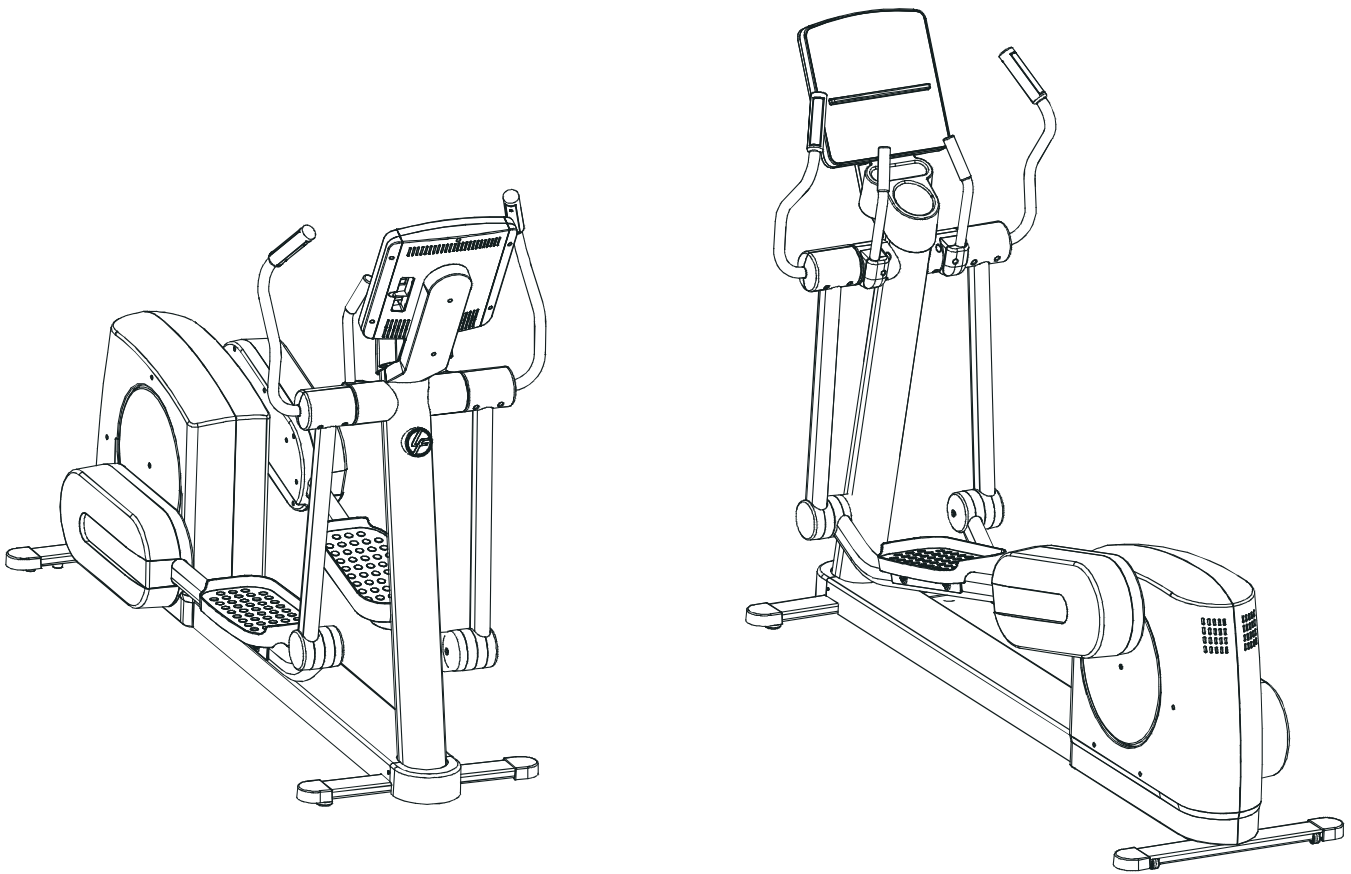


# LifeFitness

CROSS-TRAINER 90X-0XXX-01



## Customer Support Services **PARTS MANUAL**

rev 21 Apr 2010

**CROSS-TRAINER 90X**  
**REFERENCES**

**90X-0XXX-01**  
**S/N XTA100000**

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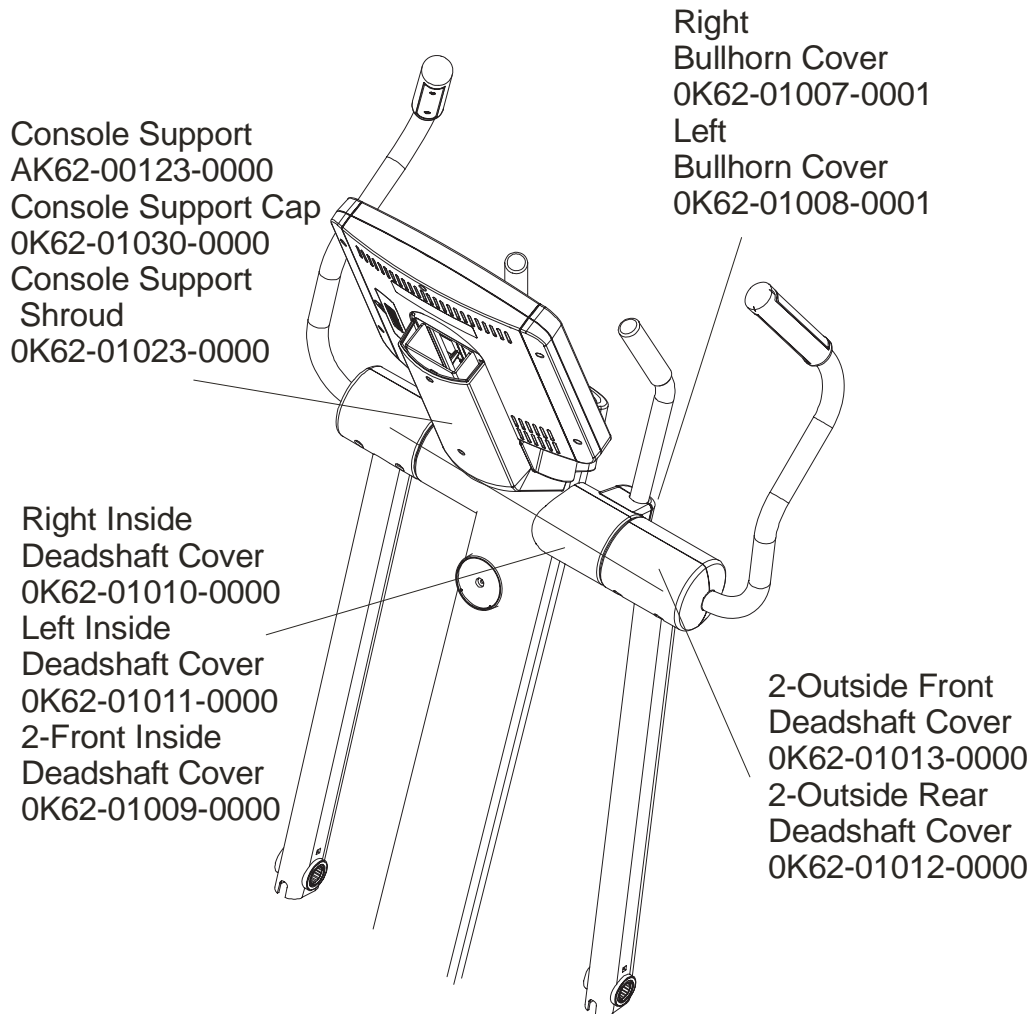
OPERATION MANUAL	M051-00K62-A111
SERVICE MANUAL	M051-00K62-A060
HARDWARE BAG	AK62-00152-0001
