

## ***Life Fitness 9100 Series Heartrate and Telemetry Equipped Treadmills*** **How To...REMOVE AND REPLACE THE LIFESPRINGS**

**Tools Required:** Hex key wrench set, socket and ratchet set

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### **Step 1**

Turn the power OFF by unplugging the unit at the wall outlet.

### **Step 2**

Remove the DECK (See "How To...").

### **Step 3**

Remove the two DECK CHANNELS and set them aside to be reinstalled later.

### **Step 4**

Remove the SCREW and WASHER securing each worn LIFESPRING to the FRAME.

**NOTE: APPLY LOCTITE TO THE SCREW PRIOR TO SECURING THE NEW LIFESPRING INTO POSITION TO AVOID ANY POSSIBLE LOOSENING OF THE SCREW.**

### **Step 5**

Insert the SCREW and WASHER into the hole in the new LIFESPRING. Position the LIFESPRING ASSEMBLY in place on the FRAME and secure.

### **Step 6**

Slide the two DECK CHANNELS back into place.

### **Step 7**

Reverse Steps 1 and 2 to return all parts to their proper positions.