

# 95Ci Lifecycle - Lifepulse - Arctic Silver

95C-0000-02

## Parts Manual

1/5/2019 9:14:27 AM



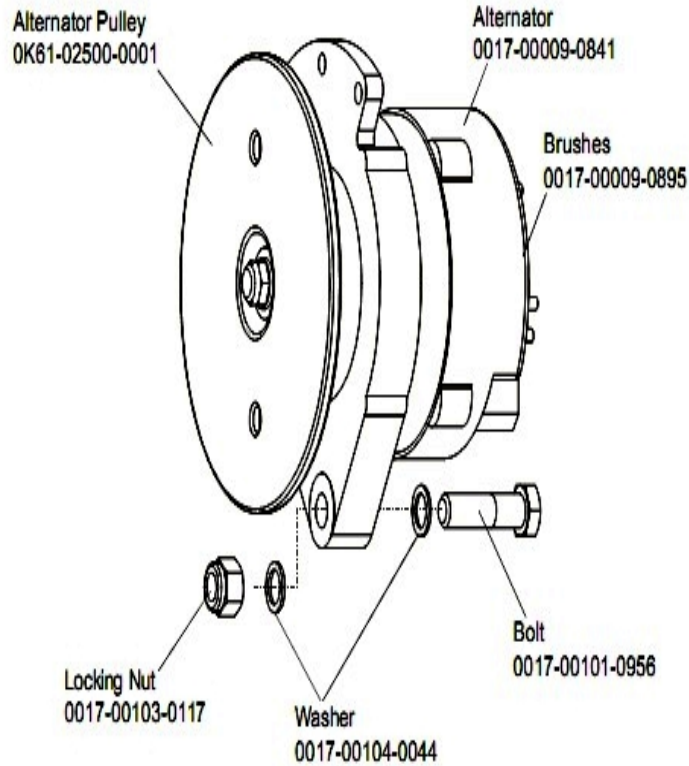
**LifeFitness**  
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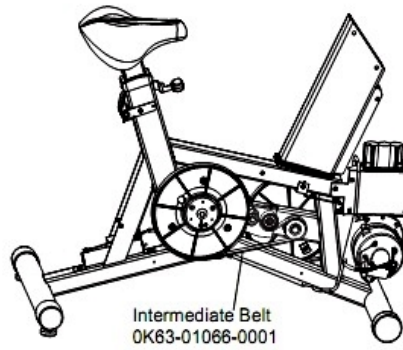
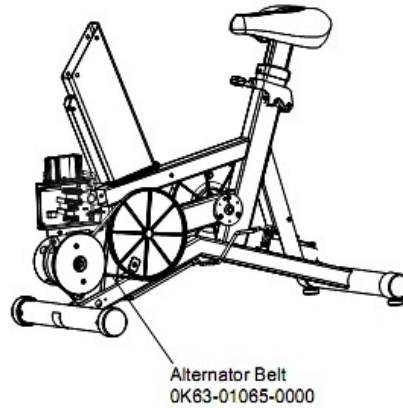
## Alternator w/Pulley



| Ref # | Part Number     | Qty | Description                   |
|-------|-----------------|-----|-------------------------------|
| -     | 0K61-01027-0000 | 1   | Flywheel: 6.75" D             |
| -     | 0017-00103-0117 | 1   | Hardware: Locking Nut 1/2" ID |
| -     | AK63-00093-0000 | 1   | Alternator w/Pulley           |
| -     | 0017-00101-0956 | 1   | Hardware: Bolt 2"             |
| -     | 0017-00104-0044 | 1   | Hardware: Washer 0.75" OD     |
| -     | 0017-00009-0841 | 1   | Alternator                    |
| -     | 0017-00009-0895 | 1   | Alternator Brush Kit          |

