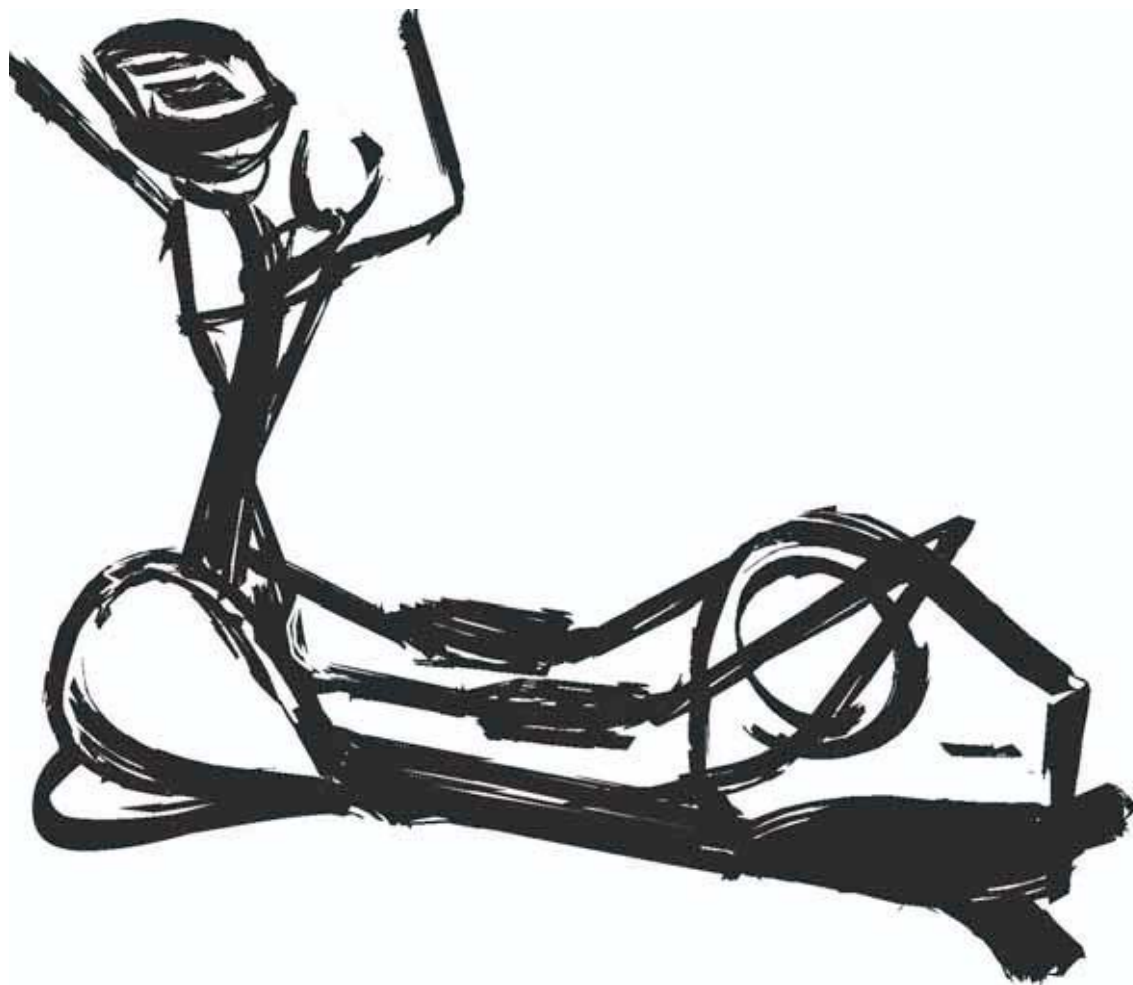


# X SERIES

X5 VER-03 CROSS-TRAINER



*LifeFitness*

# PARTS LIST

## X5 CROSS-TRAINER # X5-XX0X-0103

Item	Description	Item Seq	Quantity
7465701	ASSY, CRANKSHAFT	2	1
8079401	ASSY, ADJ COUPLER RH	3	1
8079501	ASSY, ADJ COUPLER LH	4	1
8079601	ASSY, PEDAL LEVER-RH X5	5	1
8079701	ASSY, PEDAL LEVER-LH X5	6	1
8079801	ASSY, STRAIGHT IDLER	7	2
3224001	ASSY, FLOOR LEVELER	8	2
7060001	WLDMT, LONG SHAFT CRANK	9	2
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
8047701	LABEL, X5 MODEL-LH	15	1
8047701	LABEL, X5 MODEL-RH	16	1
8113901	CABLE, CT BASE	17	1
8171801	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
6938002	CAP, TUBE 2.50 DIA GREYHOUND	22	2
6937902	CAP, END 1.50" X 4.00" GREYHOUND	23	2
6937802	CAP, TUBE 1.75 DIA, SHADOW GRAY	24	2
6937602	COVER, CRANK, GREYHOUND GREY	25	2
6915002	COVER, CLEVIS 1.75" BOTT, SG	26	2
6914902	COVER, CLEVIS 1.75" TOP, SG	27	2
7041101	HANDLE, GRIP	28	2
7040802	HANDLE, BOTTOM-LH, SG	29	1
7040702	HANDLE, BOTTOM-RH, SG	30	1
7040602	HANDLE, TOP-LH, SHADOW GRAY	31	1
7040502	HANDLE, TOP-RH, SHADOW GRAY	32	1
7040102	PLUG, HOUSING-LH,SG	33	1
7040002	PLUG, HOUSING-RH,SG	34	1
6911302	SHROUD, REAR LOWER, SG	35	1
6911202	SHROUD, REAR RIGHT, SG	36	1

Item	Description	Item Seq	Quantity
6911102	SHROUD, REAR LEFT, SG	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 HWX 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
7583602	LEFT PEDAL	70	1
7583702	RIGHT PEDAL	71	1
3224402	PEDAL SCREWS (NOT SHOWN)		8

### SG - SHADOW GRAY

BAS-000X-0203 BASIC CT/BIKE CONSOLE ENG/ENG  
 BAS-020X-0103 BASIC CT/BIKE CONSOLE GER/MET  
 ADV-000X-0203 ADV CT/BIKE CONSOLE ENG/ENG  
 ADV-020X-0103 ADV CT/BIKE CONSOLE GER/MET

