

X SERIES

X5/X5i CROSS-TRAINER

Parts List



LifeFitness

lifefitness.com

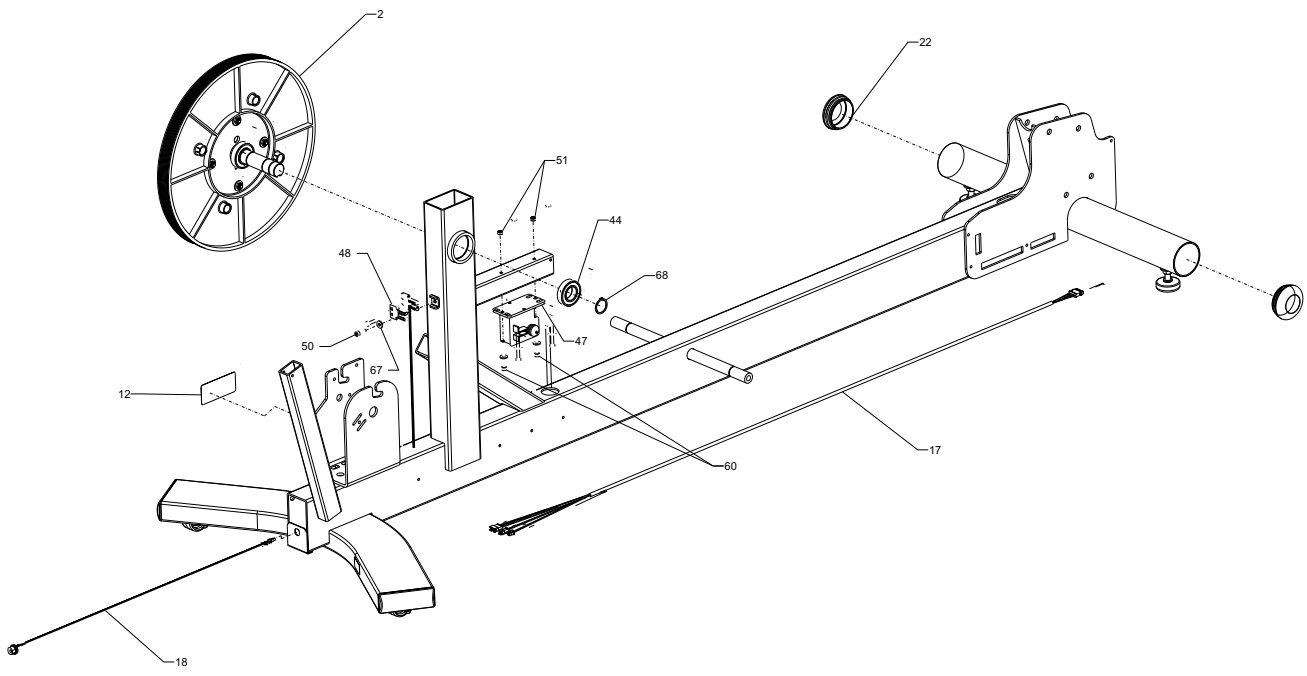
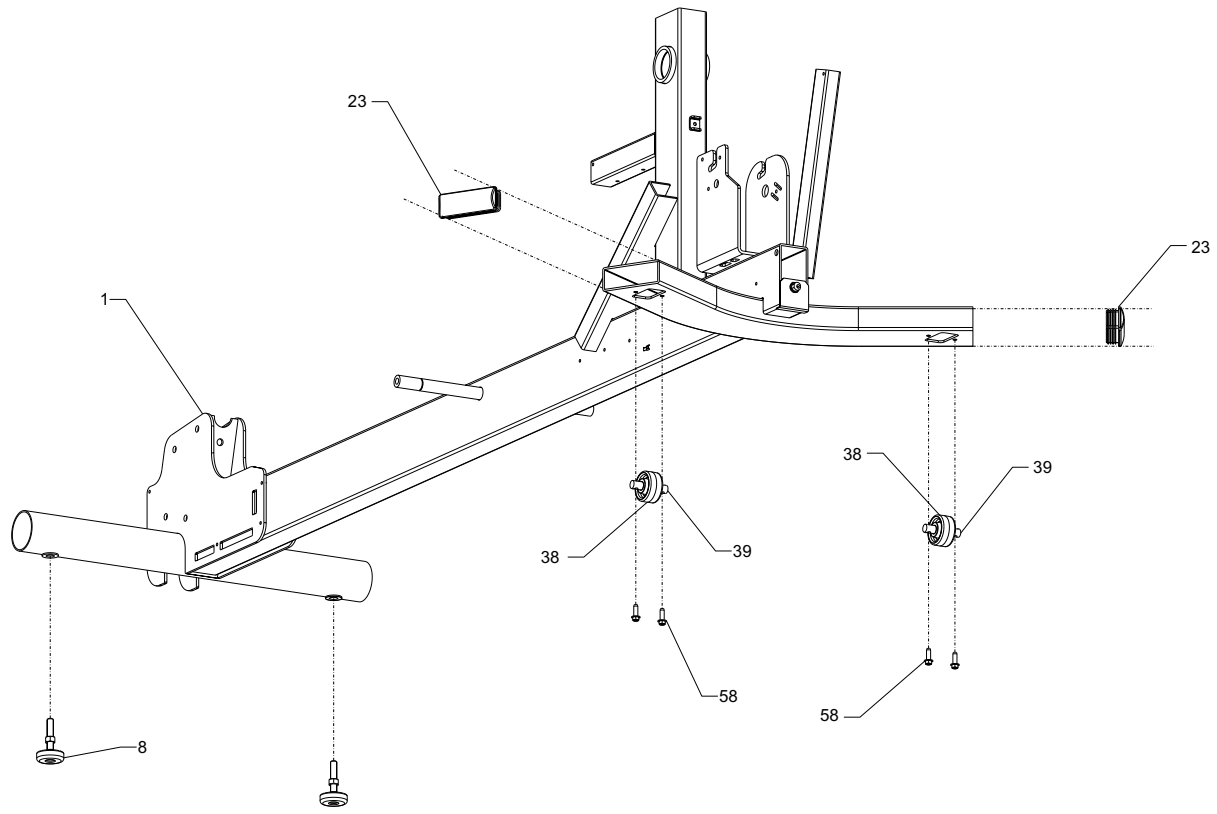
Part # 7663301

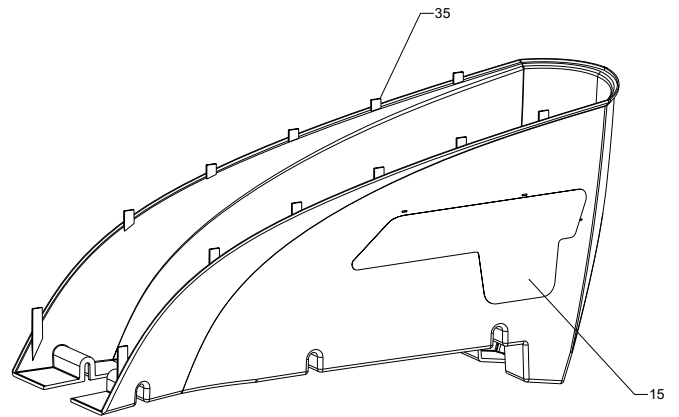
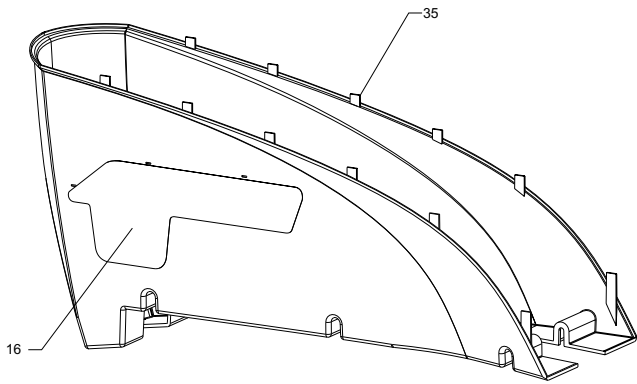
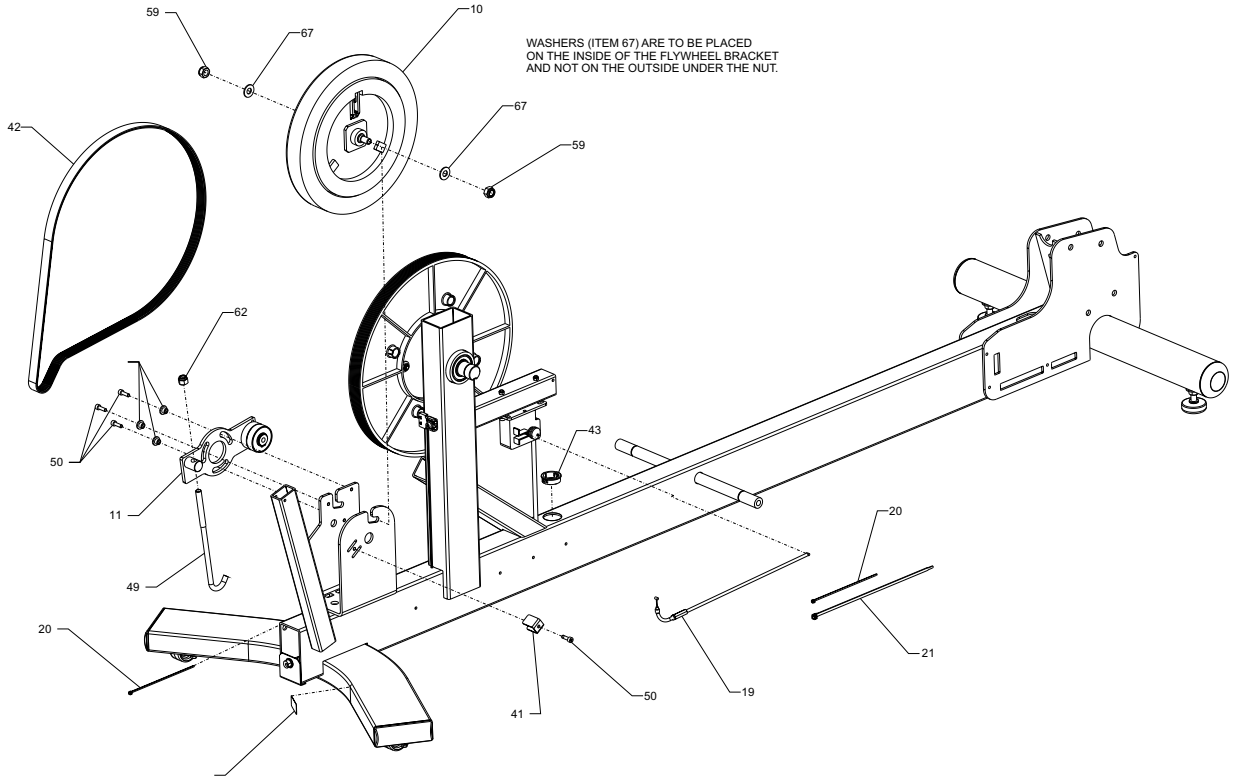
X5 CROSSTRAINER # X5-XX0X-0102

