

E3 CROSS TRAINER BASE. DOM CORD

E3-XX00-0105

Parts Manual

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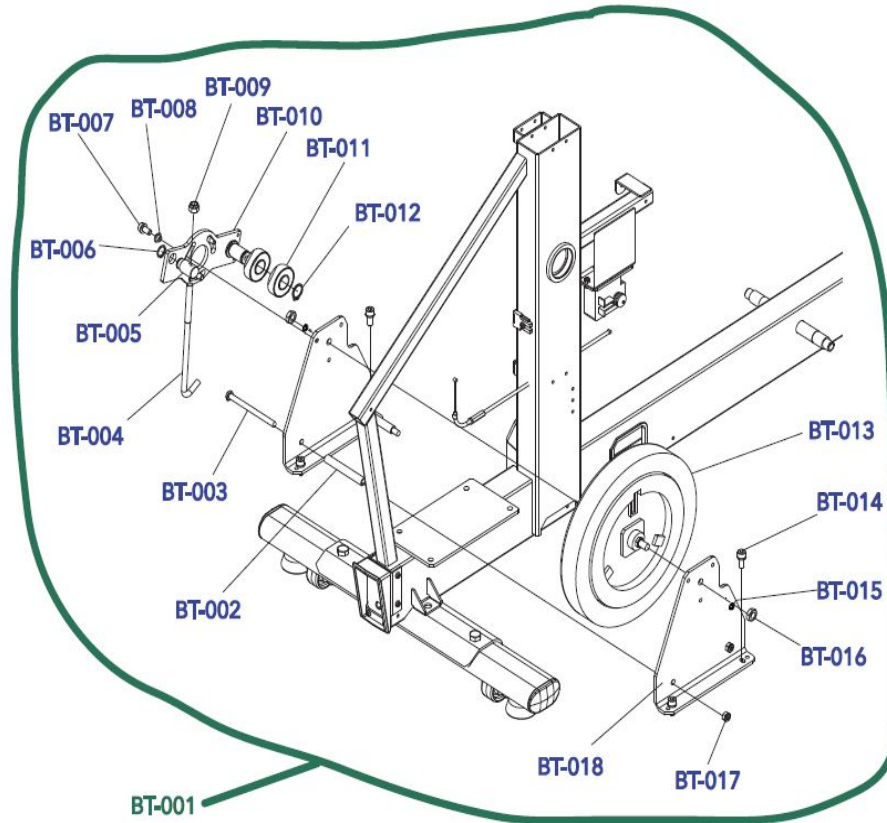


LifeFitness
WHAT WE LIVE FOR

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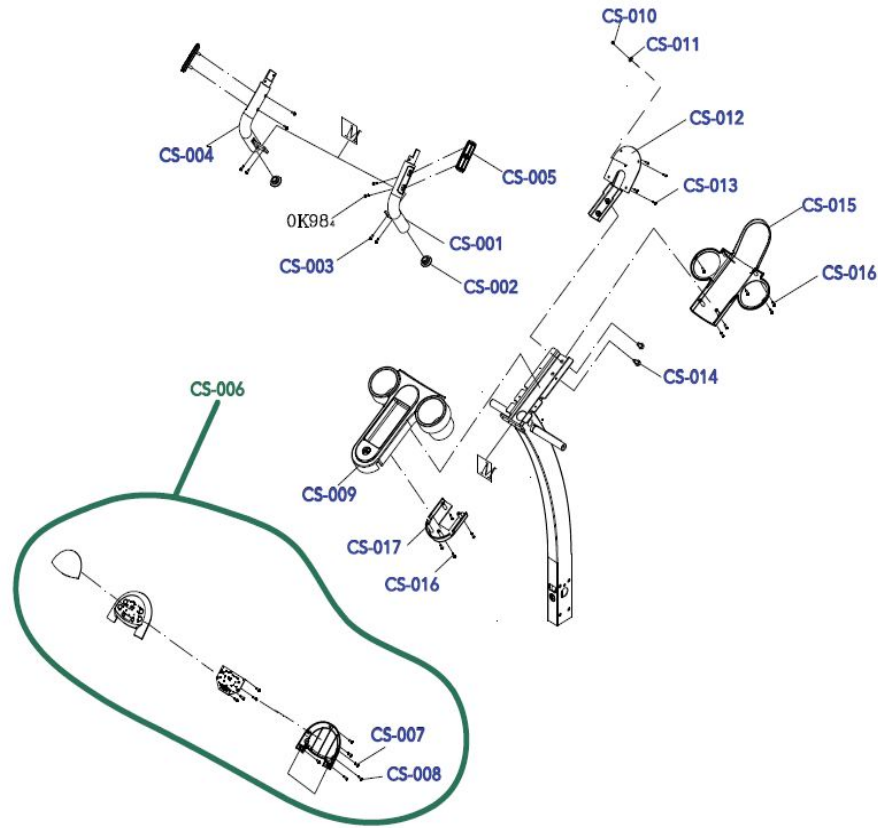
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Brake and Tensioner Components



