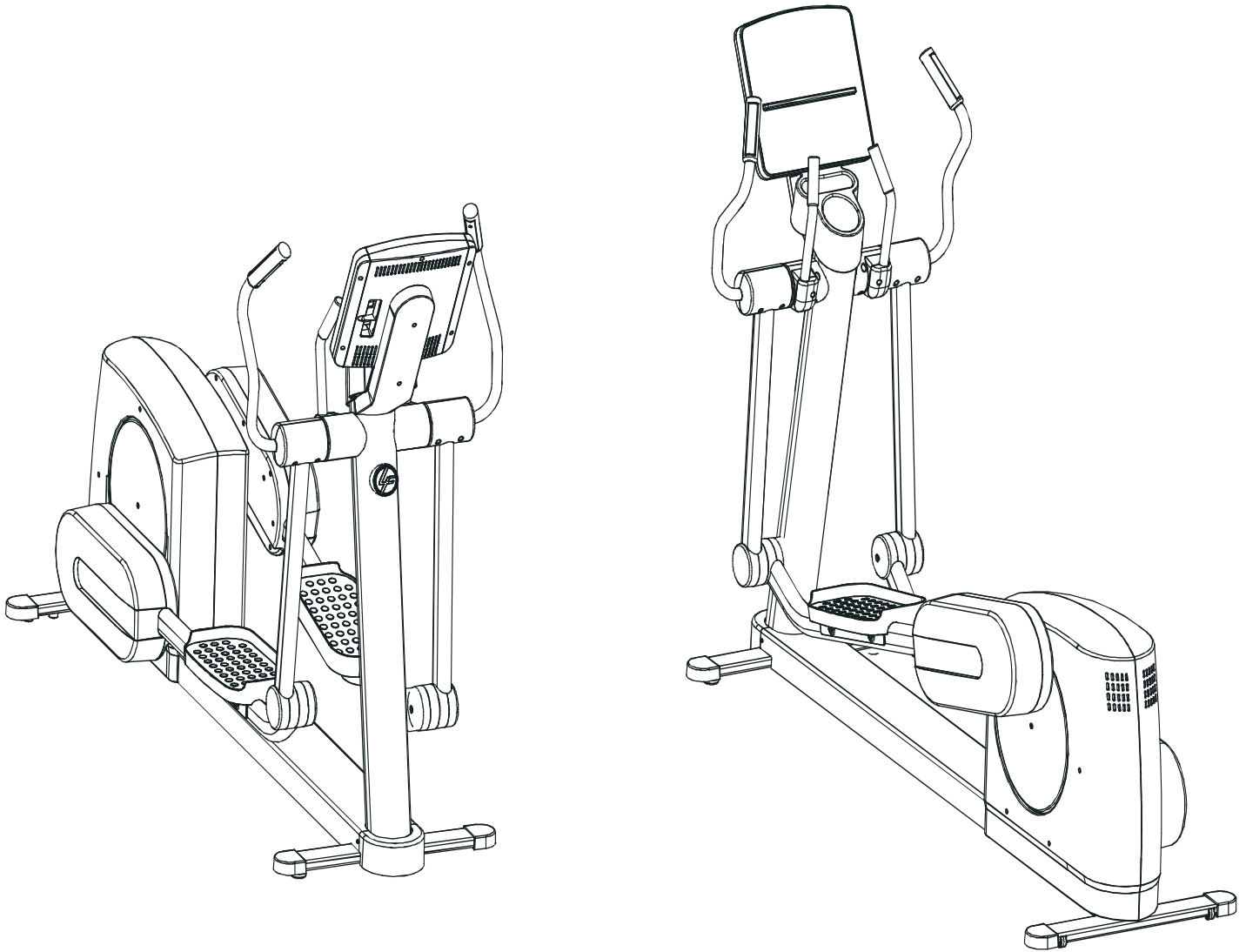


LifeFitness

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



Customer Support Services **PARTS MANUAL** rev 14 Jun 2010

ARCTIC SILVER QUIET DRIVE 90XW
REFERENCES

90XW-0XXX-03
S/N XHB054206148

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
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v	GK62-00002-0020
PLUG IN OPTION 230/50 CONT	GK62-00002-0021
POWER CABLE W/BRACKET ASSY. ASSEMBLY CONSISTS OF: 1) COAX CABLE 2) POWER EXTENSION CABLE 3) ACCESS PANEL BRACKET 4) F TYPE CONNECTOR 5) PLASTIC GROMMET (QTY. 2)	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 OK62-01179-0001 0017-00021-2846 0017-00042-0754
HARDWARE BAG	AK62-00152-0001

**NOTE: ADDING THE BOLT ON LCD SCREEN TO THE
90XW-0XXX-03 MAKES THE UNIT A 90XER-0XXX-03.**

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Note: The 90XW has Telemetry only.

ARCTIC SILVER QUIET DRIVE 90XW
Console Support & Deadshaft Covers

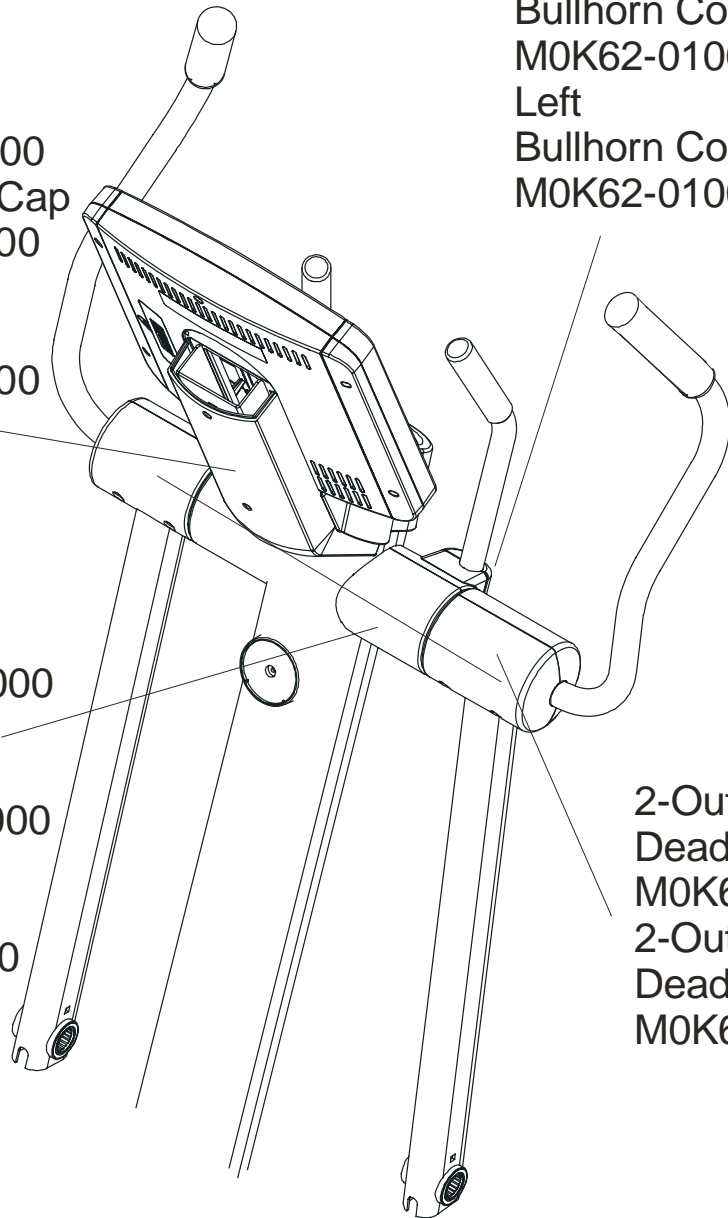
90XW-0XXX-03
S/N XHB054206148

Console Support
MAK62-00123-0000
Console Support Cap
M0K62-01030-0000
Console Support
Shroud
M0K62-01023-0000

