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XTERRA FS1.5

XTERRA Fitness FS1.5 Elliptical Machine Trainer

USER MANUAL

Introduction

Welcome to your new Xterra Fitness FS1.5 Elliptical Machine Trainer. This manual provides essential information for the safe assembly, operation, and maintenance of your elliptical. Please read this manual thoroughly before using the equipment to ensure proper function and to maximize your workout experience.

SIMPLE YET EFFECTIVE INTERFACE

5.59"

LCD Console

Easy Workout
Controls

Accessory Tray

Figure 1: XTERRA Fitness FS1.5 Elliptical Machine Trainer, a compact and effective fitness solution.

Important Safety Information

- Consult your physician before starting any exercise program.
- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the equipment during operation.
- Place the elliptical on a solid, level surface with adequate clearance around it.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and athletic shoes.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- The maximum user weight for this elliptical is 250 lbs (113 kg).
- This equipment is for home use only.

Setup and Assembly

The XTERRA Fitness FS1.5 Elliptical Machine Trainer requires assembly. It is recommended to have two people for assembly. Ensure all parts are present before beginning. Refer to the included owner's manual for detailed step-by-step assembly diagrams.

1. **Unpacking:** Carefully remove all components from the packaging. Lay them out in an organized manner.
2. **Base Assembly:** Attach the front and rear stabilizer bars to the main frame. Ensure all bolts are tightened securely.
3. **Upright Post Installation:** Secure the upright post to the main frame.
4. **Pedal Arms and Handlebars:** Connect the pedal arms and moving handlebars. Pay attention to "R" (right) and "L" (left) markings to ensure correct orientation.
5. **Console Attachment:** Mount the console onto the upright post and connect all necessary wiring.
6. **Power Connection:** Plug the 110V power adapter into the designated port, typically located at the front bottom of the unit.
7. **Leveling:** Use the rear spin-out levelers to correctly balance the elliptical on your floor, preventing wobbling during use.



13 DIFFERENT PROGRAMS

16 Levels of Resistance

Figure 2: Adjusting the rear spin-out levelers to ensure stability on uneven surfaces.

Your browser does not support the video tag.

Video 1: An overview of the XTERRA Fitness FS1.5 Elliptical Machine Trainer, demonstrating its features and smooth operation. This video provides a visual guide to the product's design and functionality, which can aid in understanding assembly and usage.

Operating Instructions

The FS1.5 Elliptical is designed for a smooth, non-impact total body workout. It features a 14-inch stride length and a 17.6 lb heavy-duty flywheel for fluid motion.

