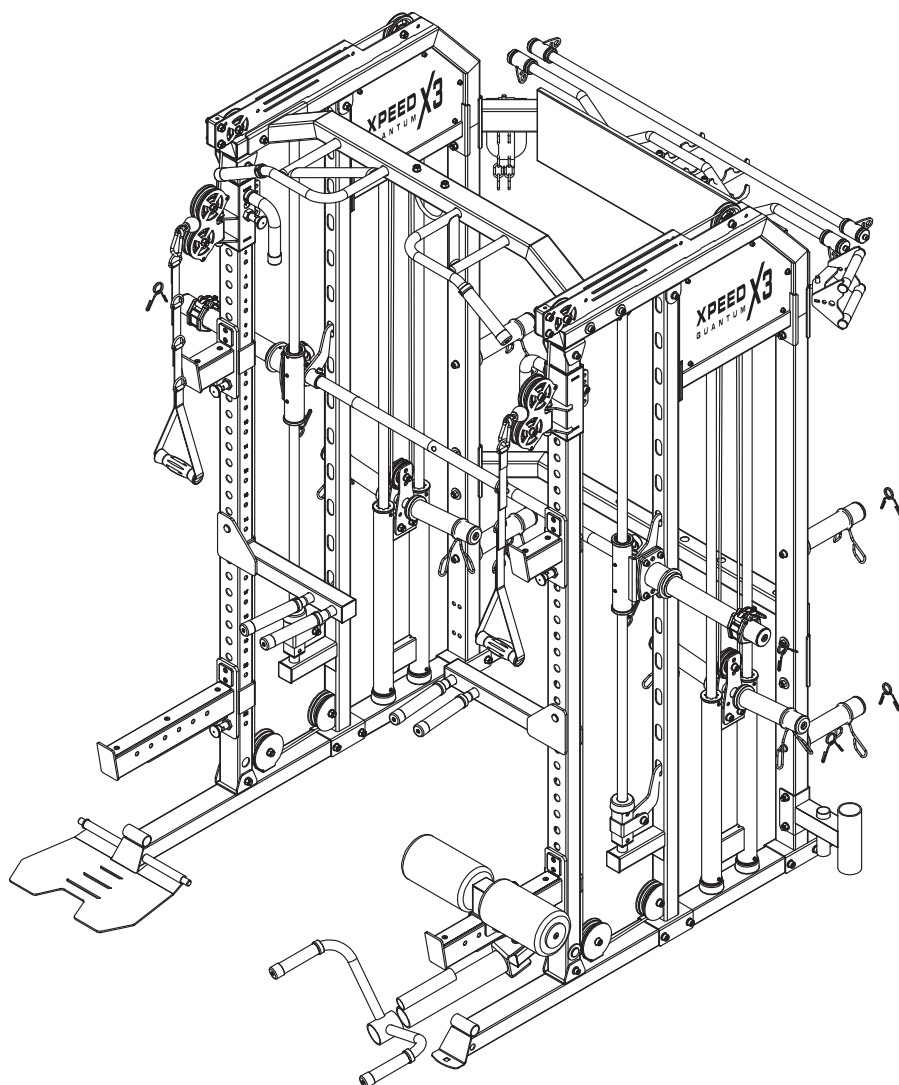


XPEED X3 **QUANTUM**

ALL-IN-ONE TRAINER **ASSEMBLY MANUAL**



CAUTION

Read all precautions and instructions in this manual
before using the equipment



WELCOME TO THE XPEED FAMILY!

Congratulations on your purchase of the Xpeed Quantum X3 All-In-One Trainer.

You've made an excellent choice to advance your fitness journey and build a better body. Before you begin assembling your new equipment, please read through this manual carefully. Your safety is our top priority and adhering to these guidelines will ensure a smooth and secure assembly process.

IMPORTANT

SAFETY & PRECAUTIONS

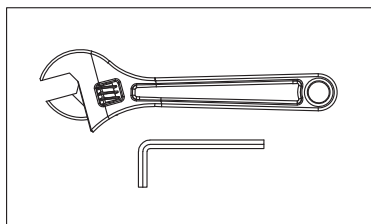
The Xpeed Quantum X3 All-In-One Trainer is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment such as this. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout immediately and consult your GP.
4. Position the machine on a clear, level surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended purpose as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Always perform stretching exercises to properly warm up before using the machine.
11. Never operate the machine if it is not functioning properly.

IMPORTANT ASSEMBLY INFORMATION

- Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- Ensure Carriage Bolts are inserted through the SQUARE holes on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- Use Allen Bolts or Hex Bolts inserted through the ROUND hole on components that need to be assembled.
- Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed.

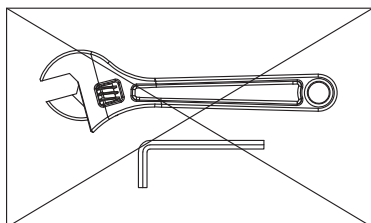
FASTENING NUTS & BOLTS



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function.

Make sure all pivoting components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

WARRANTY INFORMATION

This Xpeed Quantum Functional Trainer comes with a 5 year structural Warranty, along with 2 year cover on all cables and pulleys and moving parts and a 1 year warranty on upholstery. This warranty applies to the original owners of the Quantum Functional Trainer and does not cover second-hand equipment or re-sold equipment. Xpeed Warrants that Cables and pulleys will be free from defects in the material or workmanship for 2 years. During this period if faults occur, Xpeed will repair or replace these faults at no charge to the owner. Repairs or replacements will need to be approved by Xpeed and performed by an accredited technician unless otherwise stated by Xpeed.

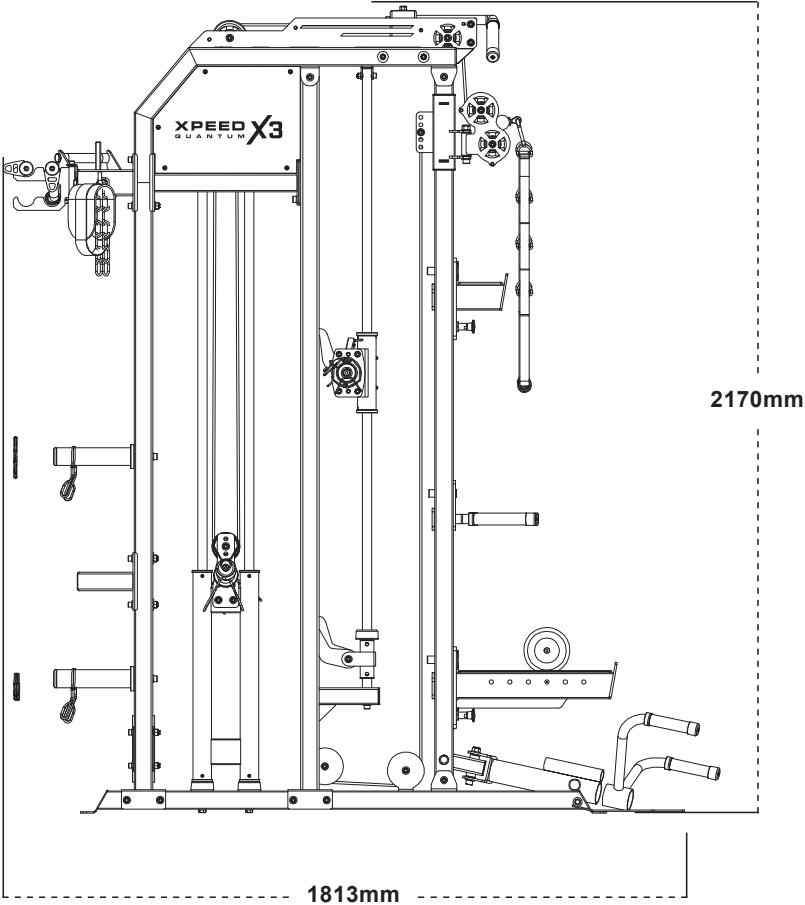
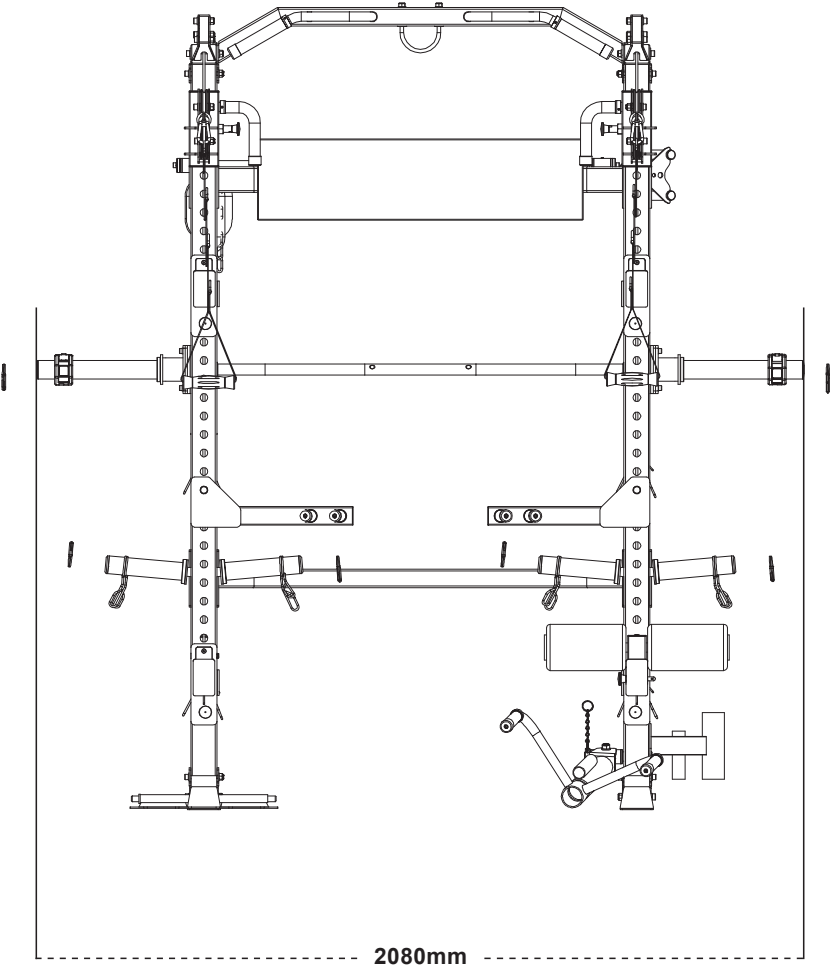
Xpeed recommends having this unit assembled by an accredited technician otherwise warranty will be void if faults occur due to misassembly. Any faults that occur due to alterations, misapplications or any damages that occur in freight or transport of this unit are not covered under the Xpeed Warranty.

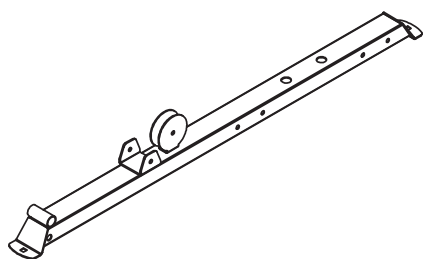
This warranty does not cover the use or failure of equipment in commercial facilities or for commercial applications, in this instance, repairs costs will be at the expense of the user.

Xpeed reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Xpeed product.

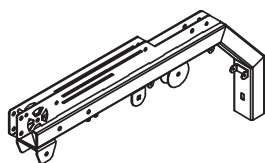
To learn more about the warranty process, please visit **xpeed.com.au**.

