280G-B / 280G-F Assembly, Operation &
(Reference) Parts Manual
EU/US

pulsefitness®

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Overview

Before using this product, it is essential to read ALL of this manual and the documents it references prior to, choosing a location, assembling or operating this piece of equipment. This manual describes the equipment's setup its installation and instructs how to use it correctly and safely. It is of the utmost importance that any User of the PULSE FITNESS X-Train (Elliptical Cross-Trainer) is fully trained in its operation! Please ensure that the instructions given in General Safety Precautions section are understood by ALL Users. Keep this manual for future reference.

WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. PULSE FITNESS STRONGLY recommends gaining professional medical advice before using fitness equipment, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

Always warm up by exercising gently before progressing to a full programme of strenuous exercise. Similarly, reduce the level of activity gradually towards the end of the exercise programme.

WARNING: Heart rate monitoring systems may be inaccurate.
Over exercise may result in serious injury or death. If you feel faint, light-headed, dizzy or suffer from any kind of pain or exhaustion, STOP exercising immediately.
NOT suitable for Medical/Therapeutic purposes.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged, repair using only genuine PULSE FITNESS parts fitted by an authorised person.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

NOTE: The 280G is a speed dependent machine and therefore the moving parts cannot be stopped immediately.

Overview (Continued)

Statement of Purpose:
The elliptical cross-trainer is an exercise machine that combines low impact elliptical pedalling, where resistance is independent of speed, with push/pull arm motion to provide an efficient, effective total-body workout

FCC Warning - Possible Radio / Television Interference.

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference, in which case the user will be required to correct the interference at his own expense.

Class SC (Studio): Professional and / or commercial use.

CAUTION: Any changes or modifications to this equipment could void the product warranty.
Any service, other than cleaning or user maintenance, must be performed by an authorised service representative. There are no user serviceable parts.

WARNING: Children shall not play with the training equipment. Unsupervised children must be kept away from the equipment.

Contents

Table of Contents (Continued)

1 280G-B Overview

280G-B X-Train

A Console (Series 1, 2 or 3)   +/- Resistance

B Storage Bucket

C Fixed Handles

D Transport Wheels

E Book Rest

F Handpulse Sensor

G Drinks Bottle

H iPod® / iPhone® Dock

I Levelling Foot

J Articulated Pedals

280G-F Overview (Continued)
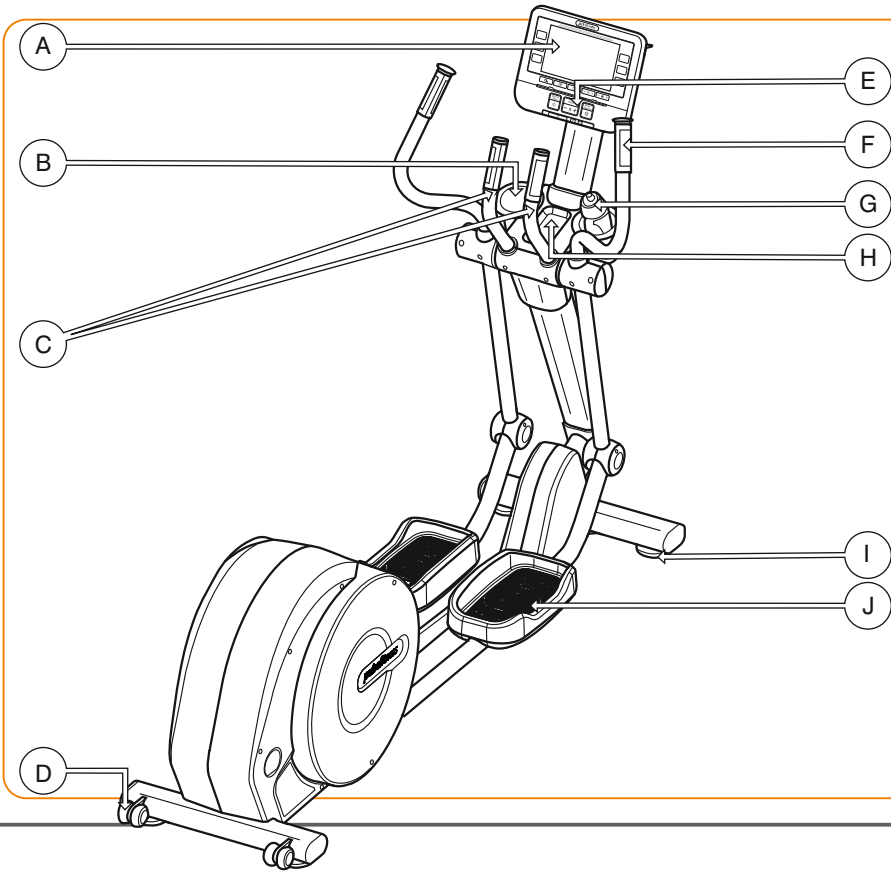
280G-F X-Train

A Console (Series 1, 2 or 3)

B Storage Bucket

C Fixed Handles

D Transport Wheels

E Book Rest

F Handpulse Sensor

G Drinks Bottle

H iPod® / iPhone® Dock

I Levelling Foot

J Fixed Pedals

2 Contents of the 280G-B Pack
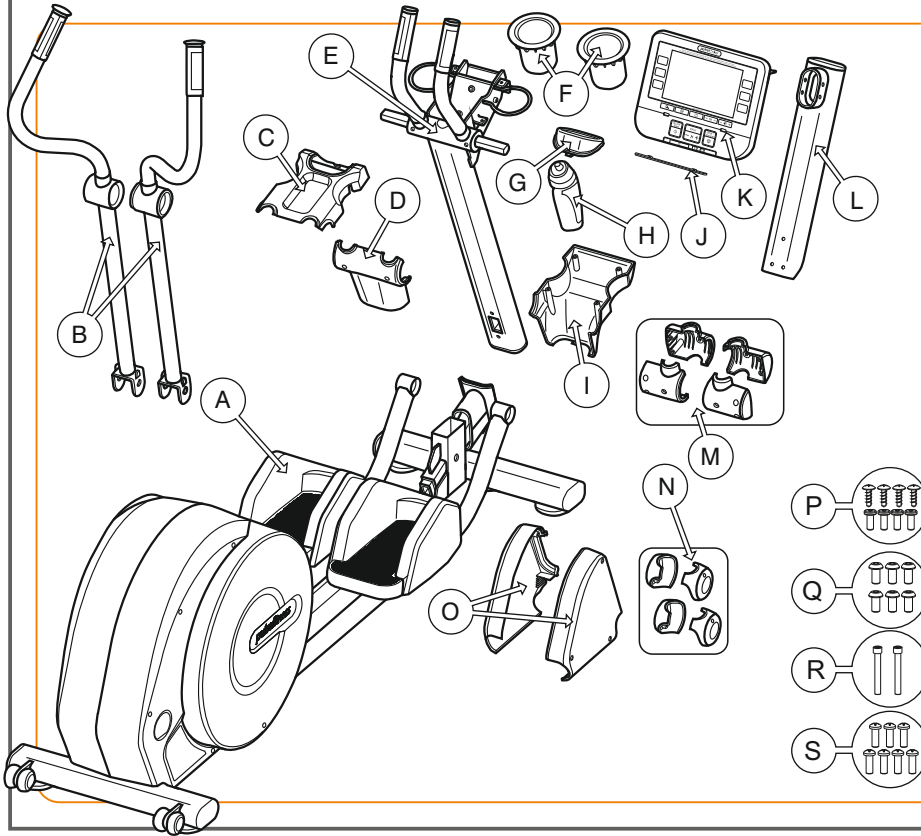
The 280G-B X-Train will have to be assembled from the flat pack. The contents of the pack are as follows:

A Main Body
B Moving Handlebars
C iPhone® / Pod® Dock
D Front iPod® Moulding
E Top Assembly
F Storage Buckets
G Neck Collar
H Drinks Bottle
I iPhone® / Pod® Dock Valance Moulding
J Book Holder
K Console (Series 1, 2 or 3)
L Column
M Rotating Endcaps
N Pivot Covers
O Front Joint Mouldings
P Console Bolts
Q Column Bolts [Top]
R Console Column/Neck Bolts
S Cladding Screws

If any parts are missing then please contact PULSE FITNESS' Global Service Team +44(0)1260 294600.

Contents of the 280G-F Pack (Continued)

The 280G-F X-Train will have to be assembled from the flat pack. The contents of the pack are as follows:

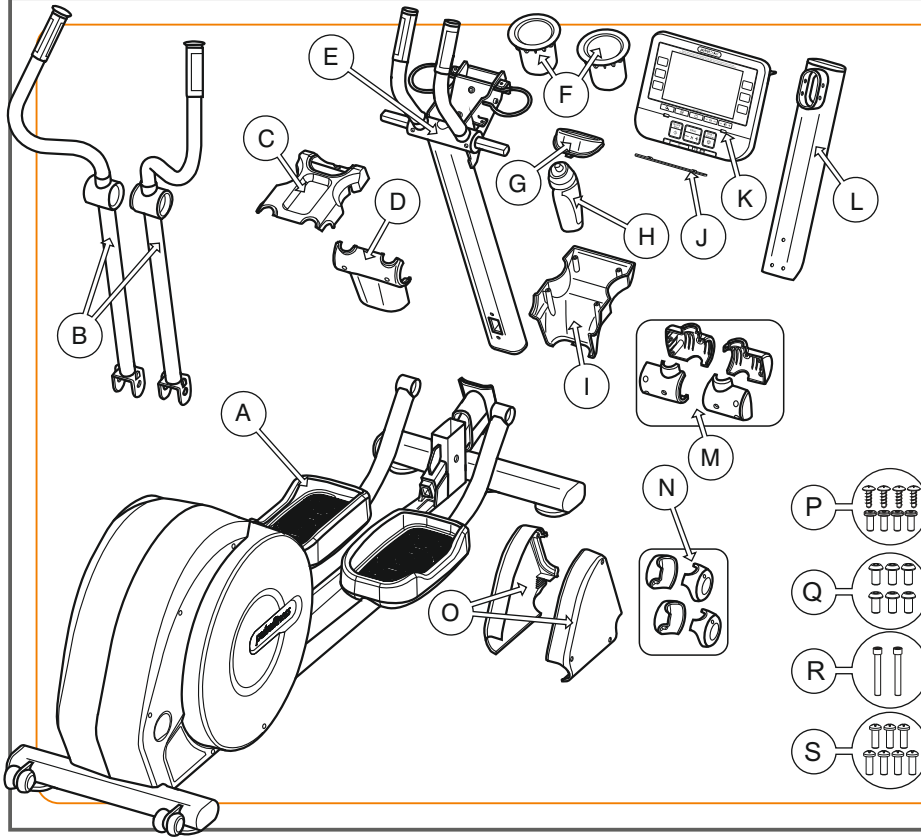A   Main Body
B   Moving Handlebars
C   iPhone® / Pod® Dock
D   Front iPod® Moulding
E   Top Assembly
F   Storage Buckets
G   Neck Collar
H   Drinks Bottle
I   iPhone® / Pod® Dock Valance Moulding
J   Book Holder
K   Console (Series 1, 2 or 3)
L   Column
M   Rotating Endcaps
N   Pivot Covers
O   Front Joint Mouldings
P   Console Bolts
Q   Column Bolts [Top]
R   Console Column/Neck Bolts
S   Cladding Screws

