

# *Elliptical Cross Trainer*



*Assembly  
Instructions*

# ASSEMBLY INSTRUCTIONS

## Introduction

Congratulations on your purchase of the ELLIPTICAL CROSS TRAINER. This product has been designed and manufactured to meet the needs and requirements of domestic use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

If you have any further questions, please contact us. We wish you lots of success and fun while training.

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## Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, even so it is still important that you take care of your ELLIPTICAL CROSS TRAINER on a regular basis. Your ELLIPTICAL CROSS TRAINER is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your ELLIPTICAL CROSS TRAINER after each use.

The safety level of your ELLIPTICAL CROSS TRAINER can only be maintained if it is examined regularly for damage and wear. As a sensible precaution quickly visually safety check and clean before use. We suggest a more thorough inspection every two to three weeks. If any defects are found discontinue use immediately and contact your dealer for advice on how to proceed.

### Components most Susceptible to Wear

**DUAL ACTION HANDLE** [part# 201,306,401]

**STATIONARY HANDLE BAR** [part# 302]

**STABILIZER - FRONT and REAR** [part# 202,308,403]

**FOOT PEDAL** [part# 116]

These parts are assembled by the consumer and should be checked regularly. Make sure that all Nuts, Bolts and Knobs are tight and secure.

### All FASTENERS [Nuts, Bolts, and Screws]

All fasteners that are easily accessible should be tightened on a regular basis.

### The 3x Pivot Points [part#17,22,24,27,30,32,36,62]

The 3x Pivot Points combine BEARINGS with BUSHINGS. The BEARINGS should last a lifetime with normal use. The BUSHINGS are a special design incorporating a space age plastic with lubricate built inside. As well they are greased by the manufacturer and should last a lifetime with normal use.

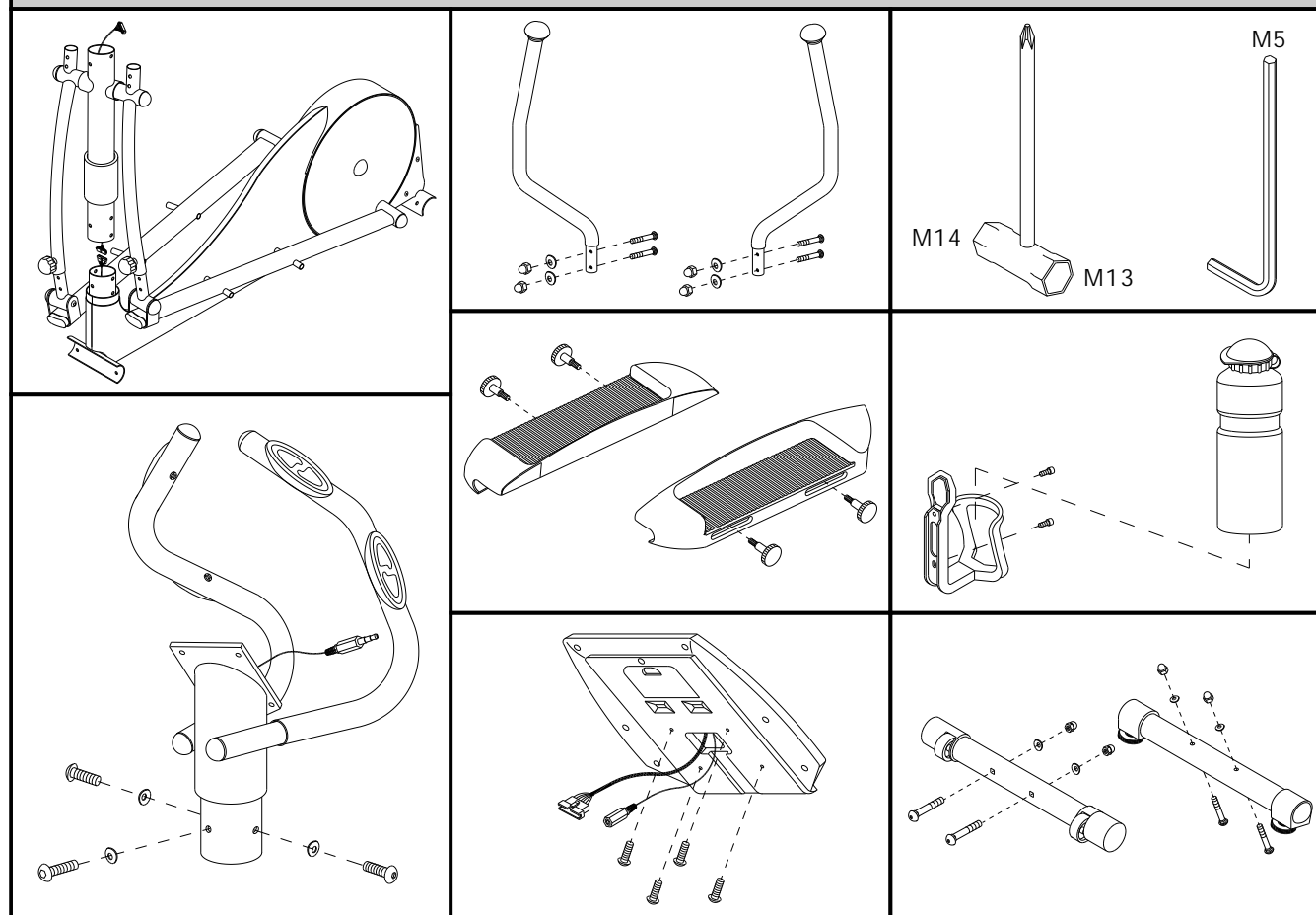
**WARNING:** Do NOT apply oil to any moving parts as this will wash the grease away damaging the ELLIPTICAL CROSS TRAINER.

