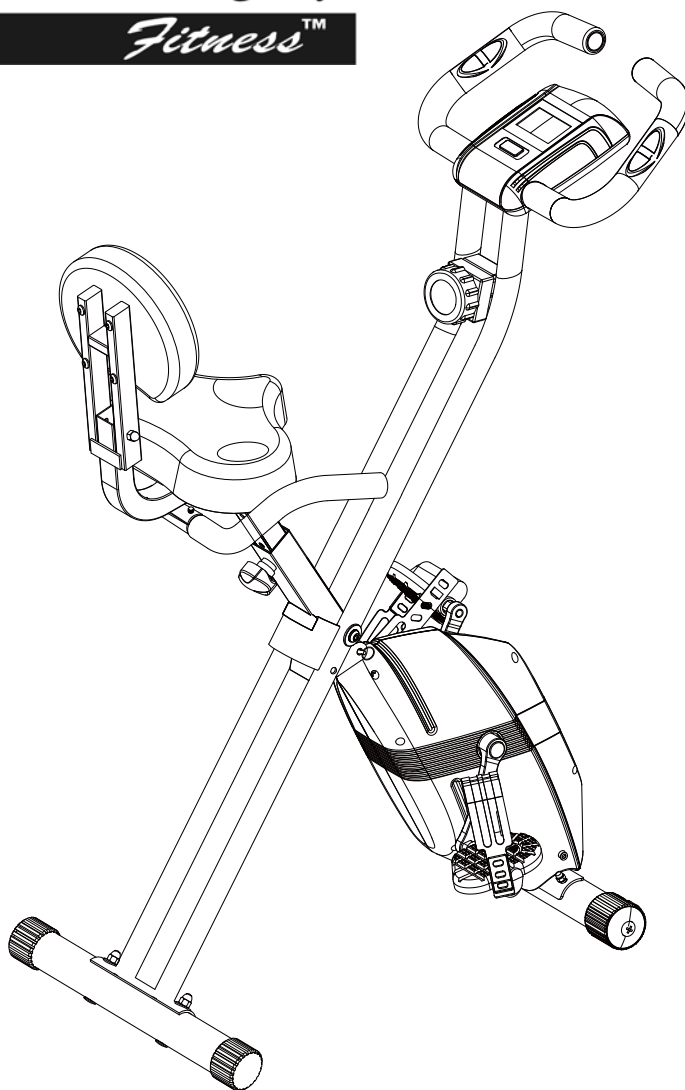


# ***DELUXE X-CROSS***

***ITEM NO: 21040***

# ***PROGRESSION***

***Fitness™***



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.  
The specifications of this product may vary from this photo, subject to change without notice.***

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# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise is necessary. Refer to the Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 110 kgs.

**WARNING:** Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

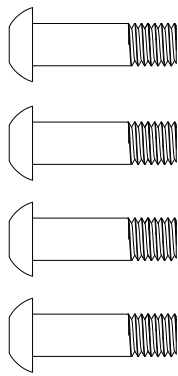
# PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Rear Frame	1	027	Round Phillips Head Tapping Screw ST4.2x20	6
002	Front Frame	1	028	Big Curve Washer Ø8xØ25x1.5	6
003	Rear Stabilizer Ø50	1	029	Hexagon Cap Nut M8	5
004	Front Handlebar Ø25	1	030	Belt 230J3	1
005	Seat Post	1	031	Belt 240J3	1
006	Seat Cushion	1	032	Hexagon Socket Bolt M6x12	3
007L	Left Foot Pedal (9/16")	1	033	Flat Washer Ø8xØ16x1.5	3
007R	Right Foot Pedal (9/16")	1	034	Nylon Nut M8	5
008	Axle Ø16	1	035	Spring Washer Ø6	3
009	Computer	1	036	Magnet Bracket	1
010	Front Stabilizer Ø50	1	037	Magnet 65x20x8	2
011	Rear Stabilizer End Cap	2	038	Sensor with Wire	1
012	Seat Post Plastic Bushing	1	039	Sensor Bracket	1
013	Tension Control Knob (1120L)	1	040	Flywheel Ø200	1
014	Seat Height Adjustment Knob M16	1	041	Belt Wheel with Crank Axle Ø155	1
015	Extension Sensor Wire (900L)	1	042	Bearing Bracket Ø74x13	2
016	Wire Grommet	3	043	Bearing Cup Ø70xØ2	2
017	Front Handlebar Foam Grip Ø23xØ32x420	2	044	Bearing 6003	4
018L	Front Left Wheel Cap	1	045	C-ring Ø17	6
018R	Front Right Wheel Cap	1	046	Belt Wheel Ø150	1
019L	Left Shroud	1	047	Bearing 6000	2
019R	Right Shroud	1	048	Axle Ø12.7x94.5	1
020	Round Phillips Head Drilling Screw ST4.2x18	2	049	Eyebolt M6	2
021	Round Plastic Bushing	6	050	Tension Bracket	2
022	Safety Pin Ø8	1	051	Spring Clip Ø10	1
023L	Left Crank	1	052	Nylon Nut M6	2
023R	Right Crank	1	053	Nut M10x1.5xØ6.5	1
024	Hand Pulse Sensor with Wire	2	054	Washer Ø10xØ25x1.5	1
025	France Nut 3/8"	2	055	Wave Washer Ø17.5xØ23xØ0.3	1
026	Crank Cover	2	056	Idle Wheel Axle Ø17x37	1

