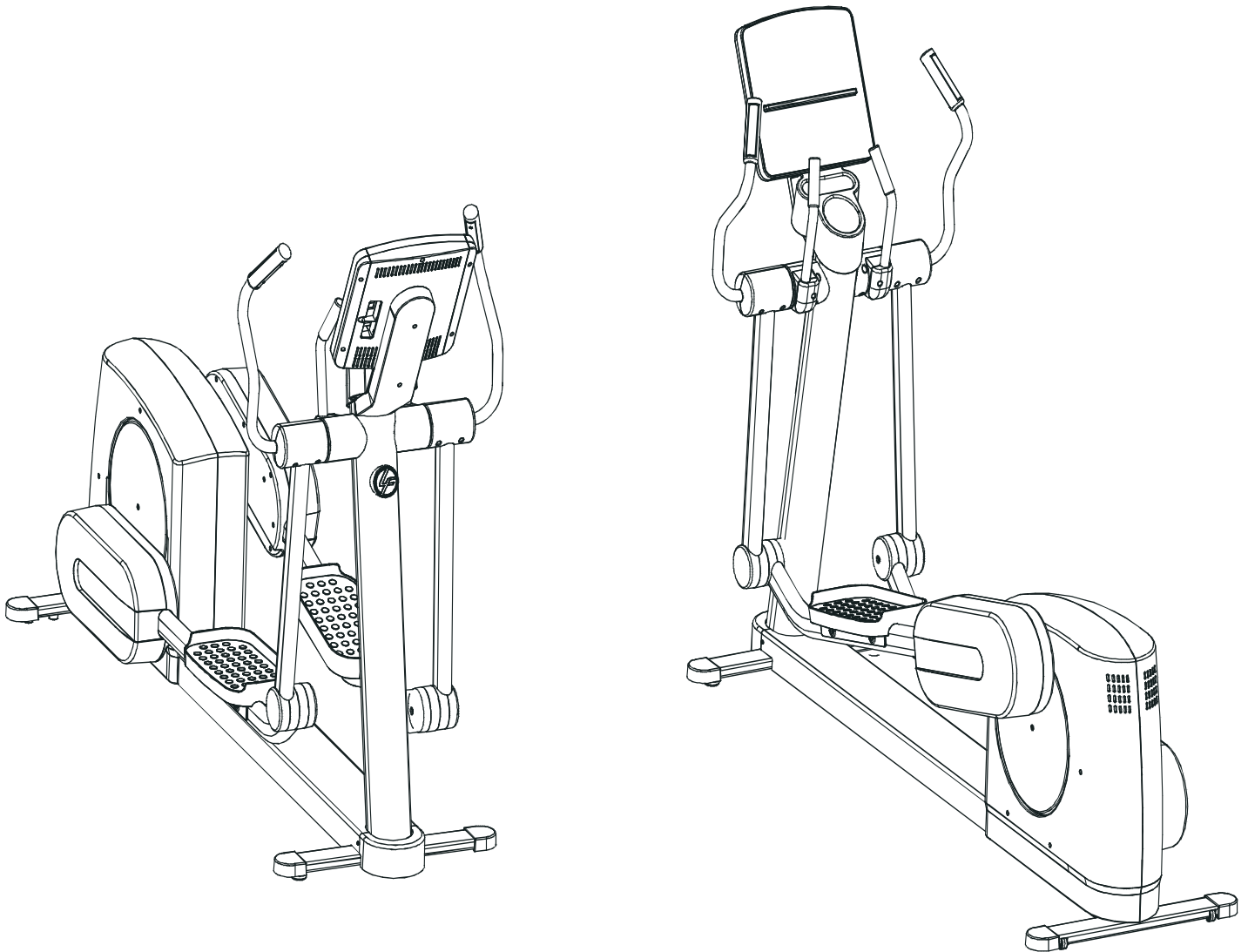


# LifeFitness

ARCTIC SILVER QUIET DRIVE  
CROSS TRAINER 90X-0XXX-03  
(MADE IN HUNGARY)



## Customer Support Services PARTS MANUAL

rev 20 Mar 2012

**ARCTIC SILVER QUIET DRIVE 90X**  
**REFERENCES**

**90X-0XXX-03**  
**S/N XHA504206206**

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OPERATION MANUAL	M051-00K62-A111
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
C-SAFE KIT	GK63-00002-0003

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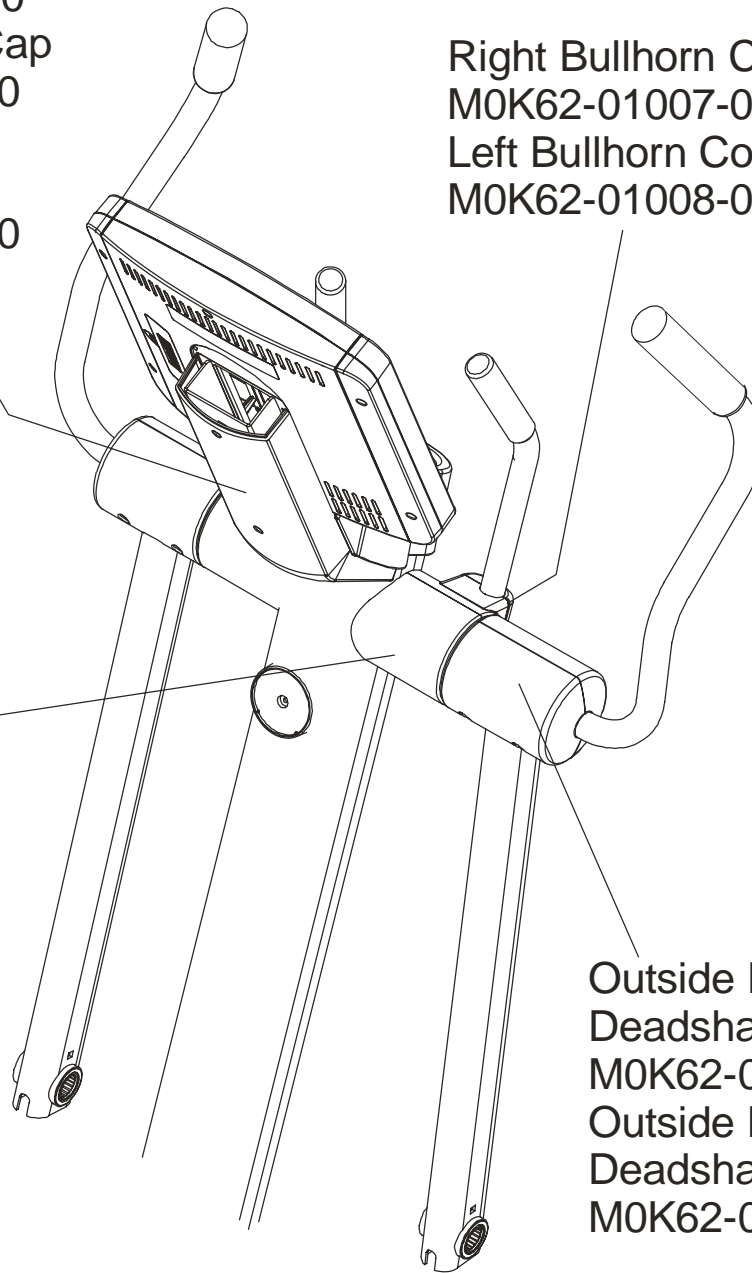
**Note: The 93X has Telemetry only.**

