

90C Lifecycle - Arctic Silver

90CW-0100-02

Parts Manual

1/5/2019 6:00:56 AM

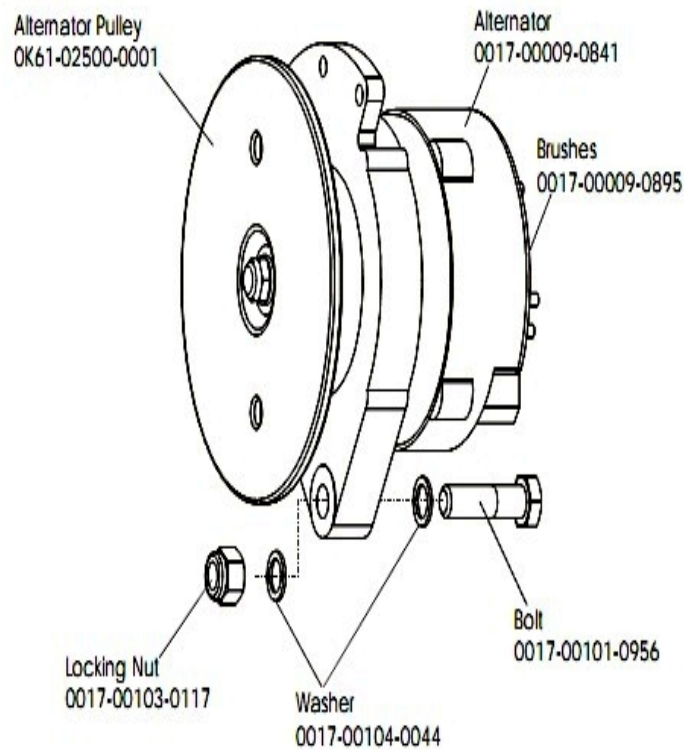


LifeFitness
WHAT WE LIVE FOR

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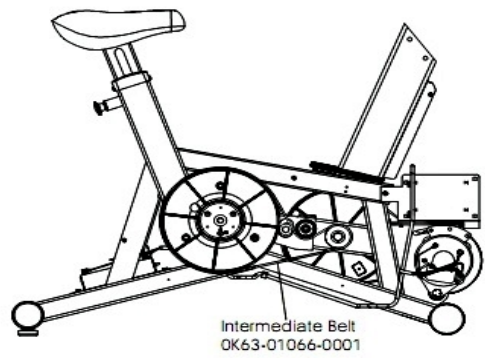
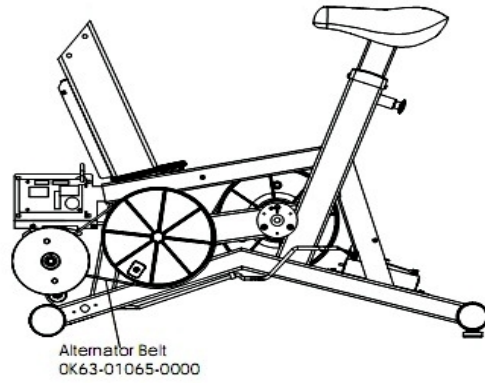
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Alternator with Pulley



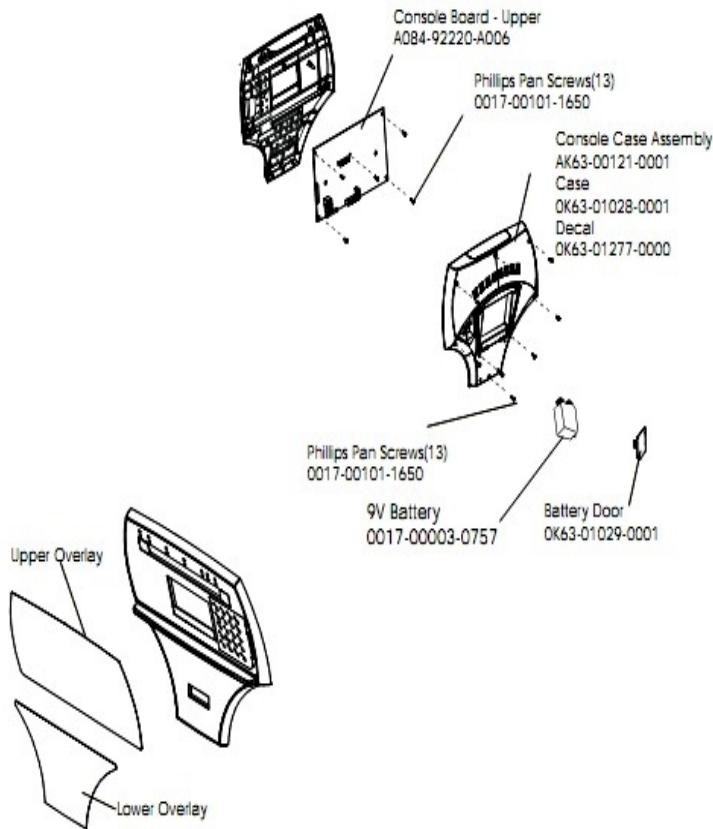
Ref #	Part Number	Qty	Description
-	OK61-01027-0000	1	Flywheel: 6.75" D
-	0017-00103-0117	1	Hardware: Locking Nut 1/2" ID
-	AK63-00093-0000	1	Alternator w/Pulley
-	0017-00009-0841	1	Alternator
-	0017-00104-0044	2	Hardware: Washer 0.75" OD
-	0017-00101-0956	1	Hardware: Bolt 2"
-	0017-00009-0895	1	Alternator Brush Kit

