



SIMPLE



DELUXE



PREMIER

CONSOLES

STEP 7

CONSOLE

- Refer to Product Selection and Model Configuration decal on console or follow these steps.
- Once the product is plugged in turn on the console
- Select product (Bike [BK] or Elliptical [EP]) using the resistance arrow keys. Press ENTER to select.
- Select model number (Bike [1500, 2050, 2250, 3200] or Elliptical [1500, 6000, 6200]) using the RESISTANCE arrow keys. Press ENTER to select. Console will reset to startup screen.
- The product selection and model configuration is now complete.

PARTS BOX

Console Mast Boot
Dual-Action Link Arm Covers
Dual-Action Axle Covers
Rear Stabilizers
Pedal Arm Bracket Covers
Pedal Support Bracket
Water Bottle & Cage
Power Supply
Color-coded Hardware Bags
Assembly Guide
Warranty Card



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9.08
AG18.19PFD
REV9

ASSEMBLY GUIDE

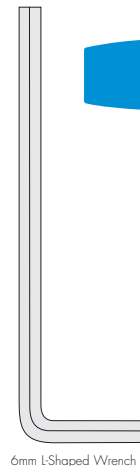
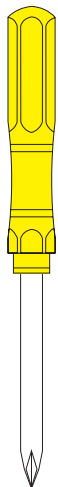


