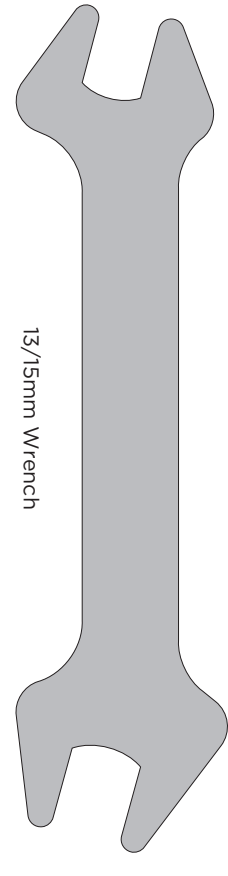


X10 Elliptical Trainer



13/15mm Wrench



1600 Landmark Drive
Cottage Grove, WI 53527
toll free 800.335.4348 • fax 608.839.8731
www.visionfitness.com

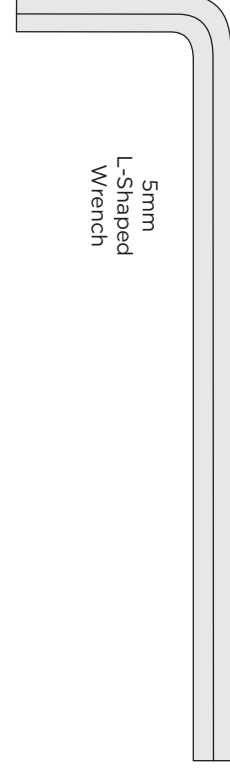
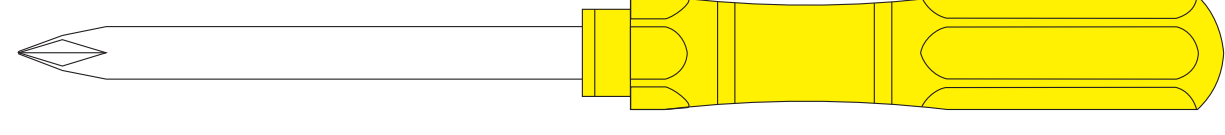
© 2012 Vision Fitness. All Rights Reserved.
2013.04.19 REV1.4

PARTS BOX

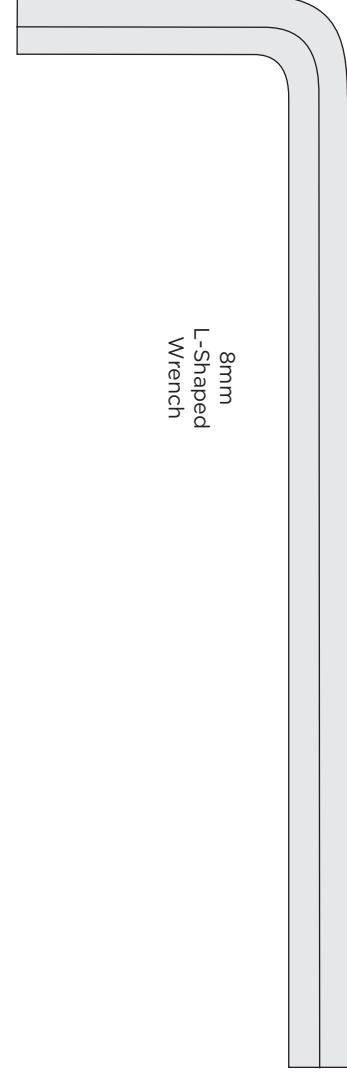
Front Stabilizer Tube (1)
Rear Stabilizer Cover (1)
Guide Rail Set (1)
Guide Rail Cover (1)
Pedal Arms (2)
Pedal Arm Covers (2 sets)
Console Mast (1)
Lower Handlebars (2)
Handlebar Caps (2)
Lower Link Arms With Footpads (2)

Side Pedal Covers (2)
Upper Handlebars (2)
Hardware Clamshell (1)
Water Bottle Cage (1)
Top Cap (1)
Mast Boot (1)
Power Cord (1)

Screwdriver



5mm
L-Shaped
Wrench



8mm
L-Shaped
Wrench

TOOLS & PARTS INCLUDED

VISION
FITNESS

ASSEMBLY GUIDE

X10 ASSEMBLY GUIDE

VISION
FITNESS

X10 Elliptical Trainer

To avoid possible damage to this Elliptical Trainer, please follow assembly steps in the correct order. Before proceeding though, find your new Elliptical Trainer's two serial numbers located on the front axle tube, and on the back side of the console, and enter here:

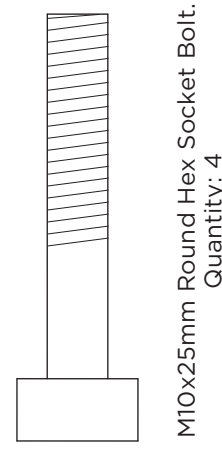
Frame Serial Number _____ Console Serial Number _____

Refer to this number when calling for service. 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

NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your 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

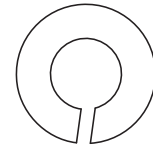
STEP 1



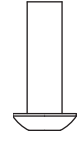
M10x25mm Round Hex Socket Bolt.
Quantity: 4



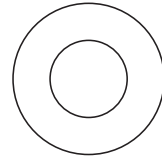
4x12mm Oval Cross Tapping Screw.
Quantity: 2



10x18.4x2.5t Spring Washer.
Quantity: 4

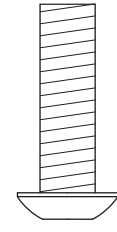


4x10mm Oval Cross Bolt.
Quantity: 2

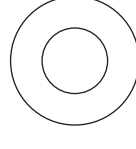


10.2x20.0x1.5t Flat Washer.
Quantity: 4

STEP 2

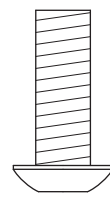


M8x25mm Oval Hex Socket Bolt.
Quantity: 4

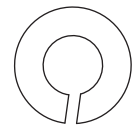


8.4x17.0x1.0t Arc Washer.
Quantity: 4

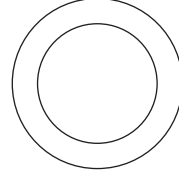
STEP 3



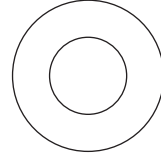
M8x20mm Oval Hex Socket Bolt.
Quantity: 2



8x15x2t Spring Washer.
Quantity: 2

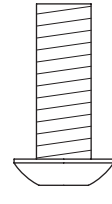


17x23x0.5t Wavy Washer.
Quantity: 2

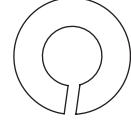


8x20x1.5t Flat Washer.
Quantity: 2

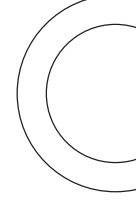
STEP 4



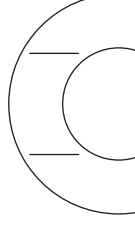
M8x20mm Oval Hex Socket Bolt.
Quantity: 2



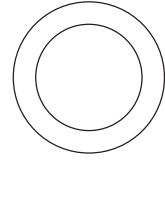
8x15x2t Spring Washer.
Quantity: 2



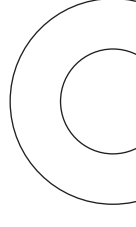
8.6x26x2t Flat Washer.
Quantity: 2



20.7x29x0.5t Wavy Washer.
Quantity: 2

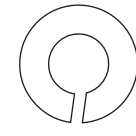


8.5x20x1t Flat Washer.
Quantity: 2



20x27x1.5t Flat Washer.
Quantity: 4

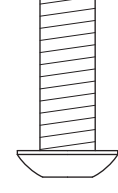
STEP 5



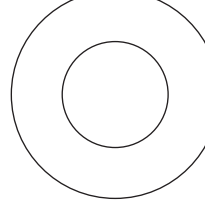
8x15x2t Spring Washer.
Quantity: 4



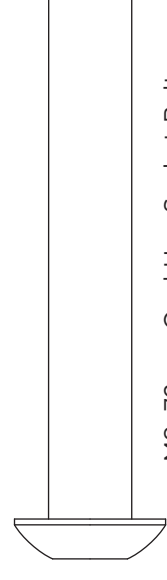
M8 Nylon Nut.
Quantity: 2



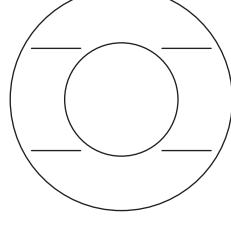
M8x20mm Oval Hex Socket Bolt.
Quantity: 2



