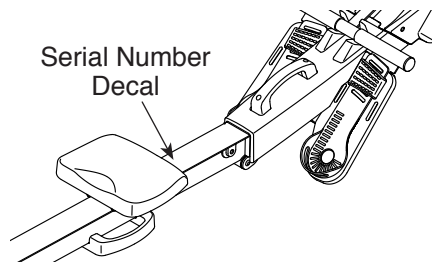


# NordicTrack<sup>®</sup> RX800

**Model No. NTEVRW59216.0**

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### CUSTOMER SERVICE

#### UNITED KINGDOM

**Call:** 0330 123 1045

**From Ireland:** 053 92 36102

**Website:** [iconsupport.eu](http://iconsupport.eu)

**E-mail:** [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

**Write:**

ICON Health & Fitness, Ltd.

Unit 4, Westgate Court

Silkwood Park

OSSETT

WF5 9TT

UNITED KINGDOM

#### AUSTRALIA

**Call:** 1800 993 770

**E-mail:** [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

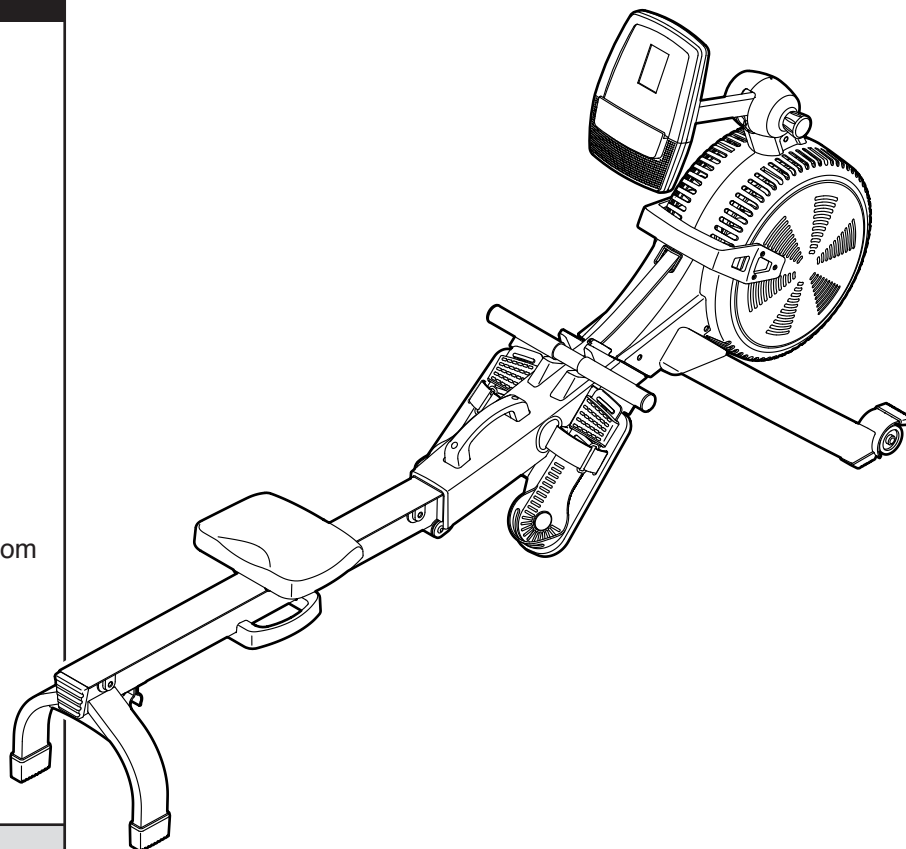
**Write:**

ICON Health & Fitness, Inc.

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

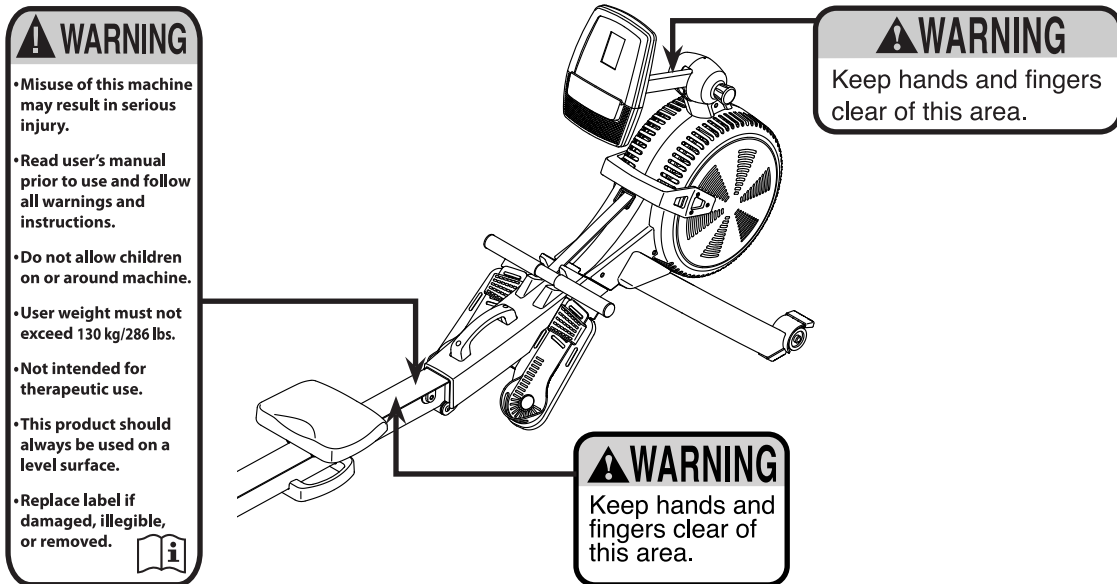
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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## 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.



---

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your rower before using your rower. ICON 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. 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. 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 use of the rower by someone responsible for their safety.
4. Use the rower only as described in this manual.
5. The rower is intended for home use only. Do not use the rower in a commercial, rental, or institutional setting.
6. Keep the rower indoors, away from moisture and dust. Do not put the rower in a garage or covered patio, or near water.
7. Place the rower on a level surface, with a mat beneath it to protect the floor or carpet.
8. Make sure that there is at least 2 ft. (0.6 m) of clearance around the rower.
9. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
10. Keep children under age 16 and pets away from the rower at all times.
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the rower. Always wear athletic shoes for foot protection.
12. The rower should not be used by persons weighing more than 286 lbs. (130 kg).
13. Always keep your back straight while using the rower; do not arch your back.
14. Do not release the row bar while the bungee 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.

