

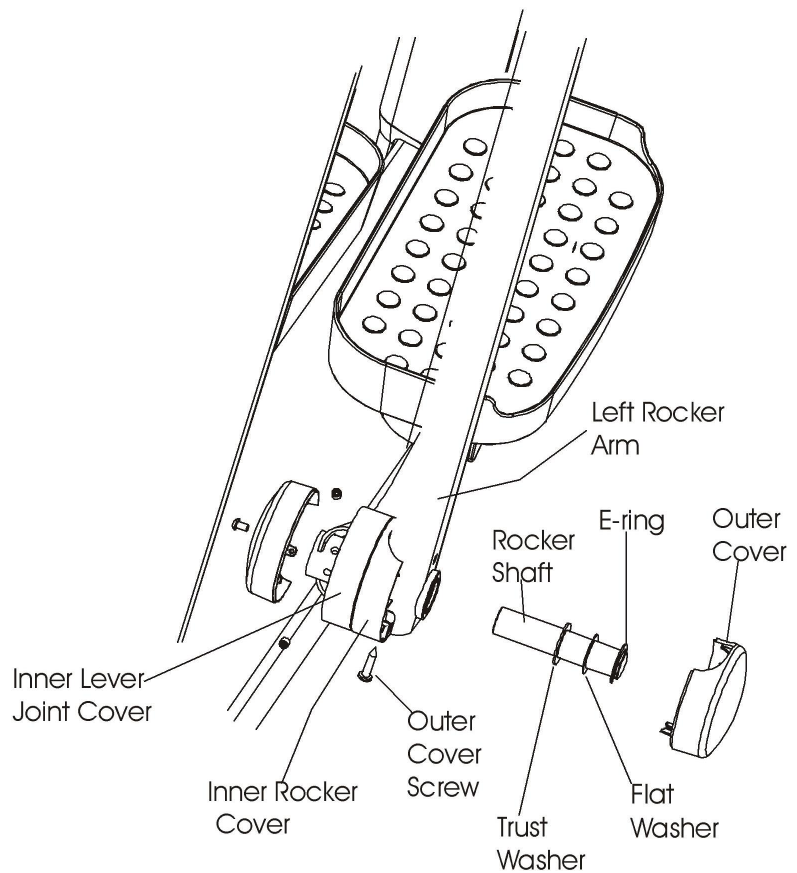
Life Fitness Cross-Trainers 90X, 93X, 95Xe, and 95Xi

How To...Replace the Crank Shaft and Bearings

Special Service Tools Require: BEARING TOOLKIT

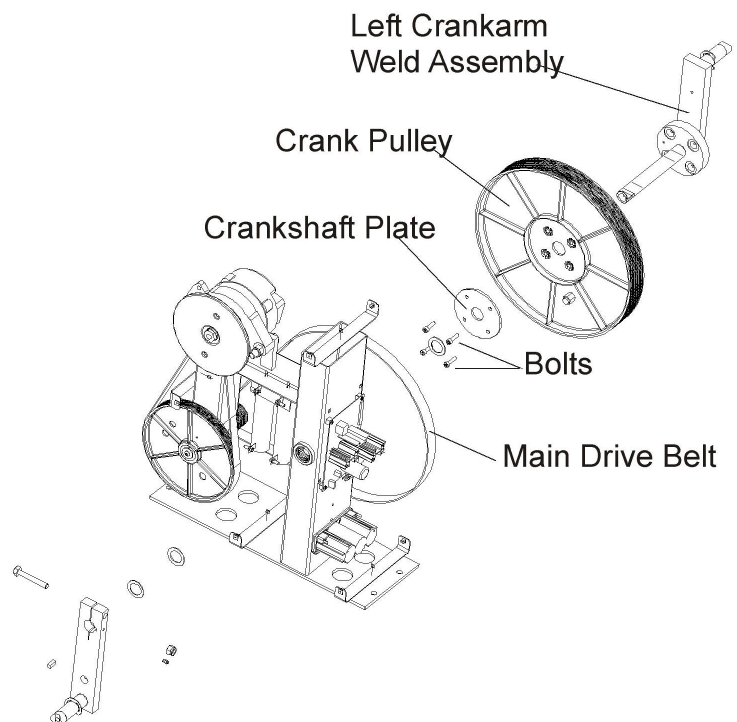
Note: Replace both Crank Shaft and Bearings.

1. Remove the Outer Lever Joint and Rocker Arm Covers from the Pedal Arm and Rocker Arm Joint.
2. Remove the Outer Link Covers.
3. Remove the Pedal Arms from the unit by removing two Allen bolts.
4. Remove the bolt securing the Crank Extension to Crankarm.
5. Remove the Shaft Collar from the Crankarms.
6. Remove the Main Shrouds and Crank Covers.



7. Remove the Poly-V Belt from the Crank Pulley by walking it off the pulley.
8. Remove the right Crankarm by loosening the hex nut, bolt, and Allen screw secured to the Crankshaft assembly.
9. Remove the Crankshaft and Pulley from the left side of the frame.

