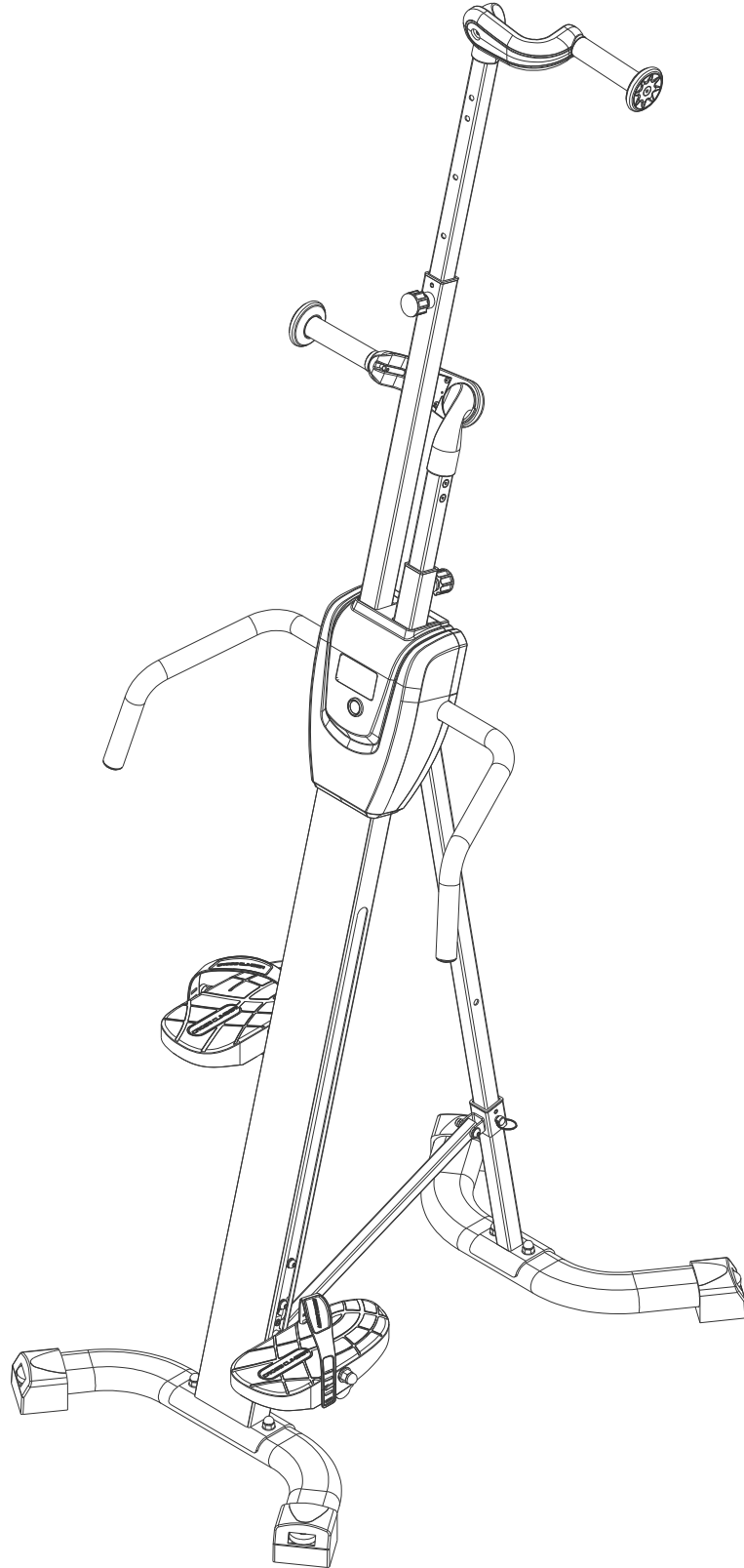


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# CrossClimber™ CCX

## User Manual

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# Safety Instructions

**Warning: Read this manual carefully before using the equipment.**

Thank you for purchasing the CrossClimber™ CCX! For your safety, please read this manual carefully before using the equipment.

Please consult your physician before beginning this or any exercise program, especially if you have preexisting conditions. If you experience any pain, tightness in the chest, shortness of breath, irregular heartbeat, lightheadedness, dizziness, or nausea, stop use immediately and consult your physician. If you discover any defect, notice a mistake was made in the assembly process, or hear a difference in the sound of the machine's operation, stop immediately, dismount, and do not use the equipment again until the problem has been identified and corrected.

Use common sense and be aware of your body and the equipment. Always keep children and pets away from this device for their safety. The equipment must be assembled correctly, used as designed, and properly maintained to ensure a safe, effective workout.

# Using the CrossClimber™ CCX Responsibly

- Read the user manual in its entirety before using the CrossClimber CCX™.
- Consult your physician prior to beginning any exercise program.
- Only use the Product on a flat, stable surface. Protect your floor by padding the base of the equipment with something solid and flat. Small area rugs are not recommended as they may move during exercise. Self-adhesive furniture pads may be used if they do not interfere with the base levelers.
- Set up the Product in an area with 60 cm (2 ft) of free space on all sides.
- For their safety, keep pets and children away from the CrossClimber CCX™, especially while it is in use.
- Ensure the screws and nuts are locked before use.
- Keep head, limbs, fingers, and hair clear of all moving parts and inspect the Product before each use.
- Wear appropriate clothing for your workout; loose clothing may become tangled and tight clothing may restrict movement.
- Do not use the CrossClimber CCX™ if it appears damaged or inoperable.
- Use the Product only as intended in the manner herein described.
- Exercise caution when mounting and dismounting the Product.
- This equipment is intended for indoor household use only. The maximum load is 110 kg (250 lbs).
- Be careful when handling the equipment to avoid injury.
- Please keep this manual for your reference.

