

# GOLD'S GYM®

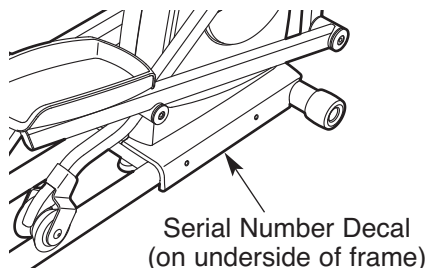
## CROSSTRAINER 480

[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

Model No. GGEL63908.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

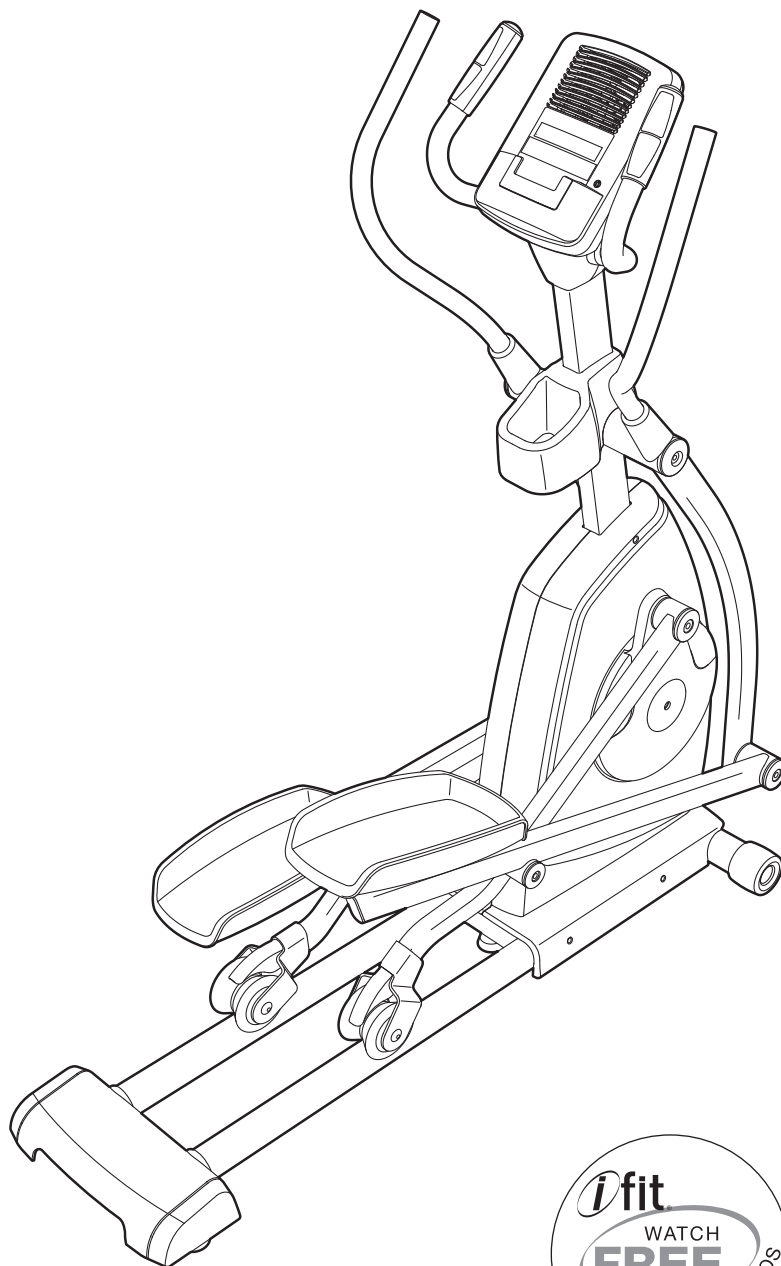
ON THE WEB:

[www.workoutwarehouse.com](http://www.workoutwarehouse.com)

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

## USER'S MANUAL



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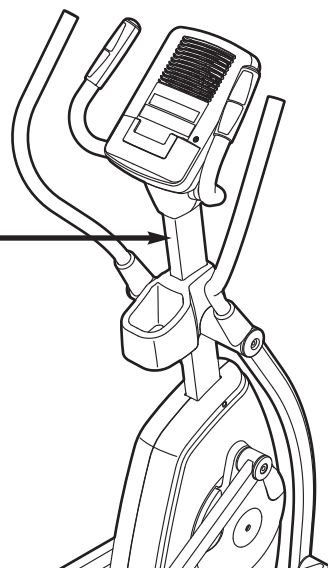
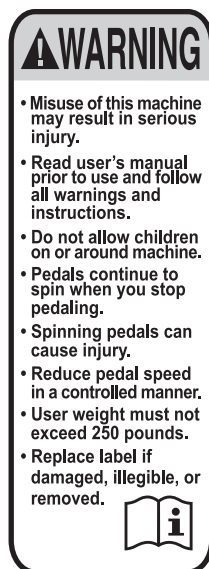
# TABLE OF CONTENTS

|   |            |
|---|------------|
| WARNING DECAL PLACEMENT .....             | 2          |
| IMPORTANT PRECAUTIONS .....               | 3          |
| BEFORE YOU BEGIN .....                    | 4          |
| ASSEMBLY .....                            | 5          |
| HOW TO USE THE ELLIPTICAL EXERCISER ..... | 12         |
| MAINTENANCE AND TROUBLESHOOTING .....     | 17         |
| EXERCISE GUIDELINES .....                 | 19         |
| PART LIST .....                           | 20         |
| EXPLODED DRAWING .....                    | 21         |
| ORDERING REPLACEMENT PARTS .....          | Back Cover |
| LIMITED WARRANTY .....                    | Back Cover |

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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the upper body arms or the handlebars when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

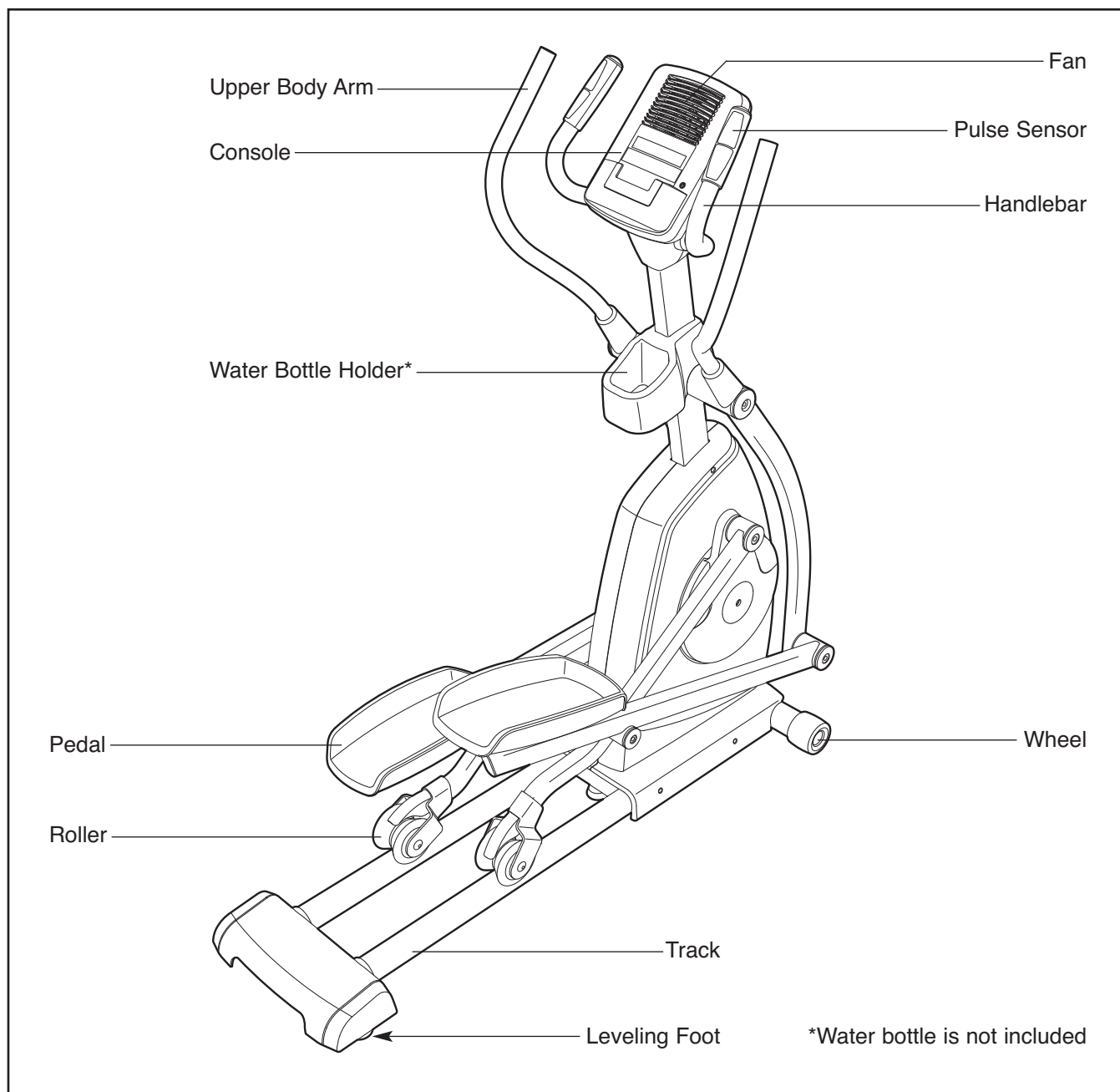
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary GOLD'S GYM® CROSSTRAINER 480 elliptical exerciser. The CROSSTRAINER 480 elliptical exerciser provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have questions after reading this manual, please see the front

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.