ASSEMBLED DIMENSIONS

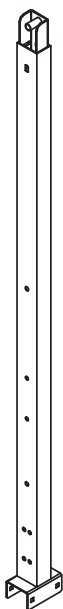




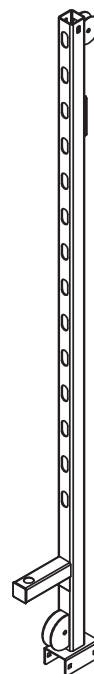
① × 2



④ × 2



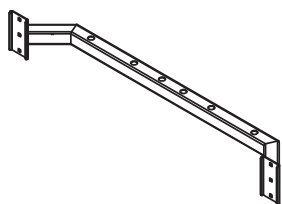
② × 2



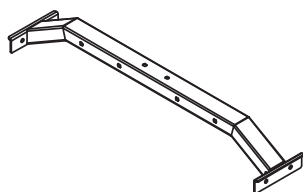
③ × 2



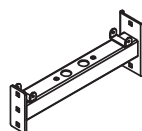
⑥ × 2



⑤ × 1



⑦ × 1



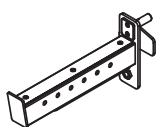
⑧ × 2



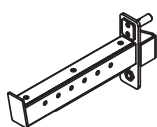
⑨ × 1



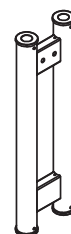
⑩ × 1



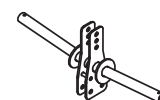
⑪ × 1



⑫ × 1



⑬ × 2



⑭ × 2



⑮ × 2



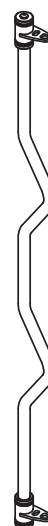
⑯ × 1



⑰ × 4



⑱ × 2



⑲ × 1



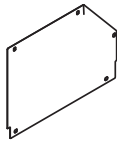
⑳ × 1



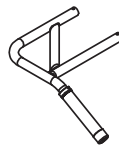
(21) × 1



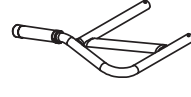
(22) × 1



(23) × 4



(24) × 1



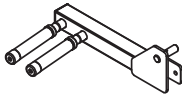
(25) × 1



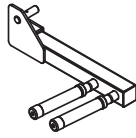
(26) × 1



(27) × 1



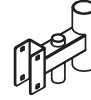
(28) × 1



(29) × 1



(30) × 2



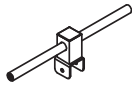
(31) × 1



(32) × 2



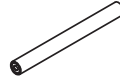
(33) × 2



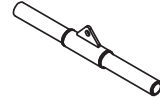
(35) × 1



(36) × 2



(37) × 4



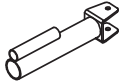
(38) (46) × 1



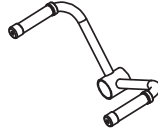
(39) × 1



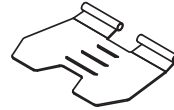
(40) × 1



(41) × 1



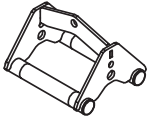
(42) × 1



(43) × 1



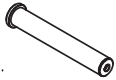
(44) × 1



(45) × 1



(47) × 8



(48) × 2



(49) × 6



(51) × 1



(52) × 2



(53) × 12



(54) × 6



(55) × 8



(56) × 10



(57) × 2



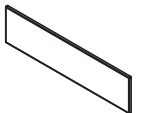
(58) × 2



(60) × 1



(64) × 6



(65) × 1



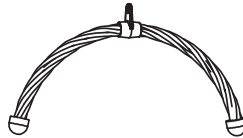
(69) × 2



(81) × 2



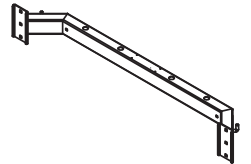
(82) × 1



(83) × 1



(84) × 2



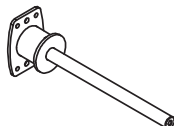
(89) × 1



(90) × 1



(91) × 1



(92) × 2



(96) × 1



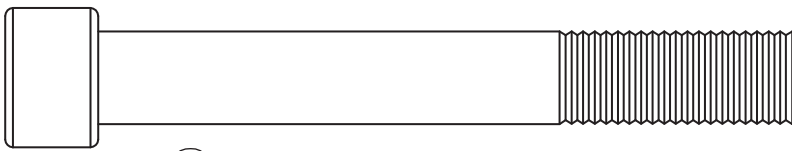
(97) × 1



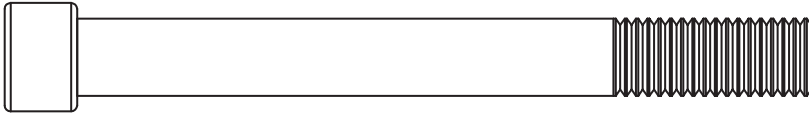
(98) × 2



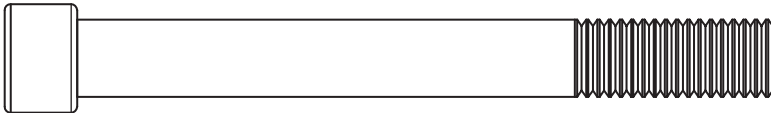
(99) × 1



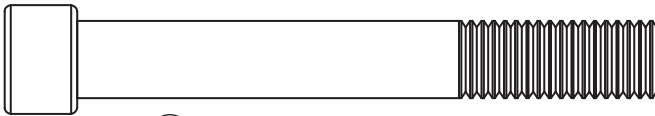
102 × 3



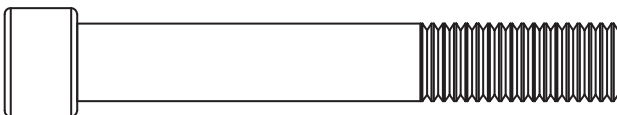
103 × 4



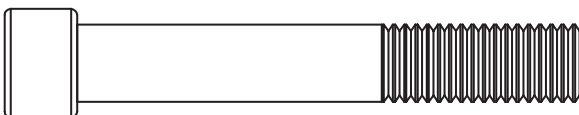
104 × 12



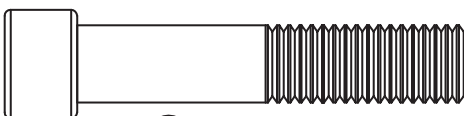
105 × 8



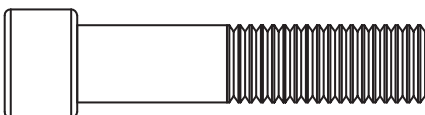
106 × 4



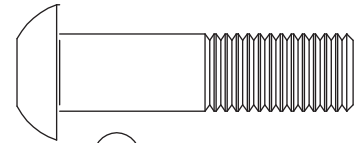
107 × 2



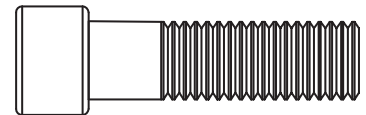
108 × 6



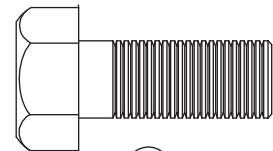
109 × 16



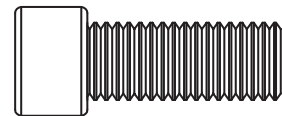
110 × 4



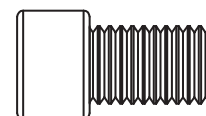
111 × 2



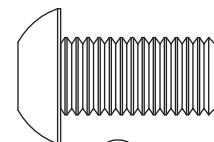
112 × 4



113 × 14

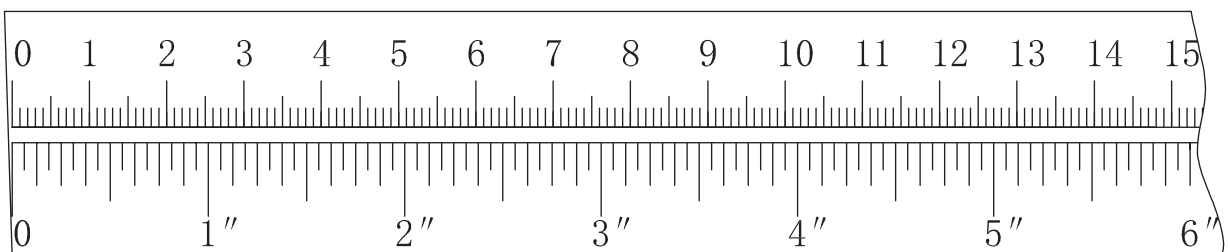


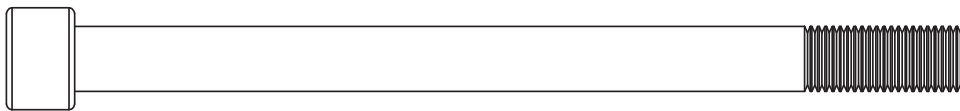
114 × 4



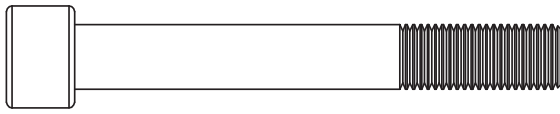
115 × 12

mm





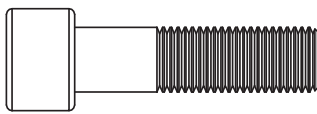
116 × 2



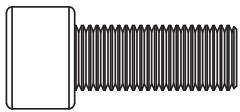
117 × 2



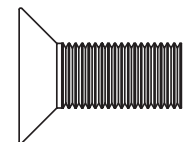
118 × 2



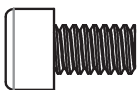
119 × 8



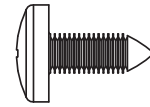
121 × 2



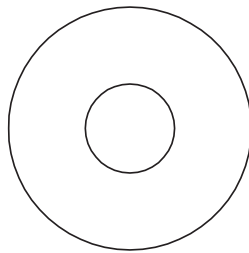
122 × 2



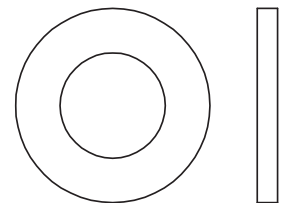
127 × 20



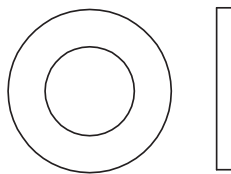
129 × 4



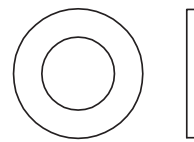
130 × 10



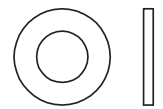
131 × 6



132 × 124

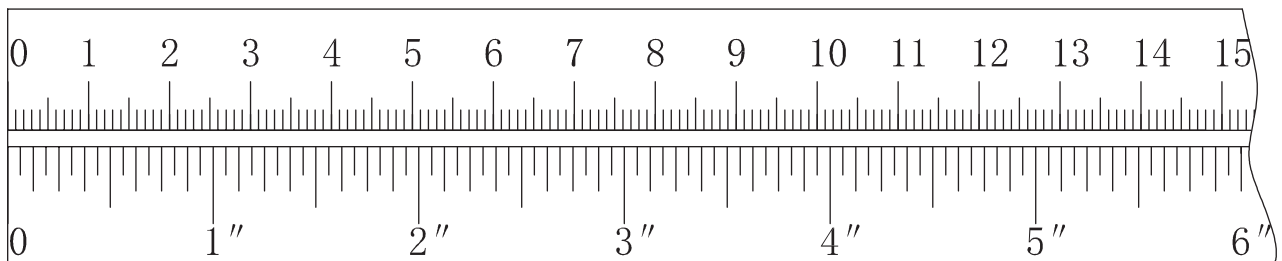


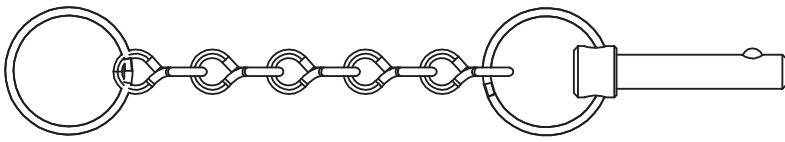
133 × 26



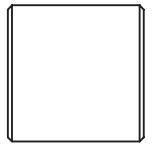
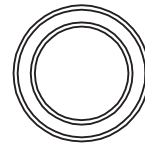
134 × 20

mm

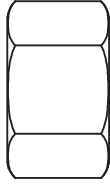
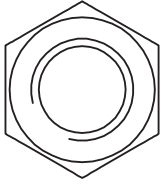




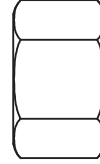
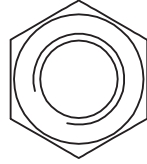
⑤0 × 1



