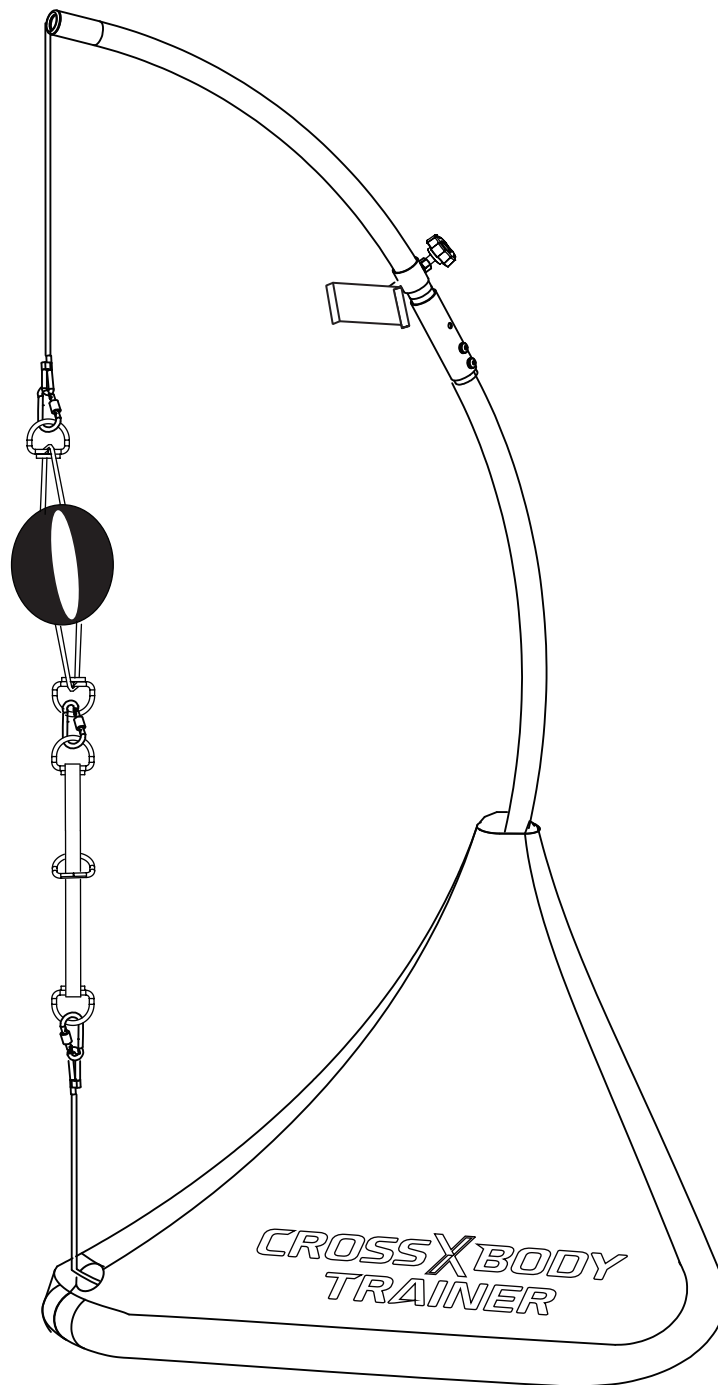


Cross Body Trainer Assembly Manual



WARNING

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



WARNING:
Assembly by an Adult Required



WARNING:
CHOKING HAZARD - Small parts
Not for children under 3 years

TABLE OF CONTENTS

EXPLODED DRAWING.....	3
PART LIST.....	4
PART IDENTIFICATION CHART.....	5
Cross Body Trainer Assembly.....	6-12
Installing the Strike Sensor.....	13
Limited Warranty.....	14-15

QUESTIONS?

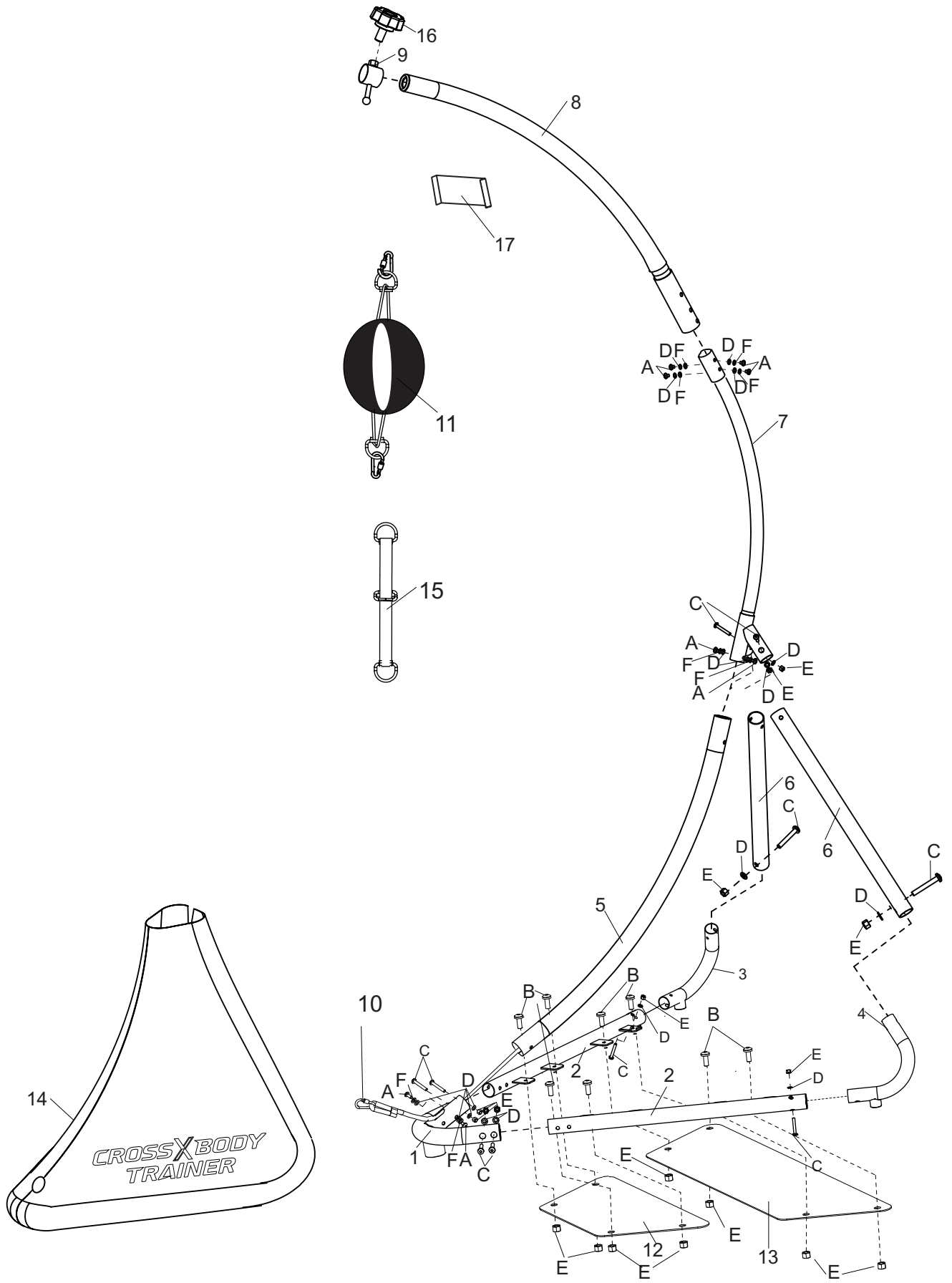
If you have any questions after reading this manual, please email us at support@nexersys.com. The Trained Technicians in our Customer Care Center will provide assistance.

