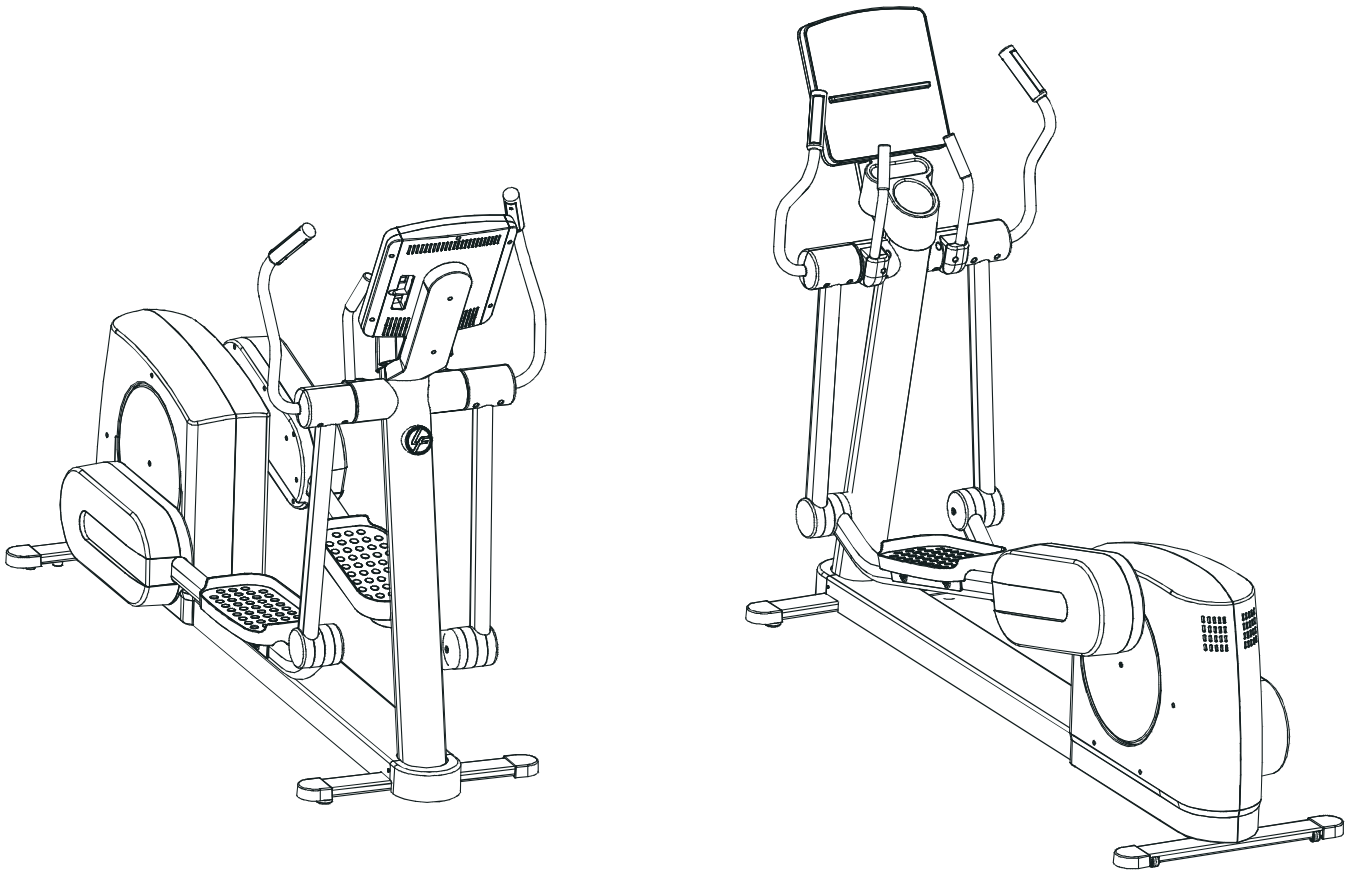


# LifeFitness

ARCTIC SILVER CROSS-TRAINER 90X-0XXX-02



**Customer Support Services**  
**PARTS MANUAL** rev 21 Apr 2010

**ARCTIC SILVER 90X**  
**REFERENCES**

**90X-0XXX-02**  
**S/N AWD100000 and UP**

OPERATION MANUAL	M051-00K62-A026
SERVICE MANUAL	M051-00K62-A060
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	0017-00008-0204 0017-00008-0205 0017-00008-0206
OPTIONAL TELEMETRY KIT	GK47-00002-0003
CRANKSHAFT W/BEARINGS KIT	GK62-00002-0028
HARDWARE BAG	AK62-00152-0001
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: Telemetry is an option on the 90X.**