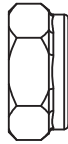
⑤9 × 4



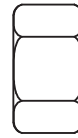
⑬5 × 3



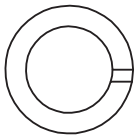
⑬6 × 56



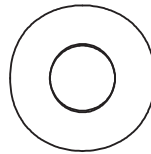
⑬7 × 4



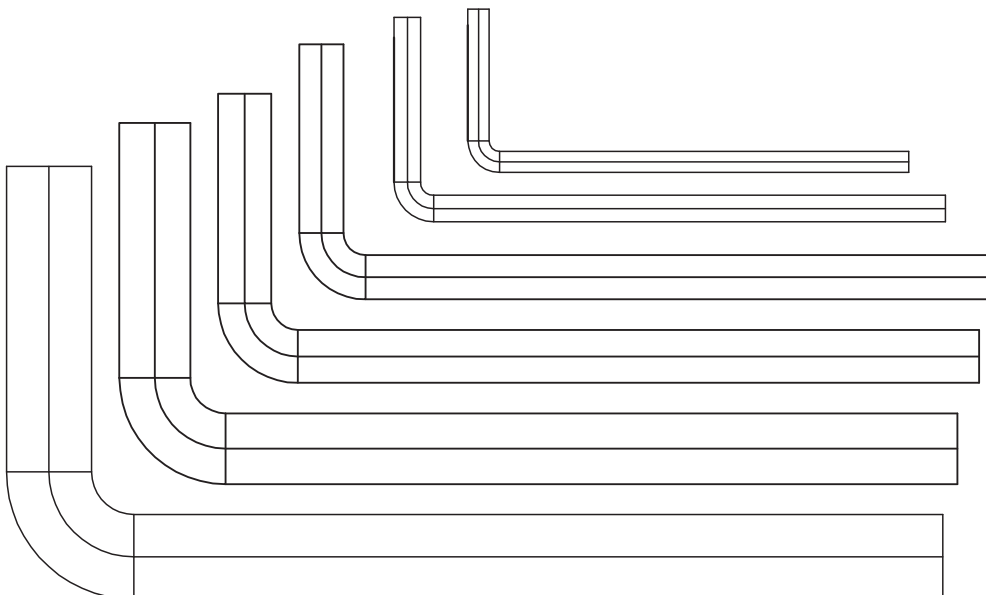
⑬8 × 12



⑬9 × 2



⑭0 × 2



3#×1

4#×1

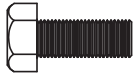
5#×1

6#×1

8#×1

10#×1

112



× 4

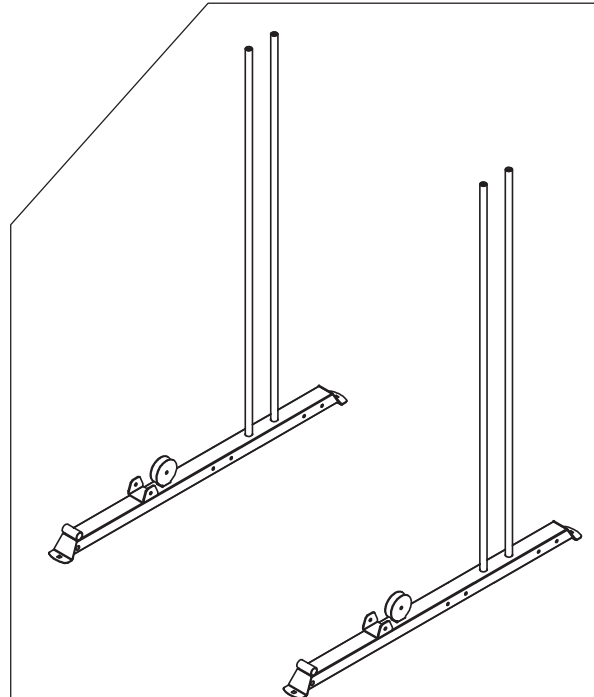
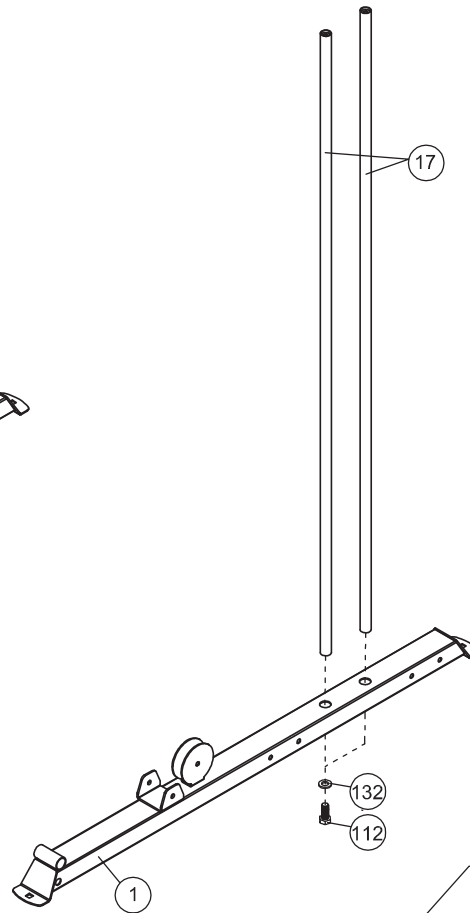
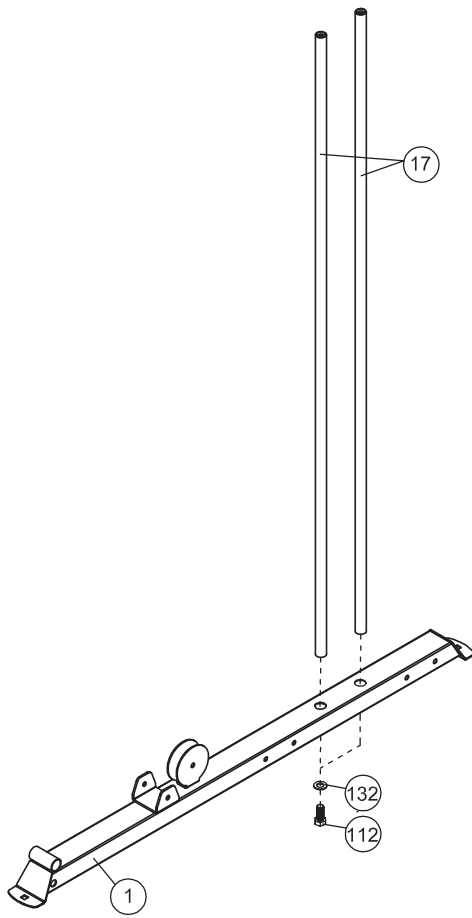
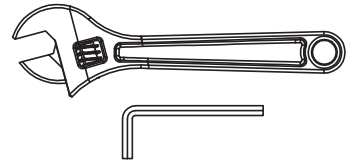
M10 × 25mm

132



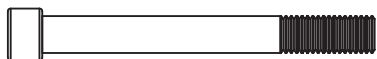
× 4

Φ10



STAGE: 1

104



× 4 M10 × 90mm

132

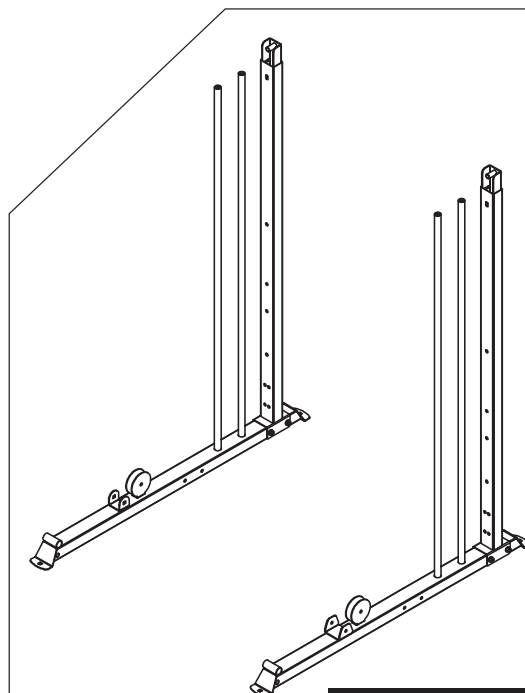
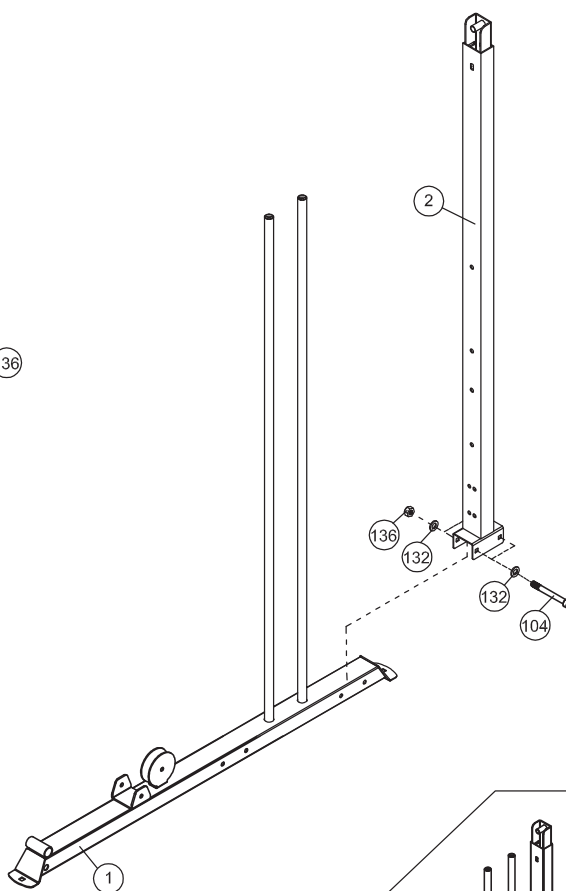
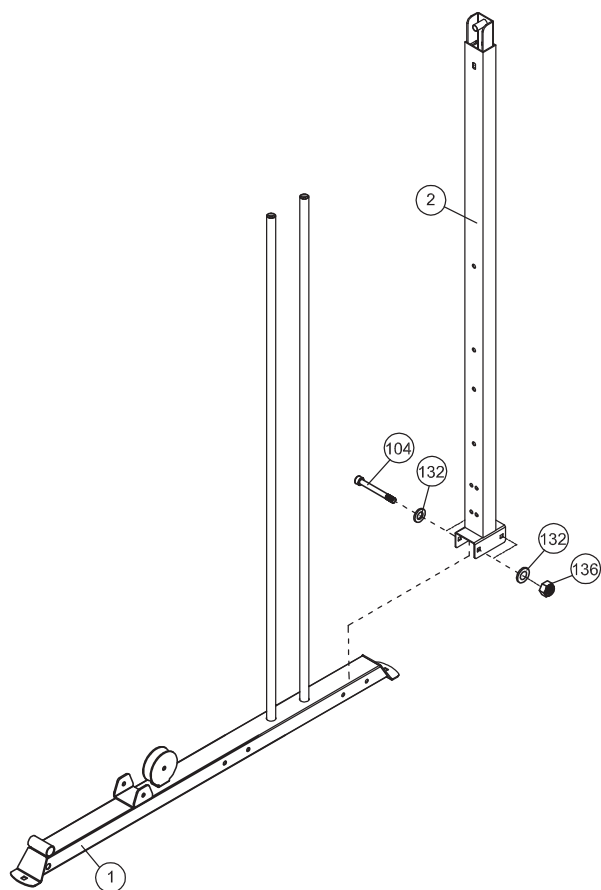
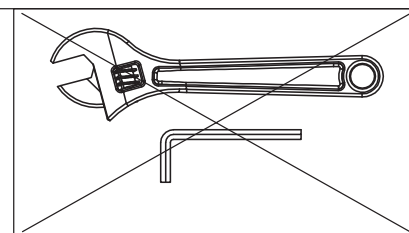


× 8 Φ10

136

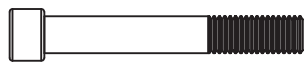


× 4 M10



STAGE: 2

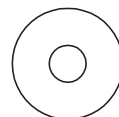
106



× 4

M10 × 70mm

130



× 4

Φ30×Φ10.5

132



× 4

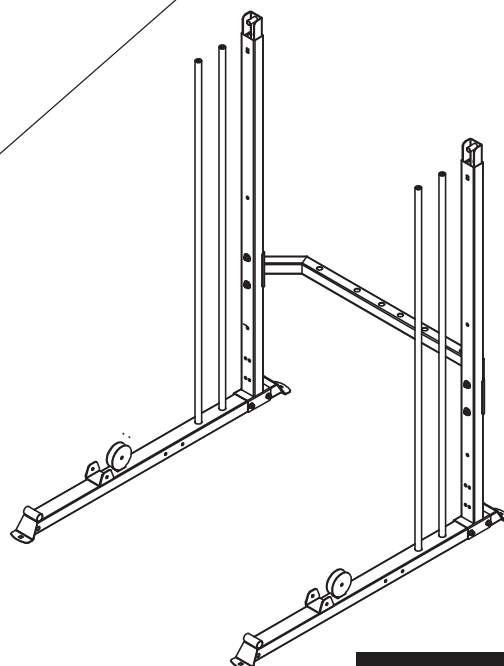
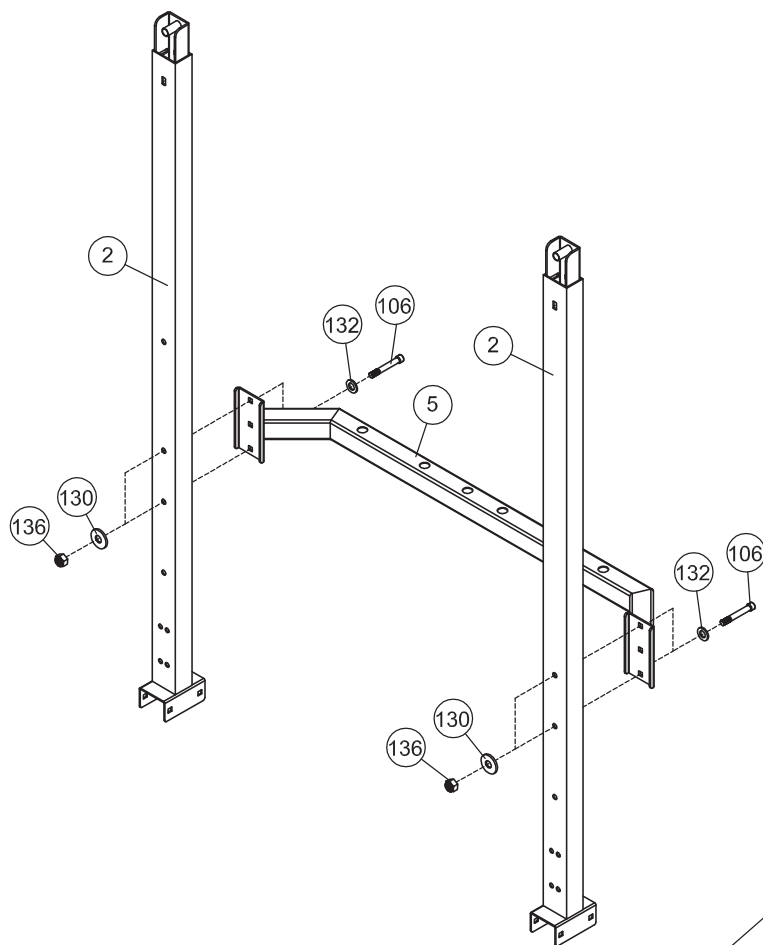
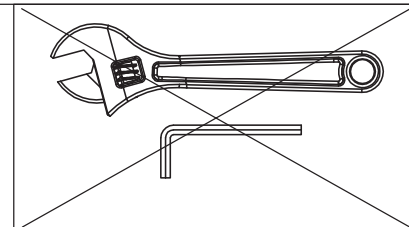
Φ10

136



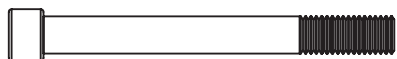
× 4

M10



STAGE: 3

(103)



× 2

M10 × 95mm

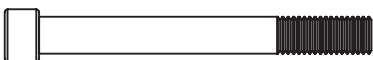
(132)



× 12

Φ10

(104)



× 4

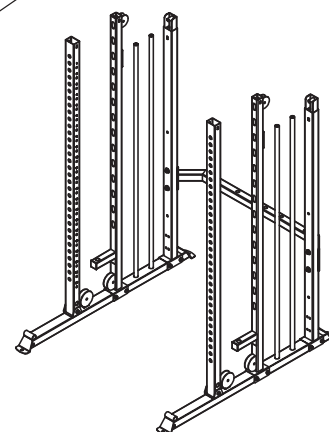
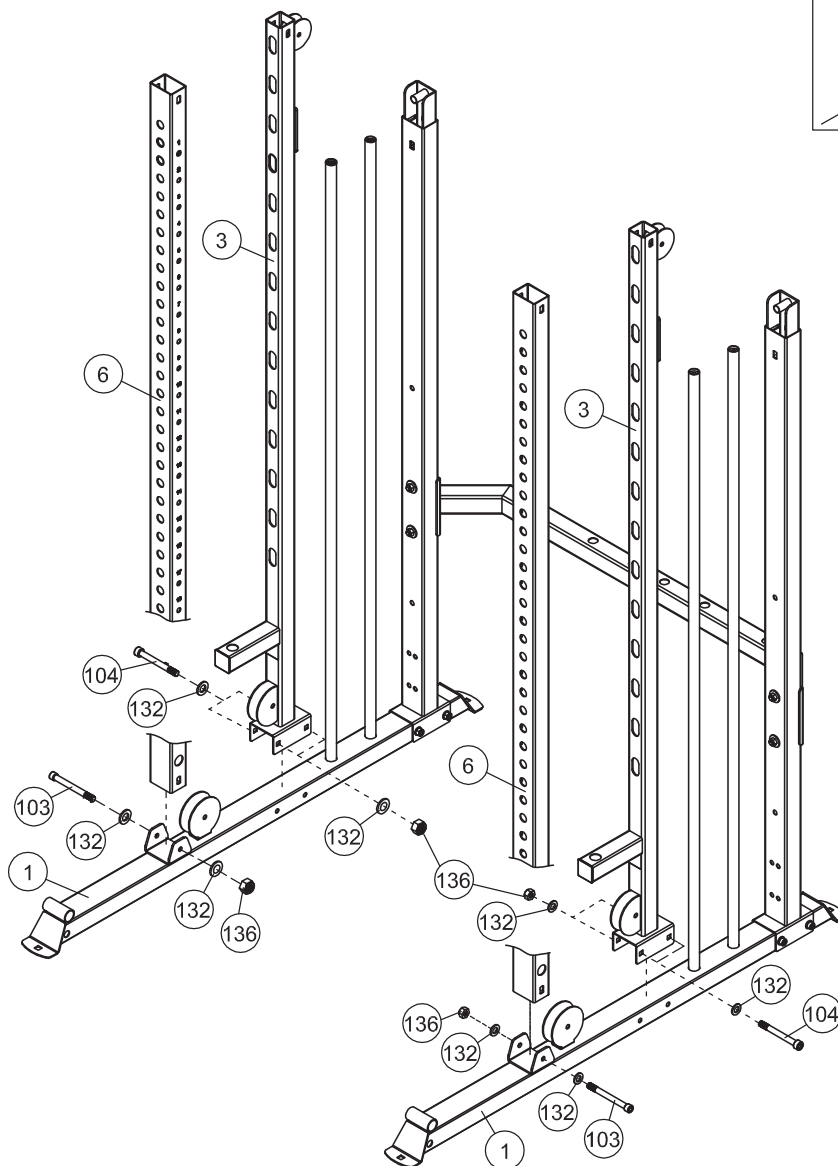
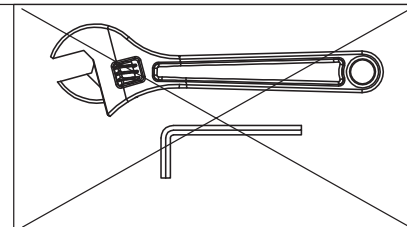
M10 × 90mm

