

ST990B ELLIPTICAL CROSS TRAINER

Enjoy the Sensation



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ASSEMBLY INSTRUCTIONS

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Introduction

Congratulations on your purchase of the ELLIPTICAL CROSS TRAINER. This product has been designed and manufactured to meet the needs and requirements of light commercial 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 HANDLES [part# 9,10,69,70,71]

STATIONARY HANDLE BAR [part# 76,78]

FRONT & REAR STABILIZERS [part# 5,6,52,58]

FOOT PEDALS [part# 40,42]

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# 3,4,7,8,13,98,99,100]

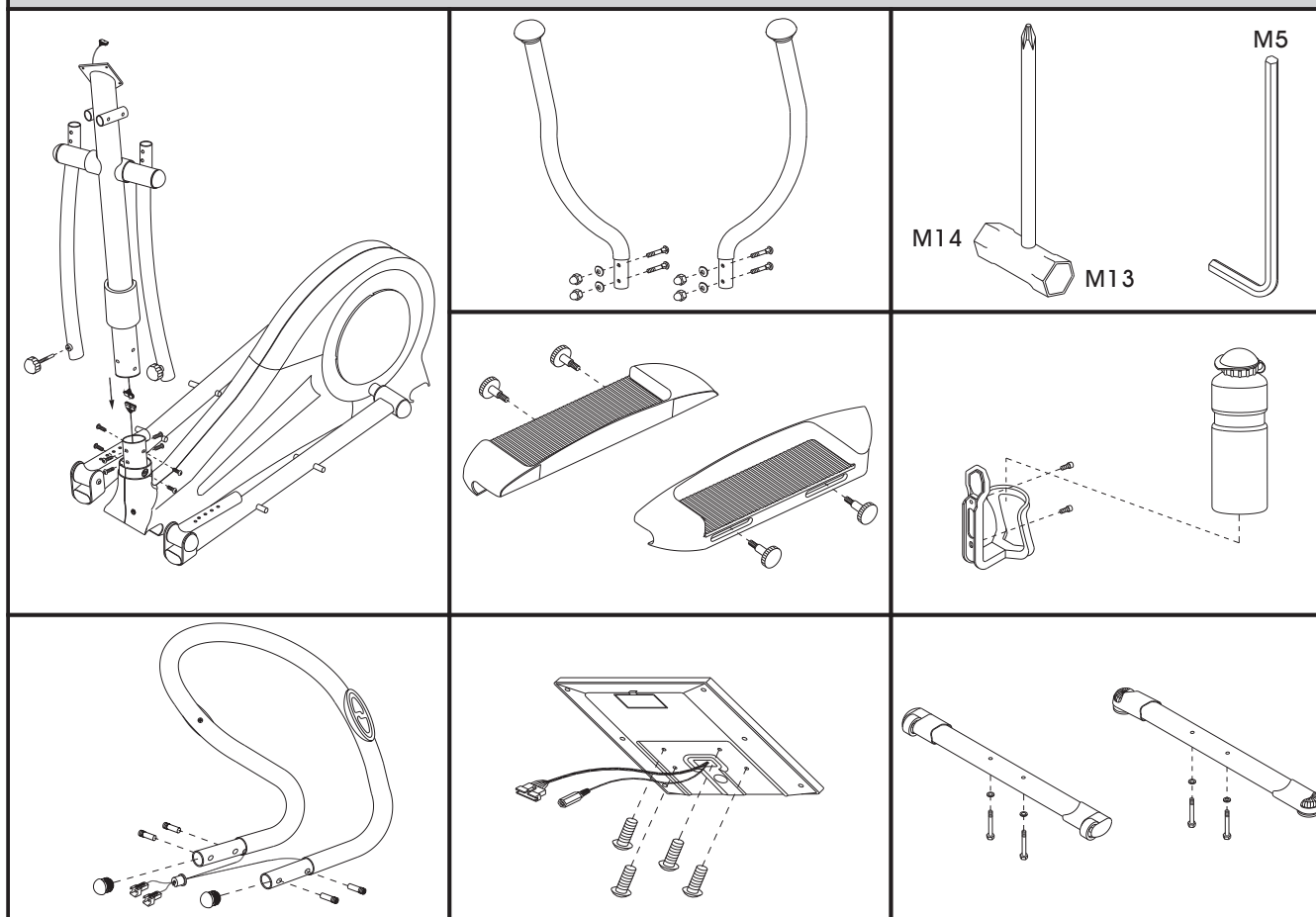
The 3 x Pivot Points consist of 2x SELF ALIGNING BEARINGS + 6 x STANDARD BEARINGS + 2 x BUSHINGS. All 8 x BEARINGS should last a lifetime with normal use. The BUSHINGS are a special design incorporating a space age plastic with lubricate built inside. As well they are greased by the manufacturer and 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.