If any parts are missing then please contact PULSE FITNESS' Global Service Team +44(0)1260 294600.
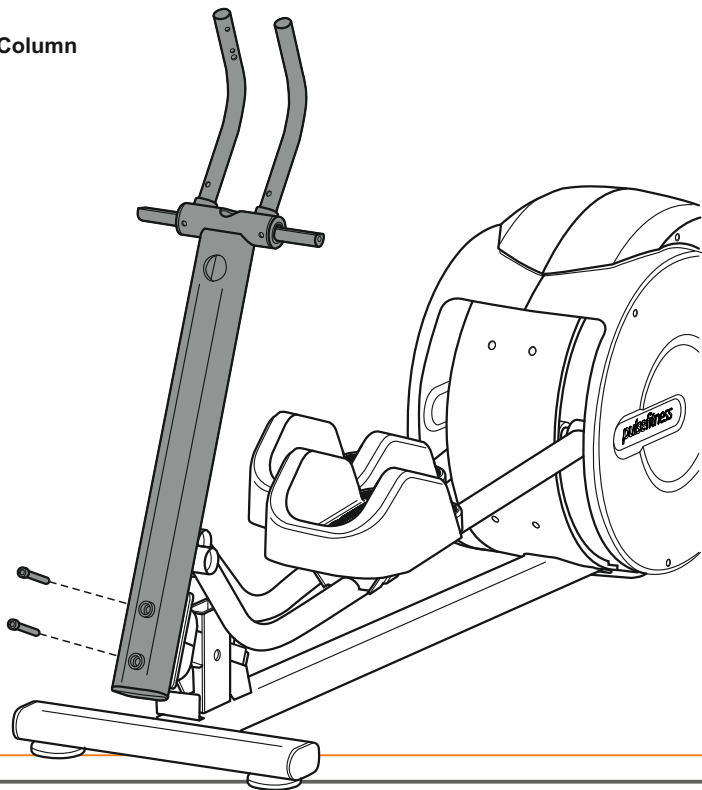
3 Assembly of 280G-B

Figure A
Securing the Column

3.1 Securing the Column

Rest the Column onto something stable e.g. a box or equivalent, and thread the Cable Loom up through it, whilst making sure that the loom does not get trapped.

Next lift the assembled Column up and lean it against its Mounting Bracket and secure the bolts into position by hand.

Once in position use an Allen Key to tighten up the bolts, ensuring that the Column is aligned vertically and not twisted. [See Figure A].

Tools Required:
10mm Allen Key [M12 Cap Head]

*Refer to document **135-778-*** for column wiring installation.

Figure A
Securing the Column

3.1 Securing the Column

Rest the Column onto something stable e.g. a box or equivalent, and thread the Cable Loom up through it, whilst making sure that the loom does not get trapped.

Next lift the assembled Column up and lean it against its Mounting Bracket and secure the bolts into position by hand.

Once in position use an Allen Key to tighten up the bolts, ensuring that the Column is aligned vertically and not twisted. [See Figure A].
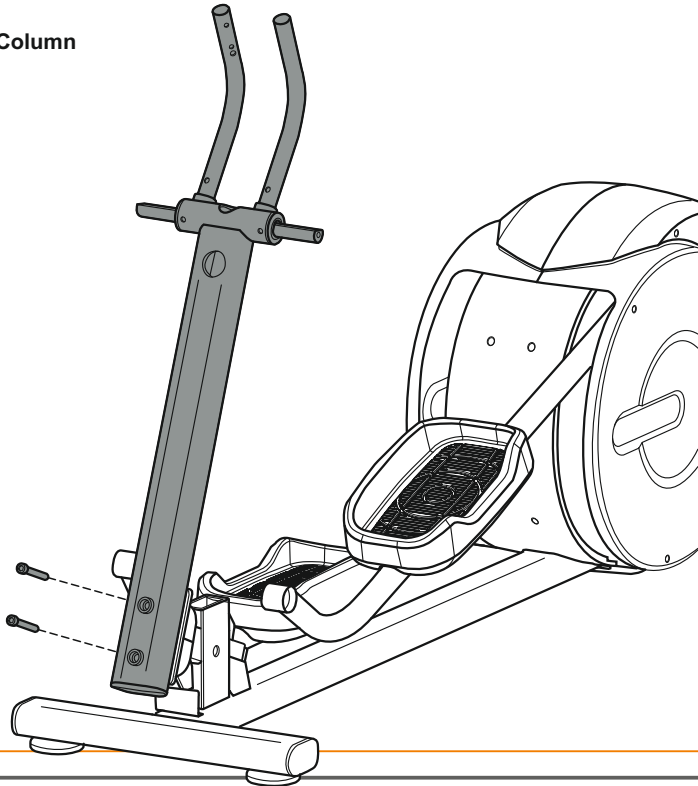
Tools Required:
10mm Allen Key [M12 Cap Head]

*Refer to document **135-778-*** for column wiring installation.

Assembly of the 280G-B / 280G-F (Continued)

Figure B
Connecting the Cables
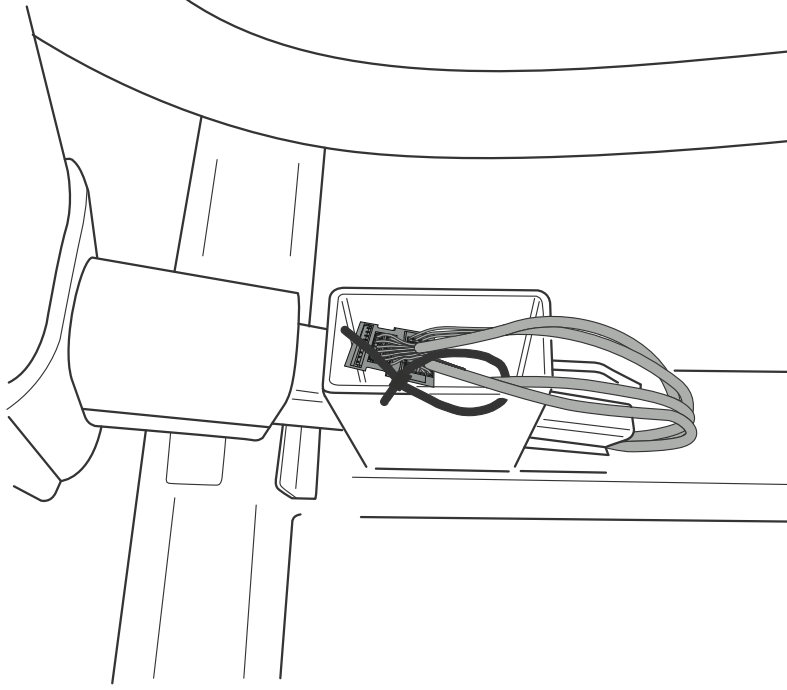
3.2 Connecting the Cables

With care, connect the cables into the correct ports to the PCB attached to the front joint. [See Figure B].

NOTE: Make sure that the cables do not get trapped during this process and are not tight.

Assembly of the 280G-B (Continued)

Figure C
Attaching the Front Joint Mouldings
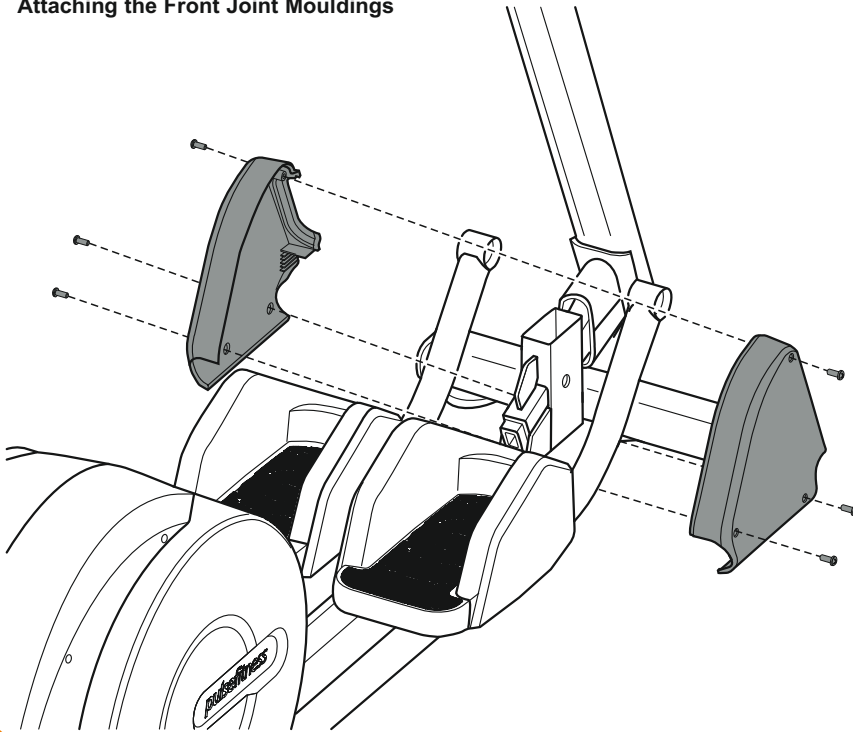
3.3 Attaching the Front Joint Mouldings

Attach the Front Joint Mouldings to the main frame with the screws, being careful not to damage any cables or PCB in the process. [See Figure C].

NOTE: Make sure that both the cable-loom or PCB do not get damaged or trapped during this process.

Tools Required:
Phillips Screwdriver

Assembly of the 280G-F (Continued)

Figure C
Attaching the Front Joint Mouldings
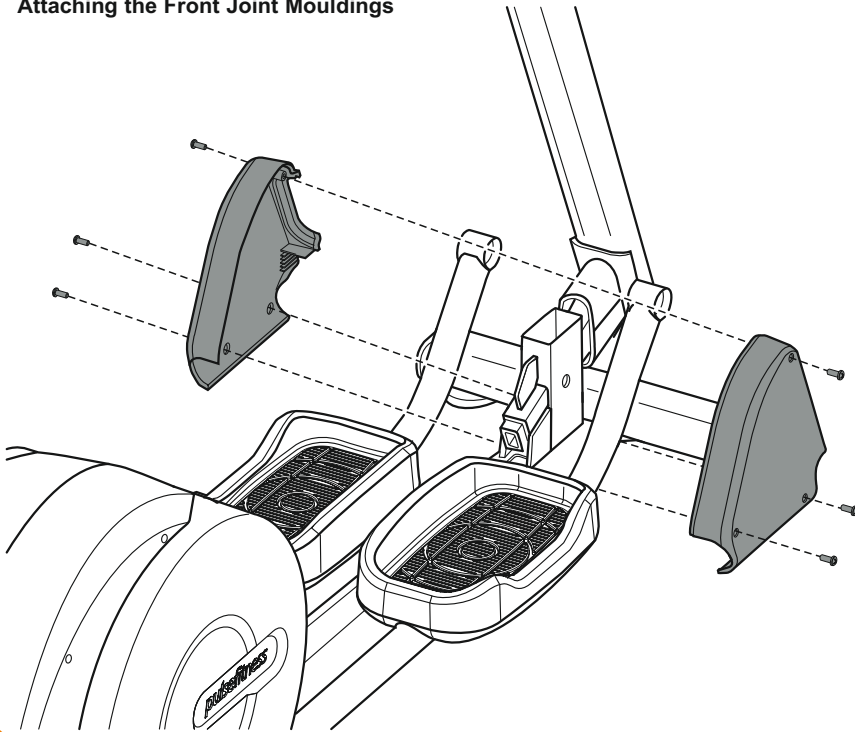
3.3 Attaching the Front Joint Mouldings

Attach the Front Joint Mouldings to the main frame with the screws, being careful not to damage any cables or PCB in the process. [See Figure C].

