

VG30HCS 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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Check List IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY. M5 M14

Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, 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#302,401]
STABILIZER - FRONT and REAR [part#308,403]
FOOT PEDAL [part#311]

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

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 wish to grease the BUSHINGS then use a good quality grease that is friendly to plastic (some greases destroy plastic).

To grease the BUSHINGS disconnect the FOOT PEDAL TUBE [011 & 012] and the DUAL ACTION ARM [005 & 006]. Replace the grease then reassemble.

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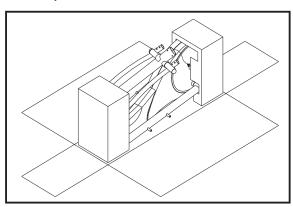
STEP 1

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

STEP 2

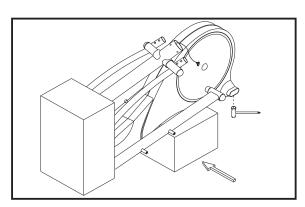
- Use a sharp knife, open the carton and lay it flat on the floor.
- b) Remove all loose components.
- Refer to the checklist and check that everything is present.

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.



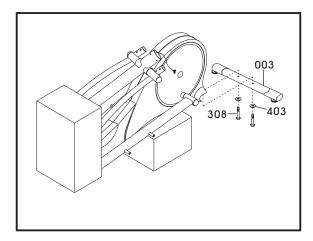
STEP 3

- a) Lift the rear of the machine off the floor and slide a polystyrene block under the rear-end of the machine.
- b) With the rear end of the machine now raised off the floor remove the protective polystyrene.
- c) Undo 2 x BOLT [308] and remove the Transportation Tube.



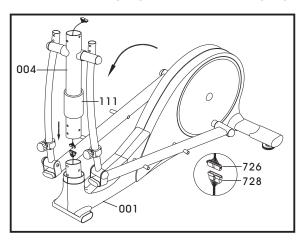
STEP 4

a) Assemble the REAR STABILIZER [003] with the same 2 x BOLT [308] +2 x WASHER [403] and tighten firmly.



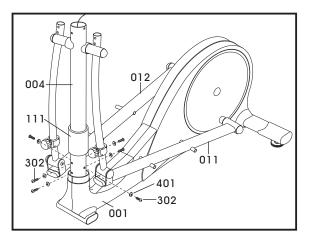
STEP 5

a) 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 [726] to MOTOR with CABLE [728] as shown in the illustration below. Then slide the UPRIGHT TUBE [004] into the MAIN FRAME [001].



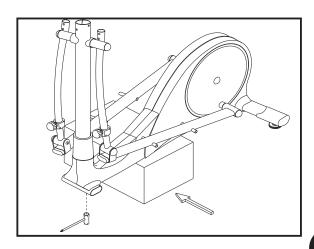
STEP 6

- a) 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].
- b) Slide down the HAT COVER [111] and push firmly.



STEP 7

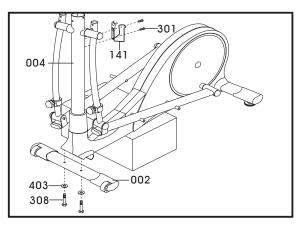
a) Remove the front polystyrene and place it under the front end of the machine to lift it off the floor.



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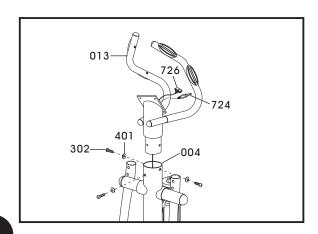
STEP 8

- a) Assemble the FRONT STABILIZER [002] with 2 x BLOT[308] +2 x WASHER [403] and tighten firmly.
- b) Remove the polystyrene block and discard.
- c) Remove 2 x BOLT [301] from UPRIGHT TUBE [004]. Align WATER BOTTLE HOLDER [141] and fasten with the same 2 x BOLT [301].



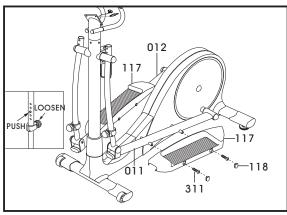
STEP 9

- a) Feed both the COMPUTER CABLE [726] + HAND PULSE CABLE [724] out through the top of the STATIONARY HANDLE BAR [013] then slide the STATIONARY HANDLE BAR [013] into the UPRIGHTTUBE [004].
- b) Secure with 3 x BOLT [302] +3 x WASHER [401]. Before tightening make sure the STATIONARY HANDLE BAR [013] correctly positioned.



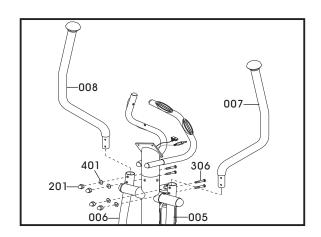
STEP 10

- Align the 2 x FIXED FOOT PEDAL [117] and fit to FOOT PEDAL TUBE [011 & 012]. Secure and tighten firmly with 4 x BOLT [311].
- b) Insert 4 x PLUG [118].



