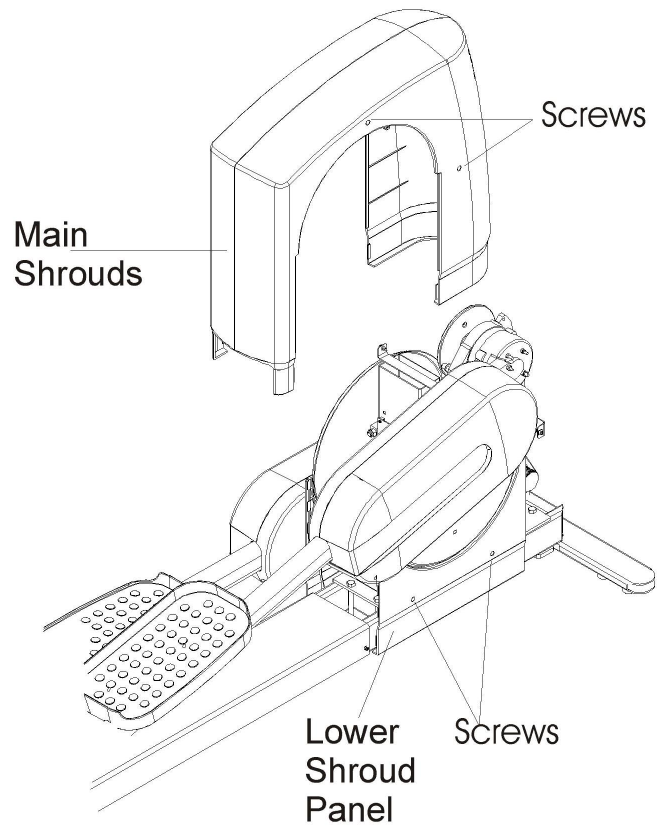


Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi
How To...Replace the Crossover Shaft and Bearings

Special Service Tools Required: BEARINGTOOLKIT

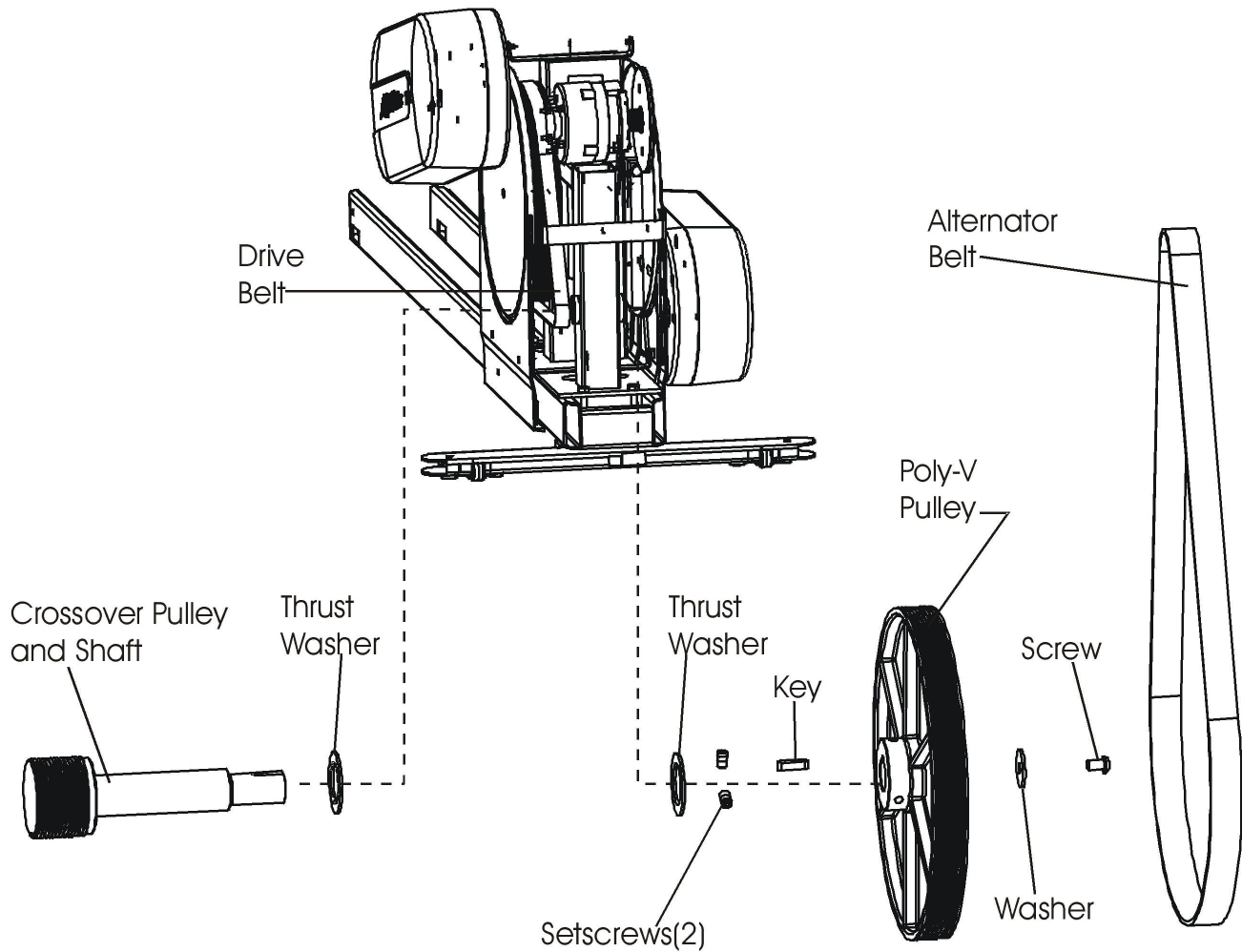
Note: Replace the Crossover Shaft at the same time Bearings are replaced.

