

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

How To... Replace the Rocker Arm

Special Service Tools Required: NONE

1. Remove the Outer Deadshaft Covers. See "How To..." in this section.
2. Remove the Handlebar. See "How To..." in this section.
3. Remove the Outer Lever Joint Cover and Rocker Arm Cover. See "How To..." in this section.
4. Remove the Retaining Ring and washer securing the Rocker Arm to the Deadshaft.
5. Remove the Allen screws securing the Pedal/Rocker Shaft to the Pedal Lever, and then slide the Pedal/Rocker Shaft out of both the Pedal Lever and Rocker Arm.
6. Carefully slide the Rocker Arm off of the Deadshaft.
7. Install the new Rocker Arm in reverse order.

