

## **Lifecycle 9500RHR Series Exercise Bikes**

### **How To...REMOVE AND REPLACE THE CRANK ARM AND BEARINGS**

**Tools Required:** Special crank arm wrench required (available from Life Fitness), torque wrench 30 FT. LBS. with 32mm open end, punch, Standard screwdriver, hex key set , and clean rag

**WARNING! IF THE INFORMATION IN THESE INSTRUCTIONS ARE NOT FOLLOWED EXACTLY, THE EXERCISE BIKE MAY BE DAMAGED, VOIDING YOUR WARRANTY. TO INSURE PROPER INSTALLATION, SERVICE BY A LIFE FITNESS AUTHORIZED REPRESENTATIVE IS STRONGLY RECOMMENDED.**

#### **STEP 1**

Remove the exercise bike PEDALS and HOUSING.

#### **STEP 2**

Remove the DRIVE BELT.

#### **STEP 3**

With a Standard screwdriver, remove the three SPROCKET DUST COVER SCREWS (if equipped). Guide the SPROCKET DUST COVER off of the CRANK ARM.

#### **STEP 4**

Using a 5/32 inch hex wrench, remove the two BEARING CLAMP BOLTS, two LOCKWASHERS and four BEARING CLAMPS from the bike frame. Discard the two bearing clamp bolts, two split washers, and four bearing clamps. DO NOT reuse.

#### **STEP 5**

Bend the outward tab of the TAB LOCK WASHER to allow rotation of the REVERSE THREADED LOCK NUT. Using the 32mm crank arm wrench, loosen and remove the REVERSE THREAD LOCK NUT. Remember that this nut is reverse threaded.

**NOTE: NUTS ON THE LEFT SIDE ARE REVERSE THREADED. CLOCKWISE TO LOOSEN, COUNTER-CLOCKWISE TO TIGHTEN.**

#### **STEP 6**

Remove the TAB LOCK WASHER off the inside CRANK NUT on the left side of the bike. Discard the TAB LOCK WASHER. DO NOT REUSE THE TAB WASHER.

#### **STEP 7**

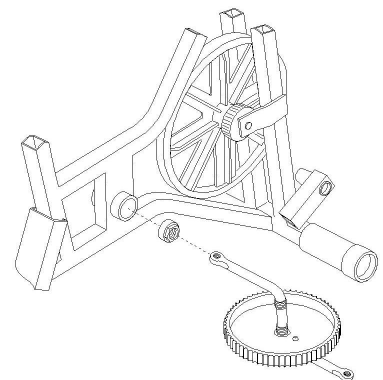
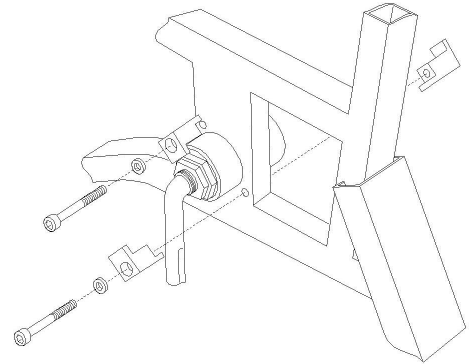
Using a 32mm crank arm wrench, loosen and remove the left side REVERSE THREADED CRANK BEARING/NUT ASSEMBLY and slide it over the CRANK ARM.

#### **STEP 8**

Remove the CRANK ARM from the CRANK TUBE by tilting it from its vertical position to a horizontal position. Guide the crank arm through the crank tube until it has been completely removed from the right side of the bike.

#### **STEP 9**

With the 32mm crank arm wrench, loosen and remove the right CRANK BEARING/NUT ASSEMBLY from the CRANK ARM.



## **How To...REMOVE AND REPLACE THE CRANK ARM AND BEARINGS (Cont)**

### **STEP 10**

Slide the right CRANK BEARING NUT ASSEMBLY over the CRANK ARM. Using the 32mm crank arm wrench, install the BEARING CRANK NUT ASSEMBLY until it seats against the SPROCKET. Tighten to 20-30 FT. LBS. seating torque.

### **STEP 11**

Using a clean rag, wipe all accumulated dirt and residue from the CRANK TUBE.

### **STEP 12**

Guide the CRANK ARM through the CRANK TUBE by tilting it from a horizontal position to a vertical position until it has been completely inserted from the right side of the bike to the left side.

### **STEP 13**

Slide the left side REVERSE THREADED CRANK BEARING/NUT ASSEMBLY over the CRANK ARM and align into position. Begin to thread the CRANK BEARING/NUT ASSEMBLY and follow this three step procedure using a torque wrench:

- Tighten to 9-12 FT. LBS. seating torque
- Back of the BEARING CRANK NUT to loosened state
- Retorque to 4 FT. LBS.  $\pm 10\%$

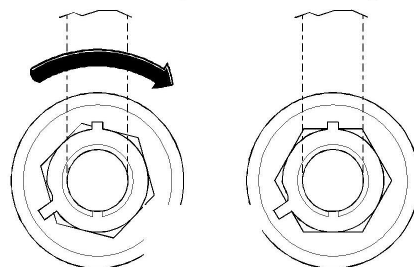
### **STEP 14**

Slide the new TAB LOCK WASHER over the CRANK ARM with the bent tab facing toward the bike FRAME. Slide the key of the TAB LOCK WASHER through the notch and into position against the CRANK BEARING/NUT ASSEMBLY. Align the flat of the bent TAB against the flat of the NUT.

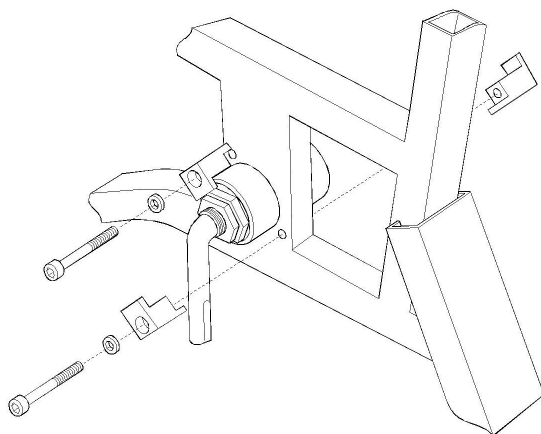
### **STEP 15**

Slide the REVERSE THREADED LOCK NUT over the CRANK ARM, thread it into position and with the 32mm crank arm wrench, tighten the REVERSE THREADED LOCK NUT to 4 FT. LBS.  $\pm 10\%$  against the TAB LOCK WASHER. Remember, this NUT is REVERSE THREADED. Bend the straight tab of the TAB LOCK WASHER so the flat of the TAB is against the flat of the LOCK NUT, then bend the inner tab of the TAB LOCK WASHER until it is flush against the flat of the inner CRANK BEARING NUT.

**When TAB does not line up with flat on HEX NUT, rotate HEX NUT only in direction shown prior to bending TABS.**



**Figure 6**



### **STEP 16**

Using a 5/32 inch hex key wrench, loosely install the two new SPLIT LOCKWASHERS, two new BEARING CLAMP BOLTS and the four new BEARING CLAMPS against the bike frame to secure the outer races of the CRANK BEARING/NUT ASSEMBLIES in place. Tighten the two new BEARING CLAMP BOLTS to 4-5 FT. LBS. seating torque.

**NOTE: THE BEARING CLAMP BOLTS ARE TREATED WITH A SPECIAL EPOXY AND CAN BE USED ONLY ONCE.**

### **STEP 17**

Re-install the DRIVE BELT, the SHROUD and replace the PEDALS from the exercise bike.