

VISION  FITNESS



Assembly Guide

**MODELS X6200HRC/DA & X6000DA
DUAL-ACTION ELLIPTICAL TRAINERS**



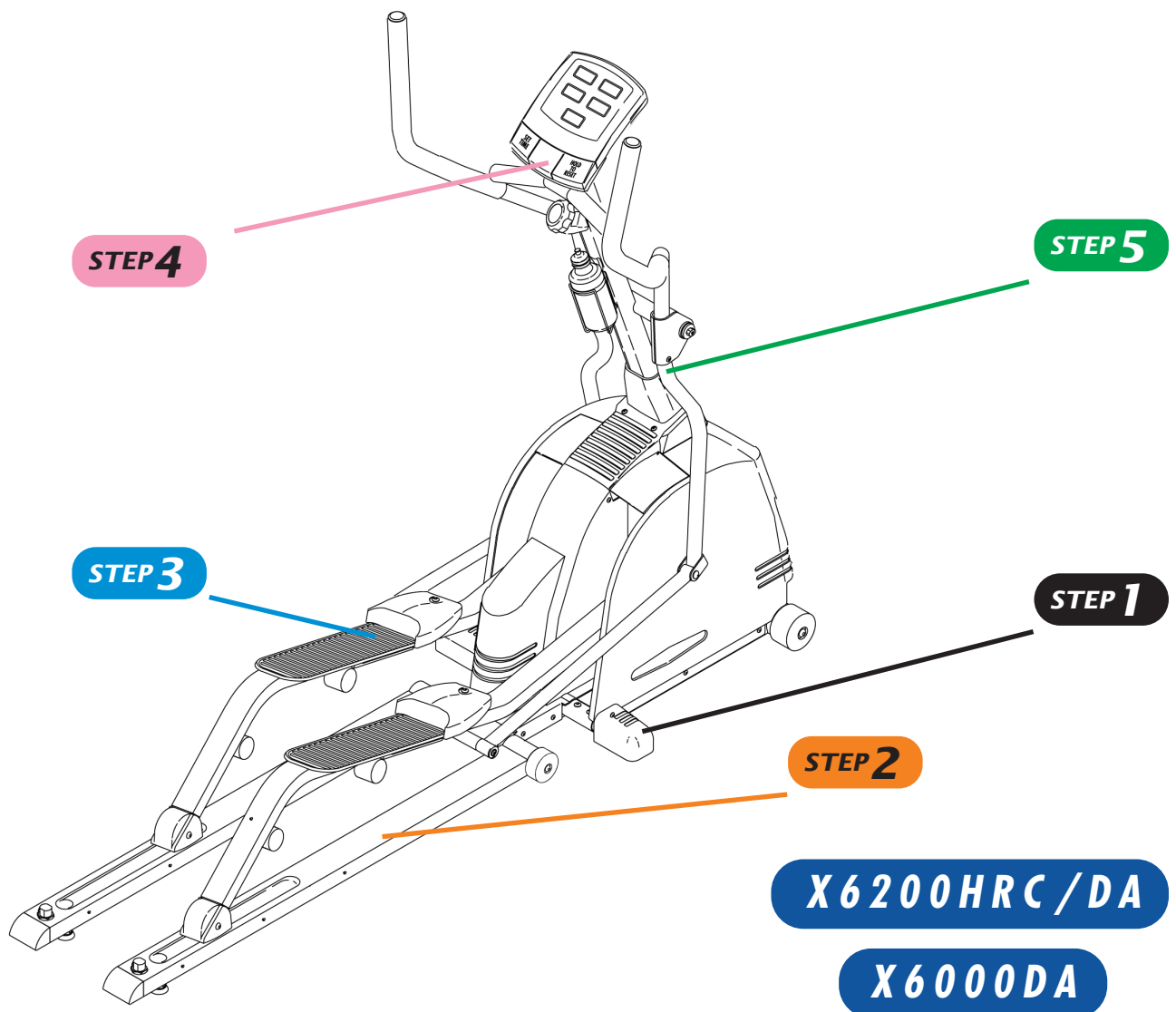
Before you begin...

