

**Freemotion Reflex i7.9 Incline Trainer
(Remanufactured)**



Freemotion i11.9 Incline Trainer Assembly Manual:

USE THIS assembly guide when machine ships in 5 pieces

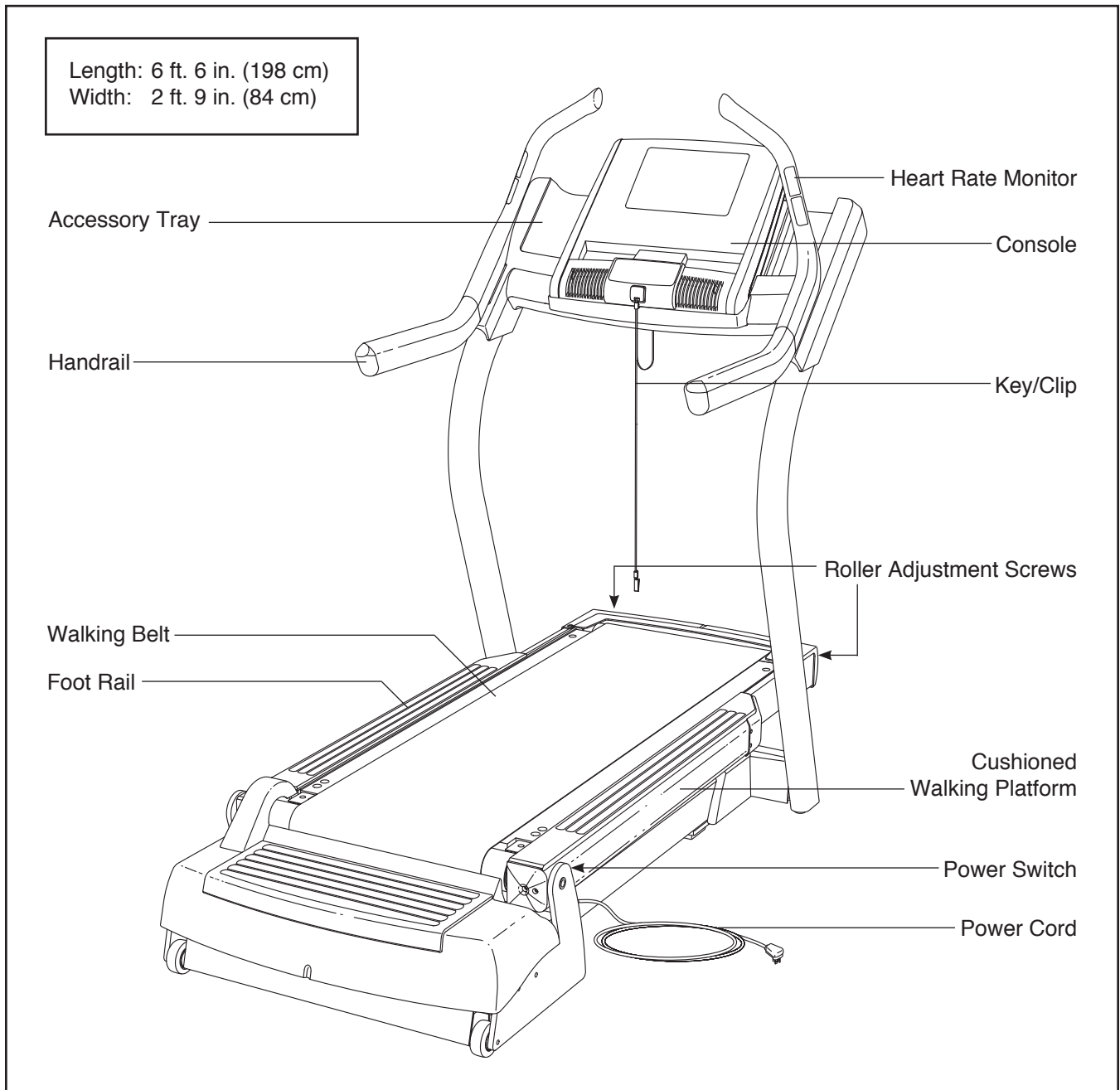
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® i11.9 INCLINE TRAINER. The i11.9 INCLINE TRAINER provides an impressive selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the incline trainer. If you have questions

