



Elliptical Fitness Crosstrainer™ (EFX)

Assembly Guide

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Assembly requirements

Follow the steps in the order listed in this assembly guide. For more product information, visit us at www.precor.com.

WARNING At least two people are required to assemble the equipment. **DO NOT** attempt assembly by yourself.

Assembly requirements

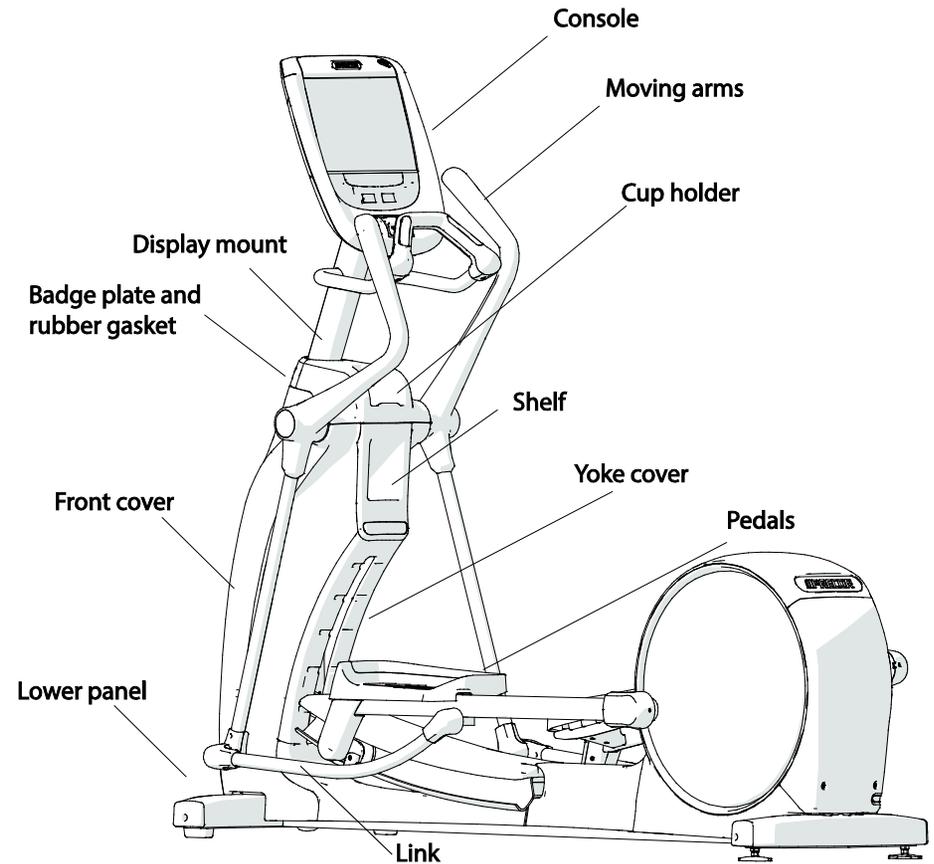
Important Before you fully tighten a fastener, check that its head is flush with the surface of the equipment. If not, cross-threading may have occurred. **DO NOT** attempt to rework the assembly as more damage to the equipment will occur. Instead, contact Customer Support at www.precor.com.

We recommend you:

- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- Locate the equipment at least 19.7 inches (0.5 meter) away from walls or furniture on either side of the equipment, and 19.7 inches (0.5 meter) away from objects behind or in front of the equipment.
- **DO NOT** move the equipment without assistance.

Torque measurements

- Display bolts 180 in-lbs
- Links 300 in-lbs
- Set screws 300 in-lbs
- Plastite screws 20 in-lbs



Tools and Hardware

Required tools

3/16-inch Allen wrench

1/2-inch hex wrench (or socket)

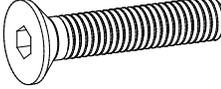
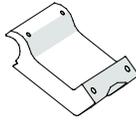
9/16-inch hex wrench (or socket)

#2 Phillips screwdriver

Tape

Moving Arms Hardware

Fixed Arms Hardware

Component	Description	Quantity	Component	Description	Quantity
1 	5/16-18 x 5/8-inch Sems bolts	4	1 	5/16-18 x 5/8-inch Sems bolts	4
2 	1/4 x 5/8-inch Phillips self- tapping screws	18	2 	1/4 x 5/8-inch Phillips self- tapping screws	20
3 	3/8-16 set screws	2	3 	3/8-16 set screws	2
4 	#8 Plastite screws 1/4-20 x 1 3/4-inch	2	4 	1/4-20 x 1 3/4 long flathead screws	4
5 	Inner and outer link covers	Set of 2	5 	Fixed arm bracket	1
7 	Side panel anchors (used in both Moving and Fixed Arms)	2	6 	Fixed arm cover	1

DANGER DO NOT attempt to connect electrical power until all assembly procedures are complete and the console is properly installed.

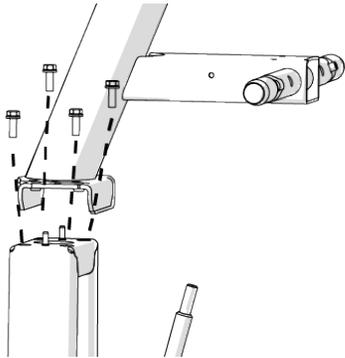
To install display mount:

Before you begin this procedure, retrieve the electrical and communication cables for the console that you plan to install on this EFX. These cables are shipped with the console.

1. Hold the display mount and thread the cables from the base frame out through the top of the display mount. Tape it to the top of the display mount to secure it temporarily.