To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order. Before proceeding though, enter your new Elliptical Trainer's serial number here:

Refer to this number when calling for service, and also 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

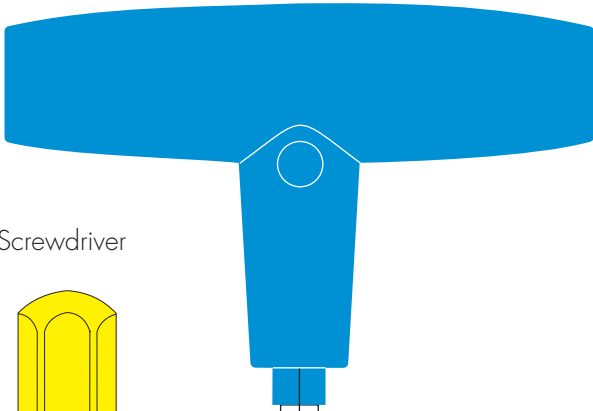
NOTE: It is recommended that you apply grease to the threads of each bolt as you assemble your Elliptical Trainer, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.



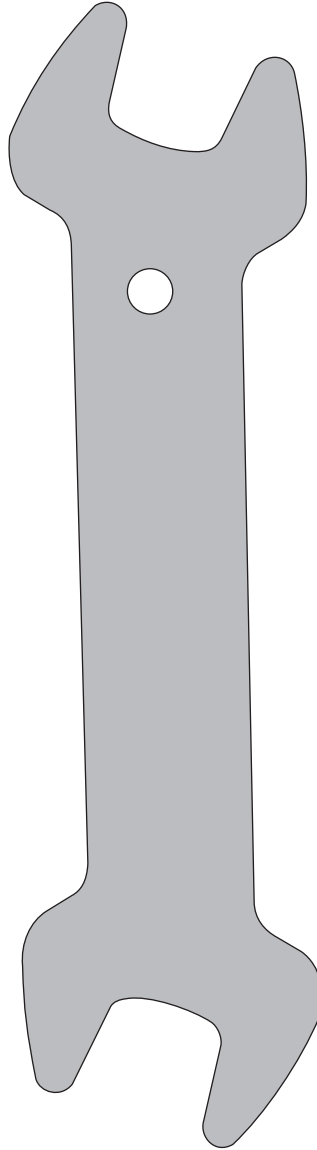
dual-action elliptical trainers

TOOLS & HARDWARE INCLUDED

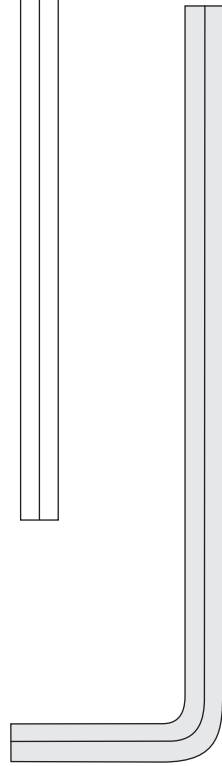
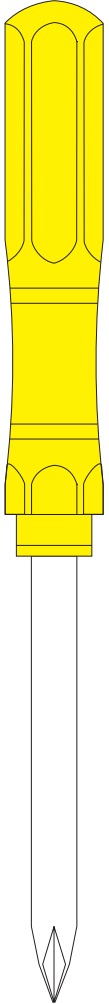
5^{mm} Allen Wrench



13^{mm} Wrench



Screwdriver



5^{mm} L-Shaped Wrench

BLUE BAG

M8 x 45^{mm} Bolt
Quantity: 2

M8 x 80^{mm} Bolt
Quantity: 4

M8 x 13^{mm} Nylock Nut
Quantity: 4

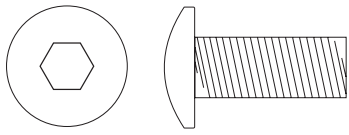
BLACK BAG

M8 x 16^{mm} Bolt
Quantity: 4

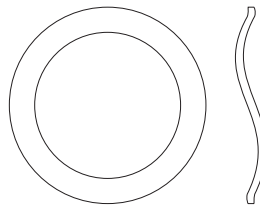


19^{mm} D x 440^{mm} L Rear Folding Axle
Quantity: 1
(not shown to scale)

