A man with short dark hair, wearing a black tank top, is shown from the waist up, using a folding elliptical trainer. He is looking off to the side with a focused expression. The background is a soft, out-of-focus light grey. The image is framed by a white vertical line on the left and a curved green and yellow border on the right.

Assembly Guide

VISION  FITNESS®

X6100, X6200 AND X6200HRT
FOLDING ELLIPTICAL TRAINERS

Assembly Guide

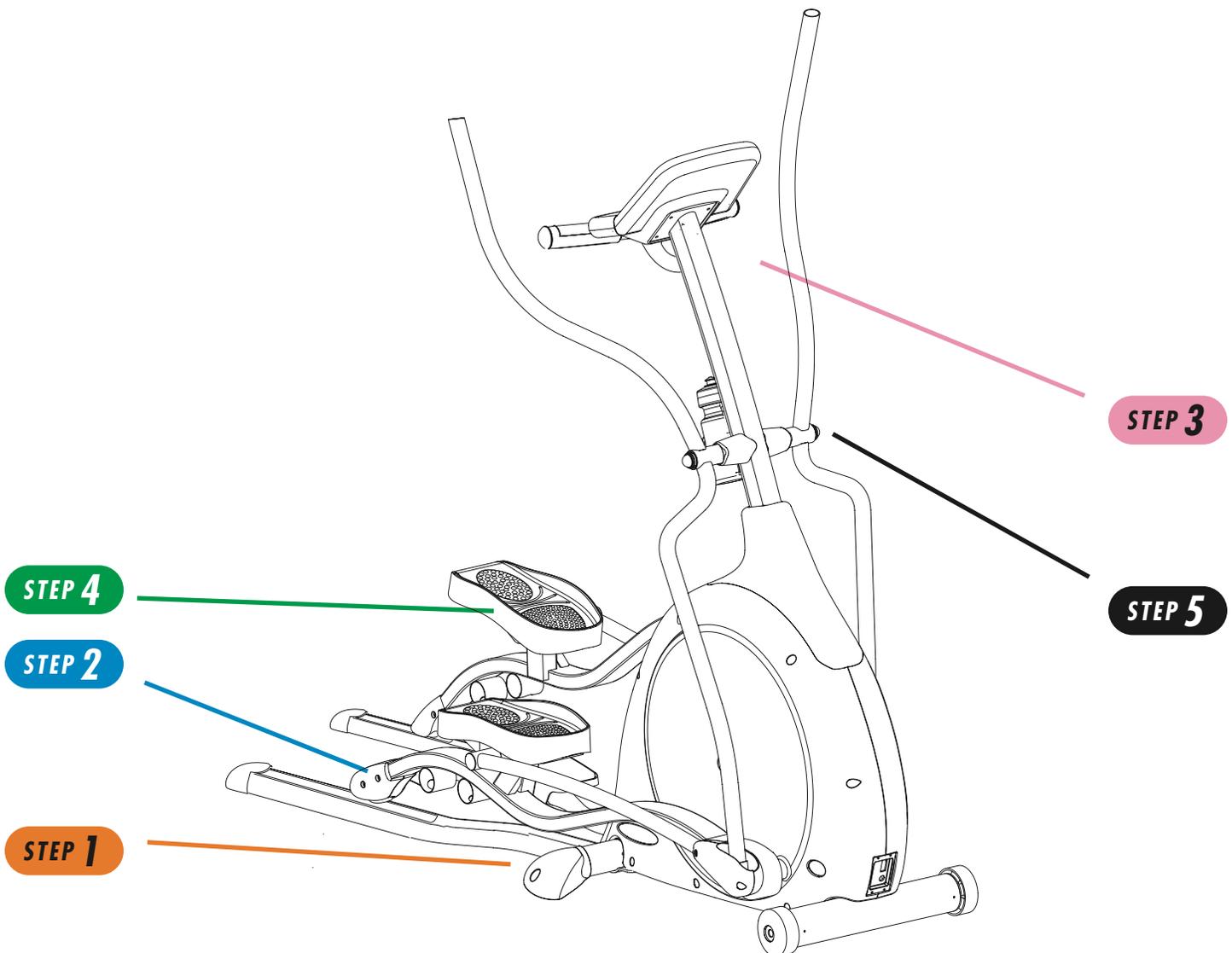
X6100, X6200, AND X6200HRT FOLDING ELLIPTICAL TRAINERS

To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order. Before proceeding, find your new Elliptical Trainer's serial number located on the front axle tube, and enter here:

Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Elliptical Trainer.

