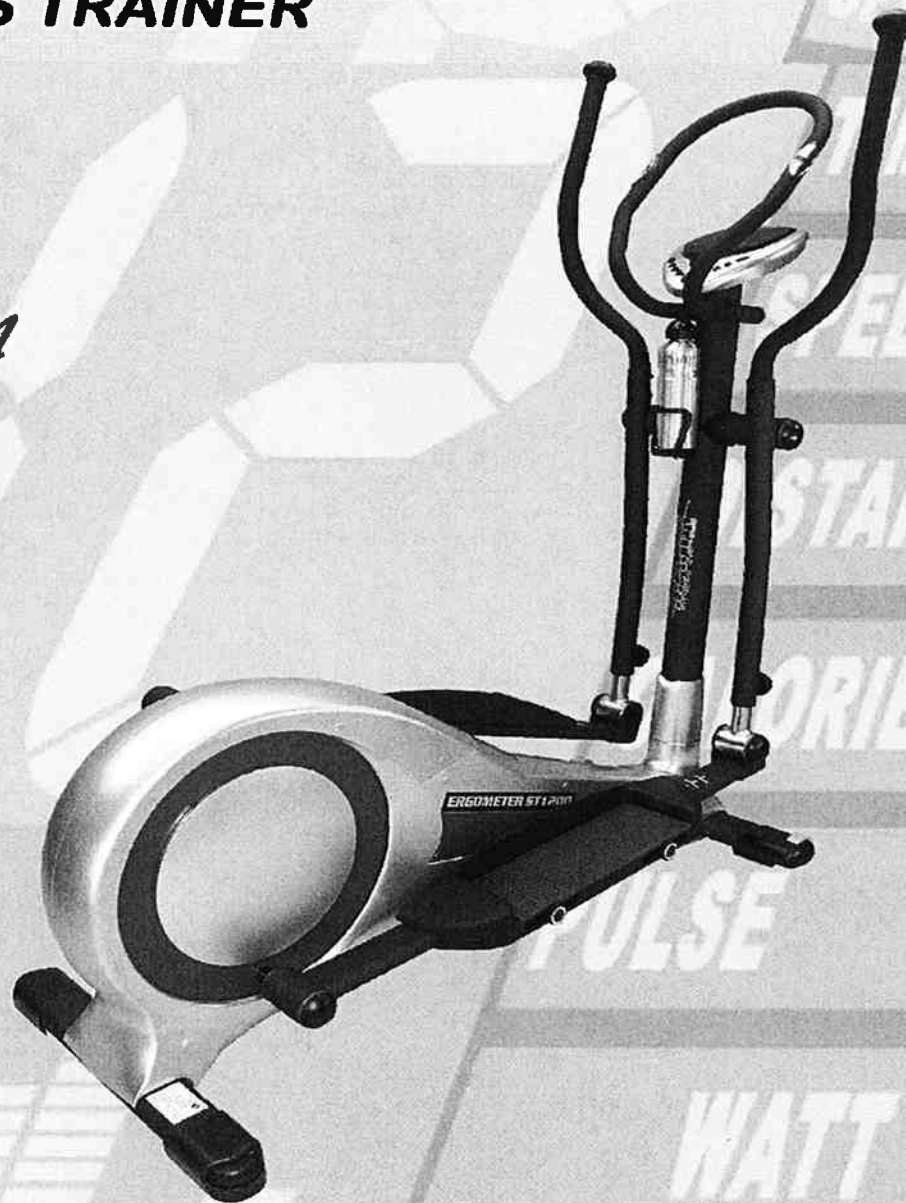


# ST1200 ELLIPTICAL CROSS TRAINER

*Enjoy the Sensation*



## ASSEMBLY INSTRUCTIONS

**inFinite**  
FITNESS SYSTEMS

# ST 1200 ASSEMBLY INSTRUCTIONS

## Introduction

Congratulations on your purchase of the ELLIPTICAL CROSS TRAINER. This product has been designed and manufactured to meet the needs and requirements of light commercial use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

If you have any further questions, please contact us. We wish you lots of success and fun while training.

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## Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, even so it is still important that you take care of your ELLIPTICAL CROSS TRAINER on a regular basis. Your ELLIPTICAL CROSS TRAINER is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your ELLIPTICAL CROSS TRAINER after each use.

