

# ELLIPTICAL CROSS TRAINER

## COMPUTER SELECTION



*Enjoy the Sensation*

## ASSEMBLY INSTRUCTIONS

# ELLIPTICAL CROSS TRAINER 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 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, 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.

For safety, inspect your ELLIPTICAL CROSS TRAINER on a regular basis. 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 advise on how to proceed.

### Components that need to be checked

**DUAL ACTION HANDLES [part#007,008,201,304,400]**  
These parts are assembled by the consumer and should be checked regularly. Make sure that all Nut & Bolts are tight and firm.

**STATIONARY HANDLE BAR SECTION [part#017,305]**  
These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

### FOOT PEDALS [part#115,317]

These parts are assembled by the consumer and should be checked regularly. Make sure that all Bolts are tight and firm.

### FRONT & REAR STABILIZERS [part#002,003,308,403]

These parts are assembled by the consumer and should be checked regularly. Make sure all Bolts are tight and firm.

### The 3x Pivot Points

#### [part#005,006,011,012,802,803,804]

All moving parts contain BEARINGS which should last a lifetime with normal use. For any reason these BEARINGS need replacing then contact your dealer and a authorized technician will help you.

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

If you are content with invalidating your warranty and plan to replace the BEARINGS then do so with care.

**NOTE:** Pivot Point 3. uses 2 x special SELF ALIGNING BEARINGS [804].

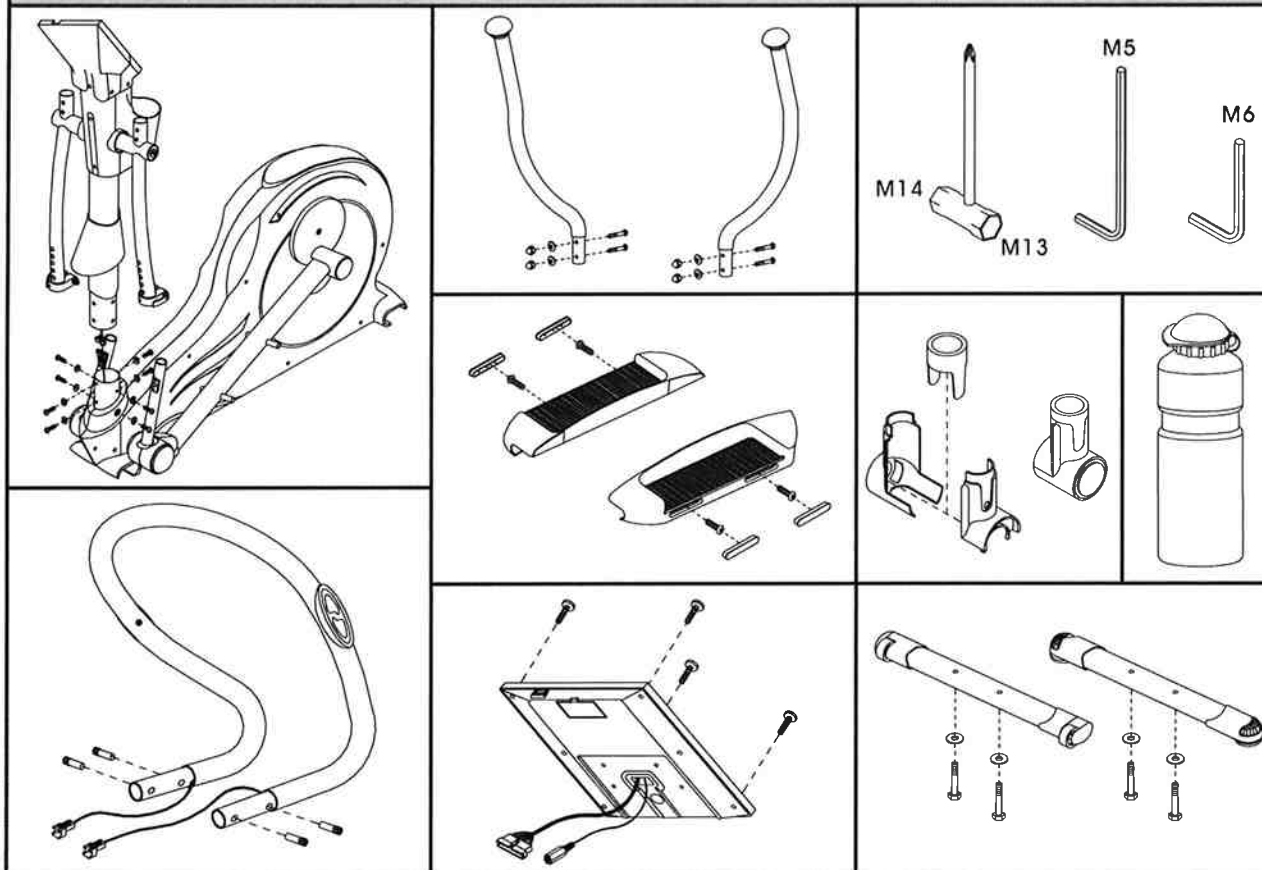
To replace the BEARINGS disconnect the FOOT PEDAL TUBE [011 & 012] and the DUAL ACTION ARM [005 & 006]. Replace the BEARINGS then reassemble.