Belts



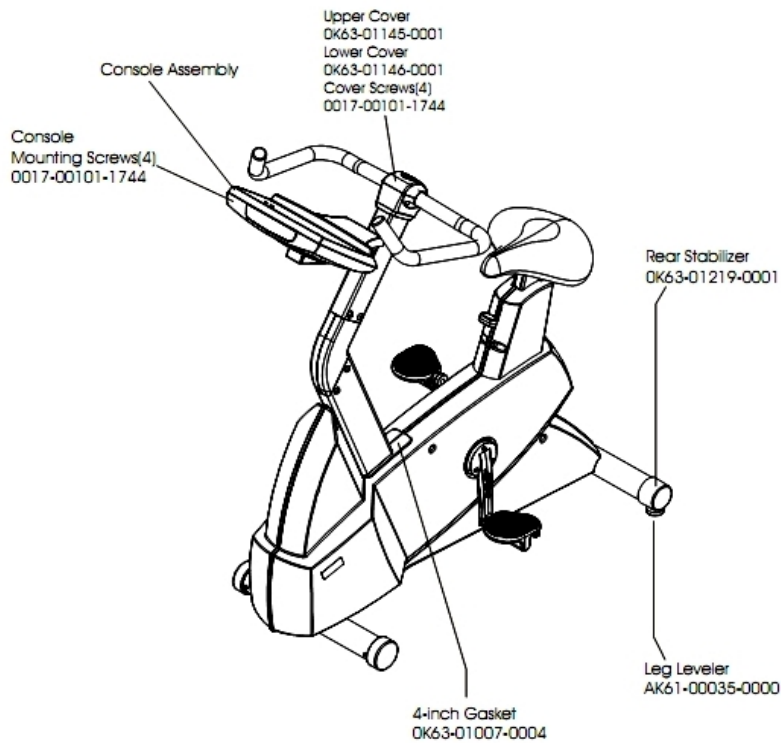
Ref #	Part Number	Qty	Description
-	OK63-01405-0000	1	BELT: POLY-V; 390J6; 39.00 IN
-	GK63-00002-0079	1	Kit: Upright/Rec Belt And Pulley

Console Components



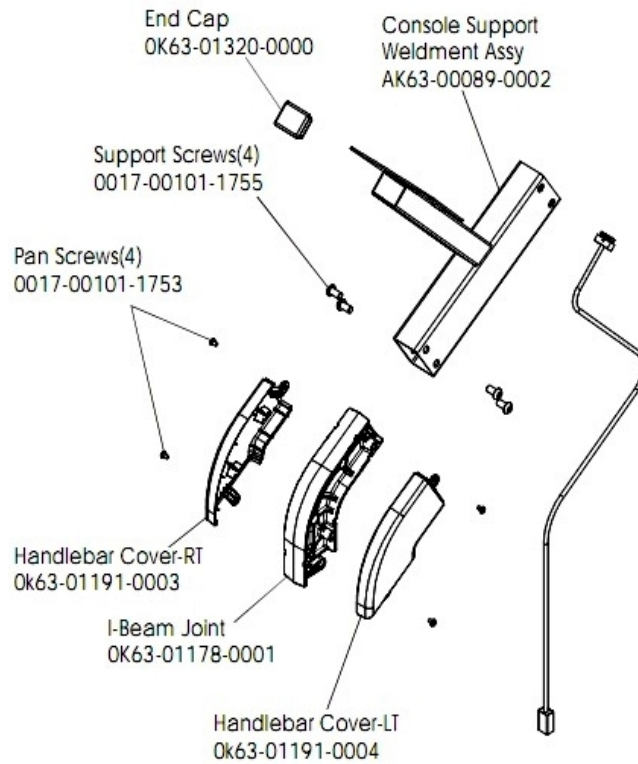
Ref #	Part Number	Qty	Description
-	AK63-00167-0001	1	Bezel with Overlay Assembly English Metric
-	AK63-00121-0001	1	Console Case Assembly
-	OK63-01277-0000	1	Console Decal
-	A084-92220-A006	1	Console Board
-	AK63-00162-0001	1	Console - English Metric
-	0017-00003-0757	1	9 Volt Battery
-	OK63-01028-0001	1	Case
-	0017-00101-1650	26	Hardware: Phillips Pan Screw 0.375"
-	OK63-01029-0001	1	Battery Door

