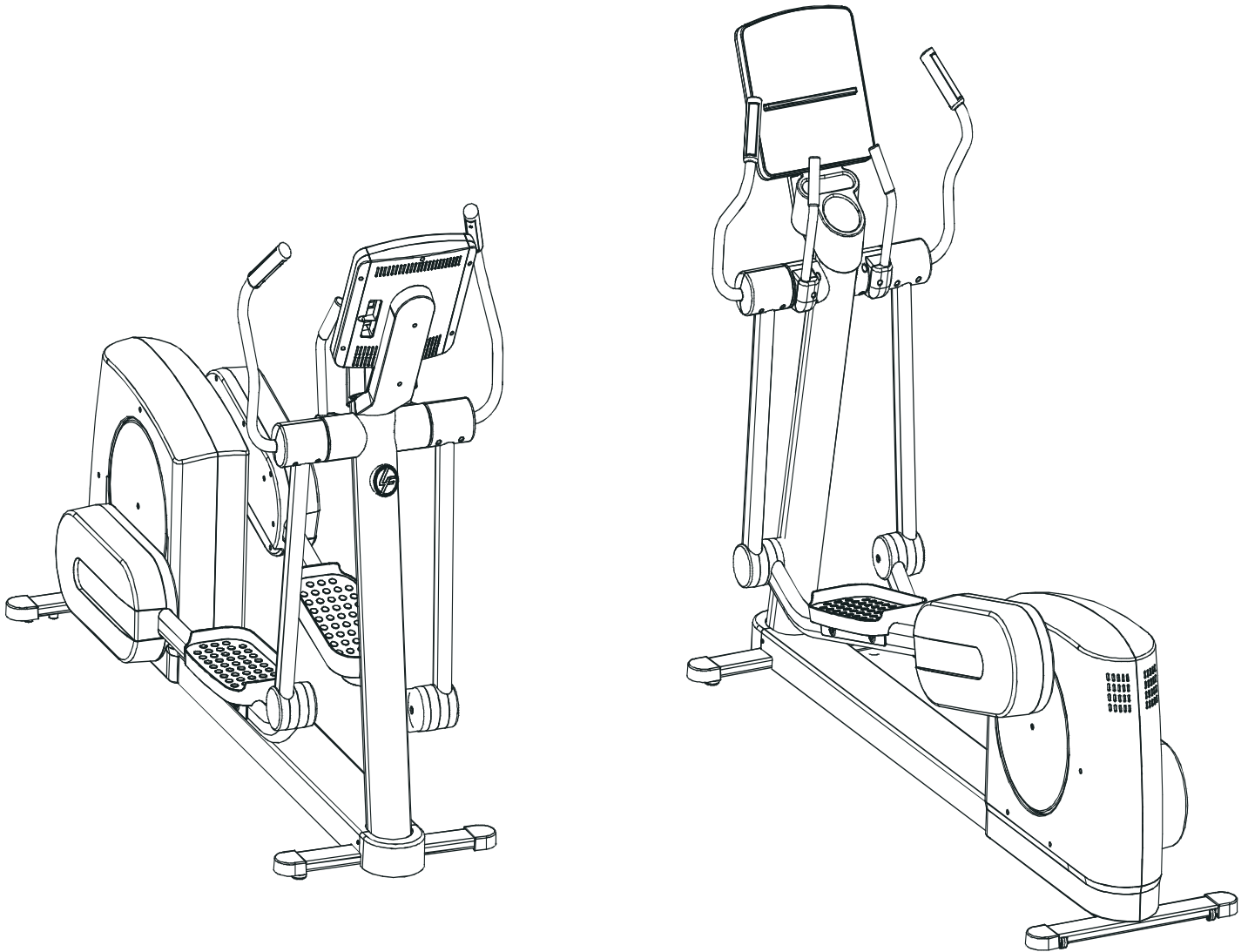


LifeFitness

ARCTIC SILVER QUIET DRIVE
CROSS-TRAINER 90X-0XXX-04