8171201 UPRIGHT CABLE  
 8079901 UPRIGHT ASSEMBLY ( Includes upright cable)  
 7048801 HARDWARE BAG ASSY.

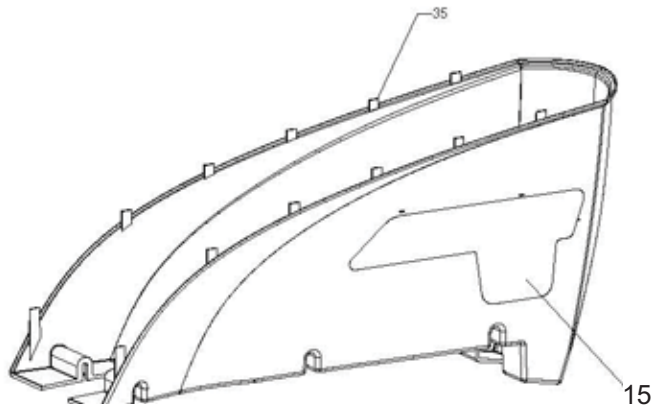
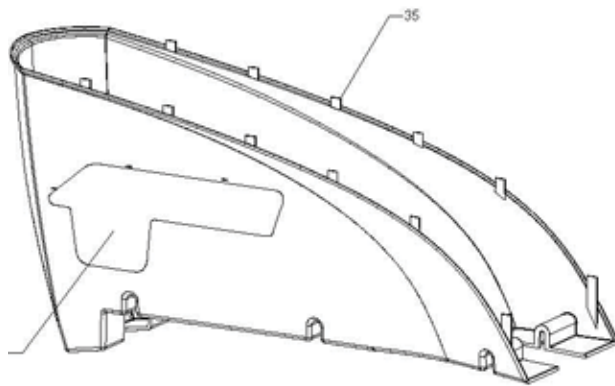
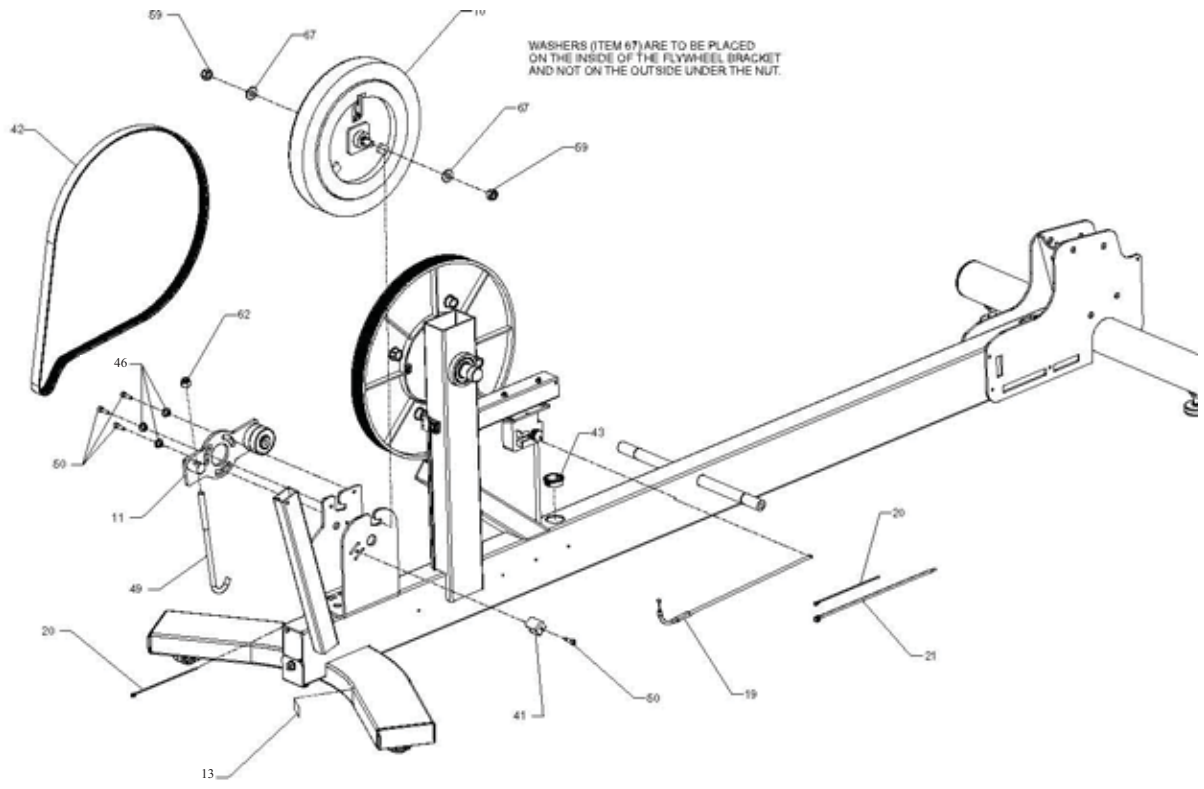
8071301 120/60 DOMESTIC TRANSFORMER  
 8071401 230/50 CONTINENTAL TRANSFORMER  
 8071501 230/50 UK TRANSFORMER  
 8071601 240+ AUSTRALIAN TRANSFORMER