# PARTS LIST

No.	Description	Qty	No.	Description	Qty
057	Nylon Nut M10	1	074	Washer Ø4.2xØ9x1.0	2
058	Bearing 6202	1	075	Round Phillips Head Tapping Screw ST4.2x19	2
059	Handlebar End Cap Ø25	4	076	Round Phillips Head Tapping Screw ST4.8x15	2
060	Hexagon Socket Bolt M8x15	2	077	Back Cushion	1
061	Rubber Cushion	1	078	Back Cushion Frame	1
062	Washer Ø8xØ25x1.5	6	079	Back Cushion Tube	1
063	Bolt M6x10	8	080	Square End Cap (30x30)	1
064	Washer Ø6.5xØ13xØ0.5	2	081	Carriage Bolt M8x50	2
065	Round Phillips Head Drilling Screw ST4.2x12	1	082	Hexagon Socket Bolt M8x45	4
066	Nut M10x1.5xØ8	2	083	Hexagon Socket Bolt M8x75	1
067	C-ring Ø15	1	084	Spring Washer Ø8	4
068	Plastic Washer Ø10xØ14x1.0	2	085	Back Cushion Tube End Cap 15x30	4
069	EVA Pad	1	086	Plastic Washer Ø8	2
070	Bolt M5x20	1	087	Rear Handlebar Ø25x1.5t	1
071	Washer Ø5xØ18	1	088	Rear Handlebar Foam Grip Ø23xØ32x350	2
072	Spring Ø8xØ0.8x60	1	089	Hexagon Socket Bolt M8x40	2
073	Bolt M5x10	2			

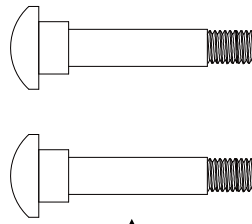
# HARDWARE & TOOLS PACK



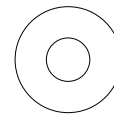
(82) Hexagon Socket Bolt M8x45  
4 PCS



(84) Spring Washer Ø8  
4 PCS



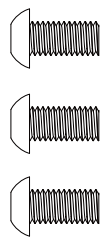
(81) Carriage Bolt M8x50  
2 PCS



(62) Washer Ø8xØ25x1.5  
2 PCS



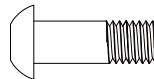
(34) Nylon Nut M8  
2 PCS



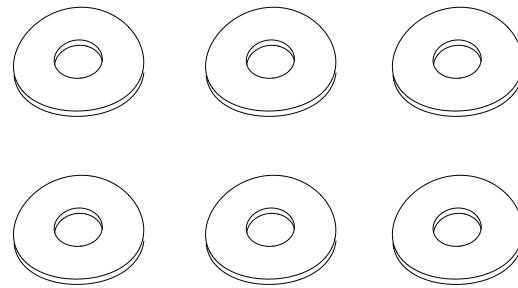
(32) Hexagon Socket Bolt M6x12  
3 PCS



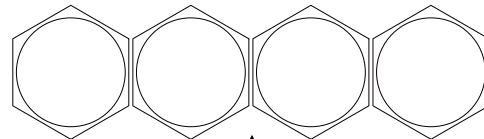
(35) Spring Washer Ø6  
3 PCS



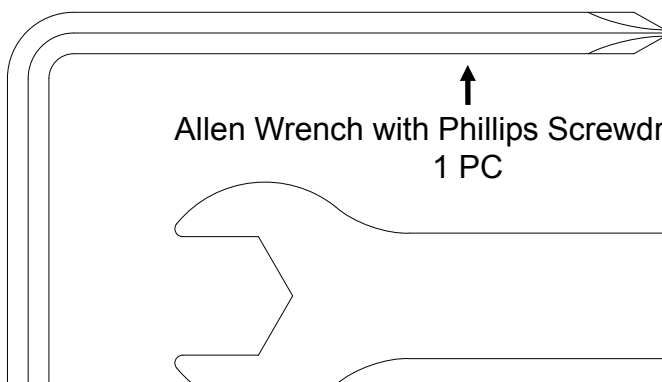
(89) Hexagon Socket Bolt M8x40  
2 PCS



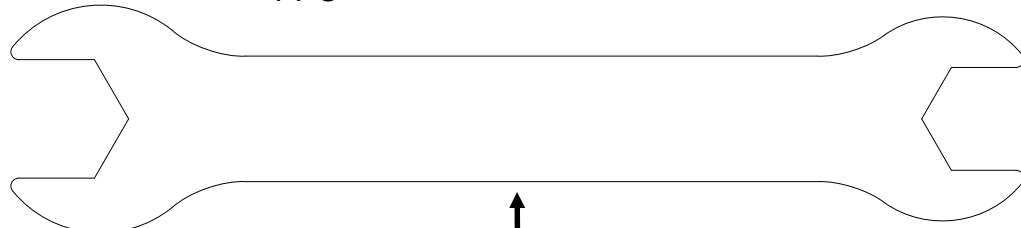
(28) Big Curve Washer Ø8xØ25x1.5  
6 PCS



