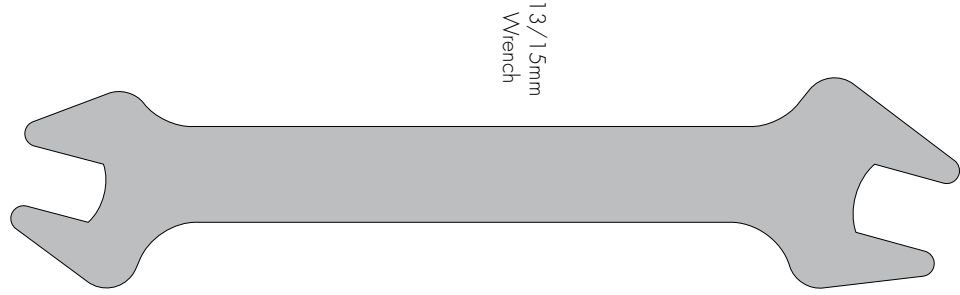
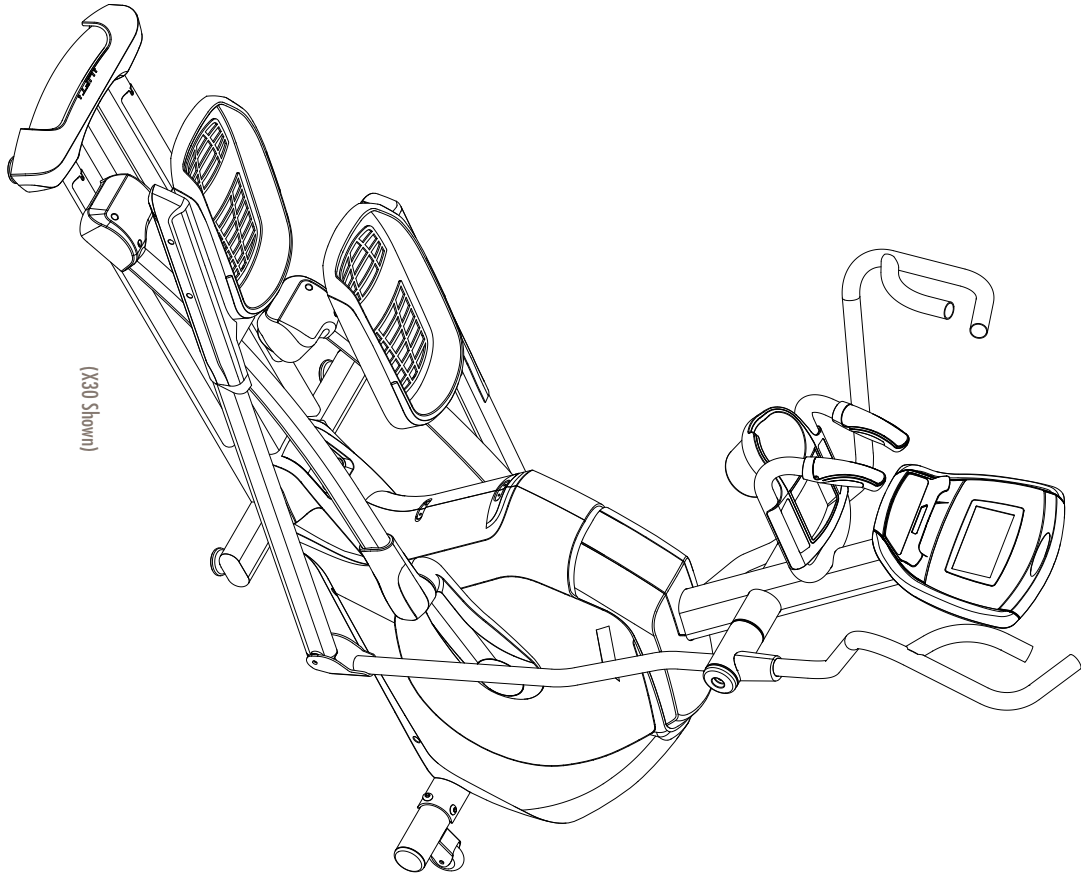


ASSEMBLY GUIDE



13/15mm
Wrench

5mm
L-Shaped
Wrench

8mm
L-Shaped
Wrench

- CONTENTS
- ☐ Main frame (1)

☐ Side pedal covers (2)

☐ Levelers (2)

☐ Front stabilizer tube (1)

☐ Rear stabilizer cover (1)

☐ Guide rail set (1)

☐ Pedal arms (2)

☐ Console mount (1)

☐ Lower handlebars (2)

☐ Lower link arms with footpads (2)

☐ Upper handlebars (2)

☐ Handlebar boots (2)

☐ Handgrips

☐ Handrail (1)

☐ Cup holder

☐ Water bottle (1)

