

**Life Fitness Models X9i, 8500, 9100, and 9500HR Cross-Trainers**  
**How To... Replace Tie Rod for 8500, 9100, and 9500HR Cross-Trainers**

**Tools required:** Phillips magnetic screwdriver #2 and 3/8 Socket set

1. Remove the OUTER LINK COVER by removing the six(6) mounting screws.
2. Remove the TIE ROD NUT from the ARM EXTENSION and PEDAL ARM.
3. Discard the tie rod and hardware.
4. Install new TIE ROD in reverse order.

NOTE: An identification mark on the tie rod must face towards the front of the machine. Using a small amount of grease between the inner race of the bearing and sleeve, attach the tie rod at the rear of the machine first, then at the front.

