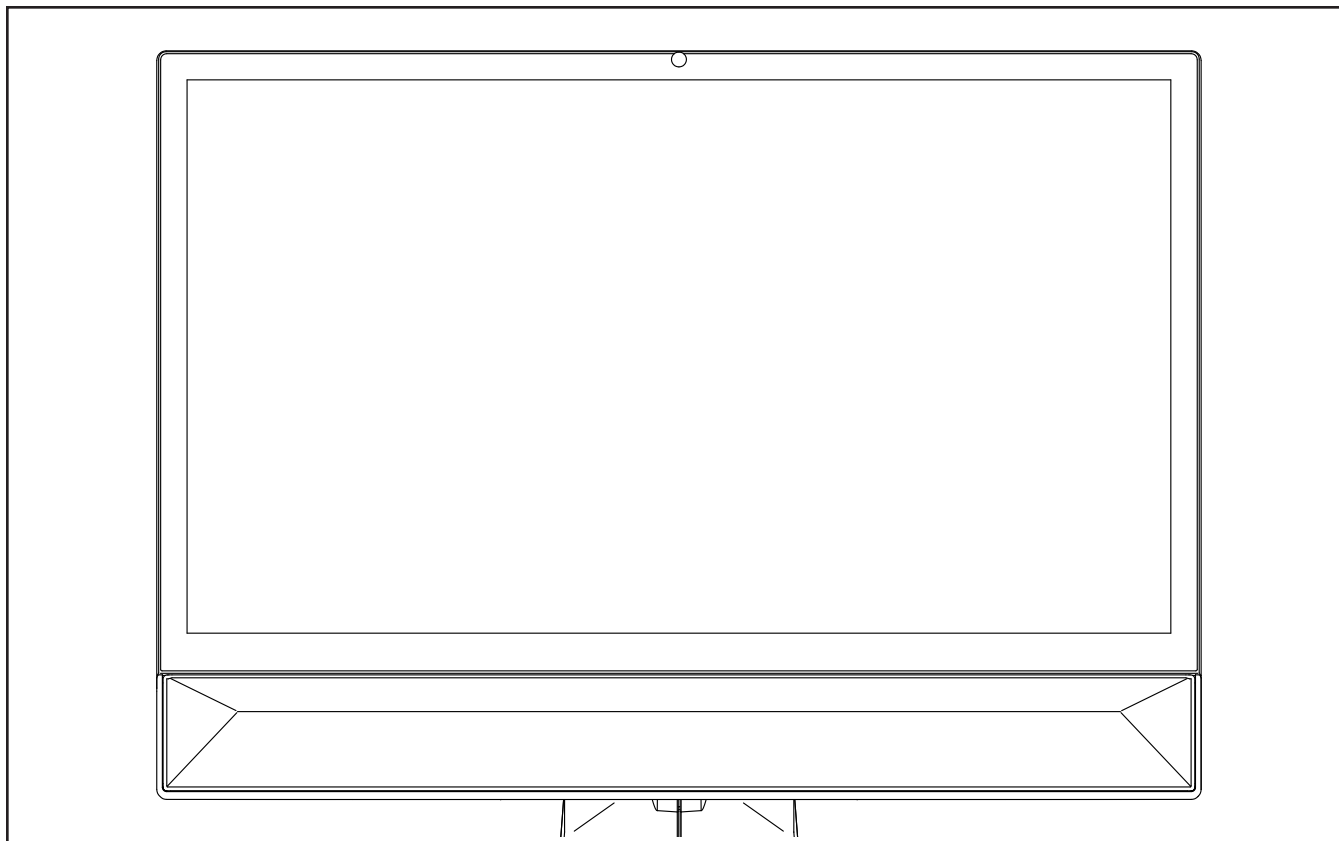
Sit on the seat, place your feet in the footrests, and adjust the straps to fit your feet. Then, hold the row bar with an overhand grip.

Correct rowing form consists of three phases:

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

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

HOW TO USE THE CONSOLE



IMPORTANT: iFIT will periodically update your console's software to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features. Take time to explore your console's settings and features. **If you have questions, please visit my.iFit.com or contact Member Care.**

FEATURES OF THE CONSOLE

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

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

The console also features wireless technology that enables the console to connect to iFIT®. With iFIT, you can choose from a changing selection of featured workouts that automatically adjust the resistance of the row bar as iFIT trainers guide you through immersive exercise sessions.

With an iFIT subscription, you can access a large library of on-demand destination and studio workouts, create your own workouts, track your workout results, and access many other features. Go to iFit.com to learn more.

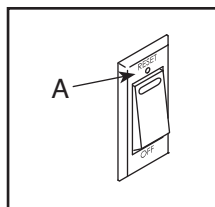
To turn on and turn off the console, see page 15. To learn how to use the touch screen, see page 15. To set up the console, see page 15.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the rower (see page 12).

When the power adapter is plugged in, press the power switch (A) located on the front of the rower to turn on the console.

Note: It may take a moment for the console to be ready for use.



If the console is inactive, simply touch the screen to activate the console.

HOW TO TURN OFF THE CONSOLE

If the row bar does not move for several seconds, the console will pause.

If the row bar does not move for several minutes and the screen is not touched, the console will become inactive.

