

FS4 CROSS-TRAINER

MFD, MFI, UFD, UFI, DFD, DFI

PARTS MANUAL



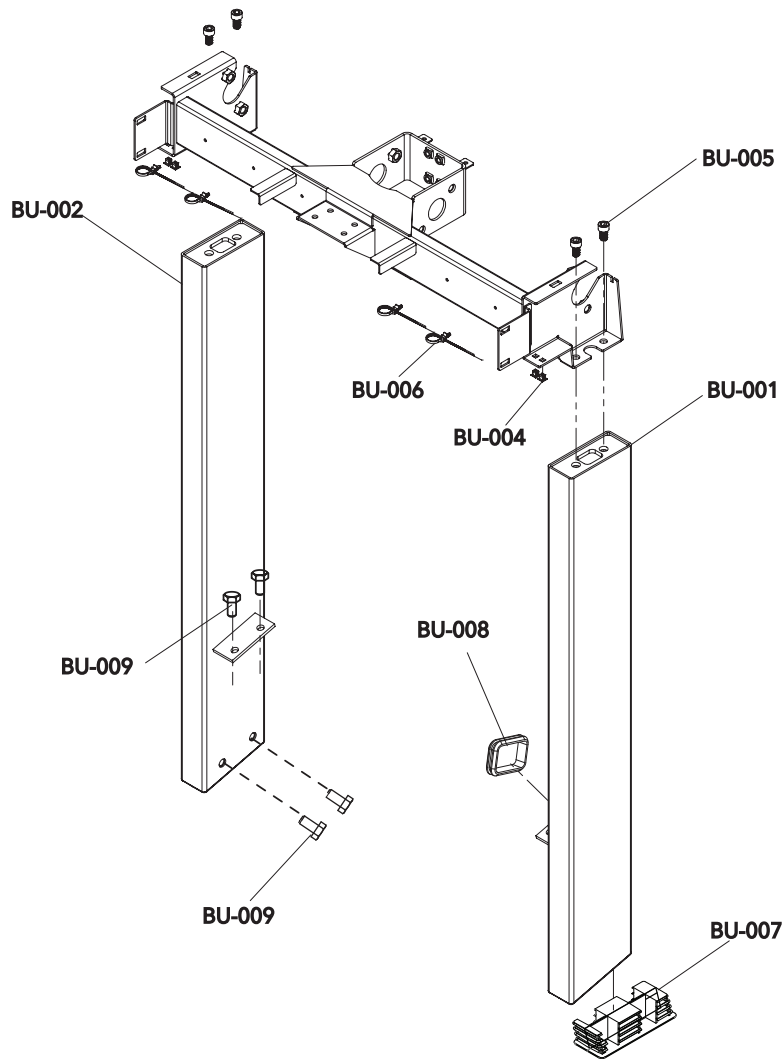
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Miscellaneous

Item	Alpha Code	Part Number	Description	Starting Serial Number
MISC-001	MFD	FS4T-XX00-0101	FS4 CROSS TRAINER BASE TITANIUM DOM CORD	100001
MISC-002	MFI	FS4T-XX14-0101	FS4 CROSS TRAINER BASE TITANIUM NO CORD	100001
MISC-003	UFD	FS4L-XX00-0101	FS4 CROSS TRAINER BASE LT WOOD DOM CORD	100001
MISC-004	UFI	FS4L-XX14-0101	FS4 CROSS TRAINER BASE LT WOOD NO CORD	100001
MISC-005	DFD	FS4D-XX00-0101	FS4 CROSS TRAINER BASE DK WOOD DOM CORD	100001
MISC-006	DFI	FS4D-XX14-0101	FS4 CROSS TRAINER BASE DK WOOD NO CORD	100001

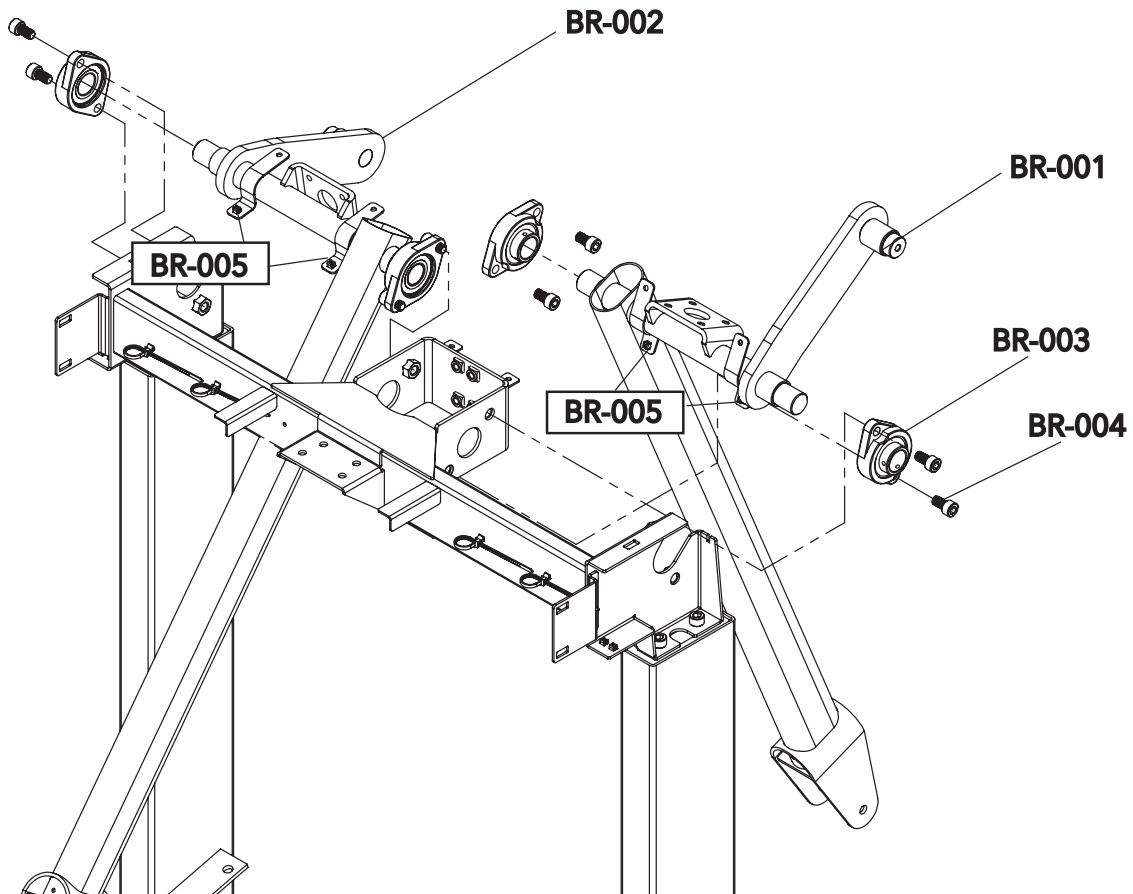
Bridge - Uprights



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
BU-001	MFD, MFI, UFD, UFI, DFD, DFI	1000746-0001	WLDMT, UPRIGHT LEFT
BU-002	MFD, MFI, UFD, UFI, DFD, DFI	1000751-0001	WLDMT, UPRIGHT RIGHT
BU-004	MFD, MFI, UFD, UFI, DFD, DFI	0017-00042-1055	GROMMET: PLASTIC; #6 OR #8 (4)
BU-005	MFD, MFI, UFD, UFI, DFD, DFI	1002121-0001	M10 X1.5 X 18 6G6G DIN UNS SOC CS ST ZN (4)
BU-006	MFD, MFI, UFD, UFI, DFD, DFI	9281100	GROMMET: CABLE TIE, 4.5MM PLT (4)
BU-007	MFD, MFI, UFD, UFI, DFD, DFI	1001890-0001	CAP, END, UPRIGHT (2)
BU-008	MFD, MFI, UFD, UFI, DFD, DFI	1003065-0001	GROMMET, RECT, 25 X 38 X 3.0MM
BU-009	MFD, MFI, UFD, UFI, DFD, DFI	REX2DVG	BOLT, HEX M10 X 1.5-20 (8)

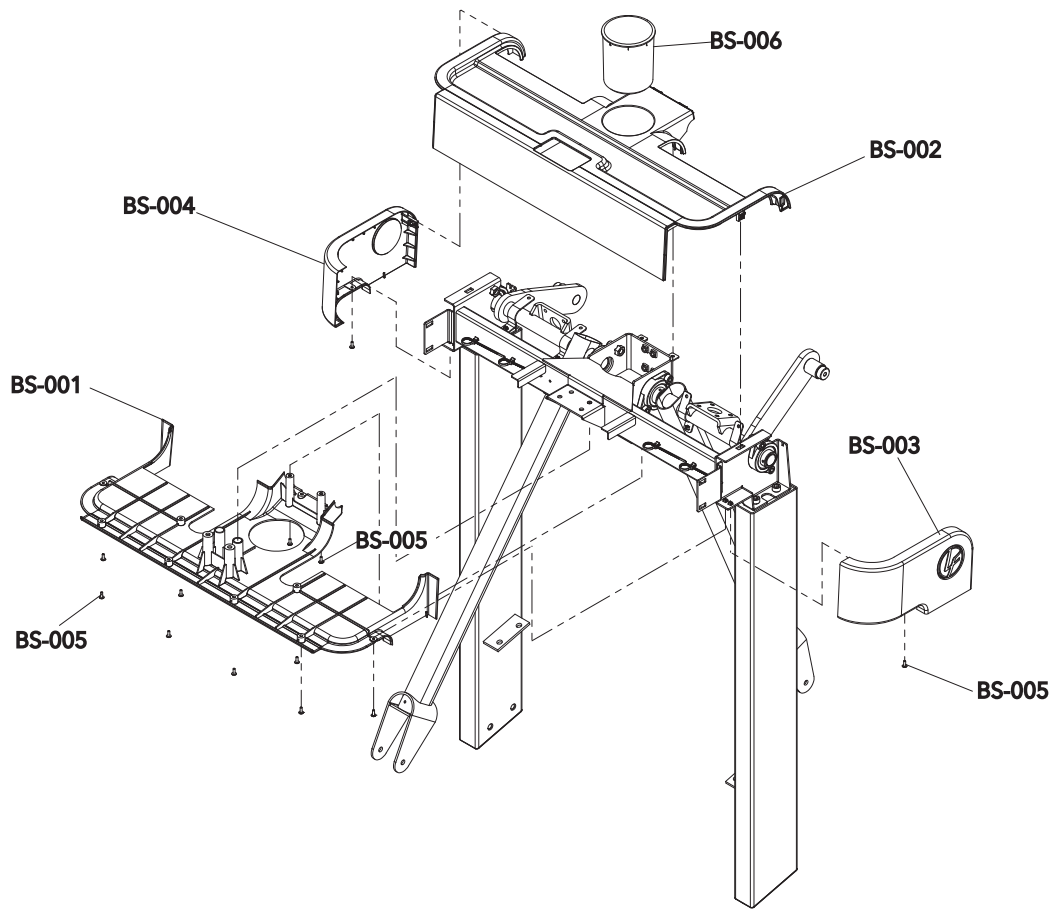
Bridge - Rocker Arms



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
BR-001	MFD, MFI, UFD, UFI, DFD, DFI	1000891-0001	WLDMT, ROCKER ARM, LEFT
BR-002	MFD, MFI, UFD, UFI, DFD, DFI	1000894-0001	WLDMT, ROCKER ARM, RIGHT
BR-003	MFD, MFI, UFD, UFI, DFD, DFI	1002120-0001	FLANGE BEARING, LIVE SHAFT (4)
BR-004	MFD, MFI, UFD, UFI, DFD, DFI	1002121-0001	M10 X1.5 X 18 6G6G DIN UNS SOC CS ST ZN (8)
BR-005	MFD, MFI, UFD, UFI, DFD, DFI	0017-00042-1055	GROMMET: PLASTIC; #6 OR #8 (4)