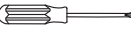


Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



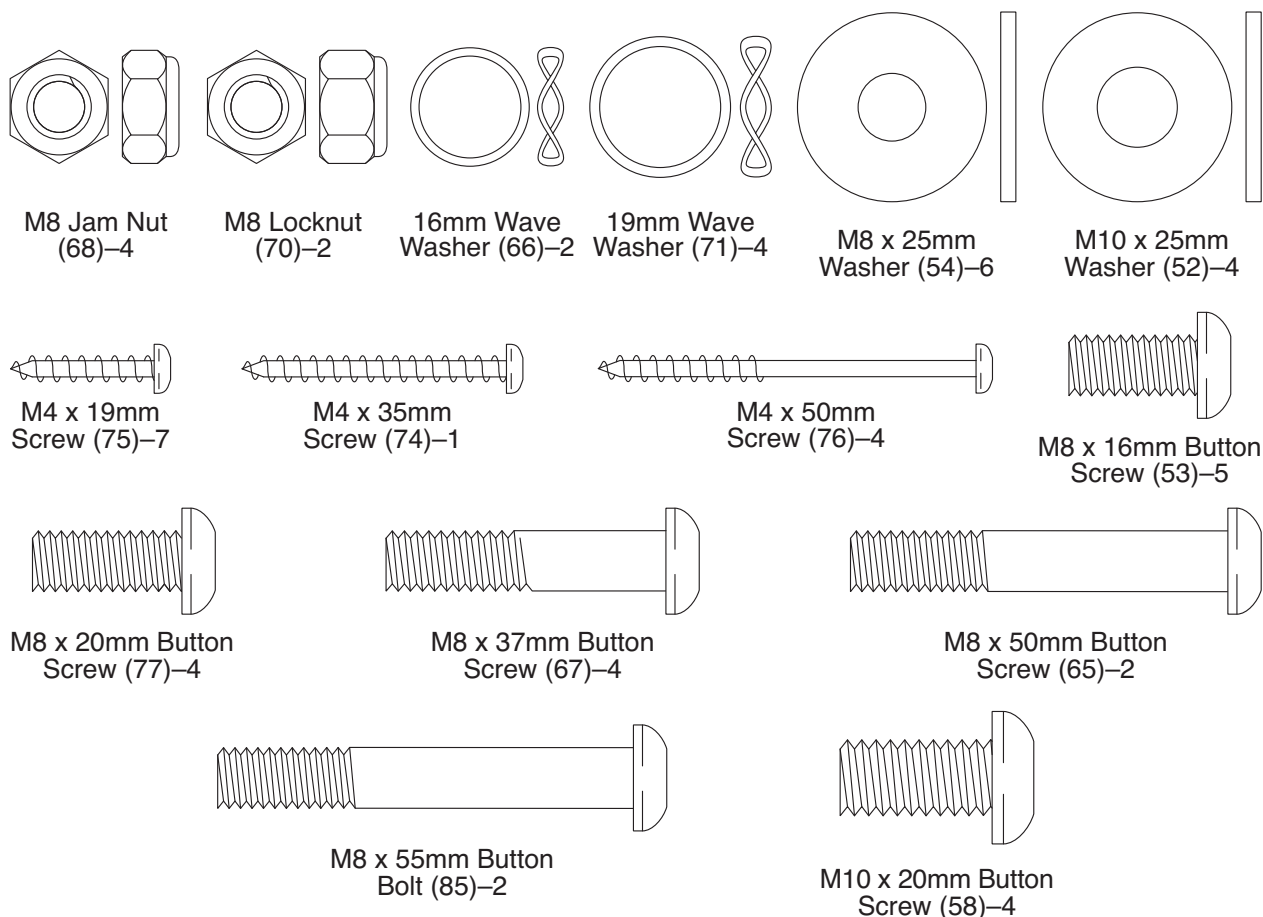
# ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



1.

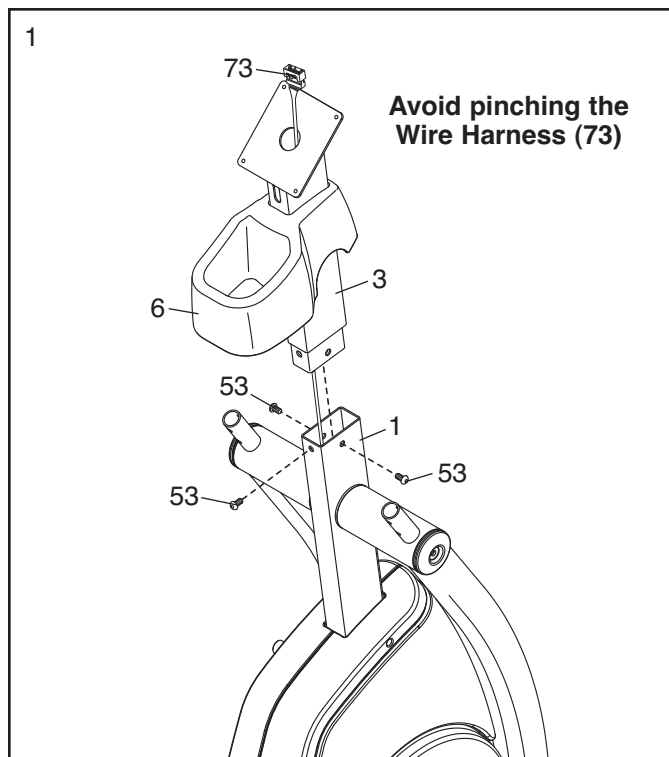
**To make assembly easier, read the information on page 5 before you begin.**

Orient the Water Bottle Holder (6) and the Upright (3) as shown.

Slide the Water Bottle Holder (6) upward onto the Upright (3).

While a second person holds the Upright (3) and the Water Bottle Holder (6) near the Frame (1), insert the Wire Harness (73) upward through the Upright.

**Tip: Avoid pinching the Wire Harness (73).** Insert the Upright (3) into the Frame (1). Attach the Upright with three M8 x 16mm Button Screws (53).



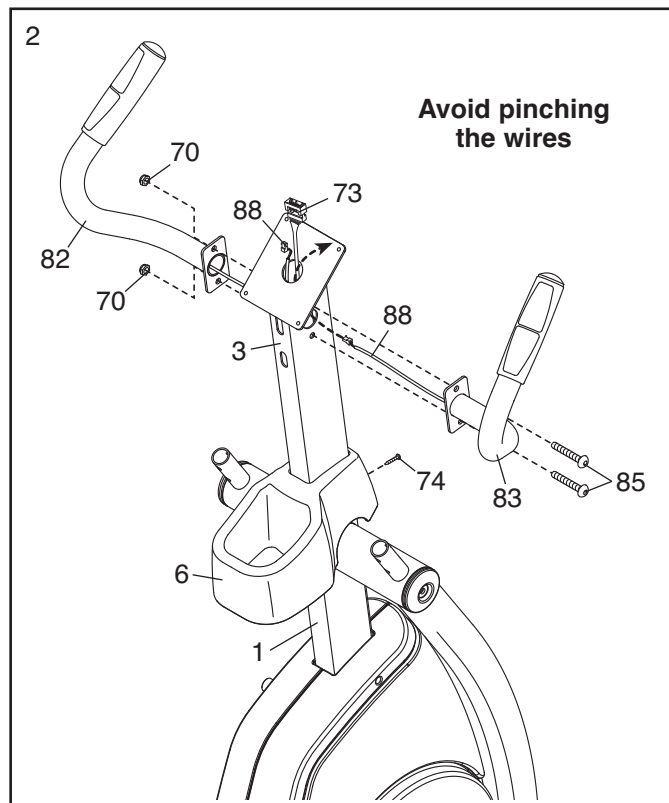
2. Identify the Left and Right Handlebars (82, 83), which are marked with "Left" and "Right" stickers, and orient them as shown.