The safety level of your ELLIPTICAL CROSS TRAINER can only be maintained if it is examined regularly for damage and wear. As a sensible precaution a quick visual safety check and clean before use is a good idea. We suggest a more thorough inspection once a month. If any defects are found discontinue use immediately and contact your dealer for advice on how to proceed.

Components most susceptible to wear  
 DUAL ACTION HANDLES [part#007,008,201,305,400]  
 STATIONARY HANDLE BAR [part#013,307]  
 FRONT & REAR STABILIZERS [part#002,003,308,403]  
 FOOT PEDALS [part#111,112]

These parts are assembled by the consumer and should be checked regularly. Make sure that all fasteners like Nuts, Bolts, Screws and Knobs are tight and secure.

All fasteners that are easily accessible should be checked and tightened if necessary on a regular basis.

The 3 x Pivot Points  
 [part#005,006,011,012,014,015,120]

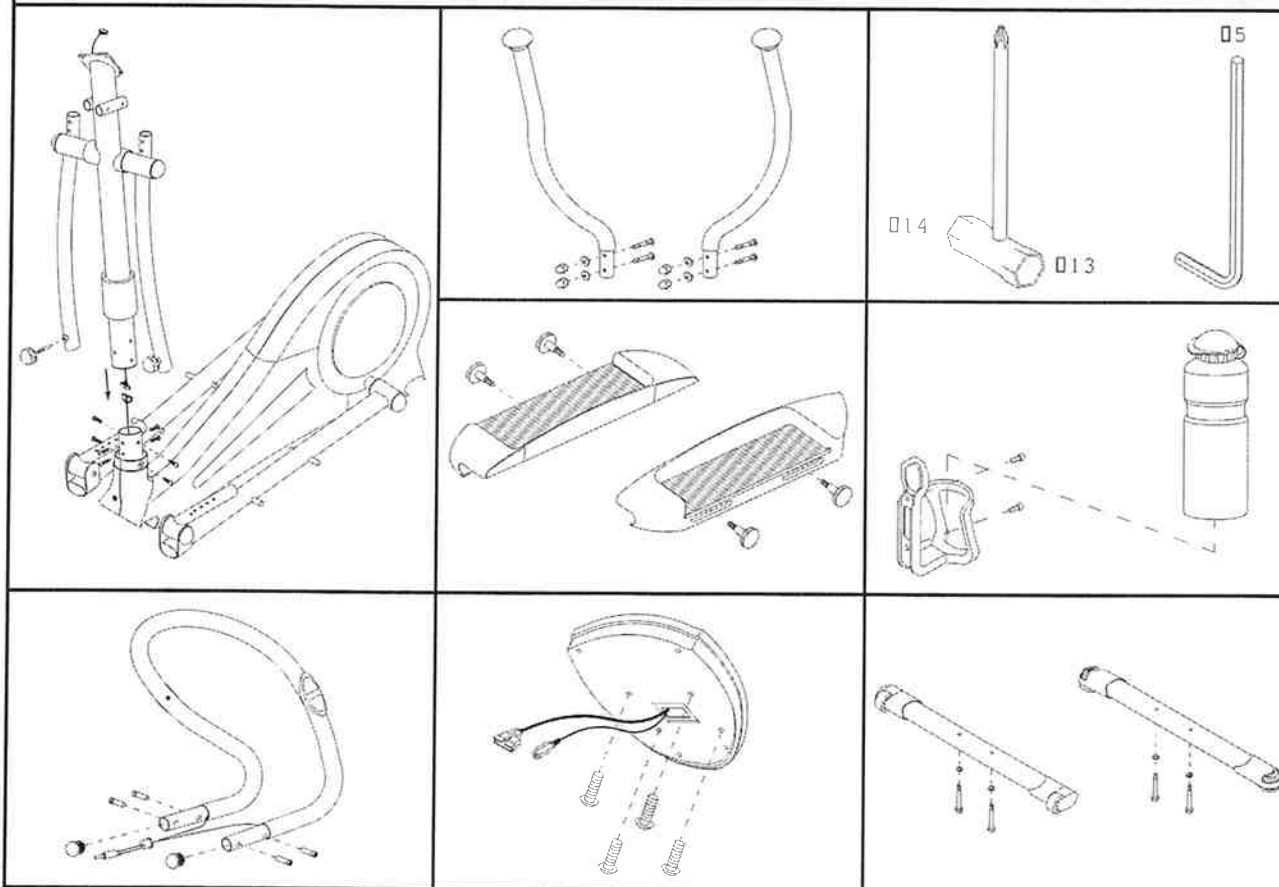
These 3 x Pivot Points consist of 12 x BUSHINGS (2 per pivot) and should last a lifetime with normal use. The BUSHINGS are a specially designed molybdenum disulfide impregnated nylon with built-in lubrication. The pivots are also greased by the manufacturer.