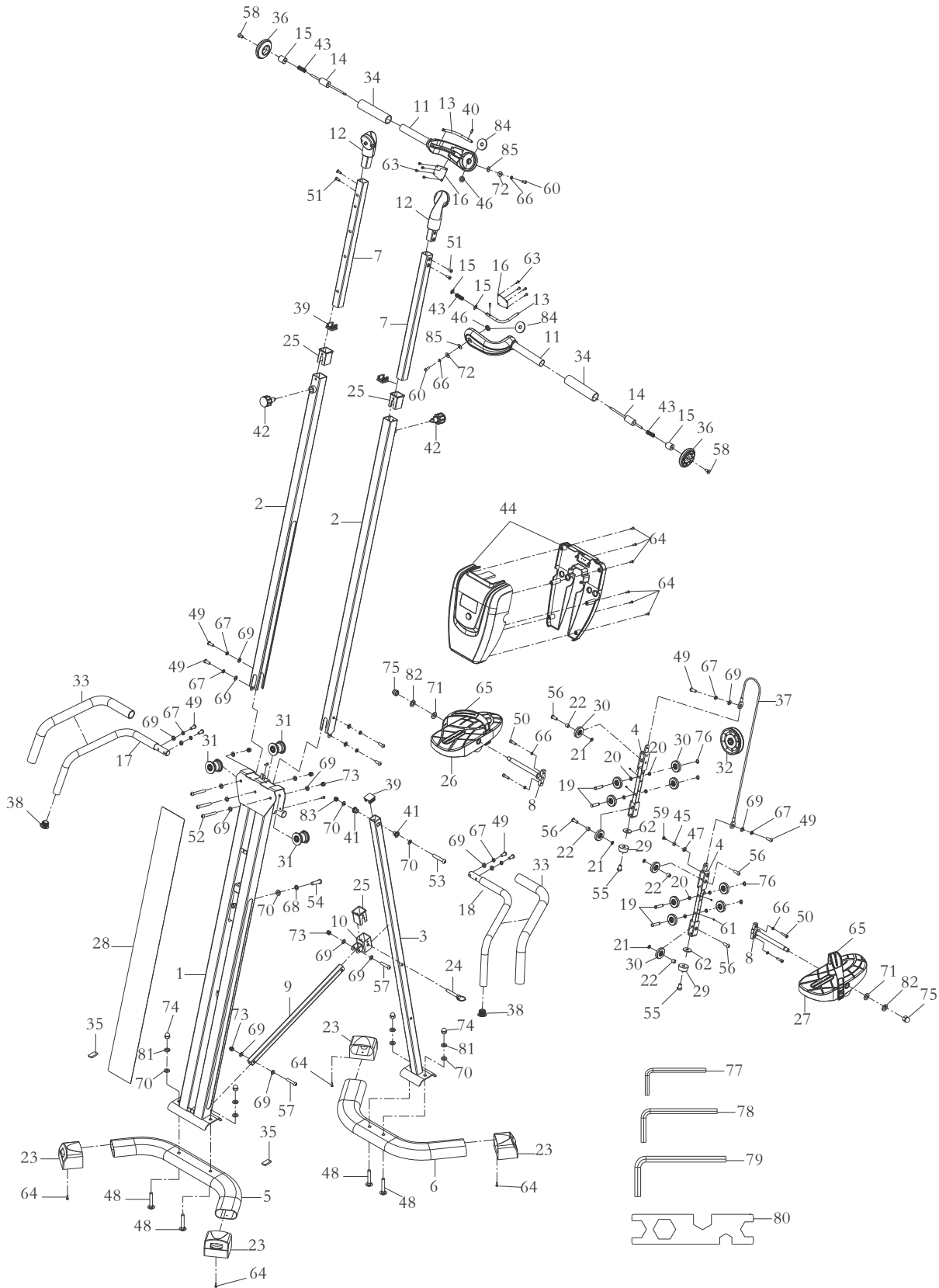
# Important Safety Information

## **IMPORTANT: READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY BEFORE USING THE PRODUCT.**

- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding your exercise program, please see your physician.
- Always tailor your workout to suit your physical strength and flexibility and be mindful that these can change day to day.
- Use the Product only for the purposes intended and herein described.
- Do not use the CrossClimber CCX™ if it is damaged in any way. Inspect it before each use. Failure to observe this morning could result in injury.
- Always perform this exercise with upright posture parallel to the Product.
- Do not use the CrossClimber CCX™ without holding on to the handles.
- To avoid the risk of injuries to your face, do not lean your body against the CrossClimber CCX™ while performing the exercise.
- Use only accessories and attachments recommended by the manufacturer. The use of other attachments or accessories will void the warranty.
- Do not replace any parts with parts from other equipment or other manufacturers. Use only parts provided by the manufacturer.
- CrossClimber Inc. is not responsible for personal injury or property damage sustained by or through the use of the CrossClimber CCX™.
- Maximum user weight is 110 kg or 250 lbs.

- This product is intended for home use only and it's not intended for commercial facilities such as gyms, health clubs, or other fitness centers.
- Do not lean back or otherwise shift your center of gravity from the position described herein because the machine may become unstable.
- Retain these instructions and ensure that other users read these instructions prior to using the CrossClimber CCX™ for the first time.

# Exploded View



See detailed Parts List on page 5

# Parts List

Serial Number	Name and Specification	Qty.	Serial Number	Name and Specification	Qty.
1	Main frame	1	23	Adjustable base leveler	4
2	Slide tube rack	2	24	Pull ring	1
3	Support tube	1	25	Hollow plug	3
4	Sliding piece	2	26	Left foot pedal	1
5	Rear base support tube	1	27	Right foot pedal	1
6	Front base support tube	1	28	Panel	1
7	Regulating tube	2	29	Cushion	1
8	Pedal axle	2	30	Mobile wheel	12
9	Support cross tube	1	31	Roller combination	3
10	Sliding sleeve	1	32	Pulley block	1
11	Rotating handle	2	33	Gloves	2
12	Handle holder	2	34	Gloves	2
13	L Type pin	2	35	Rubber pad	2
14	Pull shaft assembly	2	36	Handle cover	2
15	M24 Threaded Sleeve	2	37	Wire rope combination	1
16	Cover plate	2	38	Round inner tube plug	2
17	Left handrail	1	39	Square inner tube plug	3
18	Right handrail	1	40	Elastic cylindrical pin	2
19	Roller shaft	4	41	Metallurgical sleeve	2
20	Shim	4	42	Knob	2
21	Spacer sleeve	4	43	Compression spring	2
22	Long spacer	4	44	Electronic meter console	1

*(Parts List continued on page 6)*

Serial Number	Name and Specification	Qty.	Serial Number	Name and Specification	Qty.
45	Magnet	1	66	Spring washer	6
46	Axle sleeve	1	67	Spring washer	10
47	Plastic gasket	1	68	Spring washer	1
48	Carriage bolt M10	4	69	Flat washer	20
49	Half round head hexagon socket bolt M8	10	70	Flat washer	7
50	Hexagon socket bolt with cylindrical head M6	4	71	Flat washer	2
51	Hexagon socket countersunk head screw M6	4	72	Flat washer	2
52	Half round head hexagon socket bolt M8	3	73	Hexagon lock nut M8	7
53	Half round head hexagon socket bolt M10	1	74	Cap nut M10	4
54	Half round head hexagon socket bolt M10	1	75	Cap nut M12	2
55	Half round head hexagon socket bolt M10	2	76	Shaft with elastic retaining ring	4
56	Half round head hexagon socket bolt M8	4	77	Inner hexagon wrench S4	1
57	Half round head hexagon socket bolt M8	2	78	Inner hexagon wrench S5	1
58	Hexagon socket countersunk head screw M8	2	79	Inner hexagon wrench S6	1
59	Cross recessed countersunk head screw M4	2	80	Open end wrench S16-S18	1
60	Half round head hexagon socket bolt M6	2	81	Spring washer	4
61	Hexagon socket flat point set screw M5	4	82	Spring washer	2
62	Enlarged washer	2	83	Hexagon lock nut M10	1
63	Cross grooved pan head screw M4	8	84	Plastic washer	2
64	Cross grooved pan head tapping screw	12	85	Belleville spring washer	2
65	Pedal foot strap	2			