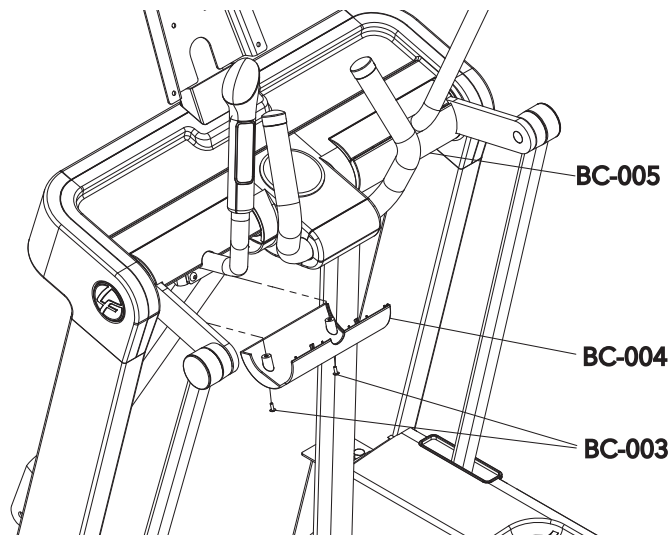
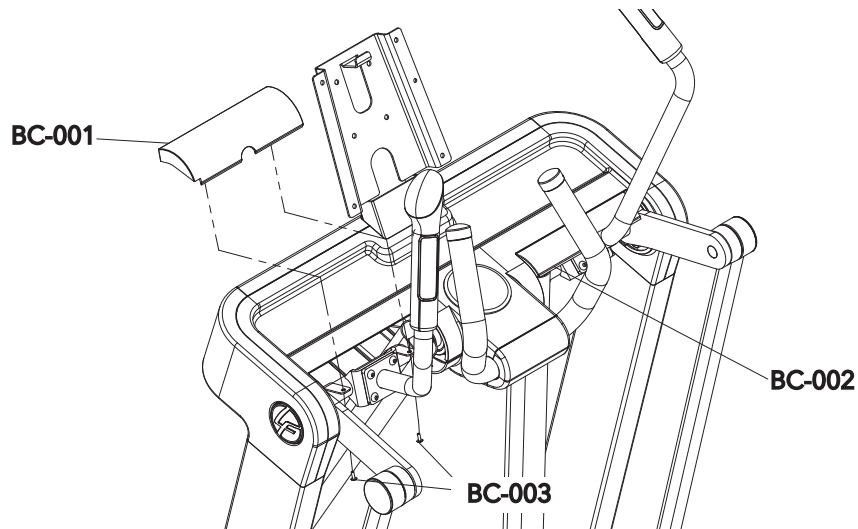
Bridge - Shrouds



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
BS-001	MFD, MFI, UFD, UFI, DFD, DFI	1002103-0001	SHROUD, BRIDGE, BOTTOM
BS-002	MFD, MFI, UFD, UFI, DFD, DFI	1004263-0001	ASSY, SHROUD, BRIDGE TOP
BS-003	MFD, MFI, UFD, UFI, DFD, DFI	1004266-0001	ASSY, SHROUD, BRIDGE LEFT
BS-004	MFD, MFI, UFD, UFI, DFD, DFI	1004267-0001	ASSY, SHROUD, BRIDGE RIGHT
BS-005	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB (12)
BS-006	MFD, MFI, UFD, UFI, DFD, DFI	REX2LNY	INSERT, CUP HOLDER

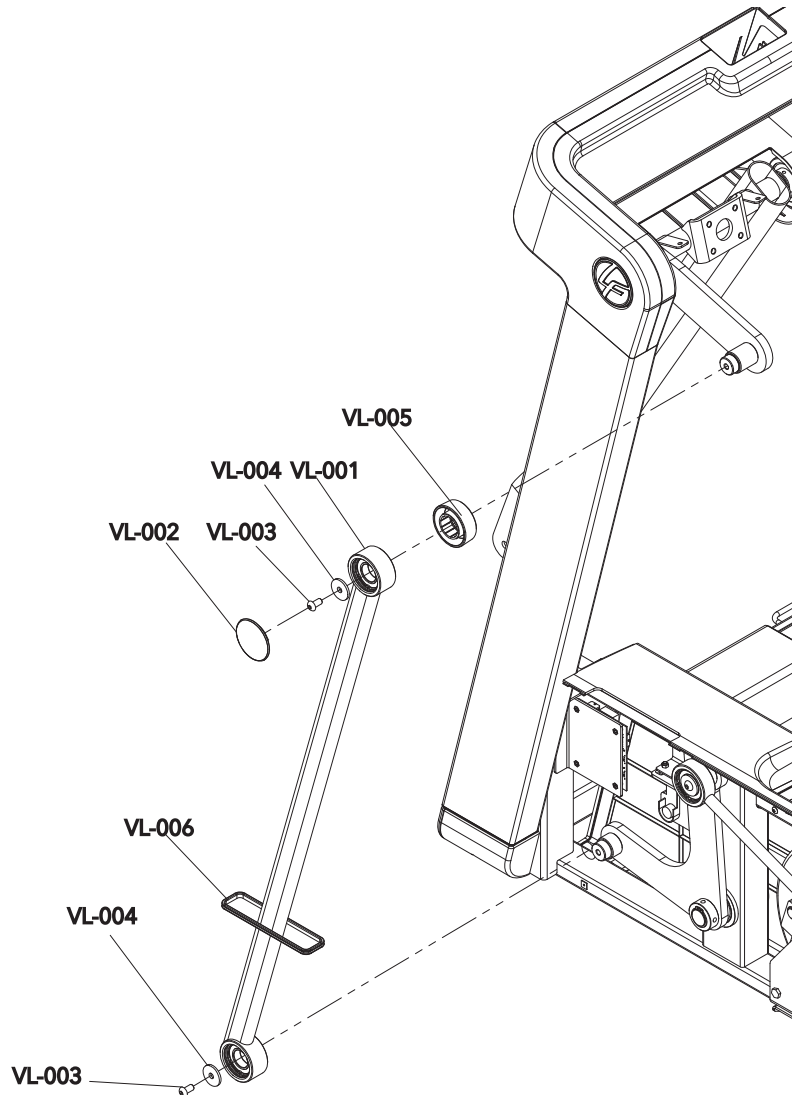
Bridge - Plastic Covers



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
BC-001	MFD, MFI, UFD, UFI, DFD, DFI	1004264-0001	ASSY, COVER, LIVE SHAFT, TOP LEFT
BC-002	MFD, MFI, UFD, UFI, DFD, DFI	1004265-0001	ASSY, COVER, LIVE SHAFT TOP RIGHT
BC-003	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB (8)
BC-004	MFD, MFI, UFD, UFI, DFD, DFI	1002116-0001	COVER, LIVE SHAFT, BOTTOM LEFT
BC-005	MFD, MFI, UFD, UFI, DFD, DFI	1002118-0001	COVER, LIVE SHAFT, BOTTOM, RIGHT