The 2x SELF ALIGNING BEARINGS are built into the BEARING HOLDER [102] and cannot be removed. In case of damage replacing the 2 x BEARING HOLDER [102] is the only option. Contact your dealer for replacements. If you want to replace the STANDARD 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 [7 & 8] and the DUAL ACTION ARMS [3 & 4]. Replace the BEARING HOLDERS, BEARINGS and grease the BUSHINGS. Then reassemble.

Check List

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



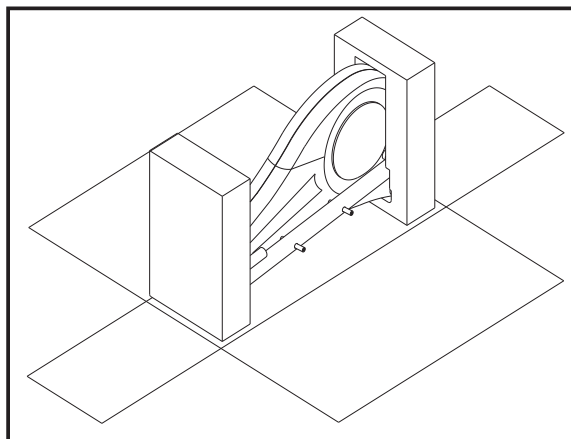
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STEP 1

Clear a 2 x Meter by 2.5 Meter working space and place the ELLIPTICAL CROSS TRAINER carton in the middle.

STEP 2

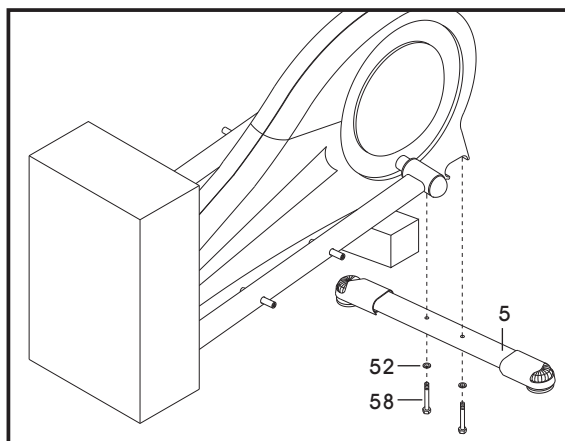
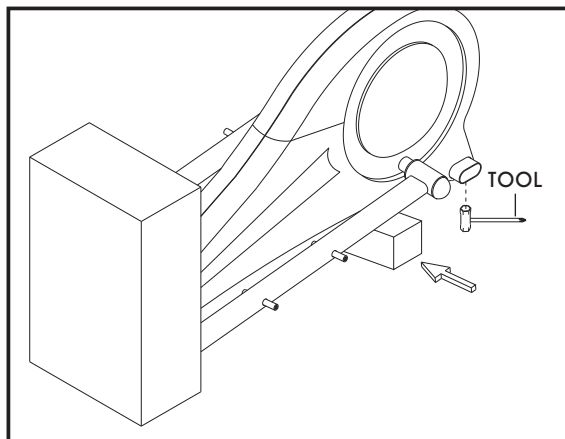
- With a sharp knife remove the plastic straps and carton lid.
- Cut the carton base so it lies flat on the floor as shown in the diagram below.
- Remove all the loose components and move aside the unwanted parts as shown in the diagram below.
- Refer to the checklist and check that everything is present.



NOTE: To protect the ELLIPTICAL CROSS TRAINER while assembling we suggest that you do not remove the protective packing material until absolutely necessary.