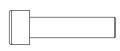
# Hardware Package



#48 Carriage Bolt 4PCS



#49 Half Round Head Hexagon Socket Bolt 4PCS



#50 Hexagon Socket Bolt with Cylindrical Head 4PCS



#51 Hexagon Socket Countersunk Head Screw 4PCS



#74 Cap Nut M10 4PCS



#75 Cap Nut M12 2PCS



#77 Hex Wrench S4 1PC



#78 Hex Wrench S5 1PC



#79 Hex Wrench S6 1PC



#66 Spring Washer 4PCS



#67 Spring Washer 4PCS



#69 Flat Washer 4PCS



#70 Flat Washer 4PCS



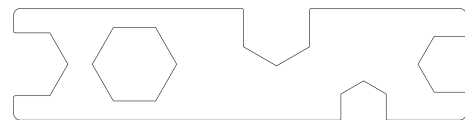
#71 Flat Washer 2PCS



#81 Spring Washer 4PCS



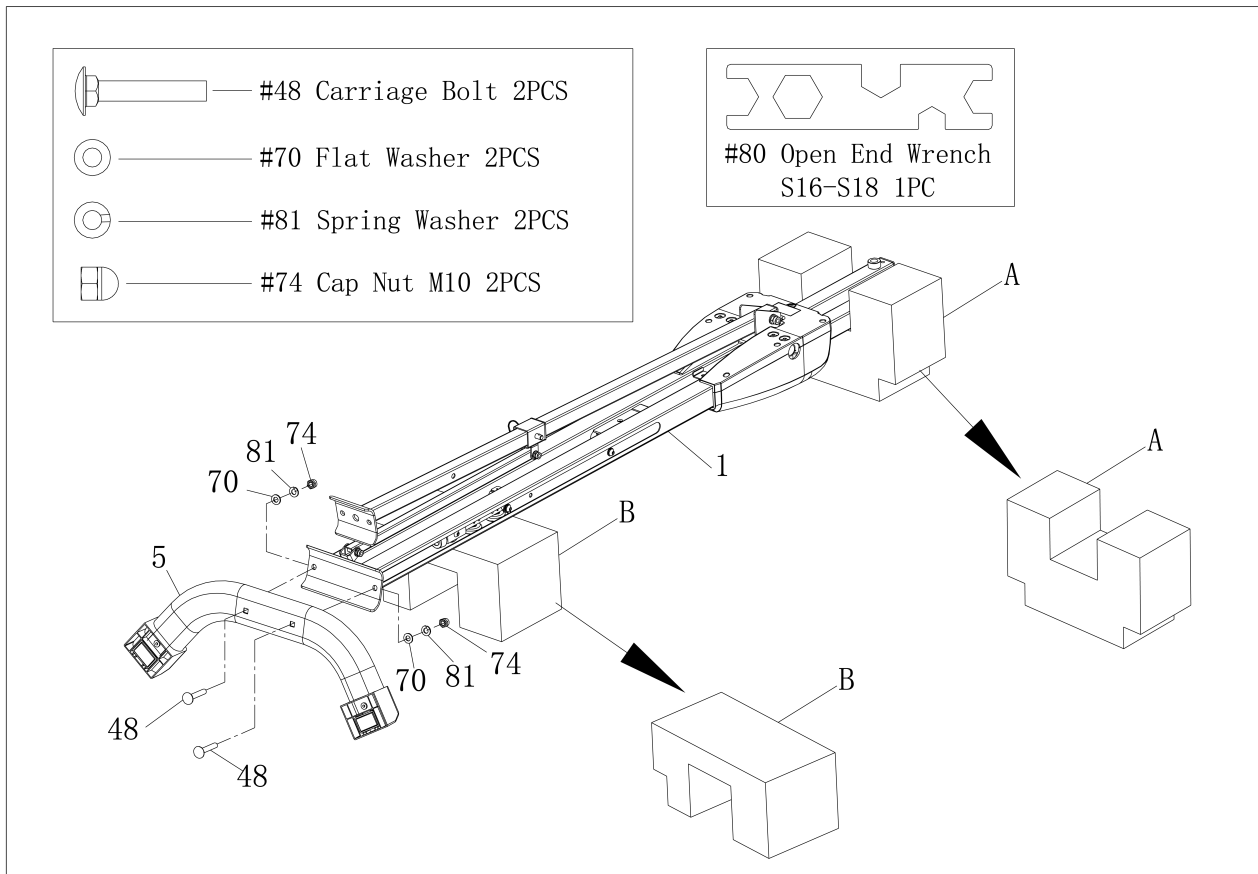
#82 Spring Washer 2PCS



#80 Open end wrench S16-S18 1PC

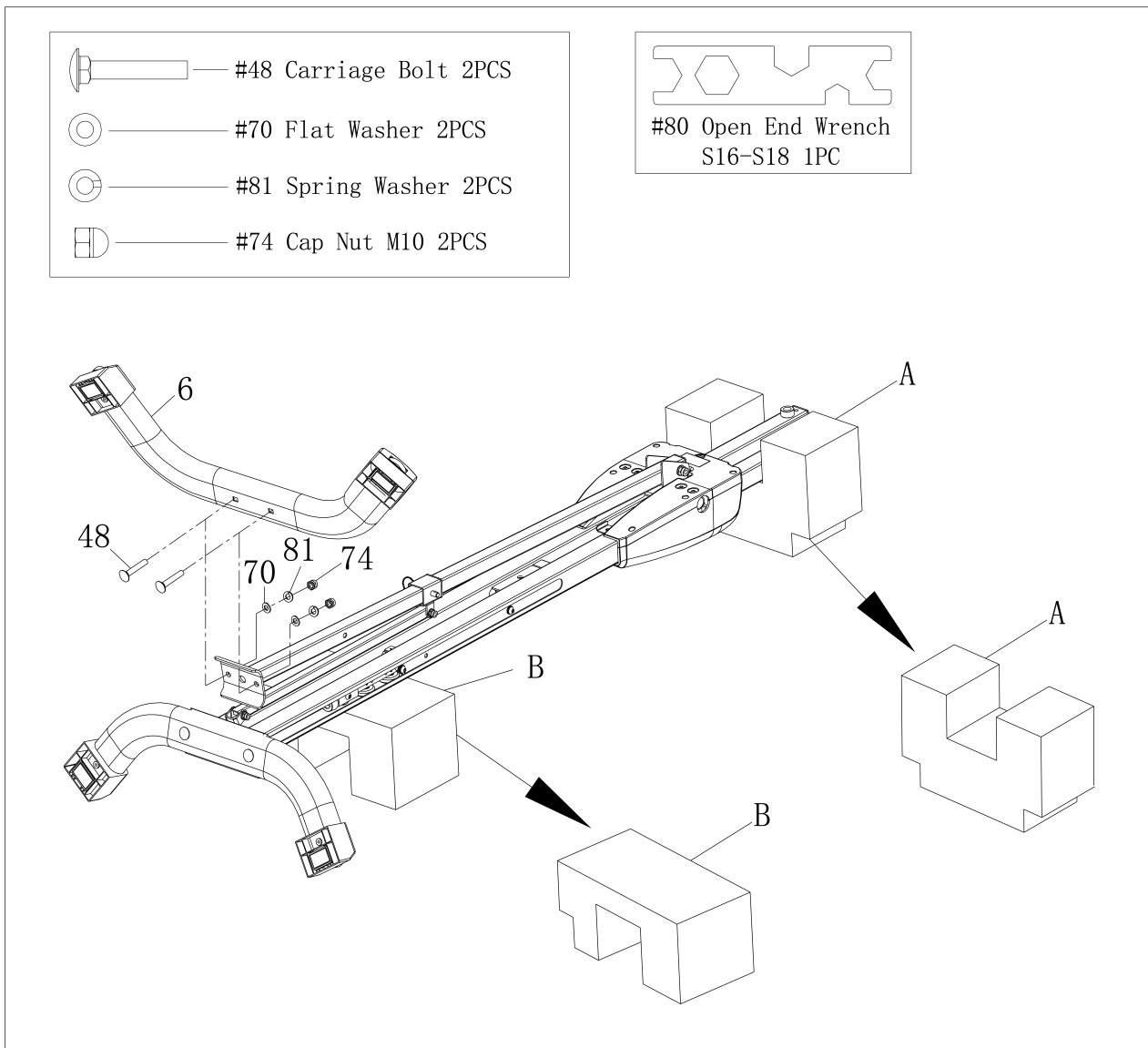
# Assembly Instructions

## STEP 1: Securing the Frame for Assembly and Installing the Rear Base Support



- Open the carton and take out the main frame (1). The foam packing inserts (A, B) can be used to support the frame when laid flat with the console facing down as illustrated above.
- Use the carriage bolts (48), flat washers (70), and hexagon lock nuts (74) to attach the rear base support (5) to the main frame (1).

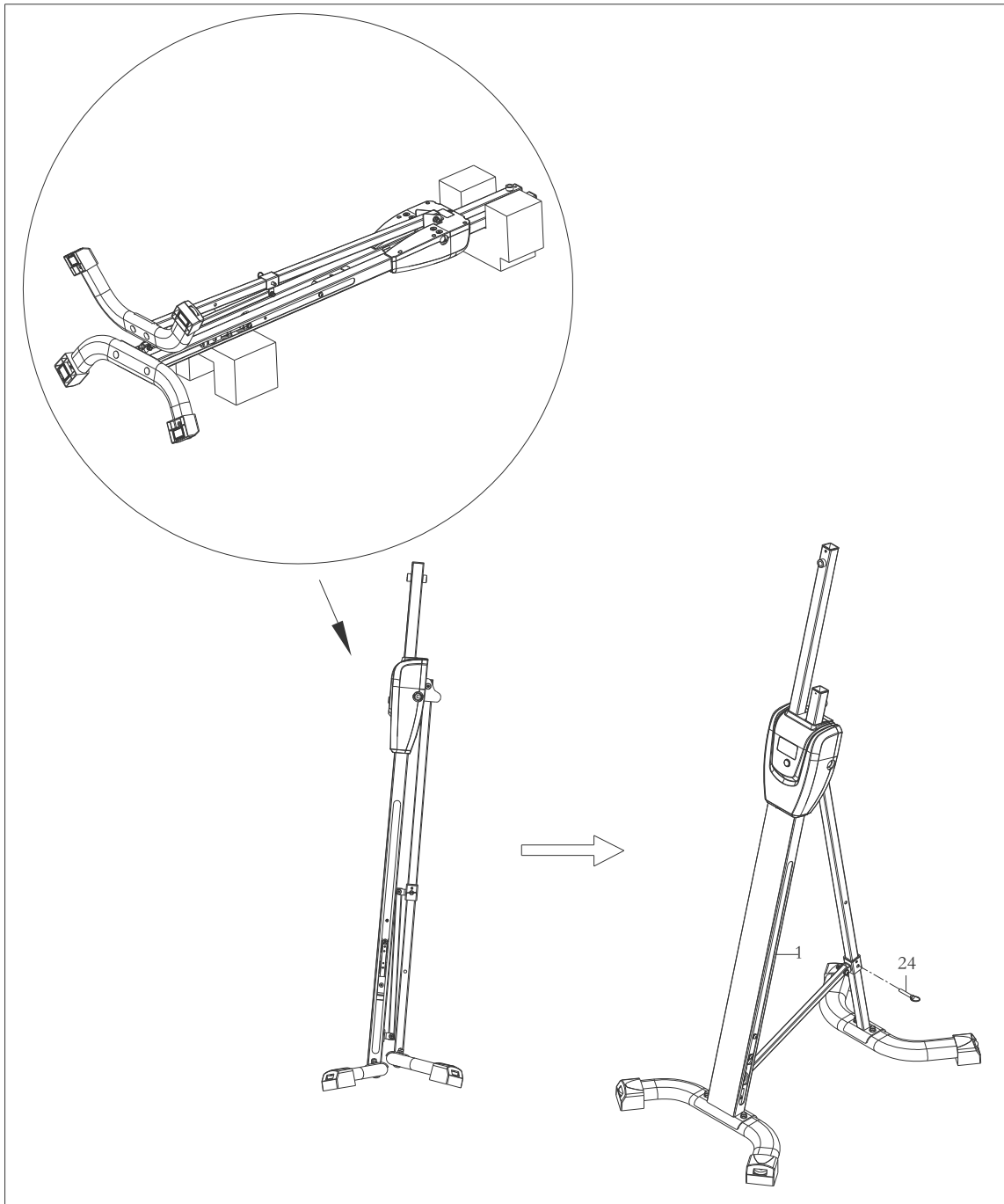
## STEP 2: Installing the Front Base Support



- c. Attach the front base support (6) to the main frame (1) using the same procedure.