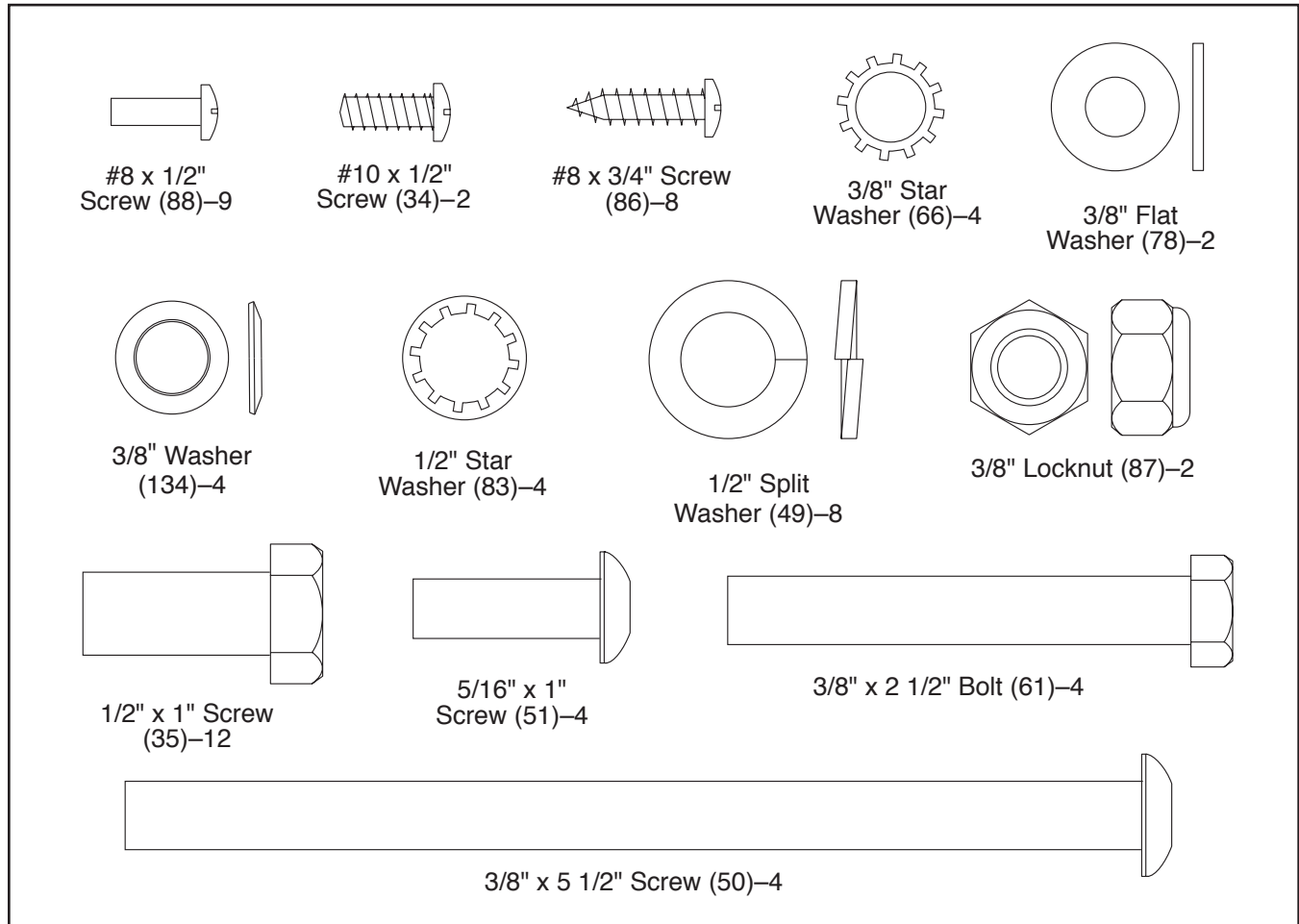
after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is pre-attached. Extra hardware may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 7.

