

X5 Cross-Trainer Base

X5-XX0X-0102

Parts Manual

1/5/2019 17:57:32 PM



Table of Contents

Component Assembly 1	3
Component Assembly 2	4
Component Assembly 3	5
Component Assembly 4	6
Component Assembly 5	7
Component Assembly 6	8
Frame Assembly	9
Miscellaneous	10

Component Assembly 1

Ref #	Part Number	Qty	Description
1	7459202	1	NLA: WLDMT, X5 BASE FRAME BLK
2	7465701	1	Assembly, Crankshaft
8	3224001	2	Assembly, Floor Leveler
12	6988701	1	LABEL, PATENT
17	7469301	1	Cable, Cross-Trainer Base
18	7488501	1	Cable, Cross-Trainer Motor-Transformer
22	6938001	2	Cap, 2.5 Diameter Tube
23	6937901	2	Cap, End 1.50" X 4.00" 11 GA
38	6892501	2	Wheel- Floor Roller
39	7256901	2	Shaft, Wheel Mounting
44	3225301	1	Bearing, 12MM Ball
47	REX01HL	1	Drive Motor, Pesistande DC
50	3242201	5	M5-.8 X 16MM HXS SOC CS ST PH McMaster#95263A374
51	3242202	2	M5-.8 X 50MM HXS SOC CS ST PH
58	3226604	4	1/4-20 X 1 UNS HXW TT ST ZN
60	3242001	2	Nut, M5 X 0.8 HEX Nylock
67	3225010	3	Washer .203-.562-.060 Spec ST ZN
68	3232420	2	Reatining Ring 0.926" D

Component Assembly 2

Ref #	Part Number	Qty	Description
10	REX21BJ	1	Brake, Assembly Eddy Current
11	7465801	1	Assembly, Belt Tensioner
13	7094101	1	NLA: LABEL, SERIAL NUMBER
15	7048701	1	Label, X5 Model-Left
16	7048601	1	Label, X5 Model-Right
19	7470101	1	Cable, Servo-Flywheel
20	3221201	2	Cable Tie, 3/32 X 6
21	3226801	1	Cable Tie, 3/16" X 11"
41	7454601	1	Bracket, Flywheel Positioner
42	3230301	1	Belt, Poly V, 520J8
46	7469901	3	Spacer, Flange Tensioner
49	7487701	1	Bolt, 3/8" J-Hook
59	LEA3242002	2	Hardware: Hex Nut 10MM D
62	3102802	3	Hardware: Nut 3/8" ID

Component Assembly 3

Ref #	Part Number	Qty	Description
9	7060001	2	Weldment, Long Shaft Crank
25	6937601	2	Cover, Crank
35	6911301	1	Shroud, Rear Lower
36	6911201	1	Shroud, Rear Right Consumer Gray
37	6911101	1	Shroud, Rear Left Consumer Gray
40	6937701	2	PLATE, SUPPORT COVER
45	3223001	2	Key, .250 Square X .500
53	3232601	2	5/16-18 X HEX BLT G8 ZN
54	3226003	13	6-20 X 8 PHI PAN PLT ST BZ
55	3223401	26	10-32X3/8 PHI PAN Head TT ST BZ
57	3223603	4	10-24X8 PHI FLT MS ST ZN
61	3232701	2	Nut, Nylock ST GR8 ZN

Component Assembly 4

Ref #	Part Number	Qty	Description
3	8079401	1	Assembly, Adj Coupler- Right
4	8079501	1	Assembly, Adj Coupler-Left
7	7070501	2	NLA: ASSY, STRAIGHT IDLER
33	7040101	1	Plug, Housing-Left
34	7040001	1	Plug, Housing-Right
56	3223310	2	3/8-16 X 3-1/4 UNS HEX FHB G5 ZN

Component Assembly 5

Ref #	Part Number	Qty	Description
5	7036201	1	NLA: ASSY, PEDAL LEVER-RH X5
6	7036301	1	NLA: ASSY, PEDAL LEVER-LH X5
14	7102301	1	Label, Select Stride Instructions
26	6915001	2	Cover, Clevis 1.75" BOTT
28	7041101	2	Handle, Grip
30	7040701	1	Handle, Bottom-Right
32	7040501	1	Handle, Top-Right
52	3234201	6	3/8-16 X 3/4 UNS HEX L FHB G5ZN
63	3225201	6	Hardware: Washer, 780-1.004-0105 SP-D ST NO
64	3225006	4	Hardware: Washer .760-1.125-030 SPEC ST ZN
65	3225001	8	Hardware: Washer 406-875-060 SPEC ST ZN
66	3102601	6	Washer, Lock 3/8 ID
69	3232415	4	Retaining Ring 0.704" D

Component Assembly 6

Ref #	Part Number	Qty	Description
27	6914901	2	Cover, Clevis 1.75" Top
29	7040801	1	Handle, Bottom-Left
31	7040601	1	Handle, Top-Left
70	7583601	1	Pedal, Metrical Inserts, Left
71	7583701	1	Pedal, Metrical Inserts, Right

Frame Assembly

Ref #	Part Number	Qty	Description
1	7469401	1	Cable, Cross-Trainer Upright
2	6937801	2	Cap, Tube 1.75 Diameter
5	6880002	1	WLDMT, FRAME UPRIGHT LONG BLK
6	3234201	2	3/8-16 X 3/4 UNS HEX L FHB G5ZN
7	3232421	2	Retaining Ring 0.940" D
8	3225202	2	Washer, 1.051-1.351-015 SP-D ST NO
9	3225005	2	Washer
10	3225003	2	Washer 406-1.375-060 Spec ST ZN
11	3102601	2	Washer, Lock 3/8 ID
12	6968301	2	Foam Grip, Stationary Handle Bar

Miscellaneous

Ref #	Part Number	Qty	Description
43	3228401	1	Bushing, 1.25 Diameter Wire
48	7470201	1	Sensor, RPM
-	6844301	1	Strap, Heart Rate Life Fitness
-	3224402	8	10-24 X 8 PHI PAN E MS BZ
-	REX24ZJ	1	Transformer, 120/60 Domestic
-	8254701	1	Transmitter, Polar HR