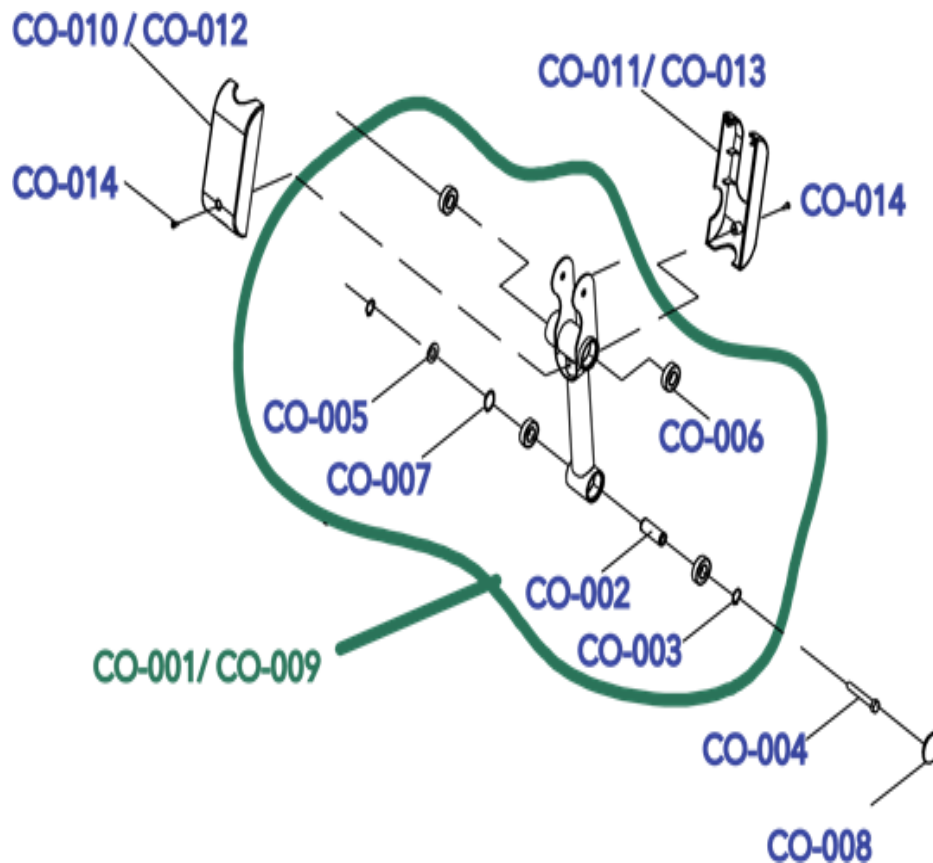
Ref #	Part Number	Qty	Description
BT-001	9001101	1	SERVICE ASSY EDDY BRAKE
BT-002	REX21LG	2	Spacer, Collar
BT-003	REX21NP	2	Hardware: Bolt, HEX HD M12 X 1.75-110
BT-004	REX21A6	1	Hardware: Bolt, Hook Clamp
BT-005	REX21A7	1	Hardware: Stud, Swivel
BT-006	REX22LR	1	Ring: C-Ring, A-16
BT-007	REX0K2W	3	Hardware: Screw, SHCS Brake MTG
BT-008	REX21X8	3	Spacer, Tensioner
BT-009	REX0KR5	1	Hardware: Nut, Nylock M10 X 1.5, 10M Thick
BT-010	REX3535	1	BRKT, BELT TENSOR
BT-011	REX0HVV	2	Bearing, Ball 6204ZZ
BT-012	REX0JEG	1	Ring: C-Ring, A-20
BT-013	REX21BJ	1	Brake, Assembly Eddy Current
BT-014	REX25ZJ	4	Hardware: Cap Screw, M8 X 1.25-20
BT-015	REX0J93	2	Hardware: Washer, Spring 1.0
BT-016	REX20W4	2	Hardware: Nut, HEX M10 X 1.5-6
BT-017	REX0KR0	2	Hardware: Nut, Lock M12 X 1.75-12
BT-018	REX21LF	2	Bracket, Brake MTG

Console Support and Handlebars



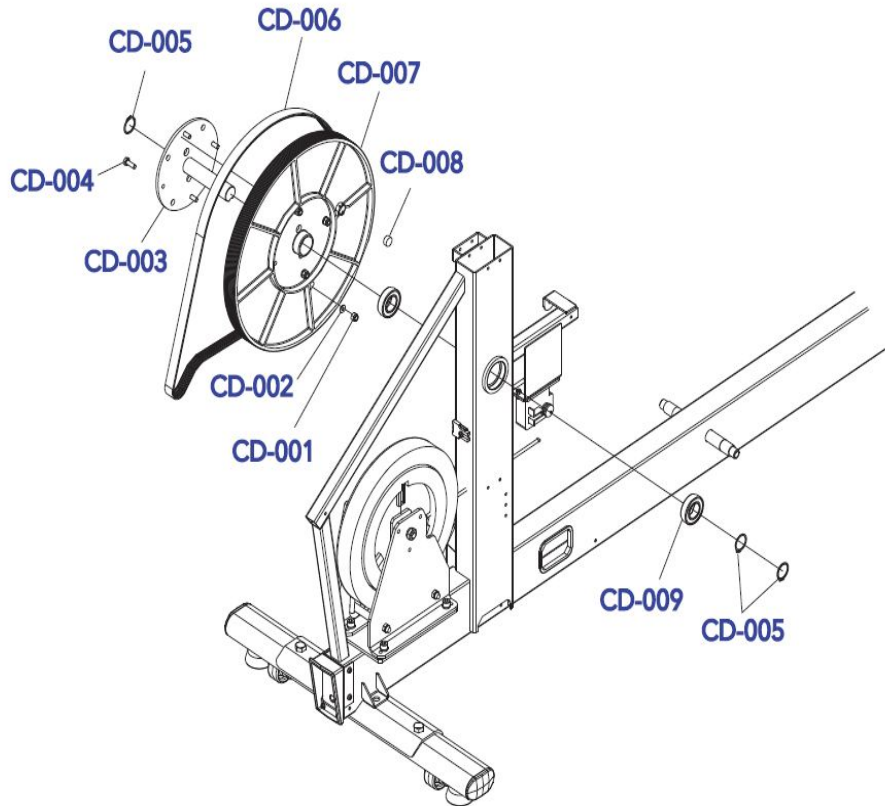
Ref #	Part Number	Qty	Description
CS-001	REX3HWW	1	ASSY STATIONARY HANDLEBAR RT
CS-002	REX3HWX	2	END CAP
CS-003	REX0K0A	4	Hardware: Cap Screw, M8 X 1.25-16
CS-004	REX3HVV	1	ASSY STATIONARY HANDLEBAR LT
CS-005	REX3JMU	2	HANDLEBAR ASSEMBLY W/ HAND PLUSE ASSEM
CS-006	REX3HYU	1	USER POD ASSY
CS-007	REX2MJM	5	Hardware: Screw, PHI Pan M3.5 X 18-12
CS-008	REX2NAH	2	Hardware: Screw, PHI PAN M4 X 0.7-8
CS-009	REX3HU9	1	CUPHOLDER
CS-010	REX2D1X	1	Hardware: Screw, PHI PAN M5 X 0.8-6
CS-011	REX0JAF	1	Hardware: Star Washer
CS-012	REX3HV0	1	WELDMENT CONSOLE BRKT
CS-013	REX3EVT	4	SCREW, PHL PAN M5X16-12; BLACK
CS-014	REX3JNN	2	BOLT, HEX M10X1.5-16 ; BLACK ZINC
CS-015	REX3HU7	1	COVER CONSOLE MTG BOTTOM FRONT
CS-016	REX3JPY	12	SCREW: M3.5X20-8 PHL PAN HD
CS-017	REX3HU8	1	COVER CONSOLE MTG BOTTOM REAR