When you are finished exercising, press the power switch and unplug the power adapter from the outlet. **IMPORTANT: If you do not do this, the electrical components on the rower may wear prematurely.**

HOW TO USE THE TOUCH SCREEN

The console features a full-color touch screen. You can slide or flick your finger against the screen to move some images on the screen. Note: The screen is not pressure sensitive; you do not need to press hard.

To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters, touch *?123*. To view more characters, touch *~[<*. To return to the letter keyboard, touch *ABC*. To use a capital character, touch the shift button (upward-facing arrow symbol). To clear text, touch the clear button (backward-facing arrow with an X).

HOW TO SET UP THE CONSOLE

Before you use the rower for the first time, set up the console.

1. Choose your time zone.

2. Connect to a wireless network.

To use iFIT workouts and several other features of the console, the console must be connected to a wireless network. If necessary, see page 21 for detailed instructions.

3. Create or sign in to your iFIT account.

Follow the prompts on the screen to create an iFIT account or to log in to your iFIT account. Available subscription options will be shown.

4. Check for software updates.

Touch the console settings button (gear icon) on the screen. Next, touch *Equipment* and then touch *Software update*. Software updates will start automatically. **IMPORTANT: To avoid damaging the rower, do not press the power switch or unplug the power cord while the software is being updated.** See page 20 for detailed instructions.

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

To use the manual mode, see page 16. **To use a featured workout**, see page 17. **To create a draw-your-own-map workout**, see page 18. **To use an iFIT workout**, see page 18.

To change console settings, see page 20. **To connect to a wireless network**, see page 21.

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

HOW TO USE THE MANUAL MODE

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Get ready for the workout.

To use your Bluetooth headphones or a compatible heart rate monitor, see page 22.

3. Start the workout.

Touch *Quick start* and begin rowing.

4. Change the resistance of the row bar as desired.

To change the resistance of the row bar, touch the numbered resistance buttons on the left side of the screen or touch the + and – buttons near the lower-left corner of the screen. Note: After you touch a button, it will take a moment for the row bar to reach the selected resistance level.

Note: To turn on and turn off the numbered resistance buttons on the screen, touch the workout settings icon in the lower-right corner of the screen and then touch *Controls*.

5. Follow your progress.

The console offers several display modes. Touch the workout settings icon in the lower-right corner of the screen to turn on and turn off options such as *metrics* and *charts*.

To adjust the volume level, touch the workout settings icon in the lower-right corner of the screen and then touch *Audio*.

6. Pause or end the workout.

To pause the workout, touch the pause symbol next to the word *Workout* at the bottom of the screen. To continue the workout, touch *Resume* on the screen.

To end the workout, touch the pause symbol next to the word *Workout* on the screen and then touch *End*. A workout summary will appear. Touch the back arrow button in the upper-left corner of the screen to return to the home screen.

7. When you are finished exercising, turn off the console (see page 15).

HOW TO USE A FEATURED WORKOUT

To use a featured workout, the console must be connected to a wireless network (see page 21).

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Select a workout.

To select a workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, location, trainer, and so forth. Then, touch the desired workout image on the screen.

The featured workouts on your console will change periodically. To save a featured workout for future use, add it as a favorite by touching the favorites button (heart symbol). Note: You must be logged in to your iFIT account to save a featured workout (see step 2 on the right side of page 18).

When you select a workout, the screen will show an overview of the workout with details such as the duration and distance of the workout and the estimated number of calories that you will burn during the workout.

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 18.

3. Get ready for the workout.

To use your Bluetooth headphones or a compatible heart rate monitor, see page 22.

4. Start the workout.

Touch *Start workout* and begin rowing. A warm-up period will begin. Row until the warm-up period ends or touch *Skip warmup*.

During some workouts, an iFIT trainer will guide you through an immersive video workout. Touch the workout settings icon in the lower-right corner of the screen and then touch *Audio* to select music, trainer voice, and app volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During the workout, the resistance of the row bar will change automatically according to the settings of the workout. **If the resistance is too high or too low**, you can manually override the setting (see steps 4 on page 16). To return to the programmed resistance of the workout, touch *Follow Trainer*.

If the SmartAdjust feature is enabled, the console will scale the intensity of the workout automatically based on your manual overrides of the resistance. **To enable the SmartAdjust feature**, touch the workout settings icon in the lower-right corner of the screen and then touch *Features*.

IMPORTANT: The calorie goal shown in the workout description is only an estimate. The actual number of calories that you burn will depend on various factors. If you manually change the resistance of the row bar during the workout, the number of calories that you burn will be affected.

To follow your progress, see step 5 on page 16.

To pause or end the workout, see step 6 on page 16.

5. When you are finished exercising, turn off the console (see page 15).

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

To use a draw-your-own-map workout, you must be logged in to your iFIT account (see step 2 at the right) and the console must be connected to a wireless network (see page 24).

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Draw a workout on the map.

First, touch the *Create* icon on the left side of the screen.

Next, navigate to the area on the map where you want to draw a workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the starting point for the workout. Then, touch the screen to add the ending point for the workout.

If you want to start and end the workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want the workout to snap to the road. If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for the workout.