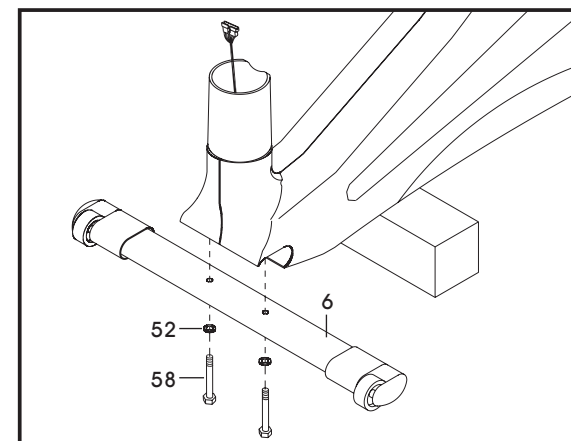
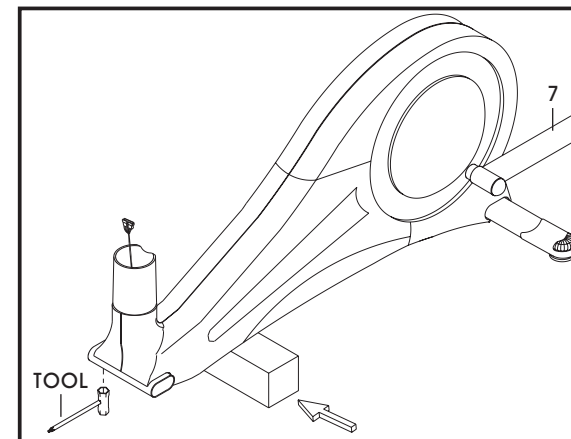
STEP 3

- Lift the rear of the machine off the floor and slide a Polystyrene Block under the machine
- With the rear end of the machine now raised off the floor remove the protective polystyrene.
- Undo 2 x BOLT [58] and remove the transportation tube with the TOOL provided as shown in the diagram below.
- Assemble the REAR STABILIZER[5] with the same 2 x BOLT[58] + WASHERS [52] and tighten firmly With the TOOL provided.
- Remove the polystyrene block and place it under the front end of the machine.



STEP 4

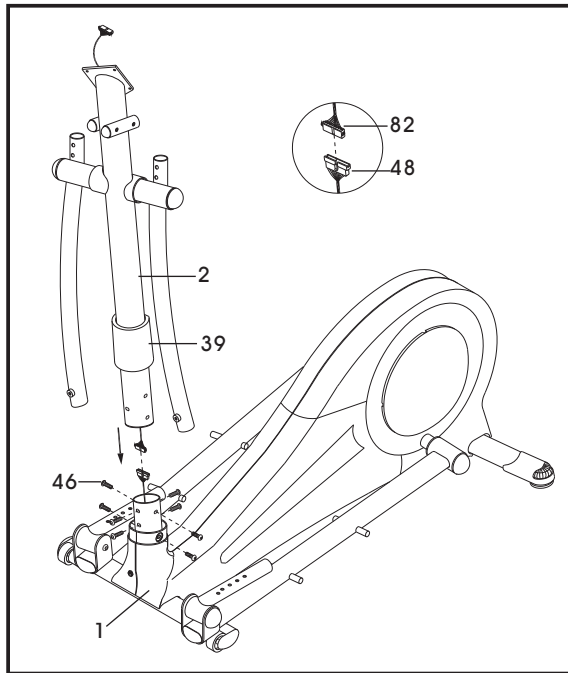
- With the front end now raised off the floor remove the protective polystyrene and rotate both FOOT PEDAL TUBES [7 & 8] out of the way as shown in the diagram below.
- Undo 2 x BOLT [58] and remove the transportation tube with the TOOL provided as shown in the diagram below.
- Assemble the FRONT BASE TUBE [6] with the same 2 x BOLTS [58] + 2 x WASHERS [52] and tighten firmly with the TOOL provided.



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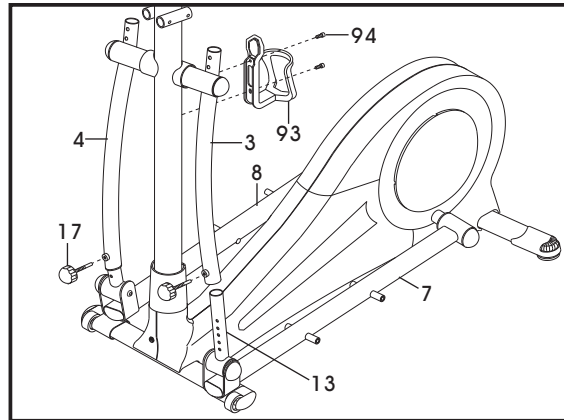
STEP 5

- With another person helping you carefully lift the HANDLE BAR POST [2] until it is vertical while the other person joins the UPPER COMPUTER CABLE [82] to MOTOR with CABLE [48] Plugs as shown in the diagram below.
- Carefully slide the HANDLE BAR POST [2] into the MAIN FRAME [1]. taking care not to damage the UPPER COMPUTER CABLE [82] and MOTOR with CABLE [48].
- Lift the HAT COVER [39] out of the way and align the holes and fit 8 x BOLTS [46], do NOT tighten yet. Rotate the HANDLE BAR POST [2] to ensure correct alignment then firmly tighten 8 x BOLTS [46] then slide down the HAT COVER [39] and push firmly.