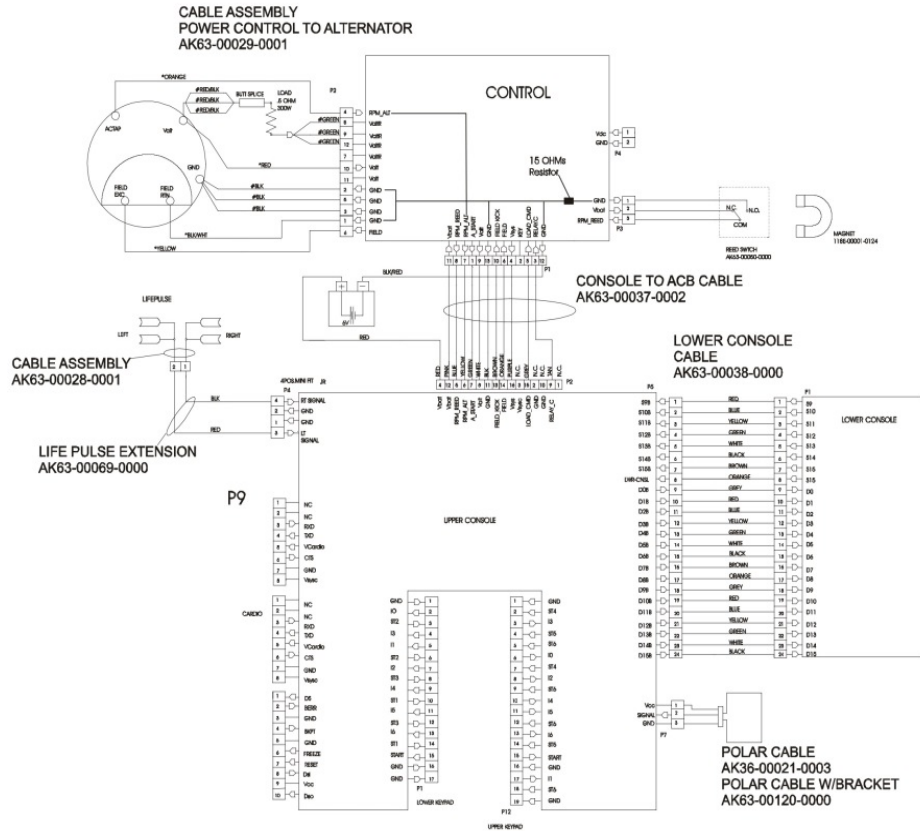
## Belts

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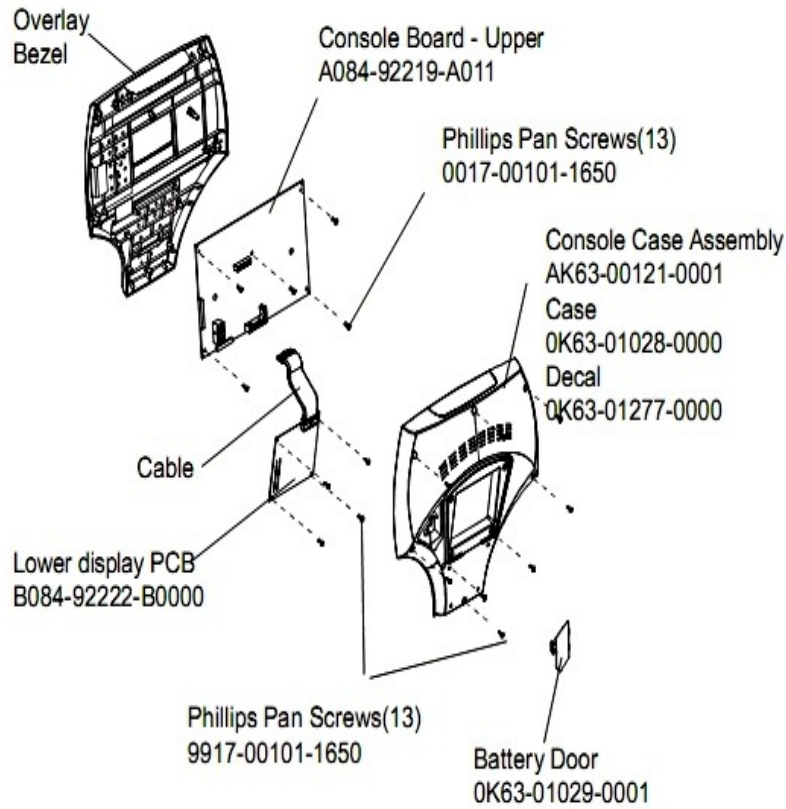
| Ref # | Part Number     | Qty | Description                      |
|-------|-----------------|-----|----------------------------------|
| -     | OK63-01405-0000 | 1   | BELT: POLY-V; 390J6; 39.00 IN    |
| -     | GK63-00002-0079 | 1   | Kit: Upright/Rec Belt And Pulley |

### Cables



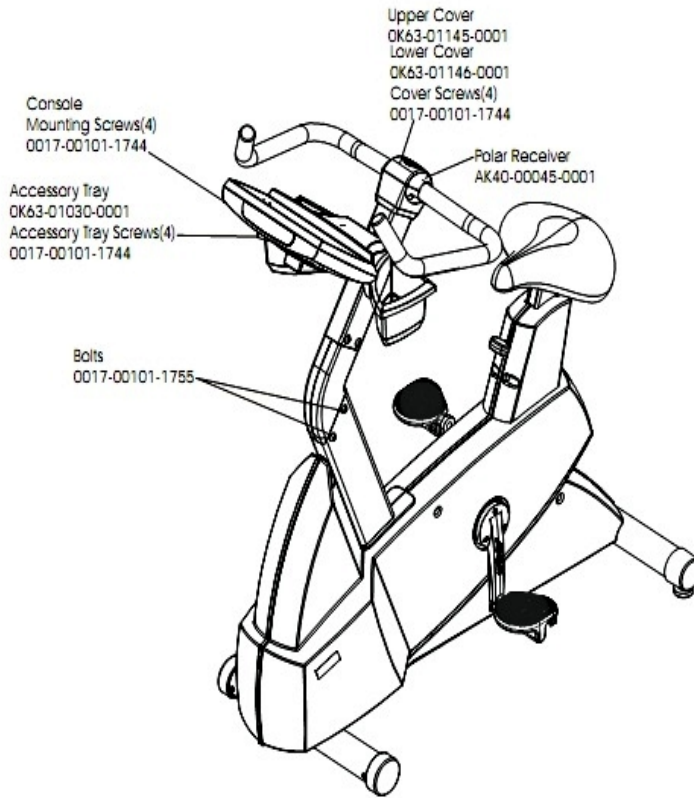
| Ref # | Part Number     | Qty | Description                  |
|-------|-----------------|-----|------------------------------|
| -     | AK63-00028-0001 | 1   | LifePulse Cable              |
| -     | AK63-00037-0002 | 1   | Console Cable                |
| -     | AK63-00069-0000 | 1   | Heart Rate Cable             |
| -     | AK63-00029-0001 | 1   | Power Control Cable Assembly |
| -     | AK63-00120-0000 | 1   | Polar Cable with Bracket     |
| -     | AK36-00021-0003 | 1   | Cable Assembly               |
| -     | AK63-00038-0000 | 1   | Lower Console Cable          |