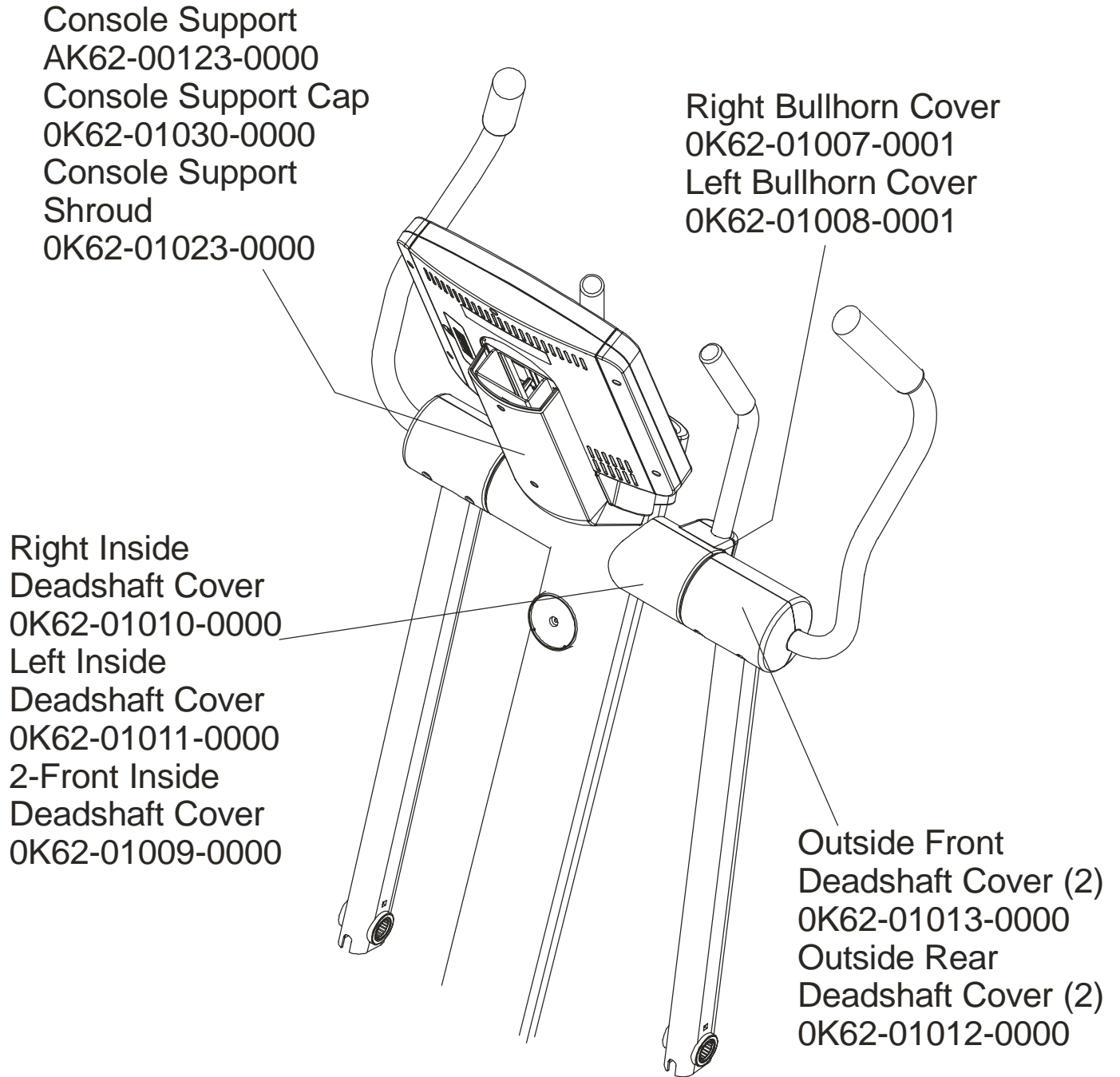


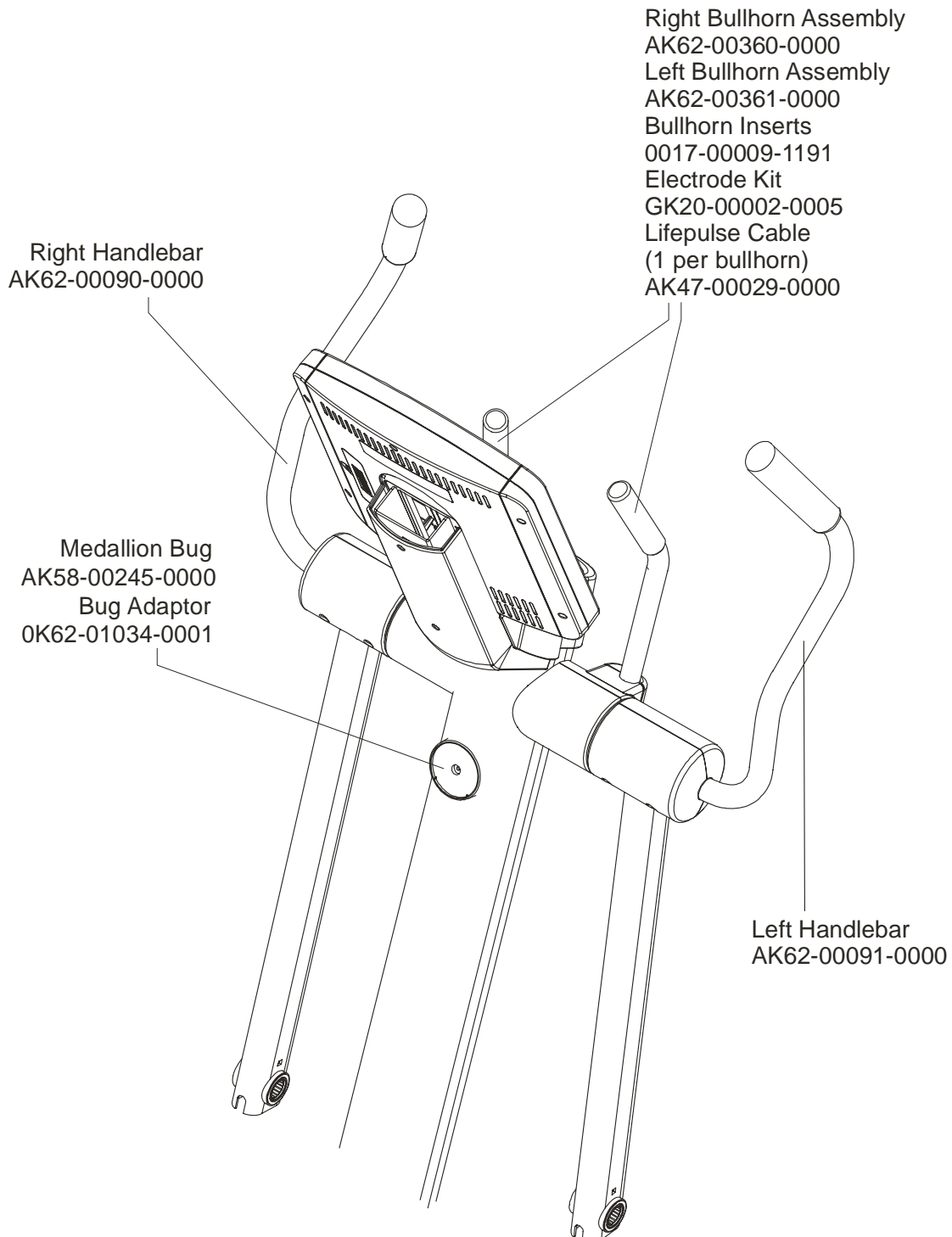
Customer Support Services
PARTS MANUAL rev 14 Jun 2010