3. Save the workout.

Touch the options on the screen to save the workout. If desired, enter a title and description for the workout.

4. Get ready for the workout.

To use your Bluetooth headphones or a compatible heart rate monitor, see page 22.

5. Start the workout.

Touch *Start workout* and begin rowing. A warm-up period will begin. Row until the warm-up period ends or touch *Skip warmup*.

The workout will function in the same way as a featured workout (see step 4 on page 17).

6. When you are finished exercising, turn off the console (see page 15).

HOW TO USE AN IFIT WORKOUT

To use an iFIT workout, you must be logged in to your iFIT account and the console must be connected to a wireless network. **For more information about iFIT, go to [iFIT.com](https://www.ifit.com).**

1. Select the home screen.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

2. Log in to your iFIT account.

If you have not done so, touch the console settings button (gear icon) on the screen and then touch *Membership* to log in to your iFIT account. Follow the prompts on the screen to enter your username and password.

Note: To switch users within your iFIT account, select the home screen and then touch the circular icon in the lower-left corner of the screen. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

3. Select an iFIT workout from the home screen or the workout library.

To select an iFIT workout, slide or flick the screen to scroll vertically or horizontally to see all available workouts. You can also touch the *Search* icon on the left side of the screen and search for workouts by categories such as duration, location, trainer, and so forth. Then, touch the desired workout image on the screen.

When you select an iFIT workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the estimated number of calories that you will burn during the workout.

You can also select options such as adding the workout to your schedule (see step 4) or marking the workout as a favorite (see step 5).

4. Schedule an iFIT workout on the calendar if desired.

To schedule an iFIT workout for a future date, simply view the overview or workout summary of the desired iFIT workout, touch the calendar icon, and then select the desired date on the calendar. When the selected date arrives, the iFIT workout that you scheduled will appear on the home screen.

5. Create a list of favorite iFIT workouts if desired.

To mark an iFIT workout as a favorite, simply view the overview or workout summary of the desired iFIT workout and touch the favorites button (heart symbol).

To view a list of iFIT workouts that you have marked as favorites, touch the heart icon at the top of the home screen.

6. Get ready for the workout.

To use your Bluetooth headphones or an optional heart rate monitor, see page 22.

7. Start the workout.

Touch *Start workout* and begin rowing. A warm-up period will begin. Row until the warm-up period ends or touch *Skip warmup*.

The workout will function in the same way as a featured workout.

8. When you are finished exercising, turn off the console (see page 15).

HOW TO CHANGE CONSOLE SETTINGS

1. Select the console settings menu.

When you turn on the console, the home screen will appear after the console boots up. If you have already selected a workout, touch the screen and follow the prompts to end the workout and return to the home screen.

Then, touch the console settings button (gear icon) on the screen.

2. Navigate the console settings menu.

You may be able to view and change settings in the following settings menus:

Your account

- Account info, password
- Health details

Preferences

- Wi-Fi
- Units of measurement
- Time zone
- Language
- iFIT AI Coach

Equipment

- About
- Update
- Software

Membership

- Manage membership
- Payment info
- Plan profiles

Support

- Help
- How To
- Legal

3. Customize settings.

The console can display speed and distance in either Imperial (standard) or metric units of measurement. To change the unit of measurement or to change other settings, touch *Preferences* or *Equipment* and then touch the desired settings.

4. Update the console software.

For the best results, regularly check for software updates. Touch *Equipment* and then touch *Software update*. Software updates will start automatically. **IMPORTANT: To avoid damaging the rower, do not press the power switch or unplug the power adapter while the software is being updated.**

When the update is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug in the power adapter. Note: Software updates are always designed to improve your workout experience. After a software update, some settings and features described in this manual may no longer apply to your console, and your console may have new settings and features.

5. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

HOW TO CONNECT TO A WIRELESS NETWORK

1. Select the console settings menu.

With the home screen selected, touch the console settings button (gear icon) on the screen and then touch *Preferences*.

2. Set up and manage a wireless network connection.

Touch *Wi-Fi* to select the wireless network menu. If *Wi-Fi* is not enabled, touch the *Wi-Fi* toggle to enable it. When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take a moment for the list of wireless networks to appear.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported). The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password. Follow the prompts on the screen to enter your password and connect to the selected wireless network. Passwords are case-sensitive.

When the console is connected to your wireless network, a confirmation message will appear on the screen.

If you have problems connecting to an encrypted network, make sure that your password is correct. **If you have questions after following these instructions, please go to my.iFIT.com for assistance.**

3. Exit the console settings menu.

To exit the console settings menu, touch the X in the upper-left corner of the screen.

HOW TO USE THE CHARGING PORT

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

To use the charging port, plug a USB-C charging cable (not included) into the receptacle on your device and into the charging port on the right side of the console; **make sure that the USB-C 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.

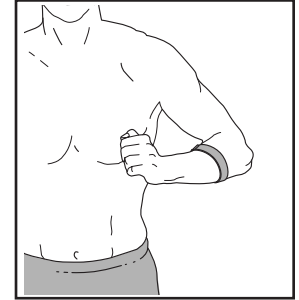
HOW TO CONNECT HEADPHONES

To connect your Bluetooth headphones to the console, first turn on your headphones, put them in pairing mode, and place them near the console. Next, start a workout. Then, touch the workout settings icon in the lower-right corner of the screen, touch *Bluetooth*, and select your headphones from the list on the screen.