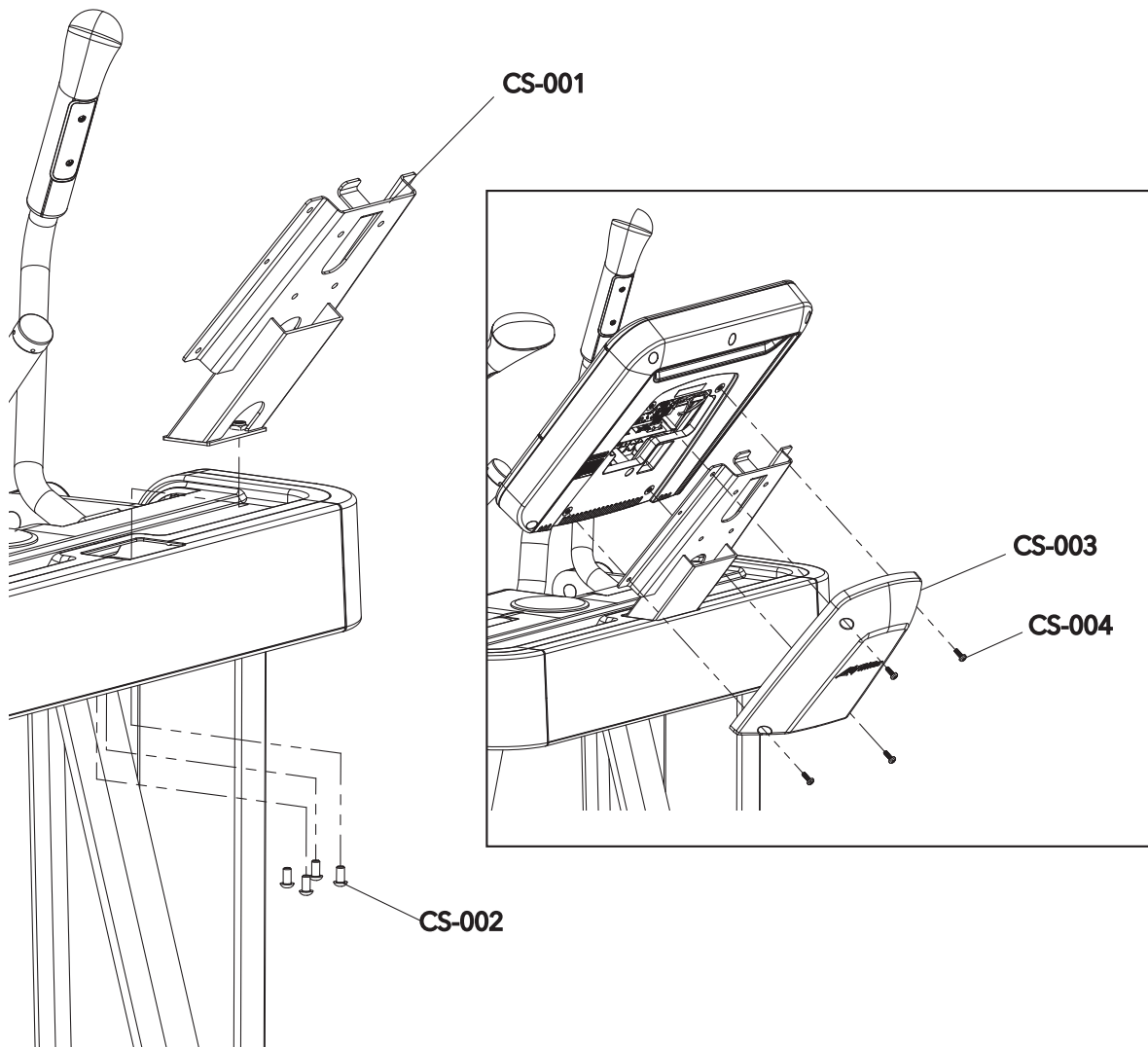
Vertical Links



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
VL-001	MFD, MFI, UFD, UFI, DFD, DFI	1000745-0001	ASSY, LINK VERTICAL (2)
VL-002	MFD, MFI, UFD, UFI, DFD, DFI	1000924-0001	CAP: V LINK UPPER (2)
VL-003	MFD, MFI, UFD, UFI, DFD, DFI	1006635-0001	M8 X 1.0 6G6G X 20 DIN HEX BUT L CS ST BZ. (4)
VL-004	MFD, MFI, UFD, UFI, DFD, DFI	9282600	WASHER; STEEL 8MM ID X 30MM OD X 3MM THK (4)
VL-005	MFD, MFI, UFD, UFI, DFD, DFI	1000923-0001	CAP, UPRIGHT LINK SPACER (2)
VL-006	MFD, MFI, UFD, UFI, DFD, DFI	1002141-0001	GROMMET, OUTER SHROUD (2)

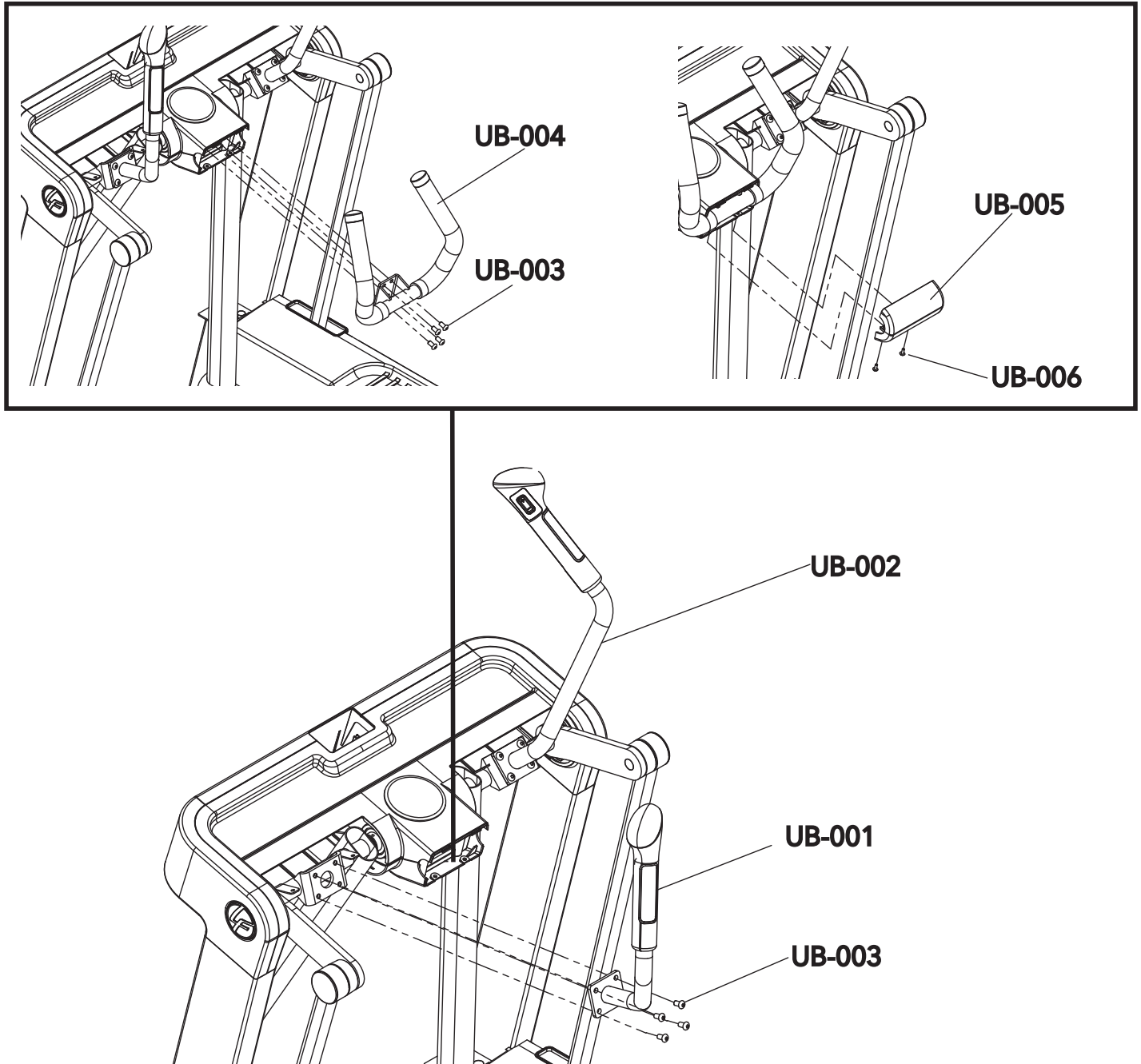
Console Support & Rear Cover



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
CS-001	MFD, MFI, UFD, UFI, DFD, DFI	1000908-0001	WLDMT, CONSOLE MOUNT
CS-002	MFD, MFI, UFD, UFI, DFD, DFI	9286500	M8 X 1.0 6G6G X 16 DIN HEX BUT L CS ST BZ. (4)
CS-003	MFD, MFI, UFD, UFI, DFD, DFI	1004410-0001	ASSY, CONSOLE COVER
CS-004	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-1972	M5 X .8 X 14 PHL PAN MS ST BZ (4)

User Arms & Bullhorn



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
UB-001	MFD, MFI, UFD, UFI, DFD, DFI	1003166-0001	ASSY, MOVING HANDLE, FS4 LEFT
UB-002	MFD, MFI, UFD, UFI, DFD, DFI	1000915-0001	ASSY, MOVING HANDLE, FS4/FS6 RIGHT
UB-003	MFD, MFI, UFD, UFI, DFD, DFI	9286500	M8 X 1.0 6G6G X 16 DIN HEX BUT L CS ST BZ. (12)
UB-004	MFD, MFI, UFD, UFI, DFD, DFI	1000909-0001	ASSY, BULLHORN
UB-005	MFD, MFI, UFD, UFI, DFD, DFI	1004847-0001	ASSY, BULL HORN COVER
UB-006	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB (2)