Telemetry Kit (Optional)	GK47-00002-0003
PLUG IN OPTION KIT – 120/60	GK62-00002-0018
PLUG IN OPTION KIT – 240/50 UK	GK62-00002-0019
PLUG IN OPTION KIT – 240v AUS	GK62-00002-0020
PLUG IN OPTION KIT - 230/50 CONT	GK62-00002-0021

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**Note: The 90X Telemetry is an option.**

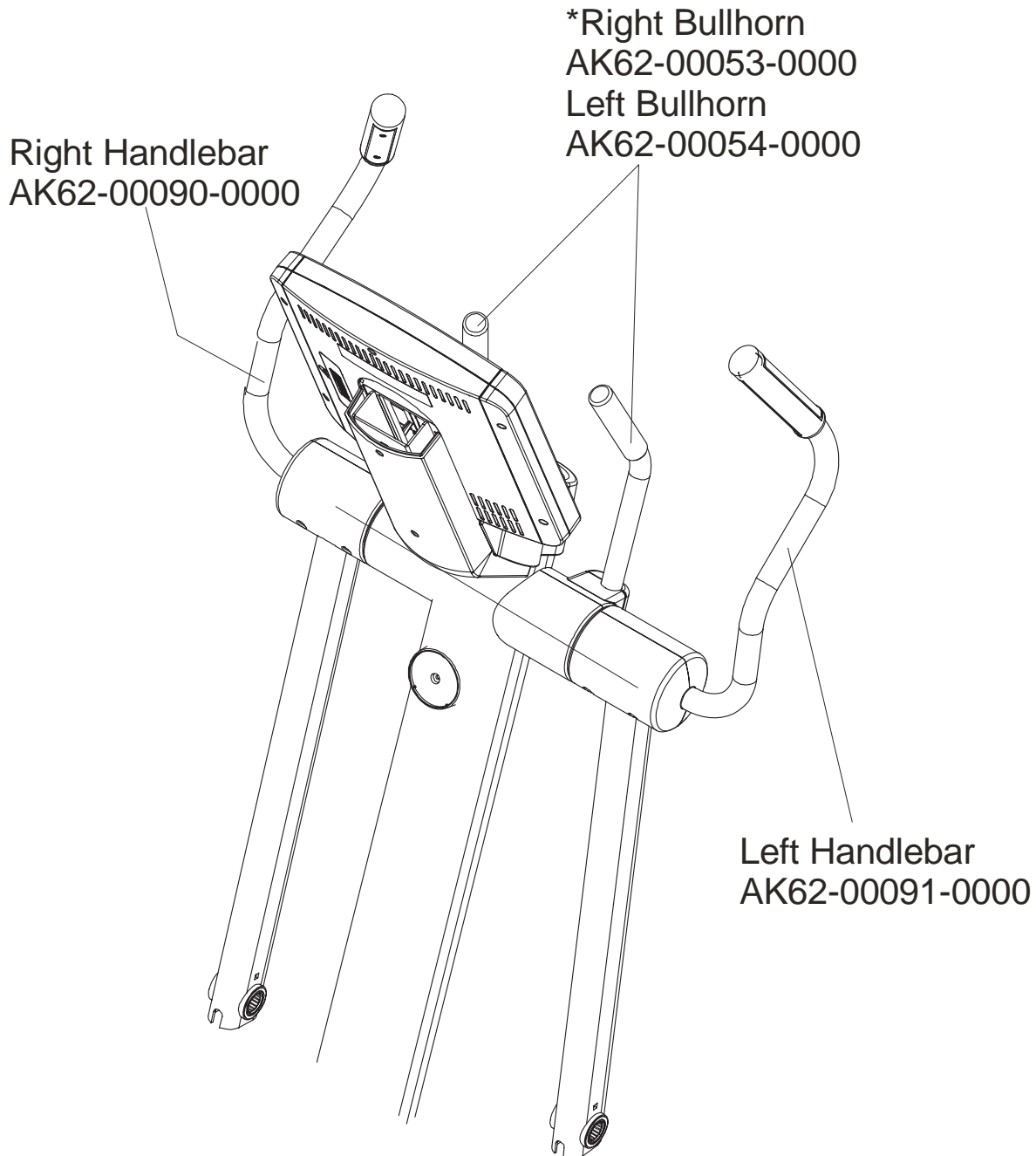
**CROSS-TRAINER 90X**  
**Console Support & Deadshaft Covers**