If you want to replace the BEARINGS then do so with care. If you wish to grease the BUSHINGS use a good quality grease that is friendly to plastic (some greases destroys plastic).

To replace the BEARINGS and grease the BUSHINGS disconnect the FOOT PEDAL TUBE [011&012]andtheDUALACTIONARM[005&006]. Replace the BEARINGS and grease the BUSHINGS. Thenreassemble.

## Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.



# ASSEMBLY INSTRUCTIONS

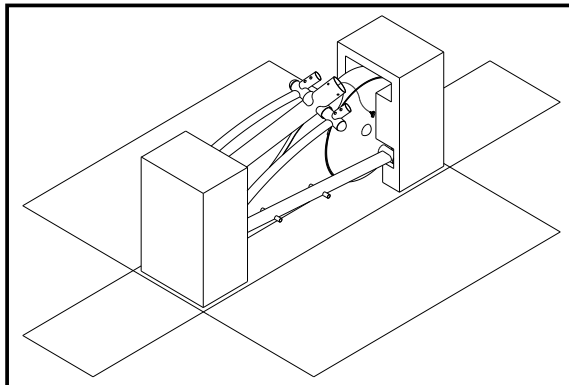
## STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your ELLIPTICAL CROSS TRAINER.

## STEP 2

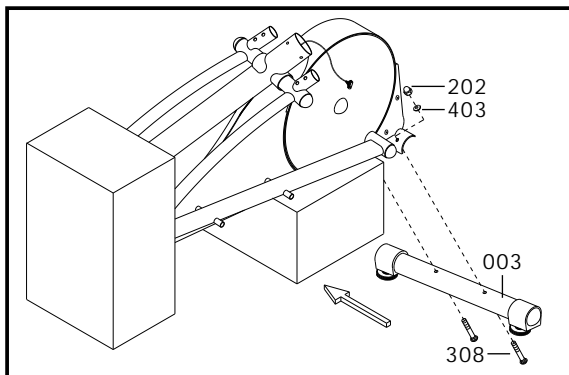
- Use a sharp knife, open the carton and lay it flat on the floor.
- Remove all loose components.
- Refer to the checklist and check that everything is present.

**NOTE:** To protect the ELLIPTICAL CROSS TRAINER while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



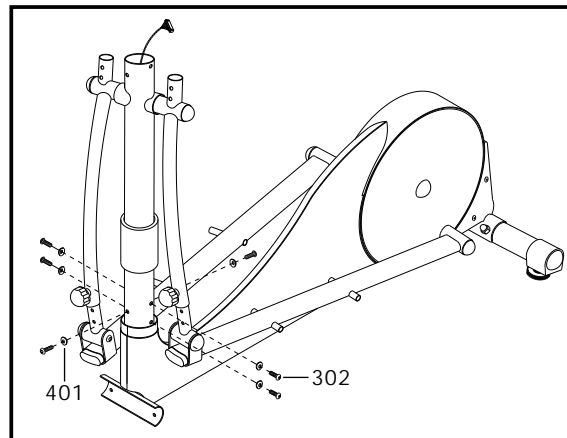
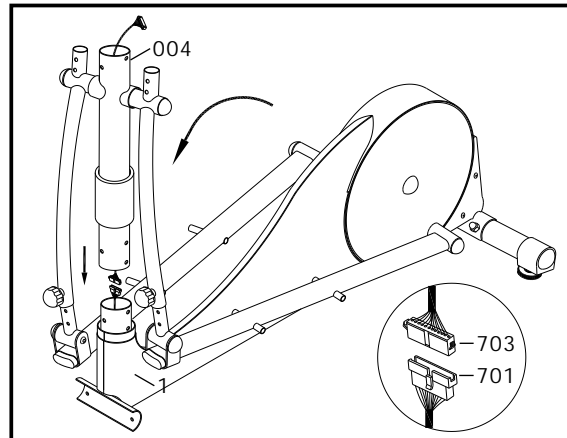
## STEP 3