(136)



× 6

M10



STAGE: 4

113



× 4 M10 × 25mm

132

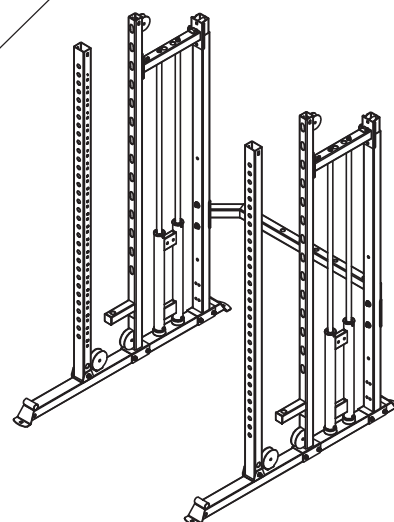
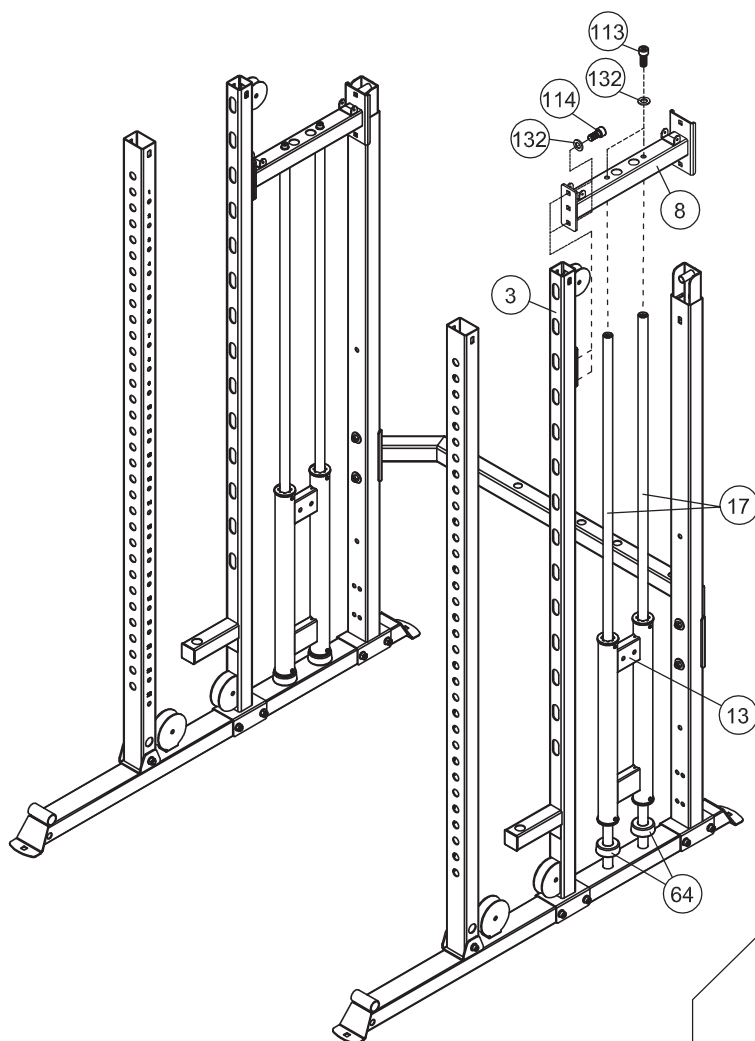
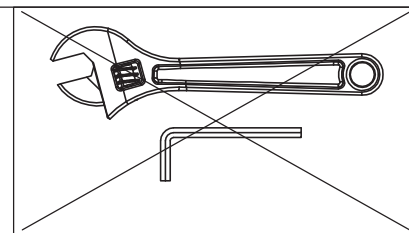


× 8 Φ10

114



× 4 M10 × 15mm



STAGE: 5

113

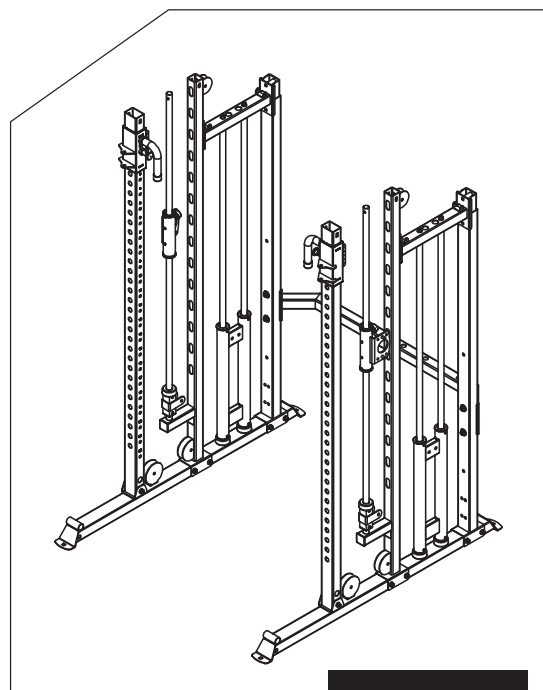
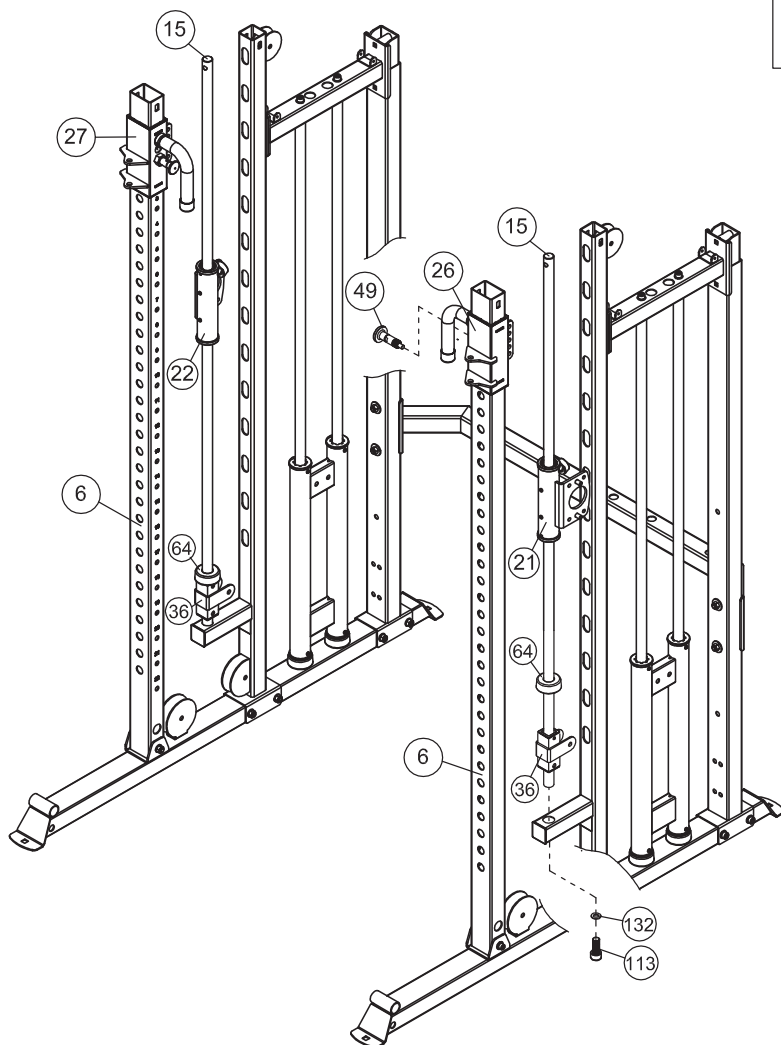
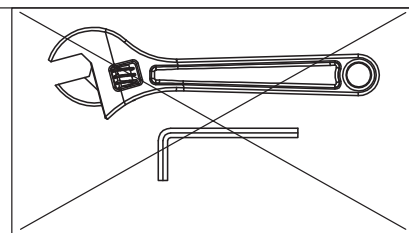


× 2 M10 × 25mm


132



× 2 Φ10



STAGE: 6

103  × 2 M10 × 95mm

105  × 2 M10 × 75mm

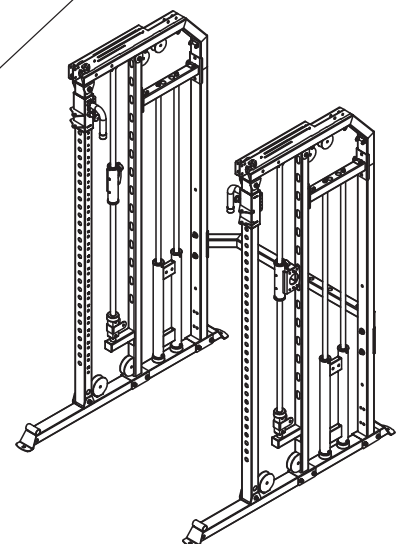
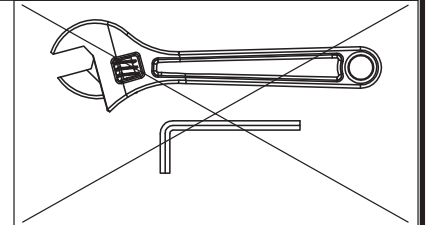
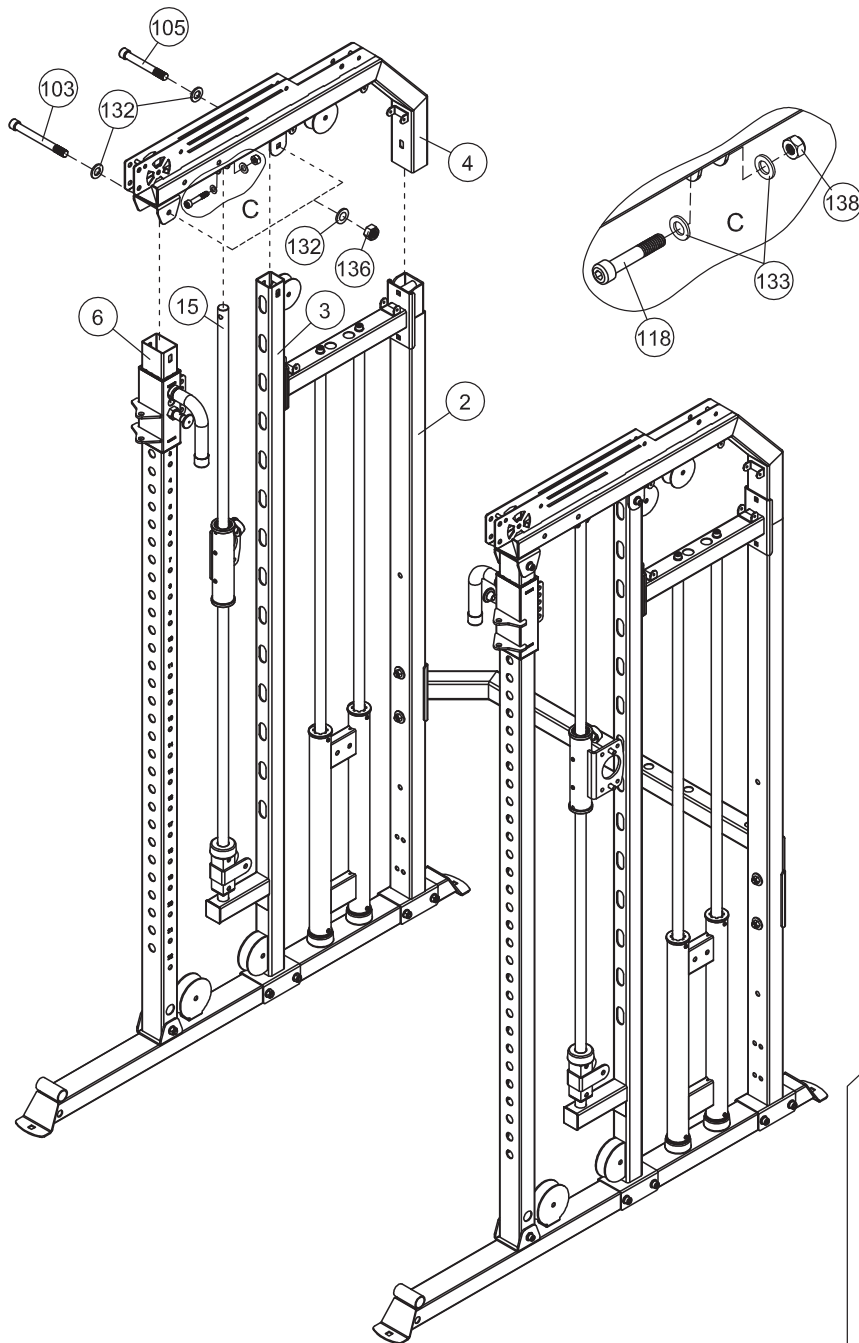
118  × 2 M8 × 45mm