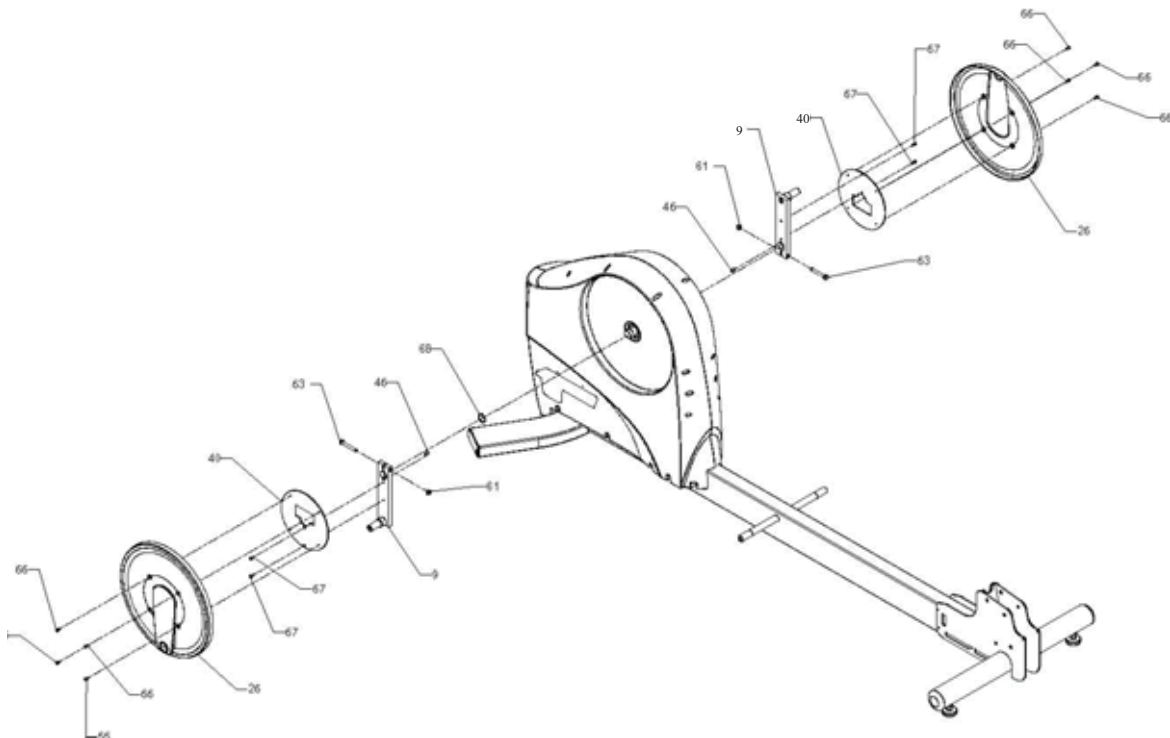
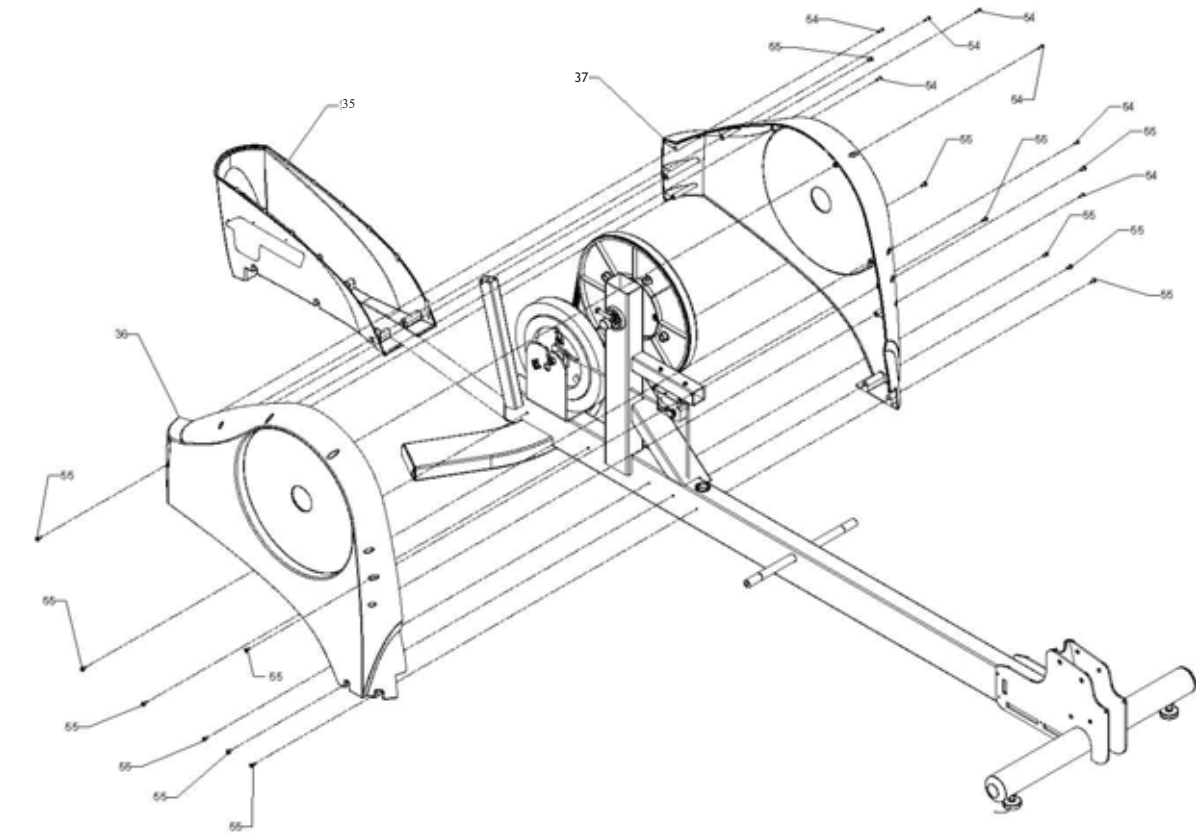
8286201 HR SENSOR KIT  
 8044501 ACCESSORY TRAY

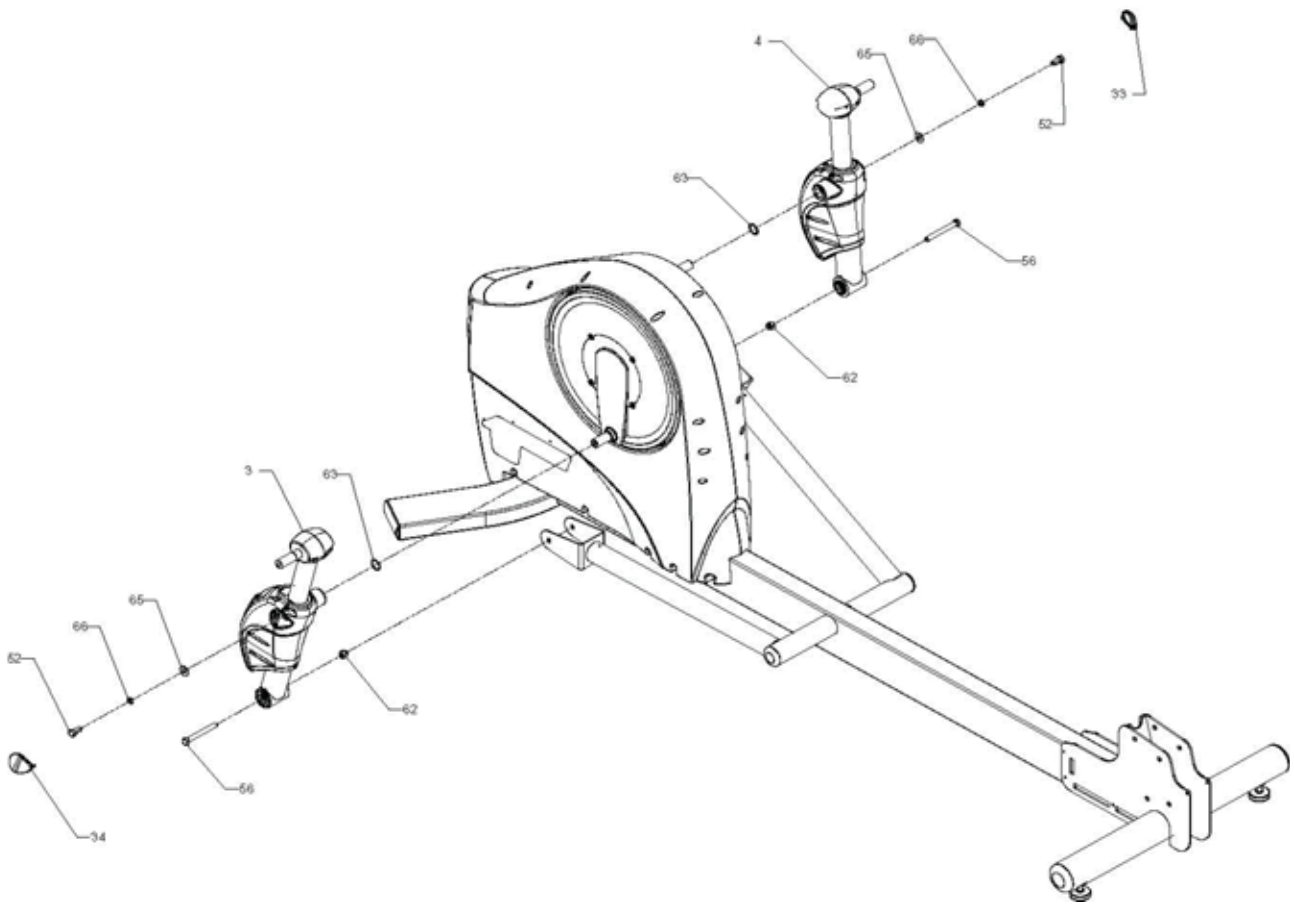
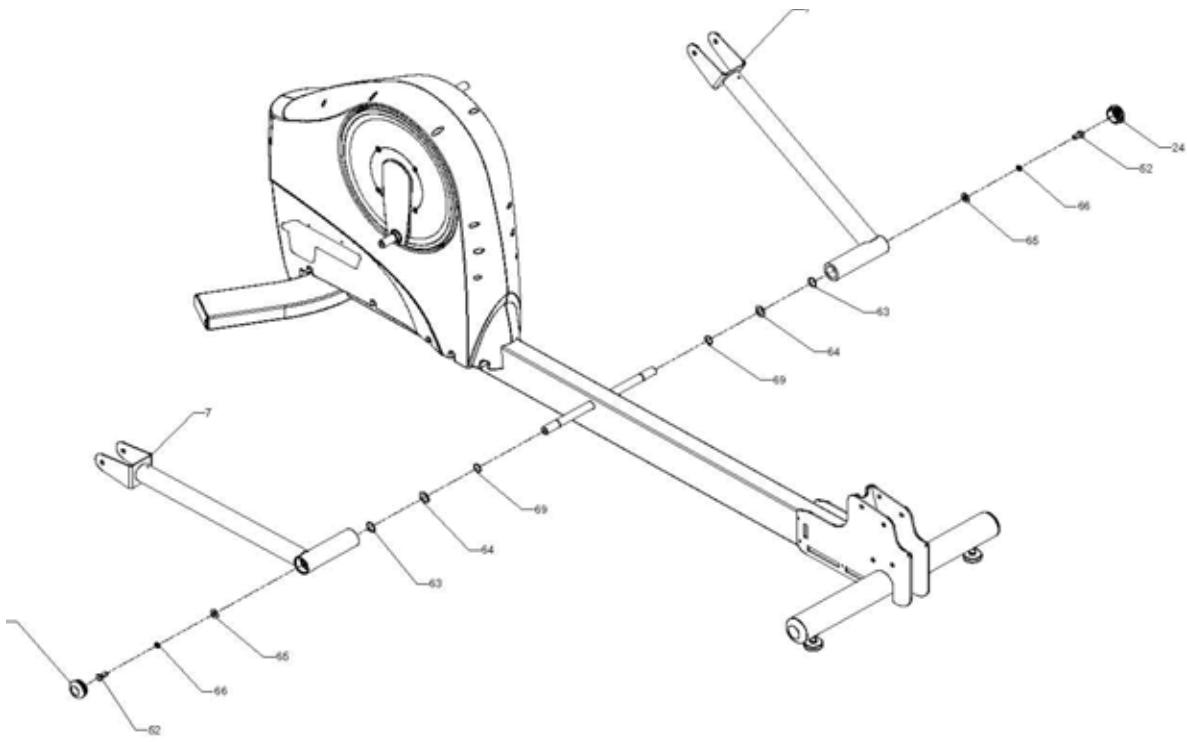
REX2AZA USER ARM GRIP RING  
 8104401 USER ARM GRIP CAP  
 REX2AZB UPRIGHT GRIP CAP