NOTE: Make sure that both the cable-loom or PCB do not get damaged or trapped during this process.

Tools Required:
Phillips Screwdriver
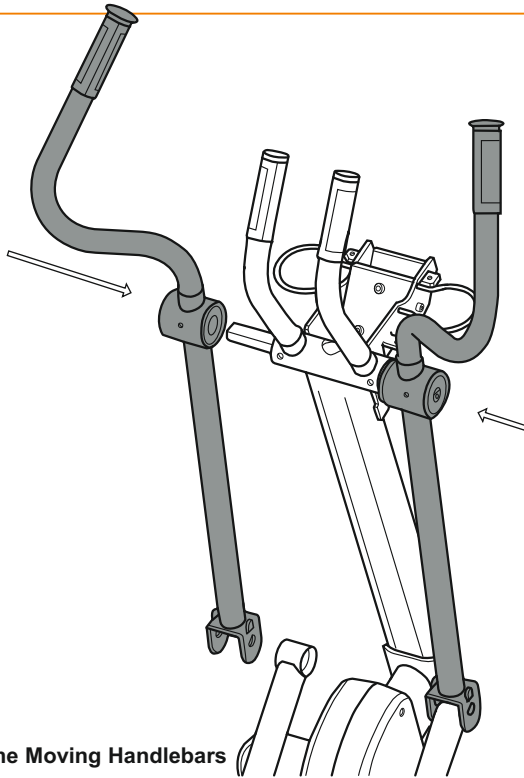
Figure D
Attaching the Moving Handlebars

3.4 Attaching the Moving Handlebars

Slide the arms onto the shaft (the arms are handed). [See Figure D].

NOTE: Make sure that the cables from the handpulse do not get trapped during this process.

Assembly of the 280G-B / 280G-F (Continued)

Figure E
Securing the Moving Handlbars
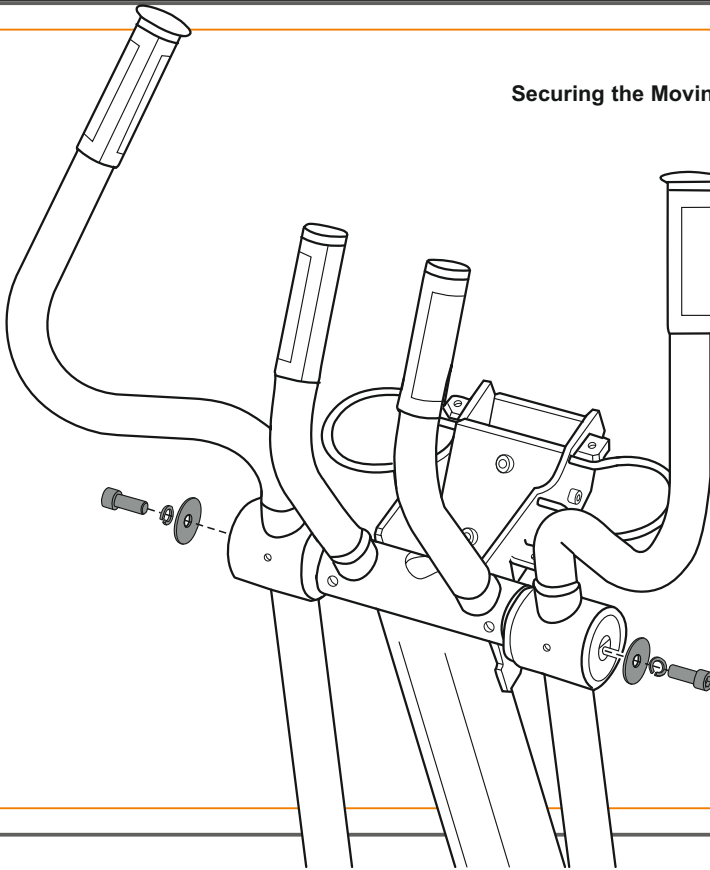
3.5 Securing the Moving Handlebars

Secure the moving bars into position by inserting the Bolts and Washers into the pivot shaft. [See Figure E].Check that the arms move freely without any excessive play.

NOTE: Do not tighten until after you have attached the pivot endcaps.

Tools Required:
10mm Allen Key [M12 Cap Head]

Figure F
Secure Pivot Shaft
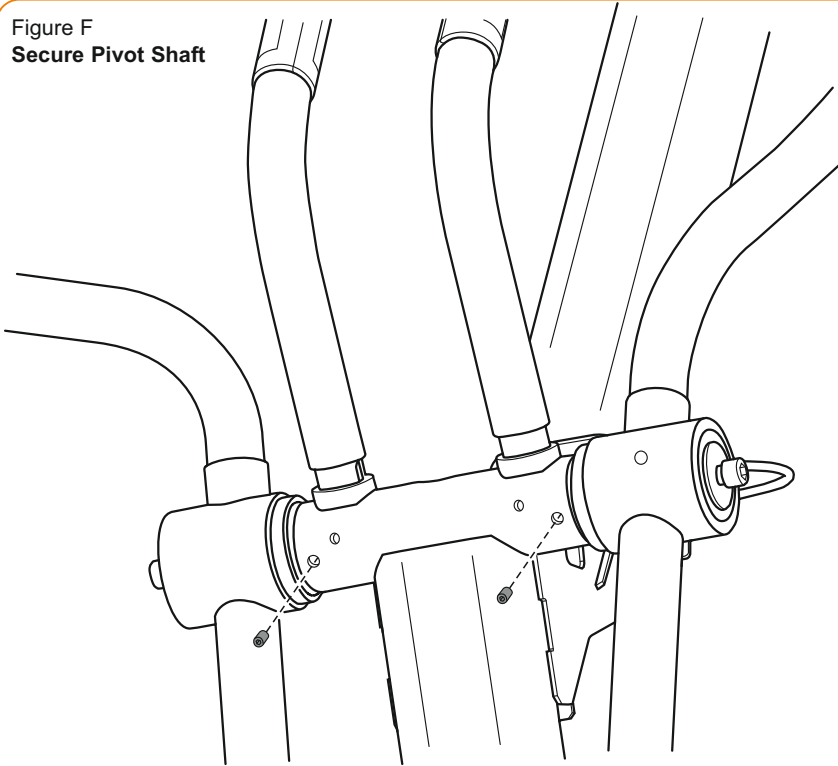
3.6 Secure Pivot Shaft

Secure the pivot shaft into position with the grub
screws. [See Figure F].

Tools Required:
5mm Allen Key [M12 Cap Head]

Figure G
Attaching the Moving Handlebars to the Foot Bars
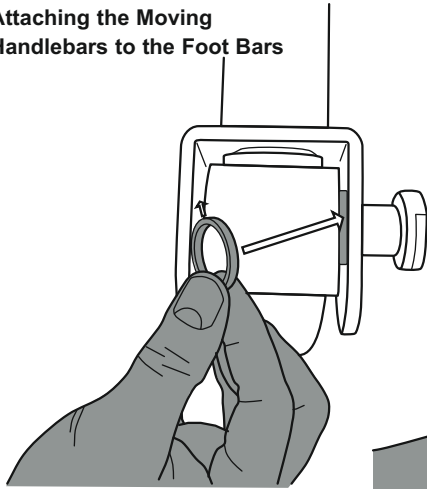
Figure H
Insert Bottom Pivot Shaft
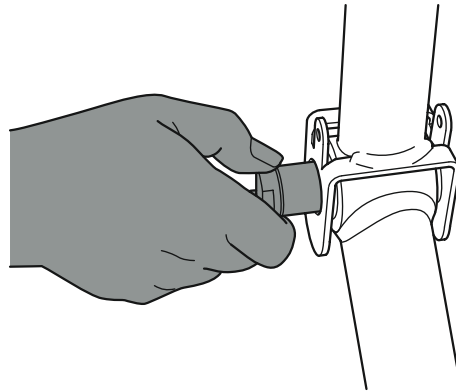
3.7 Attaching the Moving Handlebars to the Foot Bars

Attach the Moving Handlebars to the Footbars by inserting handlebar spacer washers either side of the bearing. [See Figure G].

3.8 Insert Bottom Pivot Shaft

Insert bottom pivot shaft from an inward direction. [See Figure H].

Figure I
Secure Moving Pivot
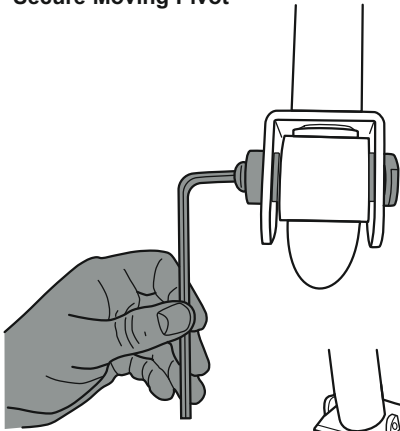
Figure J
Attaching the Pivot Mouldings
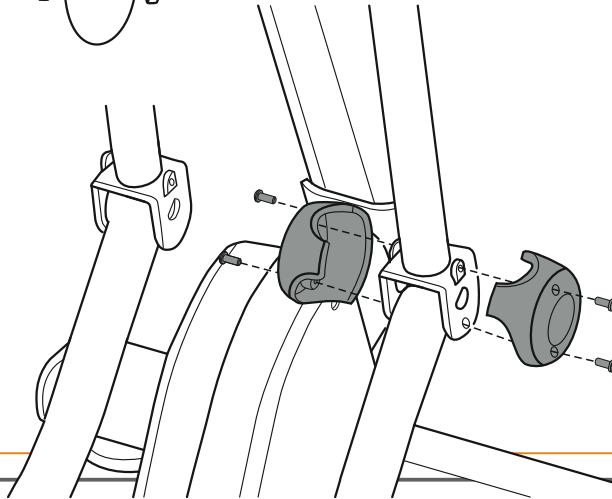
3.9 Secure Moving Pivot

Secure with handlebar bolt and washer on the outside. Ensure that the assembly is correct before securing pivot mouldings. [See Figure I].

Tools Required:
6mm Allen Key [M12 Cap Head]

3.10 Attaching the Pivot Mouldings

Attach the pivot mouldings to each other on each link arm with 4 screws. [See Figure J].