- Lift the rear of the machine off the floor and slide a Polystyrene Block under the rear-end of the machine.
- Assemble the REAR STABILIZER [003] with 2 x BOLT [308] + 2 x WASHER [403] + 2 x NUT [202] and tighten firmly.



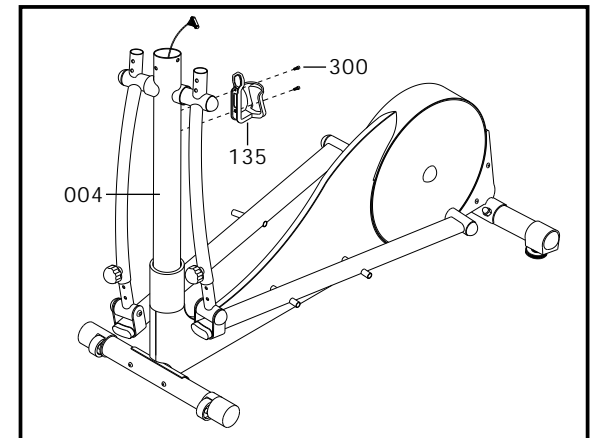
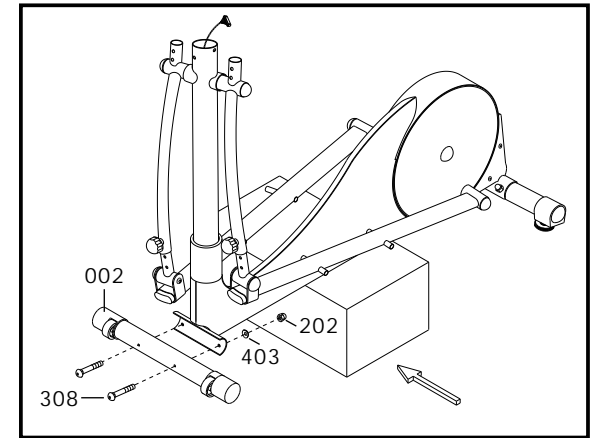
## STEP 4

- Remove all Polystyrene Blocks.
- With another person helping you carefully lift the UPRIGHT TUBE [004] until it is vertical while the other person joins the plugs of the COMPUTER CABLE [703] to MOTOR with CABLE [701] as shown in the illustration below. Then slide the UPRIGHT TUBE [004] into the MAIN FRAME [001].
- Loosely assembly 6 x BOLT [302] + WASHER [401] into MAIN FRAME [001]. Rotate the FOOT PEDAL TUBES [011 & 012] at least two times to correctly align the UPRIGHT TUBE [004] then firmly tighten 6 x BOLT [302].
- Slide down the HAT COVER [111] and push firmly.



