

# LC990 ELLIPTICAL CROSS TRAINER



# LC990

## ASSEMBLY INSTRUCTIONS

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## Introduction

**Congratulations** on your purchase of the **ELLIPTICAL CROSS TRAINER**. This product has been designed and manufactured to meet the needs and requirements of light commercial 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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## 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#9,10,69,70,71]

**STATIONARY HANDLE BAR** [part#76,78]

**BASE TUBES** [part#5,6,52,58]

**FOOT PEDALS** [part#40,42]

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#15,64,65,67,72,73,98,99,100,102,105]

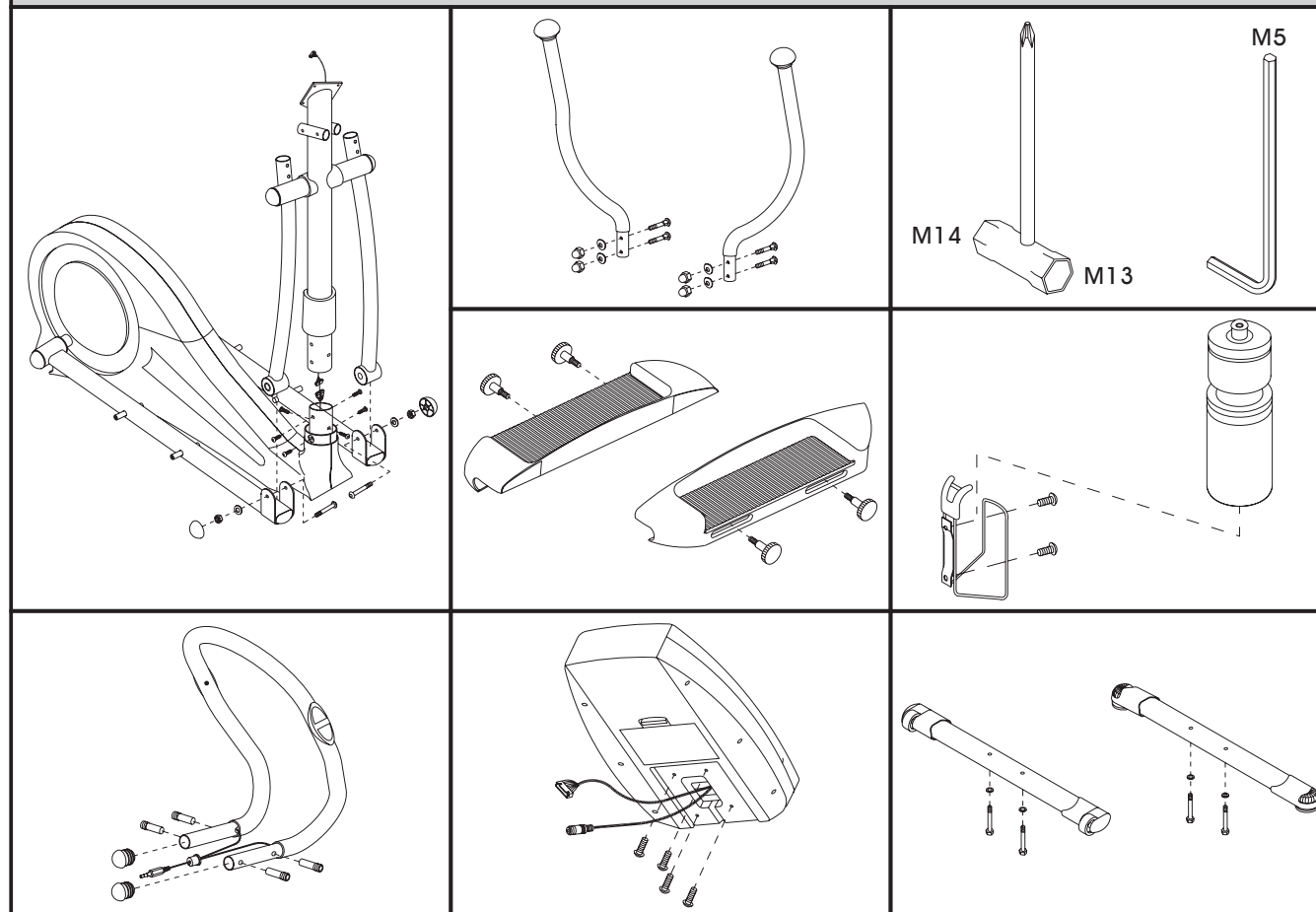
The 3 x Pivot Points consist of 2x SELF ALIGNING BEARINGS + 6 x STANDARD BEARINGS + 2 x BUSHINGS. All 8 x BEARINGS should last a lifetime with normal use. The BUSHINGS are a special design incorporating a space age plastic with lubricate built inside. As well they are greased by the manufacturer and 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.

