# Life Fitness Model 9500L Cross-Trainer How To...Remove and Replace the 4", and 14" Linkage Assemblies

Tools Required: Torx Key or Standard Screwdriver, Socket Set, Wrench Set, Hex Key Set Kit # GK53-00002-0021

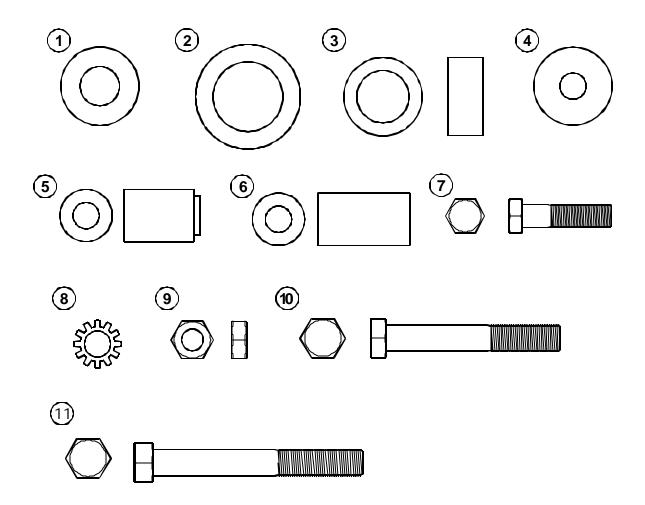
### IMPORTANT! PLEASE READ THROUGH THESE INSTRUCTIONS BEFORE ATTEMPTING TO INSTALL THIS KIT. FAILURE TO FOLLOW THE STEPS IN PROPER SEQUENCE COULD CAUSE DAMAGE TO THE EQUIPMENT.

1	Washer	Qty: <b>4</b>
	0017-00104-0402	
4	Metal Washer	Qty: <b>4</b>
	0017-00104-0369	
7	Bolt w/Locktite	Qty: 2
	0017-00101-1610	
10	Bolt	Qty: 2
	0017-00101-1606	

2	Brass Washer	Qty: 4
	0017-00006-0226	
5	Shouldered Sleeve	Qty: <b>4</b>
	0K53-01346-0017	
8	External Lock Washer	Qty: 4
	0017-00104-0302	
11	Bolt	Qty: 2
	0017-00101-1608	

3	Delrin Spacer	Qty: 4
	OK53-01384-0000	
6	3/4" Sleeve	Qty: 2
	OK53-01342-0000	
9	Jam Nut	Qty: 4
	0017-00103-0273	

WARNING: FAILURE TO OBSERVE SAFETY PROCEDURES WHEN SERVICING THIS UNIT COULD RESULT IN INJURY FROM ELECTRICAL SHOCK



# Life Fitness Model 9500L Cross-Trainer How To...Remove and Replace Hardware in the 4", and 14" Linkage Assemblies (Continued)

# Step 1

Turn power OFF at the On/Off switch and unplug the line cord from the electrical outlet.

# Step 2

Locate the two PUSH SNAP RIVETS (A) securing the top of the HOOD SHROUD PANEL (B) to the top of the REAR SHROUD PANEL (C). The two PUSH SNAP RIVETS are located on either side of the MONOCOLUMN (D) under the TRAY ASSEMBLY (E). Depress the center button of each of the two PUSH SNAP RIVETS to release the rivet locks.

# HINT: USING A HEX KEY TOOL, YOU CAN REACH UNDER THE TRAY ASSEMBLY TO DEPRESS THE RIVET LOCKS.

# Step 3

Remove the eight SCREWS (F) securing the HOOD SHROUD PANEL (B) to the SIDE SHROUD PANELS (G).

# Step 4

Carefully press down on the HOOD SHROUD PANEL (B) near the PUSH SNAP RIVETS (A) until the HOOD SHROUD PANEL disengages from the PUSH SNAP RIVETS. Carefully remove the HOOD SHROUD PANEL from the unit and set it aside.

# Step 5

Pivot the user right PEDAL LEVER ASSEMBLY to it's in the forward position.

# Step 6

Locate the user right PEDAL LEVER ASSEMBLY (N) and the 4" LINK ASSEMBLY (O) pivot point. Using a 9/16" socket and a 7/32" hex key, remove the NUT (P), two WASHERS (Q), and BOLT (R) from the PEDAL LEVER

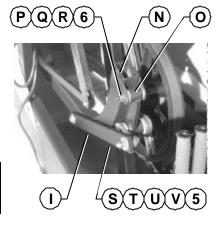
ASSEMBLY (do not discard hardware) and the 4" LINK on the CRANK ARM ASSEMBLY. Carefully rotate the 4" LINK BAR ASSEMBLY out of the way. Remove and discard old SLEEVE and replace (in step 14) with 3/4" SLEEVE (#6)

included in the kit. Leave disconnected until step 14.

# Step 7

CAUTION: BY REMOVING THE BOLT (V), YOU WILL BE SEPARATING THE PEDAL LEVER ASSEMBLY AND THE 14" LINK BAR (I), THIS WILL CAUSE THE CRANK ARM ASSEMBLY TO ROTATE.