- Assembly requires the following tools:

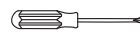
one 3/8" hex key



one 7/32" hex key



one Phillips screwdriver



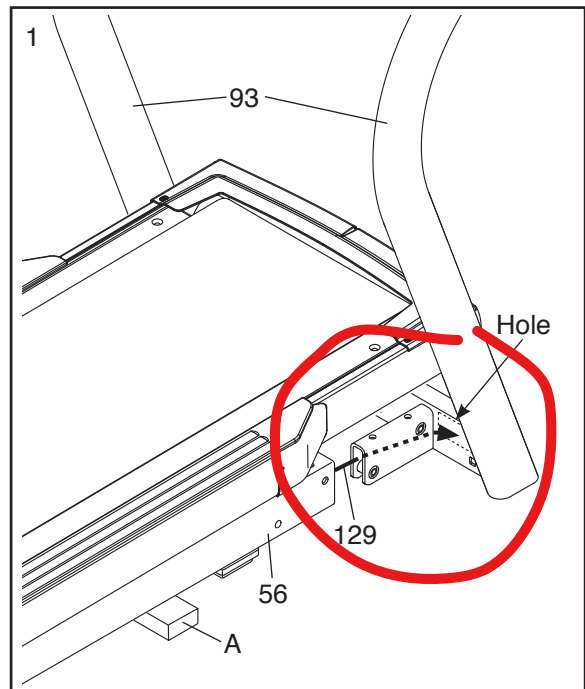
To avoid damaging parts, do not use power tools.

1. Place the Base Frame (56) onto two pieces of the wood (A) found in the packaging of the incline trainer. Position the wood on each side of the Base Frame behind the feet as shown.

Place the Upright (93) near the front of the Base Frame (56) as shown.

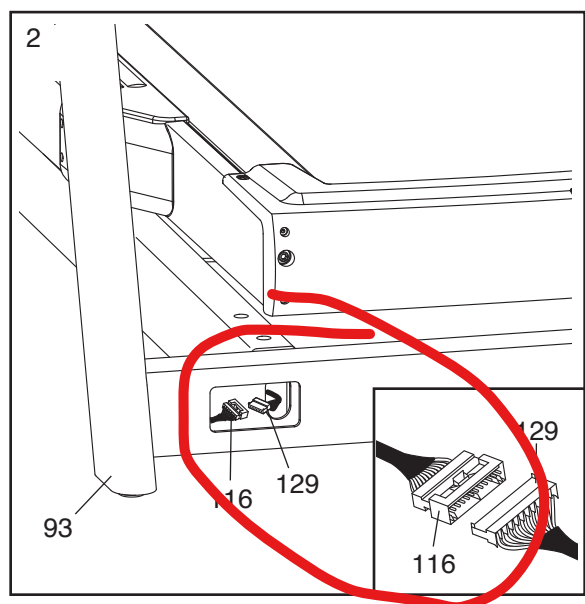
As you slide the Upright (93) onto the Base Frame (56), insert the Frame Wire Harness (129) through the bracket on the base and into the large hole on the front of the Upright. **Be careful to avoid pinching the wire.**

Align the holes in the Upright (93) with the holes in the Base Frame (56).