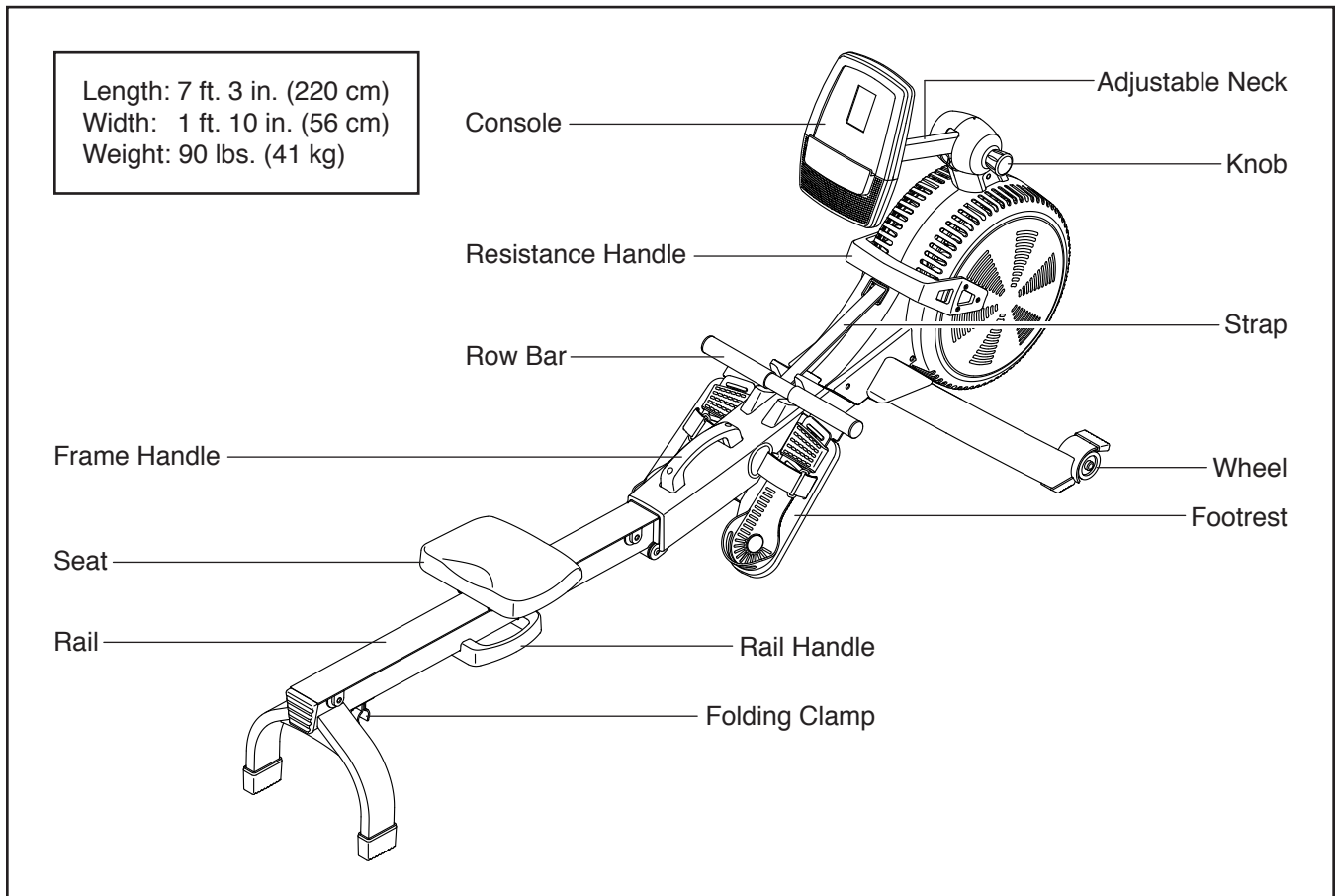
# BEFORE YOU BEGIN

Thank you for selecting the new NORDICTRACK® RX 800 rower. Rowing is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RX 800 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. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# 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.

- Assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



To avoid damaging parts, do not use power tools.

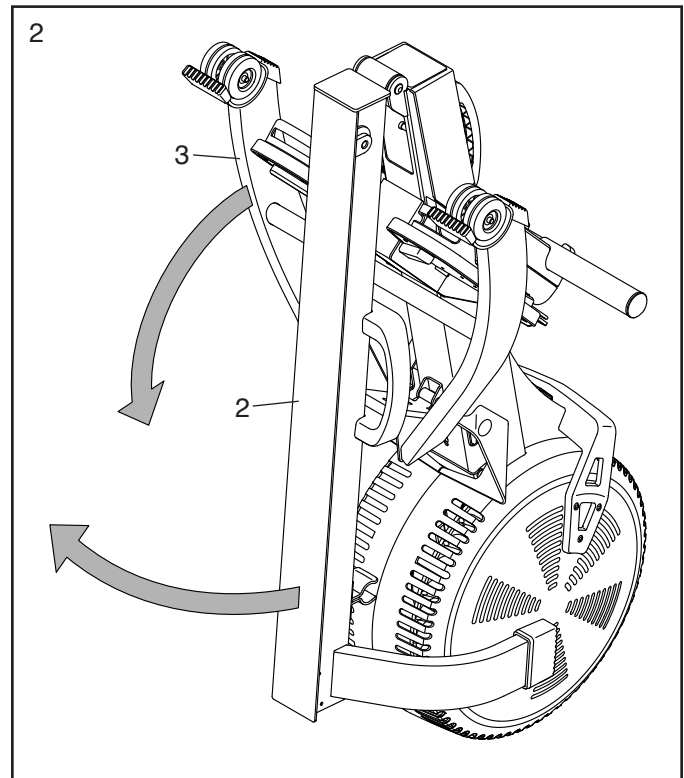
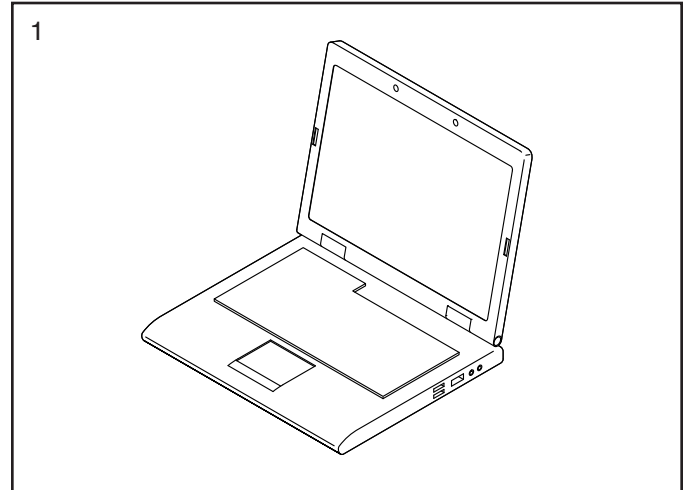
1. **To register your product and activate your warranty in the UK**, go to [iconsupport.eu](http://iconsupport.eu). If you do not have internet access, call Customer Service (see the front cover of this manual).

