xR4 Series Assembly Instructions

Base Box
- Moving Handlebars (Left and Right)
- Upper Seat Assembly
- Mast Covers (Left and Right)
- Backpad Cover
- Console Mast
- Hardware Pack
- WheelBlocks

xR4c Console Box
- xR4c Console and Keypad
- Contact Heart Rate Module
- Information Packet
- Power Supply
- Power Cord
- Console Hardware

xR4ci Console Box
- xR4ci Console and Keypad
- Combination Heart Rate Module
- Wireless Heart Rate Transmitter & Strap
- Power Supply
- Power Cord
- Console Hardware
- Information Packet

Base Hardware
- B-1 (10)
- B-2 (2)
- B-3 (4)
- B-4 (2)
- B-5 (2)
- B-6 (2)
- B-7 (2)
- B-8 (2)
- B-10 (1)

Console Hardware
- C-1 (4)
- C-2 (1)

Heart Rate Module & Upper Seat Frame

1. Attach heart rate module to upper seat with C-2 (Qty 2); tighten.
2. Route heart rate cables through upper seat frame; connect to heart rate module.
3. Attach upper seat to lower seat with B-1 (Qty 4); tighten with B-10 to 9 ft-lb.
4. Secure backpad cover to seat back with B-11 (Qty 4).

Consol Mast

1. Attach console mast to base with B-1 (Qty 6); tighten with B-10 to 9 ft-lb.
2. Attach mast covers with B-3 (Qty 4); tighten.
3. Connect console cables.
4. Attach console to mast with C-1 (Qty 4); tighten.

Moving Handlebars

Tighten set screws securely.
Loosen 1/4 turn; hold in place.

For each moving handlebar:
1. Install washer B-5 (Qty 1) on handlebar pivot shaft.
2. Position and press handlebar completely onto pivot shaft and arm link axle.
3. Attach locking spacer B-6 (Qty 1) to pivot shaft; tighten to contact with hub bearing, loosen 1/4-turn. Tighten set screws with B-5.
4. Attach lower hub with washer B-4 (Qty 1) and B-2 (Qty 1); tighten to 17 ft-lb.
5. Install caps B-7 (Qty 1) and B-8 (Qty 1) at pivot and lower hub.

Level & User Set-Up

1. With help, tilt unit up so that wheel block can be slid under wheel on each side.
2. Adjust and lock levelers; make sure nut is tight.
3. Connect power supply to unit and to power outlet.

Questions?
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