2. Locate the Frame Wire Harness (129) and the Upright Wire Harness (116) in the Upright (93) access hole.

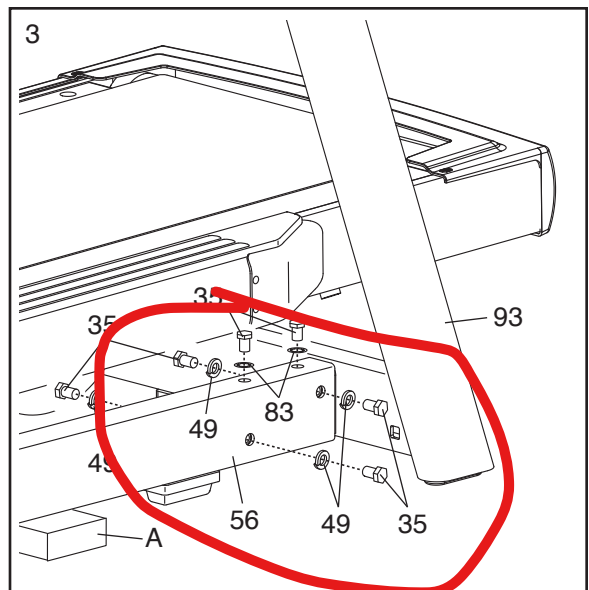
Connect the Frame Wire Harness (129) and the Upright Wire (116) at the front of the Upright (93). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**



- Partially tighten six 1/2" x 1" Screws (35) with four 1/2" Split Washers (49) and two 1/2" Star Washers (83) through the bracket near the right Upright (93) and into the Base Frame (56) as shown; **do not tighten the Screws yet. Be careful not to pinch any wires.**

Repeat this step on the left side of the incline trainer. After all twelve Screws have been started, tighten them.

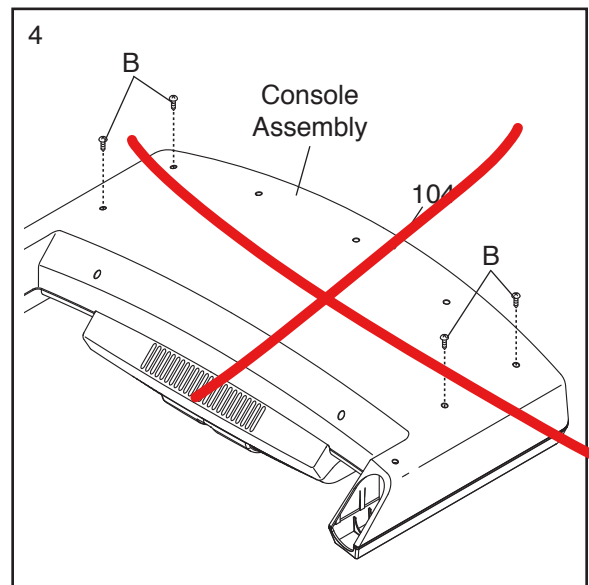
Remove the pieces of wood (A) from under the Base Frame (56).



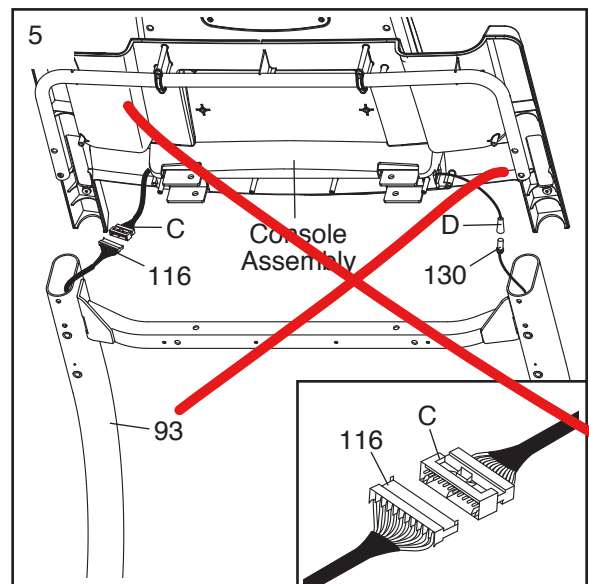
- Set the console assembly face down on a soft surface to avoid scratching the console.

Remove and discard the four indicated screws (B) from the console assembly.

Remove the Console Back Cover (104).