X6000
ELLIPTICAL TRAINER



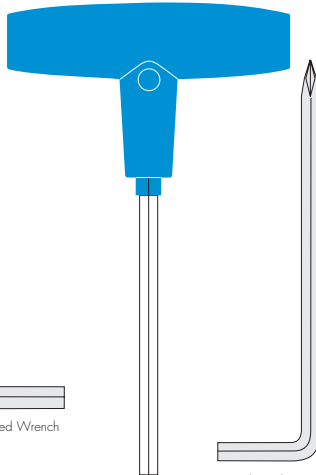
TOOLS & PARTS INCLUDED

Screwdriver



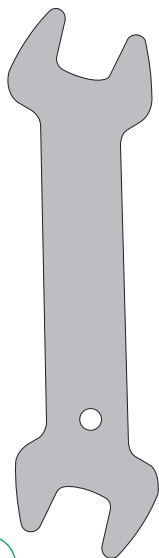
6mm L-Shaped Wrench

5mm T-Shaped Wrench



5mm L-Shaped Wrench

13mm/15mm Wrench



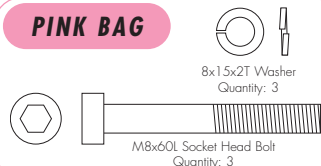
YELLOW BAG



M8x25L Bolt
Quantity: 4

8x17x1T Arc Washer
Quantity: 4

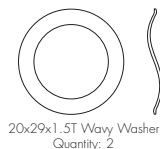
PINK BAG



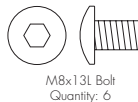
8x15x2T Washer
Quantity: 3

M8x60L Socket Head Bolt
Quantity: 3

GREEN BAG

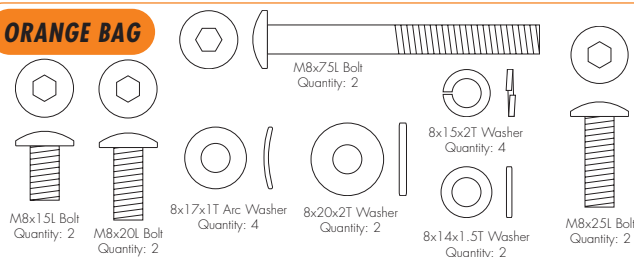


20x29x1.5T Wavy Washer
Quantity: 2



M8x13L Bolt
Quantity: 6

ORANGE BAG



M8x75L Bolt
Quantity: 2

M8x15L Bolt
Quantity: 2

M8x20L Bolt
Quantity: 2

8x17x1T Arc Washer
Quantity: 4

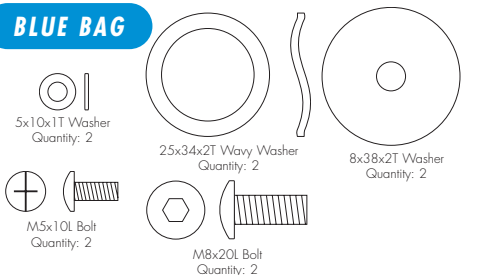
8x20x2T Washer
Quantity: 2

8x15x2T Washer
Quantity: 4

8x14x1.5T Washer
Quantity: 2

M8x25L Bolt
Quantity: 2

BLUE BAG



5x10x1T Washer
Quantity: 2

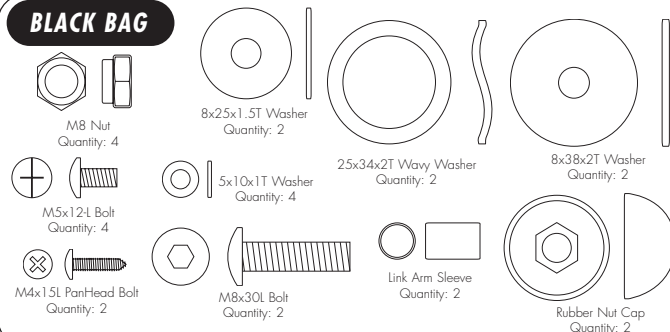
25x34x2T Wavy Washer
Quantity: 2

8x38x2T Washer
Quantity: 2

M5x10L Bolt
Quantity: 2

M8x20L Bolt
Quantity: 2

BLACK BAG



M8 Nut
Quantity: 4

8x25x1.5T Washer
Quantity: 2

25x34x2T Wavy Washer
Quantity: 2

8x38x2T Washer
Quantity: 2

M5x12L Bolt
Quantity: 4

5x10x1T Washer
Quantity: 4

M4x15L PanHead Bolt
Quantity: 2

M8x30L Bolt
Quantity: 2

Link Arm Sleeve
Quantity: 2

Rubber Nut Cap
Quantity: 2

Assembly Guide

X6000 ELLIPTICAL TRAINER

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

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

STEP 1 YELLOW BAG

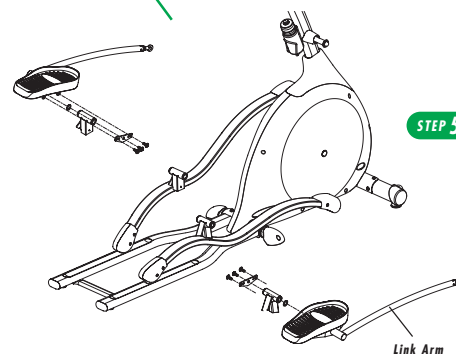
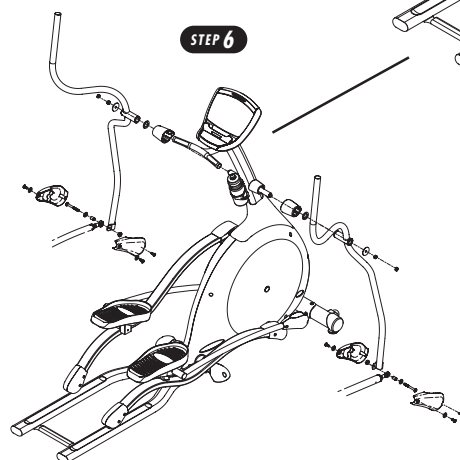
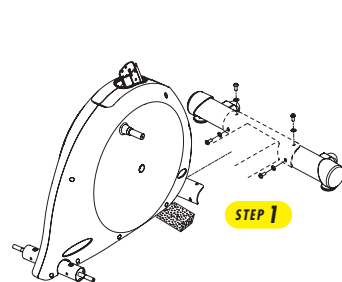
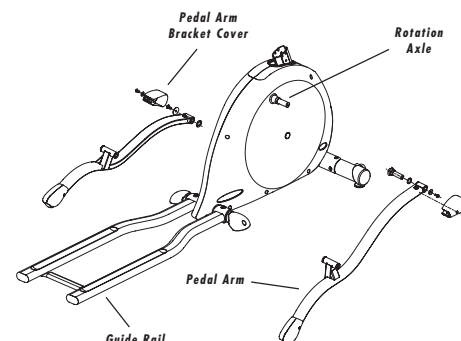
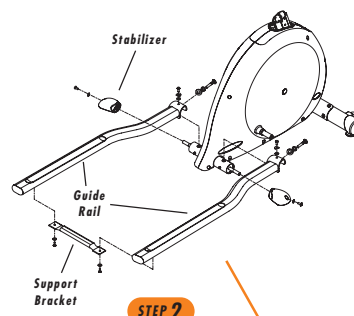
- Place a piece of packaging under the front of the unit to aid in assembly.
- Secure the front stabilizer to the base frame with four bolts (M8x25L) and arc washers (8x17x1.0T). Tighten with the 5mm L-shaped wrench.