132  × 8 Φ10

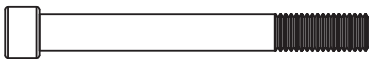

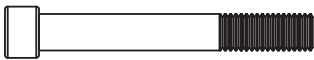

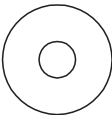
133  × 4 Φ8

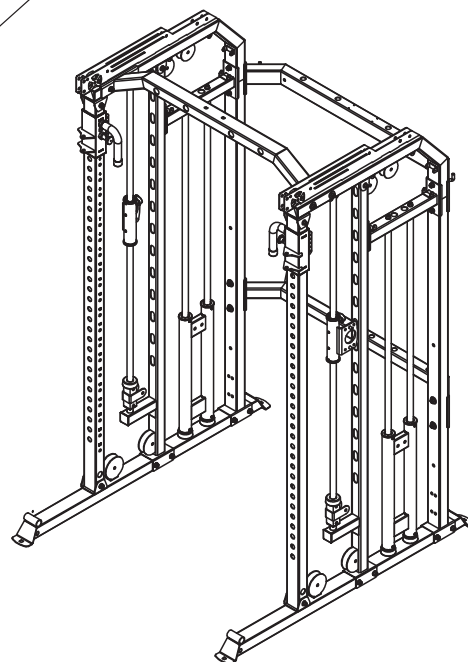
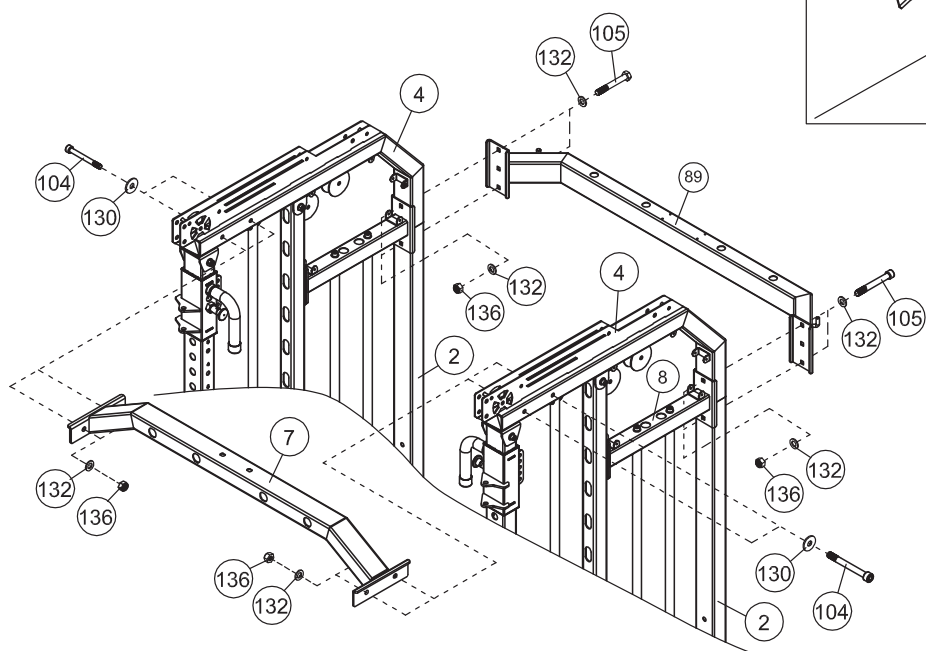
136  × 4 M10

138  × 2 M8



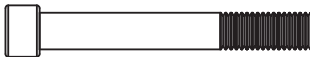
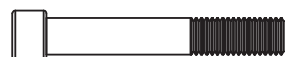







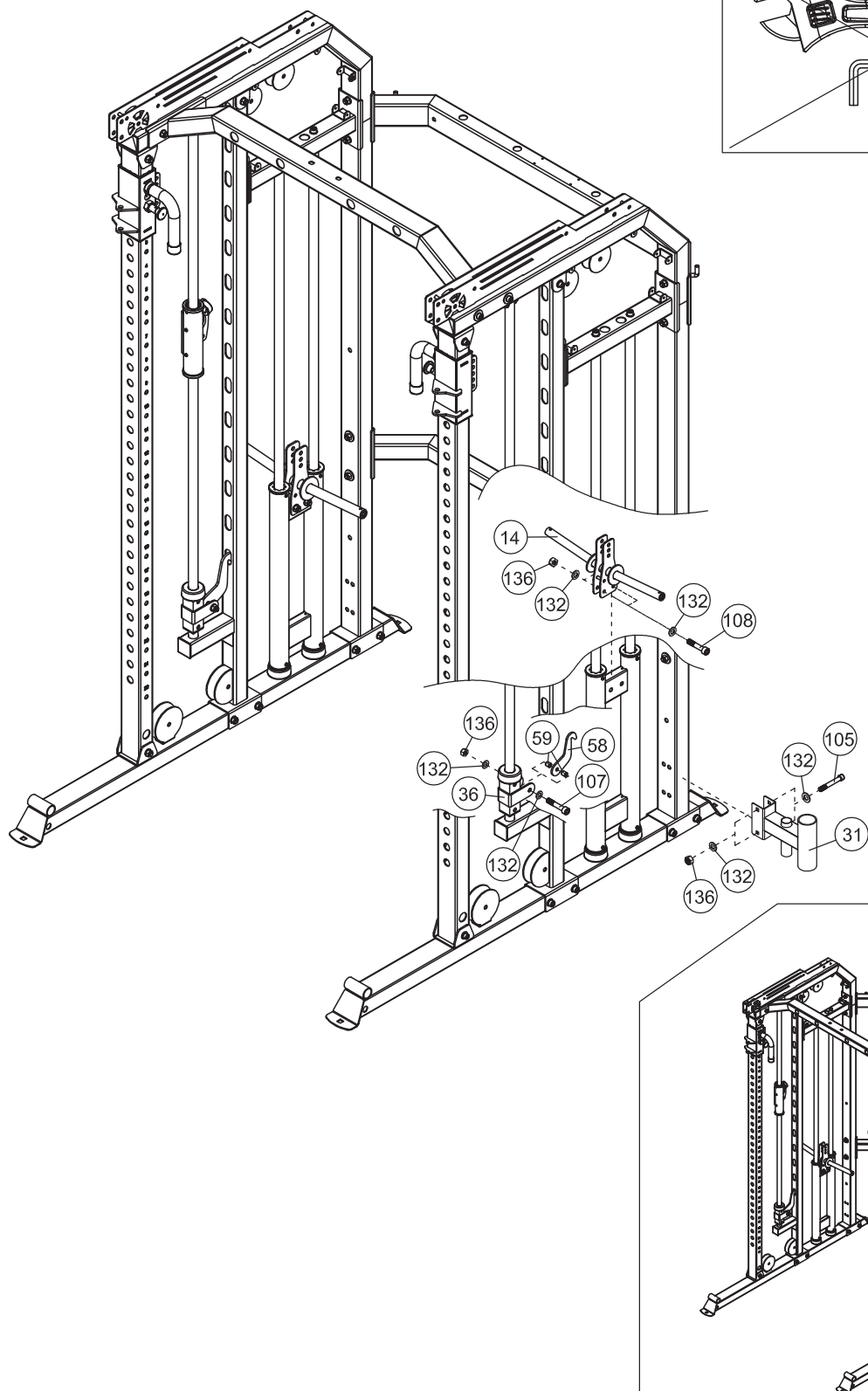
STAGE: 7

- | | | | | | | | |
|-------|---|-----|------------|-------|---|------|-----|
| (104) |  | × 4 | M10 × 90mm | (132) |  | × 12 | Φ10 |
| (105) |  | × 4 | M10 × 75mm | (136) |  | × 8 | M10 |
| (130) |  | × 4 | Φ30×Φ10.5 | | | | |



STAGE: 8

- (59)   × 4 $\Phi 16 \times \Phi 11 \times 16$
- (105)  × 2 M10 × 75mm
- (107)  × 2 M10 × 65mm
- (108)  × 4 M10 × 50mm
- (132)   × 16 $\Phi 10$
- (136)   × 8 M10



115  × 4 M10 × 20mm


119  × 8 M8 × 30mm

121  × 2 M8×20

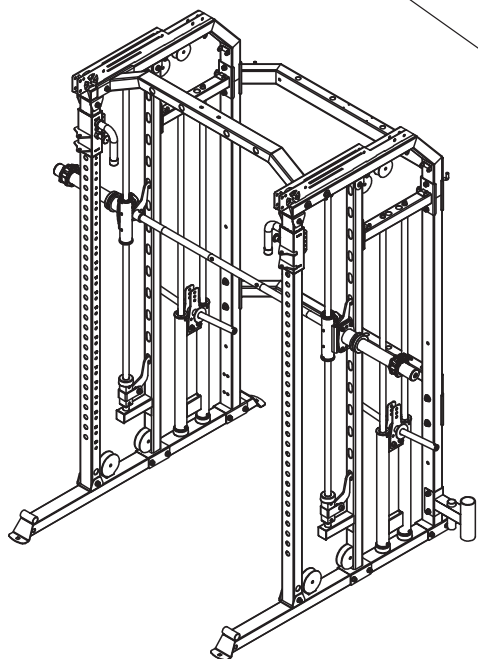
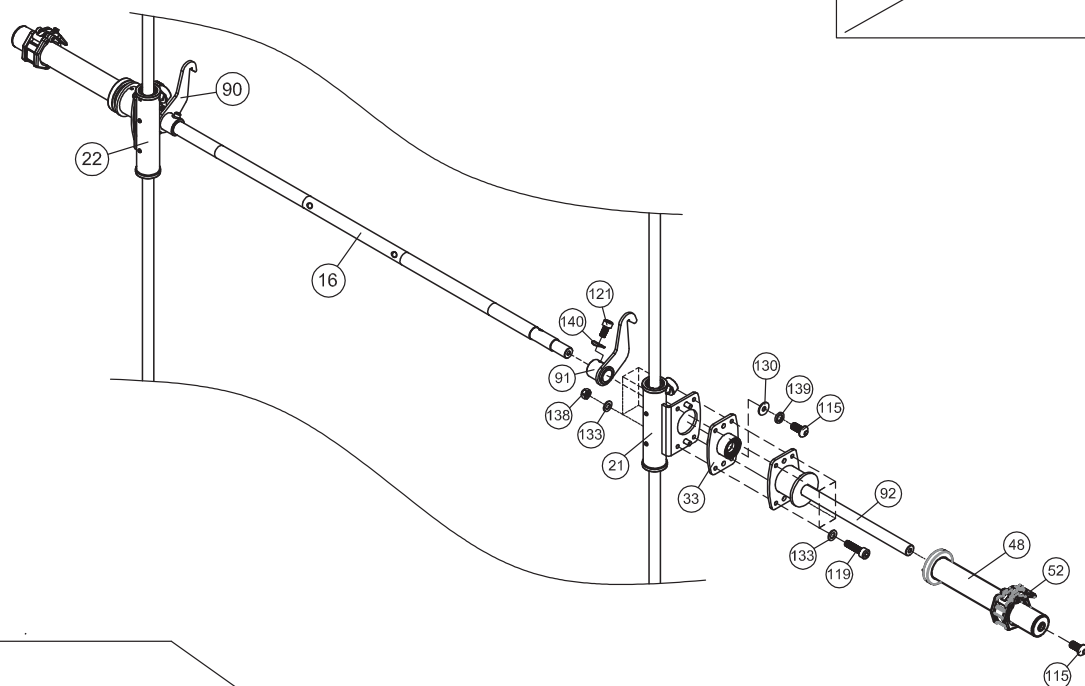
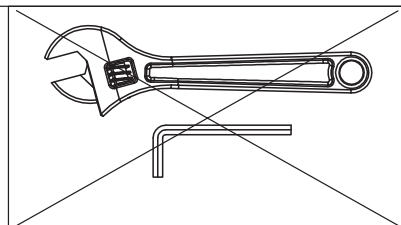
130  × 2 Φ30×Φ10.5