Customer Care: support@nexersys.com or call (512) 782-2940
Monday—Friday, 9a.m. to 4p.m. Central Standard Time

WARNING

Read the assembly, installation, care, maintenance, and use instructions in this manual prior to assembling and using this product. Save this manual for future reference.

EXPLODED DRAWING



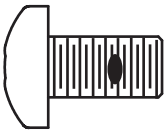
PARTS LIST

Key No.	Qty.	Description
1	1	Three -way pipe
2	2	Under tube
3	1	Left rear tube
4	1	Right rear tube
5	1	Lower tube with arc Supporting-tube
6	2	Rear Supporting Tubes
7	1	Middle Tube
8	1	Top Tube
9	1	Bracket
10	1	Cable
11	1	Double End Bag
12	1	Front base plate
13	1	Rear base plate
14	1	Skirt
15	1	Adjusting strap
16	1	Bracket Torque Bolt
17	2	Mobile Device Holder (1 SML / 1 MED)*

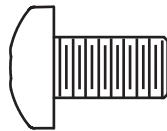
Mobile Device Holders will retain phones or tablets on sides or top/bottom. Orientation for use is vertical. We provide the Small and Medium Holders with each unit. *Large Mobile Device Holder available on request.

PARTS IDENTIFICATION CHART

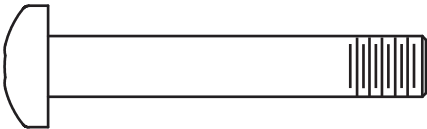
Use the drawings below to identify small parts used for assembly. The number following the key number is the quantity used for assembly. Note: If a part is not in the hardware kit, check to see if it is pre-attached. If it is not, call (512) 782-2940 or email support@nexersys.com. Extra parts may be included.