Console Screws and Polar Covers



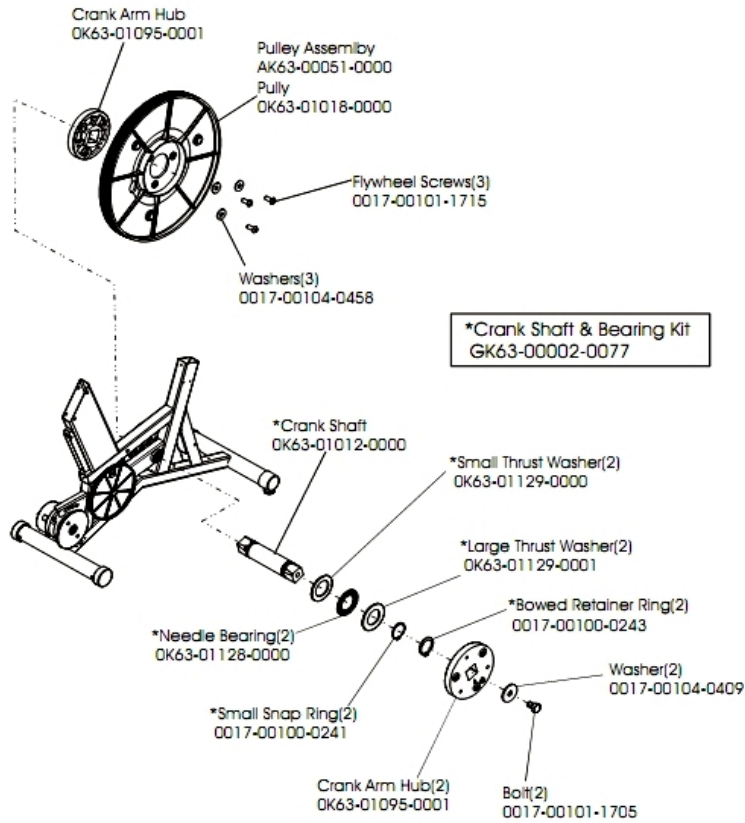
Ref #	Part Number	Qty	Description
-	AK61-00035-0000	2	Leg Leveler
-	OK63-01219-0001	1	End Cap
-	OK63-01146-0001	1	Lower Cover
-	OK63-01007-0004	1	Gasket
-	0017-00101-1744	8	Hardware: Phillips Pan Screw
-	OK63-01145-0002	1	Upper Cover

Console Support Assembly



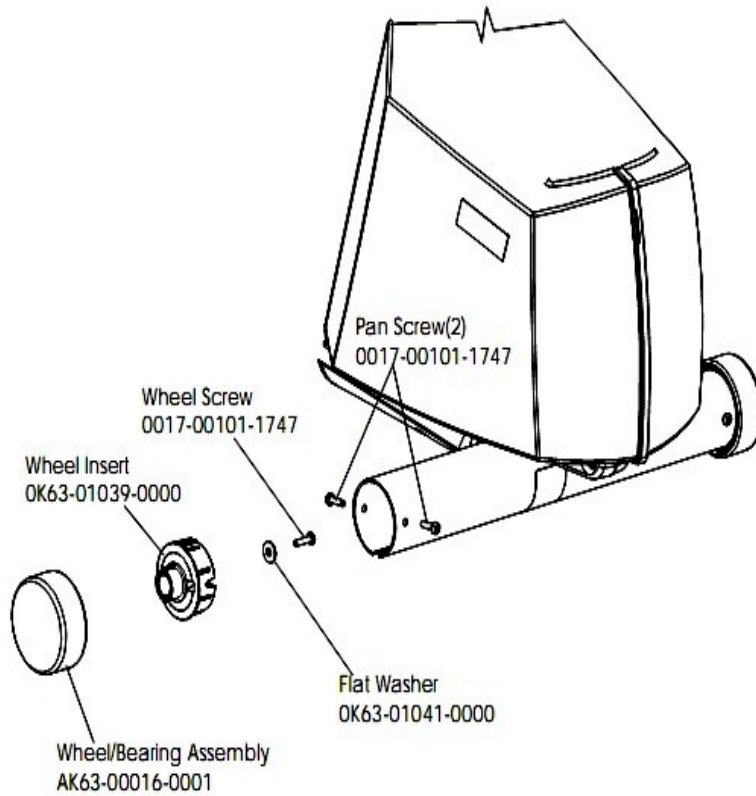
Ref #	Part Number	Qty	Description
-	OK63-01191-0003	1	Handlebar Cover-Right
-	AK63-00089-0002	1	Console Support Weldment Assembly
-	OK63-01320-0000	1	End Cap
-	OK63-01178-0001	1	I-Beam Joint
-	OK63-01191-0004	1	Handlebar Cover-Left
-	0017-00101-1755	4	Hardware: TORX Bolt 0.75"
-	0017-00101-1753	4	Hardware: Pan Screw 0.3125"

