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 to prevent loosening and noise. 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.
S7100 – SUSPENSION ELLIPTICAL TRAINER

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 to prevent loosening and noise. 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.

HARDWARE INCLUDED

**BLUE BAG**
- M8x20L Socket Head Bolt Quantity: 4
- 10 x 1.5x1.5T Washer Quantity: 1
- 3/8x50L Socket Head Bolt Quantity: 1

**ORANGE BAG**
- M5x15L Silver Bolt Quantity: 2
- M5x15L Bolt Quantity: 8

**LIGHT BLUE BAG**
- M6x70L Socket Head Bolt Quantity: 4
- 8 x 23x1.5T Washer Quantity: 4

**PURPLE BAG**
- M8x25L Socket Head Bolt Quantity: 4
- M8 Nut Quantity: 4

**PINK BAG**
- M8x25L Button Head Bolt Quantity: 2
- M8x25L Bolt Quantity: 2

**GREEN BAG**
- M8x70L Bolt Quantity: 2
- M8 Nut Quantity: 2

**BLACK BAG**
- M8x50L Bolt Quantity: 2
- 8 x 68x5T Washer Quantity: 2
- M10x25L Button Head Bolt Quantity: 2
Please follow the order and intent of these instructions as much as you can. The order of assembly and order of tightening the bolts will affect the performance of your new exercise machine.