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

As a precautionary measure we suggest that you regularly check that all easily accessible fasteners are tight & firm.

## Check List

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



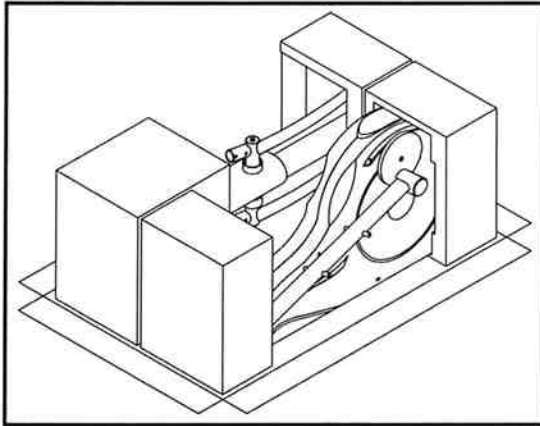
# ELLIPTICAL CROSS TRAINER ASSEMBLY INSTRUCTIONS

## 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

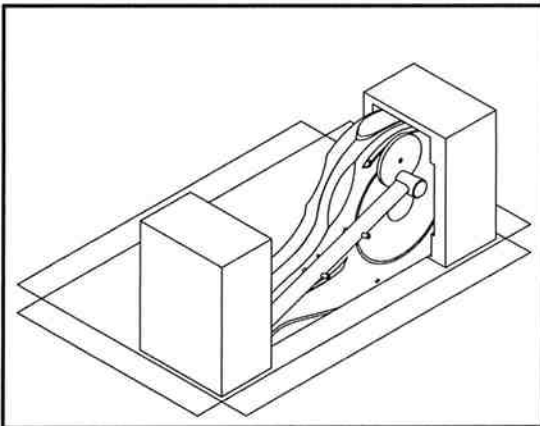
- With a sharp knife remove the plastic straps and carton lid.
- Cut the carton base so it lies flat on the floor as shown in the diagram below.



## STEP 3

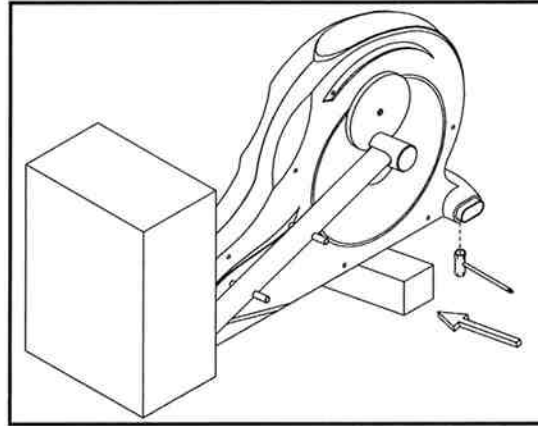
- Remove all the loose components and move aside the unwanted parts as shown in the diagram below.
- Refer to the checklist and check that everything is present.