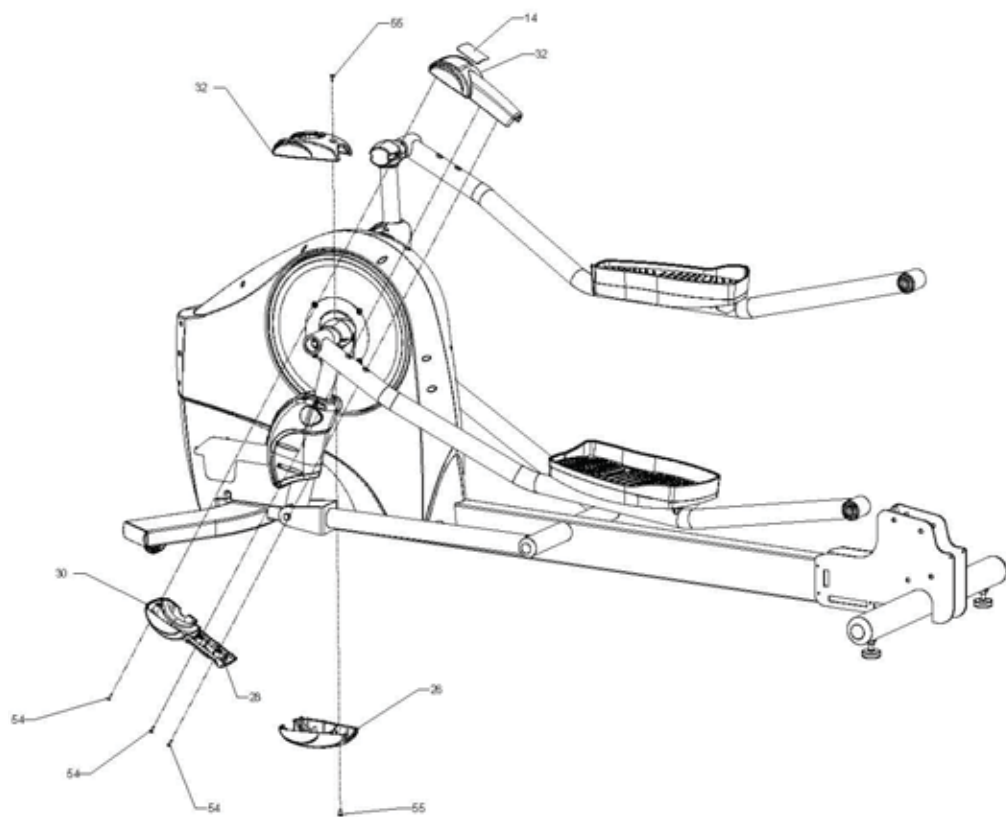
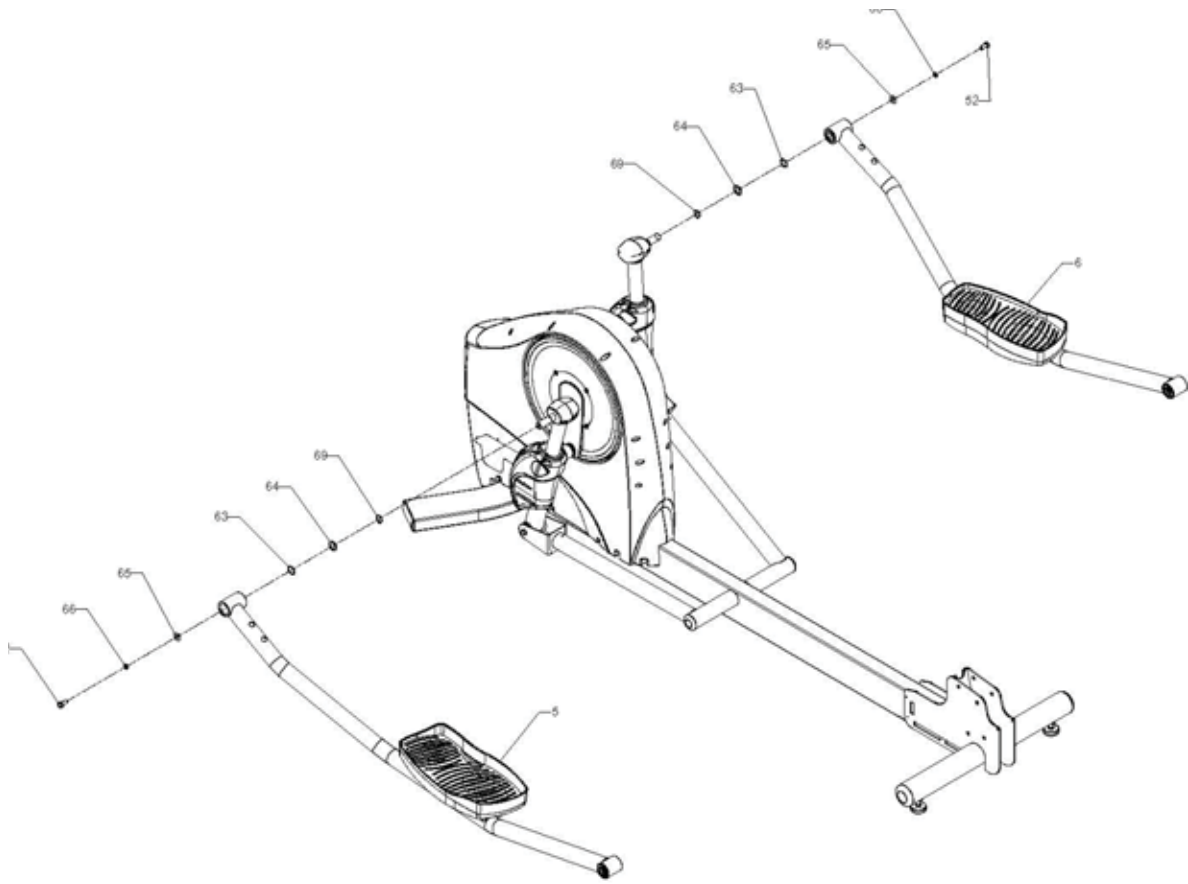
REX2G7E STATIONARY HANDLEBAR COVER