When your headphones and the console pair successfully, the audio from the console will play through your headphones.

HOW TO USE AN OPTIONAL HEART RATE MONITOR

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



When your compatible heart rate monitor is turned on and placed in pairing mode, the console will connect to it automatically. When your heartbeat is detected, your heart rate will be shown on the screen.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

RAIL MAINTENANCE

Regularly clean the rollers beneath the seat and the area of the rail over which the rollers move. First, see assembly step 10 on page 10 and remove the Rail End Cover (74) and the Rear Rail Bumper (38). Next, remove the seat assembly from the rail. Then, use a damp cloth and a small amount of mild detergent to remove dust and debris from the rollers and from the rail.

TROUBLESHOOTING

Some problems can be solved with the simple steps in this section. If further assistance is needed, please see the front cover of this manual.

CONSOLE TROUBLESHOOTING

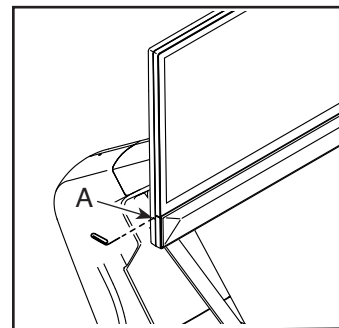
If the console does not turn on, make sure that the power adapter is fully plugged in.

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

If a replacement power adapter is needed, see TROUBLESHOOTING at the left. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

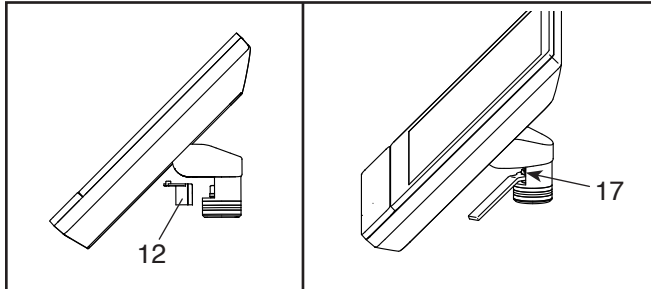
If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all custom settings that you have made to the console.**

Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the left side of the console. Using a bent paper clip, press and hold the reset button inside of the opening, and have a second person plug in the power adapter. **Continue holding the reset button until the console turns on.** When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter and then plug it back in. Once the console turns on, check for firmware updates (see HOW TO CHANGE CONSOLE SETTINGS on page 20).
Note: It may take a moment for the console to be ready for use.

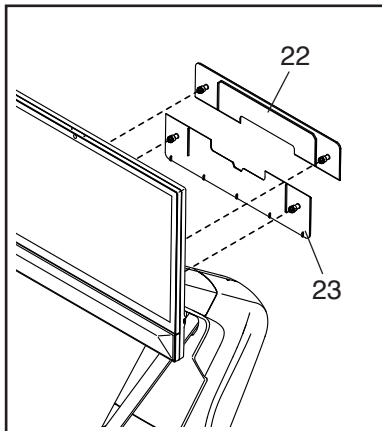


HOW TO ADJUST THE CONSOLE PIVOT AND TILT

If the console feels loose or does not stay in place when it is moved from side to side, first remove the Mount Cover (12). Next, use the included tool to slightly tighten the M30 Locknut (17) until the console stays in place when moved from side to side. Then, press the Mount Cover back into place.

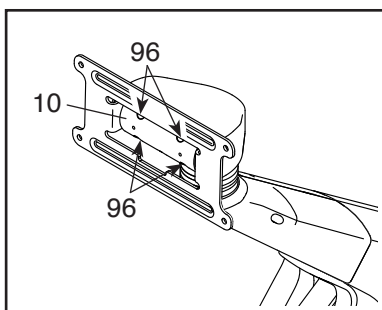


If the console does not stay in place when it is tilted upward and downward, use a standard screwdriver to carefully pry the Upper and Lower Console Covers (22, 23) off the back of the console.



Note: For clarity, the console is not shown in the drawing at the right.

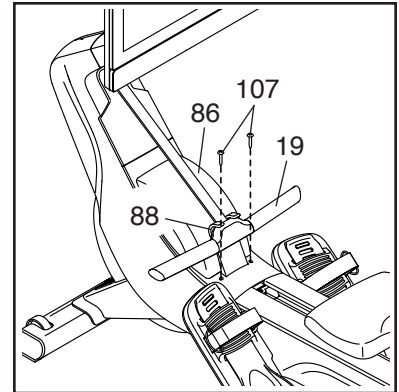
Next, tighten the four M6 x 16mm Screws (96) in the Rear Bracket Mount (10) until the upward and downward movement no longer feels loose. **Tilt the console upward and downward to access the Screws.** Then, reattach the Lower Console Cover (23) and then the Upper Console Cover (22).



