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adidas X-21 Cross Trainer User Manual

Model: AVUS-10411

1. INTRODUCTION

The adidas X-21 Cross Trainer is designed for comprehensive fitness, enabling users to enhance both muscular and cardiovascular endurance with minimal impact on joints. Its rear-drive 22 lb flywheel efficiently stores kinetic energy, ensuring a smooth and quiet elliptical motion. The self-generating motor eliminates the need for external power, offering flexibility in placement within your home.

This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your adidas X-21 Cross Trainer. Please read it thoroughly before initial use and retain it for future reference.



Figure 1.1: The adidas X-21 Cross Trainer, a self-generating elliptical machine designed for low-impact full-body workouts.

X-21 CROSS TRAINER

Ideal for all-round fitness, the X-21 allows you to build muscular and cardio endurance without the impact strain on sensitive joints



Figure 1.2: The X-21 Cross Trainer in an illuminated setting, highlighting its design and functionality for building endurance.

2. KEY FEATURES

- **Self-Generating Power:** No external power adapter or restrictive plug sockets required, allowing freedom to train anywhere.
- **24 Levels of Electronic Resistance:** Easily adjustable intensity via quick resistance keys on fixed handlebars.
- **12 Pre-installed Fitness Programs & 4 User-Defined Programs:** Offers varied challenges to support fitness goals.
- **Crystal-Clear LCD Display:** Provides real-time workout data including speed, time, distance, calories, pulse, watts, and RPM.
- **Accurate Heart Rate Monitoring:** Compatible with supplied wireless chest strap and integrated hand pulse sensors.
- **Integrated Tablet and Smartphone Holder:** Provides an optimal viewing angle for devices.
- **Bluetooth Connectivity & Onboard Speakers:** Connect your device for immersive audio experiences.
- **15-inch Stride Length:** Suitable for a wide range of user heights.

- **High-Grip Footplates:** Ensures stability and comfort during workouts.
- **Dual-Action & Fixed Handlebars:** Offers versatile workout options.
- **Built-in Transport Wheels & Grip Bar:** Facilitates easy movement and storage.

SMOOTH FLYWHEEL



Stores kinetic energy to maintain momentum for a smooth, quiet elliptical motion



Solid flywheel weight:
22lb / 10kg



15" stride length
suitable for all user heights

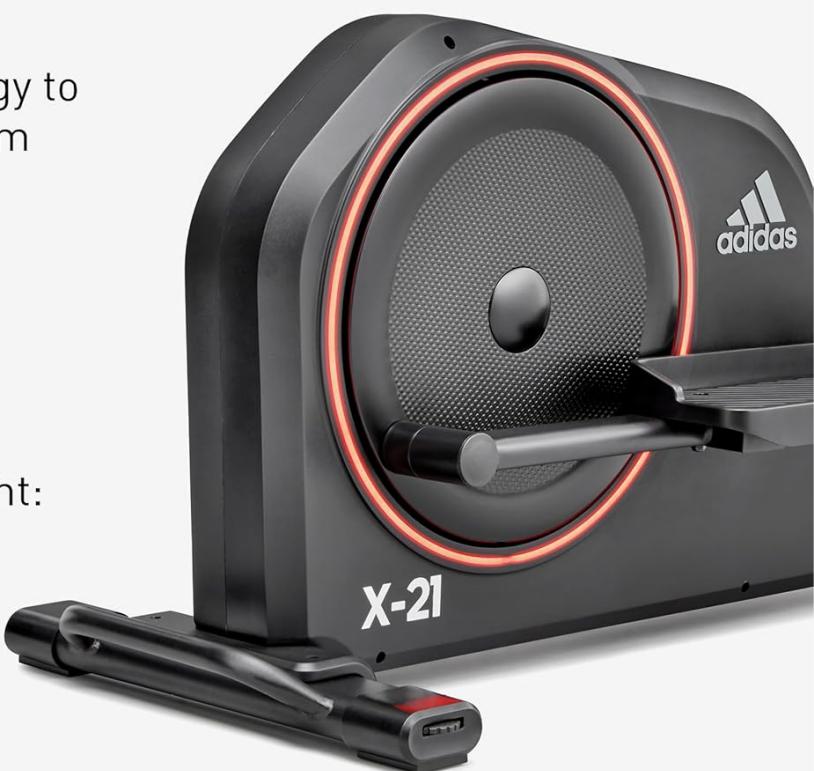


Figure 2.1: Detail of the 22 lb flywheel, emphasizing smooth, quiet operation and the 15-inch stride length.