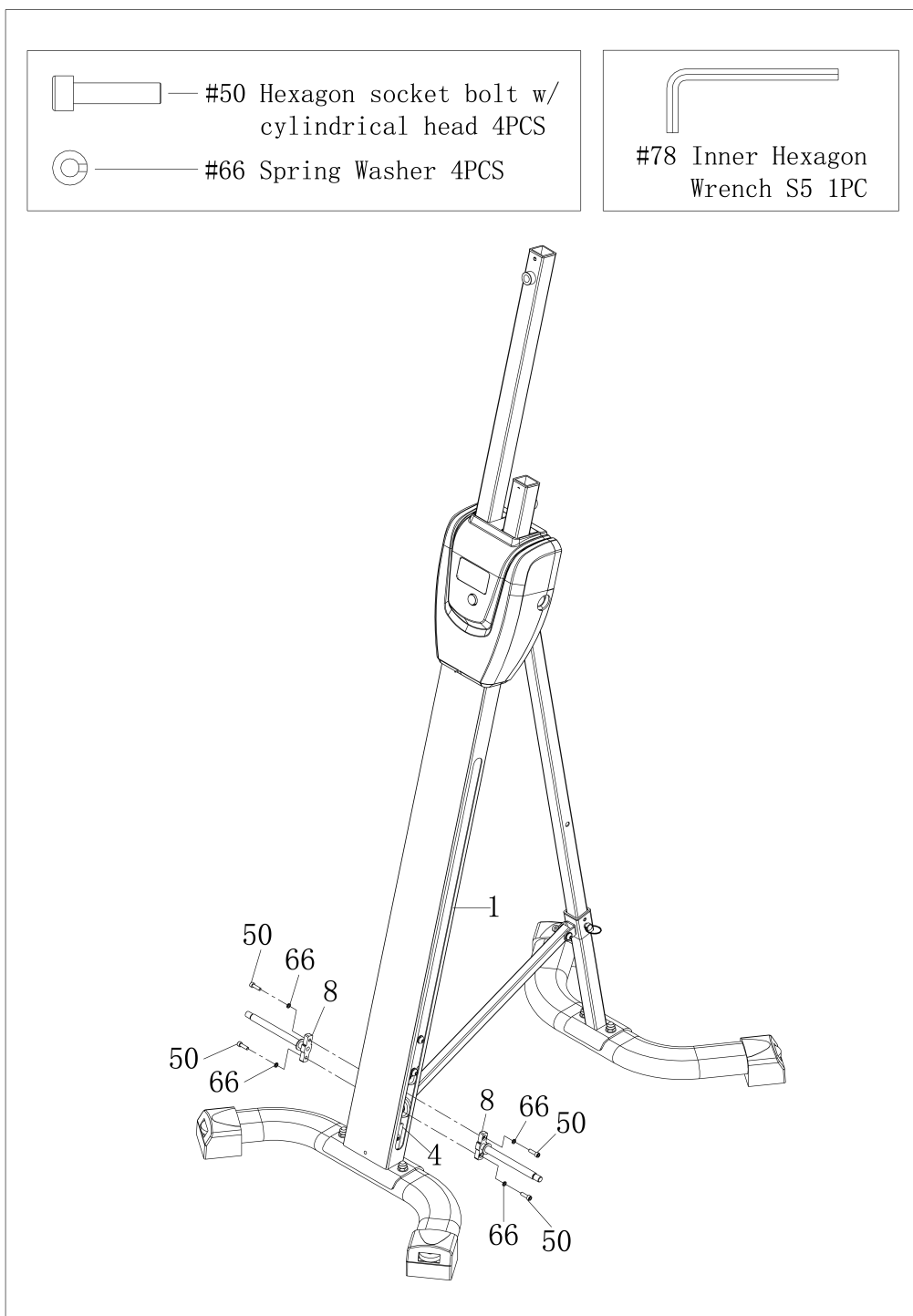
**WARNING: Do not remove the main frame (1) banding until after the floor supports are bolted on and the unit is standing upright in the vertical position. This packaging helps protect you from pinch points during floor assembly and as you stand the machine upright.**

### STEP 3: Standing the Machine Upright



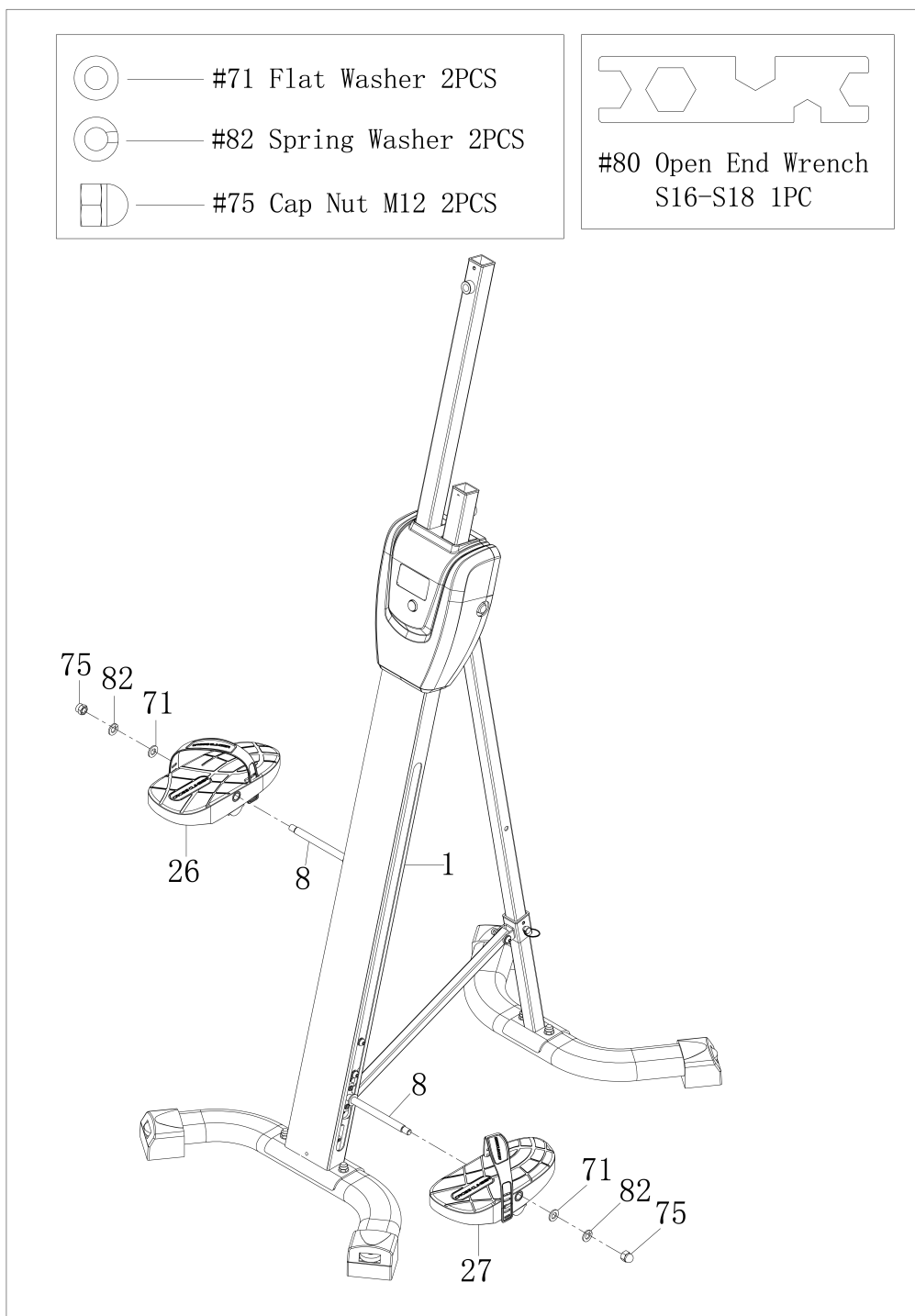
- a. Leaving the main frame (1) banding in place, carefully stand the machine upright.
- b. Remove the banding from the machine.
- c. Remove the pull ring from the closed position, open the frame, and insert the pull ring (24) in the open position.