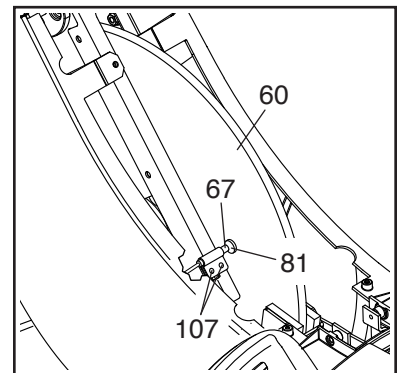
HOW TO ADJUST THE REED SWITCH

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

Next, remove the Row Bar (19) from the Row Bar Hook (88). Then, remove the two M4 x 16mm Screws (107) from the Flywheel Cover (86). Pivot the Flywheel Cover upward and remove it from the rower.



Next, locate the Reed Switch (67). Turn the Flywheel (60) until a Flywheel Magnet (81) is aligned with the Reed Switch. Then, slightly loosen the two indicated M4 x 16mm Screws (107), slide the Reed Switch slightly closer to or away from the Flywheel Magnet, and then retighten the Screws.



Plug in the power adapter, and then turn the Flywheel (60) so that the Flywheel Magnet (81) passes the Reed Switch (67) repeatedly. Repeat the actions described above until the console displays correct feedback.

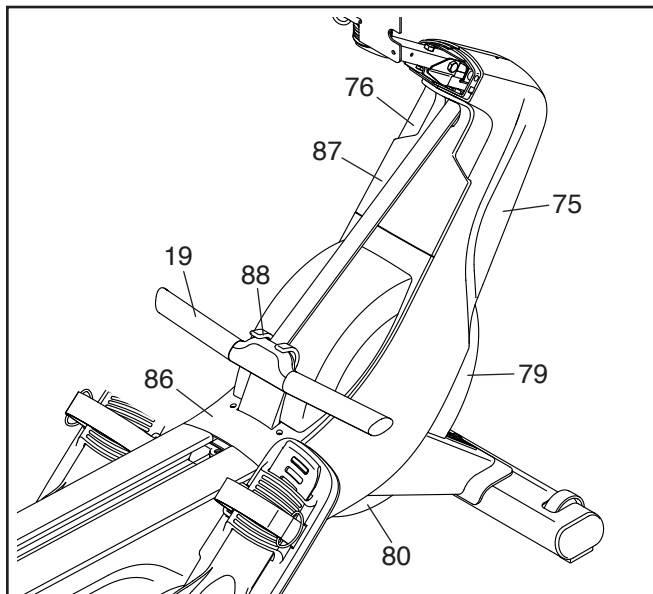
When the reed switch is correctly adjusted, reattach the parts that you removed.

HOW TO ADJUST THE DRIVE BELT

If you feel the strap slip while you are rowing, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. **To adjust the drive belt, first unplug the power adapter.**

Next, see assembly step 8 on page 10. Remove the Right and Left Neck Shields (77, 78) from the rower.

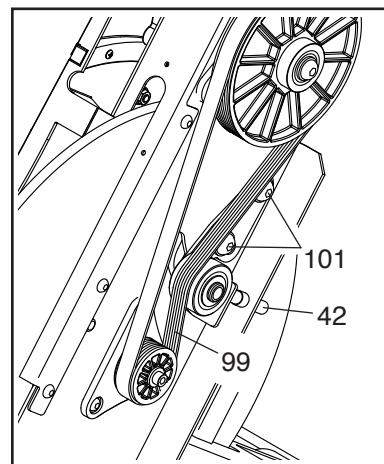
Note: For clarity, the console is not shown in the drawing below. Next, remove the Row Bar (19) from the Row Bar Hook (88).



Then, remove the Flywheel Cover (86), the Strap Cover (87), the Front Cover (79), the Bottom Cover (80), and the Right and Left Shields (75, 76) from the rower. **To locate the screws that attach each part, see EXPLODED DRAWING A on page 30. IMPORTANT: There are different sizes of screws. Make sure to note which size of screw you remove from each hole.**

Note: You will need the help of a second person to tip the rower to the side so that you can access the Bottom Cover (80).

Next, locate the Drive Belt (99) on the right side of the rower. Loosen the two M10 x 20mm Screws (101). Next, tighten the M10 x 55mm Set Screw (42) until the Drive Belt is tight. Then, tighten the two M10 x 20mm Screws.



When the Drive Belt (99) is tight, 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

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

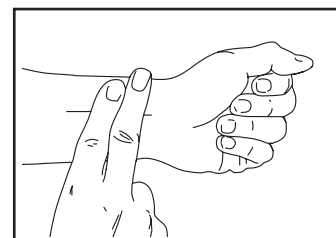
Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes.

Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the



result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

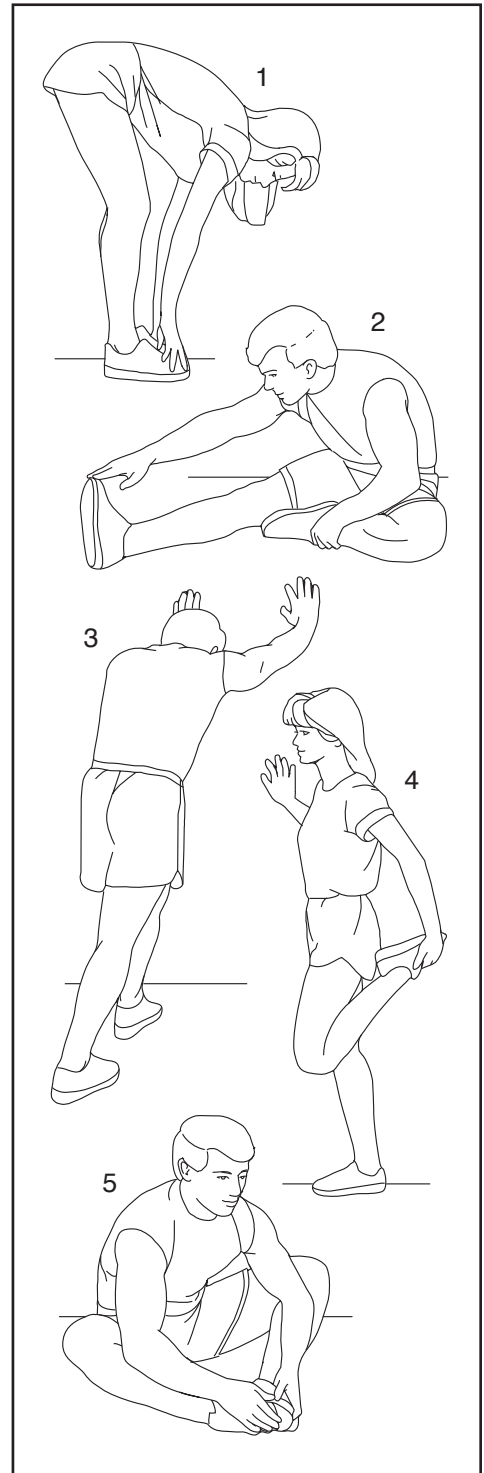
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NTRW19425-INT.0 R0924A