The 2x SELF ALIGNING BEARINGS are built into the BEARING HOLDER [102] and cannot be removed. In case of damage replacing the 2 x BEARING HOLDER [102] is the only option. Contact your dealer for replacements. If you want to replace the STANDARD 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 [7 & 8] and the DUAL ACTION ARM [3 & 4]. Replace the BEARING HOLDERS, BEARINGS and grease the BUSHINGS. Then reassemble.

## Check List

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



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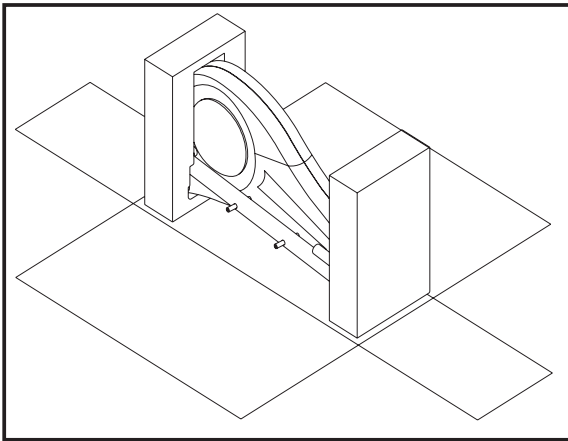
## STEP 1

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

## STEP 2

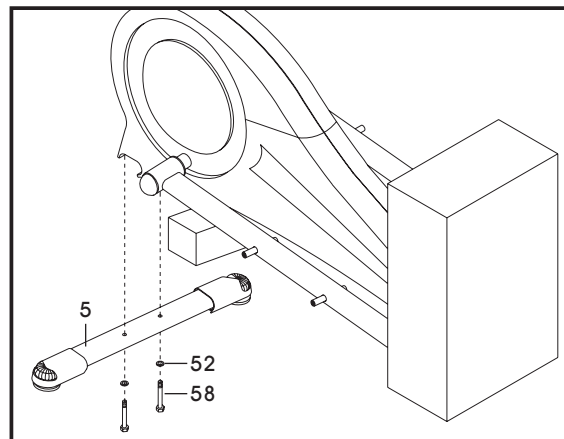
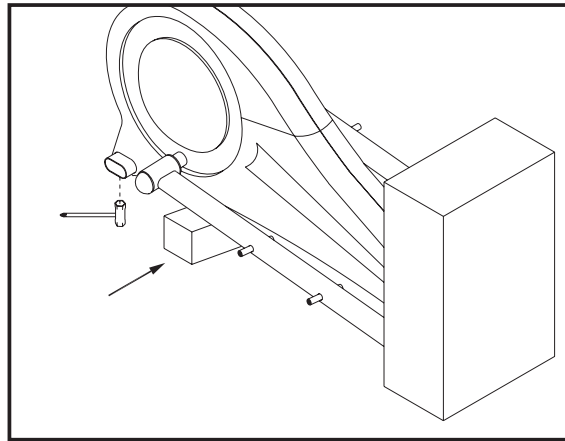
- Use a sharp knife, open the carton and lay it flat on the floor.
- Remove all loose components.
- Refer to the checklist and check that everything is present.