**WARNING:** Do NOT apply oil to any moving parts as this will wash the grease away and perhaps damage the ELLIPTICAL CROSS TRAINER.

If you wish to grease the BUSHINGS use a good quality grease that is friendly to plastic (some greases destroys plastic). To replace or grease the BUSHINGS disconnect the FOOT PEDAL TUBE [011 & 012] and the DUAL ACTION ARMS [005 & 006]. Replace or grease the BUSHINGS then reassemble.

## Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.



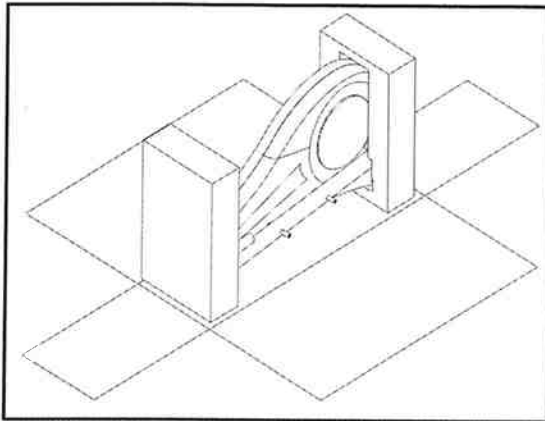
# ST1200 ASSEMBLY INSTRUCTIONS

## STEP 1

Clear a 2 x Meter by 2.5 Meter working space and place the ELLIPTICAL CROSS TRAINER carton in the middle.

## STEP 2

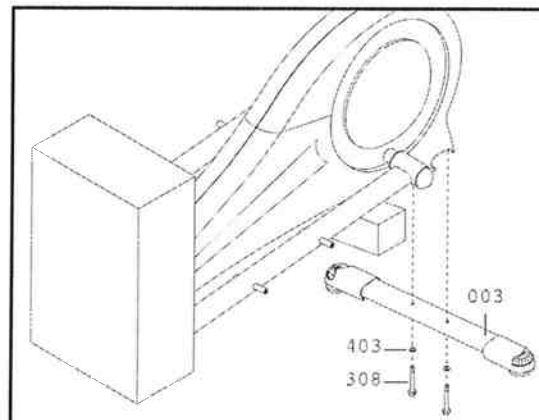
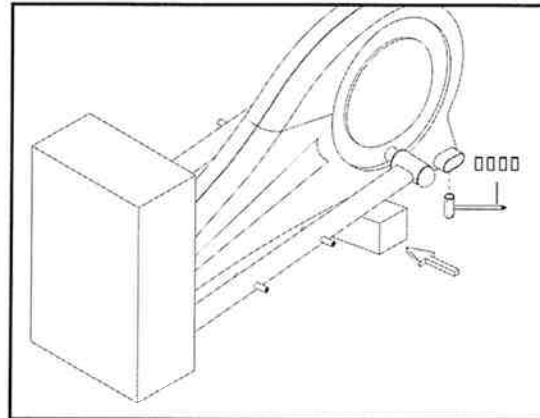
- With a sharp knife remove the plastic straps and carton lid.
- Cut the carton base so it lies flat on the floor as shown in the diagram below.
- Remove all the loose components and move aside the unwanted parts as shown in the diagram below.
- Refer to the checklist and check that everything is present.



**NOTE:** To protect the ELLIPTICAL CROSS TRAINER while assembling we suggest that you do not remove the protective packing material until absolutely necessary.