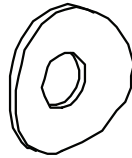
M8x15 Bolt with NYLOK (A)-8



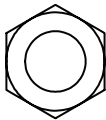
M8x15 Bolt (B)-8



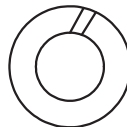
M8x50 Bolt (C)-10



M8 Washer with arc (D)-18



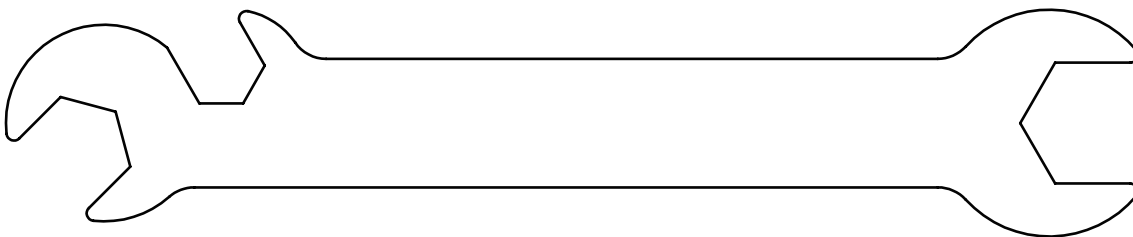
M8 Locknut (E)-18



M8 Spring washer (F)-8



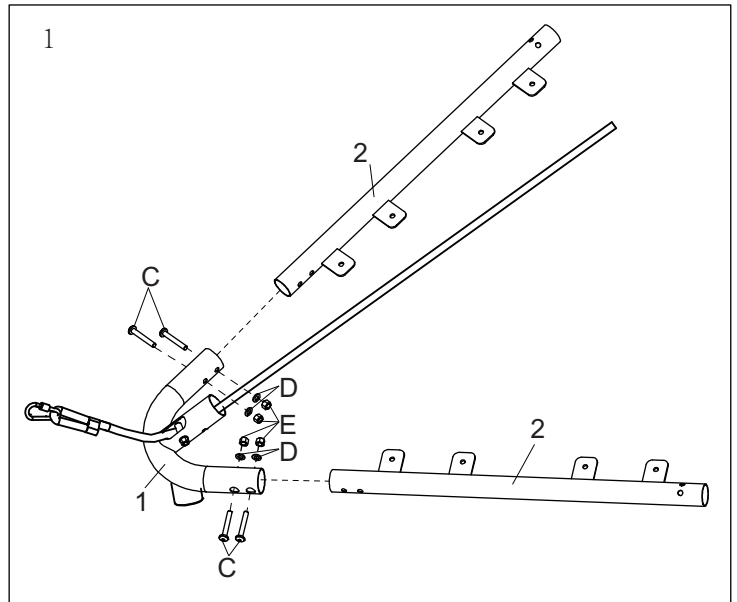
5mm Hex Key (G)-1



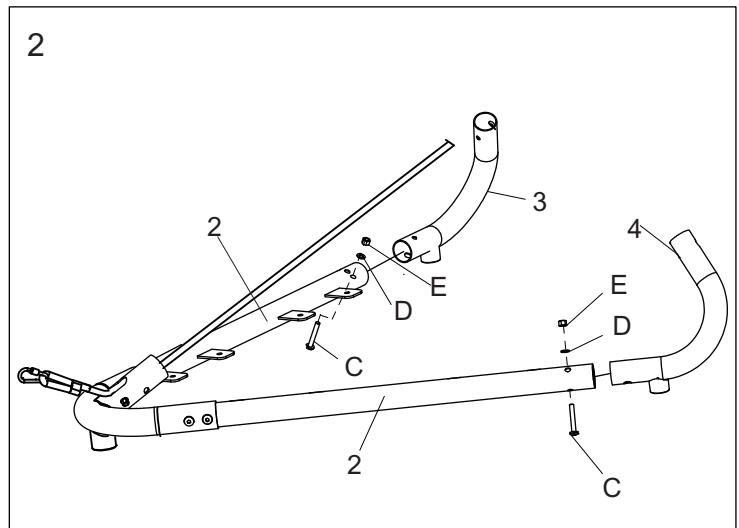
Wrench (H) -1

Cross Body Trainer Assembly

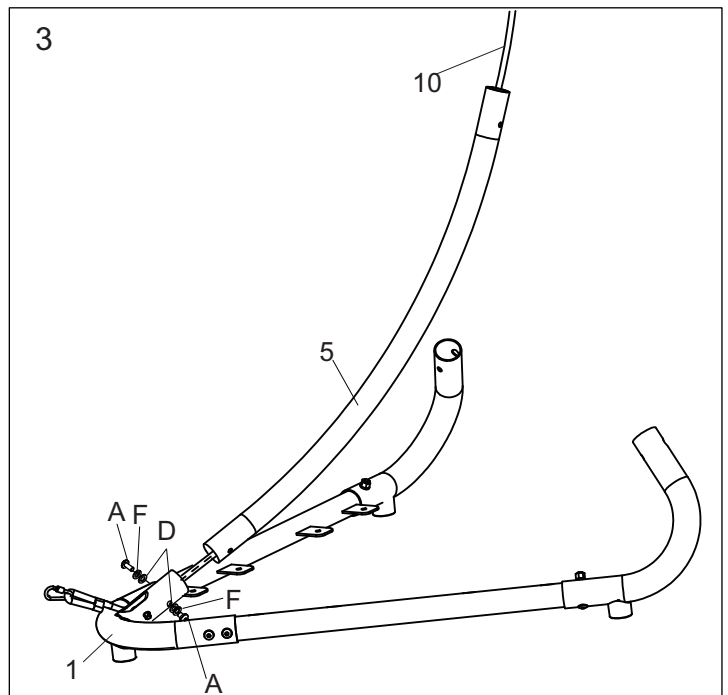
1. Attach two Under tubes (2) to the Three -way pipe (1) with four M8X50 Bolts(C), four M8 Washers with arc (D) and four M8 Locknuts(E).
Do not tighten the Bolts.



2. Attach the Left rear tube (3) to the Under tube (2) with the M8X50 Bolt (C), the M8 Washer with arc (D) and the M8 Locknut (E).
Attach the Right rear tube (4) to the Under tube (2) in the same way.
Do not tighten the Bolts.



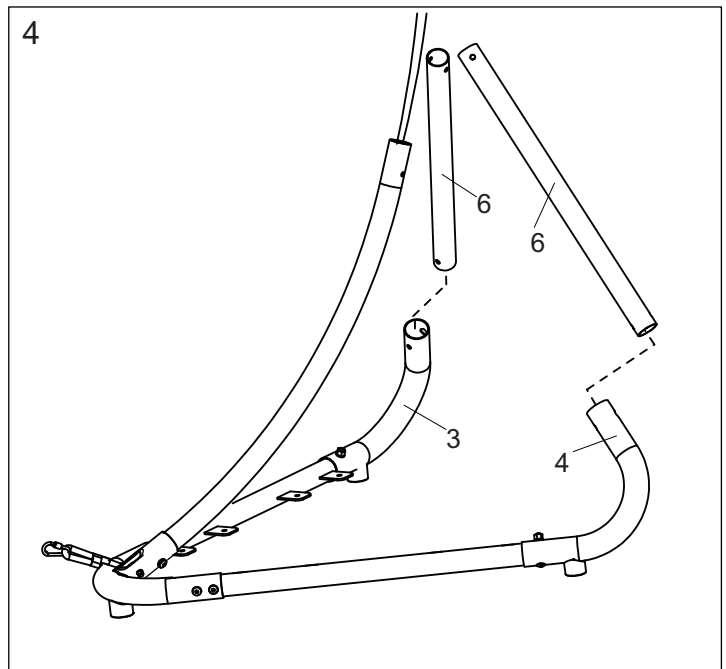
3. First, thread the Cable (10) through the Lower tube with arc (5).
Attach the Lower tube with arc (5) to the Three -way pipe (1) with two M8X15 Bolts with NYLOK (A), two M8 Spring washers (F) and two M8 Washers with arc (D).
Do not tighten the Bolts.



