

# XT4 Cross-Trainer Essential

CTXT4-0000-01

## Parts Manual

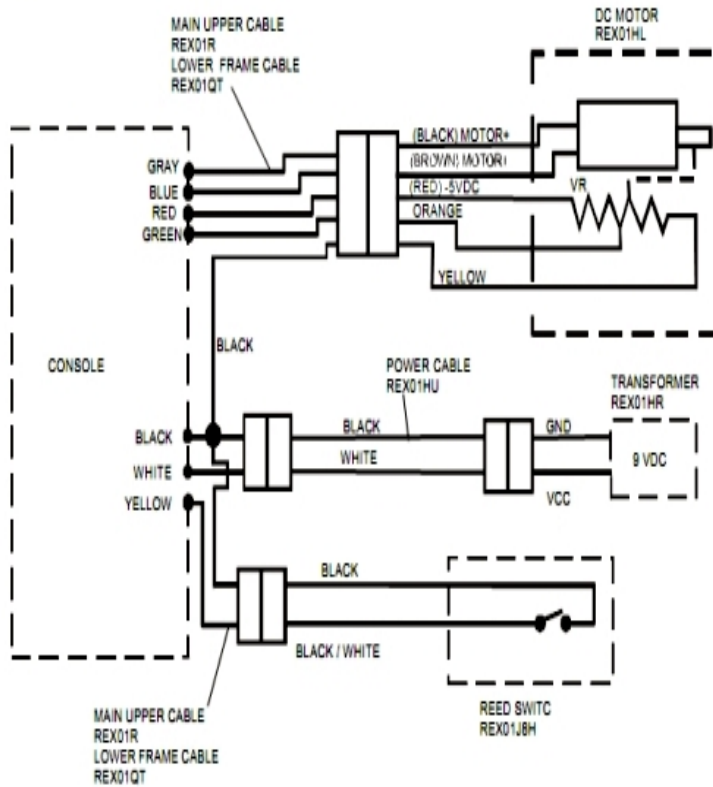
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# Block Diagram



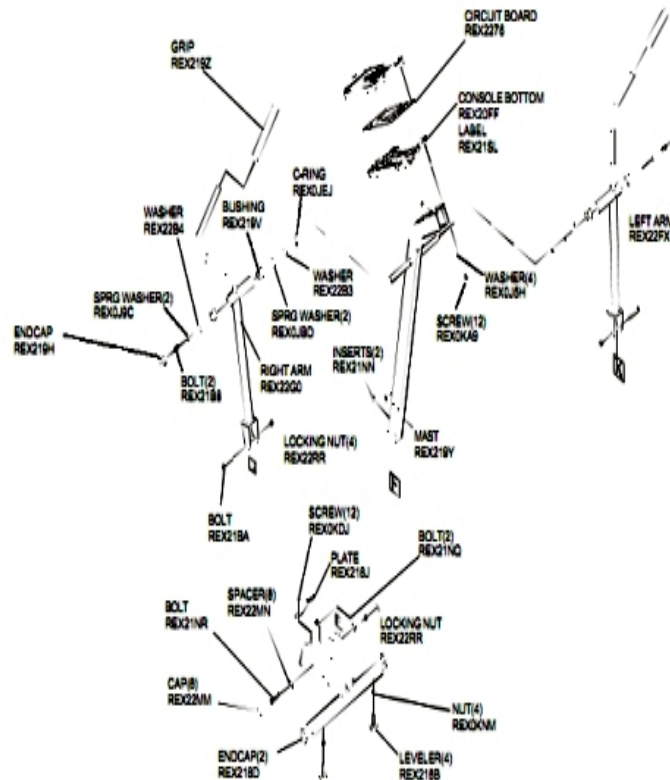
Ref #	Part Number	Qty	Description
-	REX24ZJ	1	Transformer, 120/60 Domestic
-	REX01QT	2	Cable, Cross-Trainer Base
-	REX01J8	1	Switch, Reed, RPM Sensor
-	REX01HL	1	Drive Motor, Pesistande DC
-	REX01HU	1	Cable, Cross-Trainer Motor-Transformer

