///PRECOR®

Elliptical Fitness Crosstrainer™ (EFX) 600/800 Line Assembly Guide
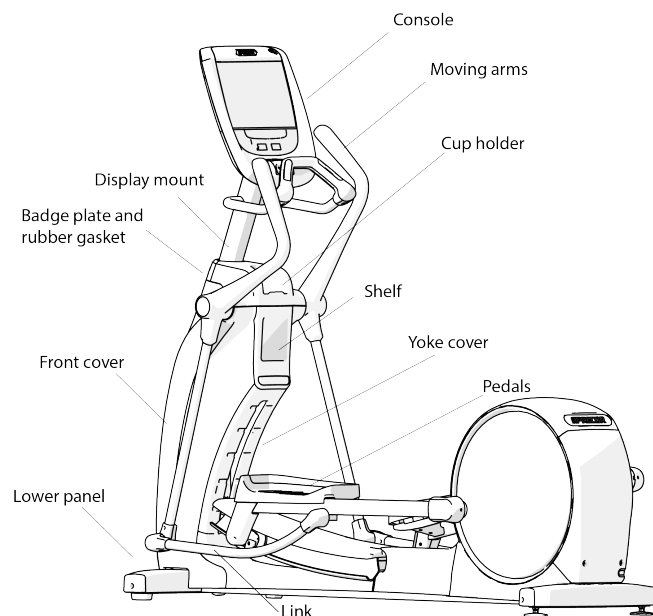
Assembly requirements

Precor recommends at least two people for this installation. DO NOT attempt assembly by yourself.

Follow the steps in the order listed in this assembly guide. Be sure to:

- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- Locate the equipment a minimum of .6 m (23.6 in.) on either side of the equipment and .6 m (23.6 in.) behind the equipment. **DO NOT move the equipment without assistance.**

Console
Moving arms
Cup holder
Display mount
Badge plate and rubber gasket
Shelf
Yoke cover
Front cover
Pedals
Lower panel
Link

Hardware kit

Required tools

3/16-inch hex wrench	#2 Phillips screwdriver	7/16-inch open-end wrench
9/16-inch hex wrench (or socket)	1/2-inch hex wrench (or socket)	Tape

Moving Arms Hardware Kit (800 and 600 EFX)

	Component	Description	Quantity
❶		5/16-18 x 1-inch Sems bolt	4
❷		1/4 x 3/4-inch Phillips self-tapping screw	18
❸		3/8-16 set screw	2
❹		1/4-20 x 1 1/2-inch Phillips head screw	2
❺		Inner and outer link covers	Set of 2
❻		Side panel anchor	2
❼		1/4-20 x 3/4-inch flathead screw (used to secure console)	4, plus 1 extra

Fixed Arms Hardware Kit (800 EFX only)

	Component	Description	Quantity
❶		5/16-18 x 1-inch Sems bolt	4
❷		1/4 x 3/4-inch Phillips self-tapping screw	18
❸		3/8-16 set screw	2
❹		1/4-20 x 1 1/2-inch Phillips head screw	2
❺		1/4-20 x 1 3/4 long flathead screw	4
❻		Side panel anchor	2
❼		1/4-20 x 3/4-inch flathead screw (used to secure console)	2, plus 1 extra

Torque measurements

Use the following torque measurements to tighten the fasteners. If a torque is not provided, then fully tighten the fastener with the appropriate tool.

Self-tapping screws 35 in-lb (3.95 N-m)   Set screws 100 in-lb (11.29 N-m)   Hex bolts 300 in-lb (3389 N-m)

Flathead screws 100 in-lb (11.29 N-m)   Plastite® screws 20 in-lb (2.25 N-m)

> ❗ IMPORTANT Before you fully tighten a fastener, check that its head is flush with the surface of the equipment. If not, cross-threading may have occurred. DO NOT attempt to rework the assembly as more damage to the equipment will occur. Instead, contact Customer Service at www.precor.com.