Right
Bullhorn Cover
M0K62-01007-0001
Left
Bullhorn Cover
M0K62-01008-0001

Right Inside
Deadshaft Cover
M0K62-01010-0000
Left Inside
Deadshaft Cover
M0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000

2-Outside Front
Deadshaft Cover
M0K62-01013-0000
2-Outside Rear
Deadshaft Cover
M0K62-01012-0000

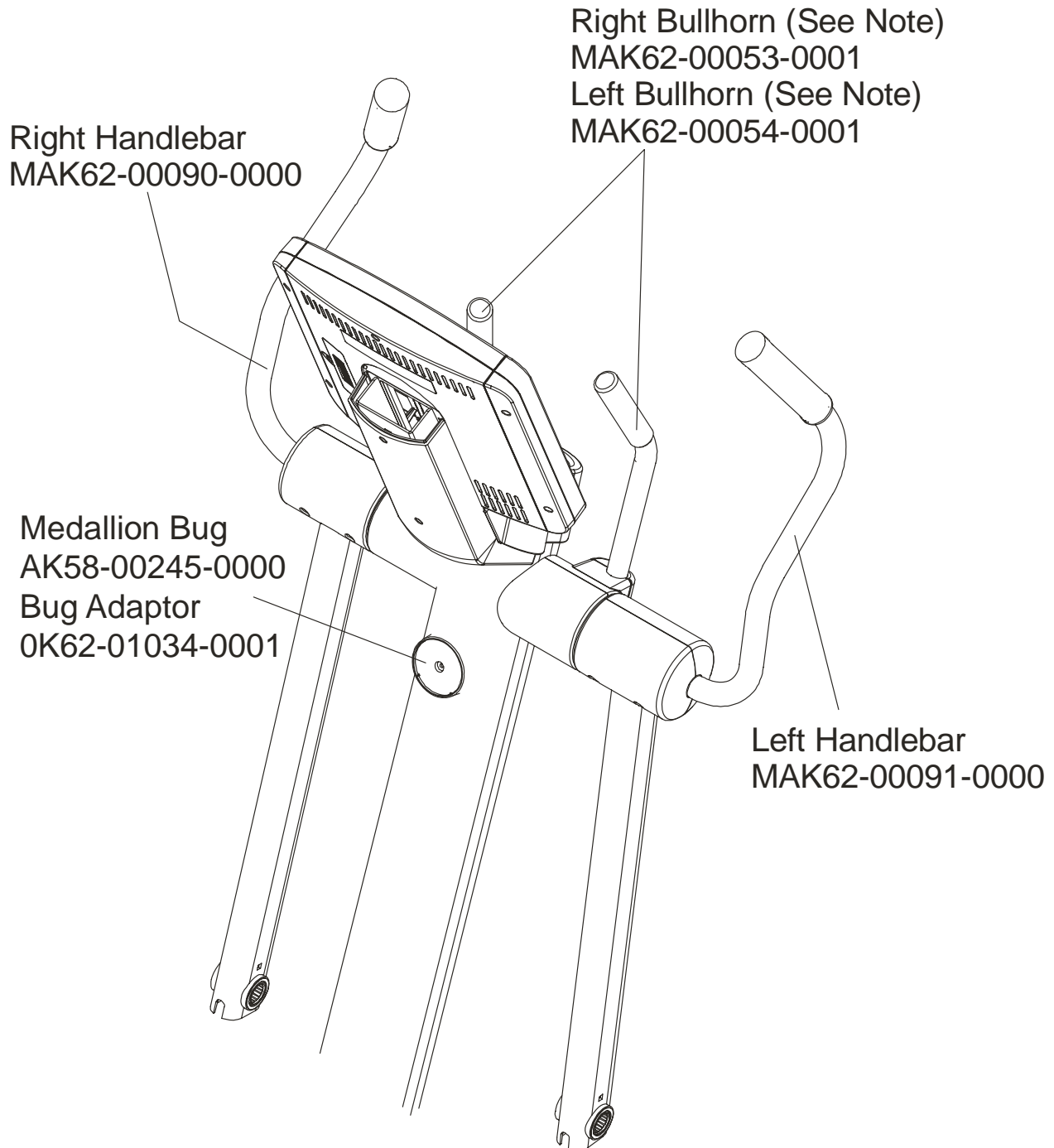


ARCTIC SILVER QUIET DRIVE 90XW

Handlebars and Bullhorns

90XW-0XXX-03

S/N XHB054206148

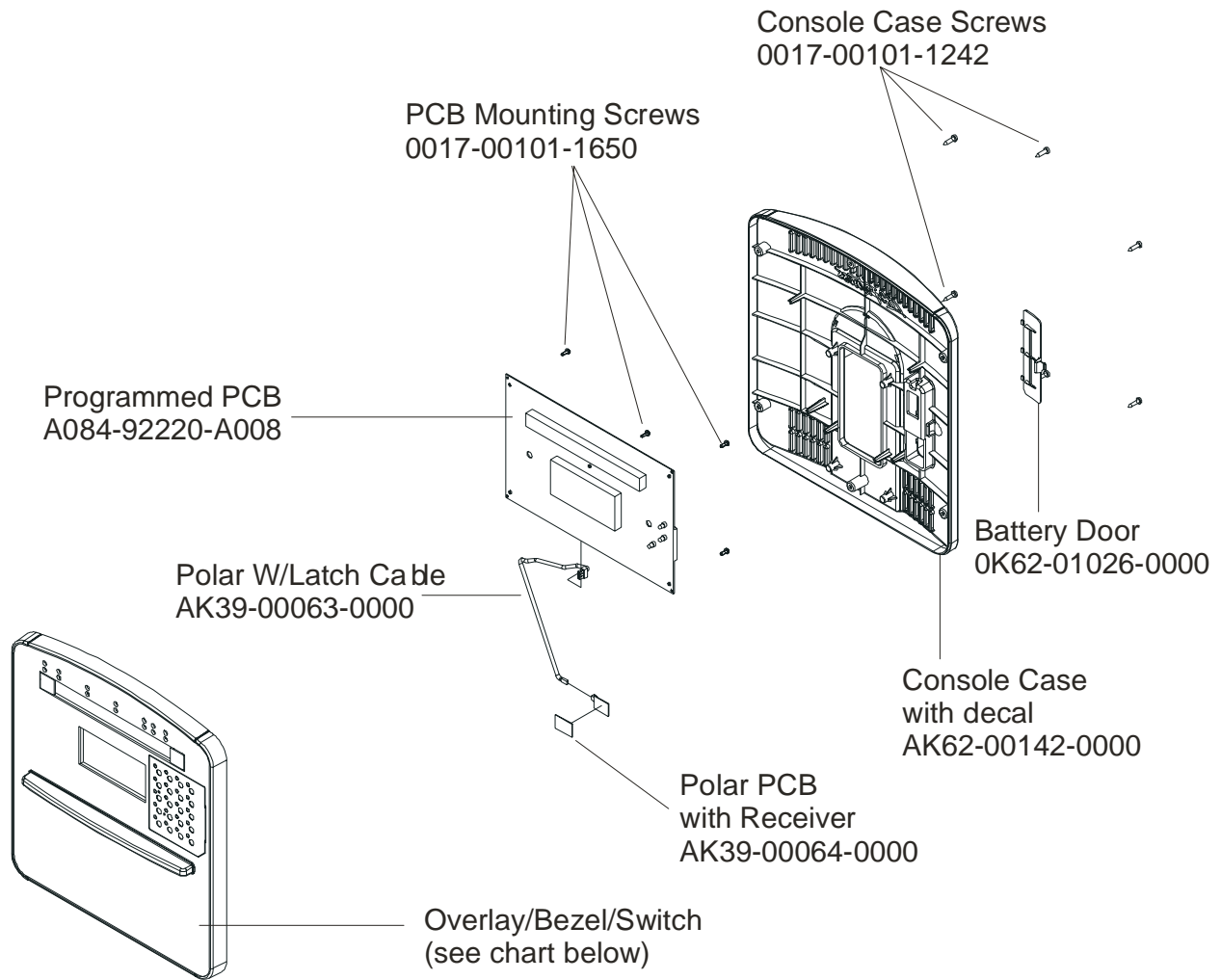


NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, M0K62-01136-0000 Grip, and M0K62-01199-0000 Gasket.

NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, M0K62-01136-0000 Grip and M0K62-01199-0000 Gasket

ARCTIC SILVER QUIET DRIVE 90XW
Console & Related components

90XW-0XXX-03
S/N XHB054206148

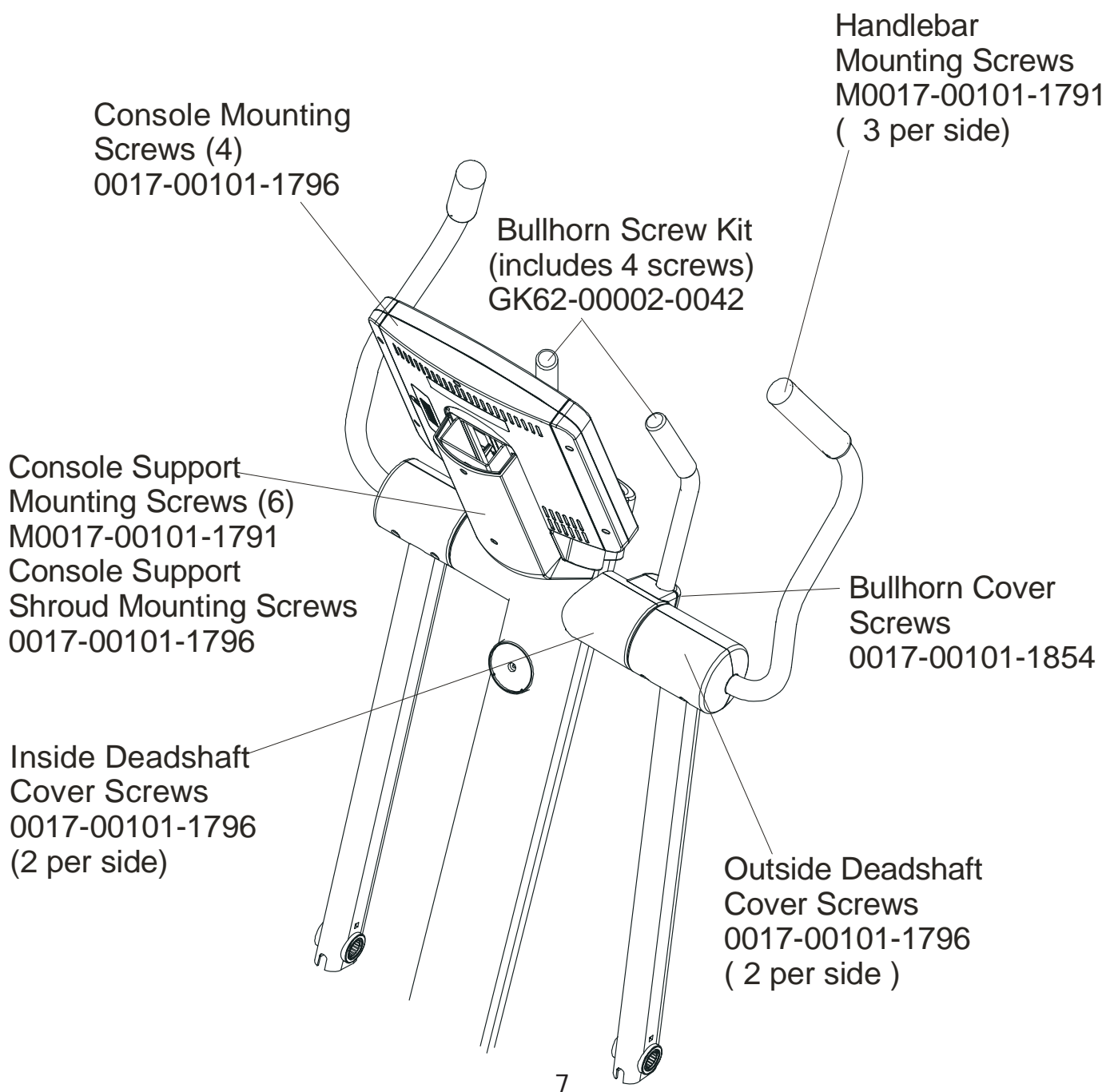


CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00147-0000	AK62-00180-0001	Multi
AK62-00147-0002	AK62-00189-0006	Jap/Met