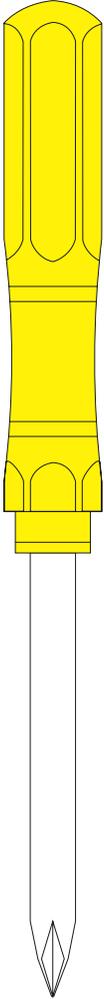
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12.

NOTE: It is recommended that you apply grease to the threads of each screw as you assemble your Elliptical Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.

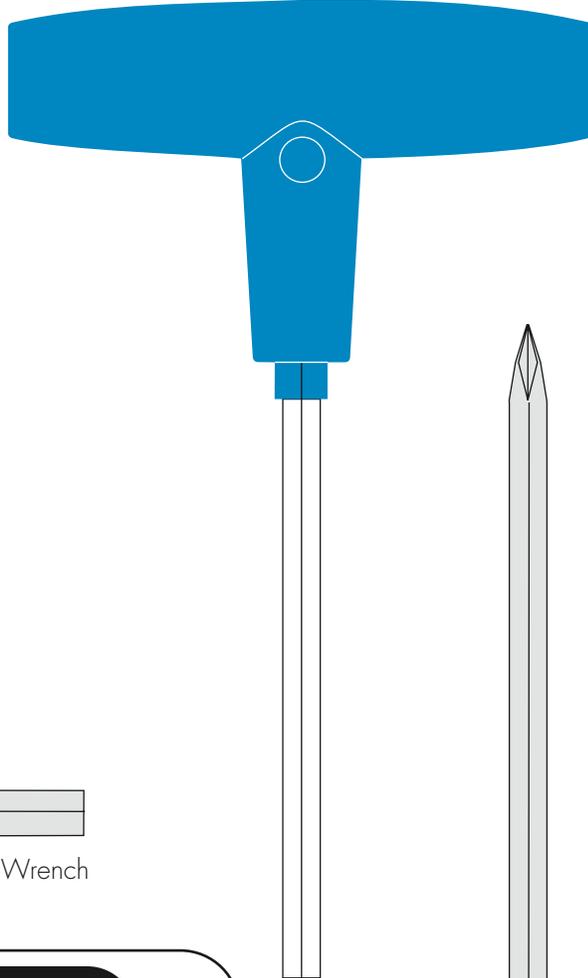


TOOLS & PARTS INCLUDED

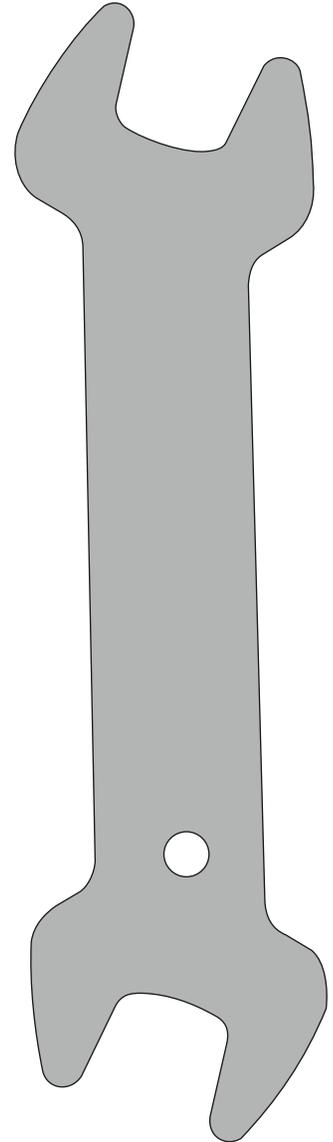
Screwdriver



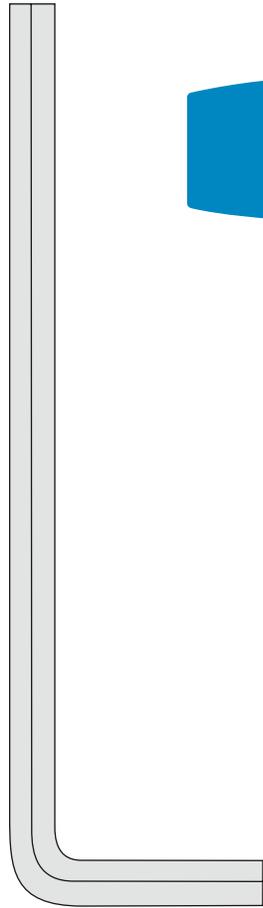
5mm T-Shaped Wrench



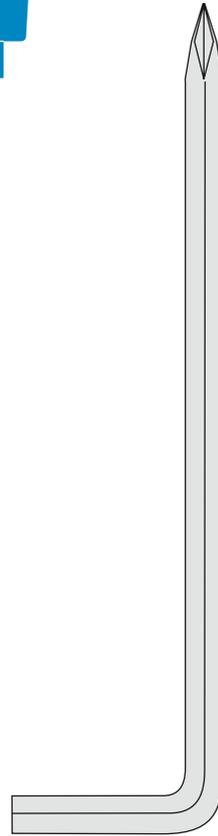
13mm Wrench



6mm L-Shaped Wrench



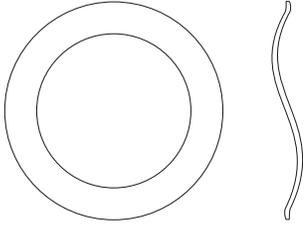
5mm L-Shaped Wrench



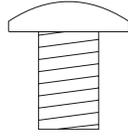
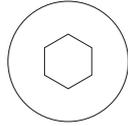
PARTS BOX

Console Mast Boot
Dual-Action Link Arm Covers