Have a second person hold the Left and Right Handlebars (82, 83) near the Upright (3). Locate the Pulse Wire (88) inside each Handlebar.

Insert the Pulse Wires (88) into the holes in the sides of the Upright (3) and pull them upward out of the top of the Upright.

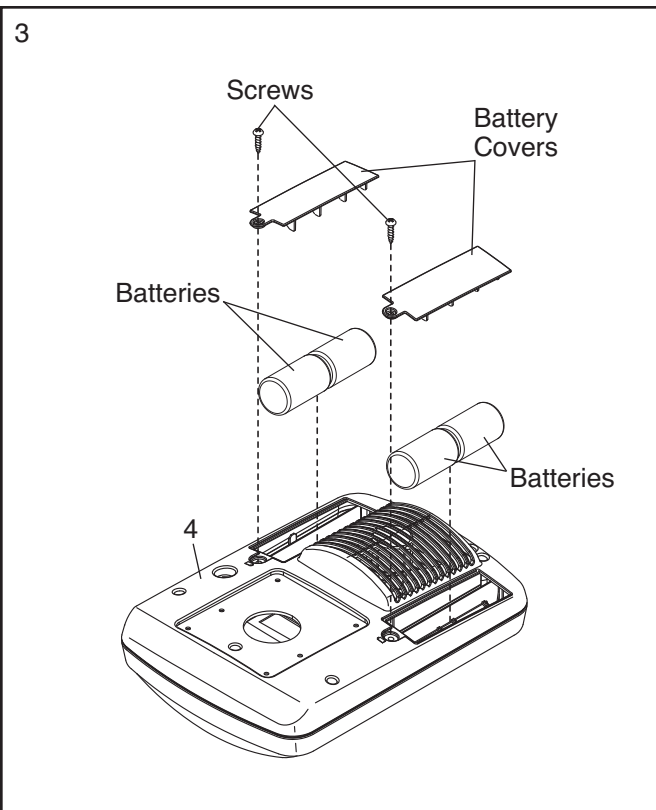
**Tip: Avoid pinching the wires.** Attach the Left and Right Handlebars (82, 83) to the Upright (3) with two M8 x 55mm Button Bolts (85) and two M8 Locknuts (70).

Slide the Water Bottle Holder (6) downward to the Frame (1). Attach the Water Bottle Holder with an M4 x 35mm Screw (74).



3. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws, remove the battery covers, insert the batteries into the battery compartments, and reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

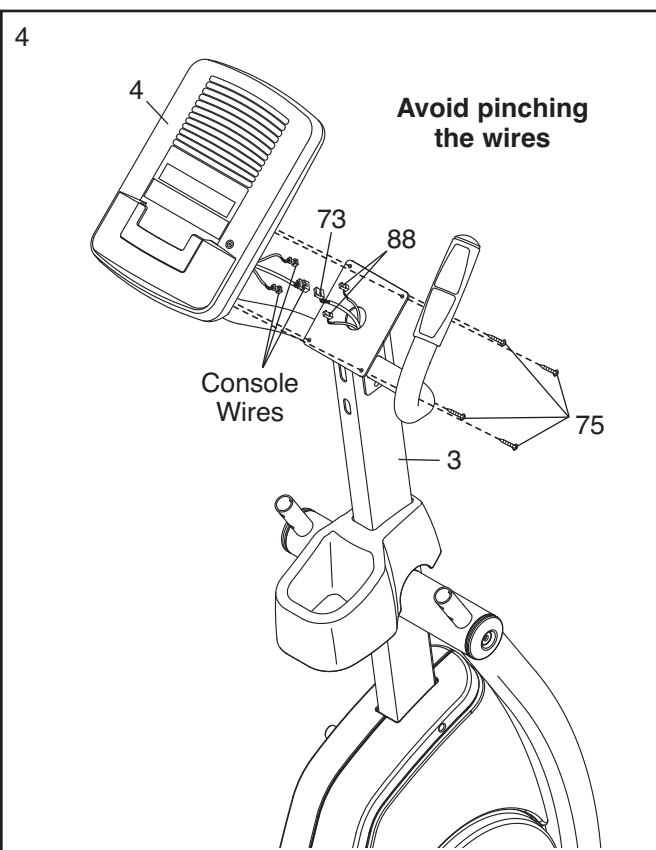
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



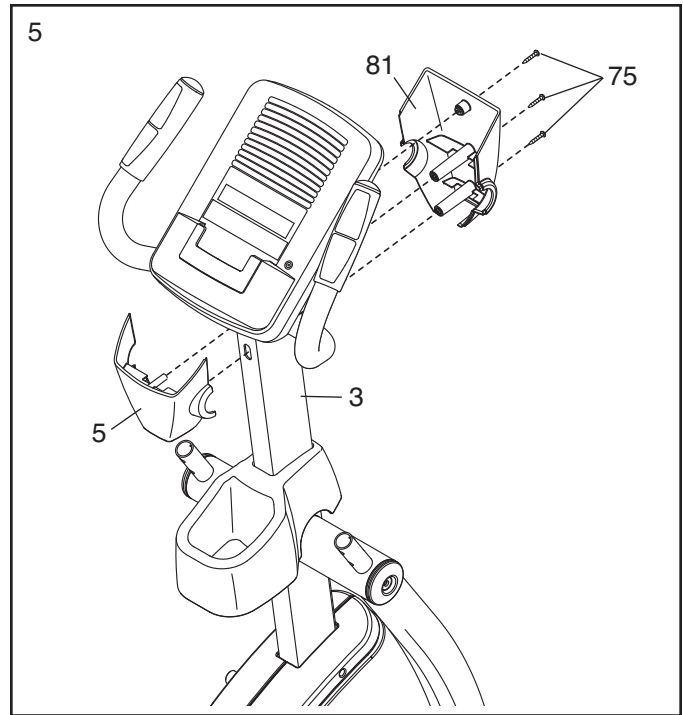
4. While a second person holds the Console (4) near the Upright (3), connect the console wires to the Wire Harness (73) and to the Pulse Wires (88).

Insert the excess wires downward into the Upright (3).

**Tip: Avoid pinching the wires.** Attach the Console (4) to the Upright (3) with four M4 x 19mm Screws (75).



5. Attach the Rear and Front Upright Covers (5, 81) around the Upright (3) with three M4 x 19mm Screws (75).



6. Identify the Left Upper Body Arm (22), which is marked with an "L" sticker.

Orient the Left Upper Body Arm (22) as shown. **Make sure that the hexagonal holes are in the indicated location.**

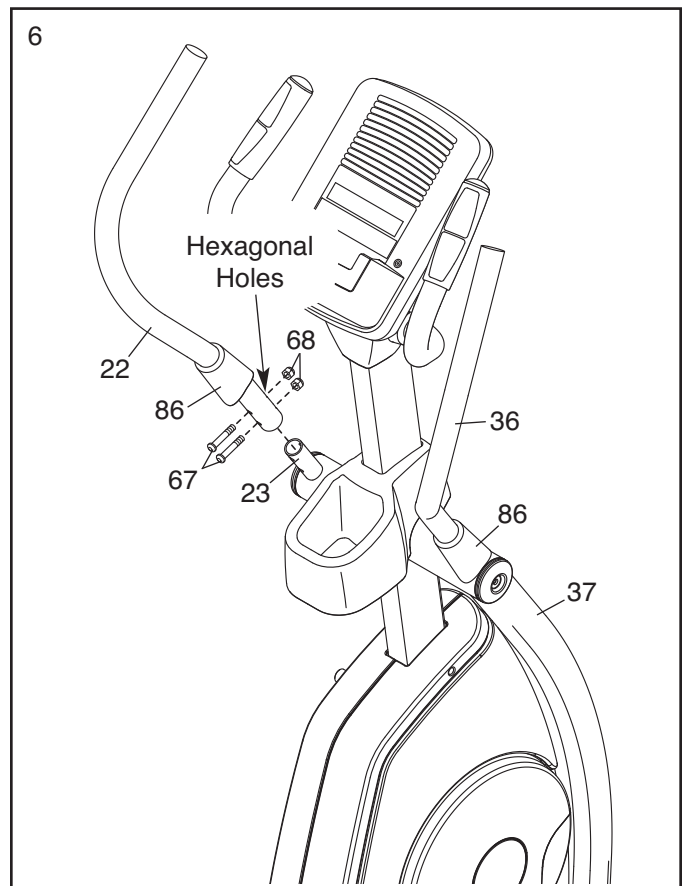
Insert the Left Upper Body Arm (22) into the Left Upper Body Leg (23).