## STEP 4: Installing the Pedal Axles



- Tighten the hexagon bolt (50) at least three turns by hand before using the supplied wrench. This prevents cross-threading.
- Affix the pedal axle (8) to the sliding piece (4) and secure the connection.

## STEP 5: Installing the Left and Right Pedals



- Mount the left foot pedal (26) on the fixed pedal shaft (8) and use the flat washer (71) and hexagon bolt nut (75) to secure them.
- Mount the right foot pedal (27) on the fixed pedal shaft (8) and use the flat washer (71) and hexagon lock nut (75) to secure them.

## STEP 6: Installing the Handrails

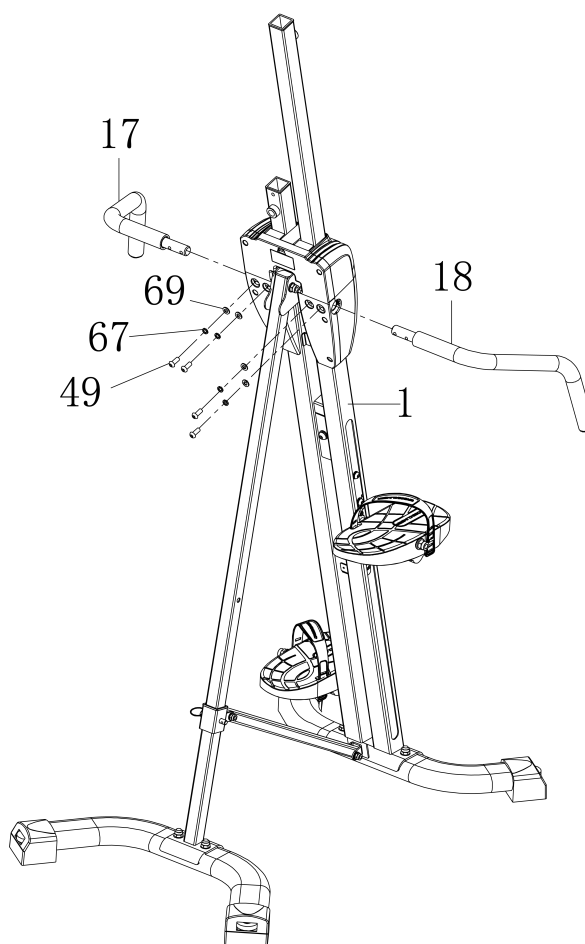
 — #49 Half Round Head Hexagon Socket Bolt M8 4PCS

 — #67 Spring Washer 4PCS

 — #69 Flat Washer 4PCS

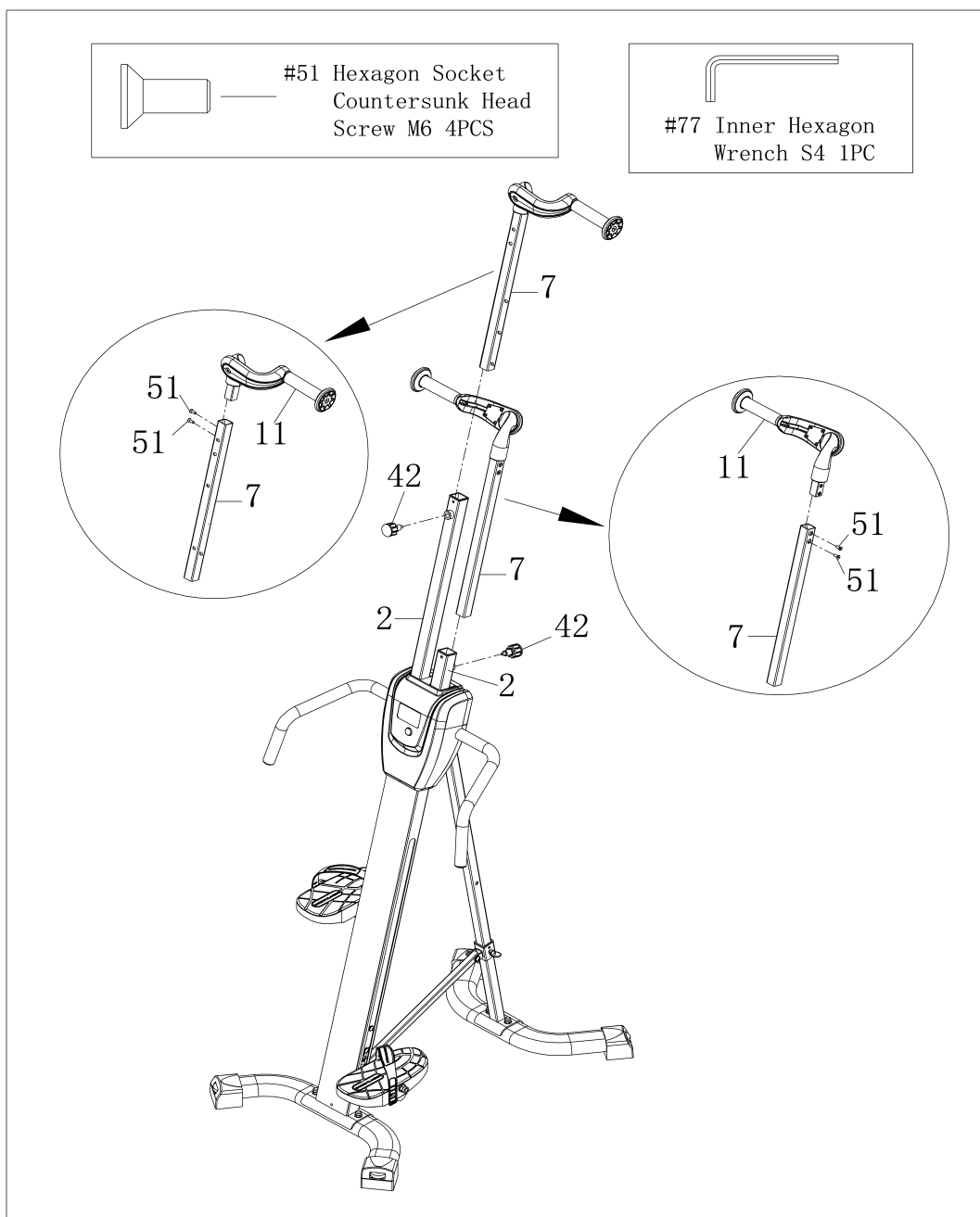


#78 Inner Hexagon Wrench S5 1PC



- a. Use the half round head hexagon bolt (49), spring washer (67), and flat washer (69) to affix the left handrail (17) to the main frame (1).
- b. Affix the right handrail using the same procedure.