**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. If there are shipping tubes (not shown) attached to the rower, remove and discard the shipping tubes and the hardware attaching them.

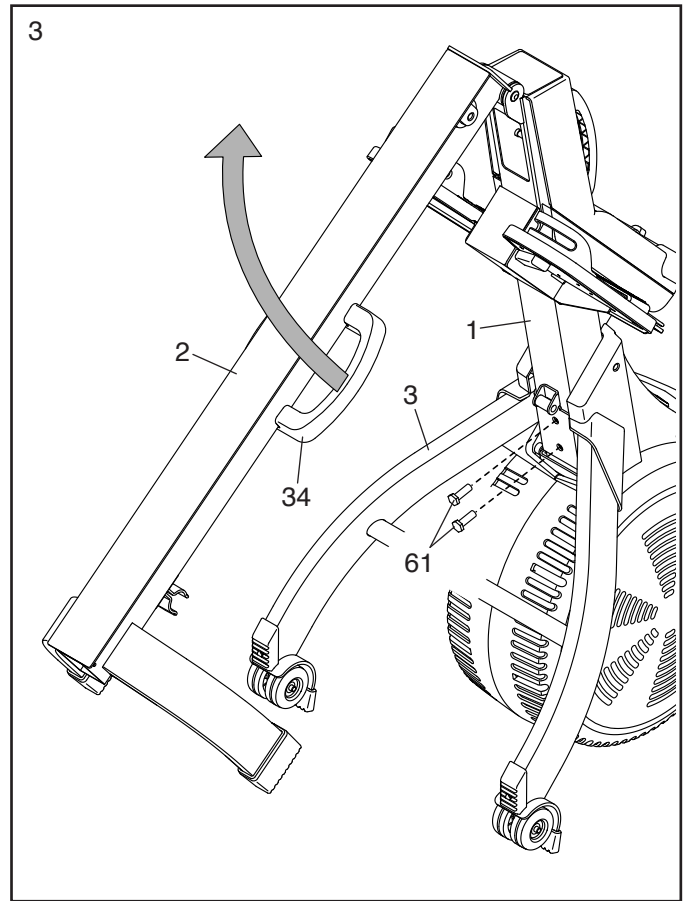
With the help of a second person, pull the Rail (2) outward and rotate the Stabilizer (3) downward.



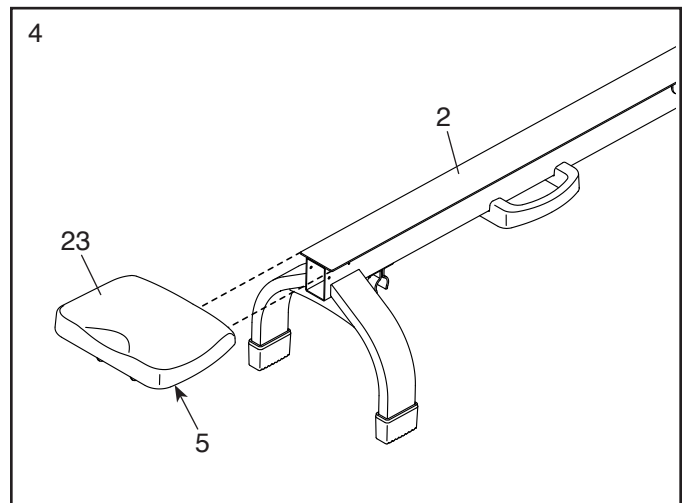
3. **Have a second person hold the Rail (2) during this step.**

Attach the Stabilizer (3) to the Frame (1) with two M10 x 20mm Screws (61).

Then, hold the Rail Handle (34), pull the Rail (2) outward, and rest the Rail on the floor.



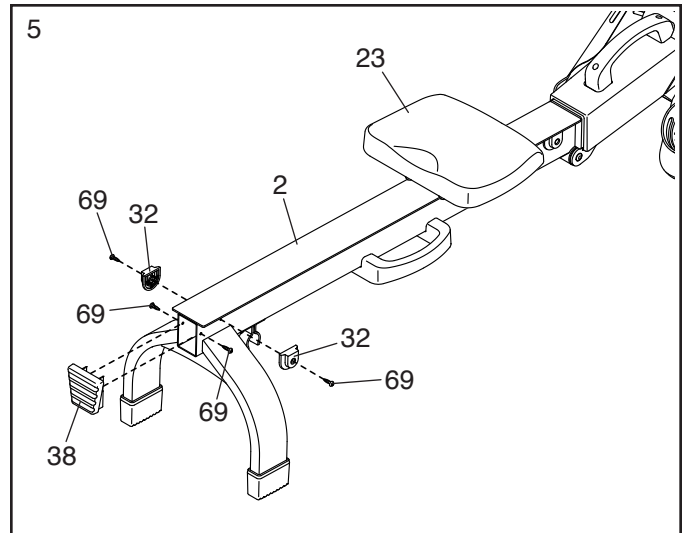
4. Orient the Seat (23) as shown, and slide the Seat Carriage (5) onto the Rail (2).



5. Slide the Seat (23) to the front of the Rail (2).

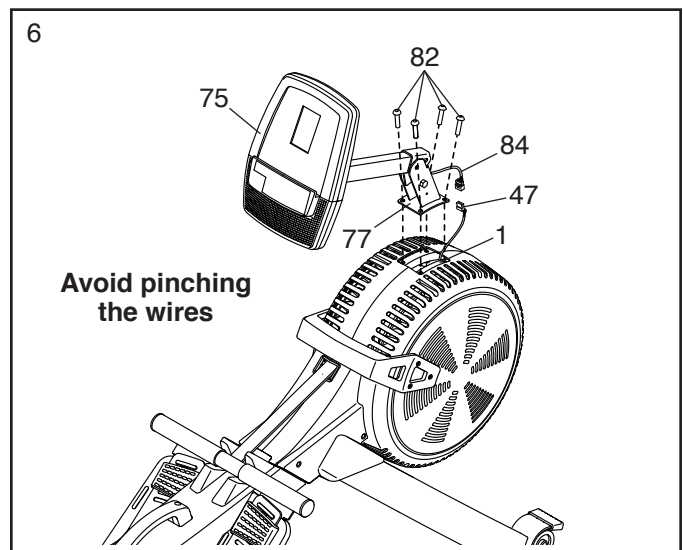
Next, attach a Stop (32) to each side of the Rail (2) with an M4 x 19mm Screw (69).