ARCTIC SILVER QUIET DRIVE 90XW
Upper Frame Hardware

90XW-0XXX-03
S/N XHB054206148

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



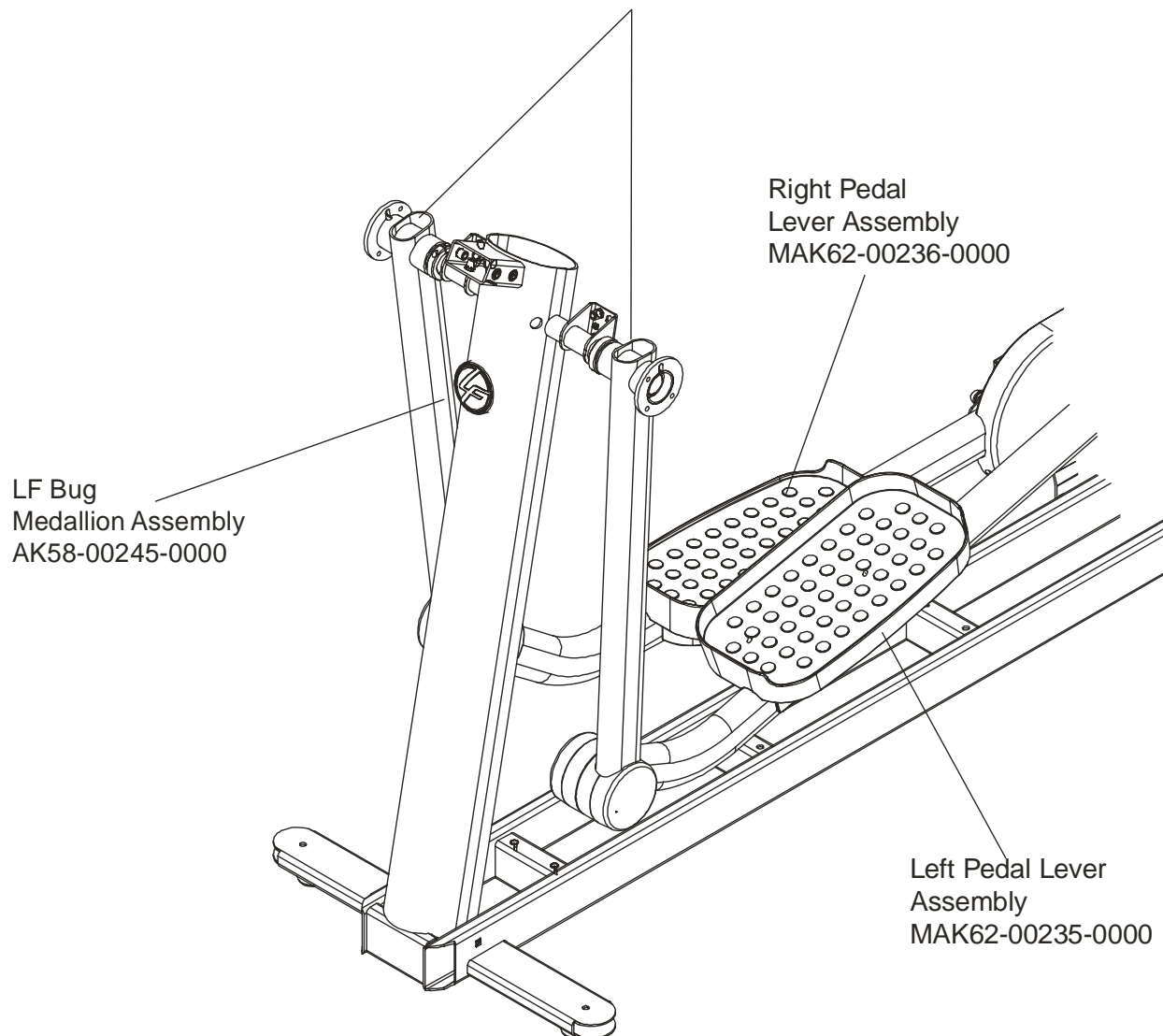
ARCTIC SILVER QUIET DRIVE 90XW
Rocker Arms & Pedal Levers

90XW-0XXX-03
S/N XHB054206148

Rocker Arms Kit
GK62-00002-0070
contents:

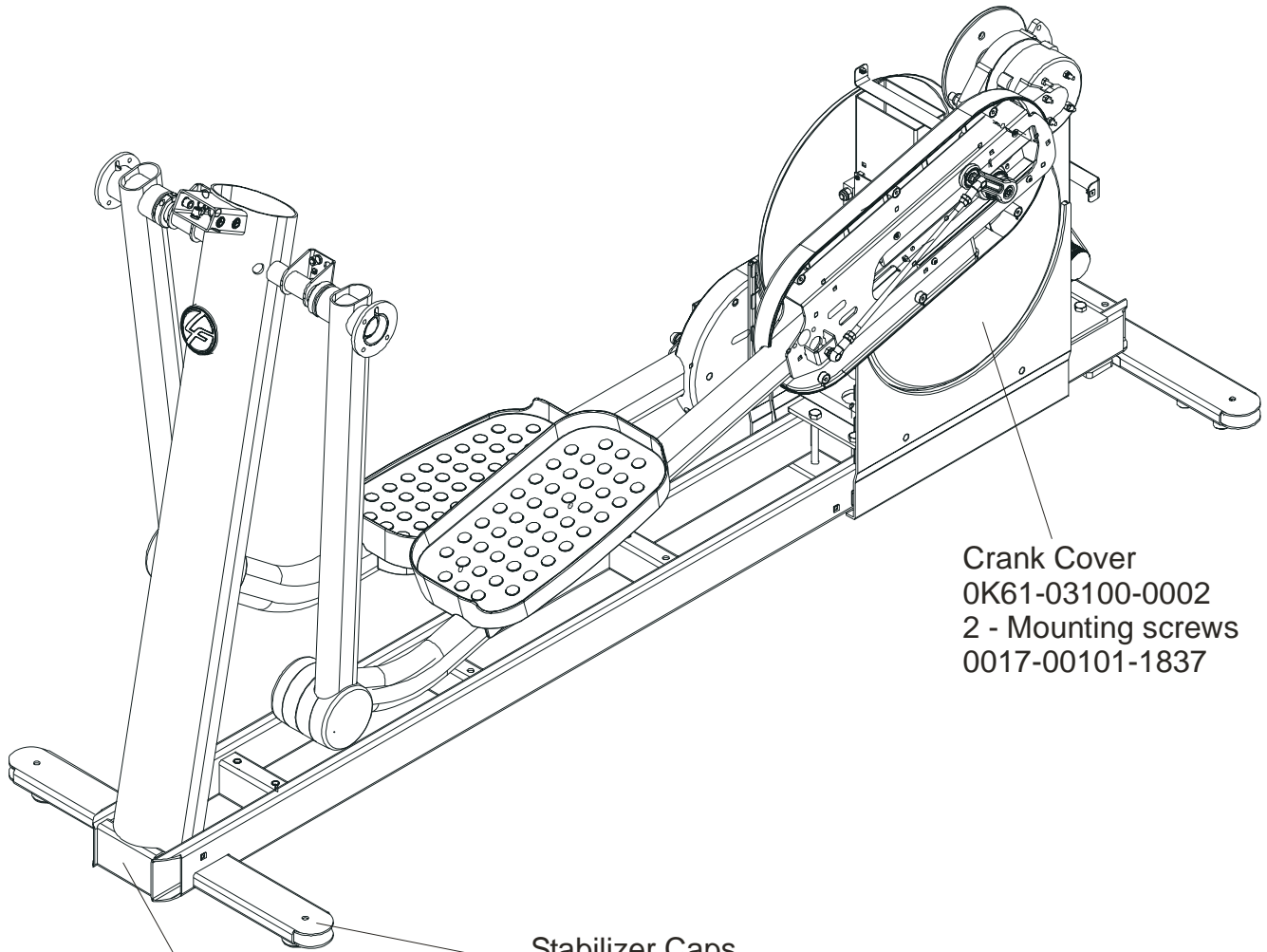
Rocker Arms (2)
Hardened Spacers (2)
Oilite Washers (2)
Retaining Rings (2)
Loctite 620
Alcohol pad

