

XPO TRAINER

IT SHOULD NEVER BE EASY



XPO TRAINER 2 OWNER'S MANUAL

The latest, full-color version of this document, as well as instructional videos for assembly, use and workouts, can be viewed online at www.ArmoredFitness.com.

The online version will contain the very latest updates and photos.



ARMORED
FITNESS EQUIPMENT

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Thank you for your purchase of the XPO Trainer 2 from Armored Fitness Equipment. We will do all we can to make your ownership experience as pleasant as possible for years to come.

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating your new XPO Trainer 2.

MEDICAL DISCLAIMER:

Before beginning any exercise program, always discuss the program with your physician and follow your physician's advice. This information is not intended to replace a physician's independent judgment about the appropriateness or risks of engaging in this or any exercise program.

Exercise is not without its risks, and using this or any other exercise equipment may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and in very rare instances, heart attack. To reduce the risk of any injury and /or illness, before beginning use of this or any exercise equipment or program, please seek medical advice for guidance regarding appropriate exercise levels and precautions. It is particularly important to seek such advice if you suffer from an ongoing medical condition which may be affected by exercise. The exercise instruction and advice presented is for information purposes only and is in no way intended as a substitute for medical consultation.

Armored Fitness Equipment, LLC accepts no liability from or in connection with the use of this equipment. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a suitably qualified health professional.

IMPORTANT SAFETY INSTRUCTIONS:

SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventive Maintenance section for details.

- Do not overinflate the tires! Maximum pressure for the rear tires is **30 PSI**; the maximum pressure for the front tire is **50 PSI**.
- Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.
- Keep small children away from the XPO Trainer 2. There are pinch points and other areas that can cause harm.
- Keep all loose clothing, hair, and shoelaces away from moving parts.
- Do not attempt to use the XPO Trainer 2 for any purpose other than that for which it is intended.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the XPO Trainer 2.

- **Never carelessly drop the front wheel down when turning the XPO Trainer 2 around.** Set the front wheel down carefully -- especially with weight plates on the center post. Dropping the front wheel will damage the components over time and may end up breaking the hub.
- **Never** place more than 100 pounds of weight on the weight plate post
- **Never** drop weight plates onto the XPO Trainer 2. Violently dropping the plates will damage the front wheel components over time.
- **Never** expose the XPO Trainer 2 to rain.
- **Never** use the XPO Trainer 2 in wet or slippery conditions.
- **Never** push the XPO Trainer 2 while wearing a tow harness attached to the front.
- **Never** allow multiple athletes to push the XPO Trainer 2 at the same time.
- **Never** step on the chain guard.
- **Do not** stand or ride on the XPO Trainer 2.

UNPACKING AND ASSEMBLING YOUR XPO TRAINER 2:

We highly recommend that you watch the XPO Trainer 2 Assembly Demo video posted on our website, prior to assembling your XPO Trainer 2. You can find this and more video demonstrations at www.ArmoredFitness.com. Once there, click on the Support menu to find a step by step demonstration of assembly, including any special notices or cautions for your model.

UNPACKING PARTS:

Carefully remove all parts from carton and inspect for damaged or missing parts. Watch the XPO Trainer 2 Assembly Instructions video to see all parts.

If damaged parts are found or parts are missing, contact Armored Fitness Equipment immediately.

Your carton should contain:

- Front wheel assembly
- Kickplate
- Rear axle
- Rear wheels (two)
- Weight plate post
- Long handles (two)
- Toolkit
- Assembly guide
- Nut replacement kit (certain serial numbers only)



Watch the Assembly demo video online and follow along with the assembly instructions. Congratulations! Your XPO Trainer 2 is now ready for use.

IMPORTANT NOTES:

1. If you notice that your XPO Trainer 2 does not roll straight, please see the section later in this manual on ALIGNING THE FRONT WHEEL AND ADJUSTING CHAIN TENSION. You can also find videos demonstrating this at www.ArmoredFitness.com. Once there, click on the Support menu or the Videos menu. It is a good idea to watch this video and read this section now to understand how to perform maintenance that may be required on your XPO Trainer 2 in the future.
2. If you hear or notice **A CLICKING NOISE** coming from the front wheel or motor area, **DISCONTINUE USE IMMEDIATELY**. This is a good indication your XPO Trainer needs to have the chain tensioned or the front wheel aligned. This clicking noise is a sign that the chain is slipping. Over time, this may break the front wheel hub, wear the teeth off the sprocket on the motor, and damage the chain.

