

ST960 ELLIPTICAL CROSS TRAINER

Enjoy the Sensation



ASSEMBLY INSTRUCTIONS

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 domestic 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.

Table of Contents

Introduction page 1
 Check List page 1
 Care and Maintenance page 1
 Assembly Steps 1-5 page 2
 Assembly Steps 6-10 Page 3
 Detailed Parts List page 4
 Exploded Drawing page 5

Care and Maintenance

Your ELLIPTICAL CROSS TRAINER is made of the highest quality materials, 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 quickly visually safety check and clean before use. We suggest a more thorough inspection every two to three weeks. 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 HANDLE [part#007,008,201,306,401]
- STATIONARY HANDLE BAR [part#013,128,302,401]
- STABILIZER - FRONT and REAR [part#002,003,308]
- FOOT PEDAL [part#117,311]

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

All FASTENERS [Nuts, Bolts, and Screws]

All fasteners that are easily accessible should be tightened on a regular basis.

The 3x Pivot Points

The BUSHINGS are a special design incorporating a space age plastic with lubricate built inside. As well they are greased by the manufacturer and should last a lifetime with normal use.

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

If you wish to grease the BUSHINGS then use a good quality grease that is friendly to plastic (some greases destroy plastic).

To grease the BUSHINGS disconnect the FOOT PEDAL TUBE [011 & 012] and the DUAL ACTION ARM [005 & 006]. Replace the grease then reassemble.

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

ASSEMBLY INSTRUCTIONS

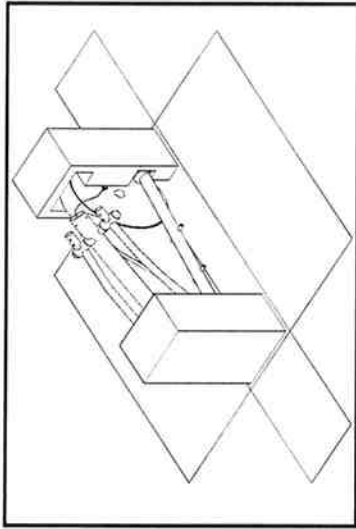
STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your ELLIPTICAL CROSS TRAINER.

STEP 2

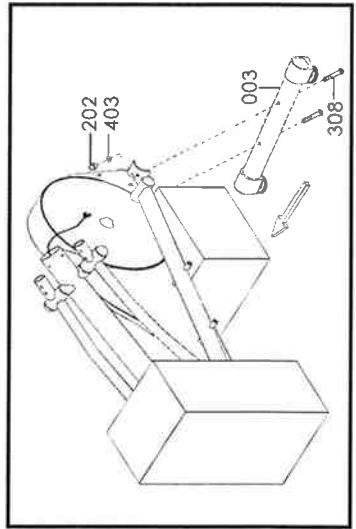
- Use a sharp knife, open the carton and lay it flat on the floor.
- Remove all loose components.
- Refer to the checklist and check that everything is present.

NOTE: To protect the ELLIPTICAL CROSS TRAINER while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



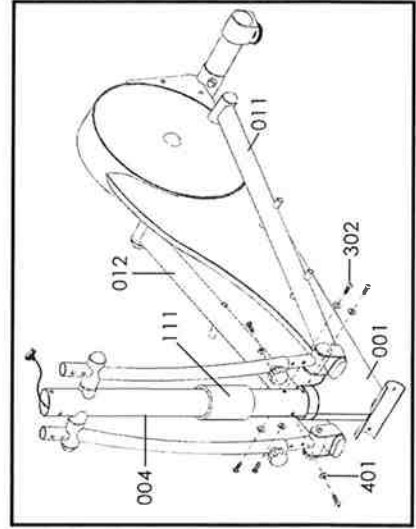
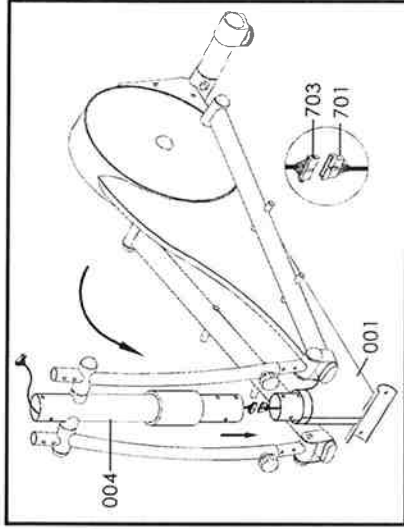
STEP 3

- Lift the rear of the machine off the floor and slide a Polystyrene Block under the rear-end of the machine.
- Assemble the REAR STABILIZER [003] with 2 x BOLT [308] + 2 x WASHER [403] + 2 x NUT [202] and tighten firmly.



