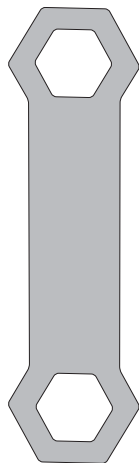


TOOLS & PARTS INCLUDED

13mm Wrench

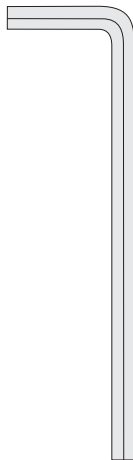


15mm Wrench
Qty: 2

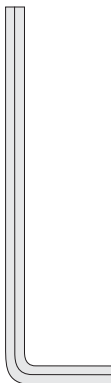
Screwdriver



6mm L-Shaped Wrench



5mm L-Shaped Wrench



PARTS BOX

Assembly Guide
Power Cord
Incline Arm Covers, Qty: 2
Crank Arm Bearing End Caps, Qty: 2
Elevation Bracket Cover
Color-coded Hardware Bags

toll free 800.335.4348
www.visionfitness.com

© 2009 Vision Fitness. All Rights Reserved. May be covered by one or more patents or patents pending: US 5540437, US 5573480,
US 5813949, US 5813949, US 5924962, US 5938567, US 6135927, US 6149551, US 7316633, TW 364373, TW 371899, CN 99808486.7
10.09
AG18.6WPD
REV4



ASSEMBLY GUIDE



S7100
SUSPENSION ELLIPTICAL™ TRAINER

S7100 – SUSPENSION ELLIPTICAL TRAINER

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

Console Mast Frame Bracket 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 Suspension 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 Suspension 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

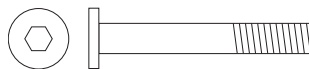
BLUE BAG



M8x20L Socket Head Bolt
Quantity: 4



10.2x15x1.5T Washer
Quantity: 1



3/8x56L Socket Head Bolt
Quantity: 1

ORANGE BAG

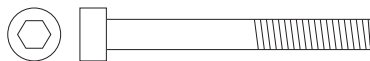


M5x15L Silver Bolt
Quantity: 2

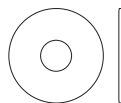


M5x15L Bolt
Quantity: 8

LIGHT BLUE BAG



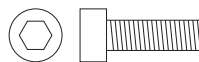
M8x70L Socket Head Bolt
Quantity: 4



8.2x25x1.5T Washer
Quantity: 4

HARDWARE INCLUDED

PURPLE BAG



M8x25L Socket Head Bolt
Quantity: 4



M8 Nut
Quantity: 4

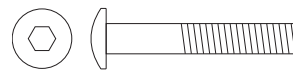
GREEN BAG



8.2x16x2T Washer
Quantity: 4



M8 Nut
Quantity: 2



M8x50L Bolt
Quantity: 2



Spacer Bushings
Quantity: 4

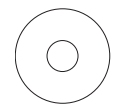
PINK BAG



M8 Flat Washer
Quantity: 4



M8 Nut
Quantity: 2



8.2x25x2.5T Washer
Quantity: 2

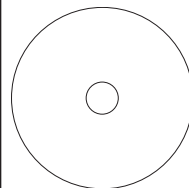


M8x15L Button Head Bolt
Quantity: 2



M8x90L Bolt
Quantity: 2

BLACK BAG



8.5x48x5T Washer
Quantity: 2



M10x25L Button Head Bolt
Quantity: 2

STEP 1

BLUE BAG

NOTE: A second person will be helpful to complete this step.

- Slide the console mast boot onto the console mast.
- Using the two bolts inserted in the front of the console mast as guides, set the console mast into the console mast frame bracket ensuring cables are not pinched between the console mast and console mast bracket. Secure the front of the mast to the frame bracket with the other two socket head bolts (M8x20L) using a 6mm L-shaped wrench. Secure each side of the console mast to the console mast bracket with one socket head bolt (M8x20L) using a 6mm L-shaped wrench. Do NOT tighten the bolts yet.