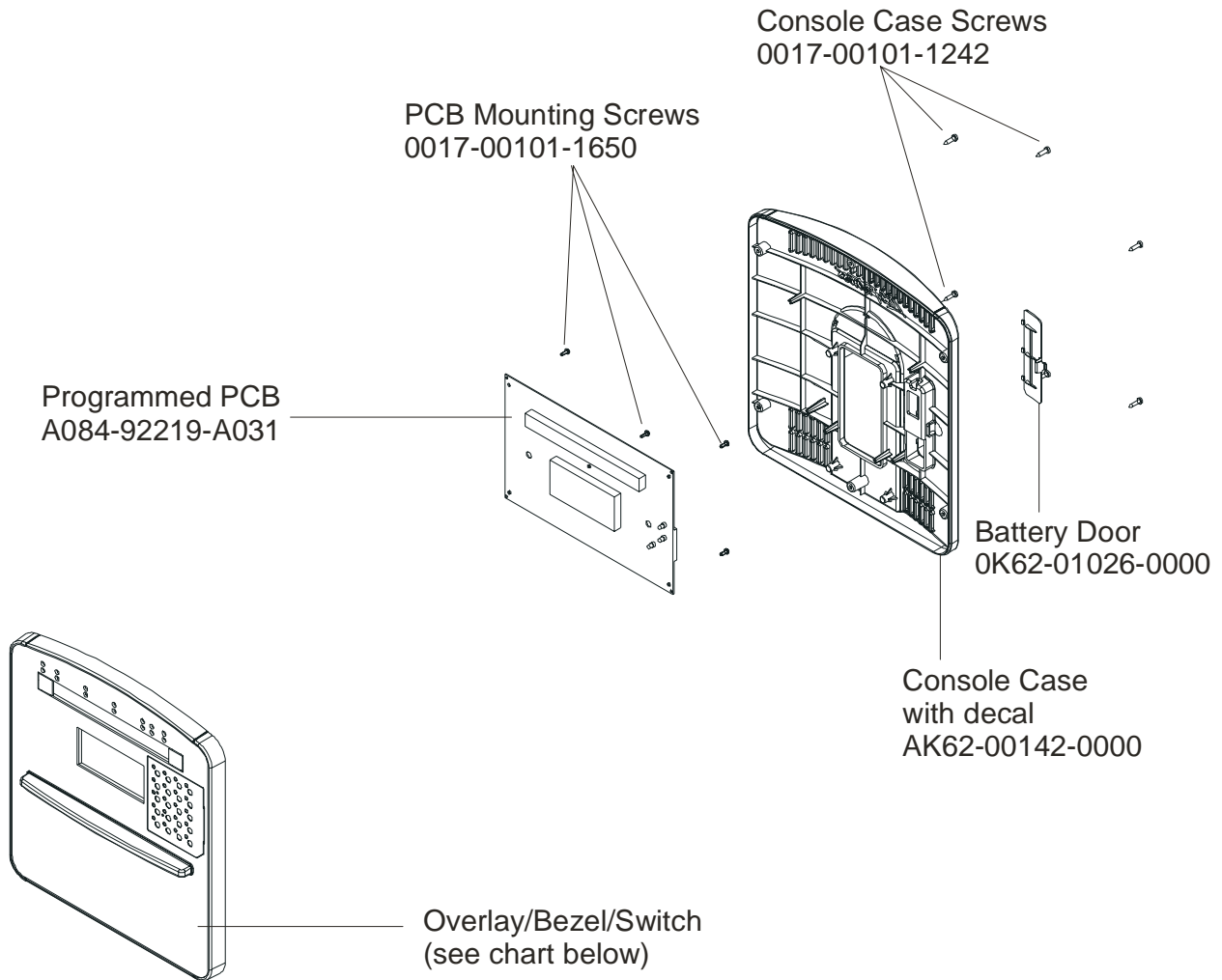
Miscellaneous	3
Console Support and Deadshaft Covers	4
Handlebars and Bullhorns	5
Console and Related Components	6
Upper Frame Hardware	7
Rocker Arms and Pedal Levers	8
Crank Cover and Lower Caps	9
Lower Frame Shrouds and Hardware	10
Pedal Lever Components	11
PCB, Battery, Reed Switch, and Bracket	12
Bearing Insert Assembly	13
Crank Arm Pulley Assembly	14
Drive Module	15
Drive Module Hardware	16
Cables	17

