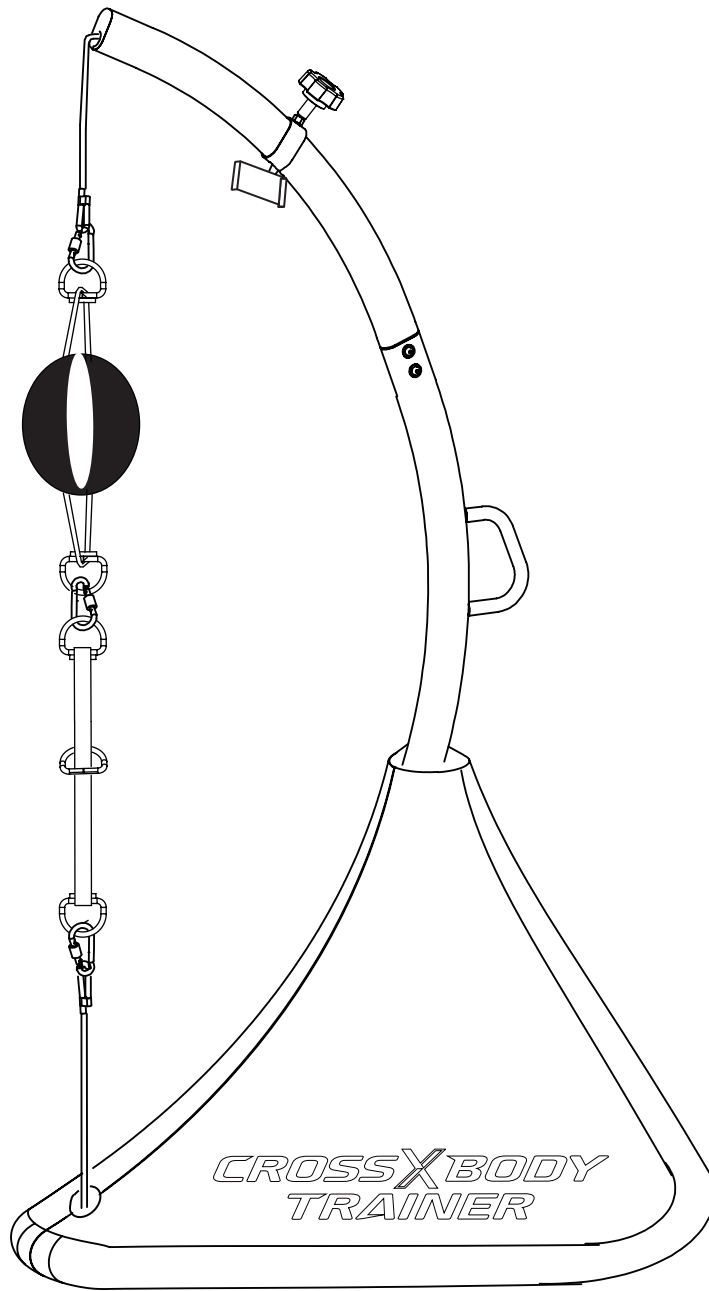


# Cross Body Trainer Assembly Manual



## 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

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Cross Body Trainer is protected by US Patents 8,079,938 & 8,337,366 and other US & China Patents Pending.

## QUESTIONS?

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

**XFit, Inc.**  
7500 Rialto Blvd  
Bldg. 1, Suite 122  
Austin TX, 78735 USA

## SATISFACTION GUARANTEE

See Details at [www.nexersys.com/cbt-satisfaction-guarantee](http://www.nexersys.com/cbt-satisfaction-guarantee)

### 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.

## Before You Begin

Thank you for selecting this Cross Body Trainer. The Cross Body Trainer will provide you many years of enjoyment. This information for the assembly, care, maintenance, and use must be ready by all users before use.

## Before Assembly

Select where you are going to locate your Cross Body Trainer carefully. The best place for the machine is on a sturdy, level surface. For best results, assemble the Cross Body Trainer in the location where you intend to use it. Below are a few basic tips that will make your assembly of this product quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

- To make the assembly process go faster, remember the location of the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
- When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
- When attaching two pieces, gently lift and look through the boltholes to help guide the bolt through the holes.
- As a general rule, and for all bolts and nuts on the machine, turn bolts or nuts toward the right to tighten (clock-wise) and left to loosen (counter clock-wise).

## Tools

In order to construct your machine, you will need:

- Wrench (Included)
- Hex Keys (Included)

## Installation

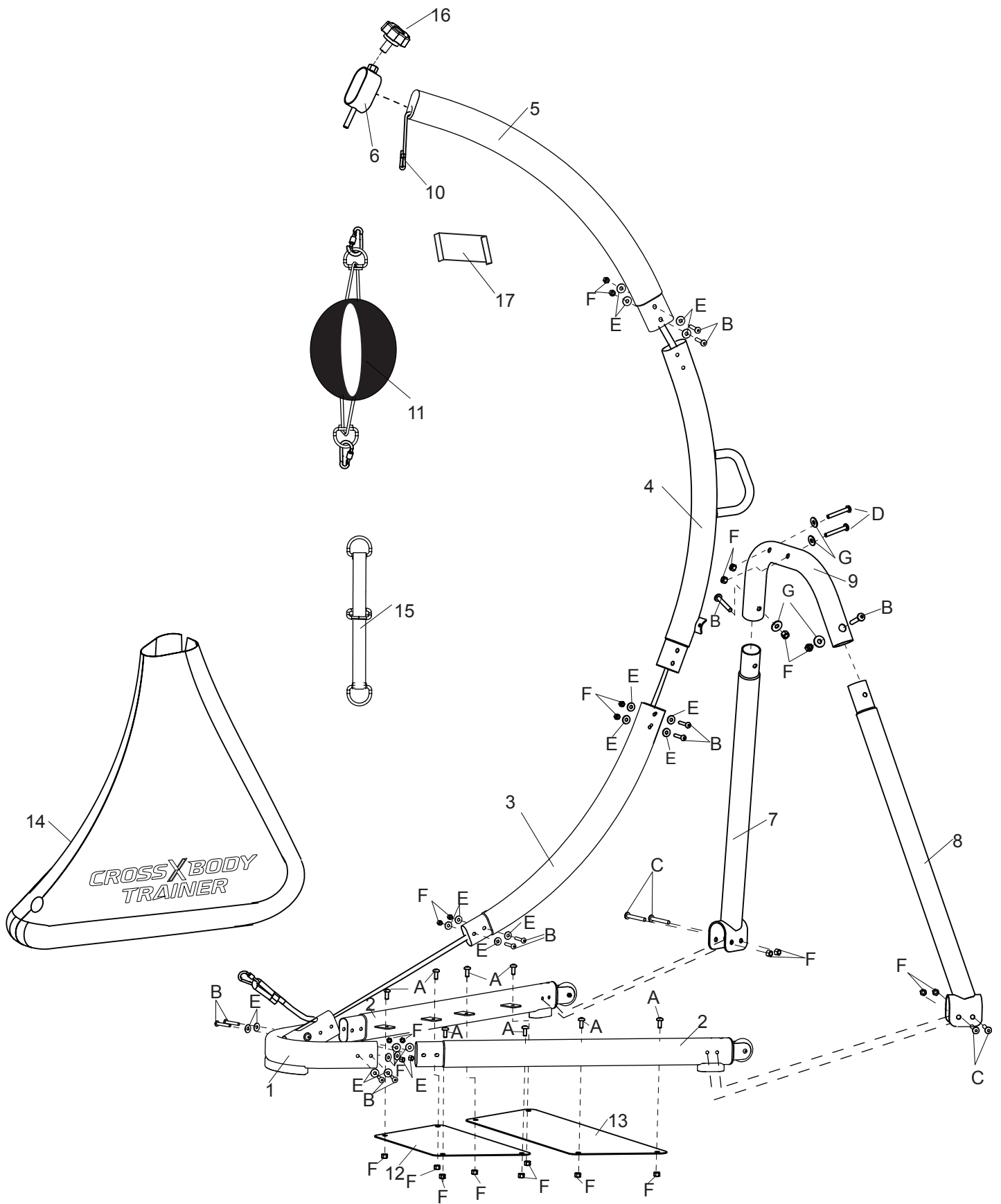
**WARNING!** To reduce the risk of serious injury, read all important precautions and instructions in this manual before assembly and use of this product.

