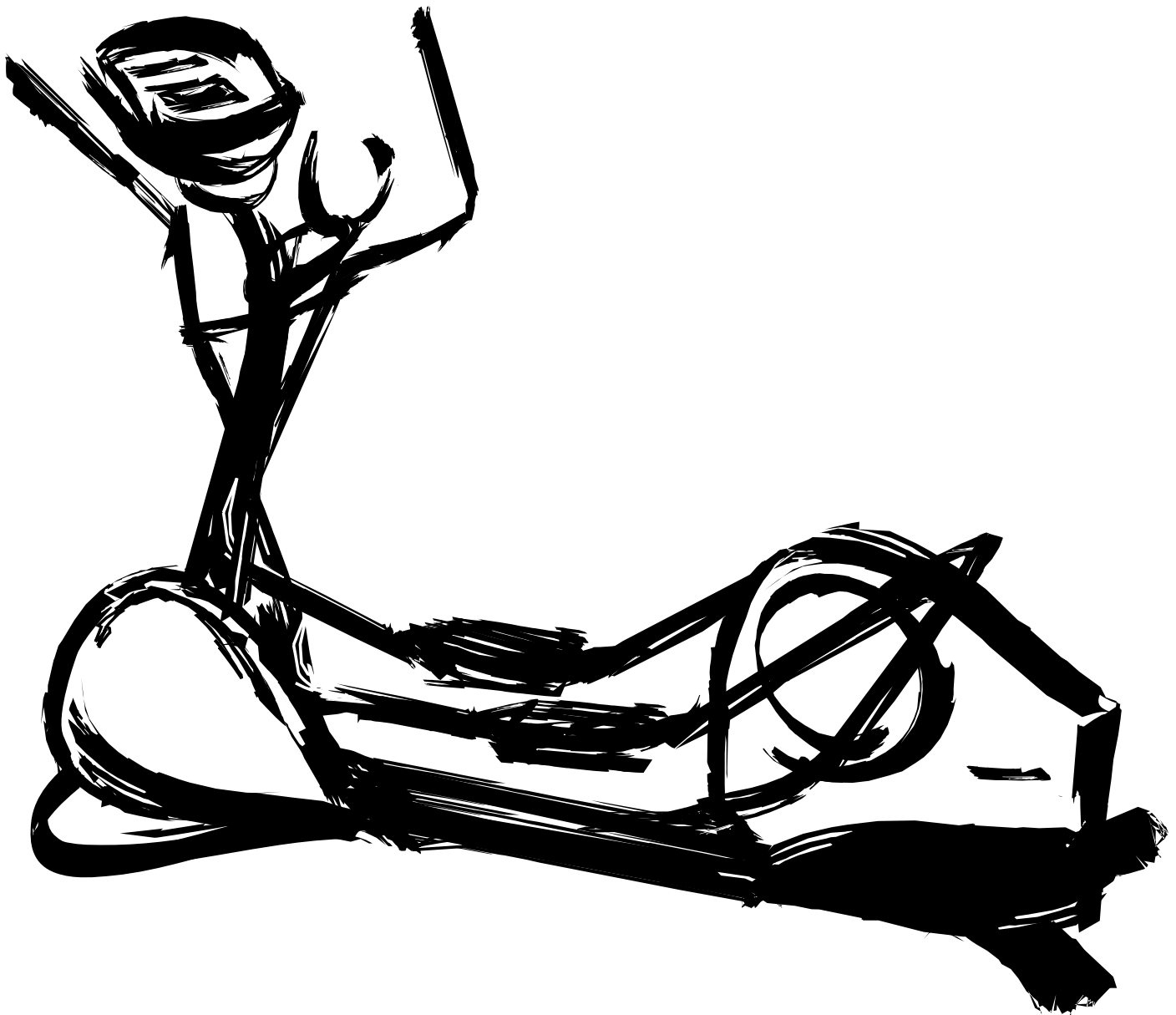


# X SERIES

**x3/x3i CROSS-TRAINER**



*LifeFitness*

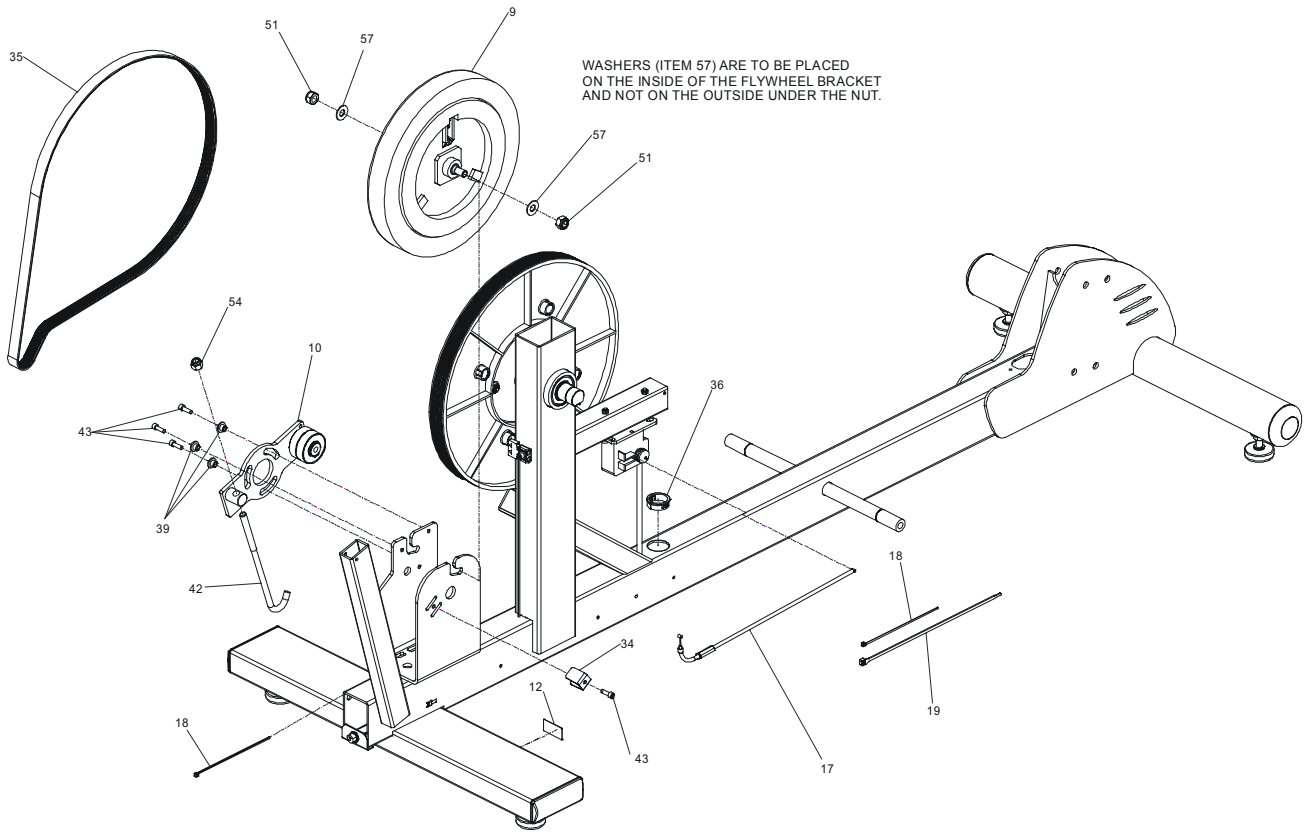
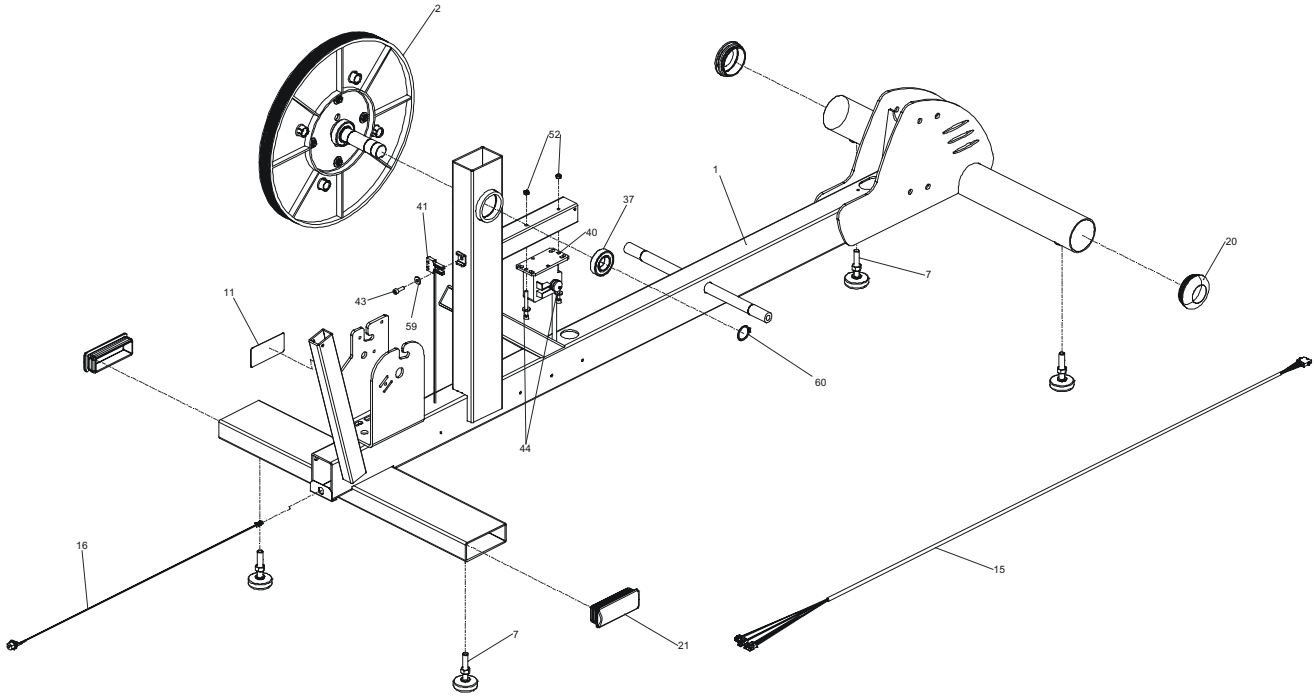
[www.lifefitness.com](http://www.lifefitness.com)