4. Attach the two Rear supporting-tubes (6) to the Left rear tube (3) and Right rear tube (4).

Note: the supporting-tube (6) must to be placed in the lowest position of the Left and right rear tube (3) (4).

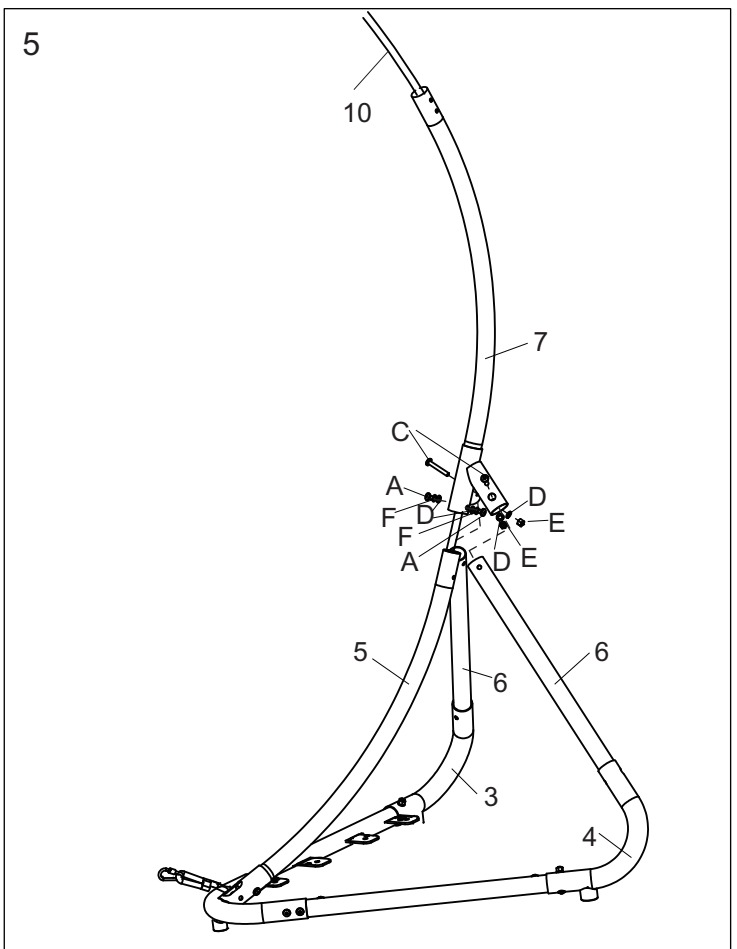
This step does not need to attach the bolt.



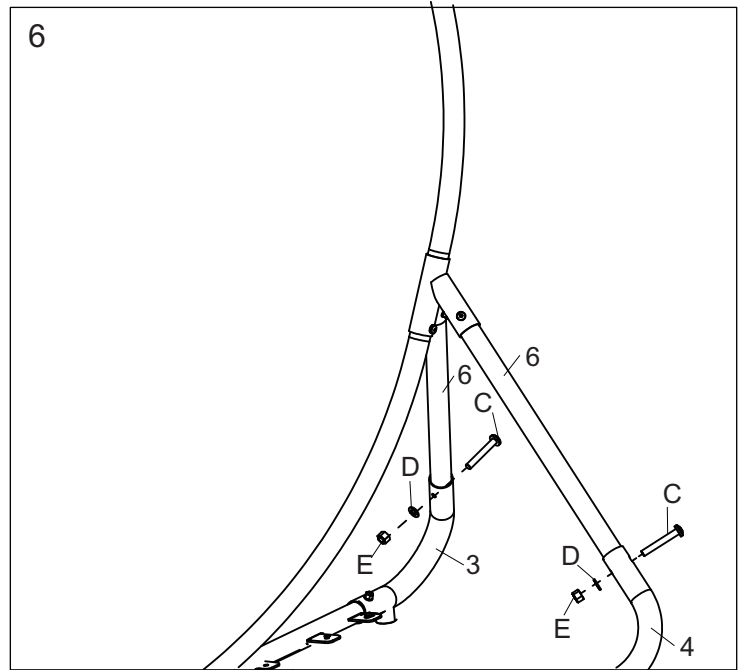
5. First, thread the Cable (10) through the Middle Tube(7)
Attach the Middle Tube (7) to the Lower pipe with arc (5),
push the two Rear supporting-tubes (6) to the two
branch of the Middle Tube(7).

Then, attach two M8X50 Bolts (C), two M8 Washers with
arc (D) and two M8 Locknuts(E) and two M8X15 Bolts
with NYLOK (A), two M8 Spring washers (F) and two M8
Washers (D).

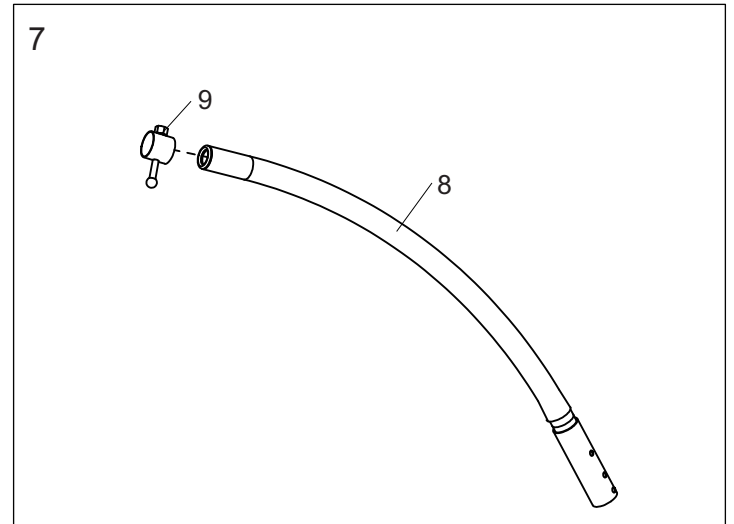
Note: Do not tighten the bolts.