## STEP 5

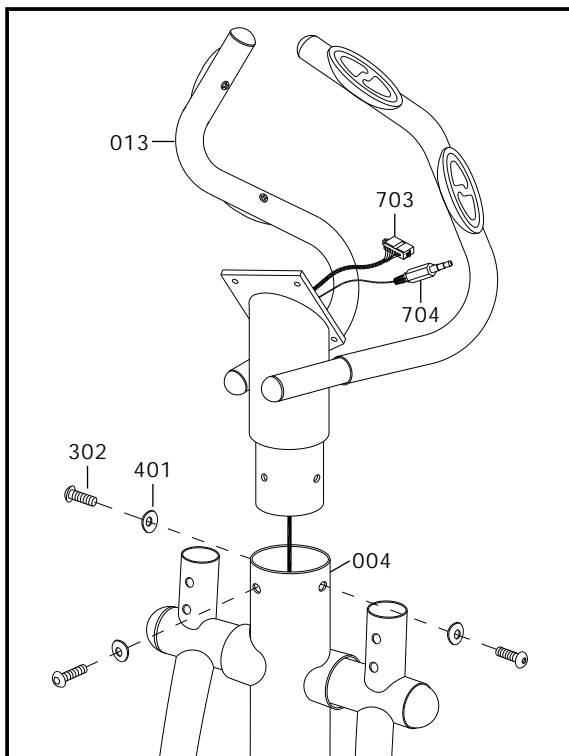
- Assemble the FRONT STABILIZER [002] with 2 x BOLT [308] + 2 x WASHER [403] + 2 x NUT [202] and tighten firmly.
- Remove 2 x BOLT [300] from UPRIGHT TUBE [004]. Align WATER BOTTLE HOLDER [135] and fasten with the same 2 x BOLT [300].



# ASSEMBLY INSTRUCTIONS

## STEP 6

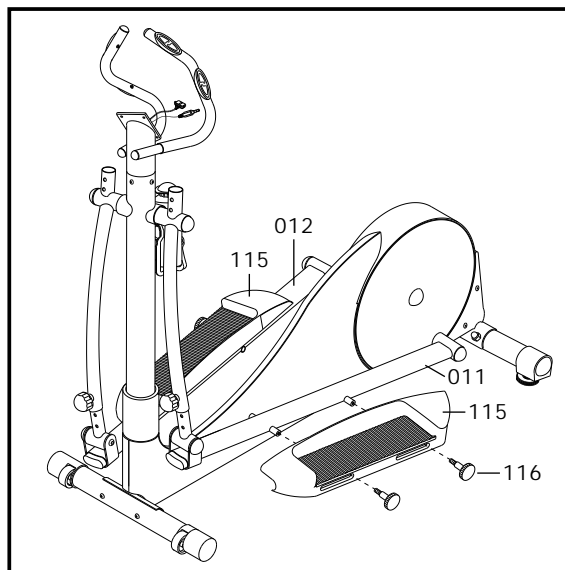
- Feed both the COMPUTER CABLE [703] + HAND PULSE CABLE [704] out through the top of the STATIONARY HANDLE BAR [013] then slide the STATIONARY HANDLE BAR [013] into the UPRIGHT TUBE [004].
- Secure with 3 x BOLT [302] + 3 x WASHER [401]. Before tightening make sure the STATIONARY HANDLE BAR [013] correctly positioned.



## STEP 7

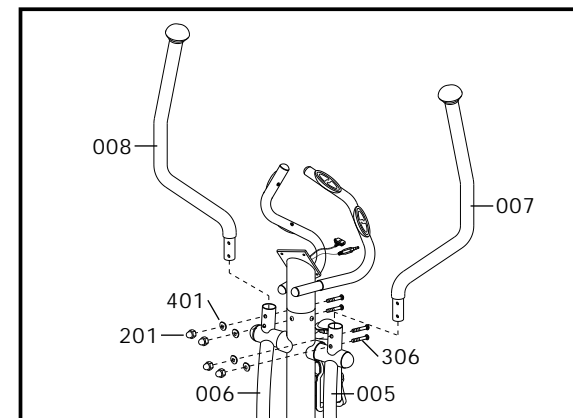
- Slide the ADJUSTABLE FOOT PEDAL [115] onto the left and right FOOT PEDAL TUBE [011 & 012]. Secure with ADJUSTABLE FOOT PEDAL KNOB [116] and tighten firmly.

**NOTE:** The ADJUSTABLE FOOT PEDAL [115] can be adjusted to your personal preference, but we suggest that you start with the middle setting number 3.



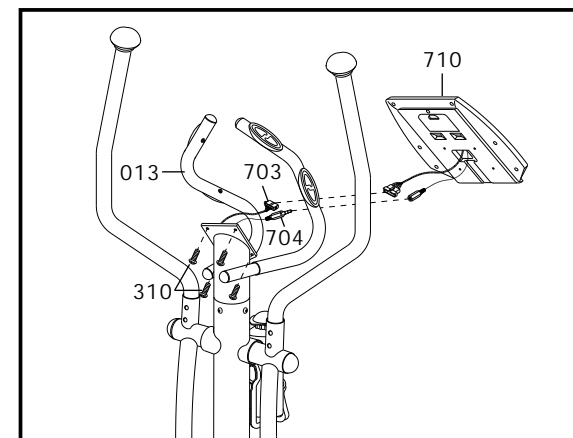
## STEP 8

- Insert the LEFT DUAL ACTION HANDLE [007] into the top of the LEFT DUAL ACTION ARM [005]. Note Left Sticker.
- Insert the RIGHT DUAL ACTION HANDLE [008] into the top of the RIGHT DUAL ACTION ARM [006]. Note Right Sticker.
- Secure with 4 x BOLT [306] + 4 x WASHER [401] + 4 x NUT [201] and tighten firmly but DONOT overtighten.



