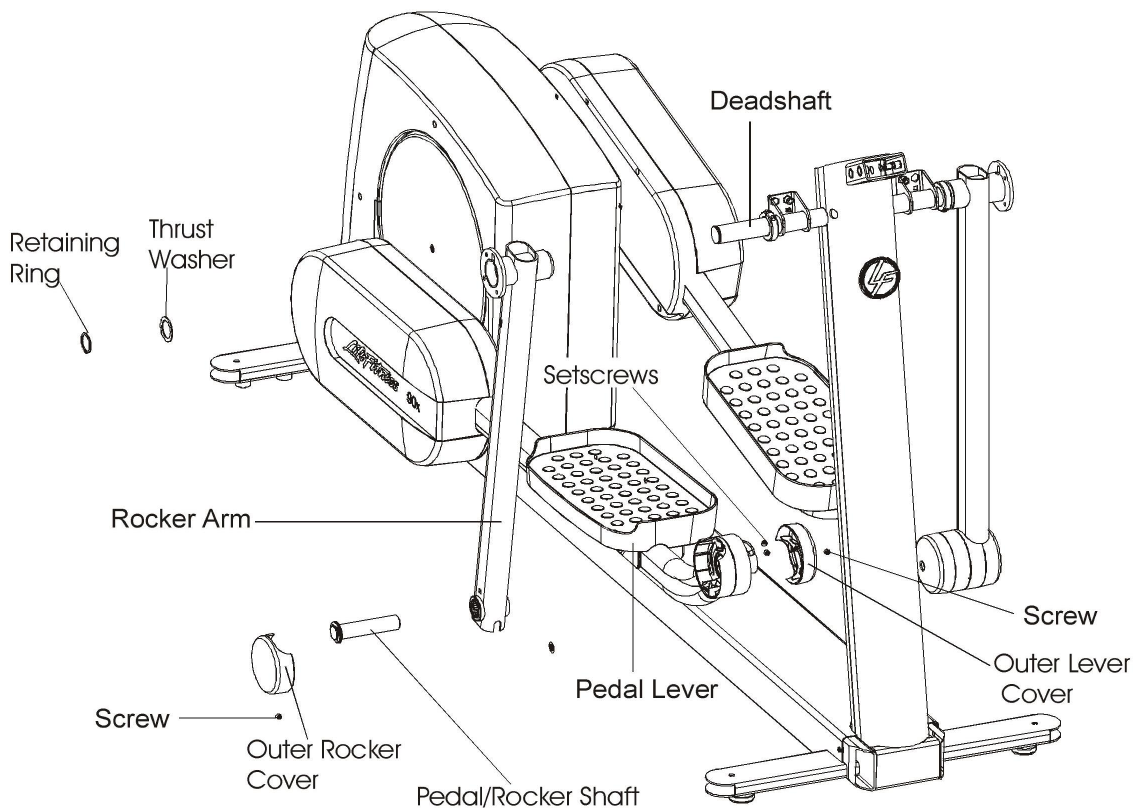
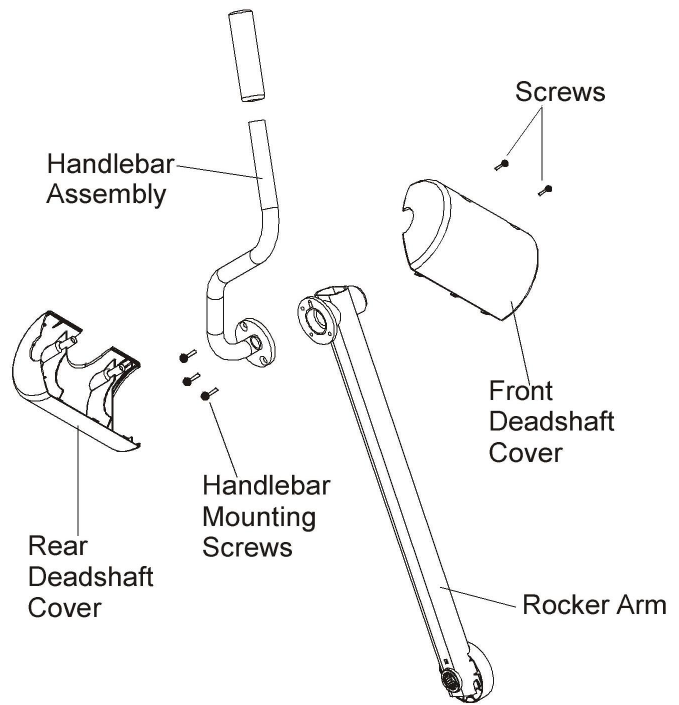


Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi

How To...Replace the Pedal/Rocker Shaft Bearings

Special Service Tools Required: BEARING TOOL KIT

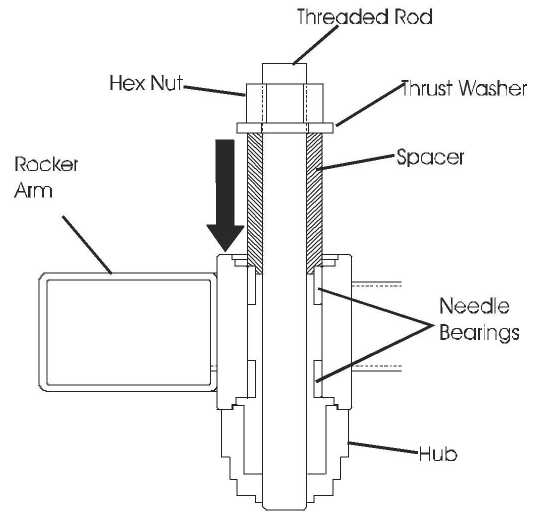
1. Remove the Front and Rear Deadshaft Covers.
2. Remove three bolts securing Handlebar to Rocker Arm and remove the Handlebar. If equipped, disconnect the Heart Rate Cable.
3. Remove the Retaining Ring and Washer securing the Rocker Arm to the Deadshaft.
4. Remove the Outer Pedal Lever Cover and Outer Rocker Arm Cover.
5. Remove two Allen screws securing Pedal Lever to Pedal/Rocker Shaft and remove the Pedal.
6. Remove the Rocker Arm unit and discard the Pedal/Rocker Shaft.



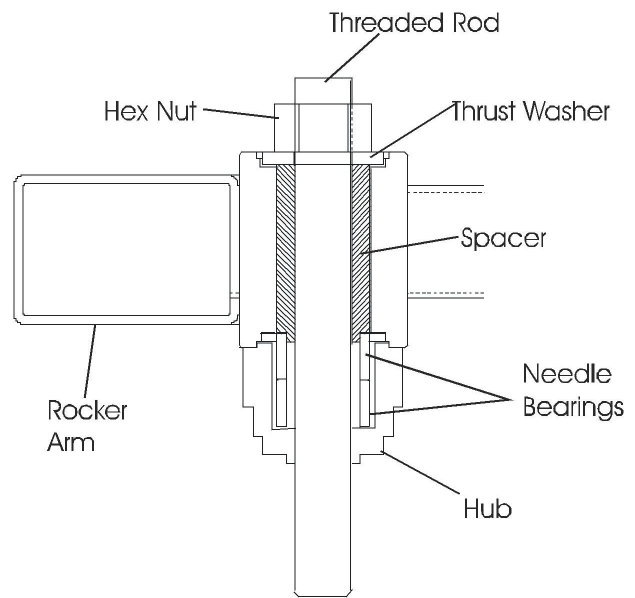
Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi
How To...Replace the Pedal/Rocker Shaft Bearings – Continued

Special Service Tools Required: BEARING TOOL KIT

7. Install the bearing puller on the Rocker Arm as shown.



8. Press-out the needle bearings by rotating the hex nut Clockwise until the bearings drop into puller. Once the bearings are out of the Rocker Arm, disassemble the puller assembly, and discard the bearings.
9. Clean housing before installing new bearings.

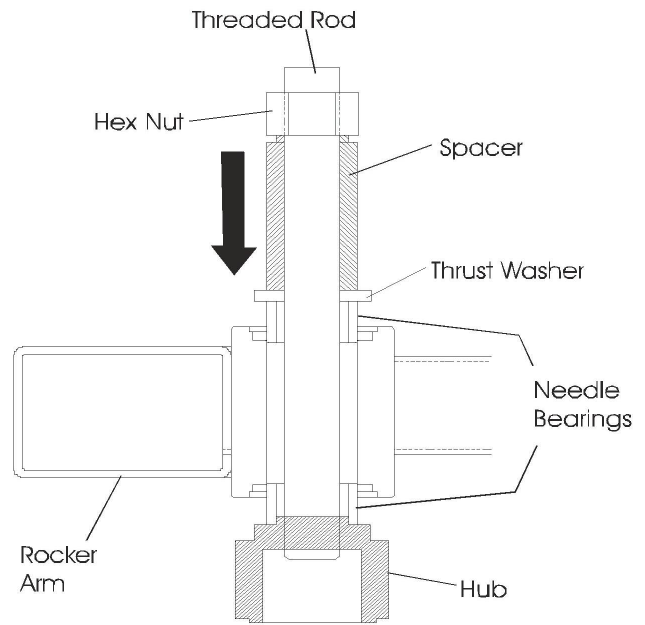


Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi

How To...Replace the Pedal/Rocker Shaft Bearings – Continued

Special Service Tools Required: BEARING TOOL KIT

10. Position the new needle bearings and bearing tool as shown. Make sure bearings are aligned and squared with the bearing markings, which should be facing outward.



INSTALLING NEW NEEDLE BEARINGS

11. Start to tighten the hex nut. You may have to hold the spacer to keep it from turning.
12. Continue pressing in the new needle bearings until the thrust washer and hub stop against the rocker arm housing.
13. Reassemble shaft, Rocker Arm, Handlebar Assembly and Covers.

