

Arms

TurboTrainer (9-4550-MINTP0)

Parts Required:

- Left Arm
(PN: 718-5384-20)
- Right Arm
(PN: 718-5380-20)

Tools Required:

- Metric Hex Key Wrench Set or Specific Keys
 - 4mm Hex Key
 - 5mm Hex Key
- Metric Open End Wrench Set or Specific Wrenches
 - 24mm Open End Wrench
- Torque Wrench

Instructions:

1. Remove the plastic foot cover (Fig. 1) by unscrewing the four securing button head screws from the underside using a 4mm hex key.

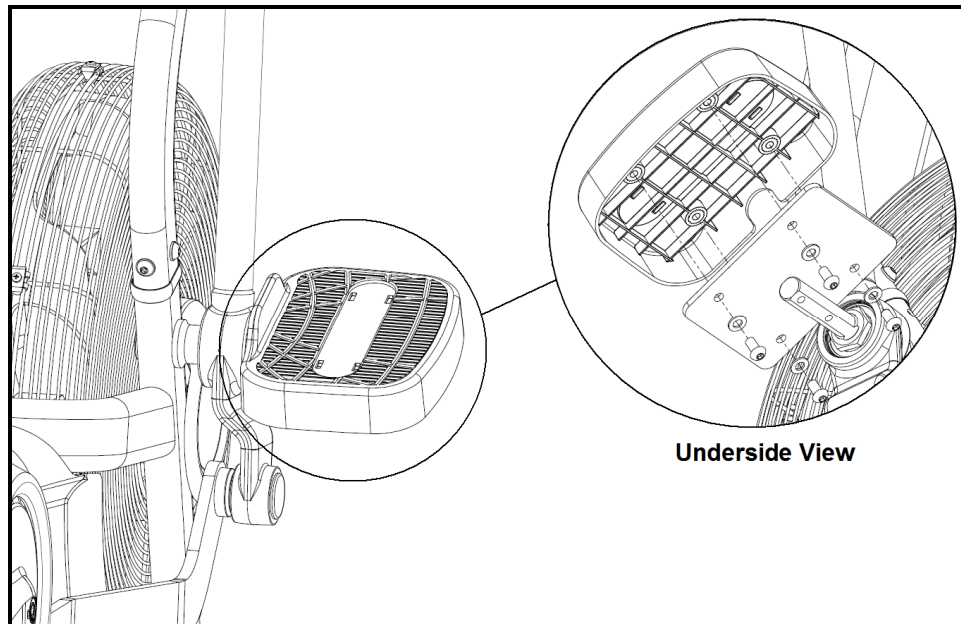


Fig. 1