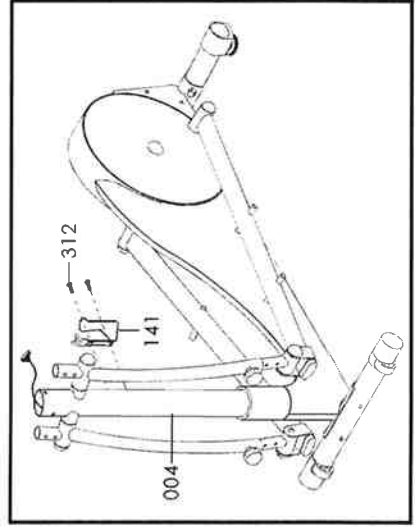
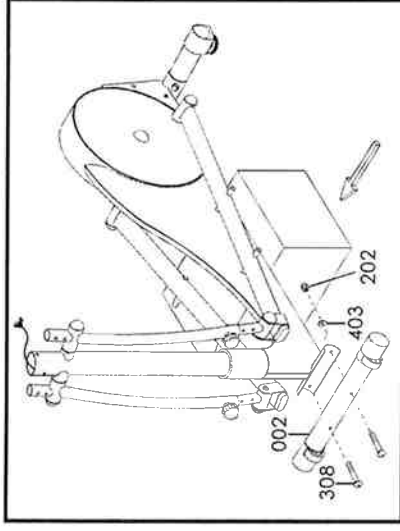
STEP 4

- Remove all Polystyrene Blocks.
- With another person helping you carefully lift the UPRIGHT TUBE [004] until it is vertical while the other person joins the plugs of the COMPUTER CABLE [703] to MOTOR with CABLE [701] as shown in the illustration below. Then slide the UPRIGHT TUBE [004] into the MAIN FRAME [001]. Loosely assembly 6 x BOLT [302] + WASHER [401] into MAIN FRAME [001]. Rotate the FOOT PEDAL TUBES [011 & 012] at least two times to correctly align the UPRIGHT TUBE [004] then firmly tighten 6 x BOLT [302].
- Slide down the HAT COVER [111] and push firmly.



STEP 5

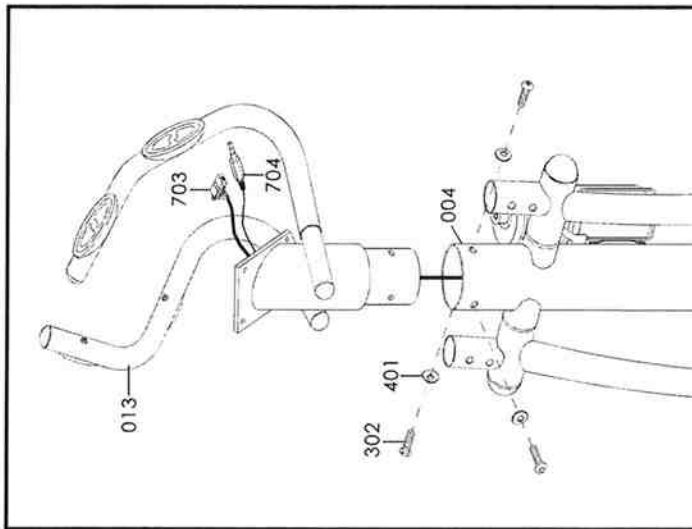
- Assemble the FRONT STABILIZER [002] with 2 x BOLT [308] + 2 x WASHER [403] + 2 x NUT [202] and tighten firmly.
- Remove 2 x BOLT [312] from UPRIGHT TUBE [004]. Align WATER BOTTLE HOLDER [141] and fasten with these same 2 x BOLT [312].



