

VG50B & 60B ELLIPTICAL CROSS TRAINER

Enjoy the Sensation



ASSEMBLY INSTRUCTION

VG50B&60B 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 1~7	page 2
Assembly Steps 8~13	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, even so 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# 200,306,401]

STATIONARY HANDLE BAR [part# 302,401]

STABILIZER - FRONT and REAR [part# 308,403]

FOOT PEDAL [part# 115,116]

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 [part#015,120,121,200,307,402,802]

The 3x Pivot Points combine BEARINGS with BUSHINGS. The BEARINGS should last a lifetime with normal use. 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.

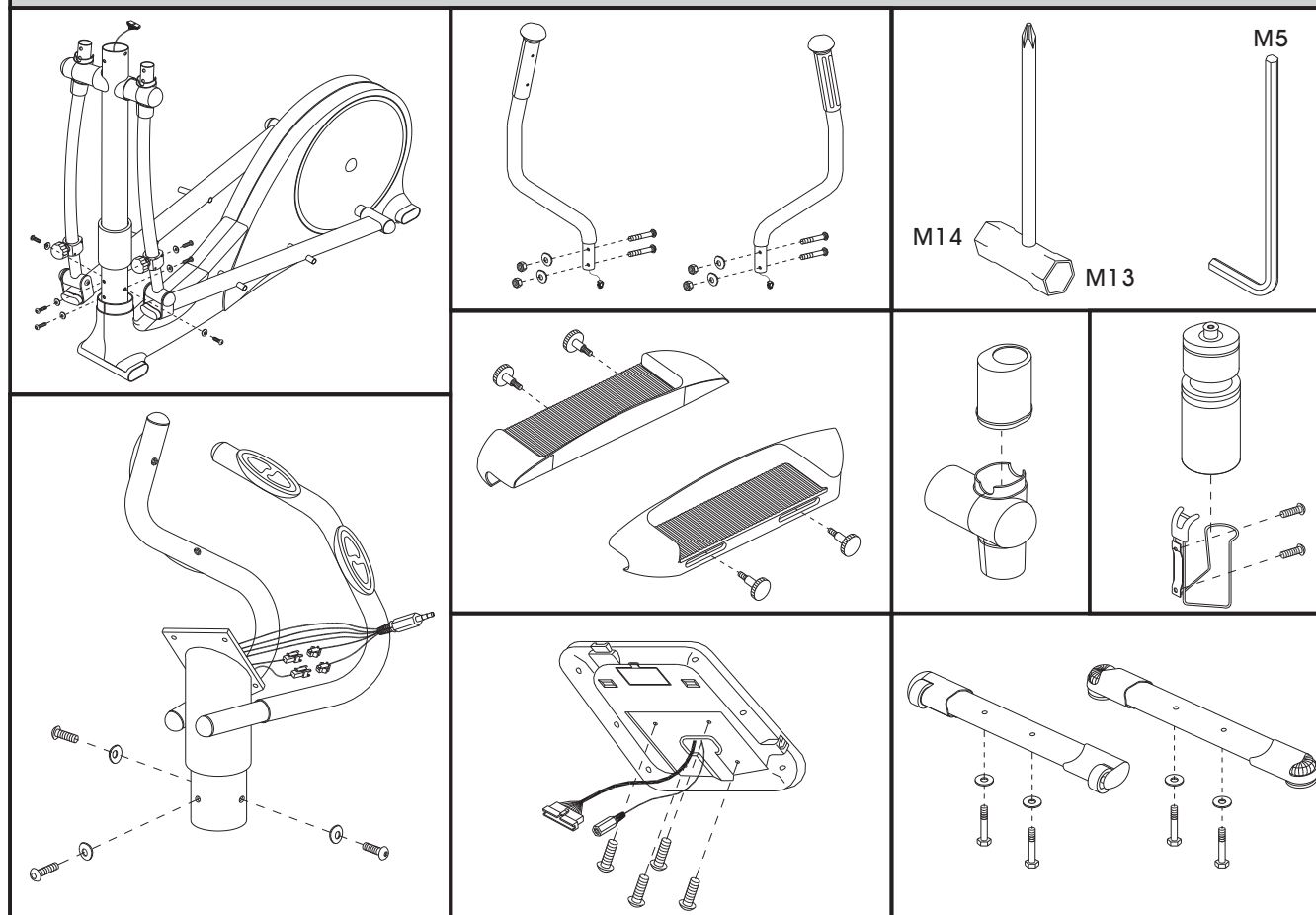
WARNING: Do NOT apply oil to any moving parts as this will wash the grease away damaging the ELLIPTICAL CROSS TRAINER.