**90X-0XXX-01**  
**S/N XTA100000**



**CROSS-TRAINER 90X**  
**Handlebars and Bullhorns**

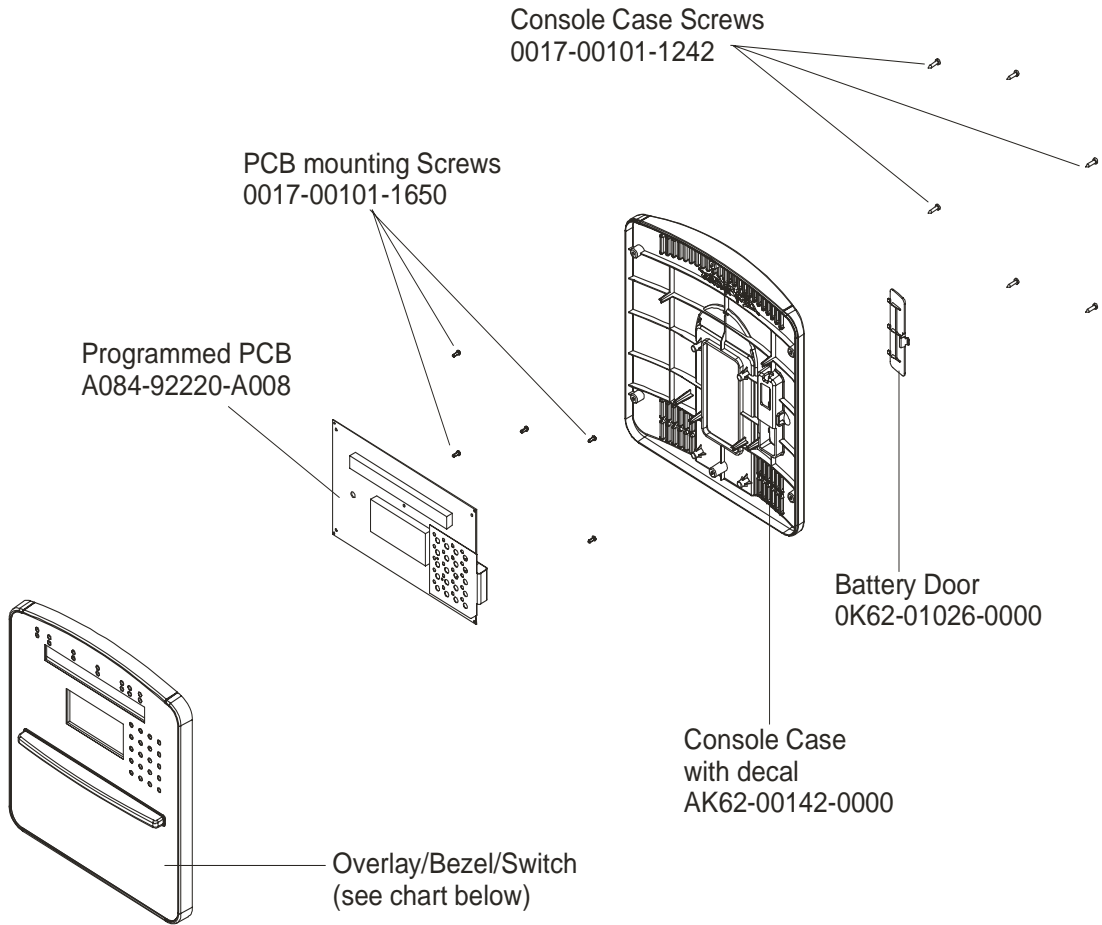
**90X-0XXX-01**  
**S/N XTA100000**



\*Right Bullhorn Assembly consists of: AK62-00057-0000 Bullhorn,  
0K62-01136-0000 Grip and 0K62-01199-0001 Gasket  
Left Bullhorn Assembly consists of: AK62-00058-0000 Bullhorn,  
0K62-01136-0000 Grip and 0K62-01199-0001 Gasket

