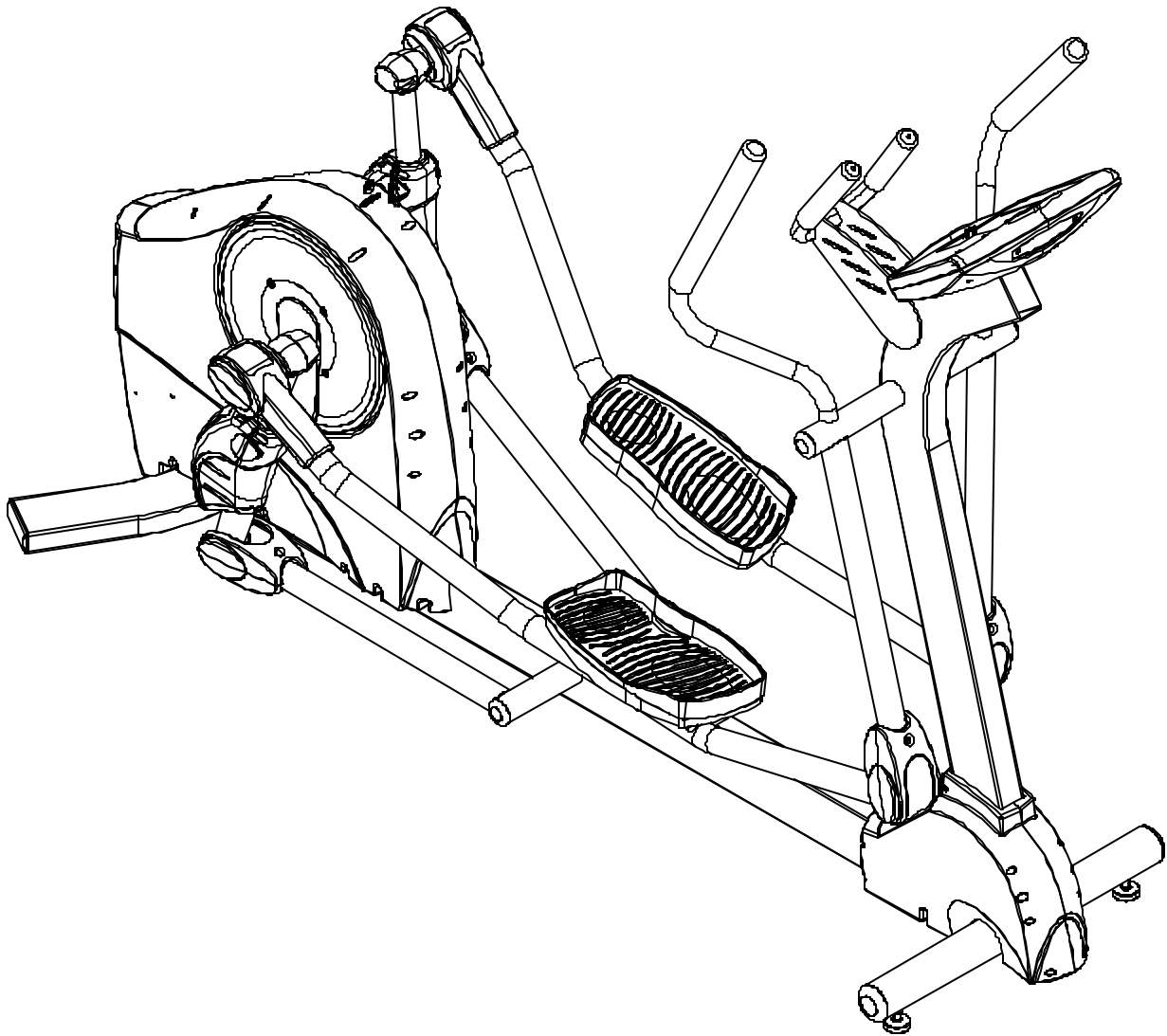


Life Fitness

Models X5i, X5, X3i, and X3 Cross-Trainers



Customer Support Services
SERVICE MANUAL

Life Fitness Models X5i, X5, X3i and X3 Cross-Trainers

INTRODUCTION

HOW TO USE SERVICE MANUAL AND CONTACT CUSTOMER SUPPORT SERVICES

This service manual is applicable to Cross-Trainer Models X5i, X5, X3i and X3. Illustrations in this service manual represent typical configurations and may differ slightly from actual equipment. The Service Manual provides safe and efficient step-by-step service operations. This manual consists of:

TABLE OF CONTENTS

Section I

TROUBLESHOOTING

Section II

DIAGNOSTIC

Section III

HOW TO...SERVICE AND REPAIR

Section IV

ELECTRONICS

Section V

MISCELLANEOUS

When an operating problem occurs, refer to troubleshooting guides and diagnostic mode to isolate the cause. When applicable, guides are listed by problem symptom followed with suggestions of probable cause(s).

Once the source of problem is identified, consult the "How To..." guides for recommended repair procedures. "How To..." sub-sections are organized by replaceable part or assembly name. For convenience, sub-section lists recommended "Tools Required" to complete specific function. Refer to PARTS IDENTIFICATION to identify proper name and number of part to order for repair of equipment.

A reproducible FAX order claim form is given in COMMUNICATING BY TELEFACSIMILE for convenient ordering of service parts.

To order parts, contact Life Fitness Customer Support Services.

Via FAX - 24 hrs. /day, 7 days/week.

Via telephone - Monday through Friday from 8:00 AM to 5:00 PM Central Standard Time.

Via post - At address cited.

To speed Life Fitness Customer Support Services response to your needs, please provide:

- Model number,
- Serial number,
- Symptom, and
- Part name and number

Before installing part, review "How To..." and follow step by step procedures recommended to install part safely and efficiently. If you have questions or comments please telephone, FAX or, write us. We are:

LIFE FITNESS - CUSTOMER SUPPORT SERVICES

10601 Belmont Avenue; Franklin Park, IL 60131; U.S.A.

Telephone: 847.451.0036 Toll-free: 800.351.3737

FAX: 847.288.3702 Toll-free: 800.216.8893

TABLE OF CONTENTS

SECTION I TROUBLESHOOTING GUIDES	PAGE
SLIGHT "BUMP" OR "HITCH"	3
CLUNKING NOISE.....	3
METALLIC SCRAPING NOISE.....	3
NO SPEED READOUT ON CONSOLE VERSION 1.....	3
NO SPEED READOUT ON CONSOLE VERSION 2.....	3
CONSOLE IS NON OPERATIVE.....	3
CONSOLE ERRATIC	4
DIM OR NOT FUNCTIONING LED SEGMENTS	4
BUTTONS NOT FUNCTIONING ON EZ USER PAD	4
BUTTONS NOT FUNCTIONING ON CONSOLE	4
ERRATIC HEART RATE	4
NO HEART RATE READOUT	4
AT POWER UP #8's APPEAR ON CONSOLE AND BEEPS.....	4
UNIT DOES NOT CHANGE RESISTANCE	4
SECTION II DIAGNOSTIC MODES (DELUXE MONITOR)	
ENTERING DIAGNOSTICS MODE	3
TOGGLING THROUGH DIAGNOSTIC STATES.....	3
DIAGNOSTIC STATE 1 – SOFTWARE VERSION NUMBER.....	4
DIAGNOSTIC STATE 2 – KEYPAD TEST MODE	5
DIAGNOSTIC STATE 3 – DISPLAY TEST MODE	6
DIAGNOSTIC STATE 4 – MAGNET POSITION.....	7
DIAGNOSTIC STATE 5 – RUN TEST.....	8
DIAGNOSTIC STATE 6 – SPEED READING TEST.....	9
DIAGNOSTIC STATE 7 – HEART RATE TEST	10
DIAGNOSTIC STATE 8 – EEPROM VERSION NUMBER.....	11
DIAGNOSTIC STATE 9 – RUN TIME	12
DIAGNOSTIC STATE 10 – DISPLAY TEST.....	13
DIAGNOSTIC STATE 11 – PHOTO SHOOT MODE.....	14
SECTION II DIAGNOSTIC MODES (STANDARD MONITOR)	
ENTERING DIAGNOSTICS MODE	15
TOGGLING THROUGH DIAGNOSTIC STATES.....	15
DIAGNOSTIC STATE 1 – SOFTWARE VERSION NUMBER.....	16
DIAGNOSTIC STATE 2 – DISPLAY TEST MODE	17
DIAGNOSTIC STATE 3 – KEYPAD TEST MODE	18
DIAGNOSTIC STATE 4 – MAGNET POSITION.....	19
DIAGNOSTIC STATE 5 – RUN TEST.....	20
DIAGNOSTIC STATE 6 – PHOTO SHOOT MODE	21

TABLE OF CONTENTS

SECTION III SERVICE AND REPAIR GUIDE

SERVICE AND REPAIR GUIDE	3
SIDE SHROUDS	4
PEDAL LEVER COMPONENTS	8
IDLER AND COUPLER ASSEMBLY COMPONENTS	9
DRIVE BELT AND FLYWHEEL ASSEMBLY - VERSION 1	10
DRIVE BELT AND FLYWHEEL ASSEMBLY - VERSION 2	11
CONSOLE SUPPORT COLUMN.....	12
CONSOLE ASSEMBLY	13
REAR WHEELS AND FRONT LEVERERS	14
PEDALS	15
EDDY CURRENT ASSEMBLY - VERSION 1	16
SPEED MOTOR ASSEMBLY - VERSION 2.....	17
OPTO SENSOR - VERSION 1.....	18
REED SWITCH - VERSION 2.....	19

SECTION IV ELECTRONIC OVERVIEW AND WIRING BLOCK DIAGRAM

PAGE

CABLES VERSION 1.....	3
CABLES VERSION 2.....	4

SECTION V MISCELLANEOUS INFORMATION

SERIAL AND MODEL NUMBERS	3
PREVENTIVE MAINTENANCE TIPS	4

SECTION I

TROUBLESHOOTING GUIDE

Life Fitness Models X3i, X3, X5i, and X5 Cross-Trainers
TROUBLESHOOTING GUIDE

Notes:

Life Fitness Models X3i, X3, X5i, and X5 Cross-Trainers
TROUBLESHOOTING GUIDE

SYMPTOM	PROBABLE CAUSE	CORRECTIVE ACTION
Slight “bump” or “hitch” in pedal motion.	Pivot points are not broken in.	Remove all clevis covers and loosen all six bolts that connect links to clevis brackets. Loosen the nuts a couple of turns so the machine can still be operated. Operate the machine a few revolutions to help seat the pivot points. Retighten the six bolts and install the clevis covers.
	Levelers are not in contact with the floor.	Levelers must be in contact with the floor. Make sure that the leveler jam nuts are also properly tightened. For further assistance, contact Life Fitness Customer Support Services.
Clunking noise.	Damaged washers, retaining rings, or wave springs.	Remove the clevis covers, and check for damaged washers, retaining rings, and wave springs. If necessary, replace. Remove the end caps from lower link arm, and then remove the bolt. Check that retaining ring is correctly installed. Repeat for all pivot areas.
Metallic scraping noise occurs in forward or reverse direction.	Magnet is rubbing on the aluminum disk or chopper wheel may be hitting the OPTO Sensor. Applies only to Version 1 units.	Remove bottom rear shroud (See How To...) and inspect the position of the magnets to see if they are rubbing on the aluminum disk. If so, re-center the OPTO Sensor.
No speed readout on console. Applies only to Version 1 units.	Loose connections between the OPTO sensor and wiring harness.	Verify that the connections between the OPTO sensor and wiring harness are secure.
	Chopper wheel is not spinning between the two tabs of the OPTO sensor.	Bend the OPTO bracket slightly upwards.
No speed readout on console. Applies only to Version 2 units.	Magnet missing or faulty reed switch.	Check for missing magnet or replace switch.
Console is out, non-operative.	Transformer is not plugged in. Wiring harness is not connected to the console. Pinched wire harnesses.	Verify that the transformer is plugged in. Verify that the wiring harness is connected to the console. Check wiring harness in upright tube or at the base frame. Verify that the harnesses are properly connected. If all connections are correct, replace transformer, if this does not solve the problem then replace console.

Life Fitness Models X3i, X3, X5i, and X5 Cross-Trainers
TROUBLESHOOTING GUIDE

SYMPTOM	PROBABLE CAUSE	CORRECTIVE ACTION
Console erratic.	Clock within the console not functioning or the memory chip is corrupted.	Replace the console.
Dim or not functioning LED segments on displays.	Defective console.	Test console in diagnostics. Replace console if necessary.
Buttons not functioning on EZ user pod.	Bad connection between EZ user pod and console.	Check connections between EZ user pod and console.
Buttons not functioning on console.	Faulty connection at membrane switch of console.	Check the connection of the membrane switch on the console. Look in the hole in the back of the console, the connector is on the bottom of the board assembly and to the right side of the hole.
	Defective keypad on console.	Replace the console.
Erratic heart rate.	Receiver mounted incorrectly in accessory tray.	Check that the mounting of the heart rate receiver in the accessory tray is secure and not loose. Verify that the receiver has been inserted into the foam tube.
No heart rate readout.	Faulty connection between receiver and console or faulty receiver.	Check connections between the heart rate receiver and the console, or if faulty receiver, then replace the receiver.
At power up, #8's appear on the console and beep sounds (standard console). At power up, motor error appears on console and beep sounds.	This is a fault condition showing that the Eddy current or Servo Motor is not moving or is not moving to the location it's supposed to.	Verify that the Eddy current on Version 1 or Servo Motor on Version 2 is connected to the wiring harness. Test Eddy current or Servo Motor in Diagnostic 4. If the display is functioning and the numbers on the left side of the display are changing in value with each key press but the magnet does not move and numbers on right side of display do not appear, then the Eddy current assembly needs to be replaced. If no number is shown on the left side of the display, then the console needs to be replaced.
After beginning of program, the unit does not change resistance, followed by "Motor Error" message on the display.	Bad connection at Eddy Current or faulty Eddy Current.	Verify the cable connection at the EDDY current assembly is properly connected. If all connections are making proper contact, then replace the EDDY current assembly.

SECTION II

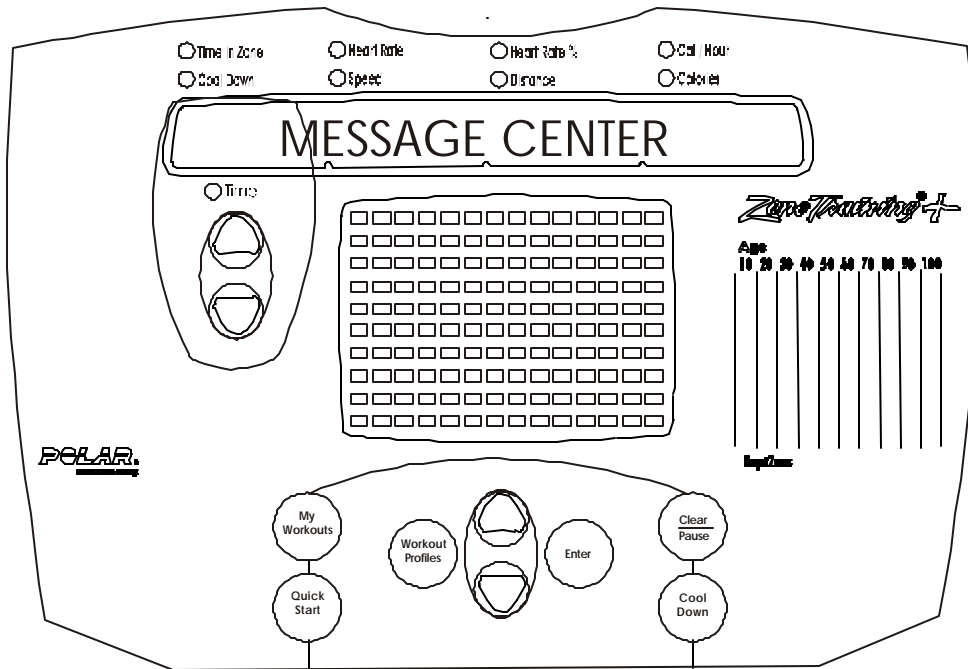
DIAGNOSTIC MODES

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

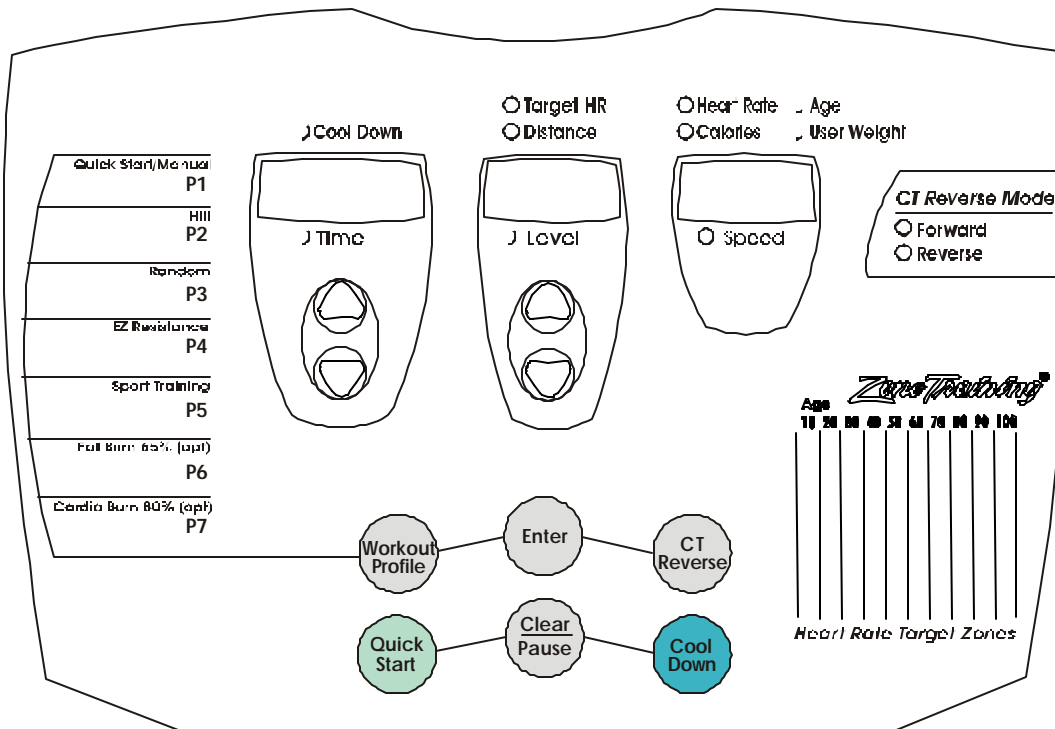
NOTE

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

X5i, X5, X3i, and X3 Display Consoles

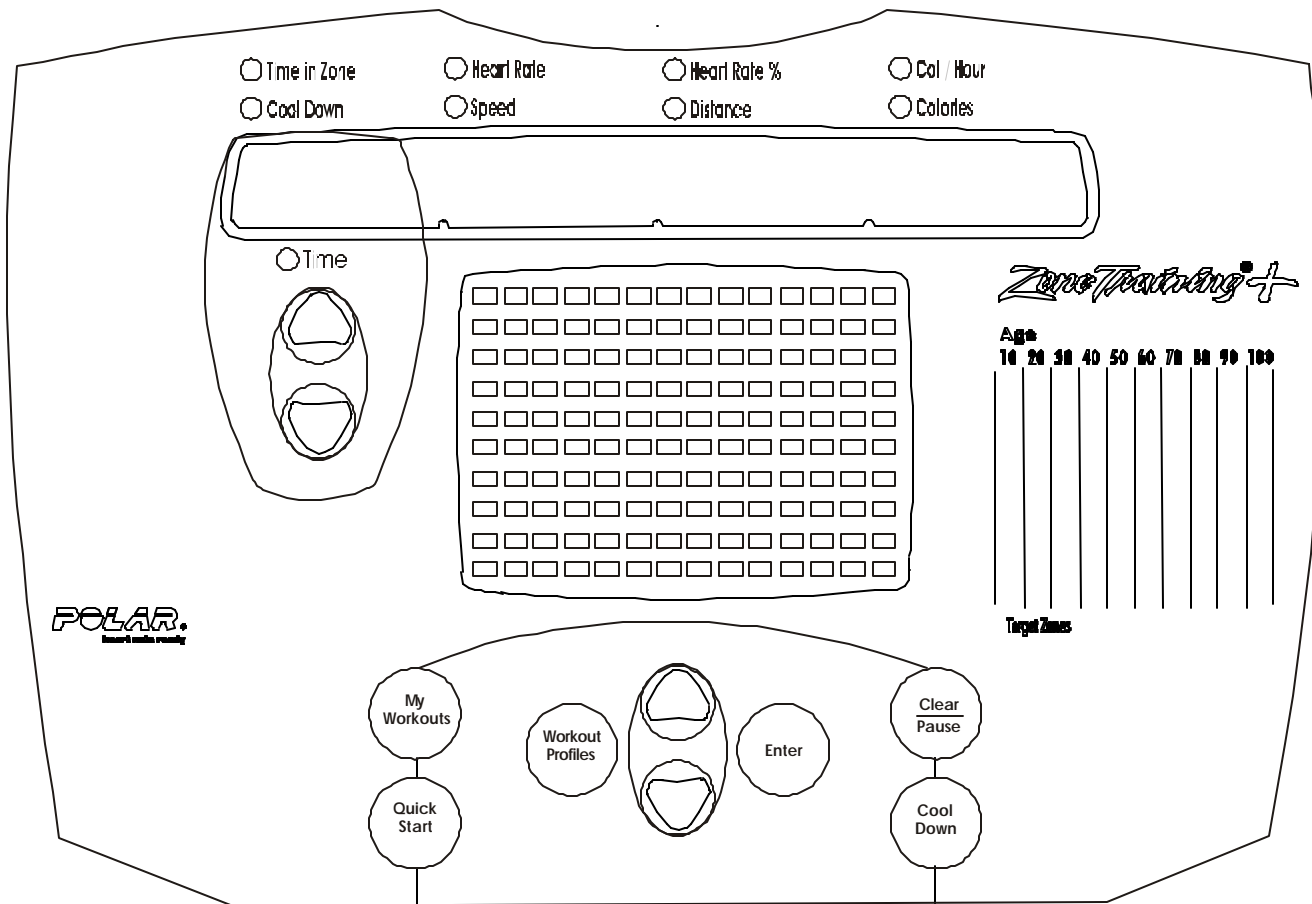


X5i and X3i Deluxe Monitor



X5 and X3 Standard Monitor

Diagnostic Mode For Deluxe Monitor



ENTERING DIAGNOSTICS MODE

Diagnostics can only be entered from IDLE mode. Enter Diagnostics by pressing the Pause/Clear button twice, and then press the Cool Down button, sequence must be completed within 3 seconds, or the monitor returns to IDLE mode.

