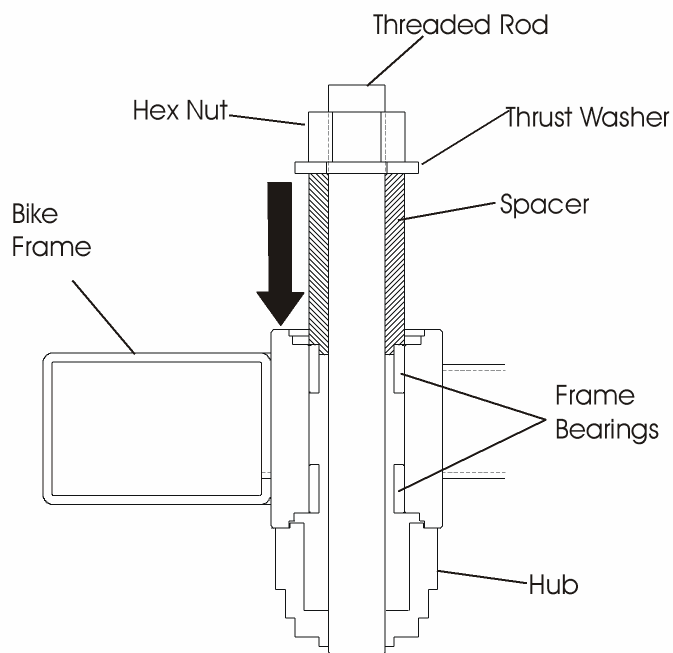
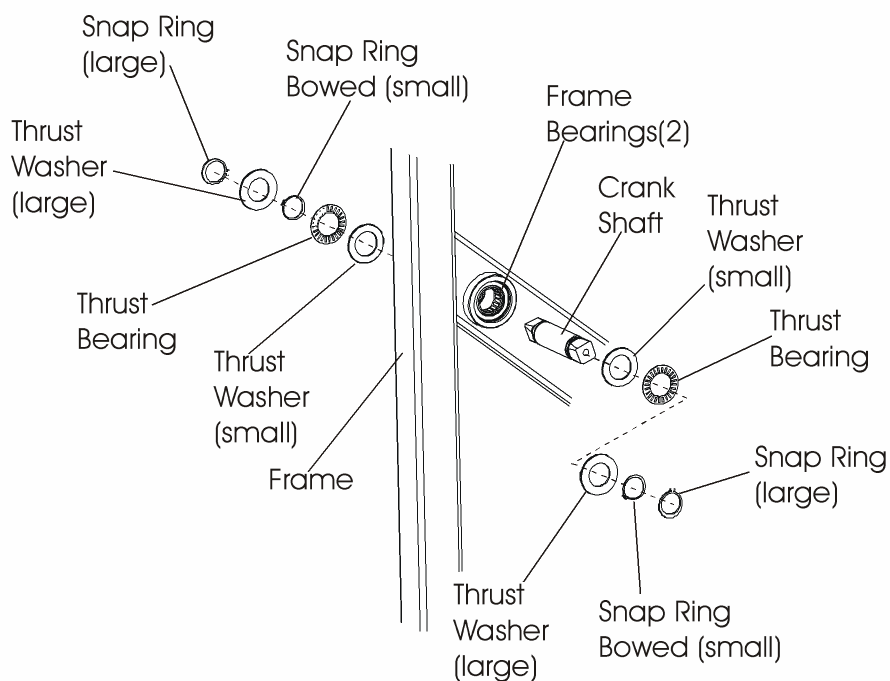


## Lifecycle Recumbent Bikes LC95R, LC91R, LC85R, R9, R7, 95Ri, 93Ri, 90R, and 95Re

### How To... Replace the Crank Shaft Bearings

**Special Service Tools: Bearing Service Tool Kit – Part Number: BearingToolKit**

1. Remove the side shrouds. See "How To..." in this section.
2. Remove the main drive belt. See "How To ..." in this section.
3. Remove the crank shaft hubs. See "How To..." in this section.
4. Remove the large snap rings, the bowed snap rings, the large and small thrust washers, and the thrust bearings from both sides of the crank shaft.
5. Push the crank shaft out from the frame bearings.
6. Inspect, and if necessary, replace any crank shaft component parts before reassembling onto the new crank shaft.
7. Install the bearing puller on the crank frame bearings as illustrated.



