



STRIDE ADJUSTMENT SYSTEM TECHNICAL CERTIFICATION TRAINING

Field Engineering | 2010

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Course Objectives

- » Consumer Crosstrainer X5 Stride Adjustment Mechanism:
- » Consumer Crosstrainer X7 and X8 Stride Adjustment Mechanism:
- » Common issues and concerns

X5 Stride Adjustment Mechanism

Theory of Operation

- » Pedal lever is connected to the coupler link.
- » Assembled to the coupler link is a gas spring.
- » When the handle connecting to the gas spring is pulled the pedal lever raises or lowers.
- » The stride is lengthened when the pedal lever raises
- » The stride is shortened when the pedal lever lowers
- » Adjustment is manual



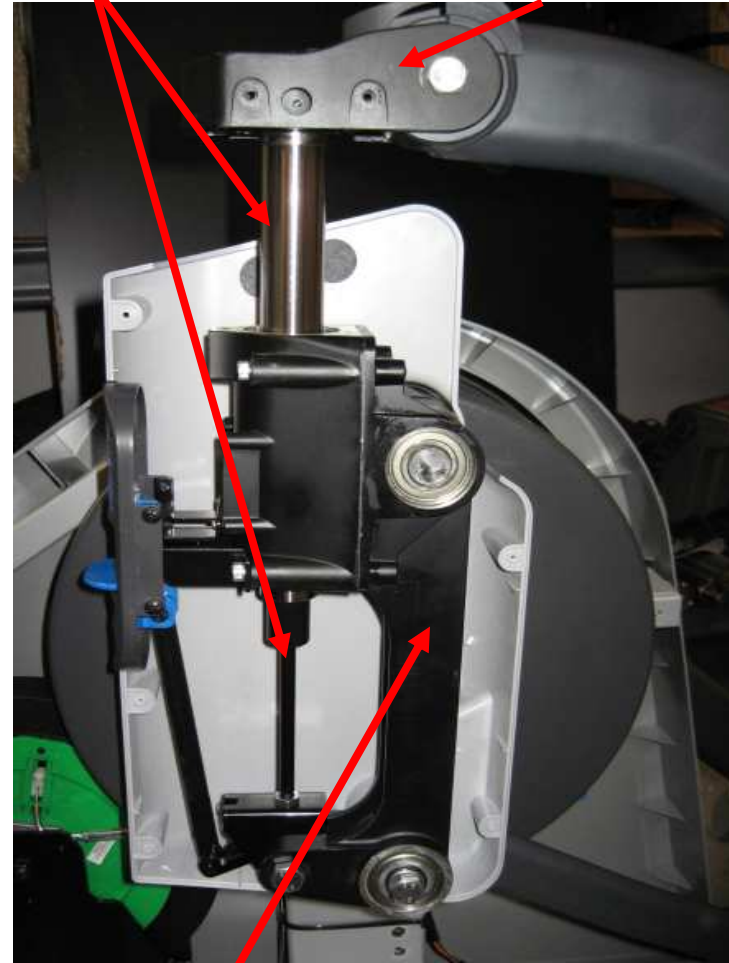
X5

X5 Stride Adjustment Linkage - Components

- » Locking in compression gas spring
- » Infinite adjustment possibility between 18" and 24" but shrouds are marked every ½".
- » Pull up on blue slide handle to adjust position. Release to lock in place.
- » For easiest movement slide the handle up at about $\frac{3}{4}$ of its travel. If higher or lower the movement becomes more difficult.
- » The purpose of the gas spring is to make the adjustment easier, and not to eliminate the need of user assistance.

Gas spring

Upper Casting



Coupler Link

X7 & X8 Stride Adjustment Mechanism

Theory of Operation

- » Pedal lever is are connected to the coupler link.
- » Assembled to the coupler link is a lift motor/actuator.
- » When the activity zone button is pressed it can either raise or lower the pedal lever.
- » The stride is lengthened when the pedal lever raises
- » The stride is shortened when the pedal lever lowers
- » Adjustment is automatic
- » Stride length is adjustable in 1" increments between 18" and 24"



X7, X8

X7 and X8 Stride Adjustment Components

Upper
Casting



Coupler Link

Motor /
Actuator

Common Issues

X5, X7, X8 Stride Adjuster Difficult to Remove

- » Removal of a stuck on the crank arm Stride Adjuster assembly:
 - ◆ Raise the stride length to maximum.
 - ◆ Remove the moving shrouds from the upper castings. (Figure 1)
 - ◆ Remove the idler link bolt from the bottom of the adjuster assembly and the bolt that attaches the rear of the pedal lever to the upper casting.
 - ◆ Remove the snap ring on the end of the crank arm shaft.
 - ◆ Slide the adjuster assembly off the crank arm. If it would not come off by hand, use a two jaw puller to remove it as shown in Figure 2.
- » Reference:
 - ◆ Service Bulletin: **CT09020202N** – complete instructions on removal of the coupler.



Figure 1



Figure 2 - X5 shown. X7 is similar

X7 and X8 Noise

- » Issue:
 - ◆ Clicking noise from the stride adjustment area.
- » Troubleshooting:
 - ◆ To check for noise grab the pedal tube near the stride adjustment assembly and pull up and down.
 - ◆ Check for noise at higher speeds.
- » Probable cause:
 - ◆ The actuator nut is loose or the actuator has too much end play.
- » Solution:
 - ◆ Remove the nut, reapply Loctite ® 242/243 to it and reassemble.



Pull pedal lever tube up near rear covers and down and listen for noise

Summary

- » What position of the stride adjustment handle on X5 provides the easiest movement of the adjuster?
- » Does the gas spring on X5 eliminate the need of user assistance?
- » What happens to the stride length when the pedal lever raises?
- » Can we have 22.5" length on X5 and X7/X8?
- » What is the process to check for noise from the stride adjustment assembly area?

Questions





THANK YOU!

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