☐ Top cap (1)

☐ Mat boot (1)

☐ Power cord (1)
- ☐ 8mm L-Shaped Wrench

☐ 5mm L-Shaped Wrench

☐ 13/15mm Wrench

☐ Screwdriver

X20 • X30 Elliptical Trainer

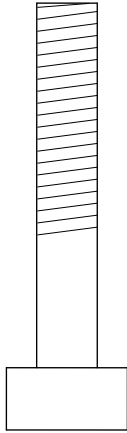
To avoid possible damage to this Elliptical Trainer, please follow assembly steps in the correct order. Before proceeding though, find your new Elliptical Trainer's two serial numbers located on the front axle tube, and on the back side of the console, and enter here:

Frame Serial Number: _____ **Console Serial Number:** _____
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

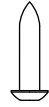
NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Elliptical Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt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

HARDWARE INCLUDED

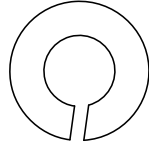
STEP 1



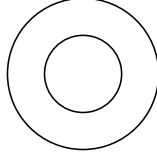
M10x25mm Round Hex Socket Bolt.
Quantity: 4



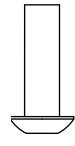
4x12mm Oval Cross
Tapping Screw. Quantity: 2



10x18.4x2.5t Spring
Washer. Quantity: 4

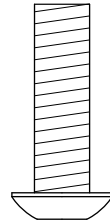


10.2x20.0x1.5t Flat
Washer. Quantity: 4

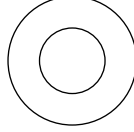


4x10mm Oval Cross Bolt.
Quantity: 2

STEP 2

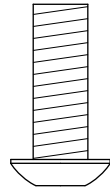


M8x25mm Oval Hex
Socket Bolt. Quantity: 4

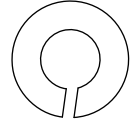


8.4x17.0x1.0t A/c
Washer. Quantity: 4

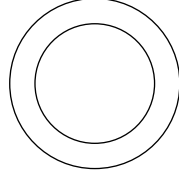
STEP 3



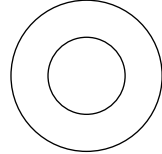
M8x20mm Oval Hex
Socket Bolt. Quantity: 2



8x15x2t Spring
Washer. Quantity: 2

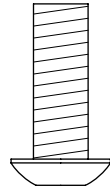


17x23x0.5t Wavy
Washer. Quantity: 2

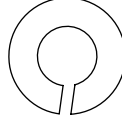


8x20x1.5t Flat Washer.
Quantity: 2

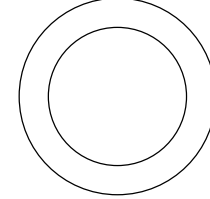
STEP 4



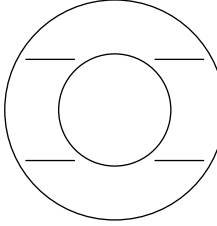
M8x20mm Oval
Hex Socket Bolt.
Quantity: 2



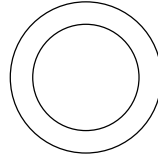
8x15x2t Spring
Washer. Quantity: 2



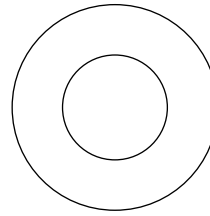
8.6x26x2t Flat
Washer. Quantity: 2



20.7x29x0.5t Wavy
Washer. Quantity: 2



8.5x20x1t Flat
Washer. Quantity: 2

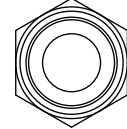


20x27x1.5t Flat
Washer. Quantity: 4

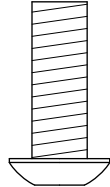
STEP 5



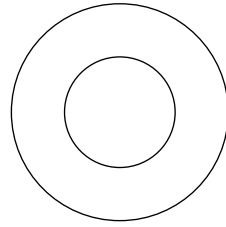
8x15x2t Spring Washer.
Quantity: 4



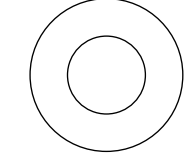
M8 Nylon Nut. Quantity: 2



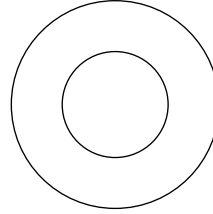
M8x20mm Oval Hex Socket Bolt.
Quantity: 2



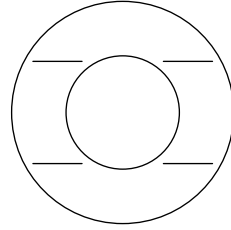
16x28x1t Teflon Washer.
Quantity: 4



8x20x3t Flat Washer.
Quantity: 4



20x27x1.5t Flat Washer.
Quantity: 2



20x29x0.5t Wavy
Washer. Quantity: 2

STEP 6



M10x12mm Set Screw. Quantity: 4

STEP 1**OPEN HARDWARE FOR STEP 1**

Attach Rear Stabilizer Cover

- Place rear stabilizer cover over rear stabilizer as shown
- Attach the rear stabilizer cover using 2 screws