**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.



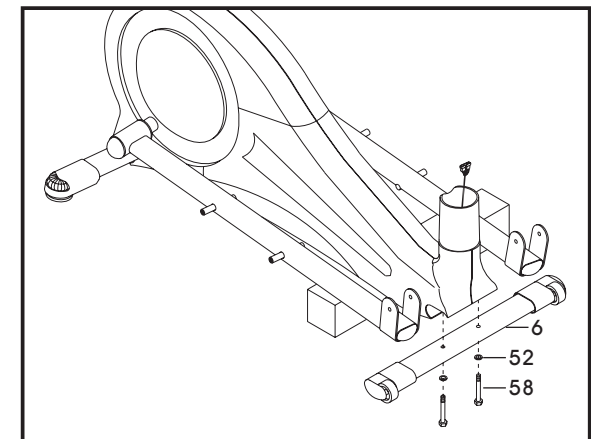
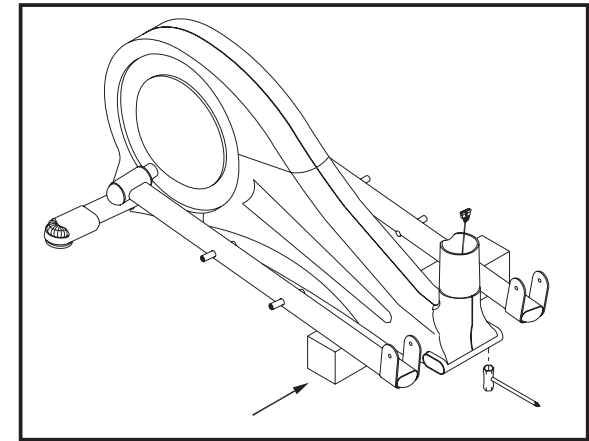
## STEP 3

- Lift the rear of the machine off the floor and slide a Polystyrene Block under the rear-end of the machine.
- Undo 2 x 3/8" BOLT [58] and remove the Transportation Tube.
- Assemble the REAR BASE TUBE [5] with the same 2 x 3/8" BOLTS [58] + 2 x 3/8" WASHERS [52] and tighten firmly.
- Remove the Polystyrene Block and place it under the front end of the machine.



## STEP 4

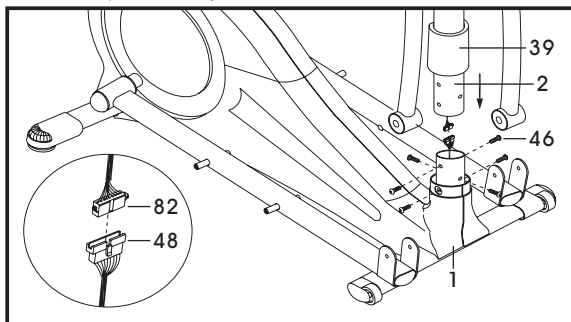
- With the front end now raised off the floor remove the Packing Material.
- Undo 2 x 3/8" BOLTS [58] & remove the Transportation Tube.
- Assemble the FRONT BASE TUBE [6] with the same 2 x 3/8" BOLTS [58] + 2 x 3/8" WASHERS [52] and tighten firmly.