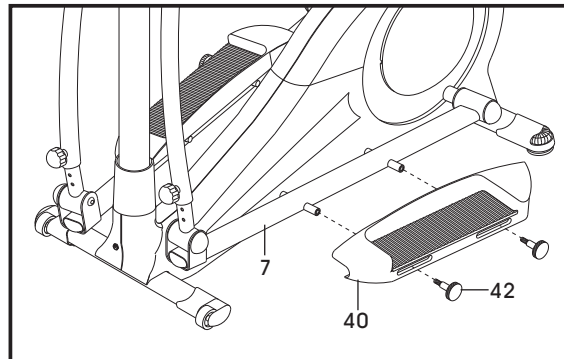
STEP 6

- Slide the ANGLE ADJUSTMENT TUBE [13] into the dual action arms [3&4].
 - Secure with ANGLE ADJUSTMENT KNOB [17].
- NOTE:** The ANGLE ADJUSTMENT TUBE [13] can be adjusted to your personal preference, but we suggest that you start with the middle setting (i.e. 1 hole showing, refer to drawing).
- Remove 2 x BOLT [94] from HANDLE BAR POST [2] Align WATER BOTTLE HOLDER [93] and fasten with the same 2 x BOLT [94].



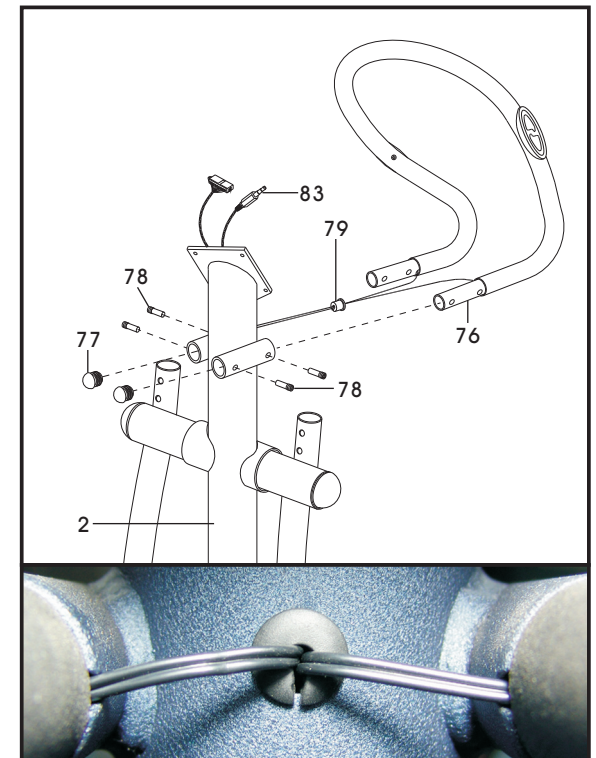
STEP 7

- Slide the ADJUSTABLE FOOT PEDAL [40] onto the LEFT and RIGHT FOOT PEDAL TUBE [7 & 8]. Secure with FOOT PEDAL KNOB [42] and tighten firmly.
- NOTE:** The ADJUSTABLE FOOT PEDAL [40] can be adjusted to your personal preference, but we suggest that you start with the middle setting number 3.