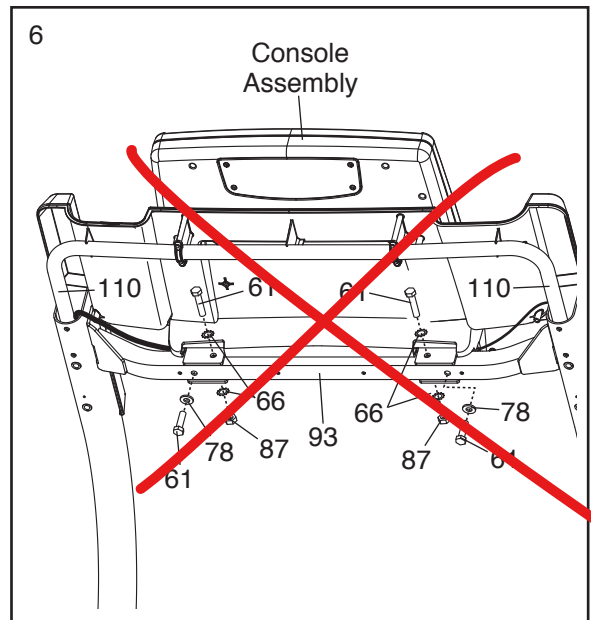


- With the help of a second person, hold the console assembly near the Upright (93). Connect the Upright Wire (116) and the console wire (C). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Connect the Upright TV Cable (130) and the console TV cable (D). Insert the wires downward into the Upright (93).



6. Set the console assembly on the Upright (93). **Be careful not to pinch any wires.** Make sure that the ends of the Console Crossbar (110) are inserted into the ends of the Uprights.

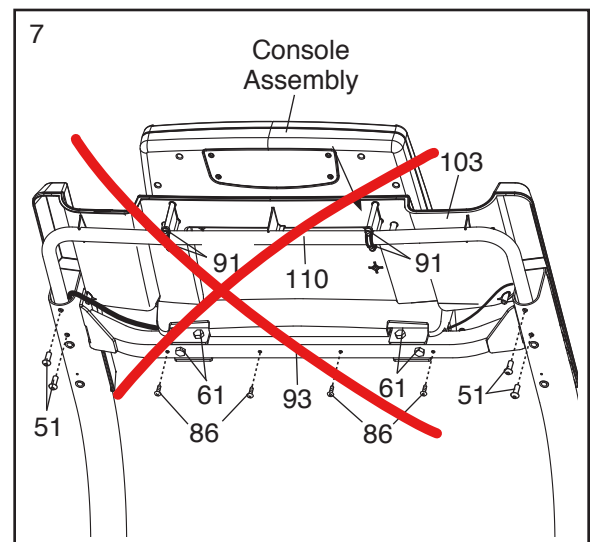
Start two 3/8" x 2 1/2" Bolts (61) with two 3/8" Flat Washers (78) and two 3/8" x 2 1/2" Bolts with four 3/8" Star Washers (66) and two 3/8" Locknuts (87) as shown. **Do not fully tighten the Bolts yet.**



7. Start four 5/16" x 1" Screws (51) into the Upright (93) and Console Crossbar (110); **start all four Screws, and then tighten them.**

Tighten four #8 x 3/4" Screws (86) into the Upright (93) and the console assembly.

Tighten the four 3/8" x 2 1/2" Bolts (61). Make sure the four #8 x 1" Screws (91) are tightened. Be careful not to over tighten the Screws.

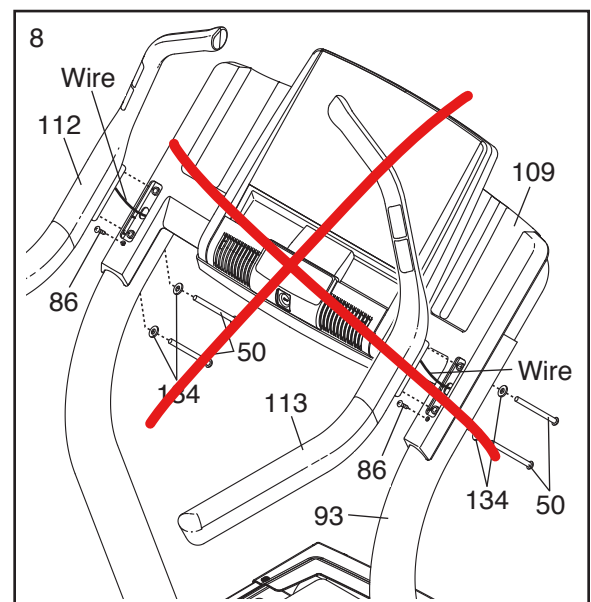


8. Tighten two #8 x 3/4" Screws (86) into the Console Base (109) and the Upright (93). **Do not overtighten the Screws.**