Attach the Left Upper Body Arm (22) with two M8 x 37mm Button Screws (67) and two M8 Jam Nuts (68). **Make sure that the Jam Nuts are inside the hexagonal holes.**

Orient an Arm Cover (86) so that the wide end is facing downward. Slide the Arm Cover onto the Left Upper Body Arm (22).

Slide the Arm Cover (86) downward until the M8 x 37mm Button Screws (67) are covered. Press the Arm Cover into the Left Upper Body Leg (23).

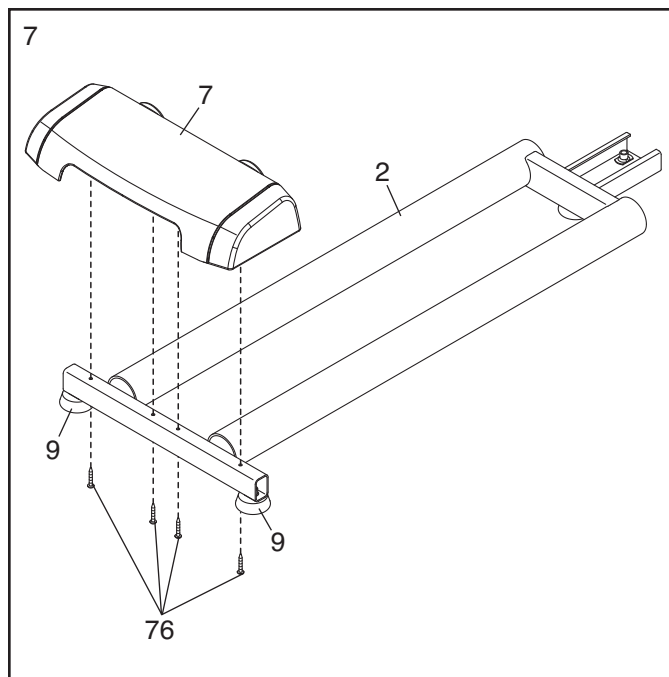
**Repeat this step for the Right Upper Body Arm (36).**





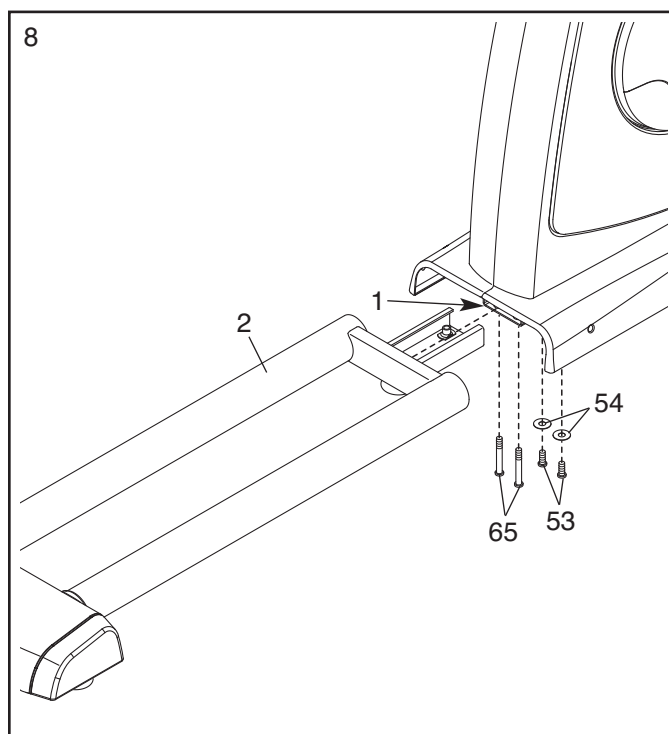
7. Orient the Track (2) and the Track Cover (7) as shown.

Attach the Track Cover (7) to the Track (2) with four M4 x 50mm Screws (76). **Tip: To start the Screws, it may be necessary to loosen the Leveling Feet (9) a few turns.**



8. Insert the Track (2) into the Frame (1).

With the help of a second person, attach the Track (2) with two M8 x 50mm Button Screws (65), two M8 x 16mm Button Screws (53), and two M8 x 25mm Washers (54). **Do not tighten the Button Screws yet.**



9. Identify the Right Link Arm (39) and the Right Pedal Arm (38), which are marked with “R” stickers, and orient them as shown.

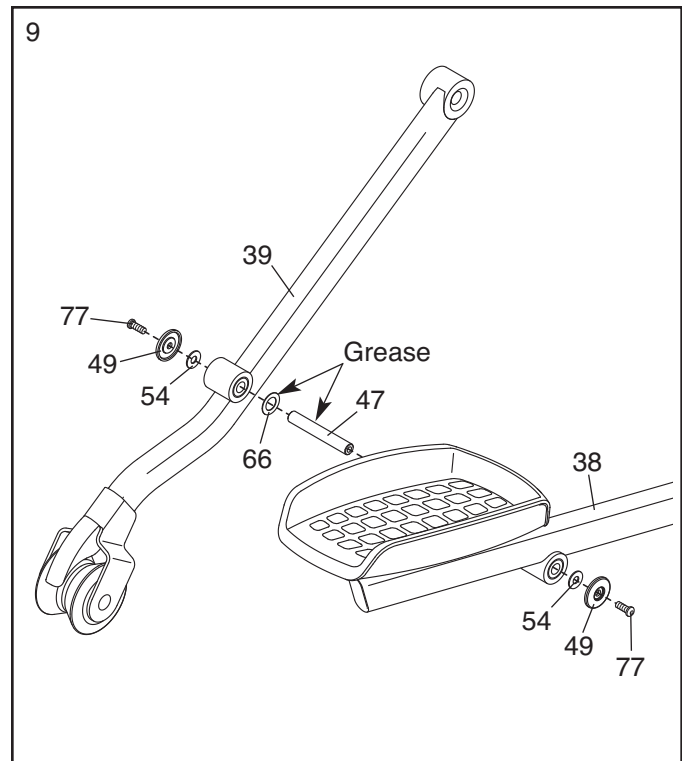
Apply a generous amount of grease to a Link Axle (47). Also, apply a small amount of grease to a 16mm Wave Washer (66).

Insert the Link Axle (47) into the Right Link Arm (39) and then slide the 16mm Wave Washer (66) onto the right side of the Link Axle.

With the help of another person, slide the Right Pedal Arm (38) onto the right side of the Link Axle (47).

Attach the Right Link Arm (39) and the Right Pedal Arm (38) with two M8 x 20mm Button Screws (77), two Link Axle Covers (49), and two M8 x 25mm Washers (54).

**Repeat this step for the Left Link Arm (not shown) and the Left Pedal Arm (not shown).**



10. Apply a generous amount of grease to the axle on the Right Upper Body Leg (37) and to the right Crank Arm (31).

Apply a small amount of grease to two 19mm Wave Washers (71).

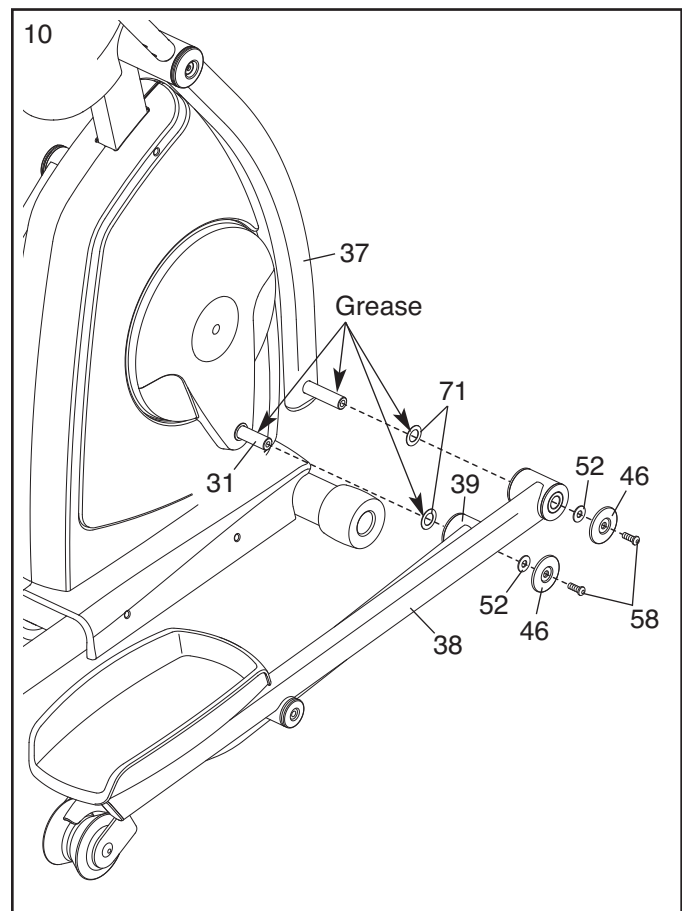
Slide one 19mm Wave Washer (71) onto the Right Upper Body Leg (37); slide the other Wave Washer onto the right Crank Arm (31).