**ARCTIC SILVER 90X**

**90X-0XXX-02**

**Console Support & Deadshaft Covers**

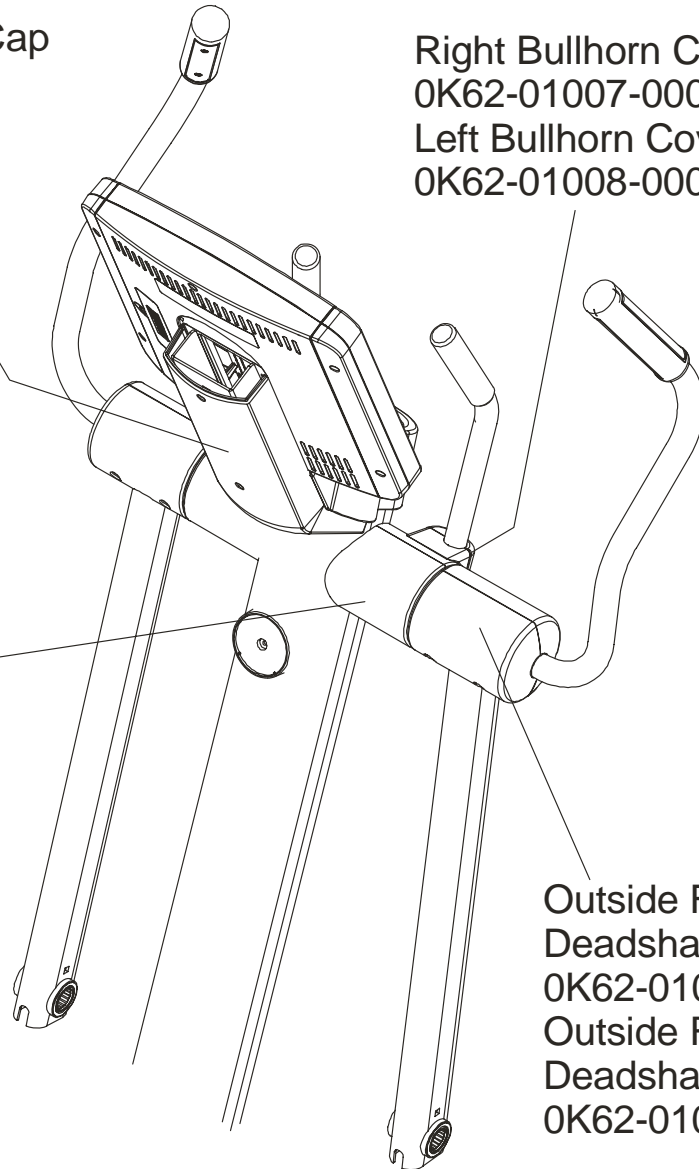
**S/N AWD100000 and UP**

Console Support  
AK62-00123-0000  
Console Support Cap  
0K62-01030-0000  
Console Support  
Shroud  
0K62-01023-0000

Right Bullhorn Cover  
0K62-01007-0001  
Left Bullhorn Cover  
0K62-01008-0001

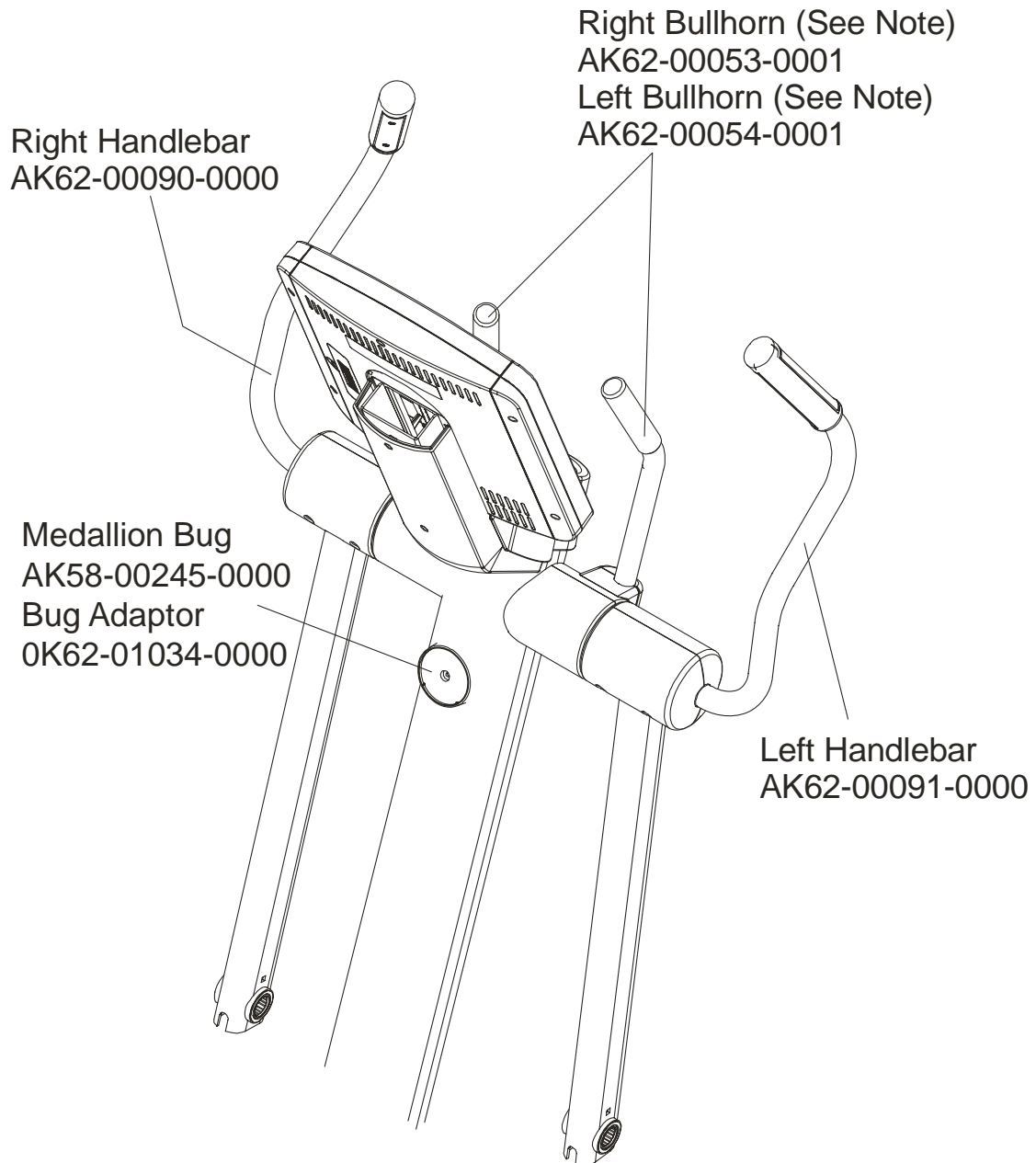
Right Inside  
Deadshaft Cover  
0K62-01010-0000  
Left Inside  
Deadshaft Cover  
0K62-01011-0000  
2-Front Inside  
Deadshaft Cover  
0K62-01009-0000