1. Remove screws securing Main Shrouds to frame. Two screws per shroud.
2. Remove screw securing Lower Shroud Panels to frame. Two screws per shroud.



Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi
How To...Replace the Crossover Shaft & Bearings – Continued

Special Service Tools Required: BEARING TOOLKIT

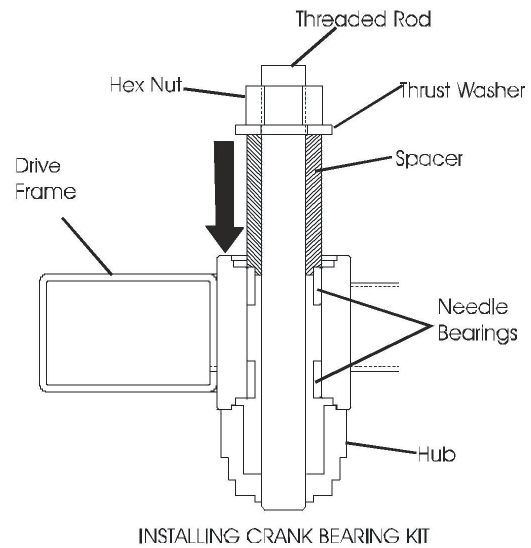


3. Walk off Alternator Belt from Alternator and Ploy-V pulley.
4. Walk off Main Drive belt from Crank Pulley and crossover pulley.
5. Remove screw and washer securing Poly-V pulley to Crossover shaft.
6. Remove two M6 set screws securing Poly-V pulley to Crossover shaft.
7. Remove Poly-V pulley and thrust washer from Crossover shaft.
8. Slide Crossover shaft out of users left side of frame. Discard Crossover shaft.