Upon entering the Diagnostics mode, the monitor will beep three times before entering Diagnostic State 1.

TOGGLING THROUGH DIAGNOSTIC STATES

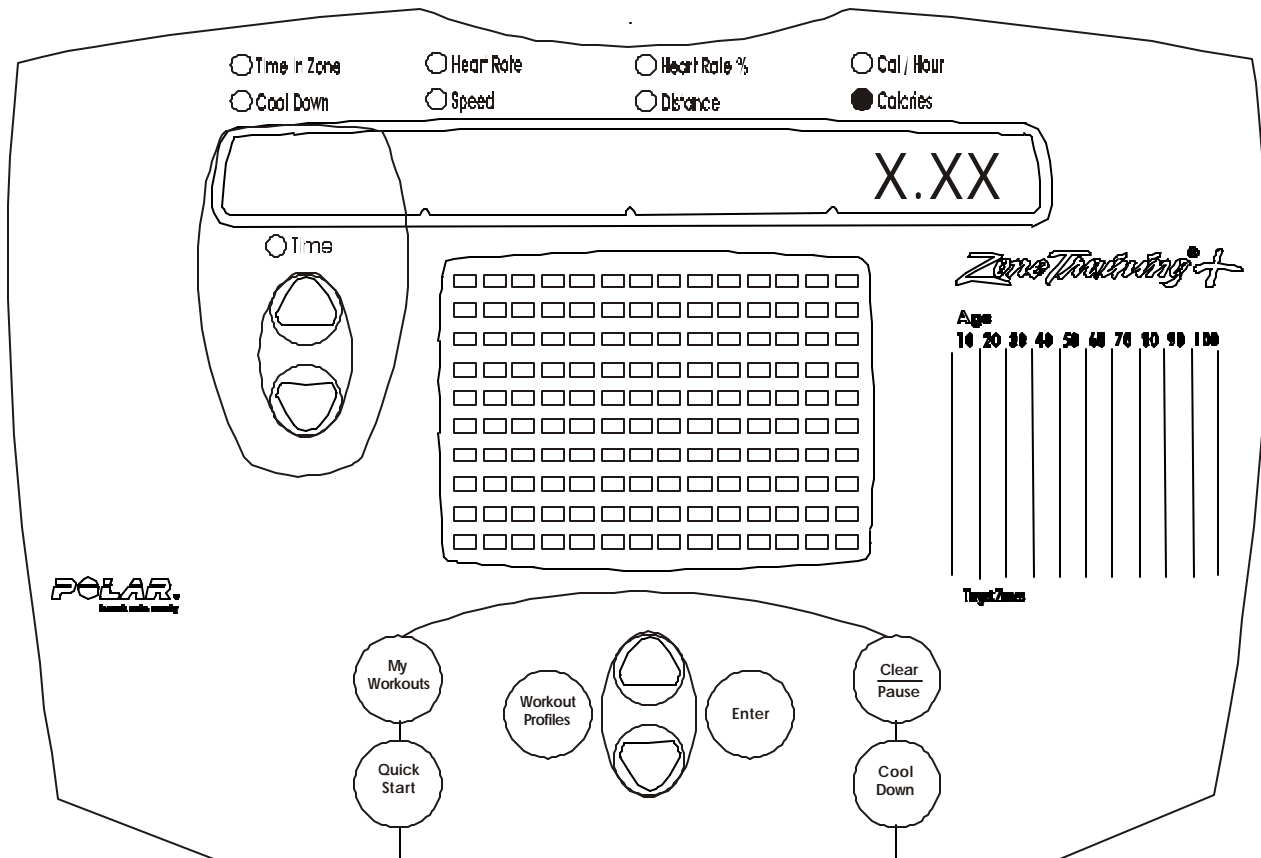
Pressing the Enter button will advance to the next Diagnostic State. Diagnostics can only advance.

Once the Last State has been reached, pressing the Enter button again will exit the Diagnostic mode and the monitor will enter the IDLE mode.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 1 - Software Version Number

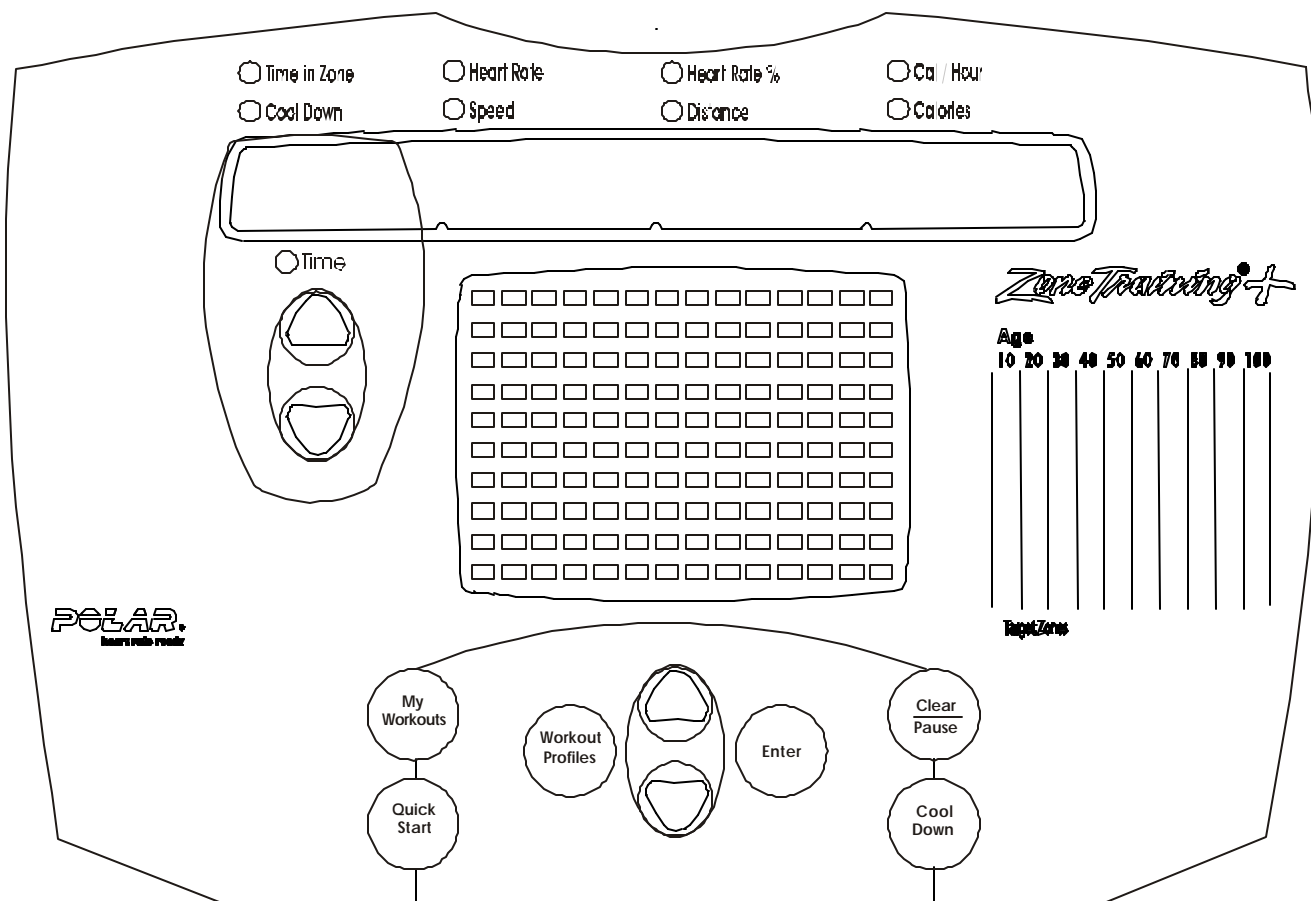


The Calories LED will light and the software version will be displayed in the message center.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 2 - Keypad Test Mode



All LEDs will be off until the keypad buttons are pressed. The following is to be displayed while a button is held down button. An audible beep will occur with each key press.

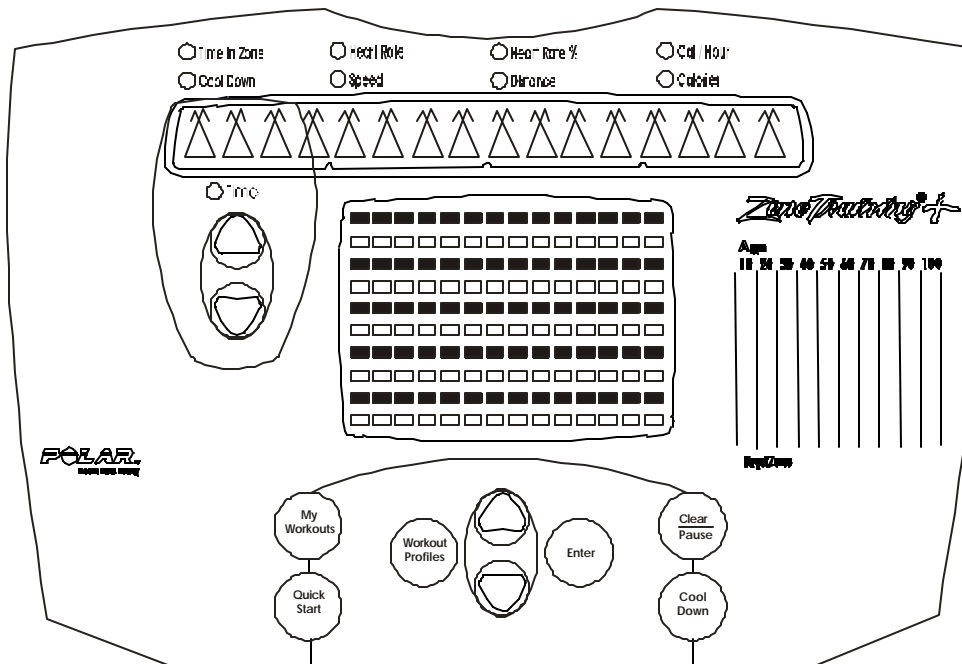
BUTTON	DISPLAY
Time ▲	"1111111111111111"
Time ▼	"2222222222222222"
My Workouts	"3333333333333333"
Quick Start	"4444444444444444"
Workout Profile	"5555555555555555"
Level ▲ (Main console)	"6666666666666666"
Level ▼ (Main console)	"7777777777777777"
Clear/Pause	"8888888888888888"
Cool Down	"9999999999999999"
Enter	This will advance the monitor the next diagnostic state #3.

EASY POD NOT SHOWN	
Level ▲ (on the EZ pod)	"AAAAAAAAAAAAAAAA"
Level ▼ (on the EZ pod)	"BBBBBBBBBBBBBBBB"
CT Reverse	"CCCCCCCCCCCCCCCC"
CT Aerobics	"DDDDDDDDDDDDDDDD"

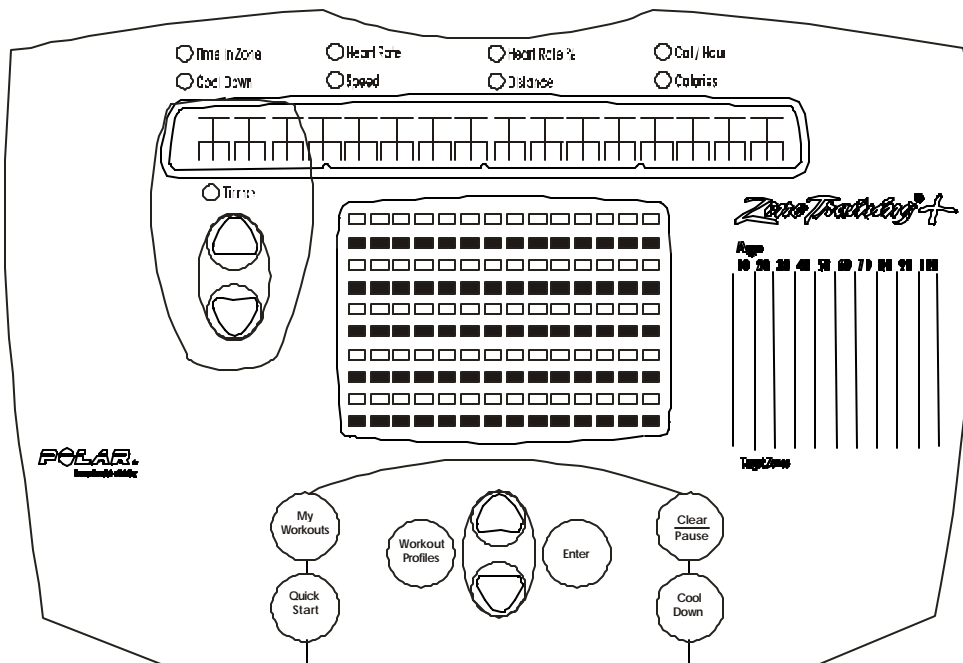
Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 3 - Display Test Mode



DISPLAY "A"



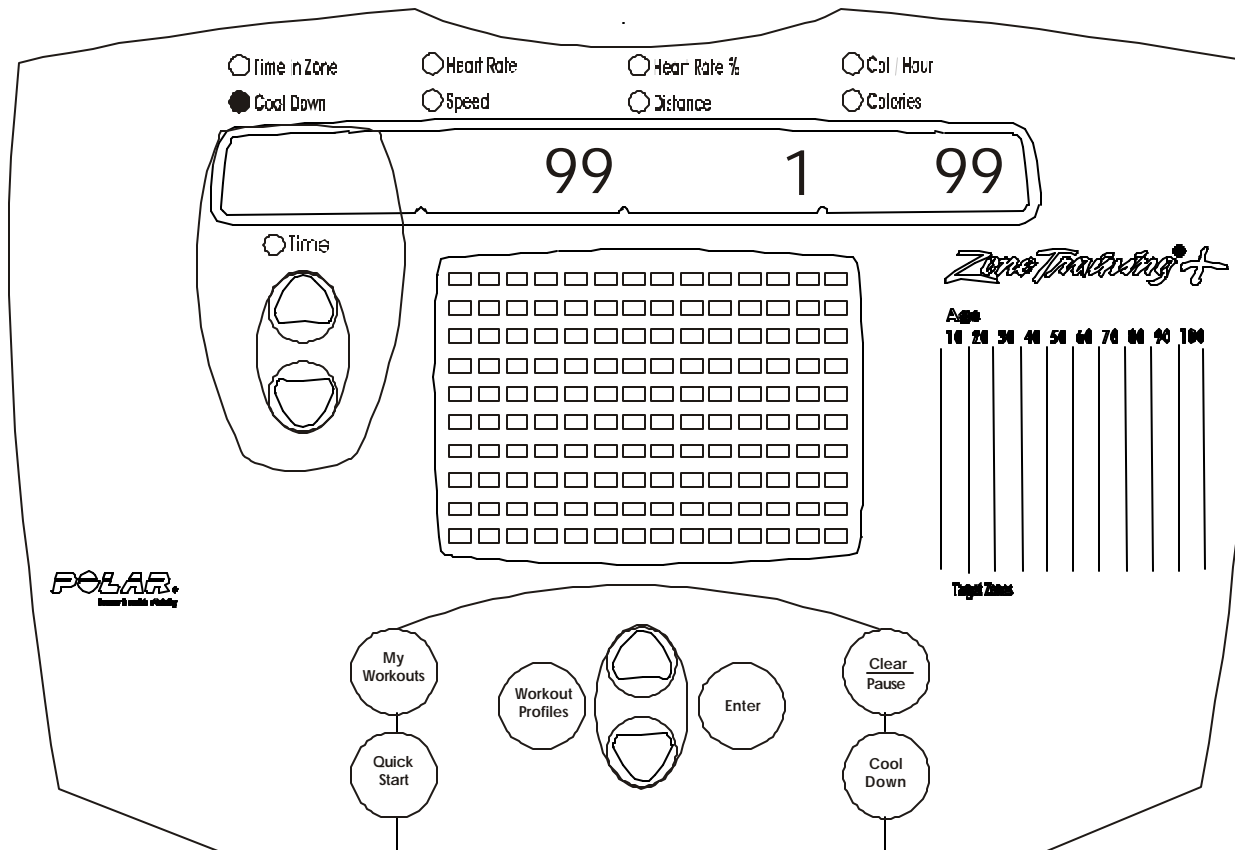
DISPLAY "B"

In this state the LED patterns will toggle between DISPLAY "A" or "B" as shown.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 4 - Magnet Position



Upon entering the magnet test, the Cool Down LED is lit. The Message Center displays 3 different numeric values.

The left hand numeric display of 4 digits will show the desired position of the magnets. Numbers will range from 99-256 on Version 1 Models and from 21-190 on Version 2 Models.

The right hand numeric display of three digits will show a number from 1 to 256. The number displayed is the actual position of the magnets.

Pressing the Level(▲) button will activate the motor and move the magnets as to increase resistance. The center display will show the Resistance setting, the other 2 displays will show the associated desired and actual position of the magnets.