Tools Required:
Phillips Screwdriver

Figure K
Attaching the iPod® Dock/Storage Station Dashboard
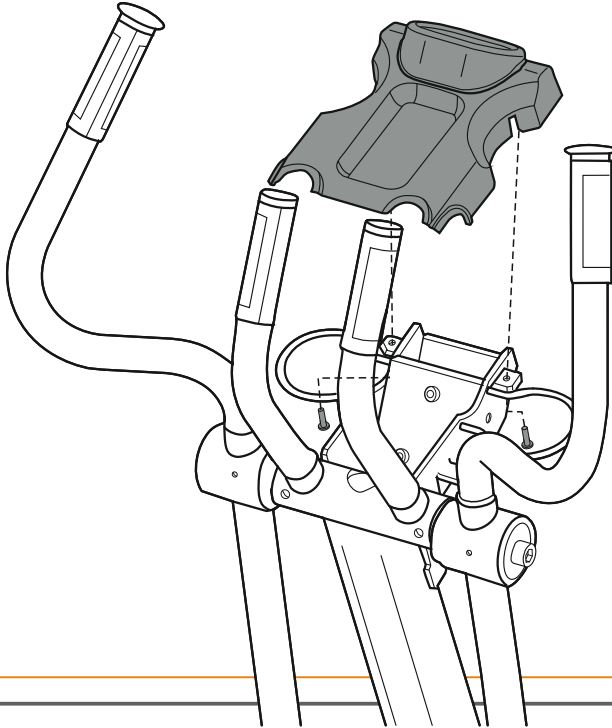
3.11 Attaching the iPod® Dock/Storage Station Dashboard

Place the iPod® Dock Dashboard onto the top bracket assembly, positioning the moulding snug against the fixed handlebars and neck. You may need to tilt the moulding into position.

Then use a Phillips screwdriver to fasten 2x screws into the back of the moulding through the fixed bracket. [See Figure K].

NOTE: Be careful not to scratch the moulding against the neck during fitting.

Tools Required:
Phillips Screwdriver

Assembly of the 280G-B / 280G-F (Continued)

3.12 Attaching the Neck

Drop the neck through the hole in the upper assembly bracket and secure with bolts. [See Figure L].

NOTE: Ensure that a rubber neck gasket has been fitted onto the neck before fastening to the bracket.

Tools Required:
13 mm Combination Spanner
[M8 Hexagon Bolt x4]
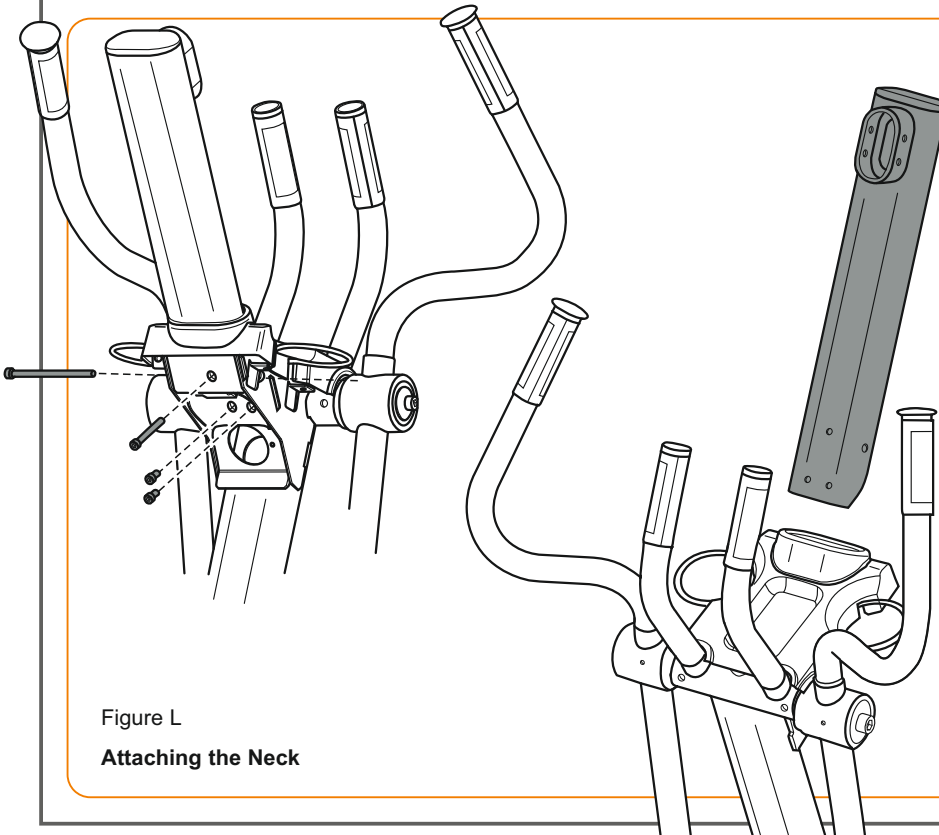
Figure L

Attaching the Neck

Assembly of the 280G-B / 280G-F (Continued)

Figure M
**Attaching the
Dashboard Valance**
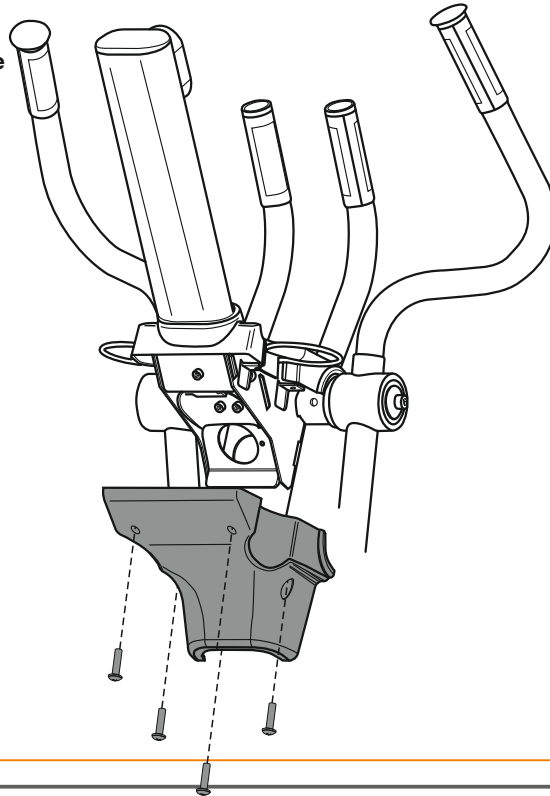
3.13 Attaching the Dashboard Valance

Attach the Dashboard Valance by pushing it up
snug against the iPod® Dock/Storage Station top
moulding and fastening together with 3x screws.
[See Figure M].

NOTE: Make sure that the Dashboard and Valance
mouldings are lined up before tightening the
screws.

Tools Required:
Phillips Screwdriver

3.14 Attaching the Front Dashboard Moulding

Attach the Front Dashboard Moulding by lining it up against the existing Dashboard and Valance. Then secure into position with 2x screws. [See Figure N].

NOTE: Make sure that all the mouldings line up and do not overlap before tightening the screws.

Tools Required:
Phillips Screwdriver
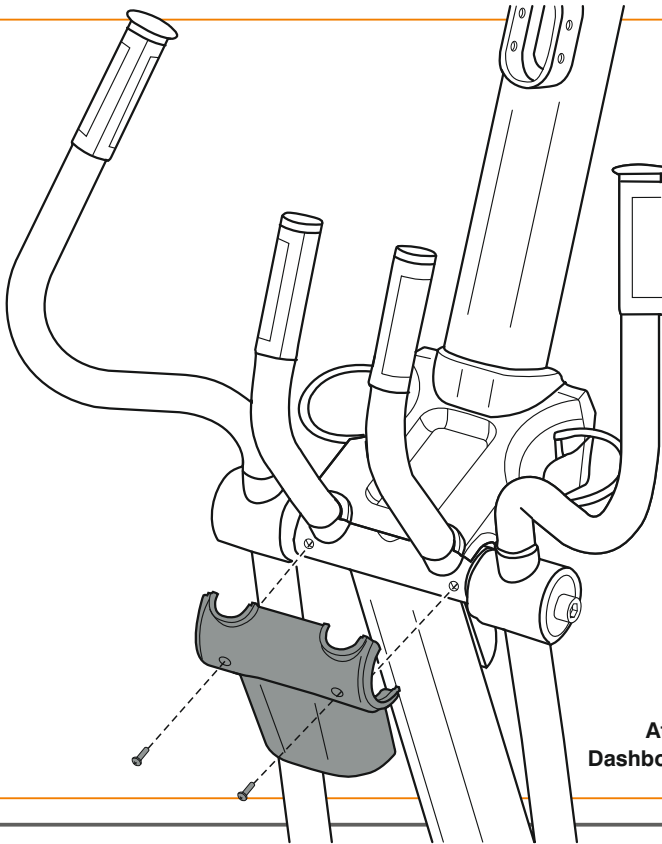
Figure N
**Attaching Front
Dashboard Moulding**

Assembly of the 280G-B / 280G-F (Continued)

Figure O

Attaching Rotating Endcaps
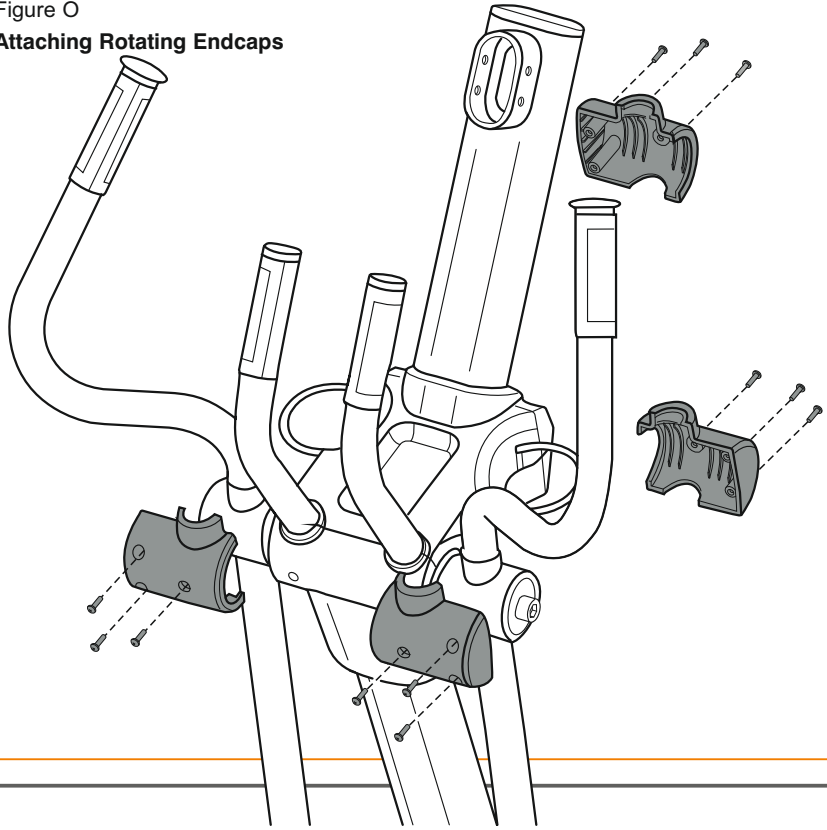
3.15 Attaching Rotating Endcaps

Attach the Rotating Encdaps by lining each pair up against the rotating handlebar bosses, and securing with 3x screws. [See Figure O].