Then, attach the Rail Cap (38) to the Rail (2) with two M4 x 19mm Screws (69).



6. While a second person holds the Console (75) and the Upright (77) near the Frame (1), connect the Upright Wire (84) to the Reed Switch Wire (47). Insert the excess wire into the Frame.

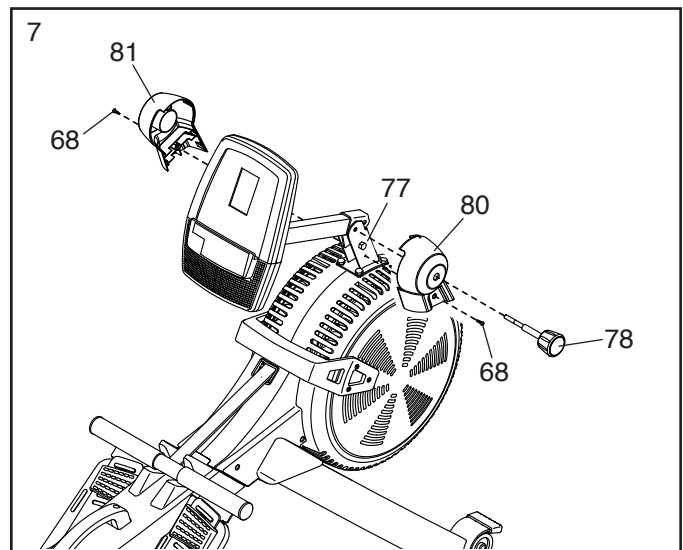
**Tip: Avoid pinching the wires.** Attach the Upright (77) to the Frame (1) with four M8 x 35mm Screws (82); **start all the Screws, and then tighten them.**



7. Identify the Right and Left Upright Covers (80, 81), and orient them as shown.

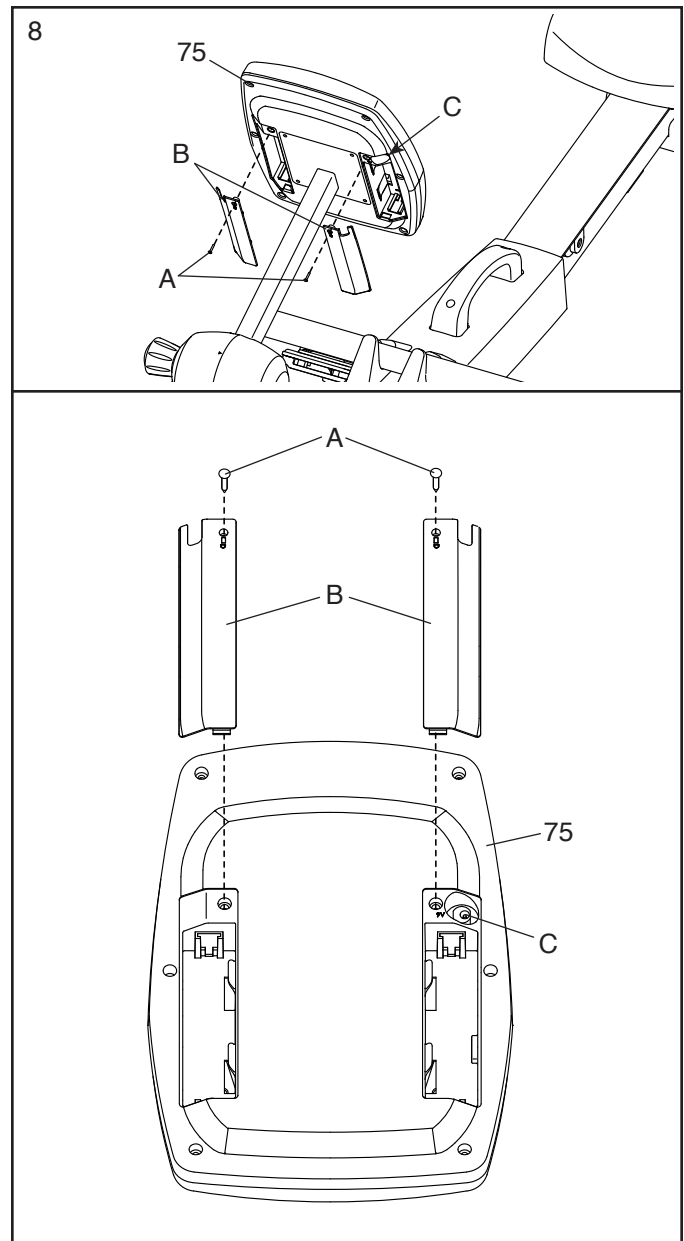
Press the Right and Left Upright Covers (80, 81) together around the Upright (77), and attach them to the Upright with two M4 x 16mm Screws (68).

Then, insert the Knob (78) into the Right Upright Cover (80) and tighten it into the Upright (77).



8. The Console (75) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the displays or other electronic components.** Remove the screws (A) and the battery covers (B), insert batteries into the battery compartments, and then reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the Console (75), use only a manufacturer-supplied regulated power adapter. Plug one end of the power adapter into the receptacle (C) on the Console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



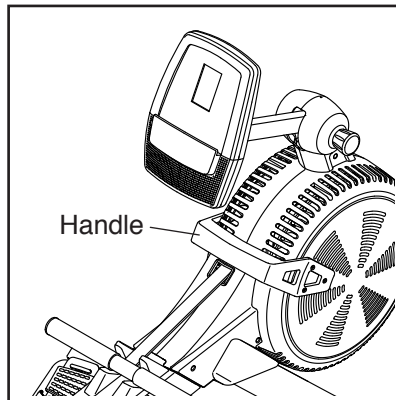
9. **Make sure that all parts are properly tightened before you use the rower.** Extra parts may be included. Place a mat under the rower to protect the floor.



# HOW TO USE THE ROWER

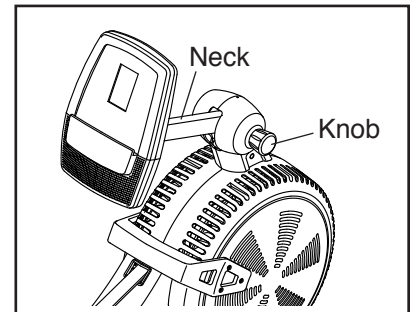
## HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, you can adjust the resistance that you feel when you pull the row bar. **To increase the resistance**, move the resistance handle toward the front of the rower; **to decrease the resistance**, move the resistance handle toward the rear of the rower.