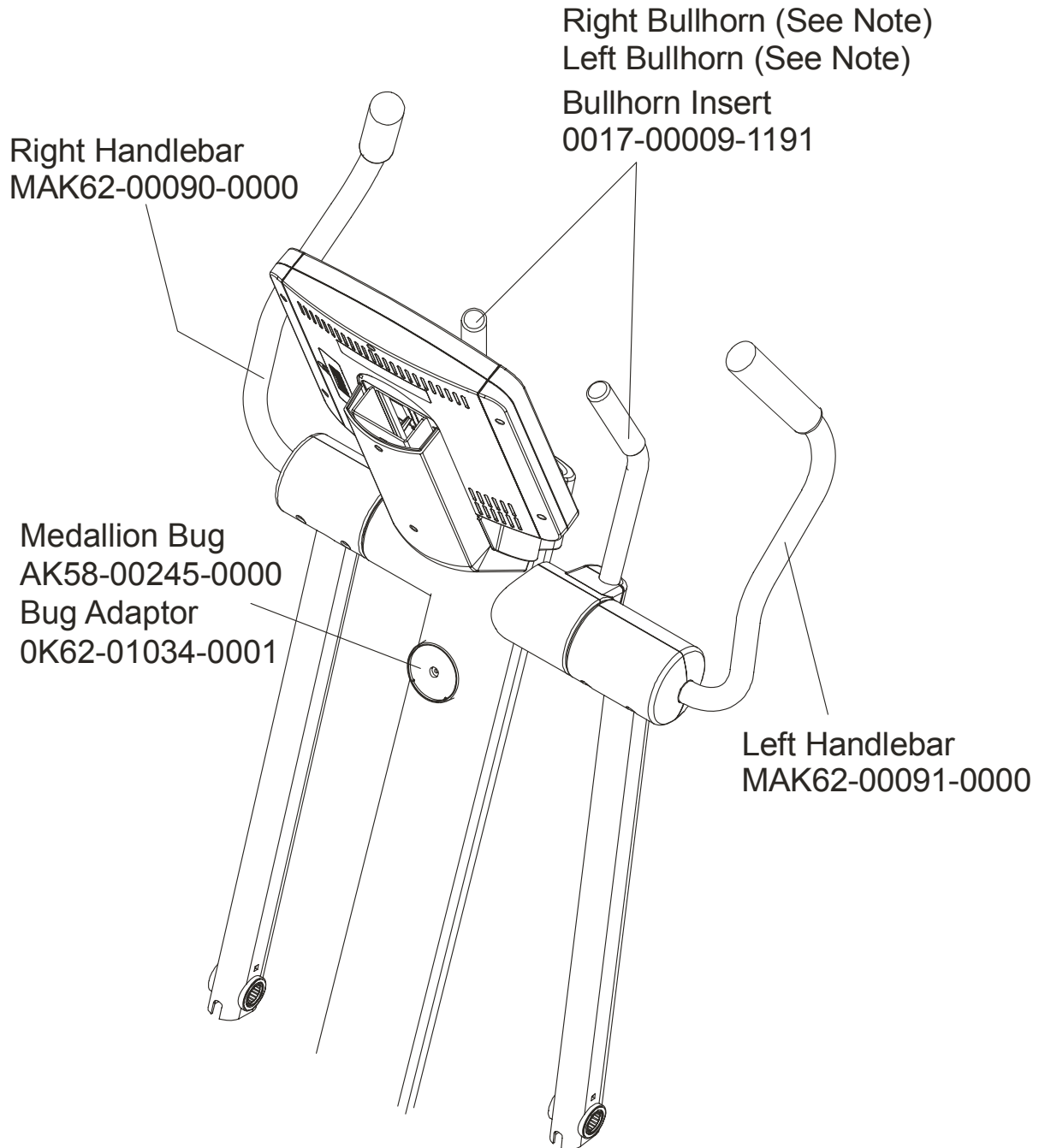
Console Support  
MAK62-00123-0000  
Console Support Cap  
MOK62-01030-0000  
Console Support  
Shroud  
MOK62-01023-0000

Right Bullhorn Cover  
MOK62-01007-0001  
Left Bullhorn Cover  
MOK62-01008-0001

Right Inside  
Deadshaft Cover  
MOK62-01010-0000  
Left Inside  
Deadshaft Cover  
MOK62-01011-0000  
2-Front Inside  
Deadshaft Cover  
OK62-01009-0000

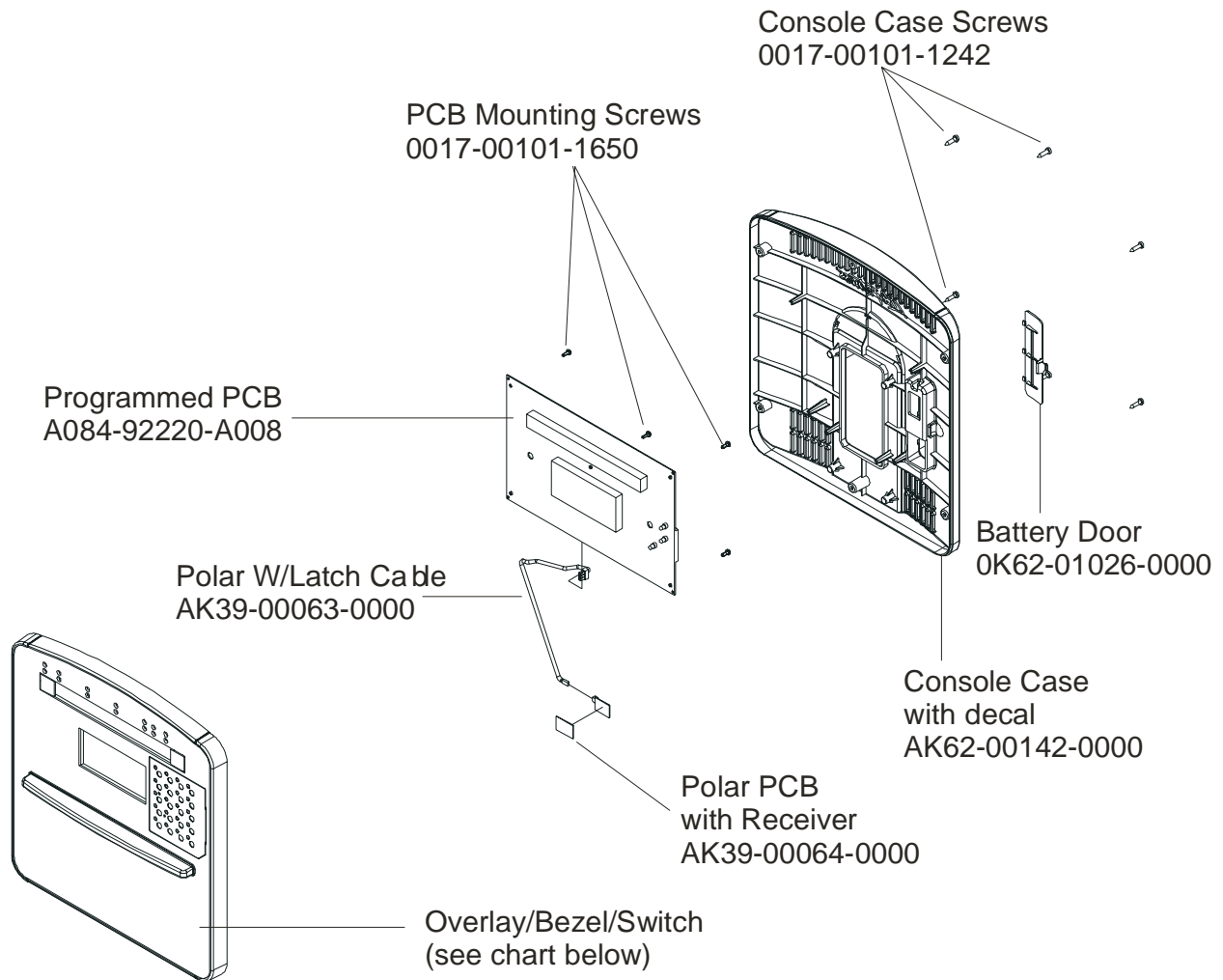
Outside Front  
Deadshaft Cover (2)  
MOK62-01013-0000  
Outside Rear  
Deadshaft Cover (2)  
MOK62-01012-0000





NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, MOK62-01136-0000 Grip, and MOK62-01199-0000 Gasket.

NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, MOK62-01136-0000 Grip and MOK62-01199-0000 Gasket



CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00147-0000	AK62-00189-0001	Multi
AK62-00147-0002	AK62-00189-0006	Jap/Met

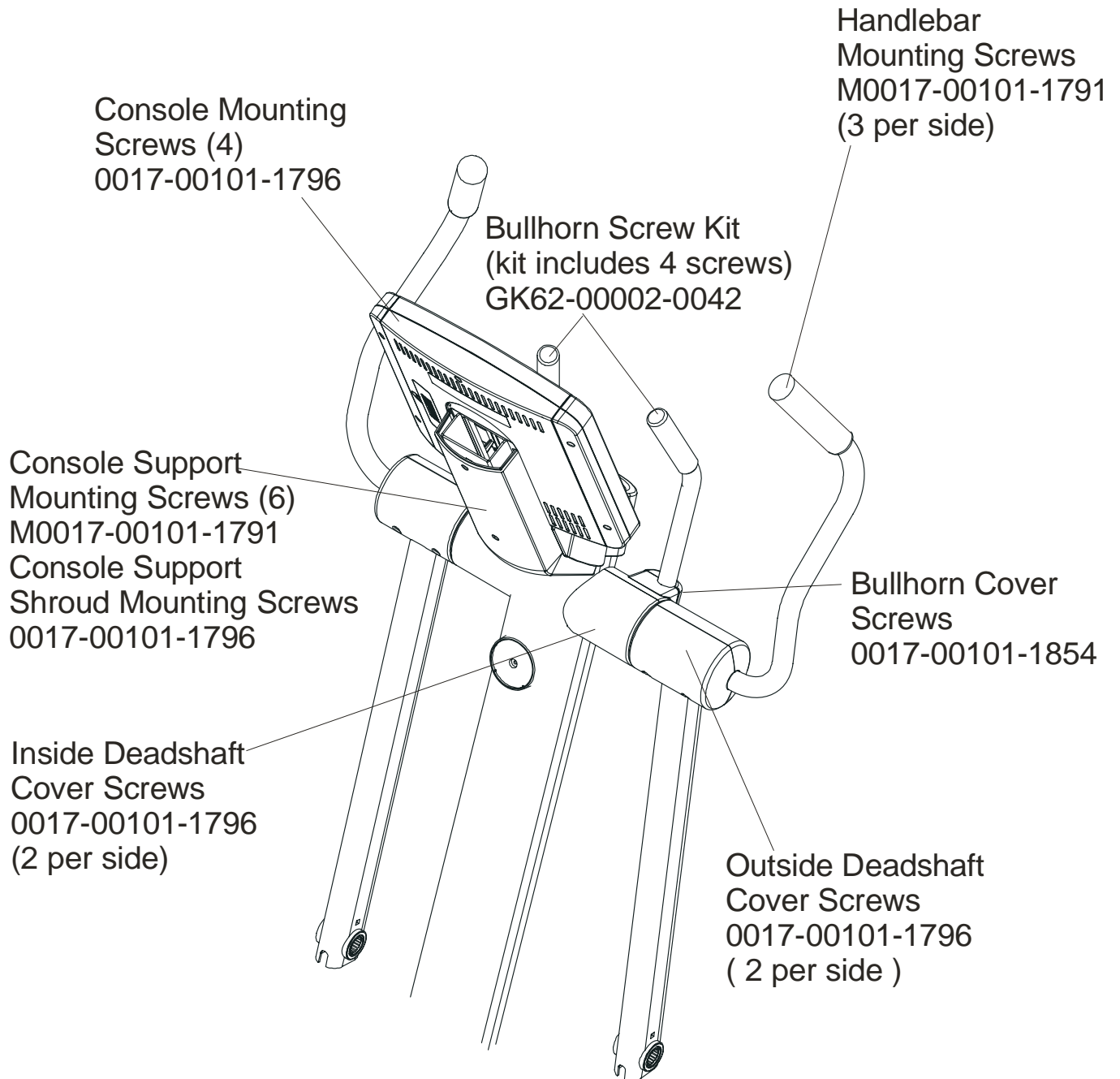
# ARCTIC SILVER QUIET DRIVE 90X

## Upper Frame Hardware

90X-0XXX-03

S/N XHA504206206

Items Not Shown	
Accessory Tray	M0K62-01022-0000
Accessory Tray Mounting Screws (2)	0017-00101-1846



# ARCTIC SILVER QUIET DRIVE 90X

## Rocker Arms & Pedal Levers

90X-0XXX-03

S/N XHA504206206

Rocker Arms Kit  
GK62-00002-0070  
contents:

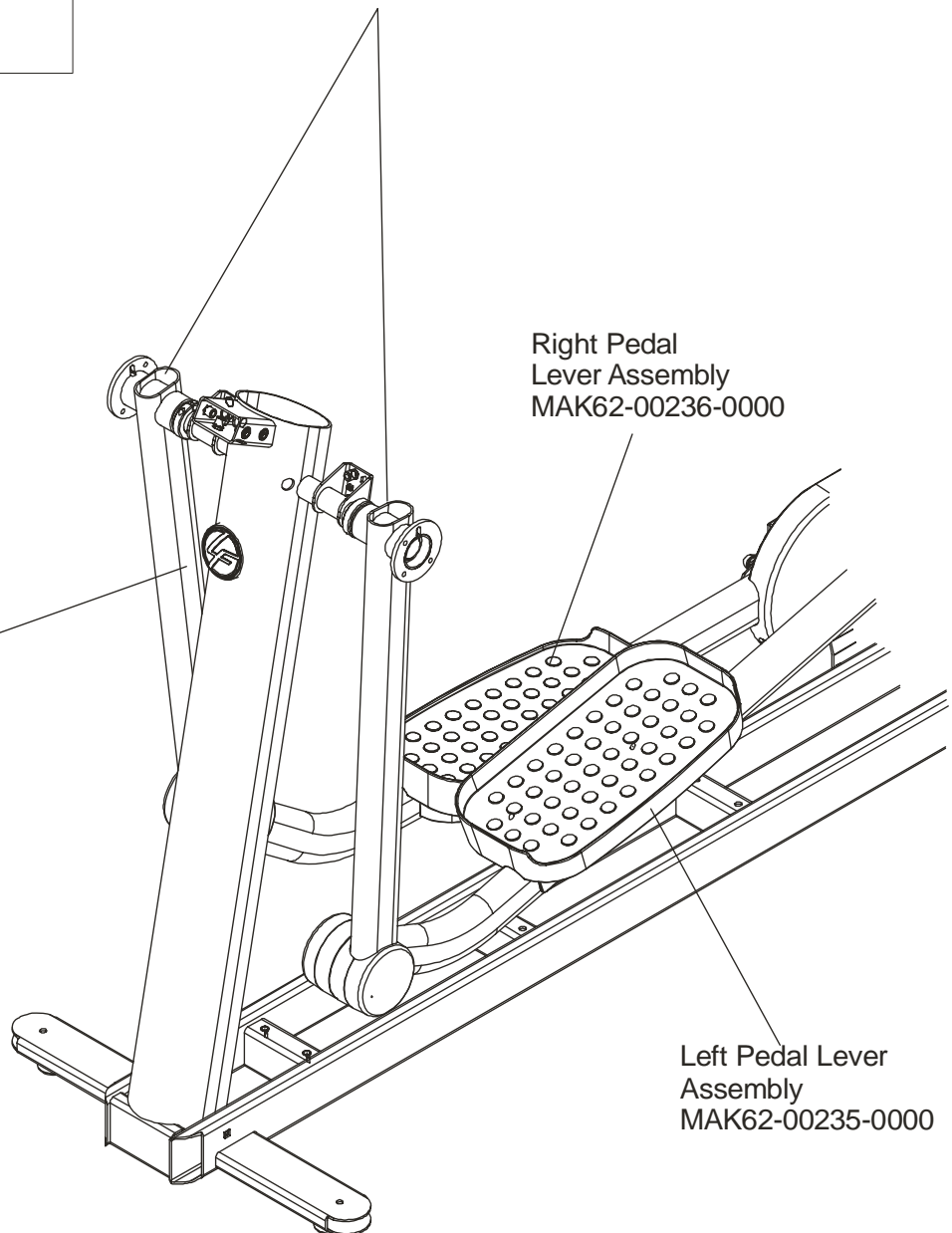
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- Loctite 620
- Alcohol pad

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

LF Bug  
Medallion Assembly  
AK58-00245-0000

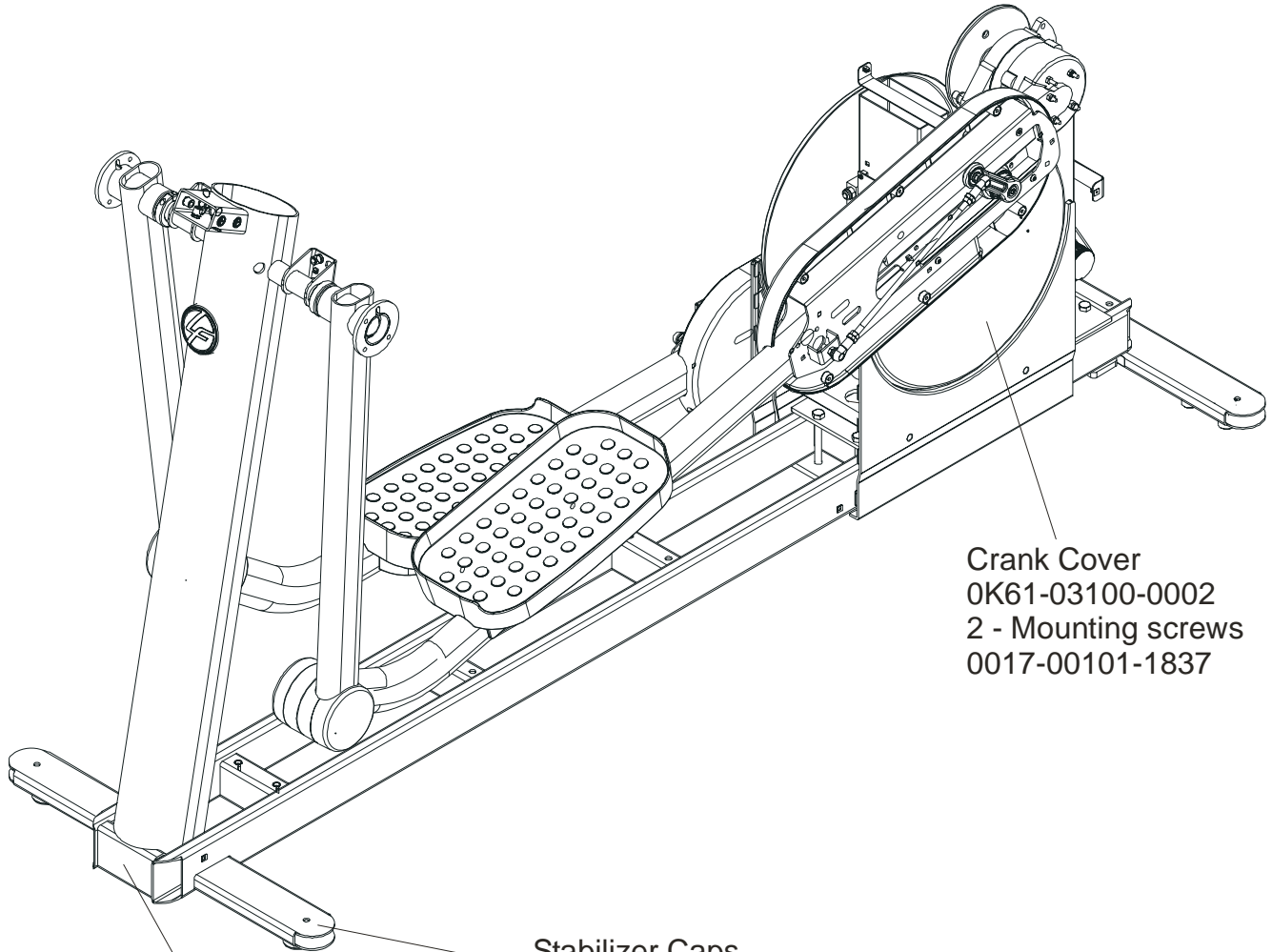
Right Pedal  
Lever Assembly  
MAK62-00236-0000