Dual-Action Axle Covers
Rear Stabilizers
Pedal Arm Bracket Covers
Pedal Support Bracket
Water Bottle & Cage
Power Supply
Heart Rate Chest Strap (X6200HRT Only)
Color-coded Hardware Bags
Owner's Guide
Assembly Guide
Warranty Card

GREEN BAG

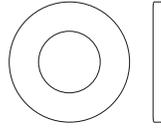


20x29x1.5T Wavy Washer
Quantity: 2

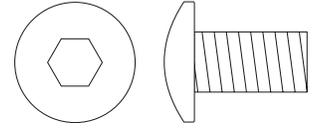


M8x13L Screw
Quantity: 6

ORANGE BAG

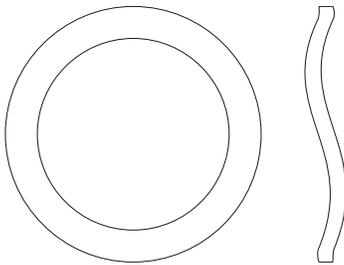


8x16x1.5T Washer
Quantity: 2

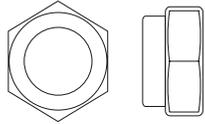


M8x15L Screw
Quantity: 2

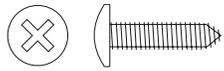
BLACK BAG



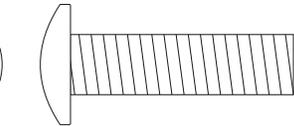
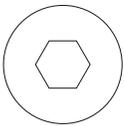
25x34x2T Wavy Washer
Quantity: 2