## Console Components



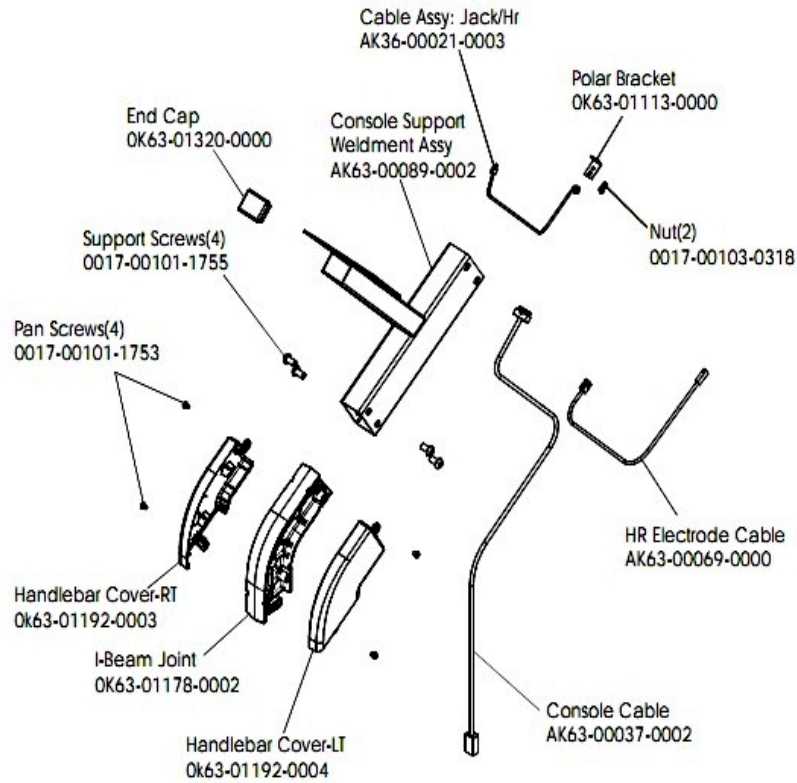
| Ref # | Part Number     | Qty | Description                              |
|-------|-----------------|-----|--|
| -     | B084-92222-B000 | 1   | Console Board - Lower                    |
| -     | A084-92219-A011 | 1   | Console Board - Upper                    |
| -     | 0K63-01028-0001 | 1   | Case                                     |
| -     | 0017-00101-1650 | 26  | Hardware: Phillips Pan Screw 0.375"      |
| -     | AK63-00165-0001 | 1   | Bezel/Switch with Overlay English Metric |
| -     | AK63-00121-0001 | 1   | Console Case Assembly                    |
| -     | 0K63-01029-0001 | 1   | Battery Door                             |
| -     | AK63-00160-0001 | 1   | Console Assembly English Metric          |
| -     | 0K63-01277-0000 | 1   | Console Decal                            |

## Console Screws and Polar Covers



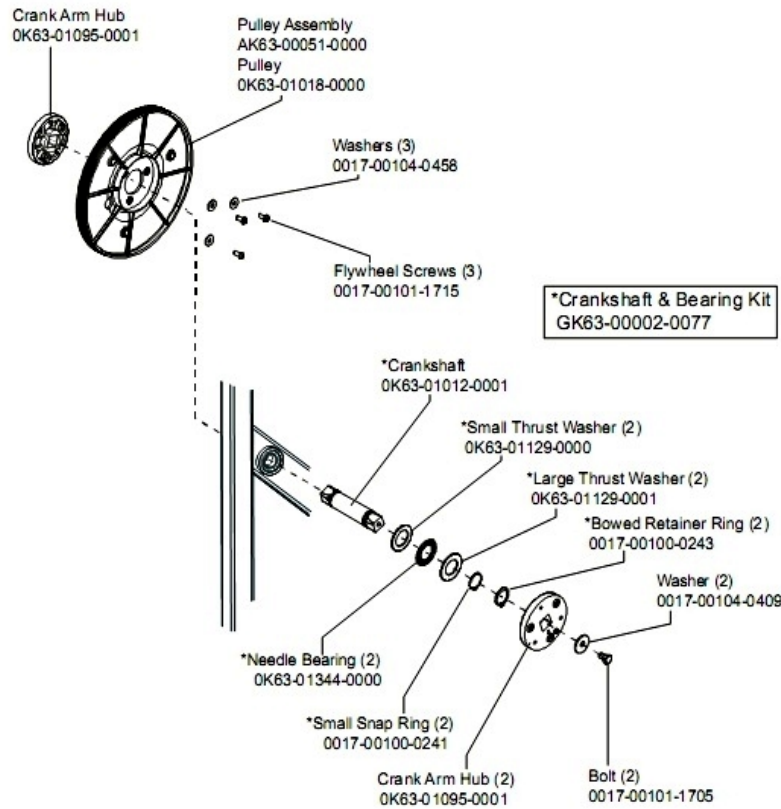
| Ref # | Part Number     | Qty | Description                  |
|-------|-----------------|-----|------------------------------|
| -     | 0017-00101-1755 | 1   | Hardware: TORX Bolt 0.75"    |
| -     | SK40-00045-0001 | 1   | Polar HR Kit                 |
| -     | 0017-00101-1744 | 12  | Hardware: Phillips Pan Screw |
| -     | OK63-01145-0002 | 1   | Upper Cover                  |
| -     | OK63-01030-0001 | 1   | Accessory Tray               |
| -     | OK63-01146-0001 | 1   | Lower Cover                  |

# Console Support Assembly



| Ref # | Part Number     | Qty | Description                       |
|-------|-----------------|-----|-----------------------------------|
| -     | AK63-00037-0002 | 1   | Console Cable                     |
| -     | 0017-00103-0318 | 2   | Hardware: Nut                     |
| -     | 0017-00101-1753 | 4   | Hardware: Pan Screw 0.3125"       |
| -     | AK36-00021-0003 | 1   | Cable Assembly                    |
| -     | OK63-01192-0003 | 1   | Handlebar Cover Right             |
| -     | OK63-01192-0004 | 1   | Handlebar Cover Left              |
| -     | OK63-01113-0000 | 1   | Polar Bracket                     |
| -     | OK63-01178-0002 | 1   | Console Support Elbow 6"          |
| -     | 0017-00101-1755 | 4   | Hardware: TORX Bolt 0.75"         |
| -     | AK63-00089-0002 | 1   | Console Support Weldment Assembly |
| -     | AK63-00069-0000 | 1   | Heart Rate Cable                  |
| -     | OK63-01320-0000 | 1   | End Cap                           |