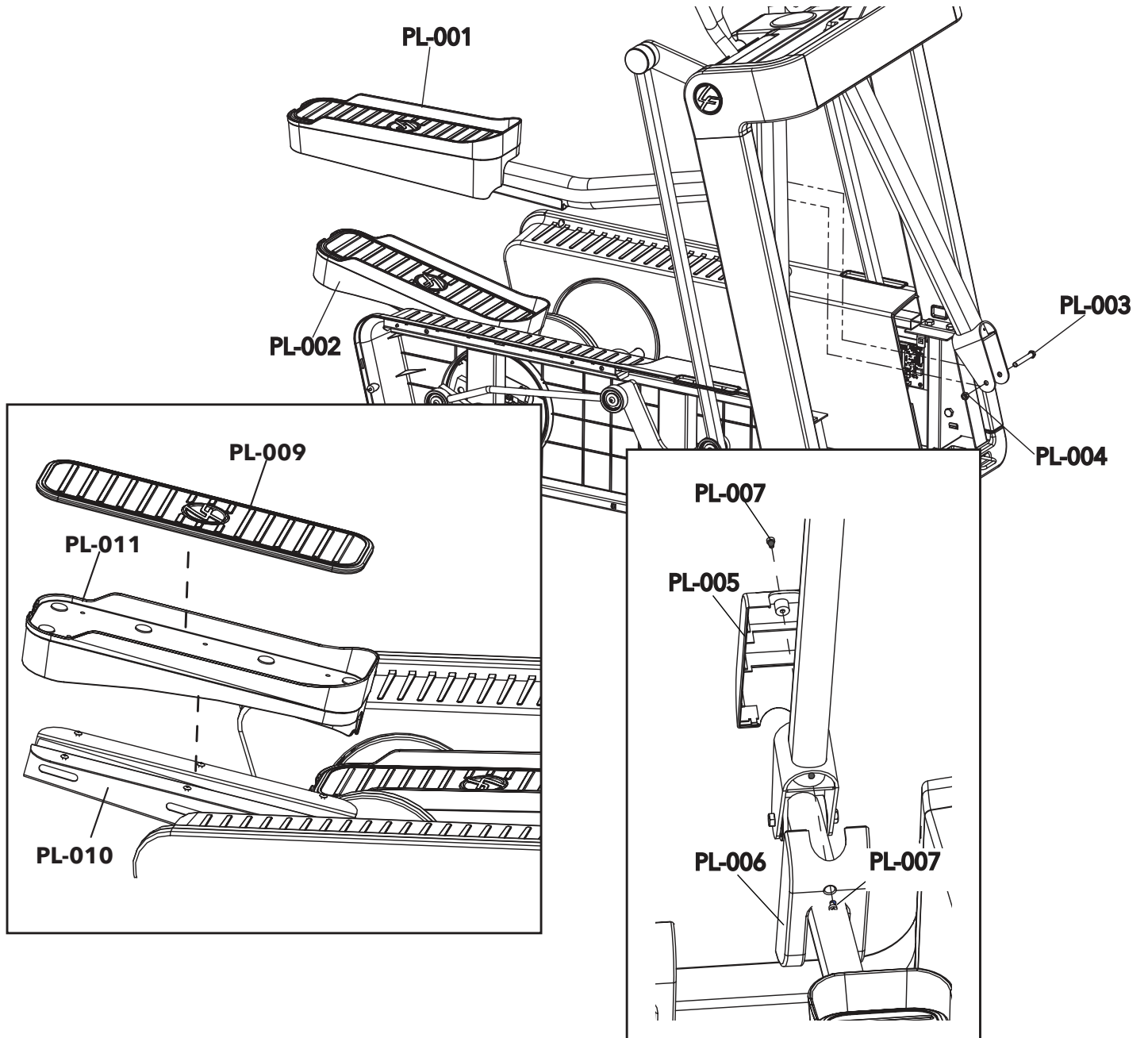
Pedal Lever

Parts List

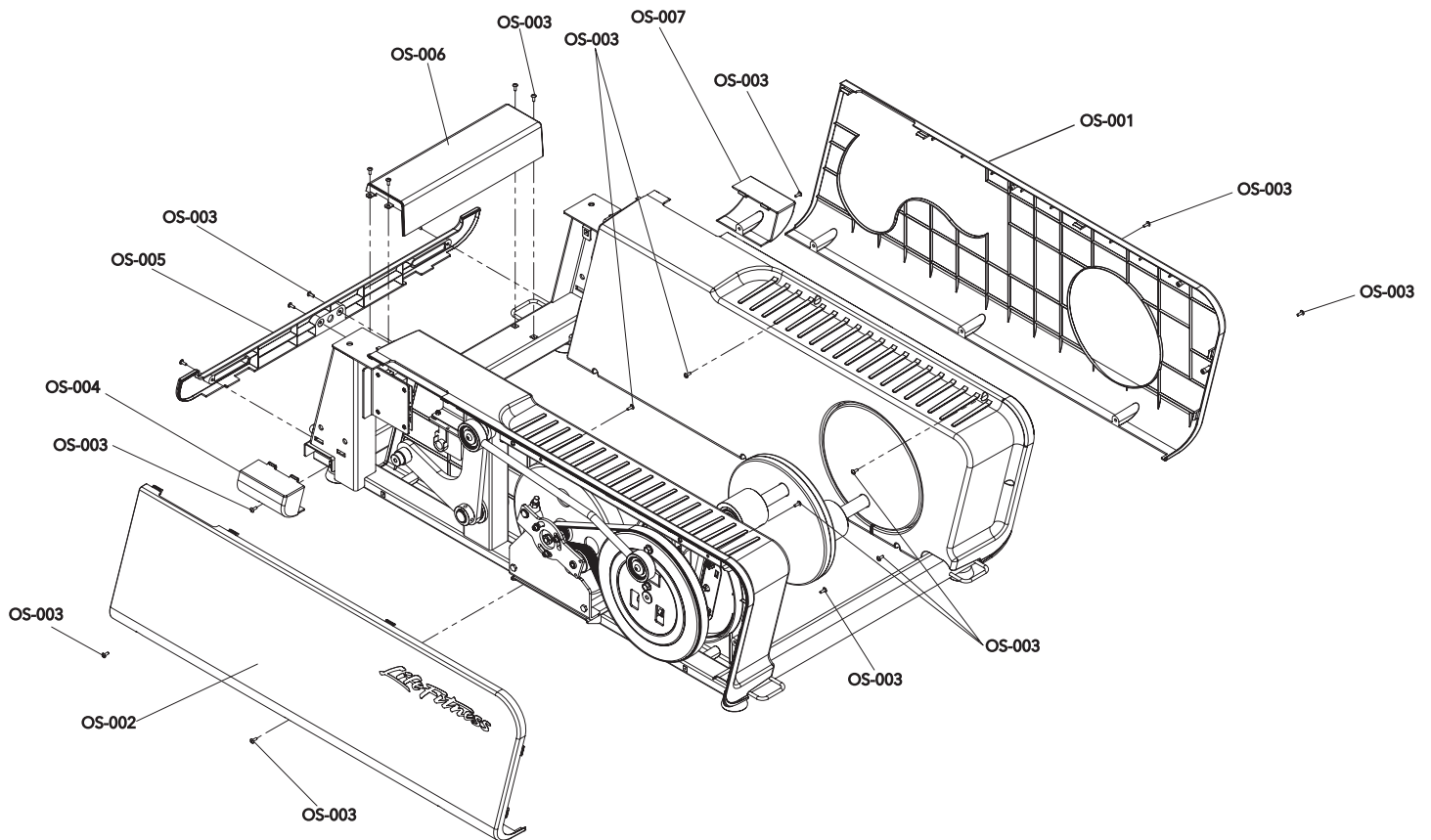
Item	Alpha Code	Part Number	Description (Quantity)
PL-001	MFD, MFI, UFD, UFI, DFD, DFI	1004272-0001	SERVICE ASSY, PEDAL LEVER, LEFT (Assembly includes Foot Pedal, Pedal Lever and Pedal Lever Insert)
PL-002	MFD, MFI, UFD, UFI, DFD, DFI	1003066-0001	SERVICE ASSY, PEDAL LEVER, RIGHT (Assembly includes Foot Pedal, Pedal Lever and Pedal Lever Insert)
PL-003	MFD, MFI, UFD, UFI, DFD, DFI	REX2BKD	BOLT, HEX HD M10 X 1.5-74 (2)
PL-004	MFD, MFI, UFD, UFI, DFD, DFI	REX22RR	NUT, HEX M10 X 1.5 X 8MM T (2)
PL-005	MFD, MFI, UFD, UFI, DFD, DFI	1004439-0001	COVER, REAR, CHGR (2)
PL-006	MFD, MFI, UFD, UFI, DFD, DFI	1004440-0001	COVER, FRONT, CHGR (2)
PL-007	MFD, MFI, UFD, UFI, DFD, DFI	REX2NAK	SCREW, CSL PAN M5 X 0.8-8 (4)
PL-008	MFD, MFI, UFD, UFI, DFD, DFI	1003783-0001	ASSEMBLY, FOOT PEDAL, LEFT (<i>not shown</i>)
PL-009	MFD, MFI, UFD, UFI, DFD, DFI	1003067-0001	ASSEMBLY, FOOT PEDAL INSERT (2)
PL-010	MFD, MFI, UFD, UFI, DFD, DFI	1000750-0001	ASSEMBLY, PEDAL LEVER (2)
PL-011	MFD, MFI, UFD, UFI, DFD, DFI	1004043-0001	ASSEMBLY, FOOT PEDAL, RIGHT

Illustration on next page.

Pedal Lever



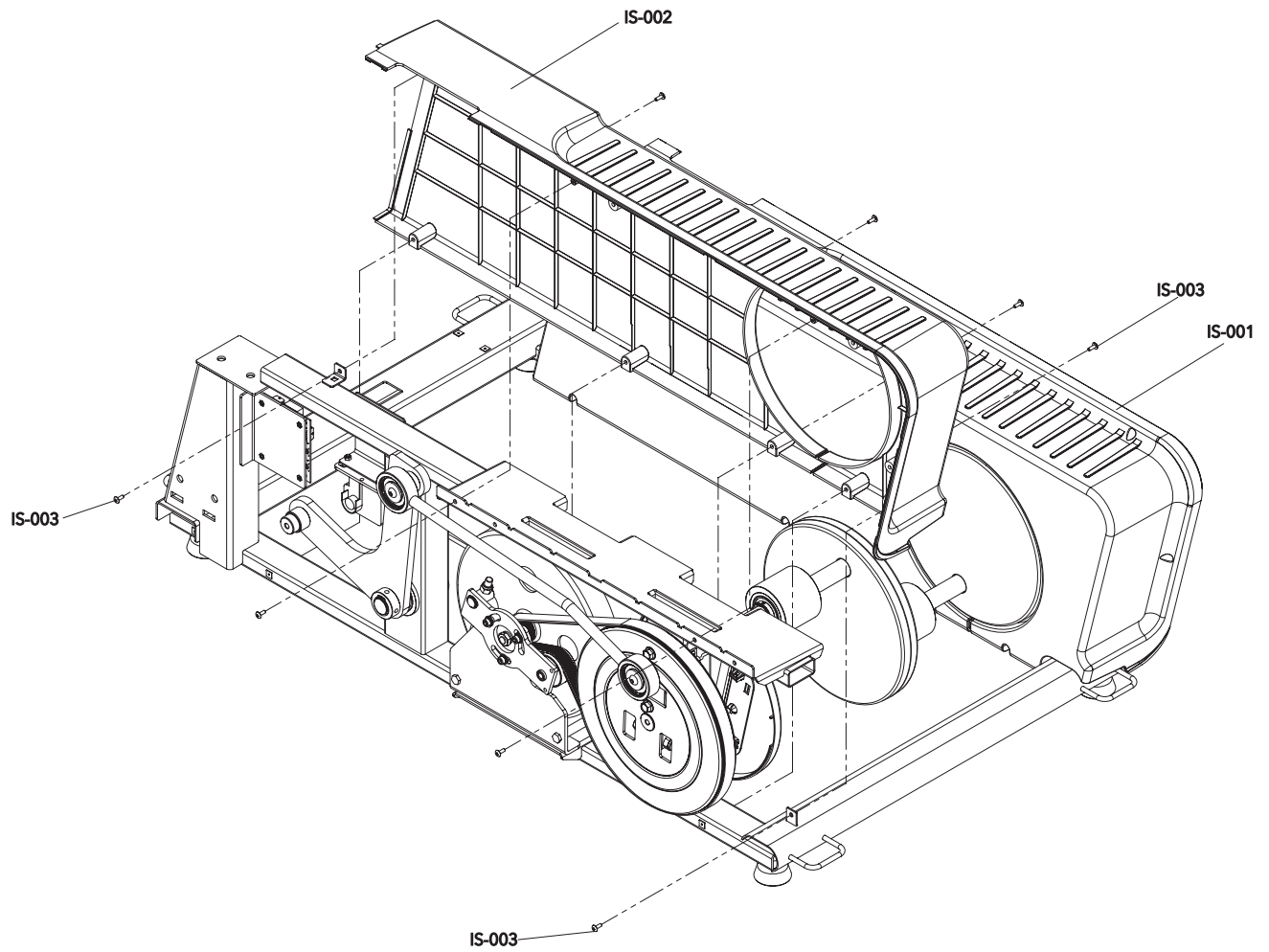
Outer Shrouds



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
OS-001	MFD, MFI, UFD, UFI, DFD, DFI	1003208-0001	ASSY, SHROUD OUTER PANEL, RIGHT
		1004784-0001	ASSY; SHROUD OUTER PANEL, RIGHT DARK WOOD
OS-002	MFD, MFI, UFD, UFI, DFD, DFI	1003227-0001	ASSY; SHROUD OUTER PANEL, LEFT
		1004782-0001	ASSY; SHROUD OUTER PANEL, LEFT DARK WOOD
OS-003	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB (22)
OS-004	MFD, MFI, UFD, UFI, DFD, DFI	1001288-0001	SHROUD; LOWER UPRIGHT, LEFT
OS-005	MFD, MFI, UFD, UFI, DFD, DFI	1001860-0001	SHROUD; LOWER FRONT
OS-006	MFD, MFI, UFD, UFI, DFD, DFI	1001292-0001	SHROUD; TOP CROSS TUBE
OS-007	MFD, MFI, UFD, UFI, DFD, DFI	1001880-0001	SHROUD; LOWER UPRIGHT, RT

