

# X30 Consumer Cross-Trainer

X30-0104-01

## Parts Manual

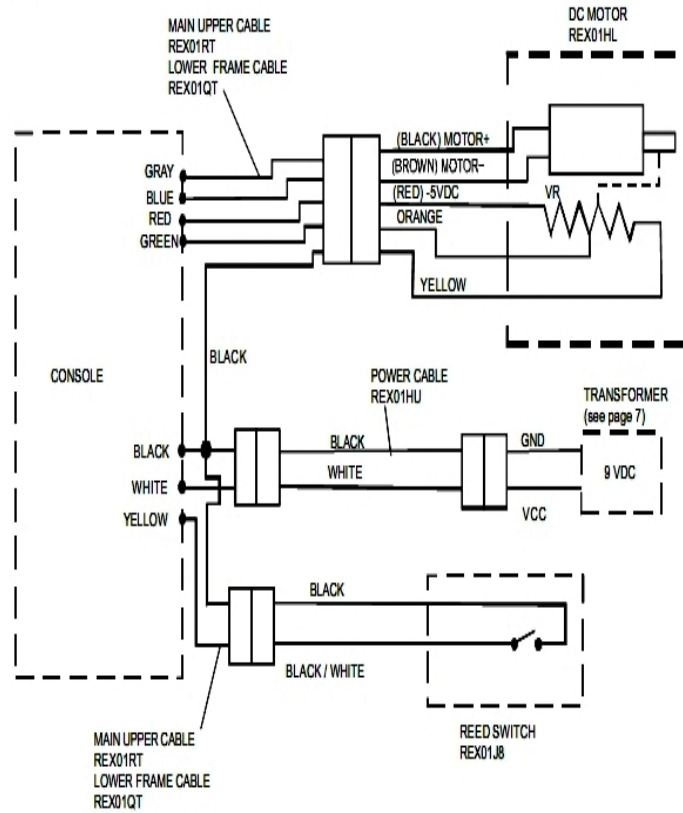
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**Table of Contents**

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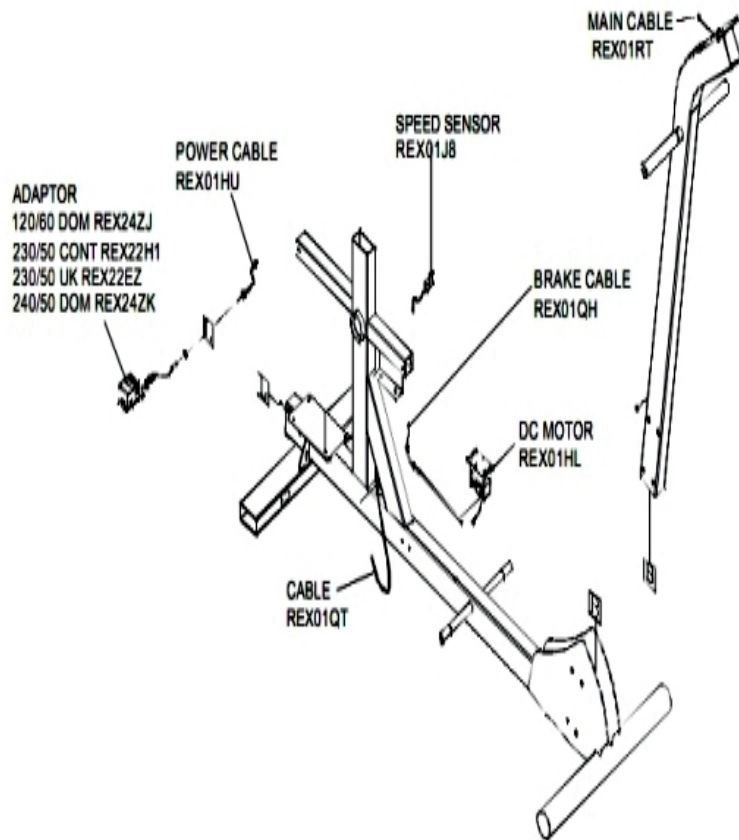
[Block Diagram](#).....3  
[Cables](#).....4  
[Console, Upright and User Arm Components](#).....5  
[General Assembly](#).....6  
[Movement Arms and Hardware](#).....7  
[Pedal Arms and Hardware](#).....8  
[Rear Components](#).....9  
[Upright Hardware and Levelers](#).....11