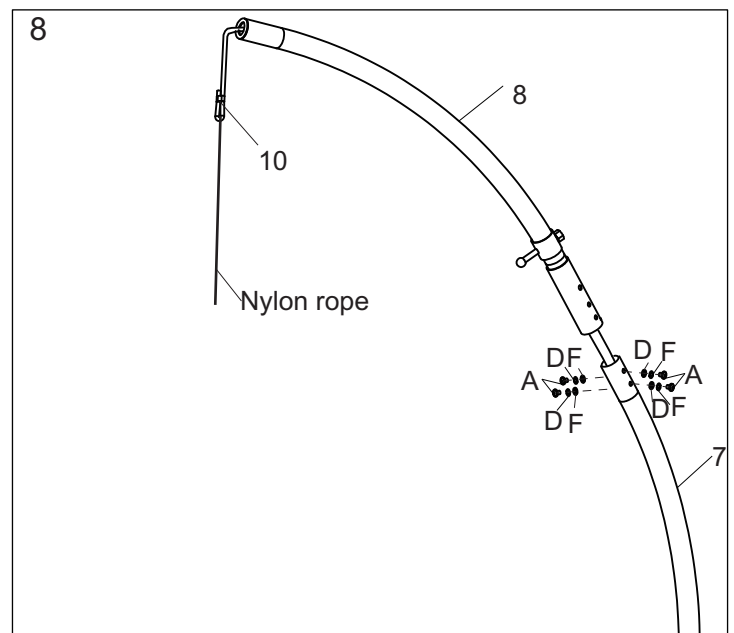
6. Attach two M8X50 Bolts (C), two M8 Washers with arc (D) and two M8 Locknuts (E) to the the Rear supporting-tube (6) as shown.
Do not tighten the Bolts.



7. Attach the Mobile Device Holder Bracket (9) to the Top tube (8) as shown.

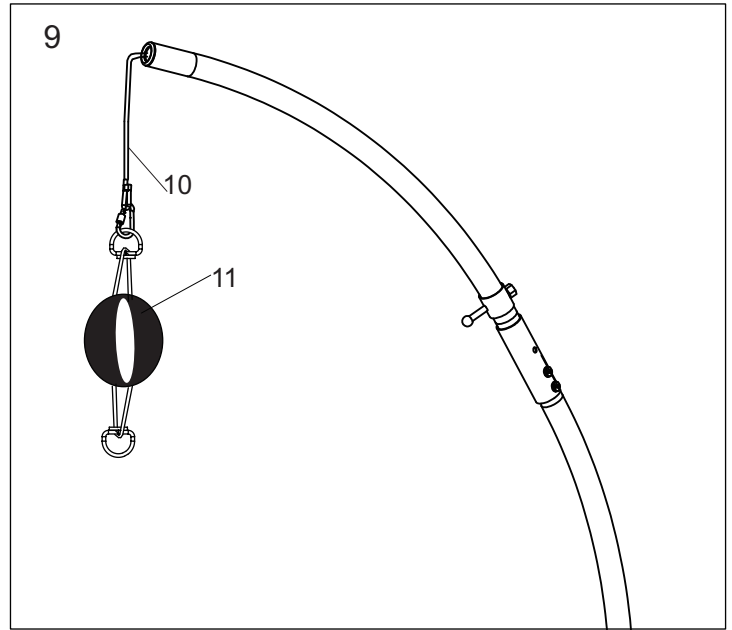


8. First, thread the Cable (10) through the Top tube (8). Attach the Top tube (8) to the Middle Tube (7) with four M8X 15 Bolts with NYLOK (A), four M8 Spring washers (F) and four M8 Washers with arc (D) as shown. Do not tighten the Bolts.

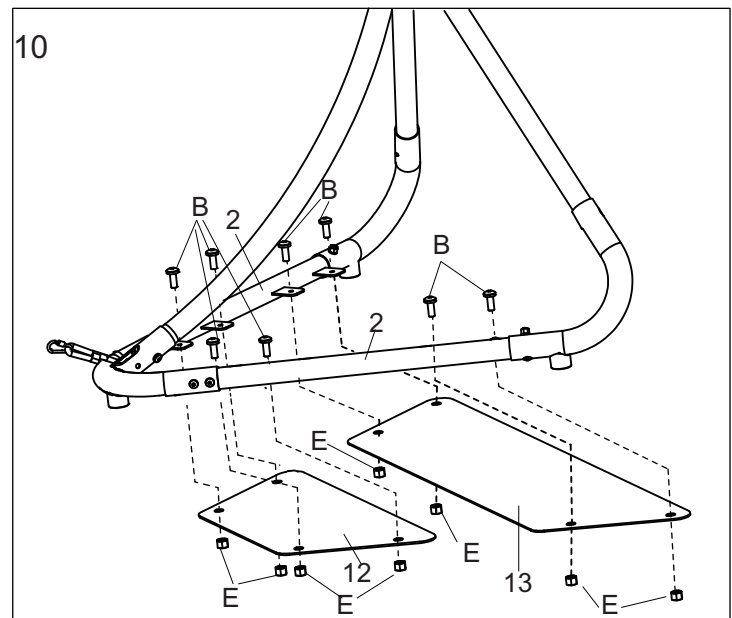


Note: Thread the Cable (10) through the Top tube (8) and is out of the Top tube (8). If the Cable (10) is not out of the Top tube (8), please use this Nylon rope to get it out.

