

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

1. Remove the REAR COVERS. See How To... Remove Rear Covers.
2. Remove the ALLEN-HEAD CAPSCREW from the end of the ARM EXTENSION.
3. 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.
4. 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.
6. Remove the SETSCREW and KEY from the CRANKARM.
7. Remove the CRANKARM off the shaft.
8. 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.

