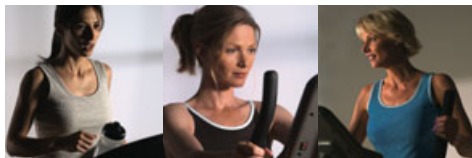


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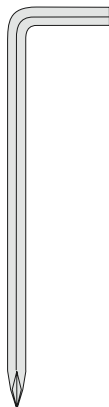
Assembly Guide



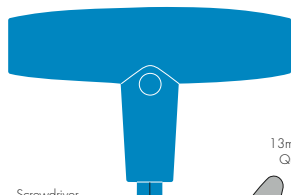
X1400 AND X1500
ELLIPTICAL TRAINERS

TOOLS & PARTS INCLUDED

5mm L-Shaped Wrench



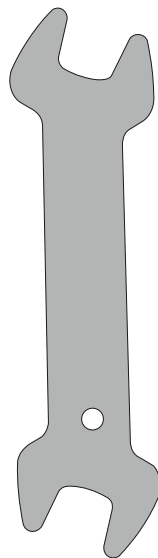
5mm TShaped Wrench



Screwdriver



13mm Wrench
Quantity: 1



PARTS BOX

13mm Wrench
Console Mast Boot
Dual-Action Link Arm Covers
Dual-Action Axle Covers
Pedal Arm Joint Covers
Right and Left Footplates
Rear Stabilizers
Water Bottle and Cage
Power Supply
Color Coded Hardware Bags
Owners Manual
Assembly Guide
Warranty Card

ORANGE BAG



M8x15L Bolt
Quantity: 2



8x16x1.5T Washer
Quantity: 2



M8x20L Bolt
Quantity: 2



PINK BAG



SW8 Lockwashers
Quantity: 6



8x18x1T Arc. Washer
Quantity: 2



M8x15L Bolt
Quantity: 6



8x17x1T Washer
Quantity: 4

BLUE BAG



4x10x1T Washer
Quantity: 2



25x34x2T Wavy Washer
Quantity: 2



M8x20L Bolt
Quantity: 2

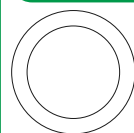


8x38x2T Washer
Quantity: 2



M4x12L Bolt
Quantity: 2

GREEN BAG



25x34x2T Wavy Washer
Quantity: 2



SS41 Link Joint Sleeve
Quantity: 2



M8 Nut
Quantity: 4



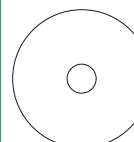
M4x12L Screw
Quantity: 2



8x38x2T Washer
Quantity: 2



M8x45L Bolt
Quantity: 2



8x38x2T Washer
Quantity: 2



5x10x1T Washer
Quantity: 4



8x25x1.5T Washer
Quantity: 2



Nylon Nut Cover
Quantity: 2



M5x12L Bolt
Quantity: 12



6x14x1T Washer
Quantity: 8



Nylon Interval Ring
Quantity: 4

Assembly Guide

X1400 AND X1500 ELLIPTICAL TRAINERS

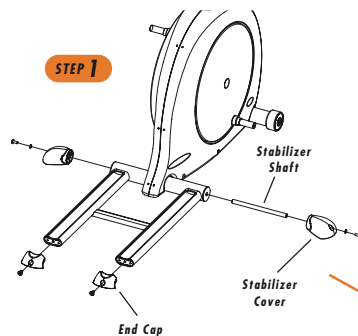
To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order. Before proceeding, find your new Elliptical Trainer's serial number located on the front axle tube, and enter here:

Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Elliptical Trainer. If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12.

NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Elliptical Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt or screw.

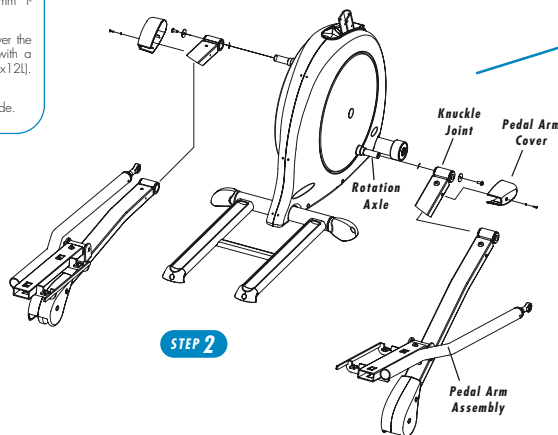
STEP 1 ORANGE BAG

- Slide the stabilizer shaft through the plastic sleeves in the rear support tube.
- Slide the stabilizer covers onto the stabilizer shaft and secure with (M8x20L) bolts and (8x16x1T) flat washers. Tighten with the 5mm T-shaped wrench.
- Attach end caps to the end of the guide rails with (M8x15L) bolts. Tighten with the 5mm T-shaped wrench.