Crankshaft and Bearing Assembly



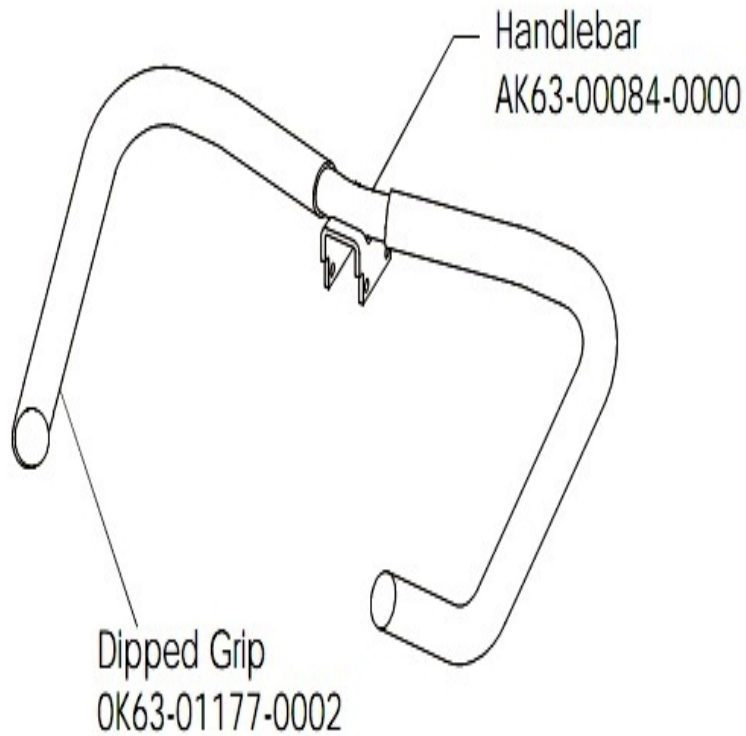
Ref #	Part Number	Qty	Description
-	0017-00104-0409	2	Hardware: Washer 1.125" OD
-	0017-00104-0458	3	Hardware: Flat Washer 0.75" OD
-	0017-00101-1705	2	Hardware: Bolt 0.5"
-	OK63-01128-0000	2	Needle Bearing
-	OK63-01095-0001	3	Crank Arm Hub
-	OK63-01012-0000	1	Crank Shaft
-	0017-00101-1715	3	Hardware: TORX Cap Screw 0.625"
-	GK63-00002-0077	1	Crankshaft and Bearing Kit
-	0017-00100-0241	2	Hardware: Small Snap Ring .984"
-	0017-00100-0243	2	Hardware: Bowed Retaining Ring .984"
-	OK63-01129-0001	2	Hardware: Large Thrust Washer
-	OK63-01129-0000	2	Hardware: Small Thrust Washer
-	OK63-01018-0000	1	Crank Pulley
-	AK63-00051-0000	1	Pulley Assembly

Front Wheel Assembly



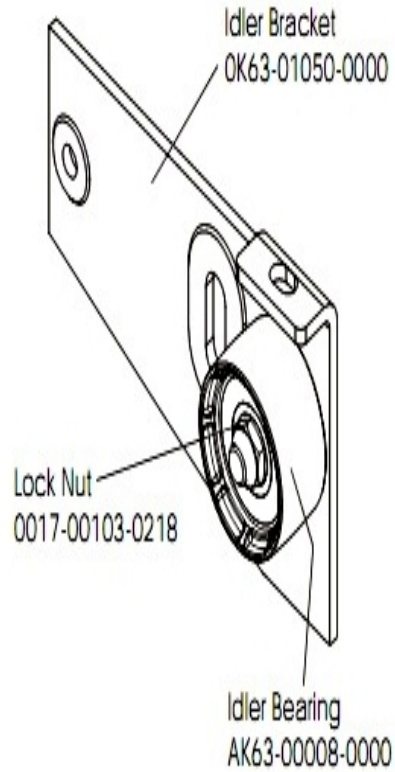
Ref #	Part Number	Qty	Description
-	OK63-01041-0000	2	Hardware: Flat Washer
-	AK63-00016-0001	2	Wheel/Bearing Assembly
-	OK63-01039-0000	2	Wheel Insert
-	0017-00101-1747	6	Hardware: Pan Screw 0.75"
-	AK63-00017-0001	2	Front Wheel Assembly

Handlebar Assembly



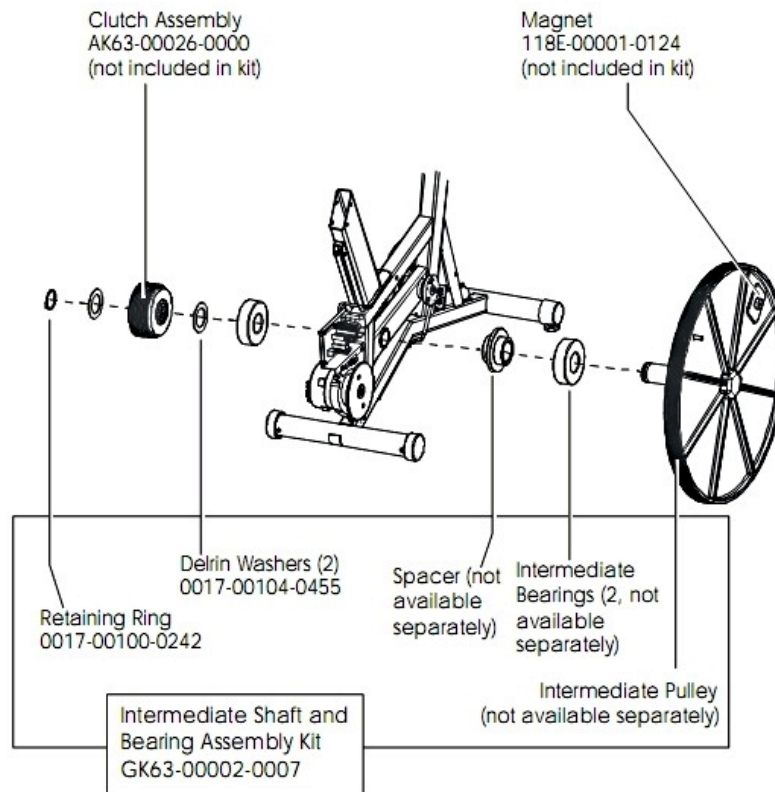
Ref #	Part Number	Qty	Description
-	AK63-00101-0001	1	Handlebar Assembly
-	AK63-00084-0000	1	Handlebar
-	OK63-01177-0002	1	Dipped Grip