Description	Part No.
OPERATION MANUAL	M051-00K62-A181
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT.	GK62-00002-0021
POWER CABLE WITH BRACKET ASSEMBLY CONSISTS OF: 120" COAX CABLE ASSY. 120" POWER EXTENSION CABLE ACCESS PANEL BRACKET F-TYPE PANEL CONNECTOR #8 PLASTIC GROMMET	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 OK62-01179-0001 0017-00021-2846 0017-00042-0754

NOTE: The 90X-0XXX-04 has Lifepulse sensors for reading heart rate and is pre-wired for the attachable LCD TV. When ordered with an attachable LCD TV, it becomes a model 90XER-XXXX-04. See the LCD-0XXX-02 Entertainment parts list for the part numbers and descriptions for the attachable LCD TV, remote, and hardware for this product.







Language	Part No.	
	Console	Overlay/Bezel/Switch
ENG/ENG	AK62-00354-0001	AK62-00388-0001
ENG/MET	AK62-00354-0002	AK62-00388-0001
GER/MET	AK62-00354-0003	AK62-00388-0003
SPN/MET	AK62-00354-0004	AK62-00388-0004
FRN/MET	AK62-00354-0007	AK62-00388-0007
ITL/MET	AK62-00354-0008	AK62-00388-0008
DUT/MET	AK62-00354-0009	AK62-00388-0009
POR/MET	AK62-00354-0010	AK62-00388-0010

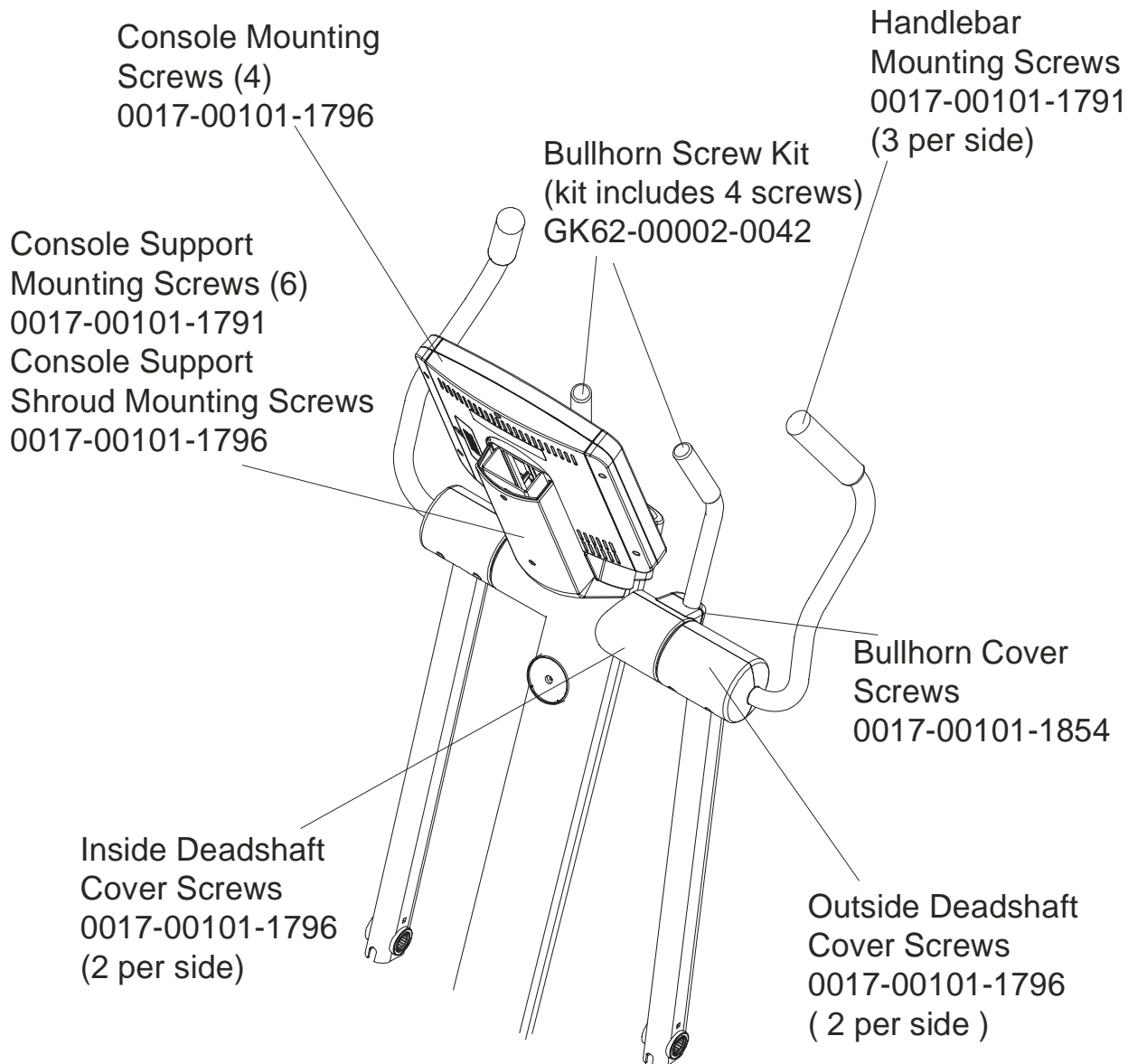
items not shown

Accessory Tray

OK62-01022-0000

Accessory Tray Mounting Screws (2)