**CROSS-TRAINER 90X**  
**Console & Related components**

**90X-0XXX-01**  
**S/N XTA100000**



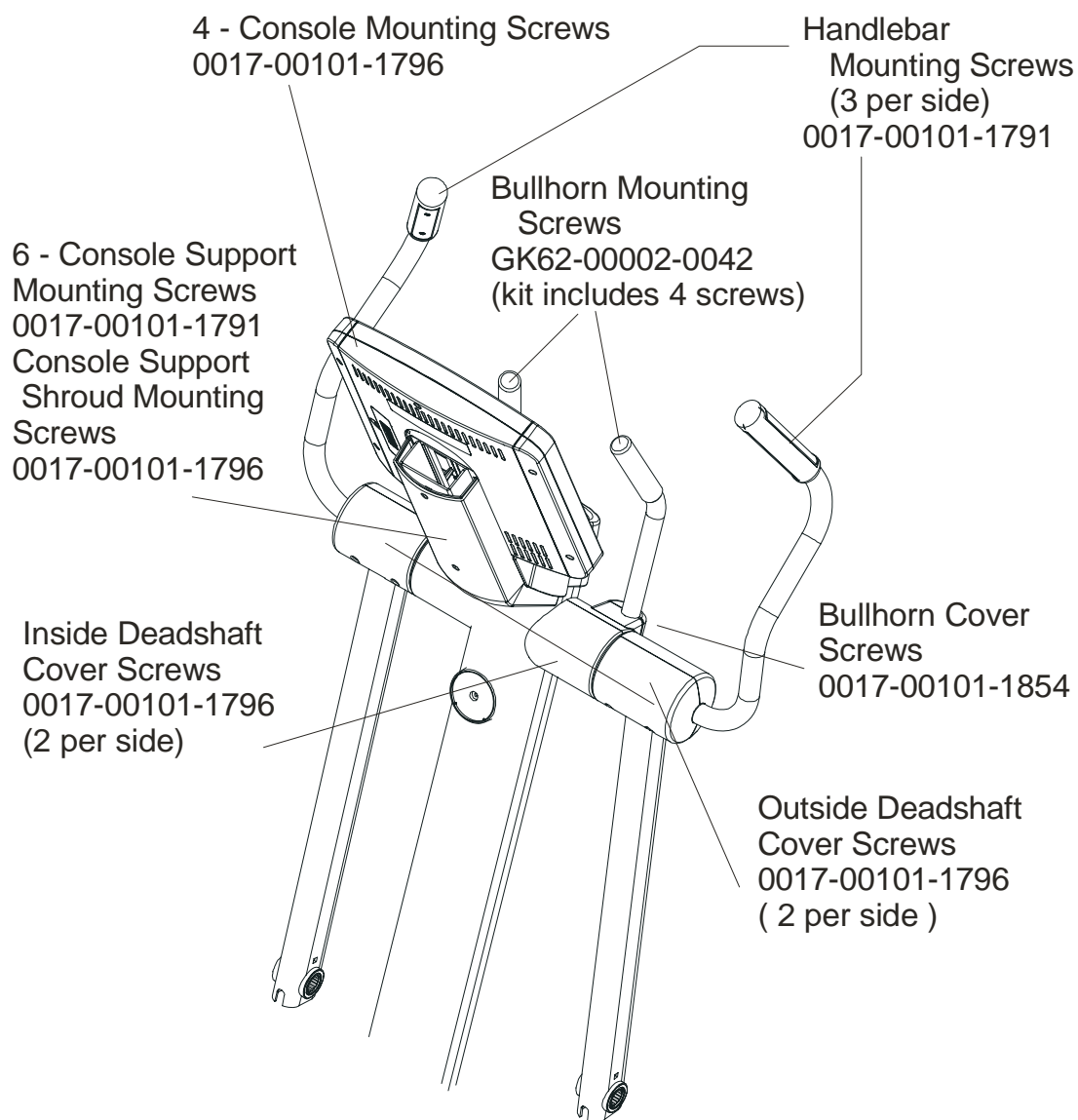
CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00151-0001	AK62-00189-0001	Eng + Met
AK62-00151-0003	AK62-00189-0003	Ger/Met
AK62-00151-0004	AK62-00189-0004	Spn/Met
AK62-00151-0006	AK62-00189-0006	Jap/Met
AK62-00151-0007	AK62-00189-0007	Frn/Met
AK62-00151-0008	AK62-00189-0008	Ital/Met
AK62-00151-0009	AK62-00189-0009	Dut/Met
AK62-00151-0010	AK62-00189-0010	Port/Met

# CROSS-TRAINER 90X

90X-0XXX-01

## Upper Frame Hardware

S/N XTA100000



### Items Not Shown:

Accessory Tray	0K62-01022-0000
Mounting Screws (2)	0017-00101-1846

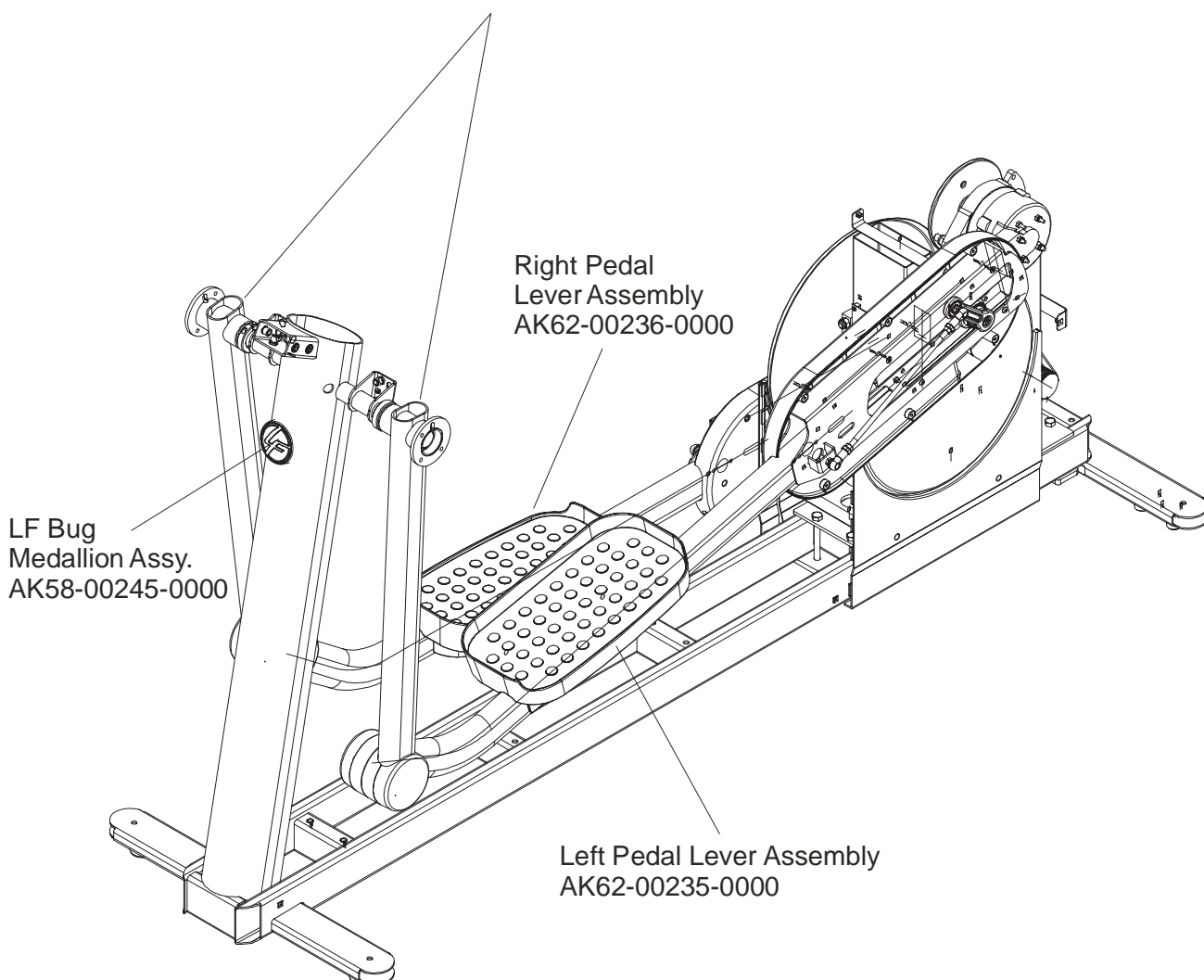
**CROSS-TRAINER 90X**  
**Rocker Arms & Pedal Levers**