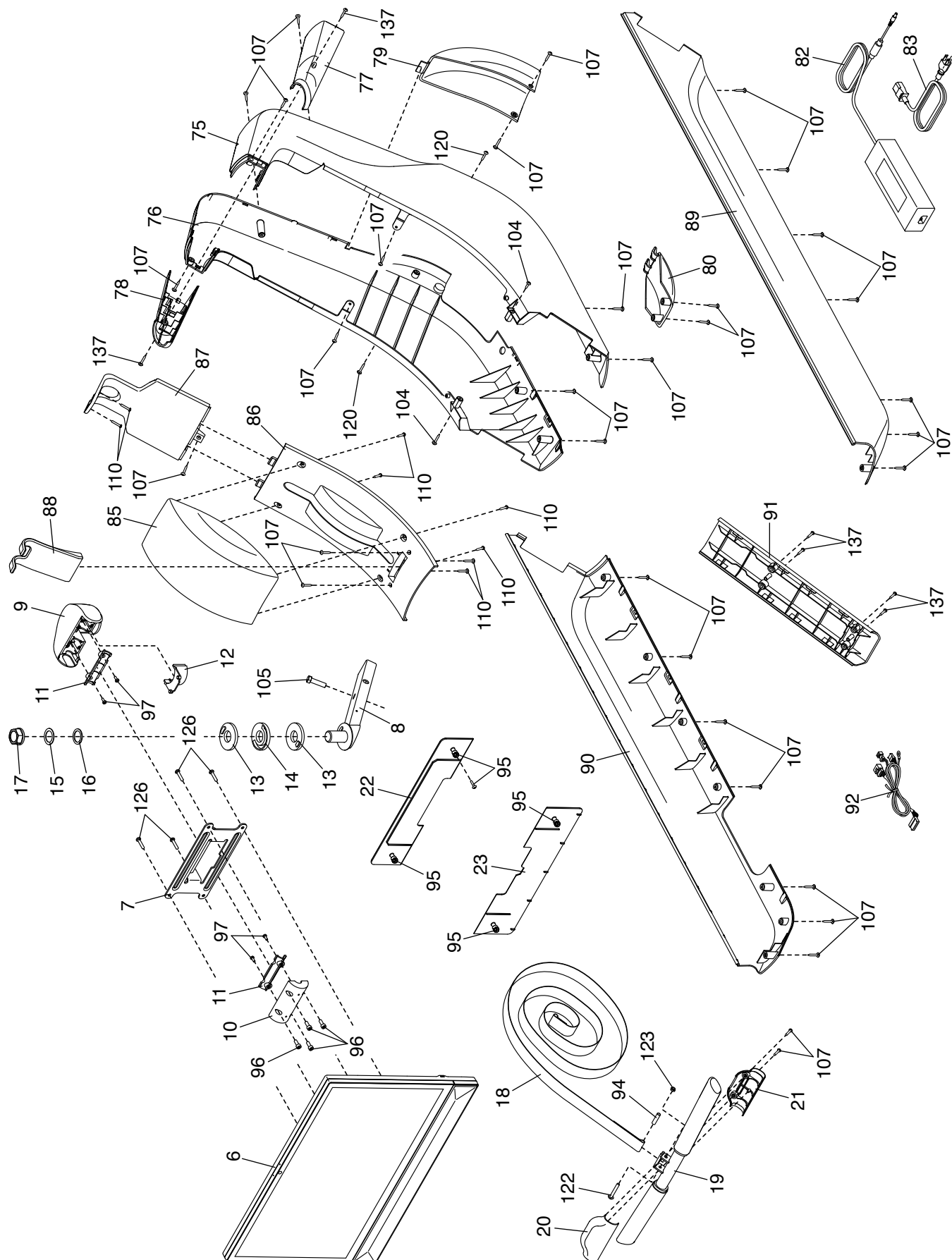
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Strap Guide Spacer
2	1	Rail	52	1	Snap Ring
3	1	Bar	53	1	Spring Bushing
4	1	Front Stabilizer	54	1	Return Spring
5	1	Rear Stabilizer	55	1	Idler
6	1	Console	56	1	Flywheel Pulley
7	1	Console Bracket	57	2	Flywheel Saddle Block/Bearing
8	1	Neck	58	2	Flywheel Bushing
9	1	Front Bracket Mount	59	1	Flywheel Hub
10	1	Rear Bracket Mount	60	1	Flywheel
11	2	Inner Pivot Bushing	61	1	Frame Support
12	1	Mount Cover	62	1	Power Panel
13	2	Upper/Lower Pivot Disc	63	1	Power Switch
14	1	Center Pivot Disc	64	1	Power Receptacle/Wire
15	1	Thrust Washer	65	1	Reed Switch Bracket
16	1	Plastic Washer	66	1	Clamp
17	1	M30 Locknut	67	1	Reed Switch/Wire
18	1	Strap	68	1	Magnet Bracket
19	1	Row Bar	69	1	Block
20	1	Upper Row Bar Cover	70	1	Arm
21	1	Lower Row Bar Cover	71	1	Motor Disc
22	1	Upper Console Cover	72	1	Resistance Motor
23	1	Lower Console Cover	73	1	Motor Bracket
24	2	Leveling Foot	74	1	Rail End Cover
25	4	Stabilizer Cap	75	1	Right Shield
26	2	Transport Wheel	76	1	Left Shield
27	1	Right Footrest Bracket	77	1	Right Neck Shield
28	1	Left Footrest Bracket	78	1	Left Neck Shield
29	1	Right Footrest	79	1	Front Cover
30	1	Left Footrest	80	1	Bottom Cover
31	1	Right Footrest Tab	81	2	Flywheel Magnet
32	1	Left Footrest Tab	82	1	Power Adapter
33	1	Right Heel Bracket	83	1	Power Cord
34	1	Left Heel Bracket	84	6	Roller Axle
35	2	Footrest Strap	85	1	Top Cover
36	1	Seat	86	1	Flywheel Cover
37	1	Carriage	87	1	Strap Cover
38	1	Rear Rail Bumper	88	1	Row Bar Hook
39	10	Carriage Roller	89	1	Right Rail Shield
40	2	Foot	90	1	Left Rail Shield
41	1	Small Strap Guide Assembly	91	1	Stabilizer Cover
42	1	M10 x 55mm Set Screw	92	1	Main Wire
43	2	Frame Axle	93	—	(Not Used)
44	1	Roller	94	1	Row Bar Tube
45	1	Return Pulley	95	8	Crown Fastener
46	1	Right Saddle Block/Bearing	96	4	M6 x 16mm Screw
47	1	Left Saddle Block/Bearing	97	4	M4 x 10mm Screw
48	1	Large Strap Guide	98	2	M8 x 55mm Screw
49	1	Return Pulley Spacer	99	1	Drive Belt
50	1	Return Axle	100	8	M10 x 35mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	M10 x 20mm Screw	121	1	M8 Locknut
102	1	M10 x 100mm Screw	122	1	M6 x 40mm Socket Bolt
103	2	M10 x 60mm Screw	123	5	M6 Locknut
104	10	M4 x 19mm Screw	124	4	M5 x 10mm Screw
105	1	M10 x 40mm Screw	125	1	Front Rail Bumper
106	1	M5 x 16mm Flat Head Screw	126	4	M6 x 20mm Screw
107	38	M4 x 16mm Screw	127	1	Key
108	5	M10 x 15mm Flat Head Screw	128	1	M6 x 16mm Washer
109	1	M3 x 8mm Screw	129	2	M8 Washer
110	23	M4 x 12mm Screw	130	2	M8 x 16mm Screw
111	2	M6 x 12mm Shoulder Screw	131	1	M8 x 65mm Bolt
112	1	17mm C-clip	132	3	M6 x 30mm Screw
113	2	M5 Nut	133	2	M10 Washer
114	7	M10 x 55mm Screw	134	1	Lower Rail End Cover
115	12	M6 x 14mm Screw	135	4	M6 Shoulder Bolt
116	14	M5 Washer	136	4	Roller Spacer
117	13	M5 x 8mm Screw	137	6	M4 x 18mm Screw
118	23	M6 x 12mm Screw	*	—	Assembly/Adjustment Tool Kit
119	1	M10 x 65mm Screw	*	—	User's Manual
120	2	M4 x 25mm Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