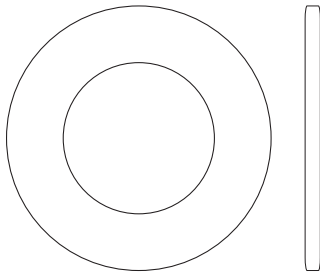
ORANGE BAG



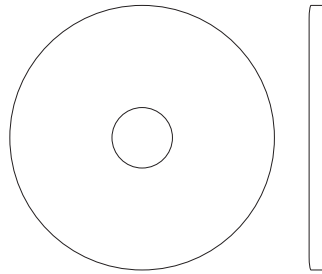
M8 x 16^{mm} Bolt
Quantity: 2



16 x 22 x .3T Spring Washer
Quantity: 2

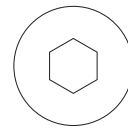


16 x 28 x 1.5T Washer
Quantity: 2

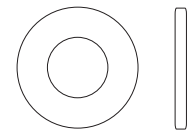


5/16" x 30 x 1.5T Washer
Quantity: 2

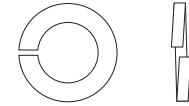
PINK BAG



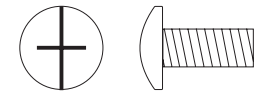
M8 x 60^{mm} Bolt
Quantity: 2



8 x 17 X 1.5T Washer
Quantity: 2

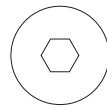


8 x 15 X 2T Lock Washer
Quantity: 4

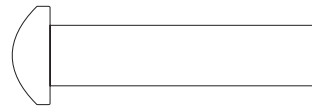


M5 x 25^{mm} Bolt
Quantity: 1

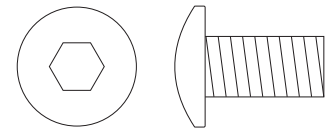
GREEN BAG



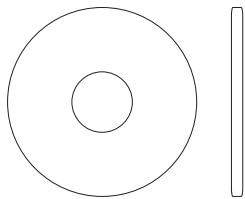
M7 x 35^{mm} Bolt
Quantity: 2



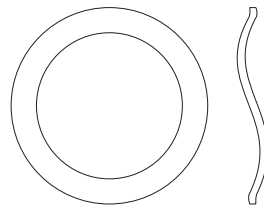
M8 x 12^{mm} Bolt
Quantity: 2



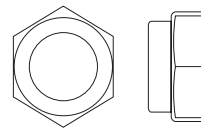
M8 x 12^{mm} Bolt
Quantity: 2



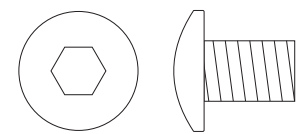
M8 x 25 x 1.5T Washer
Quantity: 2



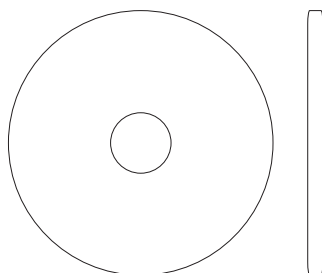
M16 x 22 x .3T Spring Washer
Quantity: 2