M8 Nut
Quantity: 4



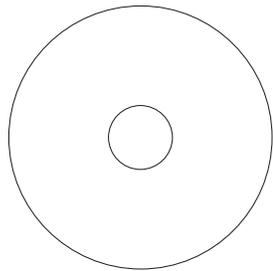
M4x15L PanHead Screw
Quantity: 2



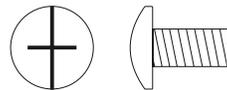
M8x30L Screw
Quantity: 2



5x10x1T Washer
Quantity: 4



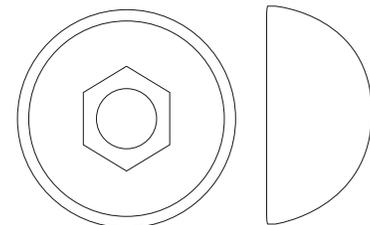
8x35x2T Washer
Quantity: 2



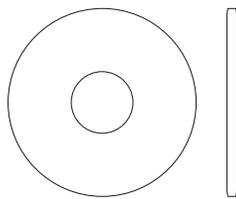
M5x10L Screw
Quantity: 4



Link Arm Sleeve
Quantity: 2

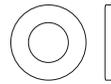


Rubber Nut Cap
Quantity: 2

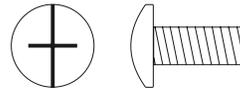


8x25x1.5T Washer
Quantity: 2

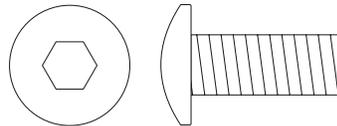
BLUE BAG



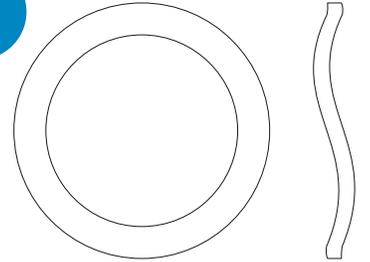
5x10x1T Washer
Quantity: 2



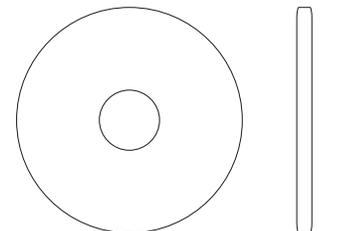
M5x10L Screw
Quantity: 2



M8x20L Screw
Quantity: 2



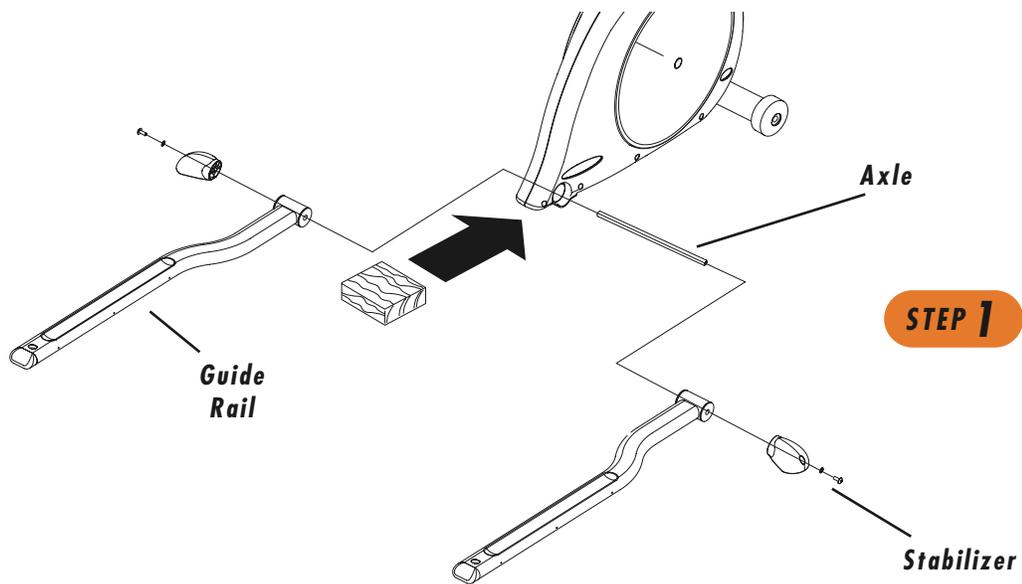
25x34x2T Wavy Washer
Quantity: 2



8x30x1.5T Washer
Quantity: 2

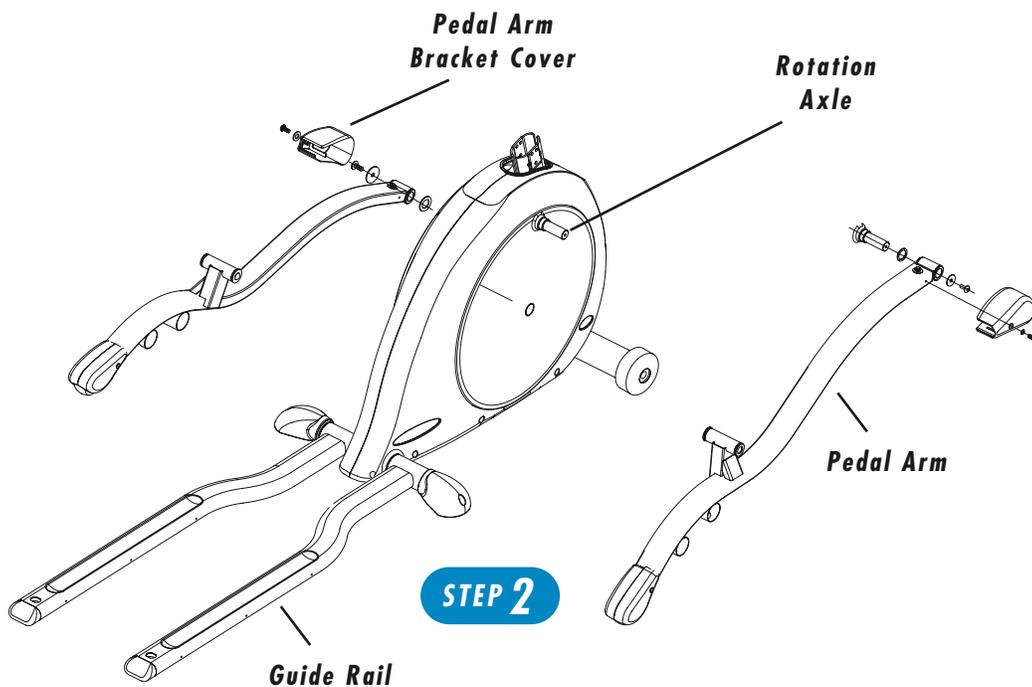
STEP 1**ORANGE BAG**

- For ease of assembly, place a block (about 2" thick) under the rear of the frame.