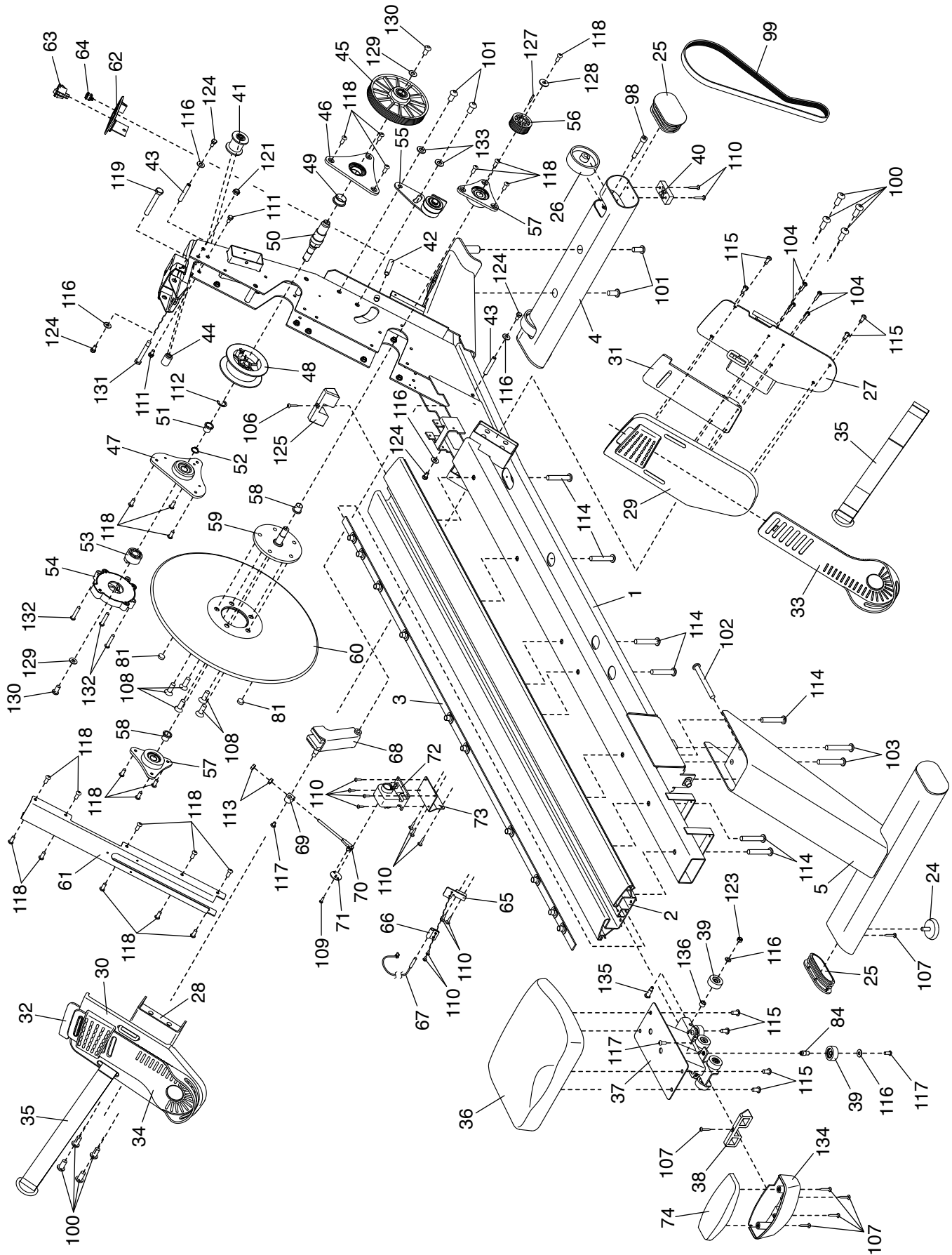
EXPLODED DRAWING A

Model No. NTRW19425-INT.0 R0924A



EXPLODED DRAWING B

Model No. NTRW19425-INT.0 R0924A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



UK/EU DECLARATION OF CONFORMITY

NTRW19425-INT contains the MP24-Xenon-C or MP24-Xenon-V Tablet.
Hereby, iFIT Health & Fitness declares that the radio equipment type MP24-Xenon-C or MP24-Xenon-V is in compliance with Directive 2014/53/EU and Radio Equipment Regulation 2017.
iFIT Health & Fitness, 1500 S 1000 W, Logan, UT 84320, USA
This declaration of conformity is issued under the sole responsibility of the manufacturer.
Object of the declaration: FCCID OMC453085 or OMC453584V - Broadcast Frequency Bands and Maximum EIRP power: 2.4G
WIFI:25.02dBm; 5G WIFI:22.895dBm; 2.4G BT:10.12dBm.
Operations in the 5.15-5.35GHz band are restricted to indoor usage only in following Countries:

Certification: Article 3.1a - Safety EN 62479:2010, EN 62368-1:2014/AC:2015,
Article 3.1b – EMC EN 301 489-1, 2.2.3, EN 301 489-17 V3.2.4, Article 3.2 –
Radio parameters EN 300 328 V2.2.2, EN 301 893 V2.1.1
UK Representative: ICON Health & Fitness Ltd, Unit 1D The Gateway,
Fryers Way, Silkwood Park, Ossett, WF5 9TJ, United Kingdom
EU Representative: iFIT Health & Fitness SAS Business Park, 5 rue Alfred de Vigny, 78112 Fourqueux, France

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