Identify the Left and Right Handrail Assemblies (112, 113). Hold the Right Handrail Assembly (113) near the Upright (93). Insert the wire from the Right Handrail through the hole in the Console Base (109) and out the top of the Upright.

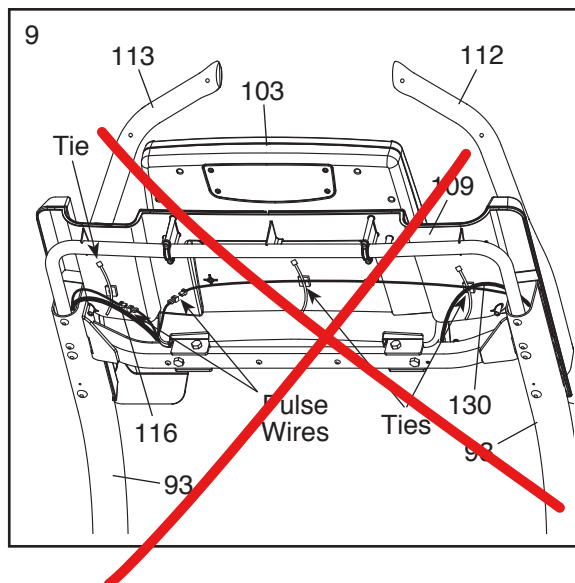
Apply three drops of the included thread adhesive to the threaded ends of two 3/8" x 5 1/2" Screws (50). Then, attach the Right Handrail Assembly (113) to the Upright with the two 3/8" x 5 1/2" Screws (50) and two 3/8" Washers (134). **Start both Screws, and then tighten them. Note: Torque the Screws to 340 in-lbs.**

Attach the Left Handrail Assembly (112) as described above.

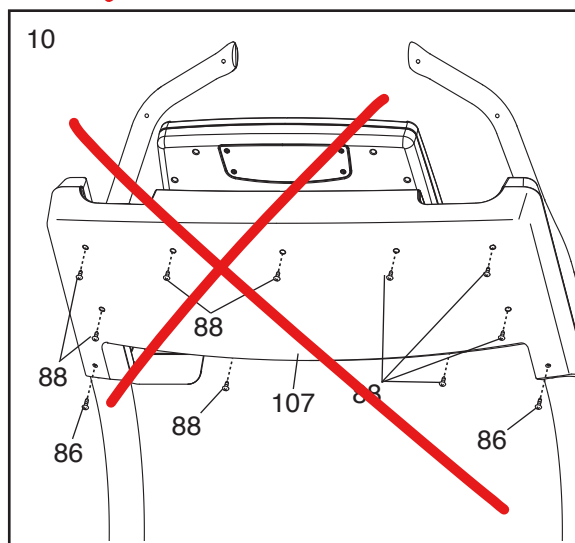


9. Connect the pulse wires from the Left and Right Handrail Assemblies (112, 113) to the pulse wires from the Console (103). Insert the included ties through the tie blocks attached to the back of the Console Base (109). Loop the ties around the pulse wires, Upright Wire (116), and TV Cable (130) and tighten the ties around the wires.

Insert all wires and cables into the top of the Upright (93).