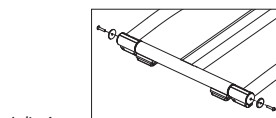
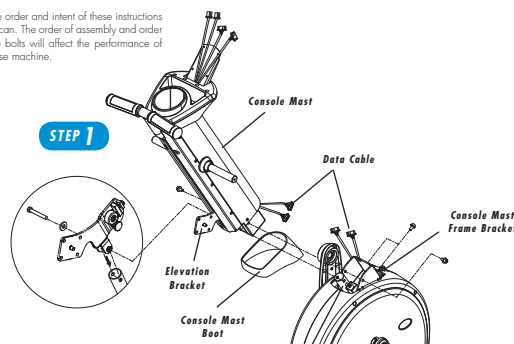
- Release the console mast elevation bracket and slide it down the console mast to its lowest position. Slide the console mast elevation bracket (flat bracket) over the elevation motor tube so the holes in the console mast elevation bracket line up with the top holes in the elevation motor tube. Insert the bolt (3/8x50L) and washer (10.2x1.5x1.5T) and tighten just to snug using a 6mm L-shaped wrench. Do not allow the bolt to draw tight and deform the tube.

- Tighten the six (M8x20L) bolts on the mast completely tight using a 6mm L-shaped wrench.

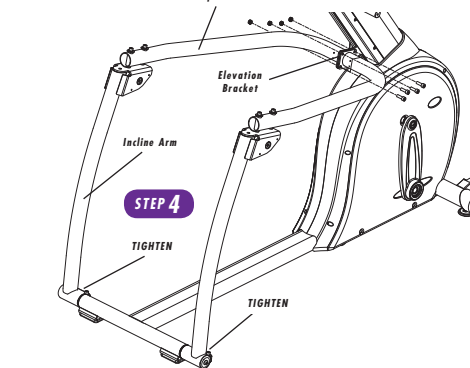
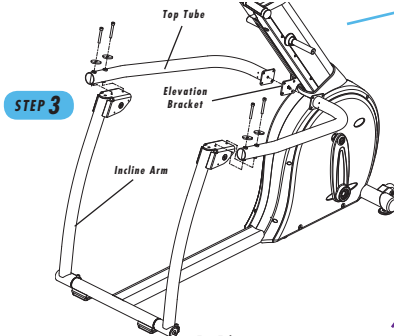
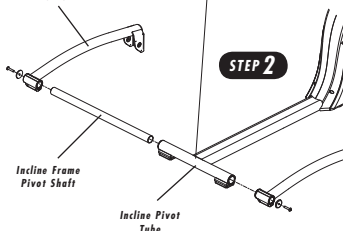
- Connect the data cables coming from the bottom of the console mast to the data cables coming up from the frame.

- Slide the console mast boot down over the frame.

STEP 1



STEP 2



STEP 2

BLACK BAG

NOTE: Do not fully tighten the four bolts at the bottom of the incline arm until instructed to do so in step 4.

- Slide the incline frame pivot shaft into the incline pivot tube at the rear of the unit.

- Slide the bottom of the left incline arm over the incline pivot shaft and let it rotate forward resting it on the ground. Repeat on the right side.

- NOTE:** The incline frame pivot shaft should be centered in the incline pivot tube. Use the two button head bolts and washers to pull the incline arms in snug against the incline pivot tube.

- Do NOT tighten the four bolts at the bottom of the incline arm.

STEP 3

LIGHT BLUE BAG

NOTE: A second person will be helpful to complete this step.

- Lift the left incline arm and place a top tube (they are interchangeable) over the left incline arm bracket and connect with two socket head cap bolts (M8x70L) and two washers (8.2x2.5x1.5T). Turn bolts finger tight with the 6mm L-shaped wrench.

- Insert the pin on the elevation bracket into the hole on the front flange of the connection arm.

- Repeat these steps on the right side.

STEP 4

PURPLE BAG

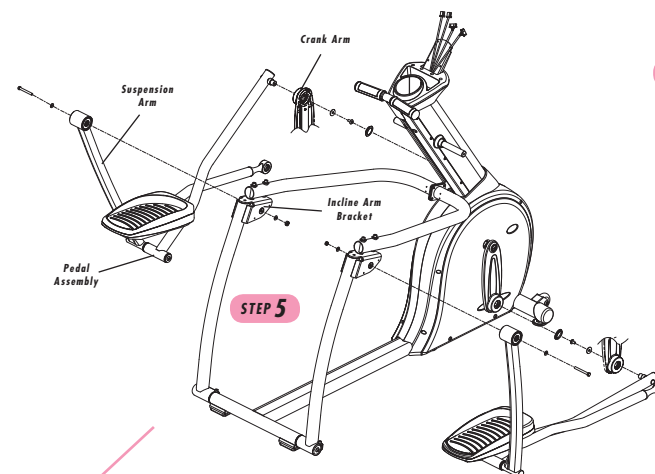
- When both top tubes are onto elevation bracket alignment pin, lift the entire assembly slightly to line up the bolt holes. Insert the two socket head cap bolts (M8x25L) through these holes. Secure each bolt with a nylon nut (M8). Do NOT tighten these bolts yet.