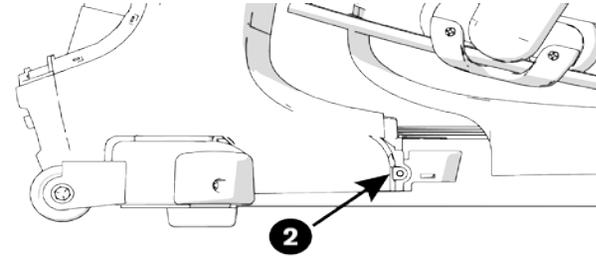
Important DO NOT stretch, crimp, or damage the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.

2. Position the display mount on top of the base frame and attach it using the four **1** bolts. Fully tighten fasteners.



To install side panels:

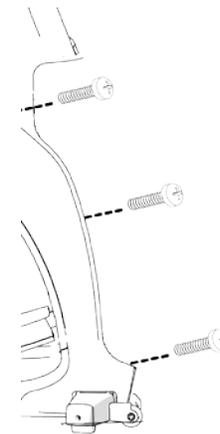
1. Lift up the lower frame cover, about an inch from the frame.



2. Install lower frame screws as shown above.
3. Press the side panels in place, ensuring the latches under the arrows on each panel are secured.

Note: Make sure cables don't catch on latch of left side panel.

4. Attach each side panel using an equal number of the **2** screws for each panel. Fully tighten fasteners.

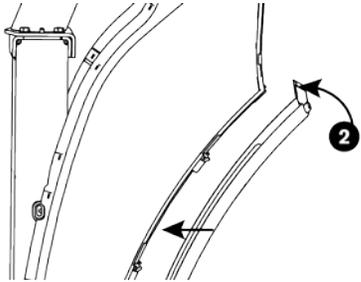


5. Position the side panels under the handlebar and carefully place each anchor over the handlebar.

To install yoke cover and shelf:

1. Attach the yoke cover to the back of the base mount using two **2** screws.

Note Make sure the small latches engage with the side covers.



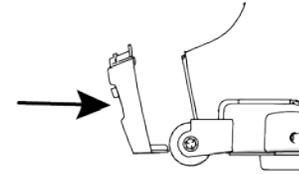
2. Fully tighten fasteners.
3. Position the shelf in to the tabs near the top of the yoke cover.



4. Attach the shelf using two **2** screws.

To install lower panel and front cover:

1. Attach the lower panel using two screws. Fully tighten fasteners.

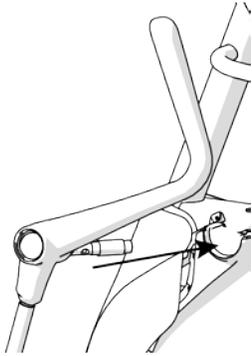


2. Push the front cover onto the front of the base mount all the way in, and with your fingers, press the arrows on either side of the cover.



To install moving arms:

1. Insert the shaft of the moving arm to the center mount and align pre-installed set screws **3** to the shaft. Fully tighten all screws, including pre-installed ones.



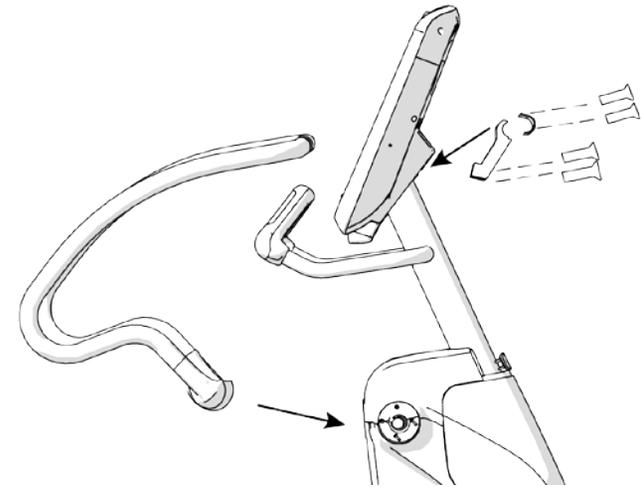
2. Attach the link to the moving arm using the 9/16" socket wrench on the pre-installed bolts.

Note Make sure to place the inner cover (**6**) between parts before bolting the components together.

3. Attach the outer link covers (**7**) using two **4** screws.

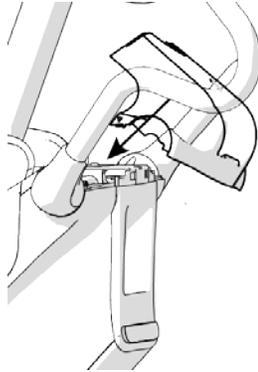
To install fixed arms:

1. Install the console. For instructions, refer to the console guide included in the console box.
2. Install two **4** screws into the upper display.
3. Insert the shaft of the arm to the center mount using two **3** set screws. Partially tighten mounting fasteners.
4. Rotate arm assembly up and attach clamp using two **2** screws.
5. Fully tighten all fasteners.



To attach the cup holder:

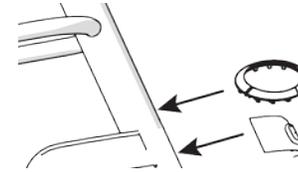
1. Position the cup holder on top of the lower shelf, making sure to catch the bottom latch in the shelf component.



2. Position your hands on the arrows and press down at the top of the panel.

To complete the installation:

1. Position the badge plate on the front cover and press into place.



2. Wrap the rubber gasket on top of the badge plate from the back of the display mount so the split is pointed toward the front. Press down to snap in two tabs at the back, then walk your hands around wiggling and aligning the remaining tabs as you go.
3. Refer to the corresponding *Console Installation Guide* found (in the console box) to attach your console.

