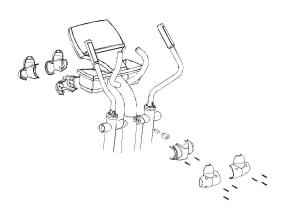
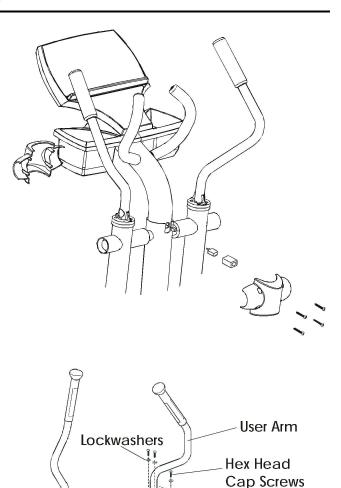
## Life Fitness Models X9i, 8500, 9100, and 9500HR Cross-Trainers How To... Replace The User Arms

Tools required: Allen wrench set and Phillips screwdriver

- MODELS 8500 and 9100: Raise the BOOT COVERS on the UPPER ARMS.
  MODEL 9500: Remove four(4) mounting bolts from the USER ARM REAR COVERS and remove these covers.
- 2. Remove three(3) MOUNTING BOLTS from each UPPER ARM and lift off the user arm. Units with Heart Rate, disconnect electrical connector.
- 3. Install new user arms in reverse order.





2-pin Connector

Rocker Arm

Model 9500HR