0017-00101-1846



Rocker Arms Kit
GK62-00002-0070
contents:

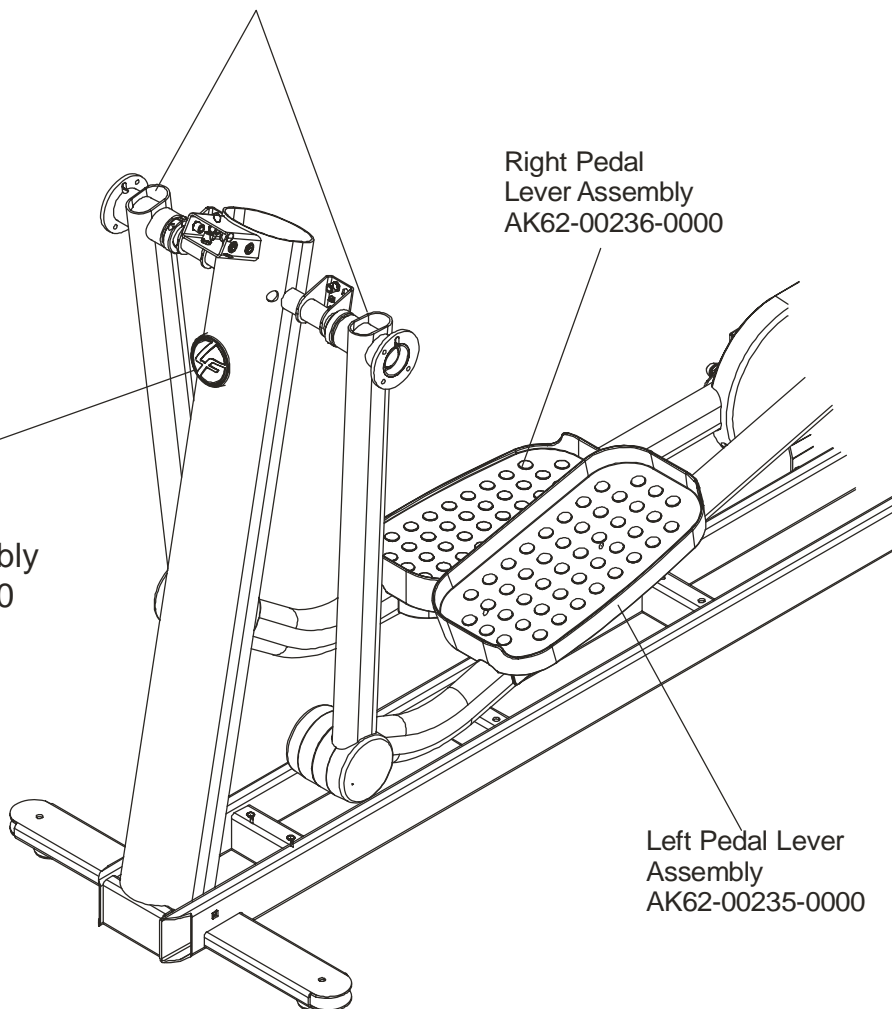
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- Loctite 620
- Alcohol pad