Install console mount

> ⚠️ WARNING DO NOT attempt to connect electrical power until all assembly procedures are complete and properly installed.

For non-touchscreen consoles:

1. Locate the communication cable that is bundled and attached to the EFX frame.
2. Thread the communication cable upward through the center of the console mount and out the opening at the top of the mount.
3. Position the display mount on top of the base frame (Figure 1) and attach it using four bolts ❶. Tighten all bolts to 180 in-lb (20 N-m) of torque.

For touchscreen consoles:

1. Retrieve the power, coax, and Ethernet cables from the console box.
2. Group all four cables—communication, coax, power extension supply, and Ethernet—and thread them upward through the center column and out through the center opening in the console mount. Tape them to the top of the console mount to secure them temporarily. **IMPORTANT** DO NOT stretch, crimp, or damage the cables. Cables damaged by improper installation are not covered by the Precor Limited Warranty.
3. Position the display mount on top of the base frame (Figure 1) and attach it using four bolts ❶. Tighten all bolts to 180 in-lb (20 N-m) of torque.
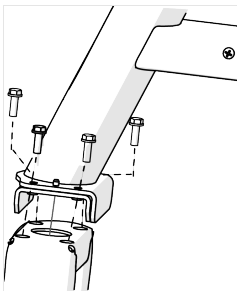
Figure 1

Route the power supply internally

Depending on the site location and distance from an outlet, you might need to route the power supply either internally or externally.

> ⚠️ WARNING **DO NOT allow cables to touch any moving parts around the lift motor body**—lift screw, yoke, or ramp. Run the ramp through its movement path a few times and have someone else watch to make sure no cables are caught up or hanging loosely.

For non-touchscreen consoles (Figure 2):

1. Make sure the cables are secured in the cable clips ❻.

For touchscreen consoles (Figure 3):

1. Hook the Power Supply Bracket (included in console box) onto the right upright support.
2. Coil up all cables—coax, power and Ethernet—and hold the power supply ❹ on the holder with one hand, and with the other hand, thread a large zip tie around the upright support

❸. **NOTE** Ensure you thread the zip tie through the designated slots in the power supply bracket.

3. Reduce any slack by pulling the cables tighter from the top, then tighten the zip tie.
4. Insert the ground connector. Secure the cables inside each of the three cable clips ❻ attached to the right upright support. Leave cable connectors loose until after the lower panel is installed (see Install lower panel and front cover).
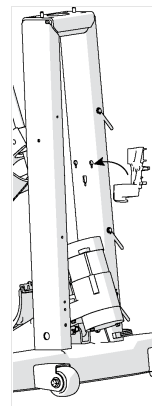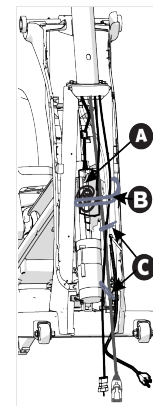
Figure 2   Figure 3

NOTE To complete the console installation, refer to the installation guide shipped with your console.

Route the power supply externally

> ⚠️ WARNING **DO NOT allow cables to touch any moving parts around the lift motor body**—lift screw, yoke, or ramp. Run the ramp through its movement path a few times and have someone else watch to make sure no cables are caught up or hanging loosely.

For touchscreen consoles:

1. Coil up all cables—coax, power extension ❹, and Ethernet—and hold them in place with one hand, and with the other hand, thread a large zip tie around the upright support (Figure 4). **NOTE** Make sure you thread the zip tie through the designated slots in the power supply bracket ❸.
2. Pull the zip tie tight, making sure you have enough slack in the power and extension cables.
3. Insert the grounding jumper into the ground connector, and then secure the cables inside each of the three cable clips ❻ attached to the right upright support. Leave cable connectors loose until after the lower panel is installed (see Install lower panel and front cover).