Left Pedal Lever  
Assembly  
MAK62-00235-0000



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

**90X-0XXX-03**  
**S/N XHA504206206**



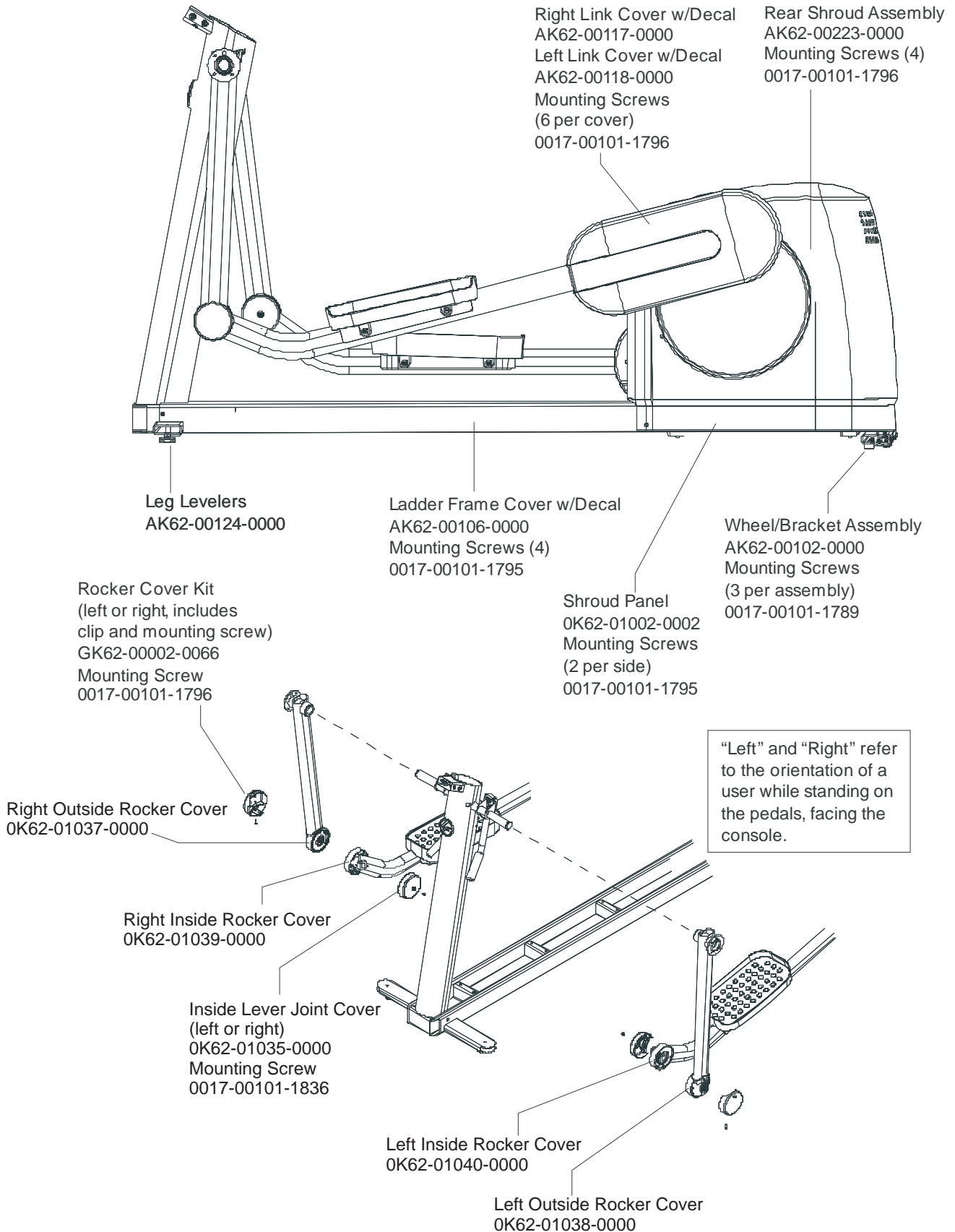
Crank Cover  
0K61-03100-0002  
2 - Mounting screws  
0017-00101-1837

Stabilizer Caps  
4 - 0K62-01003-0000

Front frame Cap  
M0K62-01004-0000  
Mounting Screws  
(Located on front sides of Ladder Frame Cover)  
2- 0017-00101-1795

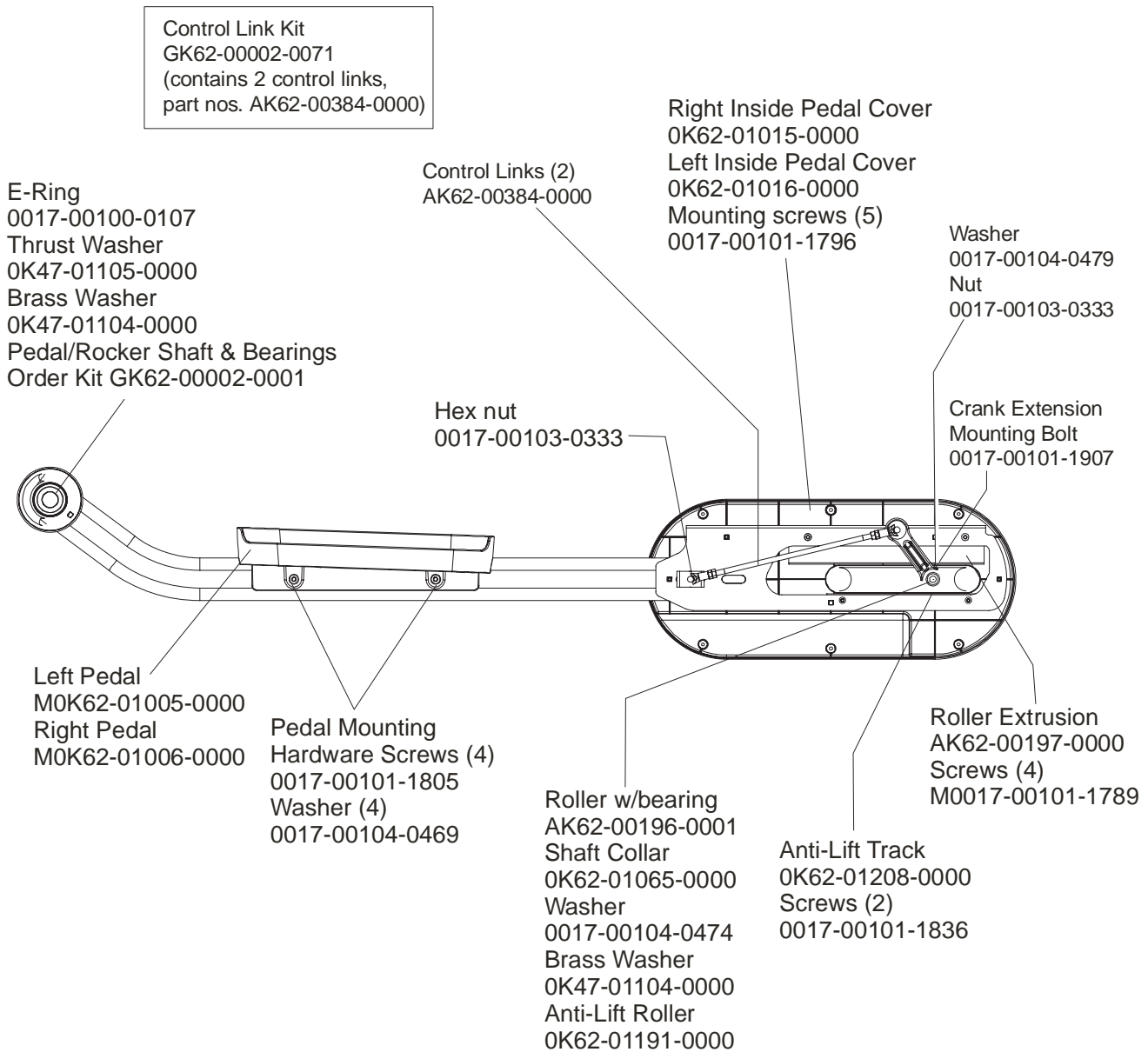
**ARCTIC SILVER QUIET DRIVE 90X**  
**Lower Frame Shrouds & Hardware**