## STEP 7: Installing the Handles

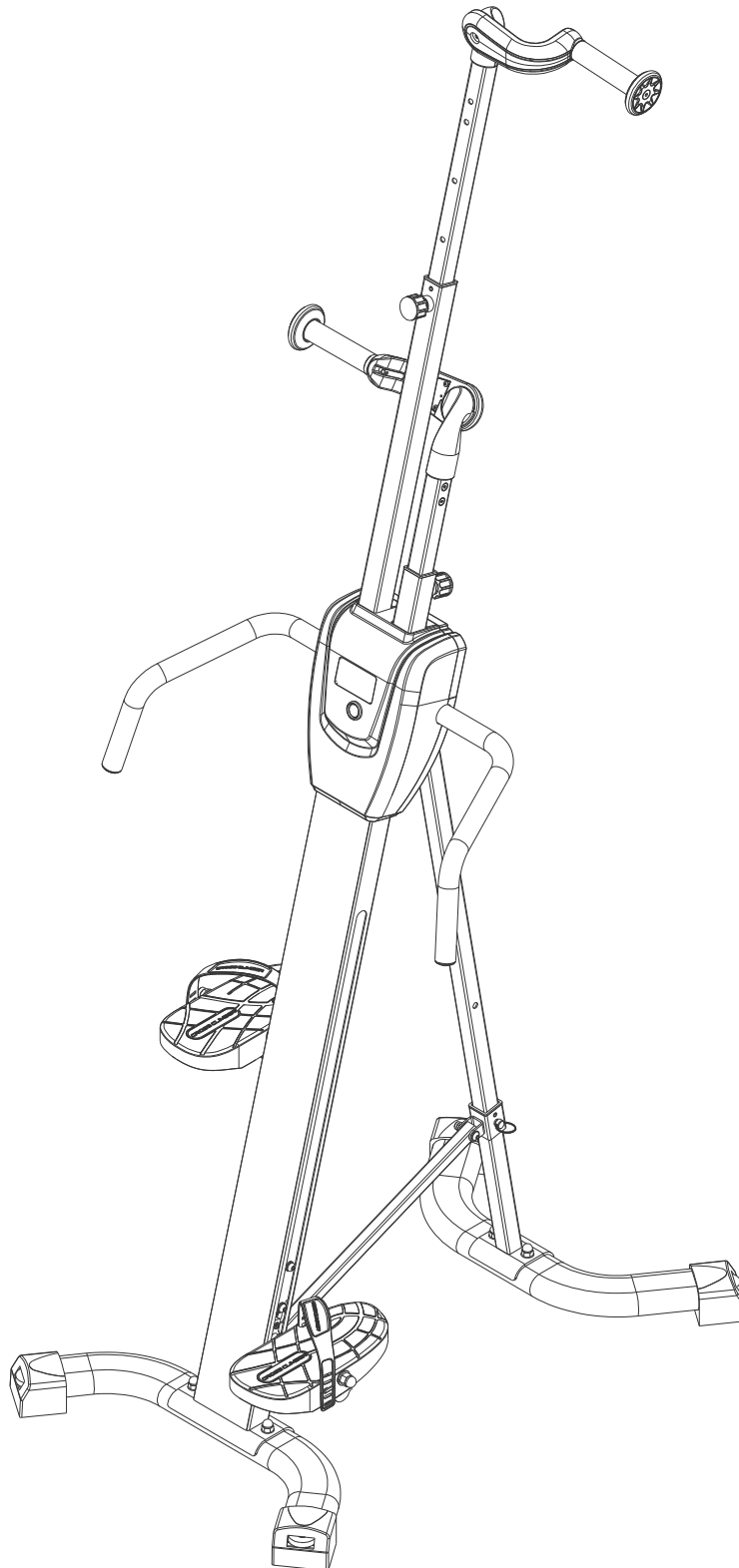


- Insert the handle (11) into the square telescoping tube (7) using the hexagon socket countersunk head screws (51).
- Insert the square telescoping tube (7) into the slide tube rack (2) and secure it by inserting the knob (42).

**The handles can support a maximum weight of 20 kg (50 lbs).**

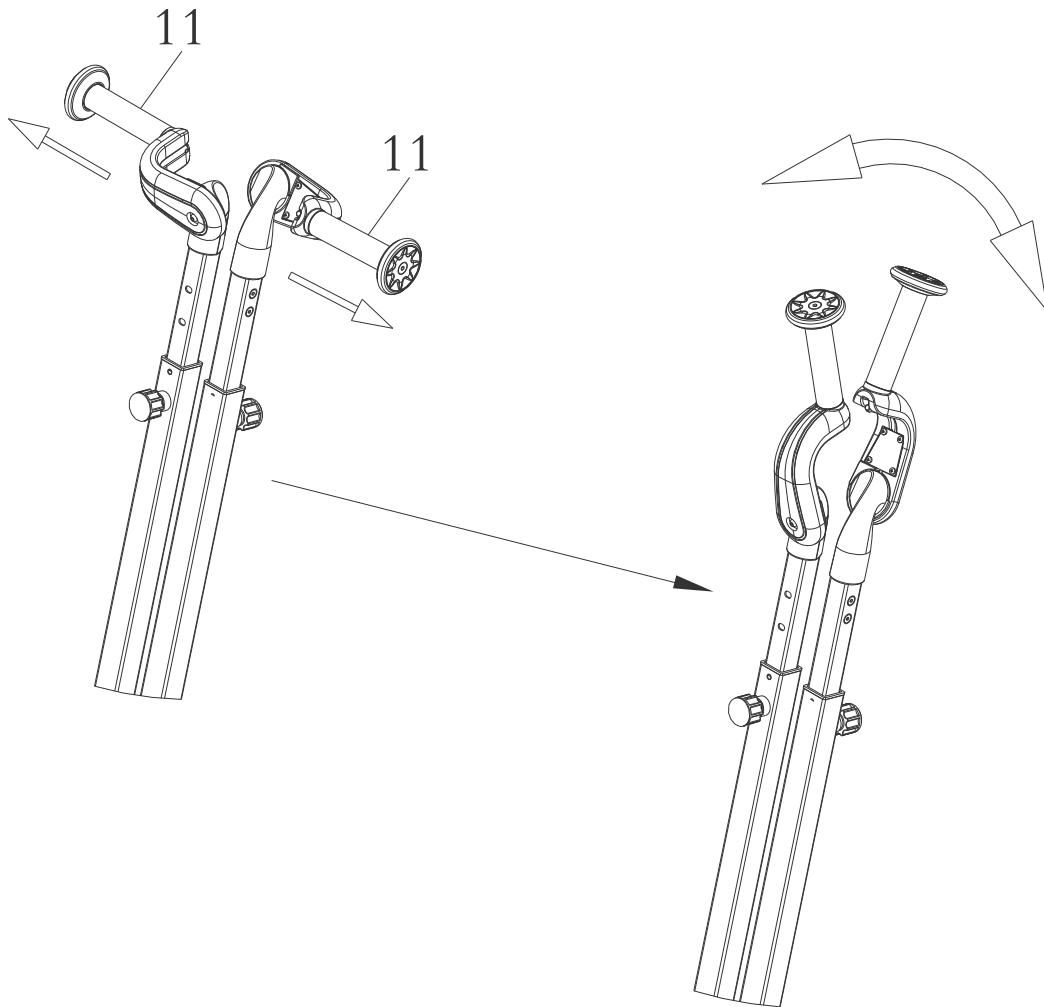


## STEP 8: Post-Assembly Inspection



**Double check that all parts are in place and the bolts are fastened securely.**

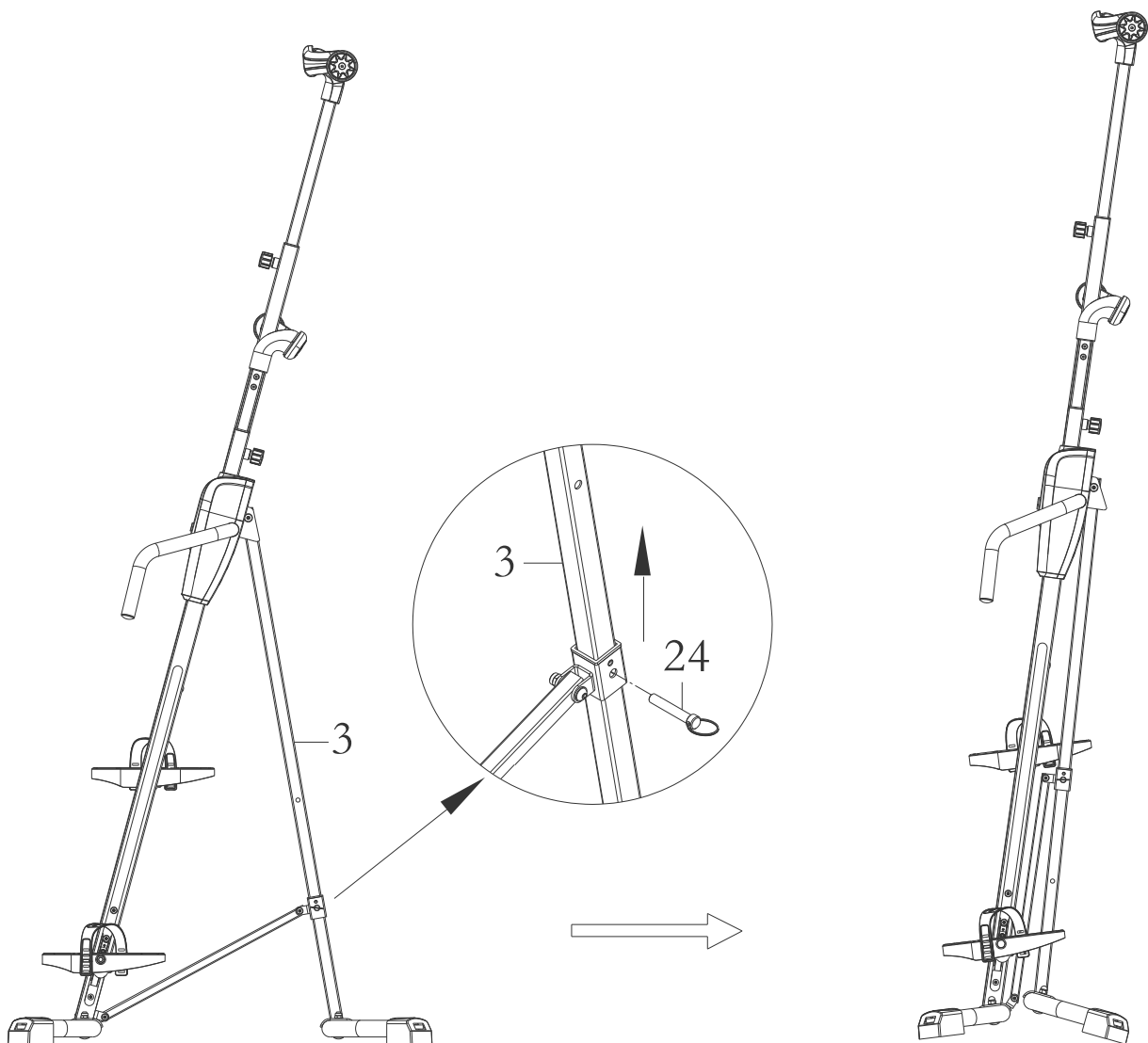
## Changing the Climbing Mode



The CrossClimber™ features both contralateral (opposite hand to foot) and ipsilateral (same hand and foot) modes. You can change the climbing mode by:

- a. Holding the handle grip loosely in your hand and pushing outward to release the red endcap lock.
- b. When the lock releases, bring the handles (11) upward and toward each other.
- c. Then rotate the handles into the opposite position. The endcaps will automatically spring back into place.