Figure 4

NOTE To complete the console installation, refer to the installation guide shipped with your console.
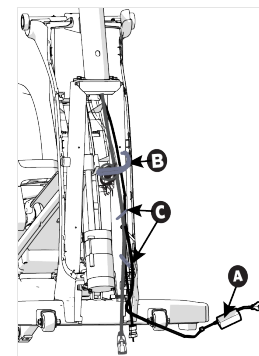
Install side covers

1. For **800 EFX only**: Lift up the lower frame cover about an inch from the frame.

> **!** IMPORTANT Although there are two screw holes in the frame cover, DO NOT install these screws.
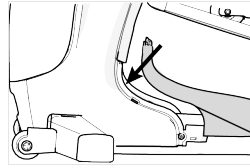

Figure 5

2. Secure each side panel using four self-tapping screws for each panel.
3. Tighten the fasteners to 35 in-lb (3.95 N-m) of torque.
4. Repeat steps 2 and 3 to attach the second side panel.
5. For **800 EFX only**: Press the side panels into place ensuring the latches under each panel are secured.
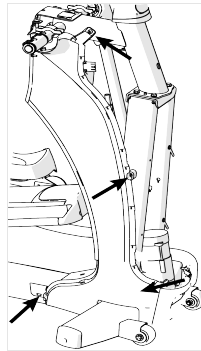
Figure 6

Notes for 800 EFX

- Ensure cables do not catch on the latch of the forward frame cover (Figure 7) and are tied to the outside, away from the screw (Figure 8).
- Ensure the Ⓐ clips on to lower frame cover hook over the Ⓑ clips on the right and left side panels (Figure 7). Gently secure the parts together with no gap between them.
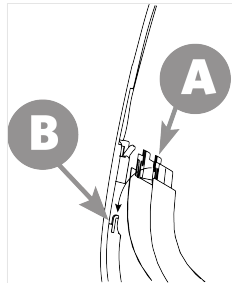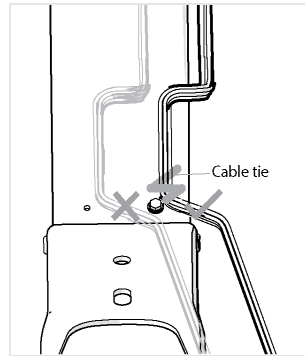

Figure 7

Cable tie
Figure 8

Install lower panel and front cover

1. Place the cover plate (came with hardware kit) into the center opening of the lower panel.
2. For **touchscreen consoles**: Install the coax coupler, star washer, and nut into the jack plate on the lower panel and tighten (Figure 9).

3. Connect the coax cable to the inside end of the coax coupler ②. Tighten the connector using a 7/16-inch open-end wrench. **NOTE** Check the bend radius (about 6 inches, 15.24 cm) on the coax cable so that it is at a natural angle.
4. Attach the Ethernet coupler ① into the jack plate on the lower panel (Figure 9) and plug the Ethernet cable into the coupler.
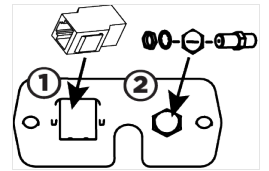

Figure 9

5. For all consoles - Attach the lower panel using two screws ❷, and route the power cable through the slot (Figure 12). Fully tighten fasteners on the panel (see arrow in Figure 11).
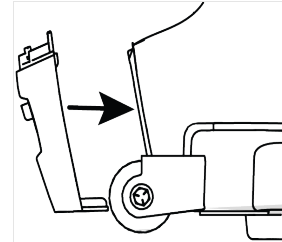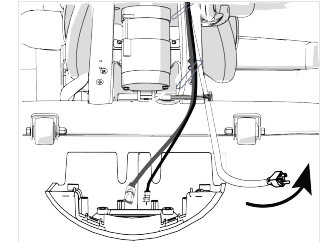