# Block Diagram



Ref #	Part Number	Qty	Description
-	REX01QT	2	Cable, Cross-Trainer Base
-	REX01J8	1	Switch, Reed, RPM Sensor
-	REX01RT	2	Cable, Cross-Trainer Upright
-	REX01HL	1	Drive Motor, Pesistande DC
-	REX01HU	1	Cable, Cross-Trainer Motor-Transformer

**Cables**



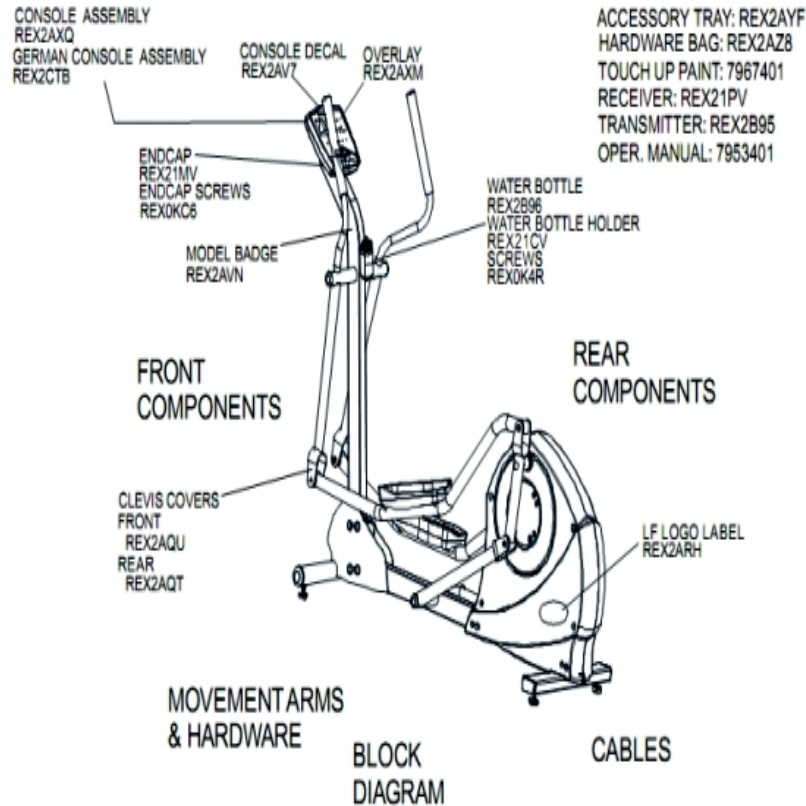
Ref #	Part Number	Qty	Description
-	REX24ZK	1	Transformer, 240/50 AUST
-	REX01RT	1	Cable, Cross-Trainer Upright
-	REX01QT	1	Cable, Cross-Trainer Base
-	REX01HU	1	Cable, Cross-Trainer Motor-Transformer
-	REX01J8	1	Switch, Reed, RPM Sensor
-	REX01QH	1	Cable, Brake Harness
-	REX01HL	1	Drive Motor, Pesistande DC