Before regular use, we highly recommend that you view the General Use videos posted at www.ArmoredFitness.com. Once there, click on the Support menu.

USING THE XPO TRAINER 2:

Proper use of weight plates on the XPO Trainer 2:

Unlike older style sleds, the weight on the XPO Trainer 2 does not create or influence the resistance. Resistance is provided by the resistance motor driven by the front wheel.

The only purpose for weight plates on the XPO Trainer 2 is to provide traction for the front wheel.

On indoor high traction surfaces, such as stall mats, there is no need for more than a single 45 pound plate. Outdoor or slicker surfaces, such as concrete, may require more weight to maintain traction. If the front tire begins to slip (usually can be heard) or leaves a skid mark, you should add weight plates to the XPO Trainer 2 to prevent unnecessary wear on the front tire.

When pushing the XPO Trainer 2 on an incline, such as pushing it up a hill, the amount of weight will change the resistance. Regardless, the weight limit still applies, as overloading the unit will damage the front wheel.

It is a common mistake to push or lift up on the handles while trying to push forward. This will cause the back tires to lift off the ground as the XPO Trainer 2 begins to move. Apply force directly forward instead of lifting up to keep all tires on the ground.



Pushing the XPO Trainer 2:

Long Handles:

Begin pushing the XPO Trainer 2 by holding the handles, leaning forward, and beginning to walk or run. In general, slower walking movements will involve higher hand positions. Experiment to find what works best for you.

Changing Direction/Turning:

Small changes in direction can be accomplished by applying greater force to one handle to “steer” the XPO Trainer 2.

Larger changes in direction can be made quickly while still under load, by squeezing the handles toward each other, lifting the rear wheels off the ground slightly, while continuing to push, and steering in the direction needed.

Re-Positioning:

The XPO Trainer 2 will easily roll backward with little resistance. It may also be pushed even more easily by placing a foot on the sawtooth kickplate located at the center of the rear axle assembly, pulling back on the handles, and lifting the front wheel off the ground. Once the front wheel is off the ground, the XPO Trainer 2 handles similarly to a two-wheel furniture dolly and can be pushed or pulled freely.

Warm Ups:

The XPO Trainer 2 is an excellent full-body warm up when pushed at lower levels of intensity. A 200-400 meter push at a brisk walking pace, using multiple hand positions, will thoroughly warm up most major joints and muscle groups.



Workouts:

An XPO Trainer push is an excellent substitution for the running or rowing portion of workouts that you may already be familiar with. As a general guideline, try substituting half the distance of the run or row with an XPO Trainer push or pull. Combine it with a barbell, a kettlebell, or a medicine ball and the options are endless. Don't let the weather stop you, the XPO Trainer can be used indoors or outdoors. Some of our favorite workout combinations are listed below, and videos can be found on our website at www.ArmoredFitness.com.



XPO Trainer Benchmark 1:

Set up two barbells 50 meters apart. Load one for deadlift and one for front squat. Recommended weights are 275# or 315# for deadlift and 155# or 185# for front squat for men. Scale and select your weights as appropriate. Begin with the XPO Trainer beside your front squat barbell.

For Time:

50m XPO Trainer Push
5 Deadlift
50m XPO Trainer Push
5 Front Squat
50m XPO Trainer Push
4 Deadlift
50m XPO Trainer Push
4 Front Squat
50m XPO Trainer Push
3 Deadlift
50m XPO Trainer Push
3 Front Squat
50m XPO Trainer Push
2 Deadlift
50m XPO Trainer Push
2 Front Squat
50m XPO Trainer Push
1 Deadlift
50m XPO Trainer Push
1 Front Squat

XPO Trainer Benchmark 2:

For Time:

400m XPO Trainer Push
Front tire must remain on the ground at all times.

Benchmark 3 – The XPO Mile:

For Time as an individual or a team:

1 mile XPO Trainer Push
Front tire must remain on the ground at all times and only one team member may push the XPO Trainer at a time.