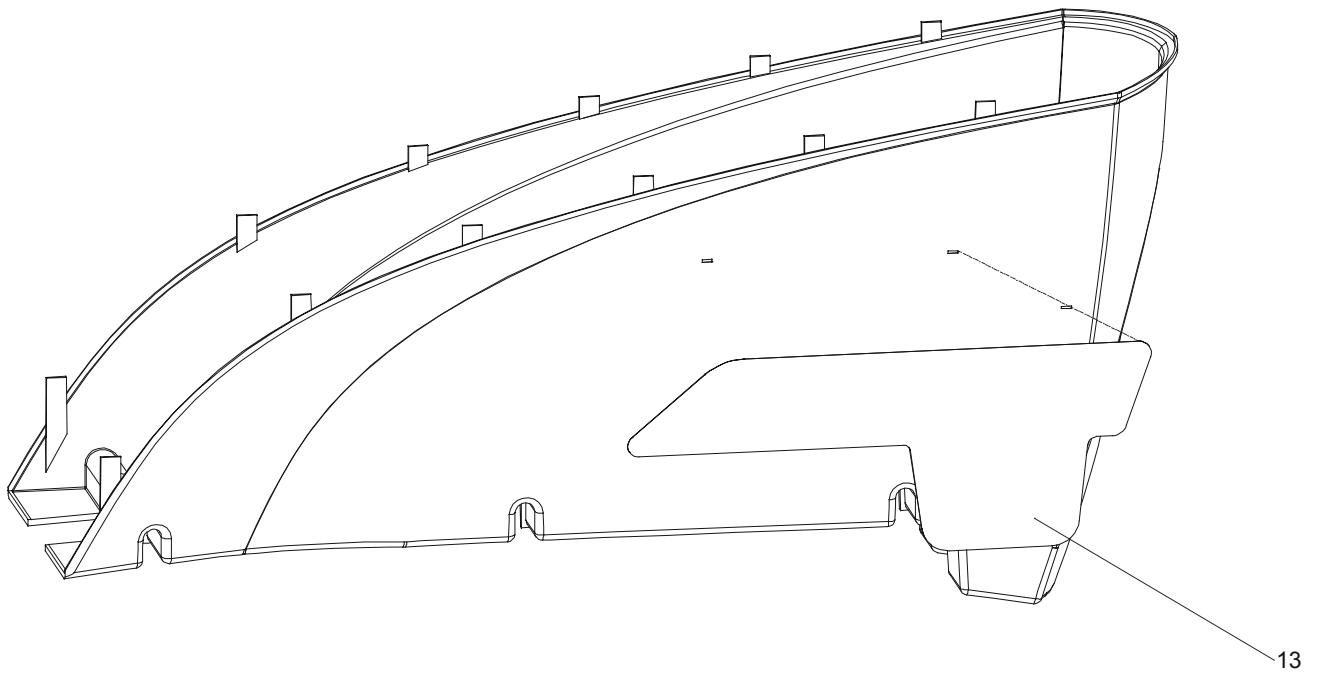
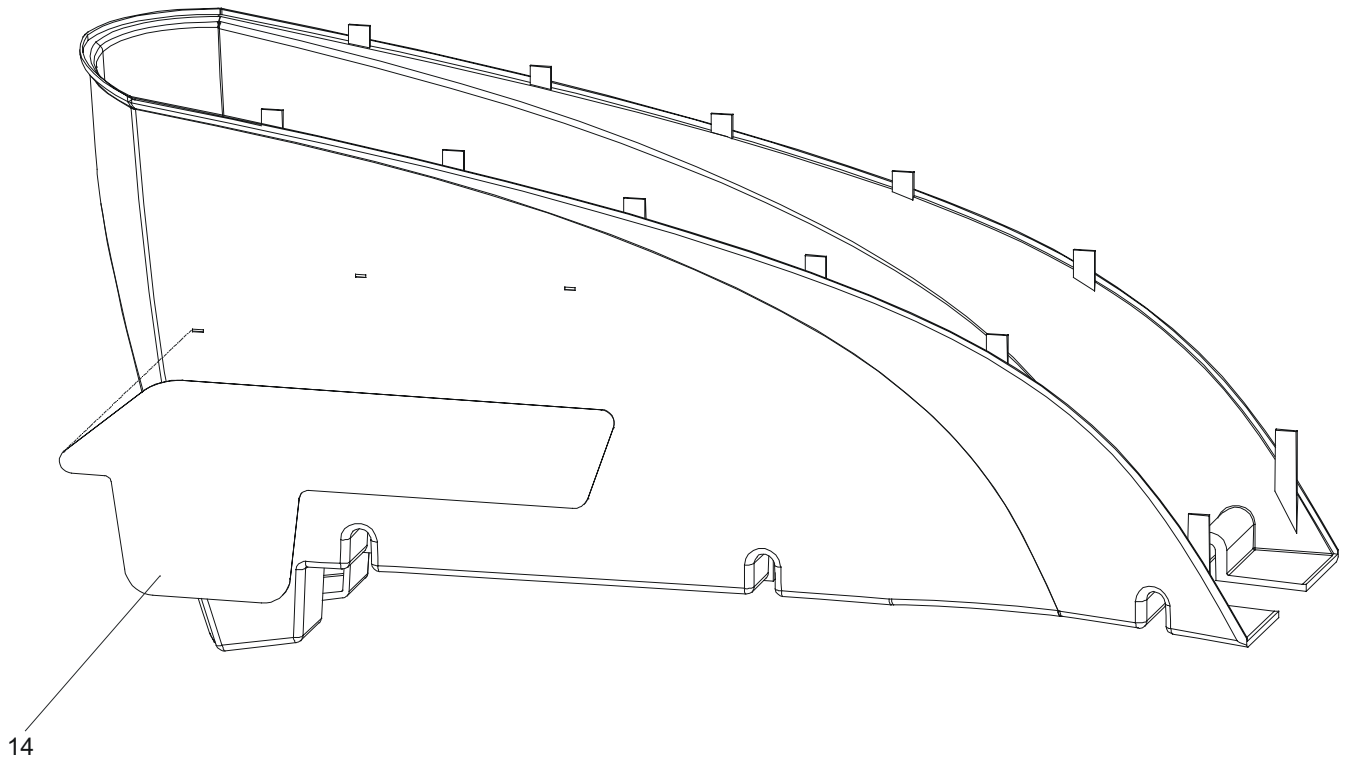
Part # 7257301