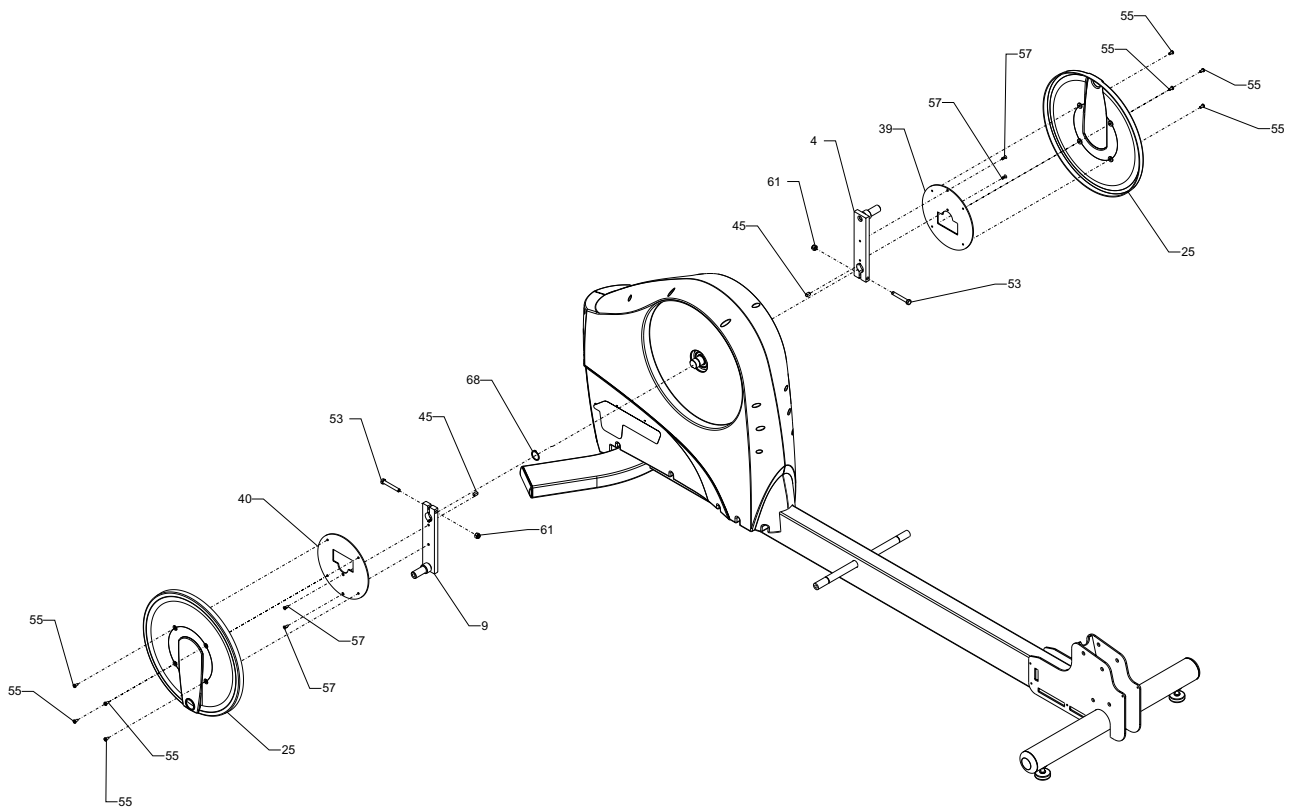
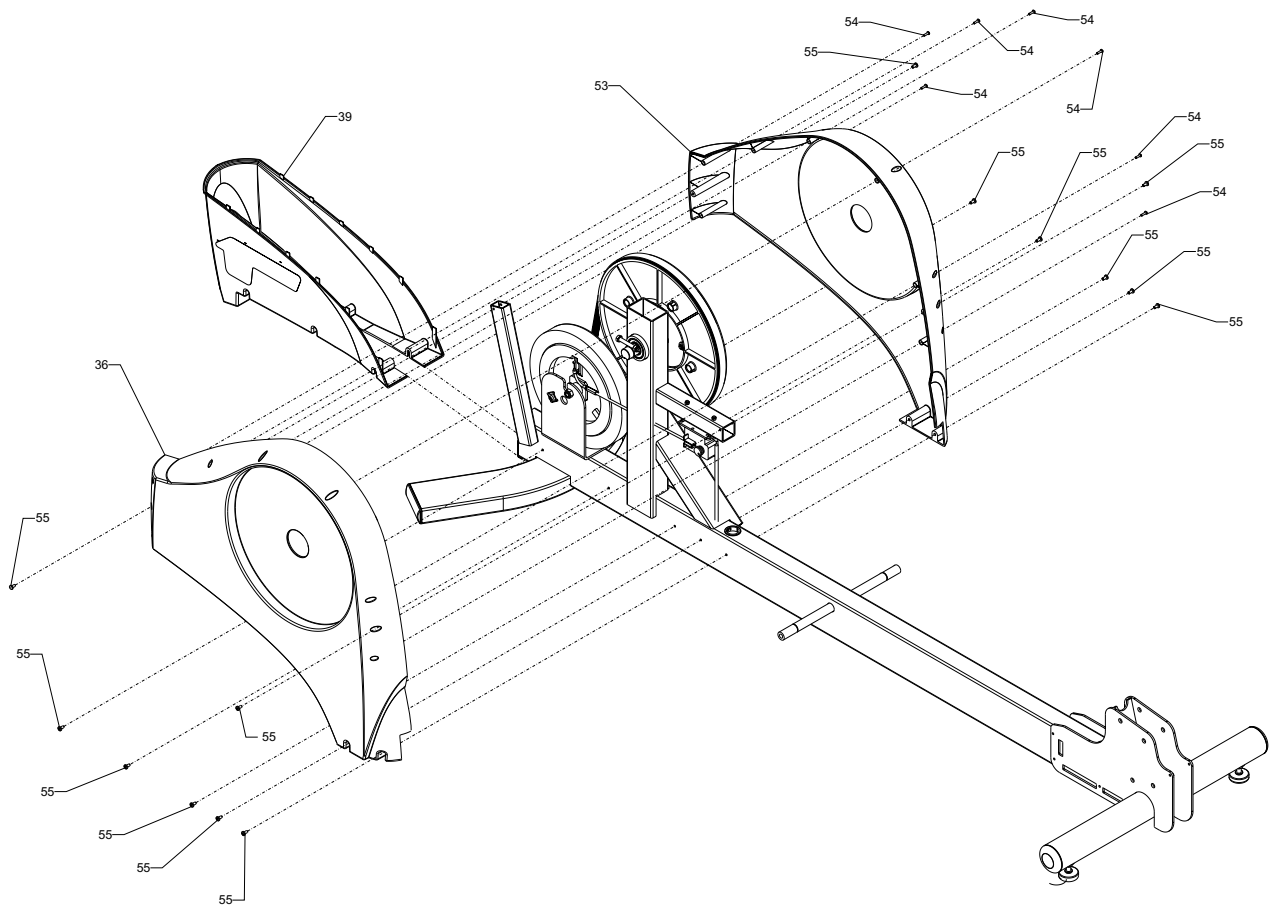
Item	Description	Item Seq	Quantity
7459202	WLDMT, X5 BASE FRAME BLK	1	1
7465701	ASSY, CRANKSHAFT	2	1
7037701	ASSY, ADJ COUPLER RH	3	1
7037801	ASSY, ADJ COUPLER LH	4	1
7036201	ASSY, PEDAL LEVER-RH X5	5	1
7036301	ASSY, PEDAL LEVER-LH X5	6	1
7070501	ASSY, STRAIGHT IDLER	7	2
3224001	ASSY, FLOOR LEVELER	8	2
7060001	WLDMT, LONG SHAFT CRANK	9	1
7459501	ASSY, INT BRAKE FLYWHEEL	10	1
7465801	ASSY, BELT TENSIONER	11	1
6988701	LABEL, PATENT	12	1
7094101	LABEL, SERIAL NUMBER	13	1
7102301	LABEL, SELECT STRIDE INST	14	1
7048701	LABEL, X5 MODEL-LH	15	1
7048601	LABEL, X5 MODEL-RH	16	1
7469301	CABLE, CT BASE	17	1
7488501	CABLE, CT MOTOR-TRANSFORMER	18	1
7470101	CABLE, SERVO-FLYWHEEL	19	1
3221201	CABLE TIE, 3/32 X 6	20	2
3226801	CABLE TIE, 3/16" X 11"	21	1
6938001	CAP, 2.5 DIA TUBE	22	2
6937901	CAP, END 1.50" X 4.00" 11GA	23	2
6937801	CAP, TUBE 1.75 DIA	24	2
6937601	COVER, CRANK	25	2
6915001	COVER, CLEVIS 1.75" BOTT	26	2
6914901	COVER, CLEVIS 1.75" TOP	27	2
7041101	HANDLE, GRIP	28	2
7040801	HANDLE, BOTTOM-LH	29	1
7040701	HANDLE, BOTTOM-RH	30	1
7040601	HANDLE, TOP-LH	31	1
7040501	HANDLE, TOP-RH	32	1
7040101	PLUG, HOUSING-LH	33	1
7040001	PLUG, HOUSING-RH	34	1
6911301	SHROUD, REAR LOWER	35	1
6911201	SHROUD, REAR RIGHT	36	1