- Tighten the left and right top tube/incline arm bolts using a 6mm L-shaped wrench.

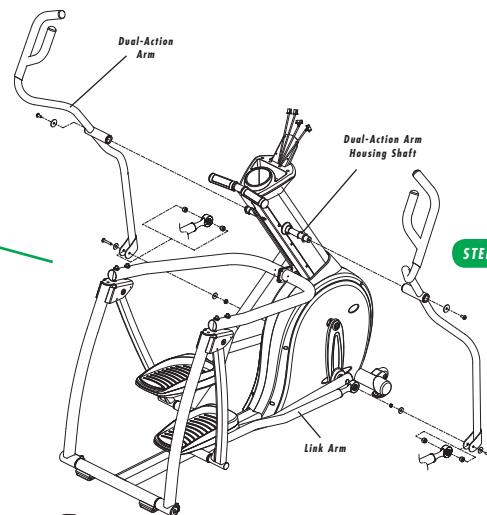
- Tighten the four elevation bracket bolts (M8x25L) with the 6mm L-shaped wrench and 13mm wrench.

- Tighten the four bolts at the bottom lower rear pivot of the incline arms using a 6mm L-shaped wrench.

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.

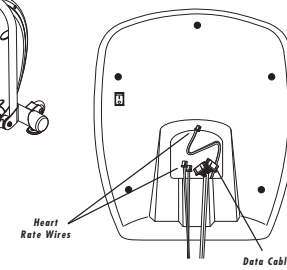
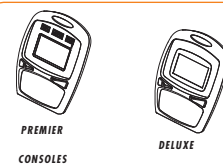
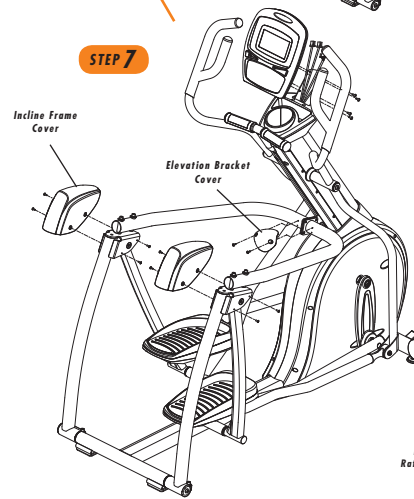


STEP 5



STEP 6

STEP 7



STEP 5

PINK BAG

- Take the left pedal assembly lay it on the ground in position on the left side of the machine and insert the bearing end of the suspension arm into the bracket of the incline arm. From the outside, insert a hex head bolt (M8x50L) with flat washer (M8) through the bracket and suspension arm. Secure with a flat washer (M8), and hex nut (M8). Fully tighten with two 13mm wrenches. This joint must be **VERY** tight.

- Repeat this step on right side.

- Take the front end of the left pedal arm and insert it into the end of the crank arm (You will have to slightly pry the pedal arm out in order to place it into the bearing). Rotate the crank arm/pedal arm connection up to the 11 o'clock position (1 o'clock right side) and insert the button head bolt (M8x15L) with flat washer (8.2x2.5x2.5T). Tighten with the 5mm L-shaped wrench.

- Press inner crank arm bearing and cap in place.

- Repeat this step on the right side.

STEP 6

GREEN BAG

- Remove button head cap bolt and large silver washer from the left hand dual-action arm rotation housing shaft. Then slide the left dual-action arm on the left rotation housing and secure in place with a button head cap bolt (M8x20L) and flat washer (8.2x2.5x1.5T). Tighten with the 5mm L-shaped wrench.

- Insert a spacer bushing onto each side of the left hand link arm bearing. Slide the link arm between the flanges of the dual-action arm bracket. Insert a button head screw (M8x50L) and flat washer (8.2x1.6x2T) through the hole to connect the brackets. Secure with a washer (8.2x1.6x2T) and nylon nut (M8). Tighten with the 5mm L-shaped wrench and 13mm wrench.

- Repeat these steps on the right side.

STEP 7

ORANGE BAG

- 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. Tuck any extra wires into the console. Take care to ensure cables coming from the frame sit in the groove in the back of the console and do not get pinched. Secure console to the bracket using the four console mounting screws removed earlier. Tighten with the screwdriver.

- Position the cover over the elevation bracket and secure with two silver bolts (M5x1.5L).

- Position the covers over the rear of the incline frame and secure each cover in place with four bolts (M5x1.5L) each. Tighten the bolts just until the covers are snug.

- 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.