Outside Front  
Deadshaft Cover (2)  
0K62-01013-0000  
Outside Rear  
Deadshaft Cover (2)  
0K62-01012-0000



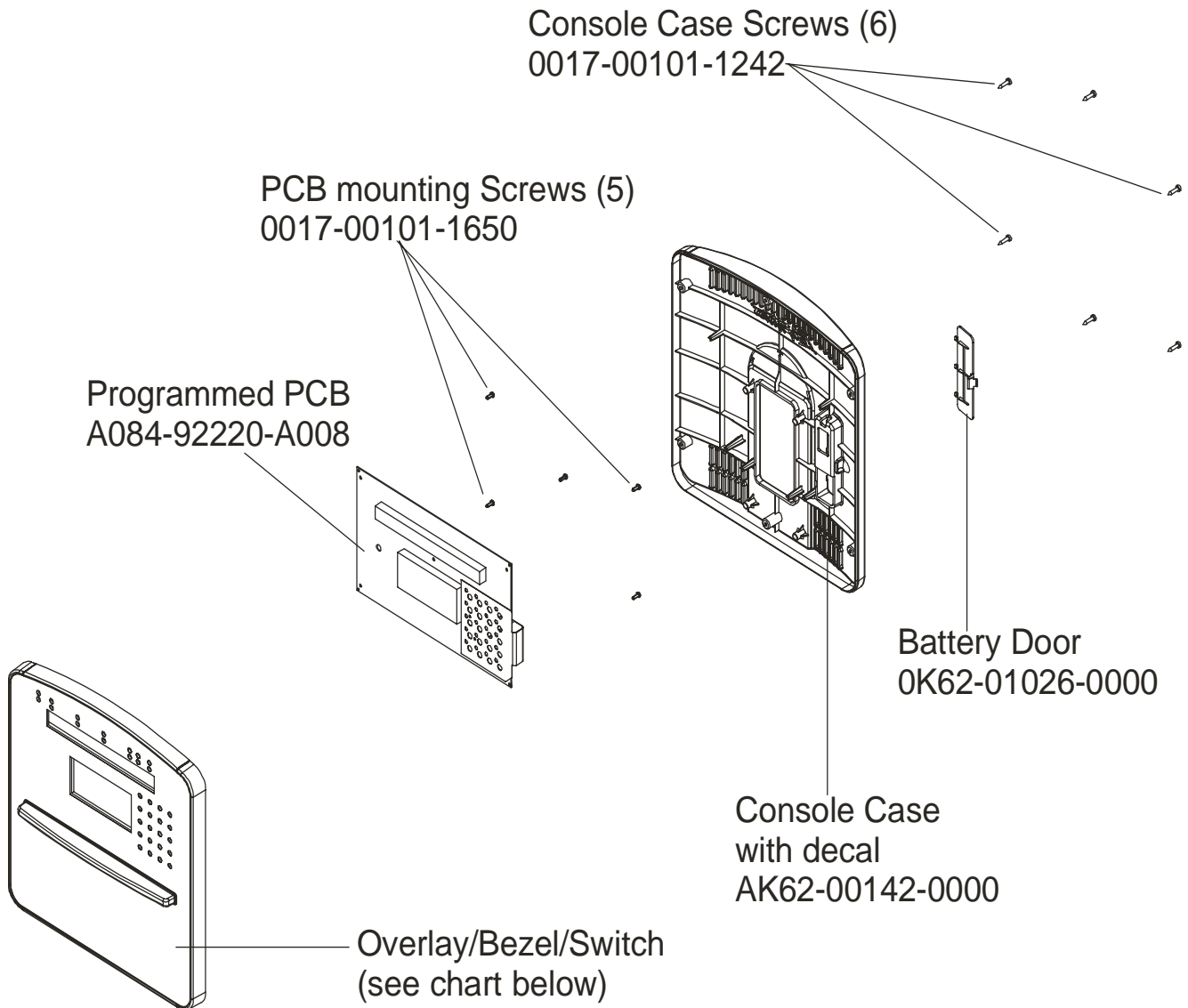
**ARCTIC SILVER 90X**  
**Handlebars and Bullhorns**

**90X-0XXX-02**  
**S/N AWD100000 and UP**



NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, 0K62-01136-0000 Grip, and 0K62-01199-0000 Gasket.

NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, 0K62-01136-0000 Grip and 0K62-01199-0000 Gasket

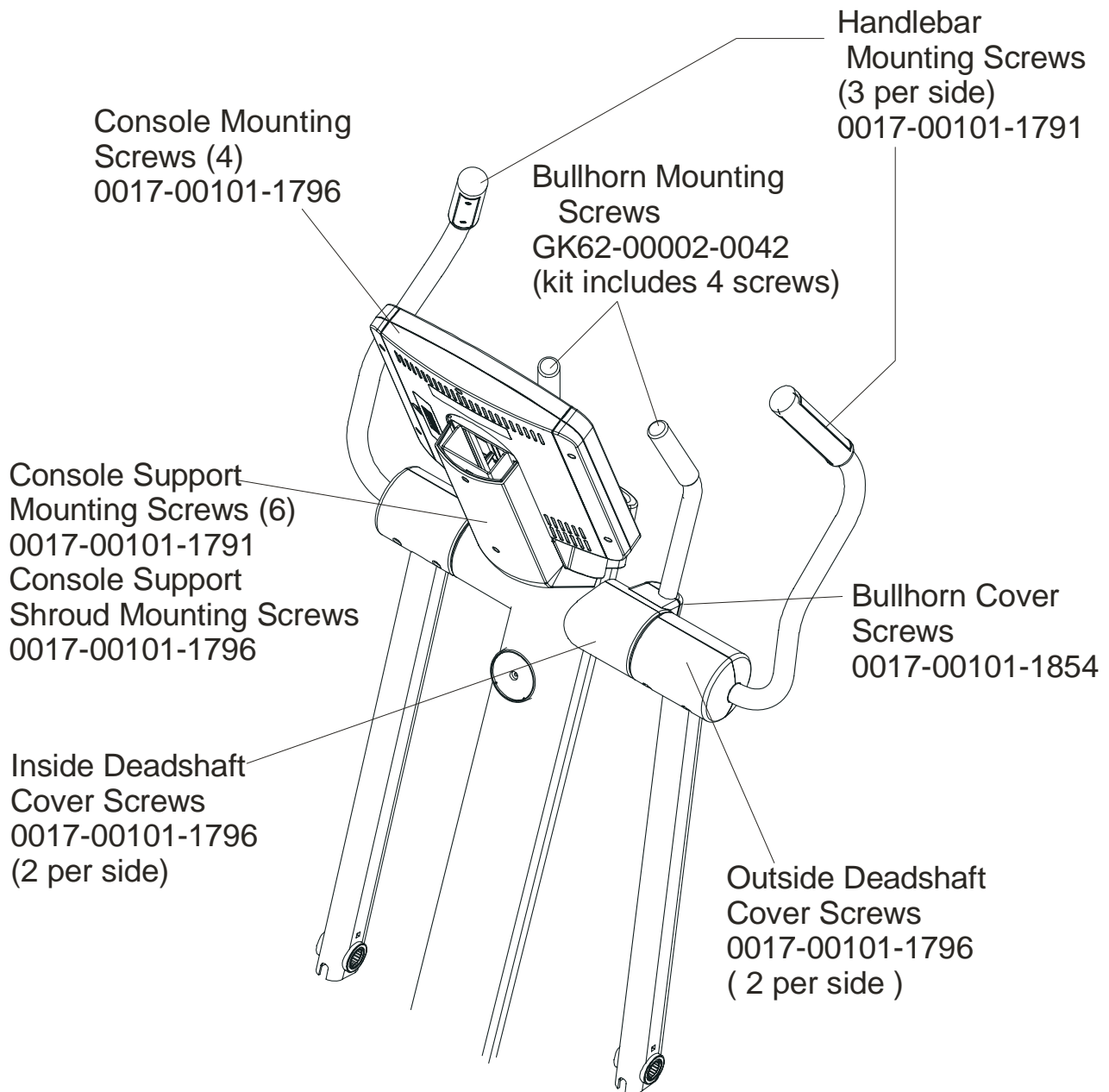


CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00151-0001	AK62-00189-0001	Eng/Eng
AK62-00151-0002	AK62-00189-0001	Eng/Met
AK62-00151-0003	AK62-00189-0003	Ger/Met
AK62-00151-0004	AK62-00189-0004	Spn/Met
AK62-00151-0006	AK62-00189-0006	Jap/Met
AK62-00151-0007	AK62-00189-0007	Frn/Met
AK62-00151-0008	AK62-00189-0008	Ital/Met
AK62-00151-0009	AK62-00189-0009	Dut/Met
AK62-00151-0010	AK62-00189-0010	Port/Met

**ARCTIC SILVER 90X**  
**Upper Frame Hardware**

**90X-0XXX-02**  
**S/N AWD100000 and UP**

Items Not Shown	
Accessory Tray	0K62-01022-0000
Accessory Tray Mounting Screws (2)	0017-00101-1846



# ARCTIC SILVER 90X

90X-0XXX-02

## Rocker Arms & Pedal Levers

S/N AWD100000 and UP

Rocker Arms Kit  
GK62-00002-0070  
contents:

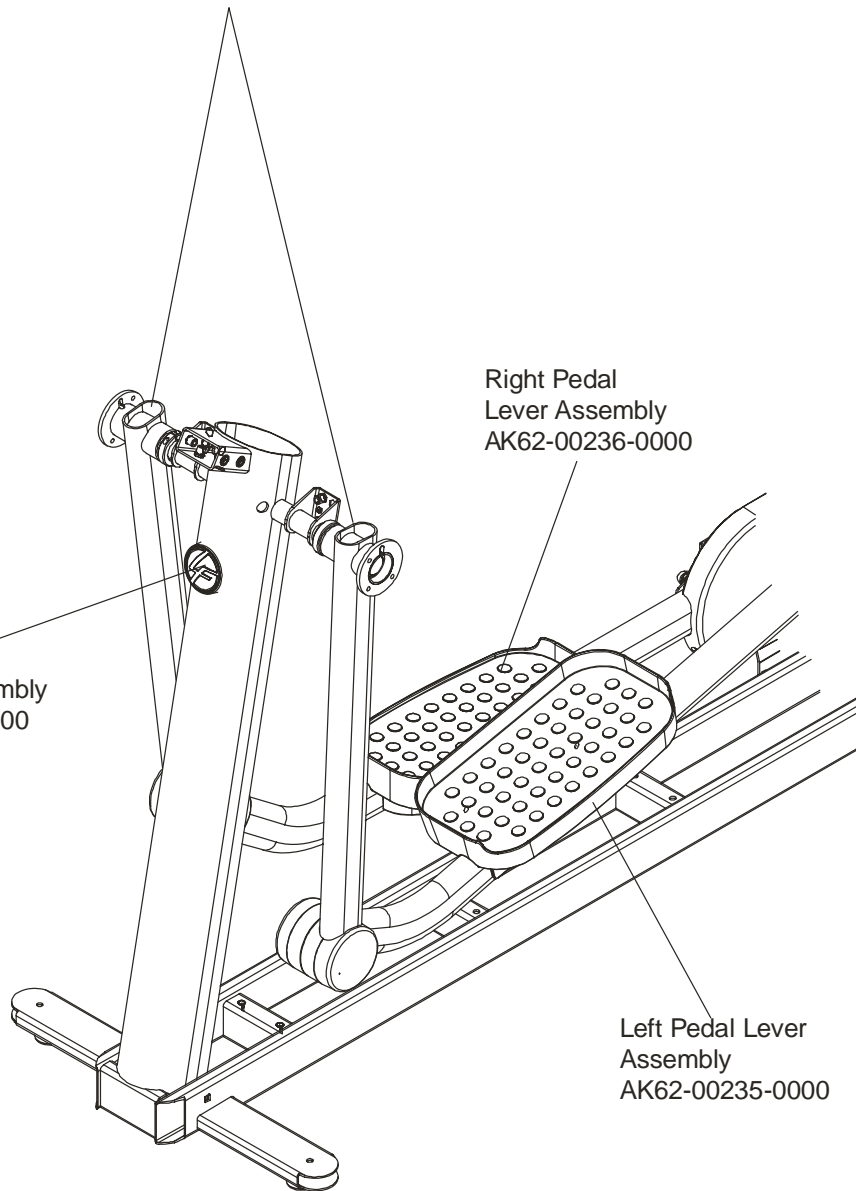
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- Loctite 620
- Alcohol pad

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

LF Bug  
Medallion Assembly  
AK58-00245-0000

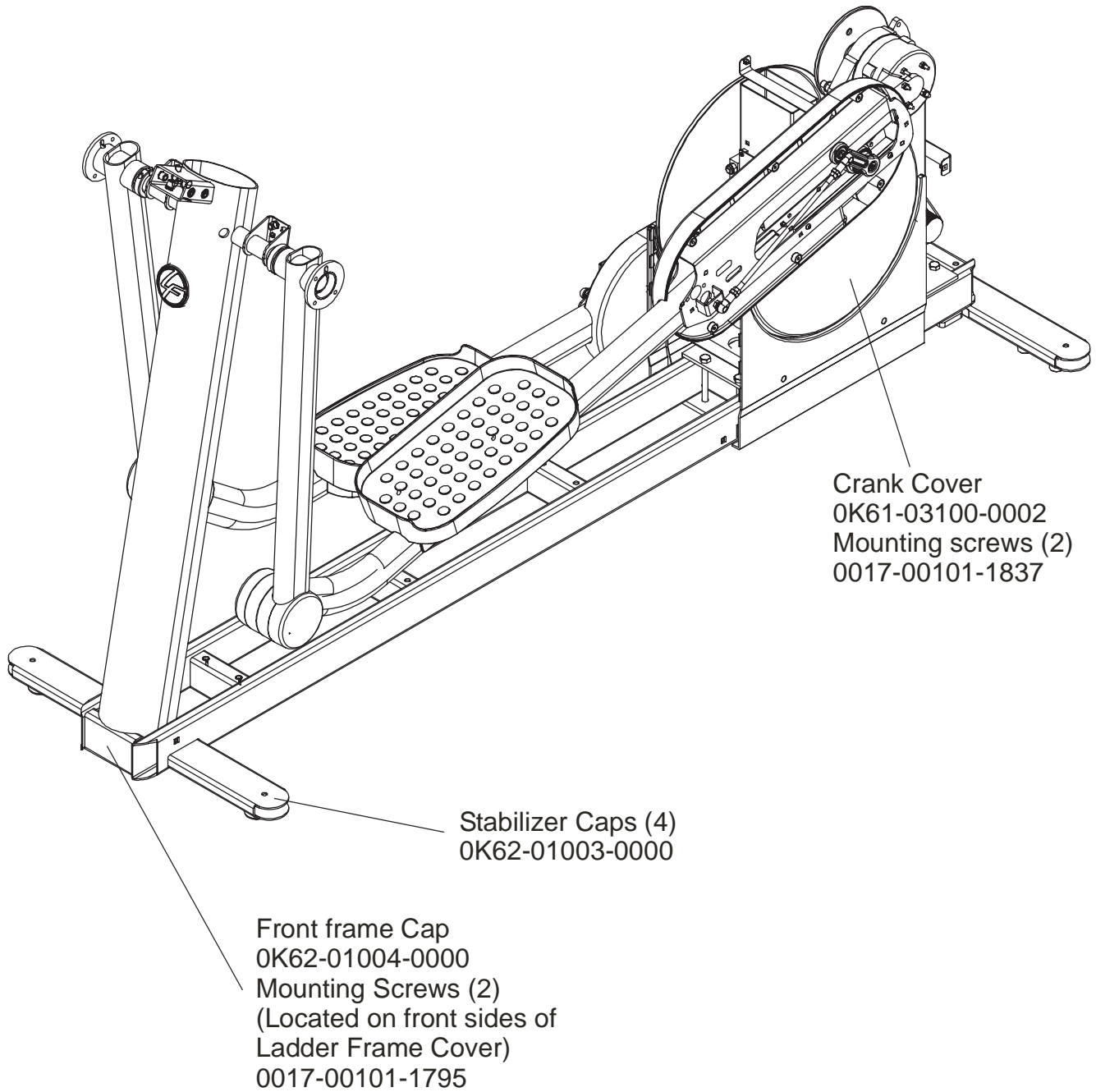
Right Pedal  
Lever Assembly  
AK62-00236-0000