If you want to replace the BEARINGS then do so with care. If you wish to grease the BUSHINGS use a good quality grease that is friendly to plastic (some greases destroys plastic).

To replace the BEARINGS and grease the BUSHINGS disconnect the FOOT PEDAL TUBE [011&012]andtheDUALACTIONARM[005&006]. Replace the BEARINGS and grease the BUSHINGS. Thenreassemble.

Check List

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



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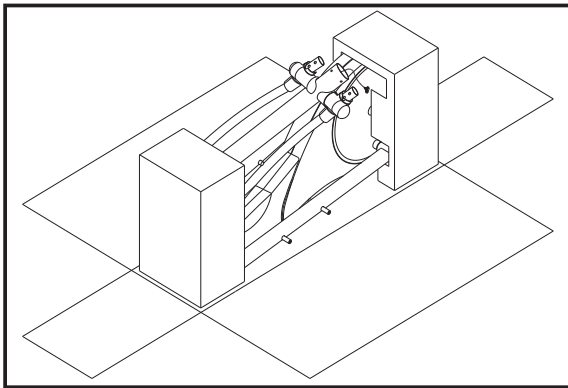
STEP 1

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

STEP 2

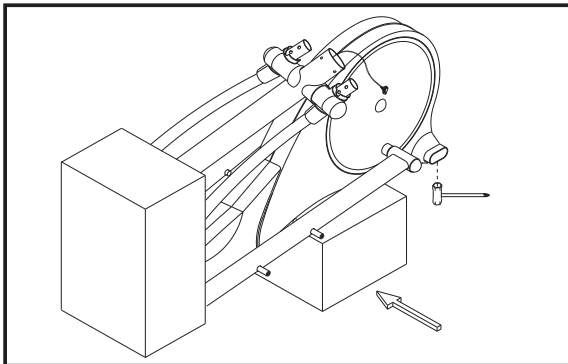
- Use a sharp knife, open the carton and lay it flat on the floor.
- Remove all loose components.
- Refer to the checklist and check that everything is present.

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.



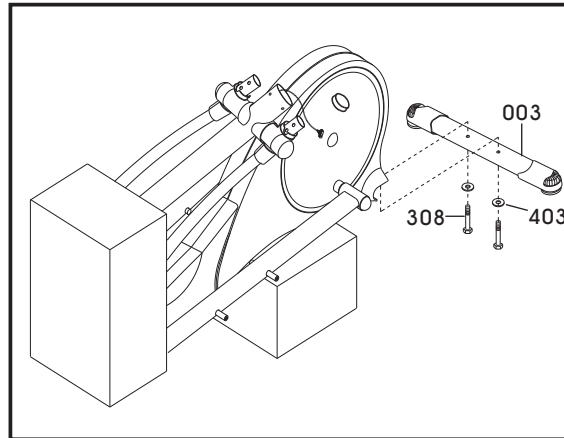
STEP 3

- Lift the rear of the machine off the floor and slide a polystyrene block under the rear-end of the machine.
- With the rear end of the machine now raised off the floor remove the protective polystyrene.
- Undo 2 x BOLT [308] and remove the transportation tube.



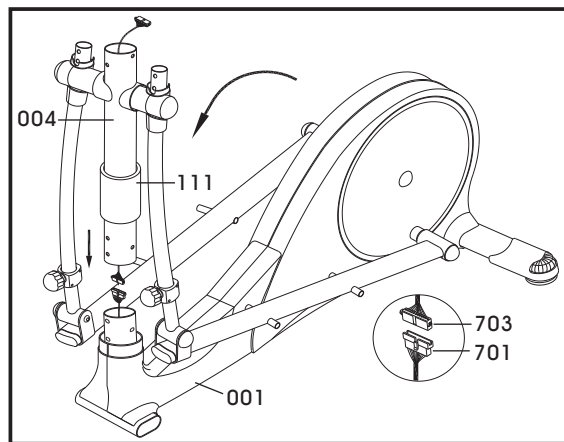
STEP 4

- Assemble the REAR STABILIZER [003] with the same 2 x BOLT [308] + 2 x WASHER [403] and tighten firmly.