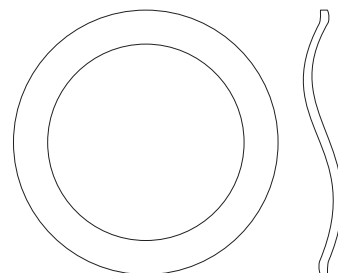
M8 x 13^{mm} Nylock Nut
Quantity: 4



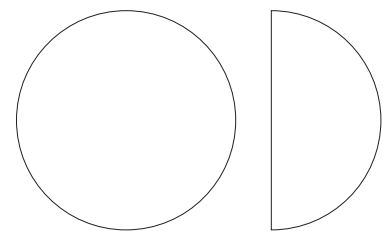
M8 x 12^{mm} Bolt
Quantity: 2



M8 x 35 x 2T Washer
Quantity: 2



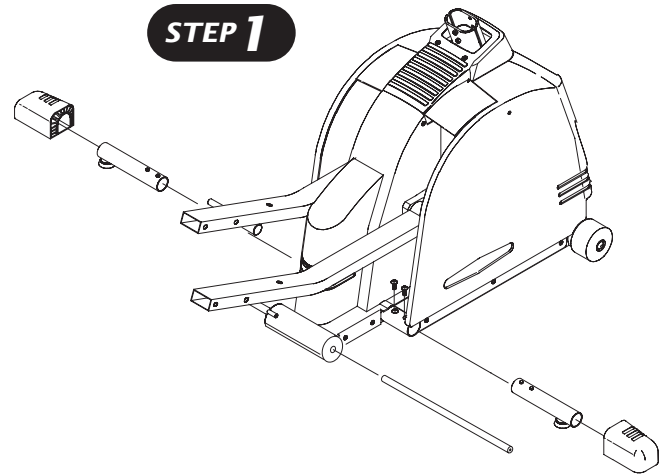
M26 x 34 x .3T Spring Washer
Quantity: 2



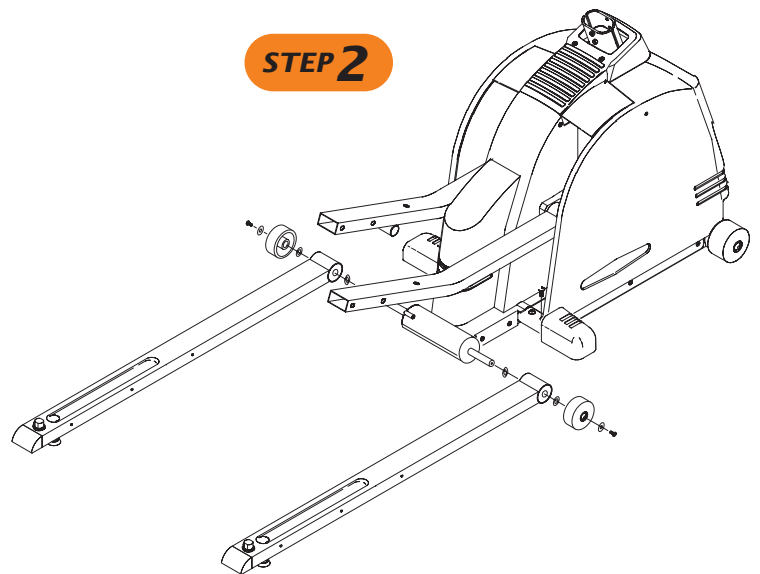
13^{mm} Nut Caps
Quantity: 2

STEP 1**BLACK BAG**

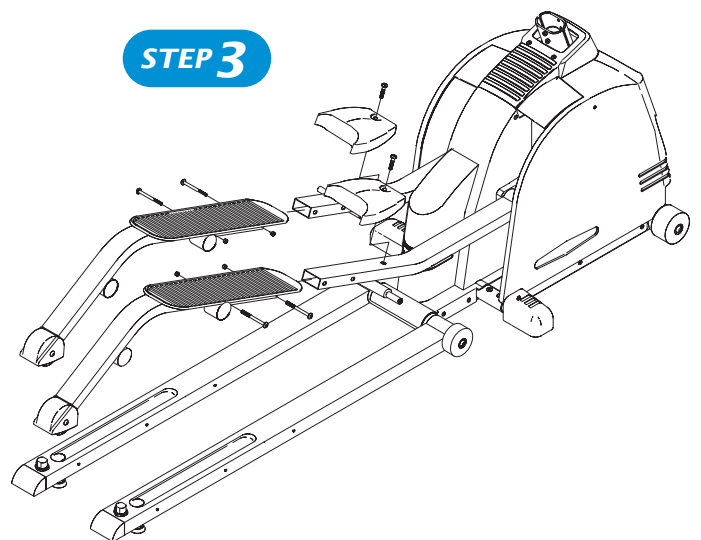
- Install the left and right stabilizers with the four bolts (M8 x 16^{mm}), using the Blue 5^{mm} Allen wrench.
- Cover both stabilizers with the included rubber boots.
- Insert the rear folding axle shaft (440^{mm} L x 19^{mm} D) into the rear tube.