Left Pedal Lever  
Assembly  
AK62-00235-0000



**ARCTIC SILVER 90X**  
**Crank Cover and Lower Caps**

**90X-0XXX-02**  
**S/N AWD100000 and UP**

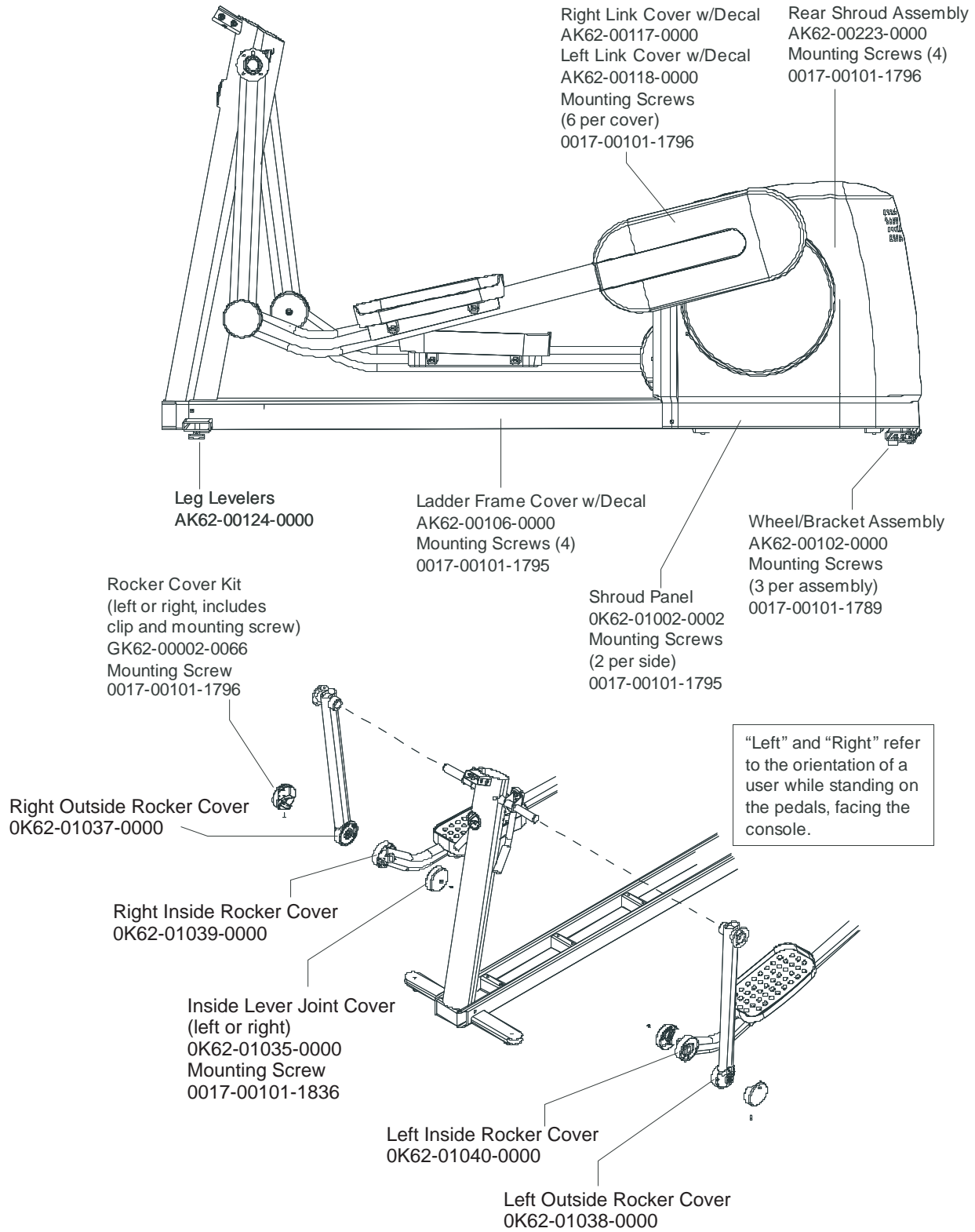


# ARCTIC SILVER 90X

90X-0XXX-02

## Lower Frame Shrouds & Hardware

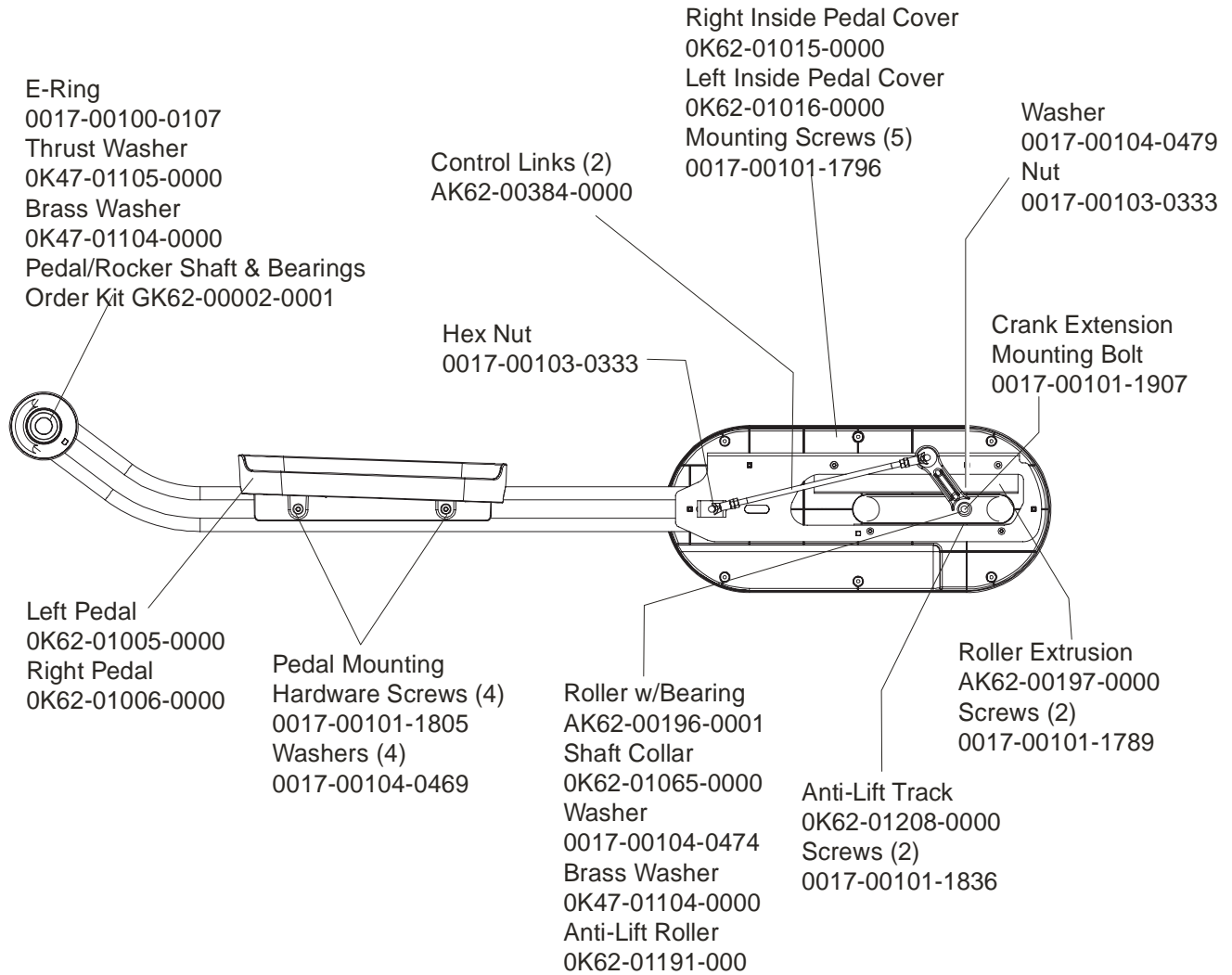