## Cables

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Ref #	Part Number	Qty	Description
-	REX24ZJ	1	Transformer, 120/60 Domestic
-	REX01J8	1	Switch, Reed, RPM Sensor
-	REX01HU	1	Cable, Cross-Trainer Motor-Transformer
-	REX01HL	1	Drive Motor, Pesistande DC
-	REX01QH	1	Cable, Brake Harness
-	REX01QT	1	Cable, Cross-Trainer Base
-	REX01RT	1	Cable, Cross-Trainer Upright

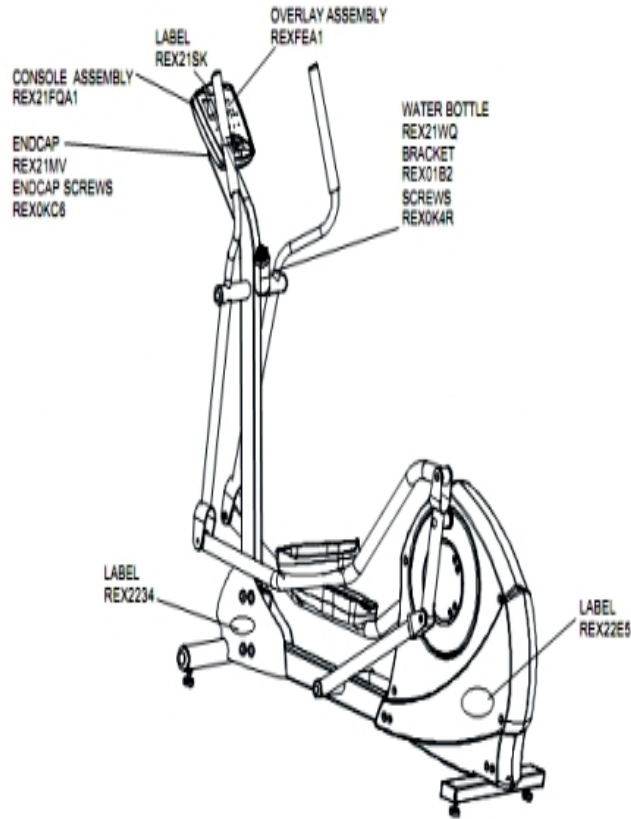
## Front Components



Ref #	Part Number	Qty	Description
-	REX219V	1	Bearing, Sleeve
-	REX22G0	1	Upper Arm Assembly (Right)
-	REX0J9C	2	Hardware: Washer, Spring 10MM ID
-	REX0JEJ	1	Ring, Retaining, 63/64
-	REX0KDJ	12	Hardware: Screw, PHI 5MM*.8 X 12MM
-	REX20FF	1	Bottom Console Panel
-	REX218B	4	Foot Assembly
-	REX218J	1	Plate
-	REX22B3	1	Hardware: Washer, .26 X 35-.8
-	REX21B8	2	Bolt, HEX HD. M10 X 1.5-20
-	REX22B4	1	Washer, Spring 10MM X 35-2
-	REX218D	2	End Cap, Tube, Black
-	REX219H	1	Cap End, Black
-	REX0JBD	2	Hardware: Wave Washer; 25MM X 35MM
-	REX21NR	1	Hardware: Bolt, HEX HD M10 X 1.5-67 CZ
-	REX2276	1	Console Controller Circuit BOA
-	REX219Z	1	NLA: FOAM handgrip for the moving arm on the Sport/Essential cross-trainer
-	REX219Y	1	Computer Mast; Graphite
-	REX22RR	5	Hardware: Nut, Nylock M10 X 1.5-8
-	REX22FX	1	Upper Arm Assembly (Left)
-	REX21SL	1	Trade-Mark Label (Essential) O