NOTE: Make sure that a fixed handlebar gasket has been fitted before attaching Endcaps.

Tools Required:
Phillips Screwdriver

Assembly of the 280G-B / 280G-F (Continued)

Figure P

Fitting Storage Buckets
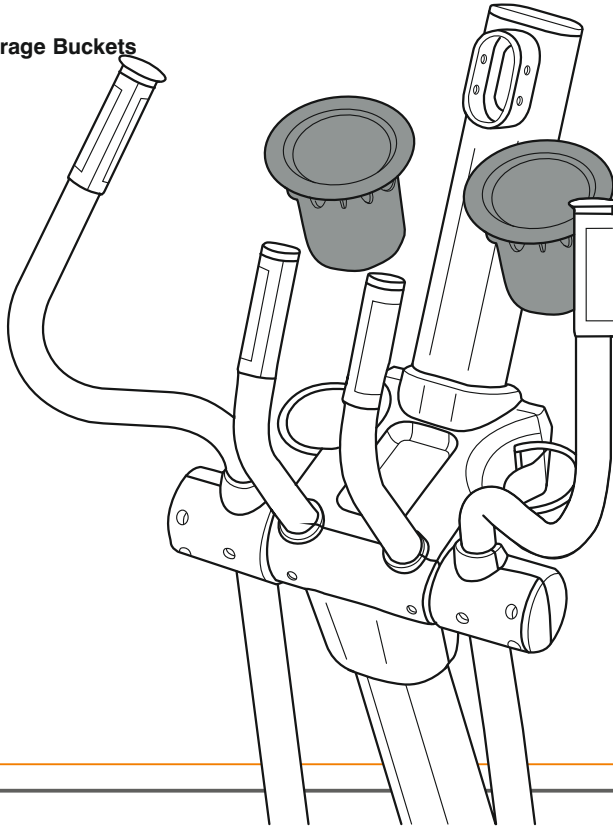
3.16 Fitting Storage Buckets

Insert the Storage Buckets into the Dashboard hoops and press down firmly. [See Figure P].

Figure Q
Securing the Console
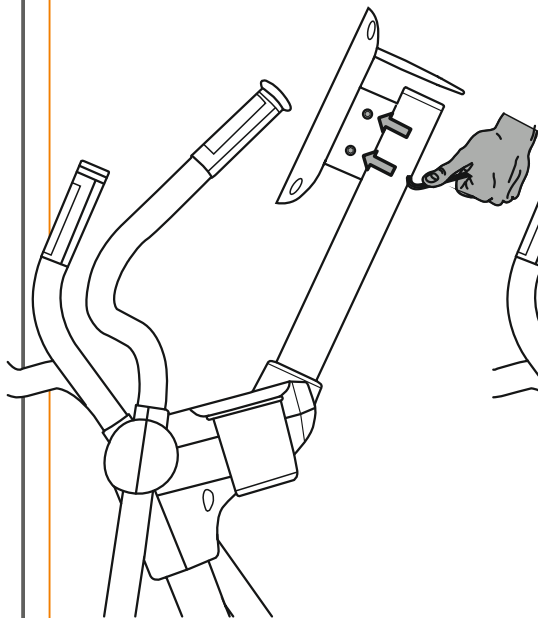
Figure R
Assembling the Console
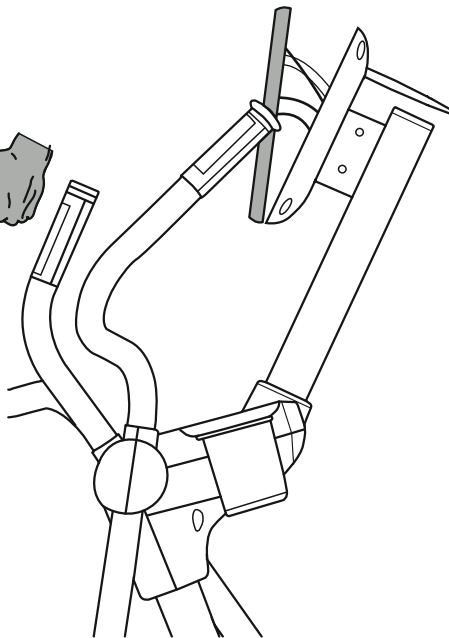
4.1 Securing the Console

Place the bottom half of the Console onto the Column and secure with the Console Bolts. [See Figure Q].

NOTE: Fasten Bolts securely.

Tools Required:
4mm Allen Key

4.2 Assembling the Console

Place the top half of the Console onto the bottom half and carefully connect all the wires into the corresponding connectors from the front of the Console to the back*. [See Figure R].

*Refer to document **135-771-*** for further instructions.

Figure S
Wiring the Console

Cables:
Green, Black, Red, White

Cables:
Yellow, Blue,
Black, Red

Cable:
Yellow, Black,
Red, White

Cable:
Green, Black,
Pink, Red

Cable:
Red, Black

Cable:
Green, Red, Black,

Cable:
Red, White, Yellow,
Green, Blue, Black
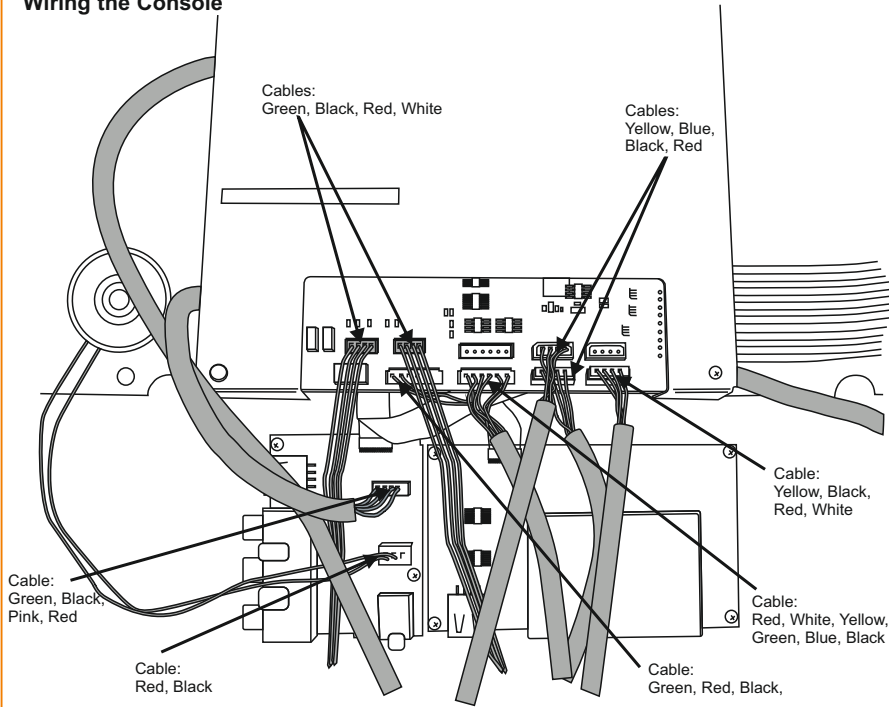
4.3 Wiring the Console

Carefully pull the Electrical Connectors up from the Column. Ensure that all the Electrical Connectors attach to the Circuit Board as shown*. [See Figure S].

*Refer to document **135-771-*** for further instructions.

Figure T

Assembling the Console
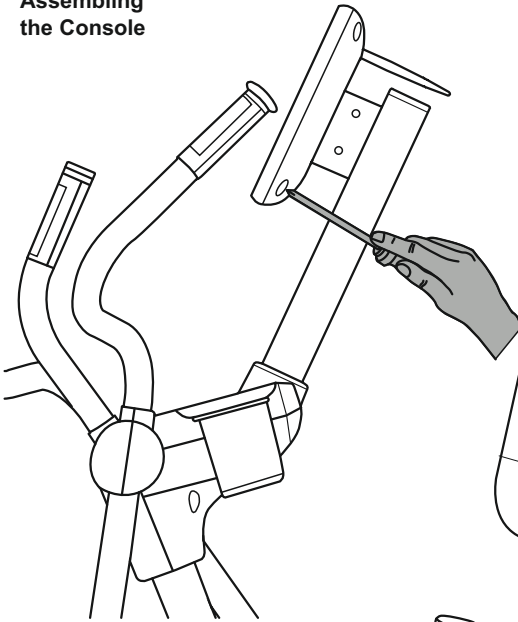
Figure U

Securing the Book Holder
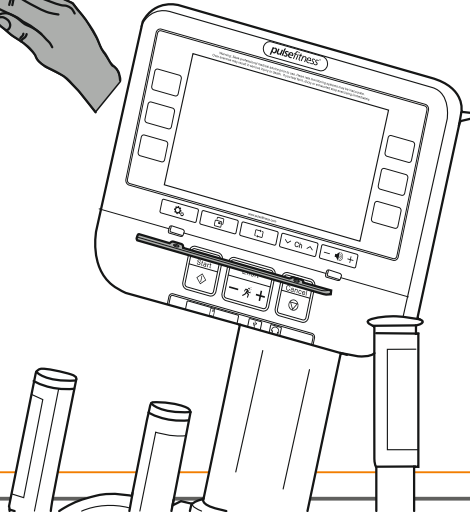
4.4 Assembling the Console

Carefully lower the top Console into place and secure with the Console Screws*.[See Figure T].

NOTE: Fasten Screws securely.

Tools Required - 1 x Philips Head Screwdriver

4.5 Securing the Book Holder

For Series 1 and 2, carefully line up and firmly push the Book Holder into the consoles allocated slots until it is solidly fixed into position. [See Figure U].

NOTE: This may take some force. Be careful not to damage the console in the process.

Figure V
Using the Console
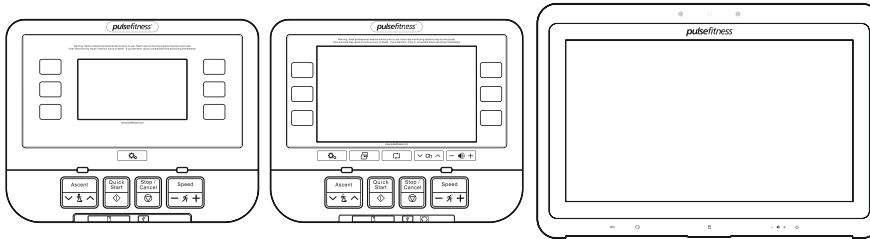
NB: Image for illustration only

4.6 Using the Console

For details on how to use each of the Series 1, 2 & 3 Consoles, refer to documents:
   135-1379-* Series 1 (Console 3.5 CV)
   135-1299-* Series 2 (Console 5.0 CV)
   135-1300-* Series 3 (Console 6.0 CV) Cirrus V1
   135-1824-* Series 3 (Console 6.0 CV) Cirrus V2
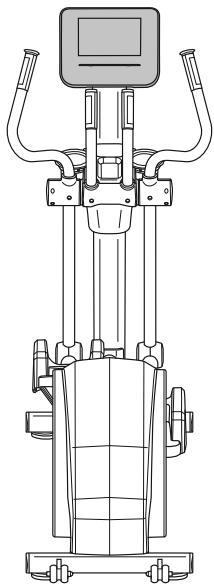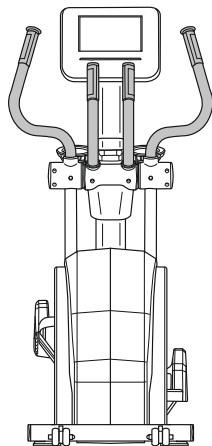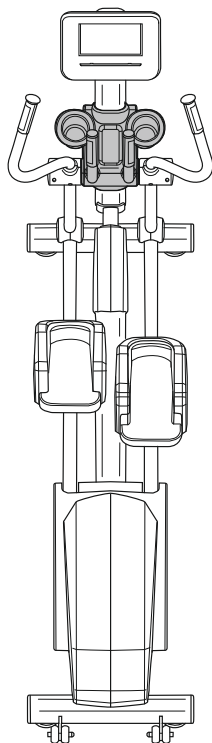
Console   **Handlebars**   **Storage**

5.1 Checking the alignment

As a final check make sure that the Console, Handlebars, and Storage are correctly aligned and are not twisted.