Coupler Components



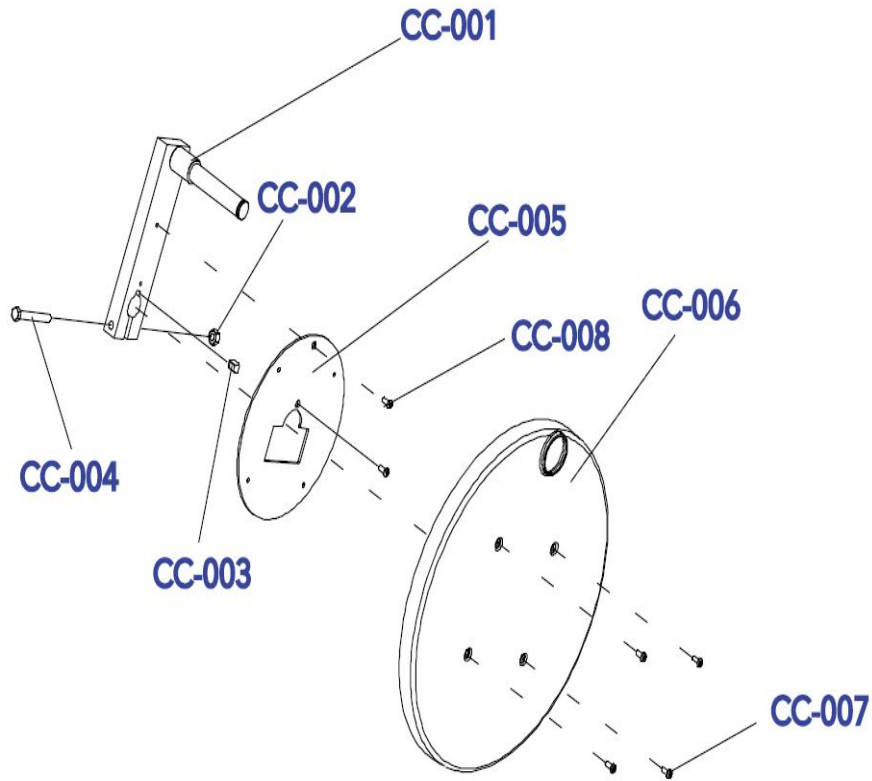
Ref #	Part Number	Qty	Description
CO-001	REX3EA8	1	COUPLER ASSY E1 RIGHT, E3 LEFT
CO-002	REX2LJZ	2	Axle, Adj Link
CO-003	REX0JEG	4	Ring: C-Ring, A-20
CO-004	REX2MJK	2	Bolt, HEX Head M10 X 1.5-85
CO-005	REX2NDD	2	Hardware: Washer, Spacer
CO-006	REX0HVP	8	Bearing Ball 6004ZZ
CO-007	REX0JB7	2	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
CO-008	REX3E98	2	END CAP
CO-009	REX3EA7	1	COUPLER ASSY E1 LEFT, E3 RIGHT
CO-010	REX3HUM	1	REAR RIGHT CLEVIS COVER
CO-011	REX3HUK	1	FRONT RIGHT CLEVIS COVER
CO-012	REX3HUL	1	REAR LEFT CLEVIS COVER
CO-013	REX3HUN	1	FRONT LEFT CLEVIS COVER
CO-014	REX2NAK	1	Hardware: Screw, CSL PAN M5 X 0.8-8

