

Lift System Instructions

Instructions to install and calibrate NordicTrack 9600 Incline Trainer

Remember to turn off the unit and unplug it from the wall outlet before any work is done

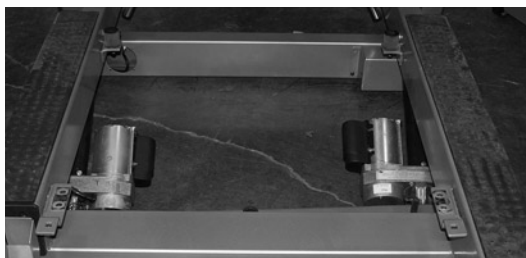
Step 1

Start by removing the belt and deck to allow access to the lift motors and Limit Switches.



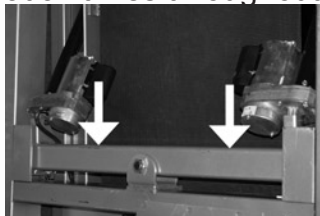
Step 1 a

The lift motor and limit switches should now be visible at this point.



Step 1 b

Make sure that the sway bar is level at all times throughout this process.



Step 2

Remove the 9/16 bolt located at the top of the lift motor. This bolt connects the top of the lift motor to the frame.



Step 2 a

Just the top bolts on the lift motors need to be removed at this point. These are connected to the deck.

Step 3

Now completely remove the inoperable Lift Motor from the unit and properly dispose of it. Replace the inoperable lift motor with the new lift motor provided by FreeMotion Fitness. From this point on you must ensure that the sway bar is level and not hitting either limit switch.



Please follow instructions completely. These instructions are for the 9600 Incline Trainers only.

FREEMOTION FITNESS

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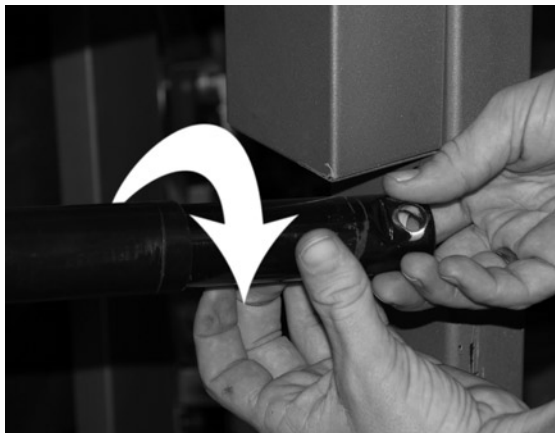
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Step 4

Bolt only the base of the new lift motor to the frame. These bolts should be tightened to approx. 15 ft/lb

Step 5

Unscrew the lift shaft from both lift motors.



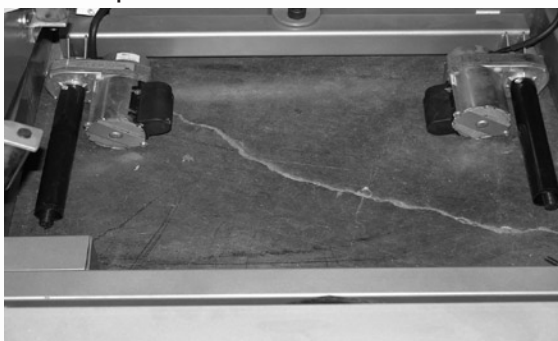
Step 5 a

Please remove both lift shafts completely. (Do not dispose of the lift shaft. They will be used in later steps)



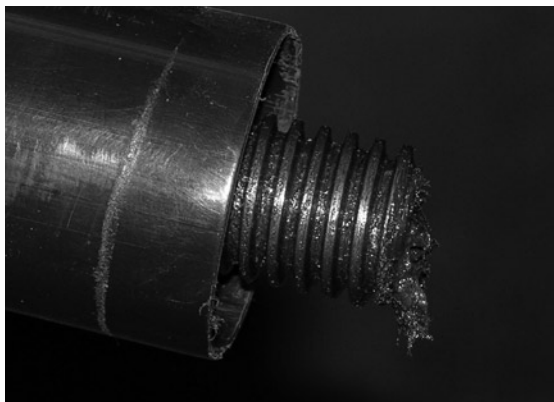
Step 5 b

With the lift shafts off of both lift motors, this is how the unit should look at this point. Make sure that the sway bar is still in a level position.



Step 5 c

Close up of the lift motor with the lift shaft removed.



Step 5 d

Plug the power cord back into the wall outlet and turn on the power.