9. Attach the Double End Bag (11) to the Cable (10) as shown. Remove the Nylon rope.

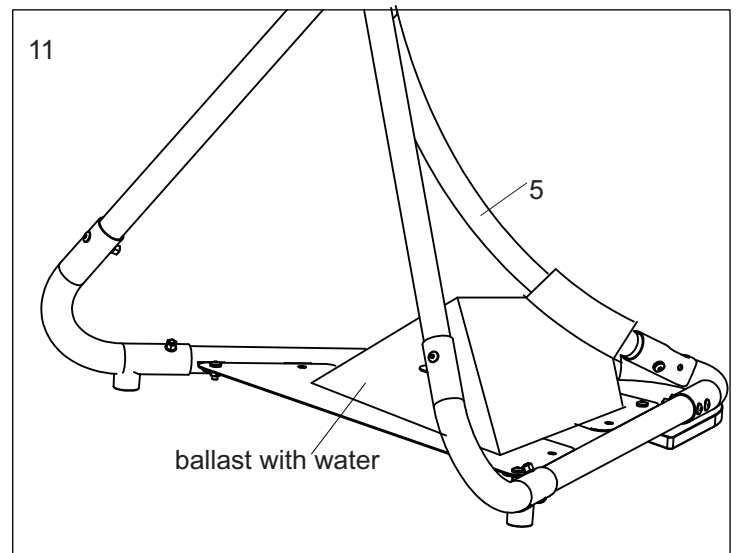


10. Attach the Front base plate (12) to the Under tube (2) with four M8X15 Bolts (B), four M8 Locknuts (E). Attach the Rear base plate (13) to the Under tube (2) in the same way. Do not tighten the Bolts.



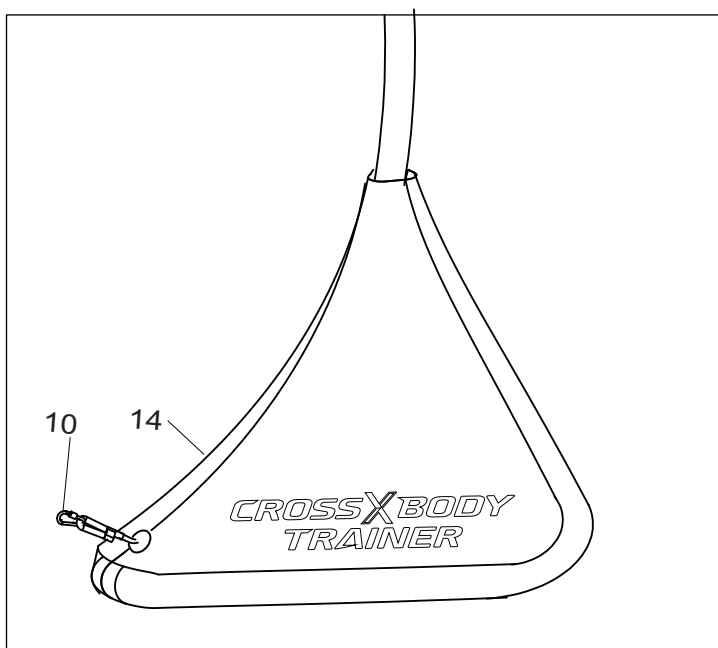
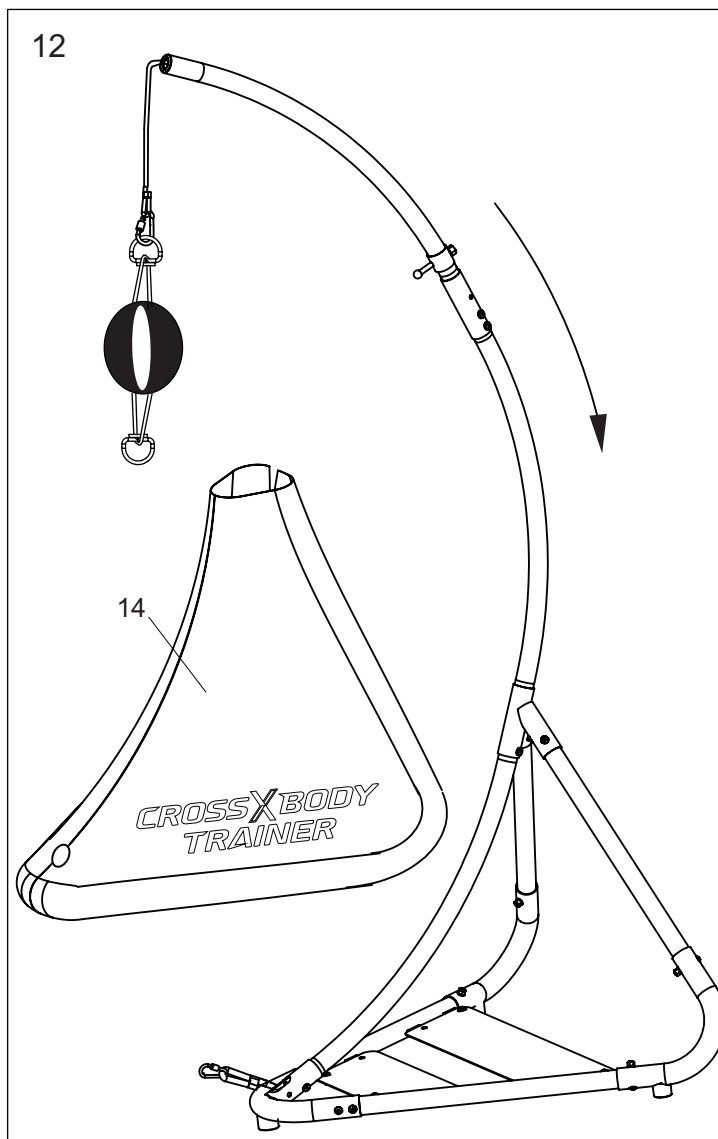
Tighten all the bolts.

