

VG50B 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.

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Check List IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY. M5 M14 M13

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] and the DUALACTIONARM [005&006]. Replace the BEARINGS and grease the BUSHINGS. Then reassemble.

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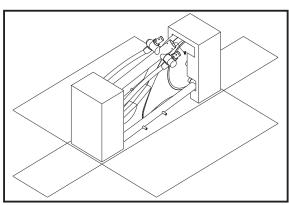
STEP 1

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

STEP 2

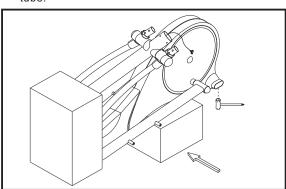
- Use a sharp knife, open the carton and lay it flat on the floor.
- b) Remove all loose components.
- Refer to the checklist and check that everything is present.

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.



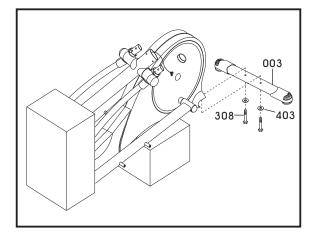
STEP 3

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



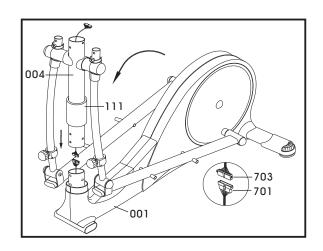
STEP 4

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



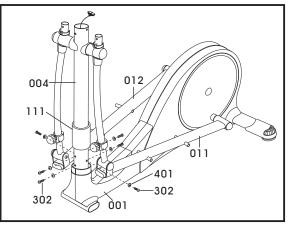
STEP 5

a) 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].



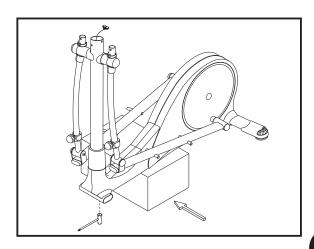
STEP 6

- a) 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].
- b) Slide down the HAT COVER [111] and push firmly.



STEP 7

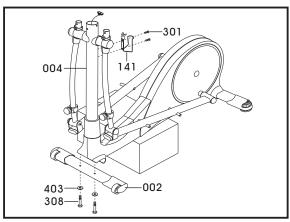
a) Remove the front polystyrene and place it under the front end of the machine to lift it off the floor.



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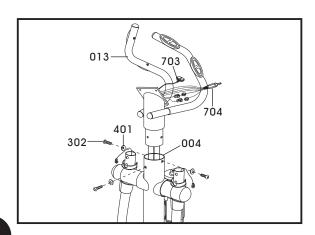
STEP 8

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



STEP 9

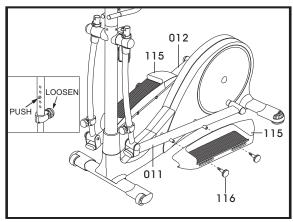
- a) Feed both the COMPUTER CABLE [703] + HAND PULSE CABLE [704] out through the top of the STATIONARY HANDLE BAR [013] then slide the STATIONARY HANDLE BAR [013] into the UPRIGHTTUBE [004].
- b) Secure with 3 x BOLT [302] +3 x WASHER [401]. Before tightening make sure the STATIONARY HANDLE BAR [013]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



STEP 10

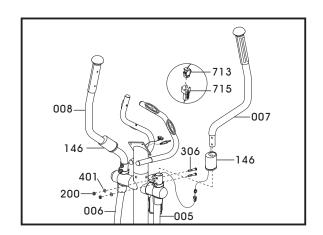
a) Slide the ADJUSTABLE FOOT PEDAL [115] onto the left and right FOOT PEDAL TUBE [011 &012]. Secure with ADJUSTABLE FOOT PEDAL KNOB [116] and tighten firmly.

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.



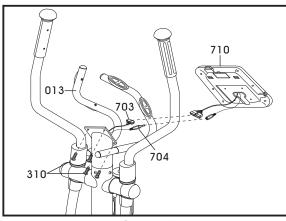
STEP 11

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



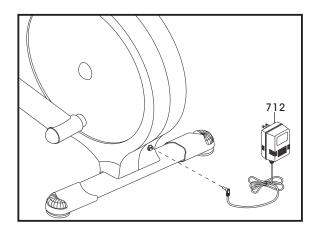
STEP 12

- a) Connect the COMPUTER CABLE [703] + HAND PULSE CABLE [704] to the COMPUTER [710].
- b) Feed the excess cables into the hole in the STATIONARY HANDLE BAR [013].
- c) 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 a) 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
- c) re-plug all the COMPUTER CABLES as shown in steps 5 & 12.