STEP 8

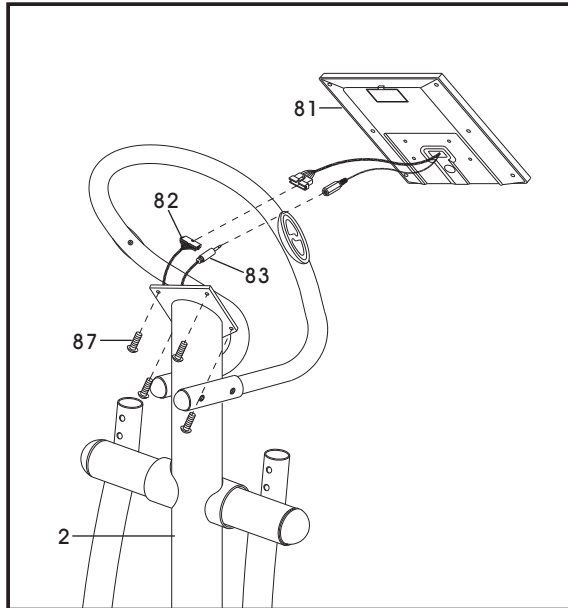
- Align and slide STATIONARY HANDLEBAR [76] into the HANDLE BAR POST [2] be careful NOT to damage the HAND PULSE CABLE [83]. Note: correctly align the notches.
- Secure with 4 x THREAD HEAD BOLTS [78].
- Insert 2 x PLUGS [77] into the open ends of the STATIONARY HANDLEBAR [76].
- Feed the HAND PULSE CABLE [83] in through the hole and out top of the handle bar HANDLE BAR POST [2].
- Insert CABLE PLUG [79] into the handle bar HANDLE BAR POST [2] gently pull any excess HAND PULSE CABLE [83] showing.



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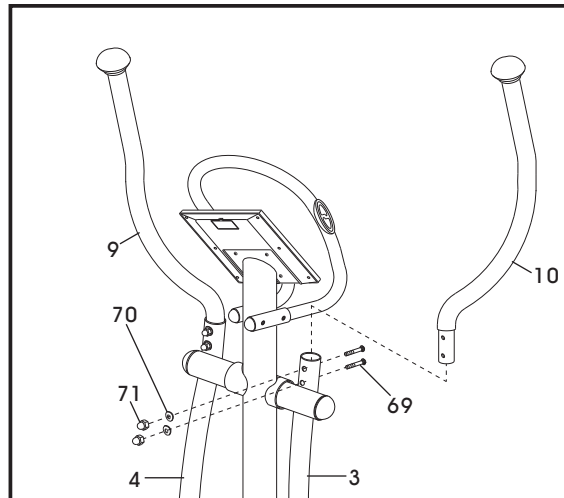
STEP 9

- a) Connect the HAND PULSE CABLE [83] +UPPER COMPUTER CABLE [82] to the COMPUTER [81].
- b) Feed the excess cables into the hole in the HANDLE BAR POST [2].
- c) On the top of the HANDLE BAR POST [2] is the Computer Plate, Position the COMPUTER [81] on the Computer Plate and secure with 4 x BOLTS [87].



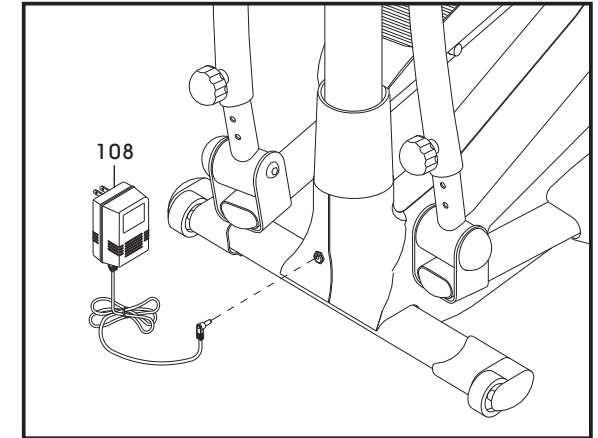
STEP 10

- a) Insert the LEFT DUAL ACTION HANDLE [10] into the top of the LEFT DUAL ACTION ARM [3]. Note left sticker.
- b) Insert the RIGHT DUAL ACTION HANDLE [9] into the top of the RIGHT DUAL ACTION ARM [4]. Note right sticker.
- c) Secure with 2 x BOLT [69] + 2 x WASHER [70] + 2 x NUTS [71] and tighten firmly but DO NOT over tighten.



STEP 11

- a) Connect the AC ADAPTOR [108] into the mains power socket.
- b) Connect the ADAPTOR PLUG [108] into the ADAPTOR SOCKET at the front of the machine.
- c) The COMPUTER [81] should now be working. If not then re-plug all the COMPUTER CABLE as shown in steps 5 & 9.