**STEP 1****STEP 2****ORANGE BAG**

- Slide a spring washer (M16 x .3T) onto the right-hand side of the rear folding axle, followed by the right-hand pedal arm guide rail (the guide rails each have a blue indicator arrow printed on their sides; these arrows should face to the outside).
- Slide a flat washer (M16 x 1.5T) onto the right-hand side of the rear axle, followed by a rear wheel.
- Slide the large flat washer (5/16" x 1.5T) onto the right-hand side of the rear axle, and secure with a bolt (M8 x 16^{mm}).
- Repeat above steps to install left-hand pedal arm guide rail.

**STEP 2****STEP 3****BLUE BAG**

- Mount the rear pedal arms to the front pedal arms using four bolts (M8 x 80^{mm}) and four 13^{mm} NyLock nuts, using the 13^{mm} wrench.
- Install the foot toe pieces to the front pedal arms with two bolts (M8 x 45^{mm}) using the Blue 5^{mm} Allen wrench.

**STEP 3**

STEP 4**PINK BAG**

- **X6000 only:** Unfold the RPM sensor wire, located in the frame console mast bracket. Remove any kinks.

- **All models:** Slide the rubber console mast cover onto the bottom of console mast, and slide it up as far as it will go.

- **X6000 only:** Holding the console mast above the frame bracket, guide the RPM sensor wire and lower magnet cable up through the console mast while simultaneously sliding the console mast onto the frame bracket.

- **All models:** Bolt the console mast to the frame bracket with two bolts (M8 x 60^{mm}), two flat washers (8 x 17 x 1.5T), and two lock washers (8 x 15 x 2T). Tighten with the Blue 5^{mm} Allen wrench. Slide the rubber console mast cover back down over the bolt heads. **X6000 NOTE:** Be sure the RPM sensor wire exits through the small slot at the top right side of the the console mast.

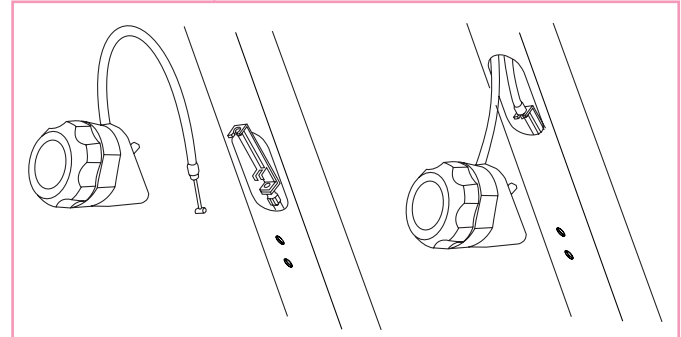
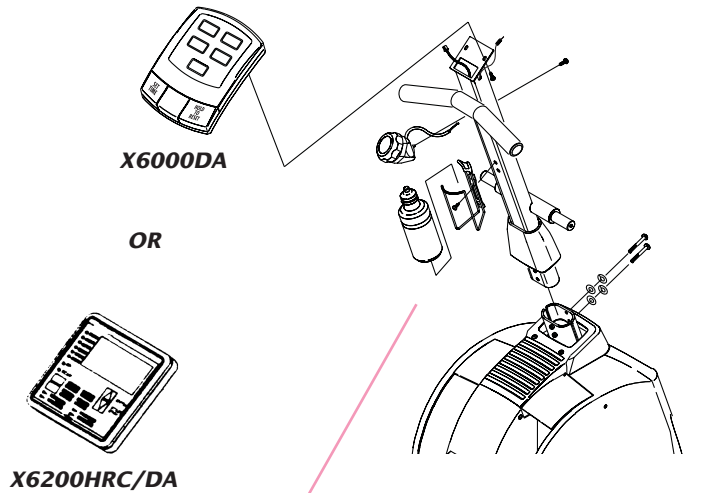
- **X6000 only:** Mount console to console mast, using the two screws. Plug the RPM sensor wire into the back of the console, and feed the excess back down into the small slot in the console mast.

