Removing Crank Assembly Retaining Washer

S Series, E Series and P Series Bikes

There is one part number for the crank assembly on the cardio bikes, part number: 800-4004. This replacement assembly comes with a retaining washer that fits the originally designed bikes. To use this cranks for newer bikes, remove the retaining washer or transfer over the previous existing washer (for S Series bikes). The E Series bikes will not have any retaining washers.

Below are the instructions on how to remove the retaining washer.

1. Remove the bearing from the new crank assembly. To do this, use a flat head screwdriver and gently apply pressure to the outside of the housing (Fig. 1). When doing this, there will be only a slight movement on the bearing. Rotate around the bearing until it pops off.

   DO NOT APPLY HEAVY FORCE! It is not necessary and may damage the bearing.

Fig. 1

2. Remove the bearing from the crank arm (Fig. 2). Then remove the 6-holed retaining washer from the crank arm (Fig. 3).

Fig. 2

Fig. 3

3. This step is for units that require the old retaining washer to be installed. Take the original retaining washer and transfer it to the new crank arm (Fig. 4). Then replace the bearing (Fig. 5).

Fig. 4

Fig. 5

The new crank assembly is ready to be installed on the bike.