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



ARCTIC SILVER QUIET DRIVE 90XW
Crank Cover and Lower Caps

90XW-0XXX-03
S/N XHB054206148



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

Stabilizer Caps
4 - 0K62-01003-0000

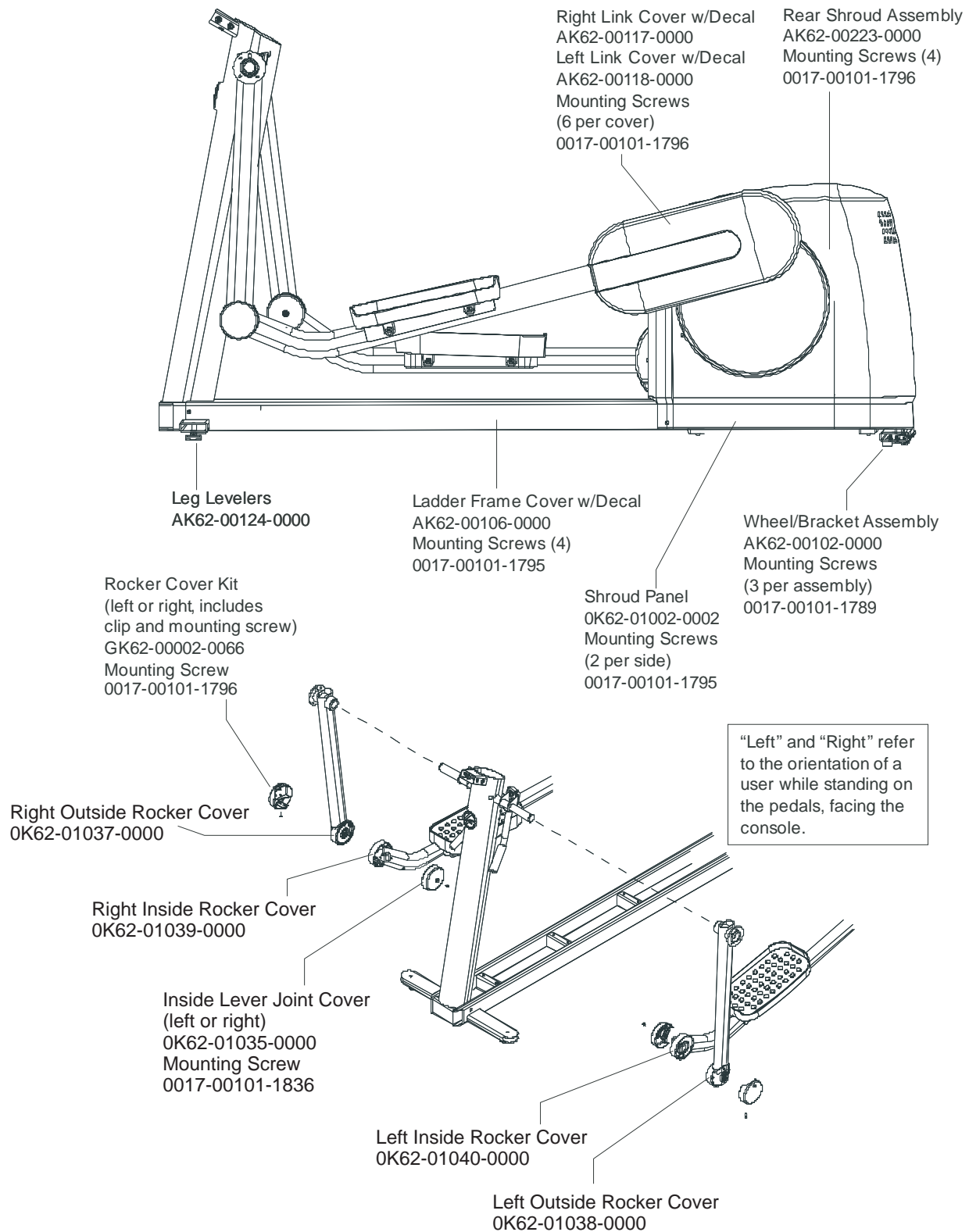
Front frame Cap
M0K62-01004-0000
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795