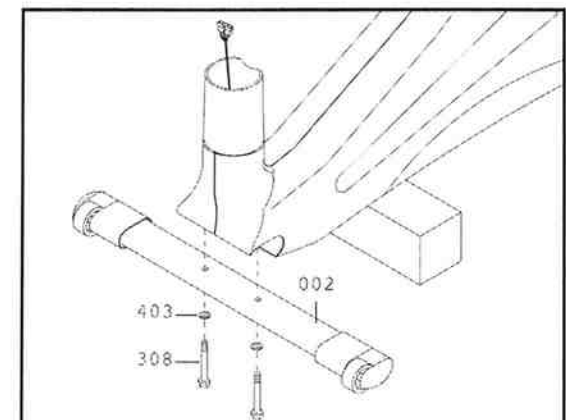
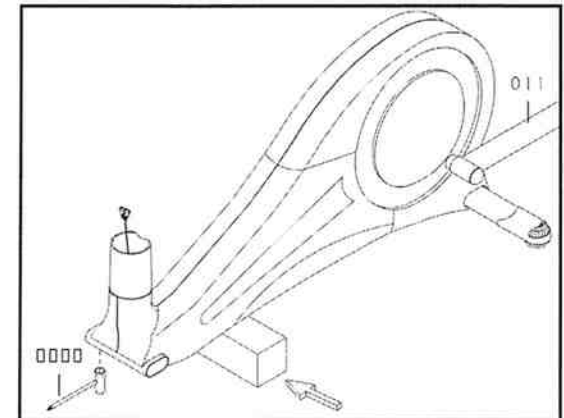
## STEP 3

- Lift the rear of the machine off the floor and slide a Polystyrene Block under the machine.
- With the rear end of the machine now raised off the floor remove the protective polystyrene.
- Undo 2 x BOLT [308] and remove the transportation tube with the TOOL provided as shown in the diagram below.
- Assemble the REAR STABILIZER [003] with the same 2 x BOLTS [308] + WASHERS [403] and tighten firmly with the TOOL provided.
- Remove the Polystyrene Block and place it under the front end of the machine.



## STEP 4

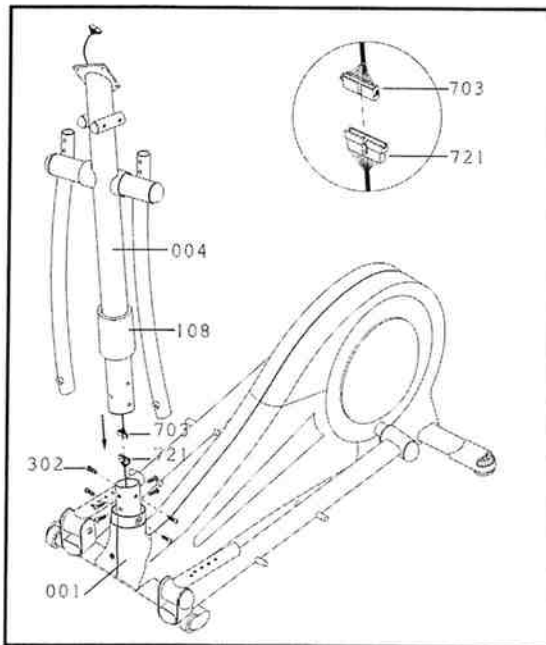
- With the front end now raised off the floor remove the protective polystyrene and rotate both FOOT PEDAL TUBES [011 & 012] out of the way as shown in the diagram below.
- Undo 2 x BOLT [308] and remove the transportation tube with the TOOL provided as shown in the diagram below.
- Assemble the FRONT STABILIZER [002] with the same 2 x BOLTS [308] + 2 x WASHERS [403] and tighten firmly with the TOOL provided.



# ST1200 ASSEMBLY INSTRUCTIONS

## STEP 5

- With another person helping you carefully lift the UPRIGHT TUBE [004] until it is vertical while the other person joins the 10 PIN COMPUTER CABLE [703] to MOTOR with 10 PIN CABLE [721] Plugs as shown in the diagram below.
- Carefully slide the UPRIGHT TUBE [004] into the MAIN FRAME [001], taking care not to damage the 10 PIN COMPUTER CABLES [703 & 721].
- Lift the HAT COVER [108] out of the way and align the holes and fit 8 x BOLTS [302], do NOT tighten yet. Rotate the UPRIGHT TUBE [004] to ensure correct alignment then firmly tighten 8 x BOLTS [302] then slide down the HAT COVER [108] and push firmly.