ASSEMBLY INSTRUCTIONS

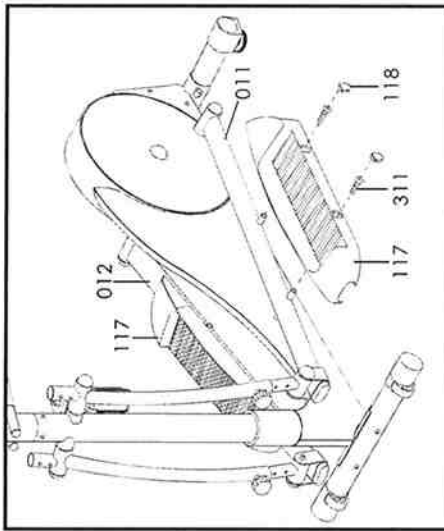
STEP 6

- Feed both the COMPUTER CABLE [703] + HAND PULSE CABLE [704] out through the top of the STATIONARY HANDLE BAR [013] then slide the STATIONARY HANDLE BAR [013] into the UPRIGHT TUBE [004].
- Secure with 3 x BOLT [302] + 3 x WASHER [401]. Before tightening make sure the STATIONARY HANDLE BAR [013] correctly positioned.



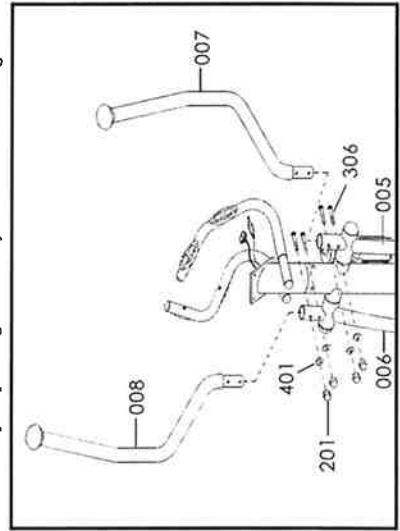
STEP 7

- Align the 2 x FIXED FOOT PEDAL [117] and fit to FOOT PEDAL TUBE [011 & 012]. Secure and tighten firmly with 4 x BOLT [311].
- Insert 4 x PLUG [118]



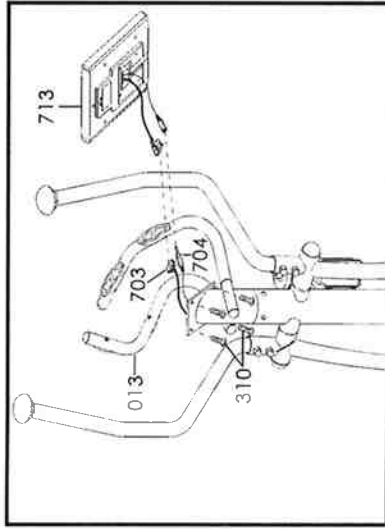
STEP 8

- 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 4 x BOLT [306] + 4 x WASHER [401] + 4 x NUT [201] and tighten firmly but DONOT over tighten.



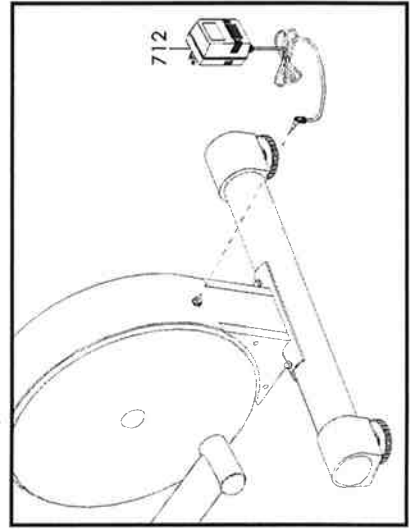
STEP 9

- Connect the COMPUTER CABLE [703] + HAND PULSE CABLE [704] to the COMPUTER [713].
- Feed the excess cables into the hole in the STATIONARY HANDLE BAR [013].
- On the top of the STATIONARY HANDLE BAR [013] is the Computer Plate. Position the COMPUTER [713] on the Computer Plate and secure with 4 x BOLTS [310].



