

HARDWARE INCLUDED

ORANGE BAG



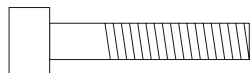
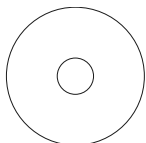
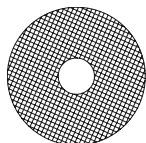
M5x12L Bolt
Quantity: 2



10x24.5x1T Washer
Quantity: 4



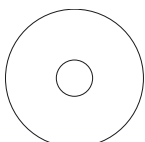
10x38x1T
Single Side Teflon Washer
Quantity: 4



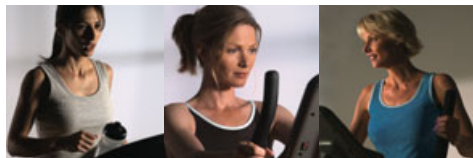
M10x55L Socket Head Bolt
Quantity: 2



M10 Nut
Quantity: 2



10x38x1T Washer
Quantity: 4



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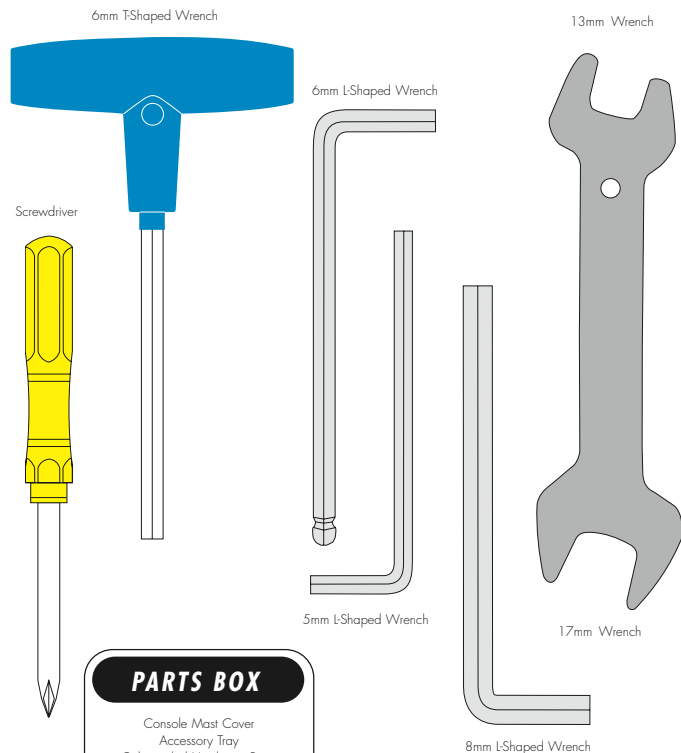
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AG18-SOPRO
REV2

Assembly Guide



X6850HRT
COMMERCIAL INCLINE ELLIPTICAL TRAINERS

TOOLS & PARTS INCLUDED



PARTS BOX

Console Mast Cover
Accessory Tray
Color-coded Hardware Bags
Owner's Guide
Assembly Guide
Warranty Card