**90X-0XXX-01**  
**S/N XTA100000**

Rocker Arms Kit  
GK62-00002-0070  
contents:

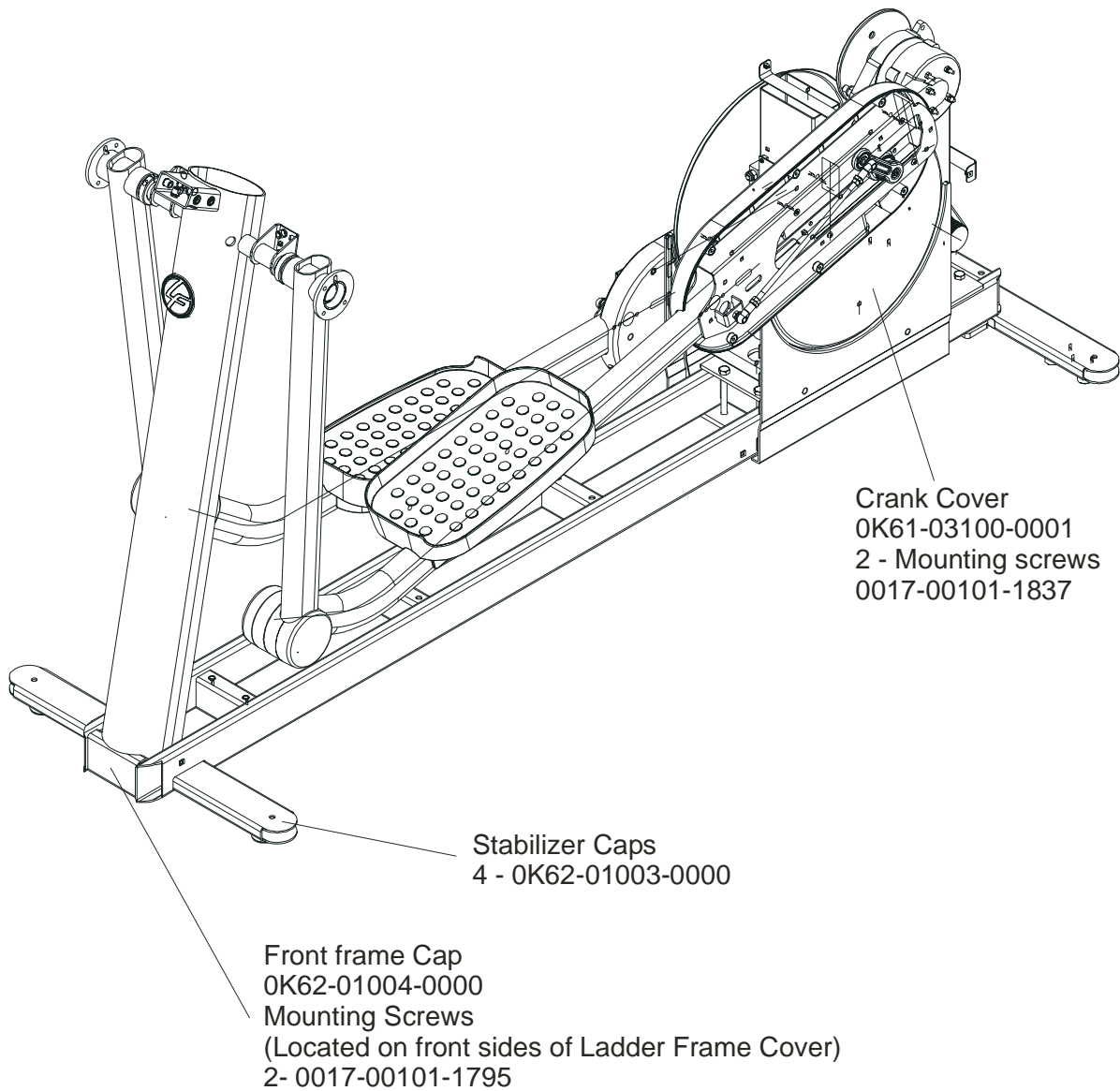
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- Loctite 620
- Alcohol pad

