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## XTERRA FS2.5

# XTERRA FS2.5 Elliptical Trainer User Manual

Model: FS2.5

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your XTERRA FS2.5 Elliptical Trainer. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.





*Image: A person exercising on the XTERRA FS2.5 Elliptical Trainer, demonstrating its full form and usage.*

## 2. IMPORTANT SAFETY INFORMATION

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- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the elliptical on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Maximum user weight capacity: **300 lbs (136 kg)**.
- Use only as instructed in this manual.

## 3. SETUP AND ASSEMBLY

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### 3.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed in the assembly guide (included with the product) are present. The package includes the elliptical trainer, assembly parts, and this manual.

### 3.2 Assembly

Follow the step-by-step instructions provided in the separate assembly manual. Ensure all connections are secure. Assembly typically requires two hours. It is recommended to have assistance during assembly.

### 3.3 Placement and Leveling

Place the elliptical on a firm, level surface. Use the rear spin-out levelers to ensure the machine is stable and does not wobble. Adjust them by turning until all contact points are firm on the floor.



## DESIGNED FOR ALL SPACES

Rear spin out levelers correctly balance elliptical on floors

*Image: A hand adjusting the rear spin-out leveler on the elliptical trainer to ensure stability.*

### 3.4 Power Connection

Connect the 110V power adapter to the elliptical and then to a standard wall outlet. The power input port is typically located at the rear base of the machine.

### 3.5 Moving the Unit

The elliptical is equipped with front transport wheels for easy mobility. To move, carefully lift the rear of the unit and roll it to the desired location.

## 4. OPERATING INSTRUCTIONS

### 4.1 Console Overview

The XTERRA FS2.5 features a large 5-inch x 2.5-inch dual-color backlit LCD display. This display shows workout data such as time, distance, calories, speed, and heart rate. The console also includes an audio jack and speakers for connecting an MP3 player.

# SIMPLE YET EFFECTIVE INTERFACE



Image: Detailed view of the elliptical's console, highlighting the LCD screen, control buttons (Start, Stop, Up, Down, Mode, Enter, Recovery), and accessory tray.

## 4.2 Starting a Workout

1. Step onto the oversized pedals.
2. Grasp the moving handlebars or the fixed handlebars with pulse sensors.
3. Press the **START** button to begin a manual workout, or select a program.

## 4.3 Workout Programs and Resistance

The FS2.5 offers **24 levels of magnetic resistance** and a variety of workout programs:

- 12 preset programs
- 4 heart rate programs
- 1 body fat program
- 1 watt program
- 4 user-defined programs
- 1 target heart rate program
- Manual program

Use the **UP** and **DOWN** buttons to adjust resistance levels or navigate program selections. The elliptical can be



used in both forward and reverse directions to engage different muscle groups.



*Image: A person using the elliptical, with text indicating the availability of 24 different programs and 24 levels of resistance.*

#### **4.4 Heart Rate Monitoring**

The elliptical includes hand grip pulse sensors on the fixed handlebars. Grasp these sensors during your workout to monitor your heart rate. A built-in receiver also supports a chest strap (not included) for continuous heart rate monitoring.

# HAND PULSE SENSORS

Monitor your heart rate while you work out



*Image: Close-up of hands holding the hand grip pulse sensors on the elliptical's handlebars.*

## 4.5 Ergonomics

The FS2.5 features an ergonomic 14-inch stride length for a comfortable motion. The oversized pedals provide a secure, non-slip surface during your workout.



# ERGONOMIC 14" STRIDE LENGTH

Can be used in forward or reverse direction

*Image: View of the elliptical's lower section, emphasizing the ergonomic 14-inch stride length and pedal design.*

# OVERSIZED FOOT PEDALS

For secure, non-slip surface



*Image: Detailed view of the oversized foot pedals, designed for a secure, non-slip surface.*

## 5. MAINTENANCE

The XTERRA FS2.5 Elliptical Trainer is designed for low maintenance due to its friction-free magnetic resistance system and sealed premium bushings. Regular maintenance helps ensure longevity and optimal performance.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** While the magnetic resistance system is maintenance-free, some pivot points may benefit from occasional lubrication with a silicone-based lubricant if squeaking occurs. Refer to the assembly manual for specific pivot points.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Squeaking or unusual noises	Loose bolts or lack of lubrication at pivot points.	Inspect and tighten all assembly bolts, especially those connecting the console to the lower frame. Apply silicone lubricant to pivot points if necessary.
Belt slipping or dislodging	Improper belt tension or internal component issue.	Refer to the assembly manual for instructions on adjusting belt tension. If the issue persists, contact customer support.
Console not powering on or displaying correctly	Power adapter not connected, loose wiring, or power outlet issue.	Ensure the 110V power adapter is securely plugged into the elliptical and a working wall outlet. Check all console wiring connections for looseness.
Machine feels unstable or wobbly	Uneven floor surface or unadjusted levelers.	Adjust the rear spin-out levelers until the machine is stable on the floor. Ensure the elliptical is placed on a flat surface.

## 7. SPECIFICATIONS

- **Model:** FS2.5
- **Brand:** XTERRA
- **Product Dimensions (LWH):** 51 x 24 x 63 inches (129.54 x 60.96 x 160.02 cm)
- **Assembled Weight:** 103.6 lbs (46.9 kg)
- **Maximum User Weight Capacity:** 300 lbs (136 kg)
- **Stride Length:** 14 inches
- **Flywheel Weight:** 22 lbs
- **Resistance System:** Magnetic
- **Resistance Levels:** 24
- **Display:** 5-inch x 2.5-inch Dual Color Backlit LCD
- **Programs:** 24 (12 preset, 4 HR, 1 body fat, 1 watt, 4 user-defined, 1 target HR, manual)
- **Heart Rate Monitoring:** Hand grip pulse sensors, built-in receiver for chest strap (not included)
- **Power Requirement:** 110V AC
- **Material:** Heavy duty steel frame with metallic black powder coated rustproof finish

# FS2.5

# DIMENSIONS



*Image: A diagram illustrating the assembled dimensions of the XTERRA FS2.5 Elliptical Trainer: 51 inches (length), 24 inches (width), and 63 inches (height).*

## 8. WARRANTY INFORMATION

The XTERRA FS2.5 Elliptical Trainer comes with the following limited warranty:

- **Frame:** 5 years
- **Parts:** 1 year

For detailed warranty terms and conditions, please refer to the warranty card included with your product or visit the official XTERRA Fitness website.

## 9. CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, operation, or troubleshooting, or need to claim warranty service, please contact XTERRA Fitness customer support. You can typically find contact information on the XTERRA Fitness website or in the documentation provided with your product.

For more information, visit the [XTERRA Store on Amazon](#).

