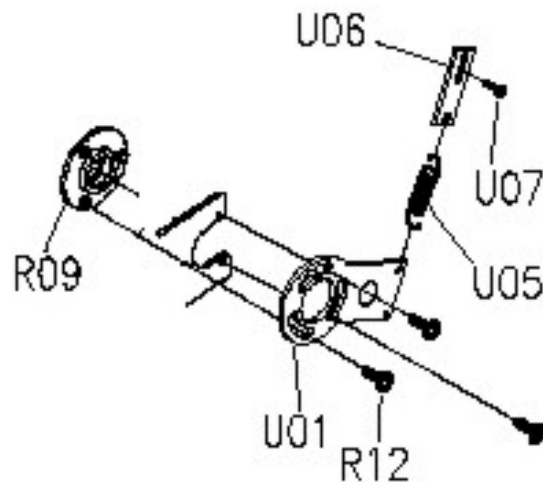


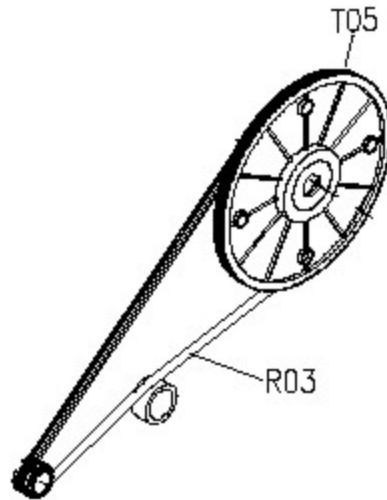
Replacing the Exercise Bike Crank Assembly

Tools: Phillips screwdriver, 15mm wrench, adjustable wrench, flat screwdriver, rubber mallet.

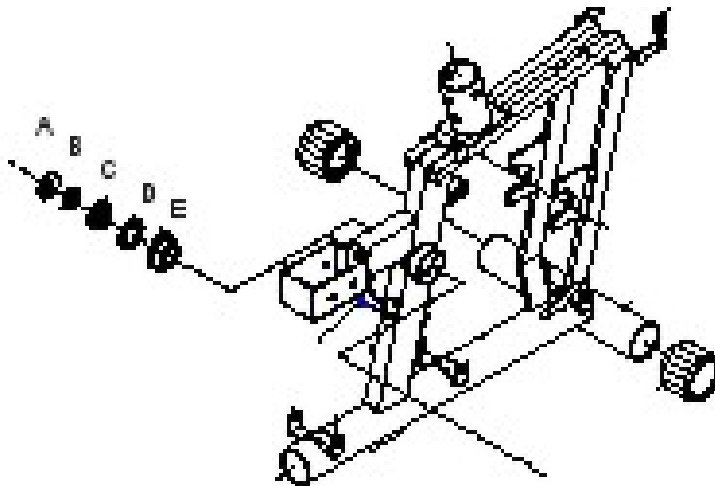
1. Remove the right & left pedals by turning towards the rear of the machine with a 15mm wrench.
2. Lift the rubber console mast boot.
3. Remove the screws that attach the accent plate in place.
4. Remove the screws that attach the right & left side cover to the frame. Carefully maneuver the side covers off the frame and around the crank arms.
5. Locate the screws that attach the right side flywheel bearing (R09) to the frame. Remove the three screws (R12) that attach the idler (U01) and right side bearing housing while pressing down against the idler to prevent it from springing up once removed.



6. Remove belt (R03) from crank pulley (T05).



7. Locate the 35mm nut (A) that secures the crank arm assembly and bearings in place. Using a large adjustable wrench, loosen the nut (A), turning clockwise. Remove washer (B) once nut is loosened and removed.



8. Using a large flat screwdriver and a rubber mallet, gently tap downward (clockwise) on the slotted nut (C). Once loosened, remove slotted nut (C), bearing (D) and bearing housing (E).
9. Remove the crank pulley assembly by pushing it out towards the right hand side.

10. Once the crank pulley assembly is removed, the right hand bearing and washer will be loose and should be removed.
11. Insert a new bearing (D) and washer (C) onto the crank pulley assembly and guide the crank pulley assembly through both the right and left bearing housings (E).
12. With the right bearing, washer and crank pulley assembly in place, attach the left bearing (D), slotted nut (C), washer (B) and 35 mm nut (A) onto the left hand side of the crank pulley assembly. Tighten accordingly.
13. Attach the left and right side covers and secure with screws.
14. Attach the wood grain accent piece (2 screws total).
15. Slide console mast boot back into place.
16. Test ride exercise bike to make sure it is working correctly.