(29) Hexagon Cap Nut M8  
4 PCS

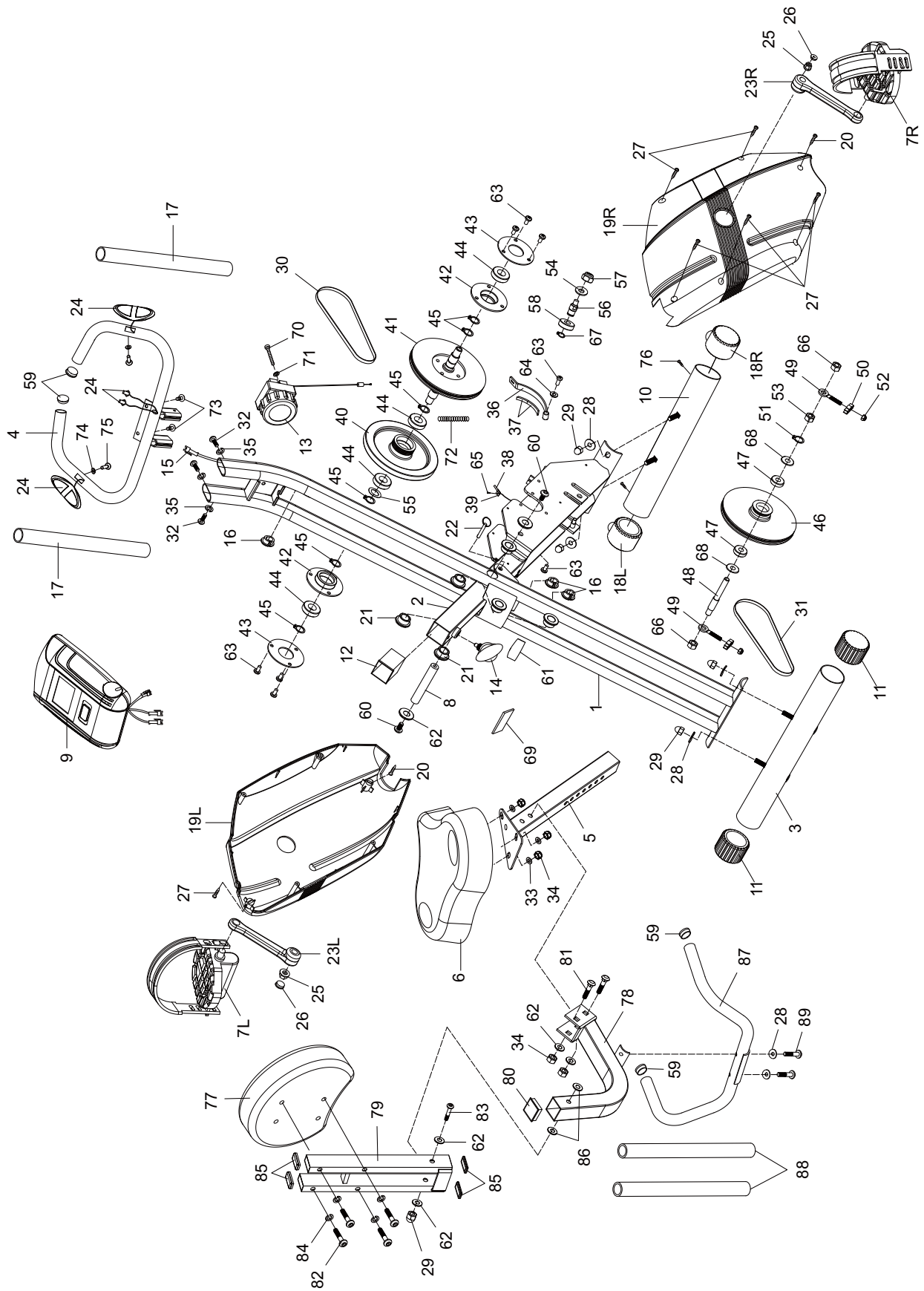


Allen Wrench with Phillips Screwdriver 5#  
1 PC

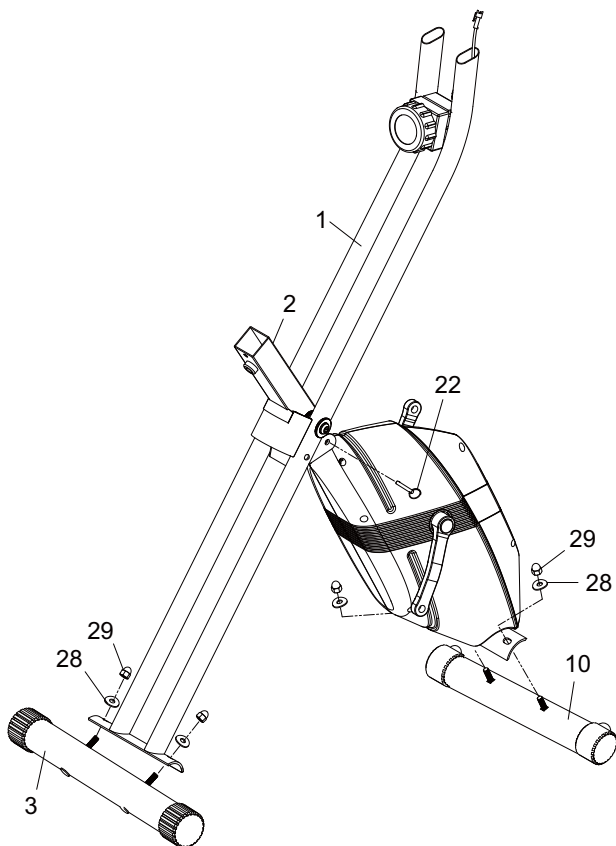


Double Open End Wrench 13#, 15#  
1 PC

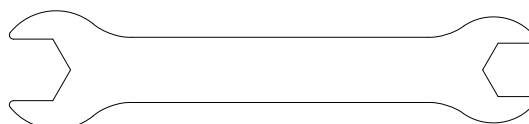
# OVERVIEW DRAWING



# ASSEMBLY INSTRUCTIONS



## Tool:



*Double Open End Wrench 13#, 15#*

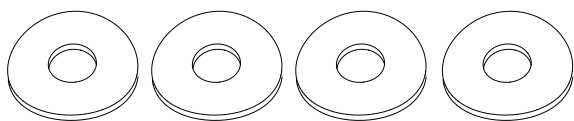
## 1. Front and Rear Stabilizers Installation

Remove the  $\text{\O}8$  Safety Pin (22) from the bike. Pull the Rear and Front Frames (1, 2) apart from each other. Align pin holes for inserting the  $\text{\O}8$  Safety Pin (22) then insert the removed  $\text{\O}8$  Safety Pin (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.

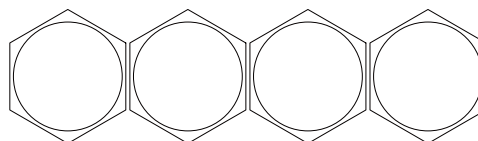
Position the Front Stabilizer (10) in front of the Front Frame (2) and align bolt holes. Attach the Front Stabilizer (10) onto the front curve of the Front Frame (2) with two  $\text{\O}8 \times \text{\O}25 \times 1.5$  Big Curve Washers (28) and two M8 Hexagon Cap Nuts (29). Tighten cap nuts with the Double Open End Wrench provided.

