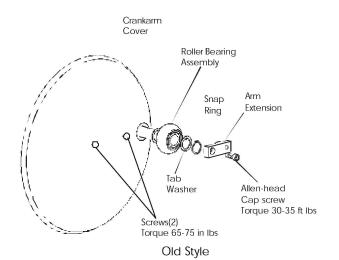
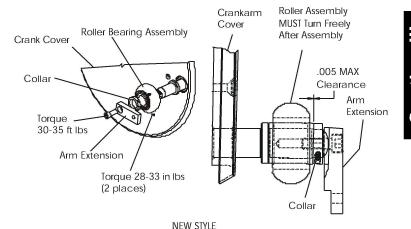
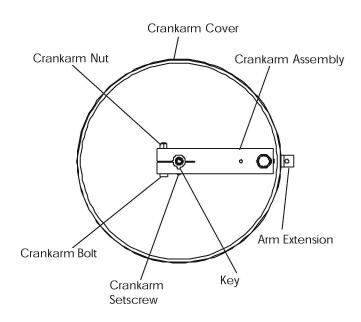
Life Fitness Model 8500, 9100, and 9500HR Cross-Trainers How To... Replace The Crankarm Assembly

Tools required: Snap ring pliers and Allen wrench set, and Phillips screwdriver

- Remove the REAR COVERS. See How To... Remove Rear Covers.
- Remove the ALLEN-HEAD CAPSCREW from the end of the ARM EXTENSION.
- Remove the SNAP RING, TAB WASHER and ROLLER BEARING ASSEMBLY on Old configuration assembly. For New configuration assembly, remove the SETSCREW and COLLAR, then remove the roller bearing assembly.
- Remove the two(2) countersunk screws securing the crankarm cover to the crankarm, and remove the CRANKARM COVER.
- 5. Remove the NUT and BOLT from the CRANKARM.
- Remove the SETSCREW and KEY from the CRANKARM.
- 7. Remove the CRANKARM off the shaft.
- Install the CRANKARM COVER and ROLLER BEARING in the reverse order. For new style roller bearing assemblies, make sure that a maximum of .005" clearance is maintained between the ROLLER BEARING and the COLLAR.







BACKSIDE VIEW