## STEP 9

- Connect the COMPUTER CABLE [703] + HAND PULSE CABLE [704] to the COMPUTER [710].
- Feed the excess cables into the hole in the STATIONARY HANDLE BAR [013].
- On the top of the STATIONARY HANDLE BAR [013] is the Computer Plate. Position the COMPUTER [710] on the Computer Plate and secure with 4 x BOLTS [310].

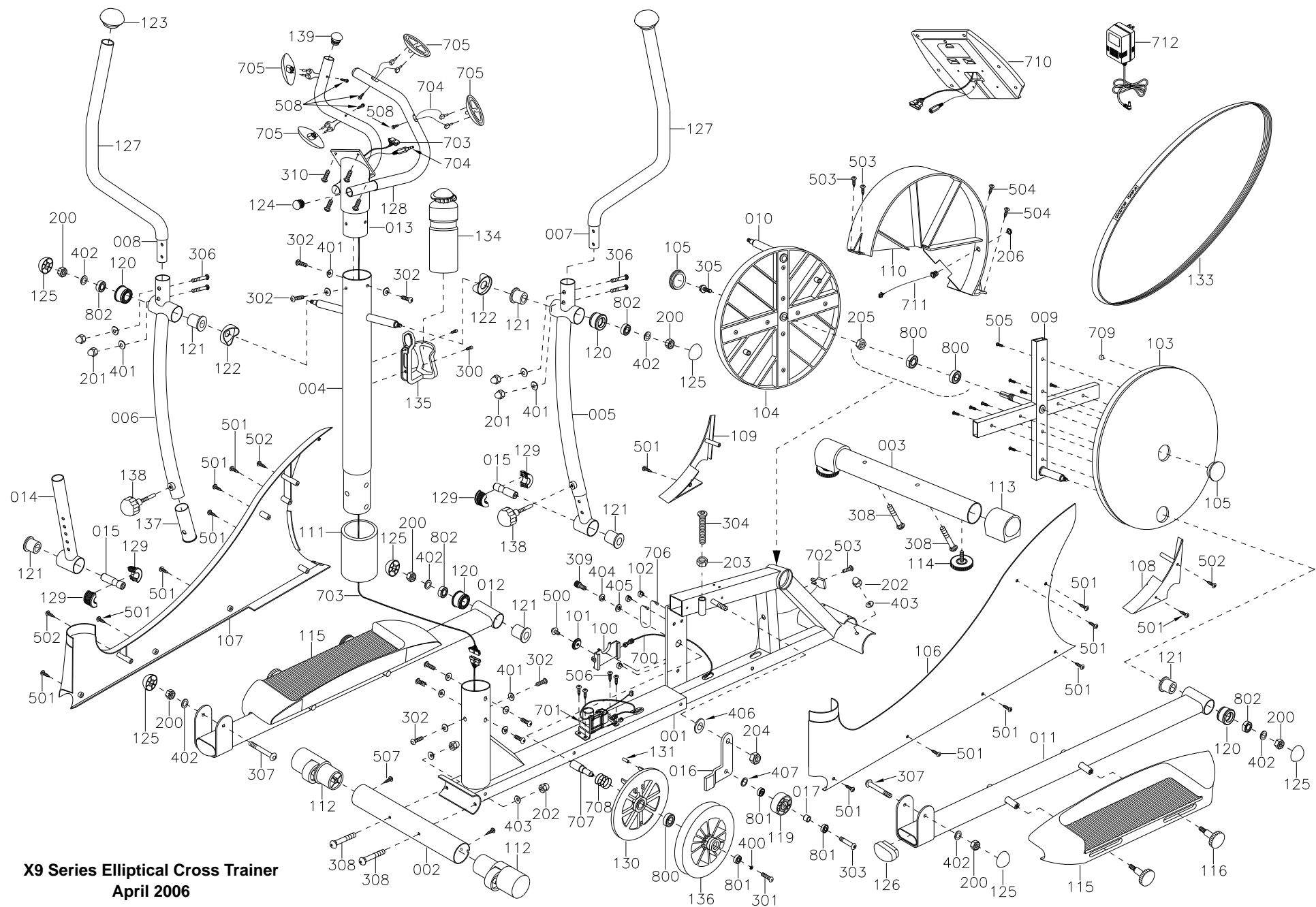


# DETAILED PARTS LIST

<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
001	MAIN FRAME	1	125	NUT COVER	6	500	SCREW	1
002	STABILIZER - FRONT	1	126	PLUG	2	501	SCREW	14
003	STABILIZER - REAR	1	127	FOAM GRIP	2	502	SCREW	3
004	UPRIGHT TUBE	1	128	FOAM GRIP	2	503	SCREW	3
005	DUAL ACTION ARM - LEFT	1	129	BUSHING - CUP	4	504	SCREW	2
006	DUAL ACTION ARM - RIGHT	1	130	PANCAKE ALUMINUM	1	505	SCREW	12
007	DUAL ACTION HANDLE - LEFT	1	131	PANCAKE SLEEVE	2	506	SCREW	4
008	DUAL ACTION HANDLE - RIGHT	1	133	HUTCHINSON BELT	1	507	SCREW	2
009	DISC COVER FRAME - LEFT	1	134	WATER BOTTLE	1	508	SCREW	4
010	DISC COVER FRAME - RIGHT	1	135	WATER BOTTLE HOLDER	1	700	MOTOR TENSION CABLE	1
011	FOOT PEDAL TUBE - LEFT	1	136	FLYWHEEL with MAGNETS	1	701	MOTOR with CABLE	1
012	FOOT PEDAL TUBE - RIGHT	1	137	ANGLE ADJUSTMENT SLEEVE	2	702	SENSOR with CABLE	1
013	STATIONARY HANDLE BAR	1	138	ANGLE ADJUSTMENT KNOB	2	703	COMPUTER CABLE	1
014	ANGLE ADJUSTMENT TUBE	2	139	PLUG	2	704	HAND PULSE CABLE	1