- Slide the axle through the plastic sleeves of the right guide rail and the frame. Slide the left guide rail onto the left side of the axle.
- Slide the right stabilizer onto the right side of the axle and the left stabilizer onto the left side of the axle. Fix each side in place with a washer (8x16x1.5T) and screw (M8x15L). Tighten with a 5mm T-shaped wrench.



STEP 2**BLUE BAG**

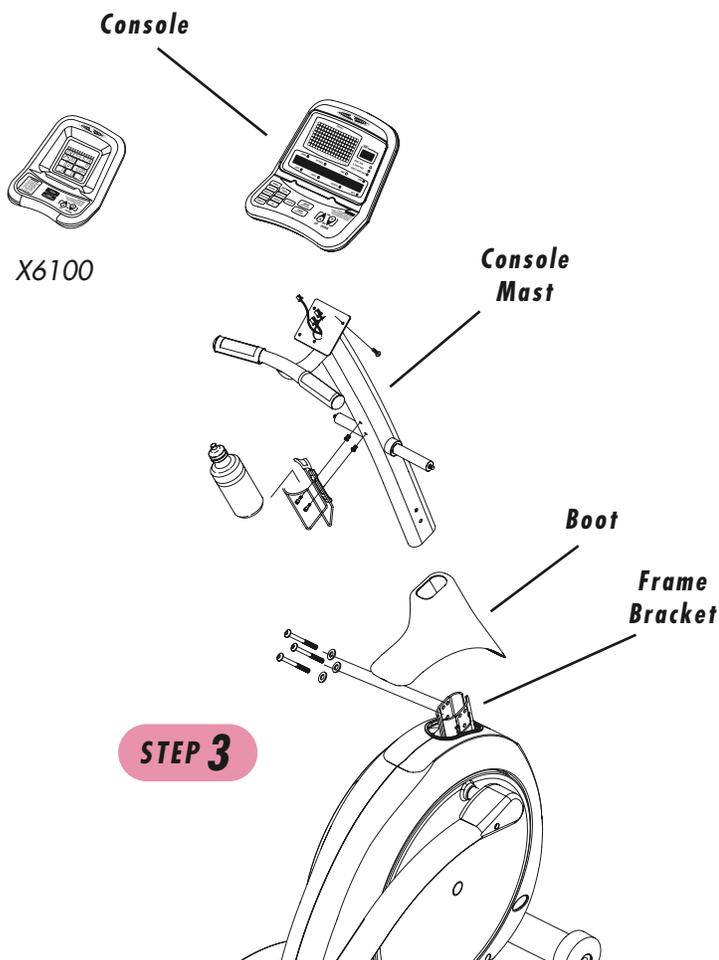
- Slide a wavy washer (25x34x2T) onto the right rotation axle. Slide the bushing housing of the right pedal arm onto the right rotation axle. The pedal arm roller wheel should be placed in the groove of the guide rail. Secure the pedal arm to the rotation axle with a washer (8x30x1.5T) and screw (M8x20L). Tighten with a 5mm T-shaped wrench.
- Place the pedal arm bracket cover over the bushing housing of the pedal arm. Secure in place with a washer (5x10x1T) and screw (M5x10L). Tighten with the screwdriver.
- Repeat both steps on the left side.