2. Remove the foot stand plate (Fig. 2) by extracting the two securing button head bolts using a 4mm hex key.

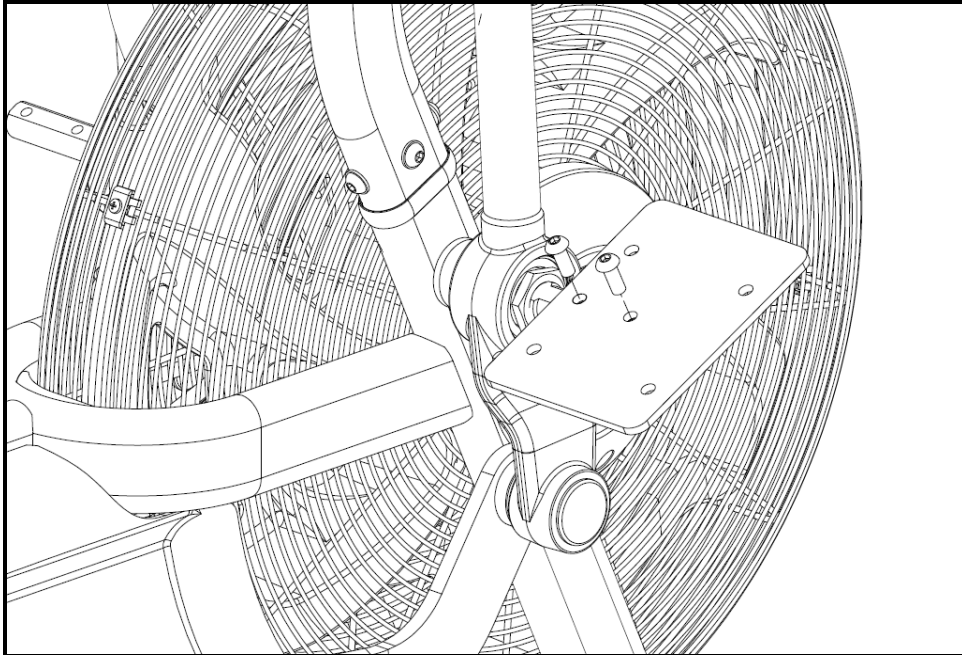


Fig. 2

3. Expose the crank link arm and arm joint hub by removing the plastic cap (Fig. 3).

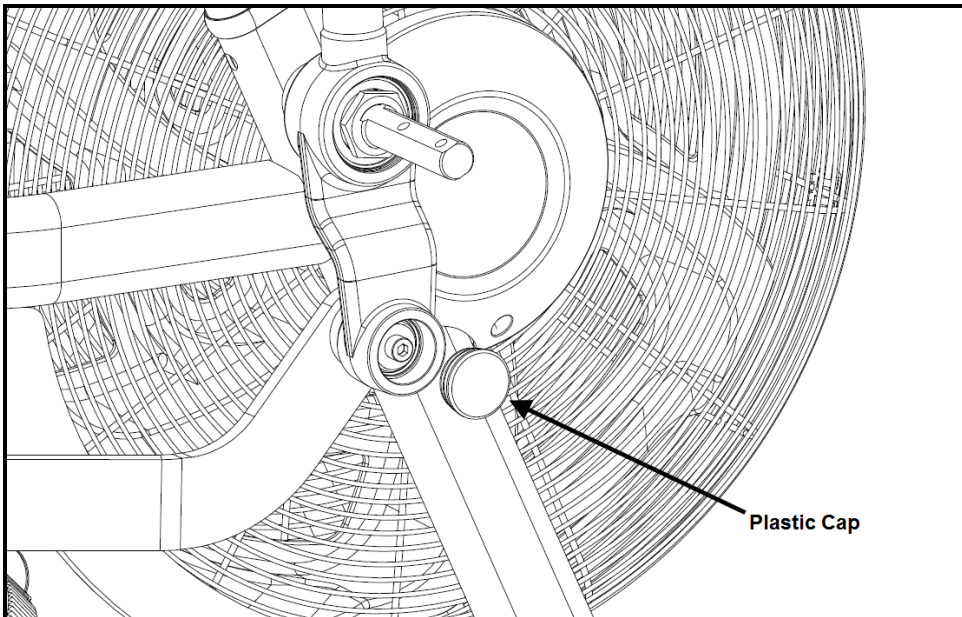


Fig. 3

- Using a 5mm hex key, remove the socket head screw & washer (Fig. 4) mating the arm to the crank link arm.

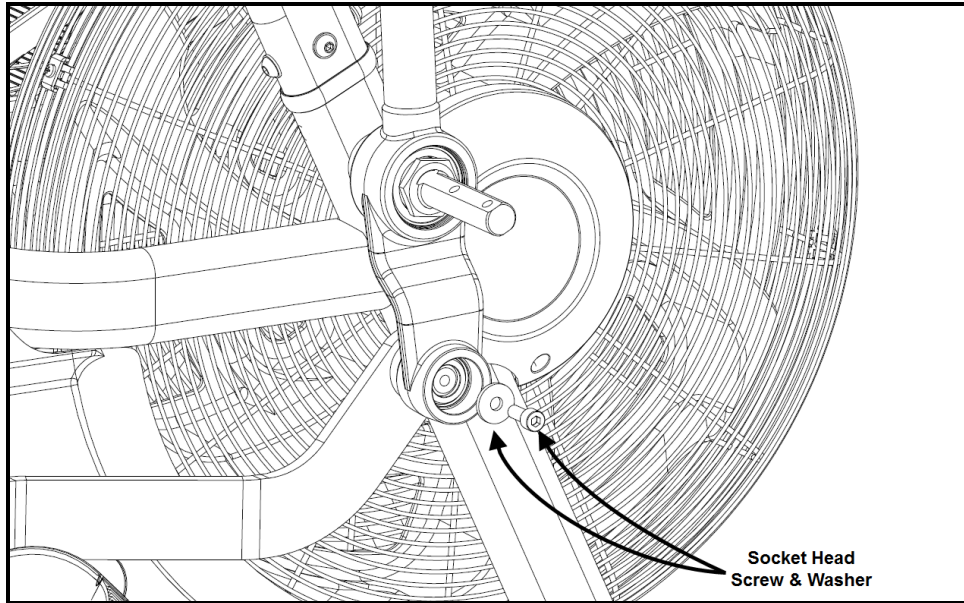


Fig. 4

- With a 24mm open end wrench, remove the jam nut securing the arm to the pivot shaft (Fig. 5).

