



# T6 Cross Trainer QUICK START GUIDE

## 1 Attach power source

The T6 requires power to operate. Use AC adapter provided with unit.

- Plug adapter into front or rear jack.
- Plug power cord into electrical outlet.



front jack



rear jack

## 2 Operate 360° swivel seat

To support easy transfers on and off T6:

- Lift rear release lever to unlock.
- Rotate seat in either direction.
- Release lever to lock seat in place.



## 3 Unlock machine\*

- Press down on StrideLock™ device. It is DOWN when unlocked.
- Handles and pedals move when unlocked.

\* To lock: press and release device. It is UP when locked.



## 4 Adjust seat distance

- Lift front release lever to unlock.
- Slide seat forward or backward to adjust distance.
- Release lever to lock seat in position.

*NOTE: Knee should have a slight bend when leg is extended forward.*



## 5 Adjust seat recline

- Lift black lever on left side of seat.
- Push on seat back to recline.
- Release lever to lock seat in position.



## 6 Adjust handle length

- Pull lever up to unlock.
- Slide lever in or out to adjust length.
- Push lever down to lock handle in place.

*NOTE: Elbow should have a slight bend when arm is extended forward.*



 For more details on adjusting the T6, please refer to the user manual.

## Using the T6

### 1 Tap the screen or start stepping.

The T6 “wakes up” and displays two screens, *Home* and *Metric*:

**Home screen** – displays icons for workout apps and the app screens once they’re launched.

**Metric screen** – displays settings and performance metrics including load level (1-15), total steps, calories burned, SPM (steps per minute) and more.

### T6 Display Console



### 2 Choose a workout app.

Tap an app icon, for example, **Quick Start** to launch the program.

*NOTE: Quick Start is a “get on and go” app, i.e., no need set goals or change load level.*



### 3 Starting stepping!

Watch your progress as your avatar (green figure) does laps around the track.



### Quick Tip

To quit an app and return to the Home screen: Tap the home icon  on the display console.

## Explore Another App

### Trail Runner

### 1 Tap app icon to open video menu.



### 2 Tap video icon to open.



### 3 Start stepping!



### To return to the Trail Runner menu:

- Tap the screen. A blue title bar appears.
- Tap the back arrow.



For instructions on using other workout apps, please refer to the T6 User Manual.