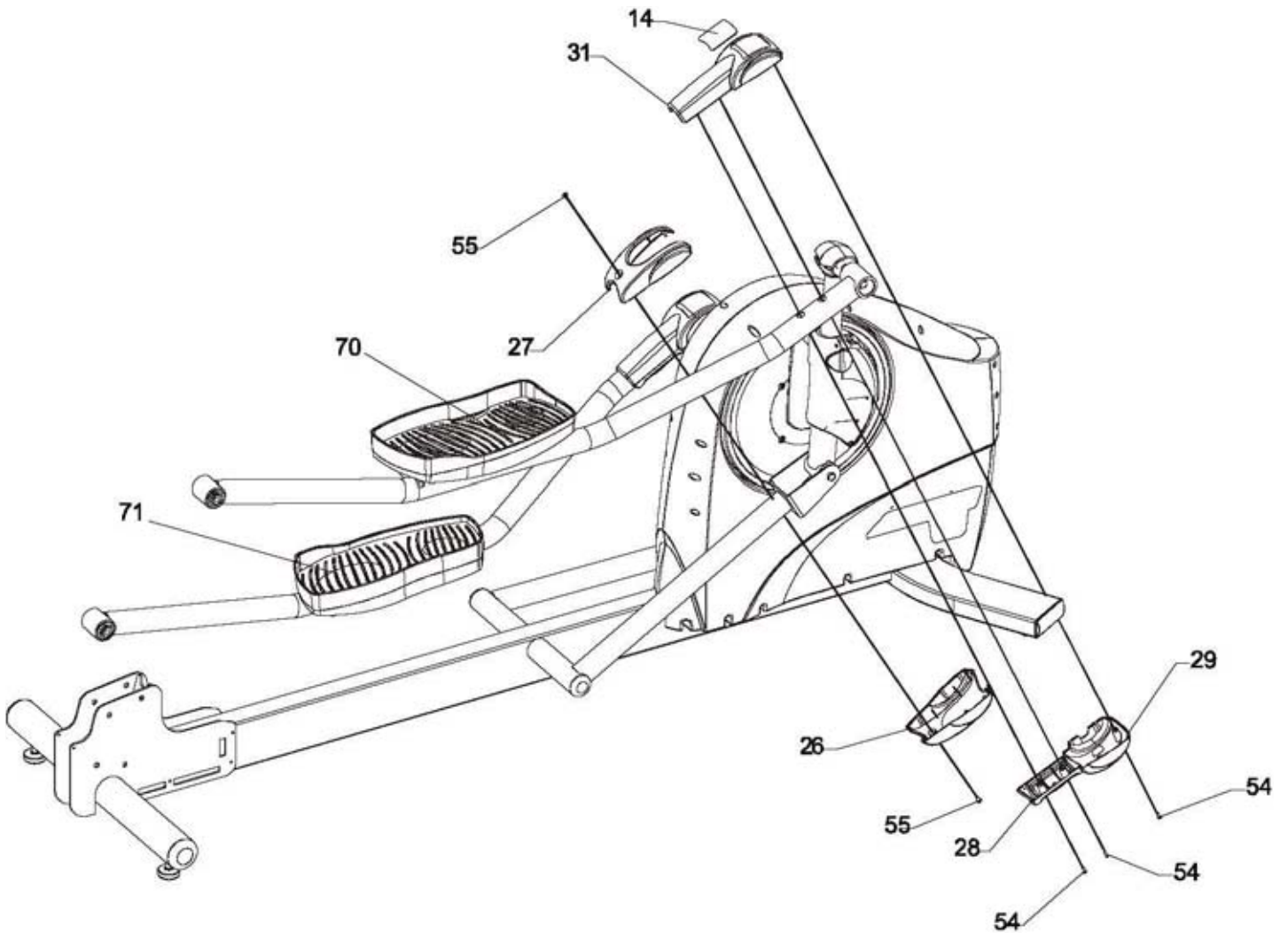




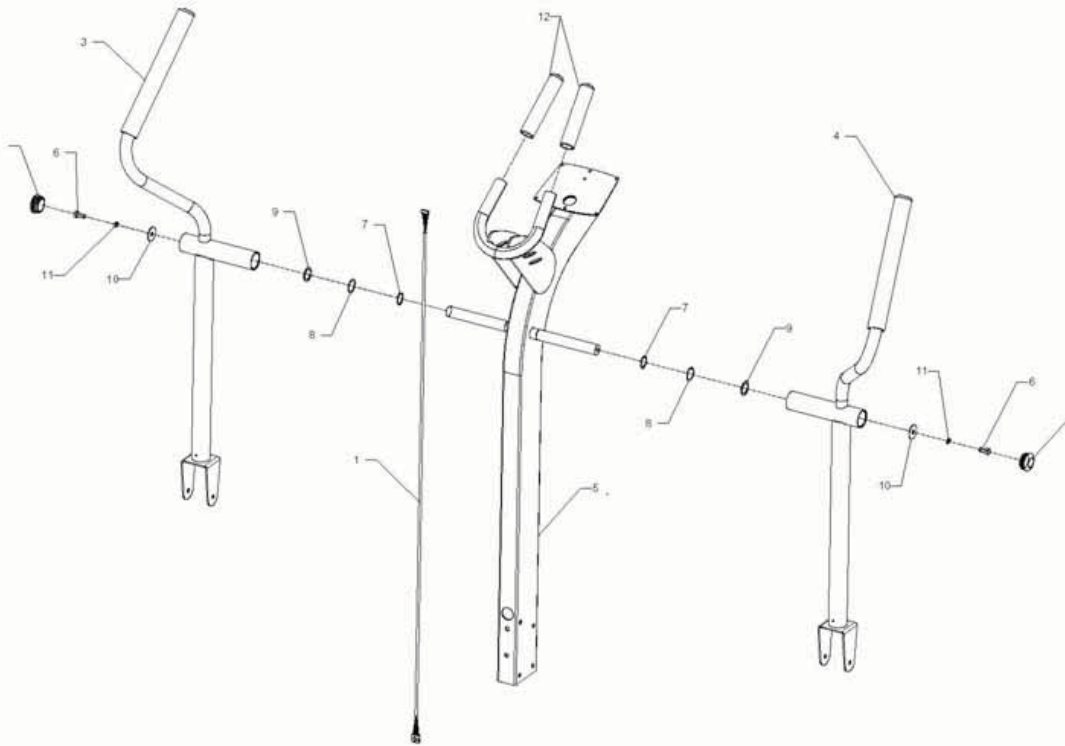












### ASSY FRAME BOM

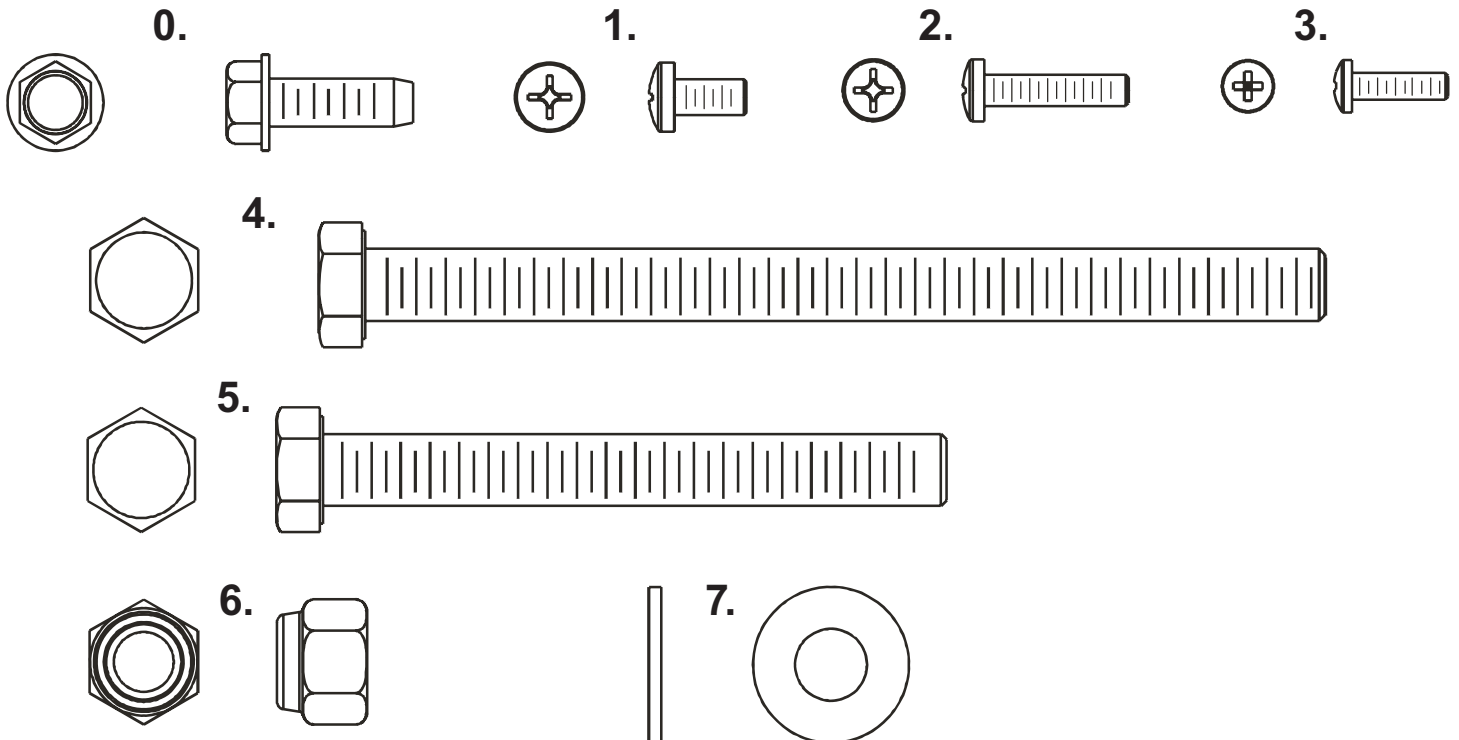
Item	Description	Item Seq	Quantity
8171201	CABLE, CT UPRIGHT	1	1
6937802	CAP,TUBE 1.75 DIA	2	2
8080001	ASSY., ROCKER-LH	3	1
8080101	ASSY., ROCKER-RH	4	1
8079901	WLDMT, FRAME UPRIGHT LONG	5	1
3234201	3/8-16 X 12 UNS HEX L FHB G5ZN	6	2
3232421	RING: BRE .940 5100-100 ST PP B	7	2
3225202	WSHR 1.051-1.351-015SP-D 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
8112401	FOAM GRIP, STATIONARY HNDL BAR	12	2

## 1.2 PARTS LIST

The following parts are illustrated in actual size.

<b>0. Accessory Bracket Fastener</b> 1/4"-20 x 3/4" LONG	Qty: 2 3226603	<b>5. Front Clevis/Pedal Lever &amp; Upright Mounting Bolt</b> Qty: 6 3/8 – 16 x 3-1/4" LONG	3223310