Identify the Right Pedal Arm (38) and the Right Link Arm (39) assembly, which is marked with an “R” sticker. Orient the assembly as shown.

At the same time and with the help of another person, slide the Right Pedal Arm (38) onto the Right Upper Body Leg (37) and slide the Right Link Arm (39) onto the right Crank Arm (31).

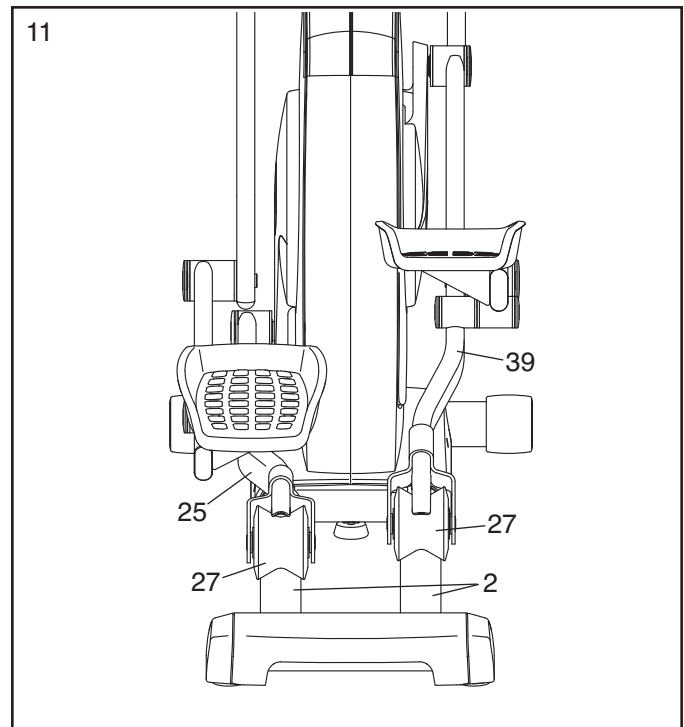
Attach the Right Pedal Arm (38) and the Right Link Arm (39) with two M10 x 20mm Button Screws (58), two Axle Covers (46), and two M10 x 25mm Washers (52).

**Repeat this step for the other side of the elliptical exerciser.**



11. Lift the Left and Right Link Arms (25, 39) and set the Rollers (27) on the Track (2). **Make sure that the Rollers are centered on the Track.** If necessary, move the Track to the right or to the left until the Rollers are centered on the Track.

**See step 8.** With the help of a second person, tighten the M8 x 50mm Button Screws (65) and the M8 x 16mm Button Screws (53).

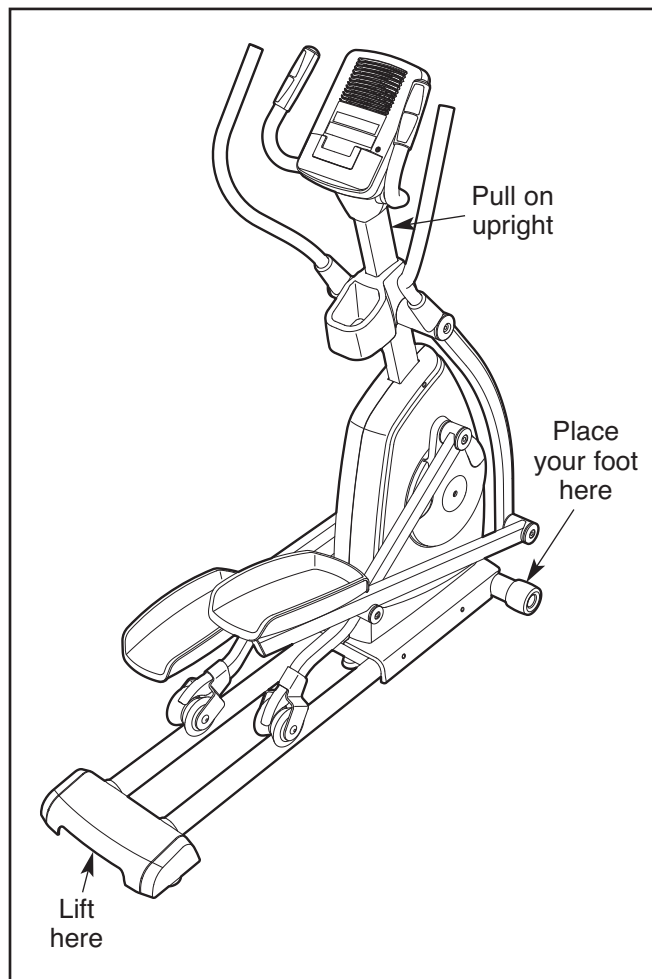


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO MOVE THE ELLIPTICAL EXERCISER

**Due to the size and weight of the elliptical exerciser, moving it requires two persons.** Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the track until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.

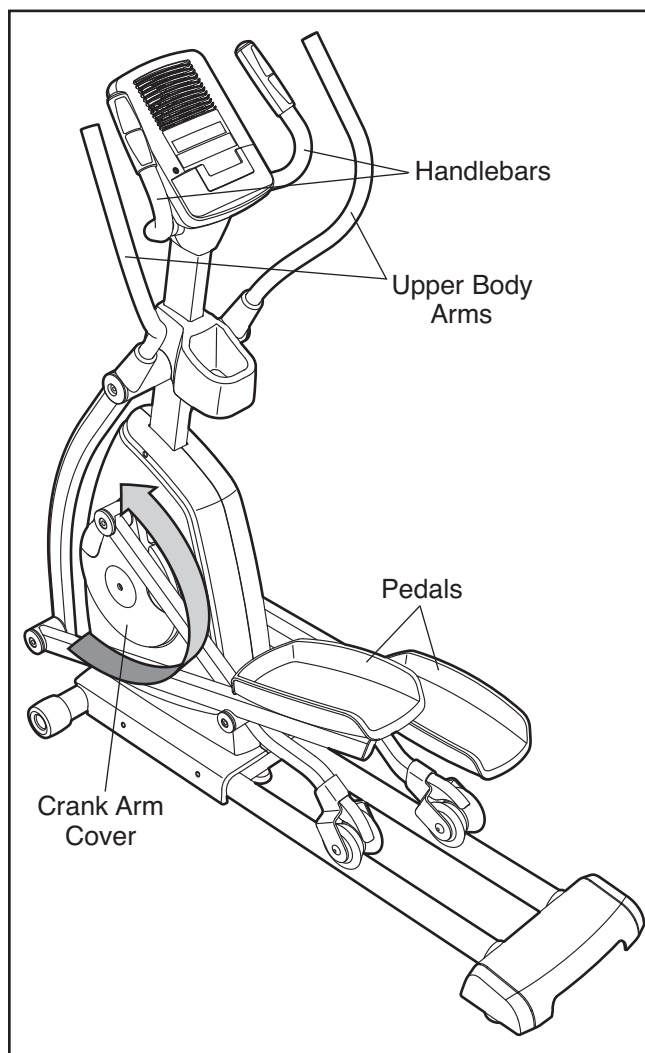


## HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or all of the leveling feet beneath the track until the rocking motion is eliminated.