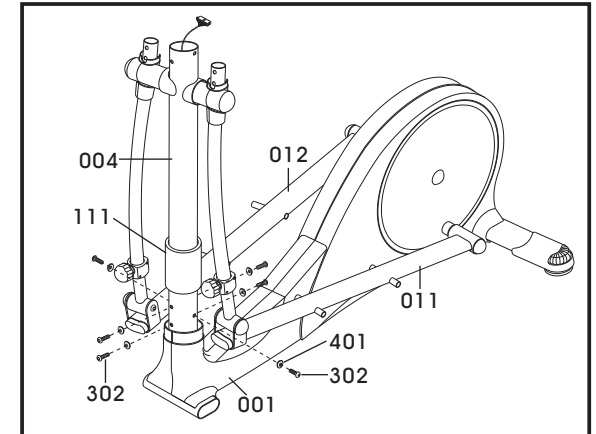
STEP 5

- 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].



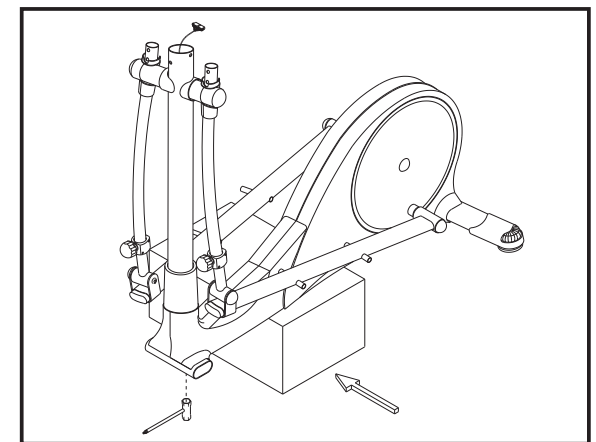
STEP 6

- 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 7

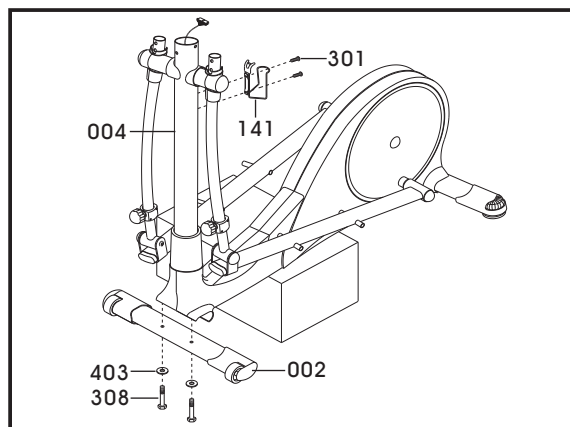
- Remove the front polystyrene and place it under the front end of the machine to lift it off the floor.



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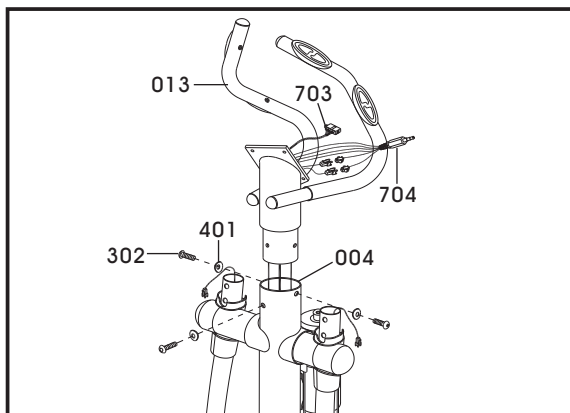
STEP 8

- Assemble the FRONT STABILIZER [002] with 2 x BOLT[308]+2x WASHER [403] and tighten firmly.
- Remove the polystyrene block and discard.
- Remove 2 x BOLT [301] from UPRIGHT TUBE [004]. Align WATER BOTTLE HOLDER[141]and fasten with same 2 x BOLT[301].



STEP 9

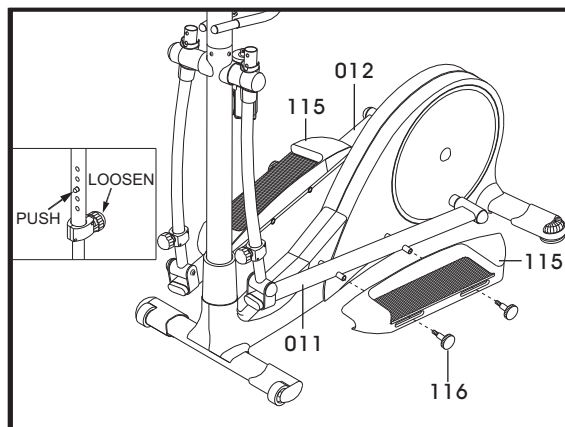
- Feed both the COMPUTER CABLE [703] + HAND PULSE CABLE [704] out through the top of the STATIONARY HANDLE BAR [013] then slide the STATIONARY HANDLE BAR [013] into the UPRIGHT TUBE [004].
- Secure with 3 x BOLT [302] + 3 x WASHER [401]. Before tightening make sure the STATIONARY HANDLE BAR [013] correctly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