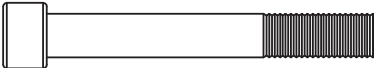





133  × 16 Φ 8

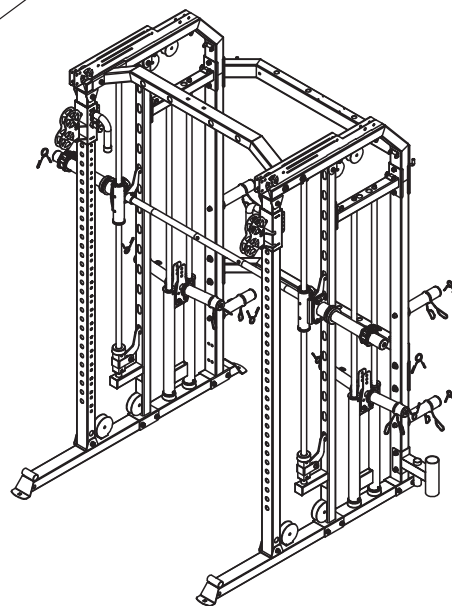
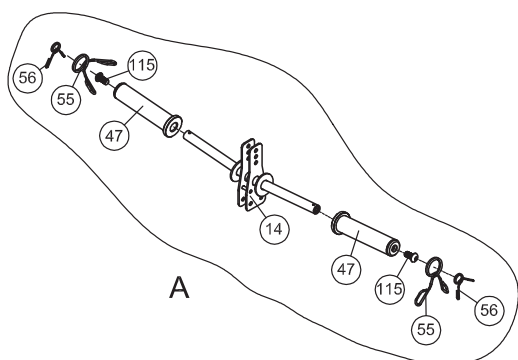
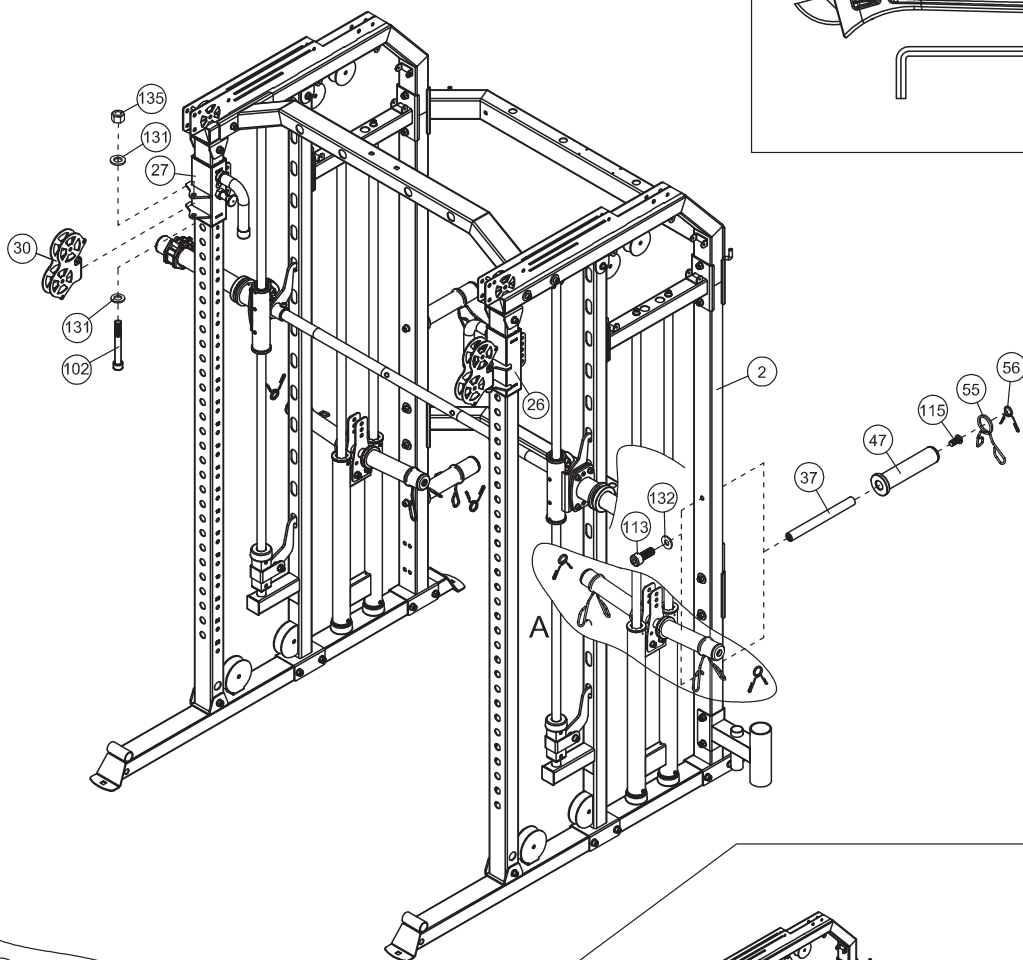
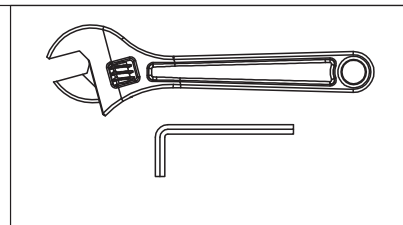
138  × 8 M8





139  × 2 Φ10







140  × 2 R20×Φ9

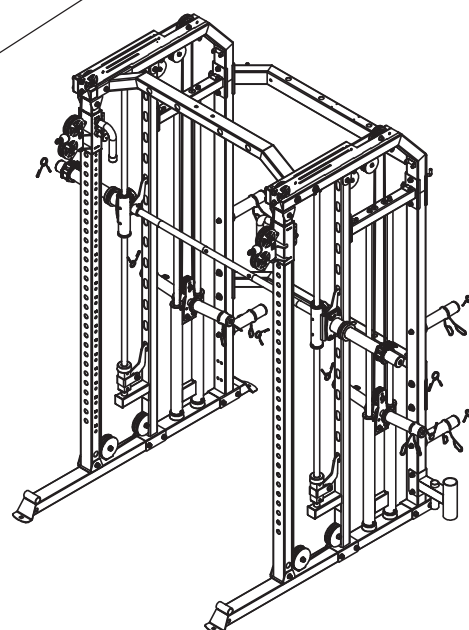
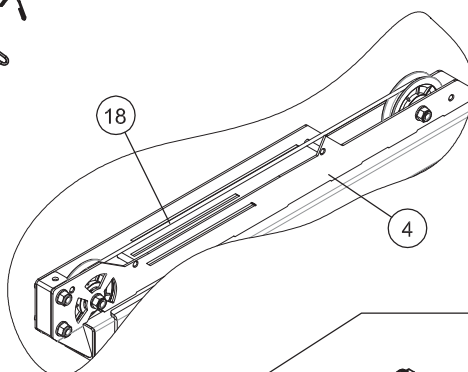
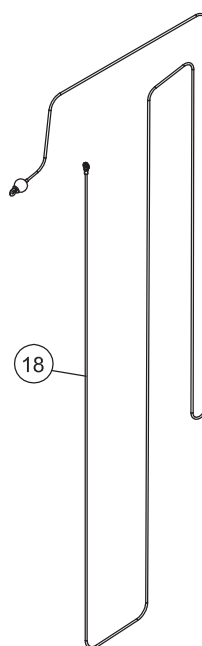
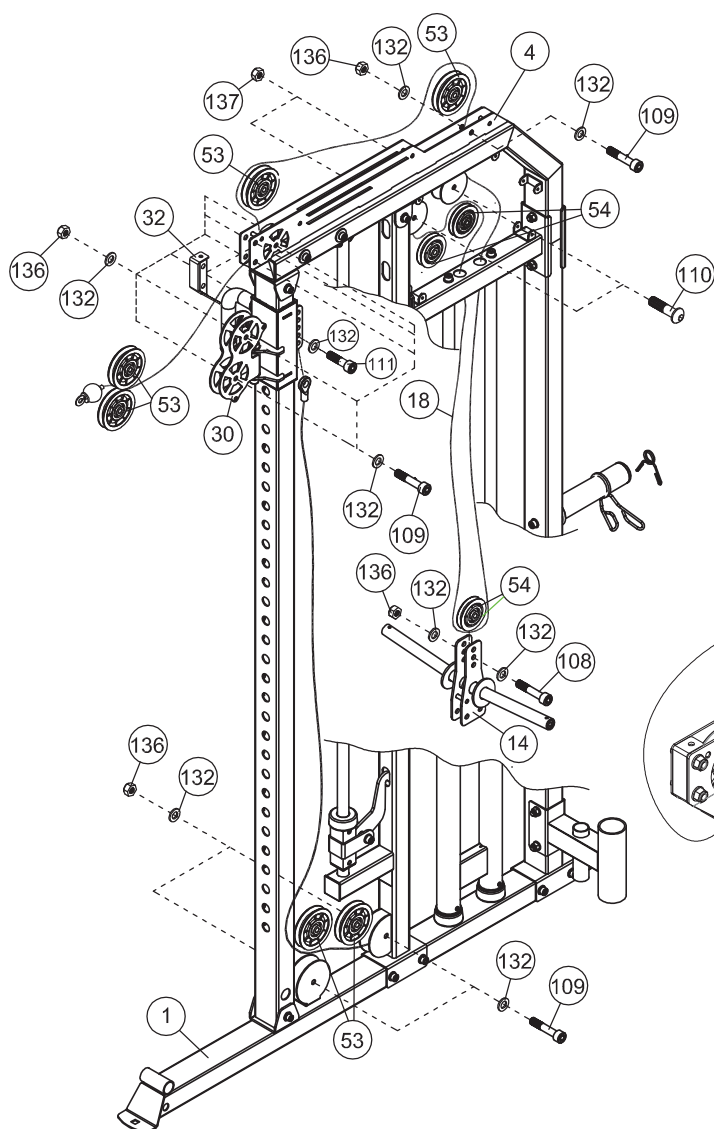
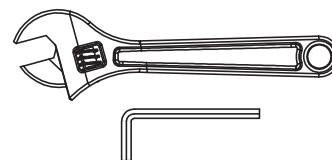


- | | | | | | | | |
|-------|---|-----|------------|-------|---|-----|-----|
| (102) |  | × 2 | M12 × 90mm | (131) |  | × 4 | Φ12 |
| (113) |  | × 4 | M10 × 25mm | (132) |  | × 4 | Φ10 |
| (115) |  | × 8 | M10 × 20mm | (135) |  | × 2 | M12 |



- 108  × 2 M10 × 50mm
- 109  × 16 M10 × 45mm
- 110  × 4 M10 × 38mm
- 111  × 2 M10 × 35mm

- 132   × 40 Φ10
- 136   × 20 M10
- 137   × 4 M10



WARNING!

CABLE 18 MUST RUN STRAIGHT
ACROSS THE TOP BETWEEN PULLEYS
AS SHOWN ABOVE OR CABLE WILL RUB!
(FAILURE TO FOLLOW THIS STEP VOIDS CABLE
WARRANTY)

STAGE: 12

127

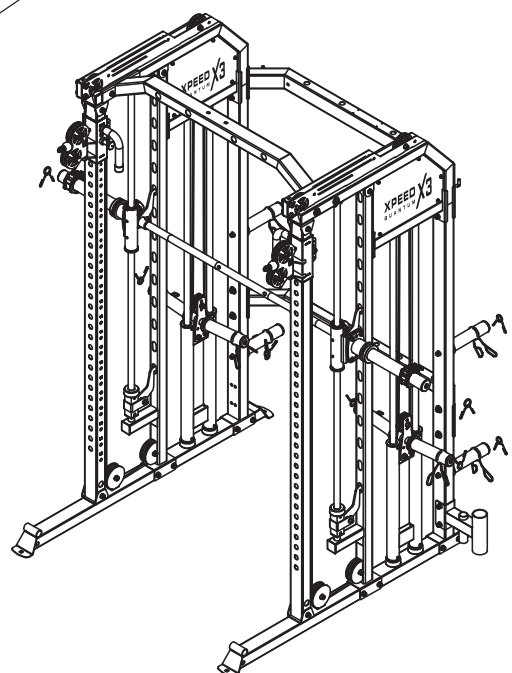
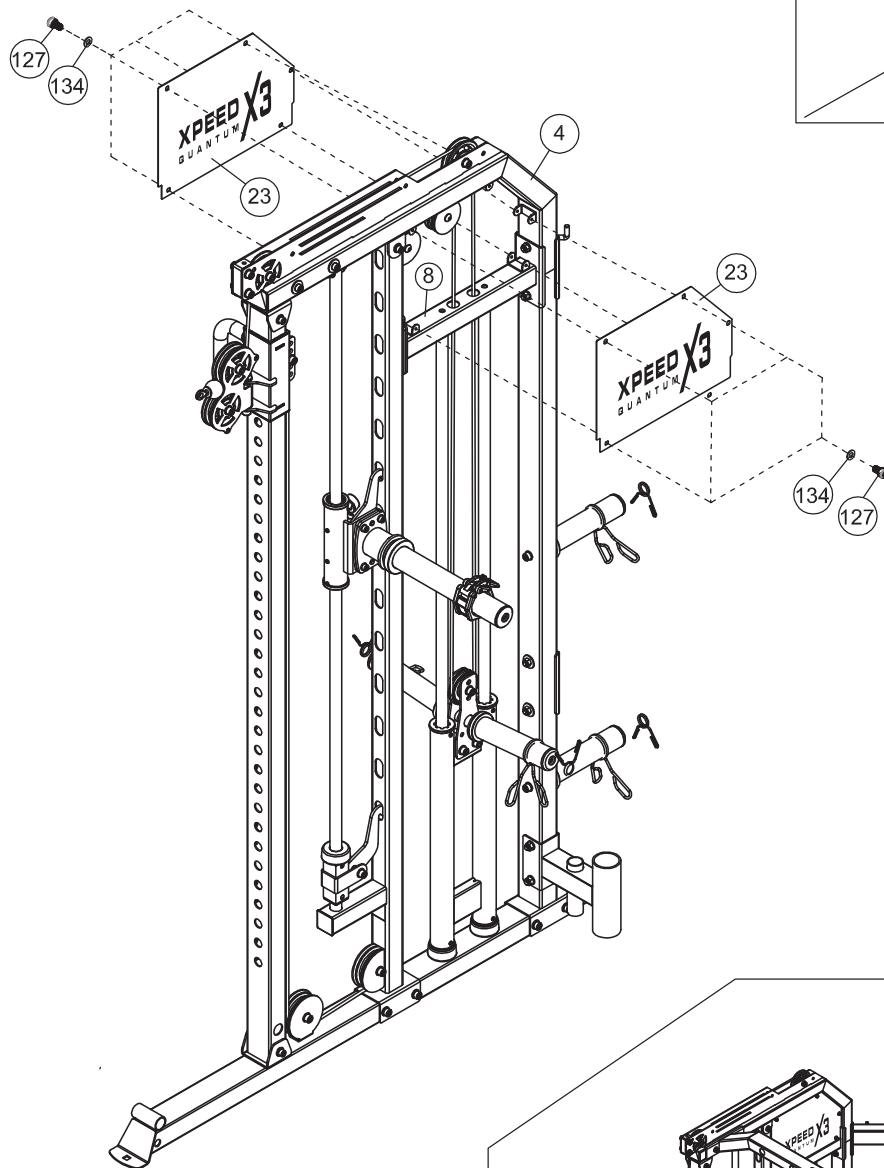
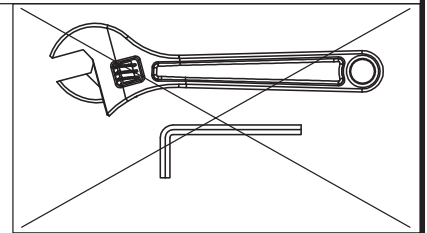