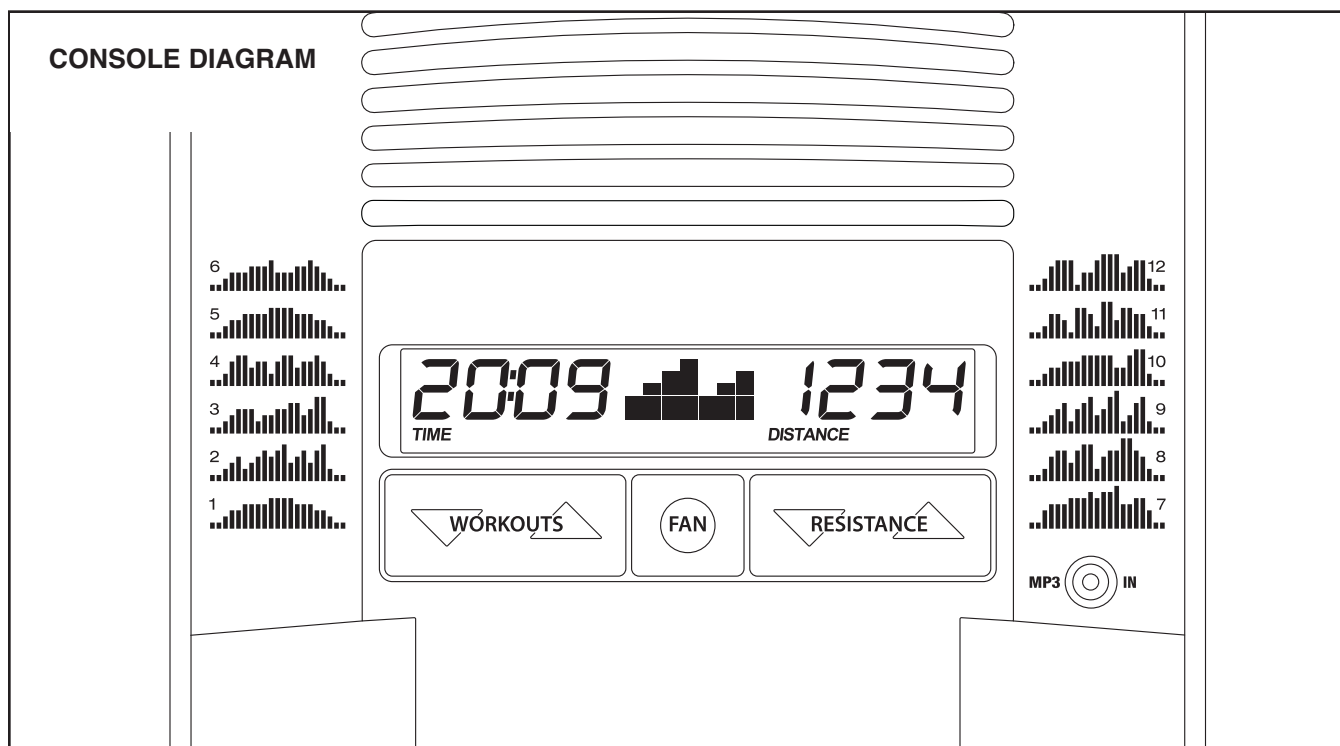
## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms or the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal.



Push the pedals until they begin to move with a continuous motion. **Note: The crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow; however, for variety, you can turn the crank arm covers in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers twelve preset workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode**, see page 14. **To use a preset workout**, see page 15. **To use the sound system**, see page 16.

**Note:** Before using the console, make sure that batteries are installed (see assembly step 3 on page 7). If there is a sheet of clear plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

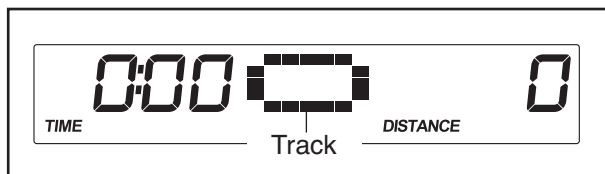
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will sound and the console will be ready for use.

### 2. Select the manual mode.

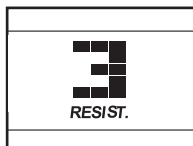
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Workouts increase or decrease button repeatedly until a track appears in the center display.



### 3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.



Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

### 4. Follow your progress with the display.

**The left display**—This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.



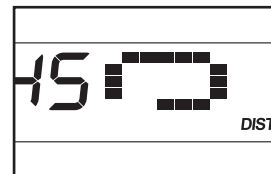
Note: During a workout, the display will show the time remaining in the workout.

The left display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).

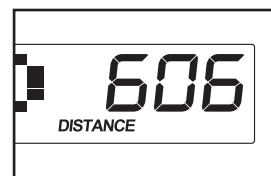
**The center display**—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.



This display will also show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

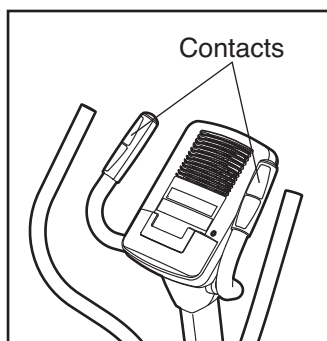


**The right display**—This display can show the distance (total number of revolutions) you have pedaled and your pedaling pace in revolutions per minute (rpm). The display will change modes every few seconds.



## 5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

## 6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

## 7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

## HOW TO USE A PRESET WORKOUT

### 1. Turn on the console.

See step 1 on page 14.

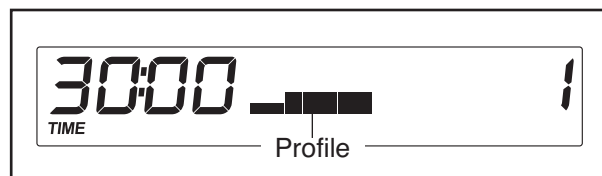
### 2. Select a preset workout.

To select a preset workout, press the Workouts increase or decrease button repeatedly until the number of the desired workout appears in the right display.

When you select a preset workout, the duration of the workout will appear in the left display, the maximum resistance level for the workout will flash in the center display, and the number of the workout will appear in the right display.



After a few seconds, a profile of the resistance levels of the workout will scroll across the center display.



Note: Complete profiles of the preset workouts are printed on the sides of the console.

### 3. Begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing on page 15). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

**Note:** If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

#### **4. Follow your progress with the display.**

See step 4 on page 14.

#### **5. Measure your heart rate if desired.**

See step 5 on page 15.

#### **6. Turn on the fan if desired.**

See step 6 on page 15.

#### **7. When you are finished exercising, the console will turn off automatically.**

See step 7 on page 15.

### **HOW TO USE THE SOUND SYSTEM**

To play music or audio books through the console sound system while you exercise, plug the audio cable into the jack on the console and into the jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.



# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, see assembly step 10 on page 11 and remove the Left Pedal Arm (24) and the Left Link Arm (25).

Then, see EXPLODED DRAWING A near the end of this manual and remove the M6 x 25mm Button Screw (61) from the center of the left Crank Arm Cover (32), and then carefully remove the left Crank Arm Cover. Note: You may have to remove a decal from the Crank Arm Cover before you can remove the Button Screw.

Next, remove all the screws from the left shield, and then carefully remove the left shield.

Loosen, but do not remove, the three M6 x 25mm Screws (61). Insert the shaft of a screwdriver downward between the Idler (12) and the pulley located on the Eddy Mechanism (10). Pull the top of the screwdriver toward the rear of the elliptical exerciser until the Drive Belt (80) is tight, and then tighten the three screws.

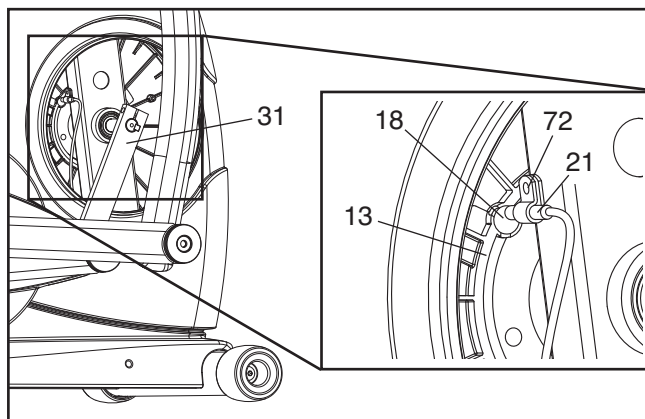
Reattach the left shield and the left crank arm cover. Then, see step 10 on page 11 and reattach the left pedal arm and the left link arm.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first see EXPLODED DRAWING A near the end of this manual and loosen the M6 x 25mm Button Screw (61) in the center of the right Crank Arm Cover (32), and then carefully rotate the right Crank Arm Cover out of the way.

Locate the Reed Switch (21). Loosen, but do not remove, the indicated M4 x 16mm Screw (72). Slide the Reed Switch slightly closer to or away from a Magnet (18) on the Pulley (13).



Then, retighten the M4 x 16mm Screw (72). Turn one of the Crank Arms (31) for a moment. Repeat until the console displays correct feedback.