11. Place the ballast with water to the Base Plates. Make sure the ballast with water is fixed on the Lower tube with arc (5) by the Velcro.

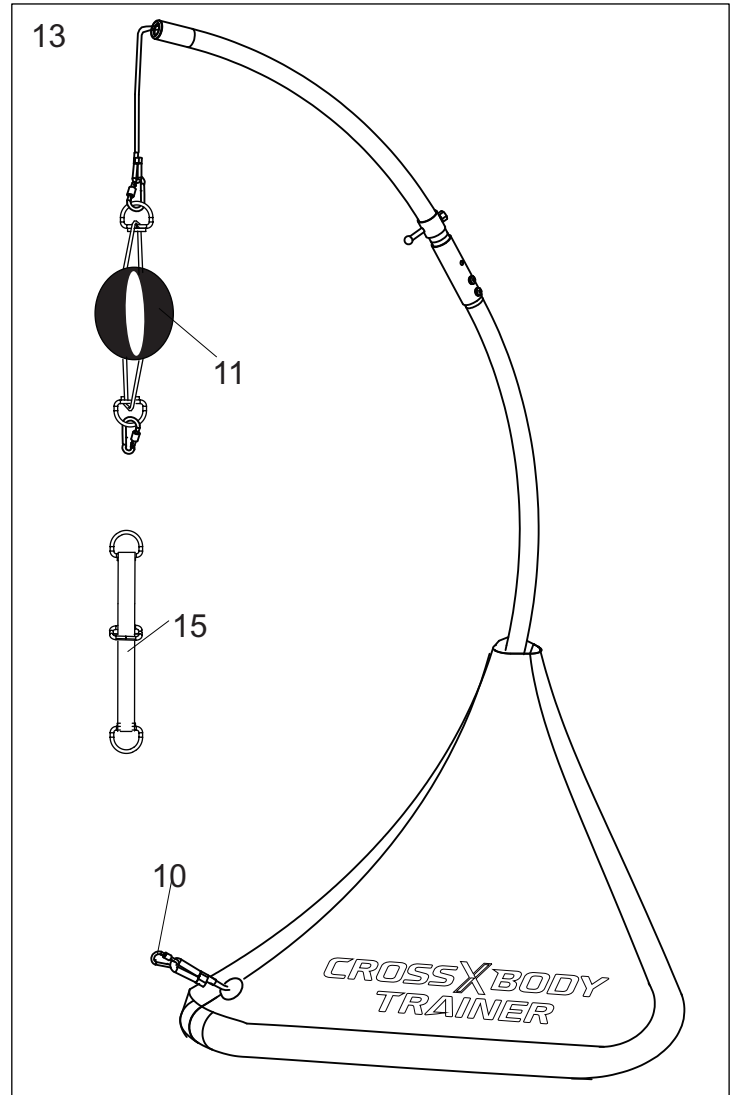


12. Attach the Skirt (14) start from the top along the direction of the arrow. Then make the Cable (10) pop out from the hole of the Skirt (14), then fasten it with the zipper.

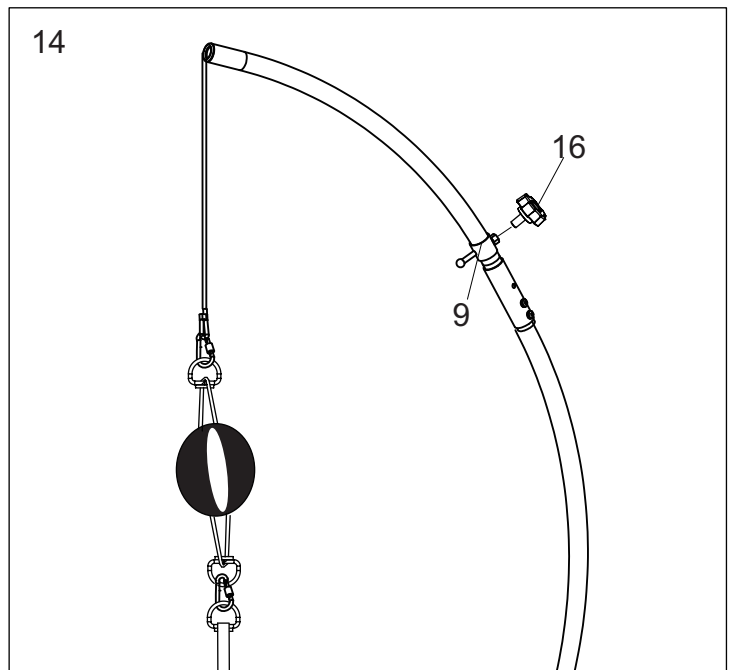
Note: Make sure the zipper is unzipped before installation.