## Console, Upright and User Arm Components

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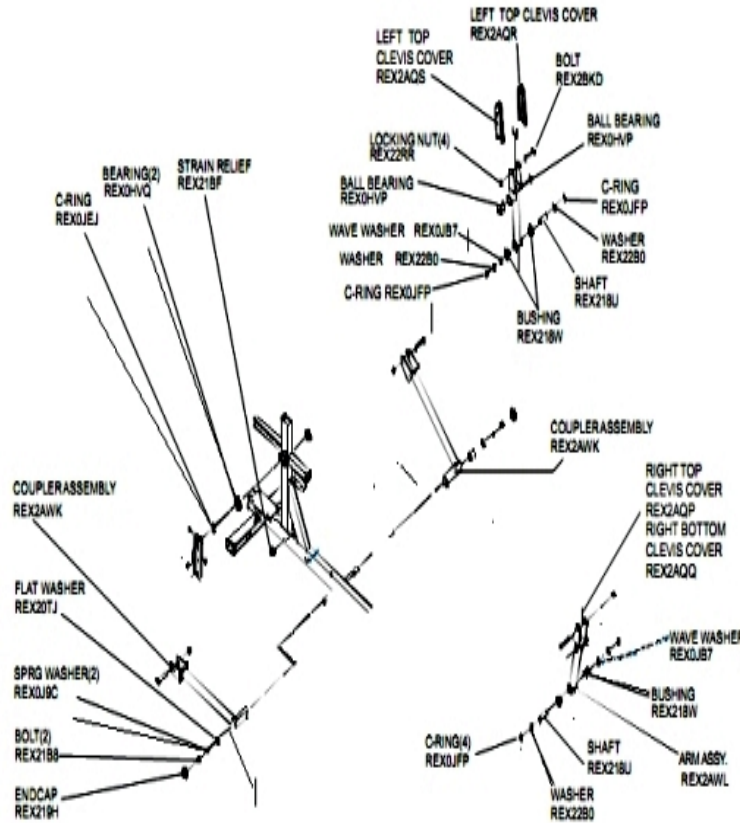
Ref #	Part Number	Qty	Description
-	REX2AWP	1	Assembly, Upright Handlebar Left
-	REX0J9C	2	Hardware: Washer, Spring 10MM ID
-	REX0JEJ	1	Ring, Retaining, 63/64
-	REX20YL	8	Hardware: Screw, CR RE PAN HD Tap M3*24-8
-	REX22B3	1	Hardware: Washer, .26 X 35-.8
-	REX2AWM	1	
-	REX219V	1	Bearing, Sleeve
-	REX2AV4	1	Grip, User Arm
-	REX0JBD	2	Hardware: Wave Washer; 25MM X 35MM
-	REX2AXP	1	Board, Console Circuit X3-0
-	REX219H	1	Cap End, Black
-	REX22B4	1	Washer, Spring 10MM X 35-2
-	REX21B8	2	Bolt, HEX HD. M10 X 1.5-20
-	REX2APN	1	BOTTOM, CONSOLE-SIMPLE
-	REX2AV6	1	Decal: Label, Console Back
-	REX22RR	4	Hardware: Nut, Nylock M10 X 1.5-8
-	REX21NN	2	Hardware: Nut, Insert M10 X 1.5
-	REX2D3K	1	ASSY, X3-0 MAST
-	REX21BA	1	Bolt, HEX HD M10 X 1.5-81.5