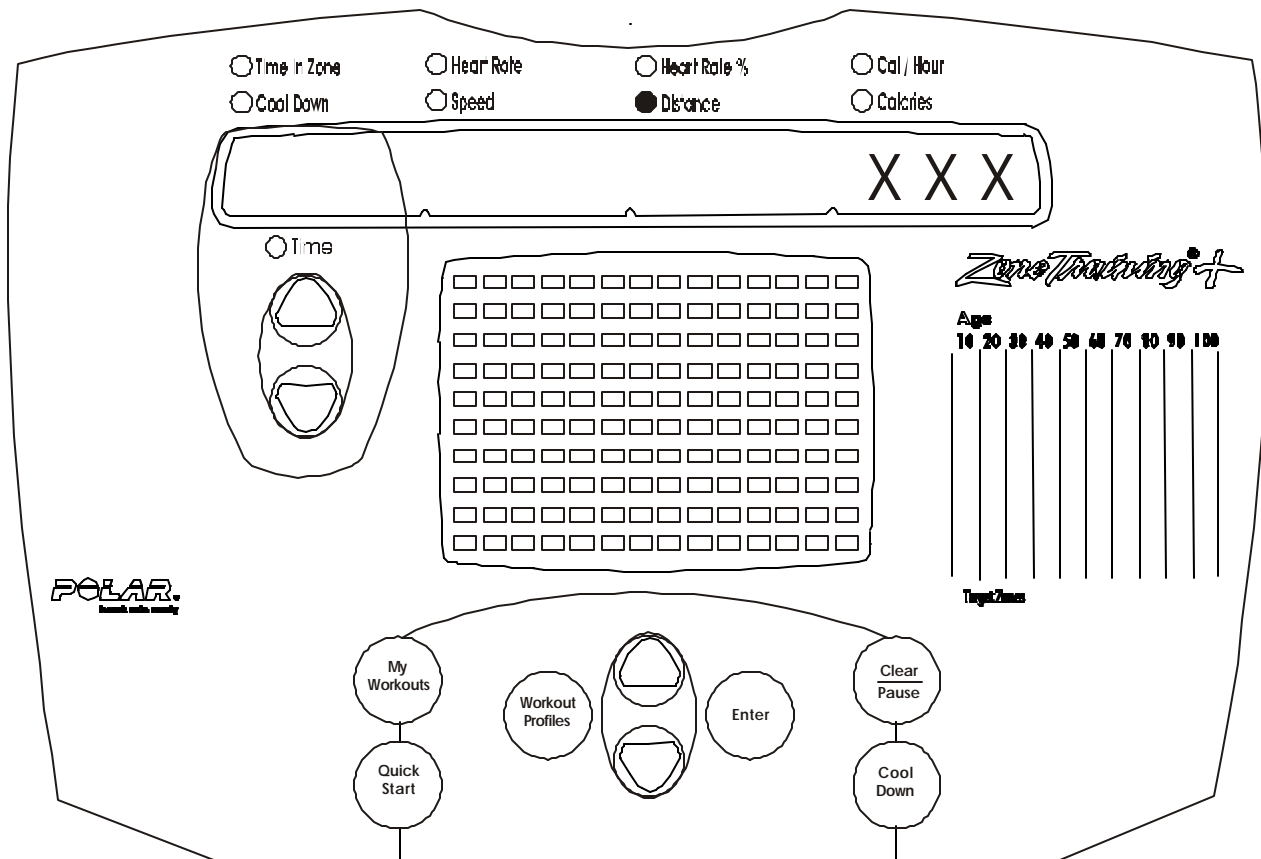
Pressing the Level(▼) button will activate the motor and move the magnets as to decrease resistance. The center display will show the Resistance setting, the other 2 displays will show the associated desired and actual position of the magnets.

If the system determines that the motor is not responding properly, the display shows Motor Error and beeps to indicate a motor control error. Power will be removed from the motor in order to prevent damage. Power must be removed from the console to clear the error by unplugging the unit.

Press Enter to advance.

Diagnostic Mode For Deluxe Monitor

Diagnostic State 5 - A/D Test



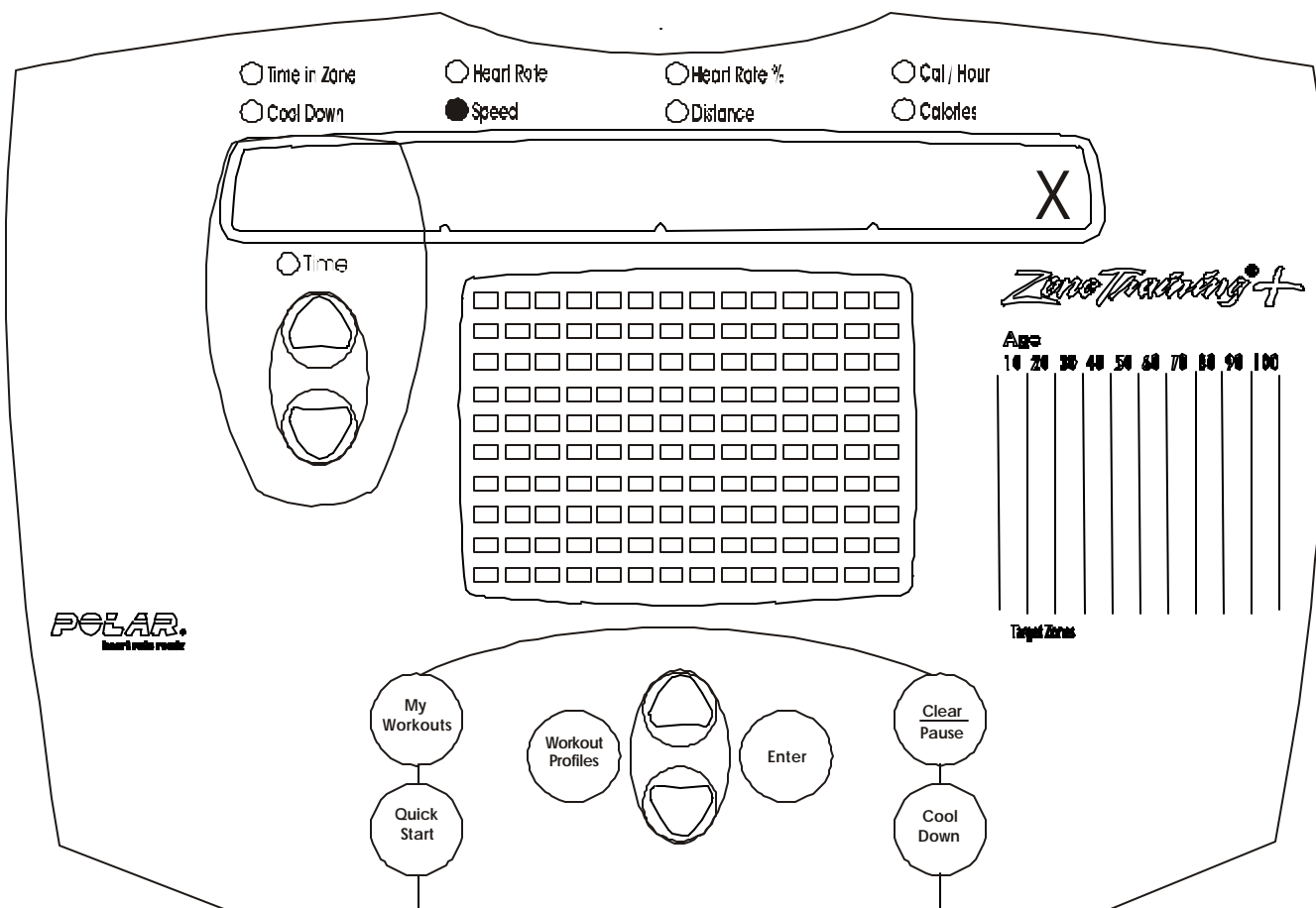
Entering diagnostics State 5 indicates current motor position.

Press Enter to advance.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 6 - Speed Reading Test



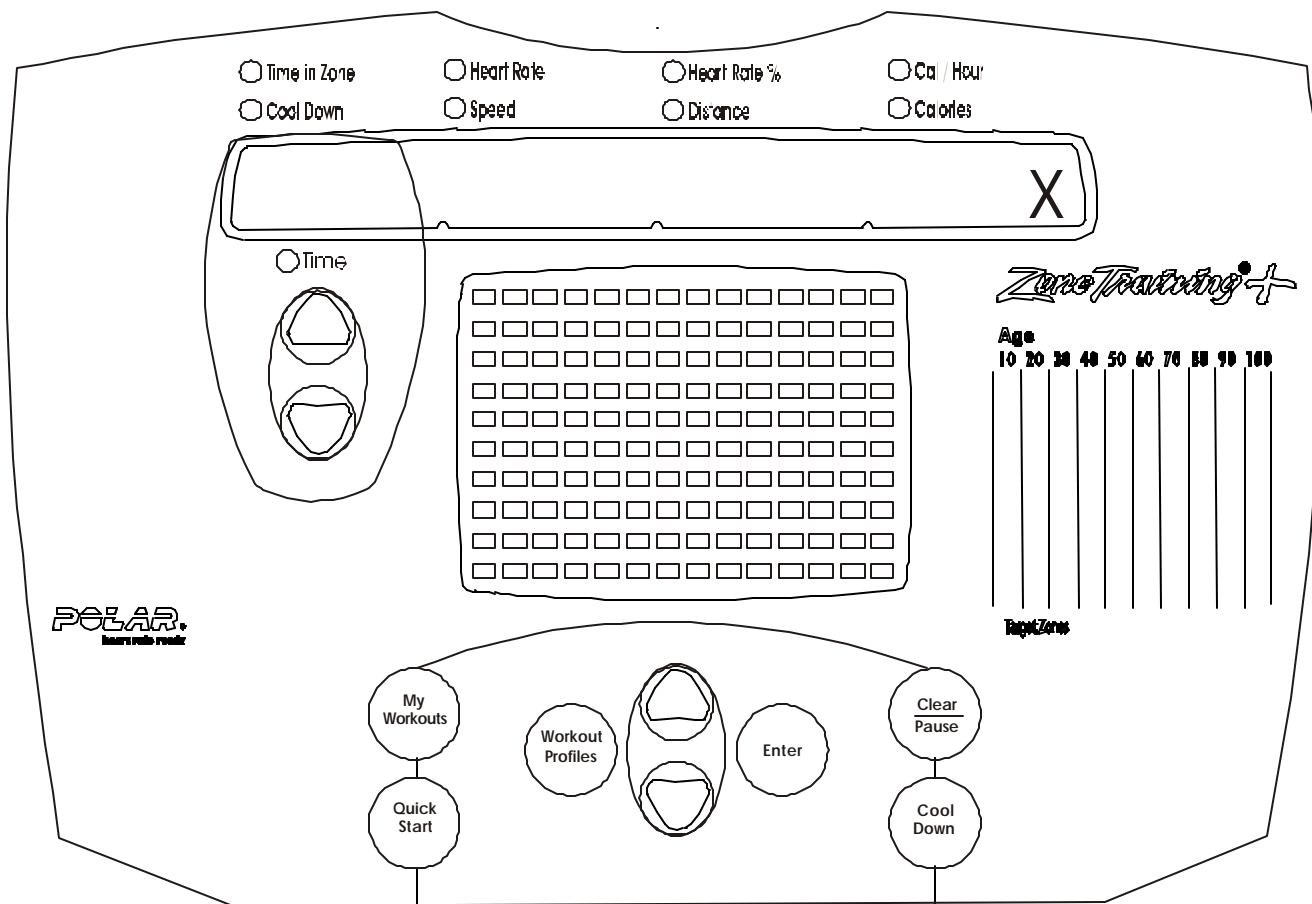
Upon entering, the SPEED LED will light. Diagnostic State 6 is used to test the OPTO or RPM Sensor function. To verify RPM signal, pedal and observe RPM value.

Note: On Version 2 Models, the Speed LED will flash each time a magnet passes the Reed Switch.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 7 - Heart Rate Test

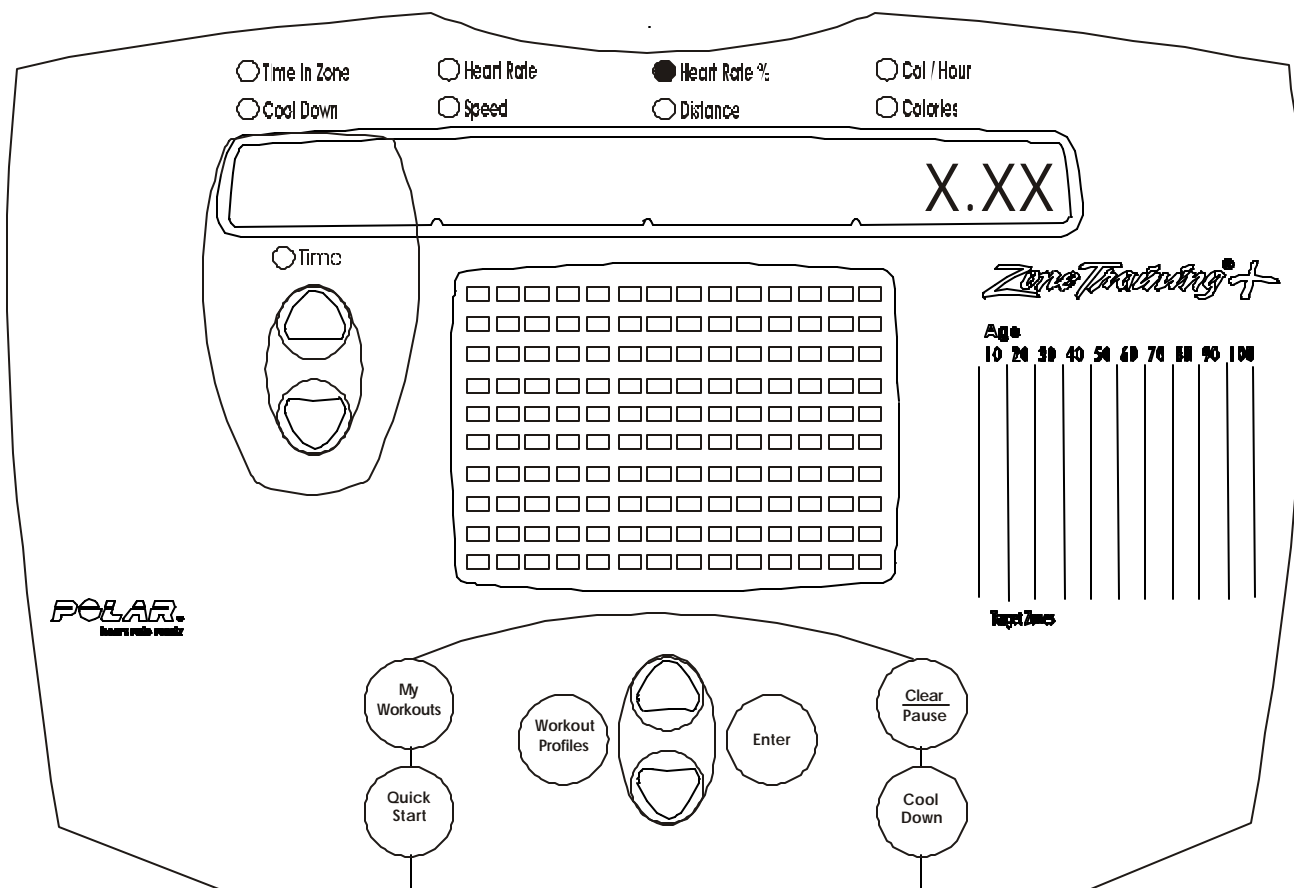


To verify that the heart rate system is functioning properly, use a polar simulator or a chest strap. If the unit functions correctly the Heart Rate LED will flash and a heart rate value will be displayed in the Message Center. If heart rate is not detected, the Heart Rate LED will not be lit.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 8 - EEPROM Version Number

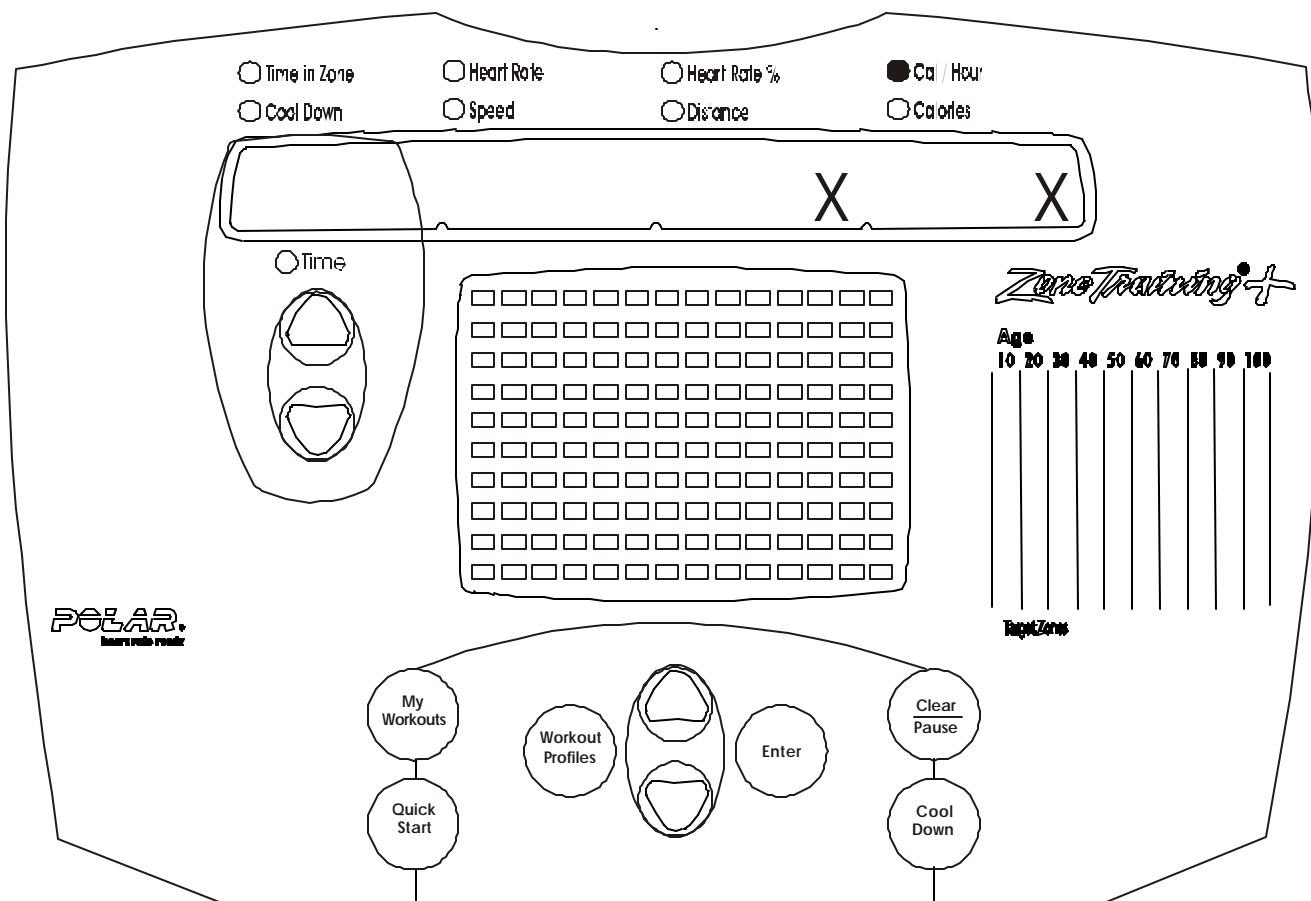


This state displays the EEPROM Version Number. If the EEPROM is not present or fails to function correctly, the display shows "EEPROM ERROR". The Heart Rate % LED will be lit.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 9 - Run Time



Displays the total accumulated Time used on the machine.

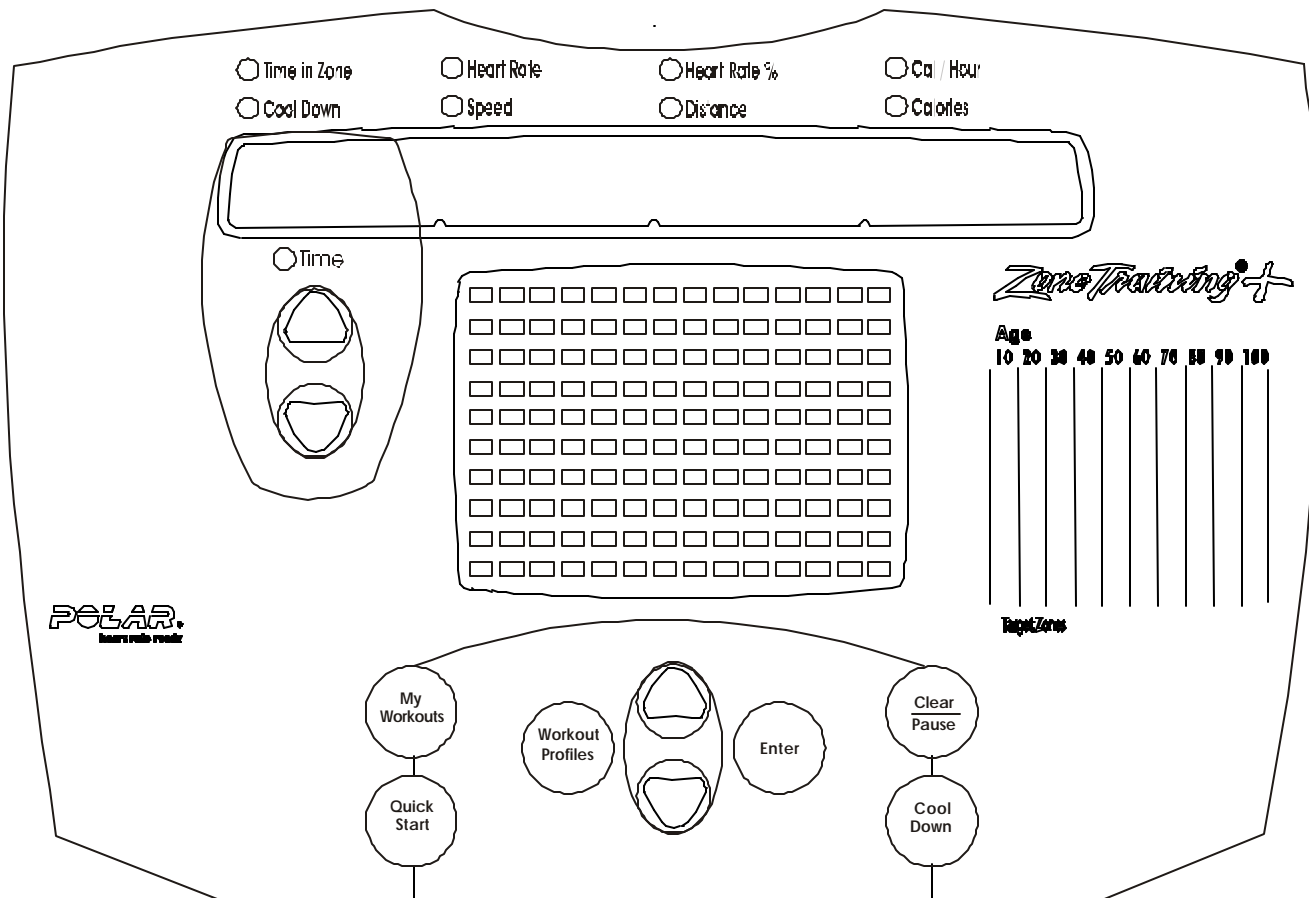
The left hand 4 digits will show accumulated hours up to 9999 and the center 2 digits of the display will show accumulated minutes up to 59.