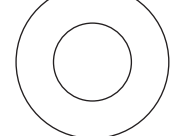
20x27x1.5t Flat Washer.
Quantity: 2



M8x72mm Oval Hex Socket Bolt.
Quantity: 2



20.7x29x0.5t Wavy Washer.
Quantity: 2



8x20x3t Flat Washer.
Quantity: 4

STEP 1**OPEN HARDWARE FOR STEP 1**

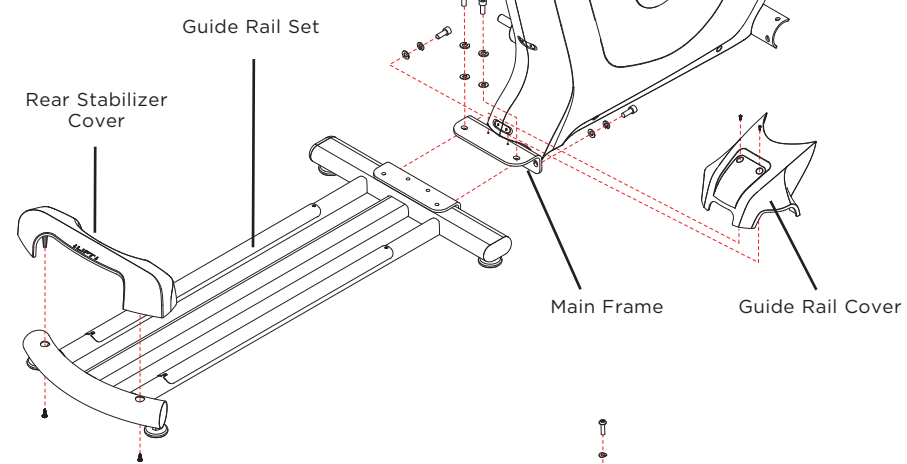
Attach Rear Stabilizer Cover

- Place rear stabilizer cover over rear stabilizer as shown
- Attach the rear stabilizer cover using 2 screws

Attach Guide Rail Set

- Align guide rail set with main frame as shown
- Attach the guide rail set to the main frame using 4 bolts, 4 spring washers and 4 flat washers
- Attach the guide rail cover to the main frame using 2 bolts

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.

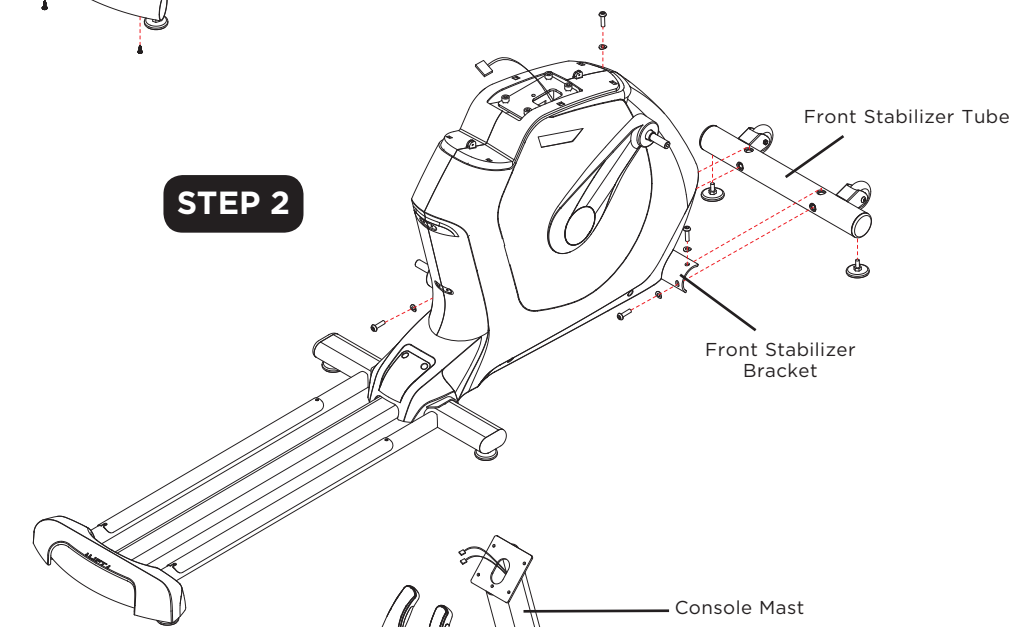
STEP 1**STEP 2****OPEN HARDWARE FOR STEP 2**