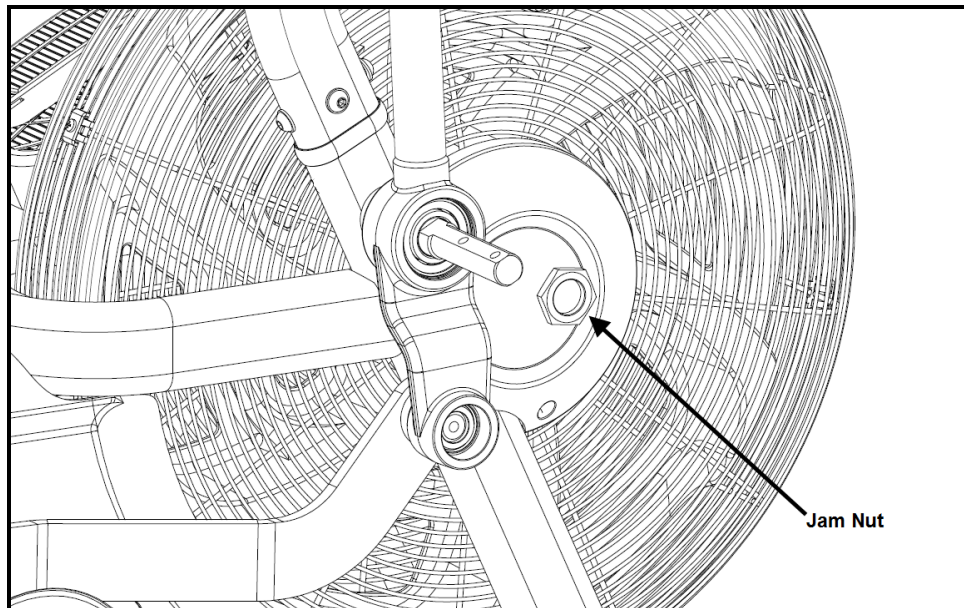


Fig. 5

6. Disconnect the crank link arm from the spherical bearing in the arm and slide the arm off the pivot shaft (Fig. 6).

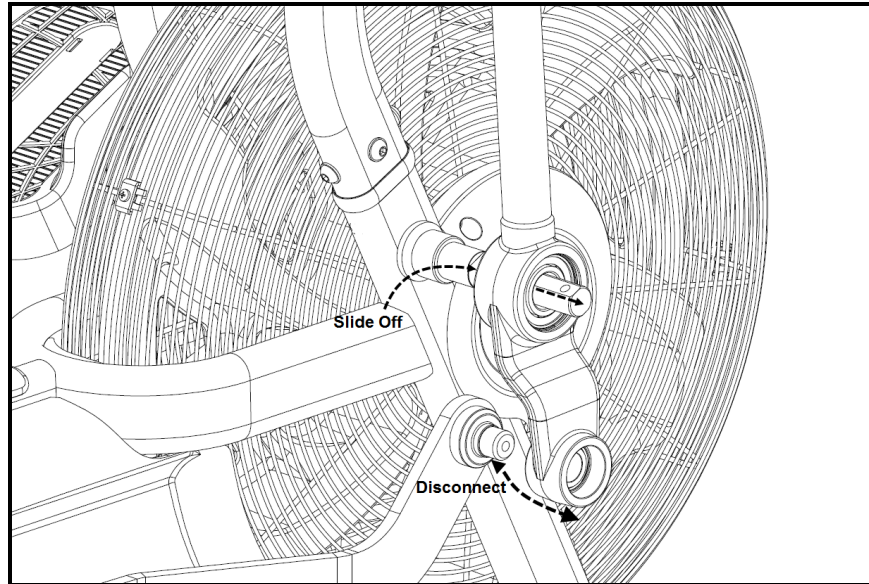


Fig. 6

7. Reverse steps 6-4 to mount the new arm and verify the required final torque (Fig. 7) is applied to the jam nut securing the arm to the pivot shaft and socket head screw mating the arm to the crank link arm.

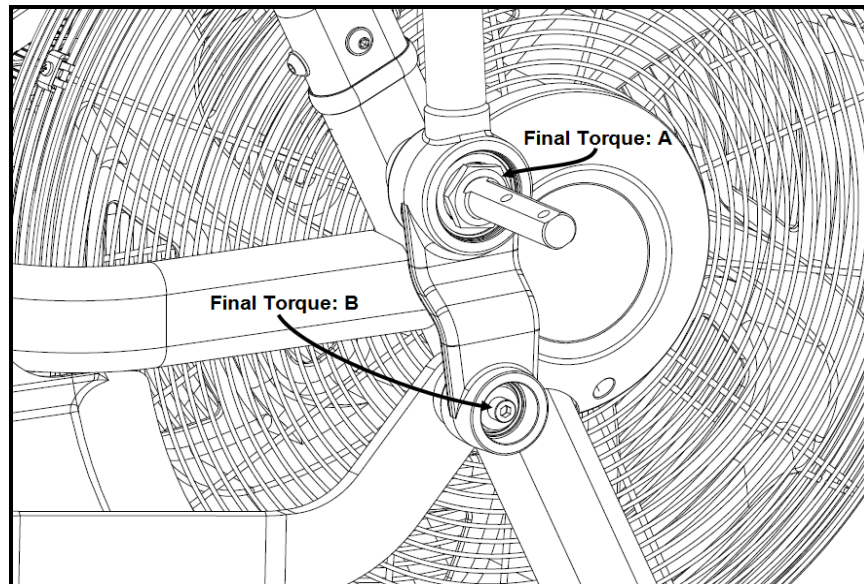


Fig. 7

8. Reverse steps 3-1 to complete installation of the new arm.

Final Torque Ratings

Loc. A: 48-50 Lb-Ft (65-67.8 Nm)

Loc. B: 100-110 Lb-Ft (136-149 Nm)