Position the Rear Stabilizer (3) behind the Rear Frame (1) and align bolt holes. Attach the Rear Stabilizer (3) onto the rear curve of the Rear Frame (1) with two  $\text{\O}8 \times \text{\O}25 \times 1.5$  Big Curve Washers (28) and two M8 Hexagon Cap Nuts (29). Tighten cap nuts with the Double Open End Wrench provided.

## Hardware:

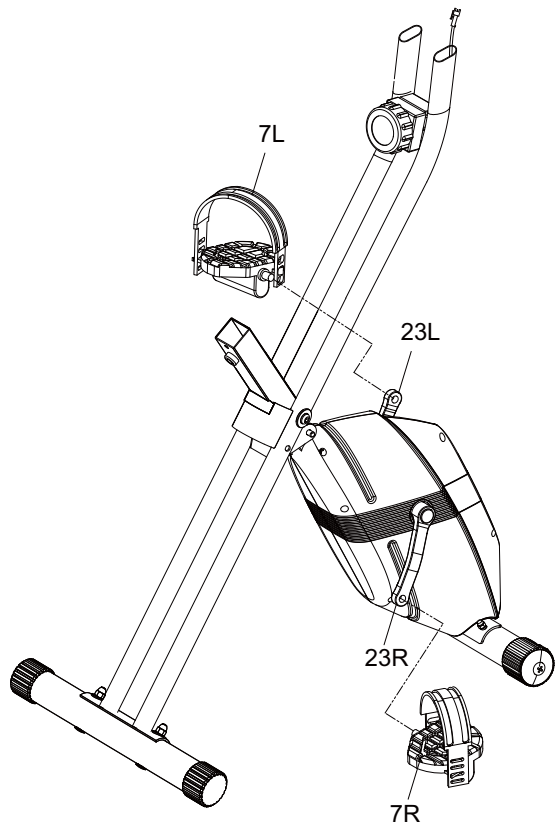


(28) Big Curve Washer  $\text{\O}8 \times \text{\O}25 \times 1.5$   
4 PCS

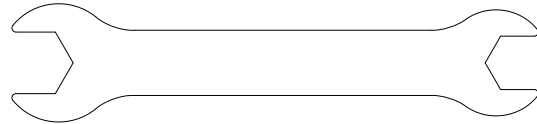


(29) Hexagon Nut Cap M8  
4 PCS





**Tool:**



*Double Open End Wrench 13#, 15#*

**2. Left and Right Foot Pedals Installation**

**The Cranks, Pedal Shafts, Foot Pedals, and Pedal Straps are marked “R” for Right and “L” for Left.**

Insert the pedal shaft of Left Foot Pedal (7L) into threaded hole in the Left Crank (23L).