The Cal/Hour LED is lit.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 10 - Display Test

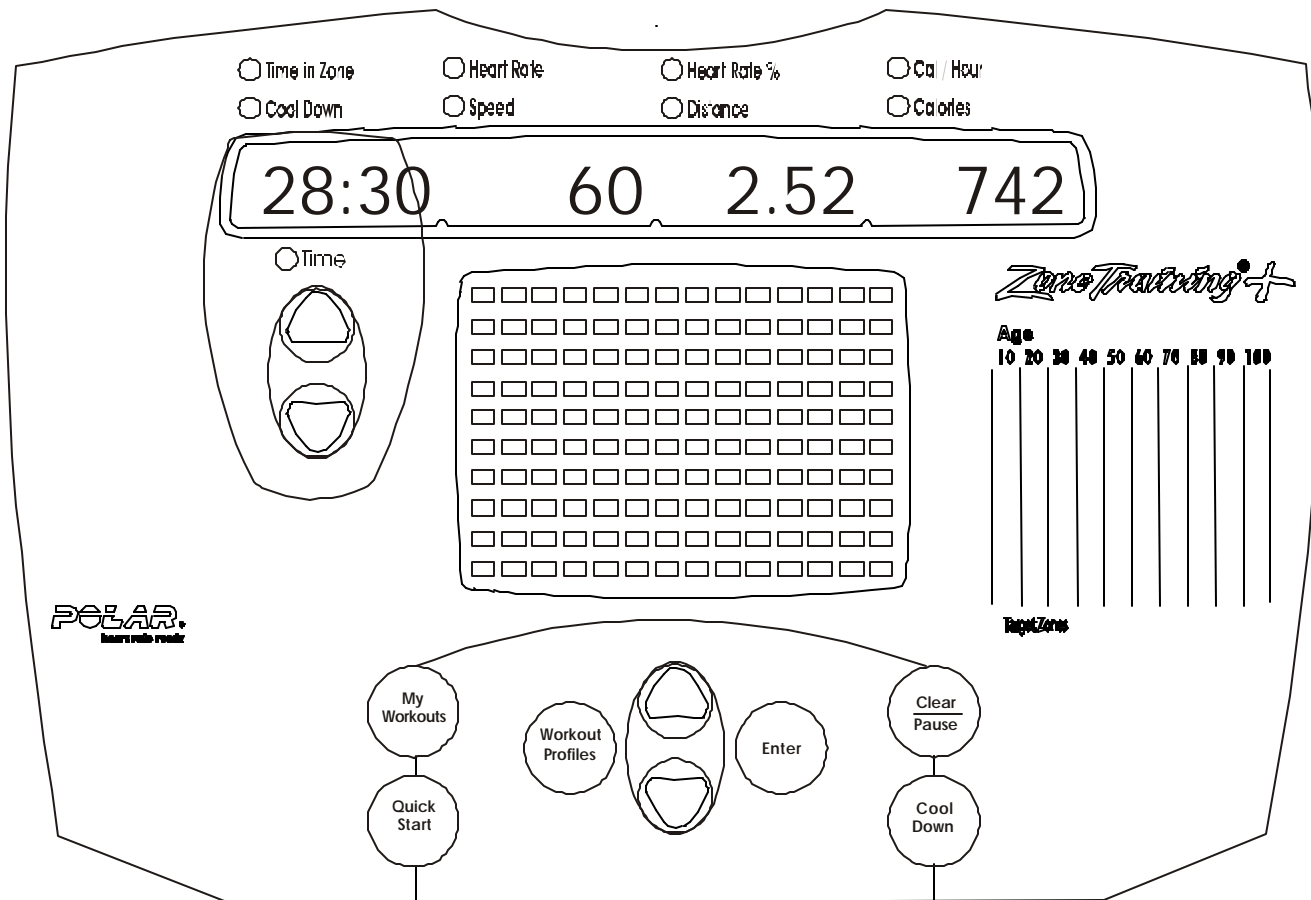


All of the monitor LEDs will be on.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Deluxe Monitor

Diagnostic State 11 - Photo Shoot Mode

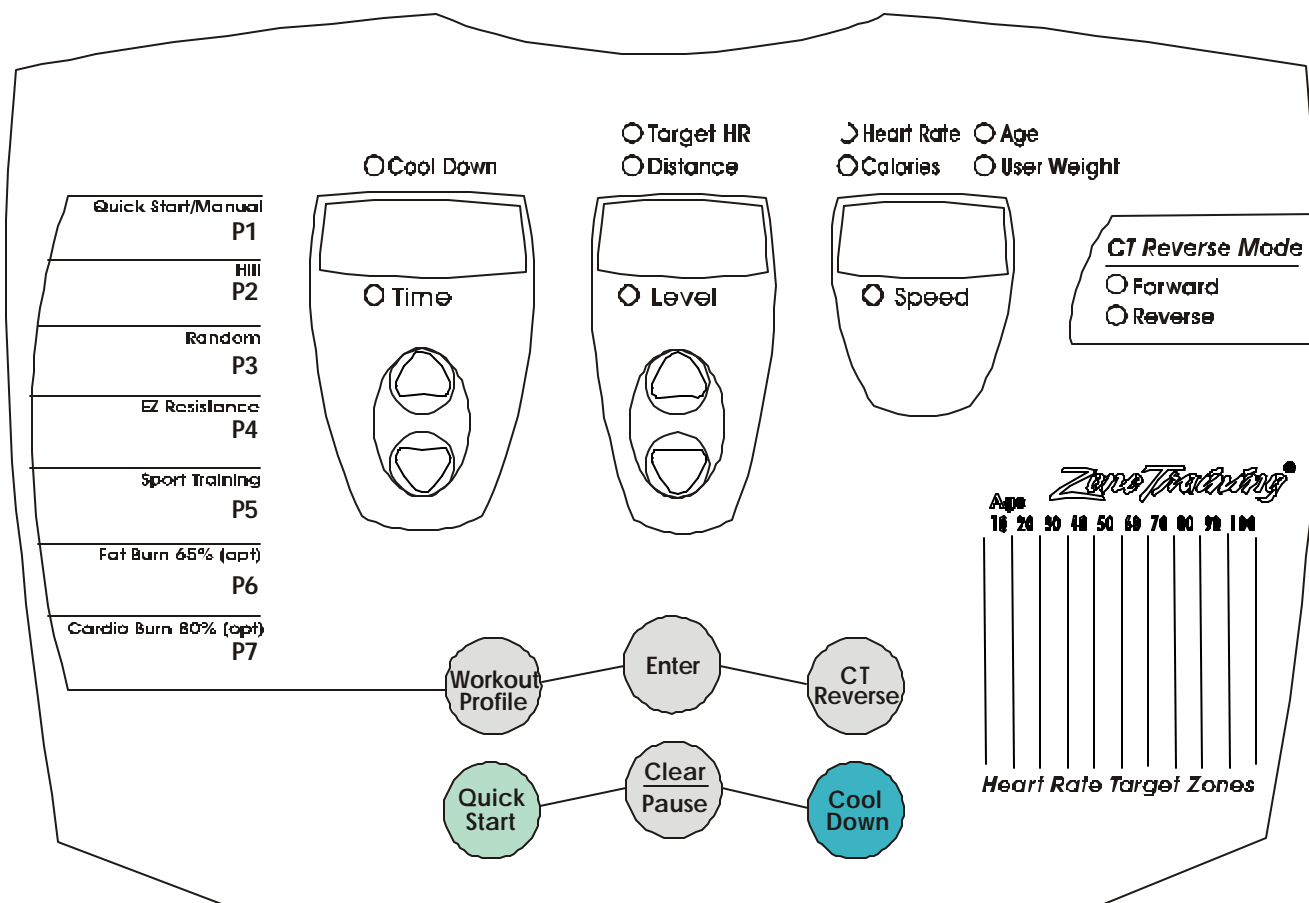


This State puts the monitor display in a static state, which simulates the users workout showing:

- The Time LED will be lit and the TIME display will show 28:30
- The Speed LED will be lit and the SPEED display will show 60
- The Distance LED will be lit and the DISTANCE display will show 2.52
- The Calorie LED will be lit and the CALORIE display will show 742

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor



ENTERING DIAGNOSTICS MODE

Diagnostics can only be entered from IDLE mode. Enter Diagnostics by pressing the Pause/Clear button twice, and then press the Cool Down button, sequence must be completed within 3 seconds, or the monitor returns to IDLE mode.

Upon entering the Diagnostics mode, the monitor will beep three times before entering Diagnostic State 1.

TOGGLING THROUGH DIAGNOSTIC STATES

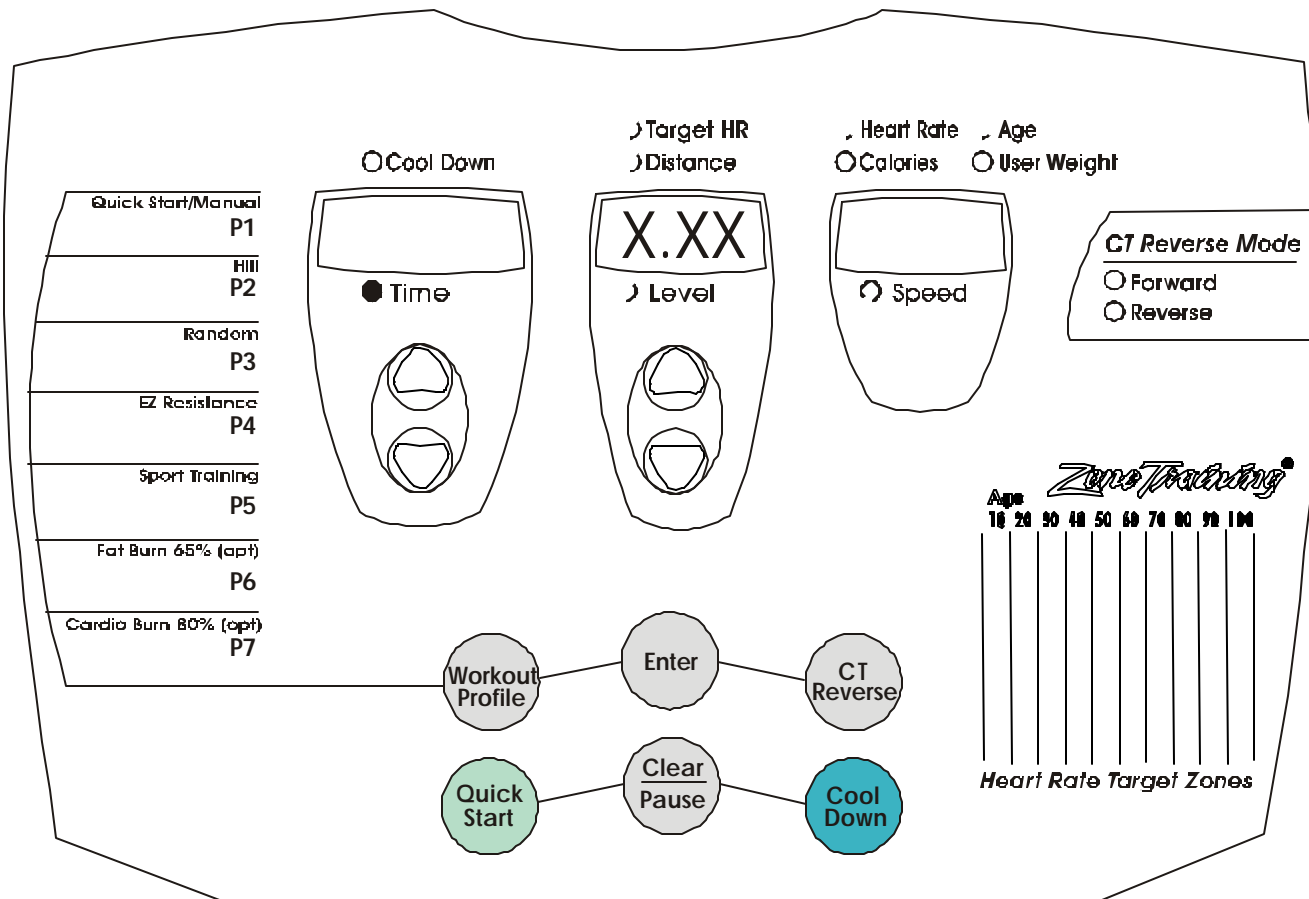
Pressing the Enter button will advance to the next Diagnostic State. Diagnostics can only advance.

Once the Last State has been reached, pressing the Enter button again will exit the Diagnostic mode and the monitor will enter the IDLE mode.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor

Diagnostics State 1 - Software Version Number



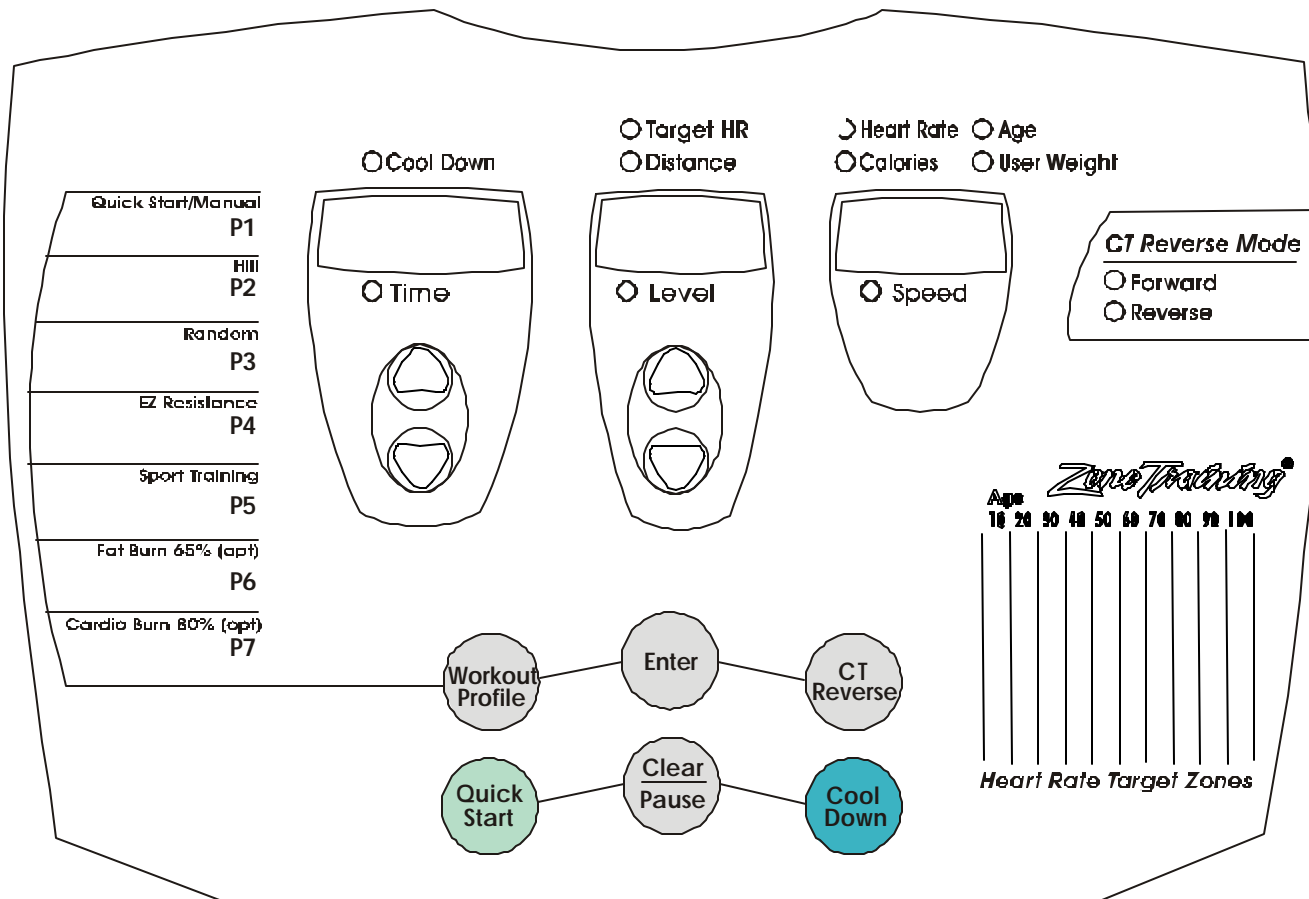
The TIME indicator LED will light to show the monitor is in Diagnostic State 1.

Diagnostics State 1 shows the software version number in the center numeric display as "X.XX".

