



## How To...REMOVE AND REPLACE THE LIFEPULSE<sup>®</sup> DIGITAL HEART RATE SENSORS

**Tools Required:** Phillips screwdriver, standard screwdriver, 5/64" hex key wrench

**WARNING:** Turn the power off at the ON/OFF switch and disconnect the plug from the electrical outlet prior to servicing any machine operating on AC current. Also be aware that there are two sizes of sensor kits available. Refer to the chart shown in these instructions to ensure you have the right kit for the product on which the sensors will be replaced.

**NOTE:** The kit you have received will come equipped with either 5/64" hex key button head screws or Phillips head pan screws. Either can be used for sensor replacement procedures on all models of Life Fitness exercise equipment equipped with Lifepulse digital heart rate sensors. The treadmill handlebar shown in the photographs are for demonstration purposes only. Replacement procedures as listed will remain the same for all applications. **ALWAYS REPLACE BOTH SETS OF SENSORS PROVIDED IN THE KIT.**

### Removing the existing Lifepulse digital heart rate sensors:

#### Step 1

Using a standard flat screwdriver, pry off the stainless steel sensor furthest away from you as if you were the user gripping the Lifepulse heart rate monitoring sensors (if screw access holes are already provided in the sensor you wish to replace, simply remove the two screws and continue to Step 2). This will be the sensor on which your fingertips rest during use. This sensor will be referred to as the "**ground sensor**" (black or green wire) hereafter in these instructions. The sensor closest to the user, on which the palm rests, will be referred to as the "**signal output sensor**" (red or white wire).



#### Step 2

Pull the **ground sensor** gently away from the molded plastic housing, to which it was attached, to reveal a wire harness (black or green wire) with a Faston connector attached to the back of the sensor. Unplug the Faston connector from the **ground sensor**.

#### Step 3

Loosen and remove the two screws securing the two sensor molded plastic housings to each other on the assembly. Lift the molded plastic housings away from each other and unplug the Faston connector attached to the back of the **signal output sensor** (red or white wire).





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### *Installing the new Lifepulse digital heart rate sensors:*

<b>Kit Number</b>	<b>Product</b>
<b>GK20-00002-0001 ( small radius )</b>	<b>Life Fitness 9100HR and 9500HR Treadmills Life Fitness 9500HR Cross-Trainer Total Body Lifecycle 6500HR Exercise Bike Lifecycle 8500 Exercise Bike</b>
<b>GK20-00002-0002 ( large radius )</b>	<b>Life Fitness 9500HR Stairclimber Lifecycle 9500HR Exercise Bike Lifecycle 9500HR Recumbent Exercise Bike</b>

#### **Step 4**

Plug the Faston connector (red or white wire) to the back of the new, pre-assembled **signal output sensor** assembly (this will be the assembly without the screw access holes in the sensor) and locate it into position. This sensor will be the sensor on which the palm rests during use.

#### **Step 5**

Plug the Faston connector (black or green wire) to the back of the new, pre-assembled **ground sensor** assembly (this will be the assembly with the screw access holes in the sensor) and locate it into position. This is the sensor on which the fingertips rest during use.

#### **Step 6**

Install the two screws through the access holes in the **ground sensor** and torque to 5 - 7 In. Lb. .

#### **Step 7**

Repeat Steps 1 through 6 to remove and replace the second set of sensors included in the kit.

***The installation is now complete.***

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