## HOW TO ADJUST THE CONSOLE VIEWING ANGLE

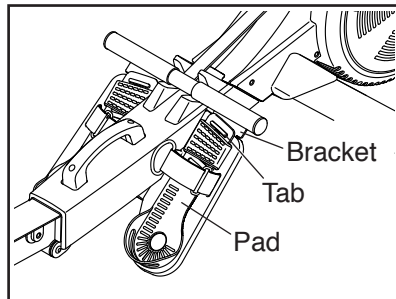
To adjust the console to the desired viewing angle, loosen the knob in the upright position, move the neck to the desired angle, and then tighten the knob; **do not hold or pull on the console.**



## HOW TO ADJUST THE FOOT PADS

First, sit on the seat and place your feet in the foot pads.

Next, press the footrest bracket, slide the foot pad to the desired position, and then release the footrest bracket so that the tab engages a slot in the foot pad. Then, tighten the strap over your foot.

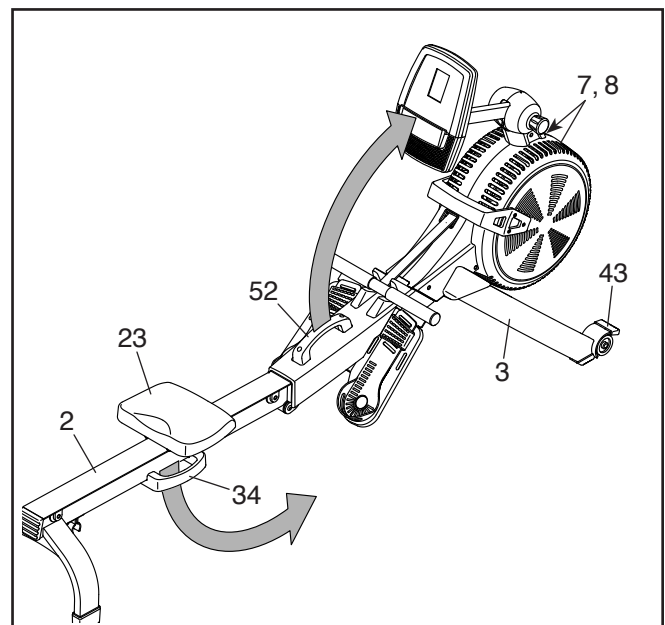


**Adjust the other foot pad in the same way. Make sure to adjust both foot pads to the same position.**

## HOW TO FOLD AND STORE THE ROWER

The rower can be stored in a folded position to conserve space. Store the rower in a location where children cannot tip it. Remove the batteries from the console when storing the rower for extended periods of time.

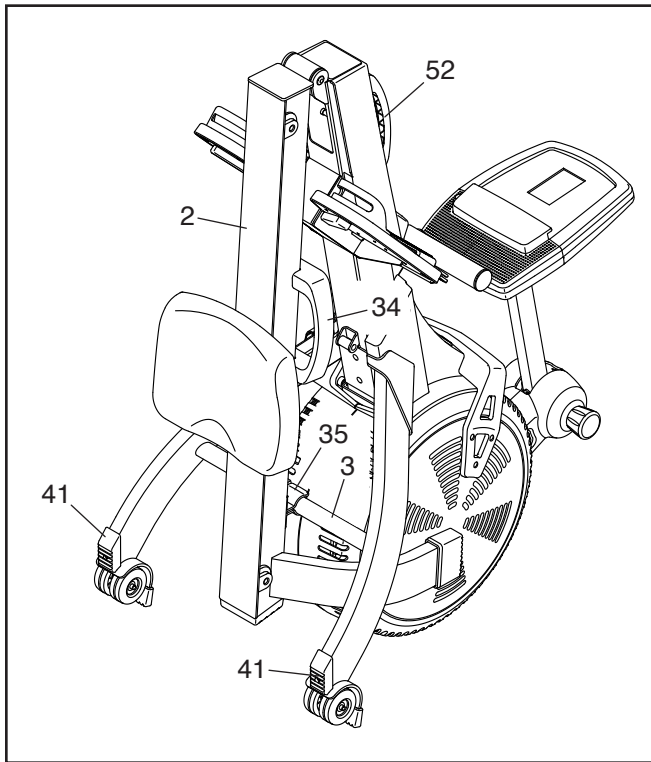
To store the rower, first slide the Seat (23) to the rear of the Rail (2).



Next, hold and lift the Frame Handle (52) and the Rail Handle (34), and tip the rower forward onto the Shields (7, 8) and the Storage Feet (43).

Then, pull the Rail Handle (34) inward until the Folding Clamp (35) engages the bar on the Stabilizer (3).

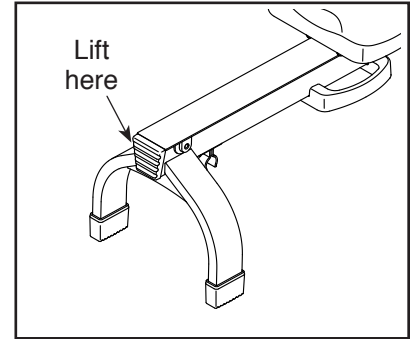
To unfold the rower, first place your foot on a Stabilizer Foot (41) and pull the Rail Handle (34) outward to disengage the Folding Clamp (35).



Then, hold the Rail Handle (34) and the Frame Handle (52), pull the Rail Handle outward, and lower the Rail (2) to the floor.

