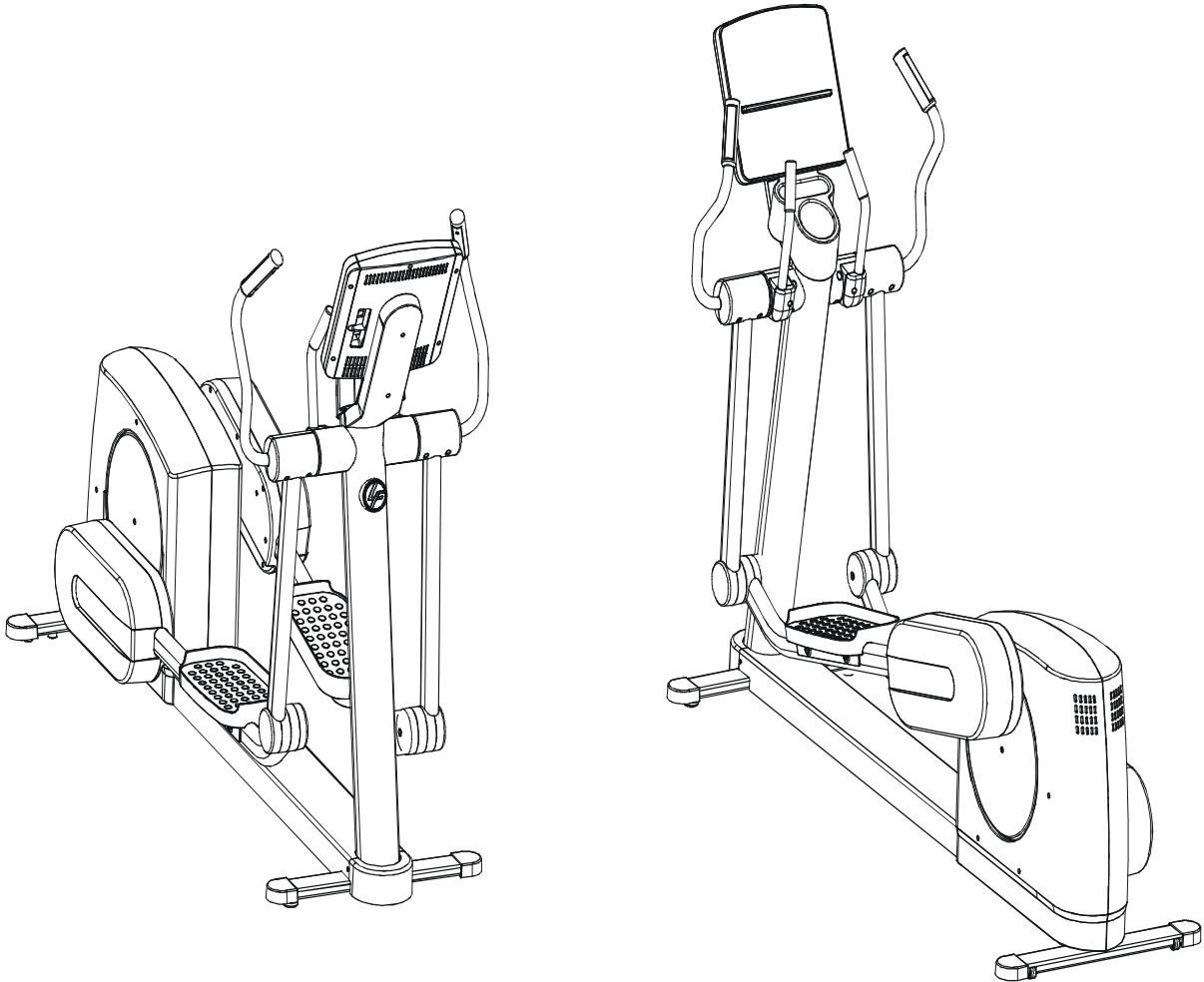


# LifeFitness

ARCTIC SILVER QUIET DRIVE  
CROSS TRAINER 95X-0XXX-04



Customer Support Services  
**PARTS MANUAL** rev 21 Nov 2008

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Description	Part No.
OPERATION MANUAL	M051-00K62-A107
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
ACCESS PANEL ASSEMBLY CONSISTS OF: 120" COAX CABLE 120" POWER EXTENSION CABLE BRACKET F-TYPE PANEL CONNECTOR #8 PLASTIC GROMMET	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 OK62-01179-0001 0017-00021-2846 0017-00042-0754
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