*Refer to document **135-767-*** for further alignment instructions.

5.1 Checking the alignment

As a final check make sure that the Console, Handlebars, and Storage are correctly aligned and are not twisted.

*Refer to document **135-767-*** for further alignment instructions.

Console   **Handlebars**   **Storage**
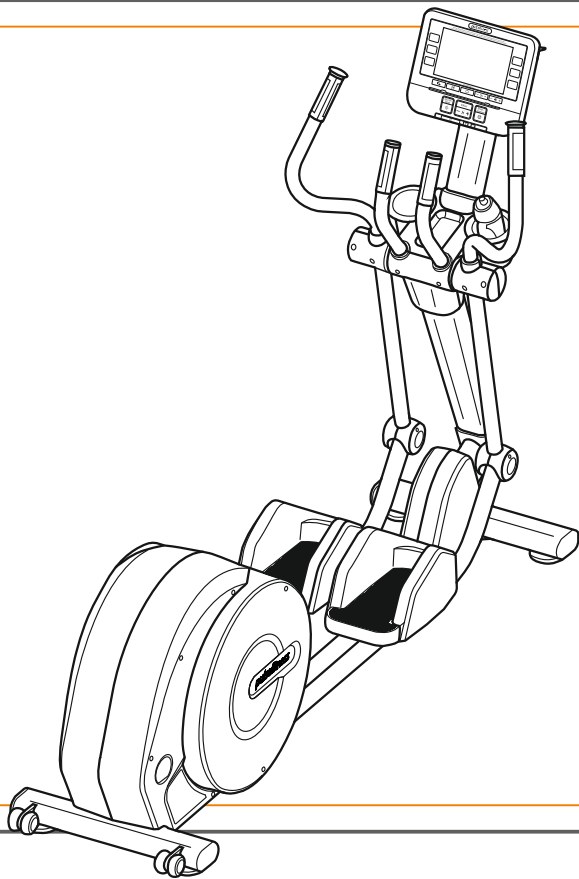
Your 280G-B X-Train (Elliptical Cross-Trainer) is now ready to use, please read the Technical and Console booklets to become familiar with all operational and safety features before use.
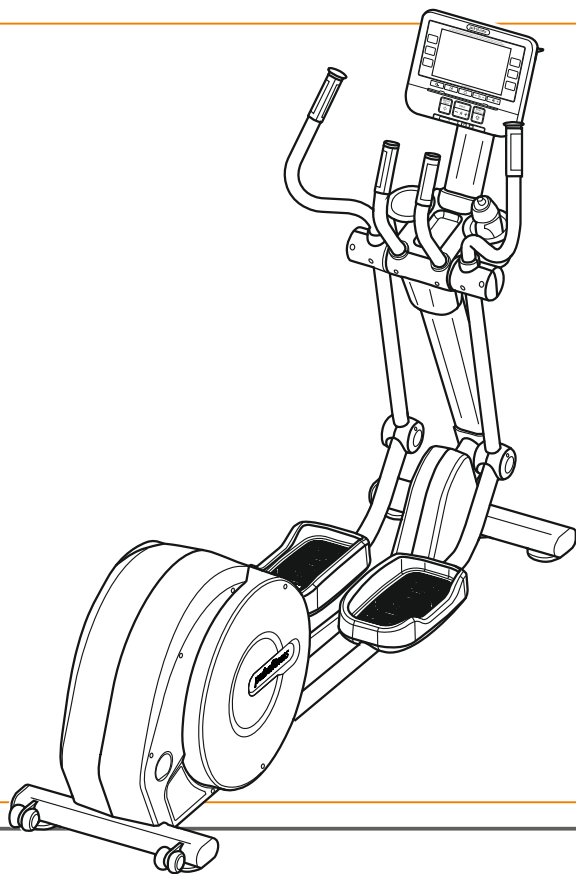
⚠️ **Caution:** MAKE SURE ALL HARDWARE IS TIGHT!

Your 280G-F X-Train (Elliptical Cross-Trainer) is now ready to use, please read the Technical and Console booklets to become familiar with all operational and safety features before use.

⚠️ **Caution:** MAKE SURE ALL HARDWARE IS TIGHT!
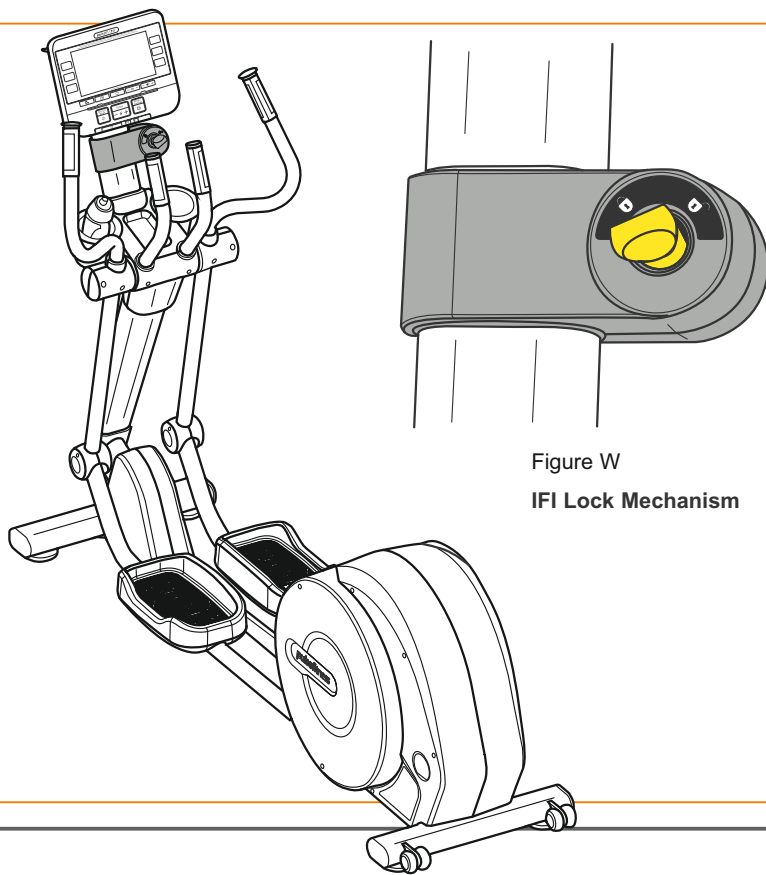
Figure W

IFI Lock Mechanism

The 280G-Fi allows the user to lock the pedals in order to mount the product safely.

To get onto the 280G-Fi, you need to ensure that the pedals are locked into the lowest position before stepping onto the pedal.

Note: The IFI lock attachment [See Figure W] is only available on the flat pedal model [280G-F].

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Figure X

Unlocking the Pedals
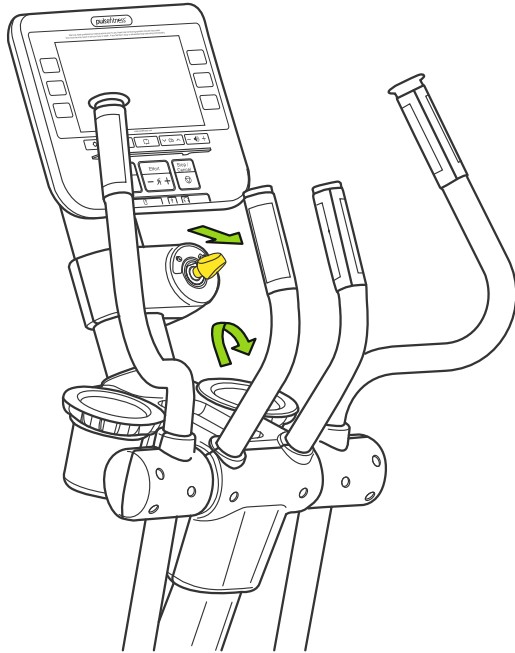
Figure Y

Unlocked Symbol
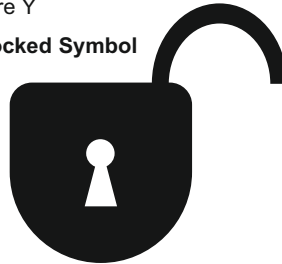
7.1 How to Unlock the Pedals

Unlock the pedals by pulling the yellow locking handle towards you [See Figure X] and twisting in a clockwise direction, towards the unlocked padlock symbol. [See Figure Y].

Once in position release the yellow locking handle.

Note: Ensure that the yellow locking handle is firmly in position before operating the Elliptical Cross-Trainer.

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Figure Z

Locking the Pedals
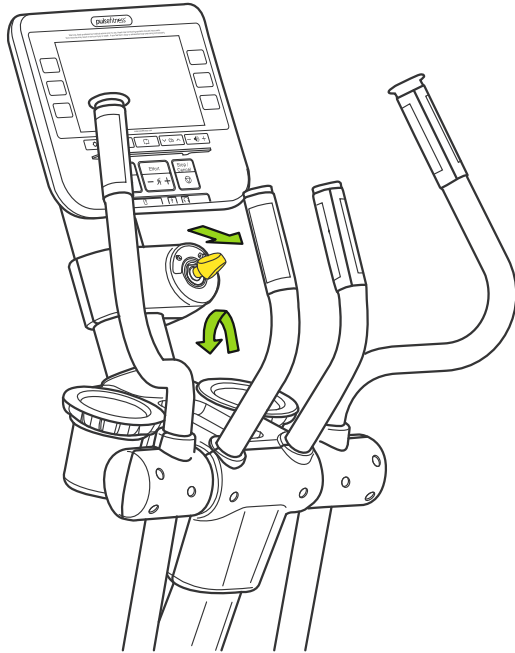
Figure AA

Locked Symbol

7.2 How to lock the pedals

Lock the pedals by pulling the yellow locking handle towards you [See Figure Z] and twisting in an anti-clockwise direction, towards the locked padlock symbol. [See Figure A-A].

Once in position release the yellow locking handle.

Note: Ensure that the yellow locking handle is firmly in position before getting off the Elliptical Cross-Trainer.