**90X-0XXX-03**  
**S/N XHA504206206**

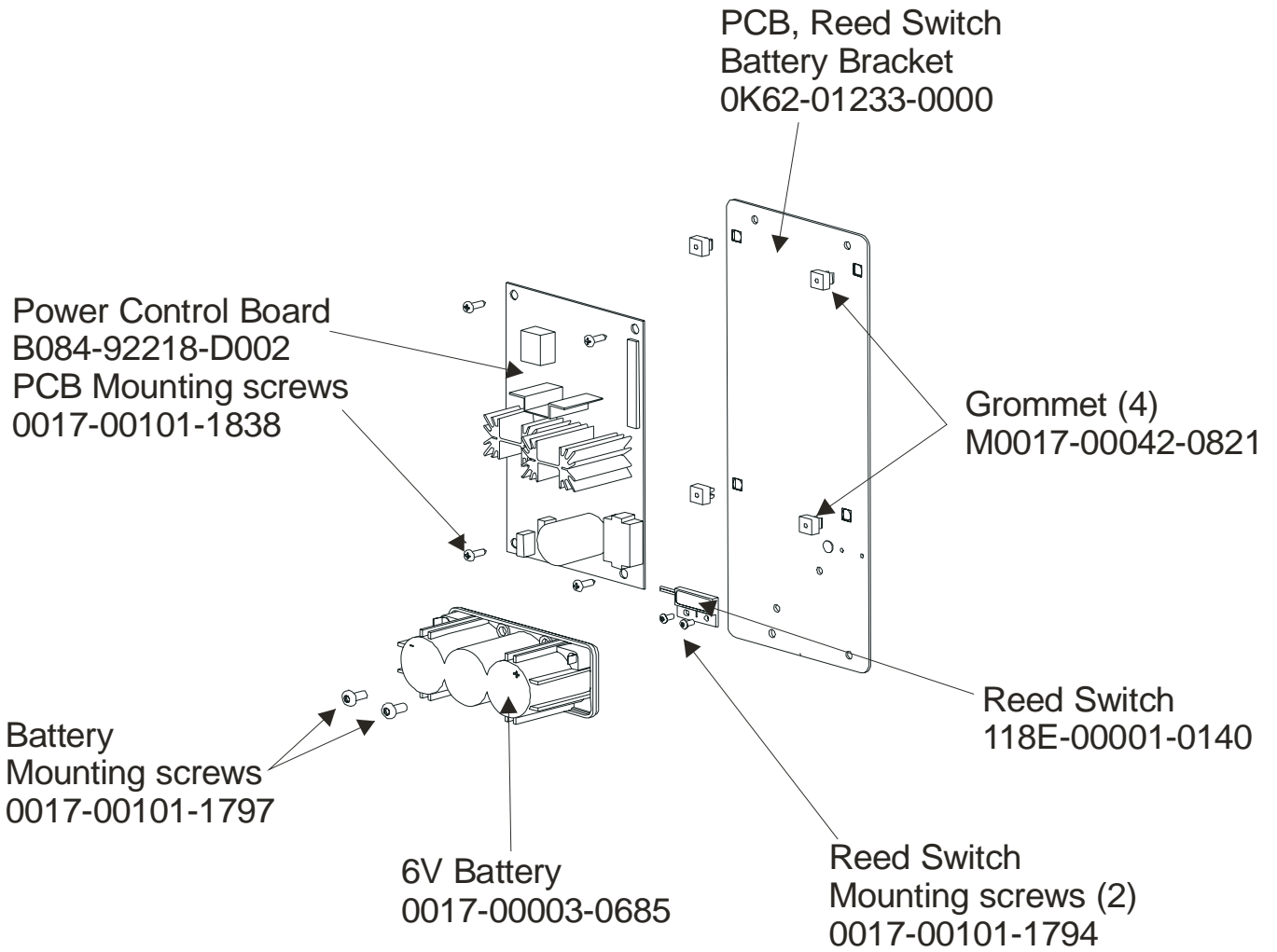


**ARCTIC SILVER QUIET DRIVE 90X**  
**Pedal Lever Assembly Components**

**90X-0XXX-03**  
**S/N XHA504206206**



Note: Units with old control link assemblies will require kit MGK62-00002-0015 when replacing either the tie rod assembly or the crank extension for the first time.



This assembly is used 4 times on the drive module assembly.