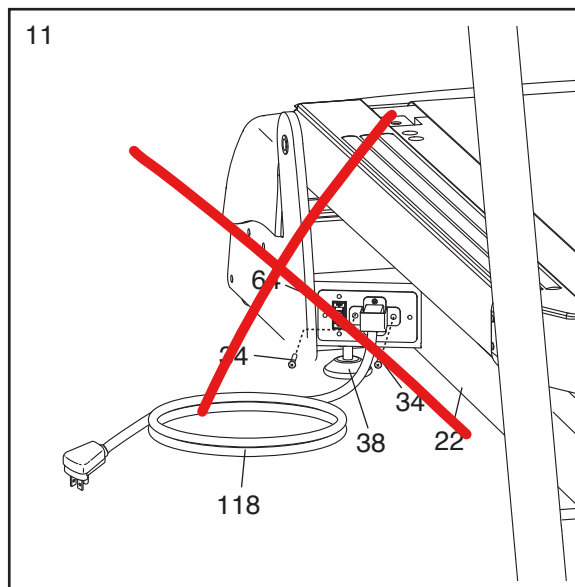


10. Attach the Console Base Back (107) with nine #8 x 1/2" Screws (88) and two #8 x 3/4" Screws (86) as shown. **Be careful not to overtighten the Screws.**



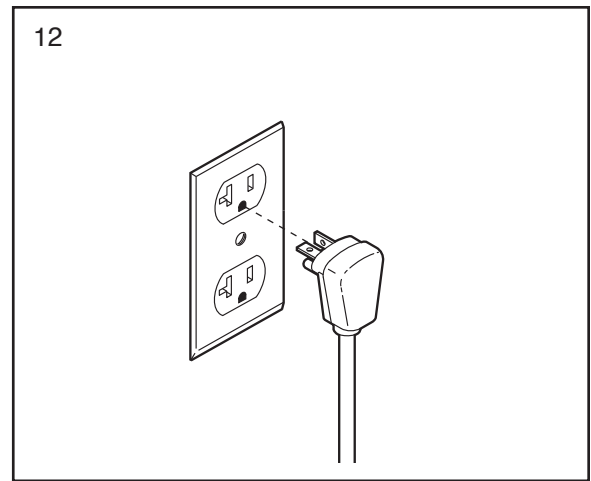
11. After the incline trainer is placed in the location where it will be used (see HOW TO MOVE THE INCLINE TRAINER on page 13), make sure that both Rear Leveling Feet (38) and the Base Pads (not shown) rest firmly on the floor. If the incline trainer rocks even slightly, turn one of the Rear Leveling Feet clockwise or counterclockwise until the rocking motion is eliminated.

Plug the Power Cord (118) into the Frame (22) and attach the Power Cord Bracket (64) with two #10 x 1/2" Screws (34).



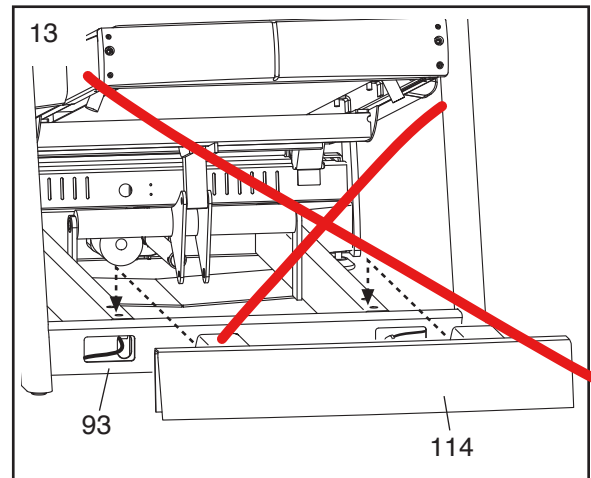
12. See page 14 and plug in the power cord. Next, see page 17 and turn on the power.

Then, press the % Grade Incline button numbered 30.



13. Press the Upright Cover (114) onto the lower end of the Upright (93) until the Upright Cover snaps into place.

Lower the incline by pressing the % Grade Incline button numbered 0 and **unplug the power cord.**



14. **Make sure that all parts are properly tightened before you use the incline trainer.** To protect the floor or carpet, place a mat beneath the incline trainer.