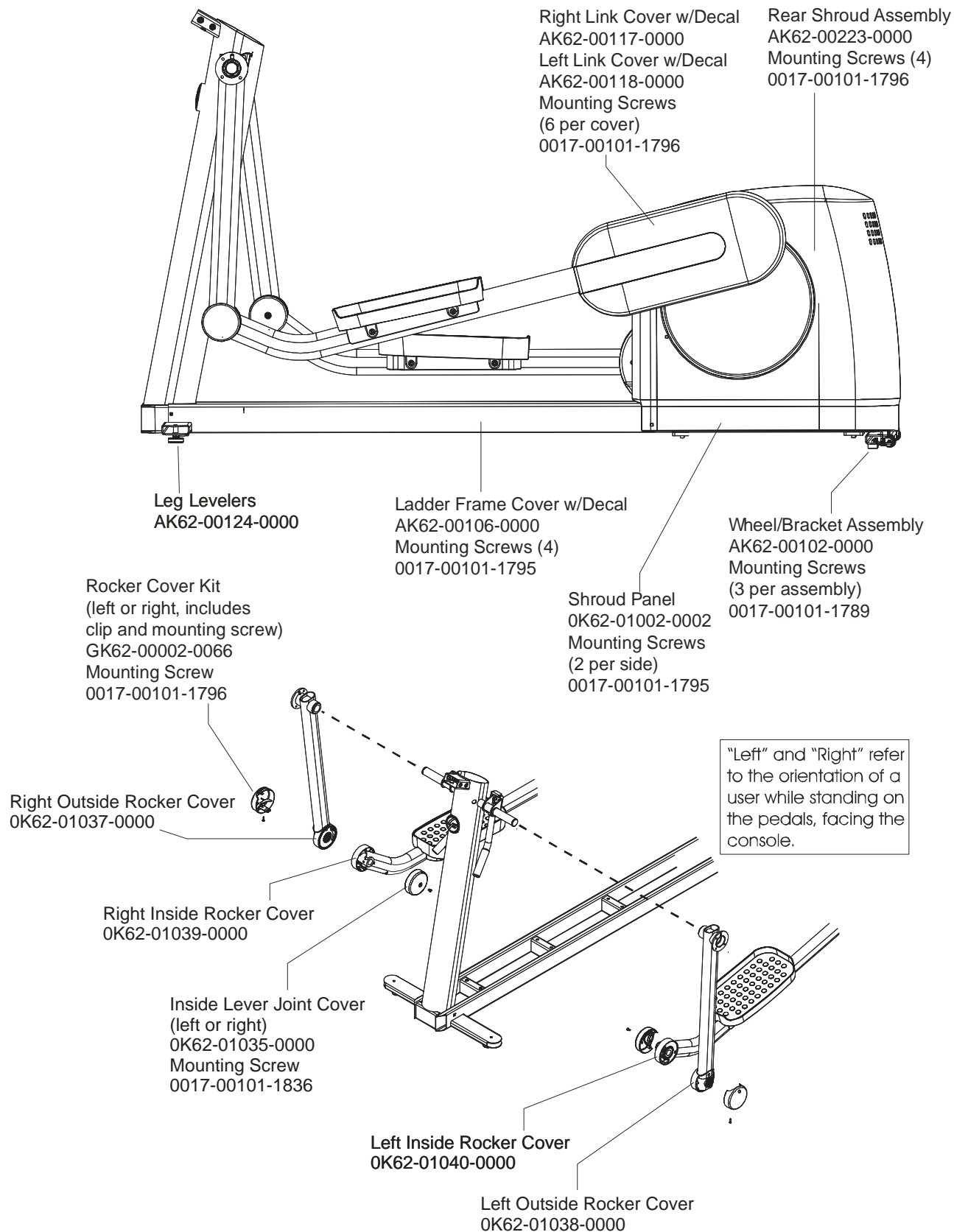
Rocker Arms  
AK62-00062-0001  
Shaft Collar w/Screws  
0K61-01259-0000



