

Essential & LF Sport Bikes *Upright and Recumbent* Console Assembly Service Kit Replacement

Special Service Tools Required: NONE

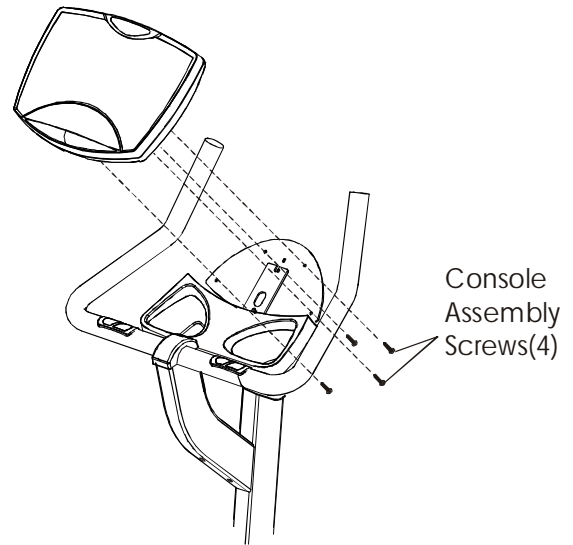
Replacement of the Console Assembly is basically the same for both Essential & LF Sport Bikes (Upright/Recumbent). The only difference is that on the Upright Bike, the Console Support Plate is welded to the Console Post, while on the Recumbent Bike, the Accessory Tray Bracket and the Console Plate are secured together on the Console Post by two ½" screws. These two screws along with the Console screws (4) must be replaced. Regardless, the Console Assembly Service Kit includes the Console Assembly along with six new, specially designed screws, which have little tabs on the back of the screw head to enhance grounding capabilities. All six of these screws will be used for the Recumbent Bike only. While only four of these screws will be used for the Upright Bike.

1. Remove four 1" screws from the back of the Console Assembly (Upright or Recumbent), and discard.
2. Lift the Console Assembly off just enough to disconnect the Main Wiring Cable, and then remove the Console Assembly. Return old Console back to Life Fitness Co.
3. In the case of the Recumbent Bike, remove the two ½" screws securing the Accessory Tray Bracket and Console Support Plate to the Console Post, and discard. Then install with the two new, ½" screws in the kit.

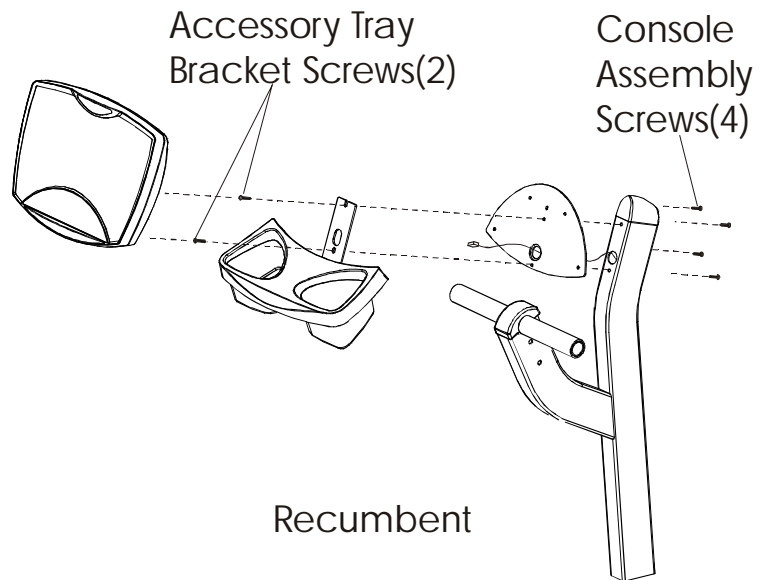
Note: To avoid alignment problems and handling of loose components, remove and replace one screw at a time in the Console Support Plate.

4. Install the new Console Assembly in reverse order using the four new, 1" screws in the kit.

Note: The new screws MUST replace the old screws.



Upright



Recumbent

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