Idler Bracket Assembly



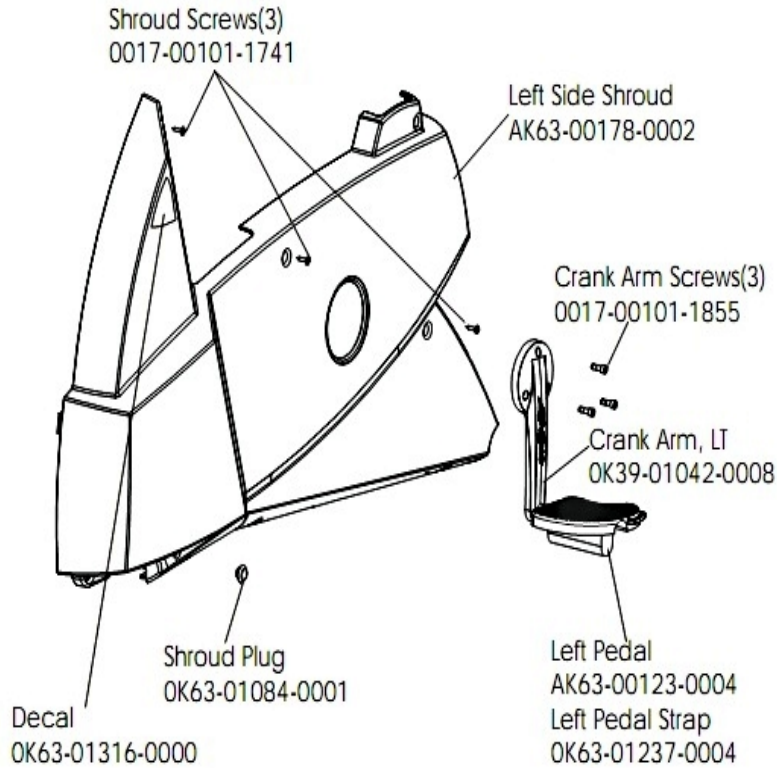
Ref #	Part Number	Qty	Description
-	AK63-00008-0000	1	Idler w/Bearing
-	OK63-01050-0000	1	Idler Bracket
-	AK63-00021-0000	1	Idler Bracket Assembly
-	0017-00103-0218	1	Hardware: Lock Nut 3/8" ID

Intermediate Shaft and Bearing Assembly



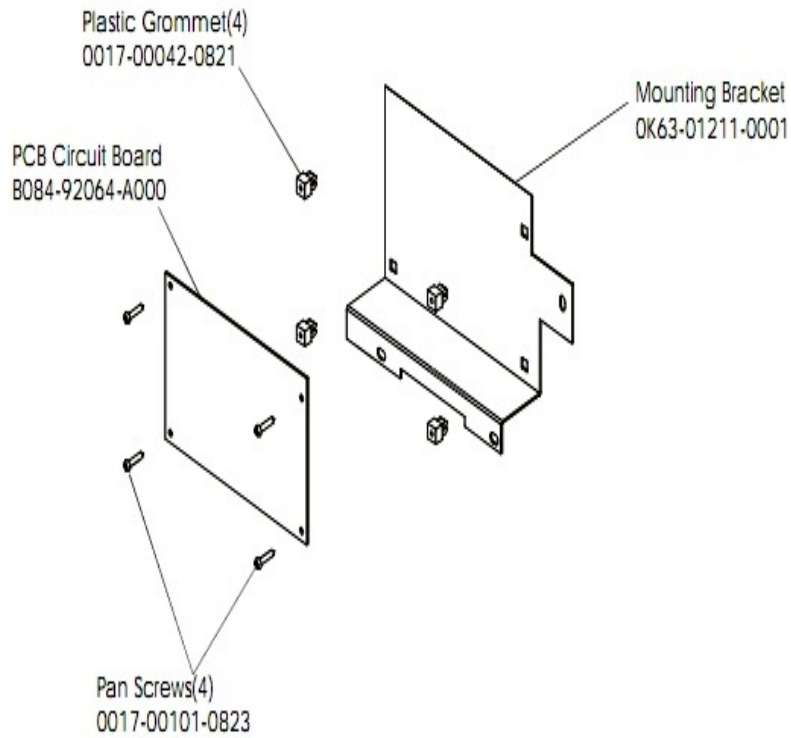
Ref #	Part Number	Qty	Description
-	GK63-00002-0007	1	Intermediate Shaft and Bearing Assembly
-	0017-00100-0242	1	Hardware: Retaining Ring .781"
-	118E-00001-0124	1	Auto-Start Magnet
-	0017-00104-0455	2	Hardware: Delrin Washer 1.250" OD
-	GK63-00002-0079	1	Kit: Upright/Rec Belt And Pulley