SAFETY TIP: PLACE A BLOCK BETWEEN THE CRANK ARM PULLEY ASSEMBLY AND FRAME TO PREVENT CRANK ARM ASSEMBLY ROTATION.

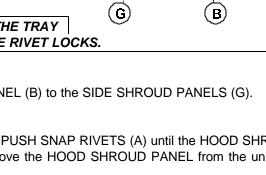


D)

Using two 9/16" wrenches, remove the NUT (S), METAL WASHER (T), PLASTIC WASHER (U), BOLT (V), and SHOULDERED SLEEVE (#5) from the 14" LINK BAR (I) and the SMALL EXTENSION pivot point. Discard the old SHOULDERED SLEEVE along with hardware and replace with hardware included in the kit. Leave disconnected until step 15 for replacement directions.

#### Step 8

Carefully place the user right PEDAL LEVER ASSEMBLY (N) on the floor.

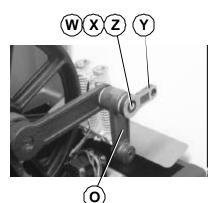


F

#### Step 9

Using a 1/2" socket, remove the BOLT (W) (discard old bolt), EXTERNAL TOOTH WASHER (X), SMALL EXTENSION ARM (Y), and PLASTIC WASHER (Z), from the CRANK ARM ASSEMBLY. Remove the 4" LINK ASSEMBLY (O) and discard. Clean the CRANK SHAFT ASSEMBLY of debris. Place one of the BRASS WASHERS (#2) against the existing (white) PLASTIC WASHER, then with the large offset facing the center of the machine, place the new 4" LINK ASSEMBLY with oil impregnated bushings into position on the CRANK ARM ASSEMBLY.

#### NOTE: MAKE NOTE OF THE POSITION OF THE SMALL EXTENSION ARM IN RELATION TO THE 4" LINK ASSEMBLY BEFORE PROCEDING.



#### Step 10

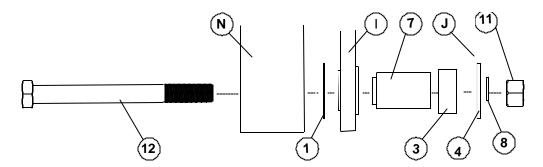
Place the second BRASS WASHER (#2) against the new 4" LINK ASSEMBLY (O) then replace the second (white) PLASTIC WASHER (Z) and the SMALL EXTENSION ARM (Y). Using BOLT (#7) in place of the discarded BOLT (W), install the BOLT (#7), EXTERNAL TOOTH WASHER (X) and tighten the BOLT securely.

#### Step 11

Use two 9/16" wrenches to remove the BOLT, METAL WASHER, PLASTIC WASHER, NYLON LOCKING NUT, and SHOULDERED SLEEVE of the rear attachment point of the old 14" LINK BAR (I). Discard the old 14" LINK BAR, SHOULDERED SLEEVE and existing hardware.

#### Step 12

Place the SPACER (#3) in the middle of the new SHOULDERED SLEEVE (#5). With the bushing flanges facing to the outside, slide one end of the new 14" LINK BAR (I) over the shouldered edge side of the SHOULDERED SLEEVE and place the thin METAL WASHER (I) between the PEDAL LEVER ASSEMBLY (N) and the 14" LINK BAR.



# Step 13

Slide the BOLT (#11) through the PEDAL LEVER ASSEMBLY (N) as shown above. Place a METAL WASHER (#4), EXTERNAL TOOTH LOCKING WASHER (#8) and NUT (#9), onto the BOLT and tighten. (as shown above)

#### NOTE: BE SURE THE SHOULDERED EDGE OF THE SHOULDERED SLEEVE IS FULLY SEATED INTO THE PEDAL LEVER ASSEMBLY (N) BEFORE TIGHTENING THE BOLT (#11).

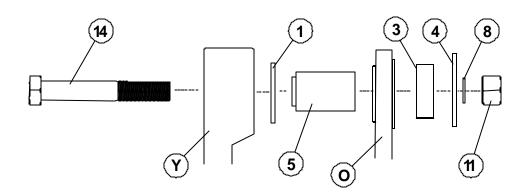
#### Step14

Position the PEDAL LEVER ASSEMBLY (N) so it is over the 4" LINK ASSEMBLY (O) of the CRANK ARM ASSEMBLY.

Attach the PEDAL LEVER ASSEMBLY(N) to the 4" LINK ASSEMBLY (O) pivot point by reversing step 6 using the existing hardware.

#### Step 15

Attach the forward end of the 14" LINK BAR to the SMALL EXTENSION BAR (Y). Position the thin METAL WASHER (#1) over the shouldered edge of the SHOULDERED SLEEVE (#5), and slide the 14" LINK BAR (I) over the non-shouldered edge of the SHOULDERED SLEEVE. Slide the SPACER (#3) next to the 14" LINK BAR.



#### Step 16

Slide the BOLT (#10) through the end of the SMALL EXTENSION ARM (Y) as shown above. Place a METAL WASHER (#4), EXTERNAL TOOTH LOCKING WASHER (#8) and NUT (#9) onto the BOLT and tighten.

#### Step 17

Reverse steps 1 through 4 to replace the SHROUD. The installation is now complete.

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