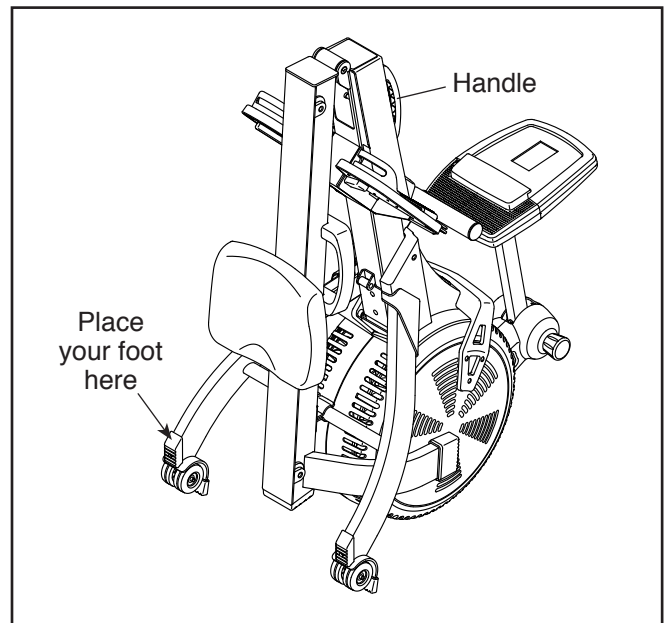
### HOW TO MOVE THE ROWER IN THE UNFOLDED POSITION

Stand behind the rower and lift the rail until the rower will roll on the wheels. Then, carefully move the rower to the desired location, and lower the rail to the floor. **Do not hold or pull on the console when moving the rower.**



### HOW TO MOVE THE ROWER IN THE FOLDED POSITION

See HOW TO FOLD AND STORE THE ROWER on page 9, and fold the rower. Then, hold the frame handle, place your foot on a stabilizer foot, and tip the rower until it will roll on the wheels. Carefully move the rower to the desired location, and then tip it into the storage position. **Do not hold or pull on the console when moving the rower.**



## 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.

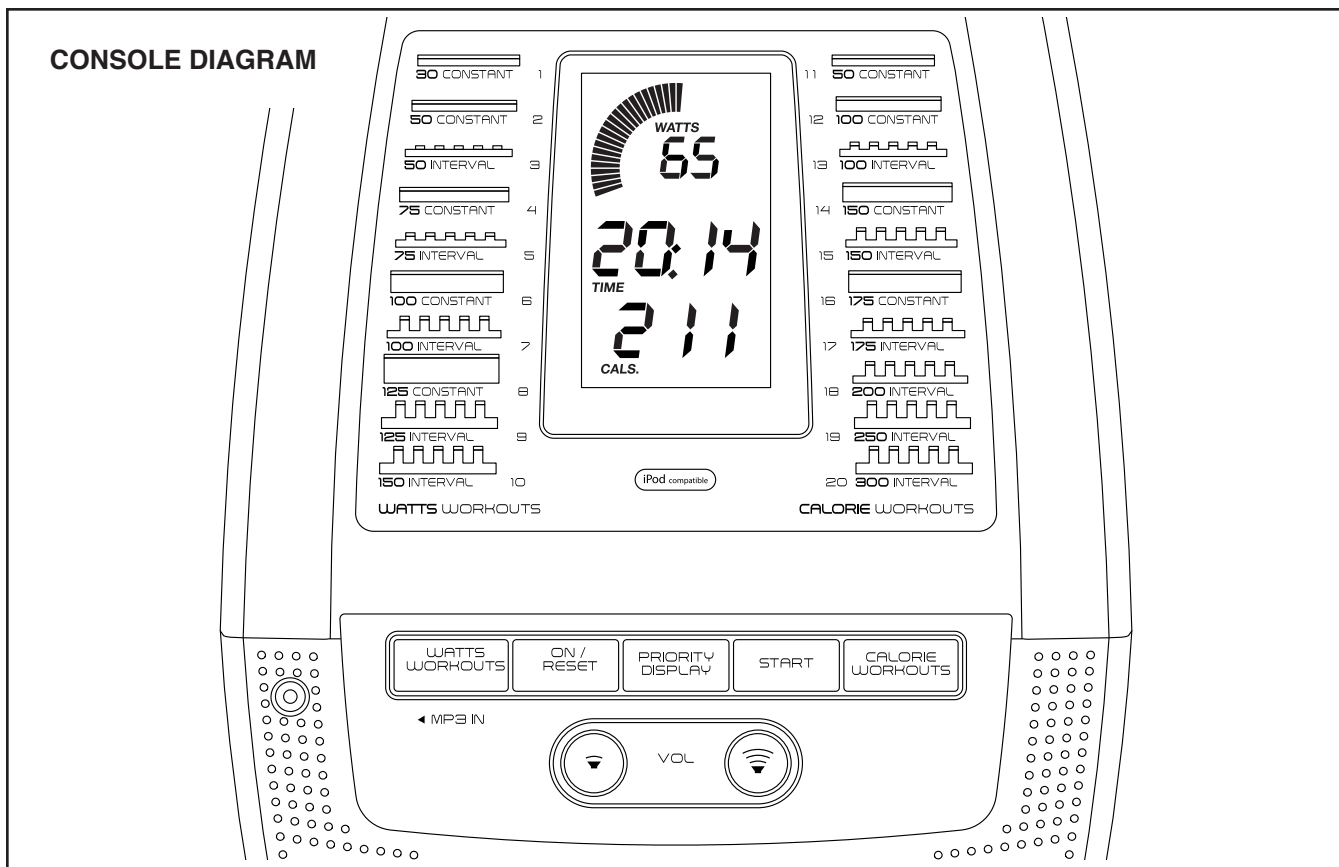
Correct rowing form consists of three phases:

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.



**CONSOLE DIAGRAM**

**FEATURES OF THE CONSOLE**

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

When you use the manual mode, the console will provide continuous exercise feedback.

The console also offers a selection of preset workouts. Each preset workout automatically prompts you to maintain a target watts output as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode**, see page 13. **To use the sound system**, see page 14. **To use a preset workout**, see page 15.

**Note:** Before using the console, make sure that batteries are installed (see assembly step 8 on page 8). If there is a sheet of plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

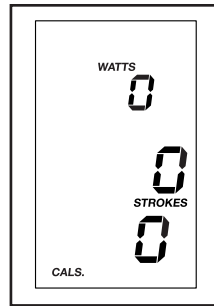
To turn on the console, press the On/Reset button on the console or simply begin rowing.

The displays will turn on and the console will be ready for use.

### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the Watts Workouts or Calorie Workouts button repeatedly until zeros appear in the displays.



### 3. Adjust the resistance to the desired level.

See HOW TO ADJUST THE RESISTANCE on page 9 and adjust the resistance of the rower to the desired level.

### 4. Follow your progress with the displays.

As you exercise, the following display modes will provide instant exercise feedback:

**Calories**—This mode shows the approximate number of calories you have burned during your workout.

**Distance**—This mode shows the distance, in meters, you have rowed during your workout.

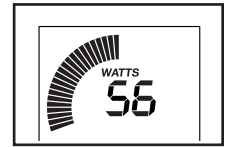
**Strokes**—This mode shows the number of rowing strokes you have completed during your workout.

**Strokes Per Minute (SPM)**—This mode shows the number of rowing strokes you are completing per minute.

**Time**—This mode shows the elapsed time. During a preset workout, this mode shows the time remaining in the workout instead of the elapsed time.