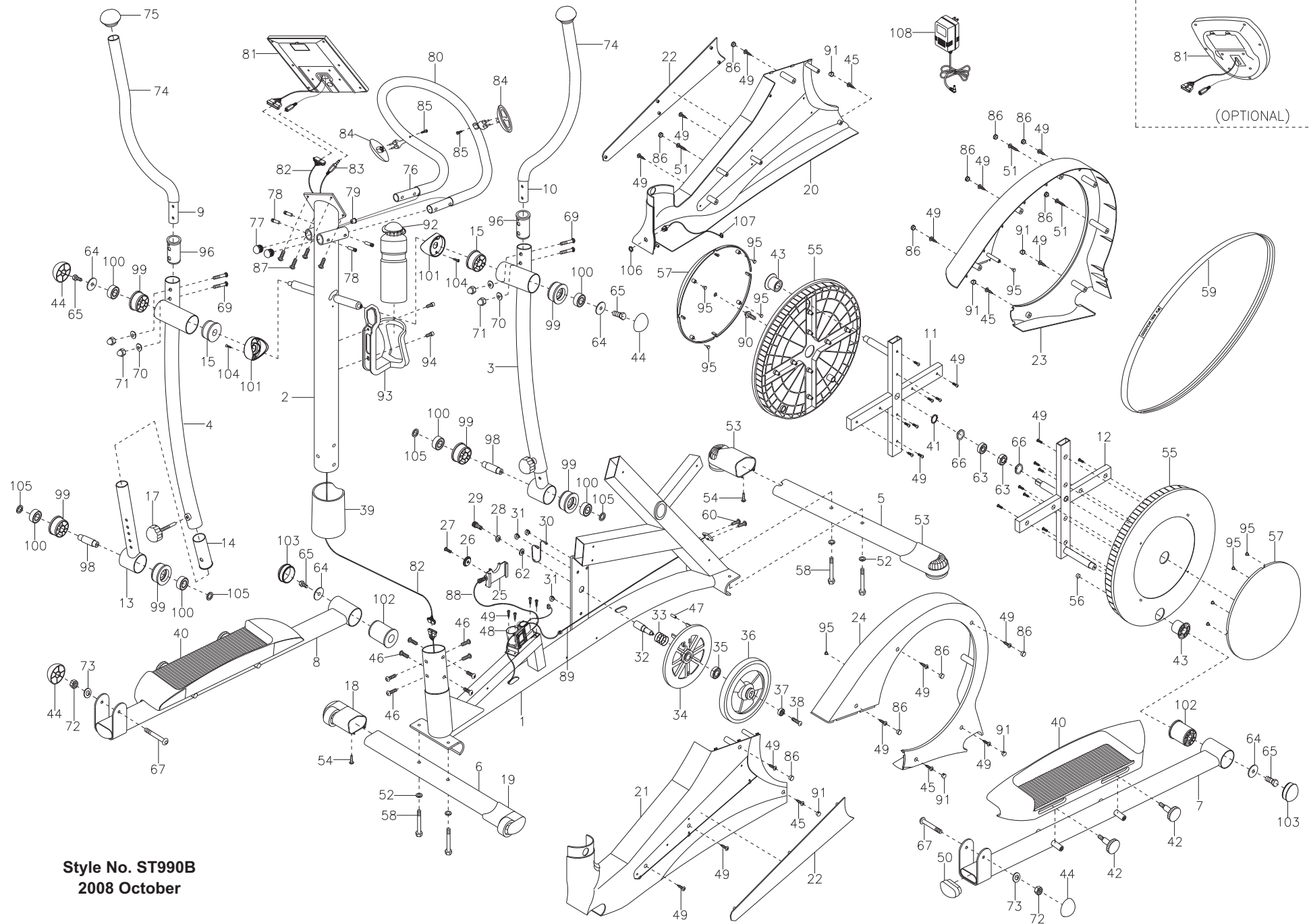


ST990B DETAILED PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
1	MAIN FRAME	1	42	FOOT PEDAL KNOB	4	84	HAND PULSE SENSOR	2
2	HANDLE BAR POST	1	43	DISK COVER SPACER	2	85	M4x25mm SCREW	2
3	LEFT DUAL ACTION ARM	1	44	Ø60mmxM8 NUT COVER	4	86	Ø11mm COVER PLUG	11
4	RIGHT DUAL ACTION ARM	1	45	M4x16mm SCREW	4	87	M5x10mm BOLT	4
5	REAR BASE TUBE	1	46	M8x15mm BOLT	8	88	TENSION CABLE	1
6	FRONT BASE TUBE	1	47	TERMINAL SOFT SLEEVES	2	89	COMPUTER CABLE WITH SENSOR	1
7	LEFT FOOT PEDAL TUBE	1	48	MOTOR WITH CABLE	1	90	M8x25mm BOLT	1
8	RIGHT FOOT PEDAL TUBE	1	49	Ø3/16" x 3/4" SCREW	34	91	Ø11mm COVER PLUG CURVED SET	6pc/set
9	RIGHT DUAL ACTION HANDLE	1	50	30mm x 70mm OVAL PLUG	2	92	WATER BOTTLE	1
10	LEFT DUAL ACTION HANDLE	1	51	Ø3/16" x 1 1/4" SCREW	3	93	WATER BOTTLE HOLDER	1
11	RIGHT DISC COVER FRAME	1	52	Ø7/8" x Ø3/8" x 1.5mmt WASHER	4	94	M5x10mm BOLT	2
12	LEFT DISC COVER FRAME	1	53	ADJUSTER CAP	2	95	Ø6x10x4.5mmt HUB COVER PLUG	10
13	ANGLE ADJUSTMENT TUBE	2	54	Ø3/16" x 1/2" SCREW	4	96	DUAL ACTION HANDLE SLEEVE	2
14	ANGLE ADJUSTMENT SLIDER	2	55	DISC COVER	2	98	Ø20mmx17mmx71mmI SPACER	2
15	Ø60mmxØ20mmx28mmI BUSHING	2	56	MAGNET	1	99	6203ZZ BEARING BUSHING Ø60mm	6
17	ANGLE ADJUSTMENT KNOB	2	57	HUB COVER	2	100	BEARING 6203ZZ	6
18	RIGHT WHEEL CAP	1	58	3/8"-16UNC x 50mm BOLT	4	101	Ø60mm SPACER	2