Attach Levelers to Stabilizer Tube

- Screw both levelers into the holes in the bottom of the front stabilizer tube

Attach Front Stabilizer Tube

- Attach the front stabilizer tube to the front stabilizer bracket using 4 bolts and 4 arc washers

STEP 2**STEP 3****OPEN HARDWARE FOR STEP 3**

Attach Pedal Arms

- Slide wavy washer over crank followed by pedal arm as shown. Rest pedal arm wheel on guide rail
- Attach the pedal arm to the crank using 1 flat washer, 1 spring washer and 1 bolt

- Repeat on other side

Attach Console Mast

- Tie wire to data cable and feed the connector through the console mast
- Remove 4 pre-attached bolts and washers. Attach console mast to console mast bracket with 4 pre-attached bolts and washers

- Make sure cable is not pinched between the console mast and console mast bracket

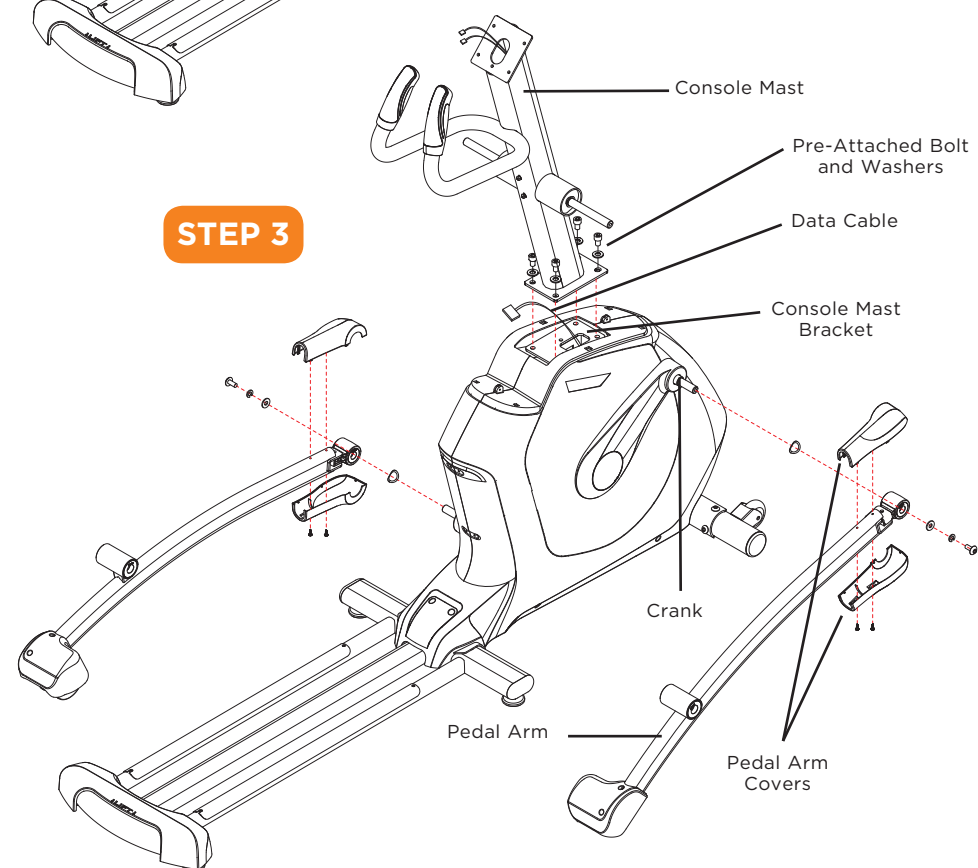
- Be sure to fully tighten bolts

Attach Pedal Arm Covers

- Make sure holes are on the bottom of the pedal arm
- Attach the bottom cover first with 2 pre-attached screws