Console Functions

BUILT TO LAST

17.6 LB FLYWHEEL

Friction-free magnetic resistance for smooth and maintenance free operation

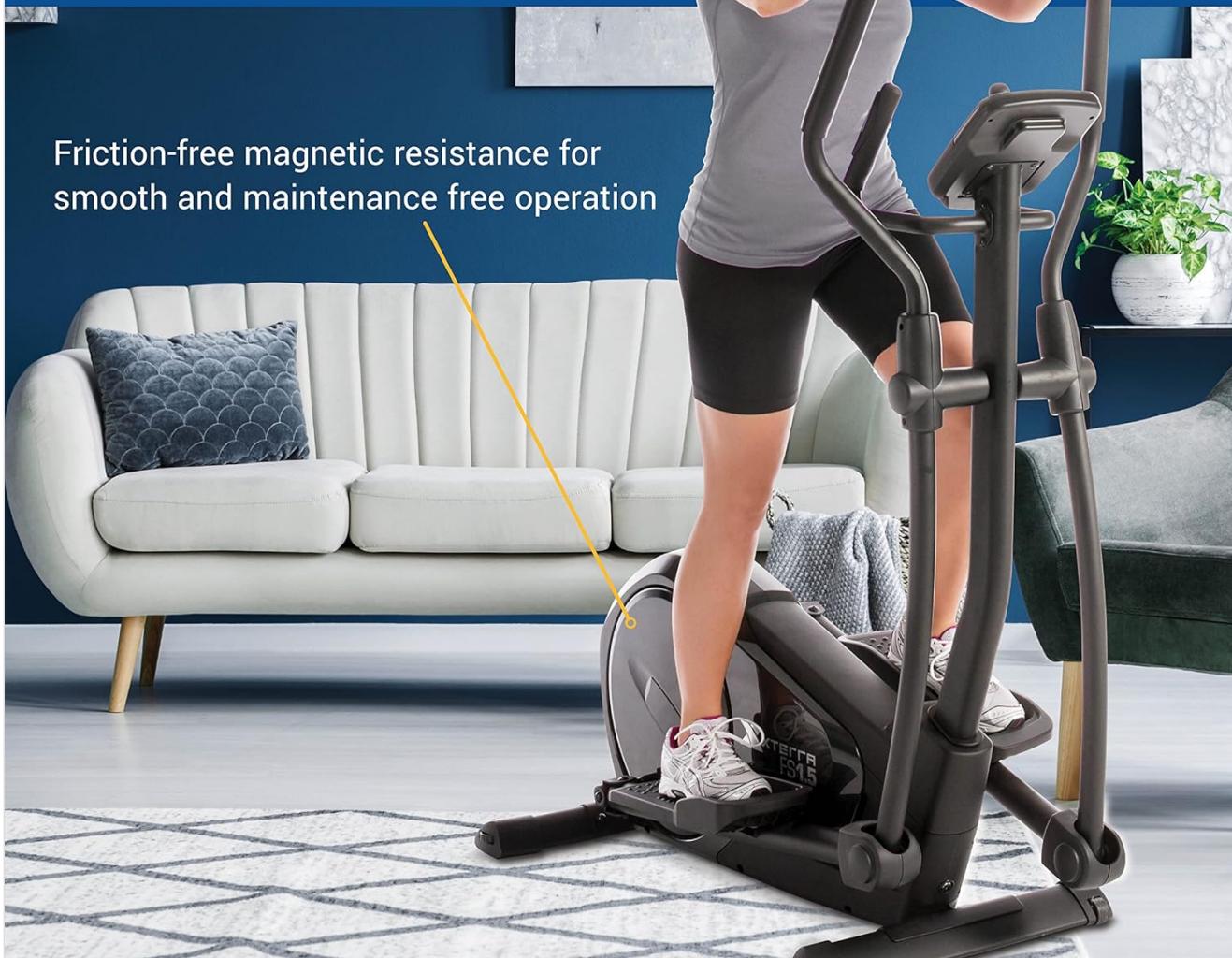


Figure 3: The 5.59-inch LCD console displays workout data and allows program selection.

- **LCD Display:** The large 5.59-inch LCD console shows time, speed, RPM, distance, calories, watt, heart rate, program, and resistance levels.
- **Start/Stop:** Initiates or ends your workout.
- **Up/Down Arrows:** Adjust resistance levels (16 available) or navigate through program selections.
- **Mode:** Changes the display mode or confirms selections.
- **Enter:** Confirms program or setting selections.
- **Recovery:** Activates the heart rate recovery function.

Workout Programs

The FS1.5 offers 13 inspiring programs to vary your workouts:

- 6 Preset Programs
- 1 Manual Program
- 1 Body Fat Program
- 1 Custom Program

- 1 Target Heart Rate Program
- 3 Heart Rate Control Programs (55%, 65%, 75%, 85%)



DESIGNED FOR ALL SPACES

Rear spin out levelers correctly balance elliptical on floors

Figure 4: User engaging with the elliptical, highlighting the full-body workout capability.

Heart Rate Monitoring

Hand grip pulse sensors are conveniently located on the fixed handlebars to monitor your heart rate during your workout. Grip both sensors firmly to get a reading on the console display.

HAND PULSE SENSORS

Monitor your heart rate while you work out



Figure 5: Hand pulse sensors on the fixed handlebars for heart rate monitoring.

Pedals and Stride

The elliptical features oversized pedals for a secure, non-slip surface and an ergonomic 14-inch stride length, allowing for comfortable motion in both forward and reverse directions to engage multiple muscle groups.



ERGONOMIC 14" STRIDE LENGTH

Can be used in forward or reverse direction

Figure 6: Oversized pedals provide a stable and comfortable platform for your feet.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Xterra Fitness FS1.5 Elliptical.

- **Cleaning:** Wipe down the equipment after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply silicone spray to pivot points and moving parts to ensure smooth operation and prevent squeaks. Avoid petroleum-based lubricants on plastic components.
- **Tighten Connections:** Regularly check and tighten all bolts, nuts, and screws. Loose connections can lead to noise and wear.
- **Inspect for Wear:** Periodically inspect the equipment for any signs of wear or damage, especially on cables, pedals, and handlebars. Replace worn parts immediately.

Troubleshooting

Problem	Possible Cause	Solution
Elliptical makes a "clunking" sound.	Loose bolts or worn plastic bearings at pivot points.	Check and tighten all assembly bolts. Inspect plastic bearings for cracks or wear and replace if necessary. Apply silicone spray to pivot points.
Console display is blank or not working.	Power adapter not connected or faulty. Loose console wiring.	Ensure the 110V power adapter is securely plugged into the elliptical and a working outlet. Check console wiring connections.
Resistance is not changing.	Console malfunction or internal resistance mechanism issue.	Ensure you are correctly using the UP/DOWN buttons. If the issue persists, contact customer support.
Heart rate reading is inaccurate or absent.	Improper hand placement on sensors.	Ensure both hands are firmly gripping the pulse sensors. Hands should be clean and dry.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact XTERRA Fitness customer support.

Specifications

Model Name: FS1.5 Elliptical

Brand: XTERRA

Color: Black

Product Dimensions (L x W x H): 63.8" x 25" x 50.8" (Assembled)

Material: Alloy Steel, Plastic

Resistance Mechanism: Magnetic

Maximum Weight Recommendation: 250 Pounds

Stride Length: 14 Inches

Screen Size: 5.59 Inches (LCD)

Item Weight: 99.2 lbs (Assembled)

Flywheel Weight: 17.6 lbs

Number of Resistance Levels: 16

Programs: 13 (6 preset, 1 manual, 1 body fat, 1 custom, 1 target HR, 3 HR control)

Power Requirement: 110V plug-in

UPC: 795447115027

Model Number: 115012

FS1.5 DIMENSIONS



Figure 7: Visual representation of the elliptical's dimensions for space planning.

Warranty

The XTERRA Fitness FS1.5 Elliptical Machine Trainer comes with the following warranty:

- **Frame:** 5 Years
- **Parts:** 1 Year

Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects and does not cover damage due to misuse, accident, or unauthorized modifications.

Customer Support

For any questions, assistance with assembly, troubleshooting, or warranty inquiries, please contact XTERRA Fitness customer support. Have your model number (FS1.5) and serial number ready when you call or email.

You can find more information and contact details on the official XTERRA Fitness website.

Online Resources: [XTERRA Fitness Store on Amazon](#)

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