

## Cross Trainer – Pedal Shaft

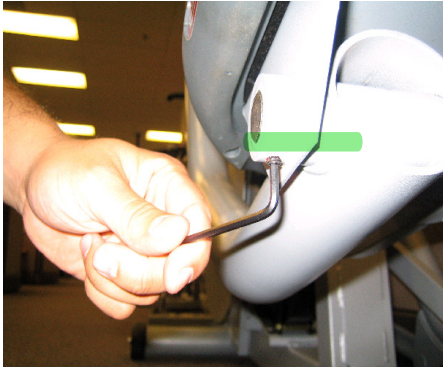


Diagram 1



Diagram 2

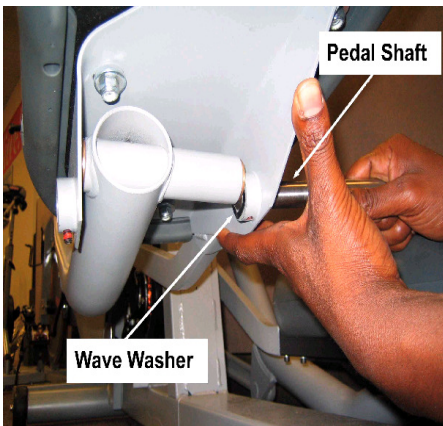


Diagram 3

The Pedal Shaft stabilizes to the main arm and it keeps the pedal from shifting side to side. The pedal shaft is located under the pedal base, it feeds through the main arm and the pedal for support (Part # **020-6628**).

### Items needed to install the Pedal Shaft:

- Socket 1/8" Allen
- Torque Wrench (inch lbs.)
- Hammer
- Pedal Shaft **020-6628**

### Installing the Pedal Shaft:

1. Using the 1/8" Allen remove the two set screws located under the pedal. (see diagram 1)
2. After removing the set screws, using the new shaft place it at the end of the old pedal shaft and tap the shaft out using a hammer. (see diagram 2)
3. Once the shaft has been taped out three-quarters of the way, pull it out completely from the opposite side.
4. Tap the new shaft all the way in. Make sure the shaft is flush on both sides of the pedal.
5. Note: Once the pedal shaft had been removed locate the wave washer that's located between the inside of the pedal and the main Pedal Arm.
6. Align the shaft slot for the pedal and the main pedal arm so the two holes are concentric with each other, making sure the wave washer also is aligned with both pedal and main arm.
7. Position the wave washer between the inside of the pedal and the main pedal arm.
8. Align the shaft slot for the pedal and the main pedal arm so the two holes are concentric with each other, making sure the wave washer also is aligned with both pedal and main arm.
9. Slide the new pedal shaft in starting from the inside of the pedal and keeping the wave washer between the inside of the pedal and the main pedal arm. (see diagram 3)
- 10.
- 11.
- 12.
13. Using a torque wrench tighten the two set screws to 45 inch pounds.