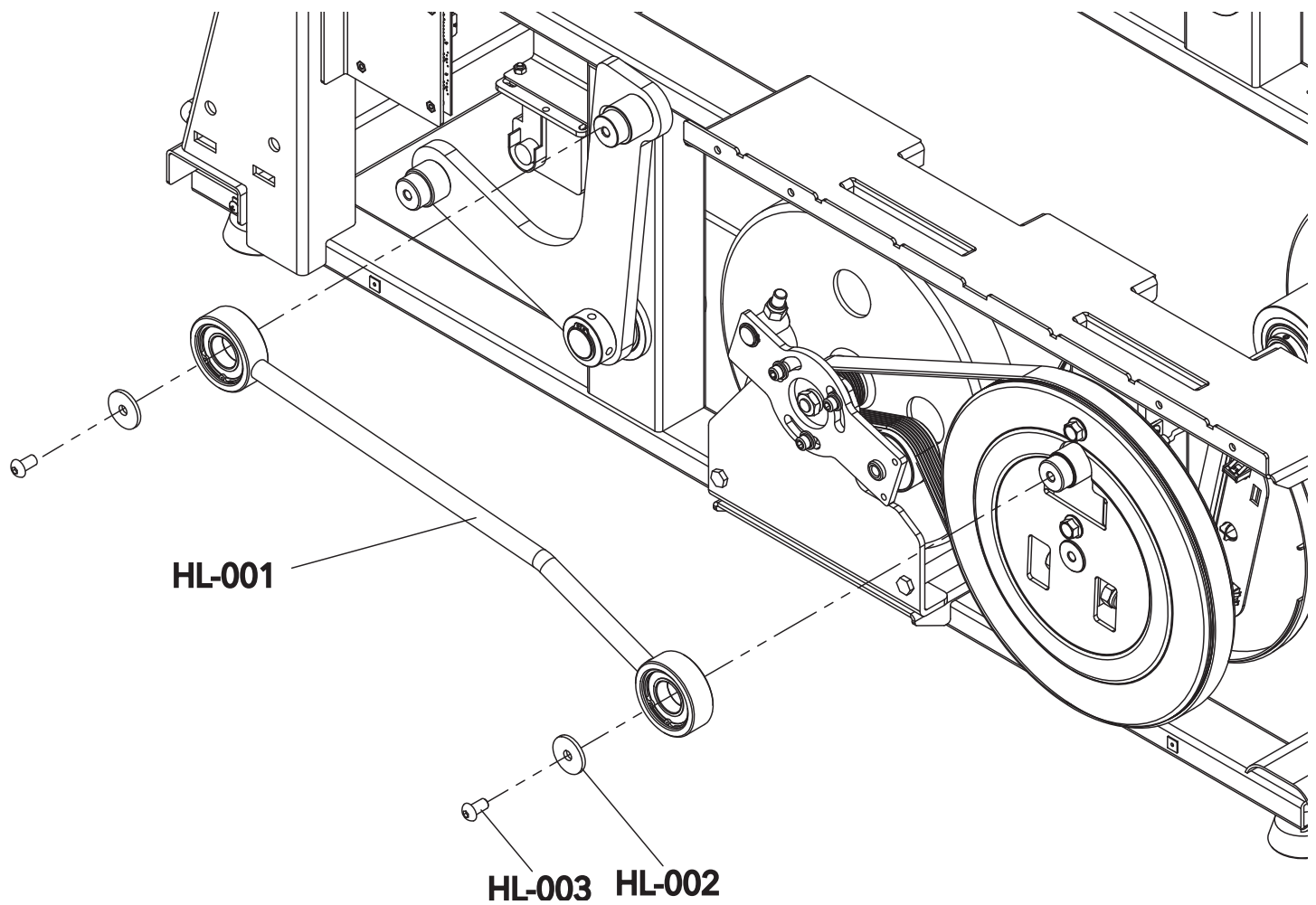
Inner Shrouds



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
IS-001	MFD, MFI, UFD, UFI, DFD, DFI	1002140-0001	ASSY, INNER SHROUD, RIGHT
IS-002	MFD, MFI, UFD, UFI, DFD, DFI	1003225-0001	ASSY; INNER SHROUD, LT
IS-003	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB (14)

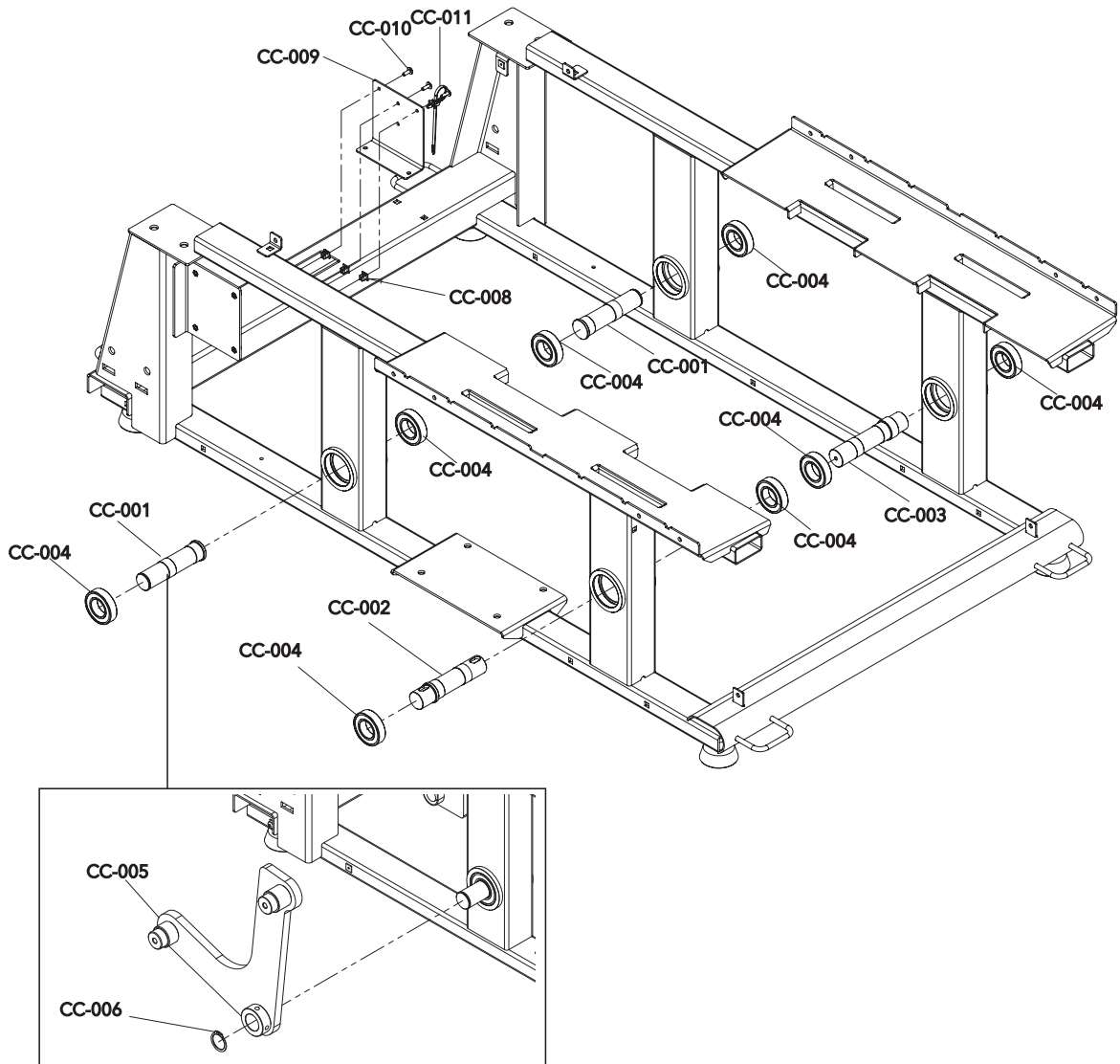
H-Links



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
HL-001	MFD, MFI, UFD, UFI, DFD, DFI	1000782-0001	ASSY; H-LINK (2)
HL-002	MFD, MFI, UFD, UFI, DFD, DFI	9282600	WASHER; STEEL 8MM ID X 30MM OD X 3MM THK (4)
HL-003	MFD, MFI, UFD, UFI, DFD, DFI	9286500	M8 X 1.0 6G6G X 16 DIN HEX BUT L CS ST BZ. (4)