Figure 10

Figure 11

Install yoke cover and shelf

1. Attach the yoke cover to the back of the base mount using two screws ❷ (Figure 12). **NOTE** Ensure the small latches engage with the side covers.
2. Fully tighten the fasteners ❷ to 35 in-lb (3.95 N-m) of torque.
3. Position the shelf into the tabs near the top of the yoke cover, then secure it using two screws ❷ (Figure 13).
4. Push in the edge of the shelf and squeeze the two hooks and latches until they engage or snap into place.
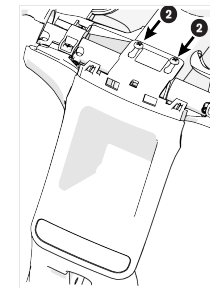

Figure 12

Figure 13

5. Attach the shelf at the top using two screws ❷. Tighten the fasteners to 35 in-lb (3.95 N-m) of torque.

Attach anchors

1. Place an anchor on top of an arm frame and secure it using two screws ❷ (Figure 14).
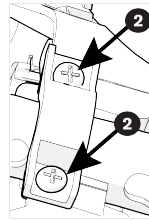2. Attach the second anchor to the other arm.

Figure 14

Install EFX moving arms

1. Insert the shaft of the moving arm to the center mount (Figure 15) and align pre-installed set screws to the shaft (Figure 16).
2. Insert one screw ❸ next to it and fully tighten all screws, including preinstalled ones to 100 in-lb (11.29 N-m) of torque.

Figure 15

3. Cut the zip ties holding the link arms together.
4. Place the inner cover between the link pairs and attach the link to the moving arm using a 9/16-inch socket wrench on the pre-installed bolts and tighten to 300 in-lb (33.89 N-m) of torque.

Figure 16

5. Attach the outer link covers (shipped in hardware kit) using two Plastite® screws ❹ and tighten them to 20 in-lb (2.25 N-m) of torque.
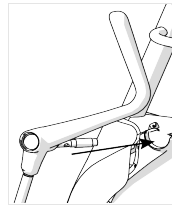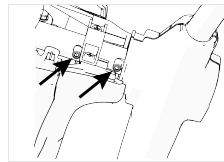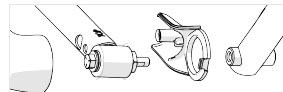
Figure 17

Install fixed arms (800 EFX only)

1. Install the console. For instructions, refer to the console guide included in the console box.
2. Install two screws ❺ into the upper display (Figure 18).
3. Insert the shaft of the arm to the center mount using two set screws ❸. Partially tighten mounting fasteners.
4. Rotate arm assembly up and attach clamp using two flat-head screws ❷.
5. Tighten the ❸ fasteners to 100 in-lb (11.29 N-m) of torque and the ❺ fasteners to 20 in-lb (2.25 N-m).
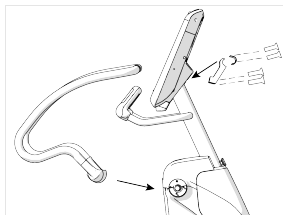
Figure 18

Attach cup holder

1. Position the cup holder on top of the lower shelf, making sure to catch the bottom latch in the shelf component.
2. Position your hands on the arrows and press down at the top of the panel.
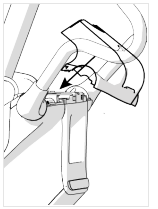
Figure 19

Complete assembly

1. Position the badge plate on the front cover and press into place.
2. Wrap the rubber gasket on top of the badge plate from the back of the display mount so the split is pointed toward the front. Press down to snap in two tabs at the back, then walk your hands around, wiggling and aligning the remaining tabs as you go.

Figure 20

3. Refer to the corresponding Console Installation Guide (found in the console box) to attach your console.
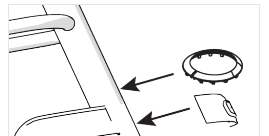4. Plug the power cord into an appropriate outlet.

To properly maintain the equipment, refer to the **Cardio Equipment Maintenance Guide** at *www.precor.com*.