

## Ifit Elliptical User Guide

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How to use iFit on your NordicTrack Elliptical

Elliptical Noise Troubleshooting

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NordicTrack FS7i Elliptical ReviewNordicTrack FS7i FreeStride Trainer Elliptical Review

\*NEW\* Insane 20 Minute Elliptical Workout - HIIT WorkoutBEST ELLIPTICAL MACHINES! (2020) HIIT Workout - Insane 20 Minute Elliptical Workout

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Complete low-impact iFit workouts on your elliptical.

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To use an iFit workout, see page and the incline of the ramp and prompts you to vary 27. To use the sound system, see page 28. To your pedaling speed as it guides you through an effec- change console settings, see page 29. Page 22 Note: If a wireless iFit module is not inserted into the console and connected to iFit, the manual Distance (Dist.)——This display mode will show mode will be selected automatically.

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Find out how to get iFit on the best low-impact ellipticals.

Page 19 HOW TO TURN ON THE POWER HOW TO USE THE MANUAL MODE IMPORTANT: If the elliptical has been exposed to 1. Begin pedaling or press any button on the cold temperatures, allow it to warm to room tem- console to turn on the console. perature before turning on the power. Page 20 4. Follow your progress with the display.

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NordicTrack SpaceSaver SE9i iFit Elliptical | NordicTrack

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