HARDWARE INCLUDED

BLUE BAG



M8x15L Socket Head Bolt
Quantity: 8

Also included in Blue Bag:
Zip Tie, Quantity: 1

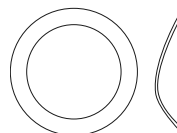


M8 Lock Washer
Quantity: 8

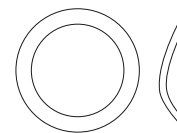


8x16x2T Washer
Quantity: 4

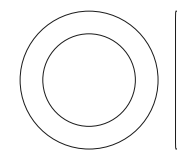
PINK BAG



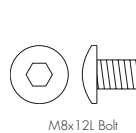
26x35x0.3T Wave Washer
Quantity: 2



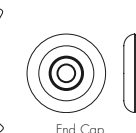
25.5x34x2T Wave Washer
Quantity: 4



25.5x38x1T Washer
Quantity: 2



M8x12L Bolt
Quantity: 2



End Cap
Illustration not to scale
Quantity: 2

GREEN BAG

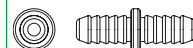


8x16x1T Washer
Quantity: 2

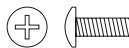
Spacer
Quantity: 4



M8 Nut
Quantity: 2



Plastic Connector
Quantity: 4



M5x15L Bolt
Quantity: 8



M8x25L Socket Head Bolt
Quantity: 8



M8 Lock Washer
Quantity: 8



M8x55L Socket Head Bolt
Quantity: 2

BLACK BAG



M8x20L Bolt
Quantity: 4

Assembly Guide

X6850HRT

COMMERCIAL INCLINE 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, Extension 12

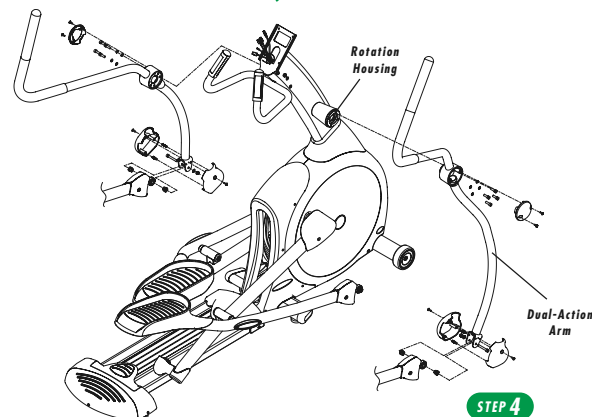
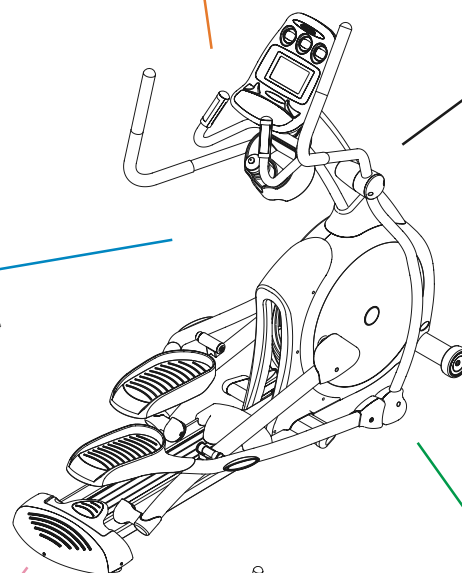
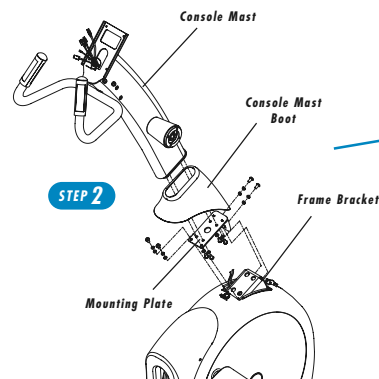
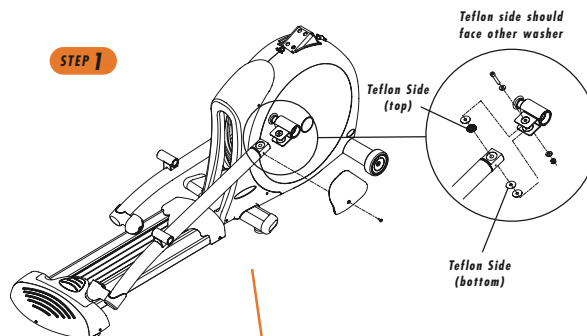
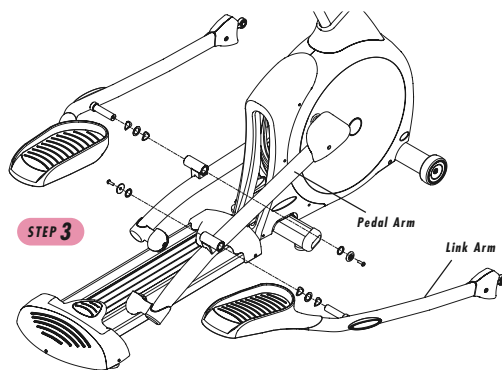
NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Elliptical Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt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