× 20 M6 × 10mm

134



× 20 Φ6



STAGE: 13

113



× 4

M10 × 25mm

136

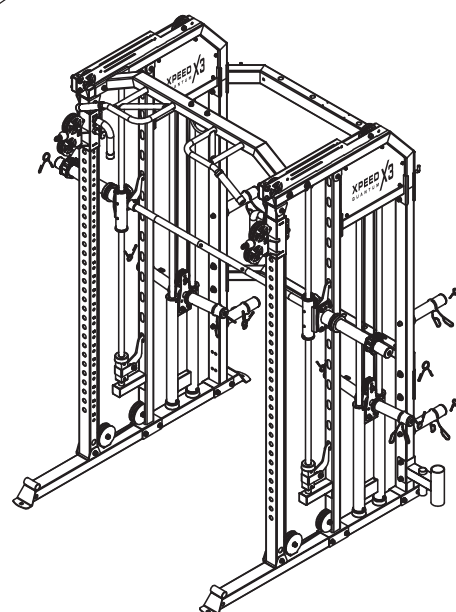
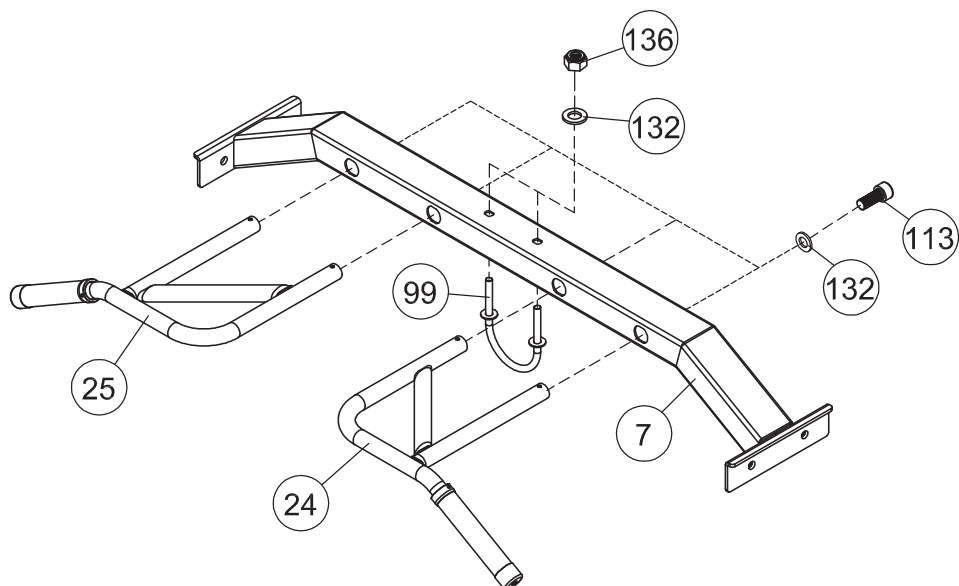
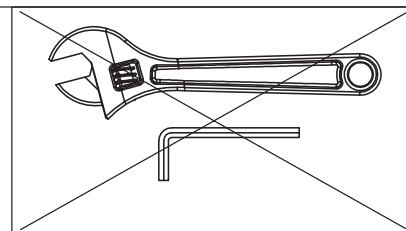


× 2 M10

132

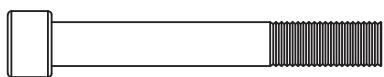


× 6 Φ10



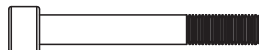
STAGE: 14

102



× 1 M12 × 90mm

117



× 2 M8 × 60mm

131



× 2 Φ12

133

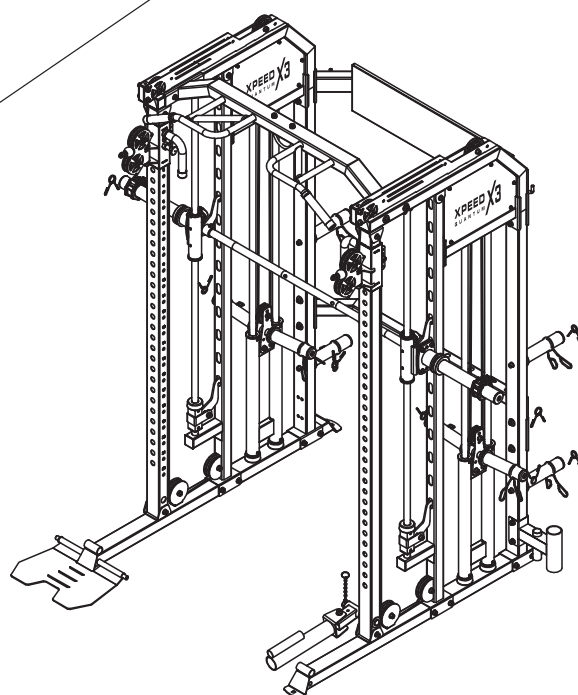
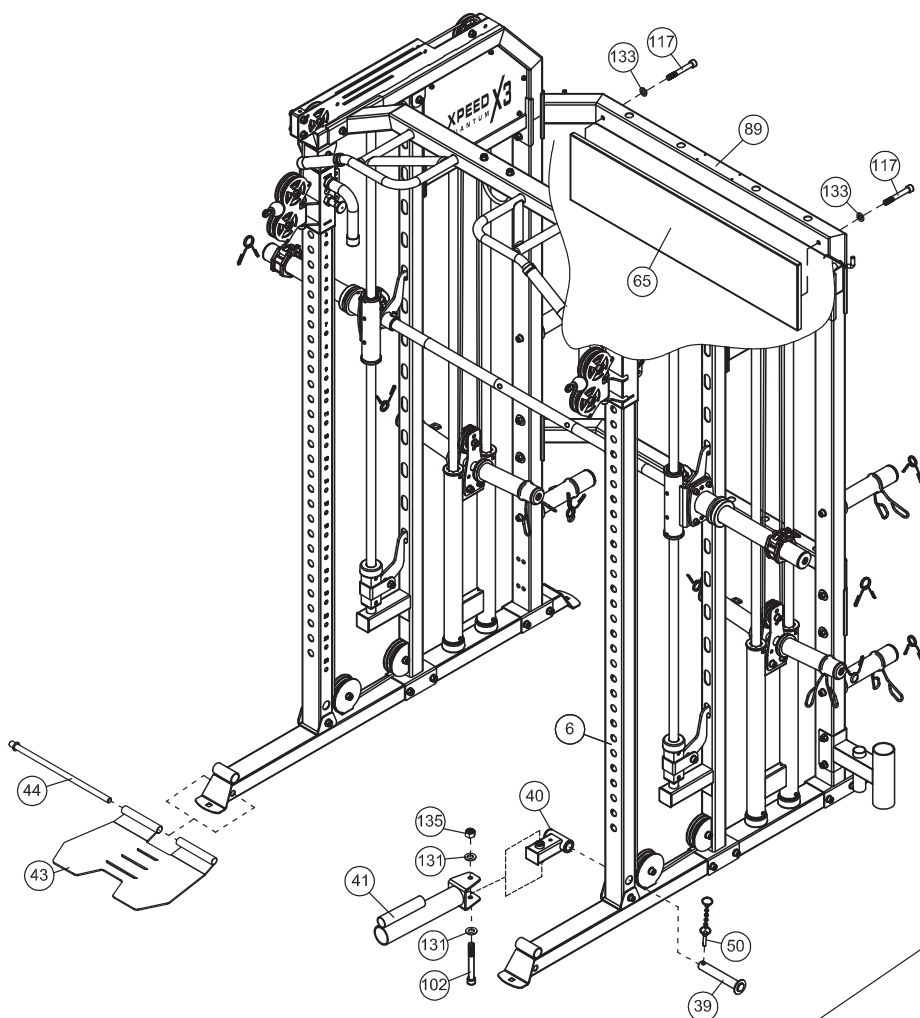
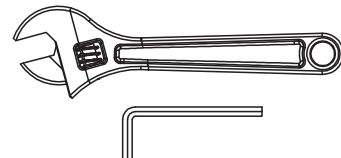


× 2 Φ8

135



× 1 M12



STAGE: 15

122



× 2 M8 × 20mm

129



× 4 ST4.8 × 13

133



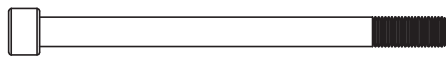
× 4 Φ8

138

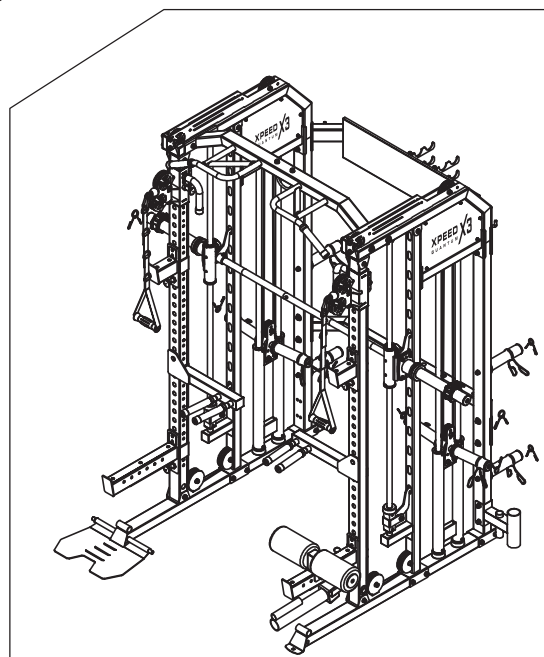
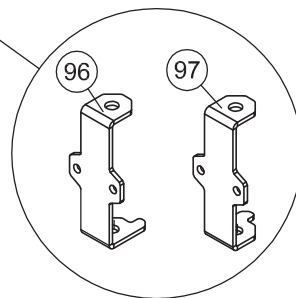
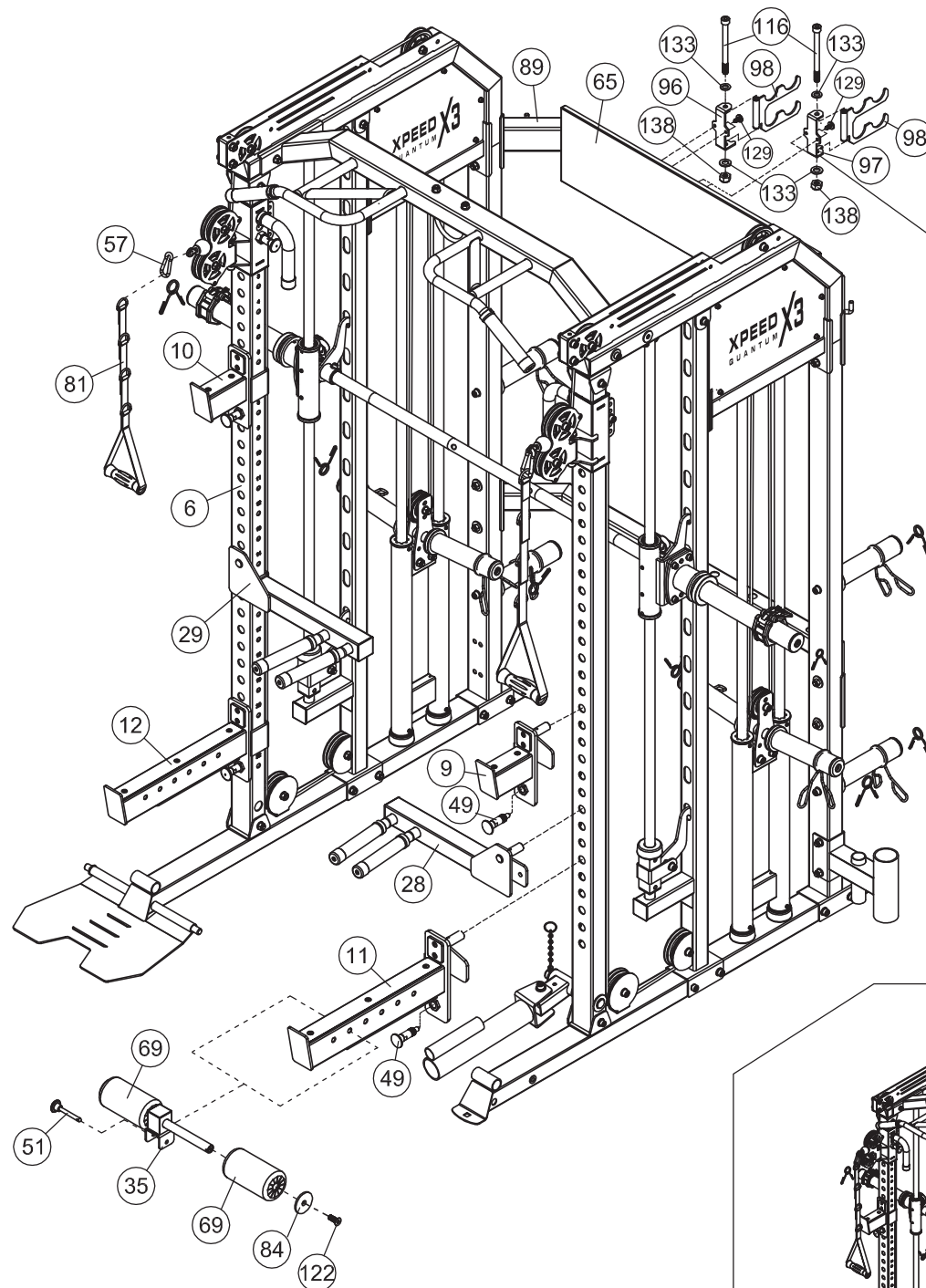
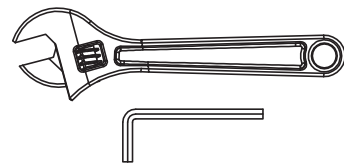