**CROSS-TRAINER 90X**  
**Crank Cover and Lower Caps**

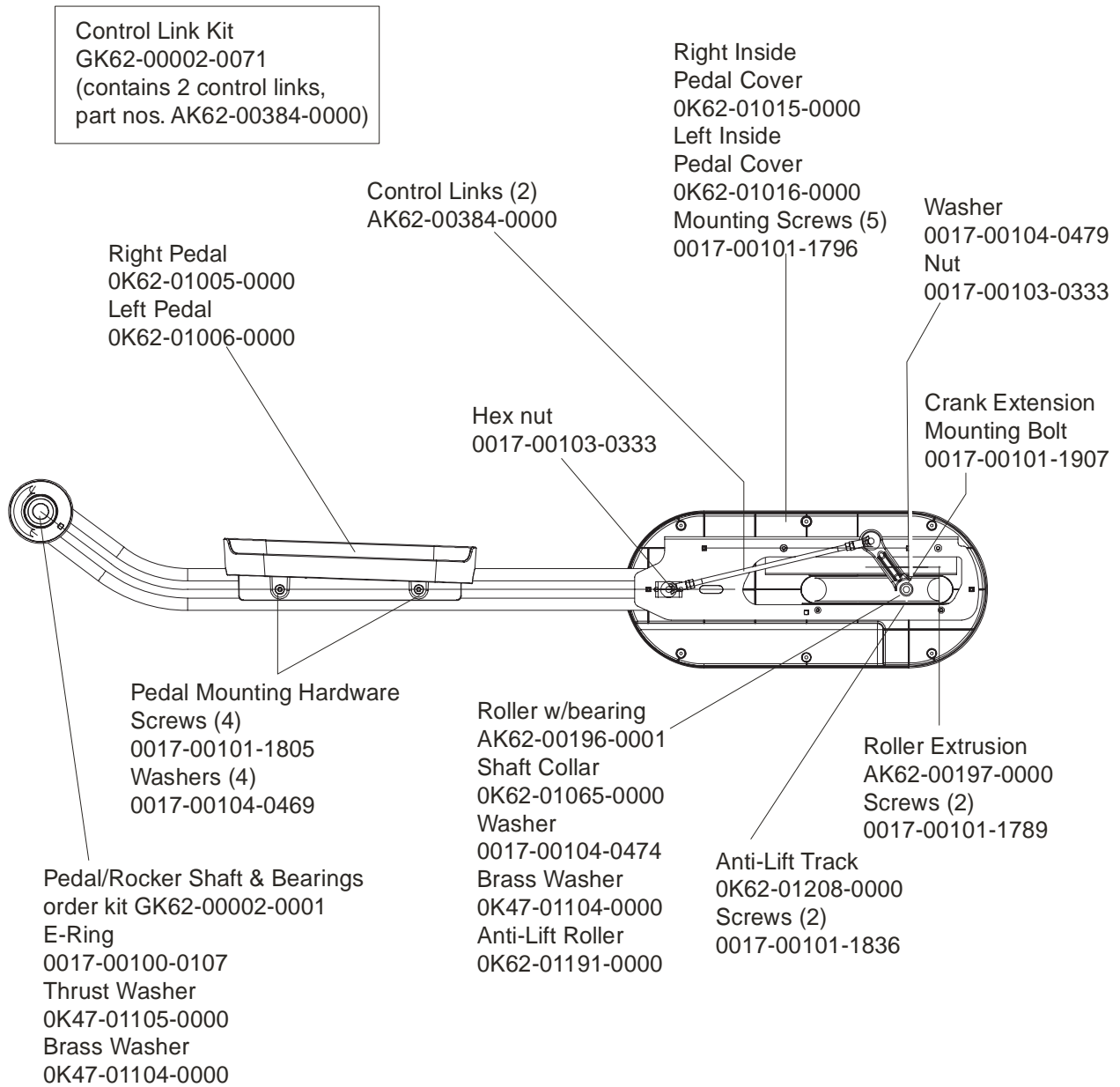
**90X-0XXX-01**  
**S/N XTA100000**





**CROSS-TRAINER 90X**  
**Pedal Lever Assembly Components**

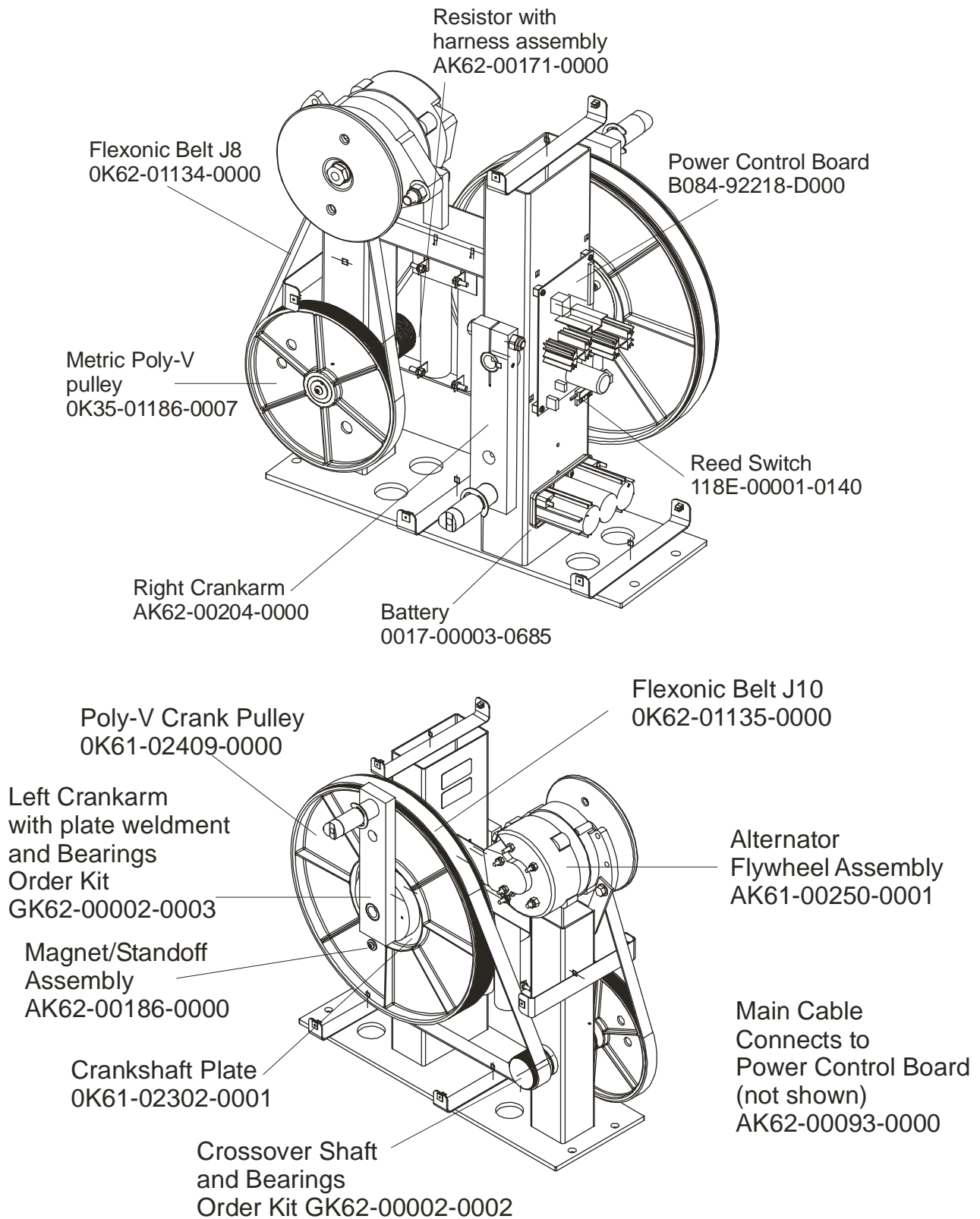
**90X-0XXX-01**  
**S/N XTA100000**



Note: If replacing the Tie Rod Assembly or Crank Extension for the first time, order kit GK62-00002-0015. Both sides must be replaced simultaneously in this situation.