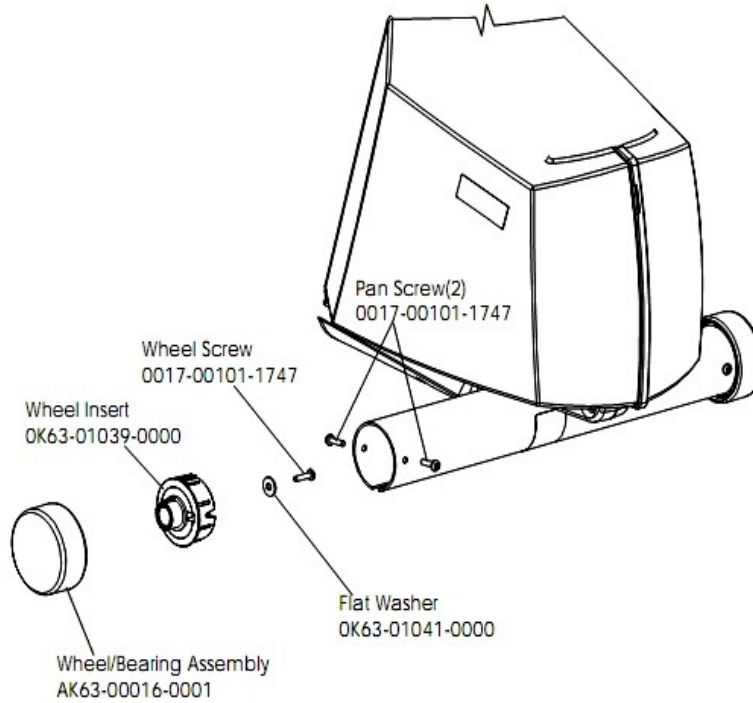
# Crankshaft and Bearing Assembly



| Ref # | Part Number     | Qty | Description                          |
|-------|-----------------|-----|--------------------------------------|
| -     | AK63-00051-0000 | 1   | Pulley Assembly                      |
| -     | 0K63-01129-0000 | 2   | Hardware: Small Thrust Washer        |
| -     | 0K63-01129-0001 | 2   | Hardware: Large Thrust Washer        |
| -     | 0K63-01344-0000 | 2   | Hardware: Needle Bearing             |
| -     | 0017-00101-1705 | 2   | Hardware: Bolt 0.5"                  |
| -     | 0K63-01095-0001 | 3   | Crank Arm Hub                        |
| -     | 0K63-01018-0000 | 1   | Crank Pulley                         |
| -     | 0K63-01012-0001 | 1   | Crankshaft                           |
| -     | 0017-00104-0409 | 2   | Hardware: Washer 1.125" OD           |
| -     | 0017-00100-0243 | 2   | Hardware: Bowed Retaining Ring .984" |
| -     | GK63-00002-0077 | 1   | Crankshaft and Bearing Kit           |
| -     | 0017-00100-0241 | 2   | Hardware: Small Snap Ring .984"      |
| -     | 0017-00104-0458 | 3   | Hardware: Flat Washer 0.75" OD       |
| -     | 0017-00101-1715 | 3   | Hardware: TORX Cap Screw 0.625"      |

## Front Wheels

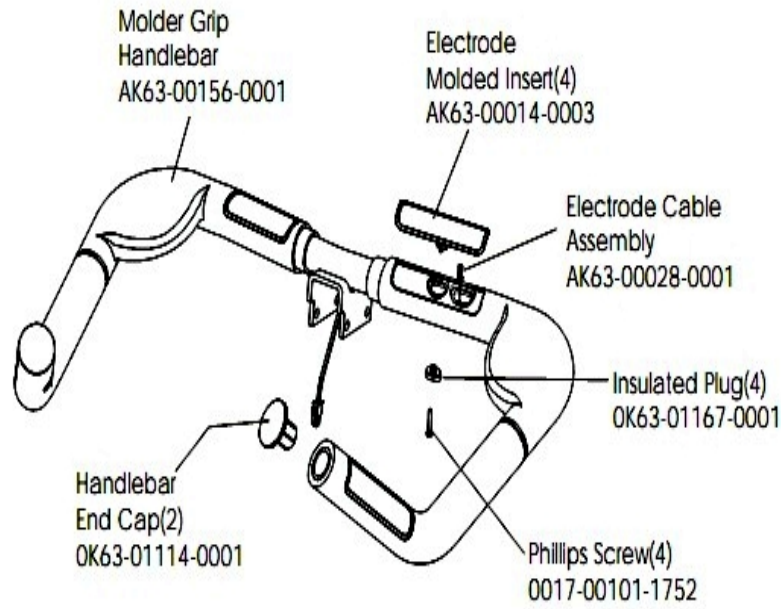
Front Wheels – AK63-00017-0001



| Ref # | Part Number     | Qty | Description               |
|-------|-----------------|-----|---------------------------|
| -     | 0K63-01041-0000 | 1   | Hardware: Flat Washer     |
| -     | AK63-00016-0001 | 1   | Wheel/Bearing Assembly    |
| -     | 0K63-01039-0000 | 1   | Wheel Insert              |
| -     | 0017-00101-1747 | 3   | Hardware: Pan Screw 0.75" |
| -     | AK63-00017-0001 | 1   | Front Wheel Assembly      |