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor

Diagnostic State 2 - Display Test Mode

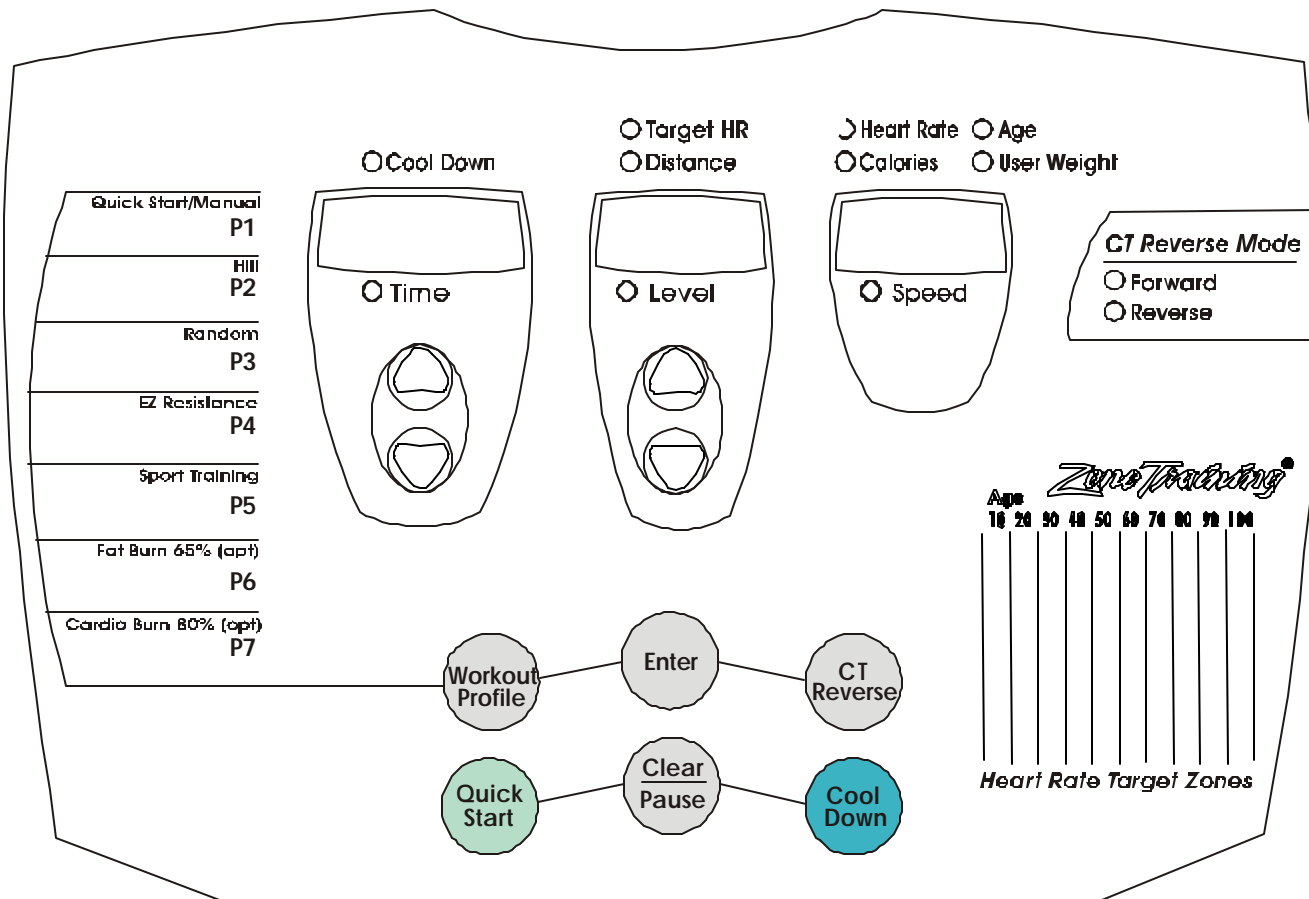


All LEDs and LED segments are lit in this mode.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor

Diagnostic State 3 - Keypad Test Mode



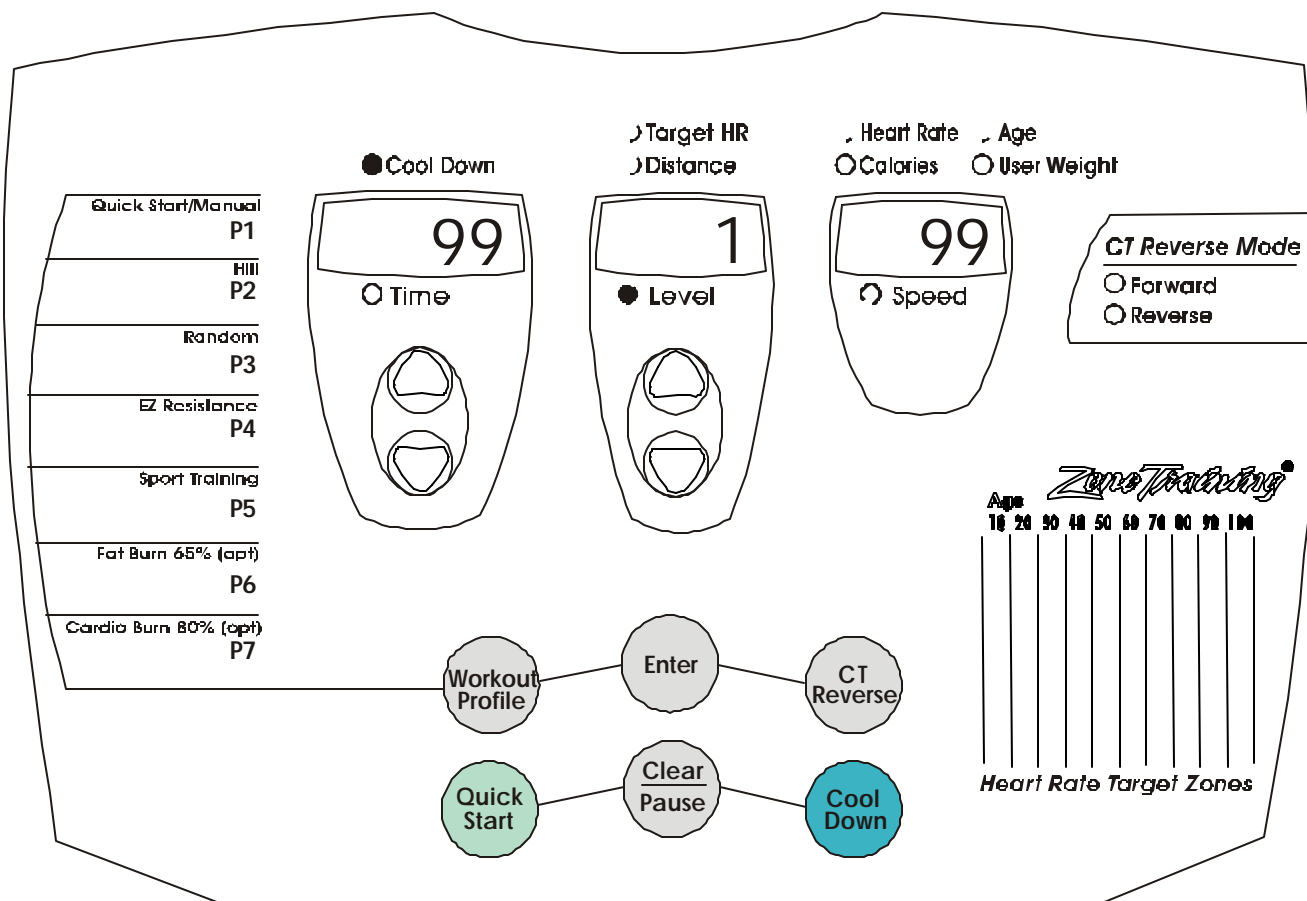
The following is to be displayed with a key press of the associated button and an audible beep will occur with each key press.

BUTTON	DISPLAY
Time ▲	"0000 000 000"
Time ▼	"1111 111 111"
Level ▲	"2222 222 222"
Level ▼	"3333 333 333"
Workout Profile	"4444 444 444"
Enter	This will toggle to the next diagnostic state
CT Reverse	"5555 555 555"
Quick Start	"6666 666 666"
Clear/Pause	"7777 777 777"
Cool Down	"8888 888 888"

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor

Diagnostic State 4 - Magnet Position



Upon entering the magnet test, the Cool Down LED is lit. The Message Center displays 3 different numeric values.

The left side number represents the “DESIRED” EDDY current or MAGNETIC position and ranges from 21 to 256

The center number represents sitting or level 1-20. The right side number represents the “ACTUAL” magnet position and ranges from 1 to 256. If the system determines that the motor is not responding properly, the display show “88:88 888 888” and beeps to indicate a motor control error. Power will be removed from the motor in order to prevent damage. Power must be removed from the console to clear the error.

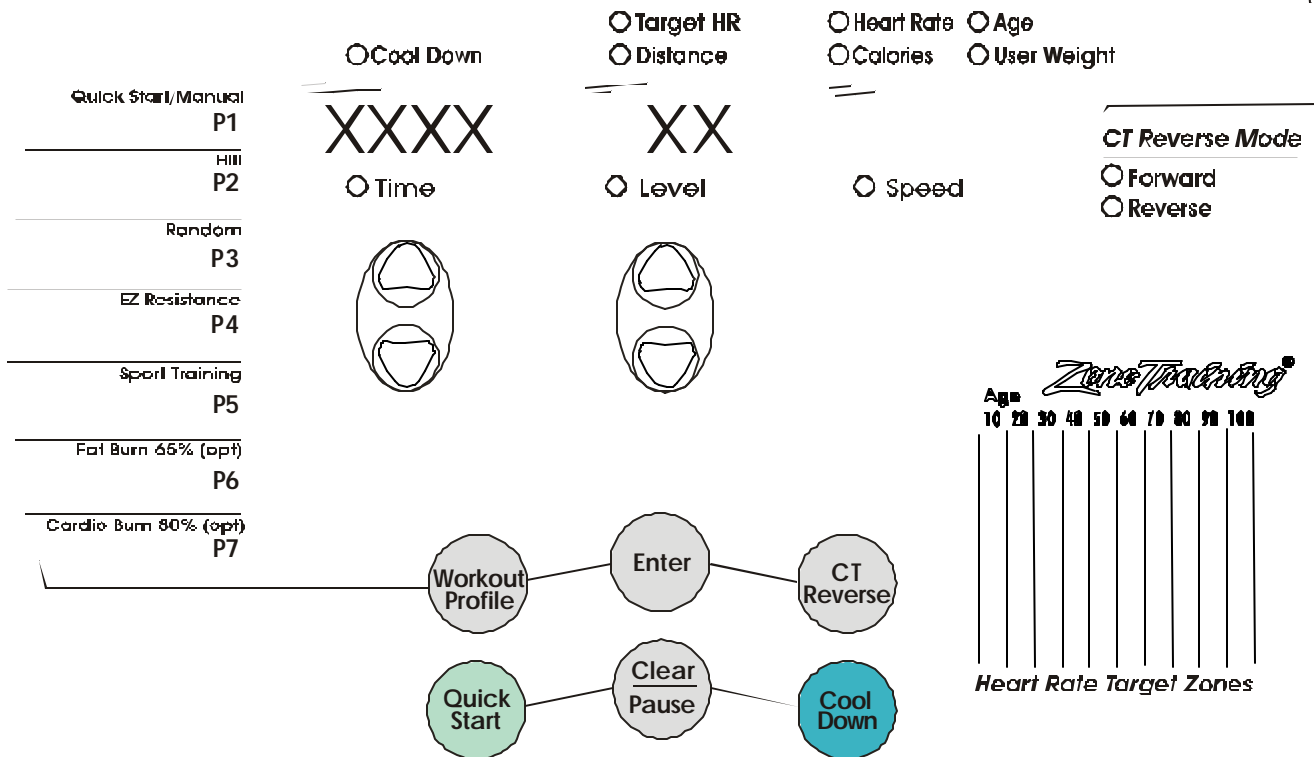
Pressing the Level(▲) button will activate the motor and move the magnets as to increase resistance. The center display will show the Resistance setting, the other 2 displays will show the associated desired and actual position of the magnets.

Pressing the Level(▼) button will activate the motor and move the magnets as to decrease resistance. The center display will show the Resistance setting, the other 2 displays will show the associated desired and actual position of the magnets.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor

Diagnostic State 5 - Run Time

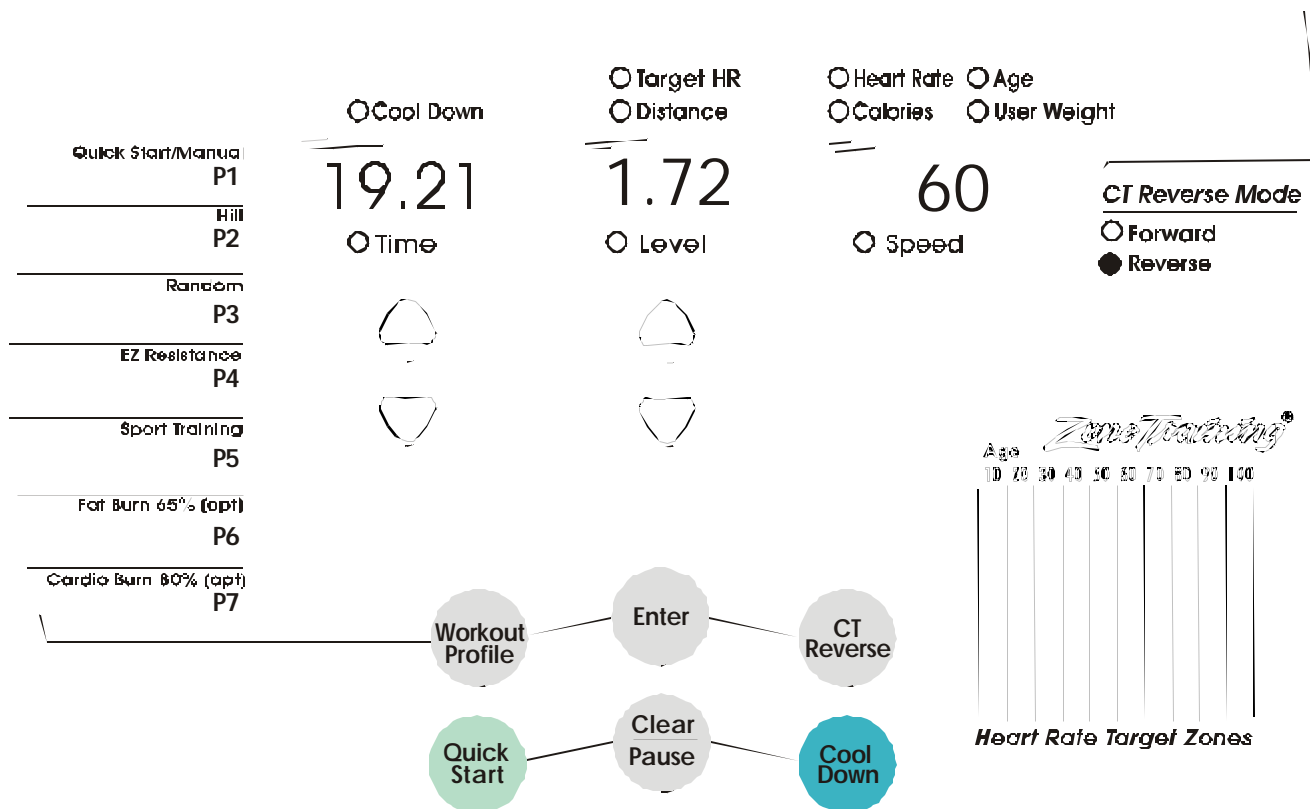


Displays the total accumulated Time used. The left hand 4 digits will show accumulated hours up to 9999 and the center 3 digits of the display will show accumulated minutes up to 59.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

Diagnostic Mode For Standard Monitor

Diagnostic State 6 - Photo Shoot Mode



This State places the monitor displays in a static state, which simulates a user's workout showing:

- The Time the LED will be lit, and the TIME display will show 19:21
- The Distance LED will be lit, and the DISTANCE display will show 1.72
- The Speed LED will be lit, and the SPEED display will show 60
- The CT reverse LED will be lit

SECTION III

HOW TO... SERVICE AND REPAIR GUIDE

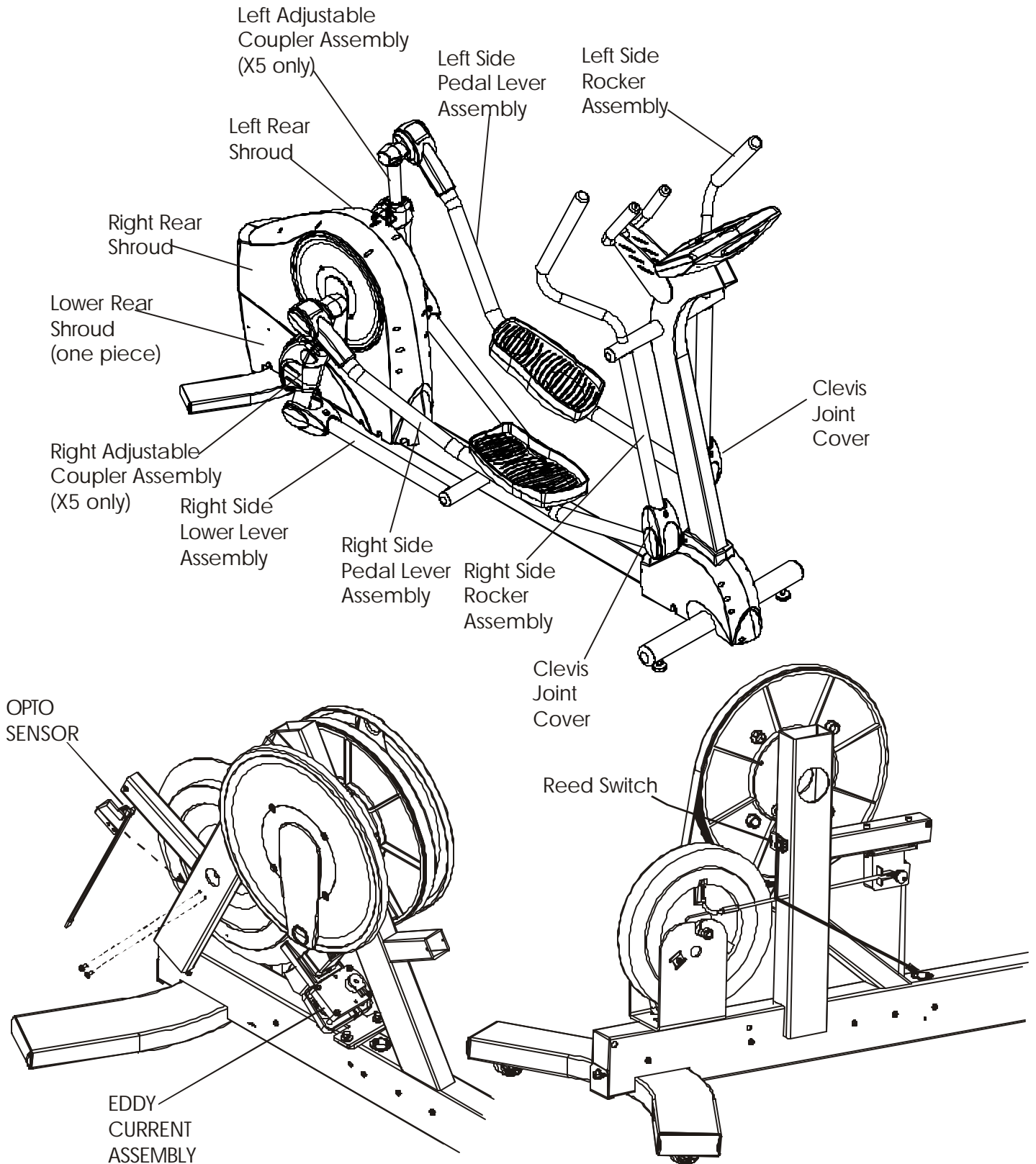
NOTES

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Service and Repair Guide

Special Service Tools Required: NONE

NOTE: During service and repair, refer to the illustrations below to aid in parts identification.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

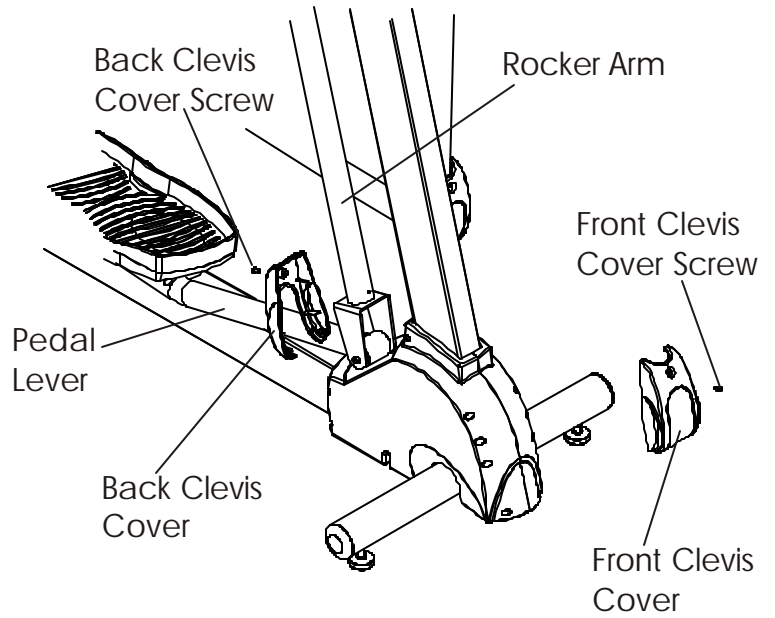
How To... Replace the Side Shrouds

Special Service Tools Required: NONE

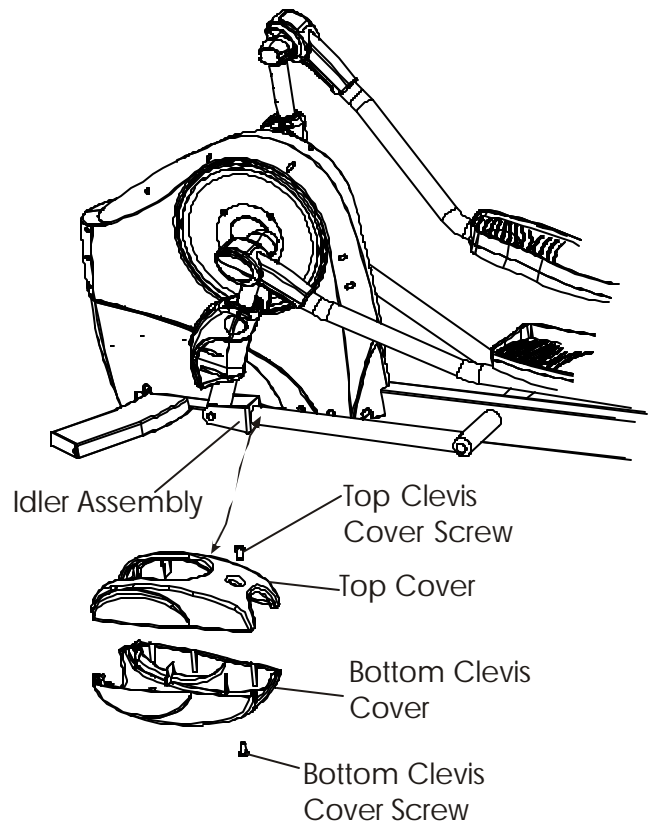
Note: Throughout this procedure, version X5 and X5i are illustrated.