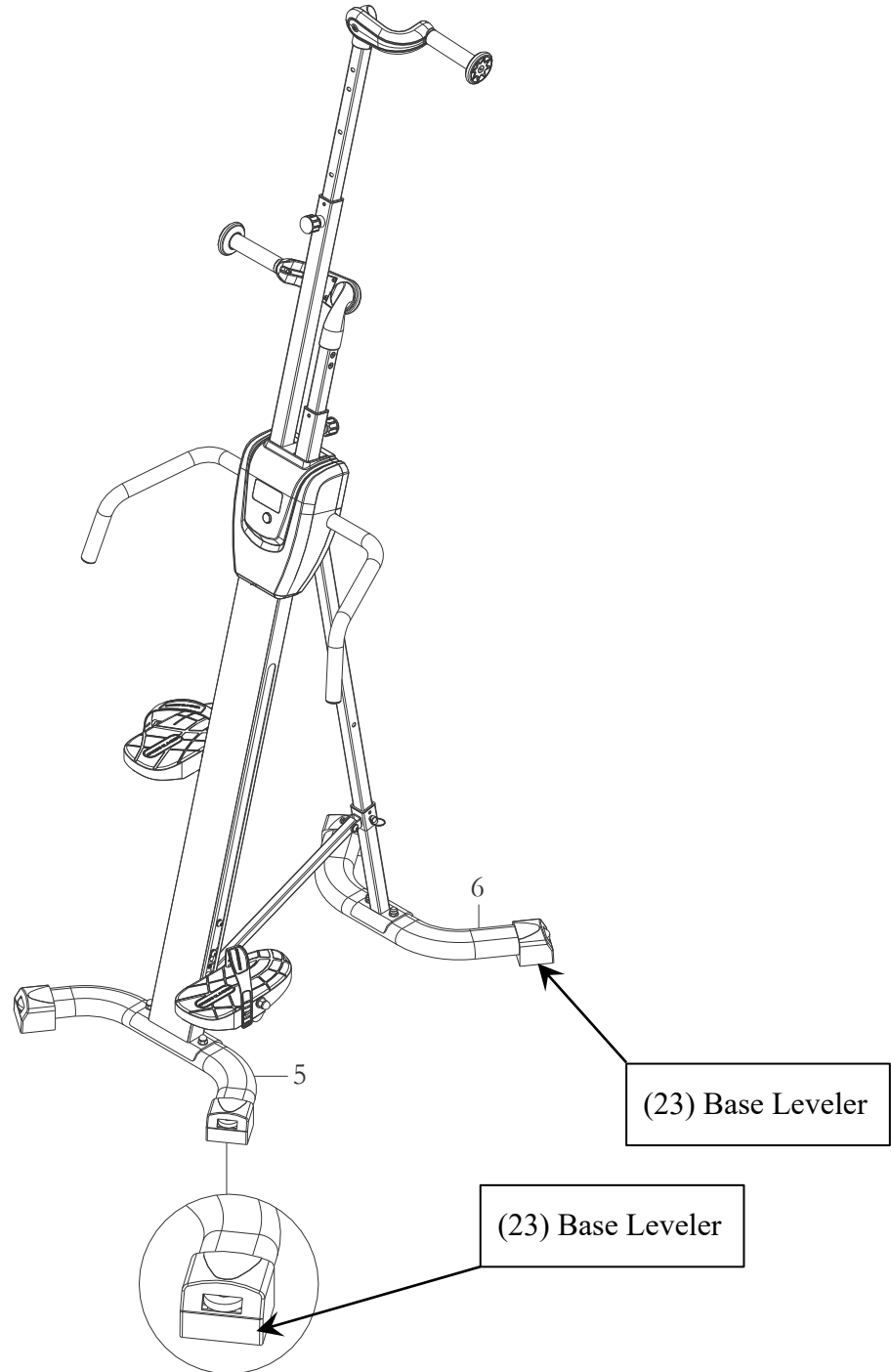
## Storing the CrossClimber™



To store the CrossClimber™, the support tube (3) should be folded back to the closed position and secured with the pull ring (24).

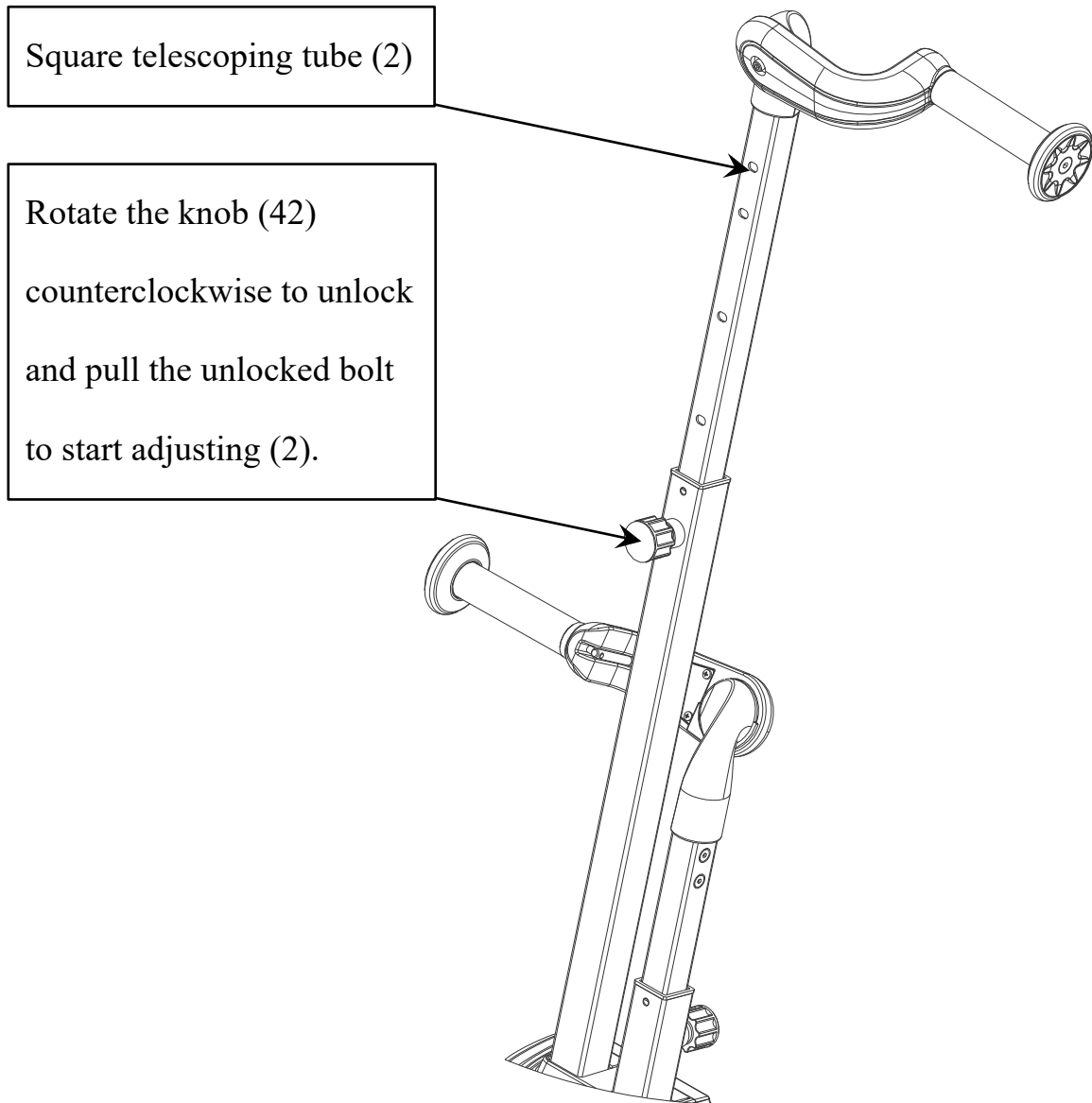
# Adjustments Guide

## Leveling the CrossClimber™



To level the CrossClimber™, adjust the balance of the machine using the base levelers at each end of the rear base tube (5) and the front base tube (6).