TAILOR + TRACK

- ↔ 24 electronic resistance levels adjust intensity
- ↑↔ Console feedback: speed, time, distance, calories, pulse, watts, RPM and resistance
- [[[[12 pre-set programs & 4 custom workouts



Figure 2.2: The X-21 console, displaying real-time workout data and controls for resistance and program selection.

ADDITIONAL FEATURES



Quick resistance keys located on the handlebars



Built-in wheels + grip bar for maneuvering



Signature Ultra Series red LED lighting



Dependable build quality - 330lb max. user weight



High-grip footplate texture



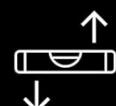
Integrated pulse sensors on the handles



Clear LCD screen



Water bottle holder



Floor level adjustment

Figure 2.3: Visual representation of additional features including quick resistance keys, transport wheels, LED lighting, and integrated pulse sensors.

3. SETUP AND ASSEMBLY

The adidas X-21 Cross Trainer requires some assembly. Please follow the detailed instructions provided in the separate assembly guide included with your product packaging. Ensure all components are present and undamaged before beginning assembly.

3.1 Unboxing and Component Check

- Carefully remove all parts from the packaging.
- Verify that all components listed in the assembly guide are present.
- Inspect all parts for any signs of damage. If any parts are damaged or missing, do not proceed with assembly. Contact customer support immediately.

3.2 Placement Considerations

- Place the cross trainer on a flat, stable surface.
- Ensure adequate clearance around the machine for safe operation and movement.
- Due to its self-generating nature, no power outlet is required, offering flexibility in placement.

4. OPERATING INSTRUCTIONS

4.1 Powering On

The X-21 Cross Trainer is self-generating. Begin pedaling to power on the console and activate its features. There is no power button or external power cord required.

4.2 Console Navigation and Data Display

The crystal-clear LCD display provides real-time workout data. Use the console buttons to navigate through different display modes and select programs. Data displayed includes:

- Speed
- Time
- Distance
- Calories Burned
- Pulse (Heart Rate)
- Watts
- RPM (Revolutions Per Minute)
- Resistance Level

4.3 Adjusting Resistance

The X-21 offers 24 levels of electronic resistance. Use the quick resistance keys located on the fixed handlebars to increase or decrease the workout intensity. Press '+' to increase resistance and '-' to decrease it.

4.4 Workout Programs

The console features 12 pre-installed fitness programs and 4 user-defined programs. Select a program to automatically adjust resistance levels throughout your workout, providing varied challenges.