### General Assembly



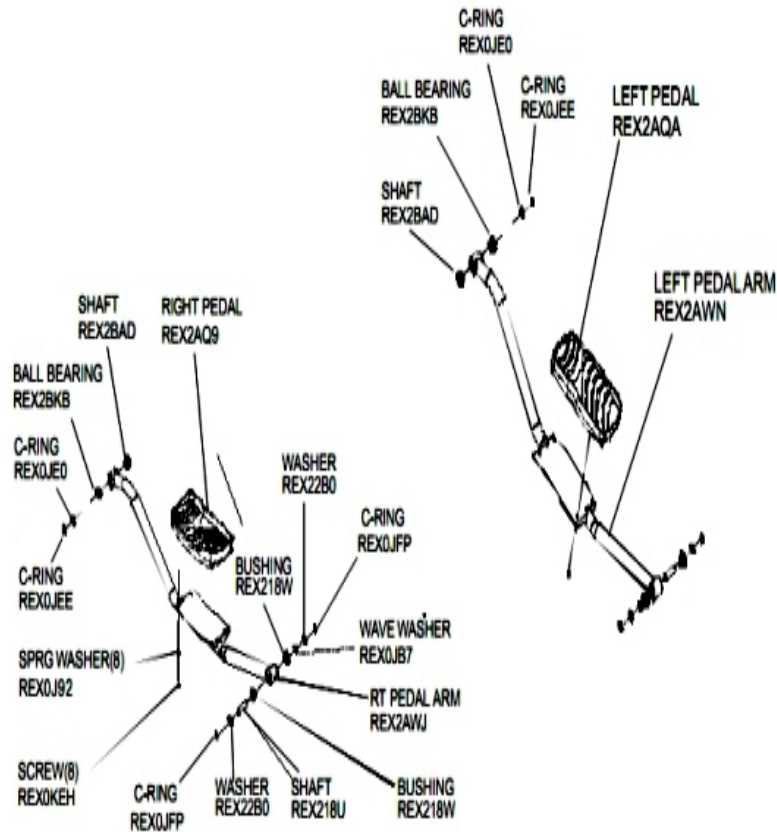
Ref #	Part Number	Qty	Description
-	REX0K4R	1	Hardware: Screw, PHI 5MM X 12MM
-	REX2AXM	1	Overlay, X3-0 Upper
-	REX2AQU	1	Cover, Clevis Bottom
-	REX2ARH	1	Decal: Label, LifeFitness Logo
-	REX2AYF	1	Assembly, EZ User Pod
-	REX21CV	1	Holder, Water Bottle
-	REX21MV	1	Cap, Upright Tube End
-	REX2AV7	1	
-	REX2AQT	1	Cover, Clevis Top
-	REX2AZ8	1	X3-0 And X3-5 Hardware Bag Assembly
-	7967401	1	Paint, Touch Up 4.5 OZ., Pewter
-	REX2B96	1	Accessory: Water Bottle
-	REX2B95	1	Transmitter with LifeFitness Logo
-	REX2AXQ	1	Assembly, Console
-	REX21PV	1	Receiver, Polar HR
-	REX2AVN	1	BUG, LF
-	REX0KC6	1	Hardware: Screw, Truss HD Tap M4 X 16-12

