

LateralX LX5+: Why is my machine making a weird noise? ID: 13298.1

Follow this troubleshooting guide to help resolve noise issues on the BowFlex LateralX LX5+. Please note, there will be general mechanical noises present during workouts due to the complicated nature of the machine. These noises can become more noticeable or increase at higher speeds and wider stride widths.

Some common complaints may include:

- Clicking/clunking/clacking/grinding noises
- Squeaking/squealing/chirping noises
- Beeping/electronic clicking noises

Follow these steps to troubleshoot the issue

Tools you may need:

Phillips head screwdriver
6mm, 10mm hex/Allen wrench, or the wrench from the hardware card included with your machine

1. Before beginning, adjust the leveler feet to be as close to the ground as possible while keeping your machine level. Refer to the [assembly manual](#) and tighten all hardware installed during the assembly process. Test if the noise persists [\[13298.A\]](#).

Select a noise topic to begin troubleshooting

- [LateralX Machines: Beeping and electronic clicking noises](#)
- [LateralX Machines: Squeaking, squealing, and chirping noises](#)
- [LateralX Machines: Clicking, clunking, clacking, and grinding noises](#)

Need additional assistance?

1 Contact Tech Team / Advanced Troubleshooting

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type [Advanced Troubleshooting](#)