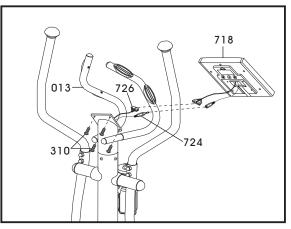
STEP 11

- a) Insert the LEFT DUALACTION HANDLE [007] into the top of the LEFT DUALACTION ARM [005] note left sticker.
- b) 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] + x NUT [201]and tighten firmly but DO NOT over tighten.



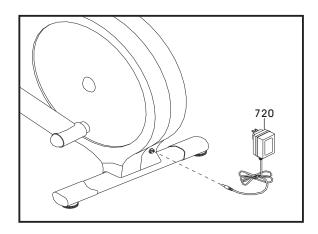
STEP 12

- a) Connect the COMPUTER CABLE [726] + HAND PULSE CABLE [724] to the COMPUTER [718].
- Feed the excess cables into the hole in the STATIONARY HANDLE BAR [013].
- c) On the top of the STATIONARY HANDLE BAR [013] is the computer plate. Position the COMPUTER [718] on the computer plate and secure with 4 x BOLTS [310].



STEP 13

- a) Connect the AC ADAPTOR [720] into the mains power socket.
- Connect the ADAPTOR PLUG [720] into the ADAPTOR SOCKET at the rear of the machine.
- The COMPUTER [718] should now be working, If not then re-plug all the COMPUTER CABLES as shown in steps 5 & 12.



VG30HCS PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	MAIN FRAME	1	126	PLUG	2	408	WASHER	1
002	STABILIZER - FRONT	1	127	FOAM GRIP	2	409	WASHER	2
003	STABILIZER - REAR	1	128	FOAM GRIP	2	500	SCREW	1
004	UPRIGHT TUBE	1	130	PANCAKE ALUMINUM	1	502	SCREW	9
005	DUAL ACTION ARM - LEFT	1	131	PANCAKE SLEEVE	2	503	SCREW	23
006	DUAL ACTION ARM - RIGHT	1	133	HUTCHINSON BELT	1	504	SCREW	4
007	DUAL ACTION HANDLE - LEFT	1	138	ANGLE ADJUSTMENT KNOB	2	505	SCREW	16
800	DUAL ACTION HANDLE - RIGHT	1	139	PLUG	2	506	SCREW	8
009	SOLID BAR DISC COVER FRAME	2	140	WATER BOTTLE	1	507	SCREW	2
011	FOOT PEDAL TUBE - LEFT	1	141	WATER BOTTLE HOLDER	1	509	SCREW	2
012	FOOT PEDAL TUBE - RIGHT	1	152	HEIGHT ADJUSTER CAP	2	702	MOTOR SENSOR with CABLE	1
013	STATIONARY HANDLE BAR	1	153	HEIGHT ADJUSTER FOOT	2	706	PANCAKE SLIDER CABLE	1
014	ANGLE ADJUSTMENT TUBE	2	154	FLYWHEEL with MAGNETS	1	707	PANCAKE FLYWHEEL SHAFT	1
015	FOOT PEDAL PIVOT SHAFT	2	156	REPLACEMENT BUSHING	6	708	PANCAKE SPRING	1
017	SPRING	2	160	DISK COVER SPACER	2	709	SENSOR MAGNET	1
018	PIN	2	161	UPRIGHT TUBE SPACER	2	718	COMPUTER	1
019	BUSHING SPACER	6	162	SAFE ALIGN BUSHING PLUG	2	720	AC ADAPTOR	1
022	MAIN COVER PLATE	1	163	SAFE ALIGN BALL BUSHING	4	721	HAND PULSE SENSOR	4
023	SPACER	1	200	NUT	2	724	HAND PULSE CABLE	1
024	SOLID BAR SHAFT	1	201	NUT	4	726	COMPUTER CABLE	1
025	SAFE ALIGN BALL	2	204	NUT	1	728	MOTOR with CABLE	1
100	PANCAKE SLIDER	1	206	NUT	1	729	AC CABLE	1
101	PANCAKE SLIDER WHEEL	1	301	BOLT	3	730	AC PLUG CABLE	1
102	PANCAKE CABLE GUIDE	3	302	BOLT	9	731	TENSION CABLE	1
103	DISC COVER	2	303	BOLT	2	800	BEARING 6004ZZ SPEED or NSK	2
105	DISC COVER PLUG	2	305	BOLT	2	801	BEARING 608ZZ SKF or ZEO INA	1
106	FRONT COVER - LEFT	1	306	BOLT	4	802	BEARING 6003ZZ SKF or INA	1
107	FRONT COVER - RIGHT	1	307	BOLT	2			
108	MAIN COVER - LEFT	1	308	BOLT	4			
109	MAIN COVER - RIGHT	1	309	BOLT	1			
110	ANGLE ADJUSTMENT KNOB COVER	4	310	BOLT	4			
111	HAT COVER	1	311	BOLT	4			
112	WHEEL CAP - LEFT	1	315	BOLT	2			
113	WHEEL CAP - RIGHT	1	400	WASHER	1			
117	FIXED FOOT PEDAL	2	401	WASHER	13			
118	FIXED FOOT PEDAL PLUG	4	402	WASHER	4			
121	BUSHING - STANDARD	2	403	WASHER	4			
123	DUAL ACTION ARM KNOB	2	404	WASHER	1			
124	PLUG	2	405	WASHER	1		VG30HCS	
125	NUT COVER	4	407	WASHER	4			