## Movement Arms and Hardware



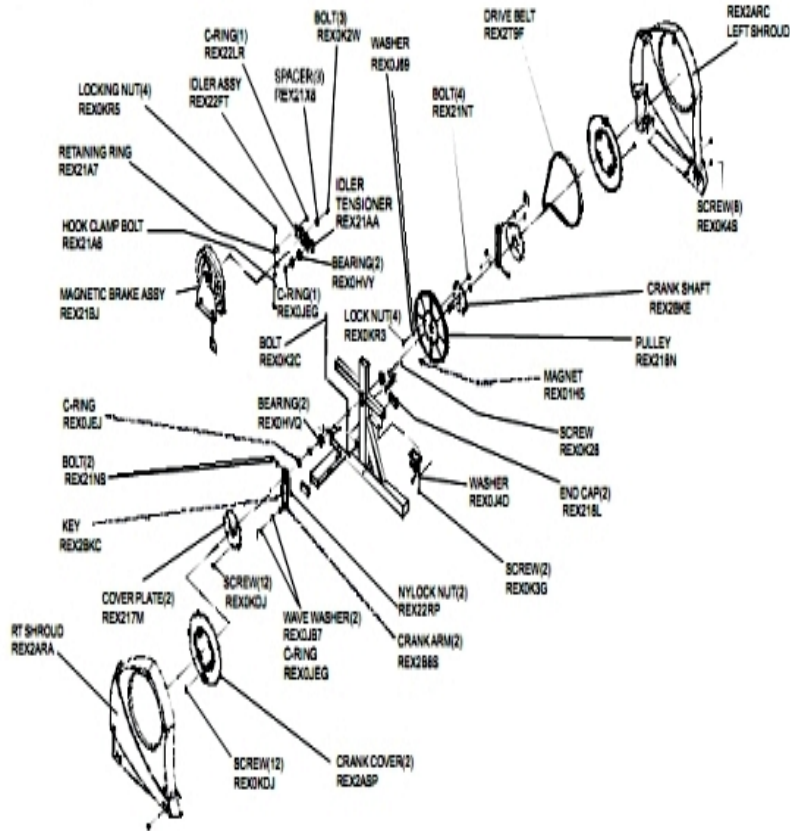
Ref #	Part Number	Qty	Description
-	3225301	2	Bearing, 12MM Ball
-	REX2BKD	1	Hardware: Bolt, HEX HD M10 X 1.5-74
-	REX2AQR	1	Cover, Clevis Left Top
-	REX22B0	3	Washer, Flat 19.5 X 28-.8
-	REX22RR	4	Hardware: Nut, Nylock M10 X 1.5-8
-	REX2AWL	1	Rear Arm Assembly
-	REX2AQS	1	Cover, Clevis Left Bottom
-	REX0HVP	2	Bearing Ball 6004ZZ
-	REX0JFP	6	Ring, C-Retaining, A-.750
-	REX20TJ	1	Washer, Flat, .13 X 22 X 1.5
-	REX21B8	2	Bolt, HEX HD. M10 X 1.5-20
-	REX2AWK	2	Assembly, Straight Idler
-	REX0J9C	2	Hardware: Washer, Spring 10MM ID
-	REX0JEJ	1	Ring, Retaining, 63/64
-	REX218U	2	Shaft, .744 X 2.537
-	REX0JB7	2	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
-	REX21BF	1	Strain Relief, NB-2430 Black
-	REX2AQP	1	Cover, Clevis Right Top
-	REX2AQQ	1	Cover, Clevis Right Bottom
-	REX219H	1	Cap End, Black
-	REX218W	2	Bearing, Flanged-Bronze

## Pedal Arms and Hardware



Ref #	Part Number	Qty	Description
-	REX0JE0	2	Ring, Retaining B-40
-	REX2AWJ	1	Assembly, Pedal Lever Right
-	REX0J92	8	Hardware: Washer, Spring .5
-	REX22B0	2	Washer, Flat 19.5 X 28-.8
-	REX2AWN	1	Assembly, Pedal Lever Left
-	REX2BAD	2	Shaft, Coupler Pedal Conn
-	REX2BKB	2	Bearing, Self-Align, 2203
-	REX0JFP	2	Ring, C-Retaining, A-.750
-	REX0JEE	2	Ring, Retaining A-17
-	REX218U	1	Shaft, .744 X 2.537
-	REX2AQA	1	Pedal, Metrical Inserts, Left
-	REX0JB7	1	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
-	REX0KEH	8	Hardware: Screw, Pan HD with Patch M5 X .8-16
-	REX2AQ9	1	Pedal, Metrical Inserts, Right
-	REX218W	2	Bearing, Flanged-Bronze