1. Keep bystanders and children away from this product you are assembling at all times.
2. Do not assemble this product outdoors or in a wet or moist location.
3. Set up this product on a solid, level, horizontal surface.
4. Do not try to change the design or functionality of this machine. This could compromise the safety.
5. Before each use check all bolts, framework for wear and proper function. Tighten all fasteners as necessary.
6. Always inspect this product before it is used and replace any worn, defective, or missing parts. (Users may be hurt if Cross Body Trainer is used when it is in poor condition.)

## **IMPORTANT SAFETY INFORMATION**

- Always wear gloves or wraps when using this product to avoid injury to your hands.
- Wear proper exercise clothing and shoes for your workout.
- Do not hit the machine with excessive force. **THIS CAN CAUSE INJURY** to you or to the machine and will invalidate the warranty. You will be warned by a loud buzz if you strike too hard.
- Supervise teenagers and children using this product.
- Do not overexert yourself or work to exhaustion. Stop your workout immediately and consult your physician if you feel any pain, dizziness, shortness of breath, or other abnormal symptoms.
- You should always consult your physician before beginning a new exercise program or nutrition plan.

# Exploded Drawing

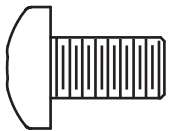


# Parts List

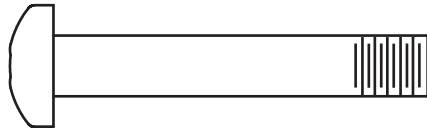
Key No.	Qty.	Description
1	1	Three -way pipe
2	2	Under tube
3	1	Lower tube with arc
4	1	Middle Tube with arc
5	1	Top tube
6	1	Mobile Device Holder Bracket
7	1	Left Supporting-tube
8	1	Right Supporting-tube
9	1	Rear U-tube
10	1	Cable
11	1	Double End Bag
12	1	Front base plate
13	1	Rear base plate
14	1	Skirt
15	1	Adjusting strap
16	1	Torx sex bolt
17	1	Mobile Device Holder

## Part Identification Chart

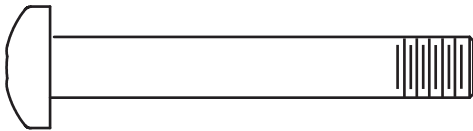
Use the drawings below to identify small parts used for assembly. The number following the key number is the quantity used for assembly. Note: If a part is not in the hardware kit, check to see if it is pre-attached. If it is not, call 512-782-2940 or email [support@nexersys.com](mailto:support@nexersys.com).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