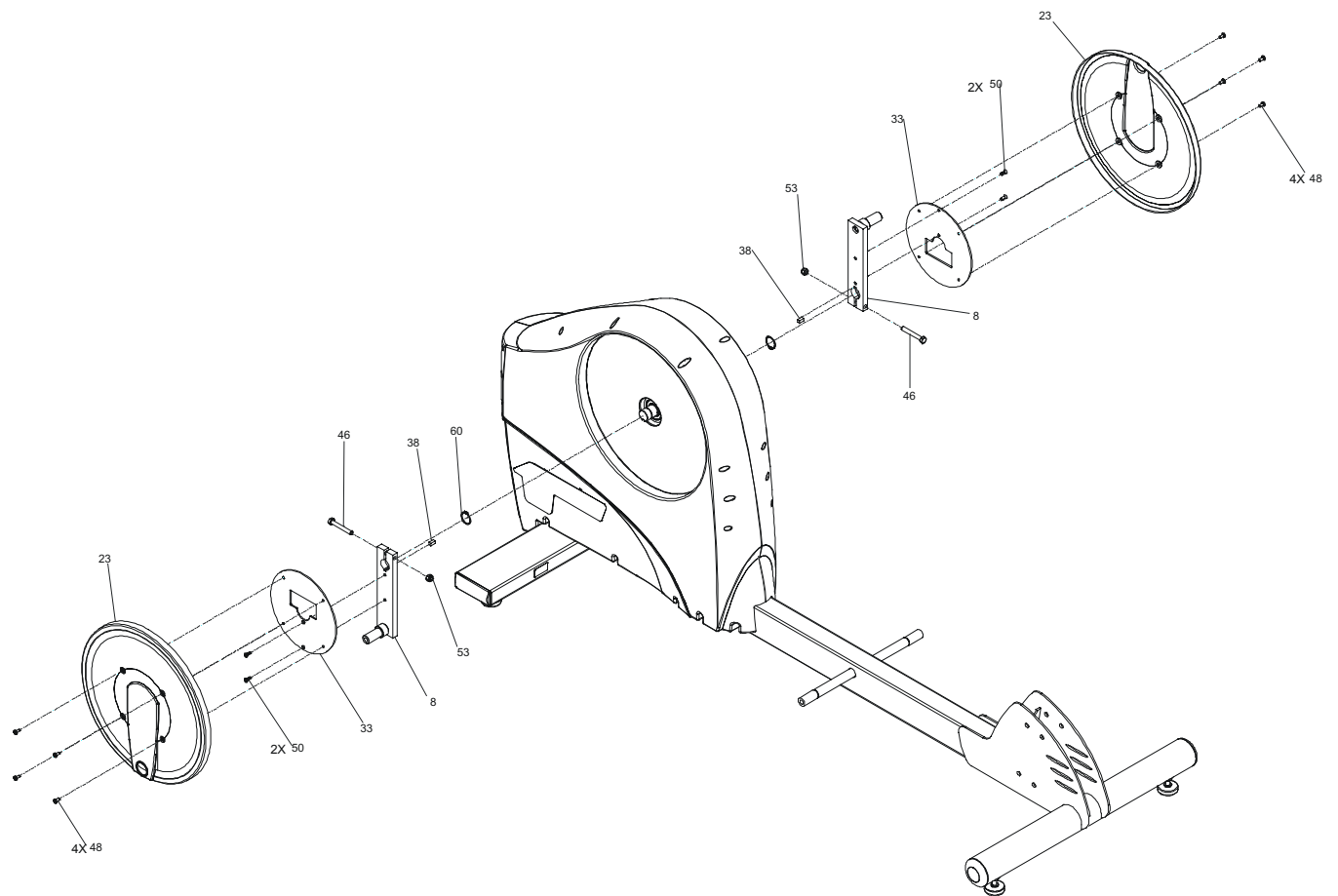
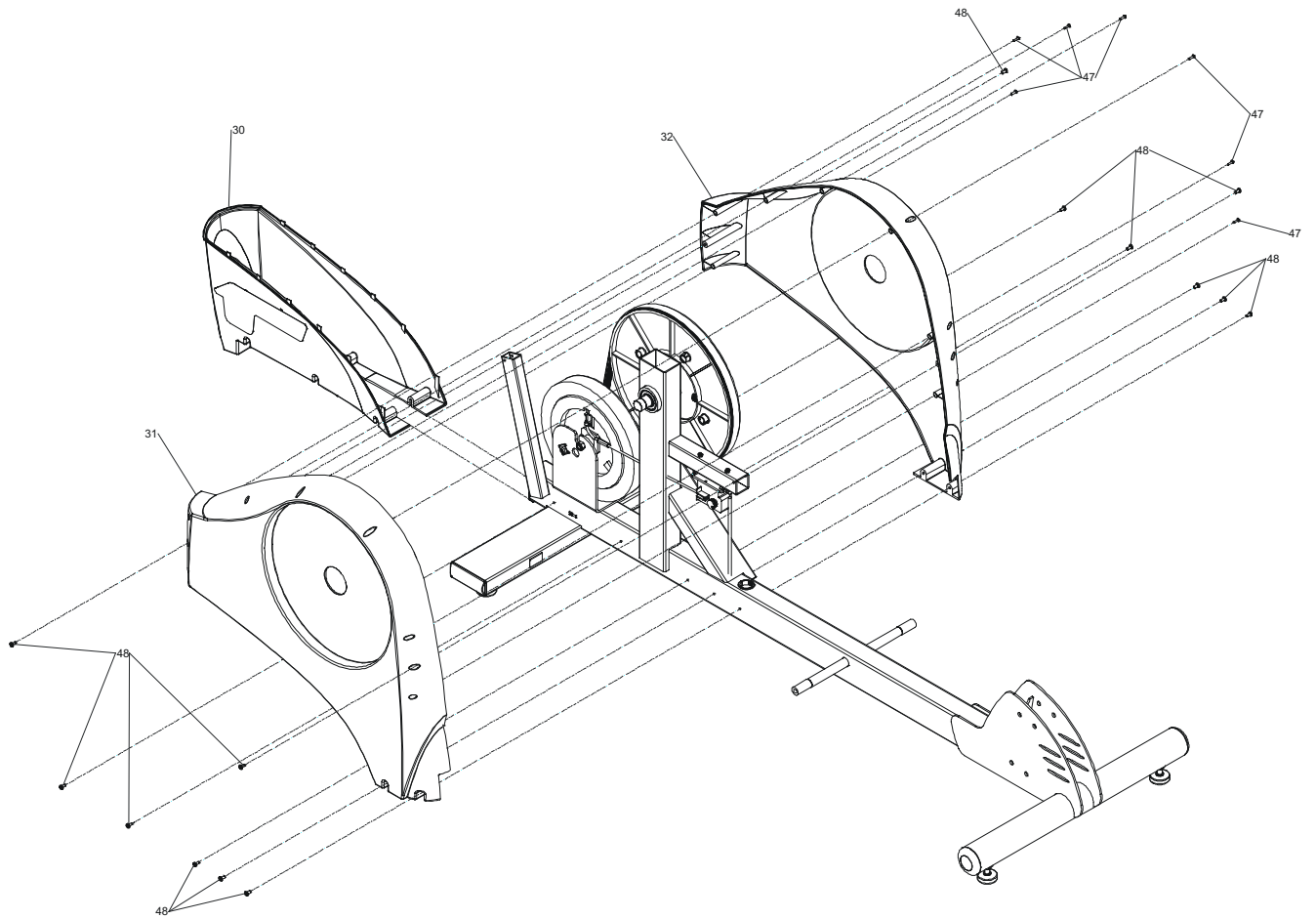
**X3-XX0X-0102 CROSSTRAINER  
BOM (BILL OF MATERIALS)**