Crank Pulley and Drive Belt



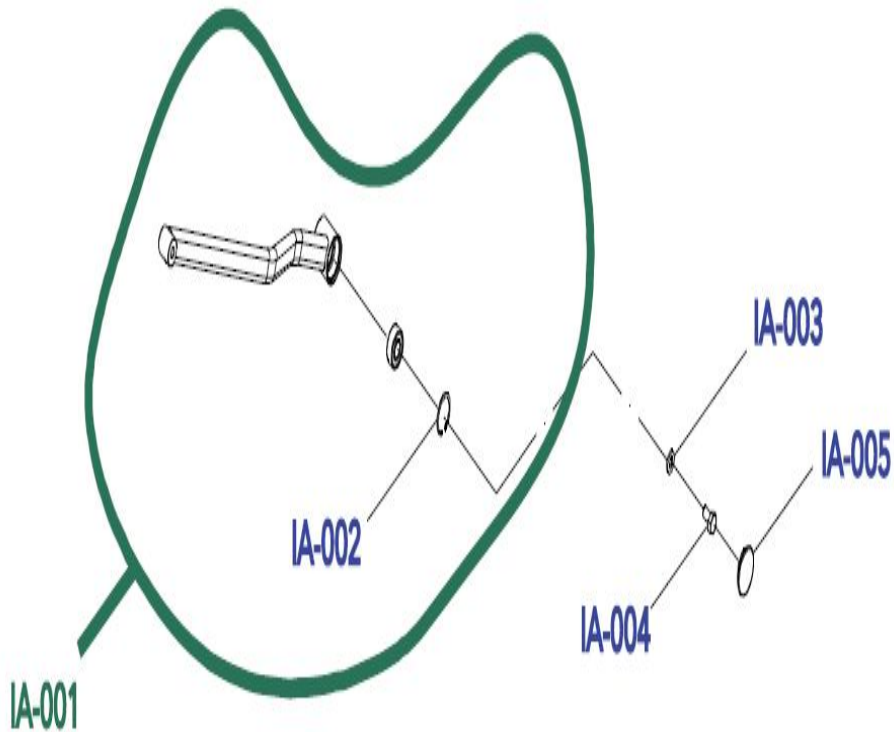
Ref #	Part Number	Qty	Description
CD-001	REX0KR3	4	Hardware: Nut, Lock M6 X 1, 6MM Thick
CD-002	REX0J69	4	Hardware: Washer, Flat .6 X 13-1
CD-003	REX2LL1	1	Weldment, Axle Crank
CD-004	REX21NT	4	Hardware: Bolt, HEX HD M6 X 1-20
CD-005	REX0JEJ	3	Ring, Retaining, 63/64
CD-006	REX2T9F	1	Belt Poly V J510
CD-007	REX218N	1	Pulley, Crank
CD-008	REX01H5	1	Magnet Rexon
CD-009	3225301	2	Bearing, 12MM Ball

Crank Related Components



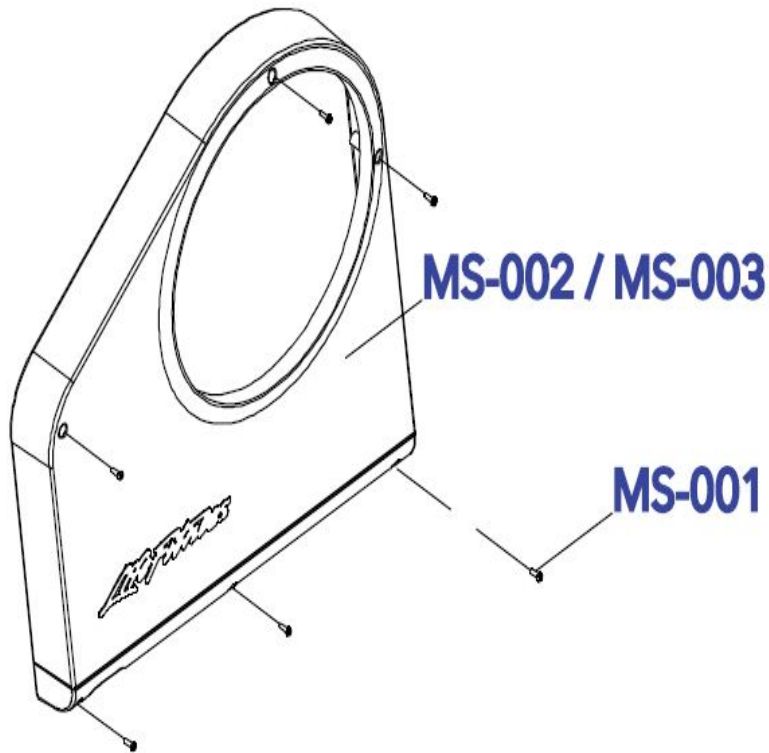
Ref #	Part Number	Qty	Description
CC-001	REX2LL2	2	Weldment, Crank Arm
CC-002	REX22RP	2	Hardware: Nut, Nylock M8 X 1.25 X 6MM Thick
CC-003	REX0JGQ	2	Crank Key
CC-004	REX21NS	2	Hardware: Bolt, HEX HD. M8 X 1.25-60
CC-005	REX2LRT	2	Plate; Crank
CC-006	REX3E9M	2	CRANK COVER; TITANIUM
CC-007	REX3JNZ	8	SCREW, PHL PAN M5X.8-8; BLACK ZINC
CC-008	REX0K5T	4	Hardware: Screw, PHI M5 X 0.8-10

Idler Assemblies and Covers



Ref #	Part Number	Qty	Description
IA-001	REX3EA9	2	IDLER ASSEMBLY,E1 E3
IA-002	REX0JDZ	2	Ring, Retaining B-35
IA-003	REX0J4R	2	Hardware: Washer, 20MM OD X 10MM ID X 3MM Thick
IA-004	REX2DVG	2	Hardware: Bolt, HEX M10 X 1.5-20
IA-005	REX3E9C	2	END CAP, IDLER