- **X6000 only:** Turn the tension knob to Level 15. Reach inside the console mast and connect the magnet cables. Turn the knob to Level 1 and mount the knob using a bolt (M5 x 25^{mm}).

- **X6200 only:** Remove the four screws from the back of the console. Plug the wire connector from inside the mast into the console. The cable connector is slotted, so it may only be connected one way; do not force it!

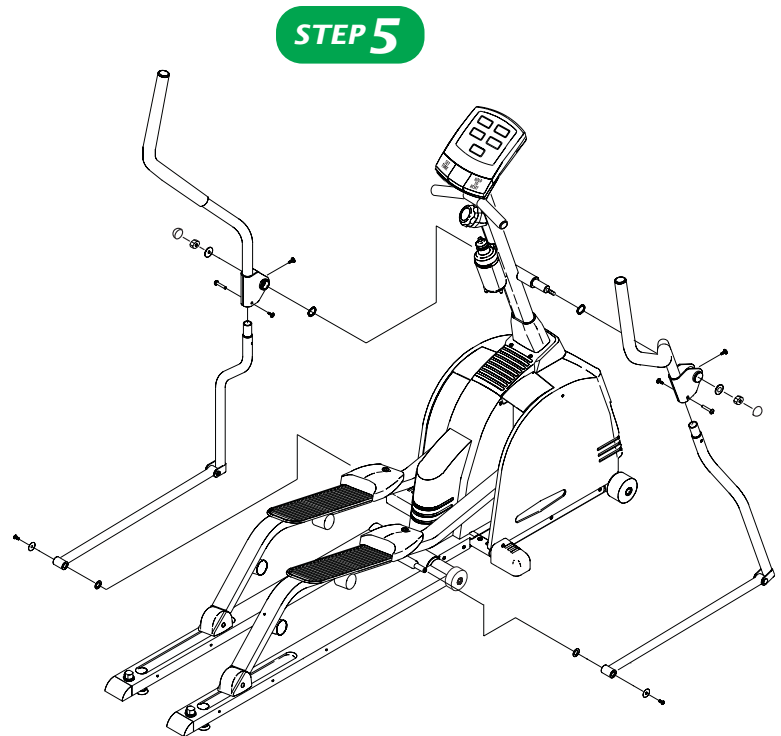
- **X6200 only:** Mount the console to the mast using the four screws. Do not pinch the cable!

- **All models:** Bolt the water bottle cage to the console mast using the two bolts located in the mast.

STEP 4

STEP 5**GREEN BAG**

- Slide a large spring washer (M26 x 34 x .3T) onto the console mast axle. Locate and slide the right upper handlebar bracket onto the console mast axle and attach with a washer (M8 x 35 x 2T) and 13^{mm} NyLock nut, using the 13^{mm} wrench. Snap the plastic 13^{mm} nut caps over the nuts.
- Slide a small spring washer (M16 x 22 x .3T) onto the lower pedal arm support, followed by the right lower arm. Attach with a washer (M8 x 25 x 1.5T) and bolt (M8 x 12), using the Blue 5^{mm} Allen wrench.
- Pivot the lower arm and insert the top end into the upper handlebar bracket. Attach with bolts (M7 x 35) and (M8 x 12) through the side, and bolts (M8 x 16) from the front. Tighten using the Blue 5^{mm} Allen wrench.
- Repeat the above steps to attach the left-hand upper and lower arms.



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