STEP 10

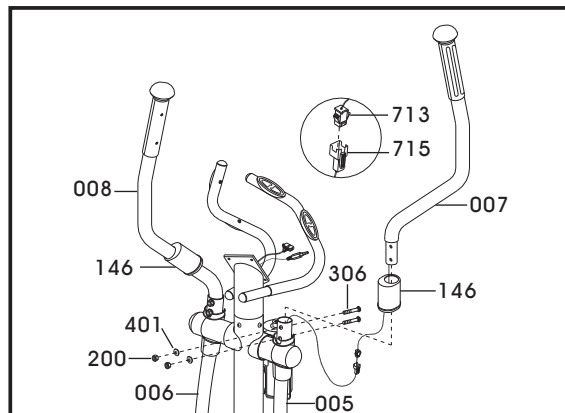
- Slide the ADJUSTABLE FOOT PEDAL [115] onto the left and right FOOT PEDAL TUBE [011 & 012]. Secure with ADJUSTABLE FOOT PEDAL KNOB [116] and tighten firmly.

NOTE: The ADJUSTABLE FOOT PEDAL [115] can be adjusted to your personal preference, but we suggest that you start with the middle setting number 3.



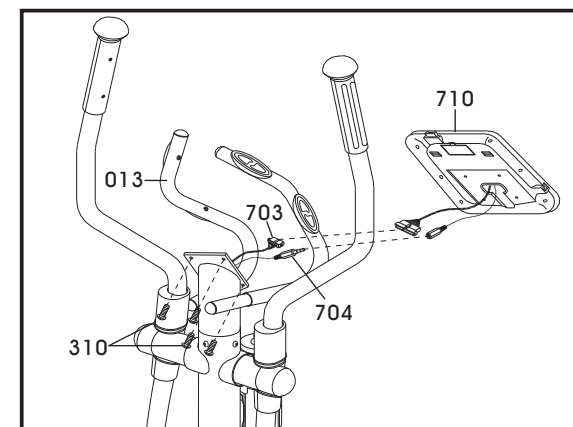
STEP 11

- Insert the TOP PIVOT COVER [146] into DUAL ACTION HANDLE [007] then connect the DUAL ACTION HAND PULSE SENSOR PLUG [713] + SOCKET [715].
- Insert the DUAL ACTION HANDLE [007] & [008] into the top of the DUAL ACTION ARM [005] & [006] note stickers.
- Secure with 4 x BOLT [306] + 4 x WASHER [401] + 4 x NUT [200] and tighten firmly but DO NOT over tighten.



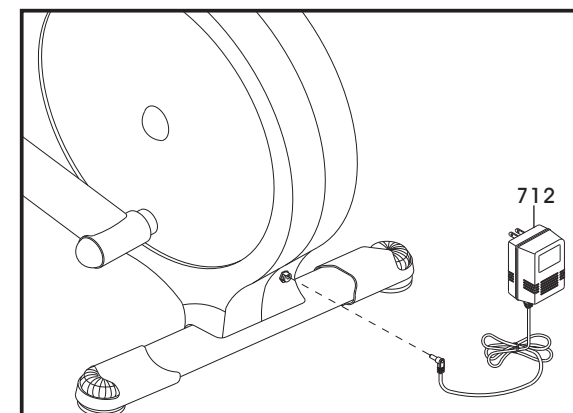
STEP 12

- Connect the COMPUTER CABLE [703] + HAND PULSE CABLE [704] to the COMPUTER [710].
- 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 [710] on the computer plate and secure with 4 x BOLTS [310].



STEP 13

- 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 [716] should now be working. If not then re-plug all the COMPUTER CABLES as shown in steps 5 & 12.