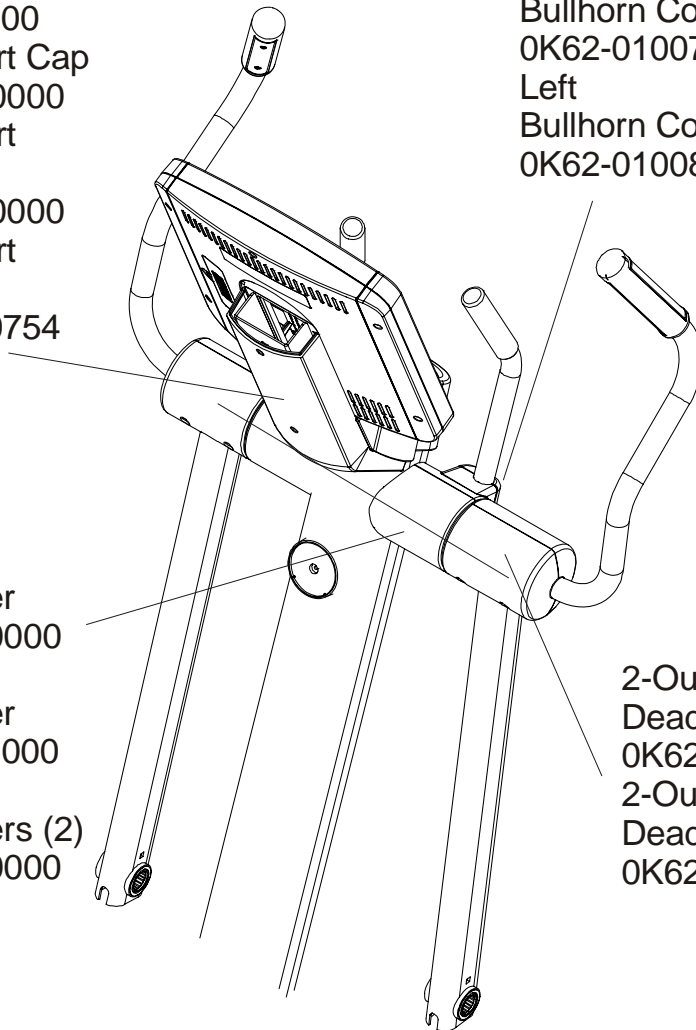
Note: When this model is ordered with an attachable LCD TV it becomes a 95XER-XXXX-04. See the Entertainment parts list marked LCD-0XXX-02 for the part numbers and descriptions for the attachable LCD TV, remote and hardware for this product. This model has both Life Pulse sensors and Telemetry for reading Heart Rate.

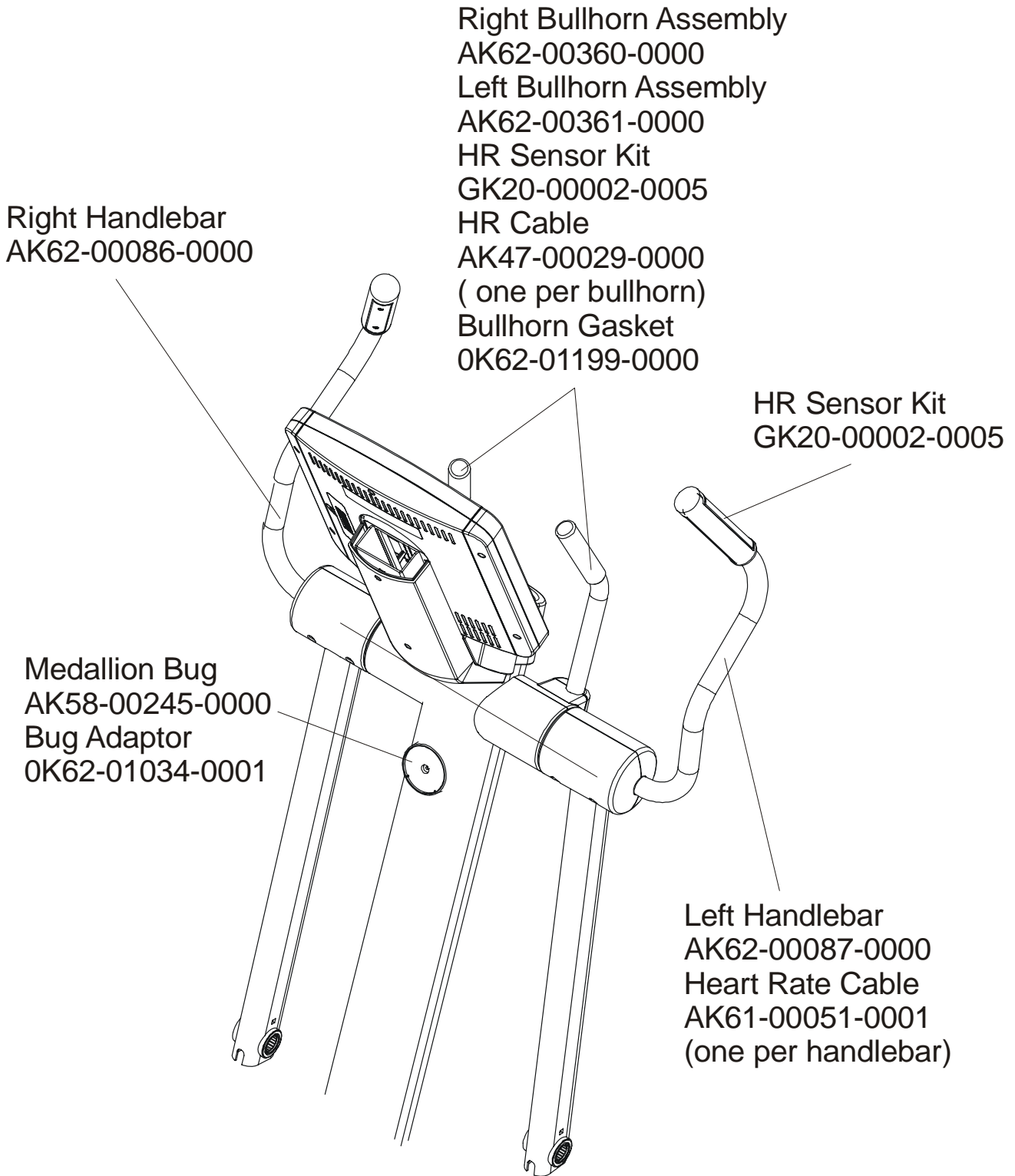
Console Support  
AK62-00123-0000  
Console Support Cap  
OK62-01030-0000  
Console Support  
Shroud  
OK62-01023-0000  
Console Support  
Grommets  
0017-00042-0754