STEP 3

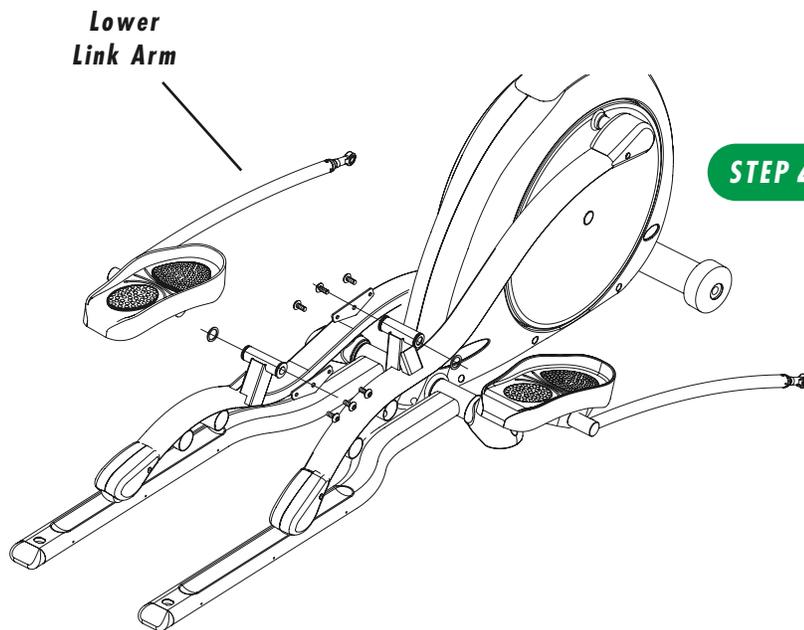
PINK BAG

- With the screwdriver, remove the screws for the water bottle cage in the center of the console mast. Slide the rubber boot onto the console mast.
- Unfold the wire harness located in the frame bracket. Wrap the wire tie around the end of the wire harness. Pull the wire tie and wire harness up through the top of the console mast while simultaneously sliding the mast into the frame bracket.
- Secure the mast to the frame using three lock washers (8x14x1.5T) and three capscrews (M8x60L). Tighten with the 6mm L-Shaped wrench.
- Slide the rubber boot down the console mast and snap it in place on top of the side cover.
- Remove the four screws from the back of the console. Connect the wire harness to the plug in the back of the console. Connect the heart rate wires from the console mast to the console. Attach the console to the console mast with the four screws.
- Attach the water bottle cage with the screwdriver and the screws removed earlier in this step.



STEP 4**GREEN BAG**

- Slide a wavy washer (20x29x1.5T) on the lower link arm axle, which is located under the foot plate. Slide the axle through the bracket located on top of the pedal arm.
- Secure the lower link arm to the pedal arm by attaching the pedal support bracket with three screws (M8x13L). Tighten with the 5mm T-shaped wrench.
- Repeat this step on opposite side.