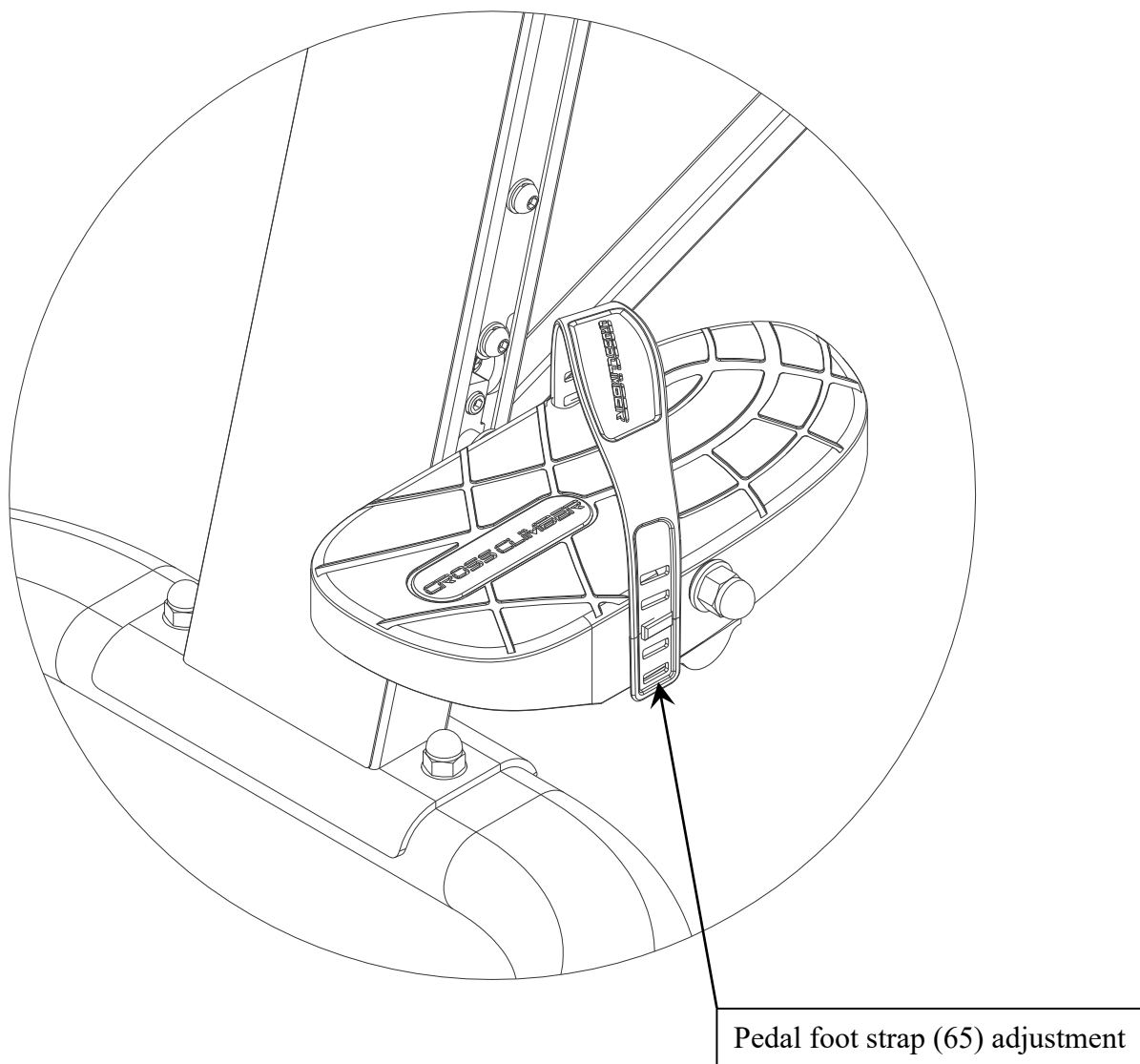
## Adjusting the Handle Position



The handles of the CrossClimber™ have five different height settings. Adjust the position of the handles by rotating the knob (42) counterclockwise, pulling the unlocked bolt, and adjusting the square telescoping tube (2) to your desired height.

**After adjusting the position of the handle, ensure that the knob (42) is fully inserted, and the bolt head is tightened clockwise and locked.**

## Adjusting the Fit of the Foot Straps



- a. If either of the pedal foot straps (65) feel too tight, pull the foot strap away from the clip and down into position and press it into the clip to secure it.
- b. If either feels too loose, pull the pedal foot strap (65) out of the groove and up into a suitable position, then fasten the strap into the buckle.

# CrossClimber CCX™ Limited Warranty

For customer service worldwide,  
email: [customerservice@crossclimber.com](mailto:customerservice@crossclimber.com).

**Warranty:** CrossClimber, Inc. warrants to the original CrossClimber CCX™ purchaser (herein referred to as “Customer”) and only to that Customer that the CrossClimber CCX™ (herein referred to as “Product”) for which the Customer received this warranty was designed, developed, manufactured, and/or assembled using all due reasonable commercial care and good manufacturing practices and is therefore free from defects in material and workmanship under normal use as far as CrossClimber, Inc. or its agents can reasonably attest. The CrossClimber CCX™ shall be, when properly assembled and used, fit for the ordinary purpose for which such Product is used for one year from original date of purchase. This warranty is limited under the terms and conditions set forth hereafter. CrossClimber, Inc.’s sole obligation under this warranty is to repair or replace the product at CrossClimber, Inc.’s discretion. CrossClimber, Inc.’s obligations to the buyer hereunder shall be conditioned upon the buyers notifying CrossClimber Inc. of the claimed defect within 30 calendar days of the discovery thereof and upon the product: (I) being returned, freight prepaid, to CrossClimber Inc. at the address below; (II) being found defective; (III) being found to have been properly assembled and used bracket is assembled and/or used bracket; and (IV) being returned within one year from the date of sale to the buyer.





**Warranty and Liability Disclaimer:** CrossClimber Inc. makes no other warranties or representations of any kind whatsoever, express or implied, except that of title, and all implied warranties including any warranty of merchantability and fitness for a particular purpose are hereby disclaimed. Notwithstanding the foregoing, the duration of any implied warranty or condition of merchant ability, fitness for a particular purpose, or otherwise, on the product that may be found to be made shall be limited to the duration of the express warranty set forth above. In no event shall CrossClimber Inc. be liable for any laws, inconvenience, damage, or personal injury, whether direct, incidental, consequential, or otherwise, resulting from breach of any express or implied warranty or condition of merchantability, fitness for a particular purpose or otherwise with respect to the product, or from use of the product, except as set forth herein. Some states or countries do not allow limitation on how long an implied warranty lasts and some do not allow exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may have other rights which may vary from location to location. This warranty will be interpreted pursuant to the laws of the United States and the State of Texas. The original English version (meaning) of this warranty controls over all translations; CrossClimber, Inc. is not responsible for any errors in translation of this warranty and/or any product instructions. This warranty is not intended to confer any additional legal jurisdictional or warranty rights to you other than those set forth herein or required by law. If any portion of this warranty is held to be invalid or

unenforceable for any reason, such binding will not invalidate any other provision.

**Warranty Service Options:** For service under this warranty you must notify CrossClimber Inc. in writing within thirty (30) days of purchase to obtain a Returned Merchandise Authorization (RMA). when requesting your RMA you must specify the product in question by providing the serial number.

Any insurance and/or shipping costs incurred in returning your product under the approved returned material warranty option are your responsibility. CrossClimber, Inc. will not be responsible for any products lost or damaged in shipment.

**Warranty Exclusions:** Representatives and brokers of CrossClimber Inc. products and services are not authorized to modify this warranty in any way. It is the Customer's responsibility to examine the Product regularly to determine the need for normal service or replacement. This warranty does not cover the following:

- Products that have been modified, neglected, or poorly maintained, miss used, abused, or involved in accidents or natural disasters;
- Damage occurring during shipment of the product such claims must be presented directly to the freight forwarder or shipping company;
- Damage to the product resulting from improper maintenance or repair, the use or installation of parts and/or accessories that are not compatible

with the original intended use of the product, or the failure to follow the product warnings and usage instructions or by anyone weighing more than 110 kg (250 lbs);

- Any products for which the customer does not follow the warranty procedures outlined above.