## Handlebar Assembly

### Handlebar Assembly - AK63-00091-0001

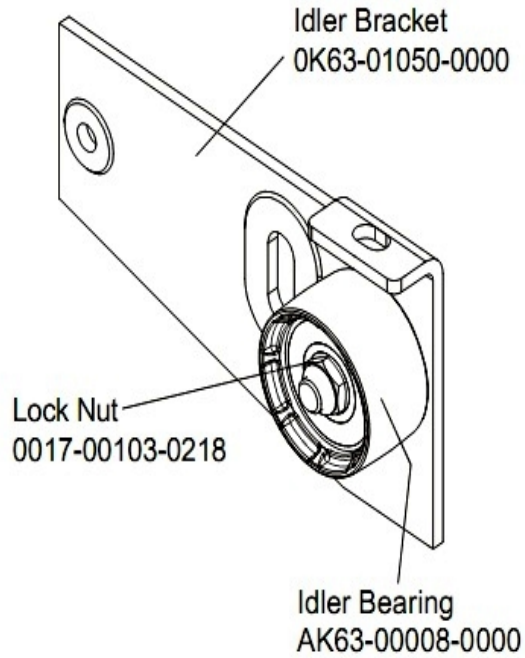


| Ref # | Part Number     | Qty | Description                              |
|-------|-----------------|-----|--|
| -     | 0017-00101-1752 | 4   | Hardware: Phillips Screw 1"              |
| -     | AK63-00014-0003 | 4   | Heart Rate Electrode                     |
| -     | AK63-00028-0001 | 1   | LifePulse Cable                          |
| -     | AK63-00091-0001 | 2   | Handle Bar                               |
| -     | OK63-01114-0001 | 2   | Bullhorn Cap                             |
| -     | OK66-01141-0002 | 4   | Plug: Insulator; Stealth Grey; Purchased |

## Idler Bracket Assembly

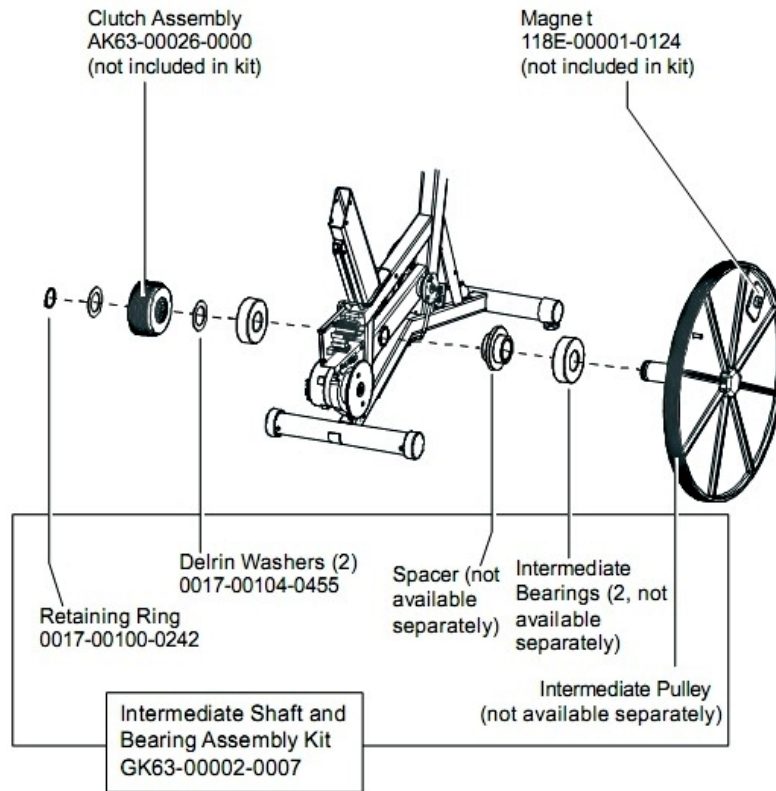
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Idler Bracket – AK63-00021-0000



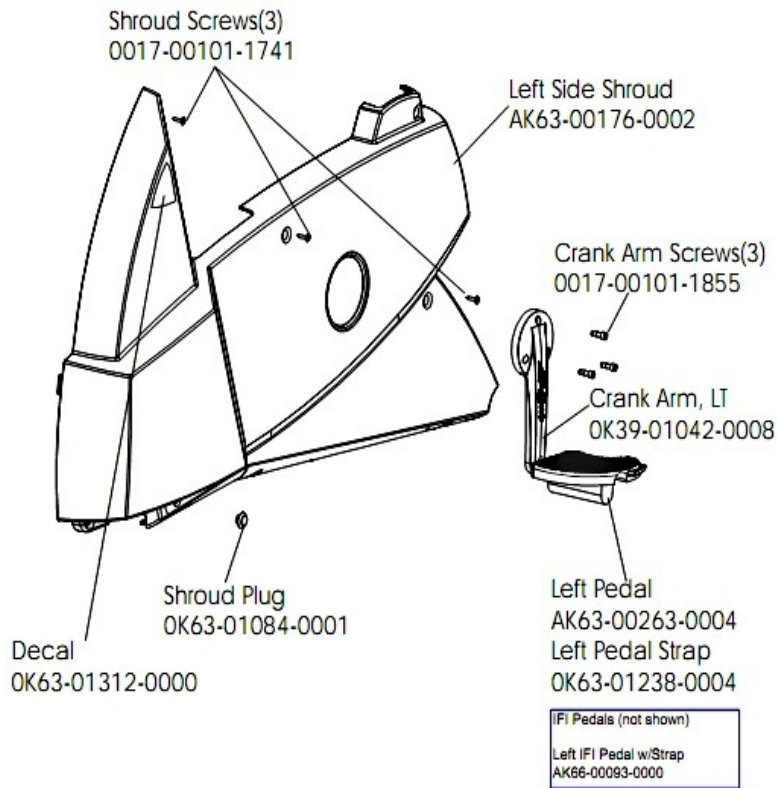
| Ref # | Part Number     | Qty | Description                |
|-------|-----------------|-----|----------------------------|
| -     | AK63-00008-0000 | 1   | Idler w/Bearing            |
| -     | 0K63-01050-0000 | 1   | Idler Bracket              |
| -     | AK63-00021-0000 | 1   | Idler Bracket Assembly     |
| -     | 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        |