Note: To replace either of the Side Shroud requires removal of the Pedal Link and Crank Arm Assembly. Directly mounted under the Side Shrouds, is a one piece, Lower Rear Shroud, which is replaceable without removing the Side Shrouds.

1. Remove the Clevis Joint Covers from the front of the Pedal Lever, and then remove the Bolt and Nut securing the front end of the Pedal Lever to the Rocker Arm clevis. Lower the Pedal Lever to the ground.



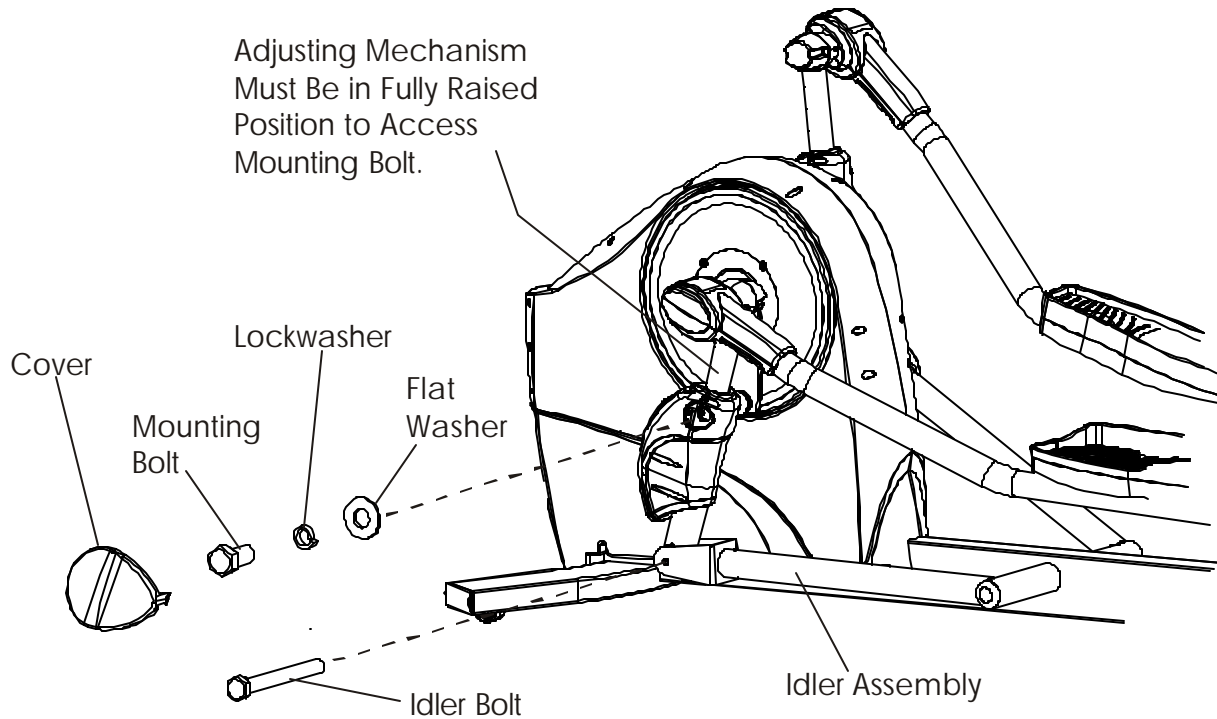
2. Remove the Clevis Covers from the Idler Assembly.



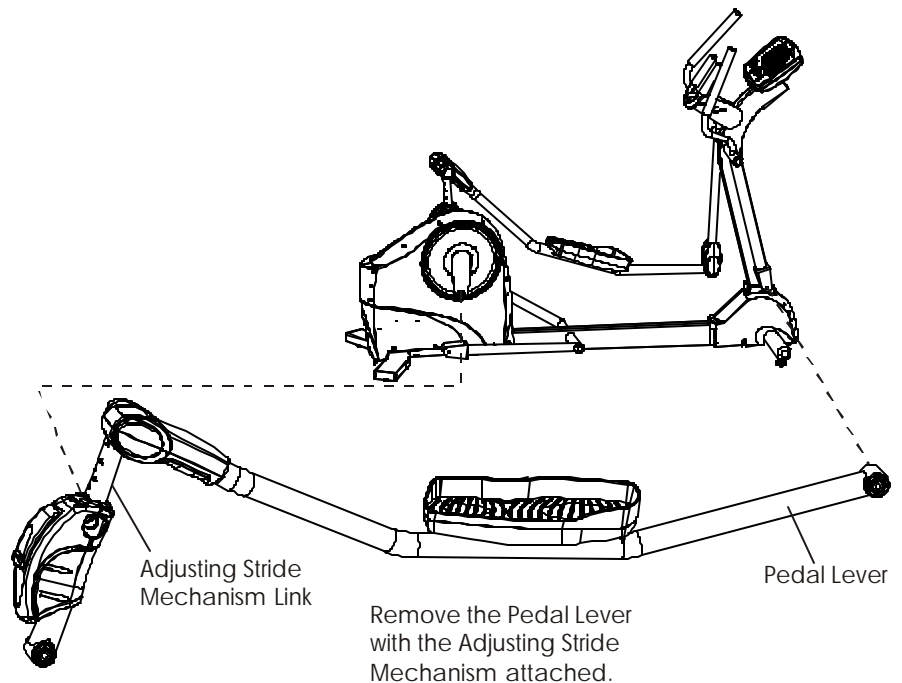
Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Side Shrouds - Continued

Special Service Tools Required: NONE



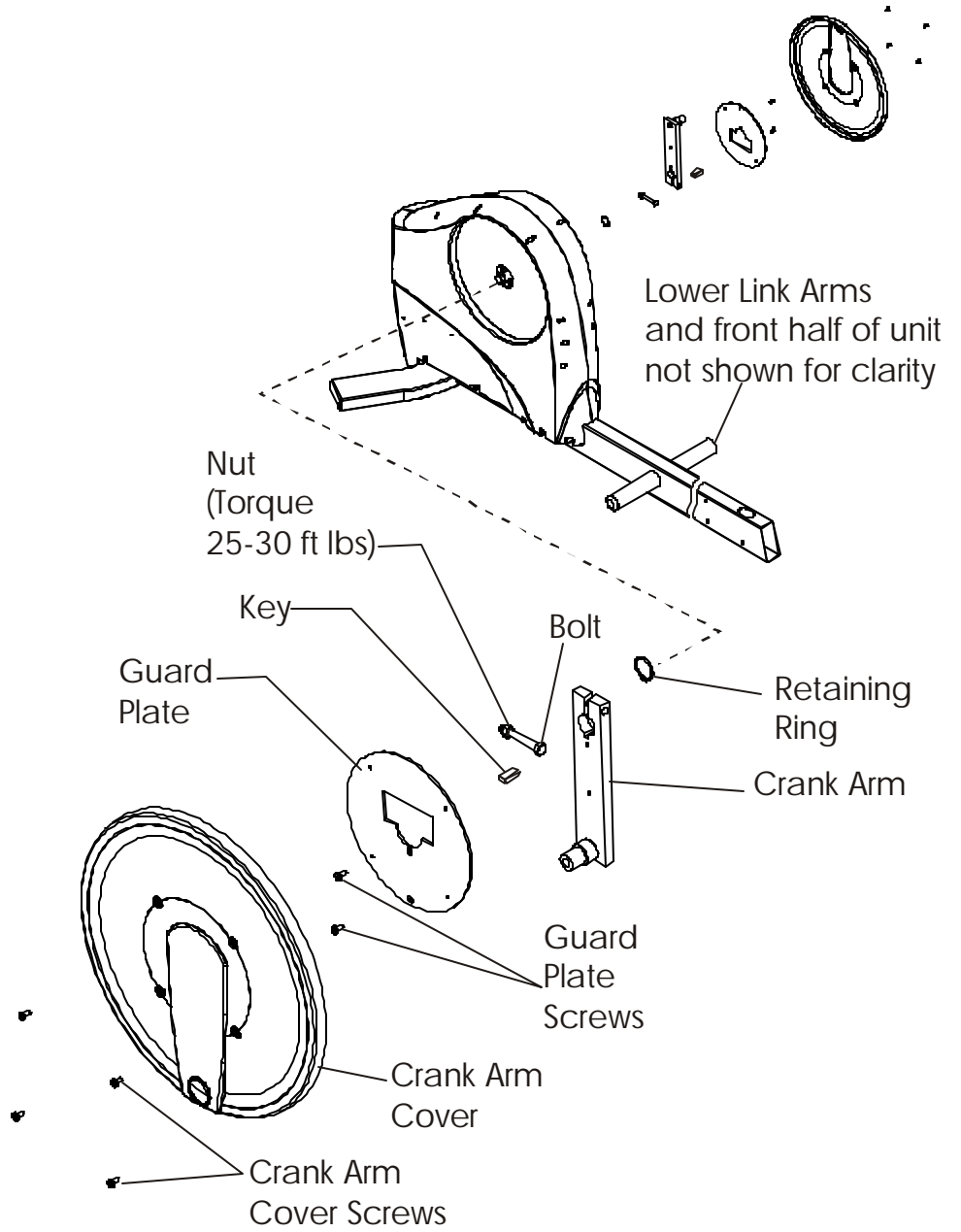
3. Remove the Bolt and Nut securing the Idler Assembly to the Coupler Assembly.
4. Remove the Cover, Bolt, Lock Washer, and Flat Washer securing the Coupler Assembly to the Crank Arm.
5. Remove the Pedal Lever with the Adjusting Stride Mechanism Link attached.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers
How To... Replace the Side Shrouds - Continued

Special Service Tools Required: NONE

- 6. Remove the Crank Arm Cover, Guard Plate, and Crank Arm from the Crank Shaft.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

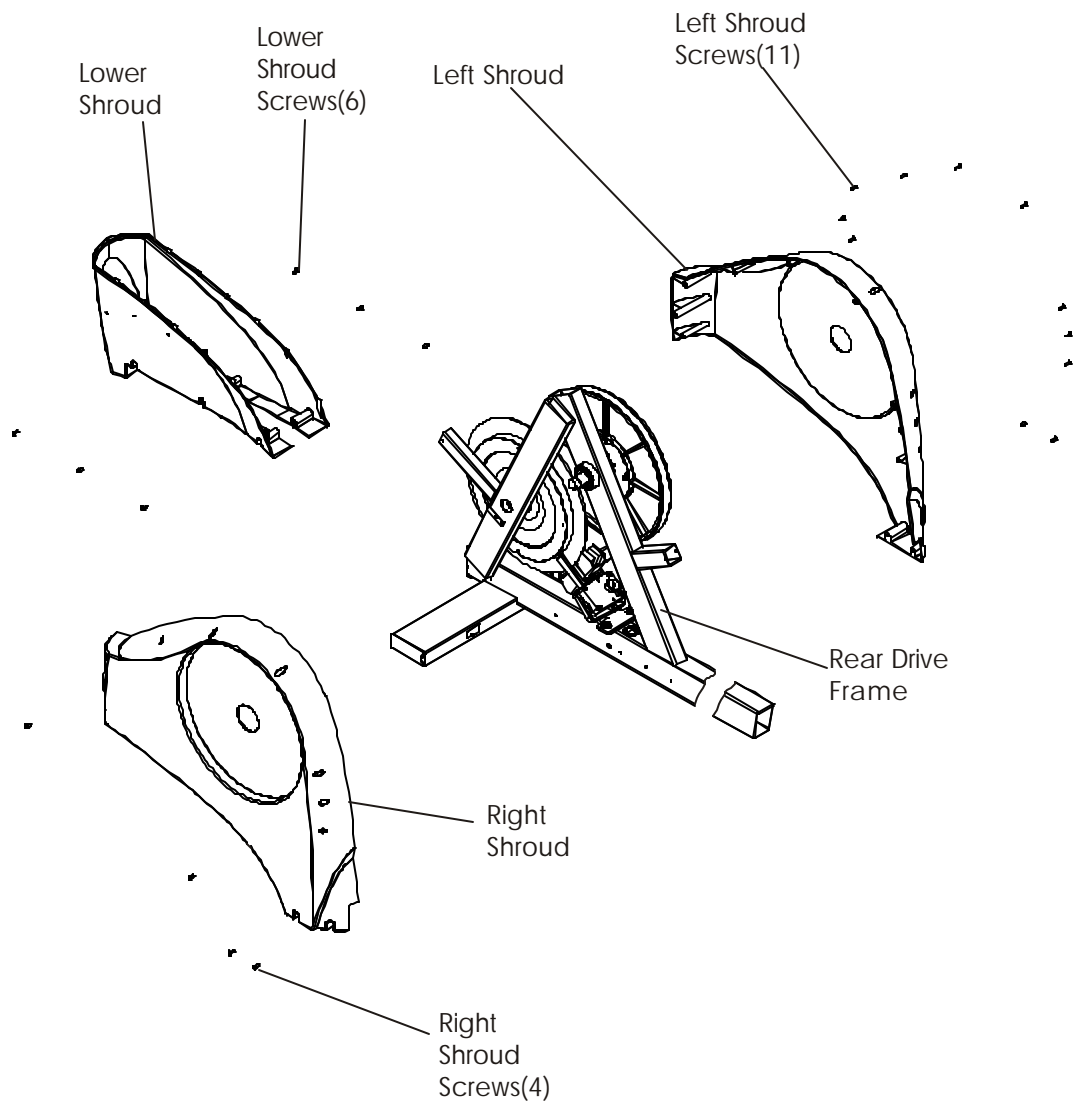
How To... Replace the Side Shrouds - Continued

Special Service Tools Required: NONE

- Remove the side shrouds. The left Shroud is held in place by eleven screws, while four screws hold on the right Shroud. The Lower Shroud is held in place by six screws.

- Install Shrouds in reverse order.

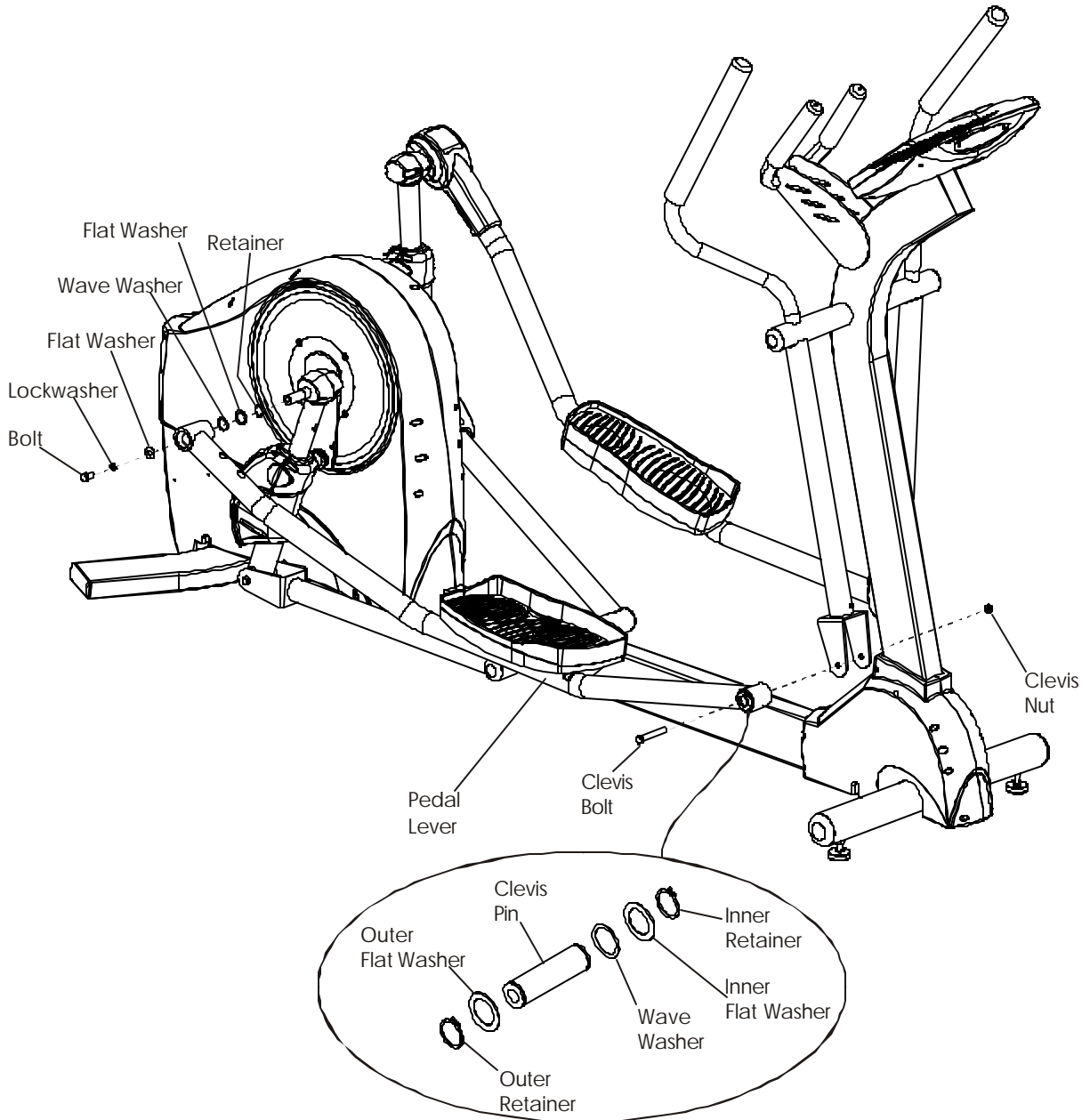
Note: The Side Shrouds do not require removal in order to remove the Lower Shroud.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Pedal Lever Components

Special Service Tools Required: NONE

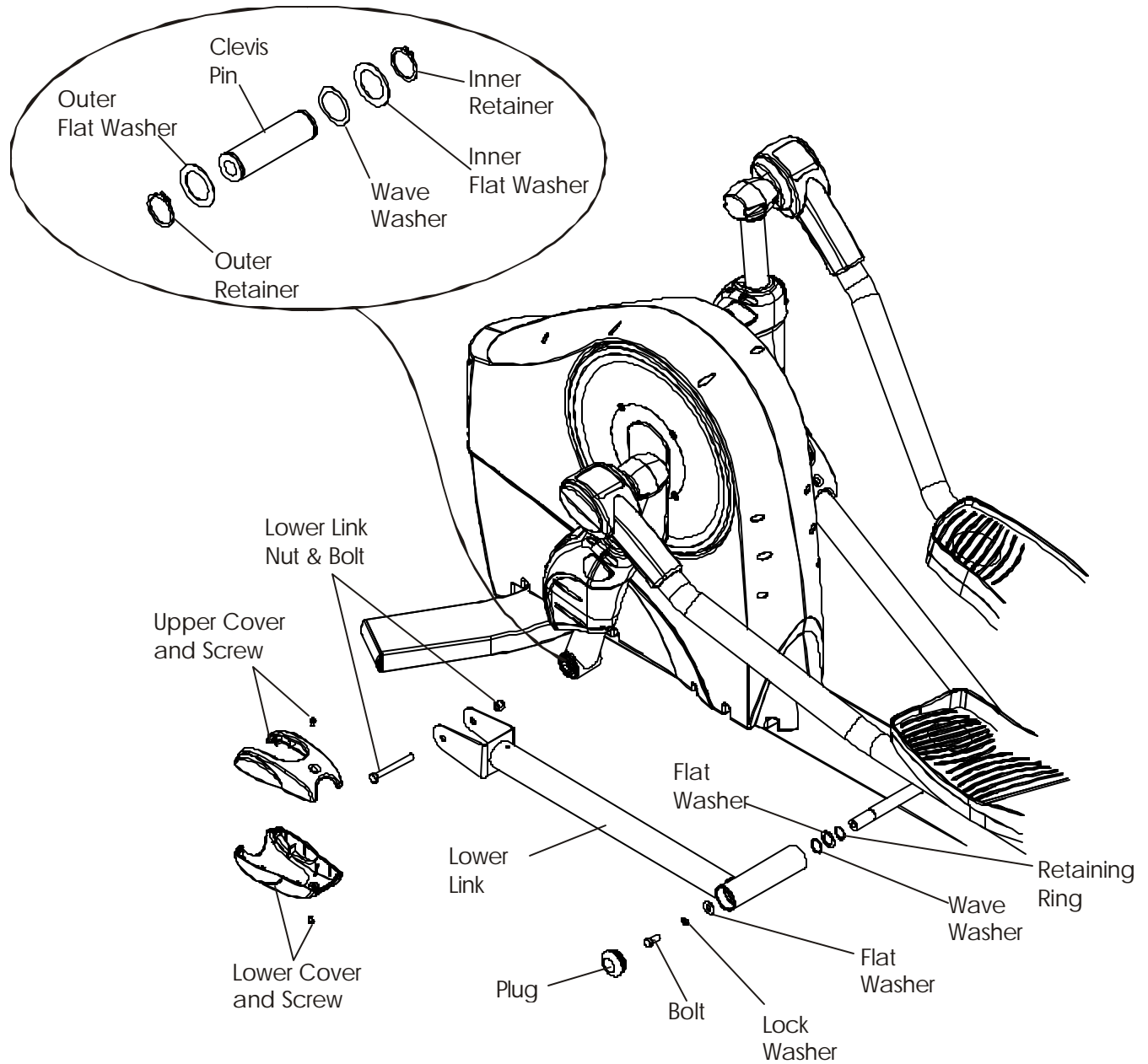


1. Remove the front and rear Clevis Covers, and then remove the Pedal Levers.
2. At the front end of the Pedal Lever, remove the Outer Retainer and then remove remaining components as shown.
3. At the rear end of the Pedal Lever, remove the Nut, Lock Washer, and Flat Washer, and then remove remaining components as shown.
4. Install in reverse order.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Idler and Coupler Assembly Components