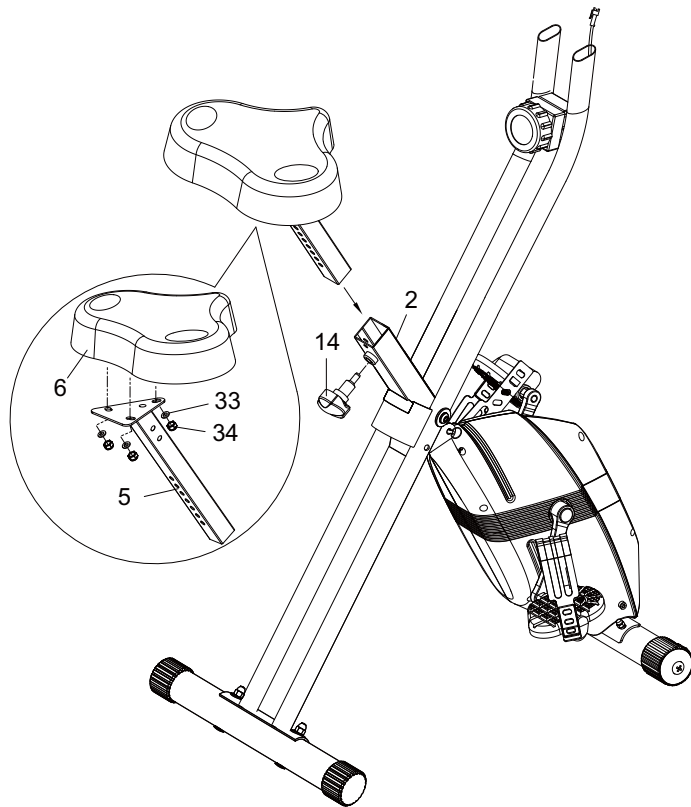
Turn the pedal shaft by hand in the counter-clockwise direction until snug.

**Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.**

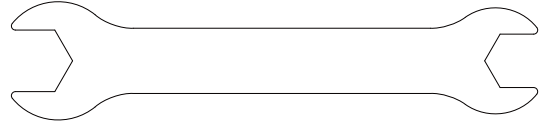
Tighten the pedal shaft of Left Foot Pedal (7L) with the Double Open End Wrench provided.

Insert pedal shaft of Right Foot Pedal (7R) into threaded hole in Right Crank (23R). Turn the pedal shaft by hand in the clockwise direction until snug.

Tighten pedal shaft of Right Foot Pedal (7R) with the Double Open End Wrench provided.