STEP 2 ORANGE BAG

- Connect the guide rail support bracket to the left and right guide rails with two washers (8x20x2T) and two bolts (M8x15L). Tighten with the 5mm Handle wrench.
- Slide the bracket ends of the guide rails over the rear frame tube. Secure with arc washer (8x17x1.0T), lock washer (8x15x2T) and bolt (M8x25L) to the top holes in the guide rails. Secure with arc washer (10x20x1.5T), lock washer (8x15x2T) and bolt (M8x75L) to the front holes in the guide rails. Tighten with the 5mm L-shaped wrench.
- Slide the rear stabilizers onto each rear frame tube axle. Secure with washers (8x14x1.5T) and bolts (M8x20L). Tighten with the 5mm Handle wrench.

STEP 3 BLUE BAG

- Slide a wavy washer (25x34x2T) onto the right rotation axle. Slide the right pedal arm knuckle onto the right rotation axle. The pedal arm roller wheel should be placed in the groove of the guide rail. Secure in place with a washer (8x38x2T) and bolt (M8x20L). Tighten with a 5mm T-shaped wrench.
- Place the pedal arm bracket cover over the pedal arm knuckle. Secure with a washer (5x10x1T) and bolt (M5x10L). Tighten with the screwdriver.
- Repeat this step on the left side.



STEP 4

PINK BAG

- Slide the boot onto the console mast.
- Unfold the wire harness located in the frame bracket. Wrap the wire tie around the end of the wire harness. Pull the wire tie and wire harness up through the top of the console mast while simultaneously sliding the mast into the frame bracket.
- Secure the mast to the frame using three lock washers (8x15x2T) and three socket head bolts (M8x60L). Tighten with the 6mm L-shaped wrench.
- Slide the boot down the console mast and snap it in place on top of the cover.
- Remove the four screws from the back of the console. Plug the wire harness into the back of the console. Connect the heart rate wires from the console mast to the console. Attach the console to the console mast with the four screws.
- Attach the water bottle cage with the screwdriver and the screws located in the console mast.

STEP 5

GREEN BAG

- Slide a wavy washer (20x29x1.5T) on the lower link arm axle, which is located under the foot plate. Slide the axle through the bracket located on top of the pedal arm.
- Secure the link arm to the pedal arm with the pedal support bracket and three bolts (M8x13L). Tighten with the 5mm T-shaped wrench.
- Repeat this step on the left side.

STEP 6

BLACK BAG

- On the right side, slide the dual action axle cover onto the console mast axle. Slide a wavy washer (25x34x2T) onto the axle. Slide the right dual action arm on the axle. Fix in place with the washer (8x38x2T) and locknut (M8). Cover with the included nut cap.
- Insert the sleeve into the socket joint of the lower link arm. Connect the lower link arm to the dual action arm with a bolt (M8x30L). Attach the washer (8x25x1.5T) and nut (M8) to the end of the bolt. Tighten with the 5mm L-shaped wrench and 13mm wrench.
- Position the link arm cover over the joint of the lower link arm and secure the two pieces of the cover together with a panhead bolt (M4x15L). Connect the cover to each side of the lower link arm with a washer (5x10x1T) and bolt (M5x12L).
- Repeat these steps on the left side.

STEP 7

CONSOLE

- Please refer to back cover for this step.