Main Shrouds

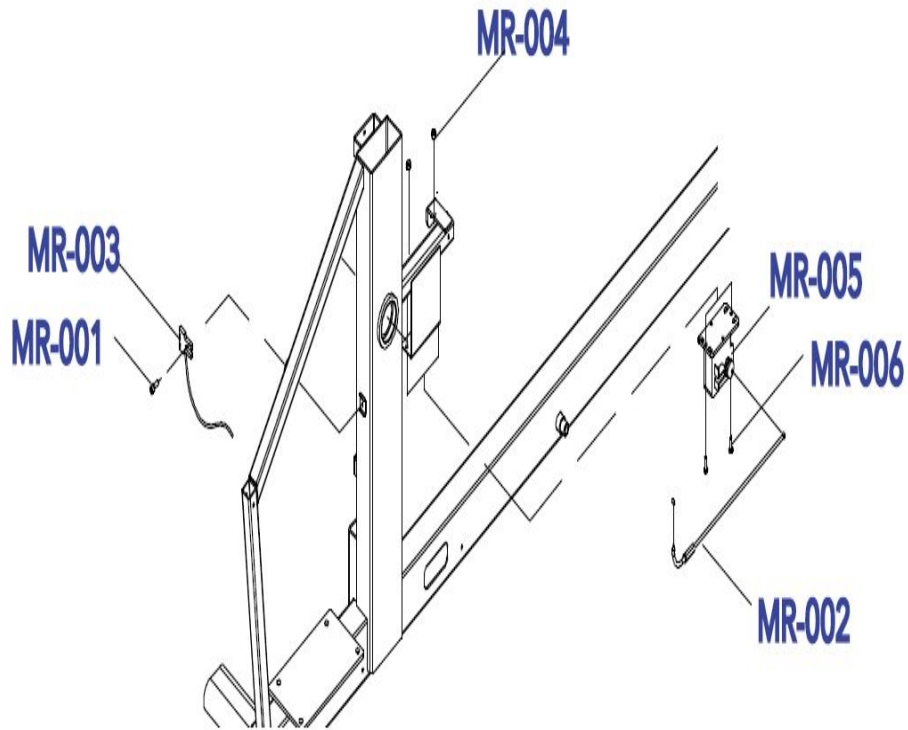


Ref #	Part Number	Qty	Description
MS-001	REX2T9X	12	Hardware: Screw, PHI PAN M5X.8-12 Clear Zinc
MS-002	REX3K62	1	REAR RIGHT SHROUD ASSEMBLY E1, E3
MS-003	REX3K5K	1	REAR LEFT SHROUD ASSEMBLY E1, E3

Miscellaneous

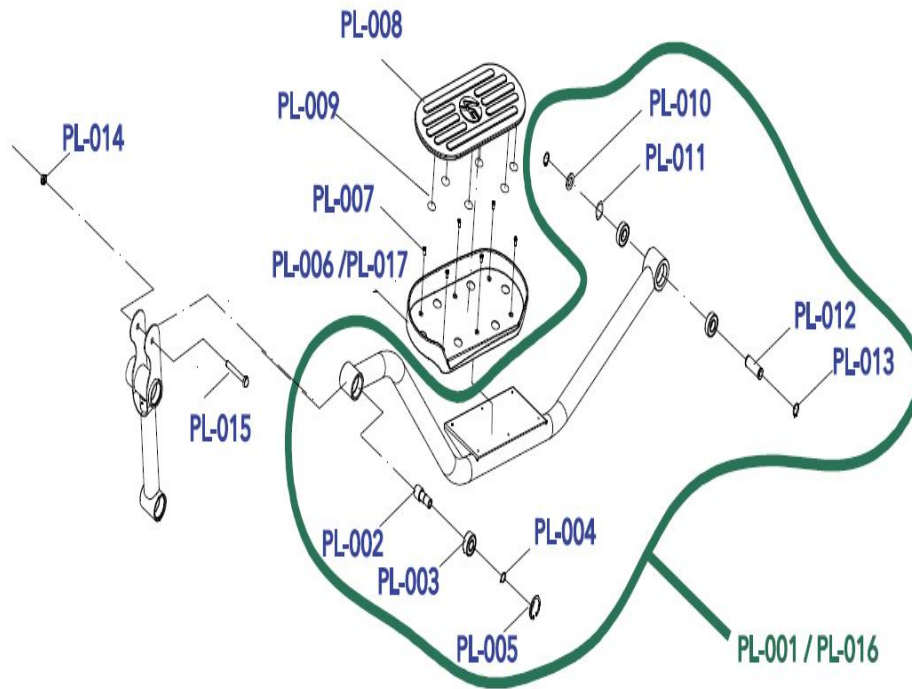
Ref #	Part Number	Qty	Description
MISC-001	8974001	1	ASSY, TRANSFORMER, 100-240V, 9V, 4A, DOM
MISC-002	8974101	1	ASSY, TRANSFORMER, 100-240V, 9V, 4A, UK
MISC-003	8974201	1	ASSY, TRANSFORMER, 100-240V, 9V, 4A, CONT
MISC-004	8974301	1	ASSY, TRANSFORMER, 100-240V, 9V, 4A, AUST
MISC-005	8974401	1	ASSY, TRANSFORMER, 100-240V, 9V, 4A, BR

Motor



Ref #	Part Number	Qty	Description
MR-001	REX0K28	1	Hardware: Cap Screw, M5 X 0.8-16
MR-002	REX01QH	1	Cable, Brake Harness
MR-003	REX01J8	1	Switch, Reed, RPM Sensor
MR-004	REX0KMR	2	Hardware: Nut, M5 X 0.8, 4MM Thick
MR-005	REX01HL	1	Drive Motor, Pesistande DC
MR-006	REX0KEH	2	Hardware: Screw, Pan HD with Patch M5 X .8-16