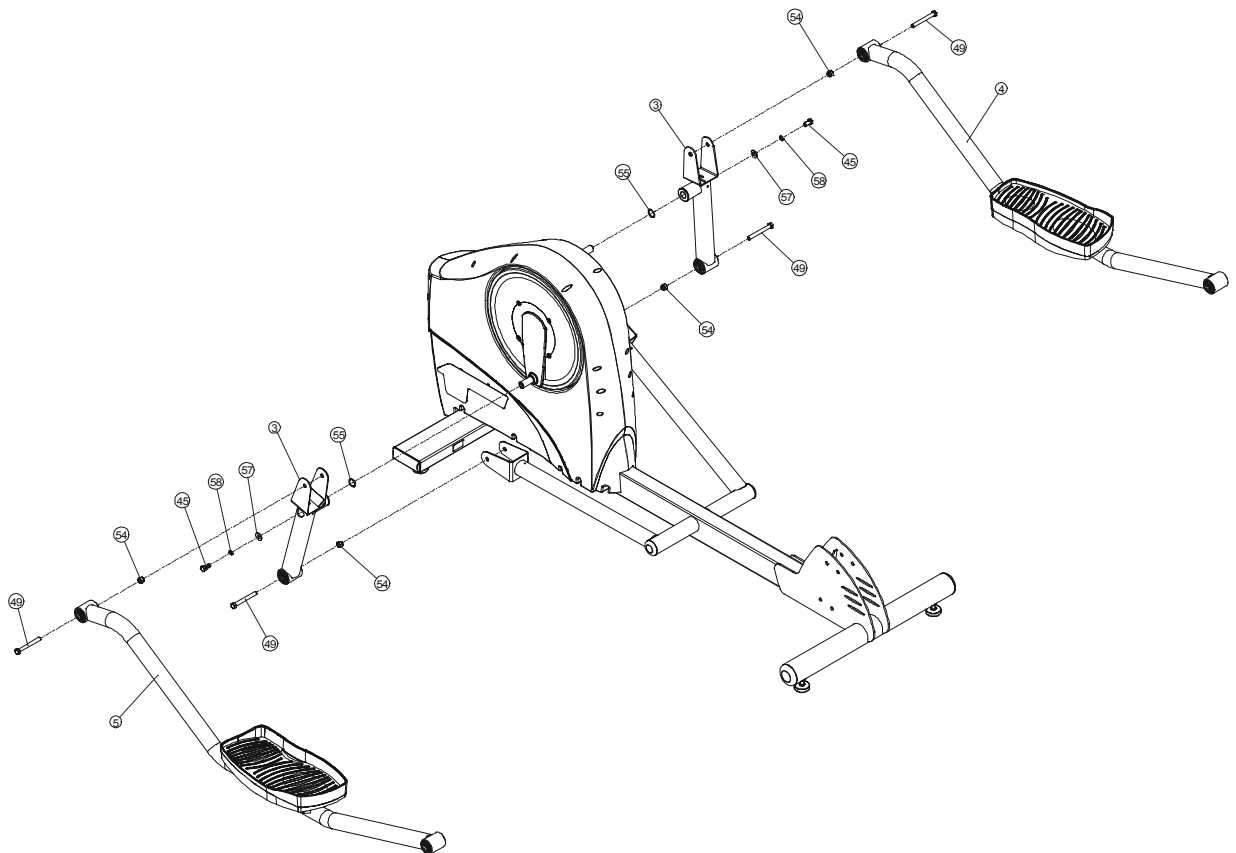
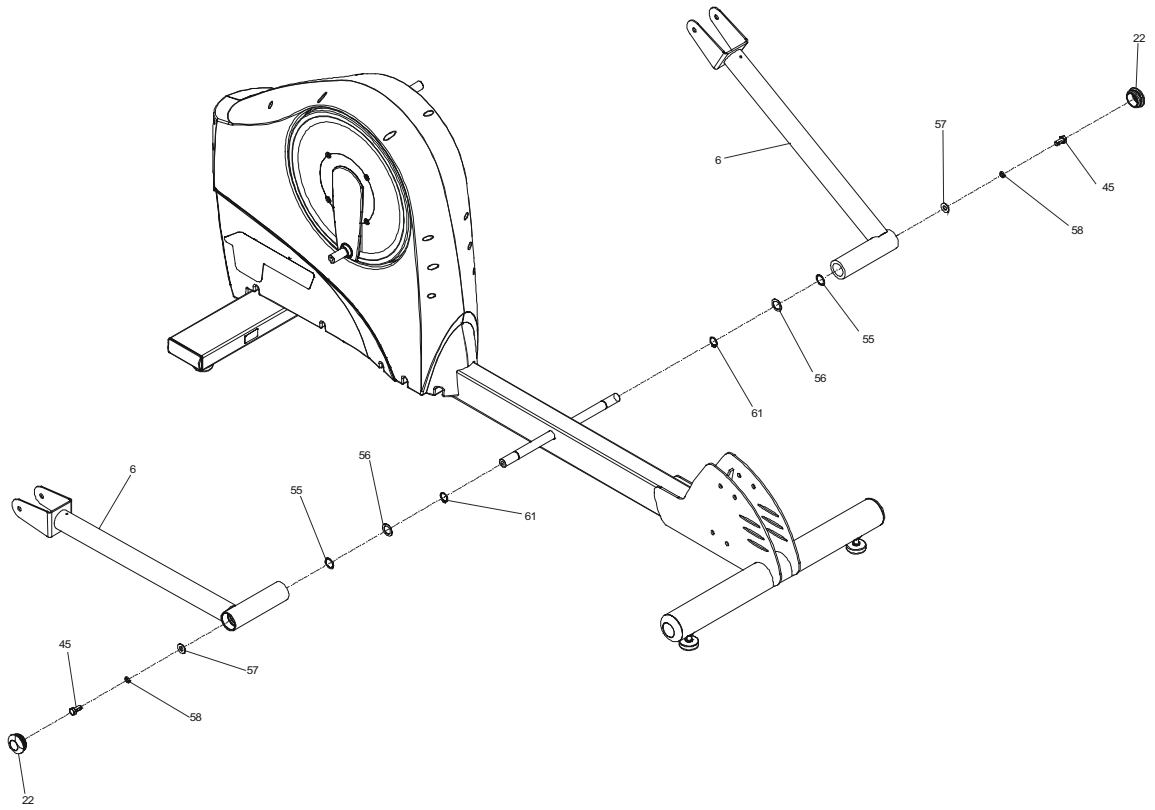
Item Seq	Item	Description	Quantity
1	7260202	WLDMT, X3 BASE FRAME BLK	1
2	7465701	ASSY, CRANKSHAFT	1
3	7102801	ASSY, FIXED COUPLER	2
4	6996501	ASSY, LEVER-LH X3	1
5	6996401	ASSY, LEVER-RH X3	1
6	7070501	ASSY, STRAIGHT IDLER	2
7	3224001	ASSY, FLOOR LEVELER	4
8	7060001	WLDMT, LONG SHAFT CRANK	2
9	7459501	ASSY, INT BRAKE FLYWHEEL	1
10	7465801	ASSY, BELT TENSIONER	1
11	6988701	LABEL, PATENT	1
12	7094101	LABEL, SERIAL NUMBER	1
13	6980501	LABEL, MODEL X3-LH	1
14	6980401	LABEL, X3 MODEL-RH	1
15	7469301	CABLE, CT BASE	1
16	7488501	CABLE, CT MOTOR-TRANSFORMER	1
17	7470101	CABLE, SERVO-FLYWHEEL	1
18	3221201	CABLE TIE, 3/32 X 6	2
19	3226801	CABLE TIE, 3/16" X 11"	1
20	6938001	CAP, 2.5 DIA TUBE	2
21	6937901	CAP, END 1.50" X 4.00" 11GA	2
22	6937801	CAP, TUBE 1.75 DIA	2
23	6937601	COVER, CRANK	2
24	6915501	COVER, CLEVIS RIGHT BOTTOM	1
25	6915401	COVER, CLEVIS RIGHT TOP	1
26	6915001	COVER, CLEVIS 1.75" BOTT	2
27	6914901	COVER, CLEVIS 1.75" TOP	2
28	6914801	COVER, CLEVIS LEFT BOTTOM	1
29	6914701	COVER, CLEVIS LEFT TOP	1
30	6911301	SHROUD, REAR LOWER	1
31	6911201	SHROUD, REAR RIGHT	1