STEP 10

- Connect the AC ADAPTOR [712] into the mains power socket.
- Connect the ADAPTOR PLUG [712] into the ADAPTOR SOCKET at the rear of the machine.
- The COMPUTER [713] should now be working. If not then re-plug all the COMPUTER CABLES as shown in steps 4 & 9.



DETAILED PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	MAIN FRAME	1	125	NUT COVER	6	408	WASHER	4
002	STABILIZER - FRONT	1	126	PLUG	2	409	WASHER	2
003	STABILIZER - REAR	1	127	FOAM GRIP	2	410	WASHER	4
004	UPRIGHT TUBE	1	128	FOAM GRIP	2	500	SCREW	1
005	DUAL ACTION ARM - LEFT	1	130	PANCAKE ALUMINUM	1	501	SCREW	14
006	DUAL ACTION ARM - RIGHT	1	131	PANCAKE SLEEVE	2	502	SCREW	3
007	DUAL ACTION HANDLE - LEFT	1	133	HUTCHINSON BELT	1	503	SCREW	3
008	DUAL ACTION HANDLE - RIGHT	1	136	FLYWHEEL with MAGNETS	1	504	SCREW	2
009	DISC COVER FRAME - LEFT	1	137	ANGLE ADJUSTMENT SLIDER	2	505	SCREW	12
010	DISC COVER FRAME - RIGHT	1	138	ANGLE ADJUSTMENT KNOB	2	506	SCREW	4
011	FOOT PEDAL TUBE - LEFT	1	139	PLUG	2	507	SCREW	2
012	FOOT PEDAL TUBE - RIGHT	1	140	WATER BOTTLE	1	508	SCREW	4
013	STATIONARY HANDLE BAR	1	141	WATER BOTTLE HOLDER	1	700	MOTOR TENSION CABLE	1
014	ANGLE ADJUSTMENT TUBE	2	200	NUT	2	701	MOTOR with CABLE	1
015	FRONT PIVOT SHAFT	2	201	NUT	4	702	SENSOR with CABLE	1
016	TENSION WHEEL ARM	1	202	NUT	4	703	COMPUTER CABLE	1
017	TENSION WHEEL SPACER	1	203	NUT	1	704	HAND PULSE CABLE	1
018	BEARING SPACER	1	204	NUT	1	705	HAND PULSE SENSOR	4
100	PANCAKE SLIDER	1	206	NUT	1	706	PANCAKE SLIDER CABLE	1
101	PANCAKE SLIDER WHEEL	1	301	BOLT	1	707	PANCAKE FLYWHEEL SHAFT	1
102	PANCAKE CABLE GUIDE	3	302	BOLT	9	708	PANCAKE SPRING	1
103	DISC COVER - LEFT	1	303	BOLT	1	709	SENSOR MAGNET	1
104	DISC COVER - RIGHT	1	304	BOLT	1	711	D/C ADAPTOR SOCKET with CABLE	1
105	DISC COVER PLUG	2	305	BOLT	1	712	AC ADAPTOR	1
106	FRONT COVER - LEFT	1	306	BOLT	4	713	COMPUTER	1
107	FRONT COVER - RIGHT	1	307	BOLT	2	800	BEARING	3
108	REAR COVER - LEFT	1	308	BOLT	4	801	BEARING	3
109	REAR COVER - RIGHT	1	309	BOLT	1			
110	MIDDLE COVER	1	310	BOLT	4			
111	HAT COVER	1	311	BOLT	4			
112	FOOTPLUG with WHEEL	2	312	BOLT	2			
113	HEIGHT ADJUSTER CAP	2	313	BOLT	4			
114	HEIGHT ADJUSTER FOOT	2	400	WASHER	1			
117	FIXED FOOT PEDAL	2	401	WASHER	13			
118	FIXED FOOT PEDAL PLUG	4	402	WASHER	2			
119	TENSION WHEEL	1	403	WASHER	4			
121	BUSHING - STANDARD	12	404	WASHER	1			
122	UPRIGHT TUBE SPACER	2	405	WASHER	1			
123	DUAL ACTION ARM KNOB	2	406	WASHER	1			
124	PLUG	2	407	WASHER	1			