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8.1 Introduction

The successful and safe operation of PULSE FITNESS' X-Train (Elliptical Cross-Trainer) is dependent upon its proper handling, installation, operation and maintenance. The following safety precautions are for safety and guidance. Please read them carefully before proceeding to install and/or operate the Elliptical Cross-Trainer. Specific notices are included in the text where appropriate.

Read all instructions before using the PULSE FITNESS X-Train (Elliptical Cross-Trainer).

⚠️ **DANGER:** To reduce the risk of electrical shock, always unplug PULSE FITNESS products from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity. DO NOT remove any cover.

⚠️ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.

⚠️ **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

⚠️ **WARNING:** The Elliptical Cross-Trainer is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately. Do not stand or sit on the rear plastic covers.

Do not stand on centre tube.

The individual human power required to perform an exercise may be different than the mechanical power displayed on the Elliptical Cross-Trainers Console.

Use caution when mounting or dismounting the Elliptical Cross-Trainer. Before mounting, use the moving handlebars arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving handlebars.

Never face backwards while using the Elliptical Cross-Trainer.

Important Safety Instructions (Continued)

⚠️ **CAUTION:** Read instruction manual before using. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.

Never operate a PULSE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact PULSE FITNESS' Global Service Team.

Position the product so that the power cord plug to the wall is accessible to the user.

If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorised Distributor/Dealer, or a similarly qualified person to avoid a hazard.

Always follow the Console instructions for proper operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.

Do not use this product outdoors, near swimming pools or in areas of high humidity.

Never operate a PULSE FITNESS product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact PULSE FITNESS' Global Service Team.

Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended. Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Do not reach into, or underneath, the unit or tip it on its side during operation.

Do not allow other people to interfere in any way with the user or equipment during a workout.

Allow LCD consoles to "normalise" with respect to temperature for one hour before plugging the unit in and using.
Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by PULSE FITNESS, as such attachments may cause injury.

Read all warnings on each product prior to starting a workout.

If warnings are missing or damaged, please contact PULSE FITNESS immediately for replacement warning labels.

Warning labels are shipped with every product and should be installed before product is used. PULSE FITNESS is not responsible for missing or damaged warning labels.

This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information refer to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65).

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

8.2 Set-Up

Read the entire manual before setting up the PULSE FITNESS X-Train (Elliptical Cross-Trainer). Place the Cross-Trainer where it will be used before beginning the setup procedure.

8.3 Electrical Power Requirements

PULSE FITNESS X-Train (Elliptical Cross-Trainer) with the Series 3 Consoles require an AC power supply according to the electrical configurations listed in the chart on the next page.

Supply Voltage	Frequency	Rated Current
115V	50/60Hz	0.4A
230V	50/60Hz	0.2A

Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

8.4 Battery Powered - Series 1 & 2 Only

Series 1 & 2 consoles are powered by a rechargeable 12-volt battery. Mount the PULSE FITNESS X-Train (Elliptical Cross-Trainer) and begin pedalling. The console should illuminate and programming a workout should be possible. The pedal action during workouts keeps the battery charged. If the X-Train (Elliptical Cross-Trainer) is externally powered, battery maintenance is automatic and pedalling is not required.

Important Safety Instructions (Continued)

Figure AB

Positioning

0.3m / 1.0ft

0.6m / 2.0ft

0.6m / 2.0ft
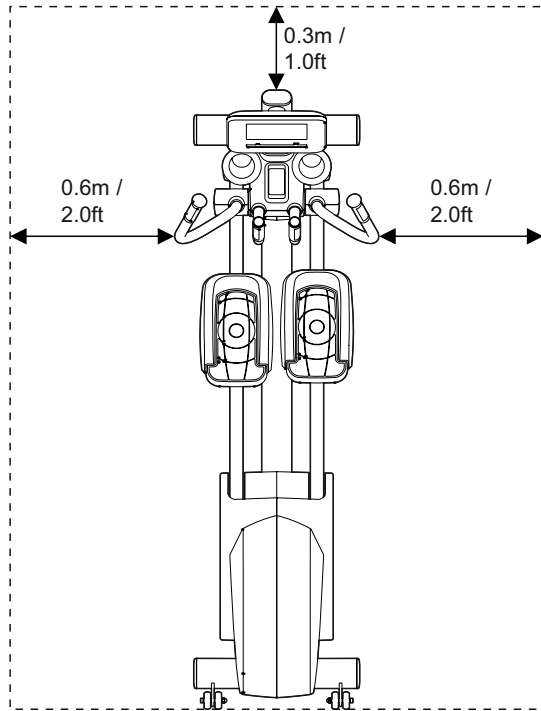
8.5 Where to place the PULSE FITNESS X-Train Elliptical Cross-Trainer

Following all safety instructions move the PULSE FITNESS X-Train Elliptical Cross-Trainer to the location in which it will be used. See **Section 12**, titled Specifications, for the dimensions of the footprint. Allow 0.3m (1ft.) of clearance in front of the PULSE FITNESS X-Train Elliptical Cross-Trainer to allow for movement of the footbars. Allow at least 0.6m (2ft.) on the side of the Elliptical Cross-Trainer. It should be easy to mount the PULSE FITNESS X-Train Elliptical Cross-Trainer from the side. Mount the PULSE FITNESS X-Train Elliptical Cross-Trainer by grasping the Handles and carefully stepping on the Pedals. To dismount the Elliptical Cross-Trainer, step off the Pedals while still holding the moving handlebars. Then let go of the moving handlebars.

8.6 How to Stabilise the PULSE FITNESS X-Train Elliptical Cross-Trainer

Follow all safety instructions. Move the Elliptical Cross-Trainer to the location in which it will be used.

8.7 Install External Power Supply - Series 3 Consoles Only (Cirrus)

Series 3 Consoles are powered by an external AC 12-Volt power supply. Plug in the power to the external power connector on the front end of the Elliptical Cross-Trainer and then plug the cord into an AC outlet. The Console should begin its boot-up cycle. The Series 3 Consoles will show a message indicating it is initialising (which takes approximately 2 minutes).

Note: If any of the Consoles do not light up, contact PULSE FITNESS' Global Service Team (refer to page 02 of this manual). Use only the power supply provided by PULSE FITNESS in order to ensure against unsafe operation.

8.8 Install Coaxial & Ethernet Cables (if necessary) - Series 2 & Series 3 Only

The following connection receptacles are located at the front of the 280G-B / 280G-F X-Train Elliptical Cross-Trainer:
Coaxial Cable, and Ethernet Cable.

CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

9.1 Grounding Instructions

This PULSE FITNESS product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

⚠️ **DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

Figure AC
120-Volt Grounded Plug

Grounded Outlet
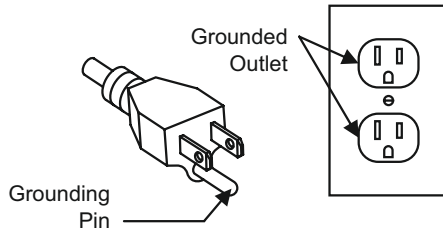
Grounding Pin

NB: Image for illustration only

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

10 Installation

10.1 Location

Select a suitable location for the PULSE FITNESS X-Train (Elliptical Cross-Trainer) before moving it. The site you choose should meet the following requirements:

- A flat, level and clean surface.
- Close to a suitable power socket.
- Well away from sources of water (or other liquids) or away from areas that is subject to condensation.
- Away from direct sunlight (this can make it difficult to view the screen).

Note: The Elliptical Cross-Trainer is not suitable for outdoor use.

If the chosen surface is carpet then the Elliptical Cross-Trainer can be pushed to the desired position on its rear wheels (this is a two person procedure). However, if the surface is more resistant, or the Elliptical Cross-Trainer has to be lifted and lowered into place, then 6 people will be required.

⚠️ **CAUTION** ⚠️

This equipment is heavy! We do not recommend attempting to lift it without assistance, at least 6 people should lift the Elliptical Cross-Trainer when necessary.

NEVER attempt to lift the Elliptical Cross-Trainer by the Console or its Handlebars.

Installation (Continued)

Figure AD
Feet Adjustment

Locknut
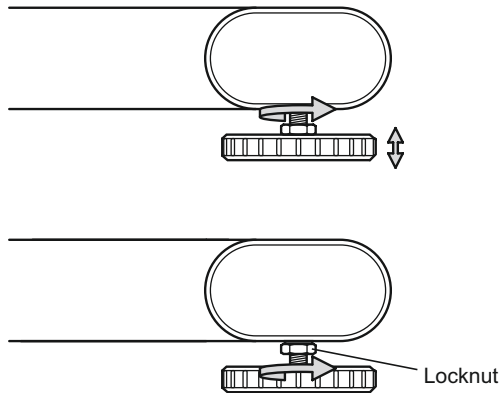
1**0.2 Feet Adjustment**

After placing the PULSE FITNESS X-Train Elliptical Cross-Trainer in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be levelled. Check the front stabilising feet to determine which foot does not rest fully on the floor. If necessary, adjust the height of the feet to compensate. Turn the feet to the left or right to increase or decrease the height as appropriate. [See Figure AC]. When satisfied, securely fasten the locknut against the feet strut.

⚠ **WARNING** - When installing or adjusting any piece of Pulse Fitness equipment, DO NOT leave any adjustment devices projecting which could cause injury to any third party.

Installation (Continued)

On / Off Switch

ON/OFF
Switch

Power
Input Socket

Location of Input Socket and On/Off Switch

10.3 On/Off Switch

The Elliptical Cross-Trainer is delivered with a separate power cable which has a moulded plug already fitted and plug-in external power supply adaptor.   Plug the cable out of the adaptor into the input socket at the front of the Elliptical Cross-Trainer, then plug the power cable into the adaptor and into a suitable mains socket and then switch on the power.

Switch on the Elliptical Cross-Trainer via the on/off (I / O) switch mounted at the front of the machine. [See Figure AD]. The Console should begin its boot-up cycle. The Series 3 Consoles will show a message indicating it is initialising (which takes approximately 2 minutes).   This indicates that the Elliptical Cross-Trainer is now ready for use.

NOTE: If the Elliptical Cross-Trainer is not going to be used straight away, then switch off and remove the 13A plug from the socket.

⚠ **CAUTION** - Ensure that the mains cable is routed in such a way that it does not create a potential hazard to users of the or others persons in the vicinity.

11 Cleaning & Maintenance

11.1 Preventive Maintenance Tips

PULSE FITNESS products are backed by the engineering excellence and reliability of PULSE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: Safety can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the PULSE FITNESS product operating at peak performance:
Locate the product in a cool, dry place.
Clean the top surface of the pedals regularly.
Long fingernails may damage or scratch the surface of the Console; use the pad of the finger to press the selection buttons on the Console.

11.2 Cleaning the Equipment

PULSE FITNESS Approved Cleaners (United States Availability Only)

Two preferred cleaners have been approved by PULSE FITNESS reliability experts: PureGreen 24 (or equivalent) and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 (or equivalent) and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 (or equivalent) is available in a spray which is convenient to use. Apply the spray to a micro fibre cloth and wipe down the equipment. Use PureGreen 24 (or equivalent) on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact PULSE FITNESS Global Service Team to order these cleaners +44 (0)1260 294600 or email: global.service@pulsefitness.com.

