

Procedure 7.5 - Replacing a Crankarm Assembly

Removing a Crankarm Assembly

WARNING

Before continuing with this procedure, review the Warning and Caution statements listed in Section One, Things You Should Know.

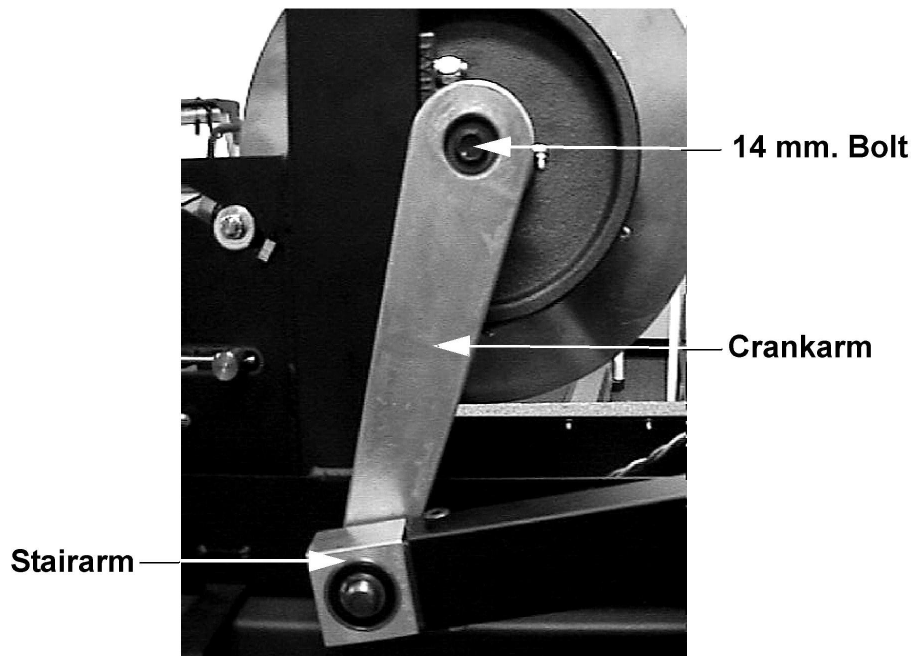
1. It is only necessary to remove the right or left side of the rear cover to access the crankarm being replaced. Remove the necessary side(s) of the rear cover.
2. Remove the stairarm assembly as described in Procedure 7.12, steps 2 to 4.

Note:

Notice the position of the two crank arms. When the crankarms are replaced, they must be positioned so that they are 180 degrees opposing.

3. Remove the 14 mm. bolt that secures the crankarm to the input pulley shaft. It will be necessary, use a Pitman arm puller or 4" to 6" gear puller to remove the crankarm. Do not use a hammer or mallet to remove the crankarm.
4. If you are removing both crank arm assemblies, repeat Steps 3 and 4 for the second crankarm assembly.

Diagram 7.5 - Crankarm



Replacing a Crank Arm Assembly

5. Clean the crankarm mounting bolt threads and the input pulley shaft threads with an alcohol swab. Allow them to dry and apply blue loctite to the crankarm mounting bolt threads.
6. Position the crankarm on the input pulley shaft. Thread and hand tighten the 14 mm. bolt into the input pulley shaft. Torque the nut to 300 in/lbs.
7. Replace the stairarm assembly as described in Procedure 7.12, steps 11 to 12.
8. If you are replacing both crankarm assemblies, repeat steps 6 and 7 for the second crankarm assembly.
9. Set the unit at it's highest resistance setting and use the EFX for a minimum of 3 minutes. Stride in a forward direction for half of the time and in a backward direction for half of the time. Set the on/off switch in the "off" position and re-torque both of the 14 mm. crankarm mounting bolts to 300in/lbs.
10. Replace the rear cover.