**Watts**—This mode shows your approximate power output in watts.

**Watts meter**—This mode shows a visual representation of your power output in watts. As you increase or decrease your power output, bars will appear or disappear in the watts meter.



Note: During a preset workout, this mode shows a target watts zone for each segment of the workout.

**Scan**—This mode shows the watts, strokes per minute, time, distance, and strokes modes for a few seconds each in a repeating cycle.

The display modes will appear in the following displays:

**Upper display**—This display will show the watts mode and the strokes per minute mode.



**Center display**—This display will show the time mode, the distance mode, and the strokes mode.



**Lower display**—This display will show the calories mode.



The scan mode will be selected automatically when you turn on the console.

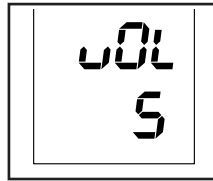
To view the watts, strokes per minute, time, distance, or strokes mode continuously, press the Priority Display button repeatedly until the desired mode is shown in the display.

To return to the scan mode, press the Priority Display button repeatedly until the word SCAN appears in the center display.



To reset the displays to zero, press the On/Reset button.

Change the volume level of the console by pressing the Vol increase and decrease buttons.



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

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

The console has an auto-off feature. If the row bar does not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the Vol increase and decrease buttons on the console or the volume control on your personal audio player.

## HOW TO USE A PRESET WORKOUT

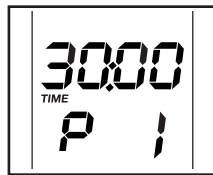
### 1. Turn on the console.

To turn on the console, press the On/Reset button on the console or simply begin rowing.

The displays will turn on and the console will be ready for use.

### 2. Select a preset workout.

To select a preset workout, press the Watts Workouts or Calorie Workouts button repeatedly until the number of the desired workout appears in the lower display.



The duration of the workout will appear in the center display.

Note: Profiles of the preset workouts are printed on the console.

### 3. Adjust the resistance to the highest level.

See HOW TO ADJUST THE RESISTANCE on page 9 and adjust the resistance to the highest level by moving the resistance handle toward the front of the rower.

**IMPORTANT: If you do not adjust the resistance to the highest level, the watts and calories feedback will not be as accurate.**

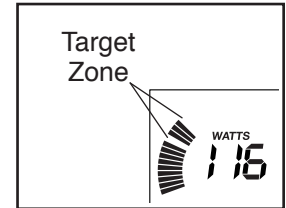
### 4. Start the workout.

Press the Start button or begin rowing to start the workout.

Each workout is divided into one-minute segments. A watts target is programmed for each segment. Note: The same watts target may be programmed for consecutive segments.

At the end of each segment of the workout, a series of tones will sound.

The watts target zone will be shown in the watts target meter in the upper display. The space between the flashing bars represents the watts target for the segment; the solid bars represent your actual watts output.



As you exercise, keep your watts output within the watts target zone for the current segment by adjusting your rowing strokes.

**IMPORTANT: The watts target is intended only to provide motivation. Make sure to row in a manner that is comfortable for you.**

If you stop rowing for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, press the Start button or simply resume rowing. The workout will continue until the last segment of the workout ends.

### 5. Follow your progress with the displays.

See step 4 on page 13.

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

See step 5 on page 14.

# 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.

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.**

For best results, clean the rail, the seat carriage, and the carriage rollers daily.

## CONSOLE TROUBLESHOOTING

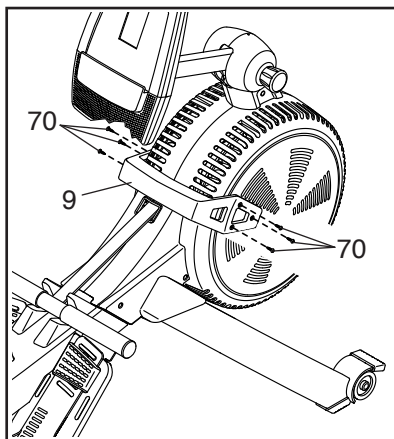
Most console problems are the result of low batteries; for replacement instructions, see assembly step 8 on page 8.

### 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, you must remove the resistance handle and the right and left shields as described below.

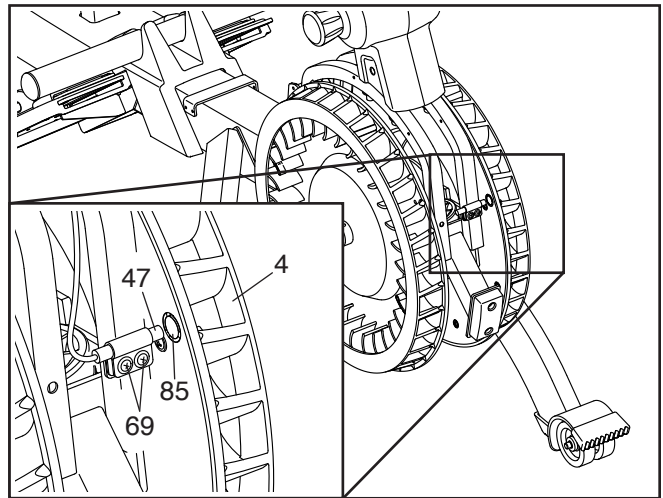
First, remove the six M4 x 10mm Screws (70), and then gently remove the Resistance Handle (9).



See the **EXPLODED DRAWING** on page 19.

Locate the Right and Left Shields (7, 8). Remove the four M4 x 19mm Screws (69) and the ten M4 x 16mm Screws (68) from the Right and Left Shields. Then, gently remove the Right and Left Shields.

Next, locate the Reed Switch (47). Turn the Left Fan (4) until a Magnet (85) is aligned with the Reed Switch. Slightly loosen the two indicated M4 x 19mm Screws (69). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screws.