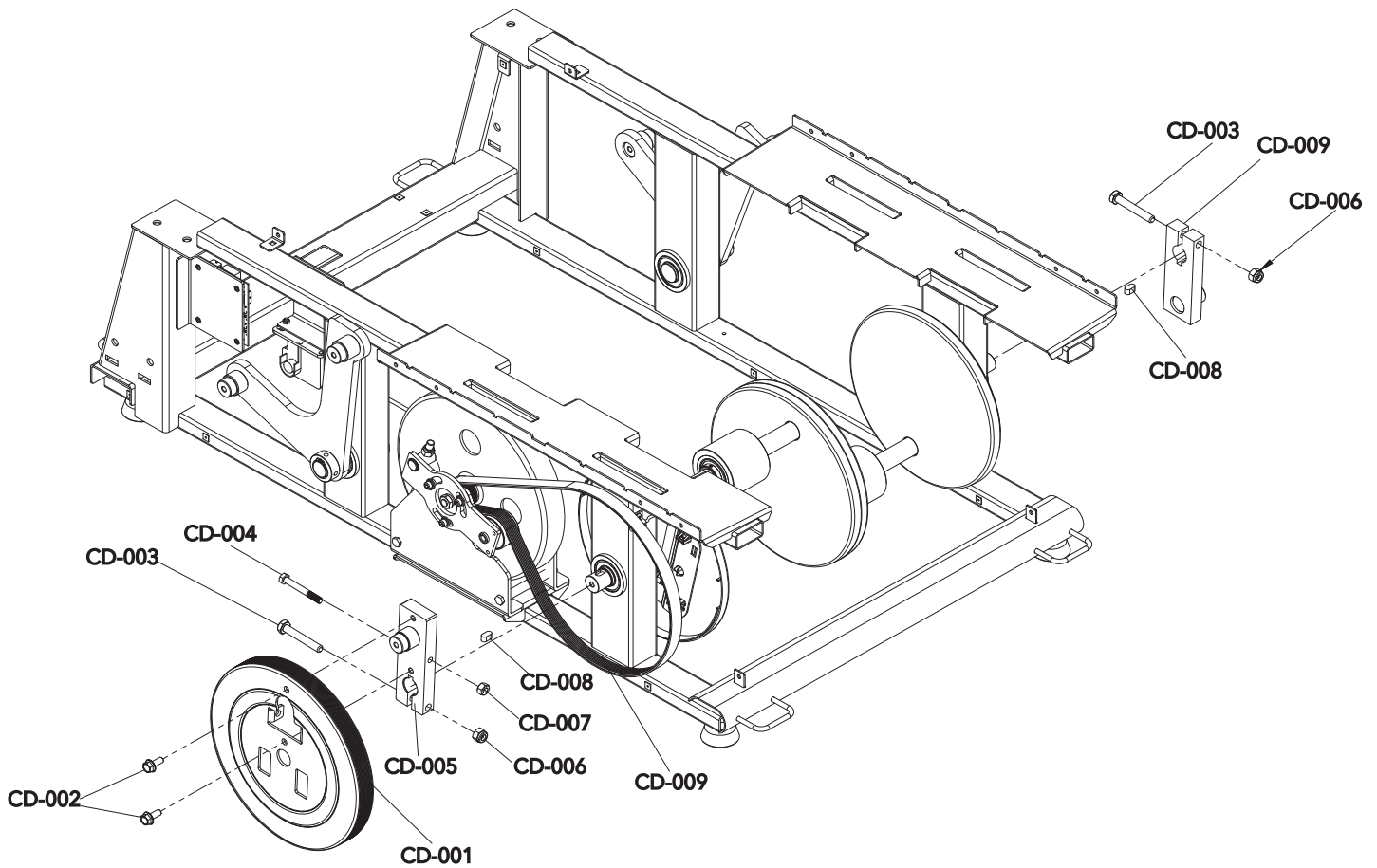
Servo Motor Mount Bracket / Crank Components



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
CC-001	MFD, MFI, UFD, UFI, DFD, DFI	1003048-0001	SHAFT; BELL CRANK PIVOT (2)
CC-002	MFD, MFI, UFD, UFI, DFD, DFI	1003049-0001	SHAFT, REAR BRG MTG, S LINK
CC-003	MFD, MFI, UFD, UFI, DFD, DFI	1003052-0001	SHAFT, REAR BRG MTG
CC-004	MFD, MFI, UFD, UFI, DFD, DFI	REX0HVQ	BEARING, 12 MM BALL (8)
CC-005	MFD, MFI, UFD, UFI, DFD, DFI	1000776-0001	WLDMT; BELL CRANK LEFT
CC-006	MFD, MFI, UFD, UFI, DFD, DFI	1002144-0001	RING; RETAINING EXT 24MM ST BZ (2)
CC-007	MFD, MFI, UFD, UFI, DFD, DFI	1000781-0001	WLDMT, BELL CRANK, RT (<i>not shown</i>)
CC-008	MFD, MFI, UFD, UFI, DFD, DFI	0017-00042-1055	GROMMET: PLASTIC; #6 OR #8 (3)
CC-009	MFD, MFI, UFD, UFI, DFD, DFI	1002077-0001	BRKT, MTG, SERVO MOTOR
CC-010	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB (2)
CC-011	MFD, MFI, UFD, UFI, DFD, DFI	9281100	GROMMET: CABLE TIE, 4.5MM

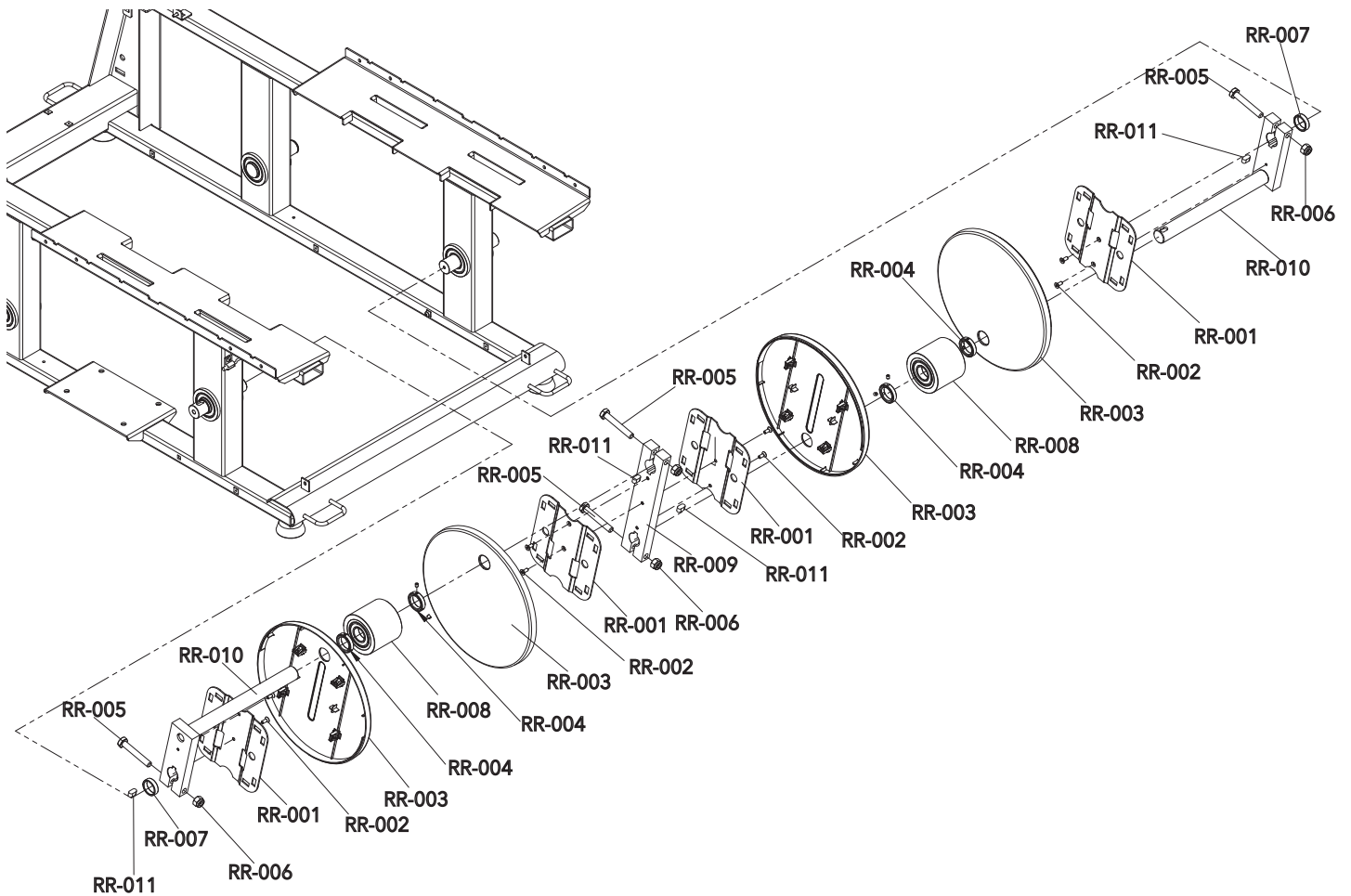
Crank Pulley & Drive Belt



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
CD-001	MFD, MFI, UFD, UFI, DFD, DFI	1003206-0001	PULLEY; CRANK, 10 GROOVE
CD-002	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2150	M8 X 1.25 X 6G6H X 20 UNS HXW CS ST ZB (2)
CD-003	MFD, MFI, UFD, UFI, DFD, DFI	3254910	SCREW, M10 X1.5 X 65MM UNS HEX CS ST ZN (2)
CD-004	MFD, MFI, UFD, UFI, DFD, DFI	1001947-0001	M8 X 1.25-6G6G X 65 UNS HEX CS ST ZB
CD-005	MFD, MFI, UFD, UFI, DFD, DFI	1003228-0001	ASSY CRANK ARM MAGNET
CD-006	MFD, MFI, UFD, UFI, DFD, DFI	0017-00103-0334	NUT, M10X1.50-6H6H DIN L LOCKNUT ST ZB (2)
CD-007	MFD, MFI, UFD, UFI, DFD, DFI	REX22RR	NUT, HEX M10 X 1.5 X 8MM T
CD-008	MFD, MFI, UFD, UFI, DFD, DFI	REX0JGQ	CRANK KEY (2)
CD-009	MFD, MFI, UFD, UFI, DFD, DFI	1001937-0001	DRIVE BELT, POLY-V
CD-010	MFD, MFI, UFD, UFI, DFD, DFI	1000786-0001	WLDMT; CRANK ARM, STRIDER