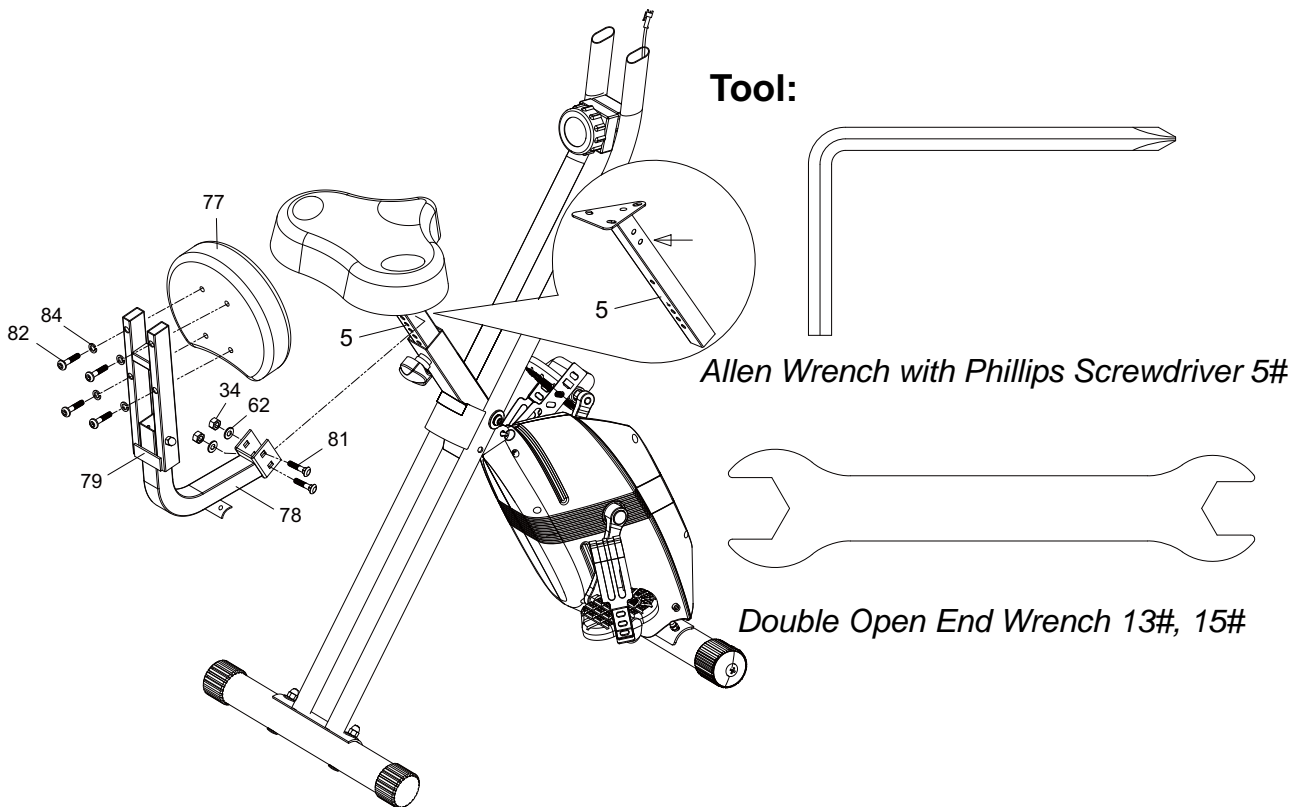
**Tool:**



*Double Open End Wrench 13#, 15#*

**3. Seat Cushion and Seat Post Installation**

Remove three Ø8xØ16x1.5 Flat Washers (33) and three M8 Nylon Nuts (34) from underside of the Seat Cushion (6). Remove nylon nuts with the Double Open End Wrench provided. Align bolt holes on underside of Seat Cushion (6) with holes on top of Seat Post (5), then attach with three Ø8xØ16x1.5 Flat Washers (33) and three M8 Nylon Nuts (34) that were removed. Tighten nylon nuts with the Double Open End Wrench provided. Insert the Seat Post (5) into the seat post bushing on the tube of the Front Frame (2). Adjust seat position and insert the M16 Seat Height Adjustment Knob (14). Turn the M16 Seat Height Adjustment Knob (14) in a clockwise direction to tighten.

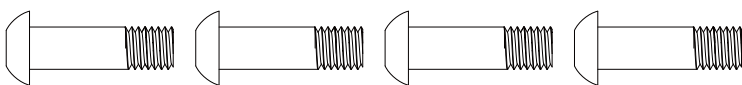


#### 4. Back Cushion Frame and Back Cushion Installation

Attach the Back Cushion Frame (78) onto the Seat Post (5) with two M8 Nylon Nuts (34), two Ø8xØ25x1.5 Washers (62), and two M8x50 Carriage Bolts (81). Tighten nylon nuts with the Double Open End Wrench provided.

Attach the Back Cushion (77) onto the Back Cushion Tube (79) with four M8x45 Hexagon Socket Bolts (82) and four Ø8 Spring Washers (84). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

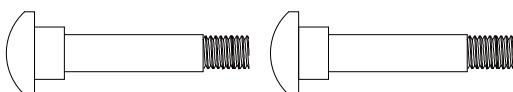
#### Hardware:



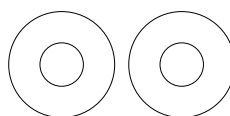
(82) Hexagon Socket Bolt M8x45  
4 PCS



(84) Spring Washer Ø8  
4 PCS



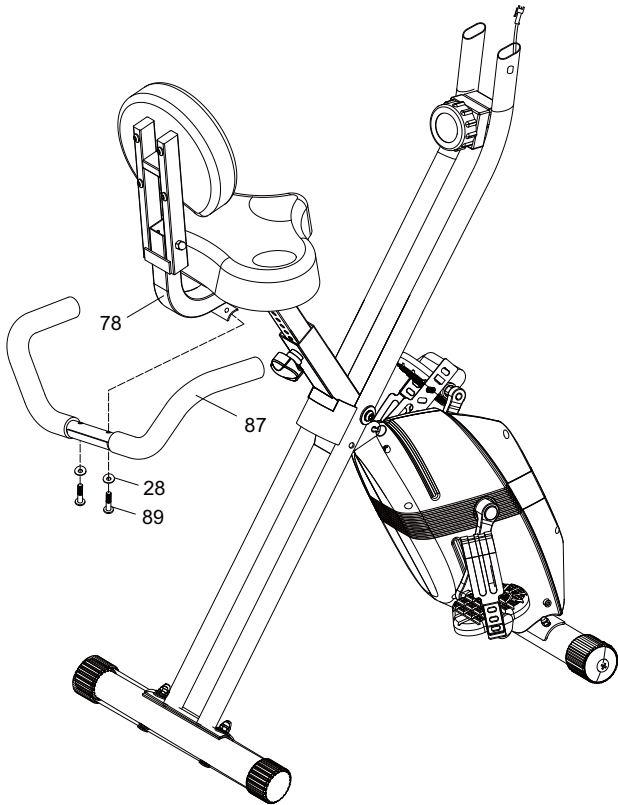
(81) Carriage Bolt M8x50  
2 PCS



(62) Washer Ø8xØ25x1.5  
2 PCS



(34) Nylon Nut M8  
2 PCS



**Tool:**

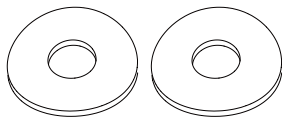


*Allen Wrench with Phillips Screwdriver 5#*

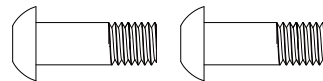
**5. Rear Handlebar Installation**

Attach the Rear Handlebar (87) onto the Back Cushion Frame (78) with two Ø8xØ25x1.5 Big Curve Washers (28) and two M8x40 Hexagon Socket Bolts (89). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