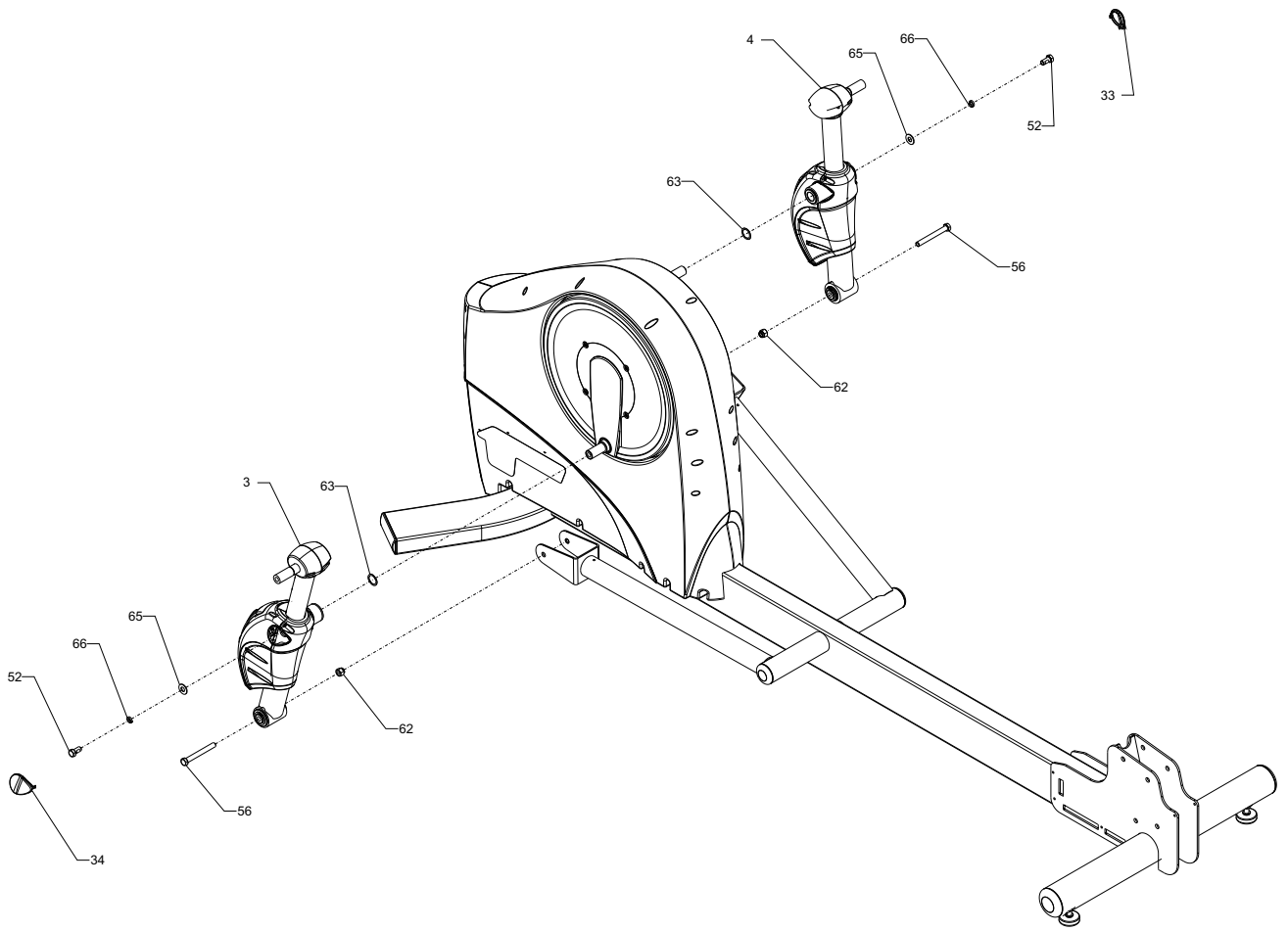
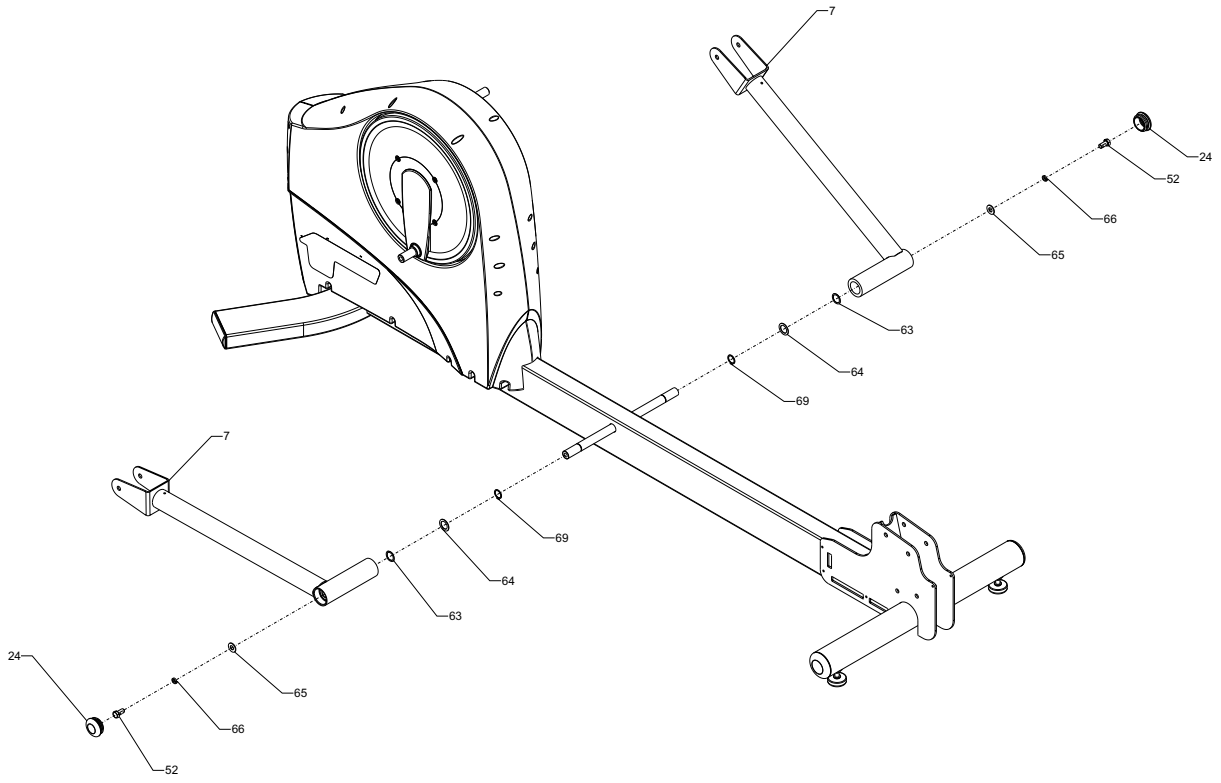
Item	Description	Item Seq	Quantity
6911101	SHROUD, REAR LEFT	37	1
6892501	WHEEL- FLOOR ROLLER	38	2
7256901	SHAFT, WHEEL MOUNTING	39	2
6937701	PLATE, SUPPORT COVER	40	2
7454601	BRACKET, FLYWHEEL POSITIONER	41	1
3230301	BELT, POLY V, 520J8	42	1
3228401	BUSHING, 1.25 DIA WIRE	43	1
3225301	BEARING, 12MM BALL	44	1
3223001	KEY, .250 SQUARE X .500	45	2
7469901	SPACER, FLANGE TENSIONER	46	3
7459401	MOTOR, FLYWHEEL SERVO	47	1
7470201	SENSOR, RPM	48	1
7487701	BOLT, 3/8" J-HOOK	49	1
3242201	M5-.8 X 16MM HXS SOC CS ST PH	50	5
3242202	M5-.8 X 50MM HXS SOC CS ST PH	51	2
3234201	3/8-16 X 12 UNS HEX L FHB G5ZN	52	6
3232601	5/16-18 X HEX BLT G8 ZN	53	2
3226003	6-20 X 8 PHL PAN PLT ST BZ	54	13
3223401	10-32X6 PHL PAN HEAD TT ST BZ	55	26
3223310	3/8-16X3-1/4 UNS HEX FHB G5 ZN	56	2
3223603	10-24X8 PHL FLT MS ST ZN	57	4
3226604	1/4-20 X 1 UNS HW TT ST ZN	58	4
3242002	NUT, M10 X 1.5 HEX NYLOCK	59	2
3242001	NUT, M5 X 0.8 HEX NYLOCK	60	2
3232701	NUT, NYLOCK ST GR8 ZN	61	2
3102802	NUT, NYLOCK 3/8-16	62	3
3225201	WSH780-1.00-101SP-D ST NO WAVE	63	6
3225006	WSH .760-1.125-030 SPEC ST ZN	64	4
3225001	WSH 406-875-060 SPEC ST ZN	65	8
3102601	WASHER, LOCK 3/8 ID	66	6
3225010	WSH .203-.562-.060 SPEC ST ZN	67	3
3232420	RING:BRE 0.926 5100-98 ST PP B	68	2
3232415	RNG:BRE .704 5100-075 ST PP B	69	4
7583601	LEFT PEDAL	70	1
7583701	RIGHT PEDAL	71	1
3224402	PEDAL SCREWS (NOT SHOWN)		8