Roller

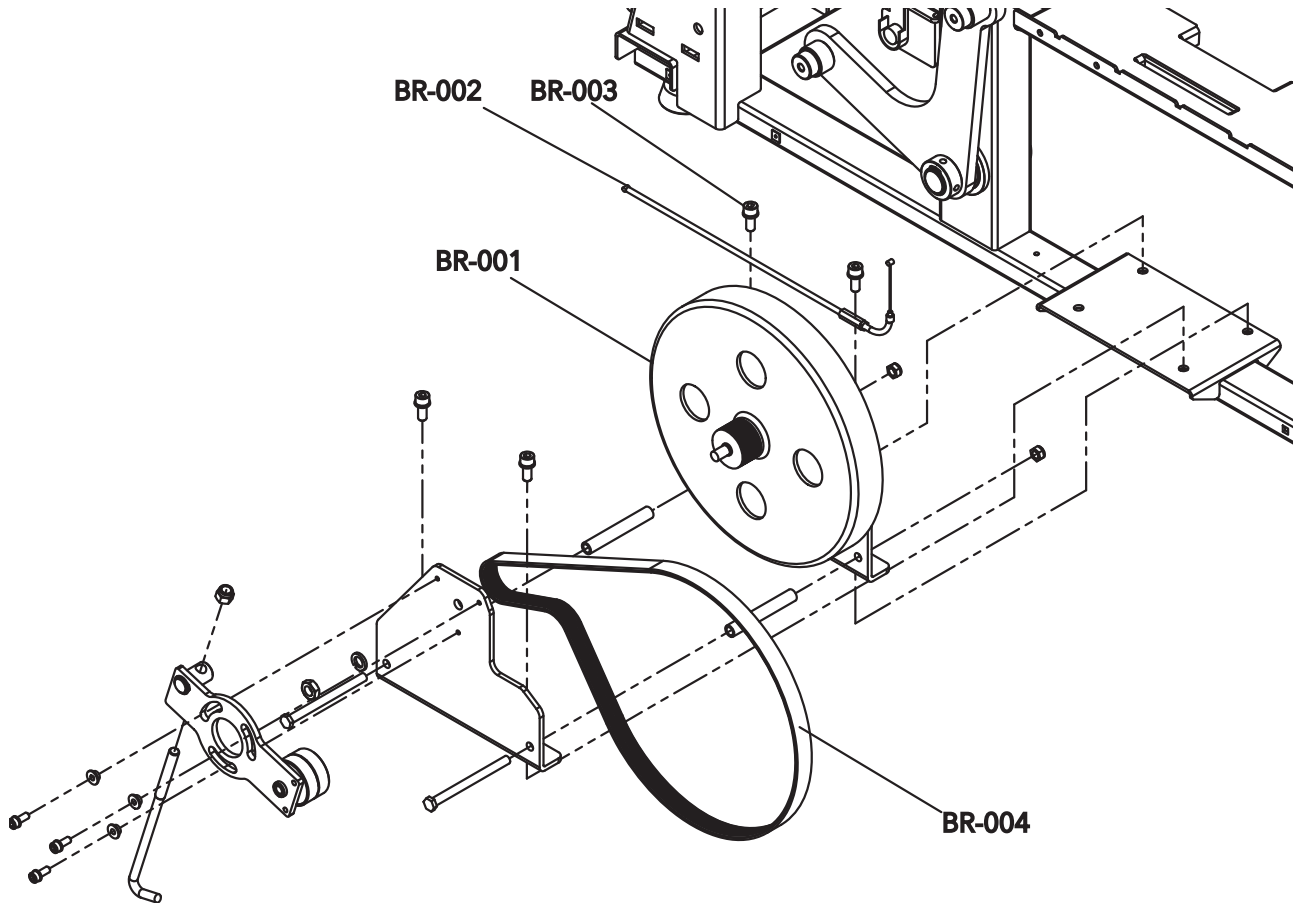


Parts List

Item	Alpha Code	Part Number	Description (Quantity)
RR-001	MFD, MFI, UFD, UFI, DFD, DFI	1001929-0001	BRKT, S-LINK COVERS (4)
RR-002	MFD, MFI, UFD, UFI, DFD, DFI	REX0K5T	SCREW, PHL M5 X 0.8-10 (8)
RR-003	MFD, MFI, UFD, UFI, DFD, DFI	1001931-0001	ASSY, S-LINK SHROUD (4)
RR-004	MFD, MFI, UFD, UFI, DFD, DFI	1001943-0001	COLLAR, SHAFT, 25MM ID (4)
RR-005	MFD, MFI, UFD, UFI, DFD, DFI	3254910	SCREW, M10 X1.5 X 65MM UNS HEX CS ST ZN (4)
RR-006	MFD, MFI, UFD, UFI, DFD, DFI	0017-00103-0334	NUT: M10X1.50-6H6H DIN L LOCKNUT ST ZB (4)
RR-007	MFD, MFI, UFD, UFI, DFD, DFI	1003064-0001	SPACER, 25 MM ID (2)
RR-008	MFD, MFI, UFD, UFI, DFD, DFI	1000792-0001	ASSY, ROLLER (2)
RR-009	MFD, MFI, UFD, UFI, DFD, DFI	1000774-0001	LINK; CRANK, ROLLER
RR-010	MFD, MFI, UFD, UFI, DFD, DFI	1000789-0001	WLDMT; CRANK ARM, ROLLER (2)
RR-011	MFD, MFI, UFD, UFI, DFD, DFI	REX0JGQ	CRANK KEY (4)

Brake

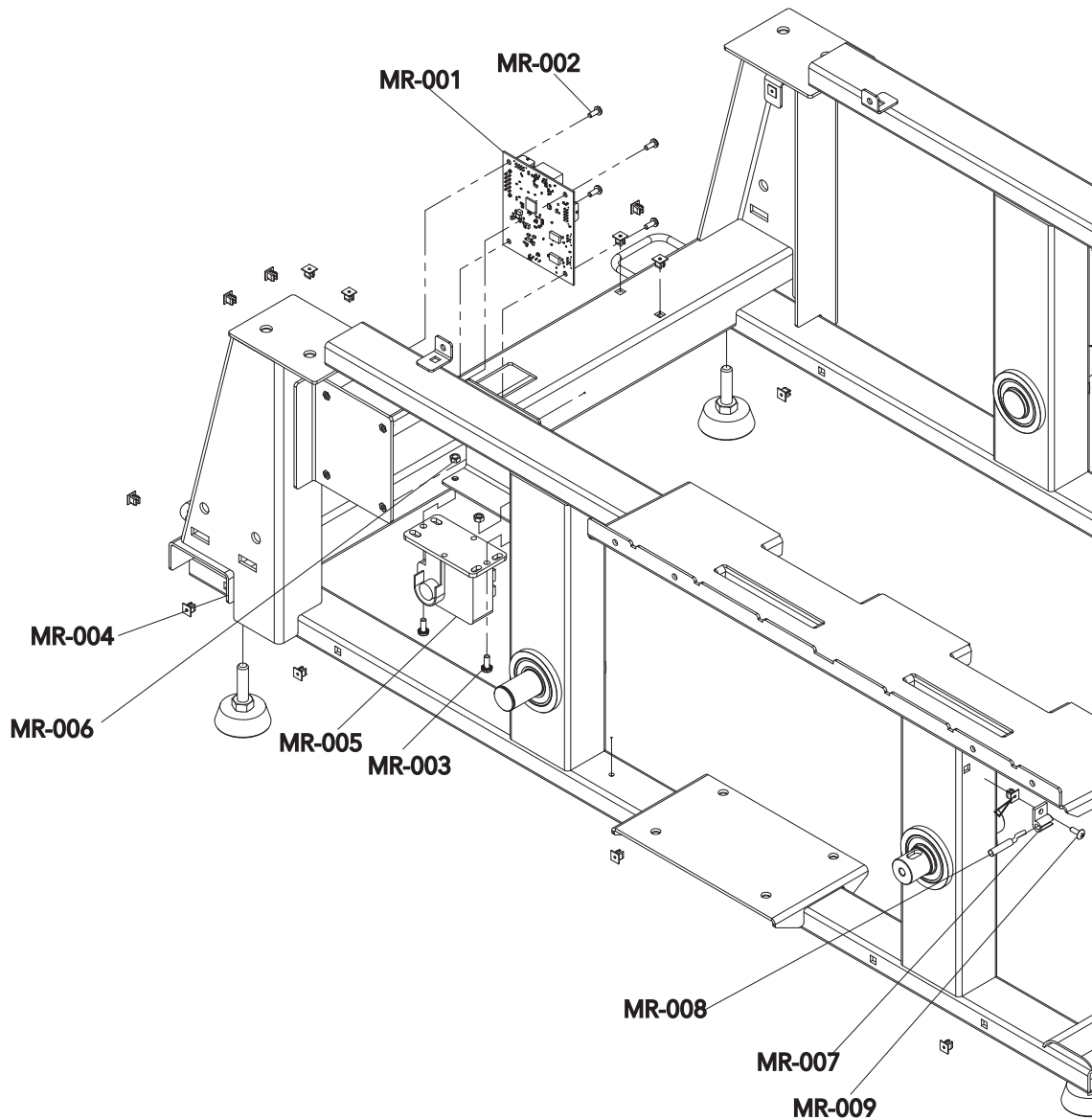
Items exploded out but have no call outs are part of the Brake Assembly (BR-001)



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
BR-001	MFD, MFI, UFD, UFI, DFD, DFI	1001863-0001	ASSY, EDDY BRAKE
BR-002	MFD, MFI, UFD, UFI, DFD, DFI	REX01QH	CABLE, BRAKE HARNESS
BR-003	MFD, MFI, UFD, UFI, DFD, DFI	REX25ZJ	CAP SCREW, M8 X 1.25-20 (4)
BR-004	MFD, MFI, UFD, UFI, DFD, DFI	1001937-0001	DRIVE BELT, POLY-V