Turn the Left Fan (4) so that the Magnet (85) passes the Reed Switch (47) repeatedly. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, 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	

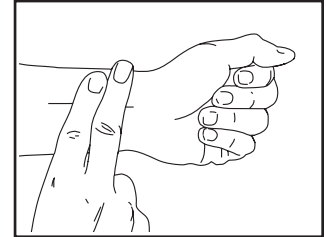
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

# PART LIST

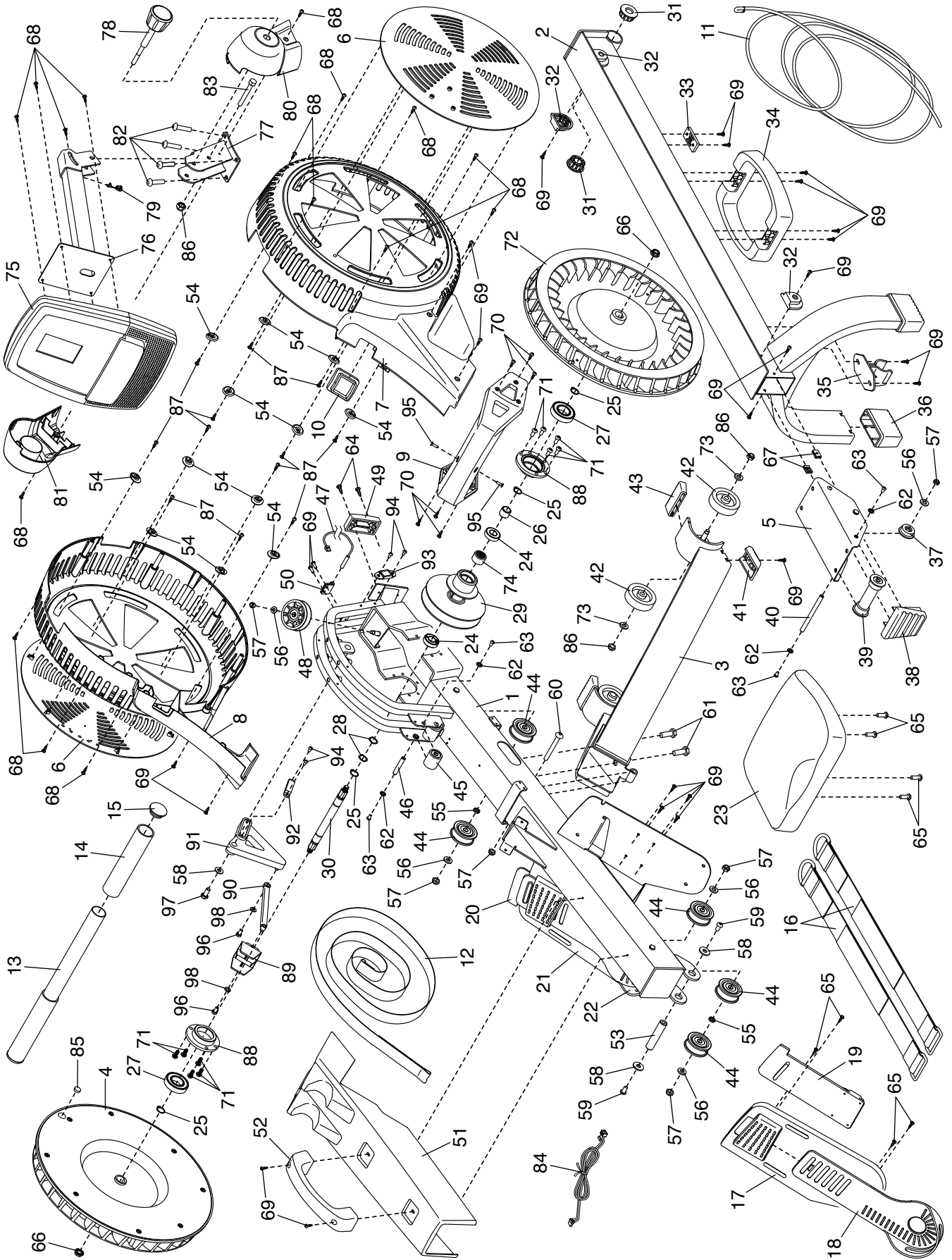
Model No. NTEVRW59216.0 R0420A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Row Bar Rest
2	1	Rail	52	1	Frame Handle
3	1	Stabilizer	53	1	Pivot Axle
4	1	Left Fan	54	12	Deflector Bracket
5	1	Seat Carriage	55	2	Pulley Bracket
6	2	Deflector	56	6	6mm Washer
7	1	Right Shield	57	7	M6 Locknut
8	1	Left Shield	58	3	M8 Washer
9	1	Resistance Handle	59	2	M8 x 12mm Screw
10	1	Strap Grommet	60	1	M10 x 40mm Bolt
11	1	Bungee	61	2	M10 x 20mm Screw
12	1	Strap	62	8	5mm Washer
13	1	Row Bar	63	8	M5 x 10mm Screw
14	2	Grip	64	2	#8 x 3/4" Screw
15	2	Row Bar Cap	65	12	M6 x 15mm Screw
16	2	Footrest Strap	66	2	M10 Flange Nut
17	1	Right Footrest	67	2	Clip
18	1	Right Foot Pad	68	16	M4 x 16mm Screw
19	1	Right Footrest Bracket	69	32	M4 x 19mm Screw
20	1	Left Footrest Bracket	70	6	M4 x 10mm Screw
21	1	Left Footrest	71	10	M8 x 12mm Screw
22	1	Left Foot Pad	72	1	Right Fan
23	1	Seat	73	4	8mm Washer
24	2	Small Bearing	74	1	One-way Bearing
25	4	Snap Ring	75	1	Console
26	1	Bushing	76	1	Neck
27	2	Large Bearing	77	1	Upright
28	2	15mm Wave Washer	78	1	Knob
29	1	Pulley Assembly	79	1	Wire Grommet
30	1	Axle	80	1	Right Upright Cover
31	2	Pivot Bushing	81	1	Left Upright Cover
32	4	Stop	82	4	M8 x 35mm Screw
33	1	Bumper	83	1	M8 x 50mm Hex Bolt
34	1	Rail Handle	84	1	Upright Wire
35	1	Folding Clamp	85	4	Fan Magnet
36	2	Rail Foot	86	5	M8 Locknut
37	2	Small Carriage Roller	87	12	M4 x 10mm Flat Head Screw
38	1	Rail Cap	88	2	Bearing Bracket
39	2	Large Carriage Roller	89	1	Handle Bracket
40	2	Carriage Axle	90	1	Link Arm
41	2	Stabilizer Foot	91	1	Magnet Bracket
42	4	Wheel	92	1	Resistance Magnet
43	2	Storage Foot	93	1	Frame Magnet
44	5	Rail Pulley	94	4	Magnet Screw
45	2	Strap Roller	95	2	Handle Bracket Screw
46	2	Roller Axle	96	2	M6 x 12mm Hex Screw
47	1	Reed Switch/Wire	97	1	M8 x 12mm Hex Screw
48	1	Frame Pulley	98	2	M6 Washer
49	1	Frame Foot	*	–	User's Manual
50	1	Reed Switch Clamp	*	–	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.

# EXPLODED DRAWING

Model No. NTEVRW59216.0 R0420A



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# 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)

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# 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.