Left Side Shroud and Crank Arm



Ref #	Part Number	Qty	Description
-	0017-00101-1741	3	Hardware: Screw
-	OK39-01042-0008	1	Crank Arm: Left
-	OK63-01237-0004	1	Left Pedal Strap
-	AK63-00178-0002	1	Left Side Shroud
-	OK63-01316-0000	1	Decal
-	OK63-01084-0001	1	Shroud Plug
-	AK63-00123-0004	1	Left Pedal
-	0017-00101-1855	3	Hardware: TORX Screw 0.875"

PCB Mounting Bracket Assembly

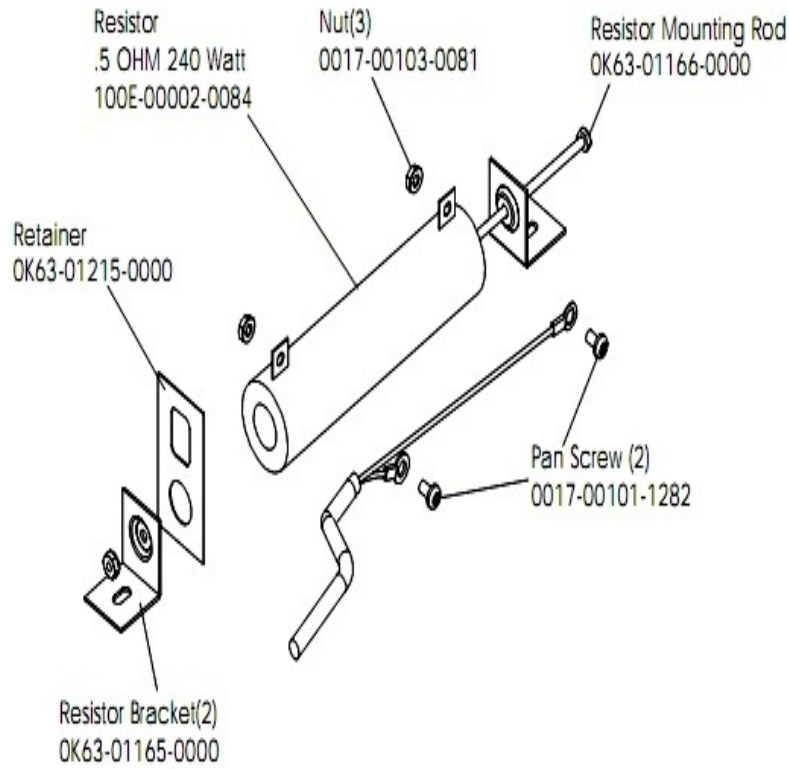


Ref #	Part Number	Qty	Description
-	0017-00042-0821	4	Hardware: Plastic Grommet
-	0017-00101-0832	4	Hardware: Mounting Bolt. 1"
-	B084-92064-A000	1	PCB Circuit Board
-	OK63-01211-0001	1	Mounting Bracket

