Assembly Instructions

Base Box
- Moving Handles (L and R)
- Top Shroud
- Access Panel
- Console Mast
- Handlebar Covers (2)
- Mast Boot

Base Hardware
- B-1 (5)
- B-2 (6)
- B-3 (11)
- B-4 (6)
- B-4 (4)
- B-6 (4)

Q37x Console Box
- Console Back
- Console Assembly
- Information Packet
- Power Supply
- Console Hardware C-1 (4)
- C-2 (5)

Q37xi Console Box
- Console Back
- Console Assembly
- Information Packet
- Power Supply
- Wireless Heart Rate Transmitter and Strap
- Powerboard (2)
- Powerboard Handle (2)

A Moving Handles

1. Attach handlebar at hub with B-4 (Qty 2), and B-2 (Qty 4) between bolt and both sides of bracket; secure with B-5 (Qty 2); tighten (20 ft-lb).

B Adjust Moving Handles (optional)

1. Hold handlebar; remove nut and reposition link. (Hole closest to user provides shortest reach.)
2. Replace nut; tighten (33 ft-lb).
Repeat for second handlebar. Handlebars must be set to same position for proper functioning. Call Customer Service for assistance as needed.

C Mast & Console Assembly

1. Slide mast over screws on base; tighten.
2. Connect cable connector (mast to base, Qty 1); secure cables to frame with B-3.
3. Connect console cables (2) and ground cable. Position console assembly over top of mast and attach with C-1 (Qty 4). Connect power supply to unit and to power outlet. Verify that console LED's light and stride motors move.
4. Align console back with console assembly. Snap console back and console assembly together at top. Secure console back with C-2 (Qty 5).

D Access Panel & Handlebar Covers

1. Secure back of panel with B-1 (Qty 2).
2. Secure sides of panel with B-1 (Qty 2).
3. Place handlebar covers.

E Top Shroud & Mast Boot

1. Holding bottom edge in place, hinge top shroud down.
2. Attach top shroud with B-4 (Qty 4).
3. Wrap mast boot around mast; tuck into access panel.

F Level & User Set-up

1. Adjust and lock levers; make sure nut is tight.
2. Connect power supply to unit and to power outlet.
4. Before 1st use and as needed, clean tracks with a cloth and a solution of mild soap and water.

Questions?
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