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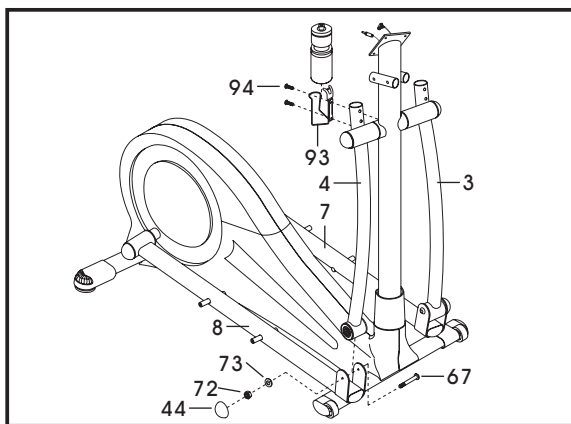
## STEP 5

- Hold the HANDLE BAR POST [2] in the correct position over the MAIN FRAME [1] and join the COMPUTER CABLES [48 & 82].
- Carefully slide the HANDLE BAR POST [2] into the MAIN FRAME [1]. Take care not to damage the COMPUTER CABLES [48 & 82].
- Lift the HAT COVER [39] out of the way and align the holes and fit 6 x M8 BOLTS [46], do NOT tighten yet. Rotate the HANDLE BAR POST [2] to ensure correct alignment then firmly tighten 6 x M8 BOLTS [46]. Slide down the HAT COVER [39] and push firmly.



## STEP 6

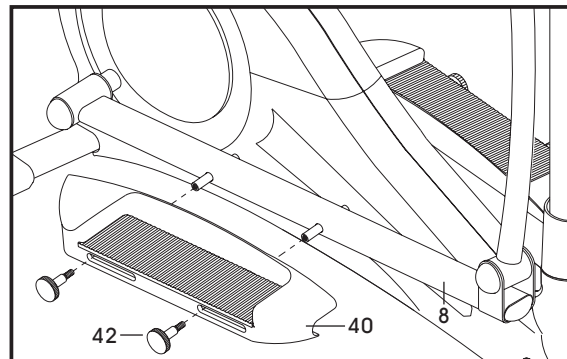
- Remove the Safety Cable Ties. Align the DUAL ACTION ARM [3 & 4] into the FOOT PEDAL TUBE [7 & 8]. Slide 2 x BOLT [67] through the assemblies.
- Secure with 2 x NUT [72] + 2 x WASHER [73] tighten firmly.
- Assemble 2 x NUT COVER [44] on 2 x NUT [72].
- Remove 2 x BOLT [94] from HANDLE BAR POST [2]. Align WATER BOTTLE HOLDER [93] and fasten with the same 2 x BOLT [94].



## STEP 7

- Slide the ADJUSTABLE FOOT PEDAL [40] onto the left and right FOOT PEDAL TUBE [7 & 8]. Secure with ADJUSTABLE FOOT PEDAL KNOB [42] and tighten firmly.

**NOTE:** The ADJUSTABLE FOOT PEDAL [40] can be adjusted to your personal preference, but we suggest that you start with the Middle Setting (i.e. number 3).

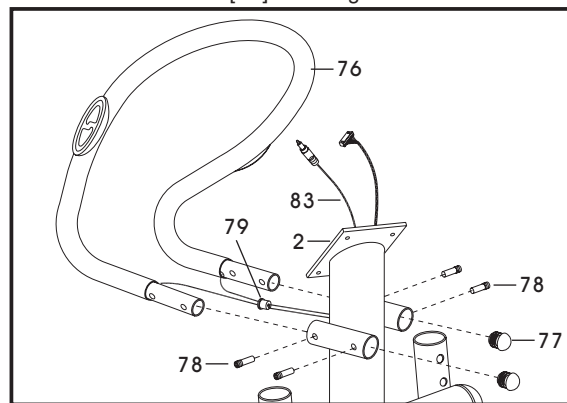


## STEP 8

- Align and slide STATIONARY HANDLEBAR [76] into HANDLE BAR POST [2] be careful NOT to damage the HAND PULSE CABLE [83].

