



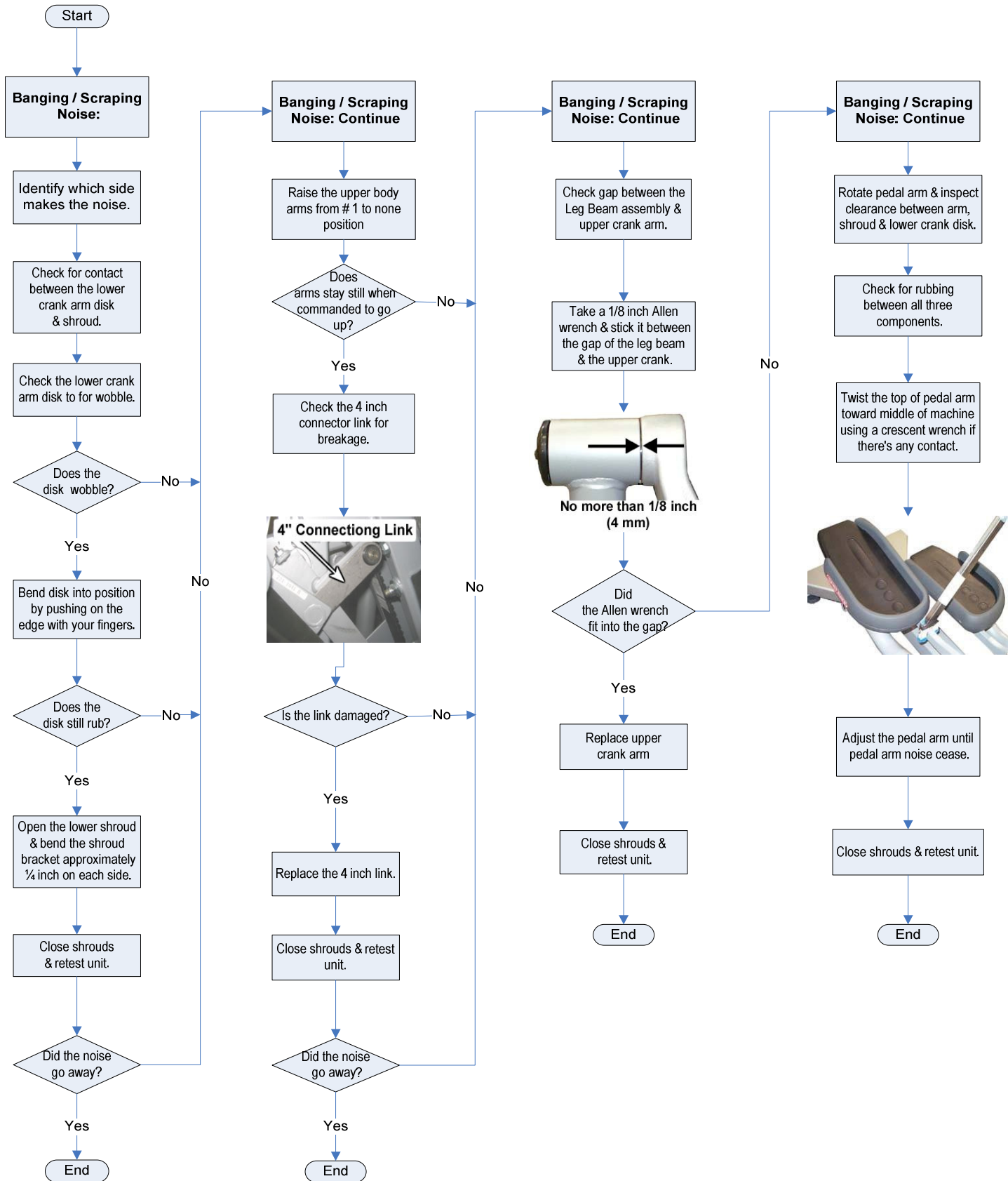
# Trouble Shooting Guide

## Cross Trainer – Noises

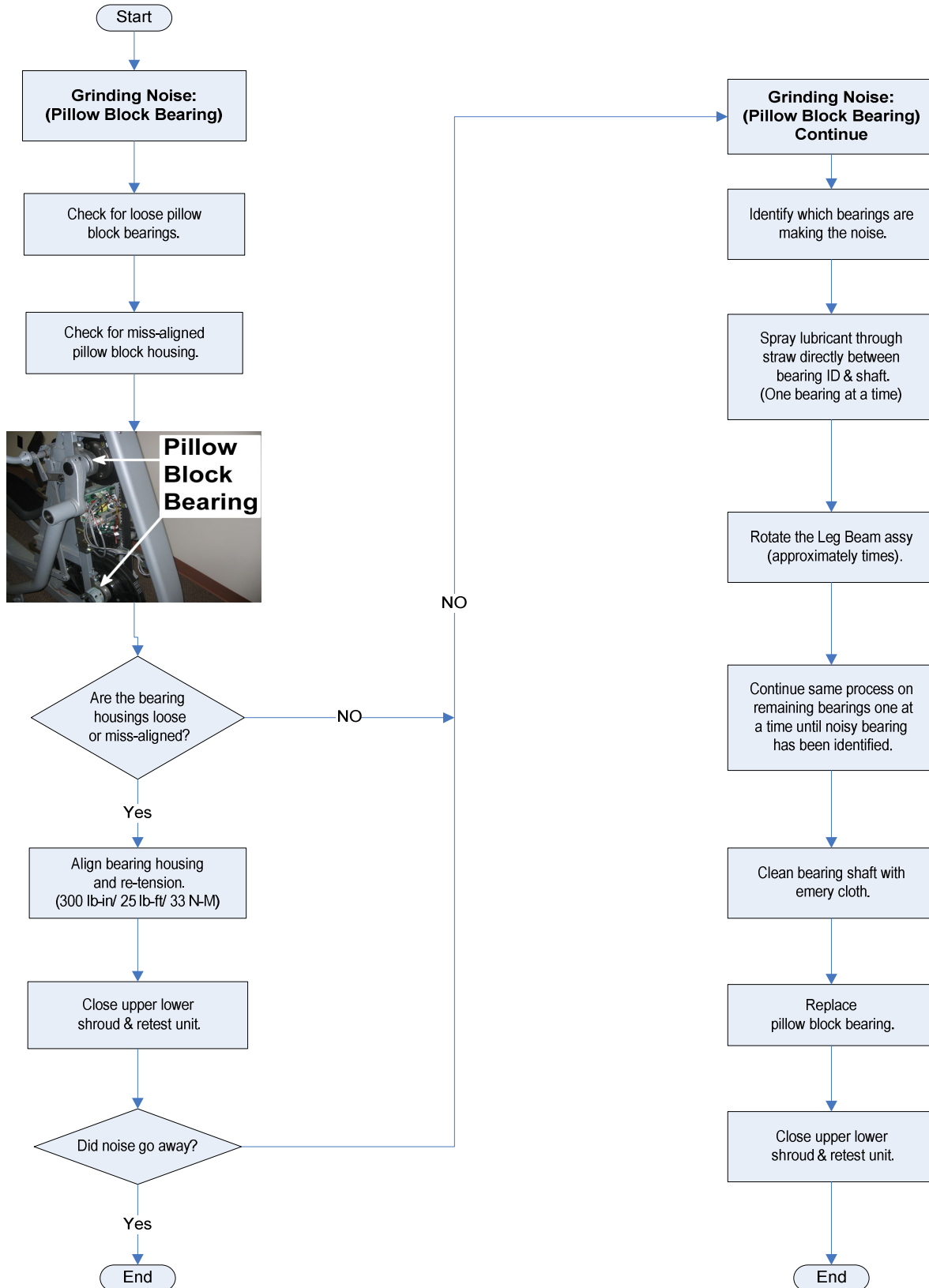
There are several different moveable parts on the Cross Trainer that could produce different type of noises. In the event a Cross Trainer makes a noise this document will assist you in detecting the problem area and fixing it.