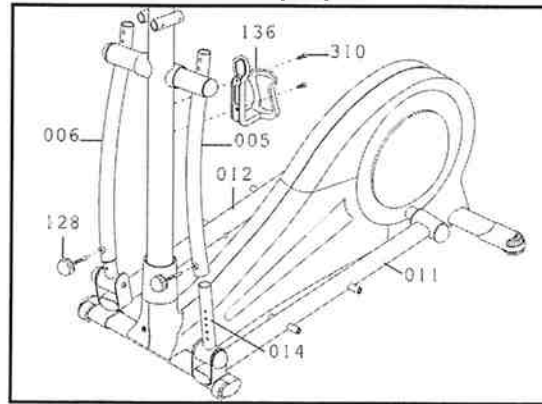


## STEP 6

- Do not remove the packaging. Rotate back one of the FOOT PEDAL TUBES [011 or 012] and slide the ANGLE ADJUSTMENT TUBE [014] into the DUAL ACTION ARM [005 or 006] accordingly and secure with ANGLE ADJUSTMENT KNOB [128].

**NOTE:** The ANGLE ADJUSTMENT TUBE [014] can be adjusted to your personal preference, but we suggest that you start with the middle setting (i.e. 1 hole showing, refer to drawing).

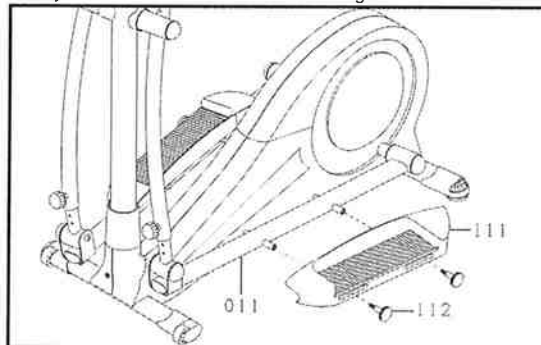
- Remove 2 x BOLT [310] from UPRIGHT TUBE [004]. Align WATER BOTTLE HOLDER [136] and fasten with the same 2 x BOLT [310].



## STEP 7

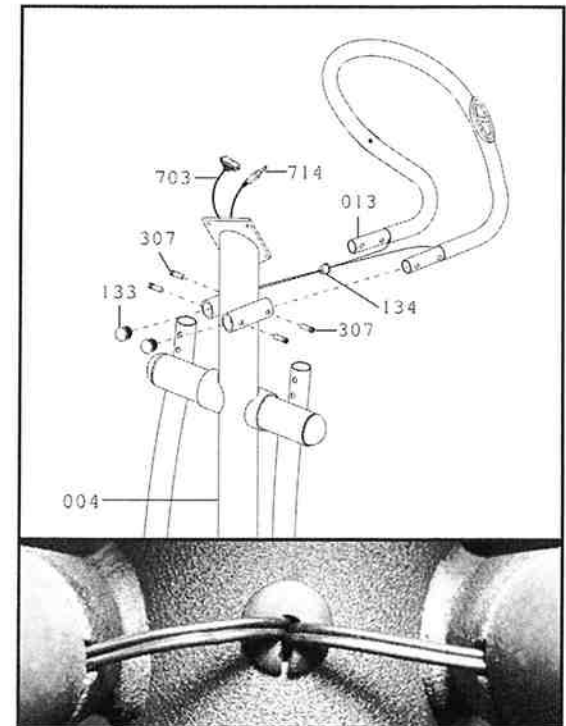
- Slide the ADJUSTABLE FOOT PEDAL [111] onto the LEFT and RIGHT FOOT PEDAL TUBE [011 & 012]. Secure with ADJUSTABLE FOOT PEDAL KNOB [112] and tighten firmly.

**NOTE:** The ADJUSTABLE FOOT PEDAL [111] can be adjusted to your personal preference, but we suggest that you start with the middle setting number 3.