<b>1. Phillips Pan Head Screw – Clevis Cover &amp; Front Shroud Fastener</b> 10-32 x 3/8" LONG	Qty: 12 3223401	<b>6. Nylock Nut – High Profile</b> 3/8 - 16	Qty: 8 3102802
<b>2. Electronics Console Mounting Fastener</b> 8-18 x 3/4" LONG Phillips Pan PLT ST	Qty: 4 3225905	<b>7. 3/8" Washer</b>	Qty: 12 3102514
<b>3. Upright Cap &amp; Front Shroud Mounting Fastener</b> 6-20 x 1/2" LONG Phillips Pan PLT ST	Qty: 5 3226003	<b>Not illustrated Plastic Upright Cap – Black</b>	Qty: 1 8073001
<b>4. Upright Mounting Bolt</b> 3/8 – 16 x 5" LONG	Qty: 2 3223301	<b>Not illustrated Front upright shroud – Gray</b>	6997201 – Left (1) 6997301 – Right (1)

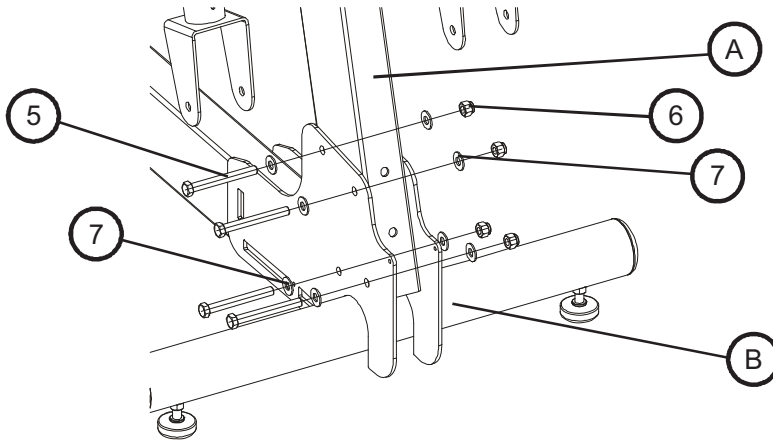
## 1.3 PARTS DESCRIPTION



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.