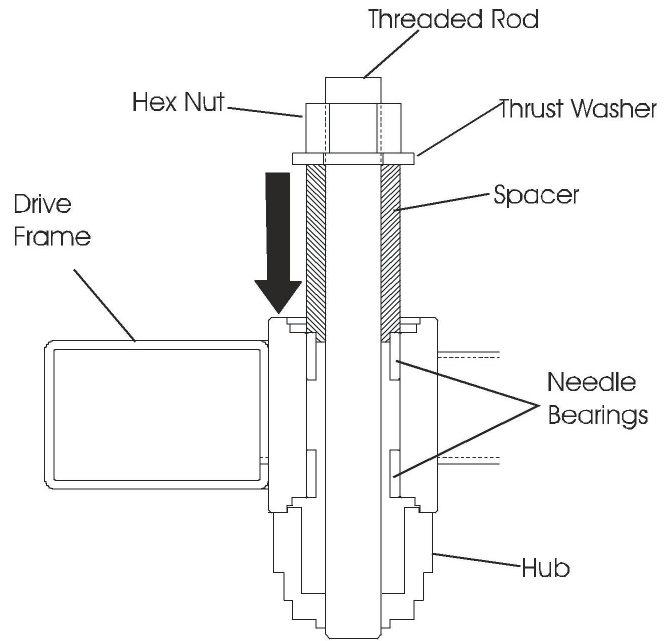
Remove the bolts securing the Pulley to the left Crankarm and Shaft weldment and discard.



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

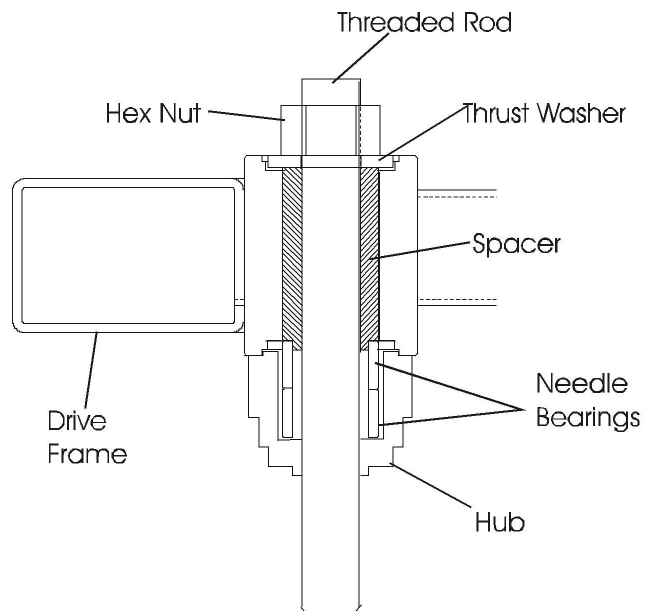
Special Service Tools Require: BEARING TOOLKIT

- 10. Install Bearing Puller on the Drive Frame as shown.
- 11. 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.



INSTALLING CRANK BEARING KIT

- 12. Clean the housing before installing the new Needle Bearings.



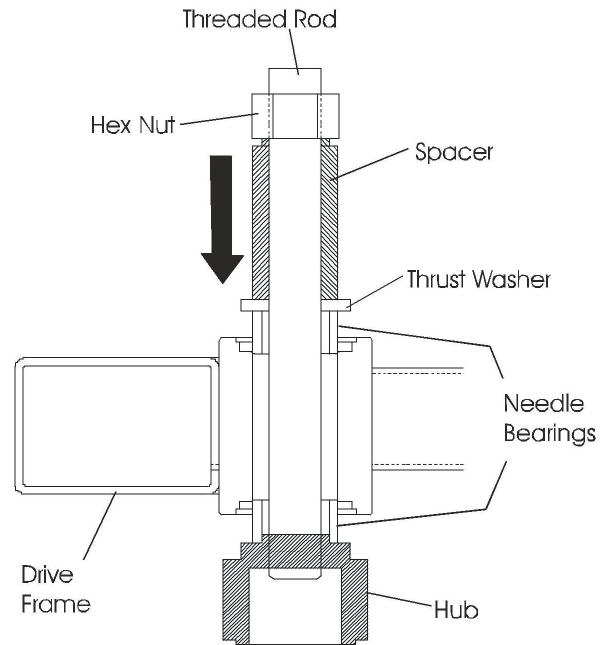
PUSHING OUT THE NEEDLE BEARINGS INTO THE HUB

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

Special Service Tools Require: BEARING TOOLKIT

- 13. Position the new Needle Bearings and Bearing Tool as shown. Make sure bearings are aligned and square with bearing markings facing outward.

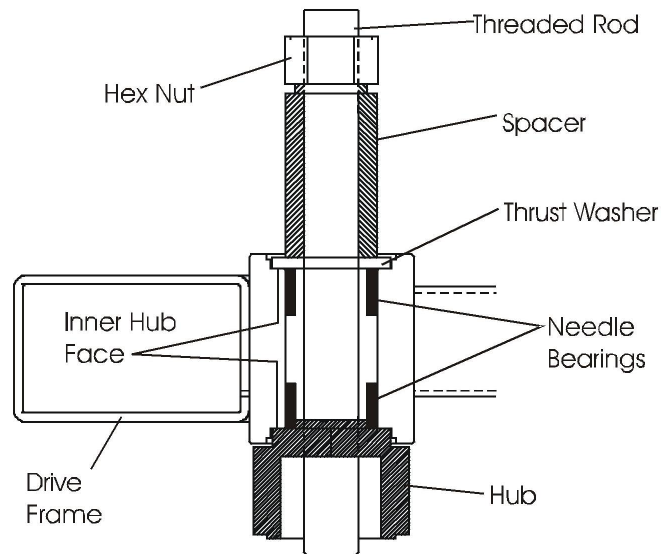
- 14. Start tightening the Hex Nut. You may have to hold the spacer to stop it from turning.



INSTALLING NEW NEEDLE BEARINGS

- 15. Continue pressing in the new Needle Bearings until the Thrust Washer and the Hub stop against the Frame Housing Shoulder.

- 16. Reassemble the Crankshaft and Pulley Assembly in reverse order of removal.



PRESSING IN NEW BEARINGS