

CrossTrainer Service Manual

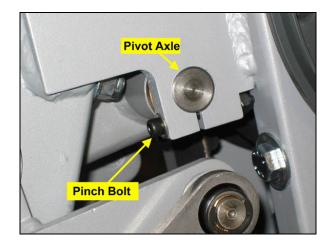
Trouble Shooting - Excess Lateral UB Arm Movement

The Upper Body Arms on the Star Trac CrossTrainer should have little to no lateral movement (side to side).



If a CrossTrainer has excessive lateral movement do the following.

- 1. Remove the Upper Body shrouds.
- 2. Use a 5/32 Allen (hex) wrench and a 3/8 open end wrench to tighten the pinch bolts on the upper body pivot axle. Tighten both bolts.



3. Test to ensure there is no longer excessive lateral movement.

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