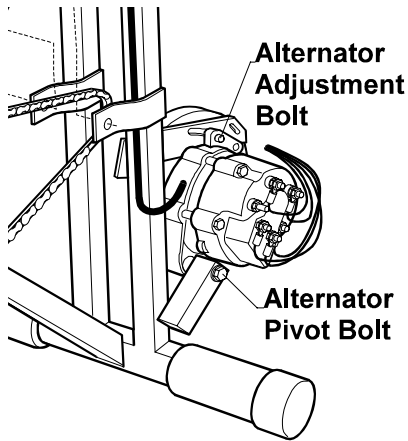


Lifecycle 7500/9100 Series Aerobic Trainers

How To...REMOVE AND REPLACE THE ALTERNATOR

Tools Required: Socket and ratchet set, two 3/4" Wrenches, 1/2" Wrench



Step 1
Remove the HOUSING (See "How To...").

Step 2
Using a 1/2" wrench, loosen, but do not remove, the ALTERNATOR ADJUSTMENT BOLT.

Step 3
With two 3/4" wrenches, loosen the ALTERNATOR PIVOT BOLT and LOCKNUT.

Step 4
Cup your left hand under the ALTERNATOR and lift upward to relieve tension from the PULLEY BELT.

Step 5
With your right hand, slide the BELT off of the PULLEY by pressing it downward between the outside of the PULLEY and the inside of the FRAME. Loop the BELT around the small flywheel of the ALTERNATOR and carefully lower the ALTERNATOR down to a resting position.

Step 6
Disconnect the wires from the back of the ALTERNATOR.

NOTE: TAKE A MOMENT TO NOTICE THE LOCATIONS OF EACH OF THE TERMINALS BEFORE DISCONNECTING THEM FROM THE ALTERNATOR.

Step 7
Remove the ALTERNATOR ADJUSTMENT and PIVOT BOLT and lift the faulty ALTERNATOR from the FRAME.

Step 8
Reverse Steps 1 through 7 to return all parts to their proper positions. Replace any WIRE TIES that were removed to protect the WIRE HARNESS from damage by moving parts.