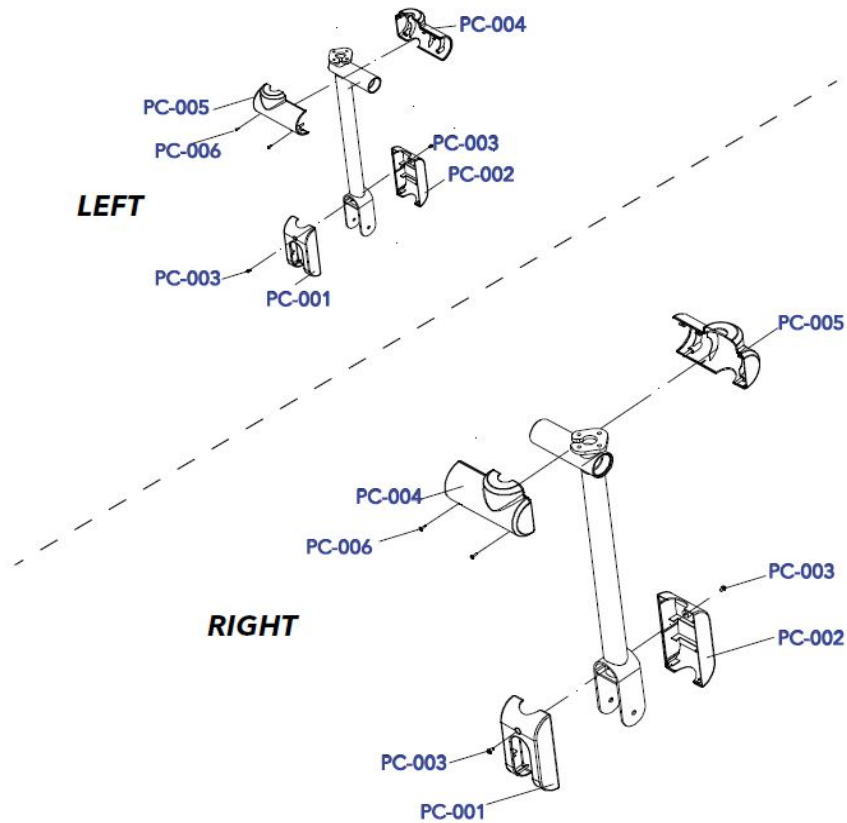
Pedal Lever Assemblies



Note 1: Assembly includes weldment and bearings pressed in.

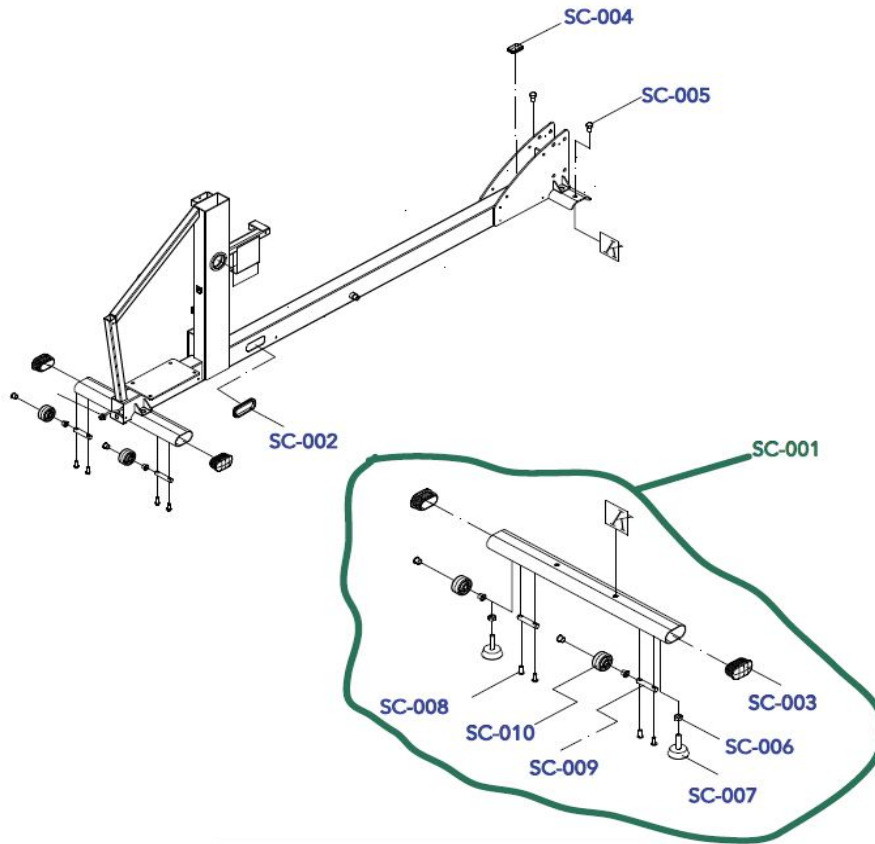
Ref #	Part Number	Qty	Description
PL-001	REX3EA5	1	RIGHT PEDAL LEVER ASSY,E1 E3
PL-002	REX2BAD	2	Shaft, Coupler Pedal Conn
PL-003	REX2BKB	2	Bearing, Self-Align, 2203
PL-004	REX0JEE	2	Ring, Retaining A-17
PL-005	REX0JE0	2	Ring, Retaining B-40
PL-006	REX3HUH	1	PEDAL, RT
PL-007	REX2T9W	12	Hardware: Screw, PHI TRUSS M5X.8-8
PL-008	REX3HLX	2	PEDAL, INSERT
PL-009	REX3K52	12	VELCRO PAD
PL-010	REX2NDD	2	Hardware: Washer, Spacer
PL-011	REX0JB7	2	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
PL-012	REX2LJZ	2	Axle, Adj Link
PL-013	REX0JEG	4	Ring: C-Ring, A-20
PL-014	REX2T9D	2	Hardware: Nut HEX M10X1.5 Black Zinc
PL-015	REX2T9E	4	Hardware: Bolt HEX M10X1.5-74 Black Zinc
PL-016	REX3EA6	1	LEFT PEDAL LEVER ASSY,E1 E3
PL-017	REX3HUJ	1	PEDAL, LT