Special Service Tools Required: NONE

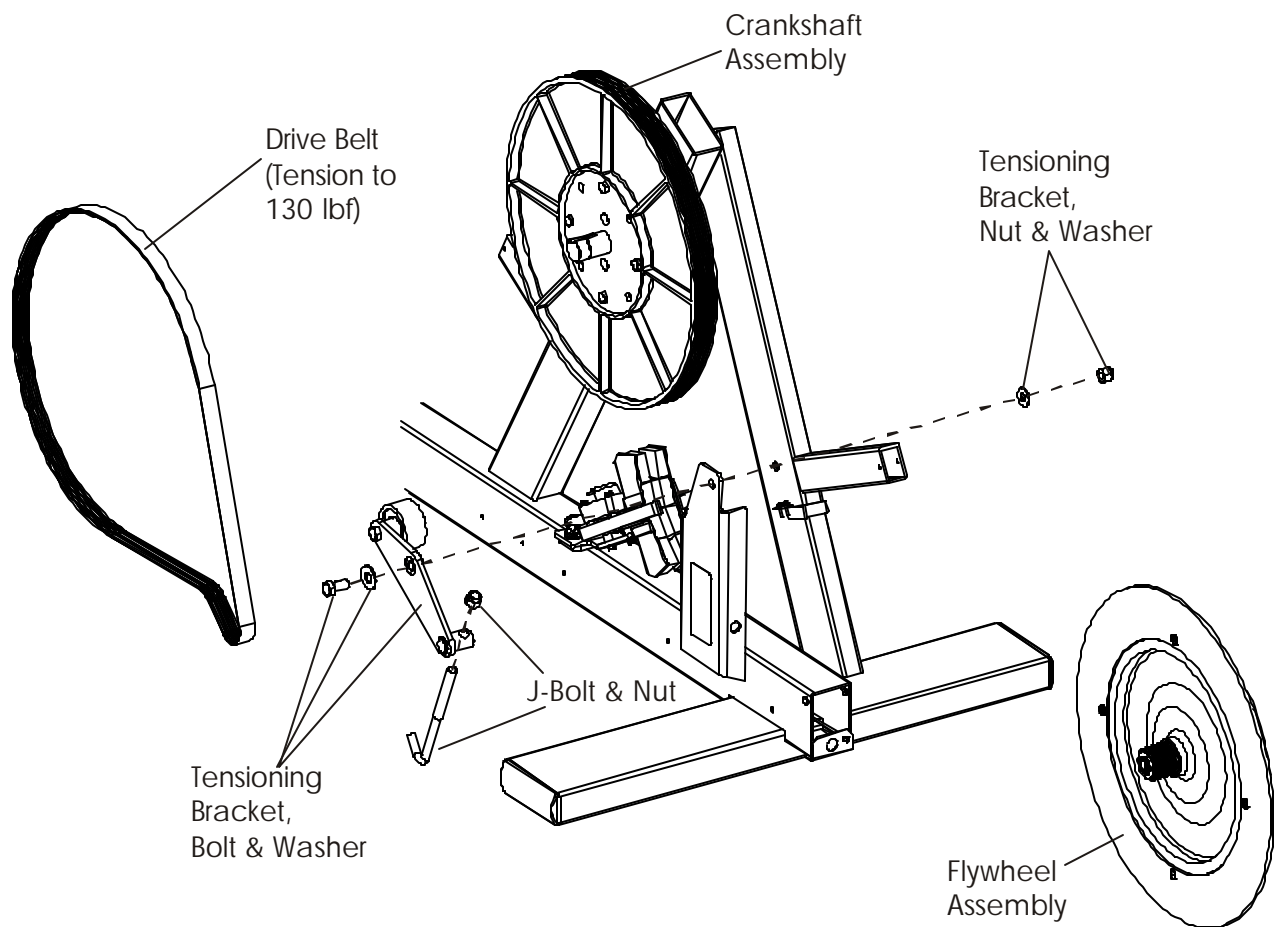


1. Remove the Lower Rear Clevis Covers and then remove the Lower Link.
2. At the front end of the Lower Link, remove the Plug, Bolt, and Lock Washer and then the remaining components as shown.
3. At the rear end of the Lower Link, remove the Retaining Ring and then remove remaining components as shown.
4. Install in reverse order.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Drive Belt and Flywheel Assembly - Version 1

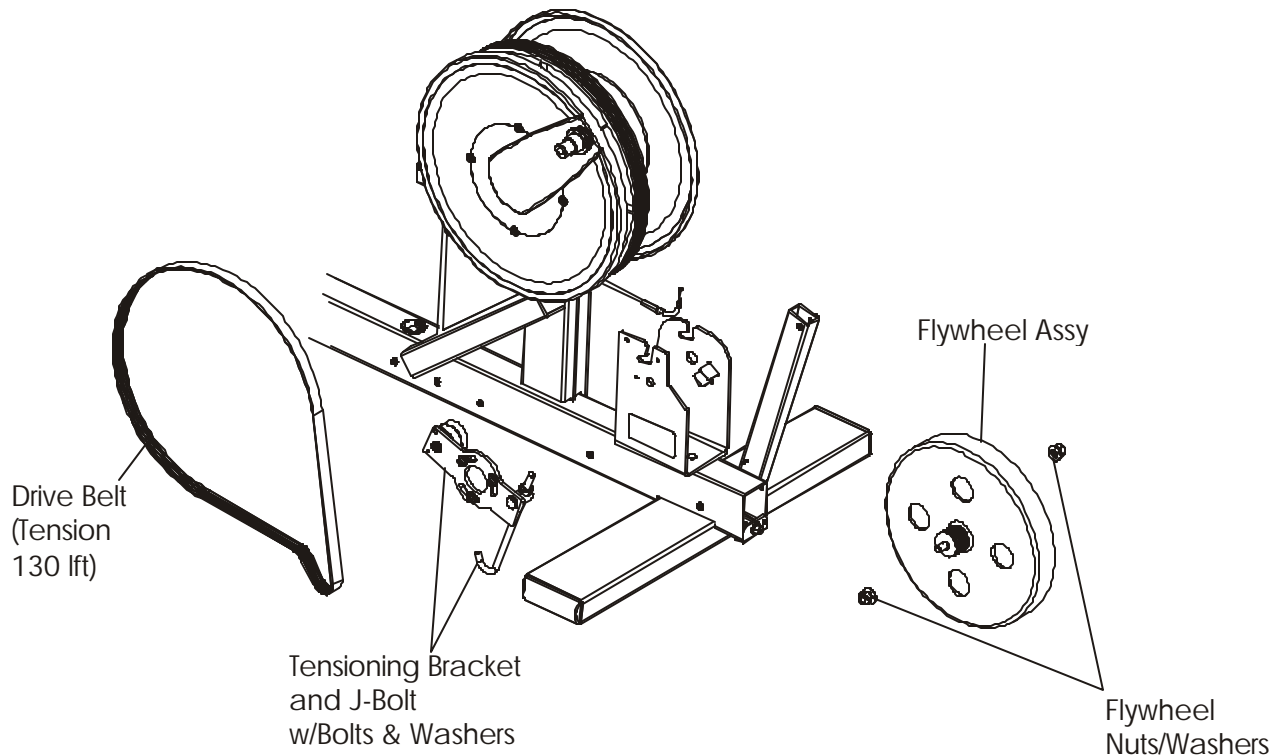
Special Service Tools Required: NONE



1. Remove the Side Shrouds and Lower Shroud. See "How To..." in this section.
2. Loosen the J-Bolt nut until the Drive Belt is slackened.
3. Hold onto the Flywheel Assembly, and then remove the Tensioning Bracket Bolt, Nut, and Washers.
4. Lower the Flywheel Assembly, and then remove the Drive Belt.
5. Install new Drive Belt in reverse order.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers How To... Replace the Drive Belt and Flywheel Assembly - Version 2

Special Service Tools Required: NONE



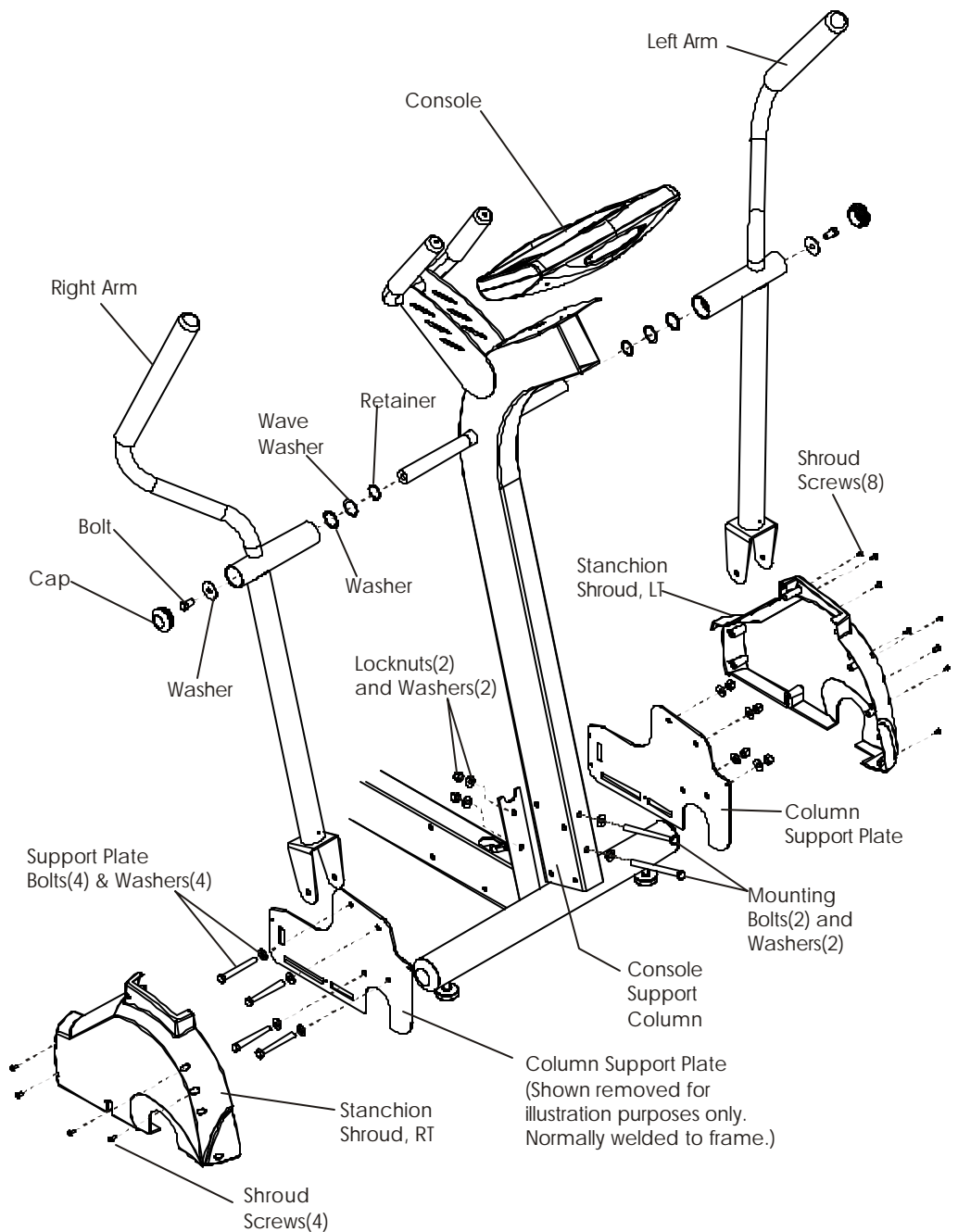
1. Remove the Side Shrouds and Lower Shroud. See "How To..." in this section.
2. Loosen the J-Bolt nut until the Drive Belt is slackened.
3. Remove the Tension Bracket with J-Bolt.
4. Remove the Nut and Washer securing each side of the Flywheel, and then lift out the Flywheel.
5. Remove the Drive Belt from the Pulley.
6. Install new Drive Belt in reverse order. Make sure to tension belt to 130 lft.

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Console Support Column

Special Service Tools Required: NONE

1. Remove the Console from the Console Support Column. See "How To..." in this section.
2. Remove the Cap, Bolt, and Washer from the left and right User Arms. Note the location of the Wave Washers.
3. Remove the front Clevis Covers and disassemble the user Arms from the Pedal Levers.
4. Remove the user Arms.
5. Remove the Stanchion Shrouds from the Column Support Plate.
6. Remove the mounting bolts securing the Column to the Frame, and remove the column by lifting upwards.
7. Install new Console Support Column in reverse order being careful not to pinch wire harness.

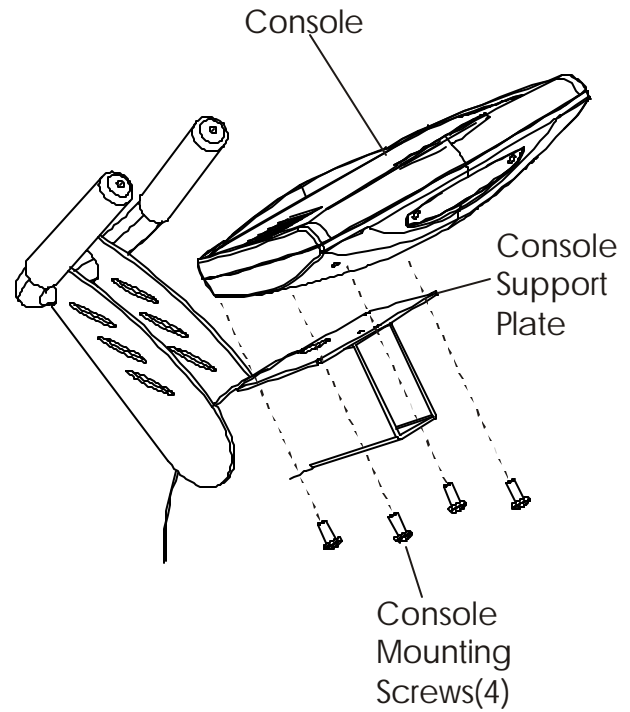


Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Console Assembly

Special Service Tools Required: NONE

1. Remove the four Console Mounting Screws from the back of the Console Support Plate.
2. Lift the Console up enough to disconnect the cable connections.
3. Install the new Console in reverse order.



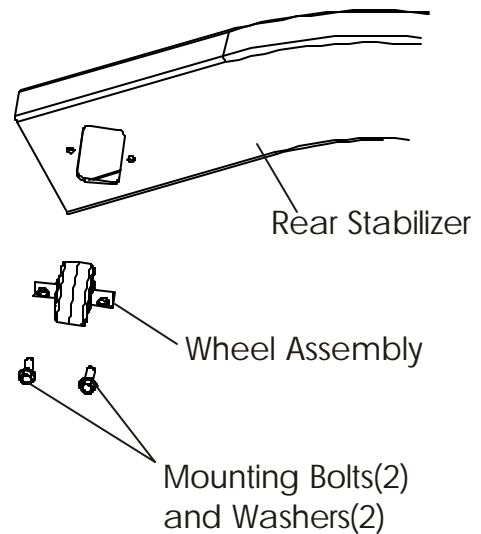
Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

How To... Replace the Rear Wheels & Front Levelers

Special Service Tools Required: NONE

Rear Wheels

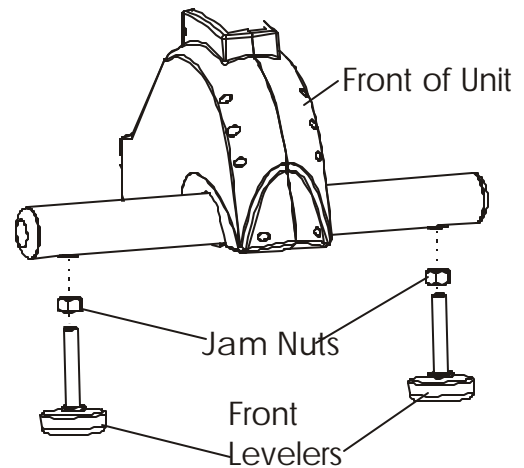
1. Remove two mounting bolts and washers securing the Wheel Assembly to the Rear Stabilizer.
2. Remove the Wheel Assembly from the Rear Stabilizer and discard.
3. Install new Wheel Assembly in reverse order.



Front Levelers

1. Loosen the Jam Nut.
2. Unscrew the front Leveler.
3. Install new leveler in reverse order. Make sure the unit is absolutely leveled, after which make sure to retighten the Jam Nuts.

Note: It is critical to proper unit operation that the unit be leveled.

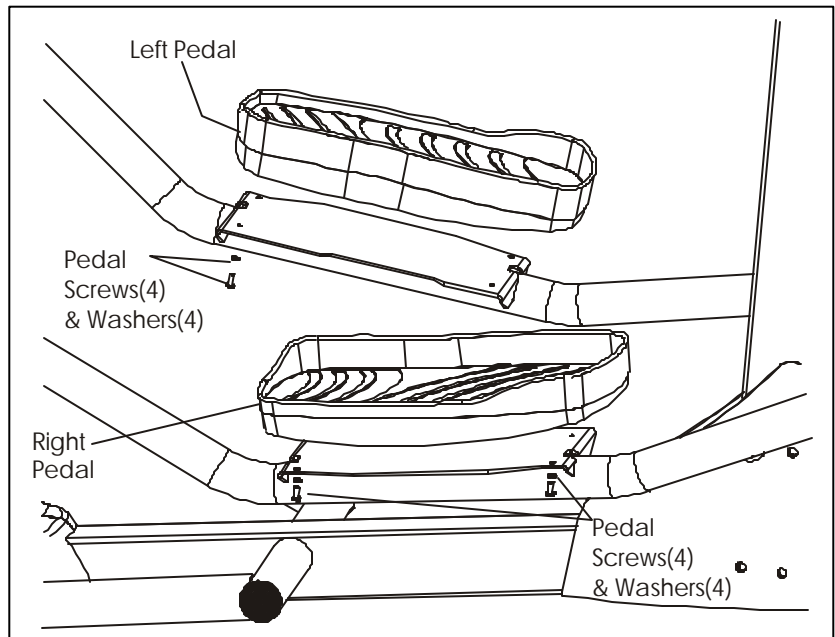


How To... Replace the Pedals

Special Service Tools: NONE

1. Each pedal is secured by screws(4) and washers(4), which are located under pedal. Remove these screws and washers, and then lift off the pedal.
2. Install new pedals in reverse order.