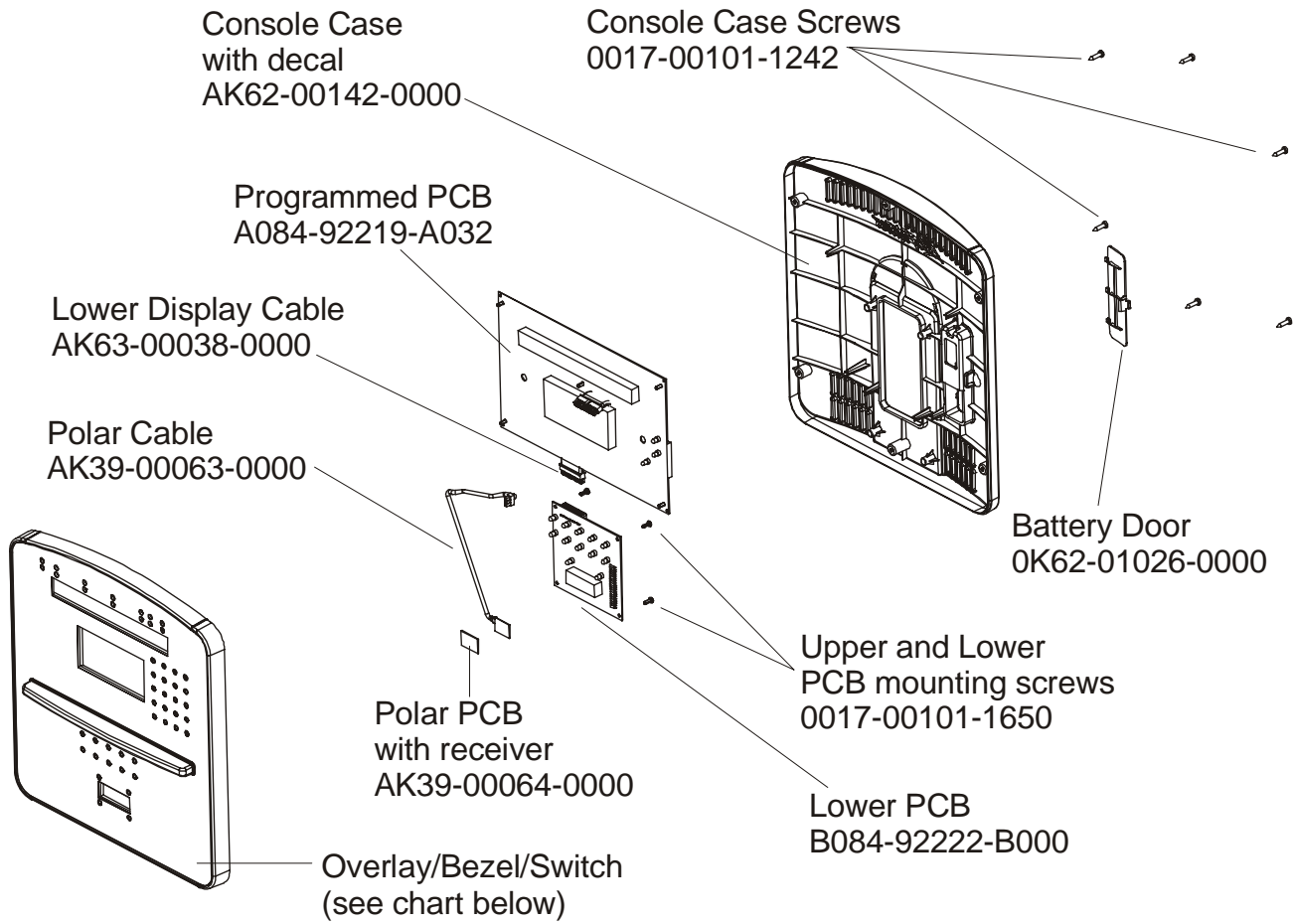
Right  
Bullhorn Cover  
OK62-01007-0001  
Left  
Bullhorn Cover  
OK62-01008-0001

Right Inside  
Deadshaft Cover  
OK62-01010-0000  
Left Inside  
Deadshaft Cover  
OK62-01011-0000  
Front Inside  
Deadshaft Covers (2)  
OK62-01009-0000