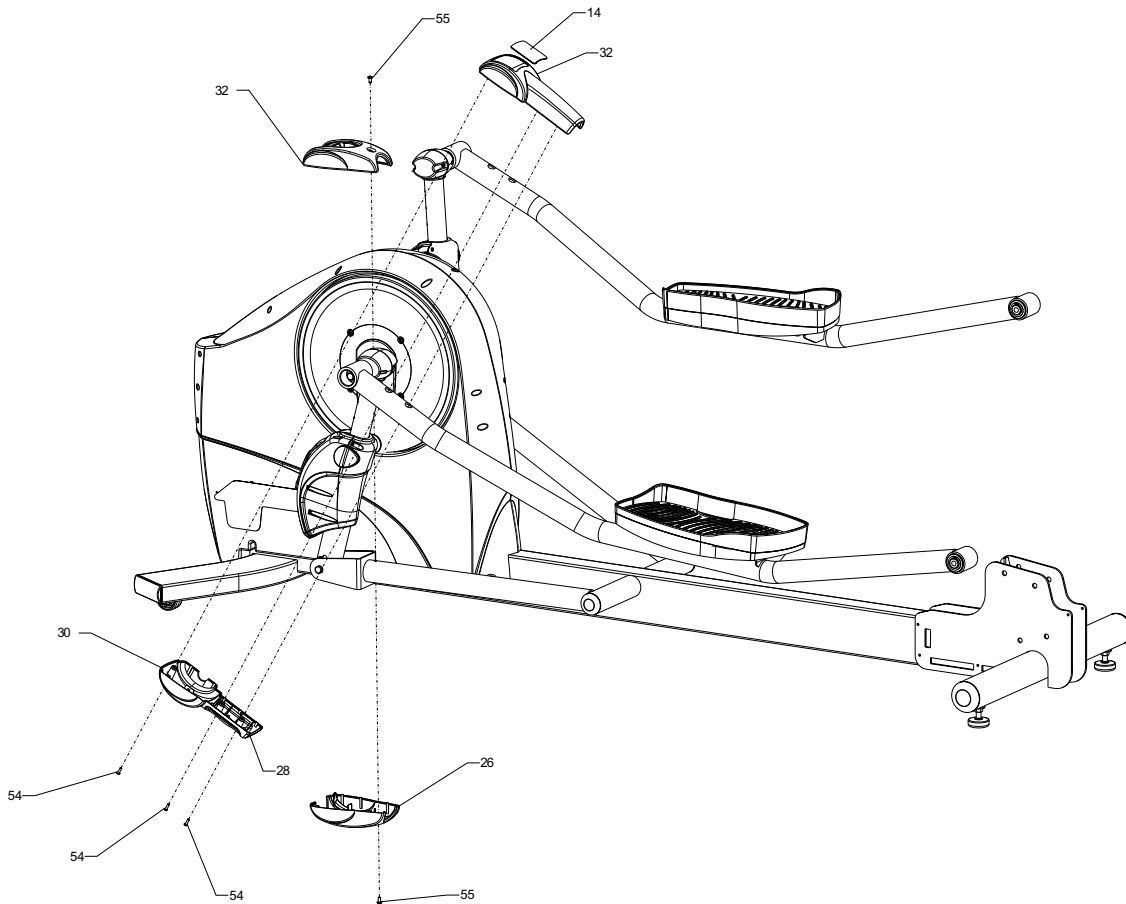
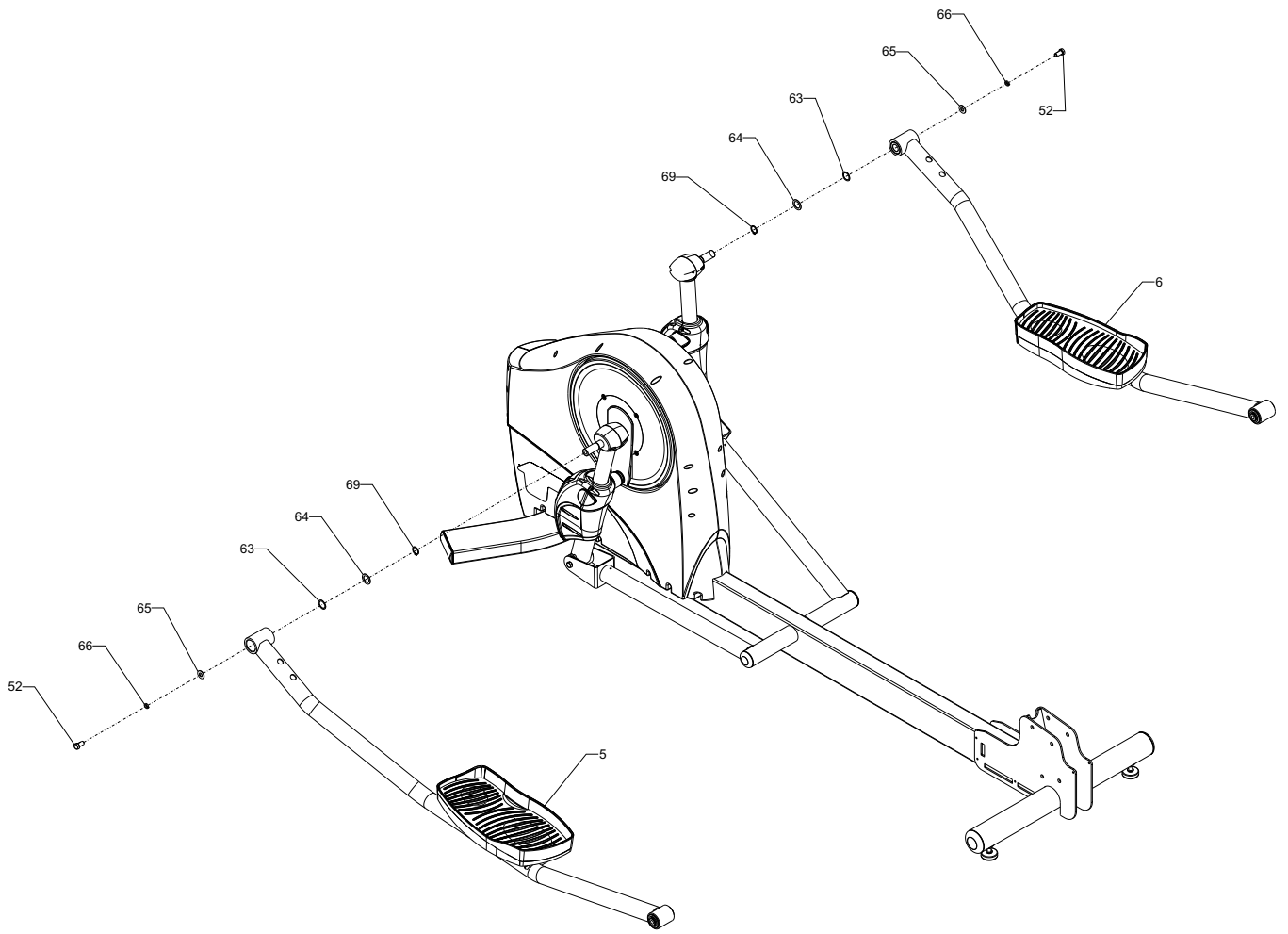


