

Life Fitness Models X9i, 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 (CT91, 85, and X9i).
6. Remove bolt and washer and slide-off the rocker arm.
7. Install new rocker arm in reverse order.
8. With the split collar positioned to within .005" gap of rocker arm, ensure that the rocker arm rotates freely.