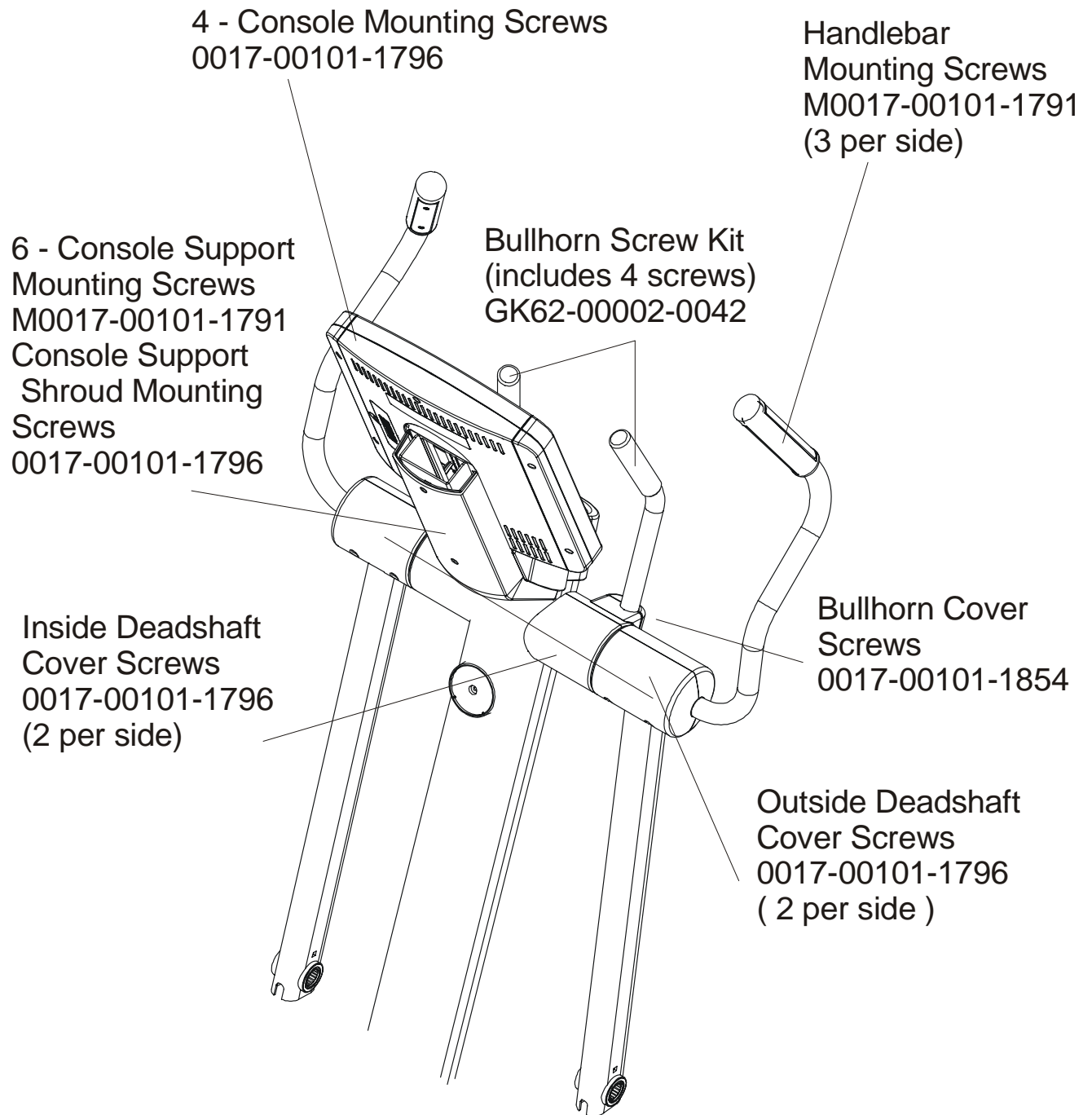
2-Outside Front  
Deadshaft Cover  
OK62-01013-0000  
2-Outside Rear  
Deadshaft Cover  
OK62-01012-0000







CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00329-0001	AK62-00191-0001	Eng + Met
AK62-00329-0003	AK62-00191-0003	Ger/Met
AK62-00329-0004	AK62-00191-0004	Spn/Met
AK62-00329-0006	AK62-00191-0006	Jap/Met
AK62-00329-0007	AK62-00191-0007	Frn/Met
AK62-00329-0008	AK62-00191-0008	Ital/Met
AK62-00329-0009	AK62-00191-0009	Dut/Met
AK62-00329-0010	AK62-00191-0010	Port/Met
AK62-00329-0014	AK62-00191-0014	Turk/Met



Items Not Shown:

Accessory Tray	0K62-01022-0000
Mounting Screws (2)	0017-00101-1846

ARCTIC SILVER QUIET DRIVE 95Xi  
Rocker Arms and Pedal Levers

95X-0XXX-04  
S/N XWJ100000

Rocker Arms Kit  
GK62-00002-0070  
contents:

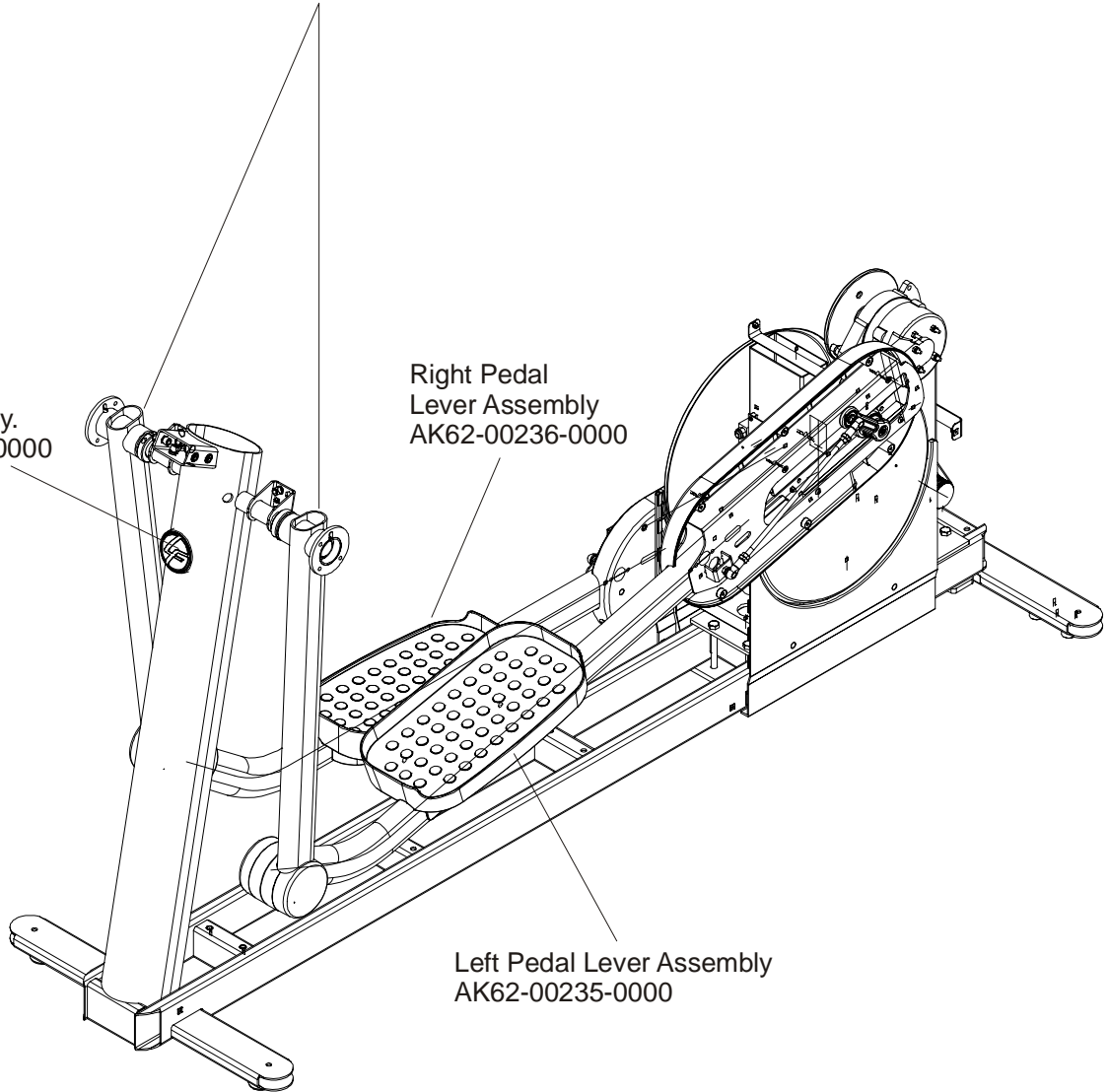
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- Loctite 620
- Alcohol pad