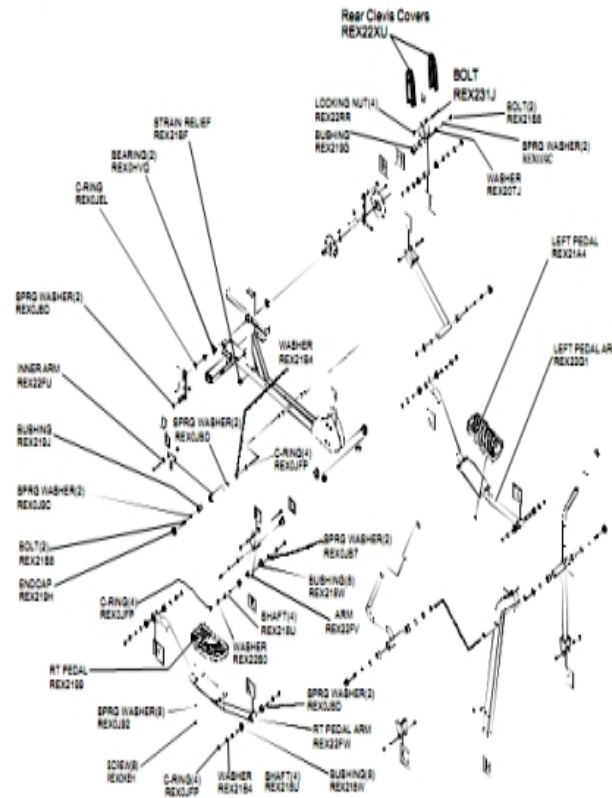
Ref #	Part Number	Qty	Description
-	REX21NQ	2	Hardware: Bolt, HEX HD M10 X 1.5-30
-	REX21NN	2	Hardware: Nut, Insert M10 X 1.5
-	REX22MN	8	Washer, Raised Head
-	REX22MM	8	Cap, Raised Head, Black
-	REX21BA	1	Bolt, HEX HD M10 X 1.5-81.5
-	REX0KNM	4	Hardware: Nut, HEX M10 X 1.5-8
-	REX0KA9	12	Screw, Board MTG M3*24-6
-	REX0J5H	4	Hardware: Washer, 6MM ID X 12MM OD

## General Assembly



Ref #	Part Number	Qty	Description
-	REX01B2	1	Water Bottle Holder
-	REX0K4R	1	Hardware: Screw, PHI 5MM X 12MM
-	REX0KC6	1	Hardware: Screw, Truss HD Tap M4 X 16-12
-	REX21SK	1	TRADE-MARK LABEL(ESSENTIAL) ON
-	REX21MV	1	Cap, Upright Tube End
-	REX22FN	1	Hardware Bag
-	REX21WQ	1	Water Bottle
-	REXFEA1	1	English Overlay Assembly
-	REX21FQA1	1	Console with Essential Logo