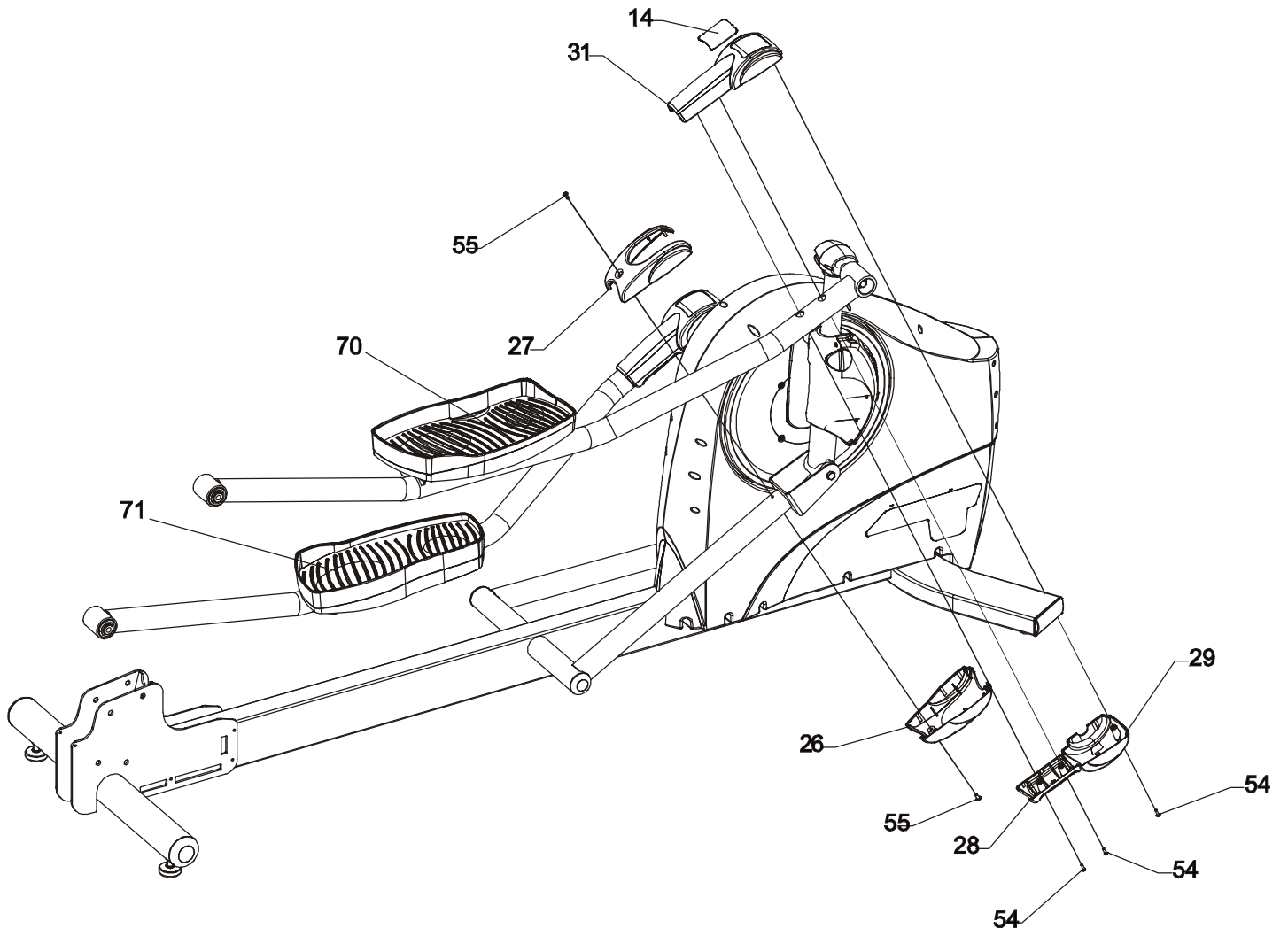


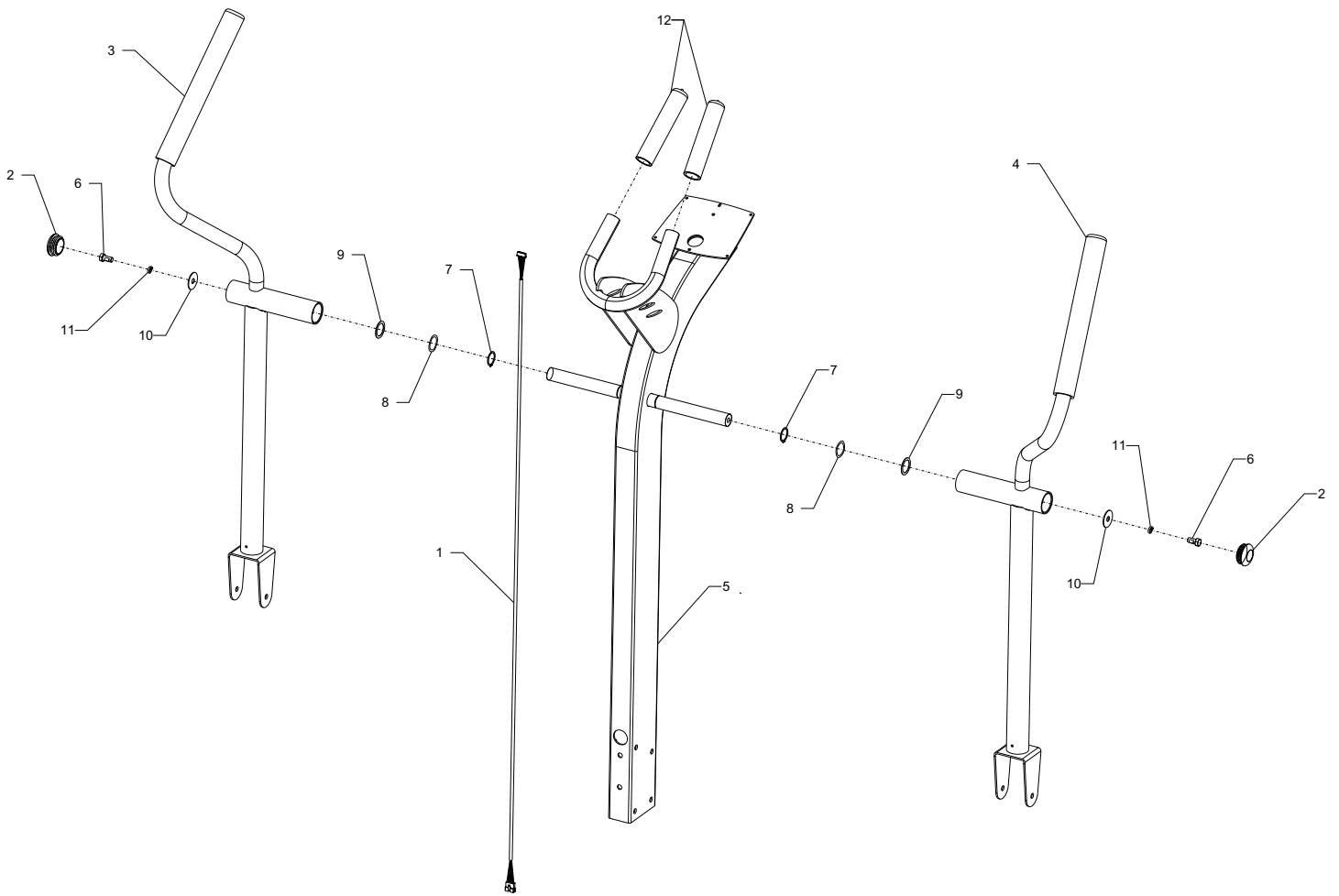












ASSY FRAME BOM

Item	Description	Item Seq	Quantity
7469401	CABLE, CT UPRIGHT	1	1
6937801	CAP, TUBE 1.75 DIA	2	2
6909501	ASSY, ROCKER-LH	3	1
6909401	ASSY, ROCKER-RH	4	1
6880002	WLDMT, FRAME UPRIGHT LONG BLK	5	1
3234201	3/8-16 X 12 UNS HEX L FHB G5ZN	6	2
3232421	RING:BRE .940 5100-100 ST PP B	7	2
3225202	WSHR 1.051-1.351-015SP-D ST	8	2
3225005	WSH 1.031-1.375-031 SPEC ST ZN	9	2
3225003	WSH 406-1.375-060 SPEC ST ZN	10	2
3102601	WASHER, LOCK 3/8 ID	11	2
6968301	FOAM GRIP, STATIONARY HNDL BAR	12	2

1.2 PARTS LIST

The following parts are illustrated in actual size.

0. Accessory Bracket Fastener Qty: 2
1/4"-20 x 3/4" LONG 3226603

1. Phillips Pan Head Screw – Clevis Cover & Front Shroud Fastener Qty: 12
10-32 x 3/8" LONG 3223401

2. Electronics Console Mounting Fastener Qty: 4
8-18 x 3/4" LONG Phillips Pan PLT ST 3225905

3. Upright Cap & Front Shroud Mounting Fastener Qty: 5
6-20 x 1/2" LONG Phillips Pan PLT ST 3226003

4. Upright Mounting Bolt Qty: 2
3/8 – 16 x 5" LONG 3223301

5. Front Clevis/Pedal Lever & Upright Mounting Bolt Qty: 6
3/8 – 16 x 3-1/4" LONG 3223310

6. Nylock Nut – High Profile Qty: 8
3/8 - 16 3102802

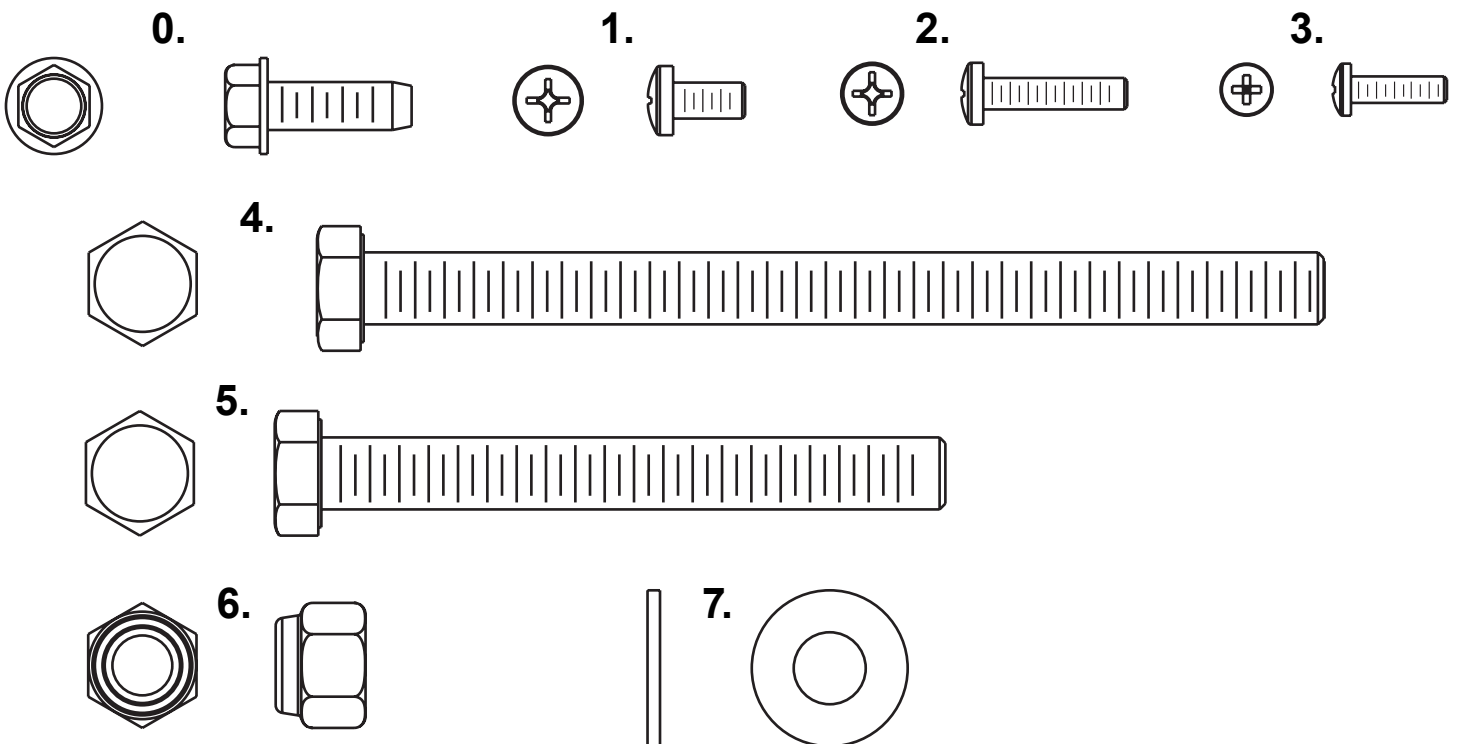
7. 3/8" Washer Qty: 12
3102514

Not illustrated Plastic Upright Cap – Black Qty: 1
Cap, Tube 2 x 4 Custom 6961001

Not illustrated Front upright shroud – Gray
6997201 – Left (1)
6997301 – Right (1)

Not illustrated Cover, Clevis 1.75" Top/Bottom – Black
6914901 – Top (2)
6915001 – Bottom (2)

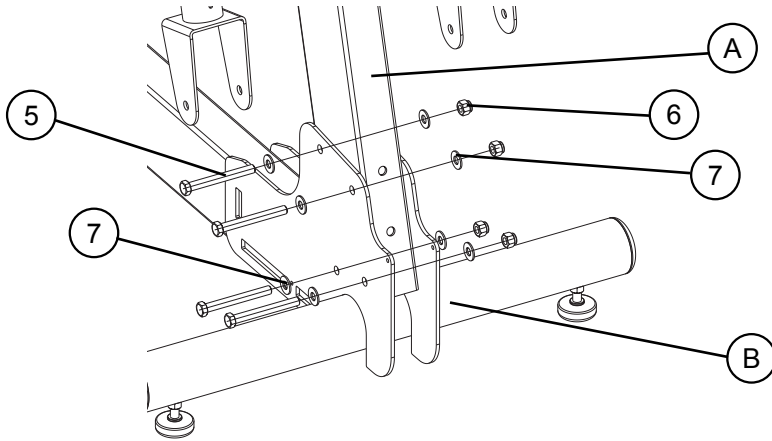
1.3 PARTS DESCRIPTION



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.