× 2 M8

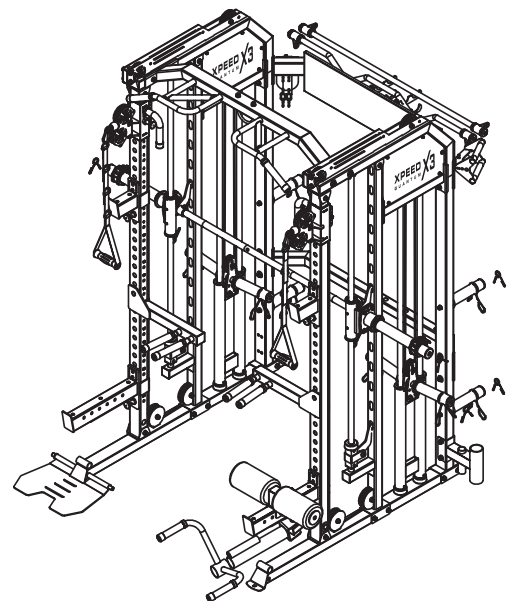
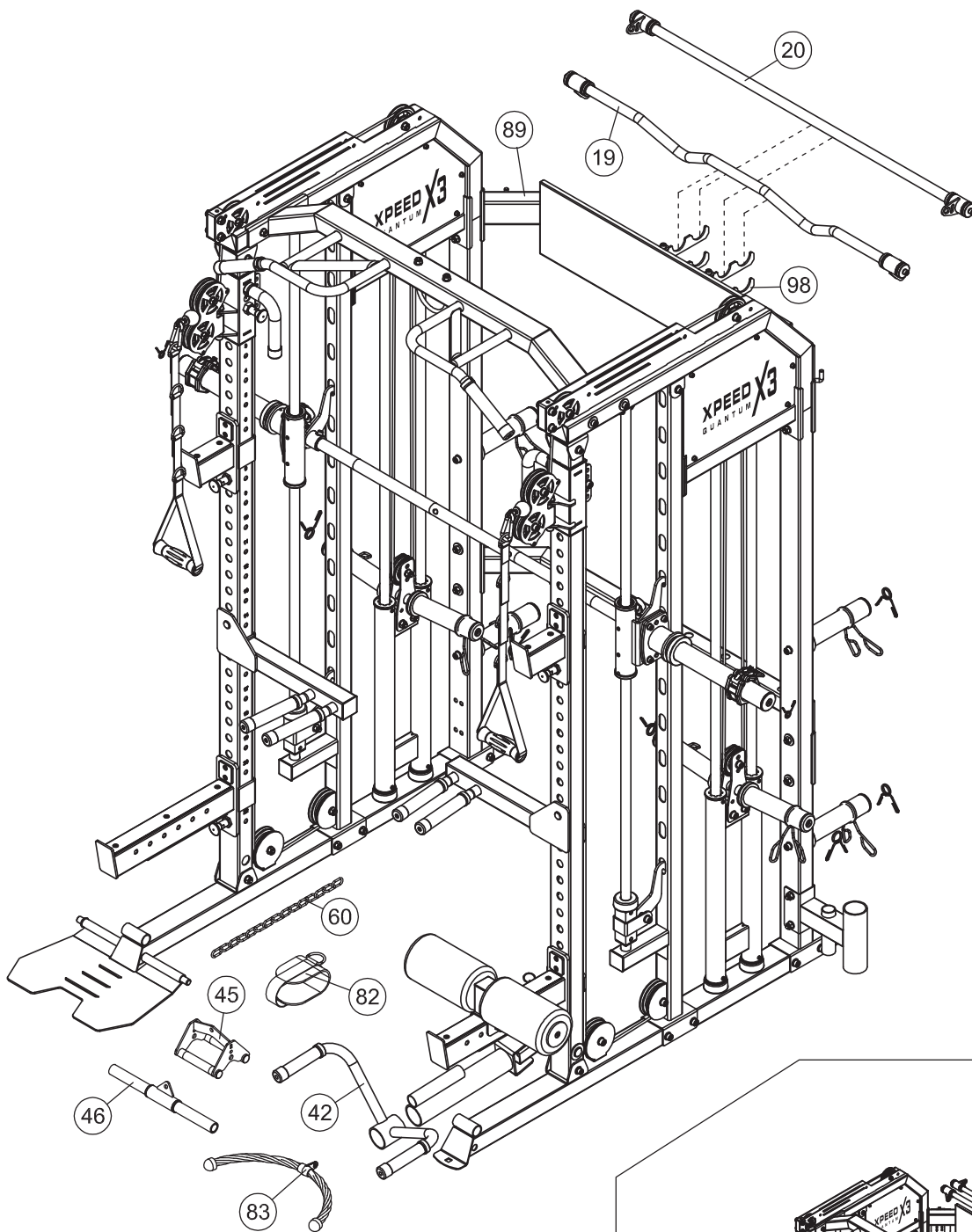
116

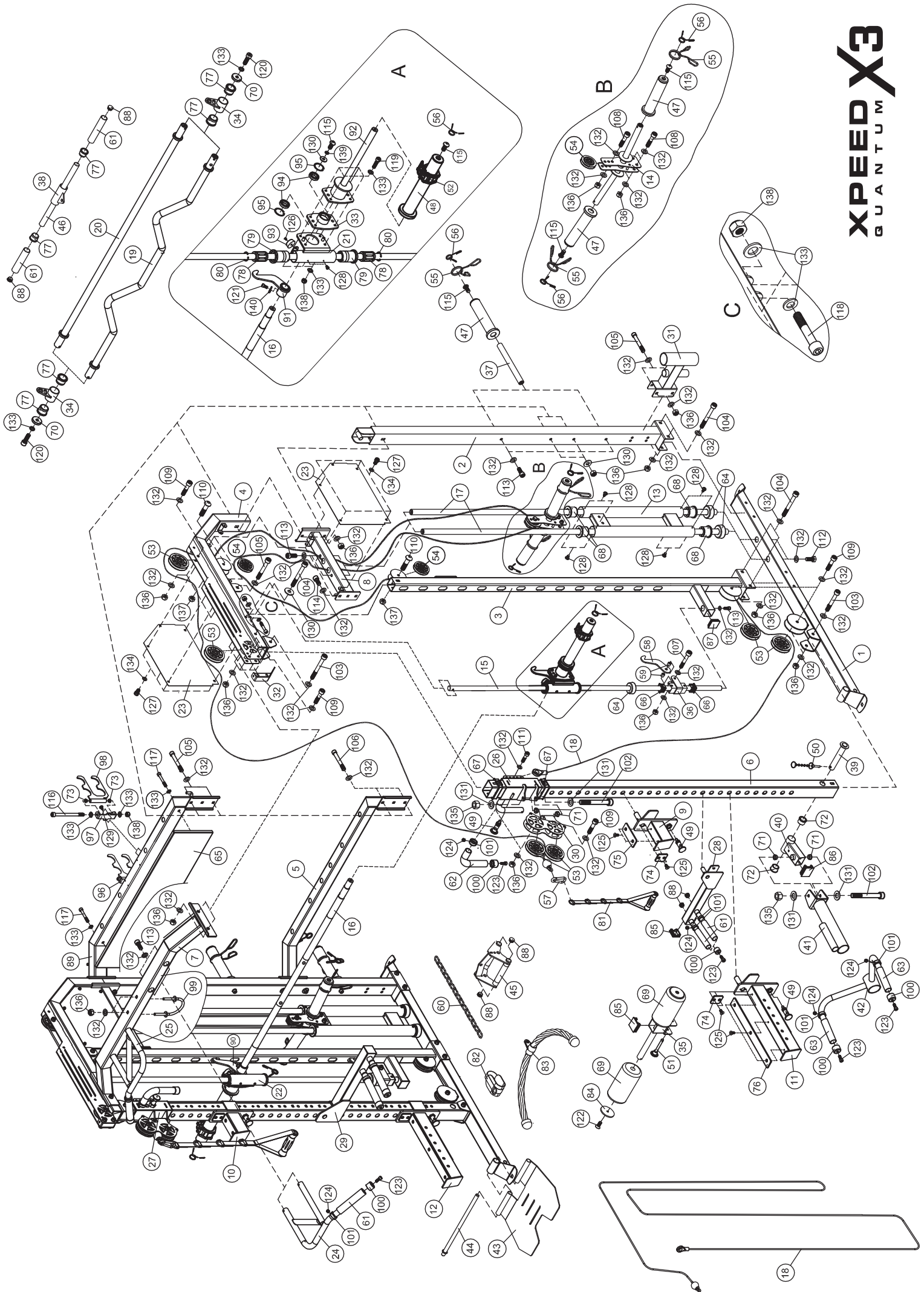


× 2 M8 × 110mm



STAGE: 16





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
2	Rear Post		2
3	Intermediate Stand		2
4	Top Frame		2
5	Connecting Frame Rear		1
6	Guide Shaft	■50×70×2.5×1950	2
7	Horizontal Bar		1
8	Connecting Frame		2
9	Short Safety Rack L		1
10	Short Safety Rack R		1
11	Long Safety Rack L		1
12	Long Safety Rack R		1
13	Sliding Support		2
14	Plate Loader		2
15	Guide Rod	Ø25×1717	2
16	Weight Rod	Ø30×1308×M10	1
17	Guide Rod Rear	Ø25×1712	4
18	Double Pull Cable	Ø5×7880mm	2
19	Cambered Bar		1
20	Straight Bar		1
21	Safety Stop Frame L		1
22	Safety Stop Frame R		1
23	Protective Cover	398×288×1	4
24	Left Chin-up Bar		1
25	Right Chin-up Bar		1
26	Frame Slider L		1
27	Frame Slider R		1
28	Dip Bar L		1
29	Dip Bar R		1
30	Pulley Case		2
31	Barbell Socket		1
32	Decorative Cover		2
33	Bearing Frame		2
34	Bar Handle		4
35	FOAM Frame		1
36	Safety Hook Bracket		2
37	Weights Stow Rod		4
38	Small Grip Frame		1
39	Fixed Pedestal		1
40	Spacer		1
41	Rotating Frame		1
42	Handle		1
43	Foot Pedal Set		1
44	Rotating Shaft		1
45	V-type handle		1
46	Small Handle Tube	Ø25×1.5×400	1
47	Short Spacer		8
48	Long Spacer		2
49	Moving Lock Pin		6
50	Pop pin		1
51	Moving Lock Pin		1
52	Buckle	Ø50	2
53	Pulley with Bearings	Ø95×Ø10	12
54	Small Pulley with Bearing	Ø72×Ø10	6
55	Long Spring Clip	Ø47	8
56	Spring Clip	Ø24.5	10
57	Hook	Ø8	2
58	Safety Hook	R25×Ø11×6	2
59	Tube	Ø16×Ø11×16	4
60	15-Joint Chain	Ø5	1
61	Dips Handle	Ø23×150	8
62	Dips Handle	Ø23×200	2
63	Dips Handle	Ø23×120	2
64	Rubber Stopper	Ø62×Ø24.5×25	6
65	Poster Frame		1
66	Sliding Sleeve	38×26×30×3	4
67	Slide Guide	■60×80×2×■50×70	4
68	Sliding Sleeve	Ø55×Ø46×Ø27×41	8
69	FOAM	Ø125×Ø22×215	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
70	Bushing	Ø38×Ø9×8	4
71	Bushing	Ø25×Ø20×Ø12.2×10	6
72	Bushing	Ø38×Ø34×Ø25×22	2
73	Bushing	Ø16×Ø12×Ø8.3×7.5	4
74	Rack Liner	52×45×5	4
75	Rack Liner	120×45×5	2
76	Rack Liner	415×45×5	2
77	Bushing	Ø38×Ø34×Ø27×26	10
78	Linear Motion Bearing	LB254058	4
79	Sliding Rod Guide	Ø55×Ø46×Ø40×73	4
80	Hole Circlip	d0=40	4
81	Nylon Strap Iso-Handle		2
82	Ankle Strap		1
83	Rope		1
84	Plate	Ø68×5.7	2
85	End Cap	■50	3
86	End Cap	■40×50	1
87	End Cap	■45	2
88	End Cap	Ø25	10
89	Connecting Frame Rear		1
90	Hanging Bar L		1
91	Hanging Bar R		1
92	Weights Stow Rod		2
93	Rubber Stopper	Ø38×Ø7×15	2
94	bearing	61905-2Z	4
95	Hole Circlip	d0=42	4
96	U-shaped Seat L		1
97	U-shaped Seat R		1
98	Hanger		2
99	Hook Frame		1
100	Decorative Cover	Ø33.5×Ø6.6×25	10
101	Retaining Ring	Ø34.5xØ26.5x14xM6	10
102	Hexagon Socket Button Head Screws	M12×90	3
103	Hexagon Socket Button Head Screws	M10×95	4
104	Hexagon Socket Button Head Screws	M10×90	12
105	Hexagon Socket Button Head Screws	M10×75	8
106	Hexagon Socket Button Head Screws	M10×70	4
107	Hexagon Socket Button Head Screws	M10×65	2
108	Hexagon Socket Button Head Screws	M10×50	6
109	Hexagon Socket Button Head Screws	M10×45	16
110	Allen Bolt	M10×38	4
111	Hexagon Socket Button Head Screws	M10×35	2
112	HEX Bolt	M10×25	4
113	Hexagon Socket Button Head Screws	M10×25	14
114	Hexagon Socket Button Head Screws	M10×15	4
115	Allen Bolt	M10×20	12
116	Hexagon Socket Button Head Screws	M8×110	2
117	Hexagon Socket Button Head Screws	M8×60	2
118	Hexagon Socket Button Head Screws	M8×45	2
119	Hexagon Socket Button Head Screws	M8×30	8
120	Hexagon Socket Button Head Screws	M8×25	4
121	Hexagon Socket Button Head Screws	M8×20	2
122	Hexagon Socket Countersunk Head Screws	M8×20	2
123	Hexagon Socket Button Head Screws	M6×15	10
124	Set Screw	M6×6	10
125	Hexagon Socket Countersunk Head Screws	M6×12	18
126	Screw	M6×12	2
127	Hexagon Socket Button Head Screws	M6×10	20
128	Screw	ST4.0×9	20
129	Screw	ST4.8×13	4
130	Washer	Ø30×Ø10.5×2.5	10
131	Washer	12	6
132	Washer	10	124
133	Washer	8	30
134	Washer	6	20
135	Nut	M12	3
136	Nut	M10	56
137	Nut	M10	4
138	Nut	M8	12

PARTS LIST

[illegible]