Noise Category	Page #
Banging &/or Scraping Metallic Noise	Page 2
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Scraping &/or Popping &/or Rubbing Noise	Page 6
Pinging Noise	Page 7

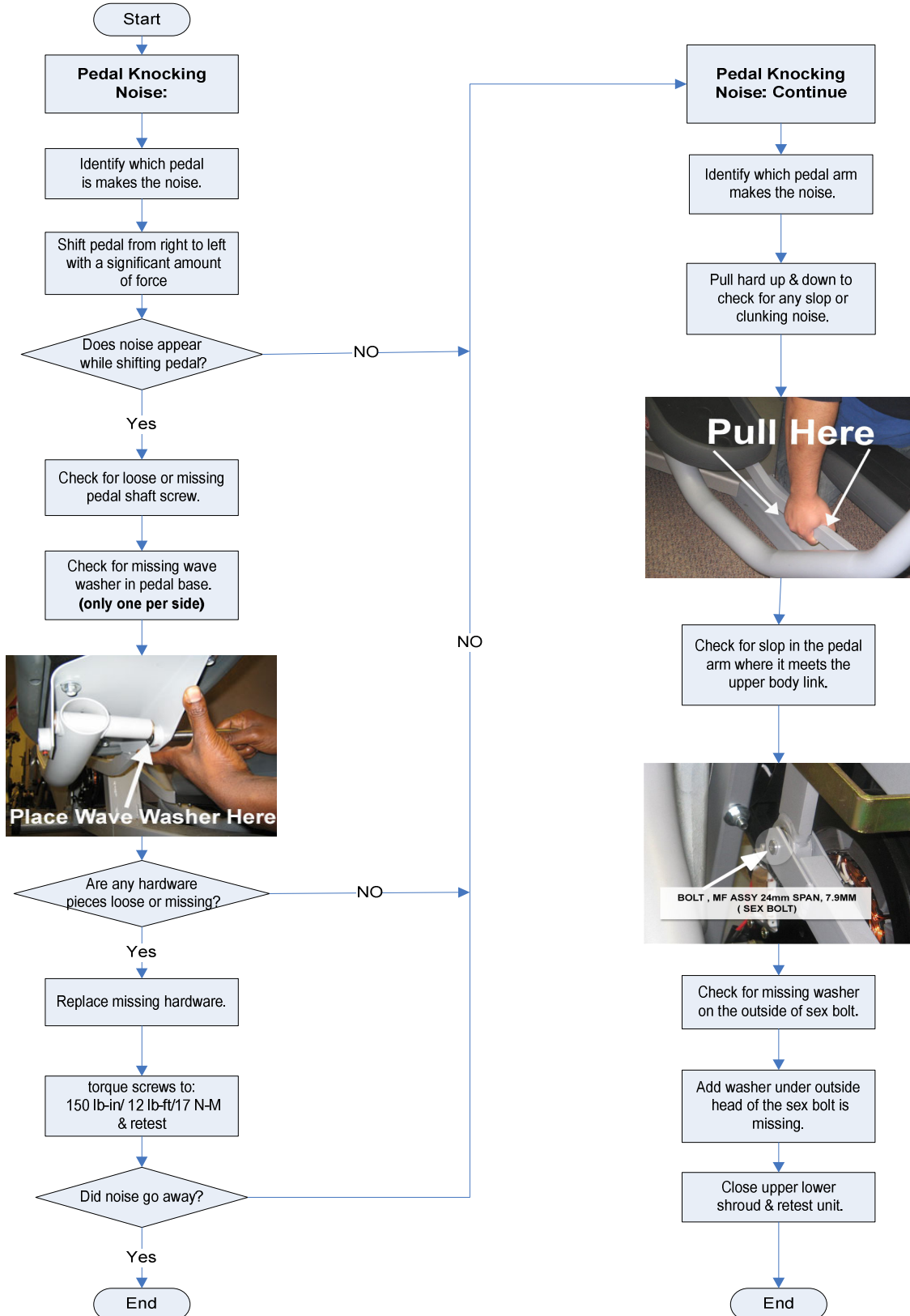
## Banging &/or Scraping Metallic Noise



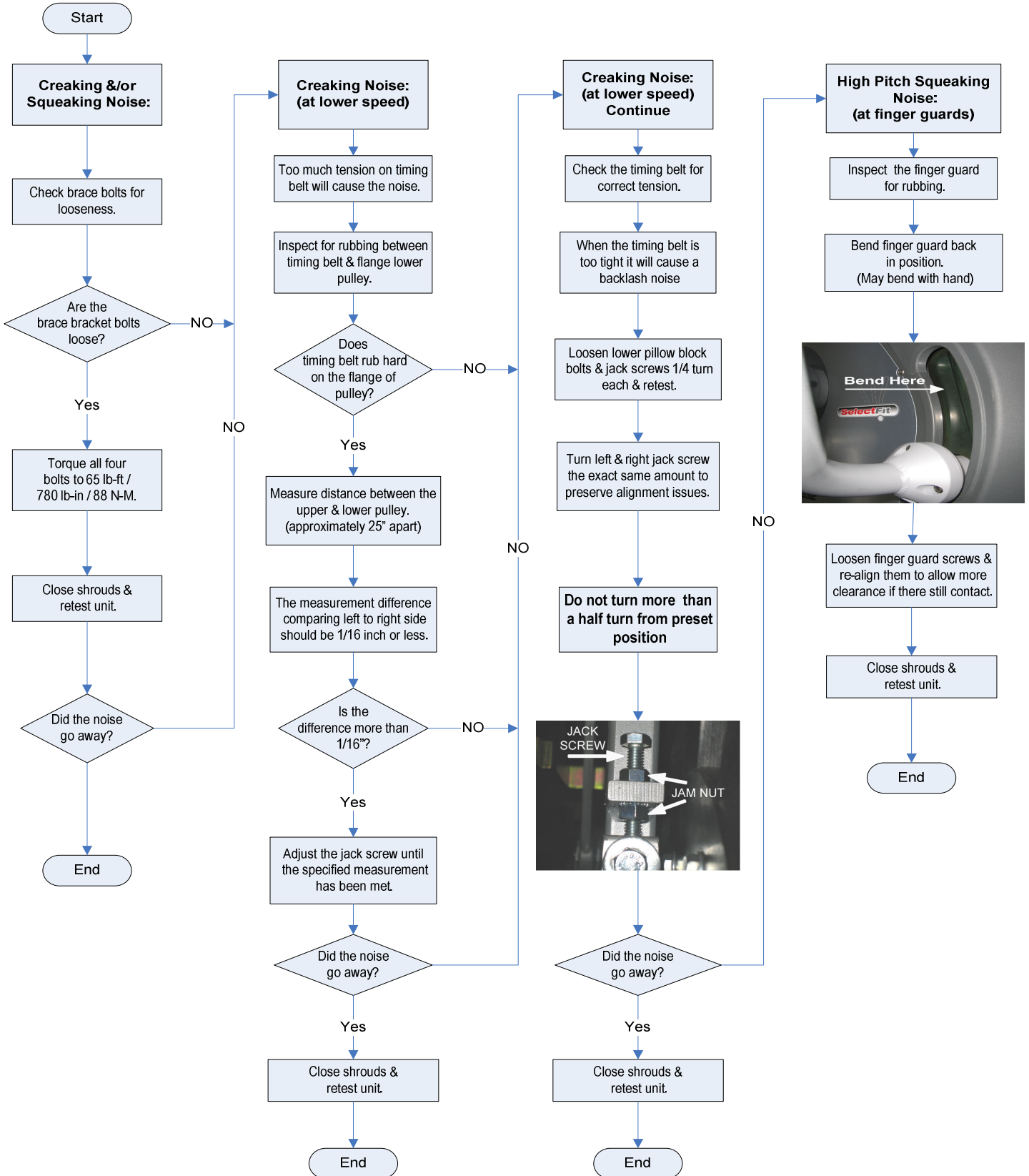
## Grinding Noise



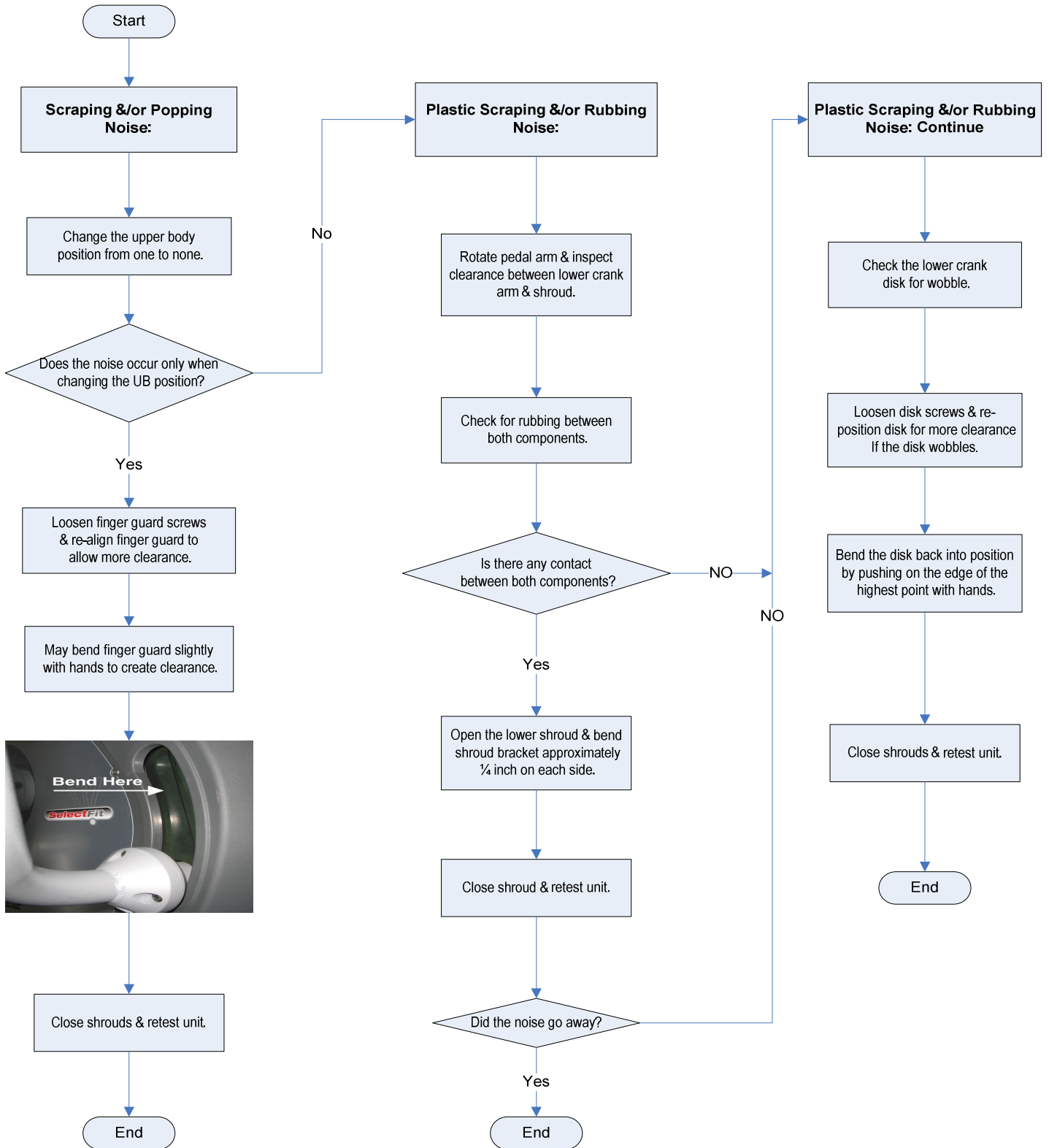
## Pedal Knocking Noises



## Creaking &/or Squeaking &/or High Pitch Squeaking Noises



## Scraping &/or Popping &/or Rubbing &/or Plastic Scraping



## Pinging Noises

