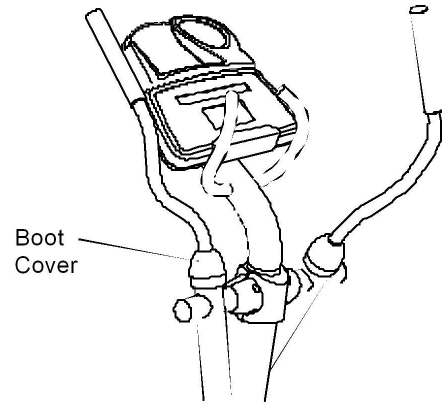


Life Fitness Model 8500, 9100, and 9500HR Cross-Trainers

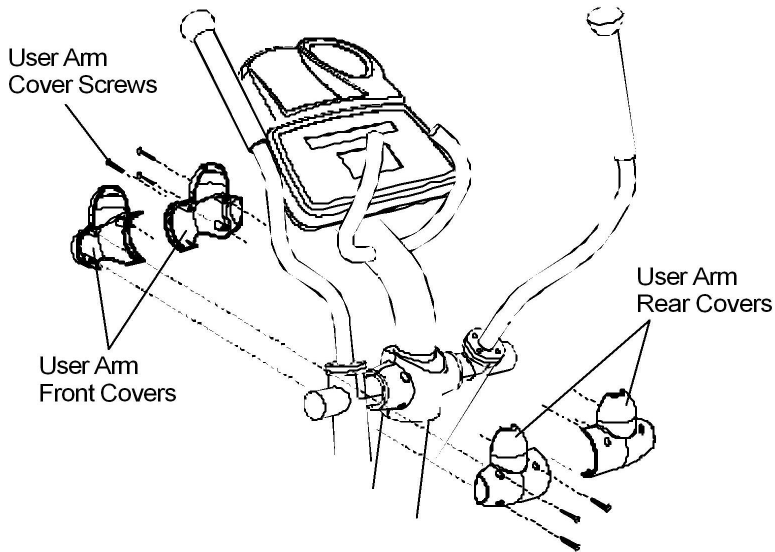
How To... Replace The User Arms

Tools required: Allen wrench set and Phillips screwdriver

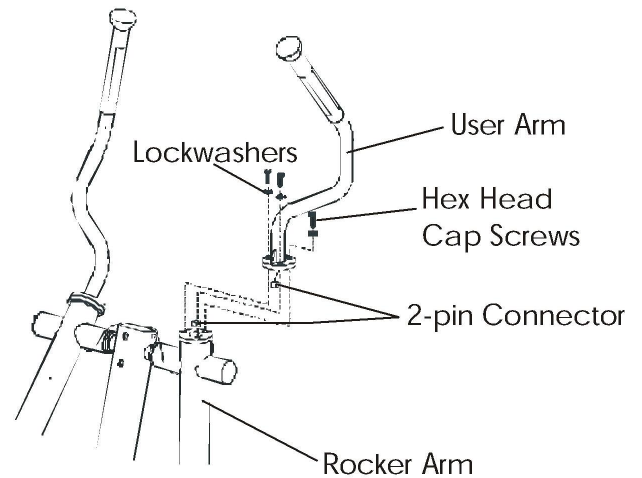
1. **MODELS 8500 and 9100:** Raise the BOOT COVERS on the UPPER ARMS.
MODEL 9500: Remove four(4) mounting bolts from the USER ARM REAR COVERS and remove these covers.
2. Remove three(3) MOUNTING BOLTS from each UPPER ARM and lift off the user arm. Units with Heart Rate, disconnect electrical connector.
3. Install new user arms in reverse order.



Model 8500/9100



Model 9500



Model 9500HR