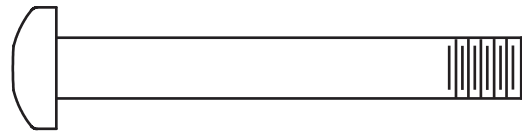
M8x15 Bolt (A)-8



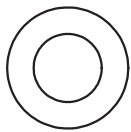
M8x50 Bolt (B)-12



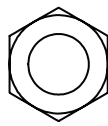
M8x55 Bolt (C)-4



M8x60 Bolt (D)-2



M8 washer (E)-20



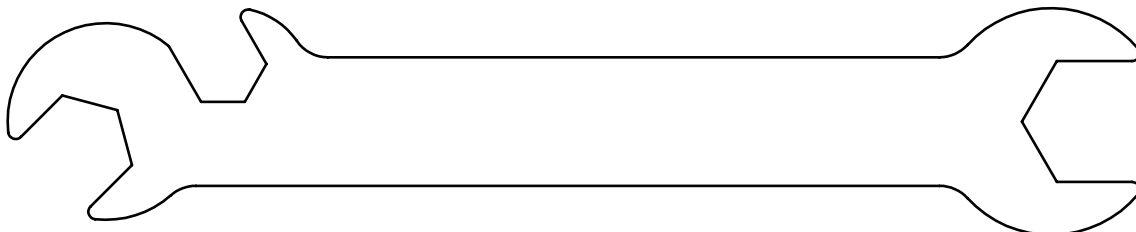
M8 Locknut (F)-26



M8 Washer with arc (G)-4



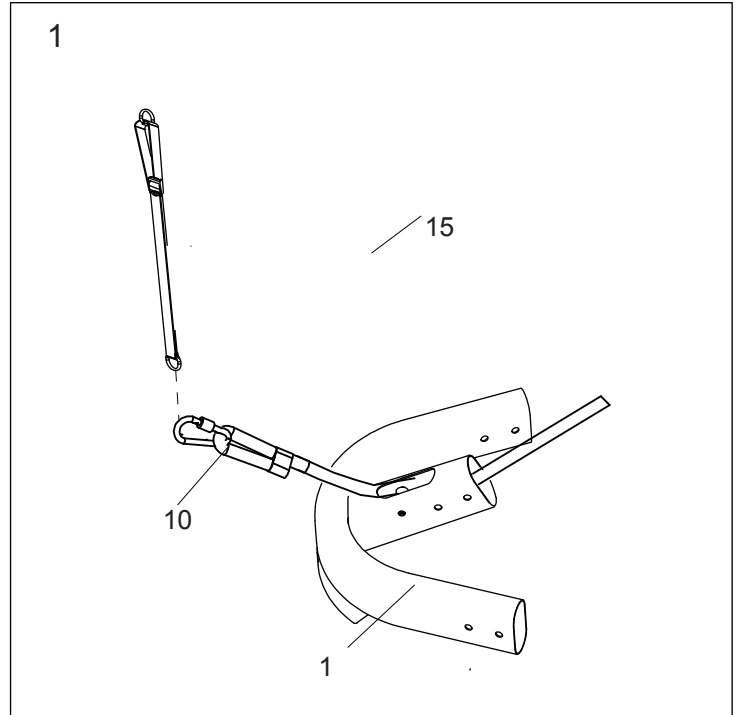
5mm Hex Key ( H)-1



Wrench (J) -1

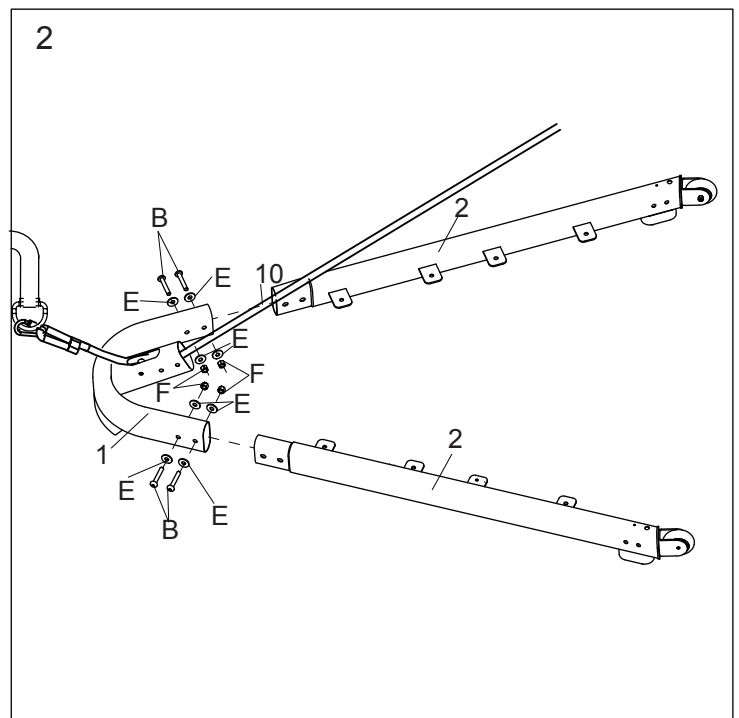
# Cross Body Trainer Assembly

1. Attach the adjusting strap (15) to the Cable (10) of the Three-way pipe (1).



2. Attach two Under tubes (2) to the Three-way pipe (1) with four M8X50 Bolts (B), eight M8 Washers (E) and four M8 Locknuts (F).

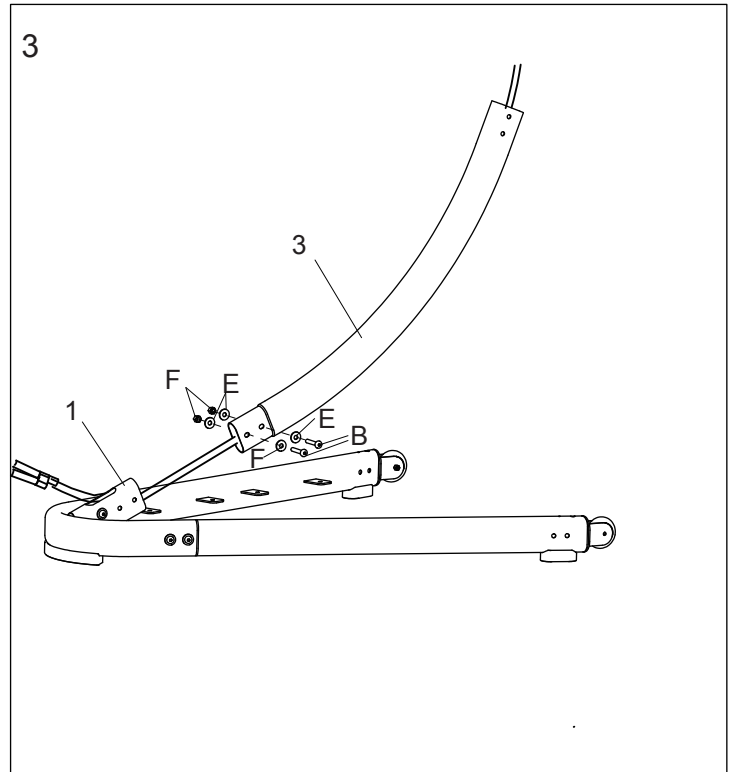
**Do not tighten the Bolts.**





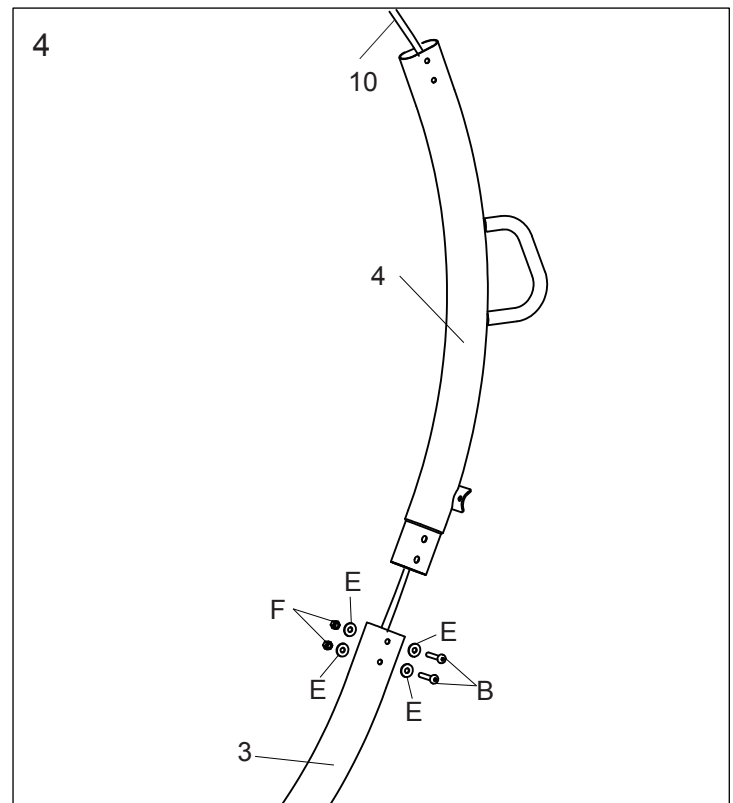
3. First, make the Cable (10) through the Lower Tube with Arc (3). Attach the Lower tube with arc (3) to the Three-way pipe (1) with two M8X50 Bolts (B), four M8 washers (E) and two M8 Locknuts (F).