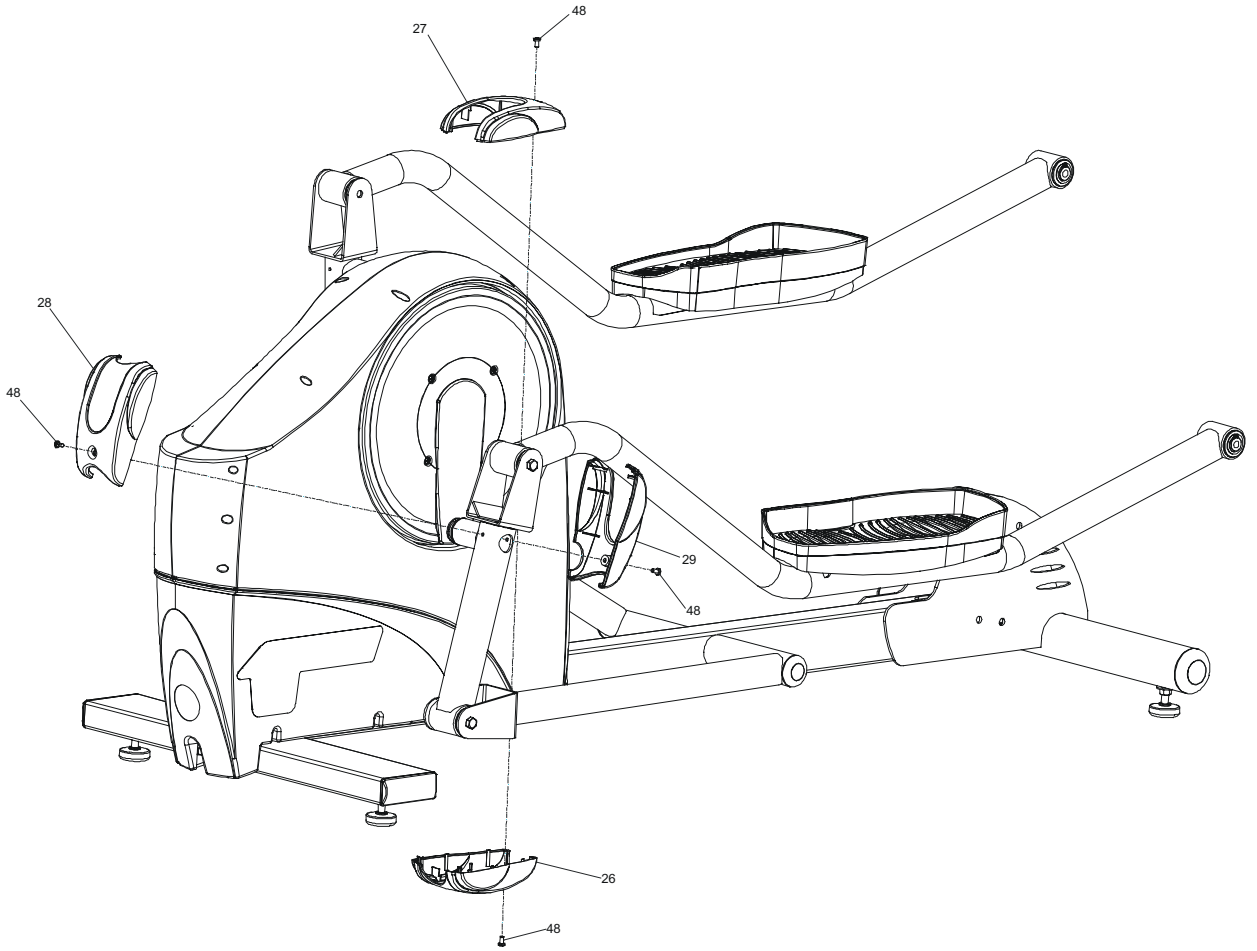
Item Seq	Item	Description	Quantity
32	6911101	SHROUD, REAR LEFT	1
33	6937701	PLATE, SUPPORT COVER	2
34	7454601	BRACKET, FLYWHEEL POSITIONER	1
35	3230301	BELT, POLY V, 520J8	1
36	3228401	BUSHING, 1.25 DIA WIRE	1
37	3225301	BEARING, 12MM BALL	1
38	3223001	KEY, .250 SQUARE X .500	2
39	7469901	SPACER, FLANGE TENSIONER	3
40	7459401	MOTOR, FLYWHEEL SERVO	1
41	7470201	SENSOR, RPM	1
42	7487701	BOLT, 3/8" J-HOOK	1
43	3242201	M5-.8 X 16MM HXS SOC CS ST PH	5
44	3242202	M5-.8 X 50MM HXS SOC CS ST PH	2
45	3234201	3/8-16 X 12 UNS HEX L FHB G5ZN	4
46	3232601	5/16-18 X HEX BLT G8 ZN	2
47	3226003	6-20 X 8 PHL PAN PLT ST BZ	7
48	3223401	10-32X6 PHL PAN HEAD TT ST BZ	30
49	3223310	3/8-16X3-1/4 UNS HEX FHB G5 ZN	4
50	3223603	10-24X8 PHL FLT MS ST ZN	4
51	3242002	NUT, M10 X 1.5 HEX NYLOCK	2
52	3242001	NUT, M5 X 0.8 HEX NYLOCK	2
53	3232701	NUT,NYLOCK ST GR8 ZN	2
54	3102802	NUT, NYLOCK 3/8-16	5
55	3225201	WSH780-1.00-101SP-D ST NO WAVE	4
56	3225006	WSH .760-1.125-030 SPEC ST ZN	2
57	3225001	WSH 406-875-060 SPEC ST ZN	6
58	3102601	WASHER, LOCK 3/8 ID	4
59	3225010	WSH .203-.562-.060 SPEC ST ZN	3
60	3232420	RING:BRE 0.926 5100-98 ST PP B	3
61	3232415	RNG:BRE .704 5100-075 ST PP B	2

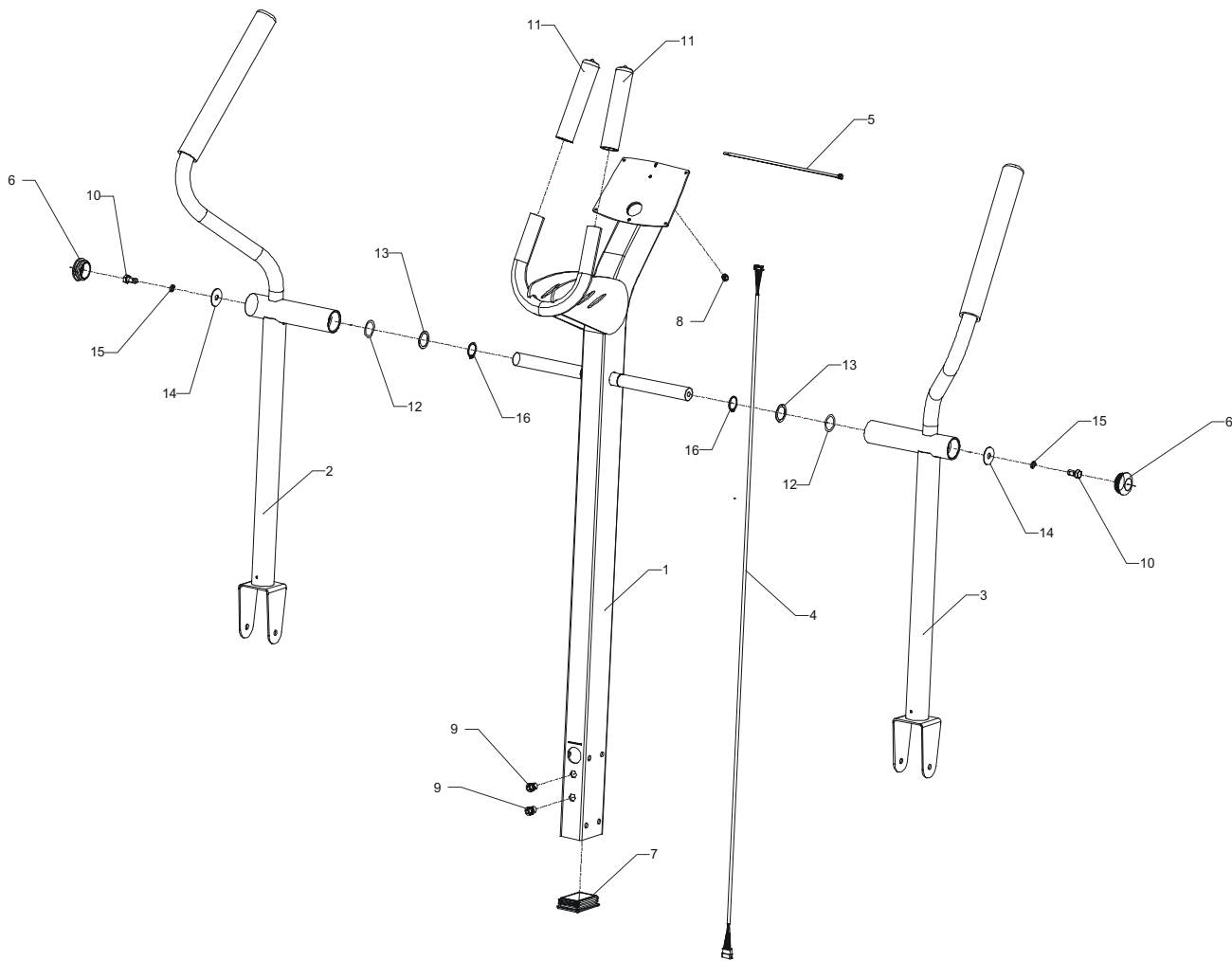












**\*\*Bill for this drawing\*\***

Item	Description	Item Seq.	Quantity
7261302	WLDMT, UPRIGHT FRAME, X3 BLK	1	1
6909501	ASSY, ROCKER-LH	2	1
6909401	ASSY, ROCKER-RH	3	1
7469401	CABLE, CT UPRIGHT	4	1
3226801	CABLE TIE, 3/16" X 11"	5	1
6937801	CAP, TUBE 1.75 DIA	6	2
6692601	CAP, END 3 X 2 10-14GA	7	1
3209401	PLUG, 3/8 HOLE	8	1
3229701	3/8-16 BLIND THRED INSERT HEX	9	2
3234201	3/8-16 X 12 UNS HEX L FHB G5ZN	10	2
6968301	FOAM GRIP, STATIONARY HNDL BAR	11	1
3225202	WSHR 1.051-1.351-015SP-D ST	12	2
3225005	WSH 1.031-1.375-031 SPEC ST ZN	13	2
3225003	WSH 406-1.375-060 SPEC ST ZN	14	2
3102601	WASHER, LOCK 3/8 ID	15	2
3232421	RING:BRE .940 5100-100 ST PP B	16	2