Rocker Arms  
AK62-00002-0070  
Shaft Collar w/Screws  
OK61-01259-0000

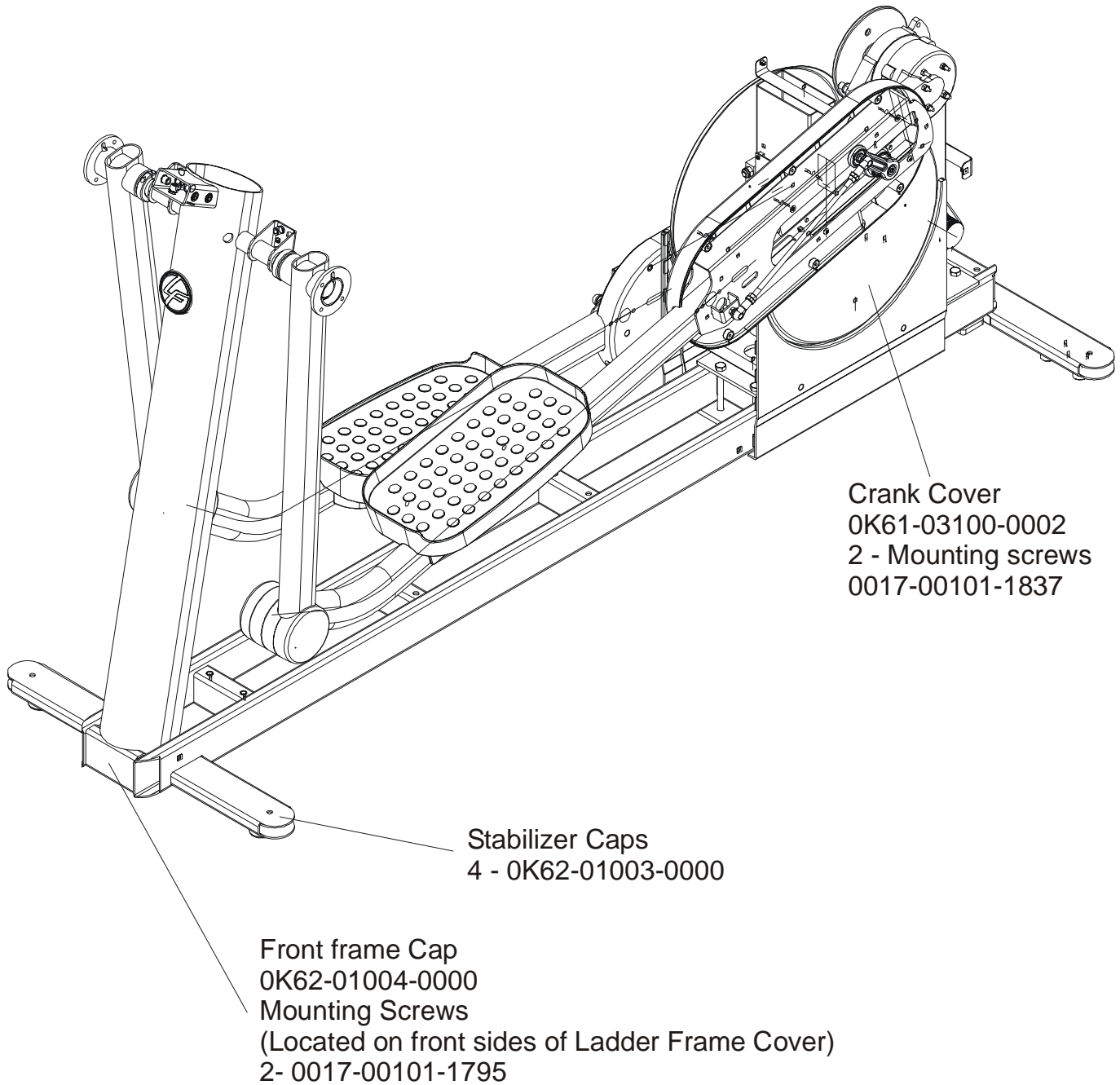
LF Bug  
Medallion Assy.  
AK58-00245-0000