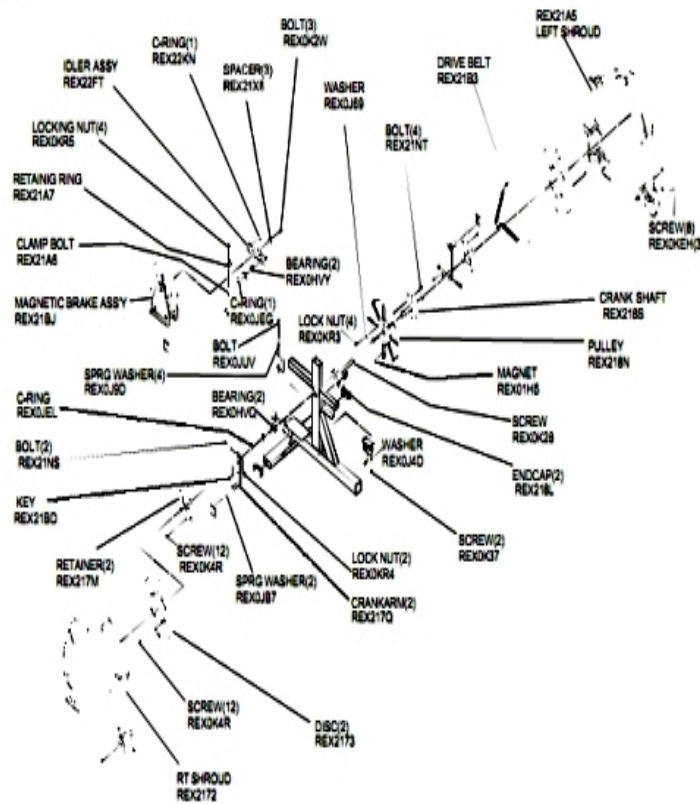
## Movement Arms and Hardware



Ref #	Part Number	Qty	Description
-	REX20TJ	1	Washer, Flat, .13 X 22 X 1.5
-	REX21B8	4	Bolt, HEX HD. M10 X 1.5-20
-	REX0JFP	12	Ring, C-Retaining, A-.750
-	REX21BF	1	Strain Relief, NB-2430 Black
-	REX219J	1	Bearing, Sleeve
-	REX0KEH	8	Hardware: Screw, Pan HD with Patch M5 X .8-16
-	REX0JBD	6	Hardware: Wave Washer; 25MM X 35MM
-	REX0JB7	4	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
-	REX22B0	1	Washer, Flat 19.5 X 28-.8
-	REX0JEL	1	C Ring
-	REX0J92	8	Hardware: Washer, Spring .5
-	3225301	2	Bearing, 12MM Ball
-	REX22FW	1	PEDAL ARM ASSEMBLY (RIGHT)
-	REX22FV	1	COUPLER ASSEMBLY
-	REX21A4	1	Pedal
-	REX219H	1	Cap End, Black
-	REX219G	1	Bearing, Flanged-Bronze
-	REX218U	8	Shaft, .744 X 2.537
-	REX0J9C	4	Hardware: Washer, Spring 10MM ID
-	REX218W	16	Bearing, Flanged-Bronze
-	REX22G1	1	Padel Arm Assembly (Left)
-	REX22FU	1	Linkage Assembly

Ref #	Part Number	Qty	Description
-	REX231J	1	Bolt, HEX HD M10 X 1.5-90
-	REX22XU	1	NLA: /; - REX23AM
-	REX2199	1	Pedal
-	REX22RR	4	Hardware: Nut, Nylock M10 X 1.5-8

## Rear Components



Ref #	Part Number	Qty	Description
-	REX0J4D	1	Washer, Flat .5 X 10-1
-	REX0J69	1	Hardware: Washer, Flat .6 X 13-1
-	REX0KR5	4	Hardware: Nut, Nylock M10 X 1.5, 10M Thick
-	REX218N	1	Pulley, Crank
-	REX21A6	1	Hardware: Bolt, Hook Clamp
-	REX21B3	1	Belt, Drive, Poly V, 520PJ
-	REX0JB7	2	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
-	REX0KEH	8	Hardware: Screw, Pan HD with Patch M5 X .8-16
-	REX2172	1	Right Shroud
-	REX22FT	1	Assembly, Tensioner
-	REX21A7	1	Hardware: Stud, Swivel
-	REX22LR	1	Ring: C-Ring, A-16
-	REX0JEG	1	Ring: C-Ring, A-20
-	REX0HVY	2	Bearing, Ball 6204ZZ
-	REX0K28	1	Hardware: Cap Screw, M5 X 0.8-16
-	REX21BJ	1	Brake, Assembly Eddy Current
-	REX217M	2	Plate, Support, Cover
-	REX218L	2	Cap, Rect. End, Black
-	REX217Q	2	Crankarm Assembly
-	REX21X8	3	Spacer, Tensioner
-	REX218S	1	Crank Shaft Assembly
-	REX01H5	1	Magnet Rexion

Ref #	Part Number	Qty	Description
-	REX21NT	4	Hardware: Bolt, HEX HD M6 X 1-20
-	REX0JUV	1	HEX. SOC. HD. CAP BOLT
-	REX21NS	2	Hardware: Bolt, HEX HD. M8 X 1.25-60
-	REX21BD	1	Key, Parallel 8 X 12
-	REX0K37	2	CR.RE. PAN HD. SCREW & WASHER
-	REX0K2W	3	Hardware: Screw, SHCS Brake MTG
-	REX0JEL	1	C Ring
-	REX0J9D	4	Spring Washer
-	3225301	2	Bearing, 12MM Ball
-	REX2173	2	NLA: CRANK COVER
-	REX0KR4	2	NUT CHUCK
-	REX0KR3	4	Hardware: Nut, Lock M6 X 1, 6MM Thick
-	REX21A5	1	Left Shroud
-	REX0K4R	24	Hardware: Screw, PHI 5MM X 12MM