- Snap on top cover

- Repeat on other side

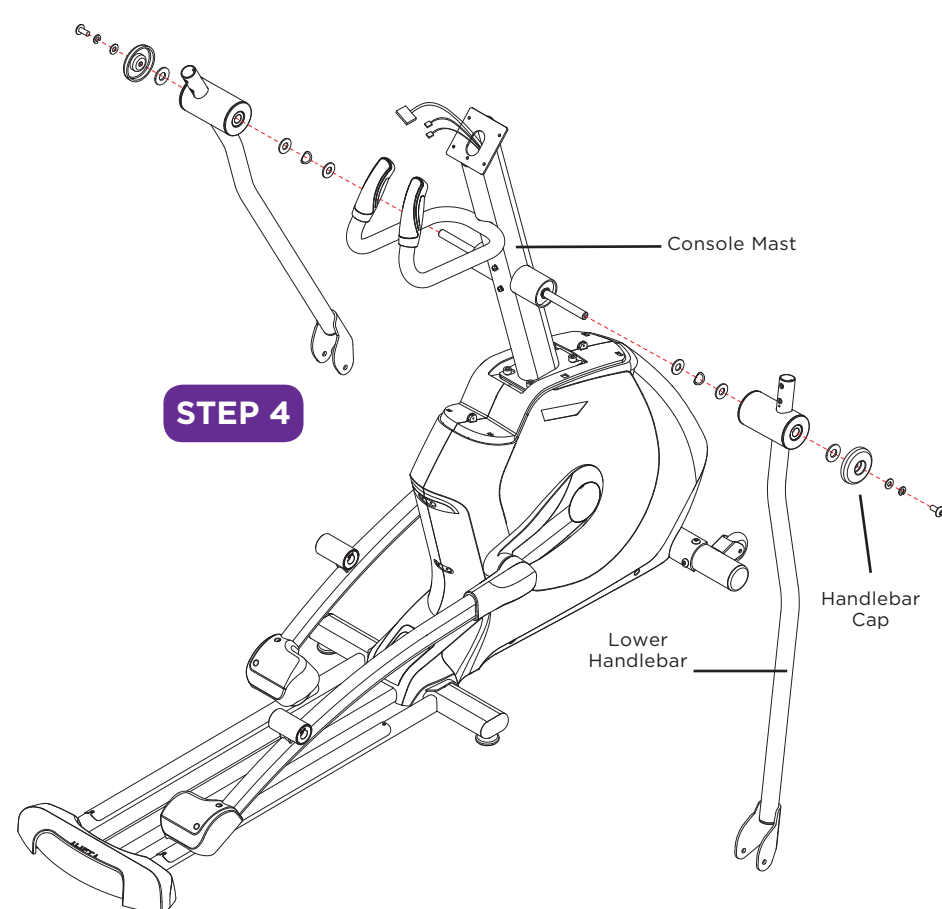
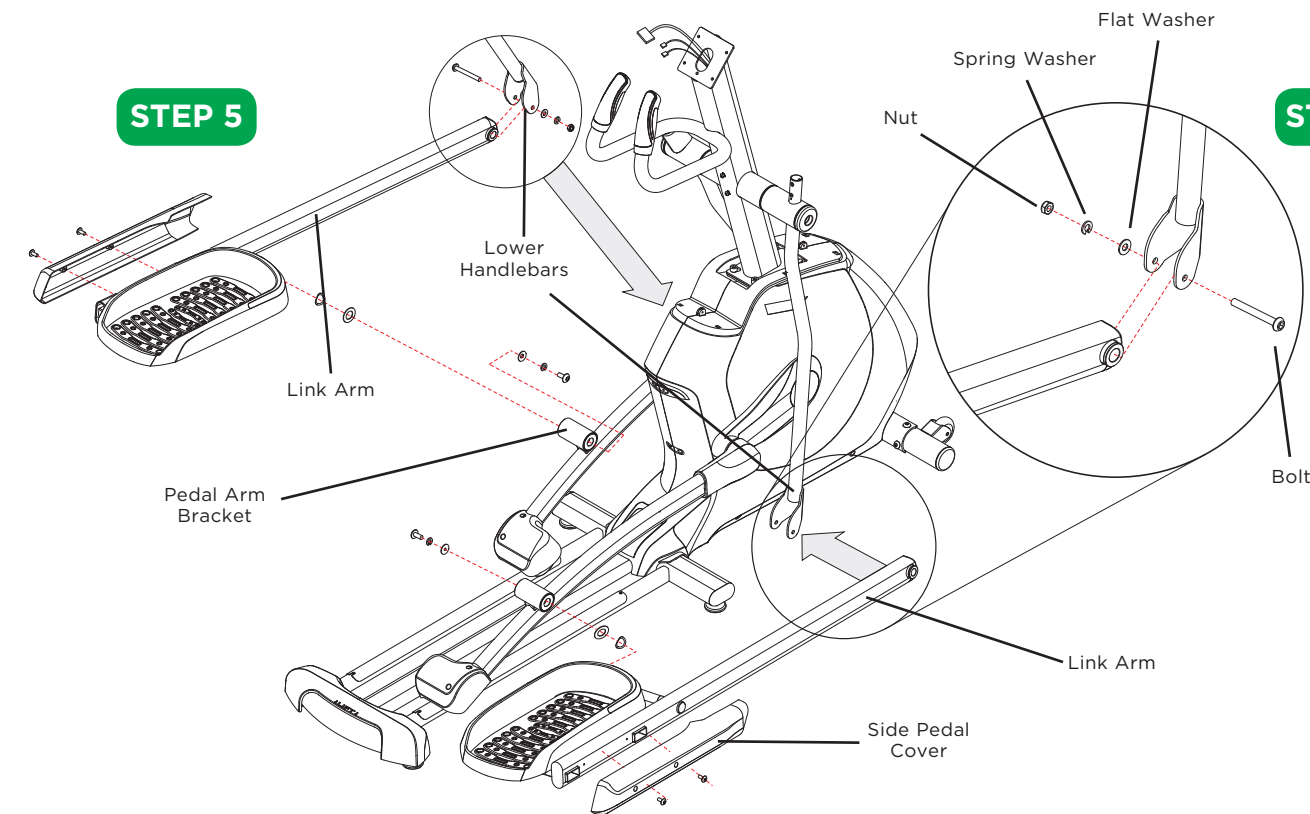
STEP 3**STEP 4****OPEN HARDWARE FOR STEP 4**