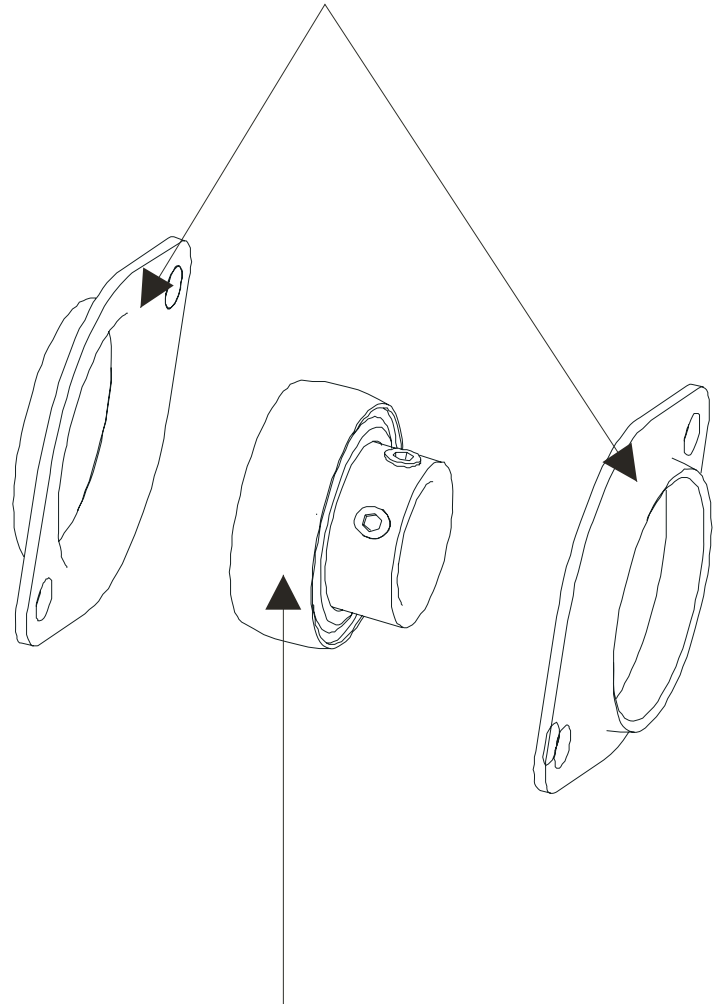
Service Kit-  
MGK62-00002-0044  
Includes:

- 1 - crankshaft
- 2 - bearings
- 2 - sets of bearing flanges
- 4 - weldnuts and flat washers
- 4 - bolts

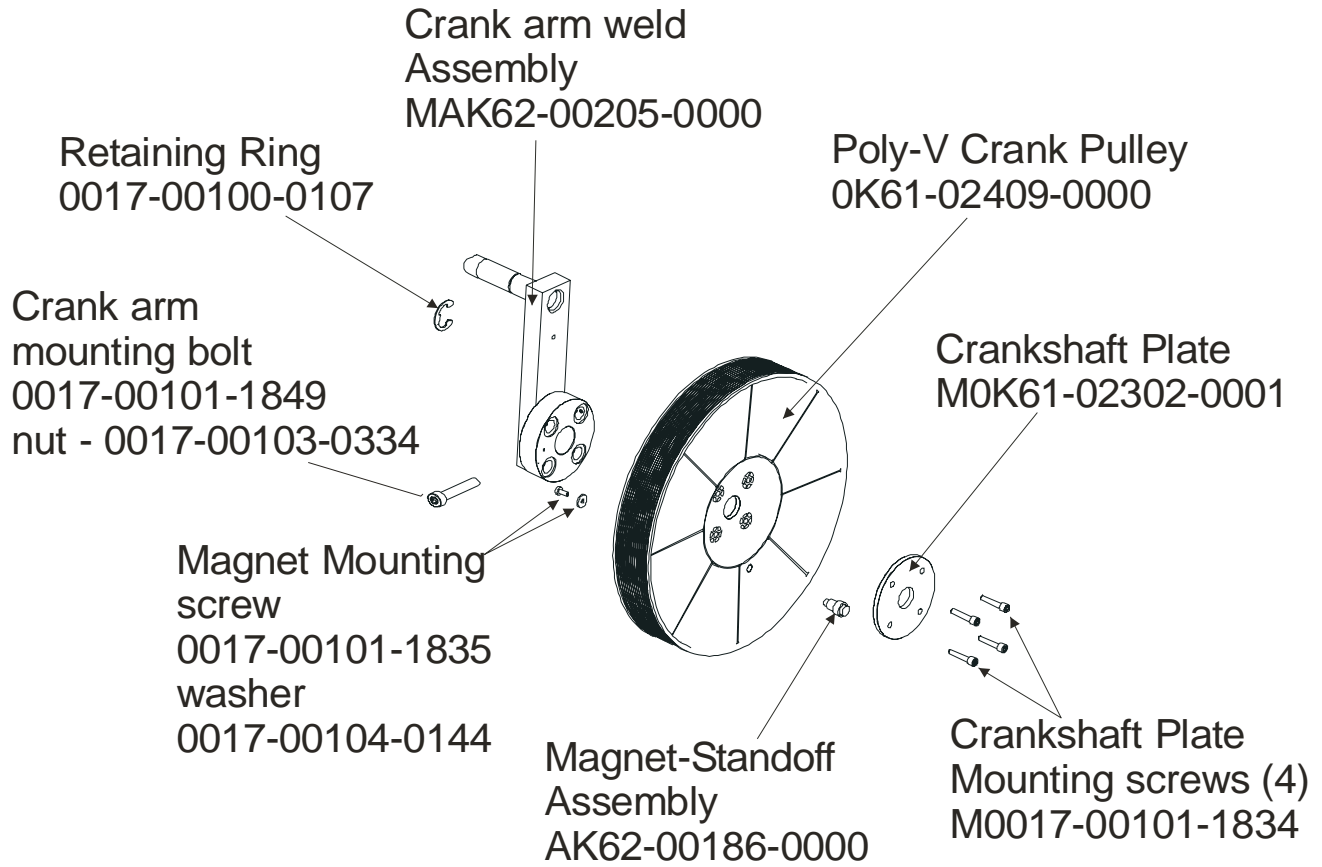
Service Kit- GK62-00002-0045  
Includes:

- 1 - intermediate shaft
- 2 - bearings
- 2 - sets of bearing flanges
- 4 - weldnuts and flat washers
- 4 - bolts