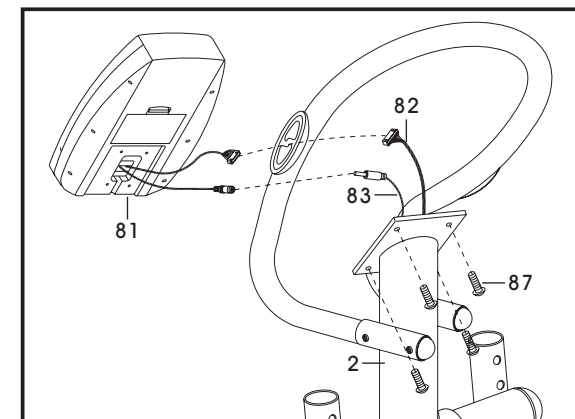
**NOTE:** Correctly align the notches.

- Secure with 4 x THREAD HEAD BOLTS [78].
- Insert 2 x PLUGS [77] into the open ends of the STATIONARY HANDLEBAR [76].
- Feed the HAND PULSE CABLE [83] in through the hole and out the top of the HANDLE BAR POST [2].
- Insert CABLE PLUG [79] into the HANDLE BAR POST [2] gently pull any excess HAND PULSE CABLE [83] showing.



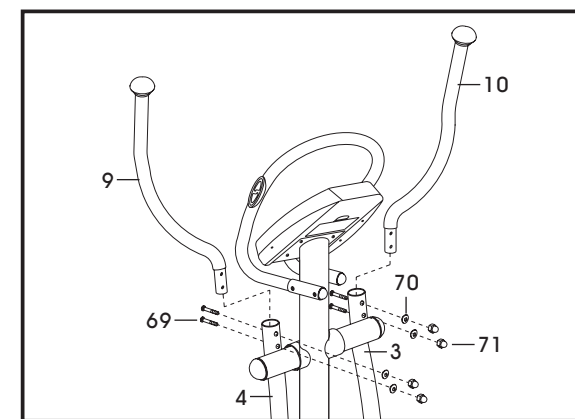
## STEP 9

- Connect the HAND PULSE CABLE [83] + COMPUTER CABLE [82] to the COMPUTER [81].
- Feed the excess cables into the hole in the HANDLE BAR POST [2].
- On the top of the HANDLE BAR POST [2] is the Computer Plate, Position the COMPUTER [81] on the Computer Plate and secure with 4 x M5 BOLTS [87].



## STEP 10

- Insert the LEFT DUAL ACTION HANDLE [10] into the top of the LEFT DUAL ACTION ARM [3]. Note Left Sticker.
- Insert the RIGHT DUAL ACTION HANDLE [9] into the top of the RIGHT DUAL ACTION ARM [4]. Note Right Sticker.
- Secure with 4 x M8 CARRIAGE BOLTS [69] + 4 x CURVED WASHERS [70] + 4 x M8 DOME NUTS [71] and tighten firmly but DO NOT over tighten.



