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Содержимого 41 1 Таблица Содержимого 2 3 3 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 Вы, наконец, решили инвестировать в свое здоровье, в результате чего современной машины оснащены интерактивным персональным обучением прямо в вашем доме, и мы не могли чувствовать себя более честь быть частью вашего нового здорового образа жизни. With your new NordicTrack Commercial 1750 treadmill, you are well on your way to the healthy life you deserve with workouts that will help you every mile to success. Since you already know all the incredible features of commercial 1750 -- given your recent purchase - we want to continue to support all your build needs with these customization instructions. Commercial 1750 Treadmill Build Instructions Go my.nordictrack.com on your computer and register your product. You will be able to activate the warranty, saving time if you ever need to contact Customer Service, and allow us to notify you of updates and offers. Note: If you don't have internet access, call customer service (see user guide cover) and register your product. Make sure the power cord is off. Remove the vertical wire tie to the front of the base. Next, determine the correct vertical position. The second person has the right to hold upright near the base. Tie the tie of the wire in the right upright position securely around the end of the vertical wire. Then insert the vertical wire at the lower end of the right upright as you pull the other end of the tie wire through the right upright. Lay right upright near the base. Tap the vertical Grommet into the square hole in the right upright position. Make sure not to pinch the wire of the ground. If the screw is attached vertically to the right, remove it and discard it. Then attach the ground wire to the right vertical #8 x 1/2 Silver screw. Make sure you don't pinch the vertical wire. Attach right upright with two 3/8 x 2 3/4 screws, two 3/8 x 1 1/4 screws, and four 3/8 Star Washers; Don't completely tighten the screws yet. Attach the left vertical in the same way. Note: There are no wires on the left side. Identify the left and right covers of the base. Slide the left base cover to the left vertical and slide the right lid of the base to the right upright. Push the base lids down, but don't yet tie the base lids in place. Then remove and save 5/16 x 2 screws. If there is a film covering the sticker sticker Each of the vertical, carefully removed film. Gently slide the vertical crossbar between the right and left vertically. Attach the vertical crossbar with four 5/16 x 3/4 screws; Start all four screws and then tighten them. Keep Tray near the right vertical. Then find the tie in the specified hole in the right upright position. Wrap the tie around the end of the fan wire, and pull the fan wire into the hole and out of the top of the right upright. Then take off the tie. Attach Tray to a vertical crossbar with four #8 x 3/4 Truss Head screws; Start all four Truss Head screws and then tighten them. Attach two handrails to the right and left vertical with two of the 5/16 x 2 screws that you removed in step 5 and two 5/16 Star washers; Don't completely tighten the screws yet. Be careful not to pinch the vertical wire (B3) or the wire fan (H) on the right side. Break the wires, as shown in this question. Then remove and discard the two screws. Place the console assembly face down on a soft surface to avoid scratching the console assembly. Remove and discard the four of these screws. Then remove Pulse Crossbar. IMPORTANT: To avoid damaging the pulsed crossbar, do not use power tools or tighten the screws #10 x 3/4 or screws 5/16 x 2. Orient the pulse crossbar. Attach the pulsed crossbar to two 5/16 x 2 screws that you removed in step 5, two 5/16 Star Washers and two screws #10 x 3/4; Start all four screws and then tighten them. Then tighten the other two 5/16 x 2 screws. Use a second person to hold the console assembly near the Handrails. Connect the vertical wire to the console wire. The connectors should slide together easily and snap into place. If they don't, turn one connector and try again. IF YOU DON'T PLUG THE CONNECTORS PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER. Then connect the two wire fans. Then remove any wire ties with vertical wire and fan wires, and insert the excess fan wire into the right upright. Attach console builds on handrails with four 5/16 x 2 screws and four 5/16 Star washers; Start all four screws and then tighten them. Be careful not to pinch the wires. Then insert the wires up into the console assembly. Start four #8 x 3/4 Truss Head screws into the pulse crossbar and then tighten them; Don't pull the screws truss head. Place the left lid of the handrail on the left handrail. Start four #8 x 3/4 Truss Head screws in the left handrail of the bottom lid, left handrail, and left handrail Top Cover. Next, slide the left handrail at the top and bottom of the lid forward against the console assembly. Then tighten all four Truss Head screws. Attach the right handrail at the top and bottom of the lid to the right handrail, as described above. Lift the frame to the position shown. second person to hold a hold Frame to complete step 16. Remove 5/16 Nut and 5/16 x 1 3/4 Bolt from the base bracket. Next, focus on the storage latch. Attach the bottom end of the storage latch to the base bracket with 5/16 x 1 3/4 Bolt and 5/16 Nut. Then lift the storage latch upright and remove the tie. Remove 5/16 Nut and 5/16 x 2 1/4 Bolt from the bracket on the frame. Align the top end of the storage latch with a bracket on the frame, and paste the 5/16 x 2 1/4 Bolt through the bracket and storage latch. This will push the astronaut out of the storage latch; to give up the spacer. Next, tighten 5/16 Nut on 5/16 x 2 1/4 Bolt. Don't drag the nut, The storage latch should be able to rotate. Then lower the frame. Firmly tighten four 3/8 x 2 3/4 screws and four 3/8 x 1 1/4 screws. Next, the slide and left and right base covers down until they snap into place. Attach the tablet holder to the console assembly with four screws #8 x 5/8. Note: Run the top two screws and then start the bottom two screws. Be careful not to over-tighten the screws. IMPORTANT: The tablet holder is designed to be used with most full-size tablets. Do not put any other electronic device or object in the Holder. Make tablet make sure that all parts are properly tightened before using the treadmill. If there are sheets of plastic on the treadmill stickers, remove the plastic. Place the mat under the treadmill to protect the floor or carpet. To avoid damage to the console, keep the treadmill under direct sunlight. Keep the hex keys on in a safe place; one of the hex keys is used to handle the walking belt. Note: Additional parts may be included. For a visual explanation of the build of Commercial 1750, you can watch the video below for detailed instructions: Always remember to read the user's manual carefully before using the treadmill. Now that your machine is ready for you to start smashing your fitness goals, learn all the workouts offered on iFit and truly understand why Commercial 1750 has been named best for creative workouts. DISCLAIMER: This position is not intended to replace the advice of a medical professional. The above information should not be used to diagnose, treat or prevent any diseases or diseases. Please consult your doctor before making any changes to your diet, sleep patterns, daily activities, or fitness routine. 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