Note: New screws will come with pedals.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers **How To... Replace the Eddy Current Assembly - Version 1**

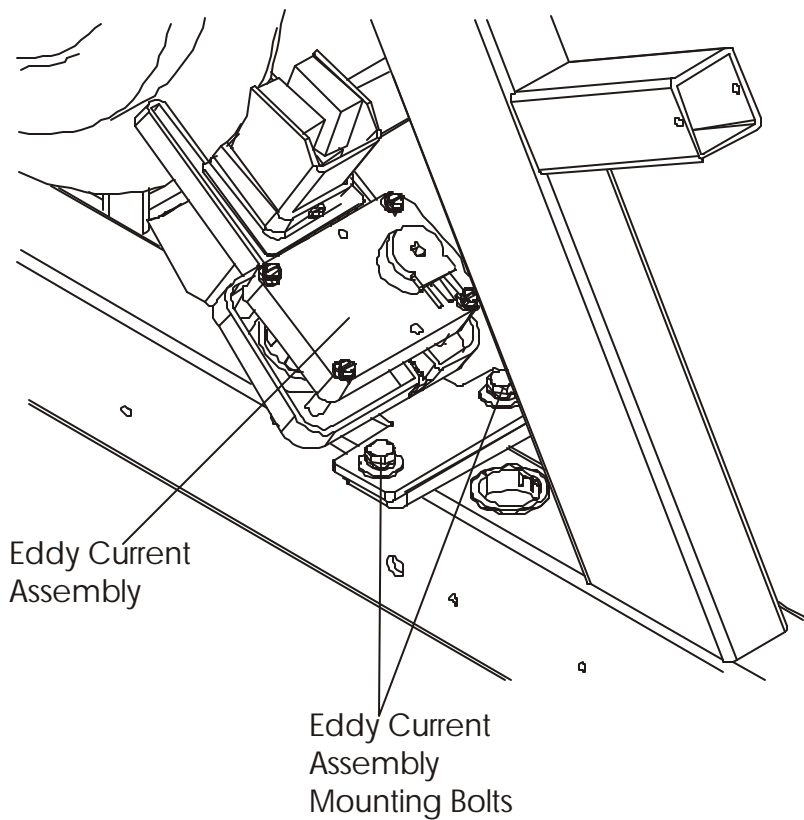
Special Service Tools Required: NONE

Remove the side shrouds. See "How To..." in this section.

Disconnect the wiring cable.

Remove two Mounting Bolts and lift out the Eddy Current Assembly.

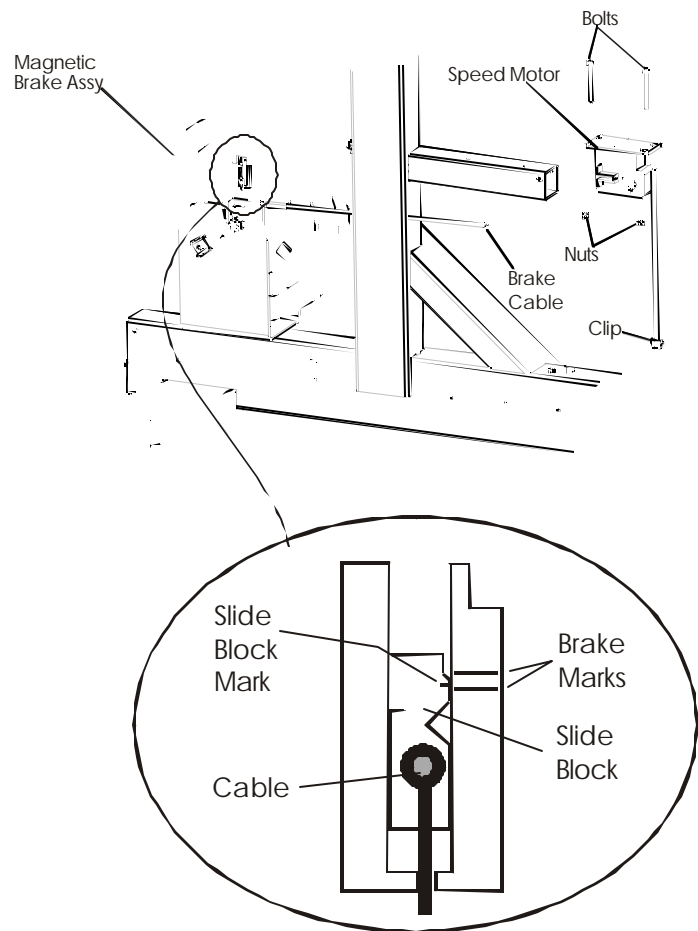
Install new Eddy Current Assembly in reverse order.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers How To... Replace the Speed Motor Assembly - Version 2

Special Service Tools Required: NONE

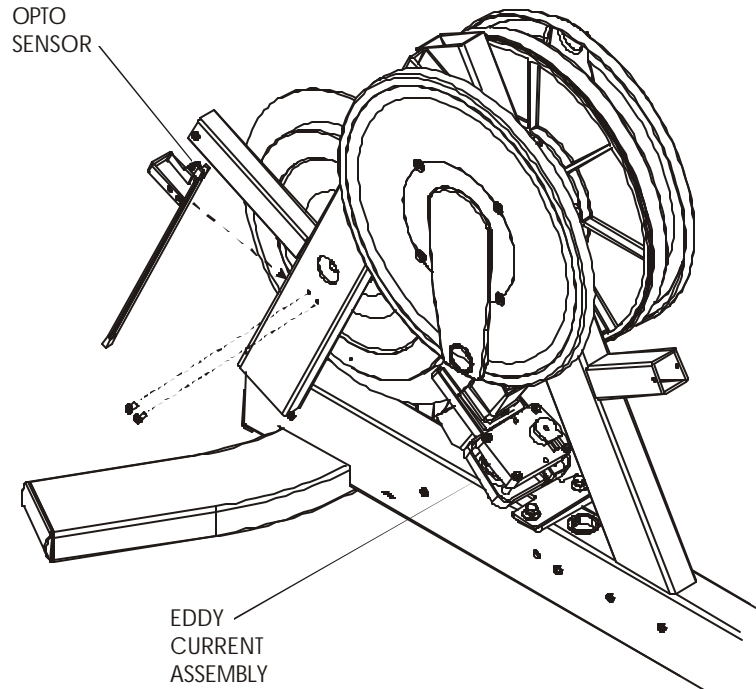
1. Remove the Side Shrouds. See "How To..." in this section.
2. Disconnect the Brake Cable from the Magnetic Brake, and then from the Speed Motor.
3. Remove the mounting Bolts and Nuts from the Speed Motor.
4. Disconnect the wire harness.
5. Install new **Speed Motor** in reverse order.
6. Apply power to unit, which will automatically set unit level at 1.
7. Using the cable adjuster, set the mark on the slide block so that it is positioned between the two marks on the magnetic brake.
8. Using Diagnostic State 4, run resistance to maximum level, and then back down to level #1. If no motor error message appears, the unit is set properly. If motor error message appears, then repeat Step 7.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers How To... Replace the OPTO Sensor - Version 1

Special Service Tools Required: NONE

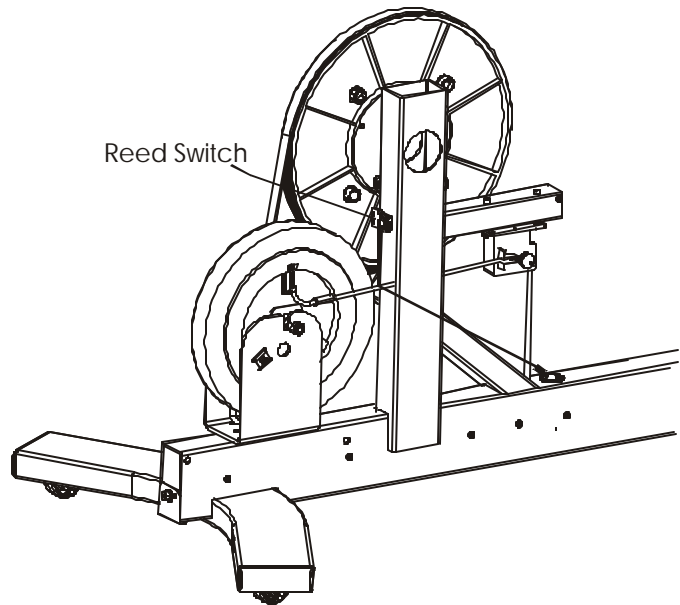
1. Remove the Side Shrouds. See “How To...” in this section.
2. Disconnect the OPTO Sensor Cable from the Lower Frame Cable.
3. Remove the OPTO sensor by removing the two Phillips screws while holding the OPTO Sensor to the frame.
4. Install new OPTO Sensor in reverse order ensuring that the chopper wheel is centered.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers **How To... Replace the Reed Switch - Version 2**

Special Service Tools Required: NONE

1. Remove the Side Shrouds. See "How To..." in this section.
2. Disconnect the Reed Switch from the Lower Frame Cable.
3. Remove the Allen Bolt that mounts the Reed Switch.
4. Install new Reed Switch in reverse order. Set the gap between the edge of the Reed Switch and the face of the magnet holder to 1/8".
5. Verify for proper function by performing a Speed Test in Diagnostic.



Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

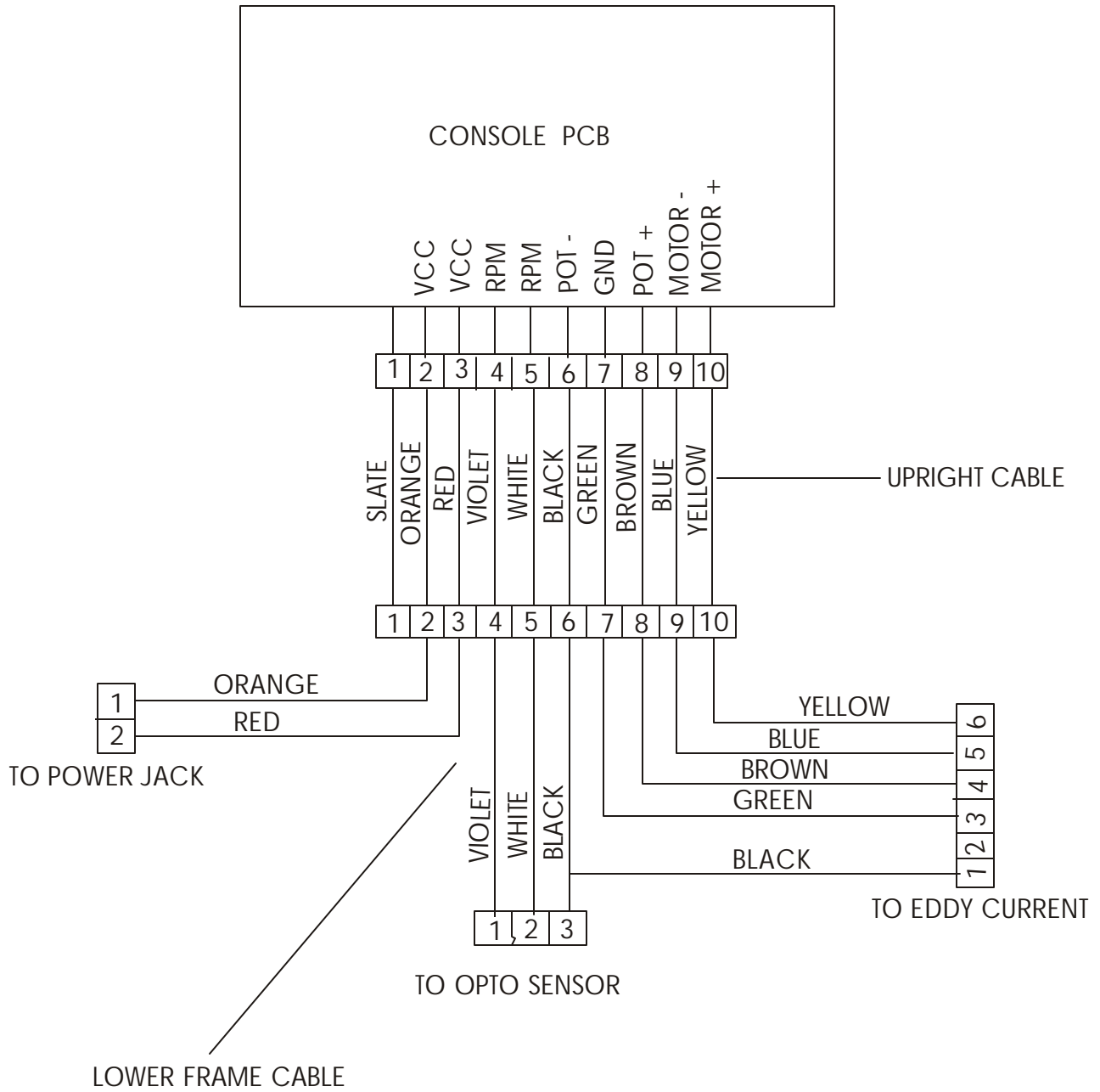
NOTES:

SECTION IV

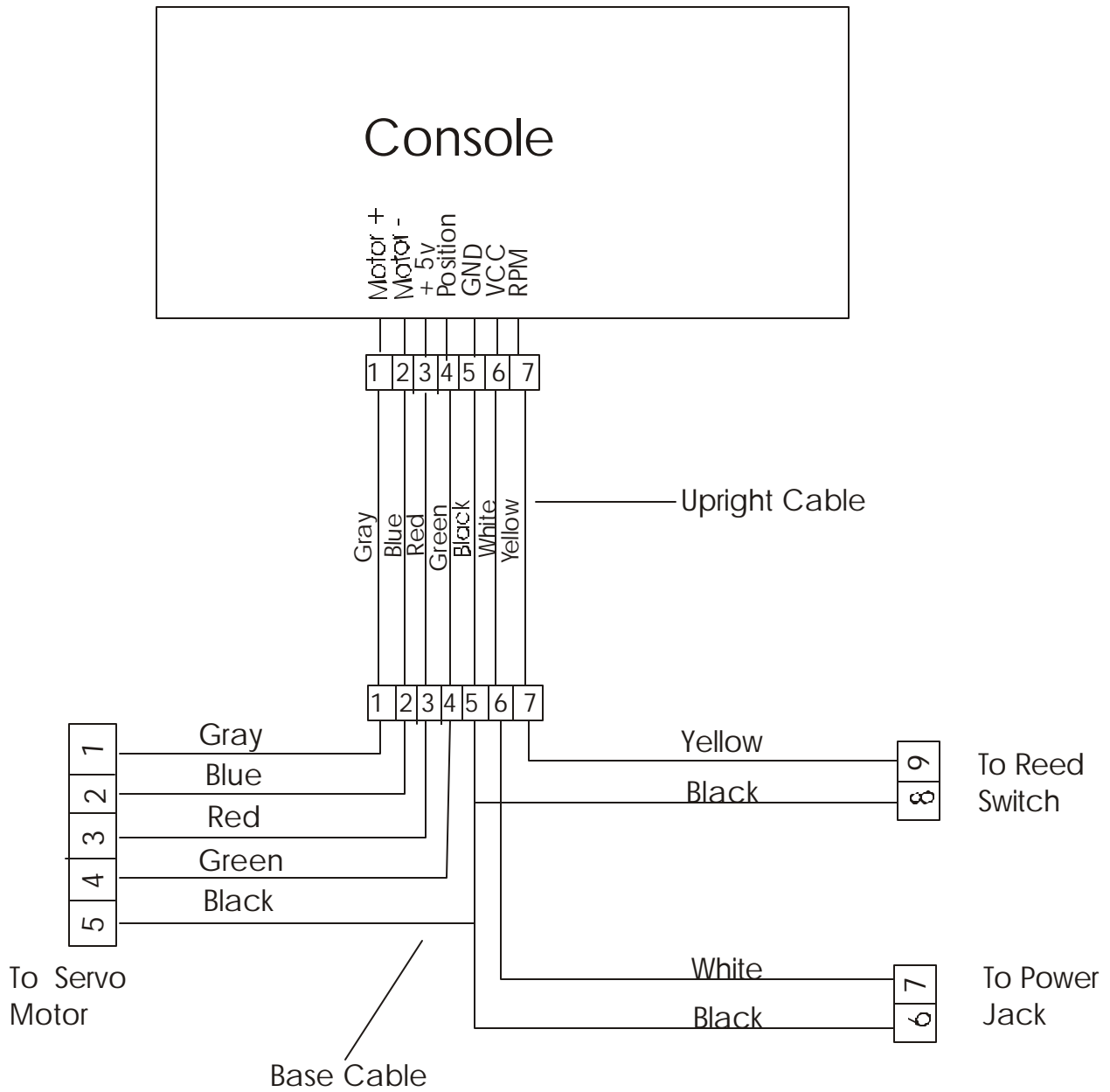
**ELECTRONIC OVERVIEW
AND
WIRING BLOCK DIAGRAM**

NOTES

**Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers
Cables Version 1**



**Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers
Cables Version 2**



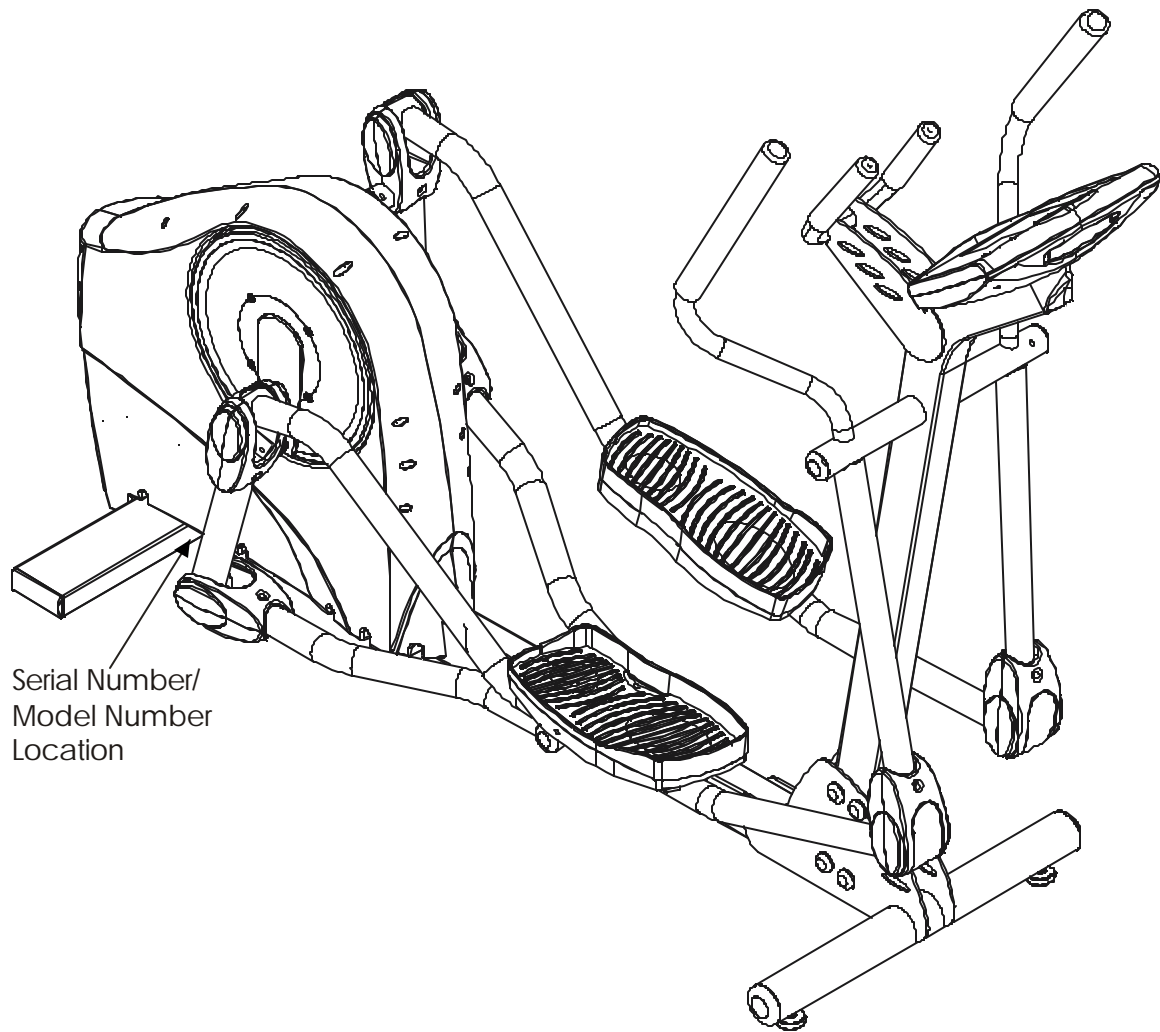
SECTION V

MISCELLANEOUS INFORMATION

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers

NOTES

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers
Serial and Model Numbers



Serial Number/
Model Number
Location

Life Fitness Models X5i, X5, X3i, and X3 Cross-Trainers
PREVENTIVE MAINTENANCE TIPS

Preventive Maintenance Schedule

ITEM	WEEKLY	MONTHLY	QUARTERLY	BI-ANNUAL	ANNUAL
DISPLAY CONSOLE ASSEMBLY					
Hardware				Inspect	
Overlay	Clean			Inspect	
HANDLEBAR ASSEMBLY					
Hardware				Inspect	
Handlebar				Inspect	
FRAME ASSEMBLY					
Hardware				Inspect	
Shrouds	Clean				
Motor Electronic Compartment		Vacuum Clean		Inspect	
Drive Belt				Inspect	
Leg Levelers		Inspect/Adjust			