

# **XPO TRAINER**

**IT SHOULD NEVER BE EASY**



## **XPO TRAINER 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](http://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 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.**

#### **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. 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 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.
- **Never carelessly drop the front wheel down when turning the XPO Trainer around.** Set the front wheel down carefully -- especially with weight plates on the center post.
- **Never** place more than 100 pounds of weight on the weight plate post

- **Never** drop weight plates onto the XPO Trainer. Violently dropping the plates will damage the front wheel components over time.
- **Never** expose the XPO Trainer to rain.
- **Never** use the XPO Trainer in wet or slippery conditions.
- **Never** push the XPO Trainer while wearing a tow harness attached to the front.
- **Never** allow multiple athletes to push or pull the XPO Trainer at the same time.
- **Never** step on the chain guard.
- **Do not** stand or ride on the XPO Trainer.

## UNPACKING AND ASSEMBLING YOUR XPO TRAINER:

You may notice some small scratches at the attachment points on the powder coating finish of your new XPO Trainer. This is not an indication your XPO Trainer has been used or refurbished in any way. As part of our thorough quality control process, every XPO Trainer is inspected, assembled, and adjusted at the factory to insure proper fit and alignment of the front wheel.

We highly recommend that you watch the XPO Trainer Assembly Demo video posted on our website, prior to assembling your XPO Trainer. You can find this and more video demonstrations at [www.ArmoredFitness.com](http://www.ArmoredFitness.com). Once there, click on the Support menu.

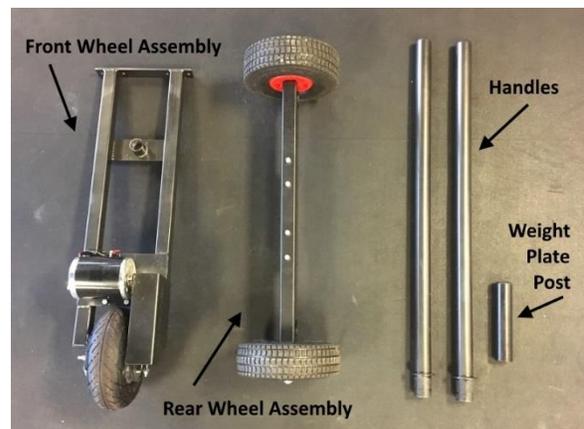
### UNPACKING PARTS:

Carefully remove all parts from carton and inspect for damaged or missing parts.

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

Your carton should contain:

- Front wheel assembly
- Rear axle assembly, including four bolts and four nuts
- Weight plate post
- Long handles (two)



### ASSEMBLY:

1. After unpacking and checking all parts, you'll need the following tools for assembly (not included):
  - Two 1/2 inch wrenches are preferred for best tightening the nut and bolt without damage. However, two adjustable wrenches will also work.



2. Locate and remove the four nuts on the rear wheel assembly, leaving the bolts in place.



3. With the sawtooth kickplate oriented on the top side of the rear wheel assembly, align the holes in the front wheel assembly and slide the bolts through.

Replace all four nuts.



4. Using two 1/2 inch wrenches, tighten the nuts down firmly.

After some initial use of your XPO Trainer, you may need to re-tighten these nuts.

If at any point your XPO Trainer begins making a squeaking noise, that is an indication that these nuts are not tight enough.



5. Place the weight plate post over the stub located on the center of the front wheel assembly.

Slide the two long handles into the holes in the rear wheel assembly.



6. Before regular use, we highly recommend that you view the General Use videos posted at [www.ArmoredFitness.com](http://www.ArmoredFitness.com). Once there, click on the Support menu.

Congratulations! Your XPO Trainer is now ready for use. If you notice that your XPO Trainer does not roll straight, please see the section later in this manual on **ALIGNING THE FRONT WHEEL AND ADJUSTING CHAIN TENSION**. It is a good idea to read this section now to understand how to perform maintenance that may be required on your XPO Trainer in the future.

## USING THE XPO TRAINER:

### Proper use of weight plates on the XPO Trainer:

Unlike older style sleds, the weight on the XPO Trainer 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 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 to prevent unnecessary wear on the front tire.



**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 begins to move. Apply force directly forward instead of lifting up to keep all tires on the ground.**

### Pushing the XPO Trainer:

#### **Long Handles:**

Begin pushing the XPO Trainer 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 the XPO Trainer:**

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



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:

The XPO Trainer 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 handles similarly to a two-wheel furniture dolly and can be pushed or pulled freely.



### Warm Ups:

The XPO Trainer 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](http://www.ArmoredFitness.com).