When the reed switch is correctly adjusted, replace the crank arm cover.

## **CONSOLE TROUBLESHOOTING**

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 3 on page 7 for replacement instructions.

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 15.

## **HOW TO LEVEL THE ELLIPTICAL EXERCISER**

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

## **HOW TO GREASE THE ROLLERS**

See the EXPLODED DRAWING near the end of this manual.

If the Rollers (27) squeak when moving on the Track (2), apply a small amount of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical exerciser until a thin film of grease is distributed along the Track; wipe off any excess grease.

# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

|     |     |     |     |     |     |     |    |
|-----|-----|-----|-----|-----|-----|-----|----|
| 165 | 155 | 145 | 140 | 130 | 125 | 115 | ♥♥ |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | ♥  |
| 125 | 120 | 115 | 110 | 105 | 95  | 90  | ♥  |
| 20  | 30  | 40  | 50  | 60  | 70  | 80  |    |

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. GGEL63908.0

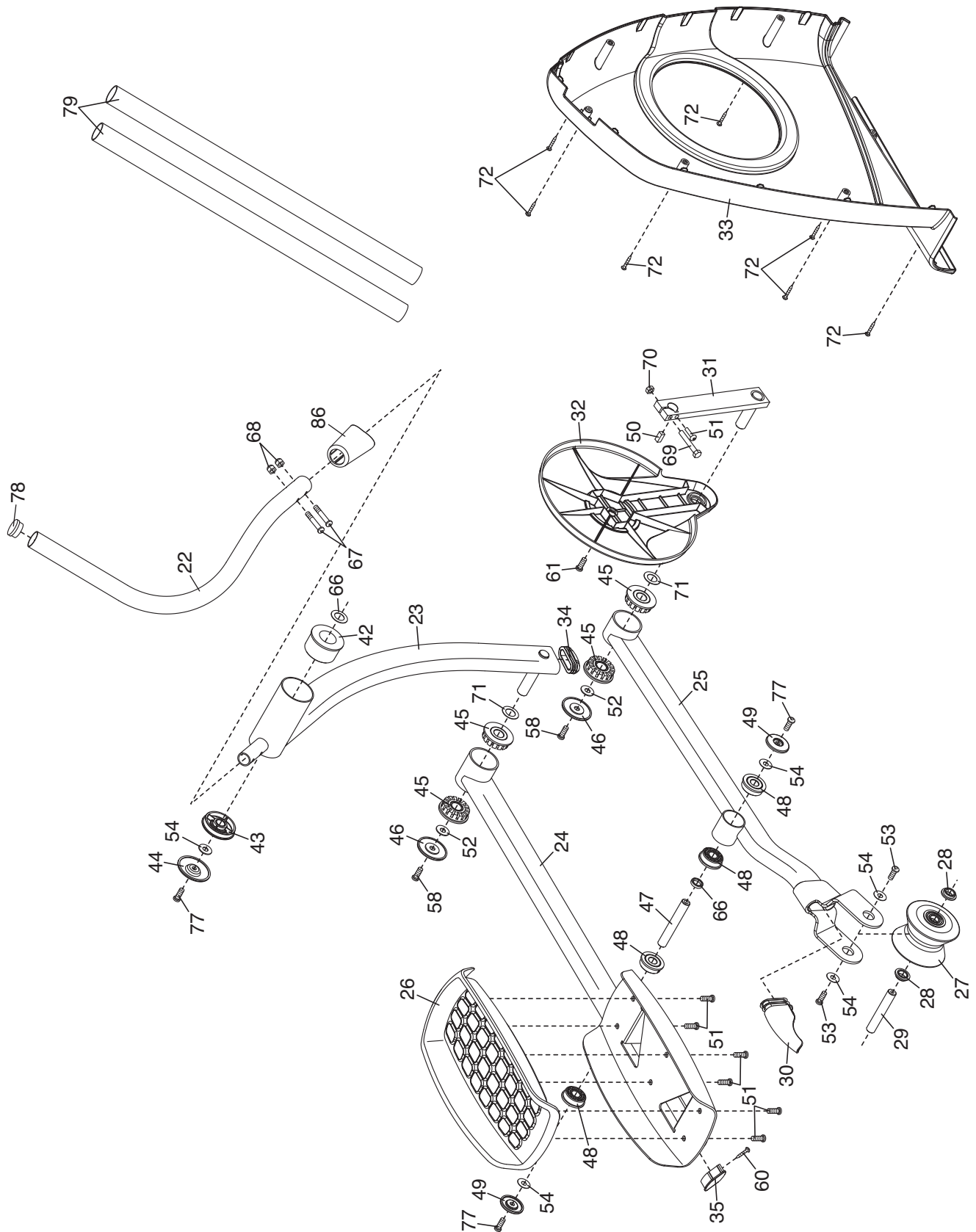
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| Key No. | Qty. | Description          | Key No. | Qty. | Description               |
|---------|------|----------------------|---------|------|---------------------------|
| 1       | 1    | Frame                | 47      | 2    | Link Axle                 |
| 2       | 1    | Track                | 48      | 8    | Link Axle Bushing         |
| 3       | 1    | Upright              | 49      | 4    | Link Axle Cover           |
| 4       | 1    | Console              | 50      | 2    | Key                       |
| 5       | 1    | Rear Upright Cover   | 51      | 14   | M6 x 12mm Button Screw    |
| 6       | 1    | Water Bottle Holder  | 52      | 4    | M10 x 25mm Washer         |
| 7       | 1    | Track Cover          | 53      | 13   | M8 x 16mm Button Screw    |
| 8       | 2    | Wheel                | 54      | 12   | M8 x 25mm Washer          |
| 9       | 3    | Leveling Foot        | 55      | 4    | M8 Split Washer           |
| 10      | 1    | Eddy Mechanism       | 56      | 2    | Snap Ring                 |
| 11      | 1    | Axle                 | 57      | 2    | M10 x 35mm Shoulder Screw |
| 12      | 1    | Idler                | 58      | 4    | M10 x 20mm Button Screw   |
| 13      | 1    | Pulley               | 59      | 4    | M5 x 12mm Flange Screw    |
| 14      | 1    | Crank                | 60      | 2    | M4 x 12mm Screw           |
| 15      | 2    | Crank Bearing        | 61      | 5    | M6 x 25mm Button Screw    |
| 16      | 1    | Resistance Motor     | 62      | 3    | M6 Flange Nut             |
| 17      | 1    | Resistance Cable     | 63      | 3    | M6 Fender Washer          |
| 18      | 2    | Magnet               | 64      | 2    | M10 Flange Nut            |
| 19      | 2    | Upper Body Bushing   | 65      | 2    | M8 x 50mm Button Screw    |
| 20      | 1    | Clamp                | 66      | 4    | 16mm Wave Washer          |
| 21      | 1    | Reed Switch/Wire     | 67      | 4    | M8 x 37mm Button Screw    |
| 22      | 1    | Left Upper Body Arm  | 68      | 4    | M8 Jam Nut                |
| 23      | 1    | Left Upper Body Leg  | 69      | 2    | M8 x 50mm Hex Bolt        |
| 24      | 1    | Left Pedal Arm       | 70      | 4    | M8 Locknut                |
| 25      | 1    | Left Link Arm        | 71      | 4    | 19mm Wave Washer          |
| 26      | 2    | Pedal                | 72      | 11   | M4 x 16mm Screw           |
| 27      | 2    | Roller               | 73      | 1    | Wire Harness              |
| 28      | 4    | Roller Bushing       | 74      | 1    | M4 x 35mm Screw           |
| 29      | 2    | Roller Axle          | 75      | 7    | M4 x 19mm Screw           |
| 30      | 2    | Roller Cover         | 76      | 4    | M4 x 50mm Screw           |
| 31      | 2    | Crank Arm            | 77      | 6    | M8 x 20mm Button Screw    |
| 32      | 2    | Crank Arm Cover      | 78      | 2    | Arm Cap                   |
| 33      | 1    | Left Shield          | 79      | 2    | Foam Grip                 |
| 34      | 2    | Leg Cap              | 80      | 1    | Drive Belt                |
| 35      | 2    | Pedal Arm Cap        | 81      | 1    | Front Upright Cover       |
| 36      | 1    | Right Upper Body Arm | 82      | 1    | Left Handlebar            |
| 37      | 1    | Right Upper Body Leg | 83      | 1    | Right Handlebar           |
| 38      | 1    | Right Pedal Arm      | 84      | 2    | Pulse Sensor/Wire         |
| 39      | 1    | Right Link Arm       | 85      | 2    | M8 x 55mm Button Bolt     |
| 40      | 1    | Right Shield         | 86      | 2    | Arm Cover                 |
| 41      | 1    | Pivot Axle           | 87      | 4    | M5 Locknut                |
| 42      | 2    | Inner Pivot Bushing  | 88      | 2    | Pulse Wire                |
| 43      | 2    | Outer Pivot Bushing  | 89      | 1    | Audio Cable               |
| 44      | 2    | Pivot Axle Cover     | *       | —    | Assembly Tool             |
| 45      | 8    | Crank Arm Bushing    | *       | —    | Grease Packet             |
| 46      | 4    | Axle Cover           | *       | —    | User's Manual             |