## STEP 8

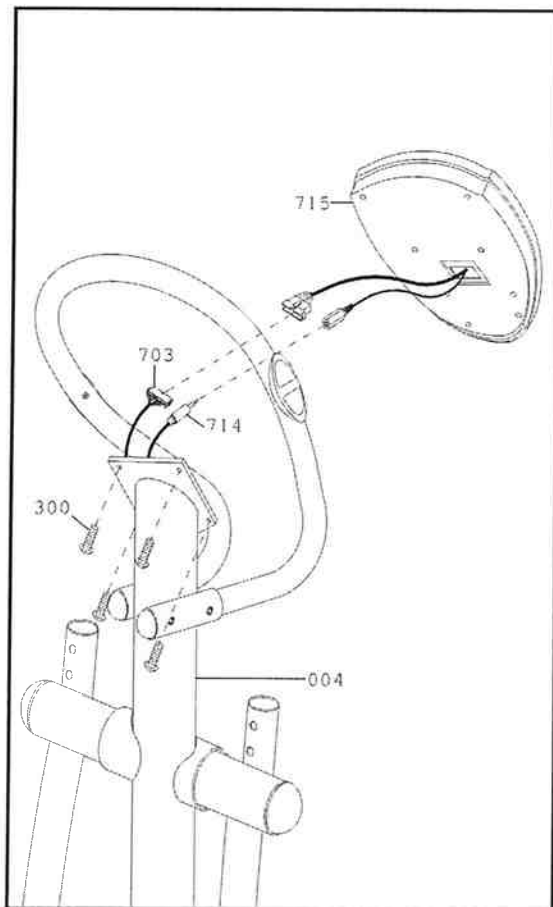
- Align and slide STATIONARY HANDLEBAR [013] into the UPRIGHT TUBE [004] be careful NOT to damage the HAND PULSE CABLE [714]. There are notches in the UPRIGHT TUBE [004] for the HAND PULSE CABLE [714] check that the HAND PULSE CABLE [714] is correctly aligned to the notches.
- Secure STATIONARY HANDLEBAR [013] with 4 x BOLT [307]. Be careful not to cross-thread the BOLT [307].
- Insert 2 x PLUGS [133] into the open ends of the STATIONARY HANDLEBAR [013].
- Insert PLUG [134] into UPRIGHT TUBE [004] gently pull any excess HAND PULSE CABLE [714] showing. See picture below for correct assembly.



# ST1200 ASSEMBLY INSTRUCTIONS

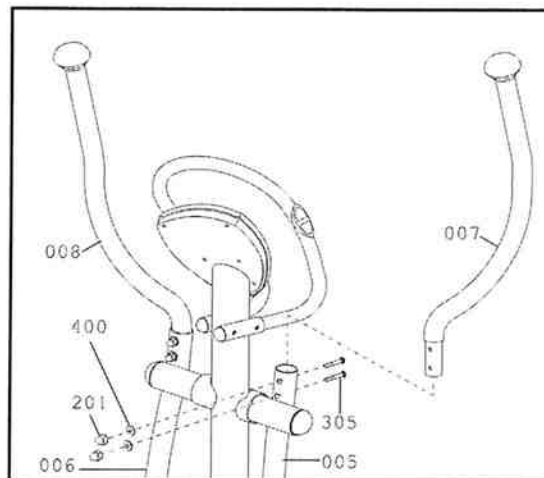
## STEP 9

- Connect the HAND PULSE CABLE [714] + 10 PIN COMPUTER CABLE [703] to the 10 PIN COMPUTER [715].
- Feed the excess cables into the hole in the UPRIGHT TUBE [004].
- On the top of the UPRIGHT TUBE [004] is the Computer Plate, Position the COMPUTER [715] on the Computer Plate and secure with 4 x BOLTS [300].



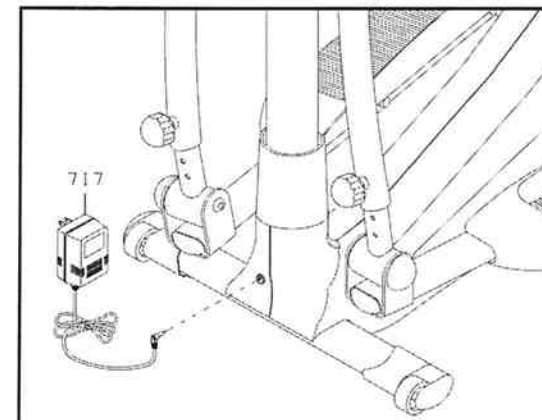
## STEP 10

- Insert the LEFT DUAL ACTION HANDLE [007] into the top of the LEFT DUAL ACTION ARM [005] note Left Sticker.
- Insert the RIGHT DUAL ACTION HANDLE [008] into the top of the RIGHT DUAL ACTION ARM [006] Note Right Sticker.
- Secure with 4x BOLT [305] + 4 WASHER [400] + 4 x NUT [201] and tighten firmly but DO NOT over tighten.