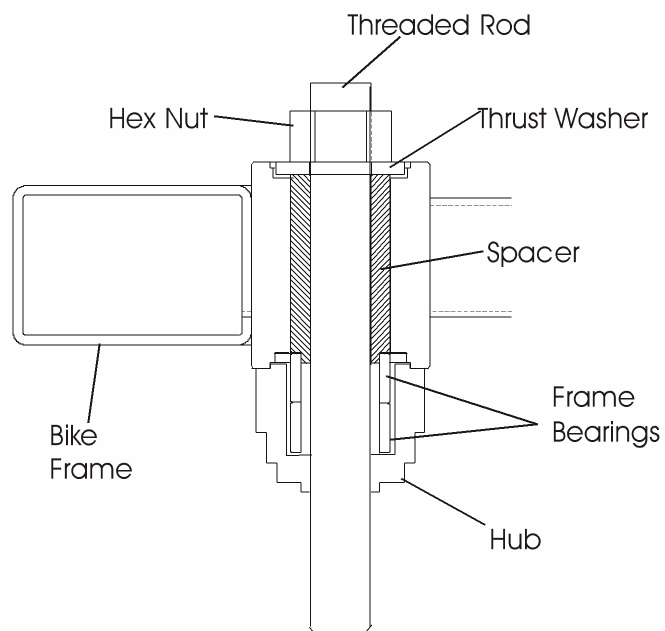
INSTALLING CRANK BEARING KIT

## ***Lifecycle Recumbent Bikes LC95R, LC91R, LC85R, R9, R7, 95Ri, 93Ri, 90R, and 95Re*** **How To... Replace the Crank Shaft Bearings - Continued**

**Special Service Tools: Bearing Service Tool Kit – Part Number: BearingToolKit**

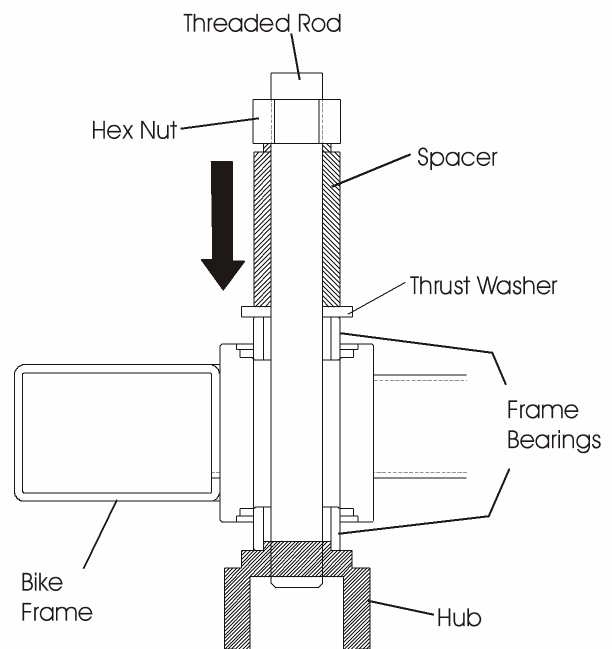
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8. Press out the frame bearings by rotating the hex nut clockwise until the bearings drop into the puller hub. Once the bearings are out of the frame, disassemble the puller assembly, and discard the bearings.
9. Clean the housing before installing new frame bearings.



PUSHING OUT FRAME  
BEARINGS INTO THE HUB

10. Position the new frame bearings with markings (on the face of the bearings), positioned facing out. Make sure bearings are aligned straight and square.



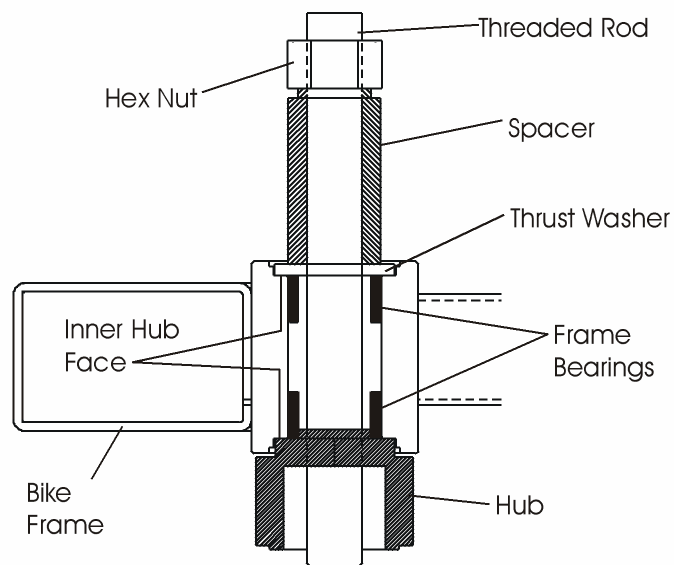
INSTALLING NEW FRAME BEARINGS

## Lifecycle Recumbent Bikes LC95R, LC91R, LC85R, R9, R7, 95Ri, 93Ri, 90R, and 95Re

### How To... Replace the Crank Shaft Bearings - Continued

**Special Service Tools: Bearing Service Tool Kit – Part Number: BearingToolKit**

11. Start tightening the hex nut. You may have to hold the spacer to stop it from turning.
12. Continue pressing in the new frame bearings until the thrust washer and hub stop against the frame housing shoulder. Make sure that the bearing races seat flush against the inner hub face.



PRESSING IN NEW BEARINGS

13. Reinstall crank shaft and components. Use the exploded view below to aid in reassembly.
14. Reinstall the hubs.
15. Reinstall the main drive belt.
16. Reinstall the side shrouds, crank arms and pedals.