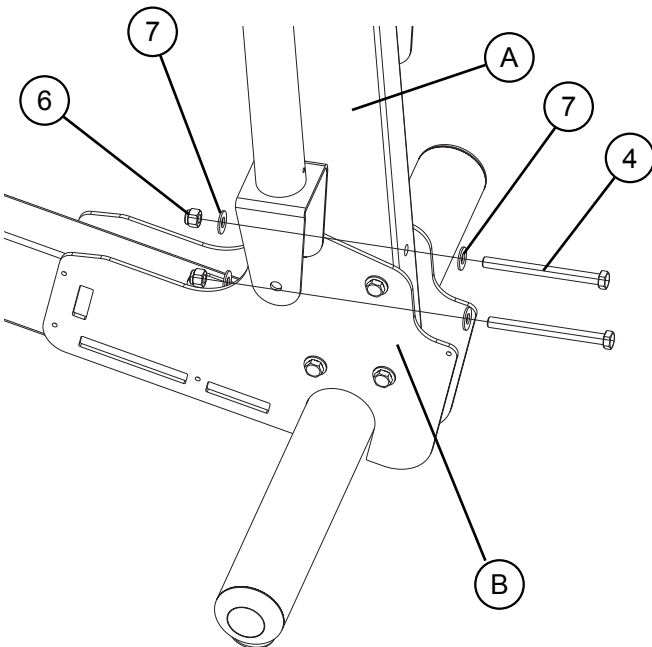
STEP 2

Assemble the upright tube assembly to the base frame:

NOTE: This step could require two people.

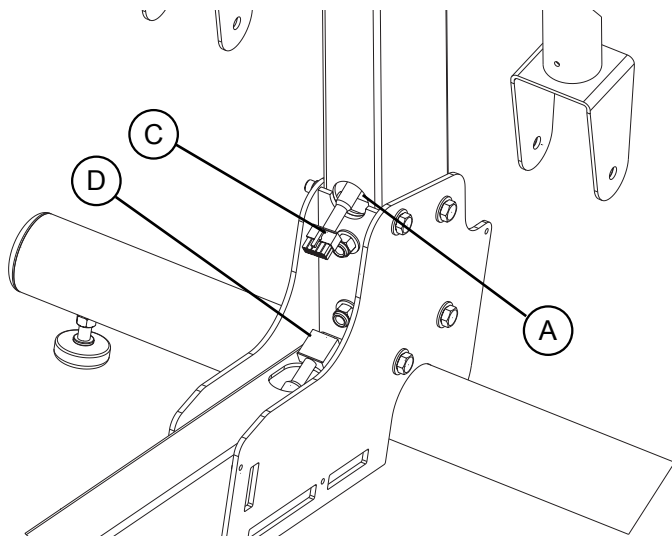
1. Position the upright tube assembly (A) between the plates on the front of the base frame (B).
2. Line up the holes on the plates (B) with the holes on the upright tube assembly (A).
3. Connect the upright tube assembly (A) to the base frame (B) using four (#5) 3-1/4" bolts, eight (#7) washers (4 on each side) and four (#6) high 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.



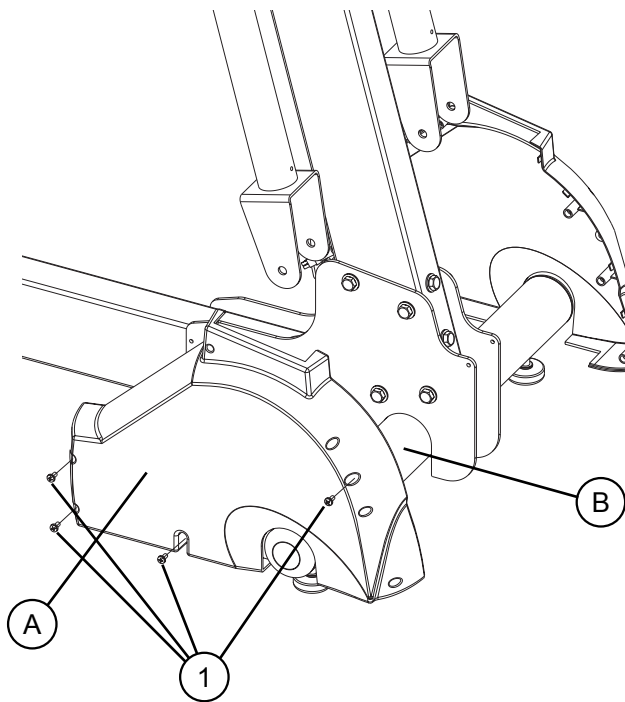
4. Insert two (#4) 5" bolts and two (#7) washers into the backside of the connector joint on the base frame (B). Connect with two (#7) washers and two (#6) high profile nylon lock nuts. Start each bolt, and then tighten with a 9/16" socket wrench.
5. Tighten all six bolts with a 9/16" socket wrench.

1.4 SETUP (CONTINUED)



STEP 3

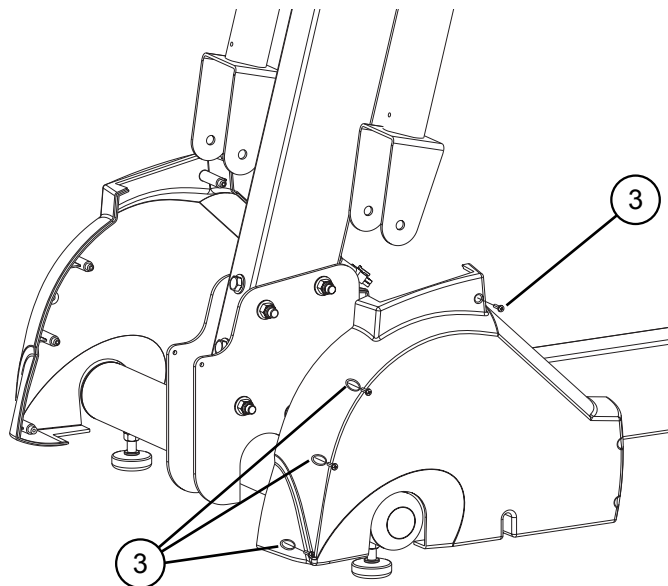
1. Connect the upper wire harness (C) to the lower wire harness (D). Insert connected plugs of the wire harnesses into wiring hole on upright tube assembly (A).



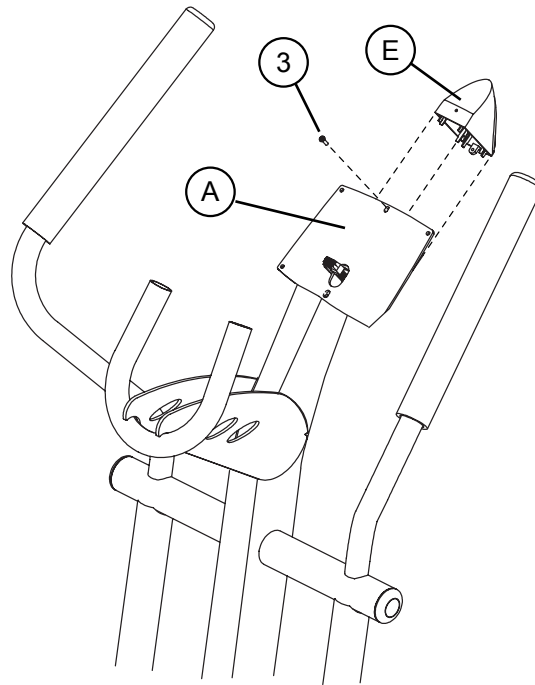
STEP 4

1. Attach front shroud (A) to base-frame (B) using eight (#1) phillips pan head screws (4 on each side). Using a phillips screwdriver, secure the shrouds to the base frame (B). Repeat for the opposite side (same four locations).

2. Using a phillips screwdriver, complete assembly of front shroud by securing shroud with four phillips plastic screws (#3) in the areas indicated by the drawing.



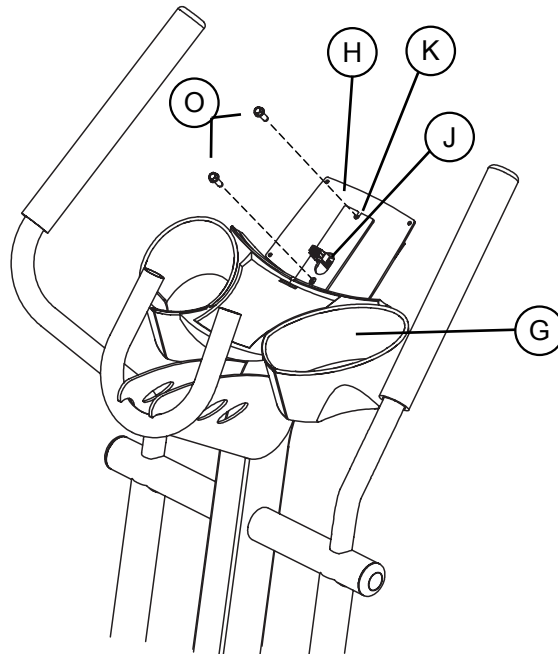
1.4 SETUP (CONTINUED)



STEP 5

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.