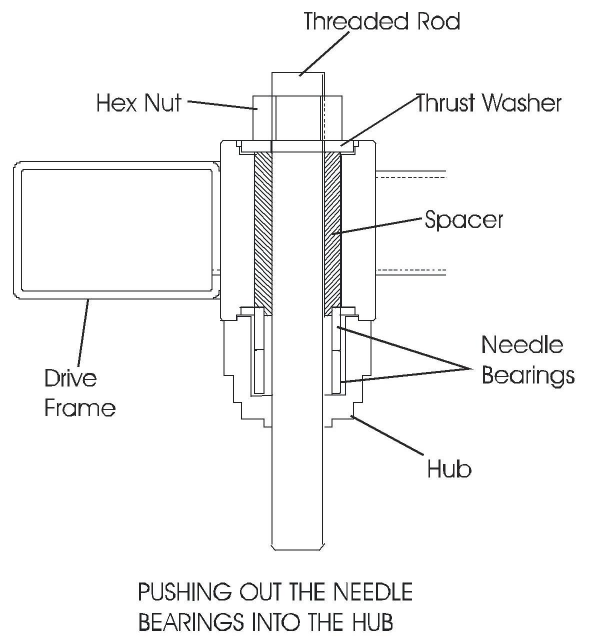
Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi
How To...Replace the Crossover Shaft & Bearings – Continued

Special Service Tools Require: BEARING TOOLKIT

9. Install bearing puller on drive frame as shown.



10. Press out the needle bearings by rotating the hex nut clockwise until the bearings drop into the puller hub. Once the bearings are out of the frame, disassemble the Puller assembly, and discard the bearings.

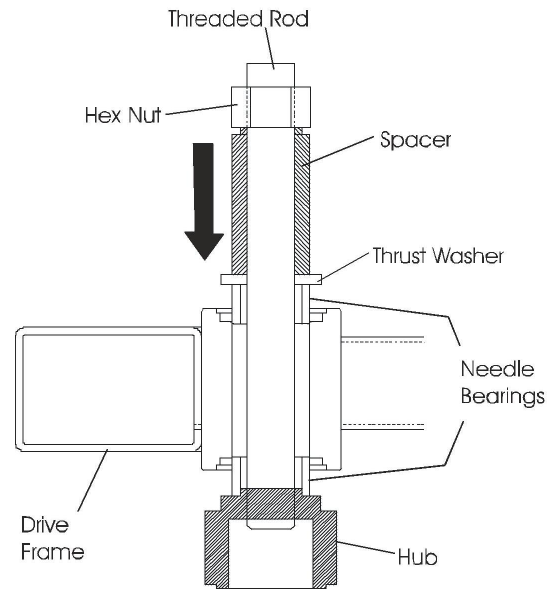


Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi

How To...Replace the Crossover Shaft and Bearings – Continued

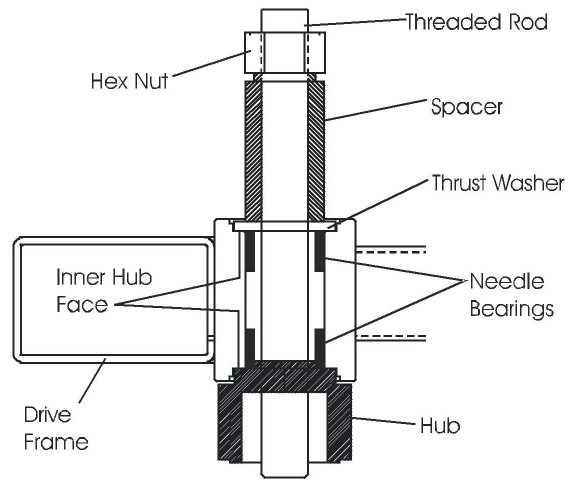
Special Service Tools Require: BEARING TOOLKIT

- 11. Clean the housing before installing new needle bearings.
- 12. Position the new needle bearings and bearing tool as shown. Make sure bearings are aligned and square, with bearing markings facing outward.



INSTALLING NEW NEEDLE BEARINGS

- 13. Start tightening the hex nut. You may have to hold the spacer to keep it from turning.
- 14. Continue pressing in the new needle bearings until the; thrust washer and hub stop against the frame housing shoulder.
- 15. Reassemble the Crossover pulley/shaft, Poly-V Pulley, belts and shrouds in reverse order.



PRESSING IN NEW BEARINGS