Attach Guide Rail Set

- Align guide rail set with main frame as shown
- Attach the guide rail set to the main frame using 4 bolts, 4 spring washers and 4 flat washers
- Attach the guide rail cover to the main frame using 2 bolts

Please follow the order and intent of these instructions as much as you can. The order of assembly and order of tightening the bolts will affect the performance of your new exercise machine.

STEP 1

Guide Rail Set

Rear Stabilizer Cover

Main Frame

Guide Rail Cover

STEP 2**OPEN HARDWARE FOR STEP 2**

Attach Levelers to Stabilizer Tube

- Screw both levelers into the holes in the bottom of the front stabilizer tube

Attach Front Stabilizer Tube

- Attach the front stabilizer tube to the front stabilizer bracket using 4 bolts and 4 arc washers

STEP 2

Front Stabilizer Tube

Front Stabilizer Bracket

STEP 3**OPEN HARDWARE FOR STEP 3**

Attach Pedal Arms

- Slide wavy washer over crank followed by pedal arm as shown. Rest pedal arm wheel on guide rail
- Attach the pedal arm to the crank using 1 flat washer, 1 spring washer and 1 bolt
- Repeat on other side

Attach Console Mast

- Tie wire to data cable and feed the connector through the console mast
- Make sure cable is not pinched between the console mast and console mast bracket
- Slide console mast over the 4 bolts in the console mast bracket
- Tighten 4 bolts; be sure to fully tighten

Attach Pedal Arm Covers

- Make sure holes are on the bottom of the pedal arm
- Attach the bottom cover first with 2 pre-attached screws
- Snap on top cover
- Repeat on other side

STEP 3

Console Mast

Data Cable

Console Mast Bracket

Crank

Pedal Arm

Pedal Arm Covers

STEP 4**OPEN HARDWARE FOR STEP 4**

Attach Lower Handlebars to Console Mast

- Slide 1 large flat washer, 1 wavy washer and another large flat washer onto the console mast
- Slide lower handlebar onto console mast and attach using 1 large flat washer, 1 handlebar cap, 1 flat washer, 1 spring washer and 1 bolt
- Repeat on other side

STEP 4

Console Mast

Handlebar Cap

Lower Handlebar

STEP 5**STEP 5****OPEN HARDWARE FOR STEP 5**

Attach Link Arms

- Slide wavy washer and 27mm flat washer onto link arm before sliding link arm onto pedal arm bracket
- Attach link arm to pedal arm using 1 flat washer, 1 spring washer and 1 bolt
- Align opposite end of link arm with bracket on bottom of lower handlebar
- Place Teflon washers on both sides of the link arm. While holding Teflon washers slide link arm into bottom end of lower handlebar
- Secure the joint with 1 bolt, 1 flat washer, 1 spring washer and secure with one nut
- Repeat on other side

Attach Side Pedal Covers

- Secure side pedal covers with 2 pre-attached screws on each side

Link Arm

Pedal Arm Bracket

Lower Handlebars

Side Pedal Cover

STEP 6

X20

STEP 6

X30

STEP 6**OPEN HARDWARE FOR STEP 6**

Attach Upper Handlebars

- Slide handlebar boot over bottom of upper handlebar
- Slide upper handlebar onto lower handlebar and align notch with tab making sure handlebars are joined together completely. Secure upper handlebars to lower handlebars using set screws
- Repeat on other side

Attach Top Cap

- Slide top cap over console mast and carefully snap into place
- Carefully insert console mast boot over top cap, snapping the tabs closest to the mast first followed by the other two tabs

X20 only:

- Attach Cup holder using 2 pre-attached screws

STEP 7

Console Cables

Upper Handlebars

Handlebars Boots

Top Cap

Lower Handlebars

Cup Holder

Mast Boot

SIMPLE

DELUXE

PREMIER

CONSOLES

STEP 7**HARDWARE IS PRE-ATTACHED**

Attach Console

- With the screwdriver, remove the four console mounting screws from the backside of the console. Connect the heart rate wires coming from the mast to the heart rate wires coming from the bottom of the console. Plug the data cables into the board. Pull any extra wire down into the console mast. Secure console to the bracket using the four console mounting screws removed earlier. Tighten with the screwdriver
- Plug the power cord into the power socket in the front of the unit. Plug the other end of the cord into the wall outlet. Make sure the power switches at the bottom of the unit and on the back of the console are in the on position

COMPLETE

X20

COMPLETE

X30