**Do not tighten the Bolts.**



4. First, make the Cable (10) through the Middle Tube with Arc (4). Attach the Lower tube with arc (3) to the Middle Tube with arc (4) with two M8X50 Bolts (B), four M8 washers (E) and two M8 Locknuts (F).

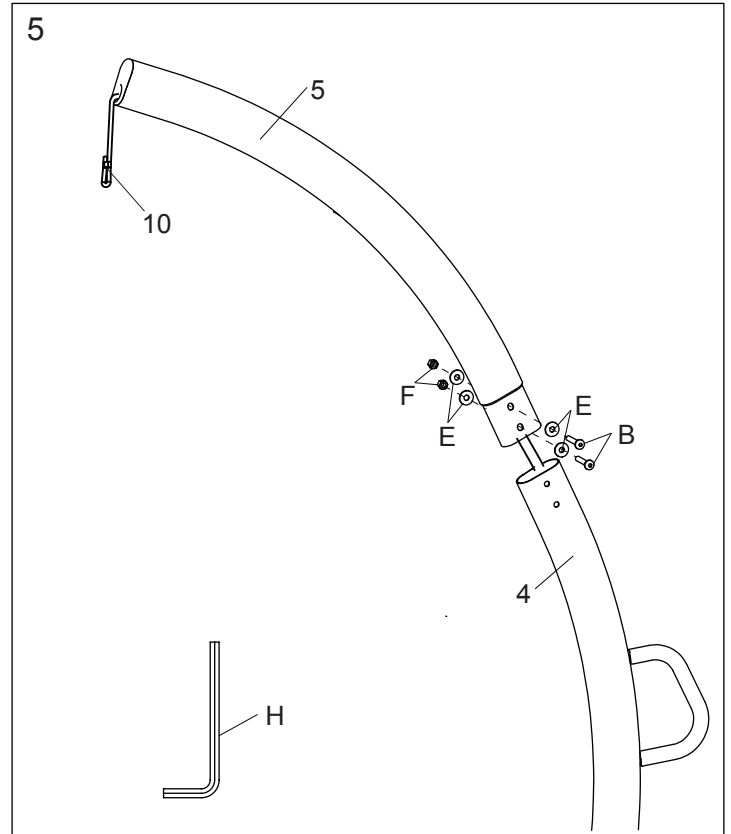
**Do not tighten the Bolts.**



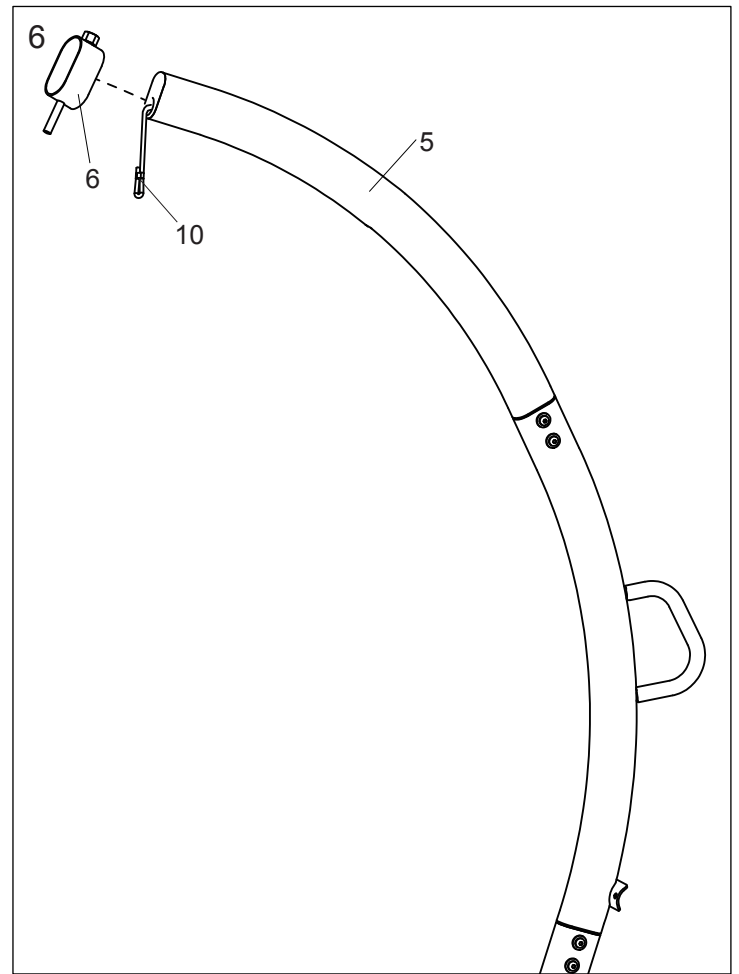
5. First, make the Cable (10) through the Top tube (5). Attach the Top tube (5) to the the Middle Tube with arc (4) with two M8X50 Bolts (B), four M8 washers (E) and two M8 Locknuts (F).

**Do not tighten the Bolts.**

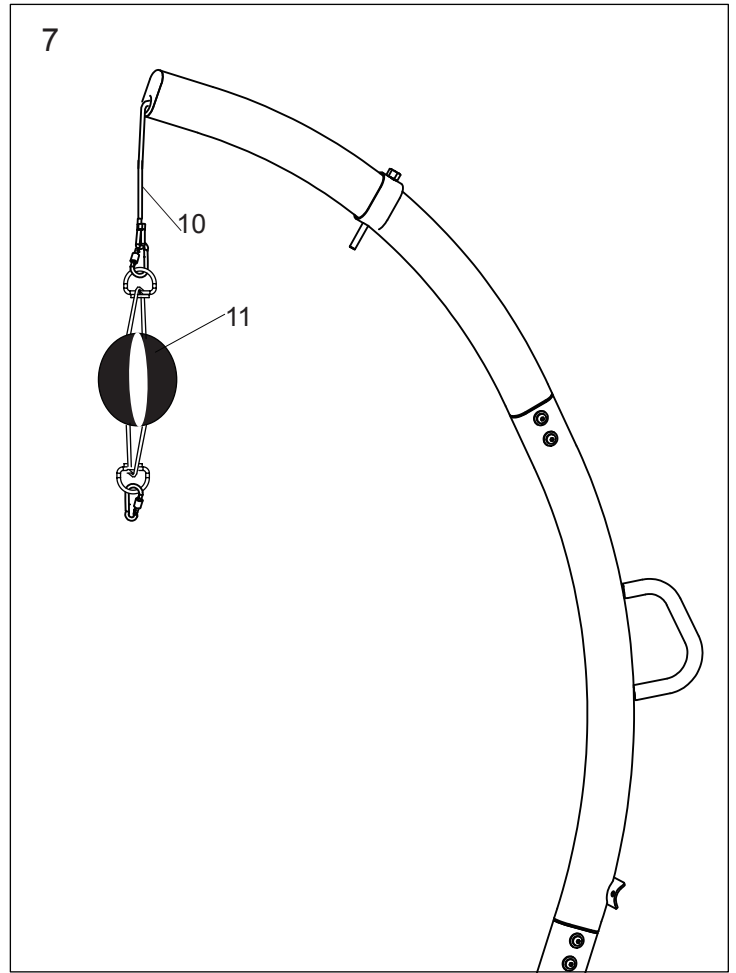
Note: Make the Cable (10) through the Top tube (5) and is out of the Top tube (5). If the Cable (10) is not out of the Top tube (5), please use this Hex Key (H) to get it out.