VG50B PARTS LIST

| PART No. | DESCRIPTION | Q'TY | PART No. | DESCRIPTION | Q'TY | PART No. | DESCRIPTION | Q'TY |
|-------------|-----------------------------|------|-------------|------------------------------|------|-------------|-------------------------|------|
| 001 | MAIN FRAME | 1 | 123 | DUAL ACTION ARM KNOB | 2 | 405 | WASHER | 1 |
| 002 | STABILIZER - FRONT | 1 | 124 | PLUG | 2 | 407 | WASHER | 4 |
| 003 | STABILIZER - REAR | 1 | 125 | NUT COVER | 4 | 408 | WASHER | 1 |
| 004 | UPRIGHT TUBE | 1 | 126 | PLUG | 2 | 500 | SCREW | 1 |
| 005 | DUAL ACTION ARM - LEFT | 1 | 127 | FOAM GRIP | 2 | 501 | SCREW | 4 |
| 006 | DUAL ACTION ARM - RIGHT | 1 | 128 | FOAM GRIP | 2 | 502 | SCREW | 11 |
| 007 | DUAL ACTION HANDLE - LEFT | 1 | 130 | PANCAKE ALUMINUM | 1 | 503 | SCREW | 25 |
| 800 | DUAL ACTION HANDLE - RIGHT | 1 | 131 | PANCAKE SLEEVE | 2 | 504 | SCREW | 4 |
| 009 | DISC COVER FRAME - LEFT | 1 | 133 | HUTCHINSON BELT | 1 | 505 | SCREW | 16 |
| 010 | DISC COVER FRAME - RIGHT | 1 | 136 | FLYWHEEL with MAGNETS | 1 | 506 | SCREW | 8 |
| 011 | FOOT PEDAL TUBE - LEFT | 1 | 138 | ANGLE ADJUSTMENT KNOB | 2 | 507 | SCREW | 2 |
| 012 | FOOT PEDAL TUBE - RIGHT | 1 | 139 | PLUG | 2 | 700 | MOTOR TENSION CABLE | 1 |
| 013 | STATIONARY HANDLE BAR | 1 | 140 | WATER BOTTLE | 1 | 701 | MOTOR with 12 PIN CABLE | 1 |
| 014 | ANGLE ADJUSTMENT TUBE | 2 | 141 | WATER BOTTLE HOLDER | 1 | 702 | MOTOR SENSOR CABLE | 1 |
| 015 | FOOT PEDAL PIVOT SHAFT | 2 | 143 | BEARING PACKER | 8 | 703 | COMPUTER CABLE | 1 |
| 016 | "V" CLIP | 2 | 144 | BEARING SPACER | 8 | 704 | HAND PULSE CABLE | 1 |
| 017 | SPRING | 2 | 146 | TOP PIVOT COVER CAP | 2 | 705 | HAND PULSE SENSOR | 4 |
| 018 | PIN | 2 | 147 | TOP PIVOT COVER OUTER L SIDE | 1 | 706 | PANCAKE SLIDER CABLE | 1 |
| 022 | MAIN COVER PLATE | 1 | 148 | TOP PIVOT COVER INNER L SIDE | 1 | 707 | PANCAKE FLYWHEEL SHAFT | 1 |
| 023 | SPACER | 1 | 149 | TOP PIVOT COVER INNER R SIDE | 1 | 708 | PANCAKE SPRING | 1 |
| 100 | PANCAKE SLIDER | 1 | 150 | TOP PIVOT COVER OUTER R SIDE | 1 | 709 | SENSOR MAGNET | 1 |
| 101 | PANCAKE SLIDER WHEEL | 1 | 151 | O - RINGS | 2 | 710 | COMPUTER | 1 |
| 102 | PANCAKE CABLE GUIDE | 3 | 160 | DISK COVER SPACER | 2 | 711 | AC PLUG CABLE | 1 |
| 103 | DISC COVER | 2 | 200 | NUT | 6 | 712 | AC ADAPTOR | 1 |
| 105 | DISC COVER PLUG | 2 | 204 | NUT | 1 | 713 | HAND PULSE CABLE | 2 |
| 106 | FRONT COVER - LEFT | 1 | 206 | NUT | 1 | 714 | HAND PULSE SENSOR | 2 |
| 107 | FRONT COVER - RIGHT | 1 | 301 | BOLT | 3 | 715 | HAND PULSE CABLE | 2 |
| 108 | MAIN COVER - LEFT | 1 | 302 | BOLT | 9 | 732 | AC CABLE | 1 |
| 109 | MAIN COVER - RIGHT | 1 | 303 | BOLT | 4 | 800 | BEARING | 2 |
| 110 | ANGLE ADJUSTMENT KNOB COVER | 4 | 305 | BOLT | 1 | 801 | BEARING | 1 |
| 111 | HAT COVER | 1 | 306 | BOLT | 4 | 802 | BEARING | 9 |
| 112 | WHEEL CAP - LEFT | 1 | 307 | BOLT | 2 | | | |
| 113 | WHEEL CAP - RIGHT | 1 | 308 | BOLT | 4 | | | |
| 114 | HEIGHT ADJUSTER FOOT | 2 | 309 | BOLT | 1 | | | |
| 115 | ADJUSTABLE FOOT PEDAL | 2 | 310 | BOLT | 4 | | | |
| 116 | ADJUSTABLE FOOT PEDAL KNOB | 4 | 400 | WASHER | 1 | | | |
| 119 | HEIGHT ADJUSTER CAP | 2 | 401 | WASHER | 13 | | | |
| 120 | BUSHING - BEARING | 8 | 402 | WASHER | 6 | | | |
| 121 | BUSHING - STANDARD | 4 | 403 | WASHER | 4 | | VG 50 Bearing | |
| 122 | UPRIGHT TUBE SPACER | 2 | 404 | WASHER | 1 | 1 | | |