References

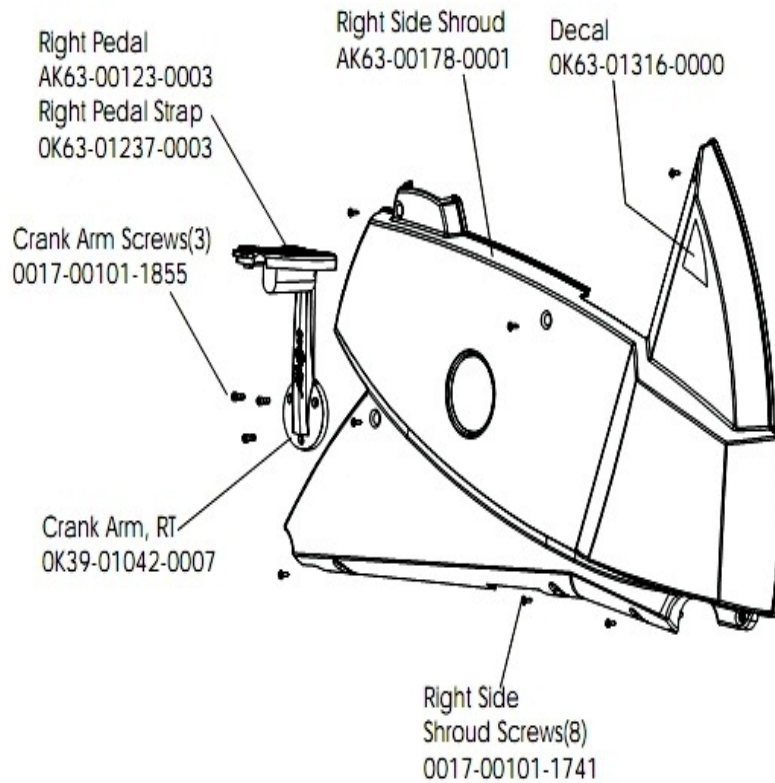
Ref #	Part Number	Qty	Description
-	0017-00021-2846	1	F-Type Panel Connector
-	0017-00008-0205	1	5 oz Bottle - Arctic Silver
-	0017-00008-0204	1	Paint Spray Can - Arctic Silver
-	AK32-00078-0001	1	Power Extension Cable: 120"
-	0K63-01329-0000	1	Bracket
-	AK32-00020-0002	1	Coax Cable: 120"
-	GK63-00002-0002	1	Polar Upgrade Kit
-	GK63-00002-0004	1	Accessory Tray
-	GK63-00002-0044	1	Hardware Bag
-	GK63-00002-0044	1	Hardware Bag
-	GK63-00002-0044	1	Hardware Bag
-	GK63-00002-0044	1	Hardware Bag
-	GK63-00002-0044	1	Hardware Bag
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-	GK63-00002-0044	1	Hardware Bag
-	GK63-00002-0044	1	Hardware Bag
-	GK63-00002-0044	1	Hardware Bag
-	0017-00008-0206	1	.33oz Pen - Arctic Silver
-	AK63-00215-0000	1	Bracket Assembly

Resistor Assembly



Ref #	Part Number	Qty	Description
-	OK63-01215-0000	1	Hardware: Resistor Retainer
-	100E-00002-0084	1	Resistor
-	AK63-00114-0000	1	Resistor Assembly
-	OK63-01166-0000	1	Resistor Mounting Rod
-	OK63-01165-0000	2	Resistor Bracket
-	0017-00103-0081	3	Hardware: Hex Nut ID
-	0017-00101-1282	2	Hardware: TORX Screw 0.375"

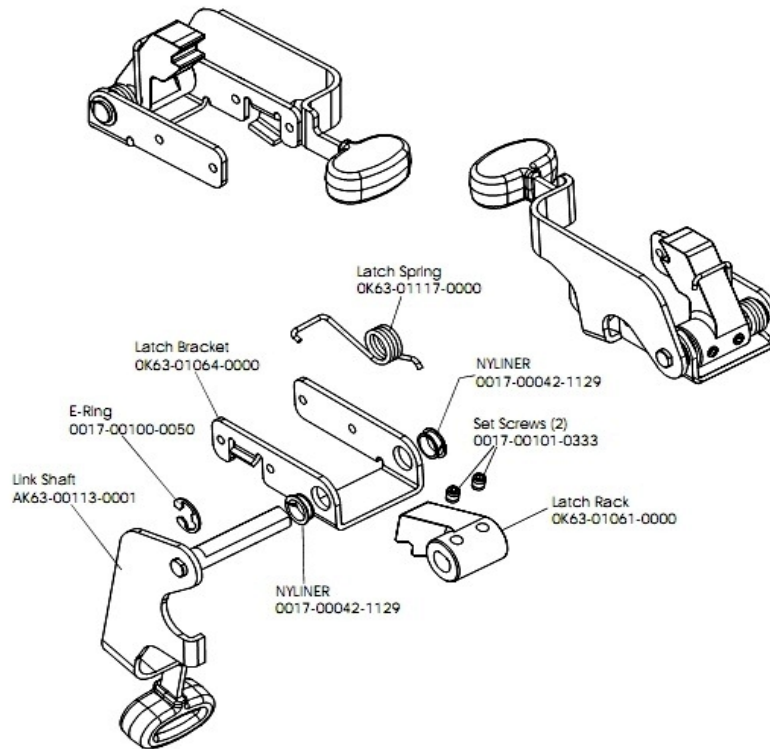
Right Side Shroud and Crank Arm



Ref #	Part Number	Qty	Description
-	AK63-00123-0003	1	Right Pedal
-	OK63-01237-0003	1	Right Pedal Strap
-	AK63-00178-0001	1	Right Side Shroud
-	OK39-01042-0007	1	Crank Arm: Right
-	0017-00101-1741	8	Hardware: Screw
-	0017-00101-1855	3	Hardware: TORX Screw 0.875"
-	OK63-01316-0000	1	Decal