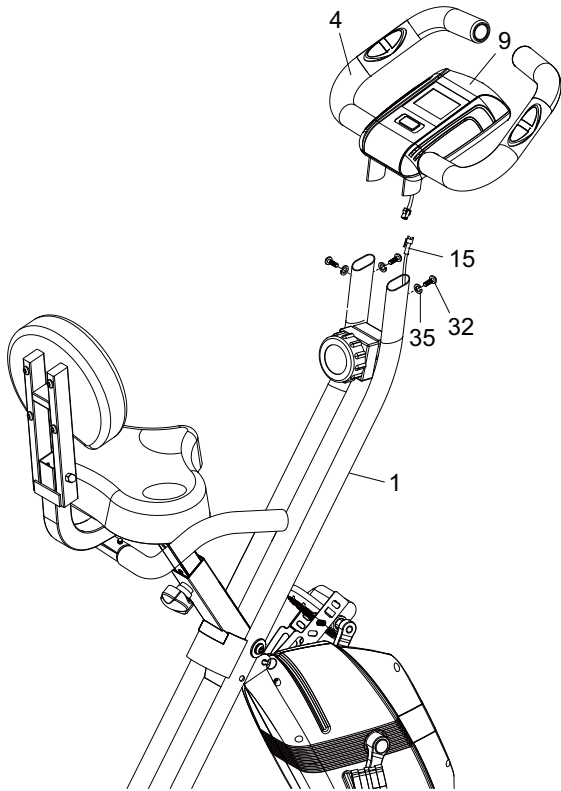
**Hardware:**



(28) Big Curve Washer Ø8xØ25x1.5  
2 PCS



(89) Hexagon Socket Bolt M8x40  
2 PCS



**Tool:**



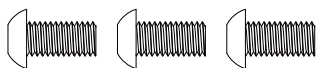
*Allen Wrench with Phillips Screwdriver 5#*

**6. Computer Installation**

Connect the Extension Sensor Wire (15) from the Rear Frame (1) to the wire that comes from the Computer (9).

Install the Front Handlebar (4) to the Rear Frame (1) by sliding the Front Handlebar (4) into the Rear Frame (1), using three M6x12 Hexagon Socket Bolts (32) and three Ø6 Spring Washers (35). Tighten bolts with the Allen Wrench with Phillips Screwdriver provided.

**Hardware:**



(32) Hexagon Socket Bolt M6x12  
3 PCS



(35) Spring Washer Ø6  
3 PCS

# OPERATING THE COMPUTER

## SPECIFICATIONS:

TIME -----	0:00-99:59 MIN: SEC
SPEED -----	0.0-999.9 KM/H
DIST (DISTANCE) -----	0.00-99.99 KM
CAL (CALORIES) -----	0.0-999.9 KCAL
ODO (ODOMETER) -----	0.00-99.99 KM
PULSE -----	40-200 BEATS/MIN



## USING YOUR COMPUTER

The computer can be activated by pressing the button or by pedaling. If you leave the equipment for 4 minutes, the power will turn off automatically.

## BUTTON FUNCTIONS:

Press the button to select each function of the computer.

Press and hold the button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

## COMPUTER FUNCTIONS:

**SCAN:** Automatically scans each function in sequence with change every 6 seconds.

**NOTE:** If you do not want to use the SCAN function, press the button to select one of the other functions.

**TIME:** Displays your elapsed workout time in minutes and seconds.

**SPEED:** Displays the current training speed.

**DIST (DISTANCE):** Displays the cumulative distance traveled during workout.

**CAL (CALORIES):** Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

**ODO (ODOMETER):** Displays the total accumulative distance traveled. The ODOMETER data values can not be clear to zero by pressing and holding the button for 3 seconds. If you take out the batteries from the computer, the ODOMETER data values will clear to zero.

**PULSE:** Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

## HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AAA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

# ADJUSTMENTS

## Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

To decrease the load, turn the tension control knob in a counterclockwise direction.