STEP 1 ORANGE BAG

- Take the right pedal arm and set the roller wheel in the aluminum rail track. On the connection end of the pedal arm place a teflon washer (10x38x1T) on each side of the connection sleeve. The teflon side should face away from the sleeve. Now place a regular flat washer (10x38x1T) against the teflon washer. Slide the end of the pedal arm with washers into the knuckle pin bracket. Slide a socket head bolt (M10x5.5L) with washer (10x24.5x1T) through the hole in the knuckle pin bracket and pedal arm. Fix in place with a washer (10x24.5x1T) and nut (M10). Tighten with the 8mm L-shaped wrench and the 17mm wrench.
- Slide the pedal arm cover over the knuckle joint and fix in place with a bolt (M5x12L). Tighten with the screwdriver.
- Repeat these steps on the left side.

STEP 2 BLUE BAG

- Slide the console mast boot onto the console mast.
- Attach the mounting plate to the bottom of the console mast with four socket head bolts (M8x1.5L) and four lock washers (M8). Tighten with the 6mm L-shaped wrench.
- Mount the console mast on the frame by sliding the guide hole on the mast mounting plate over the guide screw on the front of the frame bracket. Place a lock washer (M8) followed by a flat washer (8x16x2T) on each of the four remaining socket head bolts (M8x1.5L) and use them to fix the mast to the frame. Tighten with the 6mm L-shaped wrench.
- Wrap the wire tie that exits the hole at the bottom front side of the console mast around the wire harness coming up from the frame. Pull the wire tie and wire harness up through the top of the console mast.
- Insert a zip tie through the hole in the middle of the console mast and loop it around the heart rate wires and wire harness. Pull to snug, but do not over tighten.



STEP 3 PINK BAG

- Slide one wave washer (26x35x0.3T), one flat washer (25.5x38x1T), and one wave washer (25.5x34x2T) onto the axle of the right link arm. Slide the axle of the right link arm through the sleeve on the right pedal arm. Secure the link arm onto the pedal arm with the wave washer (25.5x34x2T), end cap, and bolt (M8x12L). Tighten with the 5mm L-shaped wrench.
- Repeat the step on the left side.

STEP 4 GREEN BAG

NOTE: With this next step it is helpful to have a second person to hold the dual-action arms in place while you assemble them.

- Take the right dual-action arm and center the holes in the rotation housing on the console mast. Secure with four socket head bolts (M8x2.5L) and four lock washers (M8). Tighten with the 6mm T-shaped wrench.
- Attach the dual-action arm rotation cover to the dual-action arm center. Secure in place with two bolts (M5x1.5L). Tighten with the screwdriver.
- Slide a spacer onto each side of the socket joint located on the end of the link arm. Slide the bottom of the dual-action arm bracket over the link arm socket and spacers. From the outside of the bracket, slide the bolt (M8x5.5L) through the hole in the bracket and socket joint. Secure with a washer (8x16x1T) and nut (M8). Tighten with the 6mm T-shaped wrench and 13mm wrench.
- Attach the inside dual-action arm cover onto the bottom of the dual-action arm with a bolt (M5x1.5L). Insert the plastic connector to the inside dual-action arm cover. Slide the outside dual-action arm cover onto the other end of the plastic connector. Secure the outside dual-action arm cover to the bottom of the dual-action arm with a bolt (M5x1.5L). Tighten both bolts with the screwdriver.
- Repeat these steps on the left side.

STEP 5 BLACK BAG

- Slide the accessory tray onto the console mast. Secure in place with four bolts (M8x2.0L). Tighten with the 5mm L-shaped wrench.
- Remove the four bolts (M5x1.2L) from the back side of the console. Connect the wire harness and the heart rate wires to the control board on the back side of the console. Place the console on the mast and secure in place with the bolts (M5x1.2L).
- Place the X6850HRT in its intended location and plug in the power cord to the electrical outlet.