Pivot and Clevis Covers



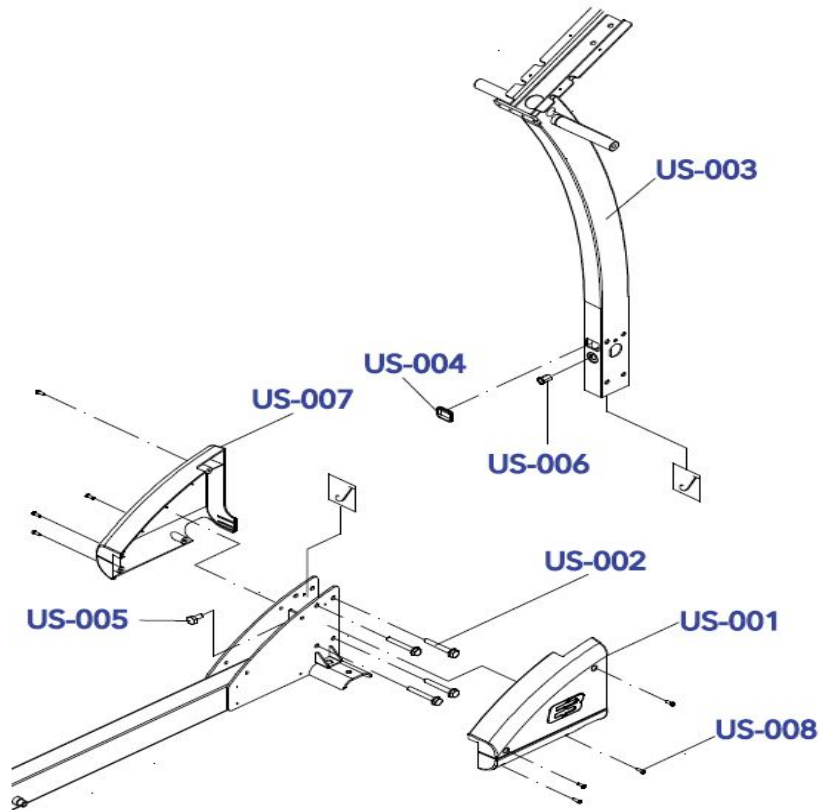
Ref #	Part Number	Qty	Description
PC-001	REX3HUF	2	FRONT BRACKET COVER (REAR)
PC-002	REX3HUG	2	FRONT BRACKET COVER (FRONT)
PC-003	REX3JNZ	4	SCREW, PHL PAN M5X.8-8; BLACK ZINC
PC-004	REX3HP1	2	DEAD SHAFT COVER; FRONT
PC-005	REX3HP3	2	DEAD SHAFT COVER; REAR
PC-006	REX3JNL	4	SCREW: M3.5X18-12 TRUSS HD. TAPPING

Stabilizer Components and Grommets



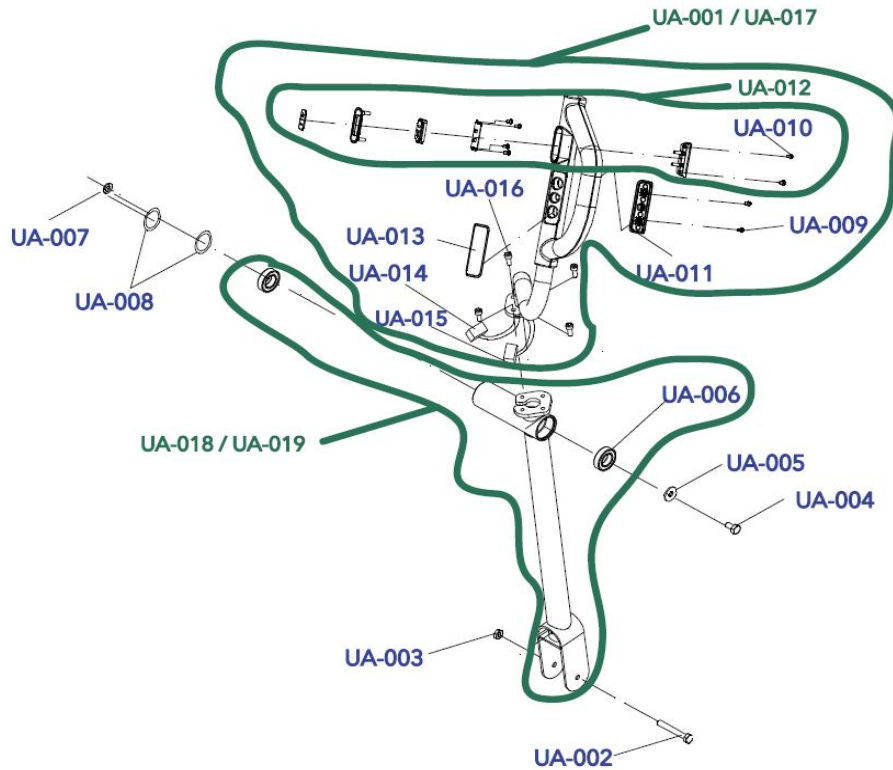
Ref #	Part Number	Qty	Description
SC-001	REX3HUR	1	E3 FRONT STABILIZER ASSY
SC-002	REX2T6K	1	Grommet 30MM X 70MM
SC-003	REX35JK	4	STABILIZER ENDCAP
SC-004	REX2LUH	1	Grommet, 38MM X 25MM
SC-005	REX3JNN	2	BOLT, HEX M10X1.5-16 ; BLACK ZINC
SC-006	REX2T9D	2	Hardware: Nut HEX M10X1.5 Black Zinc
SC-007	REX2NFK	2	Leveler, Leg
SC-009	REX2S4Q	4	Axle Wheel Transport
SC-010	REX2S4R	4	Wheel Transport