6. Attach the Mobile Device Holder Bracket (6) to the Top tube (5) as shown.

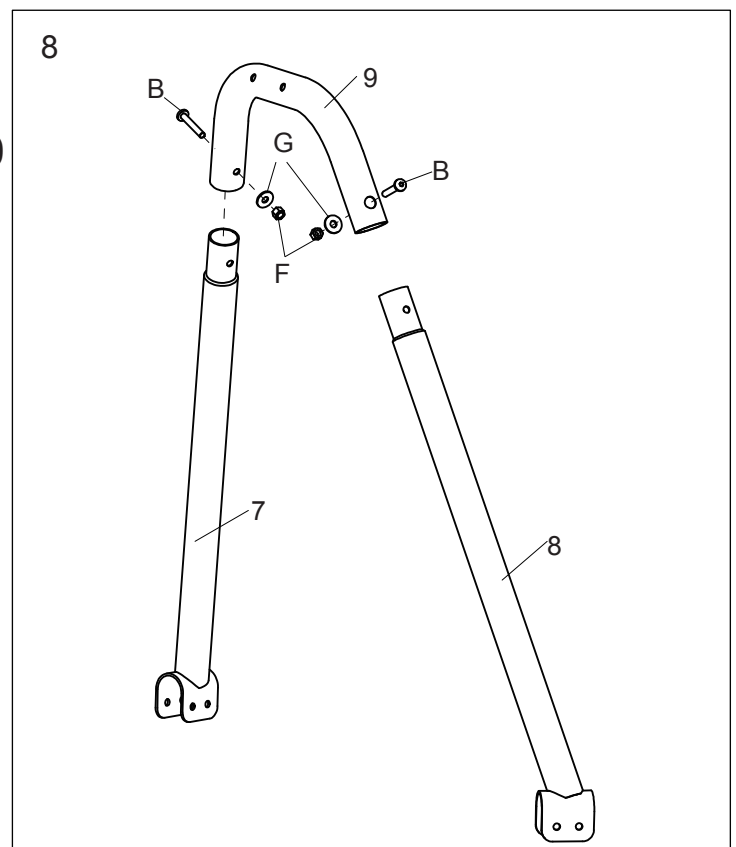


7. Attach the Double End Bag (11) to the Cable (10) as shown.



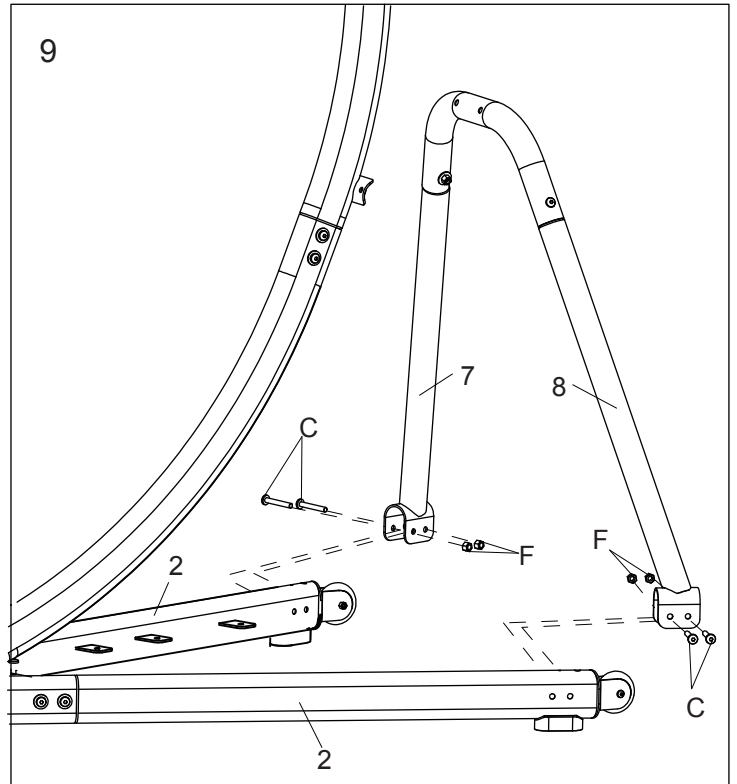
8. Attach the Rear U-tube (9) to the Left Supporting-tube (7) and Right Supporting-tube (8) with two M8X50 Bolts (B), two M8 washers with arc (G) and two M8 Locknuts (F).

**Do not tighten the Bolts.**



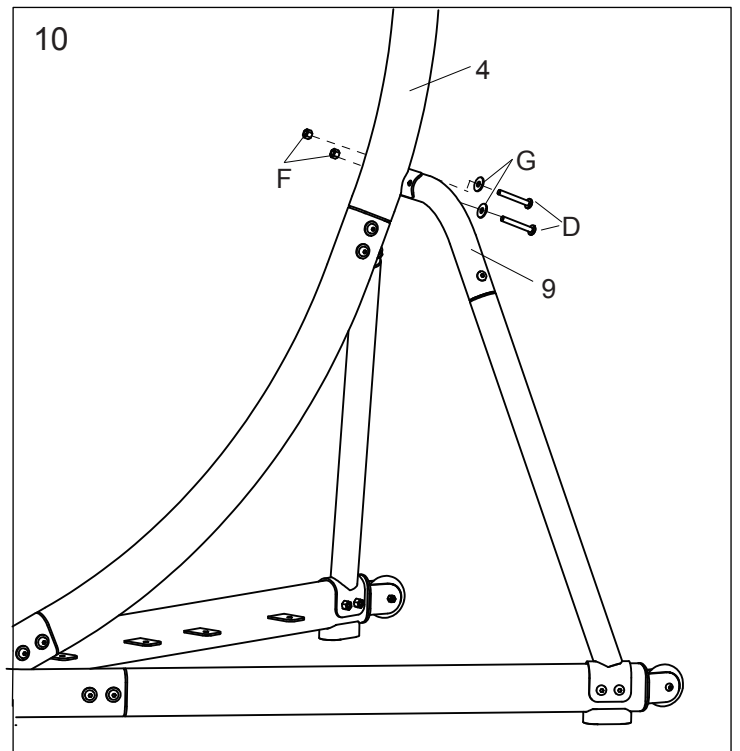
9. Attach the Left Supporting-tube (7) and Right Supporting-tube (8) to the Under tubes (2) with four M8X55 Bolts (C), four M8 Locknuts (F).