<p><b>XPO Trainer Benchmark 1:</b></p> <p>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.</p> <p>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</p>	<p><b>XPO Trainer Benchmark 2:</b></p> <p>For Time:  400m XPO Trainer Push  Front tire must remain on the ground at all times.</p> <hr/> <p><b>Benchmark 3 – The XPO Mile:</b></p> <p>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.</p> <hr/> <p><b>XPO Trainer Benchmark 4:</b></p> <p>For Time:  100m XPO Trainer Push or Pull  500m row</p>
<p><b>XPO Trainer Benchmark 5:</b></p> <p>For Time:  15 Burpees  150m XPO Trainer Push  15 Burpees  *This is a great workout to turn into a team relay race.</p>	<p><b>XPO Trainer Benchmark 6:</b></p> <p>5x50m XPO Trainer Push or Pull  1:1 work to rest</p>
<p><b>XPO Trainer Benchmark 7:</b></p> <p>For Time:  21 Thrusters  30m XPO Trainer Push  15 Thrusters  30m XPO Trainer Push  9 Thrusters  30m XPO Trainer Push</p>	<p><b>XPO Trainer Benchmark 8:</b></p> <p>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>

## ALIGNING THE FRONT WHEEL AND ADJUSTING CHAIN TENSION:

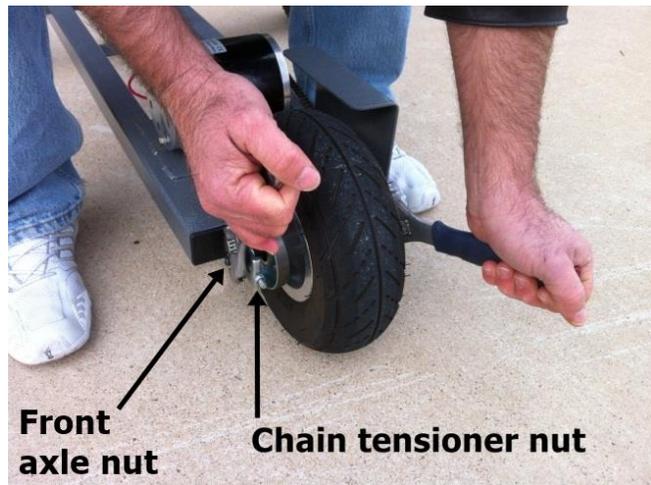
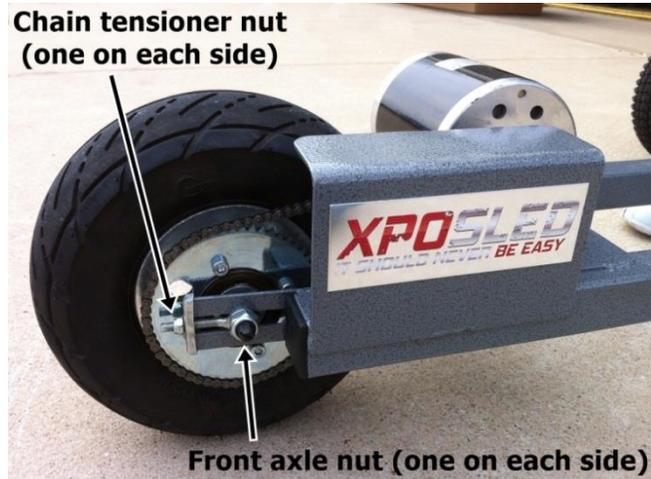
Each XPO Trainer has been assembled, aligned, and had its chain tensioned prior to shipment so that no adjustment should be necessary. If required, adjustments can be made in just a few minutes. Chain tension may need to be adjusted over time as the chain stretches slightly under use.

Two adjustable wrenches will be required for this process. You will use one wrench on each front axle nut at the same time. One of the adjustable wrenches will later be used on the chain tensioner nuts.

Front wheel alignment and chain tension are controlled by the two chain tensioners on the very front of the forks. The tensioners each pull one side of the axle forward, and by adjusting them you can change the angle of the front wheel as well as change the chain tension. Turning the nuts on the chain tensioners clockwise will tighten the tensioner and pull that side of the axle forward. Turning them counter clockwise will loosen the tensioner and allow the axle to move backwards, but it may be necessary to firmly strike the front wheel to pull the axle back after loosening the tensioner.

Before starting, it is very important to realize that adjusting the front wheel in any way affects chain tension. **It is critical that the chain not be overly tightened, as this may damage the resistance motor.** When making the adjustments described below, frequently check the chain tension. The chain should move up and down between  $\frac{1}{8}$ " and  $\frac{1}{4}$ " under firm fingertip pressure.

If it does not, turn both chain tensioning nuts counter clockwise an equal number of turns and push the front wheel towards the rear of the XPO Trainer until the chain is loose enough to move up and down at least  $\frac{1}{4}$  inch.



## CHAIN TENSION:

1. Loosen the front axle nuts by placing a wrench on each nut, and turning either one counter-clockwise. No more than a full turn is necessary. You do not need to remove the nuts, just make them loose enough that the wheel can be adjusted.



**Front axle nuts (one on each side)**

2. To loosen the chain, turn each chain tensioner nut  $\frac{1}{2}$  turn counter clockwise and firmly strike the front wheel with your hand to move it back. To tighten the chain, turn each chain tensioner nut  $\frac{1}{2}$  turn clockwise. The tensioner will pull the wheel forward and tighten the chain.