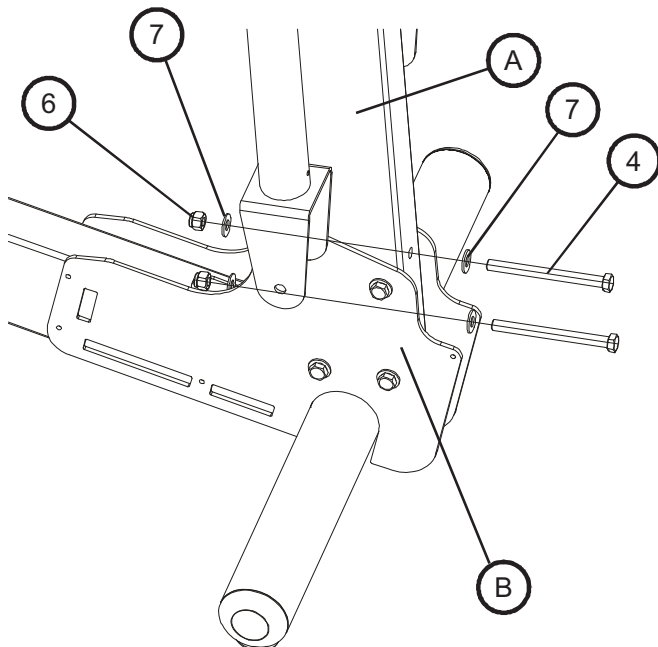
## STEP 2

Assemble the upright tube assembly to the base frame:

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

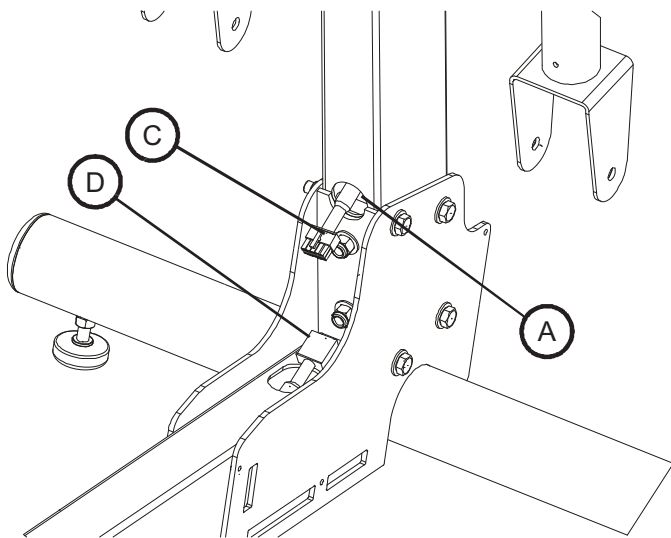
1. Position the upright tube assembly (A) between the plates on the front of the base frame (B).
2. Line up the holes on the plates (B) with the holes on the upright tube assembly (A).
3. Connect the upright tube assembly (A) to the base frame (B) using four (#5) 3-1/4" bolts, eight (#7) washers (4 on 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 is obstructing the bolt, as damage to the wire harness may result.*



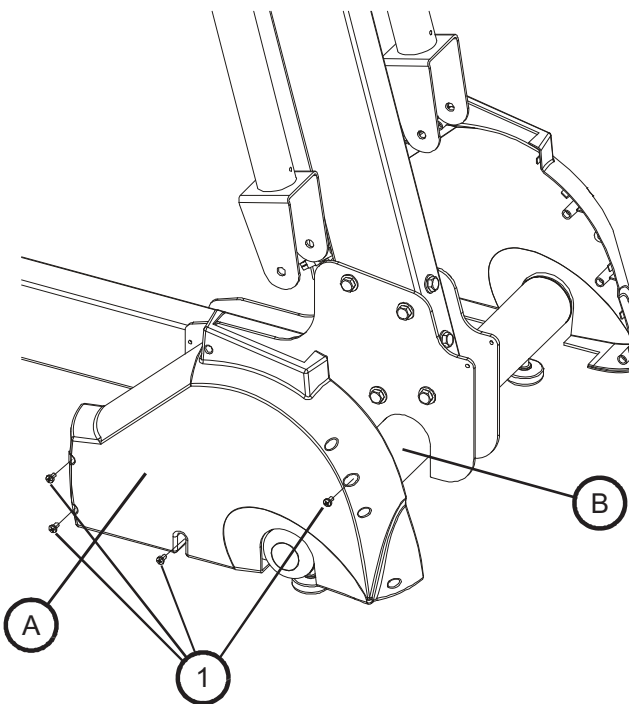
4. Insert two (#4) 5" bolts and two (#7) washers into the backside of the connector joint on the base frame (B). Connect with two (#7) washers and two (#6) high profile nylon lock nuts. Start each bolt, and then tighten with a 9/16" socket wrench.
5. Tighten all six bolts with a 9/16" socket wrench.

## 1.4 SETUP (CONTINUED)



### STEP 3

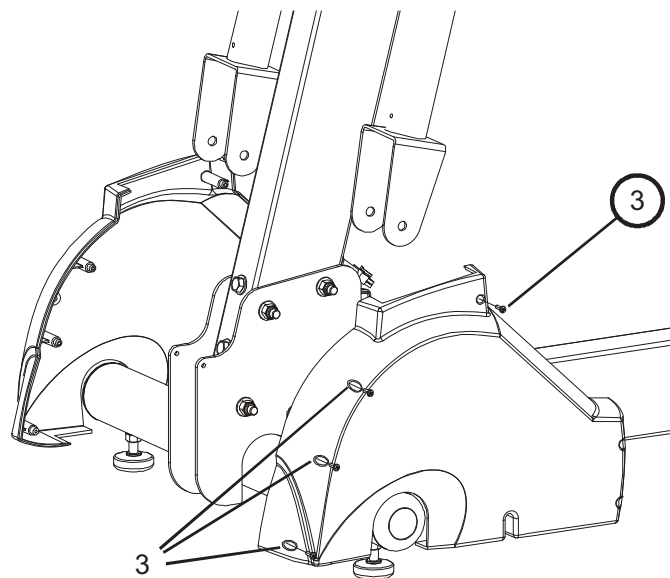
1. Connect the upper wire harness (C) to the lower wire harness (D). Insert connected plugs of the wire harnesses into wiring hole on upright tube assembly (A).