**Bearing Flanges (2)**  
**0K62-01220-0000**



**1" Bearing**  
**0K62-01221-0000**

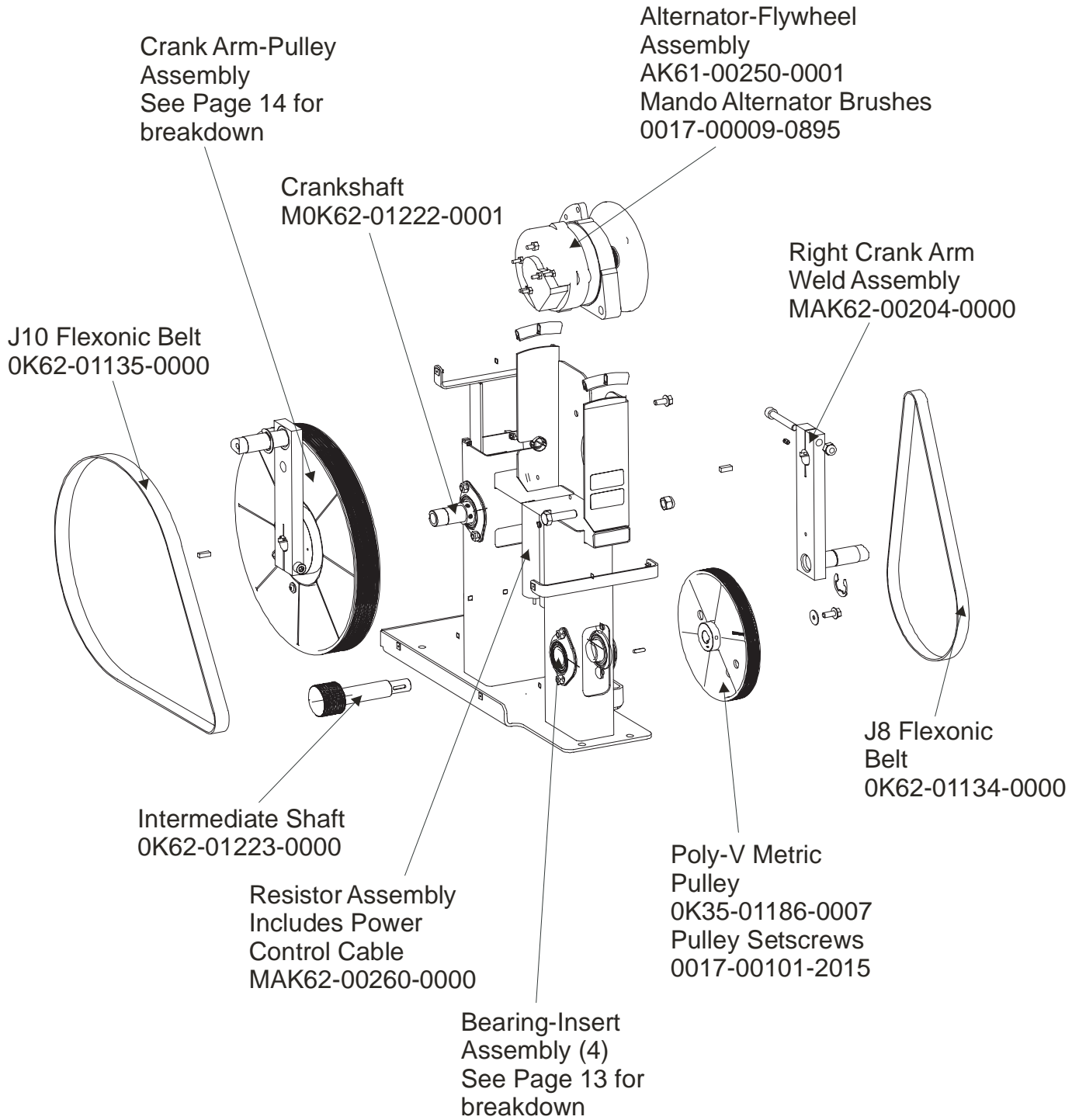


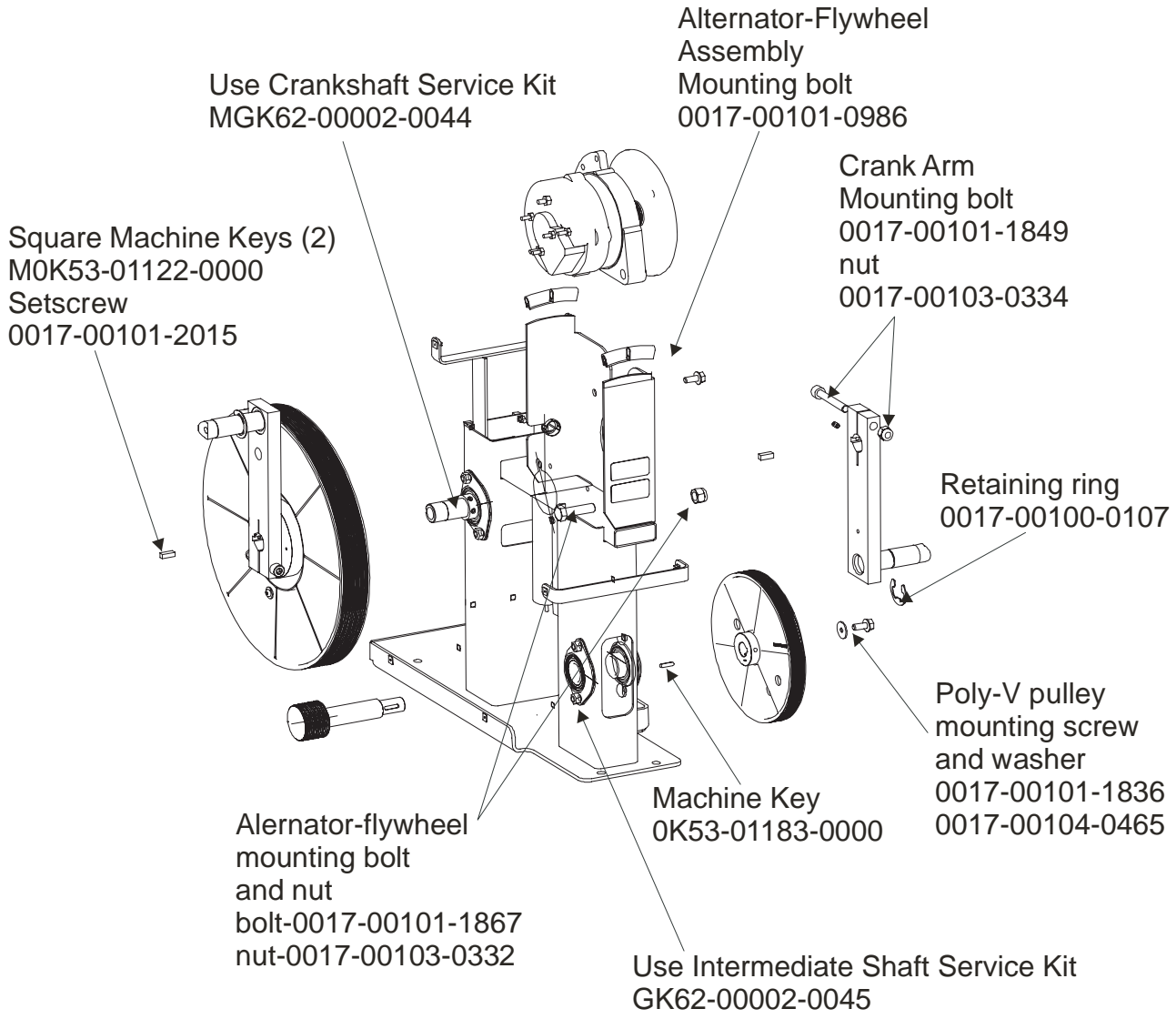
# ARCTIC SILVER QUIET DRIVE 90X

Drive Module

90X-0XXX-03

S/N XHA504206206





# ARCTIC SILVER QUIET DRIVE 90X

## Cables

90X-0XXX-03

S/N XHA504206206

