

Trouble Shooting - Noises : Pinging

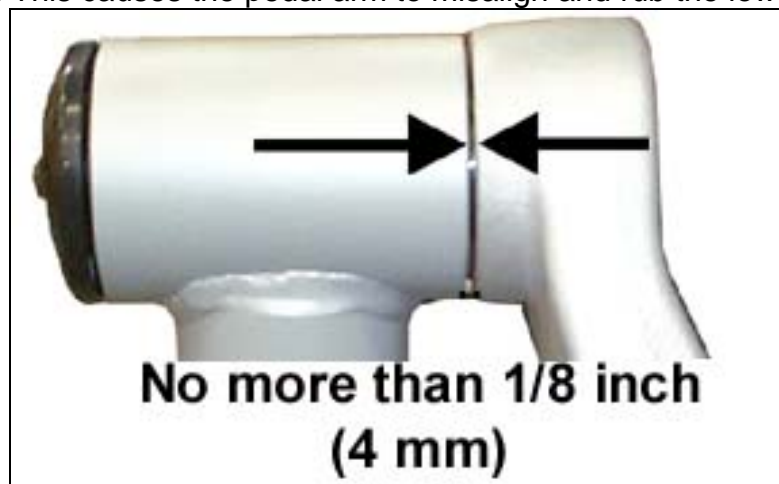
While striding on the Star Trac CrossTrainer, a pinging (metal on metal) noise is heard.

Possible Causes:

- The pin has come loose on the upper crank arm.
- Not enough clearance between the lower crank disk and the bolt on the end of the pedal arm.

Check the Upper Crank arm/Pin

1. Check the gap between the crank arm and leg assemblies (right and left). There should be no more than 1/8 inch (4 mm) gap.
2. If there is more than 1/8 inch (4 mm) gap, replace the crank arm (721-0109). The pin has come loose and shifted. This causes the pedal arm to misalign and rub the lower crank disk.



If the gap between the crank arm and leg assemblies is correct then check the gap between the lower crank disk and the end of the pedal arm.

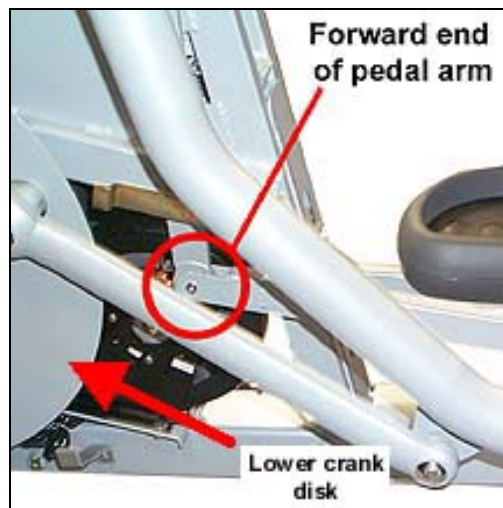
Checking Crank Disk and Pedal Arm Gap

1. Remove the center shroud cover.



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2. Have someone ride the unit and verify where the contact between the pedal arm and the disk is occurring.
3. If the head of the bolt in the forward end of the pedal arm is hitting the disk, you may be able to adjust the position of the bolt by twisting the arm to eliminate the noise.



4. Use the largest adjustable end wrench (crescent wrench) to twist the base of the pedal arm.
 - Place a piece of paper over the pedal arm, to prevent scratching it with the wrench, just in front of the foot pedal but before the upward bend.
 - Slide the wrench over the paper and all the way down on the pedal arm. Be sure the handle of the wrench points toward the middle of the machine.
5. Carefully push down on the handle of the wrench to twist the pedal arm, moving the top of the pedal arm and the bolt head away from the disk. You may need to use a breaker bar on the handle of the wrench to get more leverage.





Trouble Shooting - Noises : Pinging (cont.)

6. Test ride the machine again to confirm that the problem has been fixed. Jump slightly from side to side as you pedal to be sure the pedal arm is adjusted correctly.
7. Replace the rear center shroud cover.