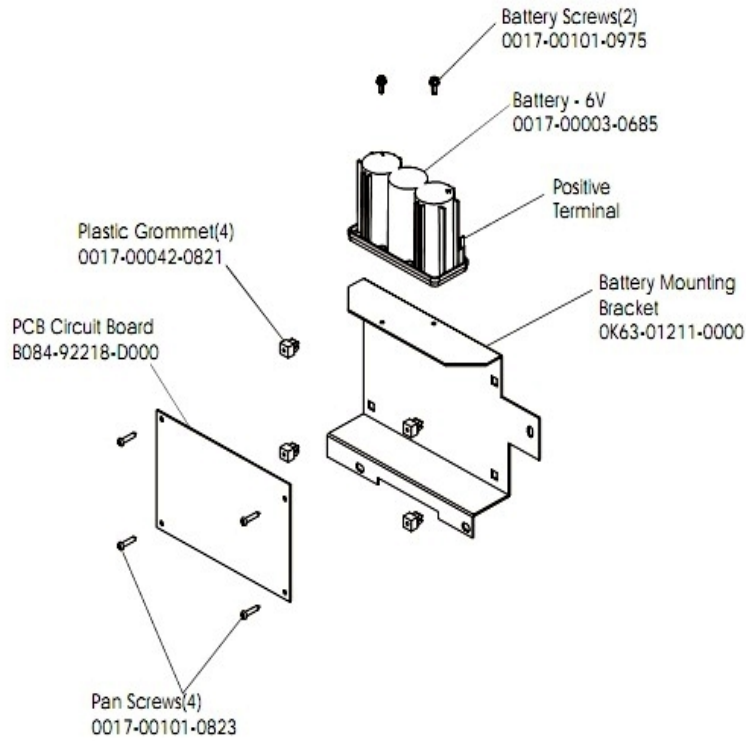
## Left Side Shroud and Crankarm



| Ref # | Part Number     | Qty | Description                 |
|-------|-----------------|-----|-----------------------------|
| -     | 0017-00101-1741 | 3   | Hardware: Screw             |
| -     | OK39-01042-0008 | 1   | Crank Arm: Left             |
| -     | OK63-01312-0000 | 1   | Decal                       |
| -     | AK63-00263-0004 | 1   | Pedal: Left                 |
| -     | 0017-00101-1855 | 3   | Hardware: TORX Screw 0.875" |
| -     | AK63-00176-0002 | 1   | Left Side Shroud            |
| -     | OK63-01084-0001 | 1   | Shroud Plug                 |
| -     | OK63-01238-0004 | 1   | Left Pedal Strap            |

# PCB Mounting Bracket Assembly

Assembly Number – AK63-00049-0000



| Ref # | Part Number     | Qty | Description                    |
|-------|-----------------|-----|--------------------------------|
| -     | 0017-00101-0975 | 2   | Hardware: Mounting Bolt 0.375" |
| -     | AK63-00049-0000 | 1   | PCB Mounting Bracket           |
| -     | 0017-00003-0685 | 1   | 6V Battery                     |
| -     | 0017-00101-0823 | 4   | Hardware: Screw 0.75"          |
| -     | B084-92218-0000 | 1   | PCB Circuit Board              |
| -     | 0K63-01211-0000 | 1   | Battery Mounting Bracket       |
| -     | 0017-00042-0821 | 4   | Hardware: Plastic Grommet      |

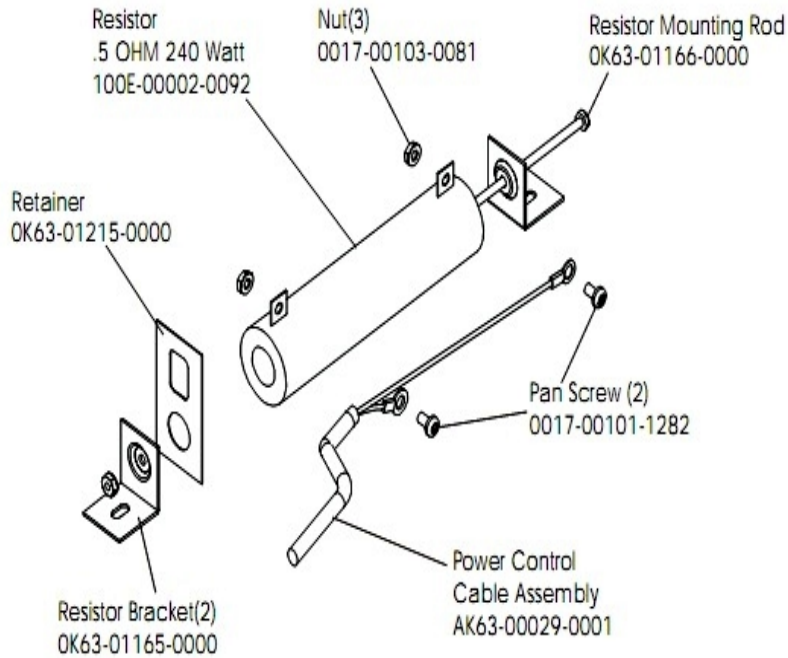
## References

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| Ref # | Part Number     | Qty | Description                     |
|-------|-----------------|-----|---------------------------------|
| -     | 0017-00008-0205 | 1   | 5 oz Bottle - Arctic Silver     |
| -     | GK63-00002-0003 | 1   | C-SAFE Network Kit              |
| -     | 0017-00008-0204 | 1   | Paint Spray Can - Arctic Silver |
| -     | GK63-00002-0044 | 1   | Hardware Bag                    |
| -     | GK63-00002-0044 | 1   | Hardware Bag                    |
| -     | GK63-00002-0044 | 1   | Hardware Bag                    |
| -     | GK63-00002-0005 | 1   | Power Option Kit: 120V          |
| -     | 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                    |
| -     | 0017-00008-0206 | 1   | .33oz Pen - Arctic Silver       |
| -     | GK63-00002-0044 | 1   | Hardware Bag                    |