## STEP 11

- Connect the AC ADAPTOR [717] into the mains power socket.
- Connect the ADAPTOR PLUG [717] into the ADAPTOR SOCKET at the front of the machine.
- The 10 PIN COMPUTER [715] should now be working. If not then re-plug all the COMPUTER CABLES as shown in steps 5 & 9.



# ST1200 DETAILED PARTS LIST

PART No.	DESCRIPTION	QTY
001	MAIN FRAME	1
002	STABILIZER - FRONT	1
003	STABILIZER - REAR	1
004	UPRIGHT TUBE	1
005	DUAL ACTION ARM - LEFT	1
006	DUAL ACTION ARM - RIGHT	1
007	DUAL ACTION HANDLE - LEFT	1
008	DUAL ACTION HANDLE - RIGHT	1
009	DISC COVER FRAME - LEFT	1
010	DISC COVER FRAME - RIGHT	1
011	FOOTPEDAL TUBE - LEFT	1
012	FOOTPEDAL TUBE - RIGHT	1
013	STATIONARY HANDLEBAR	1
014	ANGLE ADJUSTMENT TUBE	2
015	FOOTPEDAL TUBE SPACER	2
017	HEAT SINK UPPER	1
018	HEAT SINK LOWER	1
103	DISC COVER	2
104	HUB COVER	2
105	FRONT COVER - LEFT	1
106	FRONT COVER - RIGHT	1
107	TRIM COVER	2
108	HAT COVER	1
109	REAR COVER - LEFT	1
110	REAR COVER - RIGHT	1
111	ADJUSTABLE FOOTPEDAL	2
112	ADJUSTABLE FOOTPEDAL KNOB	4
113	WHEEL CAP - LEFT	1
114	WHEEL CAP - RIGHT	1
115	HEIGHT ADJUSTER CAP	2
116	HEIGHT ADJUSTER FOOT	2
117	PLUG	2
118	FLEXONIC BELT	1
119	DISK COVER SPACER	2
120	BUSHING - STANDARD	12
123	UPRIGHT TUBE SPACER	2

PART No.	DESCRIPTION	QTY
124	DUAL ACTION HANDLE KNOB	2
125	DUAL ACTION HANDLE SLEEVE	2
126	NUT COVER	6
127	FOAM GRIP	2
128	ANGLE ADJUSTMENT KNOB	2
129	ANGLE ADJUSTMENT SLEEVE	2
133	PLUG	2
134	PLUG	1
135	WATER BOTTLE	1
136	WATER BOTTLE HOLDER	1
137	FOAM GRIP	1
138	PLUG	11
139	PLUG	6
142	PLUG	10
151	EMS2 STATOR ASSEMBLY	1
152	EMS2 FLYWHEEL with MAGNETS	1
153	BATTERY HOLDER	2
200	NUT	2
201	NUT	4
202	NUT	1
300	BOLT	4
301	BOLT	1
302	BOLT	8
303	BOLT	4
304	BOLT	1
305	BOLT	4
306	BOLT	2
307	BOLT	4
308	BOLT	4
309	BOLT	1
310	BOLT	2
400	WASHER	4
401	WASHER	4
402	WASHER	2
403	WASHER	4
404	WASHER	1

PART No.	DESCRIPTION	QTY
405	WASHER	1
406	WASHER	9
502	SCREW	2
503	SCREW	4
504	SCREW	30
505	SCREW	4
506	SCREW	3
511	SCREW	2
512	SCREW	4
513	SCREW	4
600	RETAINING RING	1
703	COMPUTER CABLE	1
710	HAND PULSE SENSOR	2
714	HAND PULSE CABLE	1
715	COMPUTER	1
716	AC PLUG CABLE	1
717	AC ADAPTOR	1
718	LOAD RESISTOR	1
719	BATTERY 12V	1
720	EMS2 CONTROLLER	1
721	COMPUTER CABLE LOWER	1
722	LARGE CABLE TIE	2
723	FAN	1
800	BEARING	2
801	BEARING	1
802	BEARING	1

Style No. ST 1200