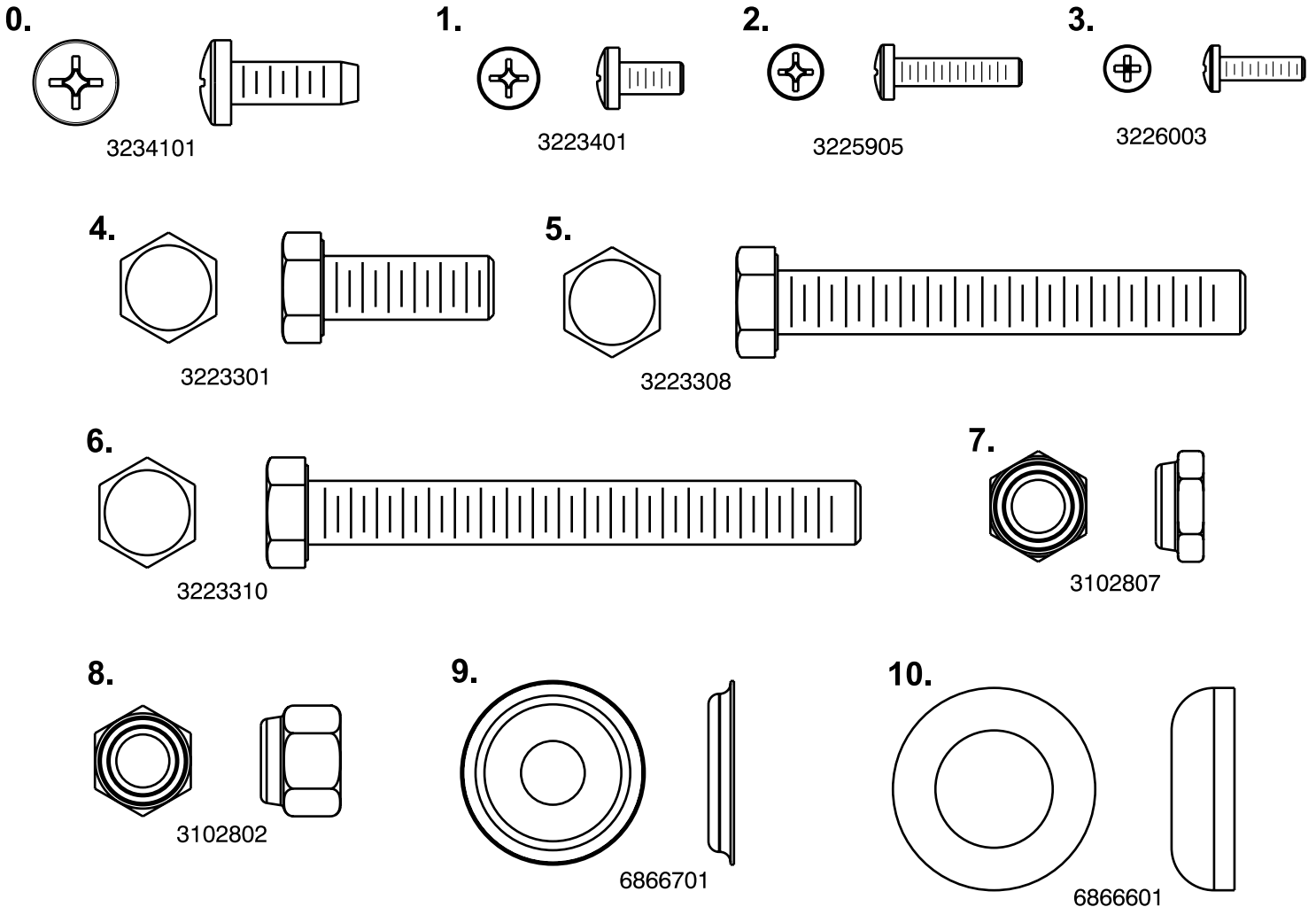


# 1.2 PARTS LIST

The following parts illustrated in actual size on the following two pages.

0. Accessory Bracket Fastener 1/4"-20 x 3/4" LONG Qty: 2 3234101	1. Phillips Pan Head Screw – Clevis Cover Fastener 10-32 x 3/8" LONG Qty: 4 3223401
2. Electronics Console Mounting Fastener 8-18 x 3/4" LONG Phillips Pan PLT ST Qty: 4 3225905	3. Upright Cap Mounting Fastener 6-20 x 1/2" LONG Phillips Pan PLT ST Qty: 1 3226003
4. Upright Mounting Bolt 3/8 – 16 x 1" LONG Qty: 2 3223301	5. Upright Mounting Bolt – Side Plate 3/8 – 16 x 2-3/4" LONG Qty: 4 3223308
6. Front Clevis/Pedal Lever Mounting Bolt 3/8 – 16 x 3-1/4" LONG Qty: 2 3223310	7. Nylock Nut – Low Height 3/8 – 16 Low HT Qty: 4 3102807
8. Nylock Nut – High Height 3/8 - 16 Qty: 2 3102802	9. Plastic Cap Retaining Washer Qty: 10 6866701
10. Plastic Cap – Black Qty: 10 6866601	<b>Not illustrated</b> Plastic Clevis Covers – Black Qty: 2 Sets (4) Cover, Clevis 1.75" Top/Bottom Top (2) - 6914901 Bottom (2) - 6915001
<b>Not illustrated</b> Plastic Upright Cap – Black Cap, Tube 2 x 3 Custom Qty: 1 6944601	

# 1.3 PARTS DESCRIPTION



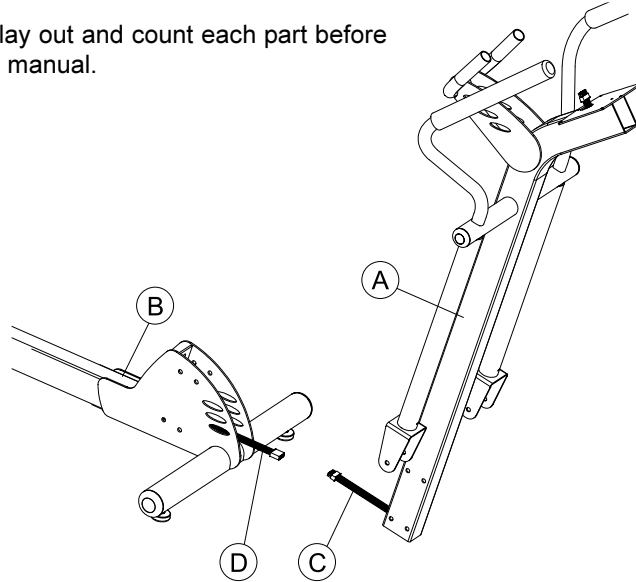
## 1.4 SETUP

**Tools required:** Socket set, Phillips Screwdriver, 9/16" open end wrench

Please read instructions carefully before assembly. Be sure to assemble the unit where it is to be used.

### STEP 1

Remove the machine from packaging. Carefully lay out and count each part before assembly. Refer to the parts list on page 5 of this manual.

