To avoid possible damage to this Suspension Elliptical™ Trainer, please follow assembly steps in the correct order. Before proceeding though, find your new Suspension Elliptical™ Trainer’s two serial numbers located on the console mast frame bracket, and on the back side of the console, and enter here:

Console Mast Frame Bracket Serial Number: ____________________________________   Console Serial Number: ________________________________________

Refer to this number when calling for service, and 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 Suspension Elliptical™ Trainer.

If any parts, hardware or tools are missing, please call 1.800.335.4348

NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Suspension Elliptical™ Trainer. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt or screw.
**STEP 1**

- When the pins of both connection arms are seated in the holes of the console mast elevation bracket, lift the entire assembly slightly to line up the screw holes. Insert four socket head cap bolts (M8x20L) with washers (8.2x13x1.6T) through these holes. Secure with a washer (8.2x13x1.6T) and nylon nut (M8). Tighten with the 8mm L-shaped wrench.

- Go back and completely tighten the screws that connect the connection arms to the incline arms with the 8mm L-shaped wrench.

**STEP 2**

- Lift the left incline arm and insert the bearing end of the suspension arm into the bracket of the incline arm. From the outside, insert a hex head bolt (M5x50L) through the bracket and the opening in the front of the arm. Secure with a screwdriver. Make sure the power switches at the bottom of the unit and on the back of the console are in the off position.

- Remove the four console mounting bolts from the backside of the console and console mast. Insert the data cable through the bottom of the console. Snap in place with four socket head cap bolts (M8x20L). Tighten with the 8mm L-shaped wrench while pulling the wire straight up through the top of the mast.

- Snap the console in place over the data cable and console mast. Secure console to the bracket with one hex bolt (M8x30L) with washers (8.2x13x1.6T) and nylon nut (M8). Tighten with the 8mm L-shaped wrench.

**STEP 3**

- Position the connection arm over the left rotation housing and secure with two 19mm wrenches. Make sure the heart rate wires coming from the mast and console are in the links. Secure with a screwdriver. Connect the remote toggle cables. Place the left connection arm over the left incline arm. Secure with a screwdriver. Make sure the power switches at the bottom of the unit and on the back of the console are in the off position.

- Where the 9-volt battery is connected, pull apart to separate and slide around to the outside hole and tighten to the nut (M6). Insert cupholder and attach with two M5 x 25L bolts from the backside of the console.

**STEP 4**

- Connect the remote toggle cable. Plug in the elevation motor cable to the data cable and console mast. Secure console to the bracket with four bolts (M8x20L) and four lock washers (M8x50L). Tighten with the 10mm wrench and 5mm L-shaped wrench.

**STEP 5**

- Position the covers over the rear incline arm brackets and secure each cover in place with four bolts (M5x25L).

- Slide the link arm between the flanges of the dual-action arm. Insert the front flange of the link arm into the opening and can be easily plugged into the hole in the console mast elevation bracket. Insert the pin on the front flange of the link arm into the hole in the console mast elevation bracket. Slide the link arm between the flanges of the dual-action arm. Insert the front flange of the link arm into the opening and can be easily plugged into the hole in the console mast elevation bracket.

- Slide the link arm between the flanges of the dual-action arm. Insert the front flange of the link arm into the opening and can be easily plugged into the hole in the console mast elevation bracket. Insert the pin on the front flange of the link arm into the hole in the console mast elevation bracket. Slide the link arm between the flanges of the dual-action arm. Insert the front flange of the link arm into the opening and can be easily plugged into the hole in the console mast elevation bracket.