

# Technical Procedure

## How to Remove Cross Trainer Round Crank Shroud

Applies to: E-CT(9-6080) + 8-CT(9-6140)

Links



Latest Rev.

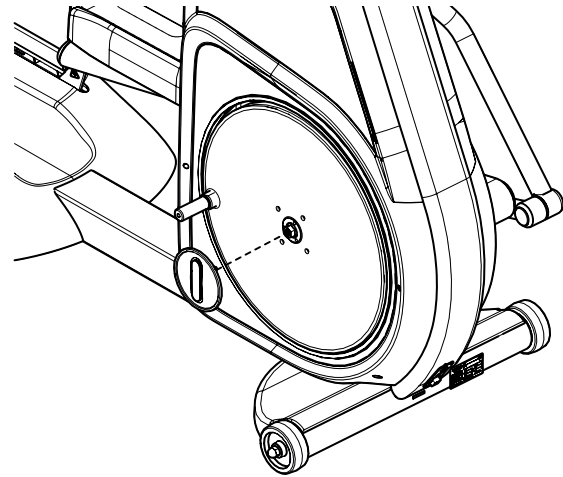


Service Manual

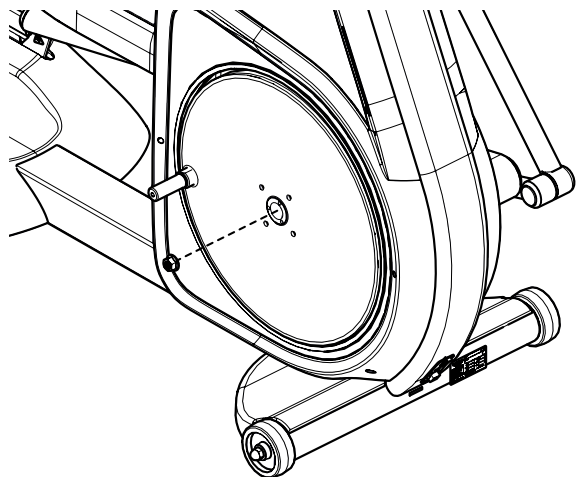
### Required Tools:

- Small Flathead Screwdriver
- 21mm Socket
- Breaker Bar
- Ratchet Wrench
- M8 x 5mm, Grade 12.9 Bolts (x3)
- Wheel Puller Tool

1. Use a small flathead screwdriver to carefully pry up the edges of the small hub cap on the crank shroud, then remove the hub cap.



2. Using a 21mm socket, remove the M14 flange nut from the crank hub.

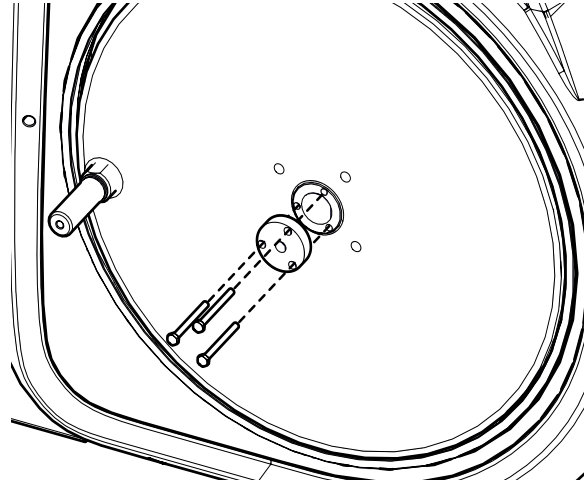


**Tech Tip:** The use of a breaker bar may be required in order to generate enough torque to loosen the flange nut.

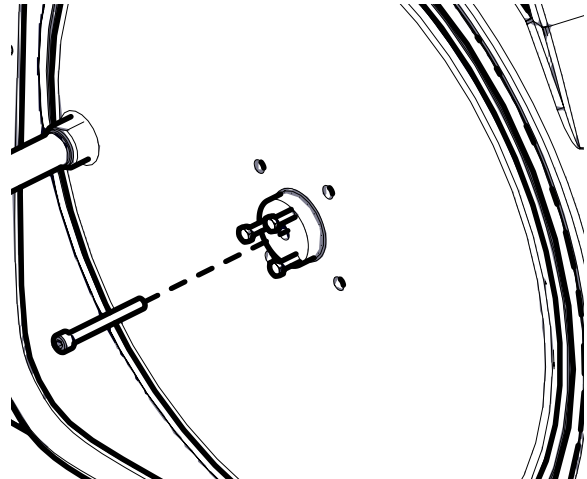
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3. Thread three (3) M8 x 55mm bolts through the wheel puller and into the crank.

**NOTE:** To avoid stripping the bolt threads, ensure that the bolts are fully threaded into the crank hub.



4. Thread the central pressure screw through the wheel puller and tighten - as the pressure screw is tightened, the crank will be pulled from the internal hub.



5. Once the crank is loose from the hub, remove the crank shroud assembly, then remove the wheel puller and bolts from the crank.