S/N AWD100000 and UP



**ARCTIC SILVER 90X**  
**Pedal Lever Assembly Components**

**90X-0XXX-02**  
**S/N AWD100000 and UP**

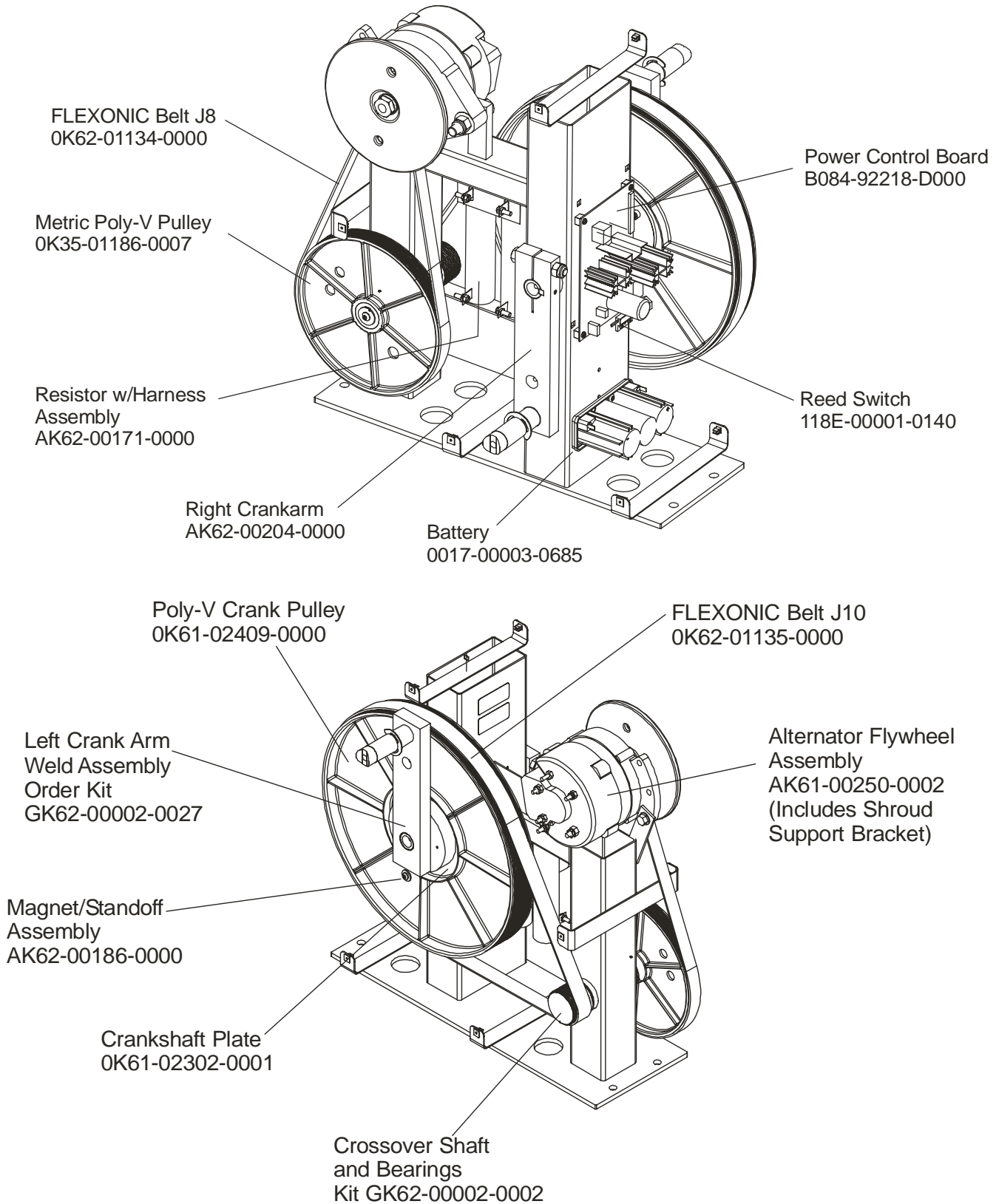
Control Link Kit  
 GK62-00002-0071  
 (contains 2 control links,  
 part nos. AK62-00384-0000)