VG50B&60B PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	MAIN FRAME	1	122	UPRIGHT TUBE SPACER	2	310	BOLT	4
002	STABILIZER - FRONT	1	123	DUAL ACTION ARM KNOB	2	315	BOLT	2
003	STABILIZER - REAR	1	124	PLUG	2	400	WASHER	1
004	UPRIGHT TUBE	1	125	NUT COVER	2	401	WASHER	13
005	DUAL ACTION ARM - LEFT	1	126	PLUG	2	402	WASHER	4
006	DUAL ACTION ARM - RIGHT	1	127	FOAM GRIP	2	403	WASHER	4
007	DUAL ACTION HANDLE - LEFT	1	128	FOAM GRIP	2	404	WASHER	1
008	DUAL ACTION HANDLE - RIGHT	1	130	PANCAKE ALUMINUM	1	405	WASHER	1
009N	SOLID BAR DISC COVER FRAME	1	131	PANCAKE SLEEVE	2	407	WASHER	4
010N	SOLID BAR DISC COVER FRAME	1	133	HUTCHINSON BELT	1	408	WASHER	1
011	FOOT PEDAL TUBE - LEFT	1	134	WATER BOTTLE (OPTIONAL)	1	409	WASHER	2
012	FOOT PEDAL TUBE - RIGHT	1	135	WATER BOTTLE HOLDER (OPTIONAL)	1	500	SCREW	1
013	STATIONARY HANDLE BAR	1	136	FLYWHEEL with MAGNETS	1	501	SCREW	4
014	ANGLE ADJUSTMENT TUBE	2	138	ANGLE ADJUSTMENT KNOB	2	502	SCREW	9
015	FOOT PEDAL PIVOT SHAFT	2	139	PLUG	2	503	SCREW	25
016	"V" CLIP	2	140	WATER BOTTLE	1	504	SCREW	4
017	SPRING	2	141	WATER BOTTLE HOLDER	1	505	SCREW	16
018	PIN	2	143	BEARING PACKER	6	506	SCREW	8
022	MAIN COVER PLATE	1	144	BEARING SPACER	6	507	SCREW	2
025	SAFE ALIGN BALL	2	146	TOP PIVOT COVER CAP	2	509	SCREW	2
100	PANCAKE SLIDER	1	147	TOP PIVOT COVER OUTER L SIDE	1	600	RETAINING RING	1
101	PANCAKE SLIDER WHEEL	1	148	TOP PIVOT COVER INNER L SIDE	1	700	MOTOR TENSION CABLE	1
102	PANCAKE CABLE GUIDE	3	149	TOP PIVOT COVER INNER R SIDE	1	701	MOTOR with 12 PIN CABLE	1
103	DISC COVER	1	150	TOP PIVOT COVER OUTER R SIDE	1	702	MOTOR SENSOR CABLE	1
104	DISC COVER	1	151	O - RINGS	2	703	COMPUTER CABLE	1
105	DISC COVER PLUG	2	160	DISK COVER SPACER	2	704	HAND PULSE CABLE	1
106	FRONT COVER - LEFT	1	162	SAFE ALIGN BUSHING PLUG	2	705	HAND PULSE SENSOR	4
107	FRONT COVER - RIGHT	1	163	SAFE ALIGN BALL BUSHING	4	706	PANCAKE SLIDER CABLE	1
108	MAIN COVER - LEFT	1	165	O-RINGS	1	707	PANCAKE FLYWHEEL SHAFT	1
109	MAIN COVER - RIGHT	1	200	NUT	6	708	PANCAKE SPRING	1
110	ANGLE ADJUSTMENT KNOB COVER	4	206	NUT	1	709	SENSOR MAGNET	1
111	HAT COVER	1	300	BOLT (OPTIONAL)	2	710	COMPUTER	1
112	WHEEL CAP - LEFT	1	301	BOLT	3	711	AC PLUG CABLE	1
113	WHEEL CAP - RIGHT	1	302	BOLT	9	712	AC ADAPTOR	1
114	HEIGHT ADJUSTER FOOT	2	303	BOLT	2	713	HAND PULSE CABLE	2
115	ADJUSTABLE FOOT PEDAL	2	305	BOLT	2	714	HAND PULSE SENSOR	2
116	ADJUSTABLE FOOT PEDAL KNOB	4	306	BOLT	4	715	HAND PULSE CABLE	2
119	HEIGHT ADJUSTER CAP	2	307	BOLT	2	732	AC CABLE	1
120	BUSHING - BEARING	6	308	BOLT	4	800	BEARING 6004ZZ SPEED or NSK	2
121	BUSHING - STANDARD	2	309	BOLT	1	801	BEARING 608ZZ SKF or ZEO INA	1
						802	BEARING 6003ZZ SKF or ZEO INA	7

VG50B&60B EXPLODED DRAWING