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Step 6

Enter calibration mode by pressing and holding the (Reset) (+) (-) buttons next to the Enter Age/Weight button for 5 seconds.



Step 6 a

The first screen in calibration mode will display either a 33 or 55 on screen. (pic below)



Step 7

Press the (Enter Age/Weight) button to advance to the next screen.



Step 7 a

The next screen will read EP:2P (see picture)



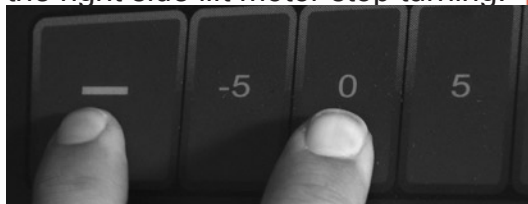
Step 8

Rotate down the left side lift motor electrically by holding down both the (-) and the (-5) buttons on the quick incline series of numbers. Hold these two buttons down until the left side lift motor stops turning.



Step 9

Now rotate down the right side lift motor electrically by holding down both the (-) and the (0) buttons on the quick incline series of numbers. Hold these two buttons down until the right side lift motor stop turning.



Step 10

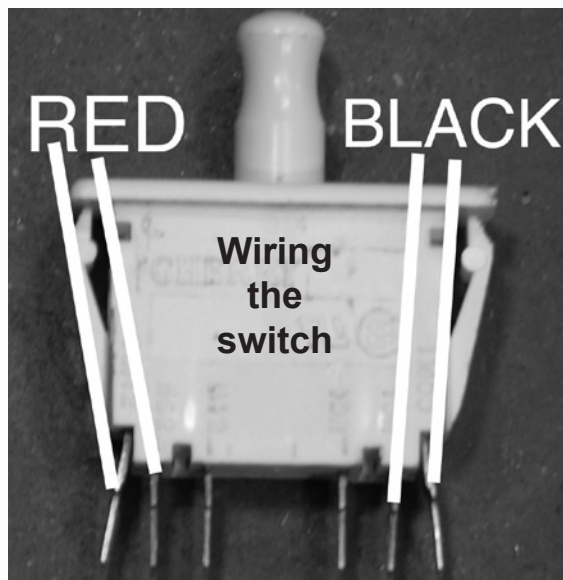
Pry out old limit switches with screwdriver. Replace using same wiring as original.



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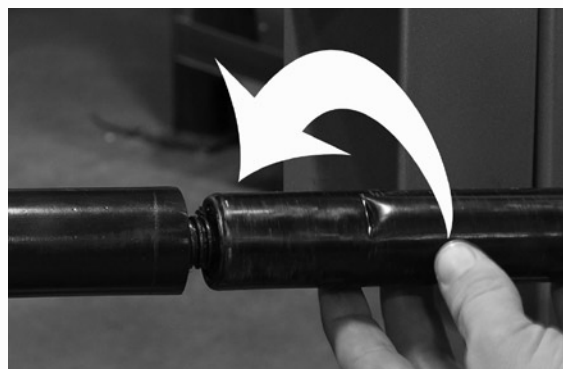
Step 11

Replace both of the existing limit switches with the new ones provided by FreeMotion Fitness



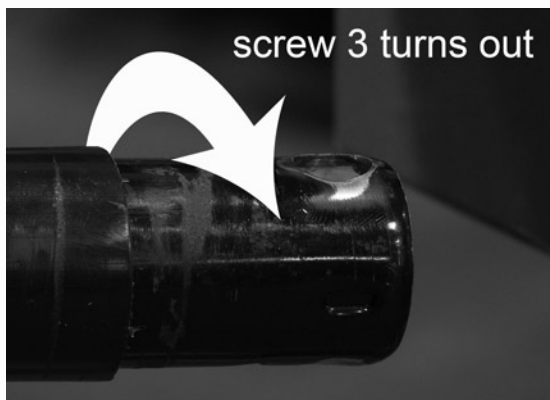
Step 12

Reattach the lift motor shafts by threading the female end in a clockwise direction on to the male screw. Make sure you screw them all the way down until the lift shafts bottom out at the base of the lift screw.



Step 13

After both lift motor shafts are completely wound down take each lift shaft out three (3) full rotations.



Step 14

Bolt the top of the lift motor back up to the deck. The sway bar must be level.

Step 15

Now calibrate the unit. The unit should still be calibration mode. Press and hold the (-) and (+) on either side of the quick incline series of numbers. Hold these two buttons for 5 seconds. This will calibrate both lift motors.



Step 16

Reattach the deck and belt. Perform any general cleaning. Replace motor hood. Done.

FreeMotion Fitness

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