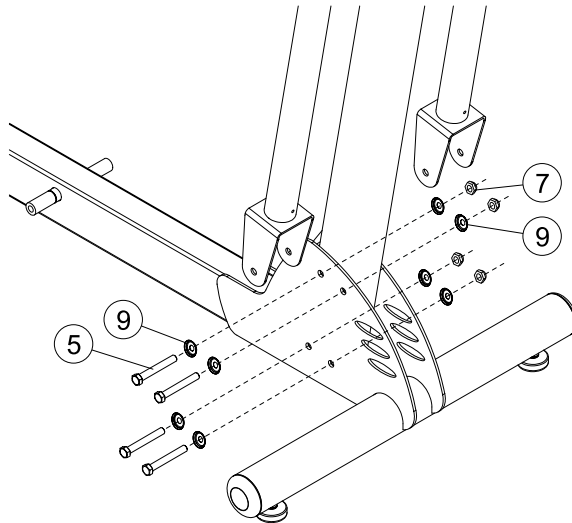


### STEP 2

Assemble the upright tube assembly to the base frame:

**NOTE:** *This step could require two people.*

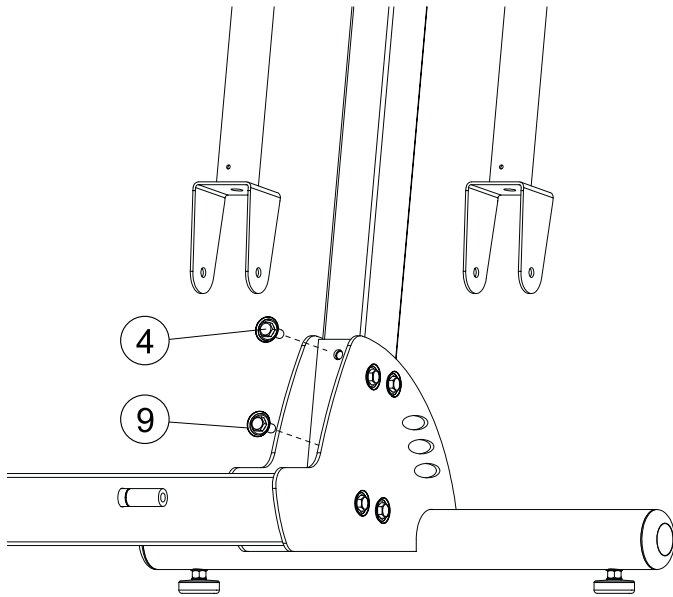
1. Lay the upright tube assembly (A) on floor in front of base frame (B).
2. Connect the upper wire harness (C) to the lower wire harness (D). Insert connected plugs of the wire harnesses into wiring hole on upright tube assembly (A).
3. Position the upright tube assembly (A) between the plates on the front of the base frame (B). Feed any excess wire harness into the base frame.



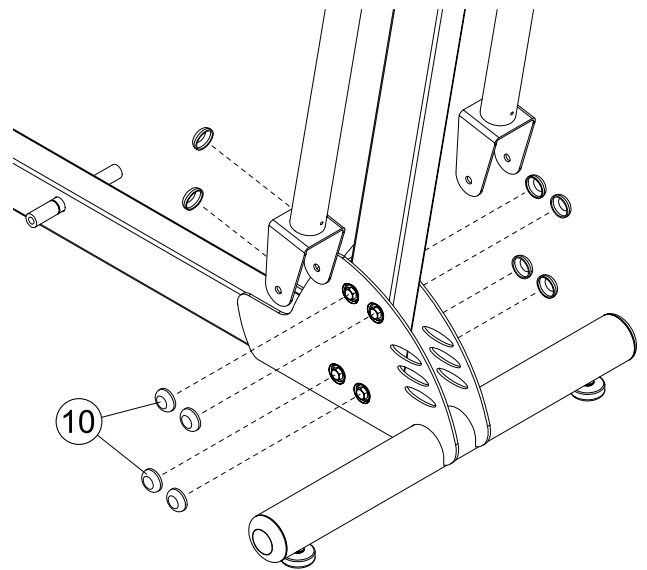
4. Line up the holes on the plates with the holes on the upright tube assembly (A).
5. Connect the upright tube assembly (A) to the base frame (B) using four (#5) 2-3/4" bolts, eight (#9) washers (4 on each side) and four (#7) low profile nylock nuts. **DO NOT FULLY TIGHTEN AT THIS POINT.**

**CAUTION:** *The wire harness may obstruct the connecting holes. If this happens, gently pull on the end of the wire harness at the top of the upright tube assembly (A) to clear the hole. Do not force the bolt through the hole if the wire harness is obstructing the bolt, as damage to the wire harness may result.*

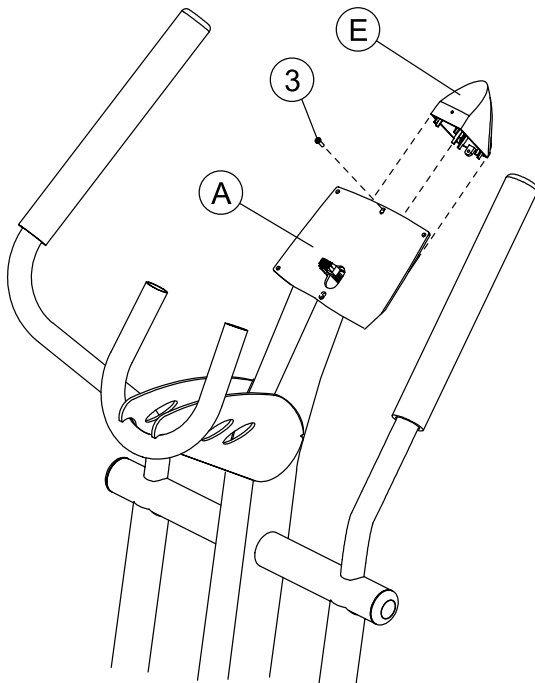
## 1.4 SETUP CONTINUED



6. Insert two (#4) 1" bolts and two (#9) washers into the backside of the connector joint on the base frame (B). Start each bolt, and then tighten with a 9/16" socket wrench.
7. Tighten the four (#5) 2-3/4" bolts with a 9/16" socket wrench.



8. Push the ten (#10) black plastic cover caps over each (#5) 2-3/4" bolt head and (#7) low profile nylock nut.

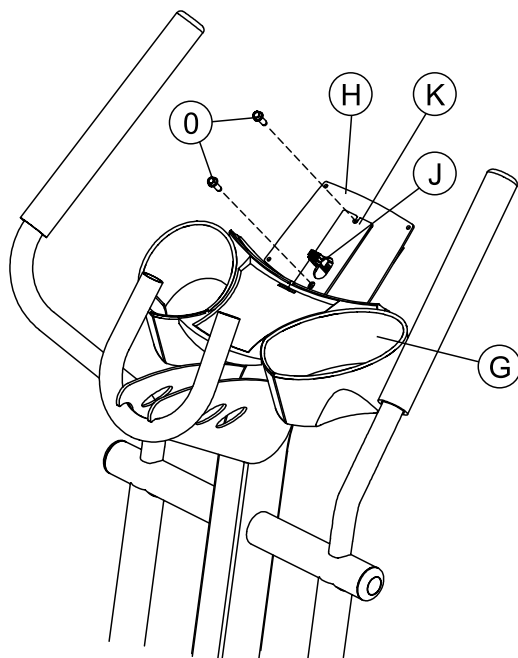


## STEP 3

Attach Plastic Upright Cap to upright assembly:

1. Push the Plastic Upright Cap (E) into the open end of the tube at the top of the upright tube assembly (A).
2. Line up the hole in Plastic Upright Cap (E) with hole in upright tube assembly and fasten with a (#3) screw.

## 1.4 SETUP CONTINUED

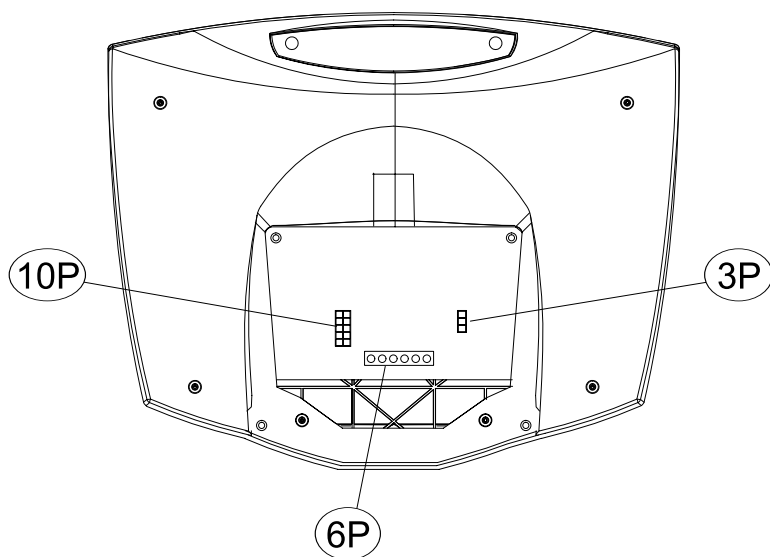


### STEP 4

Attach heart rate accessory tray to upright assembly:

**NOTE: This step applies to model x3i only.**

1. Before attaching the accessory tray (G), it is helpful to form the threads in the console plate (H). Using a #3 Phillips screwdriver, start the (#0) self-tapping screws into the holes. When threads have formed, remove the screws.
2. Feed the upper wire harness (J) through the slot in the accessory tray bracket (K).
3. Line up the holes on the accessory tray bracket (K) with the holes on the console plate (H), and then secure the accessory tray with the two (#0) self-tapping screws using a #3 Phillips screwdriver.