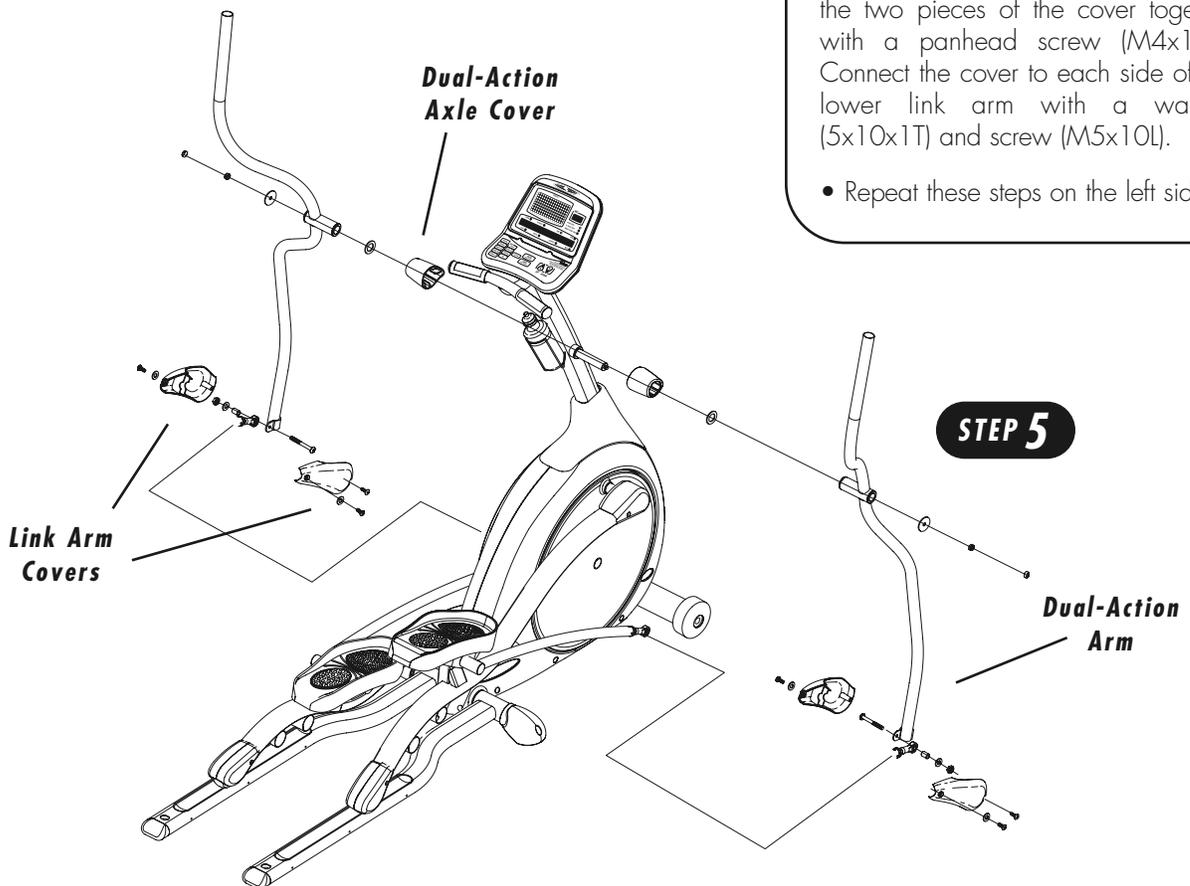
STEP 5**BLACK BAG**

- On the right side, slide the dual-action axle cover into place on the console mast axle. Slide a wavy washer (25x34x2T) onto the axle. Slide the right dual-action arm on the axle. Fix in place with the washer (8x35x2T) and locknut (M8). Cover with the included nut cap.

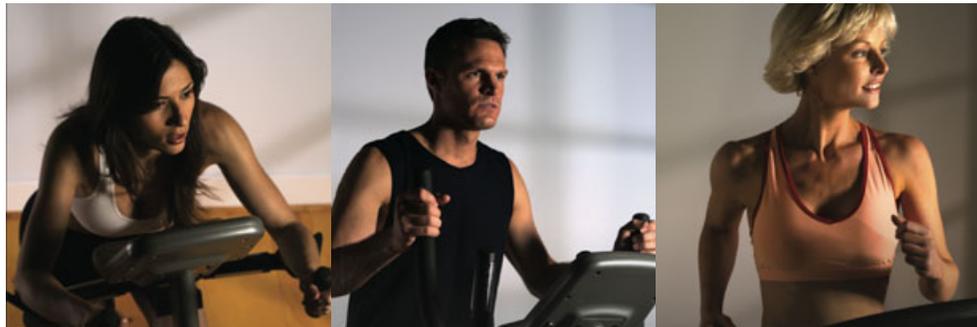
- Make sure the sleeve is in place in the socket joint of the lower link arm. Connect the lower link arm to the dual action arm with a screw (M8x30L). Attach the washer (8x25x1.5T) and nut (M8) to the end of the screw. Tighten with the 5mm L-Shaped wrench and 13mm wrench.

- Position the link arm cover over the joint of the lower link arm and secure the two pieces of the cover together with a panhead screw (M4x15L). Connect the cover to each side of the lower link arm with a washer (5x10x1T) and screw (M5x10L).

- Repeat these steps on the left side.



*it all
starts
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