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



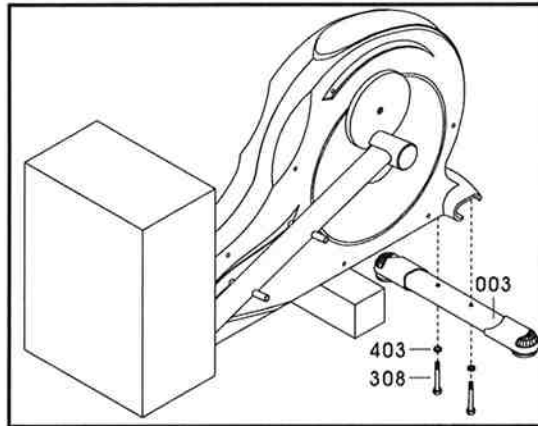
## STEP 4

- 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.
- Remove the transportation tube with the TOOL provided as shown in the diagram below.



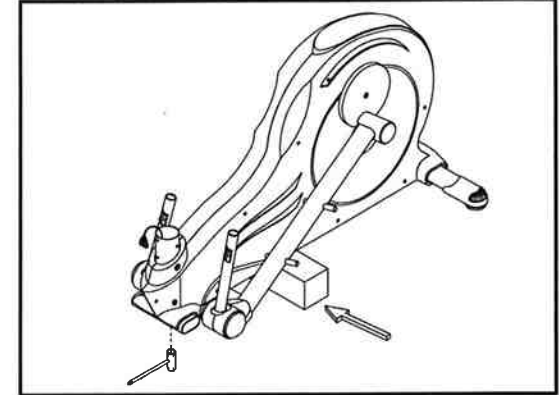
## STEP 5

Assemble the REAR STABILIZER [003] with the same 2 x BOLTS [308] + WASHERS [403] and tighten firmly with the TOOL provided.



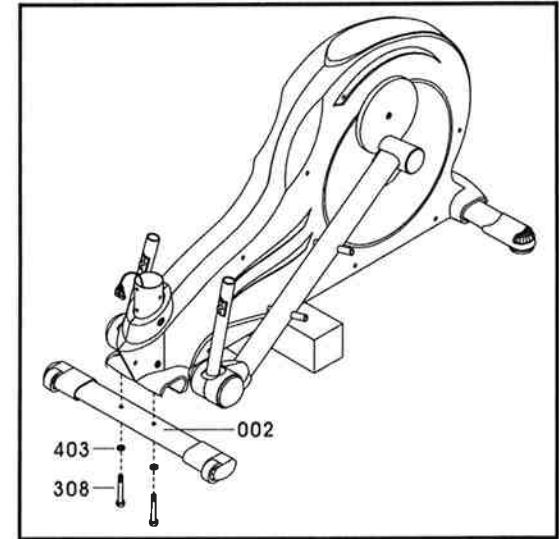
## STEP 6

- Lift the front of the machine off the floor and slide the same Polystyrene Block under the front of the machine
- Remove the protective polystyrene.
- Remove the transportation tube with the TOOL provided as shown in the diagram below.



## STEP 7

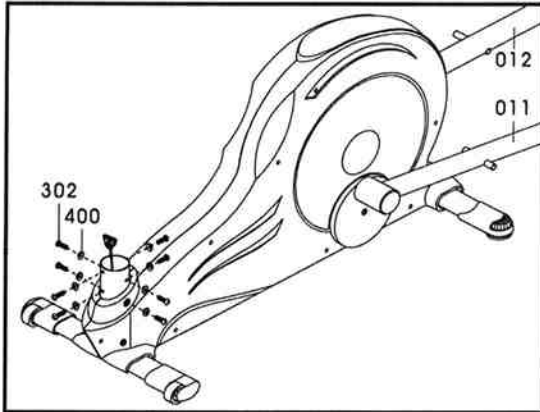
Assemble the FRONT STABILIZER [002] with the same 2 x BOLTS [308] + WASHERS [403] and tighten firmly with the TOOL provided.