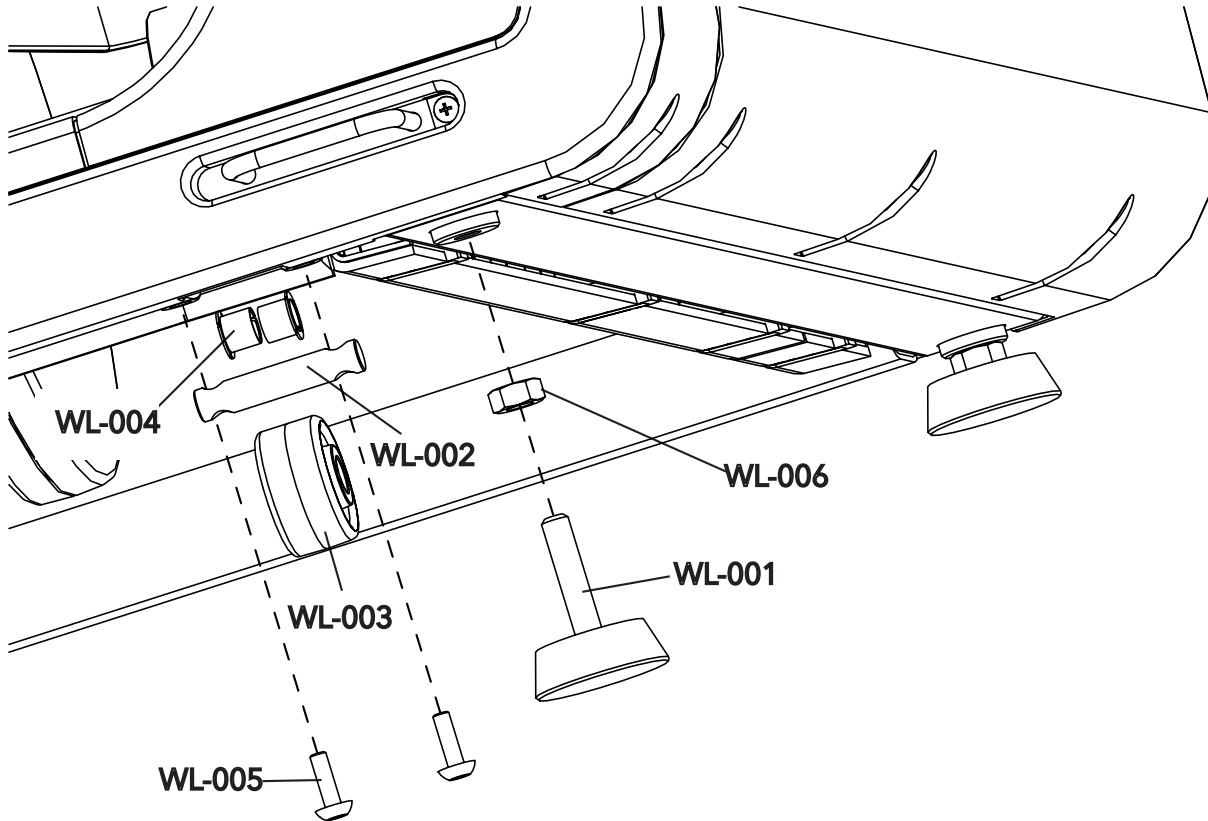
Motor



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
MR-001	MFD, MFI, UFD, UFI, DFD, DFI	1002865-0012	PCB ASSEMBLY: EDDY CURRENT CONTROL
MR-002	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-1989	M4 6G6G X 10 PHL PAN ST ZN (4)
MR-003	MFD, MFI, UFD, UFI, DFD, DFI	REX0KEH	SCREW, PAN HD W/PATCH M5 X .8-16 (2)
MR-004	MFD, MFI, UFD, UFI, DFD, DFI	0017-00042-1055	GROMMET: PLASTIC; #6 OR #8 (27)
MR-005	MFD, MFI, UFD, UFI, DFD, DFI	REX01HL	MOTOR, RESISTANCE STEPPER
MR-006	MFD, MFI, UFD, UFI, DFD, DFI	REX0KMR	NUT, M5 X 0.8, 4MM THK (2)
MR-007	MFD, MFI, UFD, UFI, DFD, DFI	1001946-0001	BRKT, SENSOR MOUNT
MR-008	MFD, MFI, UFD, UFI, DFD, DFI	1002694-0001	CABLE, REED SWITCH
MR-009	MFD, MFI, UFD, UFI, DFD, DFI	0017-00101-2068	M4 X 0.7-6G6G X 12 DIN PHL PAN MS ST ZB

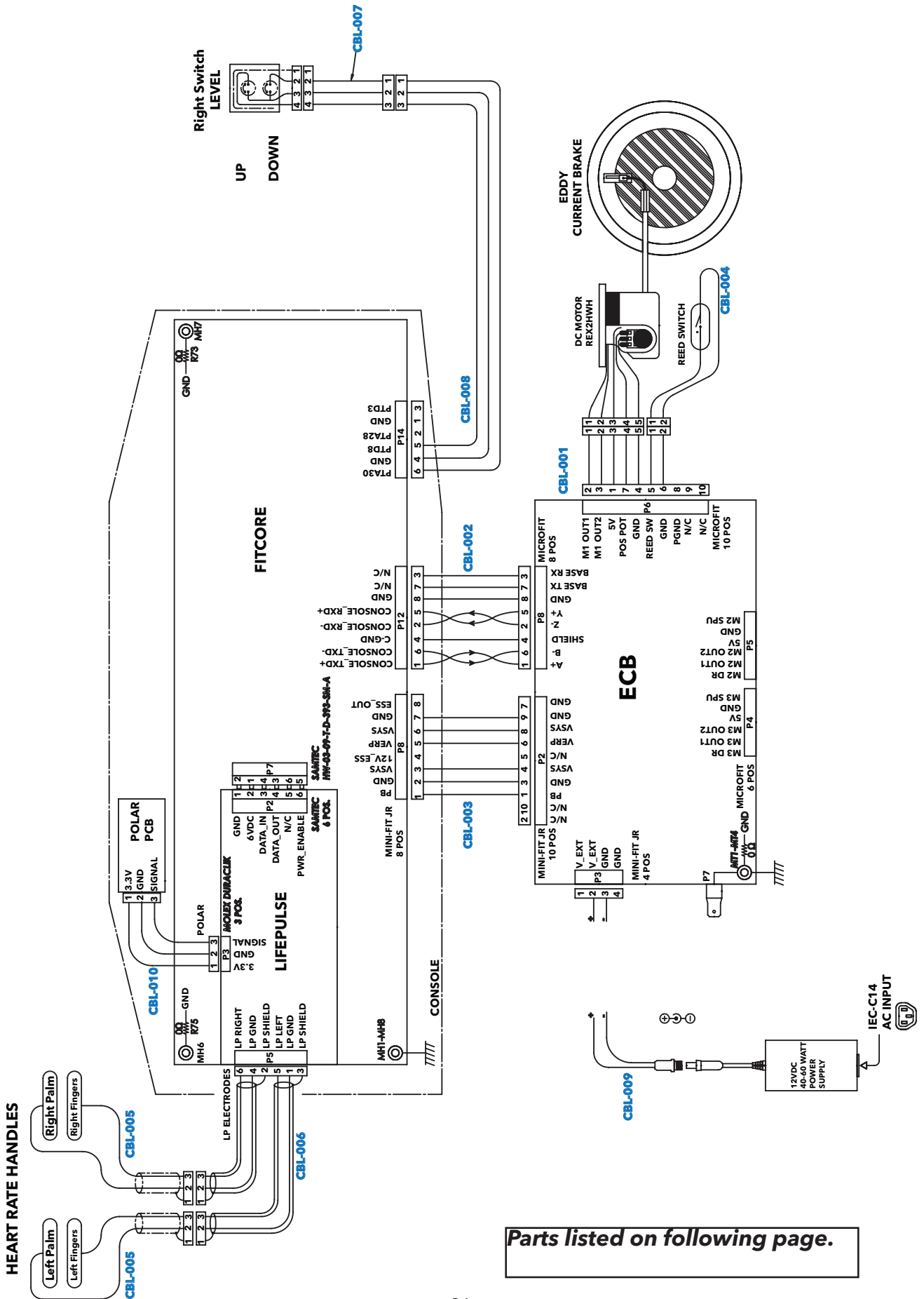
Wheels & Leg Levelers



Parts List

Item	Alpha Code	Part Number	Description (Quantity)
WL-001	MFD, MFI, UFD, UFI, DFD, DFI	0K76-01086-0000	LEVELER: LEG (4)
WL-002	MFD, MFI, UFD, UFI, DFD, DFI	REX2S4Q	SHAFT, WHEEL MOUNTING (2)
WL-003	MFD, MFI, UFD, UFI, DFD, DFI	REX2S4R	WHEEL - FLOOR ROLLER (2)
WL-004	MFD, MFI, UFD, UFI, DFD, DFI	REX2LNW	BUSHING, IGUS (4)
WL-005	MFD, MFI, UFD, UFI, DFD, DFI	REX0K0B	CAP SCREW, M8 X 1.25-20 (4)
WL-006	MFD, MFI, UFD, UFI, DFD, DFI	0017-00103-0384	NUT: M10 X 1.5 JAM (4)

Wiring Diagram



Parts listed on following page.

Wiring Diagram & Line Cord Kits

WIRING DIAGRAM Parts List

Item	Alpha Code	Part Number	Description (Quantity)
CBL-001	MFD, MFI, UFD, UFI, DFD, DFI	1002691-0001	CABLE, ECB TO SERVO
CBL-002	MFD, MFI, UFD, UFI, DFD, DFI	1002692-0001	CABLE, SIGNAL, ECB TO CONSOLE
CBL-003	MFD, MFI, UFD, UFI, DFD, DFI	1002693-0001	CABLE, POWER, ECB TO CONSOLE
CBL-004	MFD, MFI, UFD, UFI, DFD, DFI	1002694-0001	CABLE, REED SWITCH
CBL-005	MFD, MFI, UFD, UFI, DFD, DFI	1002695-0001	CABLE, HEART RATE
CBL-006	MFD, MFI, UFD, UFI, DFD, DFI	1002696-0001	CABLE, HEART RATE TO CONSOLE
CBL-007	MFD, MFI, UFD, UFI, DFD, DFI	1002697-0001	CABLE, RIGHT SWITCH, LEVEL
CBL-008	MFD, MFI, UFD, UFI, DFD, DFI	1002699-0001	CABLE, SWITCH TO CONSOLE
CBL-009	MFD, MFI, UFD, UFI, DFD, DFI	1003717-0001	CABLE, POWER
CBL-010	MFD, MFI, UFD, UFI, DFD, DFI	1002212-0001	CABLE, POLAR
-		1001517-0002	POWER SUPPLY: 12 VDC, 5A
-		8174701	LINE CORD, U.S. - HEAO005096
-		8174801	LINE CORD; AUS, HEAO005104
-		8174901	LINE CORD; CONT, HEAO005749
-		8175001	LINE CORD; U.K. HEAO005698
-		8870101	LINE CORD, IEC, 90 DEG, BR, 4.8MM PIN

POWER SUPPLY & LINE CORDS Parts List

Country	Item	Item Description
AUS	1001517-0002	POWER SUPPLY: 12 VDC, 5A
	8174801	LINE CORD; AUS, HEAO005104
BR	1001517-0002	POWER SUPPLY: 12 VDC, 5A
	8870101	LINE CORD, IEC, 90 DEG, BR, 4.8MM PIN
CONT	1001517-0002	POWER SUPPLY: 12 VDC, 5A
	8174901	LINE CORD; CONT, HEAO005749
DOM	1001517-0002	POWER SUPPLY: 12 VDC, 5A
	8174701	LINE CORD,U.S. - HEAO005096
UK	1001517-0002	POWER SUPPLY: 12 VDC, 5A
	8175001	LINE CORD; U.K HEAO005698