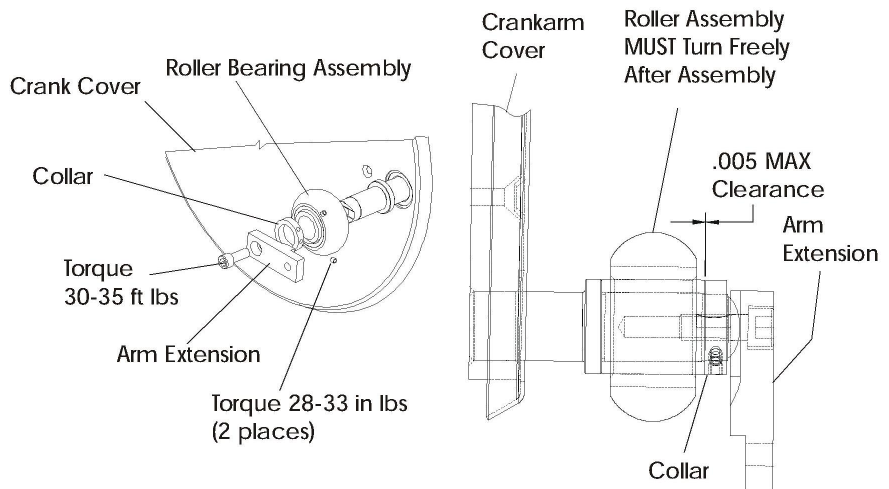


Life Fitness Models X9i, 8500, 9100, and 9500HR Cross-Trainers

How To... Replace The Crankarm Assembly

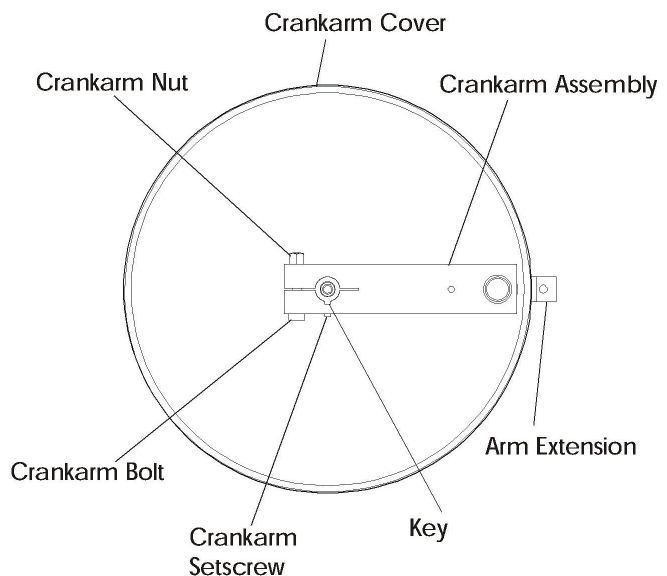
Tools required: Allen wrench set, and Phillips screwdriver

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 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 flush with end of crankshaft. Use new setscrews with patch or blue Loctite 242. Tighten setscrews first, then tighten clamping screw.
9. Install the crankarm cover and roller bearing in the reverse order. Make sure that a maximum of .005" clearance is maintained between the roller bearing and the collar. Ensure that the roller can rotate freely.

NEW STYLE



BACKSIDE VIEW