# ELLIPTICAL CROSS TRAINER ASSEMBLY INSTRUCTIONS

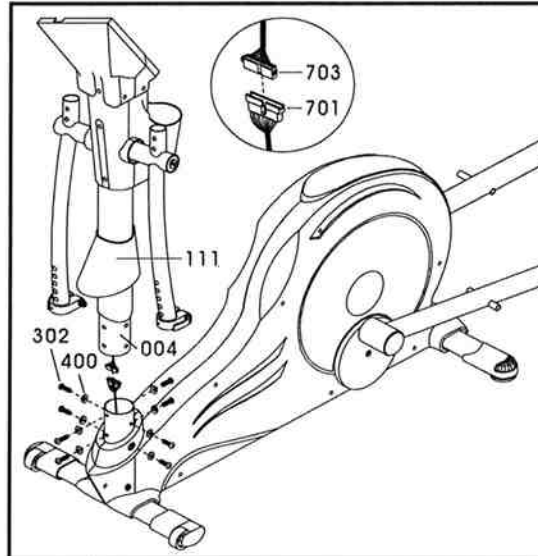
## STEP 8

- Rotate both FOOT PEDAL TUBES [011 & 012] out of the way as shown in the diagram below.
- Remove all 8 x BOLT [302] + WASHER [400].



## STEP 9

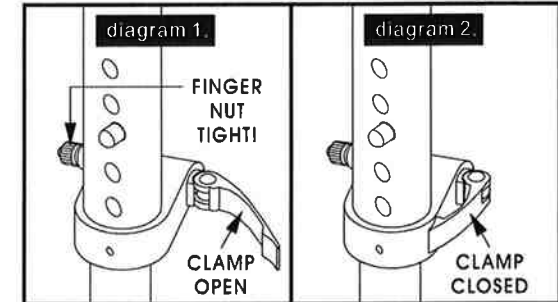
- With another person helping you carefully lift the UPRIGHT TUBE [004] until it is vertical while the other person joins the COMPUTER CABLE [703] to MOTOR with CABLE [701] Plugs as shown in the diagram below.
- Slide the UPRIGHT TUBE [004] into the MAIN FRAME [001] and secure with the same 8 x BOLT [302] + WASHER [400] and tighten firmly.
- Slide down the HAT COVER [111] and push firmly.



## STEP 10

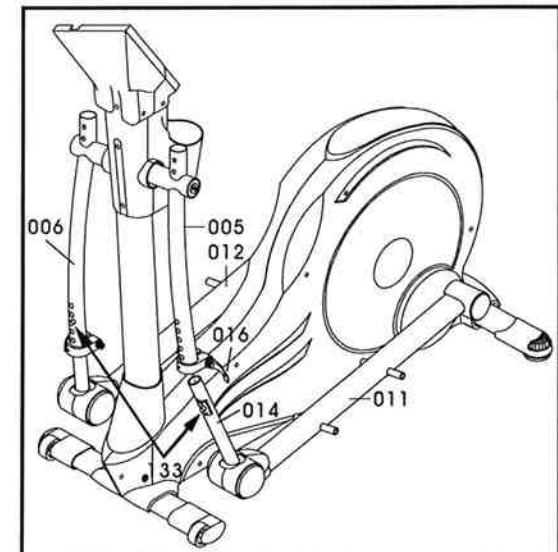
Release CLAMP [016] as shown in diagram 1. below. Then tighten the FINGER NUT until finger tight.

**WARNING:** For safety reasons it is extremely important that the CLAMP is tight and fully closed before using the ELLIPTICAL CROSS TRAINER as shown in diagram 2.



## STEP 11

- Rotate back one of the FOOT PEDAL TUBES [011 or 012] and slide the ANGLE ADJUSTMENT TUBE [014] into the DUAL ACTION ARM [005 or 006] accordingly.
- Press the SAFETY BUTTON [133] and slide the ANGLE ADJUSTMENT TUBE [014] until the SAFETY BUTTON [133] pops out of one of the 5 x holes in the DUAL ACTION ARMS [005 or 006] accordingly. To begin with we suggest the No.3 hole setting. Close the CLAMP [016].



- Repeat the same assembly instructions for the other side.