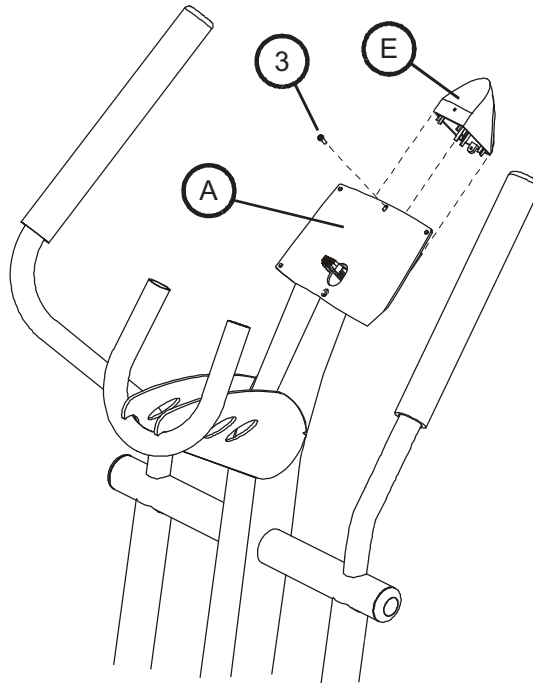
2. Using a phillips screwdriver, complete assembly of front shroud by securing shroud with four phillips plastic screws (#3) in the areas indicated by the drawing.

### 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).



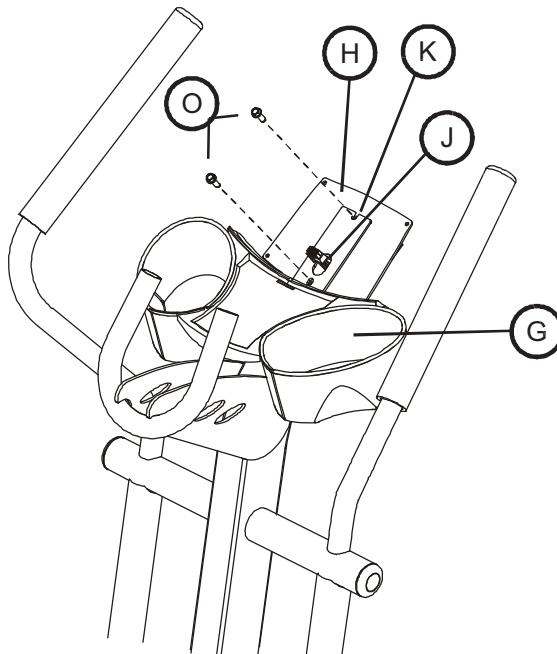
## 1.4 SETUP (CONTINUED)



### 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.**

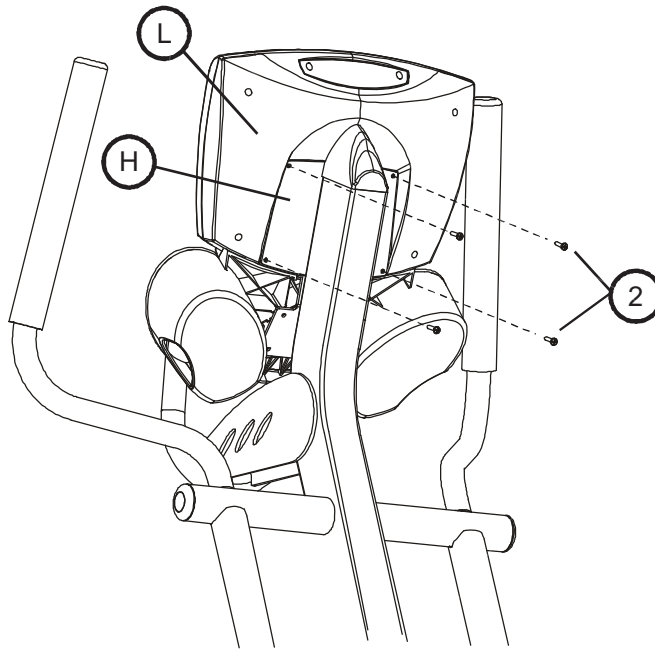
1. It is helpful to form the threads in the console plate (H) before attaching the accessory tray (G). Using a socket wrench or cordless driver and a #3 Phillips bit, start the self-tapping screws (#0) into the holes. When threads have formed, **remove the screws.**
2. Feed the upper wire harness (J) 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:

Push excess cable(s) into the opening of the upright tube assembly (A).



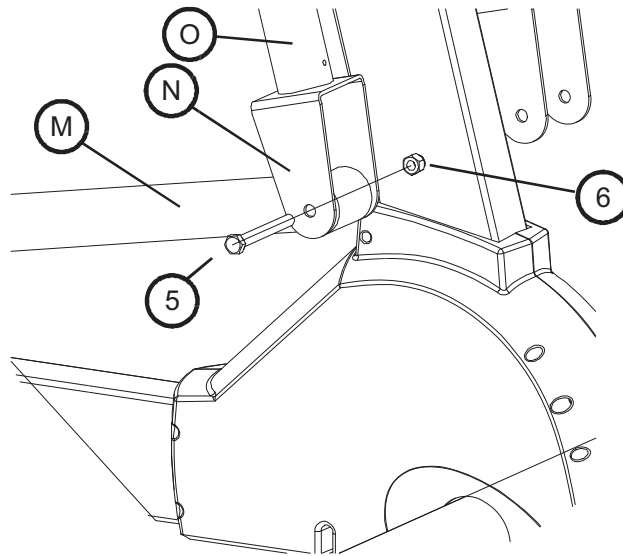
### STEP 8

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.**

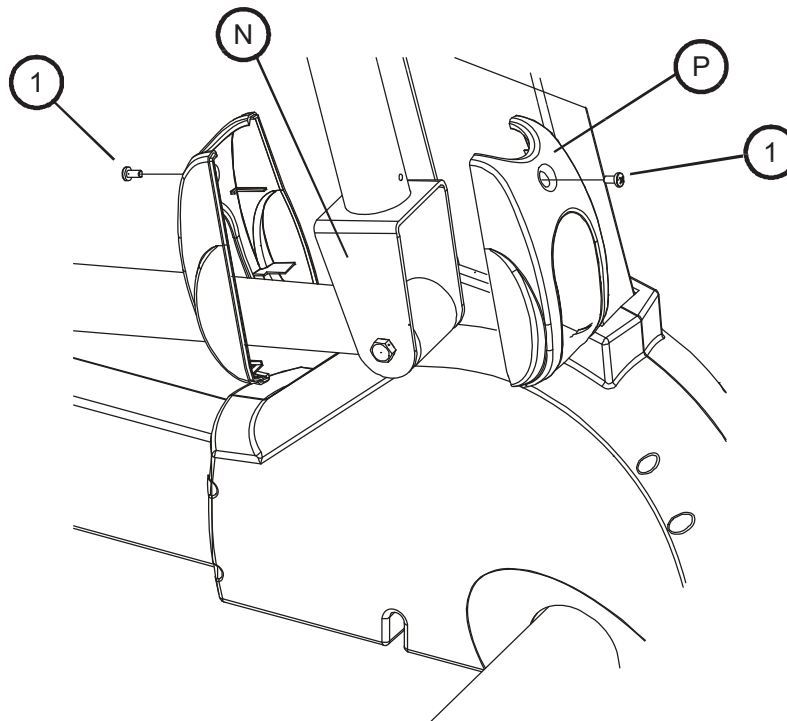
## 1.4 SETUP (CONTINUED)



### 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.