Upright and Upright Shrouds



Ref #	Part Number	Qty	Description
US-001	REX3K66	1	RIGHT FRONT LOWER COVER W/BADGE E3
US-002	REX2PJ0	4	Hardware: Bolt HEX M10 X 1.5-70
US-003	REX3HU3	1	CONSOLE MAST ASSEM
US-004	REX2S4K	1	Grommet Upright X1
US-005	REX2DVG	1	Hardware: Bolt, HEX M10 X 1.5-20
US-006	REX21NN	1	Hardware: Nut, Insert M10 X 1.5
US-007	REX3K64	1	LEFT FRONT LOWER COVER W/BADGE E3
US-008	REX2T9X	8	Hardware: Screw, PHI PAN M5X.8-12 Clear Zinc

User Arm

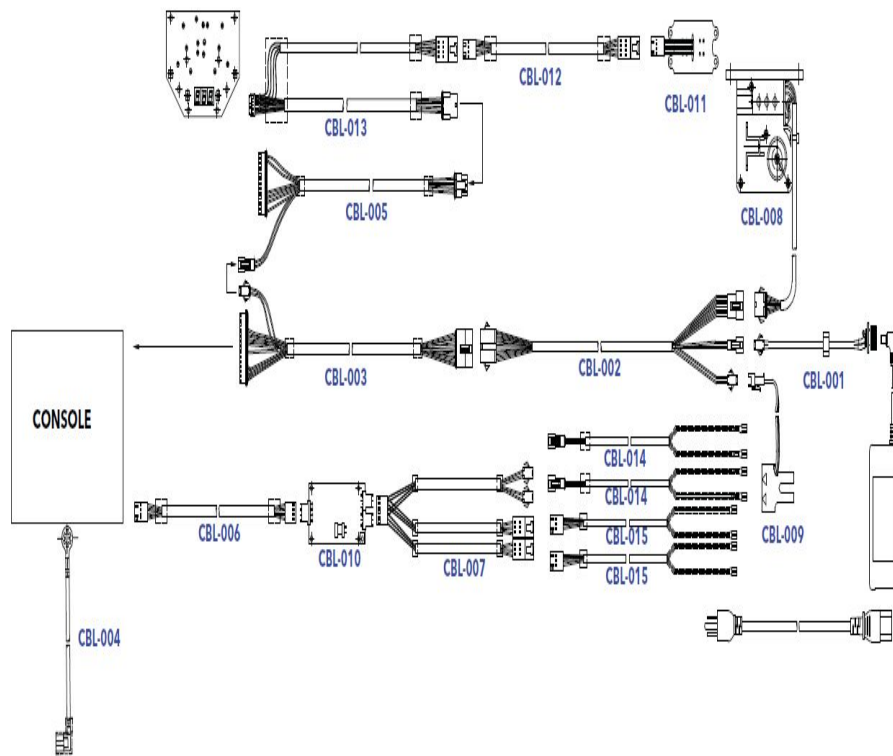


Note 1: Assembly includes User Arm Weldment, Grips, HR Sensors, Cables and Screws.

Note 2: Assembly includes Rocker Arm Weldment, Bearings and Screws.

Ref #	Part Number	Qty	Description
UA-001	REX3PA8	1	ASSEMBLY: HANDLEBAR, RIGHT W/SWITCH
UA-002	REX2T9E	2	Hardware: Bolt HEX M10X1.5-74 Black Zinc
UA-003	REX2T9D	2	Hardware: Nut HEX M10X1.5 Black Zinc
UA-004	REX2DVG	2	Hardware: Bolt, HEX M10 X 1.5-20
UA-005	REX2MPQ	2	Hardware: Washer, 35MM OD X 10MM OD X 3MM Thick
UA-006	3225301	4	Bearing, 12MM Ball
UA-007	REX22B3	2	Hardware: Washer, .26 X 35-.8
UA-008	REX0JBD	4	Hardware: Wave Washer; 25MM X 35MM
UA-009	REX2NAD	2	Hardware: Screw, PHI HD M4 X 18-28
UA-011	REX3HR5	2	BOTTOM HEART RATE SENSOR
UA-012	REX3KL6	1	RESISTANCE BUTTON ASSEMBLY
UA-018	REX3HR4	2	TOP HEART RATE SENSOR
UA-019	REX3HSA	1	WIRE ASSEMBLY+M72
UA-020	REX3HSC	2	HAND PULSE HARNESS
UA-021	REX2ZXH	4	BOLT: M8X1.25-20 HEX. SOC. HD. CAP
UA-022	REX3K6B	1	NLA: LEFT HANDLEBAR ASSEM
UA-023	REX3K68	1	RIGHT ROCKER ARM W/BEARINGS ASSEM
UA-024	REX3K67	1	LEFT ROCKER ARM W/BEARINGS ASSEM

Wiring Diagram



Ref #	Part Number	Qty	Description
CBL-001	REX2K86	1	Cable, Cross-Trainer Motor-Transformer
CBL-002	REX2GHY	1	Cable, Cross-Trainer Base
CBL-003	REX309G	1	WIRE HARNESS MAIN
CBL-004	REX2R27	1	WIRE GROUND
CBL-005	REX2S61	1	Wire Harness User Pod, User Pod Side
CBL-006	REX3HSF	1	HAND PULSE HARNESS
CBL-007	REX3HSE	1	HAND PULSE HARNESS
CBL-009	REX01J8	1	Switch, Reed, RPM Sensor
CBL-010	REX3HS9	1	HR BOARD ASSEMBLY
CBL-012	REX3HSA	1	WIRE ASSEMBLY+M72
CBL-013	REX3HSB	1	WIRE ASSEMBLY
CBL-014	REX2LQJ	2	Cable, Grip, HR Sensor To Console
CBL-015	REX3HSC	2	HAND PULSE HARNESS