**CROSS-TRAINER 90X**  
**Drive Module components & Cable**

**90X-0XXX-01**  
**S/N XTA100000**

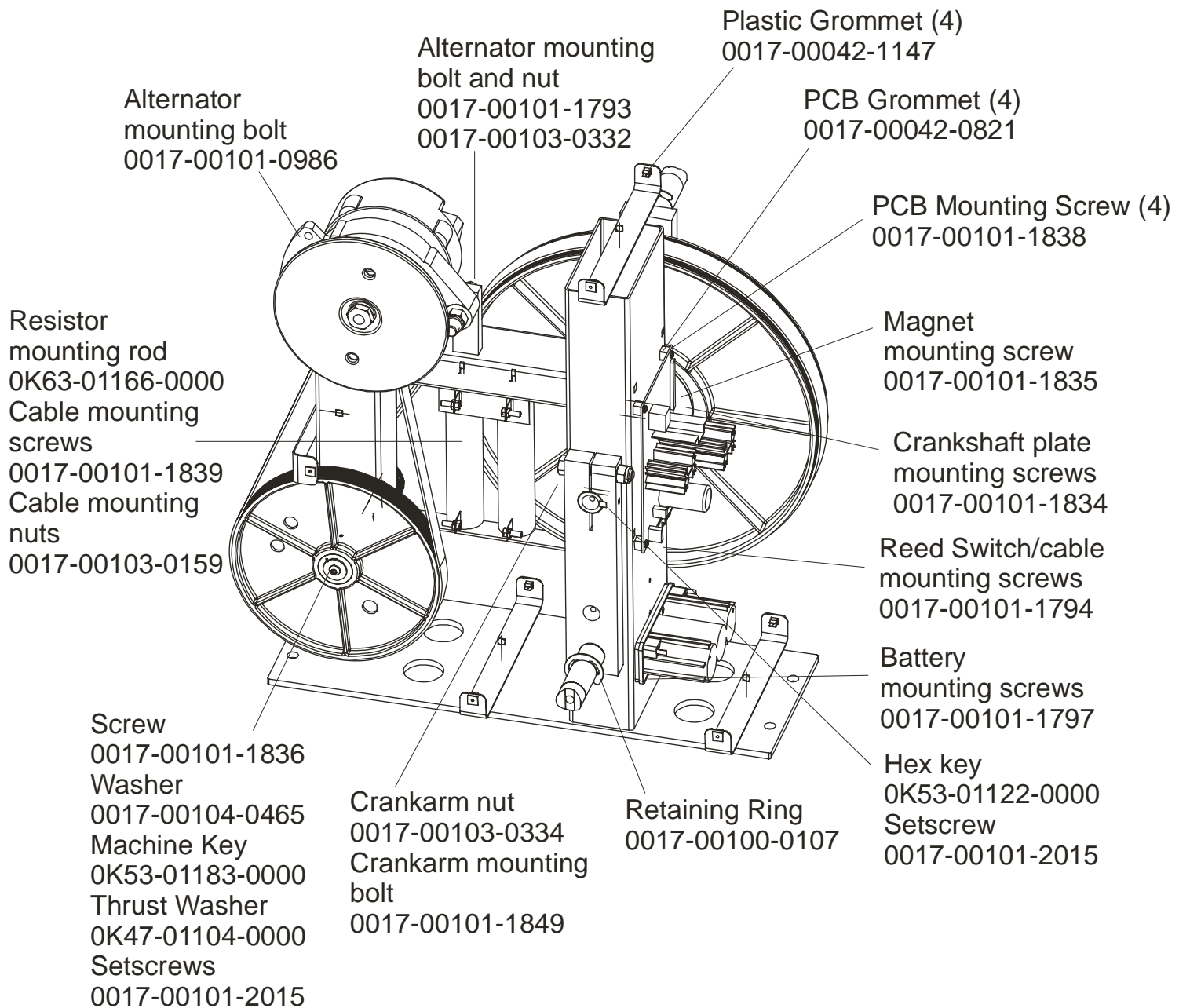


# CROSS-TRAINER 90X

## Drive Module Hardware

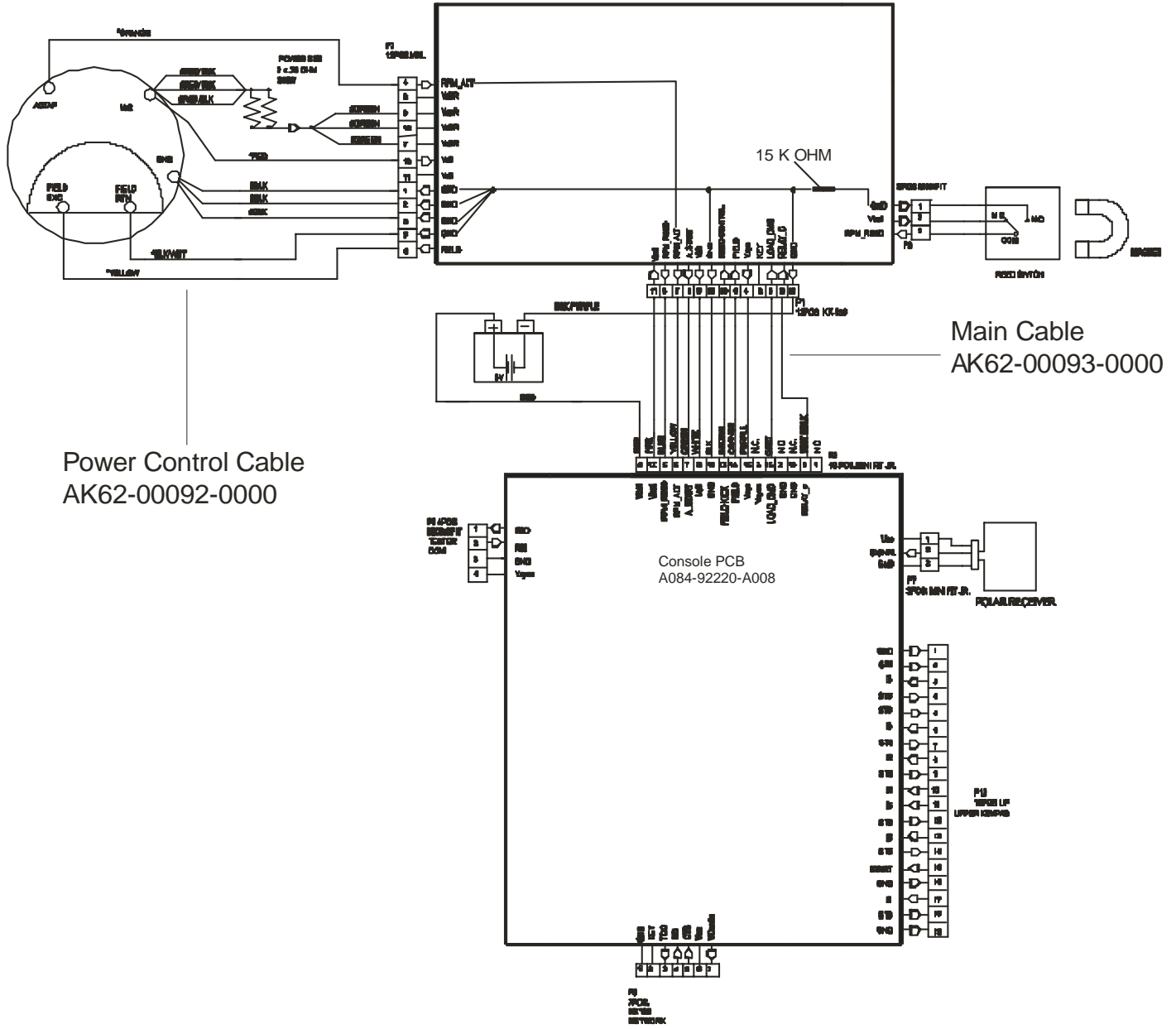
90X-0XXX-01

S/N XTA100000



**CROSS-TRAINER 90X**  
**Cables**

**90X-0XXX-01**  
**S/N XTA100000**



Power Control Cable  
 AK62-00092-0000

Main Cable  
 AK62-00093-0000