19	LEFT WHEEL CAP	1	59	POLY "V" FLEXONIC BELT 1609PJ8	1	102	2203ZZ BEARING BUSHING	2
20	RIGHT FRONT COVER	1	60	M3 x 12mm BOLT	2	103	PIVOT PLUG	2
21	LEFT FRONT COVER	1	62	Ø16mm x Ø10mm x2mmt WASHER	1	104	M4x15mm SCREW	2
22	TRIM COVER	2	63	BEARING 6004ZZ	2	105	Ø25x17x2.9mmt NYLON WASHER	4
23	RIGHT REAR COVER	1	64	Ø50mm x Ø8mm x 2mmt WASHER	4	106	1/2" 26UNF HEX NUT	1
24	LEFT REAR COVER	1	65	M8 x 16mm BOLT	4	107	AC PLUG CABLE	1
25	PANCAKE SLIDER	1	66	Ø20mm WAVE WASHER	2	108	AC ADAPTOR	1
26	PANCAKE WHEEL	1	67	M8 x 90mm BOLT	2			
27	M3x5mm SCREW	1	69	M8 x 55mm BOLT	4			
28	M10 SPRING WASHER	1	70	Ø19x8x1.5mmt CURVED WASHER	4			
29	M10x20mm BOLT	1	71	M8 LONG DOME NUT	4			
30	PANCAKE CABLE	1	72	M8 NYLON NUT	2			
31	PANCAKE GUIDE	3	73	Ø20mmx8mmx1.5mmt WASHER	2			
32	PANCAKE SHAFT	1	74	Ø30mm HD FOAM GRIP 660mmI	2			
33	PANCAKE SPRING	1	75	DUAL ACTION KNOB	2			
34	PANCAKE ALUMINUM	1	76	STATIONARY HANDLEBAR	1			
35	BEARING 6003ZZ SKF or INA	1	77	Ø25.4mm MUSHROOM PLUG	2			
36	FLYWHEEL WITH MAGNETS	1	78	3/8"-24UNF THREAD HEAD BOLT	4			
37	BEARING 608ZZ	1	79	12mm CABLE PLUG	1			
38	M5 x 10mm BOLT	1	80	Ø23mm HD FOAM GRIP 1330mmL	1			
39	HAT COVER	1	81	COMPUTER	1			
40	ADJUSTABLE FOOT PEDAL	2	82	UPPER COMPUTER CABLE	1			
41	20mm EXTERNAL RETAINING CLIP	1	83	HAND PULSE CABLE	1			

Style No. ST990B
2008 October

ST990B EXPLODED DRAWING



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