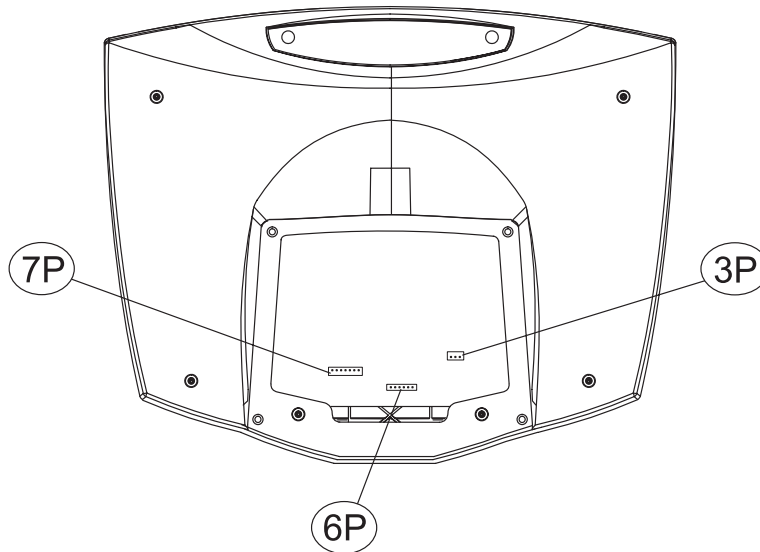
STEP 6

Attach heart rate accessory tray to upright assembly:

NOTE: This step applies to model X5i only.

1. It is helpful to form the threads in the console plate (H) before attaching the accessory tray (G). Using a socket wrench or cordless driver and a #3 Phillips bit, start the self-tapping screws (#0) 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 3/8" socket wrench.

1.4 SETUP (CONTINUED)



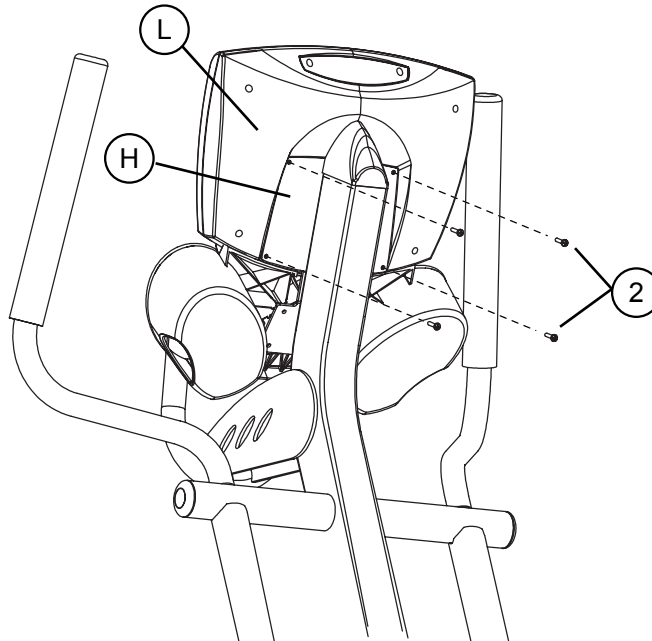
STEP 7

Plug cables into the back of display console:

1. Plug the 7-pin connector at the end of the upper wire harness into the 7-pin connector (7P) in the back of the display console. Make sure the connector snaps into place.

NOTE: #2 and #3 apply to model X5i 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).



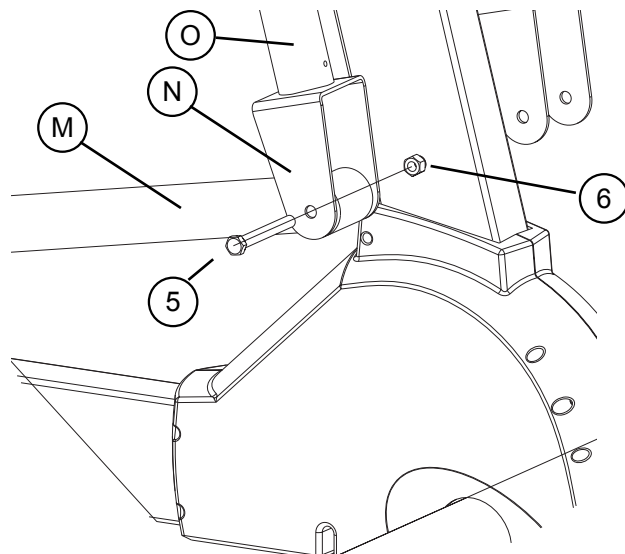
STEP 8

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.

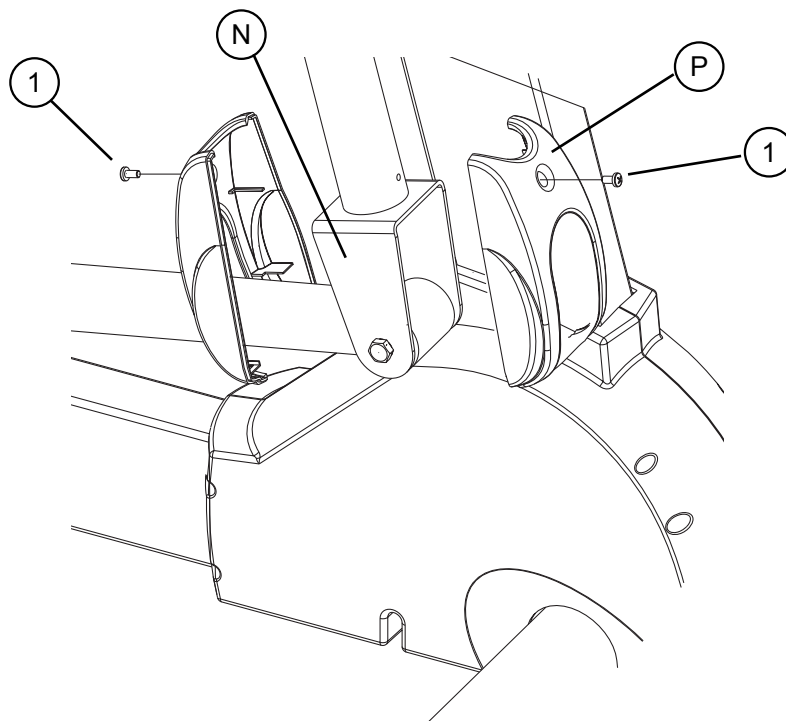
1.4 SETUP (CONTINUED)



STEP 9

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 (#5) 3 1/4" bolt and one (#6) 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.



STEP 10

Attach the clevis covers to the clevis brackets:

1. Secure one clevis cover (P) to the clevis bracket (N) using two (#1) phillips tapping screws.

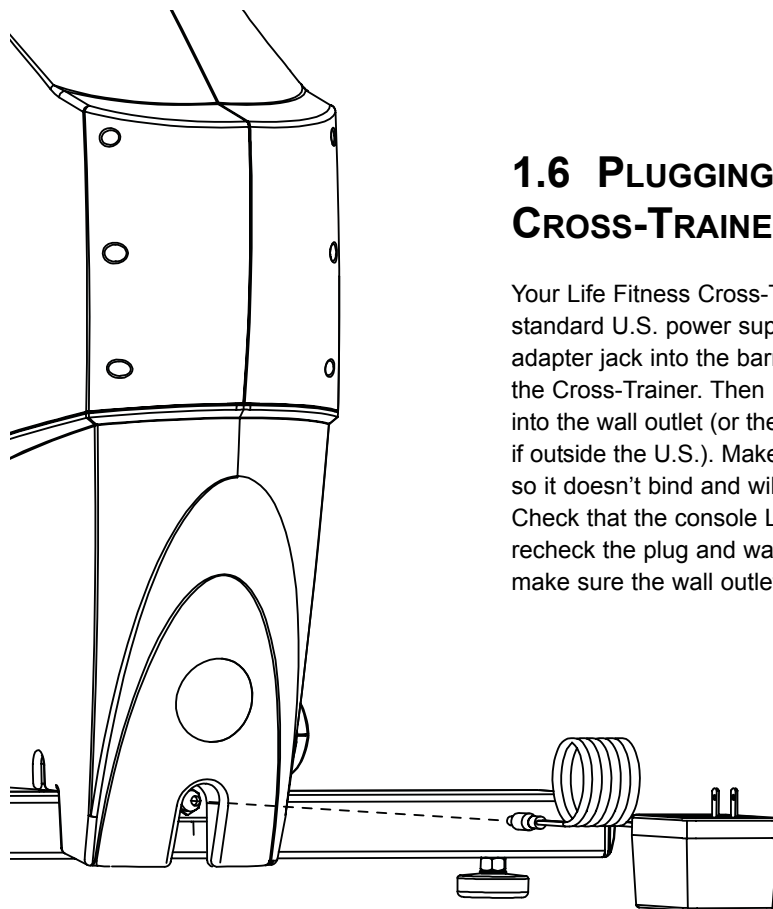
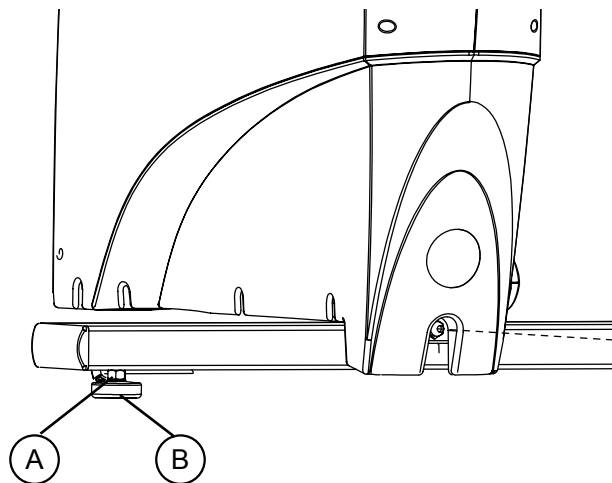
NOTE: Threads are formed in the holes as the screw goes in. A power screw-driver is recommended if available.