Attach Lower Handlebars to Console Mast

- Slide 1 large flat washer, 1 wavy washer and another large flat washer onto the console mast

- Slide lower handlebar onto console mast and attach using 1 large flat washer, 1 handlebar cap, 1 flat washer, 1 spring washer and 1 bolt

- Repeat on other side

STEP 4**STEP 5****STEP 5****OPEN HARDWARE FOR STEP 5**

Attach Link Arms

- Slide wavy washer and 27mm flat washer onto link arm before sliding link arm onto pedal arm bracket

- Attach link arm to pedal arm using 1 flat washer, 1 spring washer and 1 bolt

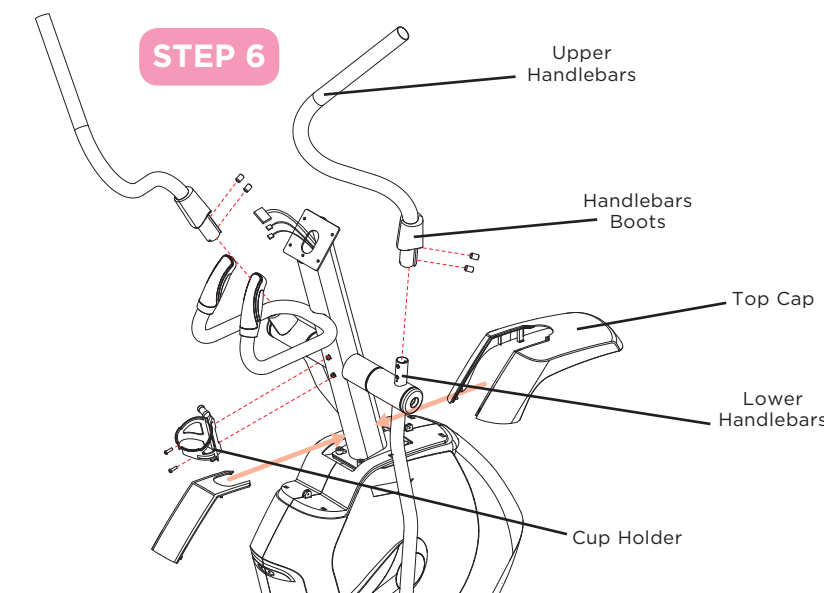
- Slide link arm into bottom end of lower handlebar

- Secure the joint with 1 bolt, 1 flat washer, 1 spring washer and secure with one nut