ARCTIC SILVER QUIET DRIVE 90XW

90XW-0XXX-03

Lower Frame Shrouds & Hardware

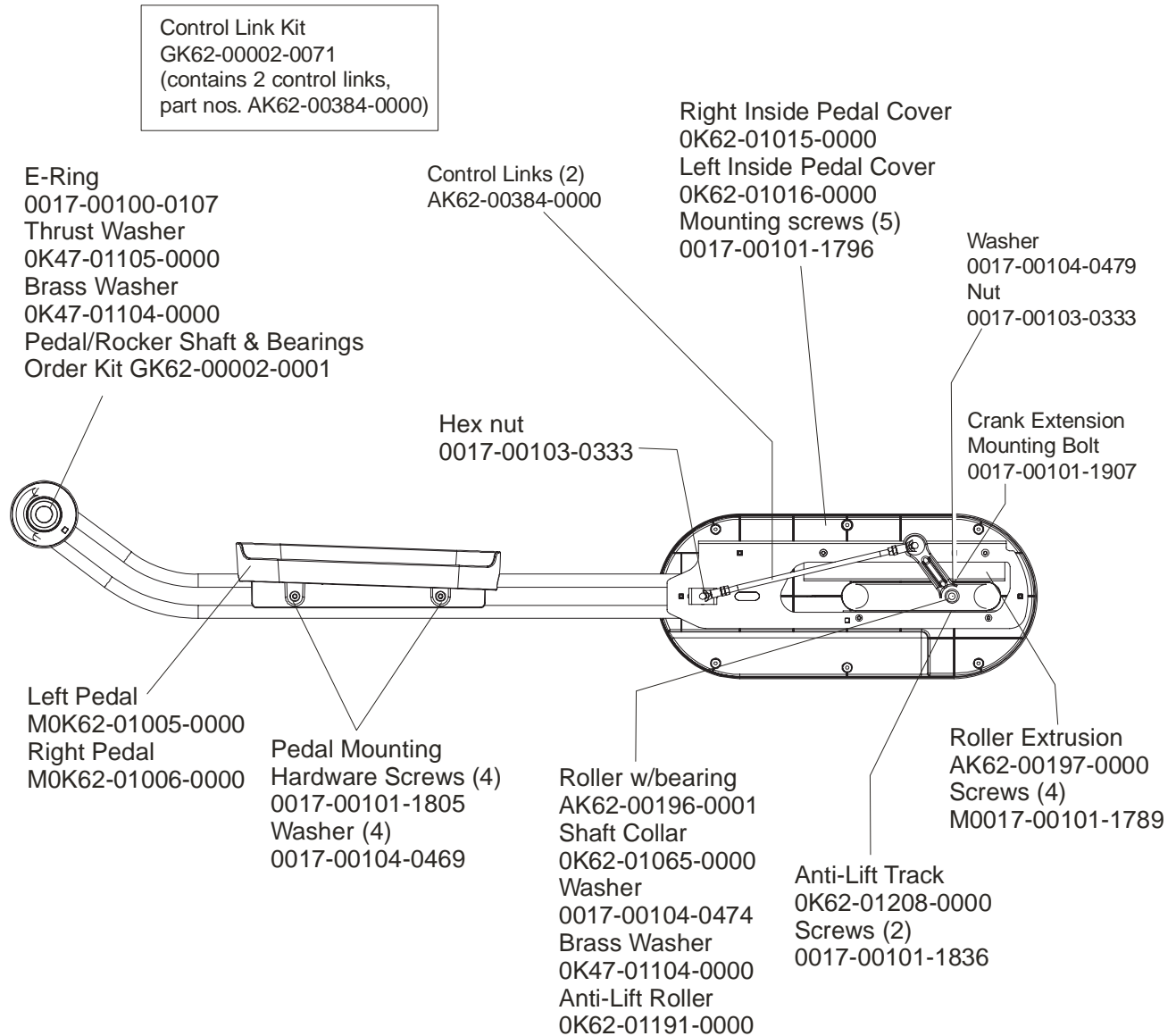
S/N XHB054206148



ARCTIC SILVER QUIET DRIVE 90XW

Pedal Lever Assembly Components

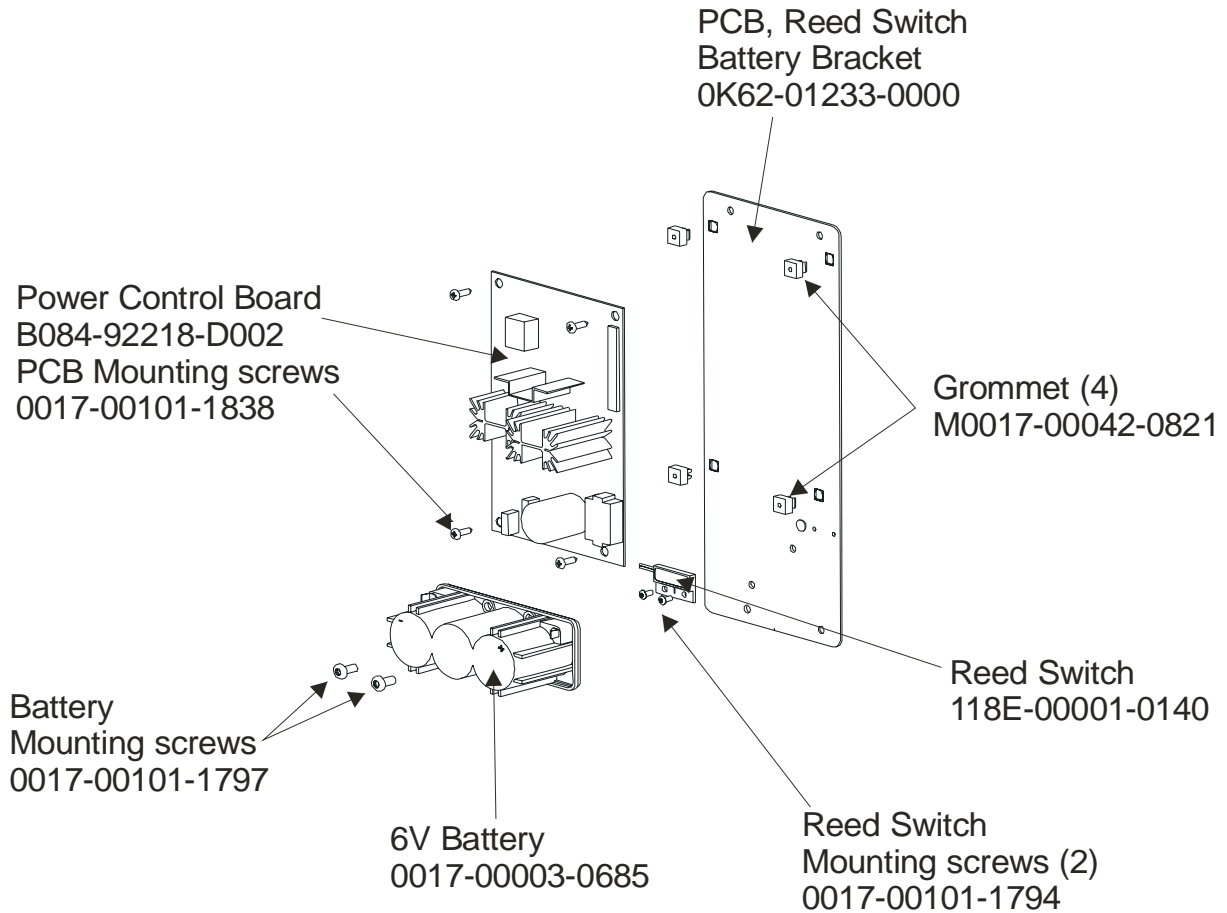
90XW-0XXX-03
S/N XHB054206148



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.