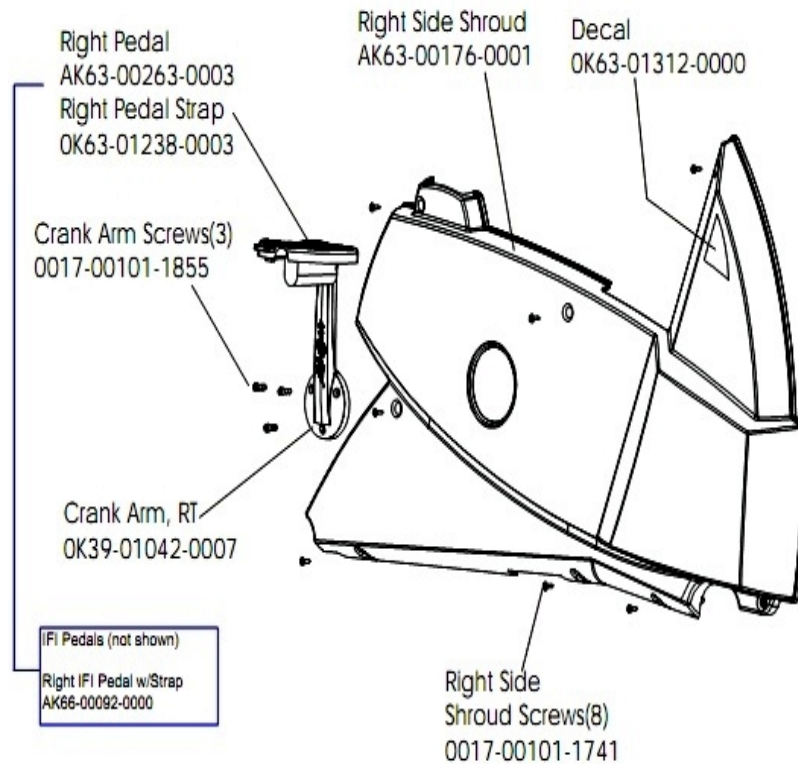
## Resistor Assembly

### Resistor Assembly- AK63-00047-0001



| Ref # | Part Number     | Qty | Description                  |
|-------|-----------------|-----|------------------------------|
| -     | 0017-00103-0081 | 3   | Hardware: Hex Nut ID         |
| -     | OK63-01165-0000 | 2   | Resistor Bracket             |
| -     | AK63-00029-0001 | 1   | Power Control Cable Assembly |
| -     | OK63-01215-0000 | 1   | Hardware: Resistor Retainer  |
| -     | AK63-00047-0001 | 1   | Resistor Assembly            |
| -     | 100E-00002-0092 | 1   | Resistor .5 OHM 240 Watt     |
| -     | 0017-00101-1282 | 2   | Hardware: TORX Screw 0.375"  |
| -     | OK63-01166-0000 | 1   | Resistor Mounting Rod        |

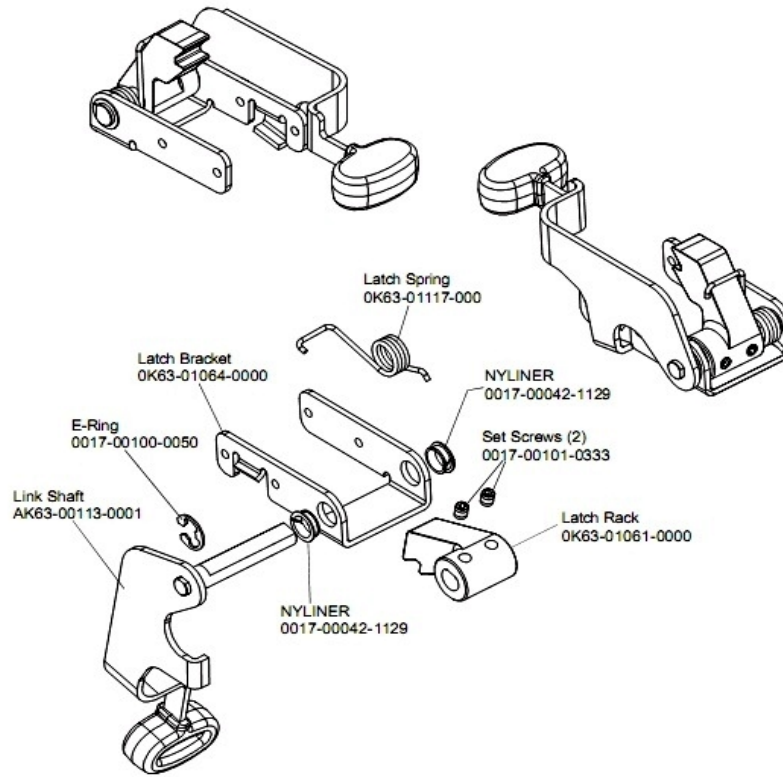
## Right Side Shroud and Crankarm



| Ref # | Part Number     | Qty | Description                 |
|-------|-----------------|-----|-----------------------------|
| -     | 0017-00101-1855 | 3   | Hardware: TORX Screw 0.875" |
| -     | AK63-00263-0003 | 1   | Pedal: Right                |
| -     | AK63-00176-0001 | 1   | Right Side Shroud           |
| -     | 0017-00101-1741 | 8   | Hardware: Screw             |
| -     | OK39-01042-0007 | 1   | Crank Arm: Right            |
| -     | OK63-01312-0000 | 1   | Decal                       |
| -     | OK63-01238-0003 | 1   | Right Pedal Strap           |