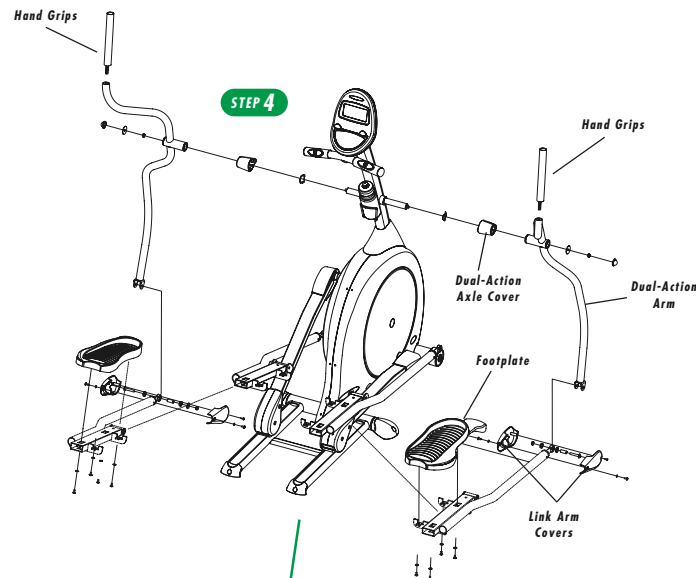


STEP 2 BLUE BAG

- Slide a wavy washer (25x34x2T) on to the right rotation axle. Slide the knuckle joint of the pedal arm assembly onto the right rotation axle. The pedal arm roller wheel should be placed into the groove of the guide rail. Secure the pedal arm assembly to the rotation axle with a washer (8x38x2T) and bolt (M8x20L). Tighten with the 5mm T-shaped wrench.
- Place the pedal arm cover over the knuckle joint. Secure in place with a washer (4x10x1T) and bolt (M4x12L). Tighten with the screwdriver.
- Repeat both steps on the left side.



STEP 4



STEP 3 PINK BAG

- With the screwdriver remove the bolts for the water bottle cage in the center of the console mast. Slide the rubber boot onto the console mast.
- Unfold the wire harness located in the frame bracket. Wrap the end of the wire tie, located at the bottom of the console mast, around the end of the wire harness. Pull the wire tie and wire harness up through the console mast while simultaneously sliding the mast over the frame bracket.
- Slide a lock washer (SW8) followed by a flat washer (8x17x1T) onto four of the bolts (M8x15L). Insert these bolts through the side of the mast to secure the mast to the frame. Slide a lock washer (SW8) followed by a arc washer (8x18x1T) onto the two remaining bolts (M8x15L). Insert these bolts through the holes in front of the mast. Tighten all bolts with the 5mm T-shaped wrench.
- Slide the rubber boot down the console mast and snap it in place over the side covers.
- Remove the four bolts from the back of the console. Connect the wire harness to the plug in the back of the console. Connect the heart rate wires into the heart rate plugs in the back of the console. Attach the console to the console mast with the four console bolts and screwdriver.
- Attach the water bottle cage to the console mast with the two bolts removed earlier in this step.

STEP 4 GREEN BAG

- Slide the dual-action axle cover into place over the console mast axle. Slide a wavy washer (25x34x2T) onto the console mast axle. Slide the right dual-action arm onto the axle. Fix in place with a washer (8x38x2T) and nylon nut (M8). Cover with the included nylon nut cover.
- Insert the link joint sleeve (SS41) into the socket joint of the right link arm. Position the socket joint of the link arm into the bracket at the bottom of the dual-action arm. Position the Nylon Interval Rings between the socket joint and bracket on each side. Insert a bolt (M8x45L) through the bracket, interval rings and socket joint sleeve. Secure in place with a washer (8x25x1.5T) and nylon nut (M8). Tighten with the 5mm T-shaped wrench and 13mm wrench.
- Position the link arm covers over the socket joint and secure the two pieces together with a screw (M4x12L). Tighten with the screwdriver. Connect the cover to each side of the link arm with a washer (5x10x1T) and bolt (M5x12L). Tighten with the screwdriver.
- Position the right footplate onto the right link arm. Secure in place with four washers (6x14x1T) and four bolts (M5x12L). Tighten with the screwdriver.
- Repeat steps on the left side.
- Attach the hand grips onto the dual-action arms by turning grip in a clockwise direction. Make sure it is tight.

STEP 3