XPO Trainer Benchmark 4:

For Time:

100m XPO Trainer Push or Pull
500m row

<p>XPO Trainer Benchmark 5: For Time: 15 Burpees 150m XPO Trainer Push 15 Burpees *This is a great workout to turn into a team relay race.</p>	<p>XPO Trainer Benchmark 6: 5x50m XPO Trainer Push or Pull 1:1 work to rest</p>
<p>XPO Trainer Benchmark 7: For Time: 21 Thrusters 30m XPO Trainer Push 15 Thrusters 30m XPO Trainer Push 9 Thrusters 30m XPO Trainer Push</p>	<p>XPO Trainer Benchmark 8: For Time: 100 Double Unders 100m XPO Trainer Push 80 Double Unders 80m XPO Trainer Push 60 Double Unders 60 XPO Trainer Push 40 Double Unders 40 XPO Trainer Push 20 Double Unders 20 XPO Trainer Push 10 Double Unders 10m XPO Trainer Push</p>

ALIGNMENT:

If your XPO Trainer does not roll straight, the front wheel may need to be aligned. Please watch the XPO Trainer Front Wheel Alignment video posted on our website. You can find this and more video demonstrations at www.ArmoredFitness.com. Once there, click on the Support menu.

XPO TRAINER DUTY CYCLE:

The XPO Trainer has a 50% duty cycle when performing at high loads in repetitive or team/relay exercises. In our experience, a single individual is not capable of overloading the capacity of the XPO Trainer. However, continuous use by a team of athletes may overload the ability of the motor to dissipate excess heat. To avoid this, do not operate the XPO Trainer continuously for more than 5 minutes in a team setting. Allow cooling time equal to the time in use before repeating. If at any point, the resistance motor begins to smoke or emit a burning smell, discontinue use and allow the XPO Trainer to cool. Armored Fitness Equipment, LLC is not responsible for replacing motors that have been damaged by repeated overheating from this type of misuse.

TIPS TO EXTEND THE LIFE OF YOUR XPO TRAINER:

- Although the XPO Trainer is ruggedly built, use caution NOT to drop the front wheel down when turning around. Set the front wheel down carefully -- especially with weight plates on the center post and/or pulling attachment post.
- Do not drop weight plates onto the XPO Trainer. Violently dropping the plates can damage the front wheel components over time.
- **Never** place more than 100 pounds of weight on the weight plate post. A good general rule is: Do not use more weight than is required to keep the front tire from skidding on the particular surface you are pushing on.

- Do not step on the chain guard.
- Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance section.
- It is imperative that you adhere to the duty cycle as specified in this manual.

PREVENTIVE MAINTENANCE BEFORE DAILY USE:

- Inspect the tires for proper inflation. Maximum pressure for the rear tires is 30 PSI; the maximum pressure for the front tire is 50 PSI.
- Inspect all weld points for cracks.
- Inspect all assembly bolts to ensure they are tight.
- Inspect the chain for alignment and proper tension. (Please see the ALIGNMENT and CHAIN TENSION sections above)
- Lubricate the chain using any quality spray lubricant.

HOW TO GET PARTS & SERVICE:

All returns must be pre-authorized by Armored Fitness Equipment. Armored Fitness Equipment's obligation under the warranty is limited to replacing or repairing the product at our option. Parts reconditioned to As New Condition may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.

Replacement wheels, tires, and chains are available for purchase at www.ArmoredFitness.com.

Please retain your proof of purchase, such as your bill of sale or receipt. Simply call Customer Service at (+1) 469-547-SLED (469-547-7533), Monday through Friday from 9:00 a.m. to 5:00 p.m. Central Time, and have your name, address, phone and **product serial number ready**. We will assist in getting your XPO Trainer back in service. The serial number is located under the motor mount plate.

REPLACING THE FRONT WHEEL AND/OR CHAIN:

Watch an instructional video walking you through this process on our website at www.ArmoredFitness.com. Once there, click on the Support menu.

MANUFACTURER'S LIMITED WARRANTY

This Armored Fitness Equipment product ("Product") is warranted to be free of all defects in material and workmanship. All components and labor are covered, after the date of purchase, for the period of one year. The frame weld points are covered for a period of 3 years. Tires and tubes are consumable items and are not covered by warranty.

This warranty applies to the original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

If the Product or any warranted part must be returned to a service facility for repairs, Armored Fitness Equipment will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

To correct covered defects, we will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

Exclusions -- Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Owner's Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Armored Fitness Equipment Representative.

To obtain warranty service, retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Armored Fitness Equipment reserves the right to decide whether or not a product is to be returned for repair.

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Armored Fitness Equipment for details.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

CAUTION: Any changes or modifications to this equipment could void the product warranty.