ARCTIC SILVER QUIET DRIVE 90XW
PCB, Battery, Reed Switch & Bracket

90XW-0XXX-03
S/N XHB054206148

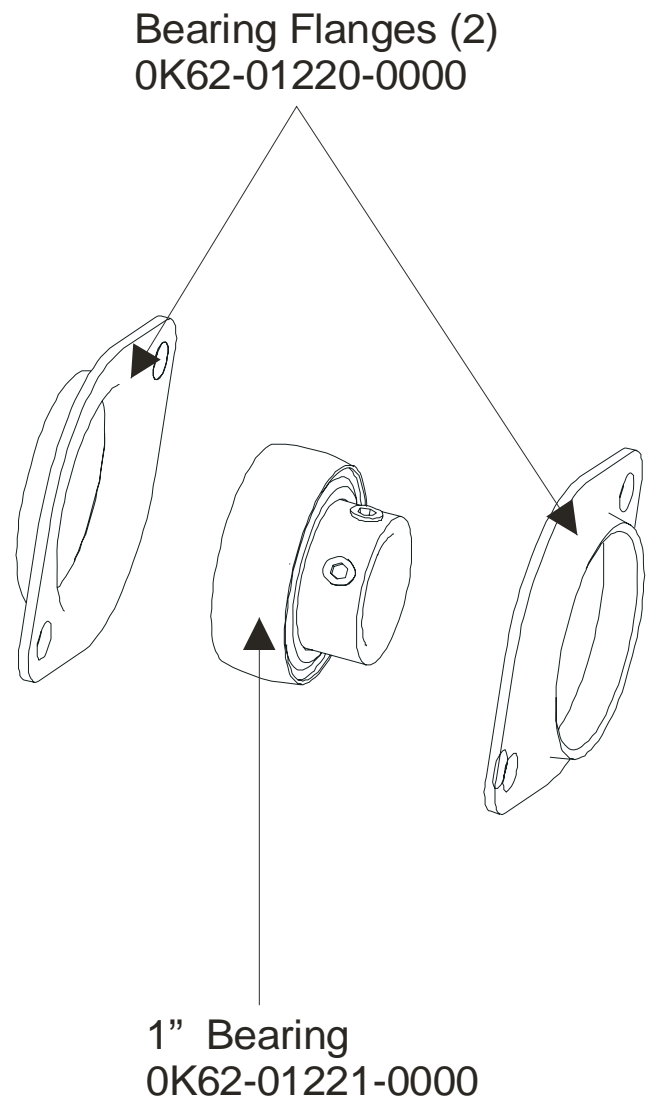


Service Kit-
MGK62-00002-0044
Includes:

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

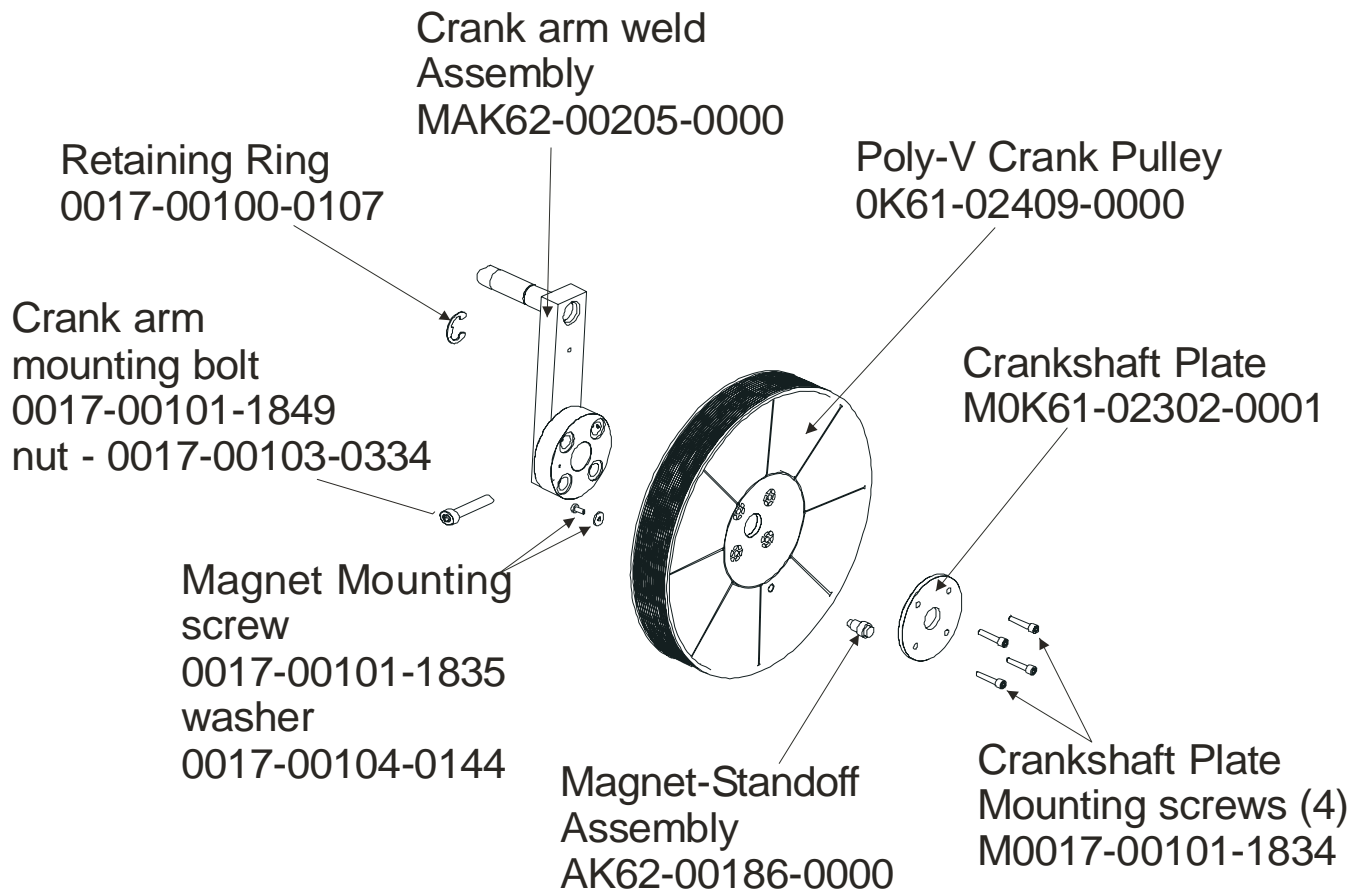
Service Kit- GK62-00002-0045
Includes:

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



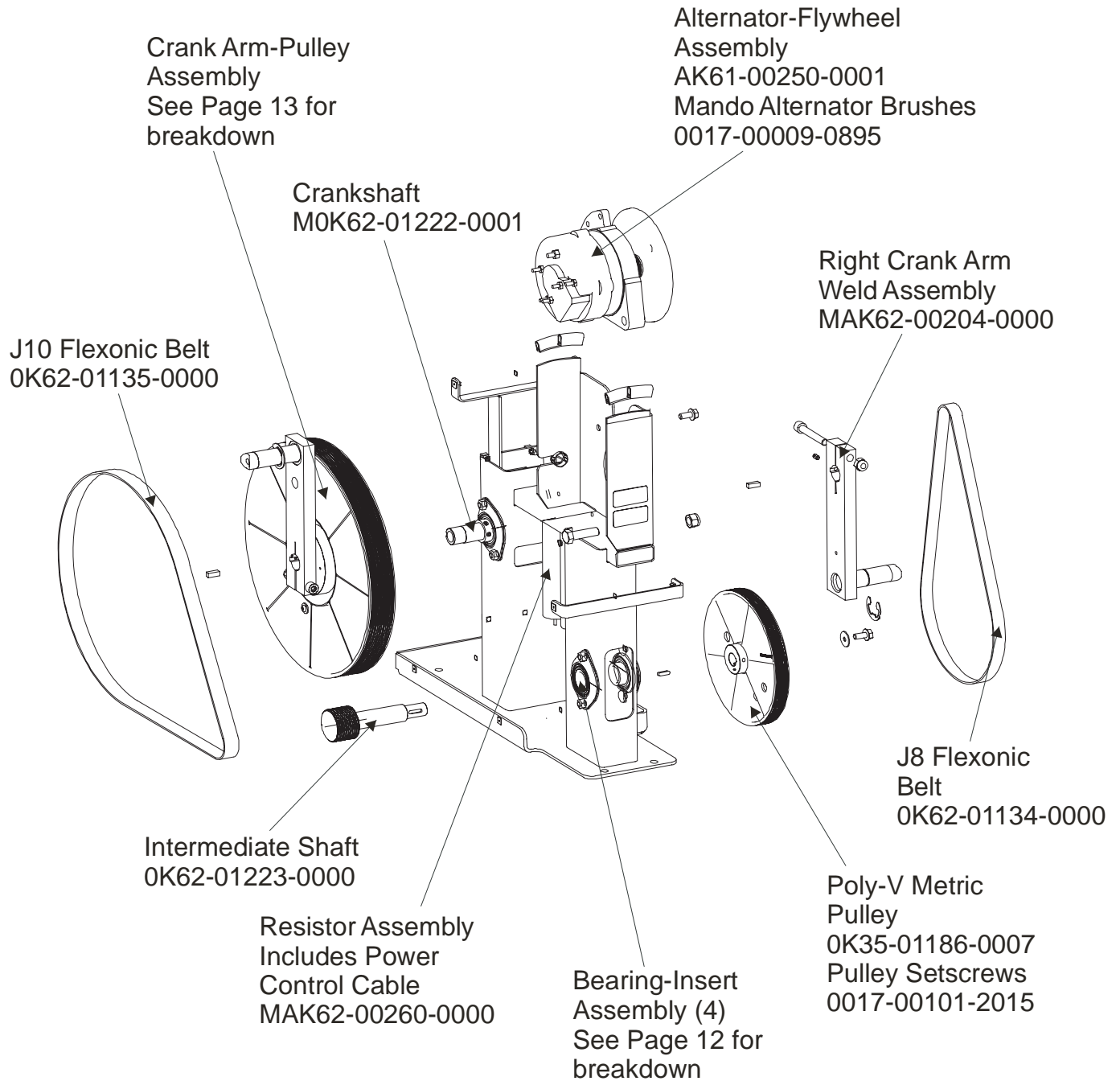
ARCTIC SILVER QUIET DRIVE 90XW
Crank Arm Pulley Assembly

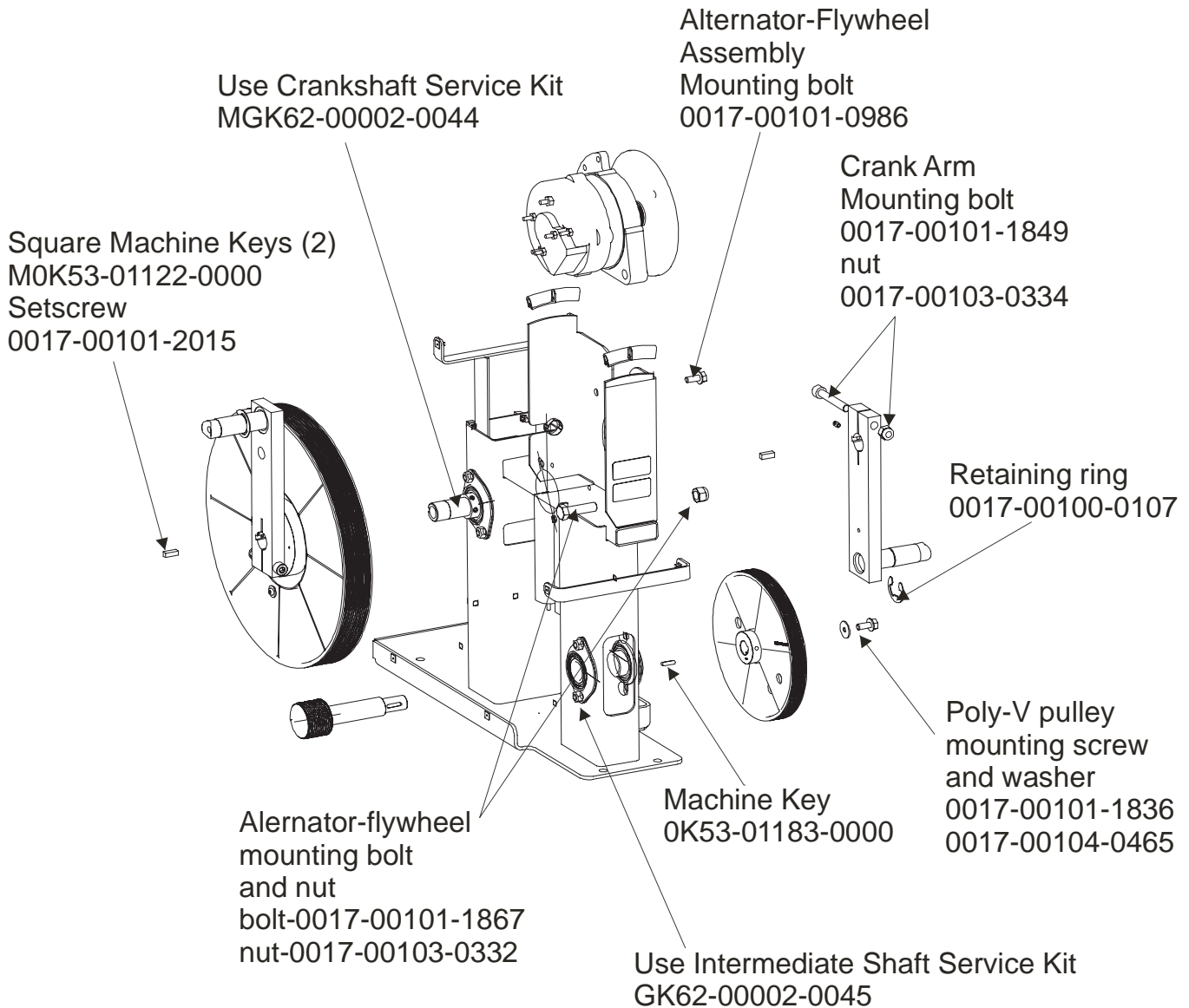
90XW-0XXX-03
S/N XHB054206148



ARCTIC SILVER QUIET DRIVE 90XW
Drive Module

90XW-0XXX-03
S/N XHB054206148





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