015	FRONT PIVOT SHAFT	2	200	NUT	6	705	HAND PULSE SENSOR	4
016	TENSION WHEEL ARM	1	201	NUT	4	706	PANCAKE SLIDER CABLE	1
017	TENSION WHEEL SPACER	1	202	NUT	4	707	PANCAKE FLYWHEEL SHAFT	1
100	PANCAKE SLIDER	1	203	NUT	1	708	PANCAKE SPRING	1
101	PANCAKE SLIDER WHEEL	1	204	NUT	1	709	SENSOR MAGNET	1
102	PANCAKE CABLE GUIDE	3	205	NUT	1	710	COMPUTER	1
103	DISC COVER - LEFT	1	206	NUT	1	711	D/C ADAPTOR SOCKET with CABLE	1
104	DISC COVER - RIGHT	1	300	BOLT	2	712	A/C ADAPTOR	1
105	DISC COVER PLUG	2	301	BOLT	1	800	BEARING	3
106	FRONT COVER - LEFT	1	302	BOLT	9	801	BEARING	3
107	FRONT COVER - RIGHT	1	303	BOLT	1	802	BEARING	4
108	REAR COVER - LEFT	1	304	BOLT	1			
109	REAR COVER - RIGHT	1	305	BOLT	1			
110	MIDDLE COVER	1	306	BOLT	4			
111	HAT COVER	1	307	BOLT	2			
112	FOOT PLUG with WHEEL	2	308	BOLT	4			
113	HEIGHT ADJUSTER CAP	2	309	BOLT	1			
114	HEIGHT ADJUSTER FOOT	2	310	BOLT	4			
115	ADJUSTABLE FOOT PEDAL	2	400	WASHER	1			
116	ADJUSTABLE FOOT PEDAL KNOB	4	401	WASHER	13			
119	TENSION WHEEL	1	402	WASHER	6			
120	BUSHING - BEARING	4	403	WASHER	4			
121	BUSHING - STANDARD	6	404	WASHER	1			
122	UPRIGHT TUBE SPACER	2	405	WASHER	1			
123	DUAL ACTION ARM KNOB	2	406	WASHER	1			
124	PLUG	2	407	WASHER	1			

**X9 Series Elliptical Cross Trainer**  
**April 2006**

# EXPLODED DRAWING



**X9 Series Elliptical Cross Trainer**  
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