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.

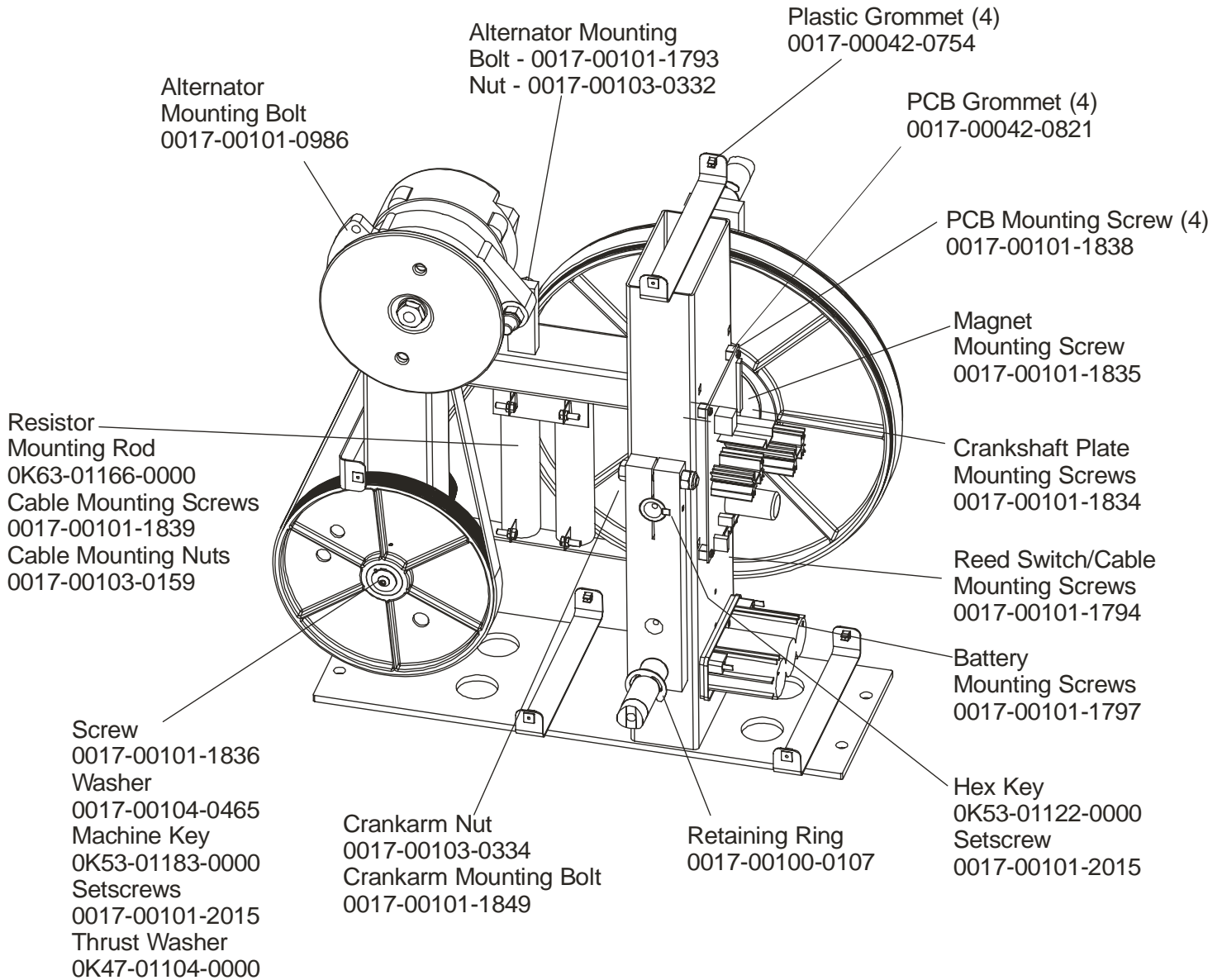
**ARCTIC SILVER 90X**  
**Drive Module Components**

**90X-0XXX-02**  
**S/N AWD100000 and UP**



**ARCTIC SILVER 90X**  
**Drive Module Hardware**

**90X-0XXX-02**  
**S/N AWD100000 and UP**



# ARCTIC SILVER 90X

## Cables

90X-0XXX-02  
S/N AWD100000 and UP