**Do not tighten the Bolts.**



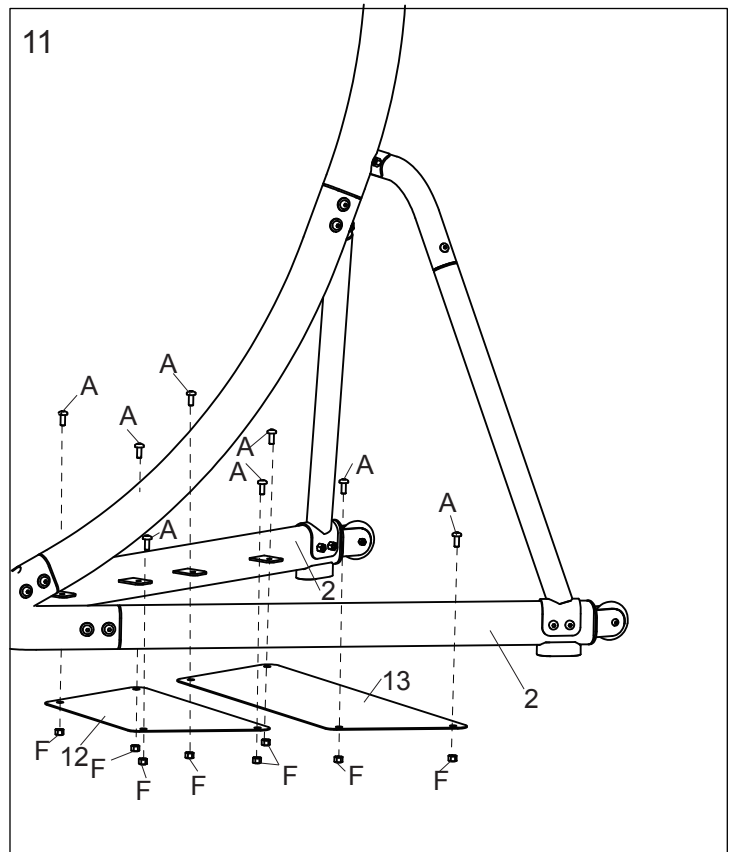
10. Attach the Rear U-tube (9) to the Middle Tube with arc (4) with two M8X60 Bolts (D), two M8 washers with arc (G) and two M8 Locknuts (F).

**Do not tighten the Bolts.**

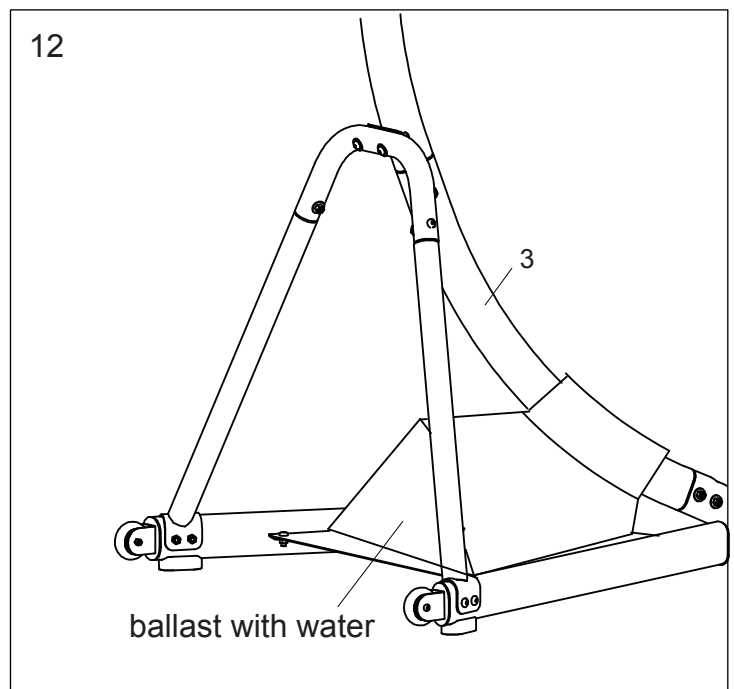


11. Attach the Front base plate (12) to the Under tube (2) with four M8X15 Bolts (A) , four M8 Locknuts (F). Attach the Rear base plate (13) to the Under tube (2) in the same way.