2. Repeat procedure for 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

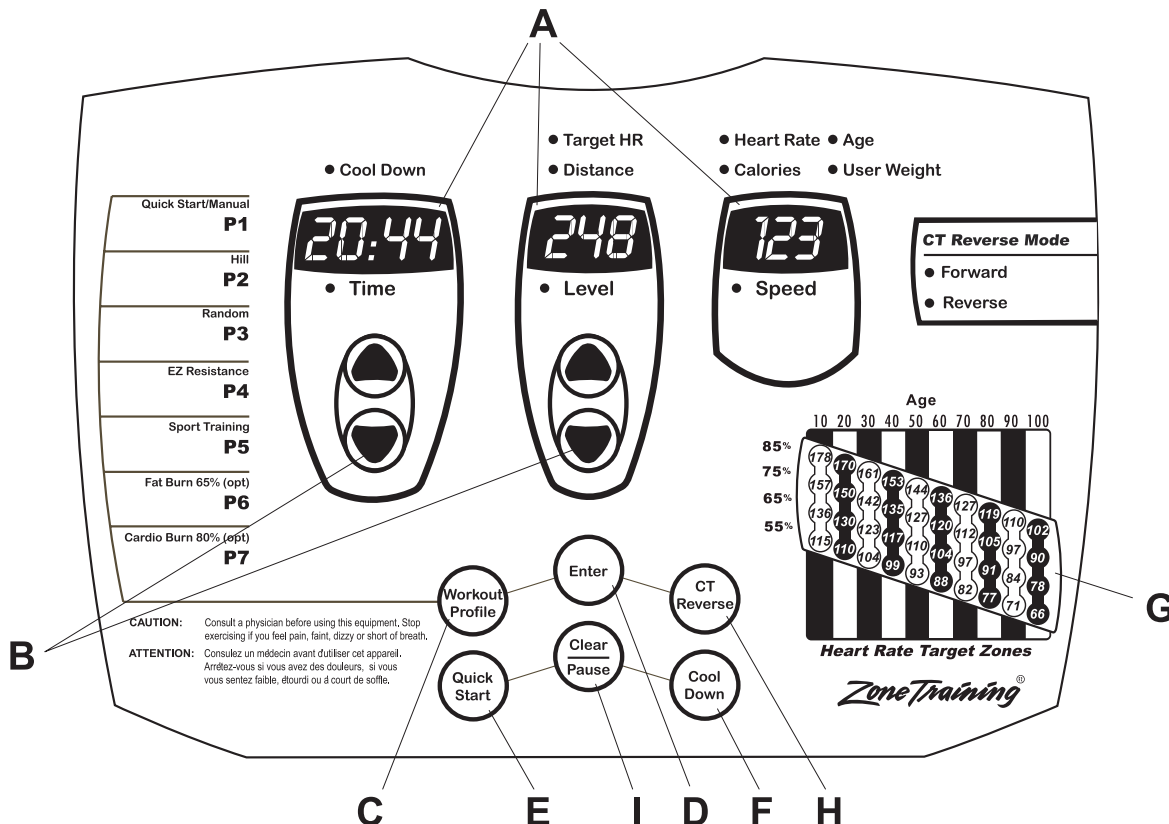
Your Life Fitness Cross-Trainer comes with a standard U.S. power supply. Insert the power adapter jack into the barrel plug on the back of the Cross-Trainer. Then insert the transformer into the wall outlet (or the included power supply if outside the U.S.). Make sure the cord is placed so it doesn't 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.

2. THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The on-board computer lets you to tailor your workout to fit your exact individual fitness capabilities and goals. It is also an excellent way to measure your fitness improvement from one workout to the next. The easy-to-use computerized display console makes it simple to follow your progress for each workout.

2.2 X5 DISPLAY CONSOLE DESCRIPTIONS



A. MESSAGE CENTER: Displays Distance, Speed, Heart Rate, Calories, Target Heart Rate, Cool Down, Level and Elapsed Time. Enter Age and User Weight while programming.

When using the optional heart rate chest strap, the Heart Rate LED will flash with every heart beat received. The Heart Rate LED will stay lit when the Heart Rate display is active.

B. TIME AND LEVEL KEYS: Press these keys to increase or decrease the workout time, resistance level or target heart rate. You can change these at any time during your workout.

C. WORKOUT PROFILE: Used to choose the Hill, Random, QuickStart™/Manual, EZ Resistance, Sport Training, Fat Burn (opt.), and Cardio Burn (opt.) workouts.

D. ENTER KEY: This key is used to OK the data displayed in the Message Center.

E. QUICKSTART/MANUAL KEY: Allows you to quickly begin a Manual Workout with the press of just one key.

F. COOL DOWN KEY: Begins an automatically-customized cool-down sequence.

G. ZONE TRAINING™ HEART RATE CHART Quick reference chart, used to identify your target heart rate.

H. CT REVERSE: Places the cross-trainer in CT Reverse mode.

I. CLEAR/PAUSE: Pressing the PAUSE/CLEAR switches the monitor from any workout profile or mode to Pause mode. The Pause mode duration is determined by the "Pause Time" setting in the User Menu as defined in Section 8. To resume a workout or mode, start pedaling before the "Pause Time" expires. If the paused workout or mode is not resumed before the "Pause Time" expires, the current workout or mode information will be lost.

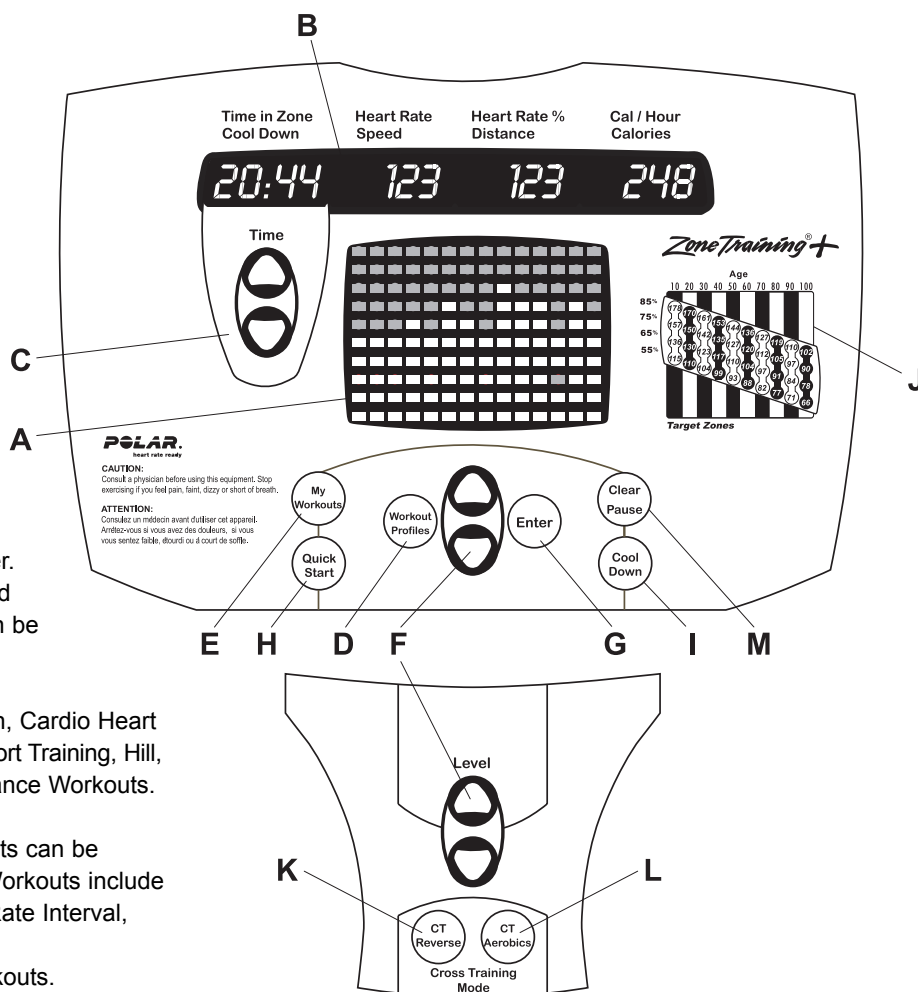
NOTE: The user must stop pedaling before pressing CLEAR/PAUSE.

Pressing the PAUSE/CLEAR button again while the monitor is in Pause mode switches the display to Workout Summary.

Pressing the PAUSE/CLEAR button while the monitor is in WORKOUT SUMMARY mode switches the monitor to Idle mode display.

2.3 X5i DISPLAY CONSOLE DESCRIPTIONS

- A.** WORKOUT PROFILE WINDOW: A matrix of LED lights displays the current position and the upcoming terrain. While striding, the light columns move across the screen from right to left. The higher the column of lights, the greater the Level and workout intensity.
- B.** MESSAGE CENTER: Provides simple, step-by-step instructions and motivational messages. Displays: Level, Distance, Speed, Heart Rate, Calories/Hour, Calories, Time in Zone, Time, Cool Down, and Heart Rate%. Enter Age and User Weight while programming.
- C.** TIME KEYS: Press these keys to increase or decrease the workout time of the cross-trainer. In addition, any of these keys may be pressed to begin a workout or programming. Time can be adjusted before or during a workout.
- D.** WORKOUT PROFILES: Choose the Fat Burn, Cardio Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, Hill, Random, QuickStart™/Manual and EZ Resistance Workouts.
- E.** MY WORKOUTS: These 4 programmable slots can be configured to any of your X5i workouts. My Workouts include the Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, Hill, Random, QuickStart™/Manual, and EZ Resistance Workouts.
- F.** LEVEL/MODE KEYS: Allows you to make data entries, cycle through and select workouts, change level or change Target Heart Rate (THR) during Zone Training workouts.
- G.** ENTER KEY: This key is used to enter the data displayed in the Message Center.
- H.** QUICKSTART/MANUAL KEY: Allows you to quickly begin a Manual Workout with just the press of a key.
- I.** COOL DOWN KEY: Begins an automatically-customized cool-down sequence.
- J.** ZONE TRAINING™ HEART RATE CHART
- HEART RATE: Message Center displays the user's heart rate while wearing a Polar® compatible heart rate chest strap.
 - TIME-IN ZONE: Message Center displays the total time the heart rate stays within the selected zone – Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval and Extreme HR. The selected Zone is based on your entered Target Heart Rate and the workout selected.



- K.** CT REVERSE: Places the cross-trainer in CT Reverse mode.
- L.** CT AEROBICS: Places the cross-trainer in CT Aerobics mode.
- M.** CLEAR/PAUSE: Switches the monitor from any workout profile or mode to Pause mode. Pressing the PAUSE/CLEAR button while the monitor is in Pause mode switches the monitor to Workout Summary mode. If the PAUSE/CLEAR button is pressed while in workout summary mode, the monitor switches to idle mode.
- NOTE: The user must stop before pressing CLEAR/PAUSE.**