## Seat Latch Assembly

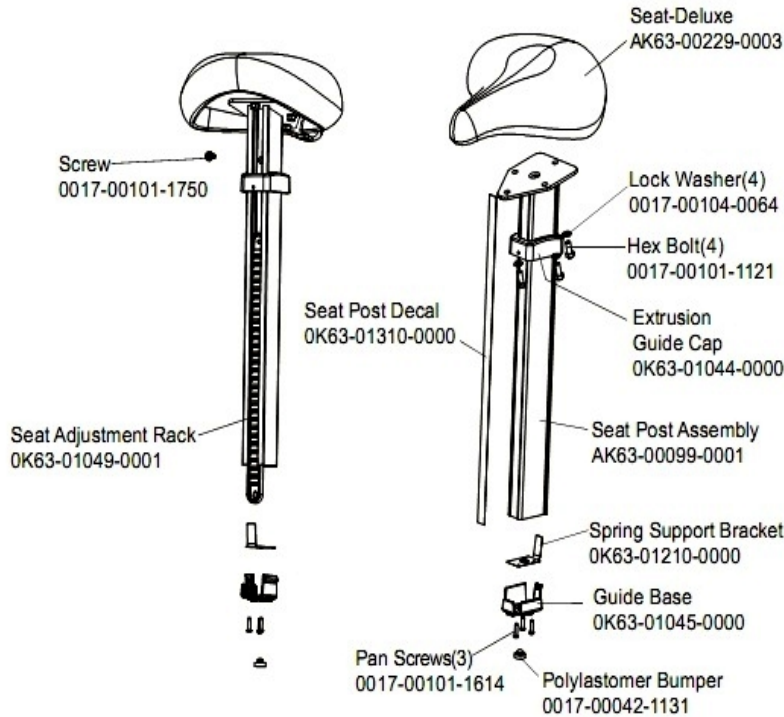
Seat Latch Assy - AK63-00043-0001



| Ref # | Part Number     | Qty | Description                            |
|-------|-----------------|-----|--|
| -     | OK63-01064-0000 | 1   | Latch Bracket                          |
| -     | OK63-01117-0000 | 1   | Latch Spring                           |
| -     | AK63-00113-0001 | 1   | Link Shaft 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                             |
| -     | AK63-00043-0001 | 1   | Seat Latch Assembly                    |

## Seat Post Assembly

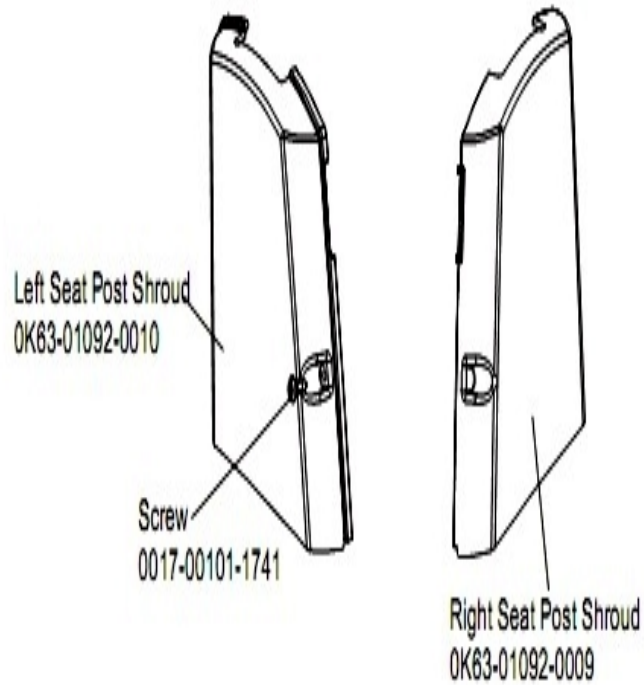
Seat Post Assy – AK63-00232-0002



| Ref # | Part Number     | Qty | Description                     |
|-------|-----------------|-----|---------------------------------|
| -     | AK63-00229-0003 | 1   | Deluxe Seat                     |
| -     | 0017-00042-1131 | 1   | Bumper                          |
| -     | OK63-01045-0000 | 1   | Guide Base                      |
| -     | AK63-00232-0002 | 1   | Seat Post Assembly              |
| -     | AK63-00099-0001 | 1   | Seat Post Assembly              |
| -     | 0017-00104-0064 | 4   | Hardware: Lock Washer 0.586" OD |
| -     | OK63-01210-0000 | 1   | Spring Support Bracket          |
| -     | OK63-01049-0001 | 1   | Seat Adjustment Rack            |
| -     | OK63-01044-0000 | 1   | Extrusion Guide Cap             |
| -     | 0017-00101-1121 | 4   | Hardware: Bolt 4.6875"          |
| -     | 0017-00101-1750 | 1   | Hardware: Screw 0.75"           |
| -     | OK63-01310-0000 | 1   | Seat Post Decal                 |
| -     | 0017-00101-1614 | 3   | Hardware: Screw 0.625"          |

## Seat Post Shrouds

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| Ref # | Part Number     | Qty | Description            |
|-------|-----------------|-----|------------------------|
| -     | 0K63-01092-0010 | 1   | Left Seat Post Shroud  |
| -     | 0K63-01092-0009 | 1   | Right Seat Post Shroud |
| -     | 0017-00101-1741 | 1   | Hardware: Screw        |