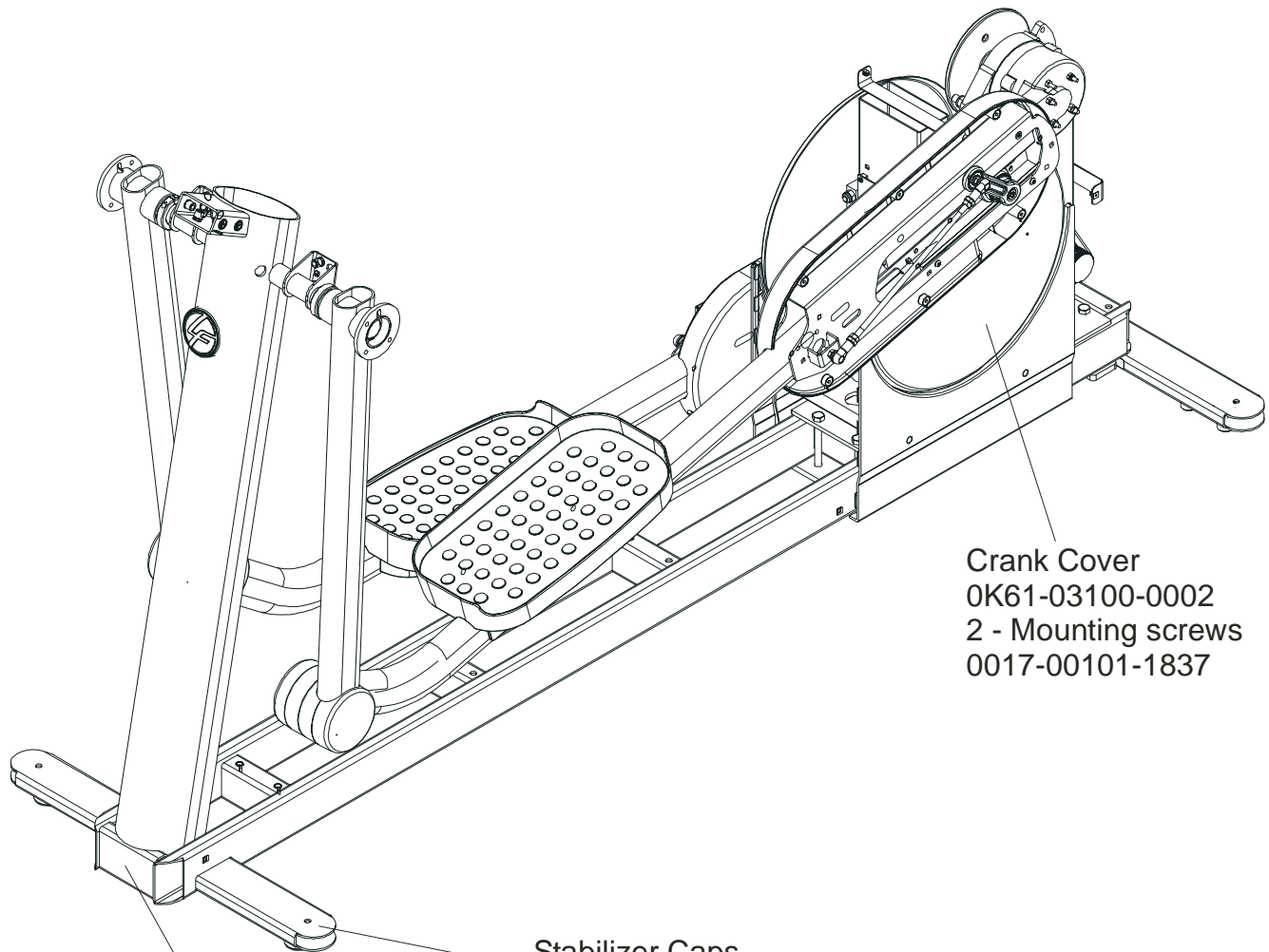
Rocker Arms
AK62-00062-0001
Shaft Collar w/Screws
0K61-01259-0000