# LC990 DETAILED PARTS LIST

<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>	<b>PART No.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
1	MAIN FRAME	1	45	M4 PAN HEAD WASHER SCREW	4	87	M5 x 10mm PAN HEAD BOLT	4
2	HANDLE BAR POST	1	46	M8 BOLT	6	88	TENSION CABLE	1
3	LEFT DUAL ACTION ARM	1	47	TERMINAL SOFT SLEEVES	2	89	COMPUTER CABLE WITH SENSOR	1
4	RIGHT DUAL ACTION ARM	1	48	MOTOR WITH CABLE	1	90	BOLT	1
5	REAR BASE TUBE	1	49	Ø3/16" x 3/4" PAN HEAD SCREW	34	91	Ø11mm COVER PLUG CURVED SET	6
6	FRONT BASE TUBE	1	50	30mm x 70mm OVAL PLUG	2	92	WATER BOTTLE (OPTIONAL)	1
7	LEFT FOOT PEDAL TUBE	1	51	Ø3/16" x 1 1/4" PAN HEAD SCREW	3	93	WATER BOTTLE HOLDER (OPTIONAL)	1
8	RIGHT FOOT PEDAL TUBE	1	52	Ø7/8" x Ø3/8" x 1.5mmt WASHER	4	94	M5 x 10mm BOLT (OPTIONAL)	2
9	RIGHT DUAL ACTION HANDLE	1	53	ADJUSTER CAP	2	95	HUB COVER PLUG	10
10	LEFT DUAL ACTION HANDLE	1	54	Ø3/16" x 1/2" PAN HEAD SCREW	4	96	DUAL ACTION HANDLE SLEEVE	2
11	RIGHT DISC COVER FRAME	1	55	DISC COVER	2	97	BOOK RACK (OPTIONAL)	1
12	LEFT DISC COVER FRAME	1	56	MAGNET	1	98	Ø20mm x Ø17mm x 71mmI SPACER	2
15	Ø60mm x Ø20mm x 28mmI BUSHING	2	57	HUB COVER	2	99	6203ZZ BEARING BUSHING Ø60mm	6
18	RIGHT WHEEL CAP	1	58	3/8" - 16UNC x 50mm HEX HEAD BOLT	4	100	STANDARD BEARING	6
19	LEFT WHEEL CAP	1	59	POLY "V" FLEXONIC BELT 1609 PJ8	1	101	Ø60mm SPACER	2
20	RIGHT FRONT COVER	1	60	M3 x 12mm PAN HEAD PHILLIPS BOLT	2	102	BEARING HOLDER	2
21	LEFT FRONT COVER	1	62	Ø16mm x Ø10mm x 2mmt WASHER	1	103	PIVOT PLUG	2
22	TRIM COVER	2	63	BEARING 6004ZZ	2	104	M4 x 15mm COUNTER SUNK SCREW	2
23	RIGHT REAR COVER	1	64	Ø50mm x Ø8mm x 2.0mmt WASHER	4	105	NYLON WASHER	4
24	LEFT REAR COVER	1	65	M8 x 16mm HEX HEAD BOLT	4			
25	PANCAKE SLIDER	1	66	Ø20mm WAVE WASHER	1			
26	PANCAKE WHEEL	1	67	M8 x 90mm PAN HEAD BOLT	2			
27	M3 PAN HEAD WASHER SCREW	1	69	M8 x 55mm CARRIAGE BOLT	4			
28	M10 SPRING WASHER	1	70	CURVED WASHER	4			
29	M10 x 20mm SOCKET HEAD BOLT	1	71	M8 LONG DOME NUT	4			
30	PANCAKE CABLE	1	72	M8 NYLON NUT	2			
31	PANCAKE GUIDE	3	73	Ø20mm x Ø8mm x 1.5mmt WASHER	2			
32	PANCAKE SHAFT	1	74	Ø30mm HD FOAM GRIP 660mmI	2			
33	PANCAKE SPRING	1	75	DUAL ACTION KNOB	2			
34	PANCAKE ALUMINUM	1	76	STATIONARY HANDLEBAR	1			
35	BEARING 6003ZZ SKF or INA	1	77	Ø25.4mm MUSHROOM PLUG	2			
36	FLYWHEEL WITH MAGNETS	1	78	3/8" - 24UNF THREAD HEAD BOLTS	4			
37	BEARING 608ZZ	1	79	12mm CABLE PLUG	1			
38	M5 x 10mm PAN HEAD PHILLIPS BOLT	1	80	Ø23mm HD FOAM GRIP 1330mmI	1			
39	HAT COVER	1	81	COMPUTER	1			
40	ADJUSTABLE FOOT PEDAL	2	82	UPPER COMPUTER CABLE	1			
41	20mm EXTERNAL RETAINING CLIP	1	83	HAND PULSE CABLE	1			
42	FOOT PEDAL KNOB	4	84	HAND PULSE SENSOR	2			
43	DISK COVER SPACER	2	85	M4 x 25mm PAN HEAD SCREW	2			
44	Ø60mm x M8 NUT COVER	4	86	Ø11mm COVER PLUG	11			

Style No. LC990-B  
April 2006

