

## Life Fitness Models X9i, 8500, 9100, and 9500HR Cross-Trainers How To... Replace Pedal

**Tools required:** Clean cloth, water, and isopropyl alcohol

1. Remove the pedals from the pedal arm assemblies.
2. Remove old tape.
3. Using a clean cloth, carefully clean the surface areas using a moisture of 50% water and 50% isopropyl alcohol. Make sure all adhesive is removed from the pedal and pedal arm assembly and make sure that surface areas are perfectly dried.
4. Apply four(4) pieces of double-back adhesive tape on the pedal arm assembly as shown.
5. Reinstall the pedal and apply 30-40 psi clamp pressure for approximately 60 seconds or longer.
6. Install the push nuts. A socket or nut driver works well to press them firmly in place.