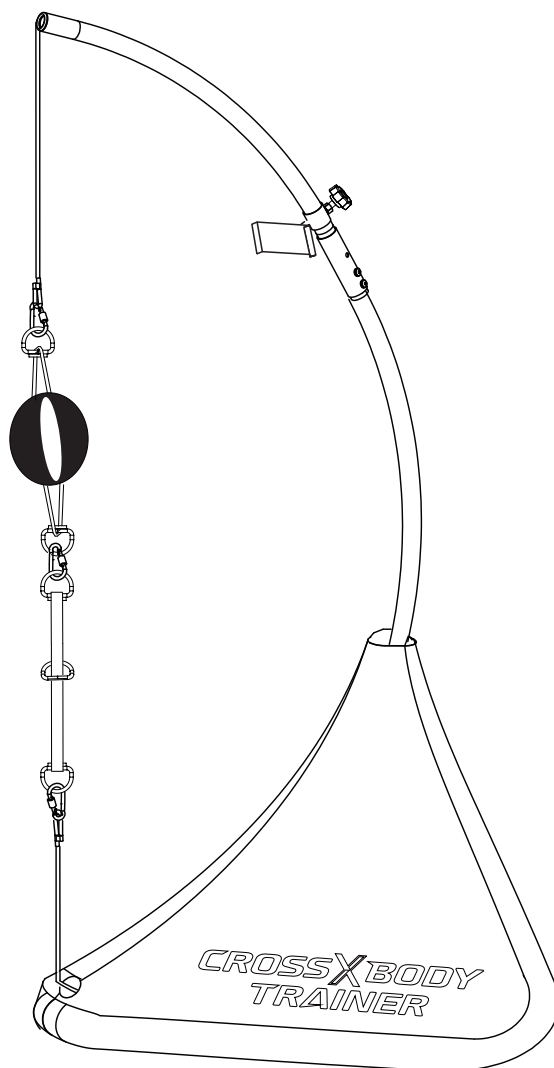
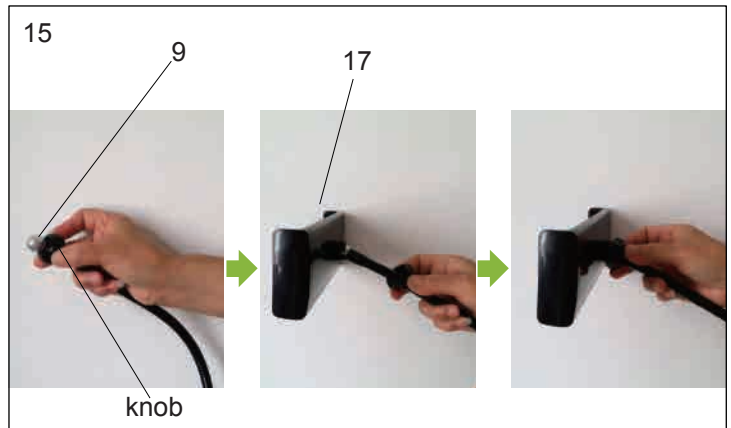
13. Attach the bottom of the Cable (10) to the Double End Bag (11) with adjusting strap (15), make sure the Cable (10) is pulled tight.



14. Attach the Bracket Torque Bolt (16) to the Mobile Device Holder Bracket (9).



15. Remove the knob from the Mobile Device Holder (17), Attach the knob to the Mobile Device Holder Bracket (9), press the ball into the Mobile Device Holder (17), then tighten the knob.



Congratulations! Your Cross Body Trainer is complete. Download the App and begin your path to a healthier body and mind.

Installing the strike Sensor

1. Ensure your mobile device has Bluetooth 4.0 Low Energy or later release

2. Download the Cross Body Trainer App on your Mobile Device

3. Activate bluetooth on your mobile device

4. Unwrap Sensor



5. Insert 2 AAA Batteries (not included) with + connecting to flat terminal.



6. Open flap on top of bag



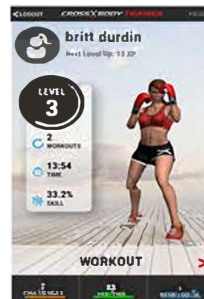
7. Insert sensor in holder



8. Close holder



9. Sync the app



- a.) Open the bluetooth menu in the cross body trainer app.
- b.) Tap the bag to wake up the sensor.
- c.) Click pair and you're ready to start working out!

*Battery life indicator is found on app screen
*usual Battery life = 6 months normal use

Limited Warranty

Who is Covered

This warranty is valid for the original purchaser and is not transferable or applicable to any other person(s).

What is Covered

XFit, Inc. warrants that the Cross Body Trainer Home (CBTH) model is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's Manual. This warranty is good only for authentic, original, legitimate machines manufactured by XFit, Inc. and sold through an authorized agent.

Terms

- | | |
|---|---------|
| • Electronic Parts (Wireless Printed Circuit Board) | 1 year |
| • Wear Parts (Bag, Cable, Tablet Holder, Bladder) | 1 year |
| • Frame | 5 years |

How Nexersys Corporation Will Support the Warranty

Throughout and as set forth under the terms of the Warranty, XFit, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. XFit, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty.

In the event that replacement parts or components do not correct the issue, XFit, Inc. reserves the right to replace the product or apply a limited credit reimbursement toward another XFit, Inc. brand product, at our discretion. Reasonable substitution may be required depending upon Product availability. Any replacement of the Product under the terms of the Warranty in no way extends the original Warranty period. **THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.**

Owner's Responsibility

- Retain appropriate and acceptable Proof of Purchase
- Operate, maintain, and inspect the product as specified in the Product Documentation (Assembly Manual)
- Product must be used exclusively for the purpose intended. Commercial use of this Home model will void the Warranty.
- Notify XFit, Inc. within 30 days after detecting an issue with the product and request a return authorization. If a return authorization is issued, you must return the defective part to XFit, Inc. for inspection.
- Install replacement parts or components in accordance with any Nexersys instructions.

Limited Warranty

- Perform diagnostic procedures with a trained XFit, Inc. representative if requested.

What is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly and Owner's Manuals, etc.), rust or corrosion as a result of the Product's physical location, misuse, mishandling, accident, natural disasters.

How to Obtain Warranty Support

Email support@nexersys.com

Exclusions

The preceding warranties are the sole and exclusive express warranties made by XFit, Inc.. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this Warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in direction to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY XFIT, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL XFIT, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF XFIT, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

State Laws

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

Expirations

If the warranty has expired, XFit, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact Nexersys for information on post-warranty parts and services. XFit, Inc. does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased this machine outside of the United States consult your local distributor or dealer for warranty coverage.