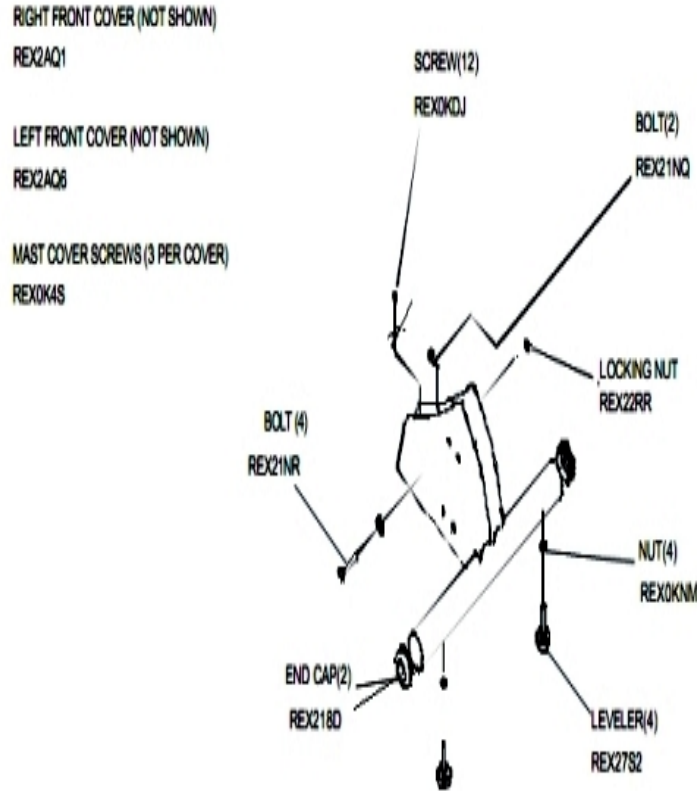
# Rear Components



Ref #	Part Number	Qty	Description
-	3225301	2	Bearing, 12MM Ball
-	REX0K2C	1	Hardware: Screw, SHCS M8 X 1.25-16 BZ
-	REX0KR3	4	Hardware: Nut, Lock M6 X 1, 6MM Thick
-	REX0K2W	3	Hardware: Screw, SHCS Brake MTG
-	REX21NS	2	Hardware: Bolt, HEX HD. M8 X 1.25-60
-	REX2ASP	2	Shroud, Crank
-	REX2B8S	2	Weldment, Crank Shaft
-	REX2BKE	1	Weldment, Axle, Crank
-	REX0K4S	8	Hardware: Screw, PHI 5MM X 12MM
-	REX218L	2	Cap, Rect. End, Black
-	REX22RP	2	Hardware: Nut, Nylock M8 X 1.25 X 6MM Thick
-	REX217M	2	Plate, Support, Cover
-	REX2ARA	1	Shroud, Rear Right
-	REX2ARC	1	Shroud, Rear Left
-	REX21BJ	1	Brake, Assembly Eddy Current
-	REX0K28	1	Hardware: Cap Screw, M5 X 0.8-16
-	REX0HVY	2	Bearing, Ball 6204ZZ
-	REX0JEG	2	Ring: C-Ring, A-20
-	REX22LR	1	Ring: C-Ring, A-16
-	REX21A7	1	Hardware: Stud, Swivel
-	REX22FT	1	Assembly, Tensioner
-	REX01H5	1	Magnet Rexion

Ref #	Part Number	Qty	Description
-	REX0JEJ	1	Ring, Retaining, 63/64
-	REX0KDJ	24	Hardware: Screw, PHI 5MM*.8 X 12MM
-	REX21X8	3	Spacer, Tensioner
-	REX2T9F	1	Belt Poly V J510
-	REX21NT	4	Hardware: Bolt, HEX HD M6 X 1-20
-	REX0JB7	1	Hardware: Wave Washer; 20.5MM X 26.7MM T = 0.25MM
-	REX0K3G	2	Hardware: Screw, PHI HD. M5 X .8-12
-	REX21AA	1	Bracket, Belt Tensioner
-	REX2BKC	1	Key, Parallel Square
-	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

## Upright Hardware and Levelers



Ref #	Part Number	Qty	Description
-	REX0KNM	4	Hardware: Nut, HEX M10 X 1.5-8
-	REX2AQ6	1	Cover, Front Left
-	REX21NQ	2	Hardware: Bolt, HEX HD M10 X 1.5-30
-	REX22RR	1	Hardware: Nut, Nylock M10 X 1.5-8
-	REX218D	2	End Cap, Tube, Black
-	REX2AQ1	1	Cover, Front Right
-	REX0KDJ	12	Hardware: Screw, PHI 5MM*.8 X 12MM
-	REX21NR	4	Hardware: Bolt, HEX HD M10 X 1.5-67 CZ
-	REX27S2	4	Leveler, Leg
-	REX0K4S	3	Hardware: Screw, PHI 5MM X 12MM