LF Bug
Medallion Assembly
AK58-00245-0000

Right Pedal
Lever Assembly
AK62-00236-0000

Left Pedal Lever
Assembly
AK62-00235-0000

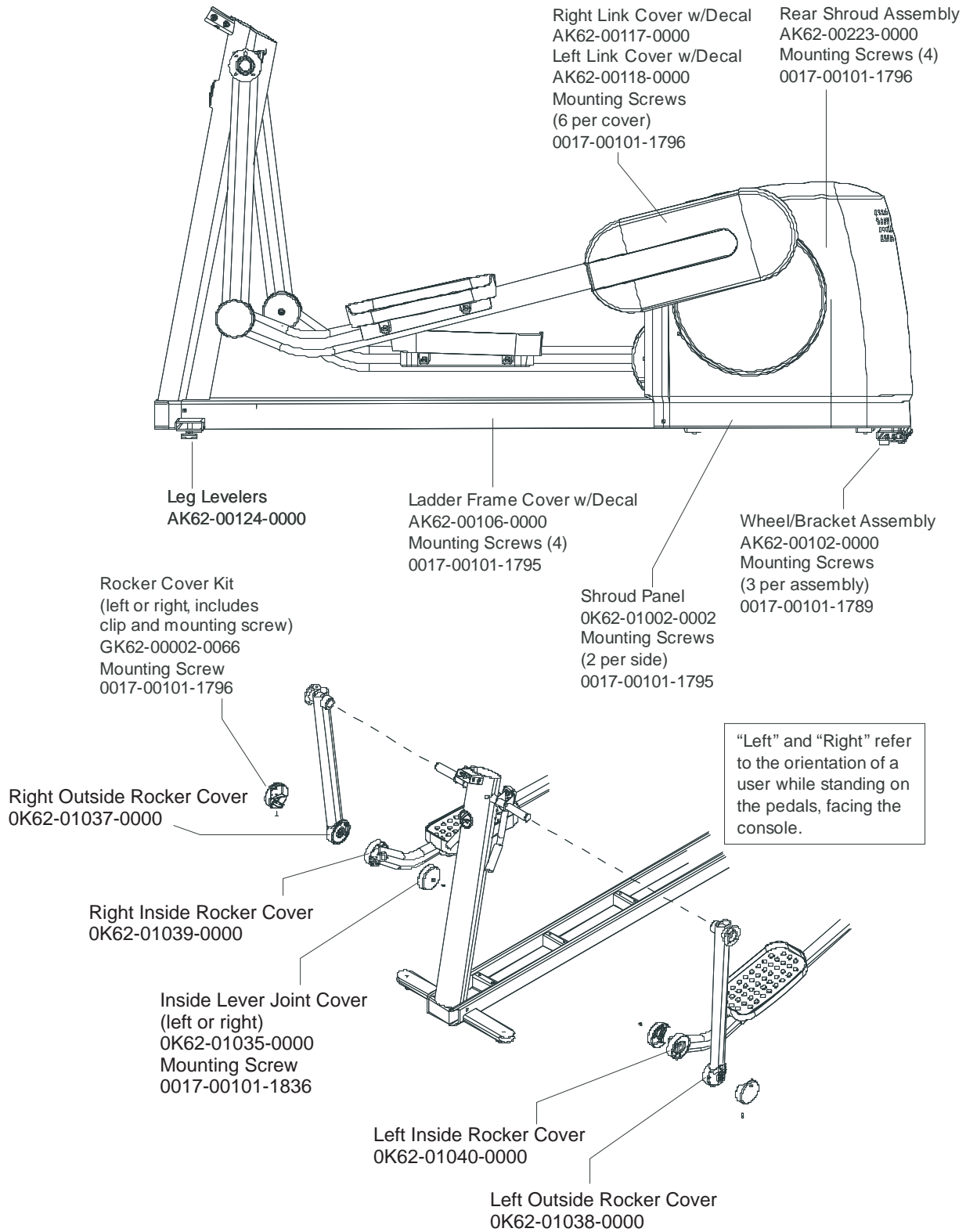




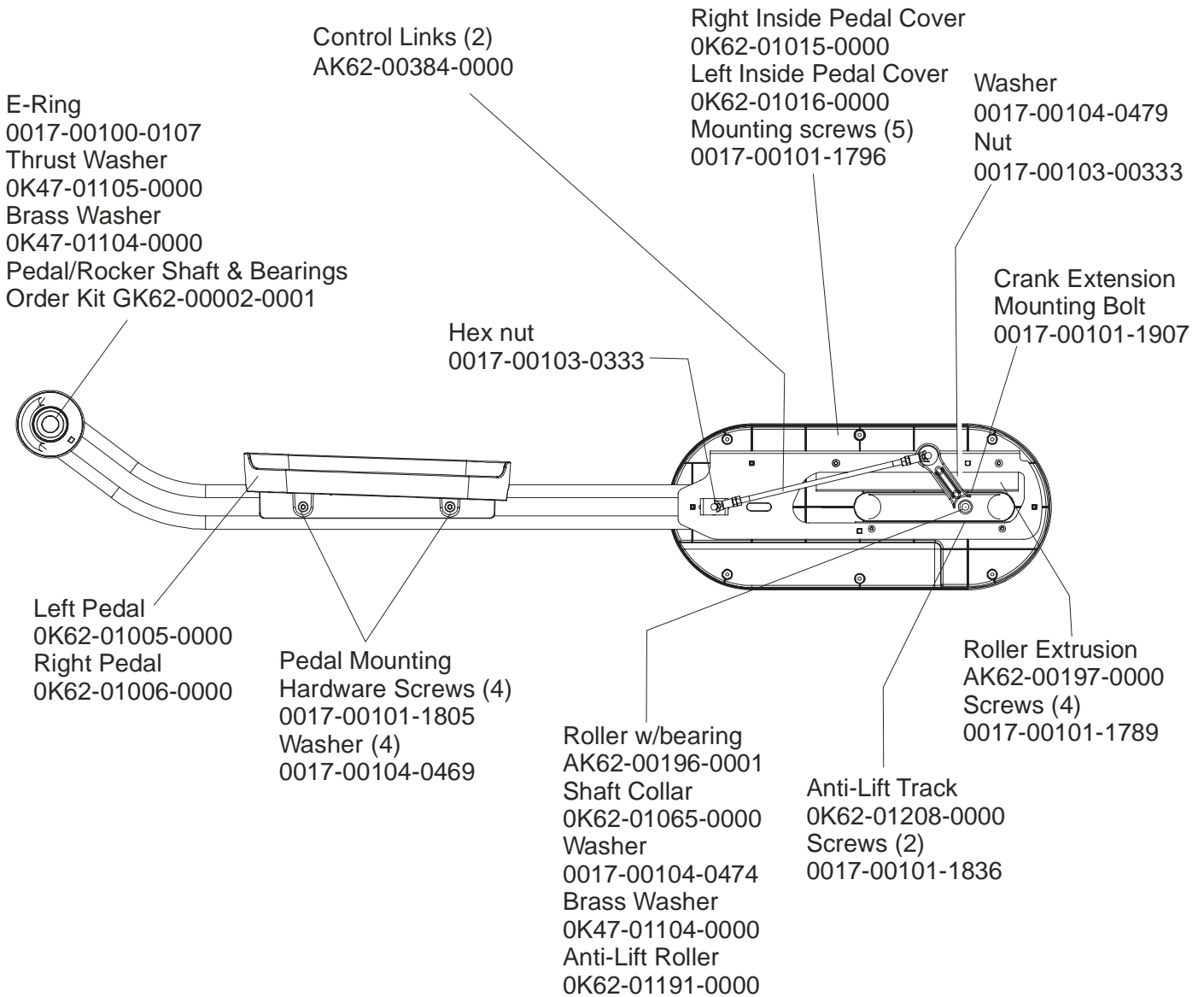
Crank Cover
0K61-03100-0002
2 - Mounting screws
0017-00101-1837