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

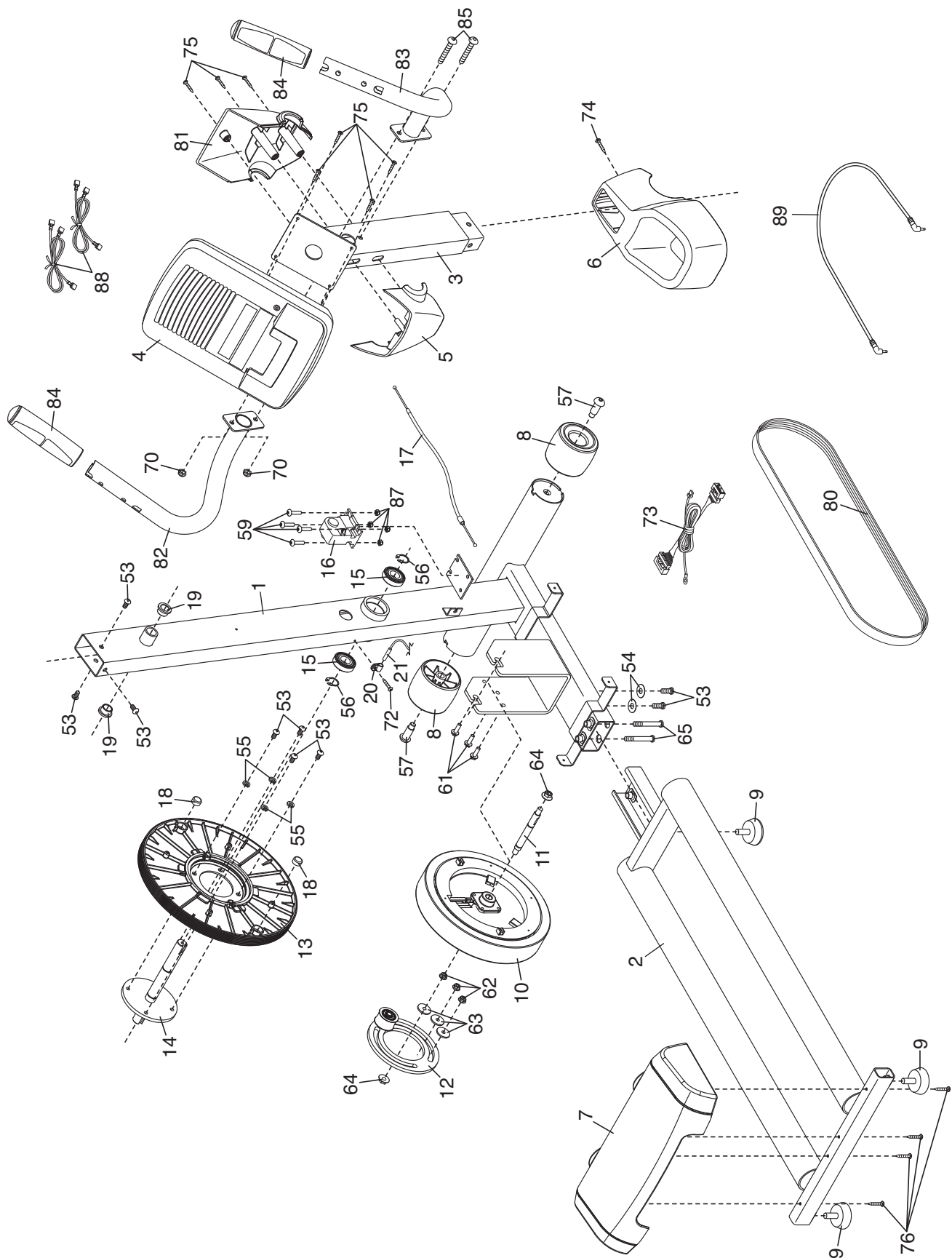
# EXPLODED DRAWING A—Model No. GGEL63908.0

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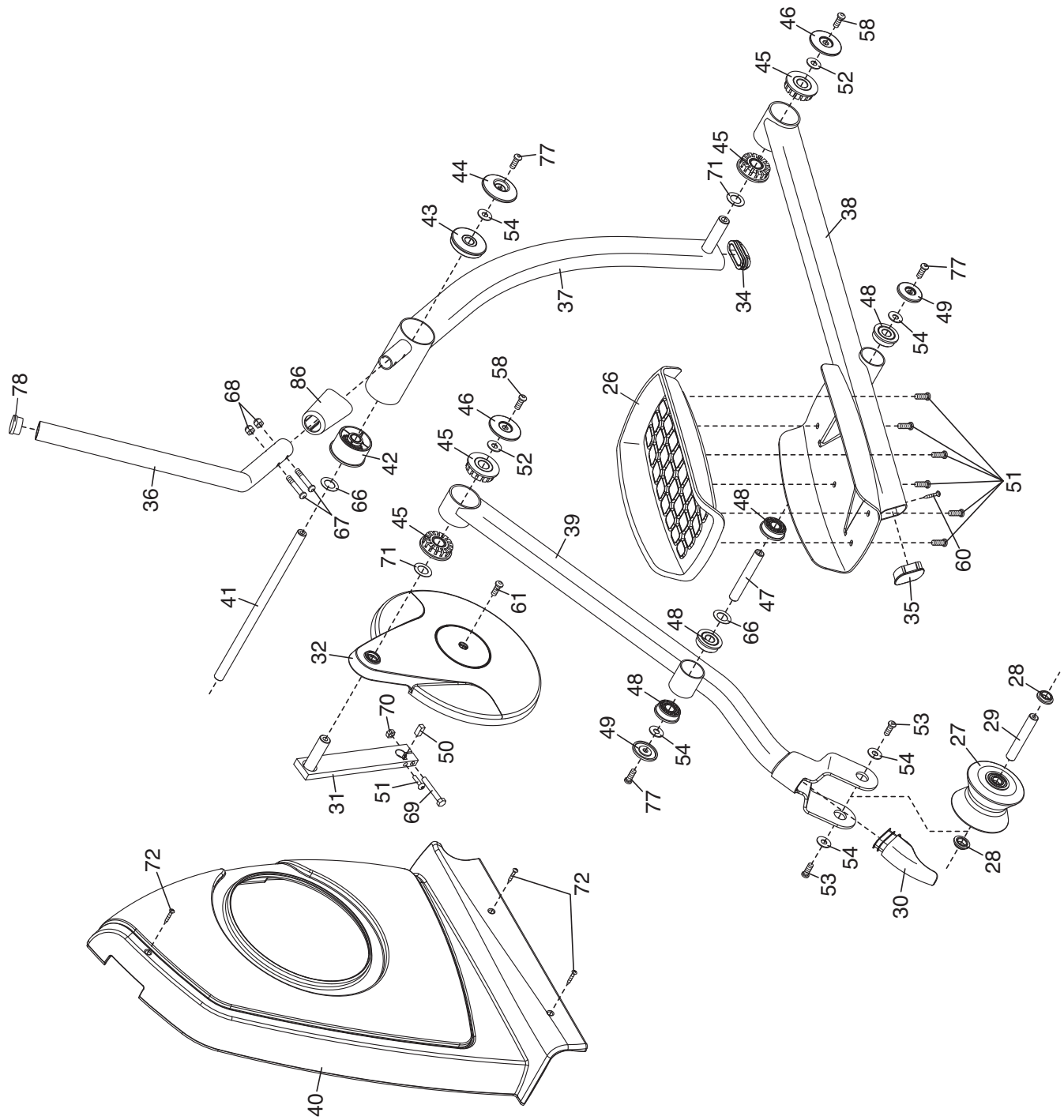
# EXPLODED DRAWING B—Model No. GGEL63908.0

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# EXPLODED DRAWING C—Model No. GGEL63908.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.workoutwarehouse.com/registration](http://www.workoutwarehouse.com/registration)**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**