11.3 Compatible Cleaners

DO NOT use water based solutions (on the following): Clean the display console, all exterior surfaces and the frame with a mild, non-abrasive silicon based household cleaner. Apply via a soft micro fibre cloth. Apply the cleaner to the cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.
DO use water based solutions (on the following): Clean the upholstery and handgrips with a mild soap and water solution.

Figure AF
Preventive Maintenance Schedule

Item	Weekly	Monthly	Annually
Console Overlays	Clean		
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Handpulse Sensors	Clean/Inspect		
Pedals	Clean	Inspect	
Foot Adjusters		Inspect / Adjust	

11.4 Preventive Maintenance Schedule

Inspect and vacuum the area directly surrounding and under the unit regularly.
Inspect exterior parts regularly for wear, particularly the Handlebars, Pedals and Power Cord.
Check to make sure the unit is properly levelled.
Clean the Console and all exterior surfaces with an approved or compatible cleaner (see PULSE FITNESS Approved Cleaners) and a micro fibre cloth.
Clean the top surface of the Pedals regularly.

⚠️ **WARNING:** Failure to carry out maintenance on the equipment as per this manual could result in serious injury and void your warranty. Please ensure all publications supplied with PULSE FITNESS equipment are read and understood.

Cleaning & Maintenance (Continued)

11.5 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the front of the unit near the foot rail.
3. Contact Pulse Fitness Global Services Team (refer to page 02).

11.6 Recycling the Battery

When this PULSE FITNESS product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a Phillips screwdriver to remove the cladding mouldings. To remove the battery, disconnect the cable, and remove the two screws holding the battery. Dispose of the battery responsibly.

12 Specifications

12.1 - PULSE FITNESS X-Train (Elliptical Cross-Trainer) specifications:

Designed use: Heavy/Commercial.

Drive: Internal self tensioning poly V belt.

Resistance: 30-450W.

Power: Generator brake.

'Quick' controls featuring handlebar resistance adjustments: Series 2 & 3.

40 Resistance levels: Series 1, 2 & 3.

Anti-slip pedals: Series 1, 2 & 3.

Patented articulating pedal with variable stride length (cm/"): 48.3cm - 55.9cm / 19" – 22".

Lock-able pedal positions: Optional

Twin removable storage buckets/cup holders: Series 1, 2 & 3.

Integrated device storage tray: Series 1, 2 & 3.

Front wheels for easy mobility: Series 1, 2 & 3.

Operating temperature: from 5°C to +30°C (from +41°F to +86°F).

Telemetry: Equipped for heart rate telemetry reading using a chest strap. 5kHz non-coded transmission Polar® Telemetry

Specifications (Continued)

Handpulse Sensors: DSP Handpulse Sensors (Digital Signal Processing).

LAN (Ethernet or WiFi): Series 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

12.2 Pedals Options
Pedals: Fixed Pedals,
                Articulating Pedals (VS),
                Fixed Pedals (IFI) - Optional

12.3 Physical Dimensions (L x H x W)

Length (cm/": Series 1, 2 & 3 = 227cm / 89-3/8"
Height (cm/": Series 1 & 2 = 161mm / 63-3/8", Series 3 = 164cm / 64-9/16"
Width (cm/": Series 1, 2 & 3 = 75cm / 29-1/2"

Step-Up Height: Fixed Pedal - 15cm / 5-15/16"
                          Articulated Pedal - 27.2cm / 10-11/16"

12.4 Weight (kg/lbs)

Machine Weight (kg/lbs): Series 1 = 161.5kg / 356lbs. Series 2 = 162kg / 357lbs. Series 3 = 167kg / 368lbs.
Maximum User Weight / Training Mass (kg/lbs): 160kg / 353lbs.

12.5 Console

Screen: Series 1 - 17.8cm / 7" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.
                Series 2 - 25.7cm / 10-1/8" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.

Specifications (Continued)

Series 3 - 47cm / 18-1/2" Integrated High Contrast Capacitive Multi-Touch Colour Display. 16:9 Aspect Ratio. 1366x768 Resolution.

Headphone Jack: Stereo 3.5mm, Series 2 & 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY
EU - Analog – PAL. Digital - DVB-T (Freeview). IPTV: MPEG-2 Standard Definition; MPEG -4 pt10 AVC/H.264 Standard Definition. Radio: Digital - DVB-T.
US - PAL/SECAM and NTSC require separate tuners. NTSC tuner supports NTSC-Japan, NTSC-HRC, NTSC-M, NTSC-N. NTSC also supports PAL-M and PAL-N which are unique PAL encodings for Argentina, Brazil, Paraguay and Uruguay. PAL/SECAM tuner supports PAL, PAL-M, PAL-N, SECAM-B/G and SECAM-D/K.

Workout Programmes:
Series 1 - Quick Start, Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), X-Train mode (arms, legs, total body), Variable cool down with manual override.
Series 2 - Quick Start, Optional - E-Scape virtual workouts (road, lake. valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), X-Train mode (arms, legs, total body), Variable cool down with manual override.
Series 3 - Quick Start, E-Scape virtual workouts (road, lake. valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Custom profile builder, X-Train mode (arms, legs, total body), Variable cool down with manual override.

Specifications (Continued)

Languages available:
> Series 1 - English (UK).
> Series 2 - Chinese, English (UK), French, German, Italian, Japanese, Russian, Spanish & Welsh.
> Series 3 - Chinese, English (UK), German, Japanese, Russian & Welsh.

Workout Displays:
> Series 1 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.
> Series 2 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.
> Series 3 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, Extendable workout goal, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

USB:	Series 1 - Service Port - For software updates & Smartphone device charging.
> Series 2 - Service Port - For software updates & Smartphone device charging.
> > *Optional* - with supplied iPhone®/iPod®/iPad® 30-pin connector.
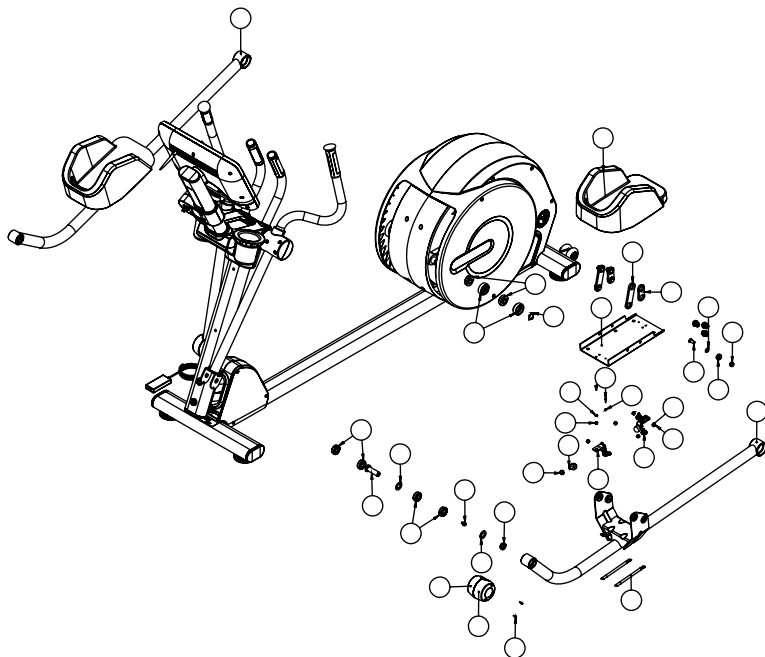> Series 3 - Service Port - For software updates & Smartphone device charging.
> > *Optional* - with supplied iPhone®/iPod®/iPad® 30-pin or Lightning connector.
> > *Optional* - with supplied Android™ Micro USB connector, just for charging.

Audio feedback: Series 2 & 3 - *Optional*

Figure AG
Parts Lists & Exploded Diagrams

**NB**: Image for illustration only

13.1 Parts Lists & Exploded Diagrams

Details on both Parts Lists & Exploded Diagrams for Series 2 & 3 280G X-Train Elliptical Cross-Trainer, please refer to documents:

135-1097-02-* Exploded Dia.
135-1098-03-* Exploded Dia. (Short Version)
135-1093-01-* Series 2 (Console 5.0 CV)
135-1093-02-* Series 3 (Console 6.0 CV)

14 Biometric Positioning

A Moving Arms Handgrip

B Stationary Handgrip

C Pedal
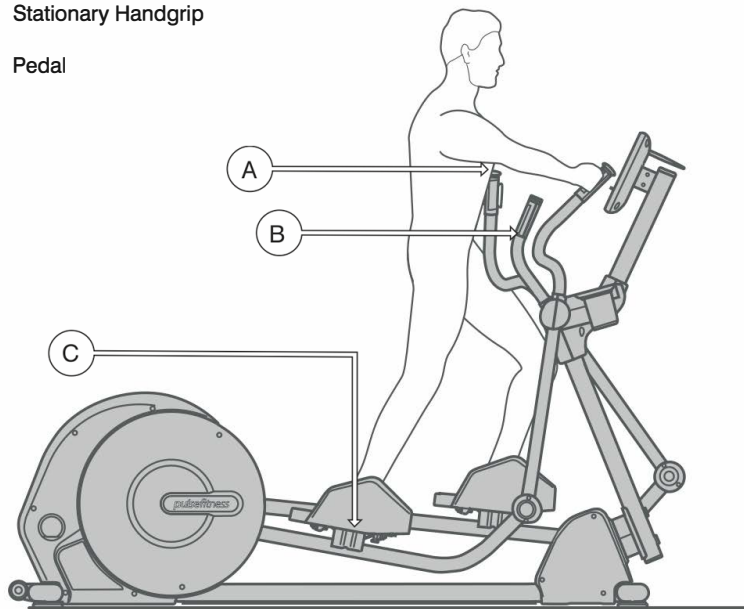
14.0 Biometric Positioning

The user shall be positioned by grasping grips of the stationary arms or moving arms, and placing feet onto the pedals. Stand in a neutral position distributing your weight evenly between the balls of the feet, sitting a little back on your heels. Your hips, knees and ankles should be in alignment. Let your lower body support your weight. To get off the elliptical trainer stablise the pedals to a stop and step on the pedals to one side whilst holding the handgrip to help balance.

This product is delivers a full body workout for those who want to lose weight, build strength and improve their heart health with minimal impact on the joints. Choose to focus on the upper or lower body, or perform a full body workout.

Muscles Used:
When done correctly, the elliptical can target your glutes, hamstrings, quads, chest, back, biceps, triceps, and core muscles.
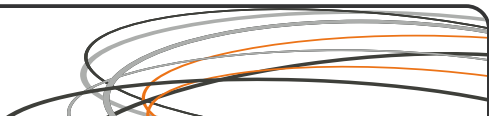
WARNING: injuries to health may result from incorrect or excessive training.
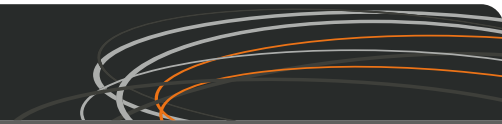
15 User Notes

User Notes (Continued)

135-1941-4

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