**Tension Control Knob**

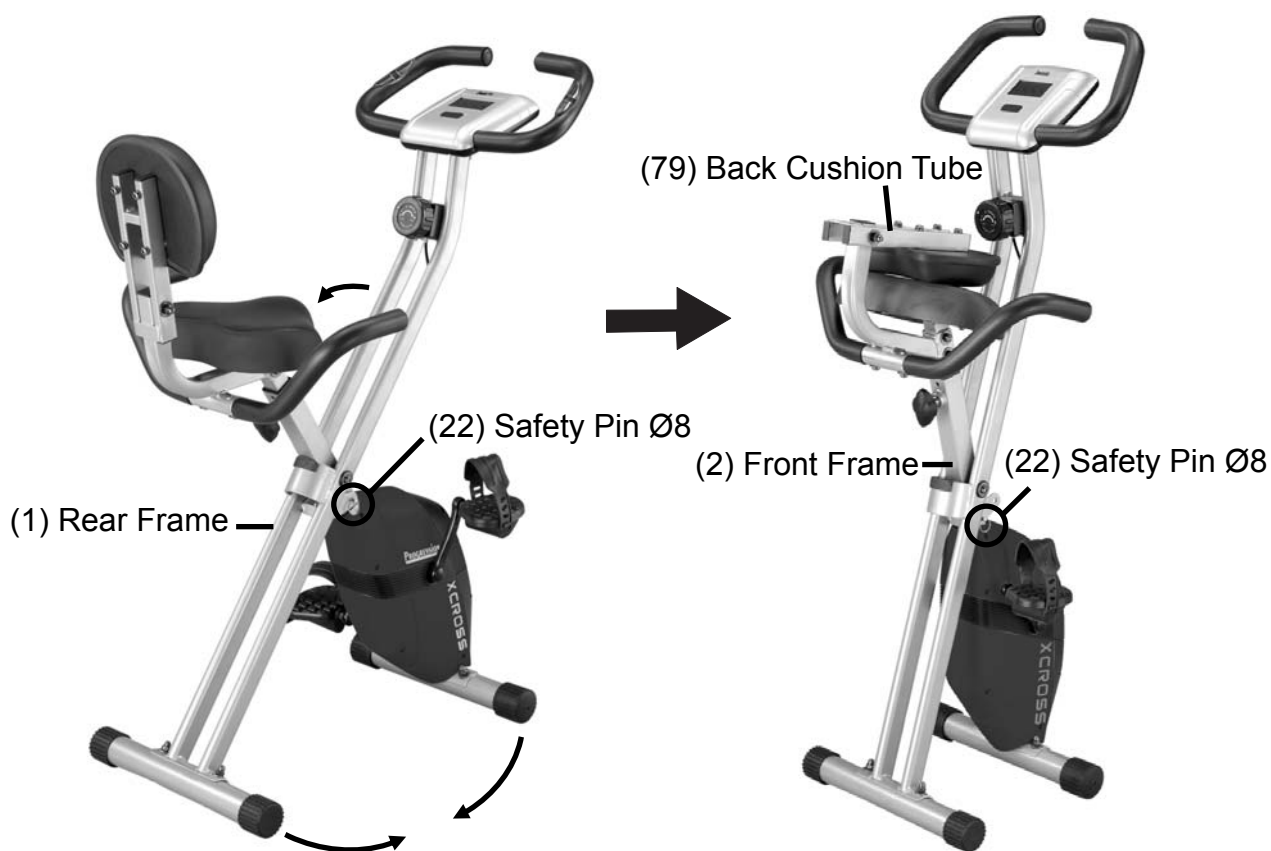
## Adjusting the Seat Height

Turn the seat height adjustment knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat height adjustment knob in a clockwise direction.



**Seat Height Adjustment Knob**

# STORAGE



For your convenience, the bike can be folded up and placed in a storage area.

1. Remove the Ø8 Safety Pin (22) from the bike.
2. Push the Rear and Front Frames (1, 2) together until they meet.
3. Align safety pin holes for inserting the Ø8 Safety Pin (22) then insert the removed Ø8 Safety Pin (22) into the holes on the Rear and Front Frames (1, 2) to lock the frames in place.
4. Push the Back Cushion Tube (79) down until back cushion meets seat cushion.



# MAINTENANCE

## Cleaning

The bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

## Storage

Store the bike in a clean and dry environment away from children.

# TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none"> <li>1. Verify the sensor wire that comes from the computer post is properly plugged into receptacle located on the back of the computer.</li> <li>2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer console may be dead. Change to new batteries.</li> </ol>
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connection for the hand pulse sensors is secure.</li> <li>2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.</li> <li>3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
The bike makes a squeaking noise when in use.	The bolts may be loose on the bike, please inspect the bolts and tighten the loose bolts.

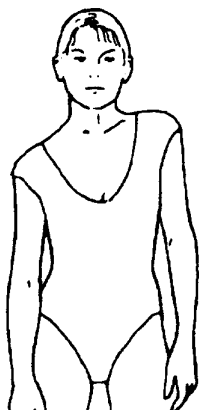
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

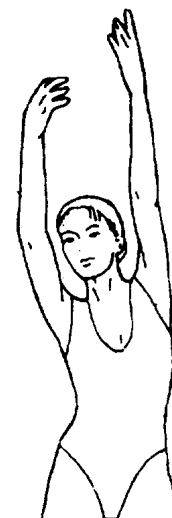
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

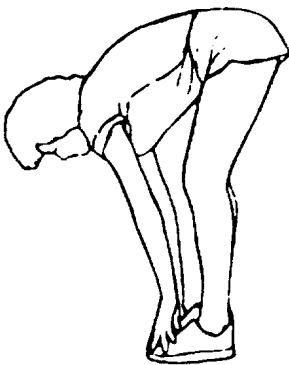


### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

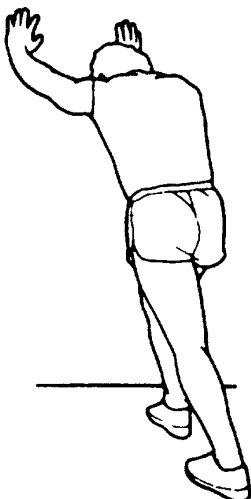
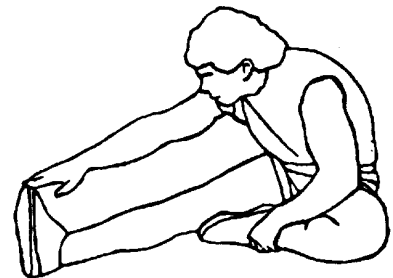


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.