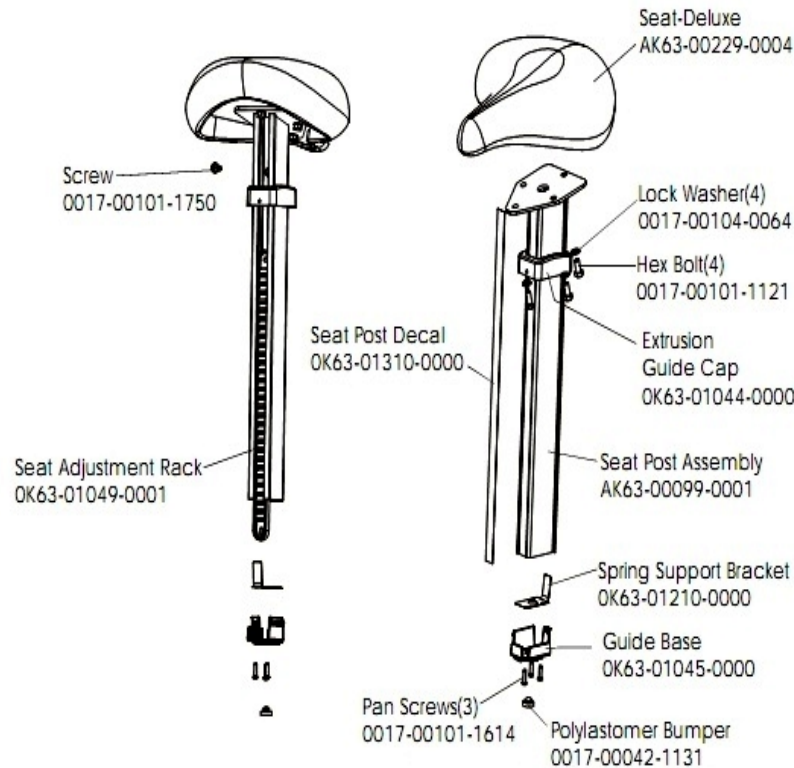
Seat Latch Assembly

Seat Latch Assembly
AK63-00043-0001



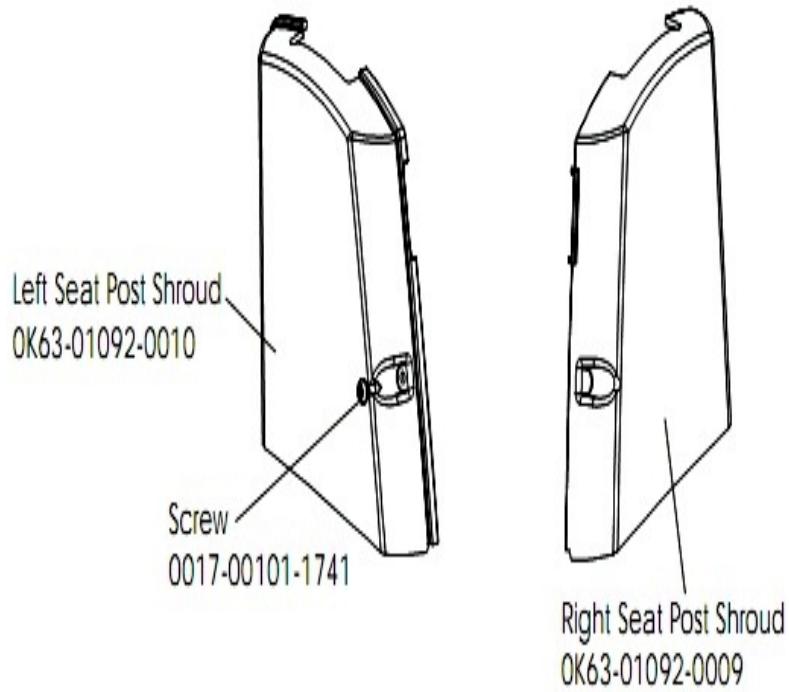
Ref #	Part Number	Qty	Description
-	OK63-01064-0000	1	Latch Bracket
-	AK63-00113-0001	1	Link Shaft Assembly
-	OK63-01117-0000	1	Latch Spring
-	AK63-00043-0001	1	Seat Latch Assembly
-	0017-00101-0333	2	Hardware: Screw 0.3125"
-	0017-00042-1129	2	Hardware: Nyliner Ring - 1/2" Diameter
-	0017-00100-0050	1	Hardware: E-Ring .5"
-	OK63-01061-0000	1	Latch Rack

Seat Post Assembly



Ref #	Part Number	Qty	Description
-	OK63-01310-0000	1	Seat Post Decal
-	OK63-01045-0000	1	Guide Base
-	OK63-01049-0001	1	Seat Adjustment Rack
-	AK63-00229-0004	1	Seat-Deluxe
-	0017-00101-1614	3	Hardware: Screw 0.625"
-	OK63-01044-0000	1	Extrusion Guide Cap
-	0017-00104-0064	4	Hardware: Lock Washer 0.586" OD
-	0017-00101-1750	1	Hardware: Screw 0.75"
-	AK63-00232-0003	1	Seat Post Assembly
-	0017-00042-1131	1	Bumper
-	AK63-00099-0001	1	Seat Post Assembly
-	OK63-01210-0000	1	Spring Support Bracket
-	0017-00101-1121	4	Hardware: Bolt 4.6875"

Seat Post Shrouds



Ref #	Part Number	Qty	Description
-	OK63-01092-0010	1	Left Seat Post Shroud
-	OK63-01092-0009	1	Right Seat Post Shroud
-	0017-00101-1741	1	Hardware: Screw