- Repeat on other side

Attach Side Pedal Covers

- Secure side pedal covers with 2 pre-attached screws on each side

STEP 6**STEP 6****HARDWARE IS PRE-INSTALLED**

Attach Upper Handlebars

- Slide upper handlebar onto lower handlebar and align notch with tab making sure handlebars are joined together completely. Secure upper handlebars to lower handlebars using pre-installed set screws

- Slide handlebar boots down

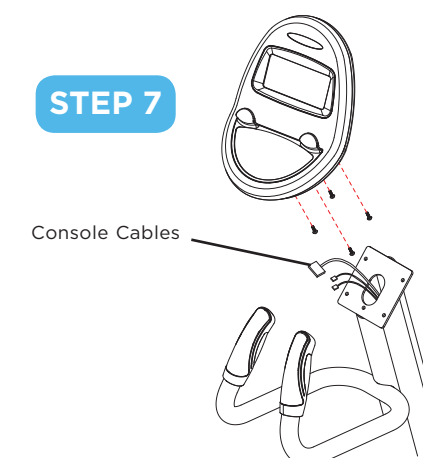
- Repeat on other side

Attach Top Cap

- Slide top cap over console mast and snap into place.

- Insert console mast boot over top cap and snap into place.

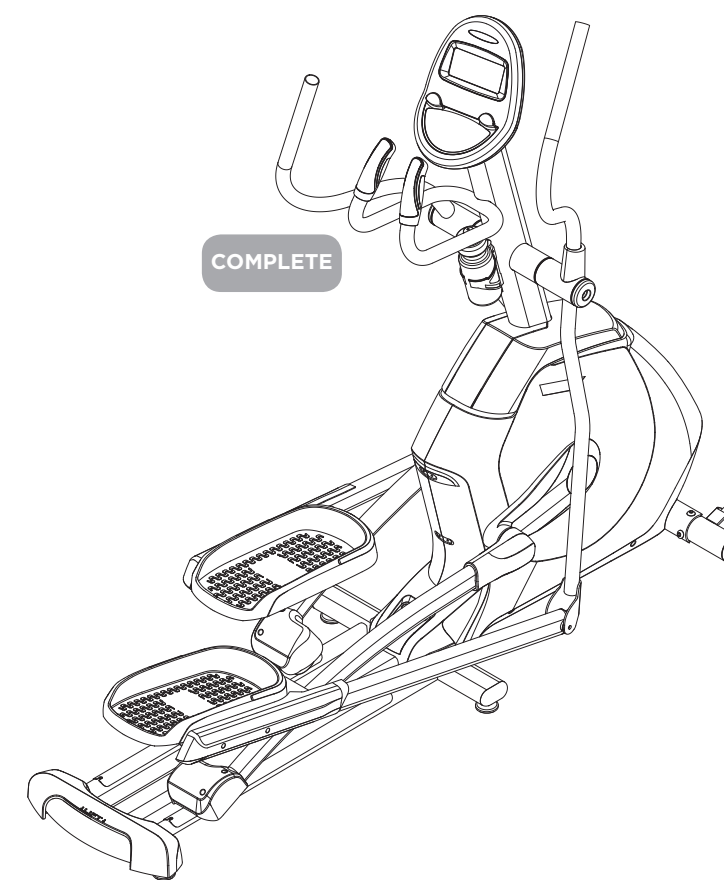
- Attach Cup holder using 2 pre-installed screws

STEP 7**STEP 7****HARDWARE IS PRE-INSTALLED**

Attach Console

- With the screwdriver, remove the four console mounting screws from the backside of the console. Connect the heart rate wires coming from the mast to the heart rate wires coming from the bottom of the console. Plug the data cables into the board. Pull any extra wire down into the console mast. Secure console to the bracket using the four console mounting screws removed earlier. Tighten with the screwdriver.

- Plug the power cord into the power socket in the front of the unit. Plug the other end of the cord into the wall outlet. Make sure the power switches at the bottom of the unit and on the back of the console are in the on position.

COMPLETE**STEP 8**

- Refer to **Product Selection and Model Configuration** decal on console or follow these steps.

- Once the product is plugged in turn on the console

- Select elliptical (**EP**) using the resistance arrow keys. Press ENTER to select.

- Select model (**X10**) using the RESISTANCE arrow keys. Press ENTER to select. Console will reset to start-up screen.

- The product selection and model configuration is now complete.