**Tighten all the bolts.**

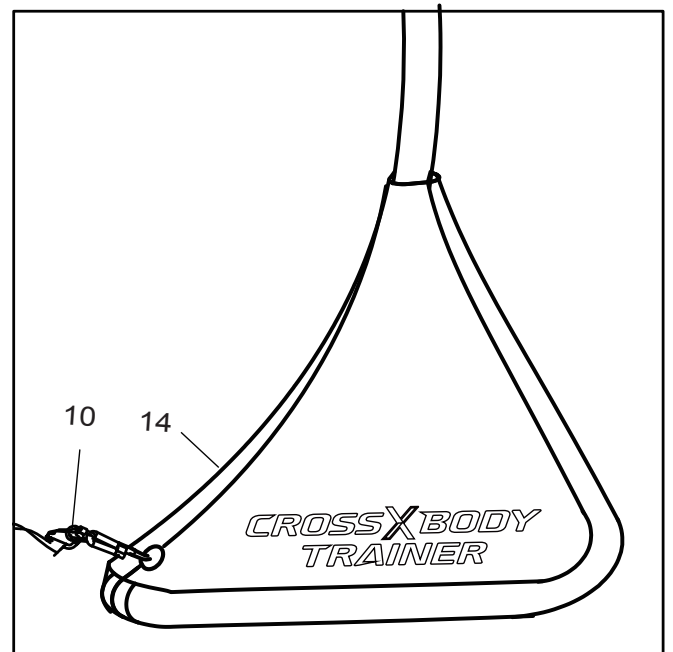
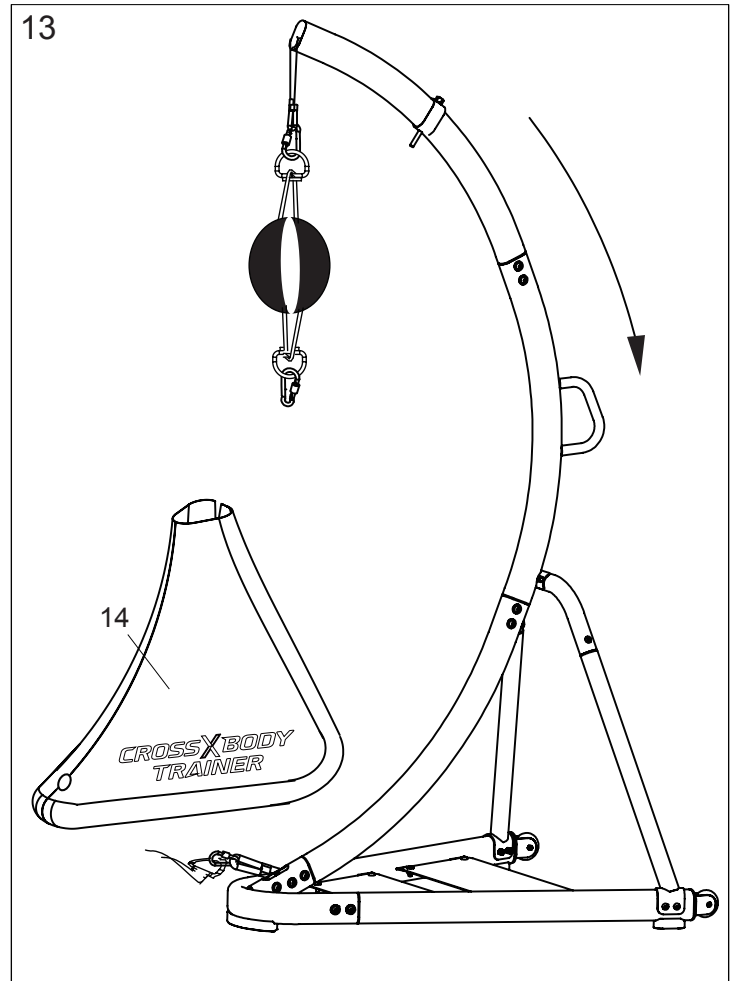


12. Place the ballast with water on the Base Plates. Make sure the ballast with water is fixed on the Lower tube with arc (3) by the Velcro.

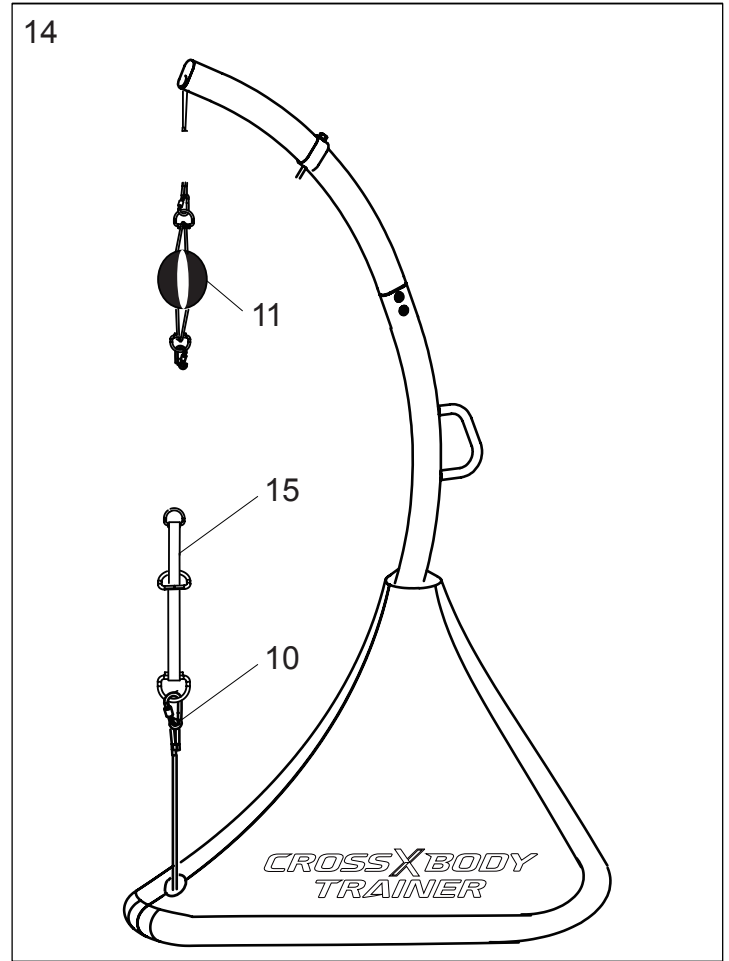


13. Attach the Skirt (14) starting from the top along the direction of the arrow. Then make the Cable (10) pop out from the hole of the Skirt (14), then fasten it with the zipper.

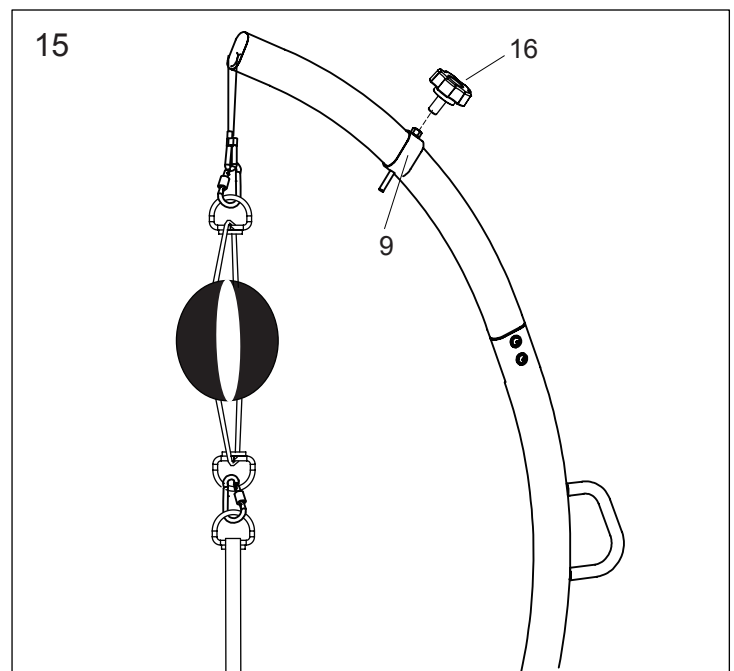
Note: Make sure the zipper is unzipped before installation.