Right Pedal  
Lever Assembly  
AK62-00236-0000

Left Pedal  
Lever Assembly  
AK62-00235-0000

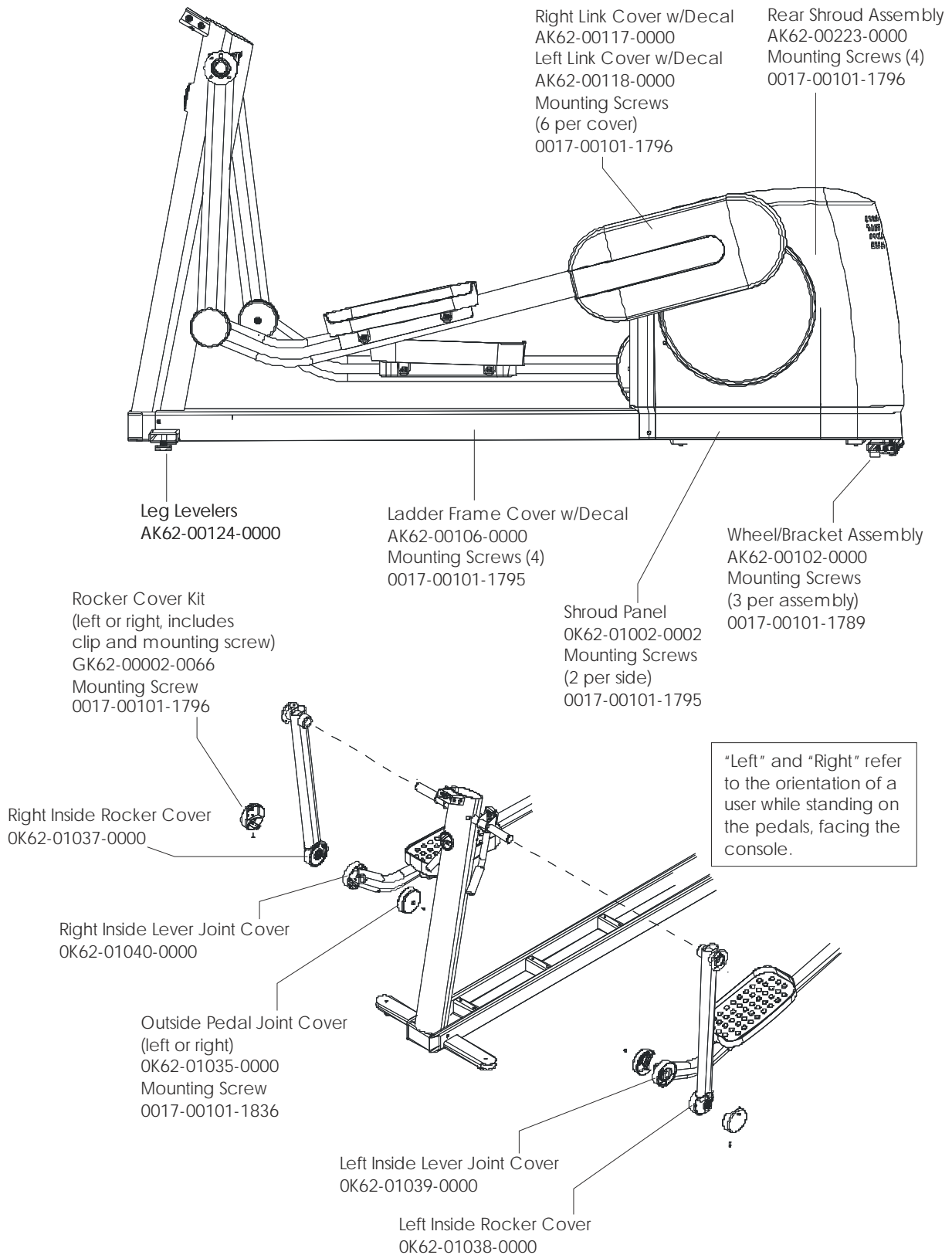






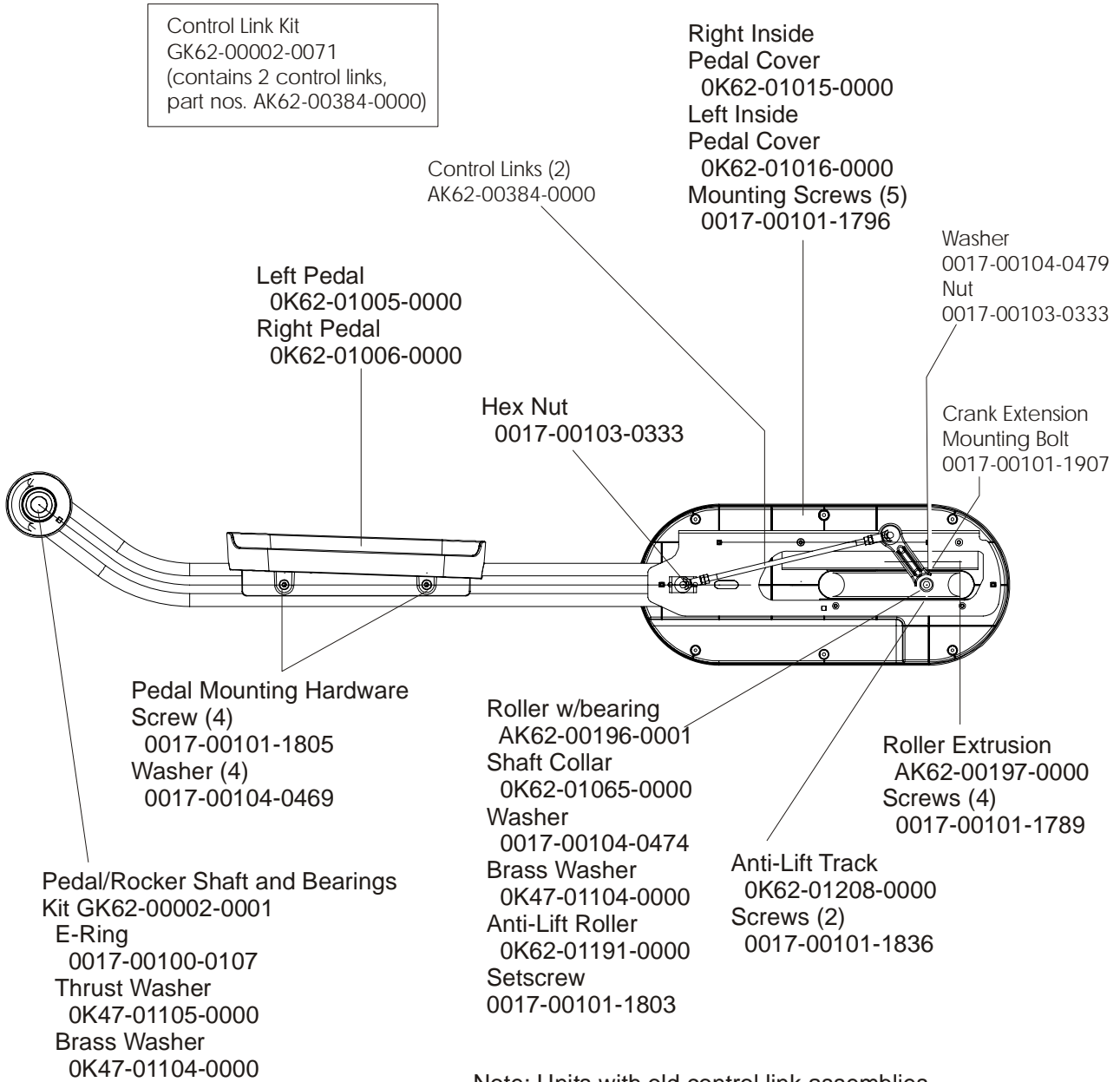
ARCTIC SILVER QUIET DRIVE 95Xi  
Lower Frame Shrouds and Hardware