PRE-SET PROGRAMS



12 pre-set fitness programs offer a variety of challenges to keep you motivated

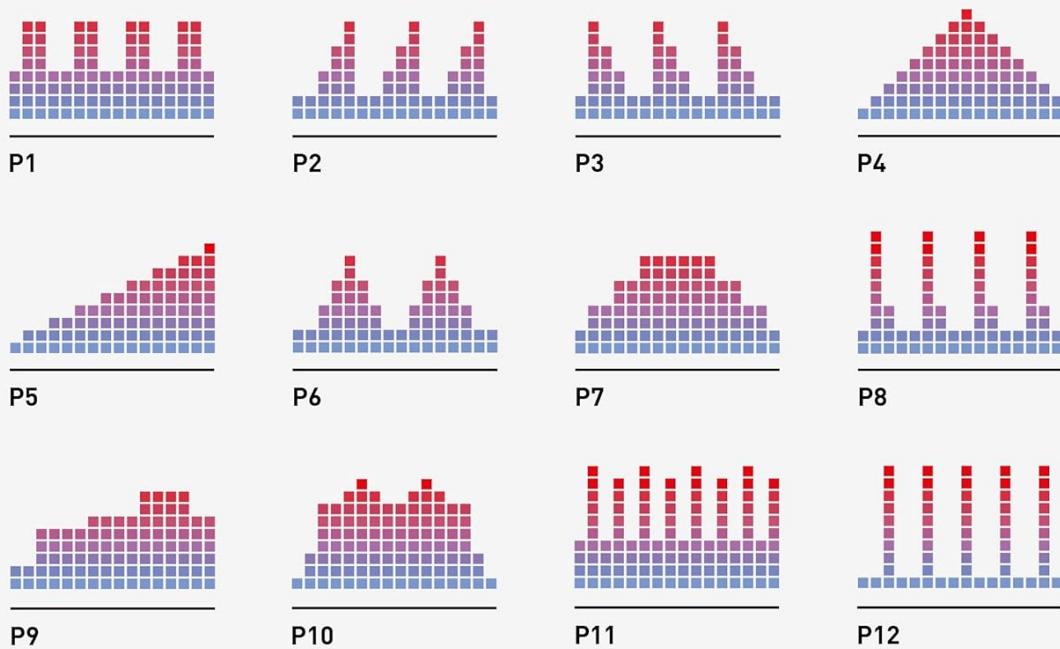


Figure 4.1: Visual representation of the 12 pre-set fitness programs, each offering a unique intensity profile.

4.5 Heart Rate Monitoring

Accurate heart rate data can be obtained via the supplied wireless chest strap or by gripping the integrated hand pulse sensors on the handlebars. Ensure a firm grip on the sensors for accurate readings.

4.6 Media Connectivity

Utilize the convenient tablet and smartphone holder for an optimal viewing angle. Connect your device via Bluetooth to the cross trainer's onboard speakers to enjoy music, movies, or other media during your workout.



Figure 4.2: A user engaging with the X-21 Cross Trainer, demonstrating proper form and interaction with the console.



Figure 4.3: A woman exercising on the X-21 Cross Trainer, showcasing its suitability for home use and media integration.

5. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your adidas X-21 Cross Trainer.

5.1 Cleaning

- Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Keep the console free from moisture.

5.2 Lubrication

Periodically check all moving parts and pivot points. Apply a silicone-based lubricant to any areas that show signs of friction or produce noise during operation. Refer to the assembly guide for specific lubrication points.

5.3 Bolt and Connection Check

Regularly inspect all bolts, nuts, and connections to ensure they are securely tightened. Loose connections can lead to instability and noise during use.

6. TROUBLESHOOTING

If you encounter issues with your adidas X-21 Cross Trainer, refer to the following common troubleshooting steps:

6.1 Console Not Displaying Data

- **Symptom:** Console screen is blank or not responding.
- **Solution:** Ensure you are pedaling to generate power. The console requires movement to activate. Check all cable connections to the console for looseness or damage.

6.2 Squeaking or Grinding Noises

- **Symptom:** The machine produces squeaking, creaking, or grinding sounds during operation.
- **Solution:** This is often caused by loose bolts or lack of lubrication.
- Inspect and tighten all assembly bolts, especially those connecting the frame, handlebars, and pedals.
- Apply a silicone-based lubricant to all pivot points, joints, and moving parts as indicated in the assembly guide.

6.3 Inaccurate Heart Rate Reading

- **Symptom:** Heart rate displayed is inconsistent or incorrect.
- **Solution (Hand Sensors):** Ensure your hands are clean and dry, and you have a firm, consistent grip on both hand pulse sensors.
- **Solution (Chest Strap):** Ensure the chest strap is worn correctly and has good contact with your skin. Check the battery in the chest strap if applicable.

7. TECHNICAL SPECIFICATIONS

DIMENSIONS



Figure 7.1: Dimensions of the adidas X-21 Cross Trainer (L: 64.2", W: 25", H: 63.2").

Specification	Value
Model Name	adidas X-21 Cross Trainer
Model Number	AVUS-10411
Brand	adidas
Color	Black
Material	Metal, Plastic
Resistance Mechanism	Magnetic
Number of Resistance Levels	24

Specification	Value
Flywheel Weight	22 lbs (10 kg)
Maximum Stride Length	15 Inches
Maximum User Weight Recommendation	100 Kilograms (approx. 220 lbs)
Item Weight	140 Pounds
Item Dimensions (LxWxH)	64.17 x 25 x 63.19 inches
UPC	885652014397

8. WARRANTY AND SUPPORT

8.1 Manufacturer's Warranty

The adidas X-21 Cross Trainer comes with a 2-year manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, warranty claims, or inquiries regarding your adidas X-21 Cross Trainer, please contact adidas customer support. Refer to the contact information provided in your product packaging or visit the official adidas website for support details.

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