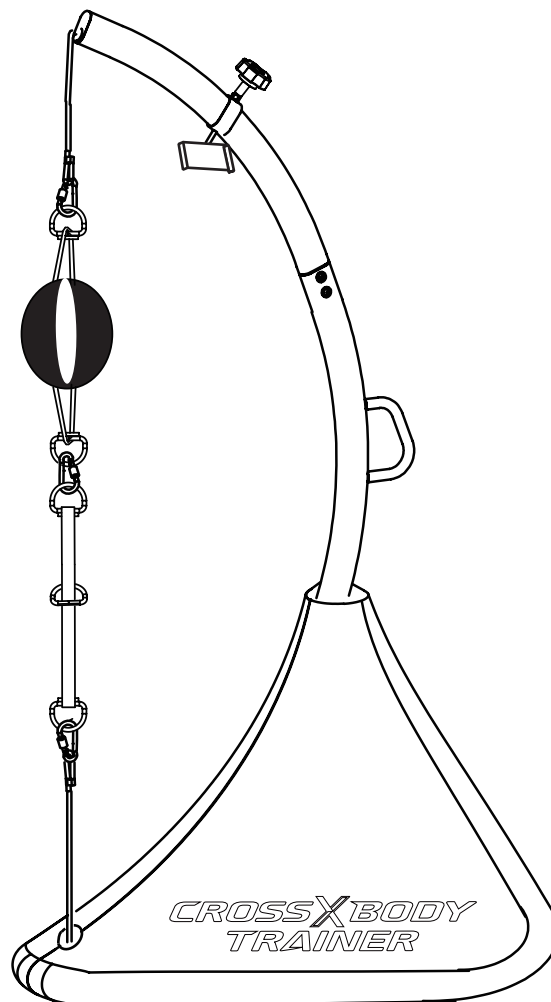
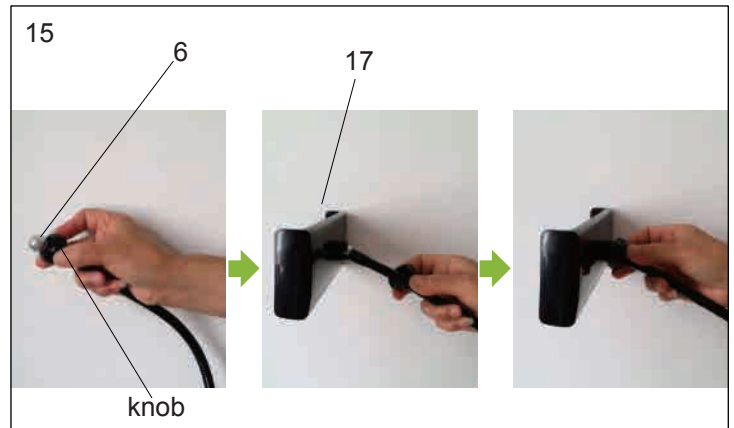
14. Attach the bottom of the Cable (10) to the Double End Bag (11) with adjusting strap (15), make sure the Cable (10) is pulled tight.



15. Attach the Torx sex bolt (16) to the Tablet Holder Bracket (6).



16. Remove the knob from the Mobile Device Holder (17). Attach the knob to the Mobile Device Holder Bracket (6), press the ball into the Mobile Device Holder (17), then tighten the knob.





# Installing or Replacing the Strike Sensor

\*Ensure your Mobile Device has Bluetooth 4.0 Low Energy or later release

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

2. Activate Bluetooth on your Mobile Device

3. Open flap on top of bag



4. Insert sensor in holder



5. Close holder



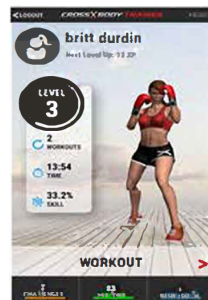
6. Sync the App



7. Tap the bag to wake up the sensor



8. Sync the App



- Open the Bluetooth menu in the Cross Body Trainer App.
- Tap the bag to wake up the sensor.
- 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

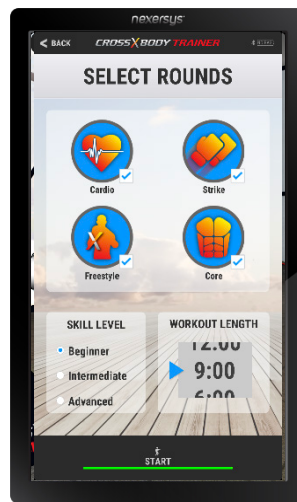
Congratulations! Your Cross Body Trainer is complete. Download the App and begin your path to a healthier body and mind.

# Cross Body Trainer App

Take your fitness to the next level with the Cross Body Trainer App. Download for FREE on the Apple Store or Google Play. Then Create or Manage your Personal Profile, Manage Platform Controls to customize your training sessions, view your work out history, track your progress, and share your workouts with family and friends on your favorite social platform.



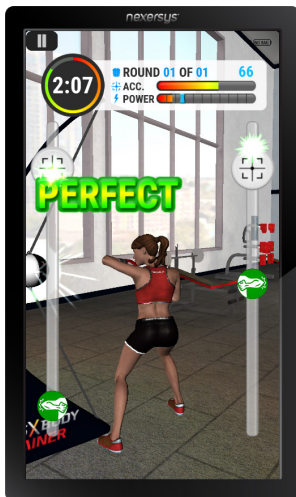
Personal Profile



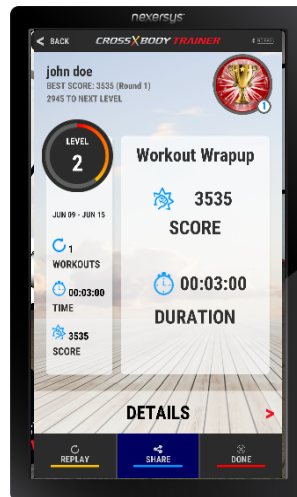
Customize Your Workout



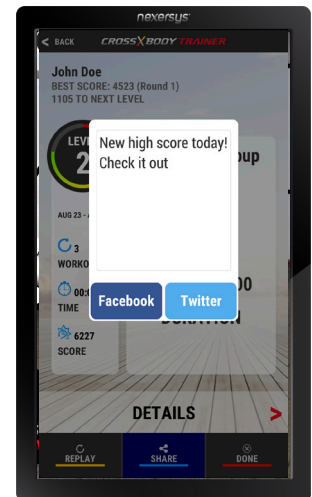
Freestyle Round



Interactive Avatar



Workout Overview



Share on Social

# 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 Pro (CBTP) 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 XFit, Inc. 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.
- 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.

# Limited Warranty

## 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 Support.

Contact [support@nexersys.com](mailto:support@nexersys.com) for Warranty Support