95X-0XXX-04  
S/N XWJ100000

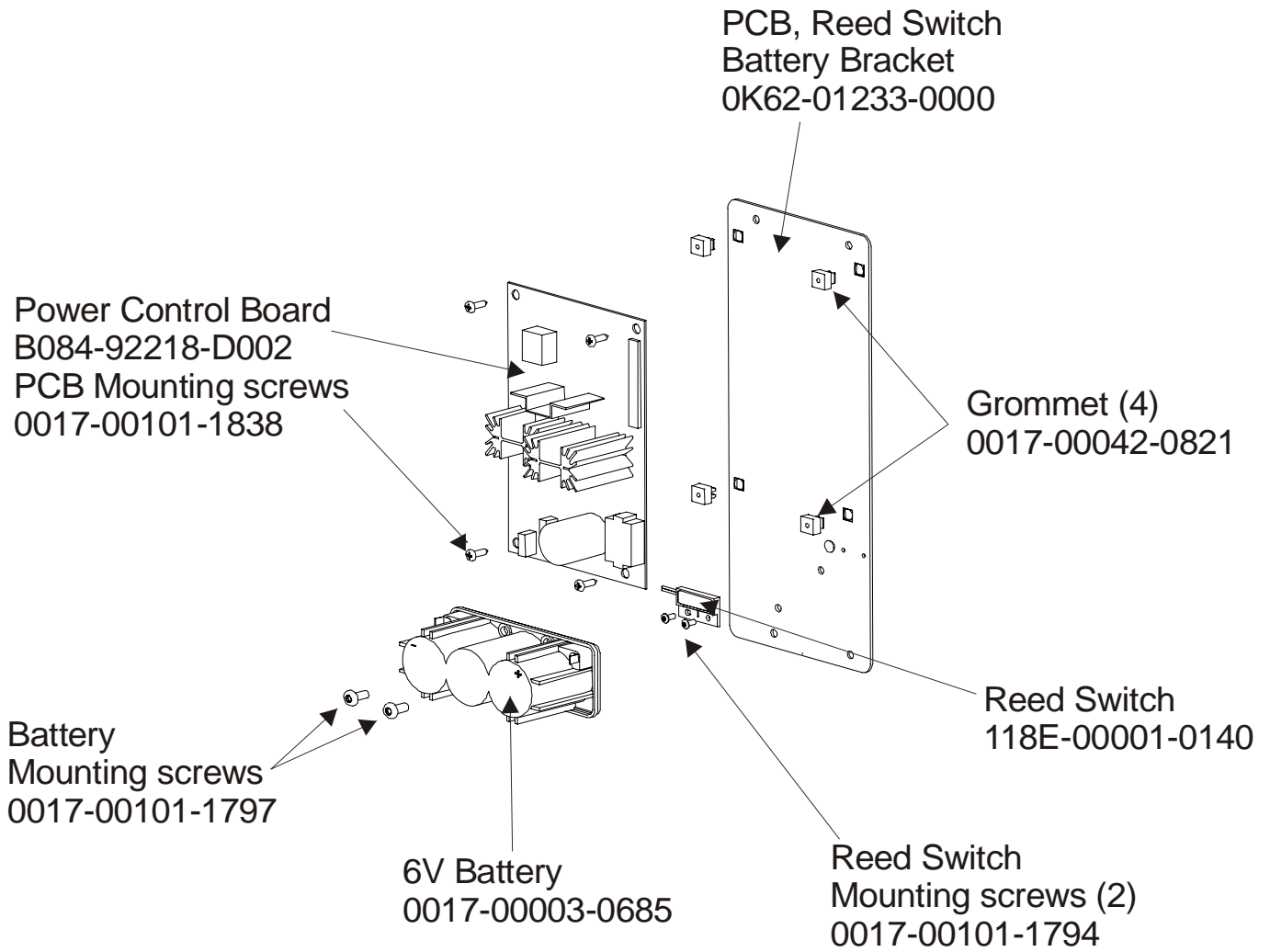


ARCTIC SILVER QUIET DRIVE 95Xi  
Pedal Lever Assembly Components

95X-0XXX-04  
S/N XWJ100000



Note: Units with old control link assemblies will require kit GK62-00002-0015 when replacing either the tie rod assembly or the crank extension for the first time.



Service Kit-  
GK62-00002-0044  
Includes:

- 1- crankshaft
- 2- bearings
- 2- sets of bearing flanges
- 4- nuts and washers

Service Kit- GK62-00002-0045  
Includes:

- 1 - intermediate shaft
- 2 - bearings
- 2- sets of bearing flanges
- 4- nuts and washers