**Chain tensioner nut  
(one on each side)**

3. Check the chain tension. Between  $\frac{1}{8}$  inch and  $\frac{1}{4}$  inch of movement up and down under firm fingertip pressure is ideal. Repeat step 2 until the correct chain tension is achieved.



4. Place a wrench on both front axle nuts, and tighten by turning clockwise. It is best to tighten by pushing the wrench towards the rear of the XPO Trainer. Pulling the wrench towards the front of the XPO Trainer may pull that side of the axle forwards and ruin the alignment. It is not necessary to tighten forcefully.

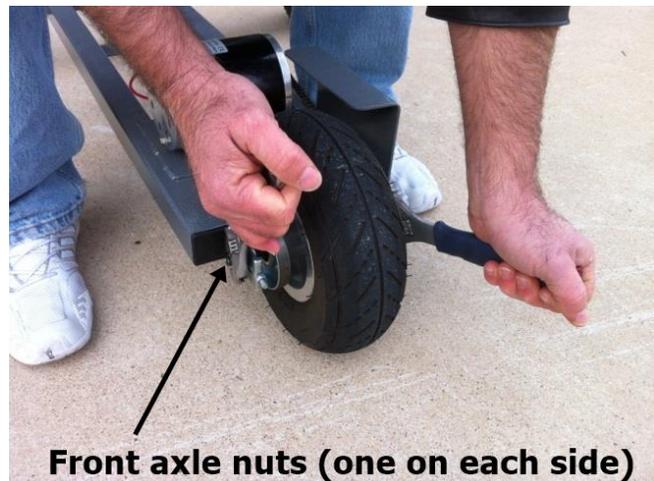


5. By moving both chain tensioners equally, the alignment of the front wheel should be preserved. Check alignment and if the XPO Trainer does not roll straight, follow the steps for alignment.

#### **ALIGNMENT:**

We highly recommend that you watch the XPO Trainer Front Wheel Alignment Demo video posted on our website, prior to following these steps. You can find this and more video demonstrations at [www.ArmoredFitness.com](http://www.ArmoredFitness.com). Once there, click on the Support menu.

1. Loosen the front axle nuts by placing a wrench on each nut, and turning either one counter-clockwise. No more than a full turn is necessary. You do not need to remove the nuts, just make them loose enough that the wheel can be adjusted.



2. Disconnect the resistance motor connections so the XPO Trainer will roll freely. Pull on the connectors themselves; do not pull on the wire, as this may cause the wire and the connector to separate.



3. Firmly push the XPO Trainer on a level surface. Let go, and note the direction in which the XPO Trainer is turning.

This is easiest to do if there is a straight line for reference, such as an expansion joint or parking lot painted lines.





4. Tighten (turn clockwise)  $\frac{1}{2}$  turn the chain tensioner nut on the side to which the XPO Trainer is turning. If the XPO Trainer turned to the left (as in the photo above in step 3), tighten the left side tensioner, and vice versa.



5. Repeat steps 3 and 4 until the XPO Trainer rolls straight. Be certain to check chain tension after every adjustment to avoid damaging the resistance motor. If at any point the chain is too tight, adjust BOTH chain tensioner nuts counter clockwise until the chain has loosened to  $\frac{1}{8}$ " flex under firm fingertip pressure and resume alignment.



- When the XPO Trainer rolls straight, place a wrench on both front axle nuts, and tighten by turning clockwise. It is best to tighten by pushing the wrench towards the rear of the XPO Trainer. Pulling the wrench towards the front of the XPO Trainer may pull that side of the axle forwards and ruin the alignment. It is not necessary to tighten forcefully.



- Retest the XPO Trainer after tightening the axle nuts. When satisfied with the alignment, reconnect the resistance motor connections. Be certain connectors are fully seated (fit snugly) before using the XPO Trainer.



## **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](http://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 REAR WHEELS:**

These instructions apply to XPO Sled and XPO Trainer Serial numbers 0001-1499. If you have a serial number outside this range, please contact us for help at [info@armoredfitness.com](mailto:info@armoredfitness.com)

Tools required: 15/16" wrench or adjustable wrench with at least 15/16" capacity

1. Using a wrench, remove the nut that retains the wheel on the axle.
2. Remove the wheel. It may take some rocking back and forth to get the wheel to come off if the axle has oxidized or if there was powder coating trapped beneath the wheel bearings.
3. Once the old wheel is off, replace it with the new wheel and push it all the way onto the axle
4. Replace the retaining nut, but it is EXTREMELY important that it not be overtightened. Only tighten the nut until it just begins to touch the bearing. If unsure, spin the tire and see if it spins freely. If it slows quickly, the nut is too tight and should be loosened until the wheel spins freely.

## **REPLACING THE FRONT WHEEL AND/OR CHAIN:**

Watch an instructional video walking you through this process on our YouTube Channel here: <https://youtu.be/6Tdm6VX-Ci0>.

# 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.**