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HOW TO… REPLACE THE CONTROL LINK ASSEMBLY

Tools required: Phillips screwdriver, 12mm and 13mm open end wrenches, 6mm Allen wrench, blue *Loctite*
Estimated time required: 1 hour
Applies to: 90X, 93X, 95X cross-trainers

1. Remove the main shroud (4 screws, see Figures 1 and 2).

Fig. 1: loosening the main shroud screws

Fig. 2: removing the main shroud

2. Remove the outer link cover (6 screws), as shown in Figures 3 and 4.

Fig. 3: loosening the right outer link cover screws

Fig. 4: removing the right outer link cover

3. Place the crank extension at the twelve o'clock position.

4. Remove the bolt that secures the crank extension to the crankshaft, as shown in Figure 5.

5. Remove the hex nut, washer, bolt, and control link sleeve that secure the crank extension to the control link assembly (see Figure 6). Discard everything except the crank extension mounting bolt. Apply *Loctite* to the bolt.

Fig. 5: removing the crank extension bolt

Fig. 6: removing the control link assembly

5. Secure the new control link assembly in the twelve o'clock position with the existing extension mounting bolt and the new hardware. Secure the crank extension to the crankshaft using the existing extension mounting bolt, as shown in Figures 7, 8, and 9. Figure 10 shows the assembly installed. Torque the crank extension bolt to 50—55 ft-lbs (68—75 Nm).

Fig. 7: use the old crank extension mounting bolt

Fig. 8: installing the new control link assembly

Fig. 9: attach the opposite end of the control link assembly

Fig. 10: new control link assembly installed.

6. Repeat the procedure for the opposite side of the cross-trainer.
7. Reinstall the outer link covers and main shrouds in reverse order.