### STEP 5

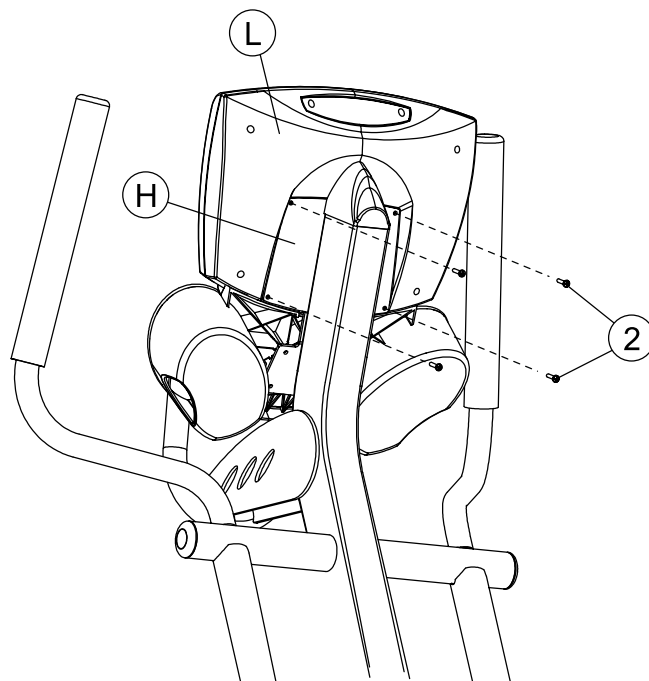
Plug cables into the back of display console:

1. Plug the 10-pin connector at the end of the upper wire harness into the 10-pin connector (10P) in the back of the display console. Make sure the connector snaps into place.

**NOTE: #2 and #3 apply to model x3i only.**

2. Plug the 3-pin connector at the end of the heart rate cable into the 3-pin (3P) connector in the back of the display console. Make sure the connector snaps into place.
3. Plug in flat 6 pin (6P) connector for the Activity Zone.
4. Push excess cable(s) into the opening of the upright tube assembly (A).

## 1.4 SETUP CONTINUED

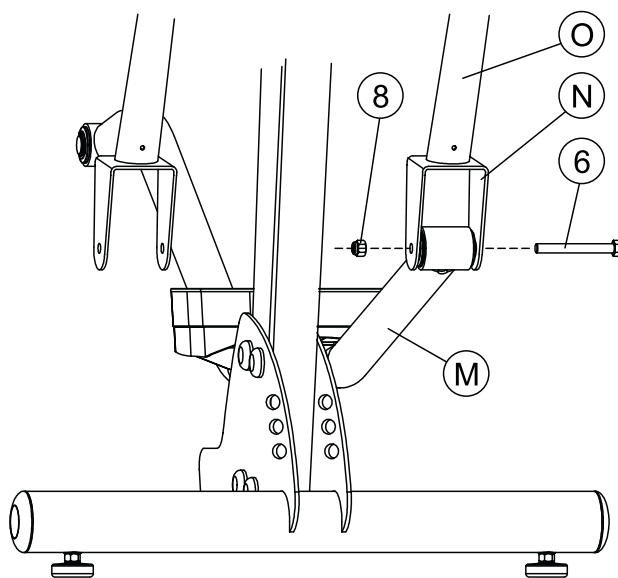


### STEP 6

Attach the display console to the console plate:

1. Line up the four holes in the back of the console plate (H) with the four holes in the back of the display console (L).
2. Attach the display console (L) using the four (#2) screws. Be careful not to pinch cables between the console and the console plate. Be sure to get each screw started before fully tightening.

**NOTE:** To avoid stripping, do not over tighten screws.



### STEP 7

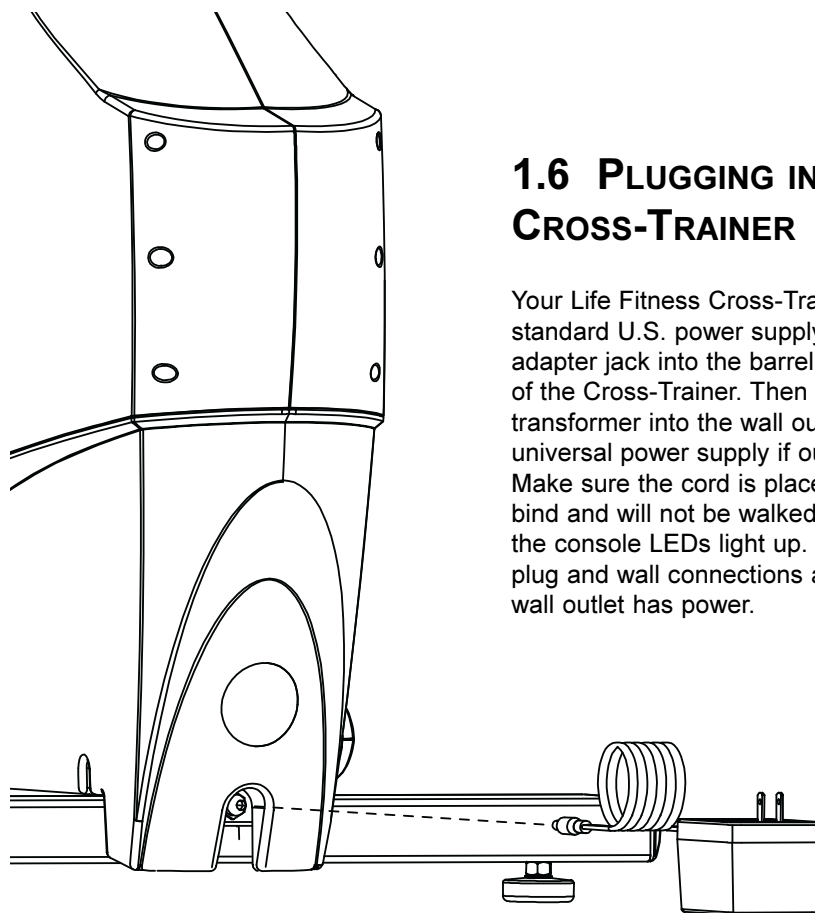
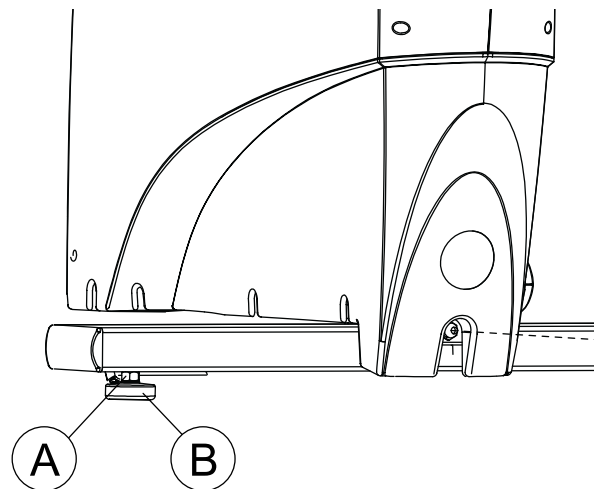
Connect the pedal levers to the upper arms:

1. Insert pedal lever (M) into the clevis bracket (N) of the upper arm (O).
2. Connect the pedal lever (M) to the upper arm (O) using one (#6) 3 1/4" bolt and one (#8) high profile nylock nut. Using a 9/16" socket wrench, and a 9/16" open ended wrench, tighten securely.
3. Repeat procedure for the opposite side.

## 1.5 HOW TO STABILIZE THE LIFE FITNESS CROSS-TRAINER

After placing your Cross-Trainer where it will be used, check its stability. If there is even a slight rocking motion, or the unit is not stable, determine which stabilizing leg is not resting firmly on the floor. To adjust the leg, loosen the JAM NUT (A) and turn the STABILIZING LEG (B) until the rocking motion ceases and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

**NOTE:** It is extremely important that the stabilizing leg be correctly adjusted for proper operation.



## 1.6 PLUGGING IN THE CROSS-TRAINER

Your Life Fitness Cross-Trainer comes with a standard U.S. power supply. Insert the power adapter jack into the barrel plug on the back of the Cross-Trainer. Then insert the transformer into the wall outlet (or the universal power supply if outside the U.S.). Make sure the cord is placed so it doesn't bind and will not be walked on. Check that the console LEDs light up. If not, recheck the plug and wall connections and make sure the wall outlet has power.