

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

How To... Replace Rocker Arms

Tools required: 3/8 Socket set and Standard wrench set

1. Remove the UPPER ARMS. See How To... Replace User Arms.
2. Remove the MONOCOLUMN COVERS and CLEVIS COVERS.
3. Remove the clevis cover from each pedal lever.
4. Remove the nut and bolt securing the PEDAL LEVER to the ROCKER ARM, and lower the pedal lever.
5. Remove the END CAP from the rocker arm.
6. Remove bolt and washer and slide-off the rocker arm.
7. Install new rocker arm in reverse order.
8. Units with split collar design, make sure to position to within .005" gap of rocker arm. Units with one-piece collars, make sure collar is positioned against shaft shoulder.