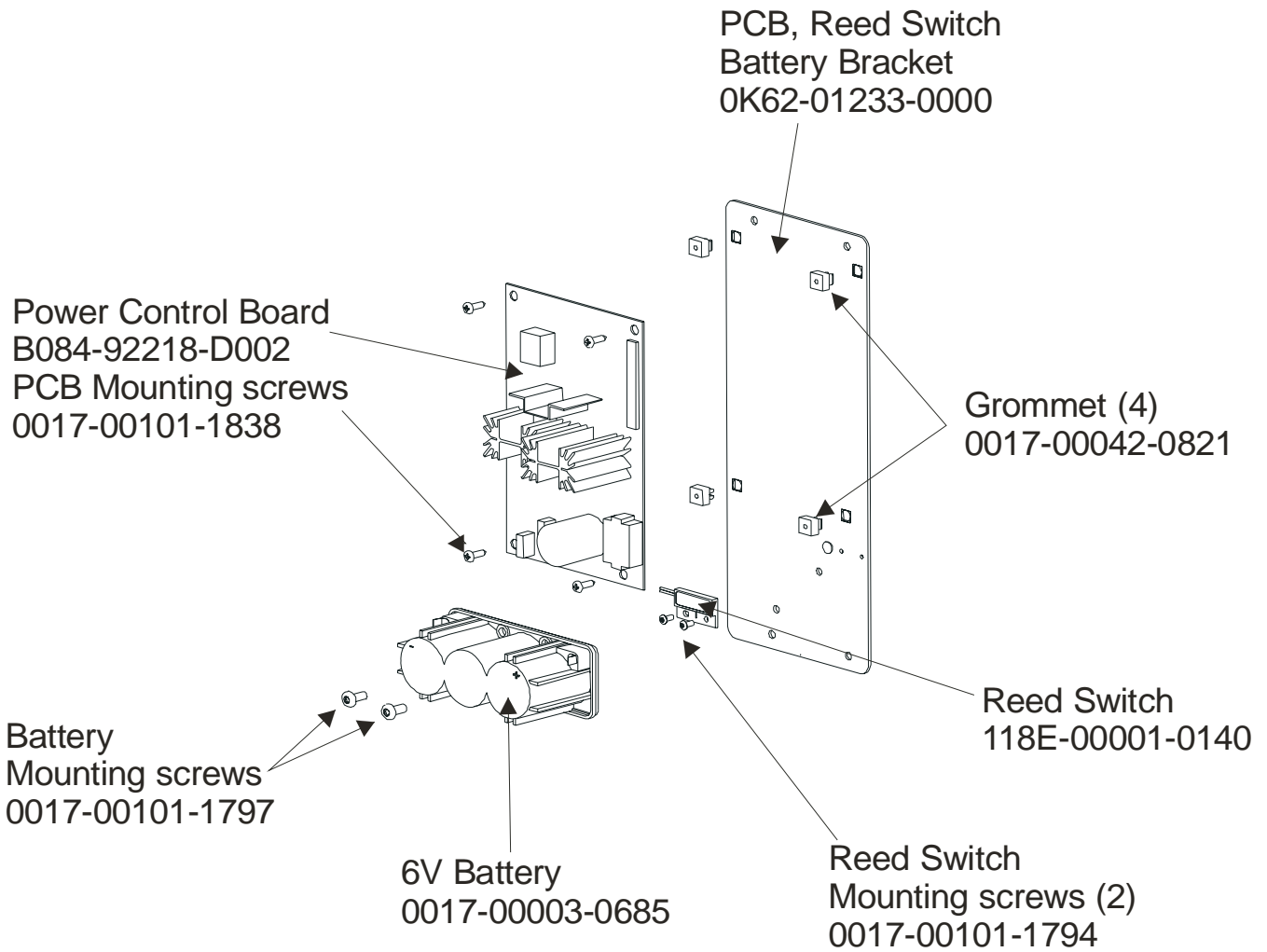
Stabilizer Caps
4 - 0K62-01003-0000

Front frame Cap
0K62-01004-0000
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795



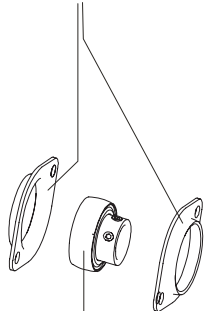
Control Link Kit
GK62-00002-0071
(contains 2 control links,
part nos. AK62-00384-0000)





Bearing Insert Assembly
 AK62-00299-0000
 This assembly is used 4 times
 on the drive module assembly.

Bearing Flanges (2)
 0K62-01220-0000



1" Bearing
 0K62-01221-0000

Service Kits		
Part No.	Contents	Quantity
GK62-00002-0044	Crankshaft	1
	Bearings	2
	Sets of Bearing Flanges	2
	Bolts, Nuts and Washers	4
GK62-00002-0045	Intermediate Shaft	1
	Bearings	2
	Sets of Bearing Flanges	2
	Bolts, Nuts and Washers	4

